



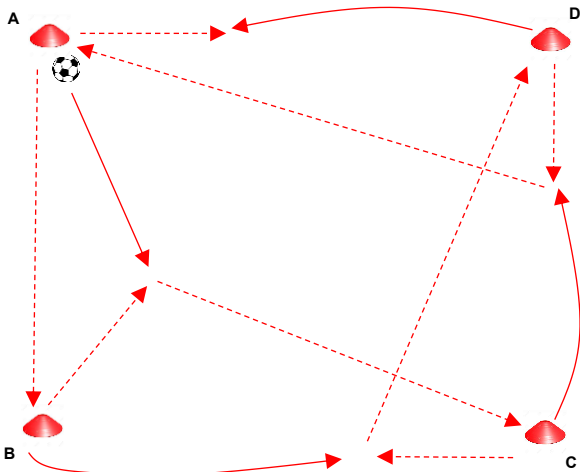
<b>GOAL</b>	Pass, Movement, Through-Ball		
<b>PLAYER ACTIONS</b>	Looking to Make Angled Passes		
<b>KEY QUALITIES</b>	Timing of Movement and Quick Penetrating Passing		
<b>MOMENT</b>	Attacking	<b>DURATION</b>	70-Min
		<b>PLAYERS</b>	10 to 12

**U11+**

**SKILL ACQUISITION: Movement:** Movement through overlapping and direct runs; Time runs in order to get to the ball as soon as it is played to keep the pace of the activity moving – **Passing:** Crisp passing with angles; Combination of one-touch and two touch – **Through-Ball:** Looking to make passes using a midfielder player; Leading the runner with pass.

**1st PLAY PHASE Angle Pass and Movement**

**DURATION: 15- MIN - INTERVALS: 3 ACTIVITIES: 4-min - REST: 1 min.**



**OBJECTIVE:** This is a warm-up drill to get the players to move and make passes at angles.

**PLAYER ACTIONS:** Players are to be active in their movement and making direct angle passes to the next player. Once the pass is complete, continue with movement to next position.

**ORGANIZATION:** Set up a passing grid as shown. Start with a 30L x 30W passing grid. 1) The play starts with Player (A) playing the ball to Player (B). 2) Player (B) lays the ball back to Player (A) and Player (B) overlaps around the cone and goes towards Player (C). 3) Player (A) then sends a long ball to Player (C) who then passes the ball to Player (B) who is moving towards Player (C). Once Player (C) passes the ball, Player (C) then overlaps the cone and runs towards Player (D). 4) Player (B) then long ball passes to Player (D) who in turn will short pass it to Player (C) running towards Player (D). Player (D) then overlaps the cone and moves towards Player (A) position. Player (C) then long ball passes to Player (A) and the cycle starts over. **RULES:** Players should be in motion and make good crisp runs around the cones. Passes to be good solid passes in order to keep the movement going.

**KEY WORDS:** Be ready for the ball. The touch of the ball needs to be clean in order to set up the pass.

**GUIDED QUESTIONS:** How can a player communicate that they are available for a pass?

**ANSWERS:** Players should communicate by indicating that they are available for a pass. Players who are ready to receive the pass should call for the ball.

**Note:** If needed, walk this drill through due to the amount of movement required. Make two grids in order get all players moving. If the group is doing very well with this drill, shrink the grid to a 15L x 15W grid. The smaller the grid, the faster the drill works because of the shorter passing. Look to reverse direction as well if there is good technique.

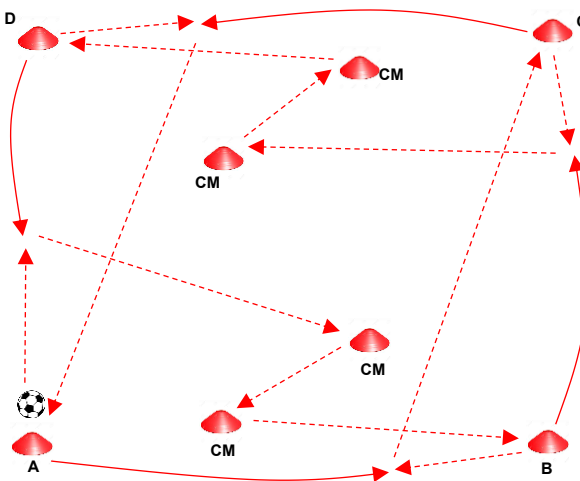
Additionally, if the players are doing well, the coach can introduce a second ball into the drill. The second ball should be introduced directly angled across from the other ball to space out the pass and movement.

**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Passing with both legs</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Difference in two-touch and one-touch</li> <li>- Learning which area of the foot to pass with</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the path of the ball to prepare to receive</li> <li>- Being able to understand passing technique</li> <li>- Observing the play to prepare for the ball.</li> </ul>

**CORE ACTIVITY: Combination Play Center Midfield**

**DURATION: 18- MIN - INTERVALS: 5 ACTIVITIES 3-min- REST: 30-sec**



**OBJECTIVE:** This soccer passing and combination drill focus on passing combination play through the central midfielder players.

**PLAYER ACTIONS:** Being able to make passes into a target midfielder player who will then make passes forward in support of the advancing players in the drill.

**ORGANIZATION:** Set up a 30L x 30W grid as shown with cones placed on the inside for the center midfielder players. Players on all 4 corners with 4 controlling midfielder players on the inside. Player (A) starts the play playing the ball into Player (D) moving to the pass. Player (D) then passes to the inside center midfielder player. Center midfielder player then one-touches to next center midfielder player who will now send the ball to Player (B). Player (A) after making initial pass overlaps and received the pass from Player (B). Player (A) will now send the ball to Player (C) who will repeat the sequence as shown. **RULE:** Players are to be ready for the pass. Once a pass is made, they need to move quickly in order to be ready for the next touch. Center midfielder players are to be ready to receive their passes.

**KEY WORDS:** Crisp passes. Good pace on the passes. Players to time their runs to receive the ball just in time for their next touch.

**GUIDED QUESTIONS:** Why is learning to play with a center midfielder important?

**ANSWERS:** The center midfielder player is often the player that gets a chance to see the who field in front of there and can influence the transition from defense into the attacking third of the field. Without a strong center midfielder player, there is a risk that the team will be too flat and find it difficult to move the ball from defence into attack.

**Note:** To elevate this drill, once players have the movement down, players can try and perform one-touch passing. Suggest starting the one-touch passing with the center midfielder positions first to get them used to playing the pass faster in order to prevent pressure from defending players. Look to reverse direction as well.

**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Passing with both legs</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Speed of play</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Difference in two-touch and one-touch</li> <li>- Learning which area of the foot to pass with</li> <li>- Keeping the ball on the surface</li> <li>- Accuracy of the pass</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the path of the ball to prepare to receive</li> <li>- Being able to understand passing technique</li> <li>- Listening to the instructions of teammates</li> </ul>



<b>GOAL</b>	Pass, Movement, Through-Ball	
<b>PLAYER ACTIONS</b>	Looking to Make Angled Passes	
<b>KEY QUALITIES</b>	Timing of Movement and Quick Penetrating Passing	
<b>MOMENT</b>	Attacking	<b>DURATION</b> 70-Min
		<b>PLAYERS</b> 10 to 12

**U11+**

**CORE ACTIVITY: 3-Zone Passing**

**DURATION: 18- MIN - INTERVALS: 5 ACTIVITIES 3-min- REST: 30-sec**

**OBJECTIVE:** Being able to play the ball through each zone passing to target players in each zone

**PLAYER ACTIONS:** Keep control of the ball, looking to play the pass into a target player in the next zone.

**ORGANIZATION:** A 30W x 40L grid is laid out as illustrated with three zones evenly marked out. Team is divided into two groups with each end in a 3 vs 2 situation and remaining players equally distributed in the center zone. Play starts at one end where the team is attempting to send the ball into the middle zone and finally into the opposite zone. The opposite team is trying to pressure the play and gain possession of the ball to play into their team through the zone. Point is applied each time the other team can go play through the middle zone and into the opposite zone. **RULES:** Players are to create space and become a target for their teammate who is attempting to play the ball into the zone. Communication and control are essential. No long balls are permitted from end to end. Play must go through the middle zone passing into target players in the center zone.

**KEY WORDS:** Look to play the ball into a target player in the center zone. These target players represent midfielder players in a game who will control the ball and look for angles to play into the attacking zones.

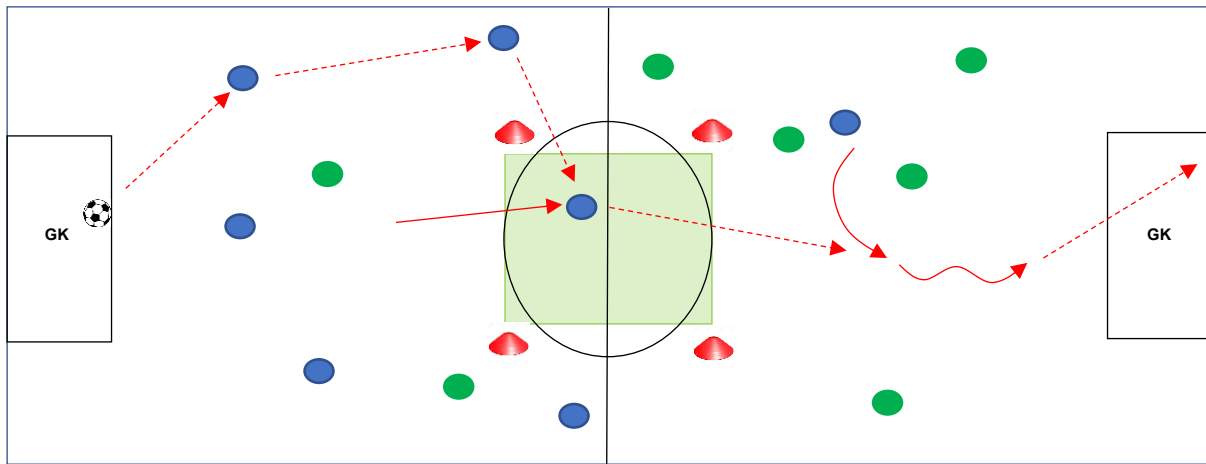
**GUIDED QUESTIONS:** How can players get control of the field without yet having the ball at their feet?

**ANSWERS:** Players who continually have their head up to be aware of what is going on around them are likely to be able to play quicker once they get control of the ball because they already know what is going on in the field of play. There is less hesitation.

**Note:** Players play the easy ball and do not force a play. One touch and two touch passing are encouraged to keep the play flowing and force the players to develop quickness for ball control and awareness of their teammates. When defending, pressure and cover is required to try and force the players with the ball to lose possession.

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Passing with both legs</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Speed of play</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Difference in two-touch and one-touch</li> <li>- Learning which area of the foot to pass with</li> <li>- Movement to space to set-up a through-ball pass to the opposite side</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> <li>- Working in teams to succeed in the drill</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the path of the ball to prepare to receive</li> <li>- Being able to understand passing technique</li> <li>- Knowing options by watching the play so when ball is received, quick play options</li> </ul>

**SCRIMMAGE** **DURATION: 18- MIN – INTERVALS: 3 ACTIVITIES 5-min – REST: 1-min**



**ORGANIZATION:** Divide players into two teams. Use pinnies as required to help the players know who is on their team. Have open field play. Let the players play and avoid continual interruptions in the play. Look for moments for a stoppage in play for a coaching opportunity to help support the training that was done in the previous sessions leading up to the scrimmage. When the ball is played into the center grid when a player enters the grid, that player is now able to play attacking passes into the attackers. **RULES:** Players that enter the center grid cannot be challenged. Players that enter the grid to receive the pass must make a pass quick (within two touches if possible) to keep the player moving with pace. Once the player in the center grid makes the pass, they must come back out of the grid for the next chance to receive the ball to make another through-ball pass.

**KEY WORDS:** Look for the pass to lead the attacker into space to avoid the easy tackle.

**GUIDED QUESTIONS:** Why must players look to pass the ball to where a player can move onto the ball?

**ANSWERS:** Players who stand still are easier to mark and defend. Look to have passes being put into space that players can make easy direct runs in order to attack the goal.

**Notes:**  
To fit the scrimmage timing space-

- Adjust the game intervals to fit the practice time remaining.
- Only play as many intervals as there is time remaining for the practice.

Coaches can add or adjust any conditions as needed to challenge the players to their ability.



<b>GOAL</b>	Pass, Movement, Through-Ball				
<b>PLAYER ACTIONS</b>	Looking to Make Angled Passes				
<b>KEY QUALITIES</b>	Timing of Movement and Quick Penetrating Passing				
<b>MOMENT</b>	Attacking	<b>DURATION</b>	70-Min	<b>PLAYERS</b>	10 to 12

**U11+**

**4-CORNER DEVELOPMENT SUMMARY**

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> <li>- Quick reaction</li> <li>- Passing with both legs</li> <li>- Balance</li> <li>- Coordination</li> <li>- Agility</li> <li>- Speed of play</li> </ul>	<ul style="list-style-type: none"> <li>- Being able use both left foot and right foot</li> <li>- Difference in two-touch and one-touch</li> <li>- Learning which area of the foot to pass with</li> <li>- Movement to space to set-up a through-ball pass to the opposite side</li> <li>- Being able to control the play until able to send in a through-ball</li> <li>- Developing positional awareness</li> </ul>	<ul style="list-style-type: none"> <li>- Communication</li> <li>- Listening to instruction on drill</li> <li>- Celebrate correct technique</li> <li>- Working in teams to succeed in the drill</li> </ul>	<ul style="list-style-type: none"> <li>- Focus on the path of the ball to prepare to receive</li> <li>- Being able to understand passing technique</li> <li>- Knowing options by watching the play so when ball is received, quick play options</li> </ul>

Big Country Soccer Association is focused on the 5 key principles for game play:

**HEAD-** Player with your head. Be focused and switched on. **CONTROL-** Control the ball through dribbling and being able to receive the pass. **LOOK-** See the field. See the options that are available to see what can be done in the play/ game. **PASS-** Pass with purpose, accuracy, and intent. **MOVE-** Move into a position where you are seen by your teammate with the ball for an option to receive a pass.





**FIVE ELEMENTS OF TRAINING EXERCISE**

**TRAINING SESSION SELF-REFLECTION QUESTIONS**

- 1. ORGANIZED:** Is the exercise organized the right way?
- 2. GAME LIKE:** Is the exercise game like where the skills being coached are applicable to the player and their game?
- 3. REPETITIONS:** Are there repetitions when looking at the overall goal of the session?
- 4. CHALLENGING:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. COACHING:** Are the coaches comfortable with the session and be able to present the details to their players?

1. What was the goal of the training session?
2. What did you do well in the training session?
3. What could you do better?

**SESSION PLAN SYMBOLS**

	Training Disc
	Pass Ball
	Run without Ball
	Run with Ball