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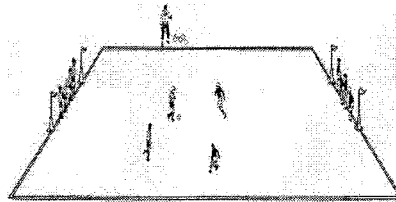
U11 Session 1



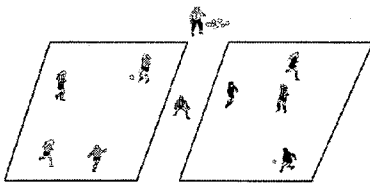
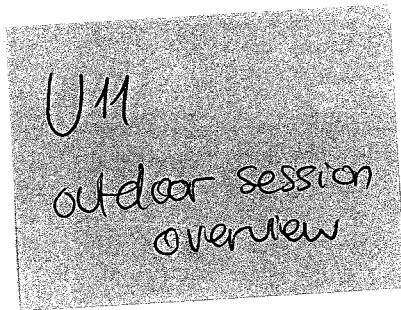
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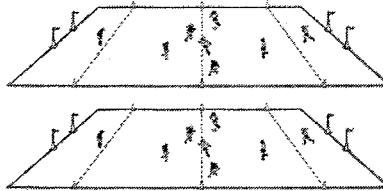
1. Crazy Warm Up



2. Noah's Lark



3. 3 v 1



4. Fab Fours Jamboree

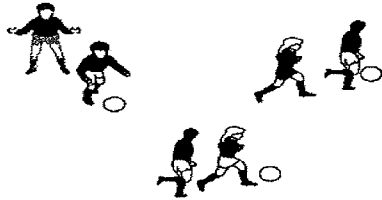
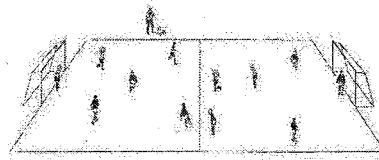
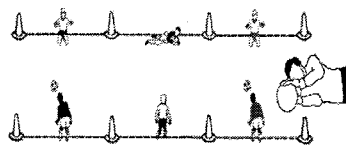
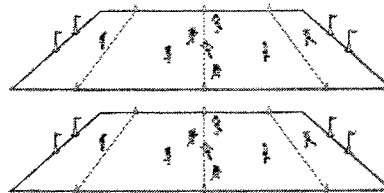
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**1. Me & My Shadow****2. Big Shot****3. King's Court****4. Fab Fours Jamboree**

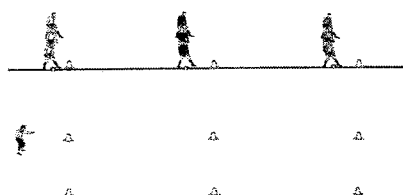
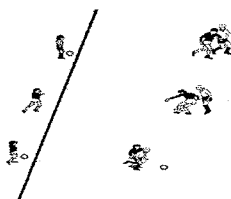
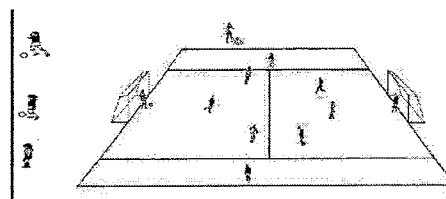
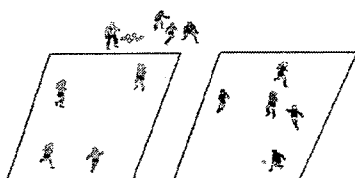
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**1. Relays****2. Spin & Go****3. Mini Mixed Bag****4. 4 v 1 Tennis****5. Super 6's**

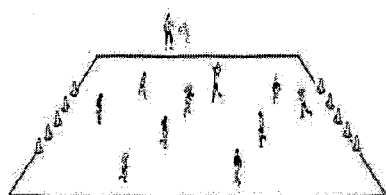
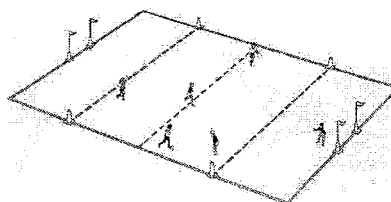
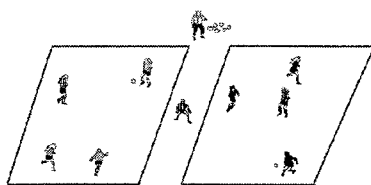
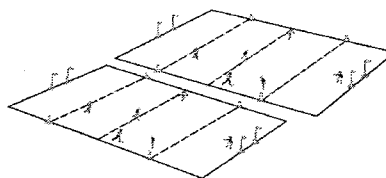
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**1. GK Ball****2. Micro Soccer ®****3. 3 v 1****4. Micro Soccer® Jamboree**

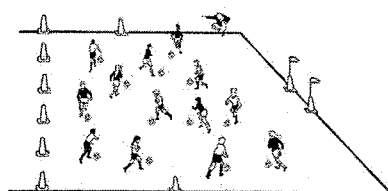
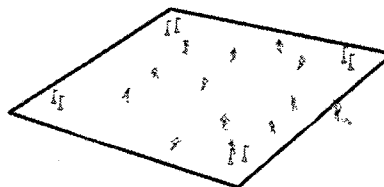
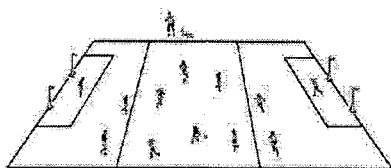
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**1. Square Dance****2. 4 Goal Game - 6 v 6****3. Super 6's Shadow****4. Super 6's**

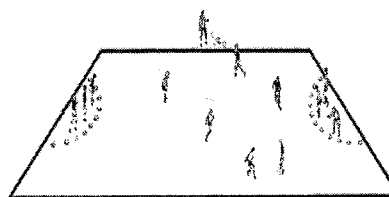
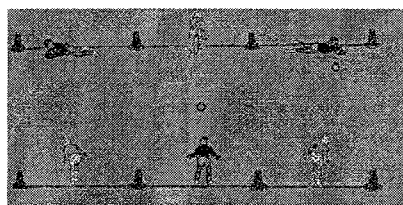
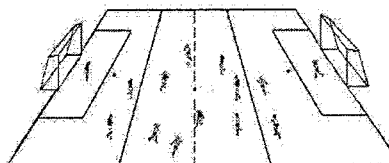
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**1. Crazy Warm Up****2. Chip n' Dale****3. King's Castle****4. Super 7's**

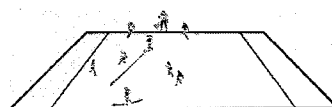
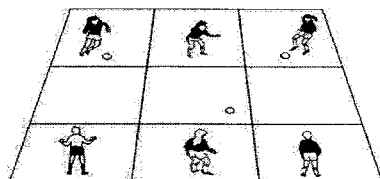
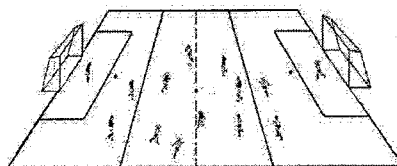
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**1. GK Ball****2. The Zone Game 4 v 4****3. Square Pegs****4. Super 7's**

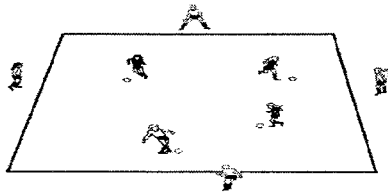
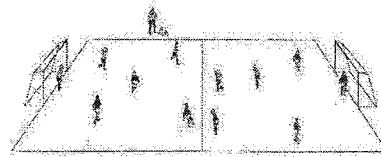
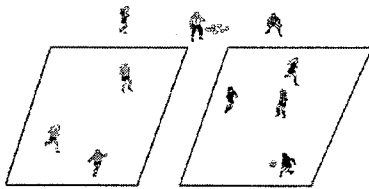
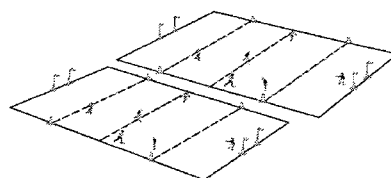
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**1. Inside Out - One Two's****2. Big Shot****3. 3 v 1 Tennis****4. Micro Soccer® Jamboree**

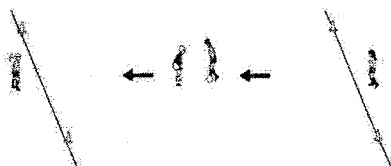
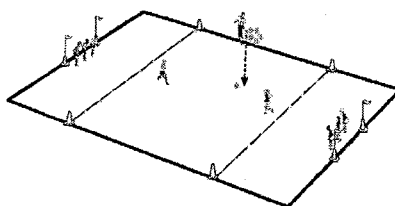
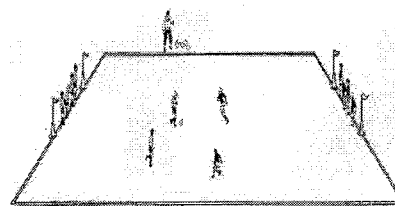
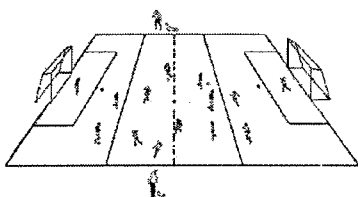
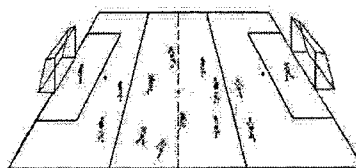
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**1. One Forward - One Back****2. Numbers Game®****3. Noah's Lark****4. Super 7's Shadows****5. Super 7's**

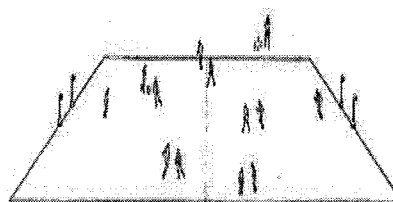
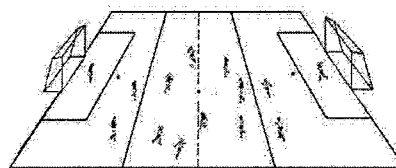
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**1. Crazy Warm Up****2. Man Marking Game****3. Chip n' Dale With Windows****4. Super 7's**

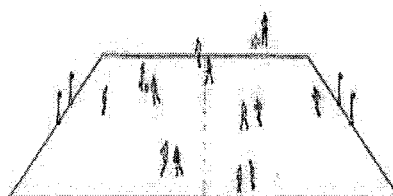
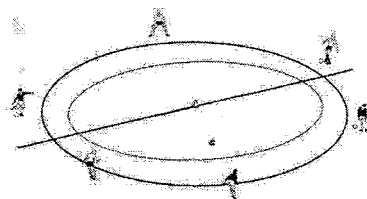
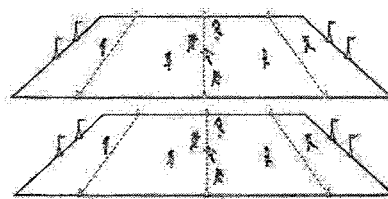
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**1. GK Ball****2. Man Marking Game****3. Super Circle****4. 4 v 4 Tournament**

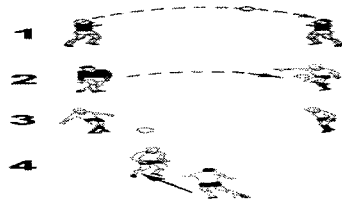
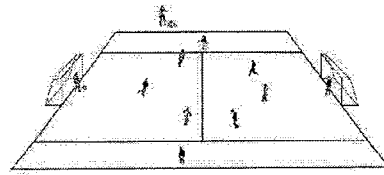
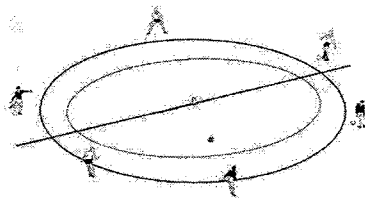
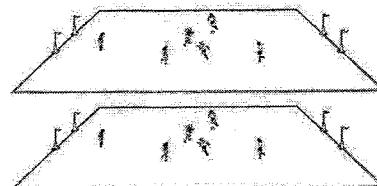
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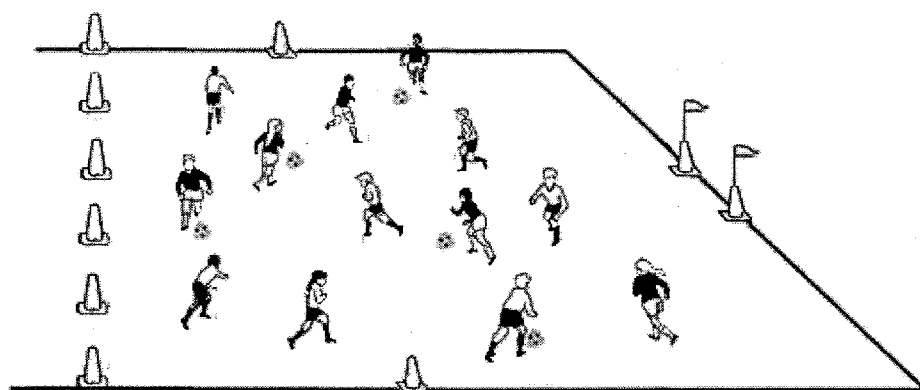
**1. Pairs Challenge****2. Mini Mixed Bag****3. Super Circle****4. 3 v 3 Jamboree**

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Crazy Warm Up

Objective:

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



Print Game



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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.

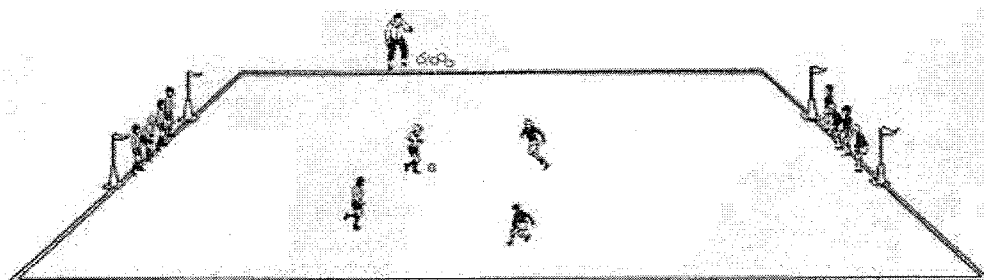
Target:

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

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.

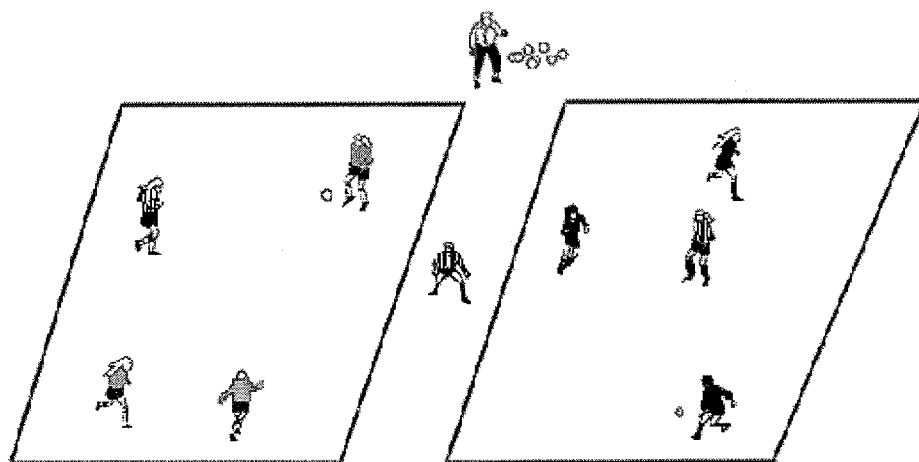
Target:

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

3 v 1

Objective:

- To progress the possession games (Carl's Keep Away, 4 v 1 and Keep Away Tennis).
- further develop the importance of moving and taking up good supporting positions.



Print Game



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Organization:

- Mark two or three 10 - 12 yards squares.
- With 9 players have three groups of three; with 12 players have four groups of 3 players.
- With odd numbers improvise with the numbers; for instance, with 10, two groups of three and one of four (still play 3 vs. 1, but use a sub system with the 4).
- Use pinnies to distinguish the groups.
- 3 vs. 1 in each of the squares.
- Spare defenders can change "on the fly."
- Coach times each period of one minute. At the end of the period, the team of three that achieved the least number of consecutive passes become the defenders.
- When the defender wins the ball or forces the ball to be played out of the area the team of three restarts with another ball.
- The coach keeps a supply of balls handy so after an interception or a ball is kicked out of play he/she can kick or roll another ball in.
- If you have an assistant or co-coach, each takes one of the squares.

Teaching:

- 3 vs. 1 is much more difficult than 4 vs. 1. In 4 vs. 1 the four attackers can just take a corner each and so give good support.
- In 3 vs. 1 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 team-mate.
- 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.

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- If it is too difficult consider reverting back to 4 vs. 1.
- 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. If they can see what should be done or how their team-mates could have helped they will learn more quickly to do it when the ball is in play.
- After a few minutes go into the one-minute stopwatch competition described above without any interventions by the coach other than putting the ball back in play.

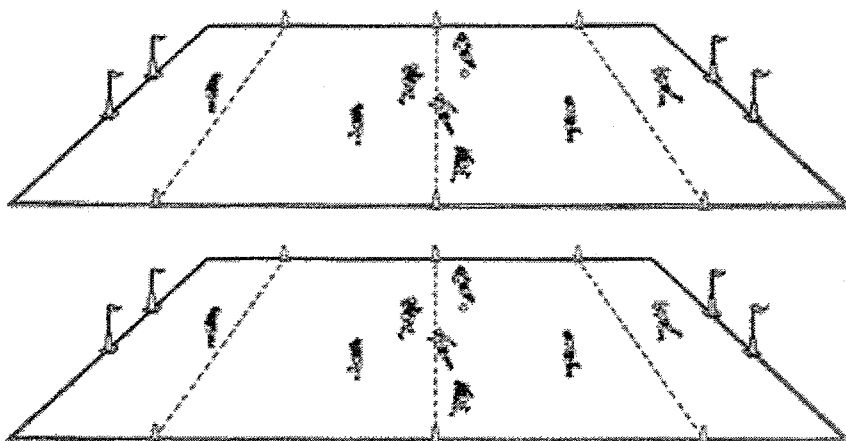
Target:

- To keep the ball for the longest time; for the defenders to win the ball or force errors as quickly as possible.

Fab Fours Jamboree

Objective:

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



Organization:

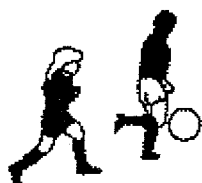
- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 or more put in two fields or more, depending 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:

Me & My Shadow

Objective:

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



Print Game



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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.

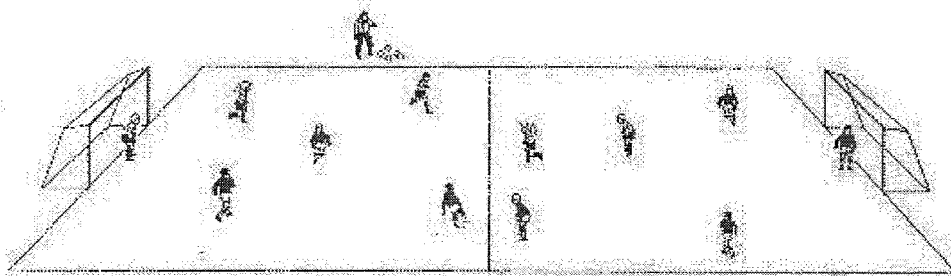
Big Shot

Objective:

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



Print Game



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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.

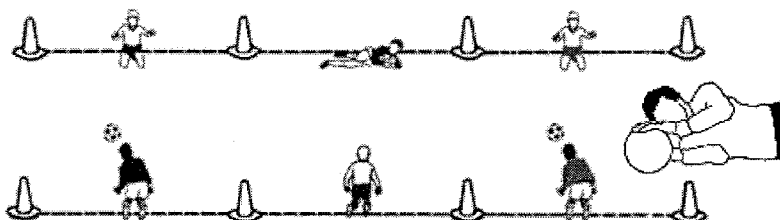
Target:

- To outscore the opposition.

King's Court

Objective:

- To create a fun, yet challenging environment.
- To teach the correct way of diving on the side for goalkeeping.



Print Game



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Organization:

- Set out as many goals (3-yards apart) as there are players (goalkeepers).
- Two goalkeepers per area, one with a ball, both kneeling up facing one another four yards apart.
- Important that the players kneel in an upright position and not sit back on their heels. Feet/toes should be on the imaginary goal line.
- Balls must be rolled along the ground to the side of each keeper, not straight, but not so far to the side that the receiver cannot roll over and collect the ball.
- After receiving the ball the keeper should roll back to the kneeling position.

Teaching:

- Hands and arms should be pushed reach forward, palms towards ball, to stop ball in front of body.
- Hands and arms should relax into a "crooked" position as the pace is taken off the ball.
- 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 and so use the ground as the so-called "Third Hand." (See graphic above)

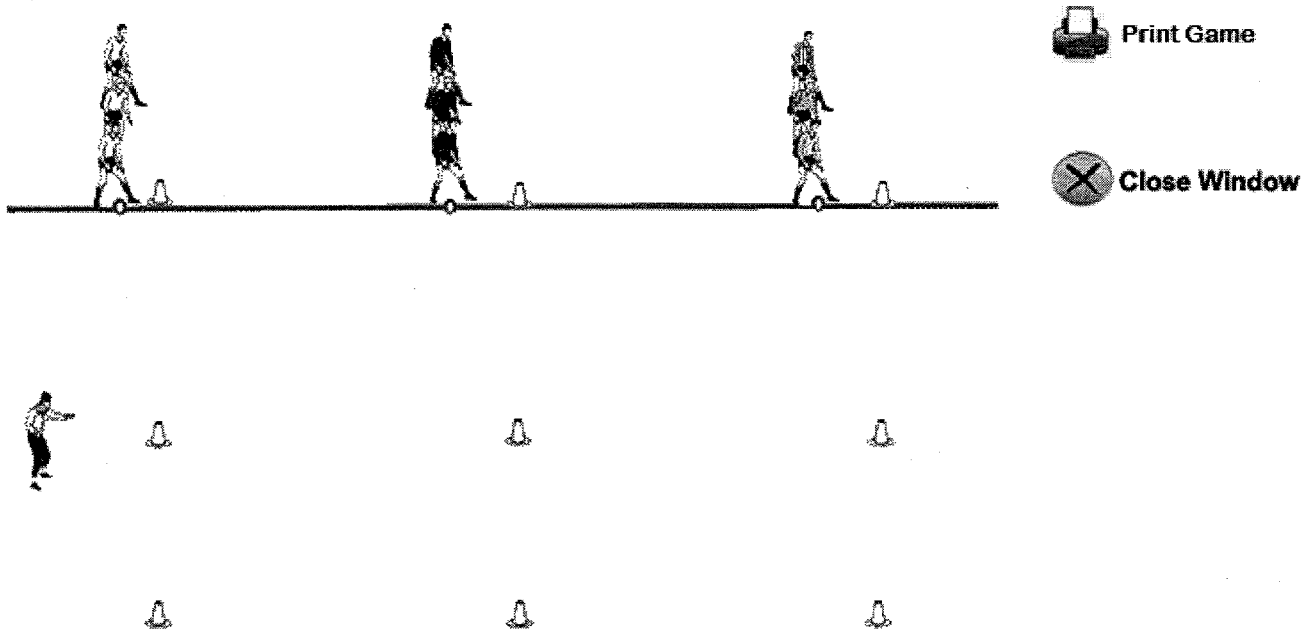
Target:

- To start with, everyone is practicing the side dive technique and there is no pressure.
- Then the "battle" begins. The top field is designated the King's Court (coach decides the top and bottom).
- Ball must be rolled, not thrown.
- 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 - "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.

Relays

Objective:

- To set up fun relay activities that develops the skills of dribbling, turning and ball control.
- To develop speed dribbling over short distances.



Organization:

- Wherever possible work in teams of two (or three at the most).
- Important to keep the activity level high.
- Use cones and lines to set up the different types of relay:
 1. Up to the cone and back again. Point for the first players back.
 2. Up to the cone and do a complete circle and back.
 3. Up to the cone and go round clockwise (left foot).
 4. Do a figure of eight around the two cones.
 5. And so on...
- Pairs and Trios accumulate points as a team, but race individually.
- Ball must be stopped on the line to count as a correct finish.

Teaching:

- Encourage close control and tight turns.
- Must be alert and alive.

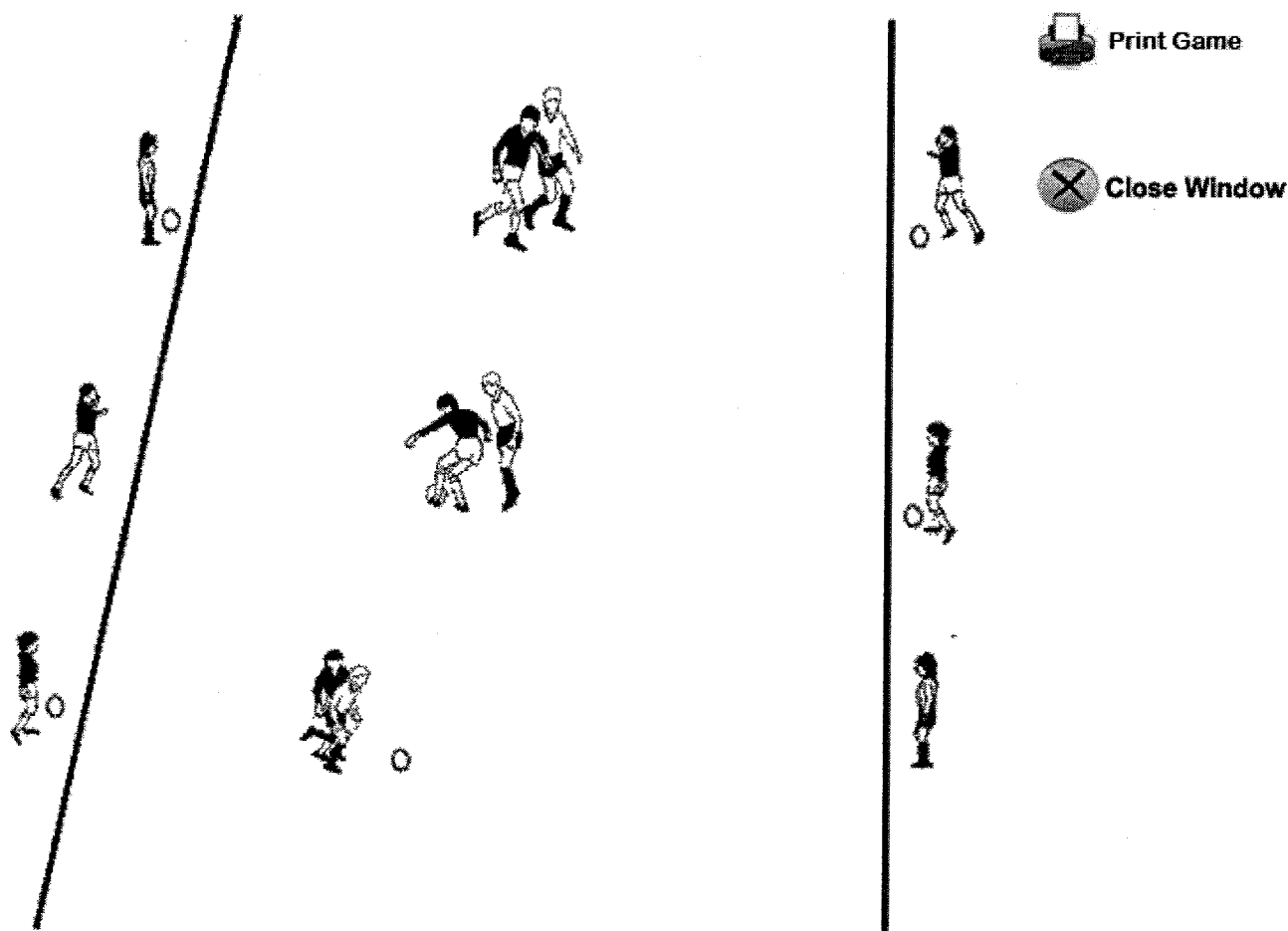
Target:

- To be the first team to score three (but downplay the winning-at-all-costs mentality). Mainly ... have fun!

Spin & Go

Objective:

- To work on good turns and accurate passing.
- To develop disciplined defending.



Print Game



Close Window

Organization:

- Groups of four (can make accommodations for fives).
- Two outside the lines both with a ball.
- Two in middle decide who is the attacker and who is the defender.
- On signal from the coach the attacker must attempt to fake the defender and go for a ball from one side or the other.
- Outside players must not play the ball unless they get a shout. "Yes!"
- All passes are returned to the player who passed the ball in.
- All passes must be one-timed.
- Defender is not allowed to challenge for the ball.
- Coach keeps the time to maximum 15 seconds.
- Players change with the outside players coming in and they change their roles each time they go in the middle.
- 4 sessions (2 as attacker and 2 as defender) are sufficient.

Teaching:

- Coach keeps strict time (stop watch).
- Encourages the defender to stay "touch tight" and not to be faked.
- Attacker tries to off-balance the defender by fakes, turns and change of pace.
- Insist on high quality passing both from the servers and the attackers.

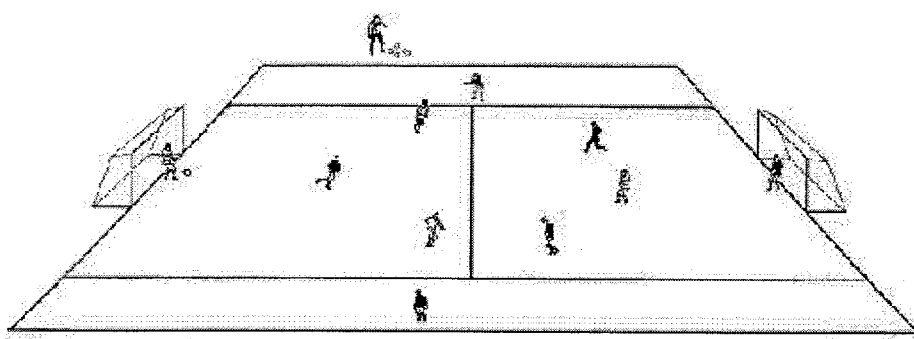
Target:

- Although this is more of a drill than a game, it cultivates excellent attacking and defending skills.

Mini Mixed Bag

Objective:

- To encourage young players to begin to think more about using the width of the field.
- To work on attacks from the flanks.



Print Game



Close Window

Organization:

- Mark in an area 30 yards long by 25 yards and extend the width with a 6-yard channel on either side.
- Put in a half way line, but not in the channel.
- Play 2 Attackers vs. 1 Defender and a Goalkeeper in each half.
- There are two neutral "crossers" of the ball - one on one flank; one on the other.
- Goalkeeper at one end starts by throwing the ball out to one of the "crossers" (wingers).
- The wingers play a cross in towards the goal.
- If the defenders or the goalkeeper gets the ball they play out to one of the two wingers and the attack goes the other way.
- Rotate all players at intervals through all positions.
- Use the offside law to prevent attackers standing in front of the goalkeeper.
- If possible, organize three teams of 4 (see Progressions for "How to Organize").

Teaching:

- Encourage an accurate thrown ball from the keeper to the winger.
- Wingers should aim to cross the ball towards the far post with a hard driven pass.
- The wingers should also aim the ball to split the difference between the defenders and the goalkeeper.
- Attackers should go away from the crosser and then come in fast as the ball is played in (see Corner Shot).
- Defenders have to be well organized together as they are outnumbered by the 3 Attackers so cannot just man-mark.
- Goalkeeper should be helping organize the defenders.

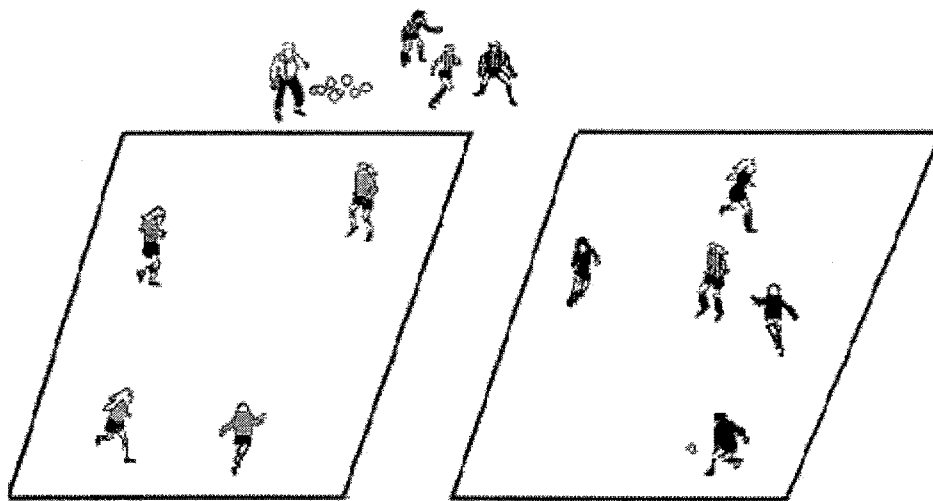
Target:

- To generate a good, fun practice, but don't forget to keep the score.

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.

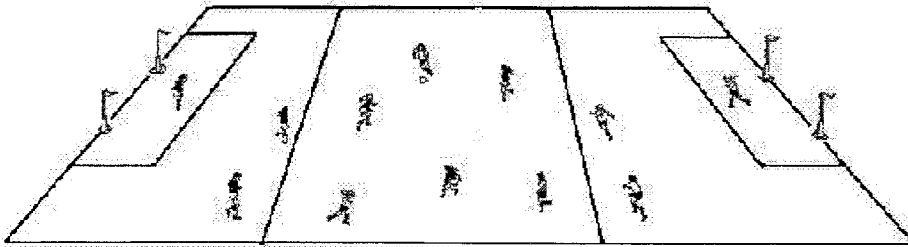
Target:

- 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.



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.

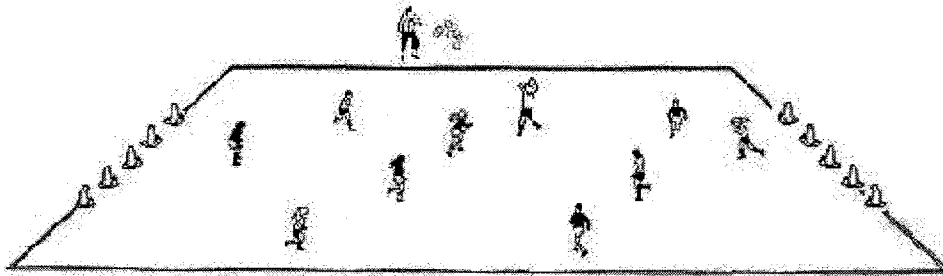
Target:

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

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.

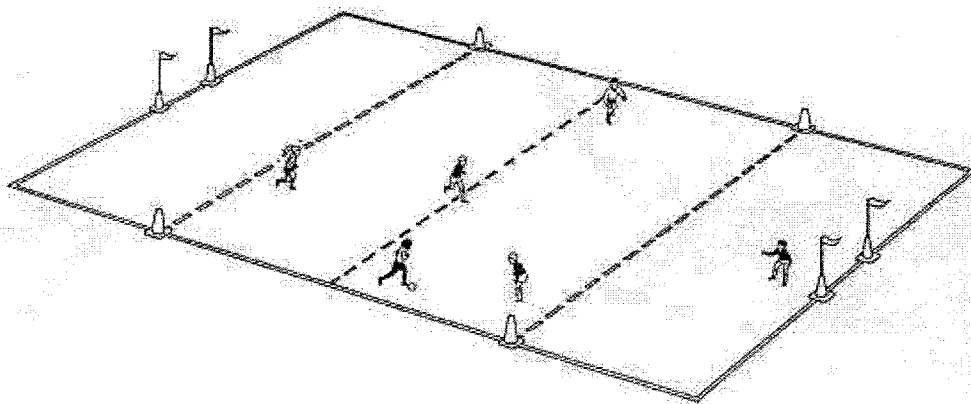
Target:

- To outscore the opposition.

Micro Soccer ®

Objective:

- To give each player plenty of opportunity to kick the ball in a 3 vs 3 game.
- To gain a fundamental understanding of the game of soccer.



Print Game



Close Window

Organization:

- Field size 20 x 30 yards.
- Six-yard "boxes," marked by cones or lines, within which each designated goalkeeper may handle.
- Center line marked by cones/lines.
- Each player takes a turn in goal for two to three minutes.
- When ball goes out of play, game is restarted by:
 - Sideline - throw-in (or pass-in - opponents must stay 5-yards away.)
 - Endline - goal kick or corner kick (5-yard rule) depending on which player last touched ball.
- After a goal, re-start with either goal kick or center kick (if center, opponents must retreat to own six-yard line).
- In practice with numbers greater than six, either have two 3 vs 3, or if less than 12, have three teams with a separate practice operating and rotate in and out of the 3 vs 3 game.

Teaching:

- This is the introductory session for Micro Soccer. You will need to show just what a Throw-In is, but don't get bogged down on the correct technique of the Throw-In just yet (this is covered in Mack 1 & 2 in subsequent sessions).
- Encourage at least one player to go fully wide on goal kicks or when goalkeeper has ball in hands.
- Encourage goalkeeper to move off line to support attacks or to intercept through balls (this will take time, too!).
- Encourage players to pass, dribble and communicate with each other.
- On throw-ins, encourage non-throwing attacker to look for a forward shooting chance - and not to go too close to thrower.

Target:

- To outscore opposition.

Micro Soccer® Jamboree

Objective:

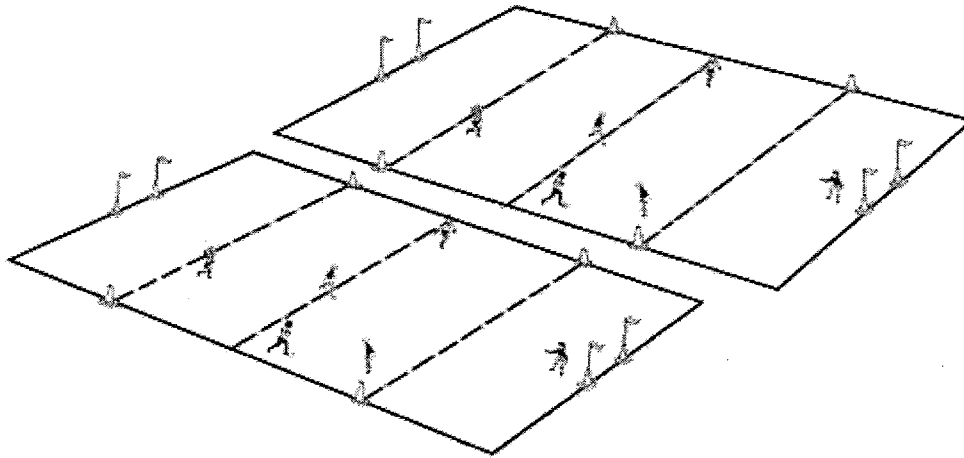
- To create a Jamboree atmosphere.
- Children just play without any coaching.



Print Game



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Organization:

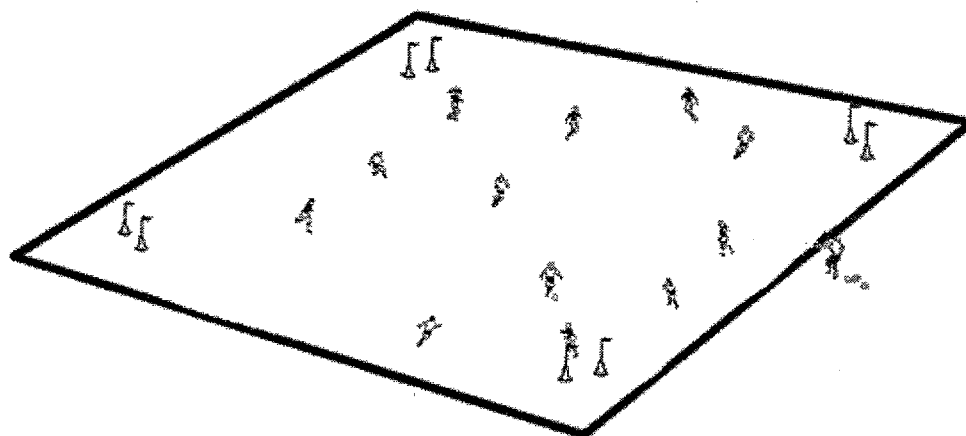
- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With 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:

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.

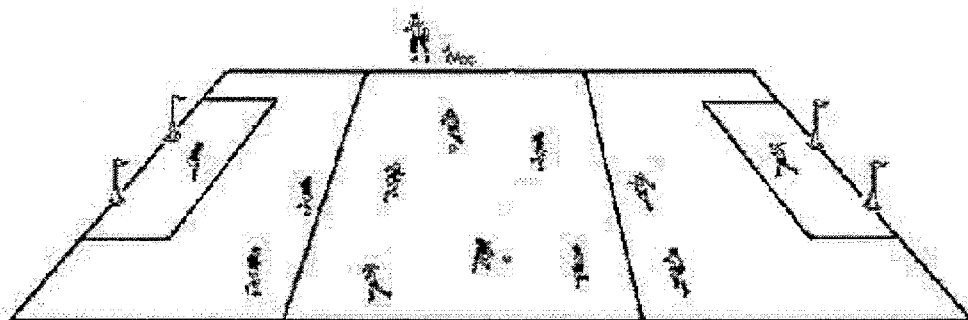
Target:

- To outscore the opposition.

Super 6's Shadow

Objective:

- To prepare young players for the complexities of larger numbers in team play.
- To develop attacking patterns of play.



Print Game



Close Window

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.
- Other than "Offside!" normal rules of soccer.
- Explain by showing with a Walk-Through "Offside" (in Super 6's this occurs in the attacking third of the field).
Please Note: 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).
- If you have sufficient numbers, play Two-Team Shadow:
 1. Two teams are organized but one team (except for the goalkeeper) kneels down while the other team "shadows" though their pattern of play ending with a shot on goal.
 2. Then the other team goes while the first team kneels.
 3. After five minutes both teams go at the same time, but from opposite ends each using a ball.
 4. Coach synchronizes the play so both teams start together with a thrown ball from the keeper

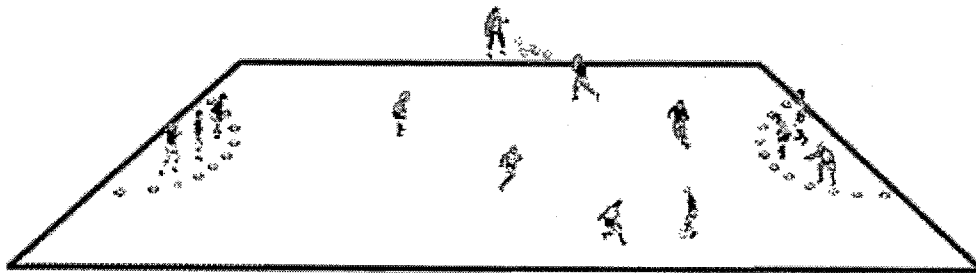
Teaching:

- Use a 1-3-2 system. A goalkeeper: a back three and a front two.
- Limit the players to two-touch to force them to support each other.
- Give great encouragement for the outside back defenders to go forward (Rule of Thumb: One goes and the other stays).
- Be careful it does not become totally unrealistic because of the no opposition - in particular in relation to what could be offside positions in the game.
- Now, here comes the fun, reverse the practice on the way backs and interchange positions (see Progressions).
- Try to rotate all players through the goalkeeper, defender and attacker roles.

Chip n' Dale

Objective:

- To develop in a 3 vs. 3 game attacking cooperation and chipping techniques.
- To develop good collective defending positions relative to attackers.

[Print Game](#)[Close Window](#)

Organization:

- Area 35 x 25 yards.
- Mark 1/2 circle zone at ends.
- 3 vs. 3, with team in possession attempting to chip ball into teammates' hands in zone.
- To score, ball cannot bounce before reaching zone; ball must be caught by player in zone without catcher stepping outside.
- Coach serves balls and changes players from zone to field every three to four minutes.

Teaching:

- Attackers have to create angle or space to be able to chip successfully.
- Passing/dribbling/faking are methods to create an opening for chipped "shot."
- Defenders must send one man to hustle player with ball to prevent easy chip.
- Other defenders must correctly support hustler to prevent pass, giving clear chance for attacker to chip.

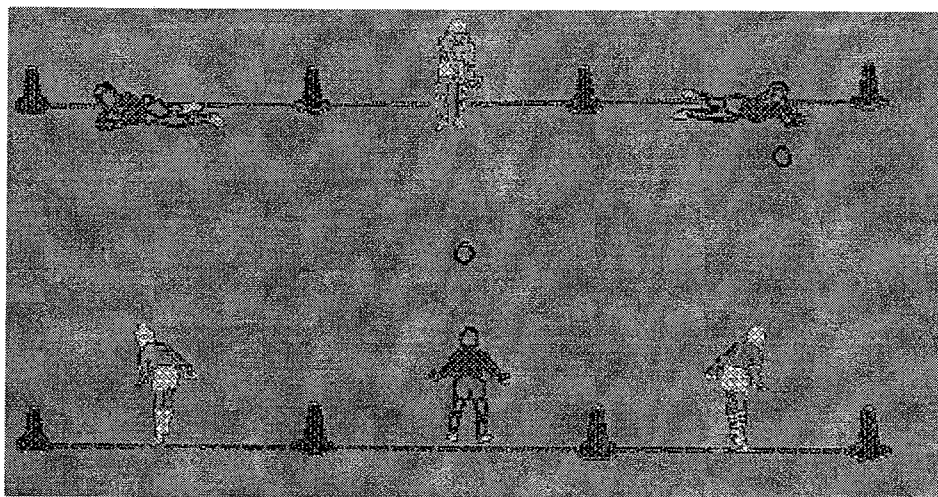
Target:

- To out hustle and outscore opposition.

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.

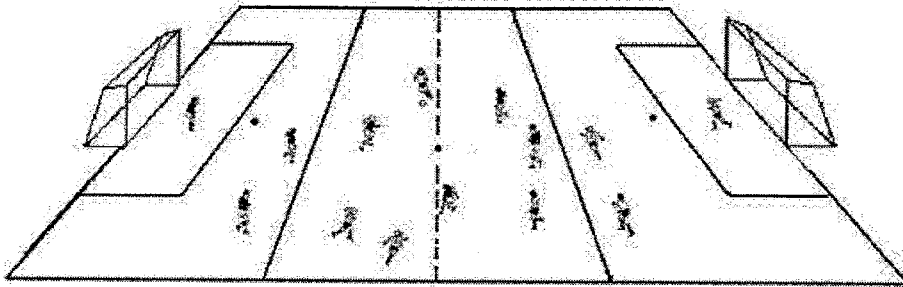
Target:

- 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.

Super 7's

Objective:

- To produce a fast-changing (transition) game.
- To familiarize players with the offside law.



Print Game



Close Window

Organization:

- Use a 60-yard by 50-yard field.
- Goal sizes should be approximately 6-feet x 6-yards wide (be prepared to improvise or use what is available, e.g., small portable goals, corner flags, etc.).
- Mark in two 20-yard lines with coaching disks - if available use corner flags to emphasize the 20-yard lines.
- Put in a 12-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 20-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.
- Try using a 1-3-2-1 system in a Christmas tree shape -- goalkeeper: a back three, two attacking midfield players and one center forward.
- Give great encouragement for the outside back defenders to go forward (Rule of Thumb: one goes and the other stays).
- Great encouragement for the midfield two to make forward runs to support the center forward and to score goals themselves.
- Encourage awareness, attacking support, width and defensive cover.
- Encourage goalkeepers to help "organize" the team.
- Goalkeepers may 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.

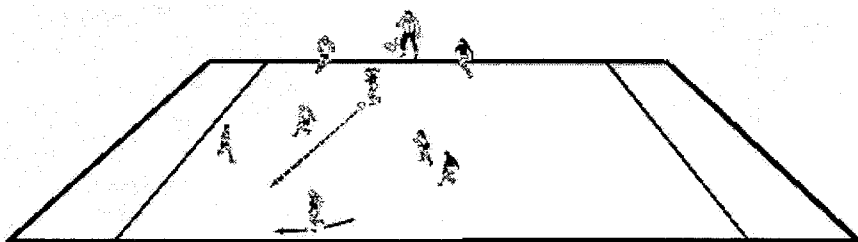
Target:

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

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 "blindside" 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 "blindside" 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.

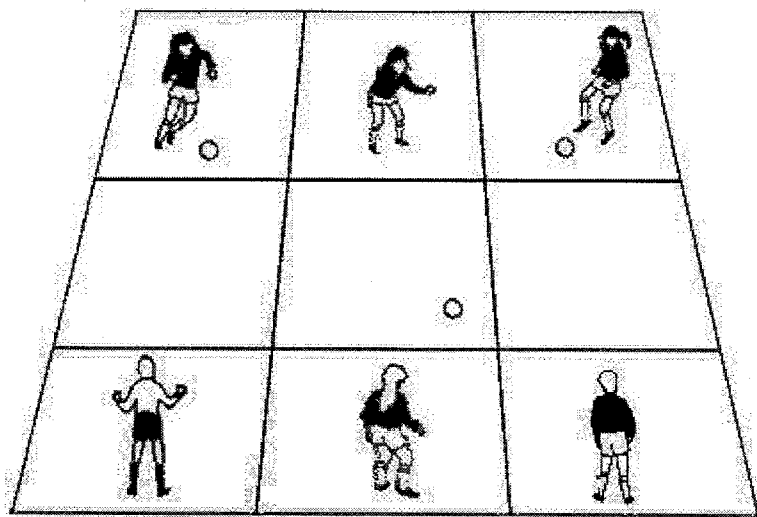
Target:

- To outscore opposition.

Square Pegs

Objective:

- To improve ball control (also known as "touch").
- To practice and develop carefully weighted passes.



Print Game



Close Window

Organization:

- Using markers/grids, organize six-yard squares six yards apart.
- One player passes to partner in opposite square.
- Organize squares to accommodate all players. If odd number, coach joins in.
- For pass to count as "accurate" it must be along the ground and would pass out over the back line if the receiver let the ball run.
- Start with maximum of three touches (one to control, one to set up the pass and the third to pass).
- When they become better make it two touch.
- Use the King's Court game system to make it a fun challenge for the players (see King's Court). 3- to 4-minute rounds.
- Adjust size and distance of areas to ability of players.

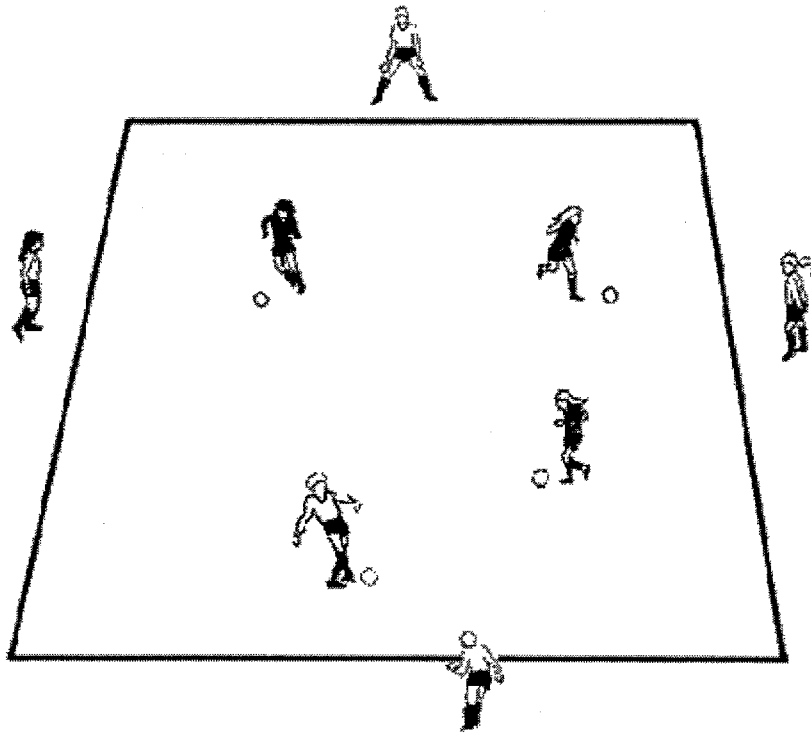
Teaching:

- To make it more difficult for your partner/opponent play the pass onto his/her weak foot.
- A hard pass will make it more difficult to receive, but may be less accurate.
- Receiver must be very alert and quickly moving into the line of the ball to improve chances of control.

Inside Out - One Two's

Objective:

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



Print Game



Close Window

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!"

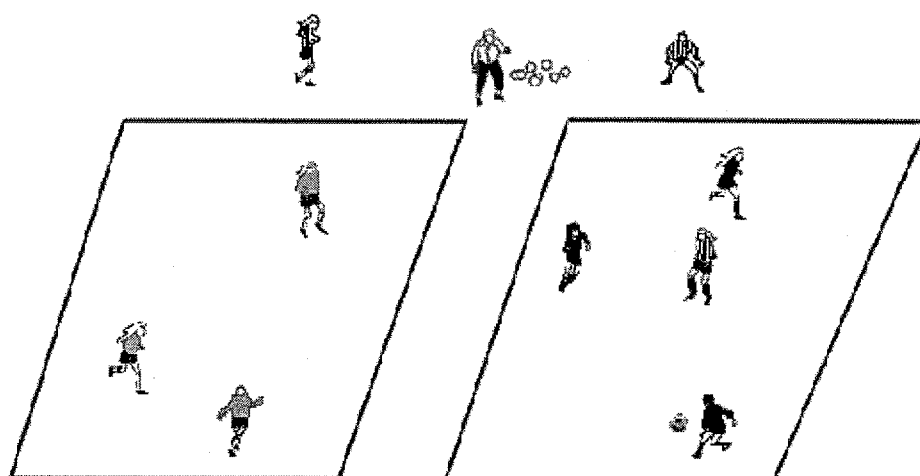
Target:

- To pass accurately and incisively.

3 v 1 Tennis

Objective:

- To encourage players to move into good supporting positions.
- To bring in directions and penetrating 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 equally 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!).

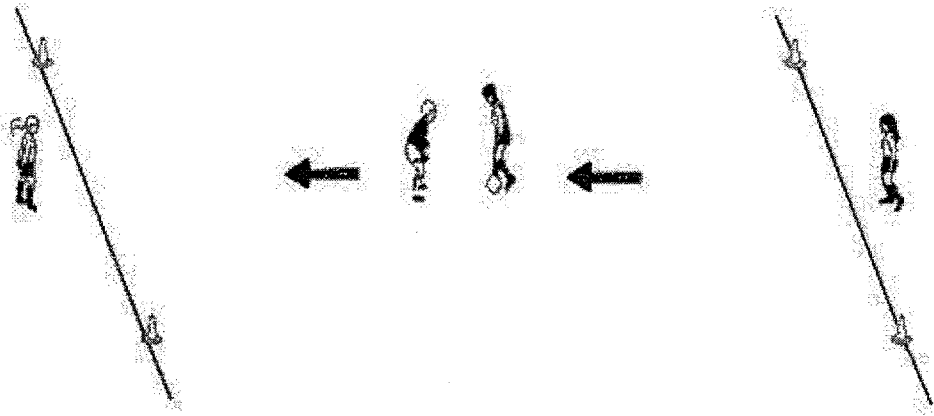
Teaching:

- 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 team-mate.
- 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.

One Forward - One Back

Objective:

- To teach every player how to jockey as a defender.



Print Game



Close Window

Organization:

- Split group into 4 (if uneven numbers have one or more groups of 5).
- Put in marker lines 20 yards apart.
- Start with three on one side and one (or two) on the other side.
- In the three group, 1 player dribbles the ball across the area; the other jockeys back.
- The jockeying player is not allowed to tackle or intercept the ball.
- Dribbler moves the ball left and right and tries to go past the defender.
- On reaching the other side, the dribbler plays the ball to the waiting player (or with 5 the front players) and then the dribbler becomes the defender on the return.
- This continues for 6 - 8 minutes.

Teaching:

- Encourage the defender to crouch low and at 45 degrees to the dribbler.
- Not too close, nor too far away - touch tight to the dribbler.
- Defender must not turn through 360 degrees.
- Always has a view of the ball.
- Dribbler must try to unbalance defender by faking and change of pace.

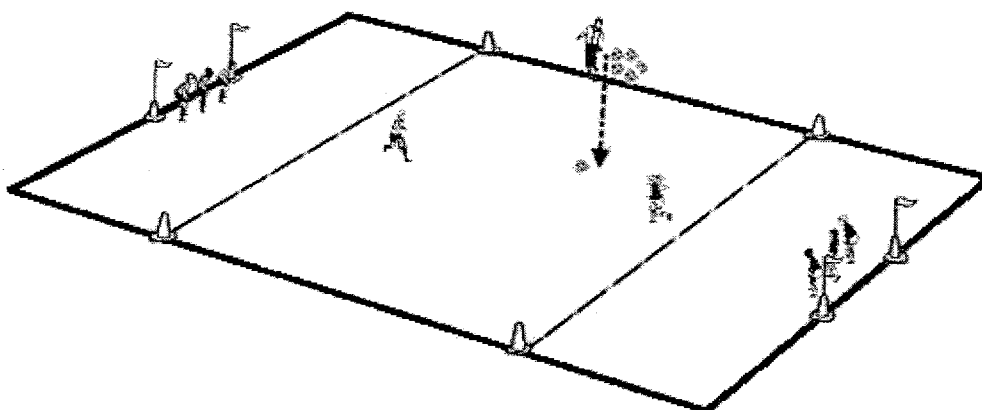
Target:

- To perfect the technique of jockeying in One-on-One defending.

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.

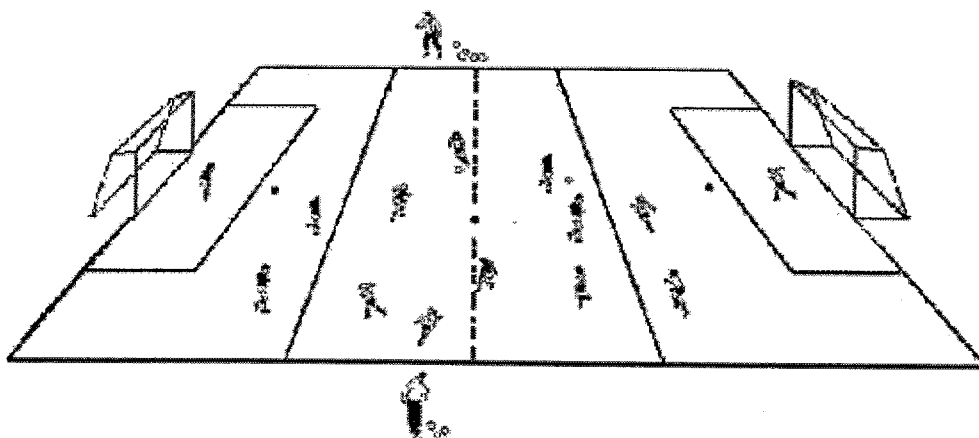
Target:

- To outscore opposing team.

Super 7's Shadows

Objective:

- To prepare young players for the complexities of larger numbers in team play.



Print Game



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Organization:

- Use a 60-yard by 50-yard field.
- Goal sizes should be approximately 6-feet x 6-yards wide (be prepared to improvise or use what is available, e.g., small portable goals, corner flags, etc.).
- Mark in two 20-yard lines with coaching disks - if available use corner flags to emphasize the 20-yard lines.
- Put in a 12-yard handling box out from the goal and the endline.
- Explain by showing with a Walk-Through "Offside" (in Super 7's this occurs in the attacking third of the field). Please Note: A player is offside only at the moment the 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 (the goalkeeper is usually one of the two).
- If you have sufficient numbers play Two-Team Shadow:
 - Two teams are organized, but one team (except for the goalkeeper) kneels down while the other team "shadows" though their pattern of play ending with a shot on goal.
 - Then the other team goes, while the first team kneels.
 - After five minutes both teams go at the same time, but from opposite ends each using a ball.
 - Coach synchronizes the play so both teams start together with a ball from the keeper.

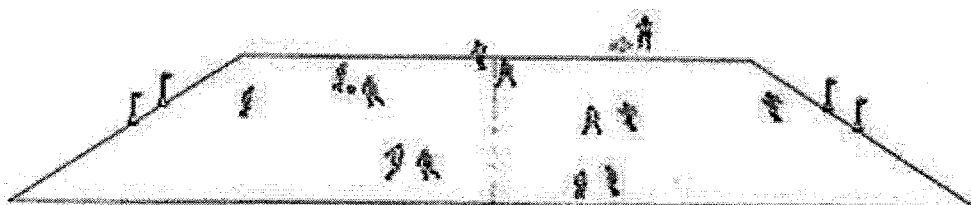
Teaching:

- Use a 3-2-1 system. A goalkeeper: a back three, midfield two and a striker.
- Limit the players to two-touch to force them to support each other.
- Give great encouragement for the outside back defenders to go forward (Rule of Thumb: One goes and the other stays) and for the midfield to support the striker by going forward.
- Be careful it does not become totally unrealistic because of no opposition – in particular in relation to what could be offside positions in the game.
- Now, here comes the fun, reverse the practice on the way back and interchange positions (see Progressions).
- Try to rotate all players through the goalkeeper, defender and attacker roles.

Man Marking Game

Objective:

- To establish both the individual and team discipline required for successful defending;
- To establish good 1 vs. 1 defending habits;
- To practice reading the game (Sweeper Role); to encourage attackers to "elude" tight marking.



Print Game



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Organization:

- Field sized according to numbers and ages (approximately 50 x 40 yards) with halfway line.
- Goals/poles are set up (4 yards wide).
- Squad is split up evenly (e.g., 5 vs. 5).
- Every player is assigned a "Partner Opponent" from opposing team.
- One "pair" split to become the sweepers. "Sweepers" are changed every four or five minutes.
- Each player can only mark and challenge his assigned opponent.
- The sweeper can challenge anyone.
- No one can challenge the sweeper.
- "Sweepers" are restricted to their own half of the field, and are limited to "two touches" maximum on each ball contact.
- Interceptions (not challenges/tackles) are permitted by anyone.
- No one is allowed to handle the ball.

Teaching:

- Encourage players to challenge their opponent without "diving in" and being left trailing.
- Make each player aware of "opponent" at all times.
- When the attack breaks down have former "attacker" react immediately by attempting to recover to defending position "goal-side" of opponent.
- Encourage players to get forward to score.
- Encourage player caught "wrong side" to get back if a teammate loses the ball, but don't criticize them if they are caught out when trying to make a positive forward run.
- Encourage the "sweepers" to block an attack or to be available for a back pass from own team.

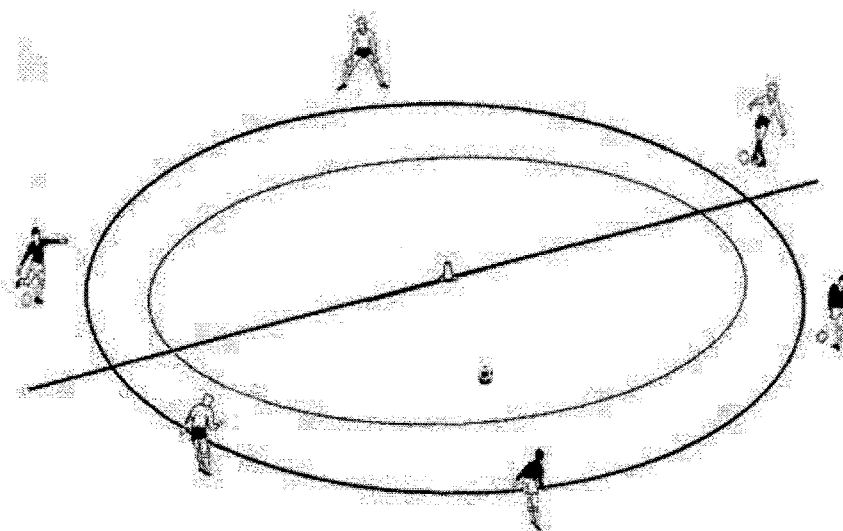
Target:

- To outsmart your individual marking opponent both in attack and defense. As a team, to outscore the opposition.

Super Circle

Objective:

- A challenging centre circle practice that develops accurate kicking.



Print Game



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Organization:

- Extend the center circle by 2, 3 or 4 yards or use marker disks to make a 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 the 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.
- Partners keep their score with the first pair to knock down the cone five times (or four; or three) being the winner.

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).
- Have at least one session where the players must use the "other" foot.

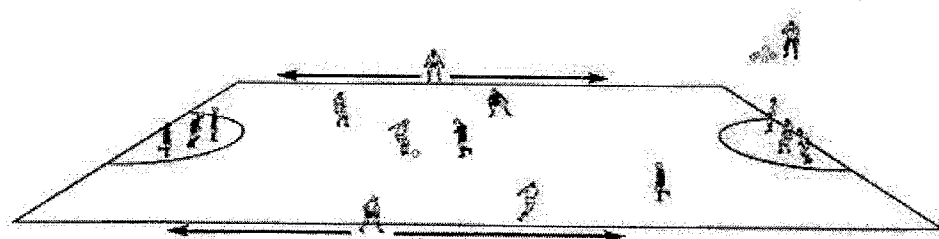
Target:

- Being the first pair to score the set target score.

Chip n' Dale With Windows

Objective:

- To produce a team practice emphasizing good collective defending.
- Also emphasizing good collective attacking.



Print Game



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Organization:

- Mark out area approx. 30 x 35 yards.
- Two zones are placed on the end lines.
- Squad is split into two teams, and each team is halved - one half on the field, the other in the zone.
- Two coaches (or players) act as the "windows" on the outside line.
- The "windows" are an outlet for the team in possession.
- Goals only count if ball is chipped forward, then caught in the end zone without touching the ground.
- A Zone player can dive out to an errant chip and punch/deflect it to a teammate in the Zone providing the ball does not hit the ground.
- "Windows" when they receive a pass must kick or throw the ball back to same team.
- Play for 3- or 4-minutes and then change Zone players with field players.

Teaching:

DEFENDERS

- Instruct one player to hustle player with the ball, not to "dive in" and so prevent the "chipped shot."
- Keep immediate support player alert to movement of other players, while maintaining the "first support" position.
- Make defensive support player(s) aware of forward and diagonal runs, and be prepared to "track down" without sacrificing defensive "shape."

ATTACKERS

- Tell players that accurate one and two-touch passing will break down defensive organization.
- Make player on the ball aware that a fake or dribble can open up angle for chip.
- Remember to take advantage of the outside outlet, but to look for space to receive the ball when "outlet players" are in possession.
- Attacking players must react immediately when the ball is given up to the opposition to prevent the quick counter-attack (and the first-touch chip shot).

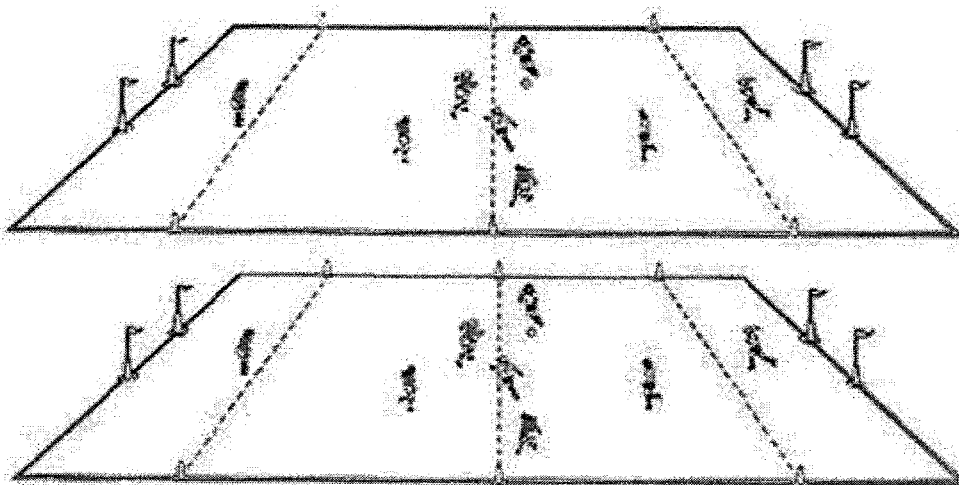
Target:

- To outscore the opposition.

4 v 4 Tournament

Objective:

- To create a Jamboree atmosphere.
- To allow 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 wait their turn 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 long whistle, and signals the end of the period 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 period 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 fifth period.
 - Play 4-periods of two to three minutes.
- 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. In next game the one player who did not play in goal starts in goal. Use the same principle with 4 players or 6 players (equal time in goal and on the field).
- Jamboree operates with a Round-Robin format.

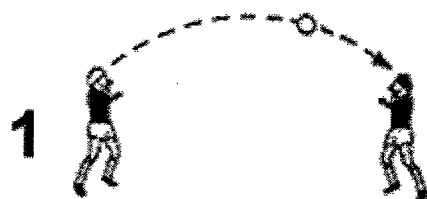
Teaching:

- Coaches have to work hard to say ... nothing!

Pairs Challenge

Objective:

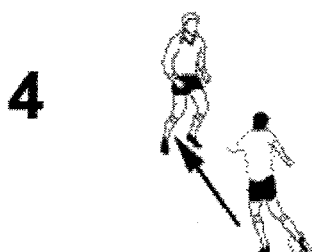
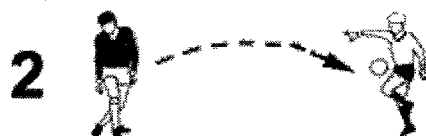
- A fun warm-up that begins to challenge the players with fun skill pair activities.



Print Game



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Organization:

- Go to Me & My Shadow .in the U8 Lesson Plan for the basic starting organization of this activity.
- After each "shadowing" session throw in "pairs challenges" -
 - Without using the hands how long can you keep the ball in the air (Graphic #2) - count the number of times the ball is passed from one to the other.
 - Play "Nutmegs" (Graphic #4) - one partner stands with legs apart and the other plays the ball through the legs, runs around and plays through the legs from behind and so on. Coach sees how many in 20 seconds and then changes.
 - One-touch backwards and forwards (Graphic #3). How many passes before a mistake is made? Start from 3-yards and later move them

back.

- o Same as above, but it must be alternate feet - left, right, left, right.
- o Keep Up as in Graphic #2, but you cannot use the head.
- o Keep Up as above, but you can only use the head (Graphic #1).

Teaching:

- Highlight the best pairs and ask them to demonstrate.
- Encourage the ones who are having difficulty by saying: "Enjoy the Challenge. Try to beat your own record."

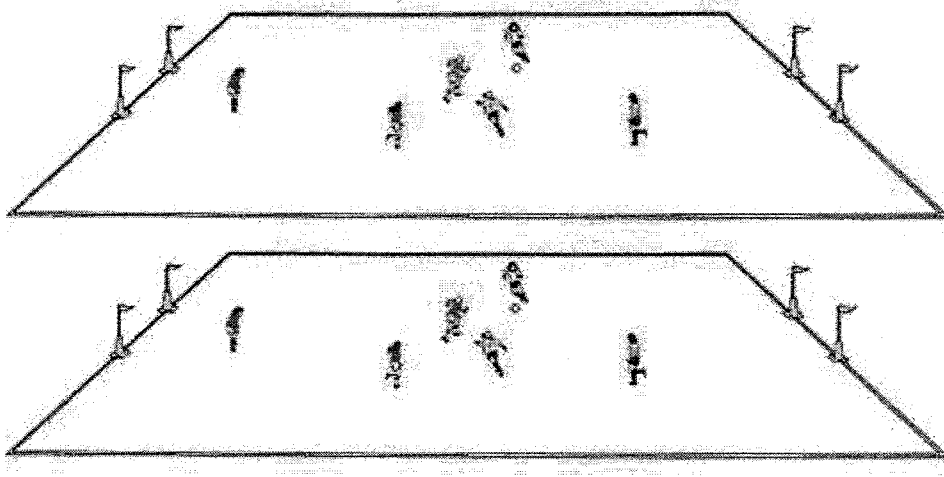
Target:

- To get everyone in the mood for the main part of the practice.

3 v 3 Jamboree

Objective:

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



Print Game



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Organization:

- Any number of players above 11 can create a Jamboree atmosphere.
- If less than 12 set up make up three teams of 3 or 4 players. Have a second activity area as one team waits for their turn to play.
- Unlike the Micro Soccer Jamboree there are no goalkeepers. Goals only count below knee height.
- Put in two or three fields 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 comes on and one player goes off. After 4-periods each player should have played have played 3 of the 4 quarters.

Teaching:

- Coaches have to work hard to say...nothing!