

# **KICK OFF COACHING MANUAL**



**U12 AND U14**

**GAVIN SPOONER  
DIRECTOR OF PLAYER DEVELOPMENT  
MAYSO**



# INDEX

- HOW TO USE THIS MANUAL .....2
- COACHING GUIDELINES .....3
- TEACHING POINTS .....4
- PRACTICE TIPS .....5
- 15 WEEK SCHEDULE .....7
- LESSON PLAN KEY .....8
- SESSION 1 .....9
- SESSION 2 .....10
- SESSION 3 .....11
- SESSION 4 .....12
- SESSION 5 .....13
- SESSION 6 .....14
- SESSION 7 .....15
- SESSION 8 .....16
- SESSION 9 .....17
- SESSION 10 .....18
- SESSION 11 .....19
- SESSION 12 .....20
- SESSION 13 .....21
- SESSION 14 .....22
- SESSION 15 .....23
- MOVES APPENDIX .....24
- ADDITIONAL DRIBBLING ACTIVITES.....27
- ADDITIONAL SHOOTING ACTIVITES.....32
- ADDITIONAL PASSING ACTIVITIES.....33

# HOW TO USE THIS MANUAL

Each session in the manual has a series of warm-ups, technique activities and games for different skill sets. A complete follow through of each session would run about 1-1 ½ hours. Always finish with a scrimmage. Either small sided, 2v2 or 3v3 or 4v4, or scrimmage with the team practicing opposite you. Each scrimmage can vary by practice. Some have conditions on them for the topic of your session, some can use GK's some without etc.etc.

Be flexible. Add in extra games or repeat games that catch their attention. Then start creating your own plans by mixing and matching activities. Repetition is vital, so if you are half way through the season and have done everything in the manual, start again and complete the season. If you only advance half way through the manual, then you have all your Spring season training to do the other half.

The game is like basketball. We learn the skills in a progressive manner.

- Dribbling
- Passing
- Shooting
- Defending

# COACHING GUIDELINES

1. **COMMUNICATION:** Ensure the terminology you use is clear and precise. Let players know you are in charge.
2. **POSITIVE REINFORCEMENT:** Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.
3. **BE CREATIVE AND USE INITIATIVE:** If the drill or game is too advanced, modify to increase the chances of success.
4. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm and being energetic are contagious.
5. **KEEP PLAYERS ACTIVE:** If the drill is static, create need of helpers or assistants to keep everyone involved.
6. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
7. **STRIVE FOR QUALITY:** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
8. **REINFORCE CORRECT TECHNIQUE:** In all drills and games continually emphasis the use of correct techniques.
9. **ENCOURAGE PLAYER MOVEMENT:** At all times make players aware of importance of readiness. Emphasize weight forward on toes and bouncing instead of flat footed-ness.
10. **ROTATE POSITIONS:** All players should be active as servers, assistants. In game situations change positions each quarter.
11. **DEVELOP PLAYER RESPECT:** Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.
12. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.
13. **FUN AND ENJOYMENT:** Players will respond and want to continue if things are fun. Create their enjoyment.

- **REMEMBER AS A COACH YOU SHOULD BE DEDICATED TO THE DEVELOPMENT OF ALL PLAYERS WHETHER TECHNICALLY ABLED OR NEW TO THE GAME. YOUR POSITION IS VERY IMPORTANT. YOU ARE A ROLE MODEL TO THESE CHILDREN. SET EXEMPLARY STANDARDS. DEVELOPING GOOD TOUCH AND TECHNIQUE, GOOD SPORTSMANSHIP AND A GOOD ATMOSPHERE IS THE GOAL. KEEP AWAY FROM CREATING A PRESSURE TO WIN. MAINTAIN EQUALITY THROUGHOUT YOUR SESSIONS AND EMPHASIZE FUN AND DEVELOPMENT.**

# COACHING POINTS

## DTT. ( Developing Touch and Technique.).

- Maintain close control with both feet.
- Be agile, stay on toes.
- Use all parts of feet, inside, outside, laces, sole.
- Move to get behind balls path.
- Keep a soft contact.
- Concentrate on center of ball.
- Keep head up.
- Control ball first, don't just kick it away.
- Change direction and speed when turning.
- Be a friend with the ball.

## PASSING.

- Use inside of feet.
- Change body position so it's comfortable.
- Stay relaxed. Don't be like a robot.
- Look at ball when passing.
- Pass to other players, not just kick and hope.
- Move afterwards.
- Move away from players to receive ball.
- Turn body to face ball when receiving.
- Stay spread out.

## SHOOTING.

- Keep toe pointing down.
- Lock ankle.
- Strike with shoelaces.
- Strike through center of ball.
- Swing leg and follow through.
- Keep relaxed except keep foot locked.
- Accuracy before power.
- Keep knee and head over ball.
- Place standing foot alongside ball, not in front or behind.
- Aim for bottom corners of goal.
- Accuracy before power.
- Follow after shooting.
- Use foot closest to the ball. I.E. left or right foot.

## GAMES.

- All of the above.
- Keep moving.
- Encourage movement towards ball.
- Encourage use of width.
- Keep positions only loosely restricted.
- Take Time-out to rotate subs and positions.
- Coach, educate, and support during games.
- Explain all fouls and calls made.
- Create an understanding of the Laws of the Game.

# PRACTICE TIPS

**This page is designed to help coaches overcome some common practice time occurrences. There are 30 solutions listed here to some common problems.**

## **NOT ENOUGH SOCCER BALLS AT PRACTICE or half the team left them at home!**

1. Use “ghost” players who play without ball. They can tag a player on shoulder and replace that player. Good in individual activities and when only 1 or 2 balls missing.
2. Revise practice session to be less individual and more small group. Good for passing and shooting type activities that work 1 ball between 2,3 or more players. Useful if half balls or more are missing.
3. If only 2 balls present: play a 3 Vs 3 style tournament, IE 2 games of small-sided being played at once. Only 1 ball, rather than play 6 Vs 6 play 3 teams of 4 NON-STOP SOCCER, where teams rotate after each goal or set time.

## **HAVE AN ODD NUMBER OF PLAYERS AT PRACTICE or I planned for 12 but got 9!**

4. If you have an Assistant or spare parent have them work with a goalkeeper.
5. When doing pair activities make a triangle.
6. If small group activity, ie In groups of 3 players pass to a central player who turns and passes, add spare player to one group and the passes are alternated.
7. In small group activities use spare as a shadow defender with no tackling allowed (vary)
8. Scrimmage time at the end of practice and only 9 players:
  - Play 5 vs 4 and make the team with less players loaded with stronger players
  - Play 5 vs 4 and have team of 5 attacking small goal
  - Play 5 vs 4 and team 4 with GK, team 5 without
  - Use Asst./ parent/ brother - sister to even teams
  - Play yourself
  - Play 4 vs 4 with a floating player who plays for the team in attack (good for more advanced players. )
  - Play 4 vs 4 and use a sub. Good for more active activities, longer period of play

## **HOW YOU CAN INCLUDE GK SPECIFIC TRAINING or my keeper needs work but so do my field players?**

9. If odd numbers of players, remove GK and have them work with Asst or Parent.
10. In individual and group activities allow GK's to use hand. IE Your topic is passing and receiving and your activity is give 'n' go's. Allow Gk to use hands to receive and distribute, or if a defending activity allow them to dive to try and intercept passes.
11. In activities make topic goal orientated. If playing 1 vs 1 game trying to knock over opponent's cone, have 1 player attack a cone and other attack a GK and goal.
12. Small and large group activities can be goal orientated also. Playing 5 vs 2 keep away, after 6 passes can attack goal

## **HOW TO PICK TEAMS FOR SCRIMMAGES or I don't want to use captains?**

# PRACTICE TIPS

13. Use your knowledge and judgment to evenly match up individuals
14. Play offense versus defense, or as the Dutch do, play left side versus right side
15. For Random teams:
  - Choose 1 player to give everyone a number. You turn away then pick random numbers
  - Choose players by criteria like 1<sup>st</sup> letter of 1<sup>st</sup> name (or any 1<sup>st</sup> - last combo with 1<sup>st</sup> name, last name, mom - dad's name etc)
  - Choose players by criteria of date of month born, month of year born etc

HOW TO RESTRICT DEFENDERS/OPPOSITION or my defenders always win the ball without the others gaining experience!

16. Have opposition play only as a shadow (good for introducing new topics as its only light pressure)
17. Have defender play as a ghost, IE no tackling only pressure to force an error or interception
18. Restrict movement of defender by playing as a crab on all 4's (good for less experienced)
19. Ensure adequate grouping. IE less experienced might need 6 vs 1 to achieve success, more experienced maybe 3 vs 1
20. Increase the playing area especially in examples like above

HOW TO INCREASE COMPETITION FOR THE MORE ADVANCED PLAYERS ON TEAM or my good players are creaming the weaker ones and not learning!

21. In pair or group activities match players up by talent/ experience
22. If 1 exceptional player then match against an Asst/ parent/ older brother - sister for greater physical challenge
23. Reduce the space the stronger player must work in
24. Make their target smaller or further away
25. Limit their number of touches
26. Limit them to use their weaker foot only
27. Allow a less experienced player to play more intense opposition, IE rather than shadow defend can play 100%
28. In scrimmage you as coach play Against that 1 stronger player
29. 9 players for scrimmage, maybe play 3 stronger players vs 6

IN SOME ELIMINATING GAMES PLAYERS SIT OUT FOR 5 MINUTES or its my weaker players who lose first - and they need the practice!

30. In games like Knockout, players should do a skill activity that allows them back into the game. Rather than score game by eliminating players, score by number of successes in a set period of time, thus allowing players back in after they :
  - Dribble to a distant cone: juggle the ball x times: do x toe taps

# LESSON PLAN SCHEDULE

WEEK	TOPIC		GAME
1.	<b>FOOT SKILLS.</b>	<b>BASIC TECHNIQUE</b>	<b>10-15 MINS</b>
2.	<b>FOOT SKILLS.</b>	<b>BASIC TECHNIQUE</b>	<b>10-15 MINS</b>
3.	<b>PASSING</b>	<b>BASIC TECHNIQUE</b>	<b>10-15 MINS</b>
4.	<b>PASSING</b>	<b>BASIC TECHNIQUE</b>	<b>10-15 MINS</b>
5.	<b>DRIBBLING + PASSING</b>	<b>RECAP OF TECHNIQUE</b>	<b>10-15 MINS</b>
6.	<b>CONTROL</b>	<b>CONTROL AND TURNING</b>	<b>10-15 MINS</b>
7.	<b>SKILLS</b>	<b>SKILL GAMES</b>	<b>10-15 MINS</b>
8.	<b>SHOOTING</b>	<b>BASIC TECHNIQUE</b>	<b>10-15 MINS</b>
9.	<b>DEFENDING + GK</b>	<b>BASIC TECHNIQUE</b>	<b>10-15 MINS</b>
10.	<b>4 V 4</b>	<b>TOURNAMENT</b>	<b>10-15 MINS</b>
11.	<b>TEAMWORK</b>	<b>BASIC TACTICS</b>	<b>10-15 MINS</b>
12.	<b>DRIBBLING</b>	<b>ADVANCED TECHNIQUE</b>	<b>10-15 MINS</b>
13.	<b>PASSING</b>	<b>ADVANCED TECHNIQUE</b>	<b>10-15 MINS</b>
14.	<b>SHOOTING</b>	<b>ADVANCED TECHNIQUE</b>	<b>10-15 MINS</b>
15.	<b>FUN</b>	<b>FUN DAY</b>	<b>10-15 MINS</b>

APPENDIXES:

MOVES

ADDITIONAL DRIBBLING ACTIVITIES

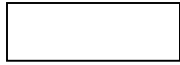
ADDITIONAL SHOOTING GAMES

ADDITIONAL PASSING ACTIVITIES

# LESSON PLAN KEY

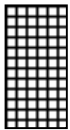
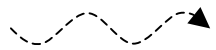
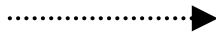
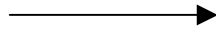
## KEY TO DIAGRAMS.

A, B, C Etc.



O

X



Player.

Playing area.

Ball.

Cone.

Movement of ball.

Movement of player without ball (RUNNING)

Movement of Player with ball (DRIBBLING)

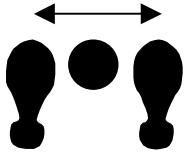
Feet with ball.

Goal

# Session 1: BASIC FOOT SKILLS

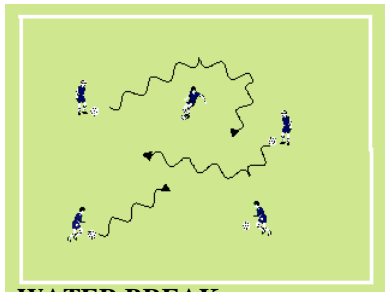
**WARM - UPS: 10 - 15 MINS.**

TIC - TOC



**WATER BREAK:**

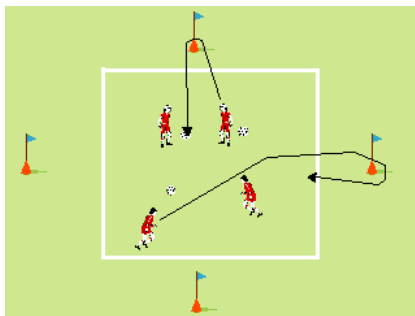
**TECHNIQUE: 10- 15 MINS.**



**WATER BREAK:**

**GAME : 10 - 15 MINS.**

Musical Soccerballs



**SCRIMMAGE: 10-15 MINS:**

**BALL GYMNASTICS:**

Stationary: Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

On Toes.

Tick-Tock. Pass the ball from inside of left to inside of right ( See Diagram)

Hat Dance. Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

Movement. Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

**SQUARE ACTIVITIES. (SEE DIAGRAM)**

Commands. Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc.

Other Commands. Body Parts. Touch ball with that BP.

Find Spaces. As kids move their ball inside square they try to find as much space as possible. On Coaches command player with most space is winner.

**SQUARE GAMES:**

Pac Dudes. Kids inside square dribble around, 1 player ( GHOST ) outside square. On command Pac Dudes the for Ghost has to kick all the balls out of the square. Winner is last one in square. Emphasize shielding and turning. Change ghosts. U7 all have go as Ghost. U8 have 2 Ghosts.

Musical Soccerballs. Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and When they come back into square they put there foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving

Play a small sided scrimmage by dividing your team into 2 groups. Only instruction should be basic rules-Throw-ins, Goal-kicks, handball etc.etc.



# Session 3: BASIC PASSING SKILLS

## WARM UP: 10 – 15 MINS:

straight line are the winners.

## TEAM GAMES: RELAY RACES

Zig Zag. Have 3 teams of 4. Set up about 5 cones per team. players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in

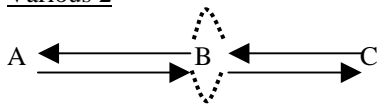
Pass and Stop. In pairs players are 3yds apart. Player 1(X) passes and player 2(X<sub>1</sub>) stops ball. Player 2 runs backwards and player 1 runs forwards to pass ball again. Repeat for length of field then return with player roles switched.

Golf. Set up a series of cones 2 yds apart around field. Players have to pass ball through the course with the least amount of touches possible.

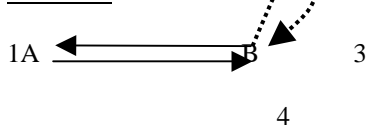
## WATER BREAK:

### TECHNIQUE: 10 - 15 MINS.

#### Various 2

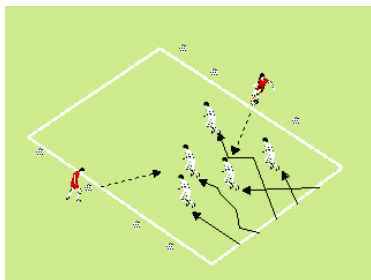


#### Various 3



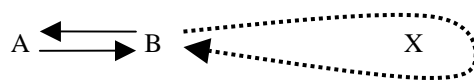
## WATER BREAK:

### GAMES 1: 10 - 15 MINS.



## WATER BREAK:

### GAMES 2: 10 - 15 MINS.



repeat 3 times.

## VARIOUS.

1. In pairs approx. 5 yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball 1st.

2. In 3's approx. 5 yds apart with 2 balls. A passes to B. B stops ball and passes back, then Turns to face C, who passes in. Repeat and rotate player B.

3. Numbers. In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs to touch that cone. When A shouts 1 players change position after passes.

4. 3 squares. Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

## BRITISH BULLDOGS.

Set up Island like TMNC (Week 1). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

## Elvis Presley.

Divide into pairs and place approx. 5 - 10 yds from each other. Player A has a ball. Payer B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles.

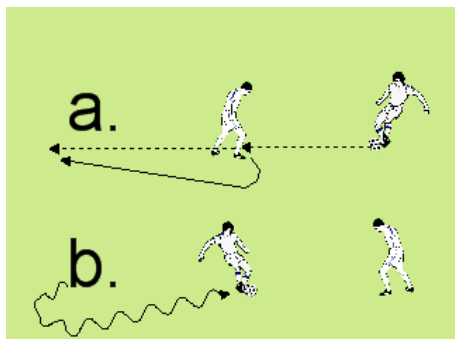
## WATER BREAK:

### SCRIMMAGE:

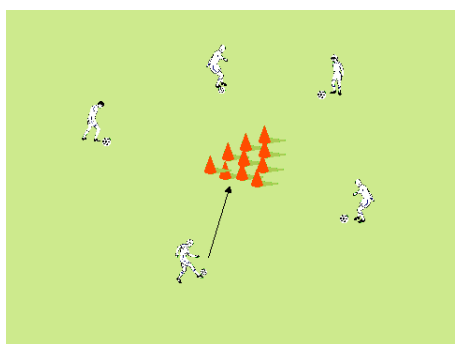
Play small sided game and include Goalkeepers (if age appropriate) Score bonus points for good passing.

# Session 4: BASIC PASSING SKILLS

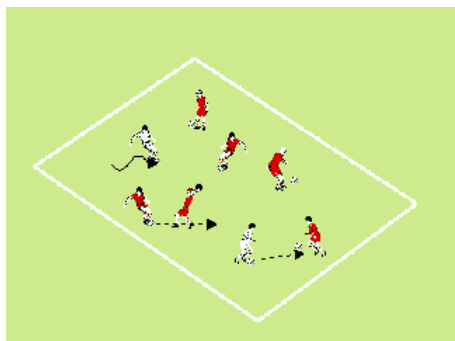
## WARM-UPS: 10 MINS



## WATER BREAK: GAMES 1: 10 MINS



## WATER BREAK: GAMES 2: 10 – 15 MINS:



## WATER BREAK: SCRIMMAGE:

## TUNNELL BALL

Set up: Players in pairs stand about 5 yards apart. 1 ball per pair. 1 player stands with legs wide open (tunnel) and other player has to pass ball thro the tunnel (a). The tunnel player then retrieves the ball and roles switch (b).

**Variations:** Can score points: 2 if it goes thro tunnel, 1 if it hits the legs but doesn't go thro.

**Objectives:** Introduction of passing technique

## SOCCER BOWLING:

Set-up: Use cones to make bowling pins. Each player has a ball, and is positioned in a circle around the cones (about 5yds away). Each player has 2 attempts to pass ball and knock over the most cones. If they miss the pins with the 1st attempt, move them closer. After everyone has had a go, then allow all players to pass their ball at the same time on your command.

Objectives: Basic passing technique and accuracy.

## STUCK IN THE MUD:

Set-up: Select a couple of mud monsters. All players have a ball, MM on outside of grid. MM enter grid on command "swamp attack" and try to hit other player's soccer balls or legs by passing their ball. If hit, a player is 'stuck in the mud' and holds ball above their head. MM have to try and get all players stuck. Variations: Stuck Players hold ball above head and opens legs. They can be released by another player passing ball through legs. Play for set time and see how many are 'stuck' at end. Objective: Dribbling and passing skills.

Play 1<sup>st</sup> half of game with 4 goals (each team is attacking 2 small goals) to create passes to score goals. Play 2<sup>nd</sup> half unrestricted with regular 2 goals.

## Session 5: DRIBBLING and PASSING RECAP

**WARM-UP: 10 – 15 MINS:**

**CHOOSE 1 DRIBBLING ACTIVITY FROM PREVIOUS SESSIONS.**

**WATER BREAK:**

**GAME 1: 10-15 MINS:**

**CHOOSE 1 PASSING ACTIVITY FROM PREVIOUS SESSIONS.**

**WATER BREAK:**

**GAME 2: 10 – 15 MINS:**

**CHOOSE 1 DRIBBLING GAME FROM PREVIOUS SESSIONS.**

**WATER BREAK:**

**GAME 3: 10 – 15 MINS:**

**CHOOSE 1 PASSING GAME FROM PREVIOUS SESSIONS.**

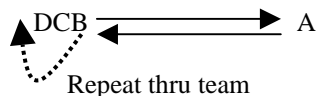
**WATER BREAK:**

**SCRIMMAGE:**

Play unrestricted game, but emphasize willingness to dribble and pass.

# Session 6: CONTROL AND TURNING

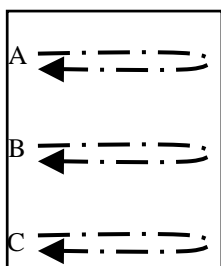
## WARM UPS: 10 - 15 MINS.



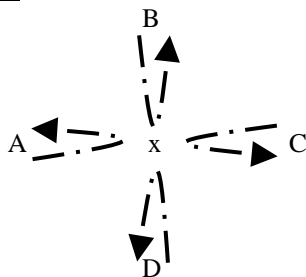
## WATER BREAK:

### TECHNIQUE: 20 - 25 MINS.

Choice of set ups.



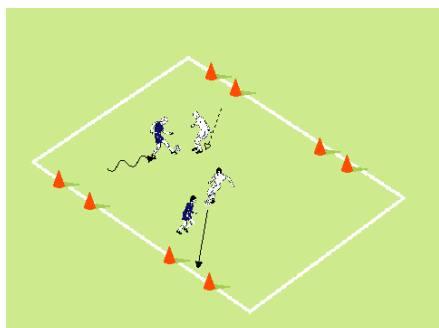
OR:



## WATER BREAK:

### GAMES 1: 15- 20 MINS.

each other about 1 yd. apart. A has ball and B is shadow. B is not



## SCRIMMAGE:

## PASSING GAMES.

Wall game. Set up 2 or 3 teams. Player A is 5 - 10 yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall. When B, C, and D have turn as Wall team is finished and sit down in line.  
Recap. BALL GYMNASTICS.

## COERVER MOVES. (ALSO SEE MOVES APPENDIX)

### U8

1. Roll
2. Cut (inside and outside)

### U10

1. Roll
2. Cut ( inside and outside )
3. Cryuff
4. Barnes

Roll: Roll backwards with sole of shoe.

Cut: Cut across body with inside. Then with outside.

Cryuff. Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of other foot.

Barnes: Step over ball with outside of one foot ( LUNGE ), then push ball forwards with outside of other foot.

Step 1: Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

Step 2: Opposite as above. Step over with outside, cut with inside.

Scissors: As with Step 1, but cut ball back with inside of other foot.

Turning. Allow approx. 5 mins of freedom. In half field get them moving with the ball trying new tricks , moves, or coervers.

(SEE MOVES APPENDIX FOR DIAGRAMMED MOVES)

### 1 V. 1'S.

Set up. Square with 1 pair per side, 1 ball per pair. A and B face each other about 1 yd. apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by 1 of the cones while 'losing' B. Start without ball to get the idea of body movement.

Emphasize upper body movement, change of direction and speed.

Keep away. Set up. 3 squares, 2 pairs per square, 1 ball per pair. Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

## WATER BREAK:

Score points if player tries a move in the game.

# Session 7: SKILLS GAMES

**WARM UP: 10 - 15 MINS.**

**VARIOUS.**

Recap. Coerver moves. Allow players freedom to try and practice moves. assist and re-demonstrate where necessary.

Tag. Area of half the field, players in pairs, 1 ball per pair, playing shadow ball. On coaches command the Shadow has 3

seconds to get away. Player has to pass ball at his shadow. Scoring

for U10 is through legs, for U8 within 1 yd or a hit. Switch and repeat. Keep running score.

**WATER BREAK:**

**TECHNIQUE: 20 - 25 MINS.**

**JUGGLING.**

Start with feet. Hold ball in hands. Drop ball onto laces and try to catch. Repeat with other foot. Then kick, let it bounce, and kick again. Increase number of kicks. *Advanced players* shouldn't let bounce.

**Emphasize:** Be relaxed. Don't throw ball. Focus on Ball. Bend knee to strike. keep ankle solid ( don't flick ). Controlled kicks.

Thigh. repeat above procedures. Use thigh not knee.

Head. Repeat above procedures. Keep head back, eyes open and looking at ball, and neck tight.

Tony Head. Now try combinations of the above. Try to meet Tony Head. TOE - KNEE - HEAD.

**WATER BREAK:**

**GAMES 1: 15 - 20 MINS.**

**NETBALL.**

Set up. 2 3 vs. 3 in each half of field.

Objective. Players have to get ball to an end zone, by passing it with their hands.

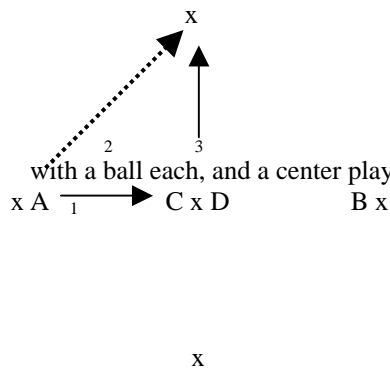
Rules. Players cannot be tackled. Players cannot move when they have ball in hands. Must roll ball to other players to move ball forwards. ( U8's can also Basketball pass ). To score a player must receive ball standing in end zone.

**Catch the Chicken:**

Rotation Clockwise. Emphasize, passing to players, moving to ball to receive.

Set up. In groups of 4 have 2 players at points and 2 in center, and 2 balls. Players A and B at opposite points of start

Catch the Chicken



with a ball each, and a center player faces each one of them. On the coaches command of left or right, the ball is passed to the facing center player (1). The center player turns as A and B run to the next point (2), and then passes them the ball (3). They continue passing around in the direction the coach shouted and try to catch the other team. Then switch player roles and repeat.

Emphasize: Turning body and ball, accurate passes, and movement.

Note: B and D do the same

**WATER BREAK:**

**SCRIMMAGE:**

Play unrestricted game.

# Session 8: SHOOTING

**WARM UP: 10 MINS.**

**2 GROUPS.**

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

**WATER BREAK:**

**TECHNIQUE: 10 - 15 MINS.**

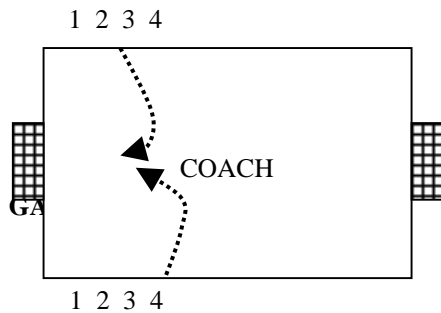
**SHOOTING.**

Striking with laces.

1. Circle around coach. Players sit in crab position. Try to kick back into coaches hands. 2. This time players are standing and drop ball onto their foot. Same objective. 3. Same but in pairs approx. 5 yds apart. 4. Now drop ball and try and get through partners legs. 5. Ball on ground. Partner approx. 7 - 10yds away. try to get through legs. 6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx. Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

**WATER BREAK:**

**GAMES 1: 20 MINS.**



**NUMBERS.**

Set up. 4 groups of players. Each group is numbered 1 thru 3.

Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .

( SEE DIAGRAM. )

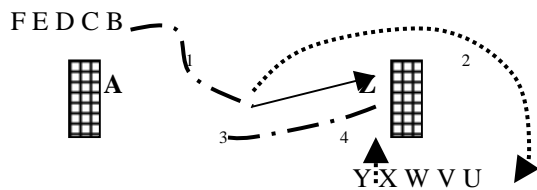
**SHOOT AND SAVE.**

Set up. Bring goal to half way line ( GET ASSISTANCE. ). GK in each goal, and players in line outside left post. Balls in both goals

Play. Player takes ball and dribbles towards goal (1) opposite and Shoots. Then goes to end of other line (2). The GK now becomes a Forward, takes ball , dribbles (3) and shoots. 1<sup>st</sup> player in the line replaces the GK (4)

Players in line can assist collecting balls. Repeat rotation at other end.

Shoot and save



**WATER BREAK:**

**SCRIMMAGE:**

Play game on a small field with regular size goals to create lots of shooting opportunities.

# Session 9: DEFENDING AND GOALKEEPING

**WARM UP: 5 - 10 MINS.**

**2 GROUPS.**

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 mins.

**WATER BREAK:**

**TECHNIQUE AND GAME: 20 MINS.**

**DEFENDING.**

1 v 1. In squares have 2 pairs working. Defender has to try and win ball. When does, swap roles.

Progression. In squares. 2 pairs. 1 player from each pair at opposite sides of square. 2 balls. Pairs alternate turns. A passes to B, who controls. A follows pass and is defender. tries to force out of square or win possession. A and B swap roles after each turn.

**GAME.**

Set up. Divide field into 4 qtrs. using cones. Coach on center spot. 1 defender on goal line in each segment. other players in 4 groups on half way line.

Play. Attackers take ball to defenders. Defenders job to force ball back to half way line. Attacker has to stop ball on goal line. Attacker becomes defender.

Progression. Only half 2 sections and play 2 vs. 2.

Emphasize: Don't back away, don't rush in, stay goal side, chase back if beaten, timing, jockeying, staying low, forcing wide.

**WATER BREAK:**

**TECHNIQUE AND GAME: 20 MINS.**

**GOALKEEPING.**

Prep. With no ball, players on half way line facing 1 goal. On command, run forwards, backwards, left and right. Always face same goal. Emphasize on sideways running, bring feet together And then apart.

Pairs. Approx. 5 - 7 yds apart with 1 ball. Each player in goal of approx. 12ft. Players serve to one another.

1. Rolling to feet.

2. Throwing to chest.

3. Rolling to side (close)

4. On knees. Roll further to corners.

5. Variety of above.

Emphasize: Not stepping back, on toes, get body behind ball, hold to chest, scooping to collect ball, keeping legs together.

**GAME.**

Repeat any shooting game that uses GK repetitively. Or add GK to a shooting drill.

**WATER BREAK:**

**SCRIMMAGE:**

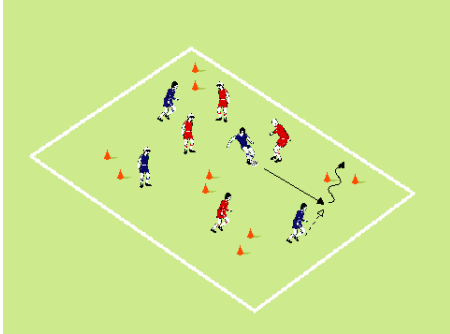
Play ½ of game with conditions. 3 passes before a goal can be scored. Then play unrestricted.

# Session 10: 3v3 or 4 v4 TOURNAMENT

## 4 V 4 SET UP:

Create 3 teams (teams can be 3 or 4 players depending on number on your team). 2 teams play and 1 team rests. Play games for 5 minute durations. Field should be about 30yds x 20yds. Change the teams for each game variation so all players get to play with other players.

## GAME 1: 15 - 20 MINS



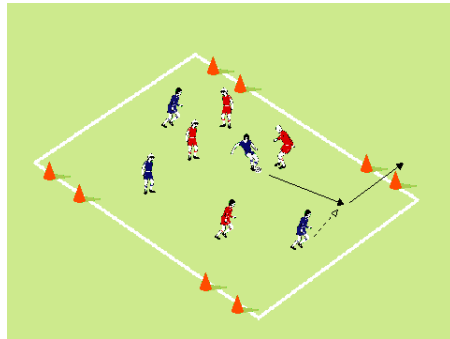
## 4 V 4 TO GATES

Set up 4 or 5 gates on the field. Teams score goals by dribbling through a gate. Dribble through a gate means a player has possession on 1 side of the gate and goes through it and maintains possession on the other side.

**OBJECTIVE:** Dribbling and taking on defenders.

## WATER BREAK:

## GAME 2: 15-20 MINS:



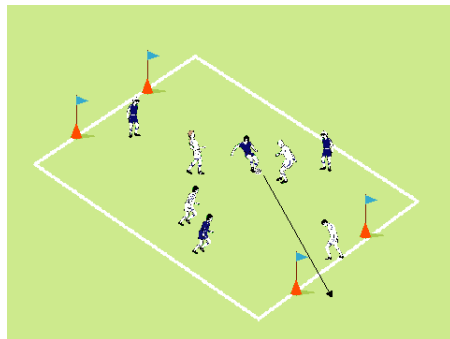
## 4 V 4 TO 2 SMALL GOALS

Set up 2 small goals towards the corner of the field. Team scores by passing the ball into the goal.

**OBJECTIVE:** Passing and shooting technique.

## WATER BREAK:

## GAME 3: 15-20 MINS:



## 4 V 4 TO 2 SMALL GOALS

Set up 2 full size goals. Can play with or without goalkeepers. Teams score points by scoring goals.

**OBJECTIVE:** Shooting technique.

## SCORING:

You can choose to score or not score the tournament. Players score themselves individually. Each goal they score is a point (dribble through a gate, or score a goal in games 2 and 3). If their team wins a game it is 5 bonus points, if they draw it is 2 bonus points. Players add up all their points from all the games to see who the champion is.

## OVERALL OBJECTIVE:

Teamwork, decision making, activity, fun and technical development.

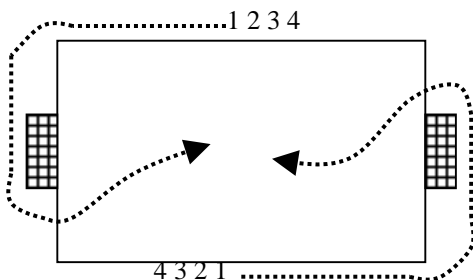
# Session 11: TEAMWORK

## WARM UP: 10 - 15 MINS.

above.

## WATER BREAK: TECHNIQUE: 10 - 15 MINS.

## WATER BREAK: GAME 1: 10 - 15 MINS.



## WATER BREAK: SCRIMMAGE:

## TEAM GAMES.

Set up. 2 teams of 6 or 3 teams of 4. 6 cones in line approx. 5yds apart.

1. Passing. Wall Game. ( see week 3 W-up.)

2. Tunnel ball. 1st player rolls ball through everyone's legs. End person picks ball up runs to front and repeats. repeat through team. Sit down in line when finished.

3. Over under. 1st passes over head, next under legs. repeat as

4. Dribbling. dribble through cones. Repeat as above.

Emphasize: Team work, co-ordination.

## WALL PASS.

Set up. Same as Shoot and save ( session 8 ) but use full field, and coach is in center circle. Put the balls in the goals.

Play. Similar as shoot and save but player is served ball by GK.

Dribbles forwards and passes to coach. Coach wall passes back, and player runs on dribbles and shoots. GK serves his line, goes to end of line and is replaced in goal by the 1st shooter.

Progression. Use player for the wall pass. Don't dribble on return pass.

## ENGLAND VS. AMERICA.

Set up. Half field. Divide into 2 groups. Put cones on corners.

Teams set up on half way on opposite sides facing opposite goals. Players on each team given #'s 1 thru 6.

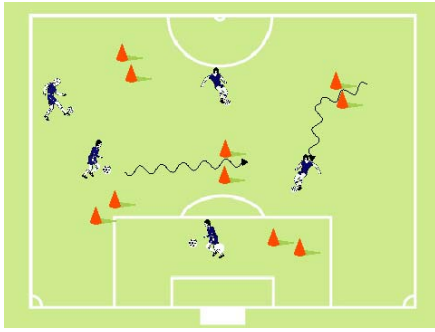
Play. Coach calls a # and serves ball into field. The players with that # run around corner cone, and goal and enter field to try and score against other team's player.

Progression. Call 2, 3 or more #'s at once. Introduce teamwork. Set conditions. i.e. have to make a pass. etc.

Score bonus points for team if they make 3 passes without the other team touching ball.

# Session 12: ADVANCED DRIBBLING

## WARM UP: 10 – 15 MINS:



## SKIING:

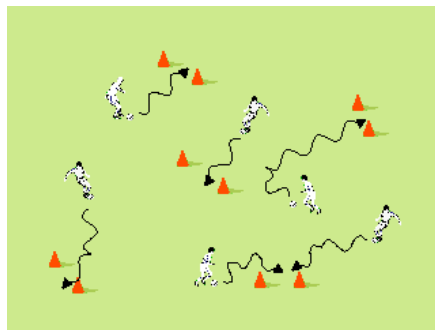
Create a series of gates in a grid. Players each have a ball and start to dribble ball around the grid. On coaches command players have to try and dribble thro as many gates as possible in a set amount of time. Players cannot stop and wait as another player passes thro a gate. If players collide they deduct 1 pt. Players score how many gates they get thro in time period.

### Variations:

- 1: Instead of going thro gate have to dribble a figure 8 around the cones.
- 2: attack gate from the end (rather than thro middle) and switch ball thro middle and to the other foot and dribble out in the same direction as entered.

## WATER BREAK:

### GAME 1; 10 – 15 MINS



## MUSICAL SOCCER BALLS 2:

**Set-up:** Using the same gates, Players with a ball each dribble around randomly until coach shouts “musical soccer balls”. Players must then dribble their ball into a gate. See who is last to a gate.

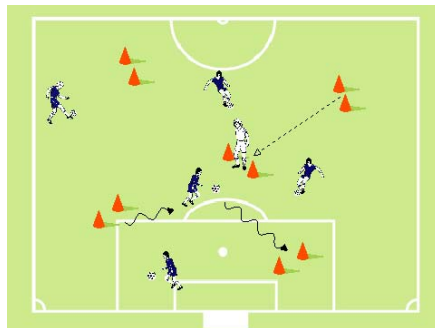
### Variations:

Remove a gate and a player after each round or score points for being 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>? Or add a move they have to do before they can go to a gate.

**Objective:** Dribbling with direction and stopping and decision making.

## WATER BREAK:

### GAME 2: 10 - 15 MINS



## GATEKEEPERS

Same set up as the 2 earlier activities. Split your team into 3 groups. Each team plays a round as the Gatekeepers. On coaches command players have to try and dribble thro gates but now the gatekeepers can run and stand in a gate to stop a player going thro the gate. Gatekeepers cannot touch player’s soccer balls. Play for a set time period and rotate the 3 groups as gatekeepers. Score the gatekeepers by seeing how many goals (dribbles thro gates) are scored against them. Gatekeepers with the fewest goals against win.

Repeat but this time gatekeepers can defend only within the gate and try to kick opposition’s balls away. They score a point each time they clear a ball and these are removed from their score against.

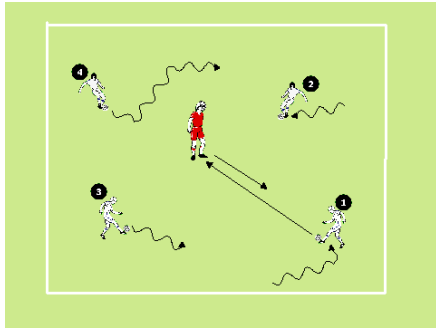
## WATER BREAK:

### SCRIMMAGE:

Play ½ the game with a condition: Players must touch the ball at least 3 times before they can pass the ball. Play 2<sup>nd</sup> half unrestricted.

# Session 13: ADVANCED PASSING

## WARM-UP: 10 – 15 MINS:



## NUMBERS PASSING:

Give each player a number.

1: Start with 1 ball with player number #1 passes to #2, #2 to #3 etc.etc. Encourage movement with the ball before a pass. Encourage movement from next number in sequence to to support ball.

2: Repeat now with a 2<sup>nd</sup> ball half way through the numbers. See if team can catch up with the other ball.

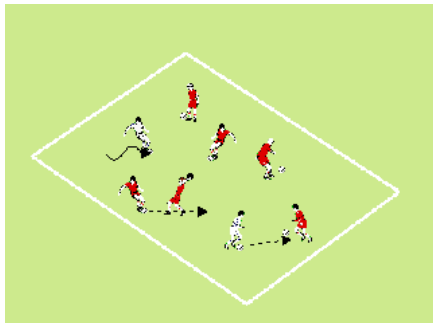
3: Now everyone has a ball. When the coach calls out a number that player passes ball to coach. Encourage moving to create an open lane before passing.

4: Now use player in the coach's role. Central player must pass ball back to passer with 1 touch pass (give n go)

Teaching Points: Movement with ball, movement without ball.

## WATER BREAK:

### GAME 1: 10 – 15 MINS



## STUCK IN THE MUD:

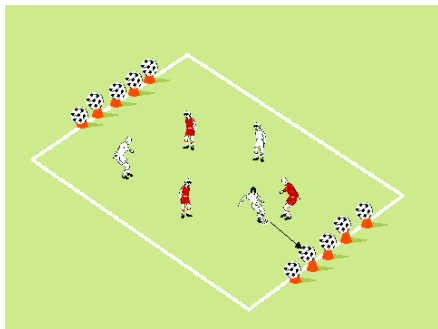
Set-up: Select a couple of mud monsters. All players have a ball, MM outside of grid. MM enter grid on command "swamp attack" and try to hit other player's soccer balls or legs by passing their ball. If hit, a player is 'stuck in the mud' and holds ball above their head. MM have to try and get all players stuck.

**Variations:** Stuck Players hold ball above head and opens legs. They can be released by another player passing ball through legs. Play for set time and see how many are 'stuck' at end.

**Objective:** Dribbling and passing skills.

## WATER BREAK:

### GAME 2: 10 – 15 MINS:



## COCONUT SHY:

**Set up:** Place a number of balls on cones at each end of the field. 2 teams play a regular game but goals are replaced by coconuts (balls) on cones. Teams score goals by passing the ball to knock over a coconut. Team wins when all coconuts are knocked off.

**Variations:** Older players can play this game with 2 or 3 game balls on the field. Younger players can play in 1 v 1 or 2 v 2 formats and can play round robin style.

**Expectations:** Dribbling and passing skills with opposition.

## WATER BREAK:

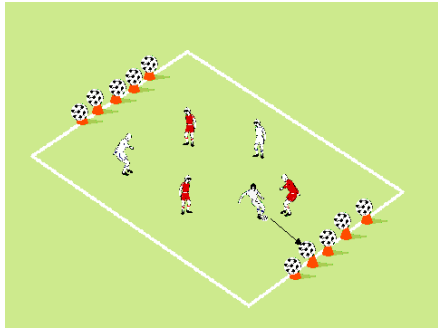
## SCRIMMAGE:

times

Play ½ the game with a condition: Players must pass the ball at least 2 before they can score. Play 2<sup>nd</sup> half unrestricted.

# Session 14: ADVANCED SHOOTING

## WARM-UP: 10 – 15 MINS:



## COCONUT SHY:

**Set up:** Place a number of balls on cones at each end of the field. 2 teams play a regular game but goals are replaced by coconuts (balls) on cones. Teams score goals by passing the ball to knock over a coconut. Team wins when all coconuts are knocked off.

**Variations:** Older players can play this game with 2 or 3 game balls on the field. Younger players can play in 1 v 1 or 2 v 2 formats and can play round robin style.

**Expectations:** Dribbling and passing skills with opposition.

## WATER BREAK:

### GAME 1: 15 – 20 MINS:



1

## SHOOTING TO GOAL:

Set up using a goal. Have a group of servers at each goal post with soccer balls. Have 2 groups of players about the edge of the penalty box.

**1:** 1<sup>st</sup> server passes the ball to the group diagonally opposite. That player runs to meet the ball, traps it and shoots. Server and shooter switch lines. Repeat for the other group and continue repeating.



2

**2:** 1<sup>st</sup> server passes the ball to 1<sup>st</sup> shooter and now comes out to defend against the shooter.

**Teaching points:** Receive ball into space. Approach ball at an angle (not straight), get standing foot alongside the ball, lock ankle, bend knee, swing hip and follow through. Follow your shot for rebounds.

## WATER BREAK:

### GAME 2: 10 – 15 MINS:



## POWER FINESSE:

Split your team into 2 or 3 groups (each group should have 3-4 players). Use a goalkeeper. Coach has all the balls and serves from the side of the goal. Coach serves 1 ball about 10yds from goal for player to shoot 1<sup>st</sup> time (POWER). After the shot has been made, coach serves a 2<sup>nd</sup> ball immediately but this time closer to goal for the player to shoot with the inside of the foot (FINESSE).

**Scoring:** If player scores 1 out of 2 they survive and rejoin their team. If they score 0, they help the coach collect balls. If they score 2, they can challenge any player on the other teams who must score 2 goals to survive **OR** they can release a player from their team back into the game.

## WATER BREAK:

### SCRIMMAGE:

Play unrestricted game with normal size goals on a smaller field to encourage lots of shooting.

## **Session 15: FUN DAY**

*This is a fun session.*

*Players can choose some of their favorite games to play.*

*Scrimmage against parents.*

# MOVES APPENDIX

There are hundreds of moves, fakes and turns. Some are differentiated from others by slight variations. Some are basic and some very complex. Some are named for the movement and some named for the player who best personified the move. There is always overlap in what 1 person might call a move compared to another person. This list will arm you with 4 moves. Each move is diagrammed like a dance step class and has descriptions to follow. Read through and replicate the steps to become familiar with the moves.

It is important to remember the function of a move is to beat a defender in a 1 vs 1 situation. In the target age groups U8 – U10 to beat a defender can simply mean to create enough space to make a pass, relieving pressure or maintaining possession. Too often in youth soccer, players are able to perform a move well but at the wrong time. The position of the opponent is very important. A Cryuff turn at the wrong time can and will lead the ball into the defenders possession. Ensure in your practice sessions you not only give them ample opportunities to practice with no opposition to get the mechanics down, but provide many opportunities where some passive then active opposition is provided to develop an appreciation of the opponents position in choosing a successful move.

Some key teaching points that will enable your players to better accomplish moves.

- Develop comfort with the ball by doing rollovers, toe touches, stop-go's
- Develop a sense of motion in your player, bouncing, stepping to ball, relaxed body posture
- Disguise move with an upper body fake, drop of shoulder, a look or point one way, a pass or shot set-up. This movement generally creates an “attacking space” beyond and to the opposite side of the fake
- Recognize when the player is off balance and penetrate the “attacking space.”

\*\*The “attacking space” is the space the player in possession wants to attack with the ball. This can be beyond the defender, to either side or withdrawn from the defender. If a space is beyond the defender then the player should be encouraged to penetrate that space. The addition of the fake (body movement) usually creates a larger and more obvious space to attack. A Move laterally across the defender can create better passing angles and opportunities and a cut back or other move withdrawing from the defender can relieve pressure and allow possession to be maintained.

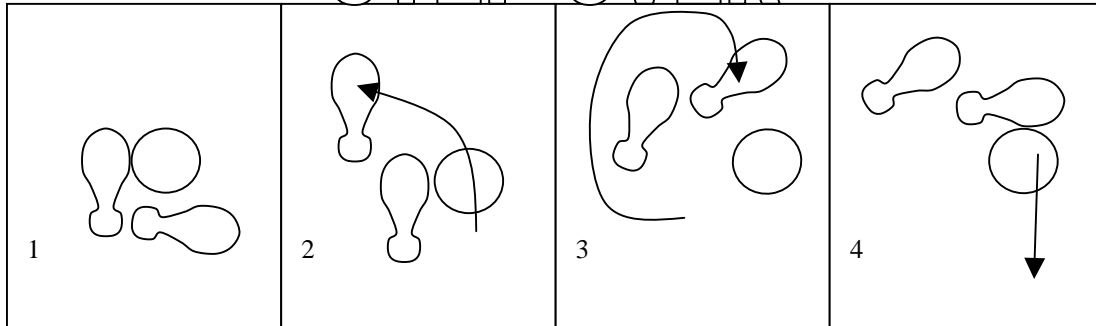
Basic Set-up for turn activities.

You can control the practice environment by creating 2 lines about 5 -10 yds apart. Have players start on 1 line approximately 5 - 10 yds between each with a ball. Walk through the mechanics of the move stationary 1<sup>st</sup>. Then players can walk towards other line and do move before it, repeat in opposite direction with other foot. And finally have them Dribble with more speed. **It is vital you develop 2-footed players so please provide time to practice with both feet.** For more limited space, you can set-up a square and have players work between cones to serve 4 players. Alternatively create a Hexagon with a central cone. Players can work each boundary line (6) and also the interior lines (spokes of a wheel) for another 6 players. This is easier for more proficient players.

Once mechanics and body movements are mastered you can put players back into the square game environments in your session to provide some opposition.

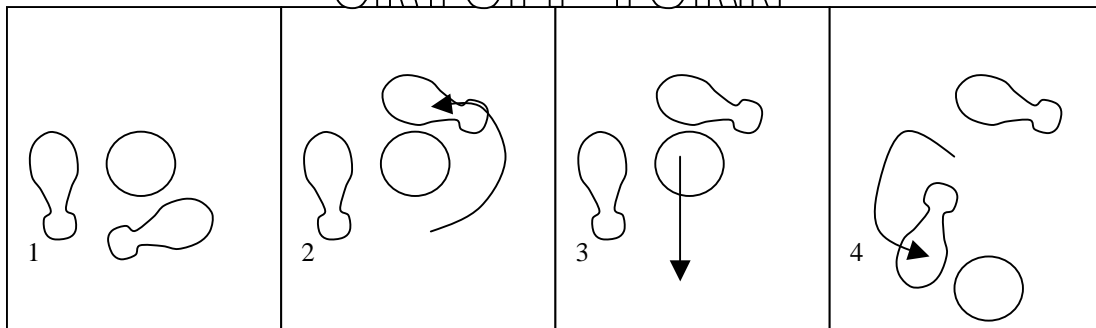
# MOVES APPENDIX

## STEP OVER



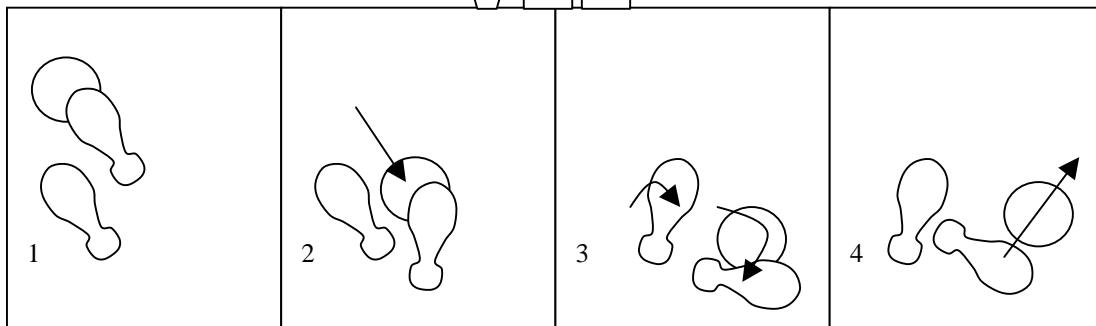
1. Stand in passing position (left foot alongside ball., right behind it)
2. Right foot steps over ball and to the outside of the left.
3. Swivel on the right foot and swing the left foot around the outside of the right
4. Knock the ball back (180) where you just came from and follow.

## CRYUFF TURN



1. Set-up in a passing position for a right foot pass.
2. Right foot fakes a pass but circles around and in front of the ball (pointing at other toe at 90 degree angle)
3. Using inside of the right foot push the ball back through gap
4. and spin to the left to follow ball

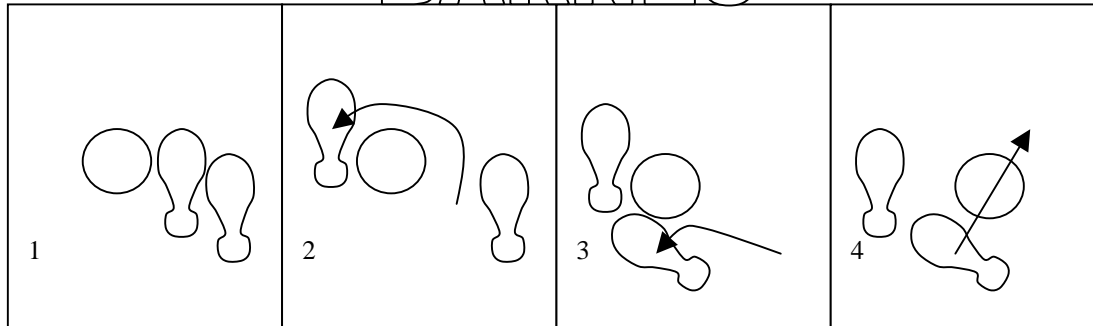
## VEE



1. With the ball and body turned to the left
2. drag the ball back with the sole of the right foot
3. and then use the inside of right foot to move in the opposite direction. As you roll ball back, turn hips and left foot
4. to allow a forwards push pass and follow

# MOVES APPENDIX

## BARNES



1. Position ball on outside of left foot.
2. Step over ball with outside of the left foot, and lunge forward . (Can be more effective if the left foot circles forward and around the ball rather than stepping over)
3. Using the outside of trailing right foot
4. Play the ball away to the right

# ADDITIONAL DRIBBLING ACTIVITIES

Warm up:

## SQUARE GAMES

These basic games can be used and repeated a number of times during season as warm ups. They usually require all to have a ball <<NOT ENOUGH BALLS see TIPS page>> and do not include active opposition..

As your players become more advanced you can reduce the space, include more new turns/moves <<see TURNS/MOVES page>> to challenge them.

## Basic Set-up.

Players inside square with a ball each. Dribble around and listen for various commands. They should maintain possession without bumping into others or going out of square. As they progress increase speed and randomness of commands.

Commands. (*stopping, turning, using various surfaces*) Stop, Go, Turn, Left foot, Right foot, Insides. TIC-TOC, passing ball from inside of left to right and repeating, HAT-DANCE, foot on ball, remove, place other foot on, repeat.

Other Commands. (*body movement*) Knees: quick interchanging knee touches. Body Parts: Touch ball with that BP.

Groups. (*Organization*) Call out a number and players must quickly group into that number.

Find Spaces. (*vision*) As kids move their ball inside square they try to find as much space as possible. On Coaches shout players stop and one in the most space is winner.

Variation. Pirates, (*awareness*) as players dribble, throw a cone in and first player able to touch it is winner. ( can repeat using several cones placing them v. quickly)

Fingers. Walk around square and hold fingers in air, players must shout number of fingers you have up.

Phelius Fogg. (*Acceleration, Speed dribbling, turning*) Place 4 additional cones outside of the square. Give them exotic Island names. Shout “Explore” and players must round any Island with their ball and re-enter square under control. Same but Call an “Island” and players must dribble ball around that particular cone. Countries far away might have cones farther away. Shout “around the world in 80 days” and players must circumnavigate the 4 islands by going around all 4.

**Demo. Speed and avoiding collisions with players going in the other directions.**

Musical soccer balls. (*Speed and awareness*) On shout “musical soccer balls” players must stop ball inside square and run around any of the 4 outside cones. Coach removes one ball as they run. When back in square they must put foot on any ball. Last one can now remove ball, then can re-enter game.

# ADDITIONAL DRIBBLING ACTIVITIES

Slalom Skiing. (*speed dribbling*) Outside of square set up several gates about 2 yds wide. On command, players dribble ball out of square and see how many gates players can dribble through in a set time period.

Individual activity:

## 2 SQUARE GAMES:

These simple progression quickly advance the players movements but still with no active opposition (defenders). Also easy spatial organization and development of activity for the coach. The final stage of this progression is introducing opposition. At first this is passive (shadow) progressing to active opposition in a 1 vs 1 situation.

Basic setup:

Now you have 2 squares (Islands) bordering each other. All players in one square.

Change.(*turning and acceleration*) Use a new command “change” and all players move their ball to square 2 and continue to dribble. Repeat for square 1 and then quickly to develop turning ability.

Split players half and half in the 2 squares. Repeat change.

**Demo. Show how to avoid collisions by dribbling to space, use vision and awareness to change direction.**

Switch. (*Teamwork*) This time players have a twin in other square, on command players must change squares AND switch balls with their twin.

**Demo. How to switch balls without them colliding by placing ball to side of partner and taking ball from partner on opposite side.**

Progression. (*Organization and communication*) remove twin concept and all players must change balls at least once with any partner. Note some players will switch more than once.

**Demo: communicate with a changing player**

Follow the leader (*change of direction and speed, body movements, awareness of opposition.*) Using the 2 grids or making the area bigger put players back into pairs.

1. Without either player having a soccer ball, one is designated as the leader the other the shadow. On command “GO” the leader must try to get away from the shadow. On “stop” see how far away from the shadow they are. Repeat with players in switched roles.

**Demo. Show players the benefits of chopping and changing direction, acceleration, using upper body to fake, and awareness of shadows position should dictate the movement or acceleration.**

2. Both players have a ball now and the shadow should try to replicate the moves the leader makes in an attempt to stay close.

3. Now only leader has a ball and shadow should try to follow.

4. Now the shadow can play 100% defense to try and win the ball, when they do win ball they become the leader.

# ADDITIONAL DRIBBLING ACTIVITIES

Individual/small group activity

**GAMES WITH OPPOSITION**  
These are a variety of game style activities which are both fun and useful to develop confidence at dribbling. They introduce the concept of active opposition in a limited format, and progress to more active opposition. <<see TIPS page for restricting opposition effectiveness>>

## Basic Setup:

These activities use 1 of your 2 squares or both combined.

Pac Dudes. (*shielding, vision and turning*) Kids inside 1 square dribble around, 1 player ( GHOST ) outside square. On command Pac Dudes the Ghost has to kick balls out of the square. Instead of playing where the Winner is last one in square << see TIPS: use an alternative where players kicked out dribble a ball to an extra cone 25 yds away and then can re-enter the square. Time ghost and see how many soccer balls can be removed in set time>>.

**Demo. Proper technique for shielding, body turned sideways, farthest foot playing ball, shoulder leaning towards opposition, dragging or rolling ball the opposite way to defenders direction.**

Knockout. (*Shielding, awareness and turning*) Similar to Pac Dudes but all players have a ball and all players try to kick other balls out while protecting own ball.

Teenage Mutant Ninja Crabs: Players start at end of an Island with their Soccer balls (can be your 2 squares from before) Coach starts as crab sitting with legs forward, and can only move in this position. On Command TMNC, players have to dribble ball past Crab to the other end ( Beach. ) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner.

# ADDITIONAL DRIBBLING ACTIVITIES

Small group/Individual activities

1 VS 1 OPTIONS.

Activities that work on 1 vs 1 skills. These are useful for players who have mastered a variety of <<MOVES>>.

Also useful for more advanced players or players who can progress with some success against 100% defense.

## Basic Setup.

Still using your 2 squares, repeat setup 2 or 34 times alongside original squares, creating playing space for 3 or 4 groups.

Beat the defender. (*Penetrating at speed*) In grids of about 20 yds by 10 yds you can use groups of 2, 3 or 4. Start a defender with ball on 1 end line and an attacker on the other. The defender passes ball to attacker and can defend when the attacker touches the ball. Attacker has to dribble past defender and get it to the end line. Can setup In pairs the players swap roles with no rest, or in groups of 3 or 4 the the attacker becomes the defender. (IE start with 2 or 3 at the attacking end 1 at the defending end)

**Demo. Positive 1<sup>st</sup> touch that advances the ball, playing at speed, taking the ball to one side to drag defender and create “attacking space”, simple body fake and explosion to the “attacking space”**

King crabs (*beating the defender*) set up 3 squares in a line. Place 1 defender on the back of each square. Attackers take turns trying to dribble through 3 squares to stop ball on the end line. Defenders can only try to win ball when attacker has entered their square. If attacker passes into 2<sup>nd</sup> square only 2<sup>nd</sup> defender can play now. <<TIP: To increase success rate use defenders as crabs.>> Score 1 point for each square passed through. Rotate defenders with attackers after each attacker has been.

Around the World. (*Recognizing times to penetrate, 1 vs 1 skills*) Set up circle of small gates (a gate is 2 cones approx 2-3 yds apart). With players in their pairs <<TIP: challenging more advanced players>> 1 ball per pair, they start in the center of circle. One is designated attacker, one the defender. On command “go”, attacker tries to dribble through as many gates as possible. Defender tries to steal ball. If they steal it, start from center again. Object is to try and get through as many cones in a set time. Then repeat in opposite roles.

Hit the cone. (*Faking to penetrate*) In pairs, 1 ball and one player each as defender and attacker. Players start about 10-15 yds apart. Each player has 2 cones placed on their starting line about 8 yds apart. The attacker tries to dribble ball past defender and hit either of the defenders cones. Score 1 point if they succeed. After point or if defender wins ball, then roles are reversed and they attack other 2 cones. Play for a short period of time then rest as 1 vs 1 should be exhausting. For more advanced players, have defenders only protecting 1 cone.

# ADDITIONAL DRIBBLING ACTIVITIES

Small group/ large group activity.

## 4 VS 2 GAME.

Putting practice topic into more game realistic situation, now using active defense. Develops decision making process of when to use the 1 vs 1 skills worked on, or when to use passing.

### Basic Setup.

This activity progresses on from your circle of gates or attacking the 2 cones in the 1 vs 1 activities with active defenders.

4 vs 2. (*Decision making, penetration*) Make 3 teams of 2. Set up 2 gates about 25 yds apart. One team defends and other two teams combine to attack (ie 4 vs 2) to 2 gates. Score points when attacking team dribbles through a gate (not passes). Rotate each team to play as defenders. More advanced players can play 2 vs 2 and have a team rest.

**Demo. passing to create space and then penetrate with a dribble to score, also change the point of attack by dribble or pass.**

# ADDITIONAL PASSING ACTIVITIES

## Crazy game I



Game: Crazy Game I:

Create 3 teams (no GK's) and 3 goals. If using cones for goals allow goals to be scored through either side. Each team is attacking the other 2 teams goals, NOT defending their own goal. **Scoring:** After a team scores a goal, they cannot score directly back into the same goal. The first person to be in the goal (or to touch coach) his/her team restarts the game. The winning team is the team to score the most goals.

**Teaching points:** Get players to recognize goal-scoring opportunities. To recognize and penetrate when space is available, to change direction of play

Progression: Crazy Game II. Same game but now have 2 soccer balls in play to help generate better awareness of players surroundings.

Game: Donkey:

Good for smaller groups 3,4 or 5 players. Create a target area, IE.

Back of goal (net tight so ball rebounds) or a wall. Players take it in

turns to shoot at target area and they continue in a cycle. Each player

only has 1 touch to shoot.

**Scoring:** If a player misses the target area they are assigned a letter. 1<sup>st</sup> D, then O, N, K, E, Y for additional misses. When they spell the word DONKEY they are out of the game. Restart game with next player in the cycle starting from a designated spot.

**Teaching points:** players have to use various shooting and passing techniques to hit target and to make the following players shot more difficult.

**Progression:** With more advanced players or older players you might put a condition in that they must shoot before the ball comes to a stop. Good with a looser net or smaller target zone. Players must adjust body position quickly.

# ADDITIONAL PASSING ACTIVITIES

## PAVE THE WAY TO SUCCESS

GAVIN SPOONER

### A new model for training

Pave is a new way of training passing and receiving for all youth players. It offers an opportunity to develop not only technique, but also tactical understanding, in an easy yet dynamic structure.

### PAVE

- P ~ Preparation
- A ~ Awareness
- V ~ Vision
- E ~ Execution

### Preparation

Preparation is the physical set up to receive and address the ball. So often a poor 1<sup>st</sup> touch leads to a direct loss of possession, or the inability to make a good enough move/pass/shot to keep possession.

### Awareness and Vision

Awareness is the player's recognition of their position in relation to other player's positions. Vision is the player's recognition of other players position in relation to their position.

### Examples

Pele has the most extensive highlight reel of all players, yet 3 particular moments come to mind. Amazingly enough, none of them ended in a goal. Banks save against Pele in Mexico 70, is one, but the other 2 show his incredible awareness and vision.

### - AWARENESS

1970 World Cup vs. Uruguay:

Pele is racing onto a through ball. With the keeper advancing out side of his box, Pele lets the ball slide across and through his legs without breaking stride. He then turns behind the keeper to collect the ball on the opposite side. 2 defenders are desperately chasing back to cover the near post and Pele angles his shot back towards the far post, grazing its outside edge.

### - VISION

1970 World Cup vs. Czechoslovakia:

Pele is about 15 yds inside his half. The Czechs are attacking and Brazil intercept the ball and it runs loose to Pele. The opposing GK is standing on the edge of his box. Pele takes a quick look up and sees the GK's position and outrageously drives the ball some 70 yds. With the GK scrambling back, the ball shaves the outside of the post.

### Execution

At all levels of the game, from pee-pee to professional, possession is often lost through poor execution. How many times have you seen all the hard work be lost because of a poor pass?

### PAVE and Coaching Models

To separate the 4 levels of PAVE you would categorize Preparation and Execution as Technical, and Awareness and Vision as

Tactical. But all 4 aspects are intertwined and an error at any of the 4 levels can lead to a breakdown of possession.

The 2 leading coaching models are the USSF and the DUTCH model, and PAVE fits both models nicely.

### USFF Model of Soccer

4 Components of Soccer

- Technical
- Tactical
- Physical
- Psychological

### Dutch Model of Soccer

- 3 Components
- Possession (US)
- Transition (Change of Possession)
- Possession (THEM)

### PAVE and USSF/Dutch Models

PAVE addresses Possession (us) in the Dutch model

PAVE addresses all 4 components of the USSF Model

- Preparation and Execution are Technical
- Awareness and Vision are Tactical

All Components overlap

Pave is the Economical training (developing multiple components at one time) of possession.

### Why PAVE?

"Performance comes not from a reliance on technical skills, but from a foundation of game play awareness leading to the adoption and adaptation of technical skills within the strategic and tactical demands of a game."

Tim Hopper, Assistant Professor, University of Victoria.

Published in the Canadian Physical and Health Education Journal, Vol 64 (3), pp 4-7.

### COACHING EXAMPLES

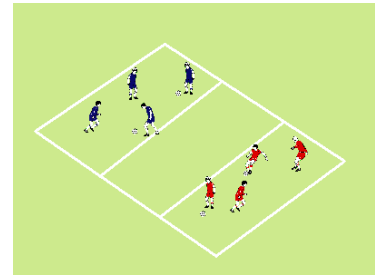
For younger players adapt by:  
Making larger playing areas  
Fewer balls

For older players adapt by:  
Adding opposition earlier

### 3 Zones

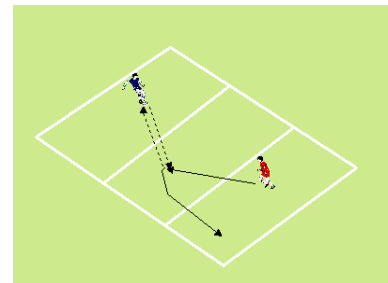
- No Opposition
- Passing and Receiving

- Players grouped together in 2 end zones
- Players pass and move inside zone
- Half balls to number of players

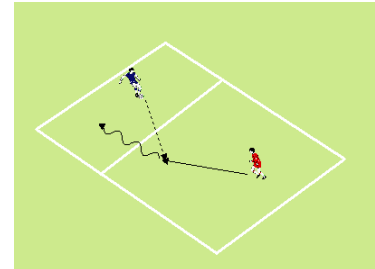


### Pass back and Turn

- Player steps into middle zone to receive pass
- Passes back to original player
- Turns and runs back to original zone

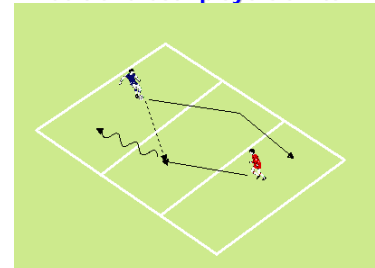


### Dribble and Switch



- Run into middle zone and receive pass from opposite side
- Dribble to opposite side

### Dribble and both players switch

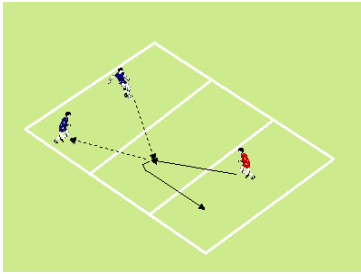


- Same as before
- But this time original passer switches to opposite grid also

### Pass to 3<sup>rd</sup> player and return

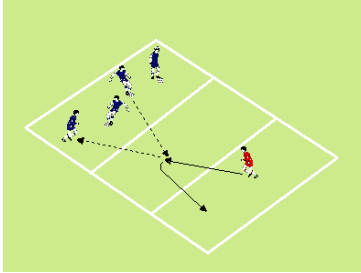
### Basic Setup

# ADDITIONAL PASSING ACTIVITIES



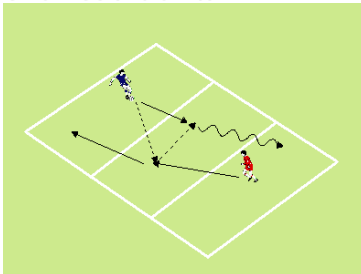
- Run into middle zone
- Pass ball back to an open player
- Return to own zone

## Pass to open player and return



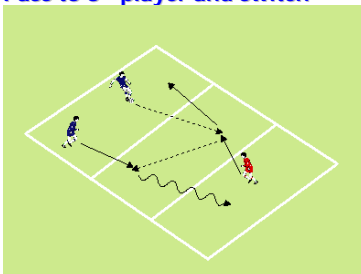
- Run into middle zone
- Pass the ball back to the open player (one who did not pass)
- Return to own zone

## Give n Go and switch



- Run into middle zone
- Play a give n go with the passer in the middle zone
- Both players switch zones

## Pass to 3<sup>rd</sup> player and switch

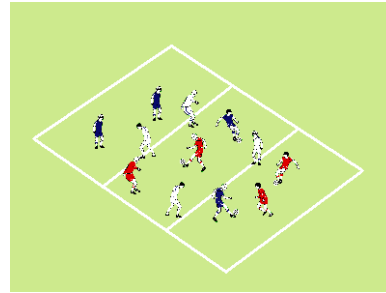


- Run into middle zone
- Play the ball into a 3<sup>rd</sup> player in the middle zone
- Both players switch zones

## 3 Zone, 3 Colors

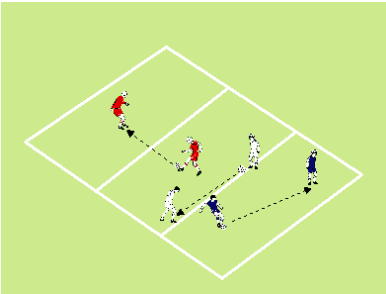
- Players grouped into 3 colors
- No opposition
- Passing and receiving

## Basic Set up



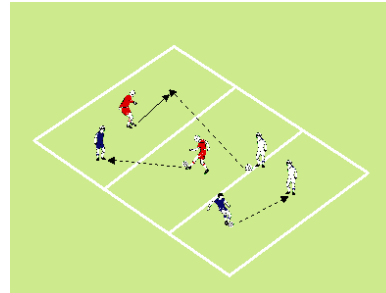
- 2 balls for each 4 players of same color
- Players can move anywhere

## Pass to same color



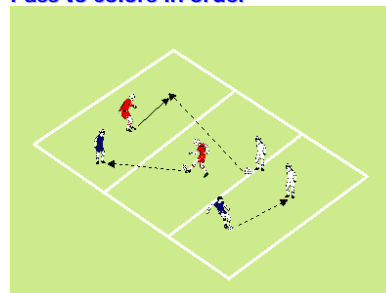
- Players pass, dribble and move around the grid
- Can only pass to same color

## Pass to different color



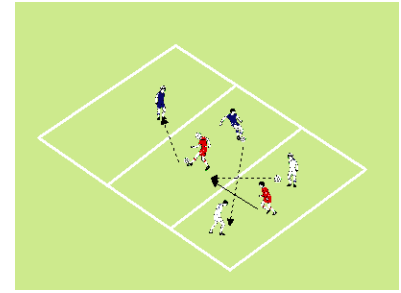
- Can not pass to same color

## Pass to colors in order



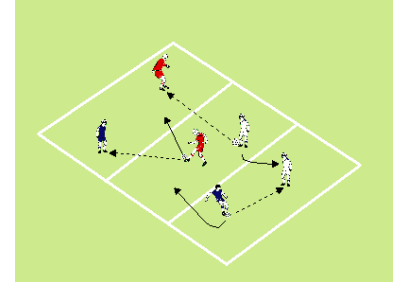
- Players have an order to pass in
- Red to Blue
- Blue to White
- White to Red

## Pass to player in different zone



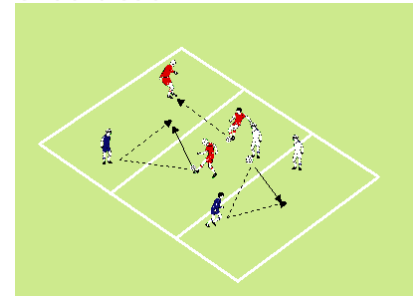
- Cannot pass to player in the same zone

## Move to new zone after pass



- After making the pass, passer moves to a new zone

## Give and Go's



- One team without any soccer balls
- Other colors play give n go with selected team
- Colors can still pass amongst themselves (no give n go)

## Advanced passing

- Passing to space
- Reduce # of balls

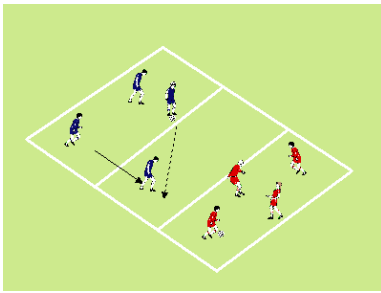
## Straight pass, angled run



- Play a straight pass into middle zone
- 2nd attacker makes angled run
- Must receive in middle zone
- Then switch zones

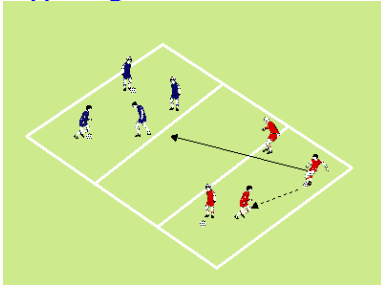
## Angled pass, straight run

# ADDITIONAL PASSING ACTIVITIES



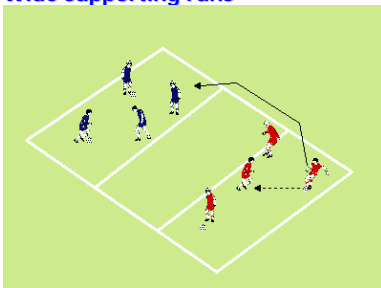
- Play an angled pass into middle zone
- Make a straight run
- Dribble to other zone

## Supporting Runs



- After passing ball to player in own zone, passer switches to opposite zone

## Wide supporting runs

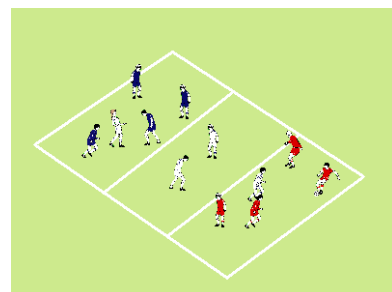


- After making a pass, switch to opposite grid by running outside of grids

## 3 Zones with opposition

- Passing and Receiving
- Added opposition
- Defenders in middle zone can be 1 to 4
- Limit balls to 1 or 2

## Basic Setup

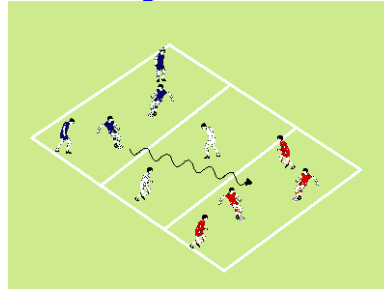


- Players grouped together in 2 end

zones

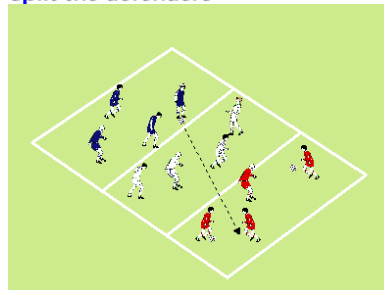
- Defenders in middle zone
- Can also add defender to end zone

## Dribble through middle



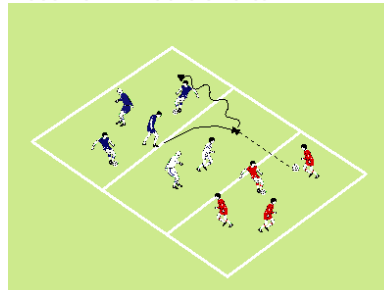
- Pass and move in grid
- Recognize an opportunity to dribble through opposition

## Split the defenders



- Points scored by splitting the middle zone with a pass

## Receive in middle and turn



- Step into middle zone
- Receive and turn to end zone

## Advanced opposition

- Opposition in middle zone
- Defender can enter end zone

## Basic Setup

### Repeat 3 zone opposition options

Dribble through to score  
Pass through to score  
Step into middle and receive pass, then dribble back to score

## Advanced defender roles

Defenders start in middle zone  
1 defender Steps into end zone when the ball gets there  
When the ball switches, defender steps back

into middle zone

## Alternative to defenders

Goalkeepers can replace defenders  
Integrates some GK training  
Allows the same options  
Allows GK's to practice shot stopping  
Allows GK's to practice breakaways

## Summary

PAVE is the tool for a new generation of training passing and receiving. One of the commonest questions instructors get from willing to learn coaches is "how can I train movement off the ball?" It is best taught at the same time we are teaching passing. With this in mind, PAVE is a solution that addresses some of the common tactical deficiencies evident in our players. It is easy to structure PAVE activities and easy to develop them. These examples can be used as stand alone activities, or in combination to create a complete progressive session. Overall PAVE allows players to repeat the techniques of passing whilst also providing ample opportunities to encourage good tactical decision making.

**Gavin Spooner** is Director of Player Development for Manatee Area Youth Soccer Organization in Bradenton, Florida. He holds the NSCAA Premier diploma and the USSF A License. He has worked on the state ODP and coaching instructor staff for Missouri, Virginia and Florida.

For further info contact Gavin at:  
maysodpd@tampabay.rr.com