



Cold Lake Soccer Association

Coach Technical

Handbook

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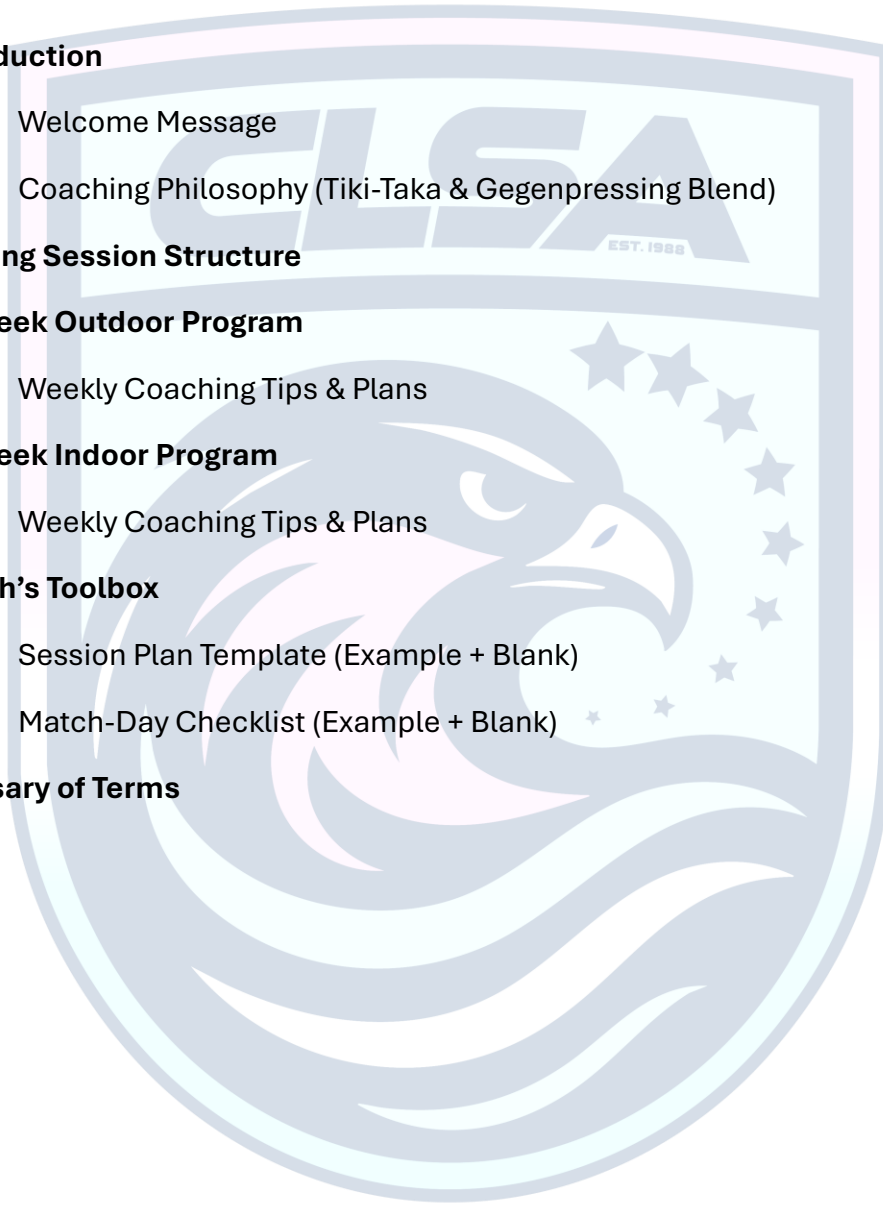
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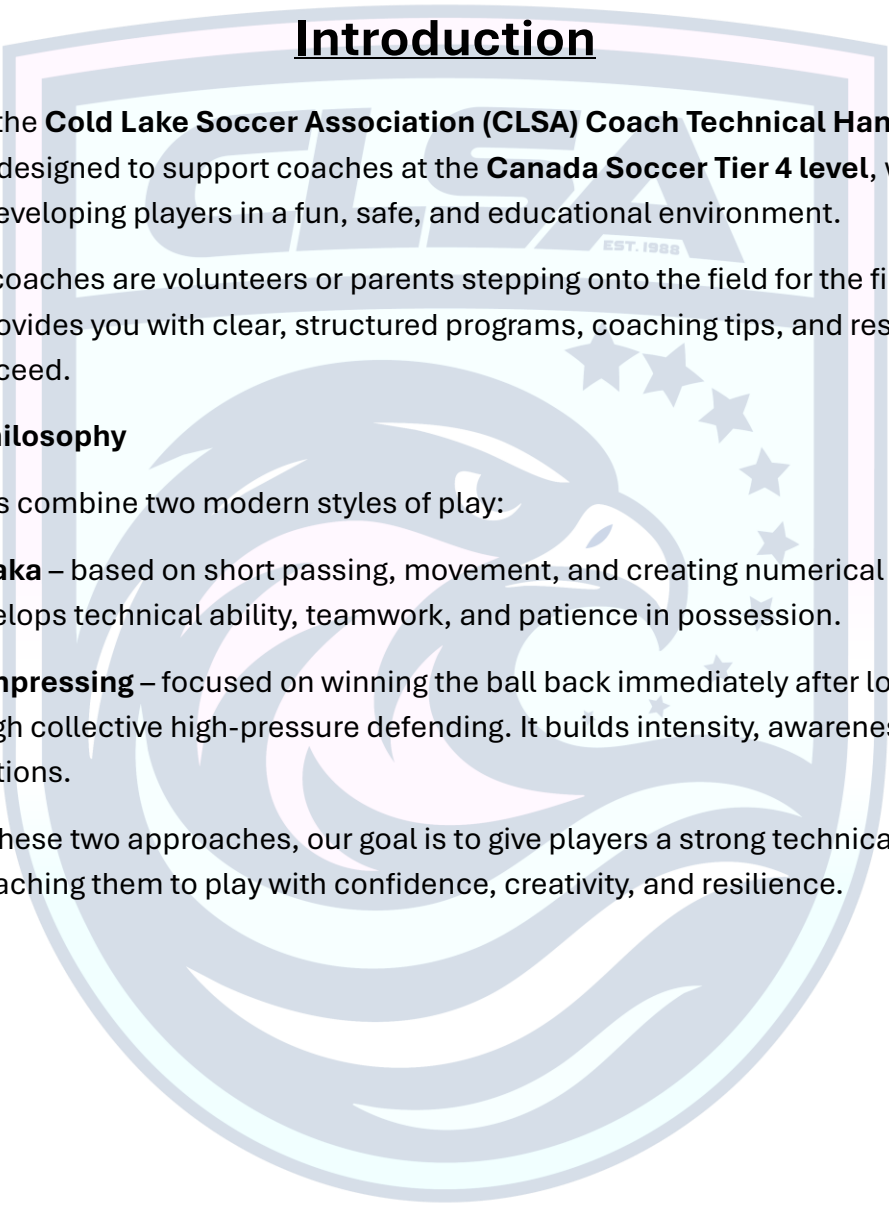
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Introduction

Welcome to the **Cold Lake Soccer Association (CLSA) Coach Technical Handbook**.

This guide is designed to support coaches at the **Canada Soccer Tier 4 level**, where the focus is on developing players in a fun, safe, and educational environment.

Many of our coaches are volunteers or parents stepping onto the field for the first time. This handbook provides you with clear, structured programs, coaching tips, and resources to help you succeed.

Coaching Philosophy

Our programs combine two modern styles of play:

- **Tiki-Taka** – based on short passing, movement, and creating numerical advantages. It develops technical ability, teamwork, and patience in possession.
- **Gegenpressing** – focused on winning the ball back immediately after losing it, through collective high-pressure defending. It builds intensity, awareness, and quick transitions.

By blending these two approaches, our goal is to give players a strong technical foundation, while also teaching them to play with confidence, creativity, and resilience.

Training Session Structure

Each training session in this handbook is organized into **four phases**. Coaches are encouraged to keep sessions fun, dynamic, and age-appropriate.

1. Warm-Up (10–15 minutes)

- Ball mastery (dribbling, juggling, first touch).
- Dynamic stretches and mobility.
- Activities that prepare players mentally and physically.

2. Technical Work (20–25 minutes)

- Individual and paired exercises focusing on passing, dribbling, shooting, or receiving.
- High repetition, low pressure at first.
- Gradually add speed and decision-making.

3. Tactical/Conditioned Game (20–30 minutes)

- Small-sided games (3v3, 4v4, 5v5).
- Emphasis on principles of play: support, movement, pressing, spacing.
- Link to the week's coaching theme.

4. Scrimmage & Cool Down (15–20 minutes)

- Free play game-like scenario with minimal stoppages.
- Coaches observe, encourage, and give short feedback.
- Light jogging, stretching, and reflection at the end.

12-Week Outdoor Soccer Training Program

Week 1 — Foundation & Familiarity

Coaching Tip: Focus on enjoyment, introducing ball mastery, and early understanding of support and space.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Ball tag – players dribble and tag others with their ball	
Technical	Passing in pairs – short accurate passes, inside foot	https://www.youtube.com/watch?v=EDJKPs2Qcag
Tactical	3v1 Rondo – movement to support, quick decisions	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Scrimmage	4v4 free play with emphasis on passing	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Dynamic warm-up with ball	
Technical	1v1 dribbling and regain	https://www.youtube.com/watch?v=gKYDkna-YIM https://www.youtube.com/watch?v=ZagFwLQE8Sk
Tactical	2v2 regain game – pressure after loss	https://www.youtube.com/watch?v=rgtYFAPixvQ
Scrimmage	4v4 transition game – score quickly after regaining	

Week 2 — Confidence & Control

Coaching Tip: Encourage comfort on the ball, head-up awareness, and teamwork through short passing.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Circle passing & movement	
Technical	Triangle passing (pass & move)	https://www.youtube.com/watch?v=_lgWCFQDm2Y
Tactical	4v2 Rondo – support angles	https://www.youtube.com/watch?v=D7fKCoYhcEA
Scrimmage	5v5 with pass count bonus	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Reaction sprint + ball control	
Technical	Dribbling relay under pressure	https://www.youtube.com/watch?v=lgrWP0dUAvA
Tactical	3v3 transition game	https://www.youtube.com/watch?v=7EVc-_99w_4
Scrimmage	5v5 high tempo match	

Week 3 — Support & Movement

Coaching Tip: Reinforce moving after passing and creating triangles to maintain possession.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	5-player passing square	
Technical	Pass-move-receive drill	https://www.youtube.com/watch?v=EDJKPs2Qcag
Tactical	4v1 Rondo (limited touches)	https://www.youtube.com/watch?v=D7fKCoYhcEA
Scrimmage	5v5 directional play	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Press & recover game	
Technical	Close control in tight areas	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Tactical	3v3 regain & counter	https://www.youtube.com/watch?v=tymO93Yetb0
Scrimmage	6v6 with counter rule	

Week 4 — Combination Play

Coaching Tip: Introduce give-and-go patterns and overlapping runs for creative attacking play.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Circle passing + follow pass	
Technical	Wall pass (give & go)	https://www.youtube.com/watch?v=SiQUZU6FNcE
Tactical	3v1 + support player	https://www.youtube.com/watch?v=LO0ZnNumMxA
Scrimmage	6v6 with zone play	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Press tag game	
Technical	1v1 regain drill	https://www.youtube.com/watch?v=gKYDkna-YIM https://www.youtube.com/watch?v=ZagFwLQE8Sk
Tactical	4v4 regain and score	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	5v5 transition game	

Week 5 — Decision Making

Coaching Tip: Encourage scanning, anticipation, and smart positioning before receiving the ball.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Passing gates	
Technical	Pass & check drill	https://www.youtube.com/watch?v=y7xbhdH5fsc
Tactical	4v2 Rondo with transition	https://www.youtube.com/watch?v=D7fKCoYhcEA
Scrimmage	6v6 quick play	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Reaction pressing races	
Technical	2v1 regain challenge	https://www.youtube.com/watch?v=gKYDkna-YIM https://www.youtube.com/watch?v=ZagFwLQE8Sk
Tactical	4v4 + neutral transition	https://www.youtube.com/watch?v=q1hCk31fQWk
Scrimmage	7v7 pressing zones	

Week 6 — Midpoint Team Play

Coaching Tip: Focus on team connection, compactness, and supporting both in attack and defense.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Circle keep away	
Technical	3-player combinations	https://www.youtube.com/watch?v=LO0ZnNumMxA
Tactical	5v2 Rondo	https://www.youtube.com/watch?v=D1uCa0ojOJc
Scrimmage	7v7 with width zones	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Speed & agility with ball	
Technical	Regain & quick pass	https://www.youtube.com/watch?v=gKYDkna-YIM https://www.youtube.com/watch?v=ZagFwLQE8Sk
Tactical	3v3+3 transition	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	7v7 with transition	

Week 7 — Possession Under Pressure

Coaching Tip: Challenge players to keep the ball under defensive pressure, emphasizing composure, spacing, and quick support options.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Keep-away squares (4v1 rotations)	
Technical	Two-touch passing in triangles	https://www.youtube.com/watch?v=fxryN4HU6CI https://www.youtube.com/watch?v=_lgWCFQDm2Y
Tactical	4v2 Rondo with rotation	https://www.youtube.com/watch?v=D7fKCoYhcEA
Scrimmage	6v6 with pressing defenders	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	2v2 regain race	
Technical	1v1 shield and regain	https://www.youtube.com/watch?v=XAPe56hVvGQ
Tactical	4v4 transition to goal	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	6v6 press & counter	

Week 8 — Creating Width

Coaching Tip: Teach players to stretch the field, use wide areas effectively, and recognize when to switch play.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	3-zone passing (left, center, right)	
Technical	Wide combination (pass-wide-cross)	https://www.youtube.com/watch?v=bngu7458Ra8
Tactical	5v3 keep ball wide	https://www.youtube.com/watch?v=D1uCa0ojOJc
Scrimmage	7v7 with wide channels	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Press trigger relay	
Technical	2v2 regain from wide area	https://www.youtube.com/watch?v=tymO93Yetb0
Tactical	5v5 pressing to isolate flanks	https://www.youtube.com/watch?v=TYECdqSrZNk
Scrimmage	7v7 compact vs wide teams	

Week 9 — Building from the Back

Coaching Tip: Reinforce patience, vision, and structured build-up play starting with defenders and the goalkeeper.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	GK distribution passing drill	
Technical	Backline passing pattern (CB–CM–FB)	https://www.youtube.com/watch?v=4hn6NjGuLVk
Tactical	6v4 build-up simulation	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	7v7 build from keeper rule	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Intercept & transition	
Technical	Pressing shape 3-player wave	https://www.youtube.com/watch?v=XBGb7qehiRA
Tactical	5v5 high press zone	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Scrimmage	7v7 press from goal kicks	

Week 10 — Finishing & Final Third Play

Coaching Tip: Encourage creativity and confidence in front of goal, combining short passing with decisive finishing.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Shooting shuffle (pass, move, finish)	
Technical	3-player combo to finish	https://www.youtube.com/watch?v=TYECdqSrZNk
Tactical	4v4 to small goals (combo build-up)	https://www.youtube.com/watch?v=D7fKCoYhcEA
Scrimmage	7v7 focus on creativity & finish	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Win and shoot mini game	
Technical	Press, regain, finish	https://www.youtube.com/watch?v=XBGb7qehiRA
Tactical	3v3 transition to net	https://www.youtube.com/watch?v=XBGb7qehiRA
Scrimmage	7v7 fast break goals	

Week 11 — Transition & Recovery

Coaching Tip: Focus on quick reactions after possession changes — both pressing immediately and retreating into shape.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Two-ball possession chase	
Technical	Pass and react to regain	https://www.youtube.com/watch?v=tymO93Yetb0
Tactical	5v3 to goal, transition phases	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	7v7 possession to counter	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Quick reaction recoveries	
Technical	Lose ball, press & regain drill	https://www.youtube.com/watch?v=GrUZU5gDc8Y https://www.youtube.com/watch?v=awTl0C92W7E
Tactical	4v4 regain to small goals	https://www.youtube.com/watch?v=DIHAMJyVkkU
Scrimmage	7v7 press & reset shape	

Week 12 — Game Principles & Review

Coaching Tip: Consolidate key learning — possession play, pressing principles, creativity, and teamwork in full match scenarios.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-Up	Group rondo rotation	
Technical	Free passing grid (limited touches)	https://www.youtube.com/watch?v=D1uCa0ojOJc
Tactical	6v6 positional play	https://www.youtube.com/watch?v=q1hCk31fQWk
Scrimmage	7v7 with all principles	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-Up	Reaction races + ball control	
Technical	Regain & attack circuit	https://www.youtube.com/watch?v=GrUZU5gDc8Y https://www.youtube.com/watch?v=awTl0C92W7E
Tactical	5v5 transition game	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	7v7 free play – apply full season learning	

23-Week Indoor Soccer Training Program

Week 1

Coaching Tip: Start by building comfort with the ball and teaching players to react quickly after losing it.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Passing in pairs, both feet	
Technical Drill	Rondo 3v1	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Tactical Drill	Triangle passing with movement	https://www.youtube.com/watch?v=_lgWCFQDm2Y
Scrimmage	5v5 game – 5 passes before shot	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Passing squares, 2 touches	
Technical Drill	2v2 pressing game	https://www.youtube.com/watch?v=rgtYFAPixvQ
Tactical Drill	Turnover pressing game	https://www.youtube.com/watch?v=gKYDkna-YIM
Scrimmage	5v5 game – score within 7 s of regaining	

Week 2

Coaching Tip: Encourage players to use the walls as an extra teammate and to press together when defending.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Wall passing in pairs	
Technical Drill	Wall give-and-go	https://www.youtube.com/watch?v=y7xbhdH5fsc
Tactical Drill	Switching play	https://www.youtube.com/watch?v=Chfa3xyVUdE
Scrimmage	6v6 game – bonus if wall pass used	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Rondo – defenders rotate quickly	
Technical Drill	Pressing traps	https://www.youtube.com/watch?v=KMQWMccF83U
Tactical Drill	High-pressing game	https://www.youtube.com/watch?v=2E10RewylsA
Scrimmage	7v7 game – bonus for winning ball high	

Week 3

Coaching Tip: Teach players to transition quickly – defend immediately after losing the ball and attack directly after regaining it.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	One-touch passing circles	
Technical Drill	Triangle movement drill	https://www.youtube.com/watch?v=fxryN4HU6CI
Tactical Drill	4v2 possession game	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Scrimmage	5v5 game – 3 passes before going forward	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Quick passing pairs, 2 touches	
Technical Drill	Press & recover drill	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Tactical Drill	Counter-press scenario	https://www.youtube.com/watch?v=GrUZU5gDc8Y
Scrimmage	6v6 game – score within 10 s of regaining	

Week 4

Coaching Tip: Develop awareness of using the walls to escape pressure and trap opponents.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Wall bounces in pairs	
Technical Drill	Wall bounce drill	https://www.youtube.com/shorts/FBFePmLZN1s https://www.youtube.com/shorts/c-anImcYEIU
Tactical Drill	Positional rondo in zones	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Scrimmage	6v6 game – use wall before shooting	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Small rondo – quick defender rotation	
Technical Drill	Sideline trap drill	https://www.youtube.com/watch?v=b_FqGshuelw
Tactical Drill	2v2 + 2 pressing game	https://www.youtube.com/watch?v=Yi9G00IzKgA
Scrimmage	7v7 game – extra point for wall turnover	

Week 5

Coaching Tip: Help players recognize and exploit overloads (2v1, 3v2) to create goal-scoring chances.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	3v1 rondo – rotate defender	
Technical Drill	2v1 overload drill	https://www.youtube.com/watch?v=TYECdqSrZNk
Tactical Drill	3v2 to goal	https://www.youtube.com/watch?v=TYECdqSrZNk
Scrimmage	6v6 game – must create 2v1 before shooting	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Quick passing under pressure	
Technical Drill	Pressing overload drill	https://www.youtube.com/watch?v=lgrWP0dUAvA
Tactical Drill	Turnover drill – double press	https://www.youtube.com/watch?v=ZagFwLQE8Sk
Scrimmage	7v7 game – bonus if ball won in under 5 s	

Week 6

Coaching Tip: Reinforce the habit of moving after every pass to maintain a high tempo.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	One-touch passing lines	
Technical Drill	Give-and-go drill	https://www.youtube.com/watch?v=SiQUZU6FNcE
Tactical Drill	Triangle rotation drill	https://www.youtube.com/watch?v=fxryN4HU6Cl
Scrimmage	5v5 game – 2-touch limit	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Passing grid with light pressure	
Technical Drill	Reaction press drill	https://www.youtube.com/watch?v=PL4SbkZ-cz4
Tactical Drill	4v4 transition game	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	6v6 game – press with at least 2 players	

Week 7

Coaching Tip: Teach players to break defensive lines with forward passes and to look forward first before playing safe.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Passing in vertical channels	
Technical Drill	Split-pass drill	https://www.youtube.com/watch?v=PdlQKL_mKKI
Tactical Drill	Build-up drill – vertical passes to strikers	https://www.youtube.com/watch?v=nmPnkhcvwhA
Scrimmage	7v7 game – goal only after through middle third	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Quick passing, 1 touch when possible	
Technical Drill	Line-press drill	https://www.youtube.com/watch?v=ghpE8ajLQMg
Tactical Drill	Half-court press	https://www.youtube.com/watch?v=ghpE8ajLQMg
Scrimmage	5v5 game – extra point for interception during press	

Week 8

Coaching Tip: Develop rotations so players naturally switch positions during play.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Moving rondo (pass then swap)	
Technical Drill	Triangle rotation drill	https://www.youtube.com/watch?v=fxryN4HU6Cl
Tactical Drill	Position swap game	https://www.youtube.com/watch?v=lgrWP0dUAvA
Scrimmage	6v6 game – extra goal after rotation	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	3v1 rondo – defender presses hard	
Technical Drill	Double press drill	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Tactical Drill	Turnover counter drill	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Scrimmage	7v7 game – regain ball within 5 s before attacking	

Week 9

Coaching Tip: Reinforce the importance of high pressing; win the ball high up to create quick scoring chances.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	4v1 rondo in tight grid	
Technical Drill	Third-man run drill	https://www.youtube.com/watch?v=lU5LTEsqVBk
Tactical Drill	Overload wide game	https://www.youtube.com/watch?v=TYECdqSrZNk
Scrimmage	6v6 game – bonus for goals after combination play	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Quick passing rondo – aggressive defenders	
Technical Drill	High-press drill	https://www.youtube.com/watch?v=GzUwGD5bZlQ
Tactical Drill	Pressing in zones	https://www.youtube.com/watch?v=GzUwGD5bZlQ
Scrimmage	7v7 game – extra goal if ball won in attacking third	

Week 10

Coaching Tip: Encourage creative use of the walls – wall passes open angles in attack and help set pressing traps in defense.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Wall passing pairs	
Technical Drill	Wall give-and-go	https://www.youtube.com/watch?v=y7xbhdH5fsc
Tactical Drill	Wide overlap using the wall	https://www.youtube.com/watch?v=y7xbhdH5fsc
Scrimmage	5v5 game – goal only if wall pass in buildup	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	3v1 rondo – defender presses quickly	
Technical Drill	Touchline trap drill	https://www.youtube.com/watch?v=VJtavpOhK6s
Tactical Drill	Counter-press scenario at the wall	https://www.youtube.com/watch?v=GrUZU5gDc8Y
Scrimmage	6v6 game – bonus for winning ball on sideline	

Week 11

Coaching Tip: Focus on finishing in the final third. Encourage quick combinations and smart cut-backs instead of forcing shots.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Quick finishing after wall pass	
Technical Drill	1-2 shooting drill	https://www.youtube.com/watch?v=G9ipr76GWnE
Tactical Drill	3v2 attack with cutbacks	https://www.youtube.com/watch?v=TYECdqSrZNk
Scrimmage	6v6 game – 1-touch finishes only	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Short sprint rondos	
Technical Drill	Press after shot drill	https://www.youtube.com/watch?v=4lw2e_dTXbU
Tactical Drill	Counter-press finishing drill	https://www.youtube.com/watch?v=4lw2e_dTXbU
Scrimmage	7v7 game – extra goal if scored immediately after regaining	

Week 12

Coaching Tip: Encourage quick switches of play to stretch defenses. Move the ball side to side to open gaps.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Side-to-side passing	
Technical Drill	Switch drill	https://www.youtube.com/watch?v=Chfa3xyVUdE
Tactical Drill	4v2 possession – switch sides before attacking	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	7v7 game – goal only after switching play	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Rondo with chasing defenders	
Technical Drill	Trap & switch drill	https://www.youtube.com/watch?v=qltM-xzd-20
Tactical Drill	Press & break game	https://www.youtube.com/watch?v=PdlQKL_mKKI
Scrimmage	6v6 game – bonus if regain on one side and score on opposite	

Week 13

Coaching Tip: Develop player awareness and scanning. Encourage players to check over their shoulder before receiving and to press from the blind side.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Receiving on the half turn	
Technical Drill	Scanning & passing drill	https://www.youtube.com/watch?v=A7YR73ALZ1s
Tactical Drill	Find the space game	https://www.youtube.com/watch?v=A7YR73ALZ1s
Scrimmage	6v6 game – bonus goal after diagonal pass into space	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	High-energy rondo	
Technical Drill	Awareness press drill	https://www.youtube.com/watch?v=KMQWMccF83U
Tactical Drill	Transition trap – press from behind	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Scrimmage	7v7 game – goals count only if ball won in midfield	

Week 14

Coaching Tip: Teach calm build-up from the back. Use the goalkeeper as an extra passing option and press high after distribution.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Passing with goalkeeper	
Technical Drill	Back-pass drill	https://www.youtube.com/watch?v=y7xbhdH5fsc
Tactical Drill	Build-out game – 5 passes before crossing half	https://www.youtube.com/watch?v=PdIQKL_mKKI
Scrimmage	7v7 game – goal only if play starts from GK	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Short passing + quick press	
Technical Drill	Keeper press drill	https://www.youtube.com/watch?v=2ppV-wp_p0g
Tactical Drill	High line press	https://www.youtube.com/watch?v=AJew1bN7xM8
Scrimmage	6v6 game – extra point if turnover forced from GK distribution	

Week 15

Coaching Tip: Encourage fast combinations in midfield. Quick give-and-gos and overlaps break defenses; press centrally to win the ball back.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	One-touch passing in central square	
Technical Drill	Give-and-go drill (midfield)	https://www.youtube.com/watch?v=SiQUZU6FNcE
Tactical Drill	Central overload (3v2)	https://www.youtube.com/watch?v=TYECdqSrZNk
Scrimmage	5v5 game – goal only after central combination	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Passing + immediate sprint to press	
Technical Drill	Midfield press drill	https://www.youtube.com/watch?v=ancKJT5AGUw
Tactical Drill	Central trap game	https://www.youtube.com/watch?v=ancKJT5AGUw
Scrimmage	7v7 game – bonus goal if turnover forced in middle third	

Week 16

Coaching Tip: Focus on verticality. Encourage forward passes that break lines and compact pressing when the ball is lost.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Forward passing pairs	
Technical Drill	Vertical pass drill	https://www.youtube.com/watch?v=nGVFZi32lvA
Tactical Drill	Break line game	https://www.youtube.com/watch?v=PdlQKL_mKKI
Scrimmage	6v6 game – goal only after forward pass	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Rondo with two pressing defenders	
Technical Drill	Squeeze press drill	https://www.youtube.com/watch?v=D7fKCoYhcEA
Tactical Drill	Compact press game	https://www.youtube.com/watch?v=D7fKCoYhcEA
Scrimmage	7v7 game – bonus for interceptions in midfield channels	

Week 17

Coaching Tip: Teach defensive discipline by setting pressing traps and using wide combinations.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	1v1 channel defending	
Technical Drill	Wall passing drill	https://www.youtube.com/shorts/c-anImcYEIU
Tactical Drill	Wide overload game	https://www.youtube.com/watch?v=TYECdqSrZNk
Scrimmage	6v6 game – bonus goal from wide combination	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Rondo with pressing defenders	
Technical Drill	Sideline trap drill	https://www.youtube.com/watch?v=VJtavpOhK6s
Tactical Drill	Pressing angle drill	https://www.youtube.com/watch?v=wwlztaJYKYI
Scrimmage	7v7 game – extra point for turnovers forced at wall	

Week 18

Coaching Tip: Combine tiki-taka and gegenpressing into one cycle: possession → turnover
→ press → regain → attack.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	4v1 rondo with transition	
Technical Drill	Pass & move drill	https://www.youtube.com/watch?v=EDJKPs2Qcag
Tactical Drill	Combination play (3v3 + neutral)	https://www.youtube.com/watch?v=LO0ZnNumMxA
Scrimmage	6v6 game – goal only after 5-pass build up	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Rondo with defender joining attack	
Technical Drill	Press & recover drill	https://www.youtube.com/watch?v=awTl0C92W7E
Tactical Drill	Regain & attack drill	https://www.youtube.com/watch?v=awTl0C92W7E
Scrimmage	7v7 game – coach feeds turnovers to trigger press	

Week 19

Coaching Tip: Prepare for competition – keep sessions light but intense, focus on energy, confidence and fun.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Light rondos with rotation	
Technical Drill	Quick combination drill	https://www.youtube.com/watch?v=D7fKCoYhcEA
Tactical Drill	Keep-ball game (4v4)	https://www.youtube.com/watch?v=PsqQIIBNptk
Scrimmage	7v7 game – free play with creativity	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Fun possession game with quick changes	
Technical Drill	Finishing press drill	https://www.youtube.com/watch?v=tymO93Yetb0
Tactical Drill	Team press walkthrough	https://www.youtube.com/watch?v=tymO93Yetb0
Scrimmage	Full-court game – focus on enjoyment	

Week 20

Coaching Tip: Encourage quick decision-making and scanning. Players should check their surroundings before receiving and react quickly when pressing.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Checking-shoulder warm-up	
Technical Drill	Scanning & passing drill	https://www.youtube.com/watch?v=A7YR73ALZ1s
Tactical Drill	Half-turn receiving game	https://www.youtube.com/watch?v=A7YR73ALZ1s
Scrimmage	5v5 game – points for scanning before pass	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Rondo with blind-side pressing	
Technical Drill	Blind-side press drill	https://www.youtube.com/watch?v=PdLQKL_mKKI
Tactical Drill	Transition scanning drill	https://www.youtube.com/watch?v=A7YR73ALZ1s
Scrimmage	6v6 game – goal only if ball regained quickly after scanning	

Week 21

Coaching Tip: Use high-tempo 1-2 combinations and wall passes to open defenses, and press immediately when the combination breaks down.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Wall passing pairs – quick release	
Technical Drill	1-2 combination drill	https://www.youtube.com/watch?v=y7xbhdH5fsc
Tactical Drill	Quick combination game	https://www.youtube.com/watch?v=qltM-xzd-20
Scrimmage	6v6 game – extra goal after combination leads to score	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	3v1 rondo – limited touches	
Technical Drill	Pressing after combination	https://www.youtube.com/watch?v=GzUwGD5bZlQ
Tactical Drill	Wall trap drill	https://www.youtube.com/watch?v=eDsL0vUK1X8
Scrimmage	7v7 game – points for turnovers off wall after combination	

Week 22

Coaching Tip: Focus on defensive compactness and zone pressing. Stay tight in possession and move together when pressing.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Passing in compact shape	
Technical Drill	Compact rondo	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Tactical Drill	Zone possession (stay in zones)	https://www.youtube.com/watch?v=83gLAynVgPI
Scrimmage	5v5 game – maintain compactness	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Quick pressing lines	
Technical Drill	Zone pressing drill	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Tactical Drill	Low block gegenpress	https://www.youtube.com/watch?v=aVKswWGwlyY
Scrimmage	6v6 game – extra goal for press in zone	

Week 23

Coaching Tip: Prepare for tournament play. Emphasise mental focus and keep the sessions fun and engaging.

Session A – Tiki-Taka

Phase	Activity Description	Link
Warm-up	Fun game with touches	
Technical Drill	Favourite drill review	https://www.youtube.com/watch?v=c_nq0Ka_RWs
Tactical Drill	Strategy run-through	
Scrimmage	Friendly match – free play	

Session B – Gegenpressing

Phase	Activity Description	Link
Warm-up	Light rondo & stretching	
Technical Drill	Finishing challenge	https://www.youtube.com/watch?v=4lw2e_dTXbU
Tactical Drill	Team pressing review	https://www.youtube.com/watch?v=dUTBqm3X0R8
Scrimmage	Final scrimmage – emphasise fun	

Coach's Toolbox

Match Day Checklist (Example)

Pre-Match:

- ✓ Arrive at field 30–45 minutes early.
- ✓ Equipment check: balls, cones, pinnies, first-aid kit.
- ✓ Confirm team roster and player attendance.
- ✓ Assign captains or leaders for warm-up.
- ✓ Team warm-up: light jog, dynamic stretches, rondo.

During Match:

- ✓ Rotate players fairly (especially at Tier 4).
- ✓ Encourage positive communication on and off the ball.
- ✓ Reinforce coaching focus from the week's training (e.g., pressing, triangles).
- ✓ Maintain composure with referees, opponents, and parents.

Post-Match:

- ✓ Gather team for a short cooldown (light jog, stretch).
- ✓ Give **2 positives and 1 area to improve**.
- ✓ Thank referees and opposing team.
- ✓ Ensure equipment is collected.

Blank Match Day Checklist (for Coaches to Print & Use)

Phase	Item	Completed (✓)
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Pre-Match	Arrive early	☐
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Pre-Match	Equipment check	☐
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Pre-Match	Confirm roster	☐
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Pre-Match	Warm-up complete	☐
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During	Player rotation	☐
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During	Coaching theme focus	☐
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During	Positive communication	☐
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Post-Match	Cooldown	☐
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Post-Match	Feedback delivered	☐
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Post-Match	Equipment collected	☐
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Session Plan Template (Blank)

Section

Notes / Plan

Week/Day

Theme / Focus

Warm-Up (5–10 min)

Technical Drill (15m)

Tactical Drill (15m)

Small-Sided Game (20m)

Cooldown (5 min)

Coaching Points



Glossary (Alphabetical)

Attacking Third – The area of the field closest to the opponent's goal, where scoring chances are created.

Build-Out Line (Retreat Line) – A grassroots rule in Canada Soccer where defenders must retreat behind a designated line when the opposing goalkeeper has possession, giving space for teams to play out from the back.

Channel – The space between two defenders, often exploited by attackers making runs.

Compactness – Staying close together as a team defensively to reduce passing options and space for the opponent.

Counter-Attack – Quickly attacking after regaining possession, often against an unorganized defense.

Counter-Press (Gegenpressing) – Applying immediate pressure after losing the ball, aiming to win it back quickly.

Cover – A defensive principle where one player supports a teammate who is pressuring the ball.

Diagonal Run – An attacking movement made at an angle across the field to create space or receive a pass.

First Touch – The initial control of the ball when receiving it, setting up the next action.

Half-Space – The area between the central and wide zones of the field, often used in tiki-taka to create overloads.

Keeper Distribution – How the goalkeeper restarts play, such as throws, rolls, or short passes to defenders.

Marking – Staying close to an opponent to prevent them from receiving the ball or creating space.

One-Touch Pass – Passing the ball immediately upon receiving it without controlling first.

Overload – A situation where a team has more players in a specific area (e.g., 3 attackers vs. 2 defenders).

Overlap – When a player runs around the outside of a teammate to create a passing option.

Passing Lane – The open space between defenders through which a pass can be played.

Pivot – A central midfielder who acts as a link between defense and attack, often maintaining possession and switching play.

Pressing Trap – A setup designed to invite the opponent into a specific area before applying intense defensive pressure.

Recovery Run – A sprint back toward the defensive goal after losing possession.

Rondo – A small-sided possession game where players keep the ball away from defenders.

Shape – The overall team organization on the field (formation and spacing).

Switch of Play – Moving the ball from one side of the field to the other to exploit space.

Third Man Run – When a third player makes a run to receive a pass from the teammate who just played the ball.

Transition – The moment when a team changes from attacking to defending, or vice versa, when possession changes.

Width – Using the full width of the field to stretch the opponent's defense.

Zonal Defending – A defensive strategy where players cover areas of the field rather than marking individuals.

