





Older Week 1 Session



Dribbling

Activity Description	Diagram	Coaching Points
Warm-up: 5min Juggling		<ul style="list-style-type: none"> -Ankle locked, toe-down. -Weight under the ball. -No spin on the ball.
Dribbling Grids: 15min In a 15L x 10W yard grid. 3 players with the ball dribbling to keep ball under control in tight space. At the coach's direction dribblers change direction, turn, accelerate, perform a move		<ul style="list-style-type: none"> -Touch the ball and step. "Touch, step, touch, step." -Keep the ball close and under control. -Use all parts of the foot (inside, outside, laces, sole). -Proper feinting technique/balance/timing of move.-How can you use all surfaces of the foot? (inside, outside, laces, sole, toe, & heel) -How do you keep the ball close and in control? -How/when do you use the outside of the foot and the laces for speed to beat an opponent? -How do you execute a feint to unbalance the defender and dribble past him/her with a burst of speed?
3v3 to Attacking Zones: 15min In a 40L x 30W yard grid, have 3 players on each team play to score in the opponent's goal. The teams score by dribbling into the attacking zone and scoring <input type="checkbox"/> Dribble goal, 50 points <input type="checkbox"/> Pass goal, 1 point Defending team can have one defender recover into the attacking zone to defend the dribbler; defenders are not allowed to remain in the zone		<ul style="list-style-type: none"> - First touch away from pressure and towards space. -Head up and look to penetrate space with speed and control dribbling. -Change speed, direction, or make a move under pressure. -What are the Visual Cues to take on opponent? -Free space in front -1v1 with no defender behind
Small Sided Game 25min 6v6		<ul style="list-style-type: none"> -Courage to take player 1v1. -Know when to dribble & when to pass. -Possess and penetrate the defense through dribbling. -Proper feinting technique



Older Week 2 Session



Passing

Activity Description	Diagram	Coaching Points
Warm-up: 5min Juggling		-Ankle locked, toe-down. -Weight under the ball. -No spin on the ball.
Free dribble 10min In a 20x20 yards grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves that the players perform. Attacking moves: scissors (circle/take,) Mathews (inside/outside,) fake and take, Turning moves: inside cut, outside cut, pull back, Cruyff (inside cut behind standing leg,) Variations: Coaches command players to speed dribble around a "cone" or "flag/tall-cone/stick" and get back into the middle.		Touch the ball and step. Push the ball with laces. Dribble with head up. Use laces, instep, outside of foot and bottom of foot. Timing of move. Proper balance and control. Proper feinting technique/balance/timing of move-How do we dribble fast over distance? -Which part of the foot should we use to change direction? -What should we check before we turn? -How quickly should we accelerate after changing directions? -Why do we turn? Which way is best to turn?
Passing & Moving in 3's: 20min Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone. 1. Into the middle, back, across to the far player 2. From middle to back player, middle player opens up, receives ball back while turning and distributing to other teammate.		First touch positive direction. Ankle locked, heel down and pass through the center of the ball. Properly weighted pass for receiver. Play the way you face. Angle of pass. Timing of pass and run. Receiver checking to the ball. -What makes a good pass? -Where should a player take their first touch? -What part of the foot can they receive a ball with? -Where on the field should combination play be utilized and with who?
Small Sided Game 25min 6v6		When to pass and when to dribble. Making a penetrating pass to space or player on run. Controlled first touch. Maintain possession through passing



Older Week 3 Session


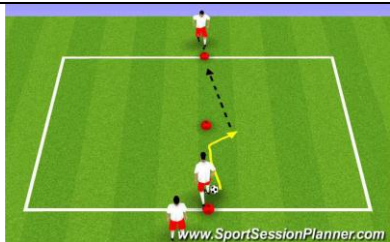
Receiving

Activity Description	Diagram	Coaching Points
<p>Warm-up: 10min Juggling Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> -Ankle locked, toe-down. -Weight under the ball. -No spin on the ball.
<p>Receiving Square: 15min Half the group with balls, half without. Player without ball runs to player on outside of square with a ball. Player with ball tosses ball underhand to player who is running toward them. Inside player receives ball with a designated part of the body and then passes it back. Then they repeat it by receiving a ball from someone new.</p>		<ul style="list-style-type: none"> -Touch the ball and step. -Push the ball with laces. -Dribble with head up. -Use laces, instep, outside of foot and bottom of foot. -Timing of move. -Proper balance and control. -Proper feinting technique/balance/timing of move. -First touch and importance of cushioning ball -Get in line with the ball -Select controlling surface early -Relax body part at impact.
<p>Receive, Pass & Dribble: 15Min -Set up as many 5WX10L grids with 3 or 4 players, 2 at one end. -The player with the ball will dribble towards the cone, beat the cone with a move, and pass the ball to the next player in line -Player should not stop the ball when receiving it but redirect it towards the direction they want to go</p>		<ul style="list-style-type: none"> -What surface of the foot are they using to dribble, pass and receive? -When should they change speed? Receive the ball with proper balance and body position.
<p>Small Sided Game 20min 6v6</p>		<ul style="list-style-type: none"> -Controlled first touch -Maintain possession through passing to player or open space




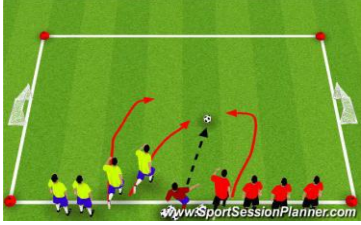
Older Week 4 Session

Shooting

Activity Description	Diagram	Coaching Points
<p>Warm-up: 5min Juggling</p>		<ul style="list-style-type: none"> -Ankle locked, toe-down. -Weight under the ball. -No spin on the ball. -Feet moving, on toes “squashing bugs” prepared to make contact with the ball.
<p>Free dribble 15min In a 20x20 yards grid. Have all players with a soccer ball each dribbling. Coach is calling out or showing moves that the players perform. Attacking moves: scissors (circle/take,) Mathews (inside/outside,) fake and take, Turning moves: inside cut, outside cut, pull back, Cruyff (inside cut behind standing leg,) Variations: Coaches command players to speed dribble around a "cone" or "flag/tall-cone/stick" and get back into the middle.</p>		<ul style="list-style-type: none"> -Touch the ball and step. -Push the ball with laces. -Dribble with head up. -Use laces, instep, outside of foot and bottom of foot. -Timing of move. -Proper balance and control. -Proper feinting technique/balance/timing of move. -Touch and step. On balls of feet (toes), knees slightly bent and back straight to lower center of gravity and have proper balance.
<p>Escape and Shoot: 15min Groups of 3. Each player attacks the individual cone in the middle, connects a pass to the far side, and follows his pass to the far side. Upon receiving a pass, the player again takes on the middle cone. Attack the middle cone decisively. Have a move in mind prior to starting your dribble. Change direction and then burst into open space before passing. Pass the ball with laces, simulating proper shooting technique The coach can show a move or allow the players to decide on their own.</p>		<ul style="list-style-type: none"> -Ankle locked, toe down. -Strike the ball with laces. -Plant foot placed in front of the moving ball so when the player strikes the ball it is next to the ball for proper balance. -Player should not lean back. -Weight over the ball as they strike.
<p>Small Sided Game 25min 6v6</p>		<ul style="list-style-type: none"> -Controlled first touch -Maintain possession through passing to player or open space -Look to shoot when possible




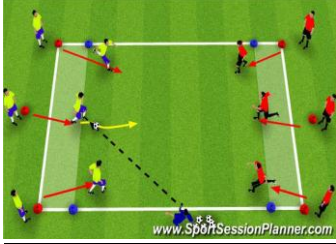
Older Week 5 Session Defending/Attacking

Activity Description	Diagram	Coaching Points
<p>Warm-up: 10min Juggling Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> -Ankle locked, toe-down. -Weight under the ball. -No spin on the ball.
<p>4v2 Press and Coverage 15min In a 12x12 yard grid, play 4v2 keep-away. The first pass is free. Any player who makes a mistake becomes a defender. Whichever defender has been in the middle the longest is the next one out</p>		<p>Attacking</p> <ul style="list-style-type: none"> -Dribble into space with confidence. -Look to make penetrating pass into space or path of teammate on run. <p>Defending</p> <ul style="list-style-type: none"> -Work together “Stay Connected” to defend. -One pressures, one covers. -Feet shoulder width apart. On the balls of the feet, butt dropped down to lower center of gravity. -Slide and shuffle feet. -Keep distance from attacker to avoid diving in.
<p>Get “Outta” There : 15min The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out “Get outta there”. Players clear the field and the coach serves a new ball for the next group. Coach: play 1v2, 2v3, or 4v3. Vary the service</p>		<p>For attacking</p> <ul style="list-style-type: none"> -Play the way you face. -First touch needs to be away from defender and towards a supporting teammate. -Look to penetrate with a pass or on the dribble. <p>For defending</p> <ul style="list-style-type: none"> -Work together “Stay Connected” to defend. -Pressure the ball, delay and direct the attacker. -Feet shoulder width apart. -On the balls of the feet, butt dropped down to lower center of gravity. -Slide and shuffle feet. -Keep distance from attacker to avoid diving in.
<p>Small Sided Game 20min 6v6</p>		<ul style="list-style-type: none"> -First touch away from pressure. -When to pass and when to dribble. -Proper body mechanics of defending



Older Week 6 Session

Dribbling

<u>Activity</u>	<u>Diagram</u>	<u>Coaching Point</u>
<p>Warm-up: 10min Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> -Touch the ball and step. -Push the ball with laces. -Dribble with head up. -Use laces, instep, outside of foot and bottom of foot. -Incorporate multiple moves into dribbling. -Keep the ball moving at all times.
<p>2v2 plus 1 to 4 Goals: 15min 2v2 plus 1 neutral player to 4 goals. Neutral player is always on the attack and must stay within the blue middle zone. The attacking team must play the neutral player before going to goal. Goal=1 point. Goal off of combination play=5 points</p>		<ul style="list-style-type: none"> -Remember to encourage the players to keep the ball under control and maintain close possession by touching the ball and taking a step. -“Touch, step, touch, step.” -Look to attack space on the dribble.
<p>4 Corner 3v3 Dribbling to End Zones: 15min In 20Wx25L yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Place three cones behind each end zone, place two players of the same team by each cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. One player from each cone comes out to play 3v3. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds. Players need to get out of the field quickly and get back in line</p>		<ul style="list-style-type: none"> -Look to attack quickly. -Decision making when to pass vs when to dribble. -Effective feinting moves with proper technique. -Maintain proper balance to control the ball. -On toes, knee's bent to lower center of gravity and back straight.
<p>Small Sided Game 20min 6v6</p>		<p>Maintain possession by dribbling the ball to space. Attack the defender with speed and control. Make a move to beat the defender 1v1</p>



Older Week 7 Session



Passing

Activity Description	Diagram	Coaching Points
<p>Warm-up: 10min Free Dribbling in 25 x 20 sq</p>		<ul style="list-style-type: none"> -Touch the ball and step. -Push the ball with laces. -Dribble with head up. -Use laces, instep, outside of foot and bottom of foot.
<p>Sequence Passing: 15min The players organize themselves into groups of five to seven. Players are numbered 1-5(7) and must pass in that sequence, 1 to 2, and 2 to 3 and so on with 5(7) passing to 1. All passing is done on the move, no standing allowed. Divide into two or three groups with all groups using the same field. The groups have to play through, over and around each other, which increases the demand on vision and communication and off the ball movement. Incorporate competition to keep the kids moving and active</p>		<ul style="list-style-type: none"> -Ankle locked, heel down. -Pass with inside of foot making contact in center of ball. -Plant foot next to ball pointed towards player receiving the ball. -Receive the ball with ankle locked, heel down and toe up. -Take a positive touch forward. -Do not pass a “dead” ball. -Player should take a positive touch and pass the ball to receiving player as the ball is moving forward. -Receiving players should check towards the ball. -Communication and proper body positioning is key to success
<p>2v1 to Goal: 15min Coach sets up a 15Wx20L yard grid. Coach has all the soccer balls on the sideline. Coach divides the players into 3 groups; 2 attacking groups and 1 defending. The coach passes a soccer ball to one of the lines. The first player in each of the 3 lines enters the field. (2v1). The 2 attackers must enter the zone before shooting at goal. -If the attackers score: 1 point. -If the defender steals the ball and scores: 5 points</p>		<ul style="list-style-type: none"> -Look to make penetrating pass into space or path of teammate on run to bypass defense. -Decision making, when to pass and when to dribble. -Attack the defense with speed to create options.
<p>Small Sided Game 20min 6v6</p>		<ul style="list-style-type: none"> -Proper passing technique. Inside of the foot. -Plant foot next to the ball. -Heel down and toe up passing through the center of the ball.



Older Week 8 Session


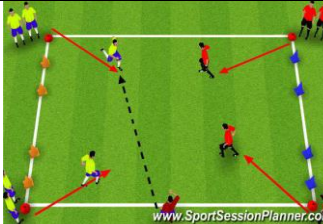
Receiving

Activity Description	Diagram	Coaching Points
<p>Warm-up: 10min Juggling</p>		<ul style="list-style-type: none"> -Ankle locked, toe-down. -Weight under the ball. -No spin on the ball. Feet moving, on toes “squashing bugs” prepared to make contact with the ball.
<p>5 Surfaces: 15min Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion and in this order: Outside, Inside, Laces, Bottom And Toe. Transfer the ball from the right to left foot after the turn. When the players display proficiency, challenge them to do it faster and in a smaller space.</p> <p>The sequence is: <i>Outside of the foot touch - Inside of the foot touch - Laces push - Stop with bottom and - Push with the toe and Change foot</i></p>		<ul style="list-style-type: none"> -Touch and step. -On balls of feet (toes), knees slightly bent and back straight to lower center of gravity and have proper balance.
<p>Receiving Line: 10min Passer using throw-in technique throws ball to a player ahead of them in the opposite line. After throwing the ball, they run towards the receiving player to simulate pressure, but don't take the ball away. After simulated pressure, then run to the back of the opposite line. Receiving player brings ball down and then dribbles to the line across and leaves the ball for the first player in the opposite line to repeat</p>		<ul style="list-style-type: none"> -Receive the ball on toes with a positive touch forward away from pressure. -Head up and ready to make a properly weighted “penetrating pass” to the other grid. -Pass and move within the space- First touch and importance of cushioning ball -Get in line with the ball -Select controlling surface early -Relax body part at impact. -First touch sets up your second touch. -Ball should come down no farther than a “legs length” away.
<p>Small Sided Game 20min 4v4</p>		<ul style="list-style-type: none"> -Attack the goal with speed. -Have confidence to take on the defender and pass to teammate when the defender commits to pressure. -Receive the ball with proper technique. Inside of the foot, heel down and toe up. -First touch away from pressure. - Timing of pass into the run of teammate.



Older Week 9 Session


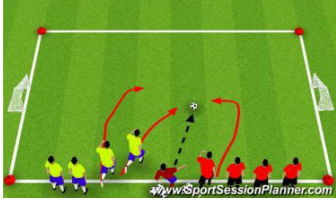
Shooting/Finishing

Activity Description	Diagram	Coaching Points
<p>Warm-up: 10min Juggling</p>		<ul style="list-style-type: none"> -Ankle locked, toe-down. -Weight under the ball. -No spin on the ball. Feet moving, on toes “squashing bugs” prepared to make contact with the ball
<p>3v2+Gk to Goal: 15min In a 25Lx35W yard area with a goals, play with 3 attackers and 2 defenders plus a goalkeeper. The attacking team has 5 opportunities to score as many goals as they can. After the 5 opportunities the teams switch. Pass the ball with laces, simulating proper shooting technique The Coach is the ball master and will always distribute the soccer ball to the attacking team. When the defending team gets the ball they will give it back to the coach for 1 point.</p>		<ul style="list-style-type: none"> -Positive first touch. -Take a preparation touch to shoot. -Plant foot steps passed the ball, kicking foot ankle is locked, strike the center of the ball with laces, land on kicking foot. -Look to shoot at every opportunity.
<p>4 Corners to 4 Goals: 15min In 20Wx25L yard grid with cone goals at each end, players of the same team are placed by the corner cones of the goal line they are defending. Half of the team is in a line at one corner and the other half at the other corner. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores in any of the two goals they are attacking or the ball goes out of bounds. Players need to get off of the field quickly and get back in line</p>		<ul style="list-style-type: none"> -Look to shoot early. -Encourage players to shoot at every opportunity. -Enforce proper shoot technique. -Positive first touch. -Take a preparation touch to shoot. -Plant foot steps passed the ball, kicking foot ankle is locked, strike the center of the ball with laces, land on kicking foot. -Look to shoot at every opportunity.
<p>Small Sided Game 20min 6v6</p>		<ul style="list-style-type: none"> -Look to shoot early. -Encourage players to take shots from farther out. -Do not stop the ball before shooting. -Shoot a moving ball. -Positive first touch



Older Week 10 Session

Defending/Attacking

Activity Description	Diagram	Coaching Points
<p>Warm-up: 5min Juggling</p>		<ul style="list-style-type: none"> -Ankle locked, toe-down. -Weight under the ball. -No spin on the ball.
<p>4v2 Press and Coverage 15min In a 12x12 yard grid, play 4v2 keep-away. The first pass is free. Any player who makes a mistake becomes a defender. Whichever defender has been in the middle the longest is the next one out</p>		<p>Attacking</p> <ul style="list-style-type: none"> -Dribble into space with confidence. -Look to make penetrating pass into space or path of teammate on run or beat the defending pressure 1v1 on the dribble. <p>Defending</p> <ul style="list-style-type: none"> -Work together “Stay Connected” to defend. One pressures, one covers. -Feet shoulder width apart. On the balls of the feet, butt dropped down to lower center of gravity. -Slide and shuffle feet. -Keep distance from attacker to avoid diving in.
<p>Get “Outta” There : 15min The players are divided into two teams. Players are positioned at either side of the coach, with multiple soccer balls, outside a 15Wx20L yard grid with one small goal on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach calls out “Get outta there”. Players clear the field and the coach serves a new ball for the next group. Coach: play 1v2, 2v3, or 4v3. Vary the service</p>		<p>For attacking</p> <ul style="list-style-type: none"> -When to possess and when to attack. -Have head up and look to score. -Play the way you face. -First touch needs to be away from defender and towards a supporting teammate. -Look to penetrate with a pass or on the dribble. <p>For defending</p> <ul style="list-style-type: none"> -Pressure the ball, delay and direct the attacker. -Feet shoulder width apart. On the balls of the feet, butt dropped down to lower center of gravity. Slide and shuffle feet. -Keep distance from attacker to avoid diving in.
<p>Small Sided Game 25min 6v6</p>		<ul style="list-style-type: none"> -Look to score. -Possess the ball with proper passing and receiving technique. -First touch away from pressure. -When to pass and when to dribble. -Proper body mechanics of defending. -Defend as a team.