

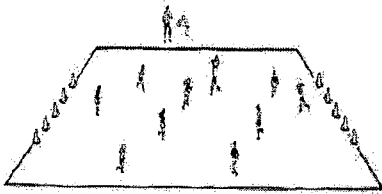


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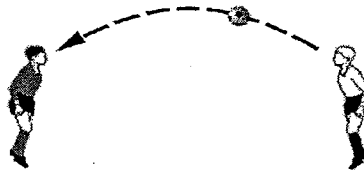
U13 Session 1



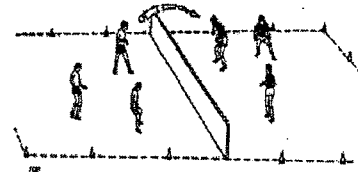
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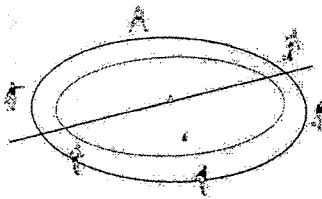
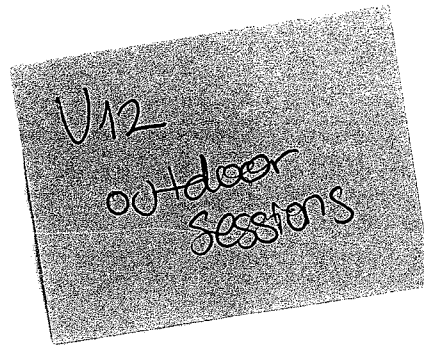
1. GK Ball



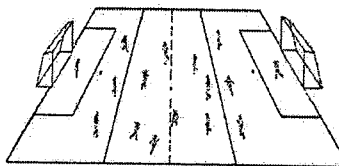
2. Pairs Heading



3. Head Tennis



4. Super Circle



5. Super 8's

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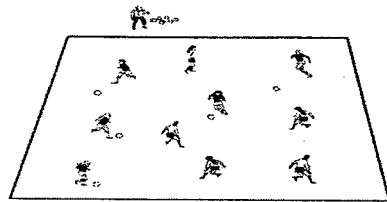


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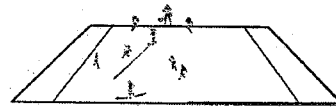
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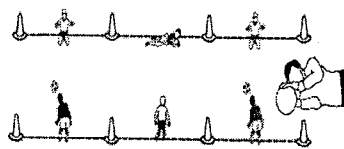
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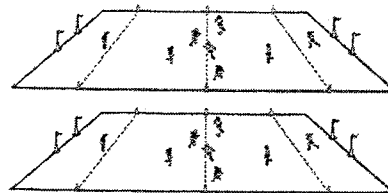
1. The Mixer



2. The Zone Game 4 v 4



3. King's Court



4. Fab Fours Jamboree

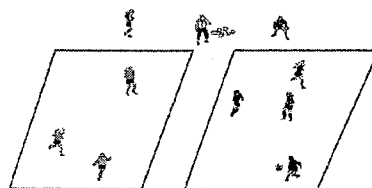
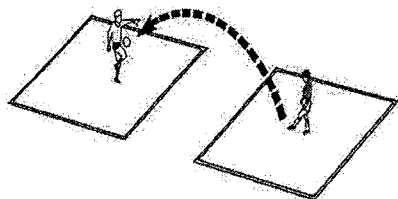
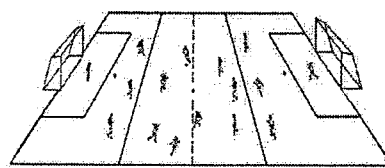
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U13 Session 3

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**1. Crazy Warm Up****2. 3 v 1 Tennis****3. Square Pegs Chipping****4. Super 8's**

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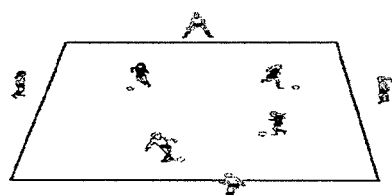


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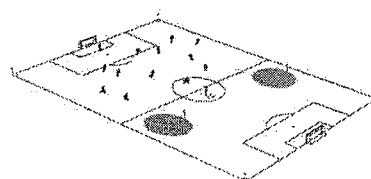
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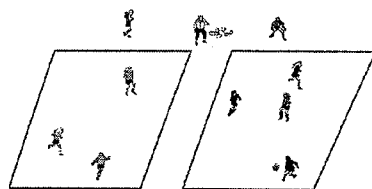
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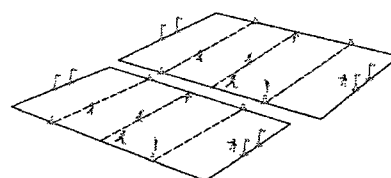
1. Inside Out - One Two's



2. Attack vs Defence



3. 3 v 1 Tennis



4. Micro Soccer® Jamboree

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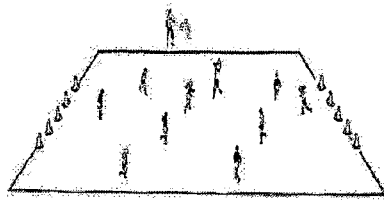


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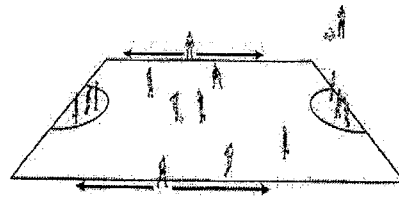
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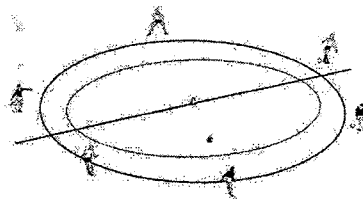
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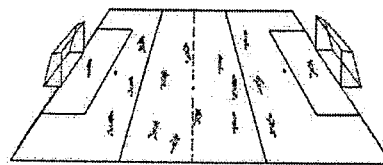
1. GK Ball



2. Chip n' Dale With Windows



3. Super Circle



4. Super 8's

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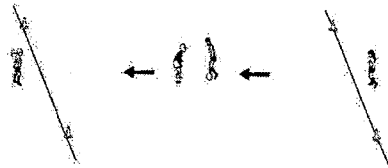


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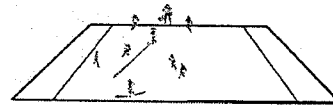
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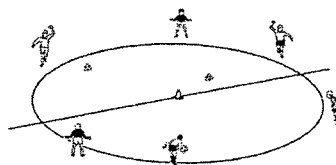
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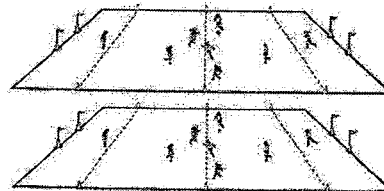
1. One Forward - One Back



2. The Zone Game 4 v 4



3. GK Circle Game



4. 4 v 4 Jamboree

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Print Session Plan

U13 Session 7



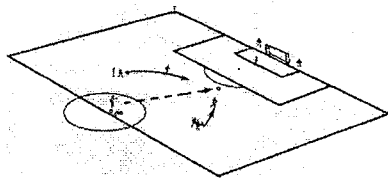
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1. Crazy Warm Up



2. 4-Goal Game 8 v 8



3. Through Balls



4. 3 v 3 Jamboree

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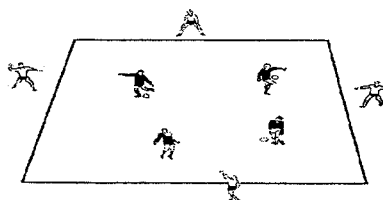
U13 Session 8



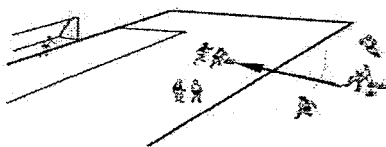
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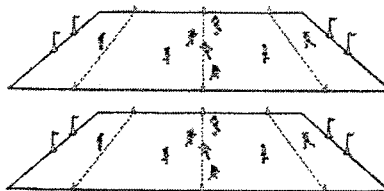
1. Crazy Warm Up



2. Inside Out - Chipping



3. 2 by 4 Shooting



4. Fab Fours Jamboree

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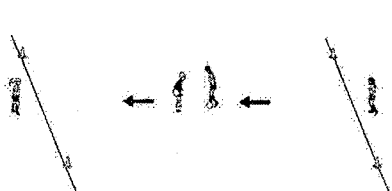


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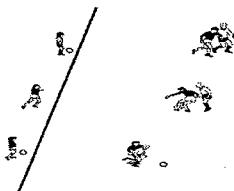
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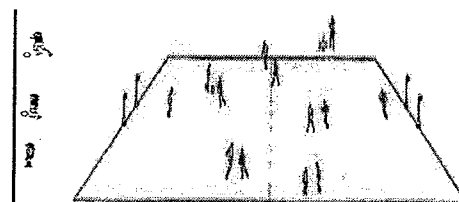
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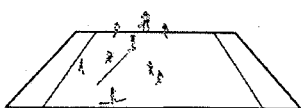
1. One Forward - One Back



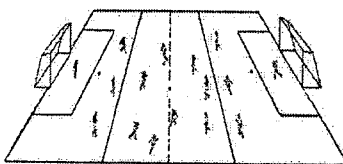
2. Spin & Go



3. Man Marking Game



4. The Zone Game 4 v 4



5. Super 8's

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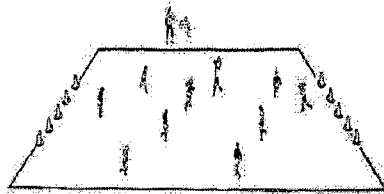


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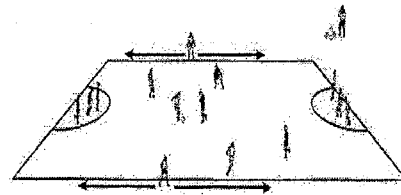
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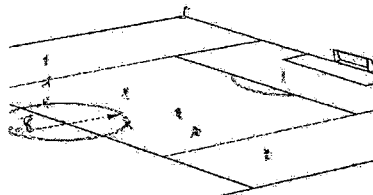
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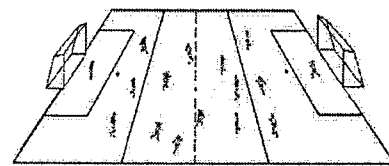
1. GK Ball



2. Chip n' Dale With Windows



3. 4 v 2 Offside



4. Super 8's

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Print Session Plan

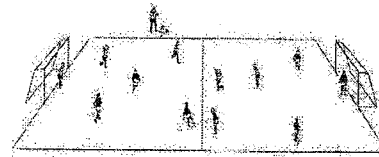
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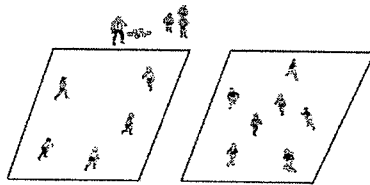
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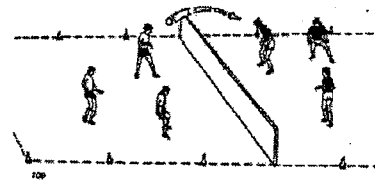
1. Crazy Warm Up



2. Big Shot



3. 5 v 2 Tennis



4. Head Tennis Tournament

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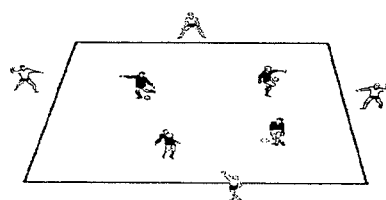


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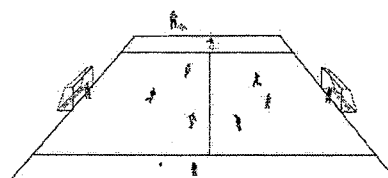
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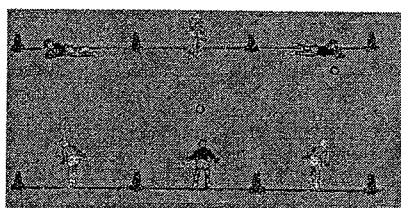
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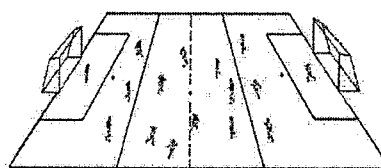
1. Inside Out - Chipping



2. Medium Mixed Bag



3. King's Castle



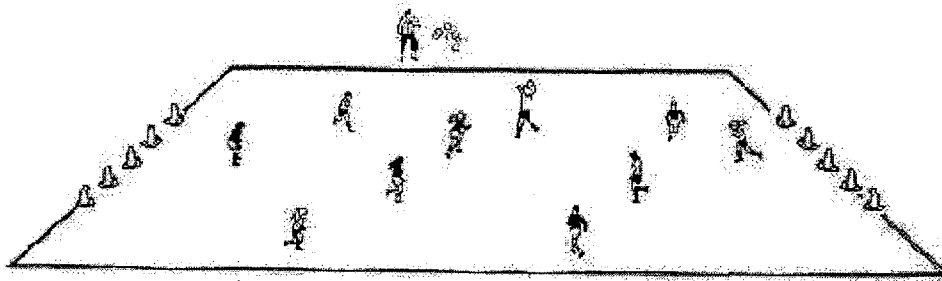
4. Super 8's

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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.

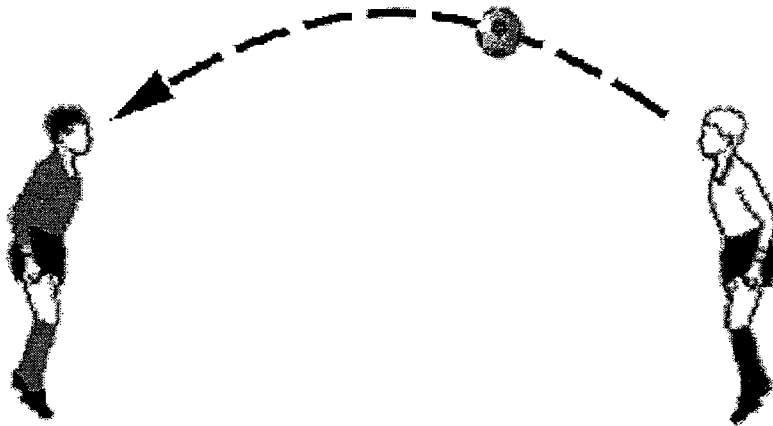
Target:

- To outscore the opposition.

Pairs Heading

Objective:

- A fun warm-up.
- Developing the correct technique of heading.



Print Game



Close Window

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 heading challenges" -
- In pairs heading back and forth.
- You can also use the activities from the Pairs Challenge in the U11 Plans.

Teaching:

- Encourage them to use the upper part of the forehead to project the ball upwards.
- Ask them to establish and then to try and beat their own record.
- The activity will be the teacher. Let them enjoy the Challenge.

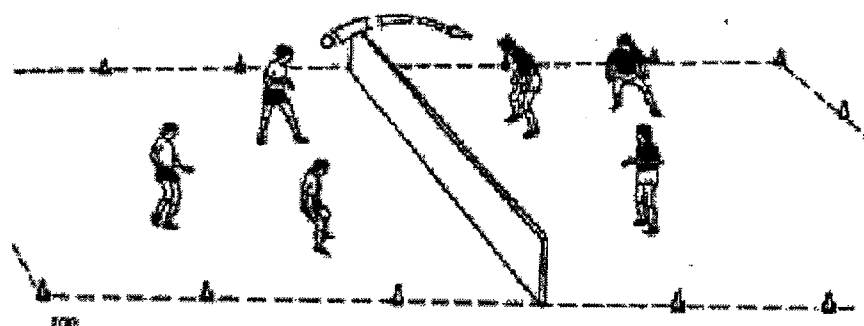
Target:

- To improve their heading technique by setting and improving their record.

Head Tennis

Objective:

- A fun game that greatly improves the touch on the ball, ball control and volleying.
- Develops heading technique as well as heading accuracy and power.



Print Game



Close Window

Organization:

- Mark out a "court" as shown in the graphic.
- Put in a net or improvise with string, benches, etc.
- The initial service can be from within the courts (younger players) or from the back of the court (older players).
- In the illustration shown, these are teenage players who can use more advanced rules.
- Depending on the ability of the players, after the ball comes over the net they are allowed a maximum of two bounces before it must be played back over the net.
- Later make it one bounce only (eventually no bounces).
- If a ball goes outside the court the team that did not make the error wins the point.
- Use Tennis, Table Tennis or Volleyball system of scoring.

Teaching:

- Encourage good communication and support ("Mine!" "I'm here!").
- Tell them to keep it simple and to get the ball over the net as soon as possible.
- The head is the most predictable way of returning the service.
- Encourage a player to stay close to the net when the ball is being returned, as they might need to head on a return or make a desperate volley chip if the ball is not making the net or is going out of play.
- The game will be the best teacher; so don't feel compelled to stop it too much.

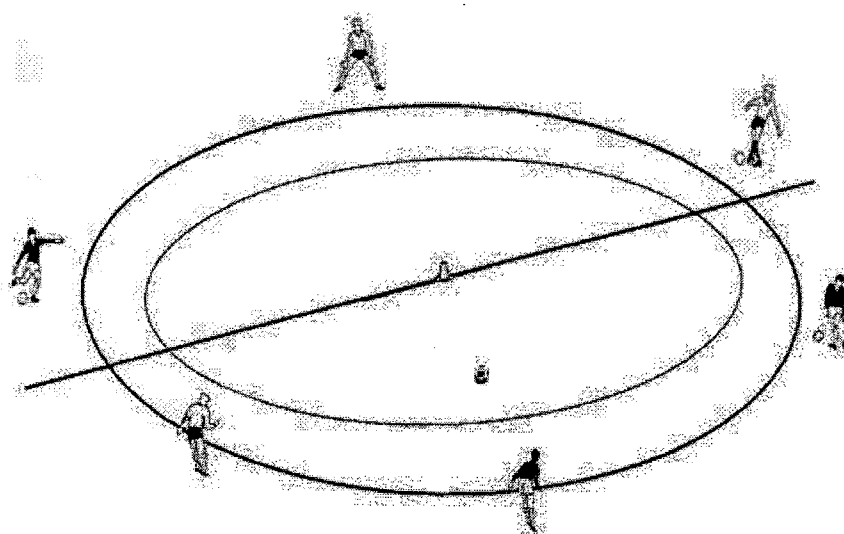
Target:

- To beat the other team.

Super Circle

Objective:

- A challenging centre circle practice that develops accurate kicking.



Print Game



Close Window

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.

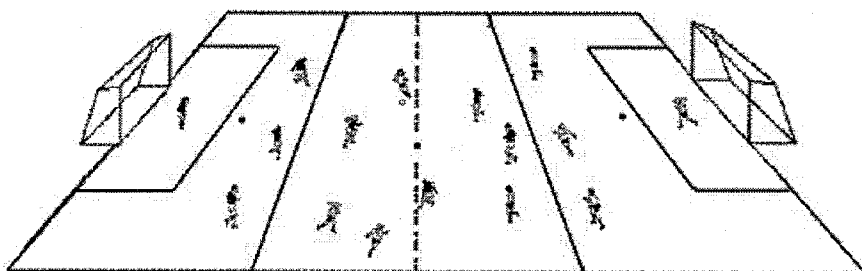
Target:

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

Super 8's

Objective:

- To prepare young players for the transition from small-sided play to 11 vs. 11 play by producing a fast-changing game.
- To produce most of the critical decision-making ingredients of 11-a-side play, including offside.



Organization:

- Use a 66-yard by 50-yard field.
- Goal sizes should be approximately 6.5 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 22-yard lines with coaching disks - if available use corner flags to emphasize the 20-yard lines.
- Put in a 14-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 1-3-3-1 system -- goalkeeper: a back three, three attacking midfield players and one center forward.
- Give great encouragement for the outside back defenders and the midfielders to go forward into attacking positions, but must also balance off one another to give cover.
- 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.

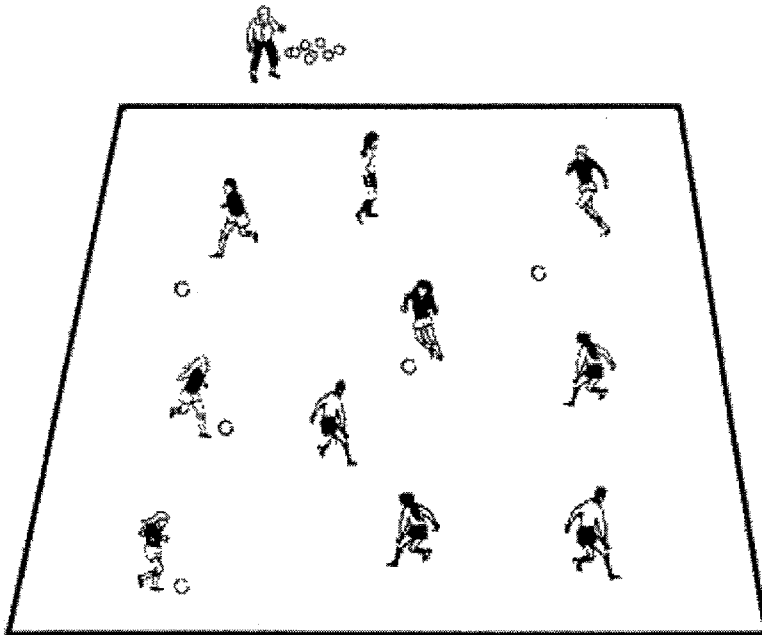
Target:

- To get the players ready for the next step, which is into 11-a-side soccer, with the important rule of offside, and to prepare players for more formalized "positional" play.

The Mixer

Objective:

- A warm-up activity to encourage accurate passing.
- To develop One-Twos and good turns.



Print Game



Close Window

Organization:

- Everyone in a 30 x 30-yard square (depending on numbers).
- If there are say 10 players, 7 have a ball and 3 do not.
 1. The players with the ball can do a number of different passes/moves-
 2. They can play a one-two wall pass.
 3. Do a "take over" with a player without a ball.
 4. Play to a player without the ball and go on an overlap run.
 5. Or they can shout, "Turn!" and the player receiving the ball turns and keeps the ball.
- This activity is very demanding so stop every two minutes and have a "Pairs Challenge."

Teaching:

- Encourage players with the ball to look around to see who is available.
- Good communication is essential so player receiving the ball knows what to do next, i.e., turn, play a one-two, delay to allow the overlap run to take place.

The Zone Game 4 v 4

Objective:

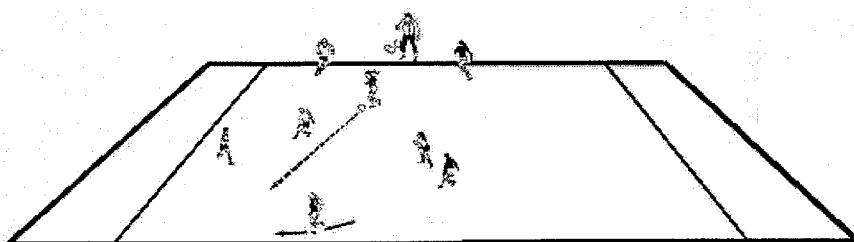
- To develop combined offensive and defensive play in a 4 vs. 4 game.
- To encourage attacking players to get on the "blindside" of the defense to receive a pass.



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.

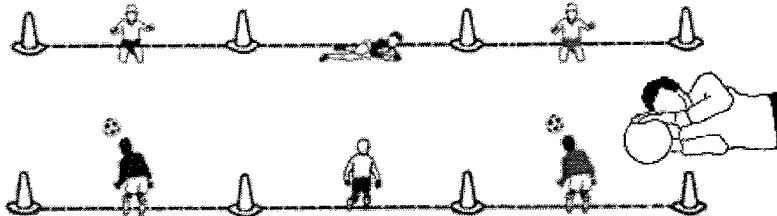
Target:

- To outscore opposition.

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



Close Window

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)

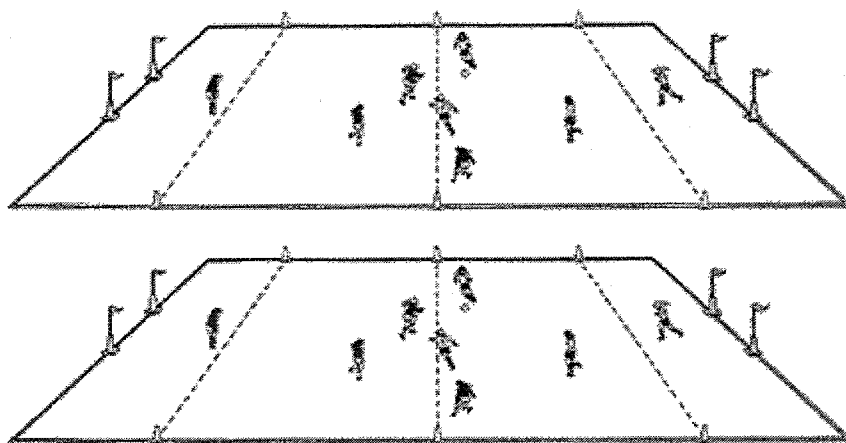
Target:

- 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.

Fab Fours Jamboree

Objective:

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



Print Game



Close Window

Organization:

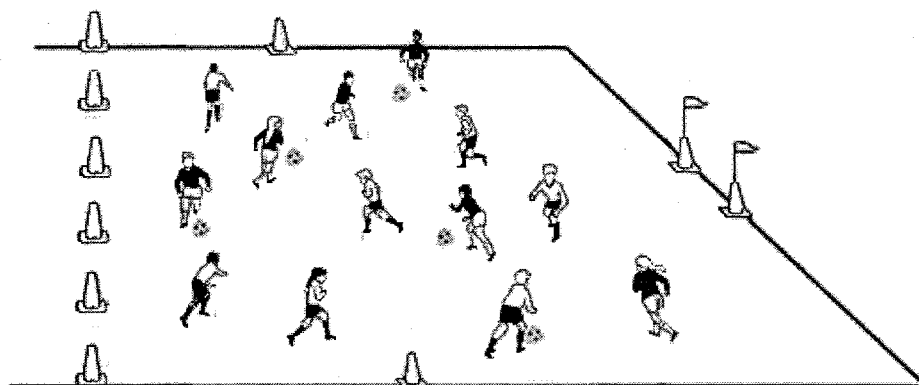
- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 or more put in two fields or more, depending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

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.

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!).

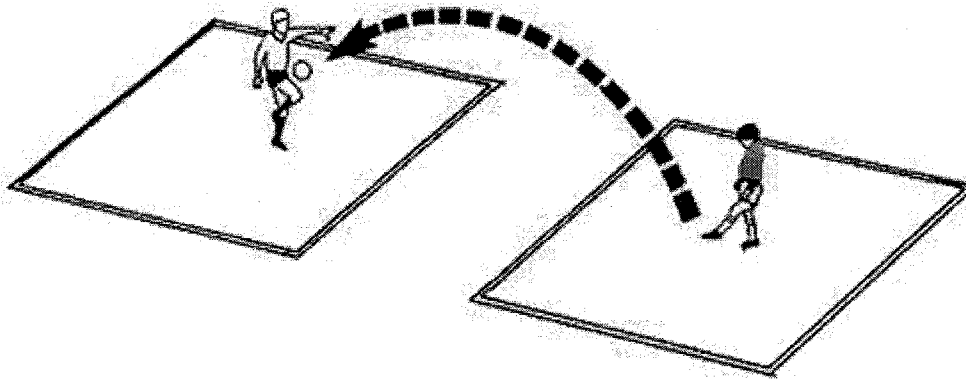
Teaching:

- 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.

Square Pegs Chipping

Objective:

- To improve aerial ball control and to develop the chip pass.

[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 land in the opposite square without touching the ground in between.
- Each player is allowed a maximum of three touches in their square (one to control, one to set up the pass and the third to chip the ball).
- 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:

- Encourage the receiving player in most instances to control the ball before it touches the ground (with thigh or chest).
- Use the second touch to nicely set up the ball for the chip.
- Before starting King's Court allow them some time to practice their chipping technique (kicking foot under the ball, stubbing action with limited follow through).
- Receiver must be very alert and quickly moving into the line of the ball to improve chances of control.

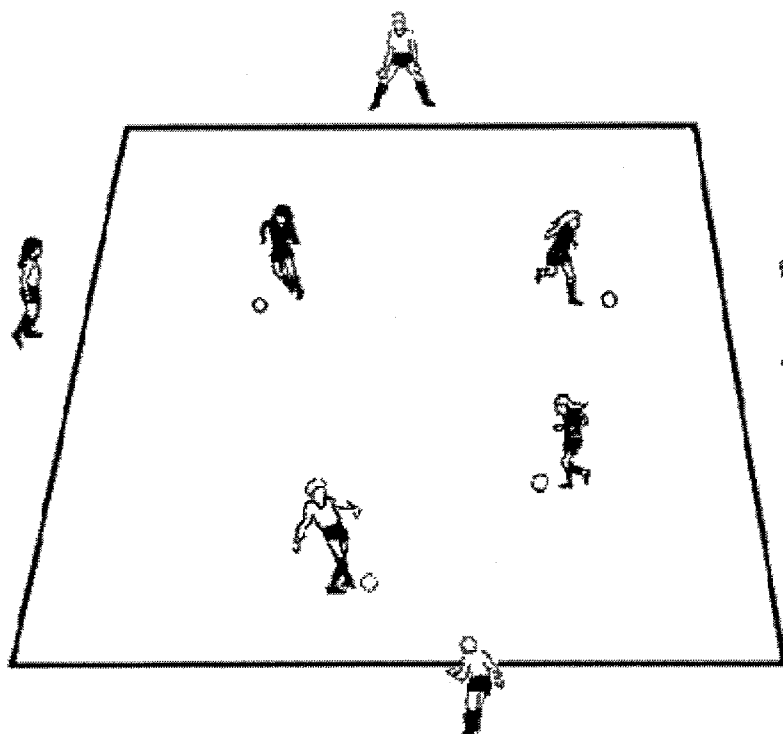
Target:

- To enjoy improving these challenging techniques and to try to get to (or to stay at) the King's Court.

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!"

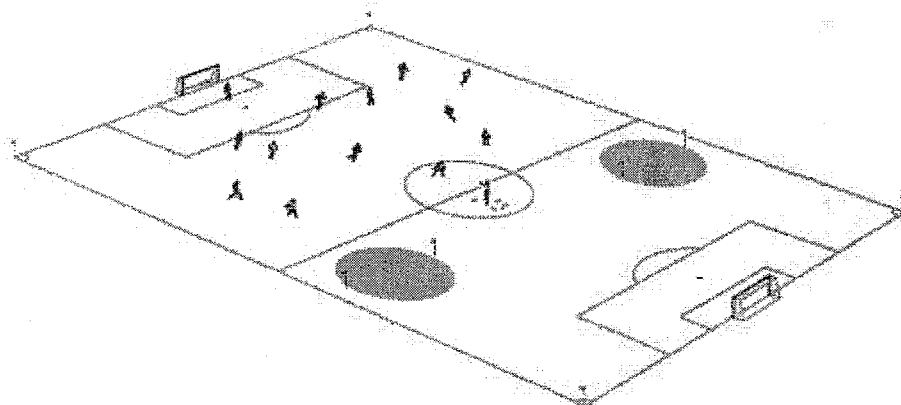
Target:

- To pass accurately and incisively.

Attack vs Defence

Objective:

- To prepare players for the attacking and defensive understanding, including offside.
- To prepare players for 11 vs. 11 soccer.

**Print Game****Close Window**

Organization:

- Players are arranged in their team positions - in this example, 6 vs. 6 plus a goalkeeper.
- The players start in one half of the field.
- Small target goals put on either side of the field near the halfway line for the defending team to play to and score (use cones/flags if no goals available).
- Coach serves ball into attacking half.
- Normal attack takes place - if defenders (and goalkeeper) win ball, they attempt to score in their smaller goals.

Teaching:

- Outline briefly - preferably by walk-through demonstrations - the expectations of the practice.
- Encourage the defenders to push up because of the advantage of exploiting the offside rule.
- If practice is not succeeding and you're sure of analysis, stop the practice and show what could have been done.
- Similarly, stop and show what was done well.
- Don't stop practice too much or interest will diminish.
- Discourage defenders from playing too many short passes.
- If defenders win the ball and then give it back foolishly, encourage attackers to punish the mistake.

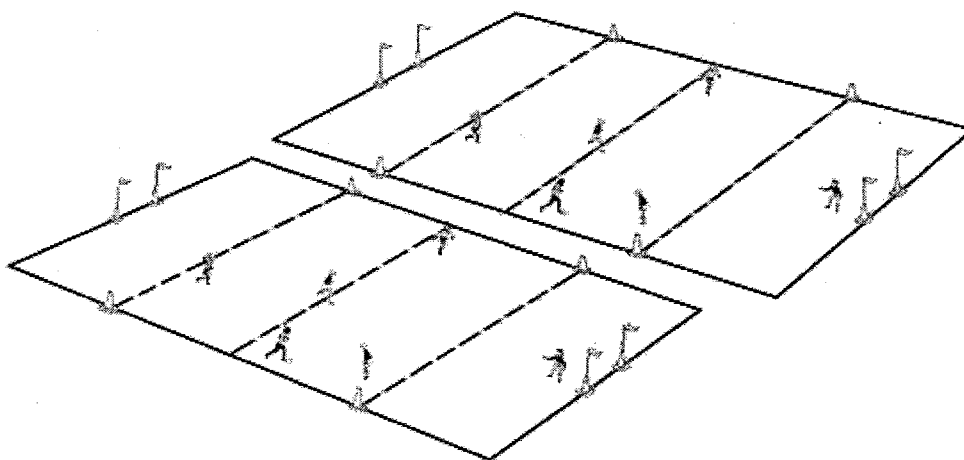
Target:

- Defense to outscore attack by getting more "small goals" than "real" goals; and vice-versa.

Micro Soccer® Jamboree

Objective:

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



Print Game



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Organization:

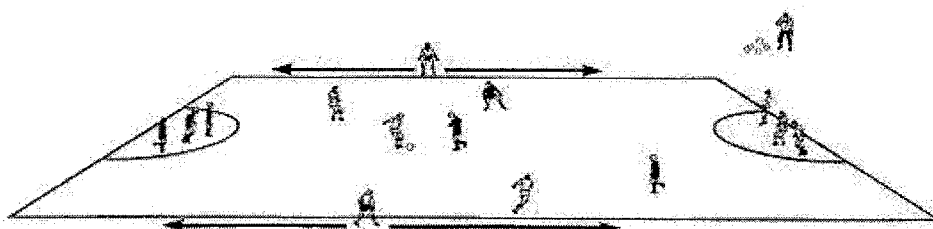
- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With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

Chip n' Dale With Windows

Objective:

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



Print Game



Close Window

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 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).

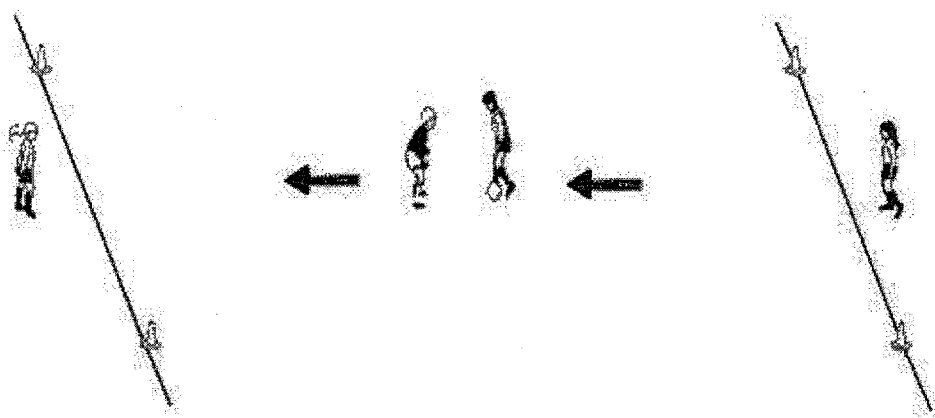
Target:

- To outscore the opposition.

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.

GK Circle Game

Objective:

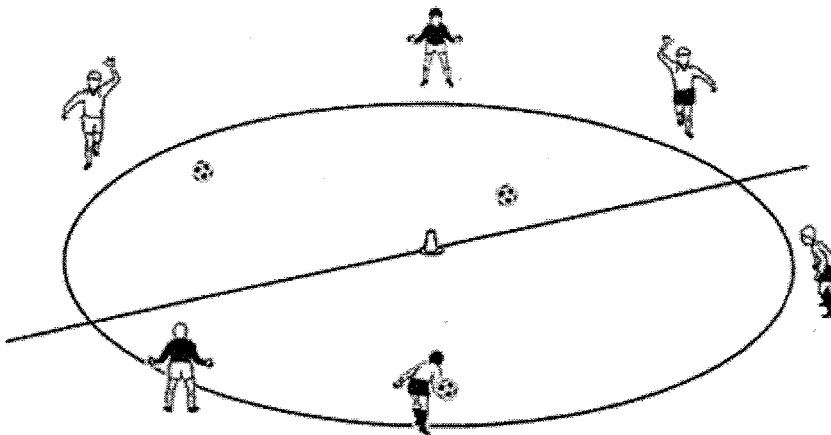
- To produce a fun, challenging game.
- To develop goalkeeper throwing techniques.



Print Game



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Organization:

- Find a mark on the field (or use a quarter) to make sure you know where the center is going to be.
- Pace out from the center and put marker disks in for the four compass points of north, south, east and west, and then complete the circle.
- The distances will depend on the age of the players (4- to 5-yard radius for 6- to 7-year olds).
- Players partner up and go on opposite sides of the circle (coach may need to join in if there are uneven numbers).
- Target cones are placed in the center.
- Initially everyone is trying to knock the cones over (with their throw) as a "team."
- Then it can become more competitive as one pair tries to get 4 (or 5, etc.) knock downs before the others. As they become better, reduce the number of cones (eventually to one).
- The reward for knocking over the single cone is that the successful thrower must put it back up on the center mark (kids will get a laugh out of that!).
- Start with a rolled throw.
- Later use the over arm throw.
- Don't use size-4 or size-5 balls for younger players.

Teaching:

- Bowl the ball as you would in a bowling alley.
- Young players may need to support the ball with two hands until just before the ball is released.
- Same with the over arm throw, support the ball with both hands, but encourage them to make the final part of the throw with one hand for greater power.
- Do not let the practice go too long, as techniques can become sloppy through arm/shoulder fatigue.
- When they show arm fatigue change it to the conventional Circle Game using the foot pass.

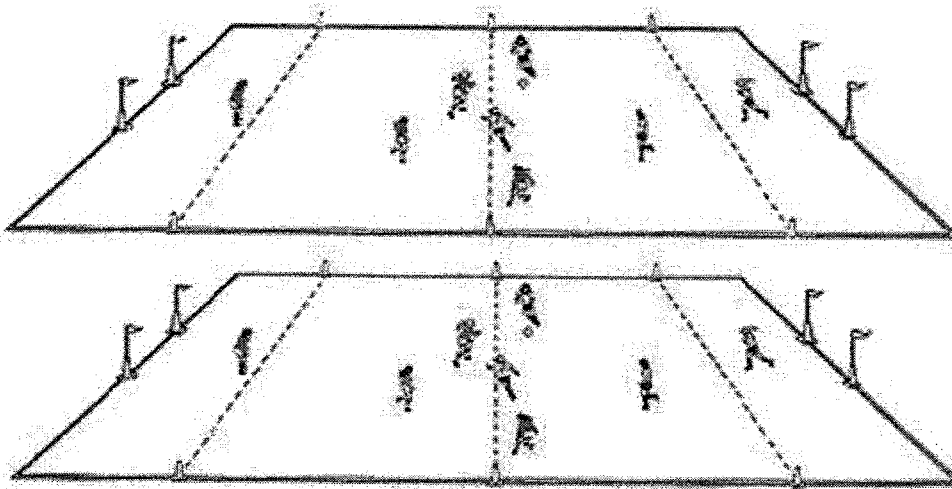
Target:

- The fastest time the team can knock down all the cones; or the first pair to score three (or four knockdowns or hits).

4 v 4 Jamboree

Objective:

- To create a Jamboree atmosphere.
- To allow 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 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:

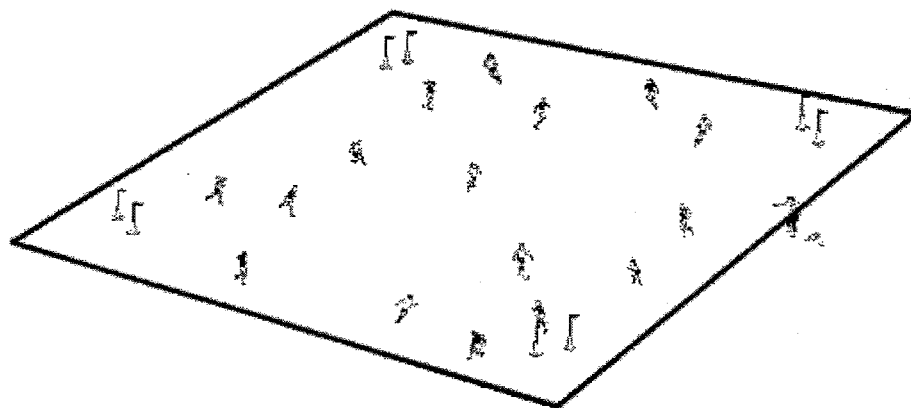
- Coaches have to work hard to say ... nothing!

4-Goal Game 8 v 8

Objective:

To encourage:

- On-the-ball composure of individual players.
- Awareness of team-mates.
- Team cooperation.



Print Game



Close Window

Organization:

- Area 50 x 50 yards.
- Four goals are set-up by cones or markers five yards out from each corner. Goals are one yard wide.
- The eight 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.

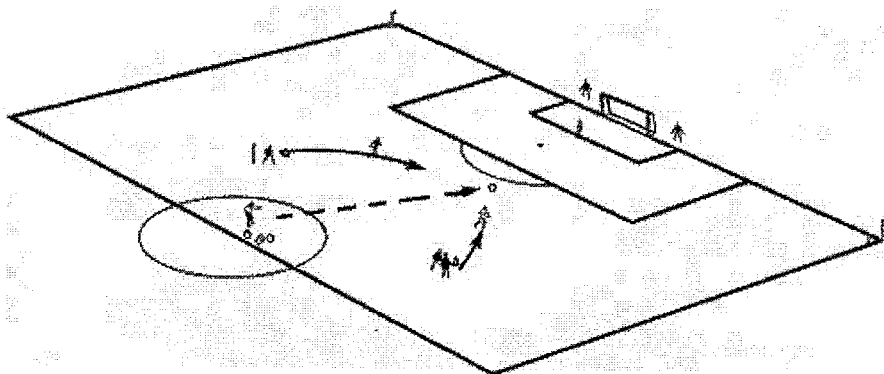
Target:

- To outscore the opposition.

Through Balls

Objective:

- To give realistic practice for goalkeeping in through balls.
- To produce critical one-on-one attacking and defending situations.



 Print Game

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Organization:

- Set up two groups of field players as above and one group for the goalkeeping action. Goalkeepers rotate after each shot.
- First field player to the ball becomes the attacker. 2nd player becomes the recovering defender.
- After an attack, give time to clear the area before serving the ball for next two players.
- Coach always touches ball to side before playing the ball in to get everyone ready to respond.
- Coach/server should vary the service: sometimes biased in favor of goalkeeper, sometimes to a field player.
- Occasionally give a three-way "hospital pass," and a lobbed/bouncing service.

Teaching:

- Starting position of the goalkeeper critical - off the line to gain yards, but not too far to be exposed to an accurate long chip ball.
- Early decision is desirable but exception to "good goalkeeping rules" can apply here:
- As ball is played in, goalkeeper can move forward two or three paces while still assessing the situation. If the decision is to go, then ground has already been gained. If decision is to stay, the keeper relaxes while skipping and dancing back to original position.
- Attacker must be incisive and not be shepherded away from the goal.
- Defender works in cooperation with the goalkeeper either engaging the attacker or covering the blocking or side-diving goalkeeper.
- Good decisions and good techniques for the goalkeeper for final action in either diving at feet to win the ball; spreading and forcing attacker wide; or standing up and reacting to shot.

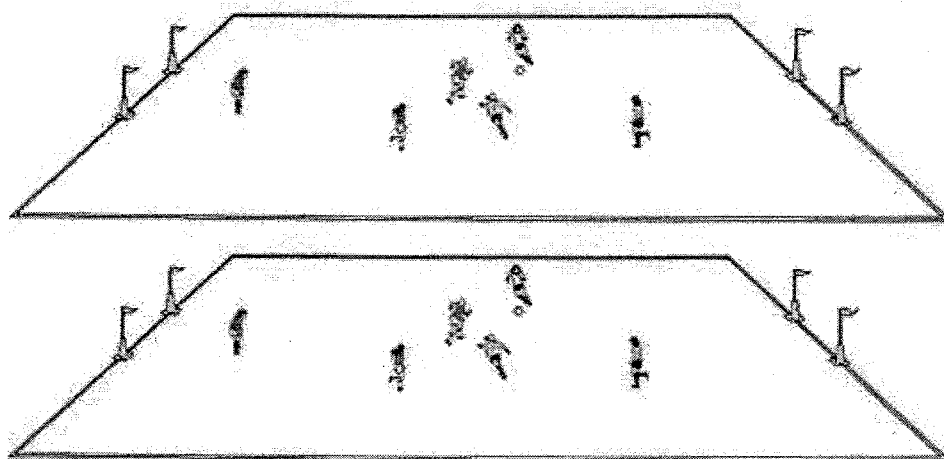
Target:

- Mainly to assist all players in becoming comfortable in dealing with the through ball from a goalkeeping perspective.

3 v 3 Jamboree

Objective:

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



Print Game



Close Window

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.

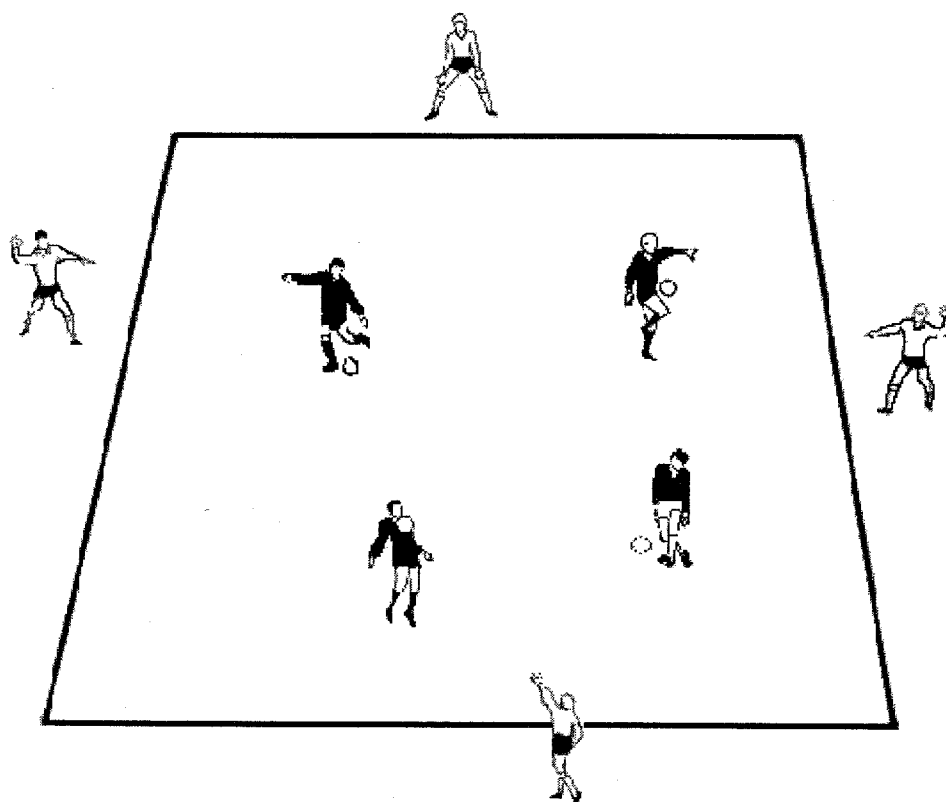
Teaching:

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

Inside Out - Chipping

Objective:

- To develop chip passing.
- To develop the receiving of balls in the air.



Print Game



Close Window

Organization:

- Split group into two (does not matter if numbers are odd).
- Depending on numbers mark a 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 must play a chipped (lofted) pass ideally into the hands of an outside player.
- Must then find another outside player to receive a throw-in pass to be controlled by chest, thigh or foot.
- After one minute or so 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 chip pass by stubbing the foot under the ball.
- After chipping the ball player turns away to see who on the outside has a ball in the hands and then

- demands the throw-in ("David! Yes!").
- Insist on a "correct" throw-in and tell the outside players not to throw the ball in if the inside player comes too close.
 - Perhaps restrict one session to left foot only.
 - Encourage players with the ball to look around to see who is available on the outside.
 - Players must play an accurate chip pass by stubbing the foot under the ball.
 - After chipping the ball player turns away to see who on the outside has a ball in the hands and then demands the throw-in ("David! Yes!").
 - Insist on a "correct" throw-in and tell the outside players not to throw the ball in if the inside player comes too close.
 - Perhaps restrict one session to left foot only.

Target:

- To learn how to chip balls and develop good controlling skills when receiving aerial balls.

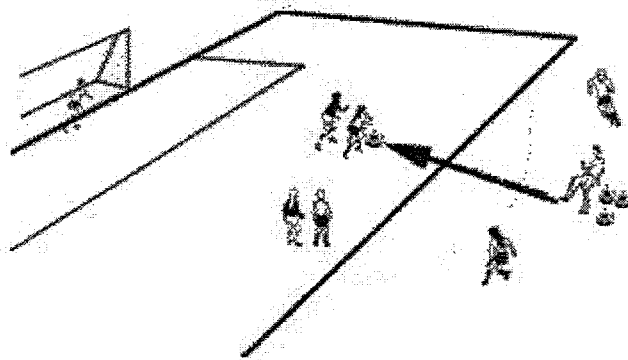
2 by 4 Shooting

Objective:

- Developing the ability to make shooting positions.
- To develop accurate shooting and power shooting from longer distances.



Print Game



Close Window

Organization:

- Two teams of six or two teams of four.
- If there is a goal available use it, or improvise a goal with a penalty area.
- 2 vs. 2 inside the area with two supporting players outside the area.
- Offside rule applies.
- Coach players into the two who can combine to penetrate and shoot.
- Or they can play it back to one of the players on the outside for a first-time shot.
- Players on outside must either shoot first time or they can control it and play back into the two inside the box (but cannot shoot on the second or third touch).
- Defending team has a goalkeeper and two defenders.
- After five serves in by the coach teams rotate. For instance, with six, defenders and goalkeepers change; two attackers inside the box take a rest; two outside move inside the box; two players who have been resting take up the outside the box positions.
- With teams of four, similar rotation. The Golden Rule is equal time wherever possible in all the positions - goalkeeping, attacking and defending.
- After everyone in the attacking team has been through both modes, change with defending team.
- Coach may want to limit goals only counting below 6-feet (adult goals too high).

Teaching:

- Encourage the two "box" attackers to work off one another.
- Both must work hard to create space to receive the ball from the server or outside attackers.
- Inside attackers must always be looking for rebounds off the goalkeeper, the post or a defender.
- Outside attackers must help by good communication (e.g., "Here!" or "Turn!").
- Defenders have to combine well together and give attackers little or no space.
- They should use the offside law to allow them to push up and constrain the space for the attackers.

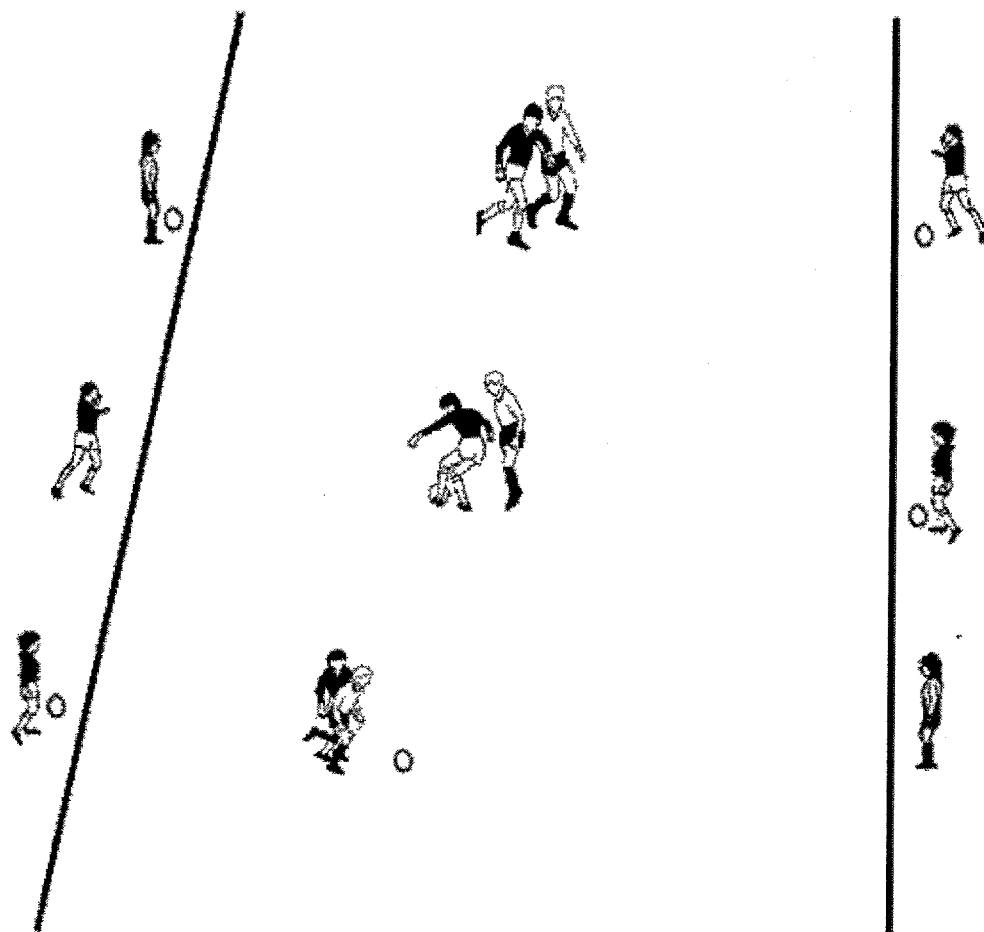
Target:

- To outscore the opposition.

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.

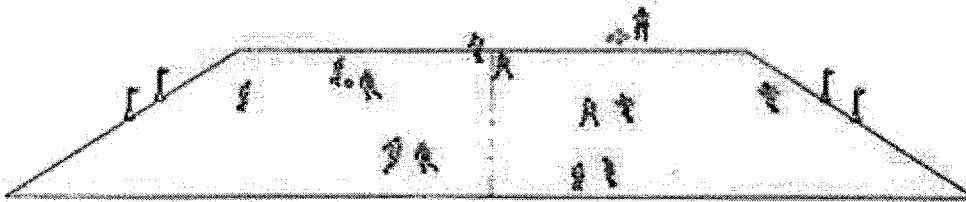
Target:

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

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



Close Window

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.

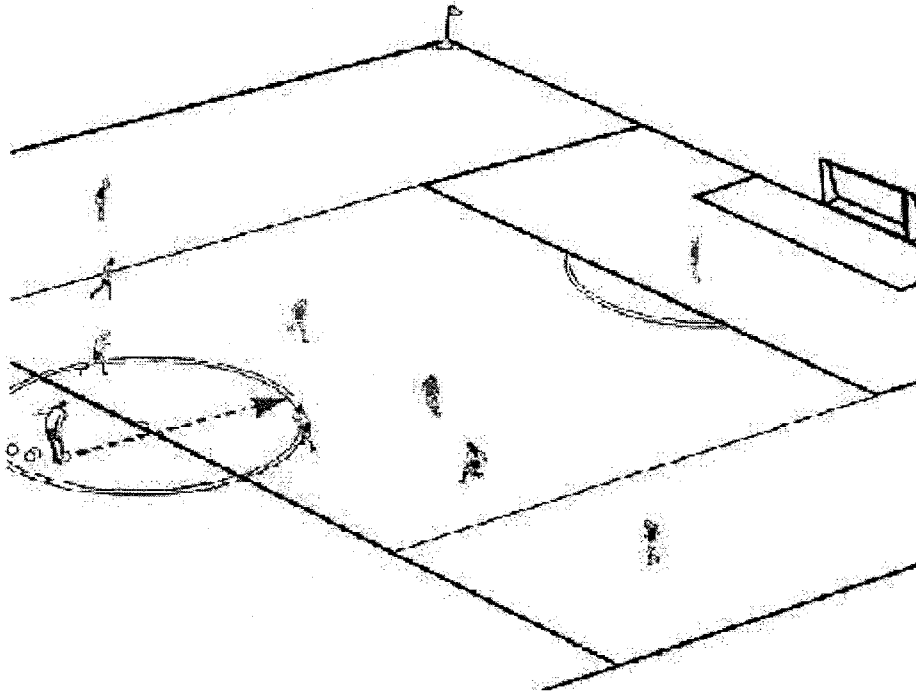
Target:

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

4 v 2 Offside

Objective:

- To encourage attackers to time their runs with offside in mind.
- To make young defenders aware of the advantages and disadvantages of offside.



Print Game



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Organization:

- If you can use half a soccer field, extend the 18-yard lines up towards the halfway line.
- Split group into two teams of 6.
- 4 attackers play against 2 defenders and a goalkeeper.
- After a while, substitute players in (equal-time, equal position basis).
- Two of the three defenders outside the main practice act as linesmen (assistant referees) to ensure the attackers are on-side when they attack.
- Coach explains the offside rule and, if necessary, walks through the offside rule.
- Server (coach) plays ball in and a 4 vs. 2 attack is mounted on the goal.
- If the 2 defenders win the ball they can play it to the two "target men" (the attackers waiting their turn). Change and substitute after two attacks and then change from attack to defense after 8 serves.

Teaching:

- All four attackers must time their runs so they are onside when the ball is kicked.
- If the attackers go offside because the ball was not played in, they must get back on side as quickly as they can.
- While the defenders can use the offside rule to make it more difficult for the attackers, they should not push up too far where they can be easily penetrated by a pass or dribble.

Big Shot

Objective:

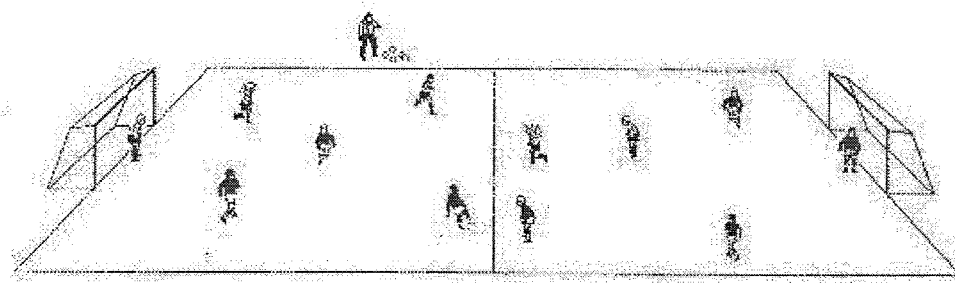
- To develop ability and willingness to shoot from central areas.
- To develop an attitude of looking for half-chances and rebounds.



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.

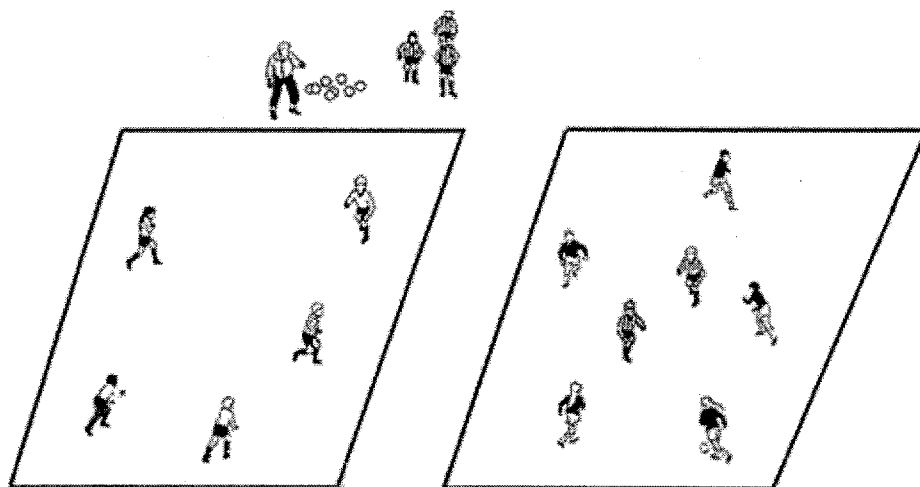
Target:

- To outscore the opposition.

5 v 2 Tennis

Objective:

- To build up the complexity of passing and supporting play.
- To develop two player teamwork in defending.
- To bring in the aspect of penetrative and forward passes.



Print Game



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Organization:

- Mark two grids 15 x 15 yards depending on numbers, 5-yards apart.
- Use 3 teams of 5 players (adjust organization if numbers do not quite work out).
- Use pinnies to distinguish the three groups.
- Two groups of 5 go into the squares. Two players from the third group also go into one of the squares to become defenders.
- Coach plays a ball into the defended square. The 5 players try to keep the ball away from the two defenders.
- 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 are two defenders from off the field allowed to enter that square.
- The previous defenders come out of the square to take a rest. Defending chores are divided in this way and the defending chores are shared on an equal time basis.
- 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 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 team-mates.

- All attackers need to communicate - particularly the two players "off-the-ball" ("Hold it!" "Wait!" "I'm here!") - as they are the "eyes" of the player with the ball.
- The two defenders must work off one another to force difficult passes, and therefore mistakes, by the attackers.

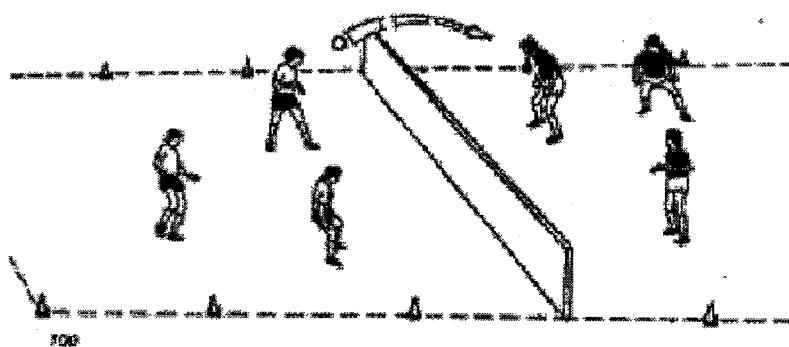
Target:

- To stay as one of the attacking group and not the defending group.

Head Tennis Tournament

Objective:

- A fun, challenging round robin tournament.
- Culminating in some sprint relays.



Print Game



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Organization:

- Organize Head Tennis courts as shown in the graphic above.
- Consider joining up with another team who practice at the same time.
- Select teams of 3 players.
- Don't worry if there is an odd number (can have a team of two or four).
- Try to ensure even numbers of teams so no one is waiting.
- Play five minute games.
- Teams work on a Round-Robin format.
- See Head Tennis to establish the rules and scoring method.
- At the end of the tournament consider (if time allows) having some sprint relays (see Relays).

Teaching:

- As this is an end of session "free" play time, the coach merely organizes the tournament and lets the players play.

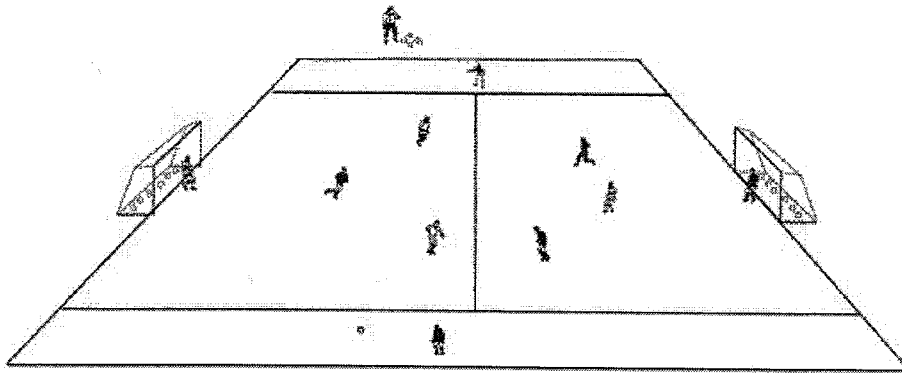
Target:

- To outscore the opposition.


Medium Mixed Bag

Objective:

- To encourage young players to think more about using the width of the field.
- To develop crossing skills and to look to finish (or defend) attacks from the flanks.



 **Print Game**

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Organization:

- This is the progression from the Mini-Mixed Bag.
- Mark in an area 36 (two penalty areas long) by 30 yards wide and then further extend the width with a 6-yard channel on either side.
- Don't be tempted to use the full width of the penalty box (44 yards) as this may be too wide at this age.
- 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 each flank.
- Keep a supply of balls in each net.
- 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 with the cross in between the defender and the goalkeeper.
- Attackers should go away from the crosser and then come in fast as the ball is played in (see Corner Shot).
- Defender and goalkeeper have to work well together as the defender cannot man-mark two attackers.
- Goalkeeper should take charge and organize the defenders.

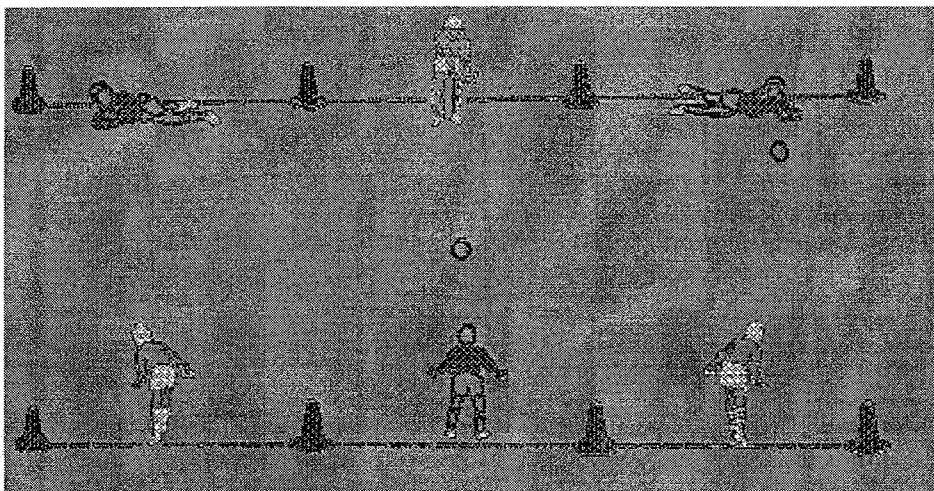
Target:

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

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



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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.