

CYSA Coach's Training Guide

Team Ideas

2 training players of the week based on hustle, listening, attitude, trying hard, etc at training

Start the next game, Team Captains for the next game, lead team cheer.

Magic Soccer Words to Teach to use to each Other while playing

Time (player has time – limited pressure – do not just kick it away)

Clear (in front of your own goal – just kick it out – up the field or towards side line – not back to create corner kick)

Keeper (keeper yells this to tell players he has the ball – players should shield to protect the keeper)

Goal-side (to tell players to get back between the keeper and the ball)

Markup (cover a man)

No Turn (get close to the player – do not give them room so they can easily turn up field)

Push Up (to get players to move up the field – minimize space gaps or pull opposing team off sides)

Corner (direct a player to pass or move towards the corner)

Cross or **Square** (direct player to pass sideways to another player)

Wide (direct player to pass sideways to another player)

Man On (telling a player he does not have time and player is closing on him fast)

Drop (tell a player to pass the ball back)

Go or Through (tell a player to make a run ahead for a lead pass)

Support (tell a player to pass the ball back)

Back (tell a player to pass the ball back)

Keeper – soccer term for goalie

Pitch – soccer term for the field

Nil – soccer term for zero

Call Someone's Name – this is bad communication. When a player is under pressure their head tends to be down on the ball and just calling out their name provides no direction with what to do with the ball

Cool Moves to Show

http://www.soccer-training-info.com/soccer_move_videos.asp

Share these with your players so they can get excited and try them

Training should have 5 key steps/stages

1. Warm Up
2. Passing or dribbling games (focus on player technique and correct as needed)
3. Small Sided games/activities
4. Scrimmage
5. Cool Down and Stretch

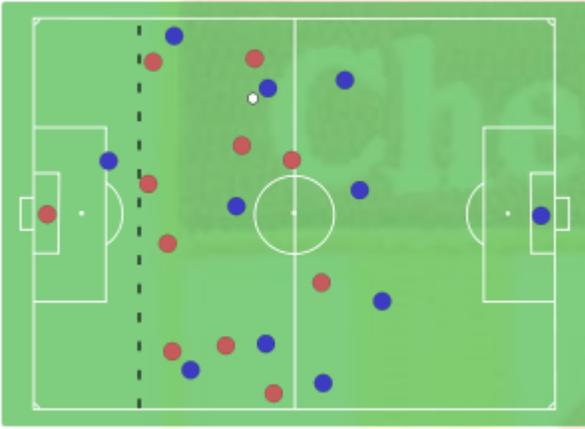
Teach Key aspects of the Game

1. Off sides for U12 and above (see next couple of pages for offside demystified)
2. Make sure players do not just boot the ball – kicking whether long or short should be with a purpose – booting the ball just gives it back to the other team
3. Make sure kids know about spacing and not to bunch up
4. Talk about 1 person puts pressure on the ball and the second person is cover – backs them up
5. Talk about not stabbing at the ball when playing defense – stay low, start fast and arrive slow – go for the ball when the player makes a mistake
6. Soccer is a passing game – use your teammates to pass to – do not try to dribble around everyone
7. Teach defenders that it is OK to kick the ball out of bounds – side line – when they are in trouble to slow the game down and provide time for their teammates to come back and help out
8. Teach defenders to force opponents towards the outside of the field
9. Teach defenders to always turn and pass the ball up towards the sidelines
10. Teach defenders when they get beat to turn and make a recovery run back towards the goal
11. Teach players that the game does not always have to go forward, think about passing across the field, passing back, etc to open play and create space.
 - a. Make the simple pass – take what the other team gives you

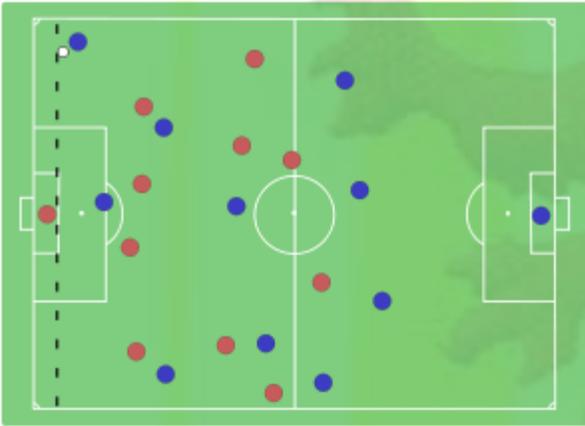
Soccer set plays and basic (show briefly but focus on dribbling, passing, spacing and team play)

1. Goal Kicks – make sure keepers do not kick up the middle of the field
2. Corner Kicks – make sure players are not too close to the goal - easier to come in on the ball than to back up on it – on the defensive side or corner kicks teach the kids to mark up – stay on a man
3. On direct kicks – teach kids to make a wall and the keeper directs the wall which way to move to best prevent the shot
4. Ensure all players know how to do throw ins properly – feet stay on the ground – 2 hands over your head – do not throw from the side

Offside position



The blue forward on the left of the diagram is in an *offside position* as he is in front of both the second-to-last defender (marked by the dotted line) and the ball. Note that this does not necessarily mean he is committing an *offside offence*.



The blue forward in the penalty box of the diagram is not in an *offside position*, as he is behind the ball, despite the fact that he is in front of all but one of his opponents.

A player is in an *offside position* if he is in his opponents' half of the field and is closer to his opponents' goal line than both the ball and all but zero or one of his opponents. Put another way, an offside position has three components, all of which must be satisfied for the player to be in the offside position: First, the player must be on the opposing team's half of the field. Second, the player must be in front of the ball. And third, there must be fewer than two opposing players between him and the opposing goal line, with the goalkeeper counting as an opposing player for these purposes.

It is not necessary that the goalkeeper be one of the last two opponents. It should be noted that any attacker that is even with or behind the ball is not in an offside position and may never be sanctioned for an offside offence. Regardless of position, there is no offside offence if a player receives the ball directly from a goal kick, corner kick, or throw-in.

Offside offence

A player in an offside position at the moment the ball is touched or played by a team-mate is only committing an *offside offence* if, in the opinion of the referee, he becomes actively involved in play by

Interfering with play

Playing or touching the ball

Interfering with an opponent

Preventing the opponent from playing the ball by obstructing the player's sight or intentionally distracting the opponent

Gaining an advantage by being in an offside position

Playing the ball after the ball has rebounded off the goal, the goalkeeper, or any opponent

Since offside is judged at the time the ball is touched or played by a team-mate **not** when the player receives the ball, it is possible for a player to receive the ball significantly past the second-to-last defender.

Offside sanction

The restart for an offside sanction is an indirect free kick for the opponents where the offside-positioned player was when the ball was played or touched by a teammate. This is defined as where the infringement took place.

Stage 1 - Warm Ups for Training

It is important to warm the team up prior to starting training and games so they do not get injured – this is especially important for U12 and older.

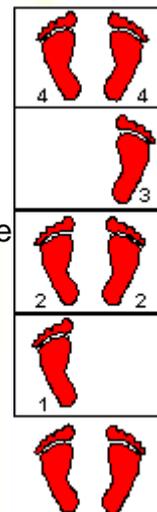
Ladder – Use Cones to set up a ladder – improve foot work and agility

Ladder Agility Drills

Hop Scotch Drill

This is one of the simplest ladder agility drills, even for those who are too old to remember playing hop scotch (or just won't admit to it!).

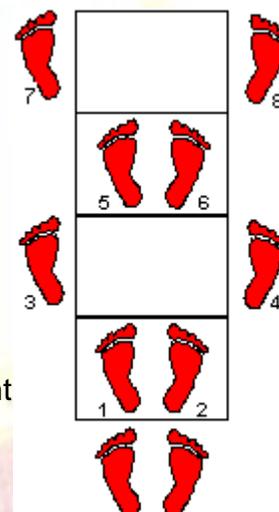
- Start with your feet hip width apart at the bottom of the ladder
- Jump up with both feet and land on the left foot only in the first square
- Immediately push off with your left foot and land with both feet in the second square
- Immediately push off with both feet and land on your right foot only
- Push off from your right foot and land on both feet.
- Repeat this pattern for the full length of the ladder



In-Out Drill

Another basic drill to master but no less effective.

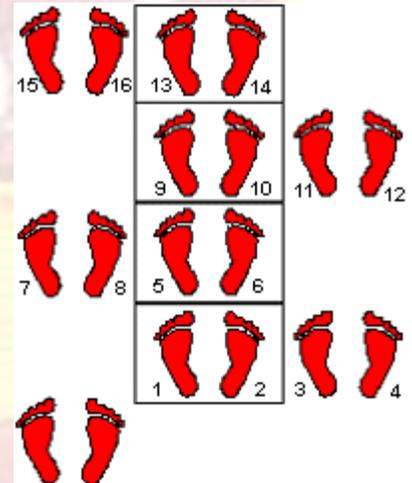
- Start with your feet hip width apart at the bottom of the ladder
- Step into the first square with your **left** foot first, immediately followed by your **right** foot
- With your **left** foot step outside to the left the second square, then immediately step outside the second square with your **right** foot
- Step back into the third square with your **left** foot first, followed by your right foot.
- Repeat this pattern in fluid motion for the length of the ladder



Lateral Feet Drill

The ladder agility drills from now on require more training and greater coordination. Be sure to give yourself several dummy runs before attempting at speed.

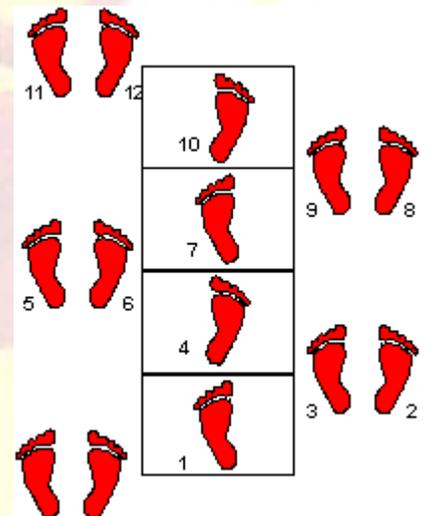
- Start with both feet outside of the first square and to the left
- Step into the first square with your **left** foot first, immediately followed by your **right** foot... in a 1-2 motion
- Step to the right, outside the first square again with your left foot first, followed by your right
- Now step diagonally left into the second square, with the left foot leading always keeping the same 1-2 motion
- Now step out to the left-hand side of the second square and repeat for the full length of the ladder
- If you perform several sets of this drill start at different sides of the ladder so your lead foot changes each time



Tango Drill

Named after the dance, when you perform this drill correctly you'll see why. Or should it be the Foxtrot?

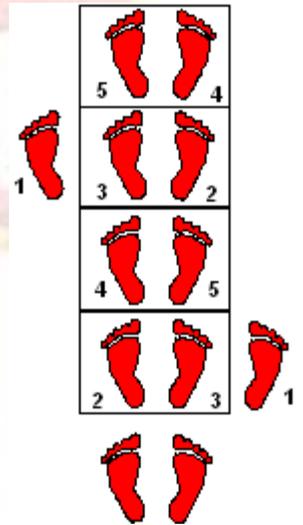
- Start with both feet outside of the first square and to the left
- Cross your **left** leg over your right and into the centre of the first square. Your **right** leg should immediately follow to the right of the first square, followed by your left leg
- It's a 1-2-3 motion like you're dancing
- From here your **right** foot comes across your left and into the centre of the second square as the pattern is repeated in the opposite direction
- Repeat for the full length of the ladder



Five Count Drill

This is the most difficult to master of these ladder agility drills and requires patience even for the most dexterous. When you can perform this exercise smoothly, with speed you're ahead of most of the competition!

- Start with your feet hip width apart at the bottom of the ladder
- Step out to the right of the first square With your **right** foot immediately followed by placing your left foot into the first square
- Bring your right foot along side your left in the first square then step into the second square with your left foot immediately followed by the right
- Count these first five steps in a 1-2-3-4-5 manor
- Reverse the sequence by stepping out to the right of the third square with your left foot
- Repeat for the full length of the ladder



Stage 2A - Passing – do one of these passing games every training session

Good Video link on how to pass - <http://www.elitesoccerconditioning.com/Passing/passwithchrisklein.htm>

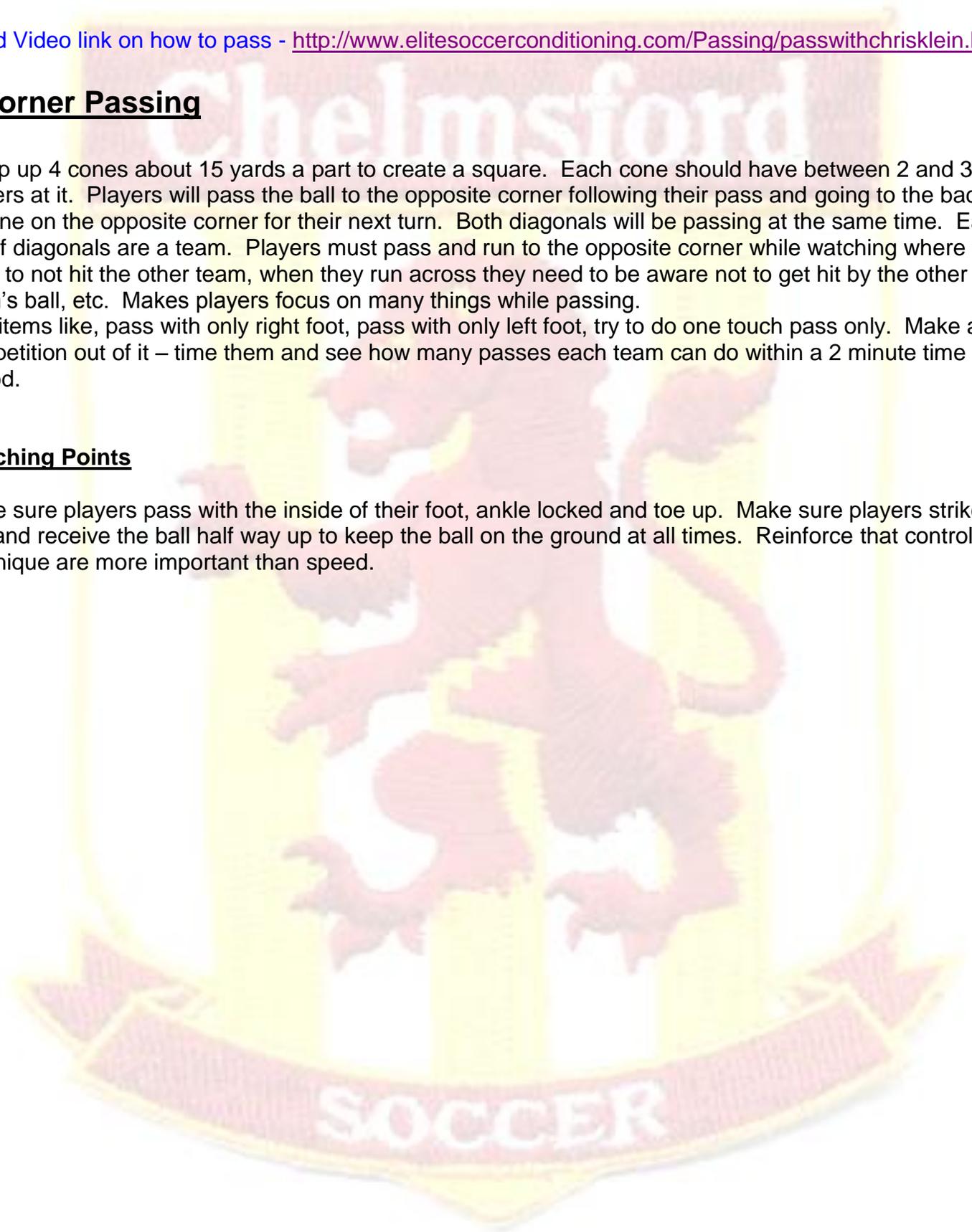
4 Corner Passing

Setup up 4 cones about 15 yards apart to create a square. Each cone should have between 2 and 3 players at it. Players will pass the ball to the opposite corner following their pass and going to the back of the line on the opposite corner for their next turn. Both diagonals will be passing at the same time. Each set of diagonals are a team. Players must pass and run to the opposite corner while watching where they pass to not hit the other team, when they run across they need to be aware not to get hit by the other team's ball, etc. Makes players focus on many things while passing.

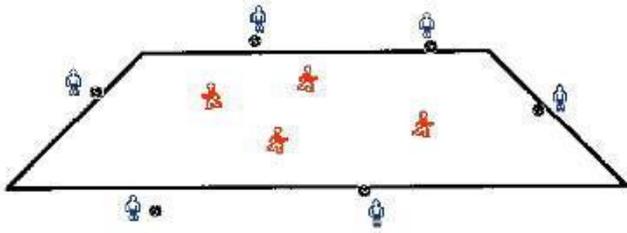
Add items like, pass with only right foot, pass with only left foot, try to do one touch pass only. Make a competition out of it – time them and see how many passes each team can do within a 2 minute time period.

Coaching Points

Make sure players pass with the inside of their foot, ankle locked and toe up. Make sure players strike the ball and receive the ball half way up to keep the ball on the ground at all times. Reinforce that control and technique are more important than speed.



Team Passing inside to outside



The Game

Players in the grid are without the ball, players on outside each have a ball. Inside players move around the grid freely, receive a ball from an outside player and return it as quickly as they can. Switch positions after a while.

Progression

Return with one touch, then two touches,
Receive with outside of the foot, inside of the foot, left foot only...
Receive balls out of the air.
Receive, turn and find a different target

Coaching Points

Quality of first touch.
Receive "sideways on" when shielding from an opponent,
Make "eye contact" with the server.
Changes of speed and direction.

Make it competitive - do this for 2 minutes – players on the inside keep track of how many passes they made to an outside player in 2 minutes. Do it a second time to try to beat their previous score. Mix up inside and outside players.

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Three-Play Drill

Teaches passing on the move. Line-up players in groups of three. Set-up rectangles of 20 yards long and 5 yards wide. Place a player with a ball at each end of the rectangle. Station one player in the middle. Begin by having player one end pass the ball to the player in the center. The player in the center must return the ball immediately and then turn to receive a pass from the player on the other end. Add competition by doing it for 2 minutes to see which team of 3 can complete the most passes. Switch out middle and end players.

Coaching Points

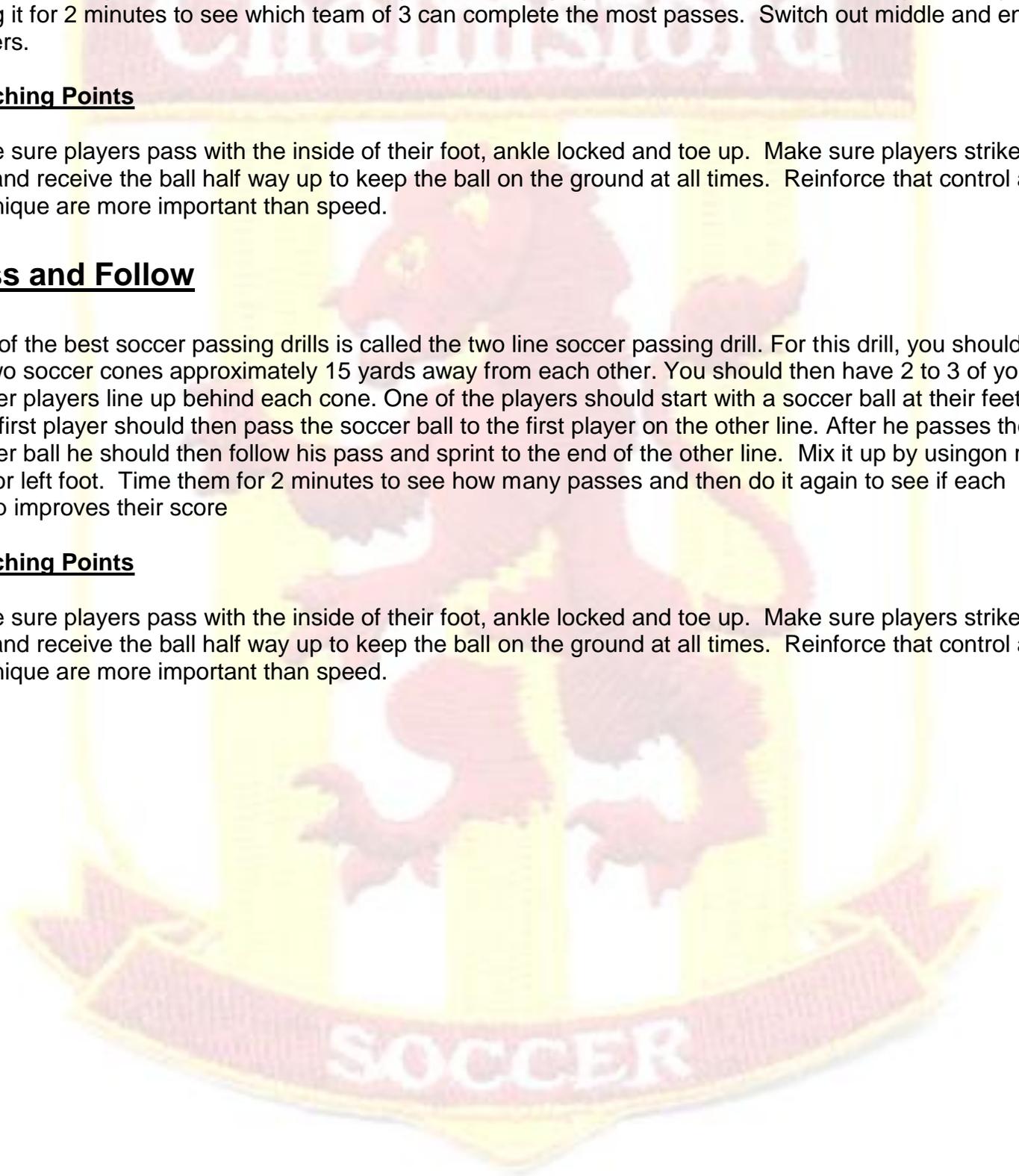
Make sure players pass with the inside of their foot, ankle locked and toe up. Make sure players strike the ball and receive the ball half way up to keep the ball on the ground at all times. Reinforce that control and technique are more important than speed.

Pass and Follow

One of the best soccer passing drills is called the two line soccer passing drill. For this drill, you should set up two soccer cones approximately 15 yards away from each other. You should then have 2 to 3 of your soccer players line up behind each cone. One of the players should start with a soccer ball at their feet. This first player should then pass the soccer ball to the first player on the other line. After he passes the soccer ball he should then follow his pass and sprint to the end of the other line. Mix it up by using right foot or left foot. Time them for 2 minutes to see how many passes and then do it again to see if each group improves their score

Coaching Points

Make sure players pass with the inside of their foot, ankle locked and toe up. Make sure players strike the ball and receive the ball half way up to keep the ball on the ground at all times. Reinforce that control and technique are more important than speed.



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Stage 2B - Dribbling – do one of these dribbling games every training session

Good Video link on dribbling -<http://www.elitesoccerconditioning.com/Dribbling/DribblingwithChrisKlein.htm>

Cone Gates

Set up several cone gates and have players dribble through them. Mix things up by making players only dribble with the inside of their feet, outside only, right foot only, left foot only, etc. Add competition and time them for 1 minute. Who can go through the most gates in 1 minute? Split them into 2 teams and see which team can dribble through the most cones in 1 minute.

Coaching Points

Make sure players keep the ball close – soft touches. Make sure they keep their head up and watch where they are going.

Speed Dribbling

Here is an activity that works on speed dribbling and also getting the ball under control after dribbling with speed.

Start with a 30-yard field with a 5-yard “buffer zone” on each end. Pair up players first row with the ball and second row as pursuers



When the coach tells them all to start, the players with the balls try to dribble at full speed down to the other end line and get three touches on the ball in the far buffer zone. The other players are trying to stop them by winning the ball, playing the ball away or knocking the ball over the end line. If the players with the ball are able to control the ball in the opposite buffer zone with three touches on the ball, they get a point. If the player with the ball loses the ball they lose a point. The first player to 5 points wins.

Switch player with the ball and the pursuer on each direction change.

Not only doesn't this activity work on speed dribbling, but also it's great for shielding, turns, change of pace and direction, as well as excellent fitness work.

Shadow Dribbling

Create a small grid approximately 30X30 yard. Instruct players to pair up each player with a ball.

The lead dribbler dribbles around inside the grid while the following dribbler attempts to mimic the lead dribbler's every move and keeping a good close distance. Change leaders after a minute.

Coaching Points

Make sure players keep the ball close – soft touches. Make sure they keep their head up and watch where they are going.

Jam Packed Dribbling

To begin this drill, create a circle with disc cones that is approximately 20 – 30 yards in circumference. Make sure each player has a ball, and instruct them to line up around the outside of the circle.

Have the players begin the soccer drill by dribbling around the outside of the circle all in the same direction. The coach should inform the players to listen for certain queues and perform those actions once the coach shouts the command. These commands are:

- JOG - players should dribble at a comfortable speed
- FULL SPEED - players should dribble at their top speed
- CUT - players should cut the ball in the other direction and travel in the other direction around the circle
- CROSS - all players should cut across the grid avoiding contact with other players or other player's balls.

Coaching Points

Since all 4 players should be entering the center area at the same time make sure players are looking ahead of them with their head up.

Remind players to keep the ball close when entering the traffic area.

Have players start playing with their arms up and out for balance and shielding

Instruct players to dribble with both feet and all parts of the foot

Various Games to Use as the 3rd Stage of Training

Communication Game

This is a half field scrimmage game where the most important aspect is communication. Split your team into 2 teams to do a half field scrimmage. The objective of the game is to see which team can get to 50 points that fastest. To get points you have to communicate to a teammate and then execute what was asked for as part of that communication. For example, if a teammate tells another teammate to pass back and a pass is completed back that team gets a point. Point can also be achieved using communication like time if a player truly has time or man on if they are under pressure. A team can earn 3 points by scoring and communicating at the same time. For example, if a player communicates to pass it square and then scores on the pass that team gets 3 points. 3 points can easily be won on a score if a teammate tells the other to shoot and then on the shot they score. Finally, 1 point is taken away for bad communication. If a player just yells out another player's name, which provides no good direction, then that team loses a point.

There should be a coach assigned to each team to keep track of the boards and provide status on the score

This game really focuses players on good communication and stresses how important it is in games. As they master the art of communication getting to a score of 50 can happen very quickly.

Numbers Game

Split the team in to 2 groups and provide each team with pinnies. Set up a field space of about 20 to 25 yards wide and about 35 to 40 yards long. Set up goals on each end line 10 to 12 feet wide. Each team will be on their own end line defending that goal. Each player on each team will be given a number of 1 through however many players are on that team. The coach will be on the sideline and will toss out a ball indifferent ways and call one or more numbers. Those players with their number called will go to the ball and try to score on the opposing team's goal. Play stops once a goal is scored or the ball goes out of the defined area.

Mix it up creating 1v1, 2v2, 3v3 or all players. Also mix it up by tossing the ball towards one team, in the middle, way up high to encourage heading, etc. Keep things moving fast, pushing players to get back to their team end line. This teaches players to be aggressive to the ball as well as individually play and team play, all of which depends on how many numbers are called out at one time.

Shoot, Volley, Volley

3 lines, 1 in the center about 10 yards outside the keeper box towards the half line. Line 2 beside the net about 3 yards wide of the post on the goal line, line 3 on the opposite side of the goal.

Place 2 players in line 2 and 3. The rest go to line 1 with a ball. Players in line 2 and should have 3 or 4 balls each to ensure the activity keeps going.

On player at a time from line 1 dribbles towards the goal and takes a shot on net once in side the goalie box.. After the shot the player runs to line 2 post and the player at line 2 throws a ball out for the player from line 1 to take a volley at the net. Then after the volley the player from line 1 runs towards the other side of the net towards line 3 to do another volley from that player. The player from line 1 gets a ball and goes to the end of line 3, the player from line 3 goes to line 2 and line 2 goes to line 1. The next player from line 1 starts up once the player in front of them has taken the second volley from line 3.

Mix it up by having the players in line 2 and 3 throw the balls to the players from line 1 in different ways, high, low, etc. Encourage heading, shots, volleys, half volleys, etc.

This encourages players to follow their shot and crash to the net for rebounds. Make sure players are running and not jogging to simulate game conditions.

Lightning (Also called Thunder)

This is a game the kids love. It can be done with shooting or heading. Players line up about 15 yards behind the goalie box towards mid field offset towards the edge of the goalie box. The coach with all the balls is in the middle depth wise of the goalie box just outside it on the opposite side. The players will come towards the net and the coach will send a cross towards the player to do a one time shot on net. One player must volunteer to start in goal. If the player shooting scores he goes to the back of the line and the next player in line is the goalie and must sprint to the net while the goal servers an other cross to the next player in line. The keeper who is scored on is out unless it is the first volunteer. If the player does not score they are in net and must be prepared for the next players shot. To get back in the game you must either head or catch a ball shot to the side or over the net. If a player shoots the ball over the net they are also out and the next player in line must run to be the keeper while the second player is coming down for the shot. This is a very fast paced game and the kids love it. The last player left is the winner. Mix it up by switching sides to get players to try to shoot with both their left and right feet. Do not always send over easy crosses, make it difficult at times to simulate game conditions. The same can be done for heading except the players and coach will be closer to the net and the coach will toss the ball to allow the players to head it at the net.

Focus

- Ball striking technique at goal and shot placement

Field Set Up

- *Starter*, *Passer*, and *Shooter* cones for each team
 - *Starter* cone 6 yards from goal post
 - *Passer* cone 8 yards from endline
 - *Shooter* cone 4 yards from top of the penalty box

Procedure 2-Touch Variation

- For each team, 1 player at the *Passer* cone, 1 player at the *Shooter* cone, and the rest of the team at the *Starter* cone
- All the balls for each team at the *Starter* cone

- 1 The **Green** Team starts with the first player at the *Starter* cone passing a ball to the player at the *Passer* cone. The player who just passed the ball to start the sequence follows their pass to become the next player at the *Passer* cone
- 2 The player at the *Passer* cone controls the pass, passes to the player at the *Shooter* cone, then follows their pass to become the next player at the *Shooter* cone
- 3 The player at the *Shooter* cone controls the pass, takes a shot on goal with their next touch, retrieves their ball and get in line at the *Starter* cone
- 4 **Blue** Team begins their sequence as soon as the **Green** player at the *Shooter* cone touches the ball

- After 5 minutes, call "half-time", and have the teams switch sides for the "second half"
- **GKs** rotate after 4 to 6 shots each

Competition

- +1 point per team for a shot on target (on goal)
- +2 points per team for each goal
- Variation: -1 point for each shot over the net

Coaching Points

- Concentrate on proper shooting technique; players should strike the middle of the ball with their laces, shooting toe pointed down, ankle firm and locked, upper body over the ball
- Good preparation touch by the shooters - a good touch will lead to a good shot
- Shooting players should get their heads up to see the target (the goal) after their prep touch

This is a drill that we used to do when I was playing with the Minnesota Thunder. I believe our coach picked it up from the Ajax club in Holland.

Players love shooting and scoring goals, and they are sure to enjoy this session. Although this exercise involves players standing in line, it is fast paced and active, and whatever lines are formed move very quickly. Also, although the focus here is finishing, remember to make sure to coach proper passing and receiving technique of players at the *Starter* and *Passer* cones.

Category

Shooting/Finishing

Exercise

Rotation Shooting

Age Group

U9+

of Players

10 - 18 (shown below with 14)

Organization

Green Team (3) 

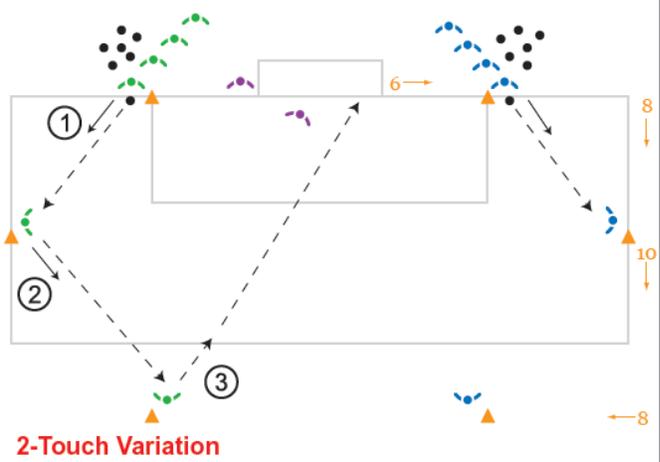
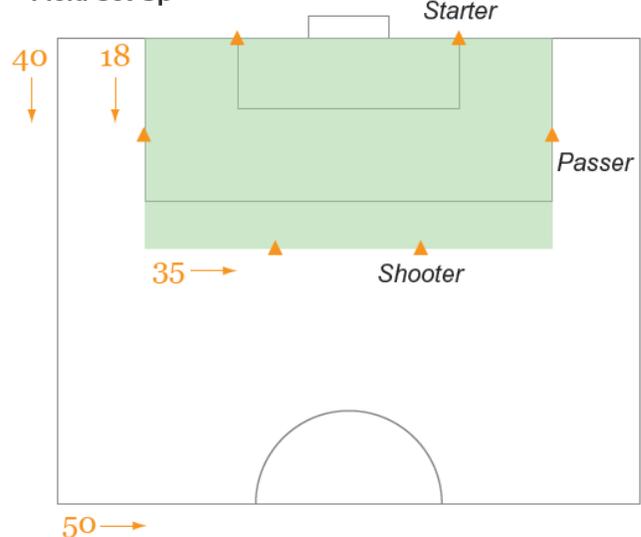
Blue Team (3) 

Goalkeepers (2) 

Marking Cones (6) 

Soccer Balls (14) 

Field Set Up



2-Touch Variation

pass

run

dribble

Procedure 1-Touch Variation

- Same as 2-Touch Variation except...
- ② The player at the *Passer* cone controls the pass, passes slightly in front of the player at the *Shooter* cone, then follows their pass to become the next player at the *Shooter* cone.
 - ③ The player at the *Shooter* cone attempts to shoot the ball first time (without controlling the ball first), retrieves their ball and get in line at the *Starter* cone.

Coaching Points

- Good set up pass by the passer - pass should be in front of the shooter at a "usable" pace
- Shooter should attack the ball quickly, as in a game

Make sure to note to your shooters about the need to get to the ball quickly. Many times, young players will wait until the ball is in a better position for a shot. They will not have this time in game situations under pressure from defending players. Practice at game speed.

Procedure 3-Touch Variation

- Same as Rotation Shooting 2-Touch, except...
- ② The player at the *Passer* cone controls the pass, passes to the player at the *Shooter* cone, then follows their pass to become the next player at the *Shooter* cone
 - ③ The player at the *Shooter* cone controls the ball in one direction (1st touch), fakes a shot and cuts the ball in the opposite direction (2nd touch), and then shoots on goal (3rd touch)

Coaching Points

- Realistic wind up and fake shot after shooter's initial touch
- The cut after the fake should be in a direction, and at a distance, to allow the shooter to shoot with their following touch

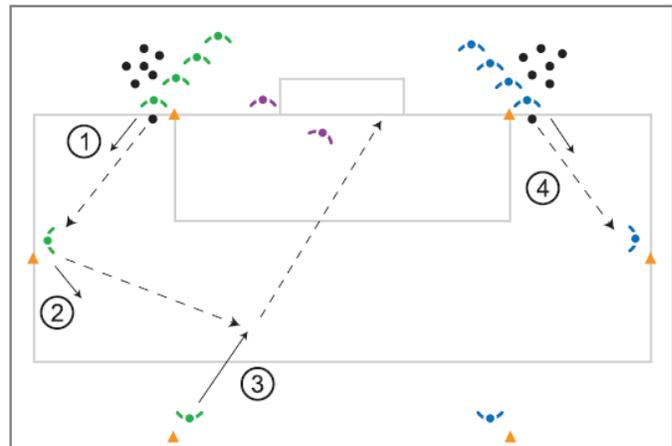
You will note that young players try and shoot these shots as hard as they can using huge leg swings. It is very difficult to get exactly the right timing to make solid contact when the ball is rolling at speed across the player's body. Add in the fact that players should be taught to make these runs at speed to lose marking defenders in the box, and large leg swings become almost an impossibility. The larger surface of the inside of the foot provides a larger sweet spot for good contact while allowing for more control at speed. *Close to goal, it's all about control.*

Procedure Cutting Run Variation

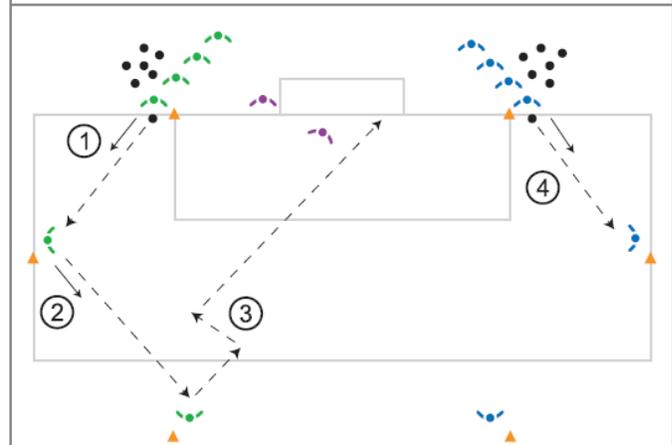
- Same as Rotation Shooting 2-Touch, except...
- ② The player at the *Passer* cone controls the pass from the starting player and then plays a square (lateral) ball across the face of the goal about 8 to 10 yards out from the GK
 - ③ The shooter "cuts" towards goal and tries to finish the cross first time (with one touch)

Coaching Points

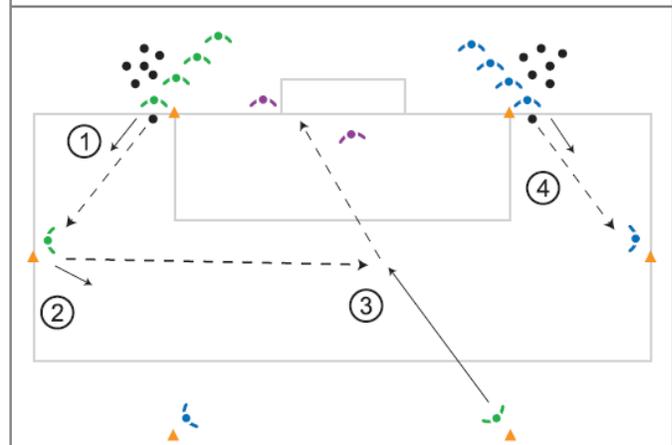
- Shooting players make a cutting run towards goal and need to attack (get to) the ball quickly
- More often then not, these shots are redirections with the inside of the foot rather than full swings



1-Touch Variation



3-Touch Variation



Cutting Run Variation

If I only taught one move to young players, it would be the fake shot. It is so easy to do, yet so effective when properly executed. It is human nature to flinch or shy away when about to be hit by something, and if you can get a defender to "freeze" because of your fake shot, you will gain that split second needed to create space and get off a shot on goal. Players can also use a push with the outside of their faking foot instead of a cut back with the inside of their foot after the fake shot.

Focus

- 2-man passing combinations

Field Set Up

- Two 14x80 yard passing channels set up on an 8v8 field (see *Field Set Up diagram*)

Procedure - Square/Through Variation

- **Blue** (with all the soccer balls) lines up behind the endline at one of the goal posts and the **Green** lines up across from them on the endline, even with the edge of the penalty box (this is 14 yards away on an 8v8 field)

- ① **Green** calls for a pass ("**Square!**") and receives a ball from **Blue**
- ② **Green** controls the ball forward up the field, and **Blue** makes a run up the field and demanding a return pass ("**Through!**") from **Green**
- ③ **Green** plays a through ball (a ball into space) to **Blue**
- ④ **Green** runs forward with the play and calls for a square

- The pair works their way down the field to the end of the channel (80 yards) then come back up the field in the other channel, this time with in reversed roles (**Green** starts with the ball by the goal post, **Blue** lines up across from them, even with the edge of the penalty box)

- After the players have worked down and back, **Blue** and **Green** should begin the circuit again in opposite places (**Blue** still starts with the ball but they are lined up even with the penalty box while **Green** begins by the goal post)

- Players should try and remain within the channels at all times

Coaching Points

- Players should receive the ball across their body and play 2-touch as much as possible
- Verbal communication - calls for the ball should be loud and clear
- Visual communication - hand outstretched pointing where the through player wants the ball played
- Watch the quality of the through runs up the field
 - too early, before the passer is ready, and the receiver will be standing waiting for the ball rather than moving onto the ball
 - too slow and the through runner will not be able to lose a marking defender in a game

This is a great little exercise that promotes both verbal and visual communication, proper passing technique, as well as working on the direction and pace of the passes.

Players should receive the ball across their body, always ready to move forward up the field. In the initial diagram here, **Green** should receive the ball with the inside of their left foot, pushing the ball slightly ahead of them up the field, and **Blue** should receive the through pass with the inside of their right foot.

Watch the timing of the through runs here. All players should go through changes of pace working up the field, exploding forward to receive a through pass, sprinting up to help teammates with a square pass option, etc.

The idea behind the players changing roles each time down the field is to allow all players to experience all positions and runs, playing passes with both feet.

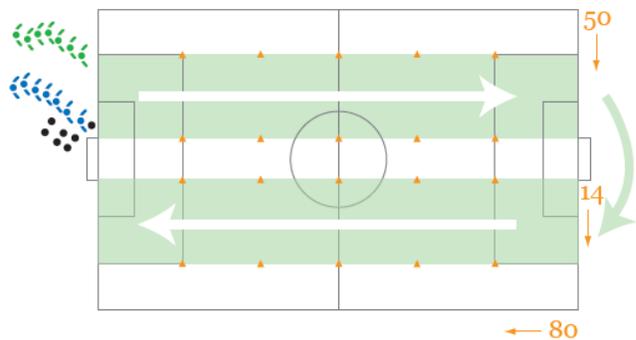
Category
Exercise
Age Group
of Players

Pattern Play - Passing
Passing Channel
U11+
10 - 18 (shown below with 14)

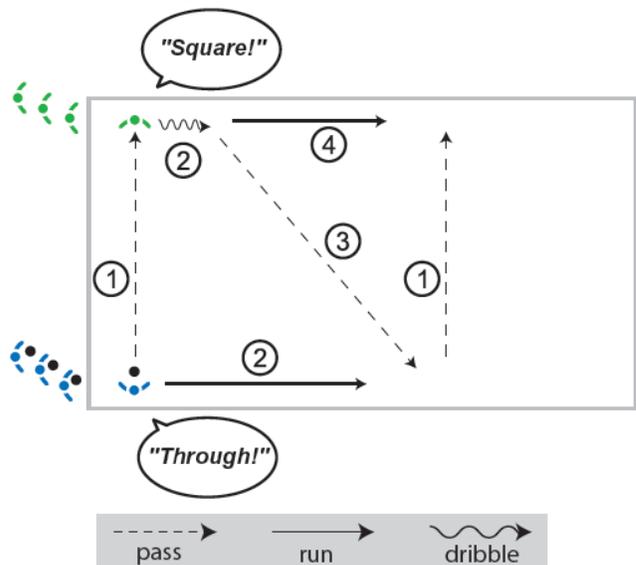
Organization

Green Team (7)	
Blue Team (7)	
Marking Cones (28)	
Soccer Balls (7)	

Field Set Up



Square/Through Variation



Procedure - Square/Through Variation

• **Blue** (with all the soccer balls) lines up behind the endline at one of the goal posts and the **Green** lines up across from them on the endline, even with the edge of the penalty box (this is 14 yards away on an 8v8 field)

- ① **Green** calls for a pass ("**Square!**") and receives a ball from **Blue** to begin the sequence
- ② **Green** controls the ball forward up the field
- ③ **Blue** makes a diagonal run up the field and demanding a return pass ("**Line!**") from **Green**
- ④ **Green** plays a through ball (a ball into space) to **Blue** and then runs diagonally forward with the play to take up a good position to call for a return square pass

Coaching Points

• **Blue** player should not pass and wait. Rather, **Blue** should move forward up the field with **Green's** first touch, then release and sprint forward for the line pass (change of pace to lose marking defenders)

The girls commented that this line pass was similar to the through pass in our first exercise. However, I explained that the word "line" gives more information to the passer, indicating exactly where the runner wants the ball played (down the line of the field). I also mentioned that this pass could occur from one of our wide back to a mid, or from mid to a forward.

Procedure - Square/Overlap Variation

• **Blue** (with all the soccer balls) lines up behind the endline at one of the goal posts and the **Green** lines up across from them on the endline, even with the edge of the penalty box (this is 14 yards away on an 8v8 field)

- ① **Green** calls for a pass ("**Square!**") and receives a ball from **Blue** to begin the sequence
- ② **Green** dribbles the ball diagonally forward towards the center of the field as Blue begins an overlapping run, telling the dribbler (Green) to "hold" (keep) the ball
- ③ When **Blue** is in a good position, they demand the ball by calling out "**Play it!**"
- ④ **Green** plays a ball into the space ahead of **Blue** and then continues in their dribbling direction to take up a good position for a square return pass

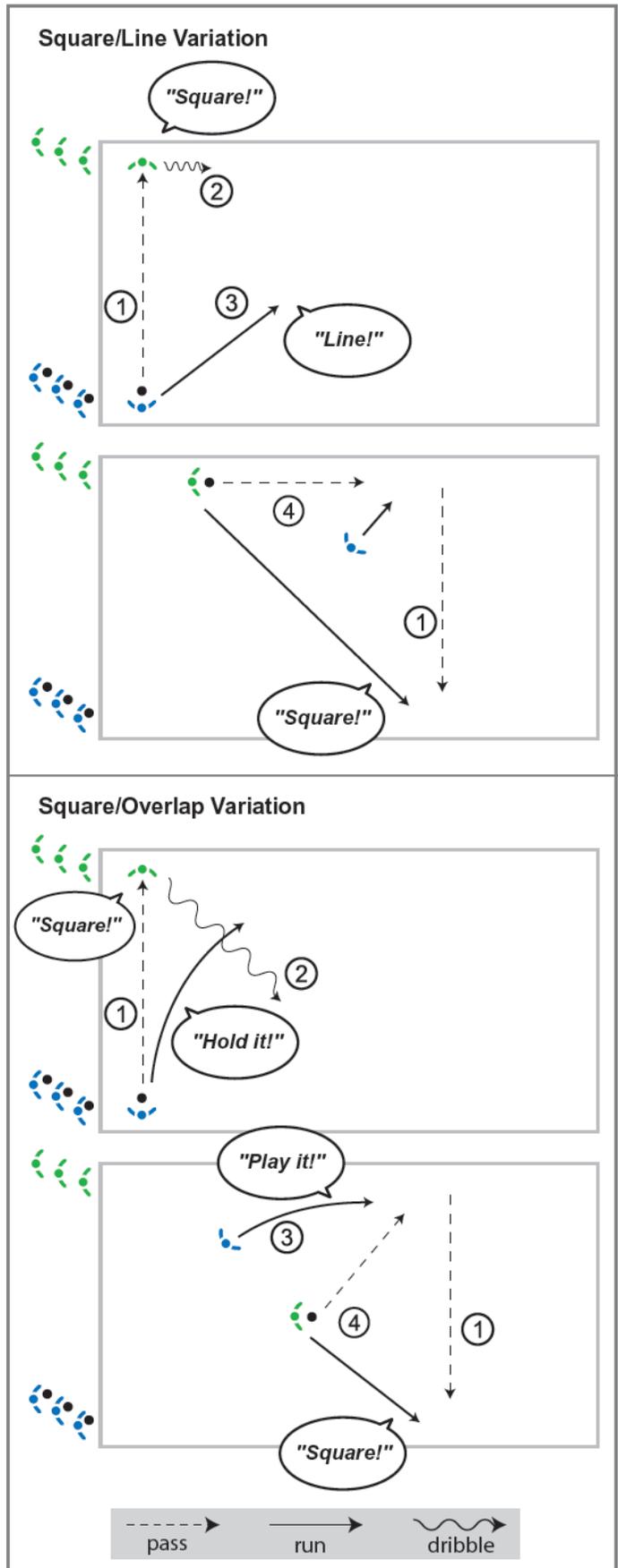
Coaching Points

• **Green** player dribbles inside the field to create space for the overlapping player (**Blue**) to use

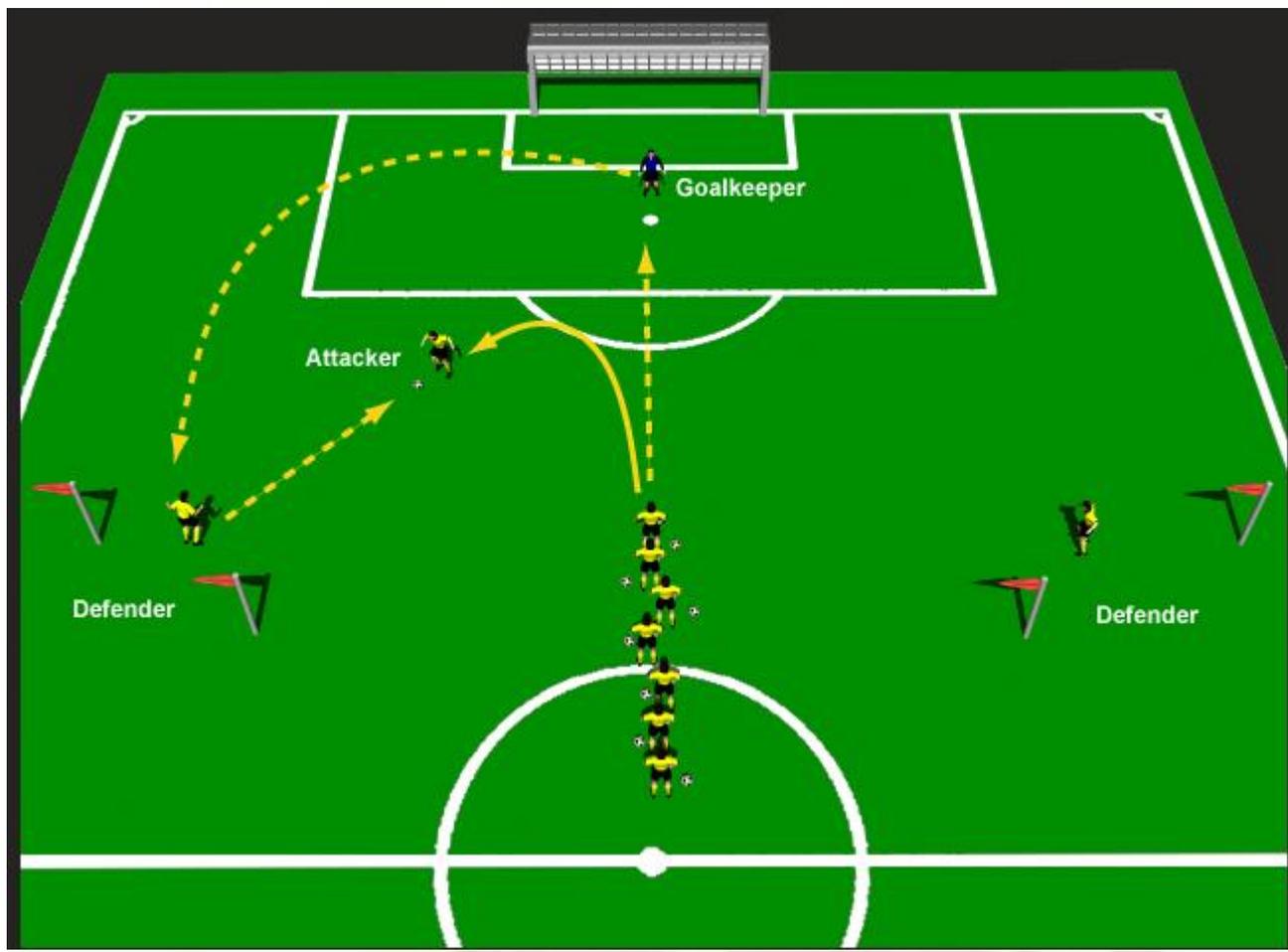
• **Blue** player should make the overlapping run at a sprint

• **Green's** pass should be in diagonally forward into the space

For me, having a player simply yell out "**Overlap!**" when making an overlapping run does not give the dribbler enough information as to the timing of their pass to the overlapping player. I want to get the girls to understand that "**Hold it!**" means that an overlap is coming, and that I will put the responsibility on the runner to either demand the overlap pass if it is on, or give other verbal help to the dribbler ("**Not on!**" or "**Keep it!**"). Why on the runner? Because they don't have the ball to worry about like the dribbler does, and the runner should be able to better see the field ahead thus in a better position to read what is going on and decide if the overlap pass is on.



Defensive Technique 1 v 1



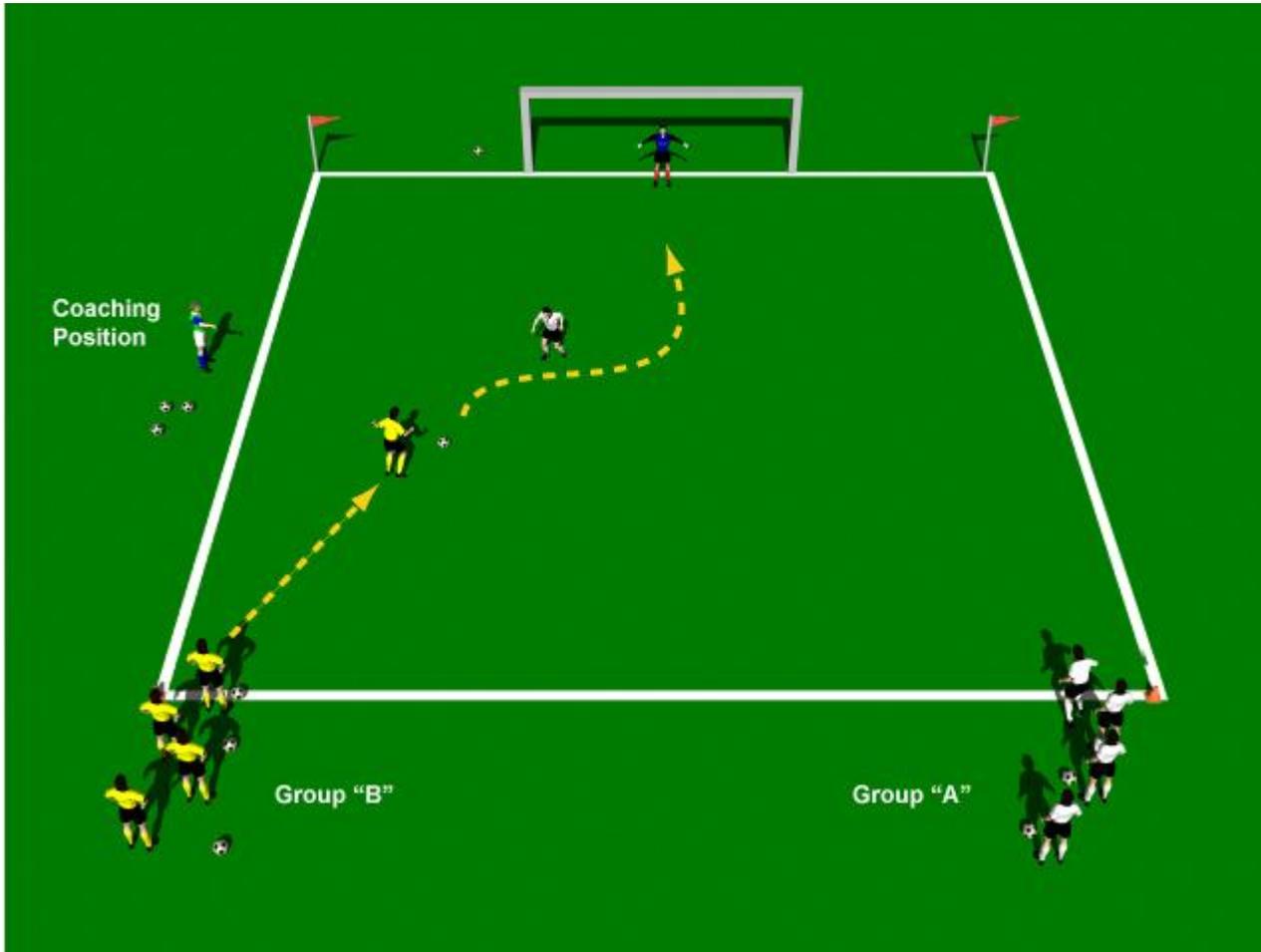
Objectives:

This practice will improve each players "one on one" defending skills.

Coaching Pointers:

The practice starts with the first attacker in-line. The attacker places a firm shot for the goalkeeper to save (they are not trying to score). When the goalkeeper catches the ball he then throws it to one of the wide defenders. The attacker turns and receives a first time pass from the defender. After receiving the pass, the attacker has to try and beat the defender and score in the wide goal. The defender must try to prevent the attacker from scoring. When the attack is ended, the attacker then becomes the next defender, and the defender joins the line of attackers.

Shoot and Defend



Exercise Objectives:

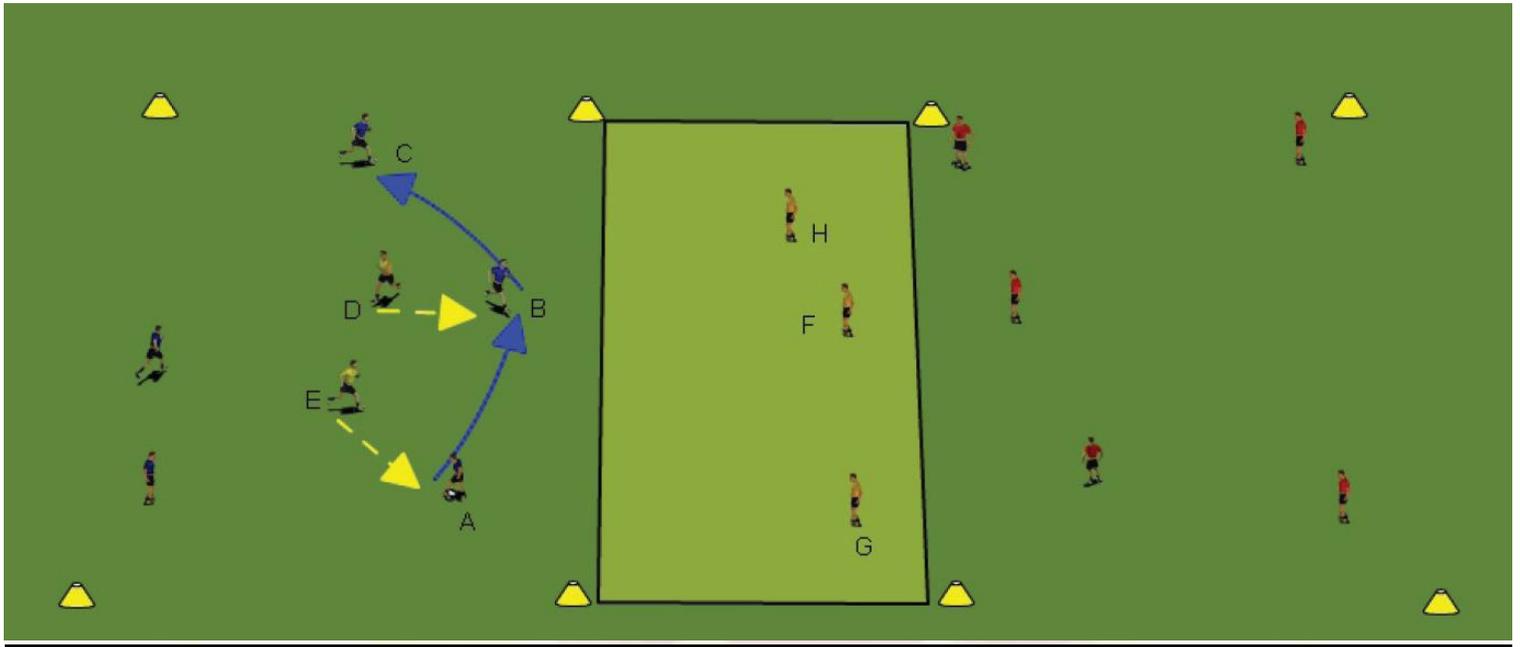
This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills.

Coaching Pointers:

Divide your team into two groups. The first player in group "A" dribbles the ball forward and shoots at goal. Immediately after shooting the ball he must defend against the first player in group "B". When the attack ends, the player from group "A" returns to his group and the player from group "B" now defends against the next player in group "A". This sequence is repeated throughout the drill.

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5 v 2 Possession Game



OBJECTIVES

This session is designed to focus on the 5 players in possession and encourage them to create angles to receive passes from their team mates.

SET UP

The area is divided into 3 areas of 20x30, 10x30, 20x30 yards with 3 teams of 5 players.

In the diagram the blue team starts with possession with the objective to gain 5 passes without the ball being intercepted or played outside the 20x30 area.

The yellow team all begins in the middle 10x30 area and are numbered 1 through 5 with numbers 1 and 2 entering the blue area to attempt to gain possession or force the ball out of play.

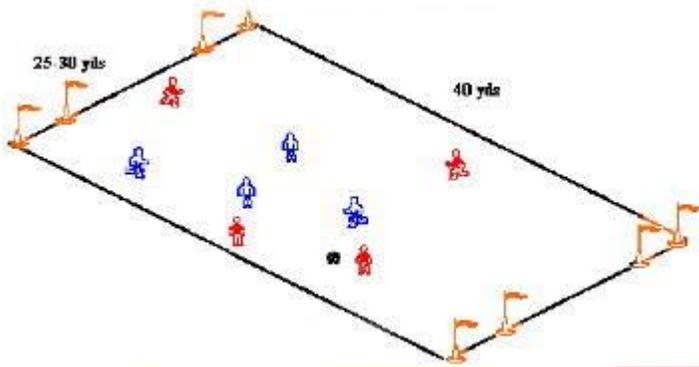
If the blue team reaches 5 passes they should then transfer the ball to the red team who repeat the exercise with a different 2 players from the yellow team entering the red 20x30 area to gain possession.

If the yellow team wins the ball or the ball goes out of play the team responsible for the mistake enters the middle area to become the defending team whilst the defending team takes their place in one of the 20x30 areas.

COACHING POINTS

Weight of pass and angle of pass is critical and players must always work to be in a position to receive a pass.

Four Goals - End Line

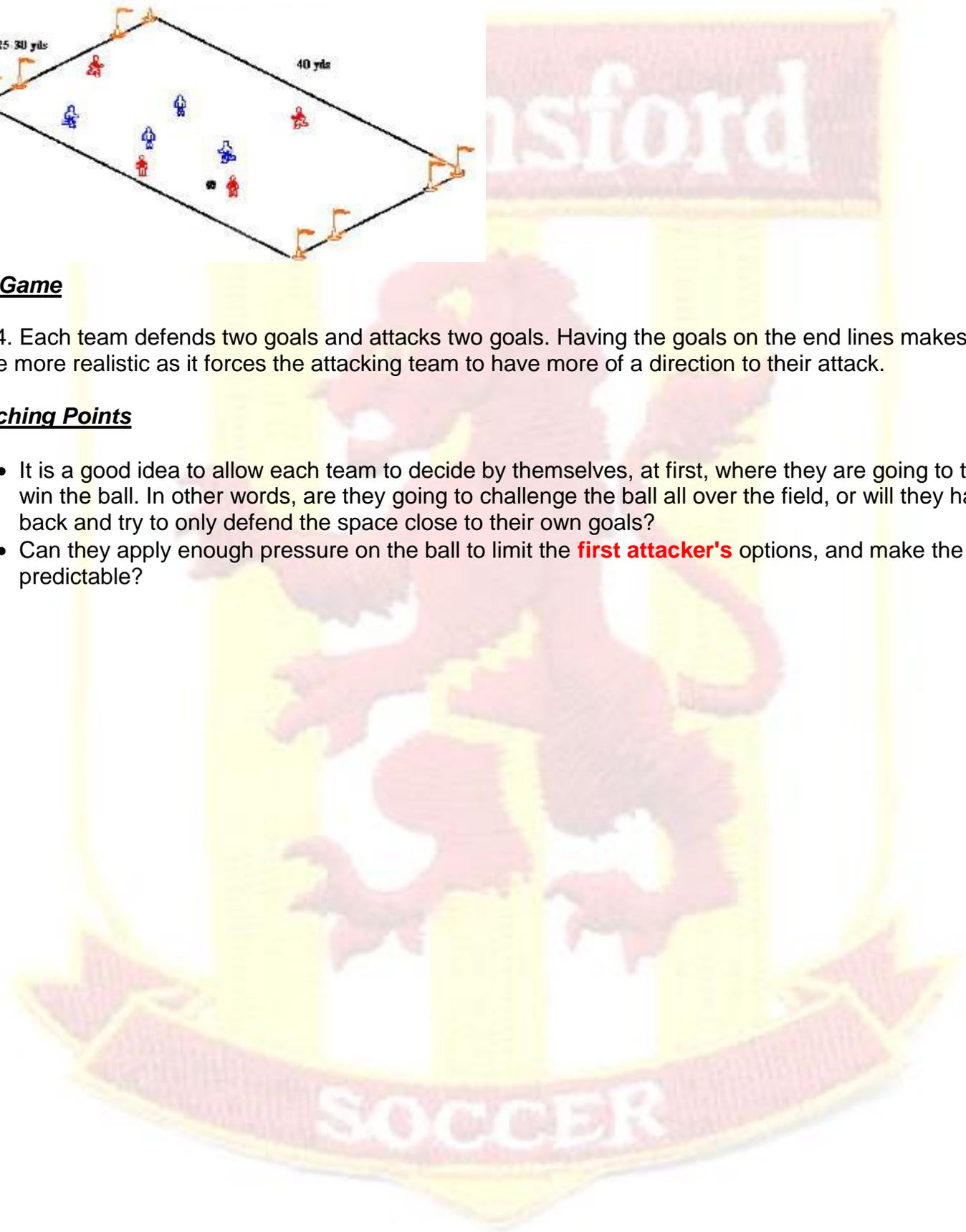


The Game

4 v. 4. Each team defends two goals and attacks two goals. Having the goals on the end lines makes this game more realistic as it forces the attacking team to have more of a direction to their attack.

Coaching Points

- It is a good idea to allow each team to decide by themselves, at first, where they are going to try to win the ball. In other words, are they going to challenge the ball all over the field, or will they hang back and try to only defend the space close to their own goals?
- Can they apply enough pressure on the ball to limit the **first attacker's** options, and make the play predictable?



END ZONE GAME



Here is a 4 v.4 game that is free flowing and gives players a lot of problems to solve. It is a good game to use towards the end of the session as it is very close to the 'real' thing.

One particularly good thing about this game is that since teams end up attacking in two, different directions, it forces players to play in different positions. They are at the back of the team when their team attacks one end-zone, while they will find themselves at the top of the team when they attack in the other direction. This is great for their development.

- Set up the field as shown with a seven yard 'End-Zone' at each end.
- Score a goal by getting the ball from one 'End-Zone' to the other by passing or dribbling.
- Once a goal is scored, immediately attack going in the other direction. Do not give the ball to the other team. The 'End-Zones' are free, only the attacking team can enter these areas.

This game also encourages players to "SPREAD OUT" and work together, which, players are starting to be able to do at this age. At first, players will be tempted to just kick the ball up the field instead of passing. With patience, and demonstration of what is possible, this game could have a dramatic impact on their ability to play attractive, skillful soccer.

Timed 4 v 2

Objectives: To improve passing and receiving technique under the pressures of time, space and opponent in a competitive, challenging environment. This activity also stresses the importance of appropriate, quick decision making (tactical speed) in order to keep possession of the ball.

This game is played in a **15 x 15 yard grid** by two teams of 4, 6 or 8 players. Each team is color-coded...one team in Blue and one team in Red. Place six (6) soccer balls outside the grid at one corner for the coach to serve.

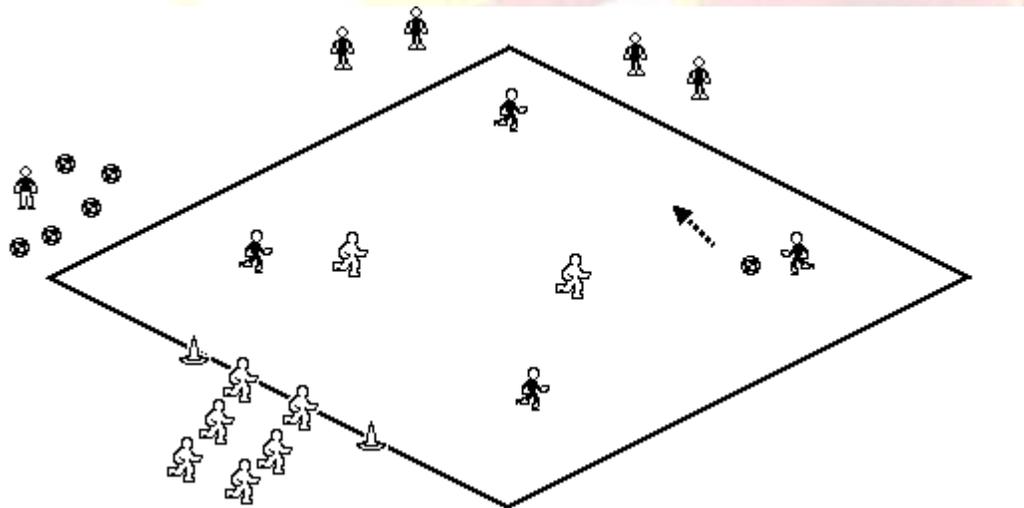
The Blue team starts with 4 players inside the grid as the attacking team (extra players rest). The red team forms two (2) single file lines centrally on one side of the grid and outside the grid. The coach designates an assistant coach to be timer.

The game begins when the coach serves a ball into the grid. The timer starts the clock at this point. When the ball is served into the grid, the first two (2) red players enter the grid and try to knock the ball out of the grid while the Blue team attempts to keep possession of the ball.

When the ball is knocked out of the grid by the two (2) Red players, they must get back into their lines on the outside of the grid. The coach then serves in the 2nd ball, and the next two (2) Red players enter the field and try to knock the ball out. The clock keeps ticking.

This activity continues for six (6) balls. Each time a ball is knocked out of the grid, two (2) new Red players enter the field. When the last ball is knocked out, time is stopped! Roles are switched...The Red players now become the possession players and the Blue players become the defenders.

This game is fast paced, fun and challenging. The coach can easily manipulate the game by changing the number of players in the grid, changing the size of the grid, and/or using more or less soccer balls.



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Bull Dog

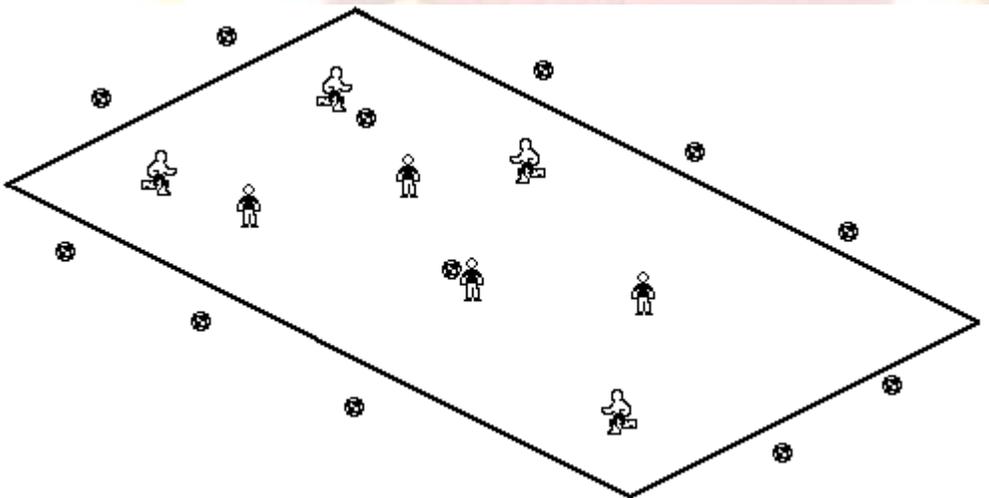
Objectives: To improve passing technique under pressure in a fun, challenging environment. As the passing technique of your players improves, their ability to possess the ball naturally improves as well.

This game is played in a 20 x 25 yard grid by two teams of 4 players. Each team is color-coded...one team in Blue and one team in Red. Place many soccer balls outside the perimeter of the grid on all sides.

The Blue team starts with one ball and passes it around to their teammates with their hands (like team handball). The Red team starts with one ball and passes it around to their teammates with their feet. On the coaches signal the competition begins:

The Blue team tries to hit the Red teams' ball with their ball by throwing it. The Red team tries to prevent this from happening by intelligently passing the ball around the grid. If the Blue team is successful in hitting Red's ball, Blue receives a point. If the Red team can successfully string 5 passes together inside the grid without getting their ball hit by Blue, they receive a point.

The game is continuous for 1, 2 or 3 minute periods. So, even if points are scored before time is up, the game continues. If a ball from either team leaves the grid during the time period, another ball can be retrieved from outside the grid to keep the game going. Play multiple games so that the teams can alternate playing with hands and feet.



Stage 4 - Full Field Scrimmage – 30 minutes

Play a full field scrimmage – just a like a real game. For the first 15 minutes watch play and stop play to provide coaching points, especially on those items worked on in training that day. For the second half, last 15 minutes, just let them play.

Stage 5 Cool Down – Static Stretch

Team in a circle with the coach in the middle doing various static stretches. Talk about key points of training and about positive things that were observed during training.

Reference Sites

<http://www.soccerxpert.com/>

http://www.mayouthsoccer.org/coach's_corner.aspx (Choose the appropriate age group)

<http://www.youthsoccer101.com/> (See practice plans)

http://www.footy4kids.co.uk/soccer_games_and_drills_A-Z.htm

<http://www.eteamz.com/soccer/pills/jpill.htm>

http://www.usyouthsoccer.org/coaches/coaches_document_center/?CategoryId=168&pg=1

