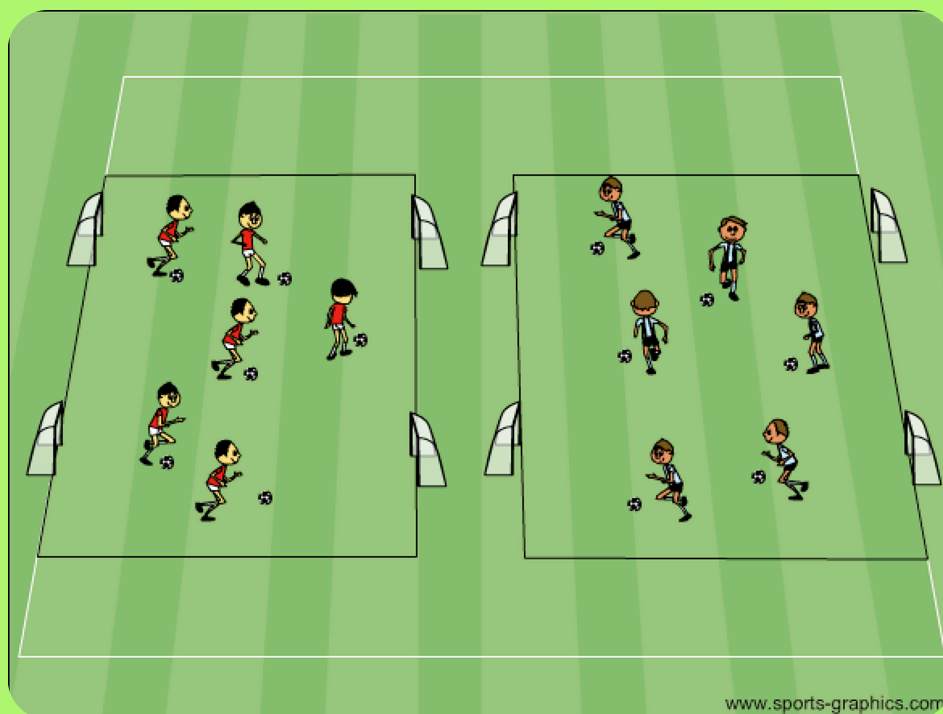


Intramural Program

Mike Barr, Director of Coaching
Gary Stephenson, Assistant Director of Coaching

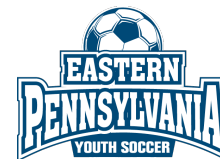


5 & 6 Year Olds Curriculum

Eastern Pennsylvania Youth Soccer
4070 Butler Pike, Suite 100
Plymouth Meeting, PA 19462
Ph: 610-238-9966
EPYSA.org
gstephenson@epysa.org

Intramural Program

By Gary Stephenson & Mike Barr



How to Organize Your Intramural Program

The calendar year should be split into two seasons, a fall season and a spring season (optional). A season should be 8 to 10 weeks in duration and consist of a practice night and a game day. The practice should be no longer than 1 hour in length and game day should be no longer than 1 hour in length. Teams should consist of 8-10 players.

Specific curriculums for practices are detailed later for each specific age, as well as, understanding a session plan.

A couple of key points to remember and avoid at practice include:

- No exercises with lines.
- Warm-ups should include work with the ball.
- No players standing.
- Every player should have a ball, unless involved with passing exercises or games.

Remember this is practice time, not story time, so don't sit your team down for a long, spirit raising, team talk. You are stealing time when your players could be working on their new skills from previous practice or newly introduced technique.



Note: Every player has a ball

www.sports-graphics.com

Intramural Program

By Gary Stephenson & Mike Barr



Game Day

- Players arrive 10 minutes before scheduled game time (20 minutes for the coach)
- Practice (warm up)-20 minutes
- Water break-5 minutes
- First game-10 minutes
- Water break-5 minutes
- Second game-10 minutes
- Water break-5 minutes
- Third game-10 minutes
- Players shake hands with the other team

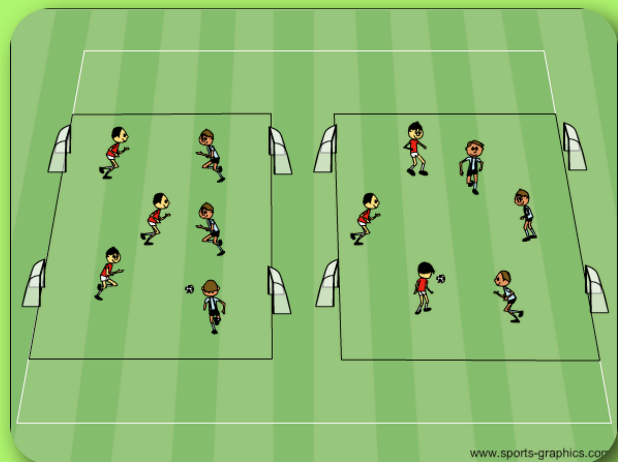
Logistics for Game Day

Start with two fields with one team on each. Each team warm ups for 20 minutes with their coaches, the team then splits into 2 teams of 4. They then play the other team on the field beside them; thus, two games are being played at once.

With the 3 games each, the teams of 4 can play against different opposition. There is no standing or wasted time. A short cool down and discussion of upcoming practice sessions should be sufficient at the conclusion of the game. Examine and reflect on your team's performance at home and decide what areas to work on in your next training session.

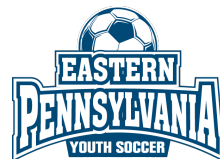
4 goals allows for more options and a lot more chances for every player to score goals

Allows the player with the ball more options to dribble away from the "swarm-ball"



Intramural Program

By Gary Stephenson & Mike Barr



Water break

The major point to remember here is it is water break time; NOT snack time or time for that long coach's speech (they will not listen, opening their drink is the most important thing to them at this time)

Coaching in the Game

It is ok for the coach to be on the field assisting (not quarterbacking!!!). Your role is to be a positive energy and keep the game flowing.

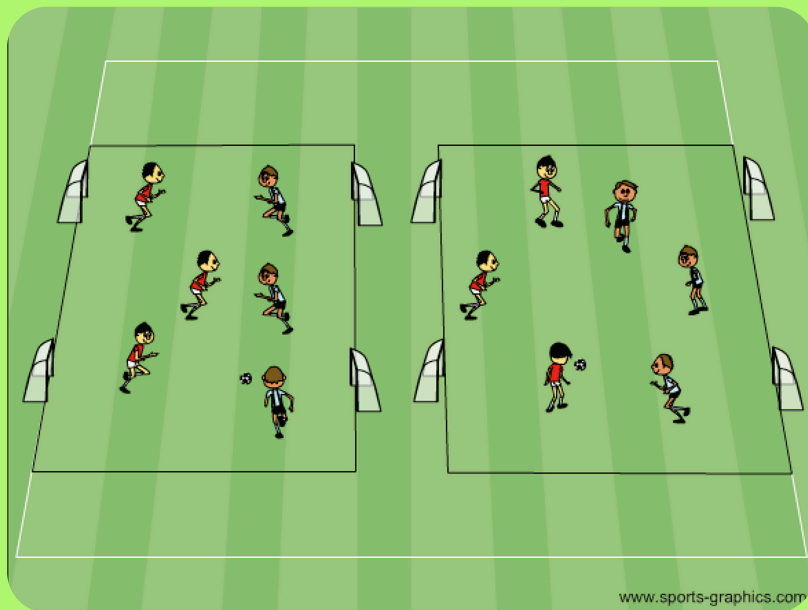
Let your team know who is on the field first. Again, no long explanation on what your formation is. They don't want to know and never get in that formation any way! The kids just want to play, so let them. If you want to give one of your players some information, make it short, clear and directly to that child, one to one.

Avoid shouting; you may be the best coach in the club, but nobody is interested in your expertise. They want to watch and enjoy the kids and what they know.

Never waiver from your style of play. Do not play to defend a lead. Kids want to score goals.

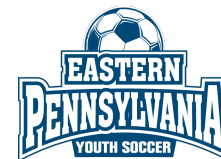
Remember:

LET THEM PLAY!



Goal Setting

By Gary Stephenson & Mike Barr



Goals! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from NSCAA.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

Goal Setting - 5 & 6 year olds

By Gary Stephenson & Mike Barr



Coaching Goals for 5 Year Olds and 6 Year Olds

It is important to set goals which are attainable, but also measurable to know your players are improving. There are standards from every soccer association including the US Soccer Federation. Eastern Pennsylvania Youth Soccer has studied and collated these standards and tailored it to a club's intramural/house/travel program.

Most players can demonstrate the below tasks but most players can not perform them under pressure (the game).

At this stage of our player development each player should be able to demonstrate (after the season).

- Players should be able to dribble the ball with both feet at different speeds and change direction while keeping the ball at a controllable distance.
- Players should be able to demonstrate three different moves in a game situation. Some examples are:
 - Drag back
 - Scissors
 - J Cut

These three moves, along with many more are available at EPYSA.org

As coaches we must **NOT** get hung up on positioning in the games, but should focus on the two goals above.

Summary - 5 & 6 year olds

By Gary Stephenson & Mike Barr



Practice Curriculum

As you can see a new exercise is introduced every practice then repeated in the next session for comfort and reinforcement. Players this age do not mind repetition and find comfort in familiar exercises. Most exercises throughout the sessions involve a ball per player. Remember to try and teach the age group goals but most important let them play and have FUN.

Week 1	Hello Game
	Go get it game
	Jump over the ball
	Scrimmage (small sided games)

Week 2	Hello game
	Red light, green light, reverse (drag back)
	Stuck in the mud
	Scrimmage (small sided games)

Week 3	Red light, green light, (J Cut)
	Stuck in the Mud
	Shark Attack
	Scrimmage (small sided games)

Week 4	Red light, green light, reverse (drag back)
	Shark Attack
	Foxes & Farmers
	Scrimmage (small sided games)

Week 5	Red light, green light, (scissors)
	Foxes and Farmers
	Sharks and minnows
	Scrimmage (small sided games)

Week 6	Red light, green light, (all 3 moves)
	Sharks & minnows
	Pirates treasure
	Scrimmage (small sided games)

Week 7	Red light, green light, (recap moves)
	Pirates Treasure
	Stuck in the Mud
	Scrimmage (small sided games)

Week 8	Red light, green light, (recap moves)
	Free play
	Free play
	Scrimmage (small sided games)

Week 1 - 5 & 6 year olds

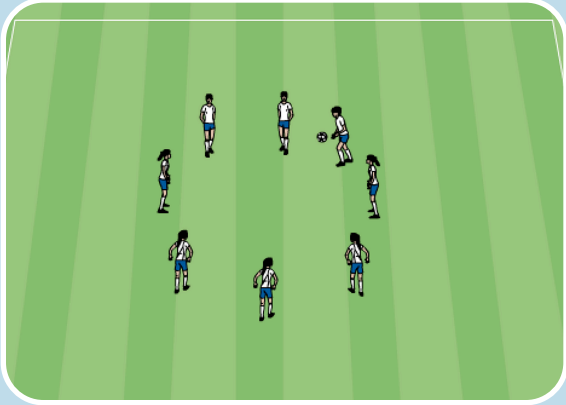
By Gary Stephenson & Mike Barr



TECHNICAL WARM-UP

Hello Game

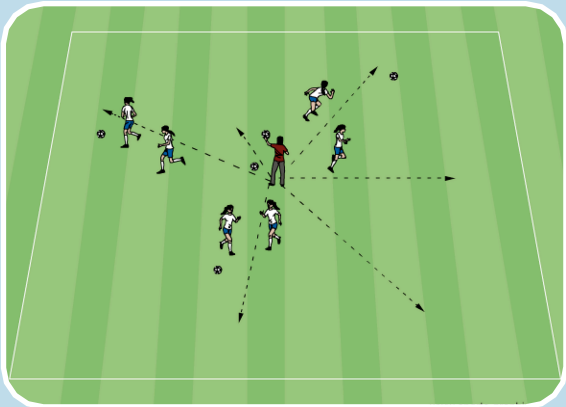
Organize the team into a circle with only one ball between the group. Start with ball in hand, say your name and then hand it to player on your left who then says their name. Ball keeps getting passed around to all players. When ball makes it back to you, the team has to say your name before you can pass it around the circle again. Ball continues around circle again with the team saying everyone's name until everyone knows everyone's name. Players take a few steps inward so ball can easily be handed to anyone. The ball is now passed in a random order, but the person now passing the ball says the person's name to whom they are passing.



SMALL-SIDED ACTIVITY

Go get it game

Each player has a ball. Ball is given to coach who then throws the ball in random directions. Players have to go get the ball as fast as they can. Players can use hands first couple of retrievals, then instruct players to only use their feet. Again repeat until players are more comfortable. If you feel they are capable split team into two groups and have one ball per group. Throw ball as before but instruct them, as they must get the ball back as quickly as they can. Everyone in group must touch the ball with their feet.



SMALL-SIDED ACTIVITY

Jump over the ball

Players are organized into a circle leaving a lot of space between each other. Each player has their own ball and stands behind it. Players must jump over the ball to the front when you the coach directs. Once players jump forward, you say jump again and they must jump backwards over the ball. Players continue doing exercise. You may want to set a score to beat within a time frame once players are more comfortable with task. If score is set to beat, make it **very** attainable. Repeat game but have team jump left to right instead of back and forth.

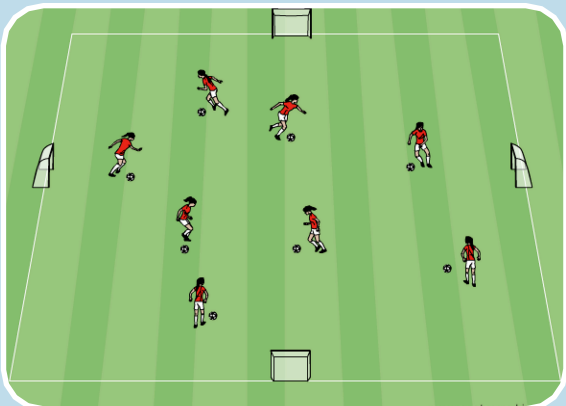


GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the ball goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Week 2 - 5 & 6 year olds

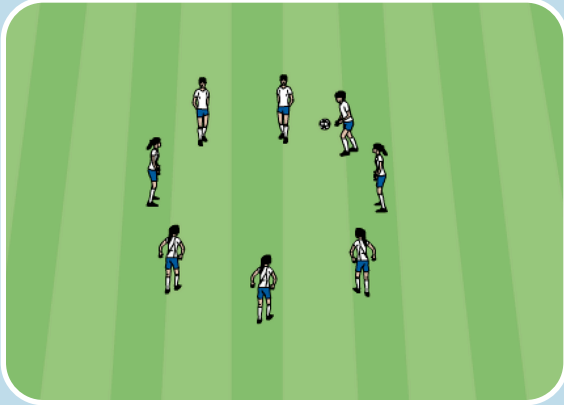
By Gary Stephenson & Mike Barr



TECHNICAL WARM-UP

Hello Game

Organize the team into a circle with only one ball between the group. Start with ball in hand, say your name and then hand it to player on your left who then says their name. Ball keeps getting passed around to all players. When ball makes it back to you, the team has to say your name before you can pass it around the circle again. Ball continues around circle again with the team saying everyone's name until everyone knows everyone's name. Players take a few steps inward so ball can easily be handed to anyone. The ball is now passed in a random order, but the person now passing the ball says the person's name to whom they are passing.

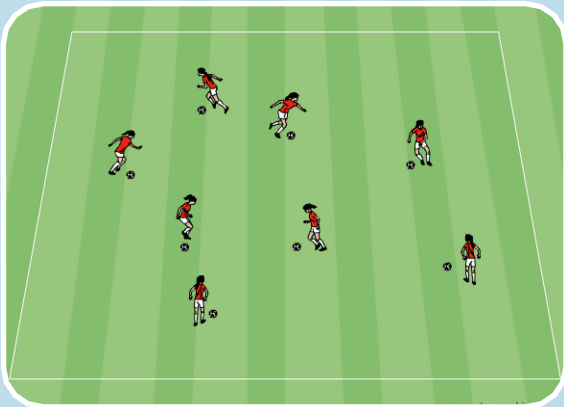


SMALL-SIDED ACTIVITY

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball. Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)

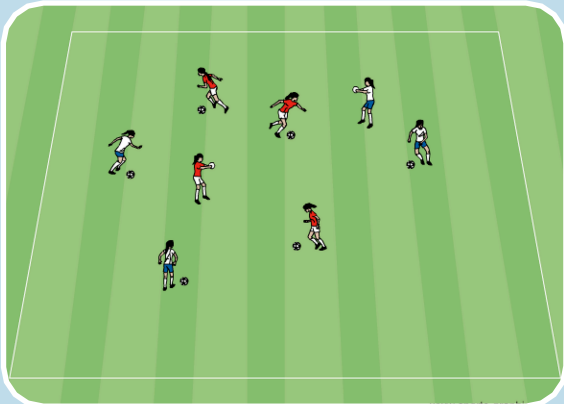
Introduce the Pull Back (drag back)



SMALL-SIDED ACTIVITY

Stuck in the mud

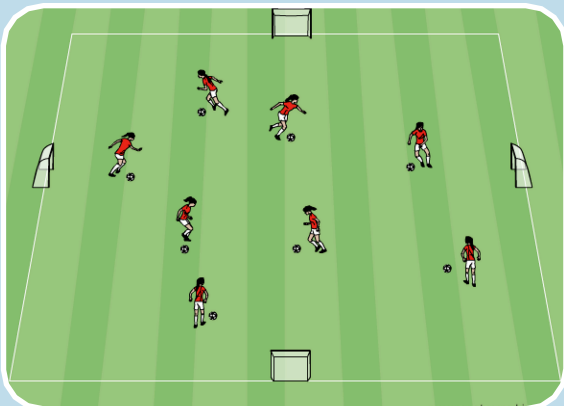
Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Week 3 - 5 & 6 year olds

By Gary Stephenson & Mike Barr

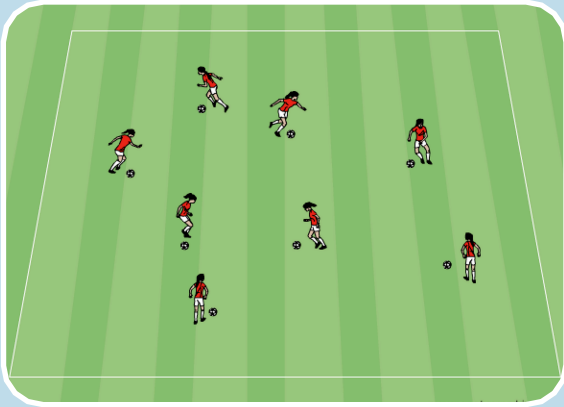


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)

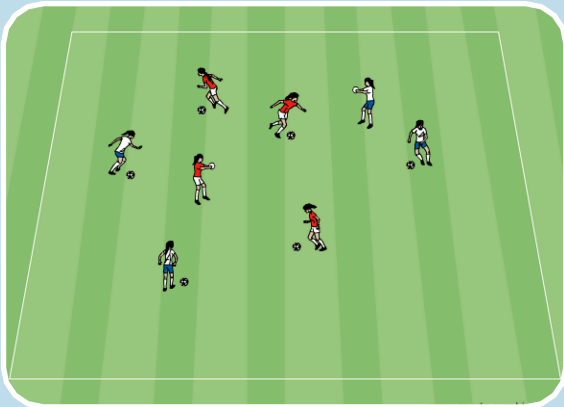
Introduce the J Cut (Cut Back)



SMALL-SIDED ACTIVITY

Stuck in the mud

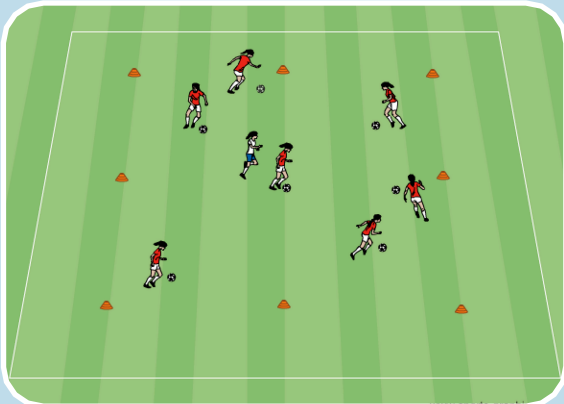
Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.



SMALL-SIDED ACTIVITY

Shark Attack

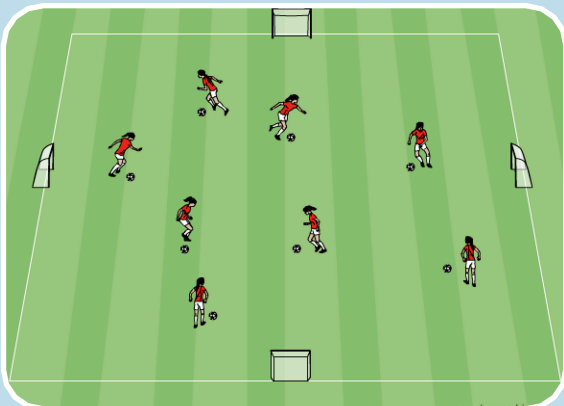
Everyone has a ball they dribble around in half of the field. You start off as shark. You try to kick the player's ball out of the half. They must keep away from you. Once the ball has been kicked off the field, they must run and get their ball. To get back on the field they must do 5 J Cuts or drag backs or scissors, and then they can come back in.
(Have a coach on the outside to help the players with the move)
Start a new game with a player as shark. Play for a couple of minutes then change shark again. (Remember everyone has to be shark or you have tears)



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Week 4 - 5 & 6 year olds

By Gary Stephenson & Mike Barr

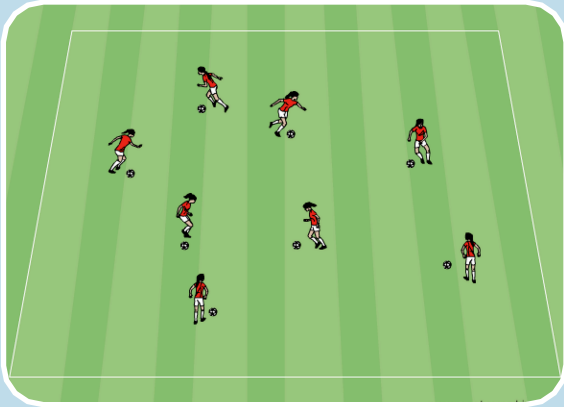


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)

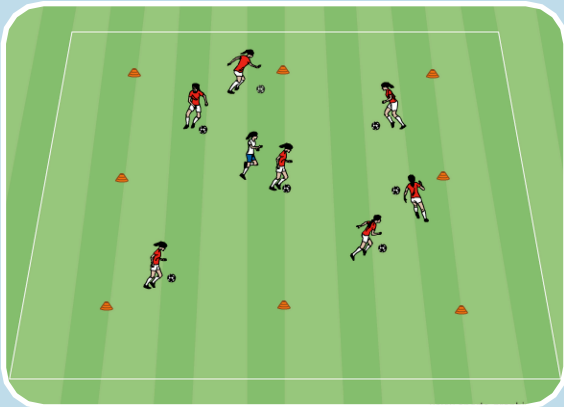
Introduce the Scissors



SMALL-SIDED ACTIVITY

Shark Attack

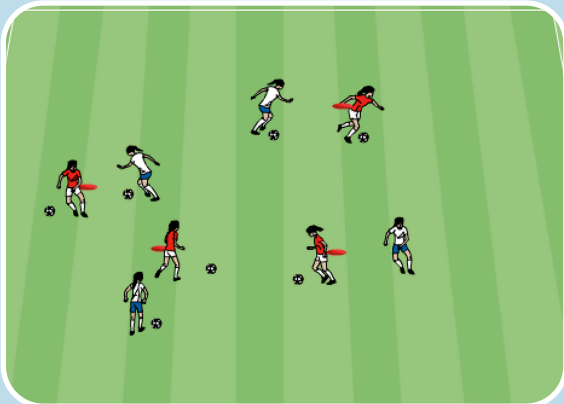
Everyone has a ball they dribble around in half of the field. You start off as shark. You try to kick the player's ball out of the half. They must keep away from you. Once the ball has been kicked off the field, they must run and get their ball. To get back on the field they must do 5 J Cuts or drag backs or scissors, and then they can come back in.
(Have a coach on the outside to help the players with the move)
Start a new game with a player as shark. Play for a couple of minutes then change shark again. (Remember everyone has to be shark or you have tears)



SMALL-SIDED ACTIVITY

Foxes and Farmers

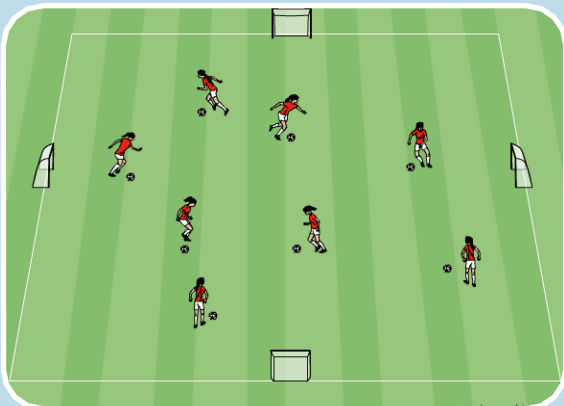
The group is split into 2 teams the foxes and the farmers. Each has a ball the foxes have a pinnie tucked into the back of their shorts giving them foxes tails. Now the foxes dribble around keeping away from the farmers. The farmers must try and pull out the foxes tails whilst dribbling their ball. Once a fox has lost its tail they become a farmer. Until there is only one fox.



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Week 5 - 5 & 6 year olds

By Gary Stephenson & Mike Barr

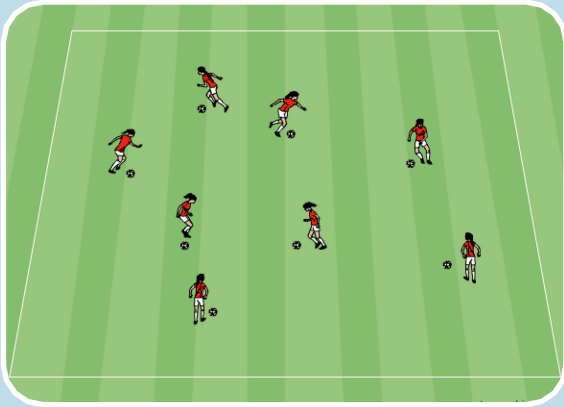


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

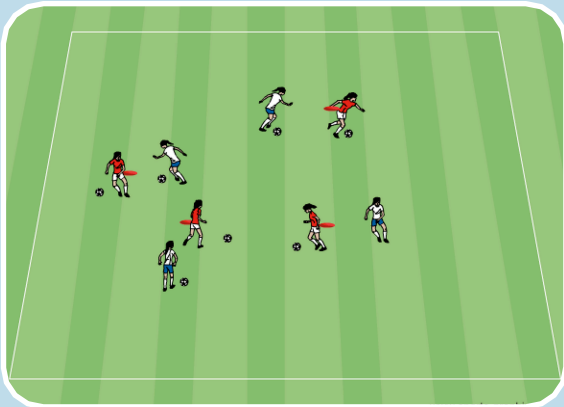
Review all 3 moves



SMALL-SIDED ACTIVITY

Foxes and Farmers

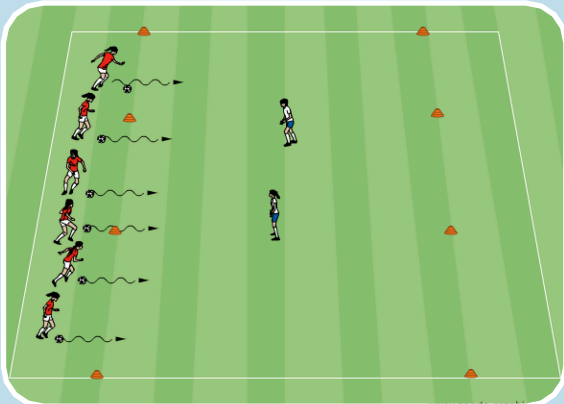
The group is split into 2 teams the foxes and the farmers. Each has a ball the foxes have a pinnie tucked into the back of their shorts giving them foxes tails. Now the foxes dribble around keeping away from the farmers. The farmers must try and pull out the foxes tails whilst dribbling their ball. Once a fox has lost its tail they become a farmer. Until there is only one fox.



SMALL-SIDED ACTIVITY

Sharks and Minnows

Every player has a ball, apart from one player. The players with the ball line up on one side of a 20yd by 20yd grid. The player without the ball the *shark* is in the grid. On your command the players with the ball *minnows* have to dribble their ball to the opposite line and safety. If the shark touches their ball then they join hands with the shark and become a shark too. Continue until there is only 1 minnow left

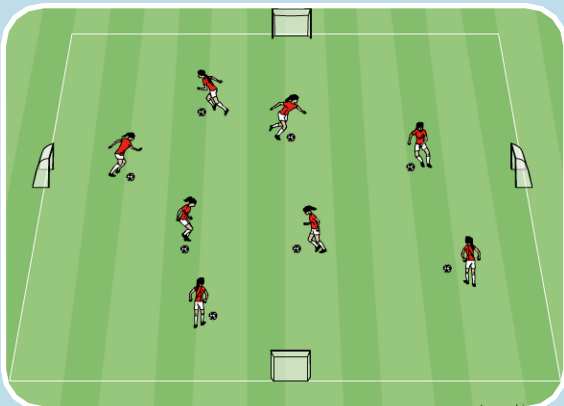


GAME

Split into 2 teams-4 goals (1 on each side)

Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Week 6 - 5 & 6 year olds

By Gary Stephenson & Mike Barr

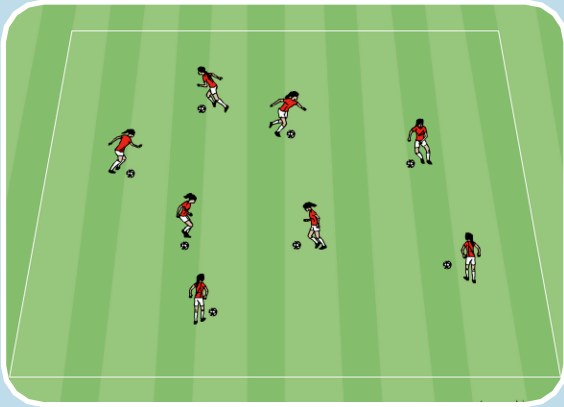


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
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"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

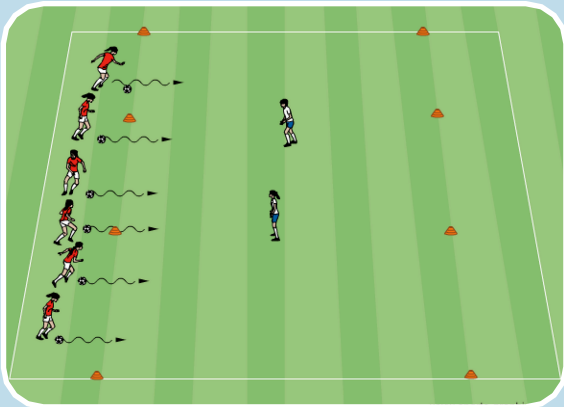
Review all 3 moves



SMALL-SIDED ACTIVITY

Sharks and Minnows

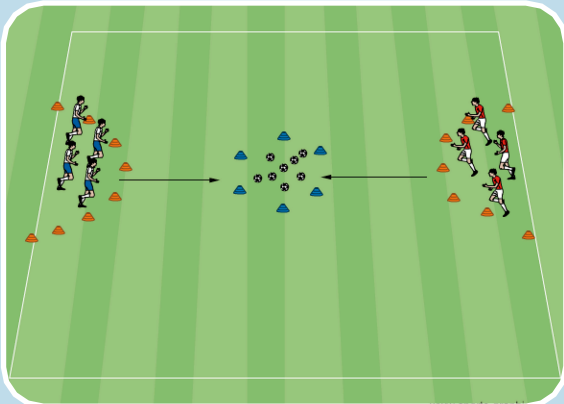
Every player has a ball, apart from one player. The players with the ball line up on one side of a 20yd by 20yd grid. The player without the ball the *shark* is in the grid. On your command the players with the ball *minnows* have to dribble their ball to the opposite line and safety. If the shark touches their ball then they join hands with the shark and become a shark too. Continue until there is only 1 minnow left



SMALL-SIDED ACTIVITY

Pirate's treasure

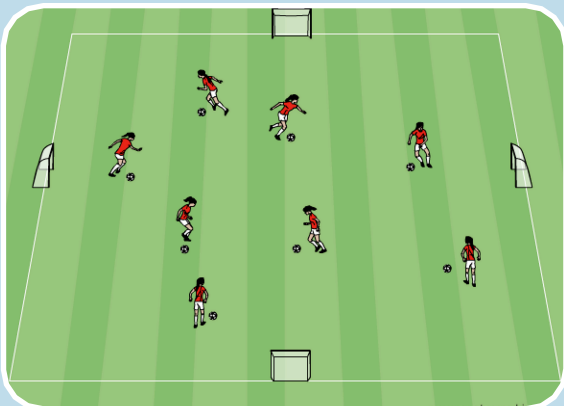
Mark out two areas at opposite ends of the field these are the ships.
Split the team into two groups of pirates and assign them to a ship.
Place all the balls in the middle of the field (the balls are the treasure)
You say go then the pirates have to go and get the treasure and dribble back to their boat. They can also go to the other boat and steal treasure (they are pirates)
Time the game say 2minutes. Winner is the pirates that have the most balls.
Setup and play again.
Make the coaches the captains of the ships to make sure no pushing or using hands etc....
Make some pirate noises and get involved. The kids love it!



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Week 7 - 5 & 6 year olds

By Gary Stephenson & Mike Barr

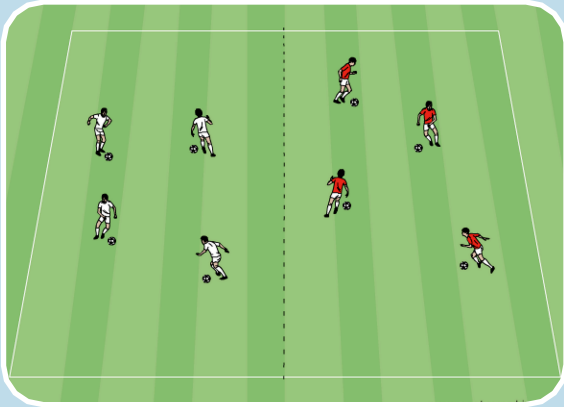


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

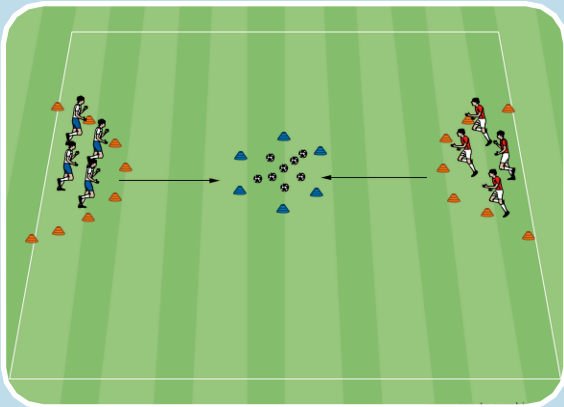
Review all 3 moves



SMALL-SIDED ACTIVITY

Pirate's treasure

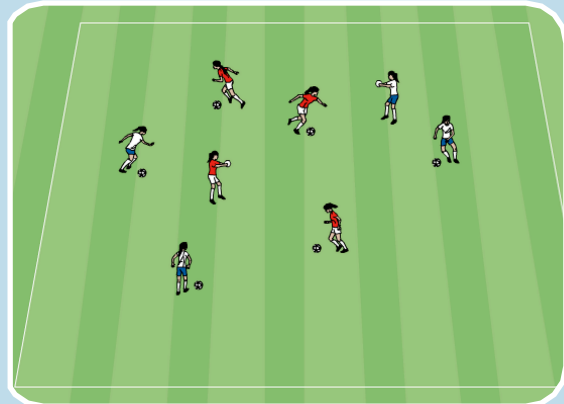
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You say go then the pirates have to go and get the treasure and dribble back to their boat. They can also go to the other boat and steal treasure (they are pirates)
Time the game say 2minutes. Winner is the pirates that have the most balls.
Setup and play again.
Make the coaches the captains of the ships to make sure no pushing or using hands etc....
Make some pirate noises and get involved. The kids love it!



SMALL-SIDED ACTIVITY

Stuck in the Mud

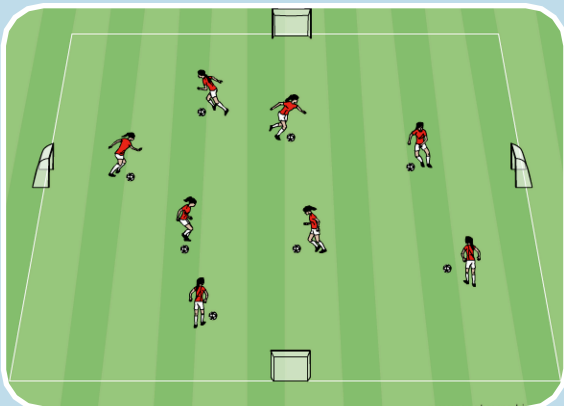
Players are split into two groups everyone has a ball. The object is it to stick the other team in the mud. How you stick a player in the mud is you hit their ball with yours or hit them below the knee. Once the player is stuck they must pick up their ball and stand with their legs open. They can be unstuck by a member of their team passing the ball through their legs; they then join back in the game.



GAME

Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Week 8 - 5 & 6 year olds

By Gary Stephenson & Mike Barr

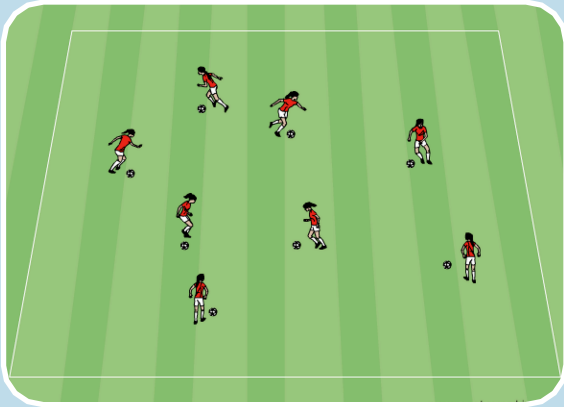


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly.
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

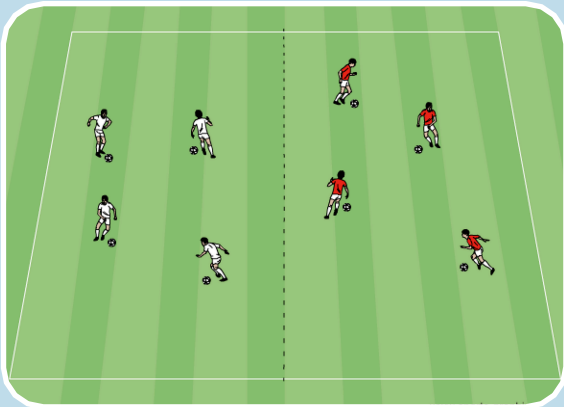
Review all 3 moves



SMALL-SIDED ACTIVITY

Free Play

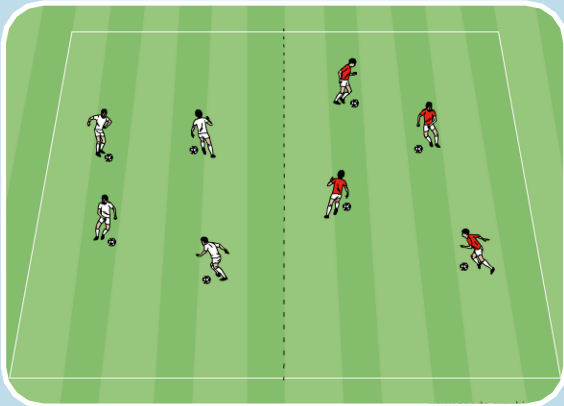
Let the players select the exercise they would like to play



SMALL-SIDED ACTIVITY

Free Play

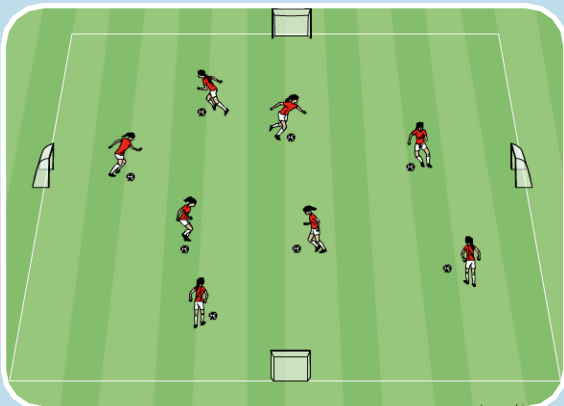
Select an exercise that you think as the coach will engage them, reinforce technical lessons and allow them to have fun!



GAME

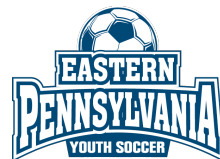
Split into 2 teams-4 goals (1 on each side)
Each player has a ball. They are shown, by you, that a goal is when the goal goes between the posts. They are then instructed to score a goal then go to another and so on.

Remove 2 goals. Should just have 1 ball, 2 teams and let them play without any positions.



Planning - Understanding a session plan

By...Author, date, session number & length of time



TECHNICAL WARM-UP

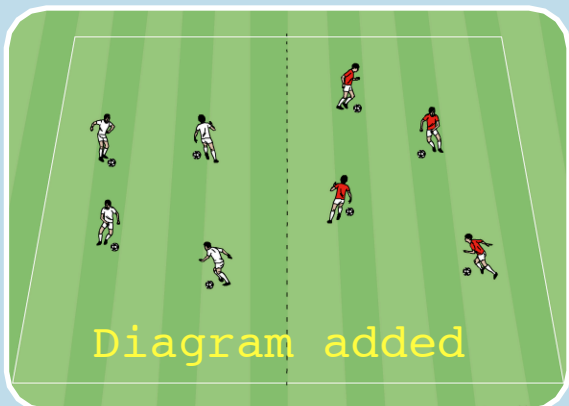
OBJECTIVES

Try to have a ball each

Never warm up with out balls being present

COACHING POINT

Basic introduction to topic



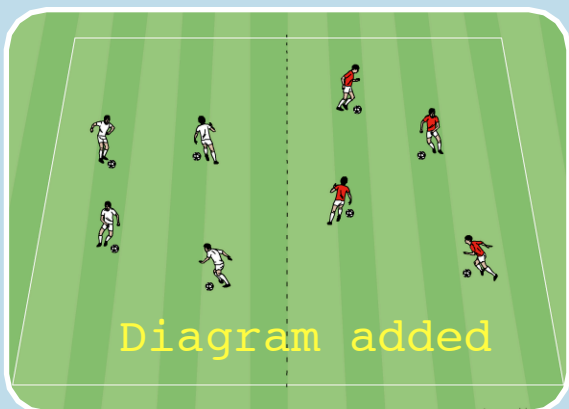
SMALL-SIDED ACTIVITY

OBJECTIVES

Theme taught at individual level or in two lots of reparation and touched of the ball
1v1, 2v2

COACHING POINT

Specific points on an individual level, very direct and informative



EXPANDED SMALL-SIDED ACTIVITY

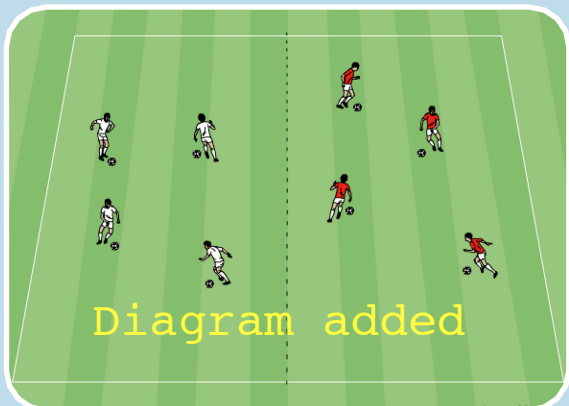
OBJECTIVES

A Continuation from above but into a game situation or teams of more than 2v2

COACHING POINT

Show how it fits into the bigger picture 'the game'

Identify positive & negative attached to theme, stop recreate the allow play to continue from the coaching point



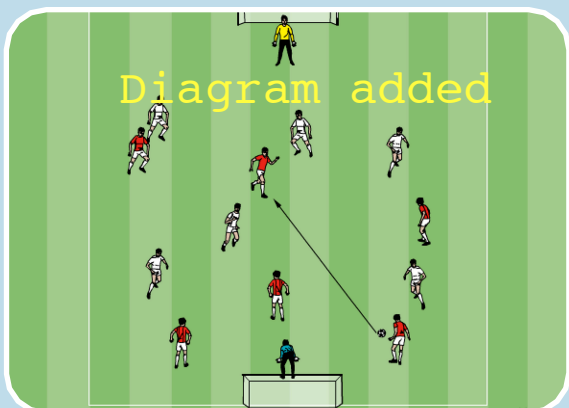
GAME

OBJECTIVES

Regular Scrimmage
Free play no conditions
State formations

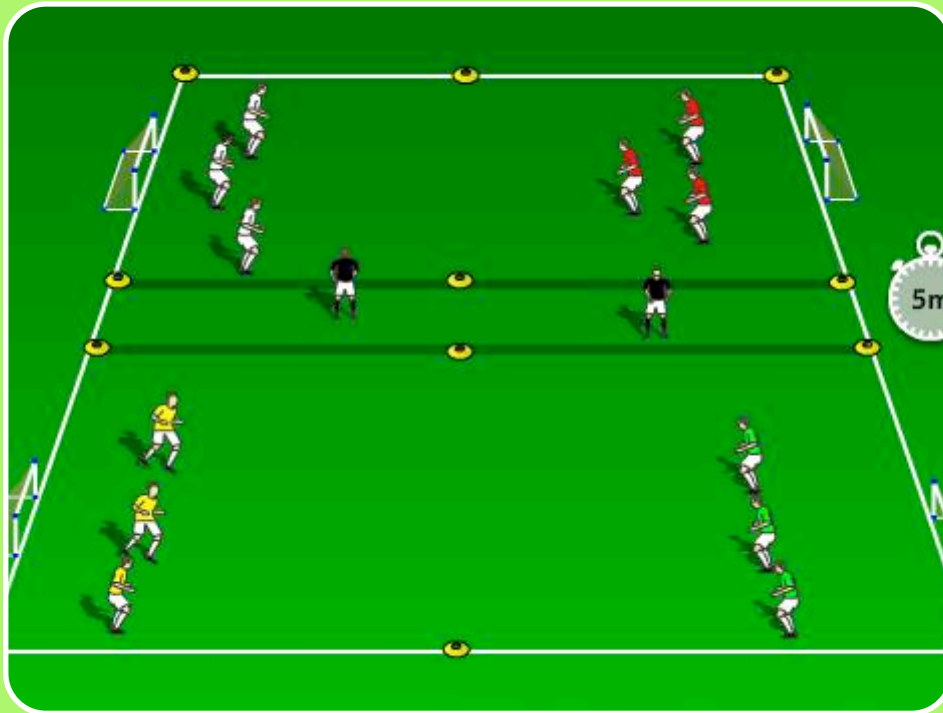
COACHING POINT

Allow the play as above stop at least once to re-enforce theme



Training Program

Mike Barr, Director of Coaching
Gary Stephenson, Assistant Director of Coaching



Under 6 Six week Plan

Eastern Pennsylvania Youth Soccer
4070 Butler Pike, Suite 100
Plymouth Meeting, PA 19462
Ph: 610-238-9966
EPYSA.org
gstephenson@epysa.org

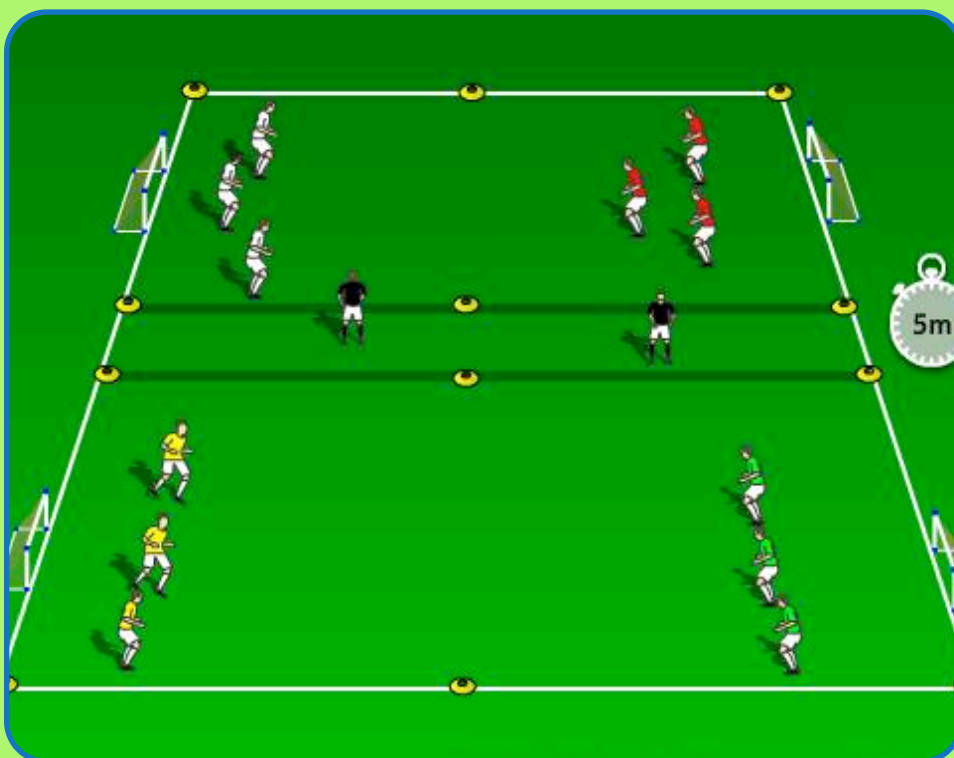
How to Organize Your Team

Coaches,

We are providing a more refined coaching curriculum to address the ages U6 to U12 for 2015 and 2016. We feel it is important to develop technical objectives for these age as well as incorporating group and team tactics at the older ages. We recognize that development varies from child to child and feel it is important at the younger ages to realize the potential in every child and provide appropriate instruction. Plan to have objectives for the year that reflect the skill level of the team your coaching. Here are a few general objectives for the U6 to U12 player:

U6 Player

- Recognition and use of both feet and hands
- Recognizing roles and expectations in transition.
- Developing comfort with the ball through dribbling with different surfaces of each foot.



Goal/Objectives Setting

By Gary Stephenson & Mike Barr



Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

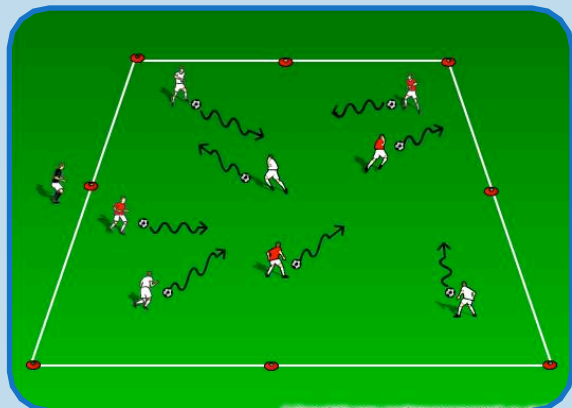
TECHNICAL WARM-UP

All the Surfaces - Ball Manipulation

TRAINING AREA = 20W x 30L. Each player has a ball at their feet in the space. Coach should demonstrate how to touch the ball with all the surfaces - Inside, Outside, Bottom (sole), Heel, and Toe. Players should dribble around and wait for the coach to call "PART OF THE FOOT - TOE" - in which they then dribble with that part of the foot to the ball. Encourage them to use see how fast they can go inside, Outside, Bottom (sole), Heel, and Toe

Guided Questions:

What part of the foot can we use to dribble? Where should we dribble the ball? Where should you look to dribble the ball?



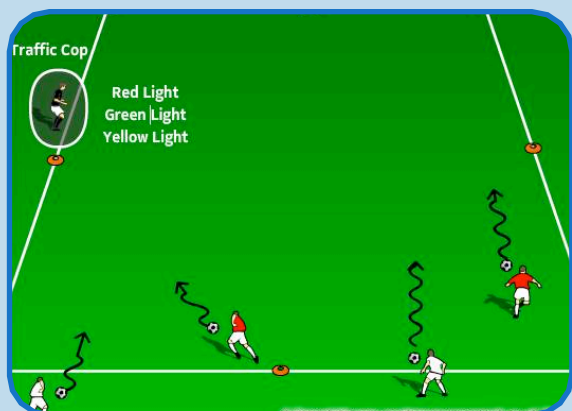
SMALL-SIDED ACTIVITY

Red Light/Green Light:

TRAINING AREA = 20W x 30L. Each player has a ball at their feet in the space. Players start at one end of the space and race to the opposite end with the ball. Coach is the traffic conductor Red light = Stop & players put their foot on the ball. Yellow light = Slow down & players must dribble slowly Green light = Go & player dribble down the field Speeding Ticket = if 1 player gets caught speeding, and cannot stop them ball. Run over to the conductor with the ball. Step out of the game, and pay for the ticket with toe touches or juggles

Guided Questions:

What parts of the foot can we use to stop the ball? Where should we looking dribbling? What part of the foot can we use to go fast? slow?



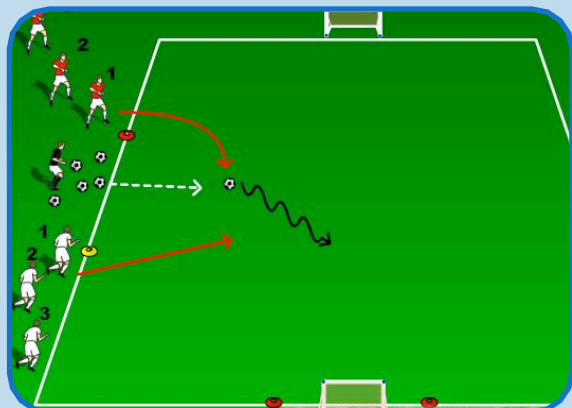
SMALL-SIDED ACTIVITY

Slot Machine Match-ups

TRAINING AREA = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

Guided Questions?

What parts of the foot can we use to stop the ball? Where should we looking dribbling? What part of the foot can we use to go fast? slow? What should you do when you are close to goal?



GAME

Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above



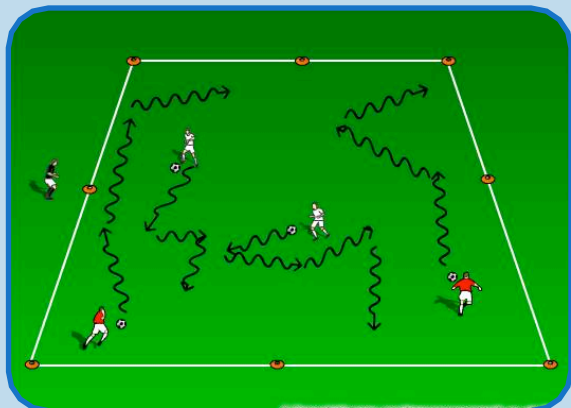
TECHNICAL WARM-UP

Spell your name/Paint the grass

TRAINING AREA = 20W x 30L. Each player has a ball at their feet in the space. Players should dribble throughout the space trying to "paint" the various parts of the field, or spell their name.

Guided Questions:

What part of the foot do we use to dribble the ball? What part of the foot do we use to turn with the ball?



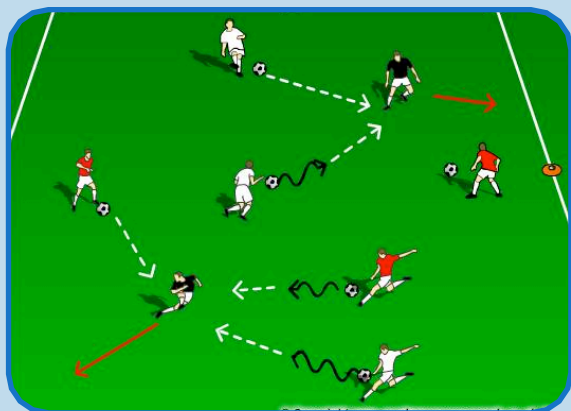
SMALL-SIDED ACTIVITY

Kick the Coach

TRAINING AREA = 20W x 30L. Each player should have a ball at their feet. Players are to dribble around and try to "kick the coach" = pass the ball into the coach (below the knee). Points are scored for hitting the coach. Play for time - record scores

Guided Questions:

What part of the foot do we use to pass the ball? What part of the ball do we strike to pass the ball?



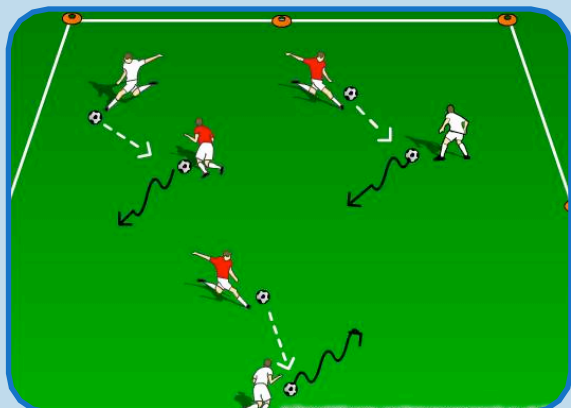
SMALL-SIDED ACTIVITY

Ball Tag

TRAINING AREA = 20W x 30L. All players should have a ball at their feet. Players should dribble throughout the space and try to hit someone else's ball by passing their ball into the other ball. After they have tagged someone's ball, then should try to tag someone else. Players cannot tag the same player twice until they have tagged everyone.

Guided Questions:

What part of the foot do we use to pass the ball? What part of the ball do we kick to pass the ball? Where should we try to pass the ball?



GAME

Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above



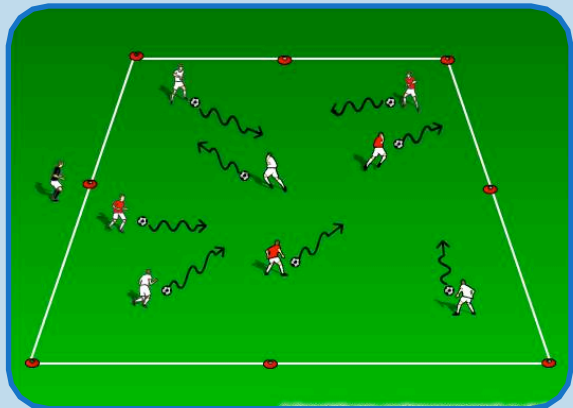
TECHNICAL WARM-UP

Body Part

Dribble TRAINING AREA = 20W x 30L. All players should have a ball at their feet. Players should dribble throughout the space and touch their body part to the ball on coach's command: EX: elbow, hand, knee, foot, head, tummy, etc

Guided Questions:

What part of the foot can you use to dribble? Where should the ball be while you are dribbling? Where can you look while dribbling?



SMALL-SIDED ACTIVITY

Cone Destruction - Builders & Breakers

TRAINING AREA = 20W x 30L. Place 8-10 tall cones throughout the space. 3/4 (75%) of the players should be in pairs with one ball between them (breakers). The other 1/4 (25%) of players are without balls (builders). BREAKERS = The players with the ball should try to dribble/pass into the cones and "knock them over." BUILDERS = Players without the balls can tackle the ball and knock away the ball. The players without the ball can "save" the cones by standing them back up once they've been knocked down. Objective = To have all the cones knocked over at one time. **Coach should select builders & breakers

Guided Questions:

What part of the foot can you use to dribble? Where should the ball be while you are dribbling? Where can you look while dribbling?



SMALL-SIDED ACTIVITY

Cone Maze

TRAINING AREA = 20W x 30L. Place 10-20 cones in random pattern in the middle of the field. Each player should have a ball at their feet. Line players up on one end of the field. When coach says "GO!" they should race to other side of the field with their ball. Try to avoid knocking over the cones. If you hit a cone you receive a strike. (3) strikes and you are out! Earn your way back into the game by running over to coach and performing toe taps or juggles. The player who does not hit a cone wins

Guided Questions:

What part of the foot can you use to dribble? change direction? Why should you keep your head up while dribbling?



GAME

Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above



TECHNICAL WARM-UP

Gates Dribble

TRAINING AREA = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Each player should have a ball at their feet. Count the number of gates dribbled through in a specific amount of time (1 minute). Players have to go through each gate once before they can go through the same gate again. Variations -
-R foot only -L foot only -Inside foot dribble -Laces dribble

Guided Questions:

What part of the foot should you use to dribble? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?

Base Tag

SMALL-SIDED ACTIVITY

TRAINING AREA = 20W x 30L. Place (4) bases made up of 3 cones (4x4x4) throughout the space. Designate a groups of player who are "it" to begin the game. The players who are it, are without a ball. Those who are not it have a ball. Only (1) player can be in a base at a time. If you are in a base, and someone new comes into the base you get "bumped" out. If you get tug outside the base, run over to coach to perform ball skills to enter the game again (juggles or toe taps #). After 2-3minutes, there is no re-entry once tug. Players rest outside space. Coach need to reduce the bases 1 by 1 to ensure there are fewer bases than players remaining.

Guided Questions:

What part of the foot should you use to dribble? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?

SMALL-SIDED ACTIVITY

Slot Machine Match-ups

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Guided Questions?

* What part of the foot should you use to dribble? Shoot? Where should you look while dribbling? When should you keep the ball close to you? When can you take bigger touches?

GAME

Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above

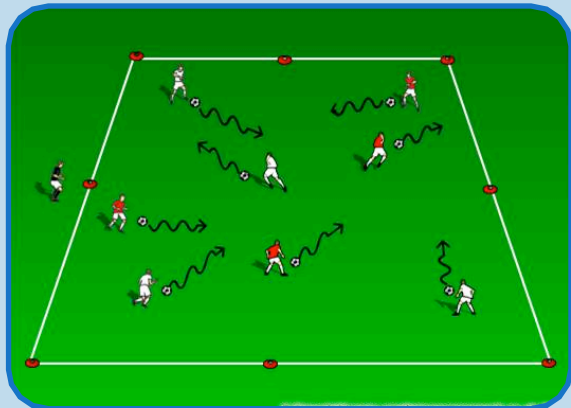
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Guided Questions:

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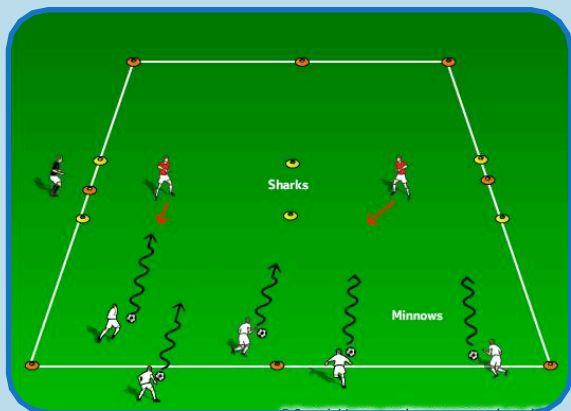
SMALL-SIDED ACTIVITY

Sharks & Minnows

TRAINING AREA = 20W x 30L. Build a middle channel 20W x 5L. The sharks have to stay in their deep water channel and try to kick the balls away (out of bounds). The minnows need to cross over the deep water channel with their ball. If their ball gets kick away they become a shark. Winner = last minnow with their ball

Guided Questions:

Where can you dribble to avoid the sharks? What type of touches can you take to avoid the sharks? When should you try to cross the deep channel?



SMALL-SIDED ACTIVITY

Pacman

TRAINING AREA = 20W x 30L. Place the balls in a circle cone box. (1) person is Pacman (coach starts as pacman). Dribble the ball and try to pass the ball into someone's legs below the knee. If they are hit they become pacman as well. Play until the last person is hit. The winner starts as pacman

Guided Questions:

What part of the foot do you use to strike the ball? Where should you strike the ball to pass it into someone? Where should you head be while dribbling the ball?



GAME

Scrimmage

Play 3v3. Set up as many fields as the numbers will allow (20W x 30L). Play for 6 minutes, get a water break, and play again.

Reinforce all points above



Intramural Program

Mike Barr, Director of Coaching
Gary Stephenson, Assistant Director of Coaching

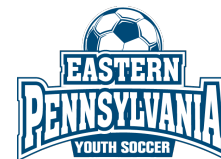


7 & 8 Year Olds Curriculum

Eastern Pennsylvania Youth Soccer
4070 Butler Pike, Suite 100
Plymouth Meeting, PA 19462
Ph: 610-238-9966
EPYSA.org
gstephenson@epysa.org

Intramural Program

By Gary Stephenson & Mike Barr



How to Organize Your Intramural Program

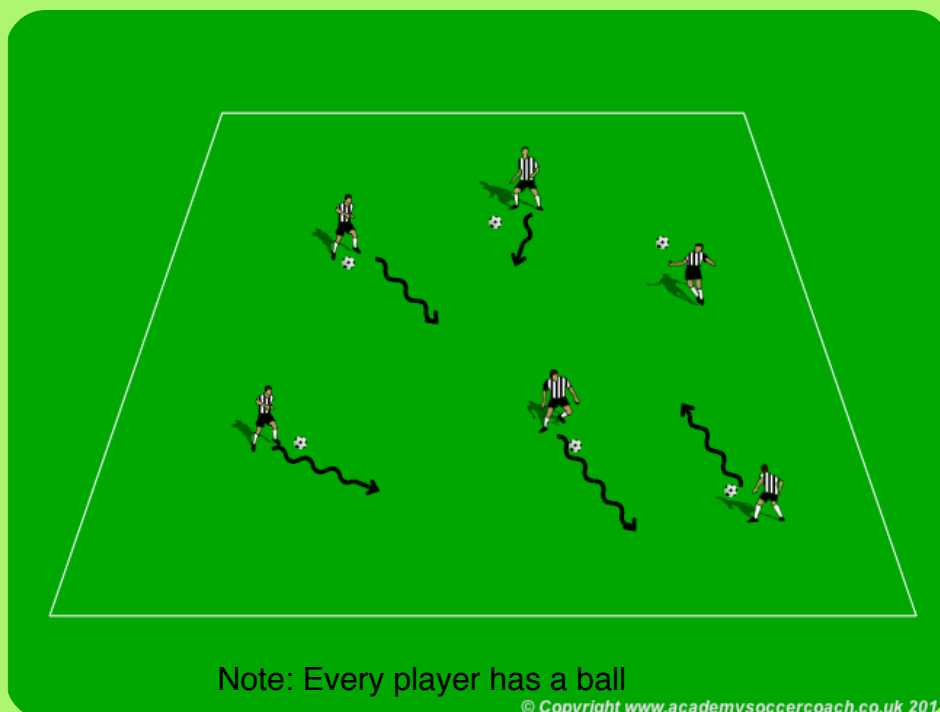
The calendar year should be split into two seasons, a fall season and a spring season (optional). A season should be 8 to 10 weeks in duration and consist of a practice night and a game day. The practice should be no longer than 60-75 minutes in length and game day should be no longer than 1 hour in length. Teams should consist of 8-14 players.

Specific curriculums for practices are detailed later for each specific age, as well as, understanding a session plan.

A couple of key points to remember and avoid at practice include:

- No exercises with lines.
- Warm-ups should include work with the ball.
- No players standing.
- Every player should have a ball, unless involved with passing exercises or games.

Remember this is practice time, not story time, so don't sit your team down for a long, spirit raising, team talk. You are stealing time when your players could be working on their new skills from previous practice or newly introduced technique.



Note: Every player has a ball

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Intramural Program

By Gary Stephenson & Mike Barr



Game Day

- Players arrive 10 minutes before scheduled game time (20 minutes for the coach)
- Practice (warm up)-10 minutes
- Water break-5 minutes
- First Half-20 minutes
- Water break-5 minutes
- Second Half-20 minutes
- Players shake hands with the other team

Logistics for Game Day

Start with two adjacent fields with one team on each. Each team warm ups for 10 minutes with their coaches, the team then splits into 2 teams of 4 to 7. They then play the other team on the field beside them; thus, two games are being played at once. Utilize assistant coaches to run the benches on both fields, allowing the head coach to monitor both games.

Remember no coaches on the field giving direction!

U8 (7 year olds) should play 4v4* or 5v5* with no goal-keepers.

U9 (8 year olds) should play 6v6* or 7v7* with no goal-keepers at the start of the season. Goal-keepers are added as the season goes on (around week 5 - 6).

** note from U.S. Soccer Curriculum*

Examine and reflect on your team's performance at home and decide what areas to work on in your next training session.

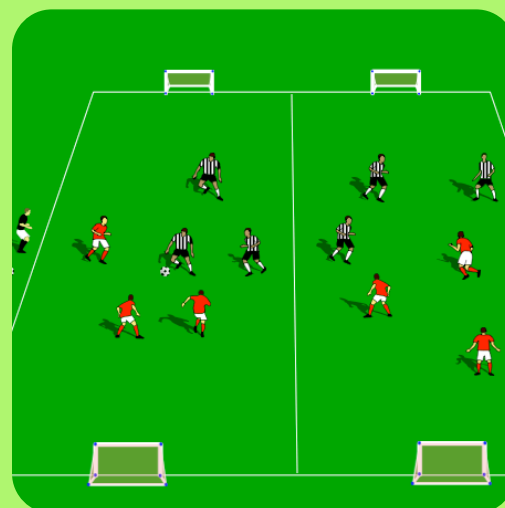
Objectives from U.S. Soccer

SCRIMMAGE: Balance in relation to the ball and teammates during the game.

TECHNICAL: Individual and collective basic soccer techniques.

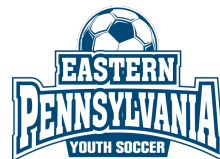
PHYSICAL: Develop speed, coordination and basic motor skills with and without the ball.

PSYCHOSOCIAL: Interact with teammates during the training session.



Intramural Program

By Gary Stephenson & Mike Barr



Water break

The major point to remember here is it is water break time; NOT snack time or time for that long coach's speech (they will not listen, opening their drink is the most important thing to them at this time)

Coaching in the Game

Your role is to be a positive energy and keep the game flowing. (not quarterbacking!!!)

Let your team know who is on the field first. Again, no long explanation on what your formation is. They don't want to know and never get in that formation any way! The kids just want to play, so let them. If you want to give one of your players some information, make it short, clear and directly to that child, one to one.

Avoid shouting; you may be the best coach in the club, but nobody is interested in your expertise. They want to watch and enjoy the kids demonstrate what they know.

Never waiver from your style of play. Do not play to defend a lead. Kids want to score goals.

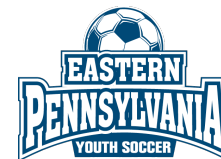
Remember:

LET THEM PLAY!



Goal Setting

By Gary Stephenson & Mike Barr



Goals! Why they are Essential

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Research from NSCAA.

Reasons kids drop out of sports:

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Goal Setting - 7 & 8 year olds

By Gary Stephenson & Mike Barr



Coaching Goals for 7 Year Olds and 8 Year Olds

It is important to set goals which are attainable, but also measurable to know your players are improving. There are standards from every soccer association including the US Soccer Federation. Eastern Pennsylvania Youth Soccer has studied and incorporated these standards and tailored it to a club's intramural/house/travel program.

Most players can demonstrate the below tasks but most players can not perform them under pressure (the game).

At this stage of our player development each player should be able to demonstrate (after the season):

- Players should be able to dribble the ball with both feet at different speeds and change direction while keeping the ball at a controllable distance. (mirroring 5 & 6 yrs. old)
- Players should be able to demonstrate three different moves in a game situation. Some examples are: Drag back, Scissors, J Cut, Shoulder drop, Step over, Inside/Outside (These three moves, along with many more will be available at EPYSA.org)
- Should be able to pass the ball (short distances up to 10 yards) with both feet, using the correct technique.

At this age the main focus will be dribbling, but players should also develop passing, control, and ball skills.

As coaches we must NOT get hung up on positioning in the games, but should focus on the goals above.

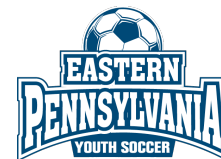
Characteristic of the Age Group*

- Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
- Players must spend the maximum time possible in contact with the ball and experiment by themselves.
- For the first time the player has to build a relationship with other players.
- Give different responsibilities to the players in order to develop a sense of team.
- Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.

* from U.S. Soccer Curriculum

Summary - 7 & 8 year olds

By Gary Stephenson & Mike Barr



Practice Curriculum

Players this age do not mind repetition and find comfort in familiar exercises. Most exercises within the sessions involve a ball per player. Remember to try and teach the age group goals but most important let them play and have FUN.

Week 1 Red Light, Green Light,
reverse (Drag Back)

Ball Toss

Math Dribble

Scrimmage (small sided games)

Week 2 Red Light, Green Light,
reverse (Drag Back)

Body Parts

Balls in the Air

Scrimmage (small sided games)

Week 3 Red Light, Green Light,
(J Cut)

Fox & the Farmer

Hit the Robot Coach

Scrimmage (small sided games)

Week 4 Red Light, Green Light,
(J Cut)

Gate Game

Hit the Robot coach

Scrimmage (small sided games)

Week 5 Red Light, Green Light,
(Scissors)

Body Parts

Pac Man

Scrimmage (small sided games)

Week 6 Red Light, Green Light,
(Scissors)

Avoiding the Collision

Changing Square

Scrimmage (small sided games)

Week 7 Red Light, Green Light,
(recap moves)

Avoiding the Collision

End Zone

Scrimmage (small sided games)

Week 8 Red Light, Green Light,
(recap moves)

Soccer Dodgeball

Soccer Marbles

Scrimmage (small sided games)

Week 9 Red Light, Green Light,
(recap moves)

Changing Square

Gate Game

Scrimmage (small sided games)

Week 10 Red Light, Green Light,
(recap moves)

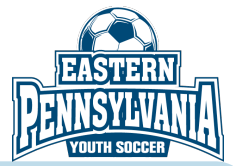
Gate Game

End Zone

Scrimmage (small sided games)

Week 1 - 7 & 8 year olds - Control

By Gary Stephenson & Mike Barr

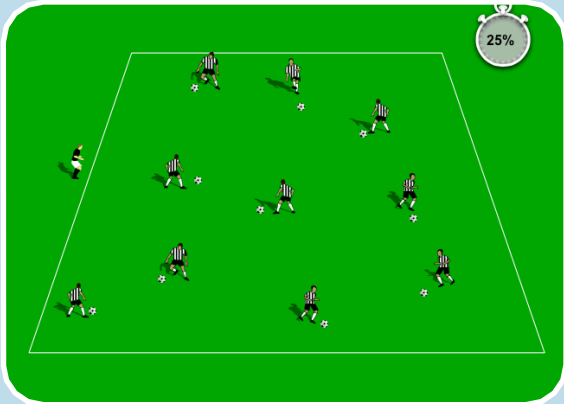


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)

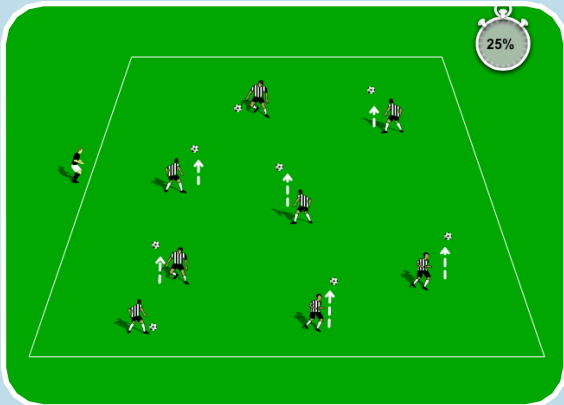
Introduce the Reverse (Drag Back)



SMALL-SIDED ACTIVITY

Ball Toss

Each player dribbles around with a ball. On the coach's command they pick up the ball and toss it in the air and touch it before it hits the ground, then they dribble waiting for the coach's command again.



SMALL-SIDED ACTIVITY

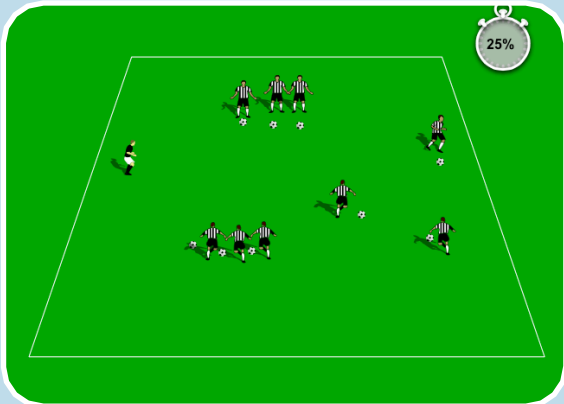
Math Dribble

Each player has a ball and moves around in side a 20yd x 20yd grid. The players try to avoid contact with each other and try to keep the ball close (love taps*).

On command from the coach the players with balls form chains; holding hands in groups of the number called or the result of a simple math problem.

For example, the coach shouts "3 +1" then players must make chains of 4 etc....

*Note love tap refers to dribbling with a light touch with the inside of the foot, with the process repeated with the other foot – thus keeping the ball close while dribbling.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



Week 2 - 7 & 8 year olds - Control

By Gary Stephenson & Mike Barr

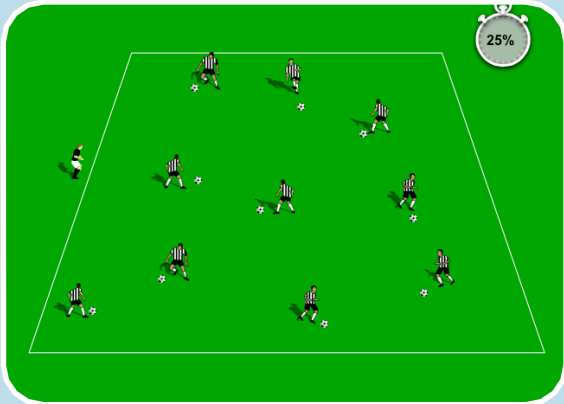


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)

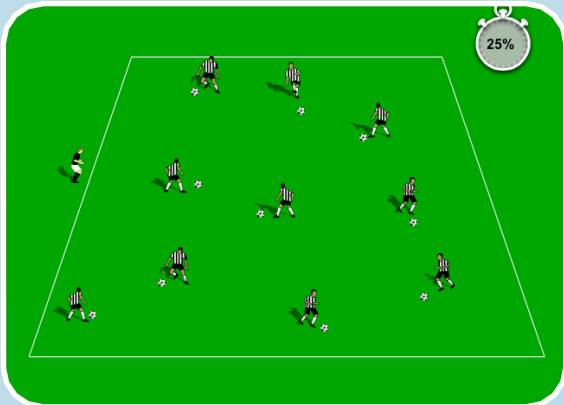
Introduce the Reverse (Drag Back)



SMALL-SIDED ACTIVITY

Body Parts

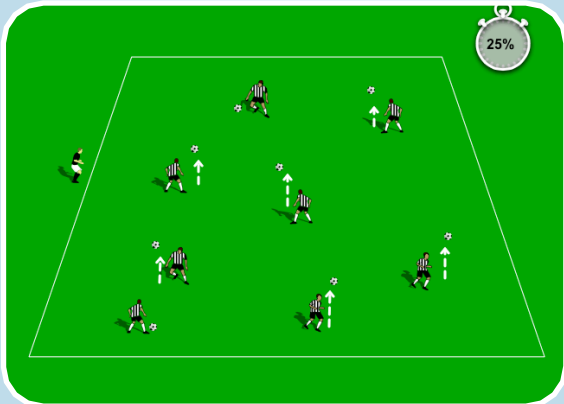
Every player has a ball as they are dribbling around the coach. The coach calls out a body part such as foot, back, belly, knee (right or left), butt etc... The player must stop the ball without using their hands and only using the called body part. On the "go" command from the coach they start to dribble around again.



SMALL-SIDED ACTIVITY

Balls in the Air

Each player dribbles around with a ball. On the coach's command they pick up the ball and toss it in the air and touch it before it hits the ground, then they dribble waiting for the coach's command again.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



Week 3 - 7 & 8 year olds - Passing

By Gary Stephenson & Mike Barr

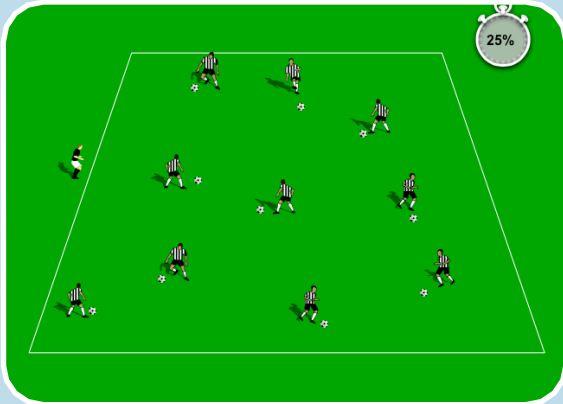


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)

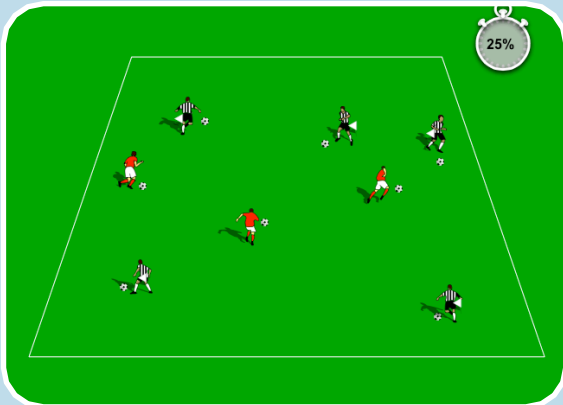
Introduce the J Cut (Cut Back)



SMALL-SIDED ACTIVITY

Fox and the Farmer

The group is split into 2 teams; the fox and the farmers. Each player has a ball. Each fox has a scrimmage vest tucked into the back of their shorts giving them fox tails. Each fox dribbles around keeping the ball away from the farmers. The farmers must try and pull out the fox tails while dribbling their ball. Once a fox has lost its tail they become a farmer. Play until there is only one fox.



SMALL-SIDED ACTIVITY

Hit the Robot Coach

The coach is a robot and walks around the field (like a robot). The players all have a ball and each player tries to hit the coach with the ball below the knee. They can only pass it with the inside of their foot. If their ball goes out of bounds they must complete a move 5 times to get back in. If the coach is hit, he or she loses an arm; if hit again the other arm, then again a leg (so you hop around). Game is done when the coach is hit the fourth time. Get a parent to be the next robot and the coach watches for passing technique.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



Week 4 - 7 & 8 year olds - Passing

By Gary Stephenson & Mike Barr

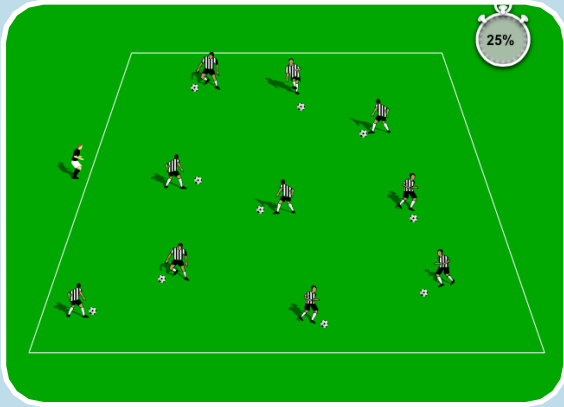


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)

J Cut



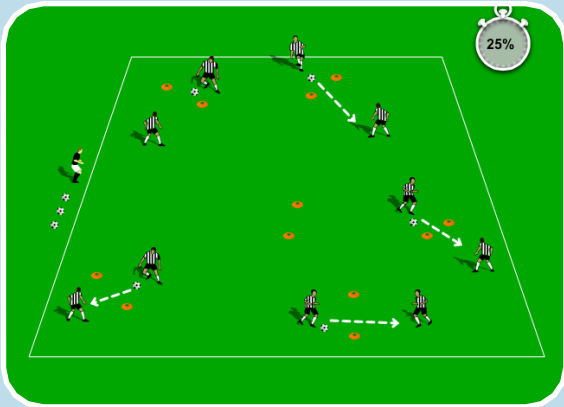
SMALL-SIDED ACTIVITY

Gate game

Set up lots of cones in pairs "gates" 3 feet apart all over the field

Players in pairs with one ball between the two go to a gate and stand 5-10 yds apart then pass to each other between the cones. To score a point they must control the ball and then pass back. Players should use both feet.

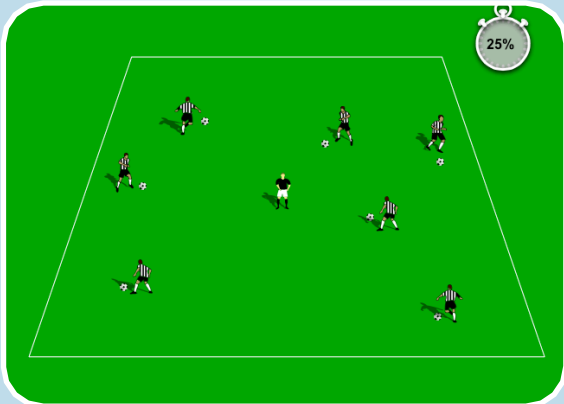
Then next progression is they make one pass each at a gate then go and find a new one as a pair



SMALL-SIDED ACTIVITY

Hit the Robot coach

The coach is a robot and walks around the field (like a robot). The players all have a ball and each player tries to hit the coach with the ball below the knee. They can only pass it with the inside of their foot. If their ball goes out of bounds they must complete a move 5 times to get back in. If the coach is hit, he or she loses an arm; if hit again the other arm, then again a leg (so you hop around). Game is done when the coach is hit the fourth time. Get a parent to be the next robot and the coach watches for passing technique.

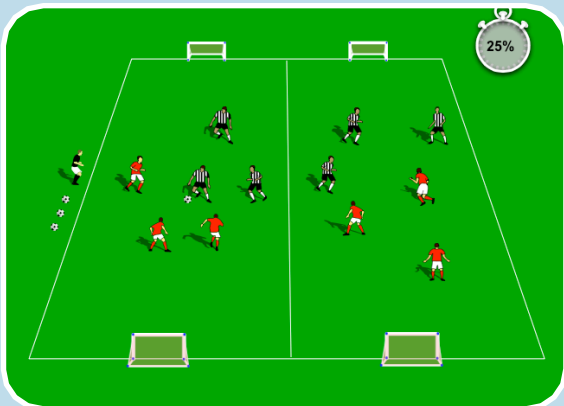


GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



Week 5 - 7 & 8 year olds - Passing

By Gary Stephenson & Mike Barr

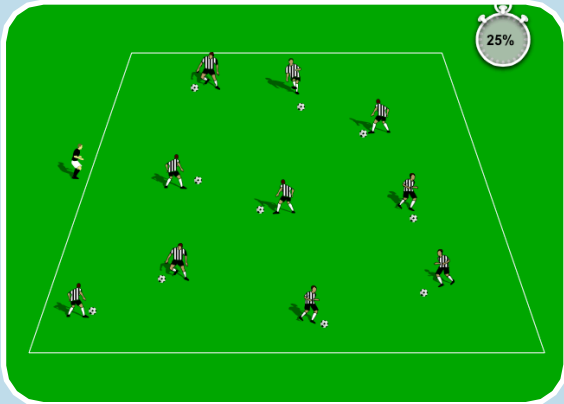


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

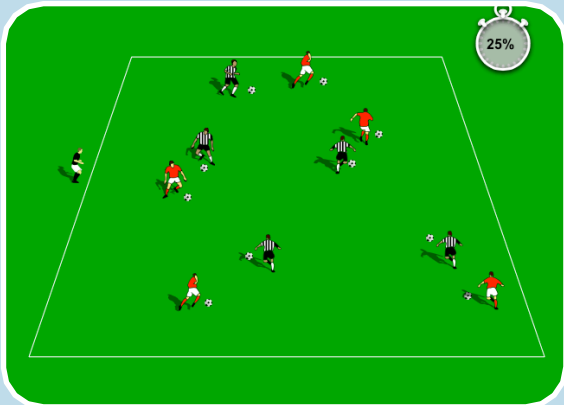
Introduce the Scissors



SMALL-SIDED ACTIVITY

Body Parts

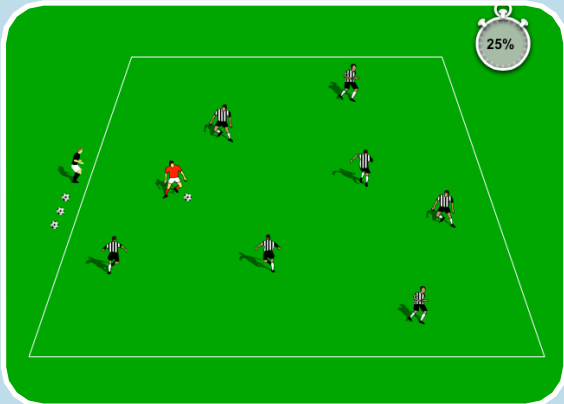
Every player has a ball as they are dribbling around the coach. The coach calls out a body part such as foot, back, belly, knee (right or left), butt etc... The player must stop the ball without using their hands and only using the called body part. On the "go" command from the coach they start to dribble around again.



SMALL-SIDED ACTIVITY

Pac Man

In a square one player has a ball and must try and tag the other players with the ball below the knee. If a player is tagged then they go and get a ball and become a Pac Man (Ms Pac Man) too. Game continues until there is one player left. They become Pac Man (Ms Pac man) in the next game at the start.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction.



Week 6 - 7 & 8 year olds - Dribbling

By Gary Stephenson & Mike Barr

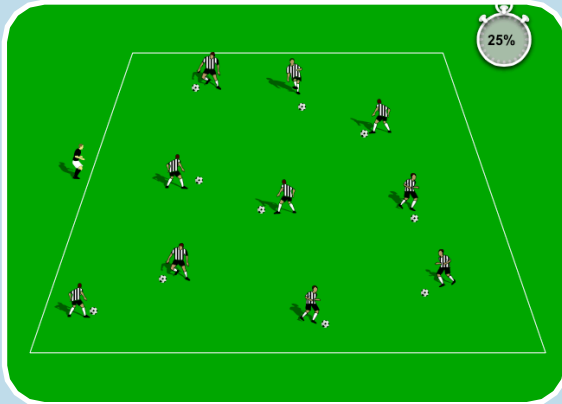


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

Scissors

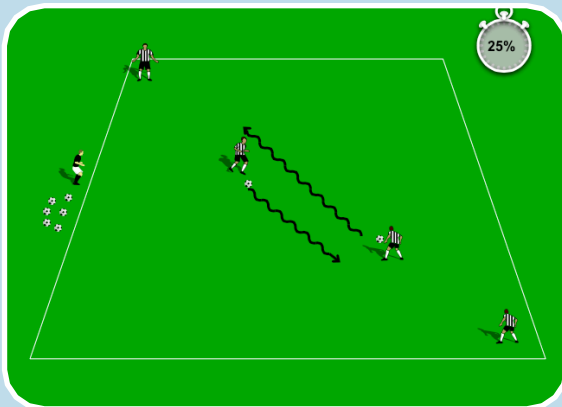


SMALL-SIDED ACTIVITY

Avoiding Collision

Players are placed equally in all the corners of a square. Two balls are used in the exercise. The object is to dribble the ball to the opposite corner (diagonal). Then the player at the corner takes the ball and dribbles the ball back to the corner. This keeps going while the other corners are completing the task too. The idea is to keep the player's heads up so avoid any collision. You can also have a coach put passive pressure in the center of the square.

You may put restrictions such as left or right foot dribbling only or utilizing various surfaces of the foot.

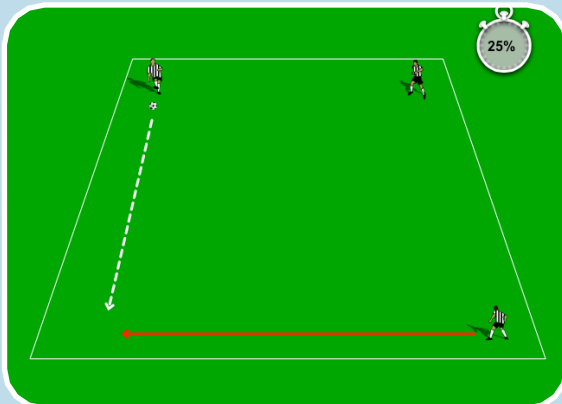


SMALL-SIDED ACTIVITY

Changing Square

Set up two or three squares any place on the field. The team is divided into groups so there is a group in each square. They dribble around in the square trying to keep the ball inside the square and not touch anyone. You come up with a hand signal which means they have to go to a new square (clockwise or counter clockwise). The first team in the new square dribbling around with out hitting anyone gains a point.

The hand signals promote the head up when dribbling and also you will see team work as they tell each other when and where to go.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



Week 7 - 7 & 8 year olds - Dribbling

By Gary Stephenson & Mike Barr



TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.

Coach shouts out:

“Green light” - Players move around the grid randomly

“Red light” - They stop the ball and put their foot on top (brake)

“Yellow light” – They move around slowly

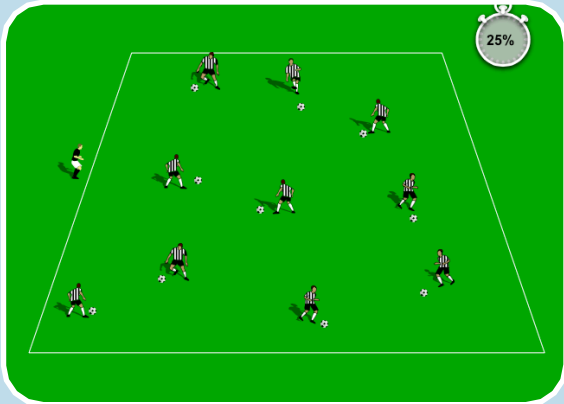
“Super green” – They move around fast (speed)

“Reverse” - They make do pull back (drag back)

“Hard Turn” - They perform a J Cut (Cut Back)

“Cross-roads” - they perform a scissors

Review all 3 moves

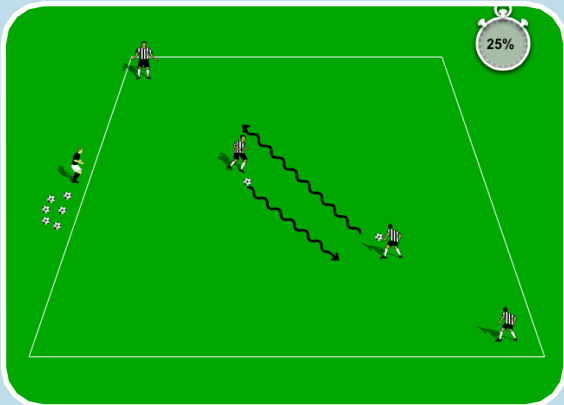


SMALL-SIDED ACTIVITY

Avoid Collision

Players are placed equally in all the corners of a square. Two balls are used in the exercise. The object is to dribble the ball to the opposite corner (diagonal). Then the player at the corner takes the ball and dribbles the ball back to the corner. This keeps going while the other corners are completing the task too. The idea is to keep the player's heads up so avoid any collision. You can also have a coach put passive pressure in the center of the square.

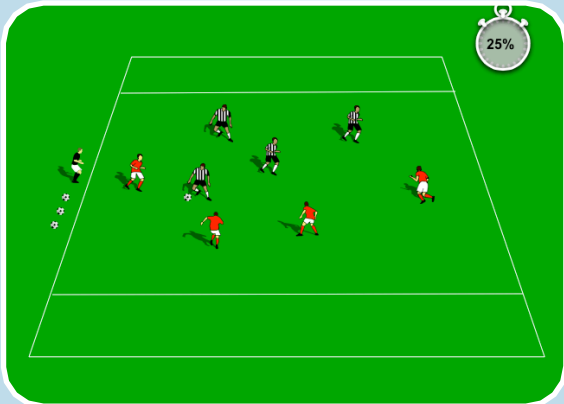
You may put restrictions such as left or right foot dribbling only or utilizing various surfaces of the foot.



SMALL-SIDED ACTIVITY

End Zone

Two end zones are added to the 20 yds x 20 yds grid. Players are split into 2 teams. A team scores by dribbling the ball into the end zone and stopping the ball. Nobody without a ball is allowed into the end zone. If felt needed, add extra balls to increase touches on the ball.



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



Week 8 - 7 & 8 year olds - Passing

By Gary Stephenson & Mike Barr

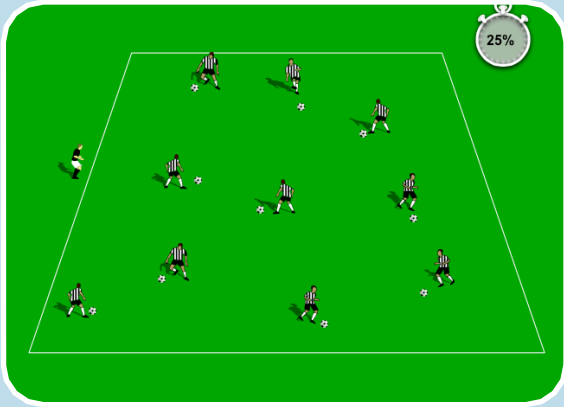


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

Review all 3 moves

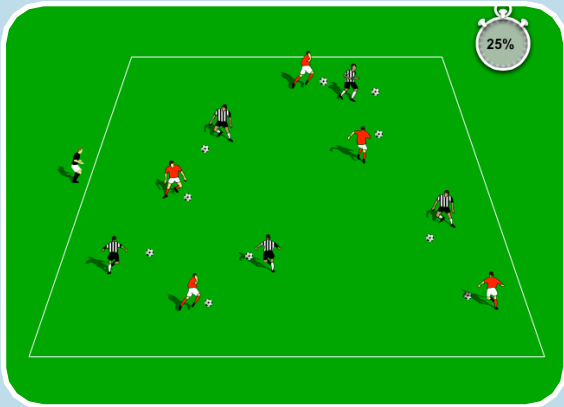


SMALL-SIDED ACTIVITY

Soccer Dodge Ball

Split the players into two teams
One team has a ball per player

The team with and without the balls are in the square. The team with the balls must try and hit the other team (below the knee). The team gets a point if they hit the other team only if they use an inside of the foot pass. If the player is hit they must run and give the coach a high five and they return to the game. Play for 3minutes and change team roles.

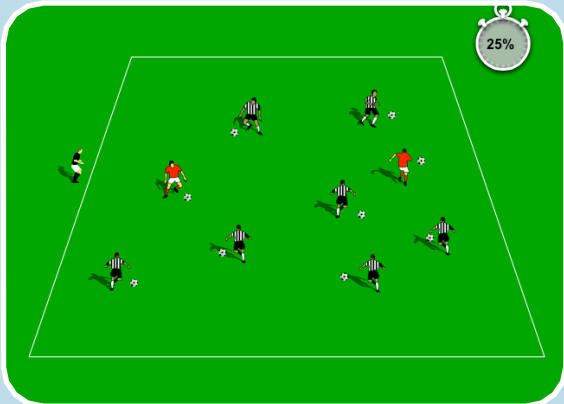


SMALL-SIDED ACTIVITY

Soccer Marbles

Each player has a ball
Two players who are selected as the kings or queens
The object is for the king and queen to dribble around inside the grid with their ball not being hit by the other player's balls.
Everyone else has a ball and tries to hit the king's or queen's ball by passing with the inside of the foot.

Play for timed period.

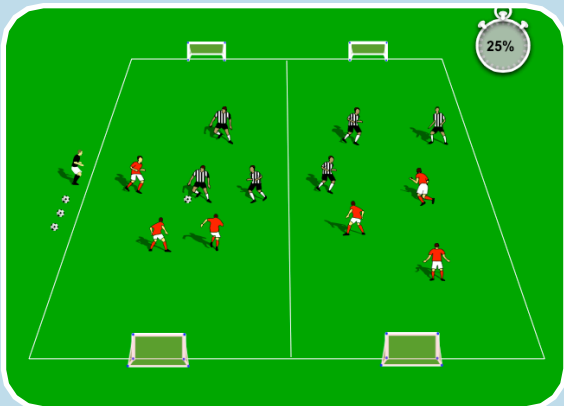


GAME

Split into 4 teams for 2 games

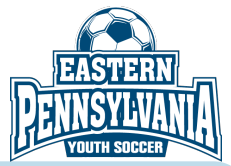
Let them play without any positions.

Let them play without too much direction



Week 9 - 7 & 8 year olds - Passing

By Gary Stephenson & Mike Barr

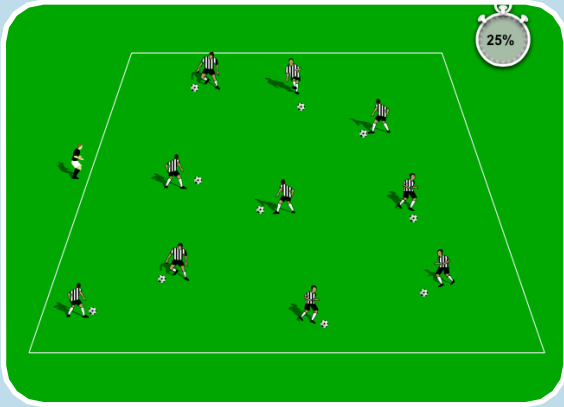


TECHNICAL WARM-UP

Red Light, Green Light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

Review all 3 moves

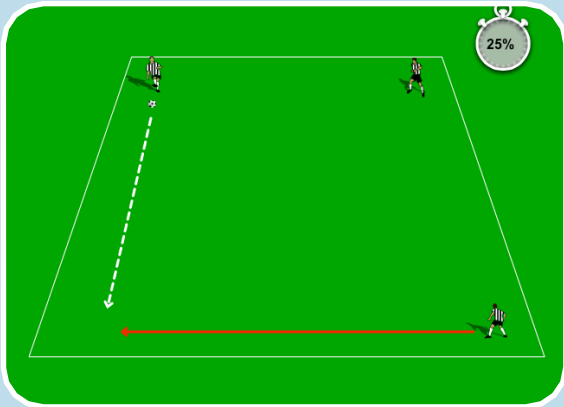


SMALL-SIDED ACTIVITY

Changing Square

Players are placed equally in all the corners of a square. Two balls are used in the exercise. The object is to dribble the ball to the opposite corner (diagonal). Then the player at the corner takes the ball and dribbles the ball back to the corner. This keeps going while the other corners are completing the task too. The idea is to keep the player's heads up so avoid any collision. You can also have a coach put passive pressure in the center of the square.

You may put restrictions such as left or right foot dribbling only or utilizing various surfaces of the foot.



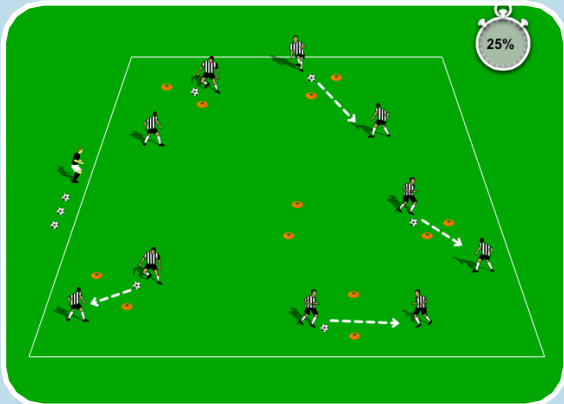
SMALL-SIDED ACTIVITY

Gate Game

Set up lots of cones in pairs "gates" 3 feet apart all over the field

Players in pairs with one ball between the two go to a gate and stand 5-10 yds apart then pass to each other between the cones. To score a point they must control the ball and then pass back. Players should use both feet.

Then next progression is they make one pass each at a gate then go and find a new one as a pair



GAME

Split into 4 teams for 2 games

Let them play without any positions.

Let them play without too much direction



Week 10 - 7 & 8 year olds

By Gary Stephenson & Mike Barr

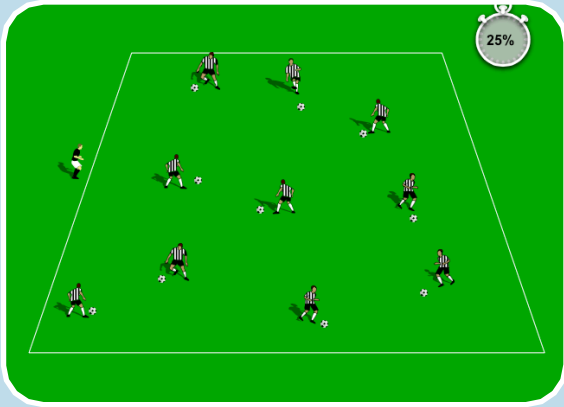


TECHNICAL WARM-UP

Red light, Green light

Players are in a 20yd X 20yd grid each player has a ball.
Coach shouts out:
"Green light" - Players move around the grid randomly
"Red light" - They stop the ball and put their foot on top (brake)
"Yellow light" - They move around slowly
"Super green" - They move around fast (speed)
"Reverse" - They make do pull back (drag back)
"Hard Turn" - They perform a J Cut (Cut Back)
"Cross-roads" - they perform a scissors

Review all 3 moves



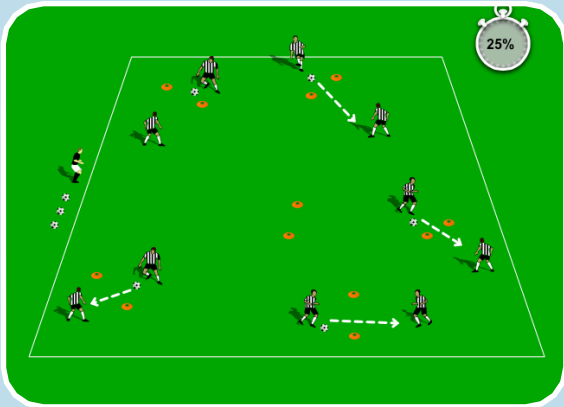
SMALL-SIDED ACTIVITY

Gate game

Set up lots of cones in pairs "gates" 3 feet apart all over the field

Players in pairs with one ball between the two go to a gate and stand 5-10 yds apart then pass to each other between the cones. To score a point they must control the ball and then pass back. Players should use both feet.

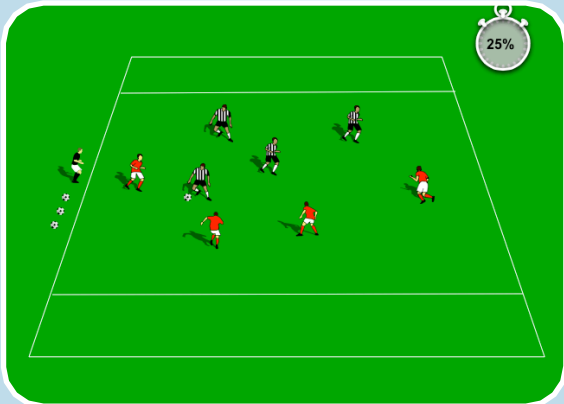
Then next progression is they make one pass each at a gate then go and find a new one as a pair



SMALL-SIDED ACTIVITY

End Zone

Two end zones are added to the 20yd x 20yd grid. Players are split into 2 teams. A team scores by dribbling the ball into the end zone and stopping the ball. Nobody without a ball is allowed into the end zone. If felt needed, add extra balls to increase touches on the ball.

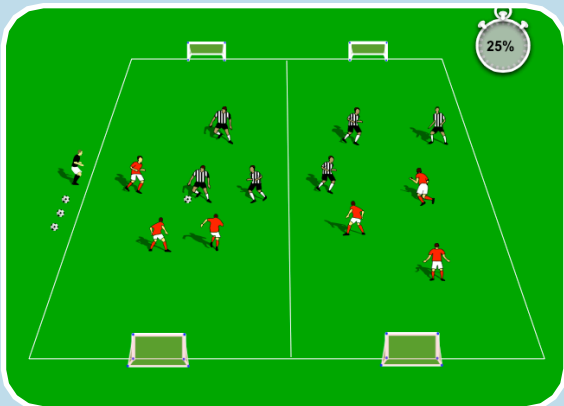


GAME

Split into 4 teams for 2 games

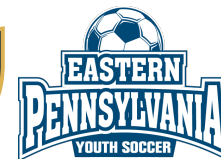
Let them play without any positions.

Let them play without too much direction



Planning - Understanding a Session Plan

By...Author, date, session number & length of time



TECHNICAL WARM-UP

OBJECTIVES

Try to have a ball each

Never warm up with out balls being present

COACHING POINT

Basic introduction to topic



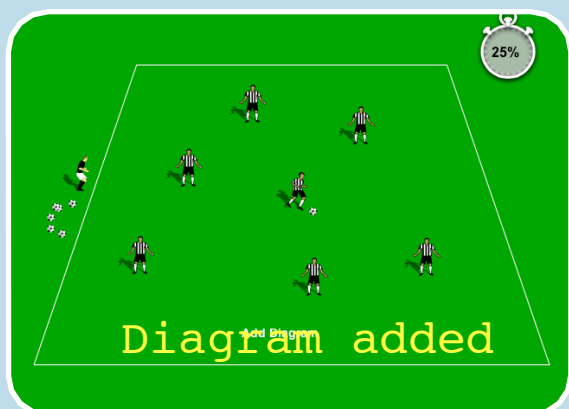
SMALL-SIDED ACTIVITY

OBJECTIVES

Theme taught at individual level or in two lots of separation and touched of the ball
1v1, 2v2

COACHING POINT

Specific points on an individual level, very direct and informative



EXPANDED SMALL-SIDED ACTIVITY

OBJECTIVES

A Continuation from above but into a game situation or teams of more than 2v2

COACHING POINT

Show how it fits into the bigger picture 'the game'

Identify positive & negative attached to theme, stop recreate the allow play to continue from the coaching point



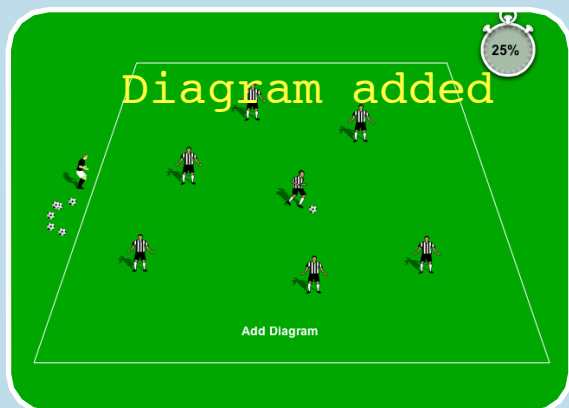
GAME

OBJECTIVES

Regular Scrimmage
Free play no conditions
State formations

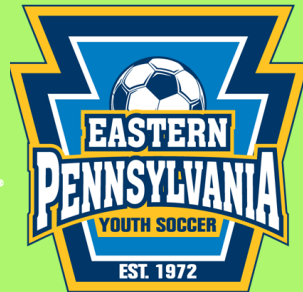
COACHING POINT

Allow the play as above stop at least once to re-enforce theme



Training Program

Mike Barr, Director of Coaching
Gary Stephenson, Assistant Director of Coaching



Under 8 Season Plan

Eastern Pennsylvania Youth Soccer
4070 Butler Pike, Suite 100
Plymouth Meeting, PA 19462
Ph: 610-238-9966
EPYSA.org
gstephenson@epysa.org

How to Organize Your Team

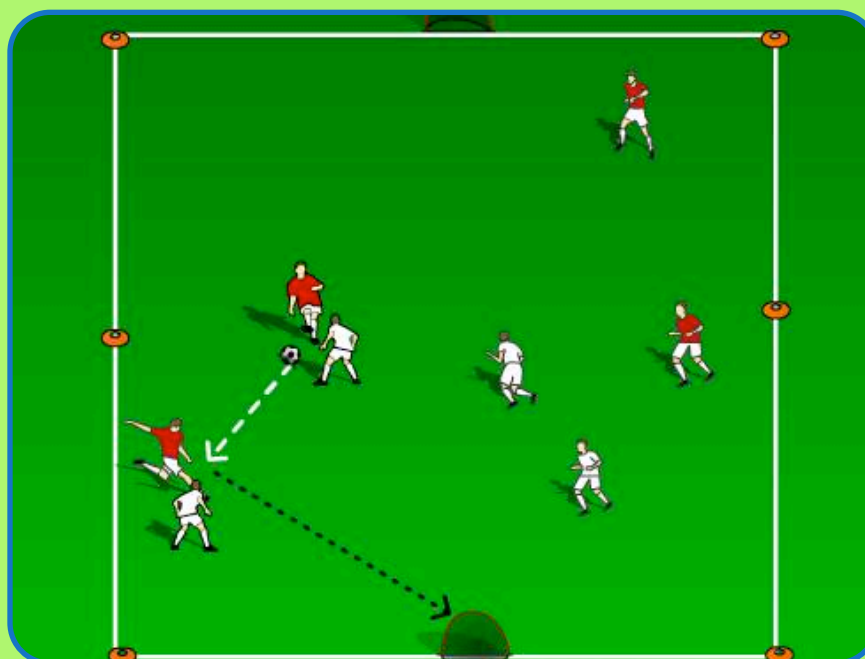
Coaches,

We are providing a more refined coaching curriculum to address the ages U6 to U12 for 2015 and 2016. We feel it is important to develop technical objectives for these age as well as incorporating group and team tactics at the older ages. We recognize that development varies from child to child and feel it is important at the younger ages to realize the potential in every child and provide appropriate instruction. Plan to have objectives for the year that reflect the skill level of the team your coaching. Here are a few general objectives for the U6 to U12 player:

U8 Player

- Introduction of dribbling moves to possess or beat a defender
- Passing and receiving across their body with the inside of the foot utilizing proper technique
- Movement in and out of space
- Striking the ball properly with the instep when shooting
- More acute awareness of roles and responsibilities in transition
- Role of first defender and proper tackling technique
- Introduction of receiving air balls with chest, thigh and instep
- Introduction of combination play
- Introduction of juggling with various surfaces

Formation by Numbering position



U.S. SOCCER - Numbering

By Gary Stephenson & Mike Barr

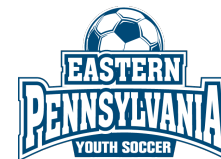


U.S. Soccer's Numbering System (GK-4-3-3)



Goal/Objectives Setting

By Gary Stephenson & Mike Barr



Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

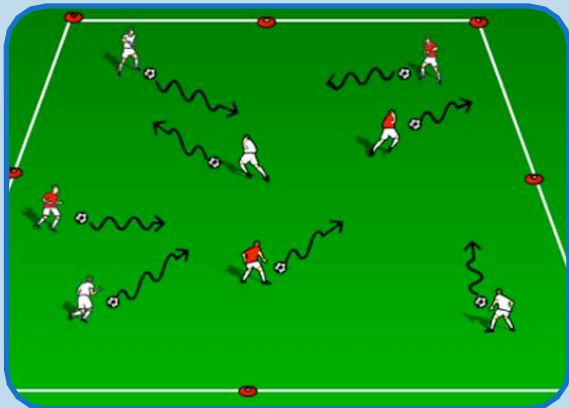
TECHNICAL WARM-UP

All the Surfaces - Ball Manipulation

TRAINING AREA = 20W x 30L. Each player has a ball at their feet in the space. Coach should demonstrate how to touch the ball with all the surfaces - Inside, Outside, Bottom (sole), Heel, and Toe. Players should dribble around and wait for the coach to call "PART OF THE FOOT - TOE" - in which they then touch that part of the foot to the ball. Encourage them to use see how fast they can go inside, Outside, Bottom (sole), Heel, and Toe

Technique of Dribbling: -Head up, eyes looking forward, light on your toes - Quick feet to avoid defenders and change direction with the ball

Tactics of Dribbling: -Look for open space. -Keep the ball close when defenders are nearby -Bigger touches into space to go fast



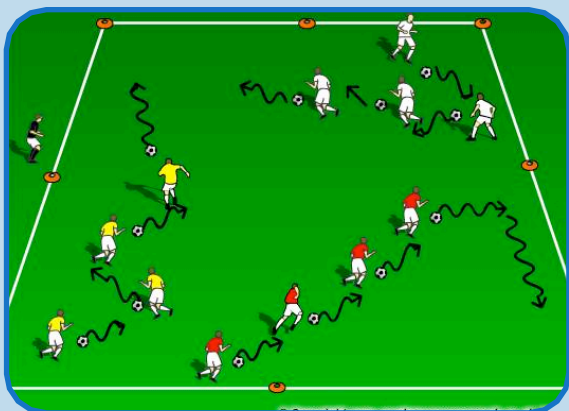
SMALL-SIDED ACTIVITY

Follow the Leader

TRAINING AREA = 20W x 30L. Divide the players into groups evenly. Each player should have a ball. Designate (1) players the group's leader. The leader should dribble throughout the space, changing speed & direction. The rest of the group should keep and not allow large gaps between each other. After 30-45 sec rotate leaders.

Technique of Dribbling: -Head up, eyes looking forward, light on your toes - Quick feet to avoid defenders and change direction with the ball

Tactics of Dribbling: -Look for open space. -Keep the ball close when defenders are nearby -Bigger touches into space to go fast



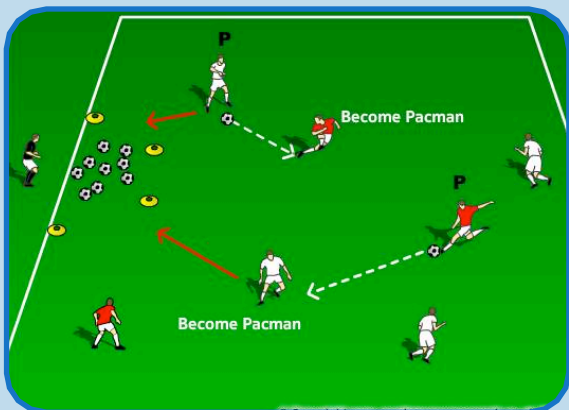
SMALL-SIDED ACTIVITY

Pacman

TRAINING AREA = 20W x 30L. Place the ball in a group, and position cones around them. Coach starts out as pacman. Dribble around and pass the ball into players legs (BELOW THE KNEE). If they get hit, then go and retrieve a ball, and join as pacman. Play until (1) player remains. They get to start as Pacman the next game

Technique of Dribbling: -Small touches to change direction (inside & outside foot) -Large touches to go faster (outside foot) -Bottom of foot (sole) to stop moving and change direction

Tactics of Dribbling & Passing: -Anticipate where the player will run -Pass & dribble into space the player is moving

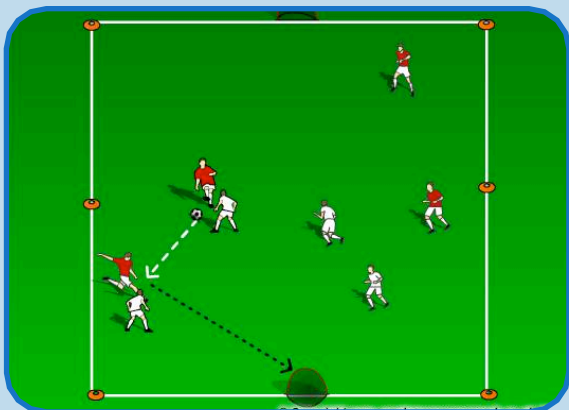


GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above





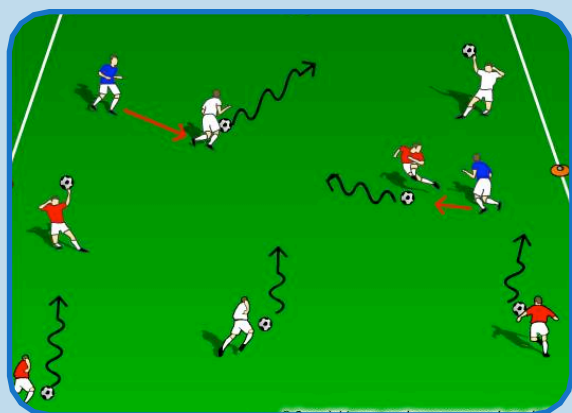
Penny Tag

TECHNICAL WARM-UP

TRAINING AREA = 20W x 30L. Each player has a ball at their feet. They must keep possession of the ball at all times. Give 1/3 of the players a penny to hold in their hand. Players need to dribble after one another and 'tag' them with the penny (NO THROWING). If you get tug, then you take the penny to take someone else. NO TAG BACKS. Play for time, don't end up with the penny!

Technique of Dribbling -Use the outside of the foot to go faster into space -Use the inside of the foot to change direction more quickly -Head up, and eyes forward when dribbling

Tactics of Dribbling -Find the open space -Change speed & direction often to get away from defenders and tagger



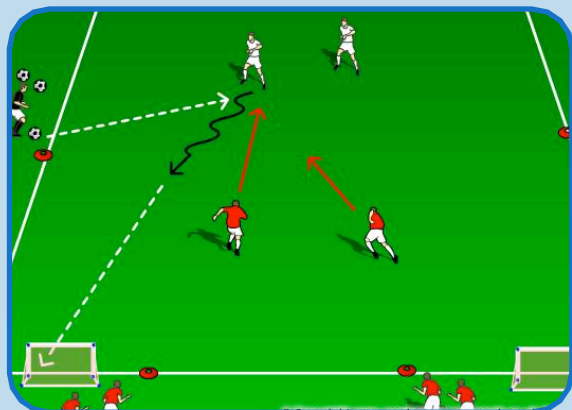
Freeze Tag

SMALL-SIDED ACTIVITY

TRAINING AREA = 20W x 30L. 1/4 (25%) of the players do not have balls, and 3/4 (75%) of the players have balls at their feet. Players must dribble the ball, and keep possession at all times. Try to avoid being tug. If you get tug, stop the ball and hold it above your head. Wait for a teammate to tag you to reenter the game. The game is over when everyone has been tug

Technique of Dribbling -Use the outside of the foot to go faster into space -Use the inside of the foot to change direction more quickly -Head up, and eyes forward when dribbling

Tactics of Dribbling -Head up, always looking for open space -Change directions as often as possible to avoid being tug, and to find new space

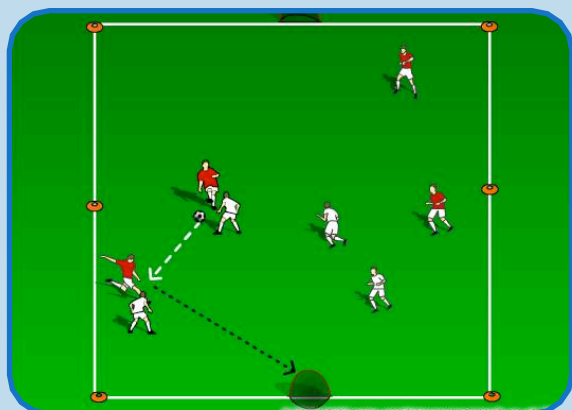


SMALL-SIDED ACTIVITY

TRAINING AREA = 20W x 30L. Place (2) cones 3 yards apart on each end-line in the corner to make (4) total goals throughout the space. Position (2) cones between the goals for players to rest. Coach starts with the ball and plays to one team. (2) players from each team run onto the field and play until there is a goal or the ball goes out of bounds. Goals are scored by passing through the cones. Run back to your line and switch.

Passing & Dribbling Decisions:

What part of the foot should I use to dribble quickly or slowly?; Why should I keep my head up and looking at the whole field? -How can I change direction if 1 goals has defenders near it?



GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above

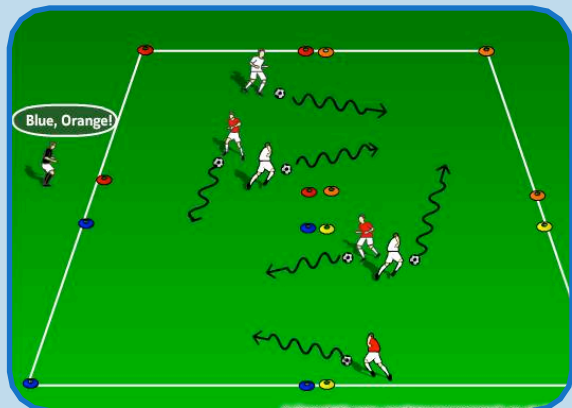
4 Colors, 4 Zones

TECHNICAL WARM-UP

TRAINING AREA = 20W x 30L. Place (4) cones in each Quarter of the space 5W x 12L using (4) different colors. There should be (4) different colored spaces in the grid. Players should each have a ball at their feet. Players dribble around in the space until the coach calls out (1-2) colors. All player rush towards the colored box. **DONT BE LAST!!!** Variations: -Use only R Foot - Use only L Foot -Dribble only with inside of foot -Dribble only with outside of foot

Technique of Dribbling: -Head up, eyes looking forward to open space -Toe down (laces), heel up while dribbling the ball

Technique of Changing Direction: -Identify space without defenders -Position the ball aware from body - check shoulder for open space - reach for ball to turn -Get low on turn to move fast after change of direction



Base Tag

SMALL-SIDED ACTIVITY

TRAINING AREA = 20W x 30L. Place (4) bases made up of 3 cones (4x4x4) throughout the space. Designate a groups of player who are "it" to begin the game. The players who are it, are without a ball. Those who are not it have a ball. Only (1) player can be in a base at a time. If you are in a base, and someone new comes into the base you get "bumped" out. If you get tug outside the base, run over to coach to perform ball skills to enter the game again (juggles or toe taps #). After 2-3minutes, there is no re-entry once tug. Players rest outside space. Coach need to the bases 1 by 1 to ensure there are fewer bases than players remaining

Technique of Dribbling: -Small touches to move quickly into the base; Large touches to move through open space without being tug

Tactics of Dribbling: -Head up, and eyes forward. -Look for open space, or base to enter with dribble



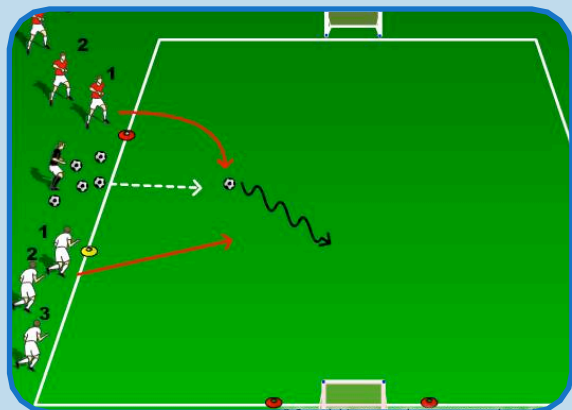
SMALL-SIDED ACTIVITY

Slot Machine Match-ups

TRAINING AREA = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

Dribbling Decisions:

-What part of the foot can I use to: stop the ball, go faster, slow down? -Where should I make my 1st touch? -How do I know when to change direction? - What can I do if I am not able to dribble?

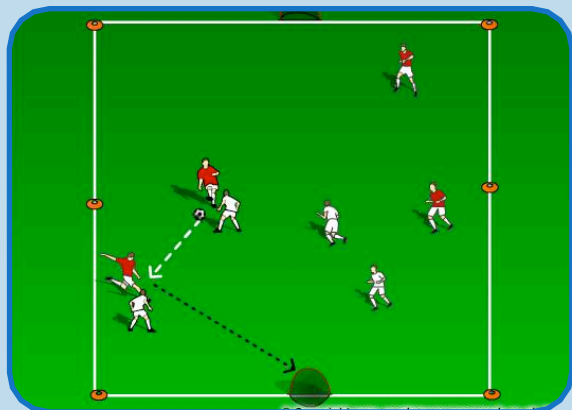


GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above



Clean your room

TRAINING AREA = 20W x 30L. Make (3) Channels 20W x 10L. The middle channel is called the **HALLWAY** and is **FOR COACHES ONLY**. Divide the players evenly, and place them in the outside channels. Players should try to kick the ball into the other team's room. The goal is to have as few balls as possible at the end of time. Players are restricted to their zones, and coaches can send balls from the hallway back into their rooms. After a set period of time end the game and check to see who has the most balls - messiest room - to determine a winner. Clean Room = fewest balls Dirty Room = most balls

Technique of Passing:

- Strike the middle of the ball
- Position your non-kicking foot alongside the ball, pointed at your target
- Lock your angle, toe up, heel down
- Follow through the ball



TECHNICAL WARM-UP

Kick the Coach

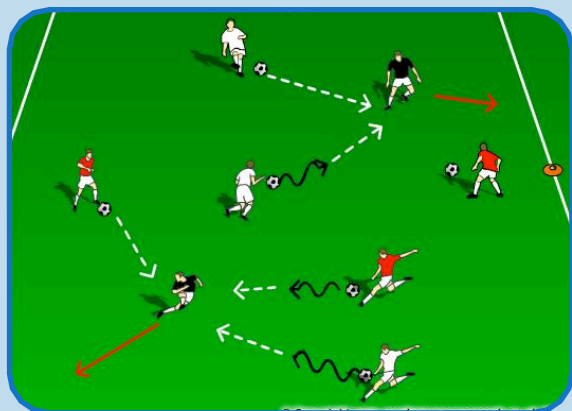
TRAINING AREA = 20W x 30L. Each player should have a ball at their feet. Players are to dribble around and try to "kick the coach" = pass the ball into the coach (below the knee). Points are scored for hitting the coach. Play for time - record scores.

Technique of Passing:

- Distance of the ball away from body will allow for more speed & weight on the ball
- Last touch before striking the ball should be in front of player and towards target
- Follow through the ball to keep control and place ball below knee

Tactics of Passing:

- Pass ball into space where coach is moving
- Head up and look forward to see available spaces to move & pass



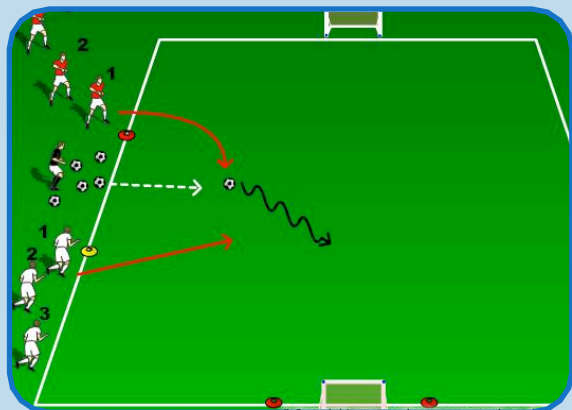
SMALL-SIDED ACTIVITY

Slot Machine Match-ups

TRAINING AREA = 20W x 30L. Place (1) goal at each end of the space. Number the players #1-4 if possible. Position each group, white & red on opposite sides of Coach. Coach will play a ball into the field and call a (#) number(s). If your number is called run onto the field. If a goal is scored, or the ball goes out of bounds, run quickly back to your line. Play 1v1, 1v2, 2v2, 2v3, 3v3 - Rotate numbers

Passing & Dribbling Decisions:

- What part of the foot can I use to: stop the ball, go faster, slow down?
- Where should I make my 1st touch?
- What should I do if I cant dribble?
- Who I should I look to if I cant score?

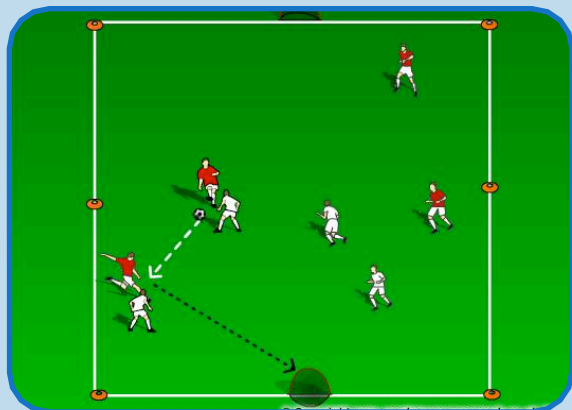


GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above



Ball Tag

TECHNICAL WARM-UP

TRAINING AREA = 20W x 30L. All players should have a ball at their feet. Players should dribble throughout the space and try to tag someone else's ball by passing their ball into the other ball. After they have tagged someone's ball, then should try to tag someone else. Players can tag the same player twice until they have tagged everyone

Technique of Passing:

- Distance of the ball away from body will allow for more speed & weight on the ball
- Last touch before striking the ball should be in front of player and towards target

Tactics of Passing:

- Pass ball into space where ball is moving
- Head up and look forward to see available spaces to move & pass

Gates Passing

SMALL-SIDED ACTIVITY

TRAINING AREA = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Players should work in pairs with (1) ball between them. Players are to pass to one another through each gate. Count the number gates passed through during specific time period. Players have to go through each gate once before they can go through the same gate again.

Technique of Passing:

- Use the inside of the foot to strike the middle of the ball
- Put your non-kicking foot next to the ball, and point it to your teammate
- Follow through with your kick/pass

Tactics of Passing:

- Pass to your teammate, or where they will be

SMALL-SIDED ACTIVITY

2v2 Continuous

TRAINING AREA = 20W x 30L. Place (2) tall cones 5 yds wide on each endline, making a goal. Position players in each corner of the space. The game begins when the coach plays the ball to one team. The game is played until there is a goal, or the ball goes out of bounds. Players run off, and the next group steps on. Play for time or number (#) of goals scored

Passing & Dribbling decisions:

- Do I need to take small touches or big touches when dribbling?
- Where should I look first when I receive the ball?
- Who can I look to if I have a defender near me?
- What can I do to help me teammate if they have the ball?

GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above

TECHNICAL WARM-UP

Gates Dribble

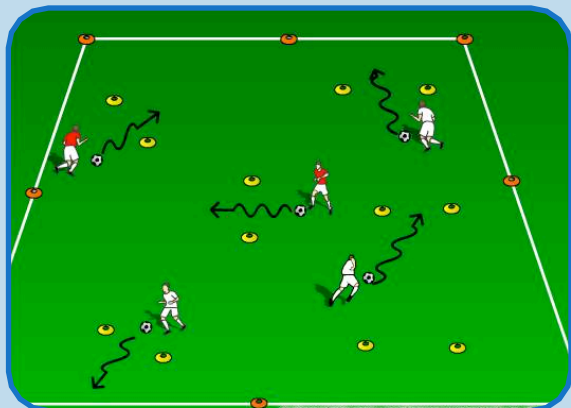
TRAINING AREA = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Each player should have a ball at their feet. Count the number of gates dribbled through in a specific amount of time. Players have to go through each gate before they can go through the same gate again. Variations - -R foot only -L foot only -Inside foot dribble - Laces dribble

Technique of Dribbling:

-Head up, eyes looking forward to open space -Direct touches towards space that you want to enter

Tactics of Dribbling:

-Smaller touches to get through gate -Larger touches in space to a new gate



SMALL-SIDED ACTIVITY

Gates Passing

TRAINING AREA = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Players should work in pairs with (1) ball between them. Players are to pass to one another through each gate. Count the number of gates passed through during a specific amount of time. Players have to go through each gate once before they can go through the same gate again.

Technique of Passing:

-Use the inside of the foot to strike the middle of the ball -Put your non-kicking foot next to the ball, and point it to your teammate -Follow through with your kick/pass

Tactics of Passing:

-Pass to your teammate, or where they will be



SMALL-SIDED ACTIVITY

Gates Passing with Defenders

TRAINING AREA = 20W x 30L. Place a pairs of cones (2-3 yds wide) throughout the space making several gates. Players should work in pairs with (1) ball between them. Players are to pass to one another through each gate. Pass for time to collect the highest number of gates. Players have to go through each gate before they can go through the same gate again. Defenders can steal the ball and dribble around to keep the ball away from the pairs. Pairs should steal ball back from defender and keep counting their gates.

Passing & Dribbling Decisions:

-What should I do pass or dribble? -Who am I looking for to know if I should pass or dribble? -Where should we go to keep possession of the ball?

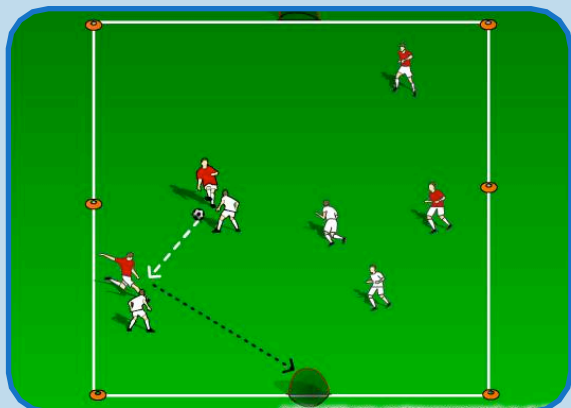


GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above



TECHNICAL WARM-UP

Cone Destruction - Builders & Breakers

TRAINING AREA = 20W x 30L. Place 8-10 tall cones throughout the space. Give 3/4 (75%) of the players balls (breakers). The other 1/4 (25%) of players are without balls (builders). **BREAKERS** = The players with the ball should try to dribble/pass into the cones and "knock them over." **BUILDERS** = Players without the balls can tackle the ball and knock away the ball. The players without the ball can "save" the cones by standing them back up once they've been knocked down. Objective = To have all the cones knocked over at one time.

****Coach should select builders & breakers**

Technique of Dribbling:

-Head up, eyes looking forward to open space -Toe down, heel up (laces) -Inside foot

Tactics of Dribbling:

Identify space without defenders -Small touches to change direction -Large touches to move quicker in open space



SMALL-SIDED ACTIVITY

Cone Destruction - Builders & Breakers + Partners

TRAINING AREA = 20W x 30L. Place 8-10 tall cones throughout the space. 3/4 (75%) of the players should be in pairs with one ball between them (breakers). The other 1/4 (25%) of players are without balls (builders). The players with the ball should try to dribble/pass into the cones and "knock them over." Players without the balls can tackle the ball and knock away the ball. The players without the ball can "save" the cones by standing them back up once they've been knocked down. Objective = To have all the cones knocked over at one time.

****Coach should select builders & breakers**

Technique of Passing:

-Watch your eyes make contact with the ball -Strike the center of the ball

Tactics of Passing:

-If you don't have the ball, move so your teammate can "see" you with the ball & their eyes -If you can't dribble, then look for your teammate to share the ball and move the defender



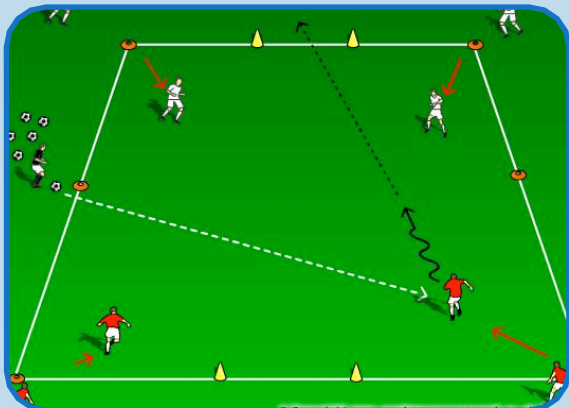
SMALL-SIDED ACTIVITY

2v2 Continuous

TRAINING AREA = 20W x 30L. Place (2) tall cones 5 yds wide on each end-line, making a goal. Position players in each corner of the space. The game begins when the coach plays the ball to one team. The game is played until there is a goal, or the ball goes out of bounds. Players run off, and the next group steps on. Play for time or number (#) of goals scored

Passing & Dribbling decisions:

-Do I need to take small touches or big touches while dribbling -How can I get into open space? -Where should I look first when I receive the ball? -Who can I look to if I have a defender near me? -What can I do to help my teammate if they have the ball?

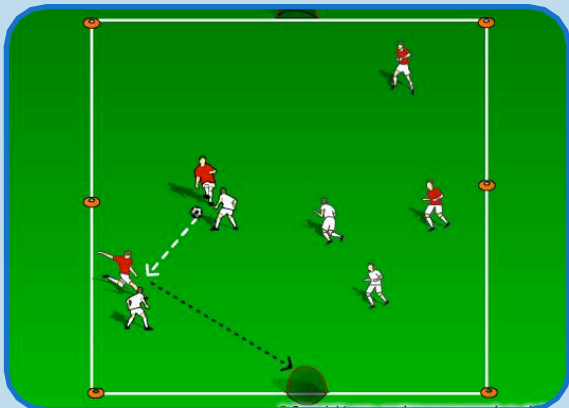


GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above



TECHNICAL WARM-UP

All the Surfaces - Ball Manipulation

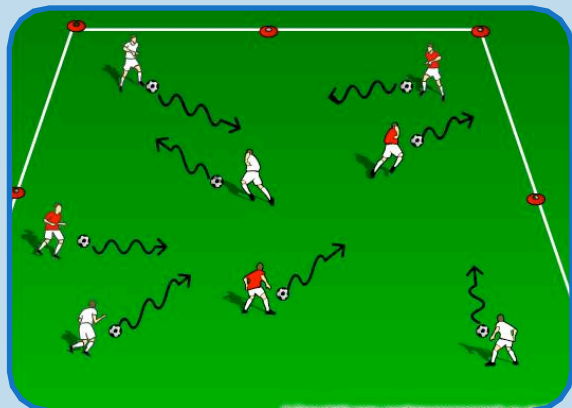
TRAINING AREA = 20W x 30L. Each player has a ball at their feet in the space. Coach should demonstrate how to touch the ball with all the surfaces - Inside, Outside, Bottom (sole), Heel, and Toe. Players should dribble around and wait for the coach to call "PART OF THE FOOT - TOE" - in which they then dribble with that part of the foot to the ball. Encourage them to use see how fast they can go inside, Outside, Bottom (sole), Heel, and Toe

Technique of Dribbling:

-Head up, eyes looking forward, light on your toes -Quick feet to avoid defenders and change direction with the ball

Tactics of Dribbling:

-Look for open space. -Keep the ball close when defenders are nearby -Bigger touches into space to go faster



4 Colors, 4 Zones

SMALL-SIDED ACTIVITY

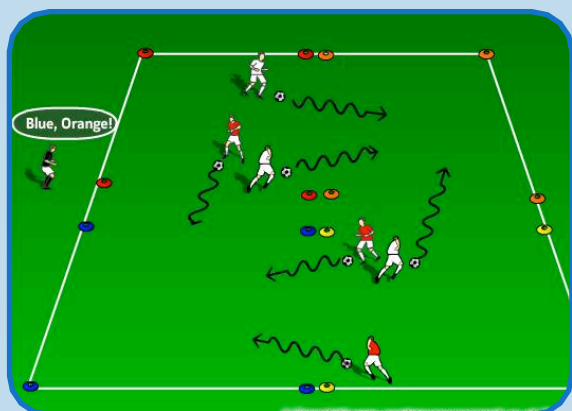
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Technique of Dribbling:

-Head up, eyes looking forward to open space -Toe down, heel up (laces) - Inside foot

Technique of Changing Direction:

-Identify space without defenders -Position the ball aware from body - check shoulder for open space - reach for ball to turn -Get low on turn to move fast after change of direction



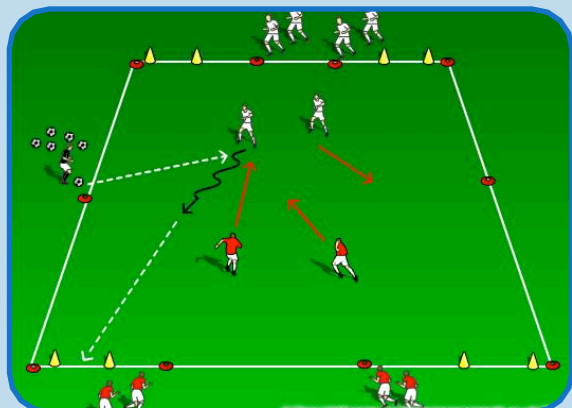
SMALL-SIDED ACTIVITY

2v2 with (4) Goals.

TRAINING AREA = 20W x 30L. Place (2) cones 3 yards apart on each end-line in the corner to make (4) total goals throughout the space. Position (2) cones between the goals for players to rest. Coach starts with the ball and plays to one team. (2) players from each team run onto the field and play until there is a goal or the ball goes out of bounds. Goals are scored by passing through the cones. Run back to your line and switch.

Passing & Dribbling Decisions:

-What part of the foot should I use to dribble quickly or slowly? -Why should I keep my head up and looking at the whole field? -How can I change direction if 1 goals has defenders near it? -Who can I look to if I can not dribble?

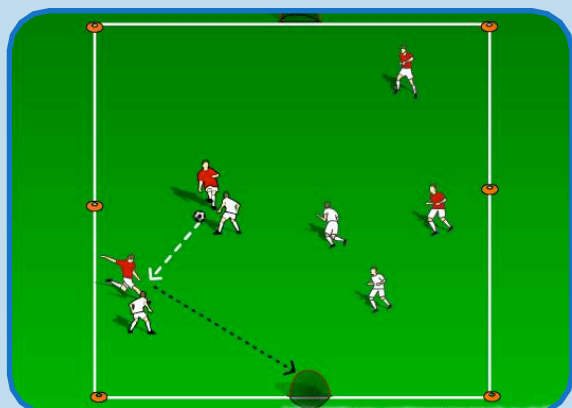


GAME

Play 4v4. Set up as many fields as the numbers will allow (20W x 30L).

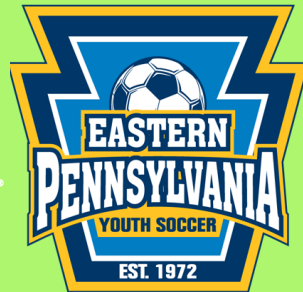
Play for 8 minutes, get a water break, and play again.

Reinforce all coaching points above



Training Program

Mike Barr, Director of Coaching
Gary Stephenson, Assistant Director of Coaching

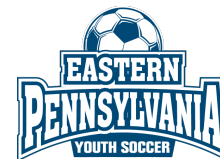


Under 10 Season Plan

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Coaching U10s

By Gary Stephenson & Mike Barr



How to Organize Your Team

Coaches,

We are providing a more refined coaching curriculum to address the ages U6 to U12 for 2015 and 2016. We feel it is important to develop technical objectives for these age as well as incorporating group and team tactics at the older ages. We recognize that development varies from child to child and feel it is important at the younger ages to realize the potential in every child and provide appropriate instruction. Plan to have objectives for the year that reflect the skill level of the team your coaching. Here are a few general objectives for the U6 to U12 player:

U10 Player

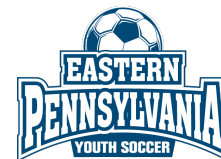
- Dribbling moves under pressure
- Role of first and second defenders
- Use of both feet consistently
- Delivering longer balls
- Learning to serve and properly receive flighted balls consistently
- Supporting runs off the ball and more sophisticated combination play
- Recognize roles and responsibilities by position
- Awareness of the numerical positioning system employed by US Soccer
- Introduction of catching the ball and angle play with the keeper

Formation by Numbering position



U.S. SOCCER - Numbering

By Gary Stephenson & Mike Barr

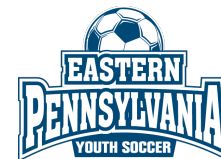


U.S. Soccer's Numbering System (GK-4-3-3)



Goal/Objectives Setting

By Gary Stephenson & Mike Barr



Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

Reasons kids play sports:

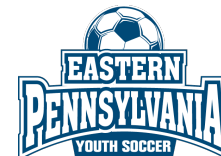
- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

U10 Week 1

By G Stephenson, Assistant Technical Director

Improving players ability to beat players in 1v1 situations through individual dribbling moves



Free Dribble & 1v1 Moves

TECHNICAL WARM-UP

TRAINING AREA = 30W x 40L. All players in the space have a ball at their feet. Freely dribble throughout the space, performing individual moves. On coaches command players can perform:

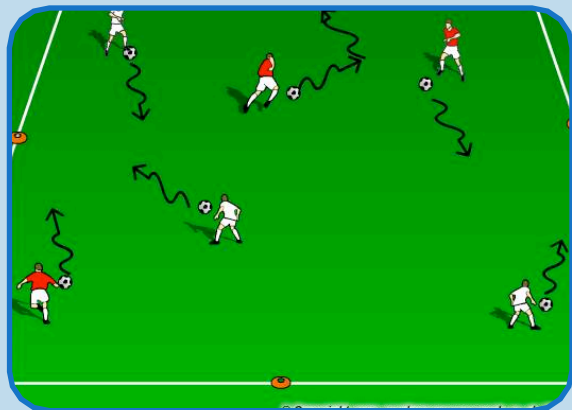
*Inside-Outside, Step-over & go, pull-push-go, outside cut, inside cut, etc.

Coaching Points

Dribble with the outside of your foot to accelerate into open space with the ball away from your body (toe down, heel up). Dribble with the inside of your foot to change directions, or maintain possession closer to your body to keep it away from your opponents (heel down, toe up)

*Where - Into open space by changing direction and speed

*When - The moment space becomes available & I recognize that I can enter it



SMALL-SIDED ACTIVITY

4v4 Endzone Soccer -

TRAINING AREA = 30W x 40L. Build a small "endzone" at each end of the field = 30W x 5L. Score by dribbling into the endzone. Players can only enter the endzone if they are dribbling the ball, or recovering defensively after the person dribbling the ball. 1pt. = dribble into endzone under control; 2pts = beat (1) opponent, and dribble into the endzone under control; 5pts = beat more than (1) opponent, and dribble into endzone under control; **Play to 10pts.

Coaching Points

Keep your head up when receiving the ball, or in possession to identify areas of the field to penetrate with the dribble.

If there is space behind a defender, look dribble and change direction to unbalance the defender

*What - Recognizing 1v1 situations to try and beat your opponent

*Where - Open space in front. and behind the defender



EXPANDED SMALL-SIDED ACTIVITY

5v5 - 2 goals

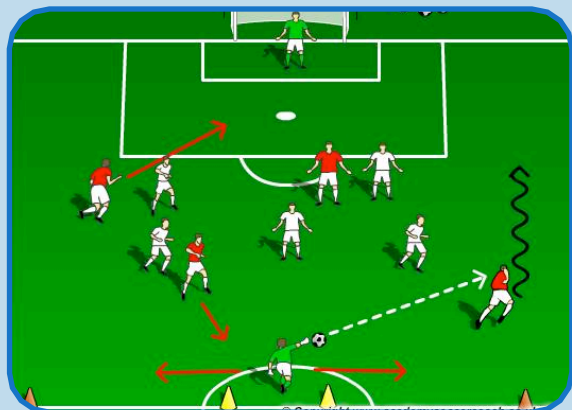
TRAINING AREA = 50W x 60L. Place (1) large goal at one end of the field and (3) small goals made from cones at the other end of the field, approximately 3 yards wide. Position balls at each of the field for easy access. Play for set period of time, or number of goals (determined by coach). Players scoring on the small goals, score by passing the ball through the cones. 1pt. = score a goal; 2pt = beat (1) opponent, and score a goal; 5pts = beat more than (1) opponent, and score a goal

Coaching Points

Dribble with speed & change directions when attacking open space, or an alone defender

Look to pass, and keep possession if there are several defenders around/near the ball

*Who - The player with the ball *Why - Taking players off the dribble will open up space for teammates throughout the rest of the field



GAME

Play 7v7 with specific formations for each team.

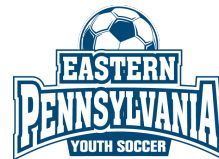
Reinforce all points above



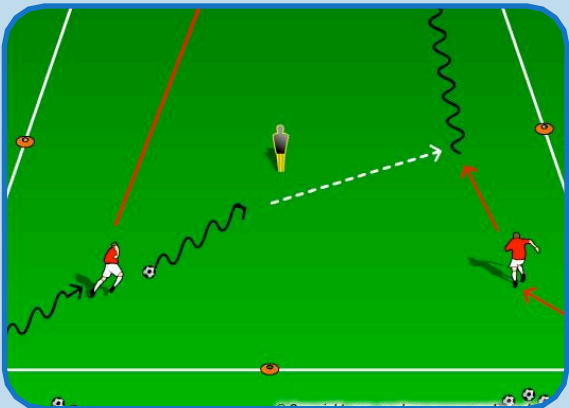
U10 Week 2

By G Stephenson, Assistant Technical Director

Improve player's ability to use the dribble to help set up the pass



TECHNICAL WARM-UP



2v0 - Combination Play

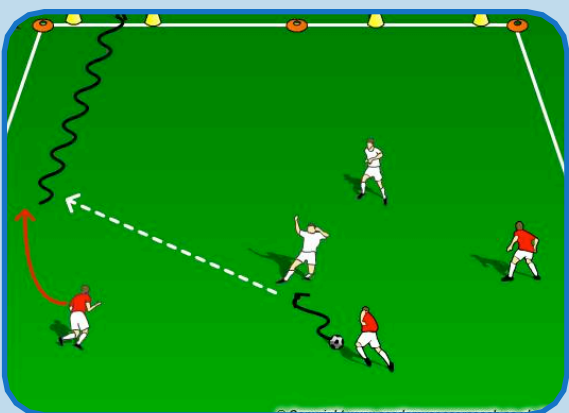
TRAINING AREA = 20W x 30L. Place a "defender" (wall man, cone, pole, etc.) in the center of the space. Form (4) lines in each corner of the field with ball. The player with the ball dribbles towards the defender to "commit" them. Then plays pass to teammate. Both players run off the field, and stand in the next line. The next group begins a similar movement.
**Combinations = Take-over, through ball, overlap, dribble-give/go

Coaching Points:

Dribble with the laces of the foot when dribbling at speed; Pass with the inside of the foot to be more accurate & strike the middle of the ball when passing

What - The laces of the foot should be used when dribbling at speed; Where - Pass to the open space in front of me

SMALL-SIDED ACTIVITY



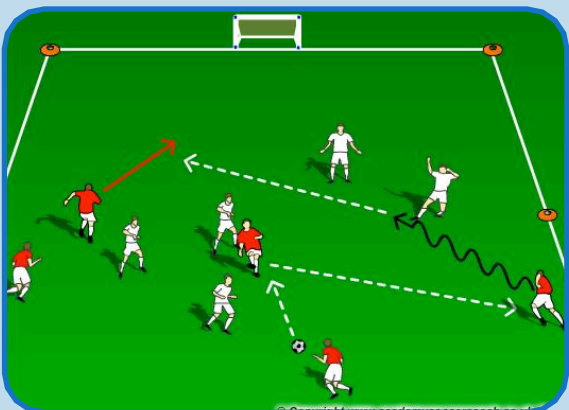
3v2 - Dribble Goals (2)

TRAINING AREA = 20W x 30L. Play (2) goals on each end-line using (4) cones. The goals should be 3 yards wide. Designate a group of attackers (3), and a group of defenders (2). Play 3v2, scoring by dribbling through the gate. Rotate attack & defense.
*If the defense win the ball they can attack the goals on the opposite endline.

Coaching Points:

Point your standing leg/plant foot towards the player or space you wish to pass the ball; Follow through with your foot after you pass the ball to increase speed and accuracy when passing
What - Recognizing the moment to attack & engage the defender with the dribble; Why - To enable commit the defender, which will open more space for my teammates to enter without the ball

EXPANDED SMALL-SIDED ACTIVITY



5v5 to Goal

TRAINING AREA = 40W x 60L. Place (2) goals at opposite ends of the field. Play 5v5, shooting/passing the ball into the goal to score. *Variations: -Scoring a goal = 1pt.; -Committing a defender & scoring a goal = 5pts

Coaching Points

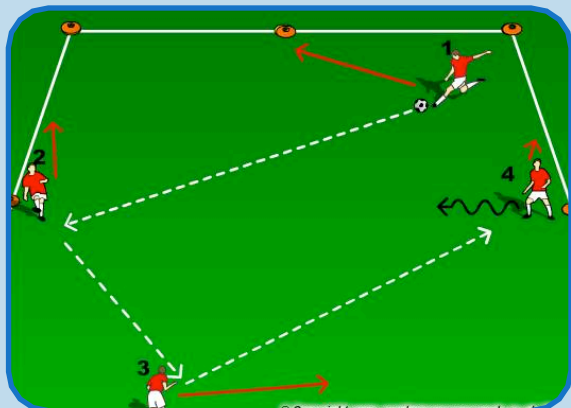
Where - In front of them into space after I have committed a defender; When - Just before the defender steps in to tackle the ball

GAME

Play 7v7 with specific formations for each team.

Reinforce all points above





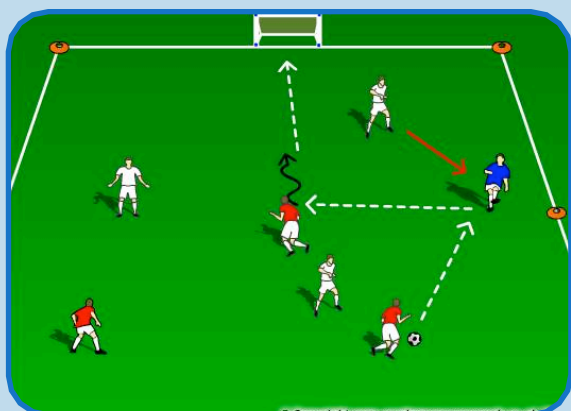
Sequential Passing

TRAINING AREA = 20W x 30L. Break the players up into even divided groups (3,4,5) as numbers allow. (1) ball between each group. Number each player #1-3,4,5 as numbers allow. Players should pass & receive throughout the space in a sequential manner #1-2-3-4-1. (example). Move into new space after completing the pass. Variations: -Reverse the number order; -Touch restrictions; -Add another ball (for groups of 5+)

TECHNICAL WARM-UP

Coaching Points:

Strike the middle of the ball, position the non-kicking/plant foot towards your teammate or target; Use the inside part of the foot when striking the ball – lock the ankle & knee when striking the ball; Head down, and watch foot strike the ball – follow through the ball/pass



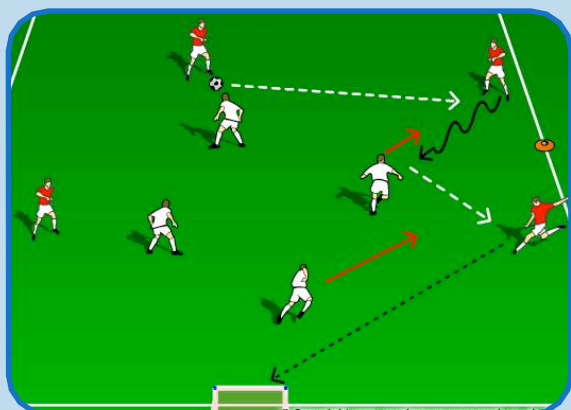
SMALL-SIDED ACTIVITY

3v3 +1 to 1 goal

TRAINING AREA = 30W x 40L. Place (1) goal on each end line for the teams to attack. Score by passing the ball in the goal.

Coaching points

First touch should be across the body – in space away body without pressure; First touch should be across the body – close to the body away from pressure; Move feet underneath the body, and behind the ball to control the ball



EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 goal & 2 counter goals - Dribble/Pass to Score

TRAINING AREA = 30W x 40L. Place (2) cones on one end-line, in each corner. Making (2) goals. The goals should be 3 yards wide. Place (1) goal on the opposite end line. Red scores by passing into the goal, white scores by passing through the cones goals.

Coaching Points:

First touch should be across the body – in space away body without pressure; First touch should be across the body – close to the body away from pressure; Move feet underneath the body, and behind the ball to control the ball

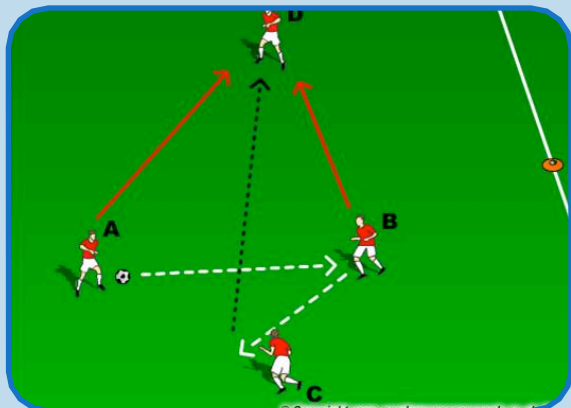
What - Turning to change the point of attack; Why - To keep the ball, and move it to open space to have a better chance to score



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



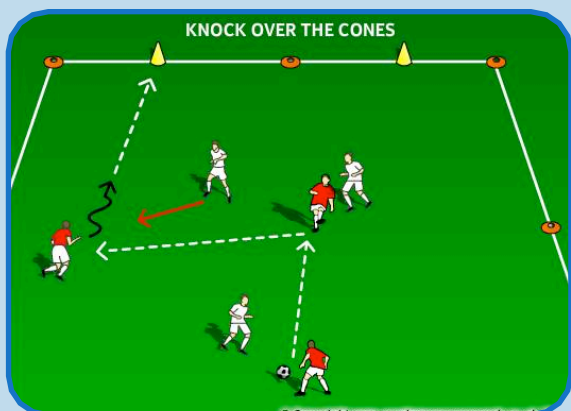
TECHNICAL WARM-UP

Stay & Play - "If you play the ball down, you stay put"

TRAINING AREA = 20W x 30L. Players should be in groups of (4-5) with (1) ball between them. Horizontal players (A,B) provide off ball support, while penetrating players (C,D) make penetrating passes. A-B-C-D (A,B move off ball in support of D) - Repeat pattern & combinations for 90 seconds. Rotate position, roles, and combination pairs.

Coaching Points:

Keep head up to direct first touch with the inside of your foot into open space; Move towards the player with the ball with "open" body shape to play in multiple directions; Run without the ball with a curve path to provide a large window for teammate to pass into



SMALL-SIDED ACTIVITY

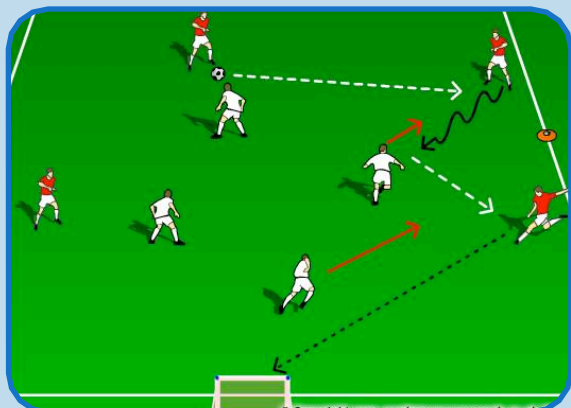
3v3 Knock over the cone

TRAINING AREA = 30W x 40L. Set up (2) tall cones on each end-line, representing (2) targets/goals. Score by passing the ball into the cone. Knock both cones over to win the game.

Coaching Points:

Time the run to support the ball as it travels towards your teammate; Position yourself at an angle so the player with the ball can see you & the defender; Move feet, and up on your toes as you prepare to receive the ball

Who - The player(s) without the ball; **How** - Move towards my teammate with the ball so that my body is open to the field



EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 goal

TRAINING AREA = 30W x 40L. Place (1) goal on each end-line for the group to attack.

Play 4v4. Score by passing the ball into the goal. The goal is equal to the number of successful consecutive passes before the goal is scored.

Coaching Points:

Pass into space in front of teammates so they can run onto the ball - non-kicking foot/plant foot should point to the space the ball will travel; Toes down, heel up to drive the ball across the space - to move the ball quickly

What - Knowing when to move to support the ball;

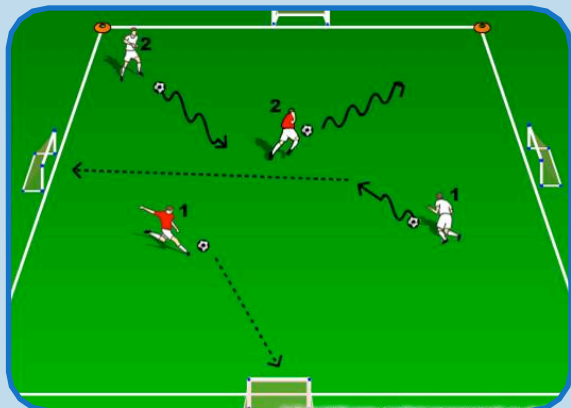
When - If there is a defender near the ball and I am closest to the ball.



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

Numbered Shooting Technique

TRAINING AREA = 30W x 40L. Place (4) goals on each side of the space. All player should have a ball at their feet. Number each color/group evenly (1-4). Players will dribble around the space, and when the coach calls their "#Number" they then look to shot on goal (closest, or farthest). Variations - Shooting Technique (at coach's discretion): Driven; Curled; In-step Drive; Lofted

Coaching Points:

First touch when receiving should be away from the body into space; Place plant foot/non-kicking foot behind ball (elevate ball); Place plant foot/non-kicking foot next to the ball (keep ball lower); Strike the middle of the ball to keep the ball lower; Strike the bottom of the ball to elevate the ball



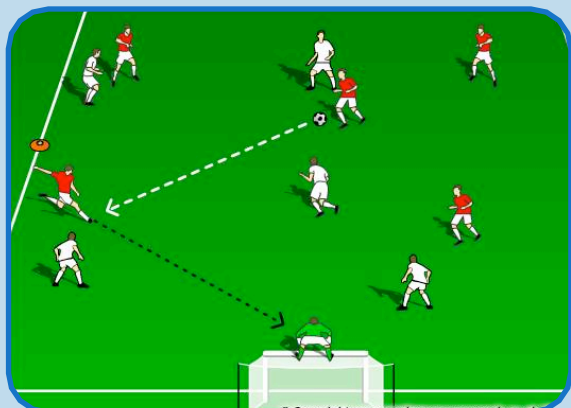
SMALL-SIDED ACTIVITY

2v2 Continuous

TRAINING AREA = 20W x 30L. Place 1 large goal at each end of the field. Position players in each corner of the field. Ball starts from the GK. Play until there is a goal, or ball out of bounds. Then switch groups. Ball always with the GK of the team in possession. Variations: Play for time; Play for total score; Play series of games (2 of 3)

Coaching Points:

Application of technique (shooting); What - The decision to shoot on goal, and the technique used; Who - The player in the best shooting position, with the ball; Where - The part of the goal that the shooter aims for with their shot



EXPANDED SMALL-SIDED ACTIVITY

5v5 to Goal

TRAINING AREA = 40W x 50L. Place (1) large goal on each endline. Play 5v5 with GKs. Variations: Play for time; Play for total score; Play series of games (2 of 3)

Coaching Points:

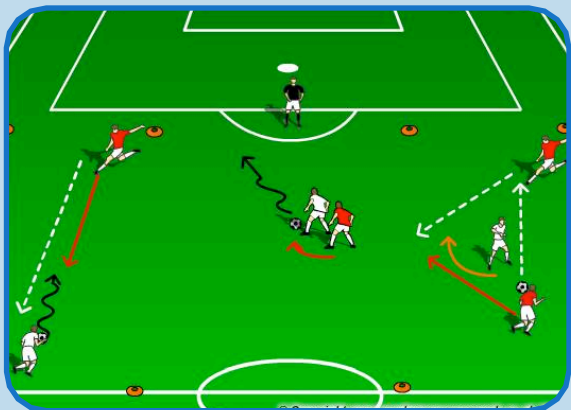
Application of technique (shooting); What - The decision to shoot on goal, and the technique used; Who - The player in the best shooting position, with the ball; Where - The part of the goal that the shooter aims for with their shot



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

Individual Partner Defending Technique

TRAINING AREA - 40W x 30L. Players in a groups 2-3 with (1) ball. Each group works on "defensive technique."

*1v1 Defensive Technique - dribbling

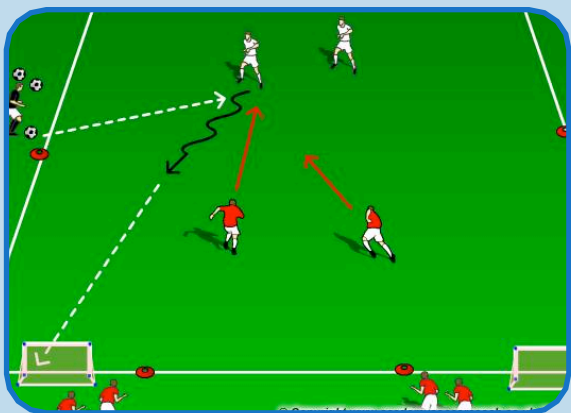
*1v1 Defensive Technique - no turn

*1v2 Defensive Technique - intercept pass

Players should go through each type of defending situation and rotate. Player in possession (dribbling/passing) tries to beat the defender. Rotate offense-defense each turn. Rest after 45 sec, stretch 90 sec, repeat.

Coaching Points:

Approach quickly to the ball – long strides; Slow down as you approach the ball – short, choppy strides; Bend knees, weight on toes when pressuring the ball; Move feet, hips, and head as the offensive player moves the ball



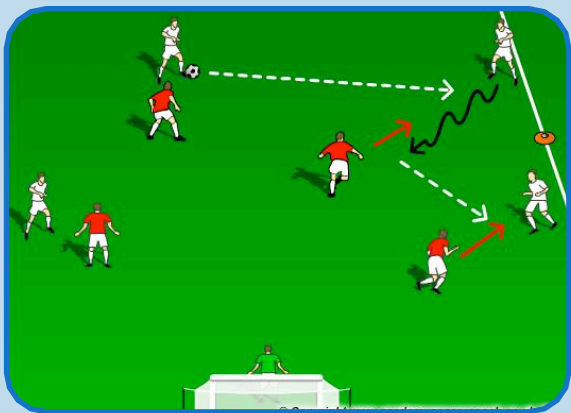
SMALL-SIDED ACTIVITY

2v2 score on two goals

TRAINING AREA = 20W x 30L. Place (2) cones 3 yards apart in each corner forming a "goal" for a total of (4) goals. Coach starts with the balls. Coach plays ball to one team. While the ball travels, the team who did not receive the ball runs on to defend against the team in possession. Both teams score by passing/shooting the ball through the "goals."

Coaching Points:

Defensive technique = cover the ground, get down, & stay down!; Tackle the ball: when the ball is AWAY from offensive player



EXPANDED SMALL-SIDED ACTIVITY

4v4 score on one large goal & two goals

TRAINING AREA = 30W x 40L. Place (2) cones 3 yards apart in each two corners forming a "goal" for a total of (2) goals.

Place one large goal at the opposite end.

Play for pre-determined amount of time. Red team defends large goal, and white defends two goals. After each period change the goals defended.

Coaching Points:

Defensive technique = cover the ground, get down, & stay down!; Tackle the ball: when the ball is AWAY from offensive player;

What - The direction to apply pressure, or force the ball;

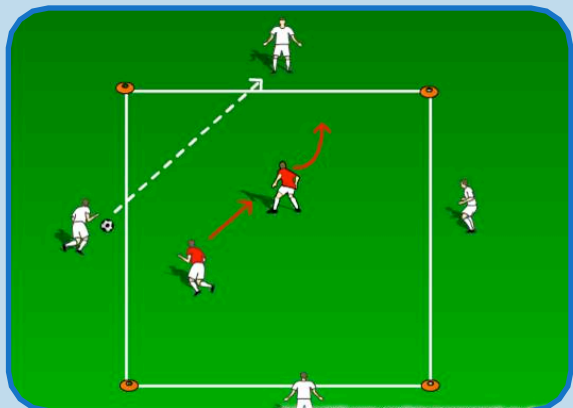
Why - This is to encourage the opposition to go away from the goal, and towards your supporting teammates



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



4v2 Possession & Penetration **TECHNICAL WARM-UP**

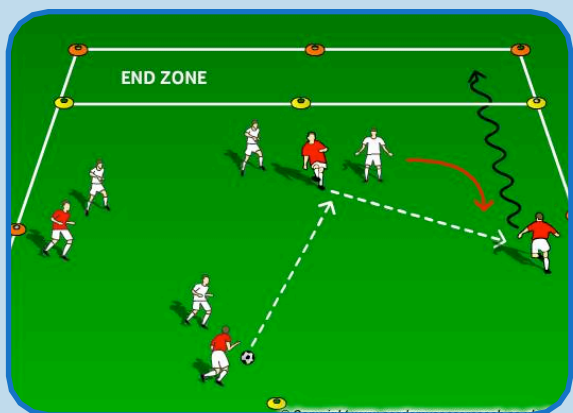
TRAINING AREA = 12W x 12L. Place (1) play on the outside of the space, on each side of the square. Position (2) defenders inside the space. The defenders may not leave the space, but can block, or intercept passes.

Scoring for offense: # of consecutive passes; maintain possession for set period of time; # of split pass between defenders

Scoring for defense: # of deflected passes; -# of intercepted passes; - # of times defenders can win possession and dribble outside the space under control & in possession

Coaching Points:

Defensive pressure on the ball (speed, body stance, angle, distance); Approach quickly to the ball – long strides; Slow down as you approach the ball – short, choppy strides; Bend knees, weight on toes when pressuring the ball; Move feet, hips, and head as the offensive player moves the ball



SMALL-SIDED ACTIVITY

3v3 to 1 goal

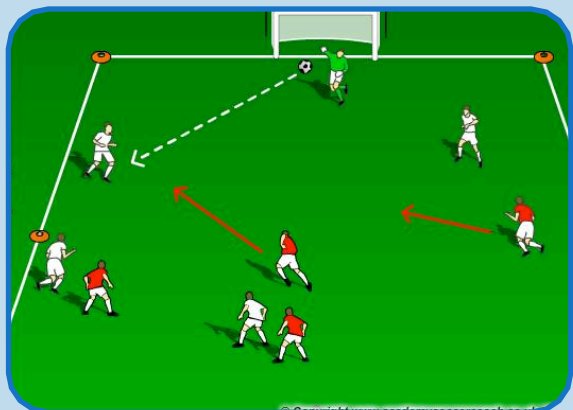
TRAINING AREA = 20W x 30L. Place (2) tall cones on each end-line 5 yards apart making (1) goal on each endline. Red v White. Score by passing the ball on the ground through the goal.

Variations: Play for set period of time; Play to a specific number (#) of goals; Double points if goal comes after a steal; -Double points if a goal comes after an interception

Coaching Points:

Defensive pressure on the ball (speed, body stance, angle, distance); **Who** - The 2nd defender, or place who is closest to their teammate defending the ball;

Why - The 2nd defender can help to cover any mistakes made by the 1st defender



EXPANDED SMALL-SIDED ACTIVITY

5v5 to 1 goal

TRAINING AREA = 30W x 40L. Place (1) goal on each end-line for teams to attack.

Variations: Play for set period of time; Play to a specific number (#) of goals; Double points if goal comes after a steal; -Double points if a goal comes after an interception

Coaching Points:

Defensive pressure on the ball (speed, body stance, angle, distance);

Who - The 2nd defender, or place who is closest to their teammate defending the ball;

Why - The 2nd defender can help to cover any mistakes made by the 1st defender



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

GKs mix with Field players

TRAINING AREA = 20W x 30L. The number of balls should equal the number of GKs involved in the warmup. Field players should pass the ball around the space. When the GK makes eye contact with the player; the field player in possession should take a touch and "shoot" on the GK. The objective of the shot is to go towards the GK (no around them, not over them, and not past them). Shots should be taken from 12-15 yards away. *Only shoot on GK's command.

Coaching Points:

Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; Players should move their feet quickly, with short strides, and step towards the ball.



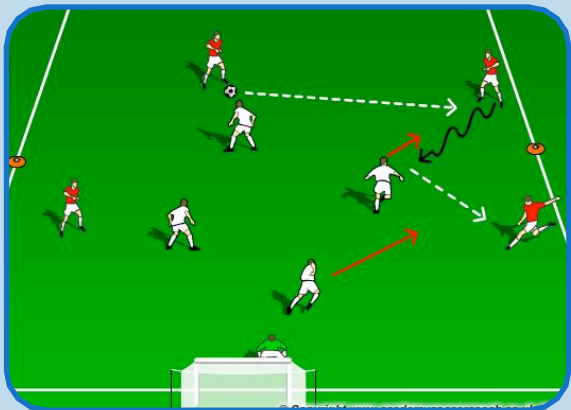
SMALL-SIDED ACTIVITY

4v4 - 4 goal game

TRAINING AREA = 30W x 40L. Place (2) goals on each end-line in the corner making a total of (4) goals in the space. Red (4) v White (4). Each team's GK defends (2) goals. Score by shooting into the goal.

Coaching Points:

As the player with the ball looks up then down, the GK should take small steps to get in position; Place my weight on my toes, and point my body towards the ball



EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 large goal

TRAINING AREA = 30W x 40L. Place (1) on each end-line for each team to attack. Red (4) v White (4). Score by shooting into the goal.

Coaching Points:

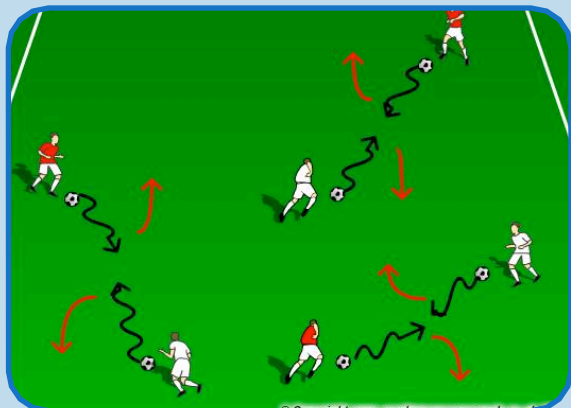
Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; When - The player looks up, then down - should be ready for a shot



GAME

Play 7v7 with specific formations for each team.

Reinforce all points above



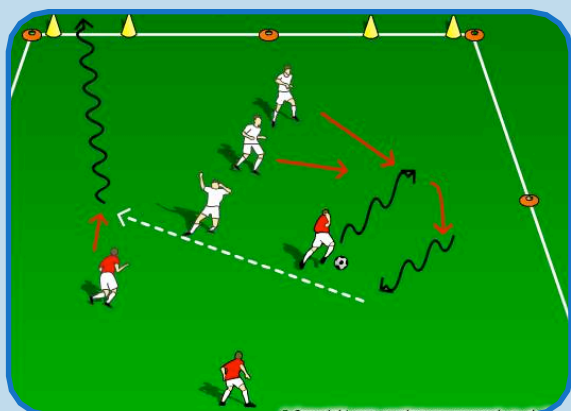
TECHNICAL WARM-UP

How close can you get?

TRAINING AREA = 20W x 30L. Each player has a ball at their feet dribbling in the space. When the coach yells, "GO!" the players make eye contact with one another and begin to dribble towards one another. They should dribble at normal speed, and try to get their balls as close to each other as they can, before turning away at the last minute. After they turn away they should accelerate into open space and wait for the next "GO!" Turns: Inside foot, Outside foot, Drag back, Pull back

Coaching Points:

Push the ball away from body, plant foot/standing foot should be away from the ball, and under the body; Reach for the ball with 1 foot (inside, outside, or bottom of foot); Take a touch to change direction of the ball, second touch should be into space to accelerate into a new direction



SMALL-SIDED ACTIVITY

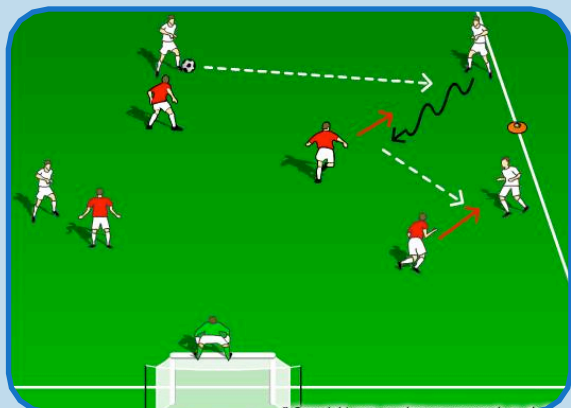
3v3 to 4 goals - Dribble to Score

TRAINING AREA = 20W x 30L. Place (2) cones on each end-line, in each corner. Making (4) goals. The goals should be 3 yards wide. Play 3v3. Dribble through the gates to score.

Coaching Points:

Application of technique (dribbling, receiving);

What - Turning away from pressure; **Who** - The player with the ball



EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 goal & 2 counter goals - Dribble/Pass to Score

TRAINING AREA = 30W x 40L. Place (2) cones on one end-line, in each corner. Making (2) goals. The goals should be 3 yards wide. Place (1) goal on the opposite end line. Play 4v4. Score by passing the ball in the goal, or by dribbling through cone goals.

Coaching Points:

While in possession head up and look for pressuring defender. Check all around the area for open space; 2nd touch when turning, needs to be pushed into space 3-5 yards away from body to allow for multiple steps to accelerate away from pressure; How - Checking over my shoulder while dribbling, taking a touch away from my body, and quickly accelerating into open space away from pressure

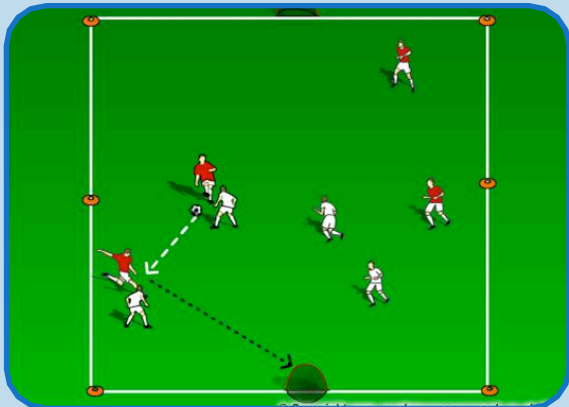


GAME

Play 7v7 with specific formations for each team.

Reinforce all points above

****Set up as many fields as possible 30W x 40L – no GKs – (1) goal on each end line. Play for 8 minutes, 2 minutes for water. change opponents each match****



Activity 1

Pass lead to points

The number of consecutive passes made before a goal is scored = number of points awarded for goal. Encourage players to move without the ball, and the look up to find an open teammate



ACTIVITY 2

Join the play

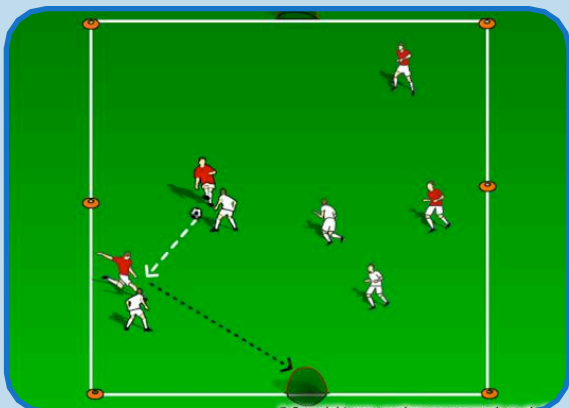
Everyone must be in the attacking half (across the half line) for goals to count. This will help the players/team stay together and avoid gaps or space in between the players on the field.



ACTIVITY 3

1 touch finish

In order to score, the shot must be a “one-touch” shot/finish. Players need to continuously pass the ball until, they are able to get off a shot quickly with 1 touch.



ACTIVITY 4

Free Play

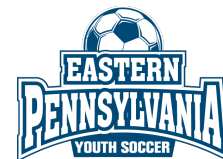
Play 4v4 with specific formations for each team.

Reinforce all coaching points above

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Coaching U12s

By Gary Stephenson & Mike Barr



How to Organize Your Team

Coaches,

We are providing a more refined coaching curriculum to address the ages U6 to U12 for 2015 and 2016. We feel it is important to develop technical objectives for these age as well as incorporating group and team tactics at the older ages. We recognize that development varies from child to child and feel it is important at the younger ages to realize the potential in every child and provide appropriate instruction. Plan to have objectives for the year that reflect the skill level of the team your coaching. Here are a few general objectives for the U6 to U12 player:

U12 Player

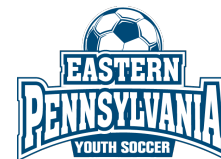
- Dribbling moves performed at speed and under pressure
- Introduction of the roles of the third defender and third attacker in small sided play
- Field vision and awareness beyond the few players near the ball
- Delivering instep long balls to targets
- Roles by position on defense and attack
- Roles and responsibilities on re-starts
- Receiving air balls on the run
- Recognition of player roles in thirds of the field

Formation by Numbering position



U.S. SOCCER - Numbering

By Gary Stephenson & Mike Barr

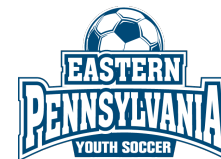


U.S. Soccer's Numbering System (GK-4-3-3)



Goal/Objectives Setting

By Gary Stephenson & Mike Barr



Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

U12 Week 1

By G Stephenson, Assistant Technical Director

Improve player's ability to to use the dribble to help set up the pass

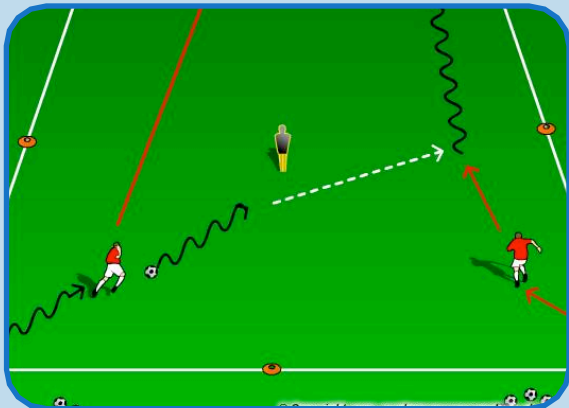


2v0 - Combination Play

TRAINING AREA = 20W x 30L. Place a "defender" (wall man, cone, pole, etc.) in the center of the space. Form (4) lines in each corner of the field with ball. The player with the ball dribbles towards the defender to "commit" them. Then plays pass to teammate. Both players run off the field, and stand in the next line. The next group begins a similar movement. **Combinations = Take-over, through ball, overlap, dribble-give/go

Coaching Points:

Dribble with the laces of the foot when dribbling at speed; Pass with the inside of the foot to be more accurate & strike the middle of the ball when passing
Who - The player with the ball, and teammates around the ball; What - The laces of the foot should be used when dribbling at speed; Where - Pass to the open space in front of me



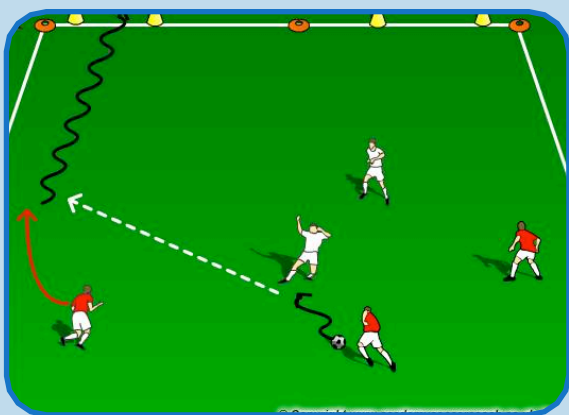
TECHNICAL WARM-UP

3v2 - Dribble Goals (2)

TRAINING AREA = 20W x 30L. Play (2) goals on each end-line using (4) cones. The goals should be 3 yards wide. Designate a group of attackers (3), and a group of defenders (2). Play 3v2, scoring by dribbling through the gate. Rotate attack & defense. *If the defense win the ball they can attack the goals on the opposite endline.

Coaching Points:

Point your standing leg/plant foot towards the player or space you wish to pass the ball; Follow through with your foot after you pass the ball to increase speed and accuracy when passing
What - Recognizing the moment to attack & engage the defender with the dribble; Why - To enable commit the defender, which will open more space for my teammates to enter without the ball



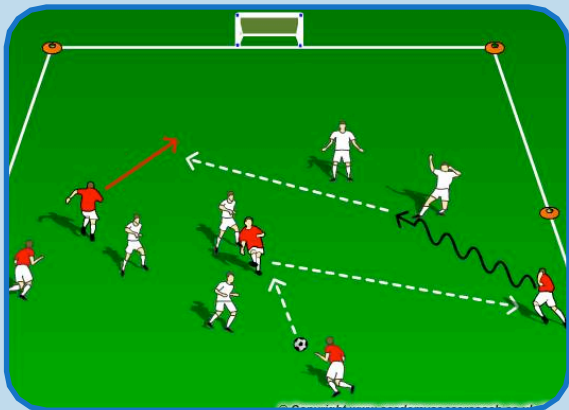
EXPANDED SMALL-SIDED ACTIVITY

7v7 - 3 goals & 1 goal

TRAINING AREA = 50W x 60L. Place (1) large goal at one end of the field and (3) small goals made from cones at the other end of the field, approximately 3 yards wide. Position balls at each of the field for easy access. Play for set period of time, or number of goals (determined by coach). Players scoring on the small goals, score by passing the ball through the cones. 1pt. = score a goal; 2pt = beat (1) opponent, and score a goal; 5pts = beat more than (1) opponent, and score a goal

Coaching Points

Dribble with speed & change directions when attacking open space, or an alone defender
Look to pass, and keep possession if there are several defenders around/near the ball
*Who - The player with the ball*Why - Taking players off the dribble will open up space for teammates throughout the rest of the field



GAME

Play 9v9 with specific formations for each team.

Reinforce all points above



Zone Changes

TECHNICAL WARM-UP

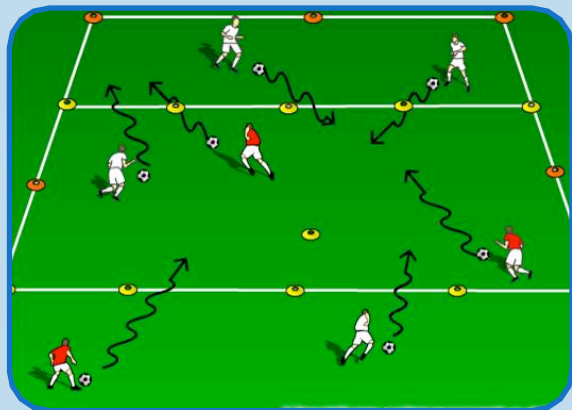
TRAINING AREA = 30W x 40L. Make (3) zones in the space. The end zones of the space = 30W x 10L, with the middle zone = 30W x 20L. Each player has a ball in the space. On coach's command players are to dribble under control into a new zone. In order to enter the zone they perform a move:

Step over & go; Scissors; Double Scissors; Outside or Inside foot cut; Drag-push-go

Coaching Points:

First touch should be into space with the outside of the foot (laces) – quickly accelerate to ball; Take a touch with each step (outside of the foot); Keep weight on toes, knees bent to change direction quickly

What - Dribble to penetrate into a new zone/open space; Where - The angle of the 1st touch when penetrating should allow the player to dribble at speed with long strides



SMALL-SIDED ACTIVITY

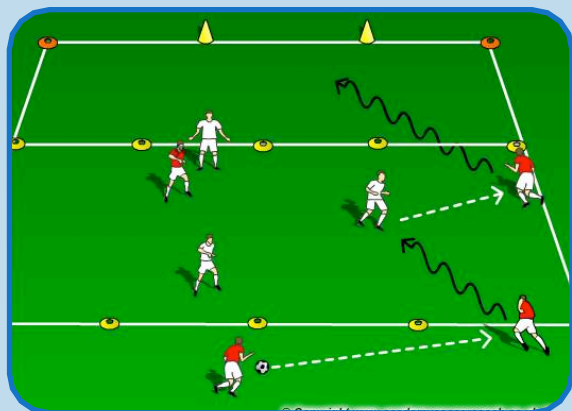
4v4 - 3 zones - 1 goal

TRAINING AREA = 30W x 40L. Make (3) zones in the space. The end zones of the space = 30W x 10L, with the middle zone = 30W x 20L. Each player has a ball in the space. Place (2) cones on the end-line 8 yards wide making (1) goal for each team to attack. Players can not enter the final attacking zone unless it is with the dribble. When the offense dribbles in to the final attacking zone, only (1) defender can follow. This will set up a 1v1 in the attack space. Red (4) v White (4). Score by dribbling through the cones

Coaching Points:

Head up as the ball travels to you to receive the pass; Position the body with open position to attack multiple angles, and weight on toes

When - The moment the player with the ball identifies available space to attack & enter; Why - Space behind the defender allows for more scoring chances if successful dribble penetration occurs



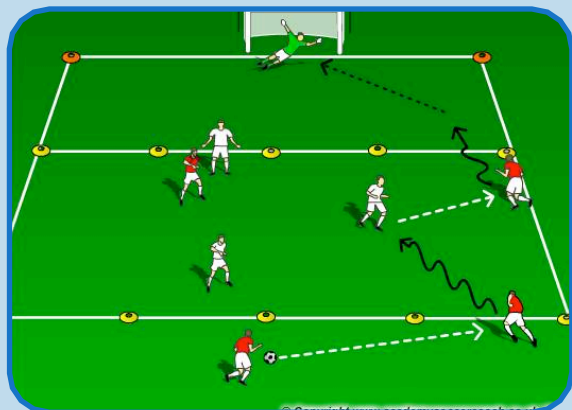
EXPANDED SMALL-SIDED ACTIVITY

5v5 - 3 zones - 1 goal

TRAINING AREA = 30W x 40L. Make (3) zones in the space. The end zones of the space = 30W x 10L, with the middle zone = 30W x 20L. Each player has a ball in the space. Place (1) goal on each end-line for each team to attack. Players can not enter the final attacking zone unless it is with the dribble. When the offense dribbles in to the final attacking zone, only (1) defender can follow. This will set up a 1v1 in the attack space. Players can shoot the ball in the middle zone of the space. Red (4) v White (4). Score by shooting the ball through the goal.

Coaching Points

If there is space behind the defender = dribble penetration; If there is space in front of the attacker = dribble to shoot on goal; Allow the ball to be received across the body - Push ball out away from the body to take space (dribble or shot); Take touch with inside of the foot away from pressure – backwards, or side ways to maintain possession



GAME

Play 9v9 with specific formations for each team.

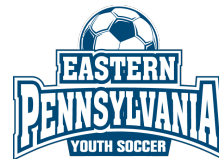
Reinforce all points above



U12 Week 3

By G Stephenson, Assistant Technical Director

Increase player's ability to make aerial passes & services to teammates



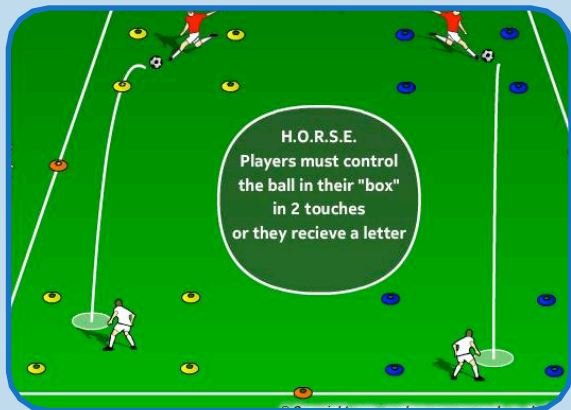
H.O.R.S.E.

TRAINING AREA = 20W x 30L. Build (4) "boxes" at opposite ends of the field, across from one another, 5x5x5x5. Players alternate turns serving the ball to one another. The ball must be played in the air, and land inside the "box." The players must control the ball INSIDE the box in 2 touches or less before the return service. Play until one player acquires H.O.R.S.E., then change opponents

Accumulate a letter (just like basketball version) - *Service outside opponents box; *Control of service; outside box

Coaching Points:

Angle of approach should have curved, or 45° angle path towards ball – keep hips open; Strike the bottom half of the ball, plant foot behind the ball; Foot should strike the center of the bottom of the ball to produce back spin



TECHNICAL WARM-UP

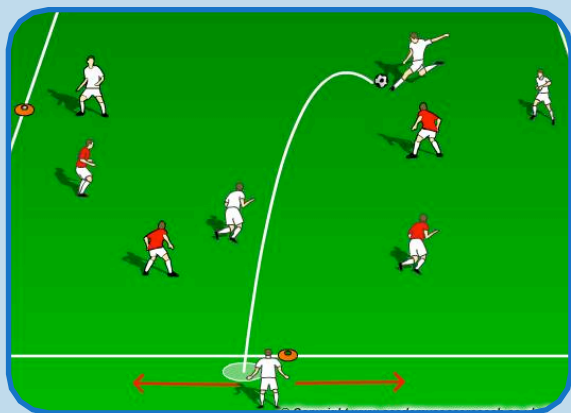
5v5 Targets

TRAINING AREA = 30W x 50L. Position (1) from each team at the end of the space behind the end-line. 4v4, players look to connect with their target through an aerial pass behind the defense. The pass must be controlled with (2) touches to score a point.

Variations - *Aerial pass controlled with 1 touch = 2pts.; *Aerial pass made with 1-touch pass = 4pts.

Coaching points

When receiving the ball, the first touch should be away from the body with the inside of the foot to allow for a lofted/aerial pass; Speed of approach to the ball should be medium pace, with an angled/curved path to strike the ball; What - Look up and make eye contact before you make the pass; When - Make the pass when you do not have any pressing defenders, and there is space to play an aerial pass



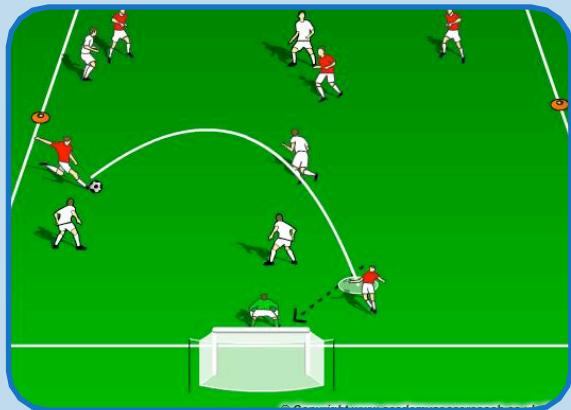
EXPANDED SMALL-SIDED ACTIVITY

6v6 to goal

TRAINING AREA = 50W x 60L. Position (1) large goal at opposite ends of the field. Score by shooting the ball in the goal. Goal = 1pt. Aerial Service & Goal = 2pts. Aerial Passes in buildup, Aerial Service, & Goal = 4pts.

Coaching Points:

When - Players without the ball should make runs into space when my head looks up and then goes back down to strike the ball; Where - In wide areas, or deep areas away from the field - I should look to play aerial passes; Why - Aerial passes will allow me to get in behind the defense quickly



GAME

Play 8v8 with specific formations for each team.

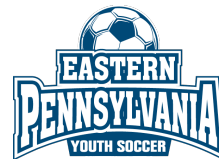
Reinforce all points above



U12 Week 4

By G Stephenson, Assistant Technical Director

Striking the ball & increasing scoring opportunities - I



Team Carnival Shooting

TECHNICAL WARM-UP

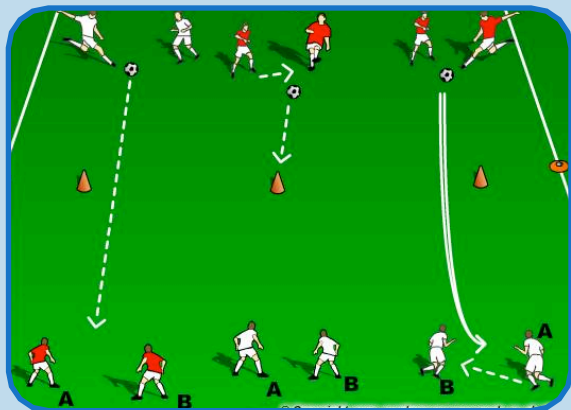
TRAINING AREA = 10W x 30L (Build several spaces based on the number of players). Position (1) tall cone in the center of the space. The objective is to shoot the ball into the cone and knock it over for a point. Play to (3) points then change roles & opponents.

Player A = Shooter

Player B = Receives missed shot & passes to A

Coaching Points:

Laces = toe down, heel up – strike the center part of the ball. Watch your head make contact with the ball; Inside foot = heel down, toe up – strike the center of the ball. Watch your head make contact with the ball; Follow through with the shot – land on the foot that strikes the ball to increase speed & pace of ball



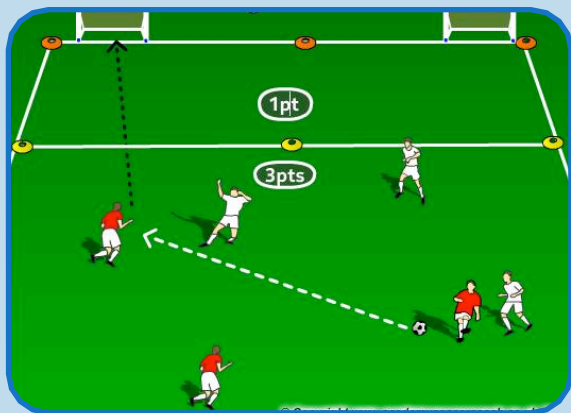
SMALL-SIDED ACTIVITY

4v4 - 4 goal game

TRAINING AREA = 30W x 40L. Place (2) goals on each end-line in the corner making a total of (4) goals in the space. Red (4) v White (4). Each team's GK defends (2) goals. Score by shooting into the goal.

Coaching Points:

Laces = toe down, heel up – strike the center part of the ball. Watch your head make contact with the ball; Inside foot = heel down, toe up – strike the center of the ball. Watch your head make contact with the ball; Follow through with the shot – land on the foot that strikes the ball to increase speed & pace of ball; When - after we have received the ball, and taken a touch away from our body; Why - to help increase accuracy for scoring chances



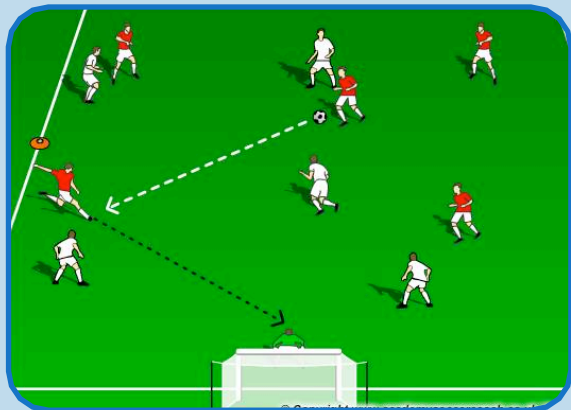
EXPANDED SMALL-SIDED ACTIVITY

5v5 - 3 goal & 1 big goal

TRAINING AREA = 30W x 40L. Place (2) cones along each end-line 3 yards apart making a goal, for a total of (3) goals on one end-line. **If possible, the middle goal should be a different color to distinguish from other goals. The opposite end line should have (1) large goal. Red (4) v White (4). Each team's GK defends (2) goals. Score by shooting into the goal.

Coaching Points:

Laces = toe down, heel up – strike the center part of the ball. Watch your head make contact with the ball; Inside foot = heel down, toe up – strike the center of the ball. Watch your head make contact with the ball; Follow through with the shot – land on the foot that strikes the ball to increase speed & pace of ball; When - after we have received the ball, and taken a touch away from our body; Why - to help increase accuracy for scoring chances



GAME

Play 8v8 with specific formations for each team.

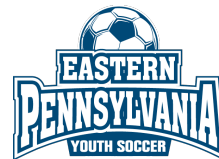
Reinforce all points above



U12 Week 5

By G Stephenson, Assistant Technical Director

Striking the ball & increasing scoring opportunities - II



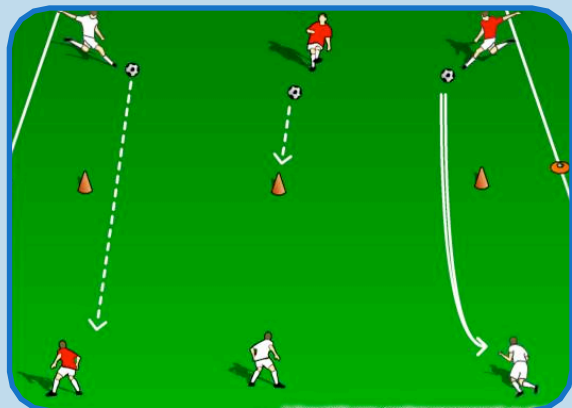
Technique Shooting

TECHNICAL WARM-UP

TRAINING AREA = 20W x 30L. Put players in groups of (2) with (1) ball between them. Place a tall cone in the middle of the space. Position (1) player from each group on either side of the cone. Alternate taking turns "shooting" to knock the cone over. Play until (5) - rotate partners.
Variations: Instep Drive; Curled Shot; Bent Shot

Coaching Points:

Laces = toe down, heel up – strike the center part of the ball. Watch your head make contact with the ball; Inside foot = heel down, toe up – strike the center of the ball. Watch your head make contact with the ball; Curled = heel down, toe up – strike the inside central part of the ball with inside part of the foot. Sweep leg across the ball – follow through and bring knee up toward face ("kiss the knee" – to increase spin); Bent = toe down, heel up – strike the inside central part of the ball with the laces. Wrap foot around the outside of the ball as player finishes shot. Roll hips towards goal after striking the ball



SMALL-SIDED ACTIVITY

3v3 - 4 goal game 3 point shooting

TRAINING AREA = 30W x 40L. Place (2) goals in each corner of the spacing, making (4) goals total. Place a line 10 yards from the goals on each side. Goals scored from behind the line = 3pts, goals scored inside the line = 1pt. Red (3) v White (3). Score by shooting ball into goal.

Coaching Points:

When - after we have received the ball, and taken a touch away from our body; Why - to help increase accuracy for scoring chances; Laces = toe down, heel up – strike the center part of the ball. Watch your head make contact with the ball; Inside foot = heel down, toe up – strike the center of the ball. Watch your head make contact with the ball



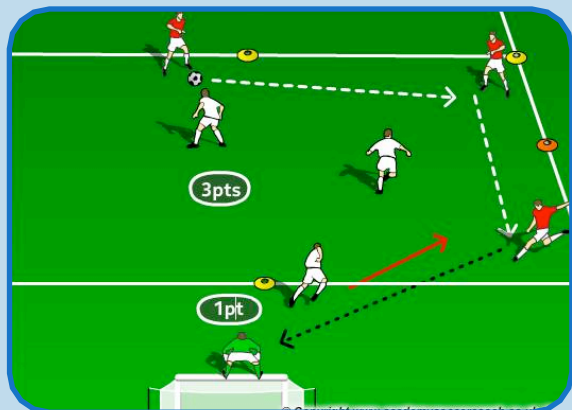
EXPANDED SMALL-SIDED ACTIVITY

4v4 - 2 large goals

TRAINING AREA = 30W x 40L. Place (1) large goal on each end-line for each team to attack. Place a line 10 yards from the goals on each side. Goals scored from behind the line = 3pts, goals scored inside the line = 1pt. Red (4) v White (4). Score by shooting ball into the goal.

Coaching Points:

Where - the direction of my first touch should be towards to goals as often as possible when in shooting range; When - after we have received the ball, and taken a touch away from our body; Why - to help increase accuracy for scoring chances



GAME

Play 8v8 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

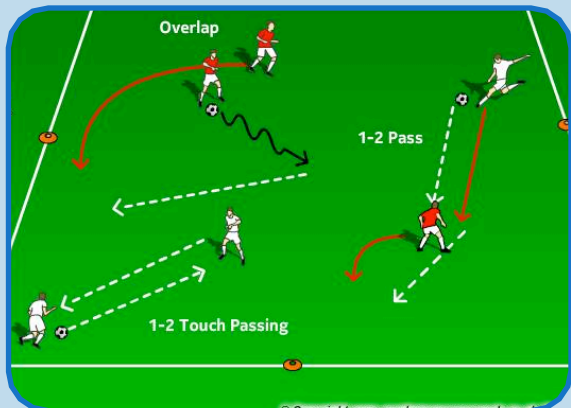
Attacking Warm-up

TRAINING AREA - 20W x 30L. Players should be in groups of (2) with (1) ball between them. Dribble & pass to one another throughout the space. Work on various (2) player combinations:

-1/2 touch passing, through balls, overlaps, wall passes, etc.

Coaching Points:

What - Individual decision when in the attack; When - As the player receives the ball and begins attack



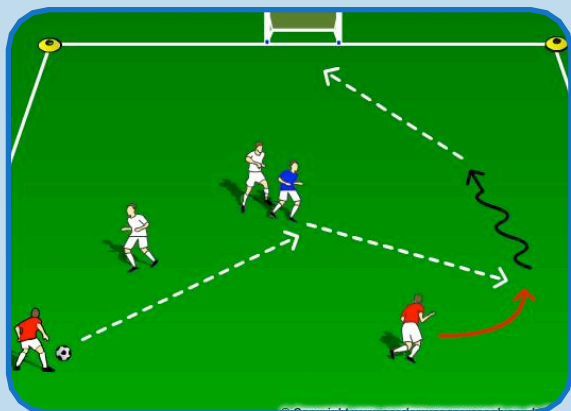
SMALL-SIDED ACTIVITY

2v2+1 to (1) small goal

TRAINING AREA = 20W x 30L. Position (1) small goal on each end-line for the teams to attack. Red (2) v White (2) +1 (neutral player). Score by passing the ball in the goal.

Coaching Points:

What - Decision to pass, dribble, or shoot; Who - The player in possession of the ball; If there is pressure on the ball and limited space behind the defender (pass); If there is limited pressure on the ball, and available space behind the defender (dribble)



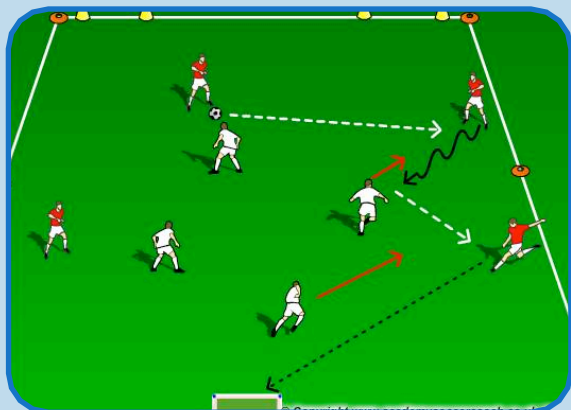
EXPANDED SMALL-SIDED ACTIVITY

4v4 (1) goal & (2) counter goals

TRAINING AREA = 30W x 40L. Place (1) small goal on one end-line, and on the opposite end place (2) cones in each corner 3 yards apart making (2) goals. Red (4) v White (4). Score by passing through the cones & goal. Rotate goals to attack.

Coaching Points:

What - Decision to penetrate (shoot/dribble) or possess the ball; Who - The player(s) without the ball; When - As the ball travels to their teammates; Why - The support & movement of teammates will help the player with the ball better understand their options - dribble, shoot, or pass



GAME

Play 8v8 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

Individual Partner Defending Technique

TRAINING AREA - 40Wx 30L. Players in a groups 2-3 with (1) ball. Each group works on "defensive technique."

*1v1 Defensive Technique - dribbling

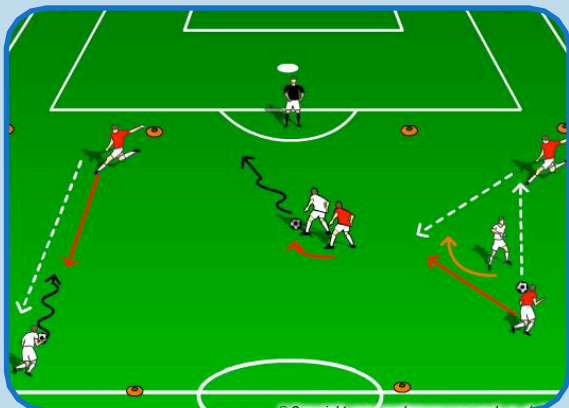
*1v1 Defensive Technique - no turn

*1v2 Defensive Technique - intercept pass

Players should go through each type of defending situation and rotate. Player in possession (dribbling/passing) tries to beat the defender. Rotate offense-defense each turn. Rest after 45 sec, stretch 90 sec, repeat.

Coaching Points:

Approach quickly to the ball – long strides; Slow down as you approach the ball – short, choppy strides; Bend knees, weight on toes when pressing the ball ; Move feet, hips, and head as the offensive player moves the ball



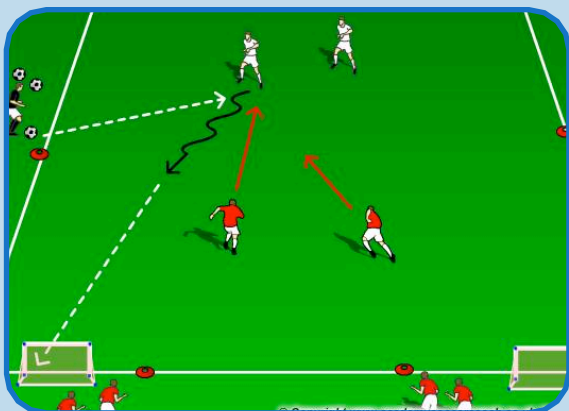
SMALL-SIDED ACTIVITY

2v2 score on two goals

TRAINING AREA = 20W x 30L. Place (2) cones 3 yards apart in each corner forming a "goal" for a total of (4) goals. Coach starts with the balls. Coach plays ball to one team. While the ball travels, the team who did not receive the ball runs on to defend against the team in possession. Both teams score by passing/shooting the ball through the "goals."

Coaching Points:

Defensive technique = cover the ground, get down, & stay down!; Tackle the ball: when the ball is AWAY from offensive player; Who - The player closest to the ball; What - Applying pressure on the player with the ball; When - With the other team in possession



EXPANDED SMALL-SIDED ACTIVITY

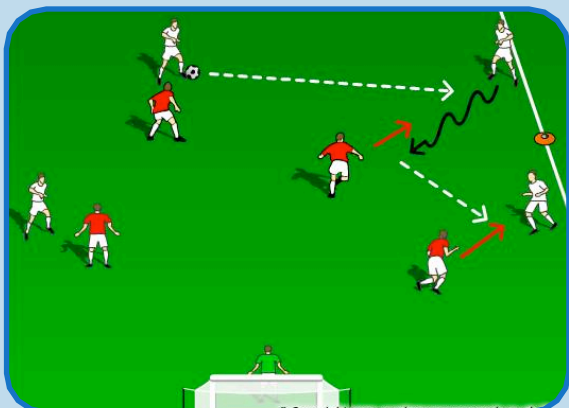
4v4 score on one large goal & two goals

TRAINING AREA = 30W x 40L. Place (2) cones 3 yards apart in each two corners forming a "goal" for a total of (2) goals. Place one large goal at the opposite end.

Play for pre-determined amount of time. Red team defends large goal, and white defends two goals. After each period change the goals defended.

Coaching Points:

Defensive technique = cover the ground, get down, & stay down!; Tackle the ball: when the ball is AWAY from offensive player; Who - The player closest to the ball; What - Applying pressure on the player with the ball; When - With the other team in possession



GAME

Play 8v8 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

Individual Defending Cone

TRAINING AREA - 10W x 15L. Place (1) cone at each end of the space. Player with the ball should try to dribble forward and knock over the cone. If the defender wins the ball, they can advance to other opposite cone.

Coaching Points:

Cover the space with long strides, and decrease speed/strides as you approach the ball; Angle of approach for defending should for the ball in ONE DIRECTION – angle, or curve run; While defending, slow down, get down, stay down – bend knees, place weight on toes to adjust feet/body as the ball moves



SMALL-SIDED ACTIVITY

3v3 score on two goals

TRAINING AREA = 20W x 30L. Place (2) cones 3 yards apart in each corner forming a "goal" for a total of (4) goals. Red players to white. While the ball travels, the team who did not receive the ball runs on to defend against the team in possession. Both teams score by passing/shooting the ball through the "goals."

Coaching Points:

Player closest to the ball = 1st defender (pressure direct the ball); Player closest to the pressuring defender = 2nd defender (support the ball); Player furthest from the ball = 3rd player (balancing defender); "Fishhook" defensive shape (NIKE SIGN)



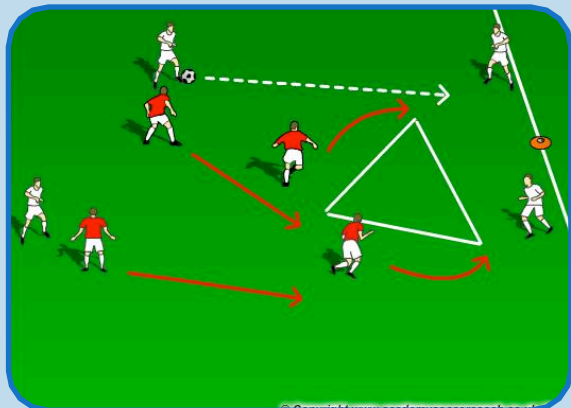
EXPANDED SMALL-SIDED ACTIVITY

4v4 - (4) goal game

TRAINING AREA = 30W x 40L. Place (2) cones 3 yards apart in each two corners forming a "goal" for a total of (4) goals. Score by passing the ball through the goal

Coaching Points:

Player closest to the ball = 1st defender (pressure direct the ball); Player closest to the pressuring defender = 2nd defender (support the ball); Player furthest from the ball = 3rd player (balancing defender); "Fishhook" defensive shape (NIKE SIGN)



GAME

Play 8v8 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

GKs mix with Field players

TRAINING AREA = 20W x 30L. The number of balls should equal the number of GKs involved in the warmup. Field players should pass the ball around the space. When the GK makes eye contact with the player; the field player in possession should take a touch and "shoot" on the GK. The objective of the shot is to go towards the GK (no around them, not over them, and not past them). Shots should be taken from 12-15 yards away. *Only shoot on GK's command.

Coaching Points:

Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; Players should move their feet quickly, with short strides, and step towards the ball.



SMALL-SIDED ACTIVITY

4v4 - 4 goal game

TRAINING AREA = 30W x 40L. Place (2) goals on each end-line in the corner making a total of (4) goals in the space. Red (4) v White (4). Each team's GK defends (2) goals. Score by shooting into the goal.

Coaching Points:

As the player with the ball looks up then down, the GK should take small steps to get in position; Place my weight on my toes, and point my body towards the ball; When - The player gets ready to strike the ball I should move my hands into position; Why - Because the visual cue of shooting will help me be more prepared



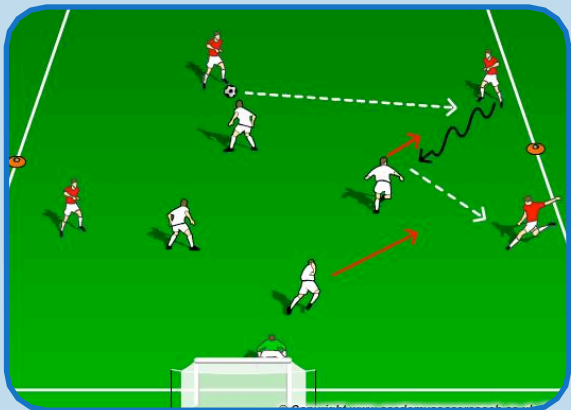
EXPANDED SMALL-SIDED ACTIVITY

4v4 to 1 large goal

TRAINING AREA = 30W x 40L. Place (1) on each end-line for each team to attack. Red (4) v White (4). Score by shooting into the goal.

Coaching Points:

Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; As the player with the ball looks up then down, the GK should take small steps to get in position; Place my weight on my toes, and point my body towards the ball



GAME

Play 8v8 with specific formations for each team.

Reinforce all points above



TECHNICAL WARM-UP

Shuffle & Catch - Footwork & Handling

TRAINING AREA = 20W x 30L. Each GK has a ball at their hands/feet. Players should bounce the ball down into the ground and catch the ball at various heights - low, medium, high. Coach yells out "go" to trigger the bounce & save.

Coaching Points:

Hands should make early contact and let their hands make contact on the ball. Do not wait for the ball to make contact with the body; Players should move their feet quickly, with short strides, and step towards the ball; Elevate off (1) foot to receive high balls; Collect high balls at its highest points, as it begins to descend; Bend at the knees, and shuffle feet to collect low balls – do not bend at the waist



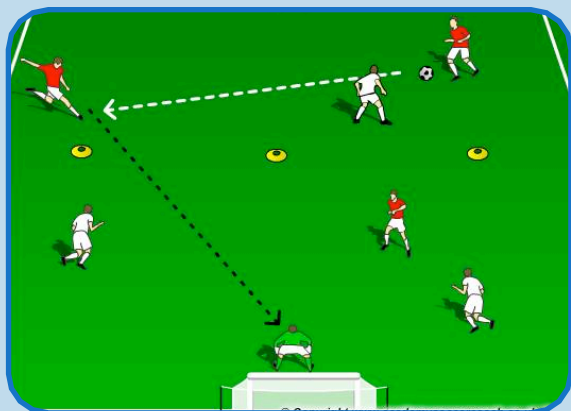
SMALL-SIDED ACTIVITY

2v1; 2v1 + GKs

TRAINING AREA = 20W x 30L. Place three cones at the midway point of the space (15 yds). Position 2 players in a zone, and 1 player in the opposite space making 2v1; 2v1. Players are restricted to their "zone". Try to score on goal from both zones.

Coaching Points:

As the player with the ball looks up then down, the GK should take small steps to get in position; GK should place my weight on toes, and point body towards the ball; As the player gets ready to strike the ball GK should move hands into position; Why - Because the visual cue of shooting will help GK be more prepared



EXPANDED SMALL-SIDED ACTIVITY

4v4 + GKs to 1 large goal

TRAINING AREA = 40W x 50L. Place 1 large goal at opposite ends of the field on each endline. Red v White score by passing/shooting the ball into goal.

Coaching Points:

As the player with the ball looks up then down, the GK should take small steps to get in position; Place my weight on my toes, and point my body towards the ball; When - The player gets ready to strike the ball I should move my hands into position; Why - Because the visual cue of shooting will help me be more prepared



GAME

Play 8v8 with specific formations for each team.

Reinforce all points above



Training Program

Mike Barr, Director of Coaching
Gary Stephenson, Assistant Director of Coaching

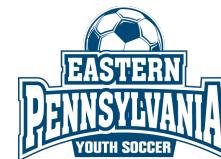


Under 14 Season Plan

Eastern Pennsylvania Youth Soccer
4070 Butler Pike, Suite 100
Plymouth Meeting, PA 19462
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EPYSA.org
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Goal/Objectives Setting

By Gary Stephenson & Mike Barr



Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

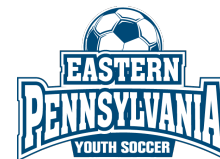
Reasons kids play sports:

- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

U.S. SOCCER - Numbering

By Gary Stephenson & Mike Barr



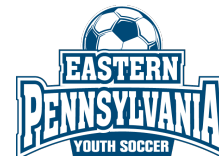
U.S. Soccer's Numbering System (GK-4-3-3)



U14 Week 1

By G Stephenson, Assistant Technical

Director Improve teams ability to build up from the defensive half



7v0 Shadow Play

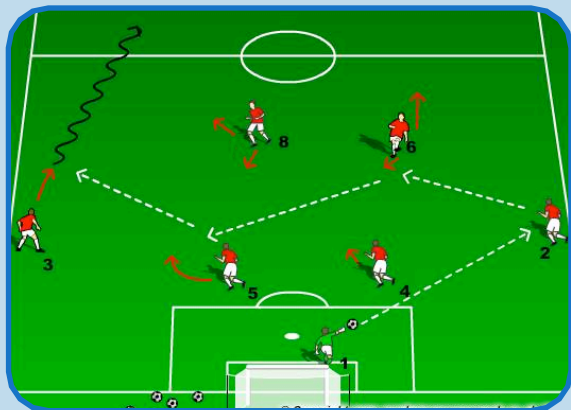
TRAINING AREA = 60W x 55L. Use players #1,2,3,4,5,6,8. Ball originates from the GK. GK plays the ball out from the defensive half, and the team builds in possession. Repetition ends when player dribbles the ball under control across the halfway line.

Variations:

Look to develop new patterns and movements to enable #2,3,8 to carry the ball under control across the line

Coaching Points:

Application of technique (passing, receiving, dribbling) Receive passes across their body with their inside foot; Receive first touch forward into space if there is no pressure; receive sideways or backwards if there is pressure; Possession passes = to the players feet; Penetration passes = into space for the players to advance without the ball



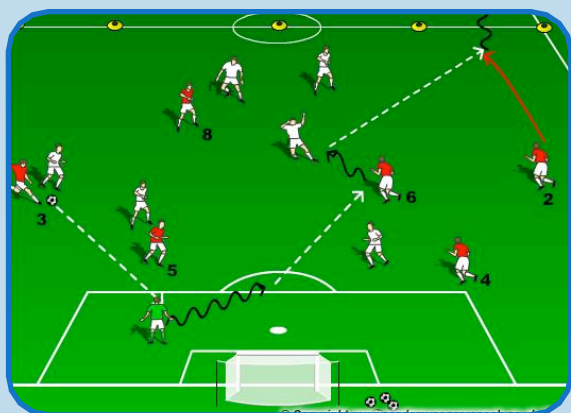
TECHNICAL WARM-UP

7v6 to midline

TRAINING AREA = 60W x 55L. Use players #1,2,3,4,5,6,8. Red team scores by successfully dribbling under control across the mid-line. White team scores on the big goal.

Coaching Points:

Application of technique (passing, receiving, dribbling) ; Timing of support without the ball should be as the ball travels, before the player receives the ball; Expand supporting runs wide with a curved path; Accelerate forward without the ball through angled runs for supporting penetrating runs



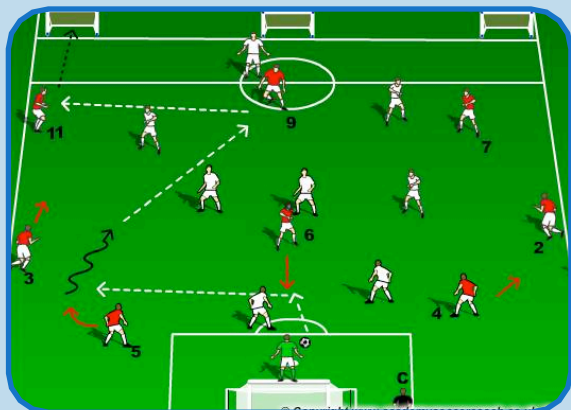
EXPANDED SMALL-SIDED ACTIVITY

9v8 to 1 goal & 3 goals

TRAINING AREA = 60W x 75L. Place (3) goals on the end-line below the half way line. Place (1) goal on the opposite end-line. Use players #1,2,3,4,5,6,7,8,9,11. Red (9) v White (8). Red scores on (3) small goals, white scores on (1) large goal.

Coaching Points

What - The moment to build possession; Passing – Accuracy, Timing, and weight of passes ; Support of the ball – Timing, angle, and distance of support



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



U14 Week 2

By G Stephenson, Assistant Technical

Improve teams ability to build up through midfield (#6,#8,#10)



Central Play Combinations

TECHNICAL WARM-UP

TRAINING AREA = 20W x 30L. Position players #6,8,10 inside the space, with #9 outside the space on each vertical end of the grid. Create various passing sequences where all 3 players touch the ball before it is played to a target, and the restart/repeat the pattern. #6 = Deep sitting midfielder; #8 = intermediate linking midfielder for 6/10; #10 = advance midfielder

Possible patterns:

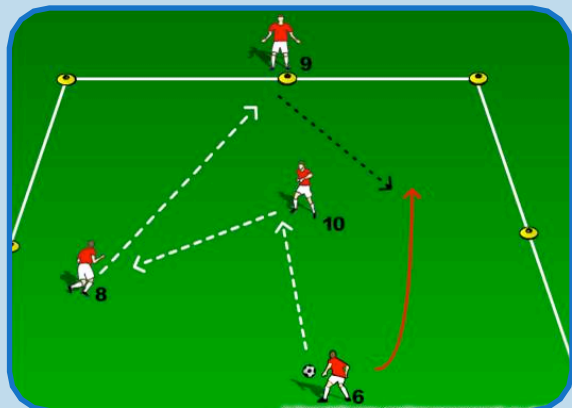
#6-#10-#8-#9

#6-#8-#10-#9

#8-#6-#10-#9

Coaching Points:

Application of Technique (passing, dribbling, receiving) - Proper weight, accuracy, and angle of passes; Support of the ball - Timing, angle, and distance of support; Receiving/Control the pass - Open body shape, 1st touch into space (no pressure); 1st touch sideways/backwards away from pressure



SMALL-SIDED ACTIVITY

5v5 to 4 goals

TRAINING AREA = 40W x 50L. Position (2) goals on each side of the end line in the corner for a total of (4) goal. Play with #4,6,8,10,9. Red v White. Red & white score by passing/shooting the ball into the goal.

Coaching Points:

What - Supporting movements off of one another and #4,10.; Passing - Accuracy, Timing, and weight of passes; Support of the ball - Timing, angle, and distance of support; Receiving/Control the pass - Open body shape, 1st touch into space (no pressure); 1st touch sideways/backwards away from pressure



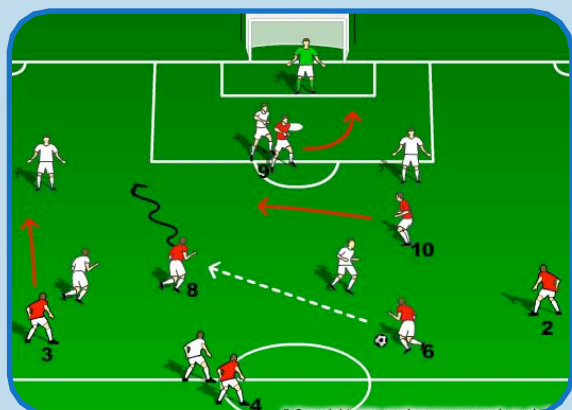
EXPANDED SMALL-SIDED ACTIVITY

8v7 to Goal

TRAINING AREA = 60W x 70L. Place (1) goal on each end of the space allow for each team to score on 1 goal. Play with #1,2,3,4,6,8,10,9. Red v White. Red & White score by passing/shooting the ball into the goal.

Coaching Points

When - The buildup begins when in possession, and moves forward if there are numbers in midfield; Passing - Accuracy, Timing, and weight of passes; Support of the ball - Timing, angle, and distance of support; Receiving/Control the pass - Open body shape, 1st touch into space (no pressure); 1st touch sideways/backwards away from pressure



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

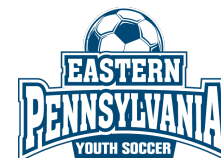
GK-3-2-3



U14 Week 3

By G Stephenson, Assistant Technical

Improve team's ability to build using wide players



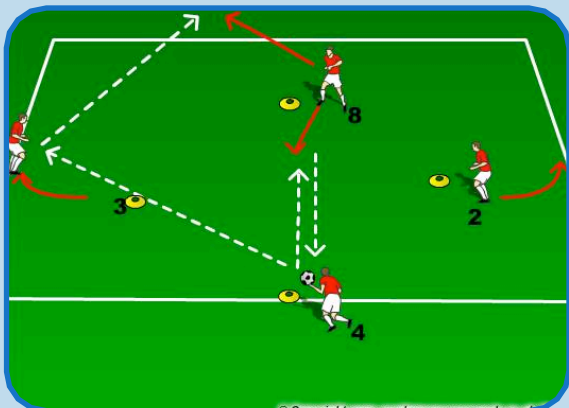
TECHNICAL WARM-UP

Pattern Passing & Combinations

TRAINING AREA = 30W x 30L. Use players #2,3,4,8. Develop various patterns and combinations, encouraging possession & penetration from wide areas of the field #2,3. Pass across the line to a player running into the space timed to stay on-sides. Example sequence = #4-8-3-8

Coaching Points:

Application of technique (passing, receiving, dribbling) Passing (type of pass) – instep, driven, lofted; Support – Timing, angle, distance; Receiving/Control the pass – body shape, angle of 1st touch, surface used to control pass



SMALL-SIDED ACTIVITY

5v4 - Line soccer & 2 goals

TRAINING AREA = 60W x 50L. Place two lines across the field 25 yards from the center line. On one line place (2) small goals on the left & right side of the field. Play 5v4 in the space. Red (#3,4,2,6,8) score by being played into space (can not cross the line before the ball). White (4) score on small goals.

Coaching points

What - Individual attacking decisions based on play of #4,6,8; Application of technique (passing, receiving, dribbling) Passing (type of pass) – instep, driven, lofted; Support – Timing, angle, distance; Receiving/Control the pass – body shape, angle of 1st touch, surface used to control pass



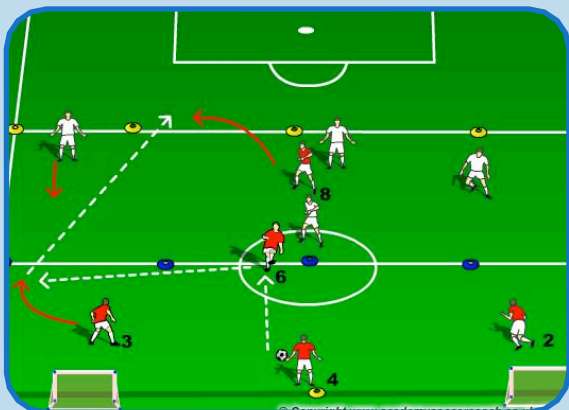
EXPANDED SMALL-SIDED ACTIVITY

8v7 to goal

TRAINING AREA = 60W x 70L. Red (#1,2,3,4,6,8,7,11) vs White (7). Score by shooting the ball in the goal.

Coaching Points:

Who - #2,#3,#7,#11; What - Combinations through possession in wide areas ; Passing (type of pass) – instep, driven, lofted; Support – Timing, angle, distance; Receiving/Control the pass – body shape, angle of 1st touch, surface used to control pass



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

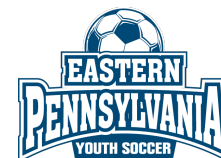
GK-3-2-3



U14 Week 4

By G Stephenson, Assistant Technical

To improve the player's and team's ability to create and finish scoring opportunities from wide positions through the #7, #11, #2, #3



Shadow Play 6v0

TRAINING AREA = 60W x 70L

Pattern/shadow play. Position (1) large goal at one end of the field for players to attack. Place balls at opposite end of field to begin the play. Ball starts with #2/3. Players look to combine in with emphasis on wide play patterns & combinations. Work the ball through the thirds of the field to score on goal. (Flags, cones, wallmen should serve as "goalie")

*Variations - limit touches, type of service, type of finish, direct v indirect attack

Coaching Points:

Application of Technique (passing, receiving, support) Who - Players #2,3,7,11; What - Combinations in wide area specifically with #8, #10; Overlaps, wall passes 1-2s, give & gos = combinations in wide areas with #8, #10; Support - Timing, angle, distance; Passing (type of pass) - instep, driven, lofted



SMALL-SIDED ACTIVITY

6v6 - 1 goal & counter goals

TRAINING AREA = 60W x 70L. Build a free zone for #8 = 60W x 10L. Play 6v6. Position (1) large goal at one end of the field for players to attack. Place (2) counter goals at the opposite end of the field, 3 yards wide. Place balls at opposite end of field to begin the play. Ball starts with #8 to initiate the play. Red (6) = #8,2,3,10,7,11 v White (6). Red scores by passing the ball through the goal, white scores by passing through the orange counter goals

Coaching Points:

What - Attacking runs forward with or without ball; What - Combinations in wide area specifically with #8, #10; Overlaps, wall passes 1-2s, give & gos = combinations in wide areas with #8, #10; Support - Timing, angle, distance; Passing (type of pass) - instep, driven, lofted



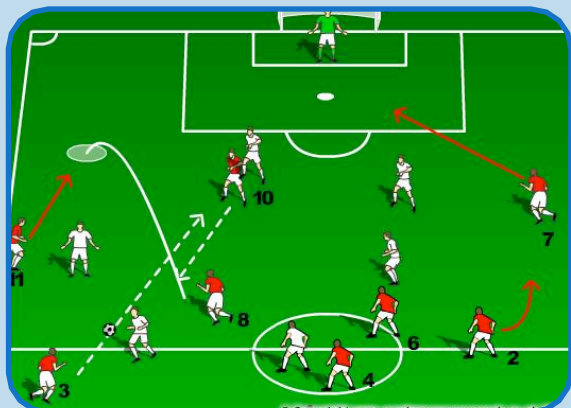
EXPANDED SMALL-SIDED ACTIVITY

8v7 to goals

TRAINING AREA = 60W x 70L. Play 8v7 to 1 goal each. Red (8) = #1,2,3,6,8,10,7,11 v White (7). Red & white score by passing/shooting the ball into the goal.

Coaching Points:

What - Combinations in wide area specifically with #8, #10; Overlaps, wall passes 1-2s, give & gos = combinations in wide areas with #8, #10; Support - Timing, angle, distance; Passing (type of pass) - instep, driven, lofted



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

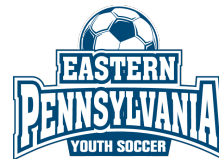
GK-3-2-3



U14 Week 5

By G Stephenson, Assistant Technical

Improve team's ability to create scoring chances from central areas (#6,#8,#9,#10)



4v0 to goal

TECHNICAL WARM-UP

TRAINING AREA = 44W x 50L. Red (4) - #6,8,10,9 - work various combinations in central areas in front of goal to produce a strike on the goal.

Combinations:

Up, back, through

Dribble penetration - pass - shoot

Penetrate into #9, and lay off for shot #10,8

Combination with #8/10 - shot for #6

Coaching Points:

Application of Technique (passing, receiving; shot) What - Types of passes to use in front of goal (push pass, reverse pass, lay off pass, through-ball pass); Passing - Accuracy, Timing, and weight of passes ;Receiving/Control the pass - body shape, angle of 1st touch, surface used to control pass; Shooting - Look up at target - then down to ball, Watch foot strike the ball, follow through with strike, position of non-kicking/plant foot to impact shot



4v5 to Goal & Target

SMALL-SIDED ACTIVITY

TRAINING AREA = 44W x 50L. Place (1) large goal at the end of the field Red is attacking. Place a TARGET player at the opposite end of the field outside the playing area. Red (4) - #6,8,9,10 v White (5). Red scores by passing/shooting ball into the goal. White scores by passing the ball to TARGET.

Coaching Points:

What - Types of passes to use in front of goal (push pass, reverse pass, lay off pass, through-ball pass)

What - Types of shot used from central areas (driven, lofted, bent, curled)

Passing - Accuracy, Timing, and weight of passes ;Receiving/Control the pass - body shape, angle of 1st touch, surface used to control pass; Shooting - Look up at target - then down to ball, Watch foot strike the ball, follow through with strike, position of non-kicking/plant foot to impact shot



EXPANDED SMALL-SIDED ACTIVITY

6v6 to Goal & 2 small goals

TRAINING AREA = 44W x 60L. Place (1) large goal at the end of the field Red is attacking. Place (2) small goals on the opposite end of the space in each corner for white to attack. Red (6) - #6,8,10,11,7,9 v White (6). Red scores by passing/shooting the ball into the goal. White scores by passing/shooting the ball into the small goals.

Coaching Points:

What - Types of passes to use in front of goal (push pass, reverse pass, lay off pass, through-ball pass)



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

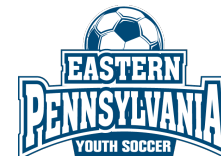
GK-3-2-3



U14 Week 6

By G Stephenson, Assistant Technical

Improve teams ability to build up from the defensive half



TECHNICAL WARM-UP

Overload Build Up

TRAINING AREA = 30W x 30L. Place (1) goal on each end line. Organize 4v4 in each area. Start with 1v1 and progress to 4v4. A new player comes on the field: after a goal, or ball out of bounds. 1v1-2v1-2v2-3v2-3v3-4v3-4v4. Red & white teams score by passing the ball into the goal

Coaching Points:

Application of defensive technique & pressure; Who - Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressuring defender



SMALL-SIDED ACTIVITY

6v6 - Big Goal & Small Goals

TRAINING AREA = 60W x 70L. Place (2) cones in each corner 3 yards wide making (2) goals above the mid-line. Place (1) goal on the opposite end line. Play 6v6 to goal. When red scores, White (server) immediately plays ball back into white team. Red defends, denies penetration, and delays while teammate recovers defensively. Red scores by dribbling through cone goals, white scores by passing/shooting the ball in the goal.

Coaching Points:

Who - The closest two players to the ball = pressuring (1st) & covering defenders (2nd); Direct pressure away from goal, or towards defenders (support/cover, balance); Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support; All other defenders recovery run = Behind the ball, preferably behind pressuring defender



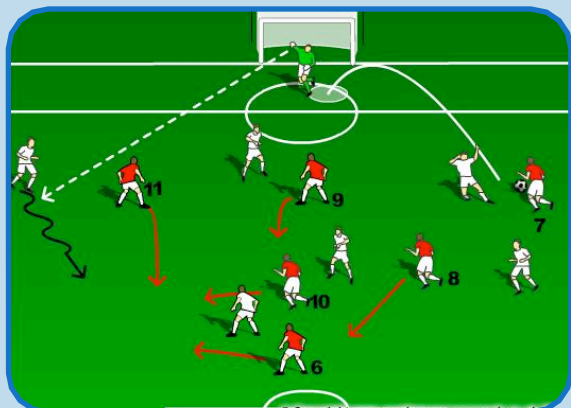
EXPANDED SMALL-SIDED ACTIVITY

7v7 - Big Goals

TRAINING AREA = 60W x 70L. Place (1) goal on each for the teams to score on. Red & white score by passing/shooting the ball into the goal

Coaching Points:

Who - The balance player (furthest from the ball) & recovering defender; What - As the furthest from the ball, the balancing player may need to shift forward and across to reduce penetration (runs, passes, dribble) through the center of the field; Recovery run = Behind the ball, preferably behind pressuring defender



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

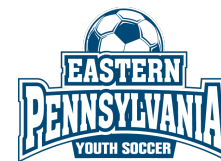
GK-3-2-3



U14 Week 7

By G Stephenson, Assistant Technical

Improve teams ability to defend against wide attack (#7,#11,#2,#3,#8,#6)



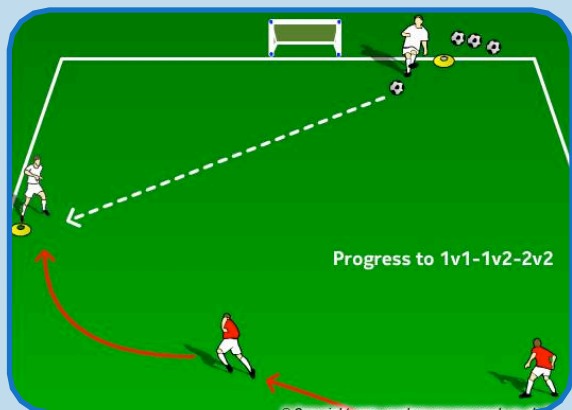
TECHNICAL WARM-UP

Wide play defending 1v1, 1v2, 2v2

TRAINING AREA = 10W x 15L. Place (1) goal on one end line. On the opposite endline make a 10W x 3L scoring end-zone. The team that starts with the ball tries to dribble into the end-zone under control in possession. The team that starts on defense scores on the goal. Progress 1v1, 1v2, 2v2.

Coaching Points:

Application of defensive technique & pressure ; Who -Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Angle, speed, timing of run - Curve your run to force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



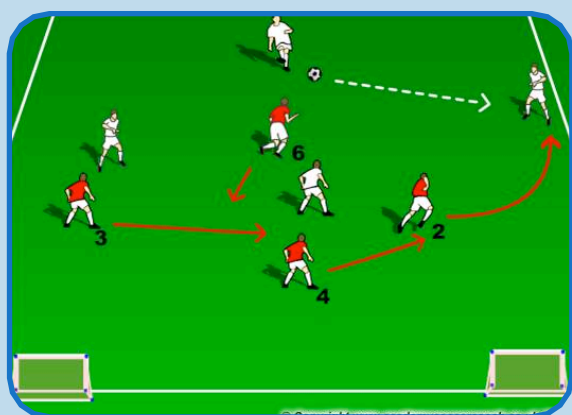
SMALL-SIDED ACTIVITY

4v4 - 2 goals, 1 goal

TRAINING AREA = 30W x 40L. Place (2) goals on one end-line, and on the opposite end-line place (2) cones 5 yards wide making a goal. Red & white score by passing/shooting the ball into the goal.

Coaching Points:

Application of defensive technique & pressure ; Who -Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Angle, speed, timing of run - Curve your run to force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



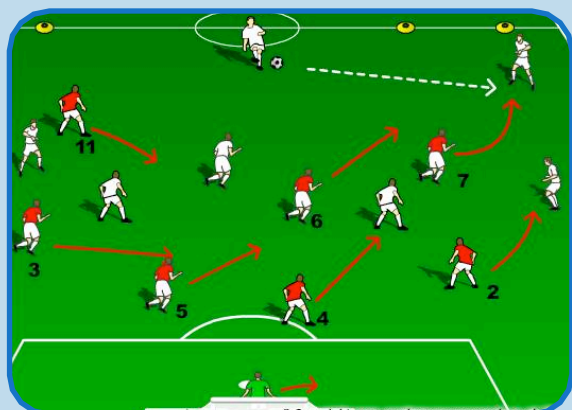
EXPANDED SMALL-SIDED ACTIVITY

8v7 - Big goal, and small goals

TRAINING AREA = 60W x 55L. Place (1) big goal on one end lines, place (2) cones on each corner of the opposite end-line 5 yards wide making (2) goals. Red & white score by passing/shooting the ball through the goals.

Coaching Points:

Who - #7,#11,#2,#3; What - To tackle the ball, or block penetrating cross; Why - In wide areas near the goal, there is a great need to deny penetration; Angle, speed, timing of run - Curve your run to force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

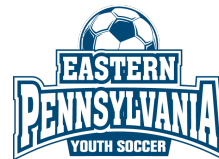
GK-3-2-3



U14 Week 8

By G Stephenson, Assistant Technical

Improve teams ability to build up from the defensive half



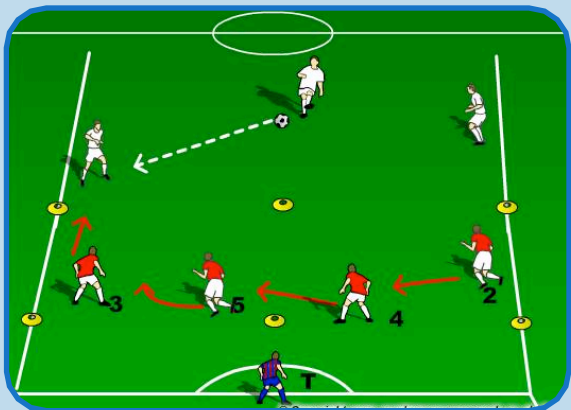
TECHNICAL WARM-UP

4v4 Penetration

TRAINING AREA = 44W x 30L. Make a 44W x 15L channel in the middle of the space where the defenders will play. Place a (T) target player on the other side of the channel. The offense (white) tries to pass the ball around to connect with the target. White players must stay in their zones. Reds must stay in the middle channel. Reds (Defense) emphasize = Pressure on ball, stepping up individually & group, shift right/left, drop, slide, cover, etc. to deny penetration

Coaching Points:

Application of defensive technique & pressure ; Who - Player closest to the ball = pressure, player(s) in immediate support of ball = cover, furthest player from ball = balance; Defensive Shape = knees bent, weight on toes, force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter)



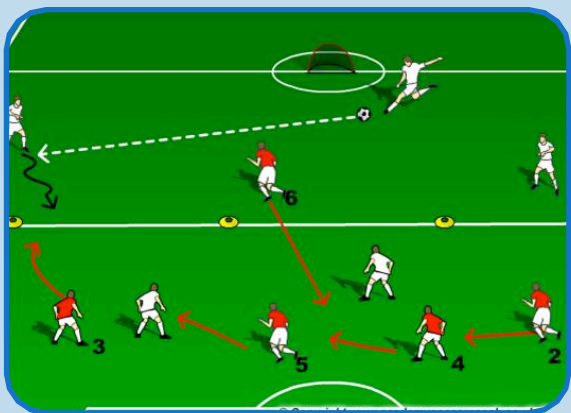
SMALL-SIDED ACTIVITY

6v5 - Big goal & small goal

TRAINING AREA = 60W x 55L. Place (1) one large goal on one end-line, and small goal on the half-way line. Build a "restraining" line 60W x 40L for #1,2,3,4,5 to defend behind. #6 can move across the lines & between spaces. Red & white scores by passing/shooting the ball in the goal.

Coaching Points:

Defensive Shape = knees bent, weight on toes, force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter); What - Shifting cover, and rotating across the field based on the speed, distance, and angle of pressure of #6 on the ball; Who - #1,#2,#3,#4,#5 rotate across the field above the 18 yard box below the restraining line



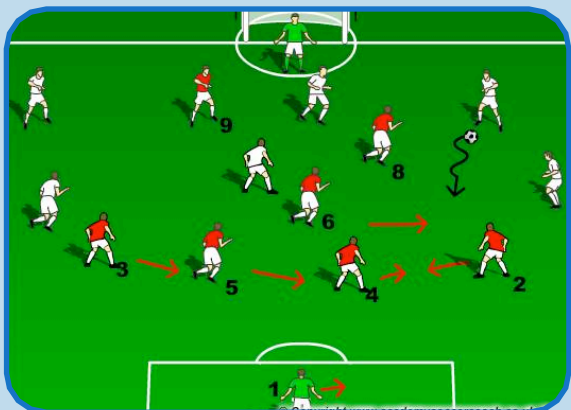
EXPANDED SMALL-SIDED ACTIVITY

8v7 Big Goals

TRAINING AREA = 60W x 55L. Place (1) big goal on the end-line and half-way line for each team to attack. Red & white scores by passing/shooting the ball in the goal.

Coaching Points:

Defensive Shape = knees bent, weight on toes, force the attacker towards your support, or away from goal (angle body towards area you wish to attacker to enter); What - Shifting cover, and rotating across the field based on the speed, distance, and angle of pressure of #6 on the ball; Who - #1,2,3,4,5 rotate across the field above the 18 yard box below the restraining line. Recovery run behind ball or to center of goal



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

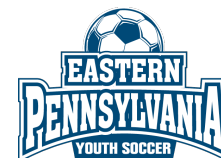
GK-3-2-3



U14 Week 9

By G Stephenson, Assistant Technical

Improve team's ability to recover ball in attacking half (#7,#11,#9,#10,#8)



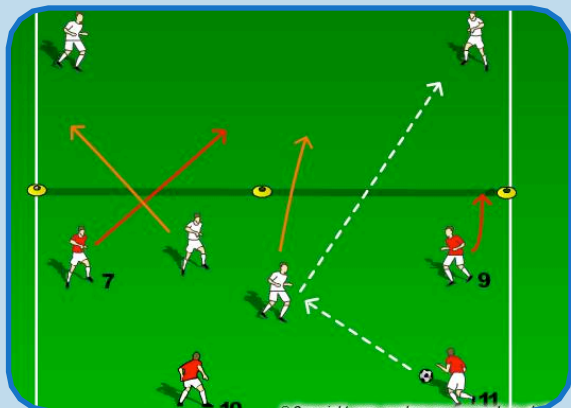
TECHNICAL WARM-UP

4v2 - 4v2

TRAINING AREA = 15x25L. Divide the space into (2) separate spaces. Play 4v2 in one space. The attacking team should try to keep possession and count the highest number of consecutive passes. The defending team should try to regain possession, and pass the ball to their teammates in the opposite grid. As the ball transitions to the opposite grid, (2) attacking players and defending players transition to the grid with the ball.

Coaching Points:

Application of defensive technique & pressure ; What - Pressure, cover, balance;
Who - Player closest to the ball = pressure, player(s) in immediate support of ball = cover, furthest player from ball = balance



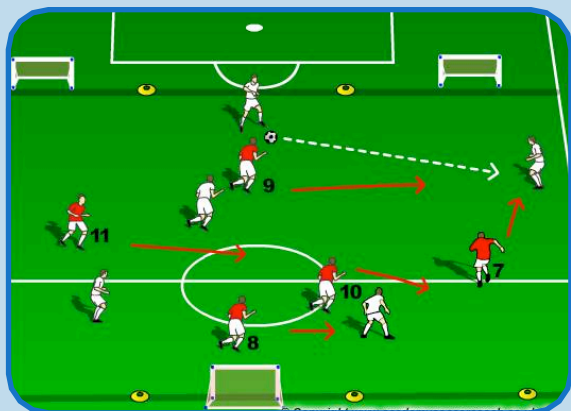
SMALL-SIDED ACTIVITY

5v5 - 2 Goals & 1 Goal

TRAINING AREA = 60W x 50L. Place (2) goals on the end-line of the team you are not coaching (white), and place (1) goal on the end-line of the team you are coaching (red). Teams play 5v5. Red & White score by passing/shooting the ball in the goal.

Coaching Points:

Application of defensive technique & pressure ; What - Pressure, cover, balance;
Who - Player closest to the ball = pressure, player(s) in immediate support of ball = cover, furthest player from ball = balance; What - Cover for the pressuring defender. Angle, speed, and distance of support based on pressuring defender;
Who - The supporting defender



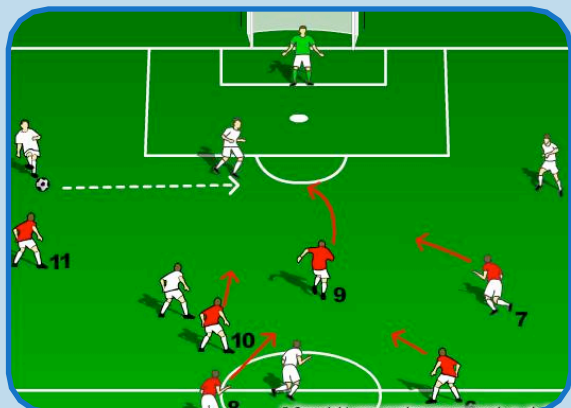
EXPANDED SMALL-SIDED ACTIVITY

7v6 - Big Goals

TRAINING AREA = 60W x 70L. Place (1) goal on each end-line for the teams to attack. Red & White score by passing/shooting the ball in the goal.

Coaching Points:

What - Compress spaces between supporting/balancing defenders to deny penetration; Who - The balancing player, defender (2) or more passes away from the ball; Why - To eliminate penetrating opportunities, and to win possession near goal in order increase scoring chances



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

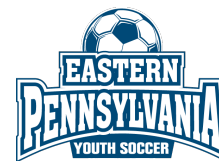
GK-3-2-3



U14 Week 10

By G Stephenson, Assistant Technical

GK Angle play based on shape of the Back 4



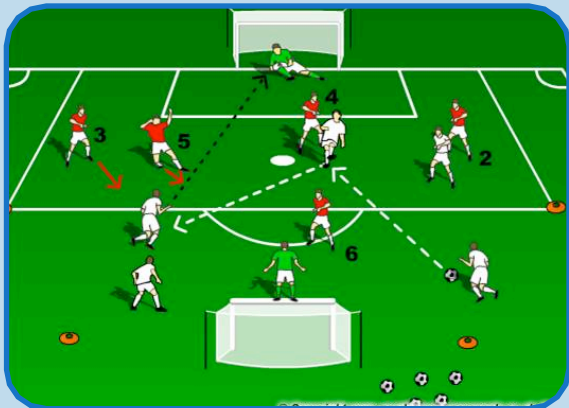
TECHNICAL WARM-UP

Double 18 Shot Stopping

TRAINING AREA = 44W x 36L. Build a "second" 18 yard box off the existing 18 yard box. Have the white 18 yard box line serve as the mid-line between the two zones. In (1) zone = K, #3,4,5,2 v (2) attackers; in the (2) zone = #6 v (4) attackers. Balls always start with white opposition in far grid with (4) attackers. Their objective is to strike on goal, or combine with their (2) attackers. If red team wins possession they can shoot on goal, or combine with #6 to go to goal. ALL PLAYERS ARE RESTRICTED TO THEIR SPACE/ZONE.

Coaching Points:

Technical application of collecting the ball – footwork, handling, starting position; What - GK(#1) movement, positioning, and angle play based on shape of the back 4 (#2,3,4,5); When - As the ball moves in front of the back 4, read the body shape of back 4 & #6 to determine if shot on target is possible



SMALL-SIDED ACTIVITY

7v7 to 1 large goal, & 2 small goals.

TRAINING AREA = 60W x 55L. Place (1) large goal the end-line, and (2) small goals on the halfway line. Balls always start with white team in possession from the mid-line. White scores on large goal, red scores on small goals.

Coaching Points:

What - Reading the body shape of the defense; Who – GK; When - The moment the defense forces the play central or wide; Why - Reading the defensive body shape and being prepare will allow the GK to position themselves more efficiently to make more saves



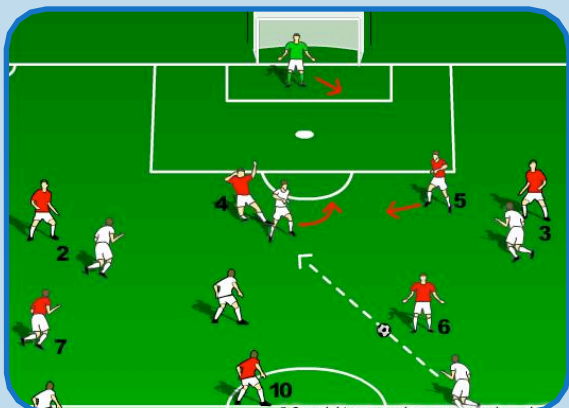
EXPANDED SMALL-SIDED ACTIVITY

9 v 8 to large goals.

TRAINING AREA = 60W x 70L. Place one goal on each end-line of the space. White team (8) and attack red team (9).

Coaching Points:

What - Reading the body shape of the defense; Who – GK; When - The moment the defense forces the play central or wide; Why - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



GAME

Play 9v9 game with specific formations for each team.

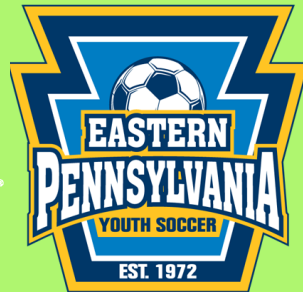
Reinforce all points above

GK-3-2-3



Training Program

Mike Barr, Director of Coaching
Gary Stephenson, Assistant Director of Coaching

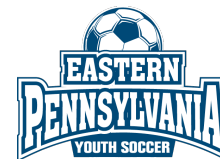


Under 16 Season Plan

Eastern Pennsylvania Youth Soccer
4070 Butler Pike, Suite 100
Plymouth Meeting, PA 19462
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EPYSA.org
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U.S. SOCCER - Numbering

By Gary Stephenson & Mike Barr



U.S. Soccer's Numbering System (GK-4-3-3)



Goal/Objectives Setting

By Gary Stephenson & Mike Barr



Goals/Objectives! Why they are Essential

As a coach you play a very large and positive role in your players and their parent's development. You are often seen as much more than a leader in practices & games. Because of your position you really are a teacher, as well as an individual mentor, to be utilized when needed. To excel in this position you must set yourself goals for each individual. The most important aspect in setting these goals is that they are not driven by game results and are measurable. They should be detailed at the start of any season giving you a realistic picture to strive towards. There has been a lot of research done in the soccer world to put guidelines down as what players at each age group should be able to do. We have taken this data and tailored objectives and lessons for age specific groups. Before you sit down and work on the big picture there are a few factors which need to be taken into account.

Research from Ewing, M. & Seefeldt, V., (1989). *Participation and attrition patterns in American agency-sponsored and interscholastic sports: An executive summary*. Final report Sporting Goods Manufacturer's Association (North Palm Beach, FL: Sporting Goods Manufacturer's Association) as cited from Weinberg & Gould (2007). *Foundations of Sport & Exercise Psychology*. Champaign, IL: Human Kinetics.

Reasons kids drop out of sports:

- Failing to learn or improve skills
- Not having fun
- Not being with their friends
- Lack of excitement, improvisation & creative opportunities
- Lack of exercise, meaningful movement & fitness improvements
- Lack of optimal challenges &/or consistent failure

Reasons kids play sports:

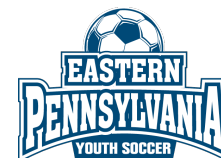
- To learn & improve their skills
- To have fun
- To be with friends
- To experience the excitement of competition
- To enhance their physical fitness
- To demonstrate their competence

It becomes your role as teacher and mentor to examine your training sessions and see if they are aligned with the reasons kids play and avoid the reasons children search out other activities.

U16 Week 1

GK Angle play based on shape of the Back 4

By G Stephenson, Assistant Technical Director



Double 18 Shot Stopping

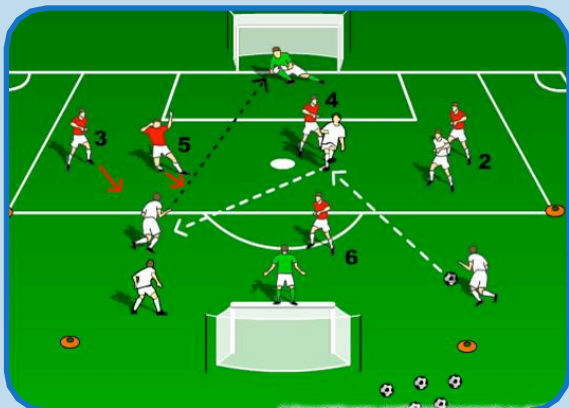
TECHNICAL WARM-UP

TRAINING AREA = 44W x 36L. Build a "second" 18 yard box off the existing 18 yard box. Have the white 18 yard box line serve as the midline between the two zones. In (1) zone = K, #3,4,5,2 v (2) attackers; in the (2) zone = #6 v (4) attackers. Balls always start with white opposition in far grid with (4) attackers. Their objective is to strike on goal, or combine with their (2) attackers. If red team wins possession they can shot on goal, or combine with #6 to go to goal. ALL PLAYERS ARE RESTRICTED TO THEIR SPACE/ZONE

Coaching Points

Application of technique – collection the ball, distribution, and footwork to position for collection

What - Reading the body shape of the defense; *Who* – GK; *When* - The moment the defense forces the play central or wide; *Where* - In the defending half, as the ball enters shooting range for the opposition; *Why* - Reading the defensive body shape and being prepare will allow the GK to position themselves more efficiently to make more saves



SMALL-SIDED ACTIVITY

7v7 to 1 large goal, & 2 small goals.

TRAINING AREA = 60W x 55L. Place (1) large goal the end-line, and (2) small goals on the halfway line. Balls always start with white team in possession from the midline. White scores on large goal, red scores on small goals.

Coaching Points

Application of technique – collection the ball, distribution, and footwork to position for collection

What - Reading the body shape of the defense; *Who* – GK; *When* - The moment the defense forces the play central or wide; *Where* - In the defending half, as the ball enters shooting range for the opposition; *Why* - Reading the defensive body shape and being prepare will allow the GK to position themselves more efficiently to make more saves



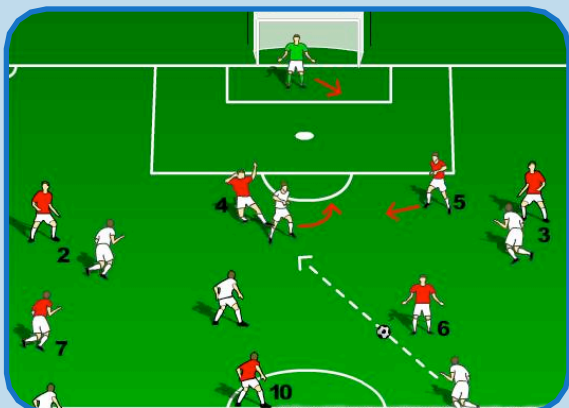
EXPANDED SMALL-SIDED ACTIVITY

9 v 8 to large goals.

TRAINING AREA = 60W x 70L. Place one goal on each end-line of the space. White team (8) and attack red team (9).

Coaching Points

What - Reading the angle & shape of the #10,7,11, 6 and positioning the back 4 accordingly; *Who* – GK; *When* - The moment white is in possession; *Why* - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

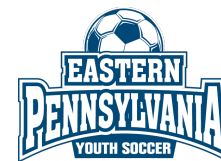
GK-3-2-3



U16 Week 2

By G Stephenson, Assistant Technical Director

Defending with a back (4) in a K-4-3-3



TECHNICAL WARM-UP

GK & Back 4 + #6 in Shadow Play

TRAINING AREA = Half of an 11v11 field. 6v5 shadow play Play with K, #2,3,4,5,6 in a K-4-1 White team passes the ball around, and "holds" the ball for 3 seconds before they pass until their teammates (Check for correct positioning of Red defenders)

Coaching Points

Technical Application of Defensive pressure (angle, distance, speed)
Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 *When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



SMALL-SIDED ACTIVITY

7v6 - 6 Goal Game

TRAINING AREA = 60W x45L. Place (2) cones on each endline 3 yards apart, making (6) goals per endline for teams to defend & attack. Red team play with K,#2,3,4,5,6,10 Teams score goal by passing/shooting through gate/goal

Technical Application of Defensive pressure (angle, distance, speed)

Coach Points

Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 *When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



EXPANDED SMALL-SIDED ACTIVITY

9v8 to 1 Large goal, and 2 small goals

TRAINING AREA = 60W x 80L. Set up (1) large goal on one end line, and on the opposite end play (2) cones 3 yards apart at each end of the endline making two goals. Red team play with K, #2,3,4,5,6,10,9. Red team attack small goals, white team attack large goal

Technical Application of Defensive pressure (angle, distance, speed)

Coach Points

Who - 1st defender on the ball, and 2nd, 3rd defenders in support; Where - Mid1/3 - Def 1/3 *When - As the ball is traveling to the opponent; Why - By increasing defensive pressure (angle, distance, speed) it will reduce the opposition's time to make decisions while in possession



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

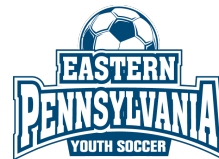
GK-3-2-3



U16 Week 3

By G Stephenson, Assistant Technical Director

Coach team to defend against counter attack once possession has been lost



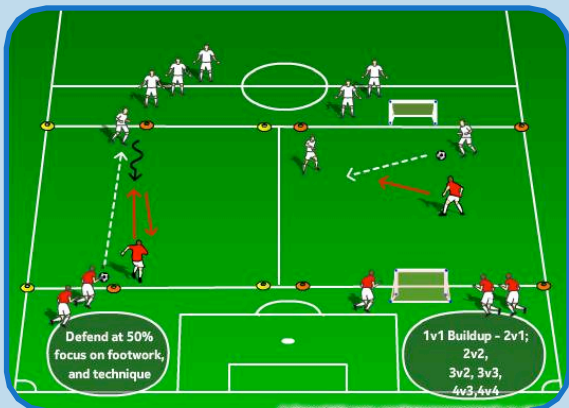
TECHNICAL WARM-UP

Overload Build Up

TRAINING AREA = 30W x 30L. Place (1) goal on each end line. Organize 4v4 in each area. Start with 1v1 and progress to 4v4. A new player comes on the field: after a goal, or ball out of bounds. 1v1-2v1-2v2-3v2-3v3-4v3-4v4. Red & white teams score by passing the ball into the goal

Coaching Points:

Technical Application of Defensive pressure (angle, distance, speed); Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressuring defender



SMALL-SIDED ACTIVITY

6v6 - Big Goal & Small Goals

TRAINING AREA = 60W x 70L. Place (2) cones in each corner 3 yards wide making (2) goals above the mid-line. Place (1) goal on the opposite end line. Play 6v6 to goal. When red scores, White (server) immediately plays ball back into white team. Red defends, denies penetration, and delays while teammate recovers defensively. Red scores by dribbling through cone goals, white scores by passing/shooting the ball in the goal.

Coaching Points:

Technical Application of Defensive pressure (angle, distance, speed); Pressuring Defender (1st defender) - Angle, Speed and Distance of approach; Tackle the ball on a poor touch, or delay the ball when opposition is in possession without support; Who - Recovering defender; Recovery run = Behind the ball, preferably behind pressuring defender; All other defenders recovery run = Behind the ball. preferably behind pressuring defender



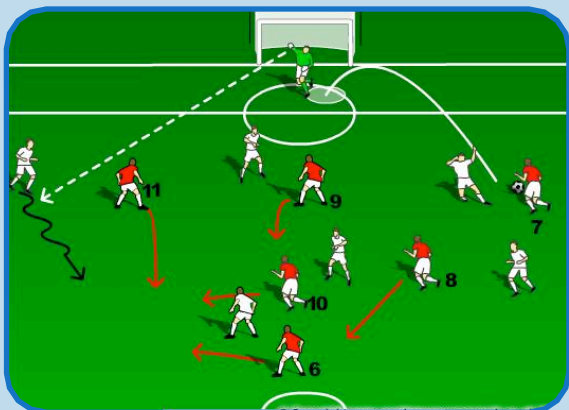
EXPANDED SMALL-SIDED ACTIVITY

7v7 - Big Goals

TRAINING AREA = 60W x 70L. Place (1) goal on each for the teams to score on. Red & white score by passing/shooting the ball into the goal

Coaching Points:

Technical Application of Defensive pressure (angle, distance, speed); Reinforce tactical supporting & recovering defensive movements above



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3



U16 Week 4

By G Stephenson, Assistant Technical Director

Coach the #7,#9,#11 to high press up the field



TECHNICAL WARM-UP

3v3v3 High Press Transition

TRAINING AREA = 20W x 30L. Build "3 zones" - 20W x 12L 20W x 6L 20W x 12L Coach plays ball into zone for team to retain possession. Functional lines pressure the ball as a group. Defense should win possess and play the ball to the opposite team/grid. The team who loses possession transitions to defend. Team in possession looks to play 10 TOTAL "1-touch" passes while under pressure for a point.

Coaching Points

Technical Application of Defensive pressure (angle, distance, speed) When - As the ball travels to the opposition; Why - To limit the options for the player with the ball or receiving the ball



SMALL-SIDED ACTIVITY

High Press in Final 1/3

TRAINING AREA = 60W x 70L Red team scores on the large goal, the white team scores by passing the ball through the (3) counter goals (flags)

Coaching Points

Angle, Speed, and Distance of pressure on the ball AND Angle, Speed, and Distance of support on ball; Who - 1st & 2nd defenders; Where - Above 18 yard box in the final third



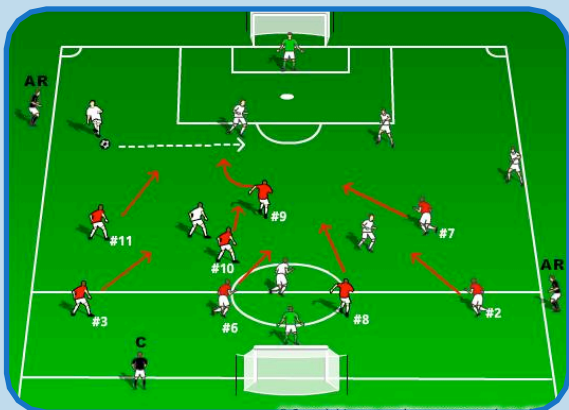
EXPANDED SMALL-SIDED ACTIVITY

High Press in Final 1/3

TRAINING AREA = 60W x 80L Red & white teams try to score on the large goals. Red team play K-2-3-3 White team play K-4-2-1

Coaching Points

What - Angle, Speed, and Distance of support from midfield (3) - #10,#8,#6; Who - #10,#8,#6 *Where - In support of 1st defender in midfield 1/3; When - As the ball travels and the 1st defender applies pressure



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

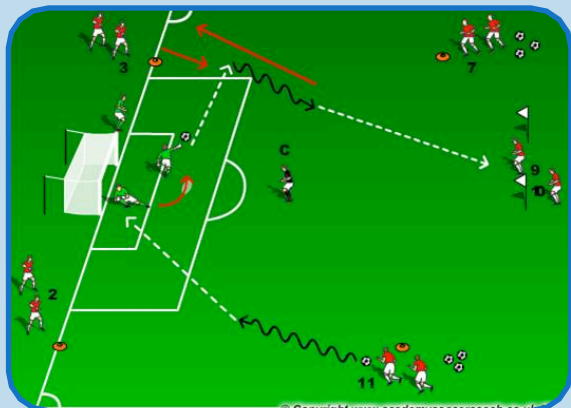


TECHNICAL WARM-UP

Technical Handling & Distribution

TRAINING AREA = 60W x 40L. Place (2) cones 40 yards from the goal in the flank area. Place (2) more cones on the end-line in the flank area. Place (2) flags in the center of the space 40 yards from goal. Position #11,7,2,3,10,9 accordingly. Number #11,7 dribble in flank area and provide cross/service to GK. GK makes the save and distributes to the opposite #2/3. #2/3 dribble and make a penetrating pass to targets #9,10. Repeat on each side

Application of technique – collection the ball, distribution, and footwork to position for collection; When - As #11/7 dribbles into the channel, shift position & angle to make the save. Then recover to distribute to #2/3; Why - Distributing to the opposite side of the penetration by the offense will allow for increased possession, and opportunity to build from the back.



SMALL-SIDED ACTIVITY

9v8 to 1 goal & 3 goals

TRAINING AREA = 60W x 75L. Place (3) goals on the end-line below the half way line. Place (1) goal on the opposite end-line. Red (9) v White (8). Red scores on (3) small goals, white scores on (1) large goal.

Coaching Point

What - Keeping possession by building from the back through the GK; Who - #1 GK & #2,#3,#4,#5 *Where - #2,#3 push high and wide when GK is in possession. #4,#5 split the 18 yard box when GK in possession; When - As the ball travels to the GK while the opposition is in possession



EXPANDED SMALL-SIDED ACTIVITY

9 v 8 to large goals.

TRAINING AREA = 60W x 70L. Place one goal on each end-line of the space. White team (8) and attack red team (9).

Coaching Points

What - Reading the angle & shape of the #10,7,11, 6 and positioning the back 4 accordingly; Who – GK; When - The moment white is in possession; Why - Organizing the back 4 based on the highest defenders will help to prevent shots from coming on goal, and all for better anticipation of the penetration balls from the opposition



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

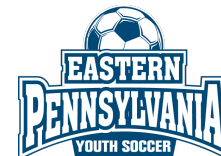
GK-3-2-3



U16 Week 6

By G Stephenson, Assistant Technical Director

Develop the ability to recognize when & where to penetrate v possess #6,#8,#10



TECHNICAL WARM-UP

Penetration & Possession Passing

TRAINING AREA = 20W x 30L. Place (2) flags, poles, cones, etc. at the midway point of the space. Place (2) cones at the end of the vertical space. Position 4 players at each marker. Combinations #10-6-10-9. Repeat the pattern with #9-8. Vary the touch restrictions on possession passes, and type of service on the penetration - drive, lofted, curled, instep, etc

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9 *When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession



SMALL-SIDED ACTIVITY

6v6 (1) large goal & (2) counter goals

TRAINING AREA = 60W x 70L. Play with #6,8,10,7,11,9. Red attacks large goal, white attacks (2) counter goals. Encourage recognition of penetration passing moments & opportunities. If penetration is not possible, emphasize maintaining possession

Coaching Points

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9; When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession; Why = Fewer defenders & more space will lead to greater success going forward to goal



EXPANDED SMALL-SIDED ACTIVITY

8v8 to (2) large goals

TRAINING AREA = 60W x 80L Play with #K,4,6,8,10,11,7,9. Red attacks 1 large goal, white attacks other large goal. Encourage recognition of penetration passing moments & opportunities. If penetration is not possible, emphasize maintaining possession

Coaching Points

Technical application of technique (passing, receiving, dribbling); Who - #10, 6, 8, 9; When - If there is space to play into, and a teammate to connect with = penetration; If there is no advanced player to connect with = possession; Why = Fewer defenders & more space will lead to greater success going forward to goal



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

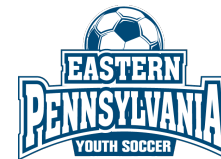
GK-3-2-3



U16 Week 7

By G Stephenson, Assistant Technical Director

Establishing Width & Penetration through #2, #3, #7, #11



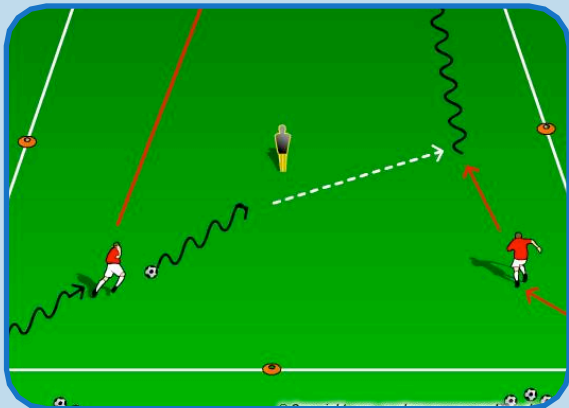
TECHNICAL WARM-UP

Technical Combinations

TRAINING AREA = 70W x 70L. Place (3) cones across the 18yd box for players (#2,3,4,5,7,11). Position (2) flags centrally in the center circle for players (#6,8,10,9) on either side of the center circle. Place a "gate" of poles 5 yards wide on either side of the half-line & center circle. -Develop various combination patterns to move flank players into attacking areas with & without the ball. The activity on each half, should always focus on the wide players moving through the "gates" through combinations with the central players.

Coaching Points

Technical application of technique (passing, receiving, supporting the ball); Who - Wide players in K-4-3-3 (#2,3,7,11); When - As the ball travels to the central players (#6,8,10,9); the wide players should initiate their movement without the ball into wide areas



SMALL-SIDED ACTIVITY

3v1; 3v1 +1

TRAINING AREA = 70W x 60L. Place cones across the mid-line to reinforce the transition from Defensive half to Attacking half. Place (3) Defenders (#4/5,2,3) in the Defensive half, and (1) player in the attacking half (#10 or 9). #8 is able to join throughout the space. Place (2) goals on each side of the end-line making (4) goals total. Each team attacks (2) goals. Points are scored by passing into the goal. Game variations - Wide player can join attack: 1) Dribble penetration from Defensive - Attacking Half 2) Passing penetration from Defensive - Attacking Half 3) Attacking runs penetration from Defensive - Attacking Half

Coaching Points

Technical application of technique (passing, dribbling, receiving, supporting the ball); What - Penetration - dribble, passing, runs; Who - #2/3, or 7/11; When - After combining with central players and space is available



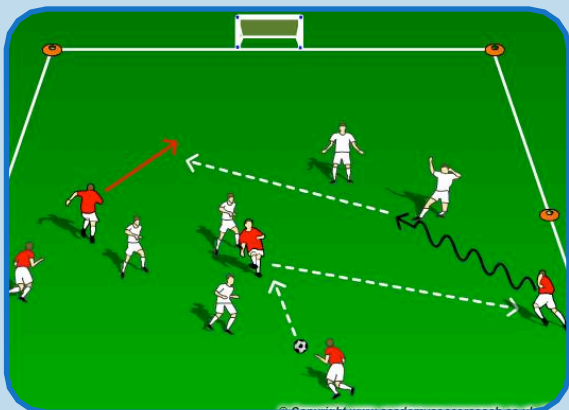
EXPANDED SMALL-SIDED ACTIVITY

8v8 to 1 large goal.

TRAINING AREA = 70W x 70L. Extend the 18 yard box with cones. Place (1) large goal one each 18 yard box. Play 8v8 (no restrictions).

Coaching Points

Technical application of technique (passing, dribbling, receiving, supporting the ball); What - Penetration - dribble, passing, runs; Who - #2/3, or 7/11; When - After combining with central players and space is available



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

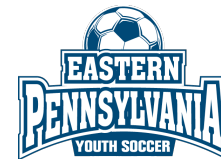
GK-3-2-3



U16 Week 8

By G Stephenson, Assistant Technical Director

Midfield (#6,#8,#10) to combine with the Forwards (#7,#9,#11)



TECHNICAL WARM-UP

Front 6 - (#6,#8,#10,#9,#11,#7) Combinations

TRAINING AREA - 20W x 30L. Place (4) cones on each side of the space making a diamond. Position (2) flags/poles in the center of the space - offset. Assign positions to players based on attacking direction related to function in game. Possible Combinations: #6-7-6-7-8 #8-10-8-11 #6-7-9-7-8 #8-11-10-11

Coaching Point

*What - Passing, Receiving, and Supporting movements *Who - #6,#8,#10,#9,#7,#11 *When - Without the ball as it travels *Where - At an angle to support the ball, or forward into space for passing options



SMALL-SIDED ACTIVITY

6v5 four goal game

TRAINING AREA = 60W x 50L. Play with 25+ yards either side of the halfway line. Position (2) small goals on each end-line in the wide areas, on both sides making a total of (4) goals. Red (6) v white (5). Each team scores by passing the ball into the goals

Coaching Point

What - Supporting movements forward, back, and to the side *Who - The player(s) without the ball *Where - Defending half - Attacking Half *When - As the ball travels, before the player receives it



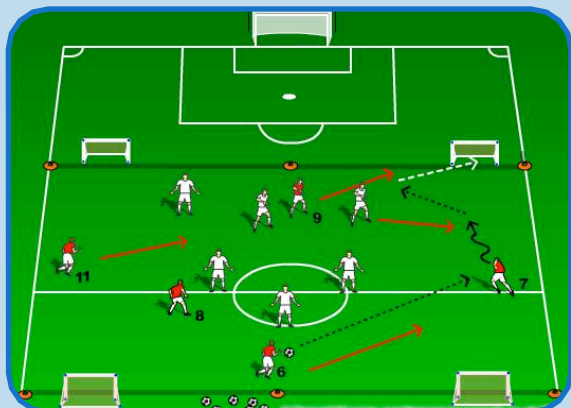
EXPANDED SMALL-SIDED ACTIVITY

8v7 to 1 large goal, and 2 small goals

TRAINING AREA = 60W x 70L. Place (1) large goal on the endline, and the (2) small goals on the opposite end line. Red (8) score on large goal, and white (7) score on small goals. GK for red defends (2) goals.

Coaching Point

*What - Penetration v Possess passes *Who - The player with the ball *Where - Mid 1/3 - Attacking 1/3 *When - There is no pressure on the ball and space behind (penetrate), if there is pressure on the ball, and no space behind (possess) *Why - Maintaining possession effectively in the Mid 1/3 - Attacking 1/3 will help enable more successful chances on goal



GAME

Play 9v9 game with specific formations for each team.

Reinforce all points above

GK-3-2-3

