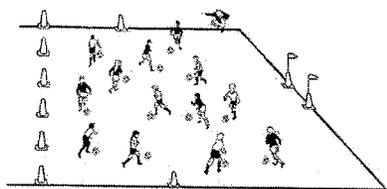
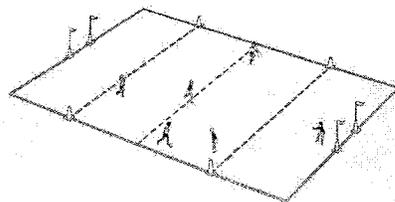




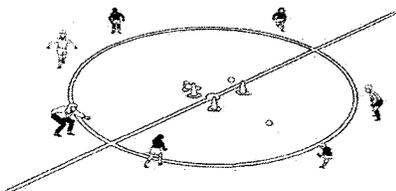
### U7 Session 1



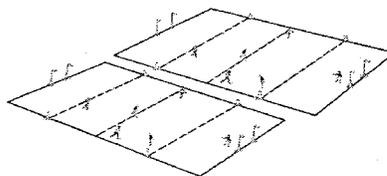
**1. Square Dance**



**2. Micro Soccer ®**



**3. Circle Game ®**

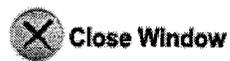


**4. Micro Soccer® Jamboree**

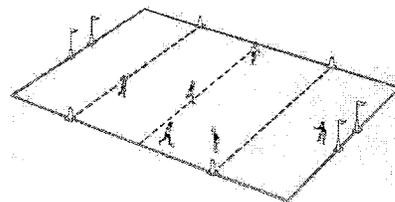
Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



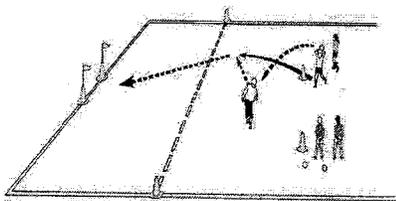
## U7 Session 2



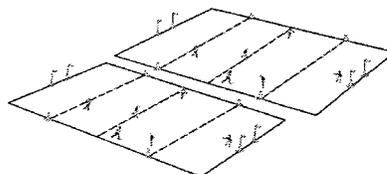
**1. Square Dance**



**2. Micro Soccer®**



**3. Mack 1**

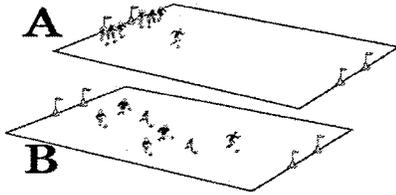
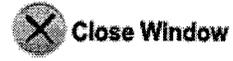


**4. Micro Soccer® Jamboree**

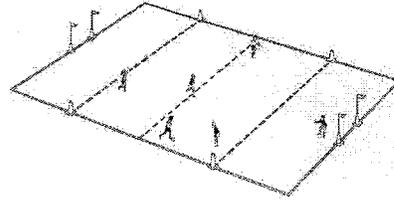
Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



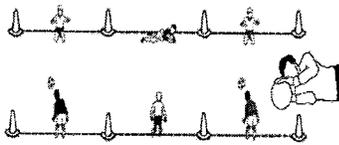
### U7 Session 3



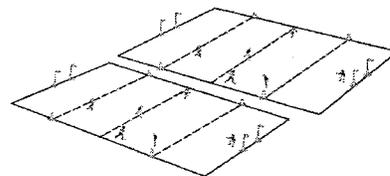
**1. Red Light - Green Light**



**2. Micro Soccer®**



**3. King's Court**

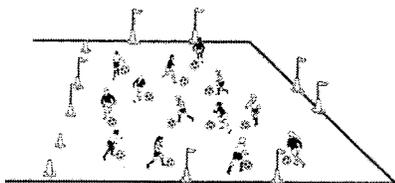


**4. Micro Soccer® Jamboree**

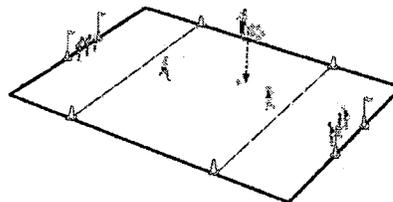
Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



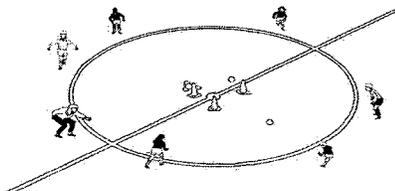
### U7 Session 4



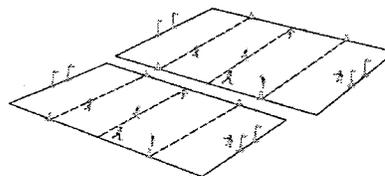
**1. North South East West**



**2. Numbers Game®**



**3. Circle Game ®**



**4. Micro Soccer® Jamboree**

Copyright © Byte Sized Soccer 2000-2008. All rights reserved.

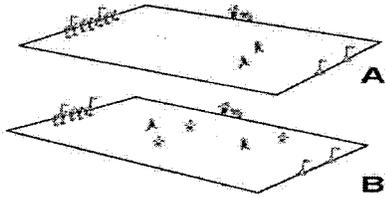


Print Session Plan

### U7 Session 5



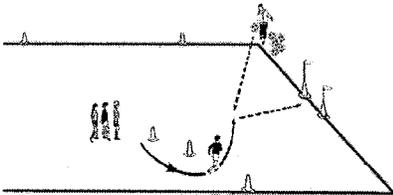
Close Window



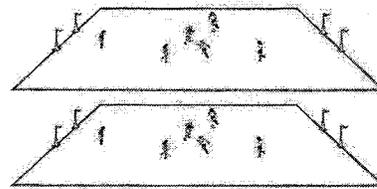
**1. Cow Dogs**



**2. 3 v 3**



**3. Corner Shot**

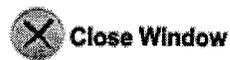


**4. 3 v 3 Jamboree**

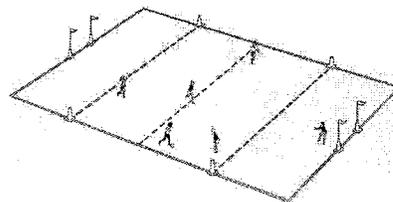
Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



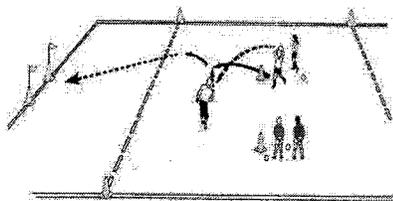
### U7 Session 6



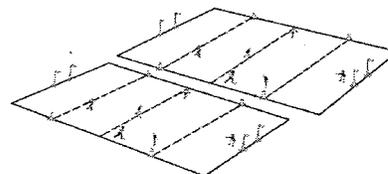
**1. Square Dance**



**2. Micro Soccer®**



**3. Mack 2**

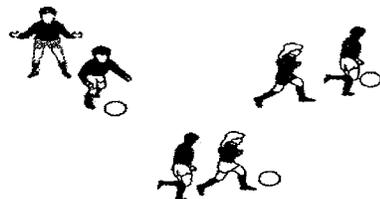


**4. Micro Soccer® Jamboree**

Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



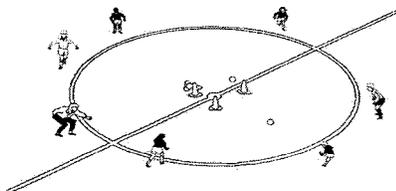
## U7 Session 7



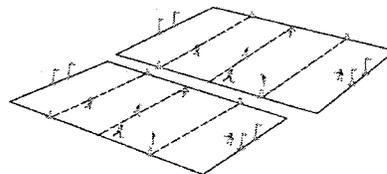
**1. Me & My Shadow**



**2. Carl's Keep Away**



**3. Circle Game ®**

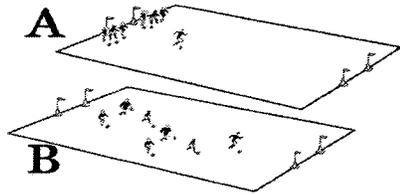
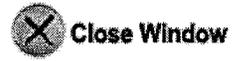


**4. Micro Soccer® Jamboree**

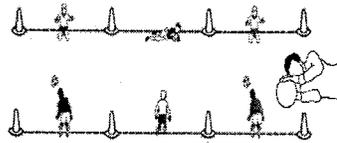
Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



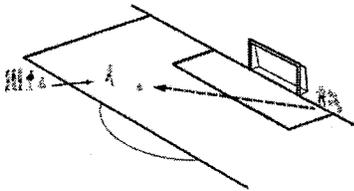
**U7 Session 8**



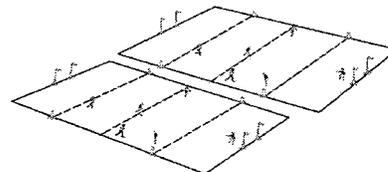
**1. Red Light - Green Light**



**2. King's Court**



**3. King Carl**

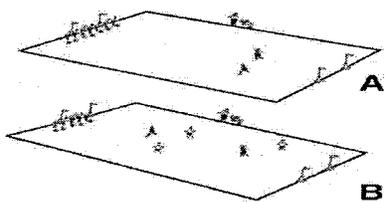


**4. Micro Soccer® Jamboree**

Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



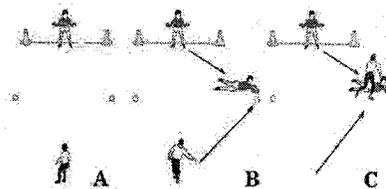
### U7 Session 9



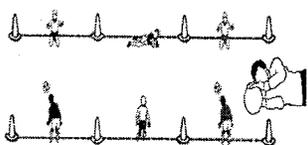
1. Cow Dogs



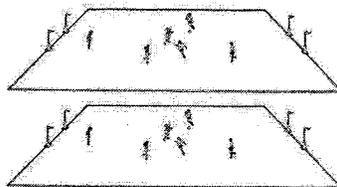
2. Carl's Keep Away



3. This Way/That Way



4. King's Court

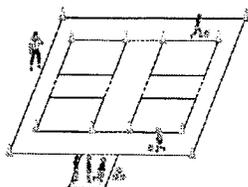
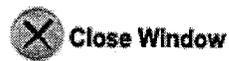


5. 3 v 3 Jamboree

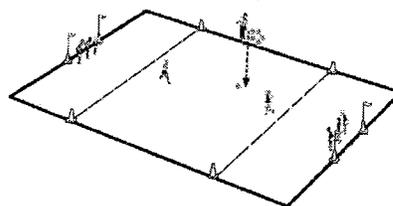
Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



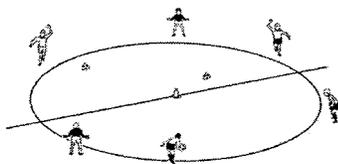
### U7 Session 10



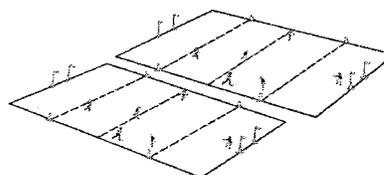
**1. Indy 500**



**2. Numbers Game®**



**3. GK Circle Game**

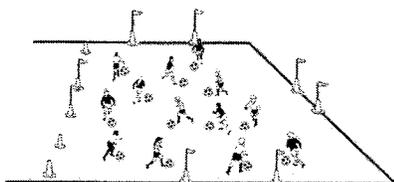


**4. Micro Soccer® Jamboree**

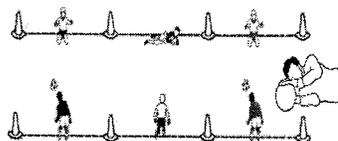
Copyright © Byte Sized Soccer 2000-2008. All rights reserved.



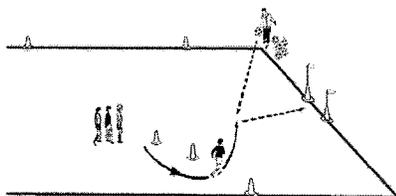
**U7 Session 11**



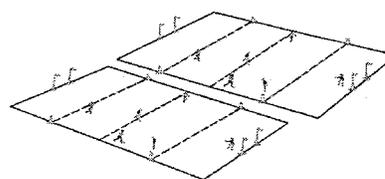
**1. North South East West**



**2. King's Court**



**3. Corner Shot**



**4. Micro Soccer® Jamboree**

Copyright © Byte Sized Soccer 2000-2008. All rights reserved.

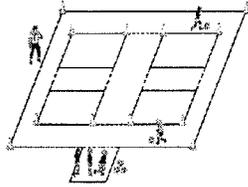


Print Session Plan

## U7 Session 12



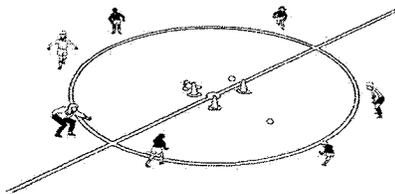
Close Window



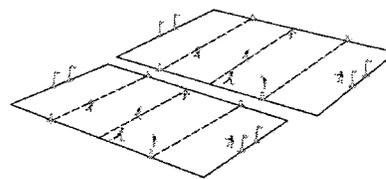
**1. Indy 500**



**2. Change Soccer**



**3. Circle Game ®**



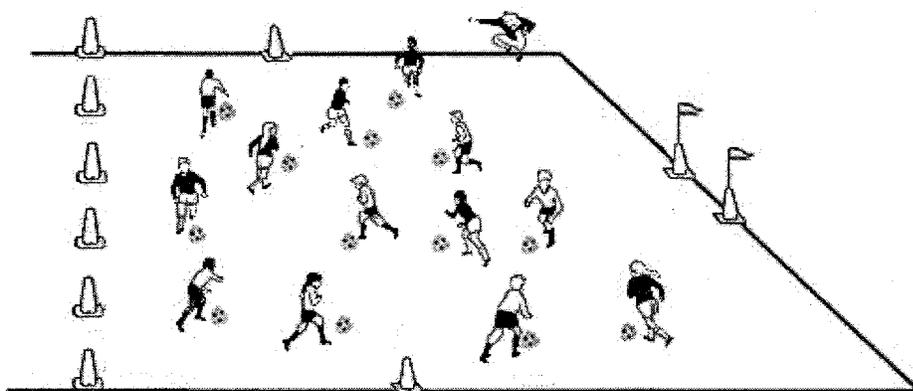
**4. Micro Soccer® Jamboree**

Copyright © Byte Sized Soccer 2000-2008. All rights reserved.

## Square Dance

### Objective:

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



Print Game



Close Window

### Organization:

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

### Teaching:

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

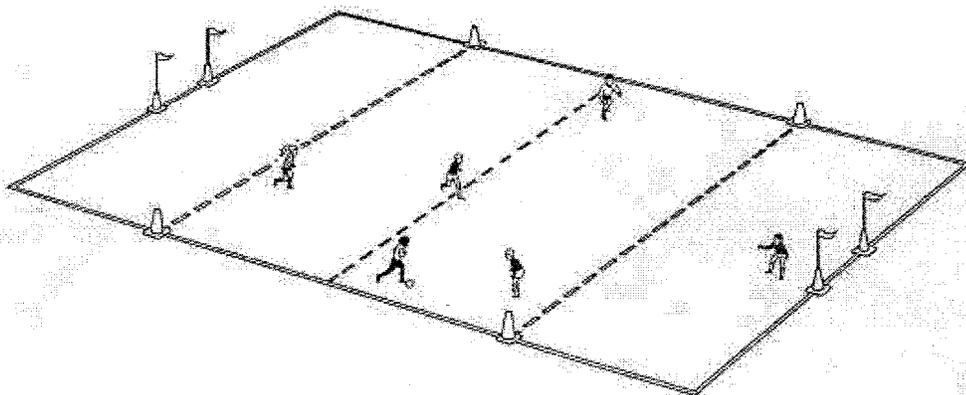
### Target:

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

## 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.

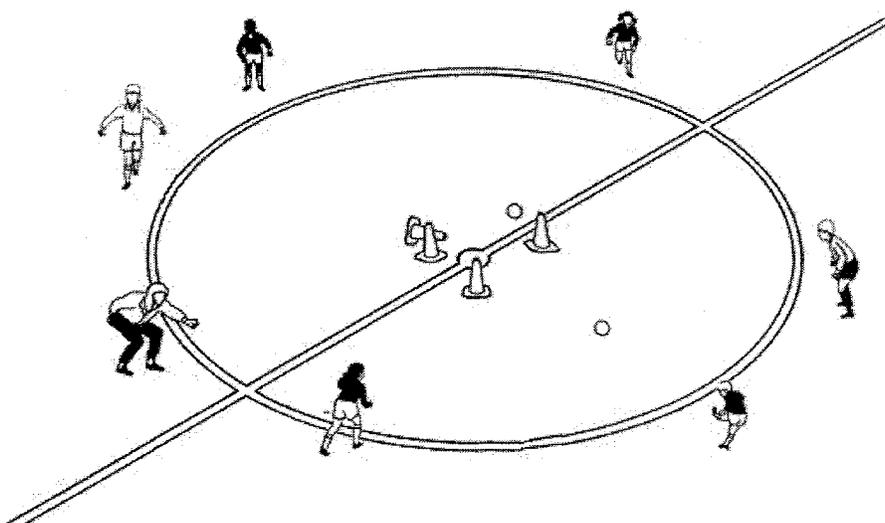
### Target:

- To outscore opposition.

## Circle Game ®

### Objective:

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



Print Game



Close Window

### Organization:

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

### Teaching:

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

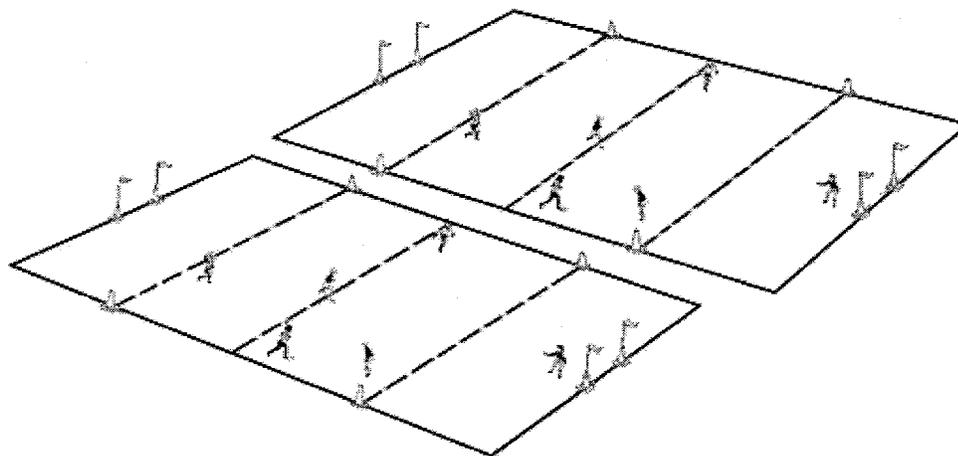
### Target:

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

## Micro Soccer® Jamboree

### Objective:

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



Print Game



Close Window

### Organization:

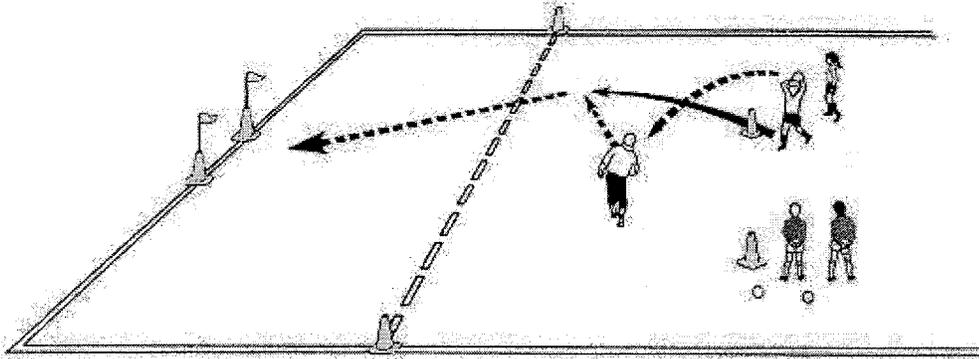
- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With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

## Mack 1

### Objective:

- To develop passing and shooting skills with both feet.
- To teach the proper techniques for throw-ins.



Print Game



Close Window

### Organization:

- Two marker cones placed five yards in front of each sideline 15 yards from the goal.
- No goalkeeper and goals may be narrowed.
- First player on right does a "throw-in" to coach, who rolls ball for a first-time, right-footed shot.
- Player retrieves ball then goes to back of the left line.
- First player at left marker cone does the same exercise, but shooting with left foot, then retrieves ball and goes to back of the right line.

### Teaching:

- No goalkeeper, so players don't sacrifice accuracy for power and poor technique.
- Encourage careful, accurate shooting.
- For weaker players, roll ball closer to goal.
- As all players improve, roll ball at 90-degree angle or greater, or move cones back to force a more powerful shot without losing accuracy.
- Don't change practice conditions too soon. Each team should try beating its record.

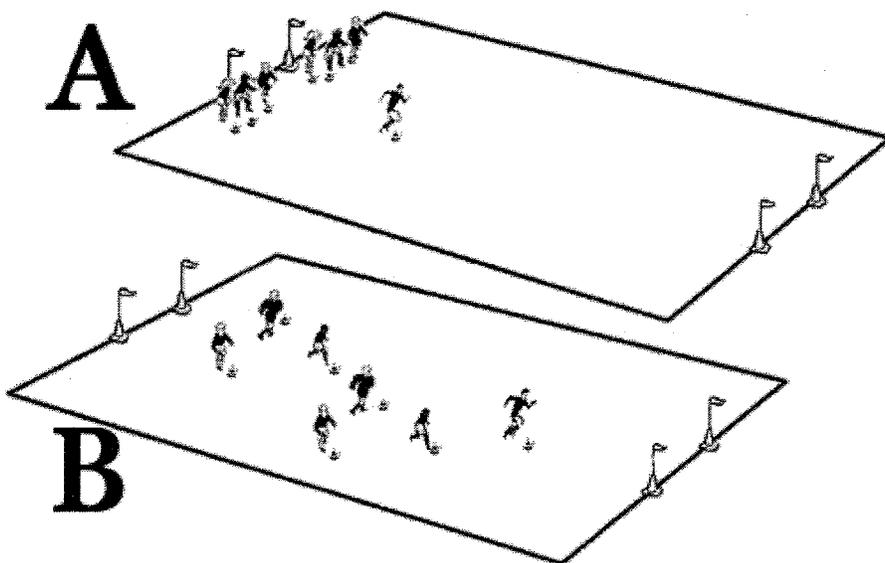
### Target:

- Record results for future competition.

## Red Light - Green Light

### Objective:

- A fun warm-up game.
- Teaches ball control and dribbling.



Print Game



Close Window

### Organization:

- Players start on end line each with a ball.
- The coach starts five yards in front of them. He turns so now his back is to the players and shouts "Green Light."
- This is the signal for the players and the coach to move forward.
- The coach will then shout "Red Light!" and turn quickly with the ball. If he catches anyone moving they must move back four paces.
- When the coach gets to the end of the field and shouts "Red Light!" and turns, the winner is the player nearest to the end-line who is not moving and has the ball under control.
- Then reverse the direction to start the next phase.

### Teaching:

- Encourage players to make short fast movements, with the ball under close control.
- Advise them to keep an eye on the coach and their ball.
- Encourage them to quickly put their foot on the ball on the "Red Light!" shout.

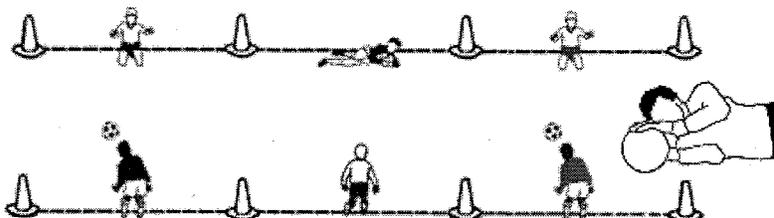
### Target:

- Not to get caught out on the Red Light, but also to get ahead of team-mates.

## 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)

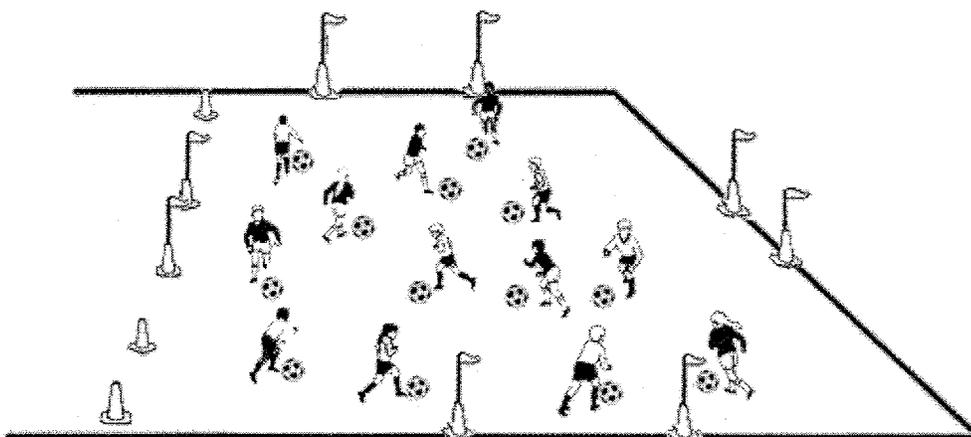
### Target:

- 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.

## North South East West

### Objective:

- Fun warm-up giving direction and urgency to dribbling activity.
- A progression on the Square Dance theme.



Print Game



Close Window

### Organization:

- Mark a square approximately 15 yards by 15 yards, depending on numbers.
- Four goals are put in about three paces in width on each line.
- At first, only use the North and South goals so as not to confuse the children.
- On the shout "North!" every player must dribble through the North goal and then make their way around the outside of the field to come back in through the South goal.
- Once they become comfortable with North and South then introduce East and West. If they go through the East goal they must make their way around to re-enter through West goal and vice-versa.
- As the children get used to the game, the coach can fool the kids, by pointing South and shouting "North!" or by running towards the East goal and shouting "West!"

### Teaching:

- Encourage the children to be alert and alive and to react quickly to the shout.
- Try to be the first through the goal.
- Keep ball under close control.

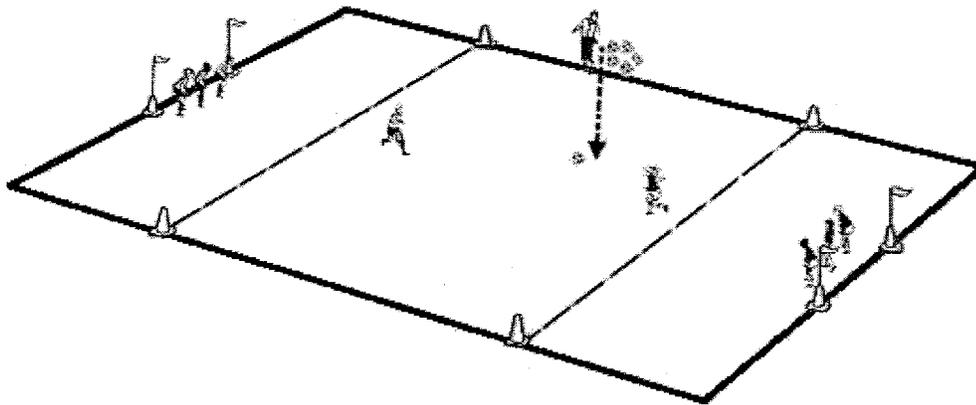
### Target:

- If not near the goal that is designated, try to get past at least one player so as not to be last.

## 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.

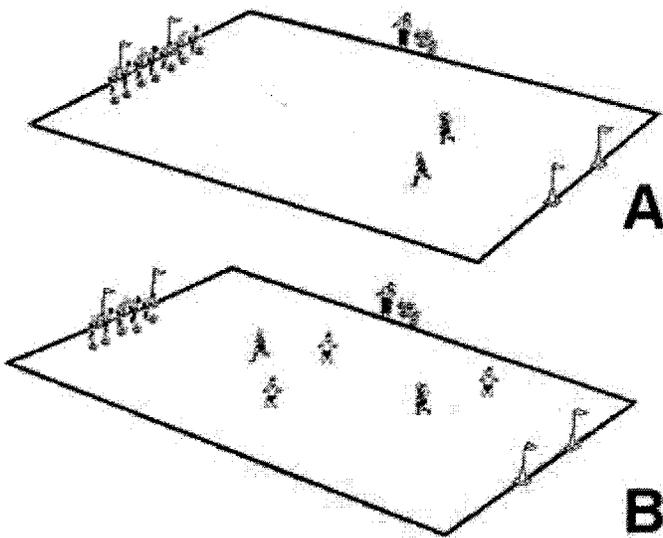
### Target:

- To outscore opposing team.

## Cow Dogs

### Objective:

- To produce a fun, dribbling and 1 v 1 defending game.



Print Game



Close Window

### Organization:

- Mark an area 30 yards by 20 yards.
- Players at one end with the ball must try to dribble to the other end without their ball being kicked out of the area by the Cow Dogs in the middle (Graphic A).
- If a player's ball is kicked out they become a "Cow Patty" and have to sit or kneel in the area (Graphic A).
- The "Cow Patties" can also kick the balls out, but only from a kneeling or better still, a "crab" position (Graphic B).
- The one or two "winners" have the choice of whether they become a Cow Dog or not. The previous Cow Dogs become dribblers.

### Teaching:

- Dribblers must pick their time to make their runs forward and must use fakes, changes of pace and screening to retain possession.
- Cow Dogs should "hunt" in pairs.

### Target:

- Not to be caught by the Cow Dogs.

## 3 v 3

### 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.
- Goal is 3-yards wide.
- No goalkeepers.
- Goals only count below knee height.
- When ball goes out of play, game is restarted by:
  - Sideline - throw-in (or pass-in - opponents must be 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 center kick (opponents must retreat within two paces of own goal).
- In practice with numbers greater than twelve have two 3 vs.3, or if less than 12, have 3 teams and a separate practice operating and rotate teams in and out of the 3 vs.3 game.

### Teaching:

- Encourage at least one player to go fully wide on goal kicks.
- Encourage attacking teams to always have a rear-supporting player.
- Encourage players to pass, dribble and communicate with each other.
- On throw-ins, encourage one of the non-throwing attackers to look for a forward shooting chance - and not to go too close to thrower.

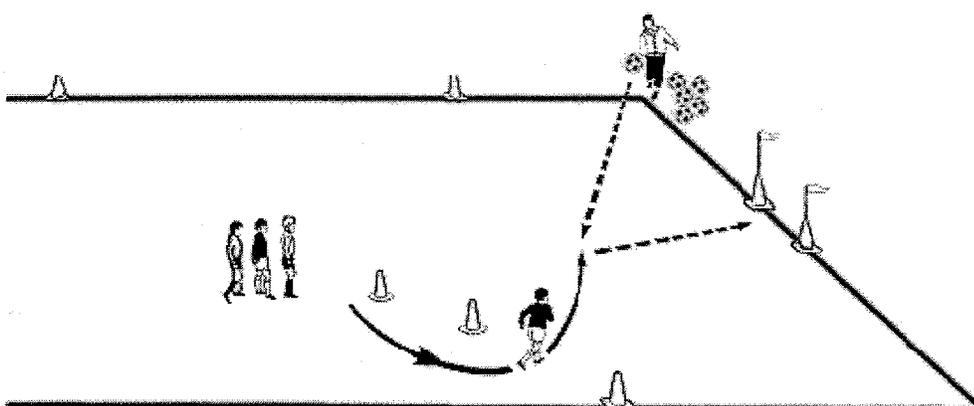
### Target:

- To outscore opposing team.

## Corner Shot

### Objective:

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



Print Game



Close Window

### Organization:

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

### Teaching:

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

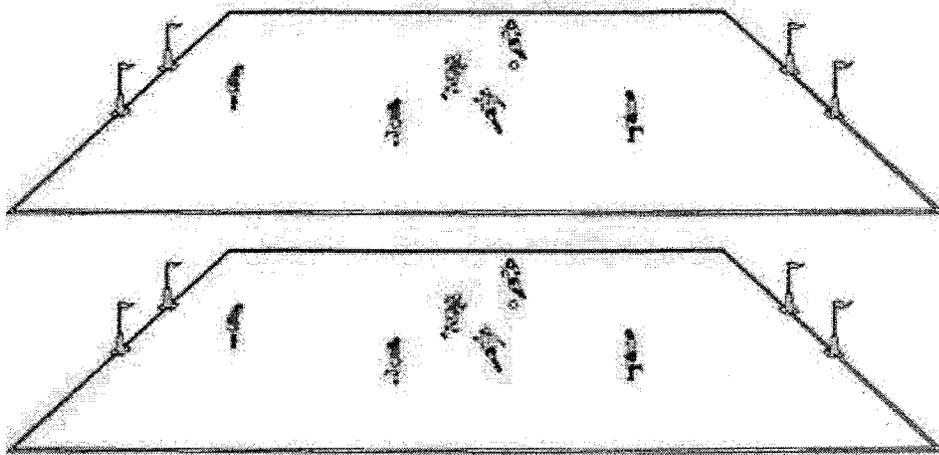
### Target:

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

## 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.

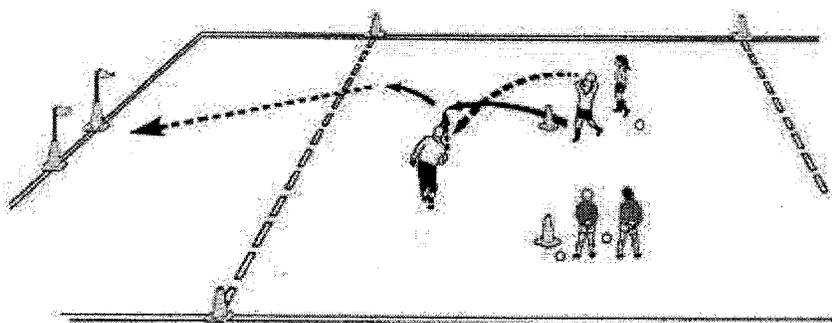
### Teaching:

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

## Mack 2

### Objective:

- To develop the skills of ball control while practicing the throw-in technique.
- To encourage kicking with both feet.



Print Game



Close Window

### Organization:

- Identical practice to Mack I, except every player must first control the ball before shooting. Shot must be left-footed from left, right-footed from right.
- Coach can vary service to encourage different types of controlling touches:
- Initial practices - roll ball for ground control.
- Later, bounce or roll ball quickly at the incoming player to force quick decisions regarding the controlling surface.
- Serve ball in the air for control with thigh, chest or foot.

### Teaching:

- The controlling touches can be affected with the foot or any part of the body except hands.
- The shot must be with the right from the right, and with the left from the left. Therefore, control ball to the appropriate side to provide the correct angle for shot.
- Cushion ball with part of body controlling the ball.
- Encourage "two-touch" play - the first to control, the second to shoot - whenever possible, but don't make it compulsory.
- This is a much more difficult exercise than Mack I, so initially allow players as many touches as they need before shooting with the right or left foot, whichever is required.

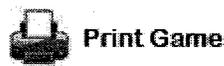
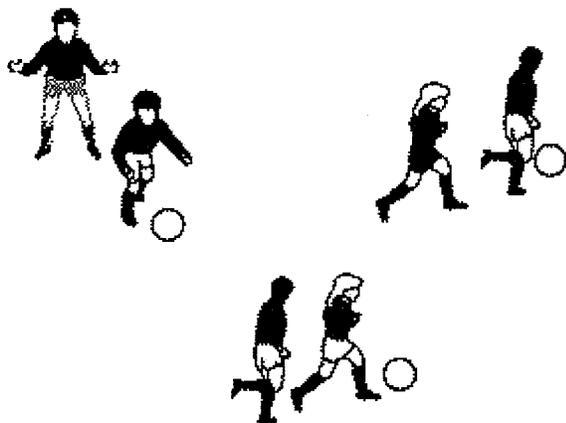
### Target:

- To control the ball and to score; keeping results is optional.

## Me & My Shadow

### Objective:

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



Print Game



Close Window

### Organization:

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

### Teaching:

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

### Target:

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

## Carl's Keep Away

### Objective:

- To encourage players from an early age to appreciate the benefits of passing the ball to a teammate.
- Introduction to opportunistic and incisive defending.



Print Game



Close Window

### Organization:

- Mark a grid 15 x 15 yards depending on numbers.
- Assuming there are 10 to 12 players split group in half, say two groups of 6.
- Use pinnies to distinguish the two groups.
- One group of 6 goes into the square and just one of the other group also goes into the square. The rest wait in line for their turn.
- The 6 players try to keep the ball away from the one defender.
- When the defender wins the ball or forces the ball to be played out of the area he/she changes with the next defender. This goes on until every defender has been through and they then change with the other team.
- The team that keeps the ball for the longest time (stop watch out) is the winner.
- If a team is doing so well the defender cannot get the ball after 30 seconds shout, "Change!" and the next defender replaces the one in the middle.
- The coach keeps a supply of balls handy so after an interception or a ball is kicked out of play he/she kicks or rolls another ball in.

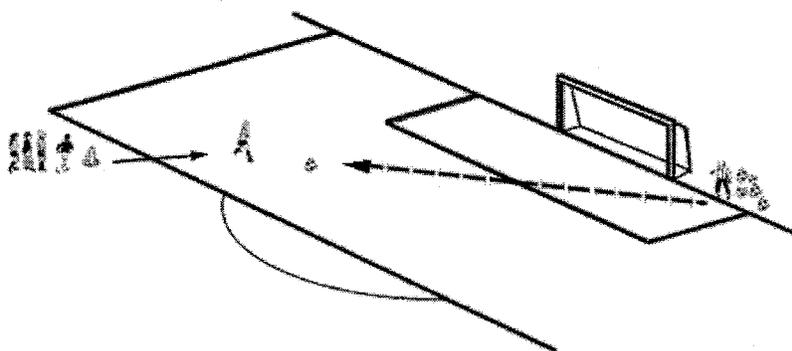
### Teaching:

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- For the first few minutes allow the players to play in a non-competitive way so that when a mistake is made, the coach can recreate the situation and then ask the player who made the mistake what the alternatives are. Praise him or her for coming up with the answers (as they surely will). If they can see what should be done they will learn more quickly to do it when the ball is in play.
- After a few minutes go into the stopwatch competition described above without any interventions by the coach other than putting the ball back in play.
- This practice should be used on a regular basis and progressed when the children are ready. The ways to progress are-
  - Make the space smaller
  - Reduce the numbers attackers, e.g., 5 vs. 1 and then 4 vs. 1
  - Or increase the number of defenders, e.g., 6 vs. 2
  - Condition the attackers, e.g., no more than two touches (control and pass).

## King Carl

### Objective:

- To encourage players to enjoy and want to score from an early age.
- To develop accurate shooting with both feet.



Print Game



Close Window

### Organization:

- Team is split in half - one group is the shooting group; the other retrieves the ball.
- A regulation or small-sided goal is used (or cones if there are no goals).
- The shooters start from 15 to 20 yards out opposite the goalpost.
- The Server (Coach) starts from the side of the goal at the opposite post.
- On the shout "Go!" the player at the front cone runs towards the Server and the Server plays a pass to the player who shoots for goal.
- The shooter then returns to the back of the line.
- After three shots by each player the teams change.
- If possible use two goals (and therefore 4 groups) to increase the activity level and the number of shots per player.
- Change the starting positions for the coach and the players as shown in the graphic to now come from the other side, which will encourage left footed shots.

### Teaching:

- Server/Coach must play an accurate and fastball to force the child to kick the ball instinctively. If the coach is not confident, use a rolled service by hand.
- Encourage the children when playing the ball to use the right foot in the graphic example, but to have confidence to use the left foot when the practice is moved to the other side.
- Coach biases the service according to the ability of the child. If one player is lacking in confidence or technique play a soft pass that will draw the player nearer to the goal and make it easier to kick. With stronger players play a faster pass.

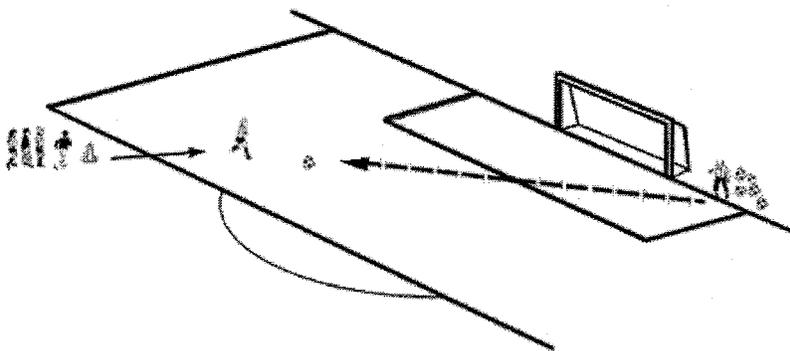
### Target:

- To see which group can score the most goals (if groups are uneven then make it how many goals can be scored with 20 shots).

## King Carl

### Objective:

- To encourage players to enjoy and want to score from an early age.
- To develop accurate shooting with both feet.



Print Game



Close Window

### Organization:

- Team is split in half - one group is the shooting group; the other retrieves the ball.
- A regulation or small-sided goal is used (or cones if there are no goals).
- The shooters start from 15 to 20 yards out opposite the goalpost.
- The Server (Coach) starts from the side of the goal at the opposite post.
- On the shout "Go!" the player at the front cone runs towards the Server and the Server plays a pass to the player who shoots for goal.
- The shooter then returns to the back of the line.
- After three shots by each player the teams change.
- If possible use two goals (and therefore 4 groups) to increase the activity level and the number of shots per player.
- Change the starting positions for the coach and the players as shown in the graphic to now come from the other side, which will encourage left footed shots.

### Teaching:

- Server/Coach must play an accurate and fastball to force the child to kick the ball instinctively. If the coach is not confident, use a rolled service by hand.
- Encourage the children when playing the ball to use the right foot in the graphic example, but to have confidence to use the left foot when the practice is moved to the other side.
- Coach biases the service according to the ability of the child. If one player is lacking in confidence or technique play a soft pass that will draw the player nearer to the goal and make it easier to kick. With stronger players play a faster pass.

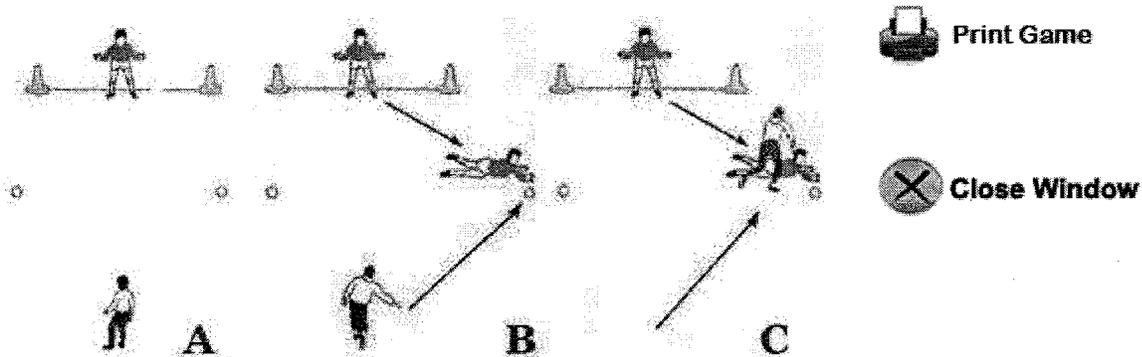
### Target:

- To see which group can score the most goals (if groups are uneven then make it how many goals can be scored with 20 shots).

## This Way/That Way

### Objective:

- To learn at an early age without the complications of a challenge, the correct GK diving technique in 1-on-1 situations.
- To prepare future goalkeepers to deal with for one of the most dangerous situations in soccer.



### Organization:

- Set out the practice as shown in Graphic A.
- If sufficient balls (one per player) work in pairs (Graphic A).
- Try to keep groups as small as possible for greater repetitions.
- Player facing the goal initiates the practiced by pointing to the ball "This Way" or "That Way."
- In Graphic B the coach demonstrates by pointing to one ball.
- You can see the good technique of the keeper in Graphic B.
- However, it is Graphic C where we see the full drill:
- Goalkeeper (at the front of the file) comes out and dives at the ball simulating the requirement in a real game.
- The Pointer having pointed, runs to the ball indicated, but does not try to kick the ball.
- The players then change.
- Or if more than two players, move to end of file and wait their next turn.
- Don't keep the activity going for too long, as it is basically a drill - a very important one nevertheless.

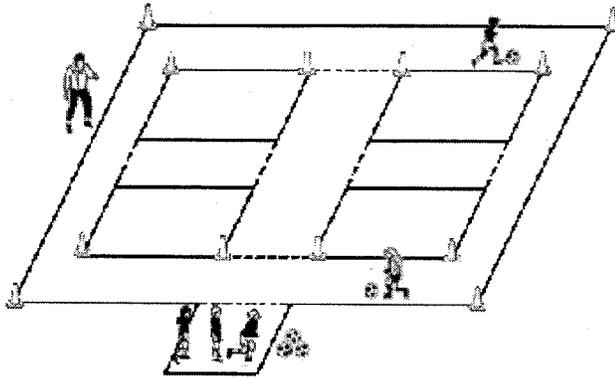
### Teaching:

- You can see the good technique of the keeper in Graphic B.
- Hands must always lead, as they are the "protectors" and well as the "collectors."
- Hands and head cover the near post and the body and legs cover the middle off the goal and the far post (in case they have to make a block in later years).
- Goalkeepers have to come on a line inside the ball to enable them to dive outwards on their side - otherwise they are diving headfirst.
- They must go down early and slide on their side into the collecting/blocking position.
- If they go down late their legs will swing round and they may dive over the ball.
- Watch for the player who "corkscrews" and swings around to dive on the wrong side of the

## Indy 500

### Objective:

- To create an exciting race around the outside of the "downtown core."
- To work on left and right footed turns.



Print Game



Close Window

### Organization:

- This is a progression of the Downtown Cruising game (from the One-with-One program).
- As differently than the illustration above, marker disks block off the downtown roads so the cars (kids) need to race around the outside roads.
- They start from the pits and finish back in the pits.
- No need to put in as many complicated markings as we have shown in the Downtown Cruising illustration. Four cones can mark the inside track, but do have marker disks for the outside so the children need to keep the ball under close control and stay on the road.
- If they do go off the road, three quick toe touches on the top of their ball starts their engine and allows them back on the track.

### Teaching:

- Send them around clockwise and encourage them to make the turns with the outside foot (left foot).
- Go counter-clockwise as well.

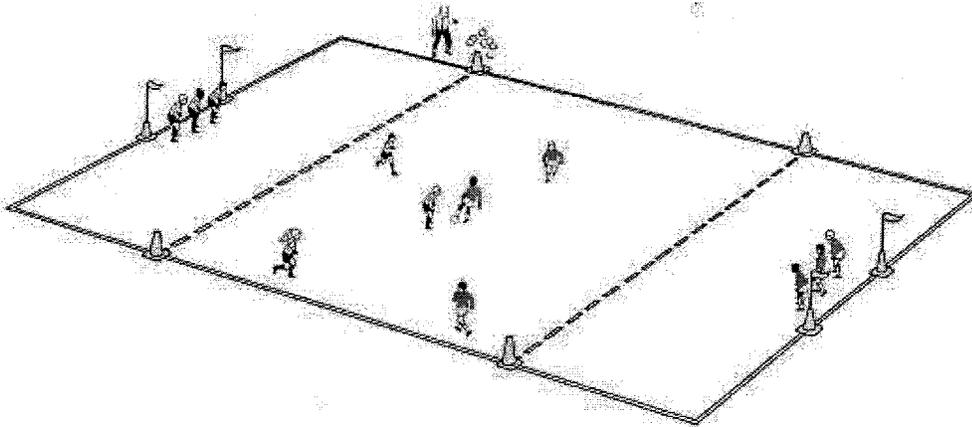
### Target:

- They all start at the same time and the objective is for all of them to get back to the pits in record time (stop watch out). Next time, try to beat the record.

## Change Soccer

### Objective:

- To involve every player in a fun 2 vs 2 or 3 vs 3 game.
- To emphasize co-operation and skill development.



Print Game



Close Window

### Organization:

- Group is split into two; if odd number, coach joins in or plays the strongest squad a player short.
- In the example shown, three players from each team play a normal on-the-field game.
- Also there are three players on each team as collective goalkeepers; positioned no more than two yards off each goal line and not allowed to handle ball.
- Goals only count if scored below knee height.
- Coach shouts "Change!" and on-field teams run back to goal line, without touching the ball again, to become the goalkeepers.
- Goalkeeping teams become the on-field teams and move quickly to win possession.
- Coach shouts "Change!" at any time.
- Make goals wide enough so that it's not too difficult to score.
- Any major infraction means a free shot from the half-way line, with no goalkeepers.

### Teaching:

- Encourage players to pass frequently in order to create scoring chances.
- Encourage goalkeeping team to move sideways together, as a wall.
- Defenders should help each other and stay on their feet as much as possible.

### Target:

- To outscore the opposition.