

Fundamentals


Example Sessions

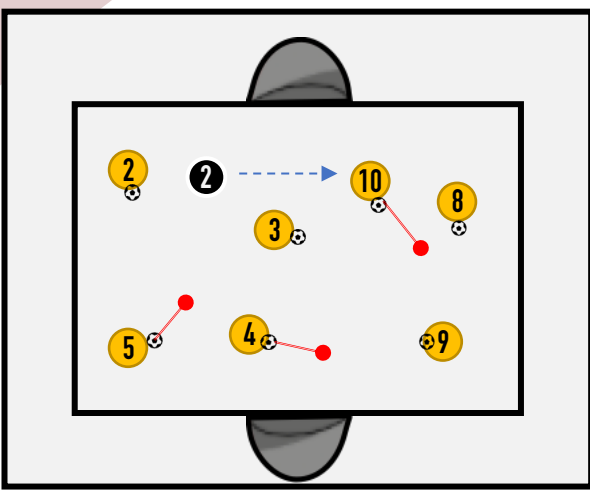
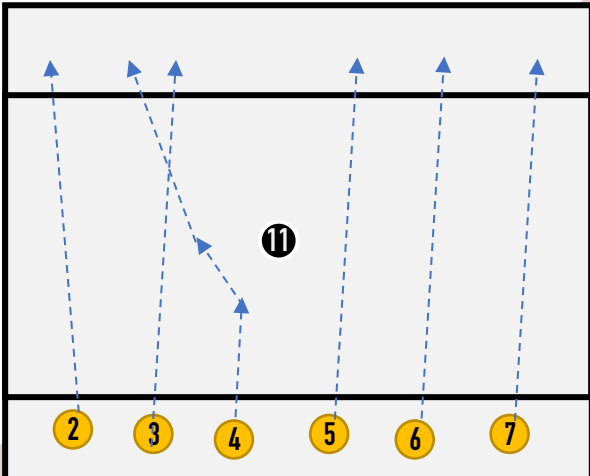


FOCUS	Moving and Getting Comfortable with the Ball
PLAYER HABITS	1v1 Attacking, Mentality to Recover the Ball, Vision & Awareness
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

Fundamentals (U6-U9)

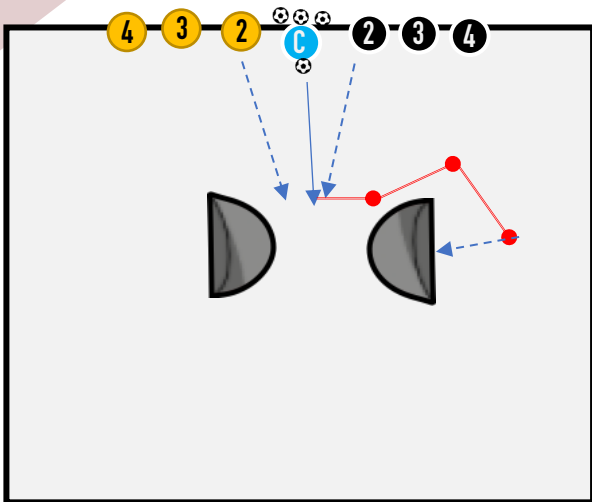
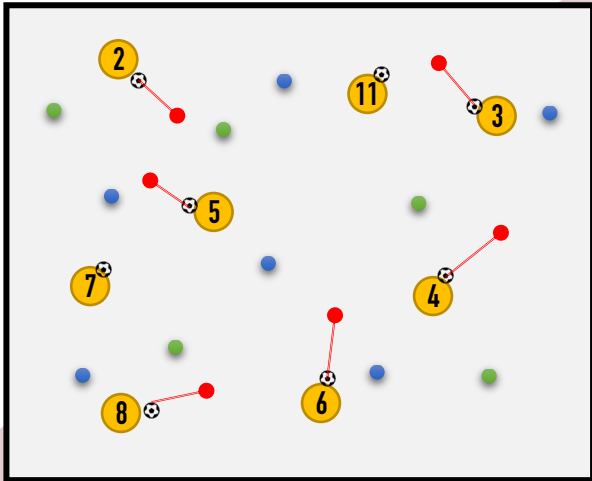
- Dribble
- - - Player Movement
- Ball Movement





Part 1	Seals & Sharks
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard area with two 5-yard endzones as islands on each side. • The seals start on island #1 and are in the safe zone. When the coach says 'go' the seals need to get to island #2 without being tagged by the shark. If they get tagged by the shark, they then become a shark as well. • Repeat the same process from island #2 back to island #1. • Last player that is a seal starts as a shark the next round. • When playing with the ball the shark needs kick the ball out of the zone the seals are trying to get across. <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Change of direction and speed when playing without the ball. • Keeping the ball close if the shark is near when playing with the ball. Bigger touches to quickly get across to the other side if the shark isn't close by. 	

Part 2	Cats & Dogs
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard space and place a pug goal on 2 sides (you can change where the pug goals are each round). • One player starts off without a ball and is the dog, the others have a ball and are cats. • The dog tries to get the ball off one of the cats and either kick it out of the grid or score in a goal. If they score in a goal, they get a point. • If a cat's ball gets knocked out or the dog scores, they join the dog. • Last cat with a ball becomes the dog the next round. <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Small touches to keep the ball under control and away from the dog. • Looking up (vision and awareness) when dribbling to stay far away from the dog. • If the dog wins the ball can the cat get it back right away. 	



Part 3

Dribbling Box

DESCRIPTION

- In a 25x25 yard space place 5-6 blue cones and 5-6 green cones.
- Each player needs a ball
- Player's dribble around the box. The coach will call out 'blue or green' from time to time. When that happens, the players need to dribble to the appropriate colour cone. Only one player per cone.
- Players that don't get to a cone have to do a 'punishment' of toe touches or foundation touches or different physical literacy exercises.
- In addition to calling colours, coaches can also call out body parts that players need to touch the ball with or different exercises for the players to perform.

COACHING TIPS

- Encourage the players to keep the ball close to them when dribbling and explore using different surfaces when dribbling.
- Encourage players to constantly be looking for the different colour cones so they know where to go right away when a colour is called.

Part 4

1v1 Back-to-Back Goal Game

DESCRIPTION

- Create a 20x20 yard area and place two pug goals back-to-back.
- 2x teams as shown. Coach starts each game by playing a ball into the middle.
- Players at front of each line play 1v1 and can score in either goal.
- They play until a goal is scored or the ball leaves the area. At this point they return to their lines taking the ball back for the coach.
- Players now join the back of each line with the process repeating.


COACHING TIPS

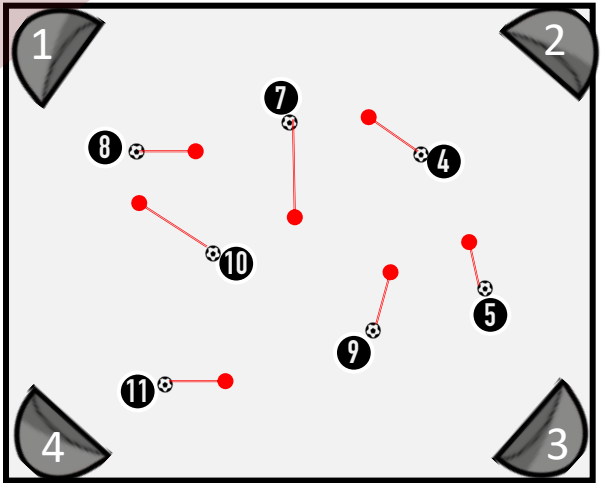
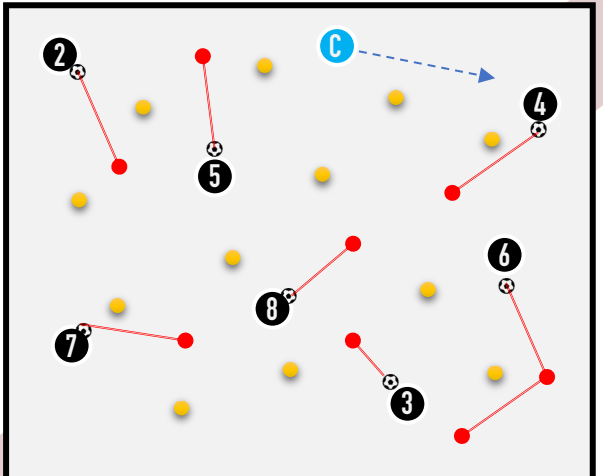
- Players should be trying to keep the ball close to them when they are dribbling, and the defender is nearby. When the defender is further away, they can take bigger touches to go faster.
- Use of turns to get away from the defender to create space to score.
- Focus on the players learning through the experience of playing the game and ensure players are matched against a player that challenges them.

FOCUS	Moving and Getting Comfortable with the Ball
PLAYER HABITS	1v1 Attacking, Vision & Awareness, Scoring Goals
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

Fundamentals (U6-U9)

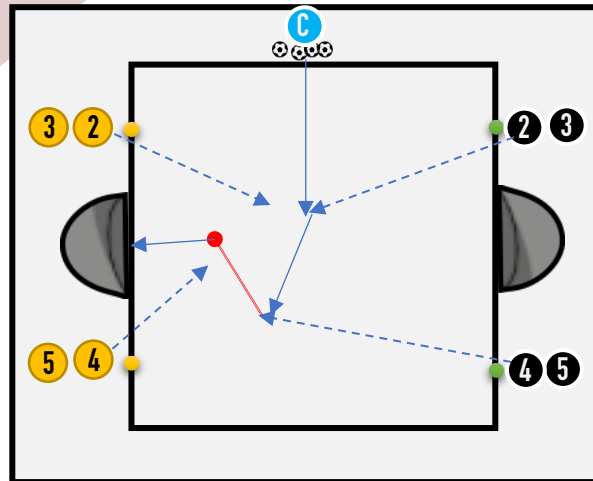
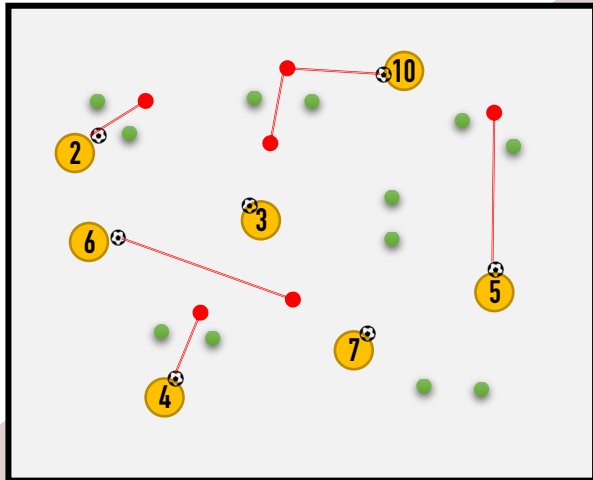
- Dribble
- - - Player Movement
- Ball Movement





Part 1	Lava and Monsters
DESCRIPTION	
<ul style="list-style-type: none"> • Make a 20x20 yard area and place cones all over the area – this is the lava! • Players need to dribble around the grid and not touch the lava (cones). • The coach also walks around (or jogs from time to time) as the monster who tries to tag the players. • Progress to if the monster tags a player they freeze and need another player to tag them to unfreeze them. <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Keep the ball close when dribbling. • Look around to know where the monster is. • Encourage players to have a change of pace when the monster is close by. 	

Part 2	Dribbling and Scoring
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 25x25 area and place a pug goal in each corner. • Number each pug goal. • Player's dribble around the area and can perform different skills when the coach says. • When the coach shouts a number, the players need to score on that goal as quickly as possible. The first three players that score in the correct goal get a point. <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Encourage players to use different surfaces of their feet when dribbling. • Challenge players with new moves and skills when dribbling. 	



Part 3

Gate Dribbling

DESCRIPTION

- Create a 25x25 yard space and place 6-7 gates in the area.
- Each player needs a ball. They dribble around the area and go through the gates.
- Coach can ask players to use different feet and different parts of their feet.
- Coach can also ask players to go through the gate and then turn back through the gate (to start working on turning and changing direction)
- At the halfway point have some races to see how many gates players can get through.

COACHING TIPS

- Smaller touches when going through a gate for more control
- Bigger touches when going between gates for faster movement
- Use different surfaces to turn back through the gate (inside, outside, sole)

Part 4

2v2 Game


DESCRIPTION

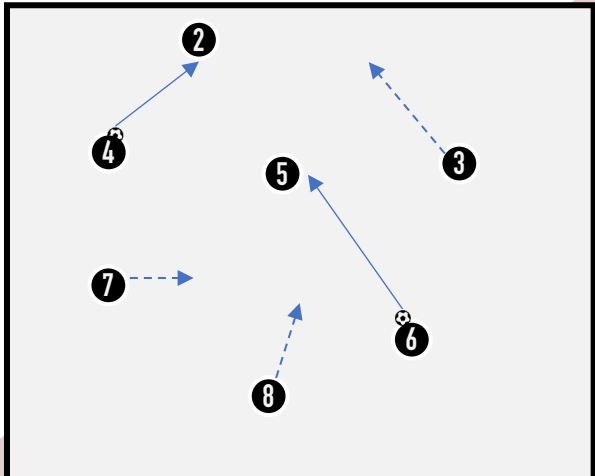
- 2x teams as shown. Coach starts each game by playing a ball into the middle.
- Players at front of each line play 2v2 (directional - each defending 1 goal and attacking 1 goal)
- They play until a goal is scored or the ball leaves the area. At this point they return to their lines taking the ball back for the coach.
- Focus on the players learning thru the experience of playing the game.
- If players are mis matched ask them to play against other evenly match opposition.

FOCUS	Physical Literacy, Dribbling
PLAYER HABITS	1v1 Attacking, Vision & Awareness
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

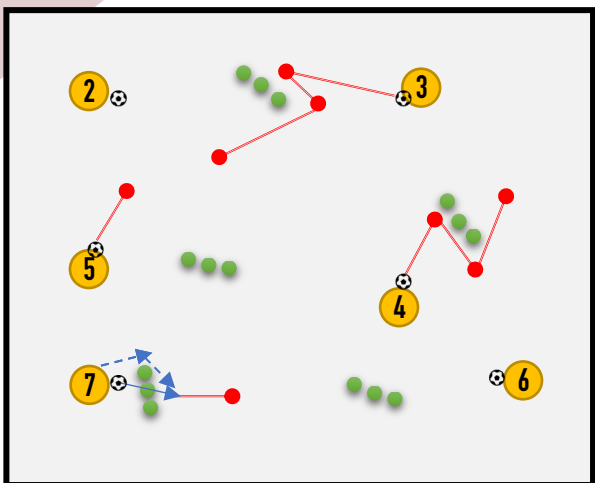
Fundamentals (U6-U9)

- Dribble
- - - Player Movement
- Ball Movement

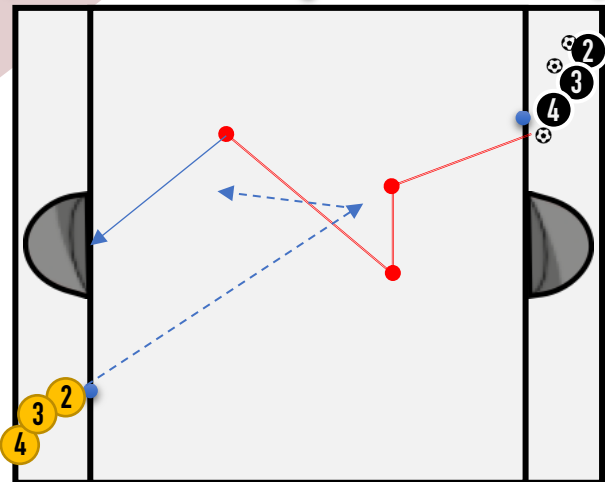
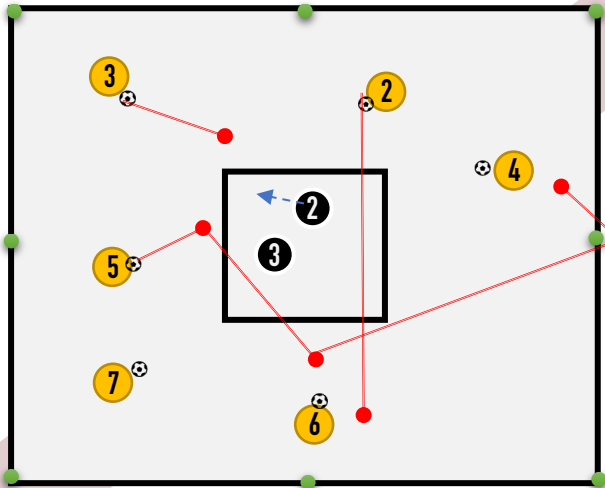




Part 1	Hand Ball
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 15x15 yard area • Players start moving around the area (get players to move in different ways) • After a couple of minutes, add 2-3 soccer balls into the area (players will have them in their hands) • While moving around, players will throw the ball to a teammate for them to catch (all players should be moving at all times) • Once players get the hang of it, challenge players to see how many times they can toss the balls to one another without any of them dropping • Try to beat the score in the next round! • For further difficulty can add a ball that is on the ground and players pass the ball to one another, however you can't have a ball at your feet and a ball in your hands at the same time (promoting vision and awareness as players need to scan to see who already has a ball in their hands or at their feet) 	



Part 2	Dribbling Box + Moves
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard box and place 2 or 3 cones close together to represent defenders • Every player needs a ball • Player's dribble around the box freely (avoiding the defenders) • Introduce different ways of going around the defender (using the inside of the foot, outside of the foot, possibly adding a little 'feint' prior to going around the defender) • An additional challenge for the players would be to try to flick the ball over the 'defender' (cones) • Coaches can also add in additional skill acquisition techniques that the players can try to perform <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Allow players to explore using different parts of their feet • Keep energy as high as possible, get excited when players get around a 'defender' 	




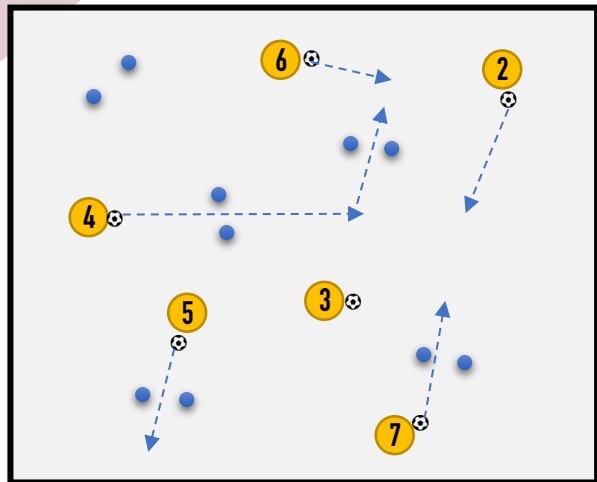
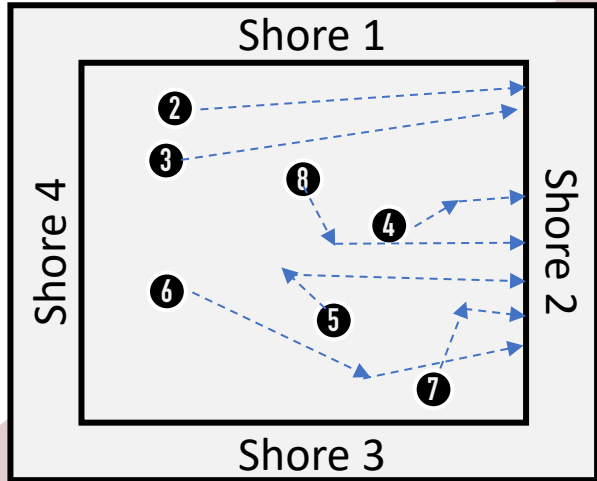
Part 3	Get Through the Middle!
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard area with a 5x5 yard box in the middle • Have 1 or 2 'defenders' in the middle box • Players on the outside must dribble through one side of the box and out another side of the box without a defender touching their ball (if they do, they get a point) • After they go through the box, they must dribble around one of the outside cones • Play for 1-2 minutes and see what scores each player got • Change defenders at this point <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Encourage players to accelerate with the ball through the box when they see an open space • Ensure players are keeping their heads up and scanning from time to time so they know where the defenders and other attackers are – they are trying to go through a small space so having some awareness where other players are is crucial! 	
Part 4	1v1s
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 15x12 yard playing area and place a pug goal on each end (see diagram) • Create 2 teams and have them line up behind a cone beside each of the goals • One line starts with the ball, as soon as they take a touch into the area, the 1v1 is activated • Directional game (each player attacking and defending one of the goals) • Play until the ball goes out of play or a goal is scored • Players stay on the same sides for approximately 4-5 minutes, and then change sides <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Get the next 1v1 going as soon as the ball is out, or a goal is scored to maximize repetitions for players • Try to ensure players are matched up against players that are similar in ability and stature for safety and appropriate competition/challenge 	

FOCUS	Physical Literacy, Skill Acquisition, Dribbling, Finishing
PLAYER HABITS	1v1 Attacking, Scoring Goals
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

Fundamentals (U6-U9)

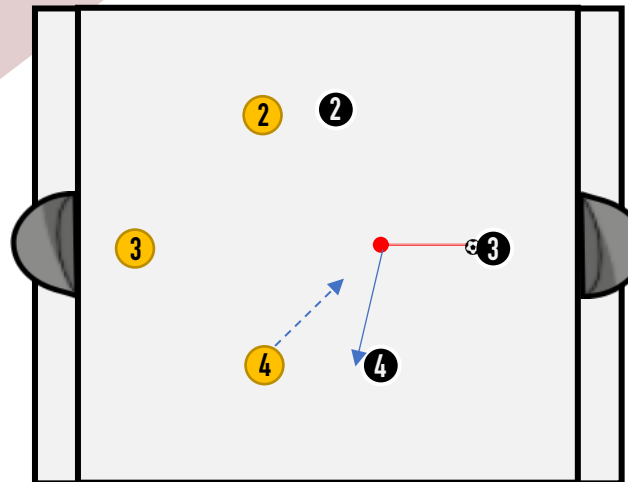
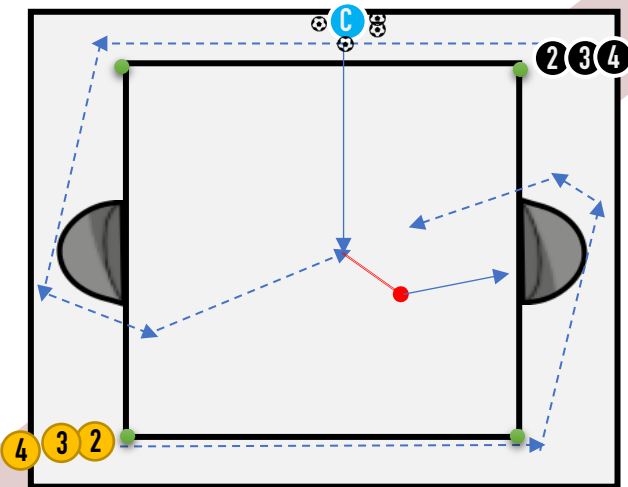
- Dribble
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Part 1	Get to the Shore!
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 15x15 yard box that and label each side of the box a 'shore' (see diagram) • Players move around the box (in various ways as the coach says – forwards, backwards, side shuffling, bear crawling, crab walking, etc.) • When the coach calls out a shore, players must race to get to that shore to escape the sea monster • Last player to get to the shore must do either a skill acquisition technique or an additional physical literacy exercise • After 3-4 minutes add in a soccer ball that players dribble around and must stop on the line of the shore • Can add different names to the shores as well to challenge the players cognitively 	

Part 2	Gate Dribbling
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard area and place 5-6 gates in the area at random • Each player needs a ball • Player's dribble around the area, when the coach says 'go' players dribble through as many gates as they can (must go through a different gate each time) • Race for about 1-2 minutes before seeing how many gates each player went through • Next round, get players to do the same, but between each gate they must do some sort of skill/move (ie. 10 toe touches) before moving onto another free gate (only one player per gate at one time) <p>COACHING TIPS</p> <ul style="list-style-type: none"> • Small touches while approaching the gate and going through the gate, bigger touches between gates to get from one to another quicker • Players will need to scan to see which gates are open for them to go through/do a move/skill in 	



Part 3

1v1 – Around the Goal

DESCRIPTION

- Create a 12x15 yard playing area and place a pug goal on each end
- Create 2 teams and have the players line up behind opposite cones in the corners (see diagram)
- Coach should have a pile of balls beside them
- The coach will throw a ball into the playing area, as soon as the ball touches the ground, the first player in each line will run around the end cone and opposite goal and race to the ball
- Players play 1v1 and attack the goal closest to their start position and defend the goal furthest from their start position
- Play until the ball goes out or a goal is scored

COACHING TIPS

- Encourage players to try to take their opponent on and take some dribbling/running with the ball touches before they take a shot
- Change match ups from time to time to try to find match ups where all players can find some success and challenge

Part 4

3v3 or 4v4

DESCRIPTION

- Create a 20x25 yard playing area and place a pug goal on each end
- Create 2 teams and play 3v3 or 4v4 centrally
- When the ball goes out, the coach should restart the game by throwing/rolling another ball into the playing area

COACHING TIPS

- Have a large supply of balls to be able to be able restart the game right away
- High energy and lots of encouragement for the players
- Get excited when goals are scored!!!