



Print Session Plan

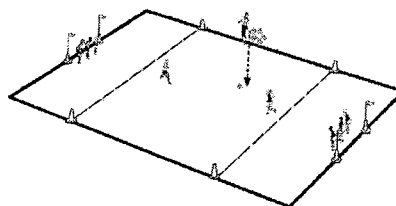
U10 Session 1



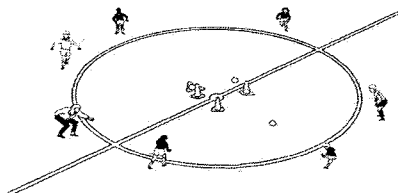
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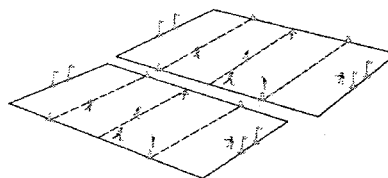
1. Square Dance



2. Numbers Game®



3. Circle Game ®



4. Micro Soccer® Jamboree

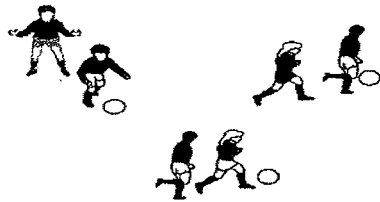
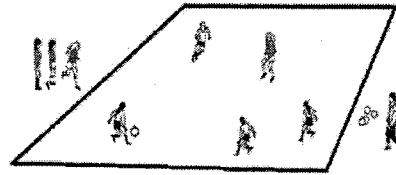
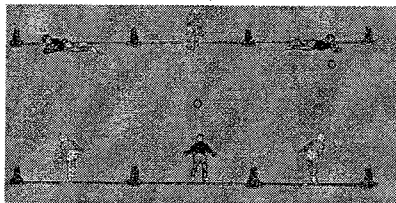
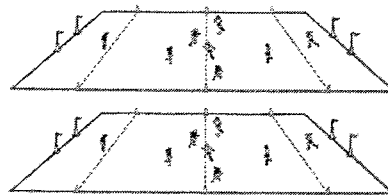
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U10 Session 2

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**1. Me & My Shadow****2. Carl's Keep Away 4 v 1****3. King's Castle****4. Fab Fours Jamboree**

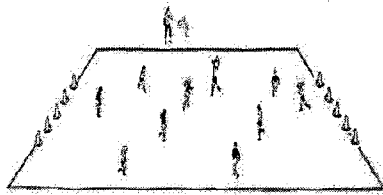
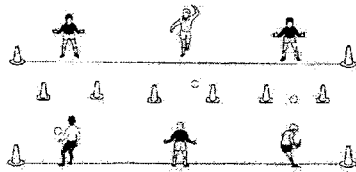
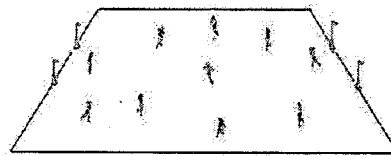
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U10 Session 3

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**1. GK Ball****2. The Zone Game 4 v 4****3. King's Court - Passing****4. 5 v 5**

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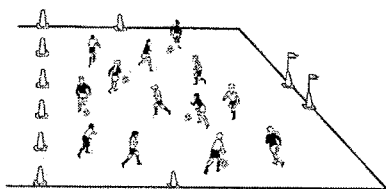


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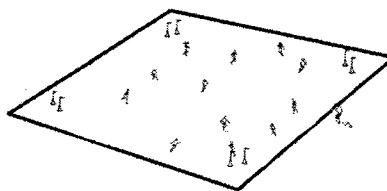
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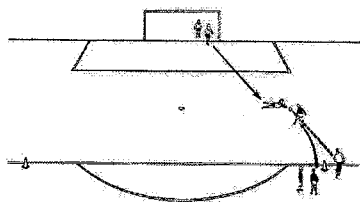
1. Crazy Warm Up



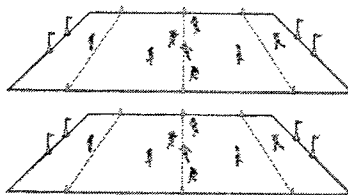
2. 4 Goal Game - 6 v 6



3. Criss Cross



4. Submarining



5. Fab Fours Jamboree

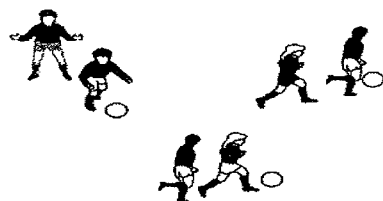
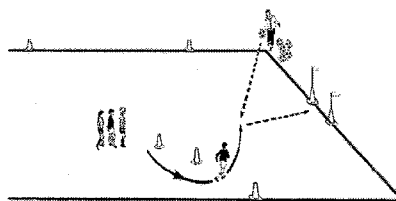
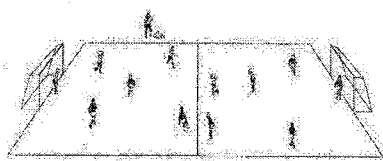
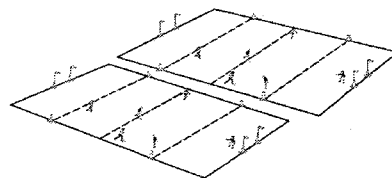
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U10 Session 5

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**1. Me & My Shadow****2. Corner Shot****3. Big Shot****4. Micro Soccer® Jamboree**

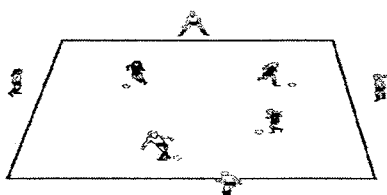
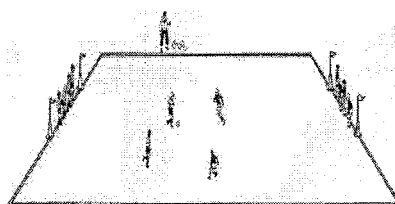
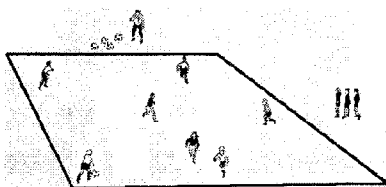
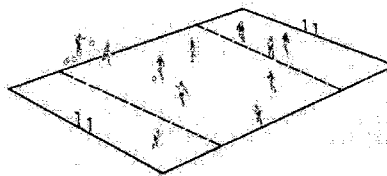
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U10 Session 6

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**1. Inside Out - One Two's****2. Noah's Lark****3. 5 v 2****4. 5 v 5 Mini Soccer**

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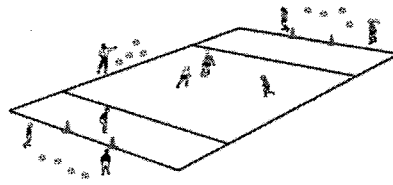
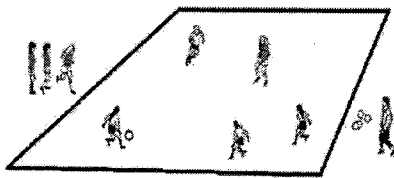
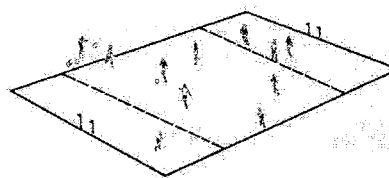


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U10 Session 7



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**1. Crazy Warm Up****2. 2 v 1 Game****3. Carl's Keep Away 4 v 1****4. 5 v 5 Mini Soccer**

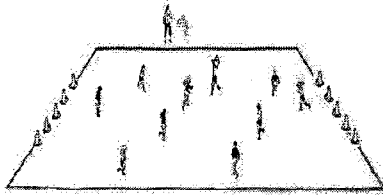
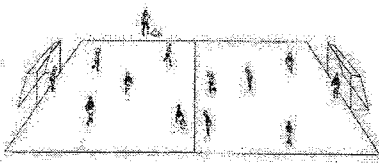
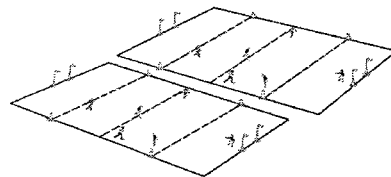
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**1. GK Ball****2. 4 v 1 Tennis****3. Big Shot****4. Micro Soccer® Jamboree**

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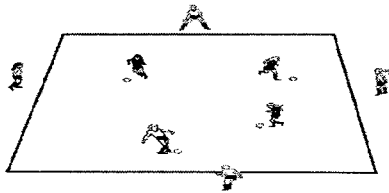
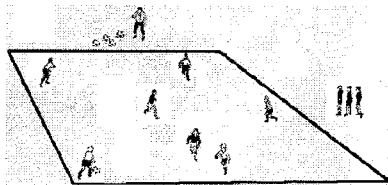


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U10 Session 9



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**1. Inside Out - One Two's****2. The Zone Game 4 v 4****3. 5 v 2****4. Super 6's**

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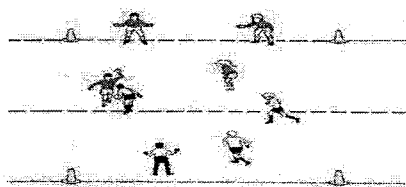
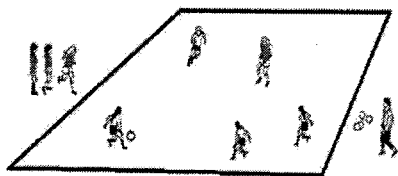
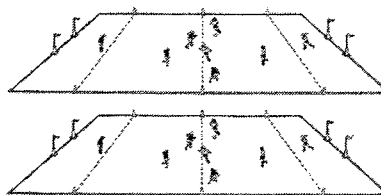


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U10 Session 10



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**1. Shoot Out 4 v 4****2. 2 v 1 Game****3. Carl's Keep Away 4 v 1****4. Fab Fours Jamboree**

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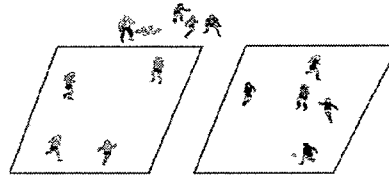
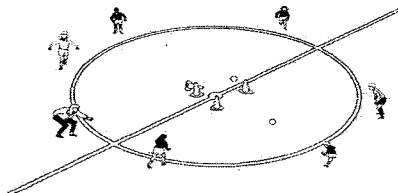
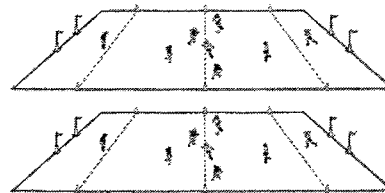


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U10 Session 11



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**1. Crazy Warm Up****2. 4 v 1 Tennis****3. Circle Game ®****4. Fab Fours Jamboree**

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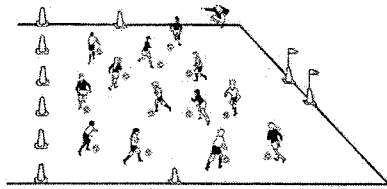
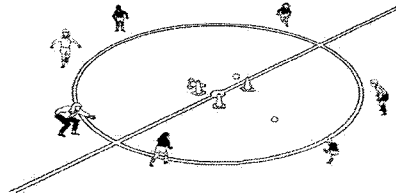
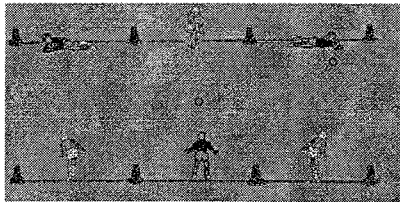
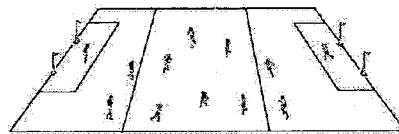


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U10 Session 12



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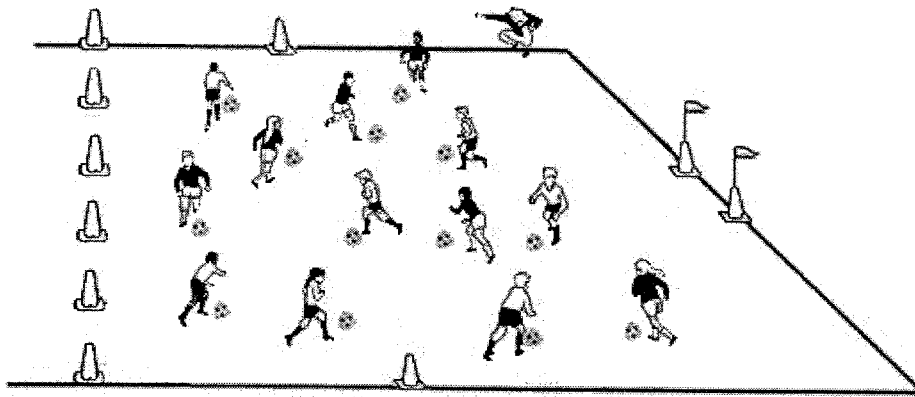
**1. Square Dance****2. Circle Game ®****3. King's Castle****4. Super 6's**

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Square Dance

Objective:

- To start practice in a lively way.
- A fun warm-up that introduces and develops the fundamentals of dribbling.



Print Game



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Organization:

- Mark a square approximately 15 yards by 15 yards, depending on numbers.
- Each player should have a ball.
- If not, use the "Change Soccer" principle: half the players inside the square, each with a ball, the remaining half outside the square, without a ball. Trade places when coach shouts "Change!"
- Players can dribble around anywhere within the square, but should not walk.
- Three instructions are given to the players inside the square:
 - "STOP" - Put foot on top of ball quickly and freeze like a statue.
 - "GO" - Move right or left with the ball, fast, for three or four yards.
 - "TURN" - Quickly turn 180 degrees with the ball, moving three or four yards.

Teaching:

- Encourage players to keep the ball close to their feet.
- Occasionally insist on using left foot only or right foot only.
- See how many different ways they can turn with the ball.
- To avoid giving players too much information at once, introduce instructions one at a time and incorporate practice time between.
- Later, incorporate your own ideas.

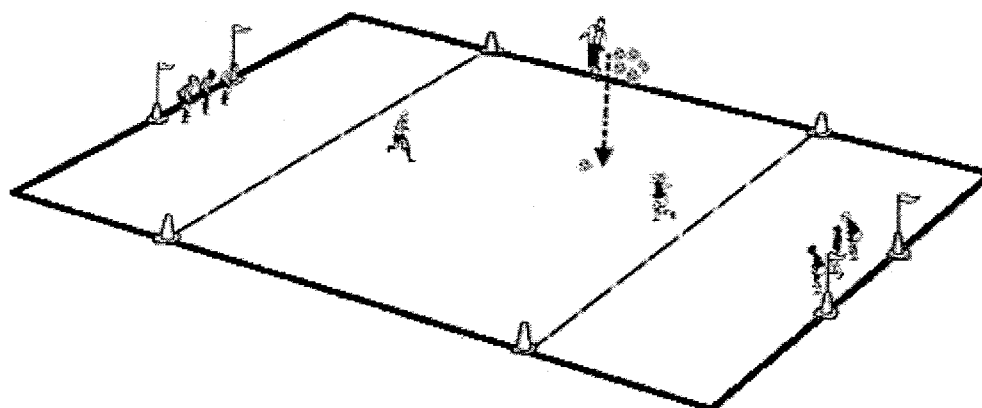
Target:

- Stay in the area with the ball and make no contact with other players or other balls.

Numbers Game®

Objective:

- To develop good attacking and defending skills in a "fun game" situation. To use 1 vs 1 and 2 vs 2 as the learning process.



Print Game



Close Window

Organization:

- Use the 3-a-side Micro Soccer® field.
- Widen the goals.
- All players start on goal line.
- Each player on each team is given a number.
- Coach calls out number (e.g., "Three!") and rolls the ball into play.
- The two opposing number "Three" players leave the goal line immediately and compete for possession for a maximum of 20 seconds.
- Coach keeps some balls by him and so can roll another ball into play if one is kicked out.
- Call two numbers - "One!" and "Three!" - to create 2 vs 2.
- Remaining players defend goal without using hands and they must stay within one yard of goal line. Goals only count below knee height.
- If one player fails to respond to the number, a penalty - a free shot at open goal from half-way line - is called to keep players on their toes and make it fun.

Teaching:

- If organization is working, let them play, enjoy the game and learn by trial and error.
- Encourage attackers to take on opponents and Go for the Goal!
- Defenders should stay on their feet as long as possible, rather than slide-tackling.
- Defenders must try to run back and recover even when beaten.

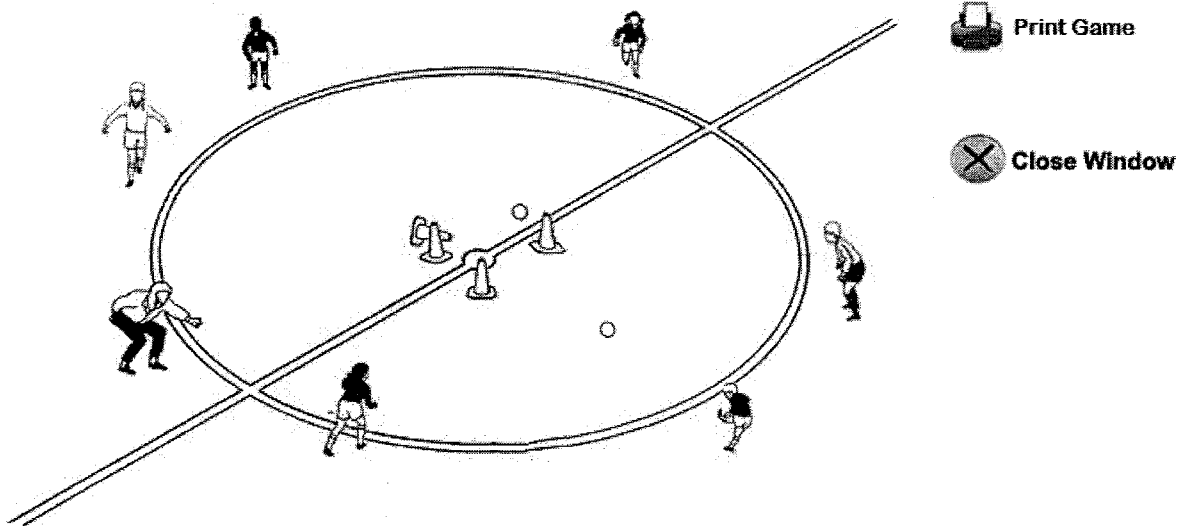
Target:

- To outscore opposing team.

Circle Game ®

Objective:

- A fun center circle practice.
- Developing accurate kicking.



Organization:

- Mark a circle having a center mark (line intersection; a coin; a scratched "X").
- A center circle works well, but may be too big for young players.
- 5-yard radius for 6-year olds; 6-yard for 7-year olds, etc.
- Use marker disks to make a circle.
- From center spot pace out the radius by going North, South, East and West. Then fill in the rest of the circle.
- Each player on one side of the circle has a partner directly opposite.
- If there is an odd number the coach joins in.
- Each pair has one ball between them.
- One player passes the ball towards his or her partner, but tries to knock over a cone in the center circle.
- The partner retrieves the ball and returns the pass through the center circle, again trying to kick over a cone.
- The ball must be passed from outside the circle.
- The game is stopped when all cones are knocked down.

Teaching:

- Encourage the players to use pace as well as accuracy of pass.
- Suggest they continue to kick towards the ball even after they have actually kicked (follow through).
- Encourage them to approach the ball at a slight angle to the direction they are kicking (45 degrees).

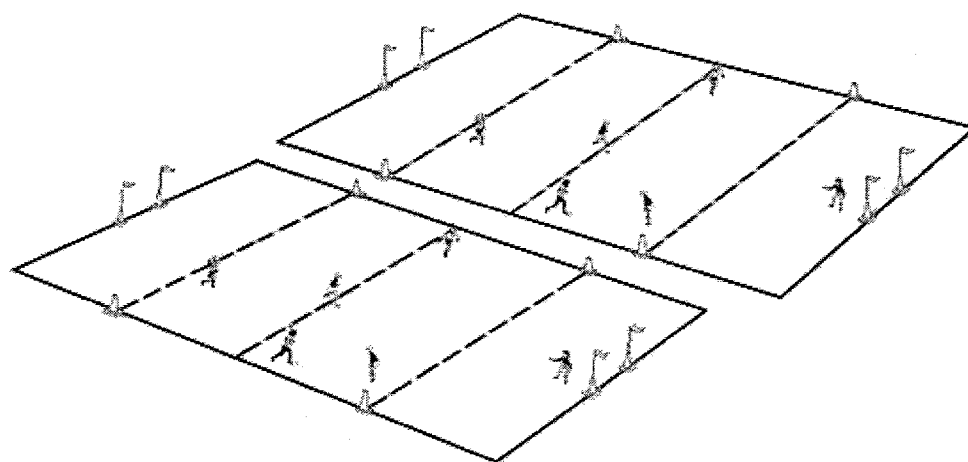
Target:

- The coach uses a stopwatch to set the "team" record of knocking all cones down. Later, winners are the pair to first knock over the cones 5 (6, 8,10) times.

Micro Soccer® Jamboree

Objective:

- To create a Jamboree atmosphere.
- Children just play without any coaching.



Print Game



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Organization:

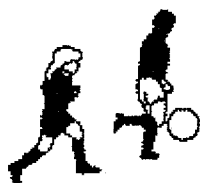
- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With 12 or more put in two fields or more, depending on numbers.
- With more than one field synchronize the play.
 - The time-keeper starts the game for everyone with a long whistle, and signals the end of the quarters and the end of the games.
 - One long blast signals the start of play.
 - A short blast signals the end of each quarter.
 - After the end of each quarter the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
 - Restart with an indirect free kick from the part of the field where the period ended with the kick taken by the team that was in possession.
 - A short blast, followed by a long blast signifies the end of the game at the conclusion of the fourth quarter.
 - Play 4-periods of two minutes.
- Try not to have more than 4 players on a team.
- With 4, at the end of each period, the sub becomes the goalkeeper, the goalkeeper moves out onto the field. One field player comes off.
- After 4-periods each player will have played 3 quarters - once in goal and twice on the field. Use the same principle with 3 players or 5 players (equal time in goal and on the field).
- Teams work on a Round-Robin format.

Teaching:

Me & My Shadow

Objective:

- A fun warm-up that teaches dribbling, change of pace and direction.
- Also encourages disciplined marking.



Print Game



Close Window

Organization:

- In pairs with a ball between two.
- If there is an odd number make one a trio or coach joins in.
- On a signal the player with the ball (the Dribbler) tries to lose his/her Shadow.
- Shadow must be disciplined and persistent.
- After a few seconds the coach shouts "Change!" and the Shadow becomes the Dribbler, and vice-versa.
- Don't go for too long (30 seconds) as the activity is very demanding.
- Introduce other pairs activities in between the runs, e.g., try to head the ball back and forth; play Keep-Up; play Nut Megs (ball is played through the legs of straddling partner).

Teaching:

- Try to burst away from the Shadow by change of pace and direction.
- Shadow tries to stay "touch tight."

Target:

- To lose the Shadow; conversely not to lose the Dribbler.

Carl's Keep Away 4 v 1

Objective:

- To further develop the passing and support so essential to successful team play.
- To make possession of the ball increasingly challenging.



Organization:

- Mark a grid 12 x 12 yards depending on ability.
- If possible split group in half, say two groups of 4.
- Use another field if you have large numbers.
- Use pinnies to distinguish the groups.
- One group of 4 goes into the square and just one of the other group also goes into the square. The rest wait in line for their turn.
- The 4 players try to keep the ball away from the one defender.
- When the defender wins the ball or forces the ball to be played out of the area he/she changes with the next defender. This goes on until every defender has been through and they then change with the other team.
- The team that keeps the ball for the longest time (stop watch out) is the winner.
- If a team is doing so well the defender cannot get the ball after 30 seconds shout, "Change!" and the next defender replaces the one in the middle. However, the game continues until 4 interceptions or errors have taken place.
- The coach keeps a supply of balls handy so after an interception or a ball is kicked out of play he/she kicks or rolls another ball in.

Teaching:

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- For the first few minutes allow the players to play in a non-competitive way so that when a mistake is made, the coach can recreate the situation and then ask the player who made the mistake what the alternatives are. Praise him or her for coming up with the answers. If they can see what should be done they will learn more quickly to do it when the ball is in play.
- After a few minutes go into the stopwatch competition described above without any interventions by the coach other than putting the ball back in play.
- This practice should be used on a regular basis and progressed when the children are ready.

Target:

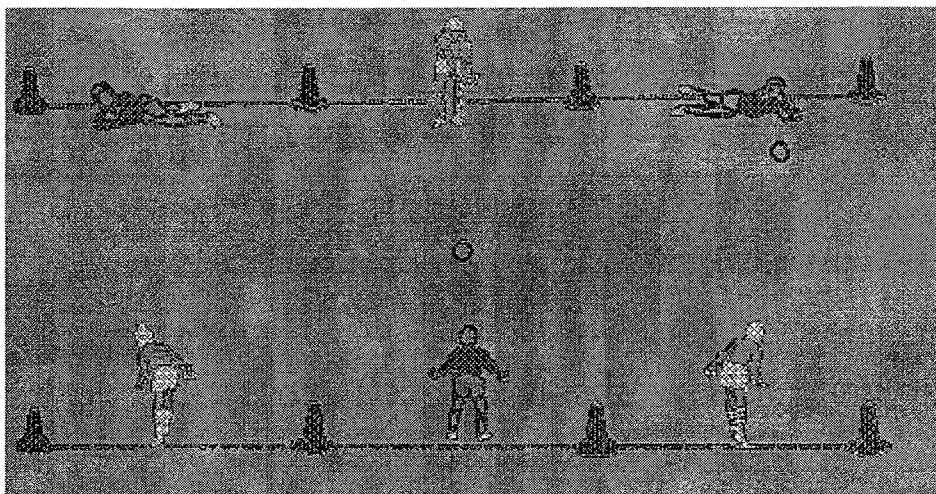
- To keep the ball for the longest time; for the defender to win the ball or force an error.

Note: *This is one of the favourite practices for young players of Carl Valentine, former Canadian World Cup player and pro player with the Vancouver Whitecaps and West Bromich Albion, now the Head Coach of the North Shore Soccer Development Centre in Vancouver, Canada.*

King's Castle

Objective:

- Fun game to establish correct way of side diving for goalkeeping.
- To develop the decisions involving when to dive and when to stay on the feet.



Print Game



Close Window

Organization:

- Set out as many goals (4-5 yards apart) as there are goalkeepers.
- Two goalkeepers per area, one with a ball, both standing up facing one another 6-yards apart.
- Receiving goalkeeper can come a yard forward from the line and should be encouraged to do so.
- Balls must be rolled along the ground to the side of each keeper.
- The keeper rolling the ball must do so from the goal-line.

Teaching:

- Try by gliding to the left or right to get in line with the ball and therefore be able to scoop it up without diving.
- If dive required most times it will be a collapsing dive - just let gravity take over.
- Try to React to the shot rather than Anticipate.
- As with King's Court arms should reach forward to stop ball in front of body.
- Arms should receive at full stretch and then relax into a "crooked" arm position.
- Upper knee should be drawn in comfortably across the body as the ball is received.
- Lower leg should remain loosely trailing.
- Head and upper shoulder should be drawn over and above the height of the ball.
- "W" hand position is employed, but with ball "trapped" by the upper hand on top of the ball and lower hand behind the ball (see graphic in King's Court) and so use the so-called "Third Hand."
- If the ball is just inside the cone, may have to drive with the leg furthest away from the ball to get the distance.

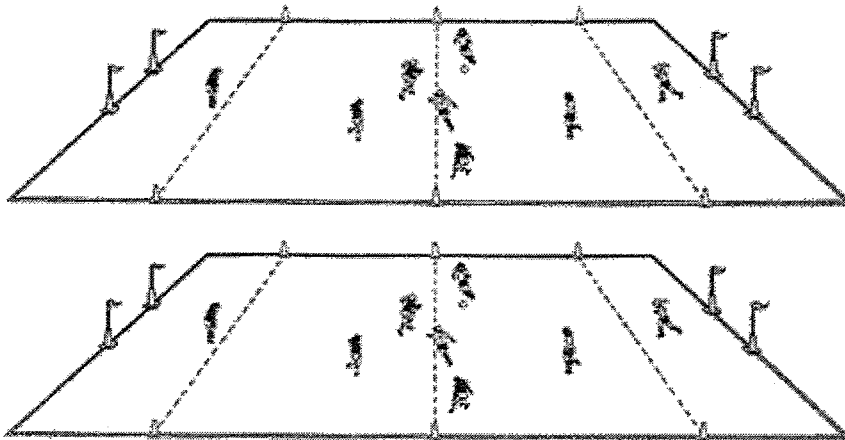
Target:

- To start with, everyone is practicing and there is no pressure.
- Then the "battle" begins. The King's Court system is used.
- The top field is designated the King's Court (coach decides the top and bottom).
- Ball must be rolled, not thrown, along the ground.
- Goals only count if they are "clean" (must not touch the cone).
- Service must be from a position where the attacker has his/her feet touching the goal line.
- Each "round" goes for 2- to 3-minutes and a winner is declared (coach needs a tie breaking method) and the changes are made as follows: The winner in the King's Court retains the #1 position. The loser goes all the way to the bottom court. The other winners move up one place. The battle recommences.
- With large groups have two or three King's Courts with 3 or 4 fields per sub-group.
- Keep it fun and therefore downplay the "winning at all costs" attitude.

Fab Fours Jamboree

Objective:

- To create a Jamboree atmosphere.
- Allow the children to enjoy playing without any coaching.



Print Game



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Organization:

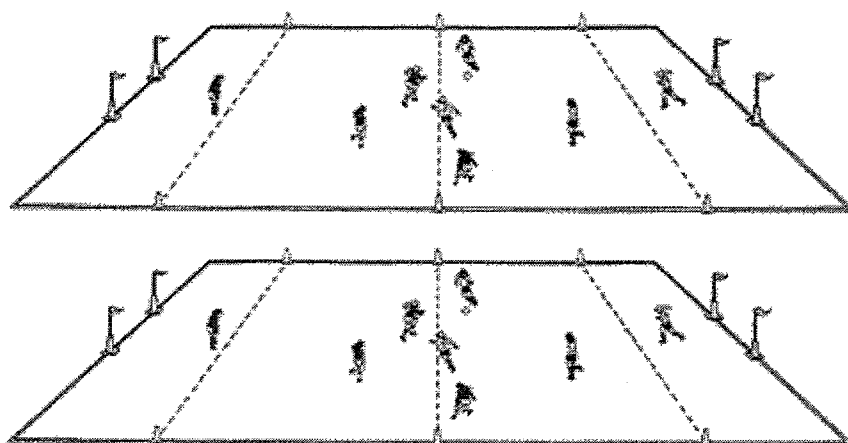
- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 or more put in two fields or more, depending on numbers.
- With more than one field synchronize the play.
 - The time-keeper starts the game for everyone with a whistle.
 - One long blast signals the start of play.
 - A short blast signals the end of each period.
 - After the end of each period the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
 - Restart is with an indirect free kick from the part of the field where the period ended with the kick taken by the team that was in possession.
 - A short blast, followed by a long blast signifies the end of the game.
 - Use 4-period (quarter) games, but make sure to organize the rotations for the next game to ensure equal time on the field and in goal.
 - Play two to three minute periods.
- Try not to have more than 6 players on a team.
- With 5 players, at the end of each period, one of the subs becomes the goalkeeper, the goalkeeper moves out onto the field. One field players comes off. With 4-quarter games, start the next with the player in goal who was not in goal in the first game and so on. Use the same principle with 4 players or 6 players (equal time in goal and on the field).
- Teams work on a Round-Robin format.

Teaching:

Fab Fours Jamboree

Objective:

- To create a Jamboree atmosphere.
- Allow the children to enjoy playing without any coaching.



Print Game



Close Window

Organization:

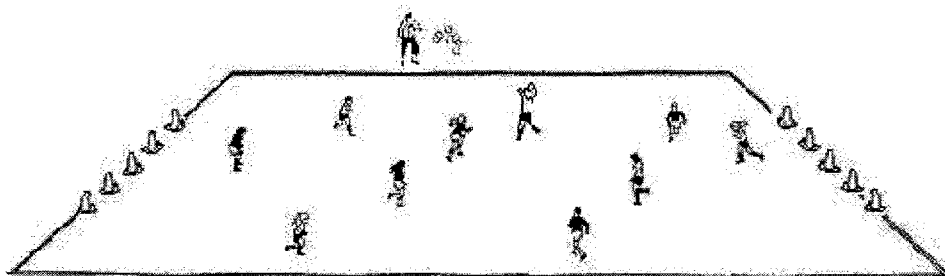
- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 or more put in two fields or more, depending on numbers.
- With more than one field synchronize the play.
 - The time-keeper starts the game for everyone with a whistle.
 - One long blast signals the start of play.
 - A short blast signals the end of each period.
 - After the end of each period the substitutions/rotations take place and the game is recommenced as quickly as possible without a signal from the time-keeper.
 - Restart is with an indirect free kick from the part of the field where the period ended with the kick taken by the team that was in possession.
 - A short blast, followed by a long blast signifies the end of the game.
 - Use 4-period (quarter) games, but make sure to organize the rotations for the next game to ensure equal time on the field and in goal.
 - Play two to three minute periods.
- Try not to have more than 6 players on a team.
- With 5 players, at the end of each period, one of the subs becomes the goalkeeper, the goalkeeper moves out onto the field. One field player comes off. With 4-quarter games, start the next with the player in goal who was not in goal in the first game and so on. Use the same principle with 4 players or 6 players (equal time in goal and on the field).
- Teams work on a Round-Robin format.

Teaching:

GK Ball

Objective:

- Fun game that gives good practice in throwing and catching.
- Develops supporting play and appreciation of space.



Print Game



Close Window

Organization:

- Work in an area 30 x 20 yards approx. with full sized goals or five cones spaced 2-feet apart on the goal line.
- If using full-sized goals, goals only count with balls rolled into goal.
- If using cones, the team has to knock a cone over with a throw to score.
- Ball can only be moved by throwing to team-mate. Players cannot run with the ball. All passes must be caught before touching the ground.
- Opposition gets possession if ball hits ground from a misplaced throw or a mishandled catch.
- Interceptions can be made by opposition; everyone can use their hands.
- Partial interceptions can be disputed and claimed by either side by diving on the ball.
- No tackling allowed - only screening.
- 3-second rule. If one player is holding on to the ball the coach begins the count: "One, Two..." if the ball is not thrown before "Three" it is turned-over to the opposition.

Teaching:

- Team in possession must support well.
- All players should recover to own goal quickly after team loses possession.
- Ball will need to be passed around in front of the "goals" to make an opening for the shot if the defending team has recovered well.

Target:

- To outscore the opposition.

The Zone Game 4 v 4

Objective:

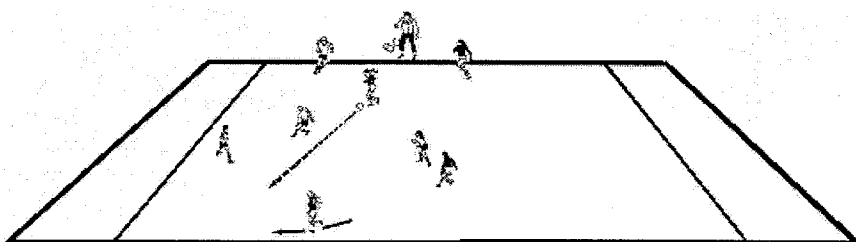
- To develop combined offensive and defensive play in a 4 vs. 4 game.
- To encourage attacking players to get on the "blindsides" of the defense to receive a pass.



Print Game



Close Window



Organization:

- Area 35 x 25 yards, with additional five-yard zones at each end.
- Normal 4 vs. 4 - but the only way to score is by "touch down" of ball with foot in end zone.
- If ball goes out of play over end zone line or at side of end zone, defending team re-starts game with "goal kick" or "dribble-in" from end line.
- If ball goes out over side line (not including end zone) play is re-started by "pass-in" (or throw-in if coach prefers).
- Condition game to disallow any slide tackling.

Teaching:

- The only way to score is by dribbling or passing into end zone - both methods should be encouraged.
- Players attempting to score should screen ball from opponent as he or she "touches down" - to protect both ball and player.
- Attacking player "off-the-ball" should try to steal into an attacking space on the "blindsides" of the defence.
- Defending team must work collectively to stop "dribbler," and at same time avoid being "blindsided" by pass.
- Encourage defenders to be come very aware of all attackers and their changing positions.

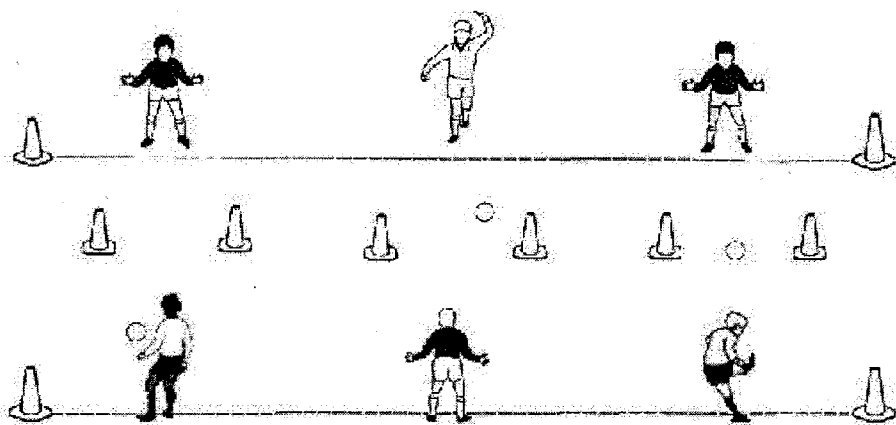
Target:

- To outscore opposition.

King's Court - Passing

Objective:

- Fun challenge surrounding passing and control.
- To encourage accurate kicking of the ball.



Print Game



Close Window

Organization:

- Set out two lines 8-yards apart.
- Put in cone goals in the middle 2-yards apart.
- All passes must be taken from the line or beyond the line (not inside the line).
- To count the ball must go through the goal gate "clean." Does not count if it hits the

Teaching:

- Encourage approaching the ball from a 45-degree angle to open up the hips.
- Use the foot like a hockey stick.
- Toes up and ankle locked on contact.
- Use the inside of the foot as the striking surface.

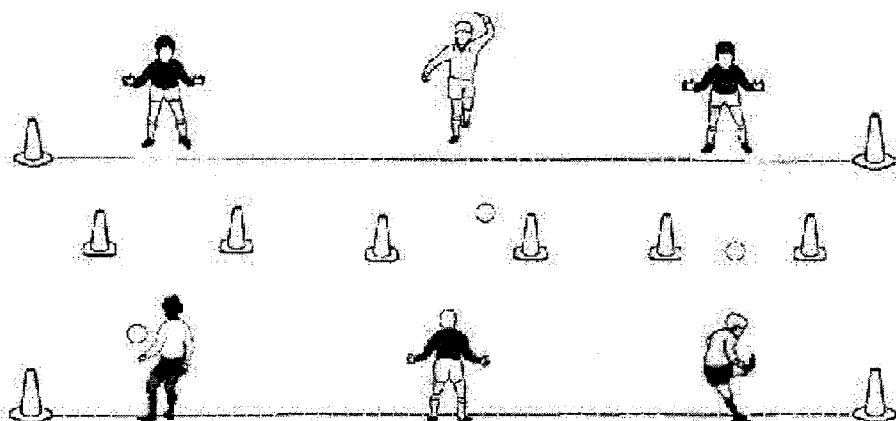
Target:

- To start with, everyone is practicing scoring through the gate and there is no pressure.
- Then the "battle" begins. The top field is designated the King's Court (coach decides the top and bottom).
- Goals only count if they are "clean" (must not touch the cone).
- Each "round" goes for 2- to 3-minutes and a winner is declared (coach needs a tie breaking method, e.g., paper, scissors, stone) and the changes are made as follows:
 - The winner in the King's Court retains the #1 position.
 - The loser goes all the way to the bottom court.
 - The other winners move up one place.
 - The battle recommences.
- With large groups have two or three King's Courts with 3 or 4 fields per sub-group.
- Keep it fun and therefore downplay the "winning at all costs" attitude.

King's Court - Passing

Objective:

- Fun challenge surrounding passing and control.
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Print Game



Close Window

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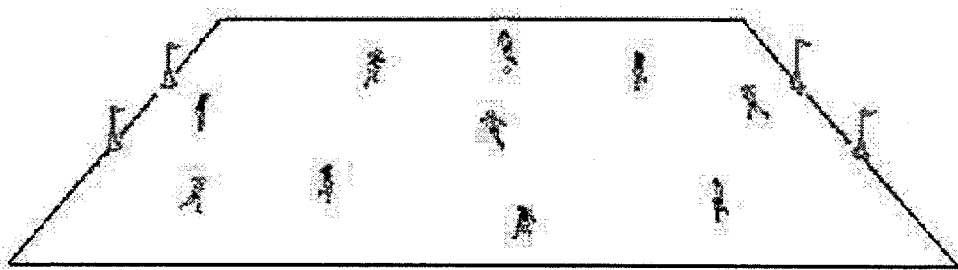
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- Keep it fun and therefore downplay the "winning at all costs" attitude.

5 v 5

Objective:

- To build up the numbers on a side from the 3 vs. 3 and 4 vs. 4.
- To gain a further understanding about combined play in more complex circumstances.



Print Game



Close Window

Organization:

- Field size 30 x 40 yards.
- Goal is 3-yards wide.
- Can use goalkeepers (5-yard wide goal) or no goalkeepers (3-yard goal).
- No goalkeeper, goals only count below knee height.
- With goalkeeper, put in an 8-yard line from each endline for the handling zone and goals only count below head height.
- When ball goes out of play, game is restarted by:
 - Sideline - throw-in (or pass-in).
 - Endline - goal kick or corner kick, depending on which player last touched ball.
- After a goal, re-start with goal kick.
- In practice with numbers of 15 or 16 make three teams and have 8-minute games. "Resting" team can play the Circle Game as they wait their turn.

Teaching:

- On goal kicks encourage two players to go fully wide, left and right, and one player to go forward centrally giving a diamond shape and one midfield player at the center of the diamond.
- Encourage attacking teams to always have a rear-supporting player. This will be the goalkeeper if you have one. If no goalkeeper the rear-supporting player should change if the rear player sees an opportunity to go forward.
- Look at the use of the width, support and team shape in fluid play.
- Try to get players in the habit of immediately recovering back into good defensive positions as soon as they lose the ball.

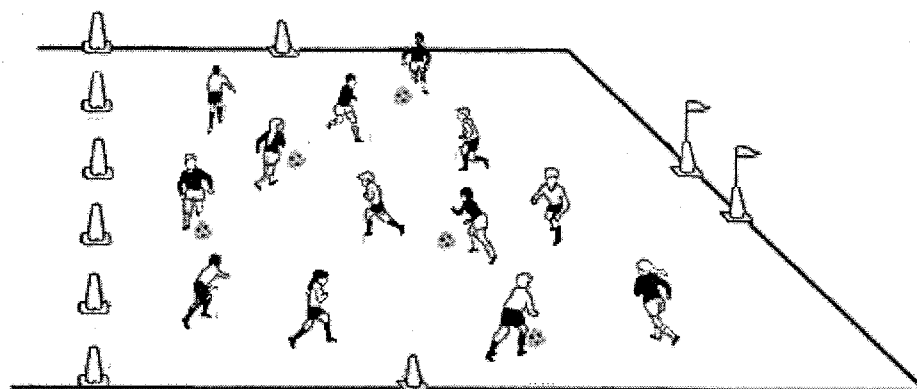
Target:

- To outscore opposition.

Crazy Warm Up

Objective:

- To start practice is a lively, fun way.
- To get the children laughing.



Print Game



Close Window

Organization:

- Mark out an area 15 yards by 15 yards - depending on the numbers.
- With a group of say 12, have 5 or 6 of the players with a ball.
- Start with a game of soccer tag - the players with the ball can only untag themselves by hitting the leg or foot (i.e., below the knee with the ball), but the ball must be kicked.
- Then the game is changed. Just four players have a ball and the ball is picked up. The rule is now that to tag someone the player with the ball must hit another without a ball below the knee. This time the player without the ball can protect his/her lower legs with the hands and arms.
- Finally, a more conventional game of tag, where the player who is "It!" can tag any player within the square -- except for those holding a ball.
- The idea is for those with a ball to follow "It!" around and throw the ball to a friend who is about to be tagged.
- Should a player just hang on to the ball and do nothing then that player becomes "It!" (at the direction and discretion of the coach).
- Similarly, if a player runs out of the area in an attempt not to be tagged that player becomes "It!"

Teaching:

- Encourage the players to be alert and alive and looking all around so as not to be caught out.
- Encourage the players with the balls to "hunt in pairs" to either tag someone or later to help the player who might be tagged and is looking for a helpful soccer ball.

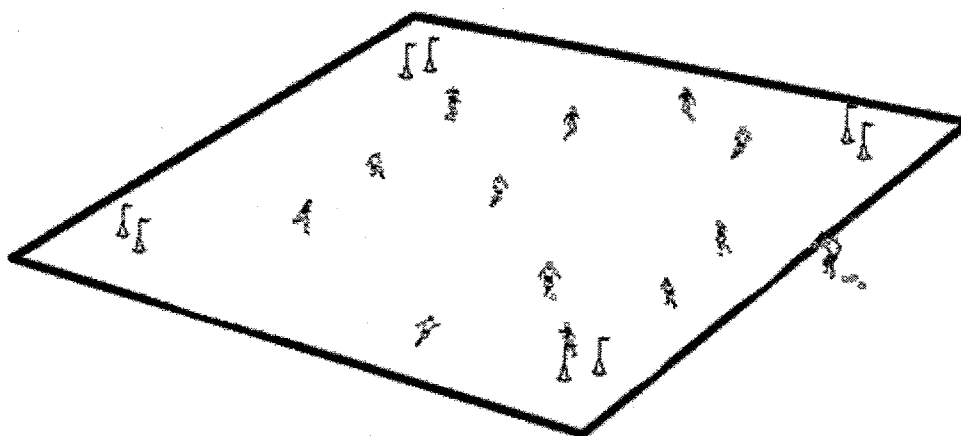
Target:

- Not to get tagged; or to untag oneself as quickly as possible.

4 Goal Game - 6 v 6

Objective:

- To encourage On-the-ball composure of individual players.
- Awareness of team-mates.



Print Game



Close Window

Organization:

- Area 40 x 40 yards.
- Four goals are set-up by cones or markers five yards out from each corner. Goals are one yard wide.
- The six players combine to score in any of the four goals.
- They can only score through front of goal and may dribble or pass through goal and still maintain possession.
- When ball goes out of play, re-start with either a throw-in or pass-in.
- Teams can also score by getting five (or six) consecutive passes.
- The challenge for the coach is to keep the score - and count the passes!
- Remember that they can score through a goal and still keep the passing sequence going.

Teaching:

- Encourage players to "switch" the play by passing as the defending players can quickly mark the four goals.
- Encourage players to turn away with ball if one goal becomes "marked" by opponent.
- Passing the ball will produce goals more readily than by scoring.

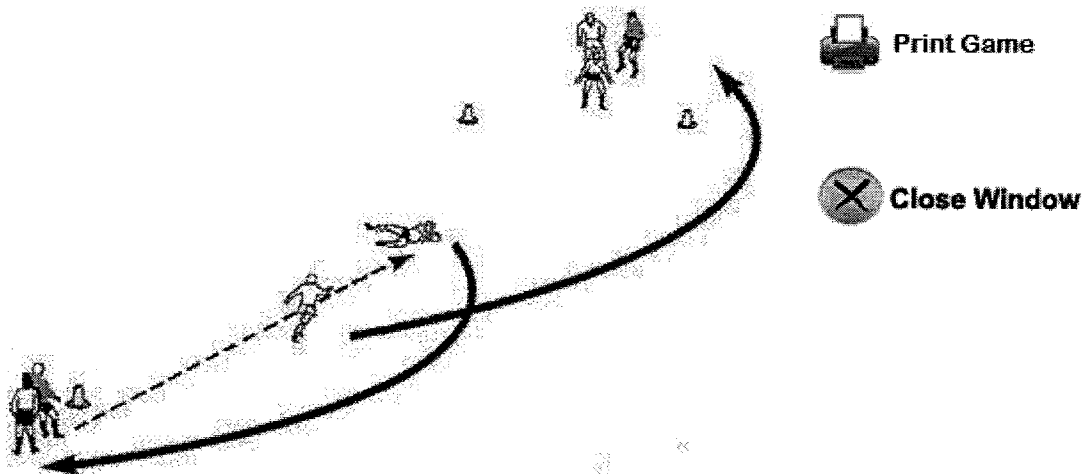
Target:

- To outscore the opposition.

Criss Cross

Objective:

- To produce a high-activity goalkeeping drill giving repeated practice in the basic techniques involved in diving at the feet of an attacker.



Organization:

- A minimum of 5, maximum of 9 (use another station if 10 or more).
- Players split into two facing files at marker cones set 15-20 yards apart.
- The single-cone file act as the "servers," the two-cone file the "goalkeepers."
- After each serve and each act of goalkeeping, the players criss-cross to the end of the opposite file.
- Ball is rolled to side for diving- at-the-feet save.
- After successfully collecting the ball, the keeper projects a short, sharp baseball-type throw aimed at the chest of the waiting server.

Teaching:

- The goalkeeper goes for the ball as if in a game, but the server should take caution to avoid injury-threatening situations.
- Coach should continually reinforce that the "Hands as the Leaders," and the "Open/Side Diving" considerations are maintained (see This Way/That Way).

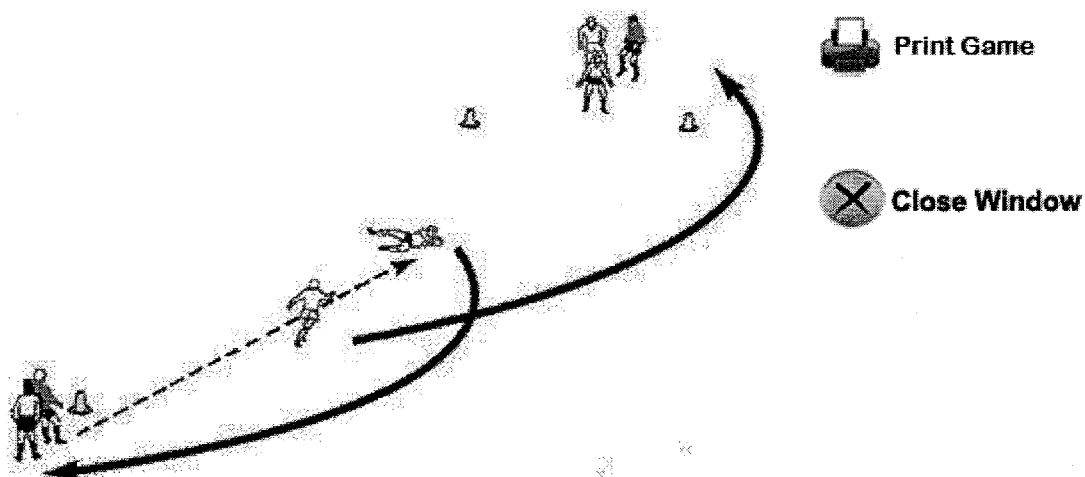
Target:

- To build confidence and competence in diving at a player's feet.

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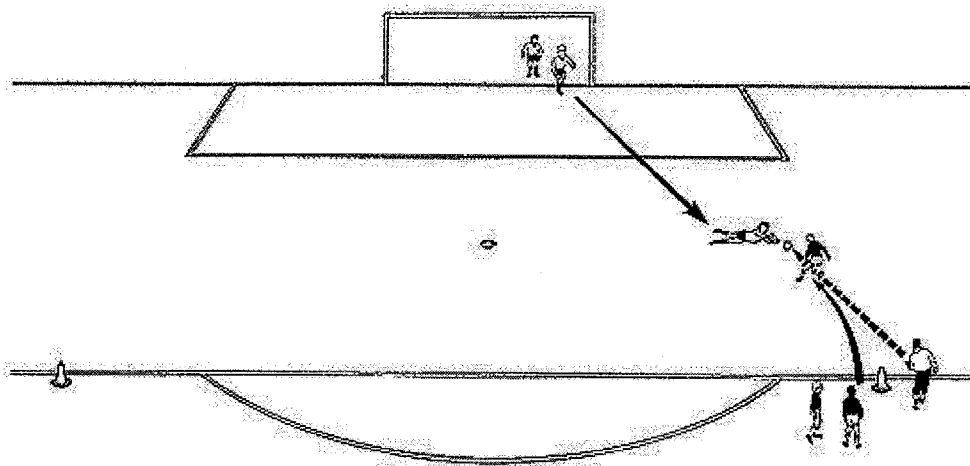
Target:

- To build confidence and competence in diving at a player's feet.

Submarining

Objective:

- To build up the realism of the technique involved when a goalkeeper dives at the feet of an incoming attacker. (see This Way/That Way).



Print Game



Close Window

Organization:

- Use existing goal and penalty area when available - if not, improvise with cones and markers.
- Try to keep to maximum of six players per practice group (two groups, one with the assistant coach working left and right if only one goal).
- Coach acts as server and rolls balls to give a realistic service slightly in favour of goalkeeper.
- Goalkeepers should start in correct position - covering near post just off the goal line. They cannot move until ball is rolled. Coach can throw or kick at goal if the keeper tries to "cheat."
- Attacker is not allowed to kick ball or physically challenge for ball (to avoid injury risk).
- Rotate from attacking to goalkeeping files.
- After five to seven minutes, change angle of approach from right side of goal to left side (or change groups).

Teaching:

- Goalkeepers should move to ball quickly with low crouching run.
- Slide - don't dive! - to side-diving position. Don't swing the legs around before receiving the ball.
- Hands should go to ball with the head covering near post, while body and legs are covering across the goal and the far post.
- The hands are the "Protectors" as well as the "Collectors."
- When diving, stay on the side - not stomach - with body parallel to goal line.
- Once ball is secured - pull into body and wrap body around ball.

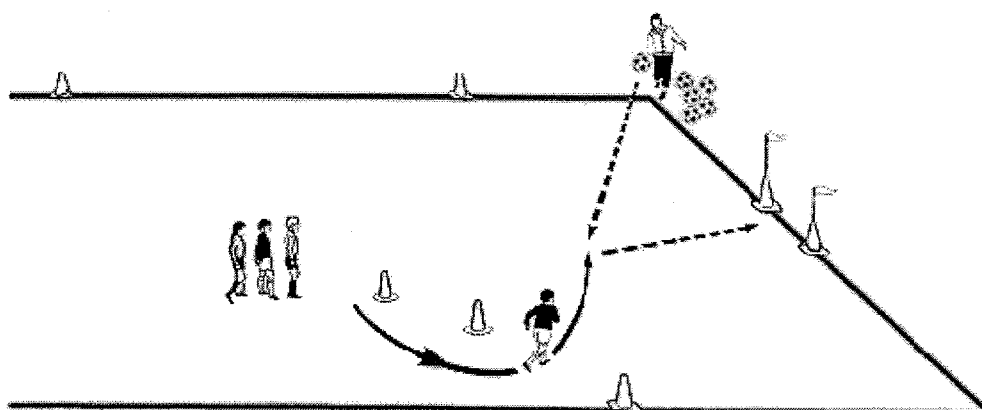
Target:

- To secure ball cleanly with good technique.

Corner Shot

Objective:

- To develop accurate passing and shooting with both feet.
- To gain a simple understanding of corner kicks.



Print Game



Close Window

Organization:

- Place balls in one corner of playing area.
- Coach rolls ball by foot or by hand.
- Coach shouts "Go!" and player at first cone must go around second cone.
- Shooting player goes behind goal to retrieve the shot, and then returns to end of line.
- No goalkeeper, so players are encouraged to kick accurately to succeed.
- Change players and cones to opposite side.
- Progression (this is more difficult, so let them master the simpler practice first): players take corner kick themselves; employ a simple rotation of players.

Teaching:

- As players become better, narrow the goal or deliver quicker passes.
- Point out that most shots in illustration will be taken with the left foot (most will be predominantly right-footed). Bias the service to encourage left (or right footed) shots.
- Total concentration: head down, eyes on the ball.
- Encourage accuracy rather than power shooting.
- Use inside of foot - like a hockey stick.
- Encourage players to strive to become "two-footed."

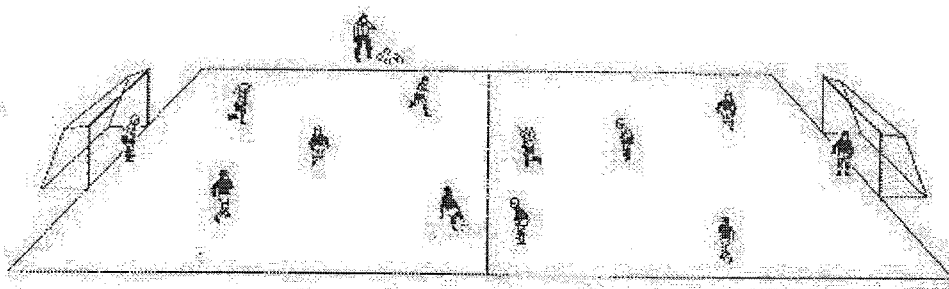
Target:

- To record the number of the team's scoring attempts that succeed in 20 shots, and keep score at each practice as an incentive to improve.

Big Shot

Objective:

- To develop ability and willingness to shoot from central areas.
- To develop an attitude of looking for half-chances and rebounds.



Print Game



Close Window

Organization:

- Mark area 25 x 18 yards, with halfway line.
- Use portable or improvised goals with cones/poles.
- If using regulation-sized goals (8-yards x 8-feet) allow goals only below head height.
- Two goalkeepers, but everyone rotates through the goalkeeping position.
- Goalkeepers cannot shoot
- 4 vs. 1 (plus goalkeeper) in each half.
- A goalkeeper starts by rolling ball to one of four players.
- Four keep possession from the opponent while working to create a shooting position.
- Shots can only be taken from within own half.
- After shot the one advanced team player (the "Sniffer") looks for scoring opportunities from rebounds off the goalkeeper, defenders or goal posts.
- Four players in possession may play back to their goalkeeper.
- Rotate the "Sniffer" and goalkeepers every 3- or 4-minutes.

Teaching:

- Encourage players to try a strike for goal.
- Tell "Sniffer" to always gamble on possibility of a rebound.
- Have defending players take up good positions to block shots (even though confined to their half).
- Encourage goalkeeper to work at maintaining a view of the ball at all times.
- Teach goalkeepers to make good decisions relative to the situation (e.g., whether to catch or deflect the ball into non-dangerous areas).
- Encourage supporting play to give alternative for shot or pass.

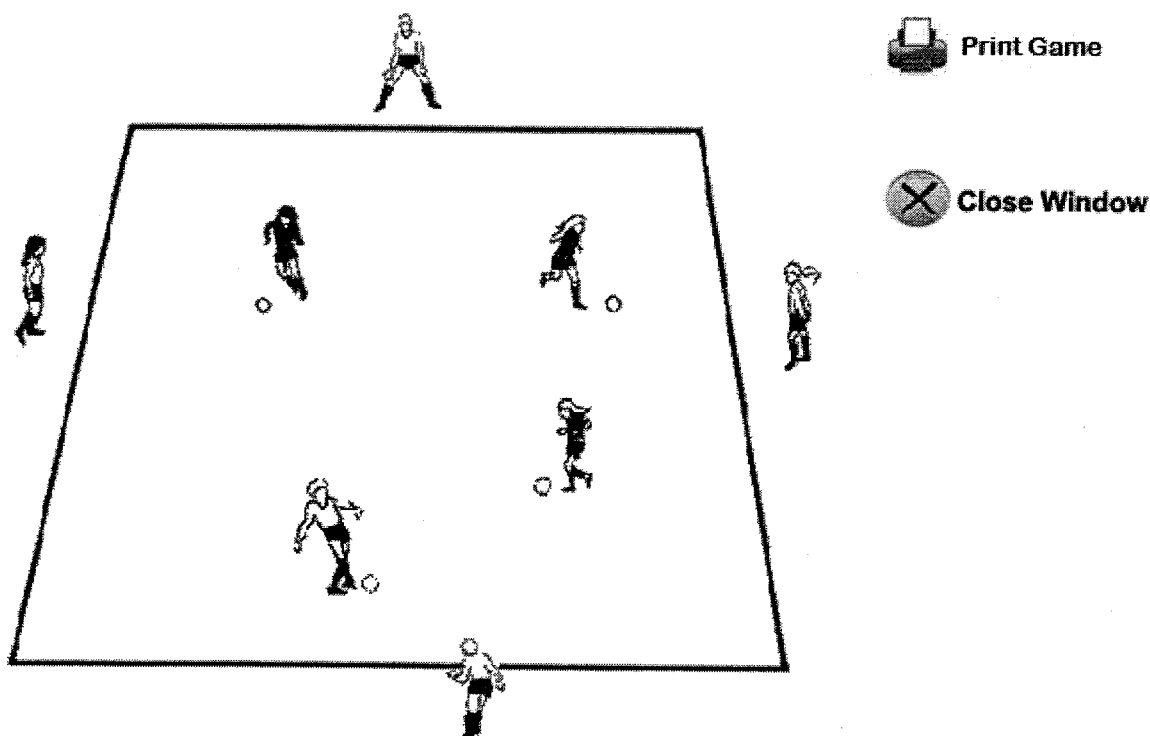
Target:

- To outscore the opposition.

Inside Out - One Two's

Objective:

- To develop good passing and receiving skills and to build awareness and vision.



Organization:

- Split group into two (does not matter if numbers are odd).
- Depending on numbers mark 25 x 25-yard square.
- Half of the group in the square; half spread evenly on the outside.
- All players on the inside have a ball.
- Inside players play a One-Two with an outside player.
- Must then find another outside player to pass to other than the one they just received the pass from.
- After one minute outside players change with the inside players.

Teaching:

- Encourage players with the ball to look around to see who is available on the outside.
- Players must play an accurate pass with good pace to enable the outside players to "wall" the return pass first time.
- Encourage the outside "wall" player to play the return pass into the space the One-Two

passer is moving into.

- Tell players to continually be looking up and around to avoid two players both playing to an outside player at the same time (10 Push Ups for non-awareness!).
- When they play the One-Two they should do so at speed (in the game the One-Two usually gets the player in behind a defender).
- Encourage players on the outside without a ball to call for it with a specific name..."Kenny! Here!"

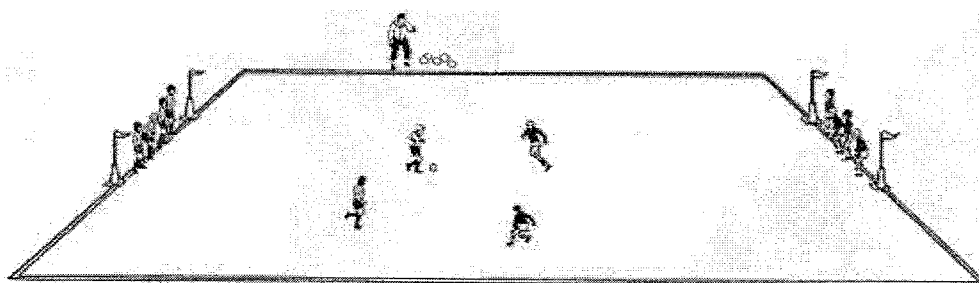
Target:

- To pass accurately and incisively.

Noah's Lark

Objective:

- To combine the attack and defense in a challenging game.
- To begin to understand the cooperation required in 2 vs.2 play.



Print Game



Close Window

Organization:

- Area 30 x 20 yards with goals eight yards wide.
- 6 vs.6 (or whatever numbers), with partners assigned on each team: each partner given a number from 1 to 3.
- Coach shouts number (1-3) and rolls ball into play.
- The two pairs with that number come out of goal to compete against each other.
- Remaining players must stay on goal line and defend goal without using hands.
- Goal can only be scored below knee height.
- When ball goes out of play, coach can immediately serve in another to same pairs - or allow pairs to go back to goal line.
- Ball can be played back to "goalkeepers," who must play ball back with no more than two touches.
- Do not let "goalkeepers" move out off goal line. Penalty kick from six yards out if they do.

Teaching:

- When defending, one player should go to player with ball.
- Supporting player must watch other attacker, mark the dangerous space and cover partner all at the same time.
- Coach should encourage dribbling, passing and shooting to the "team" in possession.
- Encourage "goalkeepers" to defend as a wall together, and to move as a unit to block shooting angle.

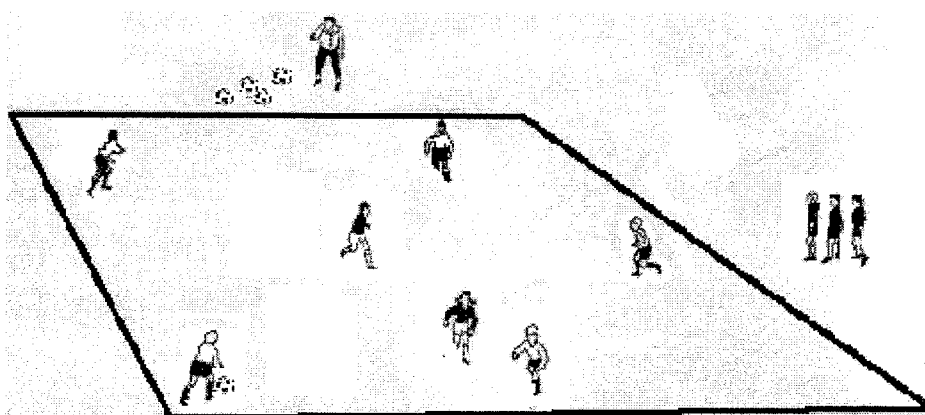
Target:

- One team vs. the other, also pairs to keep a count of goals scored and conceded.

5 v 2

Objective:

- To further develop supporting play, timing, pace and accuracy of passing.



Print Game



Close Window

Organization:

- Group of 10 whenever possible.
- Split into two teams of 5.
- 15 x 15 yards area.
- 5 vs. 2 with other defenders waiting their turn.
- The "five" attempt to keep possession from 2.
- As soon as the "five" make a mistake and lose the ball the two defenders change and the coach rolls in another ball.
- Defenders can change "on the fly" if the "five" are doing well and the defenders are getting tired.
- Coach keeps the time on the stopwatch and calls time out after 4 mistakes.
- Then the other five try to keep the ball for longer than their opponents.
- Coach keeps supply of balls to help continuity.
- If the players are finding the 5 vs. 2 difficult consider making it 6 vs. 2 and increasing the space.
- If they are finding it easy, decrease the space.

Teaching:

- Tell players "off the ball" to work continually at making good passing angles for players with ball.
- Encourage use of space available by spreading out.
- Requires good passing techniques, pace of the pass and good "first touch."
- Make sure players "on the ball" are prepared to hold it and screen away from opponents if players "off the ball" are not available.
- Two defenders must work off one another.
- When the defenders win the ball make sure it is kicked out of play otherwise it does not count as a "mistake" if an attacker gets the ball back.

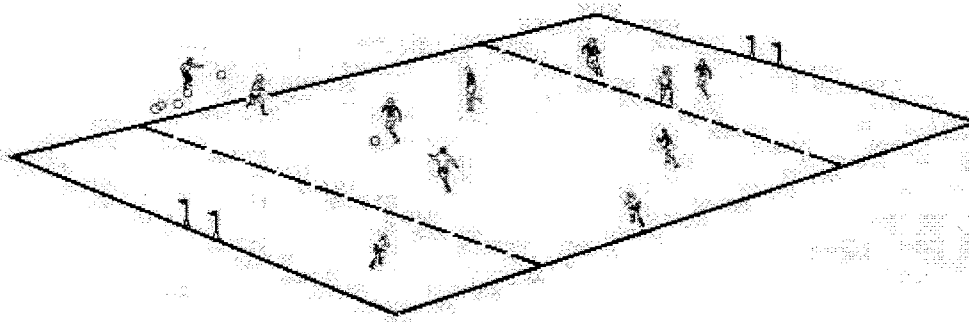
Target:

- To keep the ball longer than the opposition.

5 v 5 Mini Soccer

Objective:

- To encourage good supporting play and use the width of the field.



Print Game



Close Window

Organization:

- Mark an area approximately 35 x 55 yards (1/4 of full-sized soccer field).
- Improvise goals (or full-sized portable goals, if available).
- If improvised goals, specify height under which goals are scored - coach is the judge of what is or is not a goal.
- 10-yard line outside goal is for the handling area for the keepers.
- No offside - otherwise normal rules.

Teaching:

- When goalkeeper has the ball encourage players to spread and use width.
- If necessary, stop the game and show the possibilities that are being ignored.
- After losing ball, ask nearest defender to opponent with ball to be patient and hustle opponent to "buy" time until teammates recover.

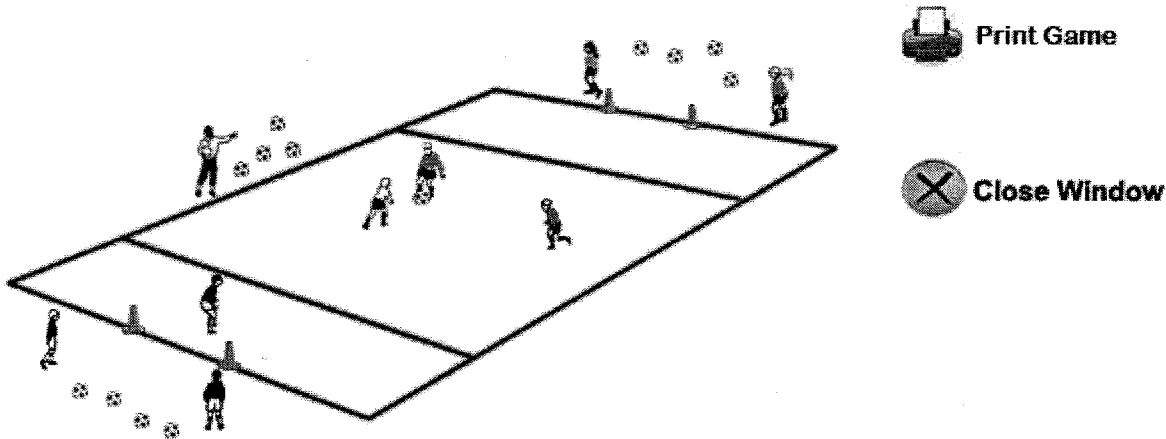
Target:

- To outscore the opposition.

2 v 1 Game

Objective:

- To encourage passing, dribbling and shooting where the attacking team has an extra player (2 vs. 1).
- To teach defenders how to contain when outnumbered.



Organization:

- Make the goal four yards wide, and create a play area 25 yards by 15 yards.
- Put in goal box 4-yards out from the goal line.
- Several balls should be kept at the back of the goals.
- Two teams of 4 (or 5 or 6).
- Teams alternate as the defending and attacking team.
- The attacking team has two attackers and no goalkeeper.
- The defending team has one field player and a goalkeeper (who must stay in the goal box).
- Start the game at the goal line with the lone defender outside the goal box.
- Play continues until a goal is scored or the ball goes out of play or the defending goalkeeper has the ball in his or her hands.
- Encourage the shorthanded team to score if they gain possession, even though the other team has a manpower advantage, as there will be an empty net opportunity.
- Restart the game at the other end, as the former defending team now becomes the attackers.
- Use a rotation system that produces equal time both as a field player and a goalkeeper and equal time on and off the field.

Teaching:

- Team with two outfield players
 - Encourage the player in possession to look at the two options - pass the ball or keep it.
 - Pass to teammate with pace and accuracy, and use teamwork to score.
 - For the player not in possession, support teammate by being visible.
- Team with one outfield player

- Works with the goalkeeper to deny shooting space.
- If the lone field player intercepts or wins the ball he/she should look to dribble forward quickly to score.

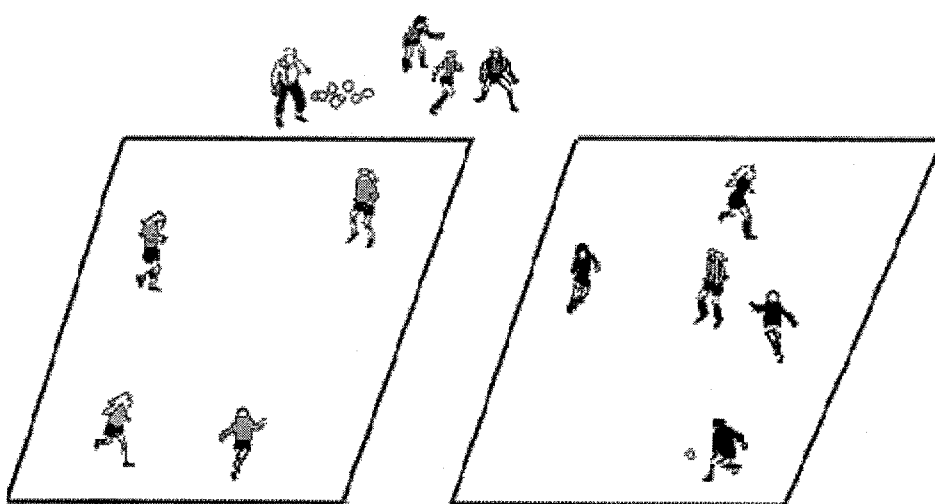
Target:

- To outscore the opposition.

4 v 1 Tennis

Objective:

- To encourage players from an early age to appreciate the benefits of passing the ball to a teammate and...
- To bring in penetrating forward passes.



Print Game



Close Window

Organization:

- Mark two grids 10 x 10 yards depending on numbers, 3-yards apart.
- Use 3 teams of 3 (adjust organization if numbers are greater).
- Use pinnies to distinguish the three groups.
- Two groups of 3 go into the squares. One of the third group also goes into one of the squares.
- Coach plays a ball into the defended square. The 3 players try to keep the ball away from the one defender.
- After three passes they are allowed to pass the ball to the other square.
- Only when one player in the other square has touched the ball is a defender off the field allowed to enter that square.
- The previous defender comes out of the square to take a rest. Defending chores are divided in this way.
- When a mistake is made and possession lost, the offending team then change to become the defenders and the former defenders take their place in the square (Coach to act as referee. Be warned!).
- The defending chores are shared on an equal time basis.

Teaching:

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- Encourage the attackers to be looking for the opportunity of making the pass across the square. Must keep their heads up.
- The two players "off-the-ball" have to move and work hard to open up a good passing angle for the

player with the ball.

- The player with the ball may have to screen the ball away from the defender while awaiting a better supporting angle from a teammate.
- All attackers need to communicate - particularly the two players "off-the-ball" ("Hold it!" "Wait!" "I'm here!") - as they become the "eyes" of the player with the ball.

Target:

- Have fun, but try not to be the defending team.

Super 6's

Objective:

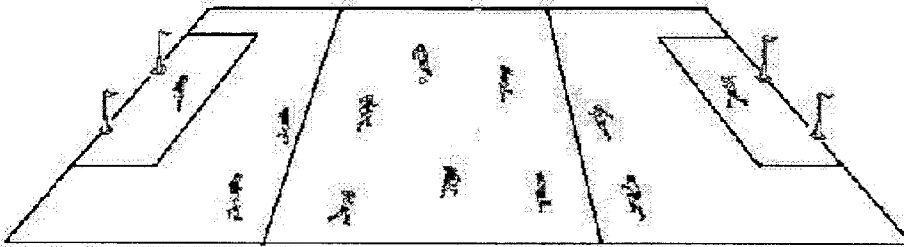
- To produce a fast-changing game.
- To introduced the offside law.



Print Game



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Organization:

- Use a 54-yard by 45-yard field.
- Goal sizes should be approximately 6-feet x 6-yards wide (be prepared to improvise or use what is available).
- Mark in two 18-yard lines with coaching disks - if available use corner flags to emphasize the 18-yard lines.
- Put in a 10-yard handling box out from the goal and the endline.
- If available use two people - assistant coaches, parents - to act as linesmen, stationed on opposite sides of field to coach at the 18-yard lines (with flag or handkerchief).
- "Offside" only occurs in the attacking third of the field. A player is offside only at the moment they ball is played forward and will only be offside if there are less than two opponents either level or between the receiving attacker and the goal line (Note: the goalkeeper is usually one of the two).
- Otherwise, normal rules of soccer.

Teaching:

- Encourage goalkeepers and rear defenders to "utilize" offside to keep opponents away from goal.
- Encourage a 1-3-2 system. A goalkeeper: a back three and a front two.
- Give great encouragement for the outside back defenders to go forward (Rule of Thumb: one goes and the other stays).
- Encourage awareness, attacking support, width and defensive cover.
- Encourage goalkeepers to help "organize" the team.
- Goalkeepers may now need to put into practice the skills previously learned in This Way/That Way and Submarining in the event of One vs. One situations.
- Make sure that all players are rotated through the goalkeeper, defender and attacker positions on an equal-time basis.

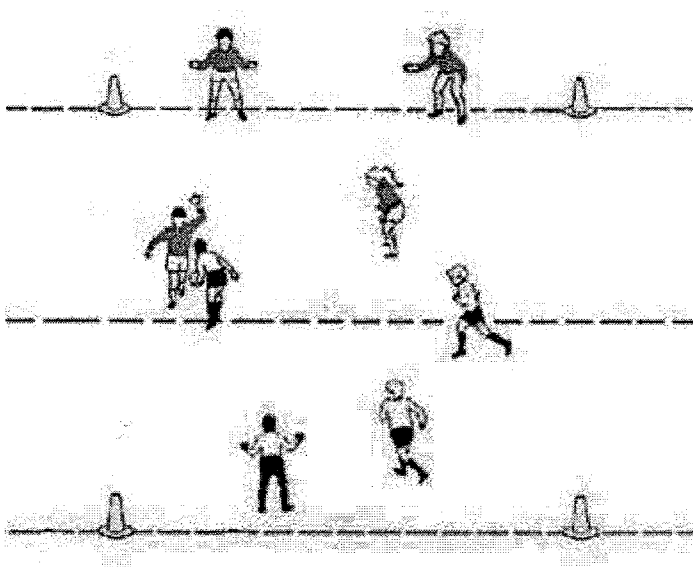
Target:

- To get the players ready for the important rule of offside and to prepare players for more formalized "positional" play.

Shoot Out 4 v 4

Objective:

- A create fun goalkeeping situations that also require "smart" teamwork.



Print Game



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Organization:

- Set up two goals 10-yards apart (use full sized goal or cones, but make the width of the goals 8-yards).
- Put in a center line.
- Put in as many fields as needed.
- Play 4 vs. 4.
- Players are restricted to their half of the field.
- Ball must be rolled or thrown in from the other half.
- Goals only count if they are below waist height (or shoulder height as they become better).
- Everyone is a goalkeeper.

Teaching:

- Don't be afraid of adjusting the field and goal size if you find it is too big or too small for the players.
- After receiving the ball, encourage a quick counter attack to catch the opposition out of position.
- The defending team should put out two players to block the attacking throwers at the center line.
- The defending team will also need two goalkeepers on the line to defend the 8-yard wide goal.

- If an opponent at the halfway line blocks the path for the throw at goal, a team-mate should support the player with the ball so the ball can be thrown to a team-mate who then throws for goal (if the other team has not got the block on).
- Attacking team may need to keep throwing the ball to one another in their own half to make a clear opening for a throw at goal.
- Good communication and quick adjustments of position make this an energetic and fun game.

Target:

- To outscore the opposition.