



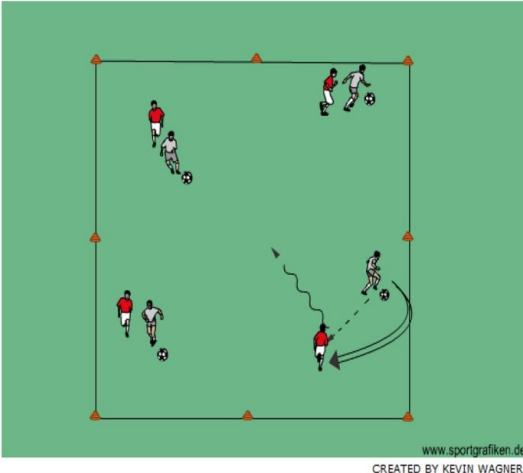
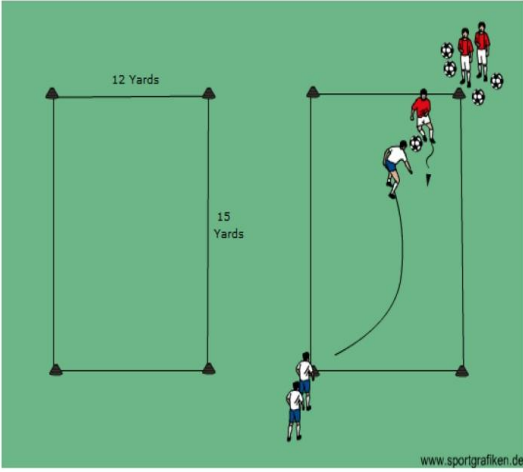
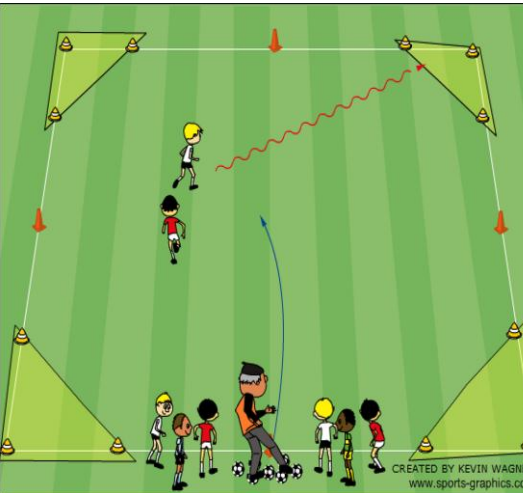
MERIDIAN SOCCER

U11-U14 WEEK ONE

KEY FACTORS:

INDIVIDUAL ATTACKING

INDIVIDUAL CONTROL, SHIELDING

ORGANIZATION	ACTIVITY 1- 1V1 SHADOW DRIBBLING	COACHING POINTS/KEY FACTORS
- PLAYERS PUT INTO GROUPS OF 2 WITH 1 PLAYER HAVING THE BALL - THAT PLAYER TRIES TO DRIBBLE AWAY FROM THEIR PARTNER - AFTER 5-10 SECONDS THE COACH YELLS SWITCH - THE PLAYER WITH THE BALL TURNS AND PASSES TO PARTNER THEN TRIES TO CATCH UP TO PARTNER - WHEN PLAYERS GET TIRED THEY CAN REST WHILE THEY JUGGLE OR PASS	 www.sportgrafiken.de CREATED BY KEVIN WAGNER	- MOVING FAST WITH AND WITHOUT A BALL - INTRODUCING SUPPORT, MOVEMENT AND SHORT DISTANCE PASSING - TECHNIQUE OF PASSING - SUPPORT - DROP AWAY FROM PASSER SO THAT YOU'RE NOT TOO CLOSE - BE IN A POSITION SO YOU CAN RECEIVE THE BALL KRYFF TURN, ROLL BACK, PULL BACK, TURN WITH INSIDE, OUTSIDE OF THE FOOT 15 MINUTES
- ATTACKERS DRIBBLE BALL AND TRY TO ATTACK AND DRIBBLE THE BALL ACROSS THE DEFENDERS LINE. - WHEN DEFENDER WINS THE BALL THEY COUNTERATTACK AND TRY TO DRIBBLE BALL ACROSS OPPOSITE GOALLINE JUST SET UP 1 GROUP	ACTIVITY 2- 1V1 LINE SOCCER  www.sportgrafiken.de	- ATTACKER DRIBBLES QUICKLY CHANGING DIRECTION - KEEPING BALL CLOSE - CHANGE DIRECTION LOOKING TO GET BEHIND DEFENDERS 15 MINUTES
- PLACE THE PLAYERS INTO BIDS/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	ACTIVITY 3 - 4 CORNERS  www.sporta-graphics.com CREATED BY KEVIN WAGNER	- DRIBBLE WITH EYES UP - TURN WITH THE BALL AWAY FROM PRESSURE - AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER - USE INSIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN 15 MINUTES

PLAY SCRIMAGE AT VERY END



MERIDIAN SOCCER

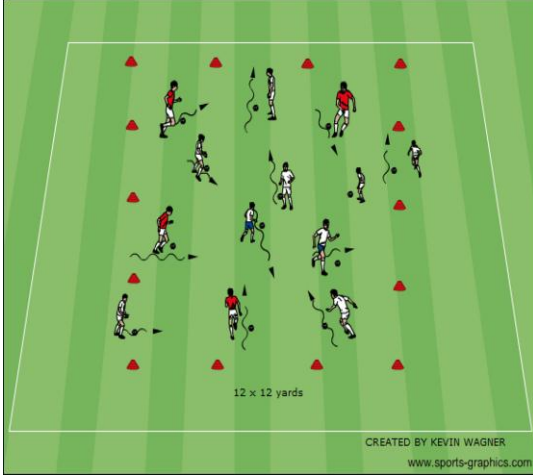
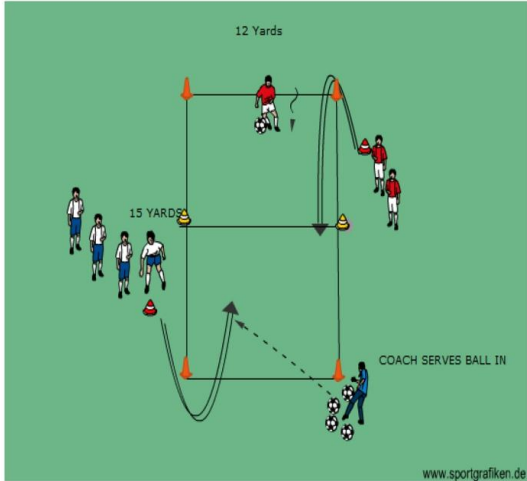
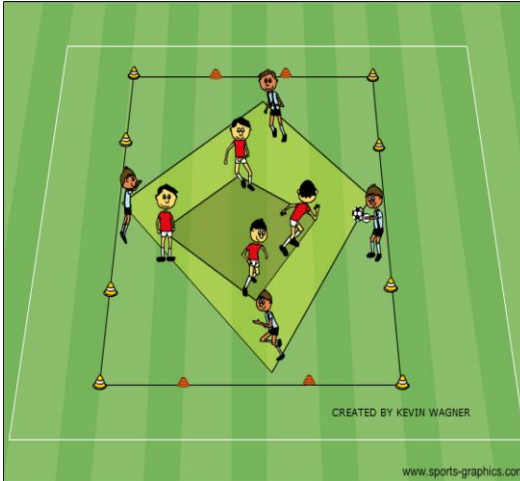
U11-U14 WEEK TWO

KEY FACTORS

INDIVIDUAL BALL CONTROL

ATTACKING INDIVIDUAL

GROUP SHAPE - POP

ORGANIZATION	ACTIVITY 1 - SQUARE DANCE	COACHING POINTS/KEY FACTORS
• 1 BALL / PLAYER - PLAYERS DRIBBLE BALL • COACHES INSTRUCTION - DRIBBLE, RUN, SIT, ELBOW, NOSE ON BALL, JUMP OVER TIP-A GOOD WAY TO SET THE ENIRONMENT WITH POSITIVE ENERGY		• 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 15 MINUTES
• 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		• ENCOURAGE SPPED TO THE BALL • ENCOURAGE DRIBBLING AND TURNING AWAY FROM PRESSURE 15 MINUTES
3V3 OR 4V4 (DEPENDENT ON YOUR NUMBERS) • MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD • PLAYERS ARE ON 2 TEAMS • PLAYERS CAN ONLY USE THEIR HANDS • PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMATE HAS THE BALL • THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT • GOAL SCORED BY THROWING IT THROW OPPOSITION GOAL		• TEACH TEAM SHAPE(TRIANGLES/DIAMONDS) • TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION. PROGRESSION: BEGIN BY PLAYERS INTER-CEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS. • THIS WILL MAKE SPEED OF PLAY QUICKER 15 MINUTES

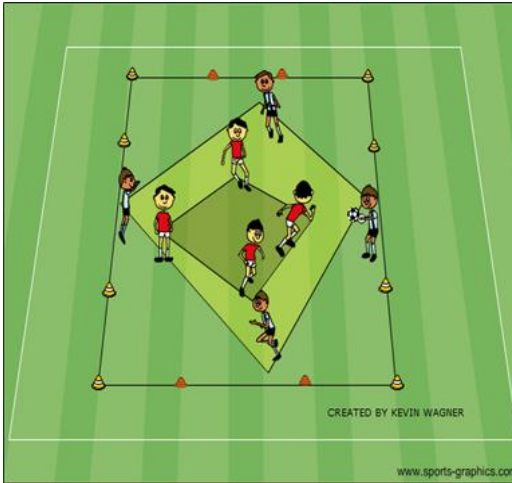
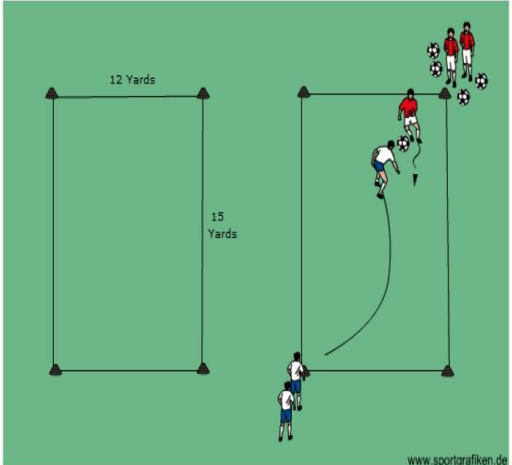
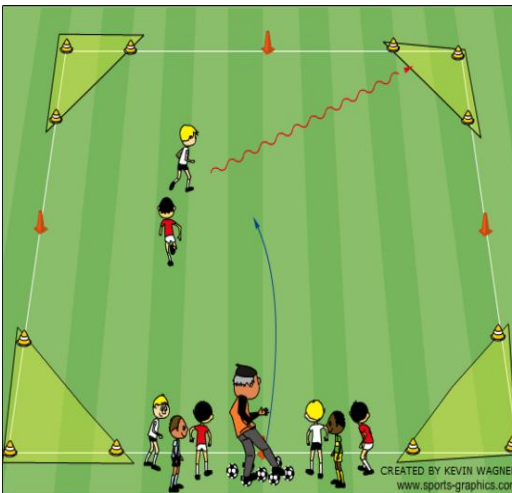


MERIDIAN SOCCER

U11-U14 WEEK 3

KEY FACTORS

GROUP SHAPE- WIDTH-DEPTH-SUPPORT
INDIVIDUAL ATTACKING

ORGANIZATION	ACTIVITY 1- HANDS GAME	COACHING POINTS/KEY FACTORS
4V4 OR 5V5 (DEPENDENT ON YOUR NUMBERS) - MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD - PLAYERS ARE ON 2 TEAMS - PLAYERS CAN ONLY USE THEIR HANDS - PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMMATE HAS THE BALL - THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT - GOAL SCORED BY THROWING IT TOWARD OPPOSITION GOAL	 CREATED BY KEVIN WAGNER www.sports-graphics.com	- TEACH TEAM SHAPE (TRIANGLES/DIAMONDS) - TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION. PROGRESSION: BEGIN BY PLAYERS INTERCEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS. - THIS WILL MAKE SPEED OF PLAY QUICKER WITH INSIDE, OUTSIDE OF THE FOOT 15 MINUTES
- ATTACKERS DRIBBLE BALL AND TRY TO ATTACK AND DRIBBLE THE BALL ACROSS THE DEFENDERS LINE. - WHEN DEFENDER WINS THE BALL THEY COUNTERATTACK AND TRY TO DRIBBLE BALL ACROSS OPPOSITE GOALLINE JUST SET UP 1 GROUP	ACTIVITY 2- 1V1 LINE SOCCER  www.sportgrafiken.de	- ATTACKER DRIBBLES QUICKLY CHANGING DIRECTION - KEEPING BALL CLOSE - CHANGE DIRECTION LOOKING TO GET BEHIND DEFENDERS 15 MINUTES
- 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	ACTIVITY 3 - 4 CORNERS  CREATED BY KEVIN WAGNER www.sports-graphics.com	- DRIBBLE WITH EYES UP - TURN WITH THE BALL AWAY FROM PRESSURE - AFTER TURN, TAKE A LONGER TOUCH TO GET AWAY FROM THE DEFENDER - USE INSIDE, OUTSIDE, BOTTOM OF THE FOOT TO TURN 15 MINUTES

PLAY SCRIMAGE AT VERY END



MERIDIAN SOCCER

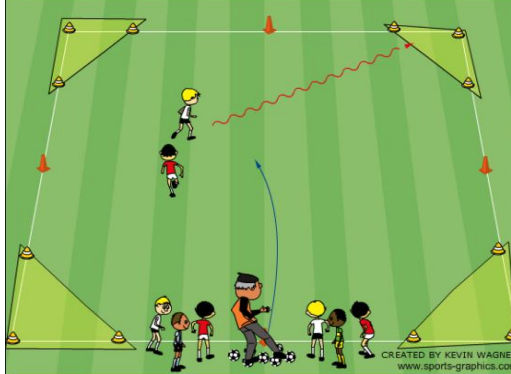
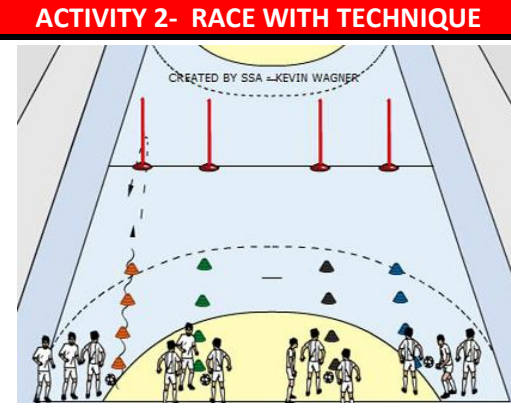
U11-U14 WEEK FOUR

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
•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		•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 10 -15 MINUTES
• 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)		• FAST FEET, COORDINATED BODY, UPPER BODY WORKING WITH LOWER BODY • GOOD TECHNIQUE ENCOURAGED, AND EFFORT 10 -15 MINUTES
• 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		• 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 10 -15 MINUTES
•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		•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 ARE THEY IMPROVED FROM BEGINNING OF PRACTICE? 10 -15 MINUTES



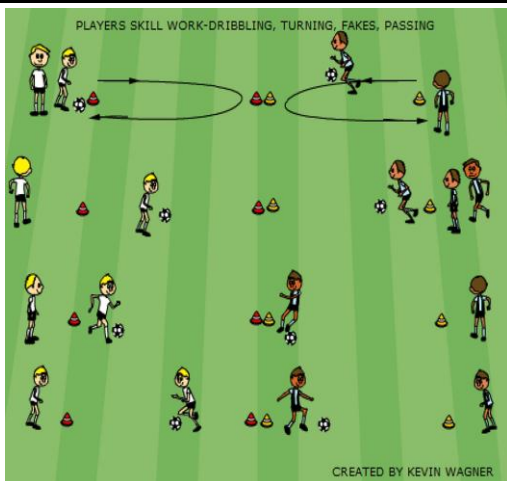
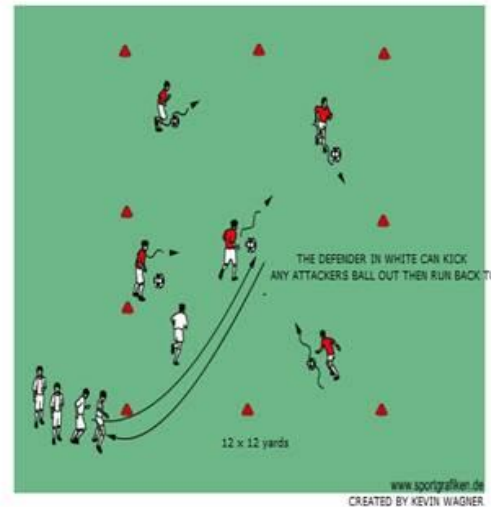
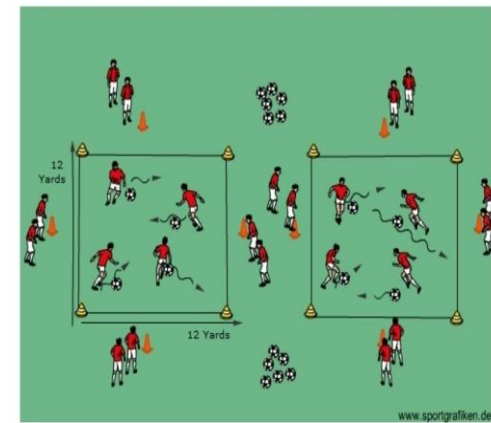
MERIDIAN SOCCER

U11-U14 WEEK 5

KEY FACTORS

TECHNICAL SESSION

INDIVIDUAL POSSESSION - TURNING
ON DEMAND

ORGANIZATION	ACTIVITY 1- DRIBBLING-TURNING	COACHING POINTS/KEY FACTORS
• CONES ARE AS SHOWN, 12 PACES LONG IN TOTAL DIVIDED BY 2 CENTER CONES SO 6 PACES FOR EACH • PLAYERS IN GROUPS OF 2 OR 3 • PLAYERS DRIBBLE TO INSIDE CONES, TURN (MOVE DECIDED BY COACH) AND DRIBBLE BACK TO THEIR PARTNER • PARTNER TAKES IT FROM THE PLAYER(TAKE OVER) BUT CAN ALSO BE A PASS • RECOMMEND TO APPLY EACH SKILL FOR 60 SECS BEFORE YOU MOVE ON		• RECOMMENDED TECHNIQUES TO WORK ON: INSIDE, OUT SIDE TURN, ROLL BACK, KRYFF TURN STEP OVER, HEEL TURN, TAKE OVER, INSIDE FOOT PASS 15 MINUTES
• ALL RED PLAYERS HAVE A BALL AND DRIBBLE IN GRID. • COACH STARTS WATCH TO TIME IT • ONE PLAYER FROM THE OUTSIDE(DEFENDER) ENTERS FIELD TO FICK ATTACKERS BALL OUT • THE ATTACKER CAN GET BALL AND RE ENTER • THE DEFENDER RETREATS AND TAGS TEAM MATES IN TO GO AND DEFEND • EACH COACH DECIDES IF DEFENDERS GO THROUGH ONCE OR TWICE EACH • COACH TIMES HOW LONG THE ATTACKERS WERE IN FOR AND CHANGE ROLES. •THE TEAM WITH THE LOWER TIME ATTACKING WINS	ACTIVITY 2 - TIME TRIAL COMPETITION 	• MAKE AS COMPETITIVE AS POSSIBLE • PENALTY FOR LOOSING TEAM • PLAYERS USE TURNS, SHIELDING TO KEEP BALL • NO TACKLING FROM BEHIND ALLOWED • YOU SHOULD GET 3-4 REPS IN 15 MINUTES
• CAN USE 1 OR 2 SQUARES - 12-15 PLAYERS PER SQUARE • PLAYERS ARE IN GROUPS OF 3 ON EACH SIDE OF THE SQUARE • THE FIRST PLAYER DRIBBLES INTO THE SQUARE (4 PLAYERS A TIME) FOR 15 SEC'S • THE COACH YELLS SWITCH • THE PLAYER PASSES THE BALL TO THE LINE THEY STARTED AT AND RUN BEHING SAME LINE - THIS CONTINUES EVERY 15 SEC'S • PLAYERS SHOULD GO THROUGH AT LEAST 3 TIMES EACH BEFORE MOVING ON TO A DIFFERENT MOVE	DRILL 3- TECHNICAL SQUARE 	TECHNIQUES TO TEACH: ROLL BACK(BOTTOM FOOT TURN) INSIDE FOOT TURNS OUTSIDE FOOT TURNS FRYFF TURNS STEP OVER FAKE A SHOT DANNY CAN EXPLAIN IF YOU DON'T UNDERSTAND THE MOVES ETC. 15 MINUTES



MERIDIAN SOCCER

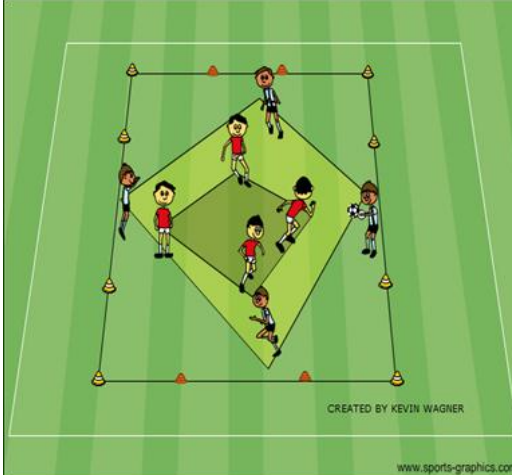
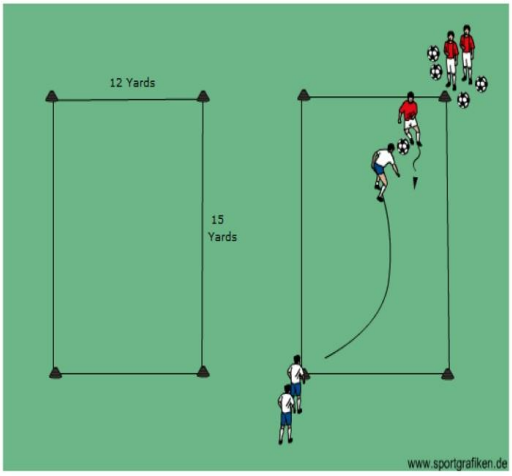
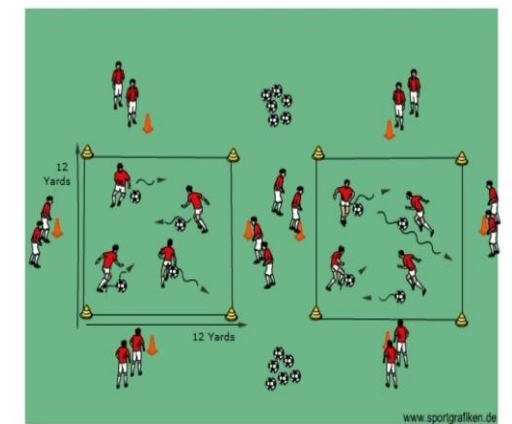
U11-U14 WEEK SIX

KEY FACTORS

GROUP SHAPE - POP

TECHNIQUE

INDIVIDUAL ATTACKING 1V1 PLAY

ORGANIZATION	ACTIVITY 1- HANDS GAME	COACHING POINTS/KEY FACTORS
4V4 OR 5V5 (DEPENDENT ON YOUR NUMBERS) • MARK OUT A SMALL FIELD RUNNING LENGTH WAYS ON YOUR HALF FIELD • PLAYERS ARE ON 2 TEAMS • PLAYERS CAN ONLY USE THEIR HANDS • PLAYERS KEEP THEIR SHAPE AND MOVE TO SUPPORT EACH OTHER WHEN THEIR TEAMMATE HAS THE BALL • THE PLAYER WITH THE BALL CANNOT RUN WITH IT. THEY HAVE TO PASS OR SHOOT • GOAL SCORED BY THROWING IT TOWARD OPPOSITION GOAL	 CREATED BY KEVIN WAGNER www.sports-graphics.com	• TEACH TEAM SHAPE (TRIANGLES/DIAMONDS) • TEACH PLAYERS TO PLAY IN GROUPS WITH SUPPORT, MOVEMENT, TRANSITION. PROGRESSION: BEGIN BY PLAYERS INTERCEPTING BALL FROM OPPOSITION, THEN PROGRESS TO DEFENDERS ABLE TO SWAT BALL FROM ATTACKERS HANDS. • THIS WILL MAKE SPEED OF PLAY QUICKER WITH INSIDE, OUTSIDE OF THE FOOT 15 MINUTES
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• CAN USE 1 OR 2 SQUARES - 12-15 PLAYERS PER SQUARE • PLAYERS ARE IN GROUPS OF 3 ON EACH SIDE OF THE SQUARE • THE FIRST PLAYER DRIBBLES INTO THE SQUARE (4 PLAYERS A TIME) FOR 15 SEC'S • THE COACH YELLS SWITCH • THE PLAYER PASSES THE BALL TO THE LINE THEY STARTED AT AND RUN BEHIND SAME LINE - THIS CONTINUES EVERY 15 SEC'S • PLAYERS SHOULD GO THROUGH AT LEAST 3 TIMES EACH BEFORE MOVING ON TO A DIFFERENT MOVE	DRILL 3- TECHNICAL SQUARE  www.sportgrafiken.de	TECHNIQUES TO TEACH: - ROLL BACK (BOTTOM FOOT TURN) - INSIDE FOOT TURNS - OUTSIDE FOOT TURNS - FRYFF TURNS - STEP OVER - FAKE A SHOT DANNY CAN EXPLAIN IF YOU DON'T UNDERSTAND THE MOVES ETC. 15 MINUTES

PLAY SCRIMAGE AT VERY END

CREATED WINTER 25-26

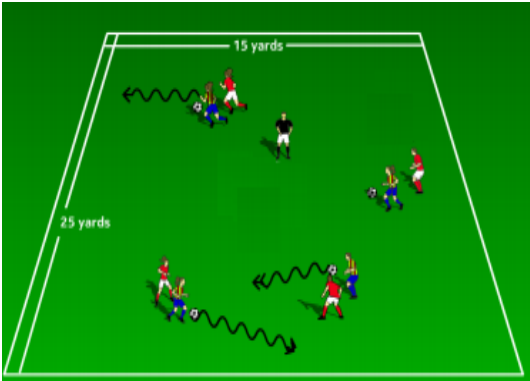
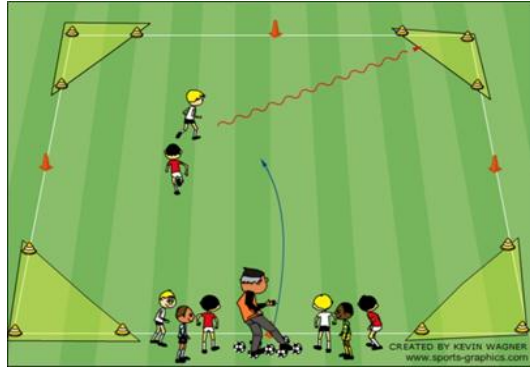


MERIDIAN SOCCER

U11-U14 WEEK 7

KEY FACTORS

PROTECTING BALL-INDIVIDUAL
SMALL GROUP ATTACKING - POP
SMALL GROUP DEFENDING - POP

ORGANIZATION	ACTIVITY 1- SHIELD	COACHING POINTS/KEY FACTORS
"NO WAY!" SHIELD (Activity #2) SET UP - Create a field 15x20 yards METHOD - 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.		10 MINUTES - 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
DRIBBLING GATES with DEFENDERS (Activity #3) SET UP - Create a field 1 - Place multiple gates (2 cones, 2 yards apart) METHOD - 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. Progress to numbers up game Ex: 6vs2 with 1 ball and 2 teams - round 4	ACTIVITY 2- GAME WITH GATES 	- 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 20 MINUTES
Game of 3 v 1 - 4 v 2 - 2 v 1 etc Allow different variations of decisions on when to pass, dribble 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!	ACTIVITY 3 - 4 corners - LARGER PITCH GAME 	- 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 15 MINUTES
IF UNSURE HOW TO PLAY, ASK MYSELF, OR DANNY OR BRAYDON	ACTIVITY 4 - CLAP OR HEAD IT CATCH IT IF TIME IS LEFT	MAKE SURE THE DISTANCE OF THE CIRCLE IS NOT TOO BIG 5 MINUTES

