



WILMINGTON YOUTH SOCCER ASSOCIATION
Coaching Resource



2nd Grade

u10 Session Plans



Director of Coaching
John Bavota



Things to consider when planning a Session:

- 1. PREPARE SPACE FOR NUMBER OF PLAYERS**
- 2. DIFFERENTIATE ACTIVITIES BASED ON AGE/SKILL LEVEL**
- 3. CHANGE THE SHAPE AND THE SIZE OF AREA - SMALL SIDED GAMES**
- 4. USE ASSISTANT COACHES OR PARENT HELPERS**
- 5. LIMIT AMOUNT OF TOUCHES ON THE BALL - RESTRICTIONS**
- 6. ADD UNOPPOSED(NO PRESSURE) ZONES**
- 7. COUNTER ATTACK GOALS**
- 8. DIVIDE FIELD INTO ZONES**
- 9. PLAY WITH NUMBERS ADVANTAGE(OVERLOAD)**
- 10. ALLOW TIME TO TEACH SITUATIONAL/ POSITIONAL PLAY**



A few tips for a good flow to your session:

1. **PREPARATION** - Understanding the session plan and setting up for your training
2. **KNOWING YOUR PLAYERS** - Remember your player's names and adapt to each personality
3. **DEMONSTRATIONS** - Be the example, or use Assistant Coach, TD's, or players to demonstrate skills and concepts
4. **MODIFICATIONS** - Progressions vs. Regressions
5. **COMMUNICATION** - Be sure to ask guided questions and be open to feedback

Coaching Tips:

Transfer Knowledge into Understanding

1. Get your players attention from the get-go. Acknowledge players that are paying attention. 'Catch them being good.' Consider kneeling to get eye level when communicating w/ players.
2. Teach in small bits at a time. Ex.) "Johnny, before you receive the ball, try scanning the field for options."
3. Implement guided questions. Ex.) " How does beating a player 1v1 help?" Have the players "show you" instead of only asking, "Does that make sense?"
4. Be specific and positive when encouraging players! Ex.) "Sarah, good job keeping your head while dribbling!"

PLAY - PRACTICE - PLAY

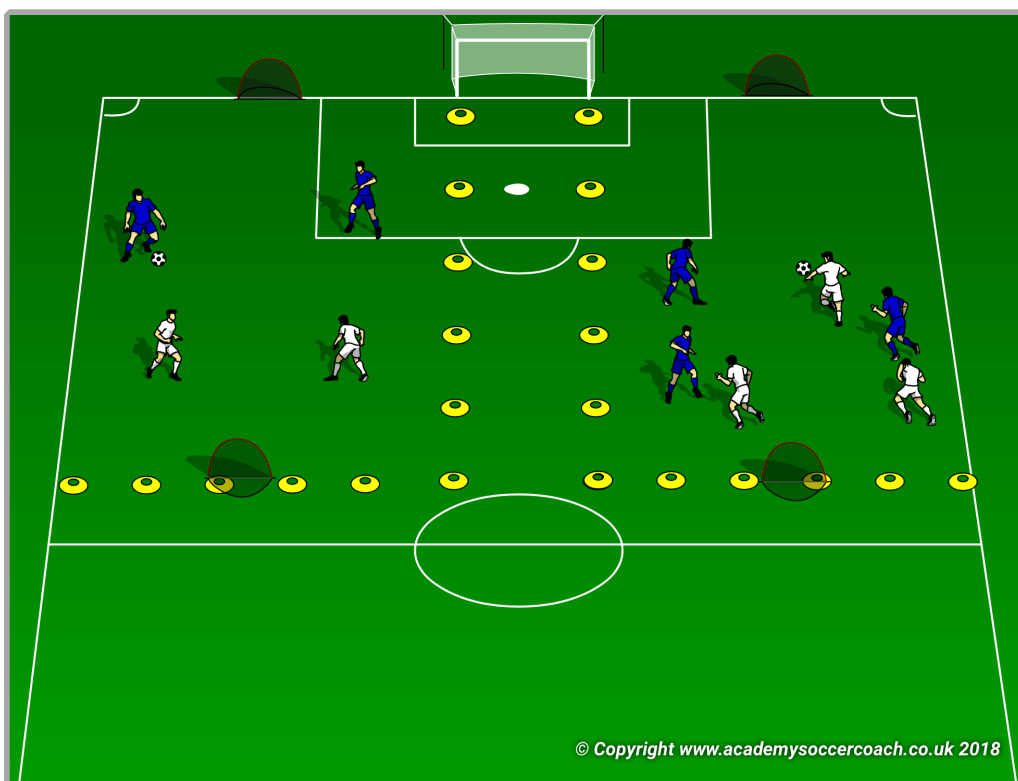
"The play-practice-play methodology is exactly what it sounds like. When kids show up, they immediately join a 2v2 or 3v3 small-sided game. After a few minutes, the coach might bring the players in and give them something to think about — say, keeping the ball within a hula hoop's distance of the body — and the small-sided games continue." - Vince Ganzberg

yougotmojo Article:

[Play-Practice-Play](#)

yougotmojo Video:

[Scrimmage](#)





WILMINGTON YOUTH SOCCER ASSOCIATION
Coaching Resource



U10 7V7 GAME-PLAY Formations

Director of Coaching
John Bavota



The best way to teach soccer players their positions depends on their age and skill level. Here's a general approach that works well across various levels:

1. Start with Simplified Formations

- For younger players or beginners, start with formations that reduce complexity (e.g., 4v4 or 7v7) so players can grasp basic positional roles without being overwhelmed.

2. Use Visual Aids

- Use diagrams, whiteboards, or cones on the field to show players where each position is located. Visualizing helps them understand how positions relate to one another and the team's shape.

3. Explain the Purpose of Each Position

- Break down the main roles and responsibilities of each position (e.g., defenders protect the goal, midfielders support both defense and attack, forwards score goals). Keep it simple at first, emphasizing key concepts like "staying wide," "staying central," or "covering space."

4. Play Position-Specific Games

- Set up small-sided games where each player is assigned a position. This creates opportunities for them to experience their roles in action. For example, a 4v4 game with a goalkeeper introduces players to defensive and attacking responsibilities without overcomplicating things.

5. Progress to Full-Field Practices

- As they get older and more skilled, transition to using the full field, teaching them how their positions interact with teammates in different areas of the field. Focus on transitions between defense and attack.

6. Emphasize Movement and Shape

- Teach them that positions are not static spots on the field but areas where they need to operate based on the game's flow. Help them understand the importance of maintaining the team's shape in both attack and defense.

7. Use Guided Discovery

- Instead of telling players exactly where to go, ask them questions about where they should be based on the ball's location, their teammates, and the opponents. This encourages them to think critically and develop positional awareness.

8. Game Reviews

- Use video analysis or post-game discussions to highlight positional mistakes or successes. This helps players visualize what they did well or need to improve.

Here are common formations used in 7v7 soccer:

- **2-3-1:** Two defenders, three midfielders, and one forward. This formation provides defensive solidity with three midfielders supporting both defense and attack.
- **3-2-1:** Three defenders, two midfielders, and one forward. It offers a balanced approach with three defenders providing defensive cover and two midfielders controlling the center of the field.
- **2-2-2:** Two defenders, two midfielders, and two forwards. This formation focuses on maintaining balance across the field, with equal numbers in defense, midfield, and attack.

Soccer Positions Explained



7v7 Formation and Positioning Video Resources:

[Youth Soccer 7v7 Formation and Shape](#)

[Best 7v7 Formations and Strategy](#)

[7v7 Youth Soccer - Corner Kicks](#)

[7v7 Youth Soccer - Throw Ins](#)

[Coach Rory Soccer 7v7](#)



u8 Game-Day Preparations



1. Pre-Game Essentials:

- **Equipment Checklist:** Ensure you have all necessary items, including size 3 soccer balls, cones, pinnies, and a first-aid kit (clubhouse), and/or ice-packs (clubhouse).
- **Arrival Time:** Aim to arrive at least 20 minutes before kickoff to set up and greet players as they arrive.
- **Warm-Up Activities:** Begin with simple, fun drills to get the kids moving and engaged. Activities like "Red Light, Green Light", or small-sided games like, 2v2-3v3s.

2. During the Game:

- **Player Rotation:** Ensure all players get equal playing time and experience in different positions to promote well-rounded development.
- **Positive Reinforcement:** Focus on encouraging effort and teamwork rather than just the score. Celebrate small victories and improvements.
- **Simplified Coaching:** Provide clear, concise instructions. Avoid over-coaching; let the kids play and learn through experience.

3. Halftime and Post-Game:

- **Halftime Talk:** Keep it brief and positive. Highlight what the team is doing well and offer one or two simple suggestions for improvement.
- **Post-Game Discussion:** Regardless of the outcome, commend the team's effort and sportsmanship. Encourage them to share what they enjoyed about the game.

4. Parental Involvement:

- **Communication:** Keep parents informed about game schedules, locations, and any changes. Encourage them to support all players positively from the sidelines.
- **Volunteering:** Invite parents to assist with tasks like snack coordination or equipment management to foster a supportive team environment.

Remember, the primary goal at the u8 level is to instill a love for the game and promote enjoyment. By focusing on fun, inclusivity, and positive reinforcement, you'll create a memorable and enriching experience for your young players!

If you need further resources or specific drill ideas, feel free to ask!



2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Free Dribble

Set-up area for individual **FREE DRIBBLING**. Coach/s or player/s should demonstrate proper techniques using all parts of both feet. Add turns and skills!

Whats is DRIBBLING?

Free DRIBBLE

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**Advanced* - 1v1 Trick Moves

Coaching Cues:

Head up - Light Touch - Control > Speed



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2. Knockout

Players inside the Goal Box not only **DRIBBLE** to avoid other players, they must try to “**KNOCKOUT**” opposing player’s ball. If your ball is kicked out, you either have to perform **FOUNDATIONS** to return, or you are **OUT** until next round!

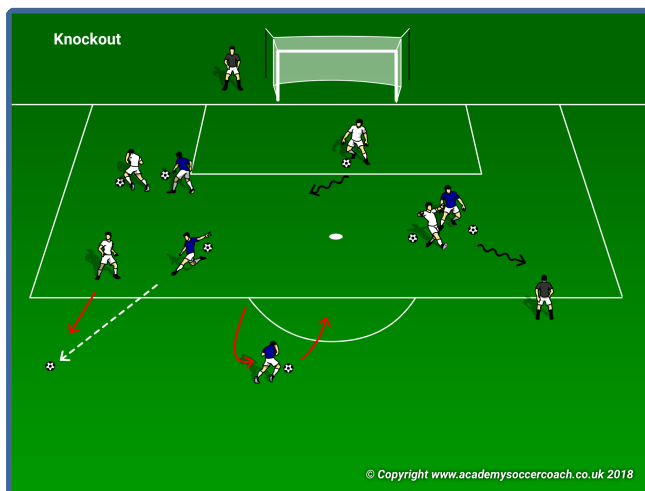
What is SHIELDING?

KNOCKOUT

[CLICK FOR VIDEOS](#)

Coaching Cues:

Head up - Dribble - Shield - Find Space



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3. 1v1s to Goal

Set up 1 line of **ATTACKERS** and 1 line of **DEFENDERS** as shown in image. Designate a **GOALKEEPER!** **DEFENDER PASSES** ball out to **ATTACKER**. **DEFENDER** follows **PASS** and creates **1v1** to goal. **DEFENDER** must **DRIBBLE** out of box, or score on counter goals. Switch lines after duration(5-8min.)

1v1 to Goal

[CLICK FOR ARTICLE](#)

Coaching Cues:

Attack - Defend - Pass - Dribble - Shoot



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2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Barcelona

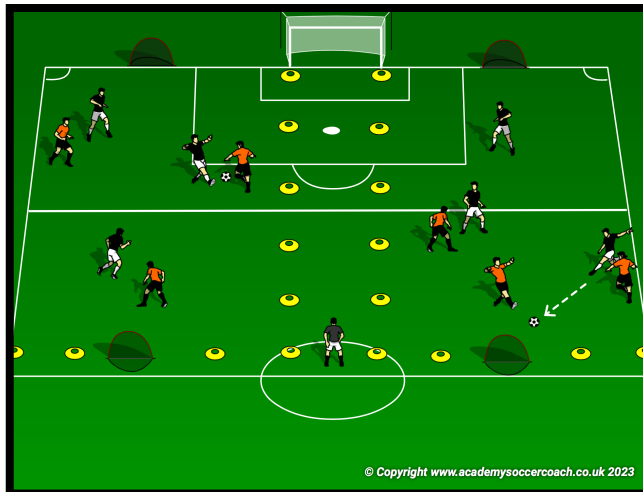
GAME: Play 3v3 on x2 small sided fields. Focus on **PASSING!** Players score based on how many **PASSES** completed before scoring. 4 **PASSES** = 4 Points!

Barcelona

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Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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2. Team Tag

Set-up: Two teams - **PINNIE** vs. **T-SHIRTS**. Designate one team **PASSERS**, and other **DRIBBLERS**.

PASSERS DRIBBLE around attempting to **PASS** their ball into the **DRIBBLERS** ball. **PASSERS** receive +1point for **PASSING** ball into **DRIBBLERS** ball. After 1:00min. count how many **PASSERS PASSED** their ball into **DRIBBLER'S** ball. Winning team has most connected **PASSES!**

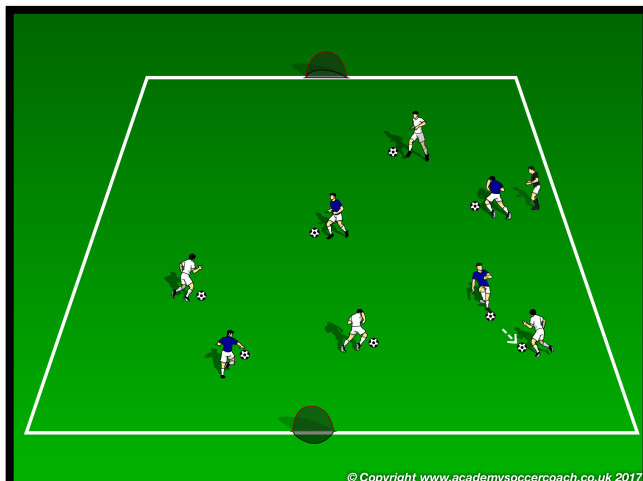
Team Tag

What is PASSING?

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Coaching Cues:

Head Up - Dribble - Find Space - Inside Pass - Locked Ankle



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3. 2v1 to Goal

Set up: 2 lines of **ATTACKERS**, and designate 1-2 **DEFENDERS**. Coach **PASSES** ball out to **ATTACKERS** creating **2V1 to Goal**. **ATTACKERS** attempt to connect and score goal. **DEFENDER** tries to recover ball and **COUNTER ATTACK** to two **PUGG** goals.

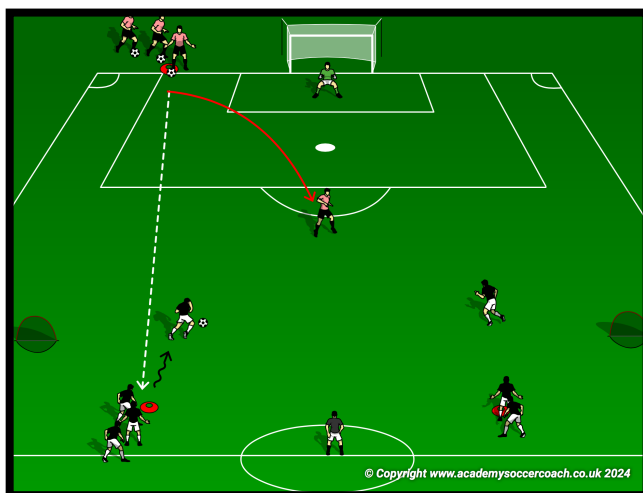
2v1 to Goal

GIVE and GO

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Coaching Cues:

Attack - Defend - Pass - Dribble - 2v1 - Give + Go



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2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Half and Half Soccer

Set-up: x2 quarter fields. Split players into two-four teams.

Game: Play 2v2 → 3v3. Specific rule that each team needs to have one player in each half when attempting to score.

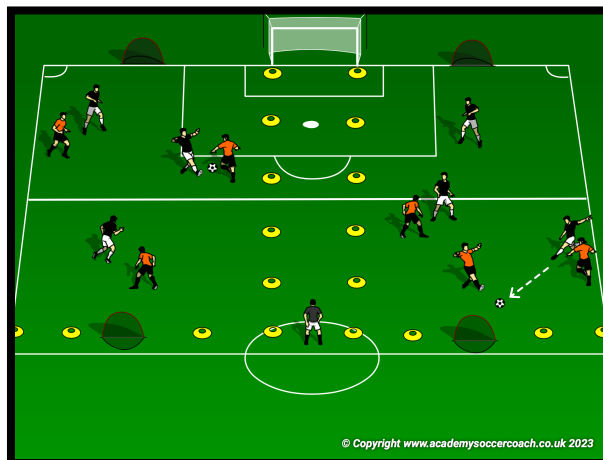
*Restrict players to either **ATTACKING** or **DEFENDING** half.

Half and Half Soccer

[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Pass - Move - Open Body Position



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2. Team Tag

Set-up: Two teams - **PINNIE** vs. **T-SHIRTS**. Designate one team **PASSERS**, and other **DRIBBLERS**. **PASSERS DRIBBLE** around attempting to **PASS** their ball into the **DRIBBLERS** ball.

PASSERS receive +1point for **PASSING** ball into **DRIBBLERS** ball. After 1:00min. count how many **PASSERS PASSED** their ball into **DRIBBLER's** ball. Winning team has most connected **PASSES!**

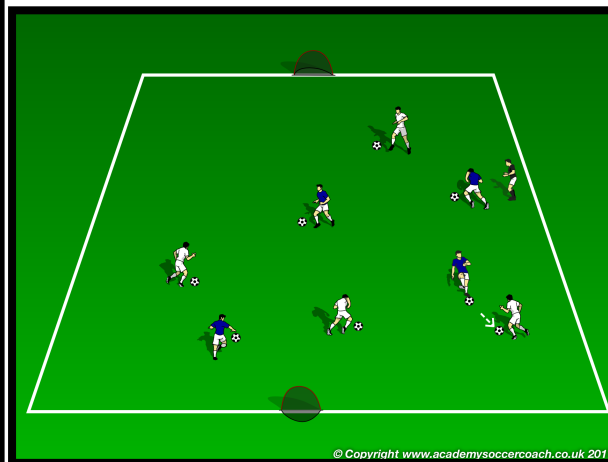
Team Tag

What is PASSING?

[CLICK FOR VIDEOS](#)

Coaching Cues:

Head Up - Dribble - Find Space - Inside Pass - Locked Ankle



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3. 2v2 to Goal

Set up: 2 lines of **ATTACKERS**, and 2 lines of **DEFENDERS**. Coach **PASSES** ball out to **ATTACKERS** creating **2V2 to Goal**. **ATTACKERS** attempt to connect and score goal. **DEFENDERS** attempt to recover ball and **COUNTER ATTACK** to any two **PUGG** goals.

2v2s to Goal

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Coaching Cues:

Attack - Defend - Pass - Dribble - Overloads 2v1



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2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Hawaii

Set-up: Normal PLAY set-up. Add cones 5 yards away from Puggs to create Island(Neutral Zone).

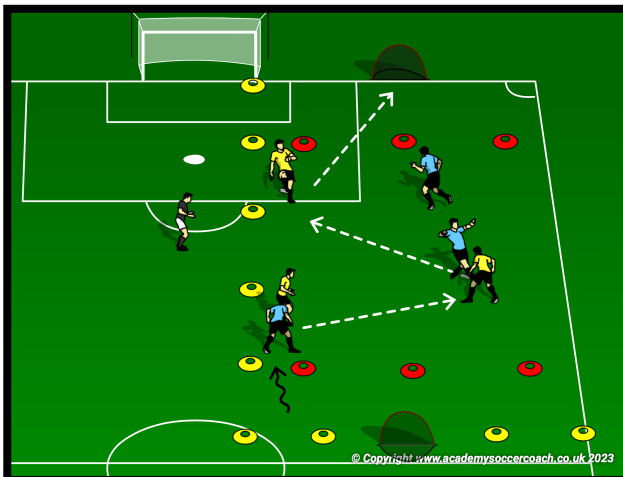
Game: 1v1 -> 3v3 - Players simply play, and are restricted to Island(Neutral Zone). Players are encouraged to **DRIBBLE** and connect **PASSES**, attempting to score from distance!

Hawaii

[CLICK FOR VIDEO](#)

Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



2. Two Team Rondo Pressure

Set-up: Set-up area as shown. Each Team occupies a half.

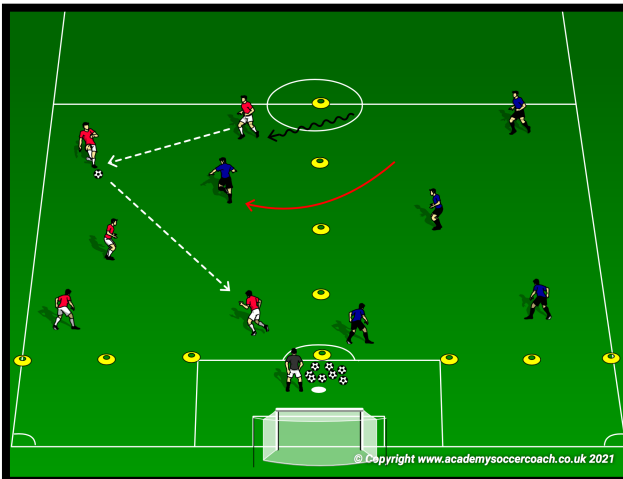
Game - Team in **POSSESSION** must try to keep ball away from **DEFENDER/s** by **DRIBBLING** and **PASSING**. If Team completes certain # of **PASSES**, they gain a goal - Ex. 5 passes = 1 goal. First Team to 3 Goals WINS!

Two Team Rondo Pressure

[CLICK FOR VIDEO](#)

Coaching Cues:

Open Body Position - Dribble - Pass - Recover



3. 3v2 to Goal

Set-up: Designate 2 **DEFENDERS** and 1 **GK**. x3 lines of **ATTACKERS**. Switch **DEFENDERS** every 2-3min.

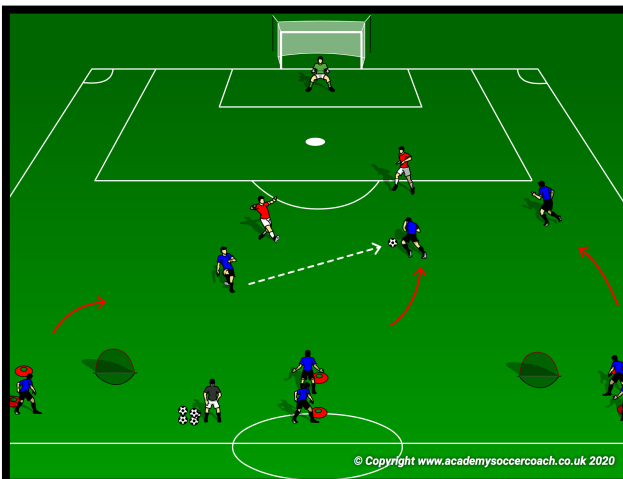
Game: **ATTACKING** players utilize **DRIBBLING** and connecting **PASSES** to try and score on goal. **DEFENDERS** protect **GK**, and if recover ball are encouraged to counter to **PUGGS**.

3v2 to Goal

[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot - Find Open Space and Channels





2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Half and Half Soccer

Set-up: x2 quarter fields. Split players into two-four teams.

Game: Play 2v2 → 3v3. Specific rule that each team needs to have one player in each half when attempting to score.

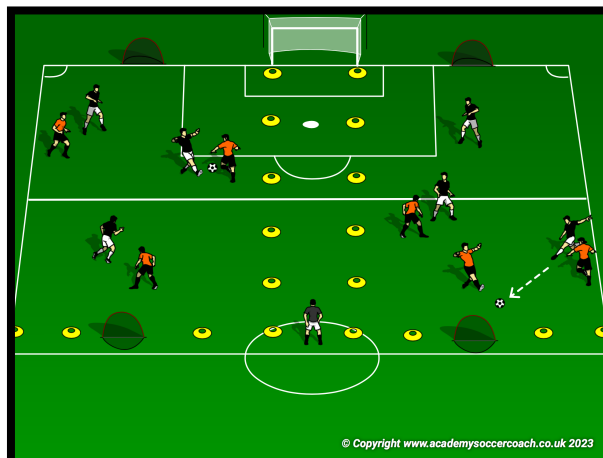
*Restrict players to either **ATTACKING** or **DEFENDING** half.

Half and Half Soccer

[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Pass - Move - Open Body Position



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2. Numbers Passing

Set-up: Split into two teams. Each player is designated a number, "1,2,3,etc.." One ball per team.

Play: The players **PASS** the ball in numerical order, ex.) player #1 **PASSES** to player #2, etc., until ball is received by final player. Encourage players to move and create space.

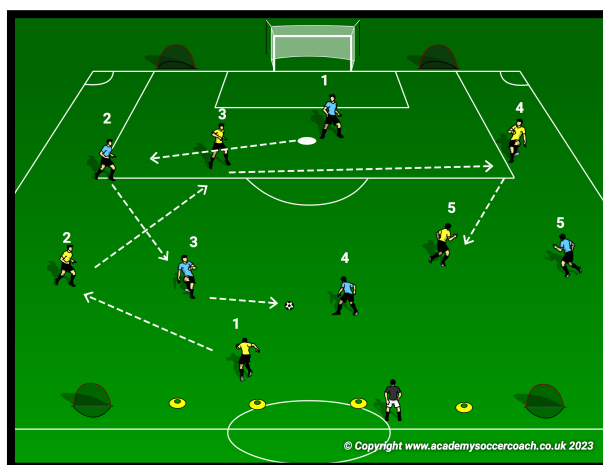
***Last number can score, then numbers shift up.**

Numbers Passing

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Coaching Cues:

Locked ankle - Open body position - Create Space



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3. 3v2 to Goal

Set-up: Designate 2 **DEFENDERS** and 1 **GK**. x3 lines of **ATTACKERS**. Switch **DEFENDERS** every 2-3min.

Game: **ATTACKING** players utilize **DRIBBLING** and connecting **PASSES** to try and score on goal.

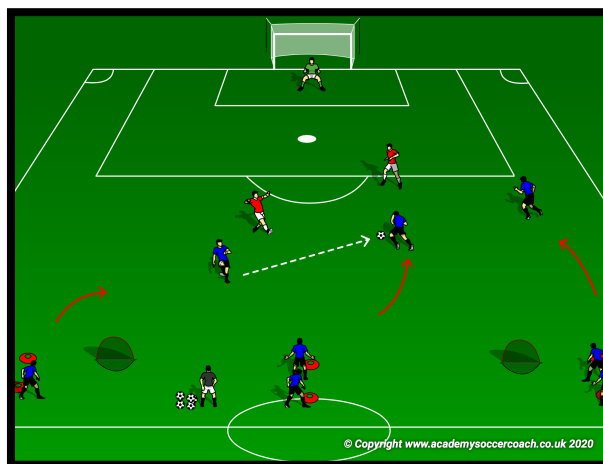
DEFENDERS protect **GK**, and if recover ball are encouraged to counter to **PUGGS**.

3v2 to Goal

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Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot - Find Open Space



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2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Liverpool

Set-up : Small-sided area as shown. Split players into two teams, Pinnies vs. T-shirts.

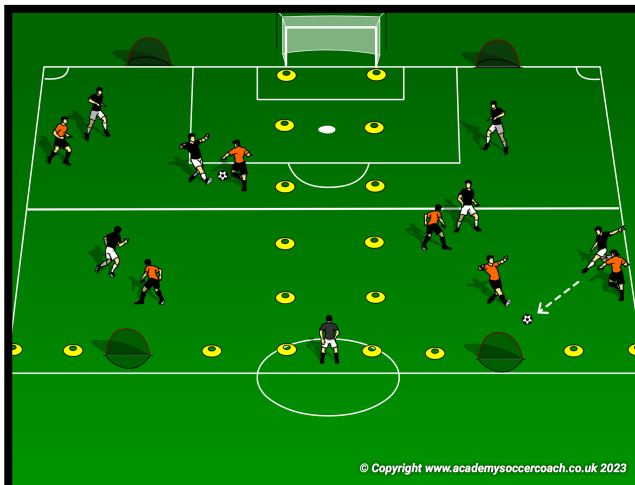
Game: Play small-sided game - Scoring a goal is worth 1 point. If a team wins the ball in the opponents half, and then scores, it's worth 2 points. **PRESS LIKE LIVERPOOL!**

Liverpool

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Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



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2. Shadow Dribble

Set-up : All players in area w/ a ball.

Game: Coach starts as the **LEADER**. Players must **FOLLOW** Coaches **DRIBBLE** around the area **MIMICKING DRIBBLING** skills and turns.

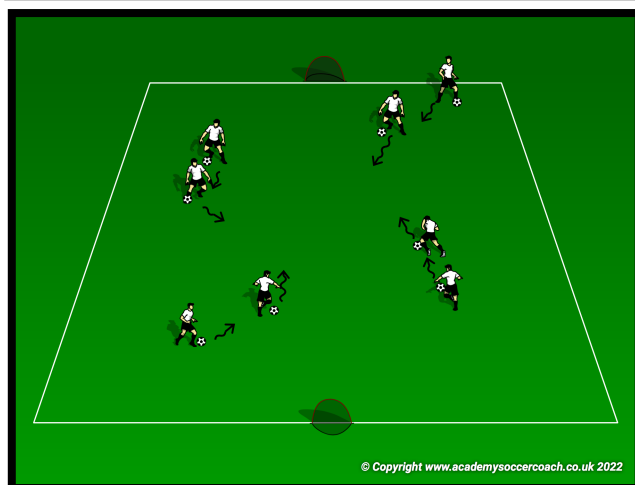
Progression: Allow players to partner up w/ a teammate - One player designated **LEADER**, and the other **FOLLOWER**.

Shadow Dribbling

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Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



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3. 1v1 w/ Transition to Goal

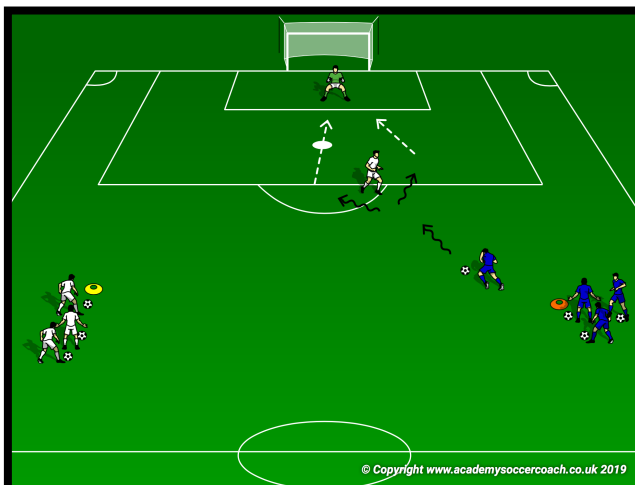
Set up: 2 Teams of players as shown. Designate a GK. Each player needs a ball. On Coaches signal 1 player starts w/ a 1v0(Breakaway) **ATTACK** vs GK. Once that player shoots, they immediately transition to **DEFEND** opposing team's player. Continue transitions, and first team to score X goals, **WINS!**

1v1 to Goal

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Coaching Questions:

What skills can beat **DEFENDERS**? Where should **DEFENDERS** be positioned?



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2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. One-Touch Finish

Set-up: x1-x2 small-sided fields on half field. Split into two teams - 3v3-4v4.

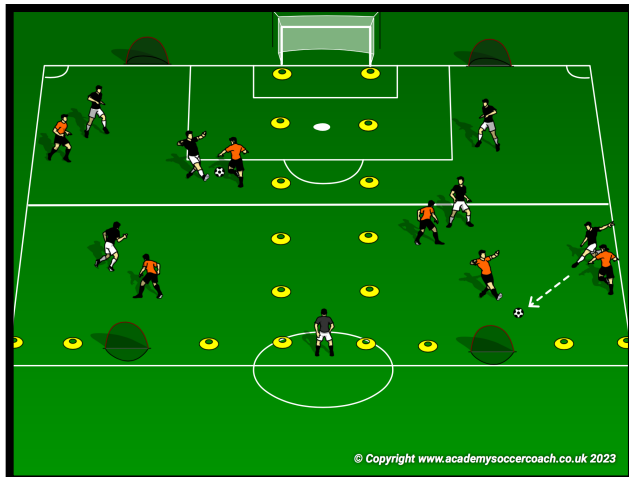
Play: One rule - goals only count w/ **ONE-TOUCH FINISH!**

One-Touch Finish

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Coaching Cues:

Spread Out - Head up - Dribble - Pass - Support - Shoot



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2. Lightening - Shooting Game

Set-up: One line of players about 5 big steps away from goal-box. Designate one player as starting **GK**.

Game Rules: Coach **PASSES** ball into **SHOOTING AREA**. Player moves toward ball and performs 1-touch **SHOT** on goal. As **GK**, if you're scored on, you're **OUT!** Next player in line becomes **GK**.

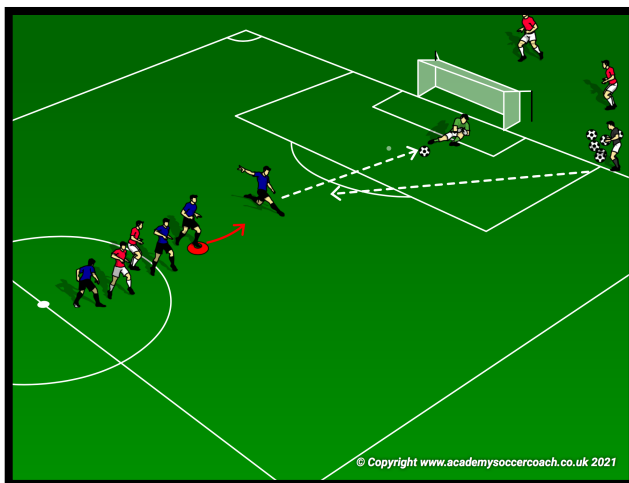
Players **OUT** must go behind goal. As **SHOOTER**, if **GK** makes save, or you miss target, you become **GK**. Players **OUT** can return to game if they catch missed shot by **SHOOTER**. Last player to score, **WINS!**

How To Strike A Soccer Ball

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Coaching Cues:

Lock Ankle - Square Hips - Strike Center of the Ball



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3. Half Court Soccer

Set-up: Create half-line for players to clear. Play 3v3 or 4v4.

Game - Simply play! Once **DEFENDING** team regains possession they must attempt to **DRIBBLE** or **PASS** over the clearline. Once cleared, team can **ATTACK** the goal. Team who was previously **ATTACKING** now transitions to **DEFEND**.

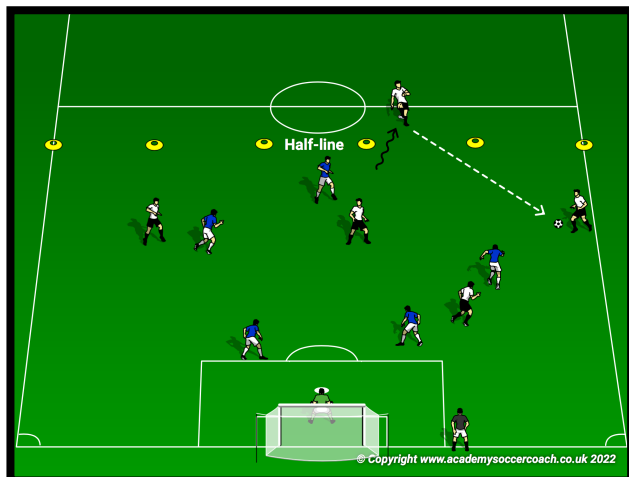
Half Court Soccer

What is SCANNING?

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Guided Questions:

How can we create space and opportunities to shoot?



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2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Team Handball

Set-up: 2v2-3v3 on x2 quarter fields.

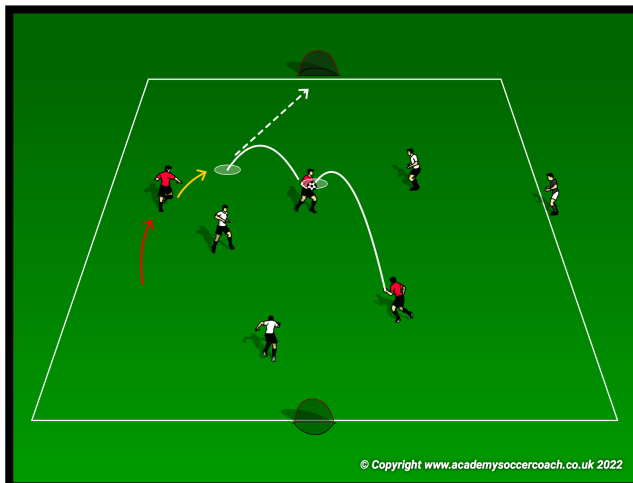
Game: Each Team attempts to score by **THROWING**, **CATCHING**, and **MOVING** the ball up field. Limit running w/ ball to 3 steps. **DEFENDING** Team can **INTERCEPT** ball, or **RECEIVE** ball if/when opposing Team drops.

Team Handball

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Coaching Cues:

Attack - Defend - Pass - Move - Body Position



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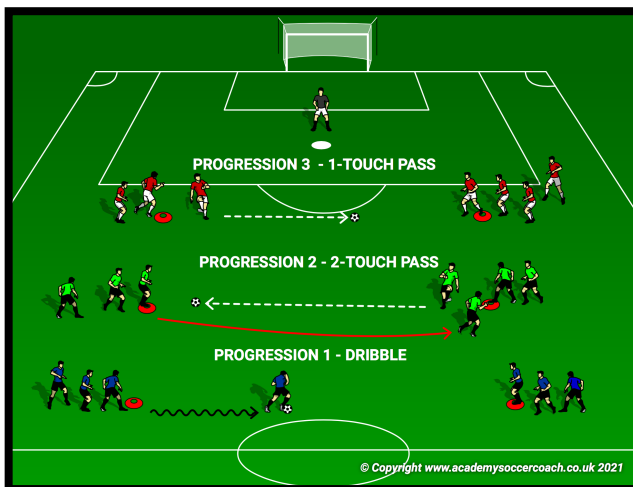
2. Passing Pattern - Line

Set-up: Two lines of players(5+) 10-15 yards(big steps) as shown. One ball for each group.

Progression 1: Player starts **DRIBBLE** to opposite line leaving it for next player. That player then enters opposing line. **Progression 2:** Players now **PASS** ball to opposing line. 2-Touch **PASSING** - 1-touch to **CONTROL**, and 1-touch to **PASS**. **Progression 3:** Players perform 1-touch **PASS** between lines.

Coaching Cues:

Head Up - Dribble - Locked Ankle - Square Hips



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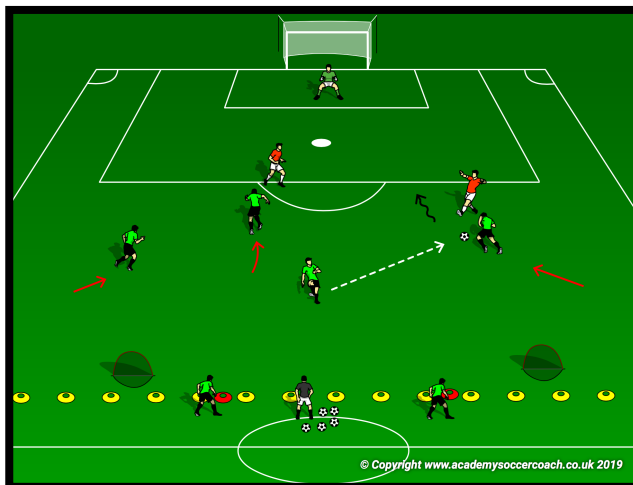
3. 4v2 to Goal

Set-up: Designate 2 **DEFENDERS** and 1 **GK**. 4 lines of **ATTACKERS** as shown. Switch **DEFENDERS** every 2-3min.

Play: **ATTACKING** players utilize **DRIBBLING** and connecting **PASSES** to try and score on goal. **DEFENDERS** protect Goal and attempt to recover ball to score in counter **PUGGS**. ***Restrictions:** **ATTACKERS** must complete certain amount of **PASSES** before attempt to score.

Guided Question:

When should you **DRIBBLE**, and when should you **PASS**?



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2nd Grade - u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Barcelona

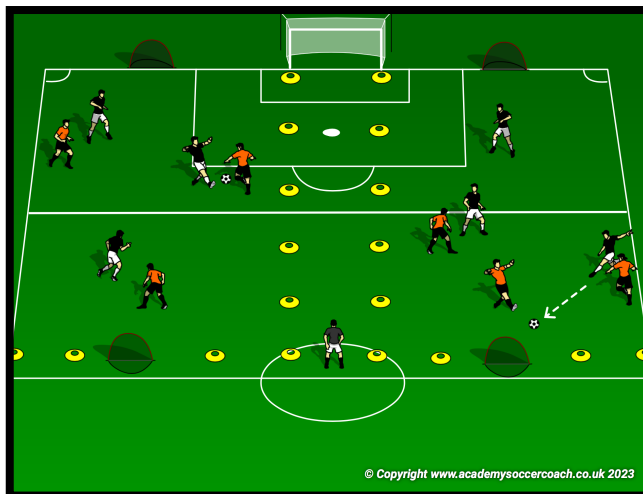
GAME: Play 3v3 on x2 small sided fields. Focus on **PASSING!** Players score based on how many **PASSES** completed before scoring. 4 **PASSES** = 4 Points!

Barcelona

[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot



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2. Team Shield and Steal

Set-up: Split into two teams. One team starts w/ ball in possession.

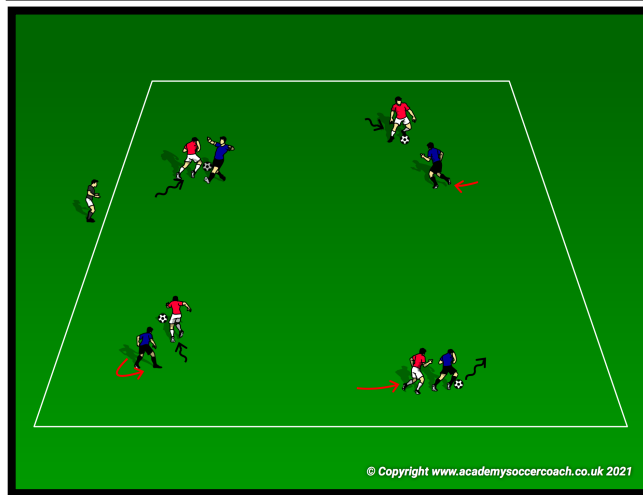
GAME: As an individual, do your best to **SHIELD** your ball. The players who do not have a ball attempt to **STEAL** ball from opposition. Team with the most soccer balls at the end of time, **WINS!**

Team Shield and Steal

[CLICK FOR VIDEO](#)

Coaching Cues:

Shield or Dribble to protect ball - Head Up while Dribbling



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3. 3v3 to Goal

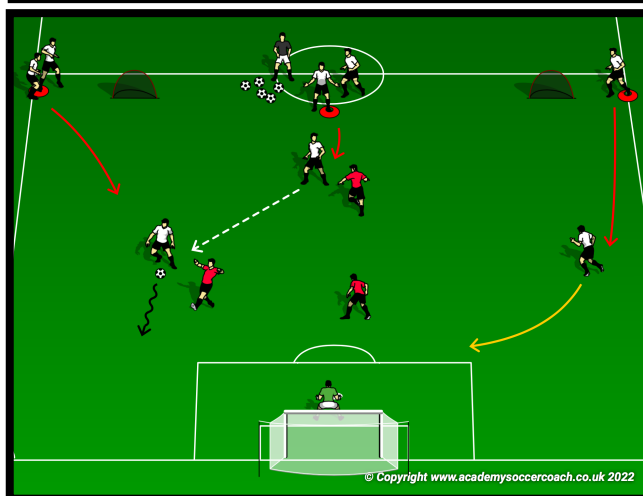
Set-up: Designate 3 **DEFENDERS** and 1 **GK**. The rest of the players are **ATTACKERS**. Switch **DEFENDERS** after a few rounds.

Game: **ATTACKING** players utilize **DRIBBLING** and connecting **PASSES** to try and score on goal. **DEFENDERS** protect **GK**, and if recover ball are encouraged to counter to **PUGGS**.

***ADD Restrictions:** **ATTACKERS** must complete certain # of passes before attempt to score.

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot - Find Open Space



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2nd Grade - u9s

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Hawaii

Set-up: Normal PLAY set-up. Add cones 5 yards away from Puggs to create Island(Neutral Zone).

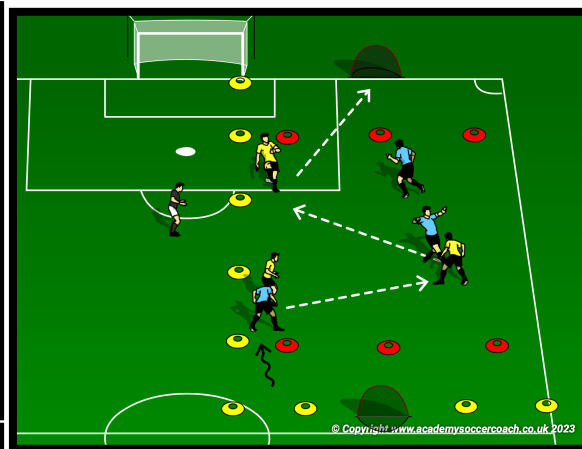
Game: 1v1 -> 3v3 - Players simply play, and are restricted to Island(Neutral Zone). Players are encouraged to **DRIBBLE** and connect **PASSES**, attempting to score from distance!

Hawaii

[CLICK FOR VIDEO](#)

Coaching Cues:

Head Up - Inside Foot - Laces - Control > Speed



2. Power and Finesse - Shooting Game

Set-up: Designate a GK. Split into two teams, and make two lines outside the GK area. Coach should be on one side of the goal with an arsenal of soccer balls, as shown in image.

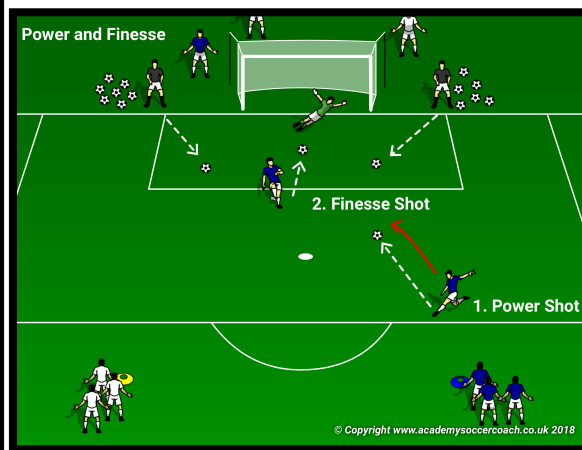
Rules of the Game: Each player has **TWO SHOTS** on goal - A **POWER SHOT** w/ **LACES**, and a **FINESSE SHOT** with the **INSIDE** foot. If you score **TWO** goals, either the player out from your team can re-enter, or you can **CHALLENGE** a player from opposing team to step-up and complete **TWO** goals. If you score **ONE** goal, you stay in the game and return to line. If you score **ZERO** goals, you must go behind the goal. If you're behind the goal, and you **CATCH** the ball, you can return to the game. Last team remaining, **WINS!**

Power and Finesse

[CLICK FOR VIDEO](#)

Coaching Cues:

Lock your ankle for a strong shot! Square your hips to the target!
Lean forward, and aim for the middle of the ball!



3. 2v2 to Goal

Set up: 2 lines of **ATTACKERS**, and 2 lines of **DEFENDERS**. Coach **PASSES** ball out to **ATTACKERS** creating **2V2 to Goal**. **ATTACKERS** attempt to connect and score goal. **DEFENDERS** attempt to recover ball and **COUNTER ATTACK** to any two **PUGG** goals.

2v2s to Goal

[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Pass - Dribble - Overloads 2v1





2nd Grade - u9s

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Technical Dribble + Shooting

Set up: Designate a **GK**. Create one-two lines and sets of obstacles(gates), one on each side of the field as shown. Coach is positioned in-between obstacles to combine **PASSES** w/ players.

Progression:

1. Player **PASSES** to Coach. Player then runs thru gates to **RECEIVE** a **LEAD PASS**. Player then **SHOOTS** from outside the goal box.
2. Player **PASSES** to Coach. Coach **PASSES** back to player who then **RECEIVES** and **DRIBBLES** thru gates. Player **SHOOTS** on goal.
3. Player **DRIBBLES** thru gates then performs **GIVE-and-GO** w/ Coach. Player then **SHOOTS** on goal.

Coaching Cues:

Dribble - Pass - Control > Speed - Shoot



2. 1v1 to Goal w/ Transition

Set-up: Designate a **GK**, and two teams(Pinnie vs. T-Shirts), each in a line as shown.

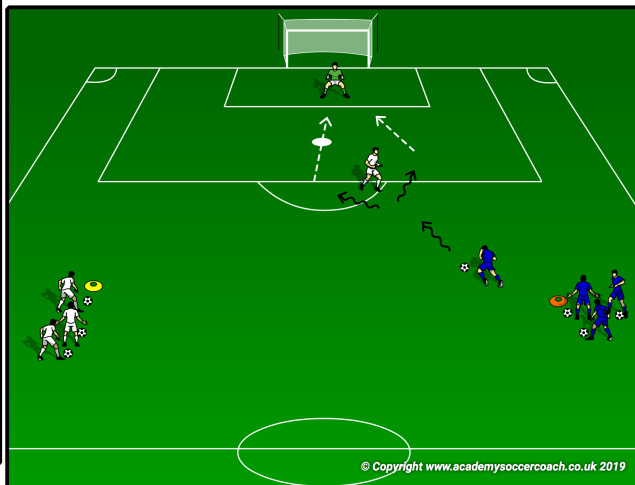
Game: One player from either team starts by taking unopposed shot on **GK**. Once player **SHOOTS** on GK, they immediately transition to become **DEFENDER** of opposing team player. Creating a constant 1v1 scenario. First team to score 3-5 Goals **WINS!**

6 Soccer Skills Kids Love | Soccer Skills from MOJO



Coaching Cues:

Attack - Defend - Dribble - Shoot - Which 1v1 Skills can help you beat the **DEFENDER?**





2nd Grade u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Gate Dribble

Set-up: Place multiple GATES(8-10) around your area as shown.

Game: Who can DRIBBLE + PASS thru the most gates?

1. Players DRIBBLE thru x1
2. Players must DRIBBLE x2 - *Add Skill Turns - Cruyff + L-Turn
3. Partner PASSING x1

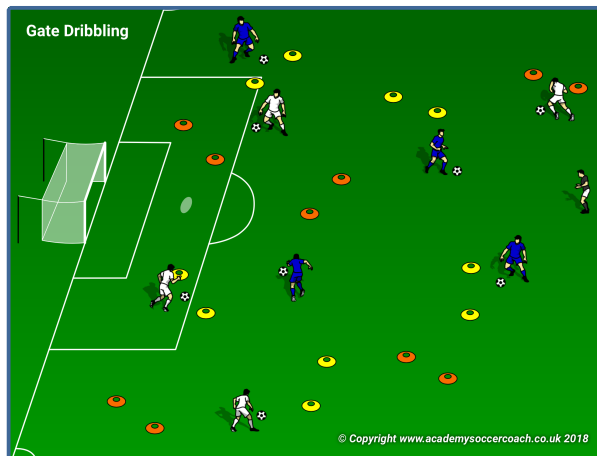
Gate Dribbling

Gate Passing



Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed



2. 3v1 or 4v1 RONDO

Set-up: One or two areas as shown depending on # of players.

Designate DEFENDER/s to wear pinnie/s.

Game: Coach or one DEFENDER plays ball to ATTACKERS.

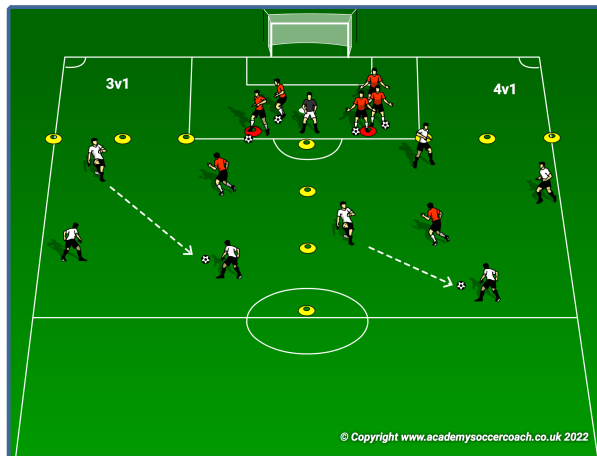
ATTACKING team attempts to 'keep away' by PASSING and MOVING around DEFENDER. If any player loses POSSESSION of the ball, a new DEFENDER restarts. Team in POSSESSION scores a goal by completing # of PASSES(ex. 5 PASSES = Goal)

RONDO



Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed



2. 2v2 to Goal

Set up: 2 lines of ATTACKERS, and 2 lines of DEFENDERS.

Coach PASSES ball out to ATTACKERS creating 2V2 to Goal.

ATTACKERS attempt to connect and score goal.

DEFENDERS attempt to recover ball and COUNTER ATTACK to any two PUGG goals.

2v2s to Goal



Coaching Cues:

Attack - Defend - Pass - Dribble - Overloads 2v1





2nd Grade u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Half and Half Soccer

Set-up: x1-2 3v3 fields. Split players into two-four teams.

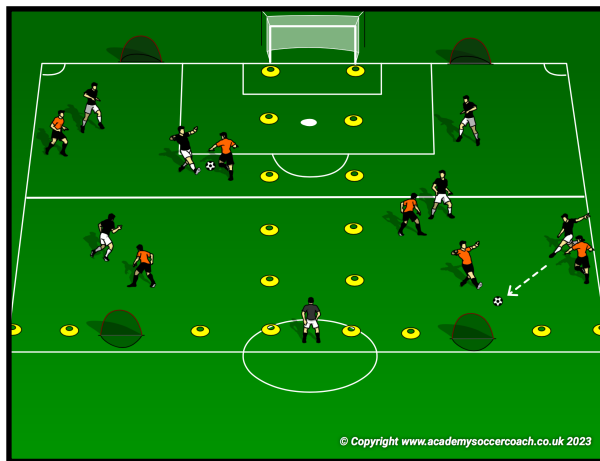
Game: Play 2v2 → 4v4. Specific rule that each team needs to have one player in each half when attempting to score. *Restrict players to either **ATTACKING** or **DEFENDING** half.

Half and Half Soccer

[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Pass - Move - Open Body Position



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2. 3v2 to Goal

Set-up: Designate 2 **DEFENDERS** and 1 **GK**. Rest of the players are **ATTACKERS**. Switch **DEFENDERS** every 2-3min.

Game: **ATTACKING** players utilize **DRIBBLING** and connecting **PASSES** to try and score on goal. **DEFENDERS** protect **GK**, and if recover ball are encouraged to counter to **PUGGS**.

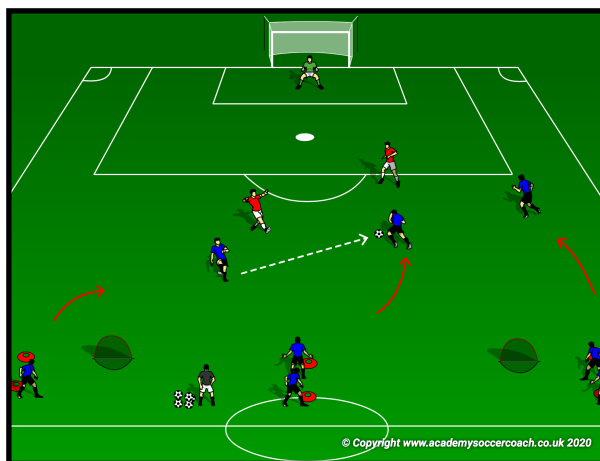
***ADD Restrictions:** **ATTACKERS** must complete certain # of passes before attempt to score.

3v2 to Goal

[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Dribble - Pass - Shoot - Find Open Space



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3. Lightening - Shooting + FUN!

Set-up: One line of players about 5 big steps away from goal-box. Designate one player as starting **GK**.

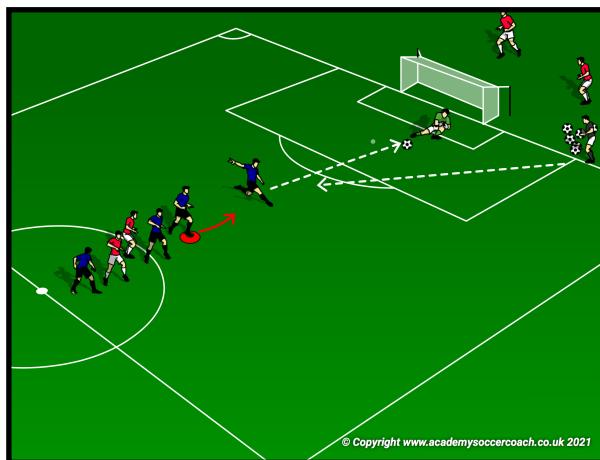
Game Rules: Coach **PASSES** ball into **SHOOTING AREA**.

Player moves toward ball and performs 1-touch **SHOT** on goal.

As **GK**, if you're scored on, you're **OUT!** Next player in line becomes **GK**. Players **OUT** must go behind goal. As **SHOOTER**, if **GK** makes save or you miss target, you become **GK**. Players **OUT** can return to game if they catch missed shot by **SHOOTER**. *Or, if **SHOOTER** hits crossbar, all players **OUT** can return to play. Last player to score, **WINS!**

How To Shoot With The Laces And Inside Of The Foot

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2nd Grade u10 Session Plan

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. 4v4 -> 5v5 to 4 Goals

Set-up: Split players into two teams. Use x1-2 subs.

Play: Simply play 4v4 -> 5v5 on small-sided field. Teams must **ATTACK** and **DEFEND** x2 PUGGS.

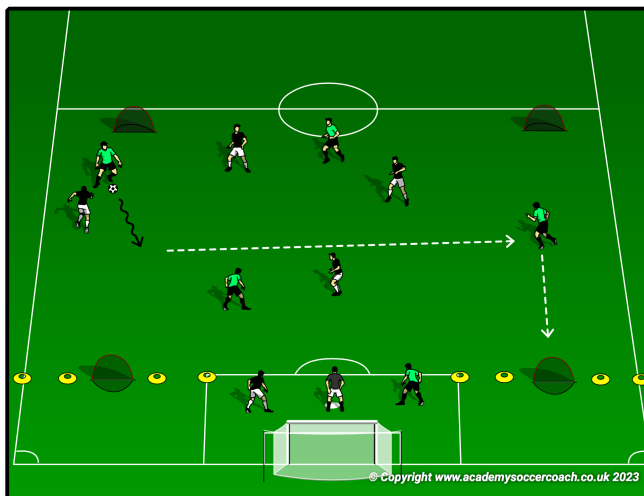
4v4 to 4 Goals: Defending



[CLICK FOR VIDEO](#)

Coaching Cues:

Attack - Defend - Pass to Teammates - Spread Out - Shoot - 1v1 or 2v1s(Overloads) - Switch Fields



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2. Snake(Tag Game)

Set-up: Each player has a ball. Designate one player as the **SNAKE!** Use pinnies to connect players to snake.

Game: Players **DRIBBLE** in the area dodging the tag from the **SNAKE!** If a player is tagged, they become attached to the **SNAKE!** Play until one player remains.

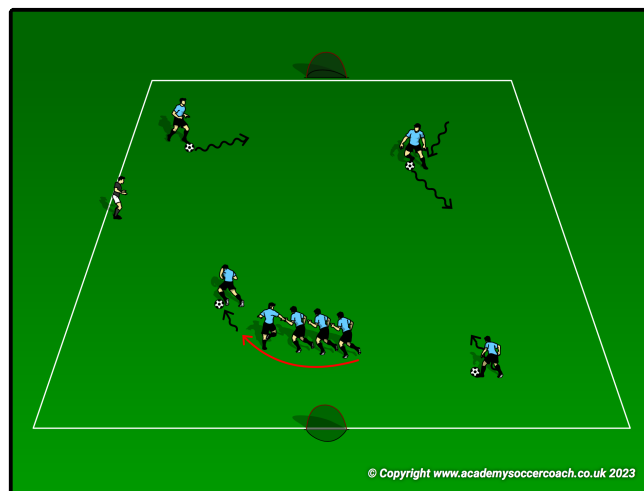
Snake



[CLICK FOR VIDEO](#)

Coaching Cues:

Head Up - Dribble - Control > Speed



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3. Flying Numbers to Goal

Set-up: Designate a GK. Split into two teams and two lines as shown. One **ATTACKING** team and one **DEFENDING** team.

Play: Coach starts by shouting combat number, ex.) "2v2!" That amount of players from each team enters the field. **ATTACKERS** attempt to score on big goal. **DEFENDERS** must recover ball and score on counter PUGGS. Switch roles after 5-8min.

Flying Numbers



[CLICK FOR VIDEO](#)

Guided Question - Coaching Cues:

When should you dribble, and when should you pass? Dribble - Pass - Shoot - Find Open Space



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Wilmington Youth Soccer Association

WYSA 7v7 Sessions Plans



2nd Grade

Topic: Understand the game of Soccer, technical skill development, and fun games!

Tactical Focus - The Basics of Building Out of the Back

It's very important players understand how to make the field as wide as possible by keeping possession through the goalkeeper, back-line and midfielders. In the game of Soccer it's often play starts from goal kicks, throw-ins, and/or when the ball is in the goalkeeper's possession. Players look to react and move the ball from side to side utilizing direct, diagonal and support passes until they are able to create a good opportunity to accelerate the ball forward to attacking players in areas of space. This allows players to get a better understanding of their positioning and it can help them understand where they can move to find space in their position to receive the ball. This method of play also aides in the development of player's technical skills such as first touch and body position when passing and receiving the ball.

Building attacks from the back gives the team an opportunity to restructure and expand the field, rather than get stuck in a cycle of pinball. It can also frustrate and exhaust the opposing team as they constantly chase the ball. Tired defenses lose focus, and frustrated defenses make mistakes. A team that moves the ball with intent, patience and composure can find more space to create more chances on goal!



2nd Grade

Topic: Understand the game of Soccer, technical skill development, and fun games!

Tactical Focus - The Basics of Building Out of the Back

7v7 Youth Soccer - Build Out Pattern #1

[CLICK FOR VIDEO](#)



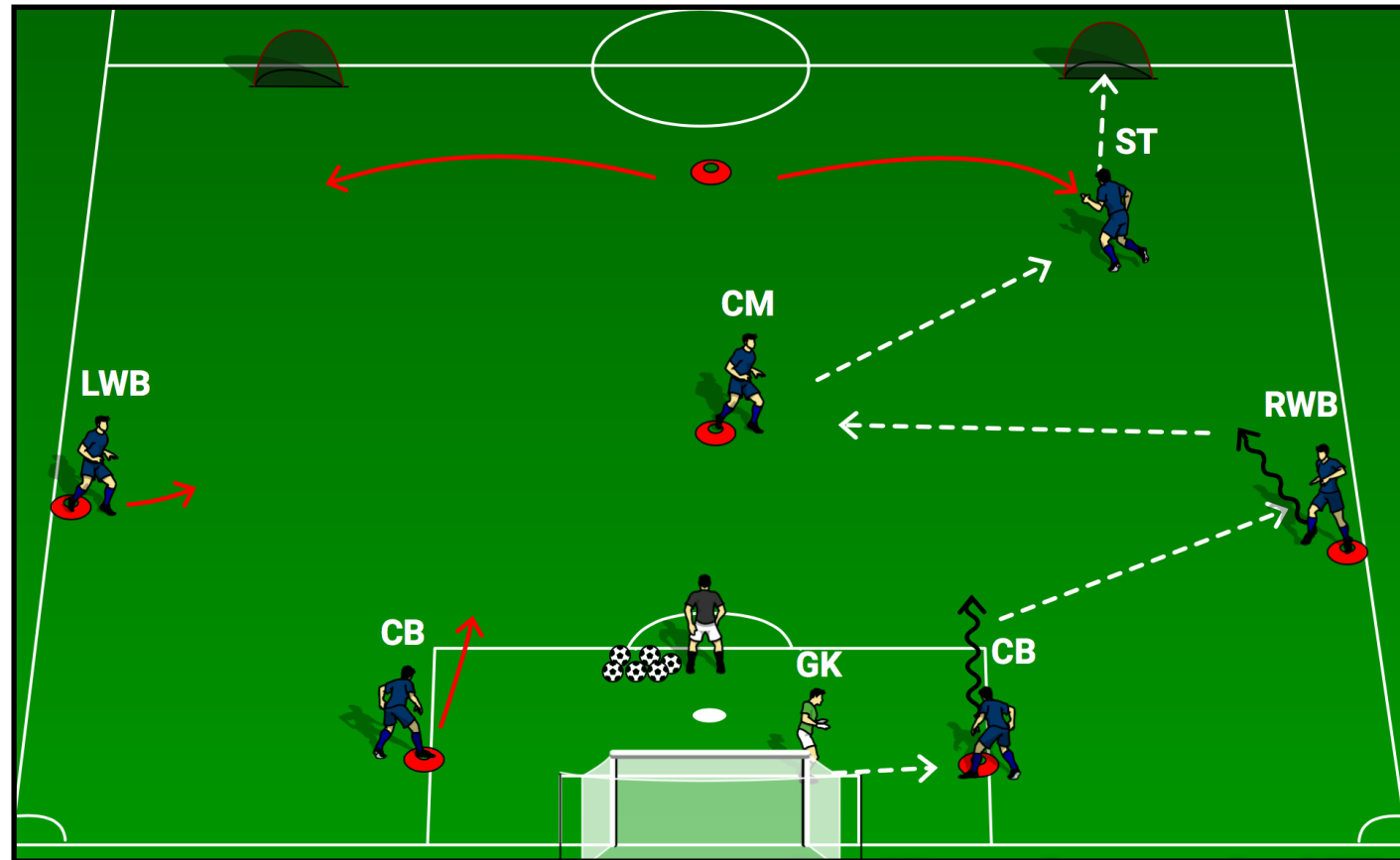
Set up: Place red markers on field for player positions. Place cones/poles as 'DEFENDERS' Designate 1 GK and 6 Positions - **CB CB RWB LWB CM ST**
Additional players fill in positions, and players alternate play.

Build-out Pattern #1 - GK + CB + WB + CM + ST + RESTART

Encourage **CB** and **WB** to **DRIBBLE** forward into space.

Switch sides after all soccer balls are in PUGG.

*Designate 2-4 **DEFENDERS** creating 6v4 overload for pressure to protect PUGGS





2nd Grade - FINAL WEEK

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. Three Team Possession

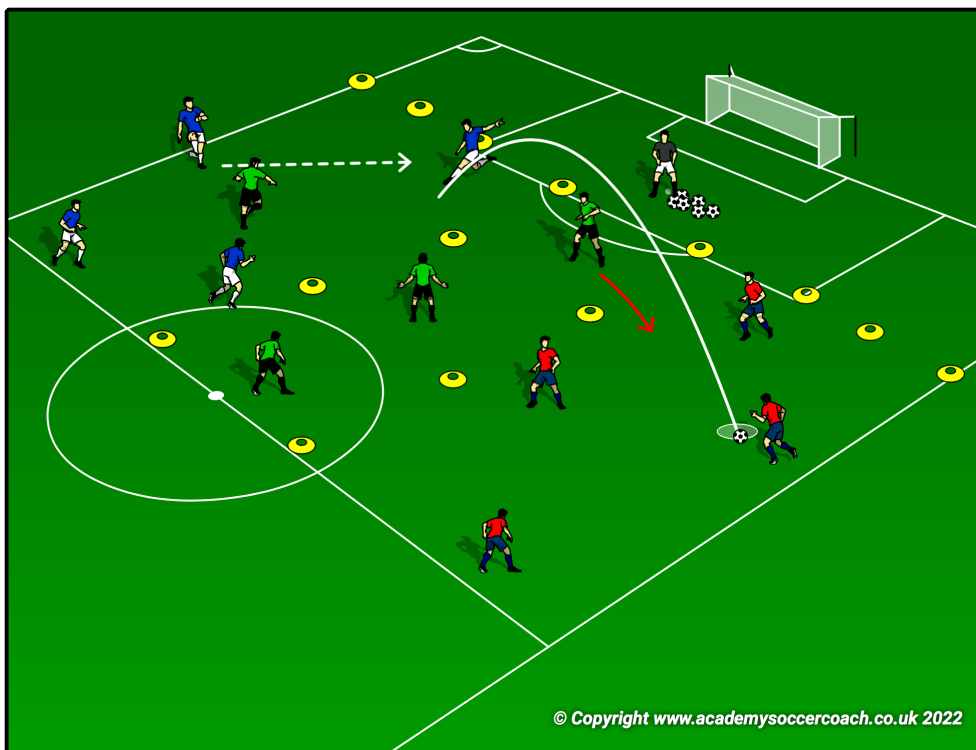
Set Up - Split area into three equally wide zones as shown. Divide players into three even teams. Each team starts in their own zone on the field. The team that starts in the middle zone is the **DEFENDING** team. To transition quickly if the ball goes out of play, it's nice to have a supply of balls nearby.

Game - Coach plays a ball out to one side. Once an outer team **RECEIVES** the ball, their objective is to complete # of **PASSES** and then send the ball over to the opposite side for a point. As the **ATTACKING** team are trying to connect their **PASSING**, the middle team sends one-two players over to put pressure on the **ATTACKERS** and try to take the ball away. The remaining members of the **DEFENDING** team stay in the middle and try to close off the passing lanes to the opposite side. If the **DEFENDER/s** steal the ball or force it out of play, the team that lost it becomes the new **DEFENDING** team in the middle and the old **DEFENSIVE** team takes their place on the outside. As soon as the ball is lost, the coach plays a new ball out to the other side and the new **DEFENDING** team sends players in to **DEFEND**. The first team to successfully complete 3 **PASSES** to the opposite side wins.

Video - Three Team Possession

Coaching Points:

This game is essentially a complex rondo variation. A great way for players to work on passing fundamentals, moving off the ball to find space, and communication!



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2nd Grade - FINAL WEEK

Topic: Understand the game of Soccer, technical skill development, and fun games!

3-Team Tournament

Set-up: Build one quarter field on your designated half. Split group into 3 Teams of 3/4 players.

Play: Each team is guaranteed three 5 min. games. Post games the teams will be seeded by wins vs losses, and will then play semi-final playoff game.

Winner of the semi-final game will go on and play final championship game vs. the #1 seeded team.

Tournament of Champions

5min. Match Duration	Team vs Team	venue	Bye
Round 1:	Orange vs. T-Shirts	Field 1	Green
Round 2:	Orange vs. Green	Field 1	T-Shirts
Round 3:	T-Shirts vs. Green	Field 1	Orange
<i>Semi-Finals:</i>	#2 Seed vs. #3 Seed	Field 1	#1 Seed
<i>Finals:</i>	VS. #1 Seed	Field 1	

Champions



2nd Grade - FINAL WEEK

Topic: Understand the game of Soccer, technical skill development, and fun games!

4-Team Tournament

Set-up: Build two quarter fields on your designated half. Split group into 4 Teams of 2/3 players.

Play: Each team is guaranteed three 5 min. games. Post games the teams will be seeded by wins vs losses, and will then play semi-final playoff game. Winners of the semi-final games will go on and play final championship game. You can also set-up third place game using alternate field.

Tournament of Champions

Group Stage 5min. Match Duration	Field 1	Final Score	Field 2	Final Score
Round 1:	Yellow vs. Blue		T-Shirt vs. Orange	
Round 2:	Yellow vs. T-Shirt		Blue vs. Orange	
Round 3:	Blue vs. T-Shirt		Yellow vs. Orange	
Semi-Finals:	#1 Seed vs. #3 Seed		#2 Seed vs. #4 Seed	
Finals:	VS.			

Champions

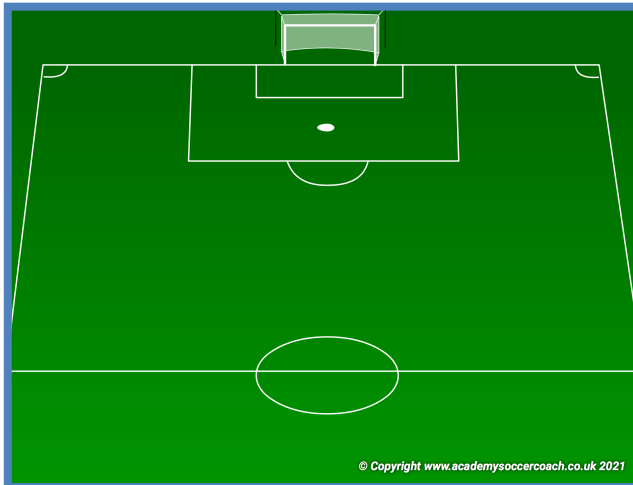


2nd Grade - u10 Session Plan Template

Topic: Understand the game of Soccer, technical skill development, and fun games!

1. _____

Coaching Cues and Guided Questions:



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2. _____

Coaching Cues and Guided Questions:



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3. _____

Coaching Cues and Guided Questions:



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REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.