

CASL Soccer Recreation Coaches Information 2023



Must-see websites for the recreation soccer coach:

- www.canandaiguasoccer.com (our club's website-come here for general information)
- www.rdysl.com (our travel program's league, but many of the rules are the same ones we are using)
- <https://www.ussoccer.com/>
- www.nyswysa.org (good resources and information on coaching courses and other relevant information)
- <https://www.usyouthsoccer.org/lesson-plans/> (lesson plans)
- www.coachingsoccer101.com (click on drills-many games and drills for all ages)
- www.soccerexpert.com (different drills and games for all ages)
- www.soccerdrills.net (click on a drill or game to read more about it)
- www.freeyouthsoccerdrills.com

Additional: Please view this short "Recognize to Recover" concussion video:
https://www.youtube.com/watch?v=ZbiFxxIGt4E&ab_channel=U.S.Soccer

Questions? Contact Coaching Directors
Mark Annesi mannesi@canandaiguaschools.org
or Eric Ward warde@canandaiguaschools.org
HAVE A GREAT SEASON!

2023 CASL Rec Soccer Rules:

All US Soccer Rules apply unless stated otherwise

<https://www.usyouthsoccer.org/referees/rules-of-the-game/>

There will be 15-20 minutes of skill development practice prior to the start of the scheduled game. Coaches and/or spectators are not to pressure the Referee to begin the game early. Referee's should be respected by coaches and spectators throughout the entirety of the game.

Length of Games:

PreK/K: (2) 20 Minute Halves

1st/2nd: (2) 25 Minute Halves

3rd/4th: (2) 30 Minute Halves

5th/6th: (2) 30 Minute Halves

Number of Players on the Field/Ball Size:

PreK/K: Total of 6 (5 Field and 1 Goalie) Ball Size #3

1st/2nd: Total of 7 (6 Field and 1 Goalie) Ball Size #3

3rd/4th: Total of 7 (6 Field and 1 Goalie) Ball Size #4

5th/6th: Total of 9 (8 Field and 1 Goalie) Ball Size #4

Player Equipment:

1. Field players on the same team must have the same color and style of jerseys. Keepers must have a different color jersey from their team and the opponent jersey color.
2. Shin guards are required to be worn by all players.
3. Only soft-cleats (non-metal) are allowed.
4. No jewelry may be worn.
5. Players may not wear any item of equipment that may be dangerous to themselves or others. The referee has the final decision.

Retreat Rule during Goal Kick or whenever Ball is in Goalie's Hands

-This rule will apply for PreK/K, 1st/2nd, and 3rd/4th age groups only.

-This does not apply for 5th/6th

-Punting is only allowed in 5th/6th Age group

Heading:

-Not allowed at any level.

-If a player deliberately heads the ball in a match, the referee shall award an indirect free kick to the opposing team at the spot of the infraction. If the heading occurs within the penalty area, the referee shall move the ball outside the penalty area and award an indirect free kick to the opposing team.

Game Cancellations:

-Games are only canceled by the VP's of Rec or the Referee and with discussions with the other coaches at the game site. In the instance a Referee doesn't show up /one not scheduled, please have a coach step in and volunteer to referee the game.

Important Contacts:

Apryl Jackson (VP of Rec) CASLrecsoccer@yahoo.com

Sara Baskin (VP of Rec) registrarcasl@yahoo.com

Laurie McFetridge (Field Maintenance) llmcfetridge@gmail.com

Bob Tunningley (Game Assignor) btunning@gmail.com

Melanie DunMoodie (Treasurer/Referee Coordinator) treasurercasl@gmail.com

Eric Ward (Coaching Director/Referee Coordinator)
warde@canandaiguaschools.org

Mark Annesi (Coaching Director) annesim@canandaiguaschools.org

**Thank you for your time and willingness to Coach our
CASL Rec players this season!!**

POSSIBLE TRAINING SESSION MODEL

***THIS IS A POSSIBLE PROGRESSION FOR A TRAINING SESSION WITH ANY AGE LEVEL.**

1st - *Individual ball work.* Fast footwork, juggling, etc.- lots of individual activity with the soccer ball. Stretching and conditioning can be incorporated during this time.

2nd - *Technical Aspect.* Skill related- still working with the ball to improve skill. Ex... first touch, heading, trapping, shooting, dribbling, etc.

3rd - *Small-sided setting.* This can include a wide variety of games and activities. A lot of touches on the ball in game-like situations and small spaces (developing skill, decision-making, conditioning, and tactical awareness-knowing what to do in game situations

4th - *Large-sided situation.* This will most closely resemble the "actual game setting". However, you have built up to this incorporating and working on all aspects of the game. You will likely see them more prepared, more skilled, and more knowledgeable.

Remember: Keep them active, allowing maximum time with the soccer ball while at the same time having fun!

The best teacher is the game itself!!!

WEEK 1 SKILL OF THE WEEK: **DRIBBLING**

Coaching Points **Stress these throughout during the small sided games and the larger game.

U-6 (Pre-k/k)

- Dribble with your head up
- Dribble using both feet
- Keep the ball close to your body

U8-U12 (1-2,3-4,5-6)

- Dribble with your head up
- Dribble using both feet
- Use inside of the foot for controlled dribbling
- Use outside of the foot when dribbling for speed or into open space
- Dribble away from pressure

DRIBBLING

Ghostbusters

1

The Rules

Inside the area 10 players have a ball while the two remaining players are the evil ghosts.

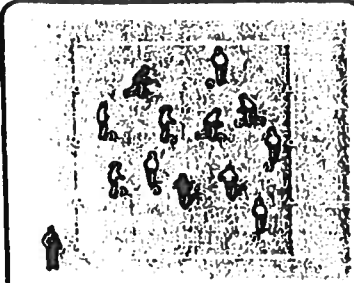
The players must dribble their ball around the area - they can move in any direction as long as they stay within the area - trying to stay away from the ghosts.

The ghosts attempt to tag the dribbling players. Once a player has been tagged they freeze and stand with their feet apart holding their ball above their head.

See how many players the ghosts can freeze in 1 minute. The quickest time to tag all players, or the most tagged when the time runs out, wins.

After each game nominate two new ghosts and restart with all players back in the game.

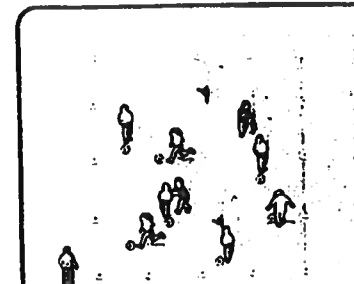
PASS RUN GROUND COVERED



The players dribble around avoiding the ghosts.



Players freeze when tagged by a ghost.



How many players can the ghosts freeze?

Main Objectives

Dribbling, close control, turning away from defenders.

Set Up

Area: 30x30 yard square
Players: 12
Equipment: 10 balls

What To Call Out

"Head up"
"Accelerate"
"Freeze if you've been tagged"

Progression

Allow free players to unfreeze tagged players with a nutmeg - playing the ball between their legs - which means the ghosts have to work harder to tag everyone. In order to be unfrozen players must shout out "I need a ghostbuster".

Make it even harder by getting players to crawl through a frozen players legs after they have played the nutmeg

Hint

Times and results should be told to players as you go as an incentive to be the quickest, most evil ghosts.



Fun Soccer Games for 5 to 8 Year Olds

DRIBBLING

Pirates of the Caribbean

2

The Rules

As captain of the ship, begin by telling your crew of pirates the names for each of the sides; Bow (front), Stern (back), Port side (left), and Starboard side (right). This acts as a little bit of education and a memory test.

The pirates dribble around on deck and when the captain calls out one of the four names the pirates must dribble to that end or side.

The last pirate to reach the side called has a small forfeit to undertake but nothing too nasty (5 or 10 star jumps for example).

Main Objectives

Basic ball control, ball familiarity, changing direction.

Set Up

Area: 50x40 yard area, shaped like a ship
Players: 12
Equipment: 12 balls

What To Call Out

"Head up"
"Keep your ball close"
"Port", "Starboard", "Bow", "Stern"

Progression

Introduce some other skills to be completed on the captain's call.

"Scrub the deck" - control the ball using the inside of your feet, either static or moving.

"Climb the rigging" - do toe taps up and down on the ball as quickly as you can.

"Clear the decks" - try to flick the ball up and juggle it off of the deck as long as you can.

"Captain on board" - try to balance on the ball and salute the captain.

"Cannonball!" - hit the deck and lie down as quickly as possible to avoid the blast.

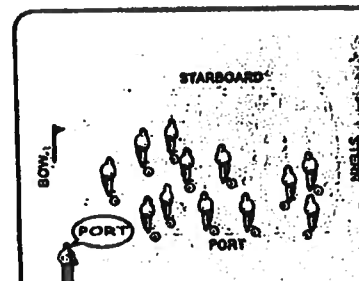
Hint

Place a corner flag at the front of the ship to help with memorizing the sides and let the kids name their ship.

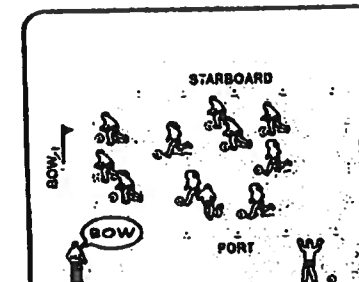
PASS RUN GROUND COVERED



Start by learning the sides of the ship.



The pirates follow the captain's call.



The last pirate to that side gets a punishment.



Fun Soccer Games for 5 to 8 Year Olds

WEEK 2 SKILL OF THE WEEK: PASSING

Coaching Points **Stress these throughout during the small sided games and the larger game.

U-6 (Pre-k/k)

- Pass with your head up
- Pass to a teammate

U8-U12 (1-2,3-4,5-6)

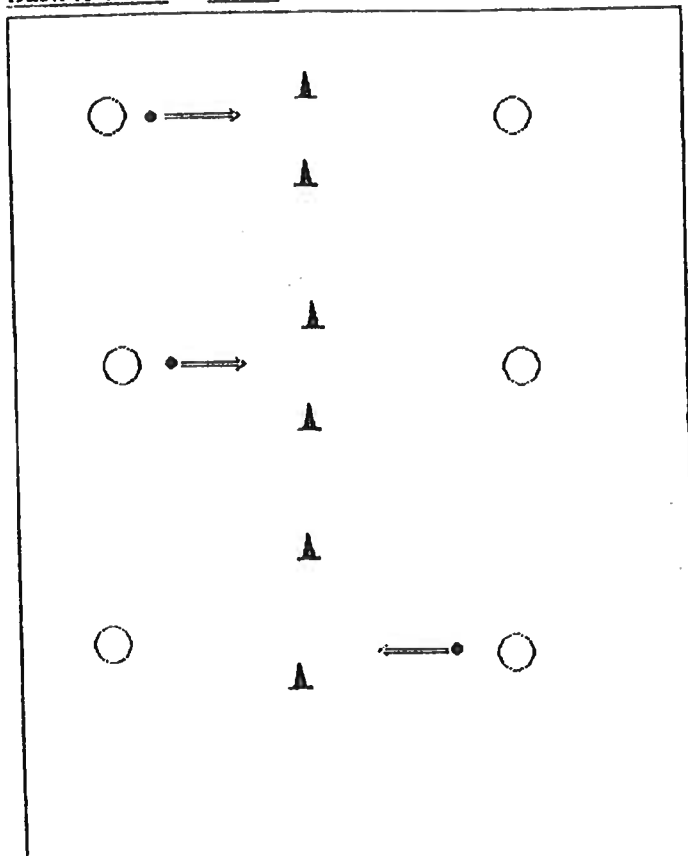
- Passing should be firm and accurate
- Pass the ball on the ground
- Move after you pass

PASSING

Coaching Soccer 101 (A+)

PASSING THROUGH GATES

[Back to Drills](#) or [Home](#)



[Back to Drills](#) or [Home](#)

PASSING THROUGH GATES

Setup- split group into pairs. Use cones to create gates about three yards apart.

Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates without touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players

PASSING

Space Invaders

14

The Rules

In pairs, players from 3 of the teams stand on either side of the channel and on the coach's call play one touch passing back and forth. This represents the laser to shoot down invaders.

One of the teams - the invaders - has to dribble through the channel, one player per zone at a time avoiding having their ball hit by the lasers.

If an invader's ball is hit by a laser, they have been destroyed and leave the channel in that zone.

The invaders must aim to reach the safety zone at the end of the channel. The team with the most invaders reaching the safety zone wins.

If neither team reaches the safety zone, the team that progress the farthest along the channel wins.

Main Objectives

Dribbling and close control, passing accuracy and pace, one-touch passing.

Set Up

Area: 30x10 yard area with cones 5 yards apart along the length
Players: 16, 4 teams of 4
Equipment: 10 balls

What To Call Out

"Commence firing"
"Passers must play one touch"
"Don't hide your ball between your legs"

Progression

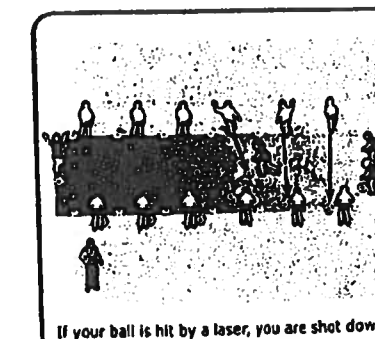
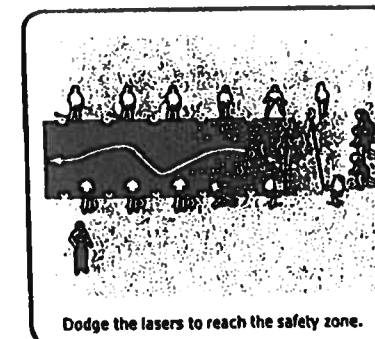
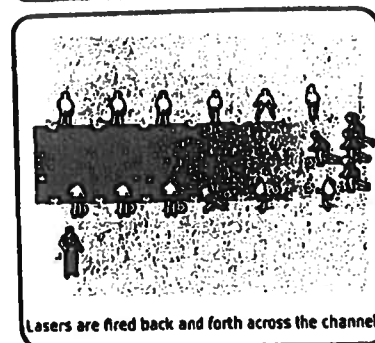
Introduce timing, so the quickest team to reach the safety zone wins or stipulate a maximum amount of time.

Alternatively, allow the passers an extra touch so that they can be more accurate when firing the laser.

Hint

Keep an eye out for cheating in this one, if an invader's ball is touched, they're out. Make sure the passers are only using one touch to begin with.

PASS RUN GROUND COVERED

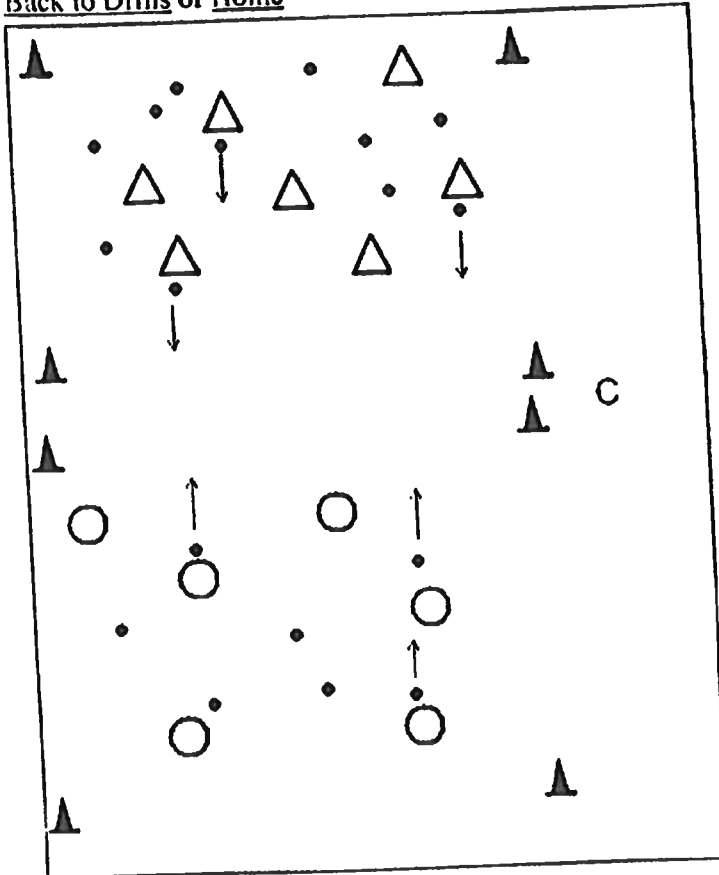


PASSING

Coaching Soccer 101 (A+)

Keep your yard clean

[Back to Drills or Home](#)



[Back to Drills or Home](#)

Keep your yard clean

The object of the game is to keep your yard clear of soccer balls. Good drill for passing practice.

The set up. Two 40x40 grids next to each other.

The Game- two equal teams, one in each grid. Each player has a ball to start the game. On the coaches whistle, the players try to pass the ball from their yard into the opposing teams yard.

When the coach blows the whistle(3-5 mins), play stops, the team with the least amount of balls in their yard wins.

Coaching points-tell the players what type of pass they have to use. LEFT FOOT ONLY ? Deductions for balls too high. Have each coach stand behind grids to keep balls in play

WEEK 3 SKILL OF THE WEEK: *RECEIVING*

Coaching Points: ****Stress these throughout practice activities, during the small sided games, and the larger game. Obviously, receiving goes hand in hand with another skill passing. You have to make good passes in order for your teammates to receive the ball positively.**

U-6 (Pre-K/K)

- **Receive with the inside of your foot if possible.**
- **Keep the ball close to your body when receiving it.**
- **Always try to make a positive first touch. *First touch is the term used for the first touch you put on the ball when you receive it.**

U8-U12 (1-2, 3-4, 5-6)

- **Receive with the inside of your foot or at times the outside of your foot.**
- **Make a positive first touch (ideally, a little bit out in front of your body).**
- **Move to an open passing lane in order to receive a pass from a teammate**
- **Try to avoid using the bottom of your foot. This causes your body to be static (not moving) because the ball ends up under your foot. A ball prepared out in front of you allows your body to be dynamic (ready to move)**

Aliens

11

The Rules

Nominate one player to start as an alien. The rest of the players become the space cadets.

The alien collects a ball from the side of the area and must play the ball against any of the space cadets below knee height in order to bite them.

The space cadets must run around the area - in any direction - trying to avoid being bitten by the alien.

If a player is bitten they collect a ball from the side of the pitch and they too become an alien.

The space cadets cannot be attacked when they are in one of the safety pods. However, a player can only stay in a pod for a maximum of 10 seconds and cannot return to the same pod without first visiting another.

Main Objectives

Speed, agility, change of direction, reactions off the ball, timing, accuracy and pace of pass.

Set Up

Area: 10x40 yard square with triangular 5 yard safety pods in each corner

Players: 12

Equipment: 11 balls

What To Call Out

"Head up"

"Sprint"

"Aliens, think about when to bite"

Progression

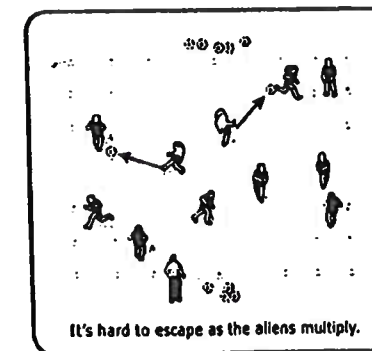
Reduce the amount of time that players can spend in each of the safety pods.

Limit the number of players allowed in each safety pod. If a pod has reached capacity when the next player enters one of the players already in the pod must leave in order to make space for them.

Hint

Aliens must consider when to bite as if they lose their ball they must go and collect another, wasting biting time. If they lose all of the balls valuable time and energy will be spent collecting them.

PASS RUN GROUND COVERED



Play Out, Go Out

Set up

- Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum)
- Two teams of four players
- No goals
- Both teams must have two players on the pitch and two players on the outside of the pitch
- If the ball leaves play, pass a new ball onto the pitch

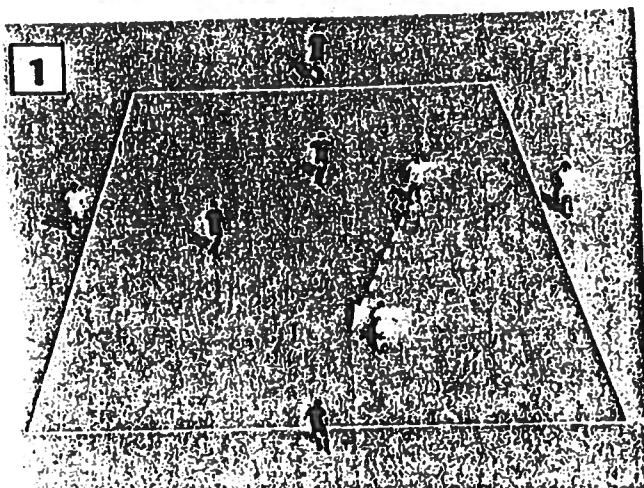
Rules

- The aim of the game is to make a pass out to a team-mate.
- The passing player then goes to the outside whilst the receiving player dribbles into the playing area.
- A goal is awarded for each successful pass to an outside player.
- The game is played for a set time period.

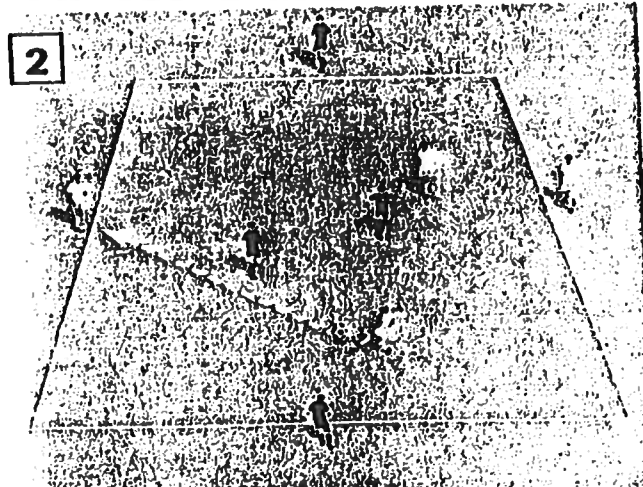
KEY

BALL MOVEMENT

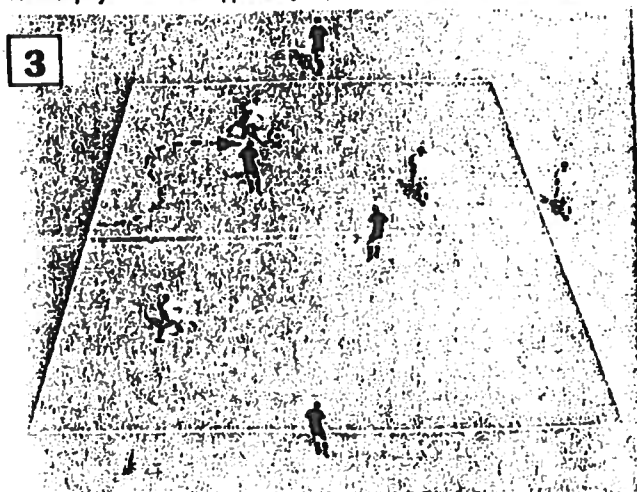
PLAYER MOVEMENT



1. The white team are in possession in a simple 2 v 2 game.



2. A white player creates an opportunity to pass to his team-mate off the pitch.



3. A successful pass means the two players swap roles.

RECEIVING

Bumper Cars

20

The Rules

Place one player inside each of the 5x5 yard squares. 4 players dribble around inside the main area.

Two defenders - without a ball - look to knock balls out of the grid. Each ball they knock out is worth 1 point.

The game stops when they knock all 5 balls out of the area.

If a dribbling player wants a rest they can bump a player out of one of the safety zones.

When inside a safety zone, if a ball is passed to you and a player runs into your zone you must leave and dribble the ball into the main area.

If bumped out of a safety zone you can attempt to bump someone else out but cannot return to your own safety zone. It is important that the first touch takes the player into space and not into danger.

Players in a safety zone must try to control any passes into them!

Main Objectives

Dribbling, running with the ball, accurate passing, changeovers, first touch into space.

Set Up

Area: 40x30 yards with 5x5 yard squares inside
Players: 12
Equipment: Cones, 4 balls

What To Call Out

"Head up"
"You've been bumped"
"First touch into space"

Progression

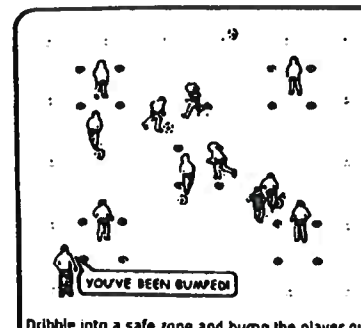
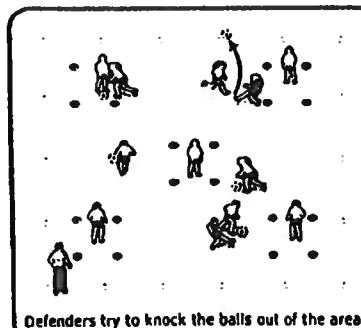
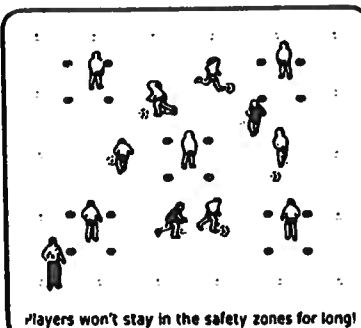
Reduce the size of the safety grids so passes must be more accurate.

Allow players that have been knocked out of the game to become defenders.

Hint

Discourage slide tackles. Rotate the defenders.

PASS RUN GROUND COVERED



Fun Soccer Games for 5 to 8 Year Olds

WEEK 4 SKILL OF THE WEEK: SHOOTING/ BALL STRIKING

Coaching Points **Stress these throughout during the small sided games and the larger game.

U-6 (Pre-k/k)

- Plant foot (non-kicking foot) next to the ball
- Use the laces of your shoe to strike the ball, toes pointed down

U8-U12 (1-2,3-4,5-6)

- Plant foot (non-kicking foot) next to the ball
- Use the laces of your shoe to strike the ball, toes pointed down
- Lock your ankle and lean upper body forward and pointing to your target
- Try to land on the foot you kicked with

RECEIVING

20

Bumper Cars

The Rules

Place one player inside each of the 5x5 yard squares. 4 players dribble around inside the main area.

Two defenders - without a ball - look to knock balls out of the grid. Each ball they knock out is worth 1 point.

The game stops when they knock all 5 balls out of the area.

If a dribbling player wants a rest they can bump a player out of one of the safety zones.

When inside a safety zone, if a ball is passed to you and a player runs into your zone you must leave and dribble the ball into the main area.

If bumped out of a safety zone you can attempt to bump someone else out but cannot return to your own safety zone. It is important that the first touch takes the player into space and not into danger.

Players in a safety zone must try to control any passes into them!

Main Objectives

Dribbling, running with the ball, accurate passing, changeovers, first touch into space.

Set Up

Area: 40x30 yards with 5x5 yard squares inside
Players: 12
Equipment: Cones, 4 balls

What To Call Out

"Head up"
"You've been bumped"
"First touch into space"

Progression

Reduce the size of the safety grids so passes must be more accurate.

Allow players that have been knocked out of the game to become defenders.

Hint

Discourage slide tackles. Rotate the defenders.

PASS RUN GROUND COVERED



Players won't stay in the safety zones for long!



Defenders try to knock the balls out of the area.



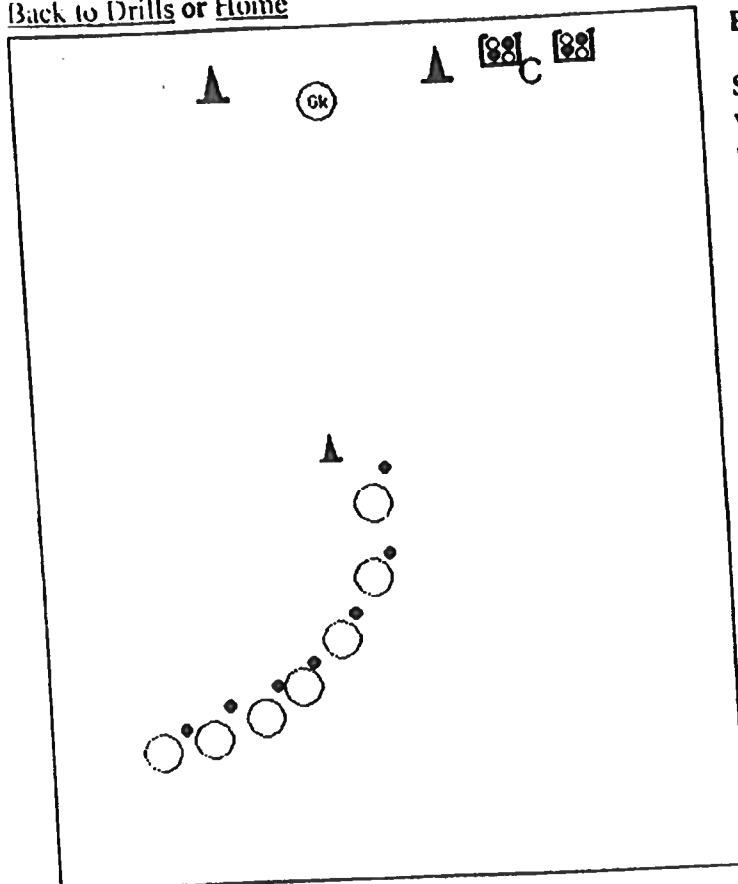
Dribble into a safe zone and bump the player out.

SHOOTING/BALL STRIKING/FINISHING

Coaching Soccer 101

(A+)

POWER FINESSE

[Back to Drills or Home](#)[Back to Drills or Home](#)

POWER FINESSE

SETUP- A goal with a keeper, a coach with lots of soccer balls and a line of players.

The game- The first person in line take a shot from about 20 yards out. After he takes that shot, he head towards the goal and the coach serves him a ball in front of the goal for a finesse shot. If the player misses both shots, he sits. If he hit at least one shot, he gets a ball and goes to the end of the line and is still in the game. If he makes BOTH shots he get to "challenge" any player in line. That player has to make both shots. If he does not, he is out. Till the next game anyway.

Coaching points- because there can be a long line in this game- play it at tournaments in between games to keep kids busy.

Note: If possible, use 2 goals to keep game moving and avoid lines

5/6/2012

Print

Close



SHOOTING/BALL STRIKING/ FINISHING

World Cup Soccer Drill

World Cup Soccer Drill, World Cup Drills, World Cup, Soccer Drills

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Drill Objective:

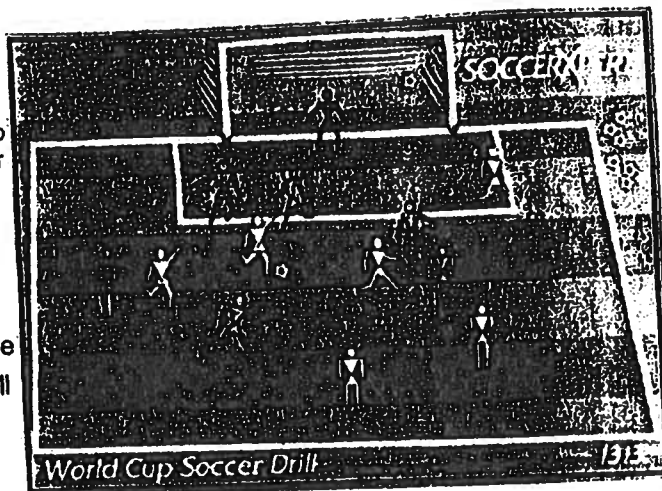
The World Cup Soccer Drill is a great shooting game for kids of all ages. The World Cup Soccer Drill is a great game to work on game like situations with number down situations.

Drill Setup:

Inside the penalty box, set up 4 groups of 3 players in alternate jerseys with a goalkeeper in a full size goal. The coach should have the full supply of soccer balls nearby.

Drill Instructions:

The coach should serve a ball into the grid. Each team plays at the same time against the other teams. The team to score sits out for the remainder of that round and advances to the next round. The last team to score in each round is out of the tournament.



Round 1:

3v9

3v6

3v3

last team to score is out.

Round 2:

3v6

3v3

last team to score is out.

Round 3:

3v3

team to score first 2 goals wins the world cup.

Drill Coaching Points:

good team work
quick passes
take shots/chances
have fun

Drill Variations

WEEK 5 SKILL OF THE WEEK: **DRIBBLING** (Revisited)

Coaching Points **Stress these throughout during the small sided games and the larger game.

U-6 (Pre-K/K)

- Dribble with your head up
- Dribble using both feet
- Keep the ball close to your body

U8-U12 (1-2, 3-4, 5-6)

- Dribble with your head up
- Dribble using both feet
- Use inside of the foot for controlled dribbling
- Use outside of the foot when dribbling for speed or into open space
- Dribble away from pressure

DRIBBLING

4

King of the Ring

The Rules

The fighters begin by dribbling around inside the ring in any direction.

Keeping their own ball under close control they must try to knock another fighter's ball out of the ring.

To be successful fighters must decide who to attack and use defensive skills to knock their ball out, while being aware that they might be attacked from a different angle.

Once a fighter's ball has been knocked out they are out of the fight and must not touch another fighter's ball.

Any fighter who has been knocked out should collect their ball and walk around the outside of the ring with it so you can clearly see who is in and who is out.

When down to the final 2 or 3 fighters introduce a time limit to encourage them to win.

If there is no winner before the time is up everyone can rejoin and start again.

Main Objectives

Close control, turning, tackling, defending, decision making.

Set Up

Area: 30x30 yard square
Players: 12
Equipment: 12 balls

What To Call Out

"Let battle commence" "Keep your ball close" "Head up"

Progression

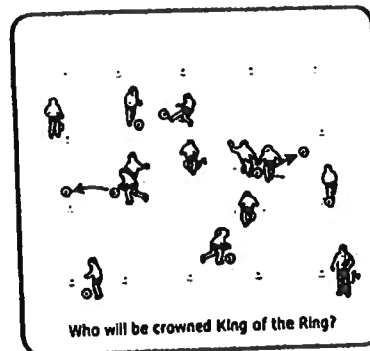
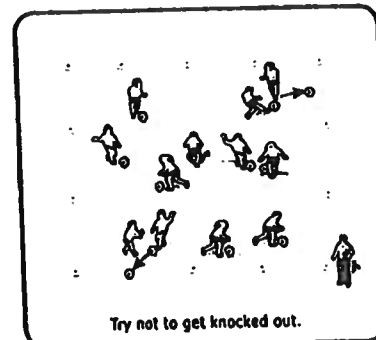
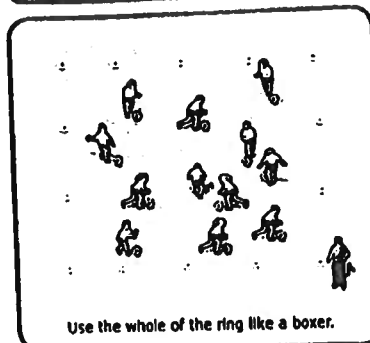
Encourage tactics. For example, fighters might pair up early on, placing their balls in the corner and go on the attack to knock out other fighters.

The game could be played as a tag team game with one half of the pair starting inside the ring and able to tag out if they are tired or under pressure.

Hint

Make sure that fighters stay on their feet and do not slide tackle at this young age. If any fighter slides they are out on a technical knockout.

PASS RUN GROUND COVERED



Fun Soccer Games for 5 to 8 Year Olds



Training Game U-6 Players

Sharks/Minnows

Skill: Dribbling

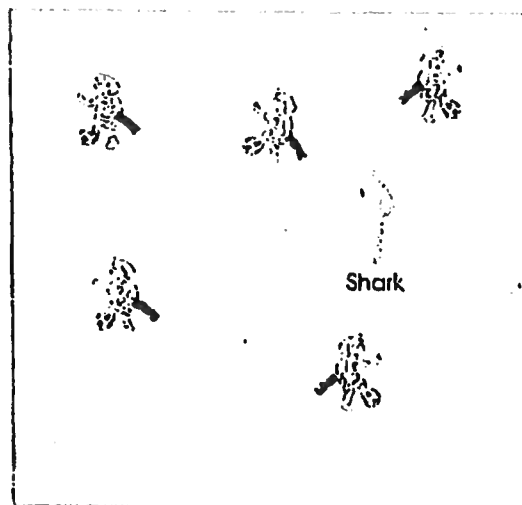
Number Of Players Required: Full U-6 team

Equipment: 4 or more cones to mark grid, 1 ball for each player and some type of tail (piece of cloth) for each player.

Grid Requirement: 20 X 20 yard grid

Organization: Create a 20 X 20 yard grid marked with cones. All players are required to play within the grid and each player must have a soccer ball and a tail. The players are Minnows and the coach is the Shark.

How The Game Is Played: The Minnows have a tail tucked in the back of their shorts. The Shark (coach) moves around the grid catching minnows by pulling out their tails. The minnows try to avoid the shark. When a minnow has lost its tail it must leave the grid. Conduct the activity without a ball first and then introduce a ball.



Variations: Allow players to only use left foot, right foot, outside of R or L, or use inside of both feet.



Training Game U-10 Players

The Twilight Zone

Skill: Dribbling

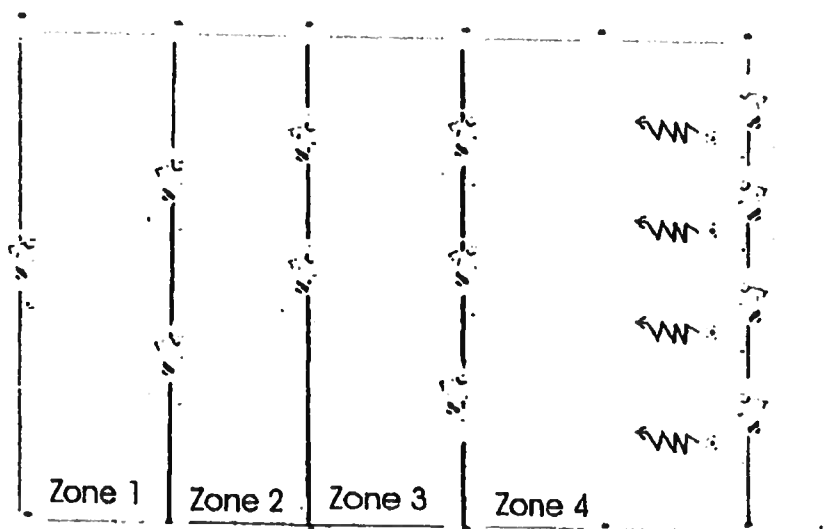
Number Of Players Required: Full U-10 Team

Equipment: 1 soccer ball per player and 12 cones to mark the grid.



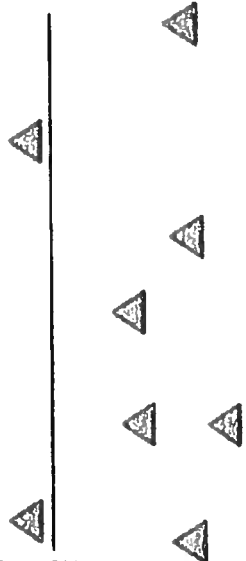
Grid Requirement: A 30 X 40 yard grid





Organization: Using cones layout a 30 X 40 yard grid. Divide the grid into four zones. On the top of the grid in zone 4 place 4 players with a ball at their feet. On the line in zone 4 place 3 player (no ball) zone 3, 2 players (no ball) zone 2, 2 players no ball and place 1 player (no ball) in zone 1.

How The Game Is Played: Players on the top of zone 5 try to dribble the length of the grid without losing possession of their ball, all other players are defenders. Defenders attempt to steal balls from the dribblers while staying in their zone. Each player who dribbles the length of the grid without losing possession scores 1 point; player with most points after 5 rounds wins. Ensure that defenders only defend in their zone.



Variations: None

Activity Name	Description	Diagram	Coaching Points
Warm-up: Dribble in space	<ul style="list-style-type: none"> -Each player has a ball and is free dribbling inside the grid (basketball court). -Upon "freeze" command, players stop the ball at their feet (check for closeness of the ball). -Dribble again, next stopping for toe touches, pendulums, triangles in succession. -Dribble and stop ball with various body parts (knee, head, must have 2 hands on two different balls, elbow, etc. for stretching components/body awareness). 		<ul style="list-style-type: none"> -Discuss what a Technical practice is vs. a Tactical practice -What parts of the foot do we dribble with? For Possession? For Speed? -Keep ball close, Change of speed, change of direction
Dribble Moves in Pairs-Technique	<ul style="list-style-type: none"> -Two groups facing each other about 10 yards apart Each player has a ball 1. Dribble close to partner on opposite side, then pull back and go back to original spot -Mix it up and use left foot for same dribbling sequence 2. Dribble towards partner, step beyond ball and take ball with outside of opposite foot to go back to starting point 3. Dribble towards partner, use step to left use outside of the right foot to the opposite side, start at the same time -Same as above only cut to the left with outside of foot. Dribble right at the defender! 		<ul style="list-style-type: none"> -Technical aspects of dribbling -Keep ball close to feet -Explode after beating partner into the space.
Dribble Grid/Knockout	<ul style="list-style-type: none"> Half players inside with a ball, half players outside without a ball -Players inside dribble within the grid and exchange with someone on the outside on the opposite end of the grid. -Continuous dribbling inside, make moves previously learned. -Knockout Game: Players dribble inside grid and must shield ball away from opponents, dribbling the ball close to 		<ul style="list-style-type: none"> -Emphasize technical aspect of dribbling. -Include moves -Intro shielding techniques

feet, change direction and speed when trying to beat an opponent.		
1 v. 1 Dribbling Groups of two. -Ball played into opponent -Must dribble to past the cones to score. -Dribbling for speed/dribble for possession/dribble to beat an opponent. -Change roles each time. -Point scored each time		-Focus should be on dribbling technique, when to shield, when to dribble with speed, when to dribble for possession.
2 v. 2 Dribbling Groups of 4 -Same set up as above, only 2 v. 2 -Must dribble the ball past the cones to score.		-While passing/receiving is involved in this activity, focus the players on their dribbling techniques and encourage them to experiment with dribbling to beat their opponent.
4 v. 4 Gameplay -Ball served in from coach -3 or 4 players from each team play until a goal is scored -Rotate additional teams on. -Limit instruction. Point out positives of dribbling. -Let them play!		-Have Fun! -Dribbling under pressure, decision making, kicking, receiving, shooting, change of direction and speed

WEEK 6 SKILL OF THE WEEK: PASSING

Coaching Points **Stress these throughout during the small sided games and the larger game.

U-6 (Pre-K/K)

- Pass with your head up
- Pass to a teammate

U8-U12 (1-2, 3-4, 5-6)

- Passing should be firm and accurate
- Pass the ball on the ground
- Move after you pass

Cat and Mouse

The Rules

Players are divided into two teams, cats and mice, with the players on each team numbered 1-6 each starting at a cone. Start with 12 balls (pieces of cheese) in the middle.

The coach calls out a number and the appropriate mouse runs to the centre and steals the cheese, one piece at a time, taking it back to their starting place on the circle.

At the same time, the appropriate cat takes a piece of cheese, dribbles back to their starting cone and then all the way around the outside of the circle before returning the cheese to the middle.

When the cat gets back the turn is over. The mouse counts their cheese and returns it to the middle before the coach calls the next number to repeat the game.

After all 6 pairs have gone, count the total number of pieces of cheese stolen and switch the roles of cat and mouse.

Main Objectives

Speed, control, turning, dribbling.

Set Up

Area: Circle, 10 yard radius
Players: 12, 2 teams of 6
Equipment: 12 balls, 12 cones

What To Call Out

"Stop the cheese at your cone"
"Keep the cheese close"
"The cat's almost home"

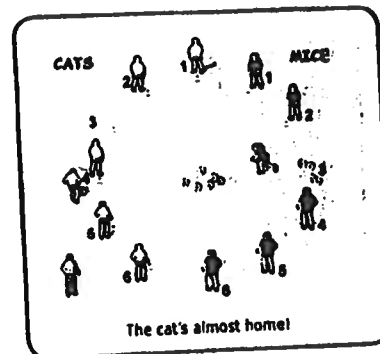
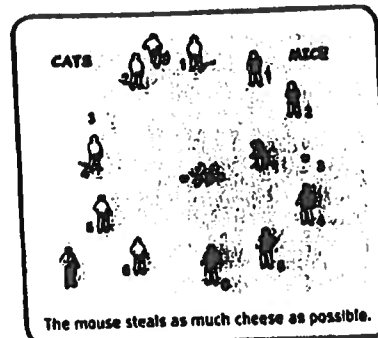
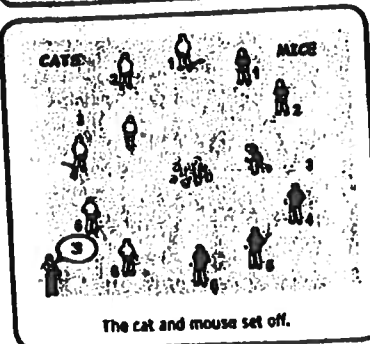
Progression

Allow the cat to sprint around the outside of the circle without a ball to encourage quicker, short bursts and turns by the mice. This will cause the scores to be lower.

Hint

Once a player has taken their turn they should sit down to avoid confusion - unless the ground is wet of course!

PASS RUN GROUND COVERED



Fun Soccer Games for 5 to 8 Year Olds

Note: If you have enough balls, have kids on one team do footwork in place to avoid long waits. Then rotate the footwork to the other team.

Activity Name Description

Diagram

Coaching Points

1. Warm-up: Ball Retrieve in Pairs

- One ball per 2 players
- One pair at a time hands coach the ball, who tosses ball away and calls out a number. Partners must work together to pass the ball with their feet using exactly the number of touches called out and bring the ball back to the coach. (Ex. The number is 7, partners must make exactly 7 passes before returning the ball to the coach).



- Problem solving, cooperation, pacing of passes, playing to a target, head up.
- What part of your foot can you use to make a pass?

2. Continuous Passing

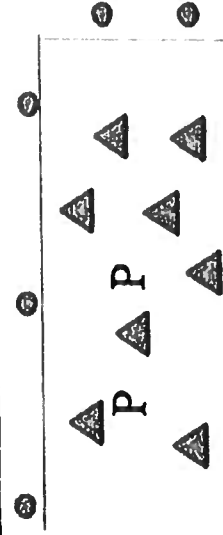
- Groups of 2 must keep the ball moving without stopping it. Count how many passes you do!
- Pairs are moving around the area the entire time, no one is stationary. They keep count of the number of passes made.
- If the ball stops they must start the count over again.




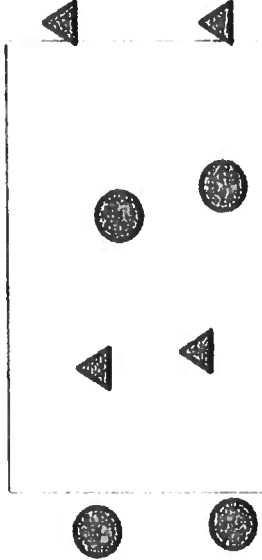
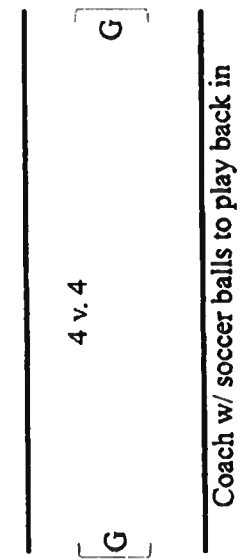
- Follow the ball with your eyes.
- Move to get behind and in line with the ball-do not stretch out for it.
- How do you know where the pass might go?
- When should you pass to your partners feet?
- When could you pass in front of your partner?

3. Pac Man

- Each player has a ball in a confined space (20 x 20 yards). All but two players place their ball on the outside of the grid. The two players who do have a ball are the Pac Men. Pac Men dribble their balls and attempt to hit the other players below the knee with a pass.



- Encourages dribbling and passing to a moving target, decision making, changing direction, cardio-respiratory endurance.

<p>-Players try to avoid getting hit by running, dodging and jumping. Once a player is hit, he/she gets their ball from the outside of the grid and becomes a Pac Man. Game continues until all players have been hit and have their ball.</p>		<p>-Maintain safety of players by stressing ball must be kicked below the knee.</p>
<p>4. Show and Pass 2 v. 2</p> <p>-40 x 30 yard grid with 5 yd. endzone on each end</p> <p>-Two teams of 4 with 2 on inside and 2 inside the endzone on each team.</p> <p>-Neutral players on Endzones should receive passes then play the ball back to the same team that passes to them.</p> <p>-A team scores by the inside pair passing the ball to each other before they pass the ball to one of their players in the endzone.</p>		<p>-Movement off the ball, head up when dribbling/passing</p> <p>-When you don't have the ball where could you move to receive a pass from your partner?</p>
<p>5. The Game-Small sided 4 v. 4 (Boss of the Balls)</p> <p>-Play 4 v. 4 in 45 x 30 yard area with 4 yard wide goals (cones can be used).</p> <p>-Coach is the Boss of the Balls meaning that as soon as a goal is scored or a ball goes out of bounds, the coach tosses or kicks another ball in to keep gameplay flowing.</p> <p>-When coach runs out of balls, players run to collect and return all the balls and the game begins again.</p> <p>-Parents and coaches should not chase the balls, let the players do this!</p>	 <p>4 v. 4</p> <p>G</p> <p>Coach w/ soccer balls to play back in</p>	<p>-Have fun, keep the players engaged in the game so they have lots of touches with the ball.</p> <p>-Encourage the day's lesson within the game and allow for decision making and exploration as well.</p>

WEEK 7 SKILL OF THE WEEK: RECEIVING (Revisited)

Coaching Points **Stress these throughout during the small sided games and the larger game. Obviously, receiving goes hand in hand with our last week's skill passing. You have to make good passes in order for your teammates to receive the ball positively.

U-6 (Pre-K/K)

- Receive with the inside of your foot if possible.
- Keep the ball close to your body when receiving it.
- Always try to make a positive first touch. *First touch is the term used for the first touch you put on the ball when you receive it.

U8-U12 (1-2, 3-4, 5-6)

- Receive with the inside of your foot or at times the outside of your foot.
- Make a positive first touch (ideally, a little bit out in front of your body).
- Move to an open passing lane in order to receive a pass from a teammate
- Try to avoid using the bottom of your foot. This causes your body to be static (not moving) because the ball ends up under your foot. A ball prepared out in front of you allows your body to be dynamic (ready to move)

Tomb Raiders

21

The Rules

The players in tomb A pass the skull (ball) using one or two touches, depending on ability.

Two raiders from tomb B are called to come through the tunnels to steal the skull.

If successful they must dribble/run with the ball back through a tunnel into their own tomb and begin passing it with their team to keep it for as long as possible.

The team in tomb A now send through two raiders of their own - who must follow through the same tunnel that team B escaped through - to try and steal the skull back again.

At any point the coach can call for a third raider to go and help steal the skull.

If the skull is knocked out of the tomb the coach can choose which team restarts with a new skull.

A point can be scored by stealing the skull, or achieving a set number of passes - say 10 - when you are in possession of it.

Main Objectives

Possession, short passing, intercepting passes.

Set Up

Area: 50x30 yard area total comprising 2 20x30 yard areas joined by 3 10x10 yard escape tunnels.

Players: 10, 2 teams of 5

Equipment: Cones, balls

What To Call Out

"Tomb raiders go"

"Good passing"

"New skull coming in"

Progression

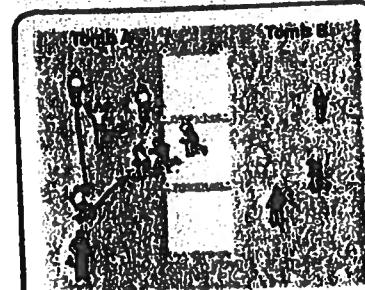
Allow the teams to choose how many raiders to send.

Allow skulls to be chipped over the tunnels to encourage aerial control. The skull cannot bounce within a tunnel.

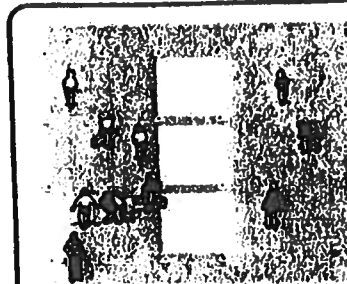
Hint

Have ample footballs ready to play in. Don't do the obvious, see how players react to the ball going the opposite way. Roll the ball in to avoid head clashes on high balls.

PASS RUN GROUND COVERED



Two raiders go through the tunnel into the tomb.



They steal the skull and return to their own tomb.



Two new raiders give chase to win the skull back.

WEEK 8 SKILL OF THE WEEK: SHOOTING/ BALL STRIKING

Coaching Points **Stress these throughout during the small sided games and the larger game.

U-6 (Pre-k/k)

- Plant foot (non-kicking foot) next to the ball
- Use the laces of your shoe to strike the ball, toes pointed down

U8-U12 (1-2, 3-4, 5-6)

- Plant foot (non-kicking foot) next to the ball
- Use the laces of your shoe to strike the ball, toes pointed down
- Lock your ankle and lean upper body forward and pointing to your target
- Try to land on the foot you kicked with

Over the Border

The Rules

The teams start in opposite countries (end zones) with each player, numbered from 1 to 6, passing in order (1 to 2, 2 to 3, 3 to 4 and so on).

At any point the coach can shout out a number and the player with that number must sprint across the border and try to steal the opponent's ball. Both players go across at the same time.

The remaining players do not have to pass in sequence but must retain possession.

The first player to win the ball or knock it out of the opponent's country wins a point and both players return home to restart the sequence.

Ensure that all numbers are called but don't be predictable. The same number could go twice in a row.

The first team to ten points wins.

Main Objectives

Short passing, receiving passes, quick play, closing down, defending, intercepting passes.

Set Up

Area: 50x25 yard area with 10 yard end zones
Players: 12, 2 teams of 6
Equipment: 2 balls

What To Call Out

"Accurate passing"
"Support your team mates"
"Have a good first touch"

Progression

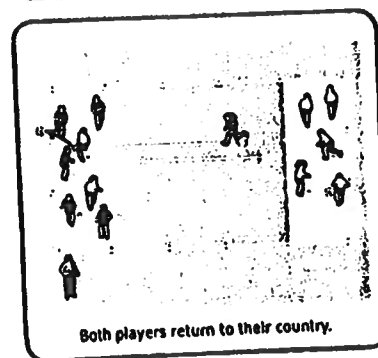
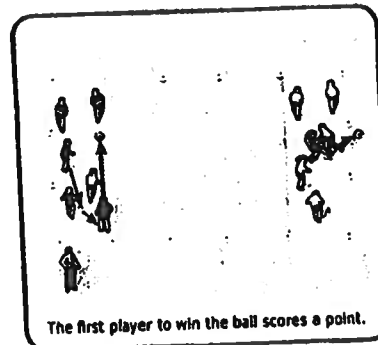
Call two numbers at a time to practice defending in pairs.


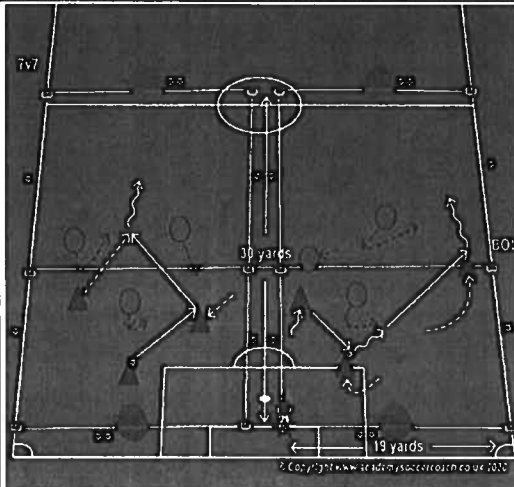
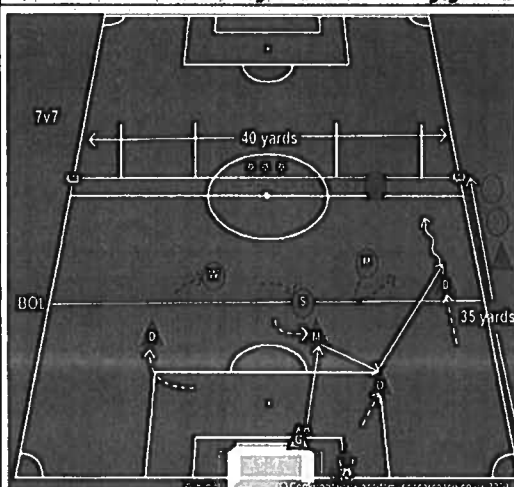
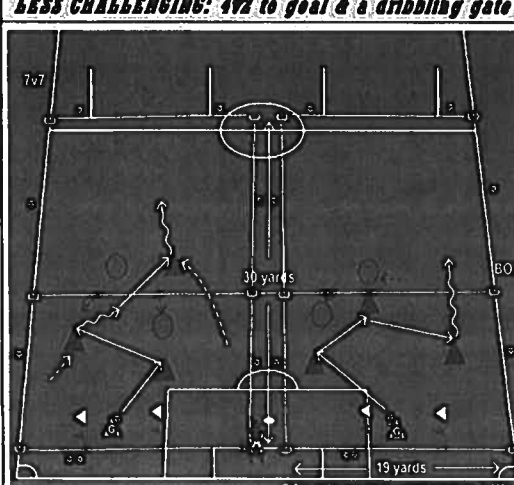
Alternatively, put restrictions on the number of touches allowed for the passing players.

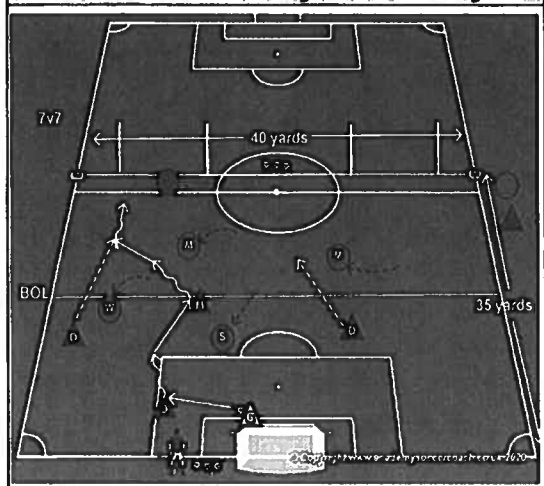
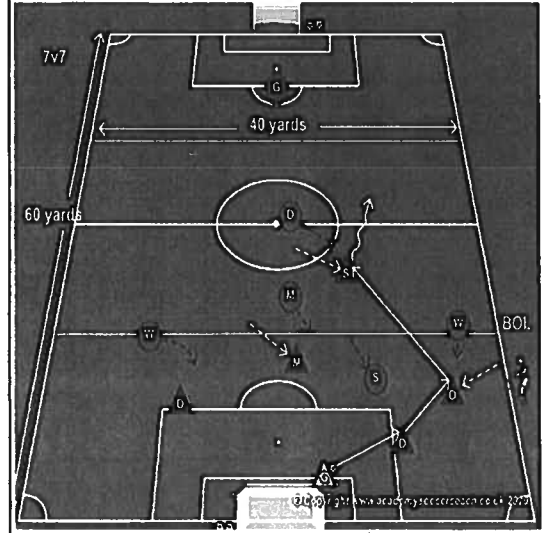
Hint

If one team dominates the other then restrict the number of touches allowed for just that team or swap personnel between the teams.

PASS RUN GROUND COVERED



	Fall 2020	GOAL: Improve the build up from our own half in order to move the ball into the opponent's half - 2					U9-U10 7V7
	PLAYER ACTIONS		Pass/dribble forward, Spread out, Support the attack				
	KEY QUALITIES		Read the game, Take initiative, Optimal technical abilities				
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	12	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – Passing: Surface of the foot and ball, Pace and accuracy – Receiving: Body, position, surface of the foot and ball, first touch							
1 st PLAY PHASE (Intentional Free Play)			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min				
			OBJECTIVE: To dribble or pass the ball forward. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In our own, half set up two or more 19Wx30L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2-minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball? ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball. Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.				
CORE ACTIVITY: 5v3 to goal & 2 dribbling gates			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 3 Red players: 2 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. How do we create an opening? 2. What can the player with the ball do to move the ball forward? 3. Where should we pass the ball to possess it? ANSWERS: 1. We spread out - 2. Pass the ball through the opening to a teammate or dribble the ball forward - 3. We can pass sideways or backwards. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.				
LESS CHALLENGING: 4v2 to goal & a dribbling gate			DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In our own half set up two 19Wx30L fields with a goal and a 10 yard dribbling gate. Play 4v2. The Blue team: 1 goalkeeper and 3 players. Red Team: two players. Blue scores by dribbling through the gate and Red in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Wide, Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. What do you do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball? ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball. Note: Switch to this activity if the Core is too easy for the players.				

<p>MORE CHALLENGING: 5v4 to goal & 2 dribble gates</p> 	<p>DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent's half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.</p> <p>ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates and a gate guard. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 4 Red players: 3 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.</p> <p>SKILL ACQUISITION: Passing, receiving and dribbling.</p> <p>KEY WORDS: Wide, Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How do we move forward with the ball? 2. How can we create openings? 3. What do you need to do if you do not have the ball?</p> <p>ANSWERS: 1. Dribbling it or passing forward - 2. By spreading out - 3. Support the attack and create passing options.</p>
<p>2nd PLAY PHASE: The Game – 6V6</p> 	<p>DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent's half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.</p> <p>ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.</p> <p>KEY WORDS: Wide, Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?</p> <p>ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options.</p> <p>Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Game like: Is the exercise game like?</p> <p>3. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5. Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>

Fall 2020



GOAL:

Improve build up in the defensive half

PLAYER ACTIONS

Pass or dribble forward, Spread out

KEY QUALITIES

Read and understand the game, Take initiative

MOMENT

Attacking

DURATION

60 minutes

PLAYERS

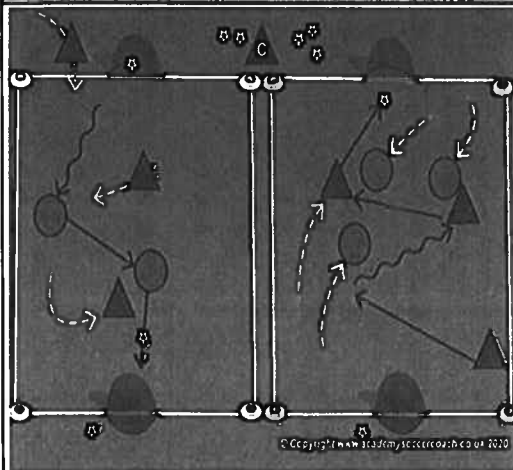
8-12

U8

4v4

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — **Passing:** Surface of the foot and ball, Pace and accuracy — **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)



DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking half

PLAYER ACTIONS: Pass or dribble forward, Spread out

ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

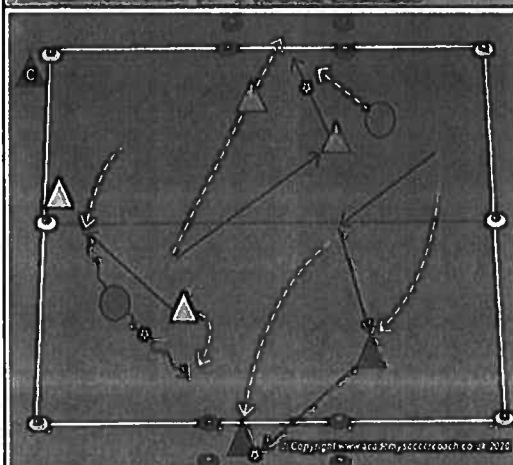
KEY WORDS: Play forward, find your teammate

GUIDED QUESTIONS: If you see an opening in front of you, what should you do? When should you pass instead of dribble?

ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.

NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: Partner Bandits



DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.

OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players in pairs, the coach will select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble into either goal or pass to their teammate within the goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any pair trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The passing pairs can steal their ball back before they get it to a hideout. If the bandits get the ball to a hideout, the pair loses all their points & must start scoring again. Rotate bandits after each interval. **RULES:** bandits cannot defend inside of the goals.

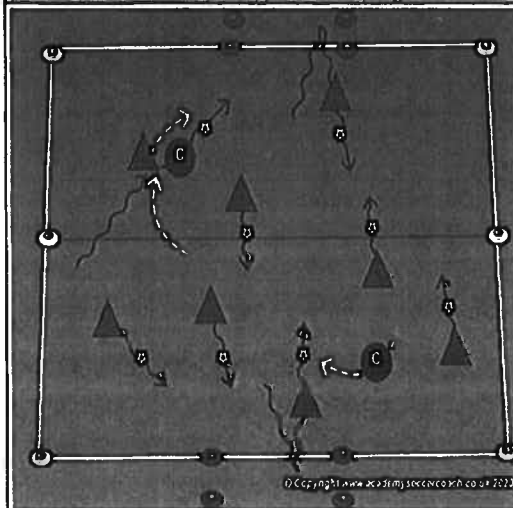
KEY WORDS: Look up, find an opening, play through it

GUIDED QUESTIONS: Where can you go if the bandit is closing your opening to the goal? What are some ways you can play the ball through an opening? Which part of your foot can you use to dribble forward?

ANSWERS: Tell your teammate to move to create a new opening. You can dribble through or pass through the openings. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

Note: If a bandit steals a ball and get it to a hideout, they can now begin scoring goals. The team that lost their ball must now become the bandits. The must steal a ball & score to stop being the bandits.

LESS CHALLENGING: Bandits (Coach is it)



DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.

OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players with a soccer ball, the coach will be the bandits. The players will try to dribble into either goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any player trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The dribblers can steal their ball back before it is taken to a hideout. If a bandit gets the ball to a hideout, the player who lost all their ball, loses all their points & must start scoring again. **RULES:** bandits cannot defend inside of the goals.

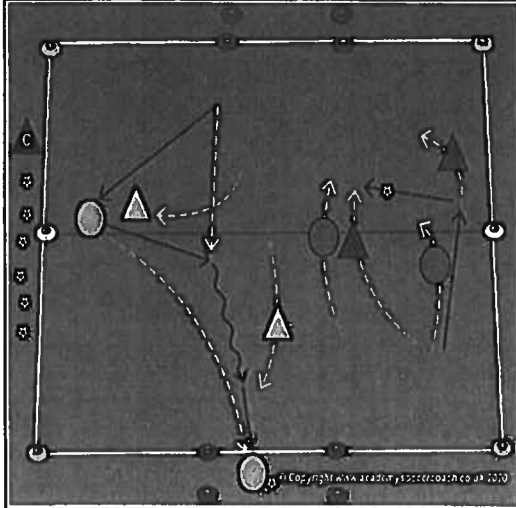
KEY WORDS: Look up, find an opening, be patient

GUIDED QUESTIONS: Where can you go if another dribbler is in your way? What can you do if the bandit/coach is blocking the goal? Which part of your foot can you use to dribble forward?

ANSWERS: Look up to find a new opening to the goal. Be patient, dribble away from the bandit then pick a new route to the goal. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

Note: Once the players understand the direction & where to score, challenge them to work with a partner. The 2 players share a ball and try to cooperate to score in the goals.

MORE CHALLENGING: Multiple 2v2 to Goal **DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.**



OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Pass or dribble forward, spread out

ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line, coach will create teams of 2 players each. 2 teams will play against one another and, on the same field & at the same time, two other teams will also play against one another. All teams share the field & the goals. In both games, each team defends 1 goal and attacks the other. **RULES:** A goal is scored by either dribbling into a goal or passing to a teammate into the opponent's goal. After a goal is scored, the scoring team backs up to allow the ball back into play & the game continues.

KEY WORDS: Look up, find an opening, play through it

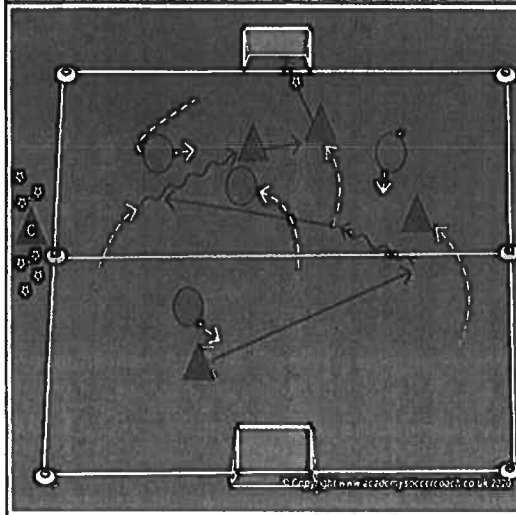
GUIDED QUESTIONS: What are some obstacles you must look for in this game? How can you help your team create an opening? Which part of your foot can you use to dribble forward?

ANSWERS: You must look up to find your teammates, the goal, the opponents & other players using the field. If you see space away from the crowd and you can still get the ball, spread out into that new space to help create a new opening. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward.

Note: If you have more than 4 teams, either rotate teams are set up a second field. If the game is too chaotic, simply play 1 game of 2v2 and rotate teams.

2nd PLAY PHASE: The Game – 4v4

DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: To pass or dribble past an opponent then score goals.

PLAYER ACTIONS: Pass or dribble forward, spread out

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: Turn, open up, score goals

GUIDED QUESTIONS: Who should determine whether to pass, dribble or shoot? What can you do to help your teammate with the ball make that decision?

ANSWERS: The player with the ball should make that decision (coaches-it's important to allow the players the freedom to make their own decision.) If it is too crowded in front of your goal, spread out to provide your teammate with another option.


NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

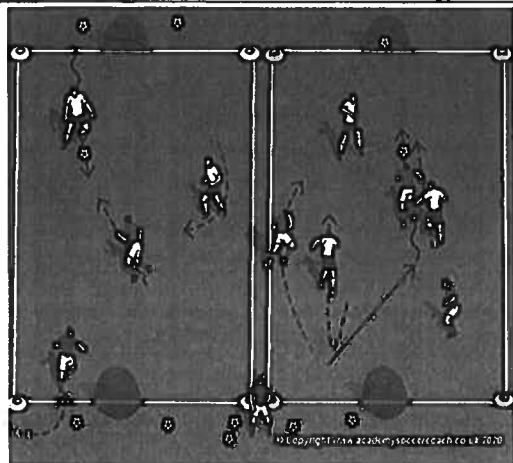
1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

1. How did you achieve your goals of the training session?
2. What did you do well?
3. What could you do better?

	GOAL:	Improve build up in the opponent's half of the field					U6 4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, Pace and accuracy

1st PLAY PHASE (Intentional Free Play)



12 minutes (play multiple 3-4 minute games)

OBJECTIVE: Move the ball forward to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

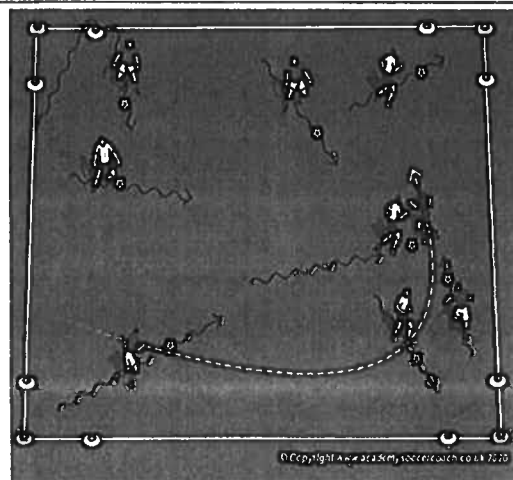
KEY WORDS: Go to goal, keep the ball

GUIDED QUESTIONS: When do you go straight to the opponent's goal? What can you do if someone is blocking your path to the goal?

ANSWERS: If you see an opening to the goal, go straight to the goal. You can dribble around them or pass to a teammate.

Note: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

PRACTICE (Activity 1): Red Light/Green Light



7.5 minutes-8 intervals-1 min. play-30 sec. rest

OBJECTIVE: Move the ball toward the goal (coach)

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, a small cone goal in each corner & all players with a soccer ball; dribble within the space. The coach(es) walk around the space. When the coach say "RED LIGHT," the players must stop the ball with their feet. If the coach says "GREEN LIGHT," the players must dribble again. If a player cannot stop their ball on red light, they must dribble their ball to the any of the 4 corner goals then start playing again. Coach controls the frequency of the lights to allow players time to respond. **VARIATION:** **YELLOW LIGHT** – dribble slow, **BLUE LIGHT** – toe taps on the ball or **PURPLE LIGHT** – hop on 1 foot around the ball. **RULES:** on green light, players try to dribble toward the coach. Once close enough, player tries to tag the coach. If a coach gets tagged, either award points or start a new game.

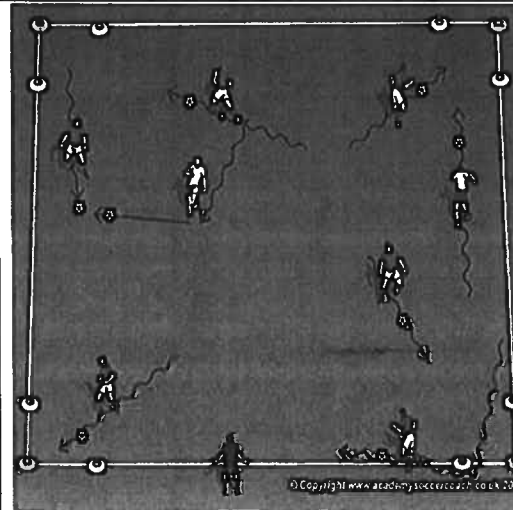
KEY WORDS: Laces (to go forward), bottom of the foot (to stop), outside/little toe or inside/big toe (to turn)

GUIDED QUESTIONS: Which part of the foot can you stop the ball with? How can you go faster with the ball?

ANSWERS: Get close to the ball then softly touch the top of the ball with the bottom of your foot. Point your toe down and push the ball further in front of you to go faster.

Note: Stopping and turning the ball is challenging. Try not to call out the lights too fast. If the players respond to the lights quickly, call out the colors even faster.

PRACTICE (Activity 2): Wreck it Ralph



8 minutes-8 intervals-45 sec. play-15 sec. rest

OBJECTIVE: Move the ball toward the goal through dribbling. Pass the ball toward a teammate.

PLAYER ACTIONS: Pass or dribble forward

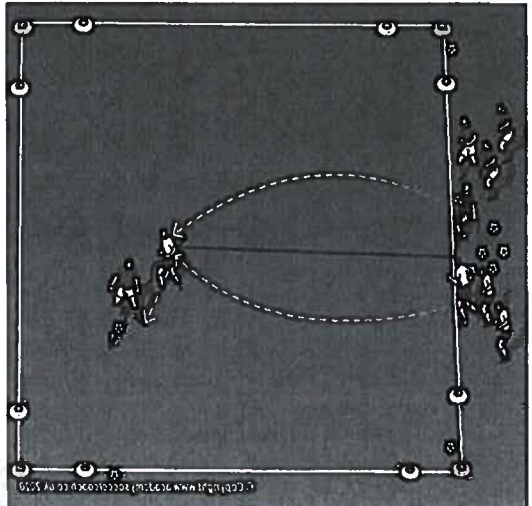
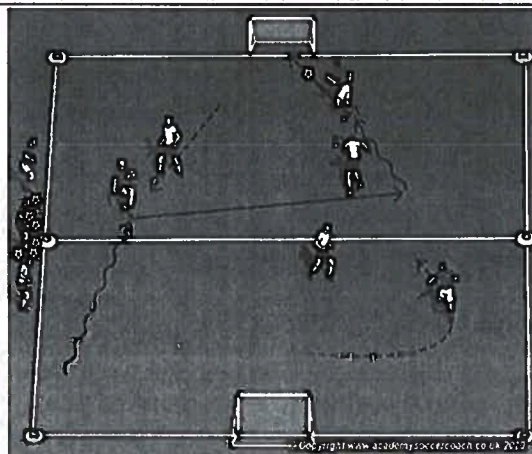
ORGANIZATION: In a 15W x 20L grid, a small cone in each corner & all players with a soccer ball; All but 2 players are trying to kick their ball into as many goals as possible in 45 seconds. 2 players do not try to score but try to **WRECK** the goal scorer's points, they are the **WRECK IT RALPHS**. If Ralph hits a goal score's ball with their own, they demolish the points & the goal scorer has to start scoring points over again. **RULES:** Play begins when coach says "GO." Players score by dribbling or kicking their ball through any of the 4 goals.

KEY WORDS: Go for it, go to goal, stay away from Ralph

GUIDED QUESTIONS: If you want to go faster, should you kick the ball harder or softer? What can you do if Ralph is guarding one of the goals?

ANSWERS: Kick it harder so you can run faster and catch up to the ball (kick it softer when you need to slow down or turn). Turn away from Ralph and find a goal that Ralph is not guarding.

Note: You can use 1 Ralph if needed. Coach can start as a Ralph to allow more goal scoring success if needed. Encourage players to go to goal & avoid the Wreck it Ralphs.

<p>PRACTICE (Activity 3): Soccer Combat</p> 	<p>8 minutes-16 intervals-10 sec. play-20 sec. rest</p> <p>OBJECTIVE: Move the ball forward toward the opponent's goal</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, a cone goal in each corner & the coach starts at the center of the field with all the soccer balls. Divide the group into 2 teams; 1 team on the coach's right and 1 on the left. Once the coach plays the ball onto the field, 1 player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. RULES: Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the players prior to kicking the ball onto the field. Once a goal is scored or the ball goes out of play, game is over and all players leave the field. The coach then serves another ball onto the field for the next players to play.</p> <p>KEY WORDS: Find the open goal, block the defender</p> <p>GUIDED QUESTIONS: What should you do if you get to the ball first? What can you do to block the other player from getting the ball?</p> <p>ANSWERS: Kick the ball toward the closest open goal and try to score. Put your body between the ball and the other player so they can't get it.</p> <p>Note: Keep the game at 1v1 until most players have had a chance to score at least once. Instead of playing the ball down the middle, it is ok to play the ball closer to a player who hasn't had a chance to score yet. A 2v1 game in favor of a struggling player could help the player score.</p>
<p>2nd. PLAY PHASE: The Game – 3v3 or 4v4</p> 	<p>24 minutes-2 intervals-10 min. play-2 min. rest</p> <p>OBJECTIVE: Move the ball forward toward the opponent's goal</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.</p> <p>KEY WORDS: Go for it, go to goal, find your teammate</p> <p>GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?</p> <p>ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.</p> <p>Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.</p>

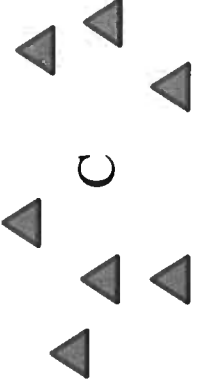
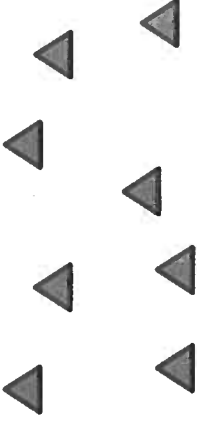
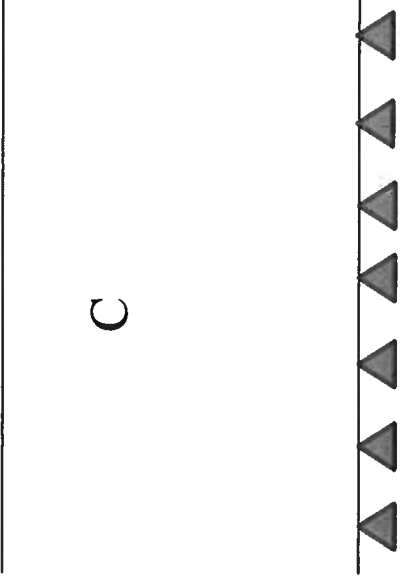
FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1.Organized: Is the exercise organized in the right way?</p> <p>2.Game like: Is the exercise game like?</p> <p>3.Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>4.Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5.Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals of the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>

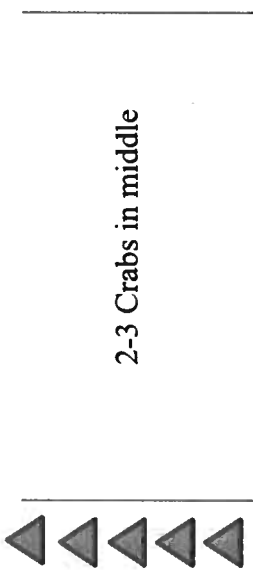
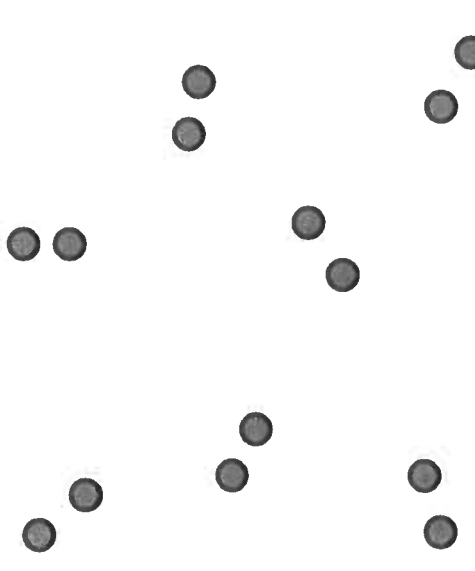
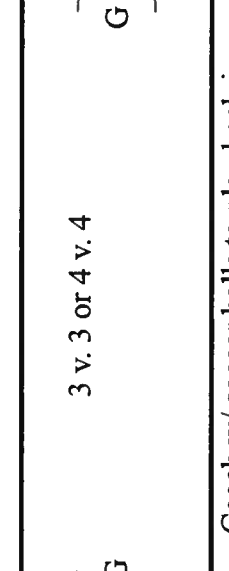
Activity Name

Description

Diagram

Coaching Points

1. Warm-up: Dribble in space -Each player has a ball and is free dribbling inside the grid (basketball court). -Upon “freeze” command, players stop the ball at their feet (check for closeness of the ball). -Dribble again, next stopping for toe touches, pendulums, triangles in succession. -Dribble and stop ball with various body parts (knee, head, must have 2 hands on two different balls).		-Coordination and movement concepts -What are some other ways we can bring the ball back?
2. Goofy Stop and Go -Each player has a ball and dribbles around a 20x15 size grid. -When coach says “freeze” players must stop their ball and freeze in a goofy position. -Tell players to keep the ball close to their feet. -Tell them to be creative and have fun with it!		-Movement education, balance, eye-foot coordination, change of speed and direction. -How can we stop the ball quickly?
3. Cookie Monster Dribble -Each player has a ball and dribble's towards the coach (cookie monster). -When players ask if cookie monster is hungry (“Cookie monster are you hungry?”) coach replies with “yes” or “no.” -When Yes, players must dribble ball back to the endline they started on. -The objective is for each player to dribble the ball from one side to the other without getting caught by the cookie monster. -If Cookie monster takes your ball, you become a cookie monster also in the middle. -Play until only a few remaining dribblers.		-Dribbling with ball, change of direction and speed. -How close can you get to the cookie monster?

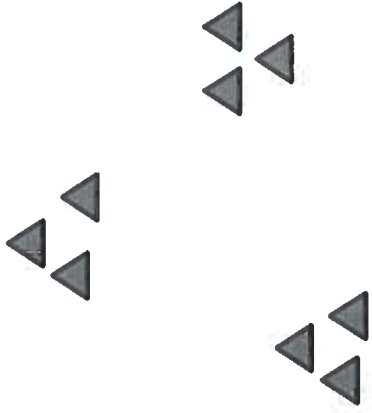
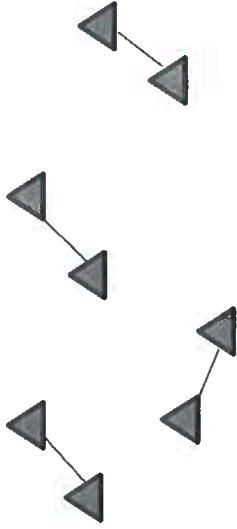
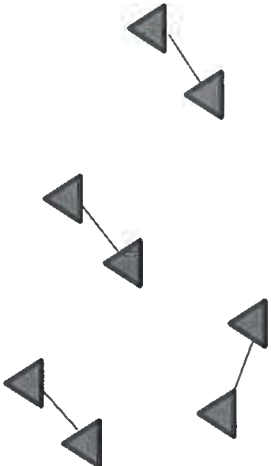
4. Crab Soccer Dribbling -Choose 2-3 players to be crabs who start in the center of the grid. -Remaining players have a ball and try to dribble to the other side. -If a crab kicks your ball, then you become a crab in the middle	 <p>2-3 Crabs in middle</p>	-Dribbling with ball, starting and stopping, change of direction and speed -What can we do to dribble past the crabs?
5. Gates -Cones are placed as gates all over the playing area about 3 feet apart (there should be more gates than children) -Players try to dribble through as many gates as possible within a specified time (45-60 seconds) keeping the ball close to their feet at all times. -Players keep track of how many gates they dribbled through and try to get more the next time. -The coach needs to make sure the players go to different gates each time.		-Change of direction and speed, decision making -What is the best way to dribble your ball through the cones?
6. Small sided Game 3v.3 or 4v4 -Ball served in from coach -20 x 25 size field		-Have Fun! -Dribbling under pressure, decision making, kicking, receiving, shooting, change of direction and speed

Activity Name

Description

Diagram

Coaching Points

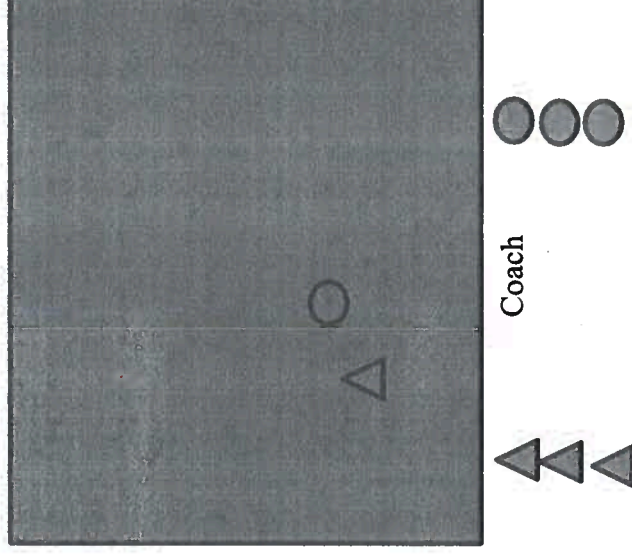
1. Math Dribble		
<p>-The coach says a math problem (ex. 2+1). The players, who each have a soccer ball, dribble towards their teammates to form groups of 3. The coach can also call out a number and players must form groups of that number. After their group gets together, they stop their ball, change direction and explode away from their group members into open space. The ball should be playing distance away (1-3 steps) so they can dribble again. Remind players to keep the ball close, and dribble with the inside of their foot for control and outside of their foot for speed.</p>		<p>-Players should keep the ball close to their feet for control and dribble with the inside while dirbbling around the area</p> <p>-After a change in direction/speed, players should dribble using the outside of their foot.</p>
2. Multi-Gate Dribbling		
<p>-Players must count the number of times they dribble through the gates in a 25 x 30 yard grid area. Cones are set up about 2-3 feet apart and placed randomly around the grid. Each player begins with a ball and dribbles under control with the inside out their feet.</p> <p>-Make this game exciting by timing how many gates they can dribble through in 30 seconds! Players attempt to increase that number on future attempts.</p>		<p>-Controlled dribbling through the gates</p> <p>-Keep the ball within playing distance away from feet.</p>
3. Multi-Gate Passing/Receiving		
<p>-Use the same setup as in the Multi-Gate dribbling only have players pair up with a partner and pass through as many gates as they can in a specific time period (30 sec. or 1 min. etc.).</p> <p>-Variation: Use a variety of objects to make gates. For example some can be made out of disc cones, triangle cones, pinnies, corner flags, etc. Designated a certain point value for each gate (ex. Disc cones=1 pt., triangle cones=2 pts., pinnies=3 pts, corner flags=4 pts., etc)</p>		<p>-Keep the ball close to your feet within playing distance while using both the inside and outside of their feet. Passes should be under control using correct passing and receiving techniques.</p>

4. Combat

-Players are separated into two equal groups, with each standing on the sideline of a 25x30 grid (same size as the previous activities) on opposite sides of the Coach. The Coach kicks the ball out in the middle of the grid while the first two players in line chase after the ball. The first player to the ball attempts to possess the ball, while the second player defends them while playing 1 v 1. A point is scored when one of the players is able to pass the ball back to the coach.

-Upon receiving the ball, the Coach kicks the ball out for the next two players in line, while the previous two players jog back on the outside to the end of their team's line.

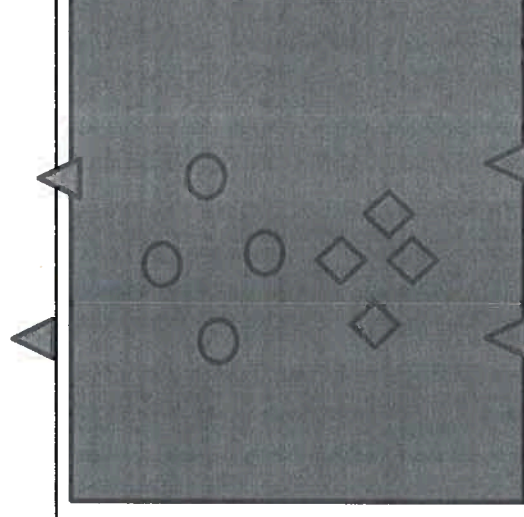
-This game should be continuous and active!!!



-Dribbling for possession, field vision, finding a target, passing and receiving.

5. 4 v. 4

-The setup is a 25 x 35 yard field with goals. Goals can be created with cones or corner flags. Organize players into teams of 4. If more than 8 players, you can rotate teams in or setup an additional field. No goalkeepers. Play for a time period and let them play!!




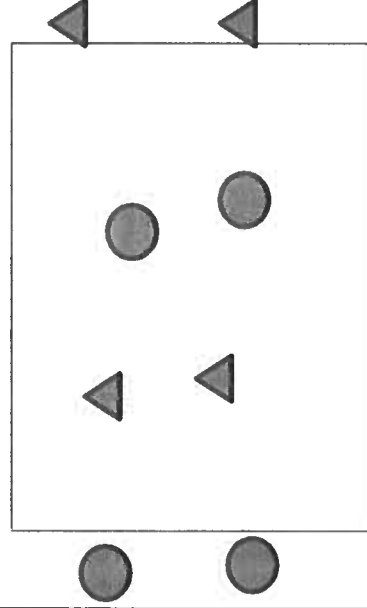
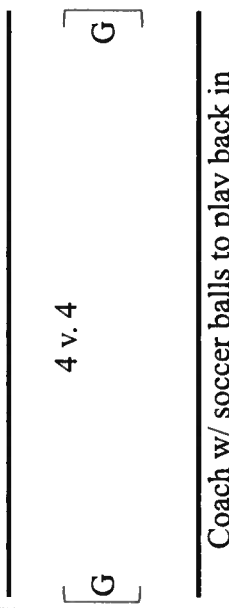
-Let them play and encourage the skills worked on in the days practice. Provide positive feedback for their effort and hard work.

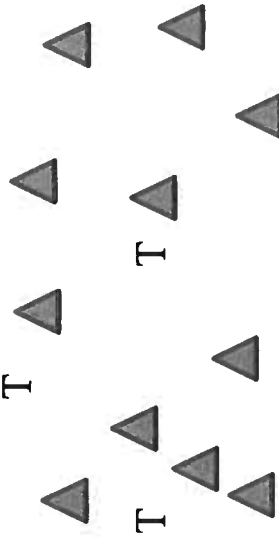
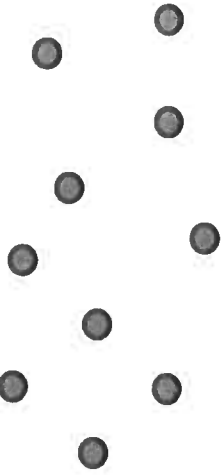
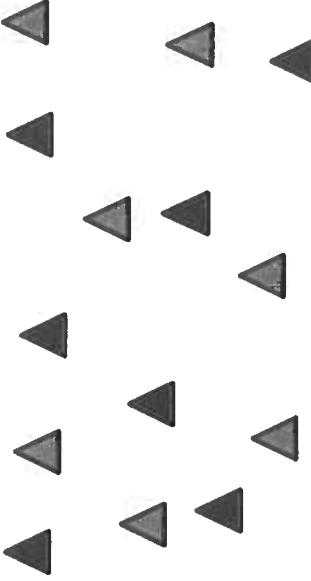
Closure

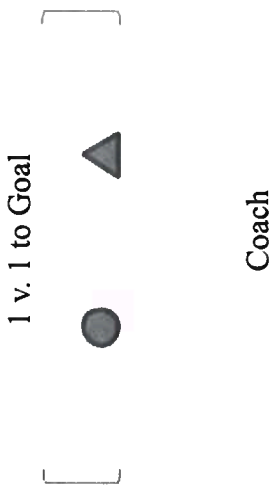
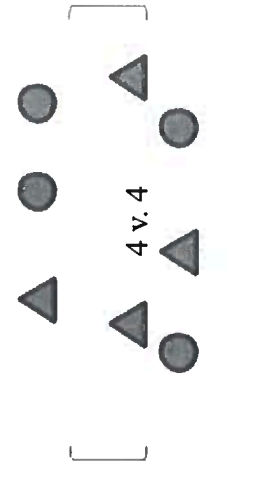
Cool down with juggling

-How many juggles can you get?

Activity Name	Description	Diagram	Coaching Points
1. Warm-up: Ball Retrieve in Pairs	<ul style="list-style-type: none">-One ball per 2 players-One pair at a time hands coach the ball, who tosses ball away and calls out a number. Partners must work together to pass the ball with their feet using exactly the number of touches called out and bring the ball back to the coach. (Ex. The number is 7, partners must make exactly 7 passes before returning the ball to the coach).		<ul style="list-style-type: none">-Problem solving, cooperation, pacing of passes, playing to a target, head up.-What part of your foot can you use to make a pass?
2. Continuous Passing	<ul style="list-style-type: none">-Groups of 2 must keep the ball moving without stopping it. Count how many passes you do!-Pairs are moving around the area the entire time, no one is stationary. They keep count of the number of passes made.-If the ball stops they must start the count over again.		<ul style="list-style-type: none">-Follow the ball with your eyes.-Move to get behind and in line with the ball-do not stretch out for it.-How do you know where the pass might go?-When should you pass to your partners feet?-When could you pass in front of your partner?
3. Pac Man	<ul style="list-style-type: none">-Each player has a ball in a confined space (20 x 20 yards). All but two players place their ball on the outside of the grid. The two players who do have a ball are the Pac Men. Pac Men dribble their balls and attempt to hit the other players below the knee with a pass.		<ul style="list-style-type: none">-Encourages dribbling and passing to a moving target, decision making, changing direction, cardio-respiratory endurance.

<p>-Players try to avoid getting hit by running, dodging and jumping. Once a player is hit, he/she gets their ball from the outside of the grid and becomes a Pac Man. Game continues until all players have been hit and have their ball.</p>		<p>-Maintain safety of players by stressing ball must be kicked below the knee.</p>
<p>4. Show and Pass 2 v. 2</p> <p>-40 x 30 yard grid with 5 yd. endzone on each end</p> <p>-Two teams of 4 with 2 on inside and 2 inside the endzone on each team.</p> <p>-Neutral players on Endzones should receive passes then play the ball back to the same team that passes to them.</p> <p>-A team scores by the inside pair passing the ball to each other before they pass the ball to one of their players in the endzone.</p>		<p>-Movement off the ball, head up when dribbling/passing</p> <p>-When you don't have the ball where could you move to receive a pass from your partner?</p>
<p>5. The Game-Small sided 4 v. 4 (Boss of the Balls)</p>		
<p>-Play 4 v. 4 in 45 x 30 yard area with 4 yard wide goals (cones can be used).</p> <p>-Coach is the Boss of the Balls meaning that as soon as a goal is scored or a ball goes out of bounds, the coach tosses or kicks another ball in to keep gameplay flowing.</p> <p>-When coach runs out of balls, players run to collect and return all the balls and the game begins again.</p> <p>-Parents and coaches should not chase the balls, let the players do this!</p>	 <p>4 v. 4</p> <p>Coach w/ soccer balls to play back in</p>	<p>-Have fun, keep the players engaged in the game so they have lots of touches with the ball.</p> <p>-Encourage the day's lesson within the game and allow for decision making and exploration as well.</p>

Activity Name	Description	Diagram	Coaching Points
1. Soccer Tag	<p>In a 25 x 15 yard grid select 2-3 players to be taggers. Taggers will have a pinnie on and must tag those who are dribbling a soccer ball. If tagged the player must pick up their ball and hold it over their head with their feet spread apart. In order to get back in another player must pass their ball through the tagged player's feet. Switch who the taggers are every 2-3 minutes.</p> <p>T=Tagger ▲=Player</p>		<ul style="list-style-type: none"> -Switch taggers often -Encourage others to help out your teammates and get them back into the game.
2. Island Game	<p>Use disc cones to set up small islands (one cone per island) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p>		<ul style="list-style-type: none"> -Teach Dribble for control (keep the ball close) -Teach Dribble for speed (push ball out in front and run with the ball)
3. Bandits	<p>Split the team into two groups and give one group red pinnies and one group blue pinnies. Give one of the team's balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (this is where you can incorporate passing). Rotate which team starts with the balls.</p>		<ul style="list-style-type: none"> -How can I stop an opponent from taking the ball away? (Shield the ball by keeping your body between the ball and the defender). -Where should you keep your eyes when dribbling? -Other than dribbling out of pressure, can you find an open teammate to pass the ball to?

<p>4. Outta There</p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are “outta there.” This should be a very fast paced game.</p> <p>Progressions: Start with 1v1 and progress to 2v2.</p>	 <p>1 v. 1 to Goal</p> <p>Coach</p>	<ul style="list-style-type: none"> -Continuous and fast paced game -Coach puts ball into play immediately after ball goes out of bounds -Vary service on how balls are delivered (ex. Rolled out, bounced, etc.)
<p>5. 4 v. 4 Gameplay</p> <ul style="list-style-type: none"> -Ball served in from coach -3 or 4 players from each team play until a goal is scored -Rotate additional teams on or create more than one grid -Limit instruction. Point out positives of dribbling. -Let them play! 	 <p>4 v. 4</p>	<ul style="list-style-type: none"> -Have Fun! -Dribbling under pressure, decision making, kicking, receiving, shooting, change of direction and speed