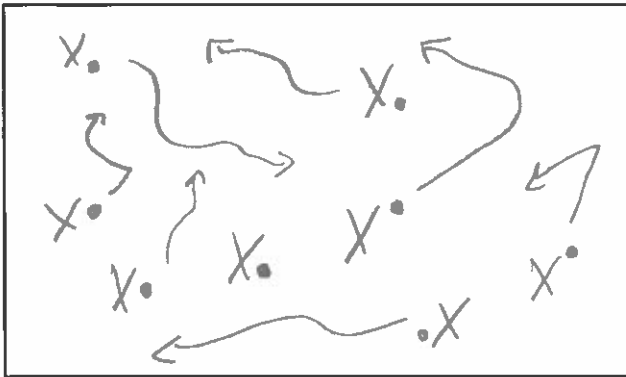


Warm Up Activities

15 X 10 Box

- 1) Everyone with a ball dribbling around, not in circles but zig zags and quick change of direction.



Skill work:

Right foot dribbling Left foot dribbling Insides only Outsidess only
Speed dribbling Roll across body Any touches

Change of Directions:

Pull Back Inside foot cut Outside foot cut

Coaching Points:

Use of both feet, head up as much as possible, increase speed of dribbling into space, transfer ball to furthest foot when dribbling by someone

Progressions:

Marbles: Every player while dribbling/protecting their own ball tries to knock out of bounds their opponents' soccer balls. Play until 1v1 at the end and there is a winner. Encourage players to always being on the attack, make space smaller as players are eliminated.

Eliminator: One player without a ball trying to knock out of bounds all the dribblers ball. As players lose their soccer ball, they become defenders until the whole team is against the last player.

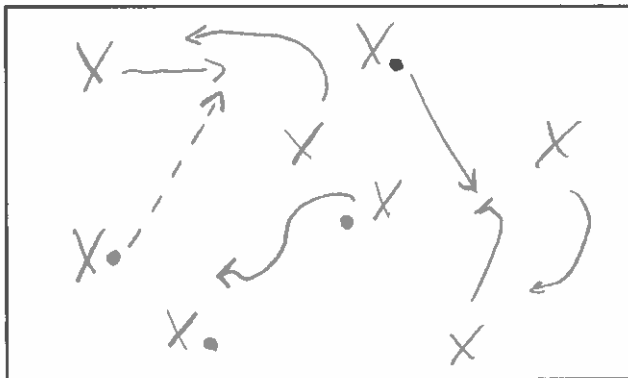
Octopus: One or two players in the middle without the ball, players with ball on the end. Octopus is called and dribblers try to get from end to end keeping their ball. Play until 1 vs everyone.

2) Half the players with a ball, half without. Dribble around, other players move around into space and demand ball. Dribbler passes to player demanding ball and then moves to space to demand ball from someone else. Once the player receives the ball, they dribble drive fast into space then look to pass off to someone else.

Skills: Passing with left and right foot, receiving with left and right foot, receive and turn right away.

Progressions: Can not receive a ball standing still, must be on the move. Two teams; passing to teammates only.....now one ball team vs team trying to keep possession.

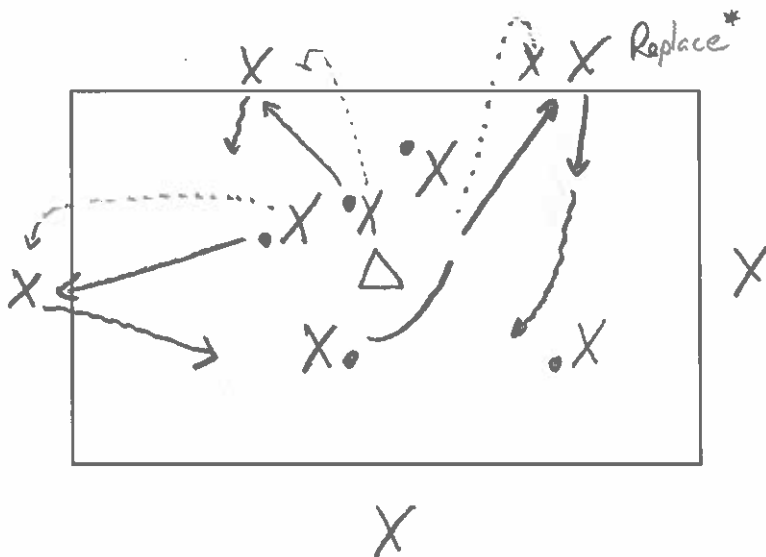
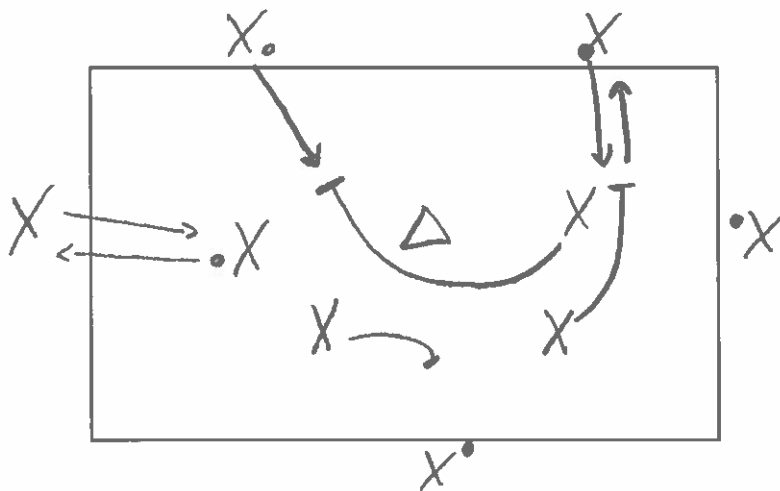
Coaching points: Body shape when receiving the ball, communicating from both receiver and passer, pace of pass, head up looking for space



- 3) Half players outside with ball, half players inside without the ball. Have a cone in the middle of the box. Inside player checks to an outside player asking for the ball to be passed and receives then passes back right away. Player now runs past the cone to receive pass from someone else. Play for 2 minutes and switch inside and outside players.

Progressions: Player receives and turns, dribbles to find someone on the outside without a ball and passes it to them.

Players in middle start with ball, find player without ball and pass to them, they dribble in and you replace them on the outside. Player dribbling in must go by the middle cone and find next open player on the outside.



Small Sided Games

1) Possession game:

16X24 yard rectangle and using the formation you want to play in games. For this example, 2 defenders on the end, 3 midfielders (one in the box, two on outside) and 1 striker.

Start with 2 defenders defending the 6 players trying to keep possession.

Coaching Points:

Attacking players: Off ball players should always be moving to create better passing angles. Receive with first touch away from incoming defenders. Head up and scan where defenders are to know your next easiest pass.

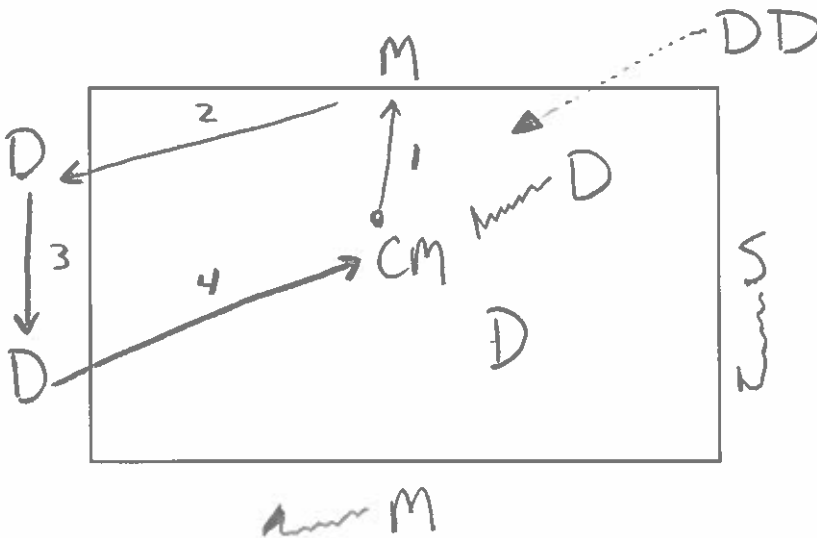
Defenders: Pressure the ball by closing the space quickly. Other defenders cut off passing lanes. Work as a group, stay tight and move fast.

Switch players from attacking to defending every couple of minutes.

Progression:

After 4 completed passes a 3rd defender enters the box

After another 4 completed passes a 4th defender enters the box



SSG's con't...

2) Offense vs Defense

Using the formation you will play (2-3-1) therefore, 4 attackers vs 5 defenders and a goalie

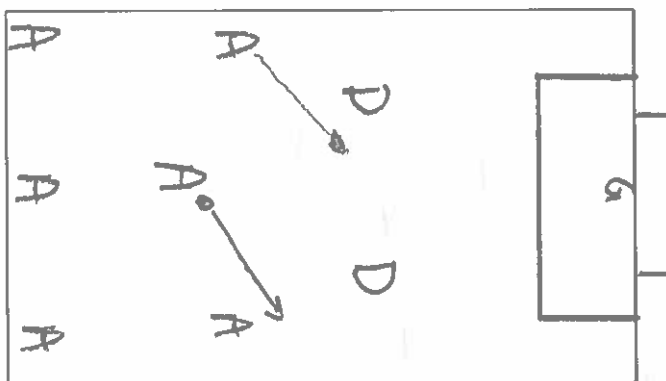
Using ½ the field, attackers going towards goal and defenders defending the goal. Play all throw ins, goal kick and corner kicks. Set up 3 cones at half; left side, right side and middle. When the defensive players win the ball, they are to try to pass to those cones simulating starting the attack. Offense just re-starts from half each time.

This allows you to coach either Offense or Defense on, spacing, pressure cover, passing angles, shooting. Call offsides so the players learn to time their runs properly.

3) Offense vs Defense 3 vs 2

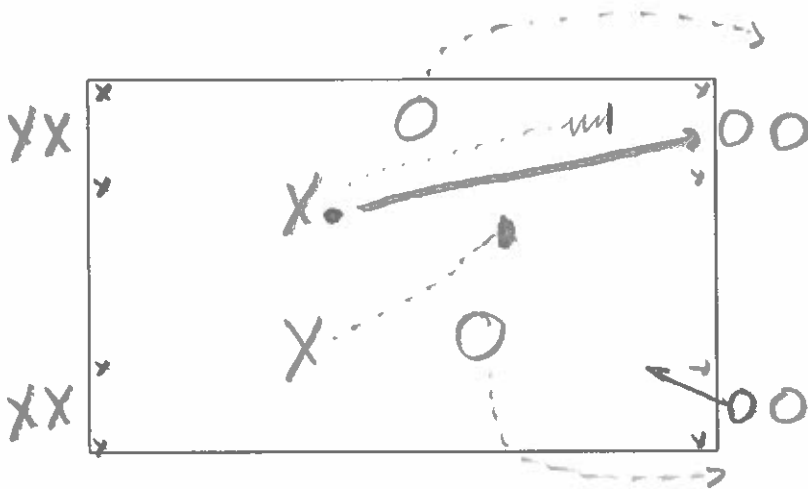
Teach finding the open player, play offsides so they get used to it. When defending players win the ball they can pass to the next group of 3 waiting to attack, simulates starting the attack.

Switch out the defenders every few repetitions.



4) 2 vs 2 Pressure Cover (defending shape)

12 X 20 box, two gates at ends (4 in total) where extra players await the pass. Attacking team attempts to pass to a player in opposite gate, if successful the two defenders leave the box and two the attackers that completed the pass pressure the ball and cover as quickly as they can. The player receiving the pass and the other player in the gate come out (2v2) now trying to pass to the player in the gate on the other side.



Once a pass is completed to the player in the gate, we want to close the space as quickly as possible. The defender's position is to take away a long forward pass and funnel the ball carrier into the 2nd defender.

2nd defender is in a cover position, 3-4 yards back, tucked into the 1st defender taking away any penetrating passes. If the pass is made to the 2nd attacker, the 2nd defender now becomes 1st defender and closes the space down quickly on the ball carrier. The 1st defender's partner drops to a cover position 3-4 yards back tucked in.

Coaching points: 1st defender - quickly closing to the ball carrier, but don't over commit break down 2 yards before. Defenders body shape should look like a surfer, on the side light on their feet and funneling ball carrier into 2nd defender.

2nd defender should be 3-4 yards behind 1st defender and tucked in to take away penetrating pass. Ready to pounce on the attacker if they beat the defender and ready to close on the other attacker if pass is made.

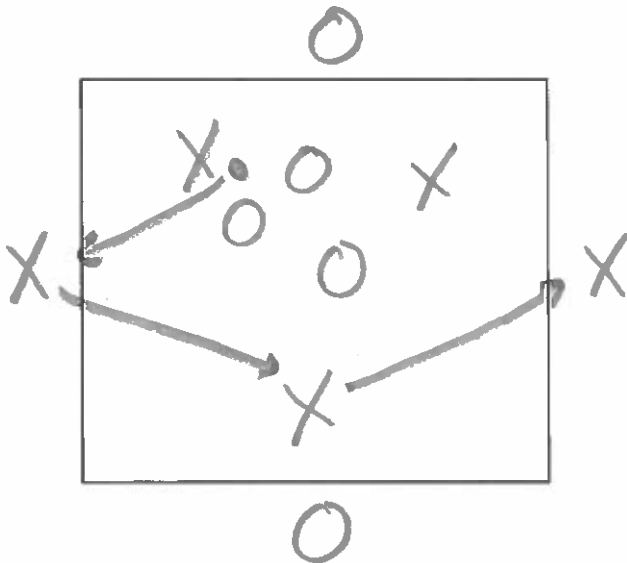
5) **North/South & East/West Possession game**

12 X 12 box, two teams with target players at the ends, one team plays North/South while the other team plays East/West.

Target players stay on the outside until the coach switches them out.

Progression: When you play to a target player you switch positions with them. They dribble in and the play continues.

Coaching points: Always moving (no one grows roots!), creating good passing angles. Look for the furthest pass possible. If you can't go forward, turn and go back. 1st touch into space. Try to play quickly.



Scrimmage

If you share a field with another team, then scrimmage against that team. If not, then set up cones as another goal and scrimmage with smaller numbers i.e 5v5 or 4v4. Keep your coaching to a minimum and if coaching needs to be done, coach "over the top" instruct while their playing and not stopping the play all the time. Let them have fun and observe what you still need to work on for the next session.