

# LEARN TO TRAIN

# Coaching Handbook

For coaches of players aged 7 - 9



# Welcome & Thank You For Coaching!

Welcome to the Gander Revolution Football Club (GRFC) and thank you very much for volunteering your time to coach! The club along with the players greatly appreciate what you are doing for them.

This manual will provide you with an outline of what is required of you while coaching with the GRFC. It is also your go to resource for week-by-week session plans. Thank you once again for supporting the GRFC!



# GRFC Vision

GRFC is proud to be part of the Newfoundland Soccer Association (NLSA) and Canada Soccer.

GRFC aims to provide an enjoyable and educational soccer experience in a safe, supportive club environment. GRFC welcomes to all who have an interest in learning, organising, growing and celebrating the game of soccer. We develop complete soccer players and teams through effective coaching about game understanding, team play and the development of technical, tactical, physical, psychological areas of the game.



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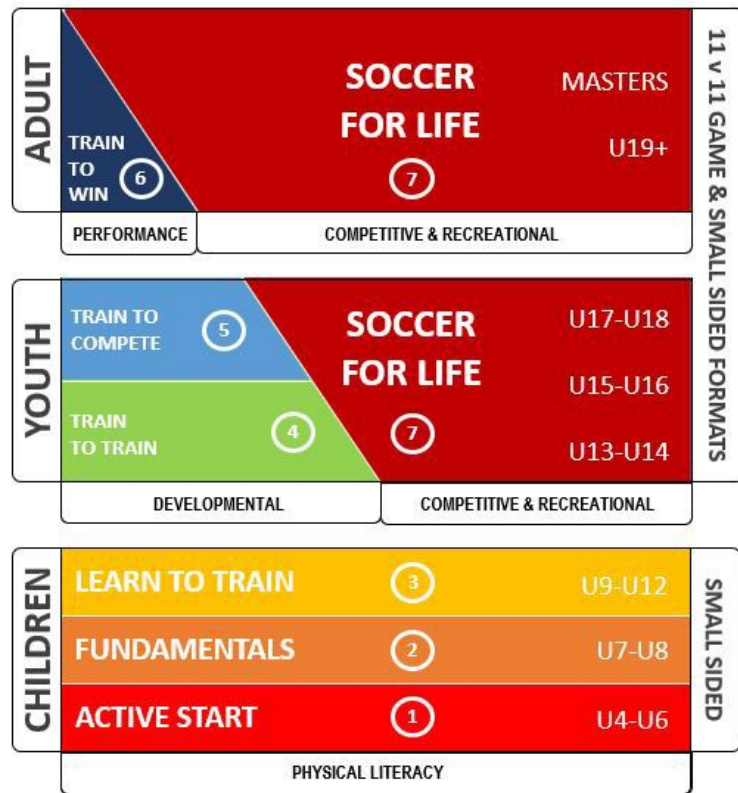
# Introduction



GRFC adopts the Long term Player Development (LTPD) principles laid out by the Canada Soccer Association (CSA), and follows the [Grassroots standards](#). This is a roadmap for players of all ages and aspirations who want to play soccer at the recreation, competitive or high-performance levels, with the aim of encouraging lifelong participation.

LTPD is a CSA soccer-specific adaptation of the Long-Term Athlete Development model (LTAD) developed by Canadian Sport Centres. LTAD is a scientific model for periodized athlete training and development that respects and utilizes the natural stages of physical, mental, and emotional growth in athletes. It is designed to:

1. Promote lifelong enjoyment of physical activity.
2. Provide a structured player development pathway.
3. Describe best practices for elite player development.
4. Create long-term excellence.



# The Role of the Coach



When training young players, soccer coaches wear many different hats such as a teacher, mentor, role model, cheerleader, parent and occasional disciplinarian. You might find yourself leading a fun activity one minute and reining in a distracted player the next.

It's important to have a plan, but also be flexible. A session or drill that was meant to last 10 minutes might need to be switched up to keep the players engaged. It might be too difficult, too easy, or not be making sense.

Being a coach is demanding, and challenging, but it's also incredibly rewarding. It is amazing to watch children learn to use a skill, or make a save or tackle or pass or shot, and play with effort and teamwork, in a way that is competitive. And the lessons a child learns from a good coach can last a lifetime.

The objective isn't just to develop better soccer players—it's to develop well-rounded people who are disciplined, persistent and able to work well with others. At this age, we want the kid **FALL IN LOVE WITH THE GAME.**



# Parent Meeting



It is recommended that you hold a brief parent meeting at the start of the season. The benefit of this, is that you get to introduce yourself to all the parents and you can lay out some expectations for them. It is also a good opportunity to try and find some parent helpers to help you run the practices or they might be able to help organise the snack list. **When talking about expectations, try to outline the following:**

- Everyone is here for the kids and for them to enjoy themselves
- Please try to arrive on time and let you know if you are not attending
- Ensure that their child has water, correct uniform - including shin-pads and cleats
- No jewellery allowed, unless for medical or religious reasons.
- Support your child learning and not being perfect, or the best player.
- Enjoy being a parent
- Respect all players, parents and officials
- Encourage good play from all teams
- Understand the Emergency Action Plan
- Ensure that the child's medical details are known and have been shared
- The club adopts a concussion protocol, the rule of 2, and fair playing time.



# Equipment



Equipment for your training will be provided for at the start of the season, and includes balls, cones, and pinnies. Other equipment available to you are things like rebound boards, small pop up goals, running ladders, hurdles and poles.

The expectation is that you will keep the equipment provided for you with you and return it at the end of the season. Optional equipment (like rebound boards, small pop up goals, running ladders, hurdles and poles etc..) can be picked up from the equipment storage areas at the ground, and need to be returned to these areas after each training.



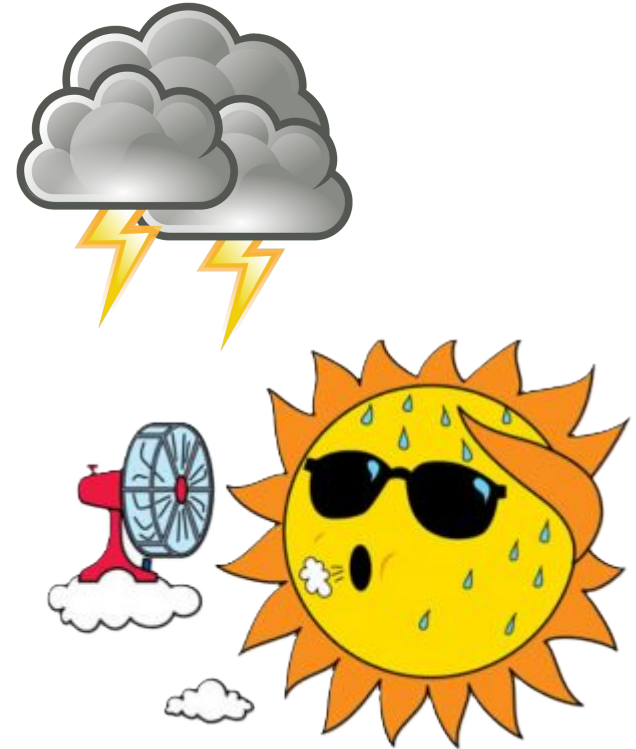
## Health and Safety

- Using the age and stage appropriate training suggested in this Manual will help you maintain health and safety.
- Ensure that the playing area is clear of any garbage, rocks, bags and water bottles
- Check that goal posts don't have sharp edges and area safe
- Check in with your parent group prior to the season with regard to player medical information.
- If there's an injury, fill out an injury form and send it to .....
- Always follow the The Rule of Two. This is to protect players and coaches. Its ensures coaches aren't one-on-one with a player, there should always be two adults present if a player needs to be spoken to or whatever the situation may be.
- Please review our concussion policy [here](#)
- Please review our guide to create an Emergency Action Plan (EAP) [here](#).



## Weather

- If the weather is bad - due to either storms or heat, GRFC admin will communicate with you. In some instances, the club may cancel training. In some instances, you may be left to make a personal judgement.
- If you train in very hot and humid temperatures, shorten you session, ensure regular drink breaks and modify activities to reduce long bouts of intense activity.
- If there is any thunder or lightening during practice, the must be session is cancelled.
- Please review our lightening policy here



# 'FUNdamentals' Player Characteristics



Participants have different needs depending upon their level of physical, mental and emotional maturity (growth and development)

## Physical Characteristics

- Frailty: Fragile bones
- Coordination: Some difficulties
- Natural suppleness: Enjoy gymnastic type activities
- Capacity: Tire Easily
- Little difference between girls and boys



## Social and Emotional Characteristics

- Egocentric: Need for attention, sensitive to criticism
- Motivation: Enjoy success and being praised for it
- Concentration: Short attention span
- Cooperation: Ability to work individually or in small groups.
- Improved understanding: Start developing decision making skills



# Practice Session Set Up and Structure

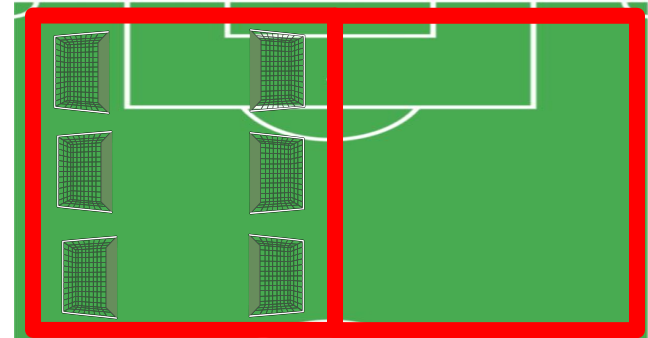


It's highly likely that multiple teams will train at the same time. Each 'group' eg u/7 girls, will have  $\frac{1}{4}$  of a full sized pitch.

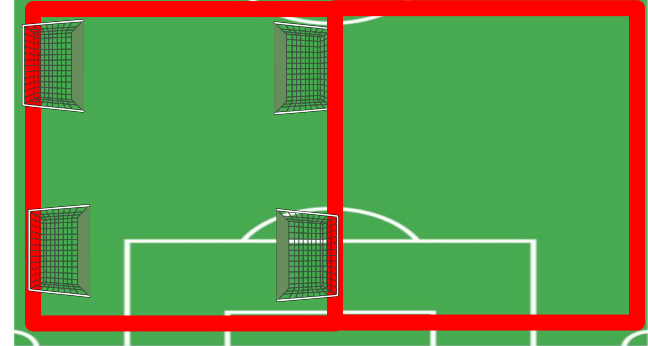
The total session time should be about 1 hour for U7 and U9, broken down to include both training, game and final team discussions

The manual is broken down into week by week sessions for you. This is a guide.

Eg.  
U/7



Eg.  
U/9



# Practice Session Set Up and Structure



If you have the staff, STATIONS are an excellent training structure for this age group. If you are running stations, include one station with:

1. Technical Development (technique)
2. General Movement
3. Coordination
4. Small Sided Games



The needs of these players means that station based activities represent a lot of sessions for these age groups IF you have the coaching staff

# Practice Structures - Progression Based



Another common practice structure is a progression based practice

**Warm-Up:** Physical activation that should include some activity without and with the ball.

**Activity:** This is often a technical and skill focused activity where repetition of the action that you would like players to learn occurs. For example, 1 vs 1 attacking, ball mastery, passing combinations, shooting, team defending, etc.

**Discovery Game:** A game-like scenario that works on exploring a skill or concept (introduced in the previous activity). It could be a game but with different rules or parameters, like extra points for a dribble, or specific pass, scanning, turns, having multiple nets or different shaped areas. It reinforces the focus area of the session and presents the problem that players are learning to solve.

**Game:** This normally a full game with no restrictions

The session purpose might be something like:

**Technical Competency:**  
1 vs 1 Attacking

Attacking game  
**principle:** Penetration

# Practice Structures - WARM UPS



Warm ups should include 3 stages:



Physical Preparation



Mental Preparation



Ball Work

They are best when connected to the purpose of the session

## FRAMEWORK PRIORITIES

STAGE	INITIATION U4-U6	FOUNDATION U7-U9	IMPROVEMENT U10-U13	ADVANCEMENT U14-U16	EXCELLENCE U17+
TECHNICAL HABITS	✓	✓	✓	✓	✓
TACTICAL ID 4 MOMENTS			✓	✓	✓
GAME PRINCIPLES		✓	✓	✓	✓
POSITION SPECIFIC				✓	✓

ALIGNED & PROGRESSIVE PATHWAY

## Technical Competencies

- 1 vs 1 Attacking
- 1 vs 1 Defending
- Passing skills/accuracy
- First Touch/ball control
- Ball mastery
- Dribbling Skills
- Ball Striking - long passing / shooting / crossing
- Goalkeeping Skills

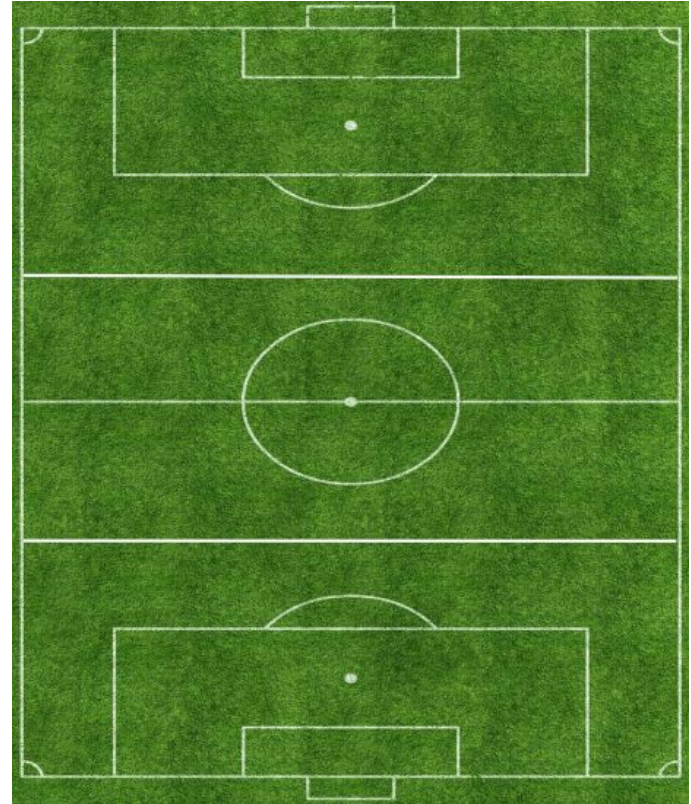
## Game Principles

- Attacking game principles include: Penetration (getting the players and the ball forward, space (width/depth) support, mobility (different types and speeds of movement), and balance
- Defending game principles include pressure, cover, compactness and balance

# Retreat Lines



- This is a game rule that is applied all 'full' games
- It applies to all youth soccer games from 3v3 to 9v9.
- **The retreat line states that the defending team must retreat  $\frac{1}{3}$  of the field (or larger fields) or  $\frac{1}{2}$  of the field (on smaller fields) when the goalkeeper has the ball.**
- This allows the first pass from a goal kick (played after a goal is scored) to be played without pressure.
- The opposing team can defend on the first touch, after the pass.
- The defending team must not delay the first touch.



# Game Formations

There are common small sided game formations. They are dependant on player qualities and characteristics.

*Removing the GK, gives you the common 3 vs 3 small sided game formation where a GK is not used.*

Option 1  
1-2



Option 2  
2-1



# Extra Coaching Tips



- Organize your practice to have as much of the children active, as much of the time.
- A 'starter' activity should always be ready for the players to begin as soon as they arrive
- Focus on small sided games and lots of ball touches
- Keep the activities on the short side, no longer than 20 minutes in total.  
4-5 minutes of movement then rest.
- Be enthusiastic and plan to enjoy sessions!
- Encourage teamwork and competition.
- Handshakes or High Fives for everyone.
- Walk through each game and activity by literally and physically walking the players/teams through what is expected and how to score a point.
- Use colours to highlight areas and boundaries
- If possible, recruit additional volunteers and establish expectations.



# Adapting Sessions



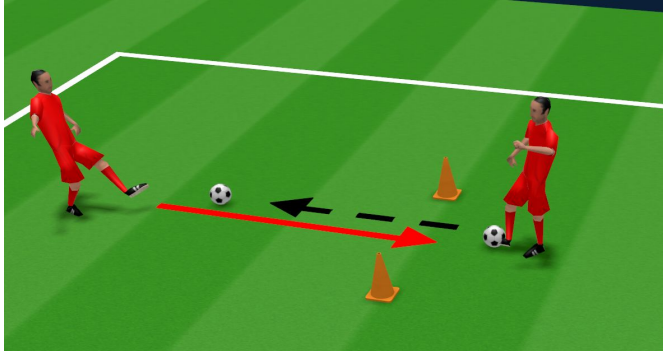
Adapting to player numbers – There will be times when you have everyone at practice and others when only a handful. You will be required to adapt. Some of these ideas could help.

- Changing the size of the area. Try long and narrow, or short and wide fields. Smaller or larger rectangles. Set up multiple areas.
- Change the number of players in a team / activity. Try teams with even or uneven numbers, or an extra team.
- Change the rules such as how you score points, how many players need to touch the ball, number of touches a player can have, direction of the first touch or pass, etc...
- Include assistant coaches as target players or neutral players (such as a player that plays for both teams when in possession)
- Change the equipment you use. Try different numbers of goals, or balls, or cones, or gates etc..



If you need help, please reach out to the club at 709 571 2081

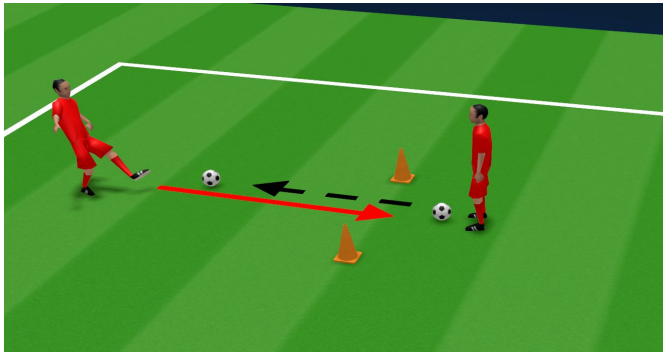
# Ball Mastery Moves



## Top of the ball touches

Receiver controls the ball with the inside of the right foot or left foot.

Performs 4 ball touches with the sole of the foot to the top of the ball, then passes back



## Side to side touches

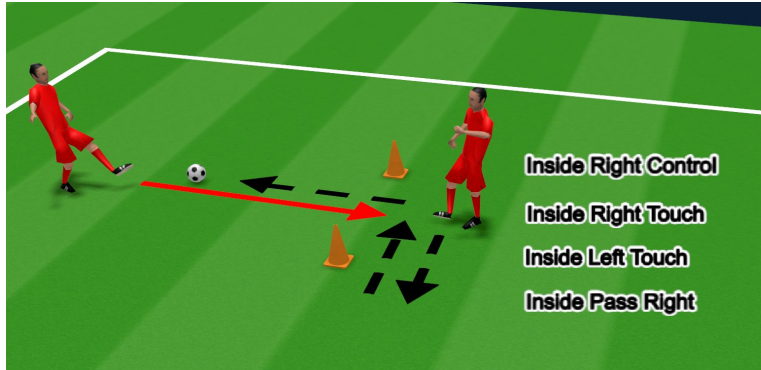
Receiver controls the ball with the inside of the right foot or left foot.

Performs 4 balls touches with the inside of the feet, moving the ball side to side between the legs

Then passes back

Many of these - and others moves, can be seen in slow motion, and normal speed, in this [VIDEO](#).

# Ball Mastery Moves



## Inside inside

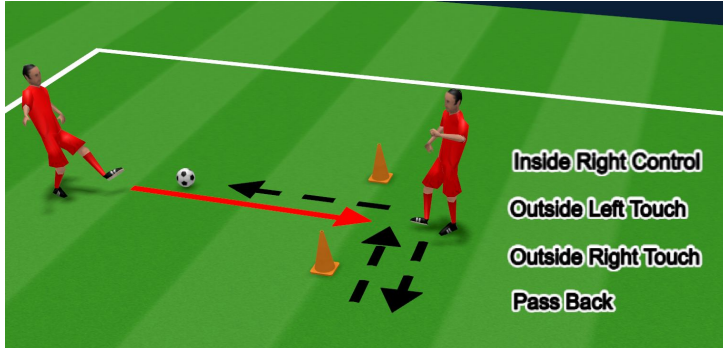
Receiver controls the ball with the inside of the right foot  
Touches the ball with the inside of the right foot (just beyond the left cone)  
Touches the ball with the inside of the left foot (back to the middle)  
Then passes back to the feeder with inside of right foot.



## Inside stop

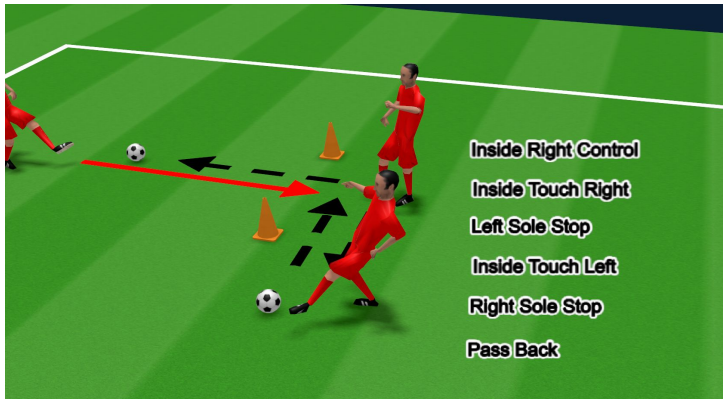
Receiver controls the ball with the inside of the right foot  
Touches the ball with the inside of the right foot (just beyond the left cone)  
Stops the ball with the top of the left foot  
Touches the ball with the inside of the left foot  
Stops the ball with the top of the right foot  
Passes back to the feeder with inside of right foot.

# Ball Mastery Moves



## Outside outside

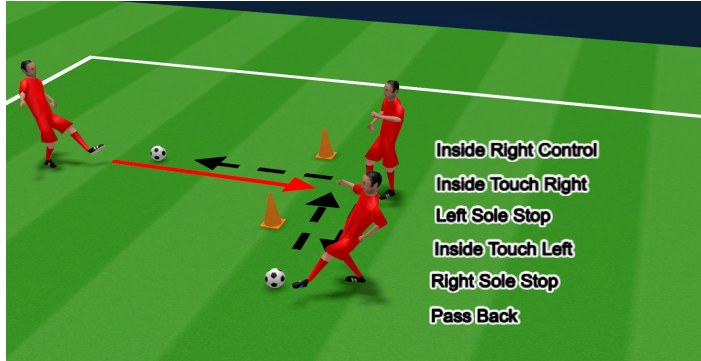
Receiver controls the ball with the inside of the right foot  
Touches the ball with the OUTSIDE of the left foot (just beyond the left cone)  
Touches the ball with the OUTSIDE of the right foot (back to the middle)  
Then passes back to the feeder with inside of right foot.



## Outside stop

Receiver controls the ball with the inside of the right foot  
Touches the ball with the inside of the LEFT foot (just beyond the left cone)  
Stops the ball with the top of the left foot  
Touches the ball with the OUTSIDE of the RIGHT foot  
Stops the ball with the top of the right foot  
Then passes back to the feeder with inside of right foot.

# Ball Mastery Moves



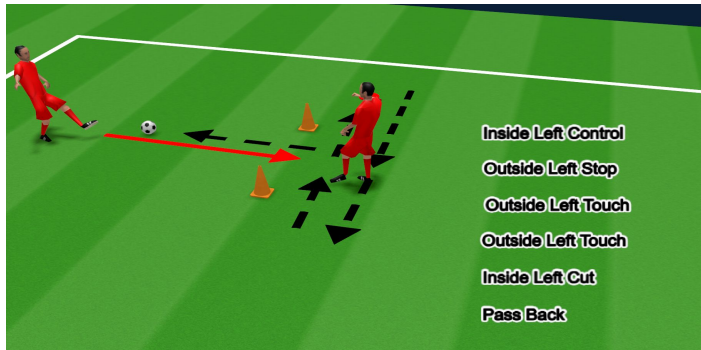
## All right

Receiver controls the ball with the inside of the right foot

Touches the ball with the inside of the right foot (just beyond the left cone)

Stops and touches the ball with the outside of the right, then pushes it gently twice with the outside of the right foot. (just beyond the right cone)

Cuts with the inside of the right foot to the middle then passes back



## All left

Receiver controls the ball with the inside of the left foot

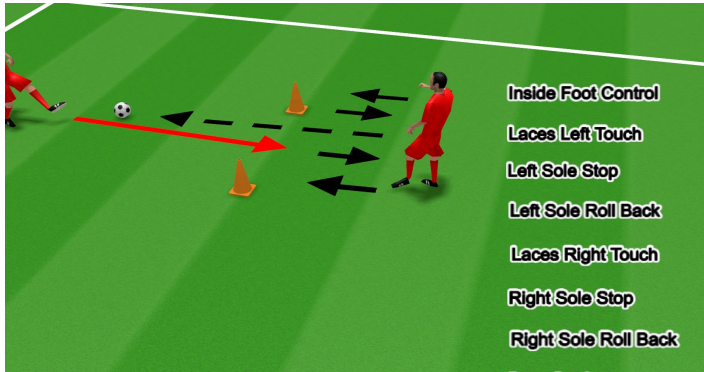
Touches the ball with the inside of the left foot (just beyond the right cone)

Stops the ball with the outside of left foot

Touches the ball with the outside of the left foot twice (just beyond the left cone)

Cuts with the inside of the left foot to the middle then passes back

# Ball Mastery Moves



## Pull Push

Receiver controls the ball with the inside of the left foot

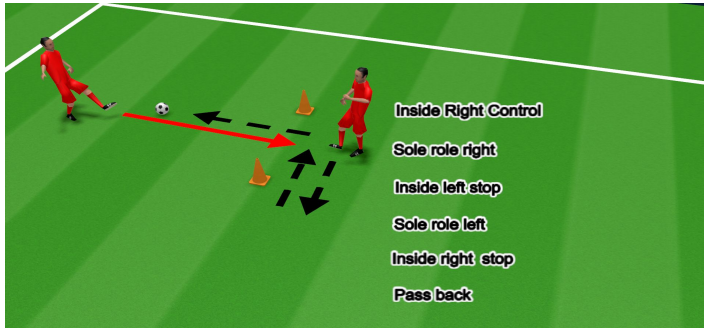
Touches the ball with the laces of the left foot forward (gentle PUSH)

Stops the ball with the left sole and PULLS it back.

Touches the ball with the laces of the right foot forward (gentle PUSH)

Stops the ball with the right sole and PULLS it back.

Then passes back



## Sole role stop

Receiver controls the ball with the inside of the right foot

Uses the sole of the right foot to roll the ball (just beyond the left cone)

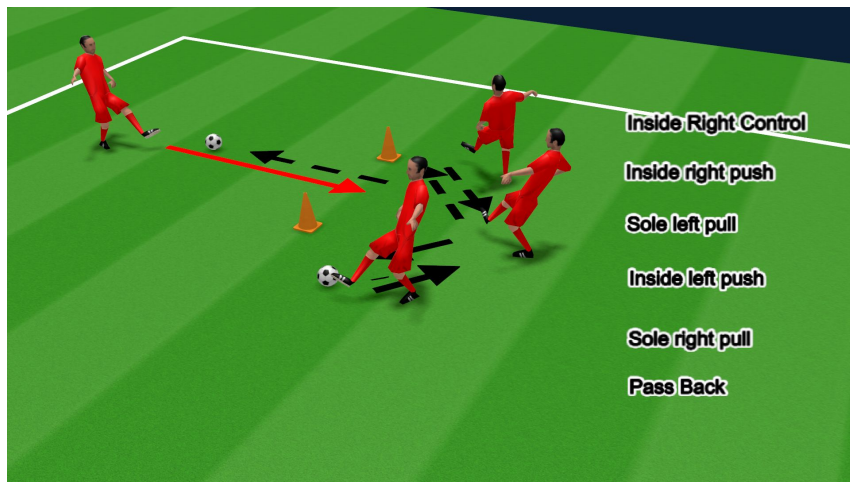
Stops the ball with the inside of the left foot

Uses the sole of the left foot to roll the ball (just beyond the left cone)

Stop the ball with the inside of the right foot

Passes back to the feeder with inside of right foot.

# Ball Mastery Moves



## V pull push

Receiver controls the ball with the inside of the right foot  
Use the inside of the right foot to move the ball diagonally to the right

Stops the ball, and pulls the ball back with the sole of the left foot  
Open the hips and use the inside of the left foot to move the ball diagonally to the left

Stops the ball, and pulls the ball back with the sole of the right foot  
Passes back to the feeder with inside of right foot.

# Season Outline



Week 1 and 2:

Passing and dribbling skills / 1 vs 1 attacking

Week 3 and 4:

Dribbling, passing and ball control

Week 5 and 6:

Passing and dribbling decision making / ball control /  
shooting / goalkeeping

Week 7 and 8:

Crossing / transitions / 1 vs 1 defending



**Technical Competency:** Passing, dribbling, 1 vs 1 attacking



## **Session 1:**

**Station 1: Island Life**

**Station 2: Break Down The Wall**

**Station 3: Catch Me If You Can**

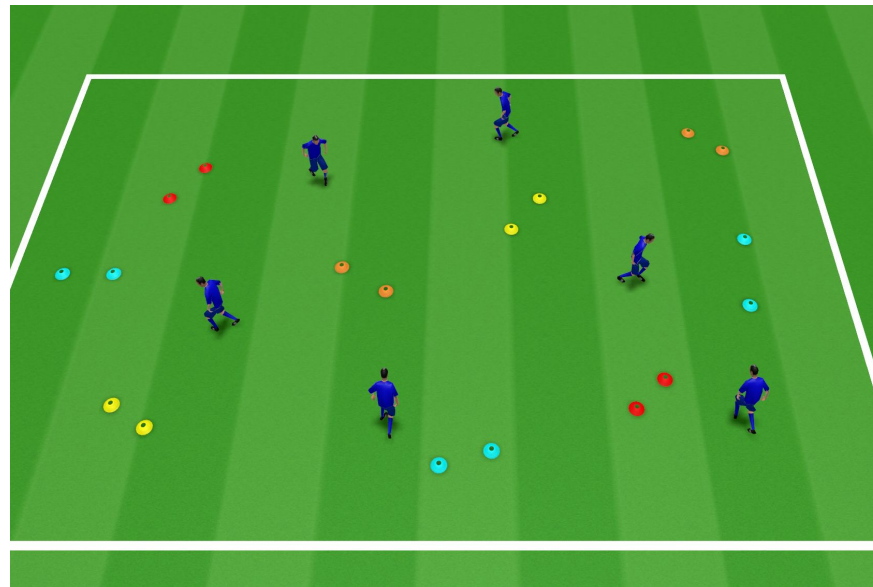
**Station 4: 1 vs 0 or 1 vs 1 - 2 goal**

## Station 1: Island Life

- The square is the island. Inside the square there are palm trees (cones set up as goals or gates)

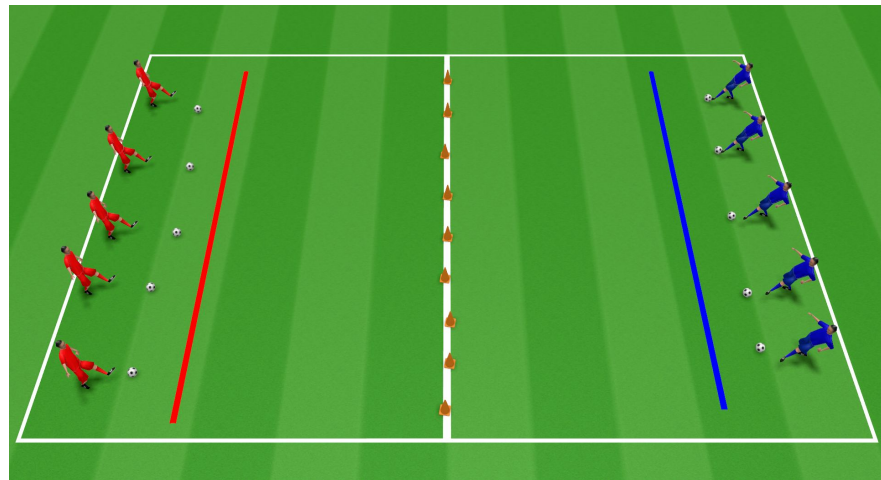
On the coaches command

- "Go!" – use your feet to move the ball around the island, but don't let the ball go in the water!
- 'Stop!' – use the bottom of your foot to stop the ball.
- 'Stop!' – DON'T use the bottom of your foot to stop the ball.
- 'Turn' – use the bottom of your foot to drag the ball back and change directions
- 'Dribble around the palm trees' - dribble through the gates - as many as possible in 30 seconds
- 'Knock down the palm trees' - dribble and push the ball into as many palm trees in 30 seconds
- 'Trade' - swap balls with another player



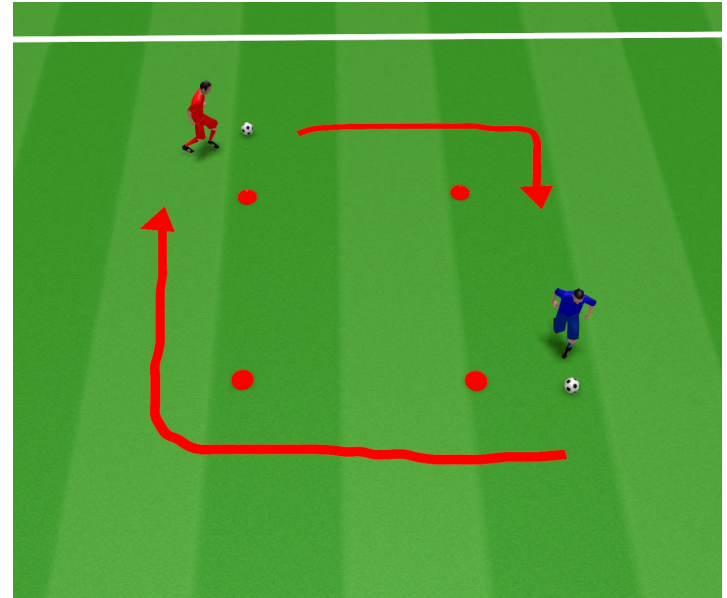
## Station 2: Break Down The Wall

- Organize the group into 2 teams of 6 or less. Place 7 or 9 or 11 (and odd number) of witches hats along the centerline of a 30 x 20m grid
- Set up a passing zone at each end of the grids (Passes need to occur behind these lines).
- Players are trying to knock down the witches hats to score a point.
- Start with one team passing at a time. The team with the most points in a set number of tries (eg both team get 4 tries each), or a set time, or a when the hats are knocked down wins. Repeat the game to maximise passing practice.
- Variations: Add different coloured cones that are worth multiple points. Or play the 'last cone knocked over' wins. Have both teams pass at the same time.
- Coach emphasis: Pass with the inside of the foot. Take several steps into the pass. Try to put the non kicking foot next to the ball

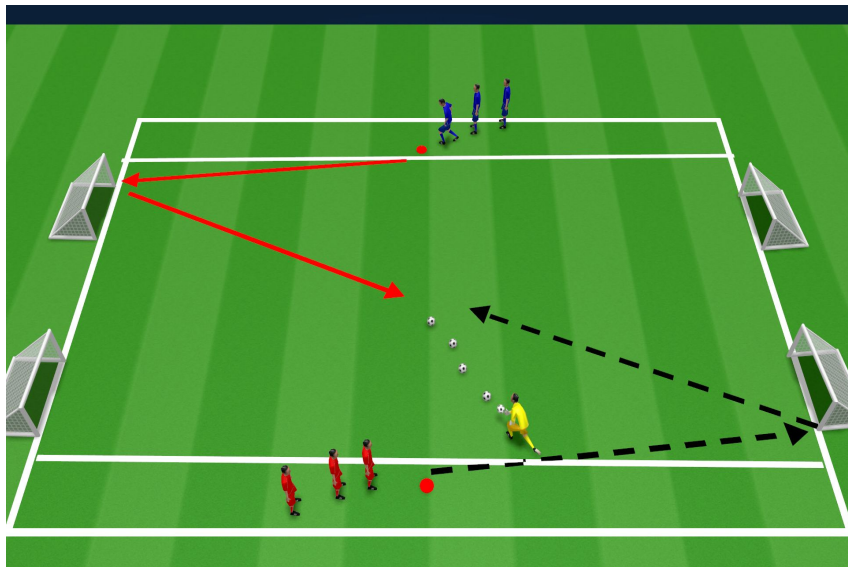


## Station: Catch Me If You Can

- **INSTRUCTIONS:**
- “Go!” – Without the ball, run outside of the pond and try to catch your partner
- Add a ball.
- “Go!” – use your feet to move the ball around the outside of the pond and try to catch your partner, but don’t let the ball go in the water!
- “Stop!” – use the bottom of your foot to stop the ball.
- “Stop!” – DON'T use the bottom of your foot to stop the ball.
- **OPTIONS:**
- “Turn!” – put your foot on the ball. Roll it backwards. Continue dribbling in the opposite direction and try to catch the other player.
- “Turn!” – DON'T put your foot on the ball. Try the inside or Outside of your foot. Continue dribbling in the opposite direction and try to catch the other player.



## Station 3: 1 vs 0 and 1 vs 1 (2 Goal Game)



- Set up a 20 x 30m grid with two mini goals at each end.
- The purpose of this station is to dribble to score, or when playing 1 vs 1, compete to score by dribbling and beating an opponent.
- Players start on either side of the half way line.
- Start with 1 vs 0. On 'go', a blue player runs to touch their closest 'defensive' goal, then the coach rolls the ball into the middle of the area. The player runs to the ball, controls the ball and dribbles to score.
- Next, play 1 vs 1. Now, both players run to touch their closest 'defensive' goal at the same time. The coach feeds the ball to the middle of the playing area. Players try to score by beating an opponent and passing into one of the 2 goals.
- Players play until a score, or until the ball is out of play, or until 30 seconds have passed.

**Technical Competency:** Passing, dribbling, 1 vs 1 attacking



## **Session 2:**

**Station 1: Catch Me If You Can**

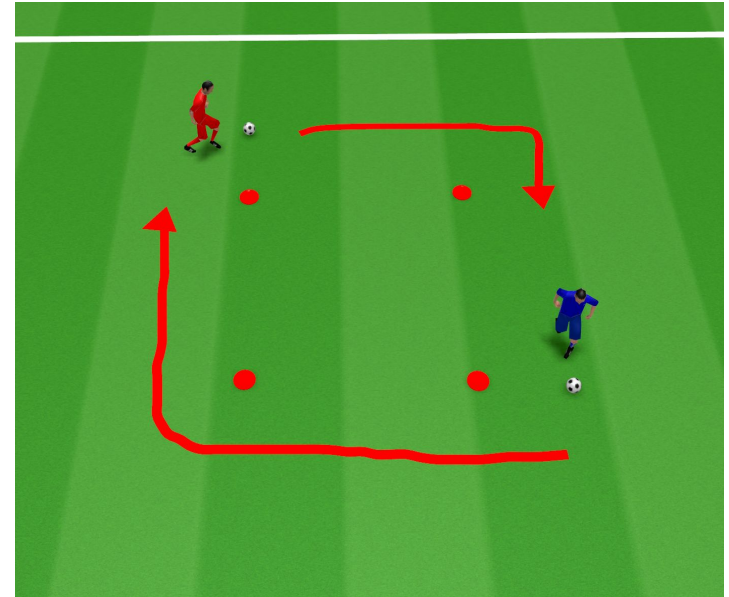
**Station 2: Skittles**

**Station 3: Pirates**

**Station 4: 1 vs 1 - 2 goal**

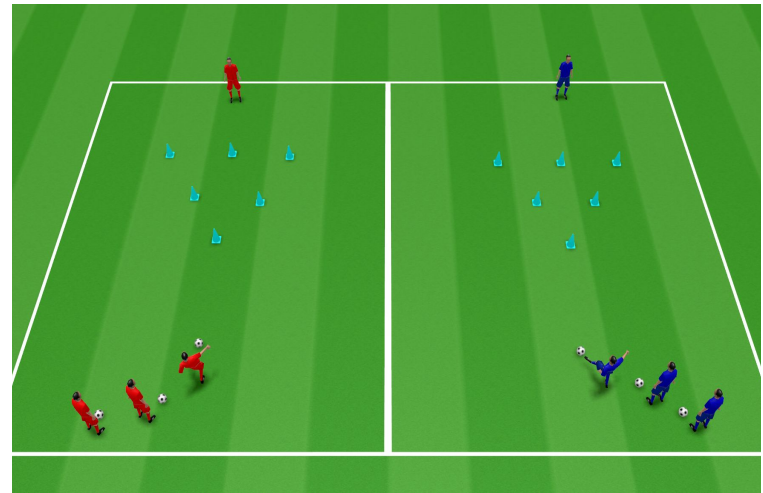
## Station 1: Catch Me If You Can

- **INSTRUCTIONS:**
- “Go!” – Without the ball, run outside of the pond and try to catch your partner
- Add a ball.
- “Go!” – use your feet to move the ball around the outside of the pond and try to catch your partner, but don’t let the ball go in the water!
- “Stop!” – use the bottom of your foot to stop the ball.
- “Stop!” – DON'T use the bottom of your foot to stop the ball.
- **OPTIONS:**
- “Turn!” – put your foot on the ball. Roll it backwards. Continue dribbling in the opposite direction and try to catch the other player.
- “Turn!” – DON'T put your foot on the ball. Try the inside or Outside of your foot. Continue dribbling in the opposite direction and try to catch the other player.



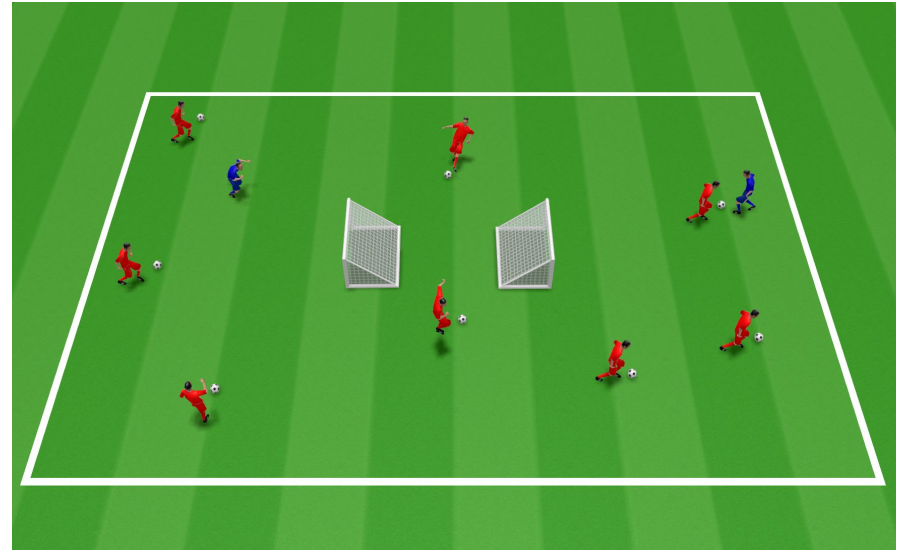
## Station 2: Skittles

- Organize players into 2 teams of 3 or 4. Each player has a ball - except for the player behind the skittles who is collecting.
- One player from the team passes the ball to knock down as many skittles as they can. The collector waits until the ball has stopped rolling, or has passed the end skittles and brings the ball back. The passer replaces the collector. The faster the better!
- Passes can pass until the collector is behind the skittles. The team that knocks down all the skittles first wins.
- Variation. Give points to the skittles. Play for a period of time. The winner scores the most points in the time allowed.
- Coach emphasis: Keep the ball in the opponent's room with correct weight of pass and accuracy. Pass with the inside of the foot. Take several steps into the pass. Try to put the non kicking foot next to the ball

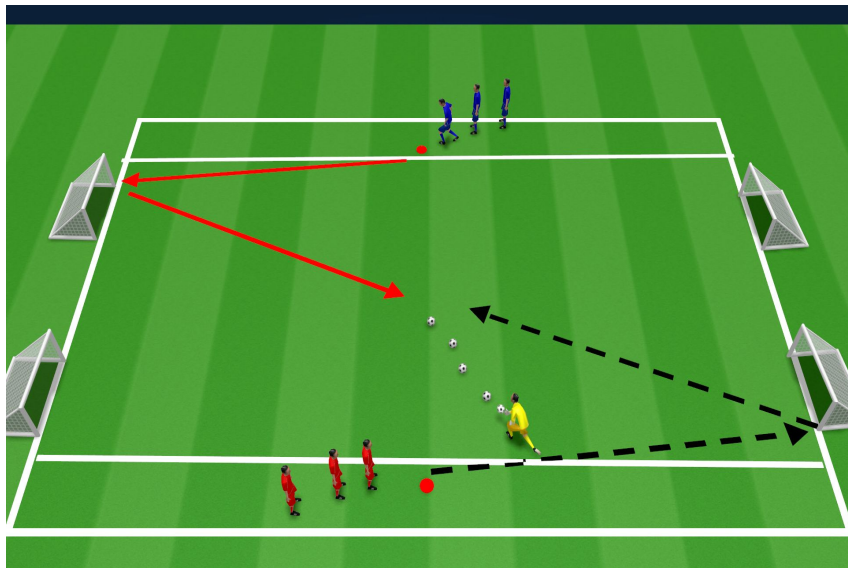


## Station 3: Pirates

- Organize up to 12 players in a 15 x 20m grid with 2 goal back to back close to the center. Have 2 players without the ball as defenders (the pirates). The rest of the players (sailors) have a ball each (their treasure!).
- Sailors dribble around the seas keeping their ball away from the pirates
- The pirates attempt to steal the ball from the sailors and dribble it into one of the 2 nets.
- If a sailor's ball is dribbled into the net, they grab a pinnie and become a pirate.
- The last sailor wins!



## Station 4: 1 vs 0 and 1 vs 1 (2 Goal Game)



- Set up a 20 x 30m grid with two mini goals at each end.
- The purpose of this station is to dribble to score, or when playing 1 vs 1, compete to score by dribbling and beating an opponent.
- Players start on either side of the half way line.
- Start with 1 vs 0. On 'go', a blue player runs to touch their closest 'defensive' goal, then the coach rolls the ball into the middle of the area. The player runs to the ball, controls the ball and dribbles to score.
- Next, play 1 vs 1. Now, both players run to touch their closest 'defensive' goal at the same time. The coach feeds the ball to the middle of the playing area. Players try to score by beating an opponent and passing into one of the 2 goals.
- Players play until a score, or until the ball is out of play, or until 30 seconds have passed.

**Technical Competency:** Passing, dribbling, 1 vs 1 attacking  
**Game Principles:** Penetration, Support



## **Session 3:**

**Station 1: Island Life**

**Station 2: Box Break out**

**Station 3: Ring The Bell**

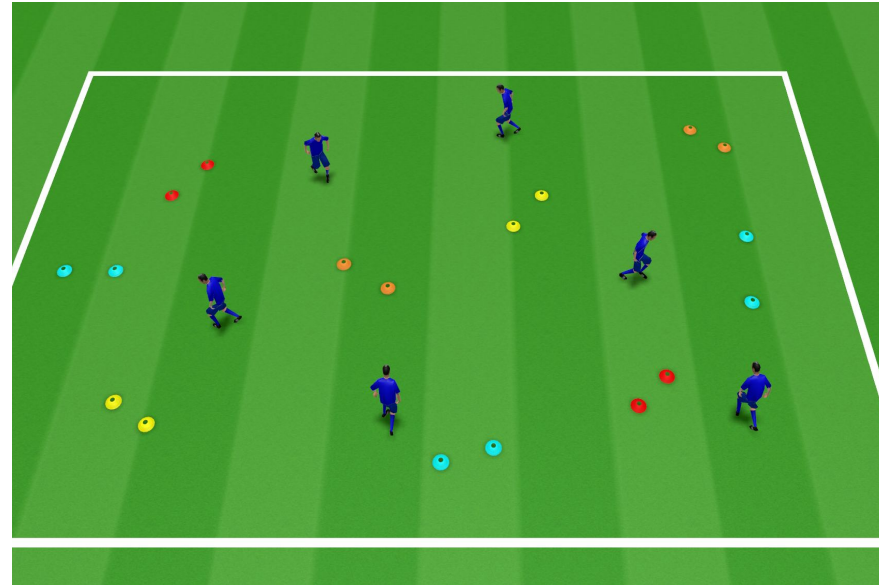
**Station 4: 2 vs 2 Xtra Points for Passing**

## Station 1: Island Life

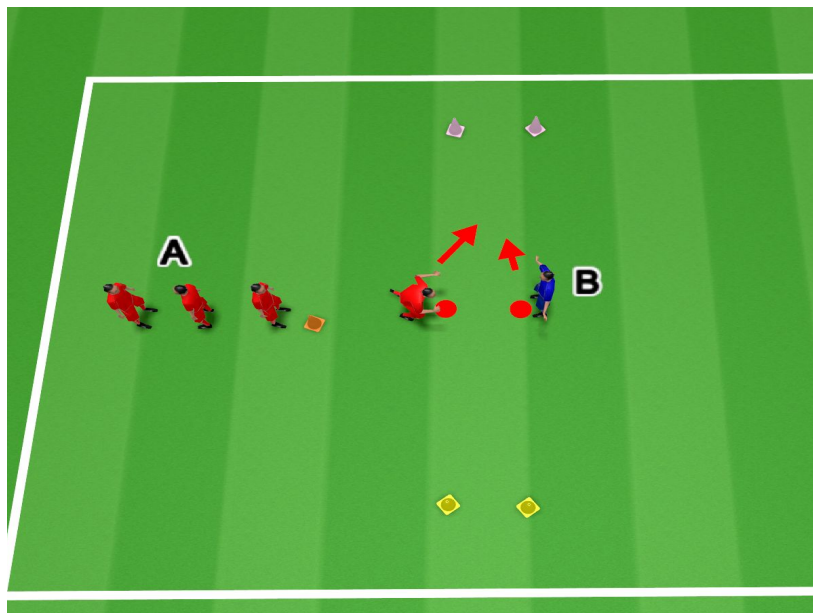
- The square is the island. Inside the square there are palm trees (cones set up as goals or gates)

On the coaches command

- "Go!" – use your feet to move the ball around the island, but don't let the ball go in the water!
- 'Stop!' – use the bottom of your foot to stop the ball.
- 'Stop!' – DON'T use the bottom of your foot to stop the ball.
- 'Turn' – use the bottom of your foot to drag the ball back and change directions
- 'Dribble around the palm trees' - dribble through the gates - as many as possible in 30 seconds
- 'Knock down the palm trees' - dribble and push the ball into as many palm trees in 30 seconds
- 'Trade' - swap balls with another player

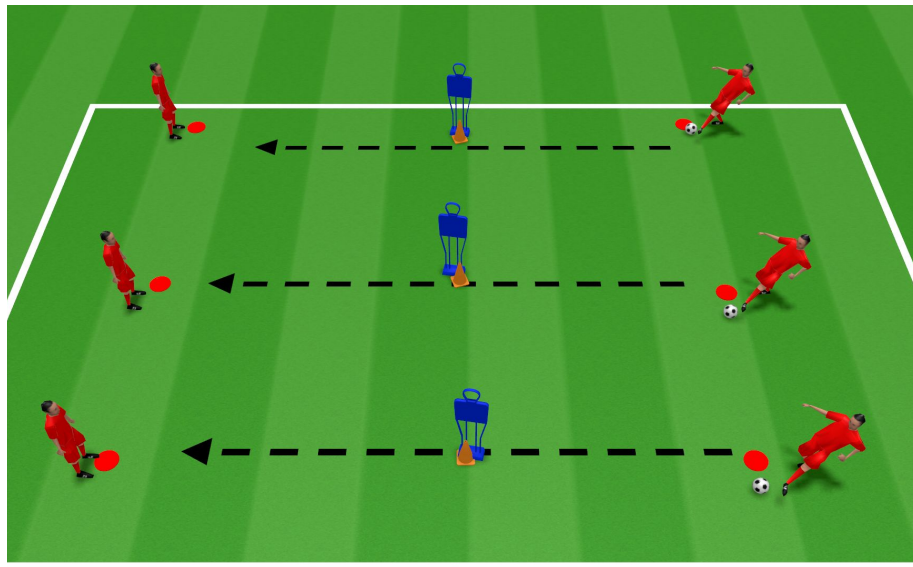


## Station 2: 1 vs 1 Break out



- Organize players into groups of 5 (an odd number where possible).
- 2 players start facing each other, standing at a dot, centered between 2 target gates.
- The remaining players line up behind the cones at A.
- The coach calls the color of one set of cones (eg 'yellow!'), and the 2 players compete to run to that gate first. The players go to the back of the line. 2 new players come out, and the game repeats.
- Variation: Have the player at B try and beat their opponent to the gate. Add a ball, now add a ball to each player, and have them dribble to the gates first. Change the opponents again.

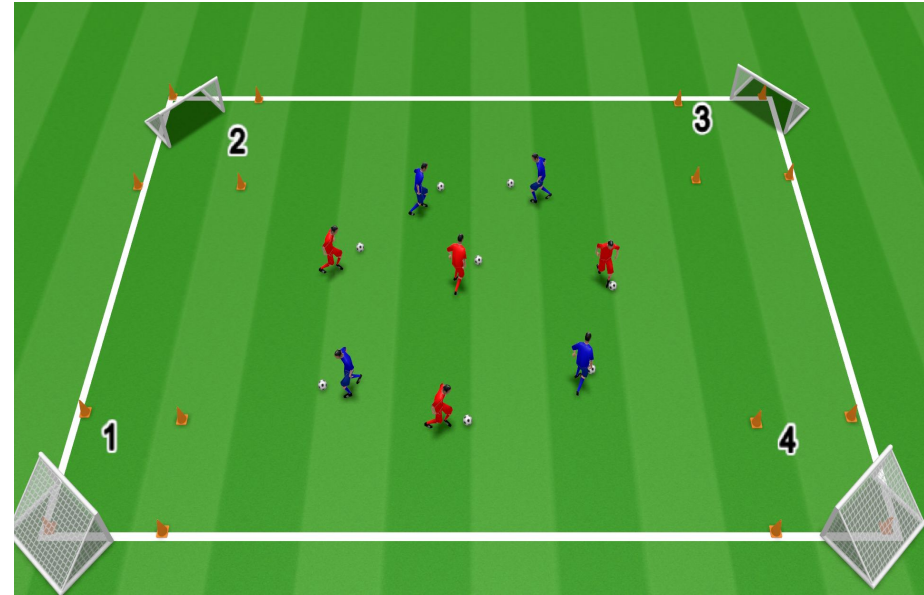
## Station 3: Ring The Bell



- Players work in pairs, about 10 yards apart
- One player tries to pass the ball to hit (Ring) the centre cone or mannequin or pole (The Bell) more than their partner.
- Give player about 1 min.
- Change feet
- Swap opponents
- Coach emphasis: Use a bent leg, the inside of the foot, and come from the behind the ball to pass. Players should increase their tempo as they make contact. They should follow through to their target.

## Station 4: Corner Score

- Players start in one of the 4 squares. Make sure the players know what number they are. (eg. corner 1, 2, 3 or 4)
- On “Go!”, players use their feet to move the ball around the middle of the field.
- Coach emphasis: keep your head up and avoid running into anyone.
- When the coach calls “To your corner!” – players dribble the ball back to their corner and score a goal.
- When you hear the coach call out a number, dribble the ball as fast as you can to that corner and score.
- When dribbling in the middle. The coach can also say “Turn!” using the inside or outside of the foot, or pull it backwards and turn and continue dribbling around the middle of the field.  
“Speed up!” – move the ball faster after you turn it.



**Technical Competency:** Passing, dribbling, 1 vs 1 attacking  
**Game Principles:** Penetration, Support



## Session 4:

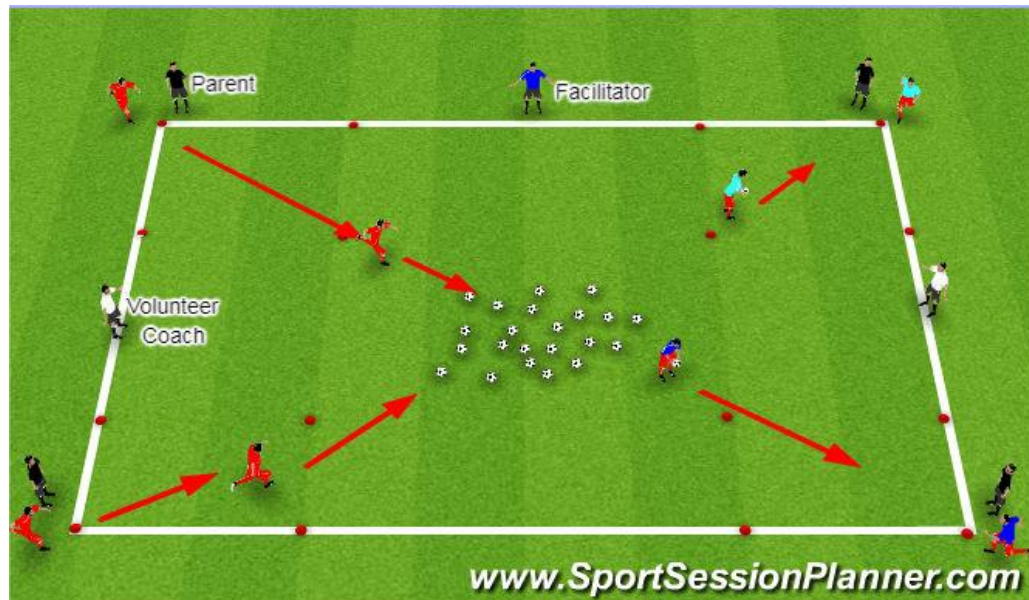
**Station 1: Rob The Nest**

**Station 2: Crab Soccer**

**Station 3: Escape!**

**Station 4: Break Down The Wall**

## Station 1: Rob The Nest



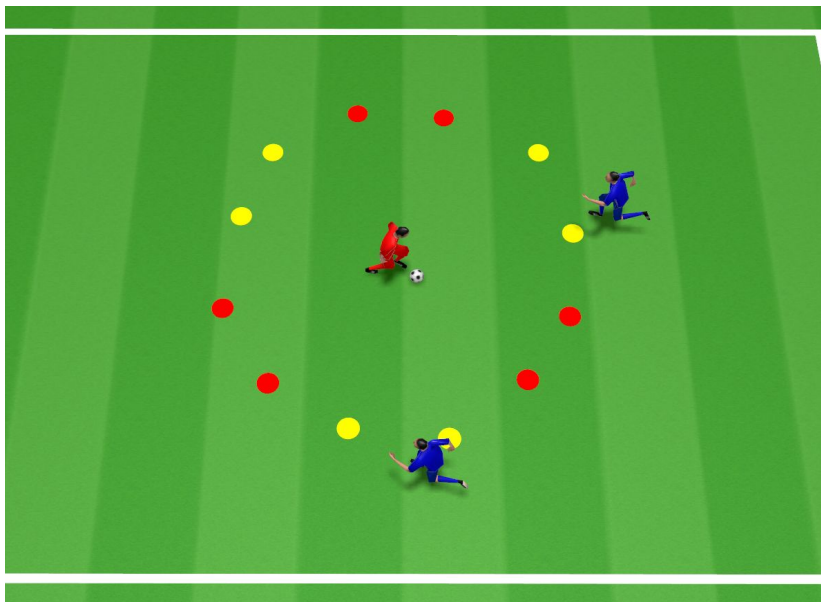
- Players split into 4 teams, one in each corner of the square. The balls (or another object) are placed in the middle of the square.
- On the whistle, one player at a time from each team can run, get a ball and dribble a ball back to their 'nest'.
- As soon as they are back, the next player can go and repeat.
- When no more balls are in the middle, players can steal one ball at a time from other teams' nests.

## Station 2: Crab Soccer

- Each soccer player lines up on the edge of the beach with a ball each.
- The crab (coach or player) waits in the beach. They must move like a crab on all fours.
- The soccer players attempt to cross the beach to safety (yellow/blue end zone).
- Crabs cannot enter the end zones. The crab tries to 'clear' soccer balls off the beach.
- If a player's ball exits the side of the beach, they become a crab.
- Coaching Emphasis: Dribble with head up so you can avoid the crabs. Keep the ball close so you can turn and change directions. The coach should adjust the playing area, so the game remains competitive.



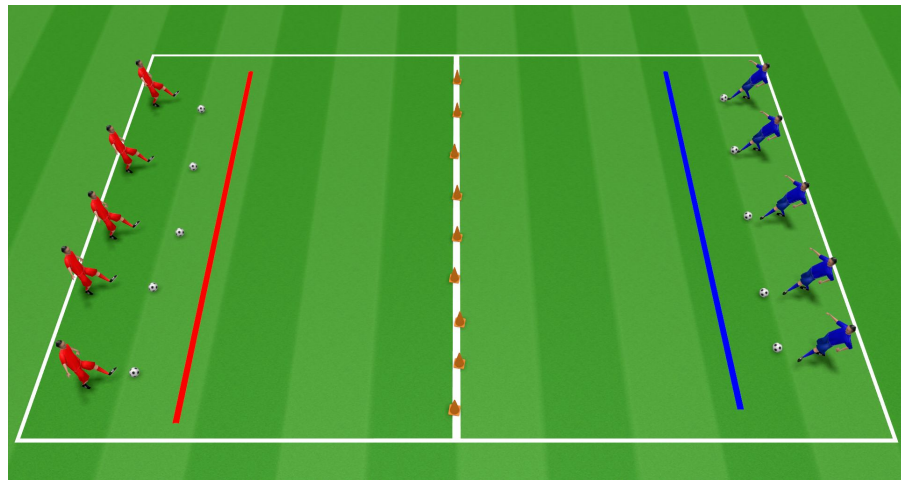
## Station 3: Escape!



- The red player tries to escape the circle by dribbling through 1 of the 3 red coloured 'gates'.
- The 2 blue players run outside the circle to protect the gates.
- Coach emphasis. Defenders try to see which goal your opponent is dribbling to, and get there before they do to stop them. Attackers try to change direction and run faster to the big spaces with the ball to score
- Rotate rolls every 3 goes.

## Station 4: Break Down The Wall

- Organize the group into 2 teams of 6 or less. Place 7 or 9 or 11 (and odd number) of witches hats along the centerline of a 30 x 20m grid
- Set up a passing zone at each end of the grids (Passes need to occur behind these lines).
- Players are trying to knock down the witches hats to score a point. The team with the most points in a set time, or a when all the hats are knocked down wins.
- Variations: add different coloured cones that are worth multiple points. Or play the 'last cone knocked over' wins.
- Coach emphasis: Keep the ball in the opponent's room with correct weight of pass and accuracy. Pass with the inside of the foot. Take several steps into the pass. Try to put the non kicking foot next to the ball



**Technical Competency:** Dribbling, passing and control,  
1 vs 1 attacking, shooting  
**Game Principles:** Penetration, Support



## Session 5:

**Station 1: King Of The Ring**

**Station 2: 1 vs 1 Dribbling Lanes to Score**

**Station 3: Passing Challenge Ladder**

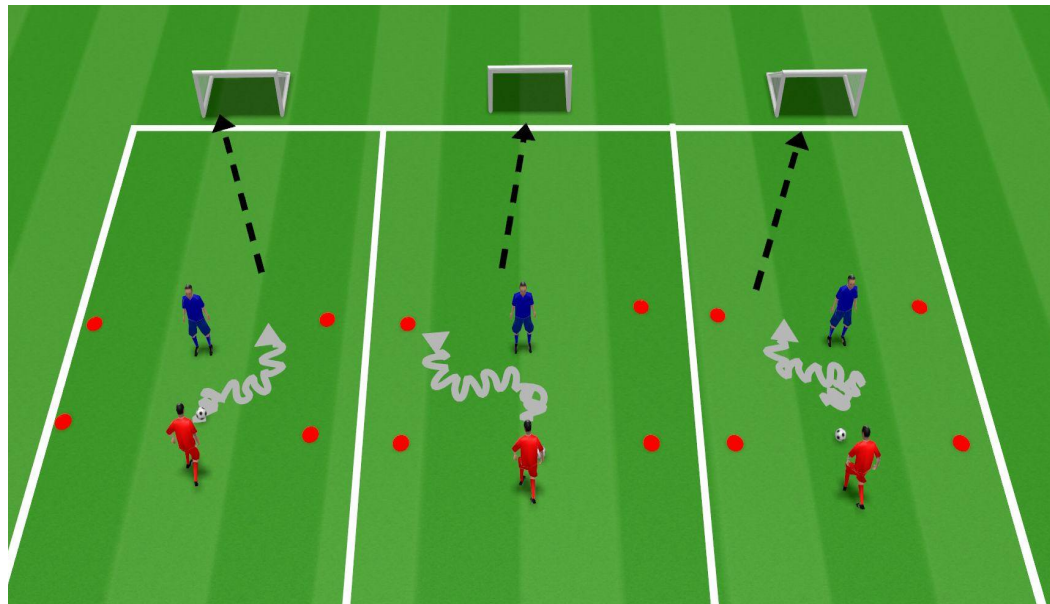
**Station 4: 2 vs 2 Xtra Points For Passing**

## Station 1: King of the Ring

- Review the session [here](#)
- Set up: Each player with a ball inside the circle
- Activity: The aim is to keep control of your ball and keep it inside the circle. At the same time, look for opportunities to kick other balls out of the circle.
- Once out, the player must complete a certain number of ball mastery moves eg. 10 ball touches, before coming back in.
- Coach Emphasis: Keep the ball close, small touches with different parts of the foot, scan the area to find space or attacking opportunities, use your body to protect the ball

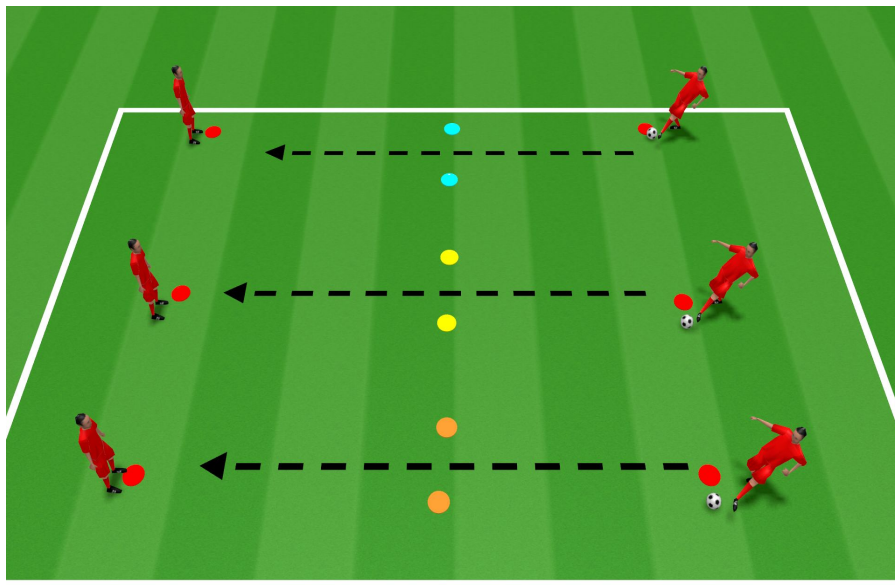


## Station 2: Dribbling Lanes with One Goal



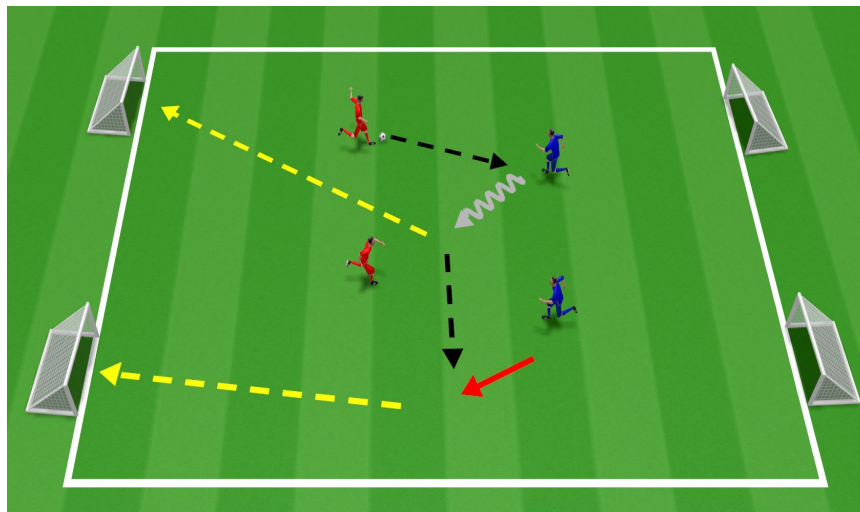
- Organise players into pairs.
- The Blue defender must stand still.
- The Red player has to dribble around the blue player, and passed teh two cones then scores a goal by shooting into the goal
- Players take turns to attack.
- Coach Emphasis: Dribble with head up to see the space and opponent. Follow through to the goal with your shot.

## Station 3: Passing Challenge Ladder



- Players work in pairs, about 6 - 8 yards apart
- One player tries to pass the ball through the centre gate (to score points) more than their partner.
- Give player about 1 min. Players that score more than their partner move up to the next gate (toward blue), and players that score less move down a gate toward the orange.
- Coach emphasis: Use a bent leg, the inside of the foot, and come from behind the ball to pass. Players should increase their tempo as they make contact. They should follow through to their target.

## Station 4: 2 vs 2 Xtra Points for Passing



- **Set Up:** 20m(length)x 15m (width). The blues and whites attempt to score into one of the 2 attacking goals
- Play for a period of time before swapping with other pairs of players. Start by the red team passing to blues. Players must start in their own half. If the ball goes out, or if a goal is scored. Re-start by the blues passing to red. Keep alternating.
- 1 point if you pass into one of the 2 goals
- 2 points if a player passes the ball and teammate scores into one of the 2 goals
- **Coach Emphasis:** Spread out to find space to dribble, take positive (forward) first touches towards the target, take larger touches to accelerate

**Technical Competency:** Dribbling, passing and control,  
1 vs 1 attacking, shooting

**Game Principles:** Penetration, Support



## Session 6:

**Station 1: Rats and Rabbits**

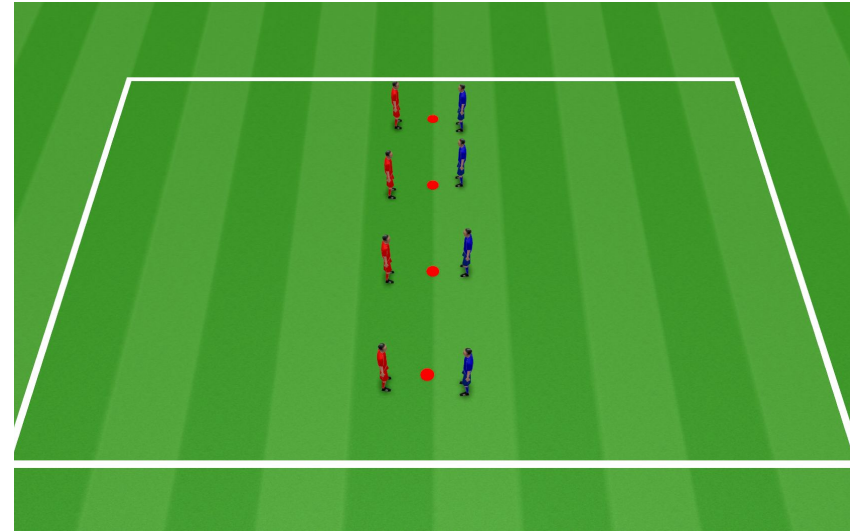
**Station 2: 2 vs 2 Extra Points for Passing**

**Station 3: 1 vs 1 Dribbling Lanes To Score**

**Station 4: Zig Zag Ball Control**

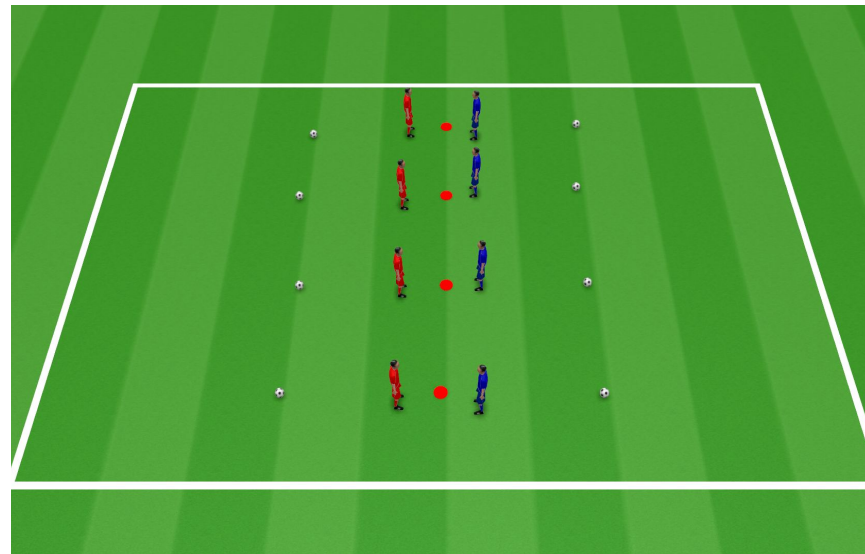
## Station 1: Rats and Rabbits (part 1)

- Running only
- Players pair up and stand 1 metre away from each other (if they put their arms out, their hands should just touch).
- All the players on one side are rats, the players on the other side are rabbits.
- When the coach calls rats', the rats chase the rabbits and try to tag them before they reach the sideline. If the coach calls rabbits, the opposite chase occurs.
- Keep count of the players that get tagged. Eg. if the rats tag 3 players, the rats have 3 points.
- Variation: Change the method of moving. EG. Change running to hopping, or two foot jumping, or skipping.

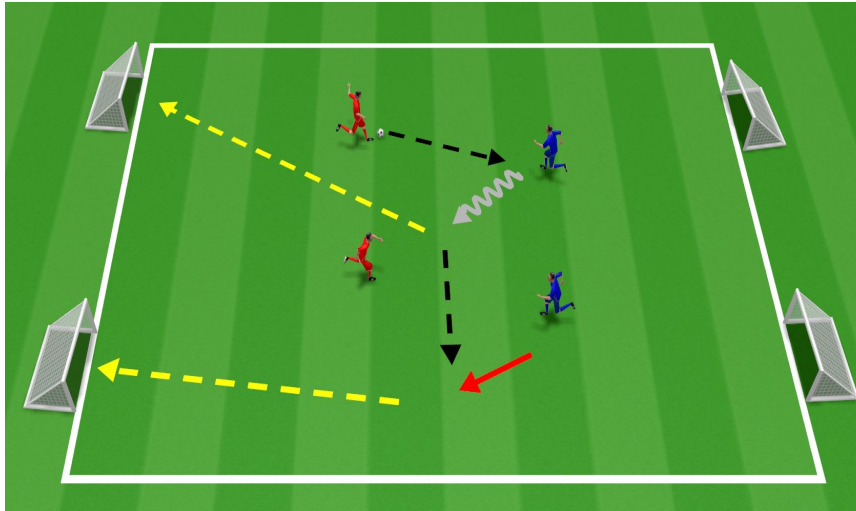


## Station 1: Rats and Rabbits (part 2)

- Add balls now
- Everything is the same as part 1, except now if 'Rats' are called, the Rabbit turns and dribbles the ball to the end line. If they get there and can stop the ball on or near the line (or have it under control) before being tagged, they get a point.
- Keep count of the players that get tagged.
- Variation: After a tag, or after a successful score by the Rabbit, the rat runs to their ball to try and dribble and score. Points can be awarded to both teams for tagging.

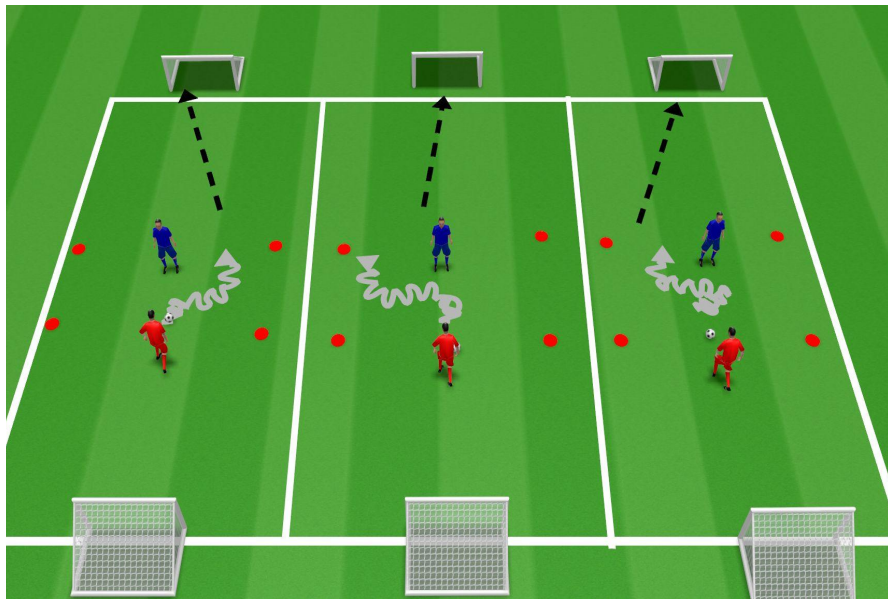


## Station 2: 2 vs 2 Xtra Points for Passing



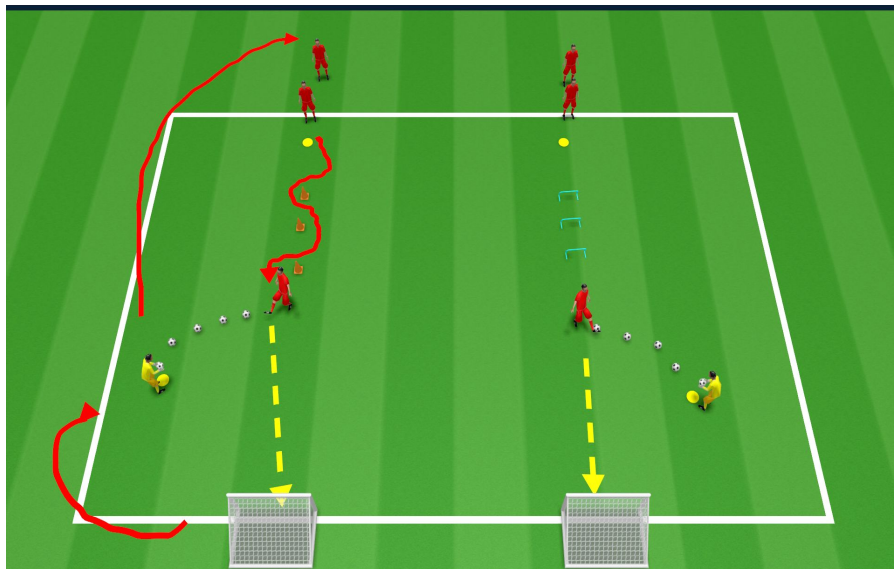
- Set Up: 20m(length)x 15m (width). The blues and whites attempt to score into one of the 2 attacking goals
- Play for a period of time before swapping with other pairs of players. Start by the red team passing to blues. Players must start in their own half. If the ball goes out, or if a goal is scored. Re-start by the blues passing to red. Keep alternating.
- 1 point if you pass into one of the 2 goals
- 2 points if a player passes the ball and teammate scores into one of the 2 goals
- Coach Emphasis: Spread out to find space to dribble, take positive (forward) first touches towards the target, take larger touches to accelerate

## Station: 3 Dribbling Lanes with Goals



- Organise players into pairs. The game starts with 1 player passing the ball to the other player.
- A player scores a goal by dribbling past their opponent's end line (two cones). They score another point if their can shoot the ball into the goal after they cross the line.
- Players take turns to attack.
- Play is restarted by a pass if the ball goes out, or if a point is scored.
- The game lasts 2 minutes. Winning players migrate towards the right. The other player moves towards the left.
- **Coach Emphasis:** Take a good first touch - out of feet if there is space. Dribble with head up to see the space and opponent. Use feints and dekes to confuse your opponent. Accelerate with larger touches to escape your opponent.

## Station 4: Ball Control



- Players zig zag through the cones, control the ball, and then shoots at the goal.
- The player that shoots, retrieves the ball and takes it back the 'feeder' line.
- The feeder then moves to the back of the line
- Swap the lines after a few minutes (or have players return to the opposite line).
- \* If the rotation is too challenging, have the players return the ball to the coach
- Coach emphasis: Cushion the ball as it arrives. The ball should be 'out of' the feet so the player can take a touch or two before shooting.
- Variation: Add hurdles. Use different body parts for control. Play a wall pass with the feeder. Have players try to kick the ball on the volley.

**Technical Competency:** Dribbling, passing and control,  
1 vs 1 attacking, shooting  
**Game Principles:** Support



## Session 7:

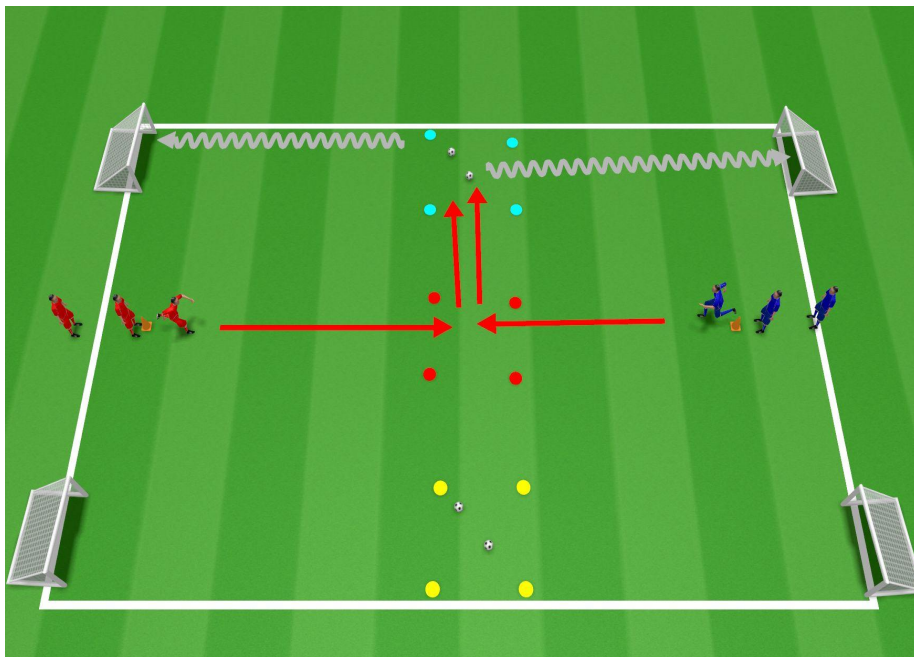
**Station 1: Box Box Dribble**

**Station 2: Keep It In The Box**

**Station 3: 2 vs 2 Pass and Receive**

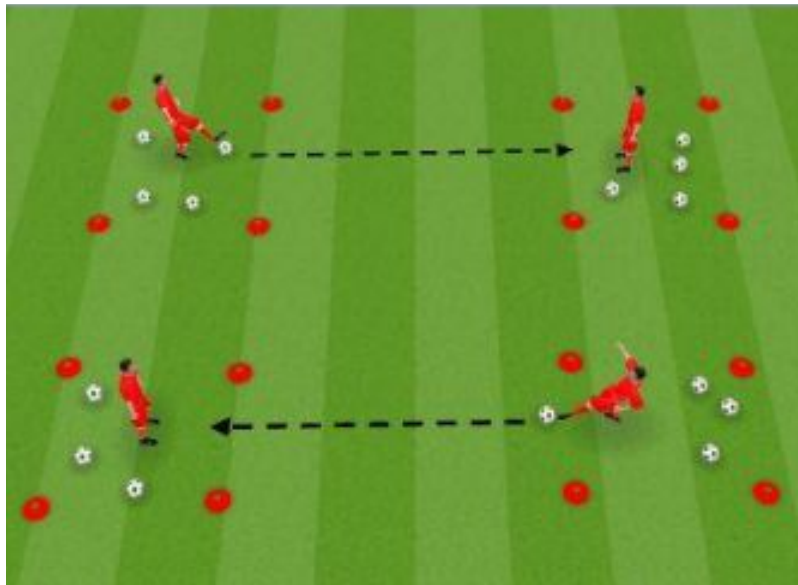
**Station 4: Zig Zag Ball Control**

## Station 1: BBD Race (Box, Box, Dribble)



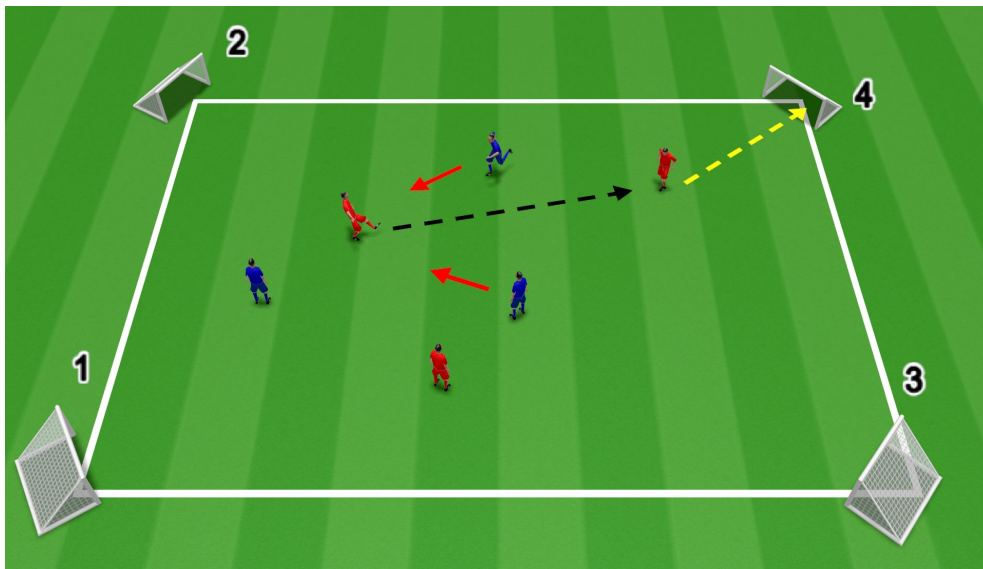
- Have two goals at each end of a 20 x 30 grid. 3 players line up in between the goals at each end.
- On the whistle, both players run to the red (center box). As the players reach the red box, the coach then calls a colored box (blue or yellow). The players then change direction, run to the colored box, get a ball and dribble toward their net. Once they have taken 5 touches, they can pass the ball into their goal.
- Progress the activity by asking players to run to multiple boxes (eg. yellow, then blue) before dribbling, dribble with specific parts of the feet, dribble through cones, or asking players to take more or less touches before they can pass to the goal.

## Station 2: Keep It In The Box



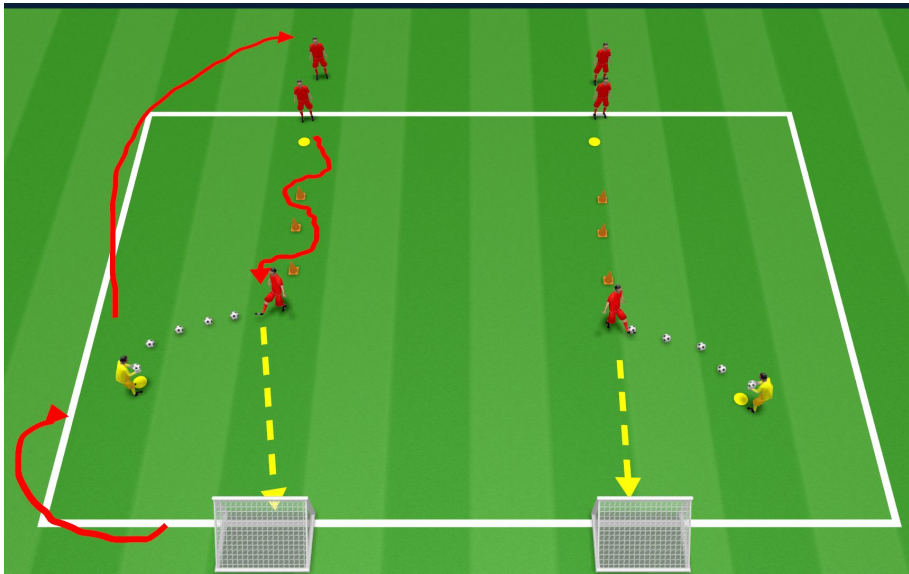
- Have players work in pairs
- Set up a 1m x 1m square for each player.
- Players pass to each other.
- One point for successful pass (to the box), and one for a successful control. First to 11 points (or something similar).
- Coach Emphasis: Player move behind the line of the ball first, control with the instep of the foot, keeping the control foot parallel to, and off the, ground.
- Variation: Change feet. Add a cone in the middle to pass around (players must avoid hitting it, but still get in into the square). Change partners

## Station 3 : 2 vs 2 or 3 vs 3 Pass and Receive



- Play 2 vs 2 or 3 vs 3.
- Players in Blue are trying to score in goals 1 and 2  
Players in Red are trying to score in goals 3 and 4
- Players score 1 point for a goal
- Players score 2 points for controlling a pass.
- Coach emphasis. Can players without the ball spread out enough, and move into space between opponents, so that teammates can pass.

## Station 4: Ball Control



- Players zig zag through the cones, control the ball, and then shoots at the goal.
- The player that shoots, retrieves the ball and takes it back the 'feeder' line.
- The feeder then moves to the back of the line
- Swap the lines after a few minutes (or have players return to the opposite line).
- \* If the rotation is too challenging, have the players return the ball to the coach
- Coach emphasis: Cushion the ball as it arrives. The ball should be 'out of' the feet so the player can take a touch or two before shooting.
- Variation: Add hurdles. Use different body parts for control. Play a wall pass with the feeder. Have players try to kick the ball on the volley.

**Technical Competency:** Dribbling, passing, ball control, shooting  
**Game Principles:** Support



## Session 9:

**Station 1: Dribbling Interference**

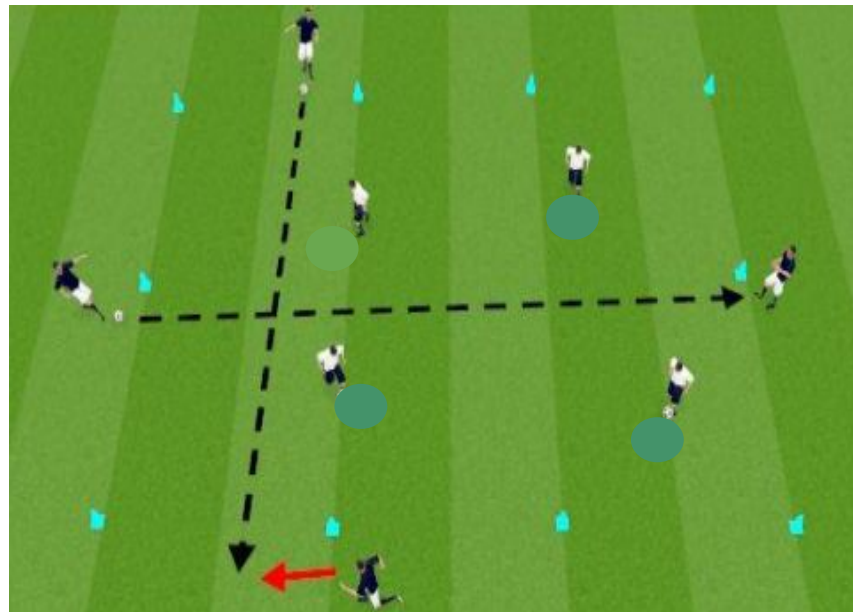
**Station 1: Switch**

**Station 3: Juggling**

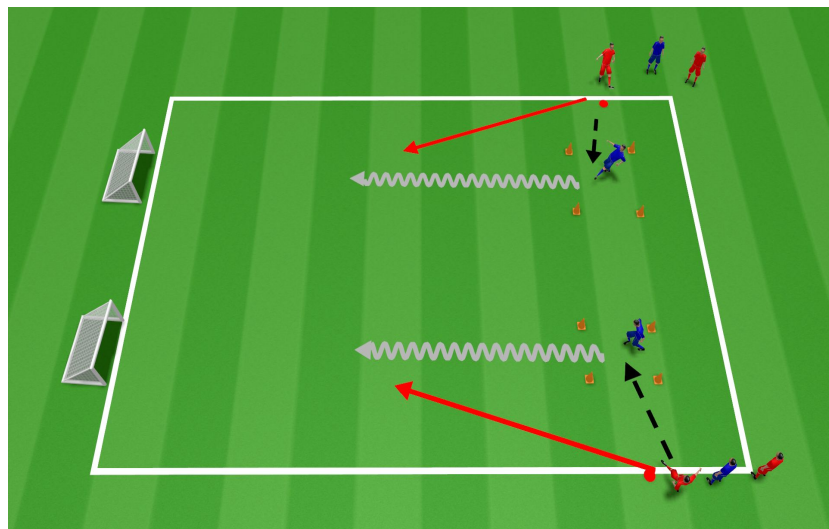
**Station 4: 4 vs 1**

## Station 1: Dribbling Interference

- **Set Up:** 15mx15m square. 2 players without a ball start inside the grid (white)
- One or two pairs of players (with a ball for each pair) start outside the grid (blue)
- The white players job inside the area for a set period (eg 1-2 minutes). The coach should change the movements (karaokees, high knees, skater hops, lunges etc..) The blue players aim to connect as many passes as possible in that time.
- Points are awarded for successful passes across the box. The pair with the most point wins. Switch players and play again.
- Add a ball for the players inside the square. Call out turns for them
- Switch feet for the passing pairs.

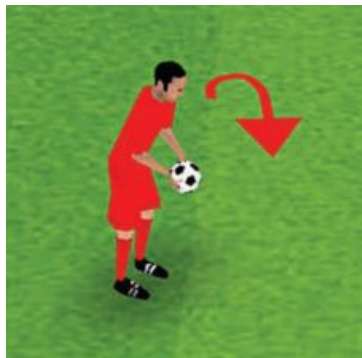


## Station: Give and Chase



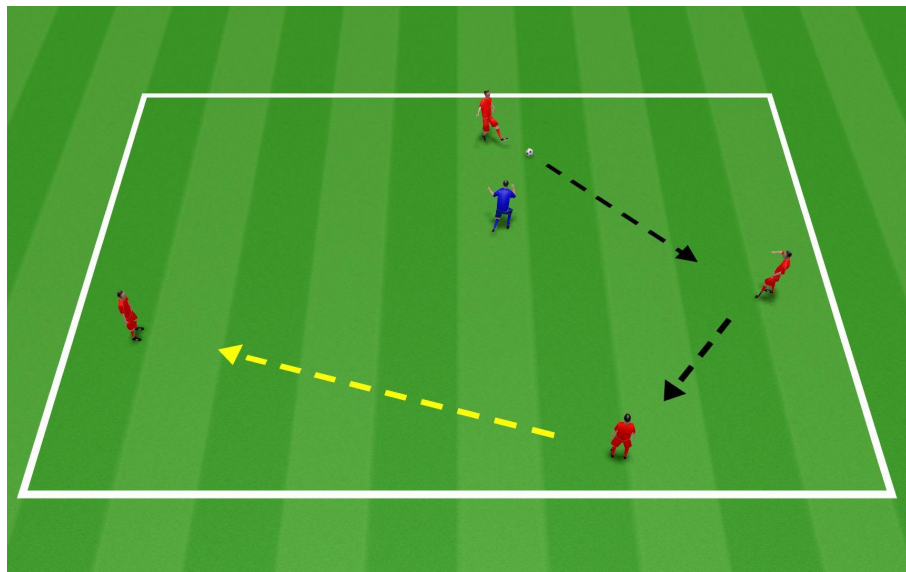
- Organize a grid 15 x 20, with two mini goals at one end, with 2 squares of cones at the other end.
- Organize the players into pairs.
- One player stands in the square. The other player stands with the ball at the side of the field. This player passes to the player in the square. This player controls the ball on the back foot, pushing it through the cones closest to the goals. Then they dribble and try to score.
- As soon as the player in the square touches the ball, the passer can start chasing and try to make a tackle.
- Then the partners swap roles. After a few minutes and the partners swap sides.

## Station 3: Juggling



- Hold the ball in your hands. Throw it up and catch it 2 times.
- Then drop it and use the top of your foot to gently kick it back up. Try to catch the ball before it touches the ground.
- Use the other foot.
- Drop it and use the top of your foot to gently kick it back up, but this time let the ball bounce and try to catch or kick it again after the bounce.
- Same as #2, but try to kick it up twice in a row without letting it bounce, then catch it.
- **OPTIONS:**  
Hold the ball in your hands, drop it onto your thigh, then catch it. How many can you do in a row without letting the ball touch the ground?

## Station 4: 4 vs 1



- Players play 4 vs 1, keeping the ball within the area, and away from the defender. When the player in the middle has defended for a set time, like 45 seconds, rotate the defender.
- If you have more players, extra players can rotate on as defenders, or rotate on as attackers.
- Coach Emphasis: Without the ball, create a larger angle for a pass by moving along the side line toward a corner. If possible, receive the ball on the back foot and turn away from the side of the grid the opponent is on.

**Technical Competency:** Dribbling, passing, ball control, 1 vs 0 and 2 vs 1 attacking

**Game Principles:** Penetration, Support



## Session 10:

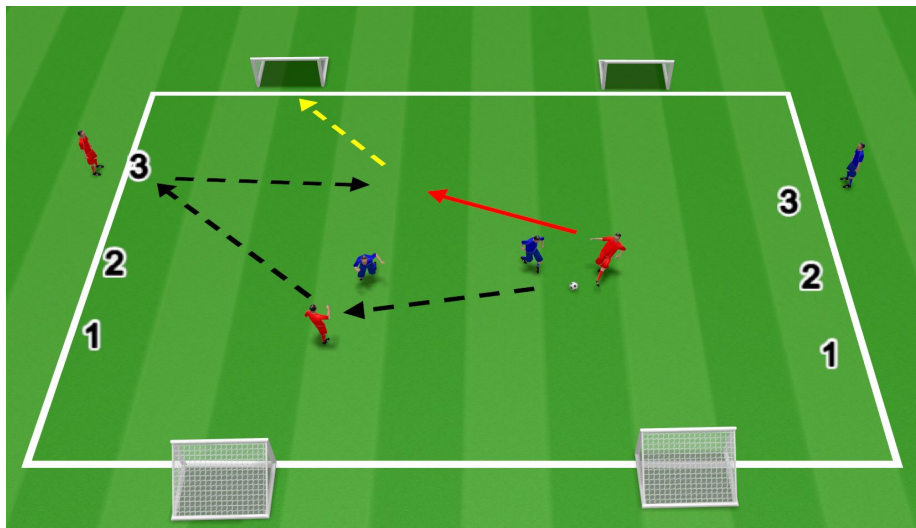
**Station 1: Numbers Game**

**Station 2: Rats and Rabbits**

**Station 3: Breakaways 1 vs 0 and 2 vs 1**

**Station 4: Island Life**

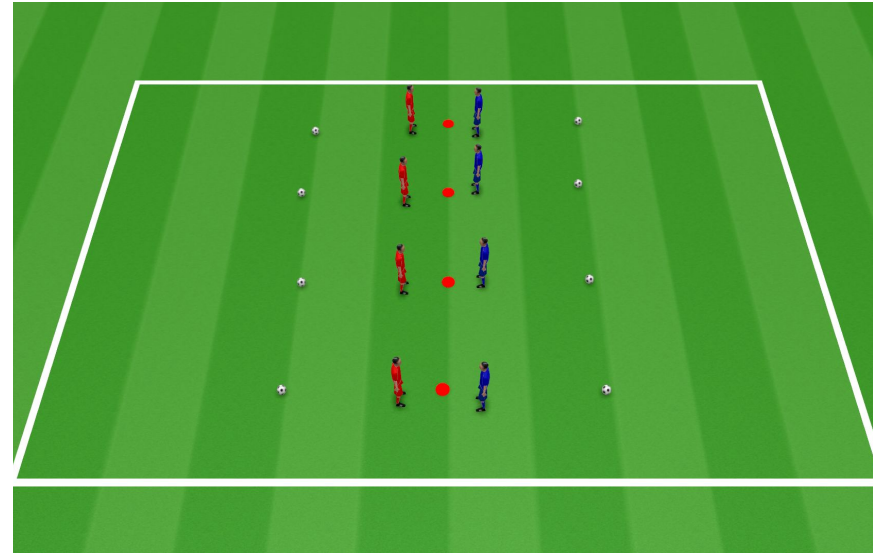
## Discovery Game: Numbers 2 goal



- Organise players into two teams, and number them 1 - 3, with two attacking goals and 2 defensive goals
- 1 point for a goal scored in either goal.
- The coach calls out a minimum of 2 players
- The players can pass to the player on the sideline to help.  
Sideline players cannot score
- Coach emphasis. Spread out to exploit space and enable 1 vs 1s. Scan to see if you can use the sideline player to help. Scan to change direction to head to the goal that is open.

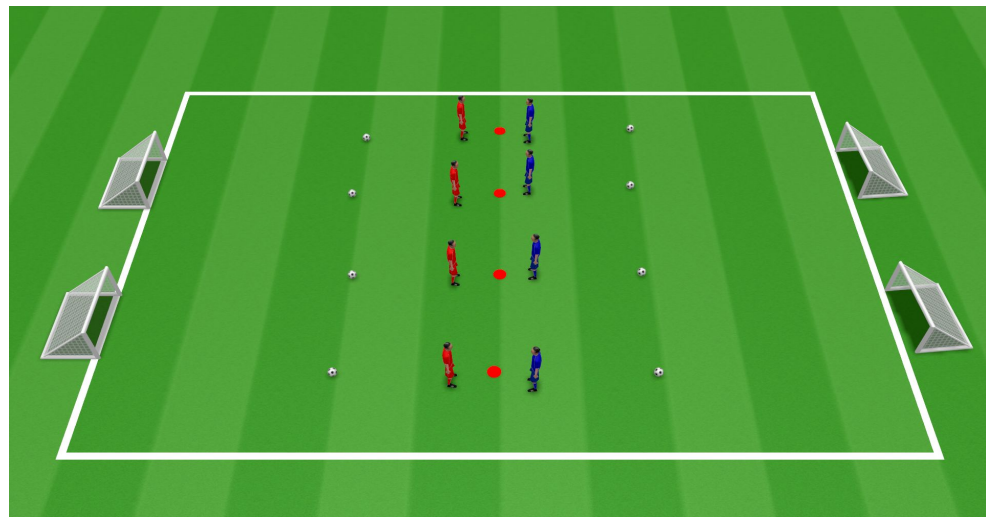
## Station 3: Rats and Rabbits (part 1)

- Add balls now
- Everything is the same as part 1, except now if 'Rats' are called, the Rabbit turns and dribbles the ball to the end line. If they get there and can stop the ball on or near the line (or have it under control) before being tagged, they get a point.
- Keep count of the players that get tagged.
- Variation: After a tag, or after a successful score by the Rabbit, the rat runs to their ball to try and dribble and score. Points can be awarded to both teams for tagging.

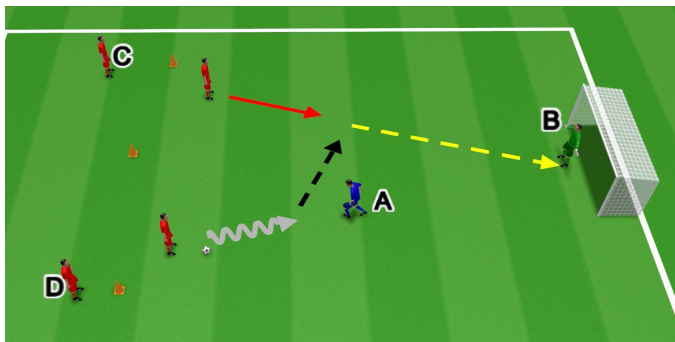
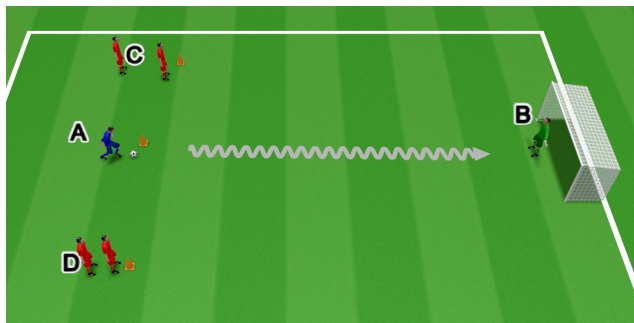


## Station 3: Rats and Rabbits (part 2)

- Add goals now
- Everything is the same, except now if 'Rats' are called, the Rabbit turns and dribbles and shoots. After the Rabbit shoots, or is tagged, the Rat turns and runs to their ball, and shoots, prior to being tagged.
- Points can now be awarded for tags or/and goals.



## Station 3: Breakaways- 1 vs 0, 2 vs 1



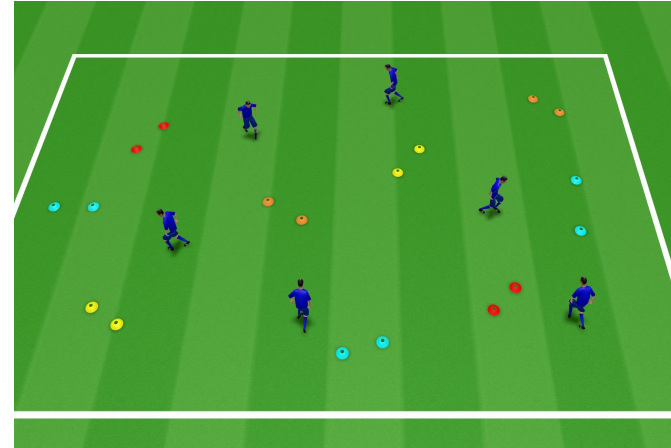
- Player A dribbles to take on the goalkeeper player B.
- Player A then transitions from attack to defence.
- Players C and D then take on Player A in a 2 vs 1 situation.
- Player D attacks player A (the defender). Player D decides whether to pass to C, or take player A on the other side.
- The emphasis should be on Player D attacking the the outside of player A, and fast. This should draw the defender across creating room for player C. If the defender does not come across, the player D can dribble passed the defender to shoot.

## Station 4: Island Life

- The square is the island. Inside the square there are palm trees (cones set up as goals or gates)

On the coaches command

- "Go!" – use your feet to move the ball around the island, but don't let the ball go in the water!
- 'Stop!' – use the bottom of your foot to stop the ball.
- 'Stop!' – DON'T use the bottom of your foot to stop the ball.
- 'Turn' – use the bottom of your foot to drag the ball back and change directions
- 'Turn' – DON'T use the bottom of your foot - try the inside or outside.
- 'Dribble around the palm trees' - dribble through the gates - as many as possible in 30 seconds
- 'Knock down the palm trees' - dribble and push the ball into as many palm trees in 30 seconds
- 'Trade' - swap balls with another player
- 'Tag' - as many players as you can in 30 seconds
- Group up. Dribble to make a group of 3, or 4 etc...



**Technical Competency:** Shooting, passing, dribbling, shooting  
**Game Principles:** Penetration, support



## Session 11:

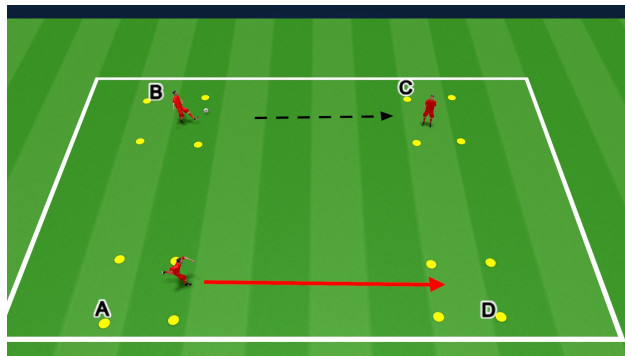
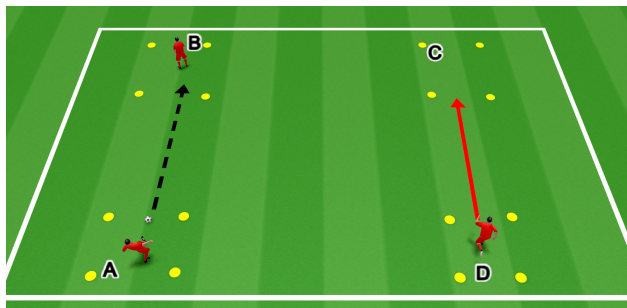
**Station 1: Learn The Rondo**

**Station 2: Shooting and Goalkeeping**

**Station 3: Dribbling Interference**

**Station 4: Tick Tock Game**

## Station 2: Learning the Rondo

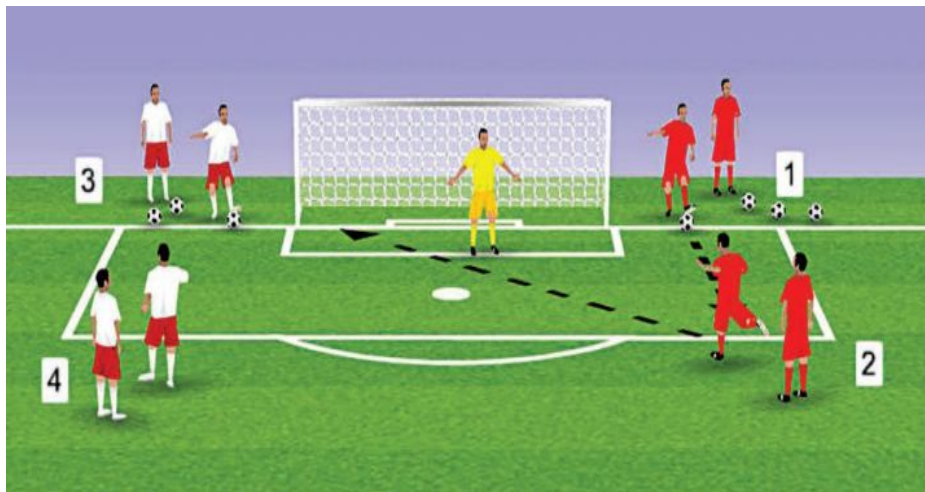


- The rules of this activity are that the players can only pass left or right between the squares made by the cones, not diagonal.
- The challenge for players is to move so that the player with the ball always has a two passing options
- Start by moving in the same direction (eg clockwise) until the players understand the idea. Swap directions after a few minutes.

### Extensions

- When players control the ball, they do so with their back foot - the left foot when passing clockwise. This opens the players hips and chest to the middle of the square.
- As the activity continues, If B passes to C, C only has one passing option, so A has to run to the vacant cone at D
- Add the coach as a very passive defender

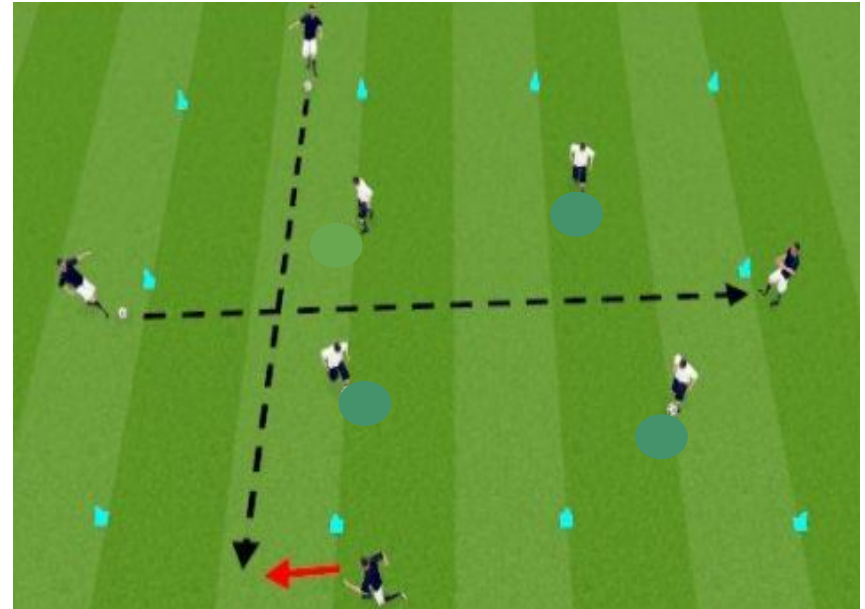
## Station 2: Shooting and goalkeeping



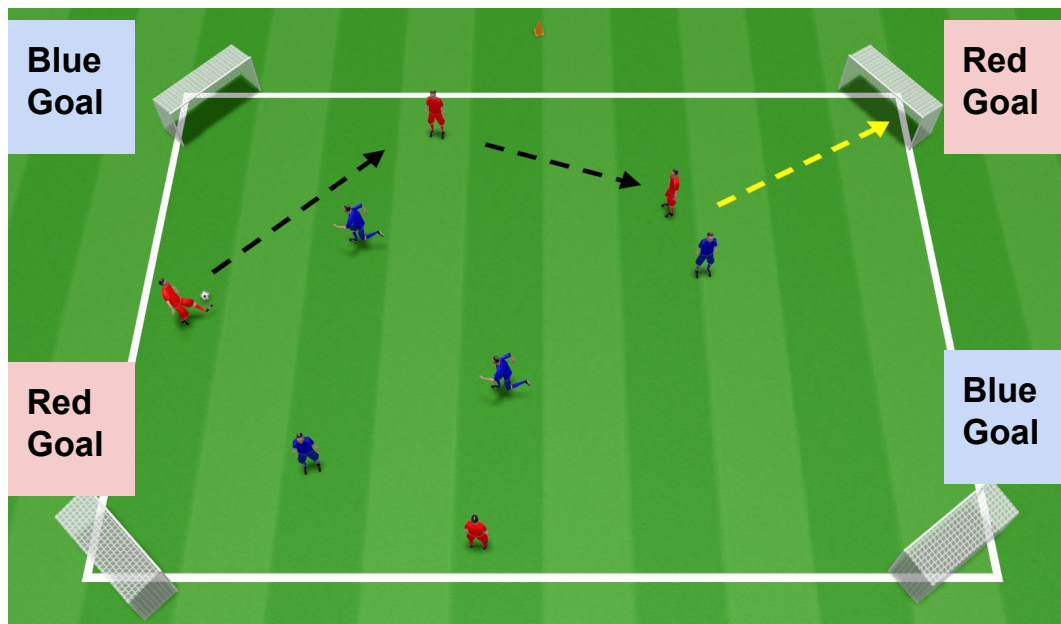
- Up to 12 players, working in 4 small groups; 1 goalkeeper.
- Number the groups 1-4.
- The first player in Group 1 passes to the first player in Group 2, who receives the ball and shoots on goal. Repeat with Groups 3 and 4.
- Remember to control the ball and shoot in just 2 touches.
  
- Variations
- Pass diagonally (from group 1 - 3, and 2 - 4)
- After passing the ball, have the passing player challenge for the ball

## Station 3: Dribbling Interference

- **Set Up:** 15mx15m square. 2 players without a ball start inside the grid (white)
- One or two pairs of players (with a ball for each pair) start outside the grid (blue)
- The white players job inside the area for a set period (eg 1-2 minutes). The coach should change the movements (karaokees, high knees, skater hops, lunges etc..) The blue players aim to connect as many passes as possible in that time.
- Points are awarded for successful passes across the box. The pair with the most point wins. Switch players and play again.
- Add a ball for the players inside the square. Call out turns for them
- Switch feet for the passing pairs.



## Station: 2 vs 2 or 3 vs 3 Tick Tock Game



- COLOUR the different goals so players can see
- Give a 'point' for beating an opponent in a 1 vs 1 duel (this could be going passed a player, or turning away from a player)
- Give 1 point for a goal
- Highlight the importance of team mates (without the ball) should move to space to help players in 1 vs 1 duels, or help by being in a position to receive a pass.
- Can you read the game, and do what the game needs you to do? Beat or player, or pass?

# Week 6: Session 12



**Technical Competency:** Shooting, crossing, dribbling, passing

**Game Principles:** Penetration, support



## Session 12:

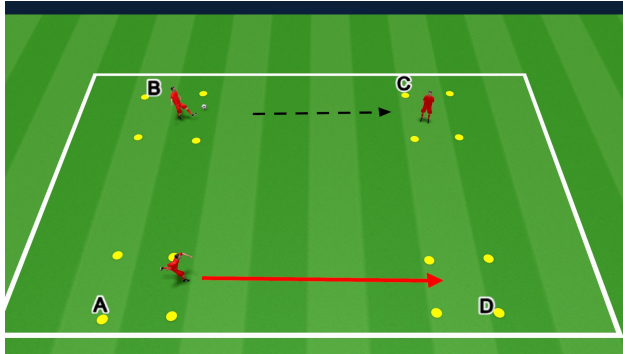
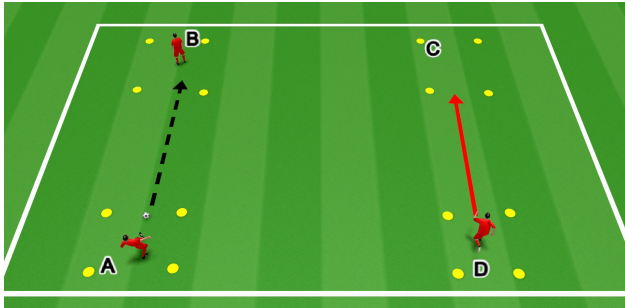
**Station 1: 3 vs 1 Rondo**

**Station 2: Special Delivery**

**Station 3: 3 vs 3 (2 goal)**

**Station 4: Crossing and Finishing**

## Station 2: Learning the Rondo

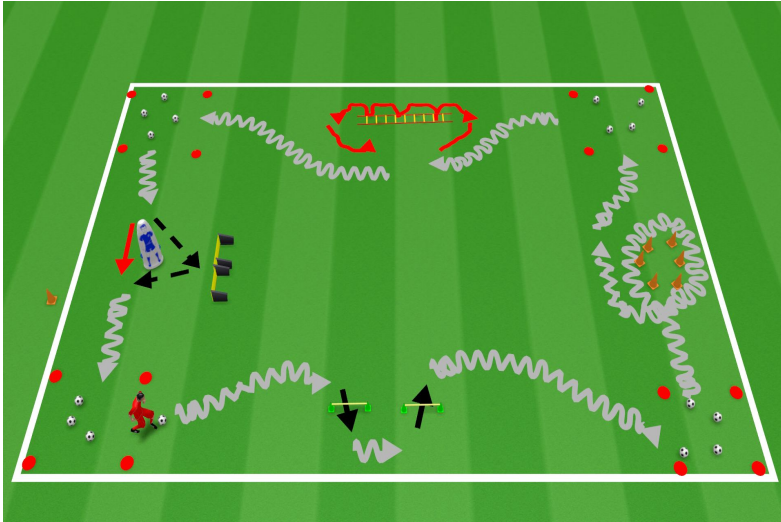


- The rules of this activity are that the players can only pass left or right between the squares made by the cones, not diagonal.
- The challenge for players is to move so that the player with the ball always has a two passing options
- Start by moving in the same direction (eg clockwise) until the players understand the idea. Swap directions after a few minutes.

### Extensions

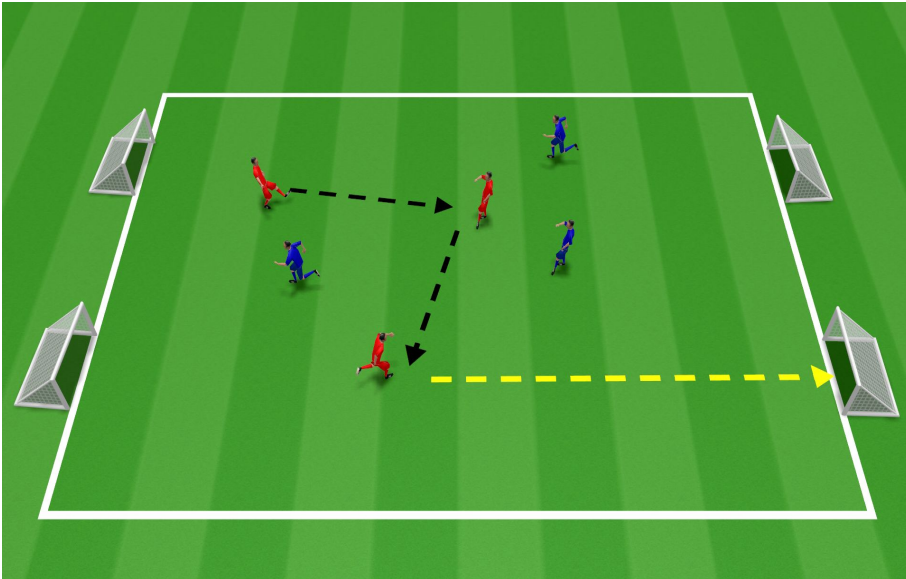
- When players control the ball, they do so with their back foot - the left foot when passing clockwise. This opens the players hips and chest to the middle of the square.
- As the activity continues, If B passes to C, C only has one passing option, so A has to run to the vacant cone at D
- Add the coach as a very passive defender

## Station 2: Special Delivery



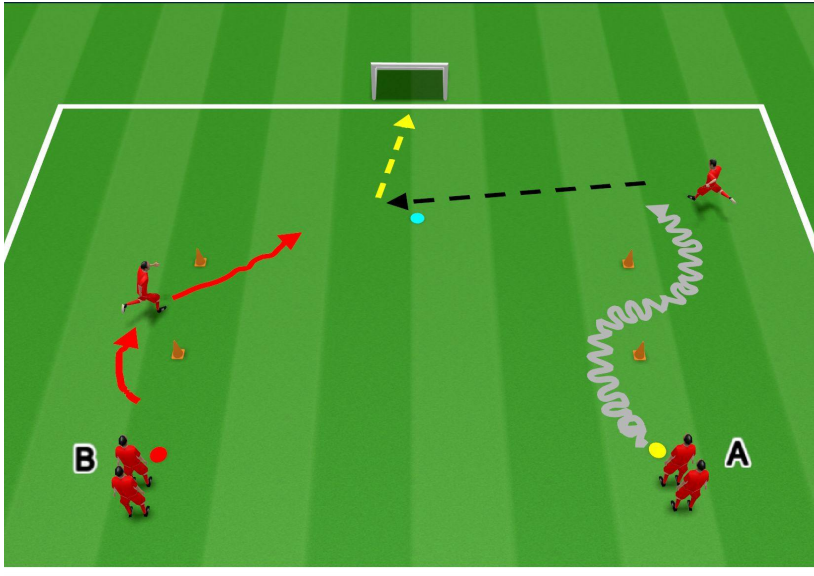
- In a grid 30 x 30, place 4 cones in each corner to form a square. Have a group no bigger than 8. The purpose of the activity to deliver the special package (the ball) from square to square.
- In between each squares, on the sides of the grid, place simple obstacles.
- Eg. on one side, place some agility cones with poles on top (to create a tunnel). Dribblers have to dribble to the cones, pass the ball under the pole, and collect the ball on the other side before delivering their package.
- One the next side, place a 'roundabout' of cones. Dribbles on this side need to dribble around the roundabout before delivering their package.
- One the 3rd side, place an agility ladder. Dribblers need to leave the ball to the side of the ladder, run through the ladder (two feet in each wrung of the ladder), recollect the ball before delivering their package.
- On the fourth side, the dribbler dribbles, passes to the coach or a rebound wall, and recollects the ball before delivering their package.

## Station 3: 3 vs 3 (2 goal)



- In a space about 20 x 30, play 3 vs 3 with 2 goals to attack and 2 to defend.
- After a goal, or the ball goes over the goal line, have the defensive team retreat to half way. They can move forward after the first pass has been touched. When the ball goes out over the sidelines, restart with a pass in.
- Coach Emphasis: Stay spread out, try to keep forming triangular shapes to support your team mate when you don't have the ball. If you have space in a 1 vs 1 in the attacking half, try to take a player on to score. If there are too many opponents, look to turn away and pass to a supportive team mate.

## Station 4: Crossing and Finishing



- Organise a group of 4 - 6 people, behind 3 cones (A and B)
- Have players @ the 'A' cone dribble through the 2 orange witches hats - inside to outside. When they get passed the final cone they scan, they cross the ball in toward the blue dot (penalty spot or similar).
- Player B waits until Player A gets through the cones before they start running through the two witches hats (outside to inside) and toward the blue cone. They meet the cross and try to shoot with their first or second touch.
- Change the crossing sides.
- Variation: Have the coach (or player A) pass the ball to the winger. Remove the cones. Add a passive defender.
- Coach emphasis: Get the ball out of your feet prior to crossing. Scan. angle the cross away from the goalkeeper. Don't give too much weight to the cross.

**Technical Competency:** Shooting, crossing, dribbling, passing

**Game Principles:** Penetration, support



## Session 13:

**Station 1: Capture The Pinnies**

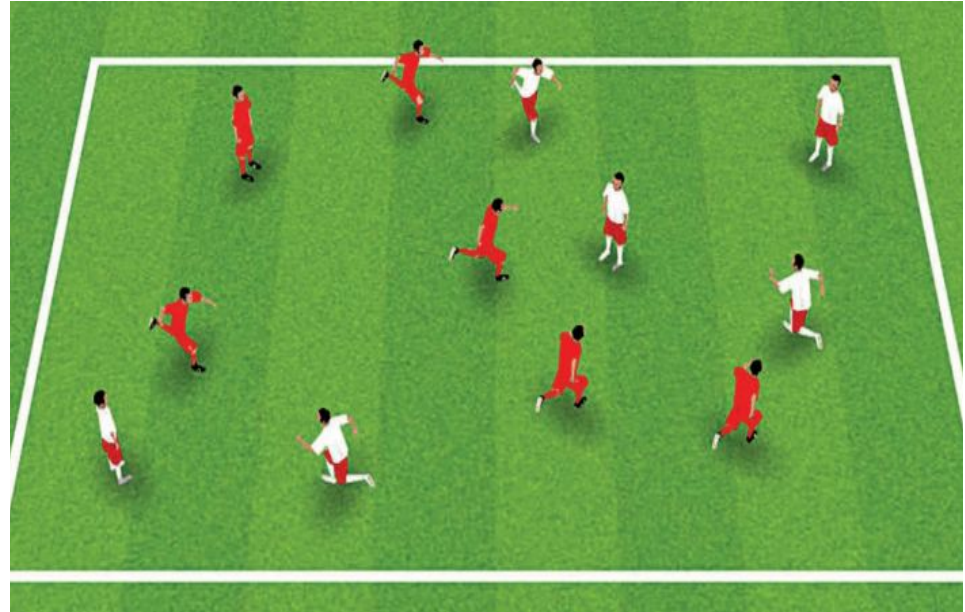
**Station 2: Shooting and Goalkeeping**

**Station 3: 3 vs 1 Rondo**

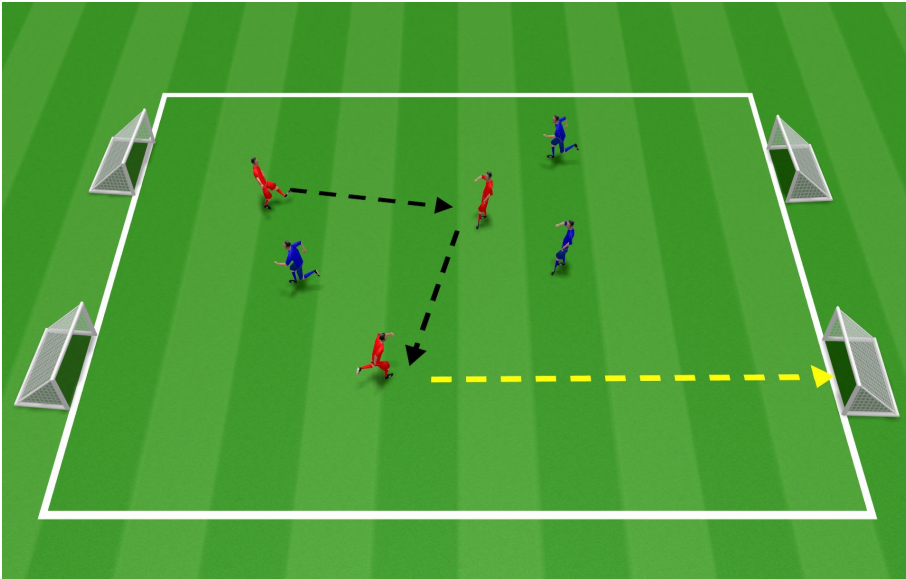
**Station 4: Run, Shoot, Cross**

## Station 1: Capture the Pinnies

- Up to 12 players, in 2 teams. If you have more than 12, set up two games
- Each player has a pinnie tucked into his/her shorts, hanging down roughly to the hem of their shorts.
- Team players run around the field and try to “capture” all the opposing team’s pinnies by pulling them out of their shorts. Once they pull them out, they put them in a pile on the side of the field. The last player with a pinnie gets a point for their team.
- Variation: Each player has a ball, and must dribble

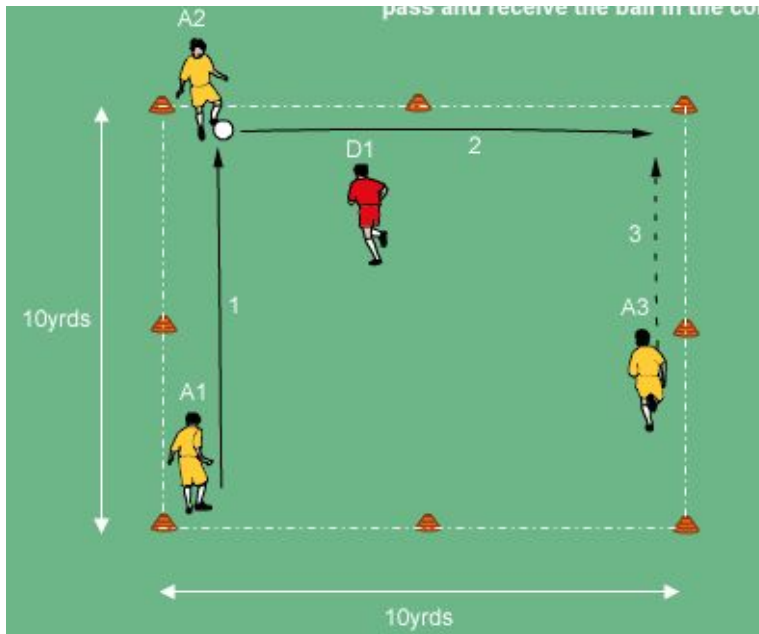


## Station 3: 3 vs 3 (2 goal)



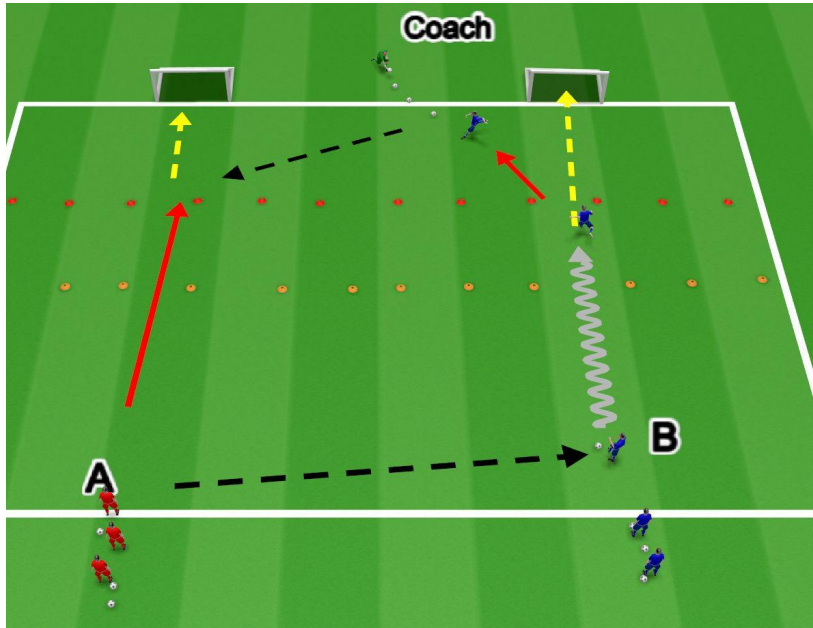
- In a space about 20 x 30, play 3 vs 3 with 2 goals to attack and 2 to defend.
- After a goal, or the ball goes over the goal line, have the defensive team retreat to half way. They can move forward after the first pass has been touched. When the ball goes out over the sidelines, restart with a pass in.
- Coach Emphasis: Stay spread out, try to keep forming triangular shapes to support your team mate when you don't have the ball. If you have space in a 1 vs 1 in the attacking half, try to take a player on to score. If there are too many opponents, look to turn away and pass to a supportive team mate.

## Station 3: SSG: 3 vs 1 Rondo Rondo Rondo



- Players can only pass to corners. The 3 players in the corners need to keep the ball away from the player in the middle.
- In the picture, when A1 passes to A2, the A3 player needs to move to the open corner to support A2 and give them 2 passing options. Play this for a period of time (eg 1 minute) before swapping the player in the middle. When the players understand the game well, if the player in the middle makes an interception, they swap with the player whose pass they intercepted. If a player in a corner makes a bad pass, they also swap into the middle to become the defensive player.
- Encourage controlling the ball with the back foot and with the front of the body facing the centre of the grid
- When players get better at moving to the corners and space to support, you can remove the 'corner' rule.

## Station 4: Run, Shoot and Cross



- Each player has their own ball except the first receiver (first blue player).
- The first red (A) passes to the first blue (B), who scans, turns and dribble quickly to beyond the orange lines of cones to shoot. Then, they run toward a ball that has been gently rolled into the field from the coach. As the first blue player (B) crosses the orange line of cones to shoot, player (A) runs to receive the cross and shoot.
- After crossing and finishing, both players swaps lines.
- Coaching emphasis: Dribbling - Take large touches to cover ground quickly, smaller touches to change directions. 'Guide' crosses and finishing touches, rather than over hit them.

**Technical Competency:** Shooting, crossing, dribbling, passing

**Game Principles:** Penetration, support



## Session 14:

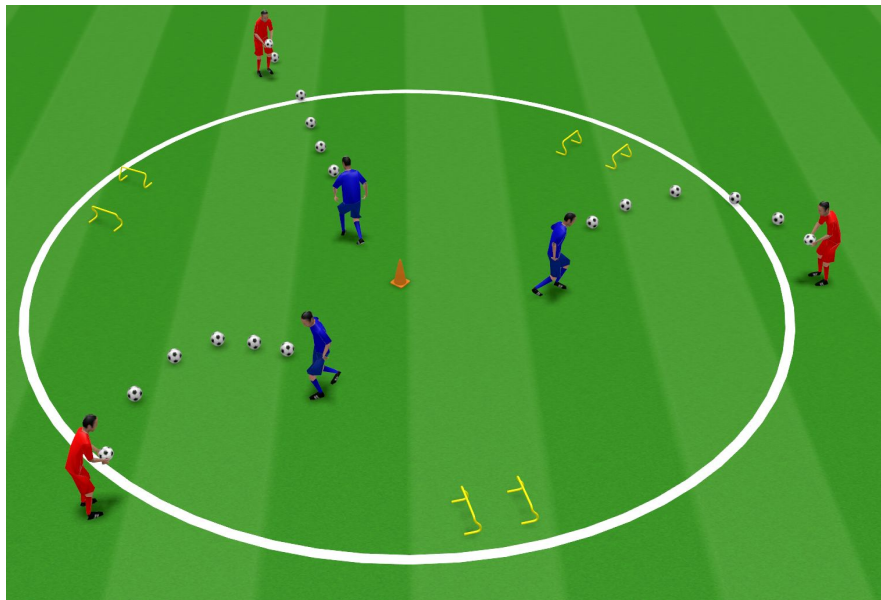
**Station 1: Inside Out Ball Control**

**Station 2: The Clock: First touch**

**Station 3: Shoot On Sight**

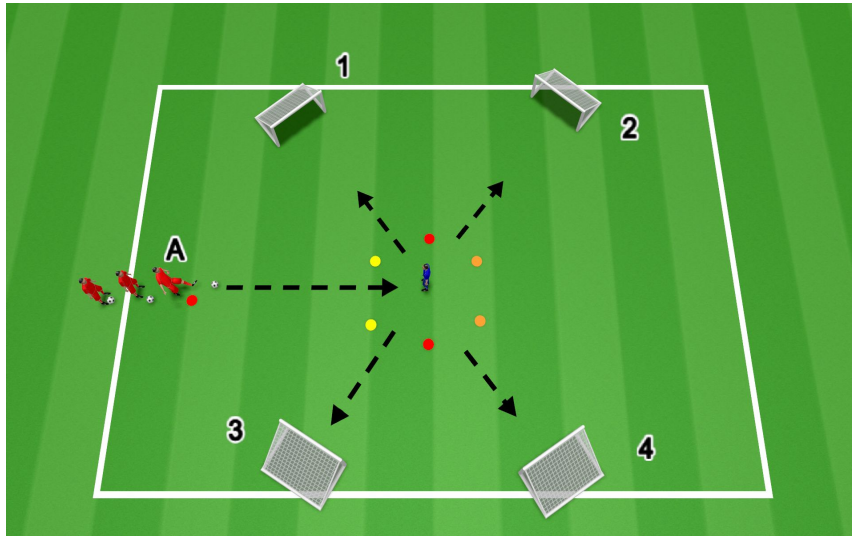
**Station 4: SSG Switch**

## Station 1: Inside Out Ball Control



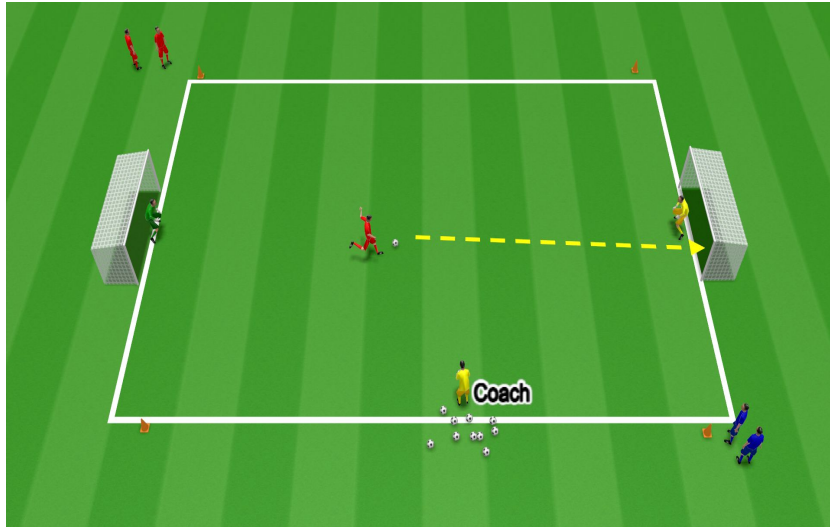
- Half the group starts inside the circle, and half the group starts outside the circle with a ball.
- The inside players jog to ANY player on the outside. The players on the outside throw a ball as the inside player comes to them. The inside player controls the ball with their feet, and passes back, then runs to a set of hurdles and does two foot jumps over them. Once over the hurdles, the run back to the centre cone, touch it, and repeat.
- After a minute, swap the players on the inside and outside.
- Vary the activity by swapping the players after each control and pass. Change the throw so the inside player needs to control with the thigh, chest or head.

## Station 2: First Touch and Back Foot Turns



- Set up 6 cones as a hexagon.
- With a group of 4 players, place one player in the hexagon, and the other 3 players to the side.
- The player at the side (or the coach) passes the ball in to the hexagon. The player in the middle controls the ball (with then back foot) and turns toward Goal 1. Then they shoot at goal 1. This players goes to get the ball, and goes to the back of the line. The passer follows their pass and moves to the middle of the hexagon. The next three players repeat what the first player did.
- Now have players control and turn to goal 2, goal 3 and goal 4.
- Variations. Change feet.

## Station 3: Shoot On Sight



- Play 1 vs 0, with 1 goal to attack, and one goal to defend. Have 2/3 extra red players and 2/3 extra blue players off the field in opposite corners. Maximum of 6 in the group
- Have the coach with lots of balls close to the middle of the field. The coach throws the ball in, and the player should get to the ball and shoot within 2 or 3 touches.
- Play with goalkeepers
- A team gets one point for the shot being on target. A team gets two point for scoring. Rotate the goalkeepers and players
- Coach emphasis. Shoot into either goal, so look at where the space is. Know where the goal is so you don't have to check. Can you set up a teammate to shoot if you can't. While this is not about defending, defenders should try to get a shot saving block in.
- Variations: Have the player shoot 3 balls in a row (shoot at one goal, find the next ball, shoot at the opposite goal, find the next ball, shoot at the initial goal).

## Station: SSG - Switch!



- Play 3 vs 3 with two attacking goals and 2 defensive goals
- 1 point for a goal scored in either goal. 1 point for switching play after regaining possession, as long as its within two (or three) passes.
- Coach emphasis: scan and look to play to the open side. Players without the ball should try to move to spaces and establish triangular shapes.

**Technical Competency:** Shooting, crossing, dribbling, passing

**Game Principles:** Penetration, support



## Session 15:

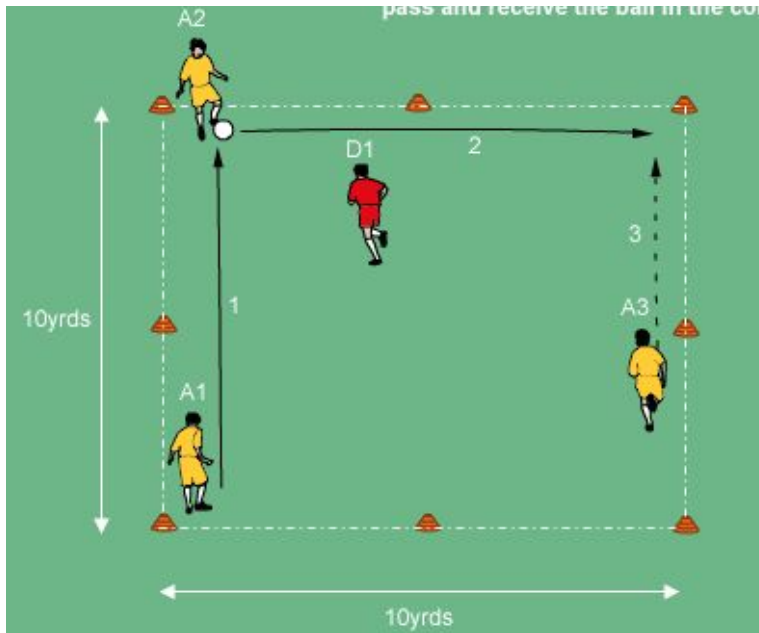
**Station 1: 3 vs 1 Rondo**

**Station 2: Gauntlet**

**Station 3: 1 vs 1 Defending**

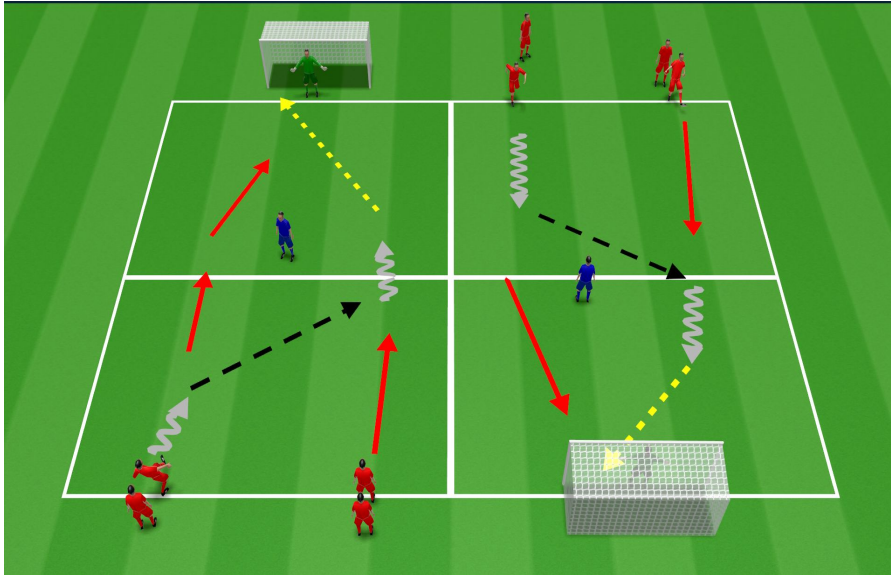
**Station 4: Switch**

## Station 1: SSG: 3 vs 1 or 4 vs 2 Rondo Rondo Rondo



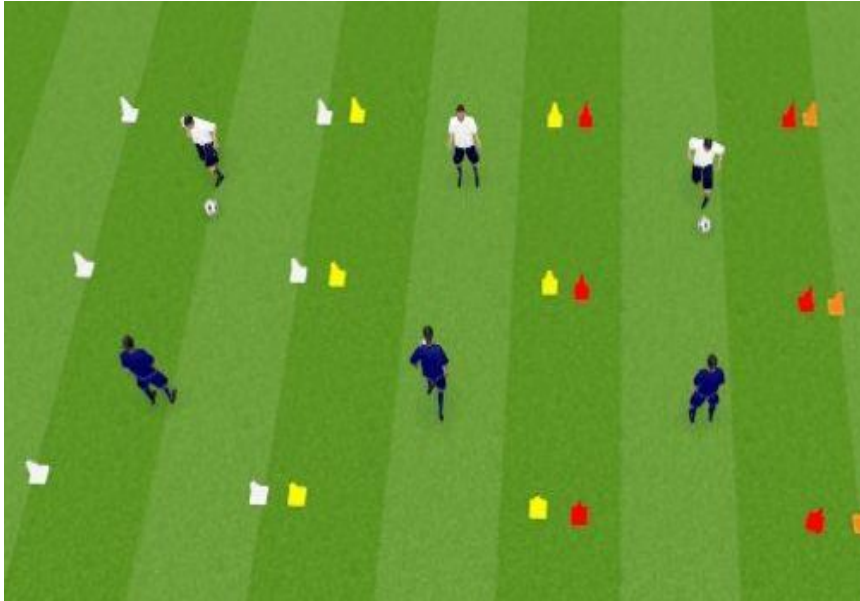
- Players can only pass to corners. The 3 players in the corners need to keep the ball away from the player in the middle.
- In the picture, when A1 passes to A2, the A3 player needs to move to the open corner to support A2 and give them 2 passing options. Play this for a period of time (eg 1 minute) before swapping the player in the middle. When the players understand the game well, if the player in the middle makes an interception, they swap with the player whose pass they intercepted. If a player in a corner makes a bad pass, they also swap into the middle to become the defensive player.
- Encourage controlling the ball with the back foot and with the front of the body facing the centre of the grid
- When players get better at moving to the corners and space to support, you can remove the 'corner' rule.

## Station 2: Gauntlet



- Create 4 grid areas, with each grid rectangle about 15 wide, by 15 long, with one large goal for the attackers.
- Allocate 2 defenders - one for each side.
- Organize 4 players into 2 lines of 2 people heading in one direction, and the same, but in the opposite direction for the other grid
- The first player in each line works together as a '2' against '1' defender. Once they have got past the defender, one of the attackers shoots at goal.
- Rotate defenders after a few minutes.

## Station 3: 1 vs 1 defending



- Starts with 1 player passing to the other player. They each defend the end line of the lane they are playing in.
- A player scores by dribbling past their opponent's end line.
- Restart a goal or 'out of bounds' with a pass. Players take turn to serve to their opponent.

## Station 4: Overload (3 vs 3)



- Play 3v3 or 4v4
- Place extra balls around the edge of the field (about 6 - 8 extra) Adjust the field size for more players.
- If a player kicks the ball out or shoots and misses, the opposition can take the closest ball to them and start and attack.
- The player who kicked the ball out must retrieve that ball and replace the ball around the field before returning to play. This creates a temporary overload.
- Coach Emphasis: Keep your head up so you can find space to dribble into. Spread out to make it easier for passing. Attack quickly when you have an extra player. Recover quickly if you lose the ball.

**Technical Competency:** Shooting, crossing, dribbling, passing

**Game Principles:** Penetration, support



## Session 16:

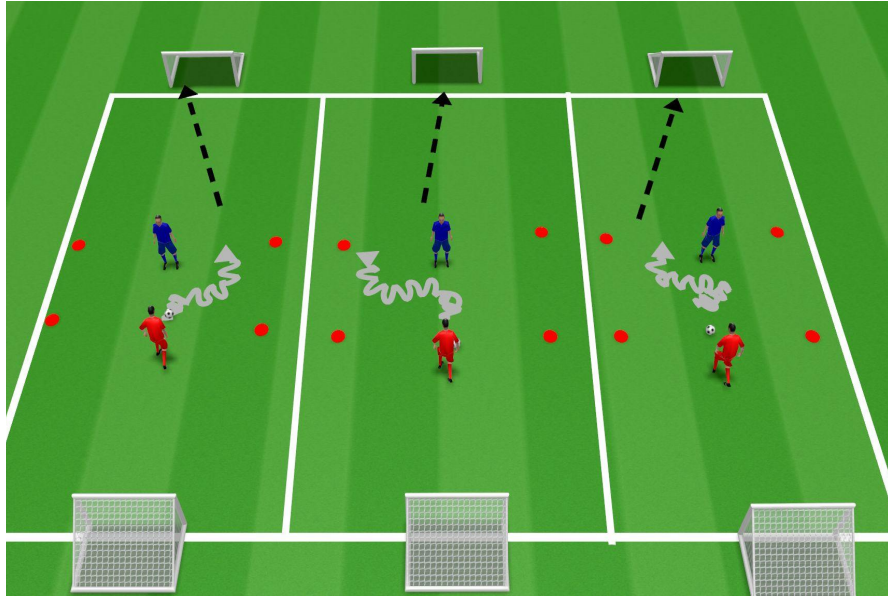
**Station 1: Dribbling Lanes**

**Station 2: Juggling**

**Station 3: Island Life**

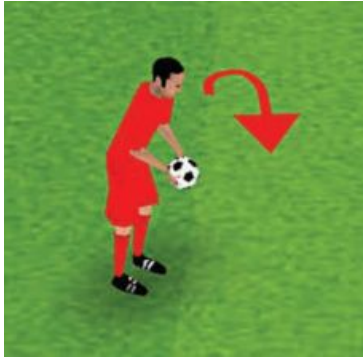
**Station 4: 4 vs 4 (1 goal)**

## Station: 4 Dribbling Lanes with Goals



- Organise players into pairs. The game starts with 1 player passing the ball to the other player.
- A player scores a goal by dribbling past their opponent's end line (two cones). They score another point if their can shoot the ball into the goal after they cross the line.
- Players take turns to attack.
- Play is restarted by a pass if the ball goes out, or if a point is scored.
- The game lasts 2 minutes. Winning players migrate towards the right. The other player moves towards the left.
- **Coach Emphasis:** Take a good first touch - out of feet if there is space. Dribble with head up to see the space and opponent. Use feints and dekes to confuse your opponent. Accelerate with larger touches to escape your opponent.

## Station 3: Juggling



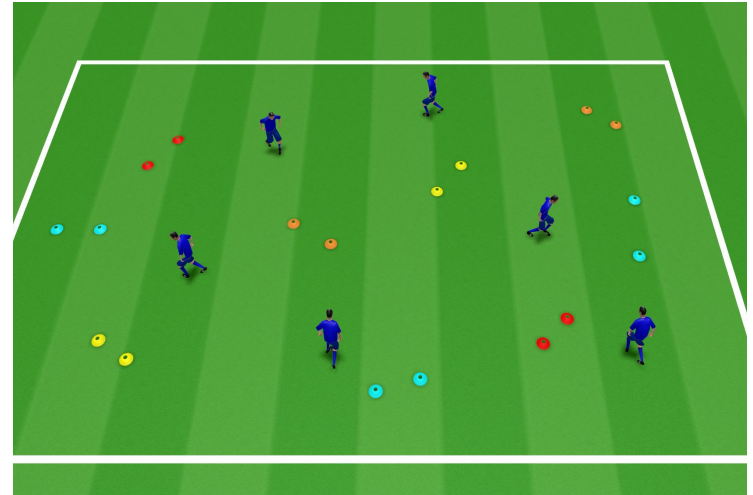
- Hold the ball in your hands. Throw it up and catch it 2 times.
- Then drop it and use the top of your foot to gently kick it back up. Try to catch the ball before it touches the ground.
- Use the other foot.
- Drop it and use the top of your foot to gently kick it back up, but this time let the ball bounce and try to catch or kick it again after the bounce.
- Same as #2, but try to kick it up twice in a row without letting it bounce, then catch it.
- **OPTIONS:**  
Hold the ball in your hands, drop it onto your thigh, then catch it. How many can you do in a row without letting the ball touch the ground?

## Station 3: Island Life

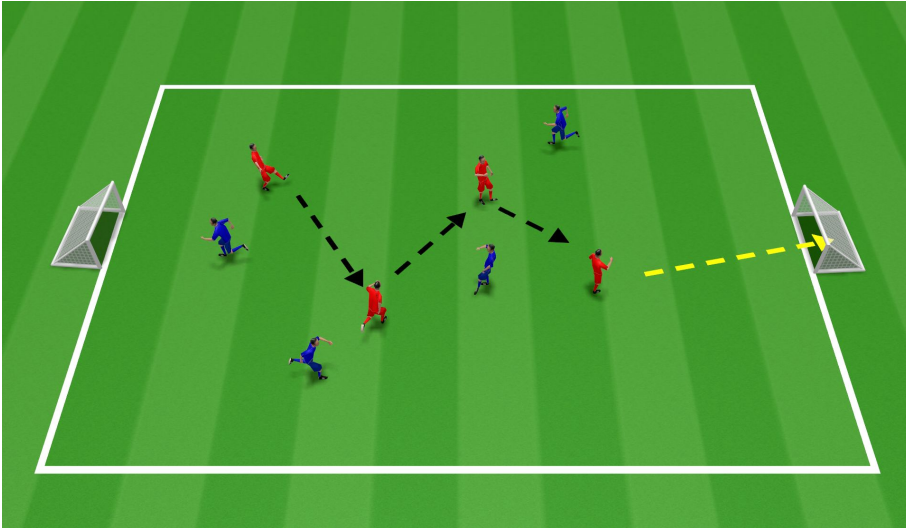
- The square is the island. Inside the square there are palm trees (cones set up as goals or gates)

On the coaches command

- 'Stop!' – DON'T use the bottom of your foot to stop the ball.
- 'Turn' – use the bottom of your foot to drag the ball back and change directions
- 'Turn' – use the inside or outside.
- 'Dribble around the palm trees' - dribble through the gates - as many as possible in 30 seconds
- 'Knock down the palm trees' - dribble and push the ball into as many palm trees in 30 seconds
- 'Trade' - swap balls with another player
- 'Tag' - as many players as you can in 30 seconds
- Group up. Dribble to make a group of 3, or 4 etc...



## Station 4: 4 vs 4 (1 goal)



- In a space about 20 x 30, play 4 vs 4 with 1 goal to attack and 2 to defend.
- After a goal, or the ball goes over the goal line, have the defensive team retreat to half way. They can move forward after the first pass has been touched. When the ball goes out over the sidelines, restart with a pass in.
- Coach Emphasis: Stay spread out, try to keep forming triangular shapes to support your team mate when you don't have the ball. If you have space in a 1 vs 1 in the attacking half, try to take a player on to score. If there are too many opponents, look to turn away and pass to a supportive team mate.