




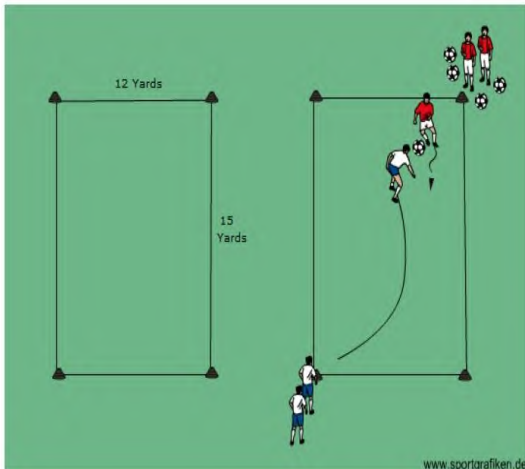
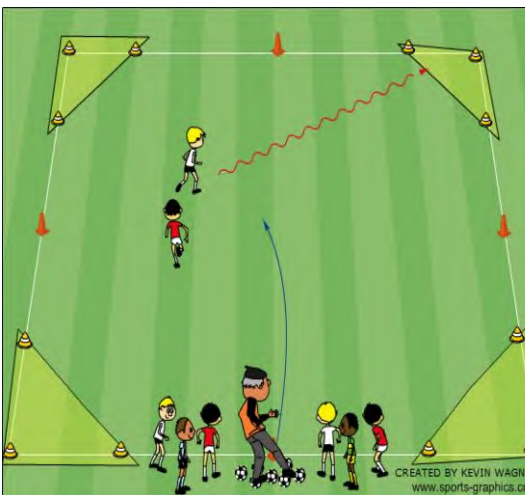
# MERIDIAN SOCCER

under 11-13 warm up ideas

KEY FACTORS:

INDIVIDUAL ATTACKING

INDIVIDUAL CONTROL, SHIELDING

ORGANIZATION	ACTIVITY 1- 1V1 SHADOW DRIBBLING	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>PLAYERS PUT INTO GROUPS OF 2 WITH 1 PLAYER HAVING THE BALL</li> <li>THAT PLAYER TRIES TO DRIBBLE AWAY FROM THEIR PARTNER</li> <li>AFTER 5-10 SECONDS THE COACH YELLS SWITCH</li> <li>THE PLAYER WITH THE BALL TURNS AND PASSES TO PARTNER THEN TRIES TO CATCH UP TO PARTNER</li> <li>WHEN PLAYERS GET TIRED THEY CAN REST WHILE THEY JUGGLE OR PASS</li> </ul>	 <p>www.sportgrafiken.de CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> <li>MOVING FAST WITH AND WITHOUT A BALL</li> <li>INTRODUCING SUPPORT, MOVEMENT AND SHORT DISTANCE PASSING</li> <li>TECHNIQUE OF PASSING</li> <li>SUPPORT - DROP AWAY FROM PASSER SO THAT YOUR NOT TOO CLOSE</li> <li>BE IN A POSITION SO YOU CAN RECIEVE THE BALL</li> </ul> <p>KRYFF TURN, ROLL BACK, PULL BACK, TURN WITH INSIDE, OUTSIDE OF THE FOOT</p> <p>10 MINUTES</p>
<ul style="list-style-type: none"> <li>ATTACKERS DRIBBLE BALL AND TRY TO ATTACK AND DRIBBLE THE BALL ACROSS THE DEFENDERS LINE.</li> <li>WHEN DEFENDER WINS THE BALL THEY COUNTERATTACK AND TRY TO DRIBBLE BALL ACROSS OPPOSITE GOALINE</li> </ul> <p>JUST SET UP 1 GROUP</p>	<p><b>ACTIVITY 2- 1V1 LINE SOCCER</b></p>  <p>www.sportgrafiken.de</p>	<ul style="list-style-type: none"> <li>ATTACKER DRIBBLES QUICKLY CHANGING DIRECTION - KEEPING BALL CLOSE</li> <li>CHANGE DIRECTION LOOKING G TO GET BEHIND DEFENDERS</li> </ul> <p>10 MINUTES</p>
<ul style="list-style-type: none"> <li>PLACE THE PLAYERS INTO BIBS/2 TEAMS</li> <li>THE PLAY IS 1 VS 1 - HOWEVER MORE THAN ONE GROUP CAN PLAY AT A TIME</li> <li>THE COACH PLAYS A BALL OUT TO THE PLAYERS THAT ARE ON EACH SIDE</li> <li>A PLAYER DRIBBLES THE BALL AND STOPS IT IN ANY OF THE 4 CORNERS/GOALS. YOU GET A GOAL BY KICKING IT THROUGH.</li> <li>THE PLAY CONTINUES TELL THE BALL GOES OUT THE FIELD</li> </ul>	<p><b>ACTIVITY 3 - 4 CORNERS</b></p>  <p>www.sporta-graphics.com CREATED BY KEVIN WAGNER</p>	<ul style="list-style-type: none"> <li>DRIBBLE WITH EYES UP</li> <li>TURN WITH THE BALL AWAY FROM PRESSURE</li> <li>AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER</li> <li>USE INDIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN</li> </ul> <p>10 MINUTES</p>

pick an activity to use as a warm up



# MERIDIAN SOCCER



under 11-13 warm up ideas

KEY FACTORS

INDIVIDUAL BALL CONTROL

ATTACKING INDIVIDUAL

GROUP SHAPE - POP

ORGANIZATION	ACTIVITY 1 - SQUARE DANCE	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>•1 BALL / PLAYER - PLAYERS DRIBBLE BALL</li> <li>•COACHES INSTRUCTION - DRIBBLE, RUN, SIT, ELBOW, NOSE ON BALL, JUMP OVER</li> </ul> <p>TIP-A GOOD WAY TO SET THE ENIRONMENT WITH POSITIVE ENERGY</p>		<ul style="list-style-type: none"> <li>•PURPOSE-TO ENCOURAGE DRIBBLING WHILE INTRODUCING BODY MOVEMENTS SUCH AS JUMPING, TWISTING, TURNING,</li> <li>•SKILLS-WE WOULD LIKE THE PLAYERS TO BE ABLE TO TURN WITH THE BALL USING THE BOTTOM, INSIDE, OUTSIDE OF THE FOOT.</li> <li>•SKILLS TO INTRODUCE- KRYFF TURN, ROLL BACK, PULL BACK, TURN WITH INSIDE, OUTSIDE OF THE FOOT</li> </ul> <p>10 MINUTES</p>
<ul style="list-style-type: none"> <li>•COACH SERVES BALL IN FROM SHOWN AREA</li> <li>• PLAYERS START ON RED CONE AND RUN AROUND OTHER RED CONE WHEN COACH SAYS GO</li> <li>• FIRST PLAYER IN SHOULD RECIEVE BALL</li> <li>• PLAYER WITH BALL MUST GET TO THE HALF WAY LINE THEN CAN DECIDE TO DRIBBLE AROSS EITHER LINE FOR A GOAL</li> </ul>		<ul style="list-style-type: none"> <li>•ENCOURAGE SPPED TO THE BALL</li> <li>•ENCOURAGE DRIBBLING AND TURNING AWAY FROM PRESSURE</li> </ul> <p>10 MINUTES</p>

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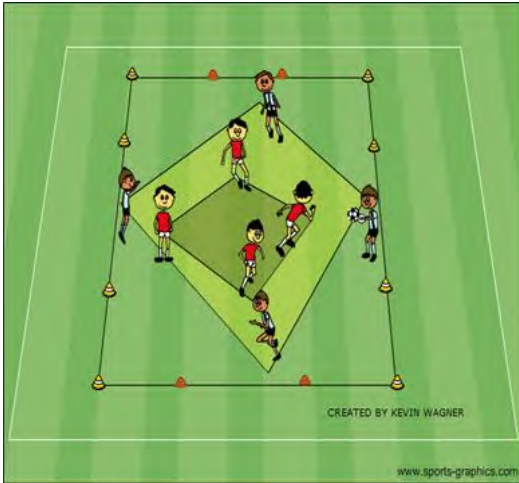


# MERIDIAN SOCCER

under 11-13 warm up ideas

KEY FACTORS

GROUP SHAPE- WIDTH-DEPTH-SUPPORT  
INDIVIDUAL ATTACKING

ORGANIZATION	ACTIVITY 1- HANDS GAME	COACHING POINTS/KEY FACTORS
<p><b>4V4 OR 5V5 (DEPENDENT ON YOUR NUMBERS)</b></p> <ul style="list-style-type: none"><li>• MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD</li><li>• PLAYERS ARE ON 2 TEAMS</li><li>• PLAYERS CAN ONLY USE THEIR HANDS</li><li>• PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMMATE HAS THE BALL</li><li>• THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT</li><li>• GOAL SCORED BY THROWING IT TOWARD OPPOSITION GOAL</li></ul>		<ul style="list-style-type: none"><li>• TEACH TEAM SHAPE (TRIANGLES/DIAMONDS)</li><li>• TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION.</li></ul> <p>PROGRESSION: BEGIN BY PLAYERS INTERCEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS.</p> <ul style="list-style-type: none"><li>• THIS WILL MAKE SPEED OF PLAY QUICKER WITH INSIDE, OUTSIDE OF THE FOOT</li></ul> <p>15 MINUTES</p>

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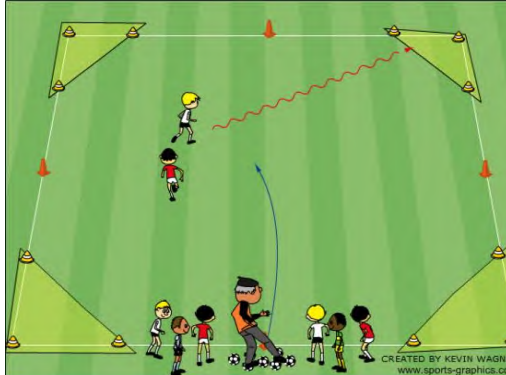
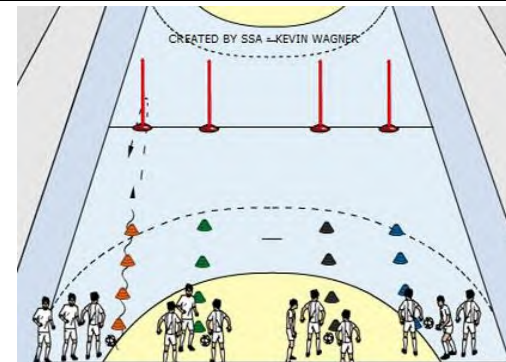
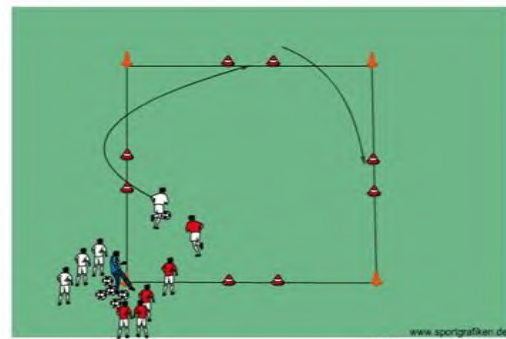

under 11-13 warm up ideas

KEY FACTORS

SUPPORT - POP

BALL CONTROL ON DEMAND

INDIVIDUAL AND SMALL GROUP ATTACKING

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

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pick an activity to use as a warm up







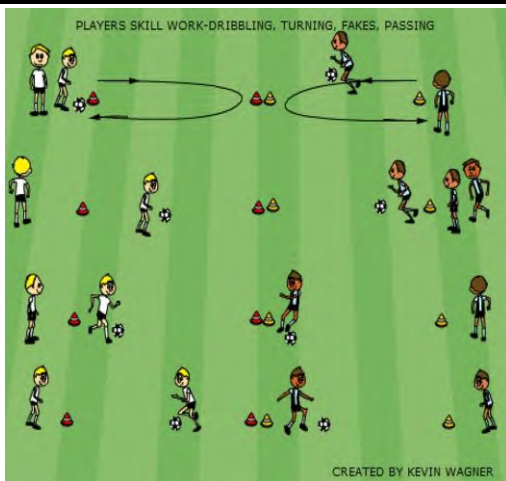

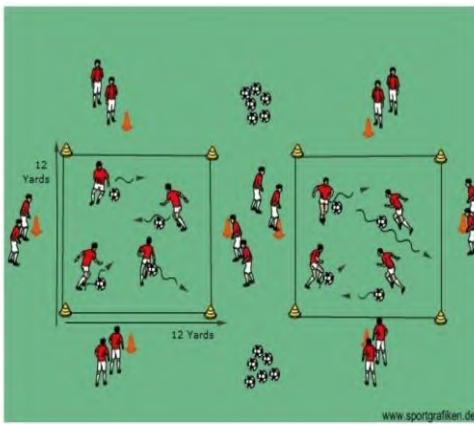
# MERIDIAN SOCCER

under 11-13 warm up ideas

KEY FACTORS

TECHNICAL SESSION

INDIVIDUAL POSSESSION - TURNING  
ON DEMAND

ORGANIZATION	ACTIVITY 1- DRIBBLING-TURNING	COACHING POINTS/KEY FACTORS
<ul style="list-style-type: none"> <li>• CONES ARE AS SHOWN, 12 PACES LONG IN TOTAL DIVIDED BY 2 CENTER CONES SO 6 PACES FOR EACH</li> <li>• PLAYERS IN GROUPS OF 2 OR 3</li> <li>• PLAYERS DRIBBLE TO INSIDE CONES, TURN (MOVE DECIDED BY COACH) AND DRIBBLE BACK TO THEIR PARTNER</li> <li>• PARTNER TAKES IT FROM THE PLAYER(TAKE OVER) BUT CAN ALSO BE A PASS</li> <li>• RECOMMEND TO APPLY EACH SKILL FOR 60 SECS BEFORE YOU MOVE ON</li> </ul>		<ul style="list-style-type: none"> <li>• RECOMMENDED TECHNIQUES TO WORK ON: INSIDE, OUT SIDE TURN, ROLL BACK, KRYFF TURN STEP OVER, HEEL TURN, TAKE OVER, INSIDE FOOT PASS</li> </ul> <p>15 MINUTES</p>
<ul style="list-style-type: none"> <li>• ALL RED PLAYERS HAVE A BALL AND DRIBBLE IN GRID.</li> <li>• COACH STARTS WATCH TO TIME IT</li> <li>• ONE PLAYER FROM THE OUTSIDE(DEFENDER) ENTERS FIELD TO FICK ATTACKERS BALL OUT</li> <li>• THE ATTACKER CAN GET BALL AND RE ENTER</li> <li>• THE DEFENDER RETREATS AND TAGS TEAM MATES IN TO GO AND DEFEND</li> <li>• EACH COACH DECIDES IF DEFENDERS GO THROUGH ONCE OR TWICE EACH</li> <li>• COACH TIMES HOW LONG THE ATTACKERS WERE IN FOR AND CHANGE ROLES.</li> <li>• THE TEAM WITH THE LOWER TIME ATTACKING WINS</li> </ul>	<p><b>ACTIVITY 2 - TIME TRIAL COMPETITION</b></p> 	<ul style="list-style-type: none"> <li>• MAKE AS COMPETITIVE AS POSSIBLE</li> <li>• PENALTY FOR LOOSING TEAM</li> <li>• PLAYERS USE TURNS, SHIELDING TO KEEP BALL</li> <li>• NO TACKLING FROM BEHIND ALLOWED</li> <li>• YOU SHOULD GET 3-4 REPS IN</li> </ul> <p>15 MINUTES</p>
<ul style="list-style-type: none"> <li>• CAN USE 1 OR 2 SQUARES - 12-15 PLAYERS PER SQUARE</li> <li>• PLAYERS ARE IN GROUPS OF 3 ON EACH SIDE OF THE SQUARE</li> <li>• THE FIRST PLAYER DRIBBLES INTO THE SQUARE (4 PLAYERS A TIME) FOR 15 SEC'S</li> <li>• THE COACH YELLS SWITCH</li> <li>• THE PLAYER PASSES THE BALL TO THE LINE THEY STARTED AT AND RUN BEHIND SAME LINE - THIS CONTINUES EVERY 15 SEC'S</li> <li>• PLAYERS SHOULD GO THROUGH AT LEAST 3 TIMES EACH BEFORE MOVING ON TO A DIFFERENT MOVE</li> </ul>	<p><b>DRILL 3- TECHNICAL SQUARE</b></p> 	<p>TECHNIQUES TO TEACH: ROLL BACK(BOTTOM FOOT TURN) INSIDE FOOT TURNS OUTSIDE FOOT TURNS FRYFF TURNS STEP OVER FAKE A SHOT</p> <p>DANNY CAN EXPLAIN IF YOU DON'T UNDERSTAND THE MOVES ETC.</p> <p>15 MINUTES</p>

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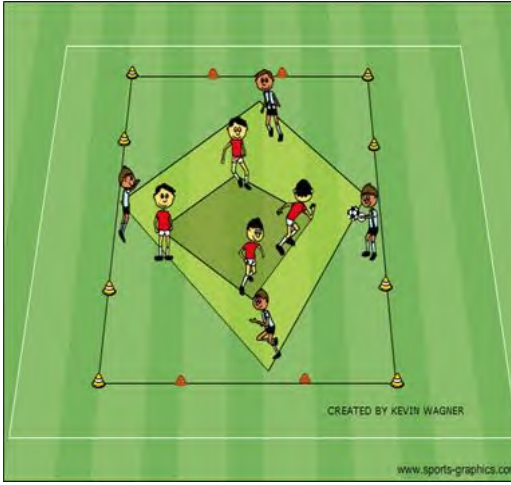
under 11-13 warm up ideas

KEY FACTORS

GROUP SHAPE - POP

TECHNIQUE

INDIVIDUAL ATTACKING 1V1 PLAY

ORGANIZATION	ACTIVITY 1- HANDS GAME	COACHING POINTS/KEY FACTORS
<p><b>4V4 OR 5V5 (DEPENDENT ON YOUR NUMBERS)</b></p> <ul style="list-style-type: none"> <li>• MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD</li> <li>• PLAYERS ARE ON 2 TEAMS</li> <li>• PLAYERS CAN ONLY USE THEIR HANDS</li> <li>• PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMMATE HAS THE BALL</li> <li>• THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT</li> <li>• GOAL SCORED BY THROWING IT TOWARD OPPOSITION GOAL</li> </ul>		<ul style="list-style-type: none"> <li>• TEACH TEAM SHAPE (TRIANGLES/DIAMONDS)</li> <li>• TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION.</li> </ul> <p>PROGRESSION: BEGIN BY PLAYERS INTERCEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS.</p> <ul style="list-style-type: none"> <li>• THIS WILL MAKE SPEED OF PLAY QUICKER WITH INSIDE, OUTSIDE OF THE FOOT</li> </ul> <p>10 MINUTES</p>

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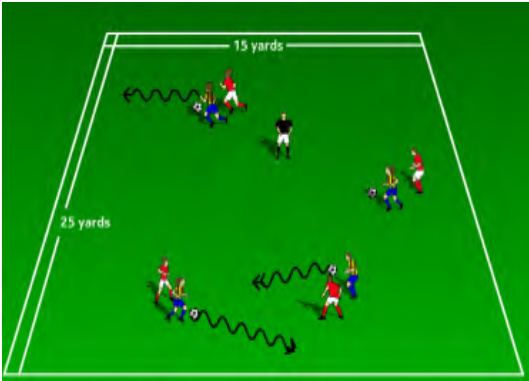
under 11-13 warm up ideas

KEY FACTORS

PROTECTING BALL-INDIVIDUAL

SMALL GROUP ATTACKING - POP

SMALL GROUP DEFENDING - POP

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

pick an activity to use as a warm up