

# BAYSA

## U10 Coaching Manual

At this age, players in your teams should experience their soccer activities through 2 v 2, 3 v 3, and 4 v 4 games that last for no more than 10-15 minutes.

These types of games with small numbers allow players to engage in critical match situations of 1 v 1 and 2 v 1. Also, small sided games are an effective method for developing ball skill and games awareness. These games increase opportunities for players to attack and defend.

- Engage them in sessions where they are passing, moving, shooting, defending, while still enjoying the game.
- Basic tactics/positioning can be introduced, but the focus needs to remain on the players skill development.
- Select and stick to **one topic per week**.
- Passing techniques should be worked on 2-3 weeks of your 10 week season.
- Shooting and finishing techniques should be worked on 1-2 weeks through each season.
- The first defender (the “Pressure” defender) can be introduced at this time, working on pressure, delay, tackle.
- Dribbling and moves should be worked on for at least half of the season.
- Heading can be introduced at this age.
- There is no need to teach heading at this age group.
- NO LINES, NO LAPS, AND NO LECTURES! Don’t speak for longer than 60-90 seconds, and keep from using the “freeze” method unless it is an absolute must.
- The sessions should be challenging to improve them individually, but also fun and exciting so they want to come back as soon as possible!

Practice sessions should be 60-75 minutes and each training session should end with a finishing game or a game of 4 v 4 or 6 v 6.

**Important Note:** Too many kids stop playing the game after U10 and U12, and studies have proven it is typically due to being over coached and in turn, the players stop having fun on the field.

# Helpful Hints to Coaching Youth Soccer

## What are you trying to do?

It is comparatively easy to construct a team of young soccer players who can win matches. All you have to do is teach them the basics, ensure they obey your instructions to the letter and (most importantly) don't let them think for themselves.

However, here are some suggestions:

- A) Encourage your players to recognize and solve the challenges of the game on their own and
- B) Be as concerned with developing their life skills as their soccer ability.

Following such a policy will, in the short term, mean that you will lose matches that you could have won. However, in the long term you will produce a set of clever, confident players who can go out and win a game without being told what to do.

And more importantly, they will enjoy their soccer regardless of the match result.

## Do I need any special attributes to be a good youth soccer coach?

Of vital importance is the coach's personality and character. Working with children requires patience, kindness and respect.

## How should I go about it?

The most fundamental skill in soccer is individual mastery of the ball and the creativity that comes with it. This should be a priority in training and games, especially in the early years. As this skill is mastered, the rest of the game becomes easy - both to teach and to learn.

Practices should be built around facilitating the development of the skills necessary to move and control the ball well. As these individual skills and the creativity to make them come alive in the game are developed to a level of competence, the finer points, first of passing skill and later of team organization can be taught.

Some tips:

Set up situations where the players can learn by playing the game. **Avoid the three Ls** - lines, laps and lectures - and remember that the game is the best teacher for young players. This does not mean to scrimmage the entire practice, but to use "game" format in everything we do. Try dribbling the ball while there are two taggers trying to tag you?

**Communication is key.** Coaches can often be more helpful to a young player's development by organizing less, saying less and allowing the players to do more. Set up a game and let the kids play. Keep most of your comments for before and after practice and during breaks. Comments should be kept short and simple. Be comfortable organizing a session that uses small sided games 3v3, 4v4. Communicate your coaching philosophy and expectations to parents and players at an early stage.

- 1) Teaching and learning the game of soccer is a process: make your goals seasonal, as well as daily and weekly. Often, at the younger ages, the developmental efforts of one season are not noticeable in children until sometime in the next season.
- 2) Set age-appropriate goals i.e., know what the child is able to do at that age.
- 3) From a developmental standpoint, the young ages are the best ones for learning skills. Spend the time now encouraging this growth. By the age of 17 the capacity to pick up new motor skills begins to wane, while the ability to conceptualize team organization, tactics and strategy increases. As a coach, work with these strengths, not against them.
- 4) **Do not expect games and practices to look like professional soccer.** If you want to use high level soccer as a teaching tool, focus on the individual skill level of professional players, not their organization. Give your players opportunities to see what older, more skilled players, i.e. HS player or college player or an older brother or sister, can do with the ball. On occasion, invite some of these players to participate in your practice. Use them to model good soccer qualities. Let your players learn by experiencing the game alongside or against these better players. Older players can also be used as "neutral players." In this case, the neutral player helps whichever team has the ball i.e. he or she never defends.
- 5) Recognize and understand how the skills learned at each age are connected to preparing the player to move into the next phase of his or her development. Know what the next level of play is, and the general tools that your players should carry with them as they move on. Help them to be prepared.
- 6) Allow your players to develop these requisite skills in an environment where the main goal is to have fun with the ball and to demonstrate ball control.
- 7) The value of matches is that they provide youngsters with an opportunity to showcase their newly acquired skill and creativity. It is always nice to win, however that should not be your only focus at the younger age groups.
- 8) Have a clear idea of what you want to accomplish at practice. Create exercises/games that replicate and repeat the movements and situations that are found in soccer and that allow the player to grow comfortable and confident with the ball at his or her feet. Encourage players to move with the ball at his or her feet and deal with boundaries, opponents, teammates and goals. Keep in mind that soccer is a pretty simple game. If you're involved in soccer long enough, you begin to realize that all the many little exercises that work are really just variations on the same basic concepts. As long as the parameters that you have established in your exercises/small-sided games are true to soccer (goals for scoring and defending), creates the problems that you want the kids to solve (protecting the ball while dribbling, etc.), and allows your players to be challenged and find some success, you're on the right track.
- 9) Don't be afraid to experiment to find what works best.
- 10) Remember that the game is the best teacher for the players. Coaches and parents should think of themselves more as facilitators, monitors, guides or even participants, to provide a rich environment for the kids to learn from and enjoy. Your coaching style is important.

## **U10 Player Skill Expectations**

### **Juggling**

1. Kick-Bounce-Kick-Bounce (same foot)
2. Kick-Bounce-Kick-Bounce (alternating feet)
3. Juggling without a bounce
4. Juggling without a bounce, alternating feet

### **Techniques**

#### *Footwork and Moves*

1. Toe Touches. Touches on top of the ball with the sole of the foot, while alternating feet with a hop in between.
2. The Inside-Inside (pendulums). Make sure your toes are straight and knees are bent. Do NOT kick your feet out. Video Example:  
[http://www.ehow.com/video\\_2350239\\_dribble-soccer-ball-between-ankles.html](http://www.ehow.com/video_2350239_dribble-soccer-ball-between-ankles.html)
3. Pull-Pull-Stop. Make sure your toe and knee are lined up. Keep the ball in front of you.
4. The Pull-Push. This move will help you learn to lock your ankle when using your instep. Your toe should be down and your heel up on your kicking foot.
5. The Rake. Drag the ball to the side.
6. Rake, Hop, Catch: Hop off of the foot that you rake with. Catch the ball with a straight toe.
7. Pull Back turn: Grab the ball with a straight toe. Video Example:  
<http://www.youtube.com/watch?v=TY8baB8TZwA>
8. Cruyff Turn - Video Example: <http://www.youtube.com/watch?v=KYdrBNJMPWU>
9. Step Over - Video Example: <http://www.youtube.com/watch?v=1VqpYrD1zWs>
10. Lunge - Video Example: [http://www.youtube.com/watch?v=m-OMewLnB\\_o](http://www.youtube.com/watch?v=m-OMewLnB_o)
11. Scissors - Video Example: <http://www.youtube.com/watch?v=maywS1d6C2Q>
12. Matthews - Video Example: <http://www.youtube.com/watch?v=4R8IHAgDsLY>

## **U10 Player Skill Expectations** (continued)

### *Ball Striking*

(Use of the laces for longer passes and shooting) - Video Examples:

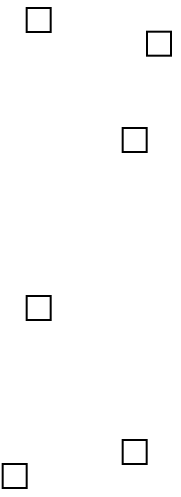
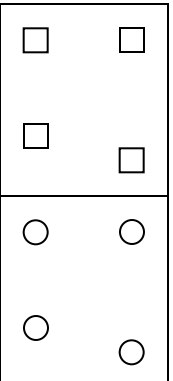
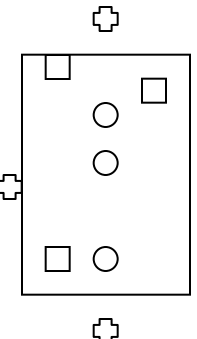
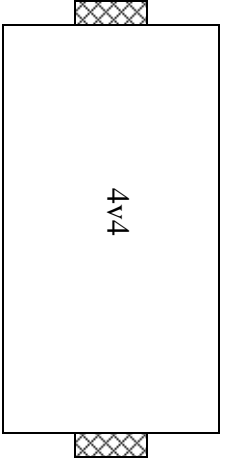
- a. Technique Reminders:  
<http://www.youtube.com/watch?v=FEObMifXO90&feature>
- b. Back View: <http://www.youtube.com/watch?v=FEObMifXO90&feature>
- c. Side View: <http://www.youtube.com/watch?v=9oI66AjDI2E&feature>

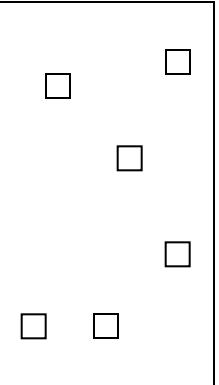
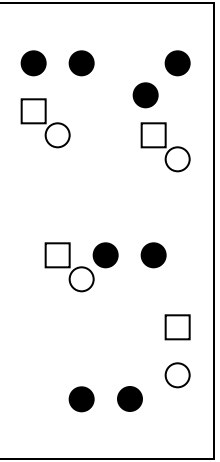
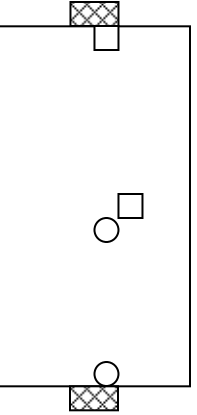
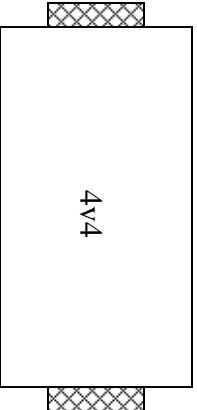
### *Passing and Receiving*

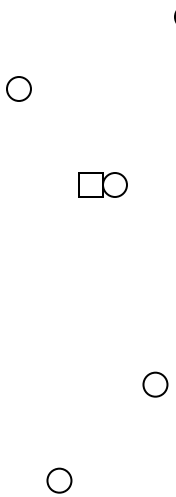
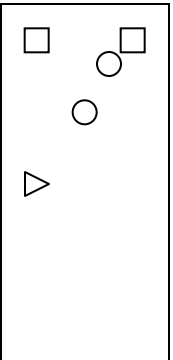
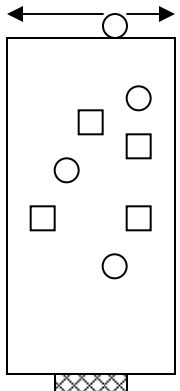
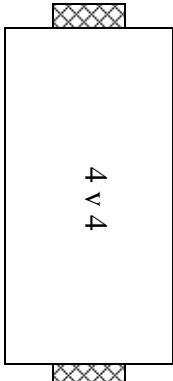
3. Push Pass – Lock your ankle, heel down, toe up.

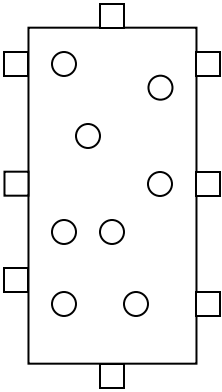
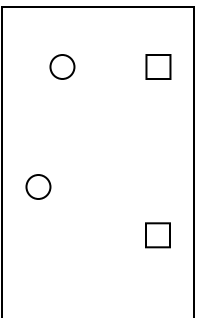
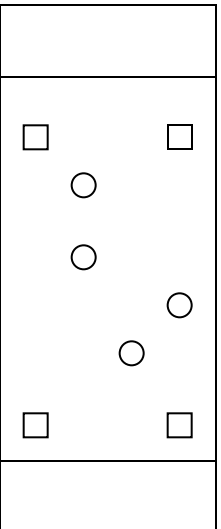
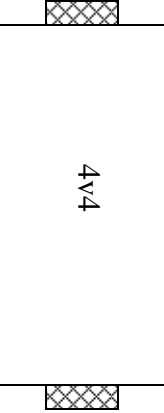
Video Examples:

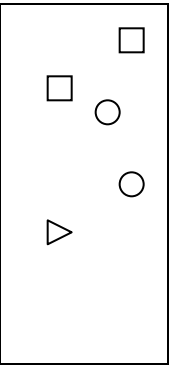
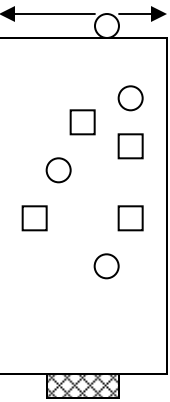
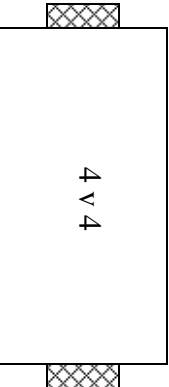
- a. <http://www.youtube.com/watch?v=sbVMmOH6ReM>
  - b. <http://www.youtube.com/watch?v=JUR0E2BWhCI&feature>
4. Receiving – Video Example: [http://www.youtube.com/watch?v=5X9W5\\_HHtho](http://www.youtube.com/watch?v=5X9W5_HHtho)

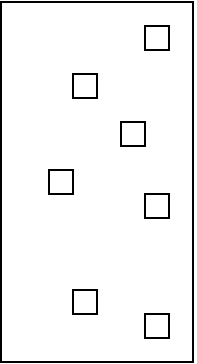
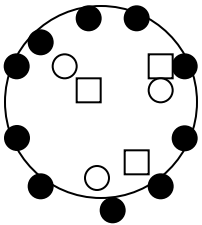
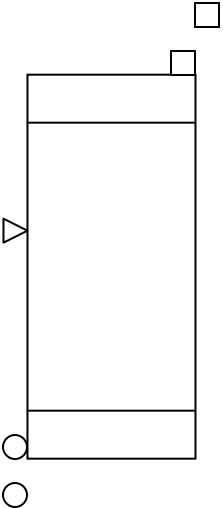
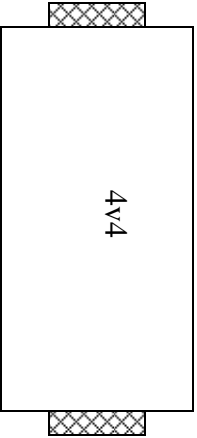
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three people – moving and passing</li> <li>▪ Emphasis on first touch preparing for next touch</li> </ul> <p><b>Progressions:</b> Specify what surface must be use to control the ball.</p>   | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Watch the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> </ul>   |
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <ul style="list-style-type: none"> <li>▪ Squares number off 1, 2, 3, 4...</li> <li>▪ Circles letter off a, b, c, d...</li> <li>▪ Groups stay in their half and pass sequentially</li> </ul> <p><b>Progressions:</b> Use more than one ball at a time for each team. Get rid of the middle line and have the two teams intermix.</p>   | <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec. 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>▪ Play 3v3 in a 20-x-30 yard area</li> <li>▪ Have one neutral player be on each sideline</li> <li>▪ Neutrals can move along the sideline</li> <li>▪ Points awarded for consecutive number of passes</li> </ul> <p><b>Progressions:</b> Progress to two neutrals being target players and points being scored by passes to target players</p> | <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Relax the controlling surface</li> <li>▪ Control ball into space or away from pressure</li> <li>▪ Open body position to field while rec. 1<sup>st</sup> touch allows shot, pass, or dribble</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with receiving ability</li> </ul>   |

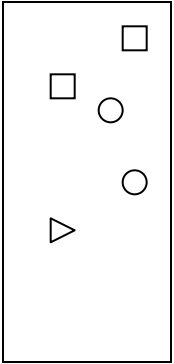
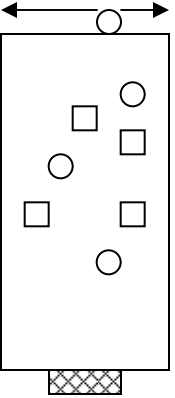
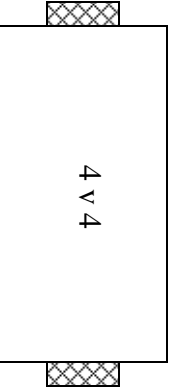
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Players in a 15-x-12 yard area – moving and dribbling</li> <li>Emphasis on players looking for space and playing ball with foot away from other people</li> </ul> <p><b>Progressions:</b> Specify how the ball must be dribbled. Play a tag game.</p>   | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Keep ball close</li> <li>Body between the ball and the opponent</li> </ul>  |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Four 2-3 yard goals are spaced out in area</li> <li>Eight players are divided into pairs, each pair needs a ball</li> <li>One person starts with ball and tries to dribble ball through a goal as many times as possible</li> <li>Switch roles after loss of possession</li> <li>Player with most goals after 1 min wins</li> </ul> <p><b>Progressions:</b> Specify how ball must be dribbled. Have different colored cone goals worth different points. Once a person dribbles through a goal they stop the ball and give it to the other player</p> | <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Keep ball close</li> <li>Body between the ball and the opponent</li> <li>Lower center of gravity</li> <li>Use arms to keep space</li> <li>Spin turn away from opponent to relieve pressure</li> </ul>   |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Play 2v2 in a 15-x-20 yard area</li> <li>When a player passes back to his/her goalkeeper they switch roles</li> </ul> <p><b>Progressions:</b> Combine two games so one game is 3v3 in the middle with keepers.</p>  | <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Keep ball close</li> <li>Body between the ball and the opponent</li> <li>Lower center of gravity</li> <li>Use arms to keep space</li> <li>Spin turn away from opponent to relieve pressure</li> <li>Whenever a defender is under pressure and facing their goal they should play the ball back</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>  | <ul style="list-style-type: none"> <li>Observe to see if session has helped with player's ability to dribble to possess the ball</li> </ul>  |

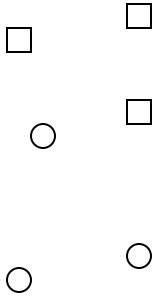
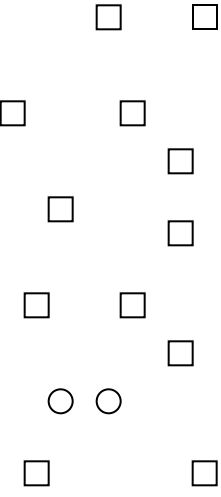
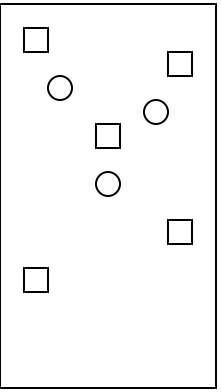
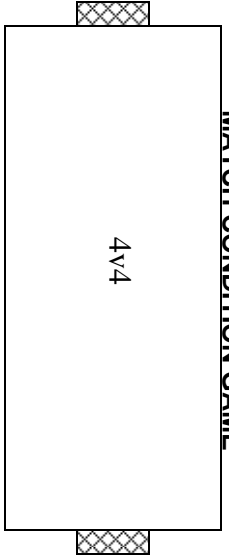
| <p><b>UNRESTRICTED SPACE – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Team is moving in a large area</li> <li>▪ One ball is passed around</li> <li>▪ When the ball is passed to someone, whoever is closest to the receiver must apply pressure</li> <li>▪ Once pressure is applied, the 1<sup>st</sup> attacker plays the ball to someone else</li> </ul> | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Good defensive stance                             <ul style="list-style-type: none"> <li>○ Body weight on front of feet</li> <li>○ Eyes on the ball</li> <li>○ Slightly angled – one foot closer to attacker</li> <li>○ Close enough to make attacker look at ball</li> </ul> </li> </ul>  |
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| <p><b>RESTRICTED SPACE</b></p>               | <ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ Triangle is a neutral player who plays for both teams</li> <li>▪ Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Good defensive stance</li> <li>▪ Apply pressure to take away space/time</li> <li>▪ Priorities are:                             <ol style="list-style-type: none"> <li>1. win ball back</li> <li>2. deny penetration</li> <li>3. limit the attacker's vision and options</li> </ol> </li> <li>▪ Approach quickly but not too fast</li> <li>▪ Angle approach to limit options</li> <li>▪ Body feint to throw off 1<sup>st</sup> attacker</li> </ul>  |
| <p><b>ONE GOAL WITH COUNTER</b></p>           | <ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Good defensive stance</li> <li>▪ Approach quickly but not too fast</li> <li>▪ Angle approach to limit options</li> <li>▪ Body feint to throw off 1<sup>st</sup> attacker</li> <li>▪ Funnel first attacker to:                             <ul style="list-style-type: none"> <li>○ Dribble away from center of field</li> <li>○ Towards a tight space (touchline)</li> <li>○ Into a covering defender</li> <li>○ Make the attacker play the ball with a weaker foot</li> </ul> </li> </ul> |
| <p><b>GAME – TWO GOALS</b></p>                | <ul style="list-style-type: none"> <li>▪ Play 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Observe to see if players realize when to become the pressuring defender</li> <li>▪ Observe to see if players apply smart pressure</li> </ul>  |

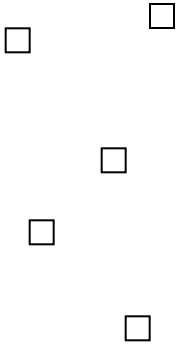
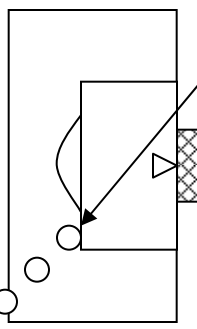
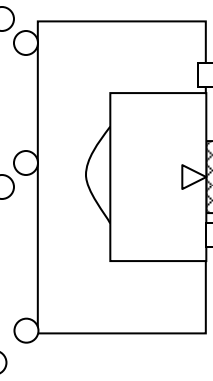
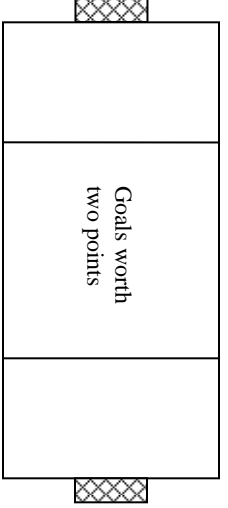
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Set up a 25-x-35 yard grid</li> <li>Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>Players on the inside show for a ball, receive a lofted pass, and then pass the ball back to the outside player</li> <li>Stretch then switch inside/outside players</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to control the ball.</p>                        | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Get in line of the flight of the ball</li> <li>Come to meet the ball</li> <li>Watch the ball</li> <li>Make an early selection in the body surface to use</li> <li>Controlling surface goes out to meet ball</li> <li>Relax the controlling surface and withdraw just before impact</li> </ul>          |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>Play 2v2 in a 20-x-10 yard area – this game is like tennis</li> <li>One team starts off with ball and kicks it over a net in the middle of the area</li> <li>Ball can touch ground once but then must be returned</li> <li>A point is won on a bad serve or when one team fails to return the ball</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to control the ball.</p>  | <ul style="list-style-type: none"> <li>Get in line of the flight of the ball</li> <li>Come to meet the ball</li> <li>Watch the ball</li> <li>Make an early selection in the body surface to use</li> <li>Controlling surface goes out to meet ball</li> <li>Relax the controlling surface and withdraw just before impact</li> <li>1st touch prepares for next touch</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>Play 4v4 in a 40-x-50 yard area with 10 yard end zones at each end</li> <li>Each team is given an end zone to attack and to defend</li> <li>Teams score by passing a lofted ball into the end zone and having a player receive and control the ball in the end zone</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to control the ball. Give more points for certain surfaces (2 points for receiving with a thigh, one for receiving with a foot).</p> | <ul style="list-style-type: none"> <li>Get in line of the flight of the ball</li> <li>Come to meet the ball</li> <li>Watch the ball</li> <li>Make an early selection in the body surface to use</li> <li>Controlling surface goes out to meet ball</li> <li>Relax the controlling surface and withdraw just before impact</li> <li>1st touch prepares for next touch</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>   | <ul style="list-style-type: none"> <li>Observe to see if session has helped with the player's ability to receive flighted balls</li> </ul>  |

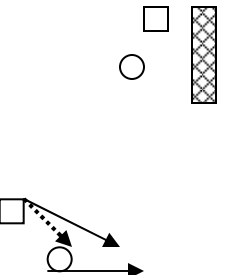
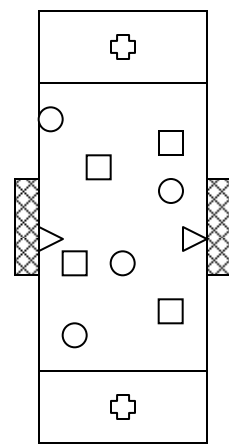
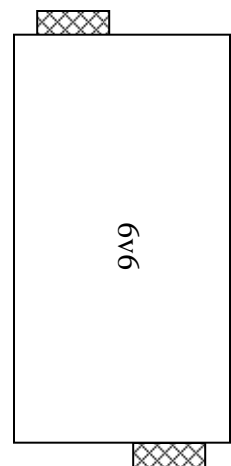
| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION  | KEY COACHING POINTS  |
|---|---|--|
|  <p><b>RESTRICTED SPACE</b></p>             | <ul style="list-style-type: none"> <li>Team plays 2v2+1 in a 35-x-30 yard area</li> <li>Triangle is a neutral player who plays for both teams</li> <li>Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul> | <ul style="list-style-type: none"> <li>Proper angle</li> <li>Proper distance</li> <li>Covering defender tracks supporting players                             <ul style="list-style-type: none"> <li>If a ball were played to the attacker they are tracking they should be able to intercept it or at least apply immediate pressure upon that attacker receiving the ball</li> </ul> </li> </ul> |
|  <p><b>ONE GOAL WITH COUNTER</b></p>         | <ul style="list-style-type: none"> <li>Play 4v3 to goal</li> <li>Team of four attacks goal</li> <li>After defending team wins ball they can score by passing to the target player</li> </ul>  | <ul style="list-style-type: none"> <li>Proper angle</li> <li>Proper distance</li> <li>Covering defender tracks supporting players</li> <li>Distance of cover will vary depending on the third of the field and the amount of pressure on the ball</li> </ul>   |
|  <p><b>GAME – TWO GOALS</b></p> <p>4 v 4</p> | <ul style="list-style-type: none"> <li>4v4 +GK game</li> <li>No restrictions on players</li> </ul>  | <ul style="list-style-type: none"> <li>Observe to see if players are providing good cover</li> </ul>   |

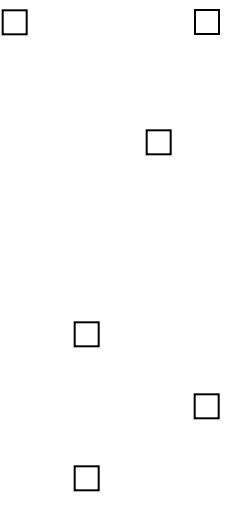
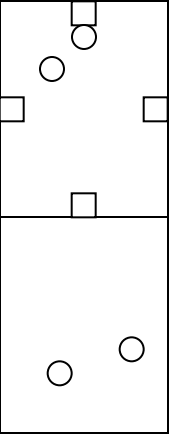
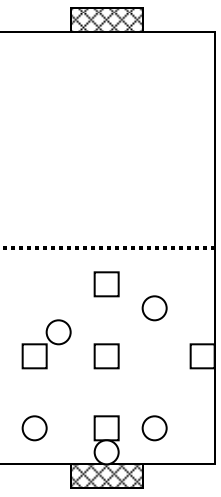
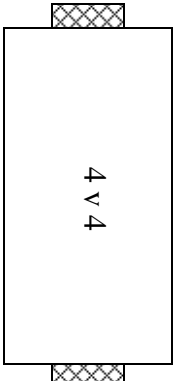
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone with a ball in 12-x-15 yard area – moving and dribbling</li> <li>On coaches command, players must do a move</li> <li>After doing a move players continue to dribble</li> </ul> <p><b>Progressions:</b> After doing a move, players must accelerate as fast as they can. Specify what moves they should do at first, then give them a chance to do whatever move they want or have them make up a move</p>                 | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Body feint to throw defender off</li> <li>Change of direction</li> <li>Change of speed</li> </ul>   |
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <ul style="list-style-type: none"> <li>Five 2-3 yard goals spaced evenly on a circle</li> <li>Simultaneous games of 1v1 occur for 60 seconds</li> <li>Game begins with one player in possession of ball in circle</li> <li>Attacker attempts to score by dribbling ball and stopping it between a cone goal</li> <li>Switch roles after loss of possession</li> </ul> <p><b>Progressions:</b> After a goal is scored the same person turns around and tries to score again.</p>                      | <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Body feint to throw defender off</li> <li>Change of direction</li> <li>Change of speed</li> <li>Decisive decisions – pick a move and do it</li> <li>Correct timing of move</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>Two teams send out one player each to a 15-x-10 yard area with 2 yard deep end zones at each end</li> <li>Ball is served by coach, players try to get ball, beat opponent on dribble, and stop ball in end zone</li> <li>Switch roles after loss of possession</li> <li>New ball is served should ball leave area</li> <li>New pair after goal or 1 minute</li> <li>First team to score x goals wins</li> </ul> <p><b>Progressions:</b> Play 2v2 and 3v3.</p> | <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Body feint to throw defender off</li> <li>Change of direction</li> <li>Change of speed</li> <li>Decisive decisions – pick a move and do it</li> <li>Correct timing of move</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> <li>Give points for goals and for an attacker beating a defender on the dribble in the attacking third of the field</li> </ul>  | <ul style="list-style-type: none"> <li>Observe to see if session has helped with dribbling to beat an opponent</li> </ul>  |

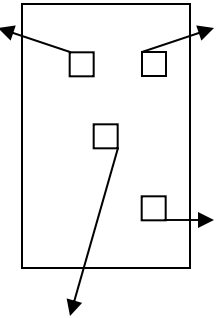
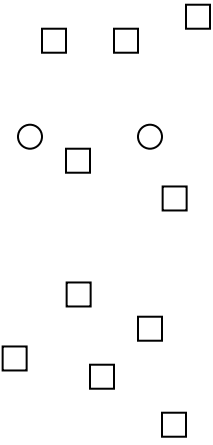
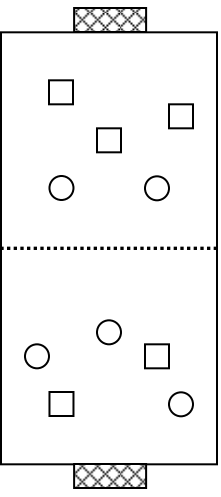
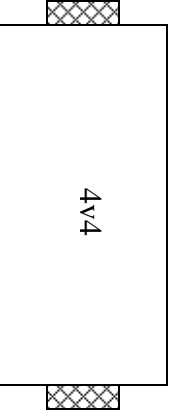
| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION  | KEY COACHING POINTS   |
|---|---|---|
| <p><b>RESTRICTED SPACE</b></p>      | <ul style="list-style-type: none"> <li>Team plays 2v2+1 in a 35-x-30 yard area</li> <li>Triangle is a neutral player who plays for both teams</li> <li>Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul> | <ul style="list-style-type: none"> <li>Immediate pressure on the ball – takes away time and space</li> <li>Select proper angle of challenge – come at attacker at an angle to cut off options</li> <li>Select proper speed of challenge – quickly but not too fast as to be easily beaten</li> <li>Proper distance and angle of cover</li> <li>Cover defender tracks supporting players</li> <li>1<sup>st</sup> def push 1<sup>st</sup> att to sideline or to 2<sup>nd</sup> def</li> </ul> |
| <p><b>ONE GOAL WITH COUNTER</b></p>  | <ul style="list-style-type: none"> <li>Play 4v3 to goal</li> <li>Team of four attacks goal</li> <li>After defending team wins ball they can score by passing to the target player</li> </ul>  | <ul style="list-style-type: none"> <li>Immediate pressure on the ball – takes away time and space</li> <li>Select proper angle of challenge – come at attacker at an angle to cut off options</li> <li>Select proper speed of challenge – quickly but not too fast as to be easily beaten</li> <li>Proper distance and angle of cover</li> <li>Cover defender tracks supporting players</li> <li>1<sup>st</sup> def push 1<sup>st</sup> att to sideline or to 2<sup>nd</sup> def</li> </ul> |
| <p><b>GAME – TWO GOALS</b></p>       | <ul style="list-style-type: none"> <li>4v4 + GK game</li> <li>No restrictions on players</li> </ul>   | <ul style="list-style-type: none"> <li>Observe to see if players are provide good pressure and cover</li> </ul>   |

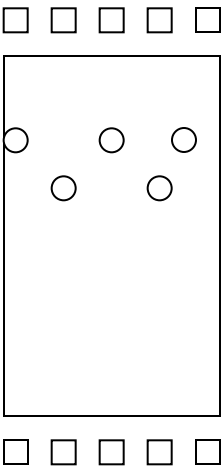
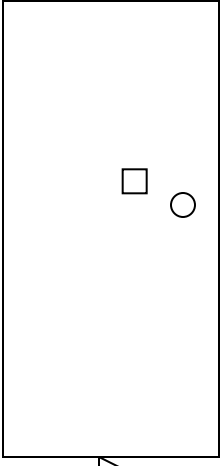
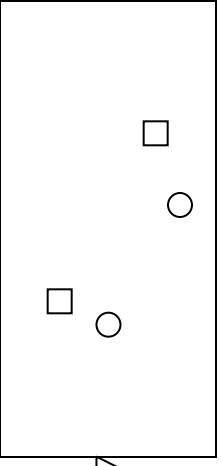
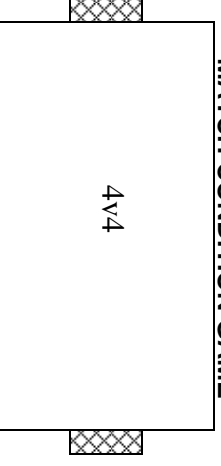
| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> <li>▪ <b>Progressions:</b> Specify what surface must be used to pass the ball. Limit the team to only two touches.</li> </ul>   | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Ankle locked</li> <li>▪ Plant foot pointed at target</li> <li>▪ Kick with inside of foot</li> <li>▪ Wide surface=accuracy</li> <li>▪ Follow through in direction of target</li> <li>▪ Push pass=less than 25 yards</li> </ul> |
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| <p><b>MATCH RELATED ACTIVITY</b></p>  | <ul style="list-style-type: none"> <li>▪ Twelve players with two balls pass to each other in a 40-x-30 yard area</li> <li>▪ Two players are defenders</li> <li>▪ When an attacker has the ball, they can be tagged by one of the defenders</li> <li>▪ Attackers are out when tagged</li> <li>▪ Game is over when no attackers remain</li> <li>▪ Appoint new defenders each game</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Good technique</li> <li>▪ First touch away from pressure</li> <li>▪ Second touch is a pass</li> <li>▪ Weight of pass</li> <li>▪ Quick decisions</li> <li>▪ Accurate passes</li> <li>▪ Passes to feet and to space</li> </ul>                                    |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>▪ Play 5v3 in a 50-x-40 yard area</li> <li>▪ Restriction: attackers only have one touch</li> <li>▪ Defenders have unlimited touches</li> <li>▪ Play for three minutes then switch defenders</li> <li>▪ Start off playing possession, then add goals</li> <li>▪ <b>Progressions:</b> Have one of the players on the team of 5 switch teams so it's 4v4. Add goals. Points for 7 consecutive passes or a goal.</li> </ul> | <ul style="list-style-type: none"> <li>▪ Good technique</li> <li>▪ First touch away from pressure</li> <li>▪ Second touch is a pass</li> <li>▪ Weight of pass</li> <li>▪ Quick decisions</li> <li>▪ Accurate passes</li> <li>▪ Passes to feet and to space</li> </ul>                                    |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with passing ability</li> </ul>  |

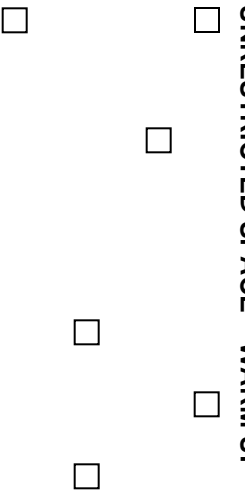
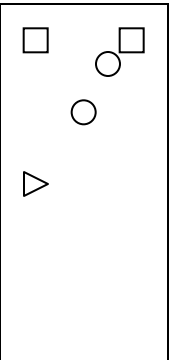
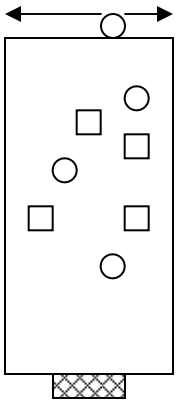
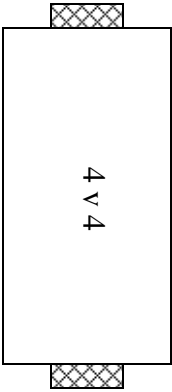
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone needs a ball</li> <li>Players must toss ball to themselves and kick ball straight up in the air using their instep</li> <li>Progress to partnering up and kicking ball back and forth using instep</li> </ul> <p><b>Progressions:</b> Specify what foot they must kick with.</p>  | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Ankle locked</li> <li>Solid contact</li> <li>Follow through</li> <li>Watch the ball</li> </ul>  |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>One line stands next to goal post, while other stands a few yards from the D</li> <li>Line by goal post passes to line by D and then pressures</li> <li>Rebounds are live</li> <li>Switch lines after each turn</li> </ul> <p><b>Progressions:</b> Have the defender start off playing passively and have them become more aggressive as the drill goes on.</p> | <ul style="list-style-type: none"> <li>Approach the ball at a slight angle</li> <li>Plant foot next to ball pointed in direction of target</li> <li>Ankle locked</li> <li>Body over ball – momentum forward</li> <li>Follow through</li> <li>Land on kicking foot</li> <li>Watch ball</li> <li>Placement versus power</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>Similar to above, but instead of 1v1, it is 3v2</li> <li>Switch teams after four minutes</li> </ul> <p><b>Progressions:</b> Goals scored one touch count double. Goals scored with non-dominant foot count double.</p>  | <ul style="list-style-type: none"> <li>Approach the ball at a slight angle</li> <li>Plant foot next to ball pointed in direction of target</li> <li>Ankle locked</li> <li>Body over ball – momentum forward</li> <li>Follow through</li> <li>Land on kicking foot</li> <li>Watch ball</li> <li>Placement versus power</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>Play 4v4 in a 40-x-25 yard area</li> <li>A line of cones should be made approximately 16 yards from each goal</li> <li>Teams get two points for scoring when a shot is taken from the middle zone, and only one point for a goal made from anywhere else</li> </ul> <p><b>Progressions:</b> Remove the line and just let them play</p>                          | <ul style="list-style-type: none"> <li>Observe to see if session has helped with finishing ability</li> </ul>  |

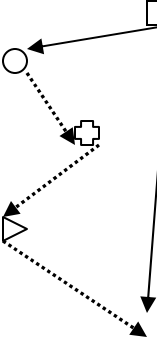
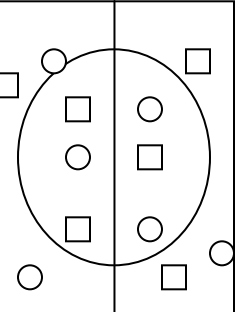
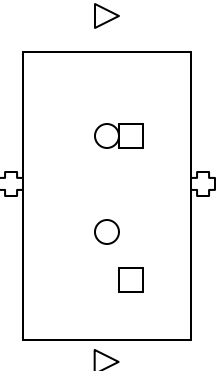
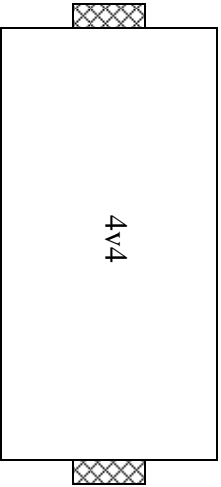
| <p><b>FUNDAMENTAL – WARM UP</b></p>   | <p><b>ORGANIZATION</b></p>   | <p><b>KEY COACHING POINTS</b></p>   |
|---|--|---|
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <ul style="list-style-type: none"> <li>▪ Square passes ball to circle</li> <li>▪ Circle plays ball with first touch towards end line and then crosses the ball</li> <li>▪ As soon as square passes the ball they pressure the crosser</li> <li>▪ One attacker and one defender by goal</li> <li>▪ <b>Progressions:</b> Switch to other side of field so crosser has to use other foot</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Hips turned to face target</li> <li>▪ Head looking down at ball</li> <li>▪ Angle of approach</li> <li>▪ Preparation touch before crossing</li> <li>▪ Quality of cross – weight, accuracy, timing</li> <li>▪ Type of cross                             <ul style="list-style-type: none"> <li>▪ Driven to near post – flicked header</li> <li>▪ Lofted to far post – driven header or volley</li> </ul> </li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>▪ Play 5v5 (4 field players and a GK) in a 50-x-74 yard area with 15 yard wide flank zones on each side</li> <li>▪ One neutral player plays in each of the flank zones and cannot be challenged</li> <li>▪ A premium is placed on players timing runs into the box (as to get free from a marker) and receiving a cross from the flank player</li> <li>▪ <b>Progressions:</b> Allow flank players to come into the regular field</li> </ul> | <ul style="list-style-type: none"> <li>▪ Hips turned to face target</li> <li>▪ Head looking down at ball</li> <li>▪ Angle of approach</li> <li>▪ Preparation touch before crossing</li> <li>▪ Quality of cross – weight, accuracy, timing</li> <li>▪ Type of cross                             <ul style="list-style-type: none"> <li>▪ Driven to near post – flicked header</li> <li>▪ Lofted to far post – driven header or volley</li> </ul> </li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>▪ Play 6v6</li> <li>▪ No restrictions on players</li> <li>▪ Goals moved towards touch lines to promote crossing</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with crossing</li> </ul>  |

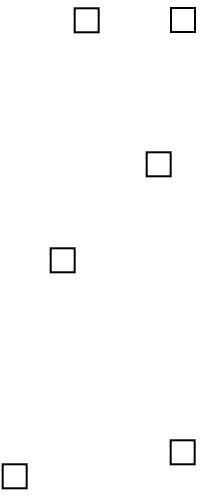
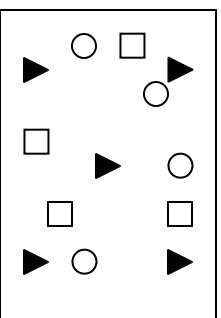
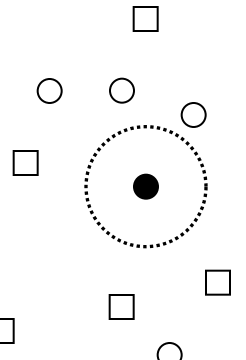
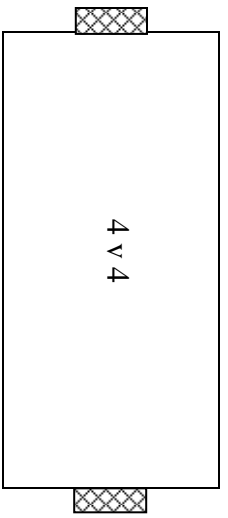
| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION   | KEY COACHING POINTS   |
|---|--|---|
|                                    | <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Players constantly moving</li> <li>▪ Supporting players at an appropriate distance from 1<sup>st</sup> attacker</li> <li>▪ Supporting players at an appropriate angle from the 1<sup>st</sup> attacker</li> </ul>  |
| <p><b>RESTRICTED SPACE</b></p>      | <ul style="list-style-type: none"> <li>▪ Set up two adjacent 15-x-15 yard grids</li> <li>▪ In one grid the squares play keep away from two circles</li> <li>▪ When the circles win possession they look to play the ball into the other square to their teammates then sprint into the other square to support them</li> <li>▪ Two square go into other square to try to win the ball back</li> <li>▪ Points for 5 consecutive passes, 5 pts wins</li> </ul> | <ul style="list-style-type: none"> <li>▪ Players in good supporting positions</li> <li>▪ Decision making: safety versus risk</li> <li>▪ Communication</li> <li>▪ Good team shape</li> </ul>   |
| <p><b>ONE GOAL WITH COUNTER</b></p>  | <ul style="list-style-type: none"> <li>▪ Play 5v5 in a 50-x-35 yard area with disc cones marking the half line</li> <li>▪ In order for a team to score all players must be in the attacking half of the field</li> <li>▪ All goals count double if any member of the defending team is not in their own half of the field when a goal is scored</li> <li>▪ Last person back is a keeper</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Possess the ball to look for an opportunity to score</li> <li>▪ Players in good supporting positions</li> <li>▪ Decision making: safety versus risk</li> <li>▪ Communication</li> <li>▪ Good team shape</li> </ul> |
| <p><b>GAME – TWO GOALS</b></p>       | <ul style="list-style-type: none"> <li>▪ Play a 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Observe to see if the team possess the ball well</li> <li>▪ Check to make sure the team is possessing the ball with a purpose</li> </ul>   |

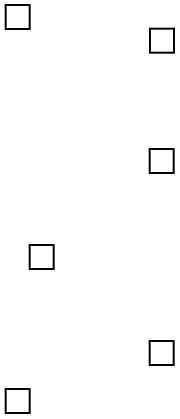
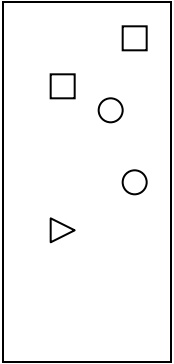
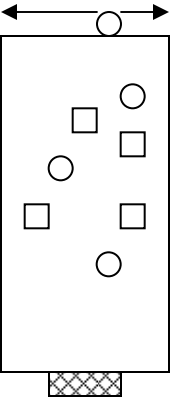
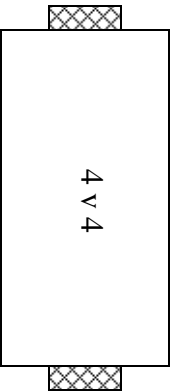
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone with a ball in a 15-x-12 yard area</li> <li>On coaches command, players must dribble out of square as fast as they can</li> <li>Everyone then dribbles back into square and the process is repeated</li> </ul> <p><b>Progressions:</b> Place objects outside of the square, players must dribble around the object before returning to the square. End with musical cones.</p>  | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Ball is pushed farther out in front</li> <li>Use the instep and outside of the foot</li> </ul>  |
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <ul style="list-style-type: none"> <li>Set up a large area, have two players as taggers and everyone else dribbles in the area</li> <li>The taggers try to freeze the dribblers by tagging them</li> <li>When frozen, a dribbler stops and holds their ball over their head, the can be unfrozen if another dribbler dribbles their ball through the frozen player's legs</li> </ul> <p><b>Progressions:</b> Specify how players must dribble</p>  | <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Ball is pushed farther out in front</li> <li>Use the instep and outside of the foot</li> <li>Shield ball from opponent</li> </ul>   |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>Play 5v5, mark off a center line</li> <li>Each team has three defenders and two attackers, the players are restricted to their respective half of the field</li> <li>In order for the ball to get across the half, it must be dribbled by one of the defenders who can temporarily join the attack (when the attack takes a shot or loses the ball the defender must return)</li> </ul> <p><b>Progressions:</b> Remove the restriction of players staying in their own half</p> | <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Ball is pushed farther out in front</li> <li>Use the instep and outside of the foot</li> <li>Can the defender who is open use a dynamic first touch to quickly get over the half line?</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>   | <ul style="list-style-type: none"> <li>Observe to see if session has improved player's ability to dribble with speed</li> </ul>  |

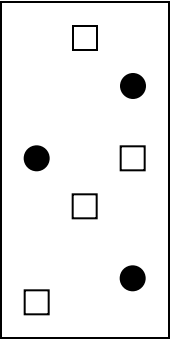
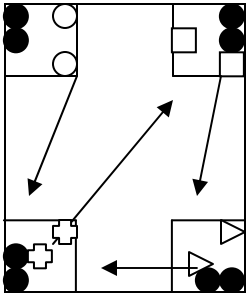
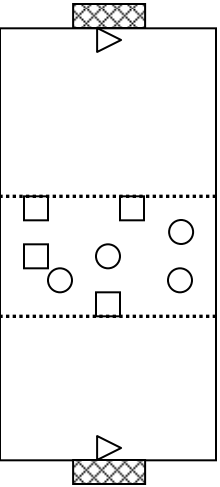
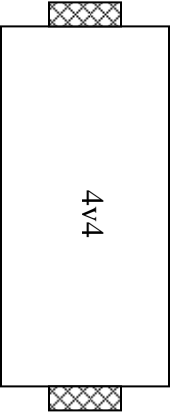
| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Set up a 25-x-15 yard area</li> <li>▪ Players stand on one end line with balls, other players are in middle or on other end line</li> <li>▪ Players in middle jog around, show for a ball, receive a ball, and then turn and play the ball to the other side</li> <li>▪ Stretch and switch roles</li> </ul> <p><b>Progressions:</b> Demonstrate different ways of turning the ball; have them do the different methods.</p> | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Get in line of the flight of the ball</li> <li>▪ Come to meet the ball</li> <li>▪ Watch the ball</li> <li>▪ Make an early selection in the body surface to use</li> <li>▪ Accelerate after turning</li> </ul>                                |
|---|---|---|
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>▪ Play 1v1 in a 20-x-10 yard area, with a neutral player on each end line</li> <li>▪ Players can score by receiving ball from a neutral, turning with the ball, and completing a pass to the other neutral</li> <li>▪ Switch roles after loss of possession</li> <li>▪ Play for one minute, then active players switch with neutrals</li> </ul> <p><b>Progressions:</b> Move to next exercise.</p>   | <ul style="list-style-type: none"> <li>▪ Good receiving technique</li> <li>▪ Look for pressure</li> <li>▪ Turn away from pressure</li> <li>▪ Accelerate after turning</li> <li>▪ What foot to use to receive ball and how to turn determined by location of pass being received and location of the defender</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>▪ Play 2v2 in a 20-x-15 yard area, with a neutral player on each end line</li> <li>▪ Players can score by receiving ball from a neutral, turning with the ball, and completing a pass to the other neutral</li> <li>▪ Switch roles after loss of possession</li> <li>▪ Play for one minute, then losing team switches with the neutrals</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Good receiving technique</li> <li>▪ Look for pressure</li> <li>▪ Turn away from pressure</li> <li>▪ Accelerate after turning</li> <li>▪ What foot to use to receive ball determined by location of pass being received and location of the defender</li> </ul>                 |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on the players</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Observe to see if practice session has helped with receiving and turning</li> </ul>  |

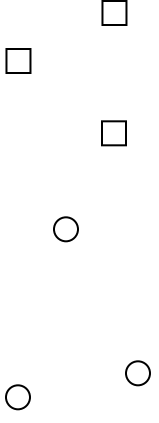
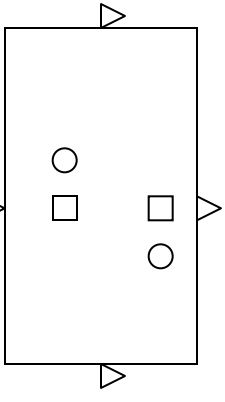
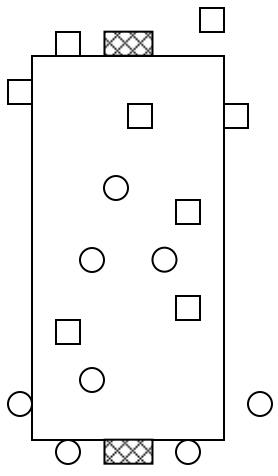
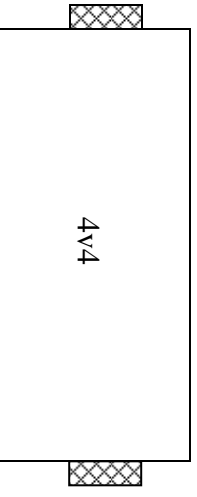
| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION  | KEY COACHING POINTS   |
|---|---|---|
|                                    | <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Need players in immediate support of the ball – relieve pressure</li> <li>▪ Support players positioned behind, square, or in advance of the ball</li> <li>▪ Must combine with 1<sup>st</sup> attacker to gain penetration through overlaps, 1-2, double pass, take over, bent runs, etc.</li> </ul>  |
| <p><b>RESTRICTED SPACE</b></p>      | <ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ Triangle is a neutral player who plays for both teams</li> <li>▪ Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul> | <ul style="list-style-type: none"> <li>▪ Need players in immediate support of the ball – relieve pressure</li> <li>▪ Support players positioned behind, square, or in advance of the ball</li> <li>▪ Supporting distance not so close that one defender can cover both 1<sup>st</sup> and 2<sup>nd</sup> attacker</li> </ul>  |
| <p><b>ONE GOAL WITH COUNTER</b></p>  | <ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Need players in immediate support of the ball – relieve pressure</li> <li>▪ Support players positioned behind, square, or in advance of the ball</li> <li>▪ Supporting distance not so close that one defender can cover both 1<sup>st</sup> and 2<sup>nd</sup> attacker</li> <li>▪ Angle and distance of support changes depending on pressure on ball</li> </ul> |
| <p><b>GAME – TWO GOALS</b></p>       | <ul style="list-style-type: none"> <li>▪ Play 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Observe to see if 1<sup>st</sup> attacker has adequate support</li> </ul>  |

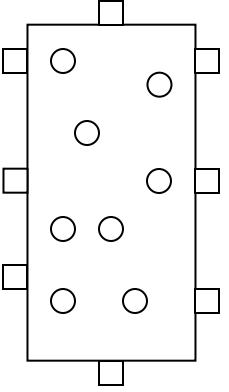
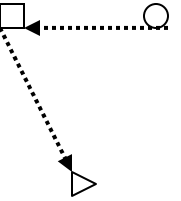
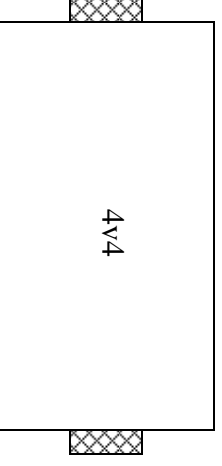
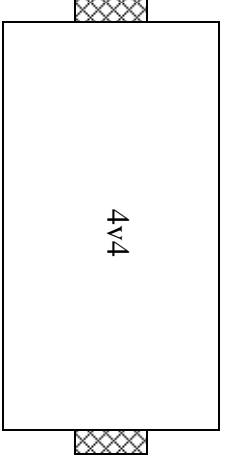
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Player 1 passes to player 2 and then makes a run</li> <li>Other players pass ball around and then play ball back to player 1</li> <li>Other players move to support player 1, and then the process is repeated</li> </ul>   | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Ankle locked</li> <li>Plant foot pointed at target</li> <li>Kick with inside of foot</li> <li>Wide surface=accuracy</li> <li>Follow through in direction of target</li> <li>Push pass=less than 25 yards</li> </ul>   |
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Set up area as show, teams are restricted to the zone they start in</li> <li>Teams score points by completing a pass through the opponents half of the circle to their teammates</li> <li>First team to score 21 points wins</li> </ul>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> <li>Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>Timing of pass – played when teammate is ready to receive it</li> </ul>   |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Play 2v2 with neutrals and target players in a 15-x-20 yard area</li> <li>Teams score by receiving a pass from a target player and then playing the ball to the other target player</li> <li>After a score, the target player plays the ball back to the scoring team who attacks in the other direction</li> </ul> <p><b>Progressions:</b> Move neutral players and target players into the grid and play 4v4 to goals. Points for # of passes or goals.</p> | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> <li>Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>Timing of pass – played when teammate is ready to receive it</li> <li>Disguise of pass – no telegraphing</li> <li>Angled passes – not easily intercepted</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <p><b>MATCH CONDITION GAME</b></p> <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on the players</li> </ul>   | <p><b>MATCH CONDITION GAME</b></p> <ul style="list-style-type: none"> <li>Observe to see if session has helped with passing ability</li> </ul>   |

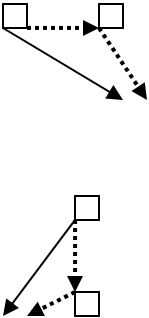
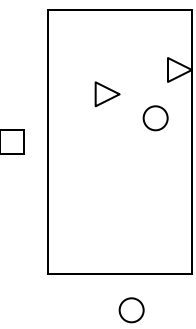
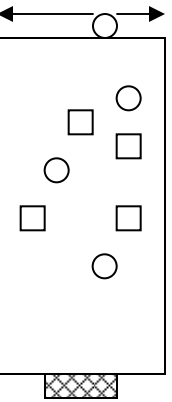
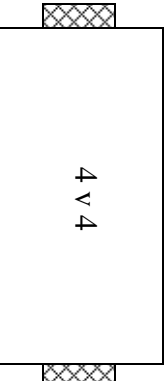
| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION  | KEY COACHING POINTS  |
|---|---|--|
|                                    | <ul style="list-style-type: none"> <li>Ball between three players – moving and passing</li> </ul>   | <ul style="list-style-type: none"> <li>Players constantly moving</li> <li>Supporting players at an appropriate distance from 1<sup>st</sup> attacker</li> <li>Supporting players at an appropriate angle from the 1<sup>st</sup> attacker</li> </ul> |
| <p><b>RESTRICTED SPACE</b></p>      | <ul style="list-style-type: none"> <li>Play 4v4 in a 35-x-35 yard area with five cones placed in the area</li> <li>Teams score by passing the ball to knock over a cone</li> <li>The play continues with the coach picking up the cone</li> <li>First team to five goals wins</li> </ul>  | <ul style="list-style-type: none"> <li>Players in good supporting positions</li> <li>Decision making: safety versus risk</li> <li>Communication</li> <li>Good team shape</li> </ul>  |
| <p><b>ONE GOAL WITH COUNTER</b></p>  | <ul style="list-style-type: none"> <li>Two teams play possession soccer in a large area</li> <li>A ball is placed on a disc cone inside a circle or cones</li> <li>To score a point, a team must pass the ball so that it knocks the ball in the middle off the cone</li> <li>First team to 5 goals wins</li> <li>Teams may not enter the circle</li> </ul> | <ul style="list-style-type: none"> <li>Possess the ball to look for an opportunity to score</li> <li>Players in good supporting positions</li> <li>Decision making: safety versus risk</li> <li>Communication</li> <li>Good team shape</li> </ul>    |
| <p><b>GAME – TWO GOALS</b></p>       | <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on the players</li> </ul>  | <ul style="list-style-type: none"> <li>Observe to see if the team possess the ball well</li> <li>Check to make sure the team is possessing the ball with a purpose</li> </ul>  |

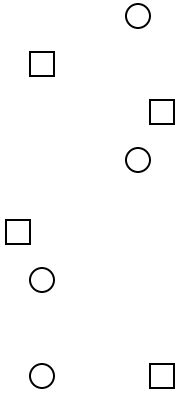
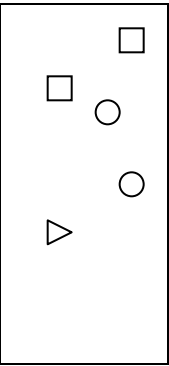
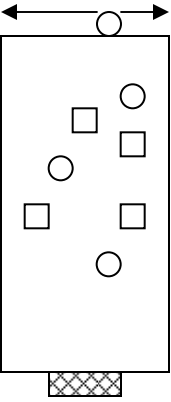
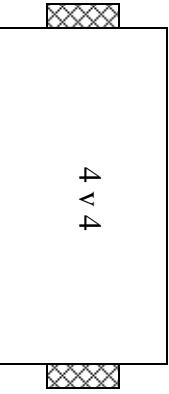
| <p><b>UNRESTRICTED SPACE – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p>  | <p><b>KEY COACHING POINTS</b></p>  |
|---|---|--|
|                                    | <ul style="list-style-type: none"> <li>▪ Ball between three people – passing and moving</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Good passing technique                             <ul style="list-style-type: none"> <li>○ In order for the players to make good tactical choices they must possess good technical ability</li> </ul> </li> <li>▪ Players constantly moving</li> </ul>   |
| <p><b>RESTRICTED SPACE</b></p>      | <ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ Triangle is a neutral player who plays for both teams</li> <li>▪ Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul> | <ul style="list-style-type: none"> <li>▪ Penetrate by making the best tactical choice                             <ul style="list-style-type: none"> <li>○ Weigh game situation</li> <li>○ Location on the field</li> <li>○ Positioning of teammate versus opponents</li> <li>○ 1<sup>st</sup> attacker's technical ability</li> </ul> </li> </ul> |
| <p><b>ONE GOAL WITH COUNTER</b></p>  | <ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> </ul>  | <ul style="list-style-type: none"> <li>▪ 1<sup>st</sup> thought - shoot the ball</li> <li>▪ 2<sup>nd</sup> thought – get the ball to someone in scoring position (pass)</li> <li>▪ 3<sup>rd</sup> thought – penetrate by passing or dribbling</li> </ul>   |
| <p><b>GAME – TWO GOALS</b></p>       | <ul style="list-style-type: none"> <li>▪ 4v4 + GK game</li> <li>▪ No restrictions on players</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Observe to see if the 1<sup>st</sup> attacker's are making good choices</li> </ul>  |

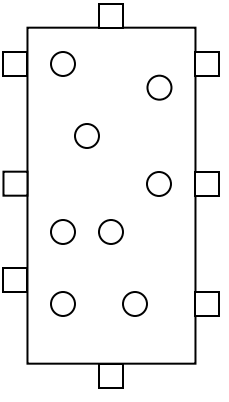
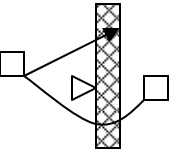
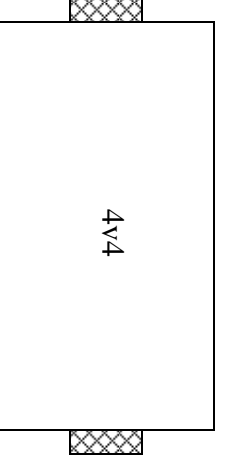
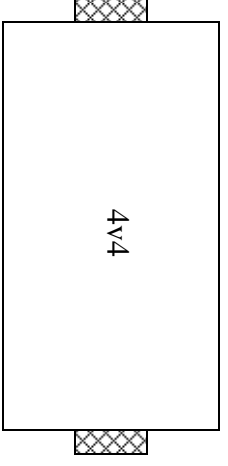
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone with a ball in a 15-x-20 yard area</li> <li>Placed randomly in the area are disc cones – one less than # of people</li> <li>Players moving and dribbling in area</li> <li>On coaches command, players must dribble to one of the cones</li> <li>Whoever doesn't get to cone must do a task</li> </ul> <p><b>Progressions:</b> For the last round start taking cones away each time. As players don't get to a cone they get to start stretching while the other finish the game</p> | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Ball is pushed farther out in front</li> <li>Use the instep and outside of the foot</li> </ul>    |
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>In all four corners of a 30-x-30 yard area are 10-x-10 yard zones</li> <li>Within each corner are a number of balls equal to the number of players that are in the zone</li> <li>Players must run from their corner and try to steal balls from the other zones and return them to their own zone</li> <li>Group with most balls after a minute wins</li> </ul> <p><b>Progressions:</b> Specify how players must dribble</p>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Ball is pushed farther out in front</li> <li>Use the instep and outside of the foot</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Play 4v4 in a 70-x-50 yard area</li> <li>Players start out in a 15 yard zone in the middle of the field</li> <li>After a predetermined number of passes a team can play a diagonal ball in which one player can run to</li> </ul> <p><b>Progressions:</b> To add pressure, allow the farthest defender to give chase</p>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Head up to read game</li> <li>Ball is pushed farther out in front</li> <li>Use the instep and outside of the foot</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <p><b>MATCH CONDITION GAME</b></p> <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> </ul>  | <p><b>MATCH CONDITION GAME</b></p> <ul style="list-style-type: none"> <li>Observe to see if session has improved player's ability to dribble with speed</li> </ul>                                       |

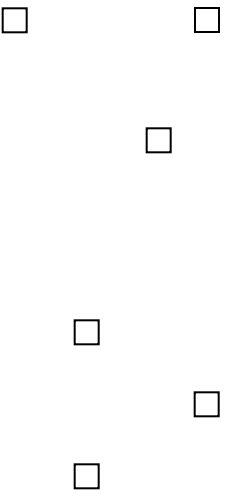
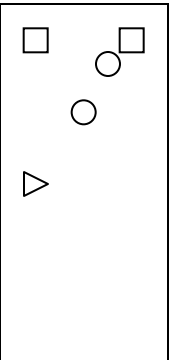
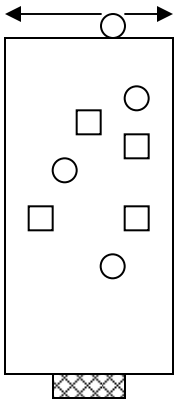
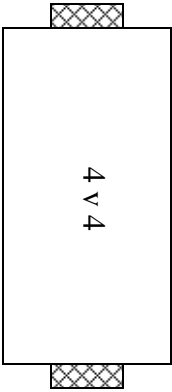
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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Ball between three players – moving and passing</li> <li>Emphasis on creative combinations</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball. Limit touches. Have them do different combinations (wall pass, overlap, take over, double pass).</p>  | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Ankle locked</li> <li>Plant foot pointed at target</li> <li>Kick with inside of foot</li> <li>Wide surface=accuracy</li> <li>Follow through in direction of target</li> <li>Push pass=less than 25 yards</li> </ul>  |
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <ul style="list-style-type: none"> <li>Play 2v2 in a 20-x-15 yard grid with four neutral players</li> <li>Teams try to score points by reaching a predetermined number of passes</li> <li>Whichever team scores more points in a minute wins</li> <li>Active players and neutrals switch roles after a minute</li> </ul> <p><b>Progressions:</b> Teams get a point for completing a wall pass.</p>  | <ul style="list-style-type: none"> <li>Good technique</li> <li>Good pace</li> <li>Accurate passes</li> <li>Run initiates the pass</li> </ul>  |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>Play 5v5 (four field players and a GK) in a 36-x-44 yard area</li> <li>Both teams have four extra players on their offensive third of the field</li> <li>Every five minutes the outside and inside players switch positions</li> <li>Goals count double when they are scored after a combination with one of the outside players</li> </ul> <p><b>Progressions:</b> Have the outside people leave and play 4v4. The inside people should continue to play 4v4.</p> | <ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> <li>Timing of run – only when 1<sup>st</sup> attacker has ball under control and is ready to pass</li> <li>Timing of pass – played when teammate is ready to receive it</li> <li>Disguise of pass – no telegraphing</li> <li>Angled passes – not easily intercepted</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>Play 4v4 with no restrictions on players</li> <li>Teams score by shooting into goals</li> </ul>  | <ul style="list-style-type: none"> <li>Observe to see if session has improved passing ability</li> </ul>  |

| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p>   | <p><b>KEY COACHING POINTS</b></p>   |
|---|--|---|
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <ul style="list-style-type: none"> <li>Circle tosses ball to square who must attempt to head ball high, wide, and with distance to triangle</li> <li>As soon as circle tosses ball they apply pressure</li> <li>Switch roles after five headers</li> <li>Circle starts off applying weak pressure and progresses to applying game pressure</li> </ul>                    | <ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball high for time, wide for safety, and with power for distance</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <ul style="list-style-type: none"> <li>Play 4v4 (no GK) in a 36-x-44 yard area</li> <li>Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball</li> <li>When team is defending they can get a point for heading the ball away from the attacking team; attacking team scores by heading the ball into the goal</li> </ul> | <ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball high for time, wide for safety, and with power for distance</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> <li>Give points for goals scored as well as for defensively headed balls</li> </ul>   | <ul style="list-style-type: none"> <li>Observe to see if session has helped with heading</li> </ul>   |

| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION  | KEY COACHING POINTS   |
|---|---|---|
|                                    | <ul style="list-style-type: none"> <li>Ball between two players moving and passing using a wall pass</li> </ul>   | <ul style="list-style-type: none"> <li>Create 1-2 combination</li> <li>Use of outside of foot for first pass</li> <li>Accelerate through to receive return pass</li> <li>Return pass played into path of player but not to deep</li> </ul>  |
| <p><b>RESTRICTED SPACE</b></p>      | <ul style="list-style-type: none"> <li>Play 2v1 in 20-x-15 yard area – spare players on outside of grid act as neutral players</li> <li>Team in possession scores when they make a 1-2 pass</li> <li>When defender wins ball teammate enters field to make new team of two – opposing team leaves one on field</li> </ul> | <ul style="list-style-type: none"> <li>1<sup>st</sup> attacker “hunts” opponent on dribble to create opportunity for wall pass</li> <li>Support player must achieve correct supporting position – angle and distance</li> <li>Decisions of 1<sup>st</sup> attacker dependent upon actions of 1<sup>st</sup> defender</li> </ul> |
| <p><b>ONE GOAL WITH COUNTER</b></p>  | <ul style="list-style-type: none"> <li>4v3 to goal</li> <li>Team of four attacks goal using 1-2 whenever appropriate</li> <li>After defending team wins ball they can score by passing to the target player</li> <li>Goals scored from penetration caused by 1-2 count double</li> </ul>                                  | <ul style="list-style-type: none"> <li>Correct angle and distance of support players to created 1-2 action</li> <li>Quick transition</li> <li>Ability of players to create 1-2 combinations going forward</li> </ul>  |
| <p><b>GAME – TWO GOALS</b></p>       | <ul style="list-style-type: none"> <li>Play 4v4 + GK's</li> <li>No restrictions on players</li> <li>Give points for making a 1-2 and for scoring</li> </ul>   | <ul style="list-style-type: none"> <li>Correct team shape</li> <li>Look for opportunities to created numbers up situations that allow 1-2 combinations</li> <li>Assess safety and risk in attempting combination play based on field position</li> <li>Penetrate when possible using 1-2</li> </ul>                             |

| UNRESTRICTED SPACE – WARM UP  | ORGANIZATION  | KEY COACHING POINTS   |
|---|---|---|
|                                    | <ul style="list-style-type: none"> <li>▪ Half the players need a ball</li> <li>▪ Players with ball dribble around and look for players without a ball to do a take over with</li> </ul>   | <ul style="list-style-type: none"> <li>▪ "Same foot" technique</li> <li>▪ Communication between players</li> <li>▪ Do a dummy take over occasionally</li> </ul>   |
| <p><b>RESTRICTED SPACE</b></p>      | <ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ A pair scores a point for successfully completing a take over</li> <li>▪ If defender wins ball his/her team switches roles with the team that lost possession</li> </ul>  | <ul style="list-style-type: none"> <li>▪ "Same foot" technique</li> <li>▪ Player taking over should immediately look to penetrate by way of a run, pass, or shot</li> <li>▪ Communication between players</li> <li>▪ Do a dummy take over occasionally</li> </ul> |
| <p><b>ONE GOAL WITH COUNTER</b></p>  | <ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal using take over whenever appropriate</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> <li>▪ Goals scored from penetration caused by take over count double</li> </ul> | <ul style="list-style-type: none"> <li>▪ "Same foot" technique</li> <li>▪ Player taking over should immediately look to penetrate by way of a run, pass, or shot</li> <li>▪ Communication between players</li> <li>▪ Do a dummy take over occasionally</li> </ul> |
| <p><b>GAME – TWO GOALS</b></p>       | <ul style="list-style-type: none"> <li>▪ 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with take overs</li> </ul>  |

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| <p><b>FUNDAMENTAL – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Set up a 25-x-35 yard grid</li> <li>Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside</li> <li>Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player</li> <li>Stretch then switch inside/outside players</li> </ul>   | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball down and with force</li> </ul>    |
| <p><b>MATCH RELATED ACTIVITY</b></p>  | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Five two player teams play with a regulation goal and a neutral keeper</li> <li>One partner stands behind goal and sends ball to partner who is outside penalty box; GK must have one foot on goal line</li> <li>Attacker charges ball and tries to score</li> <li>Whichever two player team has more goals after 10 tries wins</li> <li>Play again and switch server/header</li> </ul> | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball down and with force</li> </ul> |
| <p><b>MATCH RELATED ACTIVITY</b></p>   | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Play 4v4 (no GK) in a 36-x-44 yard area</li> <li>Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball</li> <li>Defenders not allowed in own 6 yard box and cannot disrupt thrown balls; only headed balls</li> <li>First team to five goals wins</li> </ul>  | <p><b>MATCH RELATED ACTIVITY</b></p> <ul style="list-style-type: none"> <li>Read the flight of the ball</li> <li>Keep eye on the ball</li> <li>Get in the line of flight of the ball</li> <li>Time jump to hit ball at highest point</li> <li>Lock neck and keep upper body rigid</li> <li>Thrust forward from waist</li> <li>Direct ball down and with force</li> </ul> |
| <p><b>MATCH CONDITION GAME</b></p>     | <p><b>MATCH CONDITION GAME</b></p> <ul style="list-style-type: none"> <li>Play 4v4</li> <li>No restrictions on players</li> <li>Give extra points for goals scored by headers</li> </ul>  | <p><b>MATCH CONDITION GAME</b></p> <ul style="list-style-type: none"> <li>Observe to see if session has helped with heading</li> </ul>   |

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| <p><b>UNRESTRICTED SPACE – WARM UP</b></p>  | <p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> </ul>  | <p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Need players in immediate support of the ball – relieve pressure</li> <li>▪ Support players positioned behind, square, or in advance of the ball</li> <li>▪ Must combine with 1<sup>st</sup> attacker to gain penetration through overlaps, 1-2, double pass, take over, bent runs, etc.</li> </ul>                              |
| <p><b>RESTRICTED SPACE</b></p>               | <ul style="list-style-type: none"> <li>▪ Team plays 2v2+1 in a 35-x-30 yard area</li> <li>▪ Triangle is a neutral player who plays for both teams</li> <li>▪ Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul> | <ul style="list-style-type: none"> <li>▪ Need players in immediate support of the ball – relieve pressure</li> <li>▪ Support players positioned behind, square, or in advance of the ball</li> <li>▪ Supporting distance not so close that one defender can cover both 1<sup>st</sup> and 2<sup>nd</sup> attacker</li> </ul>  |
| <p><b>ONE GOAL WITH COUNTER</b></p>           | <ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> </ul>  | <ul style="list-style-type: none"> <li>▪ Need players in immediate support of the ball – relieve pressure</li> <li>▪ Support players positioned behind, square, or in advance of the ball</li> <li>▪ Supporting distance not so close that one defender can cover both 1<sup>st</sup> and 2<sup>nd</sup> attacker</li> <li>▪ Angle and distance of support changes depending on pressure on ball</li> </ul> |
| <p><b>GAME – TWO GOALS</b></p>                | <ul style="list-style-type: none"> <li>▪ Play 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>   | <ul style="list-style-type: none"> <li>▪ Observe to see if 1<sup>st</sup> attacker has adequate support</li> </ul>  |