



“Learn to Train” U9–U12 Coaching Handbook

www.tillsonburgsoccer.ca

**Have Fun, Make Friends,
Learn Teamwork, Be Active**



About this Handbook

TMSC BELIEVES THAT EVERY PLAYER DESERVES THE BEST POSSIBLE SOCCER EXPERIENCE.

Whether they dream of playing for Canada's National Teams, or simply want to have fun with their friends, taking the right approach to the game when children are young sets the stage for a lifetime of enjoyment.

The Canada Soccer Pathway provides a roadmap for players of all ages and aspirations who want to play soccer at the recreational, competitive, or high performance levels, with the aim of encouraging lifelong participation. The Pathway is built around the principles of Long-Term Player Development (LTPD).

For players under the age of 12, many of whom are lacing up cleats for the first time, the goal of this approach is simple:

GET KIDS TO FALL IN LOVE WITH THE GAME.



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The Role of The Coach

Teacher. Mentor. Role model. Cheerleader. Parent. Occasional disciplinarian.

Soccer coaches wear many different hats, particularly when they’re training young players, many of whom are lacing up their cleats for the first time. You might find yourself leading a fun activity one minute and reining in a distracted player the next.

You must be flexible, because a session or drill that was meant to last 10 minutes might need to be switched up after half that time to keep the players engaged.

Above all, make sure everyone is enjoying the session—including you.

Being a coach is demanding, but it’s also incredibly rewarding. There’s nothing quite like witnessing the thrill a young player gets when they score their first goal, or make a fantastic pass. And the lessons a child learns from a good coach can last a lifetime.

The objective isn’t just to develop better soccer players—it’s to develop well-rounded people who are disciplined, persistent and able to work well with others.

Shaping the lives of young people is a tremendous responsibility. As a coach, you must do everything you can to foster a player’s love for the game, and to help them achieve their potential.

Good coaches seek out new ways to develop their knowledge of the game and how players learn. This toolkit is designed to get you started.

But it’s not just about what you teach. It’s about how you teach.

Ultimately, it’s your personality and enthusiasm that will have the biggest impact on your players.

When putting an activity together for this age, make it **SIMPLE**:

- S**imple activities are best.
- I**dle time should be minimal.
- M**ake a game out of a practice.
- P**rovide a range of activities.
- L**et kids have a positive experience.
- E**xtend beyond soccer-specific objectives.

Coaching Guidelines

REMEMBER as a coach you need to be dedicated to the development of all players whether technically-able or new to the game. Your position is very important. You are a role model to these children. Set exemplary standards. Develop good touch and technique, good sportsmanship, and a positive atmosphere. Maintain equality throughout your sessions and emphasize fun and development.

1. **COMMUNICATION:** Ensure the terminology you use is clear and precise.
2. **POSITIVE REINFORCEMENT:** Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.
3. **BE CREATIVE AND USE INITIATIVE:** If the activity or game is too advanced, modify to increase the chances of success. If an activity is stagnant, change to something more fun.
4. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm and being energetic are contagious.
5. **KEEP PLAYERS ACTIVE:** If the activity is static, get helpers or assistants to keep everyone involved.
6. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
7. **STRIVE FOR QUALITY:** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
8. **REINFORCE CORRECT TECHNIQUE:** In all activities and games, continually emphasize the use of correct techniques.
9. **ENCOURAGE PLAYER MOVEMENT:** At all times make players aware of importance of readiness. Keep the players moving.
10. **DEVELOP PLAYER RESPECT:** Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.
11. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.
12. **FUN AND ENJOYMENT:** Players will respond and continue if things are fun.

TMSC Coaching Tips

Every soccer player is unique and it’s important to understand and appreciate the differences between players at various age levels.

When you’re planning a training session, consider the group of players you’re working with and the outcomes you want to achieve, and choose your coaching method accordingly.

In no particular order, here are five coaching techniques that will give you some options to help meet the needs of individual players:

- 1. Command**

The coach tells the player what to do and demonstrates it.

Example: “I want you to pass the ball to your partner.”

- 2. Question & Answer**

The coach leads with a question and requests an answer from players.

Example: “Which one of your teammates could you pass the ball to?”

- 3. Observation & Feedback**

The coach and players observe an activity and discuss the outcome.

Example: “Let’s watch and see what happens.”

- 4. Guided Discovery**

The coach asks a question and issues a challenge.

Example: “Can you show me how you would get the ball past the defender?”

The player then demonstrates how he/she would do it.

- 5. Trial & Error**

The players and/ or coach decide on a challenge, and the players are encouraged to find their own solutions with minimal support from the coach.

Remember, a method that works well with one player may not be effective with another. So it’s important to be flexible, to set realistic goals, and to give positive feedback as often as possible. It’s also important to remember that, no matter how wonderful a coach you are, it’s very difficult to force a player to be interested in your training session when he or she really doesn’t want to be there. Make the experience lots of fun and all your players will want to come back the next time.

Good and Bad Coaches for Youth Sports

Too often our coaching role models come from professional sports (entertainment) rather than from youth sports (education). The problem with this is that the sole purpose of pro sports is winning-at-all-costs whereas youth sports have a greater purpose: long-term player skill development and learning life lessons through sport. What separates a good coach from a bad coach is the ability to put aside your ego and take responsibility for developing the whole team, sometimes at the expense of winning.

A Good Youth Coach is someone who is:

- Patient
- Involved and Caring
- Knowledgeable
- Fair
- Positive

A Poor Youth Coach is someone who is

- Angry
- Dictatorial and Controlling
- Critical
- Condescending
- Negative

The only thing you can really control is your attitude and how you react to a situation. As a coach you will constantly be dealing with new and sometimes difficult circumstances. There will be a lot of challenges. How you deal with the challenges is what separates a good coach from a bad one. You have a choice to either be a positive and motivating influence on the children that you are coaching or to be a negative influence on them. Take the time to consider your actions before you act. ***Remember that it is the kid's game*** and you are there to guide their learning and to encourage a love for the game.

Long-Term Player Development

TMSC BELIEVES THAT EVERY PLAYER DESERVES THE BEST POSSIBLE SOCCER EXPERIENCE.

LTPD is about putting the player first, and offering age-appropriate opportunities for kids to enjoy the game of soccer. Making the game fun is key in teaching and coaching, so that players will continue in the game and may even coach or referee as they get older.



Long-Term Player Development (LTPD)

LTPD is a program for soccer player development, training, competition, and recovery based on biological age (i.e. physical maturity) rather than chronological age. It is player centred, coach driven, and administration, sport science, and sponsor supported.

- Eliminates gaps in the player development system
- Guides planning for optimal athlete performance at all stages
- Provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams
- Follows scientific principles and practical coaching experiences

Tillsonburg Soccer Club and LTPD

We have employed the LTPD philosophy in our house league program for quite some time now. Size of ball, number of players on the field and lack of Mini Field Scores and Standings are all ways that the environment is tailored to provide players with fun, positive and developmental opportunities in the game of soccer.

Under the guidance of the Canadian Soccer Association and the Ontario Soccer Association and EMSA, the plan has been developed for our members. Long Term Player Development has been used by many top sports countries in Europe and South America for years.

Benefits for Players & Parents

- Better understanding of what makes a good soccer program
- More players learning at their level and having fun
- Appropriate game and league structures (e.g. size of balls, goals, field etc.)
- More opportunity for players to realize their athletic potential
- More coaches who are knowledgeable in leading safe, effective practices

Benefits for Coaches

- Information and education on effective coaching and practice methods
- Guidelines for appropriate game structures
- Guidelines on appropriate competition levels
- Established pathways for players development for all levels of ability and ambition
- • Affirmation of best practices for coaches

“Learn to Train” - Player Characteristics

Under 9 – Under 10 Players

As we move up the age ladder to the U9-10 level there are many differences we must attend to in order to provide an optimal experience for young players of this age. However, there are also many similarities. Just as in parenting, it is important to be consistent in coaching and we must make sure that we follow a progressive trend of development for young players. To this end, we need to continue to focus on technique during our practices, as we did at the younger ages. Creating environments in which players get maximum repetitions of technical skills is key. Players at this age should still work on ball mastery and demonstrate growing familiarity and comfort ability with a ball at their feet.

Typical Characteristics of “Learn to Train” U9 – U10 Players

- Attention span lengthens from U8—they start to show the ability to sequence thought and actions
- They start to think ahead and think “If this, then that”
- More inclined towards wanting to play soccer rather than being told to play
- Demonstrate increased self-responsibility – bringing a ball, water and all gear should now be their complete responsibility
- Children at this age begin to become aware of peer pressure
- Players greatly affiliate with their team or their coach—“I play for United” or “I play for Coach Frank’s team”
- There is a wide continuum of maturity evident on most teams. This is still a crucial age for technical skill development.

Under 11 – Under 12 Players

Typically players of this age start to begin to understand the basic simple tactical situations of the game and are more aware of movement of the ball and the reasons for tactical choices. Problem-solving becomes systematic and these players tend to learn quickly. Children of this age typically are beginning to develop abstract awareness, so they can understand coaches when we talk about space and runs of the ball.

However, just because they understand these basic tactical concepts does not mean we should focus on these concepts entirely. Players are still developing technically at this age, especially as they go through growth spurts and awkward phases. It is quite common to look out at a U12 field and see players that are physically the size of adults.

Yet, other U12 players appear as if they could still be in the 3rd grade. These children are all growing at different rates and undergoing physical, mental, emotional, and social changes. As coaches, we need to be sensitive to these changes and their social implications when coaching this age group. Some players may pick up skills quickly, whereas others may struggle. However, it may be the case that this is simply the result of differences in maturation. In a year, the slower developer may surpass the player who developed earlier. For this reason we need to be patient and keep open minds about all players through these years. They are aware of their struggles more than anyone else as peer evaluation is omnipresent at these ages. When we see them struggling, it is important for us to help them and to keep the game fun.

Typical Characteristics of “Learn to Train” U11 – U12 Players

- All children are maturing at different rates
- Players need to warm-up and perform dynamic movement—muscle pulls and other nagging injuries are common otherwise
- Players will typically understand elemental abstract concepts and hypothetical situations (basic tactics and strategy)
- They like to solve problems
- Peer evaluation is a constant
- Egos are sensitive
- Coordination may depend on whether or not they are in a growth spurt
- Technique still needs to be reinforced constantly
- Playing too much can lead to overuse injuries
- This is the dawn of tactics!
- Keep asking the players to be creative and to take risks—we never want them to stop doing these things
- Ask for feedback from them—they will tell you how things are going
- Keep it fun!!!

“Learn to Train” - Practice Focus

The “Learn to Train” Training Model indicates how your practice sessions should be structured for players in the “Learn to Train” development stage. Practice duration should range between 45 and 70 minutes.

Warm up

Getting the players prepared to practice and play, mentally and physically. Incorporate various dynamic movements.

Small-sided Game 1

Two teams e.g. 5v5 play with direction and targets. Just let them play!

Technical

Pick a theme e.g. passing, receiving, dribbling etc. and pick an exercise where lots of repetition can occur. Coach the players using a variety of teaching styles.

Small-sided Game 2

Here is an opportunity for the players to apply what you have just practiced with them. Let them play and try it. Mistakes are allowed!

Cool Down

The players have a chance to cool down, stretch and review the key points from practice.

“Learn to Train” - Practice Recommendations

- Continue to develop ball mastery in a larger environment with more teammates and opponents
- Start to develop other surfaces to control the ball
- Develop the ability to control the ball and look
- Introduce decision-making for the next play and apply the proper technique
- Develop the ability to run with the ball towards goal and away from goal to gain space and use width
- Develop dribbling 1v1 using different fakes and changes of direction, shielding at the older ages of the stage
- Develop passing the ball using different surfaces of both feet
- Introduce combination plays with 2 or 3 players
- Develop shooting skills, at longer distances. Introduce, volleys, bent shots and chips using different surfaces
- Introduce the use of width at U9 and U10 and depth at U11 and U12
- Develop the ability to look up and read GK position to make a good decision and apply proper technique.

“Learn to Train” - Coaching Methodology

- Small-sided games, allow the game to be the teacher
- Player centred- allow the players to make decisions
- Use Coaching Key Factors to teach the players
- Demonstrate what you would like the players to do
- Keep information positive, brief and concise
- Create a positive learning environment
- Set appropriate challenges
- Practices should have a theme e.g. passing or shooting
- Use a variety of interventions e.g. question and answer, guided discovery, command
- Consider a young player’s self esteem
- Avoid children standing in lines

The Four Corner Development Model

The Four Corner LTPD model consists of technical, psychological, physical and social/emotional components. Each corner of the model reflects a wide aspect of a player’s development that has to be considered. The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. The Four Corner approach places the player at the centre of the development process with soccer experiences that meet the four key needs of the player.

As we develop our young people to become athletes, and most importantly good people, it’s vitally important that the whole person is developed. Soccer can be used as a vehicle for this development. Each practice session or game can be used to develop a child in all four corners.

The four corner development model, as illustrated below, is a change in thinking or approach for some soccer coaches. In the past, we have focused most, if not all, of our information and learning in the Technical and Physical areas of our sport. Very little has gone into developing a player’s Psychological or Social /Emotional skills and qualities.



Technical / Tactical

Players improve by playing lots of soccer and being active in other complementary sports and activities. That said, without a skilled mix of guidance, challenge, appropriate questioning, demonstration and teaching, it’s unlikely that players will reach their true potential.

TIPS FOR TECHNICAL DEVELOPMENT:

- Use the coaching activity to challenge and develop players technically
- Encourage players to try new skills.
- Appropriate challenges may be set for the whole group or for individuals within the group For example, in a passing practice some players may be challenged to play one-touch passes whenever they think it’s appropriate.
- When appropriate, practice activity should replicate the demands of the game, encouraging players to think and make decisions just as they would in a game.
- Clever practice design should allow players to repeat and re-visit elements of the game without experiencing boredom.

Physical

To become an effective soccer player there are basic physical movement skills that need to be developed. Agility, balance, coordination, and speed (ABC’S) are all essential qualities for players; between the ages of 4-12 young players have a “window of opportunity” to develop these attributes.

Addressing the state of physical literacy of children is one of the biggest challenges we currently face in society and coaches should help communicate the benefits of physical activity and a healthy lifestyle.

TIPS FOR PHYSICAL DEVELOPMENT:

- Children are not mini adults and shouldn’t be subjected to running laps of the field and doing push ups.
- Through well-designed practice all coaching activities can include physical outcomes.
- A shooting practice may include a physical challenge which is realistic to the demands of the game e.g. a defender and an attacker may have to turn and race onto a through ball before taking a shot at goal. In this way the players are working on turning, acceleration and deceleration as well as the technical elements of the exercise.
- Coaches working with young players should be aware of the key windows for physical development and which aspects of a players development can be improved and when.
- Appropriate movement skills such as tag games and activities which develop agility, balance and coordination should be encouraged through enjoyable games.
- Don’t expect too much from young players too soon!

Psychological / Mental

Creating learning environments that challenge players to be imaginative, creative and reflect on their performance—both during and after practice/game—is fundamental to the development of the future player. Coaches should adopt different coaching styles and methods to meet the individual needs of young players, understanding that there is more than one way for players to learn the game.

TIPS FOR PHYSICAL DEVELOPMENT:

- Use different methods to communicate with different types of learners.
- Visual (seeing): tactics boards, posters, diagrams, cue and prompt cards as well as arrangements of cones on the pitch are some ways in which coaches can communicate with players visually
- Auditory (hearing): As well as speaking with the players and asking questions, coaches can encourage players to discuss aspects of the game in pairs, small groups and also with the whole group. Through communication with others, players can help solve game-related problems and learn more about the game
- Kinaesthetic (doing): physically ‘walking through’ positional arrangements and freeze-framing parts of the game can help paint pictures in the mind of the players and contribute to the understanding of the game
- Help players learn the game and develop their decision-making skills by seeing game-related problems for players to solve. **For example**, “in this passing practice try and turn with no-touches whenever possible; try and work out when you will be able to do this and when you won’t”

Social / Emotional

Playing soccer can help children learn many life skills: cooperation, teamwork, communication and friendship are some of the benefits of joining a team and playing the game. To allow these social skills to develop, players should be allowed a safe and supportive environment and given encouragement to learn the game.

TIPS FOR PHYSICAL DEVELOPMENT:

- Coaches should strive to create a positive environment which is welcoming for players both during games and training How you treat your players is crucial to ensuring this is positive and fulfilling for the young player.
- Players should be praised and recognized for effort and endeavour as well as ability. This will highlight the process of learning and striving to get better rather than just the final outcome.
- As coaches are in a significant position of influence with their players it is important to give consideration to the type of role-model you are What are your values and beliefs and how is this demonstrated in your behaviour?

Soccer Technique

A player’s soccer technique—which revolves around core skills such as passing, receiving and controlling the ball—will improve through:

- Getting lots of touches on the ball.
- Fun competitions that motivate players to use different techniques.
- Opportunities to make quick decisions about the best technique to use in a given situation
- Plenty of positive feedback.

At the “Learn to Train” stage (U-8/U-11 Girls; U-9/U-12 Boys), technique drills should make up about 40% of practice time (i.e., roughly 35 minutes of a 90-minute training session). The following activities focus on dribbling, control, passing, shooting, and heading.

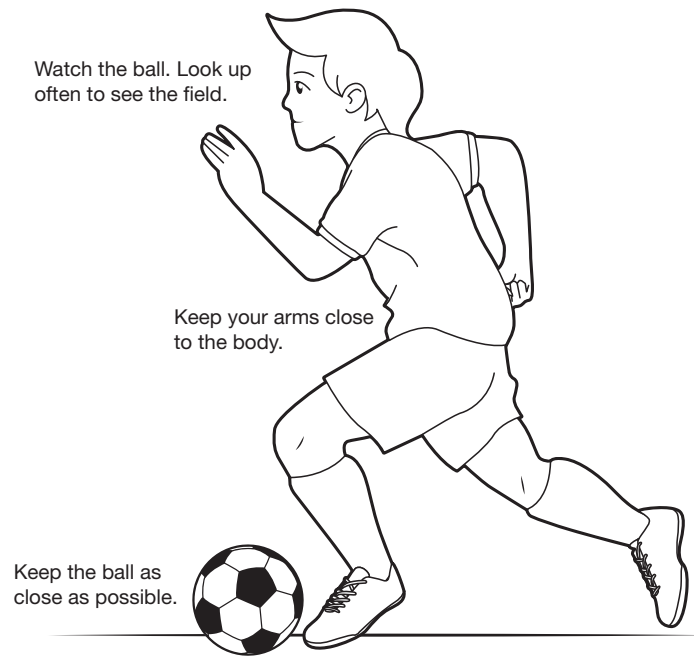
TIP*

These activities will help players develop a feel for the ball in increasingly large areas by continuing to work on fundamental techniques like dribbling, shooting, faking, turning, and passing. While having fun is still a key motivator, discipline will become more and more important as players transition from “game-playing” to “training.”

SOCCER TECHNIQUE

DRIBBLING

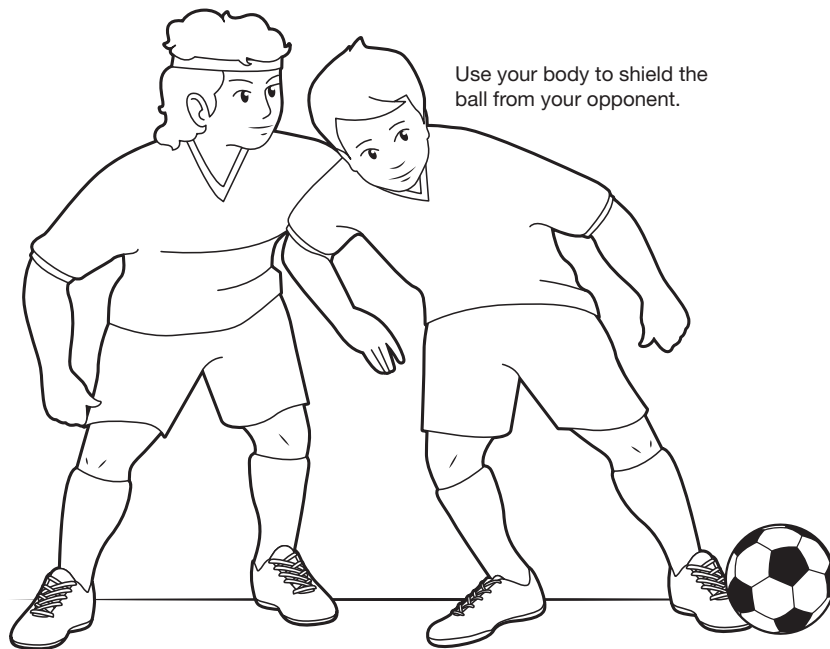
“DRIBBLING” MEANS USING YOUR FEET TO MOVE THE BALL IN A CONTROLLED WAY.



SOCCER TECHNIQUE

SHIELDING

“SHIELDING” IS WHERE THE PLAYER KEEPS POSSESSION OF THE BALL BY PUTTING HIS/HER BODY BETWEEN THE BALL AND THE DEFENDER.



Use your body to shield the ball from your opponent.

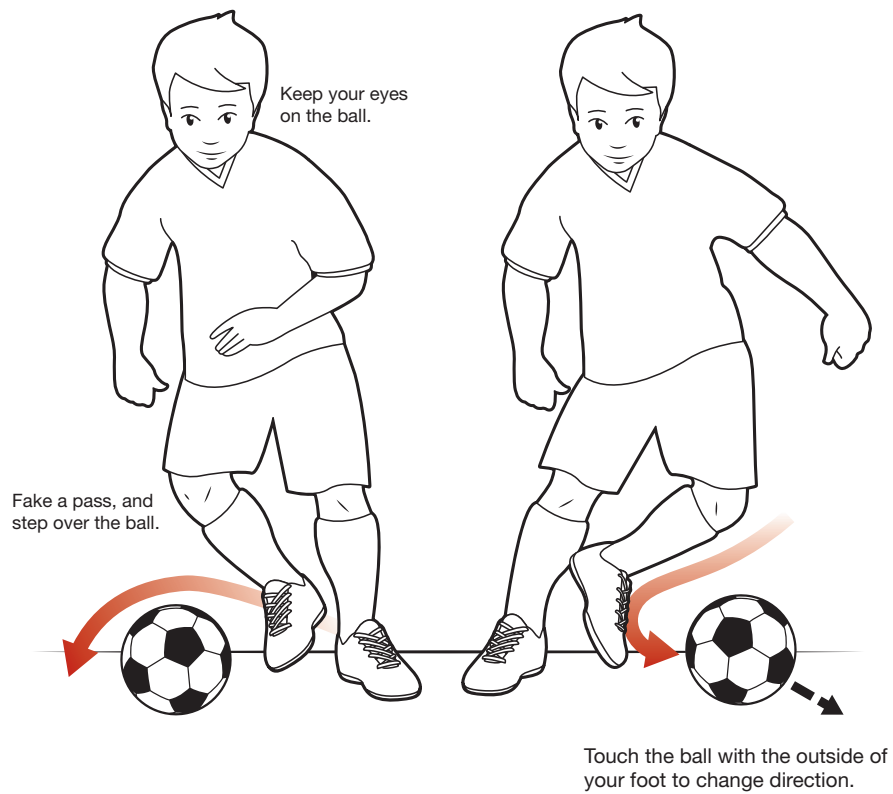
Keep your body low and your feet wide apart for stability.

Maximize the distance between the ball and your opponent.

SOCCER TECHNIQUE

FEINT

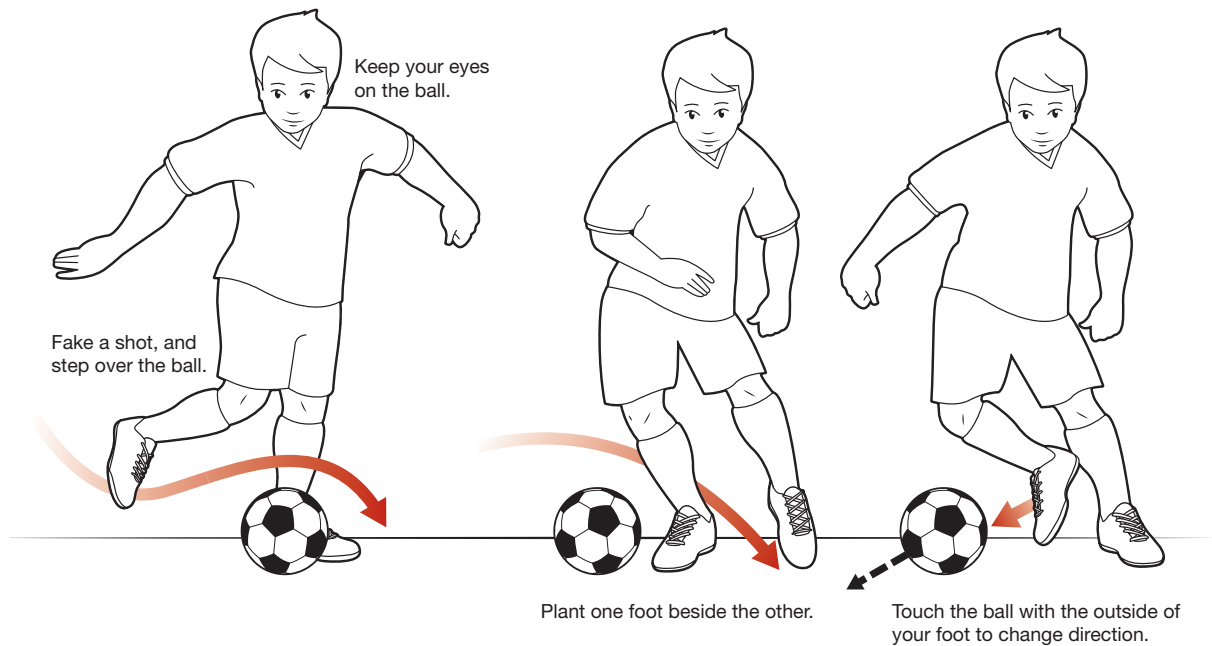
“A FEINT” (OR FAKE) IS A SLIGHT MOVEMENT OF THE HIPS/SHOULDERS THAT SUGGESTS A MOVE IN ONE DIRECTION BEFORE YOU MOVE SHARPLY IN THE OTHER DIRECTION.



SOCCER TECHNIQUE

STEPOVER

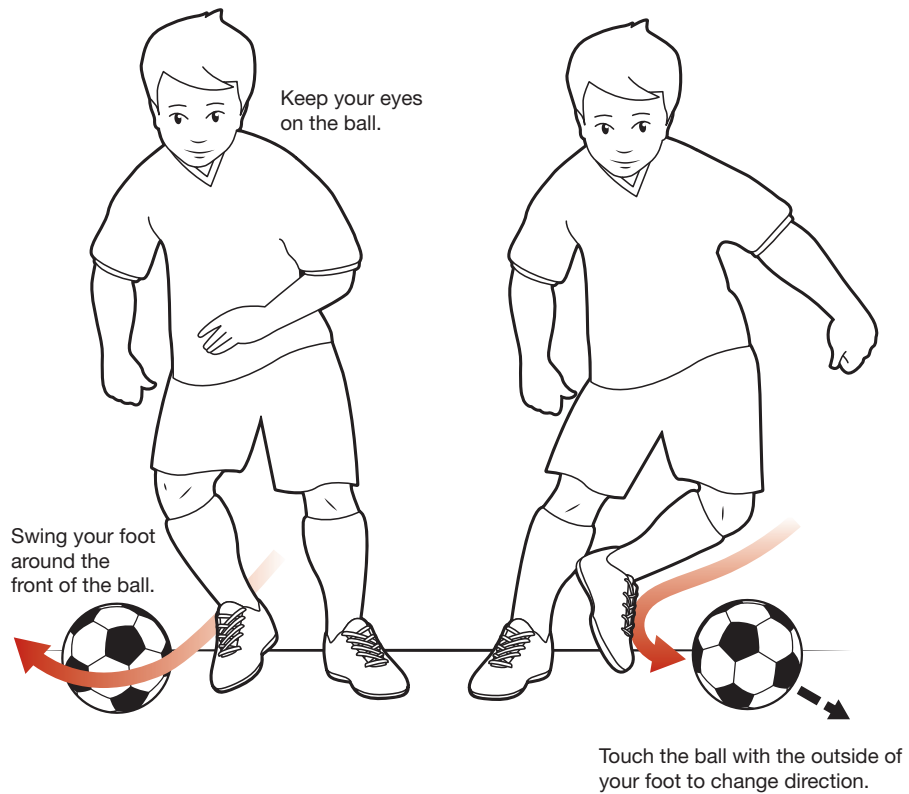
“A STEPOVER” IS A TURNING MOVE WHERE YOU STEP OVER OR AROUND THE BALL IN A WAY THAT MAKES THE DEFENDER THINK YOU’RE TURNING IN ONE DIRECTION BEFORE YOU PIVOT THE OTHER WAY.



SOCCER TECHNIQUE

SCISSORS

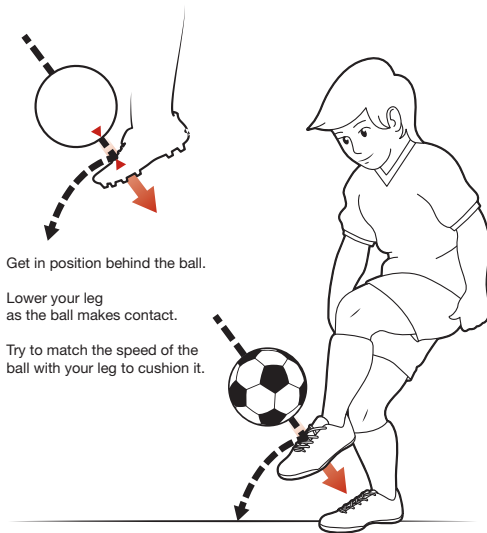
“SCISSORS” COMBINES THE FEINT AND STEPOVER: ALONG WITH THE MOVEMENT OF YOUR HIPS/SHOULDERS, YOU STEP OVER OR AROUND THE BALL WITH ONE FOOT TO MAKE THE DEFENDER BELIEVE YOU’RE GOING TO MOVE THE BALL ONE WAY, BEFORE PIVOTING SHARPLY PAST THEM IN THE OTHER DIRECTION.



SOCCER TECHNIQUE

CONTROL

“CONTROL” MEANS USING YOUR FEET AND OTHER PARTS OF YOUR BODY (EXCEPT YOUR ARMS AND HANDS) TO KEEP THE BALL CLOSE IN ORDER TO THEN PASS, DRIBBLE OR SHOOT.

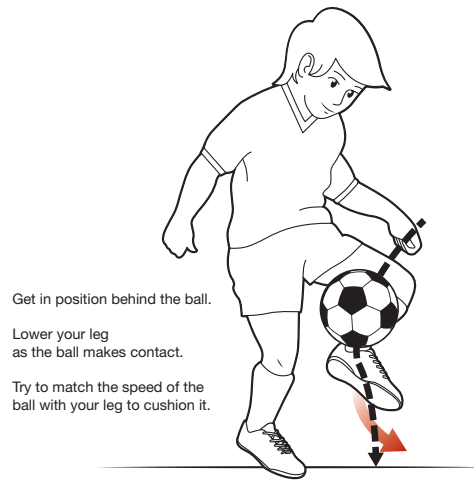


Get in position behind the ball.

Lower your leg as the ball makes contact.

Try to match the speed of the ball with your leg to cushion it.

Top of Foot (Laces)

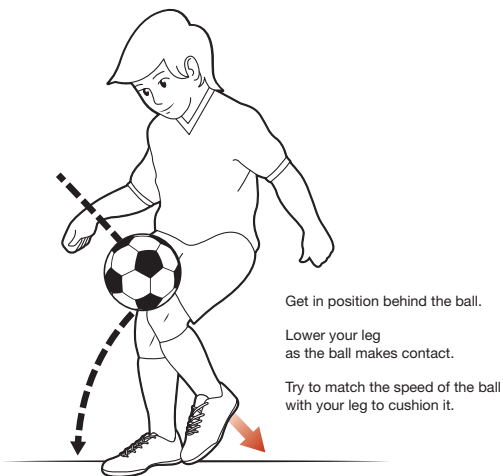


Get in position behind the ball.

Lower your leg as the ball makes contact.

Try to match the speed of the ball with your leg to cushion it.

Inside of Foot

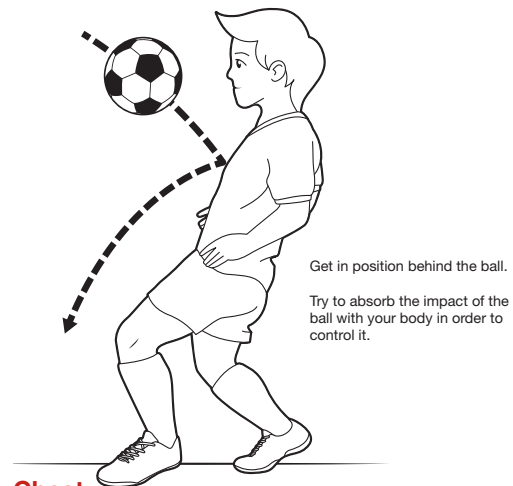


Get in position behind the ball.

Lower your leg as the ball makes contact.

Try to match the speed of the ball with your leg to cushion it.

Thigh



Get in position behind the ball.

Try to absorb the impact of the ball with your body in order to control it.

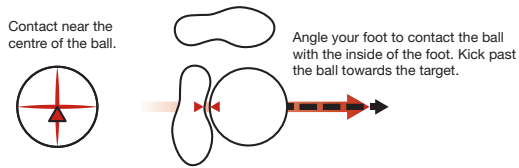
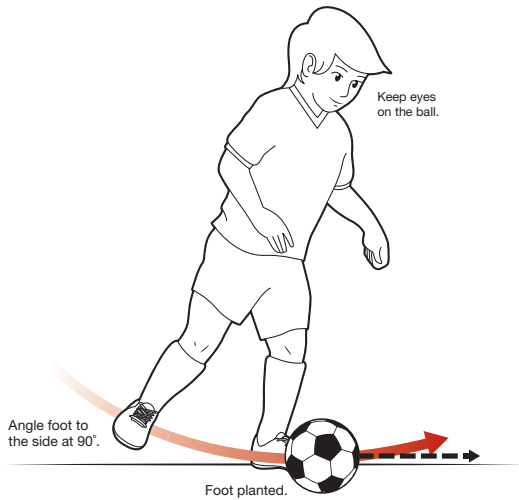
Chest

SOCCER TECHNIQUE

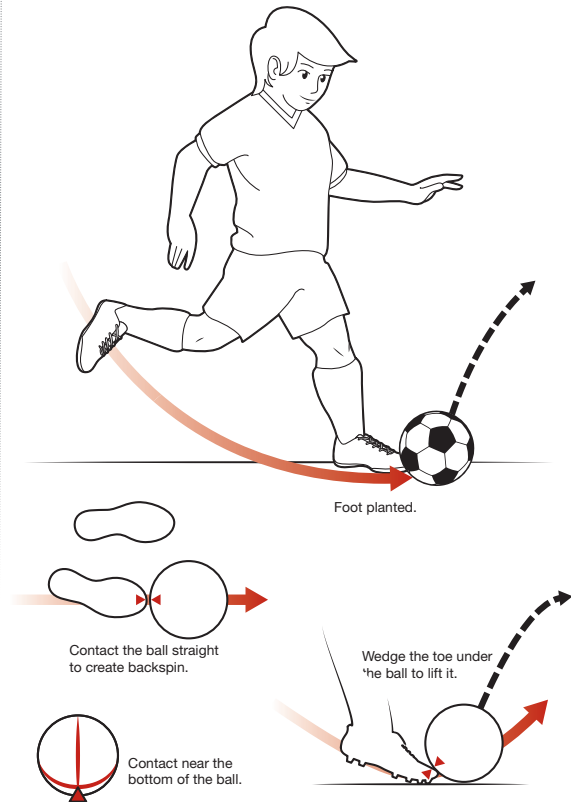
PASSING

“PASSING” MEANS USING YOUR FEET TO GET THE BALL TO YOUR TEAMMATES IN A CONTROLLED WAY.

Push Pass



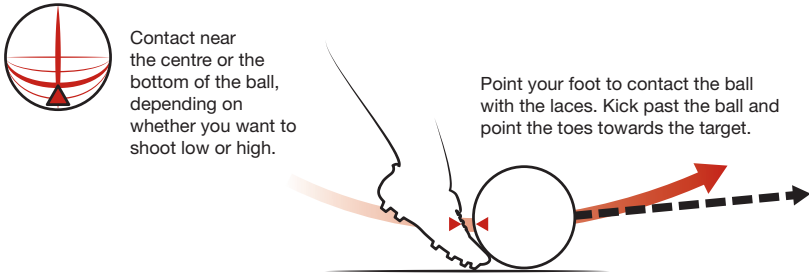
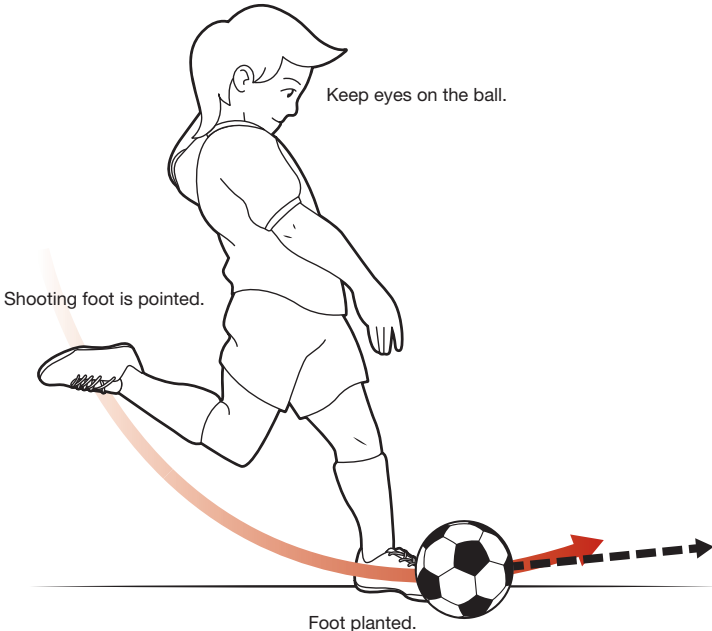
Chip Pass



SOCCER TECHNIQUE

SHOOTING

“SHOOTING” MEANS USING YOUR FEET TO SCORE.

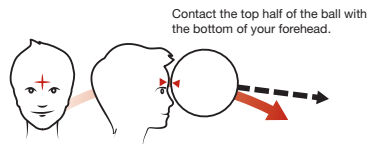
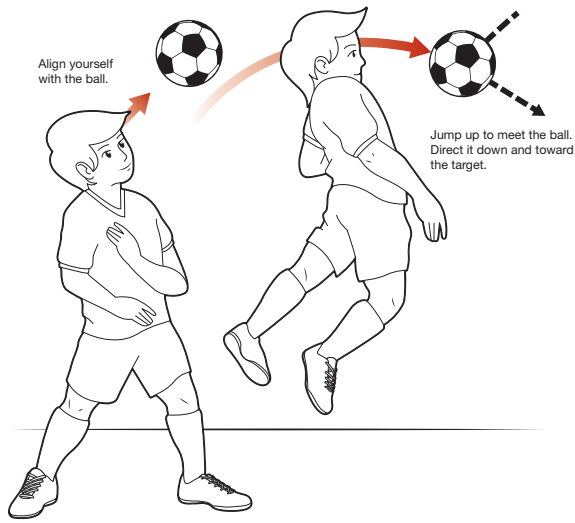


SOCCER TECHNIQUE

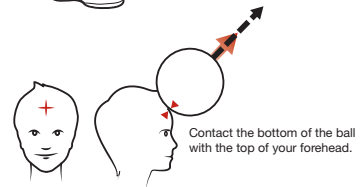
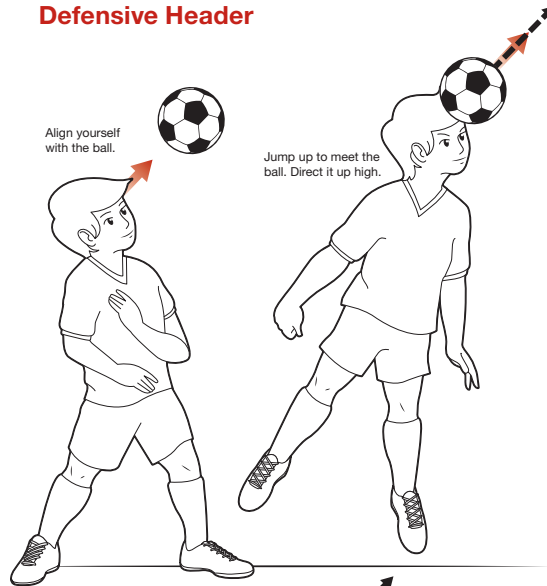
HEADING

“HEADING” MEANS USING YOUR FOREHEAD TO CONTROL THE BALL, TO PASS TO A TEAMMATE, TO CLEAR THE BALL FROM IN FRONT OF YOUR NET, OR TO SHOOT.

Attacking Header



Defensive Header



Practice Plans

**TMSC BELIEVES THAT EVERY PLAYER DESERVES
THE BEST POSSIBLE SOCCER EXPERIENCE.**

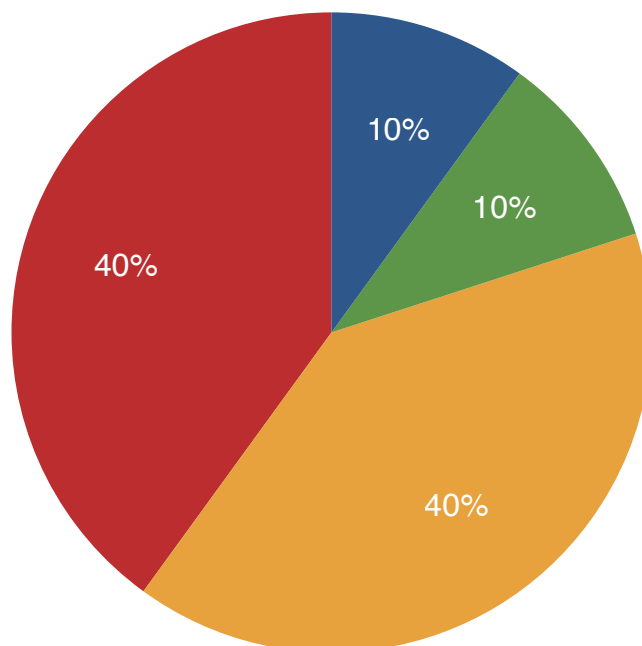


The “Learn to Train” Training Model

Canada Soccer recommends a “station” approach to training. Players move from one skill-building activity to the next at regular intervals. The time spent on each activity varies based on the age of the player.

This method is not only more fun for young players—who tend to have short attention spans—but also allows training sessions to be tailored to a team’s individual needs, depending on the number of players, the number of parents and coaches present, and the available facilities.

Each training session is built around four activity stations, one focusing on General Movement skills, one on Coordination, one on Soccer Technique and another on Small-Sided Games. Addressing all four of these training “pillars” at each practice session will help develop well- rounded young players with a foundation in physical literacy, solid soccer skills and, ideally, an enduring love of the game.



U9 – U12 “Learn to Train” Philosophy

“The Golden Age”

Coach, skill development at this stage should be well structured, positive and FUN and should concentrate on developing the ABC's of Agility, Balance and Coordination plus speed. Encourage your players to take part in unstructured play, every day, with their friends.

Learning to read the movements going on around them are critical skills to be developed at this age. Playing small-sided games, 3v3, 4v4 etc. can develop players' ability to read what other players are going to do based on their movements. Let your players make decisions, expose them to working out problems and coming up with solutions.

The U8-U11 female and U9-U12 male age group is the third stage of soccer development that our players go through, commonly known as the “golden age of learning”.

The effect of the role model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important and the players learn best by “doing”.

Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

Warm Up #1

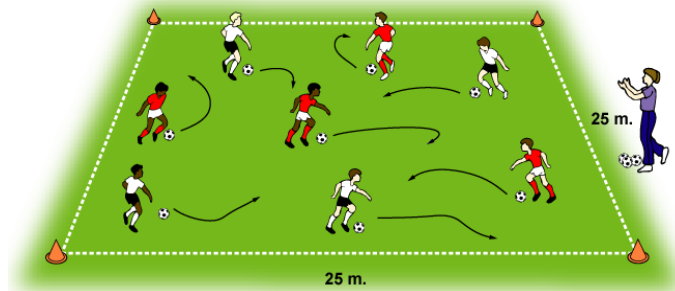
Warm-Up:

Dribbling and changing direction

15 minutes

Organization:

- Use markers to set up a 25x25m area.
- All players work inside the area at the same time.
- One ball per player when needed.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players jog around the area without a ball performing various dynamic movements such as heel flicks, high knee raises, forward skipping, sideways skipping, jockeying left and right,
2. Include various rhythmic exercises such as skip & groin stretch (inside to outside), skip & groin stretch (outside to inside), skip & kick, skip & upper body twist (left and right).
3. Players dribble a ball around the area and on the command of the coach perform various dribbling and turning moves: turn with the inside of the foot, turn with the outside of the foot, turn with the sole of the foot, step over, scissors, drag back, etc.
4. **Variations:** Ensure that players practice using both left and right foot (side) equally throughout the warm-up.

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Warm Up #2

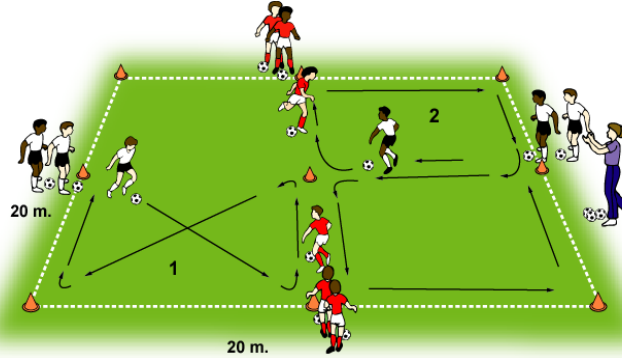
Warm-Up:

Dribbling and changing direction

15 minutes

Organization:

- Four groups of 3 players working in a 20x20m area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

- 1 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
- 2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
- 3 **Progression:** Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

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Warm Up #3

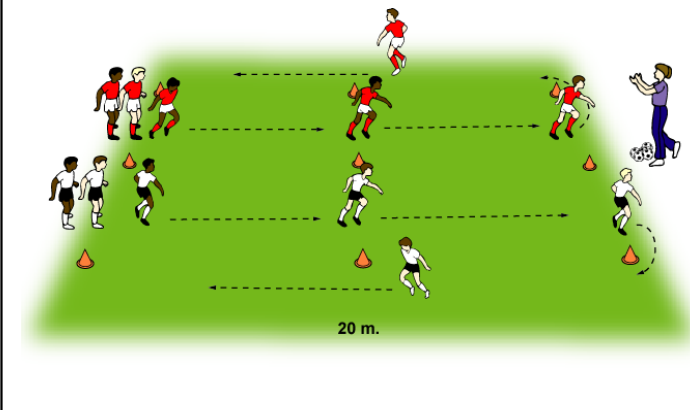
Warm-Up:

Dynamic Movement

15 minutes

Organization:

- Using marker set up two channels as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

Description:

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

| | |
|------------------------------------|---------------------------------------------|
| a. Jog | g. skip & groin stretch (inside to outside) |
| b. Jockey backwards (right & left) | h. skip & groin stretch (outside to inside) |
| c. Skipping forward | i. skip & kick (left & right) |
| d. Skipping sideways | j. skip & upper body twist (right & left) |
| e. Heel flicks | k. cross steps |
| f. High knee raises | l. wide steps |

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Warm Up #4

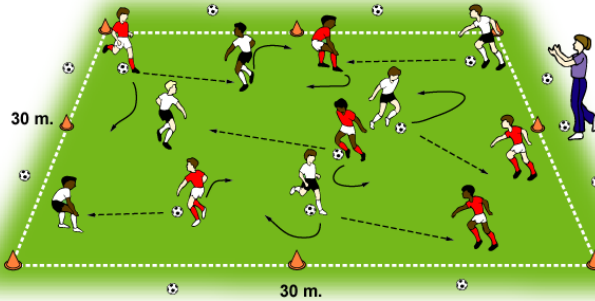
Warm-Up:

Give a Pass; Get a Pass

15 minutes

Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5th wall/double pass possession



Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.
 - a. Pass with inside of foot
 - b. Front foot pass
 - c. Pass with outside of foot
 - d. Double pass
 - e. Wall pass – inside foot
 - f. Wall pass – outside foot
 - g. Receive with inside of foot & turn inside.
 - h. Receive with inside of foot & turn outside.
 - i. Receive with outside of foot & turn outside.
 - j. One-touch straight back.
 - k. Open out, One-touch angled pass with inside foot.
 - l. One-touch flick pass off outside of foot.

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Warm Up #5 – Ball control

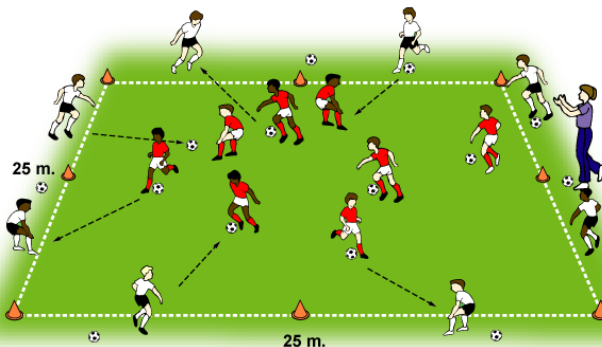
Warm-Up:

Windows Warm-Up

15 minutes

Organization:

- Use markers to set up a 25m x 25m area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute maximum.



Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

Description:

1. Servers use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
 - a. Control & pass back with inside of foot.
 - b. Control with outside foot & pass back.
 - c. Control with laces & pass back.
 - d. Control with thigh & pass back.
 - e. Control with chest & pass back.
 - f. Control with foot, turn & pass to another server.
 - g. Control with thigh, turn & pass to another server.
 - h. Control with chest, turn & pass to another server.

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Warm Up #6

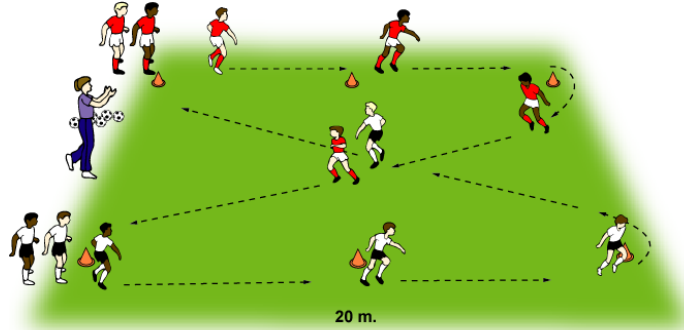
Warm-Up:

Dynamic Movement 2

15 minutes

Organization:

- Using marker set up a square as shown
- Form two groups with one group on adjacent corners.
- Players jog along the side & carry out the dynamic movements as they move diagonally across the square.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body.

Description:

1. Players carry out dynamic movements as they move diagonally across the square to a new starting position. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:

| | |
|------------------------------------|---------------------------------------------|
| a. Jog | g. skip & groin stretch (inside to outside) |
| b. Jockey backwards (right & left) | h. skip & groin stretch (outside to inside) |
| c. Skipping forward | i. skip & kick (left & right) |
| d. Skipping sideways | j. skip & upper body twist (right & left) |
| e. Heel flicks | k. cross steps |
| f. High knee raises | l. wide steps |

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Warm Up #7

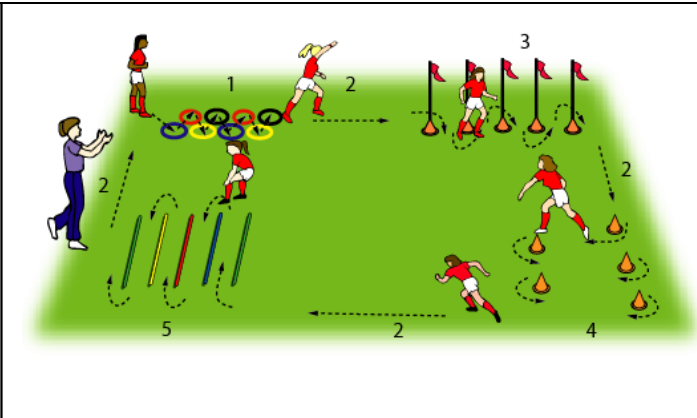
Warm-Up:

General Movement

15 minutes

Organization:

- Set up an obstacle course inside a 25x25m. area, as shown.
- Repeat the exercises as necessary.



Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body (ie, use of right and left leg alternately).

Description:

- The players start at the first station and move in a clockwise direction around the course carrying out the exercises shown below:
 - Step in each hoop with one foot only.
 - Jog between stations.
 - Zig-zag in and out of the flags poles.
 - Run forward to, and around, the advanced cone, and backward to and around the rear cone.
 - Sideway skipping between the sticks.

Variations:

- Two footed jumps into each hoop.
- Skipping between stations.
- Zig-zag backwards through the flags poles.
- Run forward and do "step-over" at each marker.
- Run forward-use short steps between sticks.

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Warm Up #8

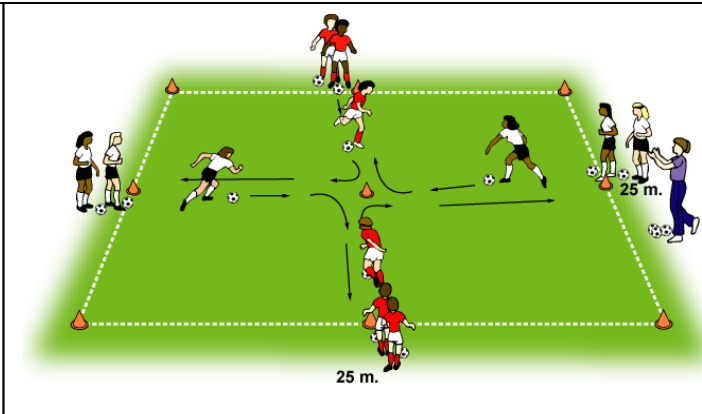
Warm-Up:

Coordination and Movement with a ball

15 minutes

Organization:

- Four groups of 3 players working in a 25x25m area as shown.
- A ball per player.
- Nine markers breaking the area down into four quarters.
- Repeat exercises as necessary.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. First player in each group dribbles towards the middle marker and turns to her/his right using the outside of the right foot. Then turns back using the outside of the left foot just before reaching the outside marker. The process is repeated until all the players reach their original starting point. Then the next player performs the same action. When all the players have gone through the cycle the process is repeated to the left using the outside of the left foot followed by the outside of the right foot.

Additional sequences:

- | | |
|--------------------------------------------------------------|----------------------------------------------------------------|
| a. To the right – Inside of left & inside of right | e. To the right – Scissors/outside right & sole of foot turn. |
| b. To the left – Inside of right & inside of inside of left | f. To the left – Scissors/outside of left & sole of foot turn. |
| c. To the right – Step over right foot & step over left foot | g. To the right – Circle inside of right & inside of left. |
| d. To the left – Step over left foot & step over right foot. | h. To the left – Circle inside of left & inside of right. |

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Warm Up #9

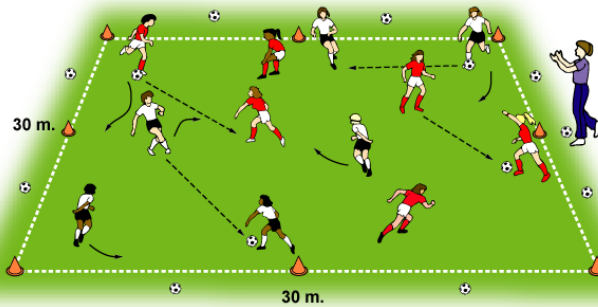
Warm-Up:

Coordination and Movement with a ball

15 minutes

Organization:

- Set up a 30x30m area as shown.
- Players work in groups of three.
- One ball per group.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and support the pass as they move around the area. The coach asks them to perform various passing options as listed below.
 - a. Pass and look for space.
 - b. Pass with inside of right foot.
 - c. Pass with inside of left foot.
 - d. Pass with outside of left foot.
 - e. Pass with outside of right foot.
 - f. Short pass; long pass combination.
 - g. Receiving player turns with ball using inside of foot.
 - h. Receiving player turns with ball using inside of foot.
 - i. Receiving player lets ball run between legs and turns.

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Warm Up #10

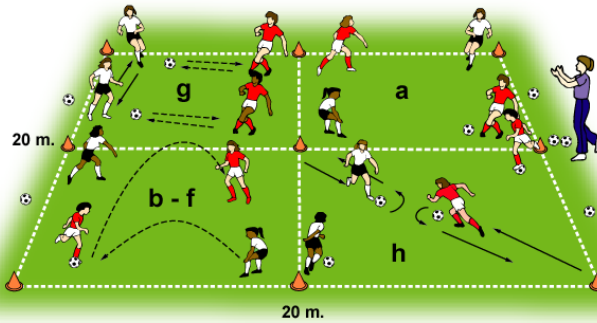
Warm-Up:

Coordination and Movement with a ball

15 minutes

Organization:

- Set up a 20x20m area containing four 10x10m squares as shown.
- Players work in groups of four.
- One ball per group.
- Players are asked to execute techniques while moving in their square.
- Ball move in sequence from player 1 to 4.



Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

Description:

1. Players pass and move around their square. The coach asks them to perform various passing techniques as listed below.
 - a. One touch passing.
 - b. Throw, volley, catch.
 - c. Throw, knee, catch.
 - d. Throw, thigh control-volley, catch
 - e. Throw, chest control-volley, catch.
 - f. Throw, instep control-volley, catch
 - g. Side to side Movement – volley, knee, head.
 - h. Dribble to middle, cut back to marker (inside & outside foot). 2 players at a time.

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Passing & Support: Skill/Technique #1

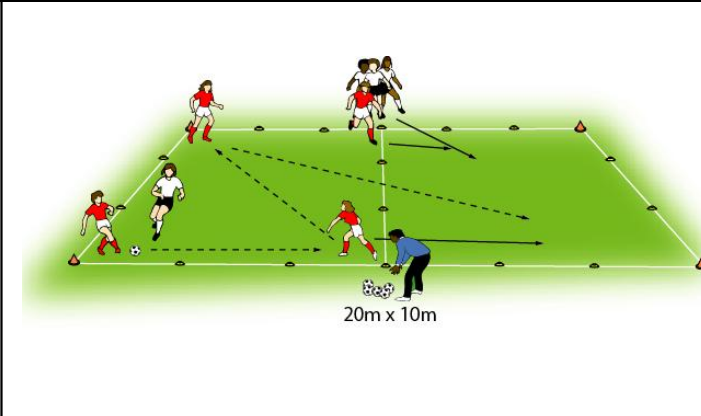
Skill/Technique:

Passing & Support – Square to Square

20 minutes

Organization:

- Set-up area 20x10m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against one opponent in one 10x10m square.
- One square vacant to begin with.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

Description:

1. Two groups compete against one another as follows: Four red players v 1 white player in a one square, with three white players resting outside the square and the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the defending white player steps out and a new defender enters the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and one of the reds becomes a defender, while the other rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

Progression: As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

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Passing & Support: Skill/Technique #2

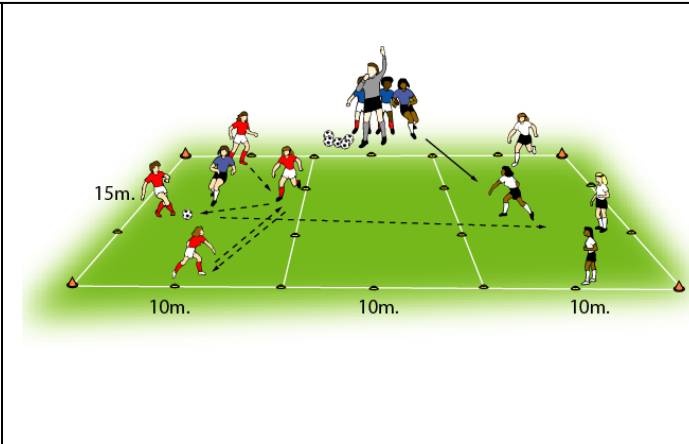
Skill Work:

Three Zone Game

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into three groups of four and position them as shown.
- Central area is a “no go zone”.
- Play takes place in the end zones only.
- Teams must switch roles by going around coach.



Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

Description:

1. A team is placed in each end zone with one defending team positioned behind the coach. The play begins when the coach passes the ball into the red team in the end zone. Once the ball is touched by one of the red players, one blue defender can enter the end zone and try and win the ball. The red team must play at least three consecutive passes and then pass the ball to the white team in the other end zone for 1 point, at which time the process is repeated by the white team while a new blue defender tries to win the ball. If the defending player knocks the ball out of the zone; or the ball is misplayed or in any other way leaves the zone; or the final pass misses the opposite end zone, then the team loses possession and switches places with the defending team. The Coach serves a new ball into the opposite end zone. When roles switch a defender cannot go into the other end zone without running around the coach. First team to 10 points is the winner. Repeat as necessary.
2. **Progression:** As above but the ball must not bounce in the “no go zone” or possession is lost and team switches with defenders.

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Passing & Receiving: Skill/Technique #1

Technique: Soccer Tennis 1 35 minutes

| | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Organization:</p> <ul style="list-style-type: none"> • Use markers to set up a number of 20x10m areas as shown. • Use a halfway line with a 3m “no go area” on each side. • Use two flags or cones to make a central 6m gate. • Play games in a “round robin format” for motivation. | <p>3m. 3m.</p> <p>20 m. x 10 m.</p> | <p>Coaching Points:</p> <ul style="list-style-type: none"> • Get behind the ball to receive it. • Relax your foot as you make contact with it • Keep the ball rolling. • Watch the ball. • Strike through the middle of the ball. • Make you ankle stiff as you strike the ball. • Keep the ball low. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Description:

- Two players play against two players. **To score** the ball must be played through the gate, beyond the “no go zone” (shaded area) and through the opponents court and out of play, either directly or off an opponent. The ball must pass through the gate **along the ground** or the point/serve is lost. A team can only **score off their own serve** but a team which is not serving can win the right to serve and then begin to pick up points. **Winner is the first team to 15 points** and ahead by 2 points. Each player is **allowed 3 touches** to control the ball and pass or attempt to score a point. **The ball cannot be kicked back through the goal first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball through the gate after the second pass results in a loss of the point/serve.
- Add the condition that the ball must keep rolling or team loses point/serve.

Emphasis: On accurate, short, “killer” passes and good control of the ball in order to get ones head up to see opportunities to

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Passing & Receiving: Skill/Technique #2

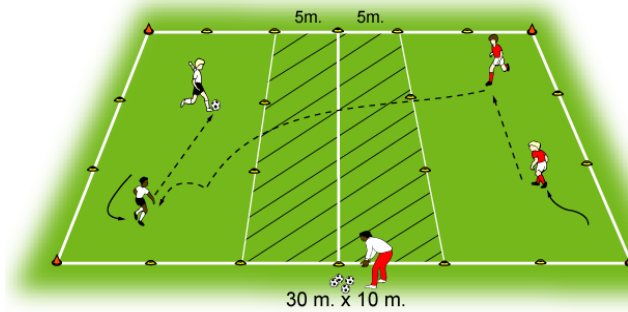
Technique (Alternative):

Soccer Tennis 2

35 minutes

Organization:

- Use markers to set up a number of 30x10m areas as shown.
- Use a halfway line with a 5m “no go area” on each side.
- Play games in a “round robin format” for motivation.



Coaching Points:

- Get behind the ball to receive it.
- Relax your controlling surface on contact.
- Keep the ball rolling.
- Watch the ball.
- Strike through the bottom half of the ball.
- Stretch your toe down & make you ankle stiff as you strike the ball.

Description:

1. Rules as in the previous exercise with the following exceptions: **To score** the ball must be played over the “no go zone” (shaded area) and bounce in the opponent’s court and out of play, either directly or off an opponent. Alternatively, the point is won if the ball bounces twice in the succession in the opponent’s court without being controlled. **The ball cannot be kicked back over the “no go zone” first time** – it must be controlled first. Each team may **only pass the ball twice on their side** of the gate before they must try and score. Failure to get the ball back over the “no go zone” after the second pass, or if the ball bounces in the “no go zone” it results in a loss of the point/serve.
2. Add the condition that the ball must keep rolling or team loses point/serve.
3. Have teams rotate so that they face different opposition each game.

Emphasis: On accurately playing a lofted pass from a rolling ball and efficiently receiving a ball out of the air in order to pass it.

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Passing & Receiving: Skill/Technique #3

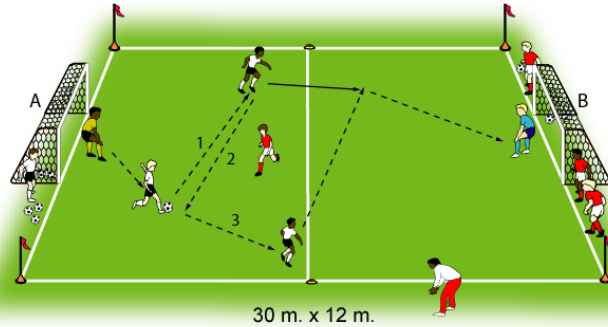
Skill/Technique:

3v1 toward goal.

20 minutes

Organization:

- Use markers to set up a number of 30x12m areas as shown.
- Two teams of four plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK serving a ball to 3 attacking players.



Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

Description:

1. Three white players begin the attack from one end of the field as the GK rolls to the ball for one of them to control and build play towards goal (A) in order to score. At the same time one red player runs forward from the opposite goal line to try and defend his/her goal and if possible win the ball and score against the white team. When a goal is scored or a shot is taken, or the ball is knocked out of play, the white players clear the field and line up at the side of goal (B) and the red defender lines up the side of goal (A). The three remaining red players repeat the process toward goal (A) against the remaining white defender. Continue this rotation.

Emphasis: Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot.

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Passing & Receiving: Skill/Technique #4

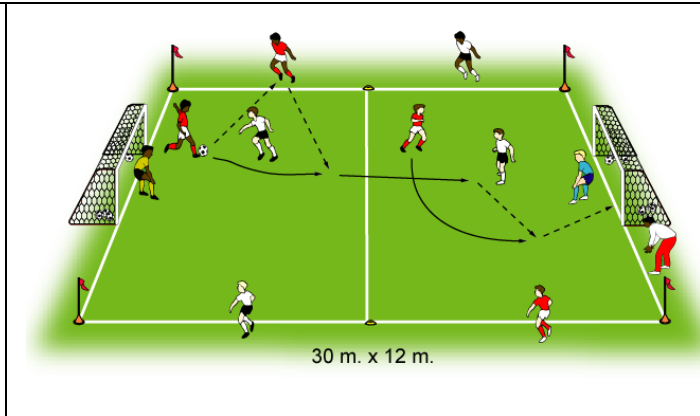
Skill Work:

Passing & Receiving Combinations

15 minutes

Organization:

- Use markers to set up a number of 30x12m areas as shown.
- Two teams of four plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK.
- 2 v 2 on the field with 2 supporting players from each team outside.



Coaching Points:

- Draw the defender by running at them with the ball.
- Pass the ball and look to get it back behind the defender.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Work in triangles with support players.

Description:

1. 2 v 2 game takes place for intervals of 2 minutes. Resting players are positioned as shown and act as support players for their teammates for additional passing opportunities or combinations. Support players are limited to no more than three touches. Field players have as many touches as they need to create scoring opportunities and are encouraged to try various passing options (wall passes, overlaps, third man runs) to do so. Every two minutes the infield players switch with those on the outside and the game resumes as before. All restarts are from the nearest GK – no throw-ins, corner kicks or kick-offs. 1 point for a goal scored directly. 2 points for a goal scored following a combination play. Keep a running score for the game.

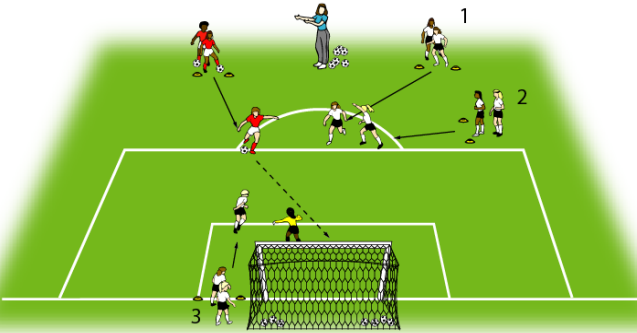
Emphasis: On wall passes, overlaps and third man runs.

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Finishing from a Distance: Skill/Technique #1

| | | |
|-------------------------|--------------------------|-------------------|
| Skill/Technique: | Distance Shooting | 20 minutes |
|-------------------------|--------------------------|-------------------|

| | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Organization:</p> <ul style="list-style-type: none"> Use the area as shown One group of 3 strikers and one group of 3 defenders. The group of defenders will defend from three different positions as the practice progresses. Goalkeeper. Play starts when the striker attacks goal. |  | <p>Coaching Points:</p> <ul style="list-style-type: none"> Be composed. Look at goal on approach. Square hips toward goal. Look at ball & head steady. Long step and stretch toe down, lock ankle. Drive through the middle of the ball with instep. Shoot low & to the side of |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Description:

1. Players begin from two gates set up on either side of the coach, approximately 10m from edge of penalty area. Red striker dribbles toward goal and shots before reaching the edge of the box. One white defender attempts to prevent the shot and if possible, tries to win the ball and score himself/herself. After the shot the striker joins the line of defenders and the white defender joins the line of strikers and roles reverse. Strikers should also switch sides for the shot before progressing in order to practice with both feet.
2. **Progression:** As above but defender tries to prevent shot from the side.
3. **Progression:** As above but the defenders try to prevent the shot by coming from the side of the goal.

Emphasis: Be composed and efficient. Kick through the middle of the ball.

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Finishing from a Distance: Skill/Technique #2

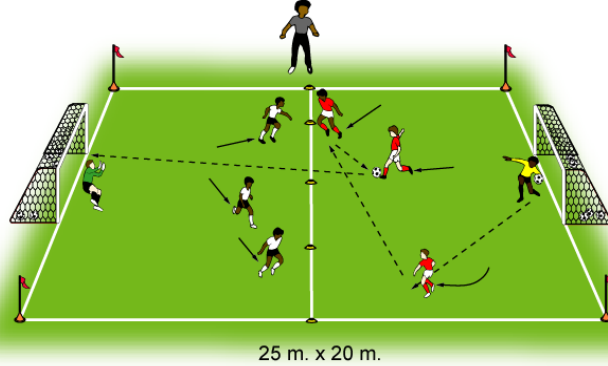
Skill Work:

Shooting - King Louis 1

20 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of three plus a GK.
- Two goals
- All soccer balls in the goals.
- Play starts with GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of

Description:

1. All players are restricted to their own half of the field. The GK serves a ball into one of the red players who must try and score directly, or pass to his/her teammate to score. The defenders must try and prevent the reds from scoring and, if possible, block the ball and shoot for the goal in the opposite half of the field. Play continues until the ball goes out of play at which time the nearest GK serves a ball into his/her players and the game continues. Players should try and shoot as the first option and only if they don't think they can shoot past an opponent should they pass to a teammate. Keep track of combined score.
2. Progression: Can you try and bend the ball around an opponent?

Emphasis: Be composed and efficient. Kick through the middle of the ball.

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Finishing from a Distance: Skill/Technique #3

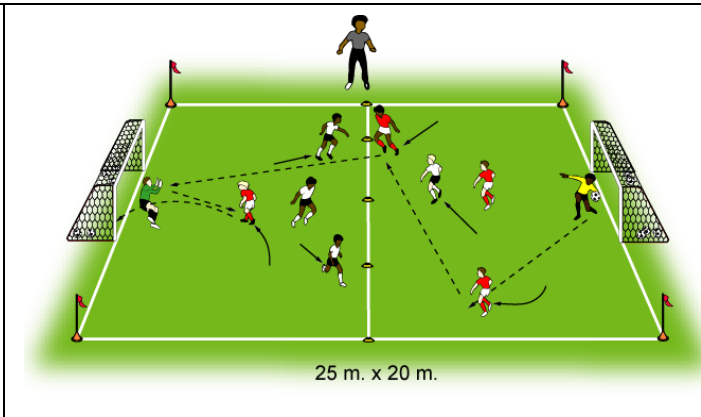
Skill Work (Advanced):

Shooting – King Louis 2

20 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of four plus a GK.
- Two goals
- All soccer balls in the goals.
- Play starts with GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of

Description:

1. As the previous exercise but one additional player on each team is restricted to playing in the opponents half. The GK serves a ball into one of the red players who must try and score directly, or pass to a teammate to score. The reds must now make quick decisions as the opponent in their half can steal the ball and score. The white players must try and prevent the reds from scoring and, if possible, block the ball and shoot for the goal in the opposite half of the field. Play continues until the ball goes out of play at which time the nearest GK serves a ball into his/her players and the game continues. Players should try and shoot as the first option and only if they don't think they can shoot past an opponent should they pass to a teammate. Keep track of combined score. Encourage players to try various shooting techniques.

Emphasis: Be composed and efficient. Kick through the middle of the ball.

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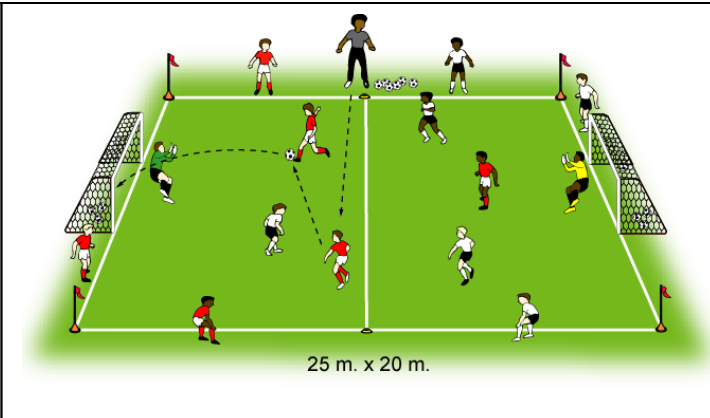


Finishing in the Penalty Area: Skill/Technique #1

Skill/Technique: Fox in the box 1 **20 minutes**

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of six plus a GK.
- Two goals
- Three players from each team on the field. Three supporting players positioned outside area as shown.
- Play starts with coach.



Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Have a touch if needed.
- Pass the ball low past keeper
- Be composed.

Description:

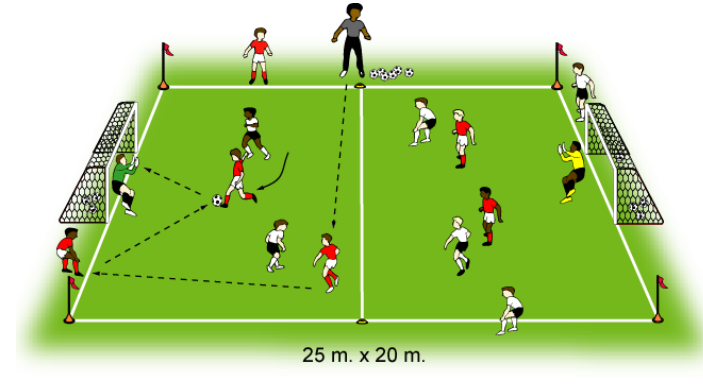
1. Players are restricted to two striker's v one defender in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. Keep track of combined score.

Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.



Finishing in the Penalty Area: Skill/Technique #2

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| Skill Work: | Fox in the box 2 | 15 minutes |
|--------------------|-------------------------|-------------------|

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| <p>Organization:</p> <ul style="list-style-type: none"> Use markers to set up a 25x20m area as shown. Two teams of six plus a GK. Two goals Four players from each team on the field. two supporting players positioned outside area as shown. Play starts with coach. |  | <p>Coaching Points:</p> <ul style="list-style-type: none"> Find space and face the goal. Be prepared to move to the ball. Look to the side of the keeper. Choose your technique. Have a touch if needed. Pass the ball low past keeper Be composed. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Description:

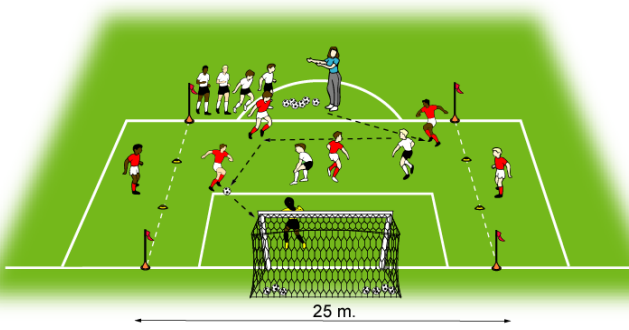
- As in previous exercise but players are restricted to two striker's v two defenders in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. Keep track of combined score.

Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.



Finishing in the Penalty Area: Skill/Technique #3

Skill Work (Advanced):**Sharp Shooting.****15 minutes**

| | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Organization:</p> <ul style="list-style-type: none"> Two teams of 6 plus GKs. Playing field of 25m wide to the top of the penalty area as shown. 4v2 in designated playing area, plus two support players. Four players resting. GK's switch as teams switch roles. Play begins with coach. |  | <p>Coaching Points:</p> <ul style="list-style-type: none"> Find space and face the goal. Be prepared to move to the ball. Look to the side of the keeper. Choose your technique. Pass the ball low past keeper Be composed. |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

To be used for the more skilled players. Eliminate Technique Session and add as final progression.

Description:

1. Coach serves a ball from the top of the penalty area to one of the red strikers who must try and score directly, or pass to a teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the other strikers. The support players are limited to a maximum of three touches in which to pass. The defenders must try and prevent the reds from scoring and, if possible, win the ball and run it out of the penalty area for a point (3 points = goal). Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the strikers again. Teams switch roles every two minutes. Players switch roles within the groups also. Gather all balls in the penalty arc before restarting the game. Keep track of combined score.

Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.



1v1 Dribbling: Skill/Technique

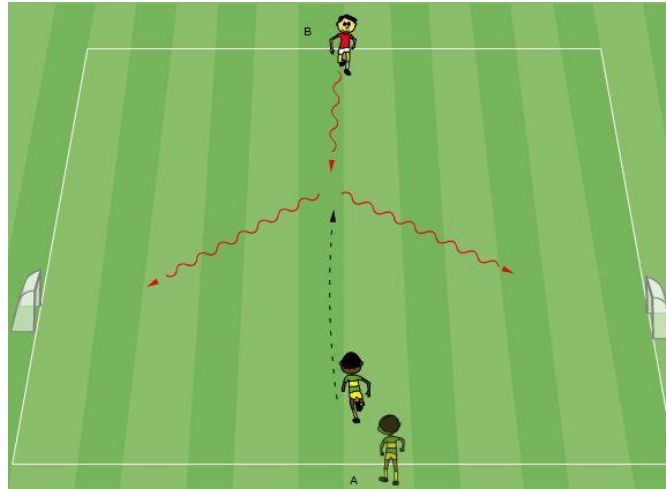
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 15x8m
- 2 goals
- 8 markers
- 4 to 6 players
- Supply of balls.



Coaching Points:

Attacker

1. Controlling touch from B out of feet
2. Be positive and direct when dribbling
3. Dribble at pace towards defender before executing Trick/ Turn.
4. Disguise.
5. Pace after executing Trick/ Turn.

Defender

1. Adapt to the run of the dribbler;
2. Be patient
3. Look to recover by position between attacker and the ball
4. Tackle as last option

Description:

A passes to B then plays 1V1.
B can score in either goal.

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1v1 Dribbling: Skill/Technique

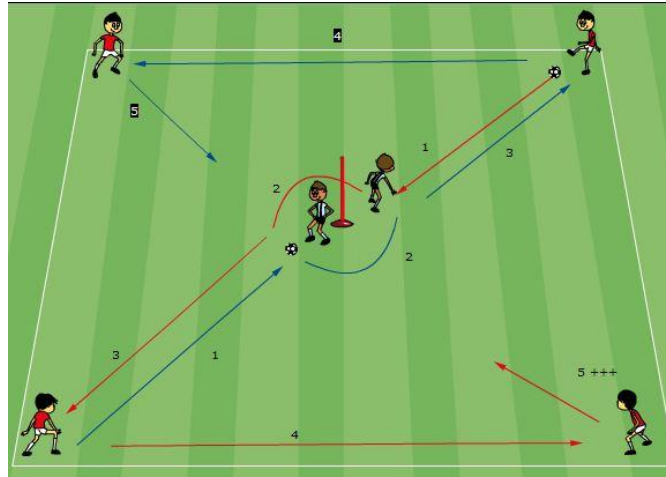
Skill Work:

1v1 Dribbling

15 minutes

Organization:

- Set-up areas 10 x 10m
- 4 players in passing position
- 2 players in dribbling position, unopposed
- 1 mannequin
- 4 cones
- 2 balls.



Coaching Points:

Attacker

1. Execute fakes before turning;
2. After turn keep ball on foot that would be furthest away from the defender if chasing you
3. Accelerate away to leave chasing player.

Description:

1. Two players in opposing corner start with the ball.
2. Pass to the middle player who turns and plays the ball to teammate in the opposed corner diagonally.
3. The ball is played across and the same scenario starts again.
4. When the ball has gone back to the first passer for the same central player, change central and outside players.

Progression

1. Use only one ball and apply progressive defending pressure.

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Dribbling & Crossing: Skill/Technique #1a & 1b

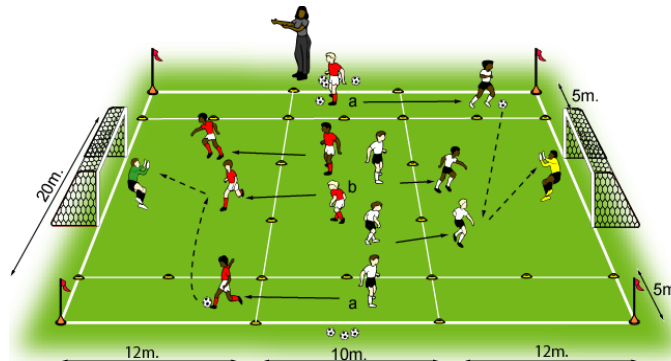
Technique:

Dribbling and Crossing from Wing Channels

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the back half of

Description:

- 1 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger pushes the ball forward and runs with it from point (a) into the end channel where he/she crosses the ball for two attackers running into the scoring zone from point (b). The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 2 As above but winger dribbles the ball at speed to the goal line and cuts it back along the ground for the central attackers.
- 3 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

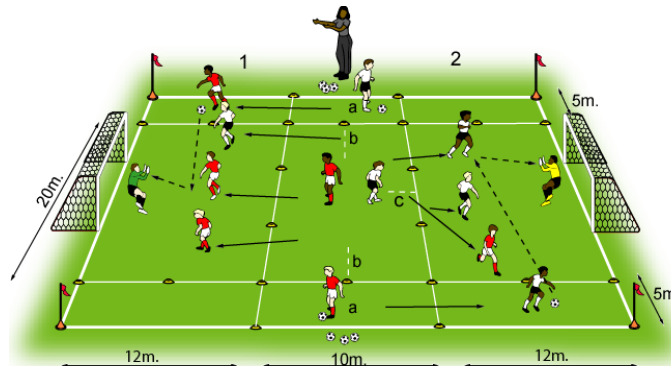
Skill Work:

Dribbling and Crossing from Wing Channels

15 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- As with previous exercise.
- Be composed but efficient
- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by changing pace as the defender arrives, cutting back and forward again, using another

Description:

- 1 As with the previous exercise but one of the two resting central attackers from one group becomes a defender in the other group. The action begins when the winger dribbling the ball forward into the end channel and crossing the ball as before. On the winger's second touch the defender, starting at point (b), chases back to try and block the cross, without entering the wing channel. Two of the central attackers move into the scoring zone and attempt to finish from the cross. The central attackers rotate between attempting to score, resting, and acting as a defender in the other group after each cross. After 10 crosses each the wingers switch with two central attackers.
- 2 **Progression:** As above but the defender starts at point (c) on the wingers first touch. This time the winger must decide whether to cross the ball before the defender gets across to block, or, try to create space for the cross by faking/feinting, if the defender does get manage to block the early cross.

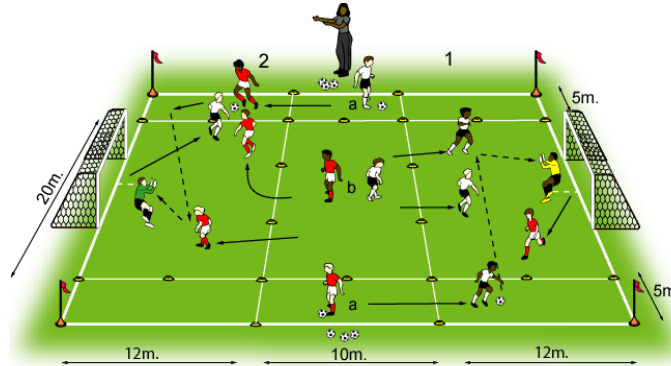
Dribbling & Crossing: Skill/Technique #2

Skill Work (Advanced): Dribbling and Crossing from Wing Channels

20 minutes

Organization:

- 2 Groups of six, plus two GKs working in a playing area of 34x30m.
- A 5m wing channel on each side of the playing area.
- Each group attacks a goal at opposite ends.
- Markers to indicate the playing area as shown



Coaching Points:

- As with previous exercise.
- Try to cross early to avoid the block
- If blocked, create ½ metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.

To be used for the more skilled players. Eliminate Technique Session and add as final progression.

Description:

- 1 As with the previous exercise but this time the defender starts in the middle of the goal and tries to block the cross once the winger has had his /her first touch. Once again the defender cannot enter the wing channel. Two of the central attackers move into the scoring zone and attempt to finish from the cross, or, the nearest attacker moves to support the winger if crossing options are taken away. In this case the winger may:
 - a. Use a dribbling technique to gain space for a cross.
 - b. Attempt a wall pass in order to get space for the cross
 - c. Pass to an attacker who must turn and finish in three touches or less.
 Action continues until shot is taken or ball goes out of play. All player rotations as in previous exercise.

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Dribbling & Shooting Skill/Technique #1

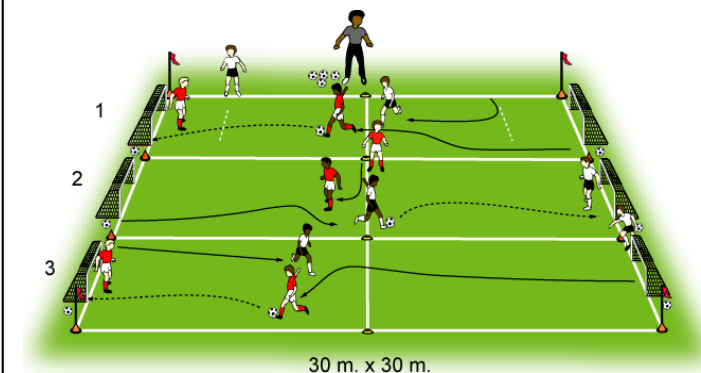
Skill/Technique:

Dribbling and Shooting under pressure of time.

20 minutes

Organization:

- Groups of four working in a playing area of 30x10m.
- A goal at each end
- Markers to indicate the playing areas
- Players rotate between being a defender and an attacker each turn.



Coaching Points:

- Take a long first touch to take space quickly.
- Get head up to see what options you have.
- Cut across the defender when you get past them.
- Protect the ball; keep your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

1. Red player dribbles ball to half way line and shoots at goal. White defender starts 2m ahead but on the far side of the playing area, and tries to take the ball away from red player to score in the red goal. The defender cannot start until the red player takes the first touch towards goal. Once the shot is taken the players switch ends/roles and two new players repeat the process from the opposite end. Repeat 10 times each
2. As above but the defender starts at the halfway line and the attacker has to try and beat them or create space for a shot.
3. As above but the defender starts at the corner by the opposite goal. The attacker has to decide whether to shoot early or beat the defender first.
4. **Variation:** Practice each move with the defender coming from the both sides

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Dribbling & Shooting: Skill/Technique #2

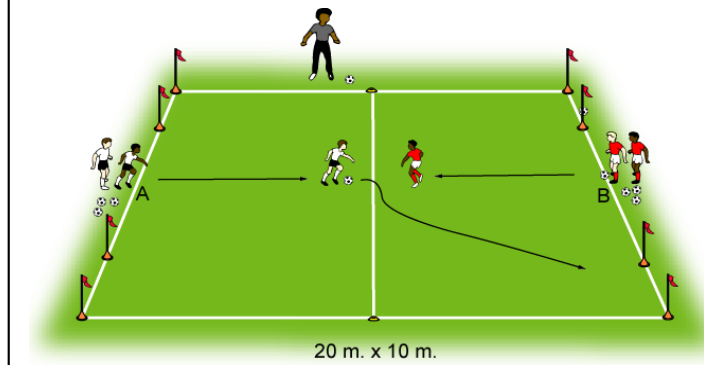
Skill Work:

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Two teams of three players in an area 20x10m.
- Two small goals at each end as shown.
- The attack alternates from each end.



Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack one of the two goals to draw the defender across and then fake and go to the other goal.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

Description:

1. The action begins when the white attacker takes a touch forward and tries to score on one of the two goals at the opposite end of the playing area by dribbling the ball between the flags. The red player tries to prevent the white player scoring and, if possible, takes the ball off of the white player and scores in one of the goals at the other end of the field. Once the goal is scored both players go to the opposite end and switch roles (the white player goes to position B and the red to position A). Keep a total score for each team.
2. **Progression:** Change the starting positions so that the players start at opposite corners. Give 1 point for a goal scored in the goal that is unguarded and 2 points for a goal scored in the guarded goal.

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1v1 Defending: Skill/Technique #1

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|-------------------------|----------------------|-------------------|
| Skill/Technique: | 1v1 defending | 20 minutes |
|-------------------------|----------------------|-------------------|

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|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Organization:</p> <ul style="list-style-type: none"> Set-up areas 15x8m as shown Divide players into groups of three, one server, one defender and one attacker. Rotate each player every six attempts. | <p style="text-align: center;">15 m. x 8 m.</p> | <p>Coaching Points:</p> <ul style="list-style-type: none"> Take away the shot and close down quickly. If forward has a poor touch try and win the ball. If forward has a good touch jockey/contain her. Watch the ball not the forwards feet/body. Angle your body to steer forward to side. Be strong in the |
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Description:

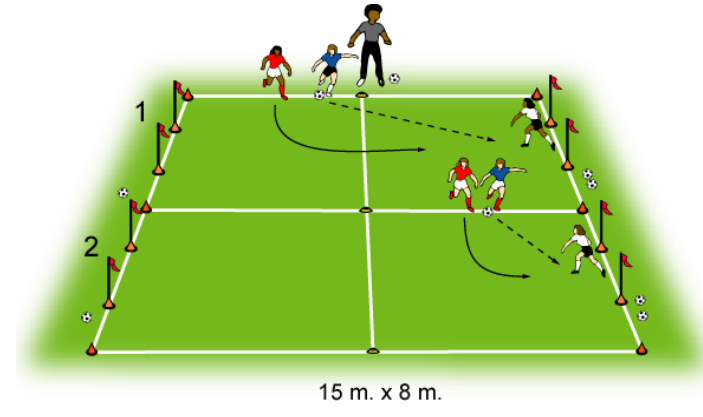
1. The server (blue) passes the ball to the white player in the opposite goal. As the ball travels the defender closes the ball down and attempts to win the ball and score in the white player's goal. The white player must try and score in the red player's goal. If the ball goes out of play the defender gets 1 point (3 points =1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.
2. As the previous exercise but this time the red player starts at the corner of the playing area and to the side of her goal. The white player can shoot as soon as she receives the ball, or dribble in order to create a scoring opportunity. Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.

Note: *This is a demanding exercise for the players working so please allow recovery time between each attack.*



1v1 Defending: Skill/Technique #2

Skill Work: **1v1 Defending** **15 minutes**

| | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Organization:</p> <ul style="list-style-type: none"> Set-up areas 15x8m as shown Divide players into groups of three, one server, one defender and one attacker. Rotate each player every six attempts. |  | <p>Coaching Points:</p> <ul style="list-style-type: none"> Take away the shot and close down quickly. If forward has a poor touch try and win the ball. If forward has a good touch jockey/contain her. Watch the ball not the forwards feet/body. Angle your body to steer forward to side. Be strong in the challenge |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Description:

- As with the previous exercise but the server and defender are positioned a third of the way down the sideline. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender attempts to win the ball and score in the white player's goal. The white player must try and score in the red player's goal. If the ball goes out of play the defender gets 1 point (3 points =1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side.
- As with the previous exercise but the server and defender are positioned a two thirds of the way down the sideline. It is even more critical to get across to take away the shot as the ball is traveling.

Note: *This is a demanding exercise for the players working so please allow recovery time between each attack.*



Defending – Man-to-Man Tight & Loose Marking: Skill/Technique #3

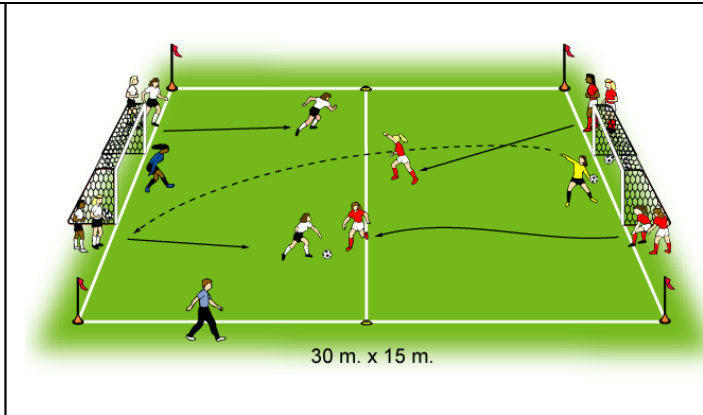
Skill/Technique:

2v2 defending (Tight & Loose Marking)

20 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and a second teammate try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw two red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next two reds in line and the next two white players have to defend. This process continues in both directions.

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Defending – Man-to-Man Tight & Loose Marking: Skill/Technique #4

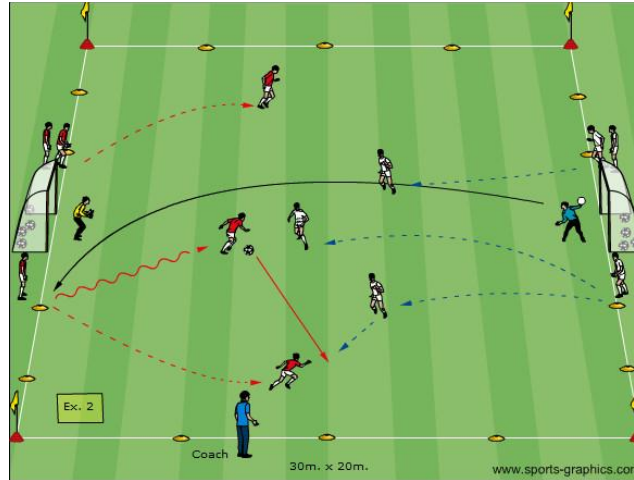
Skill Work:

3v3 Defending (Tight & Loose Marking)

15 minutes

Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals
- All soccer balls in the goals.



Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and two other teammates try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw three red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next three reds in line and the next three white players have to defend. This process continues in both directions.
2. **Progression:** Can progress to 4v4 by making the area 40x30m, if players are performing the man to man task well.

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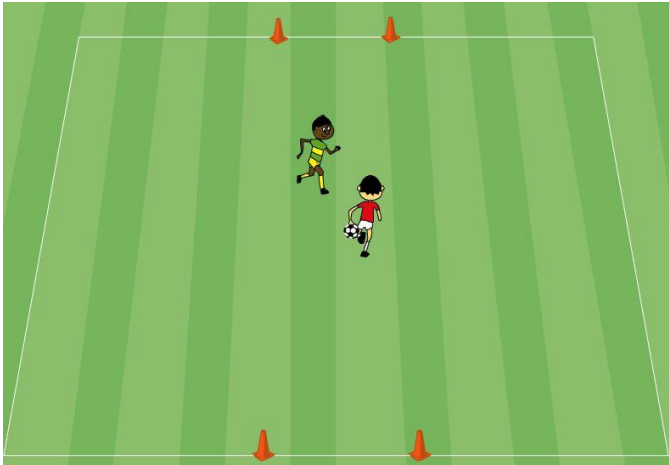


Attacking & Defending

One versus one each player attacking and defending

1 central gate:

Skill Work: **1v1 Attacking & Defending one gate** **15 minutes**

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Organization:</p> <ul style="list-style-type: none">• Set-up area 10x10m as shown.• Players are working in pairs.• Each player attacks and defends one Gate• All soccer balls close to coach• Coach serves balls to replace the ball out or to change the focus of the play |  | <p>Coaching Points:</p> <p>Attacker:</p> <ol style="list-style-type: none">1. Protect the ball from opponent2. Ability to fake – tease your opponent - dribble3. Use of the body to protect4. Ability to see the closes opportunity <p>Defender</p> <ol style="list-style-type: none">1. Close down - Get down Stay down2. Choose right moment to tackle <p>TRANSITION – go to goal</p> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.



Attacking & Defending

One versus one each player attacking and defending a goal

with a GK:

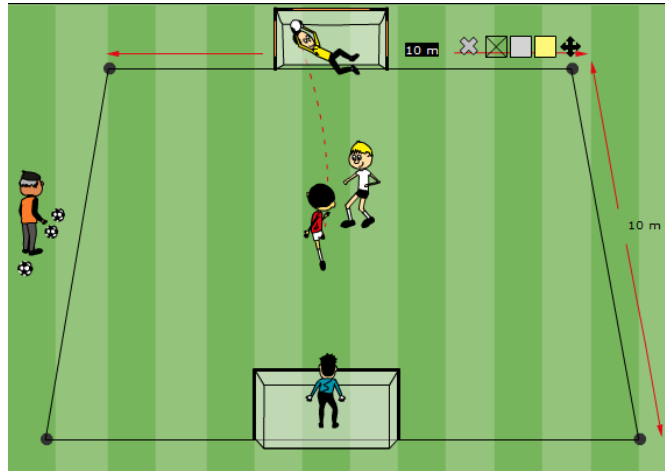
Skill Work:

1v1 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 1 target player:

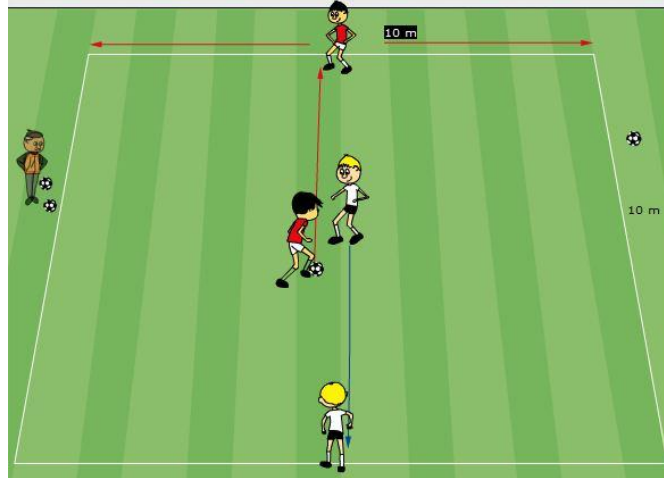
Skill Work:

1v1 Attacking & Defending a target player

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the target player. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one attacking and defending one goal line:

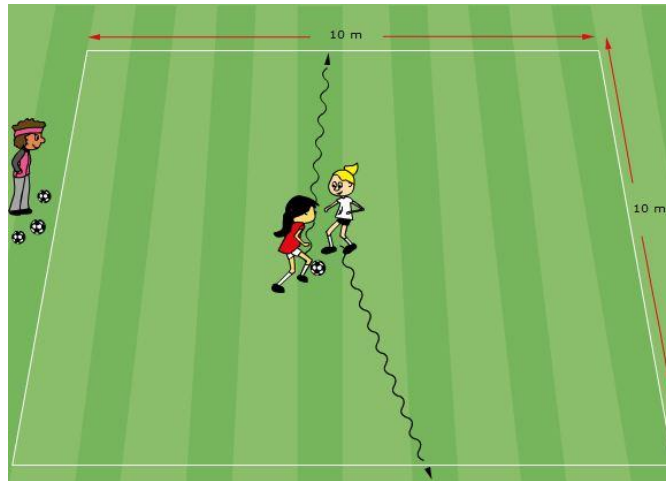
Skill Work:

1v1 Attacking & Defending one goal line

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- One Goal line per player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Dribble and protecting the ball from opponent
2. Ability to fake – tease your opponent
3. Use of the body to protect

Defender

1. Close down
2. Get down
3. Stay down
4. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling the ball to the goal line under control. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending

2 gates on same line:

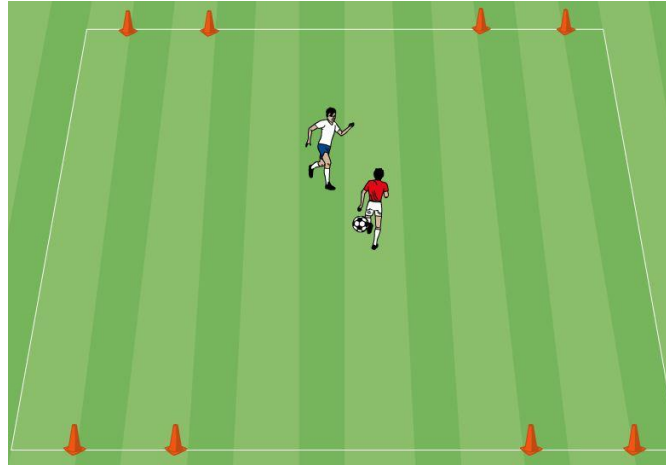
Skill Work:

1v1 Attacking & Defending two gates on same line

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Gates on the same line
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling through the gates. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 2 goals:

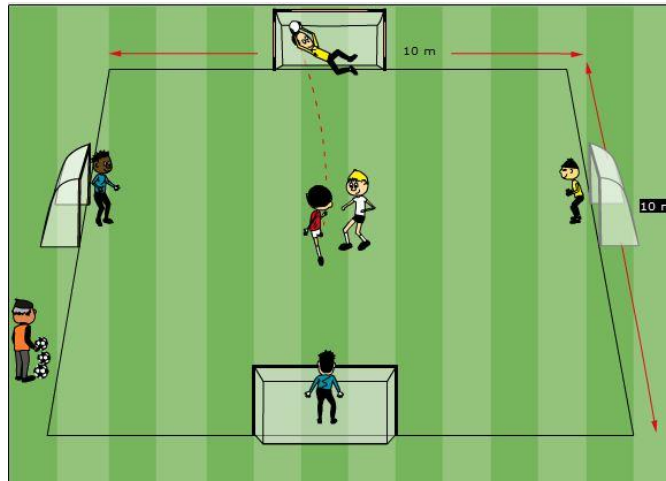
Skill Work:

1v1 Attacking & Defending 2 goals

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends two Goals each
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to see the closes opportunity

Defender

1. Close down - Get down Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score on the open net. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one attacking and defending two goal lines:

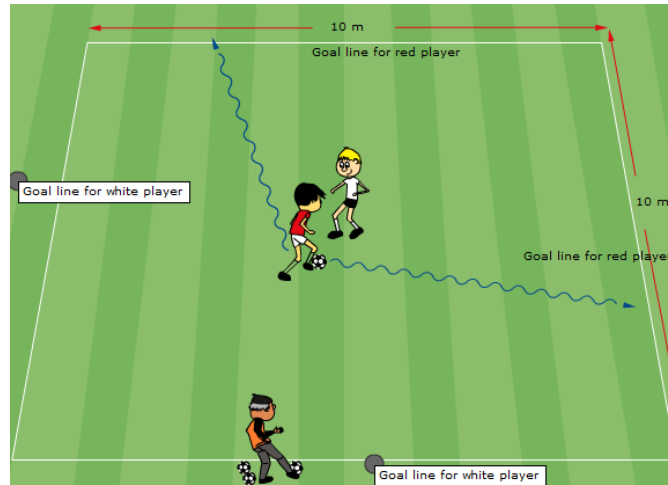
Skill Work:

1v1 Attacking & Defending two goal lines

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Two Goal lines per player to score and defend
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Dribble and protecting the ball from opponent
2. Ability to fake – tease your opponent
3. Use of the body to protect

Defender

1. Close down
2. Get down
3. Stay down
4. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by dribbling the ball to one of the two goal lines under control. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one each player attacking and defending 2 target players:

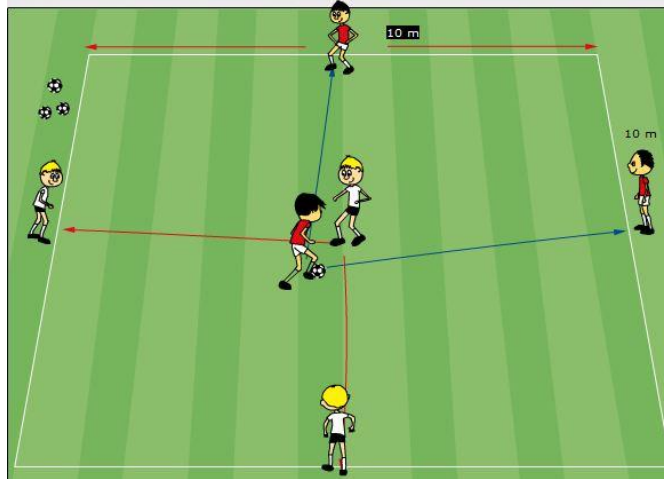
Skill Work:

1v1 Attacking & Defending two target players

15 minutes

Organization:

- Set-up area 10x10m as shown.
- Players are working in pairs.
- Each player attacks and defends the one target player
- All soccer balls close to coach
- Coach serves balls to replace the ball out or to change the focus of the play



Coaching Points:

Attacker:

1. Protect the ball from opponent
2. Ability to fake – tease your opponent - dribble
3. Use of the body to protect
4. Ability to perceive and choose open target

Defender

1. Close down - Get down
Stay down
2. Choose right moment to tackle

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. The coach plays the ball to a player who is trying to dribble its opponent and score by playing the ball to the two target players. If the defender recovers the ball, he/she must try to score while the other player will work to prevent from scoring.
4. The coach may decide to play a second ball while the first one is still in play – to change to point of attack and give a player a chance to touch the ball – once a second ball is played, the first ball no longer counts. * Have a player remove the dead ball to prevent injury.

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Attacking & Defending

One versus one with opponent chasing from behind:

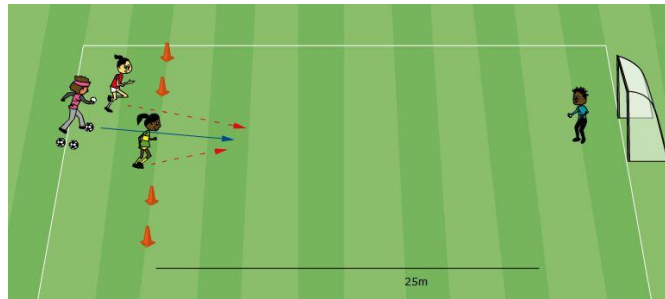
Skill Work:

1v1 Attacking & Defending from behind

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Take the ball away by positioning between ball and attacker
2. Tackle the ball away
3. Choose right moment

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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Attacking & Defending

One versus one with opponent chasing from different angles:

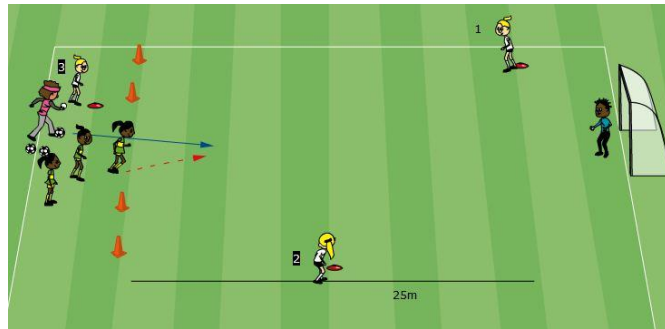
Skill Work:

1v1 Attacking & Defending from different angles

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down in a way to prevent a shot first
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where three players are acting as the defenders from different positions and angles – (refer to individual session of defending from the side, the back and the front). The coach passes a ball forward for the attacker to run onto. At the same time, the coach calls a number (front: 1 – side: 2 – behind: 3). The attacker's aim is to score a goal against a goalkeeper and the defender coming into play from different angles. The attacker must adapt while the defender is looking at gaining possession and scoring into one of the two small goals set up by the coach.
4. The coach can call two numbers to create a 1 versus 2 situation.

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Attacking & Defending

One versus one with opponent chasing from the front:

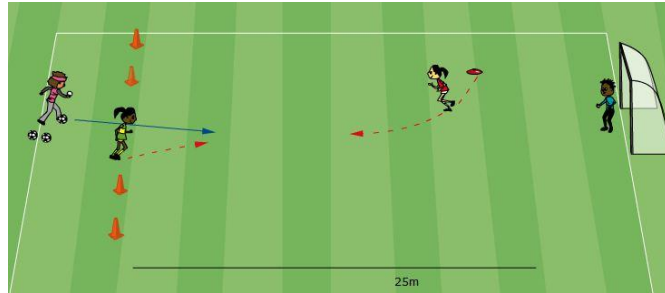
Skill Work:

1v1 Attacking & Defending from the front

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down – fast and slow down
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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Attacking & Defending

One versus one with opponent chasing from the side:

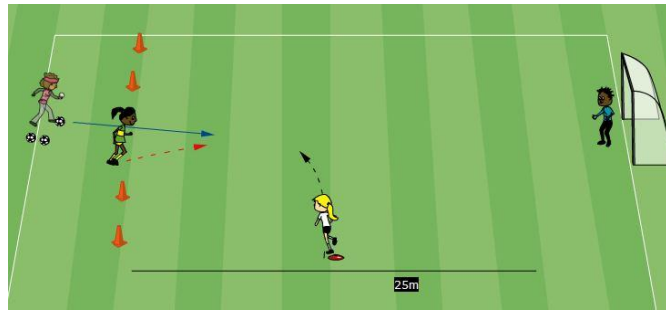
Skill Work:

1v1 Attacking & Defending from the side

15 minutes

Organization:

- Set-up area 25x15m as shown.
- Players are working in pairs.
- One GK.
- One Goal
- All soccer balls behind starting point.



Coaching Points:

Attacker:

1. Ball within playing distance
2. Dribble and protecting the ball from opponent
3. Last touch at an angle
4. Ability to fake – tease your opponent

Defender

1. Close down in a way to prevent a shot first
2. Get down
3. Stay down
4. Choose right moment to

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score / to defend the goal and to win the ball back
3. One player identified as the attacker position on the start line (25m away from the goal) where another player acting as the defender positions at an angle – 2 m behind the attacker. The coach passes a ball forward for the two players to run onto. The attacker's aim is to score a goal against a goalkeeper. The defender is working on regaining possession. If the player succeeds, the aim is to turn and try to play the ball through the two doors created at the starting line.

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TMSC House League Rules

TMSC BELIEVES THAT EVERY PLAYER DESERVES
THE BEST POSSIBLE SOCCER EXPERIENCE.



TMSC House League Rules

1. The Field of Play

| | |
|--------------------|------------------------------------------------------------|
| U5 – Micro | approx. 15m x 20m, goals are approx. 1.2m high x 3.6m wide |
| U6 – Micro | approx. 20m x 30m, goals are approx. 1.2m high x 3.6m wide |
| U7-U10 – Mini | approx. 30m x 40m, goals are approx. 1.8m high x 5.4m wide |
| U12 – Intermediate | approx. 40m x 60m, goals are approx. 2.1m high x 6.3m wide |
| U15/U18 – Full | approx. 50m x 70m, goals are approx. 2.4m high x 7.2m wide |

Refer to Field Diagrams for additional details.

Note: For the purposes of these rules, the units “yard (yd)” and “meter (m)” are considered to be equal and are to be approximated by one adult pace or step.

2. The Ball

| | |
|---------|--------|
| U5/U6 | Size 3 |
| U7-U10 | Size 4 |
| U12 | Size 4 |
| U15/U18 | Size 5 |

3. The Duration of the Game

| | |
|-----|---------------------------------|
| U5 | 1 x 20min straight time. |
| U6 | 1 x 25min straight time. |
| U8 | 1 x 20min with 5 min half time. |
| U10 | 2 x 25min with 5 min half time. |
| U12 | 2 x 30min with 5 min half time. |
| U15 | 2 x 40min with 5 min half time. |
| U18 | 2 x 45min with 5 min half time. |

Fair Play Code: In the event that there are player shortages or extreme heat, the coach from either team may approach the referee prior to the start of the game and request an additional 2 min. water break be given mid-way through the half.

4. The Number of Players

- U5** 3v3 or 4v4* with no goalkeeper.
- U6** 4v4 one of which is to be a goalkeeper.
- U7-U10** 7v7 one of which is to be a goalkeeper.
- U12** 9v9 one of which is to be a goalkeeper.
- U15/U18** 11v11 one of which is to be a goalkeeper.

* U5 ideally play 3v3, but allow 4v4 if required so that not more than half of the players are sitting out at any time.

Fair Play Code: If a team has less than the required number of players then the coaches are encouraged to make arrangements to either share players or play with an equal number of players on the field.

5. Substitutions

U6 and younger

Unlimited substitutions may be made at any stoppage in the game. Substitutions should be made in coordination with the other team.

U8 and Older

Unlimited field player substitutions are permitted at the following times:

- Throw-in – the team that has possession may sub (other team may piggy back)
- After a goal is scored – subs allowed by either team
- During a goal kick – subs allowed by either team
- Start of 2nd half – subs allowed by either team
- To replace an injured player (at the discretion of the Referee) – injured player may be subbed

Goalkeepers are only to be substituted at half time or if they suffer an injury.

Substitution Procedure

At an appropriate stoppage in play, the coach is to address the referee and request a substitution. The referee will confirm permission to make the substitution. The referee may choose to disallow a substitution at any time and for any reason.

6. The Players’ Equipment

- Players must not use equipment or wear anything that may pose a danger to themselves, or another player.
- No jewellery is allowed (except Medical Alert bracelets).
- Headbands or elastics must be soft material and contain no metal or hard plastic.
- Any casts or braces are to be brought to the attention of the referee before the start of the match in order that they are inspected by the referee. The referee may require additional cover or may deem the cast/brace to be a hazard and the player as ineligible to play.
- Each player is required to wear shin guards. Guards are to be covered by socks.
- Metal studded cleats are not allowed.
- Each team’s uniform is to consist of jersey, socks and matching shorts.
- Shorts are to be standard mid-thigh soccer shorts (tights or bathing suit bottoms are not allowed).
- Each player is to wear a team jersey with a unique number. If there is a conflict with jersey colours then the home team will change (if they have 2 different colour jerseys), or wear pinnies.
- Any exceptions to the rules are to be discussed in advance with the referee.

7. The Start and Restart of the Ggame

Definition of Kick-Off

A kick-off is a way of starting or restarting play:

- At the start of a match
- After a goal has been scored
- At the start of the second half

THE Ball in and out of play

Goal lines and Touch lines

The Ball is OUT of play when:

- It has wholly crossed the field markings (lines/ cones), whether on the ground or in the air.
- Play has been stopped by the Referee.

The Ball is in play at other times, including when:

- It rebounds into play from a goal-post, a cross- bar, or a corner flag post, and remains in the field of play.
- It rebounds off the referee, where applicable, when they are on the field of play

8. The Method of scoring

A goal is scored when the whole of the ball has crossed over the goal line between the goal posts and under the cross- bar.

When goal posts are not available and cones are used instead, a goal is scored when the ball passes between the cones without touching them, below 5 feet.

The Referee shall be the sole judge as to whether a goal has been scored.

If, at any time during the match, one of the teams has amassed a 5 goal lead, then they are to play with 1 player less than the opposing team until the lead has been reduced to less than 5 goals, at which point they will return to playing with equal numbers.

9. Offside

There is NO offside in the U6, U7, U8 or U10 small-sided game.

10. Fouls and misconduct

The Game Leader must attempt to explain ALL infringements to the offending player. Remember most acts of handball or fouls and misconduct at this level are caused by a lack of coordination, with no intent.

Slide tackling

Slide tackling is not allowed and an offence is punished by awarding the opposing team a direct free kick from the location of the offence.

U8 and Younger

All free kicks are indirect. Play is restarted when the ball is kicked or passed. The ball must be stationary before it is kicked. A goal may not be scored from an indirect free kick until another player has touched the ball. All opposing players are to be a minimum of 6m award from the position of the ball.

Ejection from the Game

If an ejection occurs (player receives either 2 yellow cards in one match, or a direct red card) then the referee is to complete an Incident Report and submit it to the referee coordinator immediately following the game.

11. Free kicks

All free kicks are indirect.

12. Penalty Kicks

There are no penalty kicks in the U6, U7 or U8 small-sided game.

13. Throw-ins & Kick-ins

U10 and older

A throw-in is used to restart play for U10 and older.

U8 and younger

A kick-in is used to restart play for U8 and younger.
A goal cannot be scored directly from a kick-in.

Kick-in Procedure

The ball is placed on the touchline at the location it went out of play. The ball is to be stationary and on the ground. The ball is passed in to play. The kicker cannot touch the ball again until it has been touched by another player. All opposition players are to be a minimum of 6yd away from the kicker.

U6 and younger

Field markings are to be corner flags and cones. Boundaries are to be explained but can be less tightly controlled than older age groups.

A throw-in or dribble is a method of restarting play.

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air.

A goal cannot be scored directly from a thrown-in.

14. Goal Kick

A goal kick or dribble in is awarded when the whole of the ball passes over the goal line either on the ground or in the air, having last touched a player of either team, and a goal has not been scored.

The “Retreat Line”

The Ontario Soccer Association has introduced the “Retreat Line” to allow mini soccer players more time and space to make initial plays after restarts of play that begin with the goalkeeper. For all games other than full field (11v11) play, the opposing team is to be positioned beyond the retreat line (refer to Field Diagrams) on a goal kick or after the goalkeeper has made a save. The goalkeeper kicks the ball into play and the opposing team cannot advance beyond the retreat line until: the ball has been touched by another player; or the ball has advanced beyond the retreat line. The goalkeeper can choose to play the ball before the players have fully retreated. If the goalkeeper plays the ball before the players have fully retreated then the ball is considered to be immediately “in play”.

15. Additional Information

Parents and Spectators

Refer to the published Field Diagrams for the location of the designated player and spectator areas. Players, coaches, and spectators are required to stay back a minimum of 2m from the edge of the field.

Parents/guardians for children under 8 years old are expected to remain near the field (but in the designated spectator areas) at all times. Parents/guardians for children under 8 years old who fail to comply with this rule may be subject to de-registration.

Tournament and Festival Rules

Tournaments and Festivals will be organized for divisions at various times. Tournament specific rules will be published in advance and where there is a conflict with these rules, the tournament specific rules will be given precedence.

Fair Play Code

All house league games are to be governed by a Fair Play Code which emphasizes sportsmanship, and the safety, wellbeing, and enjoyment of the player above all other concerns.

Every house league player is entitled to receive fair playing time. Rule of thumb: coaches shall ensure that every able-bodied player is on the field for at least 50% of a game (for example 25min of a 50min game). Players also need to be given adequate rest and hydration breaks during a game to ensure their safety, therefore no player is to play more than 80% of a game (for example 40min of a 50min game). Exceptions to this rule are for the goalkeeper who may play the full game, to account for player shortages, and to account for any injuries or fitness concerns.

Coaches, parents, players, and spectators are encouraged to keep in mind that the governing principles behind recreational sport are: Fun, Fitness, and Fair Play. The actual score in an individual match is not a good indicator of success. As such, no league standings are kept and the results of any individual match should not be over-emphasized.

Incident Reporting

Any events that involve behavior that contravenes the TMSC Policies or significant breaches of the TMSC Codes of Conduct should be reported in writing. An Incident Report form (available online) is to be completed and submitted to the Referee Coordinator.

Appendix

POLICIES AND PROCEDURES

CODE OF CONDUCT

CONCUSSION INFORMATION

SEVERE WEATHER POLICY

TMSC CLUB MAPS & FIELD DIAGRAMS

TMSC COMMUNICATION TREE



Code of Conduct for Coaches and Managers

The following code of conduct applies to any coach or team official involved in Tillsonburg Soccer Club’s programs.

A Coach or Manager must abide by the following Standards of Behaviour:

1. Physical safety and health of athletes

- Ensure that training or competition site is safe at all times
- Be prepared to act quickly and appropriately in case of emergency
- Avoid placing athletes in situations presenting unnecessary risk or that are beyond their level
- Strive to preserve the present and future health and well-being of athletes

2. Coaching responsibly

- Make wise use of authority of position and make decisions in the interest of athletes
- Foster self-esteem among athletes
- Avoid deriving personal advantage for a situation or decision
- Know one’s limitations in terms of knowledge and skills when making decisions, giving instructions or taking action
- Honour commitments, word given, and agreed objectives
- Maintain confidentiality and privacy of personal information and use it appropriately

3. Integrity in relations with others

- Avoid situations that may affect objectivity or impartiality of coaching duties
- Abstain from all behaviours considered to be harassment or inappropriate relations with an athlete
- Always ensure decisions are taken equitably

4. Respect

- Ensure that everyone is treated equally, regardless of age, ancestry, colour, race, citizenship, ethnic origin, place of origin, language, creed, religion, athletic potential, disability, family status, marital status, gender identity, gender expression, sex, and sexual orientation
- Preserve the dignity of each person in interacting with others
- Respect the principles, rules, and policies in force

5. Honouring sport

- Strictly observe and ensure observance of all regulations
- Aim to compete fairly
- Maintain dignity in all circumstances and exercise self-control
- Respect officials and accept their decisions without questioning their integrity

Code of Conduct Contract

It is the objective of the Tillsonburg Soccer Club, supported by team coaches and officials to provide a safe program for all players to participate in, enjoy and enhance their skills.

THE TILLSONBURG SOCCER CLUB IS A STRONG SUPPORTER OF, AND HAVE ADOPTED THE ‘ZERO TOLERANCE’ POLICY OF BOTH THE OSA AND EMSA.

1. Team coaches and officials shall conduct themselves at all times in a proper manner so as to not bring the game into disrepute. High standards of personal conduct and fair play shall be maintained at all times.
2. Team coaches and officials shall be responsible to abide by the playing rules as set out by all governing bodies.
3. Communicate with players, parents/guardians to ensure all understand, support and abide by the playing rules and codes of acceptable conduct.
4. Decisions of game officials will be accepted absolutely by players and team coaches/officials.
5. Game officials are not to be verbally and/or physically abused in any manner whatsoever by coaches, players, parents/guardians and/or team’s supporters.
6. Abusive or foul language by coaches, players, parents/guardians or spectators will not be tolerated.
7. Violent conduct will not be tolerated
8. The team Head Coach is responsible for ensuring that the above rules are understood and abided by supporting coaching staff and managers.
9. The team Head Coach will abide by the TMSA Tobacco Free Policy and will inform all team officials, parents and guardians of the policy.

Team coaches or officials are expected to inform the League of breaches of this Code of Conduct and Sportsmanship.

I acknowledge that I have read the above Code of Conduct and Sportsmanship and will respect and abide by its rules. I understand that any breach in these rules will result in disciplinary action through TMSA and/or EMSA.

NAME OF HEAD COACH

HEAD COACH SIGNATURE

TEAM NAME

AGE GROUP

Concussion Procedure and Protocol

What is a concussion?

A concussion is a neurologic injury which causes a temporary disturbance in brain cells that comes from and is the result of an extreme acceleration or deceleration of the brain within the skull. The common misconception is that you must be hit in the head to cause a concussion injury – this is not true! Because a concussion is the result of acceleration or deceleration of the brain, a concussion can happen with a significant blow to anywhere on the body, provided sufficient acceleration/deceleration is transmitted to the brain tissue. If the head or face is struck, there may be no other visible signs of a brain injury. It can cause changes in the brain that may not be seen in a CT scan or X-Ray. Balance, reaction time and cognitive skills can also be impacted.

What are the signs and symptoms of a concussion?

Symptoms of a concussion range from mild to severe and can last for or appear within hours, days, weeks, or even months. In some cases there may be no symptoms at all. If you suspect a concussion, or notice any of the symptoms listed below, contact your doctor immediately. In severe cases, proceed to an Urgent Care Centre or Emergency Room immediately.

Visible Symptoms

- Loss of consciousness or responsiveness
- Loss of motion / slow to rise
- Unsteady on feet / balance issues
- Grabbing / clutching head
- Dazed, vacant or blank look
- Vomiting
- Disoriented
- Bleeding from nose / ears
- Sensitivity to light
- Unequal pupils (eye)
- Seizures or convulsions
- Deteriorating conscious state

No-Visible Symptoms

- Confusion / disorientation
- Complaints of pain / headache
- Complaints of dizziness / nausea
- Complaints of fuzzy / blurred vision
- Inability to concentrate
- Easily upset / angered (emotional)
- Nervous / anxious
- Tired / sleeping more or less than usual
- Complaints of tingling / burning feeling in arms & legs
- Trouble falling asleep
- Memory loss – unable to remember events leading up to incident

* Please note that complaints of neck pain should be addressed immediately as a head injury may also result in a neck / spinal injury.

TMSC Emergency Protocol – Player Concussion

A player showing any signs/symptoms of a concussion must be removed from play immediately. All Coaches/Trainers are required to be familiar with the use of this tool and follow the Club’s protocol without question. The player is not to re-enter the game or practice. A Match official may communicate their concerns with other team players, or technical staff.

- In the event of a loss of consciousness call 911 for assistance immediately. Do not move the player unless absolutely necessary for safety reasons.
- Ensure that a member of the team staff stays with the player.
- Notify any family members immediately if they are present.
- The player must be evaluated by a physician prior to returning to play. Documentation from the physician is required. Average recovery period is 10 -14 days, but can sometimes longer.

Return to Play Stages Protocol

This is a multi-part process that requires supervision from the player’s health care provider at each stage.

| | |
|---------------------------------------|----------------------------------|
| 1. Limited activity | Physical and cognitive rest |
| 2. Light aerobic exercise | Walking, swimming, cycling |
| 3. Sport specific exercise | Light running skills, no heading |
| 4. Non contact training drills | Passing / movement |
| 5. Full contact practice | Normal training cycle |
| 6. Return to play | Normal game play |

* A minimum of 24 hrs is required between each stage. Any recurrence of symptoms requires the player to return to the previous level. Coaches, Assistant Coaches, Managers and Trainers are not authorized to oversee Return to Play processes.

Caution

TMSC is committed to providing a safe environment for all players regardless of age and gender. It is, however, ultimately the responsibility of the teammate, technical staff or parent to ensure that appropriate professional care is provided to players in the event of injury. In the event of a concussion diagnosis, premature return to play can result in serious and sometimes permanent injury, particularly in the event of a second impact. Parents should seek ongoing medical evaluation for the benefit of the player’s long term health and safety.

Severe Weather Policy

In general, games and training will proceed rain or shine. Participants are responsible to check the weather report and dress appropriately.

The safety of the participants is the primary concern when considering whether or not to modify, delay, or cancel a game or training session. Extreme heat or the presence of lightning, hail, torrential rain, freezing rain, or extremely high winds may all pose safety concerns.

Decision Makers

During or prior to beginning a training session, the coach or team manager is the main decision maker regarding whether to modify, delay, or cancel training due to severe weather.

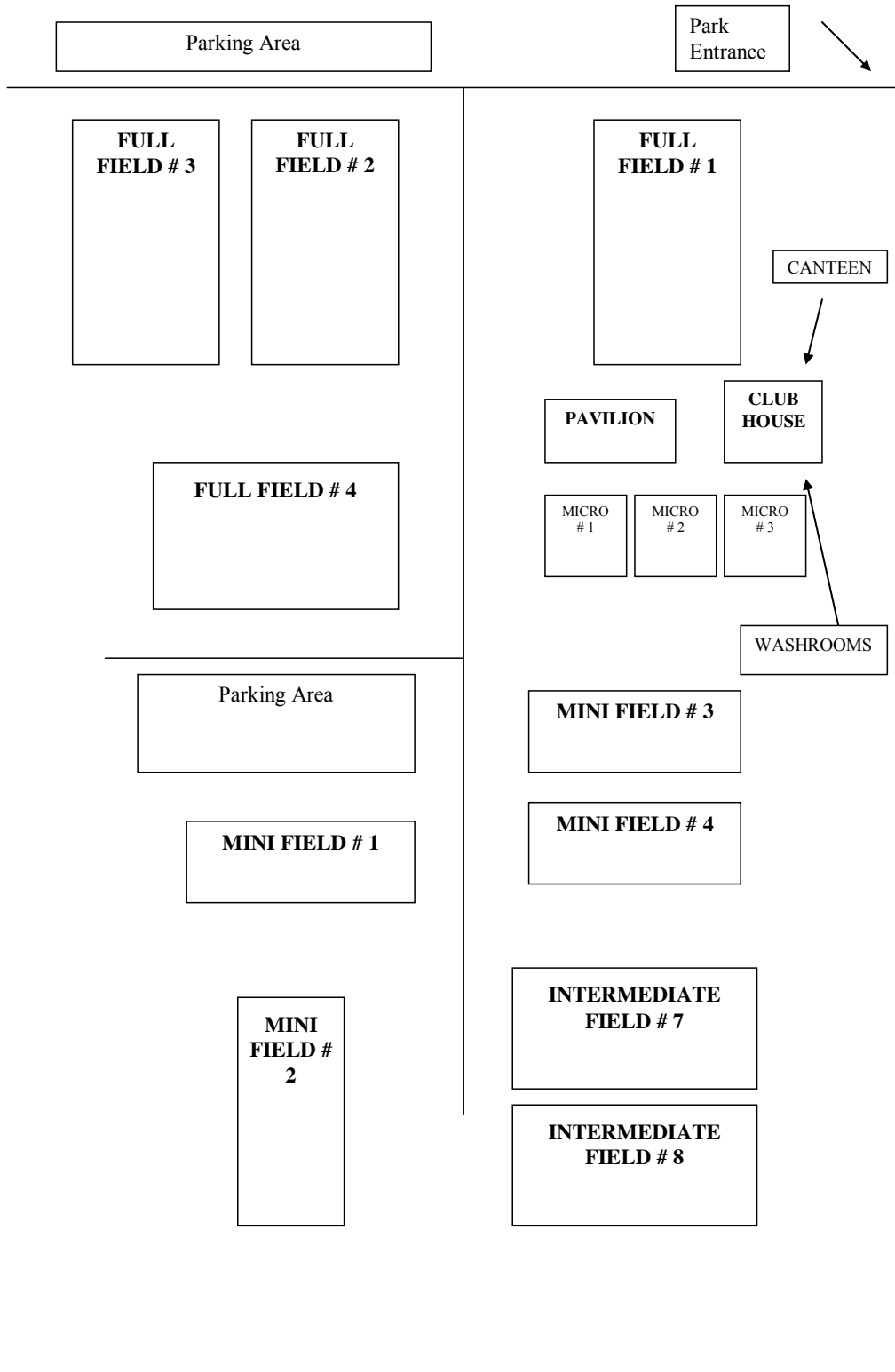
During or prior to beginning a league game, the referee is the main decision maker regarding whether to modify, delay, restart, or cancel a match due to severe weather. Teams will be directed to take proper shelter and must remain at the venue until the referee restarts the game or declares a postponement.

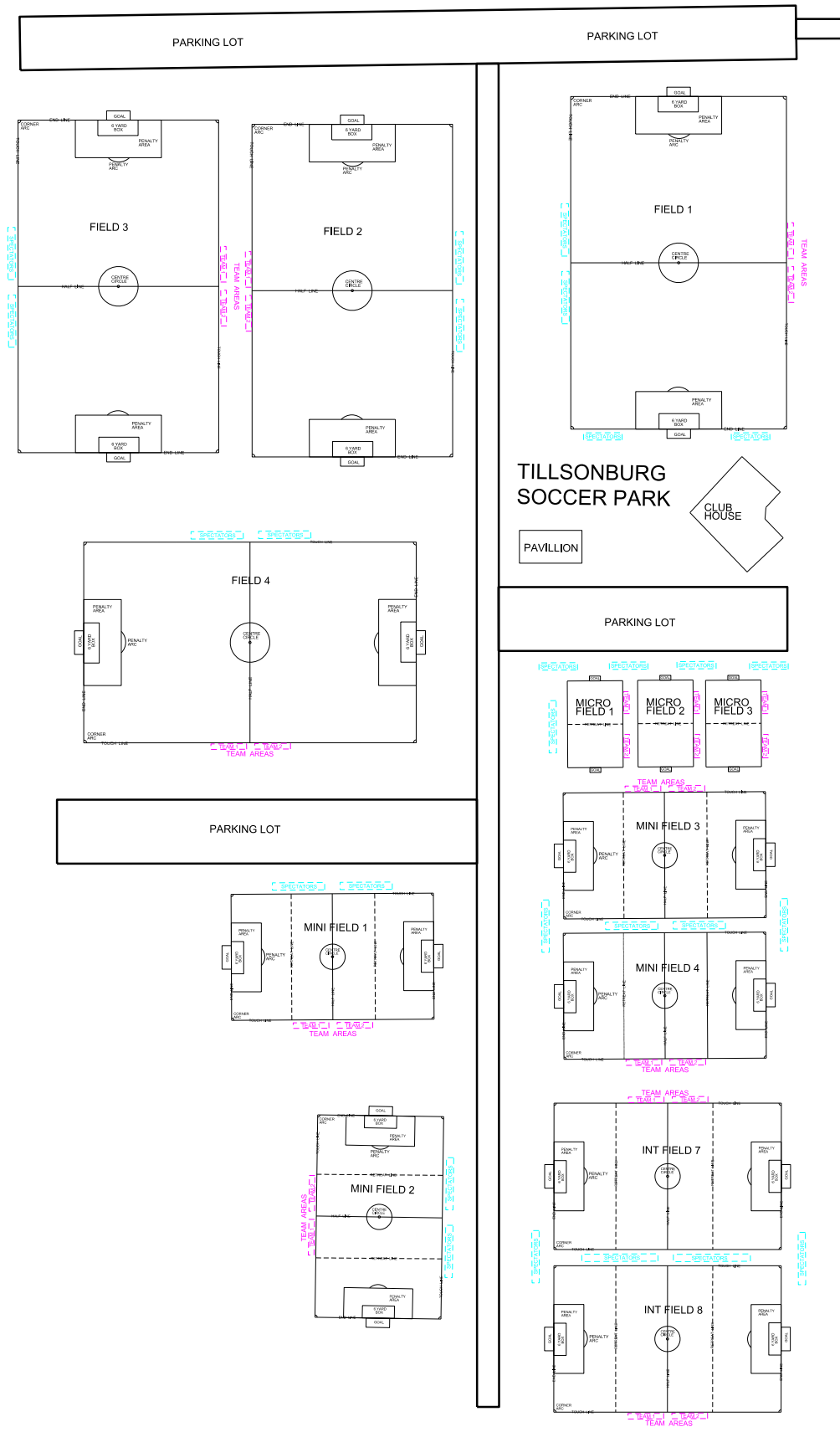
The Referee Coordinator, the Director of Facilities, the Director of Operations, or the Club President has the right to cancel all events and close the park due to severe weather. Division Conveners will communicate to team coaches if the park will close due to a severe weather event. Coaches are expected to communicate accordingly with their players.

Lightning

The presence of lightning poses a significant safety concern. When lightning is detected, the distance to the lightning can be determined by counting the time between the flash and the first sound of the thunder. When lightning is seen, count the time until thunder is heard. If this time is thirty (30) seconds or less, seek proper shelter. Wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter.

TMSC Facility Map & Field Diagrams





REMEMBER
THESE ARE KIDS
THIS IS JUST A GAME
COACHES ARE VOLUNTEERS
REFEREES ARE HUMAN
THIS IS NOT THE WORLD CUP
RESPECT THE GAME
AND HAVE FUN!

