



GOAL: Get to know and evaluate players abilities

PLAYER ACTIONS: Pass and receive ball

KEY QUALITIES: demonstrate correct soccer technique, communication

SKILL ACQUISITION: Dribbling: surface or the foot and ball, quality of the touch change direction, head -up

PASSING: surface of the foot and ball, pace and accuracy

<p>Welcome Game/ 10 minutes</p> <p>OBJECTIVE: Get players talking and learning each other's names. Start the communication process between player and coach.</p> <p>ORGANIZATION: Create a large circle. Increase or decrease circle as needed</p> <p>DESCRIPTION: Organize the team into a circle with only one ball between the group. Start with the ball in your hands, say your name and then hand the ball to the person to your right. When the ball returns to the coach, now all the players must say the name of the person before the ball gets passed. Pass the ball to a random person, now the person passing says the name</p> <p>VARIATION: Place ball on the ground and allow players to pass with their feet to each other.</p> <p>NOTE: Use this time to start to understand the players personalities and to encourage communication, team concepts, and the importance to each player.</p>	
<p>Second activity/ Circle Players 10min</p> <p>OBJECTIVE: Introduce dribbling techniques. Players continue to learn each other's names.</p> <p>ORGANIZATION: continue to use circle, decrease or increase circle as needed.</p> <p>DESCRIPTION: Play with two soccer balls. Player's dribble across the area and identify a player to switch with. As players switch, they must say each other's names.</p>	
<p>Endzone Soccer – TRAINING AREA= 30W x 40L 20 min</p> <p>OBJECTIVE: Score by dribbling into the endzone.</p> <p>ORGANIZATION: Build a small "endzone" at each end of the field = 30W x 5L. Players can only enter the endzone if they are dribbling the ball, or recovering defensively after the person dribbling the ball. 1pt. = dribble into endzone under control; 2pts = beat (1) opponent, and dribble into the endzone under control; 5pts = beat more than (1) opponent, and dribble into endzone under control; **Play to 10pts.</p> <p>KEY WORDS: space, change direction, look up, find an opening, play through it, communication</p> <p>GUIDED QUESTIONS: What are some obstacles you must look for in this game? How can you help your team create an opening? Which part of your foot can you use to dribble forward?</p> <p>ANSWERS: You must look up to find your teammates, the goal, the opponents & other players using the field. If you see space away from the crowd and you can still get the ball, spread out into that new space to help create a new opening. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward.</p> <p>COACHING POINTS: Keep your head up when receiving the ball, or in possession to identify areas of the field to penetrate with the dribble. If there is space behind a defender, look dribble and change direction to unbalance the defender *What - Recognizing 1v1 situations to try and beat your opponent *Where - Open space in front, and behind the defender</p>	

The Game – 6v6 Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

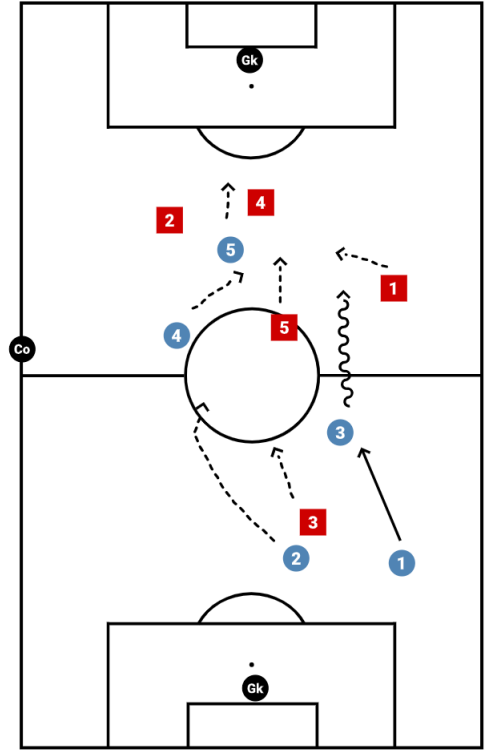
PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.



FIVE ELEMENTS OF TRAINING EXERCISES

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

SELF REFLECTION QUESTIONS

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



GOAL: improve passing and moving into space

PLAYER ACTIONS: Pass, dribble forward, find the gap

KEY QUALITIES: Take initiative, be pro-active, attacking the defense

SKILL ACQUISITION: MOVING TO SPACE: Taking space with the ball or finding space to receive the ball

PASSING: surface of the foot and ball, pace and accuracy, communication

Technical Warm-up 10 min

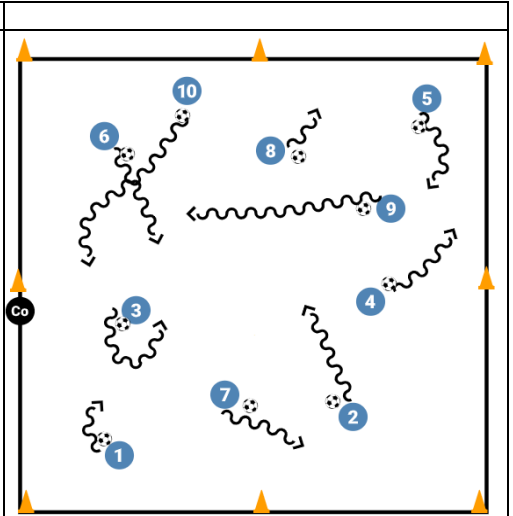
OBJECTIVE: Getting players use to using all parts of their foot to move the ball and ready them for practice.

ORGANIZATION: 30W x 40L. All players in the space have a ball at their feet. They freely dribble throughout the space performing individual moves. On coach's command players can perform: inside and outside touches, inside cut, outside cut, etc.

KEY WORDS: inside of foot, outside of foot, roll the ball, stop, change direction

GUIDED QUESTIONS: What part of the foot do we use to dribble the ball? Dribble slow? Dribble fast?

ANSWERS: Dribble with the outside of your foot to accelerate into open space with the ball away from your body (toe down, heel up). Dribble with the inside of your foot to change directions, or maintain possession closer to your body to keep it away from your opponents (heel down, toe up) *Where - Into open space by changing direction and speed *When - The moment space becomes available & I recognize that I can enter it

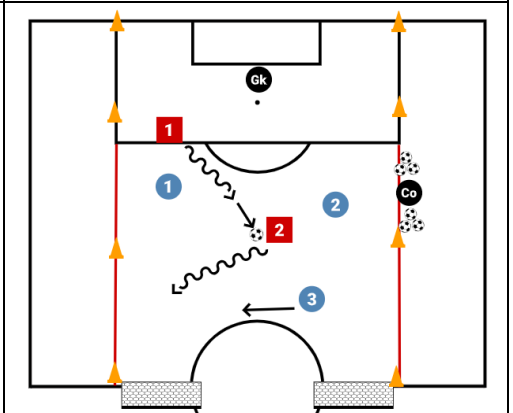


Small sided activity, 3v2 - Dribble Goals 10 min

OBJECTIVE: Play (2) goals on each end-line using (4) cones. The goals should be 3 yards wide. Designate a group of attackers (3), and a group of defenders (2). Play 3v2, scoring by dribbling through the gate. Rotate attack & defense. *If the defense wins the ball, they can attack the goals on the opposite endline.

ORGANIZATION: TRAINING AREA = 20W x 30L.

COACHING POINTS: Point your standing leg/plant foot towards the player or space you wish to pass the ball; Follow through with your foot after you pass the ball to increase speed and accuracy when passing What - Recognizing the moment to attack & engage the defender with the dribble; Why - To enable commit the defender, which will open more space for my teammates to enter without the ball



Variation: 4v3 to Goal & 2 Small Goals DURATION: 20 min

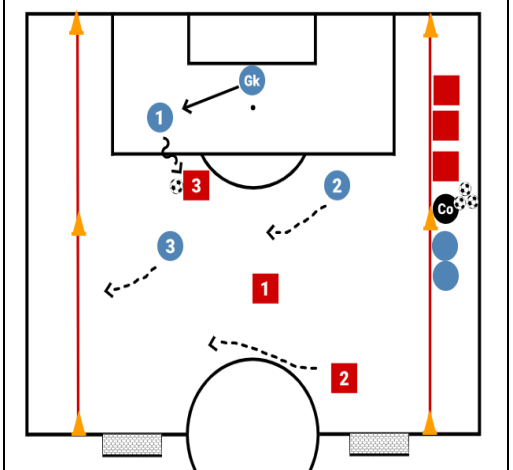
OBJECTIVE: To create and find an opening to get the ball into the opponent's half. **PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field set up a 32Wx40L field with a regular goal and two small goals. Play 4v3. The Blue team scores in one of the two small goals. The Red team scores in the regular goal. Play with the build out line. Rotate players every round.

KEY WORDS: Pass, Dribble and Get wide, Help.

GUIDED QUESTIONS: 1. How do we move the ball up and around the field? 2. How can we create openings? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. Dribbling it or passing forward, backwards or sideways - 2. By spreading out - 3. Support the attack and create passing options. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.



The Game – 7v7 Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

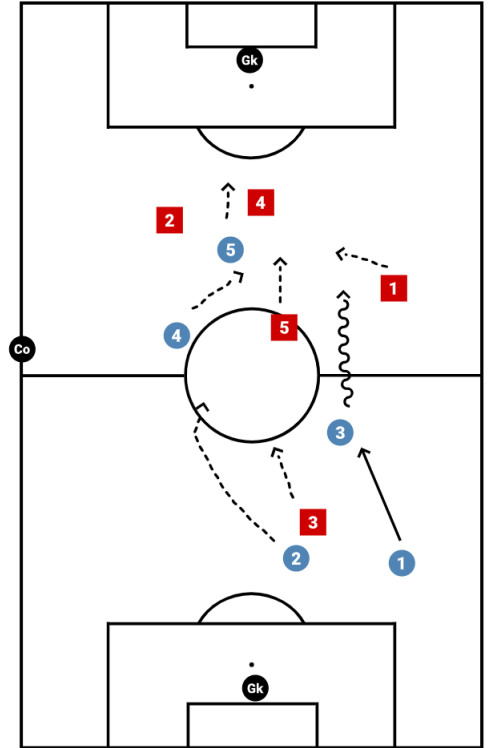
PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.



FIVE ELEMENTS OF TRAINING EXERCISES

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

SELF REFLECTION QUESTIONS

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



GOAL: Improve team play, accuracy passing

PLAYER ACTIONS: Pass, dribble, movement into space

KEY QUALITIES: Take initiative, be pro-active, heads-up play, communication

SKILL ACQUISITION: Dribbling: surface of the foot and ball, quality of the touch change direction, head -up

PASSING: surface of the foot and ball, pace and accuracy, finding target player

<p>(Intentional Free Play) DURATION: 10 min. - INTERVALS: 2 - ACTIVITY: 5 min. - REST: 1 min.</p> <p>OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: Divide your (30W x 40L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1, then 2v2 up to 3v3.</p> <p>KEY WORDS: go to goal, find a goal scorer</p> <p>GUIDED QUESTIONS: Once you have received the ball, what is the next action you want to take? If you can't score a goal who should you try to pass the ball to? How can you aim the ball to the goal?</p> <p>ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, see if you can pass to a teammate who can score. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.</p> <p>NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.</p>	
<p>4v4 (or 3v3) to 1 goal TRAINING AREA = 30W x 40L. 10 min</p> <p>OBJECTIVE: Score by passing the ball into the goal. The goal is equal to the number of successful consecutive passes before the goal is scored.</p> <p>ORGANIZATION: TRAINING AREA = 30W x 40L. Place (1) goal on each end-line for the group to attack. Play 4v4. You score you are off and the next team steps on to play defense. (keep an open goal by not using goal keepers or add them for additional defense)</p> <p>SKILL ACQUISITION: Passing, receiving and dribbling.</p> <p>KEY WORDS: Opening, Forward, Possess, Help.</p> <p>COACHING POINTS: Pass into space in front of teammates so they can run onto the ball – non-kicking foot/plant foot should point to the space the ball will travel; Toes down, heel up to drive the ball across the space – to move the ball quickly What - Knowing when to move to support the ball; When - If there is a defender near the ball and I am closest to the ball.</p>	

<p>GAME: 5v3 to goal & 2 dribbling gates DURATION: 20 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent's half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, spread out and support the attack.</p> <p>ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 3 Red players: 2 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.</p> <p>SKILL ACQUISITION: Passing, receiving and dribbling.</p> <p>KEY WORDS: Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How do we create an opening? 2. What can the player with the ball do to move the ball forward? 3. Where should we pass the ball to possess it?</p> <p>ANSWERS: 1. We spread out - 2. Pass the ball through the opening to a teammate or dribble the ball forward - 3. We can pass sideways or backwards. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.</p>	
<p>The Game – 6v6 Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent's half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, spread out and support the attack.</p> <p>ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation. (Change field dimensions as needed)</p> <p>KEY WORDS: Wide, Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?</p> <p>ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>	
<p style="text-align: center;">FIVE ELEMENTS OF TRAINING EXERCISES</p> <ol style="list-style-type: none"> 1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players 	<p style="text-align: center;">SELF REFLECTION QUESTIONS</p> <ol style="list-style-type: none"> 1. How did you achieve your goals of the training session? 2. What did you do well? 3. What could you do better?



GOAL: Improve team play and decision-making

PLAYER ACTIONS: pass, dribble, communicate, move

KEY QUALITIES: Read the game, take initiative, optimal technical abilities

SKILL ACQUISITION: Dribbling: surface or the foot and ball, quality of the touch change direction, head -up

PASSING: surface of the foot and ball, pace and accuracy **RECEIVING:** body position, surface of foot, first touch

PRACTICE (Activity 1): 4 Surface Dribbling 10 minutes-5 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot

PLAYER ACTIONS: Pass or dribble forward

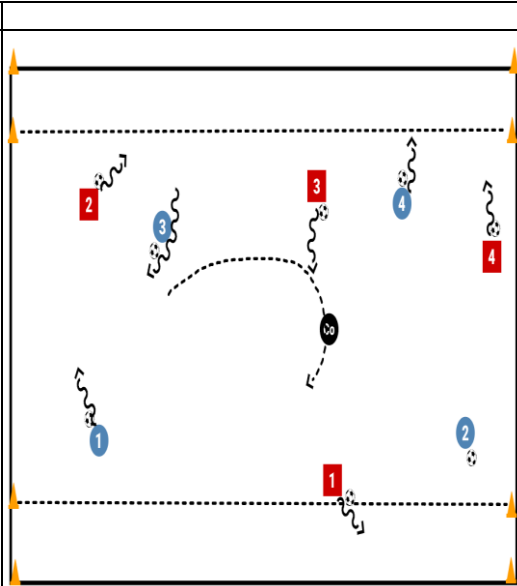
ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line and all players with a soccer ball. Ask the players to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. While using the 4 surfaces, players try to move from 1 end zone to the other. **RULES:** Play begins as soon as the coach calls out the first surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

KEY WORDS: Outside, inside, laces & bottom

GUIDED QUESTIONS: Which parts of the foot can help you move side to side? What do you have to do with your foot if you want your laces to hit the ball?

ANSWERS: The outside & insides of your feet will help you move the ball side to side. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

Note: Introducing the 4 surfaces works best when 1 surface is introduced at a time then the other surfaces are layered in 1 at a time. This will allow time to become more comfortable with each surface.



1st PLAY PHASE (Intentional Free Play) DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min

OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack.

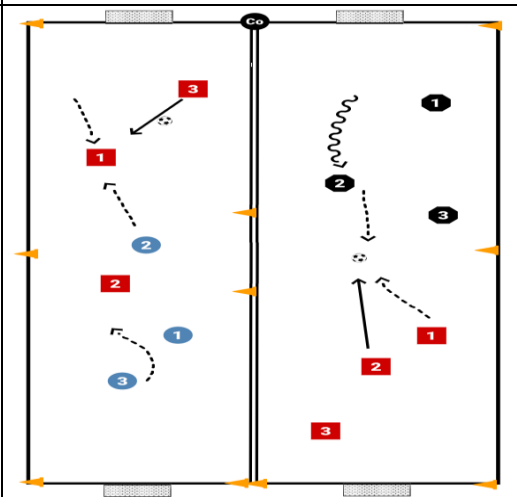
ORGANIZATION: In our own half set up two or more 19Wx30L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. **SKILL ACQUISITION:** Passing, receiving, and dribbling.

KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?

ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.

Note - First break: Coach asks questions; players do not answer but play to discover them. **Second break:** Coach asks questions and players share the answers.



6v4 to goal and 3 counter goals DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack.

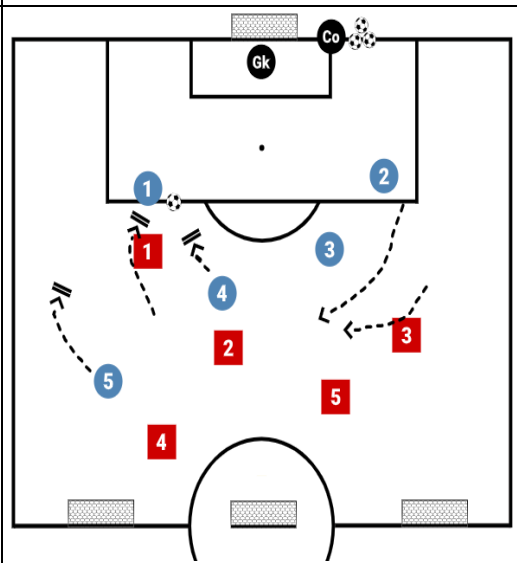
ORGANIZATION: In a 5v5 field, set up a 40Wx35L playing area with a regular goal and three counter goals yard.. Blue team scores in any of the 3 counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving, and dribbling.

KEY WORDS: Opening, Possess, Help.

GUIDED QUESTIONS: 1. What do we need to do to create an opening? 2. Who should help the player with the ball? 3. When should we possess the ball?

ANSWERS: 1. We spread out - 2. All the players near him/her should support the attack - 3. When we can't go forward, we possess the ball by passing sideways or backwards. **Note:** Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.



The Game – 6v6 Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

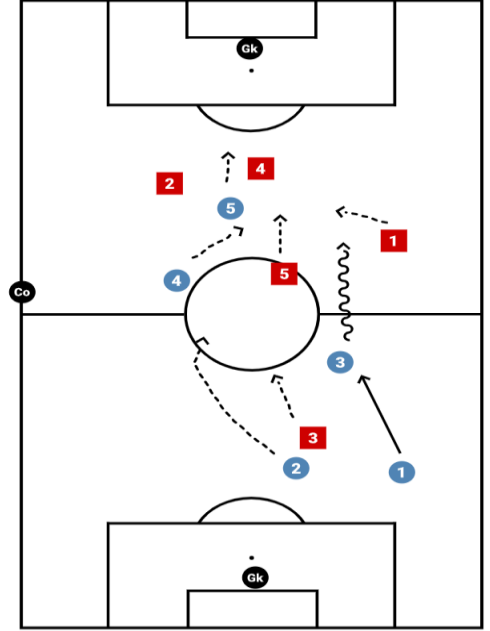
PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.



FIVE ELEMENTS OF TRAINING EXERCISES

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

SELF REFLECTION QUESTIONS

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



GOAL: Improve team play and decision-making

PLAYER ACTIONS: pass, dribble, communicate, move

KEY QUALITIES: Read the game, take initiative, optimal technical abilities

SKILL ACQUISITION: Dribbling: surface of the foot and ball, quality of the touch change direction, head -up

PASSING: surface of the foot and ball, pace and accuracy **RECEIVING:** body position, surface of foot, first touch

PRACTICE (Activity 1): Capture the balls, 10 minutes-4 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to work strategically as a team while defending their base and securing as many balls as possible before time runs out. At the end of time the team with the most balls in their base wins.

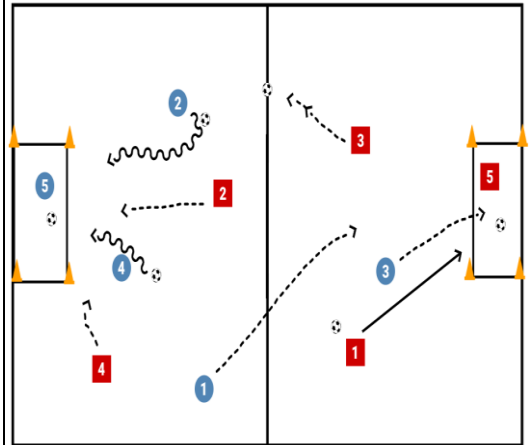
PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 30x20 grid, with two smaller goals (boxes) marked on each end line. Teams are to be divided 3v3, 4v4 or 5v5. One ball for each player is placed on the middle line and players start on their endlines. **RULES:** When the coach instructs the players run and gather as many balls back into their goals as possible. Using their dribbling skills or passing skills. Players are to work together to decide the best way to gather the balls. Players can also steal from others bases and defend from those trying to steal creating one v one situations. Coach counts down when time is about to expire. Team with the most balls in their base wins.

KEY WORDS: Team work, defend, go for steals, protect base

GUIDED QUESTIONS: How can you work together more affectively to gather more balls?

ANSWERS: No wrong answer. Give a few minutes between rounds for teams to create a game plan.



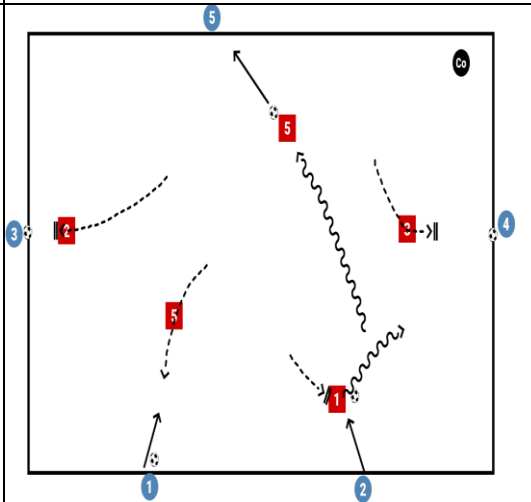
Receive to play forward (midfield workout) 10 minutes

WHY USE IT: This practice provides players with an opportunity to develop their ability to receive the ball with an open body and on their back foot, so they can play forward quickly. The practice is unopposed so they can focus on their movements and body shape.

SET UP: Set up a square area, with an additional small central area within that. The size should be suitable for your players. Split the players in half, with one set (the servers) situated outside of the area. Each server has a ball each. The other group of players are positioned inside the area.

HOW TO PLAY: The players inside the area collect a pass from a server. They then travel through the central area before passing it to any server who does not have a ball. After this, they travel through the central area once more, before receiving a pass from a server again and repeating the process. After a set period of time, the two group of players swap roles.

COACHING POINTS: This aims to replicate a midfielder receiving a pass from a defender and travelling forward. Therefore, before receiving a pass, players need to check their shoulder, create an angle between themselves and the server and receive with an open body. The server then needs to play the pass onto the player's back foot.



INTENTIONAL FREE PLAY DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min

OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, spread out, Support the attack.

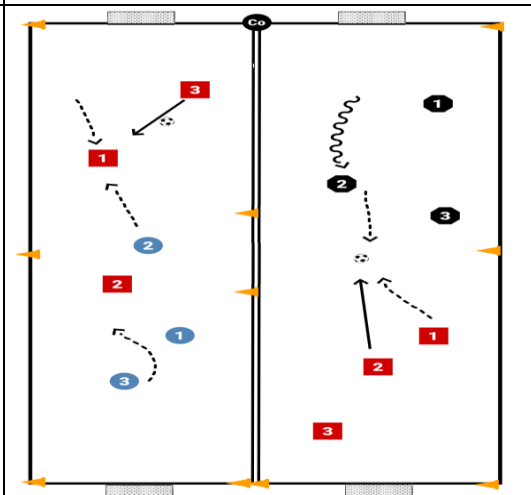
ORGANIZATION: In our own half set up two or more 19x30L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2-minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. **SKILL ACQUISITION:** Passing, receiving, and dribbling.

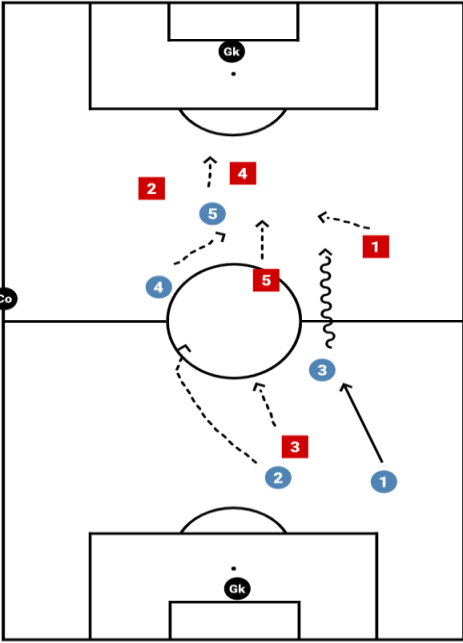
KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?

ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.



<p>The Game – team scrimmage Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent's half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, spread out and support the attack.</p> <p>ORGANIZATION: (40Wx60L) divide your team equally. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.</p> <p>KEY WORDS: Wide, Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?</p> <p>ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>	
<p style="text-align: center;">FIVE ELEMENTS OF TRAINING EXERCISES</p> <p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Game like: Is the exercise game like?</p> <p>3. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>5. Coaching: Is there the proper coaching based on the age/level of the players</p>	<p style="text-align: center;">SELF REFLECTION QUESTIONS</p> <p>1. How did you achieve your goals of the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>



GOAL: Improve team play and decision-making

PLAYER ACTIONS: pass, dribble, communicate, move

KEY QUALITIES: Read the game, take initiative, optimal technical abilities

SKILL ACQUISITION: Dribbling: surface of the foot and ball, quality of the touch change direction, head -up

PASSING: surface of the foot and ball, pace and accuracy **RECEIVING:** body position, surface of foot, first touch

Keep Away, 10 minutes-4 intervals-1 min. play-20 sec. rest

OBJECTIVE: To complete as many passes in a row as possible

PLAYER ACTIONS: passing, hips open, find space, make field big

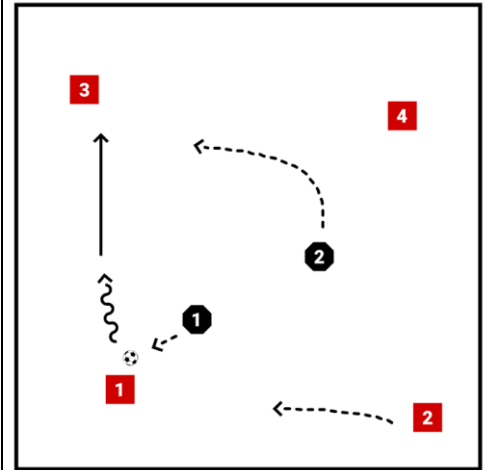
ORGANIZATION: Create a 15x15 grid. Divide team into a team of 4 offensive players and 2 defenders.

RULES: Players are to stay within the grid and pass the ball while not getting it stolen by the defenders.

When a defender still the ball they replace the last offensive player that had the ball. Offensive players are to make the field as big as they can and not crowd around the ball. Defensive players are to make the field of play as small as they can and try not to let the ball be played between them.

KEY WORDS: Diamond shape, hips open, field big

Note: Coach can limit the number of touches the offence can have or switch defense out after a time limit has been reached.



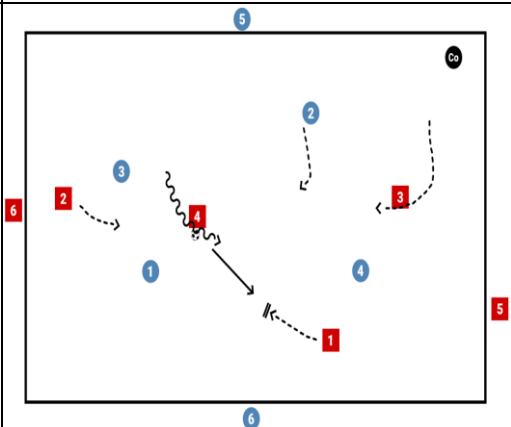
Receive to play forward (small side game) 10 min

WHY USE IT: In this game, players are likely to be more successful and win more points if they are in a position to receive to play forward.

SET UP: Set up a square area the right size for your players. Split players into two teams, with half the players playing inside the area and half positioned on the outside as servers. Two servers per team should stand on opposite sides of the area, so reds play left to right and blues top to bottom.

HOW TO PLAY: Teams aim to transfer the ball from one pair of their servers to the other pair. At least one player within the area must receive the ball and it can't be touched by any opposition players. On doing so, they win a point. If the opposition wins possession, they aim to get the ball to any of their servers and they can then attempt to win a point. After a set period, players swap their roles.

COACHING POINTS: Before receiving a pass, players need to check their shoulder for defenders behind them. If there is one, they should look to find space. If they are in space, they should receive with an open body and the server should pass to their back foot. Can they then play forward to a server? If not, can they pass to a team-mate who can?



6v4 to goal and 3 counter goals DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack.

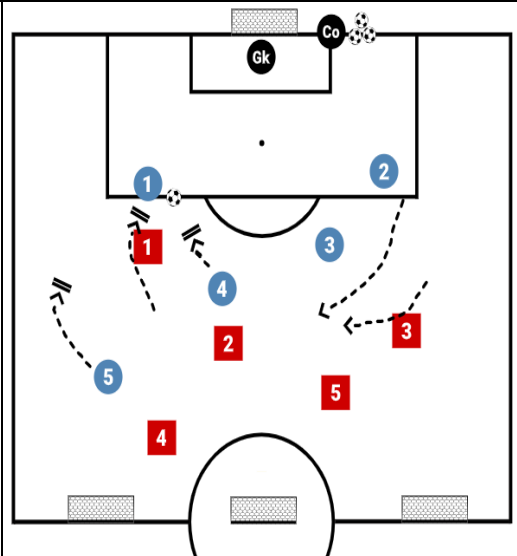
ORGANIZATION: set up a 40Wx35L playing area with a regular goal and three counter goals. Blue team scores in any of the 3 counter goals. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving, and dribbling.

KEY WORDS: Opening, Possess, Help.

GUIDED QUESTIONS: 1. What do we need to do to create an opening? 2. Who should help the player with the ball? 3. When should we possess the ball?

ANSWERS: 1. We spread out - 2. All the players near him/her should support the attack - 3. When we can't go forward, we possess the ball by passing sideways or backwards. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.



<p>The Game – team scrimmage Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent’s half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, spread out and support the attack.</p> <p>ORGANIZATION: (40Wx60L) divide your team equally. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.</p> <p>KEY WORDS: Wide, Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?</p> <p>ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>	
<p style="text-align: center;">FIVE ELEMENTS OF TRAINING EXERCISES</p> <ol style="list-style-type: none"> 1.Organized: Is the exercise organized in the right way? 2.Game like: Is the exercise game like? 3.Repetitions: Are there repetitions when looking at the overall goal of the session? 4.Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5.Coaching: Is there the proper coaching based on the age/level of the players 	<p style="text-align: center;">SELF REFLECTION QUESTIONS</p> <ol style="list-style-type: none"> 1. How did you achieve your goals of the training session? 2. What did you do well? 3. What could you do better?



GOAL: Improve team play and decision-making

PLAYER ACTIONS: pass, dribble, communicate, move

KEY QUALITIES: Read the game, take initiative, optimal technical abilities

SKILL ACQUISITION: Dribbling: surface of the foot and ball, quality of the touch change direction, head -up

PASSING: surface of the foot and ball, pace and accuracy **RECEIVING:** body position, surface of foot, first touch

TEAM TEACHNICLE WARM-UP, 10 minutes

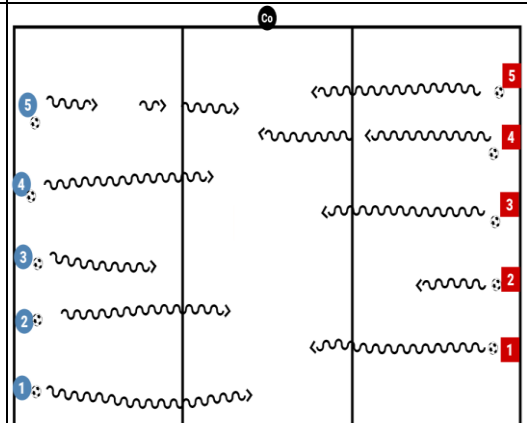
OBJECTIVE: Players can demonstrate/practice proper technique of different moves while moving the ball through traffic.

PLAYER ACTIONS: dribble, 1v1 moves, change speed, moved away from pressure, turn, shield, use different surfaces of their left and right foot

ORGANIZATION: Divide team into two equal teams. Each player will have a ball and begin on the endline. Coach needs to position themselves where they can be heard and instruct players. **RULES:** Player's progress through the grid from endline to end line following the coaches' instructions. When they come to the center area they are to do a move, change speed, go away from pressure, roll the ball, do a move... what ever the coach instructs.

KEY WORDS: Head up, change speed, drag back, control

GUIDED QUESTIONS: What parts of the foot do we use? Note: This is a great time to reinforce previous lessons on technique or encourage a player who has shown improvement.



CLEAN YOUR BACK YARD, 10 minutes-4 intervals-1 min. play-20 sec. rest

OBJECTIVE: Players are to serve (chip) as many balls over the mote as possible. Fewest balls in a team's backyard when time expires wins the round.

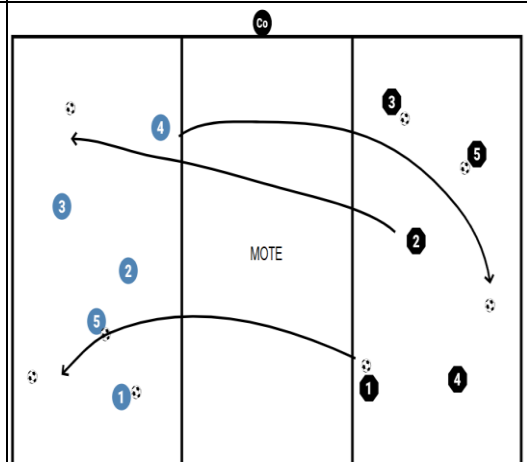
PLAYER ACTIONS: Each player start with a ball and serves chips the ball over the mote into the other team's backyard. They then gather balls in their backyard and continue to chip balls until time runs out.

ORGANIZATION: Divide the team evenly with each players having a ball. Field size might need to change depending on the strength of your players. **RULES:** Team with the least balls in their backyard when time runs out wins the game. Players are to not enter the mote. Any ball in the mote will be put back into play by the coach.

KEY WORDS: Chip, striking the ball with laces or instep

GUIDED QUESTIONS: What part of the foot do you use to chip the ball? How do you lift the ball over the mote.

ANSWERS: Laces. By striking the ball under the midway point and following through by lifting the knew and foot. **Note:** This is a great time to instruct on chipping and receiving a ball out of the air. Players are to stay aware as to not get hit by incoming balls.



Hot Box TRAINING AREA= 40W x 30L, 20 minutes

OBJECTIVE: Players scoring on the small goals by switching the point of attack all while staying out of the Hot Box

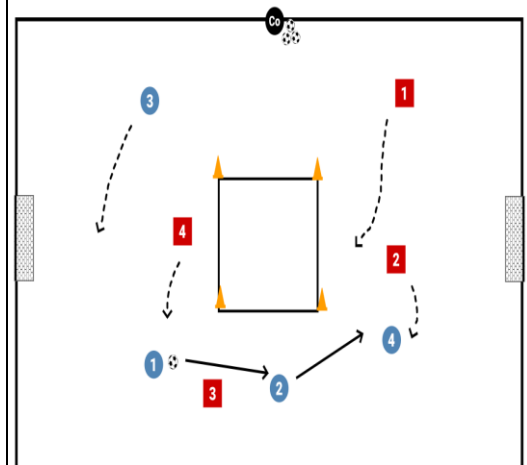
ORGANIZATION: Inside the gride there will be a smaller cone grid that the ball can pass through but no players are allowed to enter. If a player get into the hot box they have to step out for a period before going back in. No through ins during the game, if the ball leaves the grid just pass it back and game on.

KEYWORDS: space, change direction, head up, play to space, keep out of the hot box.

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

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

COACHING POINTS: Dribble with speed & change directions when attacking open space, or an alone defender Look to pass, and keep possession if there are several defenders around/near the ball *Who - The player with the ball*Why - Taking players off the dribble will open up space for teammates throughout the rest of the field





GOAL: Improve team play and decision-making

PLAYER ACTIONS: pass, dribble, communicate, finish

KEY QUALITIES: Read the game, take initiative, optimal technical abilities

SKILL ACQUISITION: Dribbling: surface of the foot and ball, quality of the touch change direction, head -up

PASSING: surface of the foot and ball, pace and accuracy **RECEIVING:** body position, surface of foot, first touch

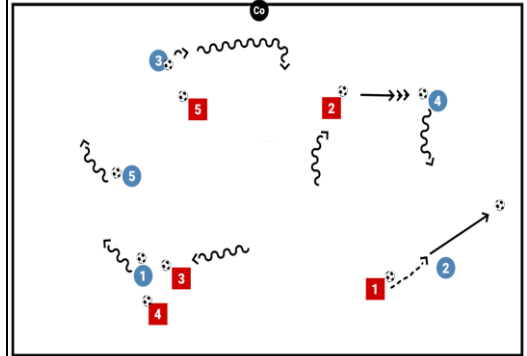
Team Ball Tag TRAINING AREA: 30x30 TIME: 10 min

OBJECTIVE: To dribble the ball without getting it tagged. To tag the other player's ball

PLAYER ACTIONS: Use dribbling techniques to keep from getting tagged or to tag. Work together to tag an individual's ball.

ORGANIZATION: Divide your team equally. Each player has a ball. One team will be the attacking team the other will try to avoid being tagged. Rules: Attacking players must hit the other team's balls by passing their ball. Balls must remain on the ground and should not hit players. Count the number of times balls get tagged and switch roles after a designated time.

KEY WORDS: protect ball, flat passes, work as a team



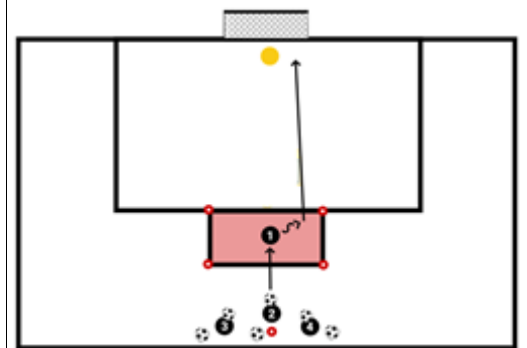
Shooting Box

WHY USE IT: To create accurate and proper shooting technique, goalie practice

SET UP: A shooting zone is set up in the center of the field, on the 18.

HOW TO PLAY: A target player (Player 1) is stationed in the zone, and three players (Players 2, 3, and 4) are stationed at the cone, set up ten yards behind the shooting zone. Players 2, 3, and 4 pass their ball into the target player, and he must turn and shoot while still inside of the shooting zone. Players should try to get the shot off in two touches. After taking six shots, the target player rotates out to the passing line

- COACHING POINTS:**
1. Your first touch should allow you to run onto the shot.
 2. Your first touch should allow you to shoot at all four corners.
 3. Get the GK moving along his line.
 4. have GK come out and attach the angle

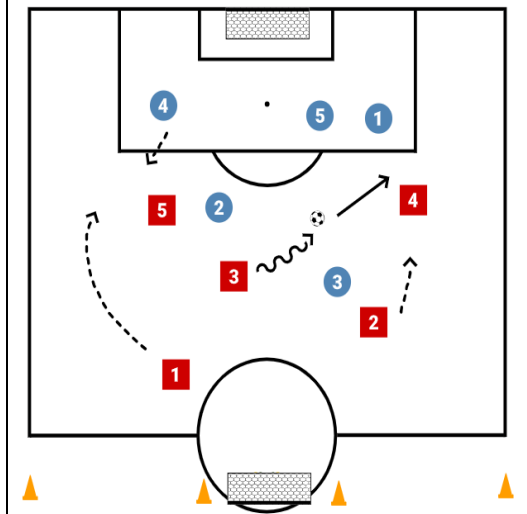


Expanded small side activity, 5v5 to Goal TRAINING AREA = 40W x 60L.

OBJECTIVE: Place (2) goals at opposite ends of the field. Play 5v5, shooting/passing the ball into the goal to score. *Variations: -Scoring a goal = 1pt.; -Committing a defender & scoring a goal = 5pts

ORGANIZATION: 5v5 to Goal TRAINING AREA = 40W x 60L.

COACHING POINTS: Where - In front of them into space after I have committed a defender; When - Just before the defender steps in to tackle the ball



The Game – team scrimmage Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To pass or dribble the ball forward into the opponent's half.

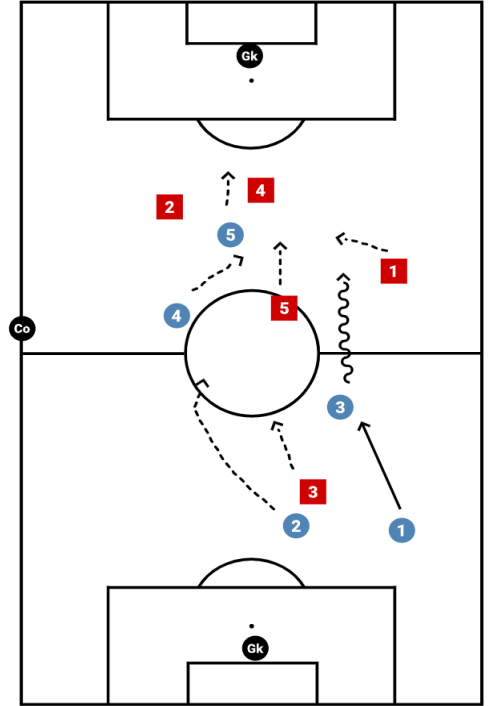
PLAYER ACTIONS: Pass or dribble forward, spread out and support the attack.

ORGANIZATION: (40Wx60L) divide your team equally. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.



FIVE ELEMENTS OF TRAINING EXERCISES

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

SELF REFLECTION QUESTIONS

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



GOAL: Improve team play and decision-making

PLAYER ACTIONS: pass, finish, communicate, move

KEY QUALITIES: Read the game, take initiative, optimal technical abilities

SKILL ACQUISITION: Finishing: using the proper part of the foot, placing the ball away from the goalie

PASSING: surface of the foot and ball, pace and accuracy **RECEIVING:** body position, surface of foot, first touch

Double pass shooting warm up, 10 minutes

WHY USE IT: To help players develop good passing and finishing technique. To work with the goalie.

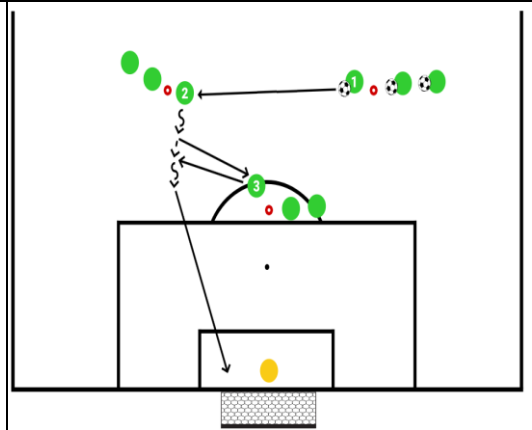
SET UP: one shooting line and two passing lines above the 18 yard box.

HOW TO PLAY: Player 1 begins the drill with a square pass to Player 2. When player #2 receives the ball, he turns to attack the goal. After a short dribbling run, Player 2 passes to Player 3, who passes the ball right back to him. Player 2 finishes on goal. The players rotate counter clockwise during the drill, and after ten minutes the starting positions are moved over to the other side.

COACHING POINTS: 1. Strike the passes at game speed. 2. Use the double pass when a defender chases the ball. 3. Play your passes directly to the feet.

Progressions: Add a defender and an attacker in the penalty area.

Note: Place an additional cone line to encourage players shoot before getting too deep into the 18. Have players try to shoot into the corners away from the goalie.



Small sided activity, 3v3 Knock over the cone TRAINING AREA = 30W x 40L. 10 min

OBJECTIVE: Score by passing the ball into the cone. Knock both cones over to win the game.

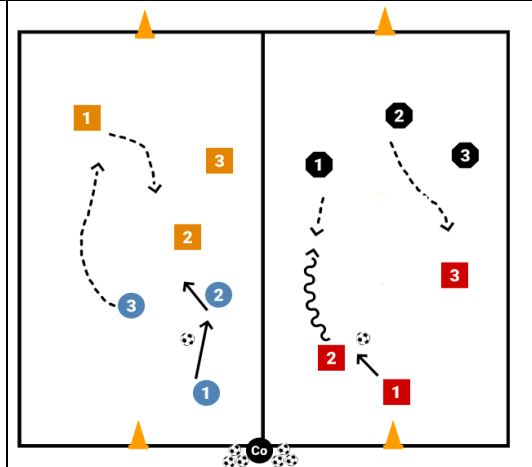
ORGANIZATION: TRAINING AREA = 30W x 40L. Set up (2) tall cones on each end-line, representing (2) targets/goals.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Forward, Possess, Help.

COACHING POINTS: Time the run to support the ball as it travels towards your teammate; Position yourself at an angle so the player with the ball can see you & the defender; Move feet, and up on your toes as you prepare to receive the ball Who - The player(s) without the ball; How - Move towards my teammate with the ball so that my body is open to the field

ALTERNATER VERSION: Instead of cones use players as targets. Complete a pass to target player and get a point.



4v2 to goal & target player DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: To dribble or pass the ball forward.

PLAYER ACTIONS: Pass/dribble forward, Spread out, Support the attack.

ORGANIZATION: In our own half set up two 19Wx30L fields with a goal and 2 counter goals. Play 4v2. The Blue team: 1 goalkeeper and 3 players. Red Team: two players. Blue scores by passing into one of the counter goals and Red in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

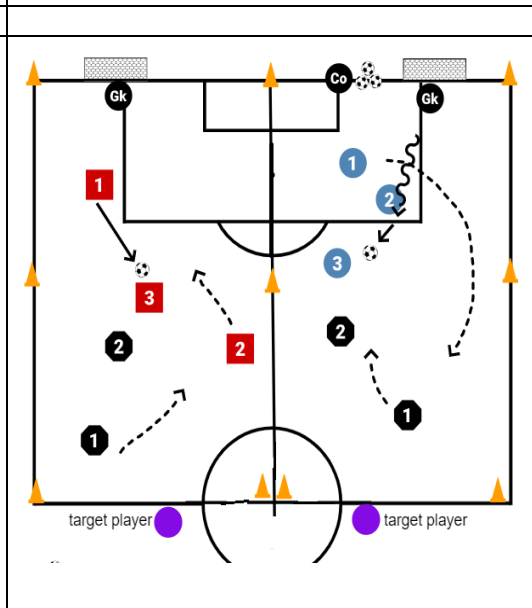
SKILL ACQUISITION: Passing, receiving, and dribbling.

KEY WORDS: Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. What do you do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball?

ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball. Note: Switch to this activity if the Core is too difficult for the players.

Note: If you don't have enough players for two grids just do one 4v2 + target player game or become the target player.



<p>The Game – team scrimmage Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent's half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, spread out and support the attack.</p> <p>ORGANIZATION: (40Wx60L) divide your team equally. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.</p> <p>KEY WORDS: Wide, Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?</p> <p>ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>	
<p style="text-align: center;">FIVE ELEMENTS OF TRAINING EXERCISES</p> <ol style="list-style-type: none"> 1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players 	<p style="text-align: center;">SELF REFLECTION QUESTIONS</p> <ol style="list-style-type: none"> 1. How did you achieve your goals of the training session? 2. What did you do well? 3. What could you do better?



GOAL: Improve team play and decision-making

PLAYER ACTIONS: pass, finish, communicate, move

KEY QUALITIES: Read the game, take initiative, optimal technical abilities

SKILL ACQUISITION: Finishing: using the proper part of the foot, placing the ball away from the goalie

PASSING: surface of the foot and ball, pace and accuracy **RECEIVING:** body position, surface of foot, first touch

Double pass shooting warm up, 10 minutes

WHY USE IT: To help players develop good passing and finishing technique. To work with the goalie.

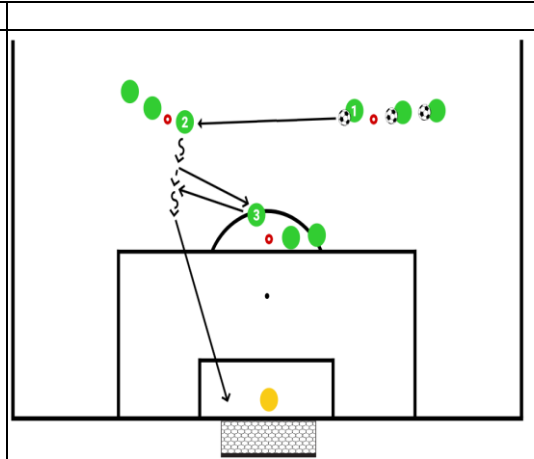
SET UP: one shooting line and two passing lines above the 18 yard box.

HOW TO PLAY: Player 1 begins the drill with a square pass to Player 2. When player #2 receives the ball, he turns to attack the goal. After a short dribbling run, Player 2 passes to Player 3, who passes the ball right back to him. Player 2 finishes on goal. The players rotate counter clockwise during the drill, and after ten minutes the starting positions are moved over to the other side.

COACHING POINTS: 1. Strike the passes at game speed. 2. Use the double pass when a defender chases the ball. 3. Play your passes directly to the feet.

Progressions: Add a defender and an attacker in the penalty area.

Note: Place an additional cone line to encourage players shoot before getting too deep into the 18. Have players try to shoot into the corners away from the goalie.



Small sided activity, Hawaii 25Wx25L 10 min

OBJECTIVE: To develop accuracy and quick striking and transition skills.

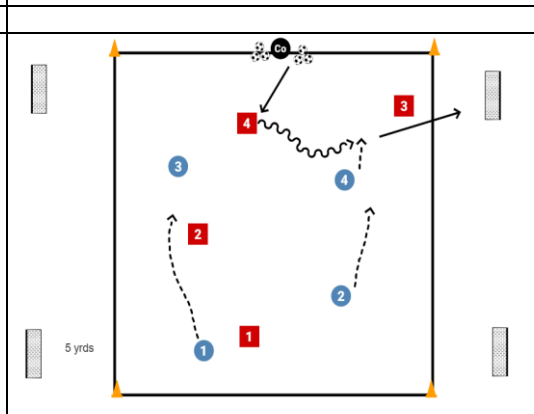
ORGANIZATION: set up a field 25x25 with two small goals on either side that are set back about 5 yard past the end line. This game can be played as a 3v3, 4v4, 5v5 or 6v6. Players can score on either goal but can only shoot within the field of play. The coach feeds in the balls after the ball is played out of bounds or shot.

SKILL ACQUISITION: Passing, receiving, dribbling, 1v1 moves, finishing, attacking, defending

KEY WORDS: shooting from distance, switching from attack to defense, checking for defenders

COACHING POINTS: Coach feed the balls in so have them all piled up. Players are to know if a defender is on them so they can take shot right away. Switch from defense to offense as a team.

ALTERNATE VERSION: Player can only score on their end line

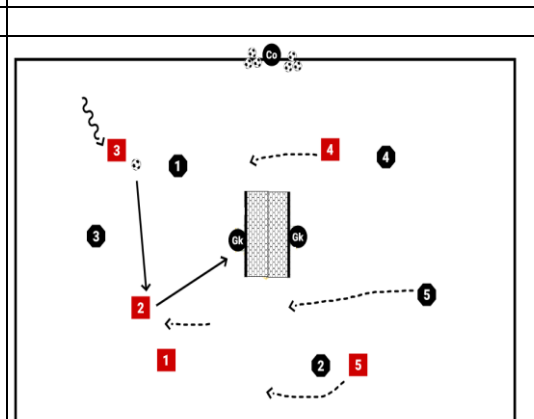


Back to back 30Wx40L 20 min

OBJECTIVE: Teams are to try to score on either goal by switching fields and moving the defense

ORGANIZATION: 30x40 (size of field can be adjusted as needed) Each goal contains a goalie that is trying to stop all attacks. Divide the rest of the players evenly making two teams. There are no throw ins only passes and when the goalie does get the ball they blindly insert the ball back into play.

COACHING POINTS: Switching the point of attack, taking shots quickly, supporting play



<p>The Game – team scrimmage Duration: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min</p> <p>OBJECTIVE: To pass or dribble the ball forward into the opponent's half.</p> <p>PLAYER ACTIONS: Pass or dribble forward, spread out and support the attack.</p> <p>ORGANIZATION: (40Wx60L) divide your team equally. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.</p> <p>KEY WORDS: Wide, Opening, Forward, Possess, Help.</p> <p>GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?</p> <p>ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options. Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.</p>	
<p style="text-align: center;">FIVE ELEMENTS OF TRAINING EXERCISES</p> <ol style="list-style-type: none"> 1. Organized: Is the exercise organized in the right way? 2. Game like: Is the exercise game like? 3. Repetitions: Are there repetitions when looking at the overall goal of the session? 4. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. Coaching: Is there the proper coaching based on the age/level of the players 	<p style="text-align: center;">SELF REFLECTION QUESTIONS</p> <ol style="list-style-type: none"> 1. How did you achieve your goals of the training session? 2. What did you do well? 3. What could you do better?