

Cowichan Valley Soccer Association

Mini soccer training manual 2011-2012

The purpose of this manual is to provide our volunteer coaches a concise and user-friendly resource for coaching U9-U10 CVSA boys and girls.

Club Philosophy: To provide a safe and fun environment for players of all abilities to learn and play the game of soccer.

Coaches, if you have any questions please feel free to contact one of the following CVSA Technical staff.

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U9/U10 Practice Plans

Introduction to U9/U10s

Nine and ten year-olds can be unabashedly creative in their play. The best young players at this age move well with the game, circulate the ball quickly between teammates, defend with power and aggression, and generally play soccer in a way that can be exciting to watch. For the best ten year-olds, the vision to determine “what next” starts before the ball arrives (pre-control) and their ability to apply sound technique in subtle ways, such as chipping and 1v1 dribbling, are becoming evident. Ten year-olds are developing a working understanding of width, making some measure of positional play much more realistic to their level of understanding; however, they generally do not create depth very readily and the inclusion of a “midfield” in any playing organization creates insurmountable crowding problems for all but the most advanced players. Nine and ten year olds can understand the value of technical repetition and are much more willing to practice independently. They will head the ball and are more likely to try to control balls coming out of the air. Their passing range can be upwards of 30-40-yards. Nine and ten year olds can pass and control the ball with any surface and are capable of disguising their passing and dribbling movements. Feinting and faking are common features of play for the more gifted technicians.

U9/U10 Coaching Themes: Individual Play, Support and Ball Circulation, and Small-Group Tactics.

At this stage, young players start to identify themselves with a “team” and will be much more motivated to attend to formal instruction and repetitive practice activities. Improving and refining individual play through technical repetition is an important goal of this period and small-group tactical awareness can be rapidly expanded. Granting children the freedom to creatively produce individual solutions to tactical and technical problems is a critical element of coaching. Players will begin to move away from each other, but creating space and playing with back to goal is a difficult combination of skills that can be fostered in more advanced players. Improved vision and support are the tactical markers of this age, and improved ball circulation is achieved as players understand about controlling and changing the rhythm of play. The better players in this age group will begin to combine with each other and goalkeepers should be frequently rotated.

Games of up to 6v6 provide a natural balance between technical repetition and tactical complexity.

Game Time Formations and Strategy

The most important thing is to teach at this age level is individual skills and that is where 90% of practice time should be spent. However, most players will want to “learn” the game at this age so be prepared to spend a bit of time discussing positions and have a some ideas for team formations and plans for taking and defending corner kicks and free kicks. These plans should be very simple and the coach should not be too concerned if players don’t stick to the game plan all of the time. Assuming you are playing 7v7, consider using a simple 3-3 distribution of 3 defenders and 3 forwards. Encourage the outside players to keep the field wide and encourage the central players to pass the ball to the outside of the field and advance for a return pass. After the basic 3-3 formation has been mastered, you may want to consider trying to introduce the role of the midfielder and switch to a 2-2-2 formation but whatever you do, make sure the kids understand that they are free to move about the field are do not need to confine themselves to rigid areas of movement. Positions should be taught with the idea of helping the players understand how space allows them to play “as a team” and provides some opportunity to rest for a few moments during the game. In any formation, the basics of possession-based ball control, heads up dribbling and passing, and working the ball up the field from the flanks should all be encouraged. Avoid teaching kids to boot the ball up field and chase it. Possession based soccer is more fun and rewarding and will allow the players to demonstrate their soccer skills. Also teams that play possession soccer will be more successful in the long run. For free kicks and corner kicks consider using a 3-man wall to block a direct free kick, or using man-to-man coverage to defend an indirect kick, or aiming a corner kick to land at the top of penalty area where you have a player waiting to redirect it on net. Keep it simple and even consider asking the kids for some input on the tactics you will use. Bottom line is that the tactics and formations you choose are less important than developing the individual skills of the players.

Game Time Formations and Strategy continued

NOTE: Every practice session ends with a 15min small sided game (3v3 or 4v4 or whatever works depending on number of kids you have out that day) and includes a note to *allow the players to play without coaching or interference*. This is important, give the players the freedom to figure out the game for themselves and you will be impressed by how much fun they have and how much they improve. Remember that “the game is the best teacher” and the kids just want to have fun. The body of the practice session is designed to provide the coach an opportunity to teach the skills but make sure that the end time is reserved to allow the players to *play*.

SECOND NOTE: I would also recommend that this “let the kids play” mentality is what coaches bring to game day. On game day allow the kids to display the skills they have been taught in training. Give them all fair playing time and encourage them to try hard and play as a team. Always remember that it is the kids game and your job as coach is to set up the parameters in training that allow them to learn the fundamental skills required to play the “beautiful game”. As long as the kids are developing the fundamental skills and a love for the game then you are succeeding. Keep it FUN and they will be back for another season but make it boring or “too serious” and they will find something else to do.

The following Practice Plans are presented as a series of sessions that are intended to be introduced as a progression with each session building on what was taught in the previous practice. Make sure you are flexible in your plans and use these as a guideline only as you may find that for your team you need to repeat a particular session more than one time for the concepts to be learned. Be patient. As long as your practices involve every player working with a ball and keeping active you are doing well.

U9/U10 Dribbling Practice 1

Dribbling in the square (6min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times. Encourage use of both feet, the inside and outside of the foot, and the sole of the foot.

Ball Gymnastics (4min) – Ball skills in small area, Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side. Tick-Tock: Pass the ball from inside of left to inside of right.

Freeze Tag (10min) – 15x20m area. Two players selected to be taggers. Other players try to dribble their ball without being tagged. If they get tagged, they are frozen and must stand with legs apart, ball held up over head. To be unfrozen another dribbler must roll the ball between their legs. Switch taggers every 2min.

Running Bases (10min) – See Games Appendix for details.

Introduce the Basic Rules of the Game (10min) – Walk players around the field discussing the different areas and lines and what they mean. Remember to cover the touch lines, goal lines, penalty area, penalty arc, goal area. Talk about start of play and the proper way to start the game (ie. ball must be passed across midfield line). Also talk about any team rules that you may have.

Line Soccer (10min) – See Games Appendix for details.

3v3 (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. ***Allow the players to play without interference.***

U9/U10 Dribbling Practice 2

Dribbling in the square (6min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times. Encourage use of both feet, the inside and outside of the foot, and the sole of the foot. Introduce inside and outside cuts to make quick changes in direction.

Ball Gymnastics (4min) – Ball skills in small area, Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side. Tick-Tock: Pass the ball from inside of left to inside of right. Hat Dance: Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

Running Bases (10min) – See Games Appendix for details.

War (10min) - See Games Appendix for details.

Introduce the concept of positioning (5min) – Discuss the role of forwards and defense and goalkeeper and explain why it is important to play with some sort of structure (only one person can handle the ball at one time, other players need to be in position to receive a pass or intercept an opponent if the ball is turned over). Divide the group in half. Have one half spread out leaving about 10—15m between themselves and every other player. Have the other half gather in tight group shoulder to shoulder. Ask them which team has the better chance to move the ball around and score a goal? Tell them that clumping up in a small group makes it difficult to score goals and that they need to spread out and look for open space on the field. Let them know that they will be playing every position during the season and that the coach will decide where they play during games.

Line Soccer (10min) – See Games Appendix for details. *Coaching Points: Good dribbling technique. Look for open space.*

3v3 (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. ***Allow the players to play without interference.***

U9/U10 Dribbling Practice 3 (plus throw-ins)

Dribbling in the square (6min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times. Encourage use of both feet, the inside and outside of the foot, and the sole of the foot. Review inside and outside cuts to make quick changes in direction. Introduce stopping the ball with the sole of the right foot. Get the kids to use the sole of the RF to pull the ball towards themselves (pullback), the player then turns towards the ball to complete the change in direction.

Ball Gymnastics (4min) –Tick-Tock: Pass the ball from inside of left to inside of right. Hat Dance: Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both. Right foot side rolls: ball is rolled away from body with outside of foot and drawn towards the body with the inside of the foot, left foot remains planted.

Introduce Throw-in Technique (10min) – Feet planted, ball brought back behind head, ball is thrown with both hands while both feet remain planted on the ground. Practice with a partner until everyone is performing the technique correctly. Practice on the side line and make sure that the thrower enters the field after throwing the ball.

War (with throw-ins) (10min) - See Games Appendix for details. Use throw-ins to start the game, give every player a chance to be the thrower.

Introduce throw-in strategy (5min) – Idea when throwing the ball into play is to hit a player on your team in a part of the body where they can immediately play the ball and keep possession. A couple of options are to throw the ball ahead of a running player, throw the ball to the feet of an open player, throw the ball to the chest of an open player, or have the receiver play the ball back to the thrower.

3v3 (with throw-ins) (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. Every ball is played back in bounds with a throw-in. Remind kids to use proper throw-in technique. ***Allow the players to play without interference.***

U9/U10 Passing Practice 1

Dribbling in the square (6min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times, encourage “heads up” dribbling by having the coach stand in the middle of the grid and hold up a set number of fingers, the kids then shout out that number. When coach holds lowers his/her arm then the players all perform a pullback and then continue dribbling.

Ball Gymnastics (4min) –Juggling with right foot and right knee. Start by allowing a bounce in between each kick but encourage them to try and get 3 or 4 touches in before the ball hits the ground.

Introduce Passing Technique (5min) – first head up to locate target, second eye on ball, third use instep to pass, fourth “cushion” the ball when receiving to keep control. Encourage accuracy and reasonable pace on the ball. Practice with partner. Coach observes and encourages proper technique.

Soccer Volleyball (10min) - See Games Appendix for details. Allow players to use two touch pass until they understand the rules and then progress to one touch pass.

Introduce set play for free kicks (10min) – Three different types of free kicks. First Type, when taken in the defending third of the field: want to avoid a turn over deep in the defending end so the ball should be kicked away from the goal area to an open player near the touch line. Second Type, when taken in the middle of the field: less danger so ball can be played wide or straight ahead depending on position of open players. Third Type, when taken in the attacking third of the field: ball should be played to create a scoring chance so it can be played direct at goal or pushed over to an open player to take a shot on goal. Also review the idea of defending free kicks by marking open players and creating a wall when there is a chance of a direct shot being taken.

3v3 (with free kick) (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. Every ball is played back in bounds by starting with a free kick. Remind kids to use free kick strategy that was discussed. ***Allow the players to play without interference.***

U9/U10 Passing Practice 2 (plus heading the ball)

Dribbling in the square (6min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times, encourage “heads up” dribbling by having the coach stand in the middle of the grid and hold up a set number of fingers, the kids then shout out that number. When coach holds lowers his/her arm then the players all perform a pullback and then continue dribbling.

Ball Gymnastics (4min) –Juggling with left foot and left knee. Start by allowing a bounce in between each kick but encourage them to try and get 3 or 4 touches in before the ball hits the ground.

Review Passing Technique (5min) – first head up to locate target, second eye on ball, third use instep to pass, fourth “cushion” the ball when receiving to keep control. Encourage accuracy and reasonable pace on the ball. Practice with partner.

Introduce Heading Technique (5min) – eye on the ball, move to position behind the ball, feet planted and knees bent, move upper body towards ball and strike with the crown of the head at the top of the forehead. Practice with a partner, one partner lobs the ball while other partner strikes it. Consider using beach balls to introduce heading as they are softer and less intimidating. If you are using a properly inflated soccer ball then each players should be doing no more than 10 reps.

Soccer Volleyball (10min) - See Games Appendix for details.

Introduce set play for corner kicks (10min) – Cover both attacking and defending of corner kicks. When attacking, aim to get the kick either into the penalty area or get a player to move towards the kicker and play it as an inbounds pass. Suggest getting the defense to move up close to the action. When defending, discuss the idea of covering any open players and looking to clear the ball out of the penalty area (to a target player) as quickly as possible. Encourage defenders to keep two players outside of the box to act as targets for any cleared balls.

3v3 (with corner kick) (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. Every out of bounds ball is played back in bounds by starting with a corner kick. Remind kids to use corner kick strategy that was discussed. ***Allow the players to play without interference.***

U9/U10 Shooting Practice 1

Dribbling in the square (6min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times, players are encouraged to use all parts of the foot. Introduce the idea of “exploding” into open space after making a change in direction. Coach needs to emphasize that any change in direction should be followed by a quick movement away from pressure.

Ball Gymnastics (4min) –Juggling with both foot and both knees. Encourage the kids to try and get 3 or 4 touches in before the ball hits the ground. Tics tocs and side hops.

Introduce Shooting Technique (10min) – first head up to locate target, second eye on ball, third approach ball slightly from the side, fourth plant balancing leg next to the ball (not too close to the ball), fifth knee of the kicking leg over the ball and ankle locked, sixth strike the ball with the laces part of the foot. Encourage accuracy and reasonable pace on the ball. Get the kids to walk through the technique at first and then practice with partner.

Clean your yard (10min) – See Games Appendix for details. Encourage proper shooting technique.

Penalty kicks (10min) – Cover both taking penalty kicks and reacting after a penalty kick if a save is made. When taking the kick, encourage kids to aim for a corner. Remind them that after a penalty kick is taken, if a save is made then the ball is “live”. Practice as a group with players alternating between being the kicker, the defender, and the goalkeeper. If a save is made, the defender tries to clear the ball before the kicker gets a second chance to score.

3v3 (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. Encourage players to look for open space and use their teammates to advance the ball. ***Allow the players to play without interference.***

World Cup Penalty Kicks (5min) – Every player chooses a country. Players go one at a time taking penalty kicks, before they kick they must shout out the name of their country. If they score they are allowed to celebrate the goal outrageously. If they miss they need to perform a set number of consecutive juggling touches before they can reenter the game. Last country remaining wins the game.

U9/U10 Goalkeeper Practice

Dribbling in the square (5min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times, players are encouraged to use all parts of the foot. Introduce the idea of “exploding” into open space after making a change in direction. Coach needs to emphasize that any change in direction should be followed by a quick movement away from pressure.

GK Technique - Stance and Shuffle (5min) – introduce the idea of proper body positioning and keeping square to the shooter. Goalie position is feet shoulder width apart, knees slightly bent, head up, hands at sides, palms upfacing the shooter. Players practice moving around the grid maintaining proper goalie position. At coaches signal players must lie face down on the ground and then spring back up to goalie ready position as quickly as possible.

GK Technique - Stopping the Ball (5min) – One partner rolls the ball on the ground. If the ball is played close to the keeper, the keeper dips one knee down just above the ground, scoops up the ball with both hands, and pulls ball into body to protect it. If ball is played away from the keeper, the keeper must dive to one side, extend both arms with palms facing the ball to block the ball. Ball is pulled into body and keeper comes up for protection. Keeper always starts in proper ready position.

GK Technique - Catching the Ball (5min) – One partner throws the ball underhand high in the air, the keeper moves forward, extends hands overhead to meet the ball, and pulls ball into body to protect it once it is caught. If keeper must jump then they should raise a knee to protect their body. Keeper always starts in proper ready position.

1v0 (10min) – Players partner up. Set up a 4m wide net for each goalkeeper. Recruit a parent to stand behind the goalkeeper to retrieve balls. Shooter takes shots from 8-15m away from the keeper. Switch after 5min. Encourage goalkeeper to return to ready position after each shot.

GK Technique – Throwing and Punting (10min). Ball can be rolled underhand, tossed with a side arm throw so that it skips, punted (drop kick) out of the air, or dropped to the ground and kicked. All techniques should be practiced.

Clean your yard, Goalkeepers! (10min) – similar to clean your yard in the Games Appendix but modified so that players either throw or punt the ball across the dead zone. Ball must land in bounds or it counts against your team. Players must keep their “heads up” to watch for incoming balls.

Homework – ask the players to spend 15min each day working on catching the ball and drawing it tightly into their body once it is caught

U9/U10 Attacking Practice

Running Bases (6min) – see Games Appendix for details.

Ball Gymnastics (4min) –Tick-tocks, hat dance, side rolls. Juggling using all parts of the body.

Review Shooting Technique (10min) – first head up to locate target, second eye on ball, third approach ball slightly from the side, fourth plant balancing leg next to the ball (not too close to the ball), fifth knee of the kicking leg over the ball and ankle locked, sixth strike the ball with the laces part of the foot. Encourage accuracy and reasonable pace on the ball. Get the kids to walk through the technique at first and then practice with partner.

Shooting Under Pressure (10min) – See Games Appendix for details.

Team Attacking (10min) – Introduce the idea of the give-and-go as one of the most effective possession and attacking techniques. Players pass and then move into open space to receive a quick return pass from their teammate. First practice with a cone acting as an obstacle and then use a teammate or coach to be a passive defender.

3v3 with give and go (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. Players score a point by either putting the ball in the goal or completing a give-and-go around an opponent ***Allow the players to play without interference.***

World Cup Penalty Kicks (5min) – Every player chooses a country. Players go one at a time taking penalty kicks, before they kick they must shout out the name of their country. If they score they are allowed to celebrate the goal outrageously. If they miss they need to perform a set number of consecutive juggling touches before they can reenter the game. Last country remaining wins the game.

Homework – one touch passing against a wall, 100 reps

U9/U10 Defending Practice

Dribbling in the square (5min) – players dribble within a marked area, focus on keeping ball close to body and in control at all times. Encourage use of both feet, the inside and outside of the foot, and the sole of the foot.

Freeze Tag (10min) – 15x20m area. Two players selected to be taggers. Other players try to dribble their ball without being tagged. If they get tagged, they are frozen and must stand with legs apart, ball held up over head. To be unfrozen another dribbler must roll the ball between their legs. Switch taggers every 2min.

Introduce Angling and Tackling (10min) – Players start by shadowing each other face to face without a ball. One player (attacker) moves forward and other (defender) moves backwards. Player moving backwards attempts to keep themselves about 2m away from the attacker and between attacker and the goal net. Attacker should move at half speed and then progress to using more speed. Players switch roles. Next, introduce a ball and repeat with attacker dribbling and, at first, defender just attempts to keep themselves about 2m away from attacker but always keeping themselves between the attacker and the goal. Next, introduce tackling. If the attacker loses control of the ball the defender is free to step forward steal the ball. The tackle should be made with attempt to connect with the ball first and to win possession for the defender.

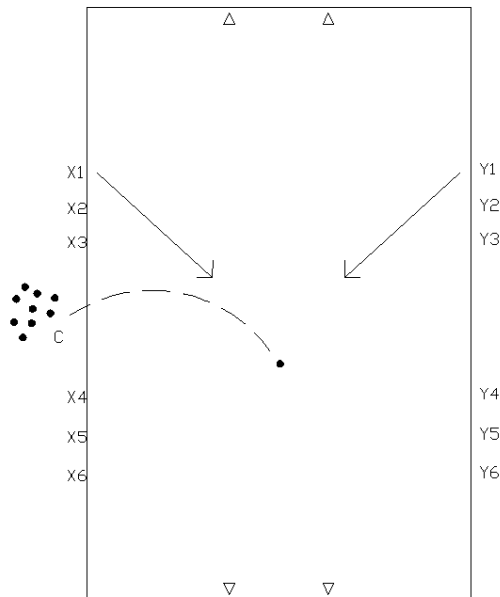
British Bulldog (10min) – Played on half of a full field. All players except two bulldogs line up on one end of the field. The bulldogs are in the middle of the area. On the coach's signal, players with a ball attempt to dribble across the field without having the ball stolen by the bulldog. If ball is stolen then the dribbler joins the bulldogs and becomes a tackler on the next pass. Play until two dribblers remain, they are the winners and become the bulldogs for the next game.

Winner Stays On (10min) – See Games Appendix for details.

3v3 (15min) – set up two 30x20m grids with a net on each of the narrow sides and play two separate games of 3v3 soccer. Encourage defenders to keep themselves goal side of the attacker in order to force the attacker to the outside of the field. ***Allow the players to play without interference.***

Homework – ask the kids to spend 15min practicing ball gymnastics and juggling.

Games Appendix



WAR

PURPOSE:

- VISION, ATTACKING MULTIPLE TARGETS
- DRIBBLING AND BALL CONTROL UNDER PRESSURE
- INDIVIDUAL AND GROUP ATTACK AND DEFEND

SET UP:

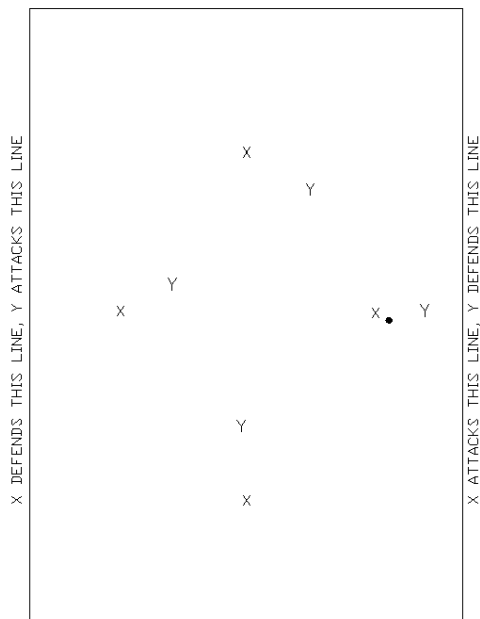
- FIELD WIDER THAN LONG, APPROX 10x15M
- SMALL GOAL ON EACH OF THE ENDS
- NO GOALKEEPERS
- TWO TEAMS WITH EVEN NUMBER OF PLAYERS

RULES:

- TEAMS LINE UP ON OPPOSITE SIDES FROM EACH OTHER
- EACH PLAYER IS ASSIGNED A NUMBER (THERE IS A PLAYER ON THE OTHER TEAM WITH THE SAME NUMBER)
- COACH TOSSES OUT A BALL, CALLS OUT A NUMBER (OR NUMBERS) AND THOSE PLAYERS BATTLE TO SCORE A GOAL BY DRIBBLING THROUGH EITHER GOAL
- SCORE A GOAL TO EARN A POINT FOR YOUR TEAM

KEY COACHING POINTS:

- ENCOURAGE PLAYERS TO REACT QUICKLY TO BE FIRST TO THE BALL
- HEADS UP DRIBBLING AND PASSING AND RUNS TO OPEN SPACE
- SUPPORT AND COMMUNICATION
- TIGHT AGGRESSIVE DEFENDING
- ENCOURAGE ATTACKERS TO USE 1V1 MOVES TO CHALLENGE DEFENDERS



LINE SOCCER

PURPOSE:

- CONTROLLED DRIBBLING
- LEARNING TO STRETCH THE LENGTH OF THE FIELD
- ACCURATE PASSES MADE TO A DEFINITE TARGET
- IMPORTANCE OF COMMUNICATION AND MAKING RUNS TO OPEN SPACE
- GROUP ATTACKING AND DEFENDING

SET UP:

- FIELD WIDER THAN LONG
- NO GOALS
- 4 V 4

RULES:

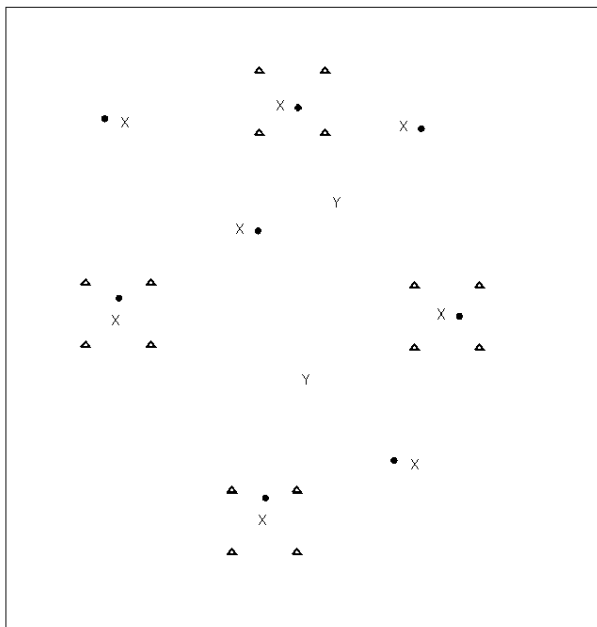
- EACH TEAM ATTACKS ONE OF THE WIDE SIDES OF FIELD
- POINT IS AWARDED FOR DRIBBLING BALL ACROSS THE END LINE OF THE SIDE THE TEAM IS ATTACKING
- BALL IS DRIBBLED BACK INTO PLAY

KEY COACHING POINTS:

- ENCOURAGE PLAYERS TO STRETCH THE LENGTH OF THE FIELD BUT KEEP THE FUNDAMENTAL SHAPES OF TRIANGLES AND DIAMONDS
- HEADS UP PASSING AND RUNS TO OPEN SPACE
- SUPPORT AND COMMUNICATION
- CLOSE DOWN DEFENDERS QUICKLY
- THE WIDE FIELD LENDS ITSELF TO LOTS OF 1V1 SITUATIONS

VARIATION

- ADD TWO BALLS

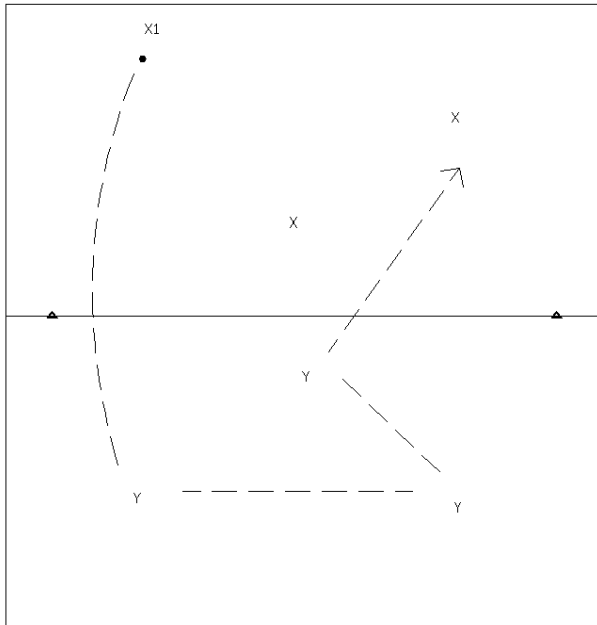


RUNNING BASES

SET UP:
FOUR OR MORE BASES
NEED TWO CHASERS WITHOUT BALLS, EVERYONE ELSE HAS ONE BALL

RULES
1. PLAYERS DRIBBLE AROUND THE FIELD AND ARE ONLY SAFE WHILE THEY ARE IN A BASE
2. IF A NEW PLAYER ENTERS THE BASE THE OLD PLAYER MUST LEAVE IMMEDIATELY
3. IF A CHASER TAGS A DRIBBLER THEN THEY CHANGE ROLES

VARIATION
1. CHASER MUST STEAL THE BALL FROM THE DRIBBLER
2. RATHER THAN CHANGING ROLES, ANY DRIBBLER THAT IS CAUGHT JOINS THE CHASERS
3. MAKE BASES FURTHER APART OR CLOSER DEPENDING ON WHETHER YOU WANT TO EMPHASIZE ACCELERATION OR BALL CONTROL

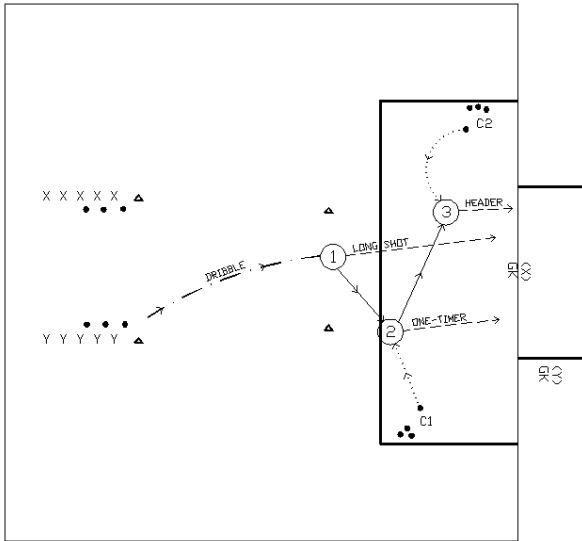


SOCCER VOLLEYBALL

SET UP:
GRID DIVIDED IN TWO SECTIONS
THREE PLAYERS ON EACH SIDE

RULES
1. GAME STARTS BY PLAYER X1 KICKING BALL ONTO Y SIDE
2. Y TEAM PASSES BALL AMONGST EACH OTHER (ONE TOUCH ONLY), ONE PASS PER PLAYER, THIRD PLAYER MUST RETURN BALL TO X SIDE
3. X TEAM THEN PLAYS 3 PASS AND RETURNS BALL TO Y SIDE, ETC
4. IF THE BALL GOES OUT OF BOUNDS, STOPS ROLLING, OR IS PLAYED BY SAME PLAYER MORE THAN ONCE THEN THE OTHER TEAM SCORES A POINT
5. PLAY TO TEN POINTS AND SWITCH TEAMS

VARIATION
1. BALL IS SERVED IN BY DROP KICK
2. CHANGE SHAPE OF FIELD
3. MAKE A NARROW PASSING LANE



LONG SHOT, ONE-TIMER, HEADER

SET UP:
TWO TEAMS LINE UP BY CONES AS SHOWN
TWO GOALKEEPERS SELECTED, ONE FROM EACH TEAM

1. PLAYER FROM TEAM Y DRIBBLES AND HAS A SHOT ON GOAL FROM BEYOND THE PENALTY AREA (MARKED BY CONES)
2. PLAYER THEN MOVES TOWARDS COACH C1 WHO PASSES A BALL FOR A ONE-TIMER
3. PLAYER THEN MOVES TOWARDS COACH C2 WHO LOBS A BALL FOR A HEADER

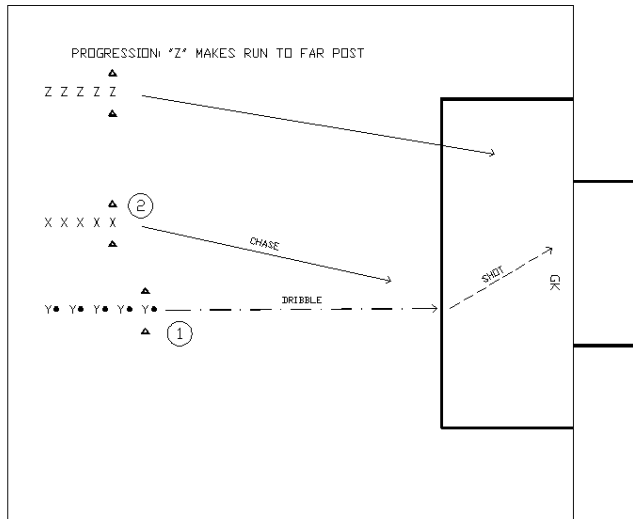
IF YOU...

- SCORE 0 GOALS, GO WAIT ON THE END LINE
- SCORE 1 GOAL, STAY IN THE GAME
- SCORE 2 GOALS, FREE ONE OF YOUR TEAMMATES
- SCORE 3 GOALS, FREE ALL OF YOUR TEAMMATES

4. ROTATE GK AND PLAYER FROM OTHER TEAM TAKES A TURN
5. TEAM THAT LASTS THE LONGEST IS THE WINNER

VARIATIONS

1. NO HEADERS FOR YOUNGER CHILDREN
2. ALLOW TWO TOUCH RECEIVE/SHOOT FOR YOUNGER CHILDREN
3. BOUNCE BALLS RATHER THAN ROLL THEM
4. LONG SHOT MUST BE LEFT FOOTED KICK



SHOOTING UNDER PRESSURE

SET UP:
TWO LINES NEAR MID FIELD FACING GOAL, ONE LINE (Y) WITH BALL IS APPROX 5-10YDS CLOSER TO GOAL

RULES:

1. PLAYER FROM Y DRIBBLES FORWARD AND CAN SHOOT AT EDGE OF PENALTY AREA
2. PLAYER FROM X CHASES Y AND ATTEMPTS TO GET IN A POSITION TO WIN THE BALL
3. X CANNOT START CHASING UNTIL Y TOUCHES BALL
4. PLAY CONTINUES UNTIL Y GETS A SHOT ON GOAL OR X WINS THE BALL

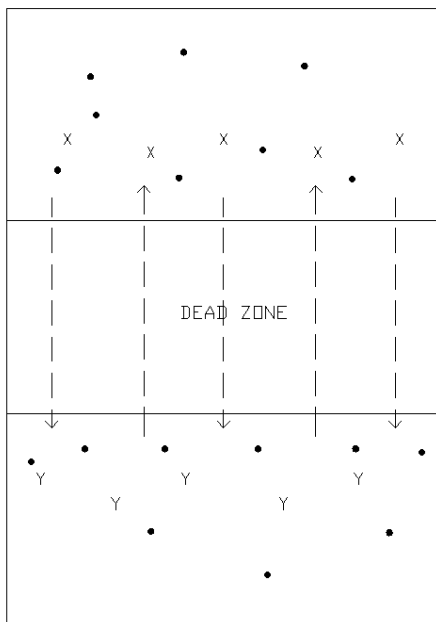
COACHING POINTS:

1. ENCOURAGE Y TO USE FEINTS OR FAKES TO THROW OFF TIMING OF Y
2. ENCOURAGE HARD RUNS TO GOAL AND EYE ON BALL WHEN SHOOTING
3. ENCOURAGE SHOOTING TO FAR POST

PROGRESSION:

1. ADD A SECOND ATTACKING LINE (Z) THAT MAKES A RUN FOR FAR POST

CLEAR THE END ZONE



PURPOSE:

- DEVELOP POWERFUL KICK
- LEARNING TO STRIKE THE BALL WITH PROPER TECHNIQUE AND STRENGTH

SET UP:

- TWO END ZONES SEPARATED BY A MIDDLE "DEAD ZONE" APPROX 10-20M DEPENDING ON SKILL/EXPERIENCE OF PLAYER
- ONE TEAM ON EACH SIDE OF THE DEAD ZONE
- BALLS DIVIDED EQUALLY BETWEEN EACH TEAM

RULES:

- EACH TEAM TRIES TO KICK ALL OF THE BALLS ONTO THE OTHER TEAMS SIDE OF THE FIELD
- DISCOURAGE PLAYERS FROM BACKING UP BEFORE KICKING, RATHER ENCOURAGE THEM TO TOUCH THE BALL FORWARD AND MOVE FORWARD TO STRIKE IT
- GAME IS WON BY EITHER KICKING ALL OF THE BALLS ONTO THE OTHER TEAMS SIDE OF THE FIELD
- GAME IS LOST IF YOUR TEAM LANDS FIVE BALLS IN THE DEAD ZONE

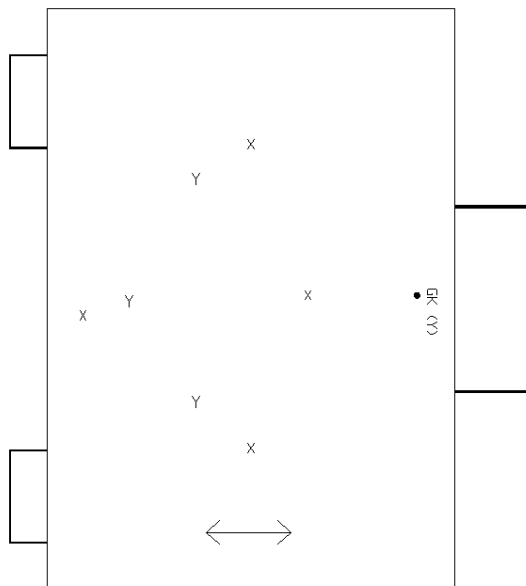
KEY COACHING POINTS:

- ENCOURAGE PROPER KICKING TECHNIQUE
- DISCOURAGE PLAYERS FROM BACKING UP BEFORE KICKING, RATHER ENCOURAGE THEM TO TOUCH THE BALL FORWARD AND MOVE FORWARD TO STRIKE IT
- COMMUNICATION AMONGST TEAMMATES TO CALL FOR AN INCOMING BALL OR TO RETRIEVE BALLS FROM DEEP IN THE ZONE

VARIATION

- USE OF LEFT FOOT ONLY
- USE PUNTING OR THROW-INS
- ASSIGN ONE PLAYER FROM EACH TEAM TO BE THE ROVER WHOSE JOB IT IS TO PASS BALLS FORWARD TO TEAMMATES

BIG GOAL, LITTLE GOALS



PURPOSE:

- LOTS OF SHOTS FROM FAR OUT FOR Y
- DISTRIBUTION FROM THE BACK AND QUICK PASSES TO KEEP POSSESSION FOR X
- GROUP ATTACKING AND DEFENDING

SET UP:

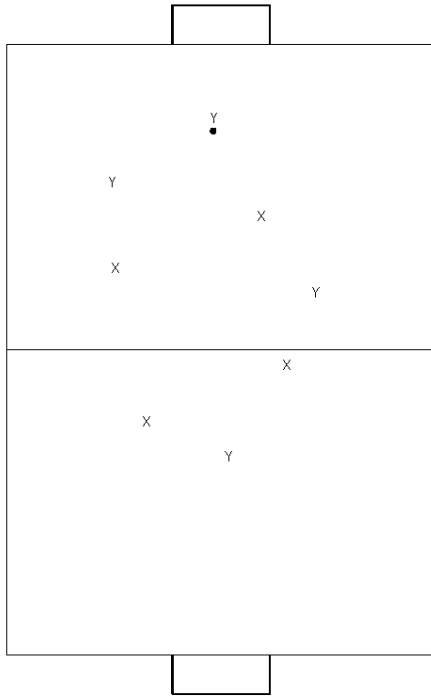
- TWO LITTLE GOALS ON ONE END, ONE BIG NET ON OTHER END AS SHOWN
- GOALKEEPER IN BIG GOAL ONLY
- 4 V 4

RULES:

- GAME STARTS FROM GK AT ANY GOAL OR OUT OF BOUNDS

KEY COACHING POINTS:

- ENCOURAGE LOTS OF SHOTS FOR X FROM ALL ANGLES AND DISTANCES
- TRIANGLE AND DIAMOND FORMATIONS FOR EVERYONE
- GK DISTRIBUTE TO WIDE BACK BY KICKING OR ROLLING THE BALL
- SUPPORT AND COMMUNICATE



WINNER STAYS ON

PURPOSE:

- GAME VISION
- TRANSITION ATTACK TO DEFEND
- TEAMWORK AND COMMUNICATION
- FEET SPEED
- AGGRESSIVE ATTACKING AND DEFENDING

SET UP:

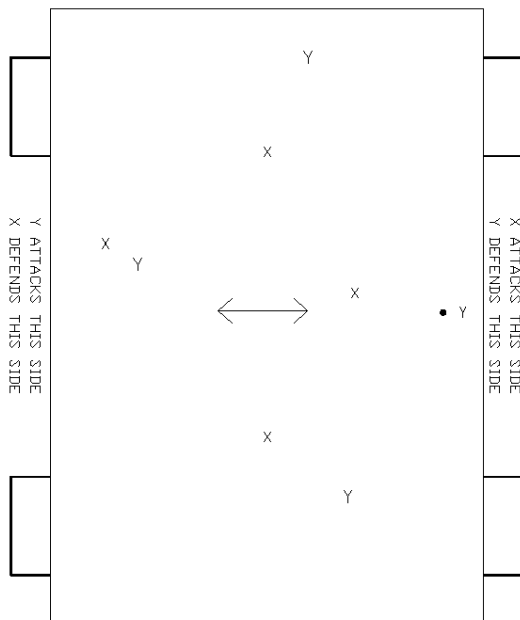
- FIELD LONGER THAN WIDE WITH GOAL AT EACH END
- MARKED 3X3M AREA AT MID FIELD
- THREE TEAMS 4 PLAYERS PER TEAM, TWO BALLS

RULES:

- TEAMS X AND Y PLAY 4V4 WITH NO GOALKEEPERS
- TEAM WAITS IN THE MARKED AREA WITH THEIR OWN BALL
- WHEN A GOAL IS SCORED THE FOLLOWING OCCURS:
 1. THE TEAM THAT WAS SCORED ON PICKS THE BALL OUT OF THE NET AND IMMEDIATELY LEAVE THE FIELD TO REGROUP IN THE MARKED AREA
 2. THE TEAM THAT SCORED THE GOAL IMMEDIATELY RETREATS TO A DEFENSIVE FORMATION
 3. TEAM Z IMMEDIATELY ENTERS PLAY AND ATTACKS THE NET THAT THE TEAM THAT SCORED IS DEFENDING
- THOSE TEAMS NOW PLAY 4V4 UNTIL NEXT GOAL IS SCORED

KEY COACHING POINTS:

- ENCOURAGE PLAYERS TO LOOK FOR OPPORTUNITIES TO DRIBBLE, PASS, TACKLE
- HEADS UP PLAY ALL OF THE TIME
- SUPPORT AND COMMUNICATE



4 GOAL GAME

PURPOSE:

- USE FULL WIDTH OF THE FIELD
- VISION, ATTACKING MULTIPLE TARGETS
- GROUP ATTACK AND DEFEND

SET UP:

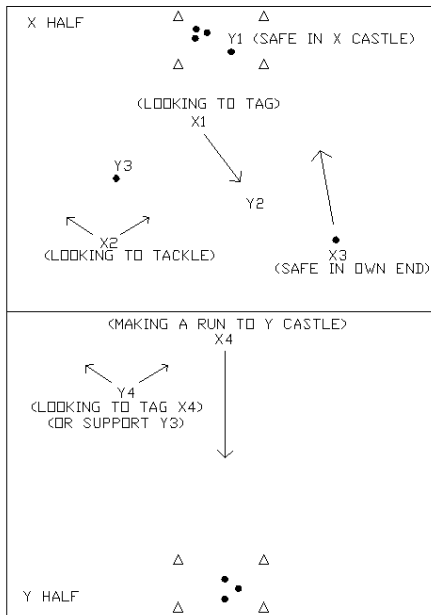
- FIELD WIDER THAN LONG
- TWO GOALS MARKED ON EACH OF THE WIDE SIDES
- NO GOALKEEPERS
- 4 V 4

RULES:

- EACH TEAM ATTACKS TWO GOALS ON SAME SIDE OF FIELD

KEY COACHING POINTS:

- ENCOURAGE PLAYERS TO STRETCH THE WIDTH OF THE FIELD BUT KEEP THE FUNDAMENTAL TRIANGLE AND DIAMOND FORMATIONS
- HEADS UP PASSING AND RUNS TO OPEN SPACE
- SUPPORT AND COMMUNICATION
- CLOSE DOWN DEFENDERS QUICKLY



CASTLES

PURPOSE:

- CONTROLLED DRIBBLING
- GAME VISION
- TRANSITION ATTACK TO DEFEND
- TEAMWORK AND COMMUNICATION
- FOOTSPEED
- AGGRESSIVE ATTACKING AND DEFENDING

SET UP:

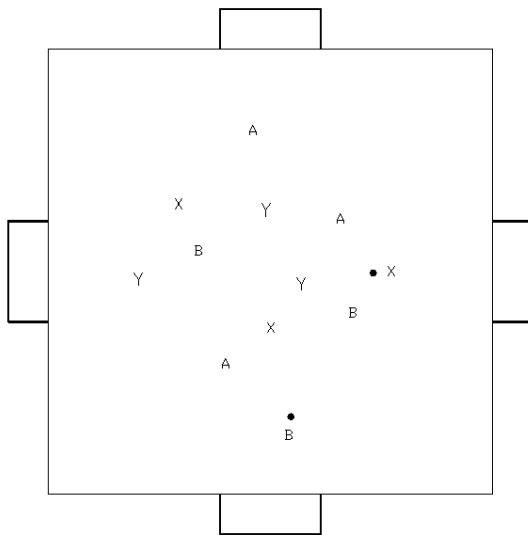
- FIELD LONGER THAN WIDE SEPARATED INTO TWO HALVES
- ONE CASTLE AT EACH END
- TWO EQUAL TEAMS, ONE BALL PER PLAYER

RULES:

- START WITH HALF OF THE BALLS IN EACH CASTLE
- GOAL IS TO RETRIEVE THE BALLS FROM OTHER TEAMS CASTLE AND GET THEM BACK TO YOUR CASTLE, FIRST TEAM TO RETRIEVE ALL OF THE BALLS WINS THE GAME
- BALL MUST BE DRIBBLED ACROSS THE HALF LINE
- A PLAYER WITHOUT THE BALL THAT IS TAGGED WHILE IN THE OTHER TEAMS HALF MUST RETURN TO THEIR OWN HALF IMMEDIATELY
- A PLAYER WITH THE BALL THAT LOSES THE BALL TO A TACKLE WHILE IN THE OTHER TEAMS HALF MUST GIVE UP THE BALL AND RETURN TO THEIR OWN HALF IMMEDIATELY
- A PLAYER IS 'SAFE' WHILE IN THE OTHER TEAMS CASTLE BUT MUST LEAVE THE CASTLE WITHIN 10 SECONDS OF ARRIVING
- A PLAYER IS 'SAFE' TO DRIBBLE THE BALL WHILE IN THEIR OWN END

KEY COACHING POINTS:

- ENCOURAGE PLAYERS TO LOOK FOR OPPORTUNITIES TO DRIBBLE, PASS, TACKLE, TAG
- HEADS UP PLAY ALL OF THE TIME
- SUPPORT AND COMMUNICATE



CHAOS

PURPOSE:

- GAME VISION
- GROUP ATTACK AND DEFEND
- HEADS UP PLAY

SET UP:

- SQUARE FIELD
- ONE GOAL ON EACH SIDE OF FIELD
- FOUR TEAMS OF 3V3 OR 4V4, EACH TEAM WITH UNIQUE COLOUR PINNIE OR SHIRT
- NO GOALKEEPERS

RULES:

- TWO SIMULTANEOUS GAMES, ONE PLAYED N-S AND OTHER PLAYED E-W

KEY COACHING POINTS:

- ENCOURAGE PLAYERS TO BE PATIENT AND TRY TO KEEP THE FUNDAMENTAL TRIANGLE AND DIAMOND FORMATIONS TO BRING SOME ORDER OUT OF CHAOS
- HEADS UP PASSING AND RUNS TO OPEN SPACE
- SUPPORT AND COMMUNICATION
- COACH MUST BE PATIENT WITH PLAYERS AS THIS WILL BE A CHALLENGING GAME FOR THEM

End of season review

As a coach it is important to reflect on the season and to think back on what went well and what you would like to improve for next season.

End of season skills checklist

Dribbling with left and right foot

Stops and starts with the ball

Changes of direction with the ball

Shooting with dominant foot

Improvement in balance and coordination

Goalkeeper Basics: using hands to pick up ball, rolling the ball, throwing the ball, punting

Ask yourself (if the answers are YES then the season was a success)

Did the kids have fun during practice and games?

Did the kids learn the basic skills?

Was it enjoyable helping the kids learn some new skills and get some exercise?

Was the experience positive for everyone involved?

A few extra things to consider

Were there any safety issues that occurred during the season?

What will I change for next season?

Would I benefit from additional training?

Thank you for volunteering your time and for being a positive influence in the lives of some young children.