



Running a practice session

# **Drills to Help Your U8 to U16 Teams Become “More” Successful**

Prepared for Edson Minor Soccer Coaches

By

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# Building a Successful Practice Starts with the Coach

## METHOD

- With young players, all aspects of the game will require a great deal of work. Coaches should select one part of the game that they believe requires attention and use that as the theme for practice.
- Devise a realistic practice situation where that aspect of the game can be highlighted.
- Observe the performance of the players within the practice to identify their mistakes and successes.
- Guide the player(s) to successful responses to their problems by:
  - a) Stopping the play after the mistake,
  - b) Pointing out the mistake to the player,
  - c) Demonstrating the correct method of execution to show the correct "picture" to the players.
  - d) Allowing the player to correct their mistake under similar circumstances in which the error occurred.
- Allow play to continue if the error is corrected. If the player continues to make a mistake, the coach should remain with the player to give him opportunity to succeed.

## ORGANIZATION

Having a parent/player meeting before your season starts is a must.

The coach should spend a little time before each session preparing the practice. In preparation, the following points should be considered:

- The theme of the practice
- How many players are available
- How much equipment is needed (e.g., balls, bibs, goals, cones, Frisbees, etc.)
- How much area is available in which to work
- How the practice would progress ideally
- Approximately how much time is going to be spent in each segment of practice

## DEMONSTRATION

*"A picture is worth a thousand words."*

## OBSERVATION AND INFORMATION

The skill in coaching is to observe the mistakes of players as individuals, or as a team, and to provide the information to correct the mistakes.

## POSITION

The coach should ensure that the practice is observed from "outside" the activity and not in the middle of play.

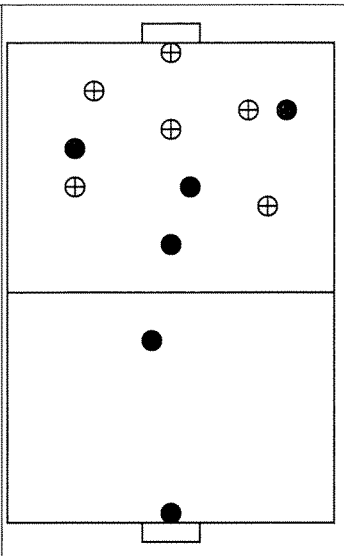


## Practice Planning Session Outline



|                  |         |           |   |       |       |           |              |         |   |
|------------------|---------|-----------|---|-------|-------|-----------|--------------|---------|---|
| Team Name        |         |           |   | Topic |       | Defending |              |         |   |
| Date:            |         |           |   |       |       |           |              |         |   |
| Age Group        |         | U8 to U12 |   |       | Level |           | House League |         |   |
| Equipment        |         |           |   |       |       |           |              |         |   |
| Players          | 10 - 12 | Goals     | 2 | Balls | 10    | Cones     | 12           | Pinnies | 5 |
| Equipment Notes: |         |           |   |       |       |           |              |         |   |
|                  |         |           |   |       |       |           |              |         |   |

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

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



|                  |         |           |   |       |    |              |    |         |   |
|------------------|---------|-----------|---|-------|----|--------------|----|---------|---|
| Team Name        |         |           |   | Topic |    | Passing      |    |         |   |
| Date:            |         |           |   |       |    |              |    |         |   |
| Age Group        |         | U8 to U12 |   | Level |    | House League |    |         |   |
| Equipment        |         |           |   |       |    |              |    |         |   |
| Players          | 10 - 12 | Goals     | 2 | Balls | 10 | Cones        | 12 | Pinnies | 6 |
| Equipment Notes: |         |           |   |       |    |              |    |         |   |
|                  |         |           |   |       |    |              |    |         |   |

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



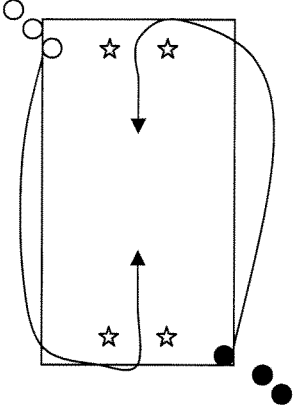


## Practice Planning Session Outline



|                  |         |           |  |       |    |              |    |
|------------------|---------|-----------|--|-------|----|--------------|----|
| Team Name        |         |           |  | Topic |    | Dribbling    |    |
| Date:            |         |           |  |       |    |              |    |
| Age Group        |         | U8 to U12 |  | Level |    | House League |    |
| Equipment        |         |           |  |       |    |              |    |
| Players          | 10 - 12 | Goals     |  | Balls | 10 | Cones        | 12 |
|                  |         |           |  |       |    | Pinnies      | 6  |
| Equipment Notes: |         |           |  |       |    |              |    |
|                  |         |           |  |       |    |              |    |

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

|                                      |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                  |
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| <p><b>Game Related Activity:</b></p> |  | <ul style="list-style-type: none"> <li>-Play in a 30 x 20 yard grid</li> <li>-Organize players into groups of 8 maximum</li> <li>-Give each player a number from 1 – 8</li> <li>-When the coach shouts out your number those players race around the outside of the grid through the cones to face each other</li> <li>-Add more numbers to play 2 v 2's up to 8 v 8's</li> <li>-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</li> </ul> | <ul style="list-style-type: none"> <li>-Dribble when space is available in front of or behind an opponent</li> <li>-Change speed to beat opponents</li> <li>-Be aware of other players</li> <li>-Be confident</li> <li>-Have a purpose to your dribble, be determined</li> </ul> |
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## Practice Planning Session Outline



|                  |        |           |   |       |    |                       |    |         |   |
|------------------|--------|-----------|---|-------|----|-----------------------|----|---------|---|
| Team Name        |        |           |   | Topic |    | Running with the ball |    |         |   |
| Date:            |        |           |   |       |    |                       |    |         |   |
| Age Group        |        | U8 to U12 |   | Level |    | House League          |    |         |   |
| Equipment        |        |           |   |       |    |                       |    |         |   |
| Players          | 10 -12 | Goals     | 2 | Balls | 10 | Cones                 | 12 | Pinnies | 6 |
| Equipment Notes: |        |           |   |       |    |                       |    |         |   |
|                  |        |           |   |       |    |                       |    |         |   |

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



## Practice Planning Session Outline



|                  |        |           |  |       |    |                       |    |         |   |
|------------------|--------|-----------|--|-------|----|-----------------------|----|---------|---|
| Team Name        |        |           |  | Topic |    | Turning with the ball |    |         |   |
| Date:            |        |           |  |       |    |                       |    |         |   |
| Age Group        |        | U8 to U12 |  | Level |    | House League          |    |         |   |
| Equipment        |        |           |  |       |    |                       |    |         |   |
| Players          | 10 -12 | Goals     |  | Balls | 10 | Cones                 | 12 | Pinnies | 6 |
| Equipment Notes: |        |           |  |       |    |                       |    |         |   |

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

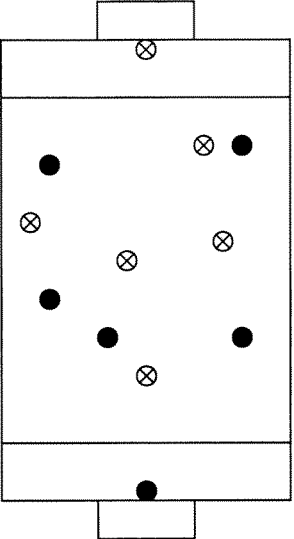


## Practice Planning Session Outline



|                  |        |       |           |       |          |       |              |         |   |
|------------------|--------|-------|-----------|-------|----------|-------|--------------|---------|---|
|                  |        |       |           | Topic | Shooting |       |              |         |   |
| Date:            |        |       |           |       |          |       |              |         |   |
| Age Group        |        |       | U8 to U12 |       | Level    |       | House League |         |   |
| Equipment        |        |       |           |       |          |       |              |         |   |
| Players          | 10 -12 | Goals | 2         | Balls | 10       | Cones | 12           | Pinnies | 6 |
| Equipment Notes: |        |       |           |       |          |       |              |         |   |

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

|                                      |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                     |
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| <p><b>Game Related Activity:</b></p> |  | <ul style="list-style-type: none"> <li>-Play in a 40 x 30 yard grid</li> <li>-5 v 5 plus goal keepers</li> <li>-Players not allowed into five yard end zone</li> <li>-Teams attempt to shoot on target</li> <li>-One point for scoring in the larger main goal</li> <li>-Two points for scoring in the corner of the net. Place a cone 2 yards from the post</li> </ul> | <ul style="list-style-type: none"> <li>-Teams combine and communicate to create space for shooting opportunities</li> <li>-Aim for accuracy when shooting</li> <li>-Do not sacrifice accuracy for power</li> <li>-Aim shots away from the goal keeper and to the corners</li> </ul> |
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## Practice Planning Session Outline



|                  |           |       |   |       |                      |       |    |         |   |
|------------------|-----------|-------|---|-------|----------------------|-------|----|---------|---|
| Team Name        |           |       |   | Topic | Controlling the ball |       |    |         |   |
| Date:            |           |       |   |       |                      |       |    |         |   |
| Age Group        | U8 to U12 |       |   | Level | House League         |       |    |         |   |
| Equipment        |           |       |   |       |                      |       |    |         |   |
| Players          | 10 -12    | Goals | 2 | Balls | 10                   | Cones | 12 | Pinnies | 6 |
| Equipment Notes: |           |       |   |       |                      |       |    |         |   |

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



## Practice Planning Session Outline



|                  |         |           |   |       |    |              |    |         |   |
|------------------|---------|-----------|---|-------|----|--------------|----|---------|---|
| Team Name        |         |           |   | Topic |    | Goalkeeping  |    |         |   |
| Date:            |         |           |   |       |    |              |    |         |   |
| Age Group        |         | U8 to U12 |   | Level |    | House League |    |         |   |
| Equipment        |         |           |   |       |    |              |    |         |   |
| Players          | 10 - 12 | Goals     | 2 | Balls | 12 | Cones        | 12 | Pinnies | 6 |
| Equipment Notes: |         |           |   |       |    |              |    |         |   |
|                  |         |           |   |       |    |              |    |         |   |

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

## Community Coach Program Session Planning

Name of Coach: JOE STOPPER Date: \_\_\_\_\_

Name of Team/Group: DYNAMOS Duration of Session: 45 MINUTES

**Previous Experience of Players:**

1. Age: 6-8 YEARS OLD
2. Ability Level: ENTRY LEVEL (FIRST TIME PLAYERS)
3. Other Factors: CO-ED (BOYS and GIRLS)

Session Theme: "RUNNING with the BALL"

**Session Objectives (i.e., key factors, activity level, etc.):**

1. WARMUP-STOP/CONTROL BALL (5 mins)
2. FLEXIBILITY (5 mins)
3. GAME ACTIVITY — RACES (10 mins)
4. TECHNIQUE-DRIBBLING (5 mins)
5. GAME 3V3 (NO GKs) (15 mins)
6. FUN WARMDOWN HAPPY FACES! (5 mins)

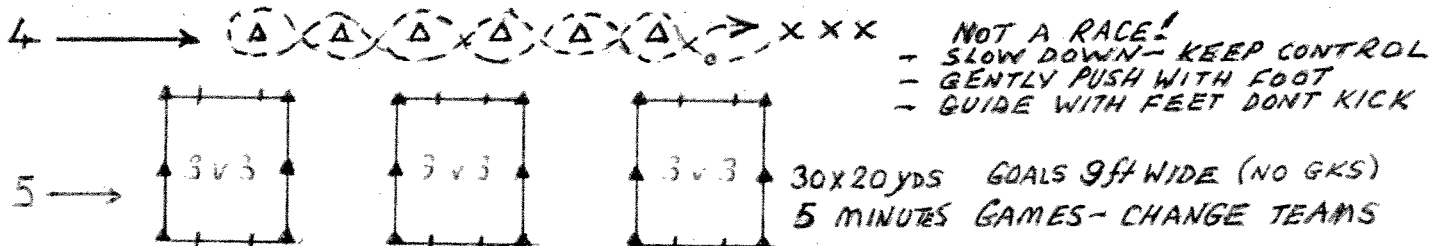
**Equipment Requirements:**

# of Soccer Balls: 18 (ONE BALL EACH) # of Goals: 6 can be flags or markers

Other Requirements (markers, bibs, etc.): BIBS — 2 SETS OF 9 (DIFFERENT COLOURS)  
MARKERS — 18 YELLOW 12 RED

**Organization:**

1. "MIRROR MAN" ALL PLAYERS FACING THE COACH WITH A BALL — MOVE WHEN COACH MOVES — STOP (SAME)
2. BALL TAG — ALL PLAYERS IN 20x20 GRID — ONE STARTS WITH BALL IN HAND — SIMPLE TAG
3. CIRCLE RACES — TWO TEAMS IN ONE CIRCLE ON "GO" ONE TEAM RUNS OUTSIDE — FIRST BACK SITTING WINS  
PROGRESSIONS: THROUGH LEGS BEFORE RUNNING: DO IT BOTH WAYS: AROUND PARTNER: HORSES/JOCKEYS



6. "PRISONERS" ONE TEAM INSIDE A 30x20 GAME AREA WITH A BALL EACH — OTHER TEAM AROUND the OUTSIDE: PLAYERS INSIDE TRY TO DRIBBLE BALL OUT: PLAYERS OUTSIDE KICK BALLS BACK IN  
Safety Factors to Observe:

PLAYING AREA CLEAR OF GLASS, STICKS, STONES etc — FLAGS HIGH ENOUGH — LACES TIED

## Community Coach Program Session Planning

Name of Coach: SUZY STRIKER Date: \_\_\_\_\_

Name of Team/Group: NORTHSTARS Duration of Session: 55 minutes

Previous Experience of Players:

1. Age: 8-10 YEARS OLD
2. Ability Level: AVERAGE - MOST PLAYED AS 6-8 YEAR OLDS
3. Other Factors: CO-ED (BOYS and GIRLS) GIRLS BETTER THAN THE BOYS!

Session Theme: "INDIVIDUAL BALL POSSESSION"

Session Objectives (i.e., key factors, activity level, etc.):

1. WARMUP - BALL CONTROL (5 mins)
2. DRIBBLING - SPACE PIRATES (10 mins)
3. RELAY RACES - RUNNING (10 mins)
4. JUGGLING - BALL CONTROL (10 mins)
5. GAME - KEEPER FIVES (15 mins)
6. FUN WARMDOWN (5 mins)

Equipment Requirements:

# of Soccer Balls: 16 (one each) # of Goals: 2 - USE FLAGS

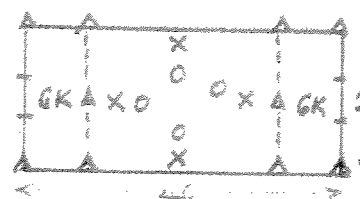
Other Requirements (markers, bibs, etc.): 2 SETS BIBS BLUE/RED 8 YELLOW 6 RED MARKERS

Organization:

1. ALL PLAYERS IN 20X20 GRID - BALL EACH - ON COMMAND "STOP" - "TURN EGO" - (TAKE ANOTHER BALL) "SWITCH"
2. "SPACE PIRATES" 20X20 GRID ONE PIRATE TRIES TO "ZAP" (TOUCH) OTHERS - "SAFE" IS FOOT ON THE BALL PLAYERS MUST KEEP MOVING UNTIL PIRATE CLOSE - ZAPS JOIN PIRATE!

3.  1: AROUND B - 2: ORCLE B, BACK - 3: ADD 2 MORE CONES

4. BALL JUGGLING 1: DROP FROM HANDS TO FEET FLICK CATCH 2: ONE BOUNCE, FLICK, CATCH 3: NO BOUNCE

5. GAME  - ENCOURAGE GK TO COME OUT - PLAY WITH FEET  
- COAX THE DIAMOND TEAM SHAPE  
- PLAYER WITH BALL "SCHEMER" - CLOSEST OPPONENT PRESSER  
- SUB OFTEN (EVERY TWO MINUTES)

Safety Factors to Observe: PLAYING AREA - CHECK FOOTWEAR - CHECK ALL FLAGS  
NO "BODY CHECKS" DURING ACTIVITIES - HAVE OWN WATER BOTTLE

6. FUN WARMDOWN: "HORSES and JOCKEYS" OR "TRUCK and TRAILER"



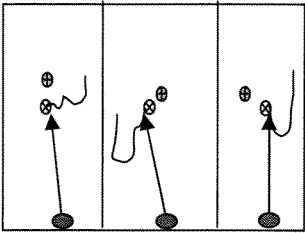


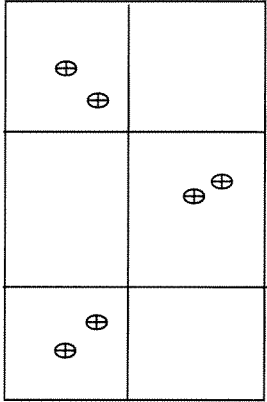
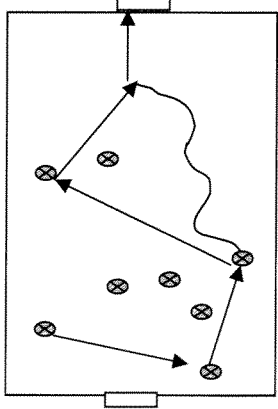
## Edson Minor Soccer Academy Program Session Outline



|                  |                      |       |   |       |                      |       |    |             |    |
|------------------|----------------------|-------|---|-------|----------------------|-------|----|-------------|----|
| Name             | Edson Soccer Academy |       |   | Topic | Controlling The Ball |       |    | Practice #2 |    |
| Date:            |                      |       |   |       |                      |       |    |             |    |
| Age Group        | 9 – 12 year olds     |       |   | Time  | 4:15pm – 5:45pm      |       |    |             |    |
| Equipment        |                      |       |   |       |                      |       |    |             |    |
| Players          | 30                   | Goals | 4 | Balls | 30                   | Cones | 60 | Pinnies     | 20 |
| Equipment Notes: |                      |       |   |       |                      |       |    |             |    |

| Phase                                                                                                                                                                        | Diagram | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Coaching Points                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-Up:</b><br>4:15 – 4:25<br><br><b>Technique:</b><br>4:25 – 4:40<br><br><br><br><br><br><br><br><br><br>4:35 – 4:50<br><br><br><br><br><br><br><br><br><br>4:50 – 5:00 |         | <p style="text-align: center;"><i>Foot Control</i></p> <ul style="list-style-type: none"> <li>-Two thirds of players on outside of circle</li> <li>-One third of players on inside</li> <li>-Inside players run to an outside player who tosses a ball in air for inside player to control with there feet.</li> <li>-Once player controls ball they pass it back then overlap outside player and finds someone else to get a ball from</li> <li>-Rotate every 1 - 2 minutes</li> </ul> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>-Control with one foot and pass with the other</li> <li>-Volley ball back on 1<sup>st</sup> touch</li> <li>-Control with one foot, then volley back with other foot</li> </ul> <p style="text-align: center;"><i>Thigh Control</i></p> <ul style="list-style-type: none"> <li>-Same setup as before, players must now take controlling touch with thigh and play back to outside player before overlapping and finding a new server</li> </ul> <p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>-How many can you do in a minute</li> <li>-Control with one thigh then laces volley back to the server</li> </ul> <p style="text-align: center;"><i>Chest Control</i></p> <ul style="list-style-type: none"> <li>-Same setup as before players must now take controlling touch with chest and play ball back to outside players before overlapping and finding new server</li> </ul> | <ul style="list-style-type: none"> <li>-Do not trap under the foot</li> <li>-Use laces or inside of foot. Control in front and away from body so you are ready to play</li> <li>-Quick run into players, slow down on arrival</li> <li>-Be up on toes, adjust to height and weight of toss</li> <li>-Relax on controlling touch</li> <li>-Control out of your stride and play back quickly</li> </ul> <ul style="list-style-type: none"> <li>-Make sure muscle is relaxed</li> <li>-Stay in line with the ball</li> <li>-Offer thigh and as ball touches, drop away so ball lands at feet ready to play</li> <li>-Control ball across your body and shield from def.</li> </ul> <ul style="list-style-type: none"> <li>-Arms out for balance and protection</li> <li>-Lean back then drop chest away on touch</li> <li>-Control with</li> </ul> |

|                                          |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                  |
|------------------------------------------|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Water Break</b><br><b>5:00 – 5:05</b> |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | muscle of chest                                                                                                                                                  |
| <b>Skill:</b><br><b>5:05 – 5:15</b>      |  | <p style="text-align: center;"><i>Control, Turn, Shoot</i></p> <ul style="list-style-type: none"> <li>-Three players in a 10 x 15 yard grid. Player 1 passes ball to player 2 who controls the ball, under slight pressure from player 3, and tries to turn and shoot at goal.</li> <li>-Rotate so all players control, serve, and pressure</li> </ul> <p><b>Progression</b></p> <ul style="list-style-type: none"> <li>-Use a variety of serves (looped, hard, soft)</li> </ul> | <ul style="list-style-type: none"> <li>-Maximize your space to receive the ball</li> <li>-Call for ball</li> <li>-Keep body between defender and ball</li> </ul> |

| Phase                                   | Diagram                                                                             | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                      | Coaching Points                                                                                                                                                                                                                                                                                             |
|-----------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Game:</b><br><b>5:15 – 5:30</b>      |   | <p><b>Organization</b></p> <ul style="list-style-type: none"> <li>-Divide players into even groups and place in a 10 x 10 yard grid, with an open grid in-between each group</li> <li>-Players must perform a task (20 thigh traps each, 20 two touch passes, 20 one touch passes, etc) before they can move onto the next grid. Repeat the task before moving again.</li> <li>-The first team to get back to their starting grid wins</li> </ul> | <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>-Try to get groups performing the correct techniques while racing each group</li> <li>-Remain calm and take small touches</li> <li>Run quickly between grids</li> <li>-Make sure you compete task properly before moving on</li> </ul> |
| <b>Game:</b><br><b>5:30 – 5:40</b>      |  | <ul style="list-style-type: none"> <li>-Play 4 v 4 in a 20 x 15 yard grid</li> <li>-Players can only score from a two touch shot (1<sup>st</sup> touch control 2<sup>nd</sup> touch shot)</li> </ul>                                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>-Keep game at a high tempo, with lots of ball on the sides for quick restarts</li> <li>-Encourage the players to play aerial balls</li> </ul>                                                                                                                        |
| <b>Cool Down:</b><br><b>5:40 – 5:45</b> |                                                                                     | Slow jog then Pick up equipment                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                             |

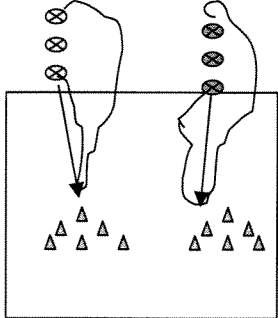
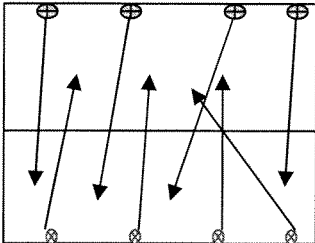
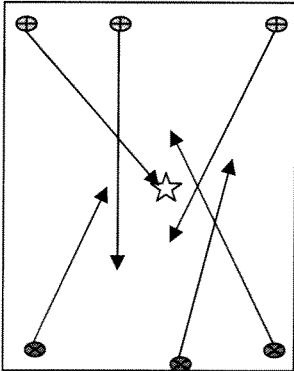


## Edson Minor Soccer Academy Program Session Outline



|                  |                      |       |   |       |         |       |    |              |   |
|------------------|----------------------|-------|---|-------|---------|-------|----|--------------|---|
| Name             | Edson Soccer Academy |       |   | Topic | Passing |       |    | Practice # 3 |   |
| Date:            |                      |       |   |       |         |       |    |              |   |
| Age Group        | 9 – 12 year olds     |       |   | Level | Low     |       |    |              |   |
| Equipment        |                      |       |   |       |         |       |    |              |   |
| Players          | 10                   | Goals | 2 | Balls | 15      | Cones | 30 | Pinnies      | 6 |
| Equipment Notes: |                      |       |   |       |         |       |    |              |   |

| Phase                             | Diagram | Organization                                                                                                                                                                                                                                                                                 | Coaching Points                                                                                                                                                                                                                                                          |
|-----------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-Up:</b><br>4:15 – 4:25    |         |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                          |
| <b>Main Theme:</b><br>4:25 – 4:30 |         | -With a partner you will pass the ball to each other. After you pass the ball move backwards, when you are going to receive the ball move towards it.                                                                                                                                        | -Control ball in the direction you wish to pass<br>-Do not stand still<br>-Try to put                                                                                                                                                                                    |
| 4:30 – 4:55                       |         | -Play 4 v 2 in a 10 x 10 yard grid<br>-Dark's keep possession by playing the ball around and through the grid<br>-Defending players (white's) try to win ball by touching it<br>-Everyone takes a turn playing in the middle, change after each win by the defenders                         | -Control ball in the direction you wish to pass<br>-Do not stand still<br>-Try to put defenders off balance by faking a pass sometimes<br>-Choose when to pass early and when to take more touches<br>-Try to keep the ball moving                                       |
| <b>Water Break</b><br>4:55 – 5:00 |         |                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                          |
| <b>Game:</b><br>5:00 – 5:15       |         | -Set up a grid 40 x 30 yards and divide the grid into 4 equal areas<br>-Divide players into two teams<br>-Place players from each team in each area of the grid<br>-Players must remain in their area's and make 10 passes to score a goal<br>-Passes can be made over all areas of the grid | -Create space by spreading out<br>-Decide whether to pass first time or control and then pass<br>-Use both feet<br>-Use the inside of the foot to pass<br>-Talk<br>-Keep your head up<br>-Non kicking foot points towards target<br>-Pass through the ball to gain power |

| Phase                       | Diagram                                                                             | Organization                                                                                                                                                                                                                                                                                                                                                | Coaching Points                                                                                                                                                                                                        |
|-----------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Game:</b><br>5:15 – 5:25 |    | <p style="text-align: center;"><i>Ten Pin Passing</i></p> <ul style="list-style-type: none"> <li>-Make two teams of equal numbers</li> <li>-Each player has a ball</li> <li>-On “Go” the first player tries to pass ball and knock soccer balls off the cones</li> <li>-Player gets ball and dribbles back to the end of their line</li> </ul>              | <ul style="list-style-type: none"> <li>-Use inside of foot</li> <li>-Lock ankle square to target</li> <li>-Fetch ball quickly</li> <li>-Only one shooter at a time</li> </ul>                                          |
| <b>Game:</b><br>5:25 – 5:35 |   | <p style="text-align: center;"><i>“Clean Your Room”</i></p> <ul style="list-style-type: none"> <li>-Two teams of equal numbers</li> <li>-Every player has a ball</li> <li>-On “Go” all players pass ball into other teams “room”. Players pass back and forth for 1 Minute.</li> <li>-Team with least amount of soccer balls in their room wins</li> </ul>  | <ul style="list-style-type: none"> <li>-Ball must stay below knee height</li> <li>-Inside of foot passing only</li> <li>-No hands allowed to control other teams passes</li> </ul>                                     |
| <b>Game:</b><br>5:35 – 5:45 |  | <p style="text-align: center;"><i>“Pinball”</i></p> <ul style="list-style-type: none"> <li>-Two teams of equal numbers in a 20 x 10 yard grid</li> <li>-Everyone has a ball</li> <li>-Players have to hit the pinball in the middle</li> <li>-Team that knocks the “Pinball” off the cone wins</li> <li>-Players must shoot from behind end line</li> </ul> | <ul style="list-style-type: none"> <li>-Side foot passes only</li> <li>-Make sure as distance increases the technique remains constant</li> <li>-Fetch spare balls quickly and keep shooting at the pinball</li> </ul> |

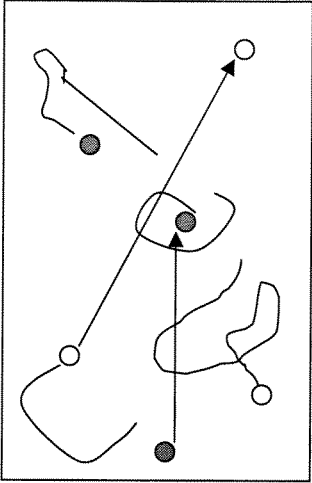
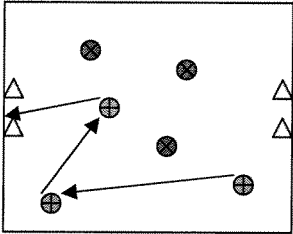


## Edson Minor Soccer Academy Program Session Outline



|                  |                      |       |   |       |                 |       |    |              |    |
|------------------|----------------------|-------|---|-------|-----------------|-------|----|--------------|----|
| Name             | Edson Soccer Academy |       |   | Topic | Passing         |       |    | Practice # 4 |    |
| Date:            |                      |       |   |       |                 |       |    |              |    |
| Age Group        | 9 – 12 year olds     |       |   | Time  | 4:15pm – 5:45pm |       |    |              |    |
| Equipment        |                      |       |   |       |                 |       |    |              |    |
| Players          | 24                   | Goals | 4 | Balls | 15              | Cones | 30 | Pinnies      | 20 |
| Equipment Notes: |                      |       |   |       |                 |       |    |              |    |

| Phase                                                                                | Diagram | Organization                                                                                                                                                                                                                                                                                                                           | Coaching Points                                                                                                                    |
|--------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-Up:</b><br>4:15 – 4:25<br><br><b>Main Theme:</b><br>4:25 – 4:40              |         | -In pairs players pass the ball back and forth using the inside of their foot only in 10 x 15 yard grids<br>-players now move up and down the grid passing the ball with the side of foot only                                                                                                                                         | -Foot points towards target<br>-Lift knee as you are about to kick<br>-Turn your toe out<br>-Call person name just before you pass |
| 4:40 – 4:55<br><br><br><br><br><br><br><br><br><br><b>Water Break</b><br>4:55 – 5:00 |         | <b>Triangle Passing Drill</b><br>-Pass ball and move to the line you did not pass too.<br>-Add a ball that the last person in the line passes behind the triangle.<br>-Add a ball that the players in the line must pass by hand over their head to the person behind them. Move to the front of the line, if you are the last person. |                                                                                                                                    |
| 5:00 – 5:15                                                                          |         | <b>Passing and Receiving</b><br>-Pass – Control – Pass in partners (2 touch)<br>-3 touch passing (control, move ball away from defender, pass)                                                                                                                                                                                         | -Eye on ball<br>-Pace and weight<br>-Part of foot                                                                                  |

|                                         |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                    |
|-----------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>5:15 – 5:25</p>                      |   | <p><b><u>Passing And Receiving Techniques</u></b></p> <ul style="list-style-type: none"> <li>-In a 20yd x 40yd grid, 2 groups of 3 players with one ball per group. The players pass and move using the following techniques:</li> <li>-Receive ball with the inside of the foot and move away pushing the ball with the outside of the same foot.</li> <li>- Look to see if you can turn, then turn with the ball.</li> <li>- Control with the outside of the foot and move away.</li> <li>- Try losing a defender by moving from side-to-side. Player with ball must watch so they know when to pass the ball.</li> <li>- Same as above only now the players move away from you then come back.</li> <li>-A passes to B and C works to get open and calls for the ball.</li> </ul> | <ul style="list-style-type: none"> <li>-Eye on ball</li> <li>-Pace and weight</li> <li>-Part of foot</li> <li>-Vision</li> <li>-Decision</li> <li>-Good First Touch</li> </ul>                                                                                     |
| <p><b>Game:</b><br/>5:25 – 5:40</p>     |  | <ul style="list-style-type: none"> <li>-in a 20 x 20 yard grid players will play 3 v 3 games. Score a goal by making 5 passes in a row or passing the ball on the ground through a 1 yard wide goal</li> <li>-Players that are not playing will practice passing, juggling, and controlling the ball</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>-Use all of the coaching points talked about today</li> <li>-Team shape (triangles)</li> <li>-Call for the ball</li> <li>-Movement into open spaces</li> <li>- Try losing a defender by moving from side-to-side</li> </ul> |
| <p><b>Cool Down</b><br/>5:40 – 5:45</p> |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                    |



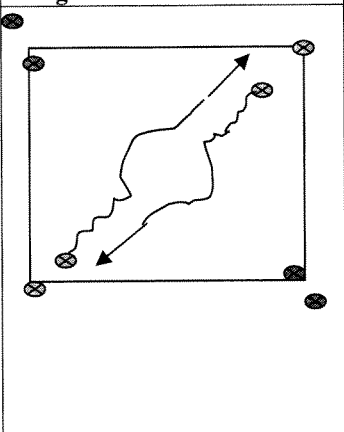
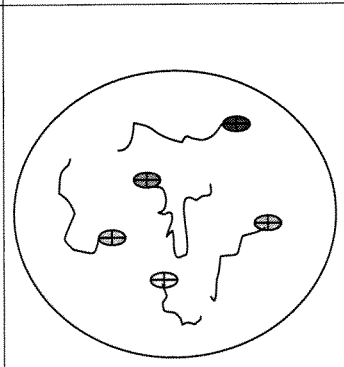
## Edson Minor Soccer Academy Program Session Outline



|           |                        |       |   |       |                 |       |    |              |   |
|-----------|------------------------|-------|---|-------|-----------------|-------|----|--------------|---|
| Name      | Edson Soccer Academy   |       |   | Topic | Dribbling       |       |    | Practice # 5 |   |
| Date:     |                        |       |   |       |                 |       |    |              |   |
| Age Group | 8 – 12 year olds (Low) |       |   | Time  | 4:15pm – 5:45pm |       |    |              |   |
| Equipment |                        |       |   |       |                 |       |    |              |   |
| Players   | 8                      | Goals | 4 | Balls | 10              | Cones | 12 | Pinnies      | 4 |
|           |                        |       |   |       |                 |       |    |              |   |

| Phase                             | Diagram | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Coaching Points                                                                                                                                                                                                                     |
|-----------------------------------|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-Up:</b><br>4:15 – 4:25    |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                     |
| <b>Main Theme:</b><br>4:25 – 4:35 |         | <ul style="list-style-type: none"> <li>-Players have one ball between three</li> <li>-Players move within a 20 x 20 yard grid</li> <li>-The players with the ball dribble to a cone, turn and pass to a free player from their group</li> </ul>                                                                                                                                                                                                                                         | <ul style="list-style-type: none"> <li>-Keep head up</li> <li>-Turn at a safe distance from the cone</li> <li>-Disguise turn by faking to pass</li> </ul>                                                                           |
| 4:35 – 4:40                       |         | <ul style="list-style-type: none"> <li>-Players form a circle about 15 – 20 yards in diameter</li> <li>-Players dribble from their starting position on the outside of the circle to the center cone and back</li> <li>-Change the surface used to turn</li> </ul>                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>-Keep the ball close</li> <li>-Slow down on approach to cone</li> <li>-Bend knees when turning</li> <li>-Accelerate back to starting position</li> </ul>                                     |
| 4:40 – 4:50                       |         | <ul style="list-style-type: none"> <li>-Same lay out has above</li> <li>-Players work into the middle cone and then out to the next players spot in a clockwise direction</li> <li>-On the coaches command each player performs a specific turn</li> </ul>                                                                                                                                                                                                                              | <ul style="list-style-type: none"> <li>-Quick movement on the ball</li> <li>-Accelerate away after turning</li> <li>-Turning action should face the body towards the next starting position on the outside of the circle</li> </ul> |
| <b>Water Break</b><br>4:50 – 4:55 |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                     |
| 4:55 – 5:05                       |         | <p style="text-align: center;"><i>The "Scissors"</i></p> <ul style="list-style-type: none"> <li>-Start dribbling with the ball between your feet. Plant your right foot next to the right side of the ball and swing your left leg around the ball in a counterclockwise arc, from the inside (right side) of the ball to the outside (left side) of the ball. Plant that left foot down and take the ball back to the right with the outside of the right foot. Accelerate!</li> </ul> | <ul style="list-style-type: none"> <li>-This is an "inside to outside" stepover with the left foot.</li> <li>-Once the defenders catches on to the "scissors left – go right"</li> <li>-Sell the move by dropping the</li> </ul>    |

|             |  |                                                                                                                                                                                                                                                                                                                                                     |                                                                                               |
|-------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 5:05 – 5:10 |  | <p><b>The “Double Scissors”</b></p> <p>-Here instead of a scissors left and then taking the ball to the right you do scissor type stepovers in both directions and then take the ball. So, scissors with the left followed by a scissors-lunge with the right foot, and then take the ball back to the left, with the outside of the left foot.</p> | <p>shoulder</p> <p>-Really push off leg so you can move quickly in the opposite direction</p> |
| 5:10 – 5:20 |  | <p><b>The “Matthews”</b></p> <p>-Dribble forward and then with the inside of your right foot, touch the ball slightly to the left, as if you were going to cut that way. Instead, push off the left foot and take the ball back to the right with the outside of the right foot.</p>                                                                | <p>-Keep Head Up</p> <p>-Keep ball close to body</p> <p>-Change of pace</p>                   |

| Phase                                      | Diagram                                                                             | Organization                                                                                                                                                                                                                                                                                                                                                                  | Coaching Points                                                                                                                                                                                                                   |
|--------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Skill:</b></p> <p>5:20 – 5:30</p>    |   | <p><b>“Fakes/Moves”</b></p> <p>-Players in opposite corners of a 10 x 10 yard grid, dribble towards each other and perform set move or fake that coach calls out. Continue to the opposite corner.</p> <p>-Other corner players do the same thing right after.</p> <p>-Player repeat four times until they arrive back at there original corner and spot.</p>                 | <p>-Slowly in, Accelerate after move</p> <p>-Keep ball close, use entire body to disguise move</p> <p>-Keep head up</p> <p>-Quick feet</p> <p>-Make sure both players go the same way (both go to the right then to the left)</p> |
| <p><b>Game:</b></p> <p>5:30 – 5:40</p>     |  | <p><b>“King/Queen of the Ring”</b></p> <p>-Players are dribbling inside a circle about 20 yards in diameter</p> <p>-Players have to kick every other players ball out of the circle, but still keeping control of there own ball.</p> <p>-If a players ball goes out of the circle they must sprit after their ball and perform two “Donkey Kicks” before they go back in</p> | <p>-Try to shield your soccer ball whilst tackling for others</p> <p>-Keep close control</p> <p>-No rough tackling</p> <p>-Keep head up</p> <p>-Cannot leave soccer ball unattended</p>                                           |
| <p><b>Cool Down</b></p> <p>5:40 – 5:45</p> |                                                                                     | <p>-Put equipment away</p> <p>-Talk about changing last day from the Friday to either the Thursday or the Monday after</p>                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                   |



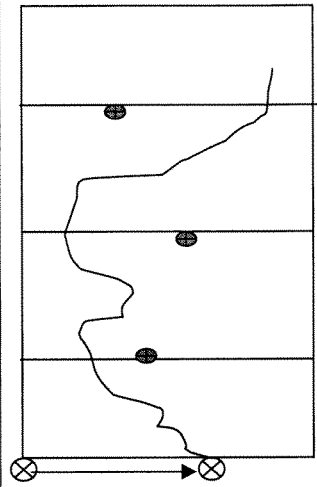
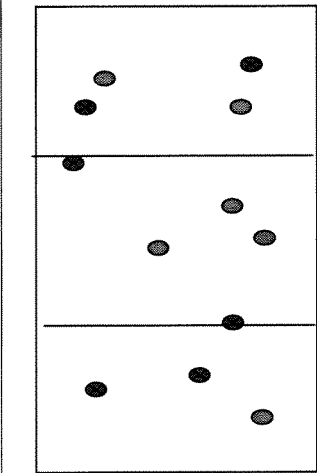


## Edson Minor Soccer Academy Program Session Outline



|           |                      |       |   |       |       |                 |    |         |              |
|-----------|----------------------|-------|---|-------|-------|-----------------|----|---------|--------------|
| Name      | Edson Soccer Academy |       |   |       | Topic | Dribbling       |    |         | Practice # 6 |
| Date:     |                      |       |   |       |       |                 |    |         |              |
| Age Group | 10 – 13 year olds    |       |   |       | Time  | 4:15pm – 5:45pm |    |         |              |
| Equipment |                      |       |   |       |       |                 |    |         |              |
| Players   | 12                   | Goals | 4 | Balls | 15    | Cones           | 20 | Pinnies | 8            |
|           |                      |       |   |       |       |                 |    |         |              |
|           |                      |       |   |       |       |                 |    |         |              |

| Phase                             | Diagram | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Coaching Points                                                                                                                                                                                                                      |
|-----------------------------------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-Up:</b><br>4:15 – 4:25    |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                      |
| <b>Main Theme:</b><br>4:25 – 4:35 |         | <ul style="list-style-type: none"> <li>-Four teams (2 or 3) line up in each corner of a 20 x 20 yard grid</li> <li>-Supply of soccer balls (8 – 10) in the middle of the grid</li> <li>-Each team sends 1 player at a time to get a ball from the middle and dribble it back to their home base</li> <li>-Players can also take a ball from another team's home.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <ul style="list-style-type: none"> <li>-Turn with the soccer ball and explode back to your home base</li> <li>-Dribble with the outside of your foot in the open space</li> </ul>                                                    |
| <b>Skill:</b><br>4:35 – 4:55      |         | <p style="text-align: center;"><i>“Square Relays”</i></p> <ul style="list-style-type: none"> <li>-In teams of 4, players line up across from each other (2 in each line) about 15 yards apart</li> <li>-First player dribbles ball to the player in front of the other line, that player now dribble back to the next player</li> <li>-Continue till all players are back to their starting positions</li> <li>-First team back wins</li> </ul> <p style="text-align: center;"><b>Progressions</b></p> <ul style="list-style-type: none"> <li>-Use sole of feet forwards</li> <li>-Use sole of feet backwards</li> <li>-Move sideways</li> <li>-Use inside of feet only</li> <li>-Use outside of feet only</li> <li>-Perform “Scissor” move</li> <li>-Perform “Matthews” move</li> <li>-Combination of inside, outside, sole</li> <li>-Two different turns in middle before continuing</li> </ul> | <ul style="list-style-type: none"> <li>-Keep ball close, within a stride length</li> <li>-Control with different areas of the feet</li> <li>-Head up, good peripheral vision</li> <li>-Use change of speed, and direction</li> </ul> |
| <b>Water Break</b><br>4:55 – 5:00 |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                      |

| Phase                            | Diagram                                                                            | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                  | Coaching Points                                                                                                                                                      |
|----------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Skill:</b><br>5:00 – 5:20     |   | <p align="center"><i>“Run The Gauntlet”</i></p> <ul style="list-style-type: none"> <li>-3 defenders are in a 40 x 10 yard grid, placed every 10 yards.</li> <li>-Player plays ball into attacker who turns and dribbles at the first defender and tries to beat each defender in the grid.</li> <li>-Defenders can only move along the lines made by the cones.</li> <li>-Players rotate through all positions</li> </ul>                     | <ul style="list-style-type: none"> <li>-Attack defenders at speed</li> <li>-Keep head up and use fakes</li> <li>-Vary moves, be creative, not predictable</li> </ul> |
| <b>Game:</b><br>5:20 – 5:40      |  | <ul style="list-style-type: none"> <li>-Two teams playing 6 v 6 in a 20 x 45 yard grid.</li> <li>-Ball cannot be passed backwards</li> <li>-Advance forward only by dribbling or running with the ball or taking a shot on goal</li> </ul> <p align="center"><b>Progressions</b></p> <ul style="list-style-type: none"> <li>-Field is divided into thirds and players must stay in own zone unless they dribble into the next zone</li> </ul> | <ul style="list-style-type: none"> <li>-Be brave, take players on</li> <li>-Accelerate into spaces on the field</li> </ul>                                           |
| <b>Cool Down:</b><br>5:40 – 5:45 |                                                                                    | Pick up and put equipment away                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                      |

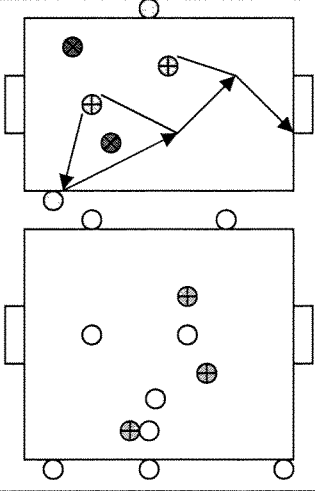
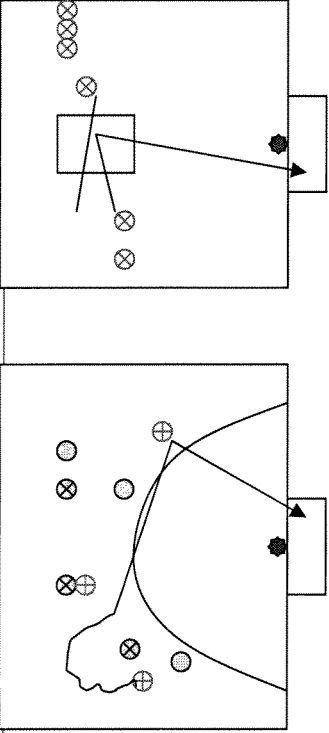


## Edson Minor Soccer Academy Program Session Outline



|                |                                  |       |                 |             |
|----------------|----------------------------------|-------|-----------------|-------------|
| Name           | Edson Soccer Academy             | Topic | Shooting        | Practice #6 |
| Date:          | Field: Talisman and Weyerhaeuser |       |                 |             |
| Age Group      | 8 – 10 year olds (Low)           | Time  | 4:15pm – 5:45pm |             |
| Players        | 8                                | Goals | 4               | Balls       |
|                |                                  |       | 10              | Cones       |
|                |                                  |       |                 | 12          |
|                |                                  |       |                 | Pinnies     |
|                |                                  |       |                 | 4           |
| Special Notes: |                                  |       |                 |             |

| Phase                                    | Diagram | Organization                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Coaching Points                                                                                                                                                                                                                                                                                                                                                    |
|------------------------------------------|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm –Up:</b><br>4:15pm –<br>4:25pm   |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Foot Speed:</b><br>4:25pm –<br>4:30pm |         | <p style="text-align: center;"><i>“Rock, Paper, Scissors, Shoot”</i></p> <p>-Two players stand 2 yards apart with a ball between them. Play Rock, Paper, Scissors whoever wins can then try to kick the ball into the loser’s legs. If they hit their partner’s leg they get a goal. If you lose the contest you want to avoid getting hit with the ball by moving your feet as quickly as possible out of the way. If the winner kicks the ball at the other player and misses, both players must sprint after the ball and start playing again from where the ball ended up. First player to score 5 goals wins.</p> |                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Technique:</b><br>4:30pm –<br>4:40pm  |         | <p>-Players are on the corners of a 15 x 15 yard grid. 1 player starts by dribbling ball to the center cones, turns quickly and then passes the ball low and hard to the other end corner. Follow your pass and join the end of the line. <b>Progression</b>, add more balls, change directions.</p>                                                                                                                                                                                                                                                                                                                   | <ul style="list-style-type: none"> <li>-Accuracy of passing</li> <li>-Keep knee over top of ball</li> <li>-Hit ball with laces</li> <li>-Receiving player on toes and should move towards the line of the ball</li> </ul>                                                                                                                                          |
| 4:40pm –<br>4:55pm                       |         | <p>-In a 20 x 10 yard grid in front of the goal play with 1 shooter in the grid, 5 passers on the outside with a ball or two each, and a junior coach in goal. Outside players pass to the inside player who must turn and shoot at goal. After they have run out of soccer balls rotate positions. <b>Progression</b>, add a defender. Attacker must lose defender and communicate with the passers when the pass should be played. Attacker should look to shoot first time if they are going to be closed down quickly</p>                                                                                          | <ul style="list-style-type: none"> <li>-Communicate when pass is needed.</li> <li>-Take a good first touch</li> <li>-Move ball out and away from body</li> <li>-Take a quick look where the keeper is</li> <li>-Fast turn and shoot for corner</li> <li>-Outside players talk to shooter, do they have time to turn and shoot or if they have a man on.</li> </ul> |
| <b>Water Break</b><br>4:55 – 5:00        |         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                    |

|                                                                |                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                    |
|----------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Skill:</b><br/>5:00pm – 5:10pm</p>                       |   | <p>-In a 20 x 10 yard grid play 2 v 2 with 2 players on the outside as support players for the team in possession. Players shoot on goals whenever they get a chance. Use outside players and Junior Coaches for “Wall Passes” to create space.</p> <p>-In a 30 x 20 yard grid play 3 v 3. Place 6 soccer balls around the outside of the grid. Players try to shoot on goal. If ball goes out the nearest player resumes the drill by getting the nearest ball and continuing. Keep score and the game ends when all of the outside balls have been used. Players then collect all balls and start again.</p>                                                             | <ul style="list-style-type: none"> <li>-Strike ball with laces</li> <li>-Rapid shooting when in space</li> <li>-Get balanced before shooting</li> <li>-Be positive</li> <li>-Communicate, combine to create space in which to shoot.</li> <li>-Shots must hit target (GOAL)</li> </ul>                                                                             |
| <p><b>Game:</b><br/>5:10pm – 5:20pm</p> <p>5:20pm – 5:40pm</p> |  | <p><i>“Take Over Box Shooting”</i></p> <p>-Split up into 2 teams. Place a box 10 yards away from the goal. Players must perform a “Take Over” in the box and then shoot on goal. Players are allowed 2 touches when in the box. Each team will have 1 minute to score as many goals as possible.</p> <p><i>“World Cup”</i></p> <p>-In teams of 2 or 3 try to score. All other teams will try to stop you. Teams are not allowed in the arc in front of the goal, all shots must come from outside the arc. Last team to not score is eliminated from the competition. Work down to the last two teams for the finals. First team to score two goals in the finals wins</p> | <ul style="list-style-type: none"> <li>-Get shot off quickly</li> <li>-Strike ball at earliest opportunity</li> <li>-Strike ball on laces</li> <li>-Knee over ball</li> <li>-Shoulder over ball</li> <li>-Head over ball</li> <li>-Keep head steady</li> <li>-Aim for far post, not center of goal</li> <li>-Always remember <b>accuracy over power</b></li> </ul> |
| <p><b>Cool Down:</b><br/>5:40pm – 5:45pm</p>                   |                                                                                    | <p>-Slow jog, pick up equipment, stretch.</p> <p>-Remind players about the final Academy 3 v 3 tournament, which day did they pick. The “Boy” and “Girl” of the Academy will be named and awarded with wonderful prizes</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                    |



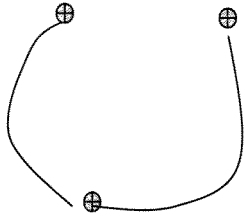
## Edson Minor Soccer Academy Program Session Outline



|           |                      |       |   |       |                 |       |    |              |   |
|-----------|----------------------|-------|---|-------|-----------------|-------|----|--------------|---|
| Name      | Edson Soccer Academy |       |   | Topic | Shooting        |       |    | Practice # 7 |   |
| Date:     |                      |       |   |       |                 |       |    |              |   |
| Age Group | 10 – 13 year olds    |       |   | Time  | 4:15pm – 5:45pm |       |    |              |   |
| Equipment |                      |       |   |       |                 |       |    |              |   |
| Players   | 12                   | Goals | 4 | Balls | 14              | Cones | 18 | Pinnies      | 6 |
|           |                      |       |   |       |                 |       |    |              |   |
|           |                      |       |   |       |                 |       |    |              |   |

| Phase                                                                | Diagram | Organization                                                                                                                                                                                                                                                                                                                                                                                                         | Coaching Points                                                                                                                                                                             |
|----------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Warm-Up:</b><br>4:15 – 4:25                                       |         |                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                             |
| <b>Main Theme:</b><br>4:25 – 4:35                                    |         | <i>“Shooting and Finishing”</i><br>-In pairs the players strike the ball back to each other through the cones<br>-Vary the distance apart<br>-Limit players down to one touch                                                                                                                                                                                                                                        | -Head down over the ball<br>-Ankle lock with toe down<br>-Planted foot next to the ball<br>-Striking the ball with the laces<br>-Shoulder over ball<br>-Point toe where you want ball to go |
| <b>Game:</b><br>4:35 – 4:55<br><br><b>Water Break</b><br>4:55 – 5:00 |         | -Player 1 rolls ball to the side and shoots at opposite end goal. Other players try to stop the ball from going in their net without using their hands, and then shoot the ball back.<br>-First team to five goals wins<br><b>Progression</b><br>-Limit to two touches per player<br>-Partners must play one-two before shooting<br>-Limit to 3 touches per team<br>-Players can use hands and increase the distance | -Work on angles for the lay off in the one-two's<br>-Work as a team, catch opponents off guard with quick returns<br>-Keep accuracy as power increases with distance<br>-Shoot for far post |

| Phase                        | Diagram | Organization                                                                                                                                                                                                                                                                                                                                       | Coaching Points                                                                                                                                                                             |
|------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Skill:</b><br>5:00 – 5:15 |         | <i>“Hitting the Corners”</i><br>-Two players have small targets (goals) to shoot at.<br>-Players take alternate shots trying to score<br><b>Progressions</b><br>-Shoot standing still<br>-Hit a moving ball<br>-Partner plays you the ball, you control it then shoot<br>-Left foot only, right foot only<br>-Increase the distance you shoot from | -Approach at an angle<br>-Keep knee, head and shoulder over the ball<br>-Strike with the laces across the goal<br>-Use both feet<br>-Look at keepers position and shoot where keeper is not |

|                                                                             |                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                   |
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| <p><b>Skill:</b><br/>5:15 – 5:25</p>                                        |  | <p><i>“Directional Volleying”</i></p> <ul style="list-style-type: none"> <li>-Player 1 serves to player 2 who volleys to player 3. Player 3 tosses ball to player 1 who volleys to player 2 and so on.</li> <li>-Practice with right foot then left foot</li> </ul>                                                                                                                                                                                                                                                                                                                                                                           | <ul style="list-style-type: none"> <li>-Correct body positioning is at a 45 degree angle</li> <li>-See where ball is coming from and where it is going to</li> <li>-Rotation of the knee then hip then laces volley</li> <li>-Non kicking foot pointed to target area</li> <li>-Sweep ball across body</li> </ul> |
| <p><b>Game:</b><br/>5:25 – 5:40</p> <p><b>Cool Down</b><br/>5:40 – 5:45</p> |                                                                                   | <p><i>“World Cup”</i></p> <ul style="list-style-type: none"> <li>-In teams of 3 try to score. All other teams will try to stop you. Teams are not allowed in the arc in front of the goal, all shots must come from outside the arc. Last team to not score is eliminated from the competition. Work down to the last two teams for the finals. First team to score two goals in the finals wins</li> <li>-Slow jog, pick up equipment, stretch.</li> <li>-Remind players about the final Academy 3 v 3 tournament, which day have they picked to have the “Boy” and “Girl” of the Academy named and awarded with wonderful prizes</li> </ul> |                                                                                                                                                                                                                                                                                                                   |