

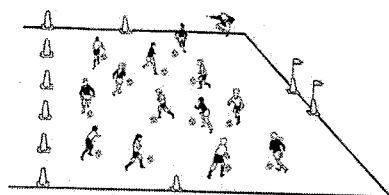


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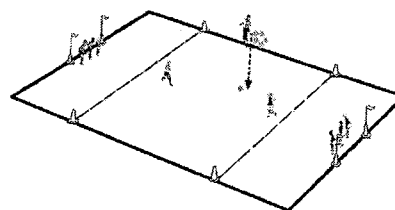
U8 Session 1



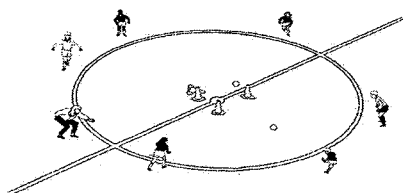
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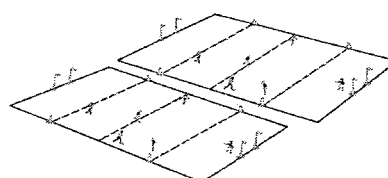
1. Square Dance



2. Numbers Game®



3. Circle Game ®



4. Micro Soccer® Jamboree

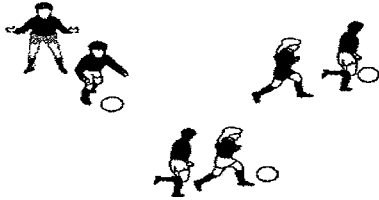
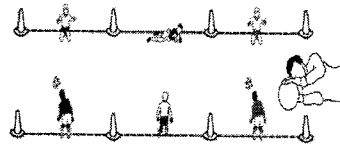
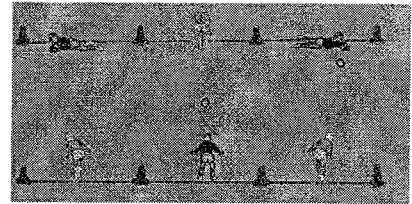
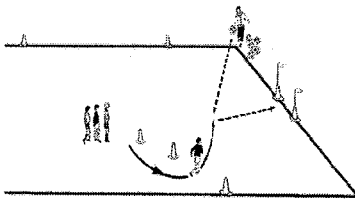
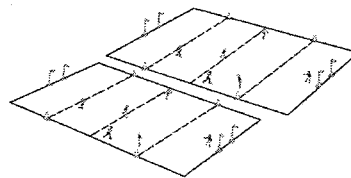
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U8 Session 2

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**1. Me & My Shadow****2. King's Court****3. King's Castle****4. Corner Shot****5. Micro Soccer® Jamboree**

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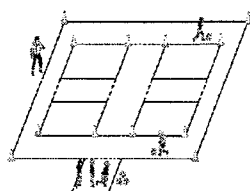
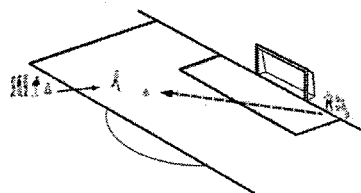
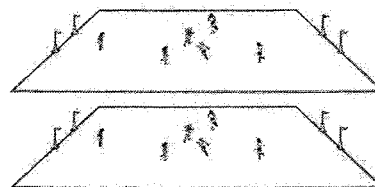


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U8 Session 3



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**1. Indy 500****2. Carl's Keep Away 5 v 1****3. King Carl****4. 3 v 3 Jamboree**

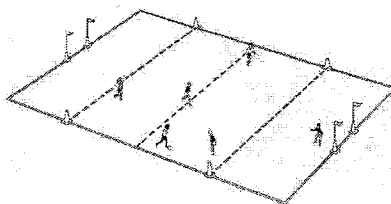
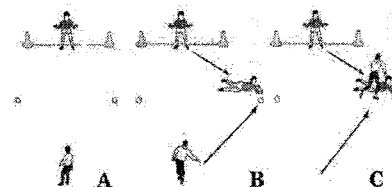
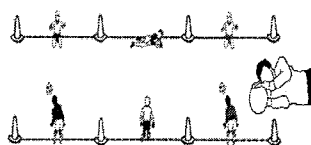
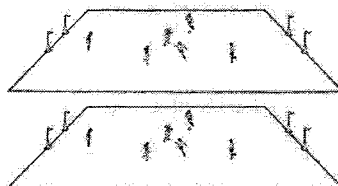
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U8 Session 4

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**1. Square Dance With Sharks****2. Micro Soccer ®****3. This Way/That Way****4. King's Court****5. 3 v 3 Jamboree**

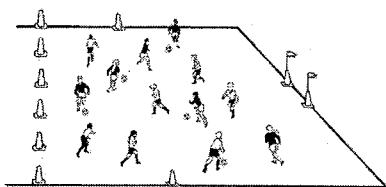
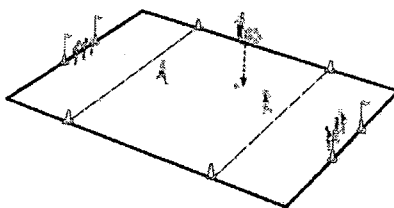
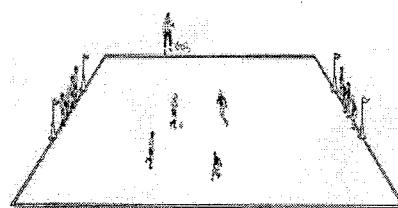
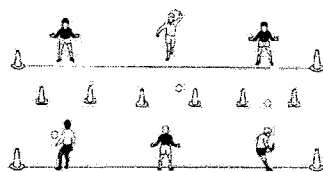
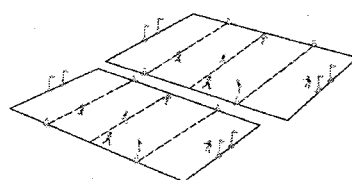
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U8 Session 5

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**1. Crazy Warm Up****2. Numbers Game®****3. Noah's Lark****4. King's Court - Passing****5. Micro Soccer® Jamboree**

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U8 Session 6



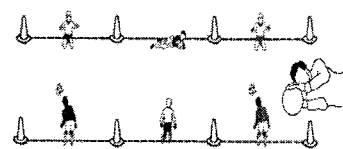
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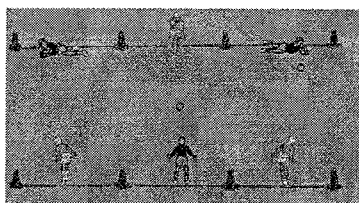
1. Square Dance



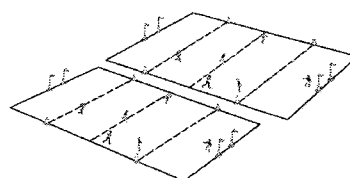
2. Carl's Keep Away 5 v 1



3. King's Court



4. King's Castle



5. Micro Soccer® Jamboree

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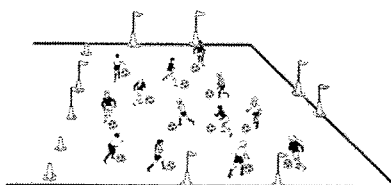
U8 Session 7



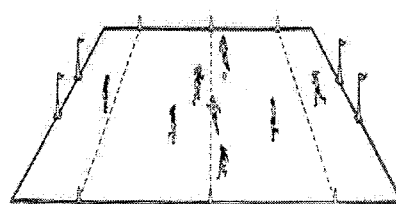
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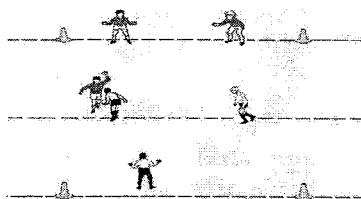
1. Square Dance With Sharks



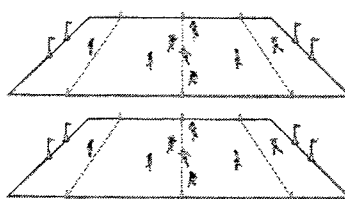
2. North South East West



3. Fab Fours



4. 3 v 3 Shoot Out



5. Fab Fours Jamboree

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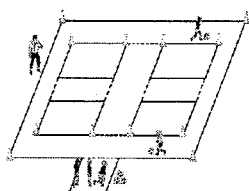
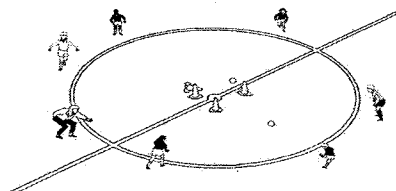
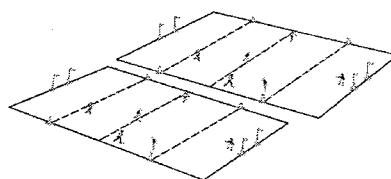


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U8 Session 8



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**1. Indy 500****2. Carl's Keep Away 5 v 1****3. Circle Game ®****4. Micro Soccer® Jamboree**

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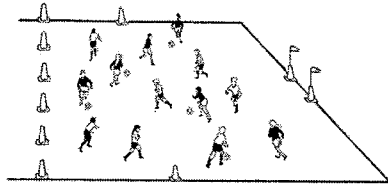
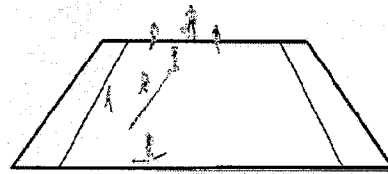
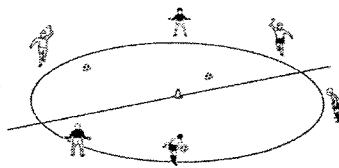
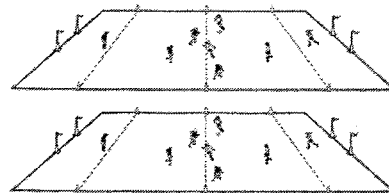


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U8 Session 9



Close Window

**1. Crazy Warm Up****2. The Zone Game 3 v 3****3. GK Circle Game****4. Fab Fours Jamboree**

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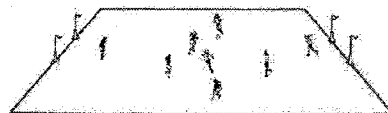
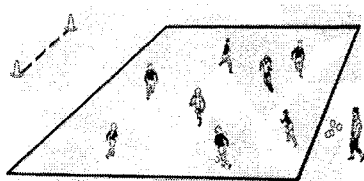
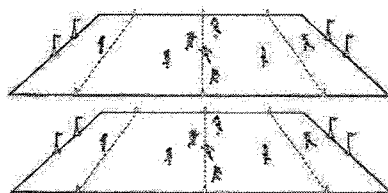


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U8 Session 10



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**1. GK Ball****2. 4 v 4****3. Carl's Keep Away 6 v 2****4. 4 v 4 Jamboree**

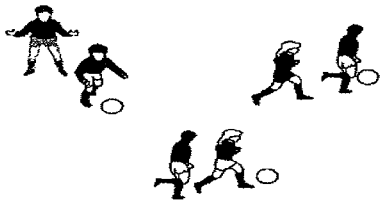
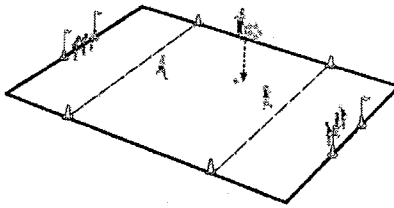
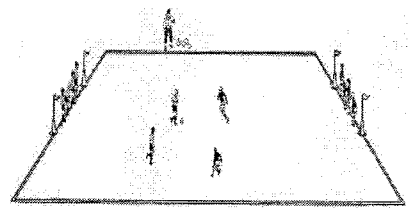
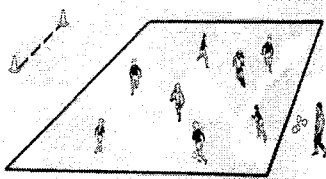
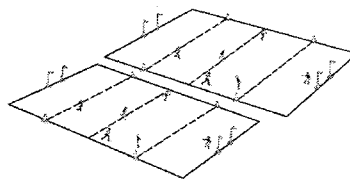
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U8 Session 11

Close Window

**1. Me & My Shadow****2. Numbers Game®****3. Noah's Lark****4. Carl's Keep Away 6 v 2****5. Micro Soccer® Jamboree**

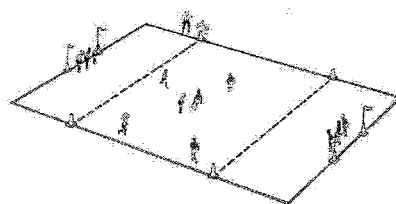
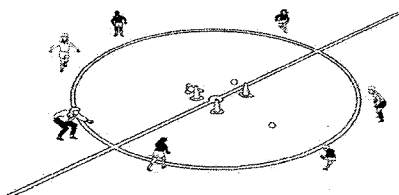
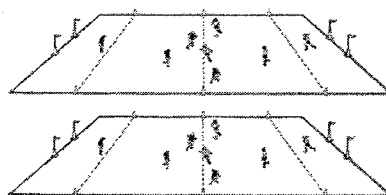
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U8 Session 12

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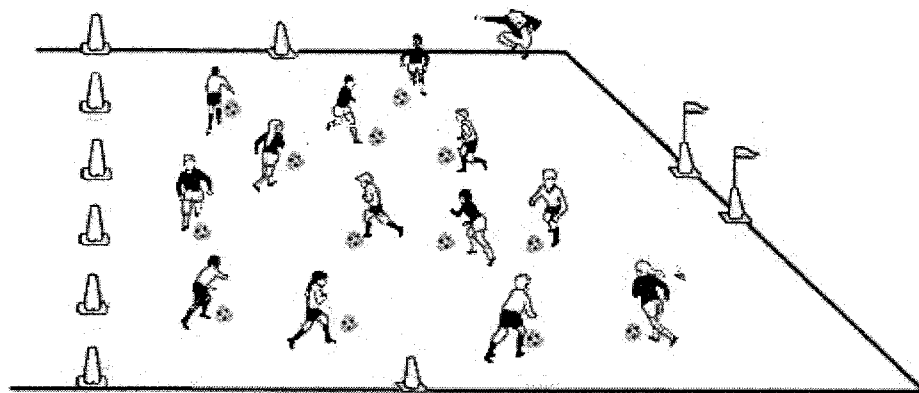
**1. Square Dance With Sharks****2. Change Soccer****3. Circle Game ®****4. Fab Fours Jamboree**

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Square Dance

Objective:

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

[Print Game](#)[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.

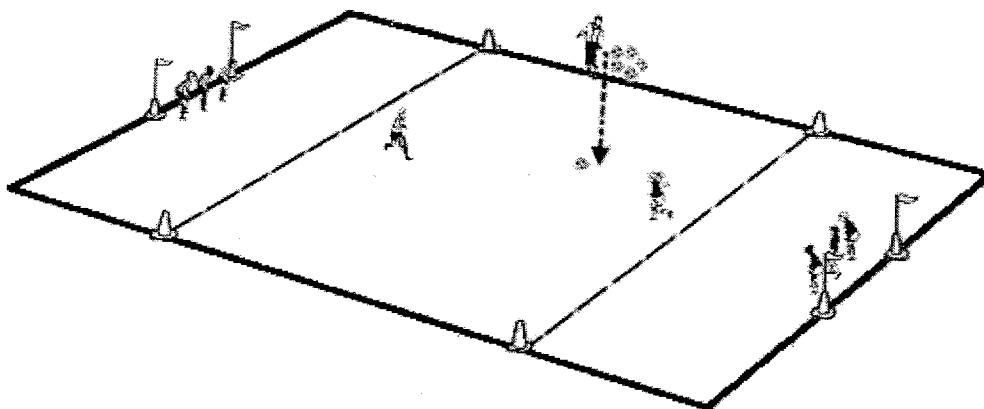
Target:

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

Numbers Game®

Objective:

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

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

Organization:

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

Teaching:

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

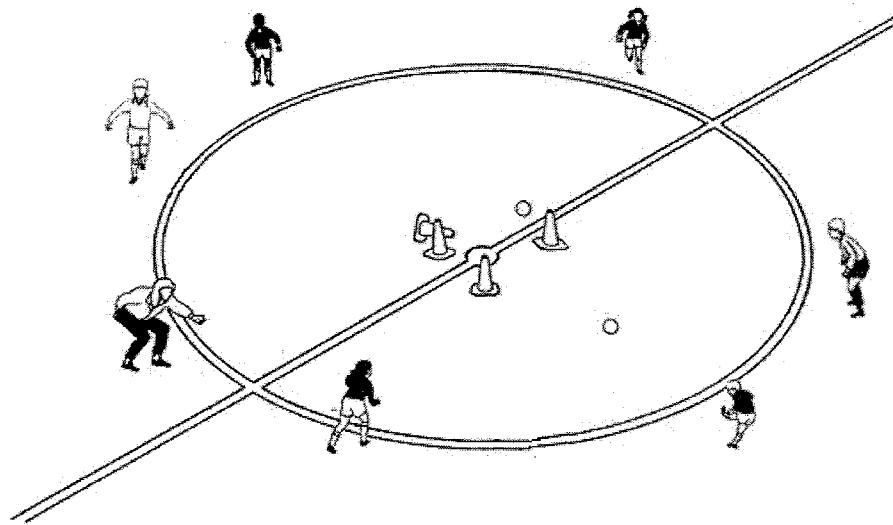
Target:

- To outscore opposing team.

Circle Game ®

Objective:

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



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).

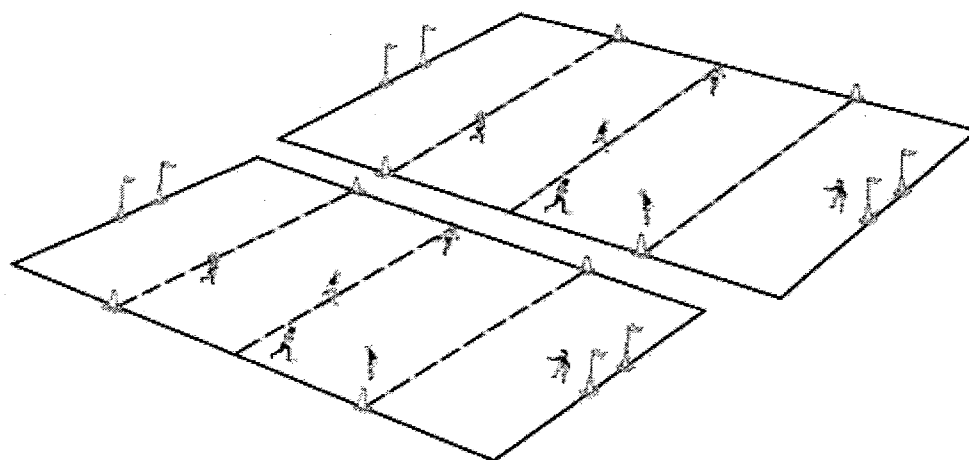
Target:

- 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:

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."

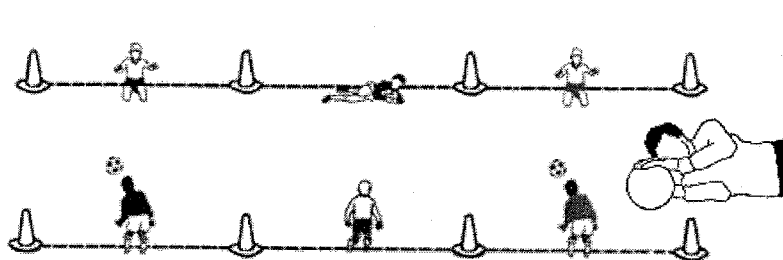
Target:

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

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)

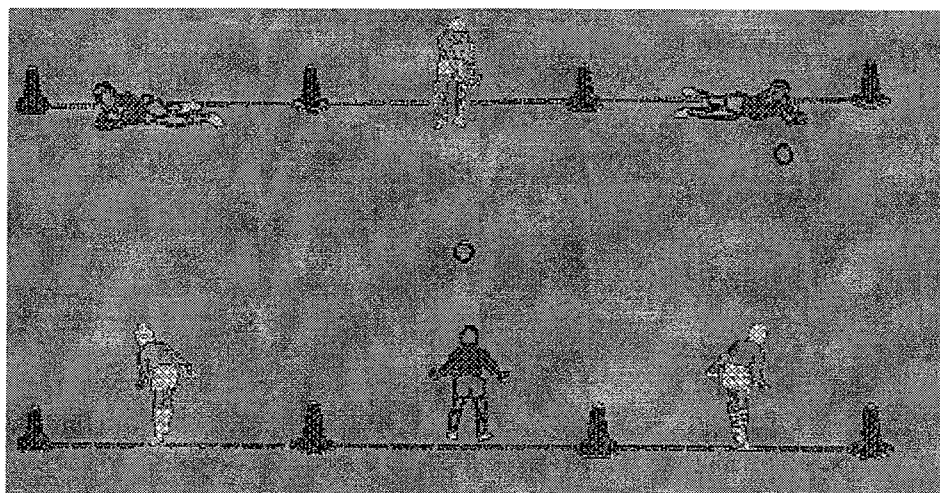
Target:

- 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.

King's Castle

Objective:

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



Print Game



Close Window

Organization:

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

Teaching:

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

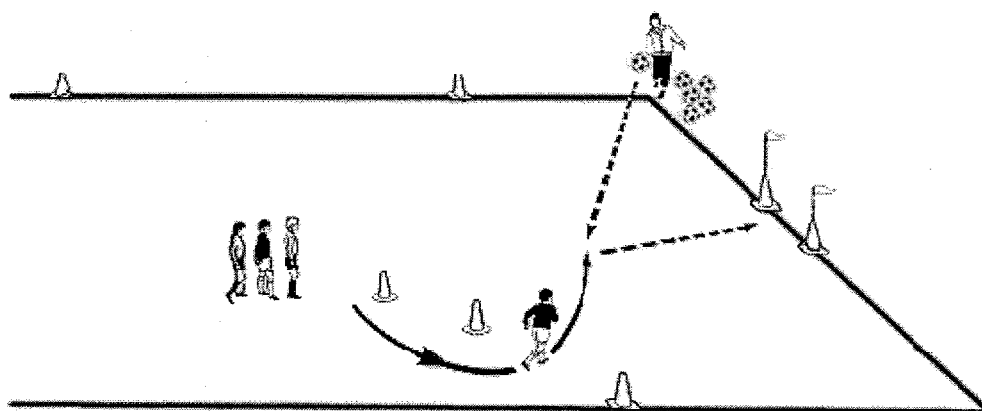
Target:

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

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."

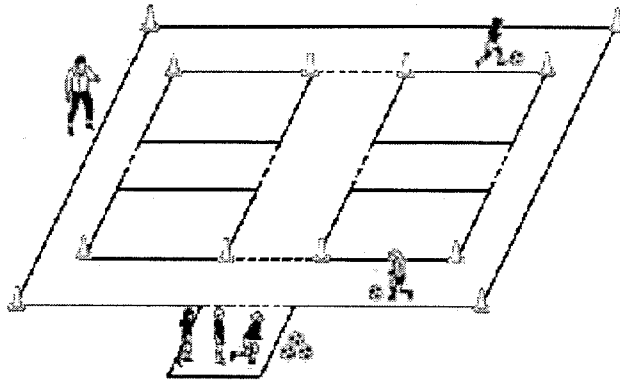
Target:

- 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.

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.

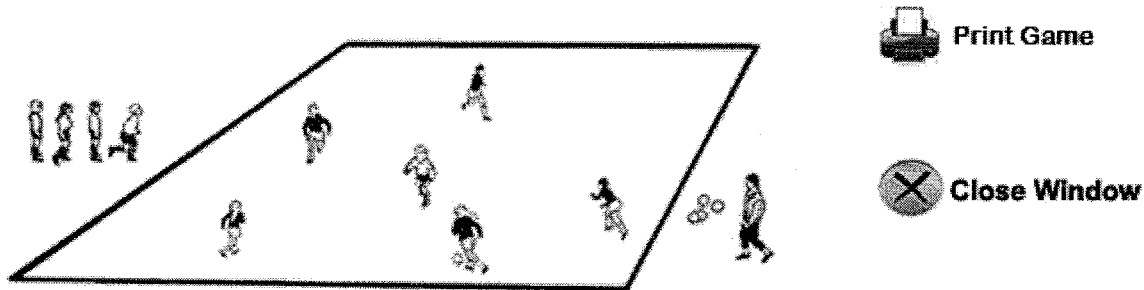
Target:

- 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.

Carl's Keep Away 5 v 1

Objective:

- To encourage players from an early age to appreciate the benefits of passing the ball to a teammate.
- Developing passing and receiving and an appreciation of space.



Organization:

- Mark a grid 15 x 15 yards depending on numbers.
- If possible split group in half, say two groups of 5.
- Use pinnies to distinguish the two groups.
- One group of 5 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 5 players try to keep the ball away from the one defender.
- When the defender wins the ball or forces the ball to be played out of the area he/she changes with the next defender. This goes on until every defender has been through and they then change with the other team.
- The team that keeps the ball for the longest time (stop watch out) is the winner.
- If a team is doing so well the defender cannot get the ball after 30 seconds shout, "Change!" and the next defender replaces the one in the middle. However, the game continues until 5 interceptions or errors have taken place.
- The coach keeps a supply of balls handy so after an interception or a ball is kicked out of play he/she kicks or rolls another ball in.

Teaching:

- Coach must assess whether the playing area is too big or too small and make adjustments if necessary.
- For the first few minutes allow the players to play in a non-competitive way so that when a mistake is made, the coach can recreate the situation and then ask the player who made the mistake what the alternatives are. Praise him or her for coming up with the answers (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.

- Then 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).

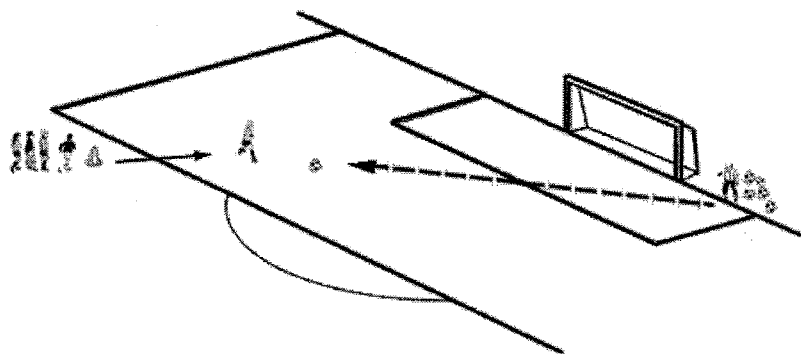
Target:

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

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.

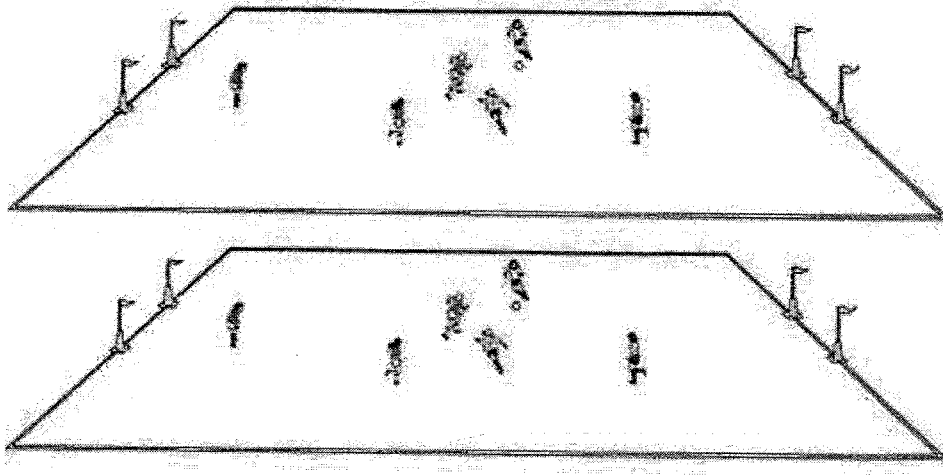
Target:

- 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).

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!

Square Dance With Sharks

Objective:

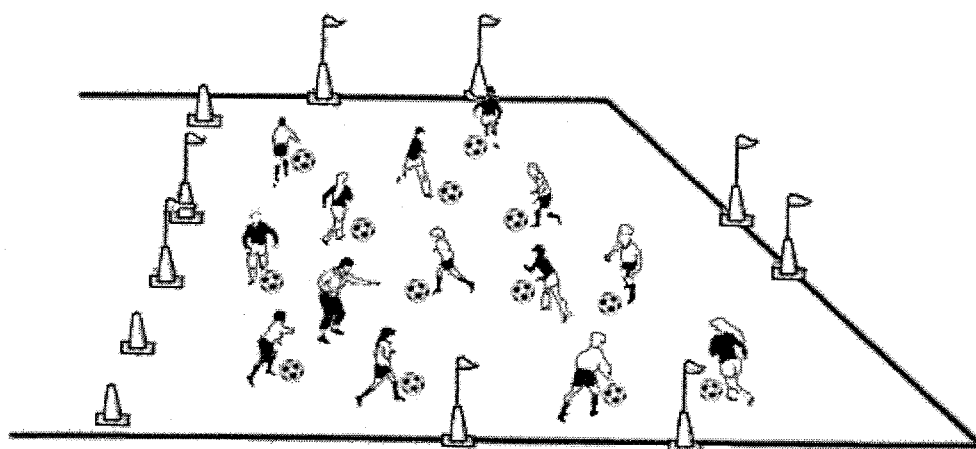
- To start practice in a lively way with a fun warm-up.
- Develop the fundamentals of dribbling and of screening the ball.



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!"
- Use the progressions from previous Square Dances and the North, South, East and West activities.
- The big difference this time is that the coach becomes the Shark. And he is a ball-eating shark!
- The Shark will try to kick a player's ball out of the square.
- If that happens, the player goes to retrieve the ball and after three magic toe-touches - Left, Right, Left - he/she can return to the square.

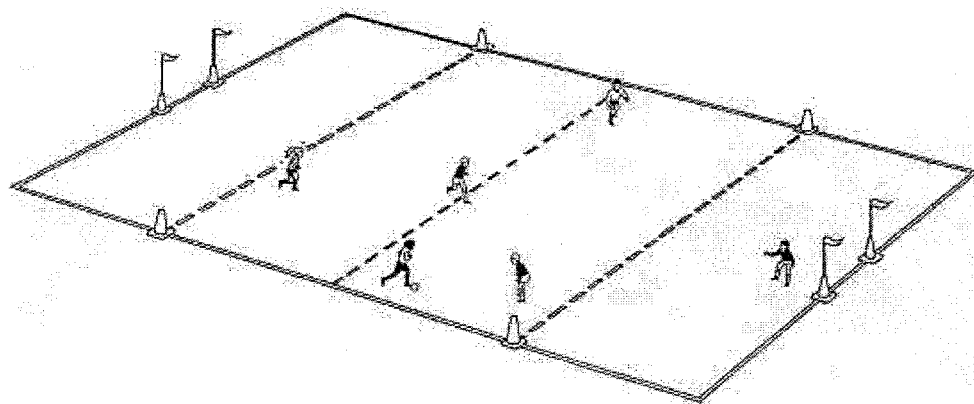
Teaching:

- Encourage players to keep a careful eye on the Shark and stay out of his way.
- If the Shark is coming towards a player, that player should turn away and keep his/her body between the Shark and the ball as a shield.
- Players need to look around to see where the rest are and not bump into them. See how many different ways they can turn with the ball.
- Quick bursts of speed will take them away from the big - possibly slow! - Shark.

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.

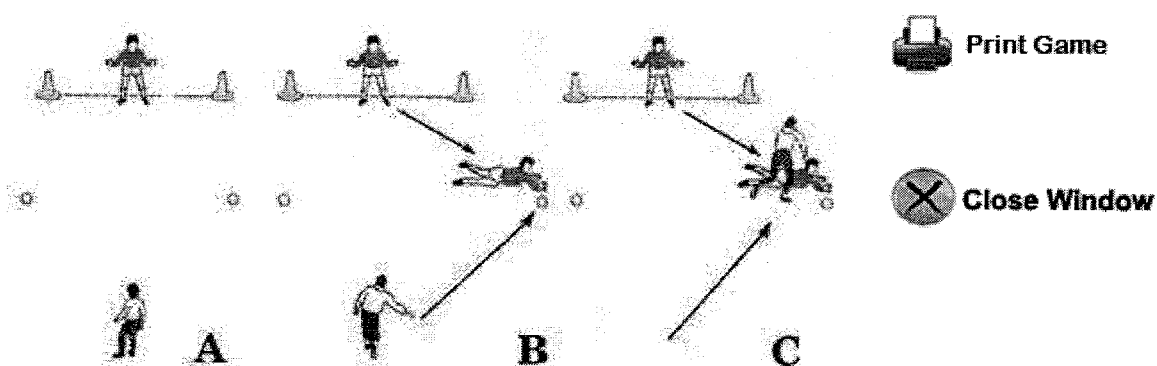
Target:

- To outscore opposition.

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

ball, i.e., that the body and legs are outside the line of the near post.

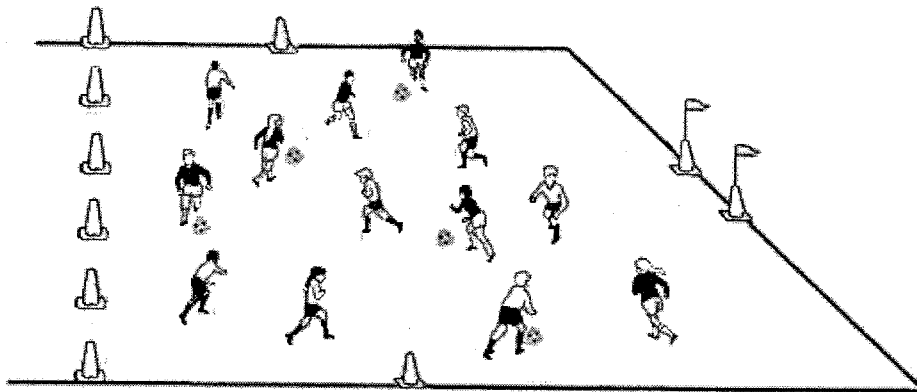
Target:

- To learn the correct way of diving at an incoming player's feet that will protect the goal, but also protect the goalkeeper.

Crazy Warm Up

Objective:

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



Print Game



Close Window

Organization:

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

Teaching:

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

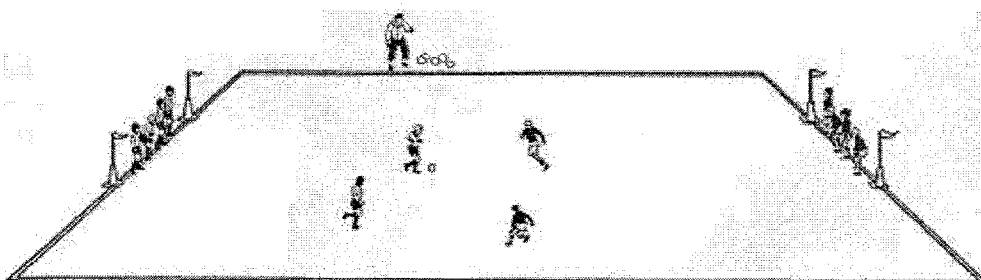
Target:

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

Noah's Lark

Objective:

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

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

Organization:

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

Teaching:

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

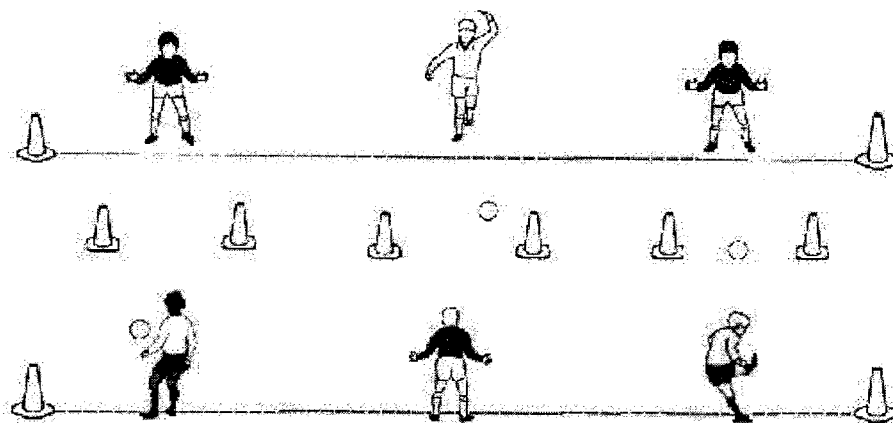
Target:

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

King's Court - Passing

Objective:

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



Print Game



Close Window

Organization:

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

Teaching:

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

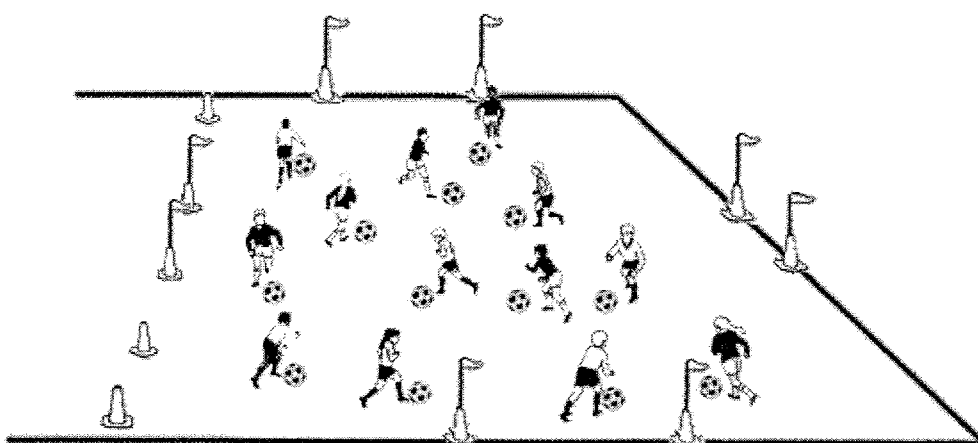
Target:

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

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.

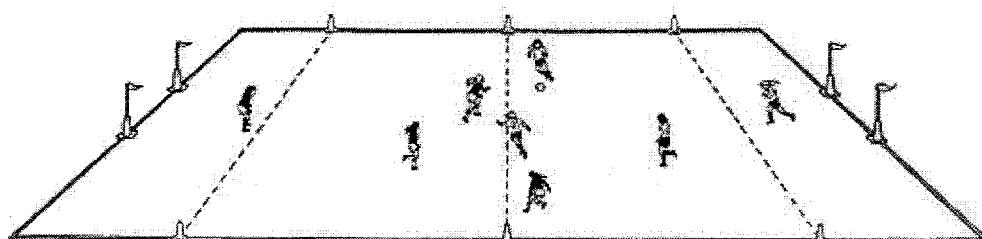
Target:

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

Fab Fours

Objective:

- A four-a-side game to practice combination play.
- Introducing the Diamond Shape of soccer.



Print Game



Close Window

Organization:

- Game is played in area 25 x 35 yards.
- Goals are 4 yards wide and 5 feet high (corner flag height).
- Halfway line and six-yard lines are marked; cones or markers define lines.
- Eight players maximum per team (better with six); four players within the area and four resting.
- Goalkeeper designated by each team may use hands only within six-yard area.
- Duration of each period is two to three minutes; after each period all substitutes come on.
- The objective is to have equal time on the field and in goal.
- Game has corner kicks and throw-ins. Goal kicks should be taken from the 6-yard line. Opponents must retire at least 5-yards away from the goal kick and the corner kick.
- After a goal, the team who did not score kicks off from center spot; scoring team retires to 6-yard line.
- The number of periods for the game is decided by coach (try to work it to an "equal time" formula).

Teaching:

- Be aware of the diamond shape (two wide players, a forward player and the rear-supporting goalkeeper).
- Must all be making eye contact to combine successfully and score goals.
- Defenders must try to get goal side of the ball after possession is lost.
- Set up a concentrated defence in front of the goal.

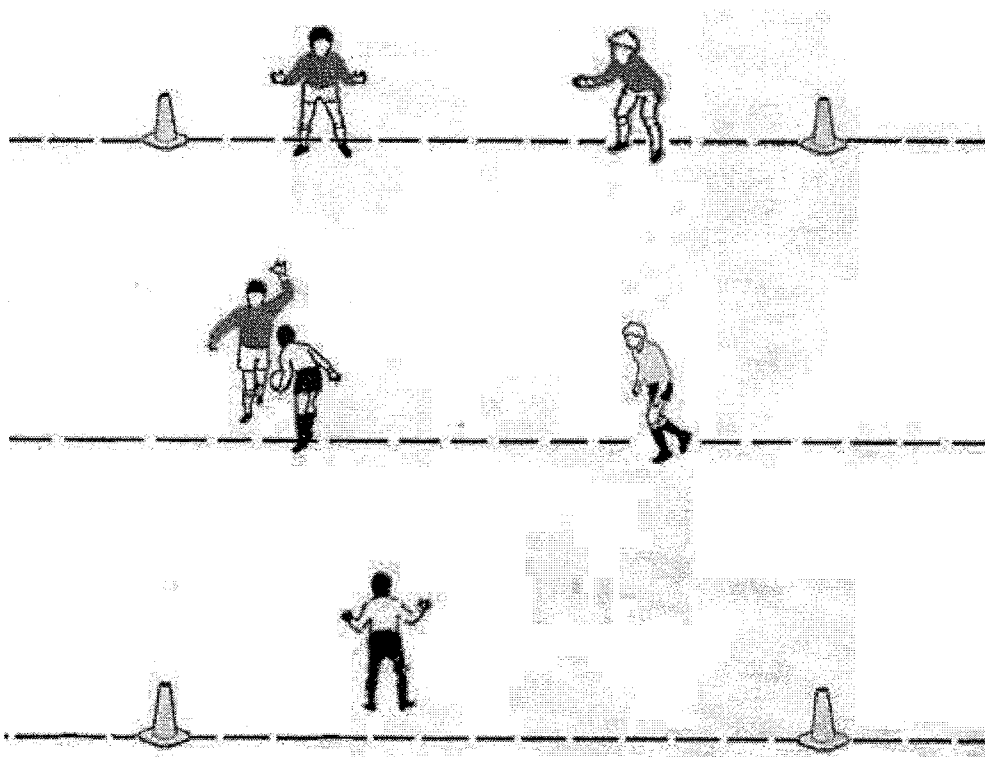
Target:

- To outscore the opponent.

3 v 3 Shoot Out

Objective:

- To create fun goalkeeping situations that require good diving technique.
- To develop "smart" teamwork.

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

Organization:

- Set up two goals 8-yards apart (use full sized goal or cones, but make the width of the goals 8-yards).
- Put in a center line.
- Play 2 v 2 or 3 v 3.
- Players are restricted to their half of the field.
- Ball must be rolled (and later thrown) at the goal from the other half.
- Goals only count if they are on the ground (later below waist height, below shoulder height, etc.).
- Everyone is a goalkeeper.

Teaching:

- Don't be afraid of adjusting the field and goal size if you find it is too big or too small for the players.
- After receiving the ball, encourage a quick counter attack to catch the opposition out of position.
- The defending team should consider putting one player up towards the center line to block the direct throw at goal.
- On the other hand, it helps to have two players on the goal line (big decisions in 2 vs. 2, OK if is 3 vs. 3).

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

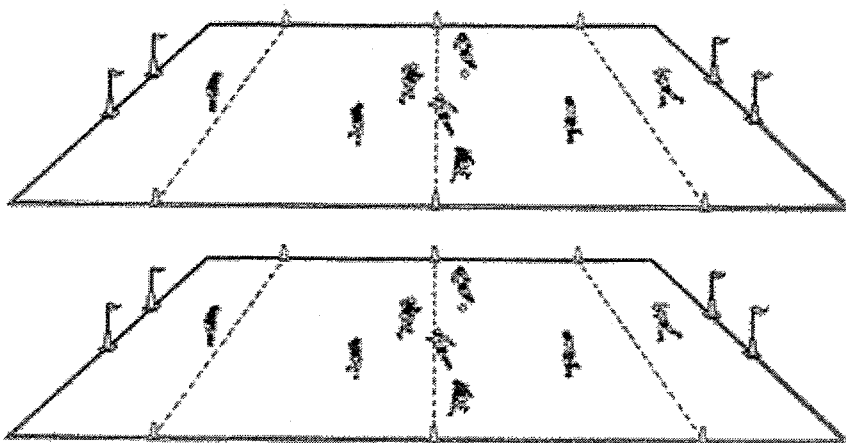
Target:

- To outscore the opposition.

Fab Fours Jamboree

Objective:

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



Print Game



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Organization:

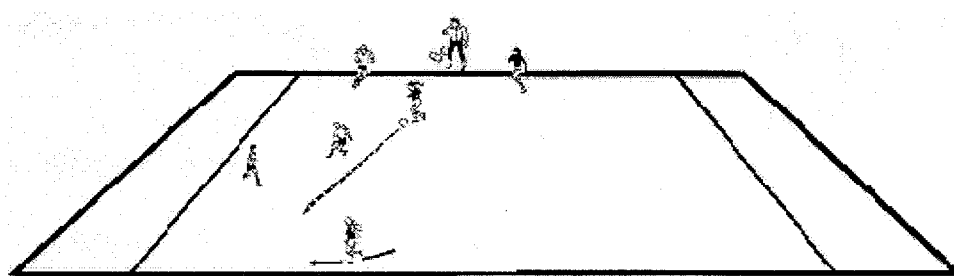
- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 or more put in two fields or more, depending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

Teaching:

The Zone Game 3 v 3

Objective:

- To develop combined offensive and defensive play in a 3 vs. 3 game.
- To encourage attacking players to get on the "blindside" of the defense to receive a pass.

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

Organization:

- Area 30 x 20 yards, with additional five-yard zones at each end.
- Normal 3 vs.3 - 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 defense.
- Defending team must work collectively to stop "dribbler," and at same time avoid being "blindsided" by pass.

Target:

- To outscore opposition.

GK Circle Game

Objective:

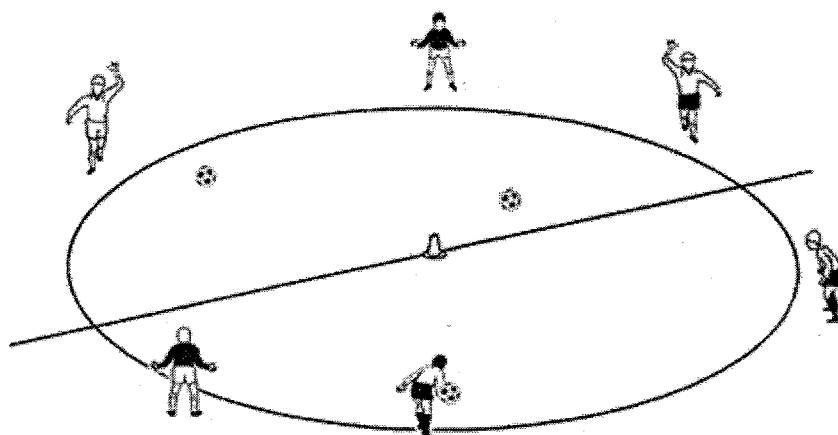
- To produce a fun, challenging game.
- To develop goalkeeper throwing techniques.



Print Game



Close Window



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.

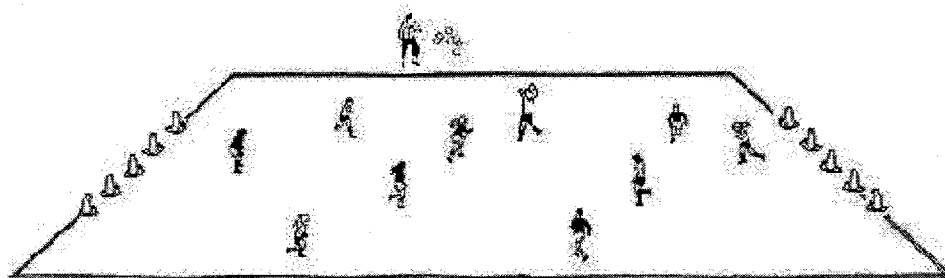
Target:

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

GK Ball

Objective:

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



Print Game



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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.

4 v 4**Objective:**

- To give each player many opportunities to kick the ball in a 4 vs. 4 game.
- To gain a further understanding about combined play with the addition of another player (as compared to 3 vs. 3).



Print Game



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Organization:

- Field size 35 x 25 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)
 - Endline - goal kick or corner kick, depending on which player last touched ball.
- After a goal, re-start with goal kick.
- In practice with numbers of 16 or more have two fields (coaches can join in to make up the numbers, but are not allowed to score).
- If less than 16, have three teams and a separate practice operating and rotate teams in and out of the 4 vs. 4 game.

Teaching:

- On goal kicks encourage two go fully wide, left and right, and one player to go forward centrally giving a diamond shape.
- Encourage attacking teams to always have a rear-supporting player (and this player might and should change if they see an opportunity to go forward).
- Think about the diamond shape in fluid play.
- Try to get players in the habit of immediately recovering back into good defensive positions as soon as they lose the ball.

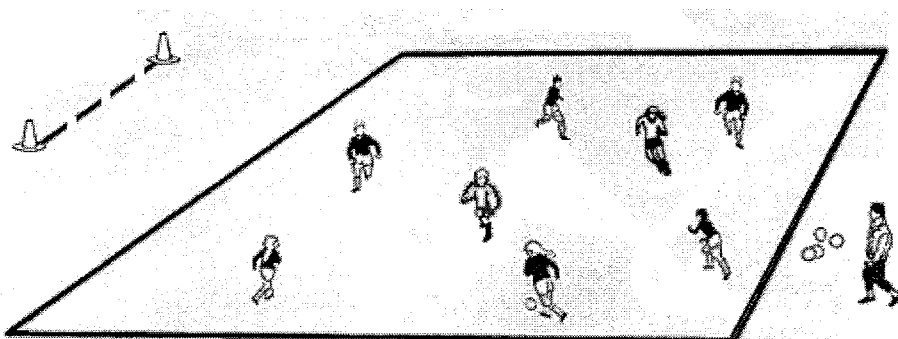
Target:

- To outscore opposition.

Carl's Keep Away 6 v 2

Objective:

- To encourage players from an early age to appreciate the benefits of passing the ball to a teammate.
- Developing passing and receiving and an appreciation of space.



Print Game



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Organization:

- Mark a grid 15 x 15 yards depending on numbers.
- If possible 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 two of the other group also go into the square. The rest wait in line for their turn.
- The 6 players try to keep the ball away from the two defenders.
- When the defenders win the ball or force the ball to be played out of the area they change with the next pair of defenders. 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 defenders cannot get the ball after 30 seconds shout, "Change!" and the next defender replaces the one in the middle. However, the game continues until 3 interceptions or errors have taken place.
- The coach keeps a supply of balls handy so after an interception or a ball is kicked out of play he/she kicks or rolls another ball in.
- May need some skilful number adjustments by the coach if there are uneven numbers.

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 or players 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.
- Then 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 (see Carl's Keep Away 5 v 1).

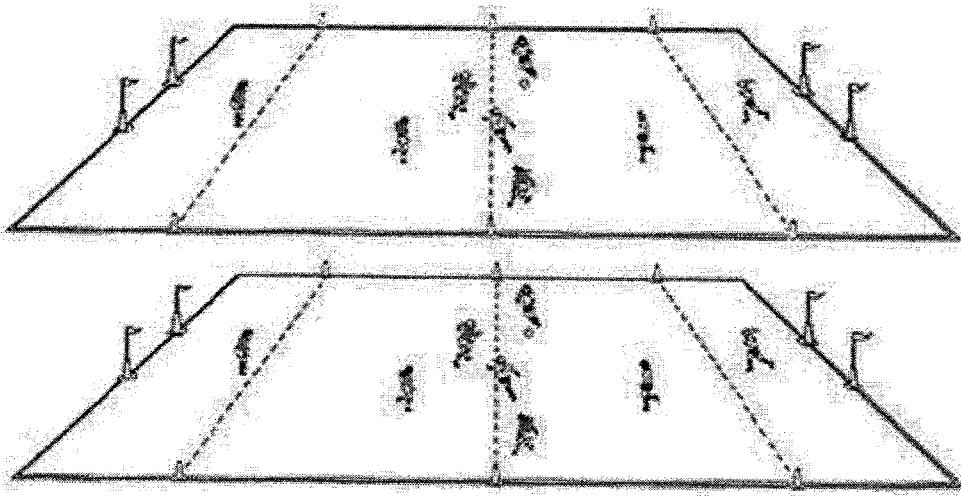
Target:

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

4 v 4 Jamboree

Objective:

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



Print Game



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Organization:

- Any number of players above 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!

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



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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.