



MERIDIAN SOCCER

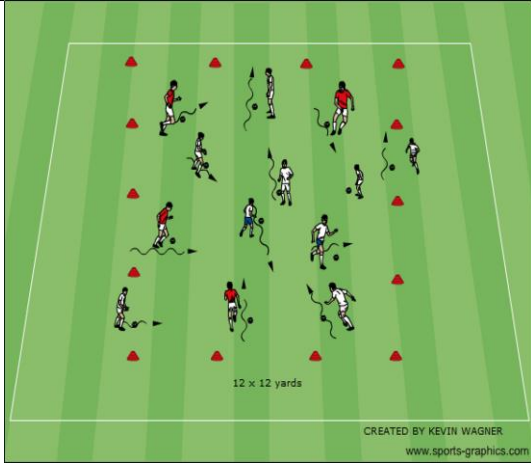
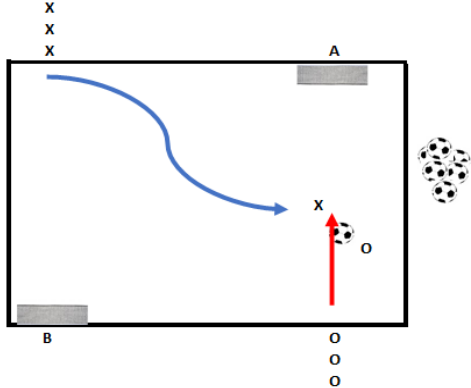
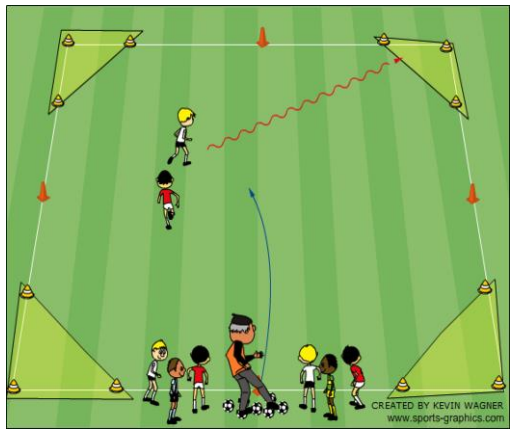
KEY FACTORS

UNDER 9 WEEK 1

INDIVIDUAL BALL CONTROL

1V1 ATTACKING PLAY

1V1 POSSESSIONAL PLAY

ORGANIZATION	ACTIVITY 1 - SQUARE DANCE	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •1 BALL / PLAYER - PLAYERS DRIBBLE BALL •COACHES INSTRUCTION - DRIBBLE, RUN, SIT, ELBOW, NOSE ON BALL, JUMP OVER <p>TIP-A GOOD WAY TO SET THE ENVIRONMENT WITH POSITIVE ENERGY</p>	 <p>12 x 12 yards</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •PURPOSE-TO ENCOURAGE DRIBBLING WHILE INTRODUCING BODY MOVEMENTS SUCH AS JUMPING, TWISTING, TURNING, •SKILLS-WE WOULD LIKE THE PLAYERS TO BE ABLE TO TURN WITH THE BALL USING THE BOTTOM, INSIDE, OUTSIDE OF THE FOOT. •SKILLS TO INTRODUCE- KRYFF TURN, ROLL BACK, PULL BACK, TURN WITH INSIDE, OUTSIDE OF THE FOOT <p>10 MINUTES</p>
<p>1V1</p> <ul style="list-style-type: none"> •COACH SERVES BALL INTO EITHER PLAYER • Os SCORE ON GOAL A, Xs SCORE ON GOAL B <p>PROGRESSION:</p> <ul style="list-style-type: none"> •Os SCORE ON GOAL B, Xs SCORE ON GOAL A 	<p>ACTIVITY 2- 1 VS 1</p> 	<p>COACH NEEDS TO ROLE BALL IN AT A SPEED THAT THE PLAYER CAN RECEIVE -O NOT A 50/50 BALL</p> <p>PLAYER NEEDS TO BRIBBLE AND TRY TO CHANGE DIRECTION THAN SHOOT</p> <p>ENCORAGE DEFENDING AS WELL</p> <p>12 MINUTES</p>
<ul style="list-style-type: none"> •PLACE THE PLAYERS INTO BIBS/2 TEAMS •THE PLAY IS 1 VS 1 - HOWEVER MORE THAN ONE GROUP CAN PLAY AT A TIME •THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. •THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD 	<p>ACTIVITY 3 - 4 CORNERS</p>  <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> •DRIBBLE WITH EYES UP •TURN WITH THE BALL AWAY FROM PRESSURE •AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER •USE INDIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p>12 MINUTES</p>

SELECT 2 OF 3 ACTIVITIES AND THEN PLAY A GAME VS OPPOSITION FOR 25 MINUTES

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MERIDIAN SOCCER

KEY FACTORS

UNDER 9 WEEK 2

BALL CONTROL-PHYSICAL LIT
 BALL CONTROL - AWARENESS
 TECHNIQUE - INDIVIDUAL

ORGANIZATION	ACTIVITY 1- HIT THE GROUND	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • SET UP LIKE SQUARE DANCE, DRIBBLING THE BALL KEEPING IT CLOSE. • WHEN THE COACH YELLS OUT TO "HIT THE GROUND", THE PLAYERS MUST QUICKLY STOP THE BALL WITH FOOT, THEN BELLY TO GROUND, THEN UP AND DRIBBLE • CAN CHANGE UP THE ACTIVITY WHEN "HIT THE GROUND" IS SAID EX-SIT ON BALL, TOE TAPS, JUMP OVER BALL, JUMPING JACKS, ETC 		<ul style="list-style-type: none"> • A COMBINATION OF PHYSICAL LITERACY MIXED WITH TECHNIQUE • A DIFFERENT WAY TO DO SQUARE DANCE • QUICK DRIBBLING, QUICK FEET, TAKE A QUICK STEP FOLLOWED BY QUICK TOUCH OF BALL • USE IMAGINATION OF TASKS TO BE USED <p>10 MINUTES</p>
<p>3 players start as the sharks, the rest are minnows. Minnows start on one end of the grid each with a ball. Sharks start in the middle of the grid Coach says "go" and each minnow must try and cross the water to the other side without getting the ball kicked out by a shark. If a ball is kicked out the minnow becomes a shark. Game ends when only one minnow remains. The sharks do not leave the imaginary line area. Keep head up and avoid traffic.</p>		<p>BE PATIENT PLAYERS WILL TAKE SOME TIME LEARNING THAT THE SHARKS STAY IN THE SHARK AREA PLAYERS ATTACKING WILL LACK CONFIDENCE IN TAKING THE RISK OF DRIBBLING THROUGH THE SHARK AREA</p> <p>15 MINUTES</p>
<ul style="list-style-type: none"> • IF MORE THAN 6 PLAYERS, MAKE 2 LINES • PLAYERS DRIBBLE AROUND CONES • PLAYERS DRIBBLE, THEN BECOME GK, FROM GK TO OTHER LINE 		<ul style="list-style-type: none"> • QUICK STEP, TOUCH, KEEP BALL CLOSE • OFF HEELS • HANDS TO BALL AS GK • PHYSICAL LITERACY MOVEMENTS <p>15 MINUTES</p>
<ul style="list-style-type: none"> • PLAYERS ARE NUMBERED 1,2,3,4 ETC • THE PLAY IS 1V1 -4V4 WITH 2 TEAMS • THE COACH CALLS OUT THE NUMBER OF (EX #2) WHOM THEN PLAY 1 V 1 AGAINST EACH OTHER • WHEN A GOAL IS SCORED OR THE BALL GOES OUT OF PLAY , THAT GROUP STOPS AND COMES BACK TO THE START LINE • THERE IS GKS - ALL PLAYERS START IN GOAL 		<ul style="list-style-type: none"> • USE YOUR COACHING STICKS AS GOALS, AS WELL AS CONES • ENCOURAGE PLAYERS TO DRIBBLE PAST EACH OTHER • CAN PROGRESS IN 2 WAYS - 1- MULTIPLE 1V1 AT THE SAME TIME 2- 2V2, 3V3, ETC <p>15 MINUTES</p>

SELECT 2 OF 3 ACTIVITIES AND THEN PLAY A GAME VS OPPOSITION FOR 25 MINUTES

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MERIDIAN SOCCER

KEY FACTORS

UNDER 9 WEEK 3

BALL CONTROL-PHYSICAL LIT
 BALL CONTROL - AWARENESS
 INDIVIDUAL AND GROUP PLAY

ORGANIZATION	ACTIVITY 1- HIT THE GROUND	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • SET UP LIKE SQUARE DANCE, DRIBBLING THE BALL KEEPING IT CLOSE. • WHEN THE COACH YELLS OUT TO "HIT THE GROUND", THE PLAYERS MUST QUICKLY STOP THE BALL WITH FOOT, THEN BELLY TO GROUND, THEN UP AND DRIBBLE • CAN CHANGE UP THE ACTIVITY WHEN "HIT THE GROUND" IS SAID EX-SIT ON BALL, TOE TAPS, JUMP OVER BALL, JUMPING JACKS, ETC 	<p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> • A COMBINATION OF PHYSICAL LITERACY MIXED WITH TECHNIQUE • A DIFFERENT WAY TO DO SQUARE DANCE • QUICK DRIBBLING, QUICK FEET, TAKE A QUICK STEP FOLLOWED BY QUICK TOUCH OF BALL • USE IMAGINATION OF TASKS TO BE USED <p>15 MINUTES</p>
<ul style="list-style-type: none"> • COACH SERVES BALL IN FROM SHOWN AREA • PLAYERS START ON RED CONE AND RUN AROUND OTHER RED CONE WHEN COACH SAYS GO • FIRST PLAYER IN SHOULD RECIEVE BALL • PLAYER WITH BALL MUST GET TO THE HALF WAY LINE THEN CAN DECIDE TO DRIBBLE AROSS EITHER LINE FOR A GOAL 	<p>ACTIVITY 2- 1V1</p> <p>www.sportgrafiken.de CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> • ENCOURAGE SPPED TO THE BALL • ENCOURAGE DRIBBLING AND TURNING AWAY FROM PRESSURE <p>15 MINUTES</p>
<ul style="list-style-type: none"> • IF MORE THAN 6 PLAYERS, MAKE 2 LINES • PLAYERS DRIBBLE AROUND CONES • PLAYERS DRIBBLE, THEN BECOME GK, FROM GK TO OTHER LINE 	<p>ACTIVITY 3 - DRIBBLING, SHOOTING, GK</p> <p>CREATED BY KEVIN WAGNER www.sports-graphics.com</p>	<ul style="list-style-type: none"> • QUICK STEP, TOUCH, KEEP BALL CLOSE • OFF HEELS • HANDS TO BALL AS GK • PHYSICAL LITERACY MOVEMENTS <p>15 MINUTES</p>
<p>DRIBBLING GATES with DEFENDERS (Activity #3)</p> <p>SET UP</p> <ul style="list-style-type: none"> • Create a field 15x25 yards • Place multiple gates (2 cones, 2 yards apart) <p>METHOD</p> <ul style="list-style-type: none"> • Round 1, each player has a ball and dribbles through the gates to score points. • Rounds 2-3, add "defenders"; 2-3 players without a soccer ball enter the game and try to prevent dribblers from scoring. • If a defender steals the ball, they become the dribbler and try to score points. 	<p>ACTIVITY 4 - GATE GAME</p>	<ul style="list-style-type: none"> • Many progressions, reps and rounds so this will take some time • Round one focuses on speed of tech • Rounds 2-3 is adding pressure. Each attacker still has a ball • Round 4 is now group play. Added decisions on when to pass or dribble <p>15 MINUTES</p>

SELECT 2 OF 3 ACTIVITIES AND THEN PLAY A GAME VS OPPOSITION FOR 25 MINUTES

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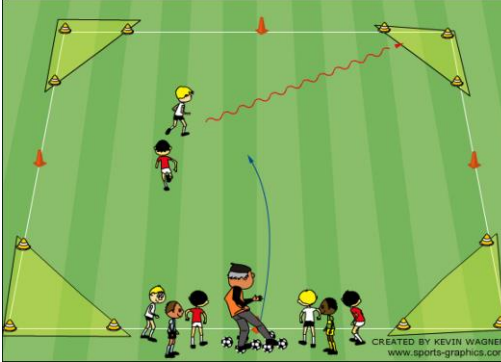
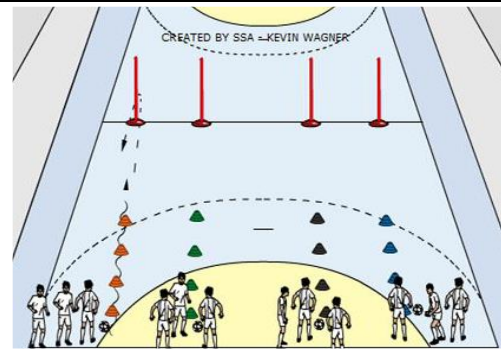
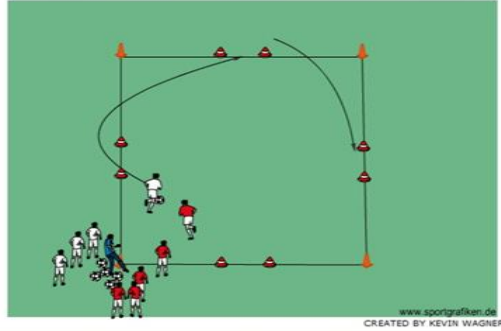
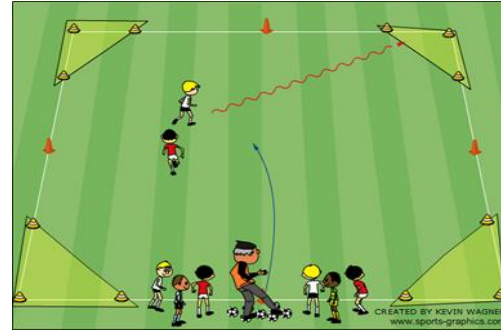


MERIDIAN SOCCER

KEY FACTORS

UNDER 9 WEEK 4

BALL CONTROL-PHYSICAL LIT
 BALL CONTROL - AWARENESS
 INDIVIDUAL AND GROUP PLAY

ORGANIZATION	ACTIVITY 1- 1V1-3V3 IN 4 CORNERS	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> •PLACE THE PLAYERS INTO BIBS/2 TEAMS •THE PLAY IS 1 VS 1 - 3V3 HOWEVER MORE THAN •THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. •THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD 		<ul style="list-style-type: none"> •DRIBBLE WITH EYES UP •TURN WITH THE BALL AWAY FROM PRESSURE •AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER •USE INDIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p style="text-align: center;">15 MINUTES</p>
<ul style="list-style-type: none"> • DEVIDE PLAYERS INTO LINES OF 4-6 PLAYERS • USE CONES FOR THE WORK • START WITH OUT BALL THROUGH CONE WORK THEN SPRINT AROUND LAST CONE AND BACK, TAG • A PENALTY TO THE LOSING TEAMS (EX; JUMPING JACKS, HOPS ETC) •THEN INTRODUCE THE BALL THROUGH THE CONES (DRIBBLING, INSIDE, OUTSIDE FOOT TURNS ETC) 		<ul style="list-style-type: none"> • FAST FEET, COORDINATED BODY, UPPER BODY WORKING WITH LOWER BODY • GOOD TECHNIQUE ENCOURAGED, AND EFFORT <p style="text-align: center;">10 MINUTES</p>
<ul style="list-style-type: none"> • GRID IS 12X12 • LINE PLAYERS UP AS SHOWN • COACH SERVES BALLS AS FROM SHOWN • WHOEVER WINS BALL FIRST IS ATTACKER • SCORE BY DRIBBLING THROUGH ANY OF THE 4 GOALS AND THEN TURNING AND IMMEDIATELY COMING BACK INTO FIELD TO ATTEMPT TO SCORE ON ANOTHER GOAL • THE DEFENDER CANNOT GO OUTSIDE GRID • IF THE DEFENDER WINS THE BALL THEY BECOME THE ATTACKER AND 1V1 CONTINUES • EACH 1V1 BATTLE CONTINUES UNTILL EITHER PLAYER KICKS BALL OUTSIDE OF GRID 		<ul style="list-style-type: none"> • CAN ADD MORE THAN 1 BATTLE AT A TIME • DEMAND PLAYERS TO USE TECHNIQUE • DECISIONS WITH ATTACKERS ON WHEN TO TAKE A LONG TOUCH TO BEAT DEFENDERS • NO TACKLING FROM BEHIND OR SLIDE TACKLING <p style="text-align: center;">15 MINUTES</p>
<ul style="list-style-type: none"> •PLACE THE PLAYERS INTO BIBS/2 TEAMS •THE PLAY IS 3V3 HOWEVER MORE THAN •THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH. •THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD TEACH SHAPE-SUPPORT-DISTANCE FROM EACH OTHER 		<ul style="list-style-type: none"> •DRIBBLE WITH EYES UP •TURN WITH THE BALL AWAY FROM PRESSURE •AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER •USE INDIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN <p style="text-align: center;">ARE THEY IMPROVED FROM BEGINNING OF PRACTICE?</p> <p style="text-align: center;">15 MINUTES</p>

SELECT 2 OF 3 ACTIVITIES AND THEN PLAY A GAME VS OPPOSITION FOR 25 MINUTES



MERIDIAN SOCCER

UNDER 9 WEEK 5

KEY FACTORS

INDIVIDUAL 1V1 PLAY

GROUP PLAY

TECHNIQUE

ORGANIZATION	STATION 1 - 1v1 LINE SOCCER	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> • COACH SERVES BALL IN FROM SHOWN AREA • PLAYERS START ON RED CONE AND RUN AROUND OTHER RED CONE WHEN COACH SAYS GO • FIRST PLAYER IN SHOULD RECIEVE BALL • PLAYER WITH BALL MUST GET TO THE HALF WAY LINE THEN CAN DECIDE TO DRIBBLE ACROSS EITHER LINE FOR A GOAL 	<p>www.sportgrafiken.de CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> • ENCOURAGE SPED TO THE BALL • ENCOURAGE DRIBBLING AND TURNING AWAY FROM PRESSURE <p>15 MINUTES</p>
<ul style="list-style-type: none"> • PLAYERS PARTNER UP WITH A BALL • 3 METERS APART - START WITH SOME COORDINATION WORK - EX: PLAYING CATCH, TRAPPING WITH BOTTOM OF FOOT, PASSING BACK AND FORTH (2 TOUCHES) AND ACTING AS GK'S <p>PROGRESS: CAN PROGRESS WITH KEEP AWAY PLAYER VS PARTNER DRIBBLING AWAY WHILE THE OTHER TRIES TO GET THE BALL</p>	<p>www.sports-graphics.com CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> • STAY CLOSE TOGETHER • CHANGE ACTIVITIES AS A GROUP. NOT EVERYONE DOING THEIR OWN THING • CHANGE ACTIVITIES EVERY 2 MINUTES • HAVE FUN <p>15 MINUTES</p>
	<p>STATION 3 - YOUR CHOICE</p> <p>GAME OF YOUR CHOICE SOMETHING THAT WORKS WELL AND THE PLAYERS ENJOY</p>	

SELECT 2 OF 3 ACTIVITIES AND THEN PLAY A GAME VS OPPOSITION FOR 25 MINUTES

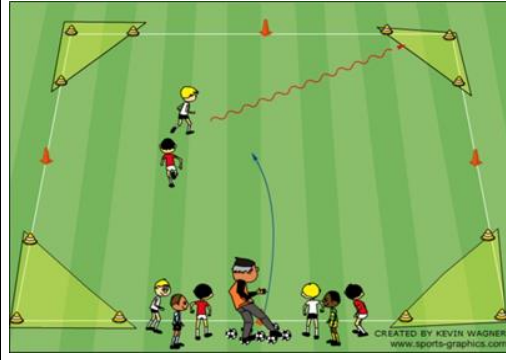
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MERIDIAN SOCCER KEY FACTORS

UNDER 9 WEEK 6

INDIVIDUAL 1V1 PLAY - POSSESSIONAL GROUP PLAY

ORGANIZATION	ACTIVITY 1- SHIELD	COACHING POINTS/KEY FACTORS
<p>"NO WAY!" SHIELD (Activity #2) SET UP</p> <ul style="list-style-type: none"> • Create a field 15x20 yards <p>METHOD</p> <ul style="list-style-type: none"> • Each player has a partner (of equal ability) and one ball to share. • Coach says "GO!" player without the ball tries to steal it from their dribbling partner. • Once a player steals the ball they must try and keep possession until the end of the round (1min-1.5minutes) • The partner who ends up with the ball gets a point. • If ball goes out of bounds, the player who kicked the ball out must give possession to their partner. 		<ul style="list-style-type: none"> • This is hard work so keep your time correct and a bit of rest between reps • Encourage players to protect ball using their body to shield it • Also to dribble and turn away from defenders • Encourage defenders to get close enough to touch defenders with arms then they are close enough to go get the ball <p>10 MINUTES</p>
<p>DRIBBLING GATES with DEFENDERS (Activity #3) SET UP</p> <ul style="list-style-type: none"> • Create a field: <input type="text"/> • Place multiple gates (2 cones, 2 yards apart) <p>METHOD</p> <ul style="list-style-type: none"> • Round 1, each player has a ball and dribbles through the gates to score points. • Rounds 2-3, add "defenders"; 2-3 players without a soccer ball enter the game and try to prevent dribblers from scoring. • If a defender steals the ball, they become the dribbler and try to score points. <p>Progress to numbers up game Ex: 6vs2 with 1 ball and 2 teams - round 4</p>	<p>ACTIVITY 2- GAME WITH GATES</p> 	<ul style="list-style-type: none"> • Many progressions, reps and rounds so this will take some time • Round one focuses on speed of tech • Rounds 2-3 is adding pressure. Each attacker still has a ball • Round 4 is now group play. Added decisions on when to pass or dribble <p>20 MINUTES</p>
<p>Game of 3 v 1 - 4 v 2 - 2 v 1 etc</p> <p>Allow different variations of decisions on when to pass, dribble</p> <ul style="list-style-type: none"> • Game can be directional where a team defends its goals and scores on the other teams 2 goals - Or each team can score on all 4 goals - You decide! 	<p>ACTIVITY 3 - 4 corners - LARGER PITCH GAME</p> 	<ul style="list-style-type: none"> • Support - Attacking players without the ball triangles, diamond etc • Attacking techniques of passing - receiving and dribbling • Width - players individually change of direction - goals on side encourages this and wide support <p>15 MINUTES</p>
<p>IF UNSURE HOW TO PLAY, ASK MYSELF, OR DANNY OR BRAYDON</p>	<p>ACTIVITY 4 - CLAP OR HEAD IT CATCH IT</p> <p>IF TIME IS LEFT</p>	<p>MAKE SURE THE DISTANCE OF THE CIRCLE IS NOT TOO BIG</p> <p>5 MINUTES</p>

SELECT 2 OF 3 ACTIVITIES AND THEN PLAY A GAME VS OPPOSITION FOR 25 MINUTES



MERIDIAN SOCCER KEY FACTORS:

UNDER 9 WEEK 7

TOPIC: PHYSICAL LITERACY, DRIBBLING

ORGANIZATION	ACTIVITY 1	COACHING POINTS/KEY FACTORS
	FINAL SESSION SELECT YOUR FAVORITE PRACTICE	
	FINAL SESSION SELECT YOUR FAVORITE PRACTICE	
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	FINAL SESSION SELECT YOUR FAVORITE PRACTICE	

SELECT 2 OF 3 ACTIVITIES AND THEN PLAY A GAME VS OPPOSITION FOR 25 MINUTES