

EDSON MINOR SOCCER COACHING GUIDEBOOK FOR UNDER 10'S



2005

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For

Edson Minor Soccer Association

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Alberta Soccer Association

And

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Revised April 24th, 2004

SKILLS CHECKLIST

(What skills should my players be able to perform, and at what age)

2 – 4 Year Olds

FOCUS OF PRACTICE

Goals
Fun Games
2 V 2

MAIN THEME: LOCOMOTOR AND STABILITY

SKILLS PERFORMED

Running/Jumping/Turning/Kicking with Both Feet/Stopping and Starting/Falling /Dodging/Balancing/Coordination

4 – 6 Year Olds

FOCUS OF PRACTICE

Lines
Goals
Fun Games
1 V 1, 2 V 2, 3 V 3

MAIN THEME: SMALL-SIDED GAMES

SKILLS PERFORMED

Running/Jumping/Turning/Kicking with both feet/Stopping. All these skills should be done with and without A ball. Passing over very short distances using the inside of both right and left feet.

6 – 8 Year Olds

FOCUS OF PRACTICE

Lines
Goals
Fun Games
Triangles
1 V 1, 2 V 2, 3 V 3

MAIN THEME: RUNNING WITH THE BALL

SKILLS PERFORMED

Running/Jumping/Turning/Kicking ball using the instep of both right and left feet/Stopping/All these skills should be done with and without a ball. Passing over short distances using the inside of both right and left feet. Basic Goalkeeping skills

8 – 10 Year Olds

FOCUS OF PRACTICE

Lines/Circles/Relays/Grids
Triangles/Rectangles/Diamonds
Goals
Competitions and Fun Games
1 V 1, 2 V 2, 3 V 3

MAIN THEME: INDIVIDUAL BALL POSSESSION

SKILLS PERFORMED

Dribbling/Turning/Kicking/Shooting with instep of both right and left feet/Stopping/Passing/Control with lower body/Goalkeeping/Throw-ins/Tackling/Basic Heading skills/Team Shape

10 – 12 Year Olds

FOCUS OF PRACTICE

Grids/Lines/Circles/Relays/Goals
Triangles/Rectangles/Squares
Diamond Shape/Small Sided Games
Competitions and Fun Games
1 V 1, 2 V 2, 2 V 1, 3 V 3, 2 V 3

MAIN THEME: GROUP POSSESSION OF BALL

SKILLS PERFORMED

Dribbling/Turning/Shooting/Volleying/Heading
Passing/Control with upper body/Goalkeeping/Support/Throw-ins/Tackling/Team Shape/Overlaps

12 – 14 Year Olds

FOCUS OF PRACTICE

Grids/Lines/Circles/Relays
Triangles/Rectangles/Squares
Diamond Shape
Goals/Small Sided Games
Competitions, Fun, and Tactical Games
Offence Vs. Defence,
2 V 2, 2 V 1, 3 V 3, 3 V 2, etc.

MAIN THEME: INDIVIDUAL TACTICS

SKILLS PERFORMED

Dribbling/Turning/Shooting/Volleying/Heading
Passing/Control/Goalkeeping/Crossing/Finishing/Support/Throw-ins/Tackling/Team Shape When Attacking and Defending/Set Pieces/Tactics of Attack and Defence/Overlapping/Teamwork

INTEGRATING PLAYER DEVELOPMENT NEEDS AND COACHING

What should you do with your players? This Guidebook will help you answer that question. Think about the characteristics of the players on your team. They are becoming more and more coordinated in their movements. For some of them adding a soccer ball to control will make it more difficult. We need to be concerned with players learning to control both their bodies and the Soccer ball. They are still very egocentric or self-centered and are only beginning to understand concepts like cooperation or competition. At under ten, players will move from being very egocentric, to learning to cooperate by working with a partner or in small groups (2 or 3 others). These kids are highly creative, imaginative and great at imitating. The activities at under ten should be geared towards games that are structured very informally. In other words, “PLAY”, and this is where you can have just as much fun as your players by jumping in. This last point is the key to the program being successful.

What do kids do when they are not in school or sleeping? They are playing and this is how they learn about their world. Like most players, young soccer players do not learn soccer skills by standing in long lines doing structured drills and receiving formal coaching. Young Soccer Players learn best when the coach sets up a game, then stands back (or even better joins in) and lets the learning happen naturally.

This Philosophy of letting the “Game Be The Teacher” is also realistic given the characteristics of the average coach of a 6 – 10 year old team. Generally, parents with little or no soccer background coach these teams. If we ask these parent-coaches to run drill driven practices using methodological progressions, we must also ask: how effective are they going to be at running such sessions?” The answer to this question is likely not very effective given the inexperience of the parent-coach with regards to both soccer and coaching in general. How can they possibly teach and correct technical skills if they themselves cannot demonstrate or even recognize fundamental errors? If we insist they run drill driven practices geared toward technical improvement, they are simply not going to be very good at what they are being asked to do. Even an excellent coach may have difficulty making practices fun for a group of 6 – 10 year olds, and to ask an inexperienced coach to do likewise is being unrealistic.

If they are not capable of running methodological practices as advocated in many soccer textbooks, what then are they capable of doing and how should they do it? The answer to this question is that these parent-coaches are capable of organizing their players and placing them into fun small-sided games where skill development can be enhanced by trial and error. This accomplishes three things:

- It does not ask the parent-coach to do anything that he/she is not capable of doing.
- It allows the children to play in an uninhibited fashion where they have the opportunity for many touches on the ball and are being placed in physical and mental situations, which are realistic to the game of soccer.
- It gives the children an opportunity to have fun and this is ultimately the most important function of all.

We must recognize that our players need to develop technical skills and enhance neuromuscular co-ordination at a young age. However, we must also recognize that the people teaching them the game of Soccer Football at a young age often do not have the expertise to instruct children about the fundamentals of the game. We must never stop trying to educate our coaches in these areas, but we must also be realistic and recognize that what appears sound in theory is not always sound in practice.

GOALS FOR THE UNDER 10 PROGRAM

The goals of our U-10 program are grounded in individual games and creative play. The majority of activities center on learning movement concepts such as Running, Jumping, Kicking, Catching, etc. as they relate specifically to soccer. The emphasis is also placed on play in small groups. The games are simple, easily taught and not demanding of skills. As children mature, they enjoy participation in Running, Tag, and Ball Games. This guidebook provides you with a few of those types of games. A few team activities are also included and the ball games require the skills of Throwing, Catching, Dribbling, Passing, and Shooting.

The amount of learning that will take place and the level of stress encountered by the players will hinge on their abilities to treat the practice environment you have set up like play. Remember the more structured, formal and organized you make the training, and the harder it becomes for the players to stay relaxed, have fun and learn. **“Let the game be the Teacher”**.

It is important to understand that each coach makes a special contribution to the developing “football player”. You are as important as every other coach within Edson Minor Soccer’s developmental process. Think of it this way. If a child starts soccer at Three years old and plays to adulthood, that gives us about fifteen years of development which has to be planned in order to ensure each player receives the greatest benefits from organized youth soccer. It’s like a big puzzle in which you are one piece. You may be a big piece or a small piece. You may be the first piece put down or the last. Whatever your role and position, you are important to the long-term development of each player. Without your piece, the puzzle of soccer development is incomplete. So ask yourself, ***“WHAT IS MY ROLE IN THE DEVELOPMENT OF EACH PLAYER?”***



SEASON OBJECTIVES

The U-4 to U-10 coach's piece of the player development puzzle can be spelled out in the season objectives and skills checklist. Keep these objectives and skills in mind every time you spend a game or practice with your team. When you ask yourself what your contribution to these players is, just look over the season objectives and skills checklist to remind yourself. You should periodically monitor these objectives and skills throughout the season to see if players are on the right track and making progress.

Locomotor Skills – Players will show improvement in running, side stepping, leaping, jumping, starting and stopping.

Stability Skills – Players will show improvements in both static and dynamic balance, and dodging.

Dribbling – Players will attempt to use both feet and improve balance and coordination.

Shooting – Players will attempt to shoot the ball using the instep (laces) of both right and left feet.

Passing – Players will attempt to pass the ball using the inside of both right and left feet.

Controlling – Players will attempt to control the ball first before passing it. Do not let players simply kick it and chase it.

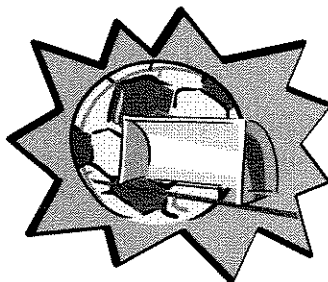
Heading – Players will make an effort and attempt to head the ball. Players will not be as afraid and shy away.

Catching – Players, as Goalkeepers, will be able to catch a ball rolled or thrown towards them as a ball thrown directly above them.

Rolling – Players, as Goalkeepers, will be able to roll the ball to the feet of another player over short distance.

Scrimmage – Players will attempt to use all the general space, spread out instead of swarm around the ball, and begin to appreciate and understand the basic rules and boundaries necessary to play soccer. Players will also begin to understand the concept of cooperation and attempt making passes to teammates.

Affective – Players will have “FUN”, develop self-confidence and intrinsic motivation towards the game of soccer football.

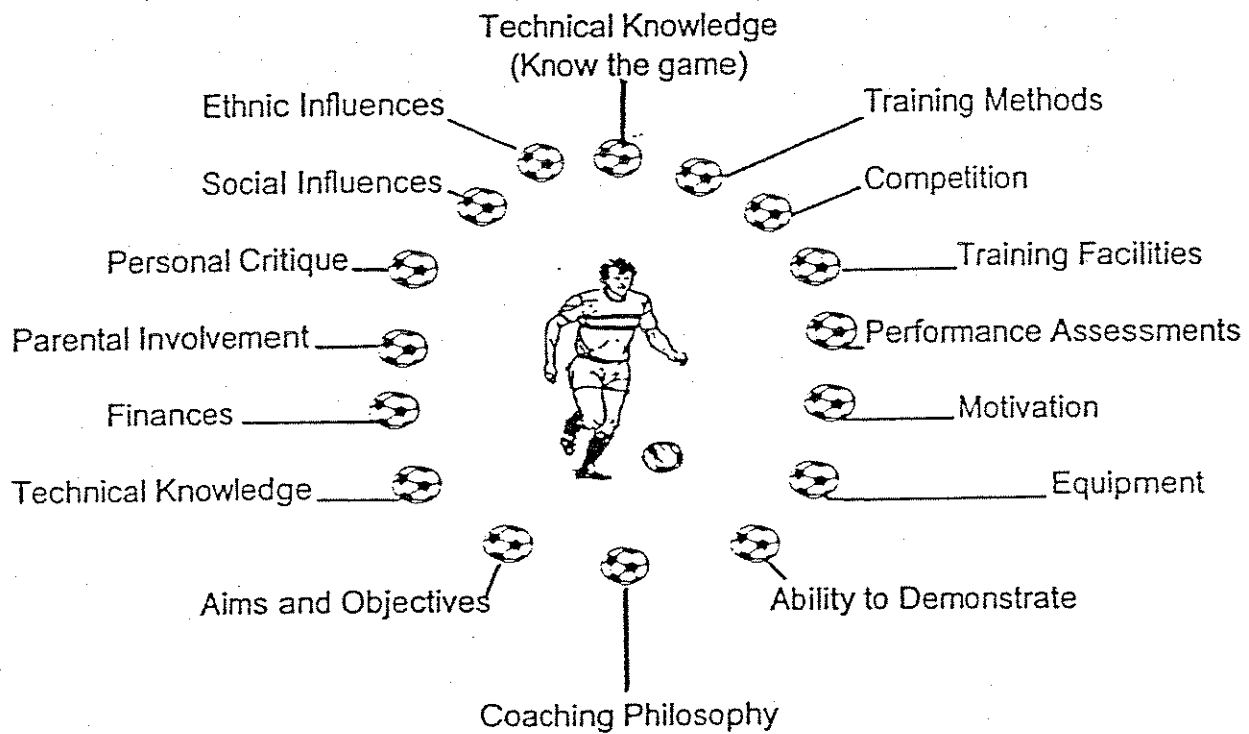


COACHING OBJECTIVES

To coach the modern player you must be able to deal with a variation of problems that the cosmopolitan players bring to the practice field.

The organizational skills that are so vitally important if the coach expects to get the maximum from his or her players.

Below are just a few of the Factors that the coach would need to deal with successfully if he or she ever expected to be a successful coach.



Which of these soccer balls do you find hard to control? As a coach you must control them all!

COACHING MUSTS

- YOU MUST BE ORGANIZED
- YOU MUST DEMAND STANDARDS
- YOU MUST BE ENTHUSIASTIC
- YOU MUST CREATE ENJOYMENT
- YOU MUST LOOK THE PART

Every coach has his / her own philosophy on the game of soccer and how they feel it should be played. The philosophy is what will guide you through all your coaching decisions regardless to what they may be. Knowing your personal philosophies and the demand on you at your club level, you must realize that you are not being asked to make radical changes to your thoughts when you are asked to coach with this mission statement, to develop players to perform at the professional & national level with A "POSSESSION OF THE BALL MENTALITY".

Having established your own goals and being in belief of this possession of the ball mentality, you must ask yourself the following questions:

- DO I UNDERSTAND WHAT IS EXPECTED OF ME
- WHY I AM COACHING
- CAN I ACCEPT CRITIQUE
- DO I HAVE THE ORGANIZATIONAL SKILLS

THREE KEY INGREDIENTS

- YOU MUST HAVE TARGETS
- YOU MUST HAVE SUPPORTING PLAYERS
- YOU MUST HAVE OPPOSING PLAYERS

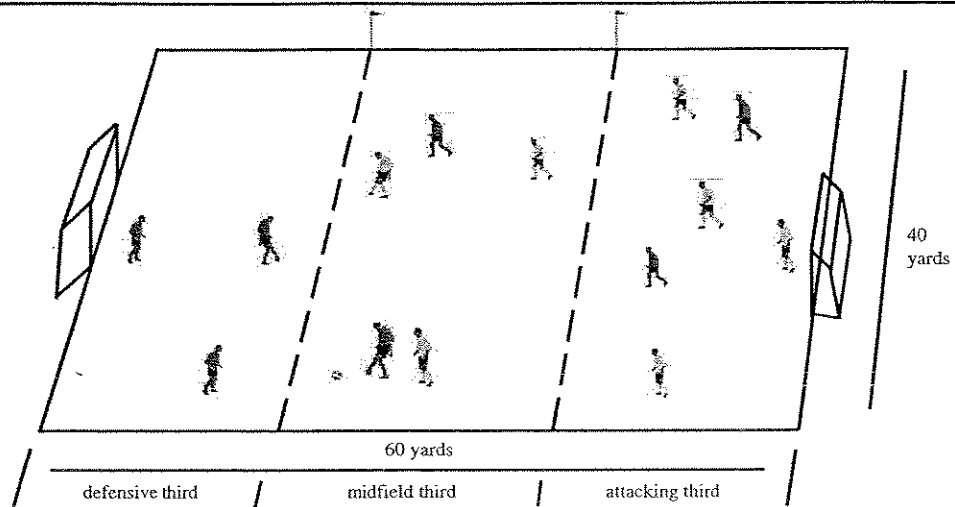
UNDER 10 PLAYING STRUCTURE

- Teams play 7 v 7, 6 field players and 1 goalkeeper.
- Field size should be about 60yd x 40yd and play with a size 4 ball.
- Each team should have no more than 11 players.
- Teams practice for 20-minutes then plays two 25-minute halves with a 4-minute break at half.
- This age group now has Referees that run the game.
- Game is started by a kick-off from center and restarted after a goal in the same manner
- Goal kick or corner when the ball goes out the ends outside of the goalpost.
- No offsides, throw-ins are used when ball goes into touch.
- Goalkeepers are used and must be rotated; all players get a chance to play in net.
- Unlimited substitutions during stoppage in play.
- Goals are about 6 feet high and 18 feet wide.



SUPER SEVENS

SIX VERSUS SIX
PLUS GOALKEEPERS



THEMES FOR PLAYER DEVELOPMENT

- Ball possession as a team (main theme)
- Dribbling/turning/passing/control/support

INTRODUCTION TO THIRDS

- Defending, midfield, attacking

USUAL DISTRIBUTION OF PLAYERS

- Defending third: more defenders than attackers
 - Midfield third: even
- Attacking third: Fewer defenders than attackers

ENCOURAGE

- Players to get forward and when attacking
- Support the ball in triangles and diamonds
 - When ball is lost, get back quickly
 - Closest player to the ball presses
 - Other players cover and mark

**UNDER TEN
PRACTICES
AND
DANIELS**

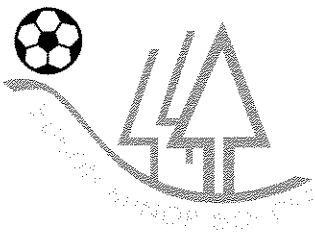


**Practice Planning
Session Outline**



Team Name		Topic	
Date:			
Age Group		Level	
Equipment			
Players	Goals	Balls	Cones Pinnies
Equipment Notes:			

Phase	Diagram	Organization	Coaching Points
Warm-Up:			
Main Theme:			
Progression:			
Game Related Activity:			
Cool Down:			

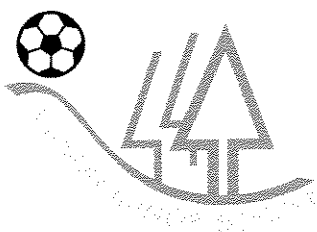


Practice Planning Session Outline



Team Name				Topic		Goalkeeping	
Date:							
Age Group		U-10		Level		House League	
Equipment							
Players	10 - 12	Goals	2	Balls	12	Cones	12
						Pinnies	6
Equipment Notes:							

Phase	Diagram	Organization	Coaching Points
Warm-Up:		<ul style="list-style-type: none"> -Players are placed around a circle 15 yards in diameter -Five players and one goalkeeper -Players pass the ball through the circle -Goalkeeper attempts to block the passes 	<ul style="list-style-type: none"> -On your toes -Goalie should be on feet as much as possible -Close down player with ball -Dive to block the pass when ready and in a good position
Main Theme:		<ul style="list-style-type: none"> -Player are in groups of three -Play in a grid 10 x 5 yards -Goalkeeper is positioned between goals 5 yards wide -Player 1 (⊗) shoots at goalkeeper -Goalkeeper makes save and turns to receive a shot from player 2 (⊕) -Players should try to strike the ball on the ground or in the air towards the goalkeeper 	<ul style="list-style-type: none"> -Get body behind the ball -Fast footwork to move in line of ball -Hands up and palms facing the ball in the "Ready" position -Bend the knees
Progression:		<ul style="list-style-type: none"> -Same layout as above -Players now aim for the corner of the goal -Goalkeeper moves to block shots -Keeper turns to block shot from other player 	<ul style="list-style-type: none"> -Stoop with legs together to gather off the ground -Do not cross feet when moving sideways -Push ball around the post if you cannot catch it -Stand "Big" until the shot is about to be taken
Game Related Activity:		<ul style="list-style-type: none"> -Playing area is a 20 x 30 yard grid -Play 3 v 3 in the central zone -If any player is able to dribble out of the central zone they can attack their opposition goal -Attacker cannot be followed by any defending player -Keeper attempts to save the shot or block the dribble 	<ul style="list-style-type: none"> -Close the angle a distance between attacker and keeper -Ready position -Stand "Big" till the shot is about to be made -Push ball around post if you have to

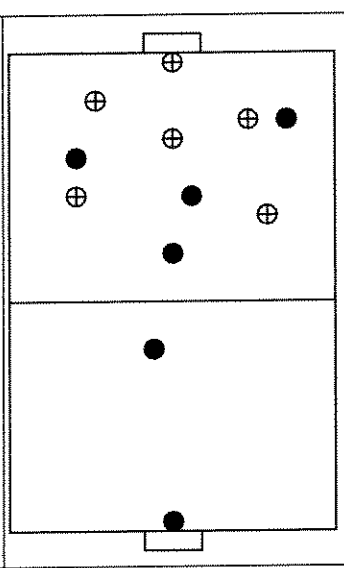


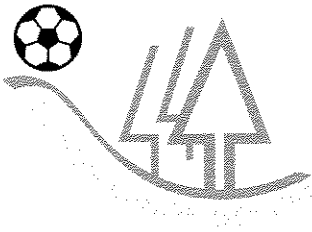
Practice Planning Session Outline



Team Name				Topic		Defending			
Date:									
Age Group		U-10		Level		House League			
Equipment									
Players	10 - 12	Goals	2	Balls	10	Cones	12	Pinnies	5
Equipment Notes:									

Phase	Diagram	Organization	Coaching Points
Warm-Up:		<ul style="list-style-type: none"> -Players are organized into groups of two -Front player (o) dribbles the ball and second player (x) follows -Front player (o) attempts to lose following player (x) -When the coach shouts stop, the following player (x) must be within touching distance of their partner -Alternate roles 	<ul style="list-style-type: none"> -Player that is chasing keeps their eyes on the ball -Get "touch Tight" to player with ball -Sideways on Position _stay alert and move quickly on toes
Main Theme:		<ul style="list-style-type: none"> -Group organized into pairs -Work in a grid 10 x 5 yards -X passes ball to O -X cannot move until O has touched the ball -O attempts to dribble the ball past X and stop the ball on the end line -X attempts to defend his end line and take the ball -Alternate role 	<ul style="list-style-type: none"> -Defenders close down space between themselves and the attacker quickly -As they get near the attacker slow down and get into a low and sideways position -Don't give the attacker room to work in
Progression:		<ul style="list-style-type: none"> -Play 2 v 1, then 2 v 2 -X1 passes to either O1 or O2 -X1 becomes an active defender when the ball is touched by either O player -O players work together to beat defender X1 -Alternate attacking a defending roles 	<ul style="list-style-type: none"> -X must be aware of both attackers positions -Attempt to close down attackers quickly -Angle body to push attackers to the defenders strength -Angle body to prevent a pass and dribbling path to the end line

<p>Game Related Activity:</p>		<ul style="list-style-type: none"> -Players organized into 2 equal teams plus a goalie -Play in a grid 50 x 30 -Defending team must all be in the defending half -if a team loses possession all the players retreat over the half line and then start to defend in their own half 	<ul style="list-style-type: none"> -Defenders look to close down space quickly -Use long strides to cover space quickly then small steps to slow down and defend -Remain on toes to change direction quickly -Supporting defender to help close down the angles of attack Defenders must communicate with each other
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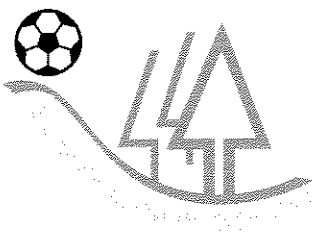


Practice Planning Session Outline



Team Name		Topic	Passing						
Date:									
Age Group	U-10	Level	House League						
Equipment									
Players	10 - 12	Goals	2	Balls	10	Cones	12	Pinnies	6
Equipment Notes:									

Phase	Diagram	Organization	Coaching Points
Warm-Up:		<ul style="list-style-type: none"> -Pass ball across circle follow your pass -Add a ball (2 balls being passed) -Add a ball that must be dribbled to the other player (takeover) -Add a ball that is being passed around the circle (by foot) -Add a ball that is being passed around the circle (by hand). 	<ul style="list-style-type: none"> -Practice using both feet -Ensure non-kicking foot points towards target -Pass through the ball to gain power
Main Theme:		<ul style="list-style-type: none"> -4 v 2 in a 10 x 10 yard grid -Dark's keep possession by playing the ball around and through the area -Defending players (white's) try to win ball by touching it -Everyone takes a turn playing in the middle, change after each win by the defenders 	<ul style="list-style-type: none"> -Control the ball in the direction you wish to pass -Fake before passing in order to increase effectiveness and put the defender off balance -Choose when to pass early and when to take more touches
Progression:		<ul style="list-style-type: none"> -Use a 20 x 20 yard grid -Four players on the outside of the area -Three players on the inside attempt to maintain possession against two defenders -If the two defenders on the inside gain possession of the ball they then attempt to keep the ball by using those players on the outside 	<ul style="list-style-type: none"> -Keep the ball moving -Spread out and use all of the space -Communicate -Use fakes to put defenders off balance
Game Related Activity:		<ul style="list-style-type: none"> -Play in a grid 40 x 30 yards -Divide players into two teams and place them into set areas -Players must remain in their area's and make 10 passes to score a goal -Passes can be made over all areas 	<ul style="list-style-type: none"> -Create by spreading out when in possession -Decide whether to pass first time or control and then pass -Utilize spare players as often as possible



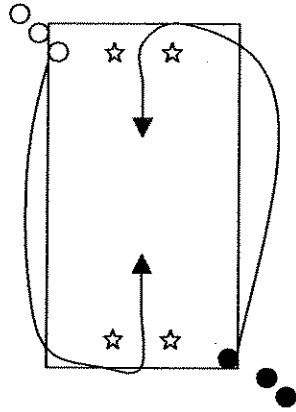
Practice Planning Session Outline



Team Name				Topic		Dribbling			
Date:									
Age Group		U-10		Level		House League			
Equipment									
Players	10 - 12	Goals		Balls	10	Cones	12	Pinnies	6
Equipment Notes:									

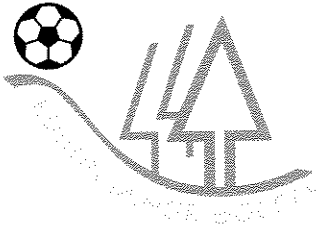
Phase	Diagram	Organization	Coaching Points
Warm-Up:		<p>Organization</p> <ul style="list-style-type: none"> -Place 4 cones in center of the circle -Player with ball dribbles into the center square, dribbles out and passes to another player, then take his place on the perimeter of the circle. -Add new condition after each minute <ul style="list-style-type: none"> Left/right foot only Turn in center Go in slow, come out fast Change of direction -Instead of passing the ball to another player the receiving player "takes" the ball in a "Take-Over" move. 	<ul style="list-style-type: none"> -Dribblers keep their heads up -Use both feet to move the ball -Use the inside and outside of the feet -
Main Theme:		<ul style="list-style-type: none"> -Work in a 15 x 5 yard grid -Organize players into groups of four -One ball for every 2 player -Dribble towards each other with ball, feint/fake to move past each other -Join the end of the group 	<ul style="list-style-type: none"> -Keep the ball close -Slow down to feint -Bend knees to feint/fake -Accelerate past opponent -Use arms to maintain balance
Progression:		<ul style="list-style-type: none"> -Players are grouped as attackers and defenders -Defender passes ball to attacker who attempts to dribble the ball to the end line -If the defender gets the ball they attempt to dribble to their opponents line 	<ul style="list-style-type: none"> -Take a good 1st touch out from under your feet -Slow down when approaching opponent -Quick movements on the ball to beat the defender -Use inside and outside of feet to maintain close control

Game Related Activity:



- Play in a 30 x 20 yard grid
- Organize players into groups of 8 maximum
- Give each player a number from 1 – 8
- When the coach shouts out your number those players race around the outside of the grid through the cones to face each other
- Add more numbers to play 2 v 2's up to 8 v 8's
- This drill can be done with a ball each or have them race for a ball, or place a ball for 1 person between the cones

- Dribble when space is available in front of or behind an opponent
- Change speed to beat opponents
- Be aware of other players
- Be confident
- Have a purpose to your dribble, be determined

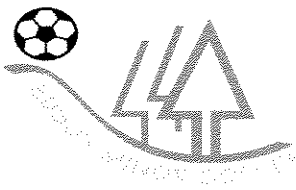


Practice Planning Session Outline



Team Name					Topic	Running with the ball				
Date:										
Age Group	U-10				Level	House League				
Equipment										
Players	10 -12	Goals	2	Balls	10	Cones	12	Pinnies	6	
Equipment Notes:										

Phase	Diagram	Organization	Coaching Points
Warm-Up:		<ul style="list-style-type: none"> -All players facing the coach with a ball -Players move when coach moves, stops when coach stops (players mirror the coach) 	<ul style="list-style-type: none"> -Keep control of ball -Keep head up
Main Theme:		<ul style="list-style-type: none"> -Players are in four groups in a 20 x20 yard grid -Group go in turn to move the ball in a set pattern -After a few tries allow the groups to start at the same time -Players then follow when the current player has completed the circuit 	<ul style="list-style-type: none"> -Identify and attack space early -Limit touches when in clear space -Change speed and direction quickly by using different parts of your foot
Progression:		<ul style="list-style-type: none"> -Players are organized into two teams plus one neutral player (⊗) -Play in a grid 50 x 40 -Each team utilizes the "neutral" player to create space to run with the ball -Neutral player plays for the team in possession of the ball and cannot score 	<ul style="list-style-type: none"> -Maintain shape as a unit by positioning into space -Control away from defender and build up speed -Maintain possession until space appears
Game Related Activity:		<ul style="list-style-type: none"> -Players are organized into two teams -Play in a 50 x 40 yard grid -Aim to score within 10 yards of the goal -Players are marked "Man -to-Man" -Large playing area promotes running with the ball 	<ul style="list-style-type: none"> -Same as above -Use close dribbling skills to change direction

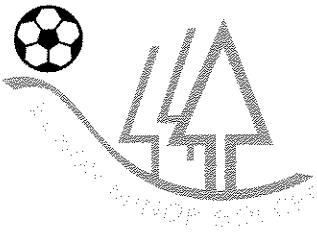


Practice Planning Session Outline



Team Name				Topic		Turning with the ball													
Date:																			
Age Group			U-10			Level		House League											
Equipment																			
Players		10 -12		Goals				Balls		10		Cones		12		Pinnies		6	
Equipment Notes:																			

Phase	Diagram	Organization	Coaching Points
Warm-Up:		<ul style="list-style-type: none"> -Players have one ball between three -Players move within a 20 x 20 yard grid -The players with the ball dribble to a cone, turn and pass to a free player from their group 	<ul style="list-style-type: none"> -Keep head up -Turn at a safe distance from the cone -Disguise turn by faking to pass
Main Theme:		<ul style="list-style-type: none"> -Players form a circle about 15 – 20 yards in diameter -Players dribble from their starting position on the outside of the circle to the center cone and back -Change the surface used to turn 	<ul style="list-style-type: none"> -Keep the ball close -Slow down on approach to cone -Bend knees when turning -Accelerate back to starting position
Progression:		<ul style="list-style-type: none"> -Same lay out has above -Players work into the middle cone and then out to the next players spot in a clockwise direction -On the coaches command each player performs a specific turn 	<ul style="list-style-type: none"> -Keep your head up -Quick movement on the ball -Accelerate away after turning -Turning action should face the body towards the next starting position on the outside of the circle
Game Related Activity:		<ul style="list-style-type: none"> -In a 20 x 20 grid place 2 players from 2 teams on the 4 corners, 4 other players play 1 v 1 inside the grid and attempt to dribble the ball to a teammate at one of the two corners. -Players must use a turn to beat the defender before they can pass ball to teammate in corner. -Once player gets ball to corner, teammate switches with that player 	<ul style="list-style-type: none"> -Keep Head Up -Keep ball close to body -Change of pace



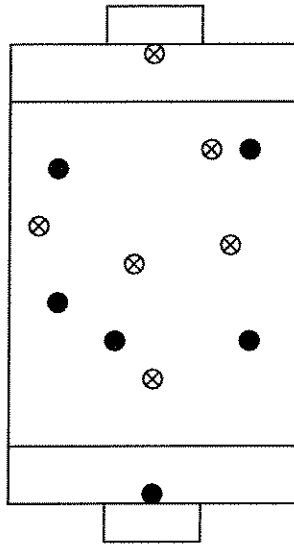
Practice Planning Session Outline



		Topic		Shooting	
Date:					
Age Group		U-10		Level	
				House League	
Equipment					
Players	10 -12	Goals	2	Balls	10
				Cones	12
				Pinnies	6
Equipment Notes:					

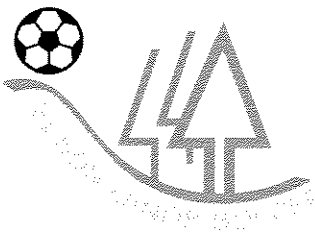
Phase	Diagram	Organization	Coaching Points
Warm-Up:		<ul style="list-style-type: none"> -Toss ball to partner who kicks ball with laces back to partners hands -Perform this skill while moving from sideline to sideline. -Player that is tossing the ball should be moving backwards, player kicking ball is moving forward -Switch at each sideline 	<ul style="list-style-type: none"> -Accuracy over power -Keep eye on ball -Use laces or inside of foot
Main Theme:		<ul style="list-style-type: none"> -Two 10 x 10 yard grids that are 10 yards apart. Three players in each grid. -The players in one grid pass the ball around and then drive a firm pass into the other grid. -Each player must touch the ball before it can be passed. -Instead of passing the ball into the other grid, now shoot it hard and low. If the other team cannot control the ball and keep it in their grid, you win a point. -Ball must stay below hip height. 	<ul style="list-style-type: none"> -Keep eye on ball -Strike ball with laces -Get balanced before shooting -Receiving player on toes and ready
Progression:		<ul style="list-style-type: none"> -Use a goal 15 – 20 yards from the group of passers and shooters. -Each passer is responsible for passing to a specific shooting group, e.g. P1 to S1 and P2 to S2. -Drill starts with P1 dribbling the ball and then passing for S1 to run in and shoot. Next P2 passes for S2 and so on. -place a goalkeeper in the net to stop the shots 	<ul style="list-style-type: none"> -Attack the ball -Don't kill your space by getting there too early -Shoot back to the direction the ball came from -Wait until the last moment to attack the ball

Game Related Activity:



- Play in a 40 x 30 yard grid
- 5 v 5 plus goal keepers
- Players not allowed into five yard end zone
- Teams attempt to shoot on target
- One point for scoring in the larger main goal
- Two points for scoring in the corner of the net. Place a cone 2 yards away from the post

- Teams combine and communicate to create space for shooting opportunities
- Aim for accuracy when shooting
- Do not sacrifice accuracy for power
- Aim shots away from the goal keeper and to the corners



Practice Planning Session Outline



Team Name				Topic		Controlling the ball			
Date:									
Age Group		U-10		Level		House League			
Equipment									
Players	10 -12	Goals	2	Balls	10	Cones	12	Pinnies	6
Equipment Notes:									

Phase	Diagram	Organization	Coaching Points
Warm-Up:		<ul style="list-style-type: none"> -Players form a circle about 15 yards wide -Two players work together in the center of the circle -The ball is played from the out side the circle to the players inside -One of the central players controls the ball for their partner to pass back to the outside 	<ul style="list-style-type: none"> -Get in line with the ball -Offer the controlling surface early -Cushion the ball to aid control
Main Theme:		<ul style="list-style-type: none"> -Ball juggling -Drop ball from hands to feet, flick ball back up to hands -bounce ball on ground then flick back up into hands with feet -Play ball from ground without using hands -Juggle for as long as possible 	<ul style="list-style-type: none"> -Stay on your toes -keep eye on ball -Get in line with ball -Cushion ball
Progression:		<ul style="list-style-type: none"> -Give each player a number -Players pass the ball in sequence, i.e. from 1 - 8 	<ul style="list-style-type: none"> -Keep your head up -Control in the direction you wish to pass -Angle foot for direction -Choose controlling surface early
Game Related Activity:		<ul style="list-style-type: none"> -Normal mini soccer rules apply -Each player must take two touches before passing 	<ul style="list-style-type: none"> -Create space by moving wide -Use your body to shield the ball -Control the ball away from danger

Individual Techniques

Notes:

Free Dribble

Allow the players to dribble freely within a defined area. Encourage them to show you tricks, especially those that the team has practiced in previous practices.

Skipping

Players are encouraged to move with a ball inside of defined area. They should touch the ball every time that their foot is about to touch the ground. They can use the inside and outside of the foot and should be asked to move the ball side to side with each touch.

Running with the Ball

Running with the ball is similar to dribbling as it is a single player moving with the ball. It is dissimilar in that players run with the ball quickly into open space and often without changing direction until they become close to a defender or the goalkeeper. When running with the ball, encourage players to use the top of the foot and to push the ball two to three strides in front.

Turns

Stop Turn:

The player places the ball on top of the ball (stopping it) as they continue moving to the other side of the ball. They then turn and dribble back in the opposite direction.

Inside Hook:

Using the inside of the foot, the player reaches forward, hooking the inside of their foot around the front of the ball. This should stop the ball and move it back into the area that the player was originally dribbled from.

Outside Hook:

Using the outside of the foot, the player reaches forward, hooking the outside of their foot around the front of the ball. This should stop the ball and move it back into the area that the player was originally dribbled from.

Cruyff Turn:

Stepping in front of the ball with one foot, the player uses the inside of the foot to hook the ball backwards behind the foot they are standing on. The player dribbles back into the area that they originally dribbled from.

Stop Turn:



Inside Hook:



Outside Hook:



Cruyff Turn:



Beating Opponent One versus One

Notes:

Matthew's Move:

As the player dribbles forward, they jump to one side of the ball onto one foot. They then push the ball in the opposite direction with the outside of the other foot.

Scissors / Step Over:

As the player dribbles forward, with the foot closest to the ball, the player steps around the front of the ball to the other side. They then push the ball in the opposite direction using the outside of the other foot.

Double Scissors:

Same as the Scissors, however the player steps around the front of the ball with both feet and then pushes the ball away using the outside of the foot of the leg that they first stepped with.

Shielding

Crucial to keeping the ball in possession as an individual, shielding asks the player to keep their body between the ball and the defender trying to steal the ball.

Group Exercises

Passing Through Windows

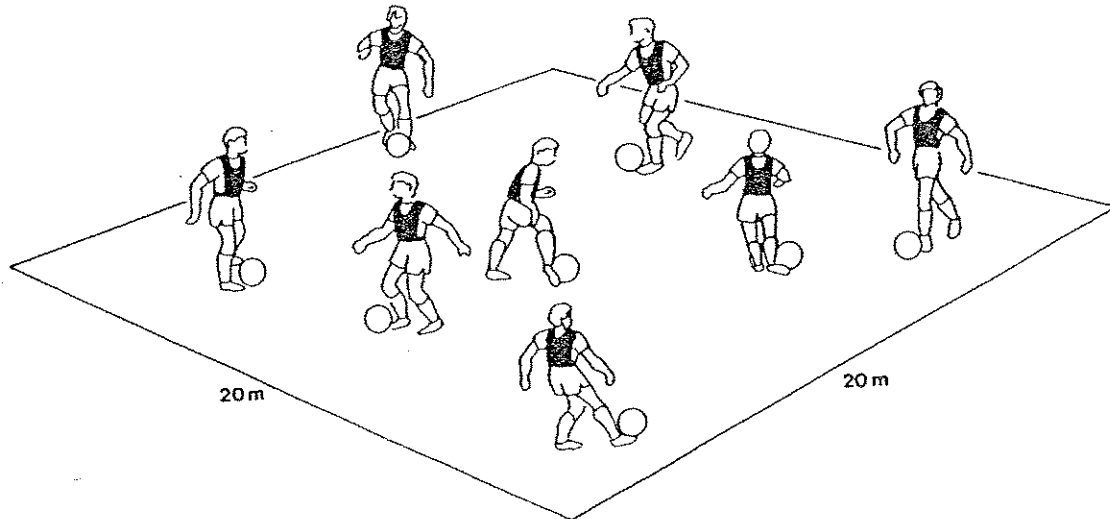
The players are encouraged to pass the ball with a partner as they move within a defined area amongst the remainder of the team. In order to receive a pass from their partner, they are asked to find the largest areas ("WINDOWS") between the other players moving around. The larger the WINDOW, the easier the pass will be. The passer is encouraged to pass the ball before the WINDOW closes.



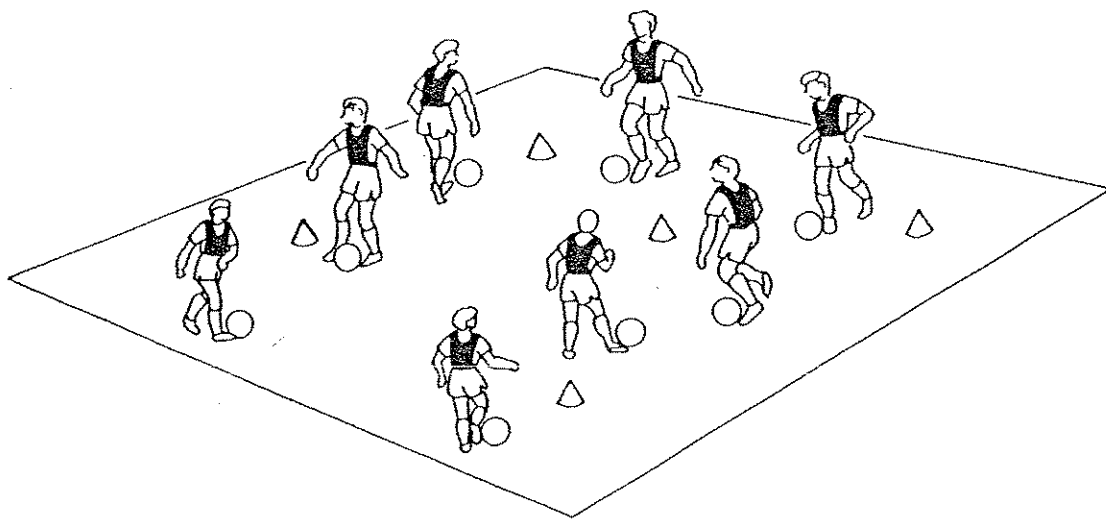
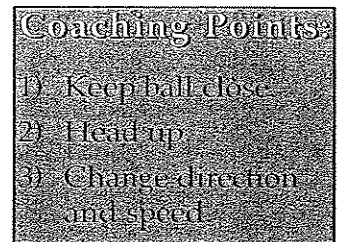
Dribbling

Warm-Up

- 8 players dribble within grid. Use inside and outside of each foot. Keep ball close. Change direction and pace. Players not in grid perform stretching exercises.



- 8 players move within grid. Use 3 cones less than number of players (see next paragraph).
- On command, each player attempts to stop his ball within one metre of a cone. Only one player allowed within one metre of each cone. Players without cone may be eliminated as in "Musical Chairs" or receive a "minus point". Last player remaining, or player with least "minus points", is winner.
- Variation: Simply regard cones as opponents and steer clear.
- Players not in grid perform stretching exercises.

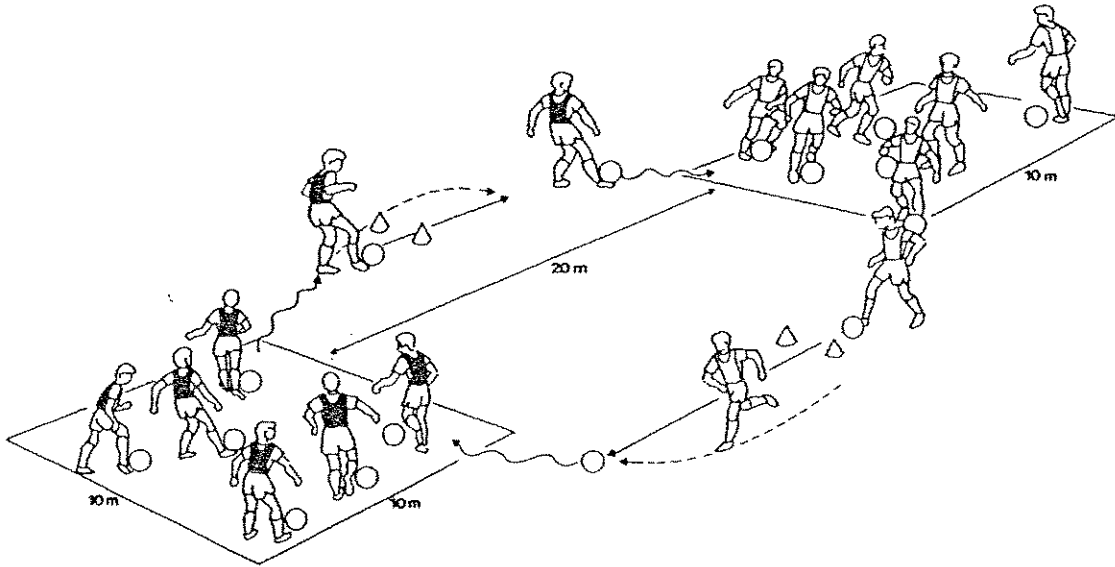


Technique Practice

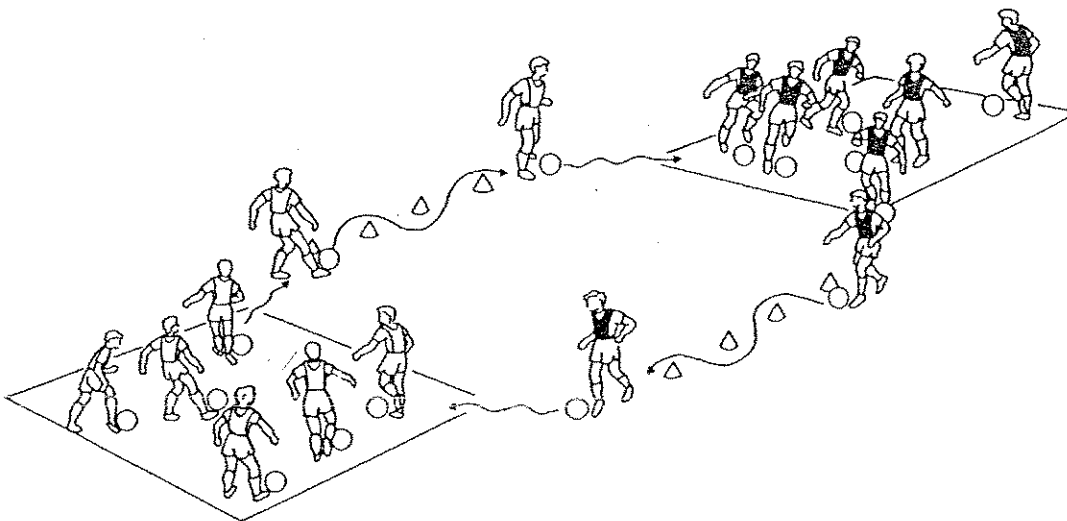
- 16 players; 8 players in each grid . Each player has a ball. Players at liberty to dribble, and perform tricks and feints.
- On command, players take turns to dribble towards a one-metre goal and pass the ball through goal so that they can "retrieve" ball before it reaches other grid.

Coaching Points:

- 1) Keep ball close
- 2) Head up
- 3) Change direction and speed



- 16 players; 8 players to a grid; each player has a ball.
- Players take turns to leave one grid and dribble around 4 cones before entering other grid.

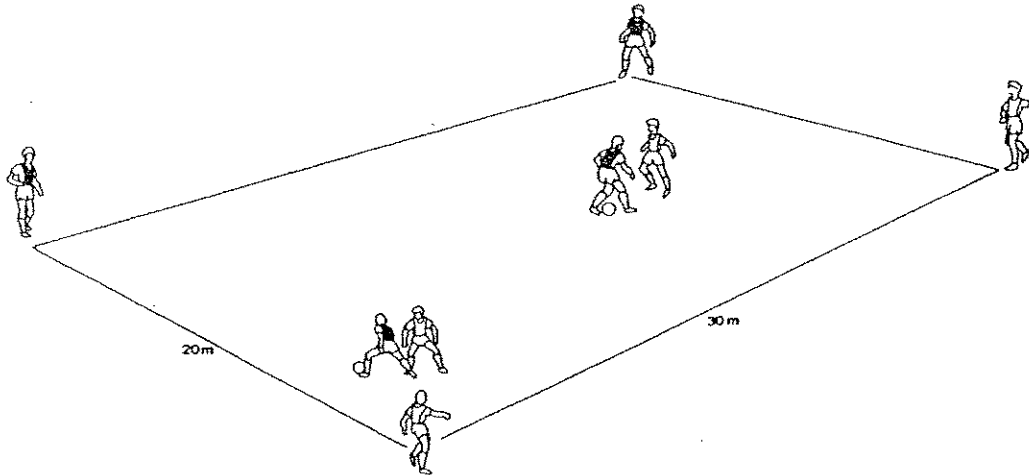


Skill Practice

- 2 teams of 4 players; 21 players of each team inside 30 m x 20 m grid. Other 4 players are stationed at corners. Use 2 balls. Internal players in possession attempt to dribble ball to teammate at corner. Alternate roles (positions). Keep score if desired.

Coaching Points:

- 1) Body between ball and defender
- 2) Head up

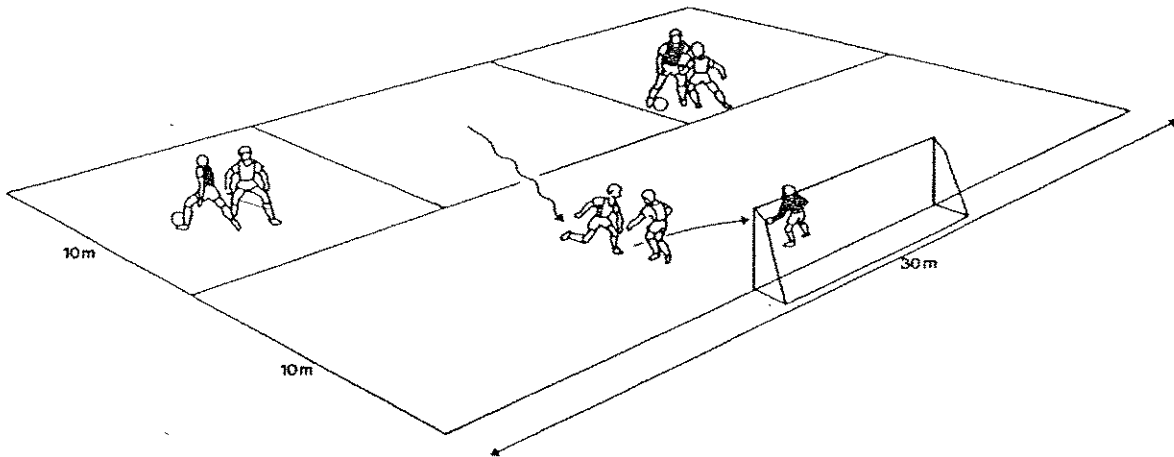


Related Game

- 7 players; one attacker and one defender in each 10 m x 10 m grid; one neutral goalkeeper.
- Attackers attempt to dribble around defender and shoot to score. Players may enter larger grid. Alternate positions after so many shots, goals, or minutes.

Coaching Points:

- 1) Dribble toward the defender at speed



Mini or Maxi Game

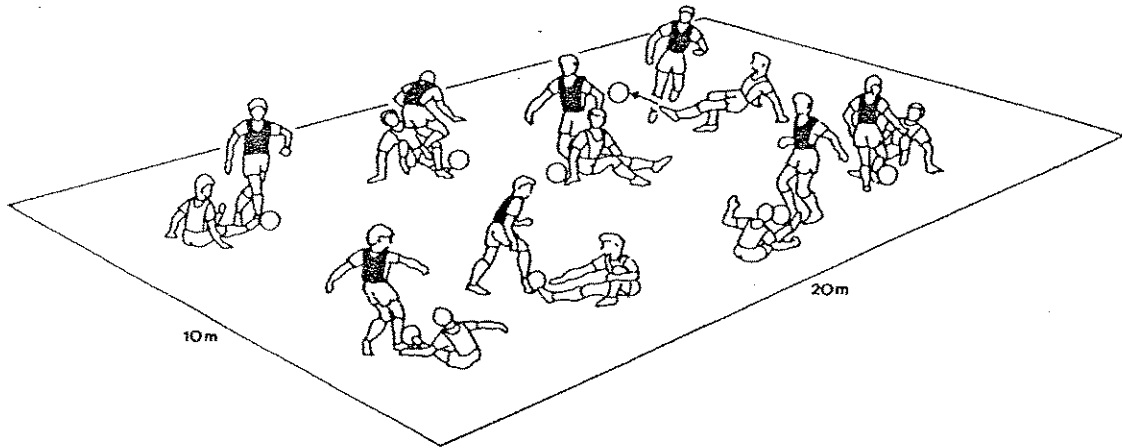
Warm-Down

- Relaxed running and stretching

Dribbling

Warm-Up

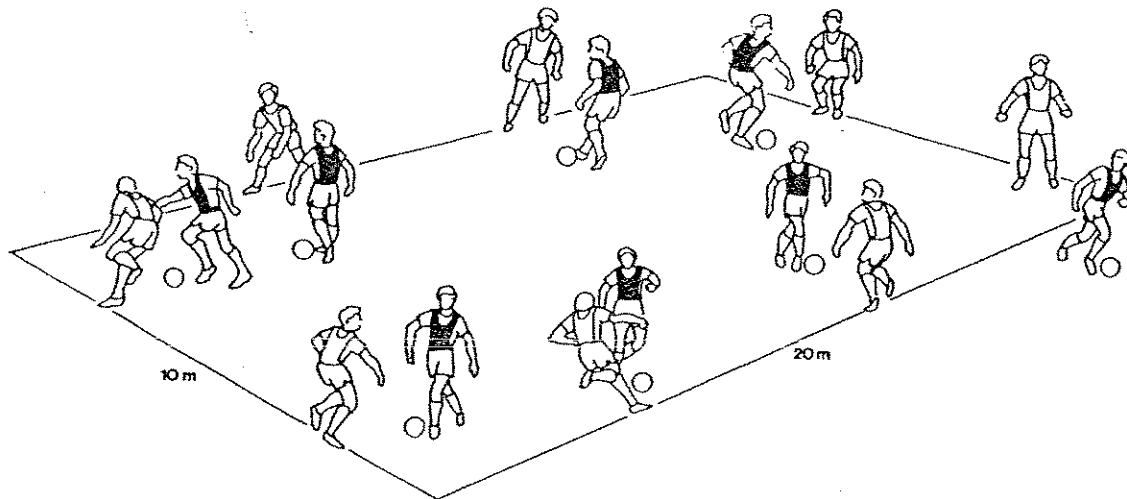
- 8 players sit; 8 players dribble (run with ball).
- Dribblers move around sitting players, keeping ball under close control
- Sitting players move in crab-like fashion and stretch to kick ball away from dribbling players.
- Dribblers should use inside and outside of each foot and keep head up in order to be aware of what is going on around them.



Coaching Points:

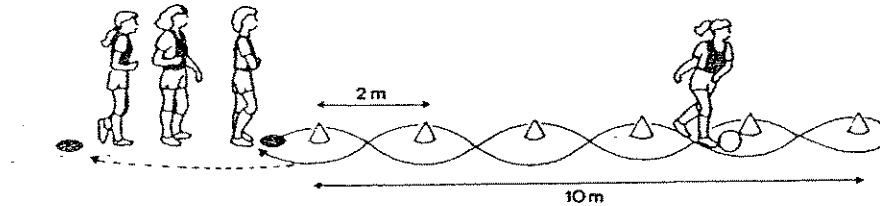
- 1) Head up.
- 2) Keep ball close to the body.

- 16 players; ball between every 2 players
- 8 players inside grid attempt to dribble out of grid; 8 players stand on perimeter to prevent dribblers from leaving.

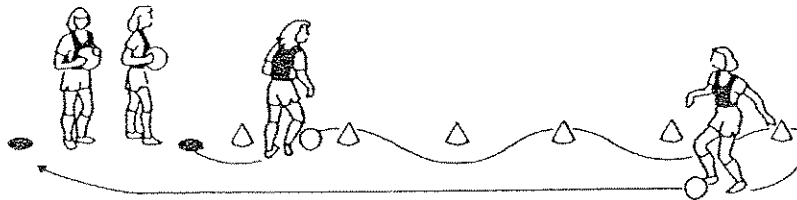


Technique Practice

- 4 groups of 4 players; one ball per group.
- Players take turns to dribble around cones and return with the ball under control.
- Upon completion of course, dribbler passes ball to next player.
- This activity may, or may not, be conducted as a race.



- Variation: Players run directly back with the ball after dribbling past the last cone. Each player has a ball to speed up the process.



- 2 groups of 4 players. Player of one group dribble and, on completion of the course, passes ball to facing player. Incoming players go to the end of the line.



- Variation: Angle the cones to challenge the ability of the players.

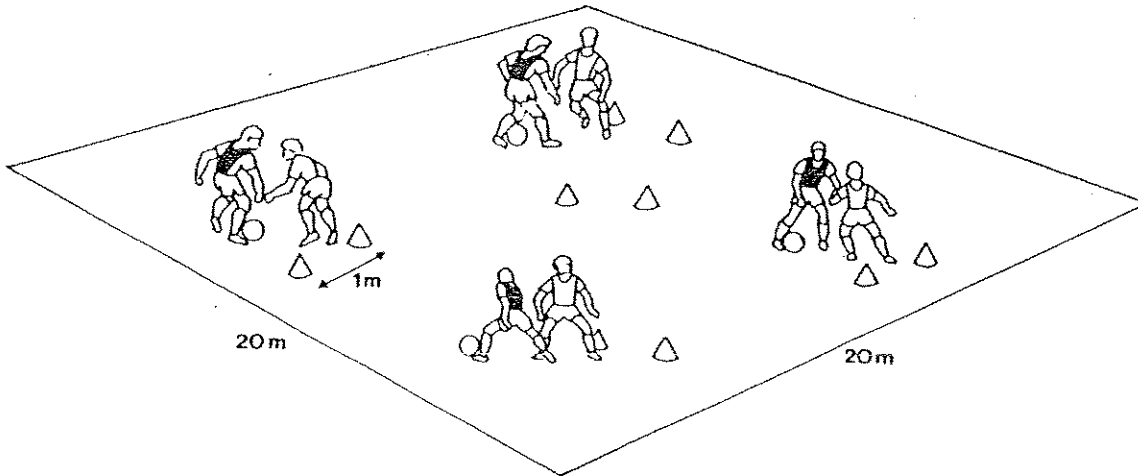


Skill Practice

- 4 pairs of players; one ball per pair. 5 one-metre goals, 8-10 metres apart.
- Player with ball attempts to dribble around partner (active defender) and through any goal. Upon scoring, dribbler passes ball to partner thereby reversing roles.

Coaching Points:

- 1) Body between ball and defender.
- 2) Accelerate past defender.

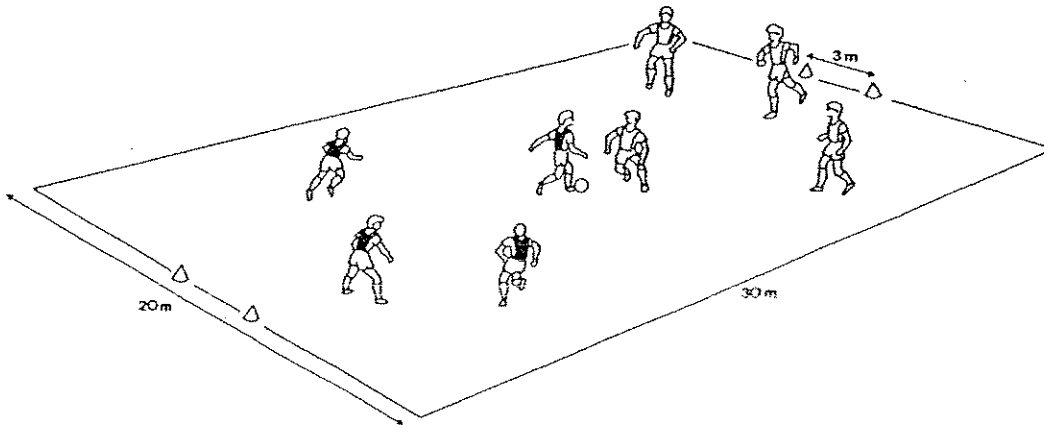


Related Game

- 4 v 4 game with condition (rule) that players must dribble by/around an opponent before a goal may be scored.

Coaching Points:

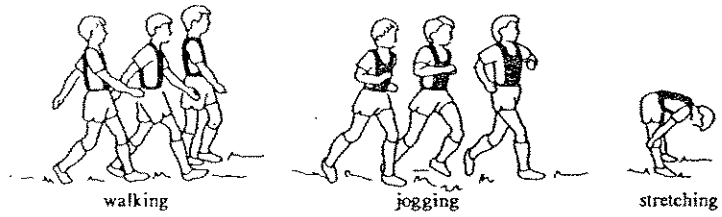
- 1) Keep ball close to body.
- 2) Dribble at the defender.



Mini or Maxi Game

Warm-Down

- Relaxed running and stretching.



important *****

important *****

WHEN DO WE PRACTICE HEADING?

HEADING, like passing and tactics, is a technique that we spend too much time worrying about too early in a player's development. We as adults recognize that heading is an important part of the game. We have seen older players play live or on television, and we have seen that they use their heads in many parts of the field. However, young players within mini soccer do not understand that headers are used for defensive purposes when challenging a defender, nor do they understand that a header is used in attack by the striker/forward to pass the ball back to a supporting midfielder. In fact, many coaches of mini players do not understand this. Why? Because it is not part of the mini game. Rarely do we see the ball kicked high; young players do not have the strength or ability! Rarely do we see a cross from the side line in mini soccer allowing a teammate to score with a header, it just does not happen!

Yet we often see players lined up with the coach or a teammate tossing the ball at their head. Look at the player's body language and you will see a tightened, frightened look on the face, and a neck which has shortened in an attempt to pull itself and the head that will soon be hit with this "tossed boulder".

Let us save the young players from this anxiety. When you are introducing heading before 11 years of age, introduce it in the context of juggling. Here they learn how it can help them instead of how it can hurt them. Before age 11 we are concerned with teaching players the skills required to play the game on the ground. These include dribbling, running with the ball, and the early mechanics of passing with the inside and front of the foot. Another idea for introducing heading is indoors with 'balloons' or 'Nerf' balls. Design a fun game where the players must head the ball or balloon to keep it off the ground/floor. The concept of heading is taught, and players begin to realize through these fun activities or juggling that the head can be used in soccer.

Last comment on heading. Age appropriate heading training should be a regular, basic part of every training program. When you do begin to work with players 11 and older, plan heading into every training session for five minutes. This five minute period will allow the players to practice heading without the 45 minute heading exercises that coaches have traditionally planned into their sessions. Five minutes per practice will help players retain the heading technique longer than the single 45 minutes of heading.

The feet are the furthest point away from the brain and will take the longest to develop, train the feet first and the head last.

SUGGESTIONS FOR HEADING TRAINING

1. It is important to use the proper type of ball to avoid injuries, especially for younger players. Never use a ball that is too heavy or too hard. For beginners, foam rubber balls or nerf balls are ideal. If you are not sure about the suitability of the ball in question, skip the exercise.
2. Let the very young player learn the proper technique through self-discovery. The young player should start with the ball in their hands and place it on their head; **this can be one 5 minute practice.** When the player gains confidence, they can then move to holding the ball in their hands; directly in front of their forehead and tossing the ball (a few inches - only) onto their forehead; **yet another 5 minute practice.** Finally the player can try to juggle the ball - with the head, **one more 5 minute practice.**
3. With young players, concentrate on the basic elements; *eyes open, mouth closed and contact the ball with the forehead.* Avoid interfering except to remedy basic problems.

Controlling/Passing/Heading

Preliminary Activity (5 minutes)

- All players have a ball and are dribbling within a 20 m x 20 m grid. On command the players:
 - 1) Stop with foot on ball
 - 2) Turn and go in other direction
 - 3) Leave ball and dribble someone else's ball.

If players can cope easily, allot numbers to exercise and mix command e.g. 2-3-1



Passing/Control (5 minutes)

- Players in two's with one ball, passing to each other. First with left foot, then right foot.

Coaching Points:

Passing:

- 1) Turn toe out and tighten ankle.
- 2) Kick through the middle of the ball.

Heading:

- 1) Use forehead, eyes on ball, mouth closed.

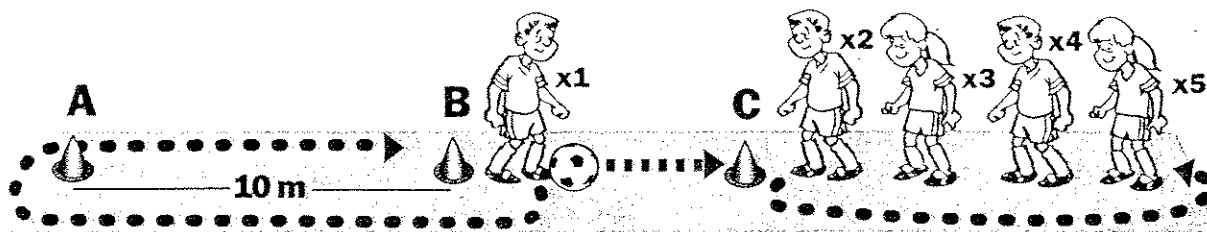


Heading (5 minutes)

- Player throws ball in air, then heads ball to partner.
- Players in two's try to keep ball in air with head.

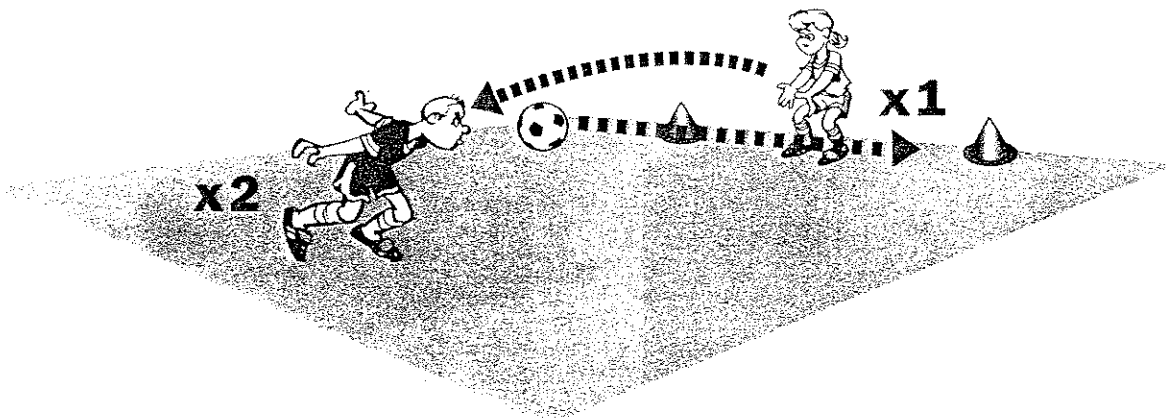
Games Activity: Relay Races (15 minutes)

- Players in teams of five with one ball. Player (X1) has ball at cone (A). (X1) passes ball to each of his teammates who returns pass and moves to back of line. When the last player returns the pass, (X1) turns and dribbles around cone (B) 10 m away, before passing to (X2) at cone (C), and running to the rear of the line. The first team to finish and sit, wins.



Heading (10 minutes)

- In a 10m x 10m square with a goal and goalkeeper. (X1) serves underhand to (X2) who tries to head past goalkeeper.
- Each player gets five tries standing and then five tries where he/she has to jump to head.

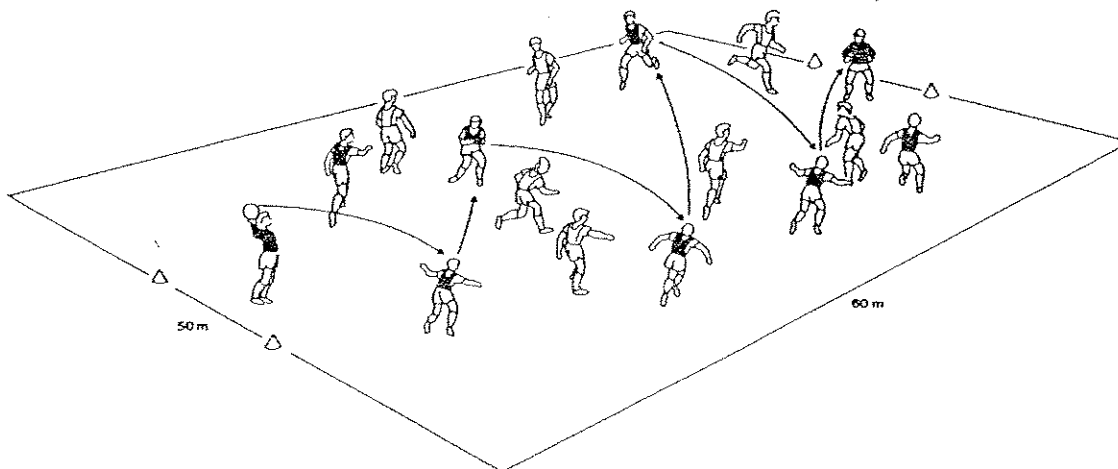


Mini-Soccer Game (20 minutes)

Heading

Warm-Up

- 8 v 8 across half-field (60 m x 50 m grid).
- The object is to score, but the ball must travel in a throw-head-catch sequence.
- All throws to be throw-ins in accordance with Laws of Game.
- Encourage long, accurate throw-ins and headed returns to team-mate.
- Players do stretches every 5 minutes, concentrating on arms and shoulders.

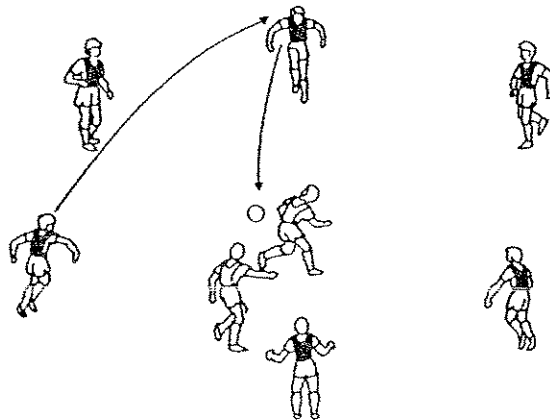


Coaching Points:

- 1) Watch the ball
- 2) Keep head steady
- 3) Make contact with the forehead

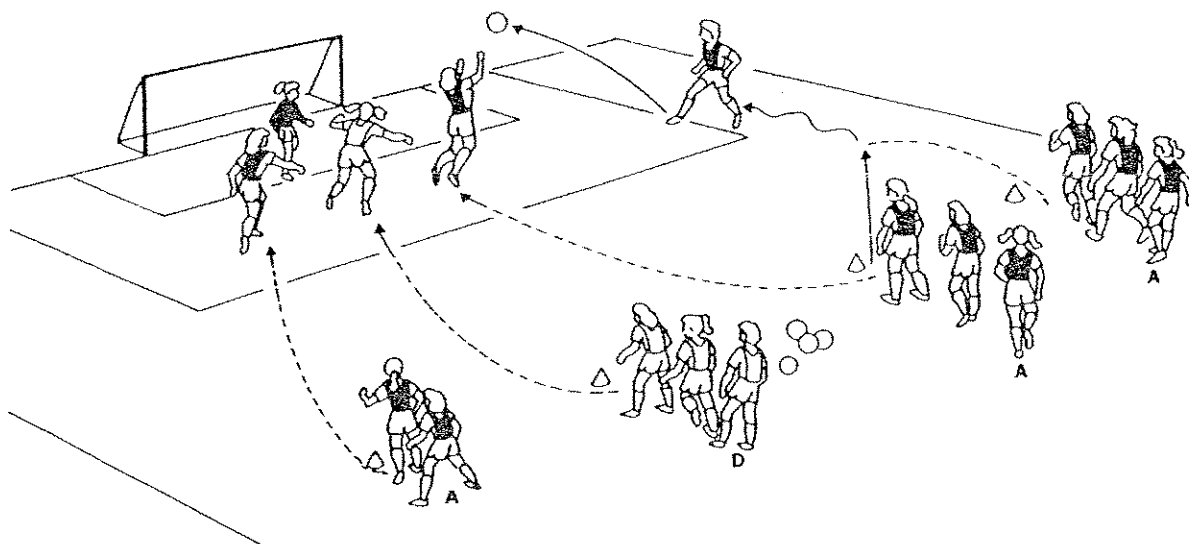
Technique Practice

- In groups of 8, play game of 6 v 2. The 6 players form a circle... diameter may vary; the other 2 players are inside circle.
- Outside players head ball to each other across circle. Inside players may only intercept by heading.
- The outside player who headed immediately before ball was intercepted or hit-ground changes places with one of inside players.



Skill Practice

- 4 groups of players in one-quarter of field (60m x 30m grid). 3 group of attackers (A); one group of defenders (D). One neutral goalkeeper. Attackers on inside-line (strikers) take turns to pass ball to partner (winger) on outside line. Winger crosses ball from edge of penalty-area to edge of goal-area as 2 strikers attack to head to near or far post.
- At same time, a defender advances to intercept cross and clear. Players return to end of own line after action.
- Emphasize quality of pass, cross and header.
- Rotate positions after 3 cycles. Make sure that all players work on both left and right sides.

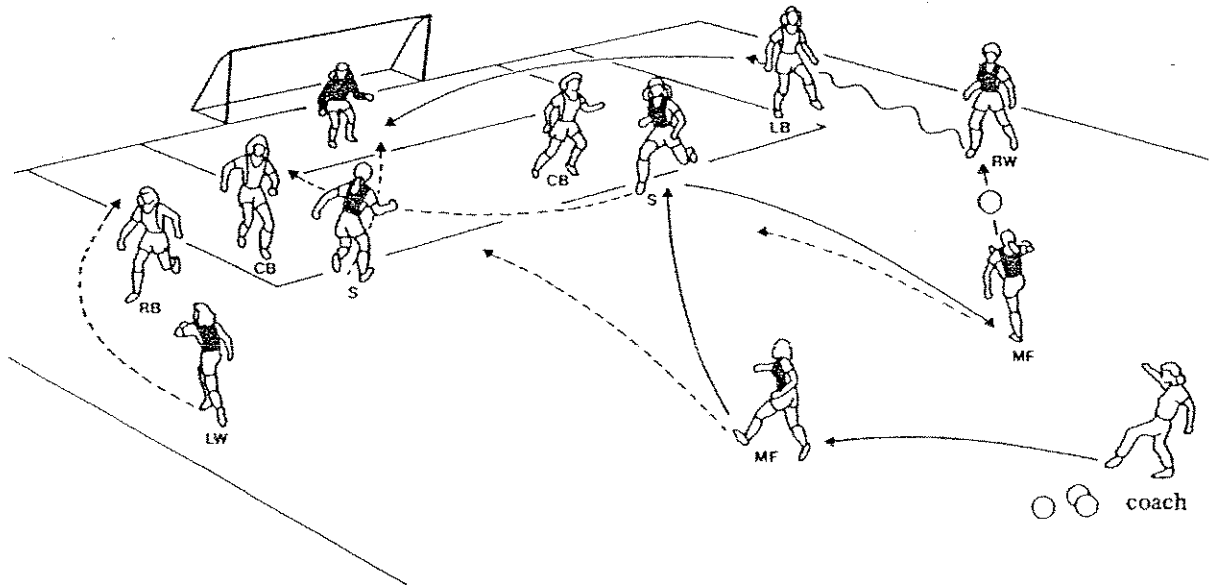


Coaching Points:

- 1) Watch the ball
- 2) Mouth closed
- 3) Attack the ball
- 4) Make contact with the forehead

Related Game

- Play 6 v 5 in one-third of field (60 m x 40 m grid).
- Coach passes ball to a midfielder (M) who initiates attack.
- Emphasize flank (wing) options: winger (LW or RW) could cross ball early, or attempt to dribble around fullback (LB or RB) before crossing, or use "give and go" to get into space.
- Encourage high crosses and headers to both score and clear.



Coaching Points:

- 1) Watch the ball
- 2) Mouth closed
- 3) Attack the ball
- 4) Make contact with the forehead

Mini or Maxi Game

Warm-Down

- Relaxed running and stretching.

GOALKEEPING DRILLS

CATCHING PRACTICE

Organization:

Two goalkeepers stand 5 to 10 yards apart with one ball between them.

Purpose:

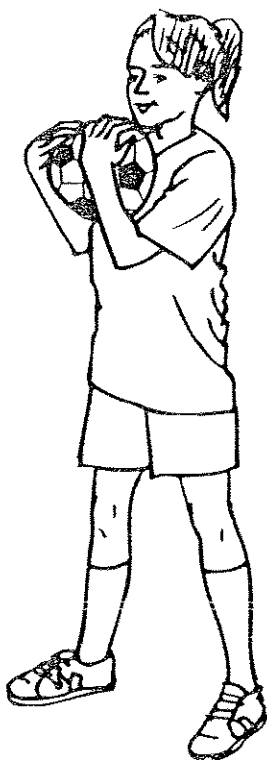
To practice catching and handling the ball

Procedure:

The goalkeepers throw the ball to each other in order to practice catching the ball and pulling it tightly into their chest. The ball should be thrown so both players practice catching low balls, waist-high balls, and balls higher up (to and above their heads).

Coaching points:

Goalkeepers must move into the line of flight of the ball, get their body behind it, watch it closely as it comes toward them, and pull it tightly into their body.



REFLEX CATCHES

Organization:

Two goalkeepers stand facing each other at arm's length with one ball between them.

Purpose:

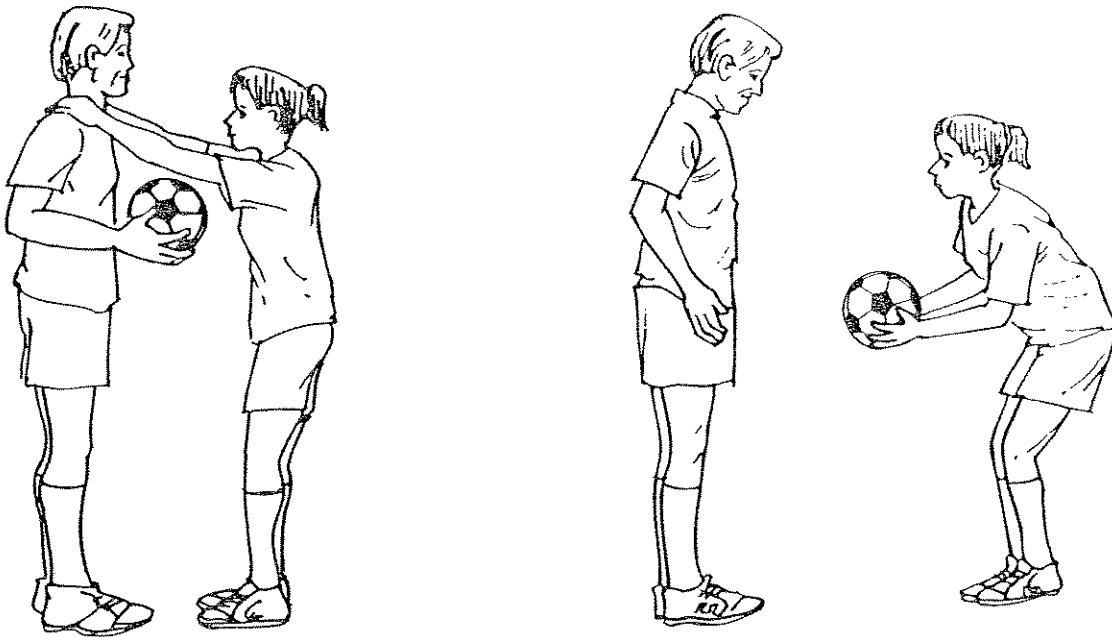
To practice reacting quickly when catching the ball

Procedure:

The player without the ball (player A) places hands on the partner's shoulders (player B), while the player with the ball (player B) holds the ball below player A's arms. Player B then drops the ball so that player A must catch it before it hits the ground.

Coaching points:

Goalkeepers must watch the ball closely and remain focused on saving and catching the ball.



REFLEX SAVES

Organization:

Two goalkeepers stand about five yards apart facing each other and with one ball between them.

Purpose:

To practice reacting quickly when saving the ball

Procedure:

One goalkeeper serves the ball with a firm kick or roll through the open legs of the other goalkeeper. As soon as the ball travels through the legs, the goalkeeper must turn and dive to save the ball.

Coaching points:

Goalkeepers must watch the ball closely and remain focused on saving the ball.



.. BENDING DOWN TO STOP AND SAVE A BALL TRAVELING ALONG THE GROUND

Organization:

Two goalkeepers stand about five yards apart with a soccer ball each.

Purpose:

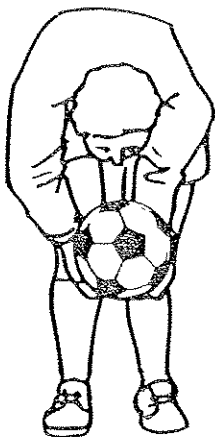
To practice getting body behind the ball and scooping it tightly up into chest

Procedure:

The two goalkeepers roll the ball to each other at the same time, so they must either lean forward and scoop up the ball, or kneel down to collect the ball.

Coaching points:

Players should vary the speed and accuracy of the rolled balls. If the ball is not transferred directly toward them, goalkeepers must move into the line of flight of the ball. For slow traveling balls it is all right to lean forward and scoop the ball up. For faster traveling balls, however, it is important to bend down on one knee to save the ball, so the knee touches the floor and the heel of the other foot; this acts as a barrier in case the ball goes through the hands.



BENDING DOWN TO STOP AND SCOOP UP THE BALL

Organization:

Two goalkeepers stand about five yards apart with a soccer ball each.

Purpose:

To practice getting body behind the ball and scooping it tightly up into chest

Procedure:

One of the goalkeepers serves the ball by throwing it, while the other goalkeeper serves the ball by rolling it at the same time. They must either lean forward and scoop up the ball, or kneel down to collect the ball.

Coaching points:

Goalkeepers must again keep their eyes firmly fixed on the ball they intend to save, move into the line of flight of the ball, and get as much of their body behind the ball as possible in order to act as a barrier in case the ball is missed with the hands.



DIVING TO THE GROUND TO MAKE LOW AND WIDE SAVES

Organization:

Two goalkeepers stand facing each other about 5 to 10 yards apart, with one ball between them.

Purpose:

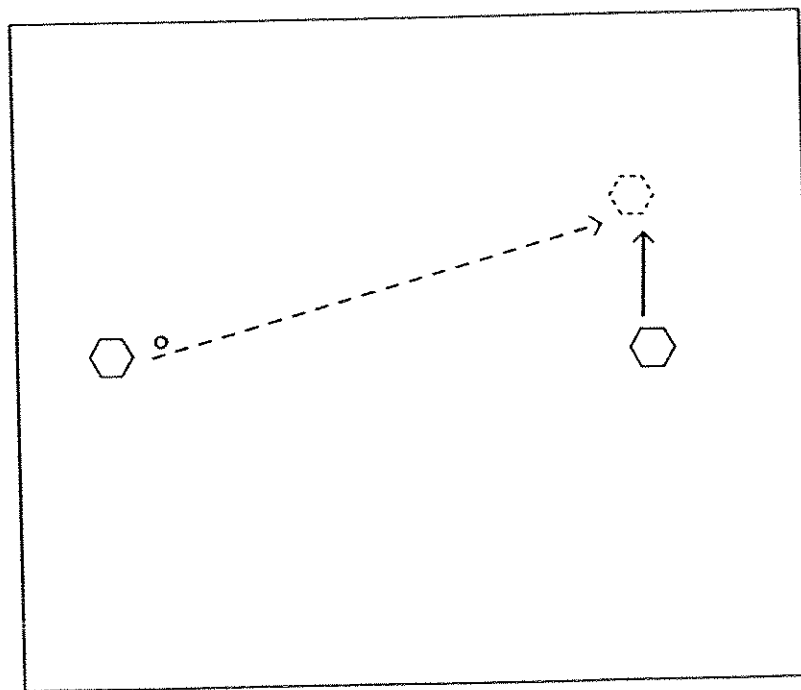
To practice diving correctly and quickly to the ground

Procedure:

The goalkeepers roll or kick the ball wide of each other along the ground, so that diving saves must be performed in order to stop the ball.

Coaching points:

Goalkeepers must perform diving saves by diving sideways, watching the ball closely, using both hands to save and catch the ball if possible, and by landing on the side of the body while pulling the ball tightly into the chest. It is important that goalkeepers are alert and in the ready position on the balls of their feet, since many attackers will be able to shoot the ball accurately to the corners of the goal. This will require that goalkeepers take a few quick steps sideways before diving.



QUICK SAVES IN SUCCESSION

Organization:

All players have a ball at their feet and form a circle around the goalkeeper, so that all players are about 5 to 10 yards away from the goalkeeper.

Purpose:

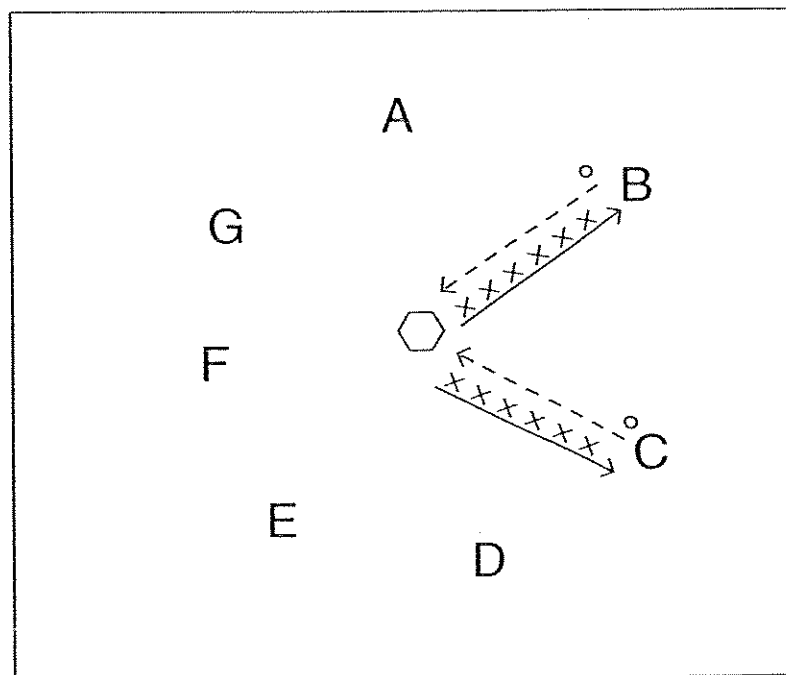
To help goalies be alert and quick on their feet so they can constantly change positions and get in line with the next ball being shot.

Procedure:

Players shoot/kick the ball at the goalkeeper one at a time. The goalkeeper saves and catches the ball before rolling the ball back to the kicker and turning to face the next player.

Coaching points:

Goalkeepers must reposition themselves as fast as possible after each shot so they are ready for the next shot. Goalkeepers often make saves in a game where they do not catch the ball and must be able to prepare quickly for any rebounded saves that fall at the feet of attackers.



HIGH AND WIDE SAVES

Organization:

Goalkeepers sit on the ground while the coach/server throws the ball high and wide for them to catch.

Purpose:

To practice reaching to catch high and wide balls

Procedure:

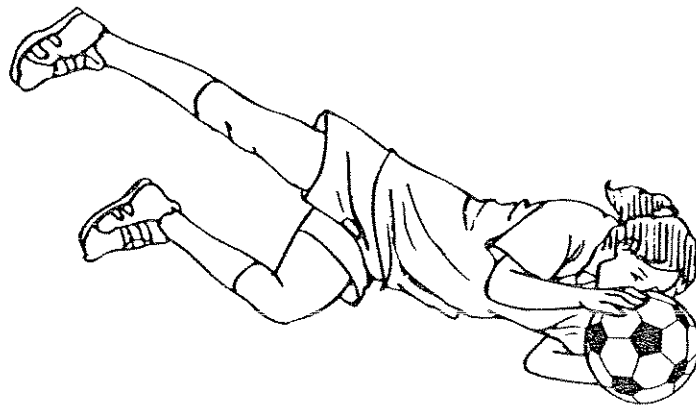
While the goalkeeper remains sitting on the ground, the coach serves the ball high and wide to one side and then the other, so the goalkeeper must lean and reach toward the sides in order to catch the ball.

Coaching points:

Goalkeepers must be able to reach and stretch for balls that are wide of them, since it is always preferable to catch and hold as many wide shots as possible, rather than just getting their fingertips on the ball and directing it out of bounds for a corner.

Variation:

The goalkeeper stands in the goal while the coach serves high and wide balls quickly towards the right, then to the left, then to the right again, and so on. Goalkeepers must be alert on the balls of their feet so they can move quickly toward the ball and dive to make all the wide saves; they must also get back to their feet quickly after each save and prepare themselves for the next served ball. The coach should gradually make the serves wider and should vary the height of the ball so that some serves are high and some low.



Multiple Goal Games

Four Goal Game:

Game Rules:

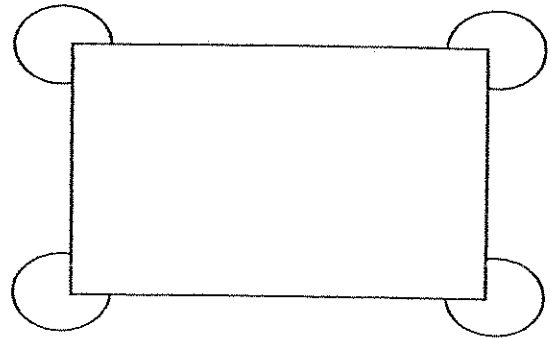
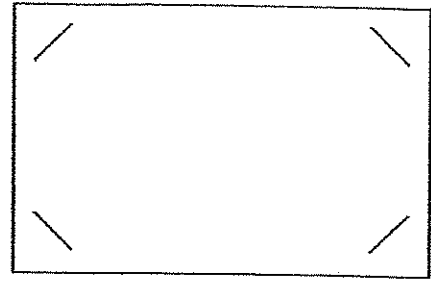
- ♣ Set up game with in an area 15 x 25 metres,
- ♣ 2 vs 2 or 3 vs 3 within area,
- ♣ Play starts with coach passing ball to one team. Each team must pass at least twice before dribbling through one of the small goals,
- ♣ When ball goes out of bounds on the side, re-start play with kick-in from the side on the field,
- ♣ Game played for 2 minutes, then the players can take a short rest, or to allow time to change the opposition for each team (move teams to other fields),

Objectives:

- ♣ To achieve pace of running with ball and accuracy in passing,
- ♣ to recognize opportunities to pass or dribble.

Variations:

- ♣ Place a small area in the corners of the field. Place a player in each of the corners. The players in the middle must pass at least twice before passing to one of the players in the corner areas for a goal.



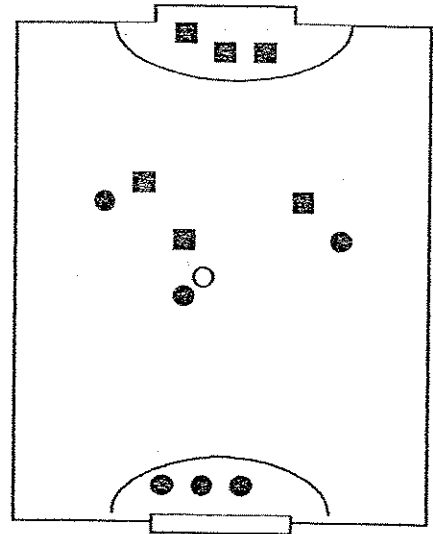
Change Game

Organization:

- ♣ Group is split into two; if odd number, coach joins in or plays strongest team a player short,
- ♣ In the example shown, three players from each team play a normal game,
- ♣ Three players on each team are collective goalkeepers – within a designated area that the goalkeepers cannot leave and the players cannot enter,
- ♣ Coach shouts “Change” and the on-field players run back to their goals without touching the ball again – and become the goalkeepers,
- ♣ Goalkeeping teams become the on-field teams and move quickly to win possession of the ball,
- ♣ Coach shouts “Change” at any time,
- ♣ Make goals wide enough so that it’s not too difficult to score,
- ♣ Any major infraction means a free shot from the half-way line, with no goalkeepers.

Teaching Points:

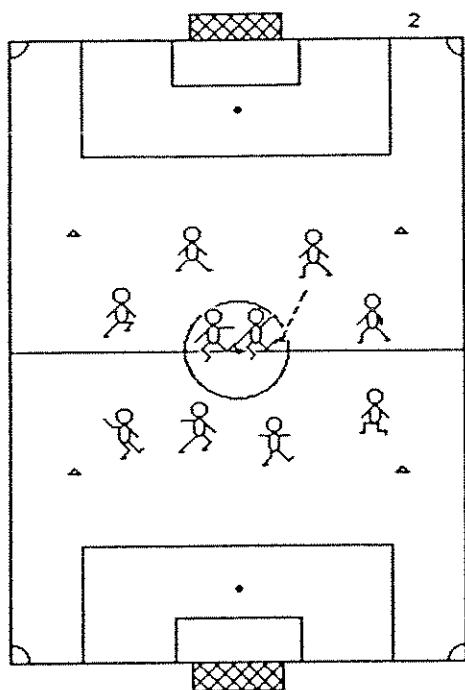
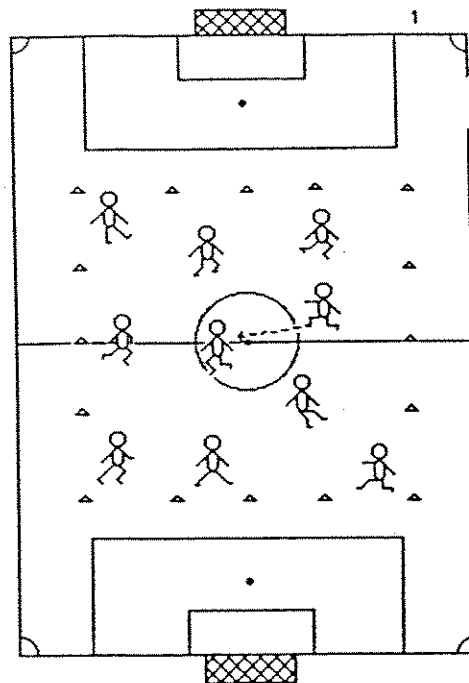
- ♣ Encourage players to pass frequently in order to create scoring chances,
- ♣ Encourage goalkeeping teams to move sideways together, as a wall,
- ♣ Defenders should help each other and should stay on their feet as much as possible.



PLAY ACTIVITY WITHOUT BALL

SIMPLE TAG

Organization : Limited number of players (Team size). Marked out playing field.)
 Tagged player joins tagger.
 No elimination method.
 Number of games : 1-3.

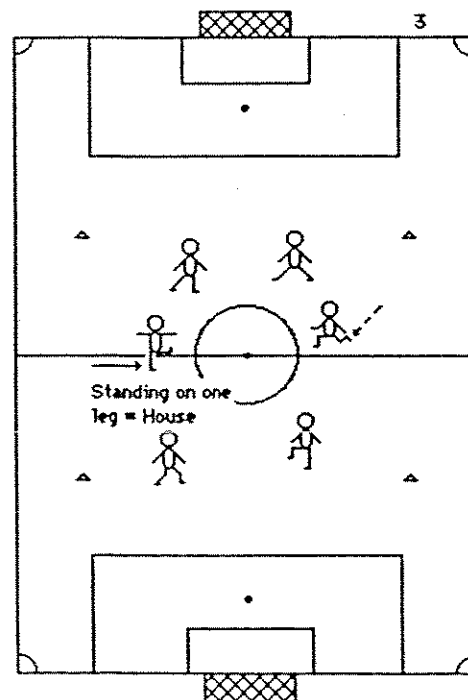


WOUNDED HARE TAG.

Organization : Limited number of players (Team size). Marked out playing field.
 Player tagged must also touch the same part of his/her body on which he or she was tagged.
 No elimination method.
 Number of games : 1-3.

TAG WITH A HOUSE. (1)

Organization : Limited number of players (Team size). Marked out playing field.
 Player can avoid tag by building a "house" (standing on one leg).
 Tagged player joins tagger.
 No elimination method.
 Number of games : 1-3.

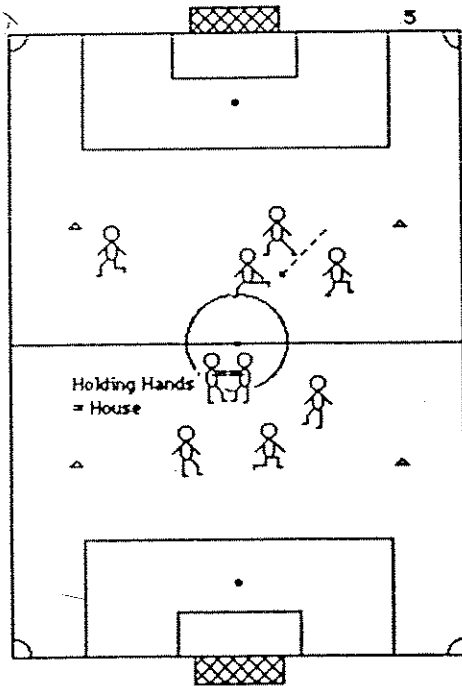
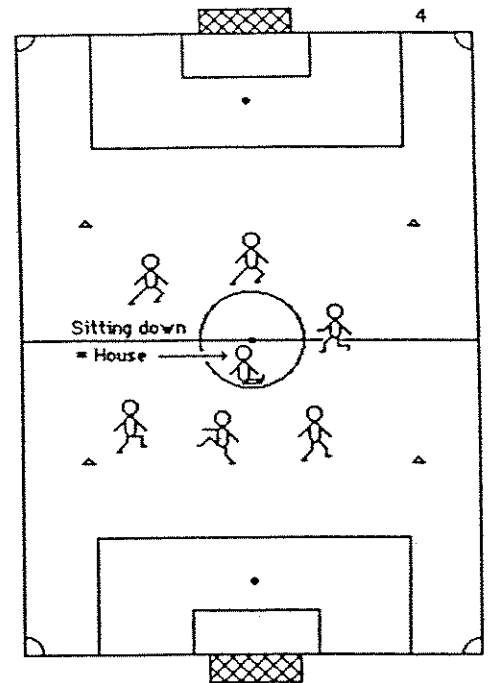


TAG WITH A HOUSE. (2)

Organization : Limited number of players (Team size). Marked out playing field. Player can avoid tag by building a "house" (sitting down). Tagged player joins tagger.

No elimination method.

Number of games : 1-3.



TAG WITH A HOUSE. (3)

Organization : Limited number of players (Team size). Marked out playing field.

Two (2) players can avoid tag by building a "house" (holding hands). Tagged player joins tagger.

No elimination method.

Number of Games : 1-3.

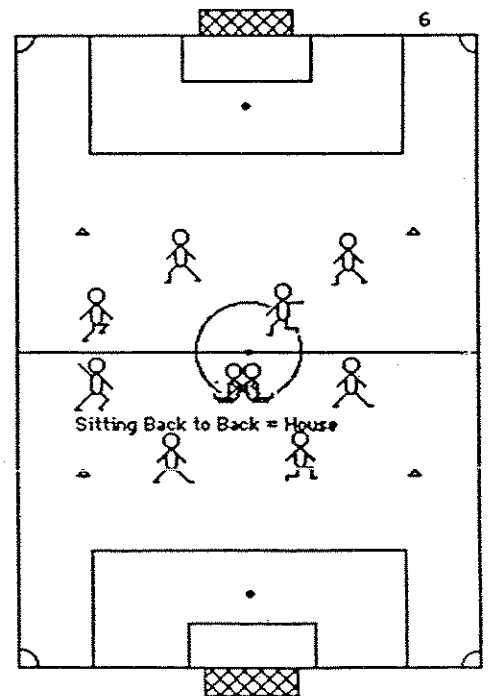
TAG WITH A HOUSE. (4)

Organization : Limited number of players (Team size). Marked out playing field.

Two (2) players can avoid tag by building a "house" (sitting down back to back). Tagged player joins tagger.

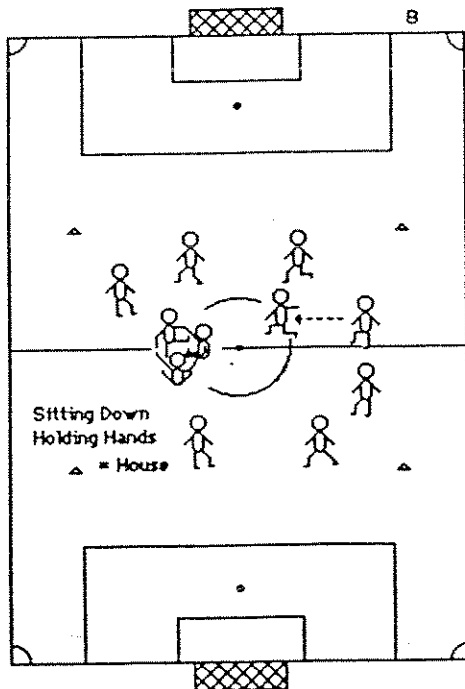
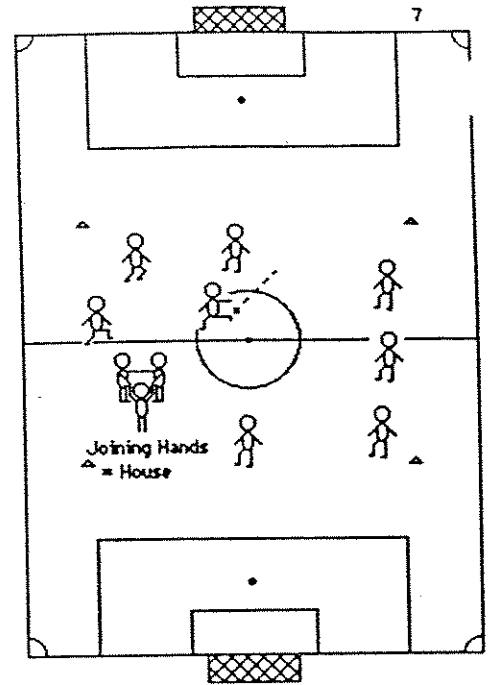
No elimination method.

Number of games : 1-3.



TAG WITH A HOUSE. (5)

Organization : Limited number of players (Team size). Marked out playing field.
 Three (3) players can avoid tag by building a "house" (holding hands). Tagged player joins tagger.
 No elimination method.
 Number of games : 1-3.

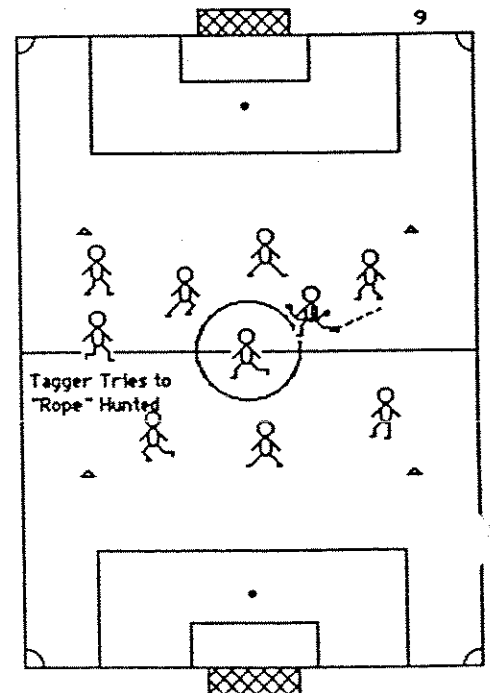


TAG WITH A HOUSE. (6)

Organization : Limited number of players (Team size). Marked out playing field. Three (3) players can avoid tag by building a "house" (sitting down holding hands). Tagged player joins tagger.
 No elimination method.
 Number of Games : 1-3.

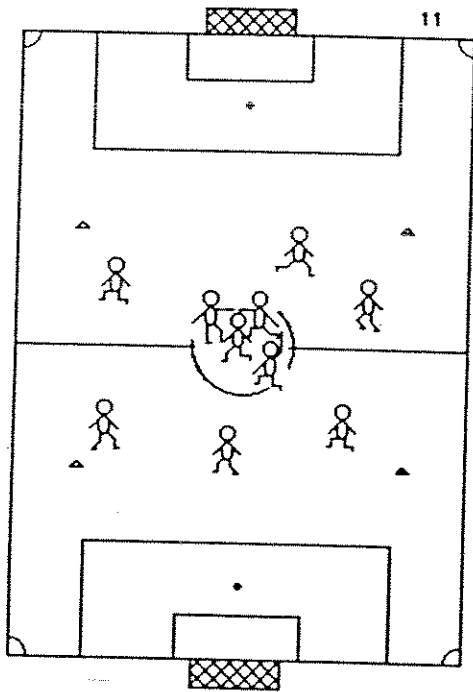
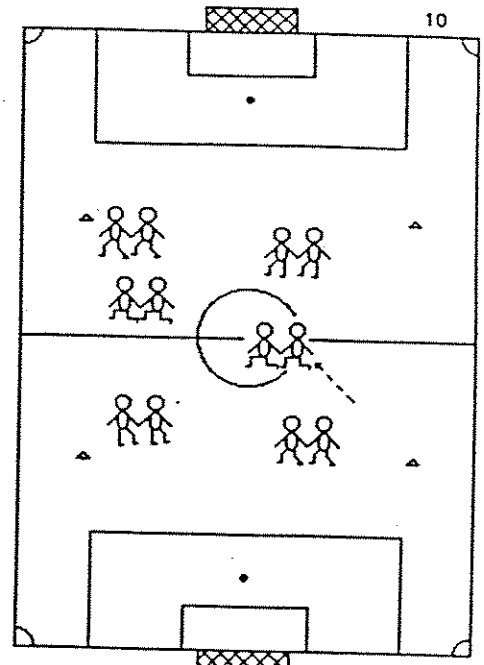
LASSO TAG.

Organization : Limited number of players (Team size). Marked out playing field. Skipping ropes. The tagger takes the end of the skipping rope in both hands. Tags player by throwing rope over hunted player. Rope must not be used to strike player. Lassoed player joins tagger using another rope.
 No elimination method.
 Number of Games : 1-3.



PAIRED TAG.

Organization : Even number of players (Team size). Marked out playing field.
All players are paired off and holding hands the taggers (a pair) also chase the other pairs. Tagged pairs join taggers.
No elimination method.
Number of games : 1-3.

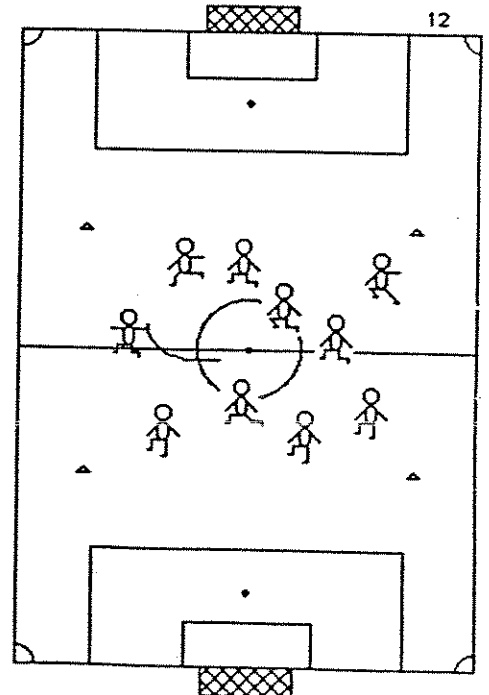


PRISON TAG.

Organization : Limited number of players (Team size). Marked out playing field.
Three (3) players clasp hands and encircle hunted prisoner. Tagged Prisoner joins taggers. Taggers split group after adding the 6th player.
No elimination method.
Number of games : 1-3.

ROB TAG.

Organization : Limited number of players (Team size). Marked out playing field.
One (1) designated player is running - dragging a rope behind him. Taggers try to catch up and step on rope. Successful tagger takes over rope.
No elimination method.
Number of games : 1-3.



THE RULES OF MINI-SOCCER

RULE 1: THE FIELD OF PLAY

1. Whenever possible Mini-Soccer should be played on a field designed for that purpose. In many instances, however, games will be played within or across standard soccer fields.
2. The size of the goals shall be 5 metres wide and 2 metres high.
3. Whenever possible, goal-nets shall be used.

RULE 2: THE BALL

1. The ball shall be spherical and shall be constructed of material that is not dangerous to the players.
2. Ball size for 6- to 8-year-olds: size three.

RULE 3: NUMBER OF PLAYERS

1. The game shall be played by two teams, each consisting of 6 (maximum of 7) players, one of whom shall be the goalkeeper (check with your provincial association for local requirements). Teams must dress a minimum of 5 players and may dress a maximum of 12 players. (Some jurisdictions allow more players to be dressed, but this should be discouraged.)
2. Unlimited substitution shall be allowed at any stoppage in the game. Please check with the referee as to how he will allow players to leave and enter the field on substitutions. (A coach should know his/her jurisdiction's rules on substitutions.)

RULE 4: PLAYERS' EQUIPMENT

1. Equipment shall consist of shorts, socks, shin-guards, footwear, and a numbered shirt. Goalkeepers must wear colors that are distinguishable from those of other players and those of the referee. Goalkeepers may wear gloves and tracksuit-type pants.

RULE 5: DURATION OF THE GAME

1. The game shall be divided into two equal halves or four equal quarters, the length of which shall be determined by competition organizers. The interval between periods of play shall be determined by competition organizers but shall be not less than 5 minutes.

RULE 6: START OF PLAY

1. The beginning of the game, choice of halves and the kick-off shall be decided by the toss of a coin. The team that wins the toss shall have choice of halves and the opposing team gets the kick-off. The order is reversed for the start of the second half.
2. At a kick-off, all players shall be in their own half of the field of play. All players opposing the team taking the kick-off shall be not less than 6 metres from the ball until it is kicked off. The game shall be started by the referee giving a signal. The ball shall be kicked forward into the opponents' half of the field. The ball is in play when it is kicked and moves. For any infringement of rule, the kick-off shall be retaken.
3. The player taking the kick-off must not play or touch the ball a second time before it has been played or touched by another player.
4. After a goal has been scored, the game shall be restarted by a kick-off, to be taken by a player of the team against which the goal was scored.
5. After the first half of play, the teams shall change halves and the kick-off shall be taken by a player of the team opposing that started the game.
6. For any stoppage not mentioned elsewhere in these rules, the referee shall restart the game by dropping the ball at the place where it when play was stopped, unless play was stopped in the goal area. In this case, the ball shall be dropped on that part of the goal area line that runs parallel to the goal-line, at the point nearest to where the ball was when play was stopped. The ball shall be in play as soon as it touches the ground.
7. A goal may be scored directly from a kick-off.

RULE 7: BALL IN AND OUT OF PLAY

1. The ball is out of play
 - When the whole of the ball has crossed the goal-line, or touch-line, whether on the ground or in the air
 - When the game has been stopped by the referee.
2. The ball is in play at all other times.

RULE 8: METHOD OF SCORING

1. A goal is scored when the whole of the ball has crossed over the goal line, between the goalposts and under the crossbar, provided it has not been thrown, carried, or intentionally propelled by hand or arm, by a player of the attacking team, except by a goalkeeper in his/her own goal area.

RULE 9: FREE-KICK - ALL RESTARTS ARE INDIRECT

1. For any infringement of the Rules of the Game when the ball is in play, the referee may award a free kick to the team opposing that of the offending player. The free kick shall be taken from the place where the infringement occurred, unless the free kick is awarded to the attacking team within the opponents' goal area. In this case, the kick shall be taken from that part of the goal area line, which runs parallel to the goal-line, at the point nearest to where the offence was committed.
2. At the taking of a free kick, the ball shall be stationary and all opponents shall not be less than 6 metres from the ball until it has been kicked. The ball shall be in play when it is kicked and moves.
3. A player taking a free kick within his/her own goal area shall kick the ball into play beyond the goal area. The ball is in play when it is kicked and moves and has passed outside the goal area. All opponents shall be outside the goal area and not less than 6 metres from the ball until it has been kicked. For any infringement of this rule, the free kick shall be retaken.
4. A player taking a free kick shall not play or touch the ball a second time until it has been played or touched by another player.
5. A goal may not be scored directly from a free kick.

RULE 10: PENALTY KICK

1. A penalty kick shall be taken from the penalty mark. All players, with the exception of the defending goalkeeper and the player taking the kick, shall be outside the penalty area but within the field of play, and not less than 6 metres from the ball (and behind the ball) until it has been kicked.
 2. The goalkeeper remains on his/her goal line, facing the kicker, between the goalposts until the ball has been kicked.
 3. The player taking the penalty kick must not play or touch the ball a second time until it has been played or touched by another player.
 4. The time of play shall be extended at quarter-time, half-time, or at full-time to allow a penalty kick to be taken. In the event that time is extended, play shall end when a goal is not scored.
- * * Note: In some jurisdictions there are no penalty kicks at all in mini-soccer, just an indirect free kick. In others, there are no penalty shots at the U-8 and below levels. Please check the pertinent rule for your area.

RULE 11: FOULS AND MISCONDUCT

1. A player who, in the opinion of the referee, intentionally commits any of the following offences shall be penalized by the awarding a free kick to the opposing team:

- kicks or attempts to kick an opponent
- trips an opponent
- jumps at an opponent
- charges an opponent in any manner
- strikes, attempts to strike, or spits at an opponent
- holds an opponent
- pushes an opponent
- Handles the ball, i.e. strikes, carries or propels the ball with hand or arm, excepting a goalkeeper within his/her own penalty area.

Should a player commit one of the above offences within his/her own goal area while the ball is in play, irrespective of the position of the ball, a penalty kick shall be awarded to the opposing team.

RULE 12: THROW-IN

1. When the whole of the ball has crossed the touch-line, either on the ground or in the air, the ball shall be thrown in, from the point where it left the field of play, by a member of the team opposing that of the player who last played or touched it.

2. The player taking the throw-in shall face the field of play and part of both feet shall be on the ground, and on or behind the touch-line. The thrower shall use both hands to deliver the ball from behind and over his head. The ball shall be in play immediately after it enters the field of play.

3. The player taking the throw-in must not play or touch the ball a second time before it has been played or touched by another player.

Please note, that in mini-soccer, repeatedly stopping the flow of the game to re-take incorrectly taken throw-ins, should be avoided.

RULE 13: GOAL KICK

1. When the whole of the ball has crossed the goal-line, either on the ground or in the air, excluding that portion between the goalposts having last been played or touched by a member of the attacking team, a goal kick shall be awarded to the defending team. The ball shall be kicked into play from a point within that half of the penalty area nearest to where the ball crossed the goal line.

2. At the taking of a goal kick, all opponents shall be outside the goal area and not less than 6 metres from the ball until it has been kicked into play. The ball shall be in play when it has traveled the distance of its own circumference and has left the penalty area.

3. The player taking the goal kick must not play or touch the ball a second time before it has been played or touched by another player.

4. A goal may be scored directly from a goal kick, but only against the opposing team.

RULE 14: CORNER-KICK

1. When the whole of the ball has crossed the goal-line, either on the ground or in the air, excluding that portion between the goal-posts, having last been played or touched by a member of the defending team, a corner-kick shall be awarded to the attacking team.
2. The corner-kick shall be taken from within the corner-arc nearest to where the ball crossed the goal-line. All opponents shall be less than 6 metres from the ball until it has been kicked. The ball must travel the distance of its own circumference to be in play.
3. The player taking the corner-kick must not play or touch the ball a second time before it has been played or touched by another player.
4. A goal may be scored directly from a corner-kick.

****Offside**

A Special Note on the offside Law:

In some jurisdictions there is no offside at all in mini-soccer. In others, it is enforced after a certain age. Each coach should ascertain the rule for his/her league. If offside is a rule for you to follow, please note the following:

Offside Position

It is not an offence in itself to be in an offside position.

A player is in an offside position if:

- He is nearer to his opponents' goal line than both the ball and the second last opponent.

A player is not in an offside position if:

- He is in his own half of the field of play, or
- He is level with the second last opponent, or
- He is level with the last two opponents

Offence

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- Interfering with play, or
- Interfering with an opponent, or
- Gaining an advantage by being in that position

No Offence

There is no offside offence if a player receives the ball directly from:

- A goal kick, or
- A throw-in, or
- A corner kick

Infringements/Sanctions

For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

Note: Advice to all referees: please do not over penalize, do coach.