



Under 10 Spring Training Sessions



2012 - U10 - Spring Lesson Plan

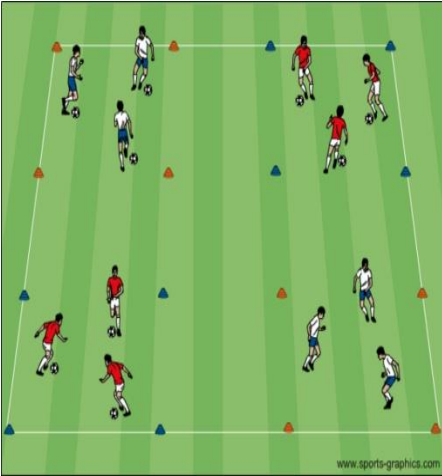
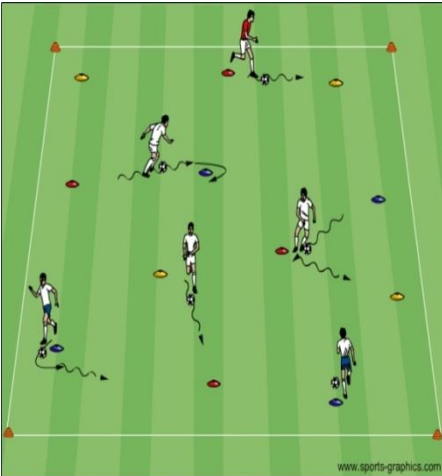
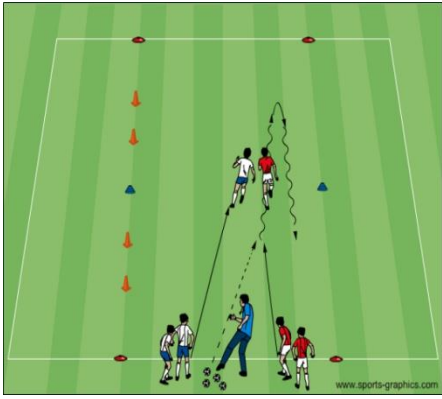


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Module: 1 – Week 1

Topic: Dribbling and Turning

Objective: To improve the ability of the player to turn when dribbling the ball

| Technical Warm up | Organization | Coaching Pts. |
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|  | <p>6 Surfaces: Divide the team into 4 groups of 3 or 4 players. Place each group in a 6x6 grid. The players will perform the following ball touches with one foot:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch ○ Inside of the foot touch ○ Laces (instep) to push ball away ○ Bottom (sole) to drag ball back ○ Toe to push the ball way ○ Heel to bring the ball back behind you to turn <p>After the turn, the player should do it with the other foot. After a while, put the players in each square to compete.</p> <p style="text-align: right;">Time: 10 minutes</p> | <ul style="list-style-type: none"> • Players should start slow and increase the speed as they go • Touches should be soft but able to move the ball • Keep the soccer ball close and under control <p>Dribbling</p> <ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/Outside ○ Laces (Instep) ○ Bottom (Sole) and Heel • Keep your head up and use peripheral vision • Change of direction and speed |
| Activity 2 | Organization | Coaching Pts. |
|  | <p>The Running Maze All players in a determined area standing by a cone. At the command of the coaches, the players will go around (running with the ball) as many cones as they can. Coach will prompt players to change direction at the cone:</p> <ul style="list-style-type: none"> • With the inside of the foot (Cutting) • With the outside of the foot (Hooks) • Dragging the ball back (Facing and Away) • With the forward part of the sole • Double Cuts & Hooks <p>Add defenders to introduce Shielding</p> | <p>Running with the ball</p> <ul style="list-style-type: none"> • Push the ball forward with the instep (Laces and outside of the foot) • Each touch of the ball should push it a few steps ahead of the dribbler • Keep a natural running stride • The head is up and the eyes scan the field • Use the appropriate surface for the appropriate turn • Players must accelerate after turn • Turn should be performed with right and left foot <p style="text-align: right;">Time: 15 minutes</p> |
| Activity 3 | Organization | Coaching Pts. |
|  | <p>1v1 Running and Turning: In a 15x20 yard grid divided into two boxes of 15x10 yards each with goals on one side, the coach will serve the ball to the red team. The white team will be defending. In order to score, the red team needs to perform a turn in the second box. After the turn, the player can score in any of the goals. If the defending team gets the ball they can score after performing a turn. After all the red team players have gone switch. Teams keep score.</p> | <ul style="list-style-type: none"> • Use the front of the foot – laces, to push the ball in front • When confronted by a defender, make a decision to either dribble or turn • The head is up and the eyes scan the field • Protect the ball from the defender • When and how to turn • Transition <p style="text-align: right;">Time: 15 minutes</p> |
| Game | Organization | Coaching Pts. |
| <p style="text-align: center;">4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Re-enforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p> |
| Cool Down | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |



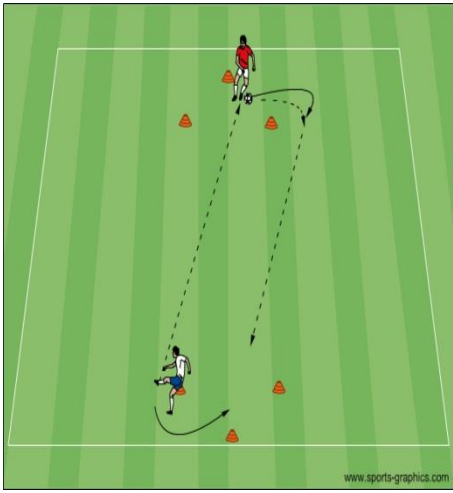
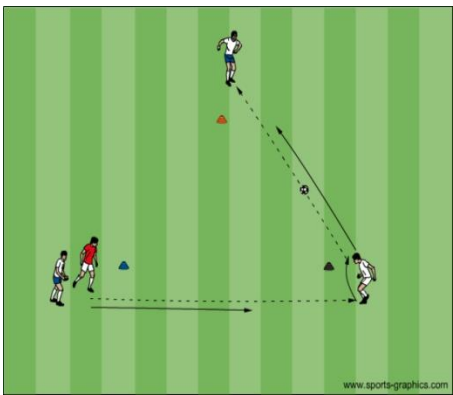
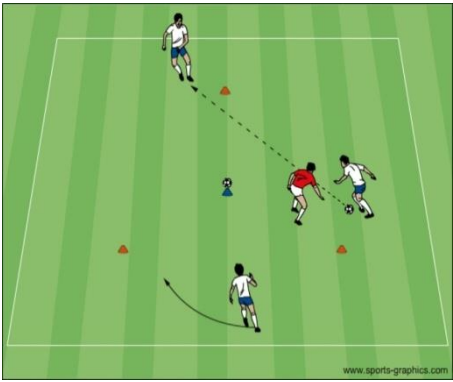
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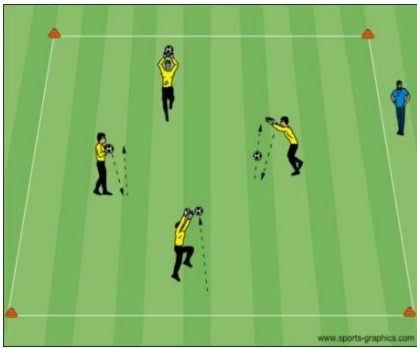
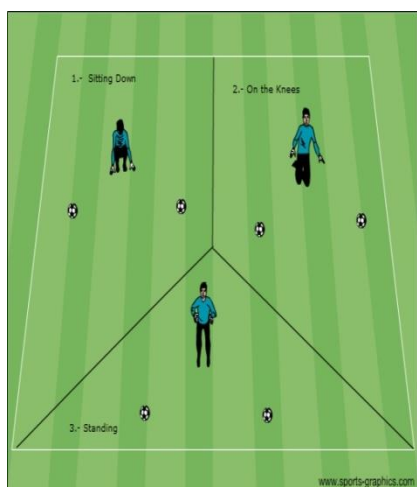
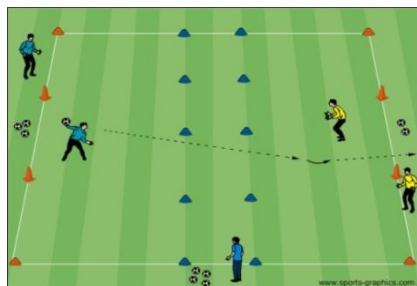
Module: 1 – Week 2

Topic: Passing and Receiving

Objective: To improve the player ability to pass and receive ground balls

| Technical Warm up | | Coaching Pts. |
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| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
|  | <p>Millwall Passing: Two players will be in between two cones about 4 yards apart and at least 8-10 yards from each other. They will inter pass and receive with the inside of the foot. Coach the players to:</p> <ol style="list-style-type: none"> 1. Pass with one foot and receive with the same foot 2. Pass with one foot and receive with the other foot 3. Pass with one foot, and receive the ball with a directional first touch past the cone by you <p>Coach: assist the players to deliver the pass in between the two cones</p> | <p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance • Surface of the ball to strike <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception <p style="text-align: right;">Time: 10 minutes</p> |
| Activity 2 | Organization | Coaching Pts. |
|  | <p>Inter's Passing Triangle: Three players are in a big triangle and are inside of a 4 yard triangle. The players must receive and pass the ball inside their triangle. All players follow their pass.</p> <p>Coach the players to:</p> <ol style="list-style-type: none"> 1. Receive and pass with the same foot 2. Receive Left pass right, Receive Right, pass left 3. Pass with one foot and directional first touch past the cone | <ul style="list-style-type: none"> • Head up to make eye contact • Weight and accuracy of the pass • First touch(To prepare the ball) • Surface of the foot • Surface of the ball t • Technique with both feet • Keep feet moving <p style="text-align: right;">Time: 15 minutes</p> |
| Activity 3 | Organization | Coaching Pts. |
|  | <p>3v1 Knock the Ball Outside a triangular grid 3 players try to knock the ball while a defender is trying to get possession of the ball. If the defender intercepts the ball, or tackles it and possesses it, then the player who lost the ball goes in the middle</p> | <ul style="list-style-type: none"> • Tech of Passing and Receiving • Possess the ball to look for an opportunity to hit the ball on the cone • Players in good supporting positions • Decision making: safety versus risk • Communication • Good team shape <p style="text-align: right;">Time: 15 minutes</p> |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Re-enforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p> |
| COOL DOWN | | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> |

Module: 1-Week Three Topic: Goalkeeping Footwork and Proper Diving Technique
Objective: To improve the technical aspects of proper footwork, body position, handling the ball, and teach goalkeepers the correct diving technique.

| Technical Warm up | | Coaching Pts. |
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| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
|  | <p>Up / Down: GK’s shuffling in and out of each other within the 18 yard box while bouncing a ball on the ground, when coach yells out down, the player rolls a ball out to him/herself to go and scoop it up. The word up means the GK’s throw a high ball to themselves. Version 2: On the same commands, the GK’s quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again.</p> | <ul style="list-style-type: none"> • Catch the ball with a “W” hand position on any ball waist height and above (formed by thumbs and index fingers) • For low balls have hands together with fingers pointing towards the ground (pinky’s together like a shovel scooping into the body) <p style="text-align: right;">Time: 10 minutes</p> |
| Activity 2 | Organization | Coaching Pts. |
|  | <p>Diving Progression: Basic Diving: Each player is seated on the ground, with knees bent. They must place a ball about 2 steps away to the left or right at a 45 degree angle in front of them. The GK must roll down their side reaching out to make the save. Kneel Diving: Each GK is kneeling on one knee (leg closest to the ball has foot planted on ground) with ball about 2 steps away to the left or right at a 45 degree angle in front of them. Now a small step must be taken at a 45 degree angle towards the ball before reaching out and diving to make the save. Standing Diving: Each player in a ready position with a ball 4-5 steps away to the right or left of them at a 45 degree angle out in front. GK must take a large step towards the ball and collapse in the direction of the ball, rolling down their side and reaching out to make the save.</p> | <ul style="list-style-type: none"> • Instill upon the GK’s to attack hands first, moving their body forward • Lead with their hands in order to attack the ball • Eyes on the ball, one hand on top, one behind • Elbows slightly bent and top leg up for protection • GK must then kick out with the top leg up for protection in order to go back to a standing position <p style="text-align: right;">Time: 15 minutes</p> |
| Activity 3 | Organization | Coaching Pts. |
|  | <p>Small Goal Saves: Two lines of players, each in between a cone goal, facing each other with one ball and extras on the sides. (maximum players per line is 3) Goals should be about 30 yards apart with a 10 yard buffer zone in the middle. Keepers are now trying to score on each other by either throwing or rolling it but the ball must bounce on the opponent’s half before a goal is scored. GK gets one point for a goal. Once a GK gets scored on, next person in line hops in.</p> | <ul style="list-style-type: none"> • Be in a ready set position before every ball • Go to the ball and carry momentum forward • Quick lateral footwork to get body behind every ball to limit diving <p style="text-align: right;">Time: 20 minutes</p> |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p> |
| <p>COOL DOWN</p> | | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> |



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Module: 1 – Week Four

Topic: Defending – Pressing the Ball

Objective: To improve the player’s ability on when and how to press the ball

| Technical Warm up | | Coaching Pts. |
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| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
| | <p>1v1 Defending foot work : The server will pass the soccer ball to the attacker and the defender will press the ball. The receiver will dribble the ball and the defenders will back up keeping a good defending posture</p> <p style="text-align: right;">Time: 10 minutes</p> | <ul style="list-style-type: none"> • Speed of approach- Approach fast...arrive slow • Angle of approach-We want to direct the player one way on the field, take away option of advancing forward • Body shape-knees bent, on balls of your feet, one foot slightly angled in front of other foot <p>Pressing Defender :</p> <ul style="list-style-type: none"> • Concentrate on the 5 D’s of Defending: <ul style="list-style-type: none"> ○ Close the attacker Down ○ Slow Down ○ Get Down ○ Stay Down ○ Decide & Destroy • Important to delay progress of the opponent by jockeying the attacker with the ball • Read attackers 1st touch and make decision to tackle or delay • Immediate pressure on the ball • Patience; do not over commit • Block Tackle • Poke Tackle • Recognizing when and how to pressure the ball |
| Activity 2 | Organization | |
| | <p>2A 1v1 Defending to small goals: As soon the server passes the soccer ball the defender will press the attacker. Score by passing or dribbling through the goal. Focus on speed and angle of approach body position etc. If defender wins the ball he/she can score (Transition).</p> <p style="text-align: right;">Time: 10 minutes</p> | |
| Activity 3 | Organization | |
| | <p>2B 1v1 Recovering to defend: The server will serve to the attacker and as soon as the soccer ball is served, the defender needs to get in between the ball and the goal to cut the path of the attacker with good speed and angle of approach. If defender wins the ball he/she can score (Transition).</p> <p style="text-align: right;">Time: 10 minutes</p> | |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p> |
| COOL DOWN | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |



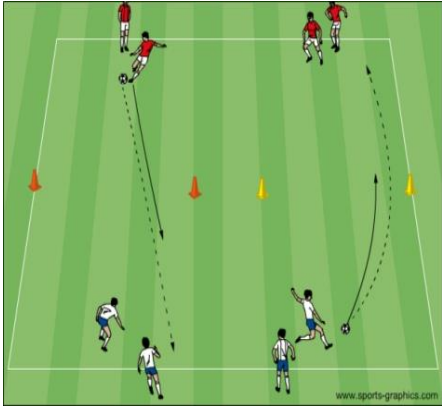
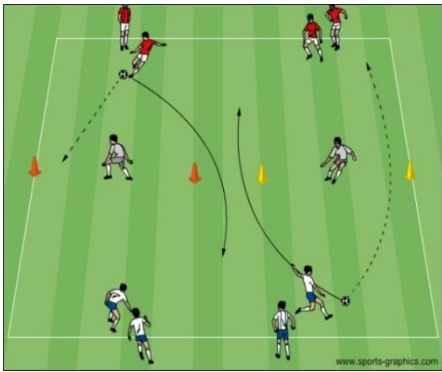
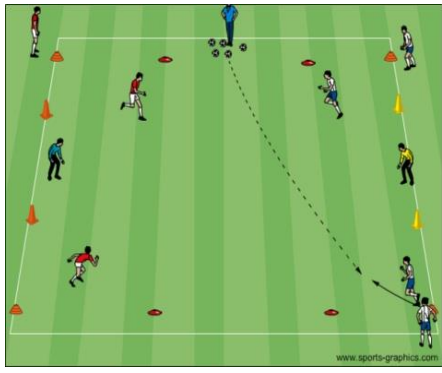
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Module: 1 – Week Five

Topic: Shooting

Objective: To improve the player's ability to strike the ball at goal

| Technical Warm up | | Coaching Pts. |
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| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
|  | <p>Shooting Through the Cones : Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.</p> | <p>Shooting Technique</p> <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Surface of the Ball • Surface of the Foot to strike the ball <p style="text-align: right;">Time: 10 minutes</p> |
| Activity 2 | Organization | Coaching Pts. |
|  | <p>Beat the Goalkeeper: With the same setup, add a GK in between the cones. The GK will only change when the shooter scores by putting the ball through the cones. After every shot the GK will turn around and try to stop/save the shot from his opponent. If the GK catches the ball, the GK must throw it back. If the GK produces a rebound the shooter has a second opportunity to score.</p> | <p>Against a Goalkeeper</p> <ul style="list-style-type: none"> • Keep the shot low • Try to hit the area near the cones • Use instep for power or inside of the foot to place the ball • Surface of the ball and the Foot to use • Finish rebounds <p style="text-align: right;">Time: 15 minutes</p> |
| Activity 3 | Organization | Coaching Pts. |
|  | <p>4 Corner Shooting: Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p> | <ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Combination Play <p style="text-align: right;">Time: 15 minutes</p> |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p> |
| <p>COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |



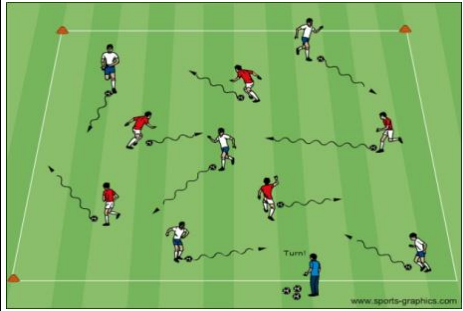
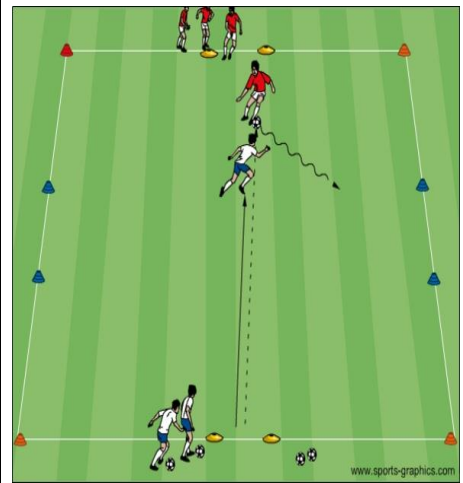
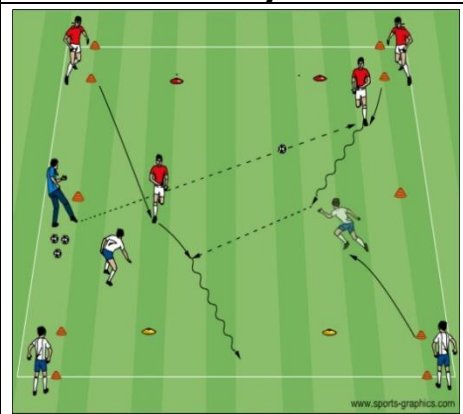
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Module: 2 – Week Six

Topic: Dribbling to Beat an Opponent

Objective: To improve player's confidence, their dribbling ability and the recognition of when to take opponents on

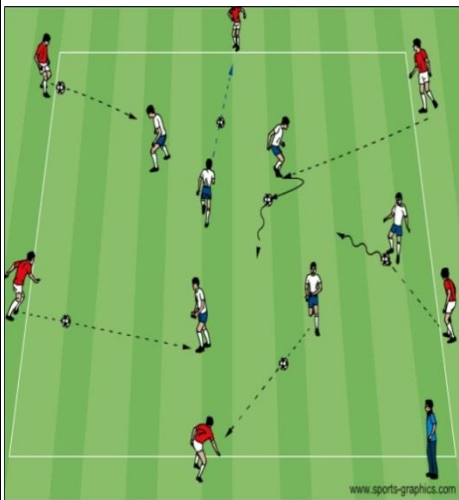
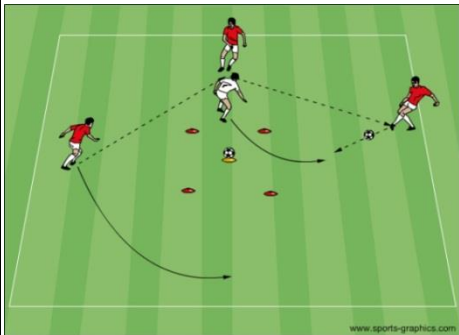
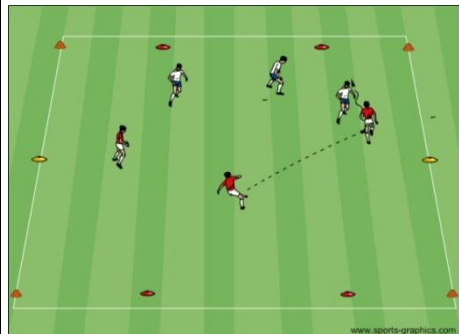
| Technical Warm up | | Coaching Pts. |
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| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
|  | <p>Free Dribble: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach will prompt players to work on:</p> <ul style="list-style-type: none"> • Circle and take • Fake and take • Bish bash • Puskas V • Stop and take | <ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces ○ Surface of the ball to strike • Keep your head up and use peripheral vision • Change of direction and speed <p><i>Time: 10 minutes</i></p> |
| Activity 2 | Organization | Coaching Pts. |
|  | <p>1v1 to Two Lateral Goals: Place 2-3 players between the yellow cones at the opposite side of the grid. One of the groups have all the soccer balls; the defenders, and other group are the dribblelino. When the first dribblelino gets the soccer ball he/she will try to score in one the lateral goals (blue cones). If the defender gets the ball, he/she can also score in one of the two side goals. When a player scores or the ball goes out of bounds a new 1v1 will start.</p> <p>Variations:</p> <ol style="list-style-type: none"> 1. The attacker can score in the side goals or the front goal 2. The attacker can pass back to the next attacker. After the pass he/she is out | <ul style="list-style-type: none"> • Keep the ball close to you under control • Execute a feint to unbalance the defender and dribble past him/her with a burst of speed • Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender • Encourage players to be creative with the ball at their feet <p><i>Time: 15 minutes</i></p> |
| Activity 3 | Organization | Coaching Pts. |
|  | <p>4 Corner Dribbling to End Zones: In 20x25 yard grid with an end zone at each end, players of the same team are placed by the corner cones of the End Zone they are defending. Half of the team is in a line at one cone and the other half at the other cone. The coach is standing outside the middle with all the balls. The game starts when the coach serves the ball into the field. The game is over when one team scores by dribbling the ball into the end zone. If the ball goes out of bounds, the players need to get out of the field quickly and get back in line.</p> | <ul style="list-style-type: none"> • Keep the ball close to you under control • Execute a feint to unbalance the defender and dribble past him/her with a burst of speed • Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender • Encourage players to be creative with the ball at their feet <p><i>Time: 15 minutes</i></p> |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce all the coaching points from all the activities</p> <p><i>Time: 20 minutes</i></p> |
| COOL DOWN | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |



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Module: 2 – Week Seven Topic: Passing and Receiving in Small Groups
Objective: To improve the teams' passing technique and to recognize the correct timing and opportunity to pass

| Technical Warm up | | Coaching Pts. |
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| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
|  | <p>Dutch Square: Half of the players on the inside of the square (with soccer balls), half on the outside. The insiders will pass the soccer ball to the outsiders. The outsiders will pass the ball back with one or two touches to the insiders. The insiders will receive the soccer ball and look for another outsider to pass to. After a few minutes, switch insiders with outsiders. Coach: have players pass and receive with the right and left foot. Procedure:</p> <ol style="list-style-type: none"> 1. Pass and Rec. 2 touches 2. Pass and Rec: Rec-left, pass-right and Rec-right, pass-left 3. Rec, Turn dribble and pass <p style="text-align: right;">Time: 10 minutes</p> | <p>Passing:</p> <ul style="list-style-type: none"> • Toe up (inside) or down & turned in (outside) • Placement of non-kicking foot and good balance • Surface of the Foot and Surface of the Ball to strike <p>Receiving:</p> <ul style="list-style-type: none"> • Keep feet moving before ball arrives and go to it • Keep ankle of receiving foot locked and body behind ball • Eye on ball at instant of reception <p>Coach: Have the players</p> <ul style="list-style-type: none"> • Talk and ask for the pass • Signal that he/she wants the pass • Check to or away from the pass • Get in good supporting distance and angles <p>Group Passing</p> <ul style="list-style-type: none"> • Supportive body position • Players in good supporting positions. Options close and far • Speed of play |
| Activity 2 | Organization | |
|  | <p>3v1 Knock the Ball: In an area, players in possession of the ball will try to knock the ball down for a point. If the defender intercepts the ball, or tackles it and gains possession, then the player who lost the ball goes in the middle. Coach: You can play this game with a 4v1.</p> <p style="text-align: right;">Time: 15 minutes</p> | |
| Activity 3 | Organization | Coaching Pts. |
|  | <p>3v3 to End Zones: In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p> | <ul style="list-style-type: none"> • Soft 1st touch receiving into space, away from pressure • Proper weight, accuracy, and timing of passes • Possession vs. Penetration • Proper angle and distance of support off the ball • Communication between players <p style="text-align: right;">Time: 20 minutes</p> |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce all the coaching points from all the activities</p> <p style="text-align: right;">Time: 20 minutes</p> |
| COOL DOWN | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |



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Module: 2 – Week 8

Topic: Goalkeeping Handling and Distribution

Objective: To improve the technical aspects of throwing the soccer ball after the Goalkeeper has collected it

| Technical Warm up | | Coaching Pts. |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
| | <p>Partner Catching for Distribution: Two lines of players, each in between a cone goal facing each other in a 12x 15 yard grid (three players per line max). GK1 starts with the soccer ball and bowls it to GK2, who scoops it from the ground and brings it up the body to secure the soccer ball. Immediately after the service, GK1 follows his/her service. GK2 repeats the process and bowl is to the next GK in line. After several rounds of bowling and scooping the soccer ball, the GK’s should:</p> <ul style="list-style-type: none"> • Baseball throw - Bag catch • Roundhouse throw - W catch <p>Coach: Players should attack the ball (GK should not wait for the soccer ball on the goal line). Serving players should put a bit of pressure to the catching GK when following their service. Time: 10 minutes</p> | <p>Catching:</p> <ul style="list-style-type: none"> • Feet square to the body, shoulders square to the ball, knees bent, arms out to the side, elbow slightly bent, eyes on the ball • Hands always lead, keep body moving forward • Be set before the shooter plants his/her non-kicking foot • W or Diamond Shape hands to catch high balls • Hands together, fingers point towards the ground with pinkies together for low balls <p>Throws:</p> <ul style="list-style-type: none"> • Bowl: ball must be cupped, GK stepping forward with opposite foot from serving hand, low body posture, release the ball low • Round House: ball cupped in hand straight back behind GK, bring hand with ball up over your head with elbow locked and shoulder going forward, then release the ball as hand comes up over the shoulder. Release early for a high service, or late for a low service • Baseball: ball in palm of hand besides head and is thrown straight forward as GK steps into throw, let ball roll off fingertips, backspin will help settle ball quicker |
| Activity 2 | Organization | |
| | <p>GK Wars (Hands Only): In an area 15x20 with an 8 yard goal at each end and half way line, GK’s will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse). GK can’t throw the ball past the half way line. If a GK gets scored on, a new GK gets in the goal. No more than 3 GK’s per side. Time: 15 minutes</p> | |
| Activity 3 | Organization | |
| | <p>Goalkeepers Hand Ball to End Zones: Split the team or Goalkeepers into two teams and play handball. Each player can only take 3 steps max. Keepers must catch the ball inside the End Zone in the air or after one bounce to score. On the field, keepers can’t allow the ball to bounce more than twice. Time: 20 minutes</p> | |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce all the coaching points from all the activities Time: 20 minutes</p> |
| COOL DOWN | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |



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Module: 2 – Week Nine

Topic: Defending – Working Together

Objective: To teach the players how to work together to regain the ball for their team

| Technical Warm up | | Coaching Pts. |
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| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
| | <p>Footwork Review & 1v1 Defending: The receiver will dribble the ball and the defenders will back up keeping a good defending posture. After several repetitions, play 1v1 - As soon as the server passes the soccer ball the defender will press the attacker. Score by passing or dribbling through the goal. Focus on speed and angle of approach, body position etc. If defender wins the ball he/she can score (Transition). Time: 10 minutes</p> | <p>Pressing Defender :</p> <ul style="list-style-type: none"> Concentrate on the 5 D’s of Defending: <ul style="list-style-type: none"> Close the attacker Down, Slow Down, Get Down, Stay Down and Decide & Destroy <p>Covering Defender</p> <ul style="list-style-type: none"> Should close space quickly <ul style="list-style-type: none"> Supporting distance close enough to choke passing lanes Provide pressure when the 1st defender is beating Body position to keep attackers in view Ready to switch from 2nd defender to 1st defender What to say to the pressing defender: <ul style="list-style-type: none"> “Stand them up” “Force Inside” “Force Outside” “Tackle!!” “Switch” (switch roles) |
| Activity 2 | Organization | <p>Time: 15 minutes</p> |
| | <p>1v2 Defending: In a defined area, two players will defend one attacker. If the defenders get the ball then the attacker needs to defend the two attackers. The defenders will pass the ball to the dribbler and the closest defender will press the ball.</p> | |
| Activity 3 | Organization | |
| | <p>2v2 Defending: In groups of 8-12 players per grid, half of the players will position on the side cones (Defenders) the other half will position on either side of the small goal (Attackers). The defender will pass the ball to one of the attackers and try to keep him/her from scoring, applying the principles of pressure and coverage. Coach: Concentrate on the covering defender</p> | <p>Coaching Pts.</p> <ul style="list-style-type: none"> Speed and angle of approach Pressing defender forces head down of attacker Covering defender is positioned about 30 degrees behind pressure Patience; do not over- commit Good communication to facilitate role switching while defending <p>Time: 20 minutes</p> |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> 4v4: 3-1 v 2v2 (no Goalkeeper) 5v5: Gk-3-1 v Gk-2-2 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce the coaching points from all the activities</p> <p>Time: 20 minutes</p> |
| <p>COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |



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Module: 2 – Week Ten

Topic: Shooting and Finishing

Objective: To improve the technique and confidence of shooting with the inside and instep of the foot

| Technical Warm up | | Coaching Pts. |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>6 Surfaces: Outside, Inside, Laces (Instep) to push the ball away, Bottom (Sole) to drag the ball back, push with the Toe, Heel the ball back to turn.. “Outside, Inside, Laces, Sole, Toe, Heel”! Speak to the ball.</p> | | <p>Keep the soccer ball close and under control</p> |
| Activity 1 | Organization | Coaching Pts. |
| | <p>Numbered Shooting: Two goals with GK’s set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p> | <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Strike the center of the ball and follow through towards target landing on shooting foot • Shooting technique of a moving ball <p>Time: 10 minutes</p> |
| Activity 2 | Organization | Coaching Pts. |
| | <p>4 Corner Shooting: Two equal teams playing 2v2 with GK’s. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent’s goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p> | <ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Combination Play <p>Time: 15 minutes</p> |
| Activity 3 | Organization | Coaching Pts. |
| | <p>3v3 (4v4) Plus Team on Deck : Two goals with GK’s set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p> | <ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception <p>Time: 20 minutes</p> |
| Game | Organization | Coaching Pts. |
| <p>4v4, 5v5, or 6v6</p> | <p>Play with goalkeeper and a formation:</p> <ul style="list-style-type: none"> • 4v4: 3-1 v 2v2 (no Goalkeeper) • 5v5: Gk-3-1 v Gk-2-2 • 6v6: Gk-3-2 v Gk-2-1-2 | <p>Reinforce the coaching points from all the activities</p> <p>Time: 20 minutes</p> |
| <p>COOL DOWN</p> | <p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p> | |