

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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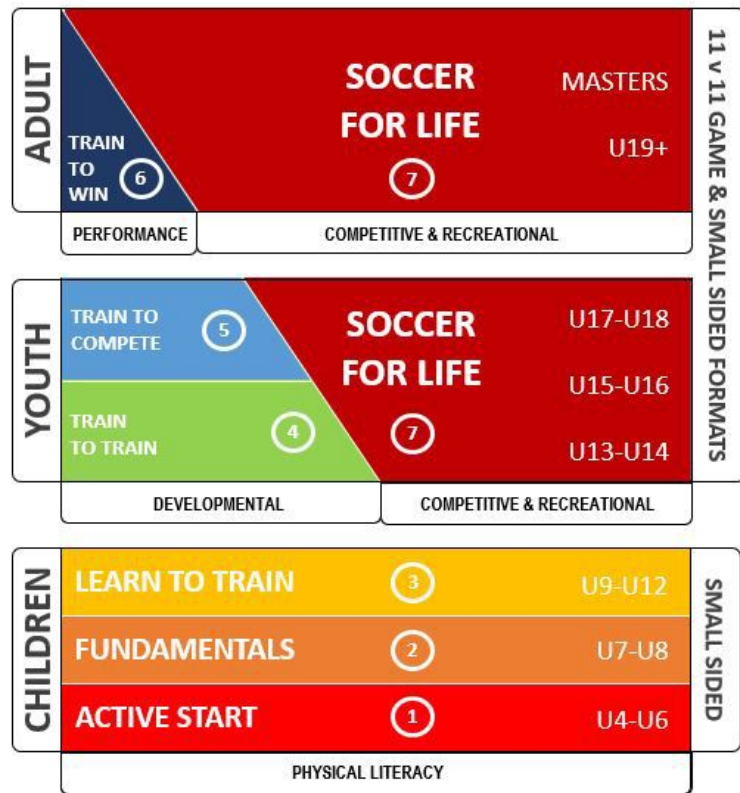
Introduction



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.



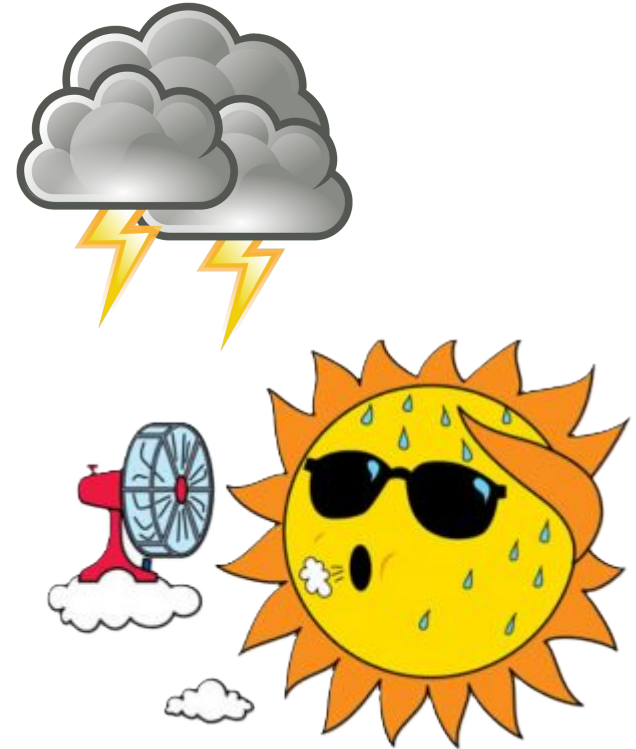
Health and Safety

- 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

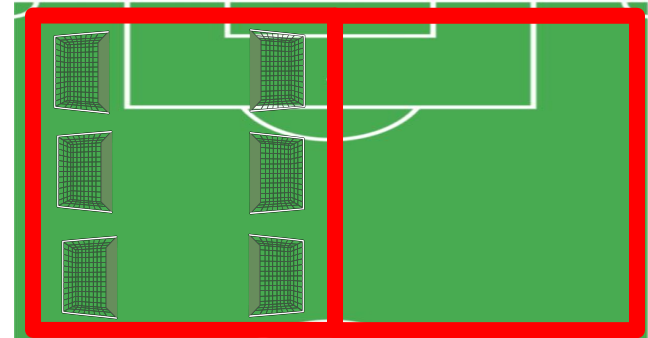


It's highly likely that multiple teams will train at the same time. Each 'group' eg u/7 girls, will have $\frac{1}{4}$ of a full sized pitch.

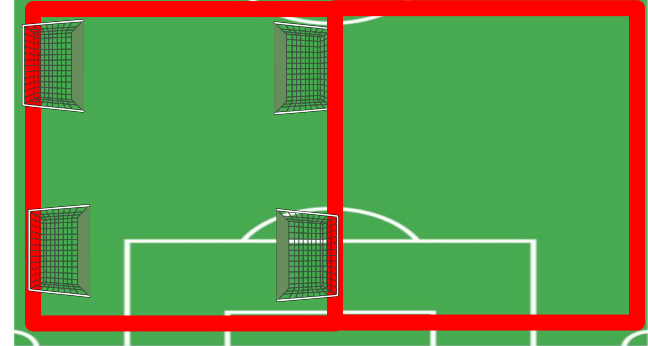
The total session time should be about 1 hour for U7 and U9, broken down to include both training, game and final team discussions

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

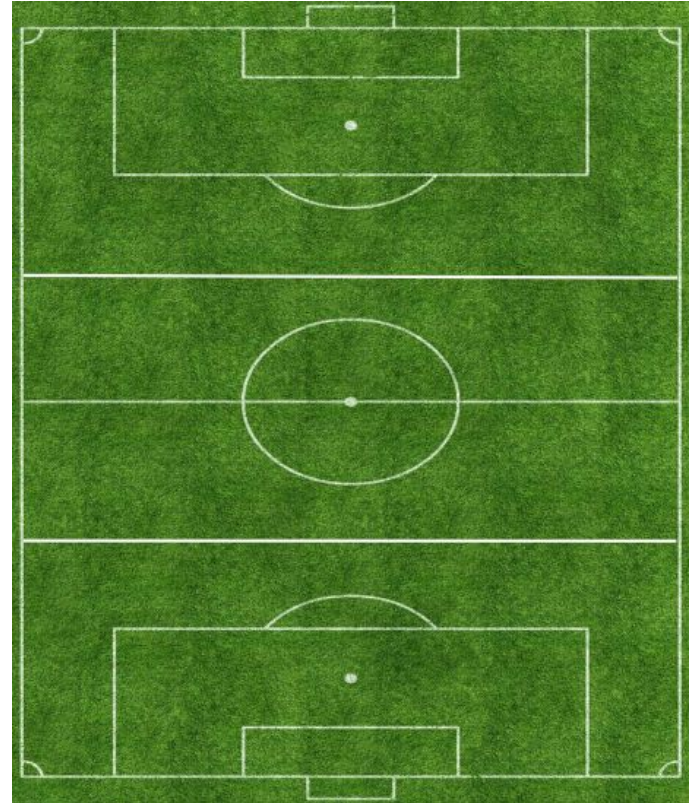
Game Principles

- 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 4v4 to 9v9.
- The retreat line states that the defending team must retreat $\frac{1}{3}$ of the field when the goalkeeper has the ball.
- This allows the first pass from the goalkeeper 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 4 vs 4 small sided game formation where a GK is not used.

Option 1
1-1-2-1



Option 2
1-2-2



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



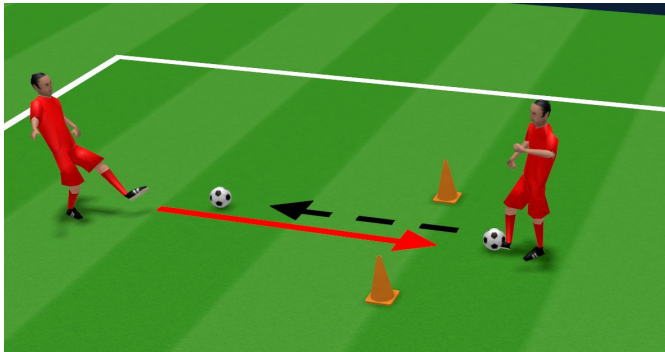
Adapting to player numbers – There will be times when you have everyone at practice and others when only a handful. You will be required to adapt. Some of these ideas could help.

- 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

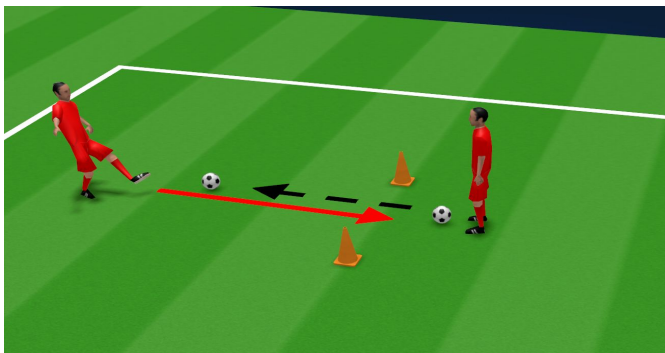
Ball Mastery Moves



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



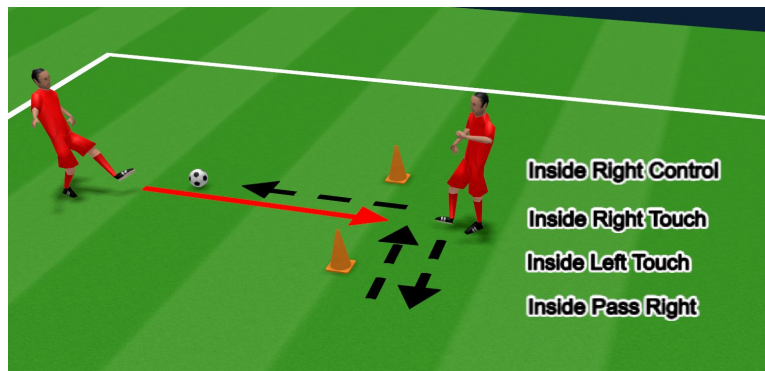
Side to side touches

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



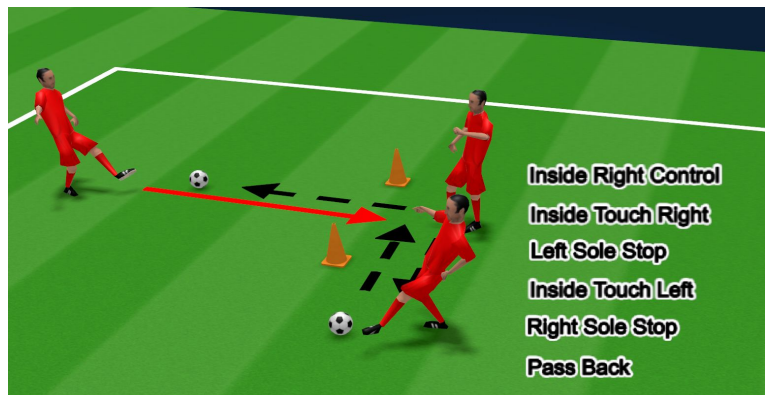
Inside inside

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)

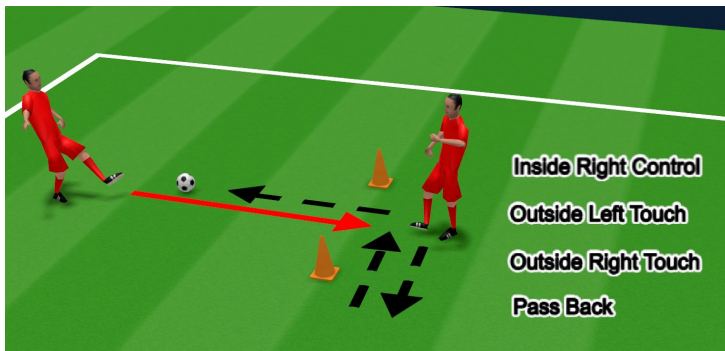
Stops the ball with the top of the left foot

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)

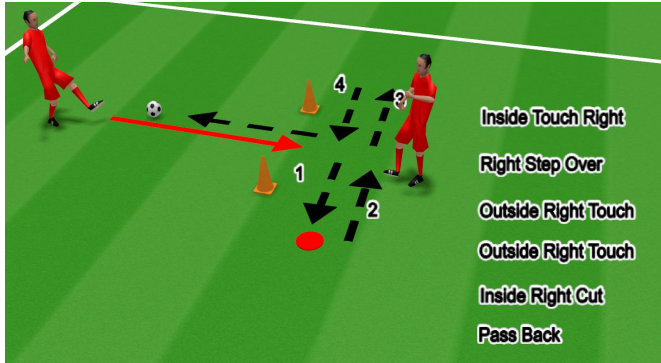
Stops the ball with the top of the left foot

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

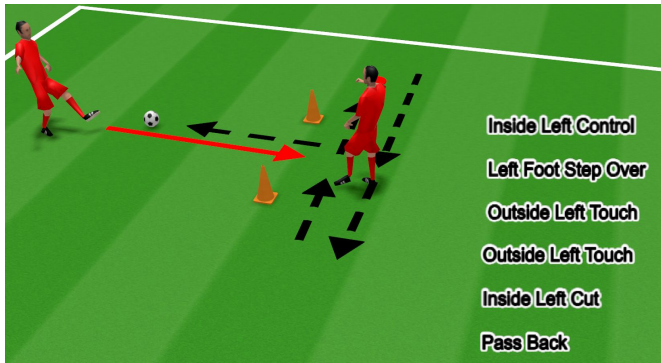
Receiver controls the ball with the inside of the right foot

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

Steps over the ball with the right foot

Touches the ball with the outside of the right foot twice (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

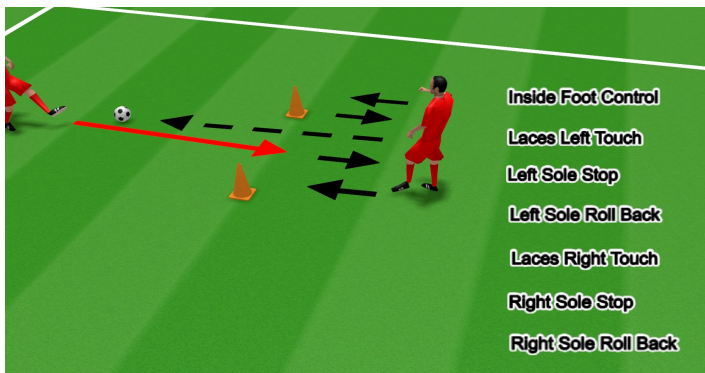
Touches the ball with the inside of the left foot (just beyond the right cone)

Steps over the ball with the 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



Cruyff

Receiver controls the ball with the inside of the left foot

Touches the ball with the inside of the left foot out toward the right cone and shapes up to cross

Touches the ball with the inside of the right foot behind the left leg back the middle

Then passes back

Season Outline



Week 1 and 2:

Ball control / 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: Ball control, dribbling, 1 vs 1 attacking
Game Principle: Penetration



Session 1:

Warm up: Dribbling and Turns

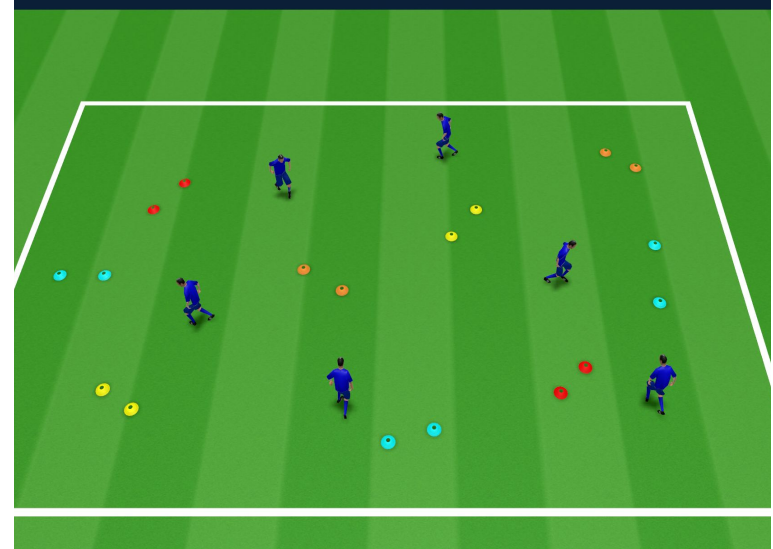
Activity: Ball mastery

Discovery Game: 2 vs 2 or 3 vs 3 (4 goal game)

Full Game: 3 vs 3 up to 5 vs 5

Warm up: Gates: Dribbling and Turns

- Players jog around the area. At the coaches call, the players do an activity at a specific coloured cone. Eg. Jumping jacks at the yellow gates, or scissor jumps at red, or 3 hops at blue etc..
- Instead of jogging, give a ball to each player. The coach now asks players to do the following things.
- Use your feet to move the ball around the space
- '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 turn the ball.
- 'Turn' – DON'T the bottom of your foot to turn the ball.
- 'Dribble around the palm trees' - dribble through the gates - as many as possible in 30 seconds
- 'Hit a palm tree' - dribble and push the ball into as many palm trees in 30 seconds
- 'Trade' - swap balls with another player



Activity: Ball Mastery (Individual)

- Each player has a ball.
- The coach asks players to copy them to practice some ball mastery techniques, such as some shown in the videos on the slides earlier in the program. Eg.

Ball touches

Side to sides

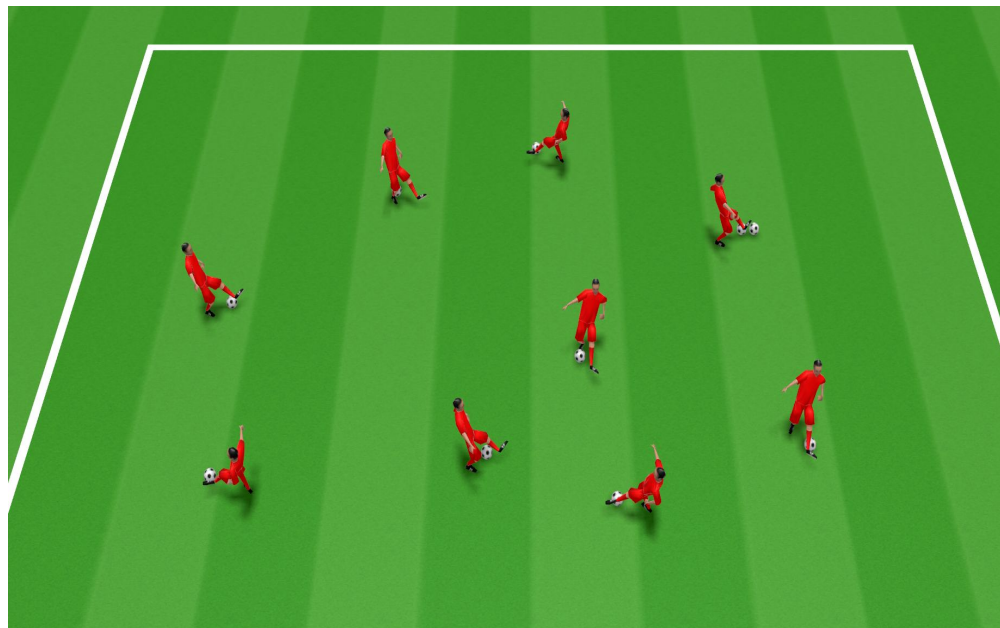
Inside touch and stop

Outside touch and stop

Forwards and backward rolls

Side rolls and stops.

V rolls.



Week 1: Session 1



Discovery Game: 2 vs 2 or 3 vs 3 (4 goal game)



- Place 4 goals in each corner of the 20 x 20 grid.
- Give 1 point for turning away toward the goal that has more space.
- Give 2 points for a goal. Players can score in either of the 2 attacking goals
- Discover the importance of individual skill, passing and vision to beat a player and score.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Ball control, dribbling, 1 vs 1 attacking
Game Principle: Penetration



Session 2:

Warm up: Freeze Tag

Station 1: Dribbling and Ball Mastery

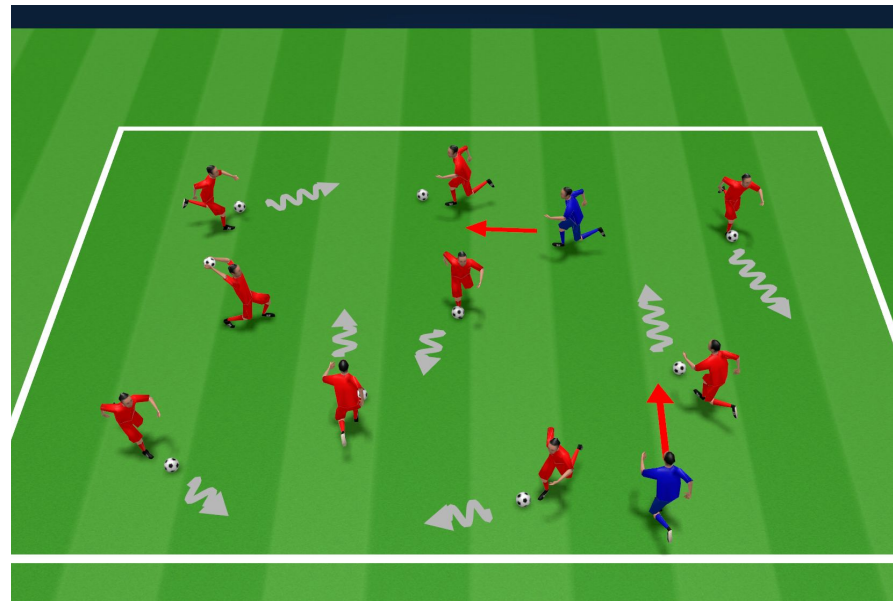
Station 2: 2 vs 2 or 3 vs 3 Beat a player To Score

Station 3: Box Box Dribble

Full Game: 3 vs 3 up to 5 vs 5

Warm Up: Freeze Tag

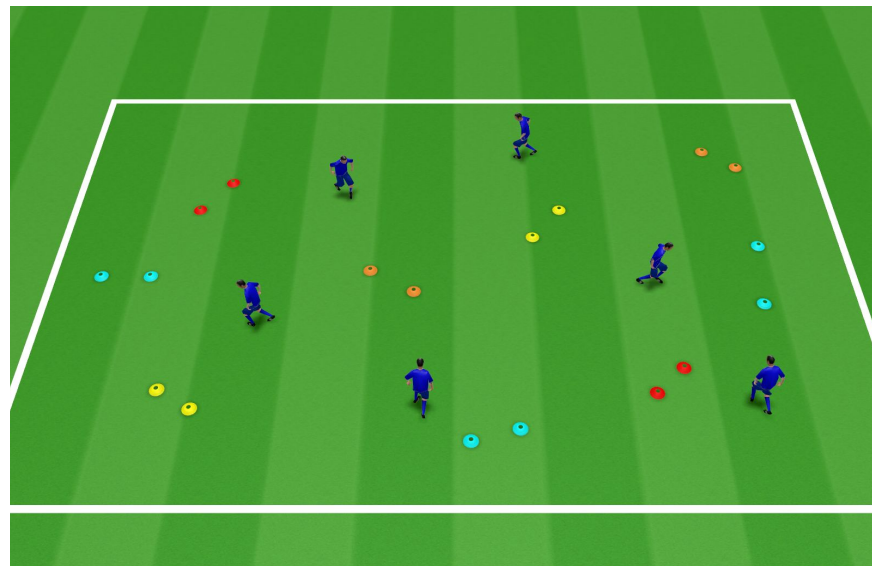
- **Set-up:** Have two taggers without a ball, rest of the players with balls.
- Two taggers try to tag as many players as possible. Taggers must touch the ball for the player to be frozen. Once frozen, ball is placed on head with legs spread. To be untagged, a free player must play the ball through the frozen players legs.
- To make it easier for dribblers, remove a defender, make the space bigger, to make it harder for the dribblers - add defender or make space smaller



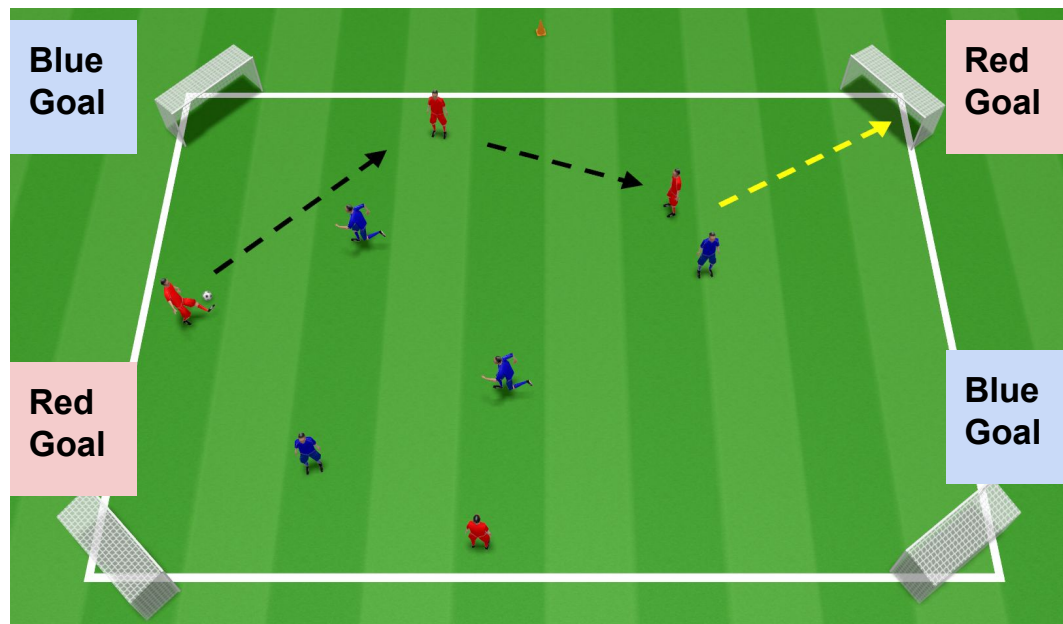
Station: Gates V2: Dribbling and Ball Mastery

- Players jog around the area. At the coaches call, the players do an activity at a specific coloured cone. Eg. Jumping jacks at the yellow gates, or scissor jumps at red, or 3 hops at blue etc..
- Then, give a ball to each player. The coach now asks players to dribble slowly through the cones, stopping to do some ball mastery touches at specific coloured cones

eg. At red, cones, do forwards and backward push / rolls. At orange cones do side to side touches. At blue cones, do inside foot touches to stop etc... * Check with the ball mastery videos in the program.
- Then, ask the players to dribble fast between two gates, then slow between two gates.

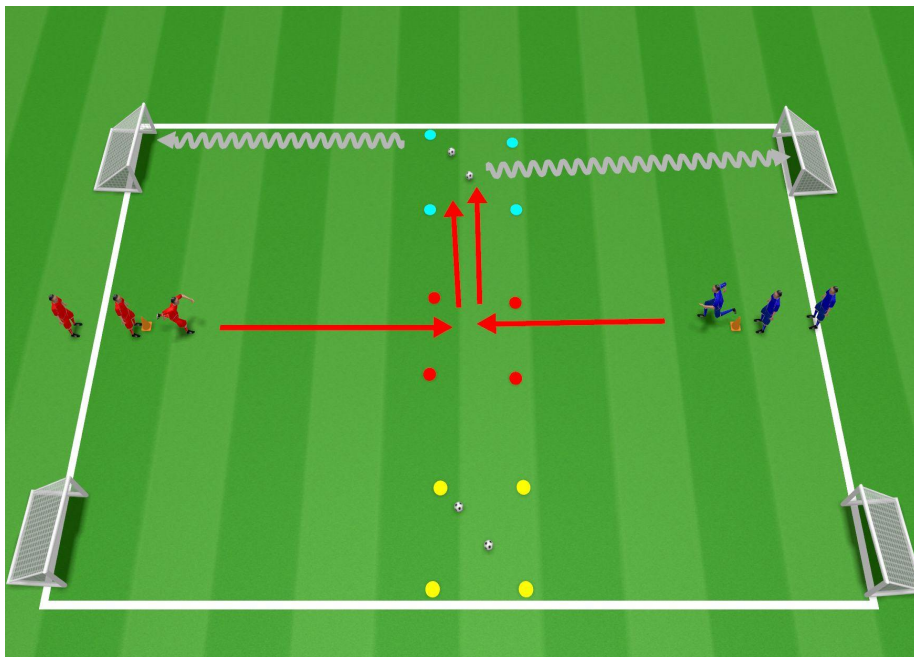


Station: 2 vs 2 or 3 vs 3 (beat a player and pass/score): 4 goal game



- 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?

Station: 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, or got passed a specific cone or line, 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, or asking players to dribble with specific parts of the feet, or asking players to take more or less touches before they can pass to the goal.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Ball control, dribbling, 1 vs 1 attacking
Game Principle: Penetration



Session 3:

Warm up: King Of The Ring

Activity: 1 vs 1 Score in Any Goal

Discovery Game: 2 vs 2 or 3 vs 3 (4 Goal Game)

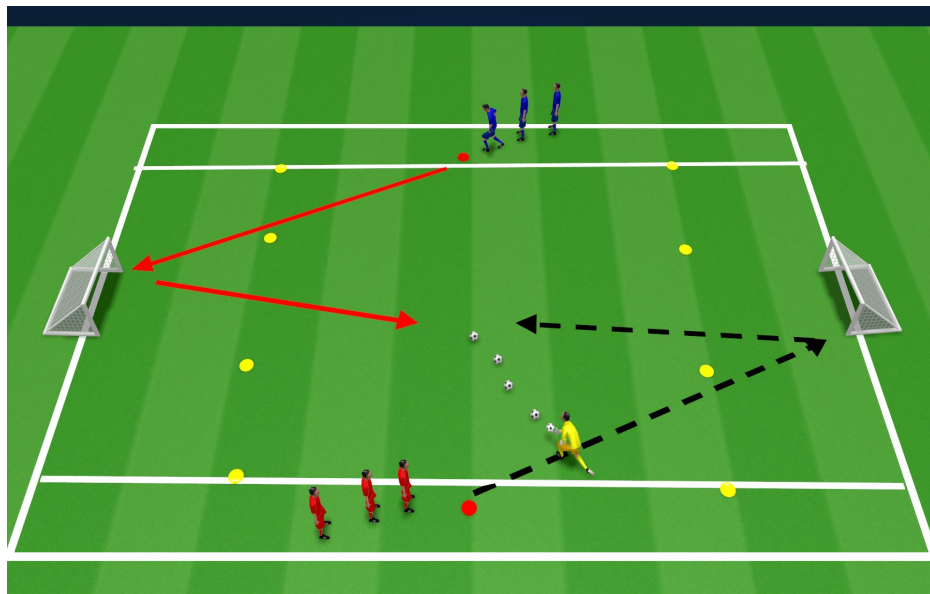
Full Game: 3 vs 3 up to 5 vs 5

Warm Up: 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 ball mastery moves (see “Ball mastery moves”)
- 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



Activity: 1 vs 1 Score in EITHER Goal



- Set up a 20 x 30m grid with a mini goal at each end.
- Players start on either side of the half way line.
- On 'go' they run to touch their own 'defensive' goal, then to the ball. The coach feeds the ball to the middle of the playing area when the players touch their goal.
- Players play 1 vs 1 and try to score by passing from the central area into the goal. Players can score in EITHER goal.
- Players play until a score, or until the ball is out of play, or until 30 seconds have passed. Play individually, or play as teams (eg Blue vs Red).
- Variation: Send two players at a time
- Coach Emphasis: Can you turn using the inside or outside of the foot. Can you turn using a pull back? Can you fake your movement?

Discovery Game: 2 vs 2 or 3 vs 3 (4 goal game)



- Place 4 goals in each corner of the 20 x 20 grid.
- Give 1 point AN EFFECTIVE scan, AND for turning away toward the goal that has more space.
- Give 2 points for a goal. Players can score in either of the 2 attacking goals
- Discover the importance of individual skill, passing and vision to beat a player and score.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
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- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Ball control, dribbling, 1 vs 1 attacking
Game Principle: Penetration



Session 4:

Warm up: Rob The Nest

Station 1: Catch Me If You Can

Station 2: 2 vs 2 Zone Soccer

Station 3: 1 vs 1 - Escape

Full Game: 3 vs 3 up to 5 vs 5

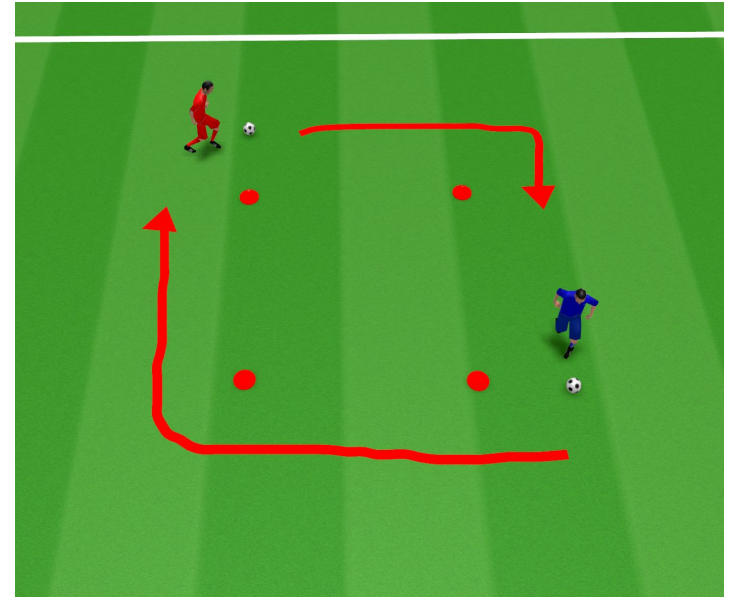
Warm Up: Rob The Nest



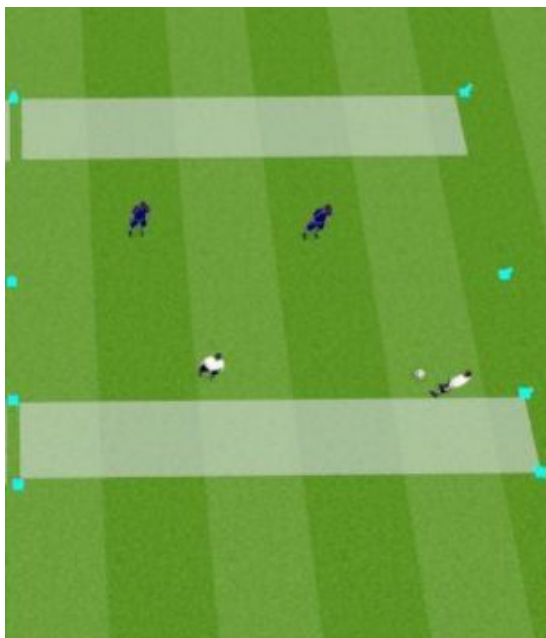
- Players split into 4 teams, one in each corner of the square. The balls (or another object) are placed in the middle of the square.
- On the whistle, one player at a time from each team can run, get a ball and dribble a ball back to their 'nest'.
- As soon as they are back, the next player can go and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

Station: 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.

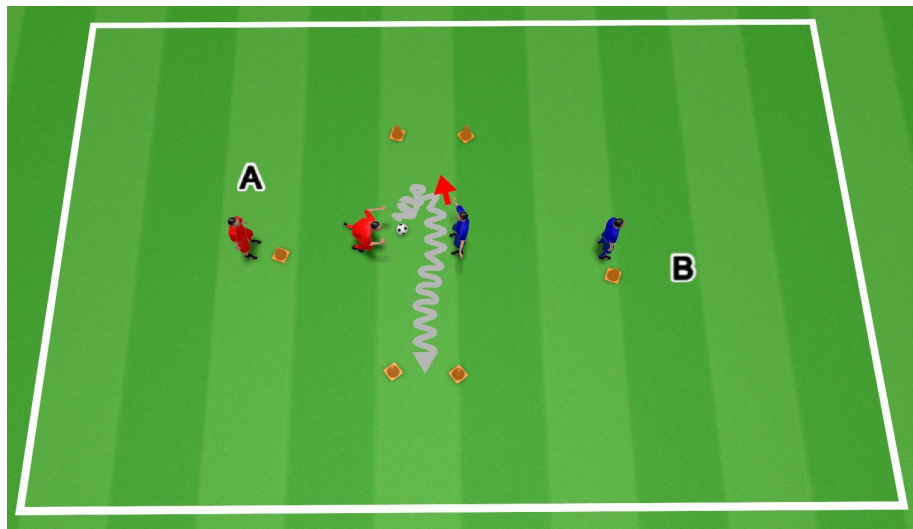


Station: 2 vs 2 or 3 vs 3 Zone Soccer



- **Set Up: 2 end zones, 20m(length)x 25m (width)**
- **Rules and Objectives: The blues and whites attempt to dribble into or receive a pass inside their opponents end zone**
- **2 point if you dribble into the end zone**
- **1 points if player receives a pass in the end zone**
- **Coach Emphasis: Spread out to find space to dribble, take positive (forward) first touches towards the target, take larger touches to accelerate, make forward runs**

Station: 1 vs 1 Escape



- 1 ball per pair. Players start facing each other between 2 target cones.
- The coach calls “Go!”. Player 1 tries to dribble the ball to either target cone without Player 2 touching it. (Player 2 can challenge for the ball only after it has moved.)
- If Player 1 gets the ball to the target under control, it’s a point. On the next turn, Player 2 starts with the ball
- “Switch!” – rotate partners. “Keep going!” – the player with the ball
- Coach Emphasis: Can you ‘fake your movement’ and trick your opponent?

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Dribbling, passing and control
Game Principle: Penetration and support



Session 5:

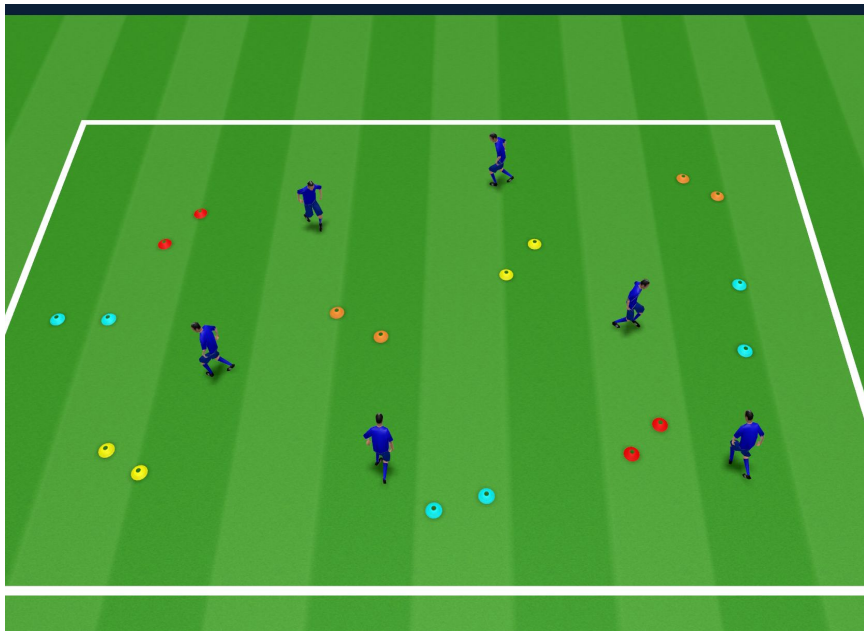
Warm up: Dribbling Gates with Body Stop

Activity: Passing Challenge Ladder

Discovery Game: 3 vs 3 Pass and Receive

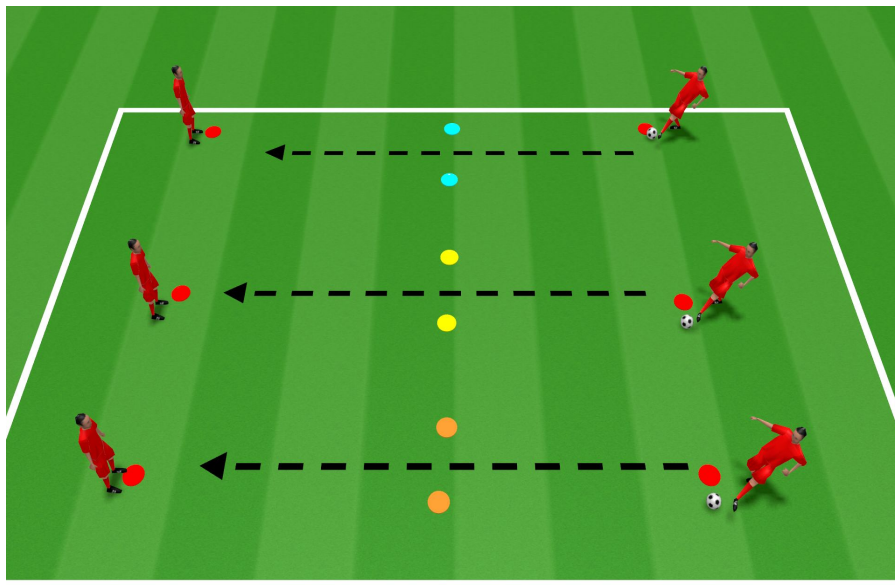
Full Game: 3 vs 3 up to 5 vs 5

Warm Up: Dribbling Gates with Body Stop



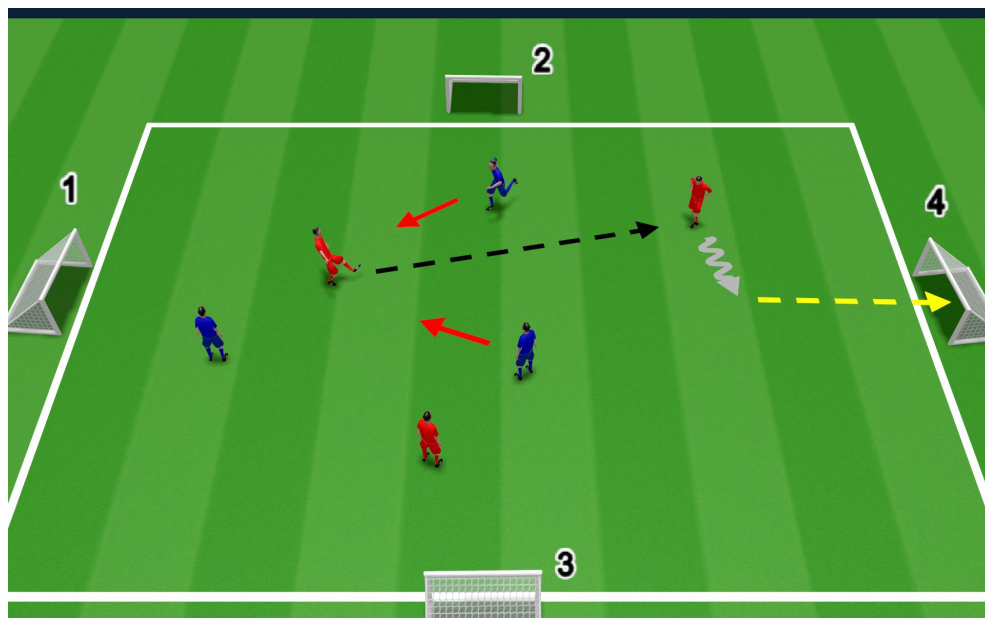
- Dribble the ball between gates
- Try to turn with the inside of the foot or outside of the foot and move into a space away from any cone.
- Stop the ball with the sole of the foot and pull the ball back. Restart on the coaches call
- Now, after the turn, stop the ball with a body part on the whistle. Restart on the coaches call

Activity: Passing Challenge Ladder



- Players work in pairs, about 10 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.

Discovery Game: 3 vs 3 Pass and Receive



- Play 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.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Dribbling, passing and control
Game Principle: Penetration and support



Session 6:

Warm up: Chase the Ace and Nerds

Station 1: Learn The Rondo

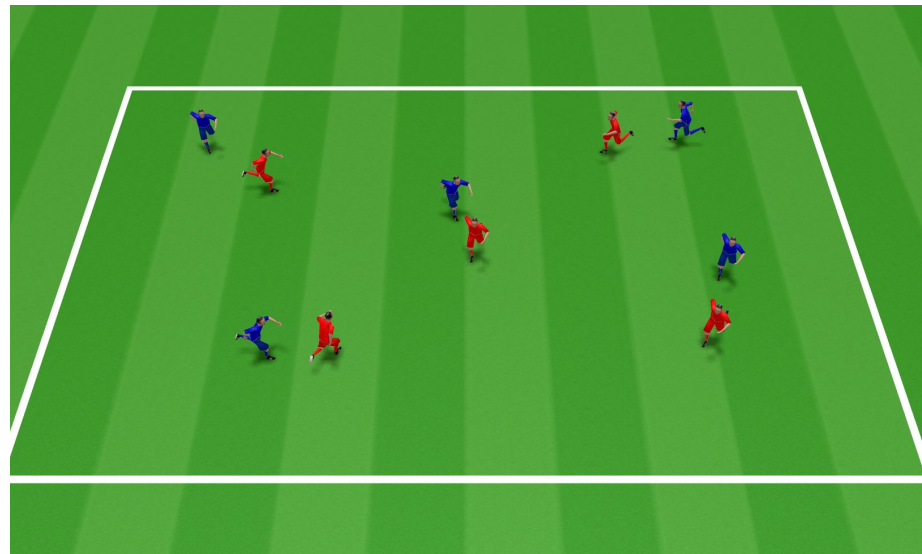
Station 2: Dribbling Lanes with Goals

Station 3: SSG - Switch

Full Game: 3 vs 3 up to 5 vs 5

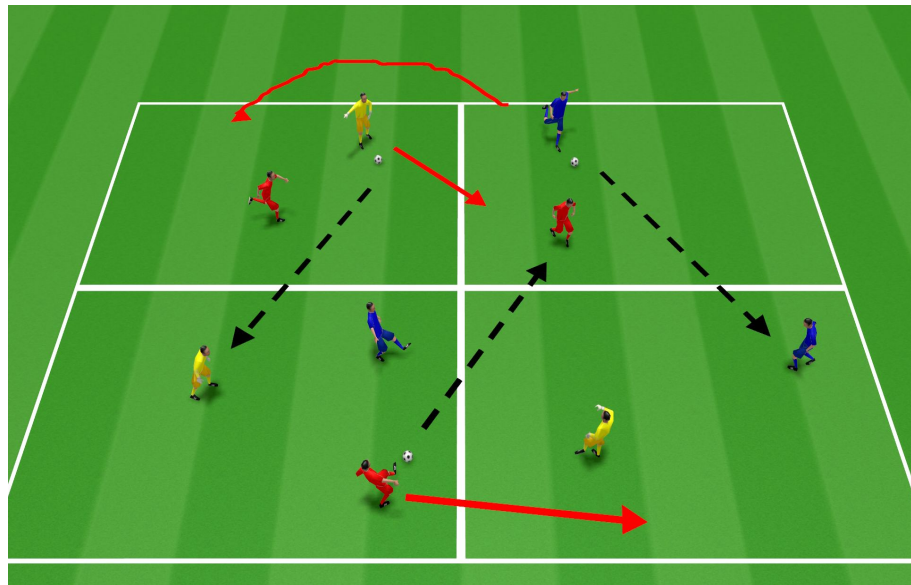
Warm Up: 1 vs 1 Chase the Ace

- Organise players into pairs. The reds are player 1, and the blues are player 2.
- This warm up is essentially 1 vs 1 chasey.
- Ask player 1 to move away from their partner (opponent). Give them 5 five seconds to get away
- Ask player 2 must try to tag player 1.
- If player 2 makes the tag, the players swap roles. Player 2 must be given 5 seconds to get away.
- Swap partners. Repeat this several times.

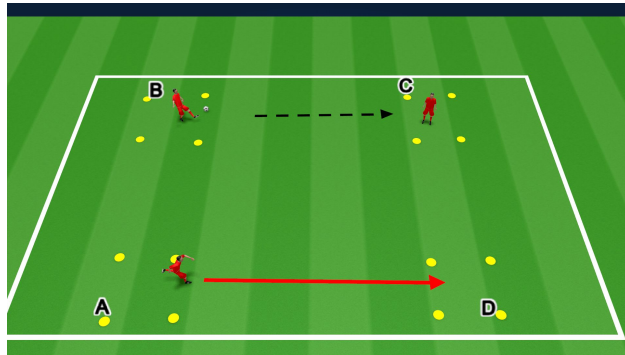
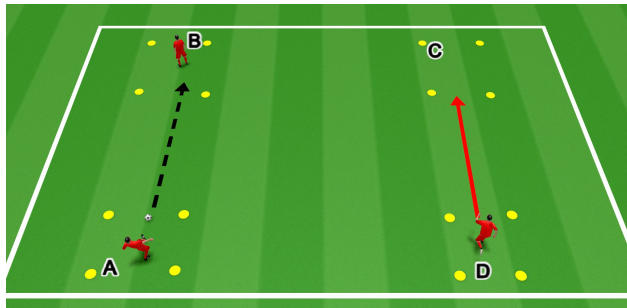


Warm Up: Part 2: Nerds

- Organize the players into groups of 3; 3 reds, 3 yellow and 3 blue
- Each player (from each group) needs to start in their own square.
- Players pass between their own color team. Passes need to go into another square. Once players have passed, they must move into the square (big space) that none of their colored team are in.
- Coach emphasis: Pass and control with the inside of the foot. after passing, look around and move into big spaces to support.
- Variations: Remove one color of team, and set up another grid, if it looks too confusing.

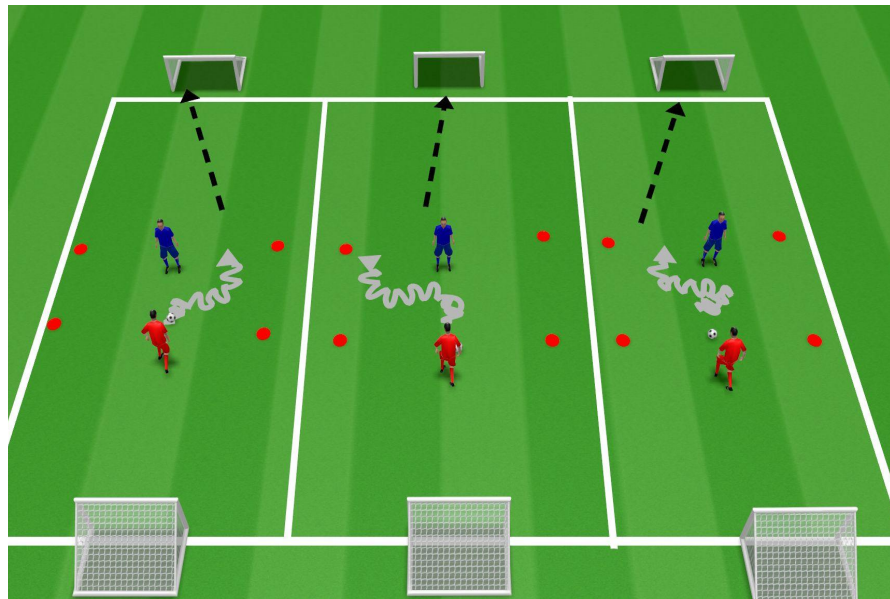


Station: Learning the Rondo



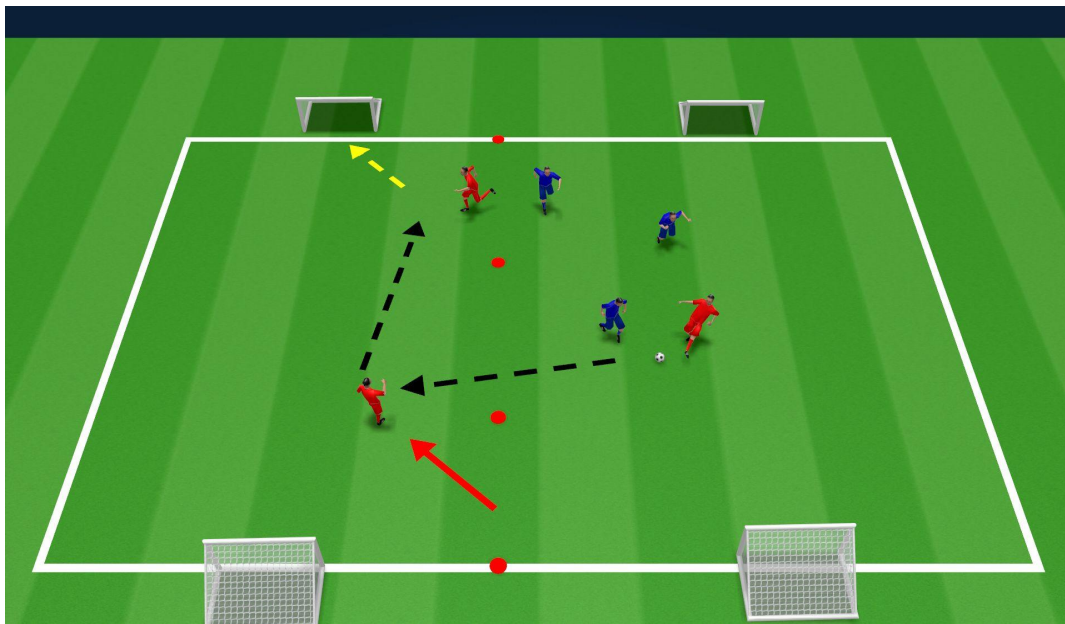
- The rules of this activity are that the players can only pass left or right between the squares made by the cones, not diagonal. The important thing to share before starting is that when the ball is at A, the player has two passing options - one to B and one to D. This is always preferable. Imagine there is a defender covering the middle area of the square.
- Given the rules above, when A passes to B, B only has one passing option (because there is a player at A, but nobody at C), so D has to run to the vacant cone at C to create two passing options for B.
- 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

Station: 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: 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 big spaces and establish triangular shapes.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Dribbling, passing and ball control

Game Principle: Penetration and support



Session 7:

Warm up: First Touch

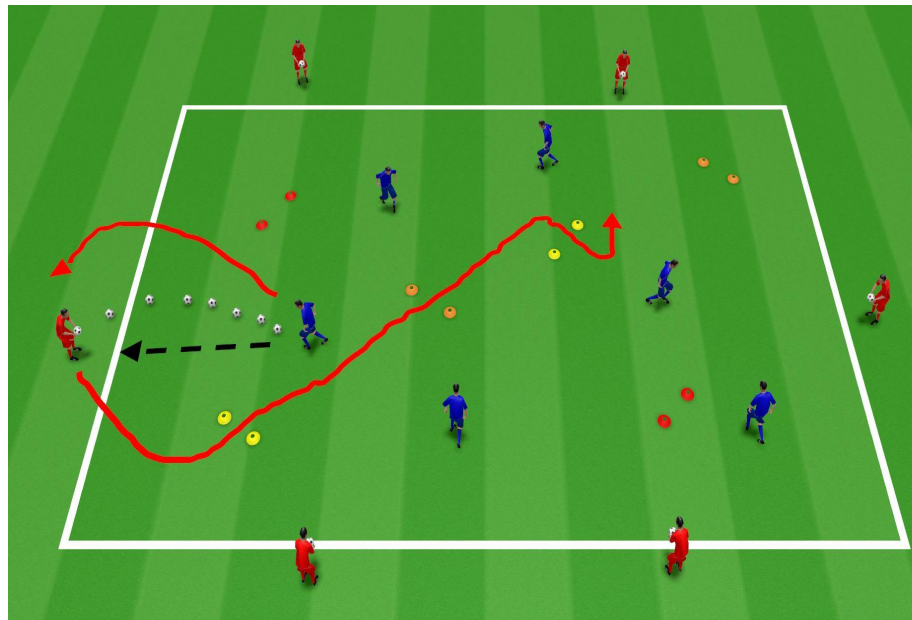
Activity: Give and Chase OR First Touches

Discovery Game: Numbers Game

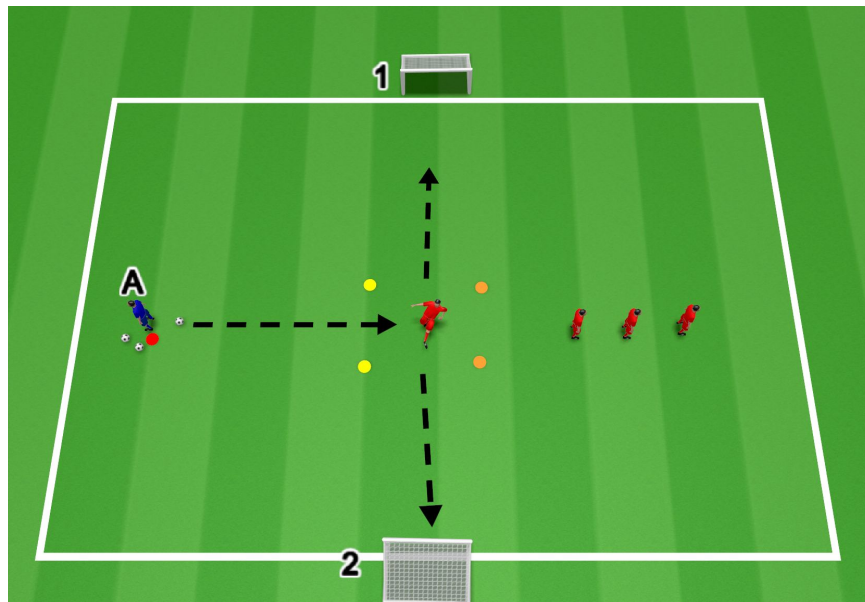
Full Game: 3 vs 3 up to 5 vs 5

Warm Up: First Touch

- Set up with half the players in the grid (blue) without a ball, and half (red) spread out around the outside of the grid also without a ball to start with
- Blue players jog through three gates of any colour. After going through the last gate, they 'cut' (change direction) to a red player, and they swap over. Continue this, adding dynamic stretches
- Give a ball the outside players. Inside players now run through gates, then move to an outside player who underhand throws the ball to them. The blue player controls the ball to the ground then dribbles to the outside and picks up the ball
- The red player comes in to the grid, goes through the 3 gates and the practice repeats.
- Start with inside of the foot control, then progress to thigh control, and lastly heading.

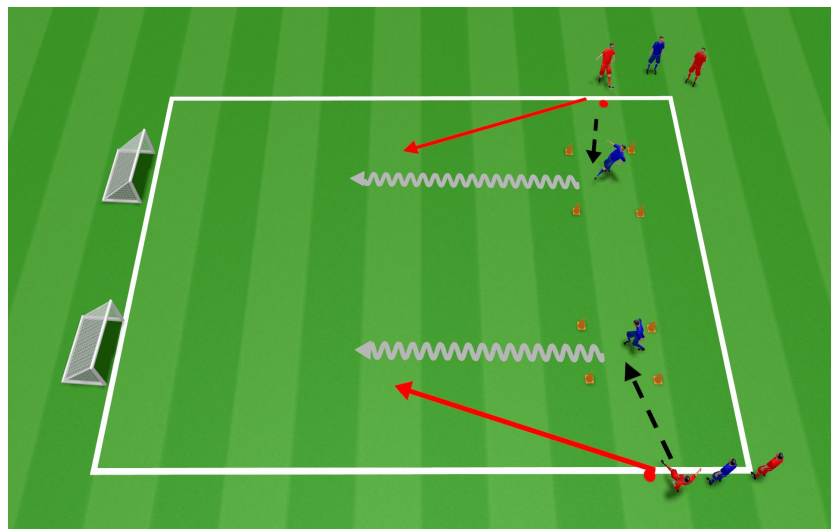


Activity: First Touches



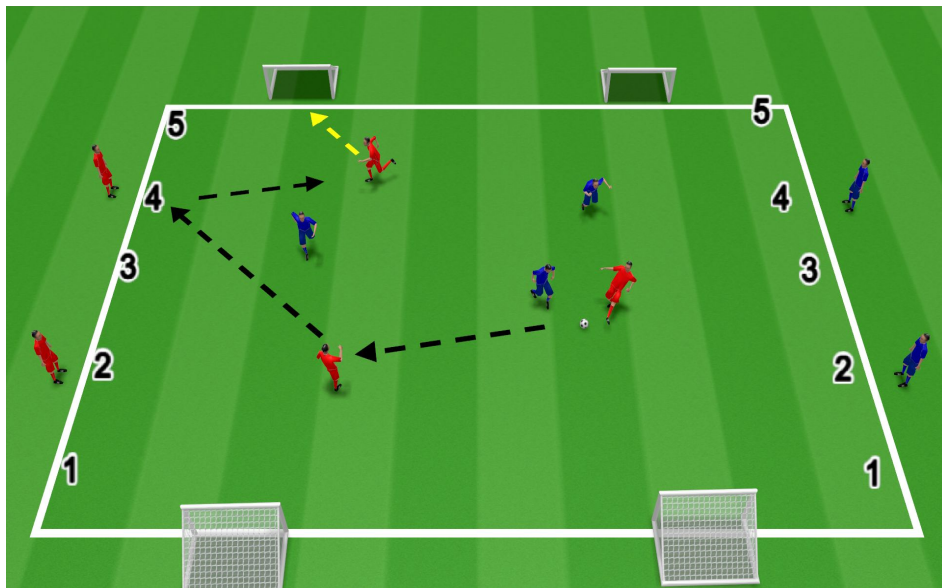
- Set up 4 cones as a square
- With a group of 4 players, place one player in the square, and the other 3 players to the side.
- The coach passes the ball in to the square. The player in the middle controls the ball with their right foot (back foot) and turns toward Goal 1. Then they shoot at goal 1. This player goes to get the ball, brings it back to the coach and goes to the back of the line. The next three players repeat what the first player did.
- Now have players control the ball with their left foot (back foot) and turns toward Goal 2.
- Variations: Have players control the ball with the front foot. So a turn to the right is done with the left foot and vice versa

Activity: 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.

Discovery Game: Numbers 2 goal



- Organise players into two teams, and number them 1 - 4 (or 1 - 5 etc..), 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, and up to one less than the the team has (so there will always be one team mate on the side of the field)
- The players can pass to the player/s on the sideline to help.
- Sideline players cannot pass to each other.
- 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.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Dribbling, passing and control
Game Principle: Penetration and support



Session 8:

Warm up: Dribbling Interference

Station 1: 3 vs 1 Rondo

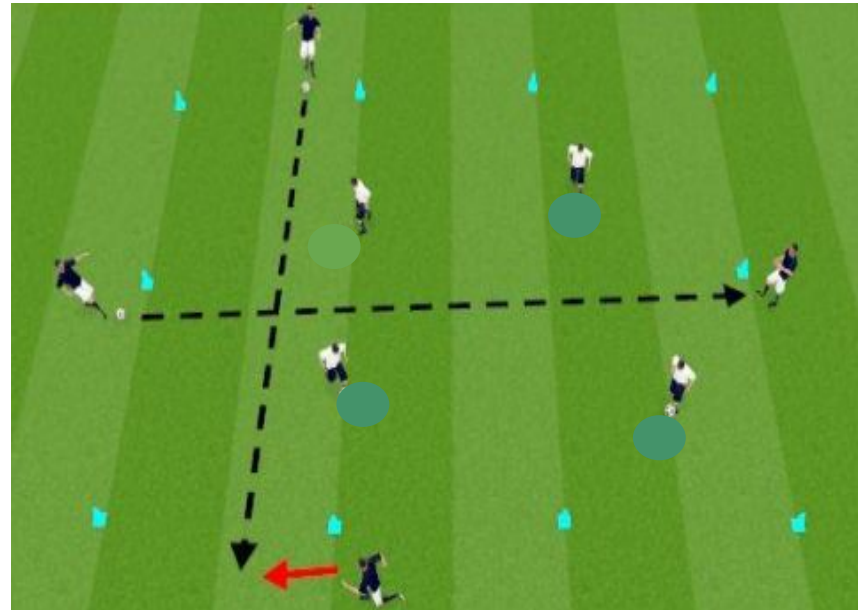
Station 2: Passing Zones

Station 3: Give And Chase

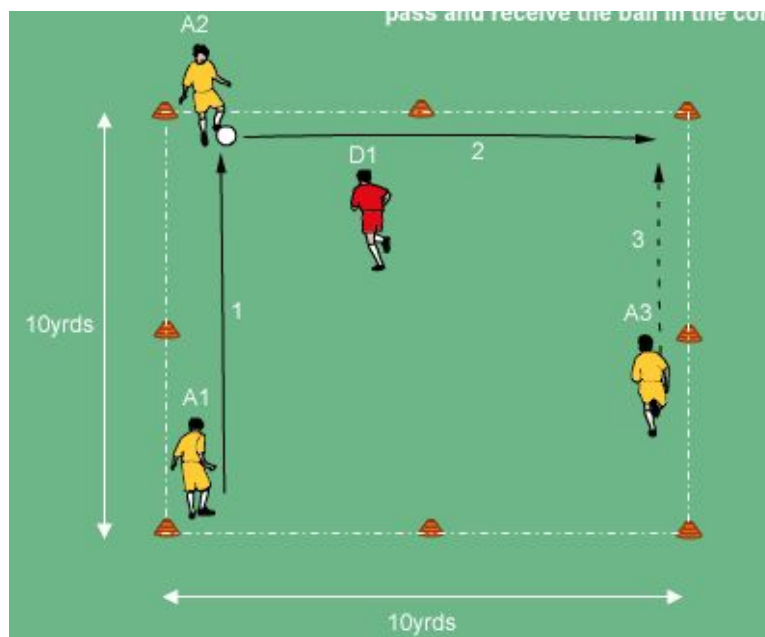
Full Game: 3 vs 3 up to 5 vs 5

Warm Up: Dribbling Interference

- **Set Up:** 15mx15m square. 2 - 4 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 (karaoke, 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.

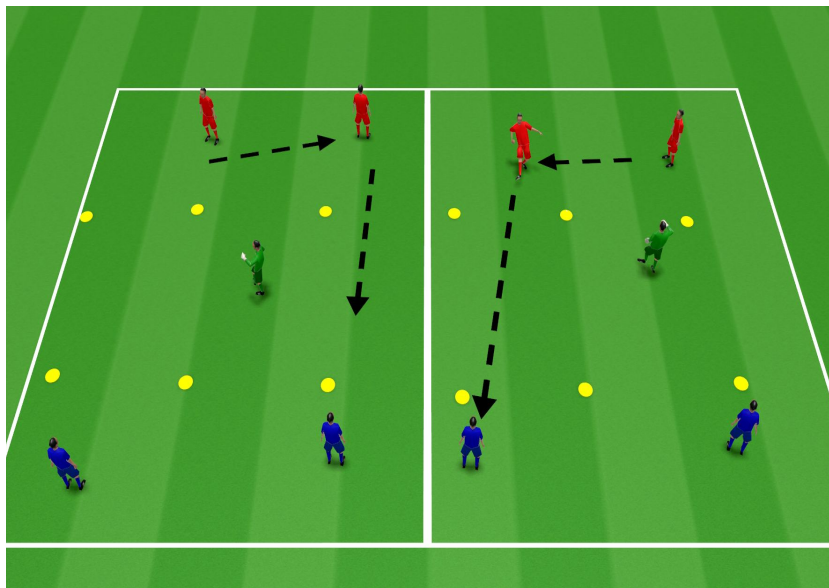


Station 1: 3 vs 1 Rondo (Support Movement)



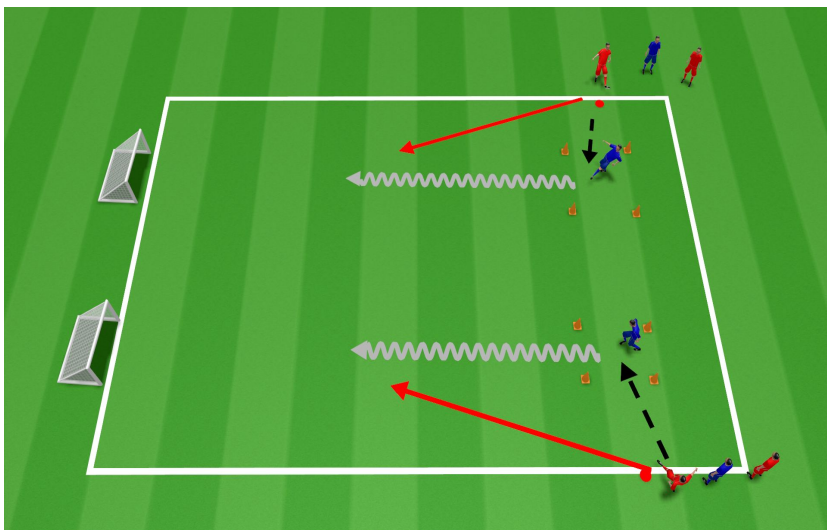
- Players can only pass to corners. The 3 players in the corners need to keep the ball away from the player in the middle.
- In the picture, when A1 passes to A2, the A3 player needs to move to the open corner to support A2 and give them 2 passing options. Play this for a period of time (eg 1 minute) 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: Passing Zones



- Two Reds combine their passes and movement to pass between the Green defenders to the blue team. Once the Blue's get the ball, they try to continue the idea by passing and moving to get into a position to pass back through the Greens to the Reds.
- Each successful pass equals 1 pt. for the attackers (Red and Blue). Each successful interception is one pt. for the defenders.
- Play for a period of time. Swap the defenders by replacing the two green with one set of the Blue or Reds. Rotate enough times so all players get to defend.
- Vary the activity by having the defenders swap with the attackers if they make an interception.
- Coaches should emphasis accurate passing with the inside of the foot, turning with the back foot, and support movement to a space.

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.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Week 5



Technical Competency: Passing and dribbling decision making, ball control, shooting, goalkeeping

Game Principle: space, support, penetration



Session 9:

Warm up: Capture the Pinnies

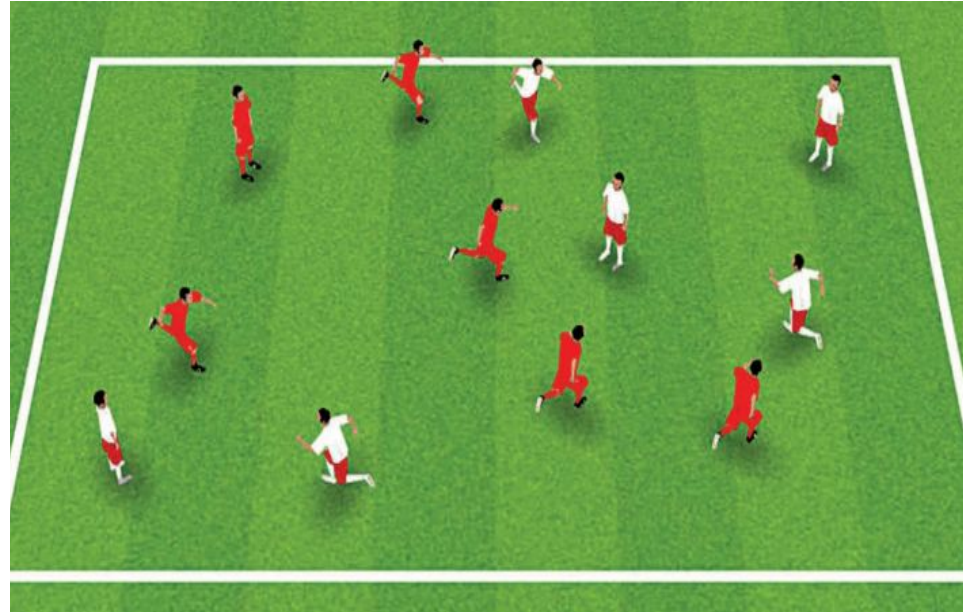
Activity: Shooting and Goalkeeping

Discovery Game: 1 vs 1 Shoot On Site

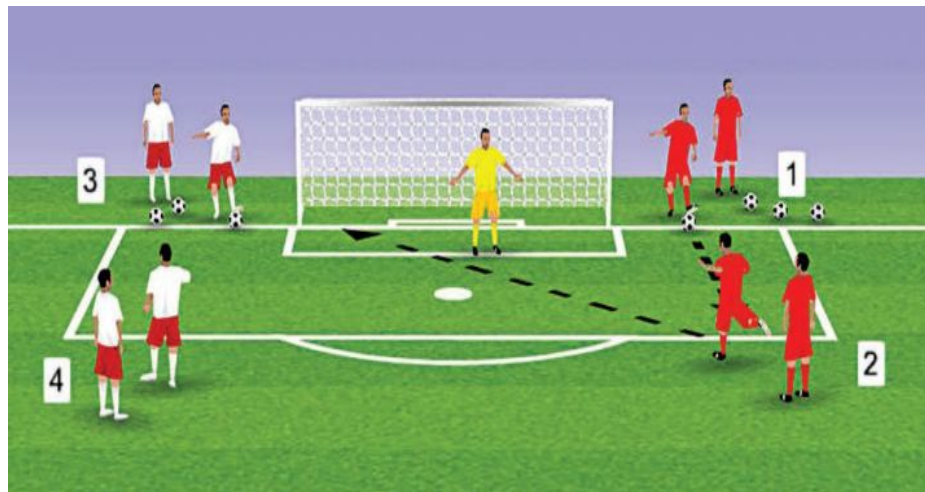
Full Game: 7 vs 7 or 9 vs 9

Warm Up: 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



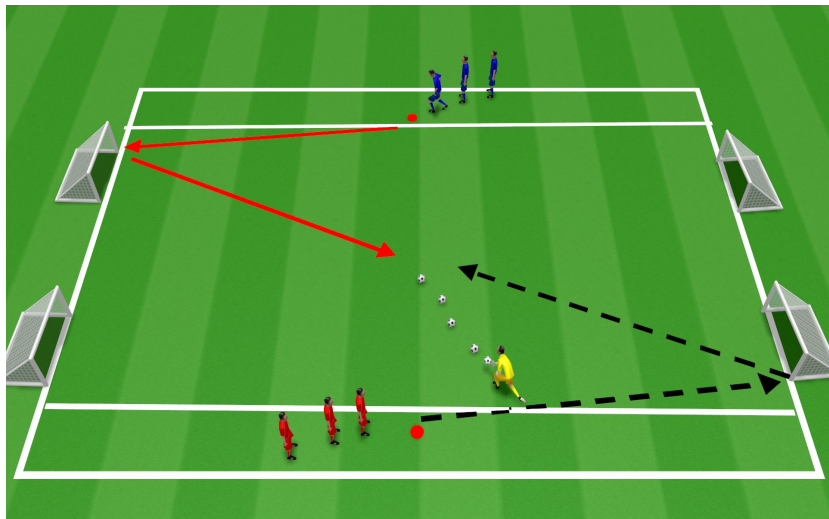
Activity: Shooting and goalkeeping



- 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

Discovery Game: 1 vs 1 Shoot On Site



- The purpose of this station is to compete to score by turning away from an opponent (to beat them) and to attack the open side of the field. Players should shoot as soon as they have site of the goal. This is NOT a defensive exercise, but it you could reinforce defending the goal by adjusting and protecting the space between the ball and goal.
- Players start on either side of the half way line.
- On 'go' they run to touch their closest 'defensive' goal. The coach feeds the ball to the middle of the playing area when the players touch their goal.
- Players play 1 vs 1 and try to score by 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. Play individually, or play as teams (eg. Blue vs Red).
- Go for 2 vs 2 to make it more challenging.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Passing and dribbling decision making, ball control, shooting, goalkeeping

Game Principle: space, support, penetration



Session 10:

Warm up: Tag Ball

Station 1: Ball Control

Station 2: Through Balls

Station 3: Overload

Full Game: 3 vs 3 - 5 vs 5

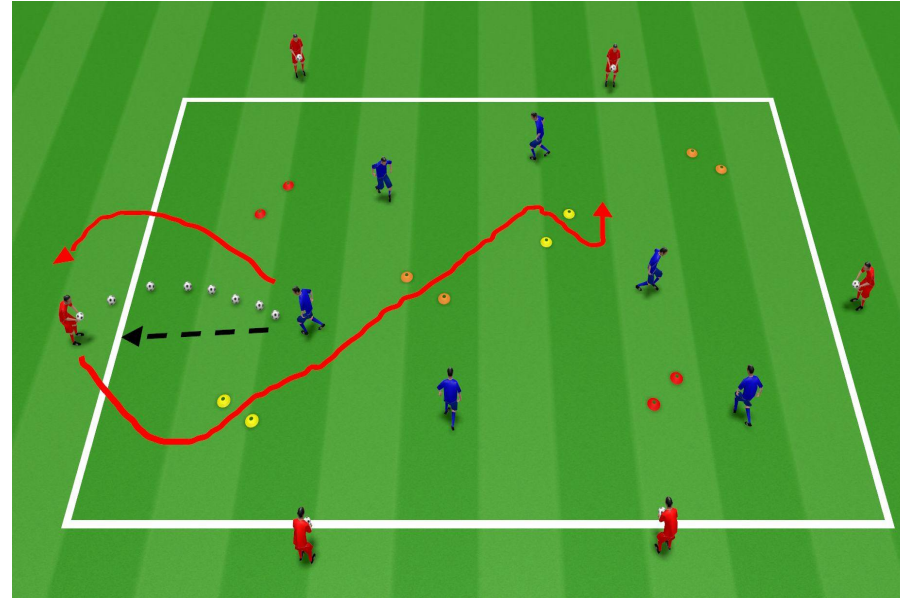
Warm Up: Tag Ball

- Have 4 vs 4, in a 10 x 10 grid.
- One team has the ball, and can pass it with their hands to each other, but they cannot run with the ball. They can take one step after they get the ball.
- Their goal is to pass the ball, then move, then receive the ball in a position to tag an opponent with the ball (without taking more than one step).
- Play for a period of time (eg. 3 mins), then change the team with the ball and repeat.

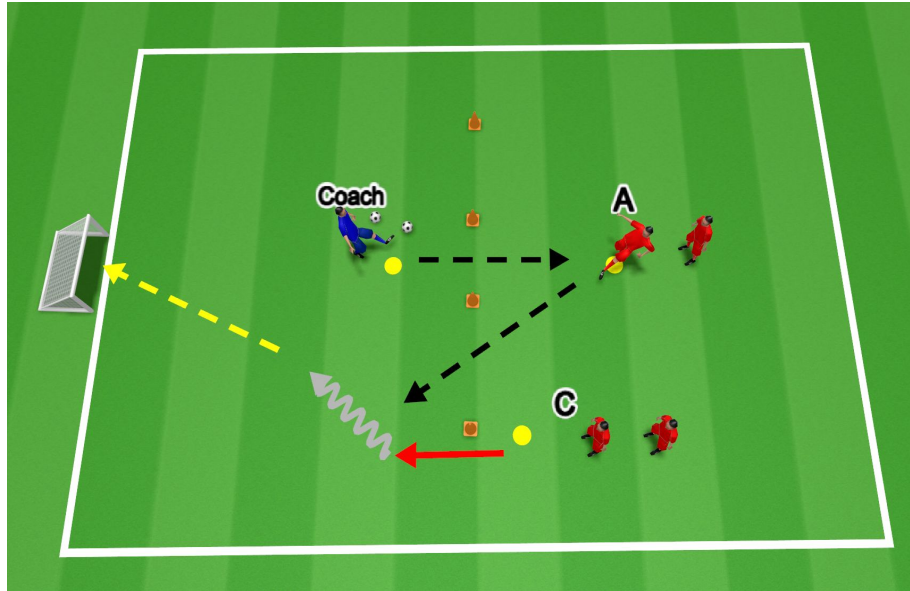


Station 1: Ball Control

- Set up with half the players in the grid (blue) without a ball, and half (red) spread out around the outside of the grid with a ball.
- Blue players jog through three gates of any colour. After going through the last gate, they 'cut' (change direction) to a red player, who underhand throws the ball to them. The blue player controls the ball to the ground then passes back.
- The blue and red players swap over, and the player coming in goes through the 3 gates and the practice repeats.
- Start with inside of the foot control, then progress to thigh control, chest control, and lastly heading. You may also progress to one touch control back to the ball feeder, and using throwing ins instead of under arm throws.



Station 2: Through passing



- Set up 20 x 10 space with a line of 4 cones across the middle.
- Organize the groups into two lines. One line at cone A, and one line at cone C.
- The coach passes to the player at A.
- Player A passes through the gaps between the outside gates
- C runs onto the ball, controls it, dribbles and shoots.
- Coach Emphasis: Player A should control the ball out of the feet. Pass with the inside of the foot. Focus of the weight and accuracy of the pass. Player C should focus on a soft, cushioned first touch, a short dribble with small touches and then a shot with power.

Station 3: Overload (3 vs 3)



- Play 2 vs 2 or 3 vs 3
- 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.

Week 5: Session 10



Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Passing and dribbling decision making, ball control, crossing, shooting, goalkeeping

Game Principle: Space, support, penetration



Session 11:

Warm up: Handball Rugby

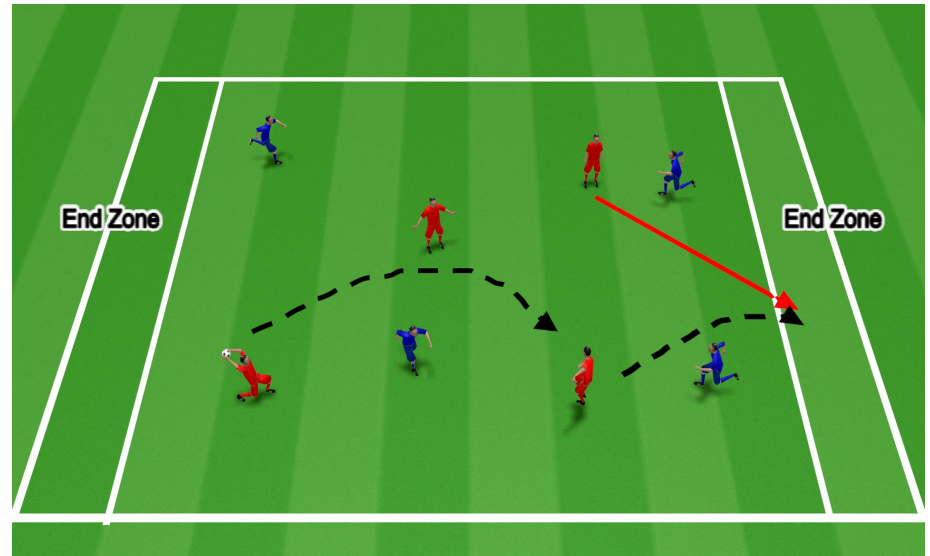
Activity: Scan, Dribble, Shoot, Defend

Discovery Game: 2 vs 1: Shoot On Sight

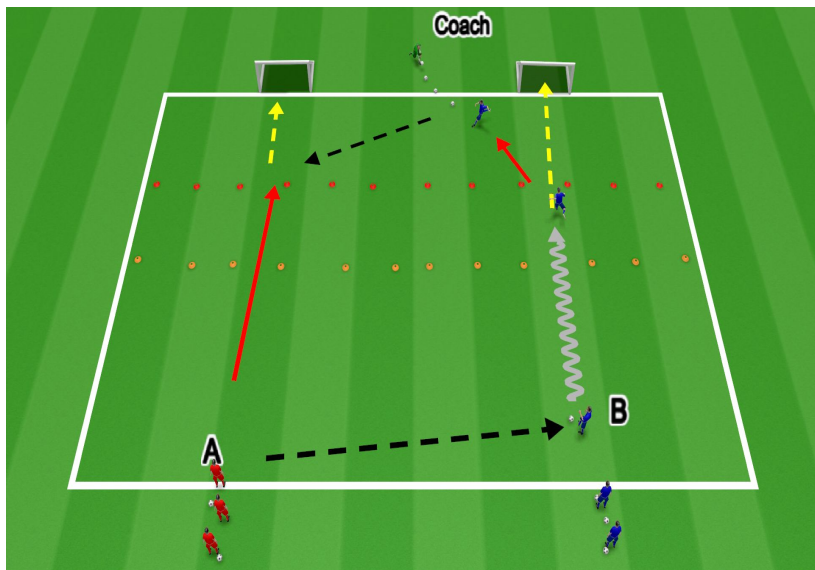
Full Game: 3 vs 3 - 5 vs 5

Warm Up: Handball Rugby

- Set up a space about 15 x 20
- In teams of 3 or 4, players play a version of handball.
- Players cannot run with the ball, though they may pivot and take 1 step in any direction.
- A dropped pass is a change in possession
- Pass the ball to a teammate in the end zone to score
- An extra point for teams who pass 5 times before passing to the end zone

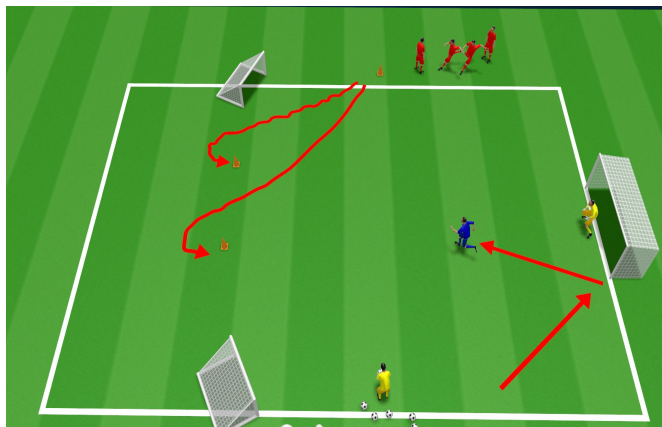


Activity: Scan, Dribble, Shoot AND Cross



- Set Up: 2 x 10 x 20 area next to each other. 2 mini goals behind a purple shooting line.
- Each red player has their own ball
- 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. Watch the ball onto your foot.

Activity: 2 vs 1 Shoot On Sight



- Organize 4 red (attacking) players and 2 blue (defensive) players on opposite sides of the field. Set up a larger goal for the attackers to score in. Set up 2 mini goals for the defender to score in if they intercept or win the ball.
- 2 red players run to the cones at the mini goal end. 1 blue player runs to large goal and touches it before running into play.
- To start, the coach will roll the ball to the reds. They are encouraged to shoot as soon as possible, (when they have a clear sight) within 2 or 3 touches. If the player who first gets to the ball can't shoot and passes, the teammate should shoot as soon as possible.
- On the next turn, the 2 remaining reds come on, and the one 'remaining' blue player comes on, and the activity repeats.
- A team gets a point for a shot on goal (the ball is going to the goal and gets saved by the keeper). A team gets two points for scoring.
- Coach emphasis. Know where the goal is so you don't have to check. Use a soft first touch to control the ball just out of your feet so you can shoot on the second touch. Can you set up a teammate to shoot if you can't shoot. While this is not about defending, defenders should try to get a shot saving block in.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Passing and dribbling decision making, ball control, shooting, goalkeeping

Game Principle: Space, support, penetration



Session 12:

Warm up: 1 vs 1 Chase The Ace

Station 1: Shooting: 1 vs 1 into 2 vs 1

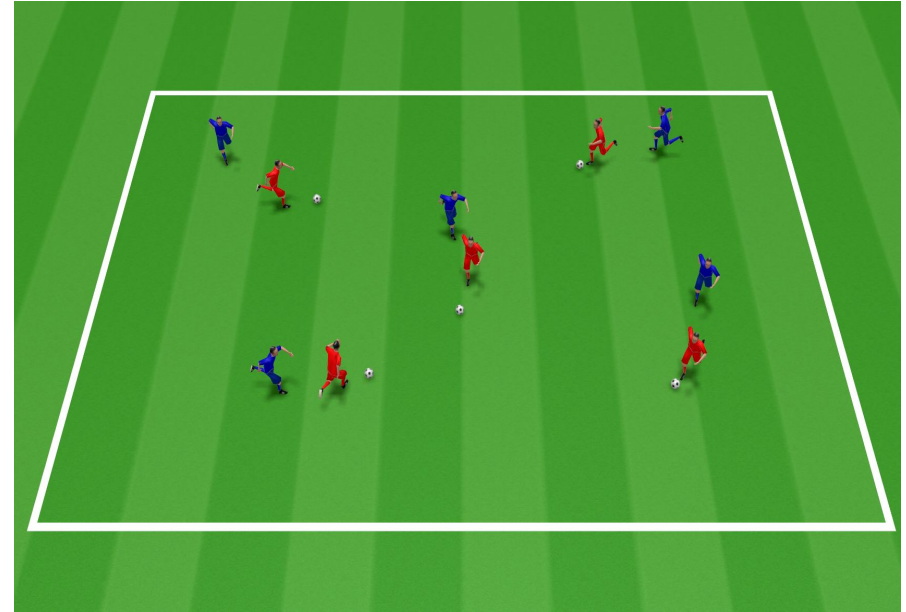
Station 2: Shoot, shoot, shoot

Station 3: Inside out ball control

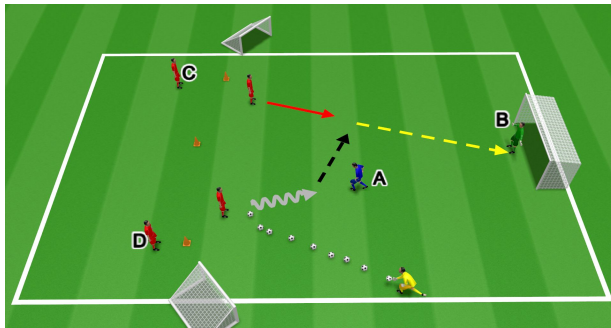
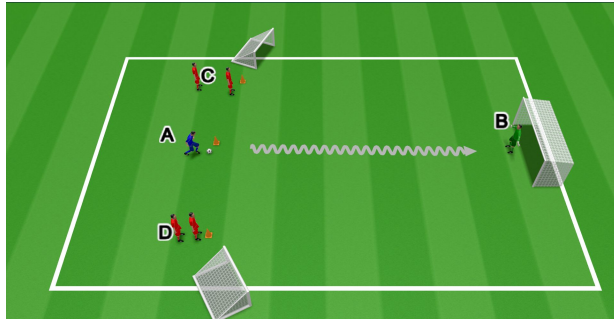
Full Game: 3 vs 3 - 5 vs 5

Warm Up: 1 vs 1 Chase the Ace

- Organise players into pairs. The reds are player 1, and the blues are player 2.
- To start with, players start without the ball. Give player 1 five seconds to get away, and then player 2 must try to tag player 1.
- Players swap roles after 30 seconds. After every tag, player 1 has 3 seconds to get away. Every tag scores a point
- Add in the ball and repeat.
- Change the activity so the players protect the ball
- Coaching Points: Head-up, keep the ball close. Use different parts to move the ball in different directions

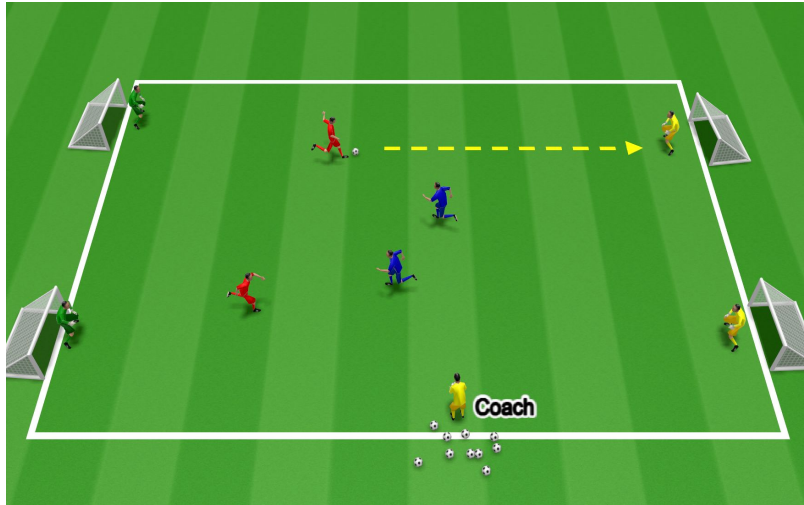


Station 1: Shooting - 1 vs 1, 2 vs 1



- Player A dribbles to take on the goalkeeper player B.
- Player A then transitions from attack to defence.
- After Player A shoots, the coach passes to Player C or D, and they 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. The support player should time there run into the space to the side of their team mate.

Station 2: SSG: Shoot Shoot Shoot



- Play 2 vs 2, with 2 goals to attack, and two goals to defend. Do this with or without goal keepers.
- Have the coach with lots of balls near the middle of the field. The coach throws the ball in, and whoever gets to it first are encourage to shoot as soon as possible, within 2 or 3 touches. If they cant shoot, pass to a teammate to shoot as soon as possible.
- A team gets a point for a shot on goal (the ball is going to the goal and gets saved by the keeper).
- 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.

Station 3: 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.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Crossing / transitions / 1 vs 1 defending
Game Principle: Mobility, pressure, space,



Session 13:

Warm up: School Yard Chaos

Activity:

Discovery Game:

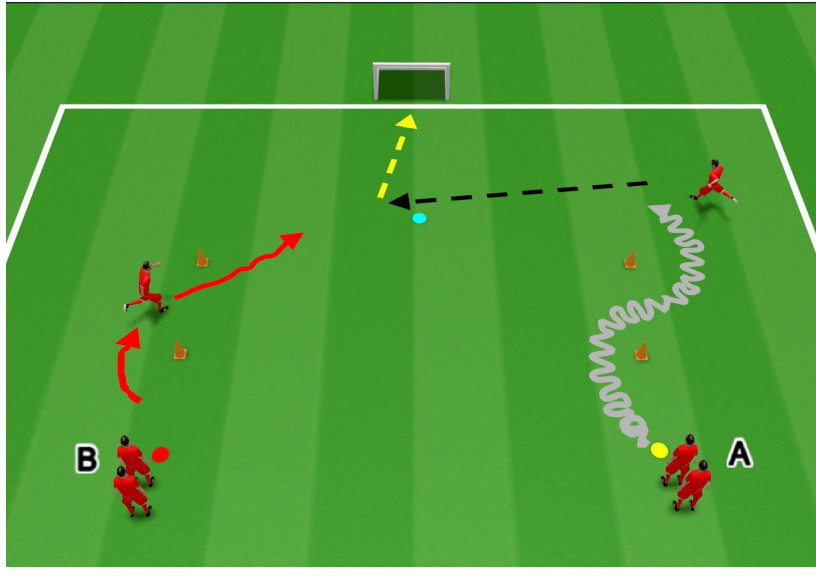
Full Game: 3 vs 3 - 5 vs 5

Warm Up: School Yard Chaos

- **Set Up:** 1 large field 25x25m area, with 4 goals
- **Rules and Objectives:** 2 vs 2 vs 2 vs 2 game. Blue v White and Red v Yellow.
- Only use the ball allocated to your game.
- Emphasise players to keep their heads up so you can find space to dribble and pass into.
- The center of the field will be the busiest space – the players should look to use the wide areas to attack.
- Play for a few minutes, then swap the opponents

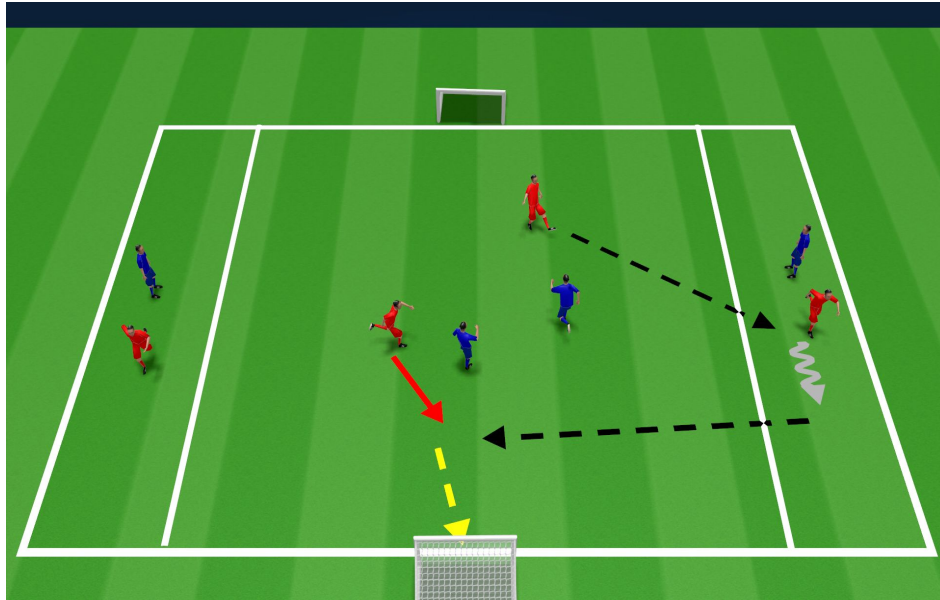


Activity: Crossing and Finishing



- 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.

Discovery Game: Cross To Score



- In an area about 30 x 20. Create 2 wide zones with cones or lines. The wide areas indicate areas where players cannot be tackled. The wide players cannot tackle each other either.
- Play 2 vs 2 in the central area
- Teams can only score from a cross (and the direct play after it for a couple of seconds)

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Crossing / transitions / 1 vs 1 defending
Game Principle: Mobility, pressure, space,



Session 14:

Warm up: Capture the Pinnies

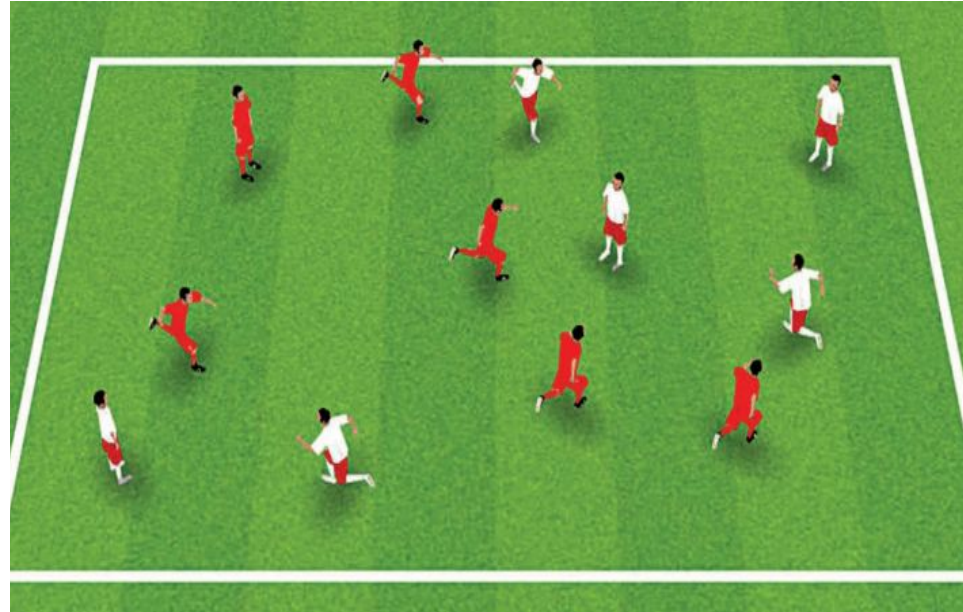
Station 1: 3 vs 3 - 3 goal game

Station 2: Dribble, Shoot, Cross

Full Game: 3 vs 3 - 5 vs 5

Warm Up: 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

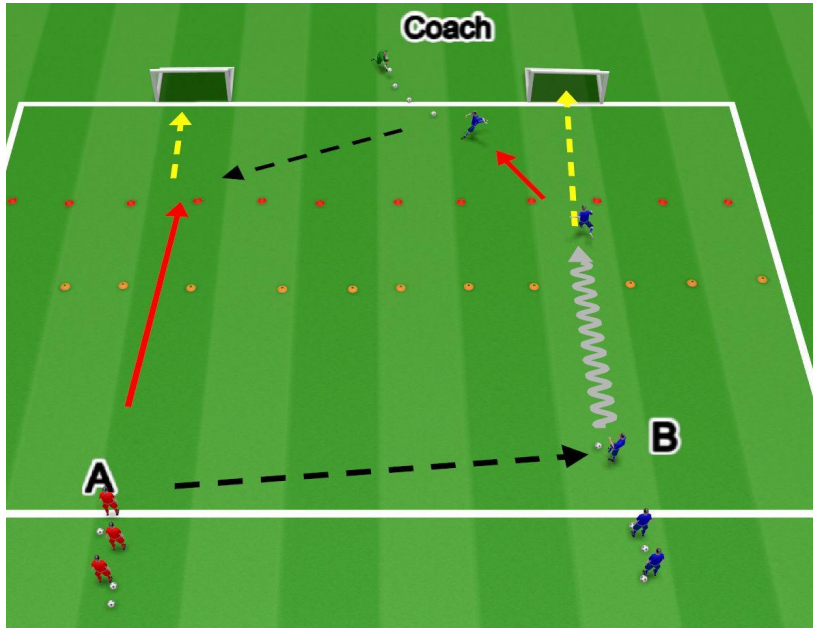


Station: 3 vs 3 + GK (3 Goal Game)



- Both Blues and Whites have 3 goals to attack and 3 goals to defend.
- Each team has 1 'goalkeeper'. Attackers can't score in the goal that the GK is standing in. If the GK is not standing in a goal, the attacking team can score in any goal.
- Allow all players to have a turn in goal.
- Dribble or pass in to restart the game.
- Emphasise spreading out to find space to dribble, take positive (forward) first touches towards the target, take larger touches to accelerate when required. Defensively, players should try to work together to deny space

Station 2: 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.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Crossing / transitions / 1 vs 1 defending
Game Principle: Mobility, pressure, space,



Session 15:

Warm up:

Activity:

Discovery Game:

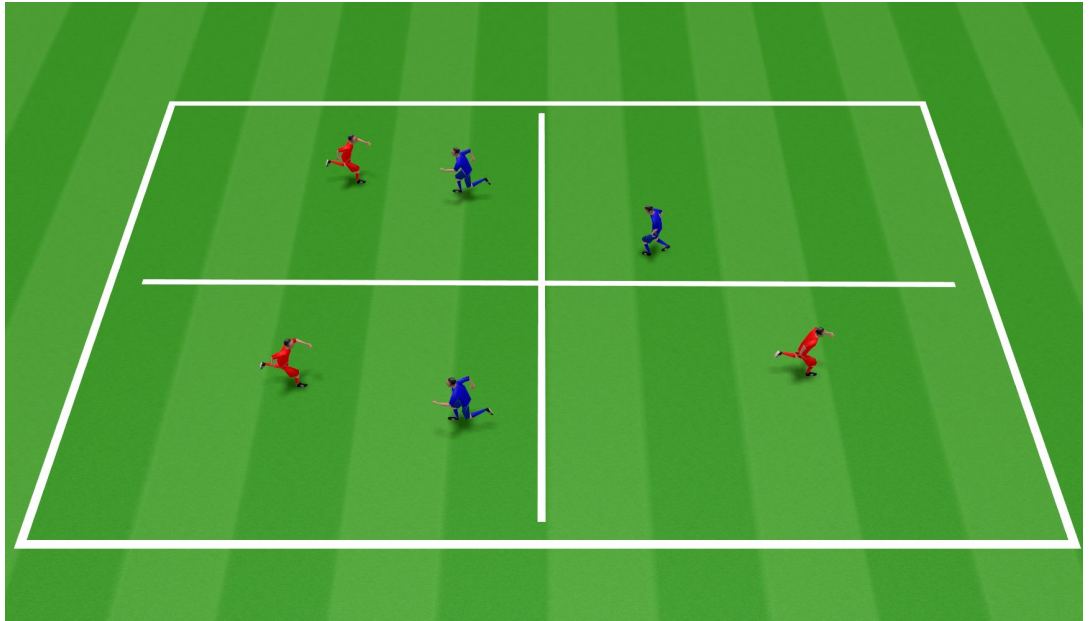
Full Game: 3 vs 3 - 5 vs 5

Week 8: Session 15

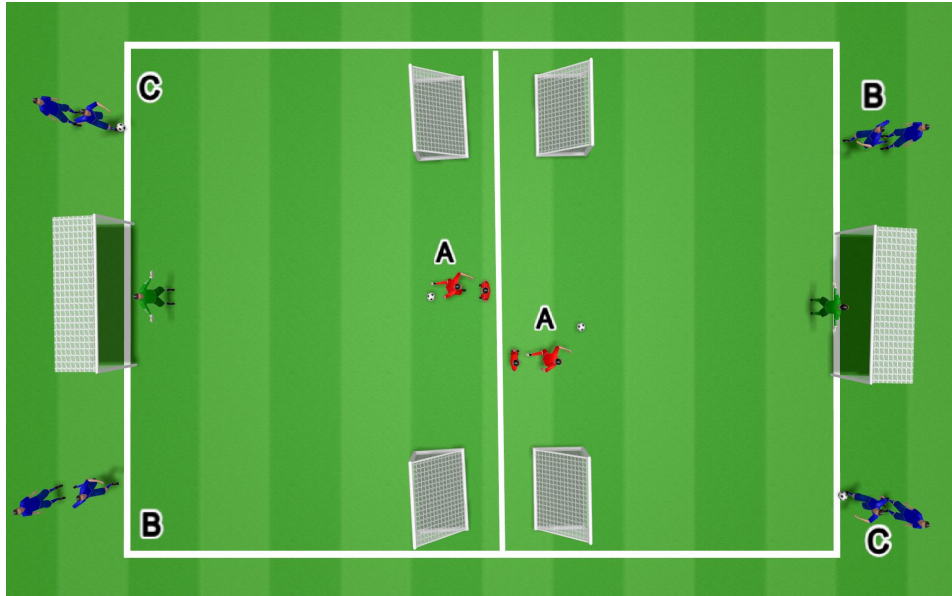


Warm Up: 3 Man Passing Moving to the Vacant Quadrant

- Set up a space about 15 x 20 and split it into 4 equal quadrants
- In groups of 3, players pass the ball to either team mate and move into the vacant quadrant.
- Variation. Play 'short, short, long' patterns of passing. For eg, play a bounce pass with one player, before passing to the other. The player playing the long pass moves to the vacant quadrant.

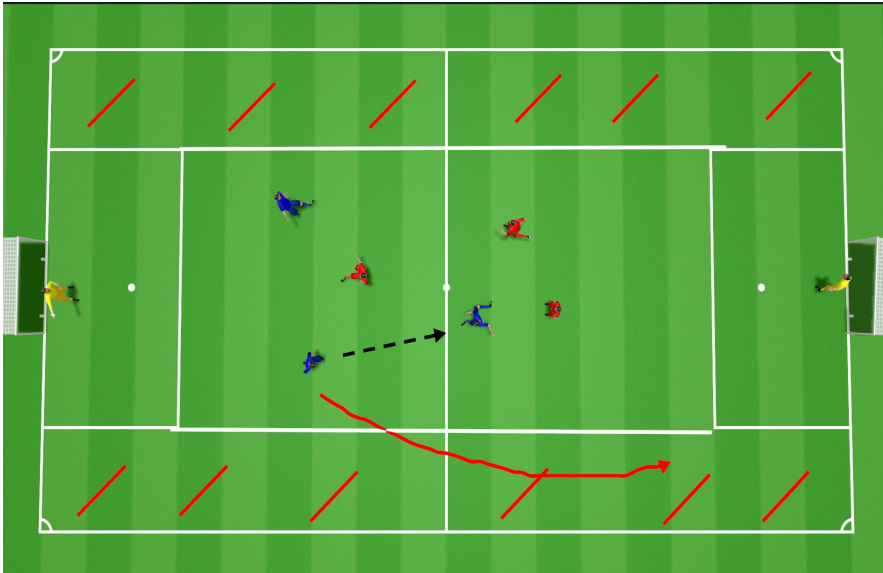


Activity: 1 vs 1 - 2 vs 1 Transition



- Depending on numbers, have either one or two areas set up as shown in the diagram
- Phase 1: The single player (Red) plays 1 vs 1 with the GK. Once the red player has scored or the ball has gone out, then
- Phase 2: The two blue players try to score into one of the two goals (near the centre line in this diagram). Once complete, the players go to the back of the next line one position clockwise. Eg. A - B - C

Discovery Game: Free and Wide - 3 vs 3 + GK



- In an area about 30 x 20. Create 2 wide zones with cones or lines. The wide areas indicate areas where players cannot be tackled.
- Play 3 vs 3 + GK
- Any player can go into the wide areas. Any time a player passes forward and runs forward passed the receiver of the ball and into a wide area, the team gets a point. Players must consider the risk of running forward vs being safe defensively.
- Any normal goal score is 2 points
- Any score from a pass from a wide area scores 3 points
- Coach Emphasis. Exploit spaces after winning the ball back.

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions

Technical Competency: Crossing / transitions / 1 vs 1 defending

Game Principle: Mobility, pressure, space,



Session 16:

Warm up:

Station 1:

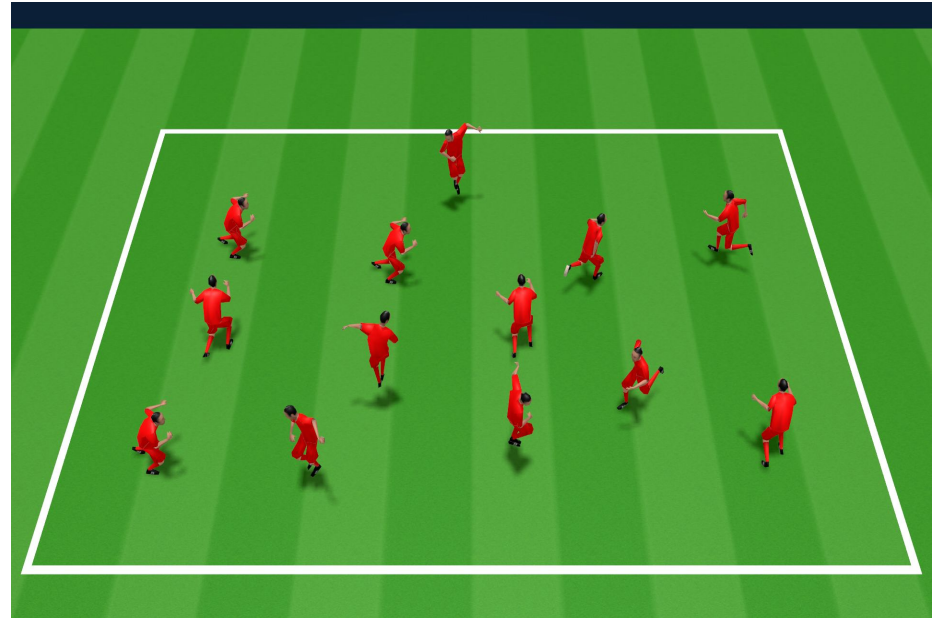
Station 2:

Station 3:

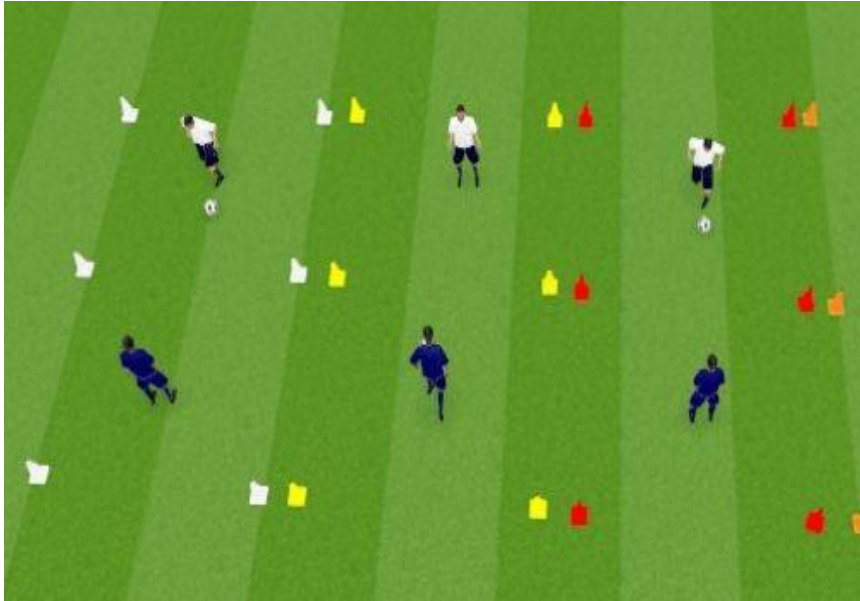
Full Game: 3 vs 3 - 5 vs 5

Warm Up: Everyone Is It

- Everyone is it: In a 15 x 15 grid (depending on your numbers), have players spread out. In this game everyone is it, so anyone can tag.
- Players move around and try to tag others. If a player is tagged, they sit down (or stand in a specific pose), but they are not 'out'. Tags that occur at the same time mean BOTH players sit down.
- See what strategies emerge. Any player can tag 'IN' a player back into the game. The last person standing wins, or finish the game after a set time.

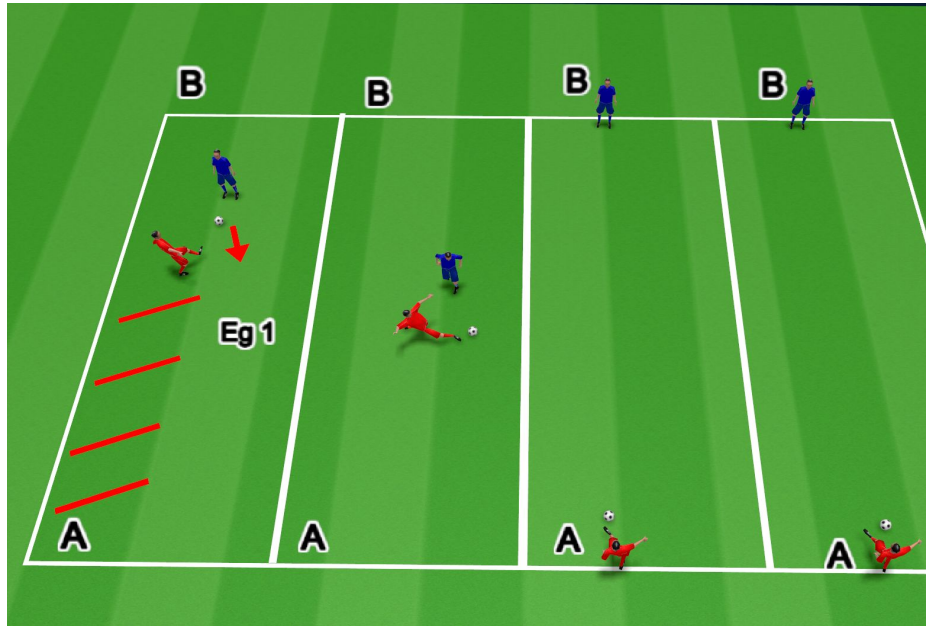


Station 1: 1 vs 1 defending



- 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.

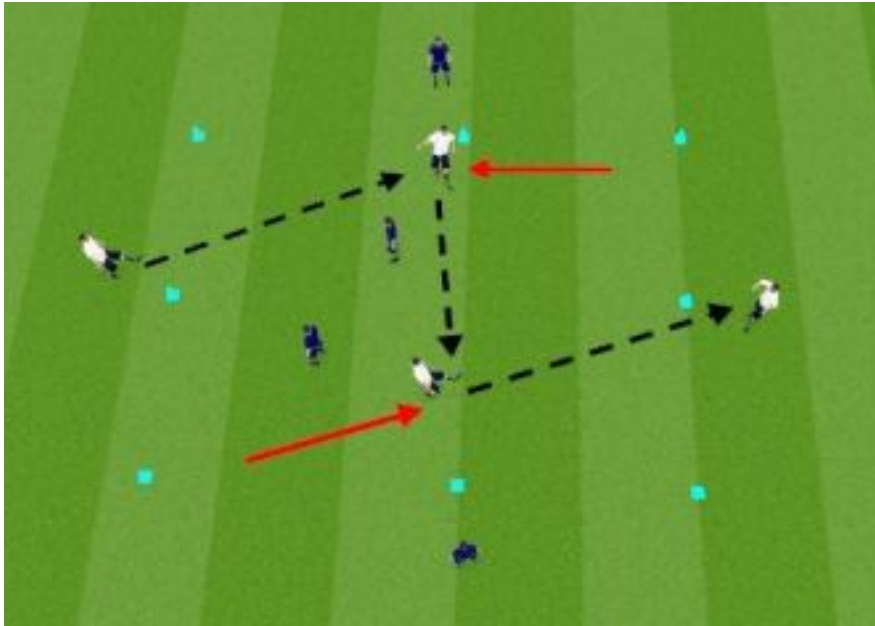
Station 1: 1 vs 1 Defending (Part 2)



Coach the defending aspect:

- After Player B passes to Player A, Player A should close down the space between them and their opponent until they are about 2 - 3 big steps away. They should position themselves to the left or the right of their opponent - this directs the attacker to one side of the grid, and blocks the space to the other side - see the red shaded area behind the defender in example 1.
- They should start to backpedal as their opponent runs at them.
- Then the attacker makes a mistake and knocks the ball to ball in front of themselves, or mis-controls the ball, the defender makes a tackle, knocking the ball out of play.
- Repeat this 5 times before swapping roles.

Station 2: Target Man 2 vs 2 + 2



- 2v2 in the middle with support players on either end of the space for each team (the 'plus2').
- The white team aims to transfer the ball across the box from support player to support player. A point is scored if the ball moves from 1 outside support player to the other without the opposition touching the ball. If the blue steal the ball, they try to score by going getting the ball to their support player, then transferring across the box to the opposite side. First to 3 wins, then switch players.
- Coach Emphasis: Support each pass, make a triangle around the player with the ball so they have 2 options. Create passing lanes by moving to space. Receiving away from the defender and quality of passes are important. When we don't have the ball, how can we defend best?

Session 1: A Full Game: 3 vs 3 up to a 5 vs 5



- 5v5 with GK; 30x36m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 4v4 no GK 25x30m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- 3v3 no GK 20x25m field; all restarts by passing or dribbling, no corner kicks; Retreat Line in play
- Limited Coaching: void stopping the game and allow free play. Instead pull individual players out to question and guide the players to solutions