

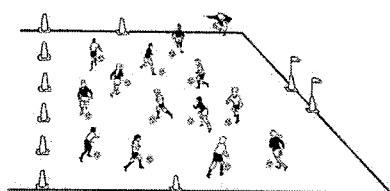


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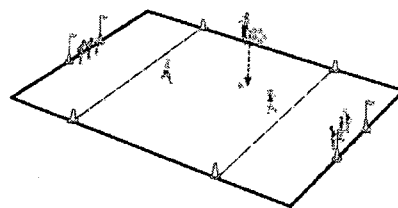
U9 Session 1



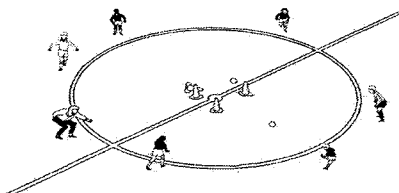
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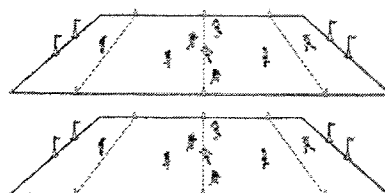
1. Square Dance



2. Numbers Game®



3. Circle Game ®



4. Fab Fours Jamboree

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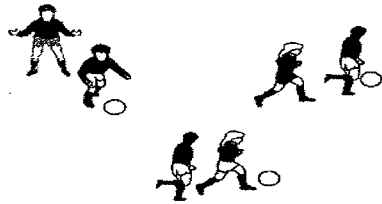


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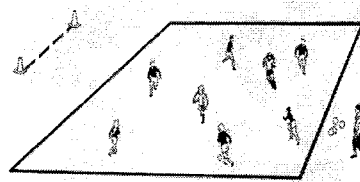
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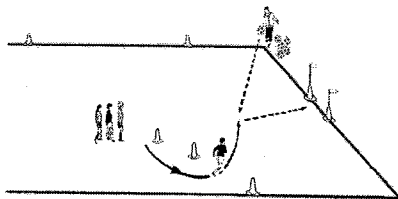
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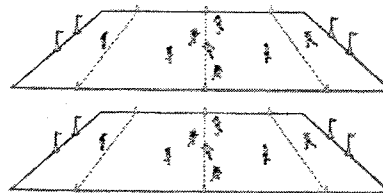
1. Me & My Shadow



2. Carl's Keep Away 6 v 2



3. Corner Shot



4. Fab Fours Jamboree

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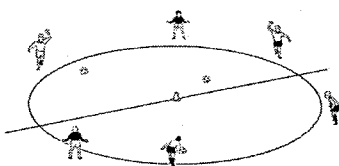


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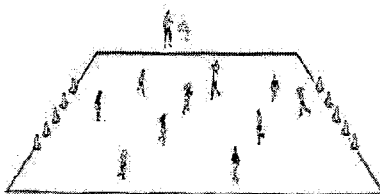
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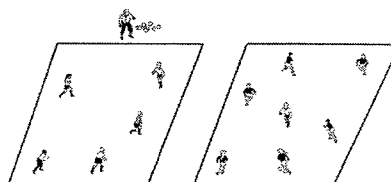
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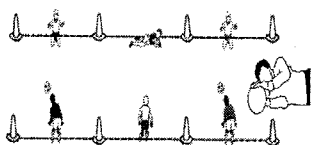
1. GK Circle Game



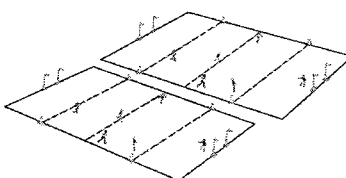
2. GK Ball



3. Keep Away Tennis 6 v 1



4. King's Court



5. Micro Soccer® Jamboree

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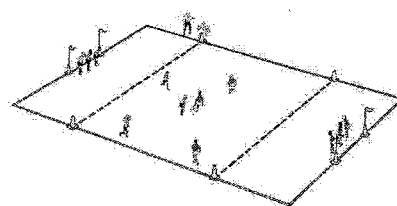
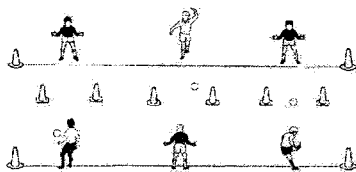
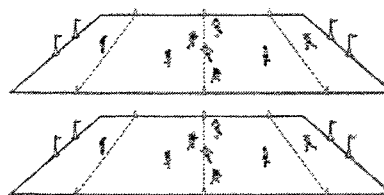


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U9 Session 4



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**1. Crazy Warm Up****2. Change Soccer****3. King's Court - Passing****4. Fab Fours Jamboree**

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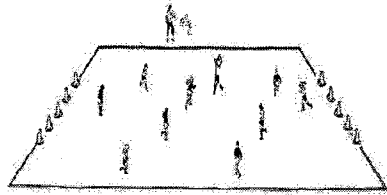


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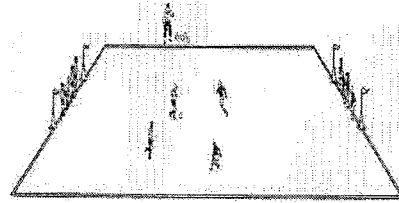
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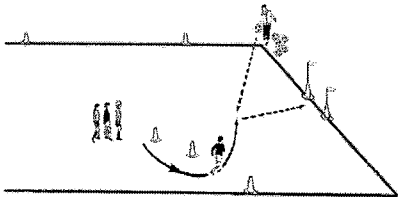
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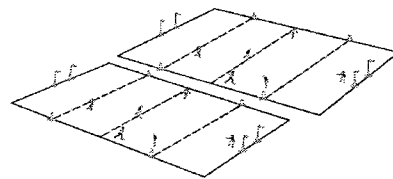
1. GK Ball



2. Noah's Lark With Windows



3. Corner Shot



4. Micro Soccer® Jamboree

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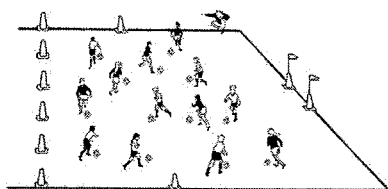
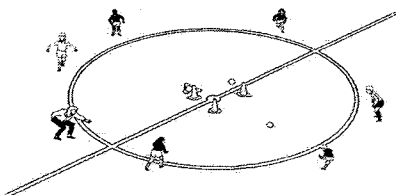
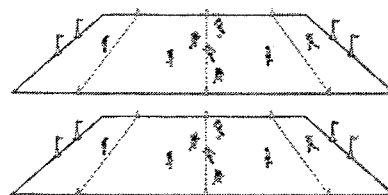


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U9 Session 6



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**1. Square Dance****2. The Zone Game 4 v 4****3. Circle Game ®****4. Fab Fours Jamboree**

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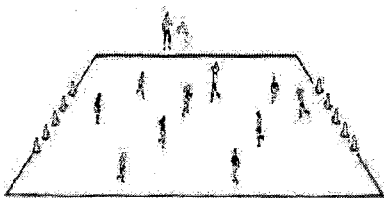


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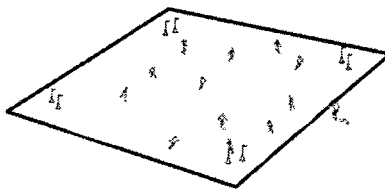
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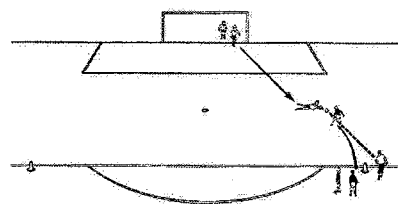
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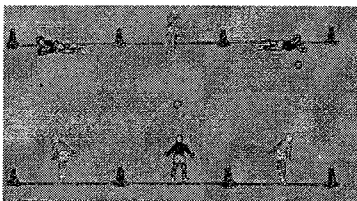
1. GK Ball



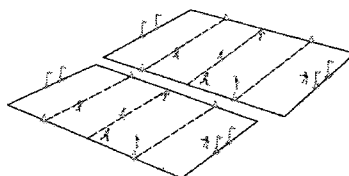
2. 4 Goal Game - 6 v 6



3. Submarining



4. King's Castle



5. Micro Soccer® Jamboree

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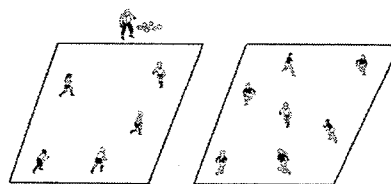
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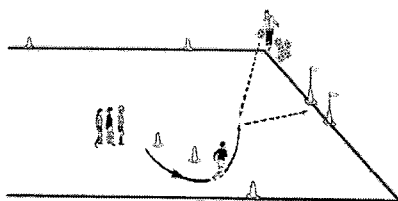
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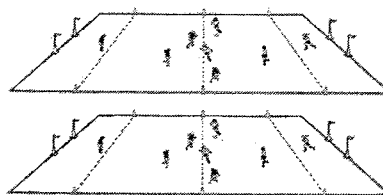
1. Square Dance



2. Keep Away Tennis 6 v 1



3. Corner Shot



4. Fab Fours Jamboree

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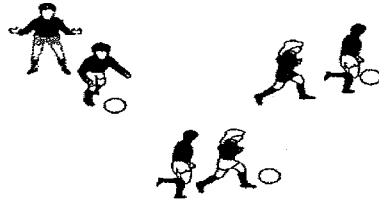


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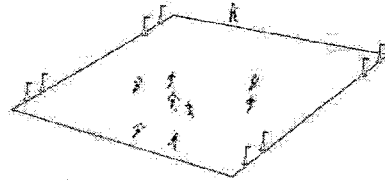
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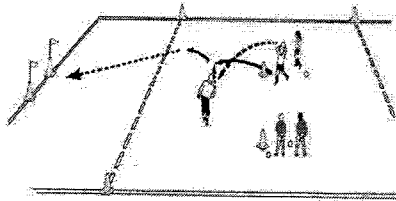
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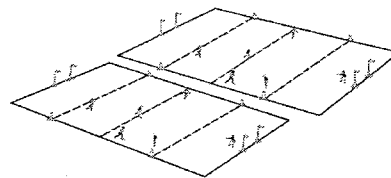
1. Me & My Shadow



2. Double Vision



3. Mack 2



4. Micro Soccer® Jamboree

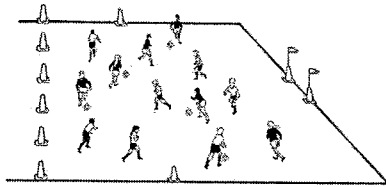
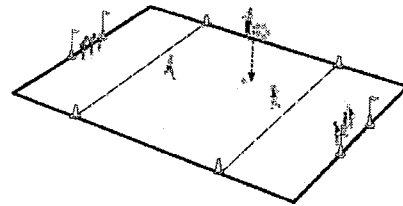
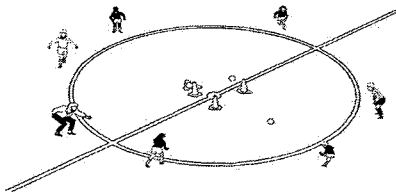
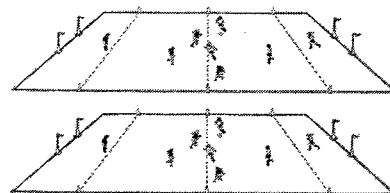
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U9 Session 10

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

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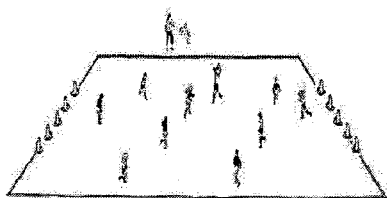
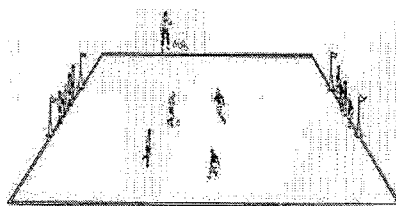
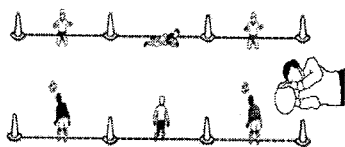
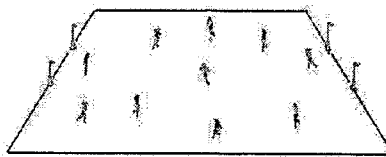


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U9 Session 11



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**1. GK Ball****2. Noah's Lark With Windows****3. King's Court****4. 5 v 5**

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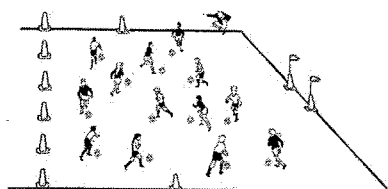
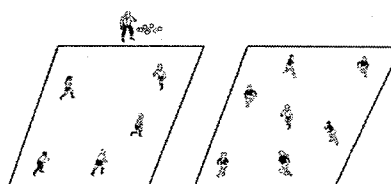
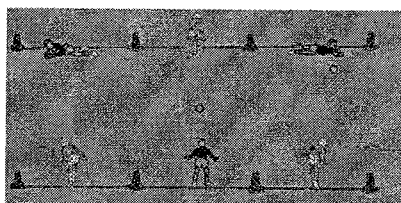
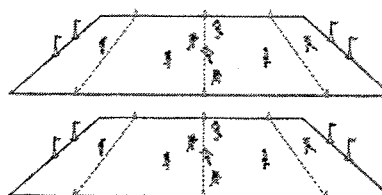


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U9 Session 12



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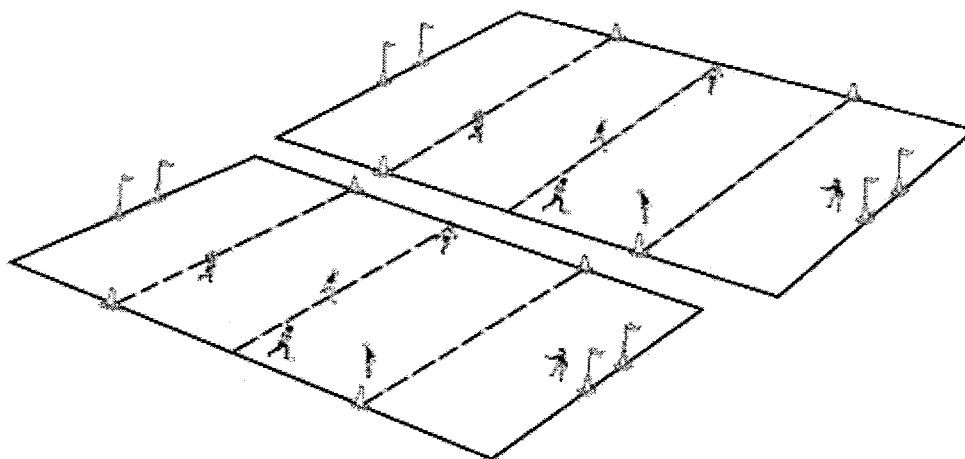
**1. Square Dance****2. Keep Away Tennis 6 v 1****3. King's Castle****4. Fab Fours Jamboree**

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Micro Soccer® Jamboree

Objective:

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



Print Game



Close Window

Organization:

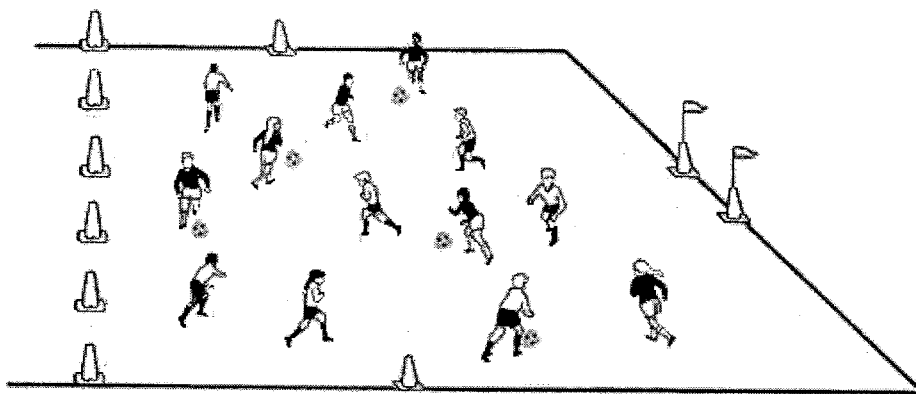
- Any number of players above 11 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 12 players, make up three teams (of 3 or 4 players). Have a second activity area (such as the Circle Game) as one team waits their turn to play.
- With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

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.

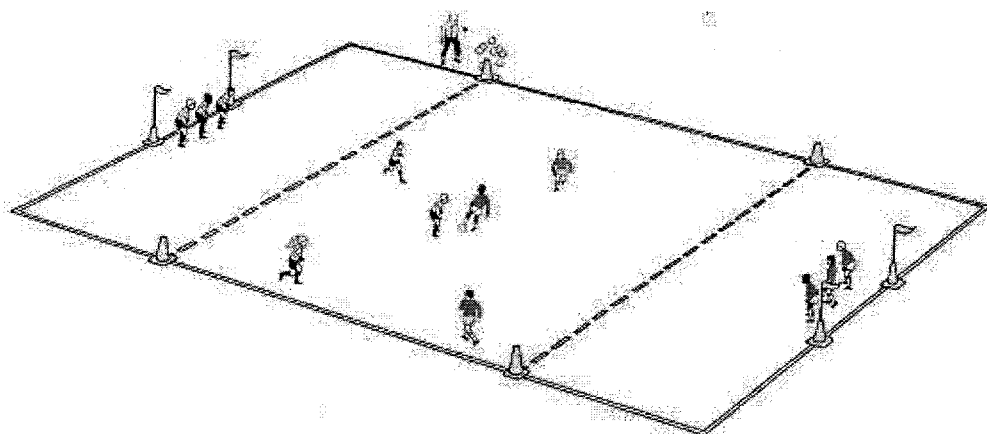
Target:

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

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.

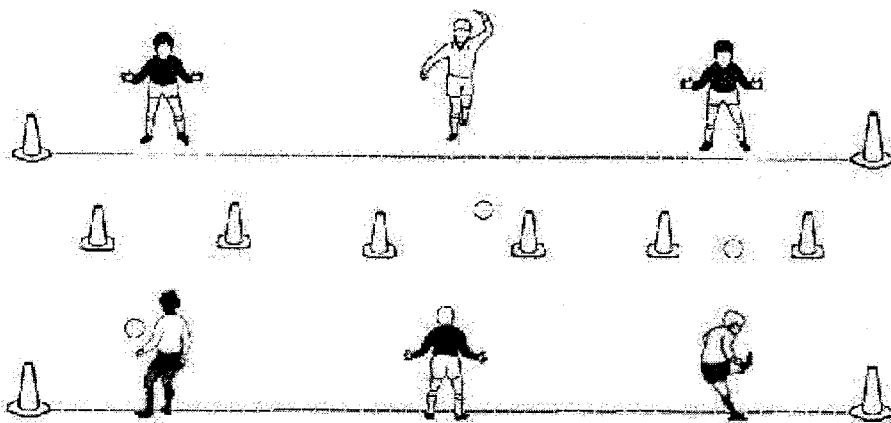
Target:

- To outscore the opposition.

King's Court - Passing

Objective:

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



Print Game



Close Window

Organization:

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

Teaching:

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

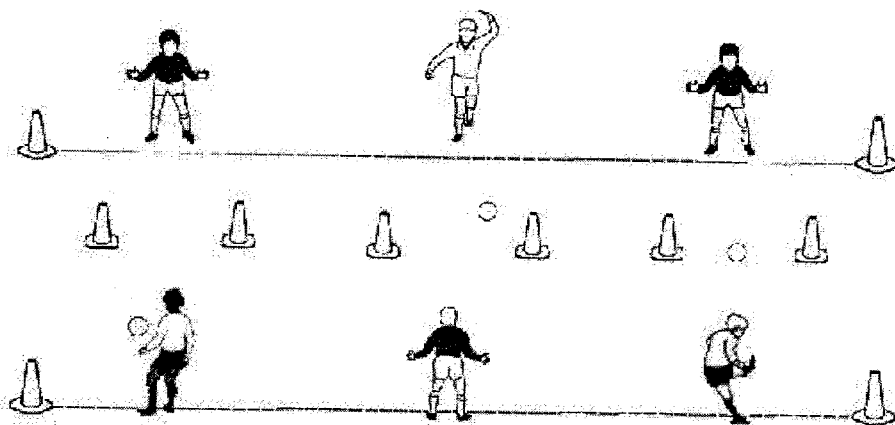
Target:

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

King's Court - Passing

Objective:

- Fun challenge surrounding passing and control.
- 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.
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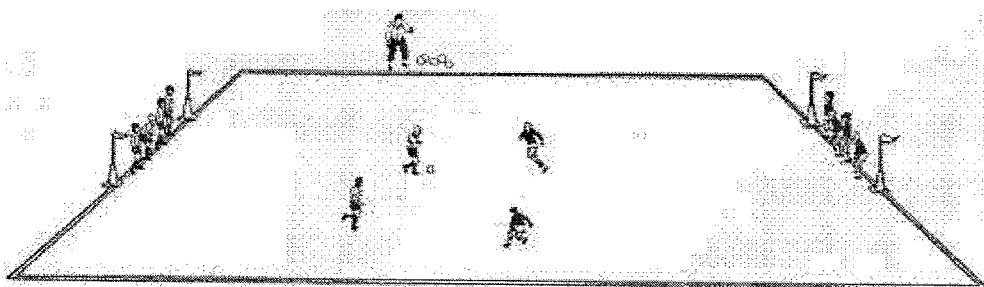
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- With large groups have two or three King's Courts with 3 or 4 fields per sub-group.
- Keep it fun and therefore downplay the "winning at all costs" attitude.

Noah's Lark With Windows

Objective:

- To combine the attack and defence in a challenging game.
- To develop Wall-Passes and One-Two's.



Print Game



Close Window

Organization:

- Area 30 x 20 yards with goals eight yards wide.
- 6 vs. 6, 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.
- On the outside lines are the coach and assistant coach (or a players) who can receive a pass from any player, but must pass it back to the same player or his team-mate.
- 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 also 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.

The Zone Game 4 v 4

Objective:

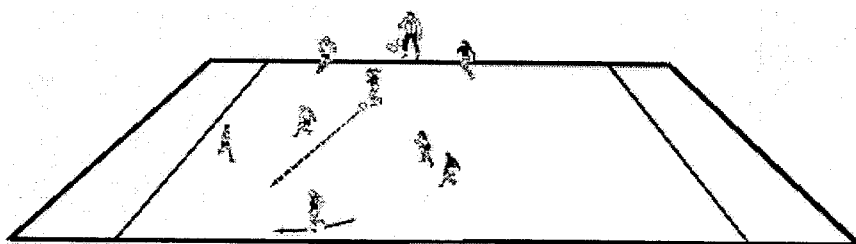
- To develop combined offensive and defensive play in a 4 vs. 4 game.
- To encourage attacking players to get on the "blindside" of the defense to receive a pass.



Print Game



Close Window



Organization:

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

Teaching:

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

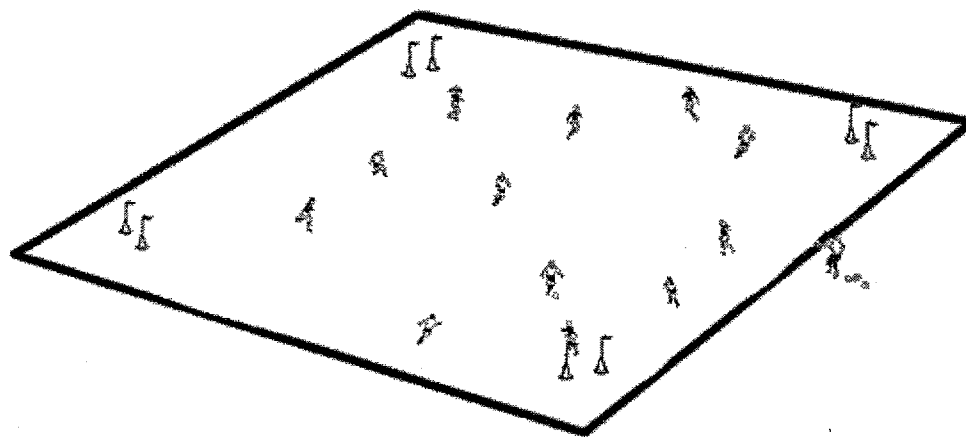
Target:

- To outscore opposition.

4 Goal Game - 6 v 6

Objective:

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



Print Game



Close Window

Organization:

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

Teaching:

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

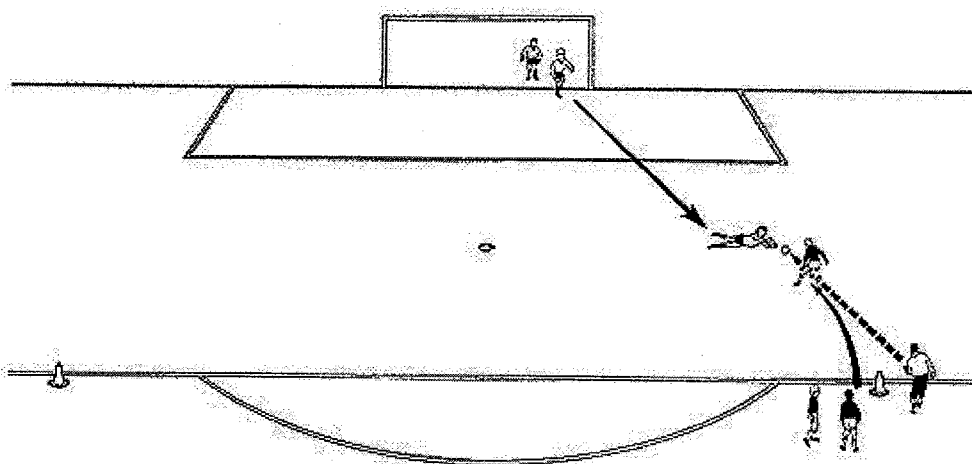
Target:

- To outscore the opposition.

Submarining

Objective:

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



Print Game



Close Window

Organization:

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

Teaching:

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

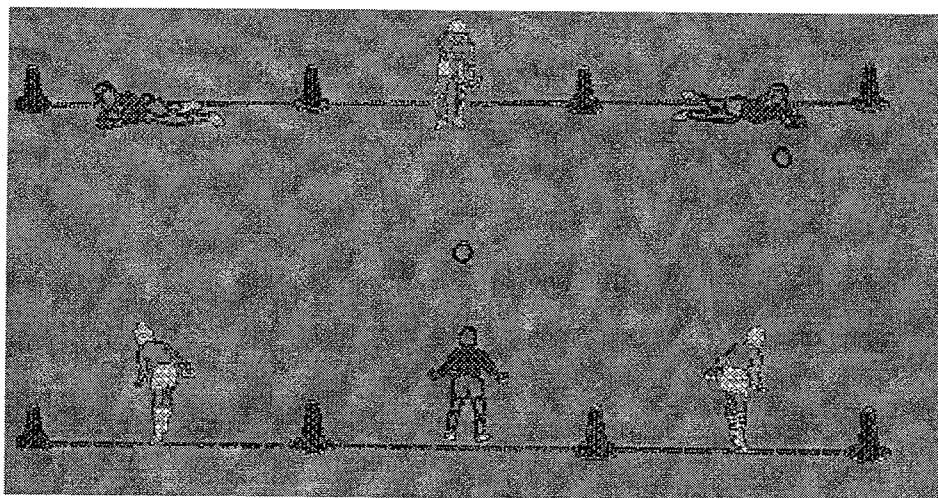
Target:

- To secure ball cleanly with good technique.

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.

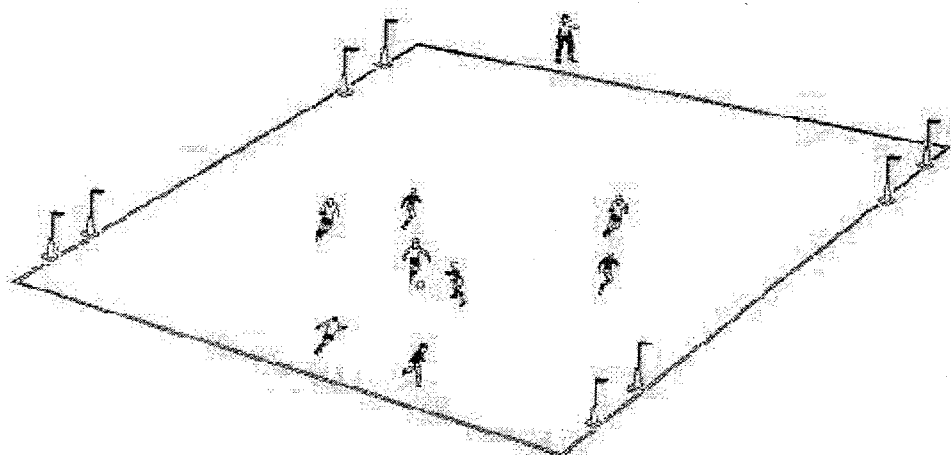
Target:

- 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.

Double Vision

Objective:

- To encourage attacking awareness and the switching of play.
- To introduce defensive "zoning" and awareness of critical defending space.



Print Game



Close Window

Organization:

- Area 30 x 30 yards.
- Four goals are set-up by cones or markers on the end line five yards from each corner. Goals are three yards wide.
- Three or four players in possession combine to score in any of the two goals they are attacking.
- Use two fields if you have big numbers. Or have three teams and 5-minute games. "Resting" team can play the Circle Game as they wait their turn.
- When ball goes out of play, re-start with a pass-in (5-yards away rule for the opposition).

Teaching:

- Encourage attacking players to "switch" the play.
- Encourage players to turn away with ball if one goal becomes "marked" by opponent.
- If nothing is on, passing and moving the ball with good support will unbalance the defending team.
- Defending team will have to "zone" to eliminate the dangerous space if play is switched, yet still be available if the opposition concentrates its attack on just one of the goals.

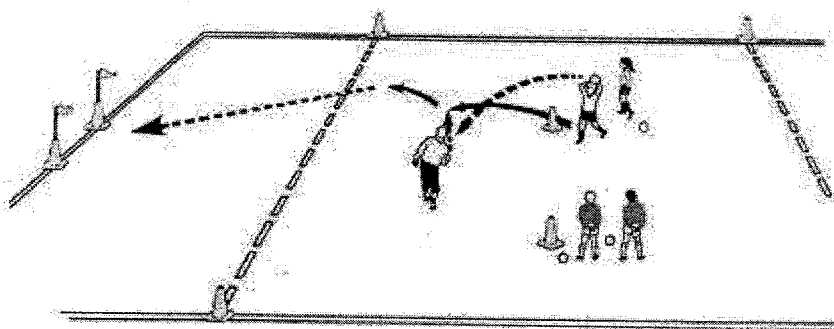
Target:

- To outscore the opposition.

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.

5 v 5

Objective:

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



Print Game



Close Window

Organization:

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

Teaching:

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

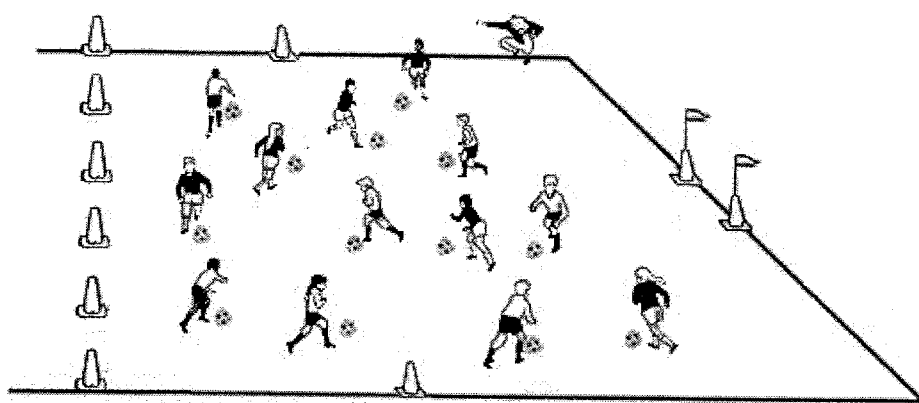
Target:

- To outscore opposition.

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.

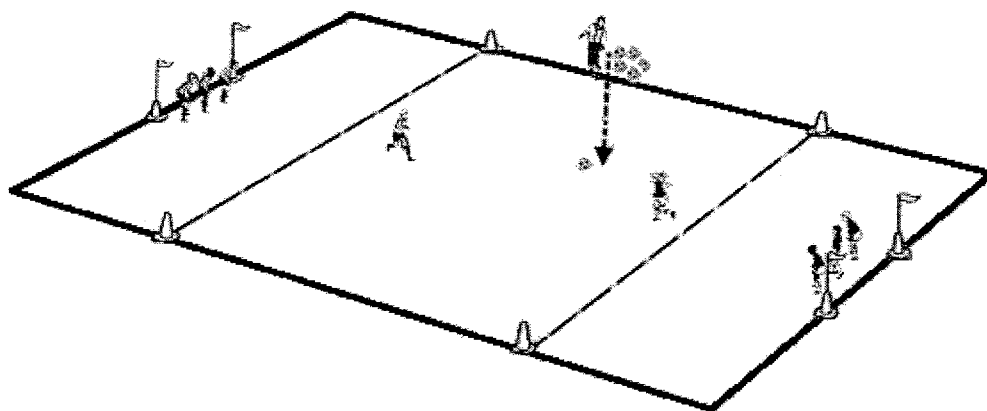
Target:

- 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.

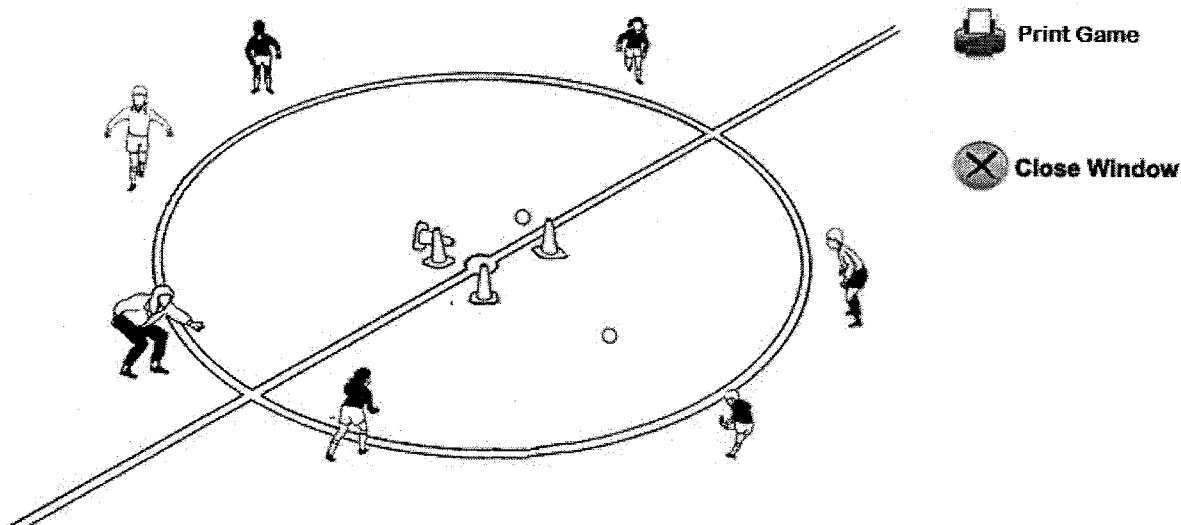
Target:

- To outscore opposing team.

Circle Game ®

Objective:

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



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).

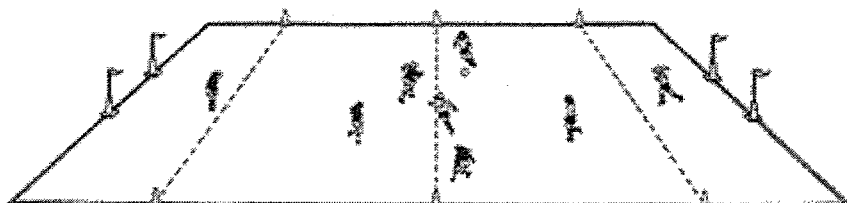
Target:

- 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.

Fab Fours Jamboree

Objective:

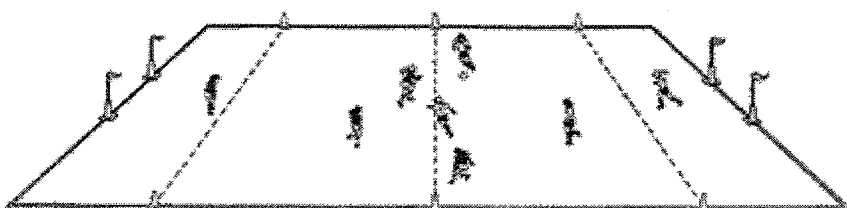
- To create a Jamboree atmosphere.
- Allow the children to enjoy playing without any coaching.



Print Game



Close Window



Organization:

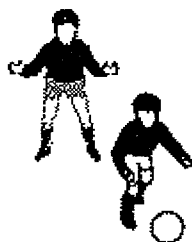
- Any number of players above 15 can create a Jamboree atmosphere. Consider joining up with another team who practice at the same time.
- If less than 16 make up three teams of 4 or 5 players. Have a second activity area as one team waits to play.
- With 16 or more put in two fields or more, depending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

Teaching:

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."

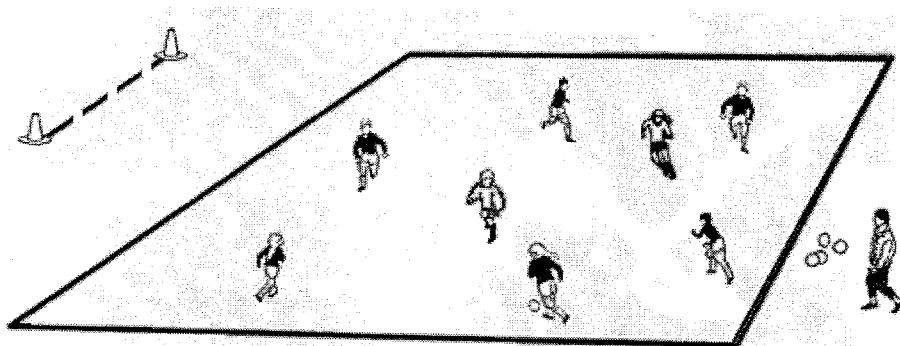
Target:

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

Carl's Keep Away 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



Close Window

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.

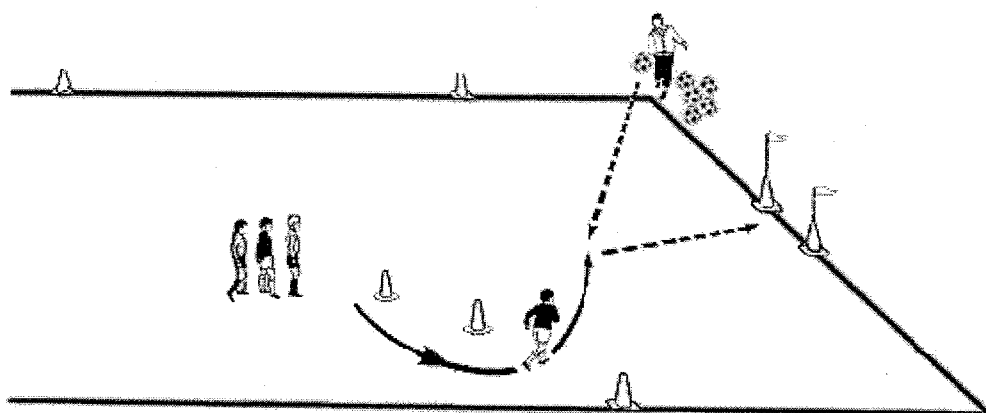
Teaching:

- 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).

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.

GK Circle Game

Objective:

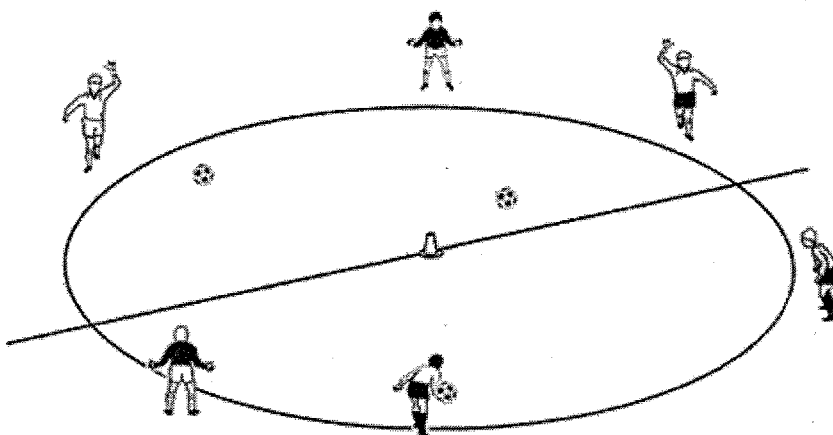
- To produce a fun, challenging game.
- To develop goalkeeper throwing techniques.



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.

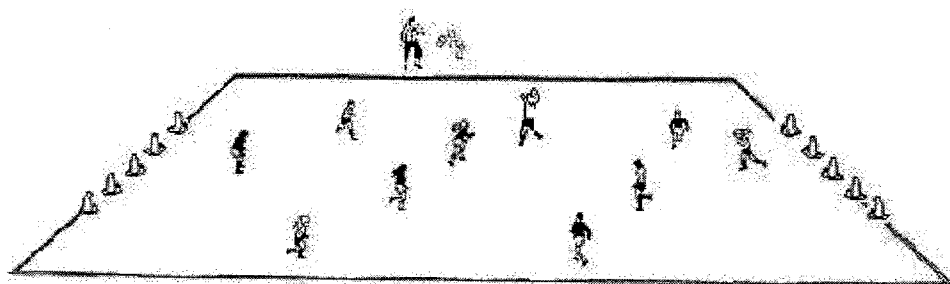
Target:

- 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



Close Window

Organization:

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

Teaching:

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

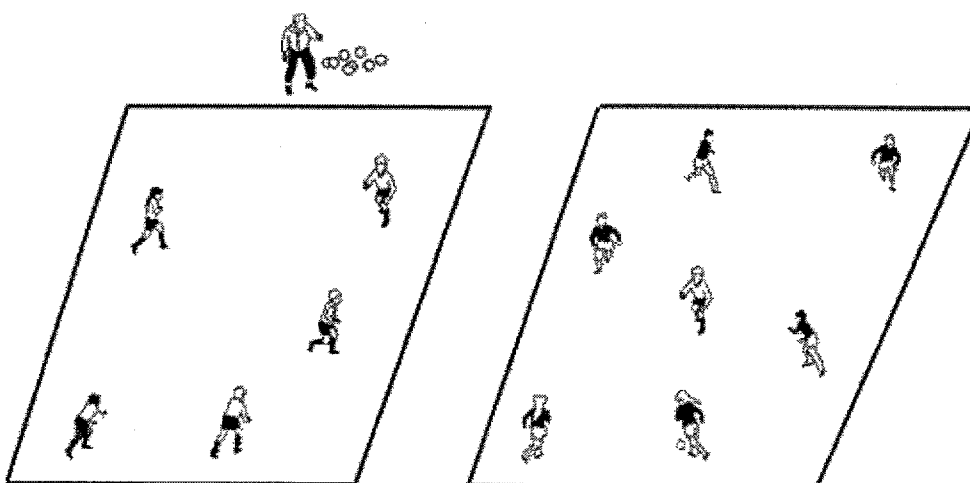
Target:

- To outscore the opposition.

Keep Away Tennis 6 v 1

Objective:

- To encourage players from an early age to appreciate the benefits of passing the ball to a team-mate.
- To make the possession game directional with penetrating passes.



Print Game



Close Window

Organization:

- Mark two grids 15 x 15 yards depending on numbers, 3-yards apart.
- 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 other five go into the other square.
- The 6 players try to keep the ball away from the one defender.
- After three passes they are allowed to pass the ball to the other square. If they do and it is a good pass to the other square they score a point (Coach to act as referee).
- If defender wins the ball or forces the team in possession to play a poor pass into the other square he/she scores a point for their team.
- When the ball is passed to the other square the former defender runs across to join his/her team-mates and one of the other team runs over to become a defender.
- Similarly, if a mistake is made the defender joins his/her team together with the other team's defender and the coach plays in a ball.
- The defending chores are shared on an equal time basis.
- The team that scores the most points

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 competition, but tells the players they don't have to play into the other square after three passes unless it is a good time to do so. They can keep possession and pick their time.
- 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).

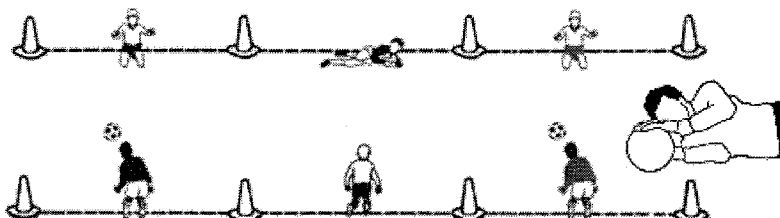
Target:

- To score more points than the opposing team by good passing and support or by good defending.

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.