



LEARN TO TRAIN COACH MANUAL

U9 TO U12

The Golden Years of Learning Soccer

Coaching U9 to U12 players is a critical stage of development for soccer players. Soccer is considered an early engagement and late specialization sport. During this period the players are at their optimum learning time for soccer. As such, we are focused on physical elements, individual skills, game skills and refinement. Players are expected to attend at least one practice per week and participate in one game per week on different days. As a Learn to Train coach you need to be able to correct the errors you observe based on “KEY FACTORS” and provide a model of success. This means that you must be able to demonstrate the skill you are looking for. If you cannot demonstrate, you will need to find an assistant or model from someone who can. We must reinforce proper technique considering all types of learners; auditory, visual, and kinesthetic. You do have to have technical / tactical knowledge to be successful with the Learn to Train age group.

Key Objectives for Your Practices

- It must be FUN!
- Follow the “GAME – ACTIVITY – GAME” methodology
- Stick to one topic per practice!
- Developing Physical Literacy
- Developing technique and sequencing
- Developing the Fundamentals of the game
- Love praise and enthusiasm
- Everybody with a ball as much as possible
- Basic comfort ability with ball in relation to the body and movement in individual and partner environments
- Individual Technical work - take the mentality of the age and fit into activities developing technique
- Team Tactical work – players developing creativity and ability in cooperation
- Refinement of basic skills (dribbling, passing, etc.)
- Between 60 and 75 minutes for practice

Four Cornered Approach for Learn to Train

The Four Cornered approach for player development ensures we as coaches consider the total player development and not just focus on the Technical / Tactical skills.

<p>Physical</p> <ul style="list-style-type: none"> - Malleable bones - Tendon and muscle pain due to growth - Improved coordination and ability to sequence - Flexibility and range of motion reduced. - Girls growth begins sooner - Boys starting to develop more power 	<p>Technical / Tactical</p> <ul style="list-style-type: none"> - Understanding cooperation and competition - Ready for introduction of skills and refinement - Understanding how to win - Need a demonstration to see model
<p>Social / Emotional</p> <ul style="list-style-type: none"> - Strong sense of camaraderie - Improved understanding of who is a strong player versus a weak player - Need a coach! - Trusting of the coach and players 	<p>Psychological</p> <ul style="list-style-type: none"> - Ability to analyze and be critical - Identifying with role models or famous players - Increased curiosity - Better concentration

Technical Elements to Consider

BALL MASTERY

- Ball Mastery with more movement, creativity, and all surfaces
- Receiving – feet, thighs, chest, catching, receiving ball w/ feet, preparing

BALL PROGRESSION

- Dribbling – feet - rolling the ball, pushing it, stopping it, introduction of surfaces, running with the ball, intro of specific moves (Fakes, feints and turns) using above skills
- Running with the ball – moving at pace with the ball

BALL TRANSMISSION

- Passing – inside & outside of foot, under the ball, techniques with movement, head up
- Finishing – both feet, volleys – all very introductory

DEFENDING SKILLS

- Individual defending techniques
- Tackling – technique, block tackle, toe poke

COLLECTIVE PLAY

- Individual Tactics –they are starting to conceptualize, so just allow for games/activities bring out decision making opportunities.
- Simple Tactics – get away, keep ball, get ball back, passing it

BASIC GOALKEEPING

- Ready position, catching the ball, delivery of the ball from hands

**** NOTE **** - we do not teach heading the ball until U13. A child’s skull is not fully developed and there is a risk of injury due to collision. We encourage all young players to bring the ball down to feet and play possession.



Tactical Principles of Play

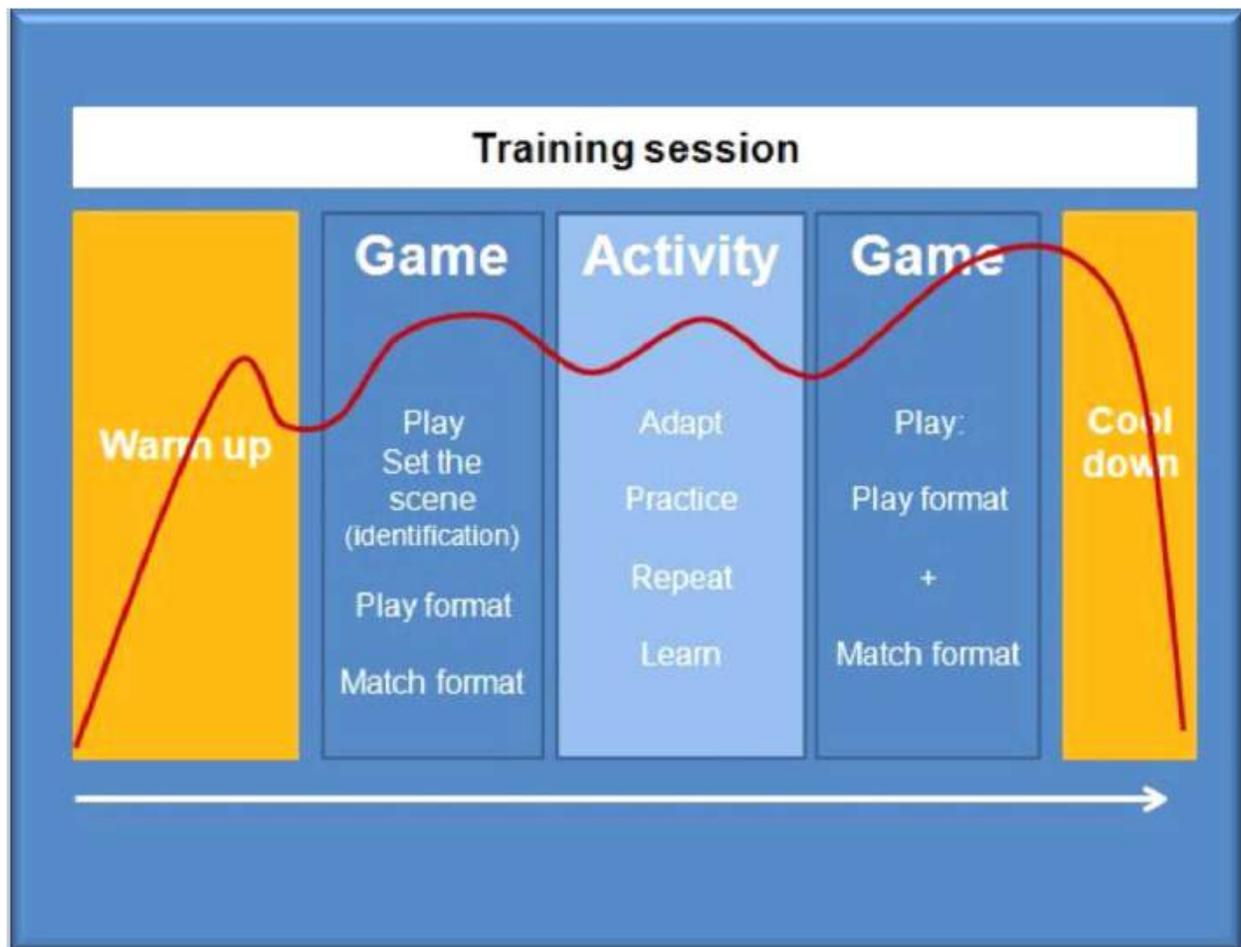
Principles of Attack:

- **Dispersal** - The location of players in order to stretch and pull defenders out of position.
- **Support** - To keep possession we need support in front, to the side & behind the ball.
- **Penetration** - Can we score or advance the ball effectively
- **Mobility** - Movement and the interchanging of positions to unbalance the defense.
- **Creativity** - Doing the unexpected. Individual football techniques to unlock the defense

Defending Principles:

- **Delay** - The prevention of forward passing options.
- **Depth/Cover** - Closely supporting the 1st defender and the restricting space for attackers
- **Compactness** - To assemble as quickly as possible as a team to protect vulnerable areas of the field.
- **Balance** – Sealing off the space away from the ball in order to keep the defensive lines compact and limit the opponents attacking options.
- **Patience** – Being patient and waiting for the correct moment to attempt to win the ball.

Coaching During your Practice



The Start

- Have all the players come into one central point.
- Quickly get the players active - keep everyone moving in some type of dynamic warm up activity. Participate in session by continually demonstrating – “a picture paints a thousand words”
- Move to first activity of session
- Quick explanation/demonstration – get them active in exercise quickly (under 1 minute)

Communication

- Reinforce positively every effort. Praise!
- Continue to show and tell them, especially as the activity changes
- When correcting make sure you
 - o Demonstrate what you want
 - o Get the player to rehearse what you just did
 - o Restart from that player
- Try not to use jargon.
- Use a variety of coaching styles, command, Questions and answer and guided discovery
 - o Command and Control – say it, see it, do it
 - o Question and Answer – “why did you do it that way”
 - o Guided Discovery – “what could you have done differently”

The End

- Bring everyone in at the end to quickly go over the session – “what did you learn” and “did you have fun”

Manner and appearance

- Look like a coach
- Up beat and Enthusiastic
- Create an energetic environment where children are engaged in the activities

Managing Your Session

Selecting the Activities

- Always review and visualize your session plan before the practice
- Plan your session based on the needs of your players.
- Write down using the planning tool and print off your plan and take to session

Organization

- Show up early to allow time to set up the field prior to players arriving.
- Have the equipment ready for the players when they arrive. Have a designated area they can go and practice with friends/parent while others arrive
- Define areas clearly with cones. Have a specific area set up for balls and pinnies
- **Safety before and during the session**
- Safety check the area you are working in looking for potential harmful objects on the field
- Check the weather conditions.
- Player equipment
- Have specific area set aside for water breaks. Provides safety and helps in organization

Sample Practice Plan

Session Plan: _____

Phase	Time	Activity Name	Emphasis
Warm up/Agility	10-12 mins		
Break	2 mins		
Small side Games	10 mins		
Break	2 mins		
Technical/Tactical Work	15 mins		
Break	3 mins		
Small sided Games	10 mins		
Cool Down	5 mins		

Key Factors for Coaching Techniques

The Learn to Train Stage:

Dribbling:

Ball close to body

Attack defender straight-on

Change of speed/Direction

Passing:

Watch the ball

Part of the foot

Part of the ball

Heading:

Evenly open arms to the

Part of head

Part of the ball

Receiving the Ball:

Body behind the ball

Decision-what next (what/how)

Move to the ball

Directional touch (cushioned surface)

Shooting:

Watch the ball

Part of the foot

Part of the ball

Accuracy before power

Support:

Angle of support (behind, in front, to side of ball)

Distance from ball

Timing of movement

Communication (Verbal & Body Language)

1v1 Defending:

Goal side/Ball side

Angle of approach

Speed of approach

Group Defending:

Nearest player pressure the ball

Other players support first defender

Tight and Loose Marking

Compactness

Key Factors of being a Coach

The Learn to Train Coach:

Think safety!

Practice area

Equipment

EAP

Be Prepared

Plan your work

Work your plan

Get Organized

Set up your practice area early

Progressions or stations

Be Enthusiastic and Encouraging

Inspire the players

Praise their efforts

Get them Active

Keep the energy level high

Keep player involvement high

Be a Positive Example

Sportsmanship

Fairness

Patiently, Guide Them

Experiment

"Learn by Doing".

Guided discovery

Have Knowledge of the Game

Basic KFs of Technique/skill

Principles of Group Play

Understand the Stages of Development

Age appropriate practice

Key Development Milestones



WARM UPS

Learning to Train

Warm up session

Warm up:

Ball control

15 minutes

Organization:

- Groups of five players – one ball for five
- Markers three metres apart in a diamond shape



Coaching Points:

- Be relaxed and light on the feet.
- Present playing surface to control the ball.
- Quality touches.
- Balance
- Quick feet adjustment

Description:

- Players move the ball, anti-clockwise. First player to start with a throw, receiver controls – two touches minimum and volleys/heads/other ball to the next player.
- Next player catches the ball and throws for the next player to control in sequence.
- Players follow their throw / pass.
- Game concludes when last player is back to the starting position.
- Who was the quickest?

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Learning to Train: Warm up

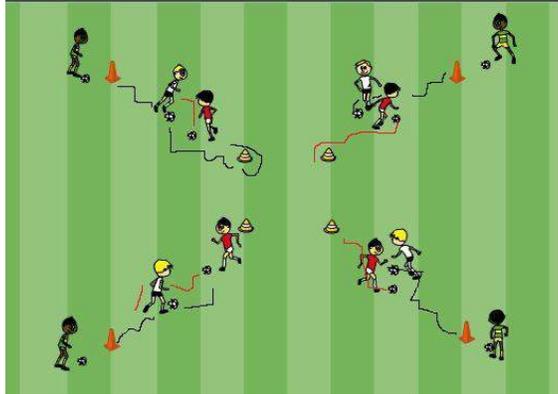
Warm up:

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Players are divided in 4 groups.
- 1 player start at the central cone.
- All other players from the group on the outside corner.
- 2 balls per group = 8 balls all together



Coaching Points:

- Small steps and touches on the ball
- Fake before changing direction
- Accelerate after dribbling the player
- Come back into the line of play.

Description:

1. The action begins with two players positioned at the different cones – one outside corner, the other one on the inside corner.
2. The two players from each group start dribbling towards each other at the same time.
3. The players fake and change direction
 - a. First to the right
 - b. Then to the left

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Warm Up #1

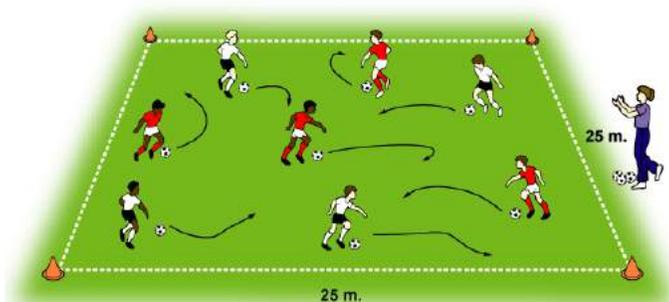
Warm-Up:

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

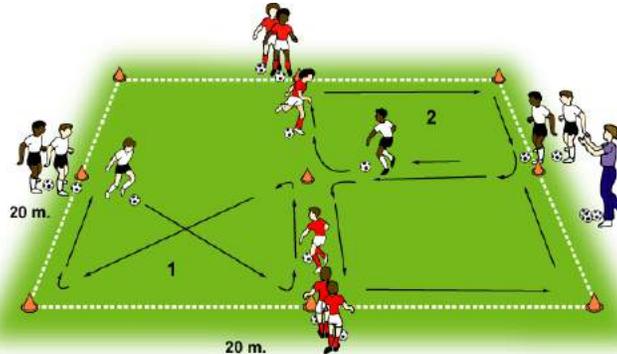
Warm-Up:

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

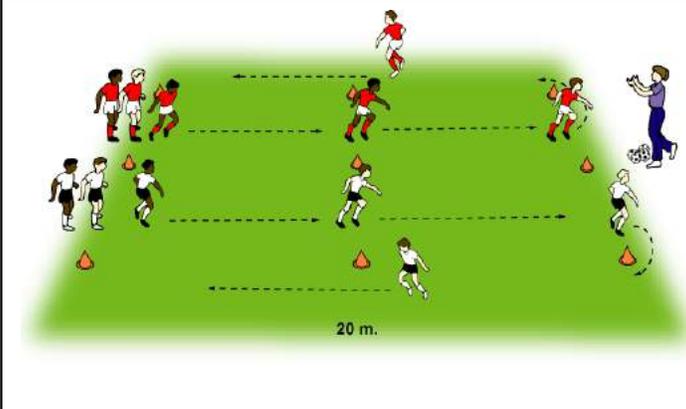
Warm-Up:

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:

<ol style="list-style-type: none"> a. Jog b. Jockey backwards (right & left) c. Skipping forward d. Skipping sideways e. Heel flicks f. High knee raises 	<ol style="list-style-type: none"> g. skip & groin stretch (inside to outside) h. skip & groin stretch (outside to inside) i. skip & kick (left & right) j. skip & upper body twist (right & left) k. cross steps l. wide steps
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Warm Up #4

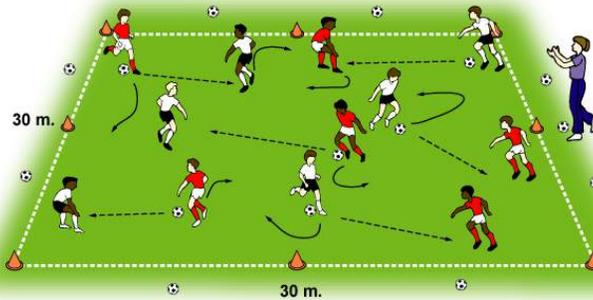
Warm-Up:

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

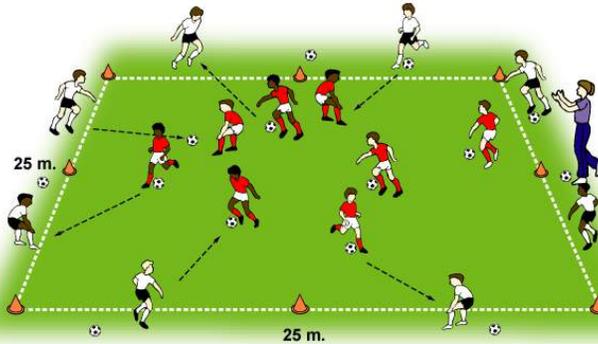
Warm-Up:

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

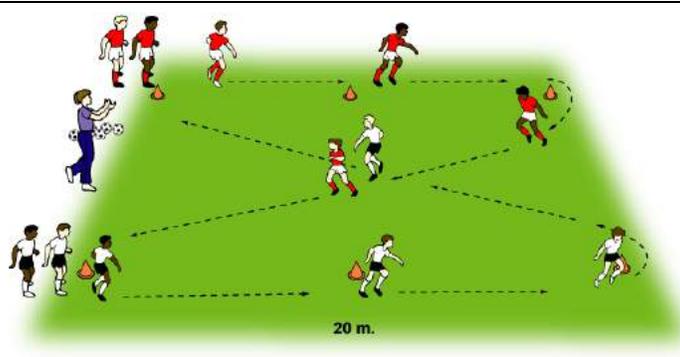
Warm-Up:

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:

<ol style="list-style-type: none"> a. Jog b. Jockey backwards (right & left) c. Skipping forward d. Skipping sideways e. Heel flicks f. High knee raises 	<ol style="list-style-type: none"> g. skip & groin stretch (inside to outside) h. skip & groin stretch (outside to inside) i. skip & kick (left & right) j. skip & upper body twist (right & left) k. cross steps l. wide steps
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Warm Up #7

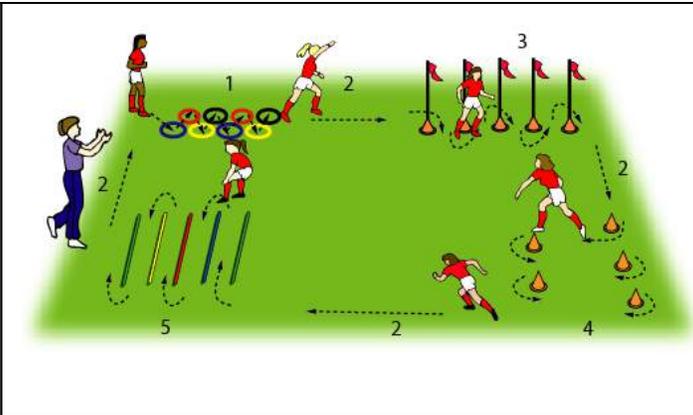
Warm-Up:

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

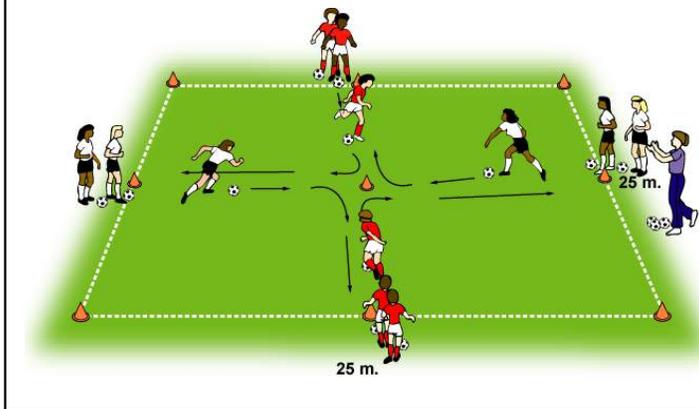
Warm-Up:

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

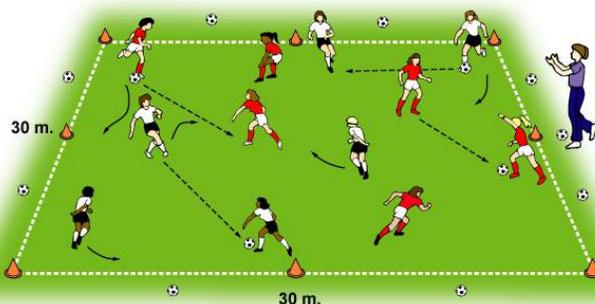
Warm-Up:

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

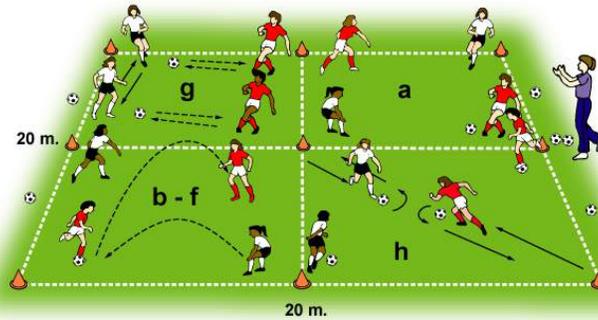
Warm-Up:

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 AND RECEIVING

Passing & Receiving: Small-Sided-Game #1

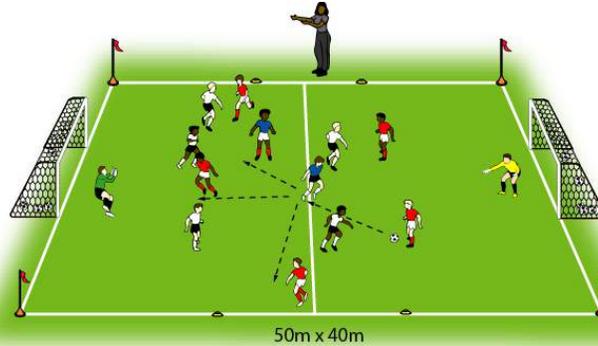
Small-Sided-Game:

Passing & Receiving Game.

20 minutes

Organization:

- Two teams of 6 including the GKs plus 2 neutral players.
- Playing field of 50x40m.
- One goal at each end.
- The 2 neutral players are always on the team in possession.



Coaching Points:

- Get behind the ball to receive it.
- Receive the ball facing forward if possible
- Relax your controlling surface on contact.
- Keep the ball rolling & out of your feet.
- Watch the ball.
- Passing: Part of foot; part of ball.

Description:

1. This game is designed to allow players in possession of the ball with space and increased passing options in a competitive situation. This is accomplished by establishing an environment where there are always extra players to which the player on the ball can pass. Normal rules of soccer apply with the exception that the game must be restarted with a “kick-in” when the ball goes out over the touch line. Switch the neutral players every 5 minutes.
2. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

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Passing & Receiving: Small-Sided-Game #2

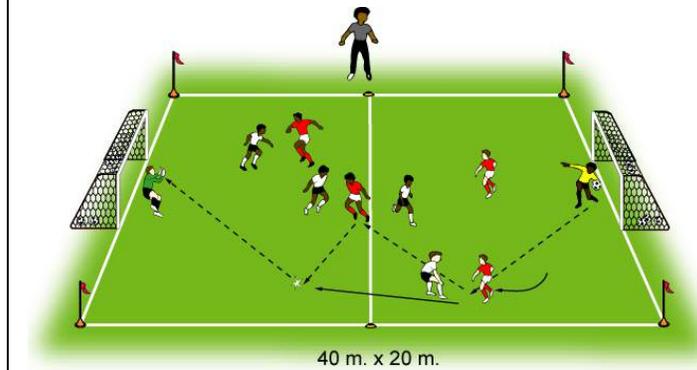
Small-Sided-Game:

Passing & Receiving Game.

20 minutes

Organization:

- Two teams of 5 including the GKs.
- Playing field of 40x20m.
- One goal at each end.



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. Goals are scored in the normal way. When the ball crosses the goal line the play is always restarted with a GK's throw (no corner kicks or goal kicks). If the ball crosses the touch line the game is restarted with a "kick-in". Initially, the game is conditioned whereby players are limited to three touches only in their own half of the field but they have unlimited touches in the opponents half. Too many touches in your own half results in a free kick to the opposing team.
2. Goals scored following a combined play doubled.
3. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
4. **5 Minute Cool Down at the end of the game**

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Passing & Support: Small-Sided-Game #1

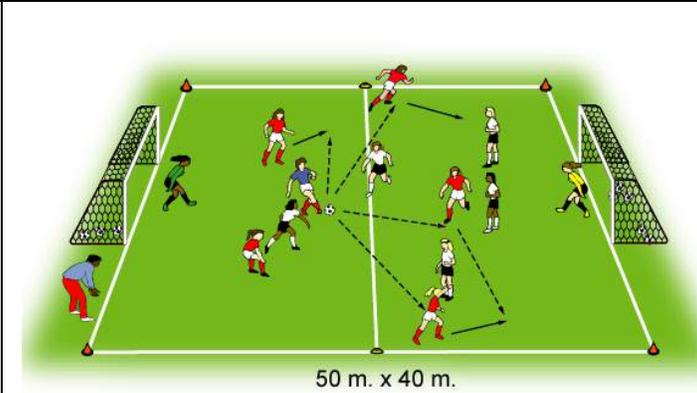
Small-Sided-Game:

6v6 Game with a Neutral Player.

20 minutes

Organization:

- Two teams of 6 including the GKs, plus 1 neutral player.
- Neutral player always plays for the team in possession.
- Playing field of 50x40m.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



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.
- Be seen between players.

Description:

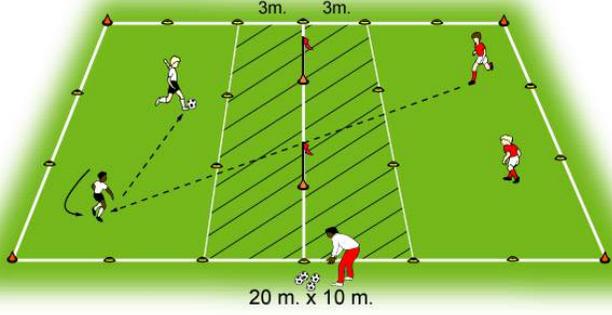
1. The game begins when the GK rolls the ball out to one of her/his players. The team must then interpass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. **Emphasis** should be made of the importance of players using the additional player advantage to **create good supporting triangles around the ball**.
2. **Progression:** All conditions are removed for the last 5-10 minutes and a normal game of soccer is played.
3. **5 Minute Cool Down at the end of the game.**

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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>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.
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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



Passing & Receiving: Skill/Technique #2

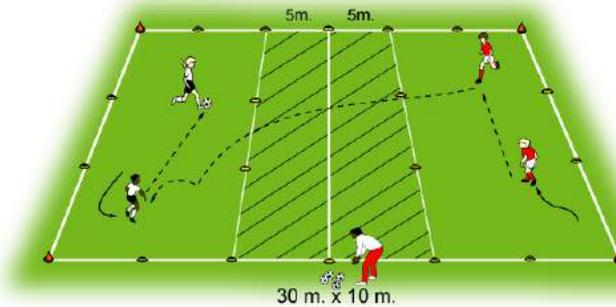
Technique (Alternative):

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

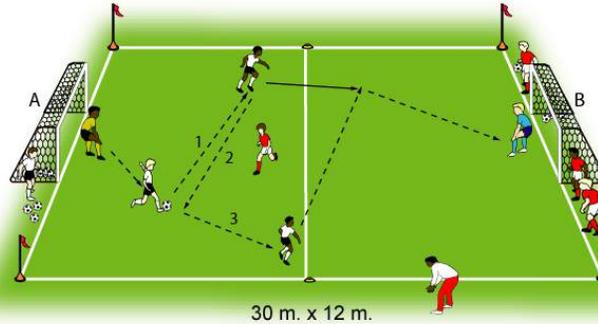
Skill/Technique:

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

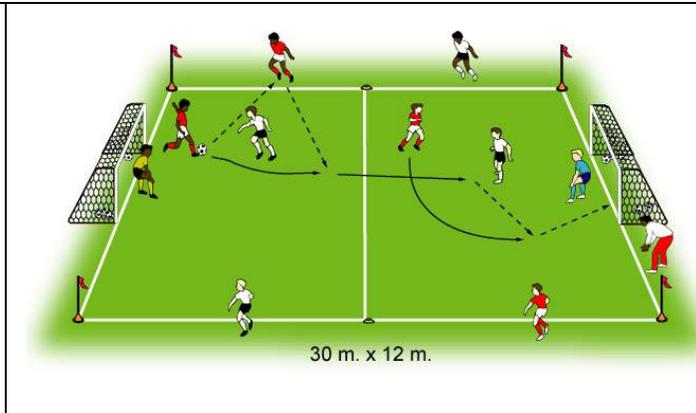
Skill Work:

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.

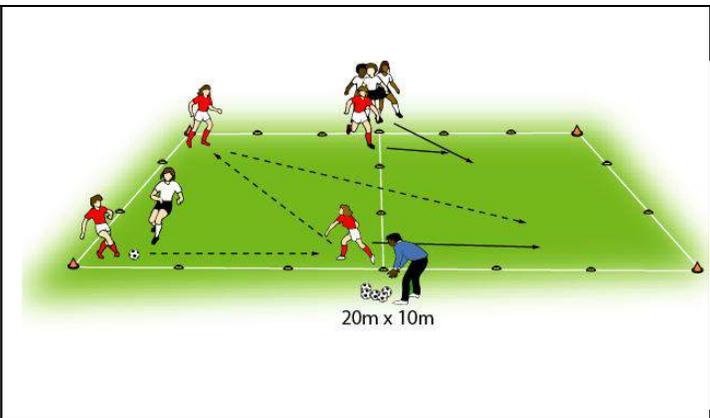
Emphasis: On wall passes, overlaps and third man runs.

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Passing & Support: Skill/Technique #1

Skill/Technique: **Passing & Support – Square to Square** **20 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> • 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. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> • 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.
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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.



Passing & Support: Skill/Technique #2

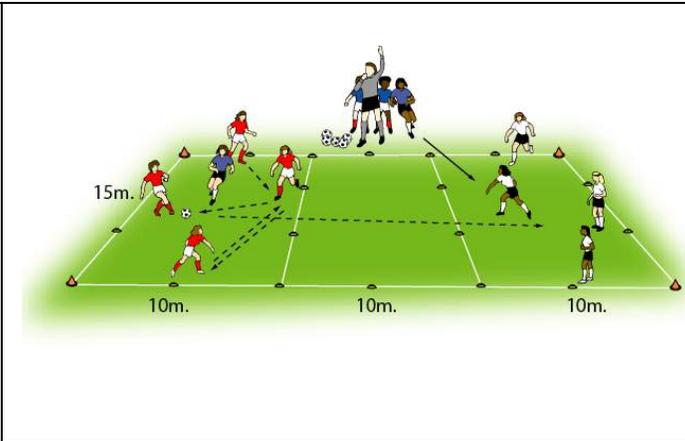
Skill Work:

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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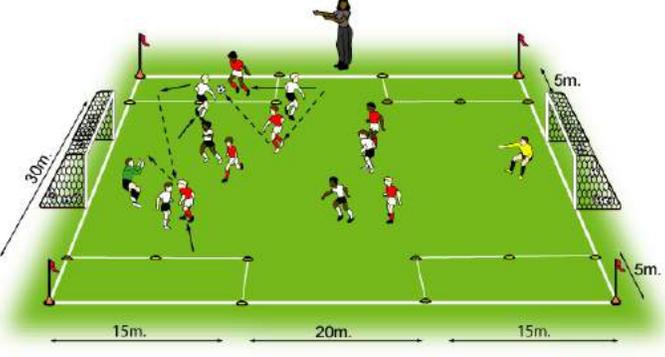




DRIBBLING

Dribbling: Small-Sided-Game #2

Small-Sided-Game:**7v7 Dribbling Game.****20 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 7 including the GKs Playing field of 50x40m. to encourage dribbling. Markers to indicate crossing zones where only one player at a time can enter and be unchallenged. One goal at each end 		<p>Coaching Points:</p> <ul style="list-style-type: none"> 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. Be composed and protect
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Description:

1. This game is designed to get players accustomed to playing in tight areas and dribbling or combining with other players to create scoring opportunities. Initially these scoring opportunities must be created from the crossing zones by means of a cross or a pass to a teammate who must shoot with three touches or less. Normal rules of soccer with the exception that the ball must be “kicked-in” when the ball goes out over the touch line.
2. **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**



Dribbling & Shooting: Small-Sided-Game #1

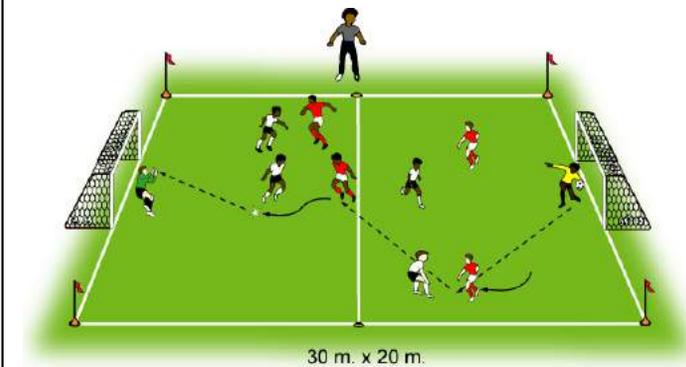
Small-Sided-Game:

5v5 Dribbling Game.

20 minutes

Organization:

- Two teams of 5 including the GKs
- Playing field of 30x20m.
- Markers to indicate the halfway line
- One goal at each end



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 by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

Description:

- 1 Play begins with one of the GKs rolling the ball to a teammate who looks to try and build play toward the opponents goal. All players must attempt to dribble past an opponent in the opposing half of the field but may pass to teammates in when they receive the ball in their own half. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line.
- 2 **Variation:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
- 3 **5 Minute Cool Down at the end of the game**

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1v1 Dribbling: Skill/Technique

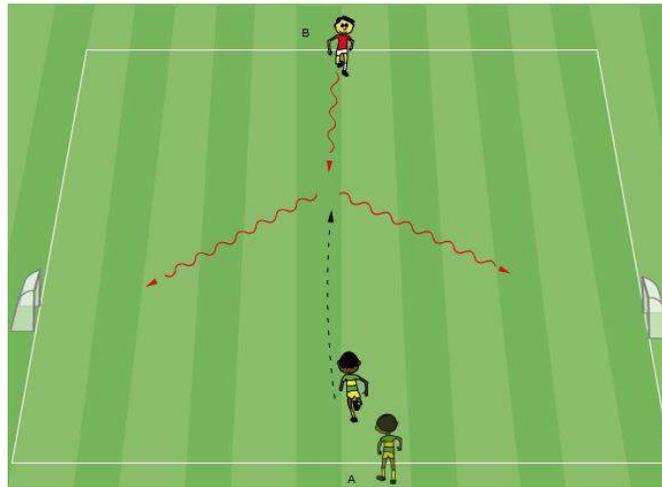
Skill Work:

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

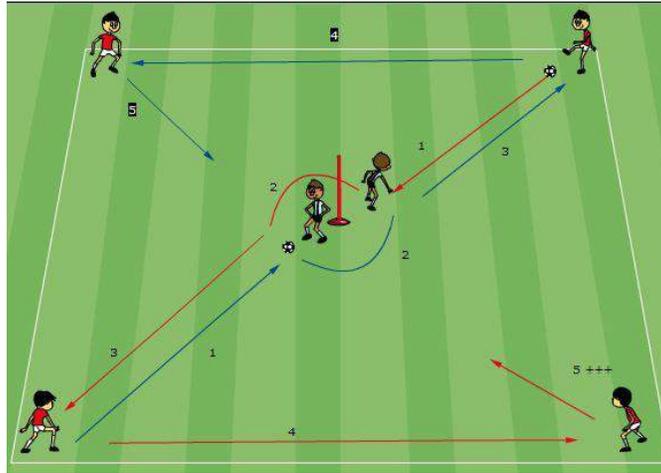
Skill Work:

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

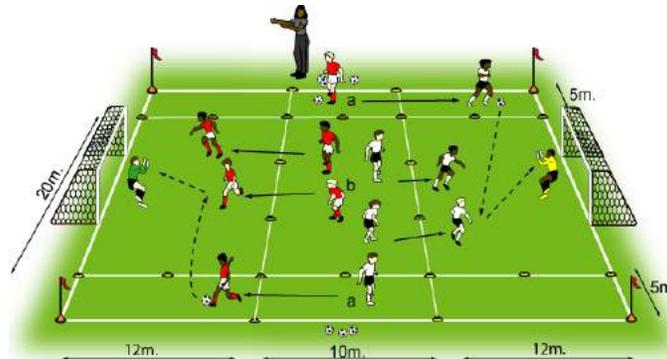
Technique:

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

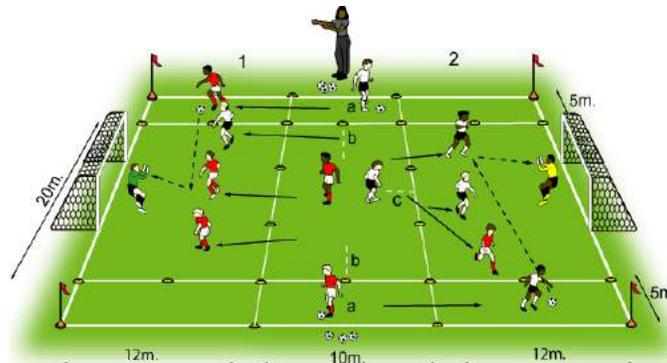
Skill Work:

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.

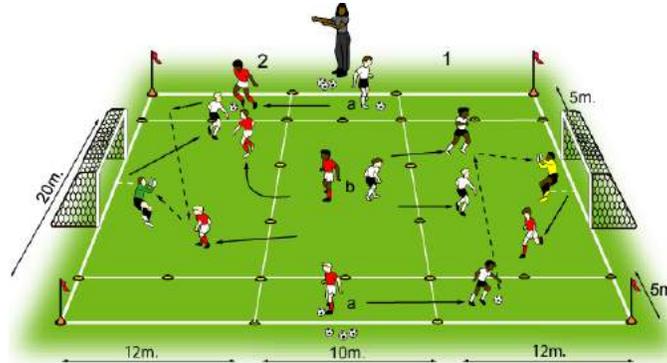
Dribbling & Crossing: Skill/Technique #2

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

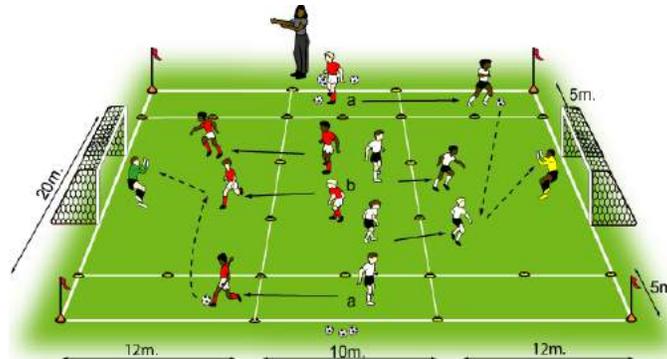
Technique:

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

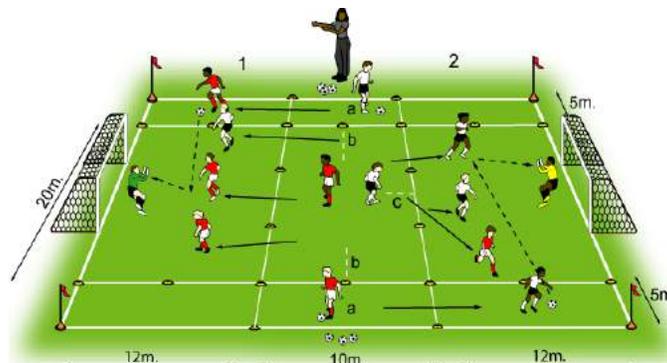
Skill Work:

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 & Shooting Skill/Technique #1

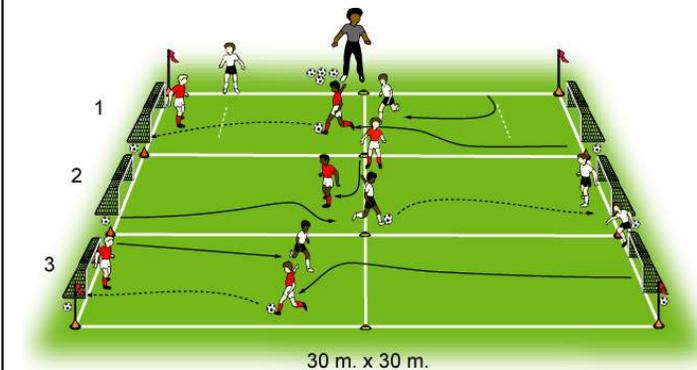
Skill/Technique:

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

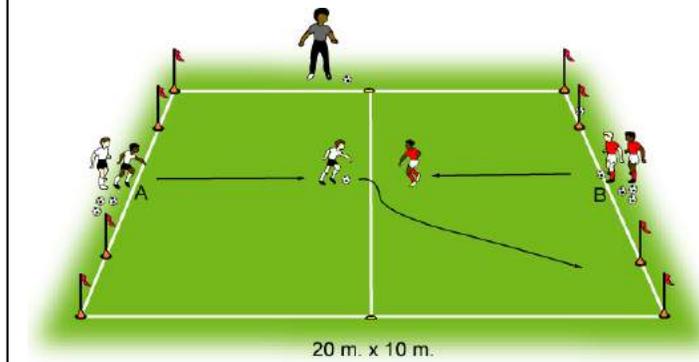
Skill Work:

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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FINISHING

Finishing Game: Small-Sided-Game #1

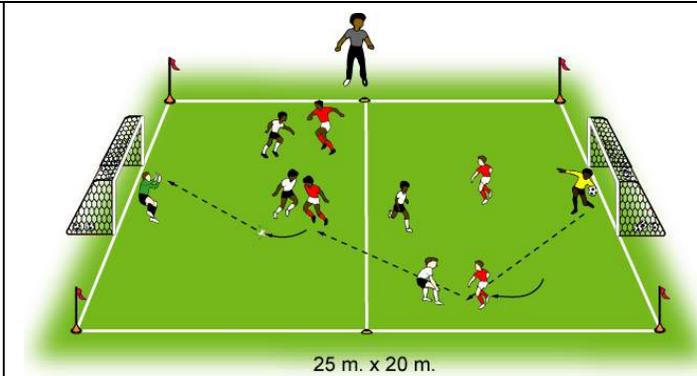
Small-Sided-Game:

5v5 Finishing Game.

20 minutes

Organization:

- Two teams of 5 including the GKs
- Playing field of 25x20m. to encourage finishing.
- One goal at each end.
- Goals can only be scored from inside the opposing team's half of the field.
- All balls in the goals.
- Play starts with the GK.



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.
- Pass the ball low past keeper
- Be composed.

Description:

1. This game is aimed at getting players to create and finish scoring opportunities around the goal. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get into the opposing half and score. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
2. **Variation:** Introduce a third team and rotate the teams every 2-3 minutes.
3. **Progression:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
4. **5 Minute Cool Down at the end of the game**

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Finishing Game: Small-Sided-Game #2

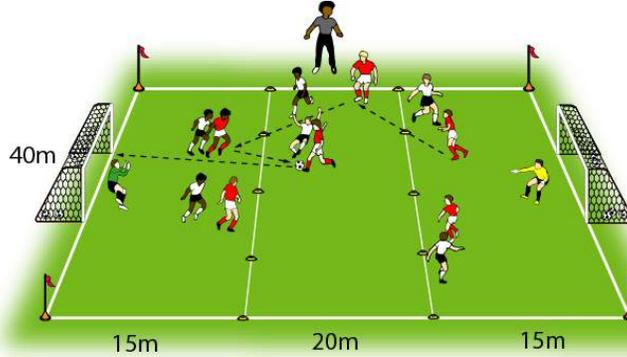
Small-Sided-Game:

7v7 Distance Shooting Game.

20 minutes

Organization:

- Two teams of 7 including the GKs
- Playing field of 50x40m., divided into thirds.
- Strikers restricted to A1/3.
- One goal at each end.
- Goals can only be scored directly from the middle third of the field.
- All balls in the goals.
- Play starts with the 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:

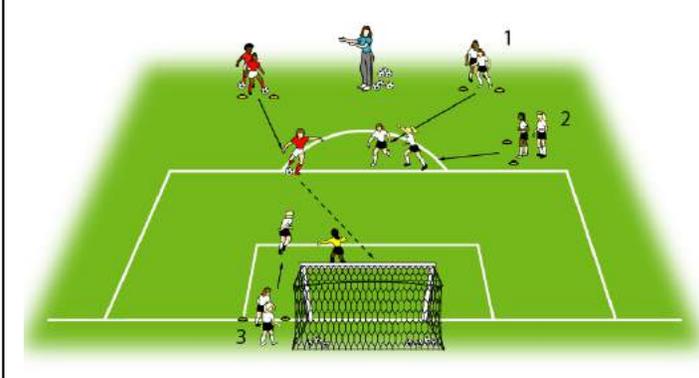
1. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get a player into a shooting position in the middle third. Strikers must stay in the Attacking 1/3 of the field but they can only score from rebounds. All other players can roam freely. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
2. **Progression:** All restrictions are removed for the last 5-10 minutes and normal game of soccer is played
3. **5 Minute Cool Down at the end of the game**

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Finishing from a Distance: Skill/Technique #1

Skill/Technique:	Distance Shooting	20 minutes
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<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
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<p>Description:</p> <ol style="list-style-type: none"> 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. <p>Emphasis: Be composed and efficient. Kick through the middle of the ball.</p>

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Finishing from a Distance: Skill/Technique #3

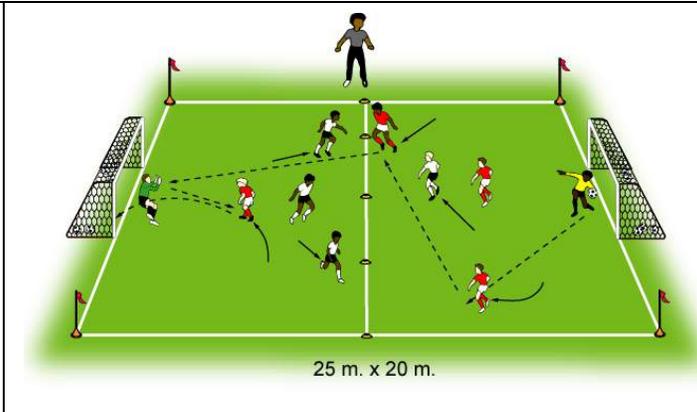
Skill Work (Advanced):

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 from a Distance: Skill/Technique #2

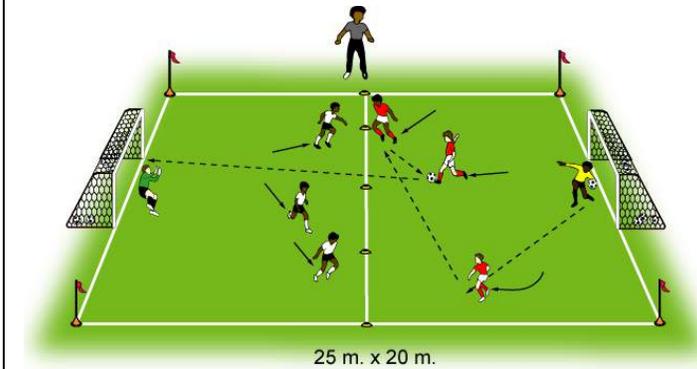
Skill Work:

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?

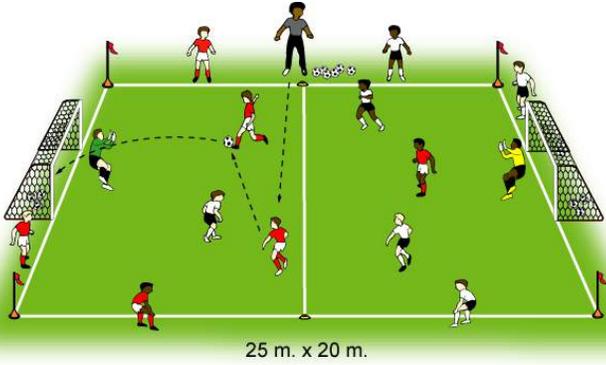
Emphasis: Be composed and efficient. Kick through the middle of the ball.

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Finishing in the Penalty Area: Skill/Technique #1

Skill/Technique:	Fox in the box 1	20 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 Three players from each team on the field. Three 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.
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Description:

- Players are restricted to two strikers 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.

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Finishing in the Penalty Area: Skill/Technique #2

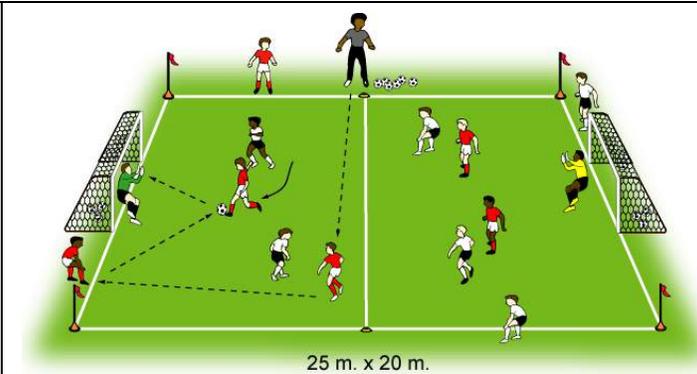
Skill Work:

Fox in the box 2

15 minutes

Organization:

- 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.



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. 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.

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

Description:

- 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.

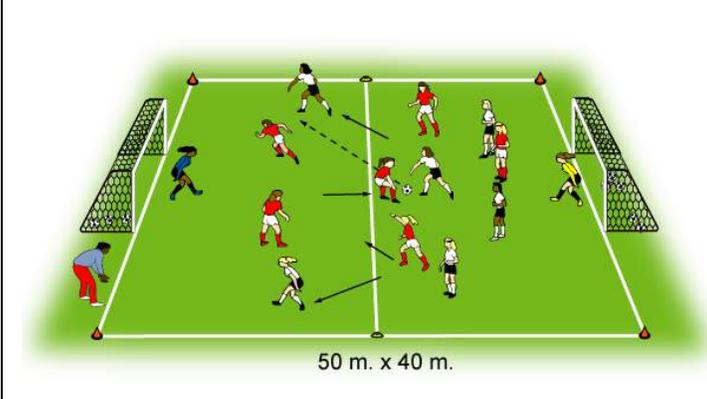




DEFENDING

Defending Game: Small-Sided-Game #2

Small-Sided-Game:**7v7 Game.****20 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 7 including the GKs Playing field of 50x40m., divided into thirds. One goal at each end. All soccer balls in the goals. Play starts with the GK. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> 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.
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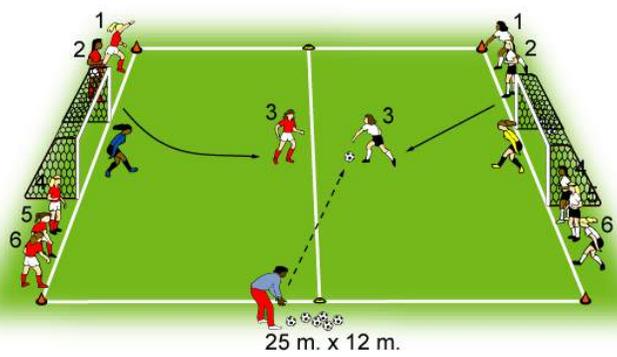
Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then interpass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be “kicked-in” when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Progression:** All conditions are removed for the last 5-10 minutes and a normal game of soccer is played.
3. **5 Minute Cool Down at the end of the game.**



Defending Game: Small-Sided-Game #1

Small-Sided-Game:	The Numbers Game	20 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 7 including two GKs. Players line-up to the side of each goal and are numbered 1 to 6 Playing field of 25x12m. One goal at each end. Change players every 30 seconds. 	 <p style="text-align: center;">25 m. x 12 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 challenge
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Description:

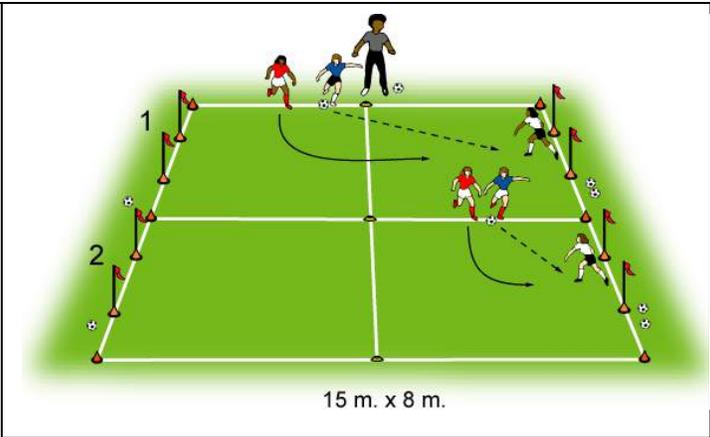
1. The game begins when the coach calls a number and serves a ball into one half of the field. The two players with that number run on to the field and the first to the ball tries to score while the other player must try and win the ball and score. If a goal is scored the coach serves another ball onto the field. After thirty seconds the call shouts change and calls out another number and the process is repeated. Coach keeps a total score for each team.
2. **Variation:** For the last 5-10 minutes and call 2 numbers at a time. Then increase to 3 number before the final whistle.
3. **5 Minute Cool Down at the end of the game**

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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
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Description:

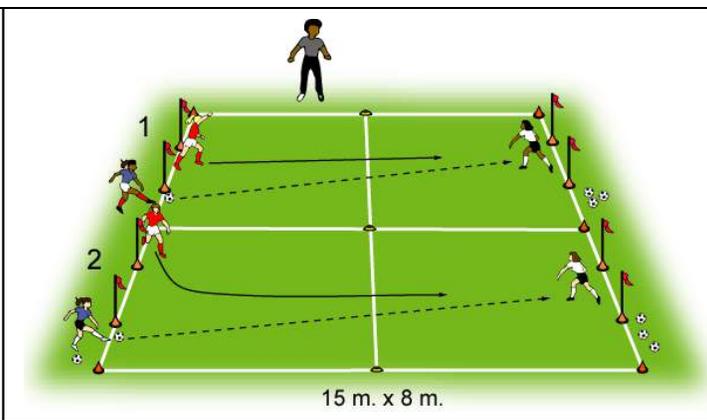
1. As with the previous exercise but the server and defender are positioned a third of the way down the sideline. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender attempts to win the ball and score in the white player's goal. The white 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.
2. 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.*



1v1 Defending: Skill/Technique #1

Skill/Technique: 1v1 defending **20 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
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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.*



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

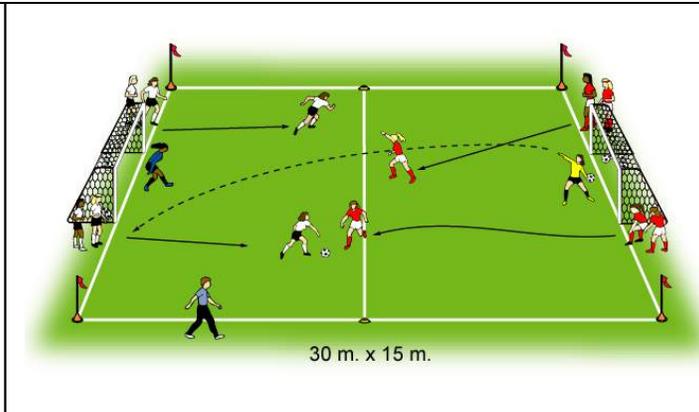
Skill/Technique:

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

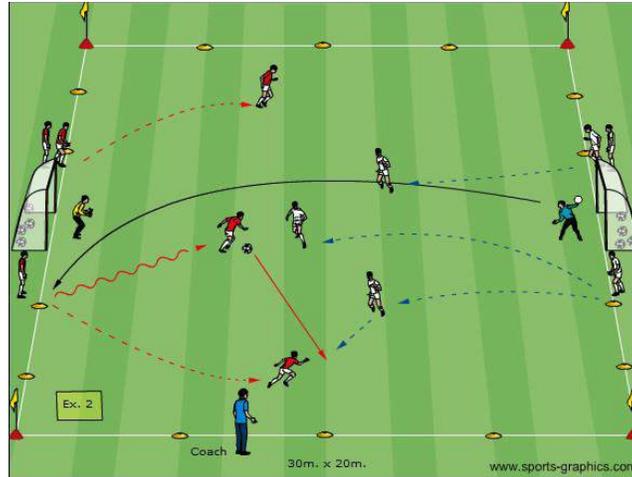
Skill Work:

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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1 V 1 ATTACK AND DEFEND

Attacking & Defending

Two versus two each player attacking and defending

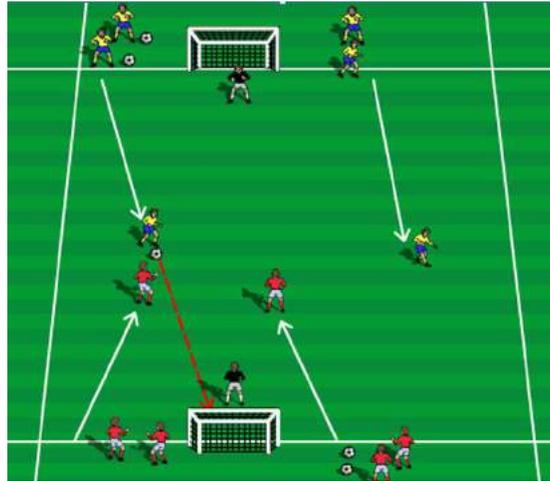
Technical & tactical:

2v2 attacking & transition to defending

15 minutes

Organization:

- Set-up area 30x40m.
- Players work in pairs
- 2 yellows attack the other goal and try to score;
- When the ball is out or in the goal, the next two reds in line go to opposing goal;
- The 2 yellow players must now switch to a defending role.



Coaching Points:

Attackers:

1. Quality technical-tactical skills (passing, dribbling, shooting)
2. Decision making – passing to teammate – dribbling

Defenders:

1. Adjust to speed of opponent
2. Try to gain possession back

TRANSITION – go to goal

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** Quick progression with the ball to score a goal
3. Two players get forward and try to eliminate two opponents to score. If the defender recovers the ball, they must try to score while the two yellow players will work to prevent from scoring.
4. If the ball goes out of bounce, or in the goal, the next two red players in line will get going immediately while the two defenders teammate return at the back of the line. The same two yellows who were attacking must defend.

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SSG - Attacking & Defending

Four versus four without goalkeepers

Attacking and defending one goal line:

Small Sided Game:

4v4 Attacking & Defending one goal line

15 minutes

Organization:

- Using the real width of the pitch for games
- Set up with 2 teams of 4 inside players, 2 wide players and a GK
- Mark up outside channels for the wide players.



Coaching Points:

Attacker:

1. Good technical skills
2. Decision making to go to goal or play wide;
3. Decision making of wide players to go in, dribble or use support

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

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. 4v4 game where players play freely inside. Each team has two support players on the outside.
 - a. Option 1: wide players must take the defender 1 on 1 on the outside channel to play the ball inside for a goal
 - b. Option 2: wide players have the option to dribble inside to create a 5 versus 4 situation

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SSG - Attacking & Defending

Four versus four without goalkeepers

Attacking and defending one goal line:

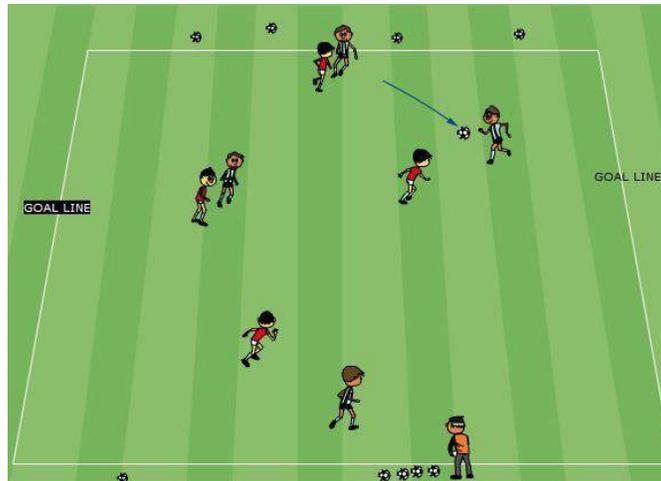
Small Sided Game:

4v4 Attacking & Defending one goal line

15 minutes

Organization:

- Set-up area 40m wide x 20m in deep
- Set up with 2 teams of 4 players
- Mark up lines to identify the goal line for each team to score.



Coaching Points:

Attacker:

1. Player 's first option is to play forward & go to goal;
2. Player look to score a goal at every occasion
3. Decision making to run to the line and score
4. Decision to dribble and score
5. Quality control of the ball

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

Description:

1. **Team function:** Attacking / defending
2. **Meaning in the game:** To keep the ball in possession and score by stopping the ball on a goal line / to defend the goal line and to win the ball back
3. 4v4 game where players play freely.
 - a. Depending on standard end players should be restricted to two touches.

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Attacking & Defending

Four versus four each player attacking and defending

1 goal by using support players on end line:

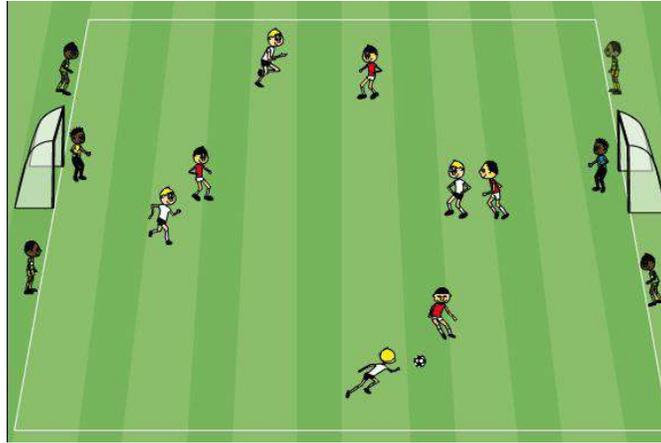
Skill Work:

1v1 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 3 teams of 4, playing on a small pitch with four end players (green)
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Width, depth
2. Eye contact & communication on pass;
3. Follow through towards the target when passing;
4. Play forward when possible

Defender

1. Apply good pressure on offensive players
2. Choose right moment to tackle

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. 4v4 game where players play freely but must hit end players with a pass before supporting and finishing on goal.
 - a. Depending on standard end players should be restricted to two touches.

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SSG - Attacking & Defending

Six versus six with goalkeepers:

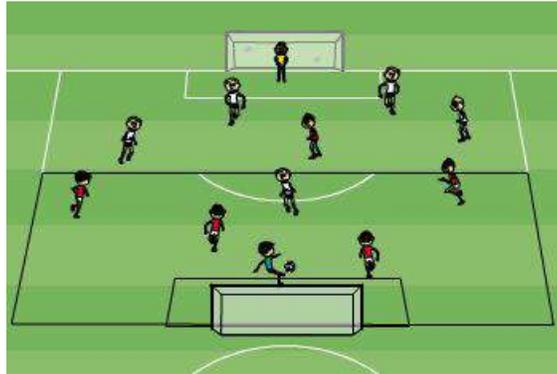
Small Sided Game:

6v6 Attacking & Defending one goal

15 minutes

Organization:

- Set-up area 40x40m.
- Set up with 2 teams of 6, playing on a small pitch
- Goalkeepers should be involved in the game where possible.



Coaching Points:

Attacker:

1. Quality technical skills
2. Good decision making
3. Players off the ball look to support
4. Player are mobile rather than static
5. Look to score every time you can

Defender

1. Apply good pressure on offensive players
2. Choose right moment to regain possession

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. 6v6 game where players play freely.
 - a. Depending on standard end players should be restricted to two touches.

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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

Organization:

- 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



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 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:

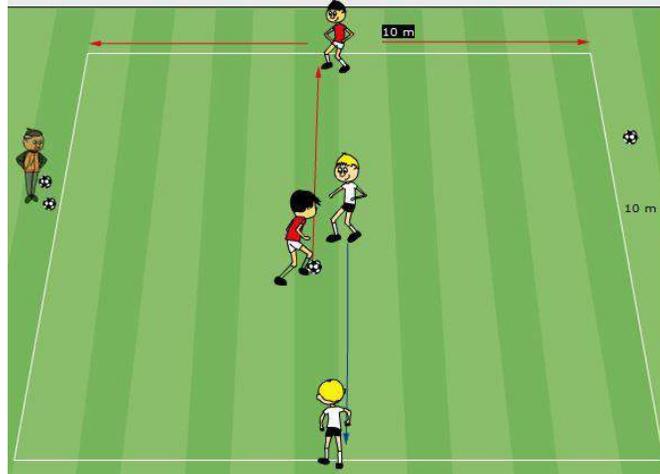
Skill Work:

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:

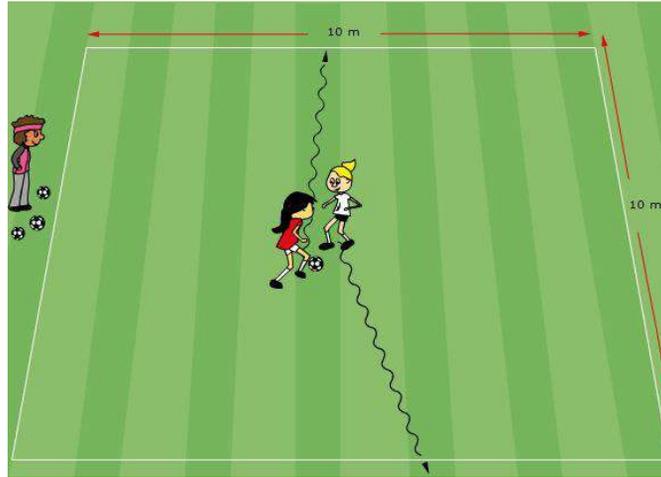
Skill Work:

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:

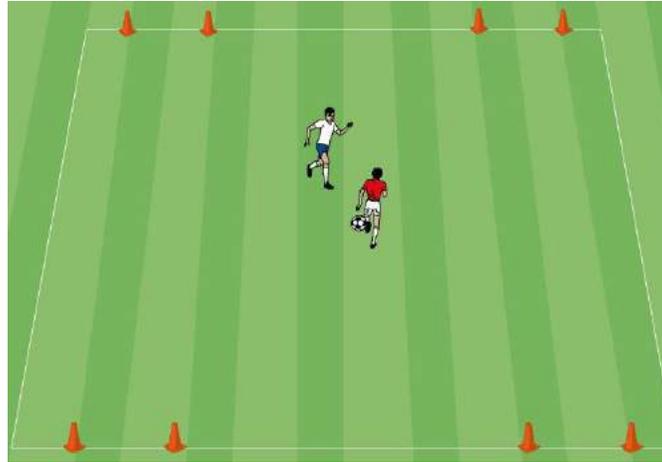
Skill Work:

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:

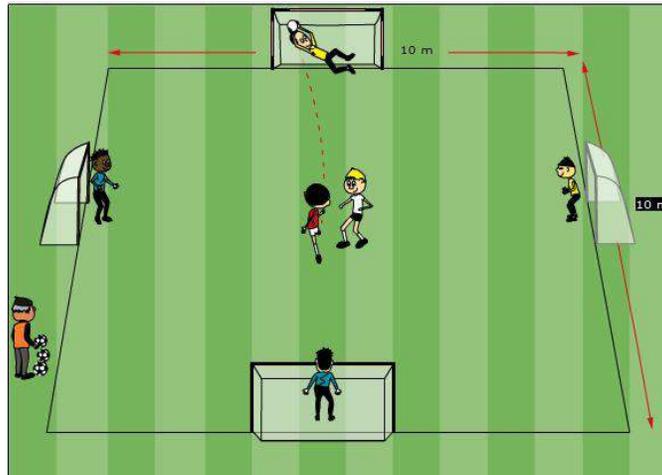
Skill Work:

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:

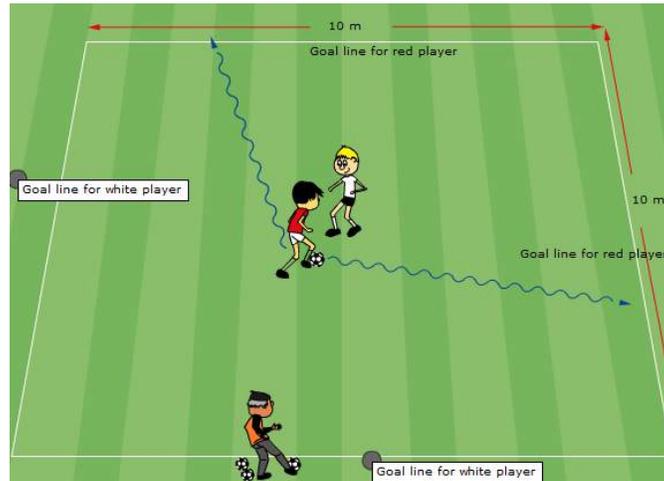
Skill Work:

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:

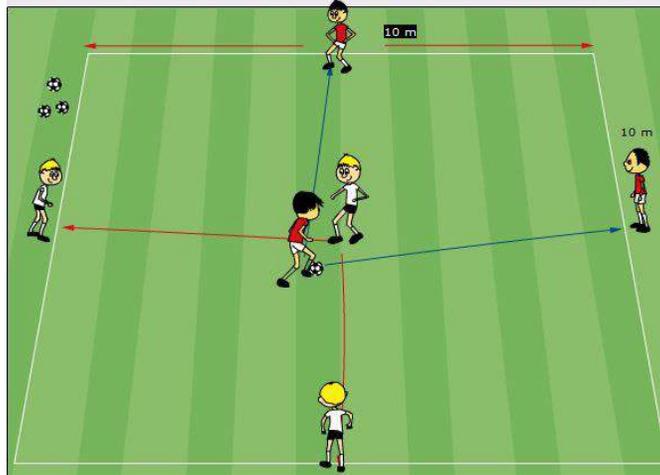
Skill Work:

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:

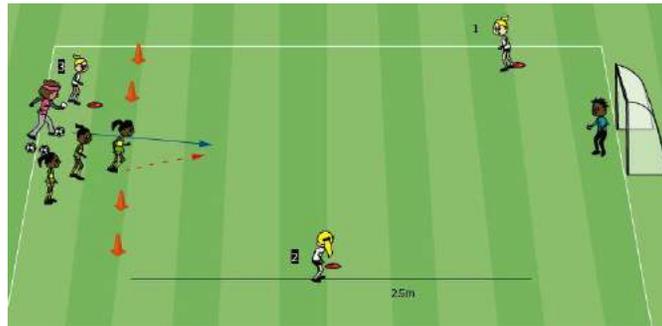
Skill Work:

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:

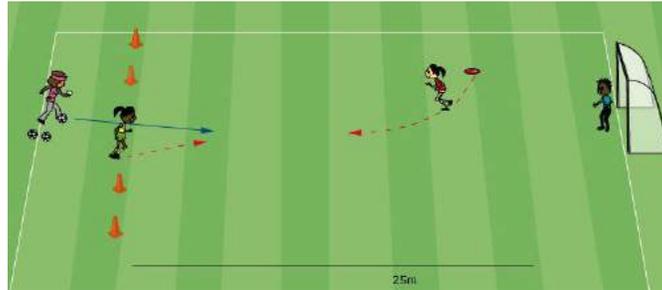
Skill Work:

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:

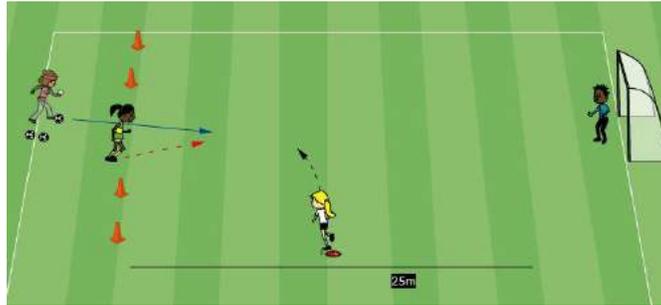
Skill Work:

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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