



GOAL: Improve buildup in the opponent's half of field

PLAYER ACTIONS: Pass or dribble forward

KEY QUALITIES: Take initiative, be pro-active

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

Welcome Game/ 10 minutes

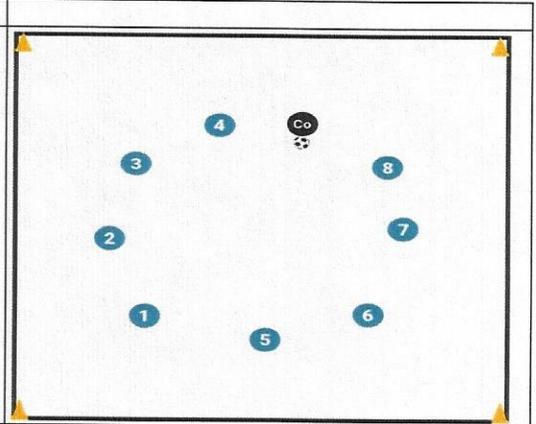
OBJECTIVE: Get players talking and learning each other's names. Start the communication process between player and coach.

ORGANIZATION: 20W x 25L yards.

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

VARIATION: Place ball on the ground and allow players to pass with their feet to each other.

NOTE: Use this time to start to understand the players personalities and to encourage communication, team concepts, and the importance to each player.



RED LIGHT/ GREEN LIGHT 7.5 minutes -8 intervals – 1 min. play-30 sec. rest

OBJECTIVE: Move the ball toward the goal (coach) **PLAYER ACTIONS:** Pass or dribble forward

ORGANIZATION: In a 20W x 25L grid, a small cone goal in each corner & all players with a soccer ball; dribble within the space. The coach(es) walk around the space. When the coach say "RED LIGHT," the players must stop the ball with their feet. If the coach says "GREEN LIGHT," the players must dribble again. If a player cannot stop their ball on red light, they must dribble their ball to the any of the 4 corner goals then start playing again. Coach controls the frequency of the lights to allow players time to respond. **RULES:** on green light, players try to dribble toward the coach. Once close enough, player tries to tag the coach. If a coach gets tagged, either award points or start a new game.

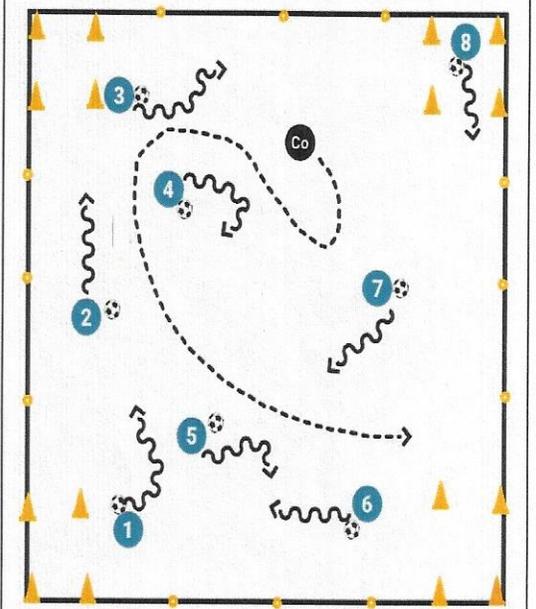
VARIATION: YELLOW LIGHT – dribble slow, BLUE LIGHT – toe taps on the ball or PURPLE LIGHT – hop on 1 foot around the ball. **KEY WORDS:** Laces (to go forward), bottom of the foot (to stop), outside/little toe or inside/big toe (to turn)

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

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

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

VARIATION: Monster Truck = Coach tries to steal players soccer balls. Introduce turning to get away from the monster truck, either drag back or inside turn. Players who lose their ball freeze on the field as obstacles.



Wreck it Ralph 8 minutes -8 minutes intervals 45 sec. play-15 sec. rest

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

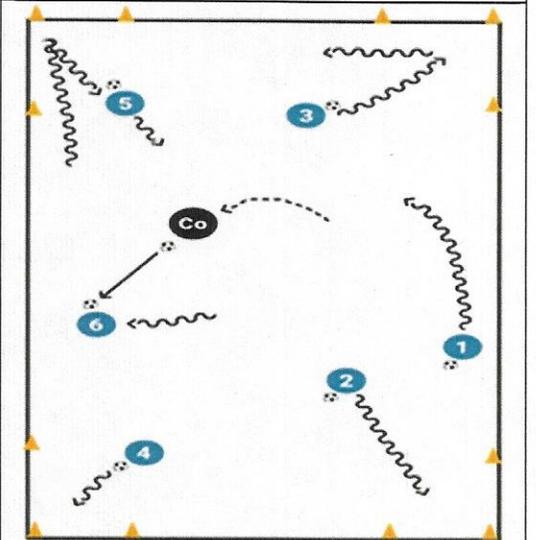
PLAYER ACTIONS: Pass or dribble forward

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

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

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

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



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| <p>Soccer Combat 8 minutes- 26 minutes intervals -10 sec play-20 sec rest</p> <p>OBJECTIVE: Move the ball forward toward the opponent's goal</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, a cone goal in each corner & the coach starts at the center of the field with all the soccer balls. Divide the group into 2 teams; 1 team on the coach's right and 1 on the left. Once the coach plays the ball onto the field, 1 player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals.</p> <p>RULES: Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the players prior to kicking the ball onto the field. Once a goal is scored or the ball goes out of play, game is over and all players leave the field. The coach then serves another ball onto the field for the next players to play. KEY WORDS: Find the open goal, block the defender</p> <p>GUIDED QUESTIONS: What should you do if you get to the ball first? What can you do to block the other player from getting the ball?</p> <p>ANSWERS: Kick the ball toward the closest open goal and try to score. Put your body between the ball and the other player so they can't get it.</p> <p>Note: Keep the game at 1v1 until most players have had a chance to score at least once. Instead of playing the ball down the middle, it is ok to play the ball closer to a player who</p> | |
| <p>The Game 3v3 or 4v4 The Game 3v3 or 4v4 24 minutes- 2 intervals – 10 min. play-2 min rest</p> <p>OBJECTIVE: Move the ball forward toward the opponent's goal</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4; no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes. KEY WORDS: Go for it, find your teammate</p> <p>GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?</p> <p>ANSWERS: We (the players) should. (The players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.</p> <p>Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.</p> | |
| <p 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 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? |



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

Passing: surface of the foot and ball, Eyes on the ball while striking

RED LIGHT/ GREEN LIGHT

OBJECTIVE: Move the ball toward the goal (coach) **PLAYER ACTIONS:** Pass or dribble forward

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

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NOTE: Stopping and turning the ball is challenging. Try not to call out the lights too fast. If the players respond to the lights quickly, call out the colors even faster. **VARIATION:** Monster Truck = Coach tries to steal players soccer balls. Introduce turning to get away from the monster truck, either drag back or inside turn. Players who lose their ball freeze on the field as obstacles.

PRACTICE (Activity 3): Bruce the Shark vs Nemo (Dori) 8 minutes-12 intervals-20 sec. play-20 sec. rest

OBJECTIVE: Move the ball forward to get past the opponent's

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid, all players except for 1-3 start with their soccer ball on one end line. Select 1-3 players to be Bruce the Sharks. They do not need a soccer ball (coaches can start as sharks too). The players on the end line are Nemo or Dori. They must swim (dribble their soccer ball) to the other side and stop it on the opposite end line without losing it to Bruce the Shark. **Rules:** Game starts when Sharks yell, "Nemo, Nemo cross my ocean." Once a dribbler has reached the other side, he/she is safe. **KEY WORDS:** Swim away from the sharks, try to fool the sharks

GUIDED QUESTIONS: How do you know where it is safe to cross the ocean? What can you do if a shark blocks your opening to the other side?

ANSWERS: If the sharks are not looking or if they are not close to you, swim past them. Try to find a new opening to get across.

Note: Coaches can be Bruce the Sharks to allow for more dribbling and player success. This game can be continuous by asking the players to get across as many times as possible in 1 minute. Remember to allow for longer rest after the extended work

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

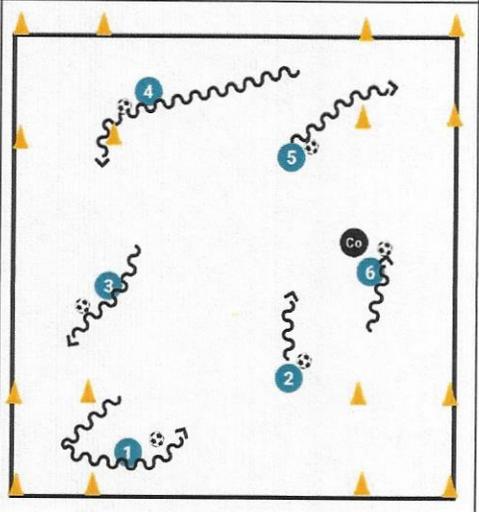
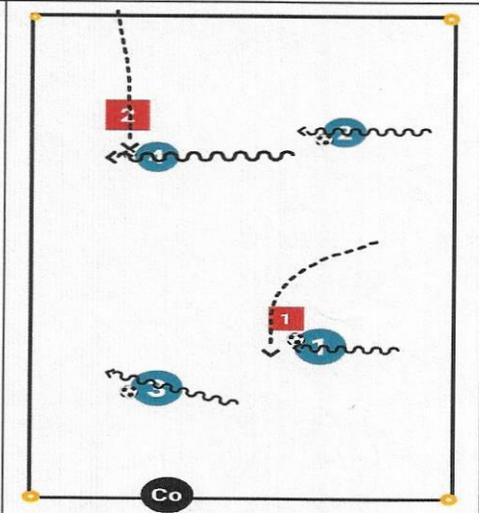
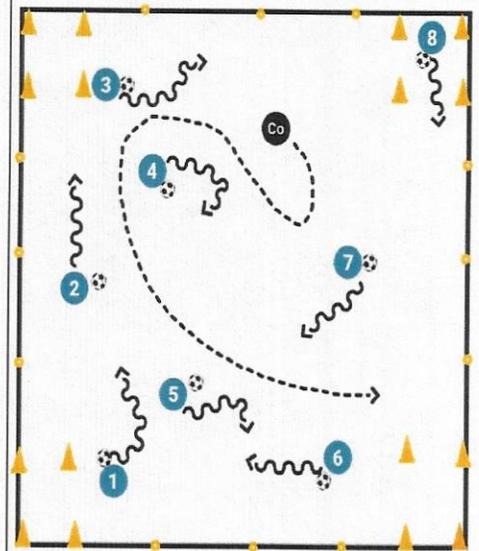
OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Dribble forward

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

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

ANSWERS: Look up to find a new opening to the goal. Be patient, dribble away from the bandit then pick a new route to the goal. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward. **Note:** Once the players understand the direction & where to score, challenge them to work with a partner. The 2 players share a ball and try to cooperate to score in the goals



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

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

PLAYER ACTIONS: Pass or dribble forward, spread out

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

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

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

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

The Game – 4v4 DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.

OBJECTIVE: Move the ball forward toward the opponent's goal

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes. **KEY WORDS:** Go for it, go to goal, find your teammate

GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?

ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

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

PLAYER ACTIONS: Pass or dribble forward

(Intentional Free Play) DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

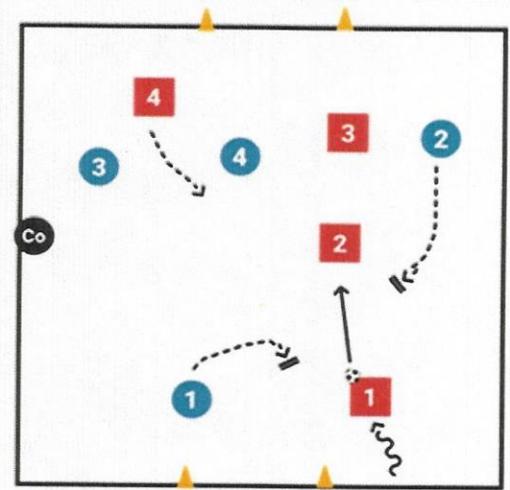
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ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the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

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?

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.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.



PRACTICE (Activity 1): Driving Through Tunnels 8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Move the ball toward the goal (coach) and score

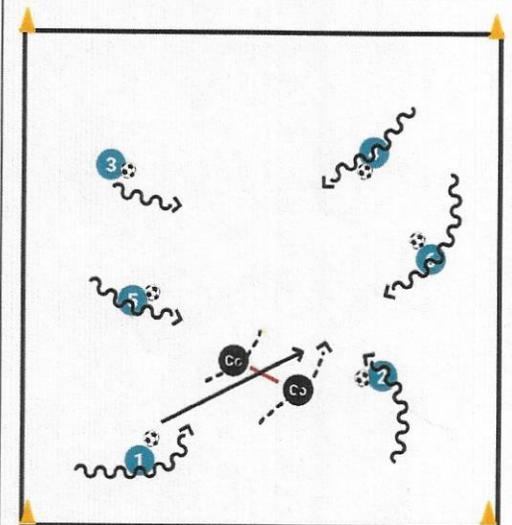
PLAYER ACTIONS: Dribble forward & shoot

ORGANIZATION: In a 15W x 20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass/shoot through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. If needed, select 2 players/1 coach & 1 player to make a second tunnel so the players have more chances to score. Remember to change the players so the players are dribblers more often than the tunnel. **RULES:** Play begins as soon as the tunnel(s) start moving. Players must stay within the grid. Coaches can award bonus points for players who can dribble or score with different surfaces of the foot. **KEY WORDS:** Move toward the tunnel, watch out for traffic around the tunnel

GUIDED QUESTIONS: Who can show me 2 different parts of the foot you can score with? When is the best time to go through the tunnel?

ANSWERS: Laces, toe, inside of the foot or outside of the foot would be the most common answers. They can say heel also (bottom of the foot would be difficult.) Wait for the tunnel to be open then get through as fast as you can.

Note: if a player simply goes back and forth through the tunnel, praise them. Change the rules if you would like to see the player try something different



PRACTICE (Activity 2): Police Patrol 8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Move the ball forward & away from opponents. Pass the ball.

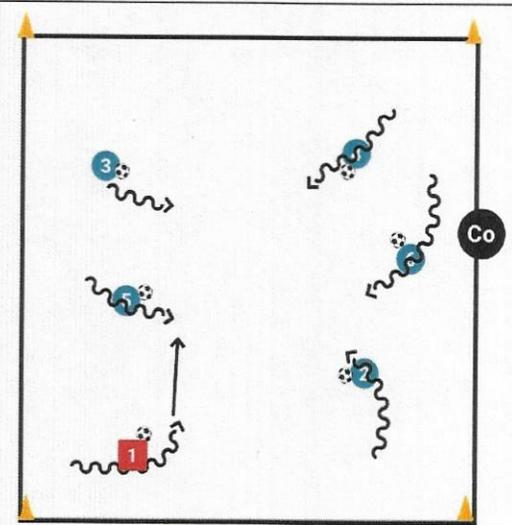
PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, select 2-3 players to start as the Police Patrol; they should wear pinnies. The rest of the players dribble their soccer ball like crazy drivers. The Police Patrol dribble their soccer ball & try to ticket the crazy drivers by hitting the driver's soccer ball with their own. The Police Patrol counts the number tickets they give away in 1 minute. **RULES:** Play begins when coach says "police are on patrol." Players must stay within the grid. Coaches can start as the police patrol but after the 1st round should step out. **KEY WORDS:** Dribble fast away from the police patrol, hide your ball from the police (shielding)

GUIDED QUESTIONS: What should the crazy drivers do if their ball starts to get away from them? Who can show me how they would hide their soccer ball?

ANSWERS: Use softer touches to keep the ball close. Put your body between the police patrol and the ball so they cannot hit it with their ball.

Note: Police Patrol can tag drivers if hitting the ball is too challenging. When hiding the ball, remember safety. Sitting or lying on the ball is hiding it but is not very safe.



PRACTICE (Activity 3): Crushing Monster Trucks 8 minutes-8 intervals-40 sec. play-20 sec. rest

OBJECTIVE: Move the ball forward toward the opponent's goal

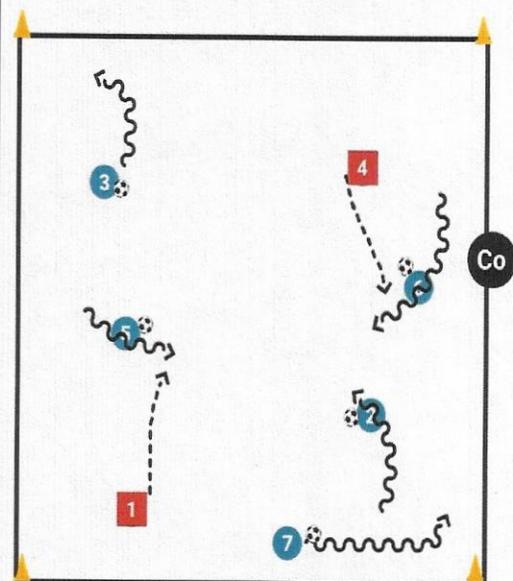
PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid, select 2-3 players to be Monster Trucks; they do not need a soccer ball. All other players dribble around the grid & avoid the Monster Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering the game such as toe taps on top of the ball. Count the number of smashed trucks at the end of an interval (40 seconds.) **RULES:** Play starts when the coach says, "let the crushing begin!" Players must stay with the grid. **KEY WORDS:** Turn away from danger, dribble fast to a safe space on the field

GUIDED QUESTIONS: How can you turn the ball away from a Monster Truck? Where are the areas of the field that are safe from Monster Trucks?

ANSWERS: Use the inside of the foot (big toe) or the outside of the foot (little toe). Wrap the toe to the farthest part of the ball and push the ball in a new direction. An open area with no dribblers or Monster Trucks is the safest.

Note: If the players need an additional challenge, add a goal to each end line. The dribblers can count how many goals they can score without losing the ball to a monster truck. If the coach starts as a monster truck, it is to allow the players more dribbling success. Smashing all the trucks is not the goal. Try to determine which players need more pressure and which need a little less.



The Game 3v3 or 4v4 24 minutes- 2 intervals – 10 min. play-2 min rest

OBJECTIVE: Move the ball forward toward the opponent's goal

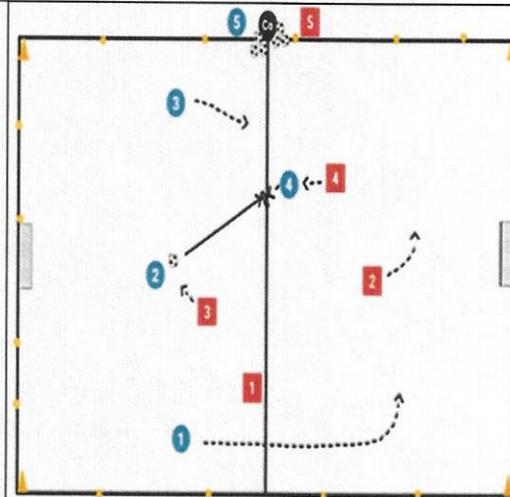
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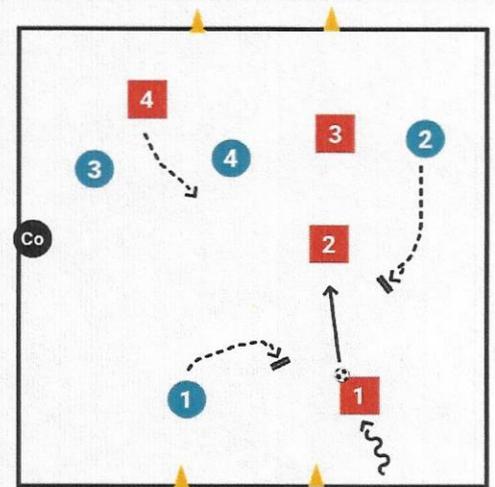
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KEY WORDS: go to goal, find a goal scorer

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?

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.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.



PRACTICE (Activity 1): 4 Surface Dribbling 8 minutes-6 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

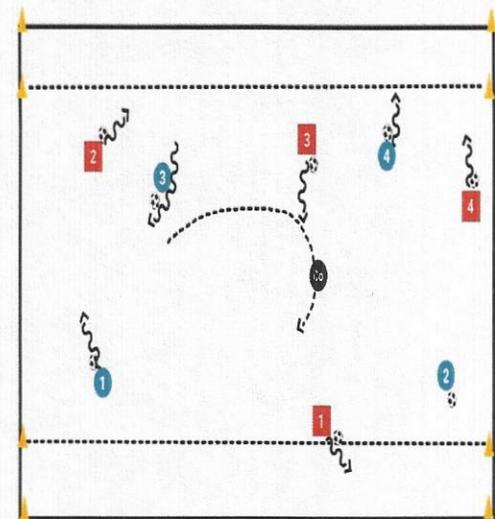
ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line and all players with a soccer ball. Ask the players to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped 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.



PRACTICE (Activity 2): Hungry, Hungry Hippos 8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to dribble the ball away from opponents

PLAYER ACTIONS: Dribble forward

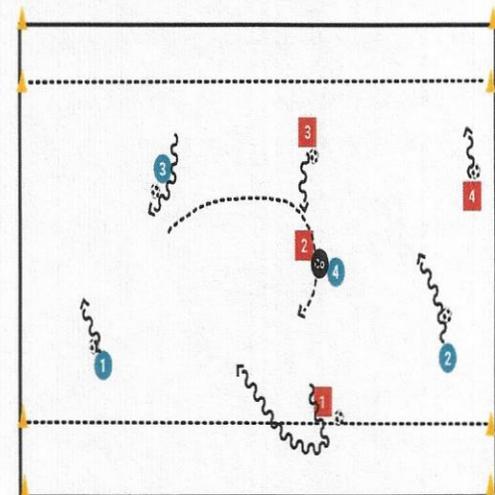
ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player with a soccer ball. The coaches start as the hungry hippos in the river. Players dribble their ball across the river to the river's edge (end zone) while avoiding the hippos. When the players cross and get tagged by a hippo or their ball gets tagged, they join hands with the hippo to make the hippo grow. How many times can the dribblers cross the river in 1 minute without getting tagged? **RULES:** The game begins with the hippos say, "we dare you to cross the river." Hippos should not get bigger than 4 players.

KEY WORDS: Watch out for the hippos, dribble fast

GUIDED QUESTIONS: How do you know where the hippos are? Where are the safe areas of the field?

ANSWERS: Pick your head up and look around to find the hippos. Dribble to the river's edge to be safe.

Note: First team to get 4 players in their hippo wins the round. Start a new game. This makes the game safer so the end player is not getting whipped around.



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| <p>PRACTICE (Activity 3): Crocs in the River 8 minutes-6 intervals-1 min. play-20 sec. rest</p> <p>OBJECTIVE: Move the ball forward to get past the opponent's</p> <p>PLAYER ACTIONS: Dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player starts with a soccer ball. The coaches start as Crocs in the River. The players dribble their soccer ball across the river to the river's edge (end zone) while avoiding the crocs. When a player crosses and a croc can steal their ball and play it over a side, the dribbler becomes a croc also. Rules: Play begins when coach says go. If a croc steals a ball, they must dribble it over the side line (not kick). Dribblers can steal their ball back as long as it is on the field. Dribblers can rest for a moment if they reach an end zone but must cross to get points.</p> <p>KEY WORDS: look for openings across the river, try to fake the crocs</p> <p>GUIDED QUESTIONS: What is an opening to get across the river? How can you fake out one of the crocs?</p> <p>ANSWERS: An opening is a gap across the river with no crocs guarding it. Try to dribble in one direction. Then with the inside or outside of the foot, change direction and get across quickly.</p> <p>Note: Coaches can have the players switch roles if they lose their soccer ball instead of accumulating crocs. Help the players identify the openings that are safe to cross in and why they are safe.</p> | |
| <p>The Game 3v3 or 4v4 24 minutes- 2 intervals – 10 min. play-2 min rest</p> <p>OBJECTIVE: Move the ball forward toward the opponent's goal</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (Game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.</p> <p>KEY WORDS: Go for it, go to goal, find your teammate</p> <p>GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?</p> <p>ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.</p> <p>Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.</p> | |
| <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 buildup in the opponent's half of field

PLAYER ACTIONS: Shoot, Pass or dribble forward

KEY QUALITIES: Read and understand game, take initiative

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

Passing: surface of the foot and ball, nob-kicking foot close to the ball

(Intentional Free Play) DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

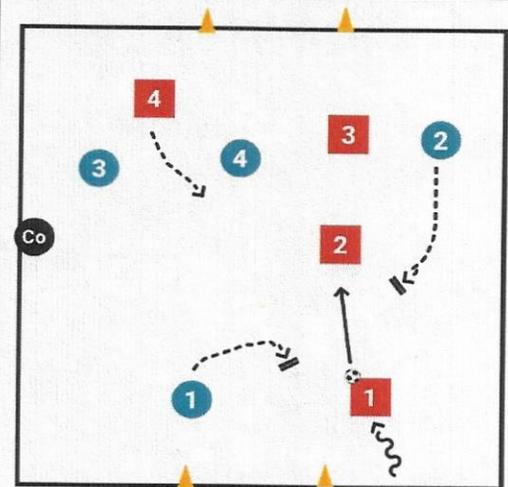
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1, then 2v2 up to 3v3.

KEY WORDS: go to goal, find a goal scorer

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?

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.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.



PRACTICE (Activity 1): "Hunting the Coach" 8 minutes-8 intervals-40 sec. play-20 sec. rest

OBJECTIVE: Move the ball toward the goal (coach) and score

PLAYER ACTIONS: Dribble forward & shoot

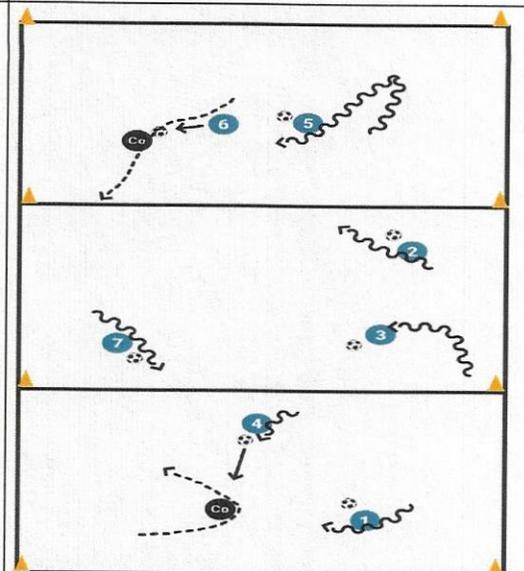
ORGANIZATION: In a 15W x 20L grid which includes a 5 yard zone across the middle of the grid. All the players with a soccer ball. The coaches walk around the grid and the players try to hit the coach below the knee with their ball. **RULES:** Play begins as soon as the coaches begin walking. The players count how many times they can hit a coach in 40 seconds. Each time the coach gets hit with a ball, they must say, "OUCH!"

KEY WORDS: Move toward the tunnel, watch out for traffic around the tunnel

GUIDED QUESTIONS: What can you do to hit the coach more often? Which part of the foot should you use to close shots/long shots?

ANSWERS: Dribble closer to the coach before trying to kick the ball and hit them. Try to use the inside of the foot for closer shots & use the laces for longer shots.

Note: As the coaches move around the field, move closer to players who are struggling to get a point so they can achieve success. Walk further away from the players who have more points to increase the challenge for them. Coach can award different point values in the different thirds of the field if a variation is needed.



PRACTICE (Activity 2): Boston Bulldogs 7.5 minutes-5 intervals-1 min. play-30 sec. rest

OBJECTIVE: Improve the players ability to dribble the ball through the opponents

PLAYER ACTIONS: Pass or dribble forward

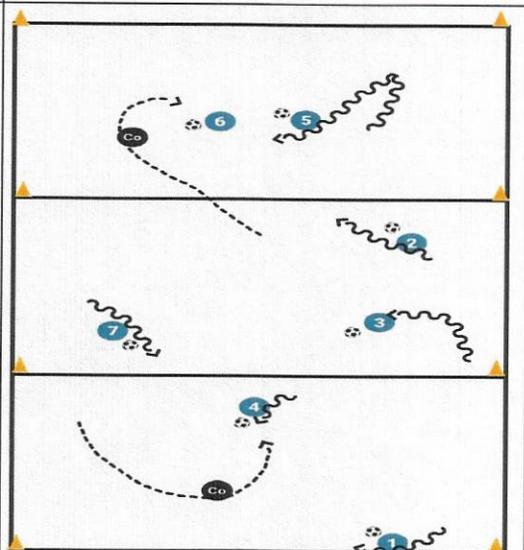
ORGANIZATION: In a 15W x 20L grid, select which includes a 5 yard zone across the middle (the dog pound), all players start on 1 end line with a soccer ball. The coaches start in the middle as dog catchers, they cannot leave the pound. The players are bulldogs. They try to dribble their ball through the dog pound to the other side without waking the dog catches. **RULES:** Play begins when coach says "who let the dogs out." After 2 rounds, make the game continuous. The players do not stop on the end line. How many times can they get through the pound without getting tagged?

KEY WORDS: soft touches around the dog catcher, big touched to get through the pound

GUIDED QUESTIONS: When is it important to keep the ball close? Why would you kick the ball harder?

ANSWERS: Keep the ball close if a dog catcher is in front of you. If you see an opening through the pound, kick it hard and run fast after it.

Note: Try not to be in too big of a hurry to start tagging players. Their success will encourage them to try to get through again.



PRACTICE (Activity 3): Goal Combat 8 minutes-11 intervals-10 sec. play-30 sec. rest

OBJECTIVE: Turn the ball to goal and shoot

PLAYER ACTIONS: Shoot, Pass or dribble forward

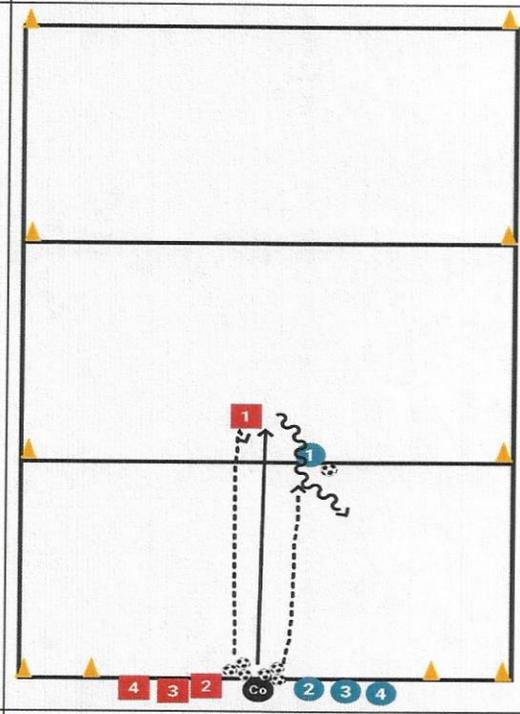
ORGANIZATION: In a 15W x 20L grid, select which includes a 5-yard zone across the middle and 2 small goals on the same end line. The coach starts between the goals with all the soccer balls. The players are split into 2 teams; 1 on the coaches right and the other on his left. Each team names their team after a breed of dog (hopefully to give them a sense of team identity.) Once the coach plays a ball onto the field, 1 player from each team goes after it and tries to bring it back to their own goal. Once the ball is scored or is played off the field, both players leave the field and rejoin their team. The coach plays another ball onto the field for the next players to go after. **RULES:** Play begins when a coach plays the ball onto the field. Round ends once a goal is scored or the ball leaves the playing area.

KEY WORDS: Turn away from danger, dribble fast to a safe space on the field

GUIDED QUESTIONS: How can you turn the ball away from a Monster Truck? Where are the areas of the field that are safe from Monster Trucks?

ANSWERS: Use the inside of the foot (big toe) or the outside of the foot (little toe). Wrap the toe to the farthest part of the ball and push the ball in a new direction. An open area with no dribblers or Monster Trucks is the safest.

Note: The middle zone is not necessary but can be used as a visual for players to try to score from further away. The coach can play 1v1, 2v1 or 2v2 by telling the players before they kick a ball onto the field. If a team is not ready, observe how the team who is ready responds to less pressure. After several rounds, the teams can change and try to score on their opponent's goal.



2nd. PLAY PHASE: The Game – 3v3 or 4v4 24 minutes-2 intervals-10 min. play-2 min. rest

OBJECTIVE: Move the ball forward toward the opponent's goal

PLAYER ACTIONS: Pass or dribble forward

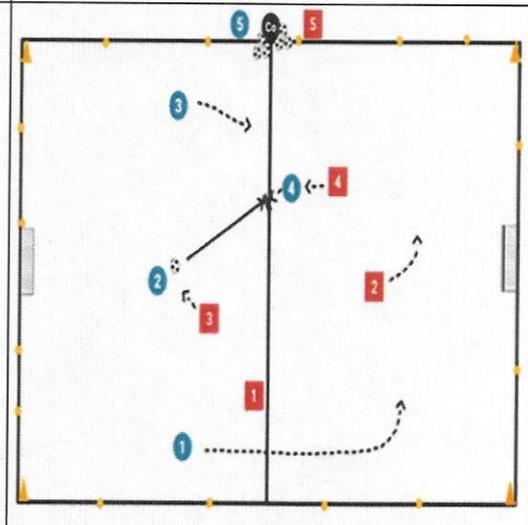
ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4; no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Go for it, go to goal, find your teammate

GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?

ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.



FIVE ELEMENTS OF TRAINING EXERCISES

SELF REFLECTION QUESTIONS

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

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



GOAL: Improve buildup in the opponent's half of field

PLAYER ACTIONS: Shoot, Pass or dribble forward

KEY QUALITIES: Read and understand game, take initiative

SKILL ACQUISITION: **Dribbling:** continue instruction **Passing:** surface of the foot and ball, nob-kicking foot close to the ball **Shoot:** Surface of the foot and ball, eye on the ball, watch the ball off the foot

(Intentional Free Play) DURATION: 18 min. - **INTERVALS:** 3 - **ACTIVITY:** 5 min. - **REST:** 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

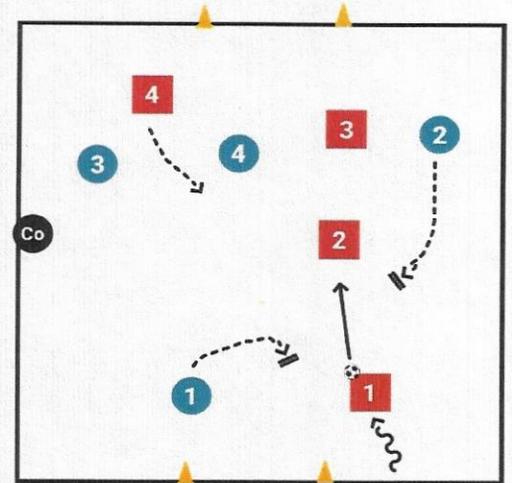
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1, then 2v2 up to 3v3.

KEY WORDS: go to goal, find a goal scorer

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?

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.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.



PRACTICE (Activity 1): 4 Surface Dribbling 8 minutes-6 intervals-1 min. play-20 sec. rest

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

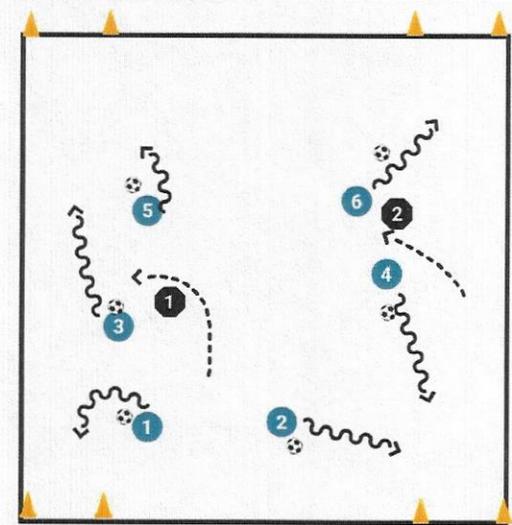
PLAYER ACTIONS: Pass or dribble forward

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.



PRACTICE (Act. 2): Sid the Sloth vs Crash & Eddy 8 minutes-4 intervals-90 sec. play-30 sec. rest

OBJECTIVE: Improve dribbling to avoid opponents & dribbling to goal

PLAYER ACTIONS: Pass or dribble forward

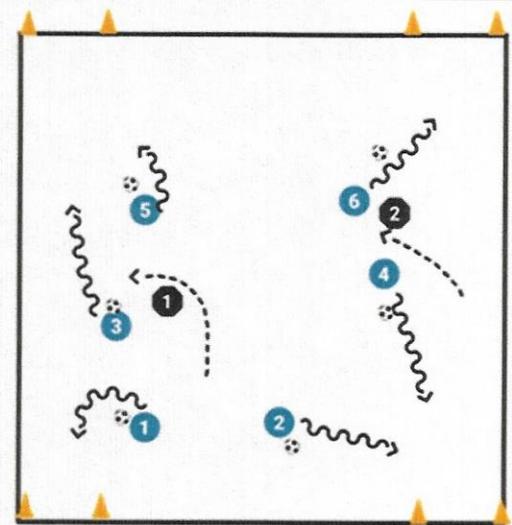
ORGANIZATION: In a 15W x 20L grid, 2 cone goals on each end line, the players (Crash & Eddy the possums) try to dribble their soccer ball to as many goals as possible while avoiding Sid the Sloths (the coaches who can only walk.) Sid the Sloths try to tag Crash & Eddy. **RULES:** Play begins as soon as Crash & Eddy begin dribbling. Crash & Eddy get 1000 points for every goal they can score by dribbling through the cones. If Sid the Sloth tags a dribbler, they lose all their points & have to begin counting over again.

KEY WORDS: Go around Sid, push the ball forward

GUIDED QUESTIONS: When do you want to go around the sloths? What can you do if one goal is really crowded?

ANSWERS: If Sid is blocking your opening to a goal, you can try to dribble around them (use the outside & inside of the foot to move the ball to the side and laces to push it past Sid.) Use the outside, inside or bottom of the foot to turn the ball toward an open goal.

Note: Coach should focus on the player's success. Sometimes, instead of tagging them, encourage them to move around the coach and get away. The thought of getting tagged could make them move a little faster.



PRACTICE (Activity 3): Scrats Acorn Hunt 8 minutes-4 intervals-90 sec. play-30 sec. rest

OBJECTIVE: Move the ball forward to get past the opponents in order to score

PLAYER ACTIONS: Shoot, pass or dribble forward

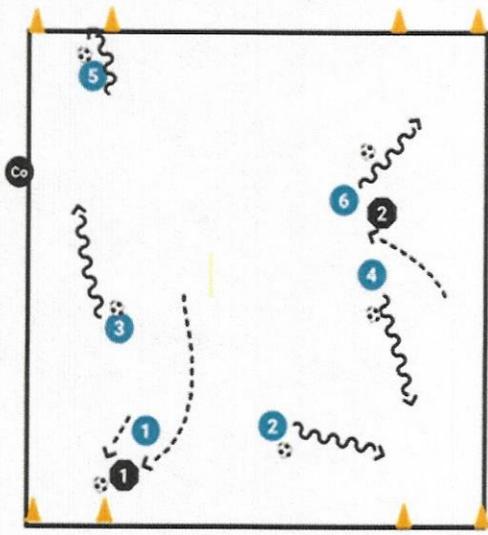
ORGANIZATION: In a 15W x 20L grid, 2 cone goals on each end line, select 2 players to be Scrats (they do not need a soccer ball.) All other players have a soccer ball. The dribblers try to dribble their soccer ball (acorn) into as many goals as possible while avoiding the Scrats. The Scrats try to steal the dribbler's acorns and hide them in the trees (goals.) **Rules:** Play begins as soon as the Scrats enter the field. Dribblers get 1 point for every goal they score. Dribblers can steal their ball back before Scrat gets it to a tree. If a Scrat steals their ball and hides it in a tree, the dribbler loses all their points and have to begin scoring over again.

KEY WORDS: Get close to the goal, try to shoot, don't let the Scrats hide your ball

GUIDED QUESTIONS: What are some ways you can score more goals? What would happen if you stole the ball back from Scrat before they could hide your ball?

ANSWERS: Try to shoot it from far away then run after it or dribble closer to the goal before you shoot it. You can keep the Scrat from scoring/hiding your ball and save your points.

Note: In the last few rounds, you can try to accumulate Scrats. If a Scrat steals and hides a ball in a goal, that player becomes a Scrat also. Which player can last the longest? Remember to encourage the dribblers more than the Scrats.



The Game 3v3 or 4v4 24 minutes- 2 intervals – 10 min. play-2 min rest

OBJECTIVE: Move the ball forward toward the opponent's goal

PLAYER ACTIONS: Pass or dribble forward

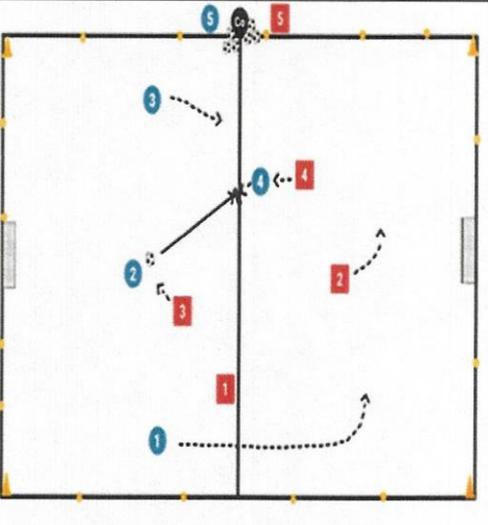
ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Go for it, go to goal, find your teammate

GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?

ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.



| FIVE ELEMENTS OF TRAINING EXERCISES | SELF REFLECTION QUESTIONS |
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GOAL: Improve buildup in the opponent's half of field

PLAYER ACTIONS: Shoot, Pass or dribble forward

KEY QUALITIES: Read and understand game, take initiative

SKILL ACQUISITION: **Dribbling:** continue instruction **Passing:** surface of the foot and ball, non-kicking foot close to the ball **Shoot:** Surface of the foot and ball, eye on the ball, watch the ball off the foot

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|---|--|
| <p>(Intentional Free Play) DURATION: 18 min. - INTERVALS: 3 - 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 (25W x 35L) 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>PRACTICE (Activity 1): Steal the Treasure 8 minutes-6 intervals-1 min. play-20 sec. rest</p> <p>OBJECTIVE: Improve the player's ability to turn and dribble their soccer ball to a target</p> <p>PLAYER ACTIONS: Dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, place a 4x4 square in each corner & all soccer balls start in the middle of the grid. Divide the players equally between the corners (each team should make up their own team name). On the coach's command, the players race to the middle to get a ball with their feet and dribble it back to their home square. Once all the balls are gone from the middle, the players can steal soccer balls from other squares. RULES: Play begins when the coach says, "GAME ON!" Dribblers can only use their feet to get and dribble a soccer ball.</p> <p>KEY WORDS: Find your home base, look up to find anyone trying to steal your ball</p> <p>GUIDED QUESTIONS: After you steal a treasure, what now? What can you do if you see a soccer ball on the field?</p> <p>ANSWERS: Once you have stolen some treasure, get it back to your home base quickly. Go get it and dribble it back to your home base.</p> <p>Note: Watch players and make sure they are only using their feet. When guarding the soccer balls, children may try to lay on top of them. For a safer environment, make a rule that doesn't allow for this. In later rounds, challenge the players to pass it back to their home base.</p> | |
| <p>PRACTICE (Act. 2): 2 Headed Monster Invasion 8 minutes-4 intervals-90 sec. play-30 sec. rest</p> <p>OBJECTIVE: Improve the players ability to dribble the ball away from opponents</p> <p>PLAYER ACTIONS: Dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, place a 4x4 square in each corner (caves.) Divide the players equally between the 4 corners & each player has a soccer ball except for 2. Each of these players joins hands with a coach to become a Two-Headed Monster. The players try to dribble their soccer ball into as many caves as possible. The monsters try to tag them. RULES: Play begins when the coach says, "MONSTERS ON THE LOOSE!" Dribblers get 100 points for every cave they can get into. If tagged by a monster, they lose their points and begin scoring again. The caves are safe for the dribblers & the monsters must stay connected.</p> <p>KEY WORDS: sneak behind a monster, stop the ball (in a cave), scan the field</p> <p>GUIDED QUESTIONS: What can you do if the monsters are not facing you? Where can you go if a monster is guarding a cave?</p> <p>ANSWERS: Quickly sneak behind them to an open cave. Scan the field to find an open cave. Turn if you have to and get to that cave as quickly as you can.</p> <p>Note: Early on, coaches may need to encourage some players to move from cave to cave. Help them recognize when it is safe to go. Stop assisting once they identify the moment to go.</p> | |

PRACTICE (Activity 3): Field of Doom 8 minutes-4 intervals-90 sec. play-30 sec. rest

OBJECTIVE: Turn & dribble your soccer ball away from pressure and find and open goal

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid, place a 4x4 square in each corner. Select 2 players to start without a soccer ball; all other players with a ball. Players with a ball try to dribble from box to box. Each box they safely get into is worth 1000 points. Players without a ball try to steal any ball they can and start scoring by getting safely to a box. **RULES:** Play begins when the coach says, "Game On!" Dribblers get 100 points for every box they can get into. If a player loses their ball, they can either steal their ball back or try to steal another ball so they can start scoring again. A dribbler is safe once they get into a box.

KEY WORDS: Turn away from danger, dribble fast to a safe space on the field

GUIDED QUESTIONS: When is a good time to run to the next box? Why might you want to stop your ball inside one of the boxes?

ANSWERS: If you see an opening to the next box & can get their safely. By stopping the ball in the box, you have time to rest and scan the field for the next box to get to.

Note: Coaches may have to remind the players to try to keep scoring. Coaches may also have to remind the players without a ball that the boxes are safe places for the dribblers. Remember to focus on the players with the ball and the decisions they may have to make.

The Game 3v3 or 4v4

OBJECTIVE: Move the ball forward toward the opponent's goal

PLAYER ACTIONS: Pass or dribble forward

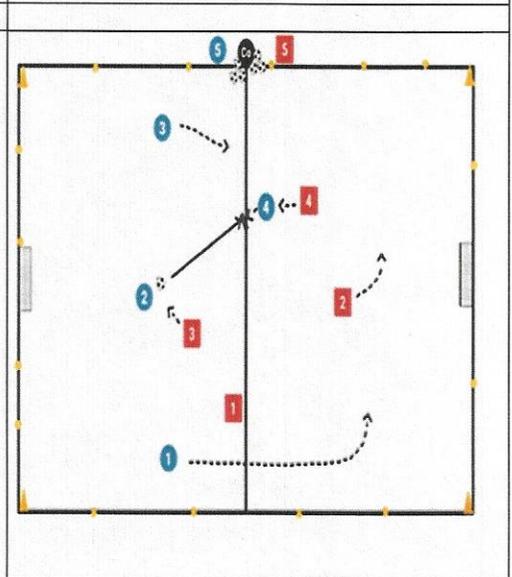
ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Go for it, go to goal, find your teammate

GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?

ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.



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



GOAL: Improve buildup in the opponent's half of field

PLAYER ACTIONS: Shoot, Pass or dribble forward

KEY QUALITIES: Read and understand game, take initiative

SKILL ACQUISITION: **Dribbling:** continue instruction **Passing:** surface of the foot and ball, non-kicking foot close to the ball **Shoot:** Surface of the foot and ball, eye on the ball, watch the ball off the foot

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|---|--|
| <p>(Intentional Free Play) DURATION: 18 min. - INTERVALS: 3 - 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 (25W x 35L) 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>PRACTICE (Activity 1): 4 Surface Dribbling 8 minutes-6 intervals-1 min. play-20 sec. rest</p> <p>OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>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.</p> <p>KEY WORDS: Outside, inside, laces & bottom</p> <p>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?</p> <p>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.</p> <p>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.</p> | |
| <p>PRACTICE (Activity 2): Freeze Tag 9 minutes-6 intervals-1 min. play-30 sec. rest</p> <p>OBJECTIVE: Improve dribbling to avoid opponents</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, the coach will select 2 Freeze Monsters who do not need a soccer ball. The rest of the players dribble their ball around the grid and avoid the Freeze Monsters. If a Freeze Monster tags a dribbler, they are frozen. They must stand & hold their soccer ball over their head so their teammates know they are frozen. To get unfrozen, a dribbling teammate must hit them in their shin guards with their ball. RULES: Play begins when the coach says, "BEWARE OF THE FREEZE MONSTER!" Dribblers must stay within the grid. If their ball goes out of play, the dribbler must retrieve it as fast as they can and return to the game.</p> <p>KEY WORDS: Find who is frozen, unfreeze your teammate</p> <p>GUIDED QUESTIONS: How do you know where the Freeze Monsters are or where the frozen players are? How do you unfreeze a teammate?</p> <p>ANSWERS: You have to look up and around you to see the Freeze Monsters and your frozen teammates. When no Freeze Monsters are close, dribble to your teammate and pass your ball into their shin guards.</p> <p>Note: If they players are able to hit their teammates in the shin guards, you can also try to have them pass through their frozen teammates legs. If they are struggling the free their teammates, a simple tag can unfreeze them too. Coaches can start as freeze monsters if needed.</p> | |

PRACTICE (Activity 3): 1v1 Dribble Challenge 7 minutes-7 intervals-30 sec. play-30 sec. rest

OBJECTIVE: Move the ball forward to get past the opponents in order to score (stop it on the line)

PLAYER ACTIONS: Dribble forward

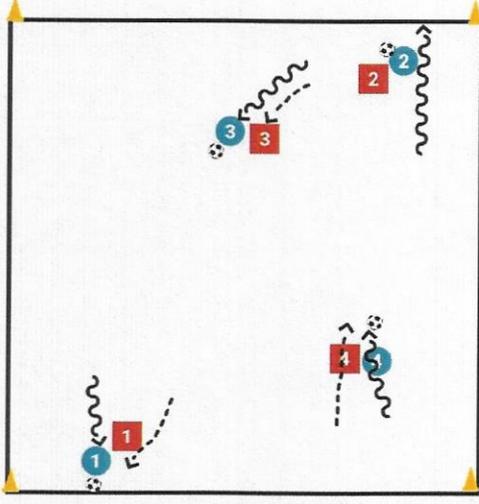
ORGANIZATION: In a 15W x 20L grid, each player gets a partner and 1 soccer ball to share. Play a short 1v1 game. 1 player attacks an end line & their partner/opponent attacks the opposite end line. All pairs play at the same time. **Rules:** Play begins as soon as any player touches the ball. Goals are scored by the attacking player stopping the ball on the opponent's end line. After a goal is scored, the player who didn't score starts with the ball. The game is continuous for 30 seconds. Players must stay within the grid.

KEY WORDS: Get the ball to the line, stop it, go around them

GUIDED QUESTIONS: What is the best way to get by your opponent and score? Once you get to the line, who can show me at least 2 different ways to stop your ball & score?

ANSWERS: Find an opening all the way to the line then push the ball in front of you so you can run after it. Question 2 is a check for understanding. Encourage the players to show you how they can stop the ball on the line (without using their hands.)

Note: The coach can walk around the field if needed to interact with the players. Your positive voice can be encouraging to the players to try and score. The field should be big enough but monitor the players if they begin to get too congested.



The Game 3v3 or 4v4

OBJECTIVE: Move the ball forward toward the opponent's goal

PLAYER ACTIONS: Pass or dribble forward

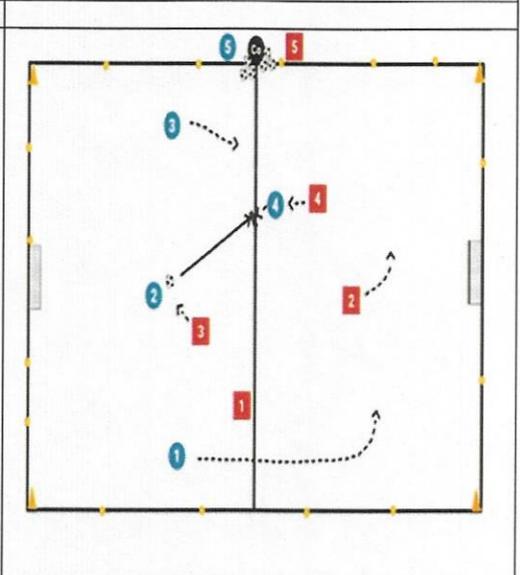
ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Go for it, go to goal, find your teammate

GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?

ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.



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 buildup in the opponent's half of field **PLAYER ACTIONS:** Shoot, Pass or dribble forward
KEY QUALITIES: Read and understand game, take initiative
SKILL ACQUISITION: **Dribbling:** continue instruction **Passing:** surface of the foot and ball, nob-kicking foot close to the ball **Shoot:** Surface of the foot and ball, eye on the ball, watch the ball off the foot

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| <p>(Intentional Free Play) DURATION: 18 min. - INTERVALS: 3 - 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 (25W x 35L) 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>(Act. 1): The Cat in the Hat vs Things 1 & 2 8 minutes-8 intervals-30 sec. play-30 sec. rest</p> <p>OBJECTIVE: To dribble and change direction to avoid Things 1 & 2</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, select 2 players to start as Things 1 & 2; they do not need a soccer ball & can only hop to move. The rest of the players start with a soccer ball at 1 end line; they are Cats in Hats. The Cats try to dribble their ball from 1 end line to the other as many times in 30 seconds as they can. If a Cat gets tagged by Thing 1 or 2, they become a thing also. RULES: Play begins as soon as the coach say, "LETS HAVE SOME FUN." Count the number of times the cats can safely cross.</p> <p>KEY WORDS: Faster with longer touches, slower with shorter touches</p> <p>GUIDED QUESTIONS: Why should you use big touches to dribble? What kind of touches should you use if you are get close to an end line and want to turn?</p> <p>ANSWERS: By kicking it further in front, you can build up speed and go faster. Use softer touches when you close to an end line and want to turn.</p> <p>Note: A variation in the game is to allow the players to switch roles if a Thing can tag a cat. Coaches can also start as Things 1 & 2 in the first round. Remember to encourage dribbling. If the coaches start has Things 1 & 2, sometimes allow the players to achieve success by not rushing to tag a player who is struggling to dribble.</p> | |
| <p>(Act. 2): Tiggers vs Rabbits 8 minutes-8 intervals-45 sec. play-15 sec. rest</p> <p>OBJECTIVE: Improve dribbling toward a target and kicking your ball to a moving target</p> <p>PLAYER ACTIONS: Pass or dribble forward</p> <p>ORGANIZATION: In a 15W x 20L grid, select 2 players to start as Tiggers. They start without soccer balls and can only hop or skip to avoid getting hit with a ball. The rest of the players start with a soccer ball and they are Rabbits. They dribble their ball & try to hit the Tiggers in their socks with their ball. Since the Rabbits hate the noise the Tiggers are making, they only way to stop them is with their ball.</p> <p>RULES: Play begins as soon as 1 Tigger takes a hop. Rabbits get 1 million points for every Tigger they can hit. Each round, switch who are Rabbits and who are the Tiggers.</p> <p>KEY WORDS: Kick the ball closer to a Tigger, watch the ball as your foot hits the ball</p> <p>GUIDED QUESTIONS: Why would you get closer to a Tigger before you try to hit them? Where is the best place to strike a soccer ball if you want to hit a Tigger in the socks?</p> <p>ANSWERS: It is easier to hit the Tiggers if you are closer to them. If you watch your foot hit the ball right in the middle, the ball will stay low to hit the socks.</p> <p>Note: Coaches can start as Tiggers. Observe the players and how they are kicking the ball to make for a safer game. Encourage striking through the middle of the ball to help keep it on the ground.</p> | |

(Act. 3): Good Minions vs Evil Minions 8 minutes-8 intervals-45 sec. play-15 sec. rest

OBJECTIVE: Improve dribble toward a target and striking the ball to a moving target

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, 2 teams-1 team of Good Minions, without soccer balls & 1 team of Evil Minions, with soccer balls. Evil Minions try to dribble their ball & zap the Good Minions by hitting them below the knee with their ball. Good Minions try to run & avoid getting hit. **RULES:** Play begins as soon as the first Evil Minion begins to dribble. If an Evil Minion hits a Good Minion, the switch roles; the Good Minion becomes Evil and Evil Minion becomes Good. The new Evil Minion get a ball and begins to hunt the Good Minions.

KEY WORDS: Accuracy (Aim,) Pace (Speed) & Weight (Strength)

GUIDED QUESTIONS: Who can describe what they have to do with the ball in order to hit a Good Minion? So, when is the best to for the Evil Minions to shoot their ray gun (soccer ball?)

ANSWERS: Take aim by turning your body toward the Good Minion hit the ball with enough pace so the Good Minion can't get out of the way. After you have dribbled close and took aim, hit through the middle of the ball with the middle of your foot to hit the Good Minion.

Note: Coaches can start as Good Minions. Always be aware of how players are striking the ball and guide the players on ways to keep the ball on the ground. If a coach becomes an Evil Minion, remember to strike the ball gently to make the game safer for the players.

The Game 3v3 or 4v4

OBJECTIVE: Move the ball forward toward the opponent's goal

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Go for it, go to goal, find your teammate

GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?

ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

| FIVE ELEMENTS OF TRAINING EXERCISES | SELF REFLECTION QUESTIONS |
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GOAL: Improve buildup in the opponent's half of field

PLAYER ACTIONS: Shoot, Pass or dribble forward

KEY QUALITIES: Read and understand game, take initiative

SKILL ACQUISITION: **Dribbling:** continue instruction **Passing:** surface of the foot and ball, nob-kicking foot close to the ball **Shoot:** Surface of the foot and ball, eye on the ball, watch the ball off the foot

(Intentional Free Play) DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.

OBJECTIVE: To pass or dribble past an opponent in order to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

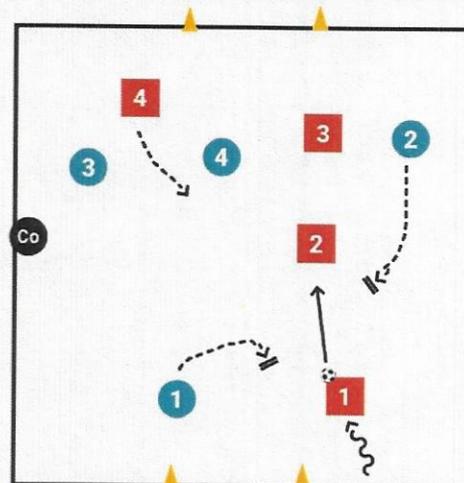
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1, then 2v2 up to 3v3.

KEY WORDS: go to goal, find a goal scorer

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?

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.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.



(Act. 1): Triangle Gate Challenge 8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to dribble & change direction

PLAYER ACTIONS: Dribble forward

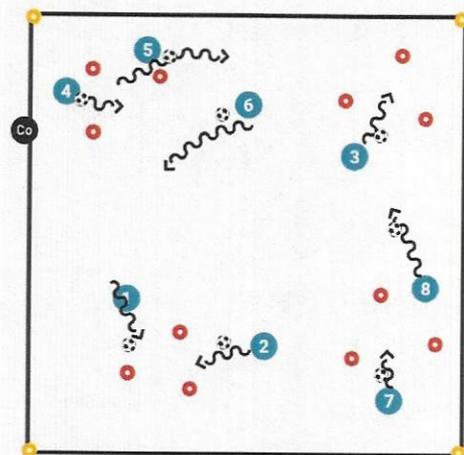
ORGANIZATION: In a 15W x 20L grid with several 3-yard triangular goals randomly placed in the grid & all players with a soccer ball, the players dribble their ball into or through as many goals as possible. How many goals can the players get to in 1 minute? **RULES:** Players begin dribbling when coach says, "GO!" Intervals 2 & 3, players try to beat their score. Intervals 4-6, still beat their score but also must stop the ball in each space for a point.

KEY WORDS: look up, look around, stop your ball

GUIDED QUESTIONS: Why is it important to pick your head up and look over your shoulder? How do you know which triangle goal to go to next?

ANSWERS: Pick your head up and look around to see which triangle to attack next. Keep looking so you don't bump into anyone. The triangle goal with the fewest players close to it is usually best.

Note: Coach should observe the players to determine their level of understanding. You may have to start slow by asking the players to get to any goal as fast as they can. Then, who can get to all goals the fastest? Finally, make the game a challenge



(Act. 2): Triangle Gate Challenge with Guards 8 minutes-4 intervals-90 sec. play-30 sec. rest

OBJECTIVE: Improve the player's ability to dribble away from opponent's and stop their soccer ball

PLAYER ACTIONS: Dribble forward

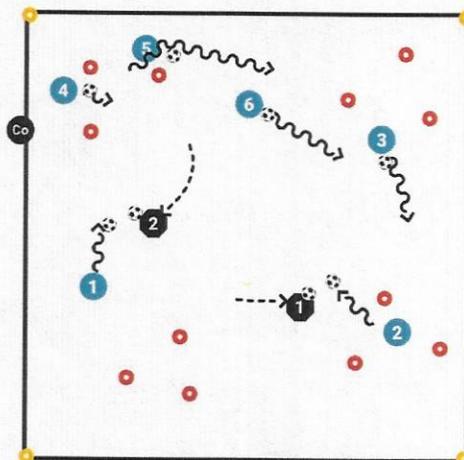
ORGANIZATION: In a 15W x 20L grid with several 3-yard triangular goals (bases) randomly placed in the grid, all players with a soccer ball, the coach will select 2 players to be it. The 2 players who are it, have their ball in their hands & they guard the bases. The rest of the players try to dribble their ball and get 100 points for every base they can stop their ball in. If a guard can hit the dribbler's ball with their own, the dribbler loses all their points. **RULES:** Players begin dribbling when coach says, "GO!" Guards can only toss their ball with 2 hands and underhand to hit the dribbler's ball. Dribblers are safe if they can stop their ball (with their feet) in any triangular goal.

KEY WORDS: Stop your ball, look before you go to the next base

GUIDED QUESTIONS: Who can show me how to stop their ball inside of a triangle? When is the best time to move to the next goal?

ANSWERS: First question is eliciting a player who can demonstrate how to stop the ball. Generally, it can be with the bottom of the foot but any surface which stops the ball from rolling is ok. With no guards are looking at you or are close to you, get to the next goal.

Note: 2 hands and underhand will keep the game safe. Overhand throws tend to be a little more reckless. Guide (instead of tell) the players to recognizing the moment to go.



PRACTICE (Activity 3): Monsters Inc. 8 minutes-4 intervals-90 sec. play-30 sec. rest

OBJECTIVE: Move the ball forward to get past the opponent's in order to score (stop it on the line)

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid with several 3-yard triangular goals (bases) randomly placed in the grid, all players with a soccer ball, the coach will select 2 players to be it (they are Boo.) The 2 players who are it, do not have a soccer ball. The rest of the players (Mike & Sully) do have a ball & try to dribble their ball & hide from Boo in a closet (the goals). They get 1000 points for every base they can stop their ball in. If Boo tries to steal their ball and dribble it out of the grid. **RULES:** Play begins when coach says, "look out for Boo!" Dribblers try to get from closet to closet. Dribblers are safe in a closet. If Boo steals their ball and dribbles it out of the grid, they lose all points and start again.

KEY WORDS: Step close to the ball to stop it, look out for Boo

GUIDED QUESTIONS: Where should your body be when you are trying to stop the ball? Besides in the closet, when is another time you would want to stop your ball?

ANSWERS: Try to run slightly ahead of the rolling ball before putting your foot on top of the ball to stop it. If the ball starts to get too far in front of you or is about to go out of play, stop it and start dribbling again.

Note: After 2 rounds, change the rules so now, only 1 player in a closet at a time. If a new player enters, the player in the longest has to leave. Boo & the monsters can also switch roles if the ball is lost; coaches' choice.

The Game 3v3 or 4v4

OBJECTIVE: Move the ball forward toward the opponent's goal

PLAYER ACTIONS: Pass or dribble forward

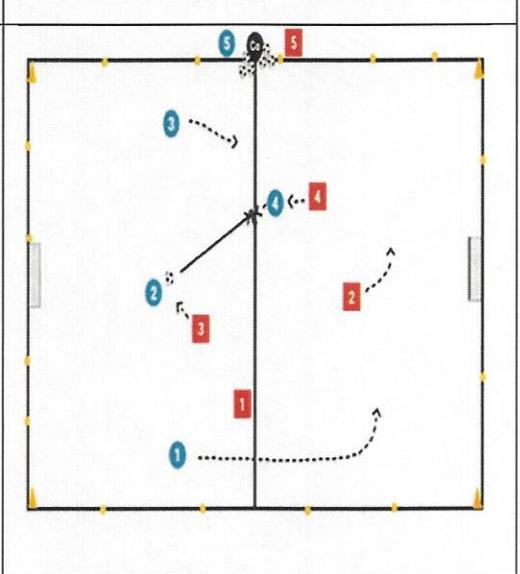
ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a halftime. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Go for it, go to goal, find your teammate

GUIDED QUESTIONS: Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?

ANSWERS: We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.



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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?