



MOOSE JAW SOCCER ASSOCIATION

**2014 OUTDOOR RECREATIONAL
PROGRAM CURRICULUM**

U14/16 AGE DIVISION



MOOSE JAW SOCCER ASSOCIATION INC.

Box 2294 • Moose Jaw, SK • S6H 7W6

Phone (306) 692-1555

Fax (306) 691-5822

Email office@moosejawsoccer.ca

April 23rd, 2014

Dear Coach,

Thank you for agreeing to Coach in the Moose Jaw Soccer Association's (MJSA's) recreational programming division. I am very pleased that you are able to join our very much appreciate group of volunteers that continue to help make the association and its programs a success. Your interest and time commitment will continue to help us grow this wonderful game within Moose Jaw. Our goal for the recreational program is to promote fundamental skill development and introduce the basic elements of the game to all. Our hopes are to establish a well rooted foundation that will help and assist these players in future recreational and competitive opportunities they may wish to pursue. Paramount to all of that is our desire to instill a passion in these players for the game of soccer and to make sure THEY HAVE FUN DOING SO!

To aid with your volunteerism and minimize the potential stress and burden of coaching, the MJSA provides an encompassing training curriculum for all of our recreational youth programs. We encourage this curriculum to be followed to ensure consistency amongst our volunteer coaches on what is being delivered to the players. **Please note that the curriculum is for sole exclusive use of the MJSA. Further distribution is strictly prohibited without the written consent of the MJSA.** We are continually looking to improve our curriculum so please ensure to provide feedback anytime during or after the season on it.

Enclosed with this letter are the following:

- Canadian Soccer Association's Long Term Player Development Plan (LTPD).
 - The Active for Life component applies for the U14/U16 age category and the MJSA fully supports this model for its' recreational and competitive programming.
- 2014 Outdoor Season U14/16 Recreational Program Schedule and Field Location Information
 - Please note potential for schedule changes due to unforeseen circumstances.
- Coaching Resource Materials
 - General Glossary of Commonly Used Soccer Terms/Jargon, Definitions Associated with the Field ("Pitch"), Description of Common Soccer Positions and General Glossary of Terms used with Respect to Rules/Laws of the Game, general game rules for the U14/16 Program, and Byte Size Coaching General and Access Information.
- A 9 week curriculum specific to the U14/16 age group.
 - Each session consists of 1 hour and 45 minute and there are two sessions per week (18 sessions in total).
 - Each session will commence at approximately 6:15 pm. As shown in the curriculum, each session will consist of 1 hour of training (warmup, game and activity) followed by a 45 minute game.
 - Due to registrants for this age group, all players (boys and girls separately) will be grouped together and the coaches will lead them all together through the training material. The rosters for the final game portion of the session will be at the discretion of the coaches. Coaches are encouraged to mix and adjust rosters each session to increase player interactions as well as attempt to achieve balance in skill level. The emphasis of this recreational program is fun and player development. Official standings will be kept for informational purposes only. There will be no playoffs for this age group, rather a year end mini tournament (still to be determined) will occur.
 - The Learning Facilitators (LF) for this age group are Shaun and Jordan Jeffery for the boys side and Bob Fielding for the girls side. Both are experienced and certificated coaches whom have volunteered to help out these programs. The LFs will make best efforts to attend as many of the sessions as possible so they can provide on pitch technical support to the coaches and players.

I thank you for your commitment and I look forward to your participation in this and future programs. If you have any questions or concerns at any time, please feel free to contact myself at raman@moosejawsoccer.ca, or speak to the LF on the pitch at any time. We are here to help and support you as much as possible! Thank you again for your help and we look forward to seeing you on the pitch!

Sincerely,

Raman Mall, P. Eng.

Chair – Moose Jaw Board of Directors and MJSA Technical Committee Lead



CANADIAN SOCCER
ASSOCIATIONS'S LONG
TERM PLAYER
DEVELOPMENT PLAN
(LTPD)



Wellness to World Cup

Presented by BMO

Long-Term Player Development

As coaches, teachers, administrators and parents, we need to look at the big picture for Canadian soccer. We want to develop "star" players who can play on the big stage, but we also want to encourage recreational players who can benefit from the health aspects of soccer and give back to the game for years to come as coaches, officials, and administrators.

Long-Term Player Development (LTPD) is the Canadian Soccer Association's pathway to success on both fronts. LTPD is a player-centred approach that provides guidelines for correct training, competition, and recovery based on scientific principles of human development and athlete training, combined with the knowledge of expert coaches.

Player-centred means we respect the developmental needs of our players first and foremost. We ensure that our young players have fun while they learn so they want to continue playing. It also means we provide challenging opportunities for special talents so they can develop their abilities and pursue excellence. All of these needs are addressed in the seven stages of LTPD.

To learn more about Wellness to World Cup presented by BMO visit: www.CanadaSoccer.com. To learn more about LTAD visit: www.canadiansportforlife.ca.



STAGE 1: ACTIVE START

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. Informal games can be set up at the end of practices or as part of a jamboree mixing exercising and games. Play equal time and try all team positions, including goalkeeper, and equal time should be allotted to practices and games.



U4-U6 Female and Male

GOAL: Encourage child activity and develop basic motor skills.

TECHNICAL: Introduce individual skills. Dribbling with all parts of the foot, combined with simple techniques for changing direction (turns, drag backs). Basic shooting where players experience success and the thrill of a goal!

TACTICAL: No tactical instructions. Emphasis on the individual.

PHYSICAL: Provide a fun setting and simple mode of play that develops basic movement skills in running, jumping, kicking, throwing and catching.

MENTAL: Fun and passion for play. Experience success and build confidence by receiving positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities.

PERSONAL: Positive attitude and self-esteem.

GOALKEEPING: No goalkeepers at this age. All players should learn the basic techniques of ball handling at different heights (not high balls) and throwing with one and two hands on the ground and in the air. Footwork is introduced including side-skip to get in line with the ball. Introduce diving from a kneeling position.

STAGE 2: FUNDAMENTALS

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play within a fun but structured setting. Mini game formats are used, ranging from 3v3 to 5v5, and a basic league schedule can be created but no standings should be kept. All players should play equal time and try all team positions, including goalkeeper, and equal time should be allotted to practices and games.



U6-U8 Female/U6-U9 Male

GOAL: Technique development through fun. Emphasize skills and ABCs, not tactics.

TECHNICAL: Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep, and introduce "crossing" and shooting while dribbling.

TACTICAL: Basic game concepts and rules. Introduction to team cooperation through small-sided games, but emphasis is still primarily on the individual. Finding space is important.

PHYSICAL: Develop the ABCs of movement: agility, balance, coordination and speed. Speed training should focus on quickness and agility. Continue general development of running, jumping, kicking, throwing and catching. Develop flexibility and suppleness.

MENTAL: Basic game awareness and situations/formats to develop decision making. Experience success and receive positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities.

PERSONAL: Positive attitude and self-esteem. Fair play and ethics. Promote group interaction skills.

GOALKEEPING: All players take turns in goal. Continue development of ball handling at all heights and above balls (simple service/no opposition). Introduce simple communication ("Keeper!" "Away!"). Continue with basic diving technique from a "Gorilla" stance. Develop correct body shape. Introduce the concept of the keeper as the rear defender (Sweeper/Keeper).

STAGE 3: LEARNING TO TRAIN

This stage introduces players to disciplined training and begins to develop their understanding of principles of play alongside their skills practice. Repetitions are important to develop technical proficiency, but creating a fun and challenging environment is still paramount to stimulate learning and promote a love of the game. Game formats can range from 6v6 to 8v8 as players advance through this stage, and again a simple league schedule can be created, but no standings should be kept – the emphasis is still FUN. All players play equal time and try all team positions, including goalkeeping, and the training to competition ratio should be 2 to 3 training sessions for every game.



U8-U11 Female/U9-U12 Male

GOAL: Focus on technique and skill development and introduce tactics. Fun is still paramount.

TECHNICAL: Golden age of skills learning. Teach more advanced skills and movements. Practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Heading may be introduced towards the end of this stage.

TACTICAL: Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combinations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins).

PHYSICAL: Continue to develop ABCs. Maintain flexibility and suppleness. Introduce warm-up. Continue to develop quickness and agility.

MENTAL: Introduce basic mental preparation with goal-setting, determination and concentration. Experience success and receive positive recognition.

LIFESTYLE: Enjoy a variety of sports and physical activities. Identify complementary sports.

PERSONAL: Fair play and ethics. Accept training structure and discipline. Promote group interaction skills. Internal motivation.

GOALKEEPING: Players still take turns in goal. Resist temptation to limit goalkeeping to a few. Continue developing ball handling, ball rolling and over-arm throws, footwork, goal kicks, drop kicks, moving back passes and punts. Introduce side-arm and javelin throw, deflecting. Introduce variety of dives. Introduce catching and deflecting crosses from a simple thrown service.

STAGE 4: TRAINING TO TRAIN

At this stage, skill training demands and training loads are increased to develop and refine skills and tactics. Tactical awareness becomes an increasingly important facet of training, alongside mental toughness, concentration, and diligence. Elite soccer groups may express interest in recruiting talented young players, but coaches and parents should be careful to recognize and protect the long-term interests of each athlete. Game formats develop from 8v8 to 11v11 (although no 11v11 prior to 13 years of age) as players grow through this stage, and the season moves toward year-round play that includes appropriate rest and recovery periods.



U11-U15 Female/U12-U16 Male

GOAL: Increase training loads and soccer-specific skills and tactics. Begin to identify elite players.

TECHNICAL: Develop consistency in base skills. Continue to introduce advanced skills. Develop position-specific skills. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.

TACTICAL: Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield and forward units' tasks.

PHYSICAL: Regular musculoskeletal assessment to detect onset of PHV and monitor afterwards. Aerobic training after onset of PHV. Girls strength training at onset of menarche after PHV. Boys strength training 12-18 months after PHV. Emphasize flexibility during PHV. Soccer-specific conditioning - stamina, speed, strength, suppleness.

MENTAL: Introduce advanced skills: Self-talk, imagery, profiling and thought-stopping. Introduce training and competition diaries. Relaxation and anxiety control techniques.

LIFESTYLE: Understand nutrition for health and optimized performance. Manage rest and recovery and time management.

PERSONAL: Responsibility and self discipline. Positive communication and teamwork. Issues of peer groups, alcohol, drugs, school, family.

GOALKEEPING: Specialization phase, but should still play field. Refine ball handling at all heights plus shots and with crosses. Catch? Deflect? Top hand situations. Develop two-handed/one-handed punching of crossed balls. Refine throwing and diving techniques, footwork, goal kicks and punts. Develop drop kicks and moving back passes. Introduce side winder, fly kick and tackling.

STAGE 5: TRAINING TO COMPETE

Players who are proficient in their soccer skills now train to refine their maturity in game play, so they can excel under the pressure of regional and international competition. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to the limit. Soccer is their primary sport, and they should play regularly in highly competitive matches at the select, semi-professional, professional and international level. The season is built on year-round play, though there must be a proper environment with appropriate ratio of training, competition, and rest throughout year.



U15-U19 Female/U16-U20 Male

GOAL: Develop players for elite competition.

TECHNICAL: Consistency and proficiency in core skills. Continue to develop advanced skills. Individual skills emerge as 'personal style'. Skills training happens at high intensity under competitive conditions.

TACTICAL: Advanced team systems and strategies. Linkage between players and team units. Effective use of set pieces. Awareness of opponents' tactics, strengths and weaknesses. Ability to adapt to opponents and tactical changes. Refinement and enhancement of attacking and defending principles.

PHYSICAL: Conditioning specific to positions, individuals, and soccer skills. Further develop flexibility, agility, aerobic and anaerobic endurance, core strength and stability. Prevention and care of injuries. Tapering and peaking for optimal performances. Individualization of physical training. Testing is crucial to monitor progress.

MENTAL: Pre-competition self-talk, imagery, thought-stopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.

LIFESTYLE: Advanced diet, nutrition and hydration. Understand periodized training plans. Balancing training and lifestyle needs.

PERSONAL: Responsibility and self discipline. Planning for career/sport options. Scholarships and compensation schemes. Integration of soccer, career and life goals.

GOALKEEPING: Most players including keepers now in specialized positions. Continue refining and perfecting all techniques, including ball handling, diving, footwork, deflecting and punching, diving, and kicking. Greater emphasis on the leadership role regarding communication/positioning/directing players, particularly defenders, in tactical requirements.

STAGE 6: TRAINING TO WIN

Players are training and competing at the highest level of national and international competition, from professional league play to international tournaments. The majority, if not all, of the player's physical, technical, tactical, and psychological qualities are now fully established. The focus of training shifts to optimization of performance, and players should compete regularly in high-pressure games to develop consistency. The season is built on year-round play, though there must be an appropriate ratio of training, competition, and rest throughout year.



U18+ Female/U19+ Male

GOAL: Maximizing all player capacities - skills, tactics, mentality, physical attributes.

TECHNICAL: Complete refinement of soccer-specific skills to ensure automatic performance under pressure. Training skills to prepare for competition are second nature.

TACTICAL: High confidence and competency in decision making, leadership and game analysis. Ability to adjust game plan and adapt playing strategies to suit changing game conditions. Clear understanding of team shape and player roles within system. Importance and organization of set pieces for attack/defence. Game management skills (ie. field conditions, time of game, score in game etc.)

PHYSICAL: Maximization of physical capacities for optimal performance. Individual fitness programs for maintenance and improvement. Training, rest and recovery are closely monitored. Periodization is essential.

MENTAL: Pre-practice and pre-competition routines are automatic. Firm confidence in independent decision making. Increased sense of responsibility, accountability, discipline and leadership. Competitive mentality and will to win.

LIFESTYLE: Diet, nutrition and hydration plans/methods are fully understood. Self-monitoring is firmly established. Balance between training, competition and life outside of sport is well managed.

PERSONAL: Full integration of soccer, career and life goals.

GOALKEEPING: Goalkeepers are entirely specialists. Most skills are in a maintenance or remedial mode and "perfecting" mode. The leadership/tactical role of the Sweeper/Keeper is paramount. The interaction between GKs and field players is critical to the success of the team. These should be steadily tested/refined in training and game situations with the highest level of competition and pressure.

STAGE 7: ACTIVE FOR LIFE

At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness. They might be youth players who decide not to pursue high performance, or they might be top players from senior clubs, colleges, universities, and semi-professional teams who enjoy competition but do not intend to play at the international level. They might also be complete newcomers to the game who discover an interest in soccer in late adolescence or adult life. The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.



Any age Female and Male

GOAL: Foster lifelong activity, while also encouraging players to pursue roles in coaching, officiating, and administration.

TECHNICAL: Maintain existing skills and learn new skills as desired.

TACTICAL: Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level.

PHYSICAL: Follow age-appropriate guidelines for endurance, strength and flexibility to maintain active lifestyle.

MENTAL: Focus on having fun, in addition to stress release and fitness discipline.

LIFESTYLE: Soccer activity is part of a larger orientation toward wellness and community involvement.

PERSONAL: Social activity and contact. Giving back to the soccer community through supporting roles -



**2014 OUTDOOR SEASON
U14/16 RECREATIONAL
PROGRAM SCHEDULE AND
FIELD LOCATION
INFORMATION**

SCHEDULES

Boys U14/16							
Week #	Session #	Day	Date	Start Time	End Time	Home Team	Field
1	1	Monday	4/28/14	6:15 PM	8:00 PM	Rangers	VLA East
1	2	Wednesday	4/30/14	6:15 PM	8:00 PM	Rangers	VLA East
2	3	Monday	5/05/14	6:15 PM	8:00 PM	Rangers	VLA East
2	4	Wednesday	5/07/14	6:15 PM	8:00 PM	Rangers	VLA East
3	5	Monday	5/12/14	6:15 PM	8:00 PM	Rangers	VLA East
3	6	Wednesday	5/14/14	6:15 PM	8:00 PM	Rangers	VLA East
4	7	Monday	5/19/14	6:15 PM	8:00 PM	Rangers	VLA East
4	8	Wednesday	5/21/14	6:15 PM	8:00 PM	Rangers	VLA East
5	9	Monday	5/26/14	6:15 PM	8:00 PM	Rangers	VLA East
5	10	Wednesday	5/28/14	6:15 PM	8:00 PM	Rangers	VLA East
6	11	Monday	6/02/14	6:15 PM	8:00 PM	Rangers	VLA East
6	12	Wednesday	6/04/14	6:15 PM	8:00 PM	Rangers	VLA East
7	13	Monday	6/09/14	6:15 PM	8:00 PM	Rangers	VLA East
7	14	Wednesday	6/11/14	6:15 PM	8:00 PM	Rangers	VLA East
8	15	Monday	6/16/14	6:15 PM	8:00 PM	Rangers	VLA East
8	16	Wednesday	6/18/14	6:15 PM	8:00 PM	Rangers	VLA East
9	17	Monday	6/23/14	6:15 PM	8:00 PM	Rangers	VLA East
9	18	Wednesday	6/25/14	6:15 PM	8:00 PM	Rangers	VLA East

GU14/16							
Week #	Session #	Day	Date	Start Time	End Time	Home Team	Field
1	1	Tuesday	4/29/14	6:15 PM	8:00 PM	Celtics	VLA East
1	2	Thursday	5/01/14	6:15 PM	8:00 PM	Celtics	VLA East
2	3	Tuesday	5/06/14	6:15 PM	8:00 PM	Celtics	VLA East
2	4	Thursday	5/08/14	6:15 PM	8:00 PM	Celtics	VLA East
3	5	Tuesday	5/13/14	6:15 PM	8:00 PM	Celtics	VLA East
3	6	Thursday	5/15/14	6:15 PM	8:00 PM	Celtics	VLA East
4	7	Tuesday	5/20/14	6:15 PM	8:00 PM	Celtics	VLA East
4	8	Thursday	5/22/14	6:15 PM	8:00 PM	Celtics	VLA East
5	9	Tuesday	5/27/14	6:15 PM	8:00 PM	Celtics	VLA East
5	10	Thursday	5/29/14	6:15 PM	8:00 PM	Celtics	VLA East
6	11	Tuesday	6/03/14	6:15 PM	8:00 PM	Celtics	VLA East
6	12	Thursday	6/05/14	6:15 PM	8:00 PM	Celtics	VLA East
7	13	Tuesday	6/10/14	6:15 PM	8:00 PM	Celtics	VLA East
7	14	Thursday	6/12/14	6:15 PM	8:00 PM	Celtics	VLA East
8	15	Tuesday	6/17/14	6:15 PM	8:00 PM	Celtics	VLA East
8	16	Thursday	6/19/14	6:15 PM	8:00 PM	Celtics	VLA East
9	17	Tuesday	6/24/14	6:15 PM	8:00 PM	Celtics	VLA East
9	18	Thursday	6/26/14	6:15 PM	8:00 PM	Celtics	VLA East

Notes:

- Potential schedule changes (due to bad weather, etc.) will be posted on our new official website (www.mjasa.ca). Please refer to our website often throughout the season for the most up to date information on this and many other new items.
- At the discretion of (as applicable) the referees, Learning Facilitators, and coaches, sessions may be halted due to hazardous conditions. The MJSA will make best efforts to reschedule missed sessions.
- For the start of all sessions, all teams will start at their designated portions of the field. As we progress through the season, coaches/teams are encouraged to interact with all other teams and attempt coordinate games with different teams if possible/desired.

VLA Fields (1275 Normandy Dr.)





COACHING RESOURCE MATERIAL

GENERAL GLOSSARY OF COMMONLY USED SOCCER TERMS/JARGON

Against the run of play: When one team scores after launching a counterattack soon after it regains possession of the ball, that team is said to have scored "against the run of play."

Attacking third: The third of the field where one team is trying to score on the opposing team's goal.

Bicycle kick: A shot on goal taken by a player who has his back to the net and kicks the ball while both of his feet are in the air.

Booking: A term used to indicate when the referee has cautioned a player with a yellow or red card. A player is said to have been "booked." Also known as a caution.

Caught in possession: A player who doesn't move forward with the ball or passes to a teammate after receiving the ball, and who is then tackled by an opponent is said to have been "caught in possession."

Caught square: When a through ball has beaten two or more opposing defenders because they were positioned square to one another (in a straight line across the field parallel to the goal-line) they are said to have been "caught square."

Chip pass: A pass lofted into the air from one player to a teammate. Used primarily to elude a defender by kicking the ball over his head.

Chip shot: A shot towards the net that is lofted into the air in an attempt to sail the ball over the goalkeeper's head and under the crossbar and into the goal.

Close down: A defensive technique whereby a defender gets as close as possible to an attacker carrying the ball without letting him get by.

Compress the field: When defenders push out toward someone who is dribbling the ball, thereby reducing the area in which that player can move without being in an offside position.

Counter-attack: An attack launched by a defending team immediately after it regains possession of the ball. A counterattack in soccer is equivalent to a fast break in basketball.

Cross: A pass from an attacking player near the sideline to a teammate in the middle or opposite side of the field.

Dead ball situation: Any restart of the game, following a stoppage by the referee, when the ball is put back into play by the attacking team. (i.e.: a direct or indirect free kick or a corner kick).

Direct play: A tactical style of play in which a team tries to move the ball forward into its opponent's half of the field as soon as possible after regaining possession.

Dissent: When a player expresses disagreement by word or action with any decision of the referee. A yellow card is usually handed out as punishment for dissent.

Dribble: The act of controlling the ball with the feet while moving on the field of play.

Dummy: A player pretending to be about to receive the ball, but instead allowing the ball to travel past him and to the feet of a teammate in order to trick opposing players.

Formation: The arrangement of players into positions on the field. A 4-4-2 formation consists of four defenders, four midfielders and two forwards.

50/50 ball: A loose ball contested by a player from each team, usually after an errant pass or a goal kick.

Half volley: Taking a shot on net just as the ball bounces off the ground.

Header: Use of the head to pass or control the ball, or to take a shot on net.

Man-to-man: A type of defensive scheme where each defender is assigned to mark a specific player from the opposing team.

Marking: Guarding and defending a player to prevent him from advancing the ball towards the net, making a pass or getting the ball from a teammate.

Midfield: The area of the field near the center line; the area patrolled by the midfielders.

Narrowing the angle: A goalkeeping technique used to reduce the area of the goal that an attacker could shoot. This lowers the odds that the attacker will score.

Nil: British term meaning the score for one side is zero. A score of 1-0 is one-nil in English soccer parlance.

Nutmeg: When a player kicks the ball through the legs of a defender instead of carrying it around him, the defender is said to have been "nutmegged."

Obstruction: A defending player using his body to prevent an offensive player from playing the ball.

Offside trap: The act of the defenders moving forward together in order to place an opponent in an offside position, thereby creating an offside infraction.

Overlap: A tactic where a player moves past a teammate who has the ball down the sideline in order to put himself in a better position to receive a pass.

Own-goal: A player accidentally putting the ball in his own net, thus scoring a goal for the opposing team.

Pitch: British term for a soccer field.

Possession play: A tactical style of play in which a team tries to maintain possession of the ball while moving towards the opponent's goal, with the underlying objective to create a scoring chance.

Professional foul: A foul committed intentionally on an attacker just outside the defender's penalty area. Used to prevent a scoring opportunity without incurring a penalty shot.

Set play: A planned strategy that a team employs when a game is restarted with a free kick. Also known as a set piece.

Tackling: The act of taking the ball away from an opposing player by kicking or stopping it with one's feet.

Through ball: A pass played into the space behind the defenders for a teammate to run on to.

Tracking: Moving and staying with an opponent who has made a run to another part of the field.

Trap: When a player uses his body to slow down and control a moving ball, most often using the chest, thighs or feet.

Volley: Any ball kicked by a player when it is in the air.

Wall: A line of defending players pressed together shoulder-to-shoulder to protect their goal against a free kick. The wall makes it more difficult for the opposing player to score by reducing the amount of open goal area to shoot at.

DEFINITIONS ASSOCIATED WITH THE FIELD (“PITCH”)

Goal area: The rectangular area (20 yards wide by 6 yards deep) in front of each goal from which all goal kicks are taken.

Goal-line: The field boundary running along its width at each end. Also called the end-line.

Halfway line: The middle line that divides the field into two equal halves. Also known as the center line.

Penalty area: A rectangular area (44 yards wide by 18 yards deep) with its long edge on the goal line; the goalkeeper may use his hands to block or control the ball only within this area. Also known as the 18-yard box.

Penalty spot: The small circular spot located 12 yards in front of the center of the goal-line from which all penalty kicks are taken.

Sideline: A line that runs the length of the field on each side. The line from which all free throws are taken. Also known as the touchline.

DESCRIPTION OF COMMON SOCCER POSITIONS

In full sided matches, there are 11 players in a team. They can be arranged in more ways than one. It is the job of the soccer coach to be able to identify correctly each player's range of abilities and play him in the correct positions to be able to gain an advantage over the opposition. So here are the key soccer positions on the field:

Goalkeeper

This one doesn't change much. The goalkeeper is last line of defense and is the only one who is allowed to use his hands, to block a shot from going into the goal. The goalkeeper is supposed to stay just in front of the goal and stop all the shots on the goal. Occasionally, when an opposition player beats all the other players of the team, the goalkeeper may also have to make a tackle on the opposition player to stop the goal-ward advance of the opposition player. Some of the best goalkeeper of the world today? Iker Casillas (Spain) and Edwin Van Der Sar (Holland) get my vote.

Center-Back/Center-Half/Sweeper

Known by different names, but the role of the center back remains pretty much the same. The center back is, as the name suggests, the center of the defensive line of a team. The job of a center back is to stop all the attacks coming into the penalty area, to mark the opposition strikers in the center, and stop the crosses from wide and the passes through the center from coming into the path of the opposition striker.

The center back is usually a fairly tall, physically well built player with a good sense of timing as to when to tackle. A robust center back can get in the way of the run of the opposition players. Hence the soccer positions on the field of the center-backs are occupied by the tallest and the toughest players. A center back also has to be quick on his toes to track the wily movements of the opposition. Teams in the 70s and 80s often employed a single center back in a 3 man defense-line(then known as the sweeper), but with the game becoming more and more attack minded and the offense players becoming faster and craftier, most teams today play with two center-backs in a 4-man defense line.

Fullbacks/Wingbacks

It has been widely accepted for a long time that a team should play with 2 wing-backs, one on the left and one on the right. As the name once again suggests, wingbacks play on the wings in the defense. Their job is to man the wide areas, to cover the players running in from the wings, and to stop the players from crossing the ball into the center. Full backs also often play the role of running forward and crossing the ball into the opposition's penalty area.

To this end, a wingback needs to be fast and needs to be able to dribble the ball fairly well. Wingbacks, like centerbacks need to be strong and to be able to physically outmaneuver the opposition players. Left wingbacks tend to be left-footed so that they can deliver a robust cross. Similarly right wing-backs need to be right-footed.

Defensive Midfielders/Holding Midfielders

As the soccer midfield is increasingly split into two-lines as opposed to just the one we've had before, the specialized soccer position(s) on the field of the 'holding midfielder' has become fairly prominent. Usually, in the old 4-4-2 system, there used to be one midfielder who'd be put in the defensive role, but with the 4-1-3-2 and the 4-2-3-1 systems becoming more and more popular, the defensive midfielder has become a more and more prominent member of a team. A team may employ one or two players to play as the defensive midfield who's job is to provide a screening line for the defense. So the opposition players need to first get past the defensive midfielders before reaching the center-backs. The defensive midfielder has one of the toughest jobs on the pitch trying to combine and coordinate both the attack and the defense of the team. On one side, the defensive midfielder has to tackle the opposition players and collect all the loose balls on the pitch that sometimes opposition players half-heartedly or unsuccessfully pass, and at the same time, take the ball away and burst forward and spray the ball around to the players in front. The defensive midfielder is the main passer in the team and has to pass the ball to all parts of the pitch. So basically he needs to be tough and strong with both feet. While a defensive midfielder need not be fast, it is always an added advantage.

Attacking Midfielders/Playmaker

Now the definition of an attacking midfielder can be fairly vague at times. An attacking

midfielder as the name suggests should be any player in the midfielder who runs in at the goal of the opposition team. But in common parlance, an attacking midfielder is often only the player(s) who attack from the center. An attacking midfielder ideally ought to be one of the most creative players on the pitch. He should be aware of where the players of his team are and how he can best pass the ball to a player in a threatening goal-ward position. Which is why the attacking midfielder is known as the playmaker. An attacking midfielder sets up the play and the tone of his team's game. And to this end, the attacking midfielder should be positive and forward-looking. He should be creative, intelligent and as fast as fast can get. He should also be a good dribbler, and be able to take that odd shot on the goal with both legs. He should be able to head the ball as well. Basically, he should be a complete player. An attacking midfielder is one of the most important soccer positions on the field. A good, creative attacking midfielder is the cornerstone of a good football team and its success largely hinges on the quality of the attacking midfielder.

Wingers

Since the footballing definition of the attacking midfielder largely restricts him to a very central role, it becomes important to define a winger. A winger is largely an attacking player who attacks the opposition from the side. A winger gets the ball from the wingbacks and starts advancing forward. In the conventional English soccer strategy, you'll see the winger simply crossing the ball to the striker for him to score, but in the Spanish game, you can increasingly see the winger cutting inside into the center of the field, getting into the box and scoring as well.

A winger's most important trait-as is the case with anyone who plays in the midfield position-is his passing ability. Wingers should be able to deliver long passes as well as short passes.

Wingers generally may be asked to play way out wide (in a 4 man midfield formation such as the 4-4-2) or a bit more inside, with the wingbacks covering the absolute wide positions (in a three man midfield formation such as the 4-3-3). A winger should be fast and perhaps the best dribbler on the pitch. Wingers should be able to take a good shot on the goal and be able to cross the ball to the strikers well enough. Right-sided wingers need to have an able right foot and left sided wingers, a potent left foot.

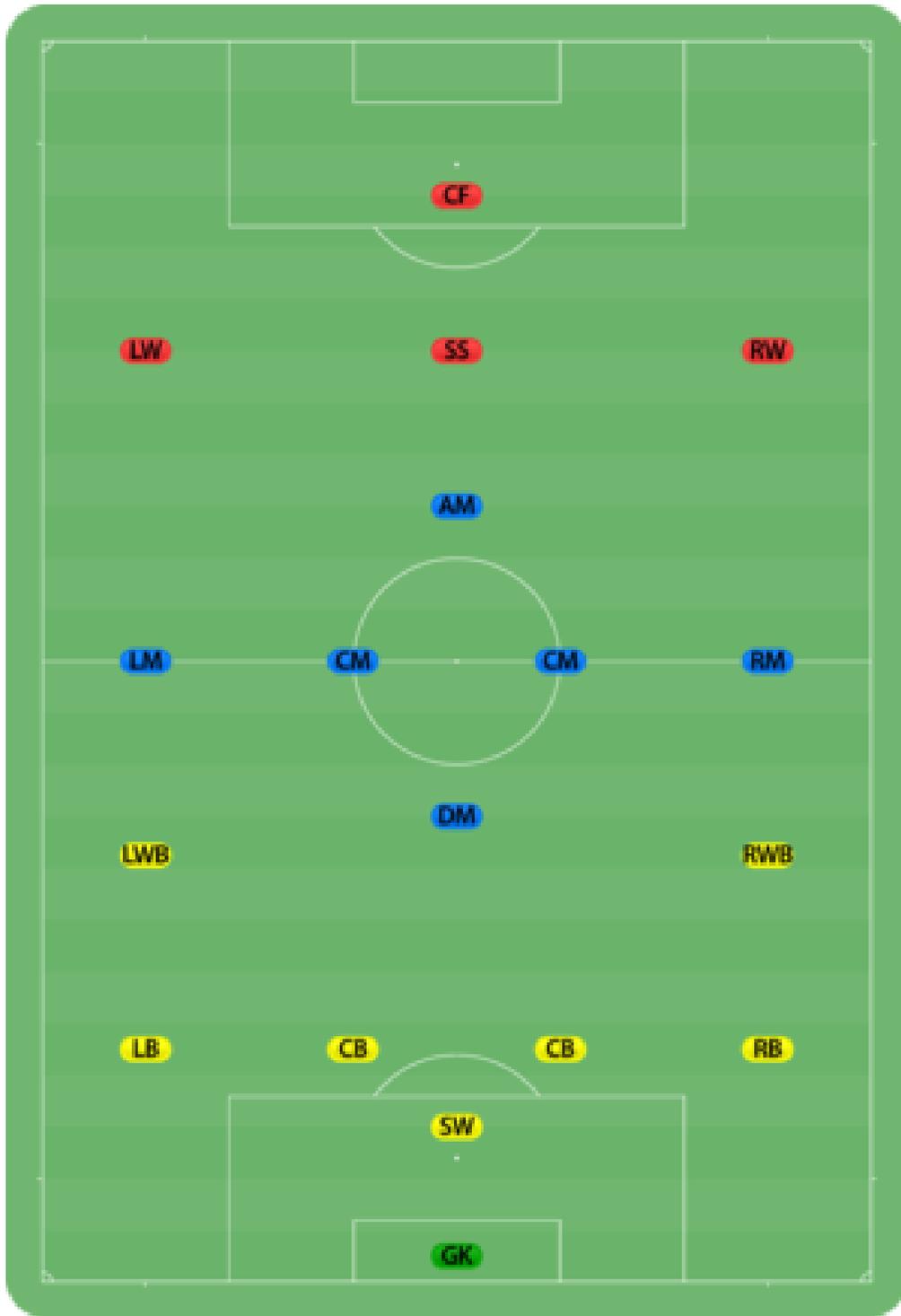
Striker and Second Striker

While most people tend to view the one/two men up front as men with very similar roles, I'd like to point out the subtle difference between the two.

In the conventional sense, a striker is the one who is supposed to stay in the box and score the goals with the passes coming in from all sides. In the conventional sense again, a striker should ideally be tall, robust, aware of the players around him, be an above average header of the ball and have good control of the ball to hold it and finish. Of course, conventional sense gets outdated soon in football and hence it becomes essential to redefine the role of the striker. Which explains the decline of the conventional strikers in the world today. A striker today is pretty much a perfectly complete player, who is also very fast and has to run a lot.

But if you do have one of those conventional strikers, whose great ability lies in being able to sit in the box and pick up the good passes and head the ball, then you also ought to have a potent second striker who can create the play around the striker. The second striker works as the perfect foil to, as well as the link between both the striker and the attacking midfielder. A second striker should be prepared to run, dribble and pass in addition to all the above qualities of a striker. He should be a good player with both feet.

Right, so this was all about the soccer positions on the field. Now you can judge the qualities of each player in your team independently, and on the basis of the player's skills, pick the right player for the right position.



General Diagram of Initial Location of Positions and Variation on the Pitch

GENERAL GLOSSARY OF TERMS USED WITH RESPECT TO RULES/LAWS OF THE GAME

Official Rules (Laws of the Game) can be found at: <http://www.canadasoccer.com/fifa-laws-of-the-game-s15089>.

Rules specific to MJSA programming can be found on our website: www.mjasa.ca

The following are general definitions associated with Laws of the Game

Play the advantage: A judgment made by the official to allow play to continue rather than stopping play to call a foul. The official makes this decision when he thinks the foul did not put the offended team at a disadvantage, or if the foul, should it have been called, would take away a scoring chance for the offended team.

Corner kick: A restart of the game where the ball is kicked from the corner arc into the middle of the penalty area in an attempt to create a scoring chance. Awarded to an attacking team when the ball crosses the defending team's goal-line after being last touched by the defending team.

Direct free kick: A kick awarded to a player after being fouled by the opposition. The player kicks a stationary ball while opposing players are forced to stand 10 yards away from him. A goal can be scored directly from this kick without the ball touching another player.

Extra time: If the score is tied after 90 minutes of regulation, the teams must then play two 15 minutes halves to decide the game. Sort of like overtime in hockey, expect the extra time periods are not sudden death; if one team scores a goal, they must still play both 15 minutes halves.

Foul: A violation of the rules - including kicking, pushing, shoving, tripping and dangerous or aggressive play - for which an official awards a free kick.

Goal kick: A type of restart in which the ball is kicked from inside the goal area away from the goal. Awarded to the defending team when a ball that crossed its goal-line was last touched by a player on the attacking team.

Handball: A foul where a player touches the ball with his hand or arm; depending on where the offence take place, the opposing team is awarded either a penalty kick or a direct free kick.

Indirect free kick: A kick awarded to a player for a less-serious foul committed by the opposition. The player kicks a stationary ball to a teammate while opposing players are forced to stand 10 yards away from him. A goal can not be scored on an indirect free kick as the ball must

first be touched by another player before going into the net - this is why a player kicks the ball to a teammate on an indirect free kick.

Injury time: Time added to the end of each half according to the referee's judgment of time lost due to player injuries or intentional stalling by a team. Also known as "time added on" or "stoppage time."

Assistant referees: The two officials who assist the lead referee in making his decisions. They monitor the sidelines and goal-lines to determine when a ball goes out of bounds, when a goal is scored or when players are offside; they use a flag to signal their observations.

Offside: A player in an offside position while his team has the ball becomes involved in active play, such as by being the recipient of a pass.

Offside position: The situation where an attacking player, on the offensive half of the field, has put himself in a position where there are fewer than two opponents (usually the goalie and one defender) between him and the goal at the exact moment the ball is kicked forward. This positioning does not constitute a foul until he becomes involved in the play. A player is not offside if he is exactly even with one or both of these defensive players.

Penalty shot: A kick taken from the penalty spot by a player against the opposing goalie. Awarded for the most severe rule violations and those committed by defenders within their own penalty area. Also known as a penalty kick.

Red card: A red card that a referee holds up to signal a player's expulsion from the game; the player's team must then play the rest of the game shorthanded. Presented for violent behavior or multiple infractions (two yellow cards = one red card).

Referee: The head referee in charge of officiating the game.

Shootout: A tie-breaking device that pits one player against the goalkeeper in penalty kicks. The winner is determined after a best-of-five series of shots alternating with each team. If tied after five, the contest continues with different players until one team scores and the other team doesn't. Used after the teams played two 15-minute halves of overtime with the game still tied.

Substitution: Replacement of one player on the field with another player not on the field.

Throw-in: A type of restart where a player throws the ball from behind his head with two hands while standing with both feet on the ground behind a sideline. Taken by a player opposite the team that last touched the ball before it went over the sideline.

Yellow card: A yellow card that a referee holds up to warn a player for dangerous or unsportsmanlike behavior; also known as a caution. Two yellow cards in one game earns a player an automatic red card, signaling his expulsion.

MJSA 2014 Outdoor Season Rules

U14/16 & Adult

U14, U16 and Adult teams will play 8v8 on mini fields.

Part I: MJSA rules that may differ from [FIFA laws of the Game](#)

The Ball: play with a #5

Substitutions: Unlimited substitutions are allowed; however, substitutions (max 3 players, on discretion of the referee) may only be made on throw-ins, corner-kicks, plus any goal-kick or kick-off. The coaches/players must first ask for and receive permission from the referee before any substitutions are made. All substitutions are at the sole discretion of the referee.

Pre-game training: 60 minutes for U14/16. No pre-game training for adults

Duration of the game: **14 & U16:** two 20 minute halves

Adult: two 30 minute halves

Half-time break for all age-groups is 5 minutes

Offside: Offside rules apply

Sidelines:

Both “team benches” must be on the same side of the field; which side to be determined by the referee. One “team bench” shall be on each side of midfield, well away from the halfway line. All substitutes, coaches, and spectators must stay well back of the actual sideline and never closer than one metre. No one along or anywhere near the entire endline during the game. The referee may, at their sole discretion, require all spectators to be along one sideline and both “team benches” to be along the other.

Referees:

Moose Jaw Soccer will assign an SSA registered referee for every game.

Weather:

Weather decisions are made at game time and on site by the referee in consultation with the two coaches. The safety of the participants is the most important consideration. Games are not played in lightning. Games shall not be started or continued in lightning. Slightly inclement conditions at kickoff time should not prevent a game from being played. MJSA Office will post weather advisories by 4:30.

Starting Roster:

- Each team must have at least five players on the field at the start of the game.
- Should a team only have four players the game is then considered a forfeit and the two teams will combine with one another to play a game.

Forfeits: Teams not having five players prior to kick off will forfeit the game. If an injury occurs to a team that only has five players the following rules shall apply. If the injury is minor and the player would be able to return to the game then the game shall continue and the injured player will join the game again when they feel ready. If the injury is serious and the player cannot rejoin the game then that team would need to forfeit the game.

Points for the MJSA standings will be awarded as follows:

Win	3 points
Tie	1 point
Loss	0 points

Part II: Refer to [the FIFA rules of the game](#).

No jewelry with the exception of medic alert bracelets which must be covered with a wrist band.



CLUB INFO

VENUES

REGISTRATION

COACHES

PARENTS

STORM

2014 OUTDOOR SEASON

BOARD OF DIRECTORS

EVENTS

SCHEDULE

NEWS ARCHIVES

EMAIL SIGNUP

MORRELL STUDIOS

HOME

COACHES

BYTE SIZE COACHING

COACHING CURRICULUMS

COACHING CLINICS

COACHING APPLICATION

RULES

Byte Size coaching

ByteSize is a coaching curriculum developed by Tony Waiters head coach of the Canadian National Men's Team which qualified for the World Cup Finals in Mexico in 1986. Access to this site is now being provided to all districts by the Saskatchewan Soccer Association.



The Byte Size Coaching Curriculum has a variety of practice plans, games, and drills for any development category and age group. We hope that you will use this site often and provide us with feedback on your experience with the site.

You can access the site at <http://www2.bytesizecoaching.com/index.php?cid=MTUw>

Log in using the following username and password:

Username: moosejaw

Password: sasksoccer

Like Be the first of your friends to like this.

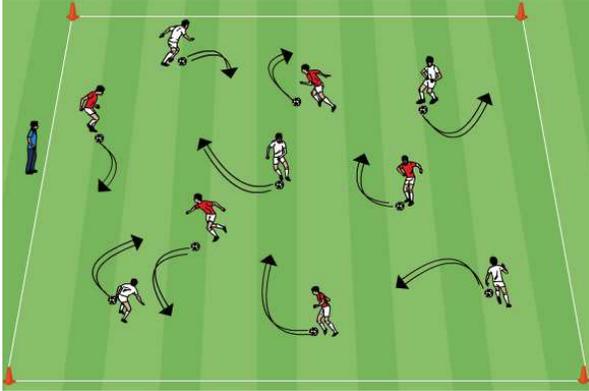


2014 OUTDOOR U14/16
RECREATIONAL
PROGRAM CURRICULUM
(9 WEEKS)



WEEK 1 - SESSION 1

Active for Life: Warm Up

Warm-Up:	Dribbling and changing direction	15-20 minutes
<p>Organization:</p> <ul style="list-style-type: none"> • Use markers to set up a 25x25m area. • All players work inside the area at the same time. • One ball per player when needed. 		<p>Points to Stress:</p> <ul style="list-style-type: none"> • Carry out the exercises at a jogging pace, initially. • Exaggerate the movements. • Work in both directions so that each player gets to work with both feet.
<p>Description:</p> <ol style="list-style-type: none"> 1. Players jog around the area without a ball performing various dynamic movements such as heel flicks, high knee raises, forward skipping, sideways skipping, jockeying left and right, 2. Include various rhythmic exercises such as skip & groin stretch (inside to outside), skip & groin stretch (outside to inside), skip & kick, skip & upper body twist (left and right). 3. Players dribble a ball around the area and on the command of the coach perform various dribbling and turning moves: turn with the inside of the foot, turn with the outside of the foot, turn with the sole of the foot, step over, scissors, drag back, etc. 4. Variations: Ensure that players practice using both left and right foot (side) equally throughout the warm-up. 		

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Active for Life: GAG Intro-Game

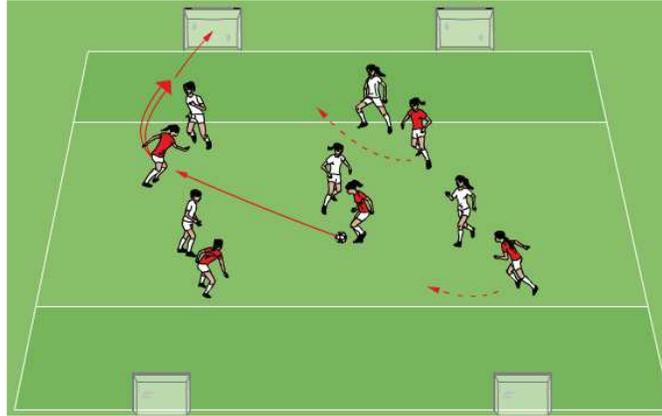
Small-Sided-Game:

5v5 Dribbling Zone Game.

20 minutes

Organization:

- Two teams of 5
- Playing field of 50x30m.
- Markers to indicate the end zones 10m in from each end
- Two goals at each end
- End zones are “no-go zones” and can only be used when an attacking player dribbles past a defender to score in one of the goals.



Coaching Points:

- If you have room, take a long first touch to take space quickly.
- Get head up to see what options you have.
- Be positive – Run at the defender if you can turn.
- Protect the ball by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

- 1 Play begins with the coach playing the ball to the Red team who look to try and build play toward the opponents goal. In order to score, players must attempt to dribble past an opponent and into the end zone before shooting into one of the small goals. Normal rules of soccer with the exception that players must play within the middle zone until an opportunity arises to dribble past an opponent and into the opponent's end zone. The ball must be “kicked-in” when the ball goes out over the touch line.
- 2 **Variation:** Last 5-10 minutes, one defender can recover back into the end zone to protect the goals.

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Active for Life: GAG Activity

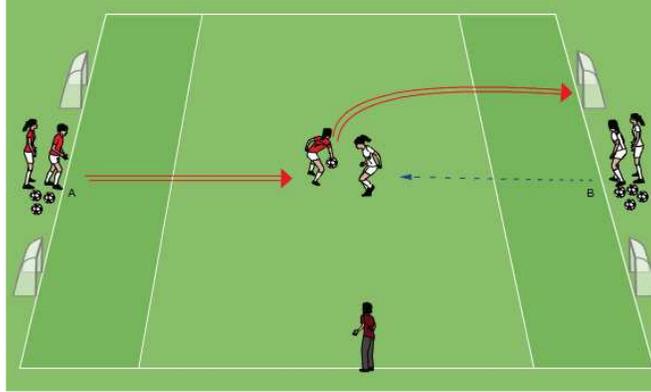
Technical/Tactical:

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Two teams of three players in an area 20x10m.
- Two small goals at each end as shown.
- The attack alternates from each end.



Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack one of the two goals to draw the defender across and then fake and go to the other goal.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

Description:

1. The action begins when the white attacker takes a touch forward and tries to score on one of the two goals at the opposite end of the playing area by dribbling the ball between the flags. The red player tries to prevent the white player scoring and, if possible, takes the ball off of the white player and scores in one of the goals at the other end of the field. Once the goal is scored both players go to the opposite end and switch roles (the white player goes to position B and the red to position A). Keep a total score for each team.
2. **Progression:** Change the starting positions so that the players start at opposite corners. Give 1 point for a goal scored in the goal that is unguarded and 2 points for a goal scored in the guarded goal.

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WEEK 1 - SESSION 2

Active for Life: Warm Up

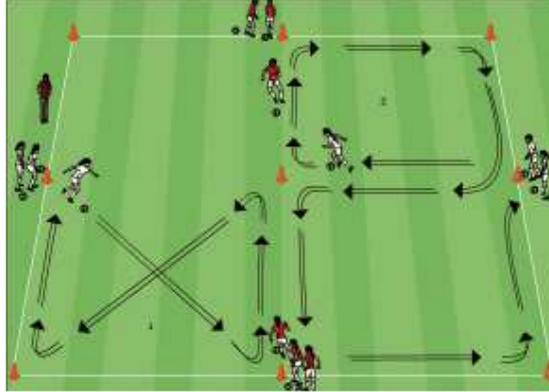
Warm-Up:

Dribbling and changing direction

15 minutes

Organization:

- Four groups of 3 players working in a 20x20m area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

- 1 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
- 2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
- 3 **Progression:** Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

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Active for Life: GAG Intro-Game

Small-Sided-Game:

Passing & Receiving Game

20- 30 minutes

Organization:

- Two teams of 6 including the GKs plus 2 neutral players.
- Playing field of 65x40m.
- One goal at each end.
- The 2 neutral players are always on the team in possession.



Coaching Points:

- Get behind the ball to receive it.
- Receive the ball facing forward if possible
- Relax your controlling surface on contact.
- Keep the ball rolling & out of your feet.
- Look up to decide where to pass - Watch the ball when passing.
- Passing: Part of foot; part of ball.

Description:

1. This game is designed to allow players in possession of the ball increased passing options in a competitive situation. This is accomplished by establishing an environment where there are always extra players to which the player on the ball can pass. Normal rules of soccer apply with the exception that the game must be restarted with a "kick-in" when the ball goes out over the touch line. Switch the neutral players every 5 minutes.
2. **Progression:** For the last 5-10 minutes limit the neutral players to a maximum of 2 touches each time they gain possession.
3. **Variation:** Can be played with fewer players on a smaller field (4v4+2, 5v5+2)

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Active for Life: GAG Activity

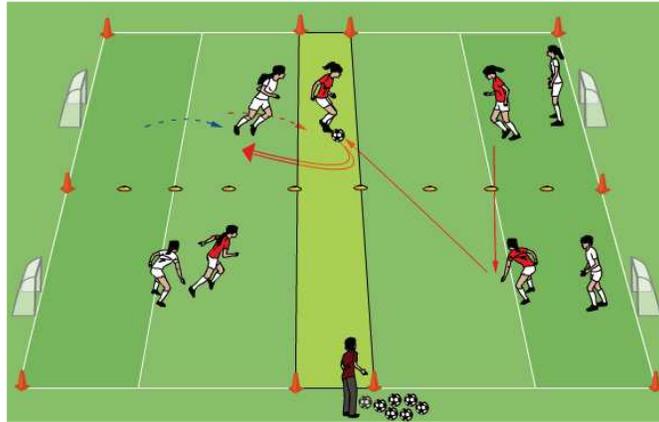
Technical/Tactical:

Turning to Dribble

15 minutes

Organization:

- Two teams of 4 players in an area 35mx20m with a 5m central channel.
- Defenders cannot enter the central channel.
- Two small goals at each end as shown.
- The attack alternates from each end.



Coaching Points:

- Find space to turn by dropping off the defender into the central channel.
- Once turned attack the defender by running at her.
- Take the ball inside and as she moves with you cut back to the outside.
- Use your body and/or feet to trick your opponent.
- Accelerate when you go past the defender to the goal.

Description:

1. Initially the game starts with four reds (two forwards and two defenders/servers) against two white defenders. The action begins when the coach plays the ball into the two red defenders/servers, who pass the ball to each other until one of the forwards drops into the central channel to receive the ball. The ball is immediately passed to the forward who must receive it on the half turn inside the channel in order to avoid being challenged. Once turned the forward must attempt to take on the defender and try and score in the small goal nearest to her. If a the white defenders win the ball, the red forwards become inactive and allow the white defenders/servers to pass the ball to each other until the previously inactive white forwards look to receive the ball and avoid pressure from the marking red defenders. The process is repeated as before with a white forward attempting to dribble and score. If a goal is scored or the ball goes out of play the coach plays another ball into the defenders of the team giving up the goal or forcing the ball out of play.
2. **Progression 1:** Forwards can now receive the ball in the attacking half and try and turn. If the defender is applying good pressure the forward may also touch the ball back into the central channel in order to relieve the pressure and get turned there. The emphasis is on getting turned and beating the opponent.
3. **Progression 2:** Forwards can decide to dribble at goal, or, combine with her partner on the other side of the markers in a 2v1 situation to create a scoring opportunity.

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WEEK 2 - SESSION 3

Active for Life: Warm Up

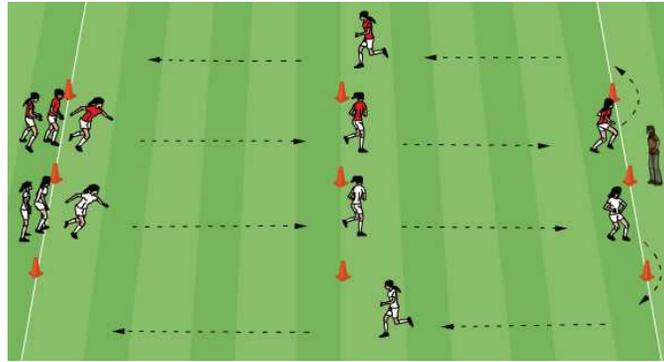
Warm-Up:

Dynamic Movement 1

15-20 minutes

Organization:

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

Description:

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

<ol style="list-style-type: none"> a. Jog b. Jockey backwards (right & left) c. Skipping forward d. Skipping sideways e. Heel flicks f. High knee raises 	<ol style="list-style-type: none"> g. skip & groin stretch (inside to outside) h. skip & groin stretch (outside to inside) i. skip & kick (left & right) j. skip & upper body twist (right & left) k. cross steps l. wide steps
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Active for Life: GAG Intro-Game

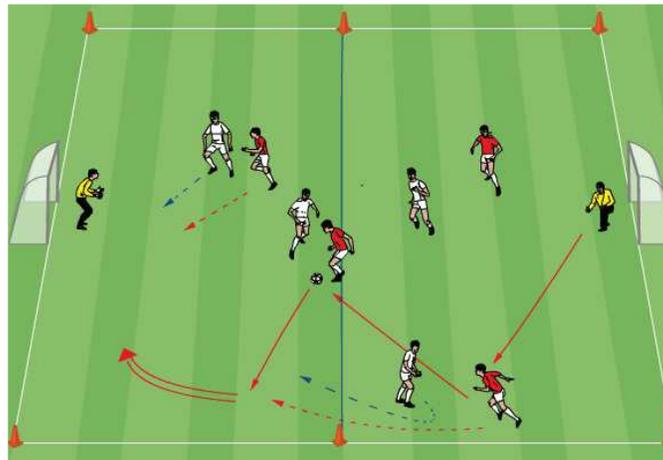
Small-Sided-Game:

5v5 Passing & Receiving Game

20-30 minutes

Organization:

- Two teams of 5 including the GKs.
- Playing field of 40x25m.
- One goal at each end.



Coaching Points:

- If under pressure take your first touch into space away from the pressure.
- If no pressure, open up quickly on first touch and be set to pass on the second touch.
- Pass the ball to a teammate's foot furthest from the defender. Or into space for him/her to collect.
- Disguise the pass (use outside of foot, open out and play back inside, etc)

Description:

1. Goals are scored in the normal way. When the ball crosses the goal line the play is always restarted with a GK's throw (no corner kicks or goal kicks). If the ball crosses the touch line the game is restarted with a "kick-in". Initially, the game is conditioned whereby players must have at least two touches each time they receive the ball. Players must now try to control the ball into space or protect it with their bodies each time they receive it. Playing the ball first time results in a free kick to the opposing team.
2. **Progression:** For the last 5-10 minutes, In the defending half of the field players are free to take as many touches as they wish.

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Active for Life: GAG Activity

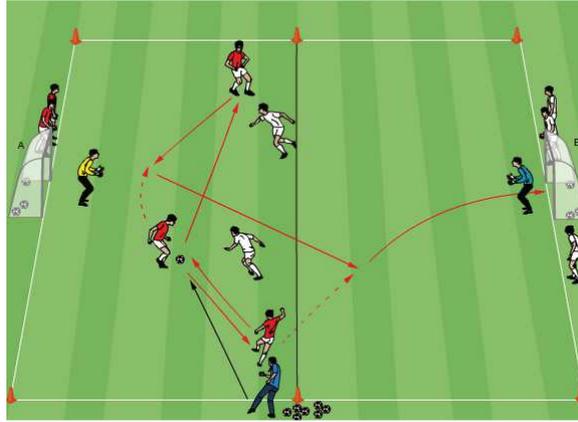
Technical/Tactical:

3v2 toward goal

20 minutes

Organization:

- Use markers to set up a number of 35x15m areas as shown.
- Two teams of five plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with Coach serving a ball to 3 attacking players, in their own half.



Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

Description:

1. Three Red players begin the attack from their own end of the field as the coach rolls to the ball for one of them to control and build play towards goal (B) in order to score. At the same time two White players start on the halfway line and try and win the ball and score in goal A as soon as the Red team has one touch of the ball. The Red team must play three passes before they can enter the opposite half and score. When a goal is scored or a shot is taken, or the ball is knocked out of play, the process is repeated in the opposite direction, with three white players now attacking Goal A. Continue this rotation.

Emphasis: Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot enter the opposite half and shoot. Be patient and keep the ball moving.

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WEEK 2 - SESSION 4

Active for Life: Warm Up

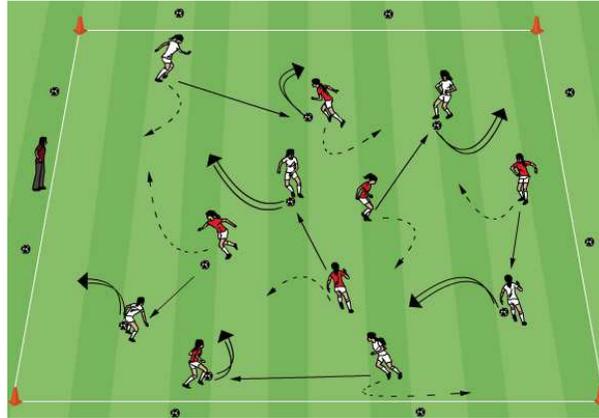
Warm-Up:

Give a Pass; Get a Pass

15-20 minutes

Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5th wall/double pass possession changes.



Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.

a. Pass with inside of foot	g. Receive with inside of foot & turn inside.
b. Front foot pass	h. Receive with inside of foot & turn outside.
c. Pass with outside of foot	i. Receive with outside of foot & turn outside.
d. Double pass	j. One-touch straight back.
e. Wall pass – inside foot	k. Open out, One-touch angled pass with inside foot.
f. Wall pass – outside foot	l. One-touch flick pass off outside of foot.

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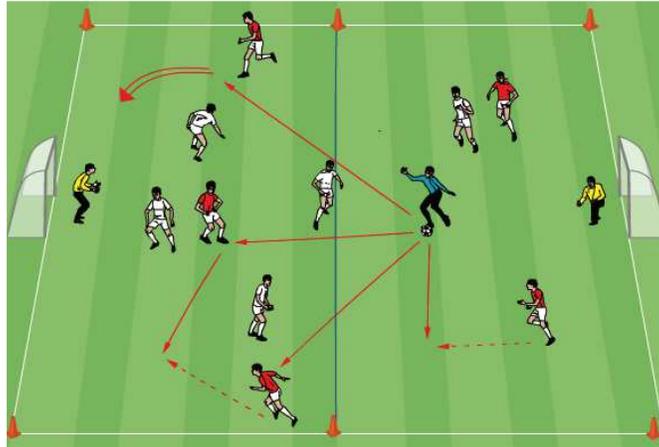
Active for Life: GAG Intro-Game

Small-Sided-Game: 6v6 Game with a Neutral Player – Passing/Support

20-30 minutes

Organization:

- Two teams of 6 including the GKs, plus 1 neutral player.
- Neutral player always plays for the team in possession.
- Playing field of 60x40m.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.

Description:

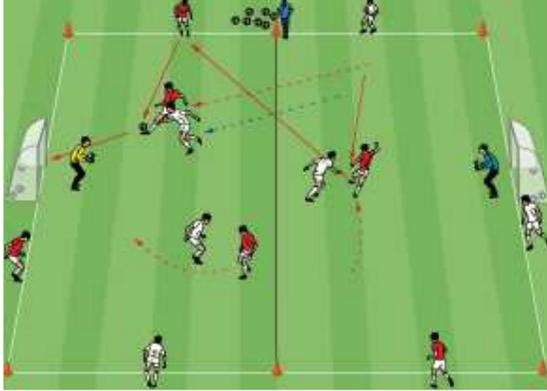
1. The game begins when the GK rolls the ball out to one of her/his players. The team must then interpass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. **Emphasis** should be made of the importance of players using the additional player advantage to **create good supporting triangles around the ball**.
2. Switch the neutral player every 5-10 minutes.
3. **Progression:** For the last 5-10 minutes, the neutral player can only receive the ball in the defending half of the field in possession.

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Active for Life: GAG Activity

Technical/Tactical:	Passing & Receiving Combinations	15-20 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> Use markers to set up a number of 35x20m areas as shown. Two teams of six plus a GK. Two goals Soccer balls in each goal. Play starts with GK. 3v3 on the field with 3 supporting players from each team outside. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> Draw the defender by running at them with the ball. Pass the ball and look to get it back behind the defender. Disguise the pass (use outside of foot, open out and play back inside, etc) Work in triangles with support players.
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Description:

- 3 v 3 game takes place for intervals of 2 minutes. Resting players are positioned as shown and act as support players for their teammates for additional passing opportunities or combinations. Support players are limited to no more than three touches. Field players have as many touches as they need to create scoring opportunities and are encouraged to try various passing options (wall passes, overlaps, third man runs) to do so. Every two minutes the infield players switch with those on the outside and the game resumes as before. All restarts are from the nearest GK – no throw-ins, corner kicks or kick-offs. 1 point for a goal scored directly. 2 points for a goal scored following a combination play. Keep a running score for the game.

Emphasis: On wall passes, overlaps and third man runs.

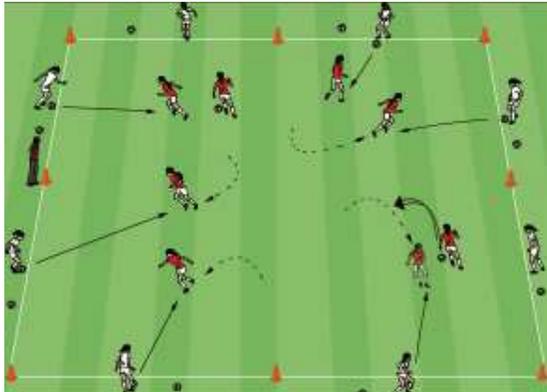




WEEK 3 - SESSION 5

Active for Life: Warm Up

Warm-Up: Windows Warm-Up 15-20 minutes

<p>Organization:</p> <ul style="list-style-type: none"> • Use markers to set up a 25m x 25m area. • Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area. • Coach asks players to perform various tasks. • Switch roles after 1 minute. 		<p>Points to Stress:</p> <ul style="list-style-type: none"> • Carry out the exercise at a jogging pace. • Focus on balanced movement on each side of the body • Pass, dribble and receive the ball using both feet. • Vary the direction moved when performing each turn, direction change, etc..
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<p>Description:</p> <ol style="list-style-type: none"> 1. Server use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles. <ol style="list-style-type: none"> a. Control & pass back with inside of foot. b. Control with outside foot & pass back. c. Control with laces & pass back. d. Control with thigh & pass back. e. Control with chest & pass back. f. Control with foot, turn & pass to another server. g. Control with thigh, turn & pass to another server. h. Control with chest, turn & pass to another server.
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Active for Life: GAG Intro-Game

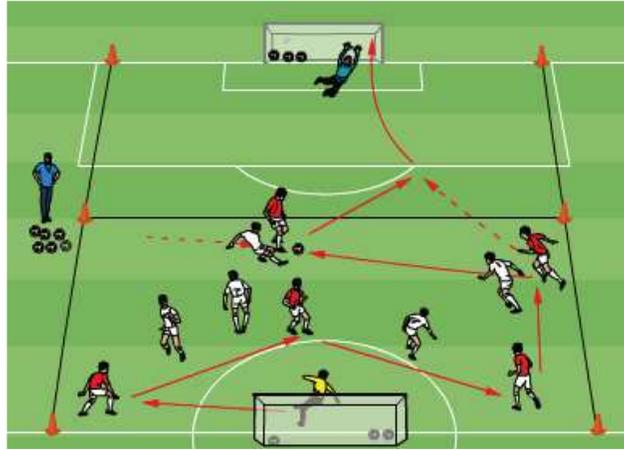
Small-Sided-Game:

6v6 Game – Passing & Support #2

20-30 minutes

Organization:

- Two teams of 6 including the GKs.
- Half field long x 40m wide.
- One goal at each end.
- Soccer balls in the goals and some with the coach.
- Play starts with the GK.



Coaching Points:

- Spread out wide & long.
- Open body position & see as much of the field as possible.
- Support in triangles
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.
- Be composed & keep the ball moving.
- Pass should lead the through run.

Description:

1. The game begins with the Red goalkeeper rolling the ball to one of his/her teammates, who must pass the ball to his/her teammates so that they can complete 3 consecutive passes. Once this is achieved they must try to keep passing until they can send a 'through ball' to a team member breaking into the other half of the field. This player must then try and score in the opposing team's goal. If the opposing players win the ball in the meantime, or they gain possession because the ball goes out of play, then they too must make 3 consecutive passes before send a 'through ball' into the opponents half of the field. Once the 'through player' touches the ball all the players can enter that half of the field. The attacking players can finish any rebounds and the defenders can gain possession and repeat the process in the opposite direction. If a goal is scored or the goalkeeper makes a save the ball is given to the defending team to begin the process again. All players must remain in one half until the through ball is played. Defenders must stay in one half until the 'through player' touches the ball. There are no off-sides, no corner kicks and throw-ins are replaced by kick-ins.

Condition 1: All players are limited to 3 touches with the exception of the through player who is 'free' until the shot is taken.

Condition 2: All players can enter the the other half of the field as soon as the through ball is played.

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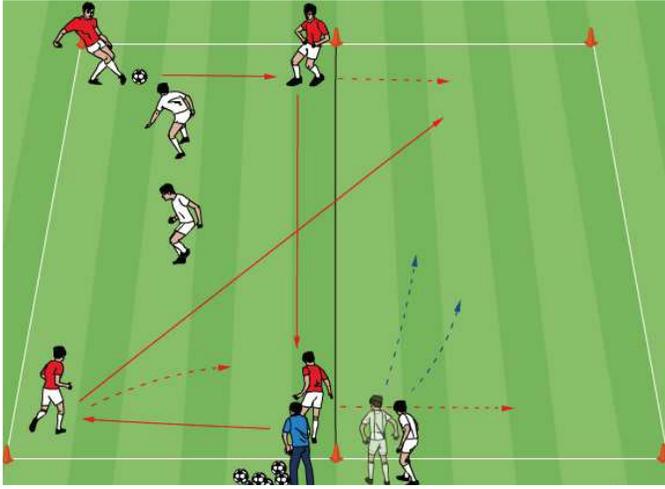


Active for Life: GAG Activity

Technical/Tactical: **Passing & Support – Square to Square** **20 minutes**

Organization:

- Set-up area 30x15m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against two opponent in one 15x15m square.
- One square vacant to begin with.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

Description:

1. Two groups compete against one another as follows: Four red players v 2 white player in a one square, with two white players resting outside the square at the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the two defending white players steps out and two new defenders enter the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and two of the reds become defenders, while the others rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

Progression 1: Defenders must try and win the ball and pass it into the next square to the resting players and the whites then transition to retaining possession and the Reds become the defenders as before.

Progression 2: As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

