

Soccer for Life

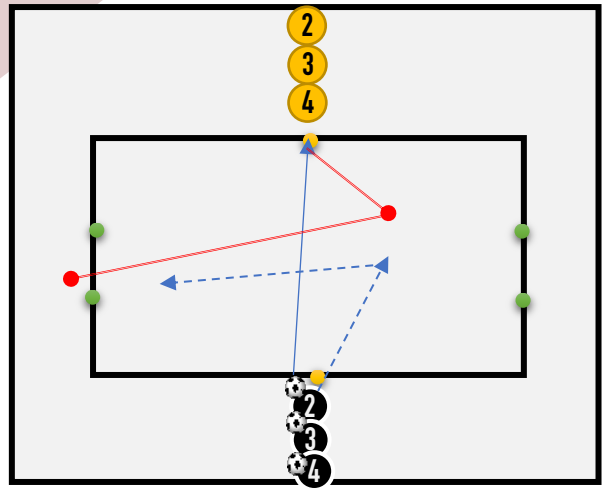
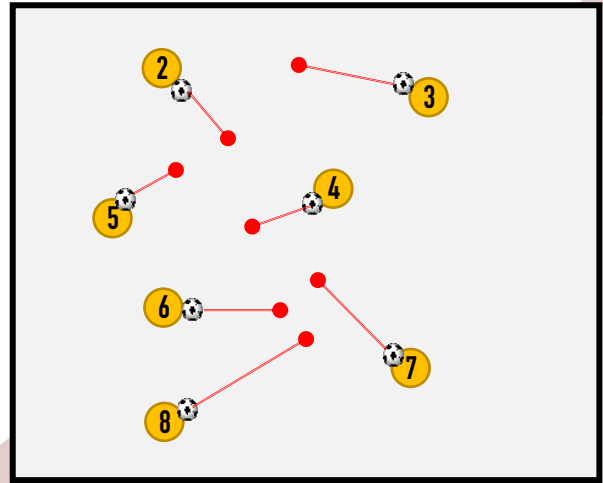
Example Sessions



FOCUS	Dribbling
PLAYER HABITS	1v1 Attacking, Enticing Pressure, Mentality to Recover the Ball
SOCIAL/MENTAL	Fun, Friends, Energy, Building Confidence, Focus

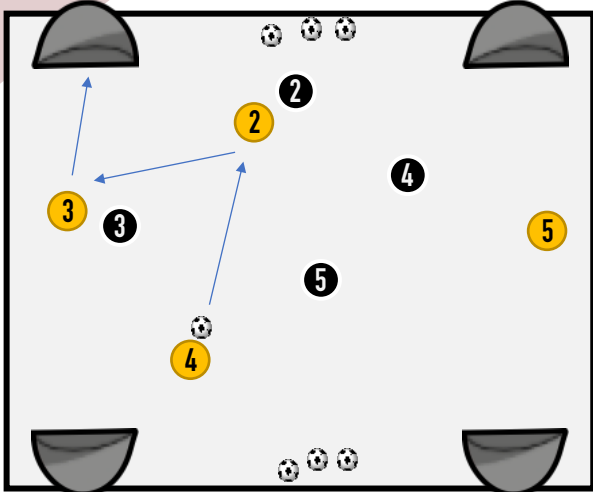
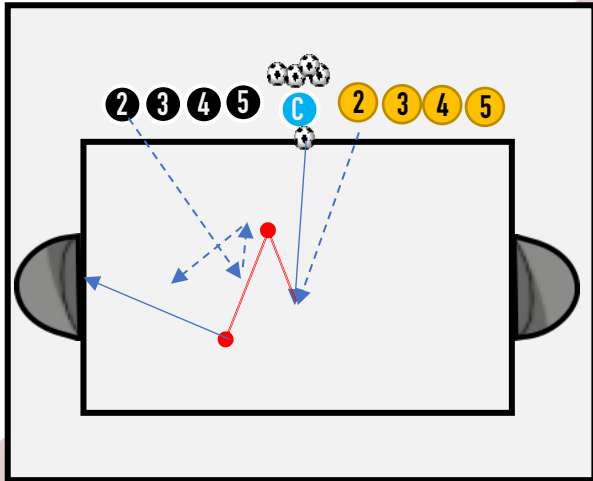
Soccer for Life (U14+)

- Dribble
- - - Player Movement
- Ball Movement



Part 1	Dribbling Box
DESCRIPTION	
<ul style="list-style-type: none"> Create a 20x20 yard box Every player needs a ball and dribbles around in the box Get players to perform more advanced moves, turns, and skill acquisition techniques (double scissors, Maradona twist, Brazilian Toe Touches, Cryuff turn, L turn, etc.) Ask players what moves/techniques they want to work on <p>Key Points</p> <ol style="list-style-type: none"> Constantly looking for space while dribbling into the grid Players challenging themselves and 'owning' their own development Ensure proper techniques are being used and help players that need some extra support 	

Part 2	1v1 to Gates
DESCRIPTION	
<ul style="list-style-type: none"> Create a 10x18 yard area and place one gate on each end Create 2 teams and line them up across from one another (see diagram) One line has balls, the other doesn't Line that has a ball passes the ball across to the other side to activate the 1v1 Attacker tries to dribble through one of the 2 end gates Defender tries to win the ball, and if successful tries to dribble through a gate Players can rotate each round or after a certain time period If you have 10+ players, create 2 grids for maximum repetitions <p>Key Points</p> <ol style="list-style-type: none"> Player's first touch should either be used to accelerate through a gate right away or to entice pressure to open up the opposite side Encourage players to battle and compete – do not give up! 	

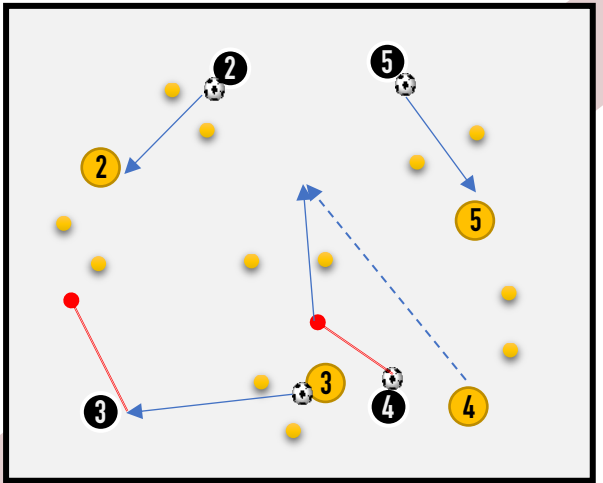


Part 3	Numbers Game to Goal
DESCRIPTION	
<ul style="list-style-type: none"> • Create an 18x12 yard playing area and place a pug goal on each side of the playing area • Create 2 teams and number each player • Coach will pass or throw a ball into the grid and say a number (or 2 or 3) • The players that are that number will enter the grid to play (a 1v1, 2v2, or 3v3) • Play until the ball goes out or a goal is scored • Keep score! <p>Key Points</p> <ol style="list-style-type: none"> 1. Coach should have a large stack of balls close by to ensure the game can continue to run 2. Be sure to create match ups that challenge both players 3. Encourage players to be creative and try moves that they have worked on previously 	
Part 4	4 Goal Game
DESCRIPTION	
<ul style="list-style-type: none"> • 4 goals placed inside the playing area as shown. Play 4v4 or 5v5 centrally. Extra players at the side changing on the fly as the game is played. • This game will develop wide play by encouraging the players to move wide naturally. • This will also open the game thus giving the players more time on the ball which will stimulate a deeper understanding of the game. • All in all, this simple game will help develop all the players peripheral vision, perception & decision making whilst gaining lots of touches on the ball. <p>Key Points</p> <ol style="list-style-type: none"> 1. Remind the players their job is to score! 2. Use the 1st touch on ball to change direction of the play & attack opposite goal. 3. Disconnect from your defender to create space to receive. 4. Encourage players to recognize if they are in 1v1 situations to take players on and score. 	

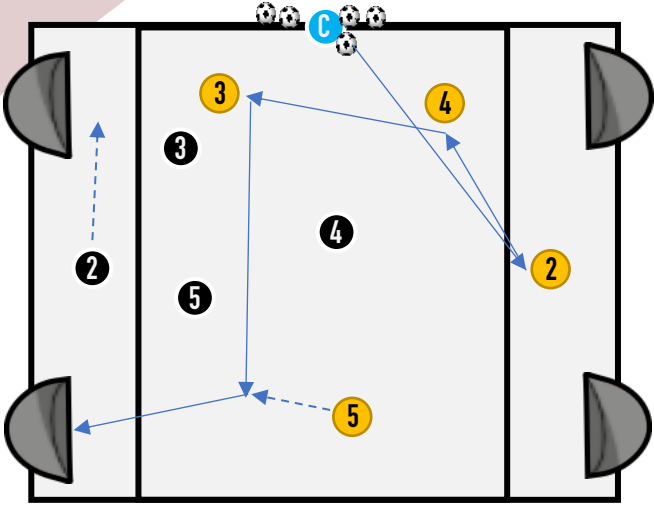
FOCUS	Recognizing Dead Ends (Switching Play)
PLAYER HABITS	Pass Communication, Vision and Awareness, Enticing Pressure
SOCIAL/MENTAL	Fun, Friends, Overcoming Challenge, Growth Mindset

Soccer for Life (U14+)

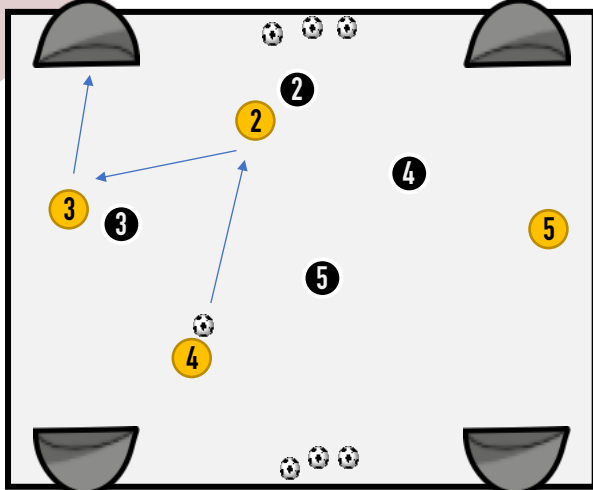
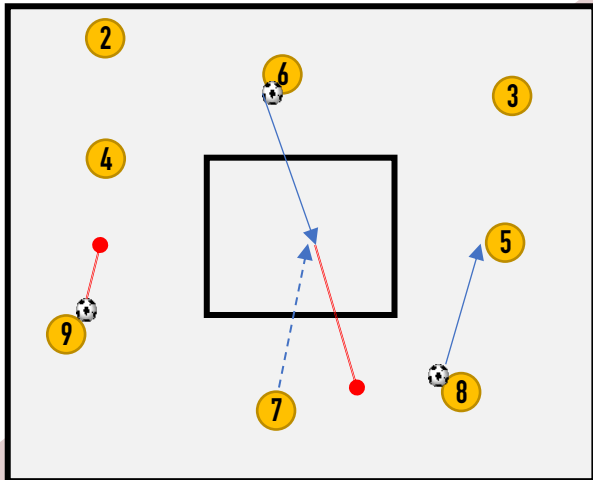
- Dribble
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Part 1	Gate Passing
DESCRIPTION	
<ul style="list-style-type: none"> Create a 20x20 yard space and place 5-6 gates within the area Pair players up, one ball between each pair Players move around the grid and must find a gate to pass the ball through to their partner (see progressions below) Change partners every 1 or 2 progressions <p>Key Points</p> <ol style="list-style-type: none"> 1. Constantly looking for space to receive the ball in 2. Receive on back foot (foot furthest away from the ball) <p>Progressions</p> <ol style="list-style-type: none"> 1. Pass through gate 2. Give and go through gate (around one of the cones) 3. Maximum 3 touches per player 4. After receiving a pass, the player must perform a move 5. Don't have partners, find a new player to receive through a gate from every time 	



Part 2	4 Goal Game w/ Bouncer/Defender
DESCRIPTION	
<ul style="list-style-type: none"> Create a 15x20 yard central area with a 2-yard end zone on each end Place 2 pug goals behind each end zone as shown in the diagram Play 3v3 centrally with a player (who acts as a defender) in each end zone (players that are in the end zones are restricted to it) Central players attempt to score in one of the two pug goals (can't enter the end zones) The defender in each end zone can screen the pug goals and can also act as a supporting player for their team Change 'defender' every 3-4 minutes When ball goes out, coach restarts by playing a ball in <p>Key Points</p> <ol style="list-style-type: none"> 1. Play forwards (score) when possible 2. If player can't play forwards, play to a player who can 3. Start to recognize overloads (more attackers than defenders) 	



Part 3

Double Box Passing and Receiving

DESCRIPTION

- Create a 25x25 yard space with a 5x5 yard box in the middle
- All players in the grid and have 2-3 players with a ball
- Players pass and dribble as they please (see progressions below)

Progressions

1. Player enter the central box to receive a pass
2. Player enters grid to receive pass and dribbles out opposite side
3. Player enters grid to receive pass and must pass to a player through a different side of the central grid

Emphasis on the players:

1. Recognition of cues of player on the ball to enter central area to receive (body shape, good first touch, passing lane)
2. Shoulder check while entering the area
3. Receive on back foot
4. Players away from the ball recognizing when a player goes in that they need to get to an open area opposite to support
5. If you don't receive within 2-3 seconds of entering grid, get out and create space

Part 4

4 Goal Game

DESCRIPTION

- 4 goals placed inside the playing area as shown. Play 3v3 or 4v4 centrally. Extra players at the side changing on the fly as the game is played.
- This game will develop wide play by encouraging the players to move wide naturally.
- This will also open the game thus giving the players more time on the ball which will stimulate a deeper understanding of the game.
- All in all, this simple game will help develop all the players peripheral vision, perception & decision making whilst gaining lots of touches on the ball.

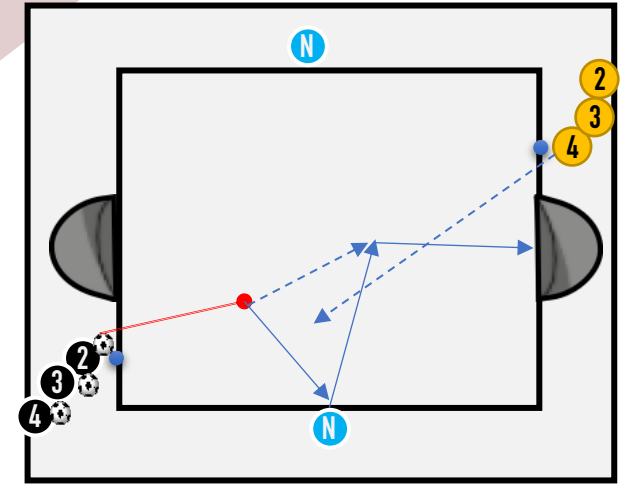
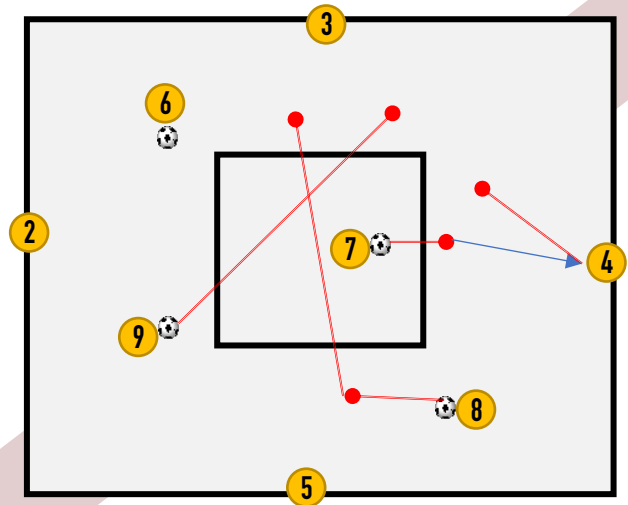
Key Points:

1. Remind the players their job is to score!
2. Use the 1st touch on ball to change direction of the play & attack opposite goal.
3. Disconnect from your defender to create space to receive.
4. How can a teammate help to create a 2v1?

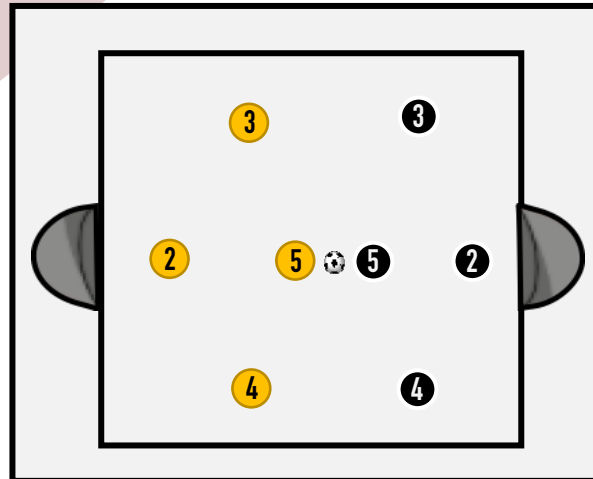
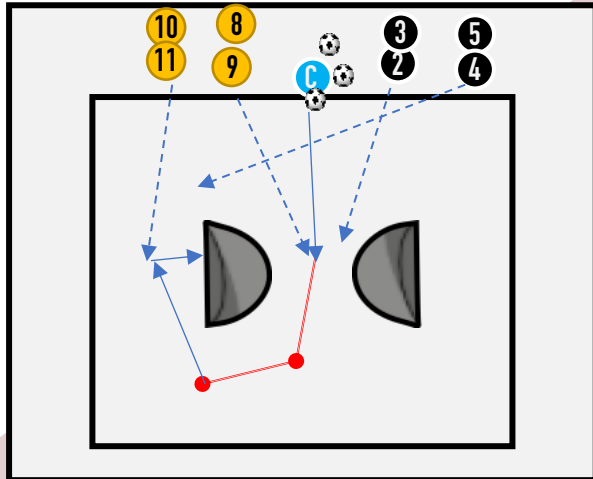
FOCUS	Pass/Dribble Decision Making
PLAYER HABITS	Positive Passing, 1v1 Attacking, Vision and Awareness
SOCIAL/MENTAL	Fun, Friends, Focus

Soccer for Life (U14+)

- Dribble
- - - Player Movement
- Ball Movement



Part 1	Dribble & Passing Warm-Up
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard playing area with a 5x5 yard box in the middle of it • Half the players on the outside, half the players on the inside (who have a ball) • Players on the inside must drive through the box (enter one side and exit another) before playing to a teammate on the outside who then switch positions <p>Key Points</p> <ol style="list-style-type: none"> 1. Dribbling technique (when to take small touches (congested areas) when to take bigger touches (open areas)) 2. Players on outside constantly on toes ready to receive <p>Progressions</p> <ol style="list-style-type: none"> 1. Perform a move while in the middle grid 2. Perform a turn when in the middle grid 3. Drive through the middle grid and do a give and go with a player on the outside 	
Part 2	1v1 + Bouncers
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 16x20 yard space and place a pug goal on each end. • Have two teams & 2 neutral 'bouncers' on the outside • Split teams into two lines (as shown in diagram) • One line starts with the ball and dribbles into the grid, this triggers the player in the other line to start defending • Player on the ball can use the neutral players on the outside (they are on max. 2 touches) • If the defender wins the ball, they score on the opposite goal (and can use the neutral 'bouncers') • Change up the lines and neutral players every 3 minutes <p>Key Points</p> <ol style="list-style-type: none"> 1. Dribble to engage defender 2. Pass if partner is in a space where they can score or if you can't beat your opponent 3. Mention to players that they can use their partner as a 'decoy' and 'look them off' 4. Encourage the next group to start as soon as the ball goes out or a goal is scored – get lots of reps! 	



Part 3

2v2 Back-to-Back Goal Game

DESCRIPTION

- Create a 20x20 yard space.
- Place 2 pug goals back-to-back
- Create 2 equal teams
- Coach plays a ball into the grid and the first player in each line enters the area (to create a 2v2, both teams attacking and defending both goals)
- Play until the ball goes out or a goal is scored

Emphasis on the players:

1. Pass to your teammate if they are in a better position to score or relieve pressure
2. Dribble if the teammate isn't in a better position to score or relieve pressure
3. Player off the ball can they create a 2v1 or drag a defender away to create a 1v1

Part 4

4v4 or 5v5 SSG

DESCRIPTION

- Create a 30x20 yard space with a goal on each end. Play 4v4 or 5v5 centrally. Extra players at the side changing on the fly as the game is played.
- If the ball goes out players can dribble or pass in.
- Encourage players to scan for space/teammates prior to receiving the ball.
- Encourage players to maximize the playing area (dispersal) when in possession of the ball to stretch the opposition and allow them to play forwards.
- *Can play to bigger goals with GKs as well.


FOCUS	Passing & Receiving
PLAYER HABITS	Pass Communication, Receiving & Turning
SOCIAL/MENTAL	Fun, Friends, Focus, Energy

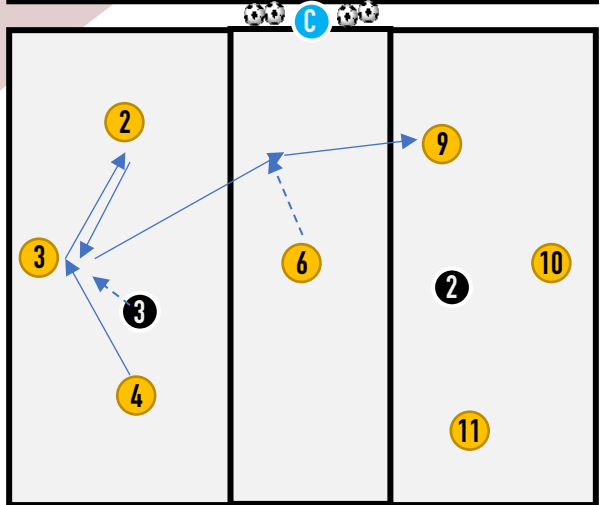
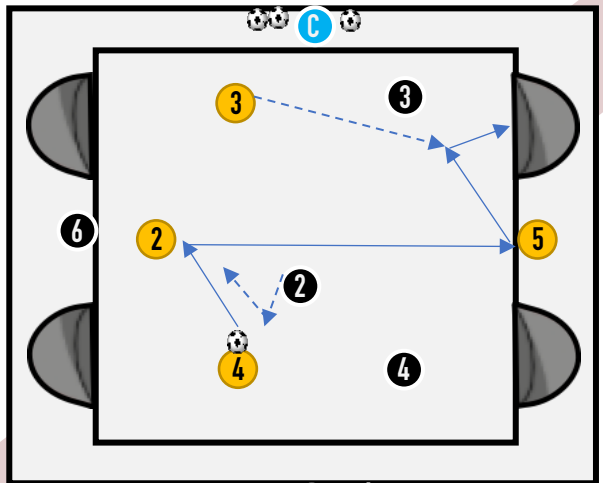
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● Dribble

- - - Player Movement

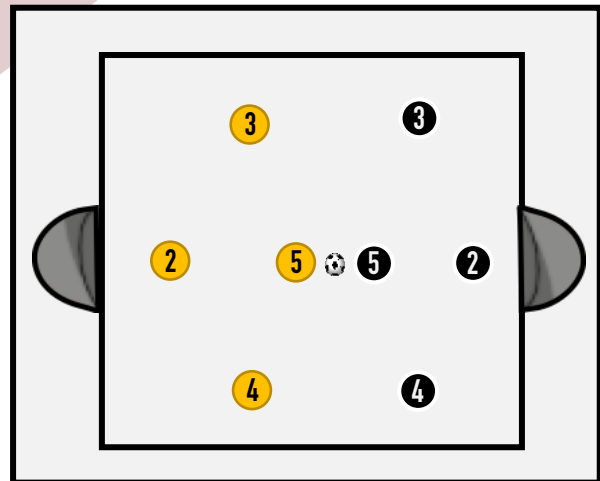
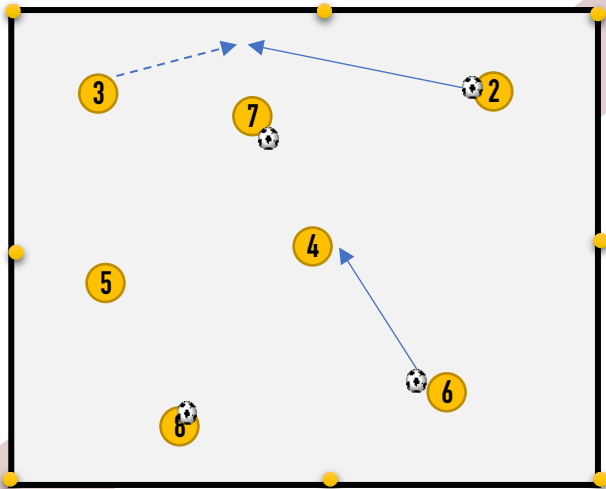
→ Ball Movement





Part 1	3v3 4 Goal Game + Target
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 25x18 yard playing area, place 2 pugs on each end • Play 3v3 centrally and place a target player between the attacking pugs (who acts as a bouncer – should be on 2 touches) • The 3 players centrally defend 2 goals and try to score in the other 2 goals. They can, but don't need to, use the attacking player (bouncer) • If ball goes out of play coach restarts by playing a new ball in • Change the bouncers every 2-3 minutes • If you have more players, play 4v4 in the middle with the bouncers on the end <p>Key Points</p> <ol style="list-style-type: none"> 1. Receive open to be able to play forwards 2. Play forwards at every chance possible (either to score or play into bouncing player) 3. Movement off the ball (third player runs, especially when the ball gets played into the bouncer) 	

Part 2	Positional Rondo
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 25x12 yard area. • Split the area into 2 end zones of 10x12 yard areas and a 5x12 yard central area. • 3v1 in each end zone, with 1 free player centrally • End zones must play 3 passes (minimum) and then play into the central player who has 2 touches to play the ball into the other endzone (for a point) they do the same. • If the defender wins the ball, they dribble outside their zone (in control) for a point • Change middle player and defenders every 2 minutes. <p>Key Points</p> <ol style="list-style-type: none"> 1. Use the full area (dispersal) 2. Players off the ball constantly giving an angle to receive 3. Body shape of central player to receive to play forward in second touch 4. *If you only have 8 players, get rid of the central player and end zones must play directly across to one another 5. Have lots of balls for quick restarts 	



Part 3

Passing & Receiving Box

DESCRIPTION

- Create a 20x20 yard space
- Half the players with a ball half the players without the ball
- Players simply pass and move in the box
- Have the following progressions
 - Players must receive with the sole of their foot
 - Players must receive with the outside of their foot
 - Players must receive and turn
 - Players must receive and dribble around an outside cone
 - Players must receive and do a move

Emphasis on the players:

1. Quality of pass
2. Quality of first touch – into space
3. Technique of first touch (receiving on sole – don't 'stomp' on ball, inside and outside of foot – make sure ankle is 'locked')

Part 4

4v4 or 5v5 SSG

DESCRIPTION

- Create a 25x20 yard space with a goal on each end. Play 4v4 or 5v centrally. Extra players at the side changing on the fly as the game is played.
- Use of kick ins if the ball goes out of play.
- Encourage players (on and off the ball) to find solutions to be able to play forwards when in possession of the ball.
- Encourage players to maximize the playing area (dispersal) when in possession of the ball to stretch the opposition and allow them to play forwards.
- *Can play to bigger goals with GKs as well.