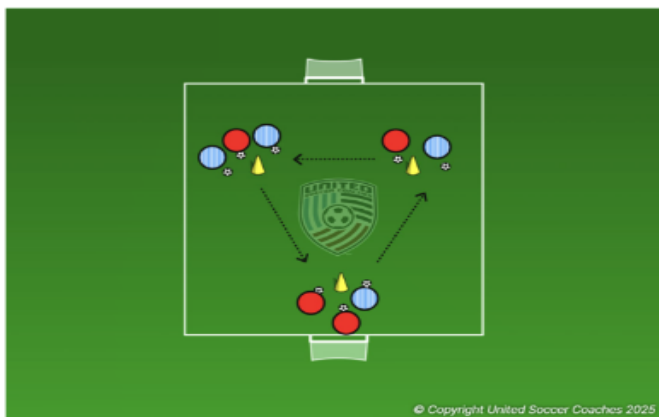


1. WARM-UP



Area: 4v4 Field

Players: 8

Equipment: Cones, balls, goals

Objectives: Technique to create agility

Description:

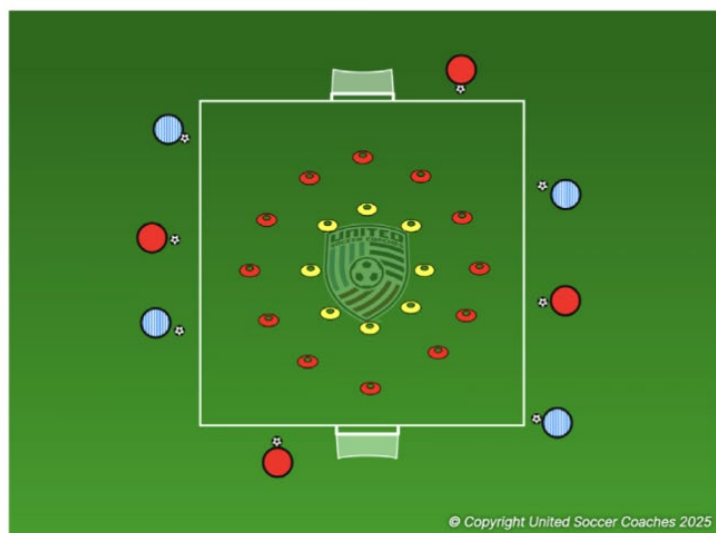
Rock, Paper, Scissors, Dribble

Each player has a ball and stands near 1 of 3 cones. The coach explains this is a race to get as many 'home runs' as possible in a set amount of time. A home run is getting back to the cone where you started. When the coach shouts go, the race begins. However, the fun twist is that you cannot move to the next cone until you win a game of rock, paper, scissors.

This creates a fun social environment, where children are asking others at their cone to play against them having fun, before the winner gets to dribble to the next cone and the loser has to ask someone else to play.

Encourage children to get touches of their ball if they are waiting for someone to play rock, paper, scissors against.

2. TARGET PRACTICE



Area: 4v4 Field

Players: 8

Equipment: Cones, balls, goals

Objectives: Technique to create agility

Description: Every player has a ball and the only rule is once you retrieve your ball you must pass from outside the playing area. When you pass the ball, if you land inside the red circle it's 1 point, the smaller yellow circle is 5. Play for a set amount of time and each time you play encourage children to try and beat their own score.

Progressions/Variations:

1. Passing with your non-dominant foot adds a bonus point to your score.

2. Take turns, for example the red team play, but the blue try and sabotage their points by knocking the red team's footballs out of the points zones before they stop rolling.

3. PASSING GATES

**Adaptive Session*

Area: 4v4 Field

Players: 8

Equipment: Cones, balls, goals

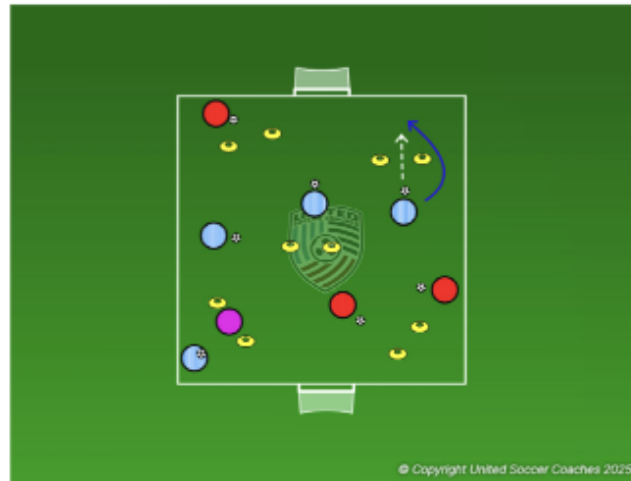
Objectives: Technique to create agility

Description: Players dribble around with their ball and get a point each time they pass through a gate and run around the gate to retrieve it at the other side.

Putting emphasis on passing when moving with the ball, weight and accuracy of pass and awareness.

Progressions/Variations:

1. Add a defender (purple as an example) who runs around and stands in gates, momentarily closing them so they can't be used and attackers need to quickly look elsewhere.
2. Add 2 defenders to do the above.
3. If the group is having success progress to allow the defenders to tackle and when they steal your ball you become the defender.



4. GAME: PASS AND PROGRESS

Area: 4v4 Field

Players: 8

Equipment: Cones, balls, goals

Objectives: Technique to create agility

Description: Scoreboard Soccer® Small-Sided Game -- "Pass and Progress"

Scoreboard Soccer® is a coaching concept, characterized by a scoring system that not only measures goals, but also player effort.

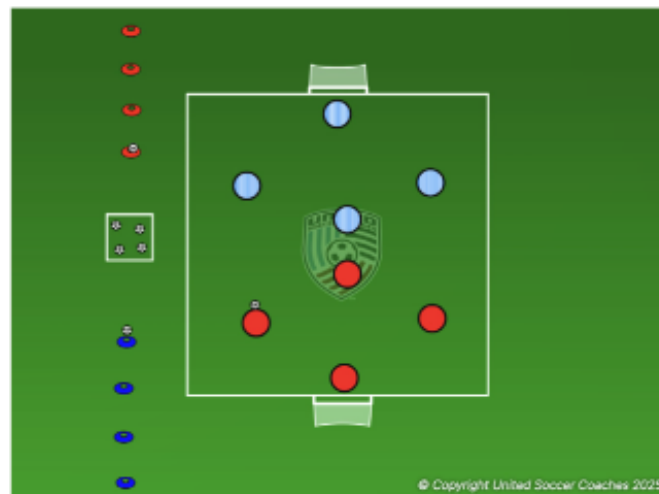
This is achieved through the introduction of a fun challenge (the scoreboard) that runs parallel to the small-sided game (shown). At the coach's discretion, players are rewarded by being sent to the scoreboard. The game continues as this is happening.

When sent to the scoreboard in this game, you pass a ball from inside a coned area and try and knock a ball off your team's first cone. When doing so, you then move the ball back to the second cone, and so on.

The first team to get their ball on the final cone and knock it off wins.

As with all Scoreboard Soccer® games, reward players' effort in the game, lined up with their individual age and stage of development.

Progressions/Variations: If you knock the ball off using your less dominant foot, not only do you move your team's ball to the next level, you can move the other team's ball back a level.



2. SHIPS AHOY



Area: 40x40 yard space

Equipment: Cones of various sizes, flags, small goals

Players: 8

Objectives: Physical, social and emotional development

Description: Begin with having players run around and jump over the different cones placed in the middle of the area. Allow them to explore the space and obstacles. It is ideal to have cones of different shapes and sizes.

Keep in mind: players who choose to move the ball with their hands and engage with their teammates and coaches are participating, even if they are not using their feet.

Progressions/Variations:

1. Every player with a ball. Explain that the ball is now a pirate ship. The cones are rocks sticking out of the ocean. Players must dribble their ball without hitting any of the cones/rocks.
2. On command (color, whistle, etc.), players perform some ball mastery exercises:
 - a. "Steer the ship"-- pretend hands are the steering wheel and move the ship (dribble ball with feet)
 - b. "Scrub the deck"-- shuffles/tick tocks/boxing
 - c. "Walk the plank"-- toe taps/sole taps

3. ZOOKEEPERS

Area: 40x40 yard space

Equipment: Cones of various sizes, flags, small goals

Players: 8

Objectives: Physical, social and emotional development

Description: Ask a player for their favorite animal and then have players move like that animal inside the playing area.

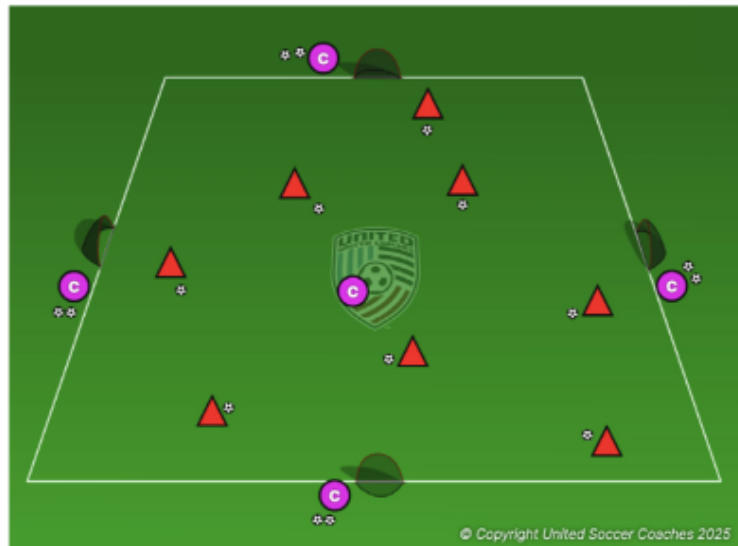
Coaches should help players with choosing animals and imitating their movements (and sounds).

Examples:

1. Giraffe -- hold the ball up high over head and walk on toes
2. Elephant -- hold the ball in palm of hand and extend the arm like an elephant's trunk. Big and heavy steps.
3. Bird -- dribble the ball with feet while flapping arms

Progressions/Variations:

1. Add "feeding stations"/goals. Players should move around the area and kick their ball into as many goals as possible. Coaches should be ready to help provide extra balls.
2. Have the players score as many goals as they can in 60 seconds.
3. Have coaches serve as "zookeepers" who tag players and send them back to their enclosures (corners of field). Can have players do assigned ball mastery activity before rejoining game.



4. GAME: THE FLOOR IS LAVA

Area: 40x40 yard space

Equipment: Cones of various sizes, flags, small goals

Players: 8

Objectives: Physical, social and emotional development

Description: Scoreboard Soccer® is a coaching concept, characterized by a scoring system that not only measures goals, but also player effort. This is achieved through the introduction of a fun challenge (the scoreboard) that runs parallel to the small-sided game (shown). At the coach's discretion, players are rewarded by being sent to the scoreboard. The game continues as this is happening.

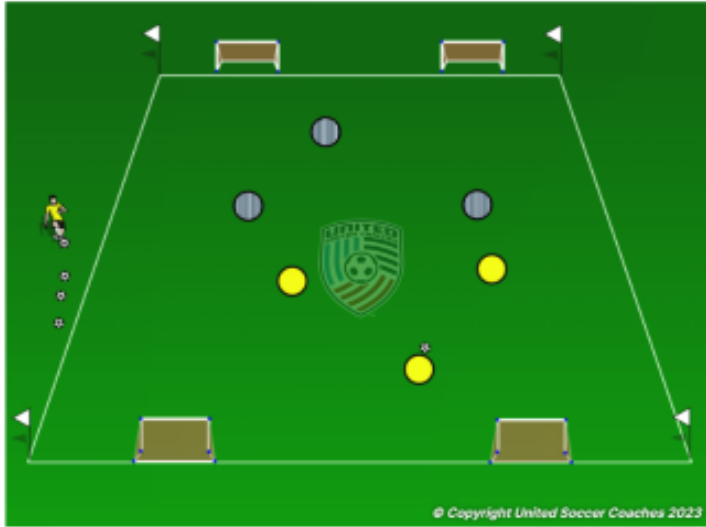


Praised players try to move a ball from their opponent's scoreboard to their own scoreboard without using their hands. Coaches can help show players how they can move their ball to the other scoreboard. One coach plays new balls into the grid, making sure all players are involved and get a chance to receive the ball. Encourage players to celebrate themselves and each other!
Play two 5- to 7-minute games

Progressions/Variations:

1. Players in the game may only shoot after they pass the yellow line.
2. Have players go to the scoreboard in pairs.
3. Increase the distance between scoreboards to prolong overloads on the field.
4. Add a time limit to the scoreboard challenge.

1. SMALL-SIDED GAME



Area: 25x20

Players: 12

Objectives: Scoring Goals

Description: Play 3v3 to 2 small goals; no goalkeepers. If the ball goes out of bounds, the coach sends another ball in from the touchline (new or magic ball).

When all the balls have gone out of bounds, the game stops and the players retrieve the balls, dribbling them back to the coach.

Once all the balls are back to the coach, the game restarts. Know who

is in front of you. Can you find the right challenge level? Duplicate field if you have 12 players. Play uneven numbers if necessary.

Progressions/Variations: Players can dribble in.

Coaching Points: Can you score? If one goal is blocked where can you go? Can you take your opponent on?

2. SHOOT OUT - GOALS GALORE LESS CHALLENGING



Area: 25x20

Players: 12

Objectives: Encourage players to get on the ball, stay on the ball and go to goal.

Description: Play 1v1 to goal. If you score you stay on and another player attacks the goal.

Progressions/Variations: Play with GK. Player that scores goes in goal. Play for a time period 30-60 seconds.

Coaching Points:

- When can you run with the ball?
- What information can you capture to

help your decision-making?

- Can you go to goal quickly?
- Can you use moves?

1. PASS 1V1 GOOD TO GREAT



Area: 25x15

Where on the field: Functional or independent area

Players: 6-10

Objectives: Environmentally support the players' ability to play from one foot to another with progressive incremental pressure

Description: Play in a 1v1 fast break attack transitional format. In front of each goal create two gates using three cones.

Red breaks out and attacks blue's goal with the condition they have to dribble through a gate, L to R or R to L (Great foot to Good foot or Good foot

to Great foot). Once red shoots, blue break out and previous red attacker defends. Continue in the process.

Progressions/Variations: Select different points for different gates. Double points if the player can slalom through both gates prior to shooting. Add full-size goals and keepers

Coaching Points: Transitional breakout speed. the cones support a "pocket" action (stepping across the defender's line). Transfer ability of both feet; Great foot and Good foot.

2. PASS 1V1 COUNTER THE COUNTER



Area: 15x25

Where on the field: Functional or independent area

Players: 8-12

Objectives: To play through the moment of transition, making directional attacking decisions live in the moment.

Description:

Blue dribbles out and stops the ball dead between the last orange and blue cone (1). Then proceeds to sprint around the blue cone to defend (2).

Red attacks the single goal with the ball (3) and shoots if possible (4).

Blue breaks out to space to receive a fast-paced ball from the coach (5&6).

Blue now counter attacks either of the two goals, whilst being defended by red (7).

Progressions/Variations: Change angles of two counter goals. Place in a mid line so players have to counter and shoot on the diagonal (far post). Add goals and goalkeepers.

Coaching Points:

- Fast breakouts
- Body shape sideways on when receiving the ball on the counter
- Keep the ball alive to support penetration
- Fast recovery ball side / goal side in the defensive roll

3. PASS 1V1 COD ON THE DIAGONAL

Area: 20x20

Where on the field: Functional or independent area

Players: 8-12

Objectives: To support the decision-making process & change of direction mastery in a heads-up environment

Description: Red breaks out at speed to attack the unopposed CoD box. Blue breaks out at the same time to defend their red goals. If blue wins the ball they transition into the attack, trying to score in either yellow goal.

If red scores new blue breaks out. If blue scores new red breaks out.



Progressions/Variations: Develop to a 2v2 format, bringing in an opposite team player. Remove the unopposed restriction in the CoD box.

Coaching Points:

- Break out and attack at speed
- Awareness of the position of the defender
- Attack new space

1. FOUR CORNERS GAME



Area: 30-yard by 25-30-yard wide grid with four 5x5 yard squares, one in each corner of the grid

Where on the field: Offensive half

Players: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11

Objectives: Improve players' ability to maintain possession through dribbling by taking positive first touches away from pressure and keeping their heads up to scan for space and options. Attackers dribble and can be "safe" in corners. Defenders try to win the ball or force an error.

Description:

- Each corner square is a "safe zone" for the player with the ball

- Attackers start inside the main grid with a ball with an objective to retain possession of the ball

- Only one player is allowed in the safe zone at a time

- If a second player dribbles inside the square, the first player must vacate the square by dribbling out and cannot dribble back into the same square

- Add 2-3 defenders who try to win the ball or force mistakes

Progressions/Variations:

- Add more defenders at intervals, if the activity is too easy

- Take away defenders at intervals, if the activity is too difficult

- Add +1 players that can be used for combinations, but not for dribbling

- If a defender wins the ball, the attacking player becomes a defender OR Rotate defenders after a set interval time

Coaching Points:

- Head up to scan for space, defenders, and open corner squares

- Dribble to possess—maintain control until a clear opportunity to enter a square is available

- Shield the ball when under pressure to maintain possession

- Use positive, purposeful touches to move away from pressure and into spaceline)

2. DRIBBLING DEFENDERS



Area: 25W x 35L

Where on the field: Open area

Players: 14

Objectives: Improve awareness of where defenders are and movement off the ball into open spaces so team can keep passing around and through opposition.

Description: Blue team works to keep possession of one soccer ball while the red team who each have a ball, tries to dribble around the field cutting off the blue team's passes. Blue team needs 7 passes for a point while the red team can score off blue team's mistakes

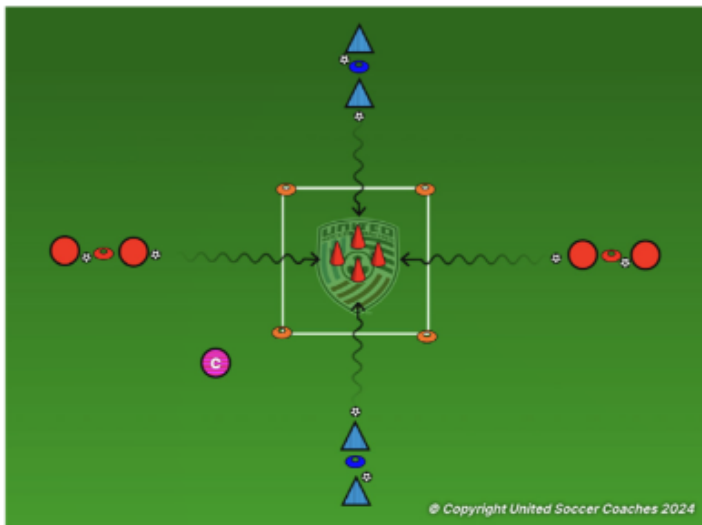
(passes roll out of bounds) or from intercepting passes made by the blue team. The red team cannot leave their ball to go steal the ball from the blue team, red must keep dribbling their soccer ball at all times. First to 3 goals wins. Switch roles after each game

Variation: Passing team can be restricted to 1 or two touches. Numbers of passes to get a point can be lower or higher than 7 based on desired success. Defenders can be allowed to steal the ball if close enough to do so.

Coaching Points: Passing team: Spread out, move into open spaces for a pass. Look to switch play when defense is compact near ball.

Dribbling team: Keep control of ball while looking up to understand which passes to cut off

2. "CROSSTOWN TRAFFIC"



Area: 30 x 30

Players: 8

Objectives: Dribbling to beat an opponent, shielding and running with the ball. Playing with a partner/teammate.

Description: Play begins with a pass from the coach to either player in the two attacking lines. Defensive player must run around the corner flag before entering the playing area. 1v1 to goal and counter-goals. Defensive player/team goals count double (this encourages defending). 2- to 3-minute game and teams switch sides/roles.

Progressions/Variations:

1. 2v1
2. 2v2

Coaching Points: **Novice Level:** Running with the ball to go forward, laterally or to go around an opponent, ball manipulation and controlling the ball with the foot (inside, outside, instep/laces and sole of the foot). **Challenge Level:** Turning the ball with the inside and outside of the foot, turning the ball away from an opponent with the inside of the foot, changing direction with all parts of the foot. **Advanced Level:** Turning the ball away from an opponent with the outside of the foot, running with the ball using the farthest foot to dribble around an opponent, making a feint/fake while dribbling.