



## Kickin' it with the Cougs Soccer Skills Program

U10 & U12 Sessions





## Kickin' it with the Cougs Soccer Skills- Practice Sessions

### Age Group: 9 & 10 yrs prepared by Bob Maltman, U of R Cougar Women's Soccer

#### Key points for coaches:

- Coordination of athlete will be quite good. In female athletes, may have some who are beginning their growth spurt.
- Good time to incorporate speed related work and coordination as part of their development.
- Enjoy competitive games and activities.
- Much greater awareness of cooperating with team mates and spatial awareness.
- Use of games of 4 v 4 up to 6 v 6 in training provide more lines of players while still allowing multiple touches for each player.

Agility warm up: Use a variety of movements with or without a ball to help improve coordination of your players. Tag games also create energy because they are fun.

#### Passing related warm up incorporating explosive sprinting.



Pass in a bow tie, sprint around the flag stick behind the player you passed to.

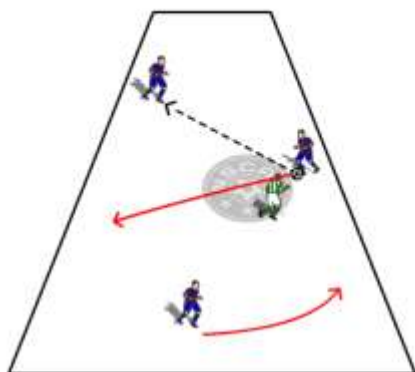
Red cones - 10 yds apart; Yellow cones - 15 yds apart. Distance between line of red and yellow cones - 15 yds.  
Flags are 8 yds behind each cone.  
Passes per set - 8.

**Warmup with a dribbling theme**



Players on outside with a ball each. They try to keep their ball **UNDER CONTROL** while dribbling to the opposite side avoiding being tagged by the "zombies" in the middle.  
If zombie tags a player, they have to go back to the side they started from and try again.  
One point each time player dribbles across and stops their ball on the opposite side.  
If not enough balls for one per player, can have players work in pairs-one dribbles across to get to partner without being tagged by a Zombie).

**Rondo using a 3 v 1 format**



**3 v 1 Rondo**

**Attacking emphasis:**

Can the player with ball have two options available as much as possible.  
Controlling touch close to foot but slightly in front or to the side (not between the feet). Try to create a new angle on 1st touch.

**Team mates:**

open body stance, when to open space v support

Allowed to dribble out of pressure.

If defender hangs back, are you brave enough to go at him/her? As player dribbles, observe team mates...do they vacate space?

**Defender:**

When he/she touches ball, switches with player who lost possession.

How can you make play predictable?

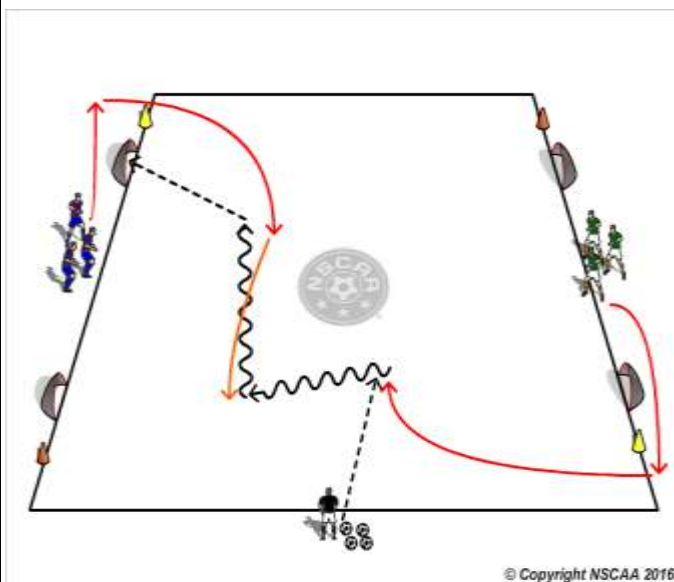
Mentality to close quickly & anticipate.

Set up a series of playing grids to allow all players to be active. This activity allows for many aspects of attacking play to be brought out – passing, receiving, dribbling to space, movement, creativity, support.

When defender touches the ball can either:  
Automatically change places with attacker who lost possession.

## 1 v 1 to 3 v 3

Can do in blocks of 3-4 minutes then 2 minute rest.



1 v 1 with ability to score into two goals.

Use of two goals encourages change of direction for attacker AND emphasis on the speed, angle of approach and body shape of the defender.

Grid:

Width – 12 to 15 yds; Length – 18 to 20 yds.

Place a different coloured cone (if available) on the outside of each goal (2 yds away) as shown in the diagram.

Players position in the middle of their end line.

Coach calls an activity and direction (e.g. 2 jumping jacks+right). Players quickly do their activity before moving to the right in this example.

First player rounding the correct cone and entering the playing field is served the ball. Coach can vary the type of service (ground, bouncing, aerial) to allow player to work on first touch control.

### Attacker:

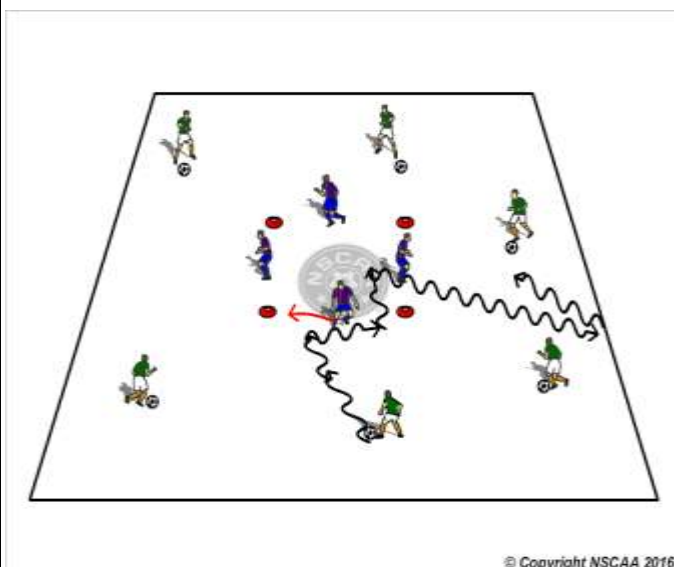
Speed of attack; quality of control, change of direction, use of feints to unbalance defender. Head up to recognize open space and turn away from defender. When get past defender, next touch should take player behind the defender across their line of recovery toward goal.

### Defender:

Angle of approach, low and balanced body position, travel quickly before attacker has full control, short quick steps when slowing down to stay balanced. Positive mentality – confidence in moving the attacker where you want him/her to go; do not let attacker settle on the ball. Timing and type of tackle to take ball away.

## You shall not pass

2-3 min work;  
2-3 min rest.



Inside of a large grid (20 by 20), create a smaller central grid in a square (shown) or hexagon format. Each side should be 6-8 yds long.

Attackers each have a ball, while four “guardians of the castle” stand along each side to grid.

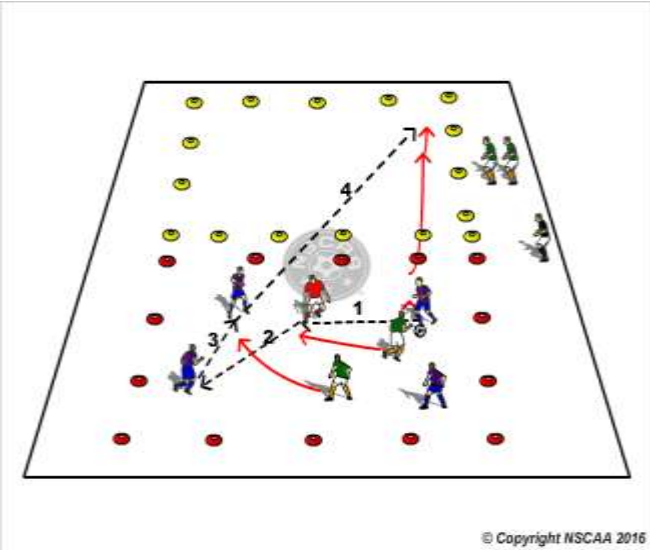
Each attacker attempts to dribble into the castle on one side and then out of the castle on another side before dribbling to an outside edge of the large grid to score a point. If successful, attacker comes back to attack another defender. If the defender (who is restricted to moving along the castle wall, wins the ball, s/he switches roles with the initial attacker.

Set a time limit for each round (who gets most points) OR who is first player to score a set number of points (3 to 5).

Work for 2-3 minutes, rest for same amount of time. During rest, ask questions for players to solve – what did you need to do to beat the defender? When did you decide to attack? Why? How important was timing and patience when defending?

NOTE: If the attackers are not having much success getting inside and back out of the castle, then have only two defenders patrol the castle walls (move sideways along two sides each).



<p>5 v 2 keep away Can work in 3-4 minute blocks. 2-3 minutes active rest</p>		<p>Each grid is sized to enable success for attacking players (less technically skilled – 18 by 18; more skillful, reduce the grid size to add increased pressure to the players to help improve quality of control and speed of movement and decision making).</p> <p>4 attackers, 2 defenders + 1 Neutral who plays with the attackers. Attackers combine through good possession to make a set number of passes (e.g. 3 to 8 depending upon the player quality). If successful, the ball must be passed into the next grid to an attacker who has moved into this new grid and then quickly joined by the other team mates. At the same time, the two defenders on the outside quickly move into the grid to win possession before attackers are organized. The defenders from the previous grid step out. If the defenders win the ball, they have to be able to play the ball into the open grid (pass to a team mate or dribble in). When this happens, the defenders now become the attackers while two of the original attackers become defenders and the other two step outside of the open grid.</p>
<p>End games. 4-6 minute duration. World Cup 5 v 5 to 6 v 6.</p>	<p>Can create a variety of different games to offer different challenges for players to solve. Coaching – guiding v telling.</p> <p>Options:</p> <p>End zone dribbling – create two yard channels where attackers must dribble into to score a point for their team. Can use the length or width of your rectangular grid for the end zones to provide more/less space for attackers.</p> <p>End zone passing – encourage penetrating passes that team mate must run onto and control in the end zone for pass to count.</p> <p>Target player match – two teams compete inside the area-can have outer targets on either end (1 per end) and two neutrals on inside (same colour as targets). The neutrals play with team in possession – to score, a team must be able to play out to a target player.</p> <p>Multi goal game – to encourage changing point of attack and switching field of play use two goals.</p> <p>World Cup- create teams of 4 to 6 to have mini world cup format.</p>	

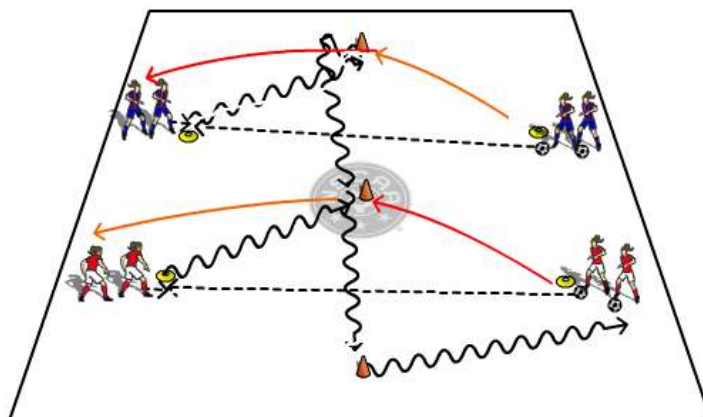


## Kickin' it with the Cougs Soccer Skills- Practice Sessions

### Age Group: 11 & 12 yrs

Agility warm up 15 minutes	Footwork skills	Toe taps; sole of foot roles; inside-inside-outside (rt only;left only); inside-outside-roll across repeat next foot; pullbacks and turn with ball;
Feints and ball manipulations Choose 1 for limited technical players; 2 or 3 for players with good technique.	<div data-bbox="394 562 1008 898"> </div> <div data-bbox="857 940 1024 955"> <p>© Copyright NSCAA 2016</p> </div> <div data-bbox="375 961 1024 1434"> <p>Super 7 cone series: Technical development Twist off series</p> <p>1. Player dribbles from the start point toward the cone to their right or left. At the cone the player "twists" away from the cone using the inside or outside of their right foot or left foot. NOTE: You can choose the direction of movement (e.g clockwise or counter clockwise) so that the players can work on using both the outside and inside twist off move. Emphasis should be to encourage the players to become more comfortable turning using as few touches as possible to twist away (explain the value in a game).</p> <p>2. Move away using the Maradonna (Zidane move) player will dribble with their right foot toward the cone to their left. At the cone, the player steps lightly on top of the ball, pulls back slightly and then pulls around with the sole of their left foot, they then dribble to the next cone. If the player moves to their right, they will dribble with their left foot and perform the move in the reverse order.</p> <p>3. Cryuff turn Player will dribble with their left foot when moving to their left (rt foot when moving off to their rt). At the next cone, the player will step past the ball with their non dribbling foot and, using the inside of the dribbling foot, cut the ball at 90 degrees behind their plant foot). The player then takes the ball with the outside of the plant foot toward the next cone.</p> </div>	

Twist offs under pressure of closing defender

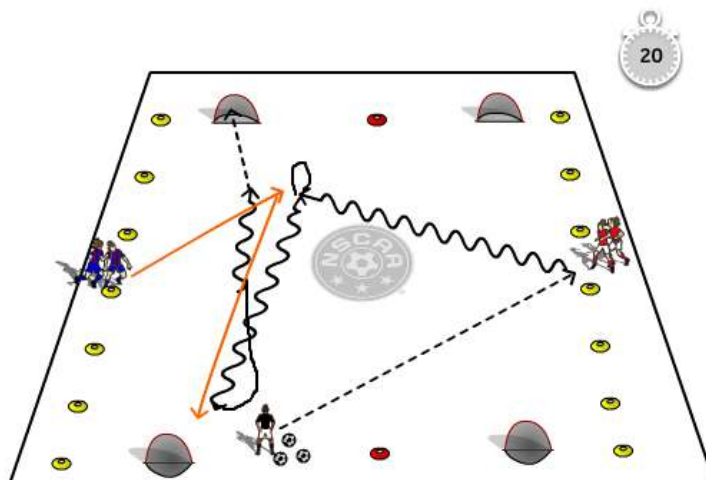


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Super 7 cone series: Technical development  
Twist off series - with passive opposition

1. One player passes across the diamond to his/her team mate. Team mate after receiving the ball, dribbles to one of the side cones in their diamond. The player who made the original pass, attempts to reach the cone as the dribbling player arrives so that s/he performs a twist off move to the opposite side.

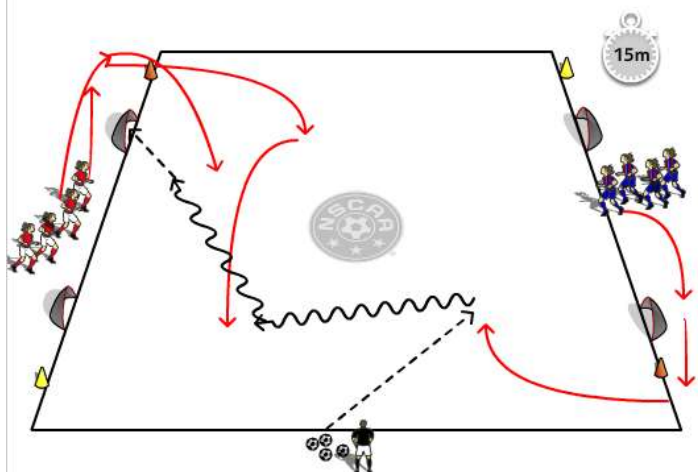
1 v 1 encouraging use of twist off/feints.



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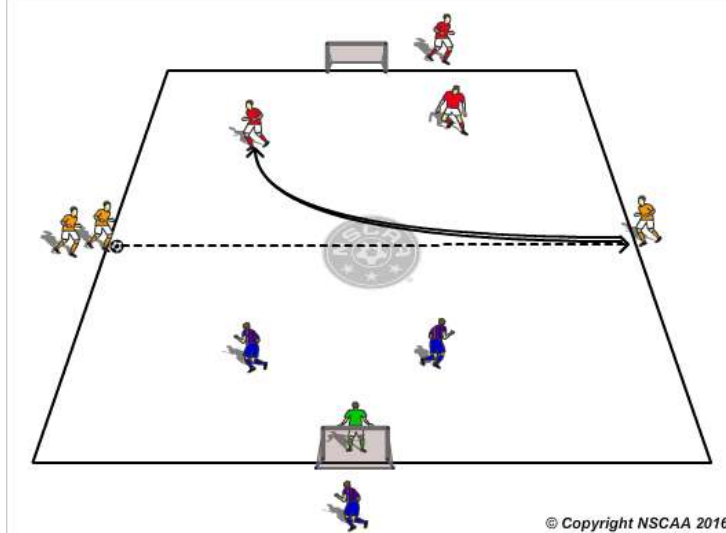
Turning under pressure (intensity set by the coach).  
Coach serves a ball to one player or the other who are facing opposite one another, mid way along each side of the grid. Upon receipt of the ball, the player attempts to score into either one of the two goals furthest from him/her. Emphasis is to encourage players to use various turns and twist off moves to be able to turn away from pressure and attack the open goal.  
How can we get away from the defender if they are:  
Running beside us? Coming at us from an angle?

2 v 2 to multiple goals



Move to 2 v 2 to two goals.  
Grid 15 yds wide (goals on these sides); length 20 yds.  
Coach calls a colour of cone - two players run around. Can also call opposites - run around colour NOT called.  
Bring out the elements of role of 2nd attacker and defender (covering defender)  
2nd attacker - movement to: create space; attack open space; open body position to see forward; create 2 v 1 opportunities - overlap, underlap, wall pass.  
2nd defender - angle and distance from 1st defender to: provide cover; take away passing lanes; react to change of ball movement to intercept OR close down on ball; body position and head movement; communication to team mate to guide and direct;

3 v 2/ 2 v 3 game



play – 1<sup>st</sup> defender. Balance/cover, delay, body position and spacing with 2<sup>nd</sup> defender.  
Can rotate the teams. Can also award more goals for a short handed counter attack to encourage more assertive defending and faster speed of attack on the transition.

Orange player passes to their team mate who can play to either set of two players on the end of the grid. S/he then joins that team to create a 3 v 2. The other two players defend and, if they win possession, try to counter quickly to score.

Concepts:

Movement of three attackers to unbalance defenders; where to dribble vs pass; how to get in behind the defenders; shooting. Can also place time limit to encourage faster speed of play. Defenders: Principles of pressure, angle of approach, predictability of