



7th/8th Week 1 Session

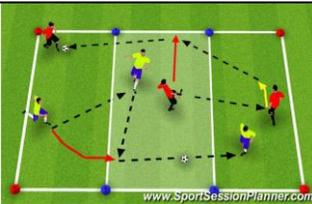
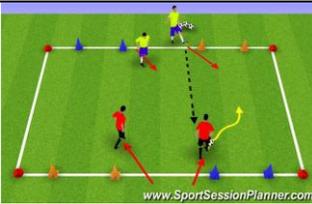
Dribbling

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? <ul style="list-style-type: none"> o Free space in front o 1v1 with no defender behind
Small Sided Game 25min 4v4		<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



7th/8th Week 2 Session

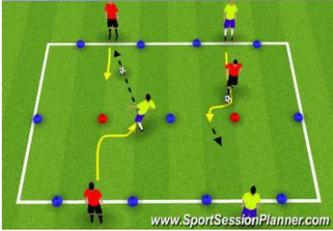
Passing

Activity Description	Diagram	Coaching Points
<p>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.</p> <p>Attacking moves: scissors (circle/take,) Mathews (inside/outside,) fake and take,</p> <p>Turning moves: inside cut, outside cut, pull back, Cruyff (inside cut behind standing leg,)</p> <p>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.
<p>Passing & Moving in 3's: 15min Field is divided into thirds with 1 player in each third create passing sequences that always involve the player in the middle zone.</p> <ol style="list-style-type: none"> 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. 		<ul style="list-style-type: none"> -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.
<p>2v2 to 4 Goals: 15min</p> <ul style="list-style-type: none"> <input type="checkbox"/> Area: 20Wx 20L <input type="checkbox"/> Play 2v2 to score in any of the opponents 2 goals by dribbling through 		<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>Small Sided Game 20min 6v6</p>		<ul style="list-style-type: none"> - When to pass and when to dribble. Making a penetrating pass to space or player on run. Controlled first touch. Maintain possession through passing.



7th/8th Week 3 Session

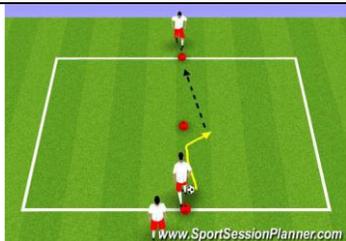
Receiving

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. -Feet moving, on toes “squashing bugs” prepared to make contact with the ball. -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.
<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"> -Feet moving, on toes “squashing bugs” prepared to receive the pass. -Ankle locked, heel down and toe up. -Positive 1st touch forward to space. -Time the move -What surface of the foot are they using to dribble, pass and receive? -When should they change speed? Player Challenges: -Do I have the soccer ball under control while dribbling? -Are my passes to my teammate
<p>Combo's Square: 15min In a 30Lx25W Yard grid, place half of the players outside all sides of the grid without a ball, the other half inside the grid with a ball. The players with the ball inside the square will dribble and look to play a combination with a player on the outside of the square The coach will show the players the following combinations: wall passes, overlaps, and take-overs</p>		<ul style="list-style-type: none"> -Non-verbal communication between passer and receiver (eye contact, hand signals, first touch, etc). -Players receiving the ball on toes prepared to receive the pass. -Passing players take a positive preparation touch. -Proper body positioning and balance to pass the ball. -Proper weighted pass for receiver to have a positive first touch. -Ankle locked, heel down and toe up. -Verbal communication for success.
<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



7th/8th Week 4 Session

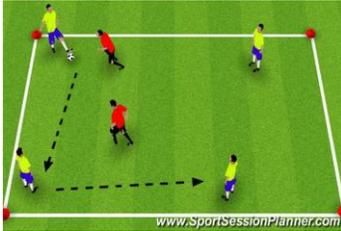
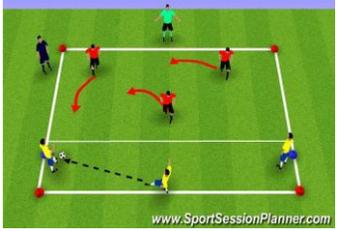
Shooting

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.
<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



7th/8th Week 5 Session

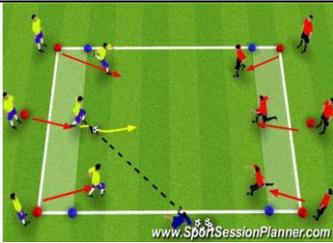
Defending/Attacking

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.
<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>Moving as a Defensive Unit:15min In a 35x35 yard grid divided in two sections one being 5LX35W as show in the diagram. Place 3 defenders in the larger section and 3 passers in the other section. The passers will connect and the defenders will move as unit to press the ball. Defenders will tell each other "Shift right, Shift left, Drop, Press Step up” etc. The players will drop when the central player receives the ball and fakes a long pass. If you have a GK, he or she can be behind the organizing the players.</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. <p>For defending</p> <ul style="list-style-type: none"> -Work together “Stay Connected” to defend. -Defender closest to the ball pressures the ball, delays and directs 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. -Defender second closest to the ball applies cover to prevent a “split” or penetrating pass. -Third Defender is balance. -If the offense switches the ball to the other side of the width this player is first to apply pressure and the defense “shifts” as a connected unit.
<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.



7th/8th Week 6 Session

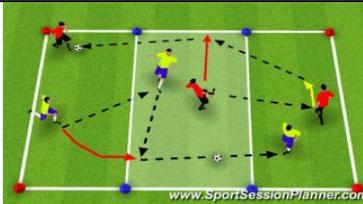
Dribbling

<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>1v1/2v2 to Four Goals: 15min In a 20Lx 15w / 25L x 20w yards grid. One team starts with the ball and tries to score in the opponents goals. If the ball goes out on your team's half, a new player comes on the field. The new player always brings a ball with them on the field</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 there 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. -When are the players taking chances to get by a defender and score a goal? -Why is it good to improvise? -When is it better to play simple?
<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>



7th/8th Week 7 Session

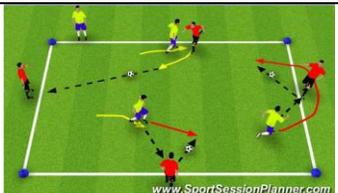
Passing

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. -Push the ball with laces. -Dribble with head up.
<p>Passing & Moving in 3's: 15min 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.</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 -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?
<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 Coaches can adjust to 3v1 or 2v1 to increase chance of success.</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 and passing lanes. -Communication -How should the neutral player know when to present themselves for the ball? -What attacking shape should try to be formed? -What types of techniques will players need to perform?
<p>Small Sided Game 20min 4v4</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



7th/8th 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.
<p>5 Surfaces: 15min Each player has a ball. Have the players try to use the 5 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. 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. -Are all of the players engaged in the activity? -If not how do you get that to happen? <p>Player Challenges:</p> <ul style="list-style-type: none"> -Am I able to follow the pattern with my voice and my feet? -Can I use softer touches to go even faster
<p>Combo's Square: 15min In a 30Lx25W Yard grid, place half of the players outside all sides of the grid without a ball, the other half inside the grid with a ball. The players with the ball inside the square will dribble and look to play a combination with a player on the outside of the square The coach will show the players the following combinations: wall passes, overlaps, and take-overs</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 pass for the combination. -Pass and move within the space. - Communication; both verbal and non-verbal
<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.



7th/8th 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: 25min 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>Small Sided Game 25min 4v4</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 to prepare for shooting. -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.



7th/8th 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 1 v1 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>3v3+1 To 4 Goals: 15min In a 35Lx30W yard grid with 2 goals on each end line place two teams of four players each with a Neutral player to play with the attacking team. Both teams will try to prevent the opponent to score in any of defending team goals.</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. -Proper cover and balance positioning from 2nd and 3rd defender. Stay connected as a tight defensive unit.
<p>Small Sided Game 25min 4v4</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.

