

## U11/U12 Practice plans

### **Introduction to U11/U12s**

11 and 12 years of age are typically referred to as the “golden age of learning”. The competent player at this age is comfortable in possession and can demonstrate a number of skillful solutions to evading pressure. The better players will juggle and perform “tricks” with the ball for fun, and to impress their peers, and in games, and their maturing body control and coordination provides the ability to quickly change speed and direction with the ball. The competent U11/U12s can kick the ball with a wide range of techniques, with bending the ball seemingly the last skill to emerge. Shots and passes can be struck with power and accuracy and passing range is expanding beyond 40 yards. Crossing and heading are a much more common feature of play. Given appropriate playing spaces, U11/U12s can control and change the rhythm of play in large groups and attack and defend with a high level of sophistication. U11/U12s are generally pre-pubescent, but some size and weight differences related to growth are evident. The level of competitiveness and the drive to win can be impressive, with a maturing physical dimension providing for longer periods of play.

### **U11/U12 Coaching Themes**

At this stage, motivated and talented players are capable of demonstrating almost every technique, but practices should still include significant periods of technical repetition and small-sided play to reinforce and refine this technical base. The competitive structure should involve playing numbers up to 9V9 and, for the first time, players can intellectually appreciate the basic ideas of positioning and roles; meaning games involving possession in midfield will be possible. The early lessons of support and mobility can be expanded to evolve combinations in two's and three's, and defending can also become more coordinated as players learn to relate to each other in both attack and defense. Individual and group decision-making can be associated with purposeful changes in the rhythm of play and movement away from the ball can become a critical element of problem solving. The careful introduction of activities designed to develop soccer-specific fitness find a foundation in this period. The very best players in this age group are capable of playing 11v11; the vast majority is not.

## Game Time Formations and Strategy

Most players will want to “learn” the game at this age so be prepared to discuss team formations and plans for taking and defending corner kicks and free kicks. The coach should try to introduce some basic formations and strategy as the season progresses but should not be too concerned if players don’t stick to the game plan all of the time. Assuming you are playing 7v7, teach formations as a progression starting with 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, it is an easy transition to a midfield heavy 2-3-1 formation or stretched attack 1-2-1-2 formation with sweeper which are considered the most effective formations for 7-a-side soccer. In the 2-3-1, the central defender moves up to a midfield role and the central forward plays a striker role staying close to the opponent’s defenders. In 1-2-1-2 the central defender moves back to sweeper role and the central forward moves back to become the lone midfielder. In all 3 formations 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 hoof 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 as the skills are required once they transfer to 11-a-side soccer. For free kicks and corner kicks choose a simple plan such as using a 3-man wall to block a free 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. Once the kids have the basics you can be creative and introduce something a bit more challenging. Regardless, the tactics and formations that you choose are less important than developing the individual skills of the players, most coaches soon discover that a well trained team will be able to manage just fine without too much input from the coach on game day.

**NOTE1:** Every practice session should end with a small sided scrimmage 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***. It is important to 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***.

**NOTE2:** It is also recommended 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. Don’t be too concerned about positions or formations or any “adult tactics”. The best soccer in the world is played by teams that can keep possession of the ball and play truly “positionless football” full of free-flowing attacks where a right back is just as likely to score as is a striker. 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”. Coaches, don’t be too concerned about winning and losing during games, the kids will have forgotten the score 30 minutes after the game has ended. 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 stressful or too serious and they will find something else to do. Enjoy yourself, smile, have fun, and be a great role model!

## U11/U12 Dribbling Practice 1

### Warm up

**Dribbling in Square** (10min) – Mark out a 20x30m field. Each player has a ball and dribbles inside the grid, the coach will call out surfaces of the foot and which foot to use while dribbling.

*Teach inside and outside cuts as a way to quickly change direction. Demonstrate how using a shoulder fake together with a cut is a way to beat a defender 1v1. Have players practice fakes and cuts as they dribble around the field. Encourage dribbling with the head up to avoid collisions.*

### Body

**Running Bases** (10min) – Set out 4 bases (2x2m squares) with 10m between each base. Players try to dribble their ball between bases without being tagged. If they get tagged, they exchange places with the tagger. Have taggers carry a pinnie to distinguish themselves. Hand pinnies over to the player that is tagged and use their ball to dribble. Players are safe in any one of the 4 bases. Only one player allowed in a base at one time. If a new player enters a base, the old player must leave.

**Team Knockout** (10min) – Field is 20x30m, half the players with balls inside the grid, the other half need to be around the outside of the grid, the players outside the grid will come into the grid and work together to steal balls away from the dribblers and dribble to the outside of the grid, once a player loses their ball they can help their team mates out by passing with them, time the team that started without the ball on how long it takes to get all of the balls out of the grid.

*Coaching Points: Good dribbling technique. Look for an open space. Use quick changes in direction and shielding techniques to avoid defenders.*

**Line Soccer** (15min) – Field is 20x30m. Each team has a 30m line to defend and attack. Score a goal by dribbling the ball over any portion of the line that your team is attacking. The size of the field is the same as a standard 4v4 game, but it is turned sideways. The wider, shorter field creates many good 1v1 situations which challenges the player's dribbling skills. Players need to evaluate and identify when to dribble and pass. This variation highlights: The correct attitude (when to take a risk aggressively) and the technical development and execution of dribbling. See Games Appendix for details.

**Small Sided Scrimmage** (15min) - two 20x30m grids with small goals on either endline. ***Allow the players to play without coaching or interference.***

*Before the game explain that you would like to see the players use as many dribbling moves as possible.*

## U11/U12 Dribbling Practice 2

### Warm up

**Dribbling in Square** (10min) – Mark out a 20x30m field. Each player has a ball and dribbles inside the grid, the coach will call out surfaces of the foot that the player needs to use while dribbling.

*Teach a basic pullback where the player turns towards the ball. In order to encourage the players to dribble with their heads up walk around the grid holding up fingers on your hand and have the players call out the number of fingers.*

### Body

**Pac Man** (10min) - 20x30m field, two players without the ball are ghosts, the ghosts object is to get as many balls out of the grid as possible in two minutes, if a player has their ball kicked out of the grid they retrieve their ball and re-enter the grid. Coach counts how many balls are sent out of the grid. Play for 2min then change the ghosts.

*Praise players that are using the dribbling moves that you worked on in the warm up.*

**Team Knockout** (10min) - 20x30m grid, half the players with balls, the other half need to be around the outside of the grid, the players outside the grid will come into the grid and work together to steal balls away from the dribblers and dribble the outside of the grid, once a player loses their ball they can help their team mates out by passing with them, time the team that started out with the ball on how long they can keep the balls inside the grid.

**Small Sided Scrimmage** (15min) – set up two 20x30m grids with small goals on either endline, players play 3v3 or 4v4. ***Allow the players to play without coaching or interference.***

### Warm down

**The Outrageous Game** (15min) – Every player with a ball. Players move freely around the field trying to complete outrageous dribbling moves (double and triple shoulder fakes, double pullbacks, rainbows, quadruple stepovers, double scissors, etc) the more creative the better! Every player shows off their outrageous moves to the coach. Coach picks a winner or winners and all players then try and perform the winning move. *Only rule is that after completing the dribbling move the player must keep possession of the ball.*

## U11/U12 Passing Practice 1

*Proper passing technique* – 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.

Warm up

**Passing Grid** (10min) – Half the players inside the grid without a ball and the other half of the players around the outside of the grid with balls. The players on the inside move towards a player on the outside receive the ball and return it to the same player. Progressions: 2 touch pass, 1 touch pass, out of the air (ball is tossed), left foot.

Body

**Passing gates** (10min) – setup a eight gates (each gate is two cones 3m apart) in a random pattern around a 30x30m area, organize players in groups of three, 1 ball per group, how fast can each team get through all of the gates? How many gates can you get through in 1 minute?

*Encourage teams to talk and plan ahead. Praise good performance and encourage those that are struggling.*

**4v4 The Passing Game** (15min) – Play a 4v4 game in 30X40m grid. Put two goals on the end line in the corners. Scoring is by stopping the ball anywhere on the line or passing through an open goal. Grid should be setup so it is longer than it is wide.

**Small Sided Scrimmage** (15min) – set up two 20x30m grids with small goals on either endline, players play 3v3 or 4v4. ***Allow the players to play without coaching or interference.***

Warm down

**Marbles** (10min) – Players pair up each player needs a ball, one ball is the target. Player start side by side, one player rolls the target ball about 5-10m away and their partner tries to hit the target ball with a pass, they then trade off. Players get one point for each successful hit. TMS – U11/U12 Practice Plans 6

## U11/U12 Passing Practice 2

Warm up

**Passing gates** (10min) – setup a eight gates (each gate is two cones 3m apart) in a random pattern around a 30x30m area, organize players in groups of three, 1 ball per group, how fast can each team get through all of the gates? How many gates can you get through in 1 minute?

*Encourage teams to talk and plan ahead. Praise good performance and encourage those that are struggling.*

Body

**3v1 Keepaway** (10min) – One passive defender moving with hands behind the back while the other three passers work together to pass ball and avoid defender.

*Encourage players to keep triangle formation and communicate with each other.*

**Capture the Ball** (20min) 30x30m grid with a 2x2m “box” in each corner, Pile of 7 balls is put in the middle of grid, divide the players into four teams and assign them to one of the corner boxes. Objective is to get three balls back to your box, only one player may go at a time for your team, you may steal a ball from another team’s box, but you cannot stop someone from stealing a ball from your box. Play 2 games of 8min each with a water break in between each game, change teams after the break.

Application

**Argentinian game** (20min) – Two games of 3v3 or 4v4 with rule that a team must make 4 consecutive passes before taking a shot on goal. After 10min drop the 4 pass rule and allow them to play without any restrictions. ***Unless major problems arise, Allow the players to play without coaching or interference.***

## U11/U12 Shooting Practice 1

### Warm up

**Instep Warm Up** (10min) - Start with players sitting down and kicking the ball out of their hands. Look for good technique - ankle locked, toe pointed, strike ball with laces, plant foot facing target, leaning forward, no spin on ball, head position.

Progression: 1. Start from sitting; 2. Two insteps in a row; 3. Kick ball, stand up and catch it; 4. While standing (moving), kick ball and catch it; 5. Have the ball bounce in between touches, keep ball going; 6. Two touches without ball hitting ground.

### Body

**Instep Squares** (10min) - Two squares are set up with three players in each square who are teammates. The more skillful the players, the smaller the squares are and the further apart they are. The game starts when one team kicks the ball into the others' square. The receiving team must control the ball without it going outside of their square. Each player is allowed to play the ball with one touch. The team has 3 touches to get the ball into their opponents square. The ball may not stop at any time. Play stops when a shot misses the other team's grid or is not controlled. Decide beforehand how high a ball may be played to be considered fair (suggest must be lower than knee).

Encourage players to *"drive" the ball into the other team's grid to make it difficult to control. Use good shooting technique, Prepare the surface that will receive the ball early, Keep the body balanced, weight on toes.*

**Steal The Bacon** (10min) – Played on 20x30m with on full size goal. Two teams, each player is designated a number. The coach calls out the numbers of the players. These players then run out from the endline to play the game, both teams attack and defend the same goal. The coach serves balls from the sideline if the ball goes out of bounds or into the goal. Players waiting to come on should return loose balls to the coach, or act as "support" players, returning passes back to the team who made them. The number of players playing at one time depends on the coach's objectives. This game is best played 2v2 or 3v3.

### Application

**4v4 Shooting Game** (20min) – play on field that is wider than it is long with large goals on either of the wide sides. The short playing field and large goals should lead to lots of shots. Encourage players to shoot from different angles and distances. ***Allow the players to play without coaching or interference.***

**Long Shot One-Timer Header** (10min) – See Games Appendix for details.

## U11/U12 Shooting Practice 2

Warm up

**Instep Warm Up** (10min) - Start with players sitting down and kicking the ball out of their hands. Look for good technique - ankle locked, toe pointed, strike ball with laces, plant foot facing target, leaning forward, no spin on ball, head position.

Progression: 1. Start from sitting; 2. Two insteps in a row; 3. Kick ball, stand up and catch it; 4. While standing (moving), kick ball and catch it; 5. Have the ball bounce in between touches, keep ball going; 6. Two touches without ball hitting ground.

Body

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Encourage players to *"drive" the ball into the other team's grid to make it difficult to control. Use good shooting technique, Prepare the surface that will receive the ball early, Keep the body balanced, weight on toes.*

**Clear the end zone** (10min) – See Games Appendix for details.

Application

**Big Goal Little Goals** (20min) – See Games Appendix for details. Sub players in and out of game to allow for water breaks. ***Allow the players to play without coaching or interference.***

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

## U11/U12 Attacking Practice

### Warm up

**Math Dribble** (5min) – Players dribble around in the area when the coach calls out a math problem the players must get in groups matching the answer, finish with a math problem that results in 2. Allow players to collect 1 or 2 cones to round out an answer if it cannot be completed with the available number of players.

*This is a useful activity to get the players into groups without them always picking the same people. Also good for encouraging communication since once a player figures out the answer they are encouraged to shout it out, each player is only allowed to answer one question but they are allowed to “whisper” the answer to teammates.*

**3v1 Keepaway** (10min) – One passive defender moving with hands behind the back while the other three passers work together to pass ball and avoid defender.

*Encourage players to keep triangle formation and communicate with each other.*

### Body

**Ring of fire** (10min) – Players get in pairs. Set out one gate for each pair. Half of the pairs will go at a time, each pair has a ball and plays 1v1 for 1 minute, the players score by dribbling through any of the gates, they cannot attack the same gate twice in a row, if they lose the ball to the other player they are on defense, the pairs that are sitting out are assigned to keep score, switch out the pairs that are resting

*Next progression is to have the players work in pairs playing 2v2. Watch how the game changes.*

**War** (15min) – See Games Appendix for details.

### Application

**All Attack Game** (20min) –two 20x30m grid with goal on each end, play 3v3 or 4v4 with a rule that a goal will only count if all of the attacking players are on the opponents half of the grid. ***Allow the players to play without coaching or interference.***

## U11/U12 Defending Practice 1

### Warm up

**Pressure** (10min) - Groups of three, one ball per group. Player A rolls the ball (receiving ground balls) or tosses the ball (receiving air balls) to either player B or player C. In this example, player C must control the ball and get a completed pass to player B. While this is occurring, player A immediately challenges player C and tries to win the ball back. After successful pass, player C would then pick up the ball and repeat the activity as the defender. The defender is awarded a point for winning the ball back and gets to throw again.

*Coaching Points: Encourage defender to pressure quickly after the toss.*

*Defender needs to work hard at closing down the space while the ball is in flight.*

*Receiving player's first touch should be away from the pressuring defender.*

*Player receiving the pass should move to create a clear passing lane. Do not allow the receiving player to one touch the incoming toss. This is a receiving drill, as well as a drill that serves as a good warm-up for practices dealing with defenders.*

### Body

**Pressure / Cover Defending** (15min) - 2v2, with goals marked out in the corner of a 20x30m grid. Have a regular game with periods of about 2 - 3 minutes in duration. Have plenty of extra balls ready to keep the game flowing.

*Coaching Points: Pressure on the ball, do not let the attacker's head come up.*

*Second defender must cover the goal as well as be aware of the other attacker.*

*First defender tries to channel the attacker into the sideline and away from the second attacker. (This is easier to do since the goals are in the corners of the grid, the sidelines come up quicker.) When first defender has made the play predictable, second defender tries to double team.*

**Two Sided Goal Game** (15min) - A 2v2 game played to a two sided goal. Goals can be scored from either side. The game is a continuous flow game that is best played for 2 - 3 minutes.

### Application

**Winner Stays On** (20min) – See Game Appendix for details. ***Allow the players to play without coaching or interference.***

## U11/U12 Defending Practice 2

### Warm up

**Link Tag** (10min) – Create pairs of players and have them link arms, break one of the pairs apart and give one of them a pinnie, the player with the pinnie is “it” and will chase the other player until they link up with one of the pairs, the player on the other side of the link must now leave the link and run

### Body

**Pac Man** (10min) - 20x30m grid, two players without the ball are ghosts, the ghosts object is to get as many balls out of the grid as possible in two minutes, if a player has their ball kicked out of the grid they retrieve their ball and re-enter the grid

*Encourage players to work together to trap a player and take the ball away.*

**Conquer the Pyramid** (15min) – Played on a 20x30m field that is divided into 3 zones. Dribblers try to dribble through the 3 zones occupied by the defenders. 3 defenders are in first zone, 2 in the next zone, and 1 in the last zone. Defenders must stay in their zones and try to kick any ball they intercept out of bounds. Dribblers go three at a time. If the dribbler ahead of you in your line gets their ball knocked out, you may start right away. As soon as the dribbler in front of you moves to the next zone, you can also go. After beating the last defender, the dribbler must shoot the ball into the goal to get a point for their team.

*Encourage defenders to communicate assignments to each other and to position themselves to support players in the other zones.*

### Application

**All Back Game** (15min) - two 20x30m grids with large goal at each end, create two games of 3v3 with a rule that if goal is scored and not all of the defenders are back on their half of the grid then the goal counts for two points.

**Scrimmage** (10min) – Play 3v3 or 4v4 on two 20x30m grids with small goals on either endline. ***Allow the players to play without coaching or interference..***

### U11/U12 Vision practice

Purpose: to work on “game vision”, learning how to see opportunity and anticipate the play. Note that this is a very challenging session for the players, it is both physically and mentally taxing so the coach must monitor the kids closely, ensure adequate water breaks are taken, and offer lots of positive encouragement.

Warm up

**Drill Progression:** Dribbling square (8min), running bases (8min), passing gates (4min).

Body

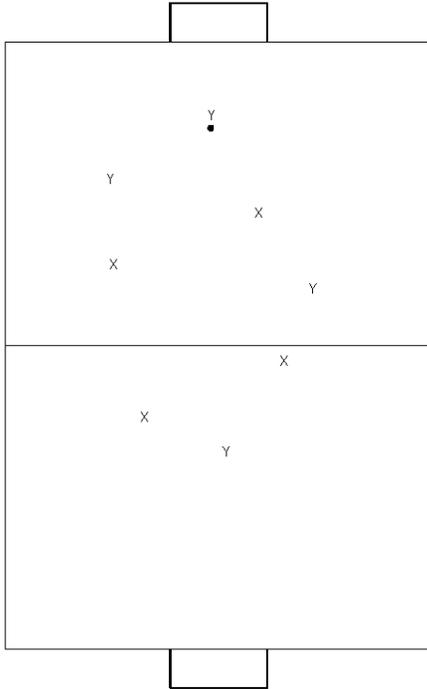
**Castles** (15min) – See Games Appendix for details.

*Encourage players to work together and to communicate opportunities to teammates.*

Application

**Chaos** (15min) - one 30x30m grid with large goal one each side, create two games of 3v3 two teams playing N-S and the other two playing E-W. See Games Appendix for details. This will be extremely tiring so suggest playing 2 x 7min games with a rest in between. Change up opponents after the rest so that players are now challenged to focus on and ignore a different coloured team.

**Four Goal Game** (10min) – Play two games of 3v3 or 4v4 depending on numbers. See Games Appendix for details. ***Allow the players to play without coaching or interference.***



## WINNER STAYS ON

### PURPOSE:

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

### SET UP:

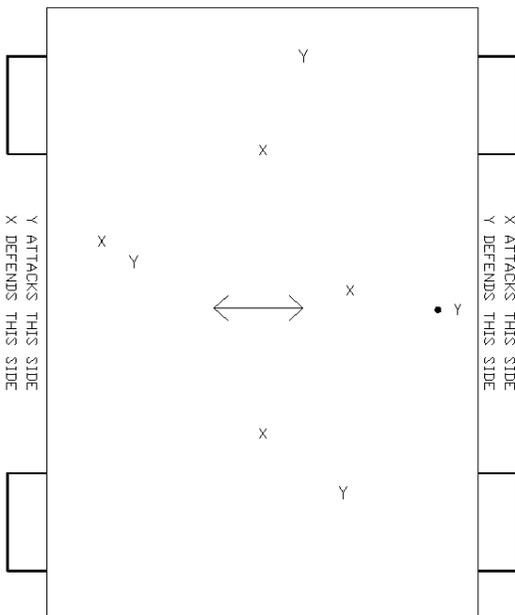
- FIELD LONGER THAN WIDE WITH GOAL AT EACH END
- MARKED 3X3M AREA AT MID FIELD
- THREE TEAMS 4 PLAYERS PER TEAM, TWO BALLS

### RULES:

- TEAMS X AND Y PLAY 4V4 WITH NO GOALKEEPERS
- TEAM Z 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

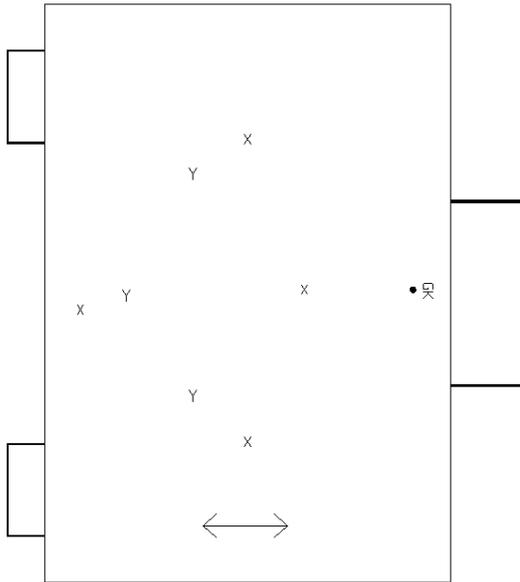
### RULES:

- 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

## 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
- 5 V 3 WITH LARGER NUMBER PROTECTING BIG GOAL

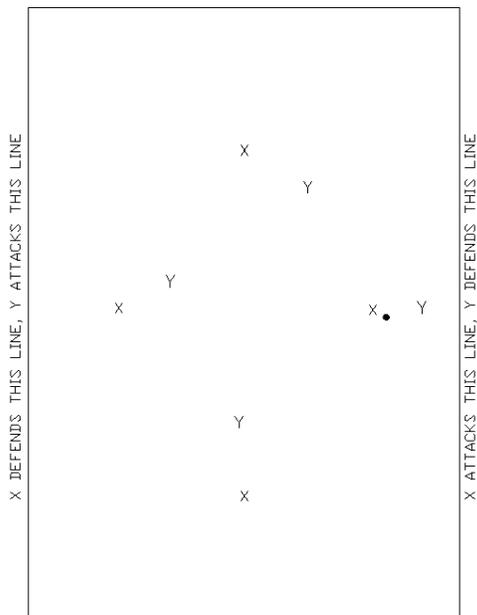
### RULES:

- 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

## 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:

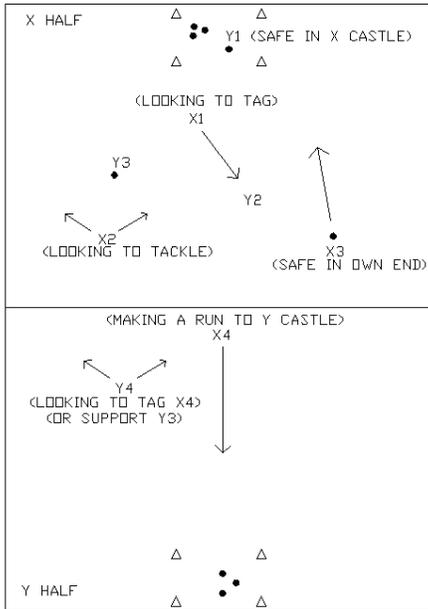
- EACH TEAM ATTACKS ONE OF THE WIDE SIDES OF FIELD
- POINT IS AWARDED FOR DRIBBLING BALL ACROSS THE END LINE OF THE SIDE THE TEAM IS ATTACKING
- BALL IS DRIBBLED BACK INTO PLAY

### 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



## CASTLES

### PURPOSE:

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

### SET UP:

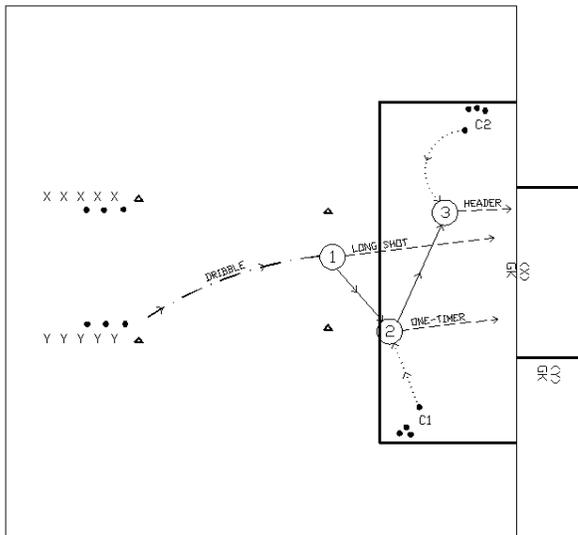
- FIELD LONGER THAN WIDE SEPARATED INTO TWO HALVES
- ONE CASTLE AT EACH END
- TWO EQUAL TEAMS, ONE BALL PER PLAYER

### 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



## 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

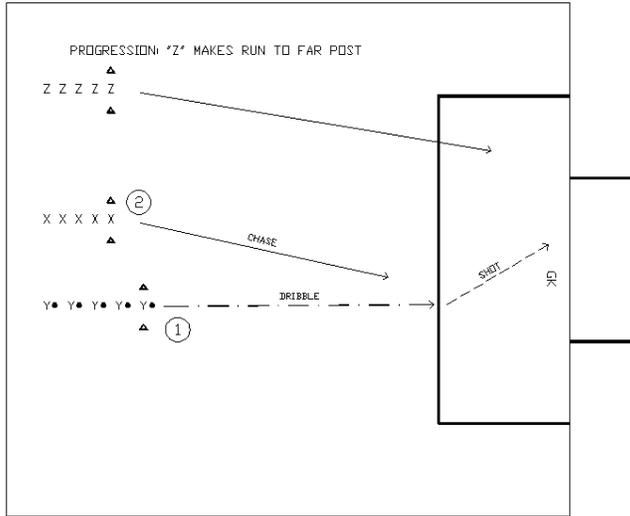
### IF YOU...

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



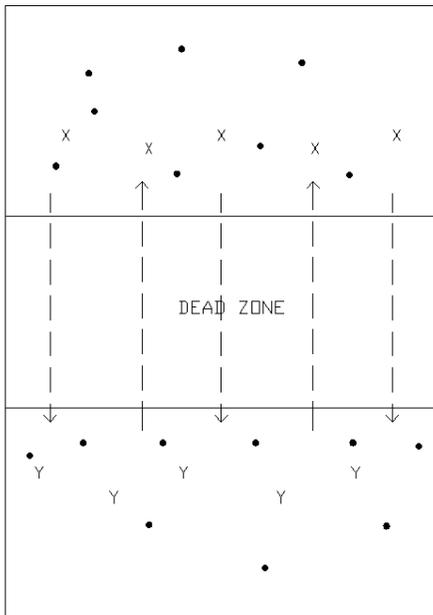
## SHOOTING UNDER PRESSURE

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

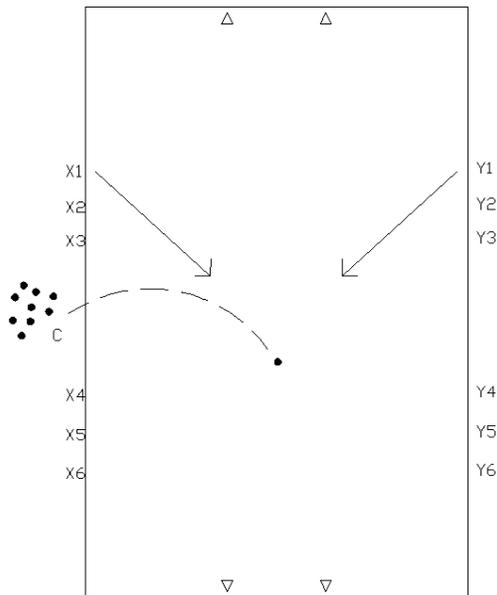
PURPOSE:  
- DEVELOP POWERFUL KICK  
- LEARNING TO STRIKE THE BALL WITH PROPER TECHNIQUE AND STRENGTH

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  
- ANY BALLS THAT DO NOT CLEAR THE DEAD ZONE ARE COUNTED AGAINST THE TEAM THAT KICKED THE BALL  
- 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



## WAR

### PURPOSE:

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

### SET UP:

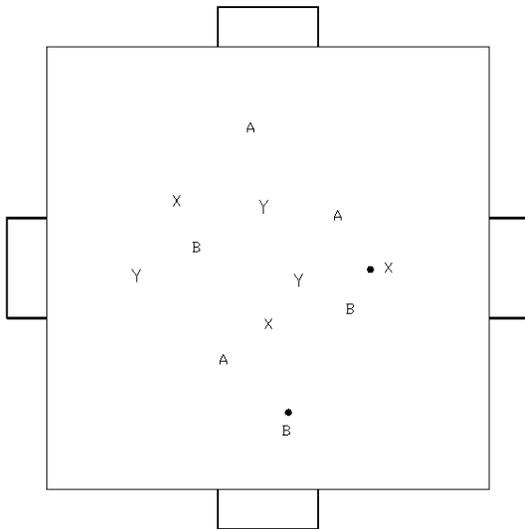
- FIELD WIDER THAN LONG, APPROX 10x15M
- SMALL GOAL ON EACH OF THE ENDS
- NO GOALKEEPERS
- TWO TEAMS WITH EVEN NUMBER OF PLAYERS

### 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



## 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.**