
Vertical Sports

OVERVIEW

Our mission:

- Vertical Sports exists to glorify God by surrendering to Him and to the growth of His kingdom through sport.

We are committed to:

- being Bible-Anchored while we practice/play sharing truth from God's Word
- being Christ-Centered as we connect people to the love of Christ through sports
- being Discipleship-Driven by equipping coaches to worship through their God-glorifying service as they build relationships with players and families
- being Unity-Focused as we are all on the same team striving toward the same goal of knowing Christ and making Him known

Who are we? Our ministry uses sports as a bridge to have the opportunity to share the good news of Jesus Christ with everyone and to help strengthen and guide followers of Christ. With intentionality, we engage individuals and their families in the community with the end goal of demonstrating the love of Christ using sports. All of this is done while developing athletes in their knowledge, skill, and character.

We have minimized standalone events and placed priority on ongoing seasons of relationship opportunities with a gospel purpose. Jesus used this pattern with his disciples - time and consistent relational equipping/sharing - to change lives and bring people into the Church.

Vertical Sports has approximately 770 players who registered directly with us last year; approximately 50% marked that they either did not attend church or listed a non-evangelical church. Each player who registers represents a unique family unit, adding to the number with whom we engage.

Where are we going? We continue to prayerfully seek out strategic ministry partnerships in our leagues and would like to be known in the community for our inclusiveness and desire for everyone to join us in the fun.

With this in mind, we have established a set of expectations for those involved in the ministry of Vertical Sports as summarized here:

Ministry Expectations:

1. That each of those involved in the Vertical Sports ministry be a Christ-like example to players and their families, building relationships with them and helping them move toward a deeper relationship, or perhaps a first-time relationship, with Christ.
2. That coaches and assistant coaches comply with all rules, mission, and values of Vertical Sports and submit to its leadership.
3. That coaches and team connectors consider other coaches, volunteers, officials, and staff as teammates in ministering to our community.
4. That connectors be active attenders/members of FBC Millington, and head coaches be active attenders/members of FBC Millington or another local evangelical church. All those involved in youth sports are required to submit/pass a background check. Coaches are asked to review and sign a Coaches Covenant detailing the expectations our ministry has set forth as far as conduct within and commitment to our Vertical Sports vision.
5. That our coaches buy into a “first to arrive/last to leave” mentality with regards to practice/game responsibilities as well as relationship-building opportunities. We encourage them to provide a safe and encouraging environment to teach the sport, life-lessons and most importantly, how to live out the Christian faith on and off the field or court. We hope they will treat all with respect and foster a family environment within their teams and within their leagues.
6. That our team connectors have a desire to spread the gospel and commit to praying for and encouraging not only the team members and their families but the other teams and the league in general.

Our motto, “**Reach for Greatness**,” expresses our desire to minister to our community by using sports as a means to build relationships which in turn allows us to equip and encourage students and adults to “Reach for Greatness” in their spiritual lives, their personal relationships, and their athletic endeavors.



Youth Soccer Information Sheet

- **Practices start on Saturday, February 27th**
 - Monday, Thursday, and Saturday slots are available. If you have not registered for a practice time already, please sign up at the table before leaving today. Also verify your contact information and shirt size on the coaches list, please. We will start with 1-2 times until all teams get a spot. Older teams – let younger teams have earlier spots please.
 - Check your calendar (in manual) for available practice dates.
 - Practice times will be available during Tipton Co., TRA, and Millington School Districts' scheduled Spring Breaks. It is up to each coach's discretion whether or not to practice those weeks.
 - Practices during the season will be available on Thursdays.
- **Games start April 4th** and will be played primarily on Saturdays with some Mondays worked in.
 - We will have a pre-game **devotion** led by the "home" team before each game. Keep the message simple and clear. John 3:16 is a great starting point! We will provide devotions on Quickscores under the "Downloads" button on the mobile app or "Devos" button on the webpage.
 - **Game schedules** will be posted on <https://www.quickscores.com/verticalsports> in March; game results and standings will also be viewable on Quickscores throughout the season.
 - Ages 8-14 may play games earlier than April 4th based on partner location schedules, but our target date is April 4th.
- Review league rules and contact me with questions! My contact info is tanner.arrowood@fbcmillington.org, 901-873-8939 (office).
- The primary form of communication by Tanner to coaches is the **SR&F app**. Please be sure to check your notifications and advise your parents to watch for emails! Also, share the Quickscores link with them so they can keep up with game schedules and any rescheduling that may be necessary. Be sure they know they can "subscribe" to the schedule and download it to their own calendars so that rescheduled games are automatically updated. This will save you both time.
- **Contacting parents/team members**
 - Contact all parents/team members **by phone** as soon as rosters are finalized – we expect that to be February 25th. Parents have been told you will reach out by March 1st!! Please let us know if you can't reach a player/parent.
 - Please contact each parent/team member each week by phone or email or group text
 - Practice updates
 - Schedule updates
 - Prayer Requests
 - Relationship building
 - Popular group texting apps: We recommend Remind 101. There's also GroupMe, WhatsApp, FB Messenger, Tango
 - Let your team know what your primary method of communication will be!



- Uniforms
 - Each player will receive a jersey and matching socks.
- Awards
 - We will give out trophies/medals at the end of the season for all 4/5 yr olds. 1st place trophies will be given out for 1st place FBC teams ages 6-14.
- End of Year Parties
 - We are encouraging all teams to have their own end of year parties this season. You can reserve a time here at Millington FBC, go to a Grizz game, etc. The relationships you build are having lasting effects on players and their families!
- Inclement Weather – in case of weather issues please contact the hotline number at 872-6823, <https://www.quickscores.com/verticalsports> or check the website at <https://fbcmillington.org/vertical-sports/> or look under Ministries—Vertical Sports. We update the hotline by 8am on Saturdays and 3pm on weekdays. Please let your parents know it will save you time! If the above sites are not updated by the given times, that means games/practices are still ON. Calling/texting/emailing your awesome Sports Minister ☺ or Administrative Assistant isn't recommended as often we are unavailable or simply have not yet made a decision. We promise to let you know as soon as we can!



Soccer Rules 4/5 Year Olds

Field Dimensions & Officiating

1. The field is 90 feet x 60 feet. The goals are 6 feet wide and 4 feet tall.
2. The coach referees or appoints his assistant or a parent.

Length of Match & Substitutions

1. Substitutions generally are made at the end of a period. Periods are five minutes in length. There are 3 periods in a half and 6 periods in a match. You may sub mid-period if needed.
2. Time is kept in conjunction with the 6/7 year old league. A central timekeeper will be present with a whistle/air horn to inform everyone when play begins/ends each period.
3. Every player is to play at least half the match.
4. Play will be 5v5, With NO goalie (5 players in the field).

Scoring Goals

1. Goals can be scored from anywhere while the ball is in play.
2. No goals can be scored directly from a goal kick, a throw-in, or an indirect free kick. There are no penalty kicks.

Fouls & Restarts

1. If a foul throw is committed, the coach explains the correct method and lets the offender retake the throw.
2. All infringements; tripping, handling, pushing, etc. are punishable by an indirect free kick. The ball is placed at the spot of the foul. An indirect kick means the ball must be touched by two different players before a goal can be scored.
3. When the ball goes out of play, the game is re-started by one of the following ways:
 - a. Over the sidelines, with a throw-in.
 - b. Over the goal line:
 - i. With a goal kick if attacking team last touched the ball.
 - ii. With a corner kick if defending team last touched the ball.
 - iii. The goal kick is taken from anywhere in the goal zone.

"Goal Zones"



- iv. The corner kick is taken from where the goal line and sideline meet.
 - c. After a goal is scored, restart the game in the middle of the field. The team that scored must be in their own goal zone. (On a kick off the ball must be played forward one ball rotation.)
4. All opposing players must be at least five yards from the ball on free kicks, corner kicks, and goal kicks.

Devotions

The home team is responsible each game for the halftime devotion. The home team is listed first on <https://www.quickscores.com/verticalsports>. If you desire you may pull both the 4/5 and 6/7 teams together into one group and speak to everyone.

- The conduct of all coaches, players, and fans should be handled in a Christ-like manner. Any Vertical Sports staff member has the ability to remove any fan, player, or coach from the facility for not adhering to these rules.



Soccer Rules 6/7 Year Olds

Field Dimensions & Officiating

1. The field is 100 feet x 60 feet. The goals are 6 feet wide and 4 feet tall.
2. The coach referees or appoints his assistant or a parent.

Length of Match & Substitutions

1. Substitutions generally are made at the end of a period. Periods are five minutes in length. There are 3 periods in a half and 6 periods in a match. You may sub mid-period if needed.
2. Time is kept in conjunction with the 4/5 year old league. A central timekeeper will be present with a whistle/air horn to inform everyone when play begins/ends each period.
3. Every player is to play at least half the match.
4. Play will be 5v5, 5 field players (No Goalie, coaches can place a defender on the defensive end, but they can't play directly in front of the goal like a goalie. They can defend the goal, but can't directly guard the goal).

Scoring Goals

1. Goals can be scored from anywhere while the ball is in play..
2. No goals can be scored directly from a goal kick, a throw-in, or an indirect free kick. There are not penalty kicks.

Fouls & Restarts

1. If a foul throw is committed, the coach explains the correct method and lets the offender retake the throw.
2. All infringements; tripping, handling, pushing, etc. are punishable by an indirect free kick. The ball is placed at the spot of the foul. An indirect kick means the ball must be touched by two different players before a goal can be scored.
3. When the ball goes out of play, the game is re-started by one of the following ways:
 - a. Over the sidelines, with a throw-in.
 - b. Over the goal line:
 - i. With a goal kick if attacking team last touched the ball.
 - ii. With a corner kick if defending team last touched the ball.
 - iii. The goal kick is taken from anywhere in the goal zone up to the halfway point.

"Goal Zones"



- iv. The corner kick is taken from where the goal line and sideline meet.
- c. After a goal is scored, restart the game in the middle of the field. The team that scored must be in their own goalkeeper's zone. (On a kick off the ball must be played forward one ball rotation.)
4. All opposing players must be at least five yards from the ball on free kicks, corner kicks, and goal kicks.

Player Safety

1. No high kicks or slide tackling
2. No headers

Devotions

The home team is responsible each game for the halftime devotion. The home team is listed first on <https://www.quickscores.com/verticalsports>. If you desire you may pull both the 4/5 and 6/7 teams together into one group and speak to everyone.

- The conduct of all coaches, players, and fans should be handled in a Christ-like manner. Any Vertical Sports staff member has the ability to remove any fan, player, or coach from the facility for not adhering to these rules.



Soccer Rules

10U

- Teams are configured according to the age the child will be on August 15th of the current school year (unless other approval given).
 - Unless otherwise stated all rules are according to NFHS Soccer 2023-24
- Players:
 - There will be a maximum of 14 players on a team. Play will be 7v7, including goalkeeper. (If coaches want to play more on the field that can be discussed with each other and the ref before the game)
 - No Goalie Punts – Goalie may throw, roll, or drop the ball and kick into play.
 - ♣ An indirect kick will be awarded to the opposing team at the spot of the offense if a goalkeeper deliberately punts the ball during a match.
 - ♣ An indirect free kick awarded to the attacking team inside the opposing team's goal area must be taken on the goal area line at the point nearest to where the goalkeeper punted the ball.
- Substitutions:
 - Substitutions may be made with consent of the referee at the following times:
 - ♣ Prior to a throw in your favor
 - ♣ Prior to a goal kick by either team
 - ♣ After goal, by either team
 - ♣ After an injury, by either team, when referee stops play
 - ♣ At half-time
 - ♣ All players will play at least half the game.
- Size of Ball, Size of Field, Length of Play:
 - 10 and Under Coed play with a #4 size ball, on a 60 yard x 40 yard field, for two 25 minute halves with a 5-10 minute halftime.
- BUILD-OUT LINE
 - The build-out line shall be placed across the field equidistant between the top of the penalty area and the halfway line.
 - The opposing team must move behind the build-out line for a goal kick or when the goalkeeper has possession. At any time, the goalkeeper may pass, throw or roll the ball to a teammate who is behind the build-out line.
 - The goalkeeper or the player taking the goal kick does not have to wait for the opposing players to move behind the build-out line. The play from the goalkeeper or from the goal kick must be played to a teammate behind the build-out line. After the ball is put into play, the opposing team can then cross the build-out line and play may resume as normal. The first touch is from the goal kick or the pass from the goalkeeper.
 - The build-out line shall be used as the line to determine offside. Players cannot be penalized for an offside offense between the halfway line and the build-out line.
- Uniforms:
 - Each team must have jerseys of the same color, numbered on the back.
 - The goalkeeper must wear a different colored shirt than either team.
 - All players are required to wear shin guards with socks fully covering them.
 - Players must wear shorts (unless weather does not permit).

- Overtime- Tournament Play Only
 - 5 minute overtime with golden goal (first team to score wins). If tied after 5 minutes, proceed to penalty kicks.
- Player Safety
 - No headers
 - No high kicks or slide tackles
- The home team is responsible each game for the halftime devotion. The home team is listed first on <http://www.quickscores.com/verticalsports>. Any games held at partner locations or games held at FBC against a non FBC team, please invite the other team to join you for the devotion (even if you are the away team) as they cannot formally host devotions.
- The conduct of all coaches, players, and fans should be handled in a Christ-like manner. Any Vertical Sports staff member has the ability to remove any fan, player, or coach from the facility for not adhering to these rules.



Soccer Rules

12U

- Unless otherwise stated all rules are according to NFHS Soccer 2024-25
 - No high kicks or slide tackles
 - No Headers
 - Goalie May Punt
 - Offsides (no buildout line)
- Initial possession will be determined before each game. Referee will call for a match captain for either a coin flip or rock, paper, scissors.
 - Team with possession can start out inside the center circle. Defensive team must be on their defensive half and outside the circle.
 - After first touch, ball is live. Same player cannot make first AND second touch (ex: player A could not start a reset by dribbling)
- Number of Players:
 - There will be a maximum of 16 players on a team. Play will be 7v7, including goalkeeper. (If coaches want to play more/less on the field that can be discussed with each other and the ref before the game)
- Substitutions:
 - Substitutions may be made with consent of the referee at the following times:
 - Prior to a throw in your favor
 - Prior to a goal kick by either team
 - After goal, by either team
 - After an injury, by either team, when referee stops play
 - At half-time
 - All players will play at least half the game or as close as possible.
- Size of Ball, Size of Field, Length of Play:
 - 12U Coed play with a #4 size ball, on a 60 yard x 40 yard field, for two 30 minute halves with a 5 minute halftime.
- Uniforms:
 - Each team must have jerseys of the same color, numbered on the back.
 - The goalkeeper must wear a different colored shirt than either team.
 - All players are required to wear shin guards with socks fully covering them.
 - Players must wear shorts (unless weather does not permit).
- Overtime- Tournament Play Only
 - 5 minute overtime with golden goal (first team to score wins). If tied after 5 minutes, proceed to penalty kicks.
- The home team is responsible each game for the halftime devotion. The home team is listed first on <http://www.quickscores.com/verticalsports>. Any games held at partner locations or games held at FBC against a non FBC team, please invite the other team to join you for the devotion (even if you are the away team) as they cannot formally host devotions.

Conduct

- Coaches must be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a Vertical Sports staff member if you need help in this area.
- All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Every technical received for improper conduct will be reviewed by Vertical Sports Staff, for disciplinary measures, with maximum penalty being dismissal as coach.

- Any player, coach, or parent who receives an red card will be removed from that game. If the player, coach, or parent receives another red card during the season they will be removed from the game and suspended for the rest of the season.
- Any behavior deemed by the Vertical Sports Staff as unsportsmanlike, degrading, or detrimental to game can also result in removal or suspension regardless of card given or not.
- Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be second in priority to our desire to present an effective Christian testimony.
- Parents are expected to encourage a positive atmosphere and bring any concerns privately to **their** coach. Public displays of disagreement or anger toward a player/coach/referee will not be tolerated. All rules are subject to change at the discretion of Vertical Sports.



Soccer Rules

14U

- Unless otherwise stated all rules are according to NFHS Soccer 2024-25
- Number of Players:
 - There will be a maximum of 22 players on a team. Play will be 11v11, including goalkeeper. (If coaches want to play more/less on the field that can be discussed with each other and the ref before the game)
- Substitutions:
 - Substitutions may be made with consent of the referee at the following times:
 - ♣ Prior to a throw in your favor
 - ♣ Prior to a goal kick by either team
 - ♣ After goal, by either team
 - ♣ After an injury, by either team, when referee stops play
 - ♣ At half-time
 - ♣ All players will play at least half the game.
- Size of Ball, Size of Field, Length of Play:
 - 14 and Under Coed play with a #5 size ball, on a 100 yard x 50 yard field, for two 30 minute halves with a 5-10 minute halftime.
- Uniforms:
 - Each team must have jerseys of the same color, numbered on the back.
 - The goalkeeper must wear a different colored shirt than either team.
 - All players are required to wear shin guards with socks fully covering them.
 - Players must wear shorts (unless weather does not permit).
- Overtime- Tournament Play Only
 - 5 minute overtime with golden goal (first team to score wins). If tied after 5 minutes, proceed to penalty kicks.
 - No high kicks or slide tackles
 - The home team is responsible each game for the halftime devotion. The home team is listed first on <http://www.quickcores.com/verticalsports>. Any games held at partner locations or games held at FBC against a non FBC team, please invite the other team to join you for the devotion (even if you are the away team) as they cannot formally host devotions.

Conduct

- Coaches must be very cautious to avoid the appearance of “running up the score”. Be realistic in your consideration of what constitutes a “safe” lead. There are many creative things that can be
- done to avoid embarrassing your opponents, while still maintaining the integrity of the playing experience. Consult a Vertical Sports staff member if you need help in this area.
- All coaches are expected to behave in a Christ-like manner, serving as positive examples to players, parents, and fans. Every technical received for improper conduct will be reviewed by Vertical Sports Staff, for disciplinary measures, with maximum penalty being dismissal as coach.
- Any player, coach, or parent who receives a red card will be removed from that game. If the player, coach, or parent receives another red card during the season they will be removed from the game and suspended for the rest of the season.

- Any behavior deemed by the Vertical Sports Staff as unsportsmanlike, degrading, or detrimental to game can also result in removal or suspension regardless of card given or not.
- Coaches should be concerned about their actions as well as those of their players and fans. They should encourage sportsmanship and make every attempt to calm and control inappropriate behavior by fans and parents. As ambassadors for Christ, our desire to win should be second in priority to our desire to present an effective Christian testimony.
- Parents are expected to encourage a positive atmosphere and bring any concerns privately to their coach. Public displays of disagreement or anger toward a player/coach/referee will not be tolerated. All rules are subject to change at the discretion of Vertical Sports.



VERTICAL SPORTS

HEAD COACH EXPECTATIONS

Purpose of leader:

Teach the fundamentals of the sport while using sport moments to share the gospel, teach biblical truth, create gospel centered relationships, and move from the playing field to Life Group/Worship.

To Whom you are responsible: Vertical Sports Pastor

Time Commitment: 1 Season of 2-3 hours a week (Prep, Prayer, Coaching, Connecting)

Leader Details and Requirements:

Qualifications

- Active attenders/members of a Millington FBC or another like-minded local church
- Growing and vibrant relationship with Christ
- Complete Coaching registration
- Complete and Submit Background Check
- Commit to maintaining a wholesome witness in all social media interactions. If you post something offensive towards the church or the gospel, you will be asked to remove it.
- Review and sign Coach Covenant
- Love of children/students

Practice Responsibilities

- First to arrive, last to leave mentality
- Provide a safe and encouraging environment to teach the sport
- Develop practice plan or use plans that are given to help participants grow their skill of the game.
- Look for teachable moments in practices and games to teach your kids about life and following God
- Lead the pre/post practice meeting – devotion, next practice/game information, team encouragement.
- Return all equipment to its original location

Game Responsibilities

- First to arrive, last to leave mentality
- Help create a family environment by treating all with respect
- Adhere to guidelines and rules of the league
- Share a team devotion during pregame/half-time
- Have respectful attitude toward opposing teams, coaches, and fans

Knowledge, Skills, and Abilities

- Basic understanding of the sport/teachable
- A willing teacher of fundamentals
- Understand philosophy of league in promoting spiritual growth among players and families
- Be an encourager
- Good with children
- Comfortable leading devotionals/teachable in leading devotions

Print Name: _____ Sign Name: _____

Date: _____



VERTICAL SPORTS

ASSISTANT COACH EXPECTATIONS

Purpose of leader:

- Assist the head coach in teaching the fundamentals of the sport while using sport moments to share the gospel, teach biblical truth, and create gospel centered relationships.

To Whom you are responsible: Vertical Sports Pastor

Time Commitment: 1 Season of 2-3 hours a week (Prep, Prayer, Coaching, Connecting)

Leader Details and Requirements:

Qualifications

- Complete Coaching registration
- Complete and Submit Background Check
- Review and sign Coach Covenant
- Commit to maintaining a wholesome witness in all social media interactions. If you post something offensive towards the church or the gospel, you will be asked to remove it.
- Love of children/students

Practice Responsibilities

- First to arrive, last to leave mentality
- Provide a safe and encouraging environment to teach the sport
- Look for teachable moments in practices and games to teach your team about life and following God
- Assist the Head Coach with the pre/post practice meeting – devotion, next practice/game information, team encouragement
- Develop practice plan or use plans that are given to help participants grow their skill of the game.
- Return all equipment to its original location

Game Responsibilities

- First to arrive, last to leave mentality
- Help create a family environment by treating all with respect
- Adhere to guidelines and rules of the league
- Be teachable in sharing a team devotion during pregame/half-time
- See opposing team and coach not as enemies but as teammates

Knowledge, Skills, and Abilities

- Basic understanding of the sport/teachable
- A willing teacher of fundamentals
- Understand philosophy of league in promoting spiritual growth among players and families
- Be an encourager
- Good with children
- Comfortable leading devotionals/teachable in leading devotions

Desired Results:

Engage participants for the Gospel of Jesus through sport so that those participants and their families will be saved or grow in their faith and be active in living out their faith by being a part of a local gospel-believing, Bible-teaching church.

(By signing and submitting the Coaches Covenant in the coaching manual you understand these expectations as well)



VERTICAL SPORTS

BIBLICAL PEACEMAKING

Personal Peacemaking

- Whenever we are faced with conflict, our primary goal will be to glorify God with our thoughts, words and actions (1 Cor. 10:31).
- We will try to get the “logs” out of our own eyes before focusing on what others may have done wrong (Matt. 7:3-5).
- We will seek to overlook minor offenses (Prov. 19:11).
- We will refrain from all gossip, backbiting and slander (Eph. 4:29). If we have a problem with others, we will talk *to* them, not *about* them.
- We will make “charitable judgments” toward one another by believing the best about each other until we have facts that prove otherwise (1 Cor. 13:7).
- If an offense is too serious to overlook, or if we think someone may have something against us, we will go promptly to seek reconciliation (Matt. 5:23-24; 18:15).
- When we offer a word of correction to others, we will do so graciously and gently, with the goal of serving and restoring them, rather than beating them down (Prov. 12:18; Eph. 4:29; Gal. 6:1).
- When someone tries to correct us, we will ask God to help us resist prideful defensiveness and to welcome correction with humility (Ps. 141:5; Prov. 15:32).
- When others repent, we will ask God to give us grace to forgive them as he has forgiven us (Eph. 4:32).
- When we discuss or negotiate substantive issues, we will look out for others’ interests as well as our own (Phil. 2:3-4).

Assisted Peacemaking

When two of us cannot resolve a conflict privately, we will seek the mediation of the Recreation Staff and listen humbly to their counsel (Matt. 18:16-17; Phil. 4:2-3). If our dispute is with the Recreation Staff, we will look to the Biblical Guidance Ministry for assistance.

I fully understand my responsibilities to uphold these principles of conduct and peacemaking by allowing the Holy Spirit to rule in my life.

Signature

Printed Name

Date



VERTICAL SPORTS

PARENT'S PROMISE

As a parent of a child participating in Millington First Baptist Church's Vertical Sports program:

- I will encourage my child in all aspects of the game, teaching by my example the proper attitudes in sports (...set an example for the believers in speech, in life, in love, in faith and in purity. 1 Timothy 4:12).
- I will do my best to make a fun sports experience for my child a higher priority than my personal desire to win.
- I will encourage my child to have a wholesome attitude toward his/her peers, teammates, and competitors through teaching fairness, selflessness and respect.
- I will support and encourage my child's coach and treat him or her with respect, teaching my child to do the same. I will do my best to make myself available to help our coach when needed.
- I will display nothing short of the highest respect for umpires/officials, showing sportsmanship in any given situation.
- I will expect a safe environment for my child physically as well as one free of the dangerous influences of drugs, tobacco and alcohol. As such, I will refrain from these substances at all team events.
- I will commit to praying for my child, the team, the coach, my role as a parent, and that the Vertical Sports Ministry as a whole would please God and glorify His name.

By agreeing to this promise, I understand that, under God's grace, I will uphold these principles to the best of my abilities.

Signature

Printed Name

Date



Youth Soccer Skills and Drills

1) Dribbling

- a. Left and Right foot while walking/running
- b. Keep the ball close, use inside/outside of foot—not the toe
- c. Dribbling races
- d. Keep away (teach how to shield using your body to protect the ball)

2) Passing

- a. Left and right foot to a partner stationary/moving
- b. Use inside/outside of foot—not the toe
- c. “Trap” the ball when receiving a pass (use feet, leg, chest)
- d. Triangle passing drill (one player in center tries to steal the ball)
- e. Practice throw-ins! Keep feet down, two hands over the head
- f. Headers (get your body into it, stiff neck, attack the ball...don’t let it attack you)

3) Shooting

- a. Stationary shooting, both feet
- b. Aim for specific parts of the goal—even the goalposts and crossbar
- c. Shooting while moving, even around cones
- d. Shooting from a pass—coach passes to the player on the run who scores

4) Spacing/Formation

- a. Lane Spacing Game: <https://www.soccerxpert.com/soccerdrills/id1290.aspx>
- b. Circle keep away (all players in big circle, 1 or 2 in middle to steal ball)
- c. 3v0, 3v1, 3v2 offensive attack (add defenders as they learn to space out)
- d. Life Saver Formations (great to do over water break/devo time. Use life savers to explain where players should be on defense/offense as the ball moves)

5) Athleticism/Conditioning

- a. Sprints, slides, ladder and cone drills
- b. Make conditioning fun by having races or team challenges
- c. Add a ball occasionally to work on dribbling/shooting

6) Goalkeeping

- a. Triangle hand formation when catching
- b. Roll ball smoothly on ground when throwing to teammates “bowling”—aim for a target!
- c. Practice punting and goal kicks
- d. Have players take shots on them during practice
- e. Encourage them to dive for the save—the ground only hurts a little!
- f. Mr. Todd was a goalkeeper—ask him for extra tips!

7) Defense

- a. Time the tackle (soccer term for a steal) when the ball is away from them
- b. “Leave it” (like keep away but when you yell leave it everyone goes for a new ball—this creates 1on1 situations where two players fight for possession)



- c. Approach low and at an angle—force them to the sideline instead of the middle
 - d. Teach proper positions on defense and how to mark (guard) a player on throw ins/corner kicks
 - e. Most common defense formation is a flat back or a diamond
- 8) Scrimmage**
- a. The players need to experience game action before the first game
 - b. Scrimmage against other teams who share the field with you

*Older leagues will progress through the fundamental skills quicker, but should not skip any skill.

*It's your team! Make it fun and add other drills as you see fit.



3D Devotionals

SPORTS—LIFE—TRUTH

Remember! *Integrate* this in during practices. You don't have to wait for a water break to share Jesus and the Bible with the players!

1) Dribbling

Sports- Dribbling looks like smallest thing you do on the field, but it has the biggest impact on your soccer ability.

Life- Often the simple things in life (listen to parents, go to church, do homework) are the most important for you to succeed and develop.

Truth- The simple decision to accept Jesus into your life as Lord and save you from your sin is the biggest decision you can make with your spiritual life. (Romans 10:9-10)

2) Passing

Sports- Passing doesn't sound fun because we don't get to have the ball and try to shoot. But by being unselfish and using our teammates we are a better team.

Life- When we look to help others, we are not only help them through a tough time but we improve our ability to love others as well.

Truth- Jesus set the ultimate example of being unselfish by dying for you. His death gave you the opportunity to spend eternity in Heaven. He showed us how to love each other! (John 13:34, John 15:13)

3) Shooting

Sports- In soccer when you shoot you must aim for the target and kick with the laces of your shoe to get a good shot. If you don't do it right, the shot will not be successful.

Life- You can't succeed in life without doing things the right way. There is a right way to do things and a wrong way. We either obey parents or we don't. We tell the truth or lie.

Truth- The Bible calls wrong things we do "sin". Our sin separates us from a perfect God and prevents us from going to Heaven. (Romans 6:23)

4) Spacing

Sports- You must be in the right position and ready to do your job on the soccer field in order to score goals and play good defense. The goalie doesn't score much and the players don't get to use their hands!

Life- We are all good at certain things and need to recognize that truth. Some are good at math, or more athletic, or like to build things. We can't all do the same job when we grow up.

Truth- The same is true as Christians. When we are saved, God gives us a spiritual gift. Some are good at teaching, or serving, or giving. We each have a role to play as we live for Jesus. (1 Corinthians 12:27)



5) **Athleticism/Conditioning**

Sports- We don't run just for the sake of running. We run to be better soccer players. As we get in better shape we are able to achieve our team goal to play our best for Christ.

Life- In life we should live with purpose and have a goal to accomplish. We go to school so that we can one day go to a good college, or get a good job.

Truth- God tells us in the Bible to live our lives for the purpose of making the name of Jesus, His life, death, and resurrection, known to others. We must live our lives with an eternal purpose, not one that is temporary. (1 Corinthians 9:24-27)

6) **Goalkeeping**

Sports- Goalies are the only ones who can use their hands. They get to grab the ball and hold it tight to protect it from the other team and prevent them from scoring.

Life-The most important things we hold closest to us. Like the soccer ball when playing goalie, we keep our family and what we value most close.

Truth-The most important thing in our life must be God and our relationship with Him. We can know God by reading the Bible, being active in a church, and having close friends who also love Jesus. (Matthew 22:37-38).

7) **Defense**

Sports- The defense is responsible for marking (guarding) the other team so that they cannot get a good shot on goal. It does not matter how good the offense plays if you do not guard against your opponent.

Life- Our parents/coaches/teachers help guard us against dangers we face every day. They guard us against strangers, or behaving badly at school etc.

Truth- In our spiritual lives we have to be on guard against sin, hold firm to what God says is right and be the same person no matter what you face. (1 Corinthians 16:13-14)

8) **Scrimmage**

Sports- Doing drills is great, but nothing can replace the experience we gain through a scrimmage. The live game makes us take what we have learned in practice and apply it to soccer!

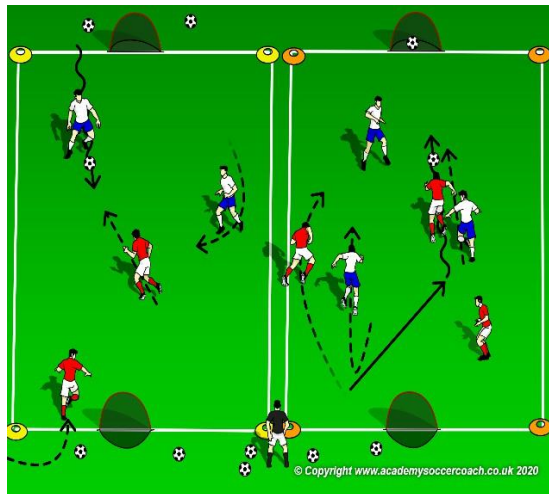
Life- We have to put into practice what we learn in school, from parents, even in soccer. It does us no good to know something in our head, but never actually do it.

Truth- The same is true in our spiritual lives. Just knowing the answers in church or knowing what the Bible says does not make you a Christian. A relationship with Jesus means we not only know what he says about how to live, but that we actually live that out each day. (James 1:22)

	Fall 2020						
	GOAL:	Improve build up in the opponent's half of the field					U6 4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12		

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, Pace and accuracy

1st PLAY PHASE (Intentional Free Play)



12 minutes (play multiple 3-4 minute games)

OBJECTIVE: Move the ball forward to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

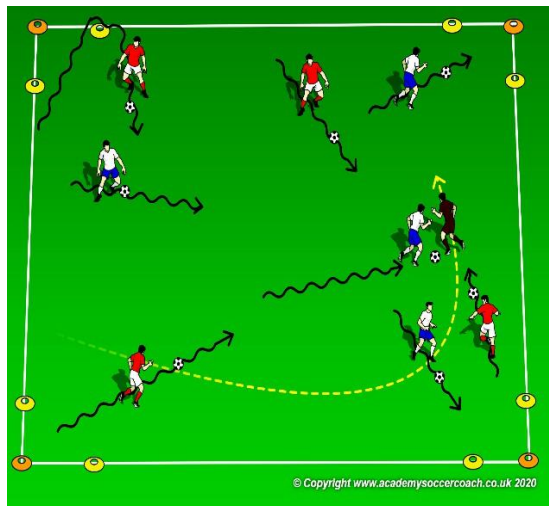
KEY WORDS: Go to goal, keep the ball

GUIDED QUESTIONS: When do you go straight to the opponent's goal? What can you do if someone is blocking your path to the goal?

ANSWERS: If you see an opening to the goal, go straight to the goal. You can dribble around them or pass to a teammate.

Note: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

PRACTICE (Activity 1): Red Light/Green Light



7.5 minutes-8 intervals-1 min. play-30 sec. rest

OBJECTIVE: Move the ball toward the goal (coach)

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, a small cone goal in each corner & all players with a soccer ball; dribble within the space. The coach(es) walk around the space. When the coach say "RED LIGHT," the players must stop the ball with their feet. If the coach says "GREEN LIGHT," the players must dribble again. If a player cannot stop their ball on red light, they must dribble their ball to the any of the 4 corner goals then start playing again. Coach controls the frequency of the lights to allow players time to respond. **VARIATION:** **YELLOW LIGHT** – dribble slow, **BLUE LIGHT** – toe taps on the ball or **PURPLE LIGHT** – hop on 1 foot around the ball. **RULES:** on green light, players try to dribble toward the coach. Once close enough, player tries to tag the coach. If a coach gets tagged, either award points or start a new game.

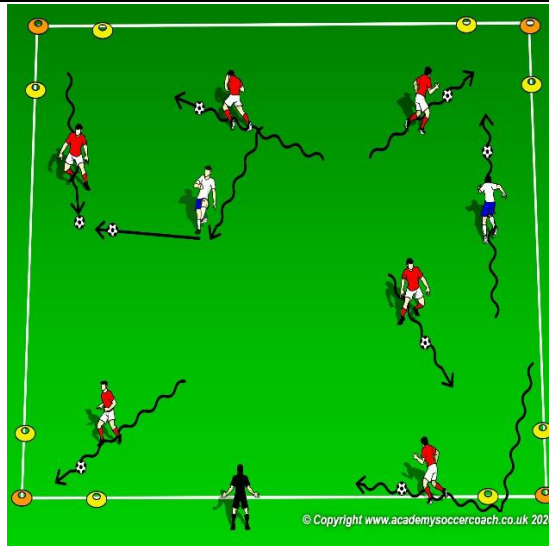
KEY WORDS: Laces (to go forward), bottom of the foot (to stop), outside/little toe or inside/big toe (to turn)

GUIDED QUESTIONS: Which part of the foot can you stop the ball with? How can you go faster with the ball?

ANSWERS: Get close to the ball then softly touch the top of the ball with the bottom of your foot. Point your toe down and push the ball further in front of you to go faster.

Note: Stopping and turning the ball is challenging. Try not to call out the lights too fast. If the players respond to the lights quickly, call out the colors even faster.

PRACTICE (Activity 2): Wreck it Ralph



8 minutes-8 intervals-45 sec. play-15 sec. rest

OBJECTIVE: Move the ball toward the goal through dribbling. Pass the ball toward a teammate.

PLAYER ACTIONS: Pass or dribble forward

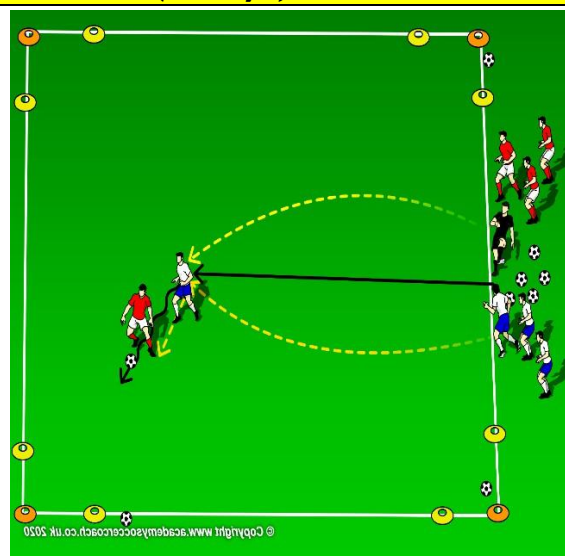
ORGANIZATION: In a 15W x 20L grid, a small cone in each corner & all players with a soccer ball; All but 2 players are trying to kick their ball into as many goals as possible in 45 seconds. 2 players do not try to score but try to **WRECK** the goal scorer's points, they are the **WRECK IT RALPHS**. If Ralph hits a goal score's ball with their own, they demolish the points & the goal scorer has to start scoring points over again. **RULES:** Play begins when coach says "GO." Players score by dribbling or kicking their ball through any of the 4 goals.

KEY WORDS: Go for it, go to goal, stay away from Ralph

GUIDED QUESTIONS: If you want to go faster, should you kick the ball harder or softer? What can you do if Ralph is guarding one of the goals?

ANSWERS: Kick it harder so you can run faster and catch up to the ball (kick it softer when you need to slow down or turn). Turn away from Ralph and find a goal that Ralph is not guarding.

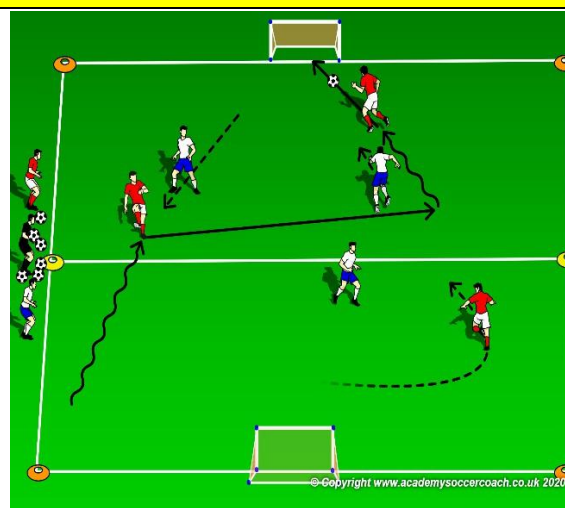
Note: You can use 1 Ralph if needed. Coach can start as a Ralph to allow more goal scoring success if needed. Encourage players to go to goal & avoid the Wreck it Ralphs.

PRACTICE (Activity 3): Soccer Combat**8 minutes-16 intervals-10 sec. play-20 sec. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal**PLAYER ACTIONS:** Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, a cone goal in each corner & the coach starts at the center of the field with all the soccer balls. Divide the group into 2 teams; 1 team on the coach's right and 1 on the left. Once the coach plays the ball onto the field, 1 player from each team goes after the ball and tries to score by striking the ball into any of the 4 goals. **RULES:** Play starts when the coach passes a ball onto the field. Coach can make the game 1v1, 2v1 or 2v2 by telling the players prior to kicking the ball onto the field. Once a goal is scored or the ball goes out of play, game is over and all players leave the field. The coach then serves another ball onto the field for the next players to play.

KEY WORDS: Find the open goal, block the defender**GUIDED QUESTIONS:** What should you do if you get to the ball first? What can you do to block the other player from getting the ball?**ANSWERS:** Kick the ball toward the closest open goal and try to score. Put your body between the ball and the other player so they can't get it.

Note: Keep the game at 1v1 until most players have had a chance to score at least once. Instead of playing the ball down the middle, it is ok to play the ball closer to a player who hasn't had a chance to score yet. A 2v1 game in favor of a struggling player could help the player score.

2nd. PLAY PHASE: The Game – 3v3 or 4v4**24 minutes-2 intervals-10 min. play-2 min. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal**PLAYER ACTIONS:** Pass or dribble forward

ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Go for it, go to goal, find your teammate**GUIDED QUESTIONS:** Who should determine whether to dribble, pass or shoot? How can you show me that you have learned something new today?**ANSWERS:** We (the players) should. (the players must be allowed to make their own decision) We are keeping the ball in play longer. We are dribbling toward the goal. We are scoring goals.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL:	Improve build up in the opponent's half of the field					U6 4v4
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, eyes on the ball while striking

1st PLAY PHASE (Intentional Free Play)



12 minutes (play multiple 3-4 minute games)

OBJECTIVE: Move the ball forward to create scoring chances

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

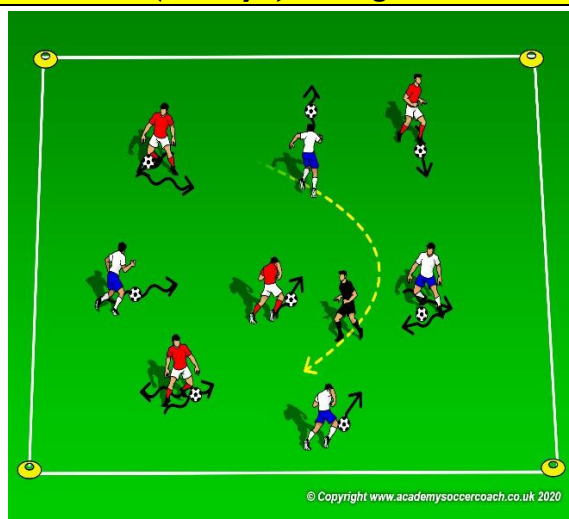
KEY WORDS: Take big touches, turn to goal, find space between players

GUIDED QUESTIONS: What can you do if you are not facing the goal? When can you push the ball further in front of you?

ANSWERS: Turn your body & ball until you are facing the goal you want to go to. If no one is between you and the goal, push the ball further in front of you.

Note: Help players recognize openings such as the space between opponents or the space between a side line and opponent. Play the ball through these openings when possible.

PRACTICE (Activity 1): Sailing the Seas



8 minutes-8 intervals-40 sec. play-20 sec. rest

OBJECTIVE: Improve the player's ability to dribble their soccer ball and change direction

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, all players with a soccer ball (their ship) & the coach is the captain of all the ships. The players will dribble their ball and change speed or direction based on the weather; high winds=dribble faster, no wind=go slow, hurricane=dribble in a circle & rogue wave=go backward. Each round, add 1-2 new directions. Coach can even try to combine some of the movements such as dribble forward then turn in a circle. **RULES:** Play starts when the captain says, "ahoy mates, set sail."

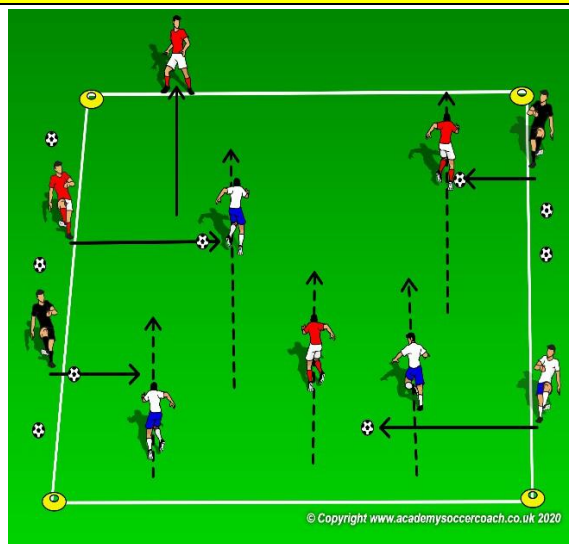
KEY WORDS: Turn in a circle, use the bottom of your foot to go backward

GUIDED QUESTIONS: Can you list 2 things your foot would have to do to turn in a circle? Who can show me what they would have to do to go backwards?

ANSWERS: Quickly look over your shoulder, get close the ball, take little touch so each touch turns the ball a little, use your big toe or little toe (inside or outside of the foot) to turn the ball. Gently put your foot on top of the ball, pull the ball back toward you, while keeping your foot on top of the ball, hop backwards with your foot that is on the ground & pull backward again.

Note: Try to allow the players to demonstrate the turns or change of speed. This will give a good indication of who understands as well as who can complete the task.

PRACTICE (Activity 2): Pirates of the Caribbean



8 minutes-12 intervals-20 sec. play-20 sec. rest

OBJECTIVE: Move the ball toward the goal through dribbling. Pass the ball toward a teammate.

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid (the ship), place all the players on one end line without a soccer ball (Captain Jack Sparrows.) All soccer balls (cannon balls) are lined up on either side of the grid. Captain Jacks will try to run to the other side of the ship without out getting hit by a cannon ball below the knee. Coaches (Barbosa) will start as the shooters. **RULES:** When the coach says "make it across or walk the plank," the players start across the grid. Captain Jacks who get hit below the knee become Barbosas also and fire cannon balls in the next round.

KEY WORDS: Strike through the middle of the ball, touch the ball to the side to set up your pass

GUIDED QUESTIONS: What happens to the ball if you kick it close to the bottom? When Captain Jack is too far away, what can you do with the ball to get closer?

ANSWERS: The ball goes up in the air so try to kick through the middle of the ball to keep it on the ground. Touch the ball to the side or dribble up the side before shooting it.

Note: make the field narrower if players are struggling to kick far enough but not so narrow that the kicks become too hard. Monitor all Barbosas to keep the shots low (safety first.)

PRACTICE (Activity 3): Bruce the Shark vs Nemo (Dori)



8 minutes-12 intervals-20 sec. play-20 sec. rest

OBJECTIVE: Move the ball forward to get past the opponent's

PLAYER ACTIONS: Dribble forward

ORGANIZATION: In a 15W x 20L grid, all players except for 1-3 start with their soccer ball on one end line. Select 1-3 players to be Bruce the Sharks. They do not need a soccer ball (coaches can start as sharks too). The players on the end line are Nemo or Dori. They must swim (dribble their soccer ball) to the other side and stop it on the opposite end line without losing it to Bruce the Shark. **Rules:** Game starts when Sharks yell, "Nemo, Nemo cross my ocean." Once a dribbler has reached the other side, he/she is safe.

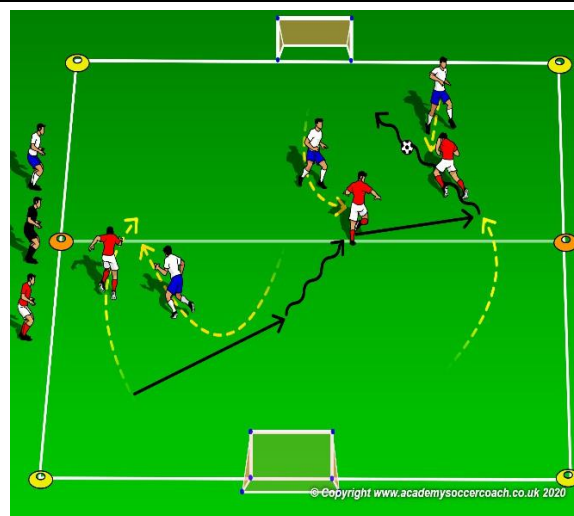
KEY WORDS: Swim away from the sharks, try to fool the sharks

GUIDED QUESTIONS: How do you know where it is safe to cross the ocean? What can you do if a shark blocks your opening to the other side?

ANSWERS: If the sharks are not looking or if they are not close to you, swim past them. Try to find a new opening to get across.

Note: Coaches can be Bruce the Sharks to allow for more dribbling and player success. This game can be continuous by asking the players to get across as many times as possible in 1 minute. Remember to allow for longer rest after the extended work.

2nd. PLAY PHASE: The Game – 3v3 or 4v4



24 Minutes-2 intervals-10 min. play-2 min. rest

OBJECTIVE: Move the ball forward toward the opponent's goal & create scoring chances

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: Strike through the middle of the ball, go to goal, find your teammate

GUIDED QUESTIONS: When should you try to pass to a teammate? Thinking back to Bruce the shark and Nemo, who would be the sharks in this game and who is Nemo?

ANSWERS: If the openings are closed to go to dribble forward or go to the goal, try to pass the ball to a teammate who can. The team without the ball are the sharks and the team with the ball are the Nemos trying to get past them.

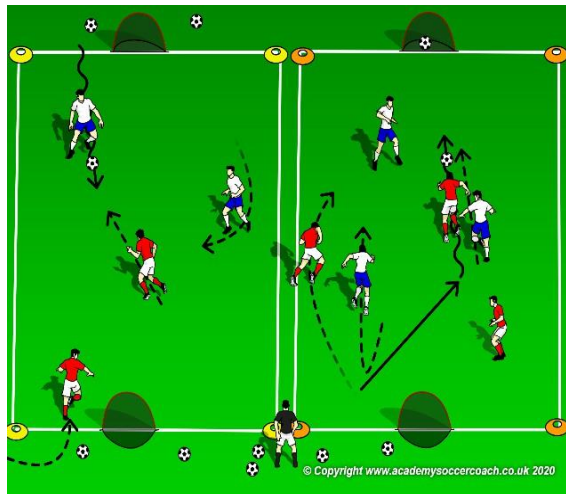
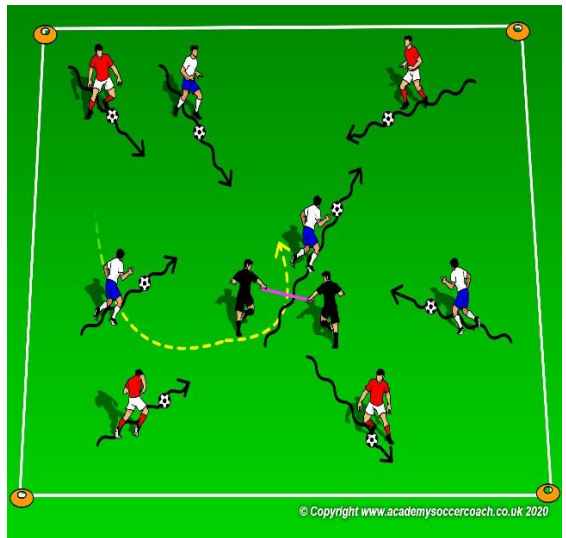
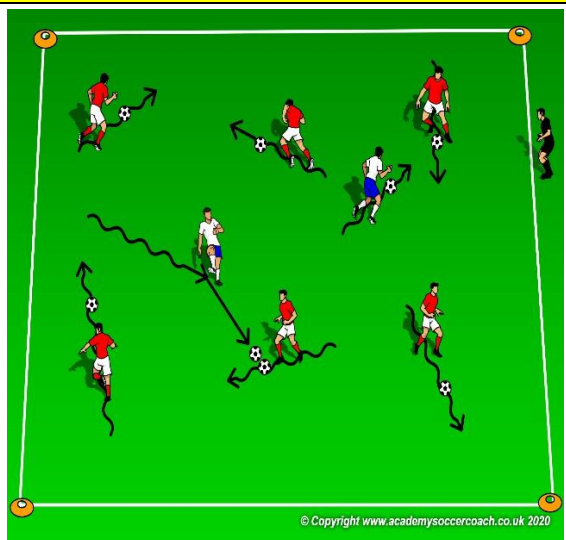
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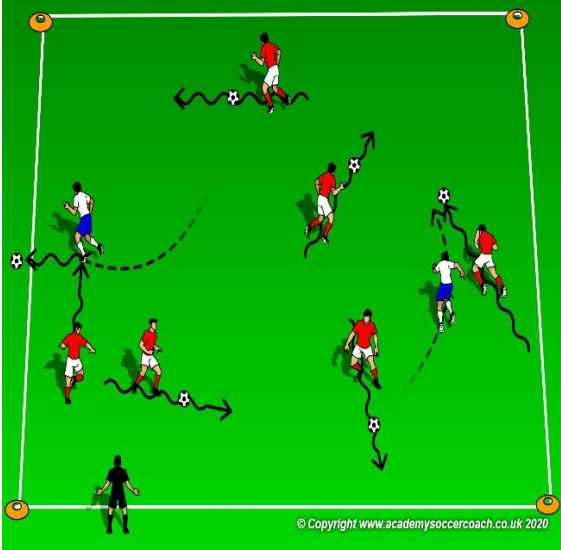
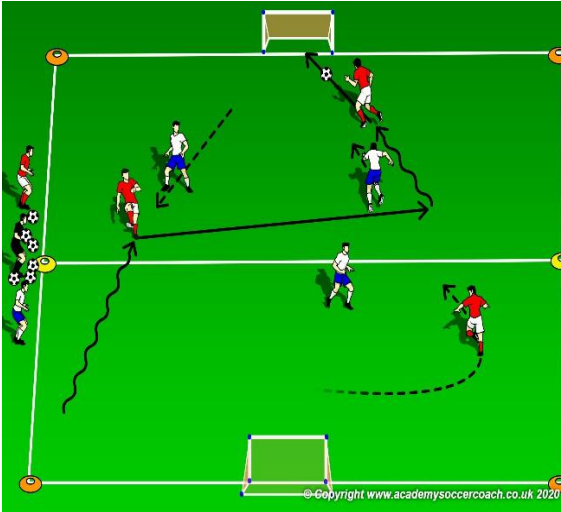
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1st PLAY PHASE (Intentional Free Play)				12 minutes (play multiple 3-4 minute games)			
				OBJECTIVE: Move the ball forward to create scoring chances, score goals PLAYER ACTIONS: Pass or dribble forward, shoot ORGANIZATION: On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it. KEY WORDS: Go to goal, score goals GUIDED QUESTIONS: Who scored a goal or had a chance to score? What can you do to have a more chances to score? ANSWERS: (Hopefully) all players respond with they had a chance. Try to get the ball closer to the goal and shoot it. Note: Encourage players to dribble to goal. The first question is more for awareness. The second question should require more thought. Ask the players to show you how they can create more chances on goal.			
PRACTICE (Activity 1): Driving Through Tunnels				8 minutes-6 intervals-1 min. play-20 sec. rest			
				OBJECTIVE: Move the ball toward the goal (coach) and score PLAYER ACTIONS: Dribble forward & shoot ORGANIZATION: In a 15W x 20L grid, 2 coaches are joined by holding a pinny between them. They walk around the field to create a moving tunnel. Each player dribbles their soccer ball. The dribblers try to dribble or pass/shoot through the tunnel. Count the number of times each player can play their soccer ball through the tunnel in 1 minute. If needed, select 2 players/1 coach & 1 player to make a second tunnel so the players have more chances to score. Remember to change the players so the players are dribblers more often than the tunnel. RULES: Play begins as soon as the tunnel(s) start moving. Players must stay within the grid. Coaches can award bonus points for players who can dribble or score with different surfaces of the foot. KEY WORDS: Move toward the tunnel, watch out for traffic around the tunnel GUIDED QUESTIONS: Who can show me 2 different parts of the foot you can score with? When is the best time to go through the tunnel? ANSWERS: Laces, toe, inside of the foot or outside of the foot would be the most common answers. They can say heel also (bottom of the foot would be difficult.) Wait for the tunnel to be open then get through as fast as you can. Note: if a player simply goes back and forth through the tunnel, praise them. Change the rules if you would like to see the player try something different.			
PRACTICE (Activity 2): Police Patrol				8 minutes-6 intervals-1 min. play-20 sec. rest			
				OBJECTIVE: Move the ball forward & away from opponents. Pass the ball. PLAYER ACTIONS: Pass or dribble forward ORGANIZATION: In a 15W x 20L grid, select 2-3 players to start as the Police Patrol; they should wear pinnies. The rest of the players dribble their soccer ball like crazy drivers. The Police Patrol dribble their soccer ball & try to ticket the crazy drivers by hitting the driver's soccer ball with their own. The Police Patrol counts the number tickets they give away in 1 minute. RULES: Play begins when coach says "police are on patrol." Players must stay within the grid. Coaches can start as the police patrol but after the 1st round should step out. KEY WORDS: Dribble fast away from the police patrol, hide your ball from the police (shielding) GUIDED QUESTIONS: What should the crazy drivers do if their ball starts to get away from them? Who can show me how they would hide their soccer ball? ANSWERS: Use softer touches to keep the ball close. Put your body between the police patrol and the ball so they cannot hit it with their ball. Note: Police Patrol can tag drivers if hitting the ball is too challenging. When hiding the ball, remember safety. Sitting or lying on the ball is hiding it but is not very safe.			

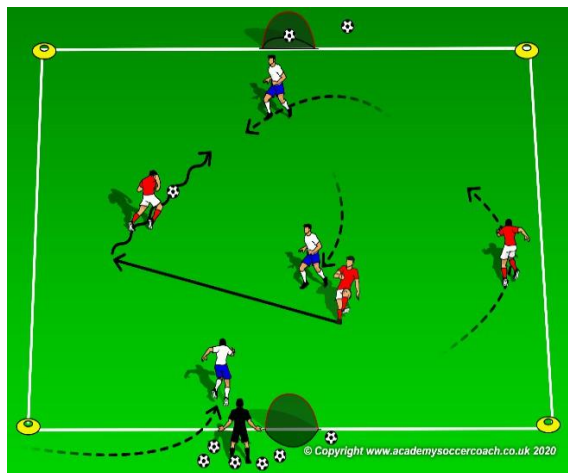
PRACTICE (Activity 3): Crushing Monster	8 minutes-8 intervals-40 sec. play-20 sec. rest
 © Copyright www.academysoccercoach.co.uk 2020	OBJECTIVE: Move the ball forward toward the opponent's goal PLAYER ACTIONS: Dribble forward ORGANIZATION: In a 15W x 20L grid, select 2-3 players to be Monster Trucks; they do not need a soccer ball. All other players dribble around the grid & avoid the Monster Trucks. The Trucks are trying to smash (kick) the soccer balls out of the grid. If a ball gets smashed out of the grid, the dribbler must go get it & re-enter the game. Coach can ask them to complete a task before re-entering the game such as toe taps on top of the ball. Count the number of smashed trucks at the end of an interval (40 seconds.) RULES: Play starts when the coach says, "let the crushing begin!" Players must stay with the grid. KEY WORDS: Turn away from danger, dribble fast to a safe space on the field GUIDED QUESTIONS: How can you turn the ball away from a Monster Truck? Where are the areas of the field that are safe from Monster Trucks? ANSWERS: Use the inside of the foot (big toe) or the outside of the foot (little toe). Wrap the toe to the farthest part of the ball and push the ball in a new direction. An open area with no dribblers or Monster Trucks is the safest. Note: If the players need an additional challenge, add a goal to each end line. The dribblers can count how many goals they can score without losing the ball to a monster truck. If the coach starts as a monster truck, it is to allow the players more dribbling success. Smashing all the trucks is not the goal. Try to determine which players need more pressure and which need a little less.
2nd. PLAY PHASE: The Game – 3v3 or 4v4	24 minutes-2 intervals-10 min. play-2 min. rest
 © Copyright www.academysoccercoach.co.uk 2020	OBJECTIVE: Build up close the opponent's goal to create chances and score goals PLAYER ACTIONS: Dribble forward, shoot ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4;) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes. KEY WORDS: Go for it, go to goal, score GUIDED QUESTIONS: When should you try to score a goal? How would you describe some of our scoring chances in the first half? ANSWERS: Any time you are close to the opponent's goal you should try to score. For question 2, try to determine if the players can recall what happened leading up to a shot or a goal. In the second half, see if they can repeat it. Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

FIVE ELEMENTS of TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
Organized: Is the exercise organized in the right way? Game like: Is the exercise game like? Repetitions: Are there repetitions when looking at the overall goal of the session? Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) Coaching: Is there the proper coaching based on the age/level of the players?	How did you achieve your goals of the training session? What did you do well? What could you do better?

	Fall 2020						U6 4v4
	GOAL:	Improve build up in the opponent's half of the field					
	PLAYER ACTIONS	Pass or dribble forward					
	KEY QUALITIES	Take initiative, be pro-active					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8 - 12	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch, change direction, head up — **Passing:** Surface of the foot and ball, eyes on the ball while striking

1st PLAY PHASE (Intentional Free Play)



12 minutes (play multiple 3-4 minute games)

OBJECTIVE: To pass or dribble past an opponent and score goals

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: On your 20W x 30L game field, set up two (13W x 20L) fields with a 4 yard space between. Place a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game starts 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. Once 1 field is at 3v3, start a second game on the field next to it.

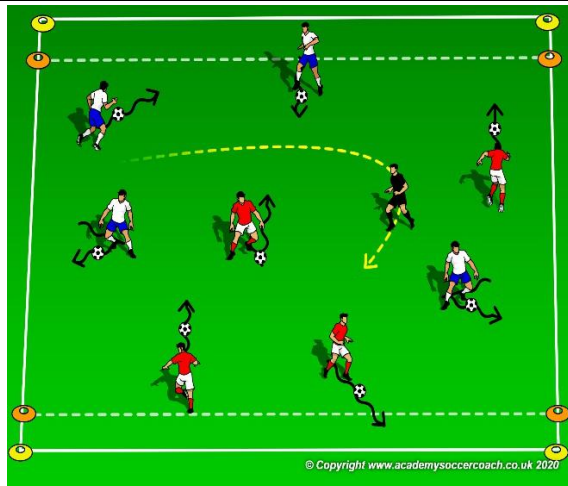
KEY WORDS: Go forward, inside of the foot for shorter passes

GUIDED QUESTIONS: If you have the ball, which direction should you try to play? Which part of your foot should strike the ball for shorter passes?

ANSWERS: Turn your body & ball until you are facing the goal you want to go to. Try to use the inside of your foot to strike through the middle of the ball.

Note: Striking through the middle of the ball will help to keep the ball on the ground. This is not only easier for the person receiving the ball but makes the games safer too.

PRACTICE (Activity 1): 4 Surface Dribbling



8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to maneuver the ball with different surfaces of the foot

PLAYER ACTIONS: Pass or dribble forward

ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line and all players with a soccer ball. Ask the players to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. While using the 4 surfaces, players try to move from 1 end zone to the other. **RULES:** Play begins as soon as the coach calls out the first surface. After 2 rounds, see if the players can shout out the surfaces as they use them.

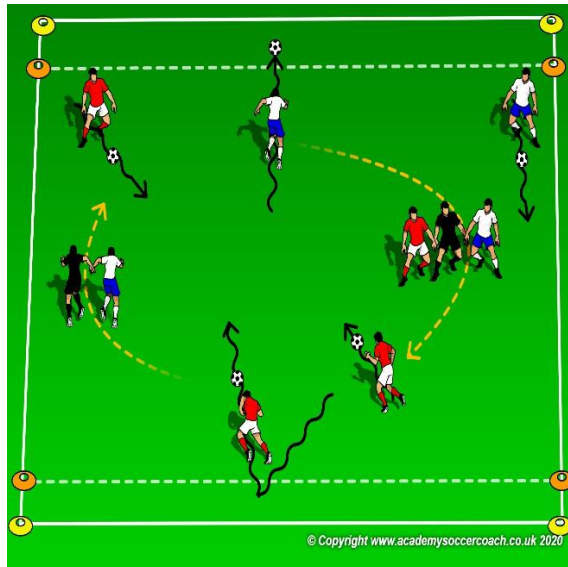
KEY WORDS: Outside, inside, laces & bottom

GUIDED QUESTIONS: Which parts of the foot can help you move side to side? What do you have to do with your foot if you want your laces to hit the ball?

ANSWERS: The outside & insides of your feet will help you move the ball side to side. Point your toe down toward the ground so your laces are facing the ball. Now, hit the ball with your laces.

Note: Introducing the 4 surfaces works best when 1 surface is introduced at a time then the other surfaces are layered in 1 at a time. This will allow time to become more comfortable with each surface.

PRACTICE (Activity 2): Hungry, Hungry Hippos



8 minutes-6 intervals-1 min. play-20 sec. rest

OBJECTIVE: Improve the player's ability to dribble the ball away from opponents

PLAYER ACTIONS: Dribble forward

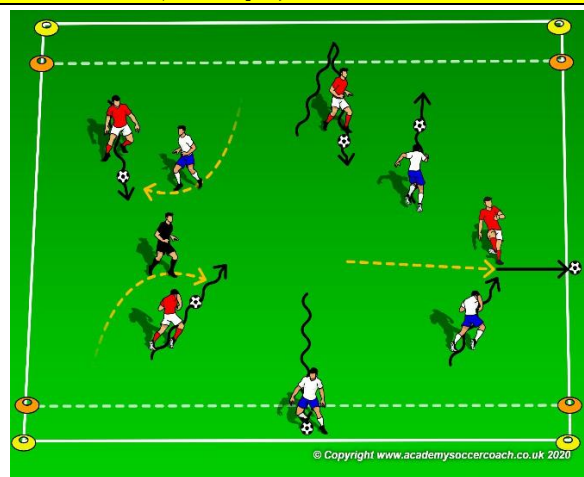
ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player with a soccer ball. The coaches start as the hungry hippos in the river. Players dribble their ball across the river to the river's edge (end zone) while avoiding the hippos. When the players cross and get tagged by a hippo or their ball gets tagged, they join hands with the hippo to make the hippo grow. How many times can the dribblers cross the river in 1 minute without getting tagged? **RULES:** The game begins with the hippos say, "we dare you to cross the river." Hippos should not get bigger than 4 players.

KEY WORDS: Watch out for the hippos, dribble fast

GUIDED QUESTIONS: How do you know where the hippos are? Where are the safe areas of the field?

ANSWERS: Pick your head up and look around to find the hippos. Dribble to the river's edge to be safe.

Note: First team to get 4 players in their hippo wins the round. Start a new game. This makes the game safer so the end player is not getting whipped around.

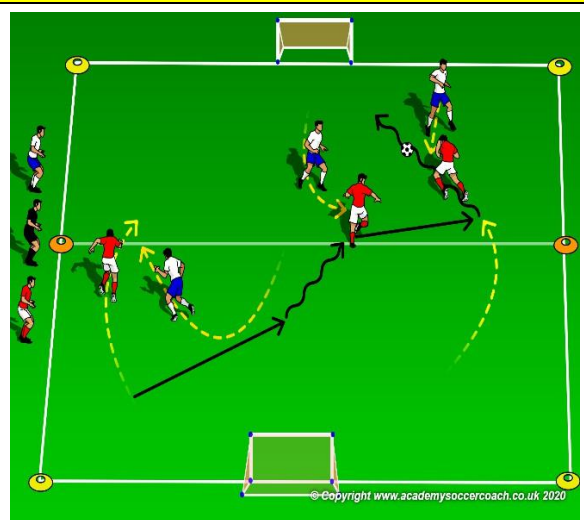
PRACTICE (Activity 3): Crocs in the River**8 minutes-6 intervals-1 min. play-20 sec. rest****OBJECTIVE:** Move the ball forward to get past the opponent's**PLAYER ACTIONS:** Dribble forward

ORGANIZATION: In a 15W x 20L grid, which includes a 3 yard end zone on each end line & each player starts with a soccer ball. The coaches start as Crocs in the River. The players dribble their soccer ball across the river to the river's edge (end zone) while avoiding the crocs. When a player crosses and a croc can steal their ball and play it over a side, the dribbler becomes a croc also. **Rules:** Play begins when coach says go. If a croc steals a ball, they must dribble it over the side line (not kick). Dribblers can steal their ball back as long as it is on the field. Dribblers can rest for a moment if they reach an end zone but must cross to get points.

KEY WORDS: look for openings across the river, try to fake the crocs**GUIDED QUESTIONS:** What is an opening to get across the river? How can you fake out one of the crocs?

ANSWERS: An opening is a gap across the river with no crocs guarding it. Try to dribble in one direction. Then with the inside or outside of the foot, change direction and get across quickly.

Note: Coaches can have the players switch roles if they lose their soccer ball instead of accumulating crocs. Help the players identify the openings that are safe to cross in and why they are safe.

2nd. PLAY PHASE: The Game – 3v3 or 4v4**24 Minutes-2 intervals-10 min. play-2 min. rest****OBJECTIVE:** Move the ball forward toward the opponent's goal & create scoring chances**PLAYER ACTIONS:** Pass or dribble forward

ORGANIZATION: In a 20W x 30L field and a small goal on each end line, play a 3v3 or 4v4 game (game should not exceed 4v4) no goal keepers. Play for 24 minutes. Play 2 equal halves with a half-time. Coach can play 3 periods or 4 quarters with short breaks between if needed. All FIFA & local laws/rules apply. If the ball leaves the field, the coach should roll another ball onto the field to keep the flow of the game going. Coach should substitute all extra players every 3-5 minutes.

KEY WORDS: turn away, play forward, score goals

GUIDED QUESTIONS: If you don't see an opening to the goal, what can you do next? What can you do if you are not facing the forward?

ANSWERS: Turn the ball to side and look for a new opening to either the goal or a teammate. Just like in the Crocs in the River game, use the inside or outside of your foot to help you change direction with the ball.

Note: Coaches should provide limited instruction; only as needed. Observe the players to determine if they can use the skills or make the decisions which were encouraged earlier in the session.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020



GOAL:

Improve build up in the defensive half

PLAYER ACTIONS

Pass or dribble forward, Spread out

KEY QUALITIES

Read and understand the game, Take initiative

MOMENT

Attacking

DURATION

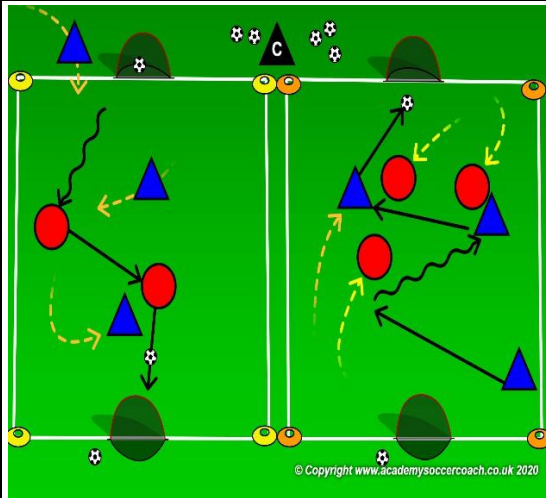
60 minutes

PLAYERS

8-12

U8
4v4

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — **Passing:** Surface of the foot and ball, Pace and accuracy
– Receiving: Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)**DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to move the ball into the attacking half**PLAYER ACTIONS:** Pass or dribble forward, Spread out

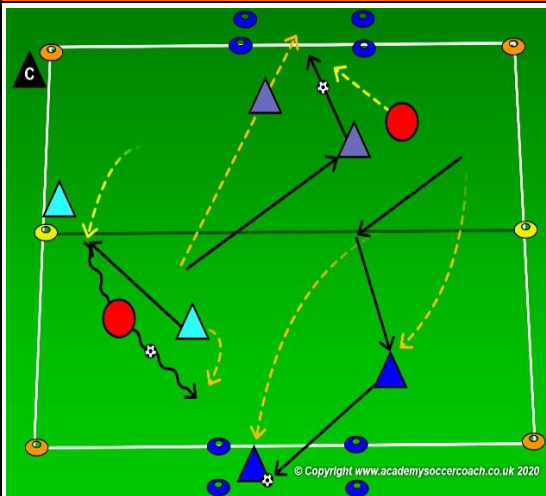
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.

KEY WORDS: Play forward, find your teammate

GUIDED QUESTIONS: If you see an opening in front of you, what should you do? When should you pass instead of dribble?

ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.

NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.

CORE ACTIVITY: Partner Bandits**DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.****OBJECTIVE:** To move the ball forward past the bandits and score**PLAYER ACTIONS:** Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players in pairs, the coach will select 1 pair to be the bandits. Each pair needs 1 ball to share except for the bandits. The pairs with a ball will try to dribble into either goal or pass to their teammate within the goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any pair trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The passing pairs can steal their ball back before they get it to a hideout. If the bandits get the ball to a hideout, the pair loses all their points & must start scoring again. Rotate bandits after each interval. **RULES:** bandits cannot defend inside of the goals.

KEY WORDS: Look up, find an opening, play through it

GUIDED QUESTIONS: Where can you go if the bandit is closing your opening to the goal? What are some ways you can play the ball through an opening? Which part of your foot can you use to dribble forward?

ANSWERS: Tell your teammate to move to create a new opening. You can dribble through or pass through the openings. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

Note: If a bandit steals a ball and get it to a hideout, they can now begin scoring goals. The team that lost their ball must now become the bandits. The must steal a ball & score to stop being the bandits.

LESS CHALLENGING: Bandits (Coach is it)**DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.****OBJECTIVE:** To move the ball forward past the bandits and score**PLAYER ACTIONS:** Dribble forward

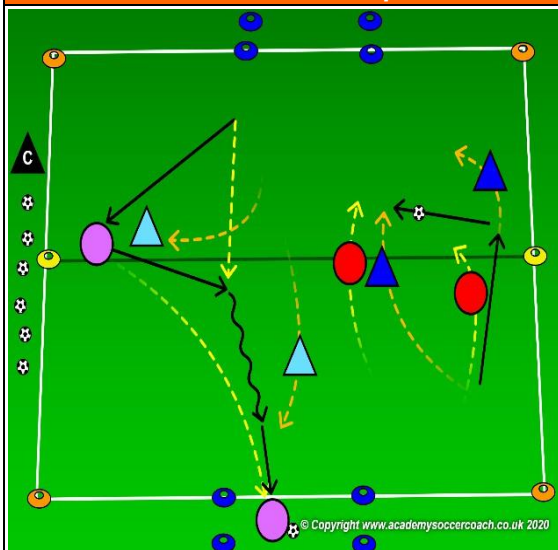
ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line & all players with a soccer ball, the coach will be the bandits. The players will try to dribble into either goal. After scoring at 1 end, play to score in the other. How many goals can you score in 90 seconds? The mission of the bandits is to steal the ball from any player trying to score. Once they have stolen it, the bandits try to dribble the ball to either of their hideouts (goals.) The dribblers can steal their ball back before it is taken to a hideout. If a bandit gets the ball to a hideout, the player who lost all their ball, loses all their points & must start scoring again. **RULES:** bandits cannot defend inside of the goals.

KEY WORDS: Look up, find an opening, be patient

GUIDED QUESTIONS: Where can you go if another dribbler is in your way? What can you do if the bandit/coach is blocking the goal? Which part of your foot can you use to dribble forward?

ANSWERS: Look up to find a new opening to the goal. Be patient, dribble away from the bandit then pick a new route to the goal. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward

Note: Once the players understand the direction & where to score, challenge them to work with a partner. The 2 players share a ball and try to cooperate to score in the goals.

MORE CHALLENGING: Multiple 2v2 to Goal**DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.****OBJECTIVE:** To move the ball forward past the bandits and score**PLAYER ACTIONS:** Pass or dribble forward, spread out

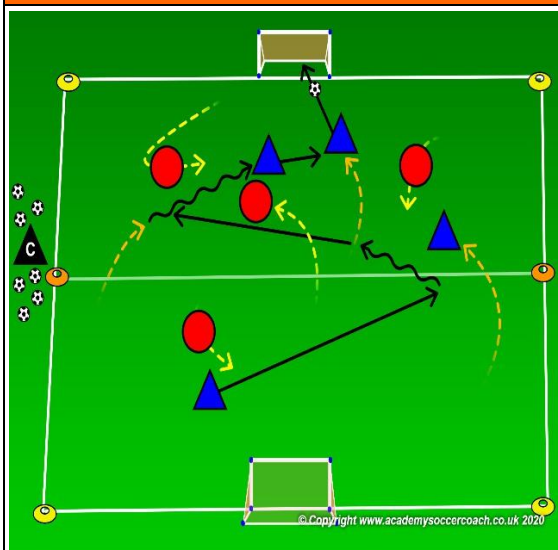
ORGANIZATION: In a 25Wx35L grid, a 6Wx3L yard box goal on each end line, coach will create teams of 2 players each. 2 teams will play against one another and, on the same field & at the same time, two other teams will also play against one another. All teams share the field & the goals. In both games, each team defends 1 goal and attacks the other. **RULES:** A goal is scored by either dribbling into a goal or passing to a teammate into the opponent's goal. After a goal is scored, the scoring team backs up to allow the ball back into play & the game continues.

KEY WORDS: Look up, find an opening, play through it

GUIDED QUESTIONS: What are some obstacles you must look for in this game? How can you help your team create an opening? Which part of your foot can you use to dribble forward?

ANSWERS: You must look up to find your teammates, the goal, the opponents & other players using the field. If you see space away from the crowd and you can still get the ball, spread out into that new space to help create a new opening. Use your laces by pointing your toe down, making a fist with your toe & use your laces to push the ball forward.

Note: If you have more than 4 teams, either rotate teams are set up a second field. If the game is too chaotic, simply play 1 game of 2v2 and rotate teams.

2nd. PLAY PHASE: The Game – 4v4**DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent then score goals.**PLAYER ACTIONS:** Pass or dribble forward, spread out

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: Turn, open up, score goals

GUIDED QUESTIONS: Who should determine whether to pass, dribble or shoot? What can you do to help your teammate with the ball make that decision?

ANSWERS: The player with the ball should make that decision (coaches-it's important to allow the players the freedom to make their own decision.) If it is too crowded in front of your goal, spread out to provide your teammate with another option.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

FIVE ELEMENTS of TRAINING EXERCISE**TRAINING SESSION SELF-REFLECTION QUESTIONS**

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020



GOAL:

Improve build up in the opponent's half

PLAYER ACTIONS

Pass or dribble forward, Create passing options

KEY QUALITIES

Take initiative, Be pro-active

MOMENT

Attacking

DURATION

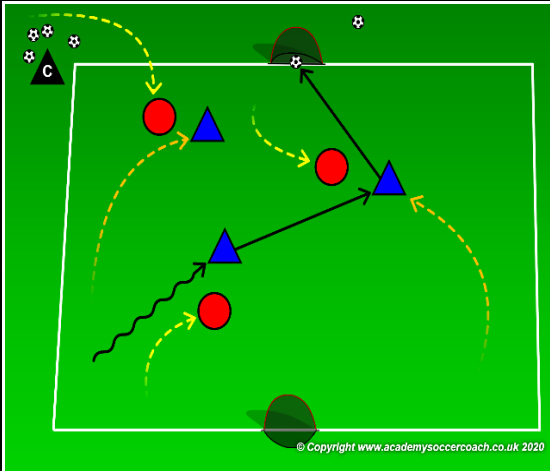
60 minutes

PLAYERS

8-12

U8
4v4

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — **Passing:** Surface of the foot and ball, Pace and accuracy
– Receiving: Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)**DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Pass or dribble forward

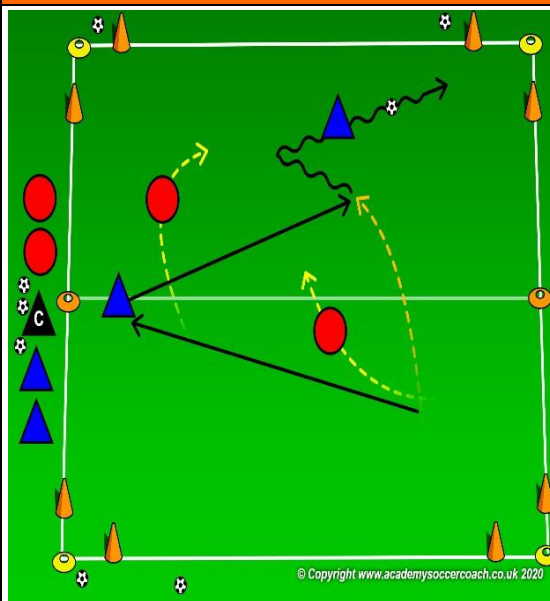
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1, then 2v2 up to 3v3.

KEY WORDS: go to goal, find a goal scorer

GUIDED QUESTIONS: Once you have received the ball, what is the next action you want to take? If you can't score a goal who should you try to pass the ball to? How can you aim the ball to the goal?

ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, see if you can pass to a teammate who can score. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.

CORE ACTIVITY: 2v2 to 4 Corner Goals**DURATION: 20 min. - INTERVALS: 5 - ACTIVITY: 2 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Pass or dribble forward, Create passing options

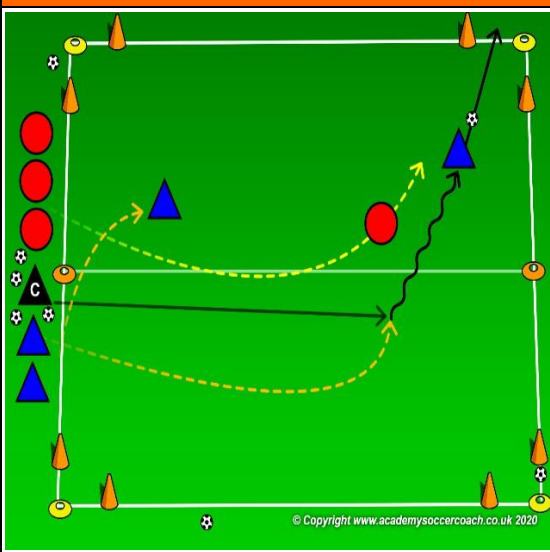
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. Play a 2v2 game with 2 teams on the sideline who switch after 2 minutes. Both teams will defend the 2 goals on one ½ of the field & attack the 2 goals in the opponent's ½. Place several soccer balls around the field for quicker restarts. **Rules:** Coach keeps track of time. After 2 minutes, both teams leave the field and the teams on the side enter. As soon as a player steps onto the field, the game begins.

KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: What can you do if no one is near you? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Dribble the ball toward the closest goal & score. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: You may only need to use 1 of the fields for 8 players. If more players are in attendance, use the second field and divide the players so 2 games are played simultaneously. If you have less players, make 3 teams. Play 2 games and rest for 1.

LESS CHALLENGING: 2v1 to 4 Corner Goals**DURATION: 20 min. - INTERVALS: 20 - ACTIVITY: 30 sec. - REST: 30 sec.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Pass or dribble forward, Create passing options

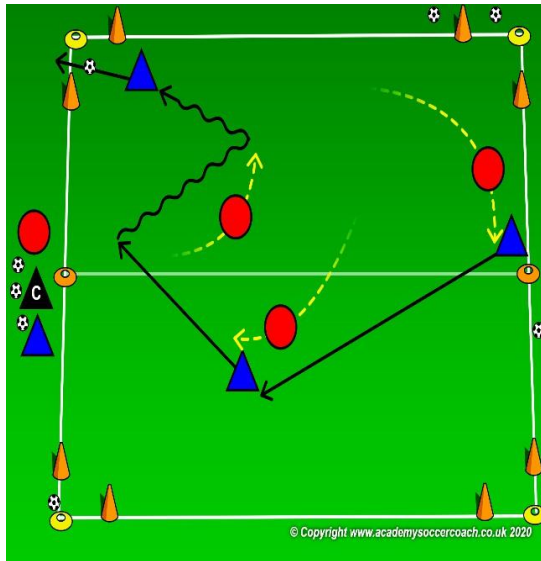
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. The coach starts at midfield with all the soccer balls. Divide the group into 2 teams; 1 team on the coach's right & the other on the left. Each team will have 2 goals to defend & 2 to score in. Prior to playing a ball onto the field, the coach will announce which team gets 2 players & which has 1. Once the ball is playing onto the field, both teams try to win the ball & score in either of the opponent's goals. **Rules:** Play starts as soon as a ball is played onto the field. Game is over when it is scored or leaves the field. Once the game is over, all players leave the playing area & the coach plays another ball onto the field for the next players to play.

KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: If your teammate has the ball, where can you go to help? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Move across the field to the other goal. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: Use multiple fields is needed. If games are not ending quickly, add a time limit to how long the teams have to score.

MORE CHALLENGING: 3v3 to 4 Goals**DURATION: 20 min. - INTERVALS: 5 - ACTIVITY: 3 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to create scoring chances**PLAYER ACTIONS:** Pass or dribble forward, Create passing options

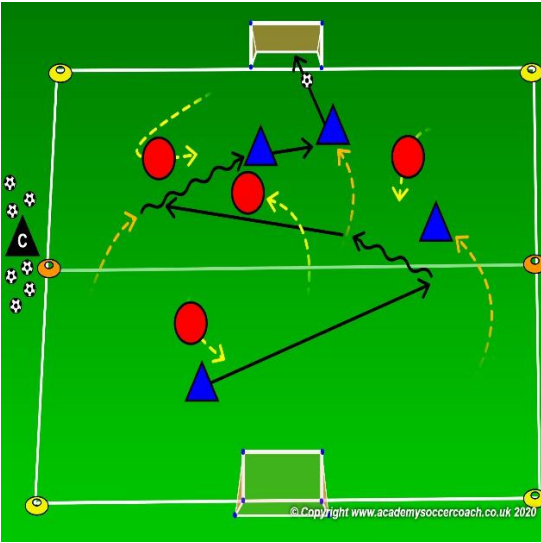
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal in each corner; 4 goals. Play a 3v3 game. Rotate subs into the game as needed &, at a minimum, every 2 minutes. Both teams will defend the 2 goals on one ½ of the field & attack the 2 goals in the opponent's ½. Place several soccer balls around the field for quicker restarts. **Rules:** Coach keeps track of time. If the ball leaves the field, the team who didn't kick it out or score can retrieve any ball around the field & play continues.

KEY WORDS: Find the open goal, switch it

GUIDED QUESTIONS: After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded? How can you aim the ball to the goal?

ANSWERS: Stay close to help your teammate or move across the field to the other goal. If the goal in front of you is too crowded, switch the ball with a big kick to the other goal. Turn your body to the goal, point the toe of your non-kicking foot to the goal & strike through the center of the ball.

Note: You may only need to use 1 of the fields for 8 players. If more players are in attendance, use the second field and divide the players so 2 games are played simultaneously. If you have less players, play with smaller teams or uneven teams.

2nd. PLAY PHASE: The Game – 4v4**DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent then score goals.**PLAYER ACTIONS:** Pass or dribble forward, Create passing options

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9 minute halves with a 2 minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: help your teammate, switch it

GUIDED QUESTIONS: After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded?

ANSWERS: Stay close to help your teammate or get wide to make room or drop back to help create passing options. If the opening to the goal in front of you is too crowded, switch the ball with a big kick to a different area of the field to see if your teammate can score.

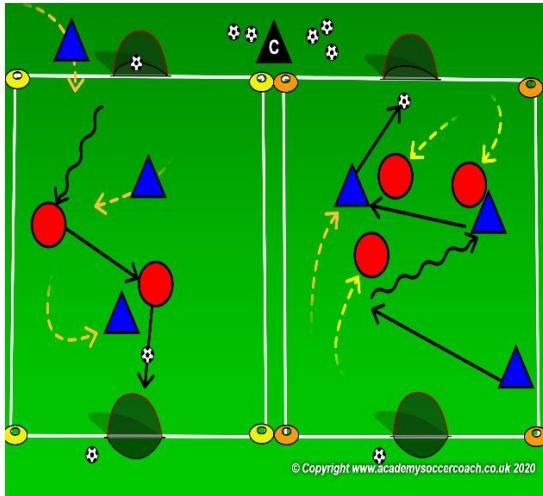
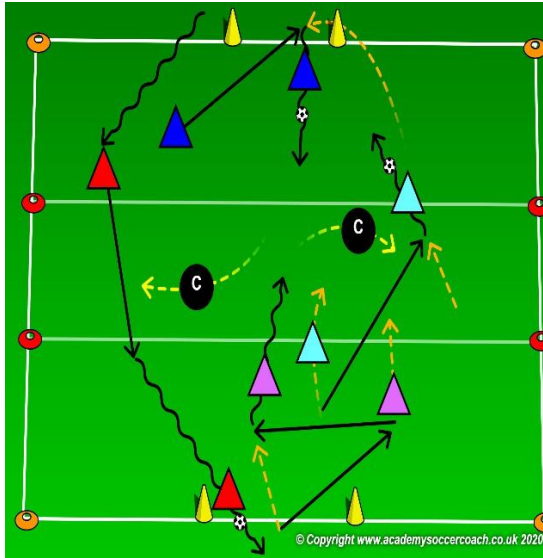
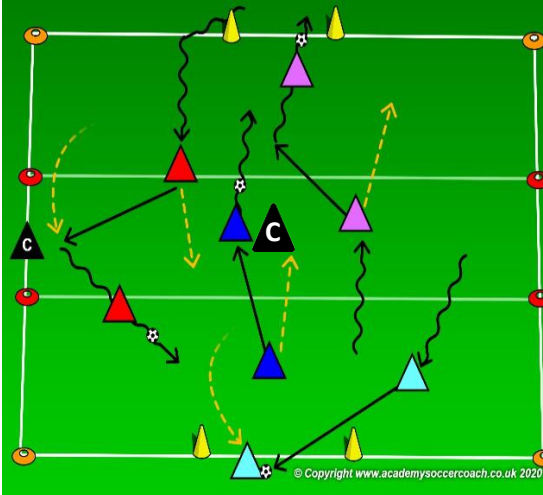
NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

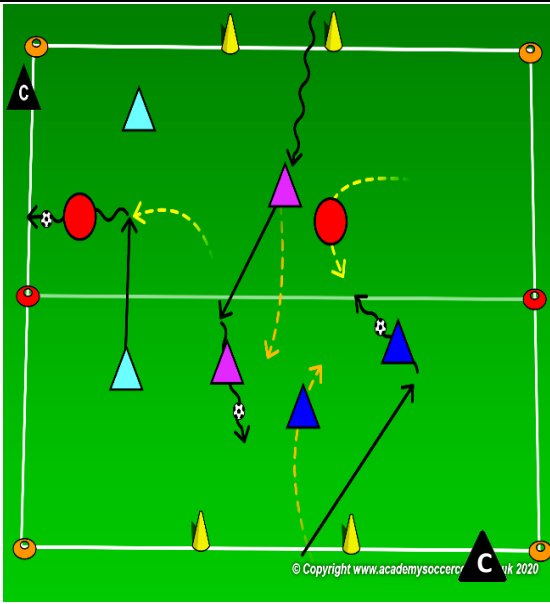
TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL:	Improve Scoring Goals					U8 4v4
	PLAYER ACTIONS	Shoot, Pass or dribble forward					
	KEY QUALITIES	Read and understand the game, Take initiative					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	8-12	
SKILL ACQUISITION: Shoot: Surface of the foot and ball, Pace and accuracy – Passing: Surface of the foot and ball, Pace and accuracy – Receiving: Body, position, surface of the foot and ball, first touch							
1st PLAY PHASE (Intentional Free Play)		DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.					
		OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking half PLAYER ACTIONS: Shoot, Pass or dribble forward ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3. KEY WORDS: go to goal, score goals GUIDED QUESTIONS: If you have the ball, what are you trying to do? When should you pass instead of shoot? ANSWERS: Go to goal and score. If all the openings in front of you are closed, pass to a teammate to see if they can shoot. NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.					
CORE ACTIVITY: Boston Bulldogs (partners)		DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.					
		OBJECTIVE: To move the ball forward past the bandits and score PLAYER ACTIONS: Shoot, Pass or dribble forward ORGANIZATION: In a 25Wx35L grid, a 5-yard zone in the middle (the dog pound) & a goal on each end line, play the game. Coaches start in the pound as dog catchers. Dog catchers do not use a soccer ball & must stay in the pound. Each player has a partner & 1 ball to share. Players (Bulldogs) start at 1 end line. Bulldogs try to sneak through the dog pound without waking the catchers. If they get through the pound without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they go back through the pound to score in the goal at the opposite end. Rules: When the coach yells, "Who Let The Dogs Out?" the game begins. If a dog catcher steals your ball, you & your partner lose all your points & must start scoring over again. If you miss the goal, no points. You must shoot toward the opposite goal before you can return and score again. How many points can you score in 90 seconds? KEY WORDS: Play quickly through the pound, move forward without the ball GUIDED QUESTIONS: How can you get through the dog pound the fastest? Where should your partner without the ball move to help you get through the pound? If your teammate is close to you, what part of your foot should you use to pass him/her the ball? ANSWERS: You can dribble through if you have space or kick it through to your partner. Your partner should find an opening on the other side of the pound for you to pass the soccer ball to him/her. Use the inside of your foot by turning your toe up & to the side with the heel down then swing your foot through the middle of the ball. Note: Players can start as dog catchers also but will be in the pound with their partner. After a few rounds, if the dog catcher steals a ball, the dog catcher and bulldog can switch roles.					
LESS CHALLENGING: Dogs Gone Wild		DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.					
		OBJECTIVE: To move the ball forward past the bandits and score PLAYER ACTIONS: Shoot, Pass or dribble forward ORGANIZATION: In a 25Wx35L grid, a 5-yard zone in the middle (the dog pound) & a goal on each end line, play the game. Each player has a partner & 1 ball to share. Players (Bulldogs) start at 1 end line. Bulldogs try to play as fast as they can through the dog pound. Once they get through the pound, they can score in the goal. Their team gets 100 points for each goal scored. Once they have scored, they go back through the pound to score in the goal at the opposite end. Rules: When the coach yells, "Who Let The Dogs Out?" the game begins. If your ball is kicked over the sideline, you & your partner lose all your points & must start scoring over again. If you miss the goal, no points. You must shoot toward the opposite goal before you can return and score again. How many points can you score in 90 seconds? KEY WORDS: Play quickly through the pound, move forward without the ball GUIDED QUESTIONS: What is the fastest way to get the ball to the goal? Where should you go after you kick the ball to your partner? If your teammate is close to you, what part of your foot should you use to pass him/her the ball? ANSWERS: A big kick to your partner toward the other goal moves the ball fastest. You should move closer to the goal you are trying to score in and help your partner. Use the inside of your foot by turning your toe up & to the side with the heel down then swing your foot through the middle of the ball. Note: Coaches can step into the dog pound to act as obstacles for players to pass or dribble around.					

MORE CHALLENGING: Boston Bulldog (no pound)

DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.



OBJECTIVE: To move the ball forward past the bandits and score

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L grid & a goal on each end line, play the game. Coaches or players can start as dog catchers. Dog catchers do not use a soccer ball & can move anywhere on the field. Each player has a partner & 1 ball to share. Players (Bulldogs) start at 1 end line. Bulldogs try to play past the dog catchers. If they get past the dog catchers without losing their ball and score in the goal, their team gets 100 points. Once they have scored, they go back across the field to score in the goal at the opposite end. **Rules:** When the coach yells, "Who Let The Dogs Out?" the game begins. If a dog catcher steals your ball, you & your partner lose all your points & must start scoring over again. If you miss the goal, no points. You must shoot toward the opposite goal before you can return and score again. How many points can you score in 90 seconds?

KEY WORDS: laces, move forward without the ball

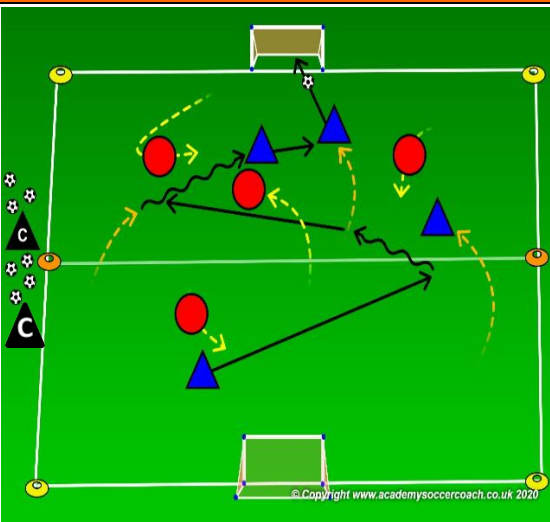
GUIDED QUESTIONS: Which part of your foot should you use to shoot or make a big kick? Where should your partner without the ball move to help you get through the pound? If your teammate is close to you, what part of your foot should you use to pass him/her the ball?

ANSWERS: Use your laces by pointing your toe down so your laces are facing your soccer ball: it helps to make a fist with your toes. Your partner should find an opening on the other side of the pound for you to pass the soccer ball to him/her. Use the inside of your foot by turning your toe up & to the side with the heel down then swing your foot through the middle of the ball.

Note: After a few rounds, if the dog catcher steals a ball, the dog catcher and bulldog can switch roles.

2nd. PLAY PHASE: The Game – 4v4

DURATION: 22 min- INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: To pass or dribble past an opponent then score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: open up, score goals

GUIDED QUESTIONS: How can you help your teammate with the ball score? After you shoot, what next?

ANSWERS: Open up away from the goal so you are not closing the openings for your teammate. If you score, get back for the kickoff; otherwise, move closer to the goal to see if there is a rebound.

NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020



GOAL:

Improve Scoring Goals

PLAYER ACTIONS

Pass or dribble forward

KEY QUALITIES

Take initiative, Be pro-active

MOMENT

Attacking

DURATION

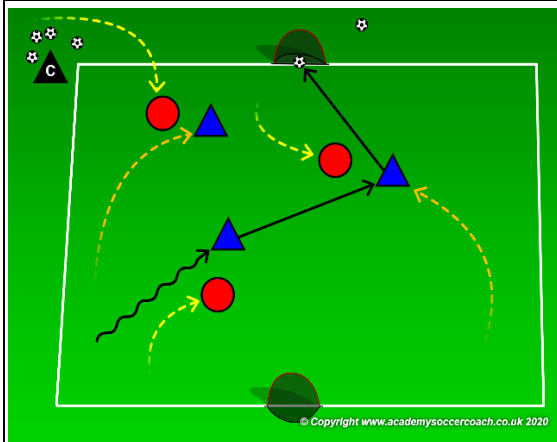
60 minutes

PLAYERS

8-12

U8
4v4

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — **Passing:** Surface of the foot and ball, Pace and accuracy
– Receiving: Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)**DURATION: 18 min. - INTERVALS: 3 - ACTIVITY: 5 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to score goals**PLAYER ACTIONS:** Pass or dribble forward

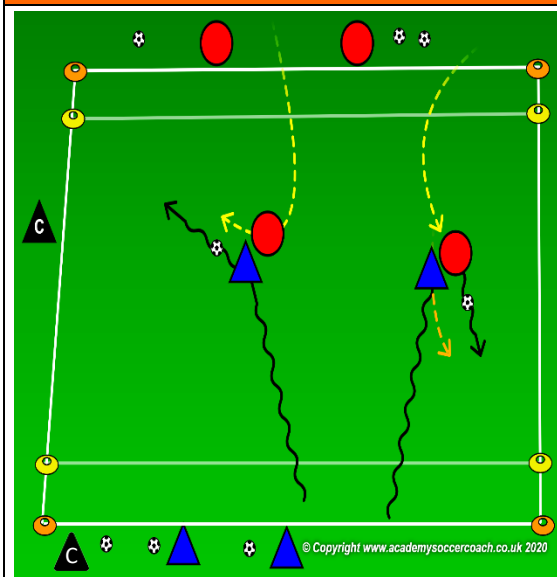
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a small goal on each end line. When practice is scheduled to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1, then 2v2 up to 3v3.

KEY WORDS: go to goal, score

GUIDED QUESTIONS: Once you have received the ball, what is the next action you want to take? Why is it important to shoot whenever you see an opening to goal?

ANSWERS: Play forward and to goal whenever possible. You must shoot to score so look for the chances as often as possible.

NOTES: Once 1 field is at 2v2, consider starting the second game. Once both fields are at 2v2, add arriving players to either game.

CORE ACTIVITY: 2 x 1v1 to End Zones**DURATION: 20 min. - INTERVALS: 10 - ACTIVITY: 1 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to score**PLAYER ACTIONS:** Pass or dribble forward

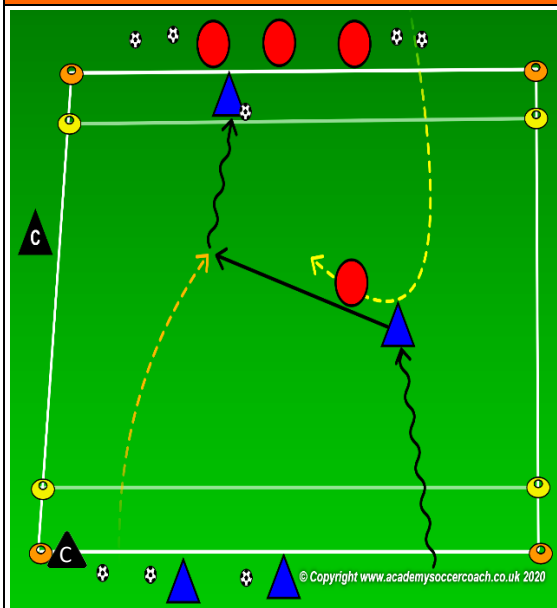
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a 5-yard end zone on each end. One team starts with soccer balls behind one end zone & the other team starts behind the opposite end zone. On the coach's command, 2 players with a soccer ball each enter the field and try to score in the opponent's end zone. The team without soccer balls send 2 players onto the field to stop the attack & steal the ball to score in the dribbler's end zone. **Rules:** both teams try to score in the opponent's end zone by dribbling into the space. Defenders can only steal the ball outside of the end zone. Once 1 ball is scored or knocked out of play, the players can help their teammate to score the ball still in play. After 1 minute, the round is over. Players exit the field and the next players begin. All goals are worth 10 points.

KEY WORDS: Find the opening, fake the defender

GUIDED QUESTIONS: What can you do if there is an opening all the way to the end zone? How can you use your teammate to fake the defender? If you see an opening to the endzone, how can you dribble the fastest?

ANSWERS: Dribble the ball toward the end zone to score. Swing your leg toward the ball without hitting it so the defender thinks you are passing to your teammate. Then dribble to the end zone. By pointing your toe down & making a fist with it. Then push the ball in front of you with your laces & run onto the ball.

Note: Encourage the attacker in the 1v1 at the beginning then, if it occurs, encourage the decisions of the attacking team of 2. Switch ends after 5 rounds.

LESS CHALLENGING: 2v1 to End Zones**DURATION: 20 min. - INTERVALS: 10 - ACTIVITY: 1 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to score**PLAYER ACTIONS:** Pass or dribble forward

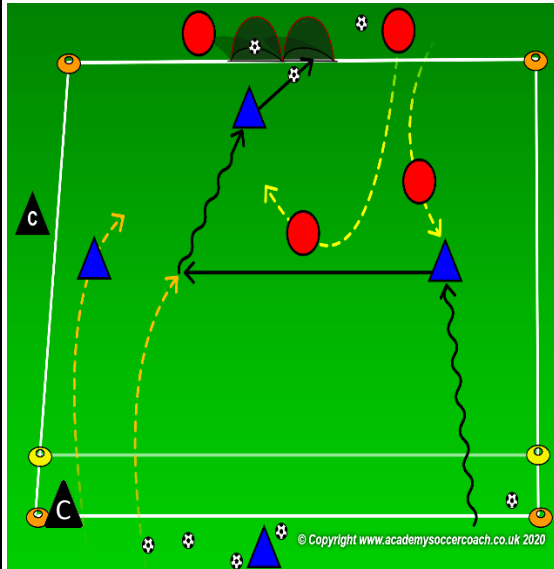
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a 5-yard end zone on each end. One team starts with soccer balls behind one end zone & the other team starts behind the opposite end zone. On the coach's command, 2 players with 1 soccer ball enter the field and try to score in the opponent's end zone. The team without soccer balls send 1 player onto the field to stop the attack & steal the ball to score in the opponent's end zone. **Rules:** both teams try to score in the opponent's end zone by dribbling into the space. Defenders can only steal the ball outside of the end zone. Once the ball is scored or knocked out of play, the round is over. If neither team scores in 1 minute, the round is also over. Players exit the field and the next players begin. All goals are worth 10 points.

KEY WORDS: Find the opening, fake the defender

GUIDED QUESTIONS: What can you do if there is an opening all the way to the end zone? How can you use your teammate to fake the defender? If you see an opening to the endzone, how can you dribble the fastest?

ANSWERS: Dribble the ball toward the end zone to score. Swing your leg toward the ball without hitting it so the defender thinks you are passing to your teammate. Then dribble to the end zone. By pointing your toe down & making a fist with it. Then push the ball in front of you with your laces & run onto the ball.

Note: Encourage the team with the ball and the decisions they will have to make. Help the players understand how to take advantage of the team without the ball.

MORE CHALLENGING: 3v2 to Goal End Zone**DURATION: 20 min. - INTERVALS: 10 - ACTIVITY: 1 min. - REST: 1 min.****OBJECTIVE:** To pass or dribble past an opponent in order to score**PLAYER ACTIONS:** Pass or dribble forward

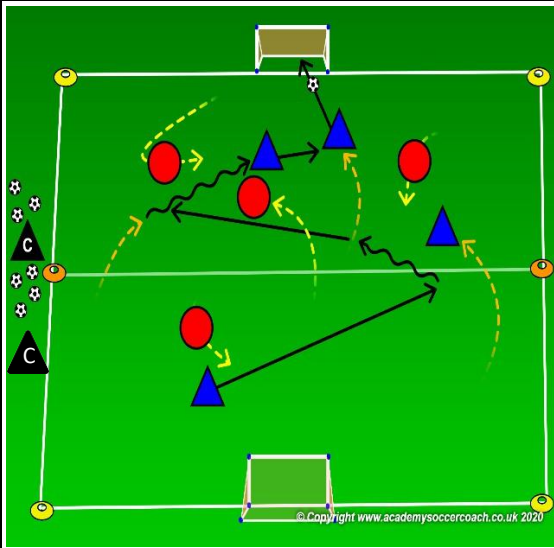
ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L fields with a 5-yard end zone on 1 end line & a goal on the other (this can be 2 pugg goals side by side.) The team of 3 starts with a soccer ball and attacks the small goal. The team of 2 does not have a ball and they score by stopping the ball in the end zone. **Rules:** First team to score wins the round. The game will last up to 1 minute or 1 goal. Once a goal is scored or time runs out, all players exit the field and the next group of players enter. If the soccer ball leaves the field without scoring, the coach can pass another ball onto the field to keep the game going.

KEY WORDS: Look up, find the opening, fake the defender

GUIDED QUESTIONS: What should you do when confronted by an opponent? When should you kick the ball further in front of you? If you see an opening to the endzone, how can you dribble the fastest?

ANSWERS: When an opponent is in front of you keep the ball closer so you can shield the ball from or pass away from the defender. If you see an opening to the goal, kick the ball further in front of you so you can move faster to the goal. By pointing your toe down & making a fist with it. Then push the ball in front of you with your laces & run onto the ball.

Note: It is important for 1 team to start with the ball. This allows the coach time to observe the players who are taking more of an attacking initiative. Switch sides of 4 or 5 rounds.

2nd. PLAY PHASE: The Game – 4v4**DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.****OBJECTIVE:** To pass or dribble past an opponent in order to score**PLAYER ACTIONS:** Pass or dribble forward

ORGANIZATION: In a 25Wx35L field & a small goal on each end line, play a 4v4 game with no goal keepers. Play for 22 minutes – 2 x 9-minute halves with a 2-minute half-time. Local rules apply. If the ball leaves the field, the coach can play another ball onto the field and the play continues.

KEY WORDS: Look up, find the opening, fake the defender

GUIDED QUESTIONS: After you have played a ball into your teammate, where do you go next? Where can you play the ball if the goal in front of you is too crowded?

ANSWERS: Look up to find a space away from the opponents. This may fake the defender into following you instead of blocking the goal. Play to a teammate who may be able to find an opening to the goal.

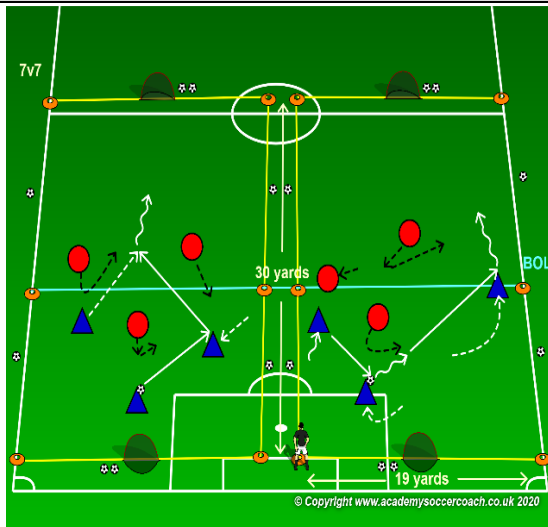
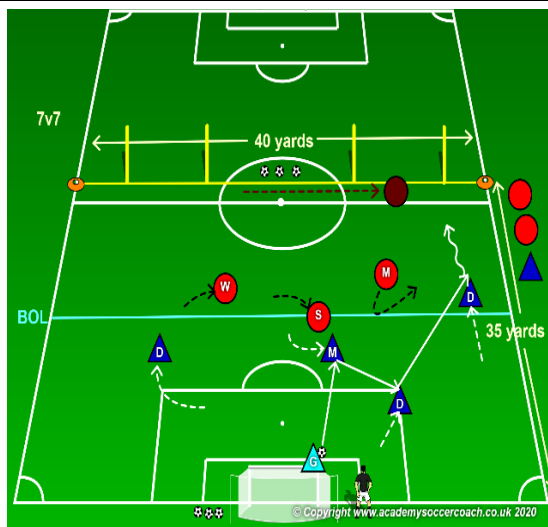
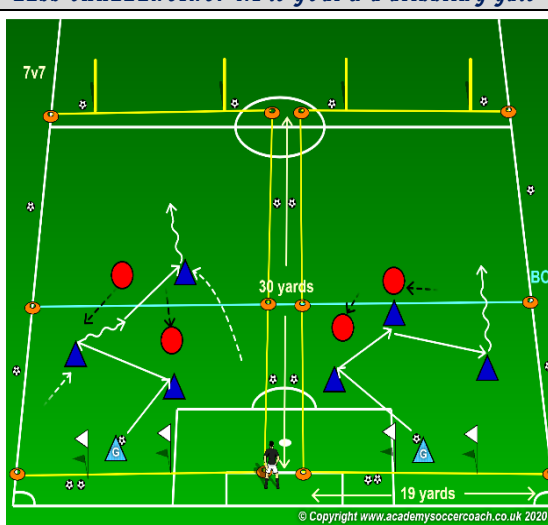
NOTES: Depending on your local rules, coaches may introduce throw-ins, corner kicks & goal kicks if rules enforce. Remember to create a build out line for goal kicks and focus on the techniques needed to complete the task instead of the moment of the players on the field. The game must be played so try not to dwell on the restarts.

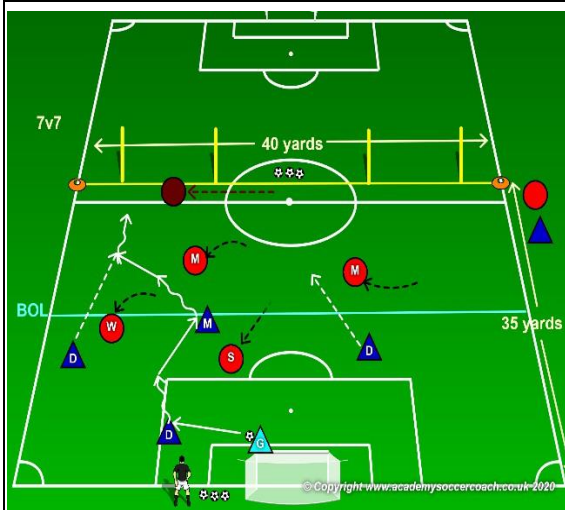
FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL:		Improve the build up from our own half in order to move the ball into the opponent's half - 2				U9-U10 7V7
	PLAYER ACTIONS		Pass/dribble forward, Spread out, Support the attack				
	KEY QUALITIES		Read the game, Take initiative, Optimal technical abilities				
	MOMENT		Attacking	DURATION	60 minutes	PLAYERS	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — Passing: Surface of the foot and ball, Pace and accuracy — Receiving: Body, position, surface of the foot and ball, first touch							
1st PLAY PHASE (<i>Intentional Free Play</i>)			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min				
			OBJECTIVE: To dribble or pass the ball forward. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In our own half set up two or more 19Wx30L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2-minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. What do we do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball? ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball. Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.				
CORE ACTIVITY: 5v3 to goal & 2 dribbling gates			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 3 Red players: 2 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. How do we create an opening? 2. What can the player with the ball do to move the ball forward? 3. Where should we pass the ball to possess it? ANSWERS: 1. We spread out - 2. Pass the ball through the opening to a teammate or dribble the ball forward - 3. We can pass sideways or backwards. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.				
LESS CHALLENGING: 4v2 to goal & a dribbling gate			DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min				
			OBJECTIVE: To pass or dribble the ball forward into the opponent's half. PLAYER ACTIONS: Pass or dribble forward, Spread out and Support the attack. ORGANIZATION: In our own half set up two 19Wx30L fields with a goal and a 10 yard dribbling gate. Play 4v2. The Blue team: 1 goalkeeper and 3 players. Red Team: two players. Blue scores by dribbling through the gate and Red in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Wide, Opening, Forward, Possess, Help. GUIDED QUESTIONS: 1. What do you do to create openings? 2. How do we move the ball forward through an opening? 3. When is a good time to possess the ball? 4. Where should we be to help the player with the ball? ANSWERS: 1. To create openings, we spread out - 2. We can pass it or dribble it forward - 3. When we can't find an opening, we will pass the ball sideways or backwards - 4. Supporting the attack to the right, to the left, back or in front of the ball. Note: Switch to this activity if the Core is too easy for the players.				

MORE CHALLENGING: 5v4 to goal & 2 dribble gates**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field, set up a 40Wx35L playing area with a regular goal and two 10 yard dribbling gates and a gate guard. The 5 Blue players: the GK, 3 defenders and 1 midfielder against 4 Red players: 3 strikers, 1 midfielder. Blue team scores by dribbling through either gate. Red scores in the regular goal. Play with a build out line. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.**KEY WORDS:** Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How do we move forward with the ball? 2. How can we create openings? 3. What do you need to do if you do not have the ball?

ANSWERS: 1. Dribbling it or passing forward - 2. By spreading out - 3. Support the attack and create passing options.

2nd. PLAY PHASE: The Game - 6V6**DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** To pass or dribble the ball forward into the opponent's half.**PLAYER ACTIONS:** Pass or dribble forward, Spread out and Support the attack.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

KEY WORDS: Wide, Opening, Forward, Possess, Help.

GUIDED QUESTIONS: 1. How can you get the ball though an opening? 2. What can we do to create an opening? 3. When you do not have the ball what is your role?

ANSWERS: 1. Dribble or Pass the ball forward - 2. Spread out - 3. To support the attack and create passing options.

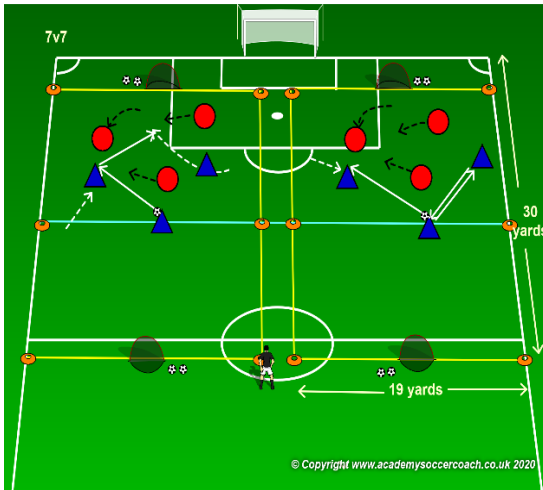
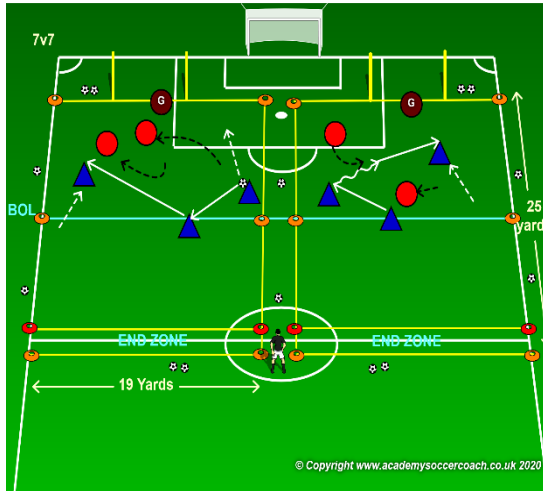
Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances - 1					U9-U10 7V7
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options					
	KEY QUALITIES	Read the game, Take initiative, Optimal technical abilities					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	12	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — Passing: Surface of the foot and ball, Pace and accuracy — Receiving: Body, position, surface of the foot and ball, first touch							
1st PLAY PHASE (Intentional Free Play)		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: .2 min					
		OBJECTIVE: To pass or dribble the ball forward. PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options. ORGANIZATION: In our own half set up two or more 19Wx35L fields with a small goal at each end. Play 1v1, 2v1 up to 3v3. Play for 20 minutes with 2 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Dribble, Connect, Possess and Help. GUIDED QUESTIONS: 1. Where do we need to possess the ball? 2. What tells you that you can dribble the ball forward? 3. When will you connect with a pass forward? 4. How can we help? ANSWERS: 1. We need to possess it in the attacking half - 2. You have space in front or you are in a 1v1 situation - 3. When you can connect with a teammate - 4. Create passing options. Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.					
CORE ACTIVITY: 4v4 to goal and an end zone		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: To pass or dribble forward to create scoring chances. PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options. ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a Regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 2 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling or passing to a player getting in the end zone. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Open up, Dribble, Connect, Possess and Help. GUIDED QUESTIONS: 1. How can we open up? 2. When should we connect with a teammate or dribble the ball? 3. Where can we go to help the attacker to connect with teammates? ANSWERS: 1. By spreading out - 2. Pass forward to a teammate when you can find an opening. Dribble when you have a space through an opening or in a 1v1 situation - 3. To create passing options we should go to the right, to the left, behind and in front of the player with the ball. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.					
LESS CHALLENGING: 3v3 to goal & an end zone		DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min					
		OBJECTIVE: To pass or dribble forward to create scoring chances. PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options. ORGANIZATION: In the opponent's half set up two 19Wx25L fields with a goal and an end zone gate. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores by dribbling or passing to a player getting in the end zone. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Open up. Dribble, Connect, Help. GUIDED QUESTIONS: 1. Where do we need to possess the ball? 2. What tells you that you can dribble the ball forward? 3. When will you connect with a pass forward? 4. How can we help? ANSWERS: 1. We need to possess it in the attacking half - 2. You have space in front or you are in a 1v1 situation - 3. When you can connect with a teammate - 4. Create passing options Note: Switch to this activity if the Core is too difficult for the players.					

MORE CHALLENGING: 4v5 to goal and an end zone**2nd. PLAY PHASE: The Game – 6V6****DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** To pass or dribble forward to create scoring chances.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a Regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling or passing to a player getting in the end zone. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.**KEY WORDS:** Open up, Dribble, Connect, Possess and Help.

GUIDED QUESTIONS: 1. What can we do to create an opening? 2. When is a good time to connect with a teammate with a forward pass? 3. How should we help the attacker with the ball?

ANSWERS: 1. Spread out - 2. When we have an opening between two defenders and have a teammate behind them - 3. By creating passing options and diagonal passing lanes.

Note: Switch to this activity if the Core is too easy for the players.

DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min**OBJECTIVE:** To pass or dribble forward to create scoring chances.**PLAYER ACTIONS:** Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue team will play in a 1-1-3-1 formation and the Red team will play in a 1-3-1-1 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.**KEY WORDS:** Open up, Dribble, Connect, Possess and Help

GUIDED QUESTIONS: 1. Why do we need to open up? 2. What do we do if we can't go forward with the ball? 3. Where do we need to be to help the attacker with the ball?

ANSWERS: 1. We spread out to create an opening to move the ball forward - 2. We possess it, move it until we find an opening to dribble or pass forward - 3. We should be creating diagonal passing lanes in front, to the sides and behind the attacker with the ball.

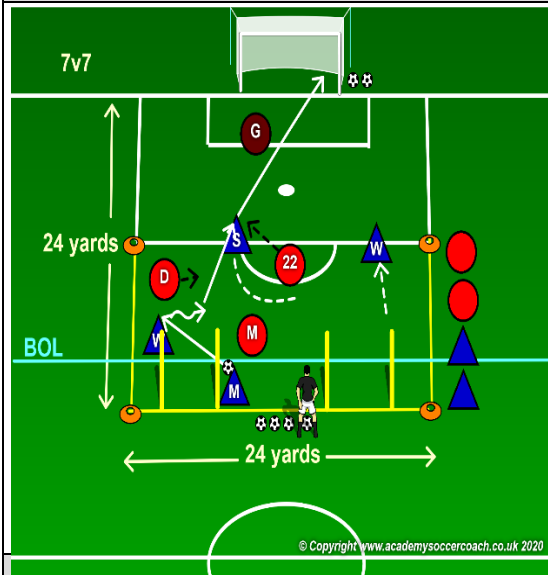
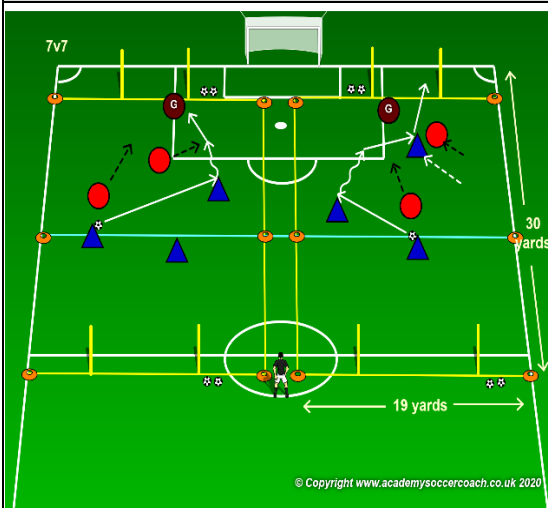
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FIVE ELEMENTS of TRAINING EXERCISE

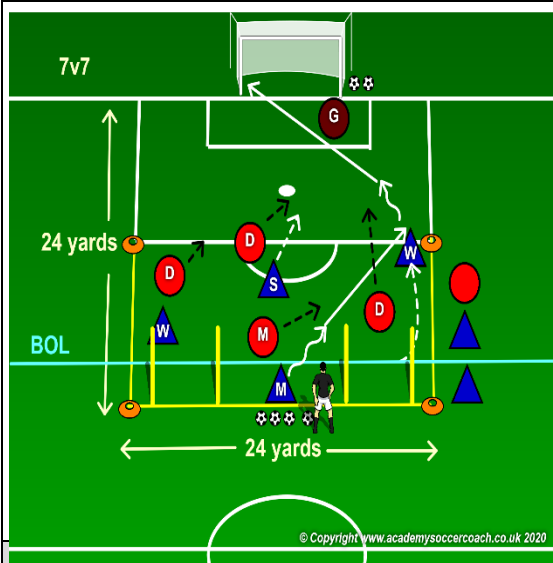
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- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL:	Improve scoring goals - 1					U9-U10 7V7
	PLAYER ACTIONS	Shoot, Pass or Dribble forward, Create a 2v1 or 1v1					
	KEY QUALITIES	Make decisions, Take initiative, Optimal technical abilities					
	MOMENT	Attacking	DURATION	60 minutes	PLAYERS	12	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — Passing: Surface of the foot and ball, Pace and accuracy — Receiving: Body, position, surface of the foot and ball, first touch — Shooting: Surface of the foot and ball, standing foot and accuracy over power.							
1st PLAY PHASE (Intentional Free Play)		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min					
		OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward. ORGANIZATION: In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting. KEY WORDS: Finish, Pass, Dribble. GUIDED QUESTIONS: 1. What should we do to finish? 2. When should you dribble towards the goal? 3. When is a good time to pass? ANSWERS: 1. Shoot when we have an opening to goal – 2. When we have an opening or are in 1v1 - 3. When we can connect with a teammate that can shoot or pass to move the defenders to find or create an opening. Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.					
CORE ACTIVITY: 4v4 to goal & 2 dribbling gates		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1. ORGANIZATION: In a 7v7 field, set up a 24Wx24L playing area with a regular goal and two 5 yard dribbling gates. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 2 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting. KEY WORDS: Finish, Pass, Dribble and Combine. GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we have two or more defenders in front of us what should we do? 3. How can we create a combination play? ANSWERS: 1. When we have an opening to goal - 2. We should pass the ball to move the defenders and to find or create an opening - 3. Create a 2v1 to wall pass around the defender. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.					
		DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min OBJECTIVE: To score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1. ORGANIZATION: In the opponent's half set up two 19Wx30L fields with a goal and a 5 yard dribbling gate zone. Play 3v3. The Blue team: 3 attackers against the Red Team: GK and two defenders. Blue team scores in the regular goal. Red scores by dribbling through the dribbling gate. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting. KEY WORDS: Finish, Pass, Dribble and Combine. GUIDED QUESTIONS: 1. What should we do to finish on goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do? ANSWERS: 1. Shoot - 2. Pass the ball - 3. Dribble past the defender. Note: Switch to this activity if the Core is too difficult for the players					

MORE CHALLENGING: 4v4 to goal - 2 dribbling gates



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1.

ORGANIZATION: In a 7v7 field, set up a 24Wx24L playing area with a regular goal and two 5 yard dribbling gates. The 4 Blue players: 1 midfielder 2 wingers and 1 striker against 4 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting.

KEY WORDS: Finish, Pass, Dribble and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we have two or more defenders in front of us what should we do? 3. How can we create a combination play?

ANSWERS: 1. When we have an opening to goal - 2. We should pass the ball to move the defenders and to find or create an opening - 3. Create a 2v1 to wall pass around the defender.

Note: Switch to this activity if the Core is too easy for the players.

DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min



OBJECTIVE: To score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward and Create 2v1 and 1v1.

ORGANIZATION: In a 7v7 field (40wx60L) play 6v6. The Blue team will play in 1-1-3-1 formation and the red team will play in 1-3-1-1 formation.

SKILL ACQUISITION: Receiving, Dribbling, Passing and Shooting.

KEY WORDS: Finish, Pass, Dribble and Combine.

GUIDED QUESTIONS: 1. What should we do to finish if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

ANSWERS: 1. Shoot to finish - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

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TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL: Improve preventing the opponent from building up in their own half - 1		U9-U10 7v7			
	PLAYER	Protect the goal, Steal the ball, Pressure, Cover & Balance				
	KEY QUALITIES	Read the game, Focus, Optimal physical abilities				
	MOMENT	Defending	DURATION	60 minutes	PLAYERS	12
SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – Cover: Distance, body position.						
1st PLAY PHASE (Intentional Free Play)			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min			
			OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field set up two 19Wx30L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way, Closest defender, and Help. GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. How can the other defenders help? ANSWERS: 1. The closest defender to the ball should stand between the ball and the goal to protect the goal and pressure the attacker with the ball - 2. They will provide cover. Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.			
CORE ACTIVITY: 4v5 to goal & an end zone			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min			
			OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1 GK, 2 defenders, 1 midfielder and 1 striker will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way, Hassle, and Help. GUIDED QUESTIONS: 1. How can we block the way forward? 2. Why does the closest defender need to hassle the player with the ball? 3. Where do the other defenders go to help? ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. To apply pressure and regain the ball - 3. They get behind the pressing defender to provide cover and balance. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.			
LESS CHALLENGING: 4v4 to goal & an end zone			DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min			
			OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance. ORGANIZATION: In a 7v7 field, set up a 24Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1 GK, 2 defenders and 1 midfielder, will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Block the way, Closest defender, and Help. GUIDED QUESTIONS: 1. What should the closest defender to the ball do? 2. How can the other defenders help? ANSWERS: 1. The closest defender to the ball should stand between the ball and the goal to protect the goal and pressure the attacker with the ball - 2. They will provide cover. Note – Switch to this activity if the CORE is too difficult for the players.			

MORE CHALLENGING: 4v5 to goal & an end zone



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field, set up a 32Wx35L playing area with a regular goal and an end zone. The 4 Blue players: 1 midfielder 2 wingers and 1 striker will try to regain the ball and score in the regular goal. The 5 Red players: 1 GK, 2 defenders, 1 midfielder and 1 striker will try to score in the end zone by dribbling or passing. Play with a build out line. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the way, Closest defender, and Help.

GUIDED QUESTIONS: 1. How can we block the way forward? 2. Why does the closest defender need to hassle the player with the ball? 3. Where do the other defenders go to help?

ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. To apply pressure and regain the ball - 3. They get behind the pressing defender to provide cover and balance.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 6V6



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Steal the ball, Pressure, Cover & Balance.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in 1-1-3-1 formation and Red teams will play in a 1-2-1-2 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Block the way, Closest defender, and Help.

GUIDED QUESTIONS: 1. Why do we need to put a defender between the ball and the goal to block the way forward? 2. Who should be the defenders that block the way forward? 3. Now that the closest defender is in front of the ball what do we want him/her to do? 4. How can the other defenders help him to prevent the ball from moving forward?

ANSWERS: 1. To protect the goal - 2 The closest defender to the ball - 3. Pressure the ball - 4. They provide cover and balance by getting behind the pressing defender.

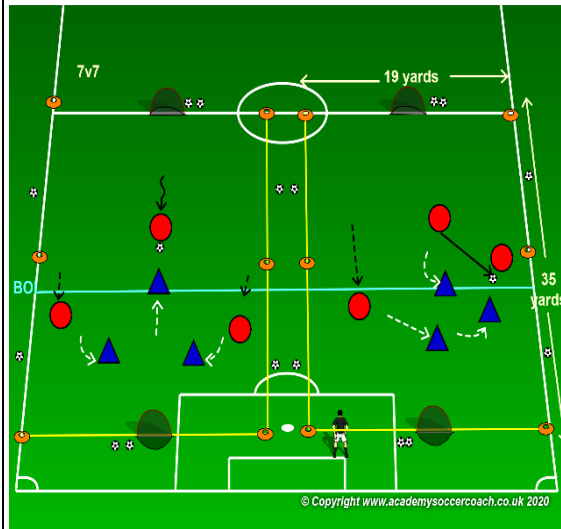
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- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL: Improve preventing the opponent from building up and creating scoring chances in our half - 1		U9-U10 7V7							
	PLAYER	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance								
	KEY QUALITIES	Understand the game, Focus, Optimal technical and physical abilities								
	MOMENT	Defending	DURATION	60 minutes	PLAYERS	12				
SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – Cover: Distance, body position.										
1st PLAY PHASE (<i>In tentional Free Play</i>)		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 2 min								
		OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance. ORGANIZATION: In a 7v7 field set up two 19Wx35L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Shield, Compress, Press. GUIDED QUESTIONS: 1. How do we shield the goal? 2. What do we need to compress the passing lanes forward? 3. Who presses the ball? ANSWERS: 1. We protect the goal by getting a defender in front of the ball – 2. We need to make it compact and keep it compact – 3. Closest defender to the ball. Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.								
CORE ACTIVITY: 3v3 to sm all goals		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min								
		OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance. ORGANIZATION: In our own half set up two 19Wx25L fields with a goal at each end. Play 3v3. The Blue team: 3 players against the Red Team: 3 players. Each team tries to score in the opponent's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Shield, Compress, Press, Help. GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball should press the attacker? 4. How will the other defenders help to regain the ball. ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 4. They provide cover and balance. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.								
LESS CHALLENGING: 3v2 to sm all goals		DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min								
		OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball. PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance. ORGANIZATION: In our own half set up two 19Wx25L fields with a goal at each end. Play 3v2. The Blue team: 3 players against the Red Team: 2 players. Each team tries to score in the opponent's goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Shield, Compress, Press. GUIDED QUESTIONS: 1. How do we shield the goal? 2. What do we need to compress the passing lanes forward? 3. Who presses the ball? ANSWERS: 1. We protect the goal by getting a defender in front of the ball – 2. We need to make it compact and keep it compact – 3. Closest defender to the ball. Note – Switch to this activity if the CORE is too difficult for the players								

MORE CHALLENGING: 4v5 to 4 small goals



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DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In a 7v7 field, set up a 40Wx25L playing area with 2 small goals in each end line. The 4 Blue players: 3 defenders and 1 midfielder against 5 Red players: 1 defender, 1 midfielder, 2 wingers and 1 striker. Blue and Red try to score in any of the two small goals. Play with a build out line. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Shield, Compress, Press, Help.

GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball press the attacker? 4. How will the other defenders help to regain the ball.

ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 4. They provide cover and balance.

Note – Switch to this activity if the CORE is not challenging enough.

2nd. PLAY PHASE: The Game – 6V6

DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min



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OBJECTIVE: Prevent the opposition from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Get and make it compact, Pressure, cover & balance.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-3-1-1 formation and the Red team will play in a 1-1-3-1 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Shield, Compress, Press, Help.

GUIDED QUESTIONS: 1. Who should shield the goal? 2. How can we close the passing lanes forward? 3. When should the defender on the ball should press the attacker? 4. How will the other defenders help to regain the ball.

ANSWERS: 1. The closest defender to the ball should get in between the ball and the goal to protect it - 2. We should make it compact and stay compact behind the defender on the ball - 3. When the other defenders are already compacted behind him/her - 4. They provide cover and balance.

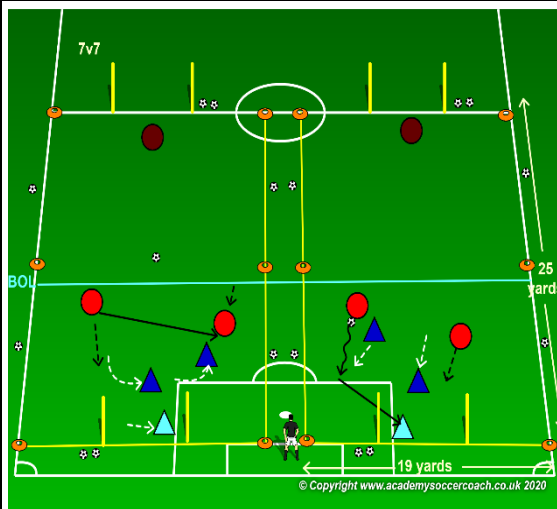
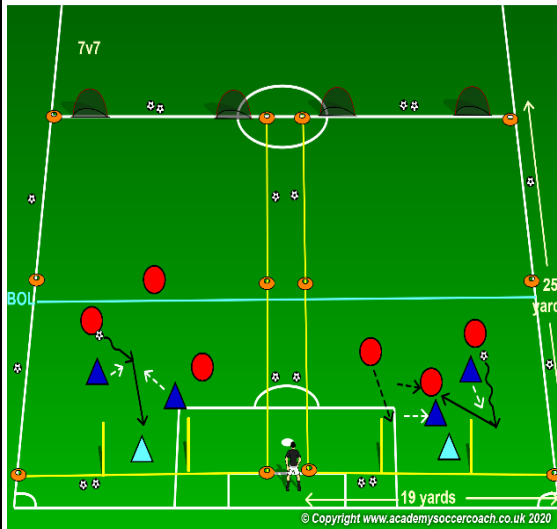
Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

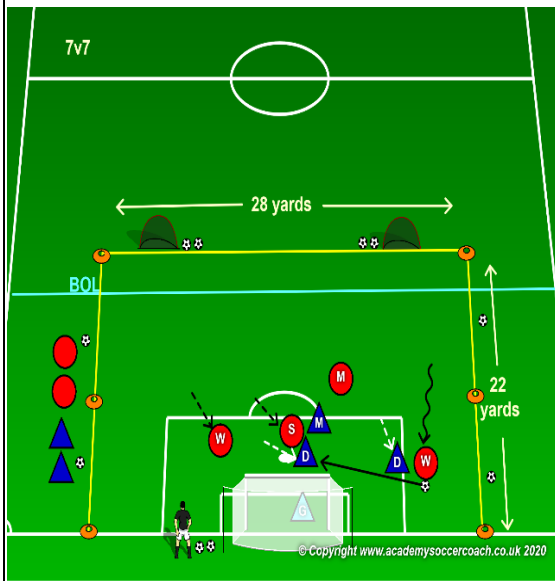
FIVE ELEMENTS of TRAINING EXERCISE

TRAINING SESSION SELF-REFLECTION QUESTIONS

- Organized:** Is the exercise organized in the right way?
- Game like:** Is the exercise game like?
- Repetitions:** Are there repetitions when looking at the overall goal of the session?
- Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- Coaching:** Is there the proper coaching based on the age/level of the players?

- How did you achieve your goals in the training session?**
- What did you do well?**
- What could you do better?**

	Fall 2020	GOAL:	Improve preventing the opponent from scoring goals - 1				U9-U10 7V7
		PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance				
		KEY QUALITIES	Make decisions, Be proactive, Focus				
		MOMENT	DURATION	60 minutes	PLAYERS	12	
SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – Cover: Distance, body position.							
1st PLAY PHASE (Intentional Free Play)		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: Deny scoring chances. PLAYER ACTIONS: Protect the goal, Pressure and cover. ORGANIZATION: In a 7v7 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, up to 3v3. Play 3 rounds for a total of 20 minutes. Play with kick-ins and dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Prevent, Force, Help. GUIDED QUESTIONS: 1. What should we do to prevent the shot goal? 2. How should we force the ball away? 3. How do we help the pressing defender? ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. The closest defender pressures the attacker with the ball - 3. By providing cover. Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.					
CORE ACTIVITY: 3v3 to goal – small goals		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: Deny scoring chances. PLAYER ACTIONS: Protect the goal, Pressure and cover. ORGANIZATION: In our own half set up two 19Wx25L fields with a goal and two small goals. Play 3v3. The Blue team: 1Gk and 2 defender's players against the Red Team: 3 players. The Red team scores in the goal and the Blue team scores by passing to one of the two small goals. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Prevent, Force, Help. GUIDED QUESTIONS: 1. Who and how should prevent the shot at a goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help? ANSWERS: 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.					
LESS CHALLENGING: 3v2 to goal 1- small goals		DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min					
		OBJECTIVE: Deny scoring chances. PLAYER ACTIONS: Protect the goal, Pressure and cover. ORGANIZATION: In our own half set up two 19Wx25L fields with a goal and two small goals. Play 3v3. The Blue team: 1Gk and 2 defender's players against the Red Team: 2 players. The Red team scores in the goal and the Blue team scores by passing to one of the two small goals. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: Prevent, Force, Help. GUIDED QUESTIONS: 1. What should we do to prevent the shot goal? 2. How should we force the ball away? 3. How do we help the pressing defender? ANSWERS: 1. Protect the goal by standing between the ball and the goal - 2. The closest defender pressures the attacker with the ball - 3. By providing cover. Note: Switch to this activity if the Core is too difficult for the players.					

MORE CHALLENGING: 4v4 to goal**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** Deny scoring chances.**PLAYER ACTIONS:** Protect the goal, Pressure and cover.

ORGANIZATION: In a 7v7 field, set up a 28Wx22L playing area with a regular goal and two small goals 2 small goals as shown. The 4 Blue players: 1GK, 2 defenders and 1 midfielder against 4 Red players: 1 midfielder, 2 wingers and 1 striker. The Red team scores in the goal, the Blue team scores by passing in one of the two small goals. Play with a build out line. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Force, Help.

GUIDED QUESTIONS: 1. Who and how should prevent the shot at a goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help?

ANSWERS: 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover.

Note: Switch to this activity if the Core is too easy for the players.**2nd. PLAY PHASE: The Game – 6V6****DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** Deny scoring chances.**PLAYER ACTIONS:** Protect the goal, Pressure and cover.

ORGANIZATION: In a 7v7 field (40Wx60L) play 6v6. The Blue will play in a 1-2-1-2 formation and the Red team will play in a 1-1-3-1 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: Prevent, Force, Help.

GUIDED QUESTIONS: 1. Who and how should prevent the shot at a goal? 2. After we are protecting the goal what should we do to force the ball away? 3. Where should the other defender be to help?

ANSWERS: 1. The closest defender should protect the goal by getting in between the ball and goal - 2. Pressure the attacker with the ball - 3. Provide cover.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**FIVE ELEMENTS of TRAINING EXERCISE**

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

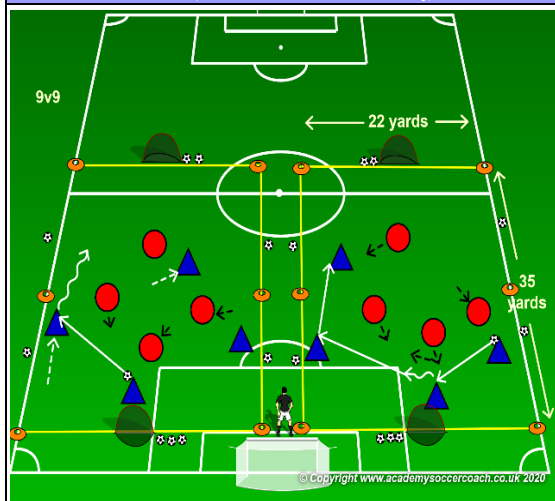
- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

	Fall 2020						U11-U12 9V9
	GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1					
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options					
	KEY QUALITIES	Read the game, Take initiative, Demonstrate Focus					
	MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16	

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — **Passing:** Surface of the foot and ball, Pace and accuracy
– Receiving: Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Move the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create passing options.

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing option to the right, left back and in front of the player with the ball.

Note: First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 6v5 to goal and dribbling gates

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 5v3 to goal and dribbling gate

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In our half set up two 22Wx35L fields with a goal and an 8 yard dribbling gate. Play 5v3. The Blue team: 1 GK and 4 attackers against the Red Team: 3 defenders. Blue team scores by dribbling through the 8-yard gate. Red scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Dribbling, receiving and passing.

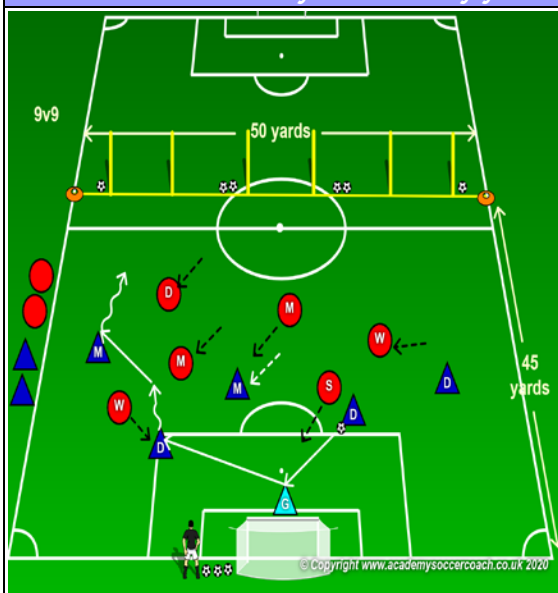
KEY WORDS: Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing options to the right, left back and in front of the player with the ball.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 6v6 to goal – dribbling gates



2nd PLAY PHASE: The Game – 8v8



DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 9v9 field, set up a 50Wx45L playing area with a regular goal and three 8-yard dribbling gates. The 6 Blue players: 1 GK, 3 defenders and 2 midfielders against 6 Red players: 1 defender, 2 midfielder, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening and we pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

Note: Switch to this activity if the Core is too easy for the players.

DURATION: 20 min -- **INTERVALS:** 2 -- **ACTIVITY:** 8 min -- **REST:** 2 min

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play 1-3-2-2 formation and the Red teams will play 1-2-4-1 formation.

SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. How do we penetrate an opening? 3. Where should you move to help the attack every time the ball moves?

ANSWERS: 1. We spread out to create openings to pass or dribble the ball forward - 2. We can pass or dribble the ball forward through the opening - 3. We should create passing options in the form of diagonal passing lanes.

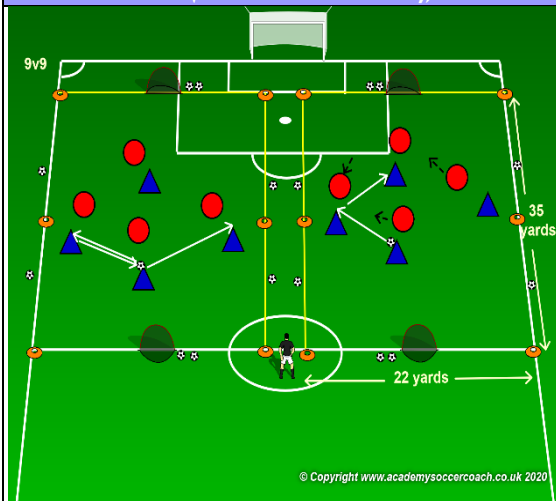
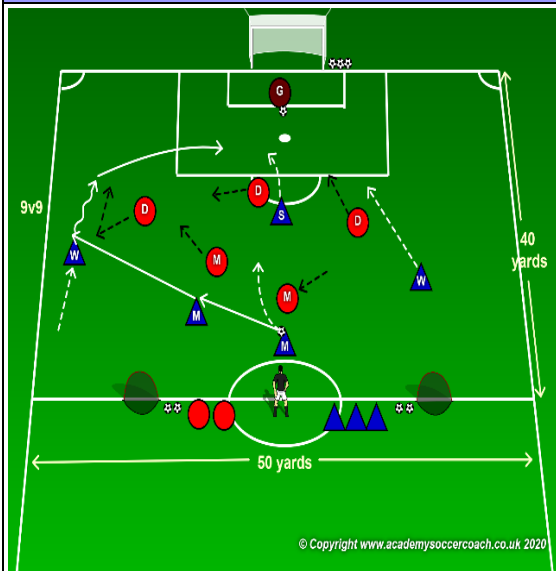
Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

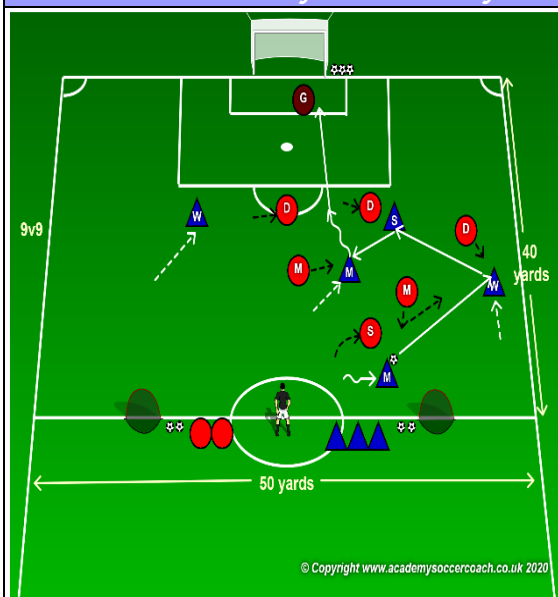
- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL:	Improve the build up in the opponent's half in order to create scoring chances 1					U11-U12 9V9
	PLAYER ACTIONS	Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1					
	KEY QUALITIES	Read the game, Focus, Optimal technical abilities					
	MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16	
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – Passing: Surface of the foot and ball, Pace and accuracy – Receiving: Body, position, surface of the foot and ball, first touch							
1 st PLAY PHASE (Intentional Free Play)		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: To possess and move the ball forward. PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1. ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2, up to 3v3. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Get wide, Possess, Penetrate, Combine. GUIDED QUESTIONS: 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine? ANSWERS: 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created a 2v1. Note: First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.					
CORE ACTIVITY: 5v6 to goal - two counter goals		DURATION: 20 min -- INTERVALS: 3 -- ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: To possess and move the ball forward to create chances. PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1. ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, and 2 midfielders will try to score in one of the two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Get wide, Possess, Penetrate, Combine. GUIDED QUESTIONS: 1. What do we create when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. Where should we be to combine with the attacker with the ball? ANSWERS: 1. By spreading out we create an opening to play through - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. We should be creating a 2v1 and a diagonal passing lane. Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.					
LESS CHALLENGING: 4v4 to goal - a small goal		DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min					
		OBJECTIVE: To possess and move the ball forward to create chances. PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1. ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and a small goal. The Blue team: 4 attackers against the Red Team: GK and 3 defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Passing, receiving and dribbling. KEY WORDS: Get wide, Possess, Penetrate, Combine. GUIDED QUESTIONS: 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine? ANSWERS: 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created a 2v1. Note: Switch to this activity if the Core is too difficult for the players.					

MORE CHALLENGING: 5v7 to goal – 2 counter goals



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DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min

OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In the attacking half of a 9v9 field, set up a 50Wx40L field with a regular goal and a small goal as shown. The 5 Blue players: 2 midfielders, 2 wingers and 1 striker will try to score in the regular goal. Red team: 1GK, 3 defenders, 2 midfielders and 1 striker will try to score in one of the two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we create when we get wide? 2. When do we penetrate on the dribble? 3. How can we penetrate an opening with a teammate on the other side? 4. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. By spreading out we create opening to play through - 2. When we have space or are in 1v1 situation - 3. By passing the ball forward - 4. We should be creating a 2v1 and a diagonal passing lane.

Note: Switch to this activity if the Core is too easy for the players.

2nd. PLAY PHASE: The Game – 8v8



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DURATION: 20 min -- **INTERVALS:** 2 -- **ACTIVITY:** 8 min -- **REST:** 2 min

OBJECTIVE: To possess and move the ball forward to create chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 9v9 field (50Wx80L) play 8v8. The Blue team will play in a 1-2-4-1 formation and the Red team will play in a 1-3-2-2 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. Why do we get wide? 2. What can we do when we possess the ball? 3. When is a good time to penetrate? 4. Where should we be to combine around a defender?

ANSWERS: 1. We spread out to create openings - 2. We can move the ball until we find or create an opening - 3. When we have an opening with a teammate on the other side we pass forward; if we have a space or are in a 1v1 situation, we dribble forward - 4. Creating a 2v1 to the side of the defender creating a diagonal passing lane.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- Organized:** Is the exercise organized in the right way?
- Game like:** Is the exercise game like?
- Repetitions:** Are there repetitions when looking at the overall goal of the session?
- Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- How did you achieve your goals in the training session?**
- What did you do well?**
- What could you do better?**

Fall 2020 	GOAL:		Improve scoring goals - 1					U11-U12 9V9
	PLAYER ACTIONS		Shoot, Pass or Dribble forward, Create a 2v1 or 1v1					
	KEY QUALITIES		Make decisions, Take initiative, Optimal technical abilities					
	MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	16		
SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch – Passing: Surface of the foot and ball, Pace and accuracy – Receiving: Body position, surface of the foot and ball, first touch – Shooting: Surface of the foot and ball, standing foot and accuracy over power.								
1 st PLAY PHASE (Intentional Free Play)			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
			OBJECTIVE: To create scoring chances and score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1. ORGANIZATION: In a 9v9 field set up two 19Wx24L fields with a small goal at each end. Play 1v1, 2v1, 2v2, up to 3v3. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Shooting, passing, receiving and dribbling. KEY WORDS: Opening, Finish, Connect, Take him/her on. GUIDED QUESTIONS: 1. When should we finish the ball at goal? 2. What would you do to take a defender on? 3. When is a good time to connect with a teammate? ANSWERS: 1. Shoot when we have an opening to goal – 2. Dribble the defender and then shoot at goal - 3. When we can't pass forward and the teammate can shoot at goal or pass to move the defenders to find or create an opening. Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.					
CORE ACTIVITY: 5v5 to goal - two counter goals			DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
			OBJECTIVE: To create scoring chances and score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward create 2v1 or 1v1. ORGANIZATION: In a 9v9 field, set up a 44Wx28L playing area with a regular goal and two counter goals. The 5 Blue players: 1 midfielder 2 winger and 2 strikers against 5 Red players: 1 GK, 3 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by passing to one of two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Shooting, passing, receiving and dribbling. KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine. GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we are in front of an opening what should we do to connect with a teammate? 3. What can we do to combine? ANSWERS: 1. When we have an opening to goal - 2. We should pass forward through the opening to connect. - 3. Create a 2v1 to wall pass around the defender. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.					
LESS CHALLENGING: 4v4 to goal - a small goal			DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min					
			OBJECTIVE: To create scoring chances and score goals. PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1. ORGANIZATION: In the opponent's half set up two 22Wx35L fields with a goal and a small goal. Play 4v4. The Blue team: 4 attackers against the Red Team: GK and three defenders. Blue team scores in the regular goal. Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval. SKILL ACQUISITION: Shooting, passing, receiving and dribbling. KEY WORDS: Opening, Finish, Connect, Take him/ her on, and Combine. GUIDED QUESTIONS: 1. What should we do to finish on goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do to take him/her on? ANSWERS: 1. Shoot - 2. Pass the ball - 3. Dribble past the defender. Note – Switch to this activity if the CORE is too difficult for the players.					

MORE CHALLENGING: 5v6 to goal – 2 counter goals**DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min****OBJECTIVE:** To create scoring chances and score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field, set up a 44Wx28L playing area with a regular goal and two counter goals. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 6 Red players: 1 GK, 3 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of two counter goals. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.**KEY WORDS:** Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. What should we do to take the ball forward in a 1v1? 3. Where should you be to connect forward with you through an opening? 4. How can we create a combination play?

ANSWERS: 1. We will shoot to goal when we have an opening- 2. Dribble the defender and shoot to goal – 3. I should be behind an opening to receive a forward pass and create a goal scoring opportunity - 4. Create a 2v1 to wall pass around the defender.

Note – Switch to this activity if the CORE is not challenging enough.**2nd. PLAY PHASE: The Game – 8V8****DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** To create scoring chances and score goals.**PLAYER ACTIONS:** Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-3-2 formation and the red team will play in 1-3-3-1 formation.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.**KEY WORDS:** Finish, Connect, Take him/her on, and Combine.

GUIDED QUESTIONS: 1. What should we do to finish if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

ANSWERS: 1. Shoot to finish - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**FIVE ELEMENTS of TRAINING EXERCISE**

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

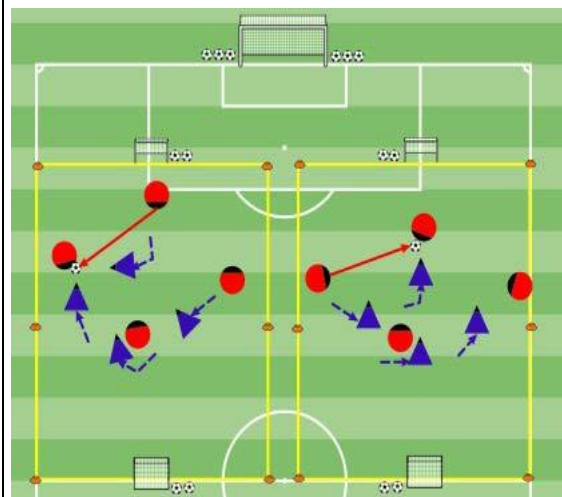
TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

AGE GROUP	GOAL:	Improve preventing the opponent from building up in their own half					Fall 2019
11U-12U	PLAYER ACTIONS	Pressure, cover and balance, Get and make it compact, Steal the ball					 
	KEY QUALITIES	Understand the game, Focus, Take initiative					
9v9	MOMENT	Defending	DURATION	60 minutes	PLAYERS	16 Players	

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (intentional Free Play): 4v4 to Goal **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up two or more 20Wx30L fields with a goal at each end. Play 1v1, 2v1 up to 4v4. Play for 20 minutes with two breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

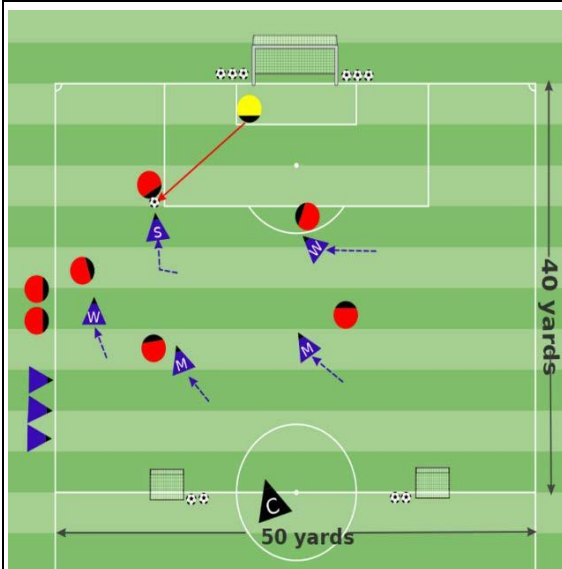
KEY WORDS: Hassle the opponent, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should pressure the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender press the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward 3. When you are close enough to poke it, tackle it, or steal it.

Note - First break: Coach asks questions; players do not answer but play to discover them. Second break: Coach asks questions and players share the answers.

PRACTICE (Core Activity): 5v6 to Goal & two counter goal **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

ORGANIZATION: Set up a 50Wx40L field with a regular goal and two counter goals. Select 5 Blue attackers, 5 Red defenders and their goalkeeper. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

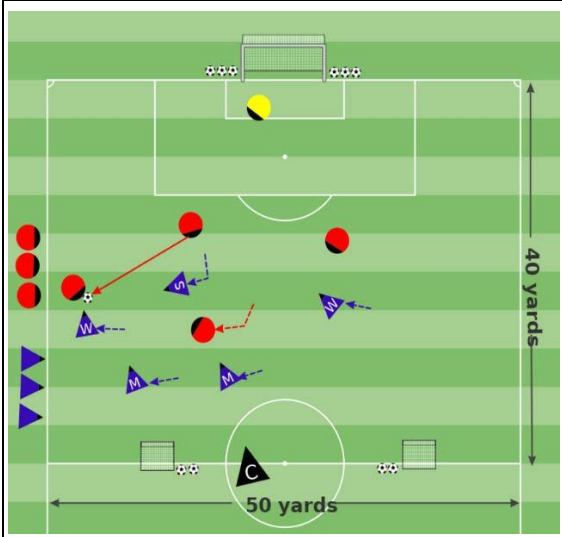
KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy.

PRACTICE (Less Challenging): 5v5 to Goal & counter goals **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To keep the opposition from moving the ball forward and try to regain the ball.

PLAYER ACTIONS: Pressure, cover and balance, Get and make it compact, Steal the ball

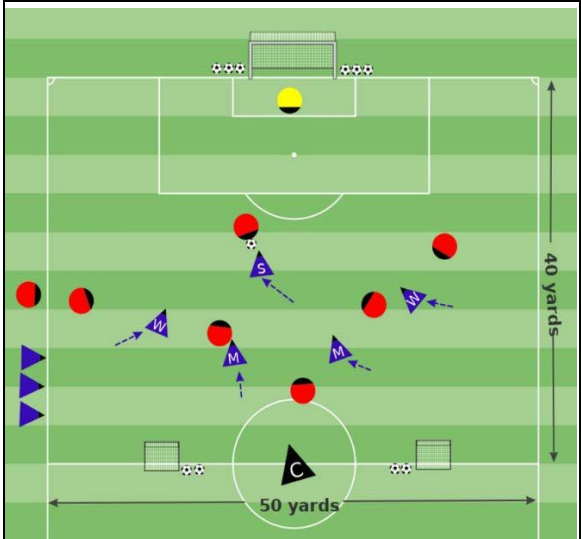
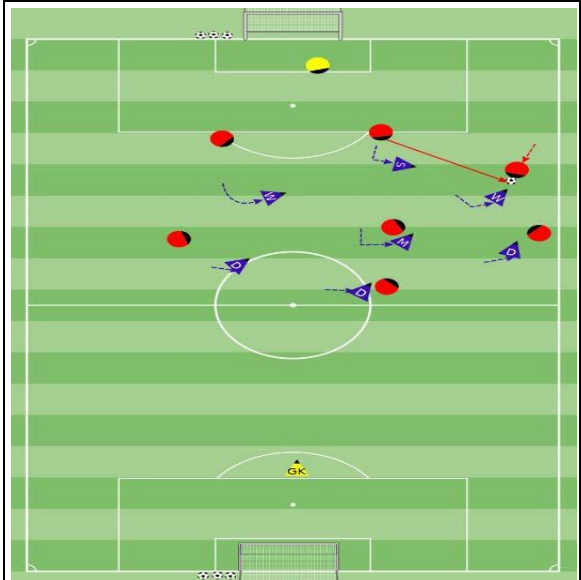
ORGANIZATION: Set up a 50Wx40L field with a regular goals and two counter goals. Select 4 Red attackers, their goalkeeper, and 5 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.

KEY WORDS: Attack the ball, Work together, Tackle or poke.

GUIDED QUESTIONS: 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?

ANSWERS: 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.

Note – Switch to this activity if the CORE is too difficult for the players

PRACTICE (More Challenging): 5v6 to Goal & counter goals**DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min****OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.**PLAYER ACTIONS:** Pressure, cover and balance, Get and make it compact, Steal the ball**ORGANIZATION:** Set up a 50Wx40L field with a regular goal and two counter goals. Select 6 Red attackers a their goalkeeper, and 5 Blue defenders. The Red team scores in either of the two counter goals. The Blue team scores in the regular goal. Rotate players every interval. All Laws of the game in effect.**KEY WORDS:** Attack the ball, Work together, Tackle or poke.**GUIDED QUESTIONS:** 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?**ANSWERS:** 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.**Note** – Switch to this activity if the CORE is not challenging enough.**2nd. PLAY PHASE: The Game – 8v8 (GK+7v7+GK)****DURATION: 20 min -- INTERVALS: --ACTIVITY: 8 min --REST: 2 min****OBJECTIVE:** To keep the opposition from moving the ball forward and try to regain the ball.**PLAYER ACTIONS:** Pressure, cover and balance, Get and make it compact, Steal the ball**ORGANIZATION:** In a 50Wx80L field play 8v8. The Blue team will play in 1-2-2-3 formation and the Red team will play in 1-3-3-1 formation.**KEY WORDS:** Attack the ball, Work together, Tackle or poke.**GUIDED QUESTIONS:** 1. Who should attack the player with the ball? 2. Why do we need to work together? 3. When should you steal the ball?**ANSWERS:** 1. The closest defender presses the player with the ball. 2. To get and stay compacted to prevent them from moving the ball forward. 3. When you are close enough to poke it, tackle it, or steal it.**Note** – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.**FIVE ELEMENTS of TRAINING EXERCISE****TRAINING SESSION SELF-REFLECTION QUESTIONS**

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

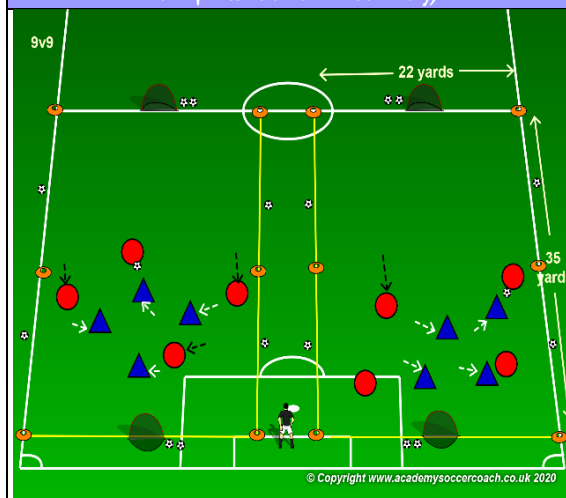
- 1. Did you achieve your goals of the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

	GOAL:	Improve preventing the opponent from building up and creating scoring chances in our half - 1					U11-U12 9V9	
	PLAYER ACTIONS	Protect the goal, Pressure, Cover & Balance, Outnumber the opponent						
	KEY QUALITIES	Understand the game, Focus, Optimal technical and physical abilities						
	MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16		

SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – **Cover:** Distance, body position.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

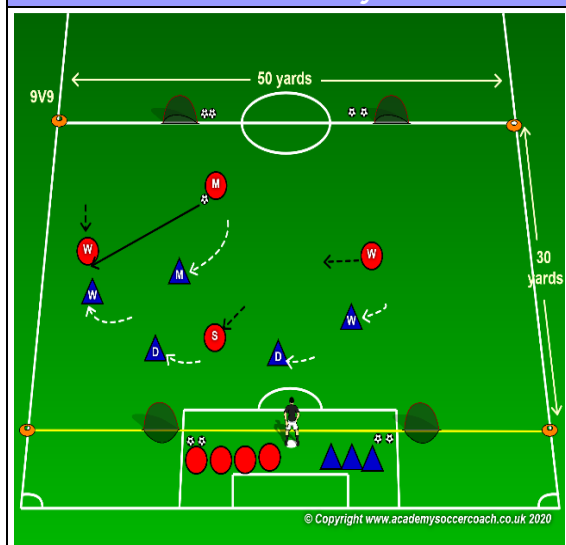
GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?

ANSWERS: 1. Protect the goal - 2. We Pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 5v4 to 4 small goals

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 4 small goals as shown. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 4 Red team: 1 midfielder, 2 wingers and 1 striker will try to score in one of the two small goals. All Laws of the game in effect. Rotate players every interval

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

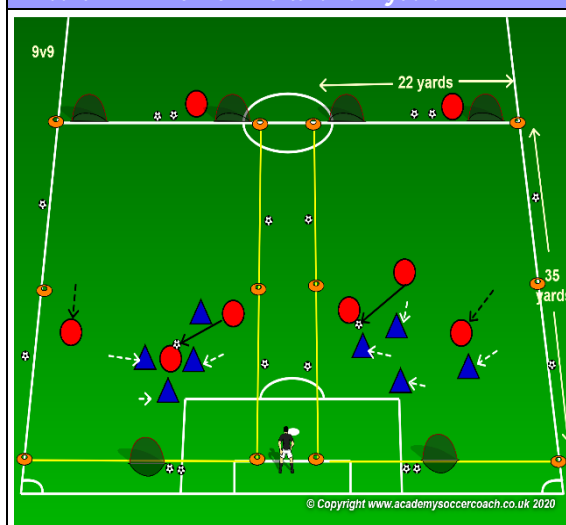
GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who Helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy

LESS CHALLENGING: 4v3 to small goals

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In our half set up two 22Wx35L fields with a small goal on one end and two small goals in the other end. Play 4v3. The Blue team: 4 players against the Red Team: 3 players. Blue team scores in one of the small goals and the Red scores in the small goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

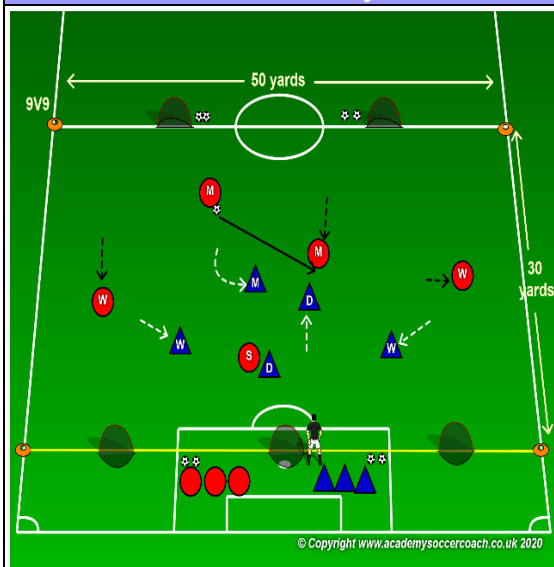
KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. What do we do when we place a player in front of the ball? 2. How can we force the attacker with the ball away? 3. Where should the other defenders be to help?

ANSWERS: 1. Protect the goal - 2. We Pressure the attacker with the ball - 3. They should be behind the pressing defender providing cover and balance.

Note – Switch to this activity if the CORE is too difficult for the players

MORE CHALLENGING: 5v5 to small goals



DURATION: 20 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5 min -- **REST:** 1.5 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In the defensive half of a 9v9 field, set up a 50Wx30L field with 2 small goals on the sideline and 3 small in the other end. The 5 Blue players: 2 defenders, 1 midfielder and 2 wingers will try to regain the ball and score in one of the two small goals in the midfield. The 5 Red team: 2 midfielders, 2 wingers and 1 striker will try to score in one of the three small goals. All Laws of the game in effect. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Who should get in between the ball and the goal? 2. What does the closest defender do to force the ball away? 3. Who helps the pressing defender? 4. When is a good time to double team the attacker with the ball?

ANSWERS: 1. The closest defender to the ball will protect the goal - 2. Presses the ball by approaching the attacker on an angle - 3. The other defenders provide cover and balance - 4. We will double when we outnumber the opponent.

Note – Switch to this activity if the CORE is not challenging enough.

2nd PLAY PHASE: The Game – 8v8



DURATION: 20 min -- **INTERVALS:** 2 -- **ACTIVITY:** 8 min -- **REST:** 2 min

OBJECTIVE: To prevent the opponent from moving the ball forward and regain the ball.

PLAYER ACTIONS: Protect the goal, Pressure, Cover & Balance, Outnumber the opponent.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-2-2-3 formation and the Red team will play in 1-3-3-1 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In front, Force away, Help, Double.

GUIDED QUESTIONS: 1. Why should we get in between the ball and the goal? 2. Who should force the attacker and the ball away? 3. Why do we help the pressing defender? 4. What do we need to do to double team the attacker with the ball?

ANSWERS: 1. To protect the goal - 2. The closest defender to the ball after he got defenders behind him - 3. To provide cover and balance - 4. Outnumber the attacker by having more defenders around.

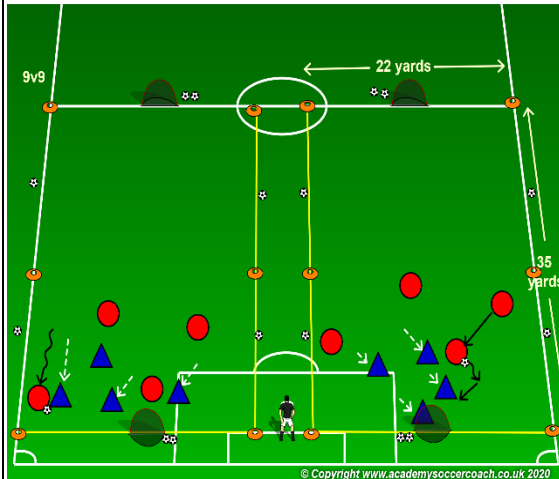
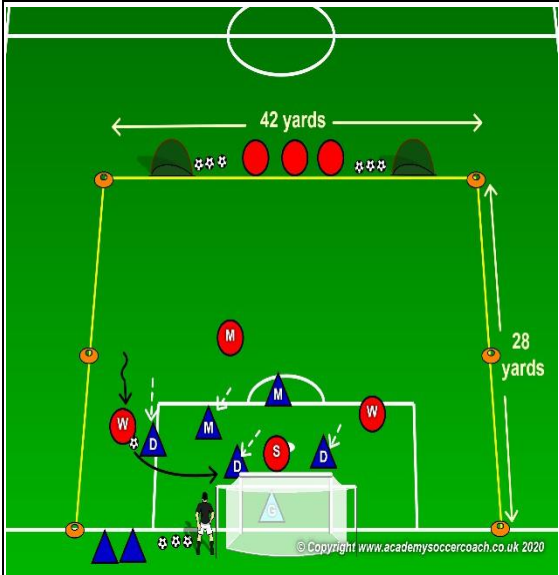
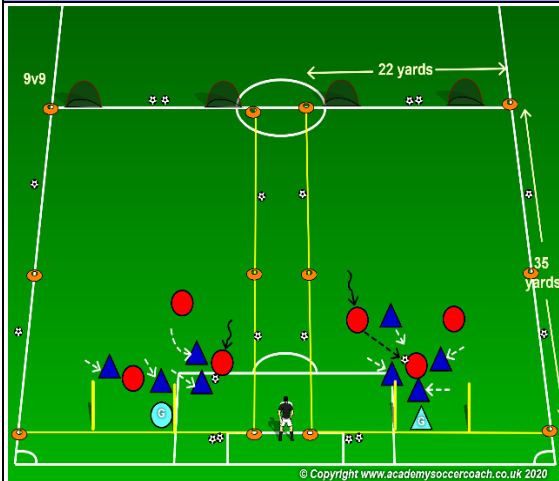
Note – All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020 	GOAL:	Improve preventing the opponent from scoring goals - 1					U11-U12 9V9
	PLAYER ACTIONS	Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance					
	KEY QUALITIES	Read the game, Take initiative, Focus					
	MOMENT	DEFENDING	DURATION	60 minutes	PLAYERS	16	
SKILL ACQUISITION: Pressure: Angle and Speed of approach, Distance, Body position, Tackle choice (poke or block) – Cover: Distance, body position.							
1 st PLAY PHASE (Intentional Free Play)		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: To deny scoring chances. PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance. ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2 up to 4v4. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In Between, Minimize, Press, Help. GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball. Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.					
CORE ACTIVITY: 6v4 to goal & 2 small goals		DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min					
		OBJECTIVE: To deny scoring chances. PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance. ORGANIZATION: In our half of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1 striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In Between, Minimize, Press, Help. GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help? ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance. Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy					
LESS CHALLENGING: 4v3 to goal & 2 small goals		DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min					
		OBJECTIVE: To deny scoring chances. PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance. ORGANIZATION: In our half set up two 22Wx35L fields with a goal and two small goals. Play 5v3. The Blue Team: 1 GK, 4 defenders against the Red Team: 3 attackers. The Blue Team scores by passing into one of the two small goals. The Red Team scores in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block. KEY WORDS: In Between, Minimize, Press, Help. GUIDED QUESTIONS: 1. What are we doing when we get in between the ball and the goal? 2. How must we minimize the passing lanes? 3. Who should press the ball after we are compacted? ANSWERS: 1. We are protecting the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball. Note – Switch to this activity if the CORE is too difficult for the players.					

MORE CHALLENGING: 6v6 to goal & 2 small goals



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In our half of a 9v9 field, set up a 42Wx28L field with a regular goal and two small goals as shown. The 6 Blue players: 1 GK, 3 defenders, and 2 midfielders will try to deny scoring chances and regain the ball and score in one of the two small goals. The 4 Red players: 1 midfielder, 2 wingers and 1striker will try to score in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance.

Note – Switch to this activity if the CORE is too easy for the players.

2nd. PLAY PHASE: The Game – 8v8



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To deny scoring chances.

PLAYER ACTIONS: Protect the goal, Make it and Keep it compact, Pressure, Cover & Balance.

ORGANIZATION: In a 9v9 field (50wx80L) play 8v8. The Blue team will play in 1-3-2-2 formation and the Red team will play in 1-2-2-3 formation.

SKILL ACQUISITION: Speed and Angle of Approach, Distance of Approach, Footwork, Body Shape and Types of Tackles - Poke or Block.

KEY WORDS: In Between, Minimize, Press, Help.

GUIDED QUESTIONS: 1. Why do we get in between the ball and the goal? 2. What must we do to minimize the passing lanes? 3. Who should press the ball after we are compacted? 4. What should we do to help?

ANSWERS: 1. To protect the goal - 2. We must make it compact and keep it compact - 3. The closest defender to the ball pressures the ball - 4. Provide cover and balance

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020

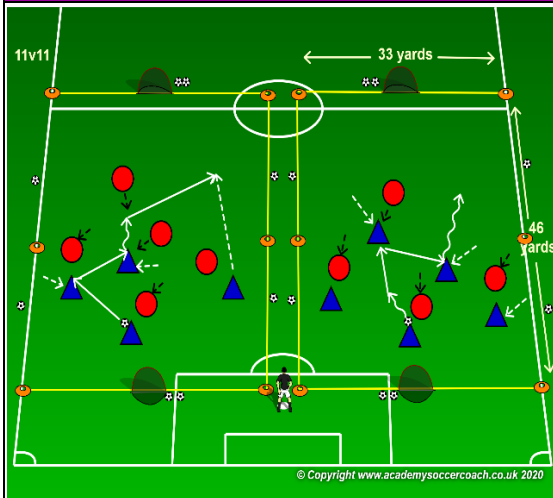


GOAL:	Improve the build up from our own half in order to move the ball into the opponent's half - 1				
PLAYER ACTIONS	Pass or dribble forward, Spread out, Create passing options				
KEY QUALITIES	Read the game, Take initiative, Demonstrate Focus				
MOMENT	ATTACKING	DURATION	60 minutes	PLAYERS	18

13+
11V11

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — **Passing:** Surface of the foot and ball, Pace and accuracy
— **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Move the ball forward.

PLAYER ACTIONS: Pass or dribble forward, Spread out, and Create passing options.

ORGANIZATION: In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

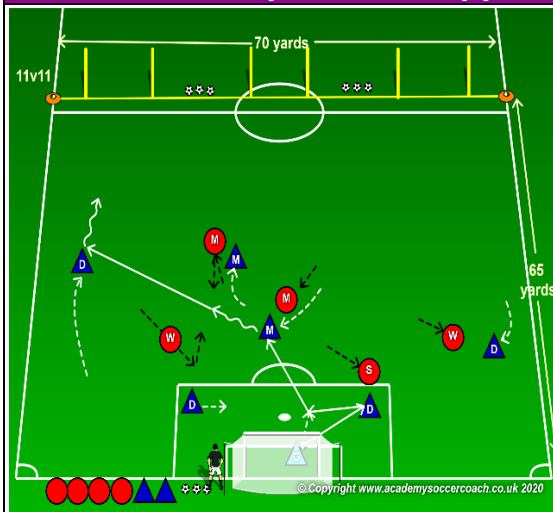
KEY WORDS: Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing option to the right, left, back and in front of the player with the ball.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 7V5 to goal and dribbling gates



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 11V11 field, set up a 70Wx65L playing area with a regular goal and three 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 2 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.

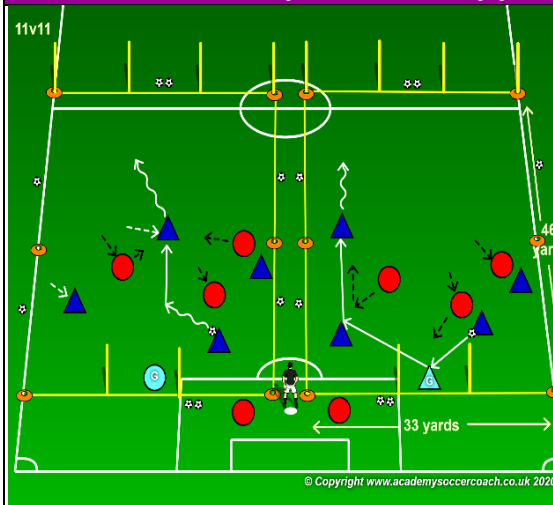
KEY WORDS: Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening to pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

Note – Switch to Less Challenging if this activity is too difficult or to More Challenging if it is too easy

LESS CHALLENGING: 5v3 to goals and dribbling gates



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.

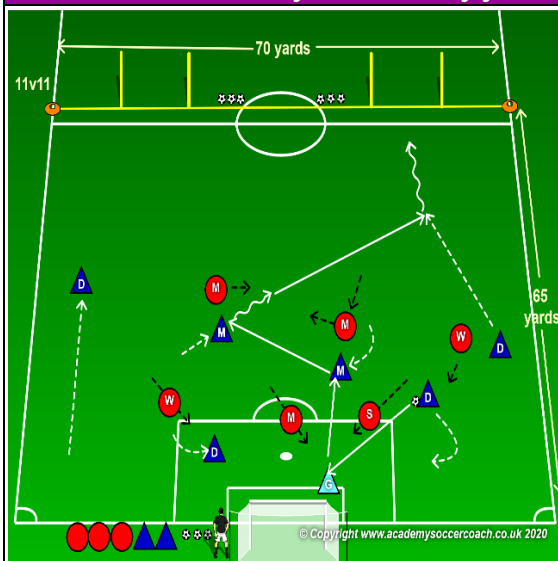
KEY WORDS: Opening, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How can we create an opening? 2. What can we do to penetrate an opening? 3. Where should we help the attack?

ANSWERS: 1. Spread out - 2. We can dribble through or pass through the opening - 3. We should create passing options to the right, left, back and in front of the player with the ball.

Note – Switch to this activity if the CORE is too difficult for the players.

MORE CHALLENGING: 1v6 to goal & dribbling gates



2nd. PLAY PHASE: The Game – 9v9



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 11v11 field, set up a 70Wx65L playing area with a regular goal and two 8-yard dribbling gates. The 7 Blue players: 1 GK, 4 defenders and 2 midfielders against 6 Red players: 3 midfielders, 2 wingers and 1 striker. Blue team scores by dribbling through one of the 8-yard gates. Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Blue team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. How do we get wide? 2. When should we penetrate with a pass? 3. When should we penetrate on the dribble? 4. What should we do if we don't have the ball to help the attack?

ANSWERS: 1. Spread out - 2. When we have an opening and we pass forward to a teammate on the other side - 3. When we can dribble through an opening between two defenders - 4. We should create passing options.

Note – Switch to this activity if the CORE is too easy for the players.

DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: Move the ball forward into the opponent's half.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Create passing options.

ORGANIZATION: In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 formation.

SKILL ACQUISITION: Dribbling, receiving and passing.

KEY WORDS: Opening, Get wide, Penetrate and Help the attack.

GUIDED QUESTIONS: 1. Why do we need to get wide? 2. How do we penetrate an opening? 3. Where should you move to help the attack every time the ball moves?

ANSWERS: 1. We spread out to create openings to pass or dribble the ball forward - 2. We can pass or dribble the ball forward through the opening - 3. We should create passing options in the form of diagonal passing lanes.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020



GOAL:

Improve the build up in the opponent's half in order to create scoring chances 1

PLAYER ACTIONS

Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1

KEY QUALITIES

Read the game, Focus, Optimal technical abilities

MOMENT

ATTACKING

DURATION

60 minutes

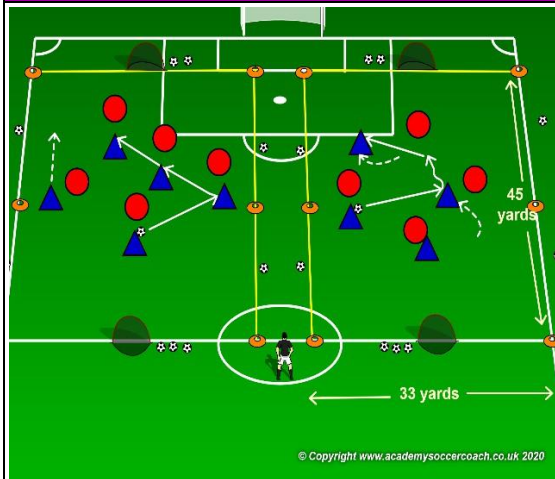
PLAYERS

18

**13+
11v11**

SKILL ACQUISITION: Dribbling: Surface of the foot and ball, quality of the touch — **Passing:** Surface of the foot and ball, Pace and accuracy
— **Receiving:** Body, position, surface of the foot and ball, first touch

1st PLAY PHASE (Intentional Free Play)



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DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To possess the ball and move it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In our own half set up two or more 33Wx45L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Passing, receiving and dribbling.

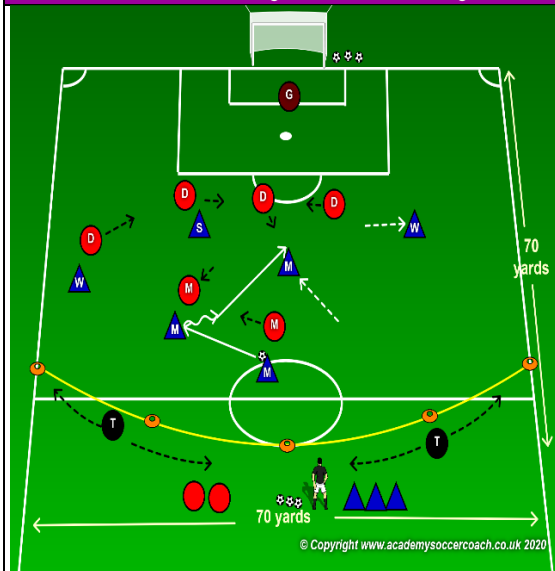
KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine?

ANSWERS: 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created a 2v1.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 6v7 to goals and two targets



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DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To possess the ball and move it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

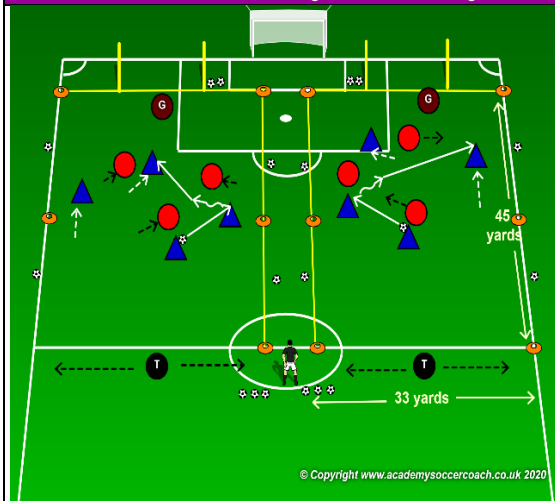
KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we do when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. When do we penetrate an opening on the dribble? 5. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. We spread out to create openings - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. When we have space in front or an opening between two defenders - 5. We should be creating a 2v1 and a diagonal passing lane.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal and a target



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DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min

OBJECTIVE: To possess the ball and move it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up two 30Wx45L fields with a goal and two dribbling gates. The 5 Blue players will try to score by dribbling through one of the two gates. The 3 Red players will score in the goal. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

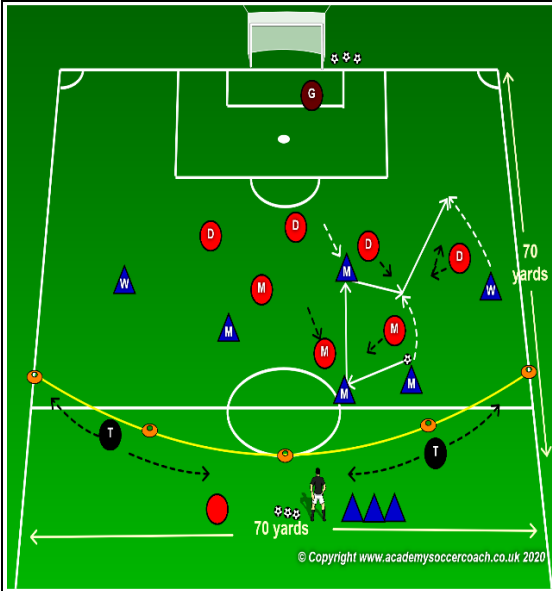
KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. How do we get wide? 2. How can we penetrate forward? 3. If we can't move the ball forward what should we do? 4. When is a good time to combine?

ANSWERS: 1. By spreading out – 2. We can pass the ball or dribble it forward – 3. Possess the ball – 4. When we have created a 2v1.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 6v8 to goal and two targets



DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min

OBJECTIVE: To possess the ball and move it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up a 70Wx70L playing area with a regular goal and two target players. The 6 Blue players: 3 midfielders 2 wingers and 1 striker against 8 Red players: 1 GK, 4 defenders and 3 midfielders. Blue team scores in the regular goal. Red scores by passing to one of the target players. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. What do we do when we get wide? 2. When should we possess the ball? 3. What can we do to penetrate an opening with a teammate on the other side? 4. When do we penetrate an opening on the dribble? 5. Where should we be to combine with the attacker with the ball?

ANSWERS: 1. We spread out to create openings - 2. When we can't go forward with the ball - 3. Pass the ball forward - 4. When we have space in front or an opening between two defenders - 5. We should be creating a 2v1 and a diagonal passing lane.

Note: Switch to this activity if the Core is too easy for the players.

2nd. PLAY PHASE: The Game - 9v9



DURATION: 20 min -- INTERVALS: 2 --ACTIVITY: 8 min --REST: 2 min

OBJECTIVE: To possess the ball and move it forward to create scoring chances.

PLAYER ACTIONS: Pass or dribble forward, Spread out, Support the attack, Create a 2v1 or 1v1.

ORGANIZATION: In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-4-3-1 formation and the Red teams will play 1-2-3-3 formation.

SKILL ACQUISITION: Passing, receiving and dribbling.

KEY WORDS: Get wide, Possess, Penetrate, Combine.

GUIDED QUESTIONS: 1. Why do we get wide? 2. What can we do when we possess the ball? 3. When is a good time to penetrate? 4. Where should we be to combine around a defender?

ANSWERS: 1. We spread out to create openings - 2. We can move the ball until we find or create an opening - 3. When we have an opening with a teammate on the other side we pass forward; if we have a space or are in a 1v1 situation, we dribble forward - 4. Creating a 2v1 to the side of the defender creating a diagonal passing lane.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**

Fall 2020



GOAL:

Improve scoring goals - 1

PLAYER ACTIONS

Shoot, Pass or Dribble forward, Create a 2v1 or 1v1

KEY QUALITIES

Make decisions, Take initiative, Optimal technical abilities

MOMENT

ATTACKING

DURATION

60 minutes

PLAYERS

18

13+
11V11

SKILL ACQUISITION: **Dribbling:** Surface of the foot and ball, quality of the touch – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body position, surface of the foot and ball, first touch – **Shooting:** Surface of the foot and ball, standing foot and accuracy over power.

1st PLAY PHASE (Intentional Free Play)

DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In our own half set up two or more 22Wx35L fields with a small goal at each end. Play 1v1, 2v1, 2v2, 3v2 up to 4v4 or 5v5. Play for 20 minutes with two 1.5 minute breaks. Play with kick-ins or dribble-ins when the ball goes out of bounds.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on.

GUIDED QUESTIONS: 1. When should we finish the ball at goal? 2. What would you do to take a defender on? 3. When is a good time to connect with a teammate?

ANSWERS: 1. Shoot when we have an opening to goal – 2. Dribble the defender and then shoot at goal - 3. When we can't pass forward and the teammate can shoot at goal or pass to move the defenders to find or create an opening.

Note – First break, the coach asks questions to the players, players do not answer them but play to discover the answers. Second break, the coach asks questions and players will answer them.

CORE ACTIVITY: 5v6 to goals - two dribbling gates

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 wingers and 2 strikers against 6 Red players: 1 GK, 4 defenders and 1 midfielder. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. If we are in front of an opening what should we do to connect with a teammate? 3. What can we do to combine?

ANSWERS: 1. When we have an opening to goal - 2. We should pass forward through the opening to connect. - 3. Create a 2v1 to wall pass around the defender.

Note: Switch to the Less Challenging activity if it is too difficult or to the More Challenging if it is too easy.

LESS CHALLENGING: 4v4 to goal - dribbling gates

DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min



OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up two 33Wx40L fields with a goal and two dribbling gates. The 4 Blue players will try to score by dribbling through one of the two gates. The Red with a GK and 3 players will score by dribbling through one of the two gates. Play with kick-ins or dribble-ins when the ball goes out of bounds. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

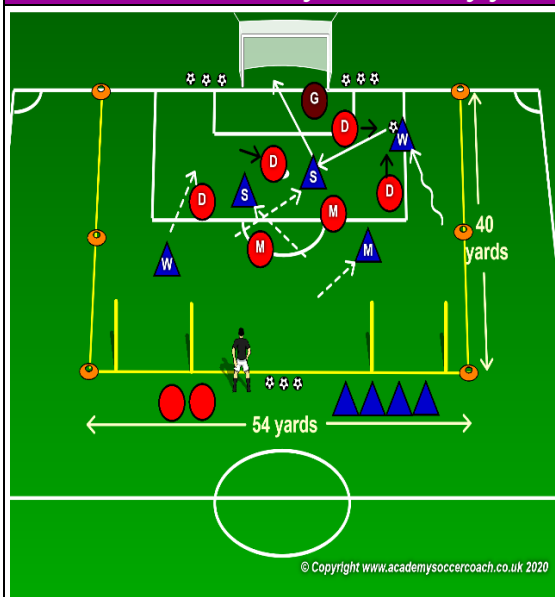
KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. What should we do to finish on goal? 2. How can we move the defenders to create an opening to goal? 3. When confronted by one defender what should we do to take him/her on?

ANSWERS: 1. Shoot - 2. Pass the ball - 3. Dribble past the defender.

Note: Switch to this activity if the Core is too difficult for the players.

MORE CHALLENGING: 5vs1 to goal – dribbling gates



DURATION: 20 min -- INTERVALS: 4 -- ACTIVITY: 4 min -- REST: 1 min

OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 11v11 field, set up a 54Wx40L playing area with a regular goal and two 8-yard dribbling gates as shown. The 5 Blue players: 1 midfielder 2 winger and 2 strikers against 7 Red players: 1 GK, 4 defenders and 2 midfielders. Blue team scores in the regular goal. Red scores by dribbling through one of the dribbling gates. All Laws of the game in effect. If the Blue team scores, the Red team gets a goal-kick to restart the game. Rotate players every interval.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. When is a good time to finish? 2. What should we do to take the ball forward in a 1v1? 3. Where should you be to connect forward with you through an opening? 4. How can we create a combination play?

ANSWERS: 1. We will shoot to goal when we have an opening- 2. Dribble the defender and shoot to goal – 3. I should be behind an opening to receive a forward pass and create a goal scoring opportunity - 4. Create a 2v1 to wall pass around the defender.

Note: Switch to this activity if the Core is too easy for the players.

2nd. PLAY PHASE: The Game – 9v9



DURATION: 20 min -- INTERVALS: 2 -- ACTIVITY: 8 min -- REST: 2 min

OBJECTIVE: To create scoring chances and score goals.

PLAYER ACTIONS: Shoot, Pass or dribble forward, create 2v1 or 1v1.

ORGANIZATION: In a 11v11 field set up a 50Wx90L playing area for a 9v9. The Blue team will play 1-2-4-2 formation and the Red team will play 1-4-3-1 formation.

SKILL ACQUISITION: Shooting, passing, receiving and dribbling.

KEY WORDS: Opening, Finish, Connect, Take him/her on and Combine.

GUIDED QUESTIONS: 1. What should we do to finish if we have an opening to goal? 2. If the defenders block the way to goal, how can you create or find an opening? 3. When is a good time to help and combine?

ANSWERS: 1. Shoot to finish - 2. Pass the ball to a teammate or dribble it to create an opening - 3. When we become a passing option creating a 2v1.

Note: All Laws of the game and US Soccer Player Development Initiatives (PDI) are in effect.

FIVE ELEMENTS of TRAINING EXERCISE

- 1. Organized:** Is the exercise organized in the right way?
- 2. Game like:** Is the exercise game like?
- 3. Repetitions:** Are there repetitions when looking at the overall goal of the session?
- 4. Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
- 5. Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

- 1. How did you achieve your goals in the training session?**
- 2. What did you do well?**
- 3. What could you do better?**