

Team Roster

TEAM NAME: _____ DRAFT SPOT: _____

Coaches

Name	Phone	Email

Players

[illegible]

Snack Sign Up

Week	Date	Parent's Name	Contact Info
1			
2			
3			
4			
5			
6			
7			
8			

Concession Stand Volunteer Sign Up

		Parent's Name	Contact Info
1	Main		
2	Alternate		

CVYS Contact Sheet

President: Andy Armutat, aarmutat@gmail.com
Vice President: Brian Taylor, taylorbc1976@comcast.net
Secretary: Bill Kerr, kerr.william@comcast.net
Travel Registrar: Ed Skibinski, ednbeth@icloud.com
Treasurer: Tim Robinson, tcaarobinson@comcast.net
Immediate Past President: John Kennelly, john.leah.kennelly@comcast.net
U12 Commissioner: Terry Phillips, tcgp.phillips@gmail.com
U10 Commissioner: Lincoln Kretchmar, lincoln@kbakery.com
U8 Commissioner: Art Pratt, ampratt@comcast.net
U6 Commissioner: Brodie Patten, brodie_ou@yahoo.com (Non-Board Member)
U5 Commissioner: Tiffany Gasperine, tiffany.gasperine@gmail.com
Referee Assigner: Scott Schmidt, s.d.schmidt@comcast.net
Concession Stand: Kevin Conti, Kevin.Conti@ch2m.com
Board Member: Stephanie Cercone, stephcercone@hotmail.com

Contact CVYS via email at: CVYScub@gmail.com

CVYS Mailing address: P.O. Box 1333, Aliquippa, PA 15001

Website: www.cvyouthsoccer.org

Practice Plan / Recap

Week #: 1

Warm Up

Time	Drill / Drill Progression
5 minutes	On the Field, Off the Field, Sideline, Center line, End line
5 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
10 minutes	Pirate Drills

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Around Field, Dribble to Sideline, Dribble to End line, etc.
10 minutes	Shooting/Passing - Hit the Coach
10 minutes	Throw-ins – (feet on ground, both hands, over head)

Structured Play

Time	Drill / Drill Progression
10 minutes	1 vs. 1

Notes:

Practice Plan / Recap

Week #: 2

Warm Up

Time	Drill / Drill Progression
5 minutes	On the Field, Off the Field, Sideline, Center line, End line
5 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
5 minutes	Pirate Drills

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Red Light, Green Light
10 minutes	Dribbling – Sharks and Minnows
10 minutes	Shooting/Passing - Hit the Coach
5 minutes	Throw-ins – (feet on ground, both hands, completely over head)

Structured Play

Time	Drill / Drill Progression
10 minutes	1 vs. 1

Notes:

Practice Plan / Recap

Week #: 3

Warm Up

Time	Drill / Drill Progression
2 minutes	On the Field, Off the Field, Sideline, Center line, End line
3 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
5 minutes	Pirate Drills

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Big Bad Wolf
10 minutes	Shooting/Passing - Hit the Coach
5 minutes	Throw-ins – (feet on ground, both hands, completely over head)
5 minutes	Kick-Off – (pass to teammate, ball must move forward, team must be behind line)

Structured Play

Time	Drill / Drill Progression
10 - 20 minutes	3 vs. 3

Notes:

Practice Plan / Recap

Week #: 4

Warm Up

Time	Drill / Drill Progression
5 minutes	Pirate Drills
3 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
2 minutes	Offense/Defense (We have the ball on offense, We are on defense when we don't)

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Zig Zag Runs
10 minutes	Dribbling – Big Bad Wolf
10 minutes	Shooting/Passing – Hit the Coach
10 minutes	Passing – Passing Circle

Structured Play

Time	Drill / Drill Progression
10 minutes	3 vs. 3

Notes:

Practice Plan / Recap

Week #: 5

Warm Up

Time	Drill / Drill Progression
5 minutes	Pirate Drills
3 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
2 minutes	Offense/Defense (We have the ball on offense, We are on defense when we don't)

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Zig Zag Runs
10 minutes	Dribbling – Big Bad Wolf
10 minutes	Shooting/Passing – Hit the Coach
10 minutes	Passing –Passing Circle

Structured Play

Time	Drill / Drill Progression
10 minutes	3 vs. 3

Notes:

Practice Plan / Recap

Week #: 6

Warm Up

Time	Drill / Drill Progression
5 minutes	Pirate Drills
3 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
2 minutes	Offense/Defense (We have the ball on offense, We are on defense when we don't)

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Sharks N' Minnows
10 minutes	Dribbling – Big Bad Wolf
10 minutes	Shooting/Passing – Hit the Coach
10 minutes	Passing - Bowling

Structured Play

Time	Drill / Drill Progression
10 minutes	3 vs. 3

Notes:

Practice Plan / Recap

Week #: 7

Warm Up

Time	Drill / Drill Progression
5 minutes	Pirate Drills
3 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
2 minutes	Offense/Defense (We have the ball on offense, We are on defense when we don't)

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Sharks N' Minnows
10 minutes	Dribbling – Big Bad Wolf
10 minutes	Shooting/Passing – Hit the Coach
10 minutes	Passing - Bowling

Structured Play

Time	Drill / Drill Progression
10	3 vs. 3

Notes:

Practice Plan / Recap

Week #: 8

Warm Up

Time	Drill / Drill Progression
5 minutes	Pirate Drills
3 minutes	Parts of the Foot (Inside, Outside, Laces(top), Bottom) Just Say No to the Toe!
2 minutes	Offense/Defense (We have the ball on offense, We are on defense when we don't)

Skill Building and Topical Instruction

Time	Drill / Drill Progression
10 minutes	Dribbling – Sharks N' Minnows
10 minutes	Dribbling – Big Bad Wolf
10 minutes	Shooting/Passing – Hit the Coach
10 minutes	Passing - Bowling

Structured Play

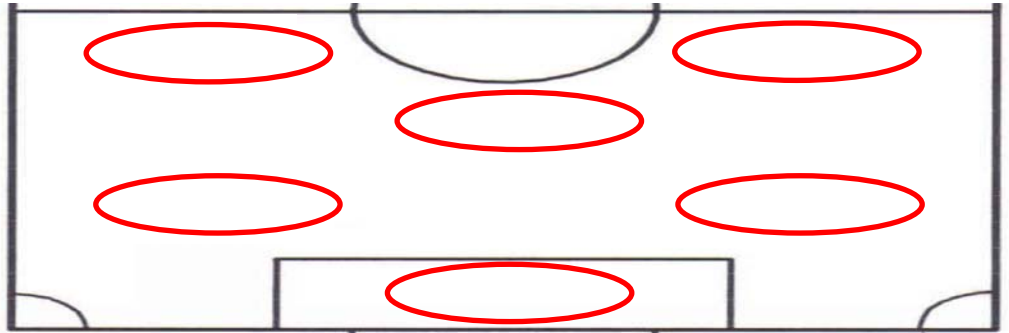
Time	Drill / Drill Progression
10 minutes	3 vs. 3

Notes:

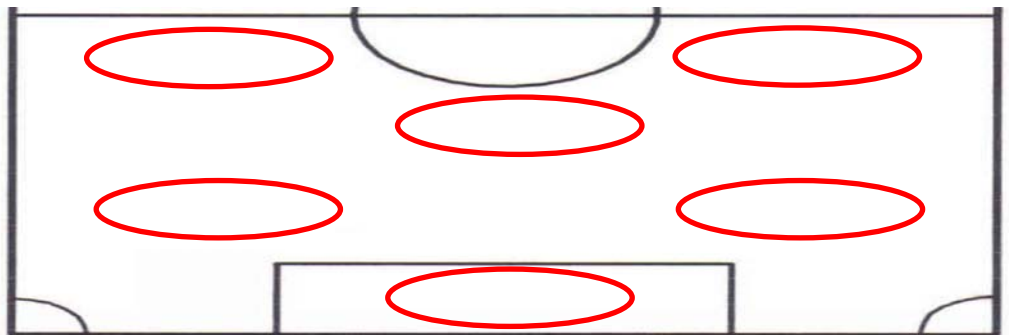
Game Lineup

Week #:

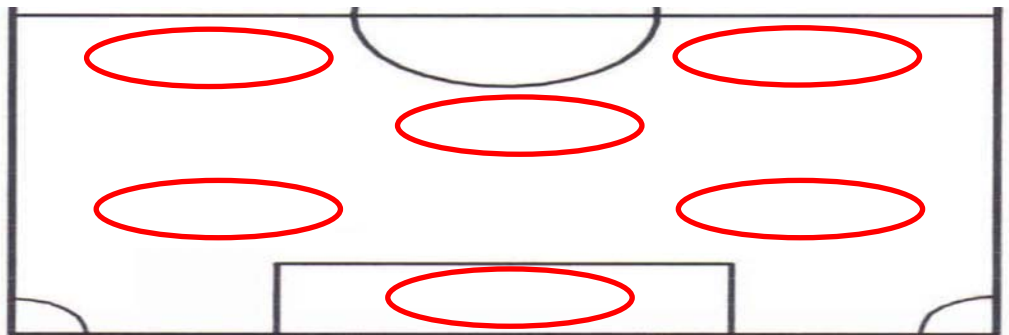
Line 1



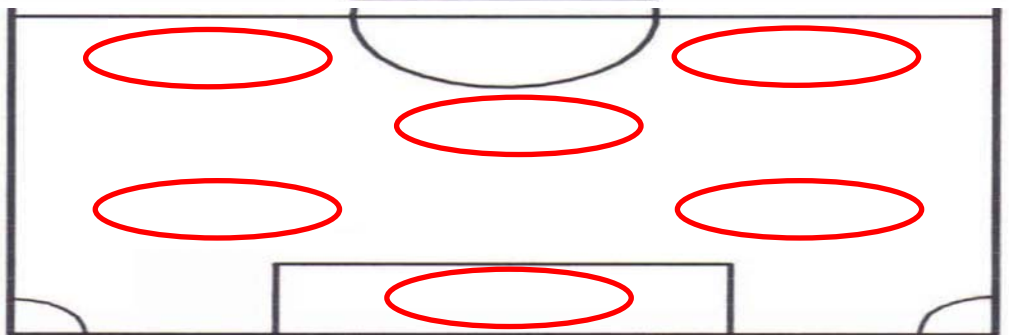
Line 2



Line 3



Line 4



In-House Soccer Fact Sheet, Fall 2015

Schedule

The Fall 2015 season will begin in August. The first games will be Saturday, September 12th. You will hear from your child's coach about a week or two before the season begins, and the game schedule will be distributed and posted about a week before the season starts.

Practice and Games

All practices and games are at the Center Grange Primary School fields. Teams will practice one week night per week during the season. Practice nights and times are determined by your team's coach. Games will be on Saturday mornings at either 9, 10 or 11 AM.

Uniforms

All teams wear the same blue and white reversible jerseys for games. Jerseys are available for purchase (\$15) at the concession stand during the first few weeks of the season. They are very durable and can be used for multiple seasons. There are no special requirements for color of shorts or socks.

What Your Child Needs to be Ready for the Season

Your child needs hard face shin guards, soccer shoes (no single toe cleat), a soccer ball (size 3 for U6, size 4 for age 8 and up) and a water bottle for practice and games. Dick's Sporting Goods often offers package deals for these items at the beginning of the season. NOTE: There are no earrings or other jewelry allowed during games, and shin guards must be fully covered by socks.

Game Formats by Age Group

U6: (Under age 6 by the last July 31st) Division: U6 plays on very small fields with small goals. Each team plays with 3 players on the field at one time. There are no goal keepers in U6. Anytime the ball goes out of bounds, play restarts with a throw-in.

U8: (Under age 8 by the last July 31st) Division: U8 plays on a small version of a conventional soccer field. Each team plays with 6 players on the field at one time, 5 field players and a goal keeper. U8 adds goal kicks and corner kicks. We start to introduce positions in U8 soccer (forwards, backers), but there is no offside rule.

U10/U12: (Under age 10/12 by the last July 31st) Division: U10/U12 teams on a larger field yet. U10 plays with 6 players on the field per team, U12 plays with 7. U10/U12 adds direct kicks after fouls, penalty kicks and offsides. We start further develop positions (forwards, mid-field, backers) as well.

Volunteers

Coaches and concession stand helpers are always needed. You don't need to know much about soccer to coach, especially U6 level. Free coaches' clinics and mentors are available at the start of every session that will help you get up to speed. Volunteers will receive \$10 cash back off registration fees for the session. Contact CVYSclub@gmail.com or click a volunteer checkbox in the online registration system if you are interested.

Promoting Sportsmanship and Fun

Our goal is to provide a fun environment where kids can develop athletic skills and learn the game of soccer. We don't keep score for our in-house games, and we promote principles of good sportsmanship as well as respect for teammates and other players. All kids in the in-house program can expect roughly the same amount of playing time in games.

Initial Team Meeting Checklist

- ☐ Get an assistant coach, or practice helper if needed
- ☐ Get a parent to manage post game snacks and/or send around the sign up sheet
- ☐ Establish a system for contacting the team when needed.
 - Email through website
- ☐ Review practice time/place
- ☐ Set guidelines for bad weather
- ☐ Distribute information about skills nights
- ☐ Set clear expectations of parents
 - Get kids to practice 5-10 minutes early
 - Get kids to games 15-20 minutes early
 - Make sure kids are properly outfitted: soccer cleats, shin guards, water bottle, ball, no jewelry, SHOES TIED WITH DOUBLE KNOTS
 - Notify coach if your child will miss practice or game
- ☐ Set clear expectations of the kids
 - No talking when a coach is talking
 - Listen and do as you're told in practice and games
 - Be respectful of your teammates
 - Do your best and have fun
- ☐ Clearly state what parents and kids can expect from you
 - Focus on player development with fun drills and games
 - All kids will have roughly the same amount of playing time
 - Kids will get to try different positions (U8, U10)

CVYS (U-6) Coaching Curriculum

Basic Concepts:

Offense – we are all on offense when our team has the ball

If we are the player with the ball we should be looking to dribble, pass or shoot. If we do not have the ball we should be looking to help by getting open.

Terminology: “Be a Minnow”, “Dribble to Goal”, “Make a Pass”, “Take a Shot”

Defense – we are all on defense when the other team has the ball

If we are the player closest to the player with the ball we should try and take it away. Defenders further away should stay “Goal Side of the Ball”

Terminology: “Be a Shark”, “Take the ball away”, “Get Goal Side”

Drills – See S-1, S-2, S-3

Basic Skills:

Dribbling – moving with the soccer ball by using rapid touches in succession

Proper Technique – using the 4 different parts of the foot (inside, outside, top/laces, & bottom/sole) to move the ball no more than 1 to 3 feet away.

Terminology: “Toe-Taps”, “Brushes”, “Tick-Tocks”, “Draw-Backs”

Drills – See W-1 and D-1 through D-8

Passing – striking the ball in the direction of a teammate

Proper Technique – make an “L” with feet, the plant foot points in the intended direction of the pass. The swing leg uses the motion from the hip to strike the ball with the inside of the foot right at the equator/midpoint of the ball.

Terminology: “To the feet”, “NO to the TOE”

Drills – See P-1 through P-4

Shooting – striking the ball in the direction of the goal

Proper Technique – plant foot just back from ball using hips and leg to muscle through the ball striking it in on the equator with the top/laces part of the foot

Terminology: “Use the Laces”, “NO to the TOE”

Drills – See D-7 through D-9

Trapping – controlling a ball by changing its direction

Proper Technique – catch the ball by moving foot first to the ball and then slowly with the ball. Also by creating a wedge with either the foot or shin.

Terminology: “Keep the Ball in Front”, “Wedge”

Drills – See P-1 through P-4

Shielding – keeping the body between the opposing player and the ball

Proper Technique – using the 4 different parts of the foot (inside, outside, top/laces, & bottom/sole) to move the ball no more than 1 to 3 feet away.

Terminology: “Stay Between”, “Posses the Ball”

Drills – See D-2 and D-3

DRILL W-1: FANCY FOOTWORK (U-6)

Objective:

To get players used to controlling a ball at their feet.

Setup:

Have players stand in a designated area with ball. The area should be big enough that each player has 3 feet on either side. The area should also allow the coach to see all players at once while they perform the drills

Basic Activity:

1. **Tick Tocks:** Each player stands over the ball with knees bent and touches the ball from the inside of his left foot to the inside of his right foot. They continue to pass the ball back and forth between the two feet
2. **Push-Pull:** Each player pushes the ball forward with one foot and pulls the ball back with the same foot. The ball should only travel forward about 6 inches before it is pulled back. The player continues to alternate back and forth between each foot.
3. **Toe-Tap:** Each player taps slightly on the top of the ball with the bottom of their foot. The feet are alternated after each tap. The player should be hopping from tap to tap, not just tapping with one foot and then placing on the ground to be followed by the other foot.
4. **Brushes:** Each player takes their right foot and brushes over the top of the ball across their body. The right foot should end up over the left foot. Have the player complete 5 brushes with the left and 5 brushes with the right.
5. **Triangle:** Each player pushes the ball back and forth between his two feet just like the tick tock. After a few touches the player pushes the ball out in front of themselves with one foot and pulls it back with the other foot. The ball will make the path of a triangle.
6. **Brush Tap:** Each player takes their right foot and brushes over the top of the ball across their body. They then quickly stop the ball with the right foot. The player continues to complete the cycle of brush-tap for 5 sessions in one direction and then 5 sessions in the other direction.
7. **Step Over (inside to outside):** The player starts with the ball in front of them and then takes his left foot and steps over the top of the ball from the inside to the outside and then rests his foot around 6 inches on the outside of the ball. The player then uses the outside of his right foot to push the ball to the right side of his body. This push to the right side will eventually be a push around a defender.
8. **Step Over and Change Direction (outside to inside):** The player starts with the ball in front of them and steps over the ball from the outside from the inside with their left foot. The left foot should end up on the outside and half way above the right foot. The player then turns 180 degrees and should have the ball directly in front of them and facing the other direction.

Coaching Consideration:

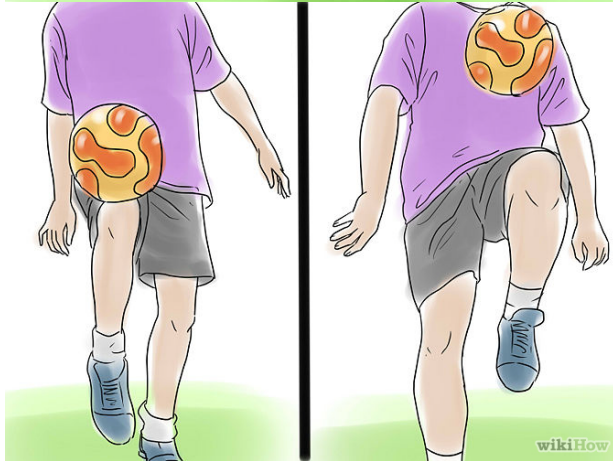
1 through 4 are drills for U6

1 through 8 are drills for U8 and above

DRILL W-2: JUGGLING BASICS (U-6)

Objective:

To develop better ball control.



Setup:

- Line team up along Midfield line each with a ball.

Basic Activity:

First have each player stand on one foot lifting their leg to level. Then have them pickup their ball and hold it over their thigh. Then have them bring their thigh up to hit the ball while in their hands. Then have them try and bounce it off their thigh, not their knee. Have them count how many times they can bounce it off one thigh without touching it with their hands.

Advanced Activity:

Then have them bounce it from one thigh to the other.

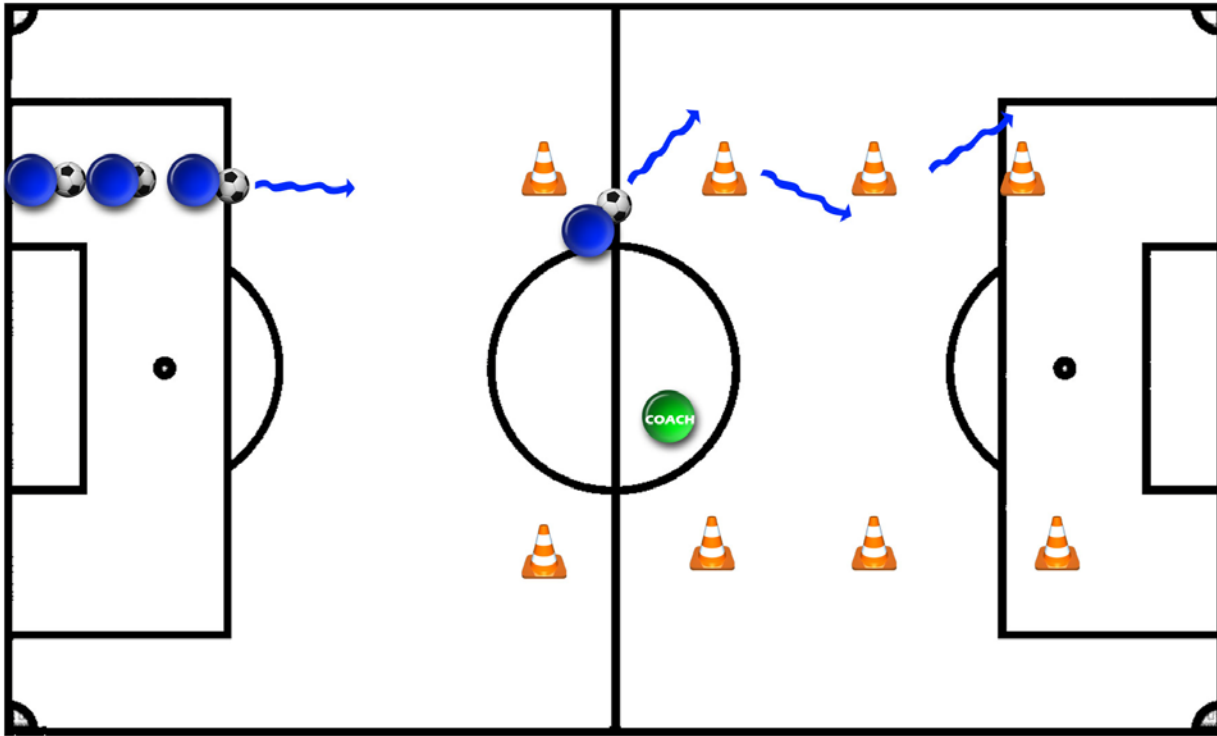
Coaching Considerations:

Kids at this age can barely balance on one foot, so don't expect them all to be able to get this right away.

DRILL D-1: DRIBBLING WITH DIFFERENT PART OF THE FOOT (U-6)

Objective:

To get players used to moving with the ball at their feet.



Setup:

1. Introduction of the different parts of the foot (Inside, Outside, Laces, Bottom)
2. Each player needs the ball and to be in a single file line.

Basic Activity:

1. Set up 8 cones and have each player dribble through the cones using only the outside of their foot and then using the inside of their foot. 3 to 4 repetitions with each part of the foot.
2. Set up a cone about 20 feet away and have each player dribble the ball to the cone and use the outside or inside of the foot to go 180 degrees around the cone.
3. Break the team into 2 even groups and form two different lines on either side of the goal. Each line has one ball. Put a line of 6 cones in front of each line and run a relay race with the different parts of the foot. Have the players go completely through the cones and back to the start.

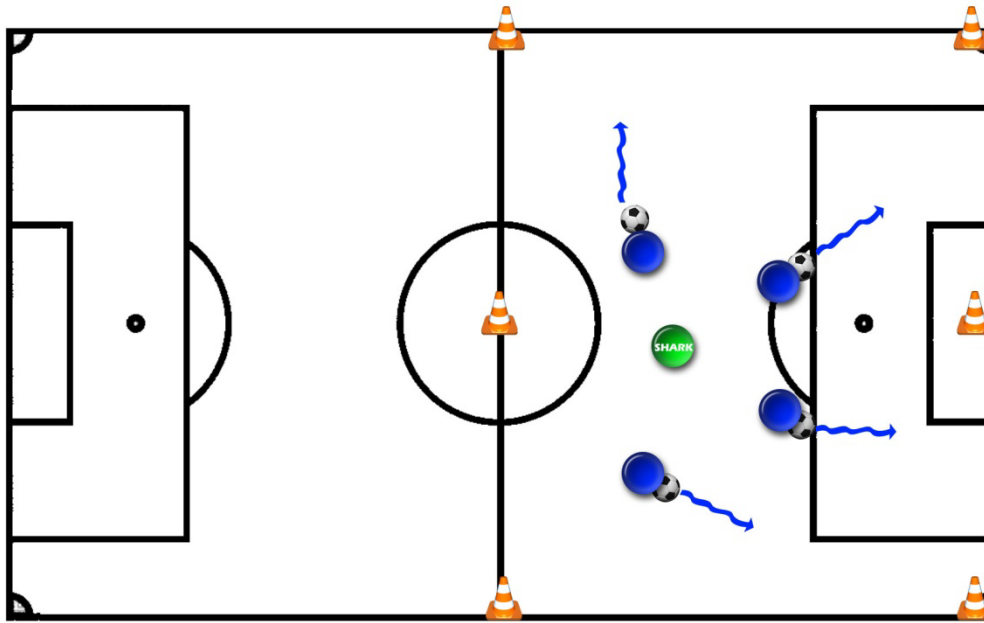
Coaching Consideration:

Kids at this age will want to use their toe. Get them saying, "JUST SAY NO TO THE TOE".

DRILL D-2: SHARKS & MINNOWS (U-6)

Objective:

To get U-6 players comfortable protecting the ball and also attacking the player with the ball.



Setup:

Build a grid approximately 20X25 yards this field should be adjusted based on the skill level and number of players participating. Each player should have a ball except for 1 or 2 sharks.

Basic Activity:

The players with balls (the minnows) attempt to protect their ball from the "Shark" or "Sharks". The Shark or Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two changes, and the last 2 minnows remaining become the sharks in the next round.

Advanced Activity:

- Players only use left foot to dribble.
- Players use outside of feet to dribble.
- Players use sole of feet to dribble.
- Once players ball kicked out of circle they become sharks also, the last one or two minnows left become sharks for next round

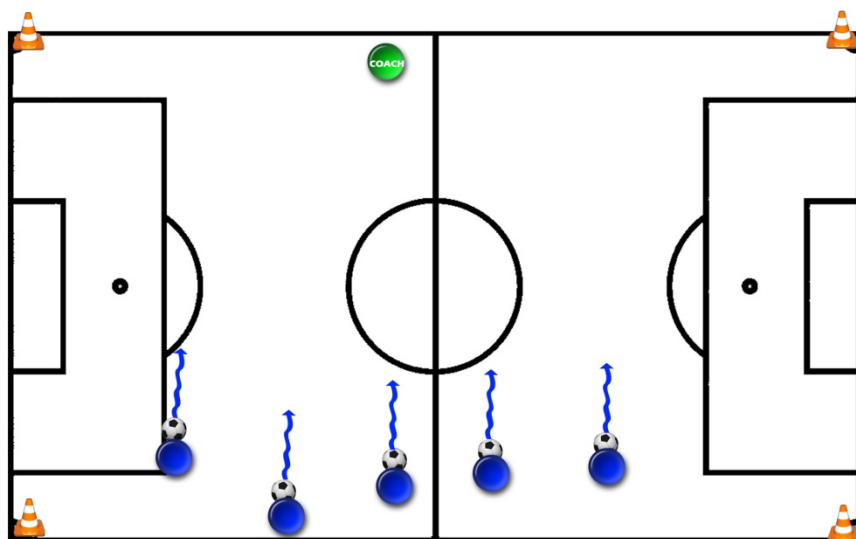
Coaching Consideration:

- Keep the dribblers under control and not panicked once the sharks get near them.
- Inform players to keep the ball close within playing distance.

DRILL D-3: BIG BAD WOLF (U-6, U-8)

Objective:

To improve dribbling and ball control skills



Setup:

- Each player has a ball.
- Line up on one sideline at least 3 feet apart
- Wolf/coach is at far sideline

Activity:

The players yell out “What time is it?” and the Wolf answers with X o’clock. The players take X number of dribbles toward the far sideline and then do “Toe Taps” or “Tick-Tocks” while calling out again “What time is it?” At some point the Wolf answers “Dinner Time” at which point he/she tries to take a ball off of one of the players, while the players race back to the starting sideline. If the wolf gets the ball before they reach the safety of the sideline, the player joins the wolf as a wolf.

Coaching Considerations:

- Encourage kids to dribble with their heads up, so they don’t run into others.
- Encourage kids to dribble quickly yet under control. Make sure no player ever lets their ball get more than one arm length from their body.
- Encourage kids to get the ball under control and stopped on the sideline.

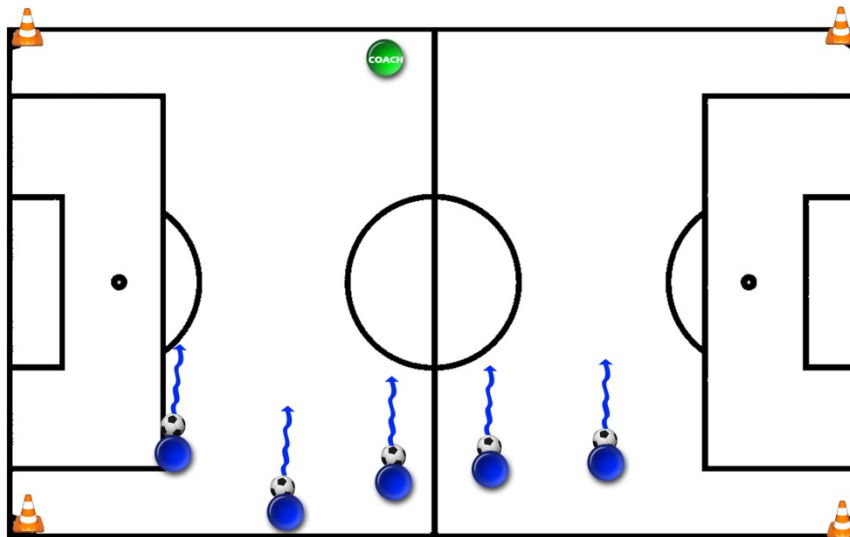
Variations:

- The players dribble around in the designated area. The coach is the big bad wolf. While dribbling the players take turns asking the coach what time it is. The coach can respond with lunch time, breakfast time, or an actual time like “3 O’clock”. When the coach responds dinner time the players need to protect the ball from the coach or he kicks the ball out of the area. The last player that still has the ball wins and can become the big bad wolf if the coach would like to assign that role to players. The coach may also elect to remain the big bad wolf.

DRILL D-4: RED LIGHT – GREEN LIGHT (U-6, U-8)

Objective:

To improve dribbling and ball control skills



Setup:

- Each player has a ball.
- Can be run in a small rectangular area of field (half a U6 field works well). Create a playing space that is small enough that it is challenging and the kids must pay attention to where they are going, but large enough that they can function.

Activity:

- Each player dribbles in any direction but must stay in the marked area. When the coach says “Red Light!” everyone stops there their ball. When the coach says “Green Light!” players resume dribbling.

Coaching Considerations:

- Encourage kids to dribble with their heads up, so they don’t run into others.
- Encourage kids to dribble quickly yet under control. Make sure no player ever lets their ball get more than one arm length from their body.
- Encourage kids to get the ball under control and stopped quickly after “Red Light” is called.

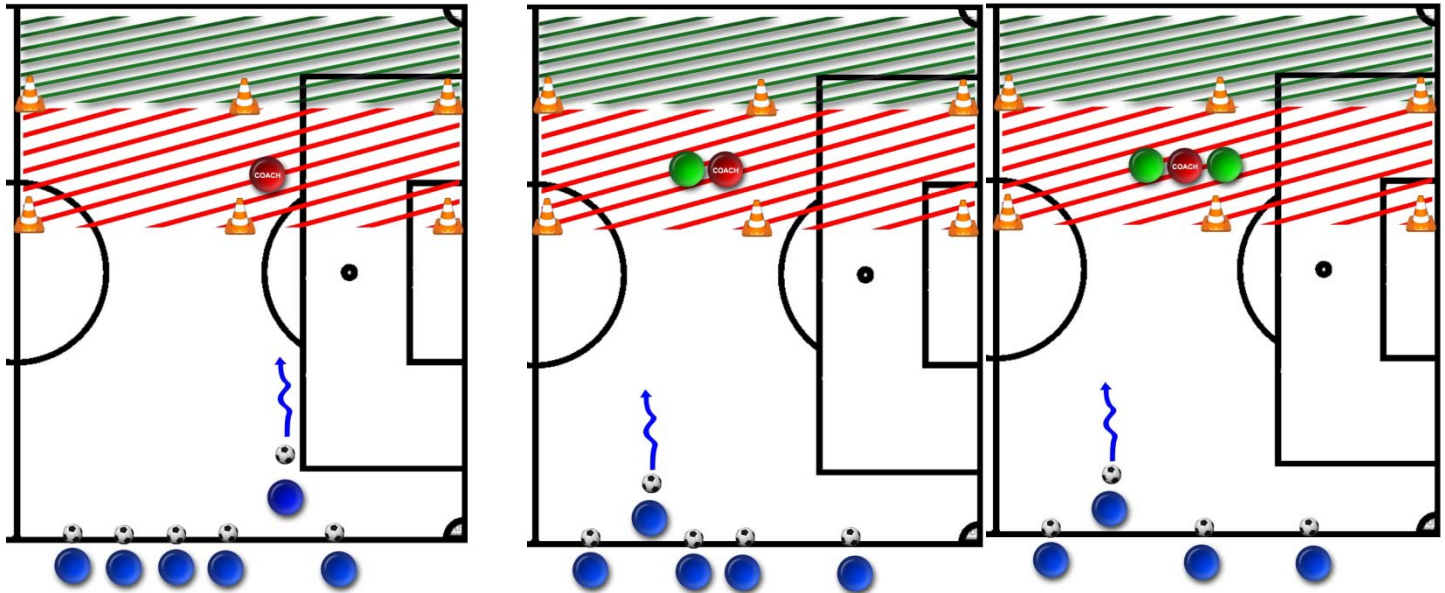
Variations:

- Once kids get the hang of this, add extra moves on the red light to green light transition. For example, when you call “green light” you could have the players execute a proper Draw Back to reverse direction before they resume dribbling. You can use any foot skill for this: Draw Backs, Brushes, Toe Taps, Tick Tocks, etc.
- For U8 kids, you can use a race format. All the kids line up across one goal line. Coach blows the whistle and they dribble as fast as they can toward the other goal line, but remaining under control. When coach blows the whistle again, everyone must stop their ball quickly. Any player that that takes too long to stop their ball, goes back to their starting spot. The player that makes it to the other goal line first, wins.

DRILL D-6: RED ROVER (U-6)

Objective:

To get U-6 players comfortable dribbling towards a defender.



Setup:

- 6 Cones – Place six cones to make “Red Zone”.
- Players line up on one sideline with ball.

Basic Activity:

Rover calls out player by name to try and dribble across the “Red Zone”. Rover has to stay inside the Red Zone. If the player makes it through, they wait on the other side for their teammates. If the Rover gets the ball or the player dribbles out of bounds, they have to join the Rover as his or her helper and either link elbows or hands. As additional players fail to cross, the line of defenders grows. The next Rover is chosen from those that made it across.

Advanced Activity:

Have the player stop the ball exactly on the other sideline.

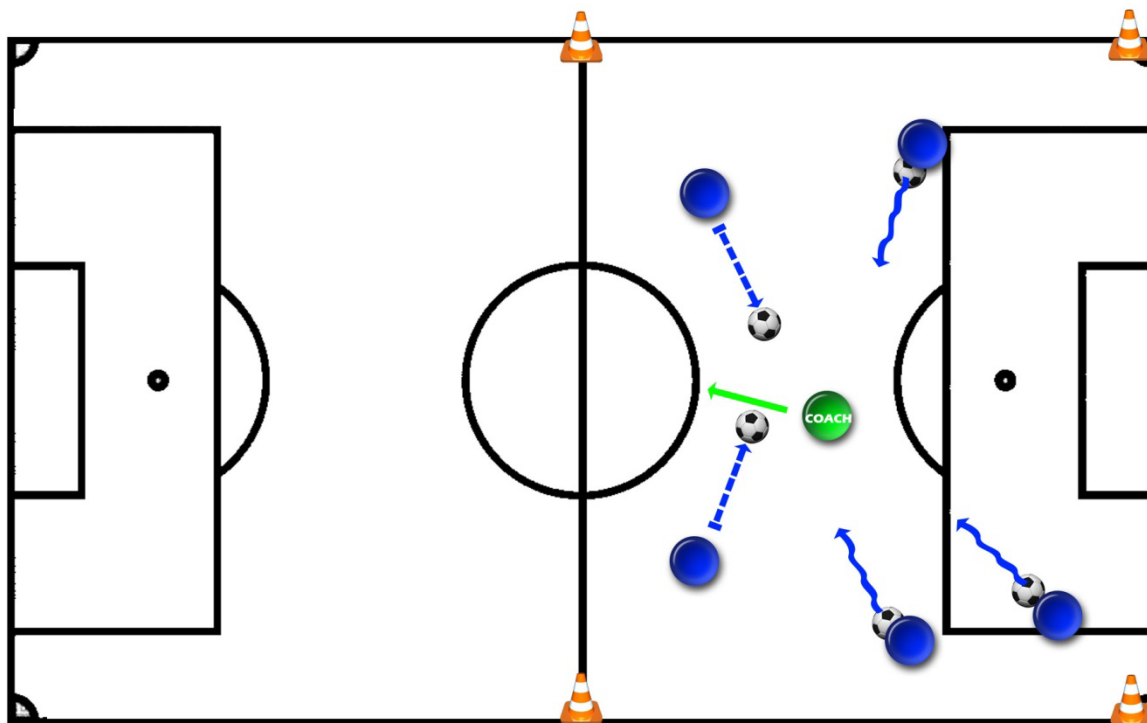
Coaching Consideration:

Stress controlling the ball and keeping it close when dribbling. NO BIG KICKS across the Red Zone.

DRILL D-7: KICK THE COACH (U-6)

Objective:

To get U-6 players practice shooting for accuracy at a moving target.



Setup:

- 4 Cones – Place cones to mark out the area of play or use half of a U-6 Field.
- Players all have a ball.

Basic Activity:

Players try to hit the coach with their ball. The coach slowly jogs around the area moving erratically. Each “hit” the coach receives disables one limb, starting with the arms and then the legs. So after 3 “hits” the coach is hopping around on one leg with his arms behind his back. Once the coach has been hit 4 times the game is over.

Advanced Activity:

Extend play by having players count the number of times they hit the coach and forego the disabled limbs. The one with the most “hits” in 5 mins. wins.

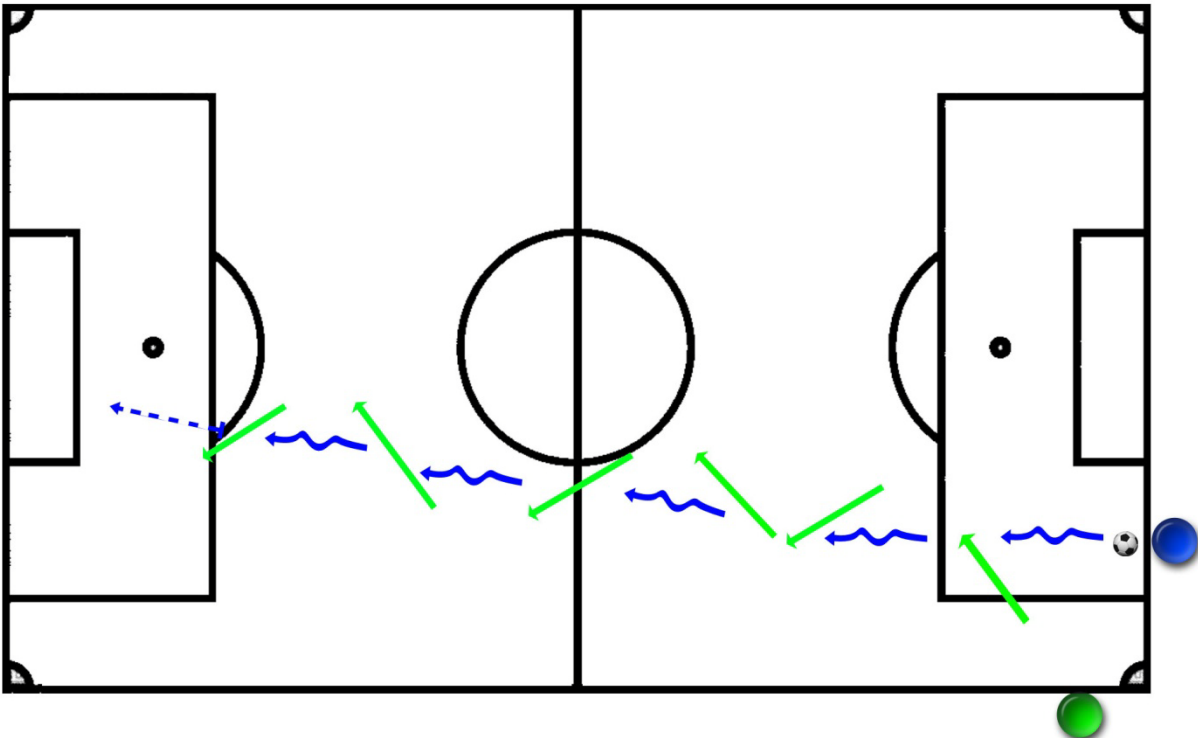
Coaching Consideration:

Stress dribbling to get into range before taking their shot and then quickly retrieving it. Stress proper technique of using the laces part of the foot when shooting at the coach, JUST SAY NO TO THE TOE.

DRILL D-8: ZIG-ZAG/GOAL SIDE OF THE BALL (U-6)

Objective:

To get U-6 players comfortable playing defense.



Setup:

- 3 Cones – Place one cone as starting position for player with ball. Place one as starting position of player without ball. Place one cone to mark where the player can take shot.
- Split team in two groups with one group keeping their ball. Have them line up at the starting positions by cone by goal.

Basic Activity:

Player with Ball dribbles to other goal and take a shot when they get to the cone. Player without Ball runs back and forth in front of player with ball. While running the player faces the same way as the dribbler, toward the goal they are protecting.

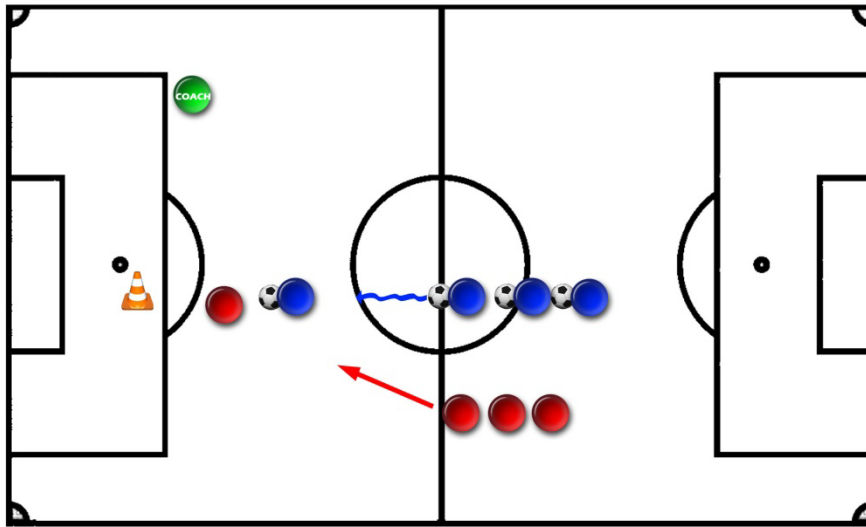
Advanced Activity:

Have the player without the ball try and kick the ball as they pass by the dribbler.

Coaching Consideration:

Kids do not have to try and take the ball away. You want them to obstruct the dribbler. “Goal side of the Ball” is the coaching term to use, defined as “staying in between the ball and your goal”.

DRILL D-9: GOAL SIDE OF THE BALL (U-6, U-8, U-10)



Objective:

To teach proper one on one defensive positioning and techniques while also teaching offensive moves to attack the goal and shoot

Setup:

- Played on half a field, maybe a little more than half field for U6 since the field is smaller.
- Put $\frac{1}{2}$ the team in an offense line that starts at center midfield. Mark this spot with a cone.
- Put the other $\frac{1}{2}$ in a defensive line starting at left or right midfield. Set the

defensive starting spot about 5 ft. closer to the goal, so the defenders get a little head start. Mark this spot with a cone.

- Place a shooting cone a reasonable shooting distance in from of the goal.
- You can put a goal keeper in the goal or not.

Activity:

- When coach blows the whistle, the offensive player at the front of the line starts dribbling to the goal as fast as they can. Their objective is to get past the shooting cone, then to put a good shot on goal.
- The defensive player at the front of the line runs as quickly as possible to get “goal side of the ball.” The defenders objective is to position himself between the ball and the goal and stay there without touching the ball until there is a shot on goal or until about 30 seconds expires.
- After the play, players return to the end of the opposite line, so everyone gets an equal number of offense and defense reps.

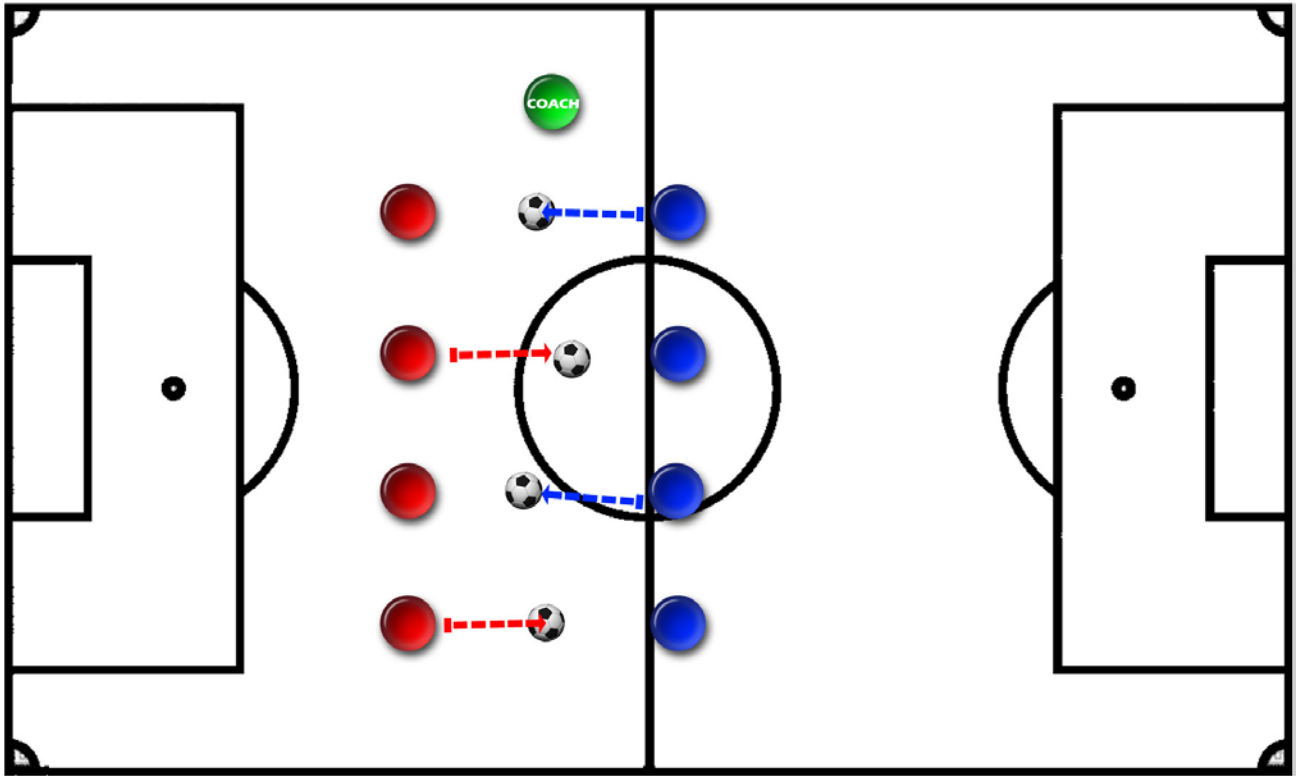
Coaching Considerations:

- Encourage kids on offense to dribble past the shooting cone quickly yet under control, so they can get a solid shot. As the kids advance, you can start to introduce techniques for dribbling around a defender such as head fakes, stop and goes, brush fakes, etc. You can tie these moves back to basic ball skill drills, and show how these skills build up to real offensive moves.
- Encourage kids on defense to move to keep their feet moving. They need to take big fast steps to get goal side of the ball, then once they cut off the offensive player, they need to take small choppy steps to stay goal side of the ball as they track with the offensive player. As the defenders progress, have them work on trying to push the offensive player toward the sideline with their positioning.
- We don't let the defender touch the ball in this drill because we are trying to focus on proper defensive positioning. As players progress and/or with older kids (U10 and up), you can try letting the defender attack the ball to gain possession during the drill.

Variations:

- You can also have the defender start at the shooting cone. With the defender running straight at the approaching offensive player in this case, you need to focus again on big, fast steps to get to the ball. But as the defender approaches the ball, they need to “break down” into small choppy steps, so they can stay goal sided of the ball as the offensive player tries to dribble around them.

DRILL P-1: TWO-TOUCH PARTNER PASSING (U-6)



Objective:

To get players to control the ball passed to them and then to be able to pass it back.

Setup:

- Line up players on mid line with a partner about 5" to 8" away
- One ball per couple

Activity:

Players pass the ball using the inside of their foot with their feet in a "L" position to their partner. Their partner stops the ball by making a wedge with their foot and "TRAPPING" the ball. They then pass it back.

Variations:

- Passing competitions – count how many passes within a certain time frame (30 – 60 seconds), set up cones about a yard apart and have players count how many times they can pass without hitting or going outside the cones.
- Stipulate feet – only right foot or only left

Coaching Considerations:

When passing, the motion should come from the hip and not the knee. Stress using the inside of the foot and not the toe. "JUST SAY NO TO THE TOE"

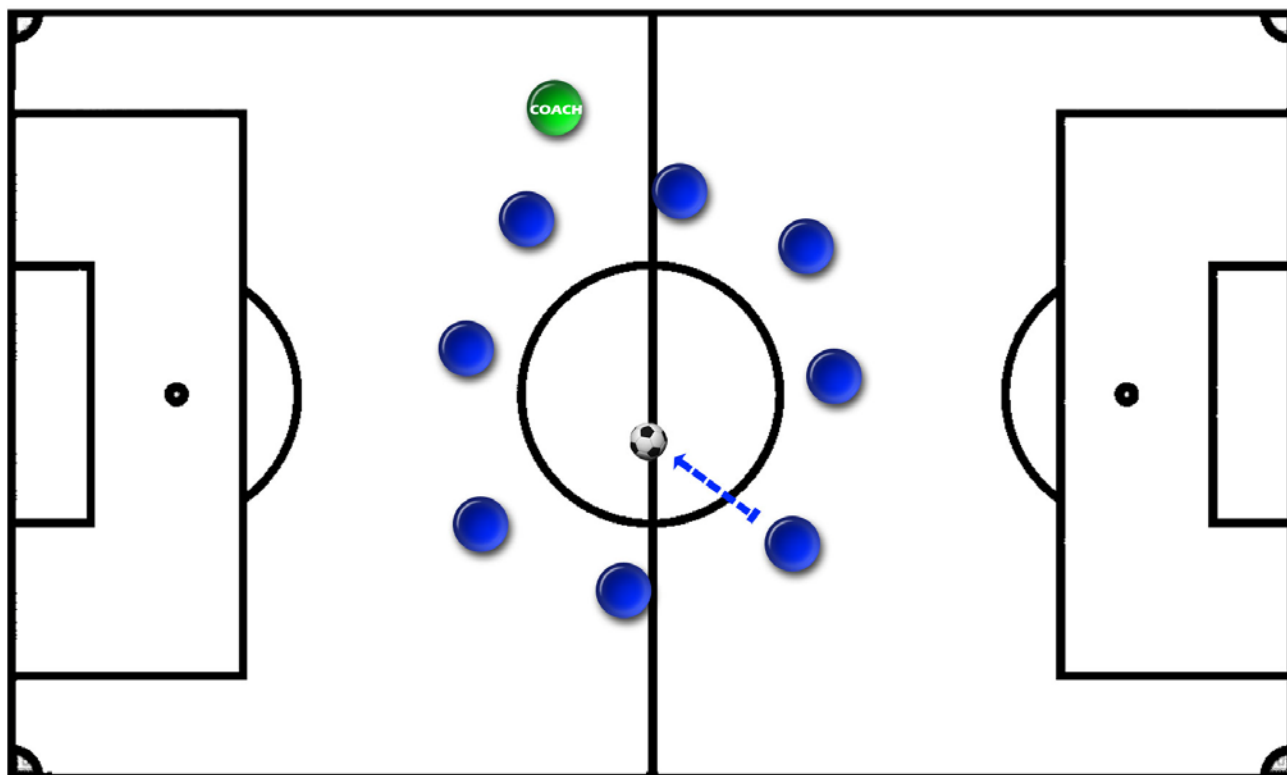
When trapping a pass, stress keeping their body in front of the ball and not allowing it to get past them. They do not need to execute a perfect trap when receiving the ball, but do need to keep it in front of them.

DRILL P-2: TWO-TOUCH PASSING IN CIRCLE (U-6)

Objective:

To get players to control the ball passed to them and then to be able to pass it on, and to communicate with their teammates.

Setup:



- Place kids in a circle about 10" to 12" in diameter
- One ball

Activity:

Players call out a teammates name and then pass the ball using the inside of their foot with their feet in a "L" position. The teammate stops the ball by making a wedge with their foot and "TRAPPING" the ball. They then pass it back.

Variations:

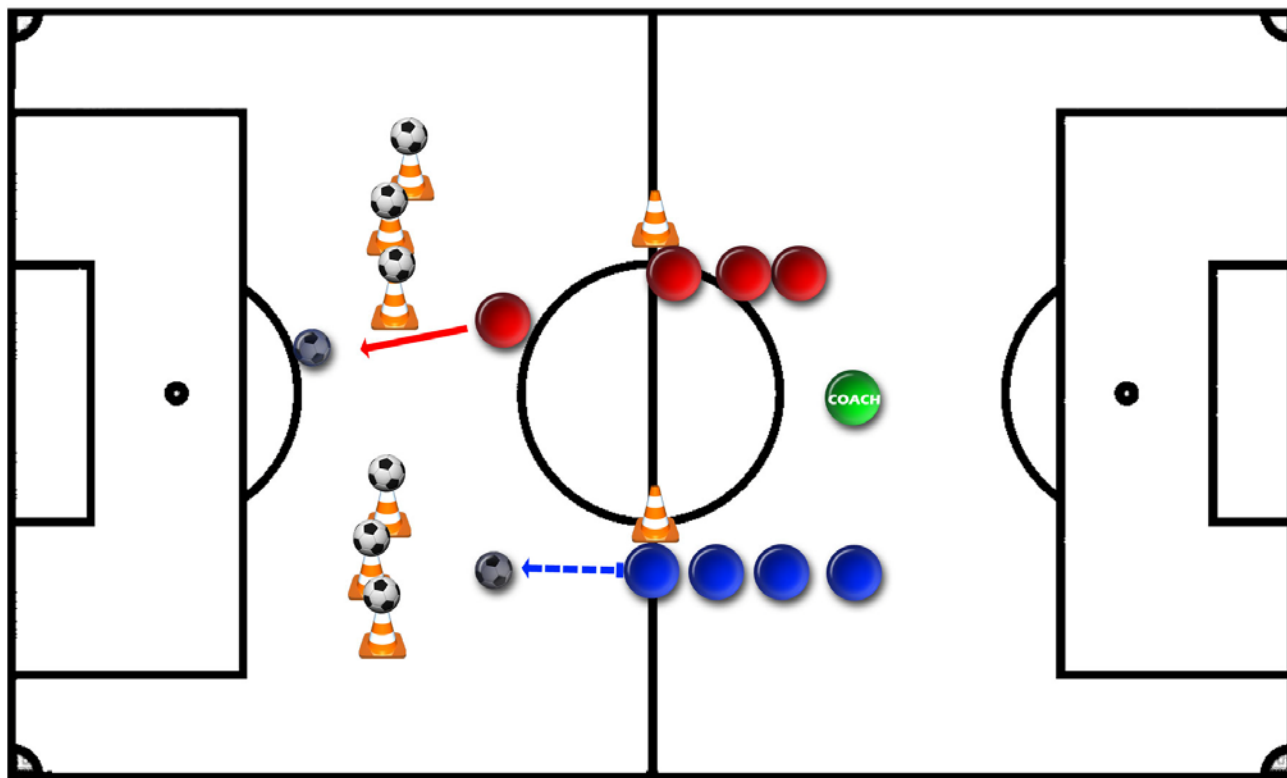
- Add a second ball
- Add a defender to the middle for Monkey in the Middle

DRILL P-3: BOWLING (U-6)

Objective:

To get players to pass the ball with accuracy.

Setup:



- Place 2 groups of 3 cones about 10' out from the cone marking where the players should line up.
- Each cone has a ball placed on top
- Divide the team into two teams
- One ball per team

Activity:

The teams compete to knock off all 3 balls from their group of cones. The first player in line stays behind the line and makes a pass to try and knock a ball off a cone. The player runs after the ball and has to pass it back to the next player in line. Once all three balls are knocked off the cones game ends.

Coaching Considerations:

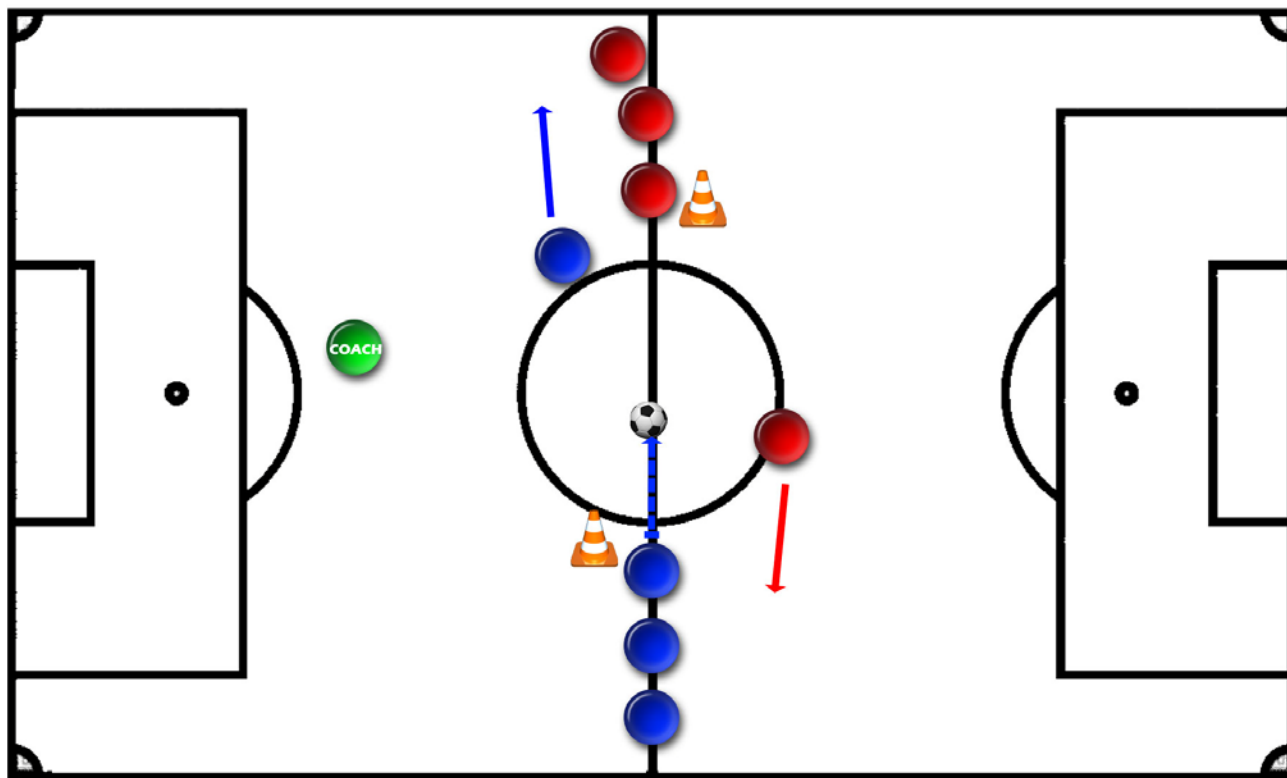
When passing, the motion should come from the hip and not the knee. Stress using the inside of the foot and not the toe. "JUST SAY NO TO THE TOE"

DRILL P-4: TWO-TOUCH PASS-N-FOLLOW (U-6)

Objective:

To get players to control the ball passed to them and then to be able to pass it back.

Setup:



- Place 2 cones about 5 to 10 yards apart. Place 2 to 3 players to the side and behind each cone (directly across from each other).
- One ball

Activity:

The first player with ball on cone A passes to the first player on cone B and after passing sprints to the end of line at cone B. The receiver on cone B then passes back to the next player on the front of the line at cone A and sprints to the end of the line at cone A (repeat). The drill repeats at a high pace with goal to minimize mistakes.

Coaching Considerations:

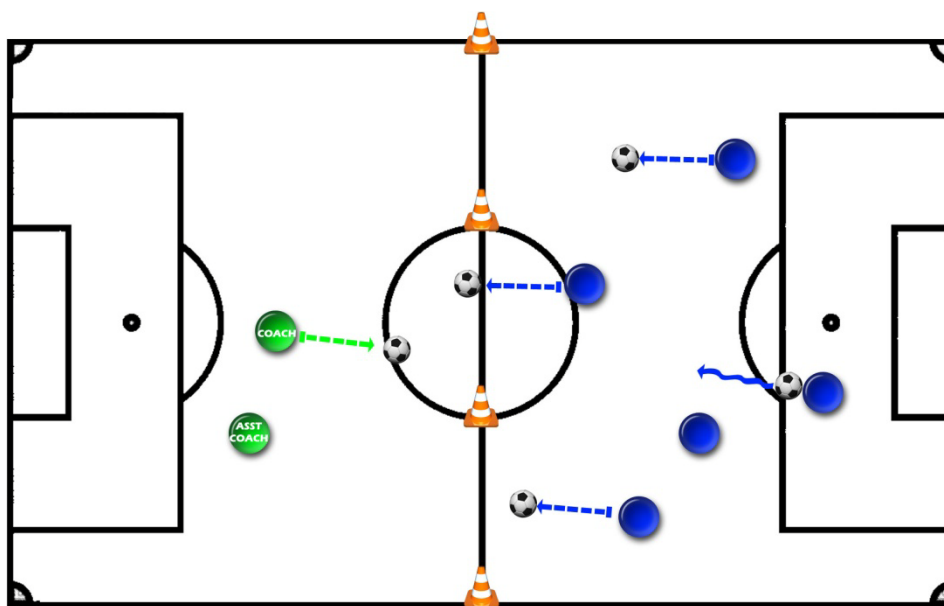
When passing, the motion should come from the hip and not the knee. Stress using the inside of the foot and not the toe. "JUST SAY NO TO THE TOE"

When trapping a pass, stress keeping their body in front of the ball and not allowing it to get past them. They do not need to execute a perfect trap when receiving the ball, but do need to keep it in front of them.

DRILL S-1: WAR (U-6)

Objective:

To promote working as a team to get the ball away from our goal and to the other side of the field



Setup:

- Played on a full U6 field. Half the field is the coaches' side, the other half is the kids' side. The kids' must stay on their side only. Coaches must stay on their side only.
- Place the full team on the kids' side of the field.
- The coaches start with all the balls.
- Pick time that each round will last. Two minutes is a good start.

Activity:

- The coach(es) blows the whistle to start the round. The coach(es) quickly kicks all the balls randomly into the kids' side of the field. Make sure to kick the balls softly enough that they stay in bounds on the kid's side, but spread them around.
- The kids move as quickly as they can to get all the balls back on the coaches side of the field. Coach(es) runs down balls and returns them to the kids side.
- Count down the last ten seconds of the round to make it a little dramatic. Whichever side of the field ends up with fewer balls when time runs out, wins the round
- Play a few rounds and stop in between to discuss coaching points

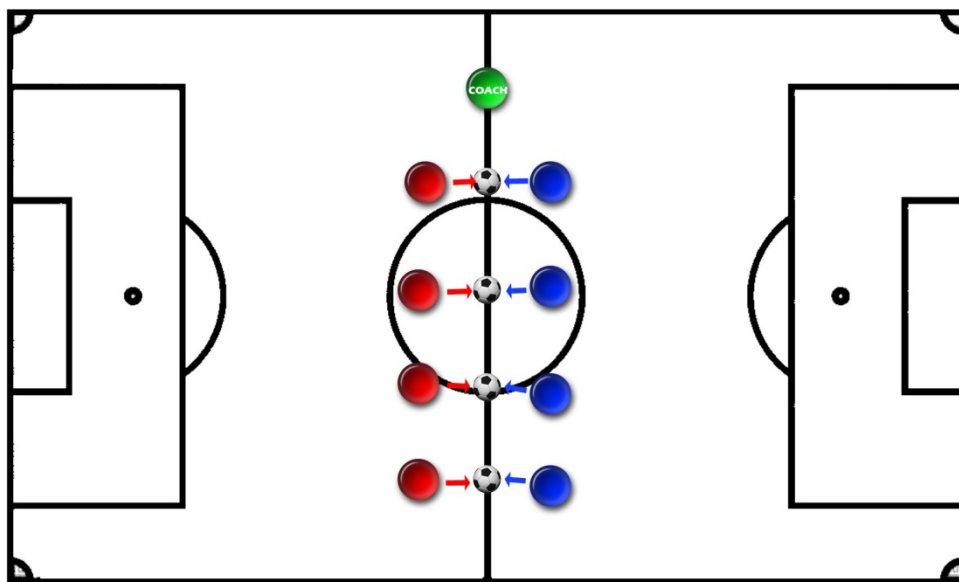
Coaching Considerations:

- Encourage kids to "get those balls away from YOUR goal" and to hustle during play
- Make it competitive between the kids and coach(es). The kids are always excited to best the coach(es)
- Make sure the kids are keeping the ball in bounds. You want them to gain possession as quickly as possible, get the ball away from their goal to the coach(es) side while keeping it in bounds, looking toward game situations, one of their teammates down the field could take possession on the other side of the field and score.

DRILL S-2: DRAW (U-6, U-8)

Objective:

Builds on basic foot skills (in this case Draw Backs) to promote a transition from “pack mentality” soccer to possessing the ball



Setup:

- Count off the team into ones and twos, or something fun for U6 like crocodiles and piranhas
- Place the ones on a line with arm length spacing between them. Place all the twos face to face with a one to make partners. Partners should be about 3 ft. apart with a ball between them.

Activity:

- This drill basically works like a hockey faceoff. When the coach yells draw, each set of partner's tries their best to gain possession of the ball from each other using a Draw Back.
- Then the balls go back between the partners and you repeat it ~ 10 times.

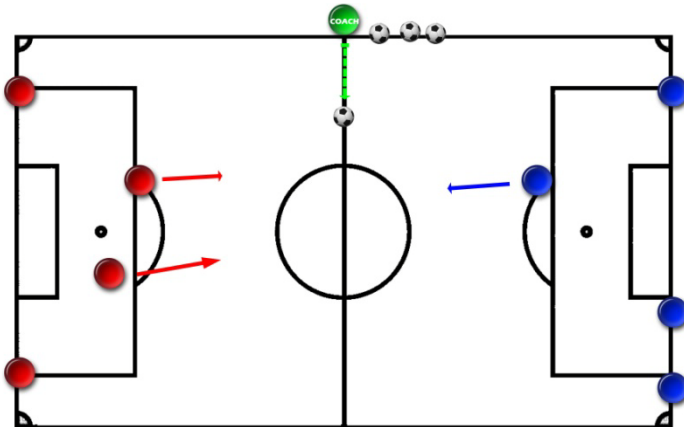
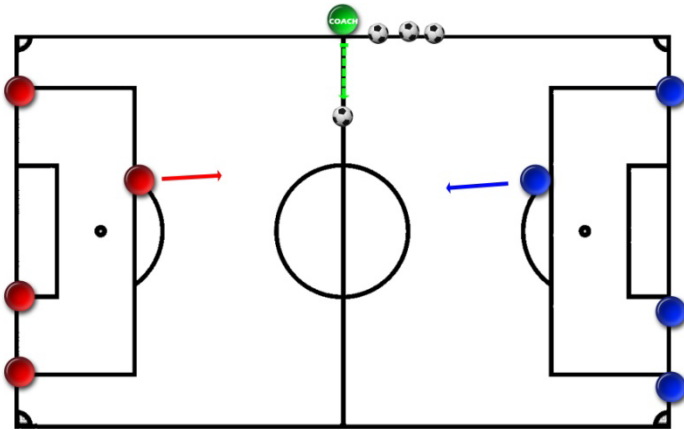
Coaching Considerations:

- Encourage kids to be aggressive going after the ball.
- Demonstrate shielding techniques they can use once they get the ball. Placing their body between the ball and their partner once they have gained position will help them keep position.
- In games, this is a good technique for pulling the ball away from a cluster of kids to gain possession then move the ball away from the pack into empty space on the field. Clusters of kids around the ball are commonplace in U6 soccer and still happen a lot at the U8 level. You can call back to drills like this (“Remember when we played Draw”) to help coach the kids out of a pack mentality. If they can gain possession from “the pack” and dribble toward the goal, they have a chance to score a goal!!

DRILL S-3: 1 vs. 1 GAMES (U-6)

Objective:

To get U-6 players to move to the ball and individually transition from offense to defense. Explain if they reach the ball first they are on offense first, if they don't they are on defense first.



Setup:

- Line equal number of players up at either end of the field next to the goals. Can use half field if desired by bringing one goal to mid field.
- Coach with supply of balls is located at midfield sideline

Basic Activity:

Coach calls out a name of one player from each side of the field to play. Then he/she passes a ball to the center of the field to start the 1 vs. 1 match. The match is over when the ball leaves the playing field or a goal is scored.

Advanced Activity:

Coach can call more than one player from each side. So a 2 vs. 2 is created or a 1 vs. 2.

Coaching Consideration:

If weaker players are not charging to the initial ball, pass the ball a little closer to their side when starting the match. If you have an overly aggressive player, have them play against 2 players from the other side.