

CASL RECREATION  
SOCCER



**COACHES PACKET**  
2025 SEASON

**COACHES MEETING**

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**JUNE 8TH, 2025**

TURF FIELD

FLCC

1:00PM

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CASLNY.ORG

# CASL Soccer Recreation Coaches Information

## 2025



Must-see websites for the recreation soccer coach:

- [www.caslny.org](http://www.caslny.org) (our club's website-come here for general information)
- [www.rdysl.com](http://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](http://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](http://www.coachingsoccer101.com) (click on drills-many games and drills for all ages)
- [www.soccerexpert.com](http://www.soccerexpert.com) (different drills and games for all ages)
- [www.soccerdrills.net](http://www.soccerdrills.net) (click on a drill or game to read more about it)
- [www.freeyouthsoccerdrills.com](http://www.freeyouthsoccerdrills.com)
- TeamSnap resources

**Additional:** Please view this short "Recognize to Recover" concussion video:  
[https://www.youtube.com/watch?v=ZbiFxxIGt4E&ab\\_channel=U.S.Soccer](https://www.youtube.com/watch?v=ZbiFxxIGt4E&ab_channel=U.S.Soccer)

Questions? Contact Jamie Phillips [rec@caslny.org](mailto:rec@caslny.org)

Or CASL Coaching Directors

Eric Ward [coachingdirectorboys@caslny.org](mailto:coachingdirectorboys@caslny.org)

Bryan Peck [coachingdirectorgirls@caslny.org](mailto:coachingdirectorgirls@caslny.org)

HAVE A GREAT SEASON!

## **Important Information:**

Jamie Phillips (VP of Rec) [rec@caslny.org](mailto:rec@caslny.org)

Betsy George-Jones (Field Maintenance) [fields@caslny.org](mailto:fields@caslny.org)

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## **Expectation for Coaches:**

- Attend practices and games and coordinate with co-coach to ensure all scheduled practices and games are covered by an adult.
- Communicate with your team about practice times and game schedules.
- Lead with positivity and enthusiasm.
- Act as role models of sportsmanship and respect towards referees, other coaches, players and parents. Your players will look to you to lead by example!

## **Weather Information:**

- Games are only canceled by the VP 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.
- If there is Thunder or Lightning: Everyone must leave the field immediately and wait 30 minutes with a maximum of 30 minutes delay before cancellation.

## **Referees:**

- Many of our referees are new to refereeing or with only a few years of experience. Please be kind and patient with the referees.
- If a referee is unfamiliar with the rules or CASL please keep a copy of the rules sheet with you in your equipment bag.

## **Equipment:**

- Each team will receive Uniforms, balls, pinnies, goalie jersey, cones, first aid kit and ice packs.

### **Season Schedule and Field Locations:**

- The season will start the week of June 23<sup>rd</sup>.
- All age groups will be at Northeast Park this season!
- Boys will participate on Mondays and Wednesdays
- Girls will participate on Tuesdays and Thursdays

### **Mondays & Tuesdays - Sessions**

On Mondays and Tuesdays, teams will engage in individual practice sessions, each focused on a common goal. For weeks 1 through 6, we will implement a progressive training plan designed to ensure that players depart each session having acquired new skills and knowledge and with a big smile.

### **Possible Training Session Model:**

- **Individual Ball Work:** Ball Mastery skills-lots of individual activity with the ball at their feet.
- **Technical aspect:** Technical skills in soccer are the fundamental abilities players need to control, move, and manipulate the ball effectively. These skills are crucial for executing all other aspects of the game, including passing, dribbling, shooting, and defending.
- **Small-sided games:** Small-sided soccer games are a valuable training tool for developing skills, decision-making, and game awareness. They provide a fast-paced, engaging environment where players have more touches on the ball and are constantly involved in attacking and defending phases.
- **Large-sided gameplay:** This most closely resembles the “actual game setting.” Remind players of the skills you have learned leading up and let them play!

### **Wednesdays & Thursdays - Game Day!**

On Wednesdays and Thursdays, each team will compete against a different team within their respective age group. Our small-sided games are designed to maximize the number of touches for players of varying abilities. Our objective is that by the end of week six, all participants will have scored at least one goal!

**Please reach out to any of the contacts if you have any questions and have a great season!!**

## **2025 CASL Rec Soccer Rules:**

**All US Soccer Rules apply unless stated otherwise**

**<https://www.usyouthsoccer.org/bylaws-policies-and-documents/>**

**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: (4) 10 Minute Quarters**

**1<sup>st</sup>/2<sup>nd</sup>: (2) 25 Minute Halves**

**3<sup>rd</sup>/4<sup>th</sup>: (2) 30 Minute Halves**

**5<sup>th</sup>/6<sup>th</sup>: (2) 30 Minute Halves**

### **Number of Players on the Field/Ball Size:**

**PreK/K: Total of 4 (4 v. 4, no goalie) Ball Size #3**

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

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

**5<sup>th</sup>/6<sup>th</sup>: Total of 7 (6 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, 1<sup>st</sup>/2<sup>nd</sup>, and 3<sup>rd</sup>/4<sup>th</sup> age groups only.**

**-This does not apply for 5<sup>th</sup>/6<sup>th</sup>**

**-Punting is only allowed in 5<sup>th</sup>/6<sup>th</sup> 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 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:**

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**Thank you for your time and willingness to coach our  
CASL Rec teams this season!!**

## **POSSIBLE TRAINING SESSION MODEL**

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

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

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

**3<sup>rd</sup> - *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**

**4<sup>th</sup> - *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.**

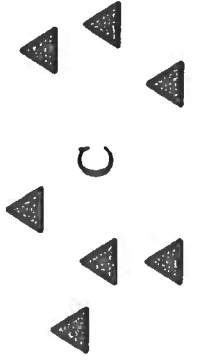
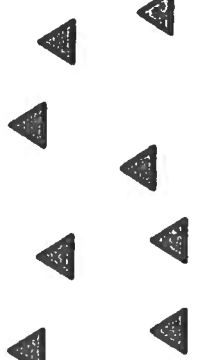
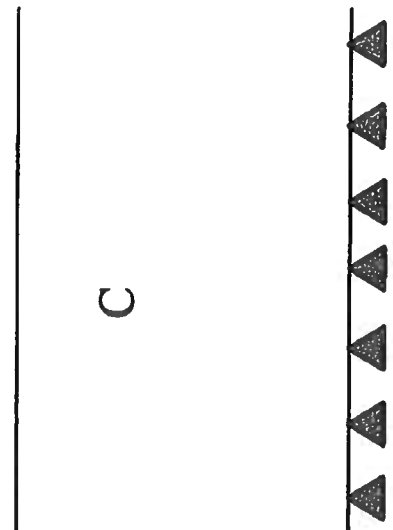
**U-6 (Pre-k/k)**

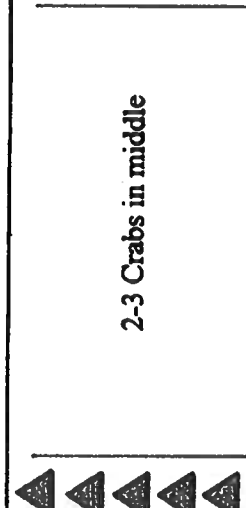
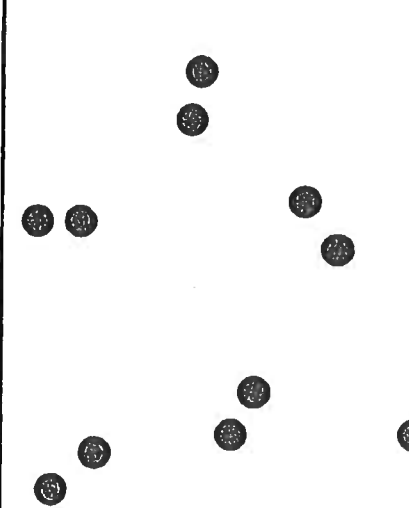
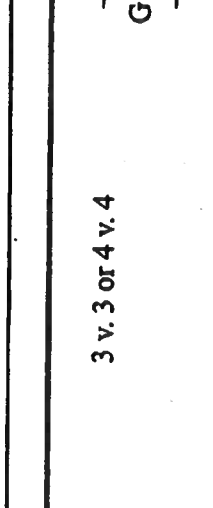
- Dribble with your head up
- Dribble using both feet
- Keep the ball close to your body

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

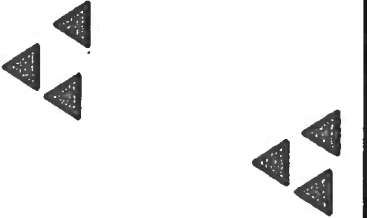
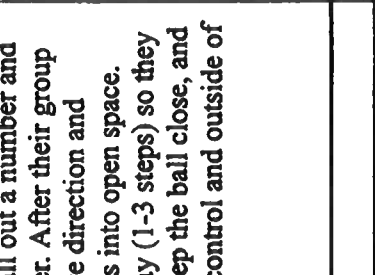
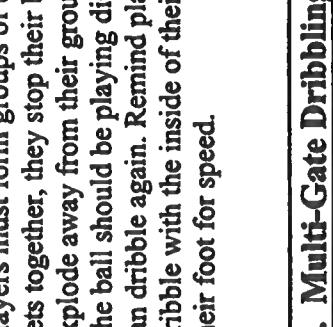
- Dribble with your head up
- Dribble using both feet
- Use inside of the foot for controlled dribbling
- Use outside of the foot when dribbling for speed or into open space
- Dribble away from pressure

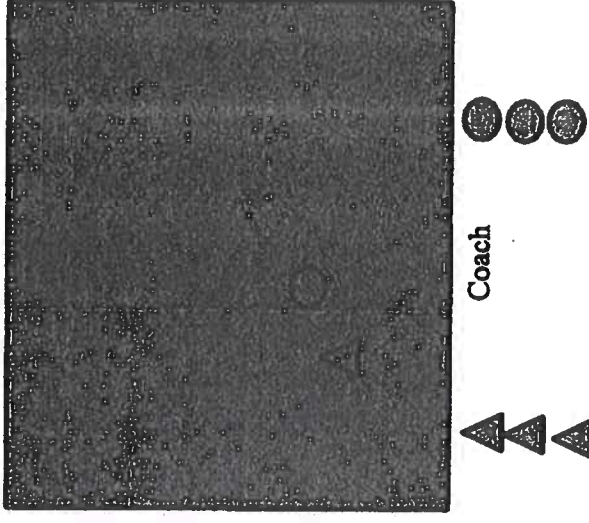
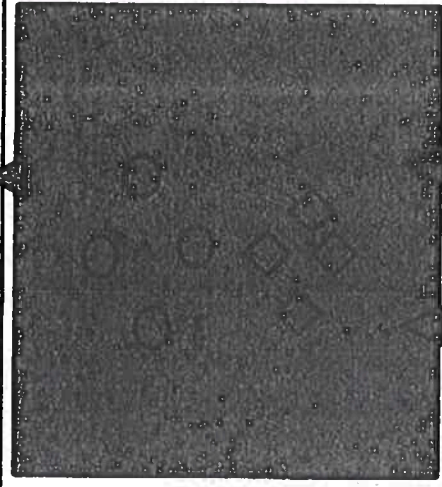


Activity Name	Description	Diagram	Coaching Points
<p><b>1. Warm-up: Dribble in space</b></p> <ul style="list-style-type: none"> <li>-Each player has a ball and is free dribbling inside the grid (basketball court).</li> <li>-Upon "freeze" command, players stop the ball at their feet (check for closeness of the ball).</li> <li>-Dribble again, next stopping for toe touches, pendulums, triangles in succession.</li> <li>-Dribble and stop ball with various body parts (knee, head, must have 2 hands on two different balls).</li> </ul>		<ul style="list-style-type: none"> <li>-Coordination and movement concepts</li> <li>-What are some other ways we can bring the ball back?</li> </ul>	
<p><b>2. Goofy Stop and Go</b></p> <ul style="list-style-type: none"> <li>-Each player has a ball and dribbles around a 20x15 size grid.</li> <li>-When coach says "freeze" players must stop their ball and freeze in a goofy position.</li> <li>-Tell players to keep the ball close to their feet.</li> <li>-Tell them to be creative and have fun with it!</li> </ul>		<ul style="list-style-type: none"> <li>-Movement education, balance, eye-foot coordination, change of speed and direction.</li> <li>-How can we stop the ball quickly?</li> </ul>	
<p><b>3. Cookie Monster Dribble</b></p> <ul style="list-style-type: none"> <li>-Each player has a ball and dribble's towards the coach (cookie monster).</li> <li>-When players ask if cookie monster is hungry ("Cookie monster are you hungry?") coach replies with "yes" or "no."</li> <li>-When Yes, players must dribble ball back to the endline they started on.</li> <li>-The objective is for each player to dribble the ball from one side to the other without getting caught by the cookie monster.</li> <li>-If Cookie monster takes your ball, you become a cookie monster also in the middle.</li> <li>-Play until only a few remaining dribblers.</li> </ul>		<ul style="list-style-type: none"> <li>-Dribbling with ball, change of direction and speed.</li> <li>-How close can you get to the cookie monster?</li> </ul>	

<p><b>4. Crab Soccer Dribbling</b></p> <ul style="list-style-type: none"> <li>-Choose 2-3 players to be crabs who start in the center of the grid.</li> <li>-Remaining players have a ball and try to dribble to the other side.</li> <li>-If a crab kicks your ball, then you become a crab in the middle</li> </ul>		<ul style="list-style-type: none"> <li>-Dribbling with ball, starting and stopping, change of direction and speed</li> <li>-What can we do to dribble past the crabs?</li> </ul>
<p><b>5. Gates</b></p> <ul style="list-style-type: none"> <li>-Cones are placed as gates all over the playing area about 3 feet apart (there should be more gates than children)</li> <li>-Players try to dribble through as many gates as possible within a specified time (45-60 seconds)</li> <li>-Players keep track of how many gates they dribbled through and try to get more the next time.</li> <li>-The coach needs to make sure the players go to different gates each time.</li> </ul>		<ul style="list-style-type: none"> <li>-Change of direction and speed, decision making</li> <li>-What is the best way to dribble your ball through the cones?</li> </ul>
<p><b>6. Small sided Game 3v.3 or 4v4</b></p> <ul style="list-style-type: none"> <li>-Ball served in from coach</li> <li>-20 x 25 size field</li> </ul>	 <p style="text-align: center;">Coach w/ soccer balls to play back in</p>	<ul style="list-style-type: none"> <li>-Have Fun!</li> <li>-Dribbling under pressure, decision making, kicking, receiving, shooting, change of direction and speed</li> </ul>



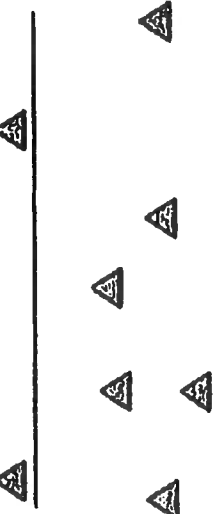
Activity Name Description Diagram Coaching Points

<p><b>1. Math Dribble</b></p> <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>
<p><b>2. Multi-Gate Dribbling</b></p> <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>
<p><b>3. Multi-Gate Passing/Receiving</b></p> <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>

<p><b>4. Combat</b></p> <p>-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.</p> <p>-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.</p> <p>-This game should be continuous and active!!!</p>		<p>-Dribbling for possession, field vision, finding a target, passing and receiving.</p>
<p><b>5. 4 v. 4</b></p> <p>-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!!</p>		<p>-Let them play and encourage the skills worked on in the days practice. Provide positive feedback for their effort and hard work.</p>
<p><b>Closure</b></p>	<p>Cool down with juggling</p>	<p>-How many juggles can you get?</p>





Authors: Eric Ward/Mark Annesi

Topic: Dribbling-Technical Practice Age Group: U9/U10

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

Authors: Eric Ward/Mark Annesi

Topic: Dribbling-Technical Practice Age Group: U9/U10

<p>feet, change direction and speed when trying to beat an opponent.</p>		
<p><b>1 v. 1 Dribbling</b>          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</p>		<p>-Focus should be on dribbling technique, when to shield, when to dribble with speed, when to dribble for possession.</p>
<p><b>2 v. 2 Dribbling</b>          -Groups of 4          -Same set up as above, only 2 v. 2          -Must dribble the ball past the cones to score.</p>		<p>-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.</p>
<p><b>4 v. 4 Gameplay</b>          -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!</p>	 <p>3 v. 3 or 4 v. 4</p>	<p>-Have Fun!          -Dribbling under pressure, decision making, kicking, receiving, shooting, change of direction and speed</p>

# DRIBBLING

## Ghostbusters

1

### The Rules

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

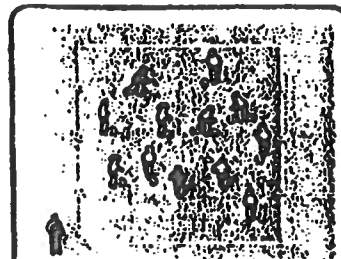
The players must dribble their ball around the area - they can move in any direction as long as they stay within the area - trying to stay away from the ghosts.

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.

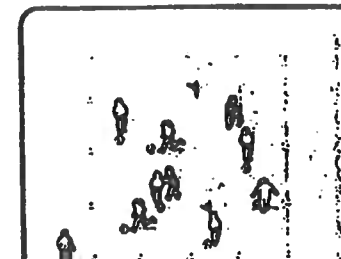
PASSING SUNG GROUND COVERED



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.



# 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.

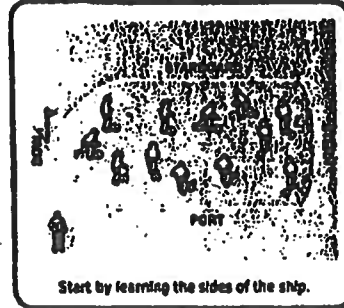
"Clear the decks" - try to flick the ball up and juggle it off of the deck as long as you can.

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

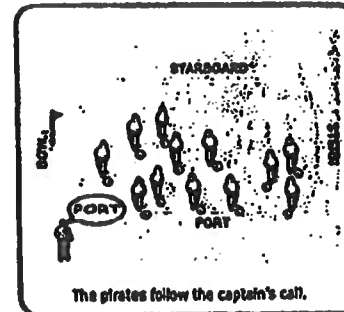
"Cannonball!" - hit the deck and lie down as quickly as possible to avoid the blast.

### Hint

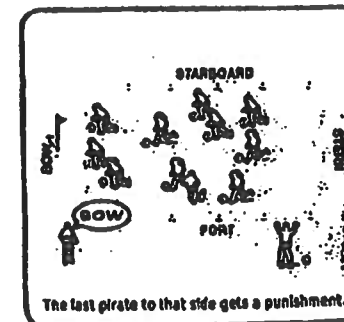
Place a corner flag at the front of the ship to help with memorizing the sides and let the kids name their ship.



Start by learning the sides of the ship.



The pirates follow the captain's call.



The last pirate to that side gets a punishment.





## **WEEK 2 SKILL OF THE WEEK: PASSING**

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


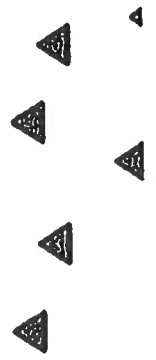
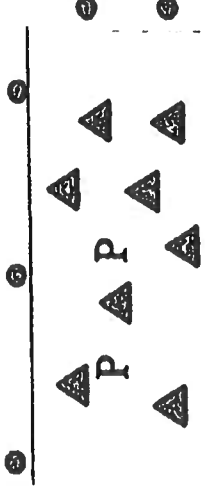
### **U-6 (Pre-k/k)**

- **Pass with your head up**
- **Pass to a teammate**

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


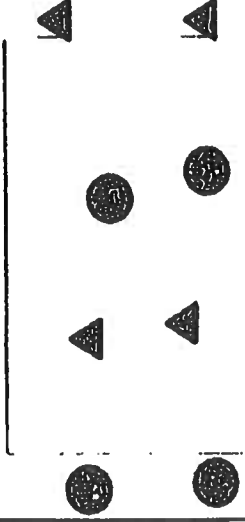
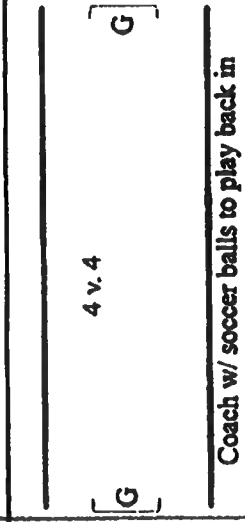
- **Passing should be firm and accurate**
- **Pass the ball on the ground**
- **Move after you pass**

Activity Name Description Diagram Coaching Points

<p><b>1. Warm-up: Ball Retrieve in Pairs</b></p> <ul style="list-style-type: none"> <li>-One ball per 2 players</li> <li>-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).</li> </ul>		<ul style="list-style-type: none"> <li>-Problem solving, cooperation, pacing of passes, playing to a target, head up.</li> <li>-What part of your foot can you use to make a pass?</li> </ul>
<p><b>2. Continuous Passing</b></p> <ul style="list-style-type: none"> <li>-Groups of 2 must keep the ball moving without stopping it. Count how many passes you do!</li> <li>-Pairs are moving around the area the entire time, no one is stationary. They keep count of the number of passes made.</li> <li>-If the ball stops they must start the count over again.</li> </ul>		<ul style="list-style-type: none"> <li>-Follow the ball with your eyes.</li> <li>-Move to get behind and in line with the ball-do not stretch out for it.</li> <li>-How do you know where the pass might go?</li> <li>-When should you pass to your partners feet?</li> <li>-When could you pass in front of your partner?</li> </ul>
<p><b>3. Pac Man</b></p> <ul style="list-style-type: none"> <li>-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.</li> </ul>		<ul style="list-style-type: none"> <li>-Encourages dribbling and passing to a moving target, decision making, changing direction, cardio-respiratory endurance.</li> </ul>

Authors: Eric Ward/Mark Annesi

Topic: Pairs Passing and Receiving Age Group: U8

<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><b>4. Show and Pass 2 v. 2</b> -40 x 30 yard grid with 5 yd. endzone on each end -Two teams of 4 with 2 on inside and 2 inside the endzone on each team. -Neutral players on Endzones should receive passes then play the ball back to the same team that passes to them. -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 -When you don't have the ball where could you move to receive a pass from your partner?</p>
<p><b>5. The Game-Small sided 4 v. 4 (Boss of the Balls)</b> -Play 4 v. 4 in 45 x 30 yard area with 4 yard wide goals (cones can be used). -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. -When coach runs out of balls, players run to collect and return all the balls and the game begins again. -Parents and coaches should not chase the balls, let the players do this!</p>		<p>-Have fun, keep the players engaged in the game so they have lots of touches with the ball. -Encourage the day's lesson within the game and allow for decision making and exploration as well.</p>

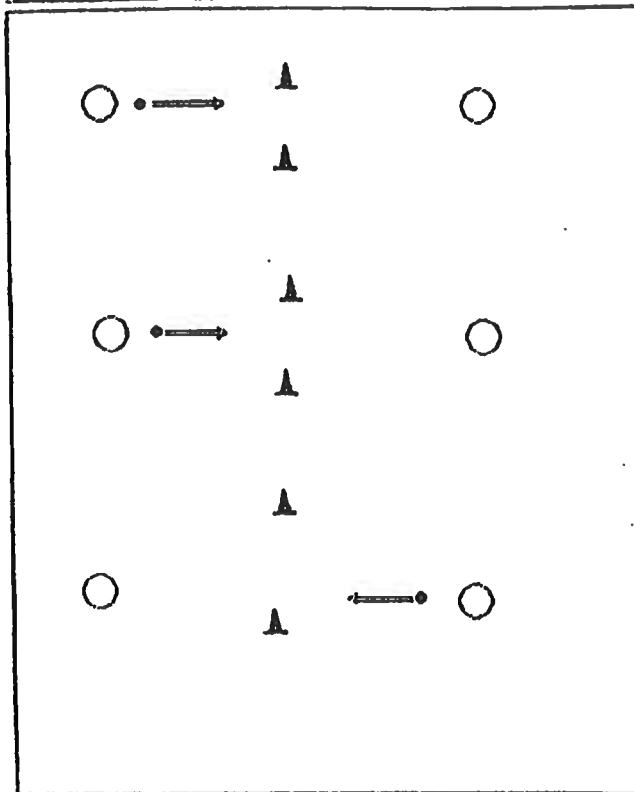
# PASSING

## Coaching Soccer 101



### 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 with out 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

## 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

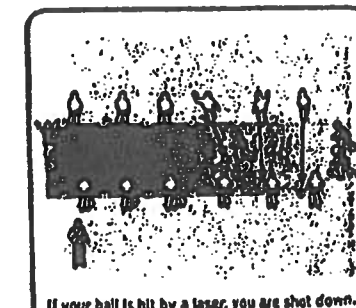
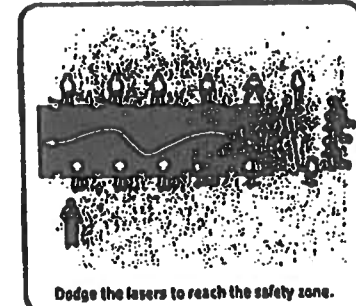
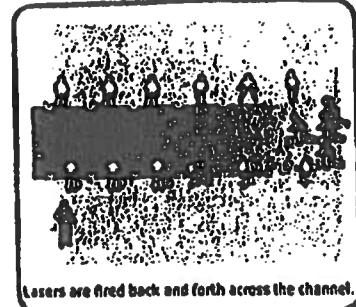
Introduce timing, so the quickest team to reach the safety zone wins or stipulate a maximum amount of time.

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

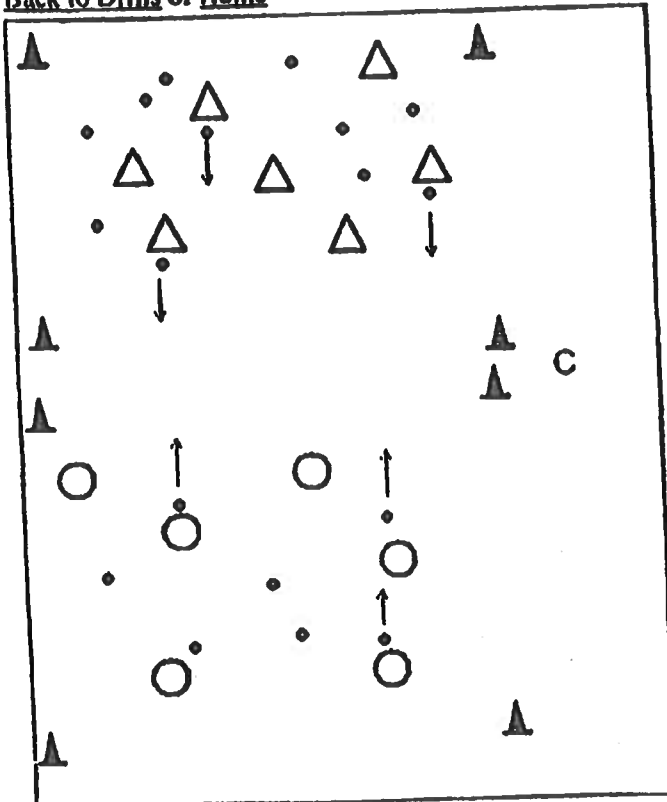


# PASSING

## 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)**

## Over the Border

22

### 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

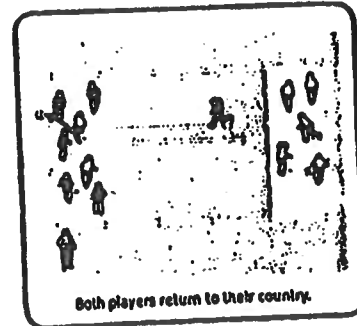
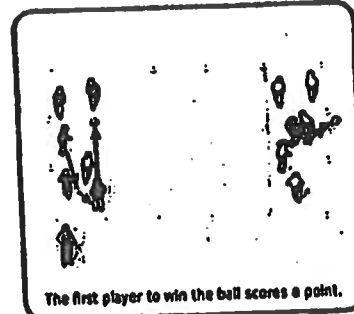
Call two numbers at a time to practice defending in pairs.

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





# 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

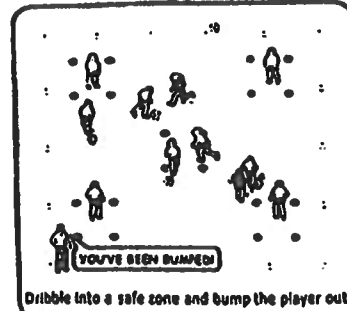
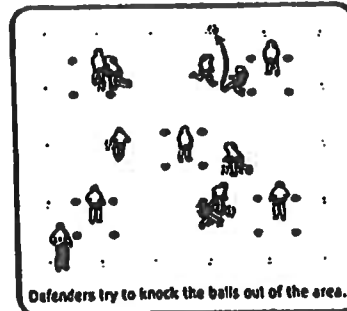
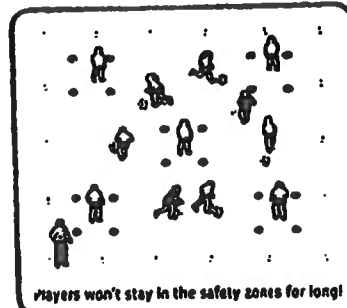
Reduce the size of the safety grids so passes must be more accurate.

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

### Hint

Discourage slide tackles. Rotate the defenders.

→ PASS RUN GROUND COVERED



## Play Out, Go Out

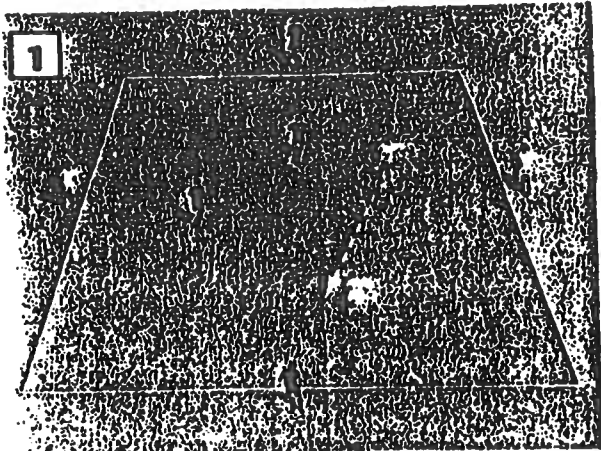
### Set up

- 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

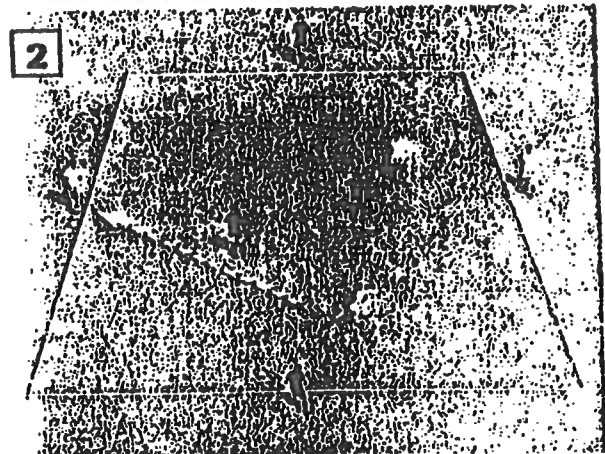
### Rules

- 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.

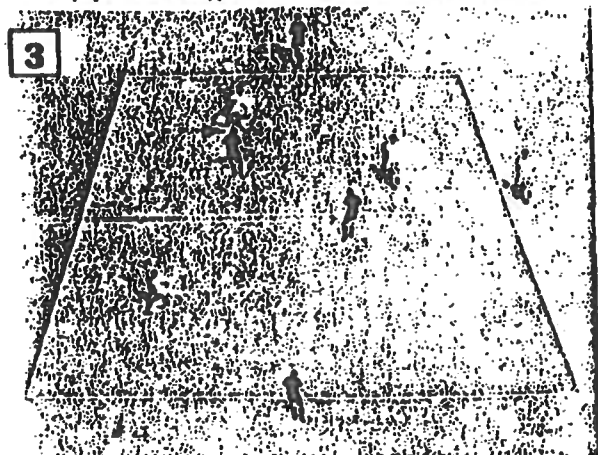
KEY



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"

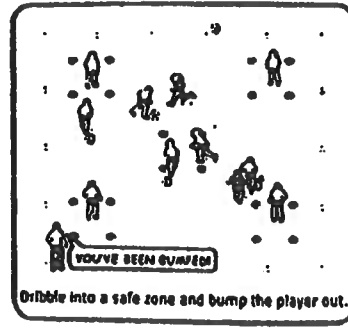
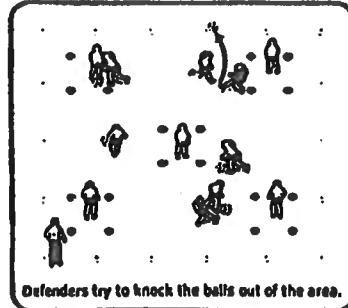
### Progression

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.



**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**

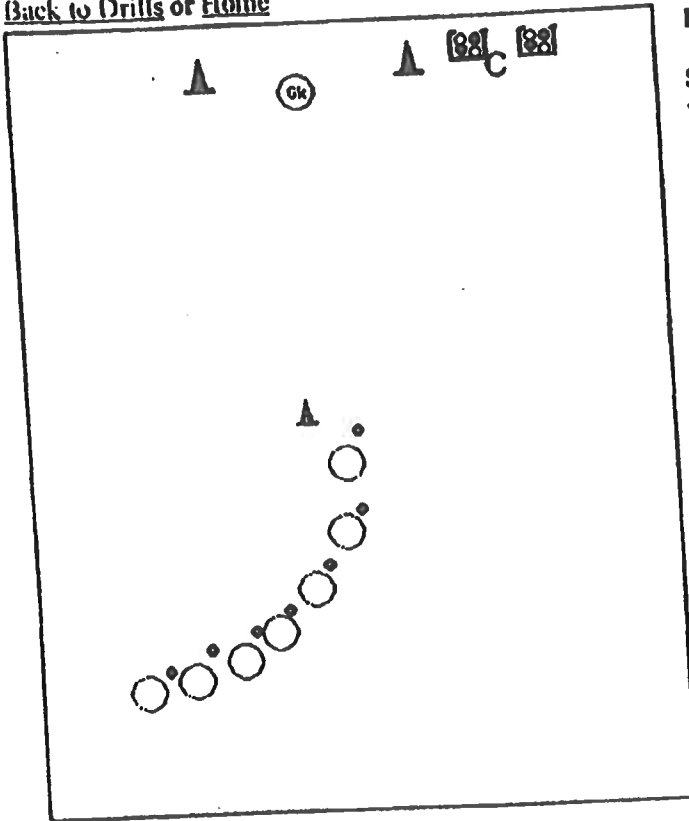
# SHOOTING/BALL STRIKING/FINISHING

## 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*

Print Close

# SOCCER XPERT

## SHOOTING/BALL STRIKING

## FINISHING

### World Cup Soccer Drill

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

Published 5/16/2010 3:51:07 PM

#### 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:

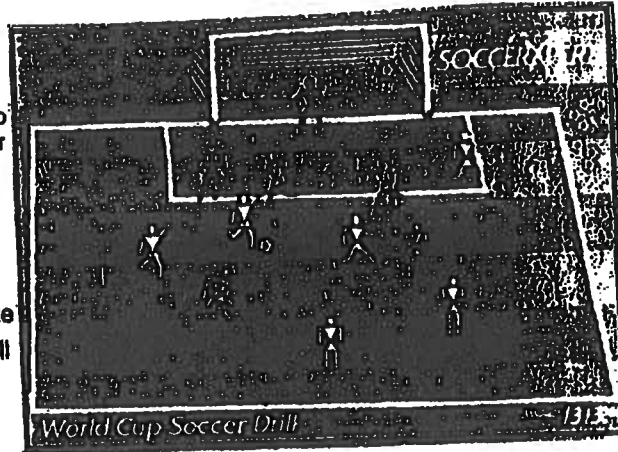
good team work

quick passes

take shots/chances

have fun

#### Drill Variations



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


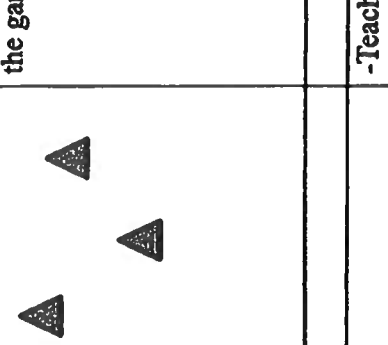
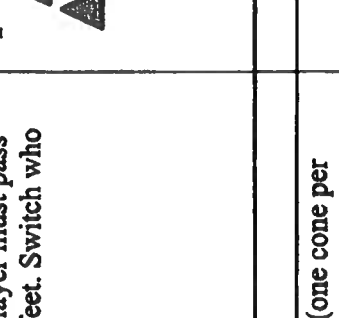
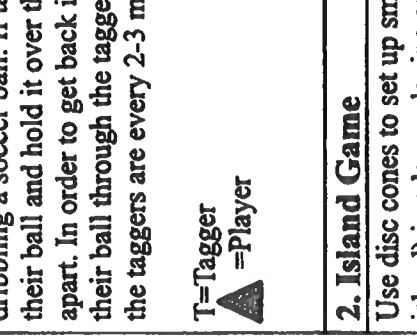
Coaching Points \*\*Stress these throughout during the small sided games and the larger game.

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

Activity Name	Description	Diagram	Coaching Points
<p><b>1. Soccer Tag</b></p> <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"> <li>-Switch taggers often</li> <li>-Encourage others to help out your teammates and get them back into the game.</li> </ul>	
<p><b>2. Island Game</b></p> <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"> <li>-Teach Dribble for control (keep the ball close)</li> <li>-Teach Dribble for speed (push ball out in front and run with the ball)</li> </ul>	
<p><b>3. Bandits</b></p> <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"> <li>-How can I stop an opponent from taking the ball away? (Shield the ball by keeping your body between the ball and the defender).</li> <li>-Where should you keep your eyes when dribbling?</li> <li>-Other than dribbling out of pressure, can you find an open teammate to pass the ball to?</li> </ul>	



<p><b>4. Outta There</b>                  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><b>Progressions: Start with 1v1 and progress to 2v2.</b></p>	 <p>1 v. 1 to Goal</p> <p>Coach</p>	<p>-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>
<p><b>5. 4 v. 4 Gameplay</b>                  -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>	 <p>4 v. 4</p>	<p>-Have Fun!                  -Dribbling under pressure, decision making, kicking, receiving, shooting, change of direction and speed</p>

# DRIBBLING

## King of the Ring

4

### 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

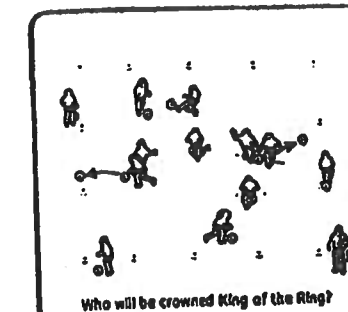
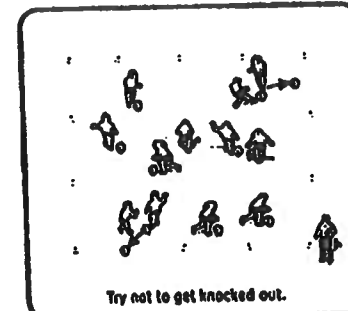
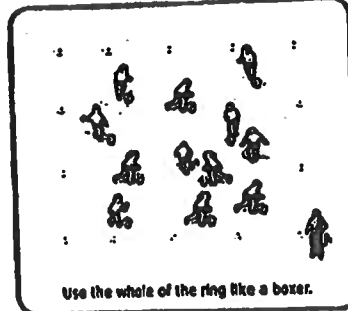
Encourage tactics. For example, fighters might pair up early on, placing their balls in the corner and go on the attack to knock out other fighters.

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

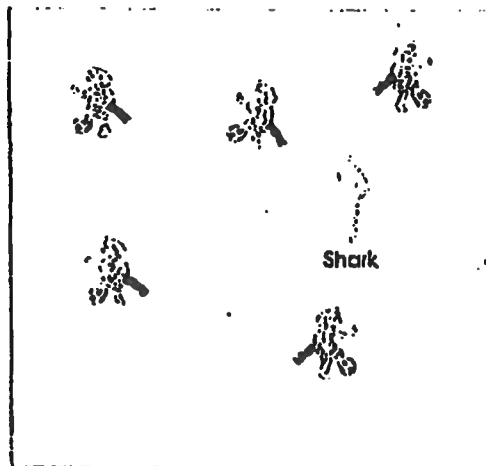
**Number Of Players Required:** Full U-6 team

**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 both feet.



## Training Game U-10 Players

### The Twilight Zone

**Skill:** Dribbling

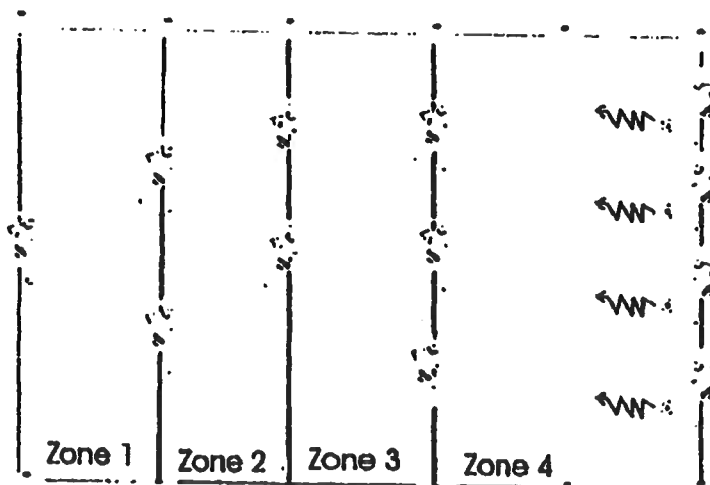
**Number Of Players Required:** Full U-10 Team

**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

## **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**

## Aliens

### 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

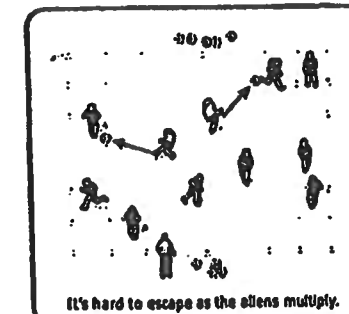
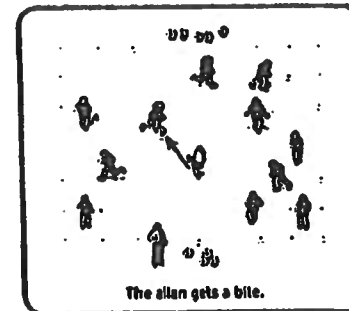
Reduce the amount of time that players can spend in each of the safety pods.

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



## 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.

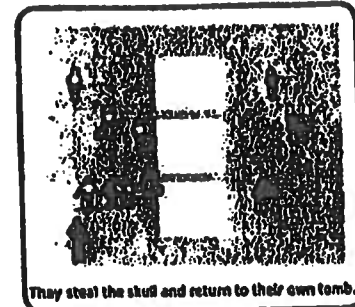
Allow skulls to be chipped over the tunnels to encourage aerial control. The skull cannot bounce within a tunnel.

### Hint

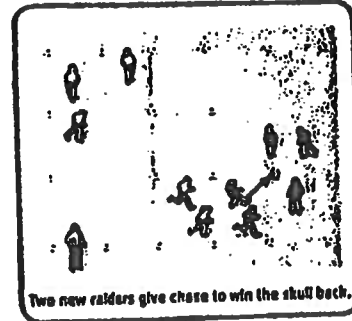
Have ample footballs ready to play in. Don't do the obvious, see how players react to the ball going the opposite way. Roll the ball in to avoid head clashes on high balls.



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**

**WEEK 8 SKILL OF THE WEEK: SHOOTING/ BALL STRIKING**

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