



U10 MANUAL

Introduction

Dear Coach,

On behalf of the **YMCA of Northwest North Carolina**, we are excited to have you working for our organization. Our goal is to ensure we all have a great season. To make this happen, you as a facilitator are one of the most important factors. Your goal must be that all players have a great experience and that they have become better players and have FUN.

Philosophy

Our emphasis is placed on the *technical* development of the player using small-sided training games.

U10 Characteristics

Children at this age are typically in grades 4 and 5 and may have been playing soccer for half of their life. Physically, they gain a lot of strength, endurance and power during this period. Some children will grow faster than others and developmental differences can be more easily seen. Mentally, they have the ability to remember and follow complex instructions, which enables them to solve higher-level problems. They will begin to think in advance and anticipate actions or ball movements.

From a social perspective players will begin to initiate play on their own and are becoming more serious about their football. Peer group belonging and pressure generated by peers becomes more significant. The need to belong becomes important. Gross and small motor skills becoming more refined and reliable. Boys and girls begin to develop separately. Greater diversity in playing ability and physical maturity. Skills are emerging and players with higher ability in relation to their peers are becoming more predictable and recognizable.

Training Recommendations

- Introduce basic tactical concepts.
- Repetition of technique is very important, but it must be dynamic, not static.
- Continued positive reinforcement needed.
- Explanations must be brief, concise, and mention "why".
- Desire for activities with lots of movement.
- Prefer identification with a team. Like to have good uniforms, equipment, balls.
- More inclined towards wanting to play instead of being told to play. Will initiate play more.

Coaching Considerations

- Coach seen as a model in terms of lifestyle and attitude toward soccer
- Provide lots of positive experience
- Emphasize outward symbols of commonality(jersey etc) but don't worry about self-centered play (dribbling instead of passing)
- Support risk taking measure effort, not results (losing is allowed); emphasize the fun of playing and keep parents in check if necessary
- Make sure your conduct is exemplary (e.g. control aggressive behavior)
- Provide opportunities for novel experiences and new ideas

Guidelines for Training Sessions

- Avoid long-winded explanations be short and to the point!!!
- Prepare what you going to say about: organization, drills, movements and/or conduct.
- Avoid braking up the flow of your explanation with ums, ahs, etc.
- Speak clearly, so that everyone can hear you.
- Look regularly at the group and the individual players as you speak. Does everyone seem to understand you?
- Vary the tone of your speech change the tempo and pitch.
- Inject some enthusiasm.
- Use gestures and mimes to underline what you say.
- Give the players a chance to ask questions.
- Repeat the essentials of what you have been saying.
- Illustrate your instructions with simple examples. Start by demonstrating, then
- Underline this with your explanation.
- Make sure the players are all relaxed before you start instructing them.
- Check whether your message is coming over by asking players to repeat what you have said.
- Restrict the amount of information as far as possible.
- Do not simply tell players what to do but also why.
- Monitor whether your instructions are followed, and take corrective steps if this is not the case.
- Be creative and use initiative: If the drill or game is too advanced, modify to increase the chances of success.
- Don't start instruction when players still playing
- Make sure every player is concentrated on your explanation
- Explain things a couple times, after 1 time is still difficult
- The accent of training must be a wide range of movement games
- Vary in games and exercises
- Try to get in their " world"
- Let them ask questions
- Most important is learning through playing
- Let them think and let them come up with solutions
- Use small side games 1 v 1, 2 v 2, 3 v 3, 4 v 4 in training sessions
- Strive for quality: In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.

Checklist for Training Sessions:

Match-oriented

- Score goals and try to avoid conceding goals
- Build –up play with the objective of creating scoring chances.
- Collective play (win or lose you are all in together)
- Direct play/playing to win
- Rapid transition when possession changes

Lots of repetition

- Exercise should be repeated frequently
- No long waiting times
- Good planning and organization
- Sufficient balls and equipment
- No long lines

Adjustment to the group

- Take account of the players age group
- Take account of their skills
- Take account of their enjoyment

Proper coaching

- Explain what the team is trying to achieve
- Let the players learn from their selves
- Demonstrate what you want
- Give instructions
- Suggest solutions

Fast Footwork

1. **Foundation:** stand with the soccer ball between your feet, which are about shoulder width apart. Ball is passed between the feet with very soft, light touches. Be sure weight is on balls of feet. With each step you should be coming down on your toes first; then your heels. Knees stay bent at all times. Be sure you are stepping up and down; not sideways. The trick is to keep the ball constantly moving between the feet as the player "hops" from foot to foot to prepare for the next touch.

Variation 1: while doing the foundation turn 90 degrees or 180 degrees.

Variation 2: move forward with each step by tapping the ball slightly forward with each touch.

Variation 3: Tap the ball in stationary position and accelerate quick forwards.

Variation 4: Move now the ball backwards

2. **Toe Touches:** Begin with the ball between your feet and slightly to the front. Lift the right foot and lightly touch the top of the ball with the front (cleat side) of the shoe, underneath the toe. Replace that right foot and do the same with the left foot. Now begin to alternate touches faster until you have to make little hops back and forth with your feet while continuing to touch the top of the ball.
3. **Toe Touches forward:** push the ball forwards a few inches with each touch as you begin to move forward with each step. The trick is to touch the ball forward "just the right distance" and slightly in front of the other foot so you can keep the pattern going without a break. After moving forward about 10 yds. Do a "pullback" turn and return to the starting spot continuing your toe touches.
4. **Toe Touches backward:** With each hop backwards touch the ball back and diagonally toward your next foot. This is a little more difficult to learn but is great for developing quick feet and pull back touches.
5. **Walk the dog:** Roll the ball with your sole from one foot to the other and go forwards with rolling the ball slightly, keep the ball between your legs.
6. **Full Sole Roll:** Roll the sole of one foot forward over the ball and to the outside go the ball stops against your heel. Take now the ball with the sole of the other foot and keep moving forward.

Outside foot touches: Push the ball to the outside with the outside of the foot then take 2 steps behind the rolling ball to prepare to touch it with the outside of the other foot.

Fundamentals of Dribbling

Dribbling, without question, is one of the vital skills of the game.

The three basic elements of dribbling are movement, acceleration, speed, and the ability to unbalance an opponent. Feints and speed are the dribbler's key weapons.

Technique:

- Toes up
- Knees bend
- Moving on the balls of your feet
- Balance is a must
- Keep ball close
- Soft touches
- Look up so much as possible, so you can see what your opponent does and what your teammate do
- Look for space to attack

Surfaces

- Inside / Outside / Laces

Speed

- Slow / Fast / Acceleration

Directions

- Forwards / Sideways (left – right) / Backwards

Coaching points technical:

- Keep the ball close to your feet when you dribble.
- Learn to dribble in a varied tempo (slow-fast)
Slower pace when the player can not control the ball.
- Keeping your head up (so you can see what you're opponent does and what your teammates do.
- Use your left and right foot
- Use your inside and outside foot
- “ pass not from your right to your left foot “

Fundamentals of Passing

Developing players who can perform crisp, accurate passes to teammates is essential to improving overall play. Inside foot passing is for passing on short distances about 10 – 30 yards, combinations and finishing on short distance to goal.

There are many different ways to pass the ball in soccer. Some of them are basic and some more advanced. You can pass with the inside of the foot; the outside, the toe and even the heel (back pass). You can lay the ball out flat, make it curve in or out, chip it, loft it etc.

What we'll be concerned with here initially are the fundamentals of basic passing, what you would teach to a 6 year old (and up) to build a foundation for more advanced techniques.

The basic coaching points for basic inside of the foot passing are:

1. Head down – eye on the ball
2. Plant non-kicking foot along side the ball
3. Pick a spot near the center of the ball, strike ball at this spot.
4. Follow through.

Have the players begin passing to their partner. Watch for proper striking technique, proper foot placement, eye-foot coordination (head down) and follow through.

But now in addition to these coaching points you must look for:

1) Proper “weight” on the ball. Weight is the speed, spin and/or pace of the ball. Too little weight and the ball doesn't reach the target....too much and it is difficult to trap.

2) Accuracy. The plant foot is a big determiner of where the pass will go. Generally the pass will go where the plant foot toes point. You'll see a lot of toes turning outward at the beginning. This should be corrected.

3) Stress that the player should not step back to kick the ball. A common error at the young ages is for the player to stop the ball, take one or two steps back and then pass it.

Again work both the right and left foot.

Coaching points technical:

- turn the hips outside
- Pass the ball with your inside foot
- Lock your ankle
- Follow-through after pass straight to target
- Knee bend
- Hit ball in the middle
- Pass the ball not too slow
- Eye contact
- Receiver ask for “ Ball”
- The inside of the foot is the surface that makes contact with the ball
- Keep your kicking foot flexed, with your toes pointing up.
- Your other foot should be planted beside the ball, about a foot away.
- Stay relaxed. Don't be like a robot
- Look at ball when passing
- Place standing foot alongside ball, not in front or behind. Point to direction
- Technique non-kicking foot
 - Beside the ball (one foot distance)
 - Toes pointing to target
 - Knee is bend slightly

Coaching points tactical:

- Pass to other players, not just kick and hope.
- Move afterwards
- Do not telegraph your intentions by constantly looking in your direction in which you intend to play the ball.
- Alternate long and short balls.
- Accuracy - The plant foot is a big determiner of where the pass will go. Generally the pass will go where the plant foot toes point
- Proper weight on the ball. Weight is the speed, spin and/or pace of the ball. Too little weight and the ball won't reach the target...too much and it is difficult to receive.
- The player without the ball determines how you play it (to his feet, to run onto).
Look where hips are turned too:
Hips facing you > ball to feet
Hips facing sideways > ball sideways
Hips facing forward > ball deep
- The Weight of the pass is important :
 - To soft the ball will be intercepted, too hard receiver can't receive it.
 - How better the ball being placed how less energy receiver has to do receive it.

Weather and field conditions

- By an strong wind play the ball on the ground
- When you have the wind in the back be sure that you not passing too hard
- When the grass is too long , and you pass the ball on the ground the ball slows down, play it also half-high

Technique Exercises:

Technique 1

* **Dribbling**

1. Dribble with inside and outside of the foot.
2. Dribble with right and left foot

Technique 2

* **Dribbling + cutting**

1. Dribble with inside and outside of the foot to the cone.
2. When you get to the cone you cut with the inside of the foot and go left or right around the cone to the cone in front of you. (Left and right foot)

Technique 3

* **Matthews move**

1. Foot next to ball
2. With the inside drag the ball forwards
3. Don't complete the drag, with the outside of the foot touch the ball
4. Pass the ball with outside foot by opponent

Technique 4

* **Step-over**

1. Make sure the ball rolls in front of you
2. Put one foot diagonal over the ball
3. Drop the shoulder of the foot where you step-over the ball with
4. With the outside of the other foot you pass the ball behind opponent

Dribbling Technique 1 – 3 – 4

Emphasis: Dribbling

Set-up: - Players on one line

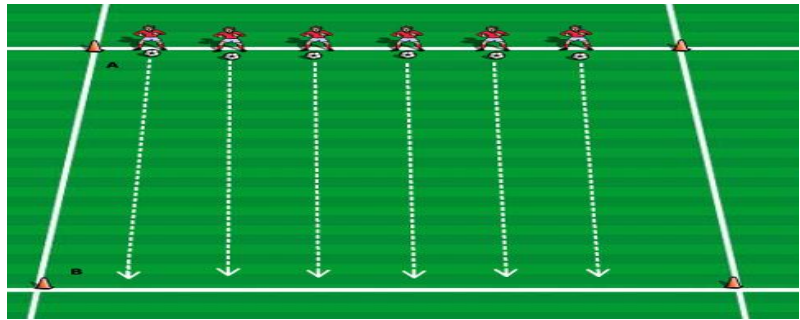
- Players dribble from line A to line B and from B back to A touching the ball every step.
- When they arrive there they need to stop on command before they start again.

Progression:

- Stop the ball with sole of the foot

Coaching Points:

- Heads up
- Look out over the ball
- Keep the ball close to you



Dribbling Technique 2

Emphasis: Dribbling & Cutting

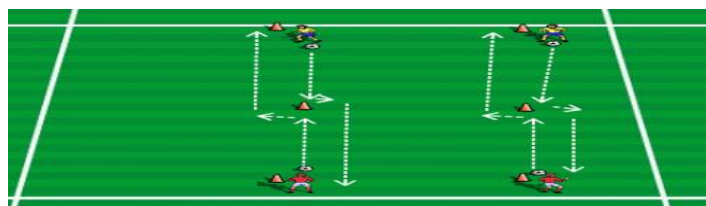
Set-up: - 2 players per cone

- Players dribble toward each other from both sides
- When they meet at the cone they perform a cutting move
- Then they keep dribbling to the end of the cue
- Cut with right, dribble with left foot forward

Progression: cut with left, dribble with right

Coaching Points:

- Sharp cut
- Use other foot to go forward
- Look over the ball and executing the move at the right moment



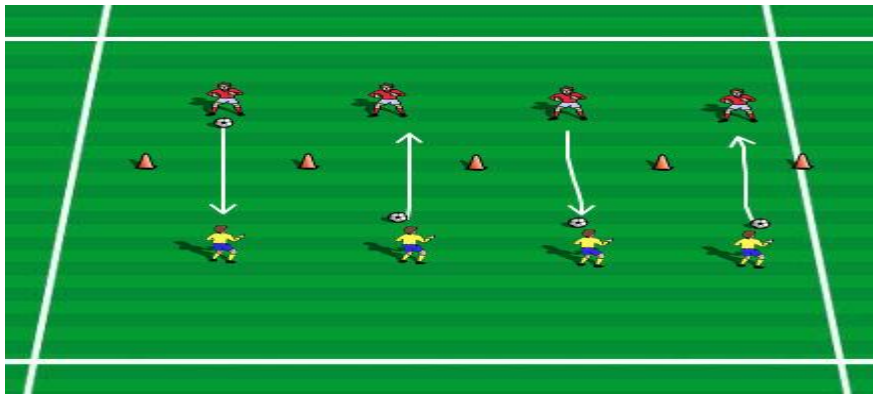
Passing Technique 1

Emphasis: Passing

Set-up: - Passing and shooting

Progression: All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away

Coaching Points: Take at least two touches before making the return pass



Passing Technique 2

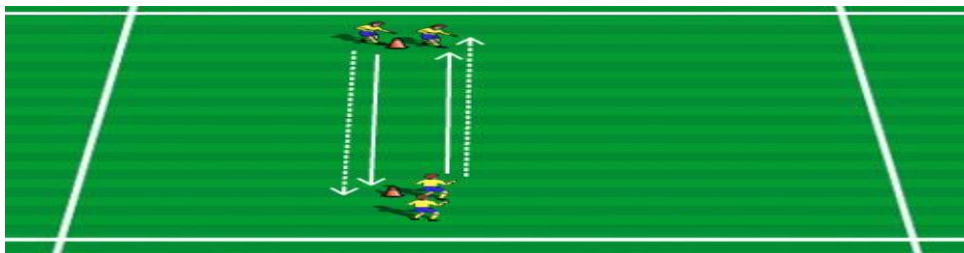
Emphasis: Passing

Set-up: - Passing and shooting with positional changes

- After every pass join the players on the other side
- Execute from both sides

Progression: All players stand on the end line with a ball facing the midfield line which is roughly 50 yards away

Coaching Points: Control the ball first.



Week 1

5.45 PM	Registration / field set up
6.00 PM	Warm-up game (Freeze tag)
6.10 PM	Fast Footwork 1
6.20 PM	Dribbling (Dribbling technique1 + circle turns)
6.30 PM	Dribbling Game (go to goal)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 2

5.45 PM	Field set up
6.00 PM	Warm-up game (Snake tag)
6.10 PM	Fast Footwork 1+2
6.20 PM	Dribbling (Dribbling technique2 + find the space)
6.30 PM	Dribbling Game (crossing the crocodile swamp)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 3

5.45 PM	Field set up
6.00 PM	Warm-up game (Clean up the yard)
6.10 PM	Fast Footwork 1 + 3
6.20 PM	Dribbling (Dribbling technique 3+ mine field)
6.30 PM	Dribbling Game (1versus1 line soccer)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 4

5.45 PM	Field set up
6.00 PM	Warm-up game (Double headed snake)
6.10 PM	Fast Footwork 1 +3
6.20 PM	Dribbling-Passing (protect the ball)
6.30 PM	Dribbling-Passing Game (moving targets)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 5

5.45 PM	Field set up
6.00 PM	Warm-up game (Moving Goal)
6.10 PM	Fast Footwork 1+4
6.20 PM	Passing (Passing technique 1+2 + pass and move)
6.30 PM	Passing Game (Weight the pass)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 6

5.45 PM	Field set up
6.00 PM	Warm-up game (Knock him down)
6.10 PM	Fast Footwork 1 +3
6.20 PM	Passing (Goals, Goals, Galore)
6.30 PM	Passing (Runaway train game)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 7

5.45 PM	Field set up
6.00 PM	Warm-up game (World cup)
6.10 PM	Fast Footwork 1 +5
6.20 PM	Shooting (Spin and shoot)
6.30 PM	Shooting game (Pass the trainer)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 8

5.45 PM	Field set up
6.00 PM	Warm-up game (Look to Shoot)
6.10 PM	Fast Footwork 1 +5
6.20 PM	Shooting (4 post game)
6.30 PM	Shooting game (Crossfire)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 9

5.45 PM	Field set up
6.00 PM	Warm-up game (Shoot in attack)
6.10 PM	Fast Footwork 1 +6
6.20 PM	Shooting (First to the ball)
6.30 PM	Shooting game (Line activity)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Week 10

5.45 PM	Field set up
6.00 PM	Warm-up game (Temple of Doom)
6.10 PM	Fast Footwork 1 +6
6.20 PM	(Player's choice)
6.30 PM	(Coach's choice)
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Freeze Tag

Emphasis: Dribbling

Set-up:

- Players have the ball at their feet and dribble around the area.
- Players in red have to tag players in yellow. When they do they have to stand still until a teammate passes the ball on through their legs, do that they are free to move.

Objective: Dribbling with the ball close



Circle Turns

Emphasis: Turns

Set-up:

- Players dribble freely turning at every cone.
- Compete to see how many cones players can turn around. Inside foot turning and outside foot turning.

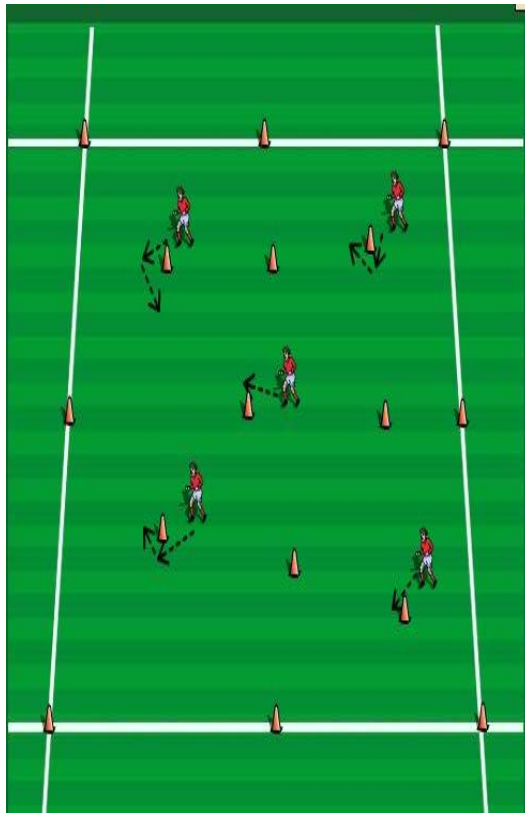
Objective: Dribbling, turning with the inside and outside of foot

Progression:

- Build to 1 v 1 passive pressure tag: Player in possession try to beat the opponent to the cones. If player in possession touches the cone before the defender he gets 1 pt.
- Defender can only prevent scoring. Play for 30 seconds and switch possession

Coaching Points:

- Encourage feints, moves, change of direction and speed



Go to Goal

Emphasis: Dribbling

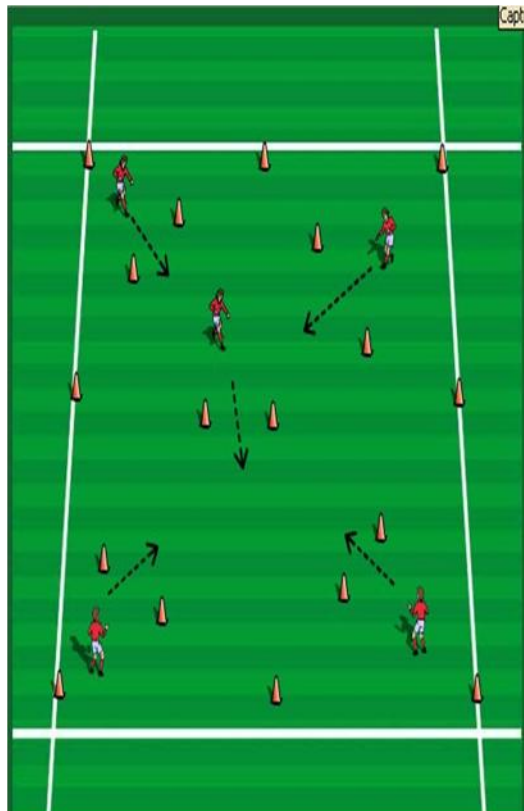
Set-up:

- Each player has a ball
- Players dribble through goals (1 pt for each goal)
- Players cannot go through the same goal twice in a row.
- Play for 30 seconds each time

Objective: Change of direction and speed

Coaching Points:

- Keep the ball close
- Look for space



Snake Tag

Emphasis: Communication amongst teammates.

Set-up:

Players will partner up with a teammate in groups of two inside a grid space of 20 X 20 yards.

Objective:

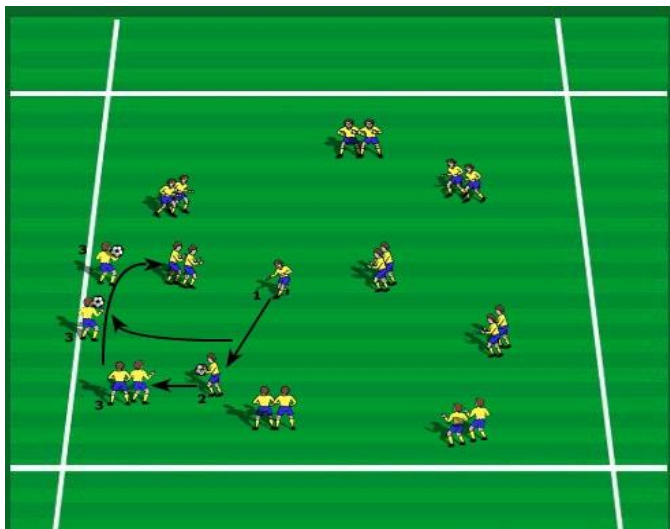
To tag the free player before they can interlock elbows with an already existing pair.

Progression:

1. Form groups of two.
2. Two players will be it to start the exercise.
3. Player #1 will try and tag player #2 who is holding a ball.
4. Player #2 will try and lock arms with another group. When he does, he hands off the ball to the player on the opposite end.
5. Once player #2 joins an already existing group the player #3 on the opposite end of that group who now has the ball will now peel off and find another group before he gets tagged.
6. If player #1 doesn't catch a player within one minute, switch that player out and replace them with a rested player.

Coaching Points:

- Communication between teammates
- Develops agility and speed of thought



Find the Space

Emphasis: Dribbling for penetration - transitioning from one area of the field to another.

Set-up:

20 x 20 yard grid split into four 10 x 10 grids as shown. 3 – 4 players per small grid with one ball each. Players dribble their ball freely within their 10 x 10 grid.

Objective:

On coaches shout “Switch” all players must dribble their ball quickly into a different 10 x 10 grid. The first group to find a new grid wins.

Progressions:

Use 1 ball; this ball must be passed into the new grid.

Coaching Points:

- Players must talk to find the fastest route.



Crossing the Crocodile Swamp

Emphasis: Dribbling

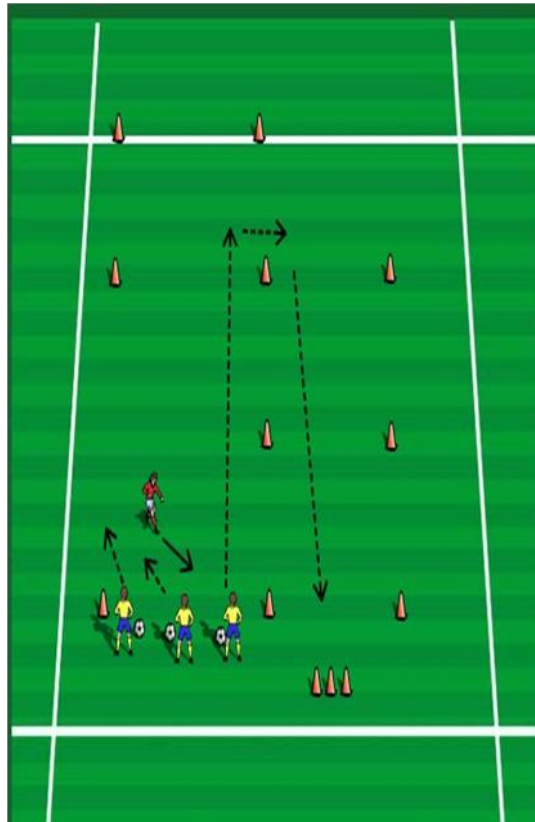
Set-up:

- The three players with the ball try to reach the end with the ball still at their feet. They have to stop the ball before the end of the channel and jog back through the corridor and start again. The Crocodile (defender) in the swamp tries to catch one of the players by touching the ball.
- The children decide who starts as the crocodile; the others take the ball and line up at the edge of the swamp.
- In front and behind the swamp players are free
- When the crocodile touches the ball, he gives it straight back to the attacker, the attacker walks back and puts up one of the count cones. He starts again
- When the crocodile has achieved three touches another crocodile will defend the swamp.
- The player loses a point when he leaves sideways

Objective: Improve Dribbling

Coaching Points:

- The game always starts when all three children are ready at the starting line



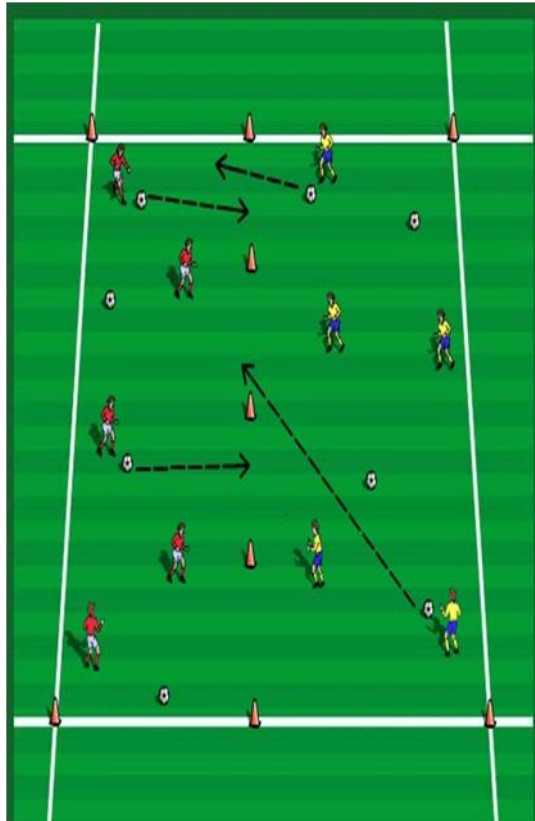
Clean Up the Yard

Emphasis: Passing

Set-up:

- Divide into 2 teams, each player with a ball
- On coach's command. Players pass and shoot balls into other team's yard. Stop after 1 minute and count the balls in each yard.
- The team with the cleanest yard is awarded 1 point. Play to 3 points

Objective: Passing and Ball striking



Mine Field

Emphasis: Beating an opponent

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Set-up:

10 x 30 yard grid divided into three 10 yard square grids. Groups of six. Cones are placed as shown to create mini goals. Two players start in each of the first two squares to act as defenders. Four remaining players act as attackers.

Objective:

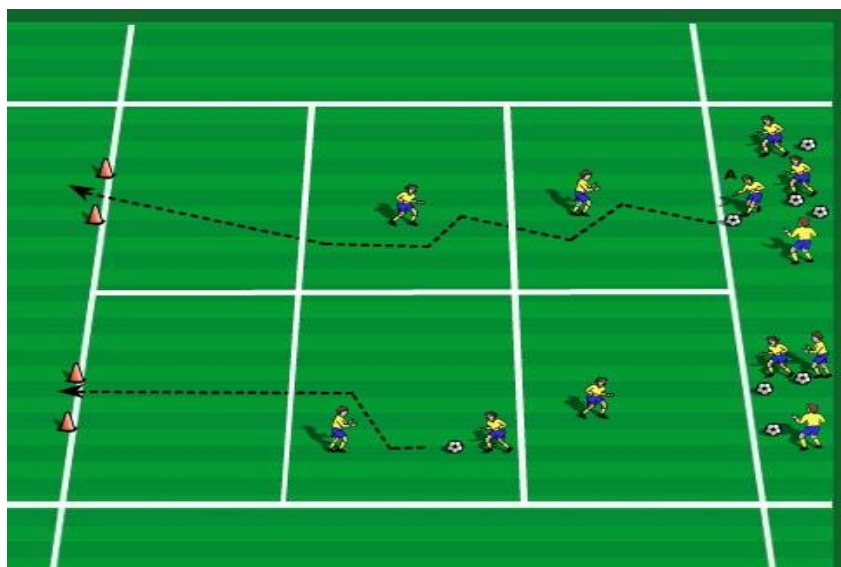
Player (A) must try to dribble through the first two squares before scoring in the mini goal. The defenders must try to stop the attacker by kicking his ball from the grid. Rotate defenders after 2-3 minutes.

Progressions:

Attacker immediately becomes the defender if his ball is kicked from the grid.

Coaching Points:

- Accelerate quickly past the first defender while still keeping the ball close.
- Keep eyes up to scan the area and opponent.
- Utilize moves, dodging fakes etc.



1 Versus 1 Line Soccer

Emphasis: Taking players on

Set-up:

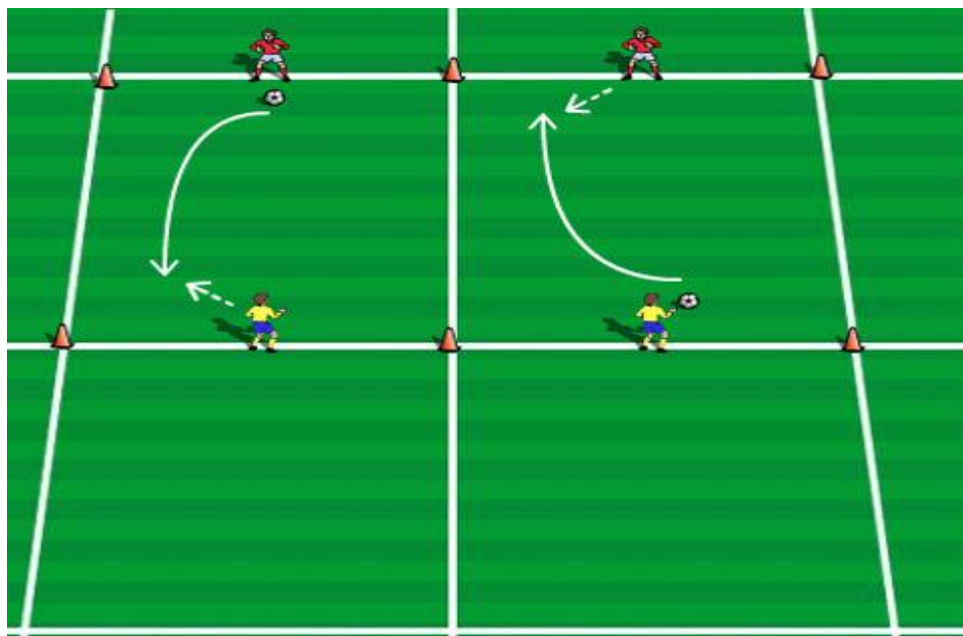
- One ball per 2 players.
- Grid size should be approximately 10 x 15 yards

Objective:

- For players to get comfortable taking on a opponent.

Coaching Points:

- Change speed
- Use moves



Double Headed Snake

Emphasis: Changing direction, changing speeds, passing and ball control. Players that have a partner will work on communication and agility.

Set-up:

Appoint several players to be it. These players will each have a ball. All other players interlock elbows moving as a pair. Grid size should be approximately 20 x 20 yards.

Objective:

For players to get comfortable on the ball while changing direction and speed. Players will increase their passing efficiency.

Progression:

1. Players with ball will dribble around the grid trying to get close to the double headed snake.
2. Players will pass the ball from varying distances within the grid and try and hit the double headed snakes below the knees.
3. Once a team has been hit, those players must do 10 ball taps outside the grid before re-entering the game.
4. Switch players so everyone has a chance to be the snake catcher.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Contact on the ball
- Follow thru toward target
- Utilize the outside of the foot to cut the ball



Protect the Ball

Emphasis:

Passing.

Will also develop dribbling and shielding skills.

Set-up:

10 x 10 yard grid.

Groups of 3-4 per grid.

One ball per player.

Replicate set-up to accommodate the entire team.

Objective:

All players dribble around grid and try to pass their ball against another player's ball or legs. If a player's ball or legs are struck then this player must exit the grid and practice juggling on the outside of the grid. The last player remaining in the grid is the winner.

Progressions:

Can strike ball only.

Coaching Points:

- Keep head and eyes up to avoid opponents as well as locate targets.
- Changes of speed to get close to opponent prior to passing ball.



Moving Targets

Emphasis:

Passing and Dribbling.

Set-up:

30 x 30 yard grid.

12 -18 players.

One ball per player.

Objective:

2 players are designated as “destroyers”. The “destroyers” dribble around grid trying to pass their ball against another ball or legs of an opponent. If a player’s ball or legs are struck then he too becomes a “destroyer”. The last player to get struck by a “destroyer” is the winner.

Progressions:

Destroyers can strike their opponents ball only.

Coaching Points:

- Keep head and eyes up to avoid opponents as well as locate targets.
- Changes of speed to get close to opponent prior to passing ball.



Moving Goal

Emphasis: Players combining with teammates to score.

Set-up: Two players hold a scrimmage vest between them. Each player holds the vest tight with one arm forming a goal. The players are allowed to walk at a steady pace changing directions on a whim, making it a bit of a challenge for both teams to score. Divide the rest of the players into two equal teams. Change goal posts every three minutes. Only one ball is needed.

Objective:

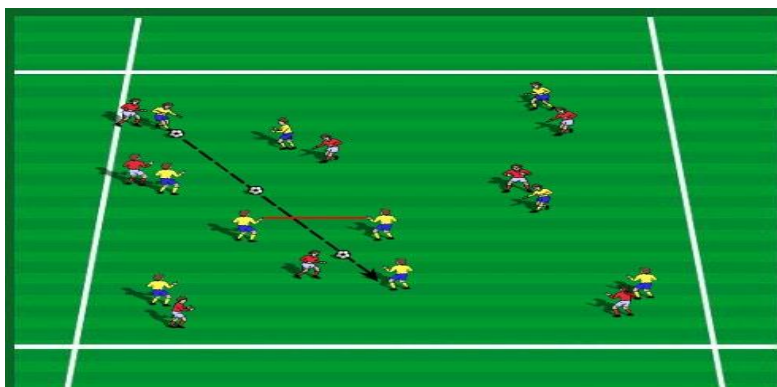
To combine with teammates and to score goals.

Progression:

1. Players may only score by passing the ball through the goal which is then received by a teammate on the other side of the goal. A pass that is intercepted on the other side of the goal does not count as a goal.
2. If you score a point by making a goal, the team that scored must first pass it to another teammate before they can attempt to score again.

Coaching Points:

- Communication between teammates
- Field awareness is critical
- Possess the ball
- Concentrate on accurate passing
- Go to meet the ball
- Support your teammates by giving good angles
- You must win the ball back quickly when you don't have it



Pass and Move

Emphasis:

Laying balls off, passing, changes of speed

Set-up:

Cones are used to create 4 12 x 12 yard grids as shown.

4 players per grid with 3 balls.

3 players are positioned in corners of each grid with a ball each, 1 player will be selected to work first.

Objective:

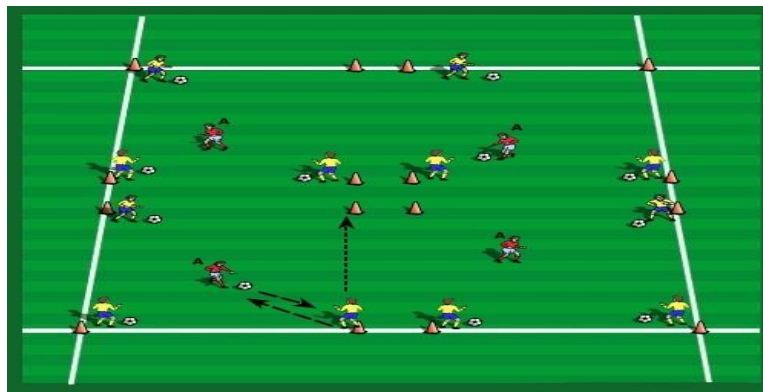
Player in the middle of the grid (A) will work for approximately 30-45 seconds. This player must check to one of the corner players, receive a pass and lay the ball off to the original player. On receiving the ball back from the middle player, the corner player must accelerate quickly to find the vacant cone in the grid. Player (A) continues to receive and lay off balls for the designated time or for a predetermined number of reps.

Progressions:

Corner players serve balls in the air with their hands so that (A) must deal with balls in the air.

Coaching Points:

- Corner players must accelerate to vacant cone with their first touch.
- Middle player (A) must change direction and speeds while working as if trying to lose a marker.
- Communicate with teammates.



Weight the Pass

Emphasis: Executing passes with the correct weight.

Set-up:

10 x 20 yard grid. 3-4 players per grid.

One ball for each player. Cones are placed to create a 3 x 3 yard target area at one end of the grid as shown.

Objective:

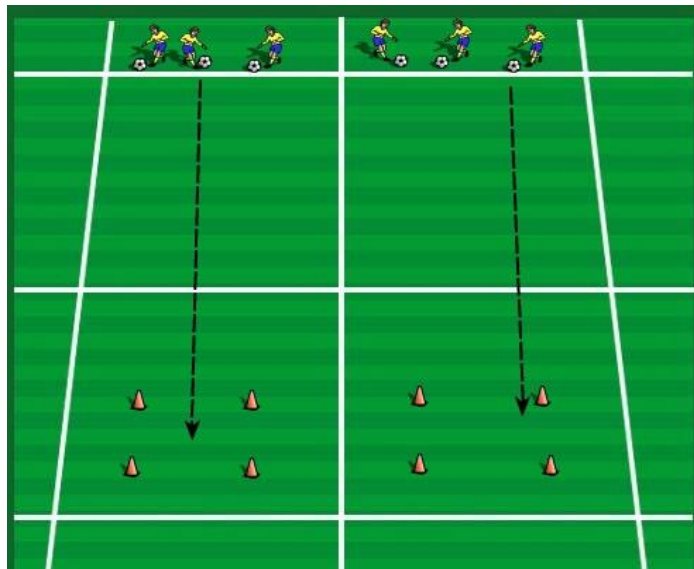
Players must attempt to pass their ball with the correct weight into the target area. Points are awarded for each pass that comes to rest in the target area. Players must pass their ball from behind the line and must use the inside of their foot. Players must quickly get their ball to continue the sequence. Play is for a designated period of time or for a predetermined number of goals.

Progressions:

(1) Introduce a competition format – first team to 15 points wins.

Coaching Points:

- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Follow through and adjust the weight as necessary.



Knock Him Down

Emphasis:

Passing

Set-up:

- Divide into 2 team's
- Each player with a ball, on coaches command (shoot) players attempt to knock cones down shooting with right foot.
- On coaches command (fire) players attempt to knock down cones using left foot
- Award 1 pt to the team who knocks down the most cones each round.
- Play to 5 points

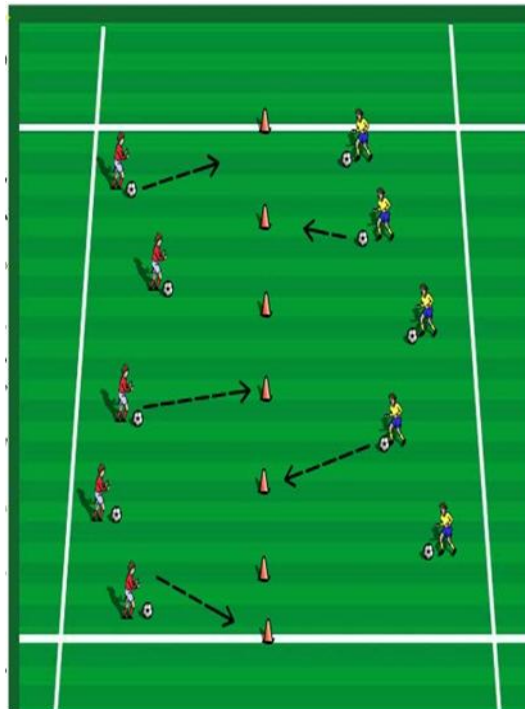
Objective: Develop aiming skills

Progressions:

Corner players serve balls in the air with their hands so that (A) must deal with balls in the air.

Coaching Points:

- Use laces and knee over the ball
- Look before you shoot.



Goals, Goals, Galore

Emphasis: Passing.

Set-up:

- Divide players in 2 equal teams
- using cones or flags to make goals in different areas.
- Start with one ball.
- players may not score on the same goal twice in the same sequence.
- players can score by dribbling the ball through the goals.
- As the players feel comfortable with the exercise, then add one or two or more balls.
- This will spread out the game, and more touches on the ball, as well of more decisions.

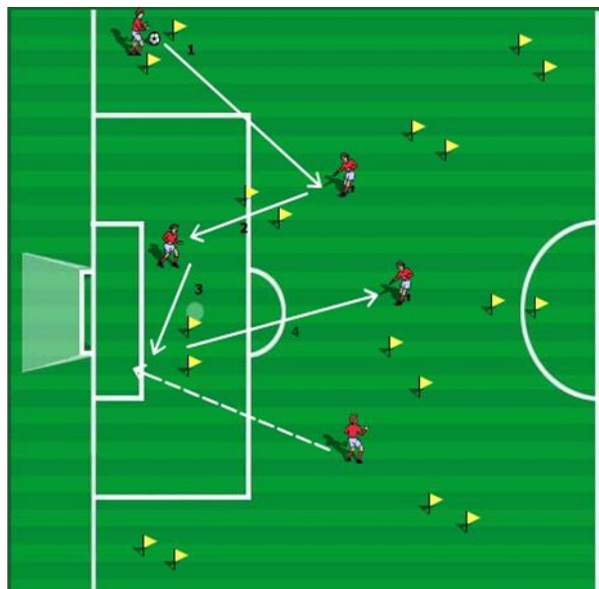
Objective: Improve passing and aiming.

Progression:

- Progression the goal only count as the ball is passed through the goal and be received by a teammate
- goals can be scored by dribbling or passing.

Coaching Points:

- improve communications
- Accuracy of passing
- Decision making
- Changing the point of attack
- Ability to take players on
- Possession off the ball
- Defending
- Dribbling to evade and beat an opponent



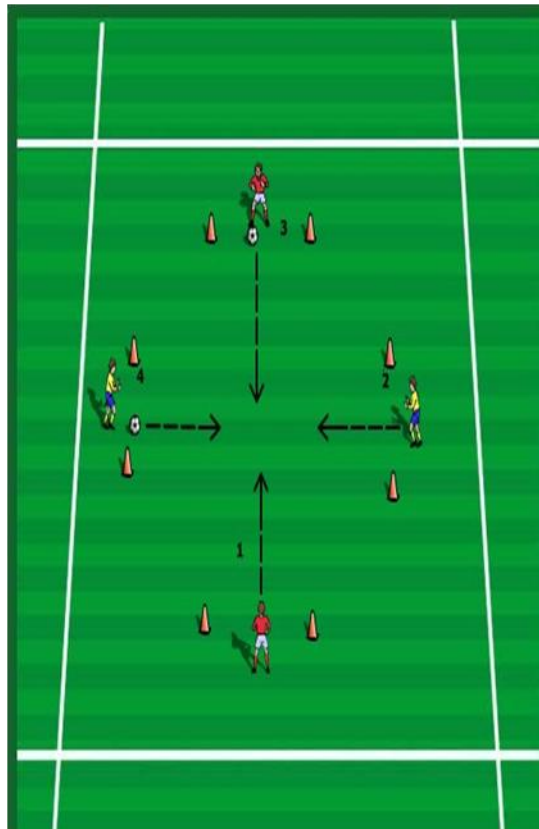
Runaway Train Game

Emphasis: Turning quickly to shoot on goal.

Set-up:

- distance between two goals will be approximately 8 meters.
- The teammates are passing the ball to each other between the gates. The other two with bibs are trying to hit the others ball by kicking the ball to each other. (between the gates)
- Try to kick as accurately as possible to your teammate Your teammate is not allowed to come onto the field and can only receive the ball behind the markers (gate).
- First he has to stop the ball with his foot and then he puts the ball on the spot and kicks it back. The children without bibs try to hit the others ball with their own ball.

Objective: Develop accuracy in passing



Spin and Shoot

Emphasis: Turning quickly to shoot on goal.

Set-up:

10 x 20 yard grid. Five players plus a goalkeeper per grid. Flags are used to create a goal at one end of the grid. Players are positioned at the opposite end of the grid as shown. A cone is placed 4 yards from the group of players.

A supply of balls is placed next to the players.

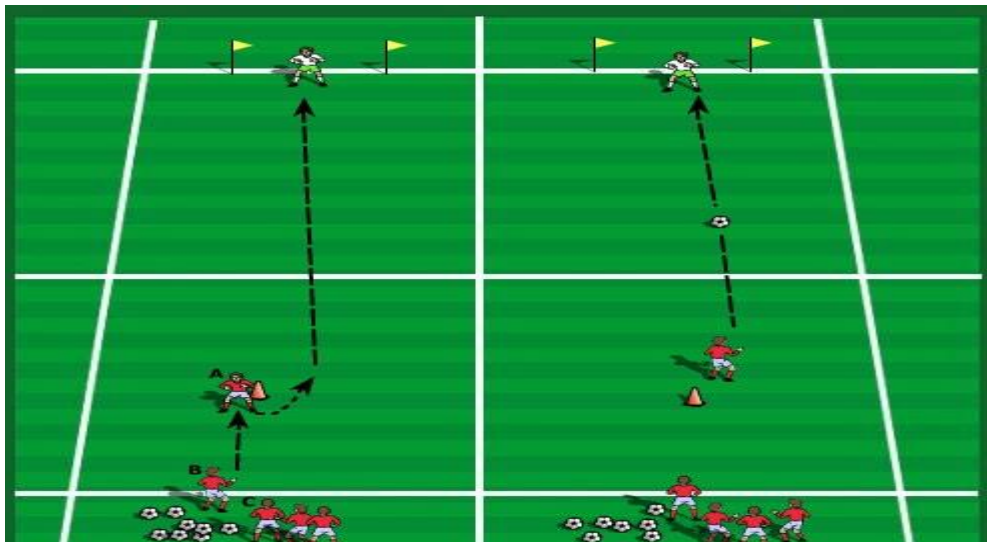
Objective: Player (A) begins at the cone as shown. The cone acts as a stationary defender. Player (A) receives a pass from (B). Player (A) must spin around the cone with one touch and shoot on the next touch. Player (B) jogs to the cone to receive a pass from (C) to repeat the sequence. Player (A) joins the back of the line. Play is continuous for a designated period of time. Rotate the goalkeeper often to avoid fatigue.

Progression:

1. Players must use a different surface of the foot to turn each time – inside, outside etc.

Coaching Points:

- Strike the ball with the laces.
- Strike through the ball – land on the kicking foot.
- Spin around the cone quickly.
- Accuracy before power.
- Non-kicking foot must be in line with the target.



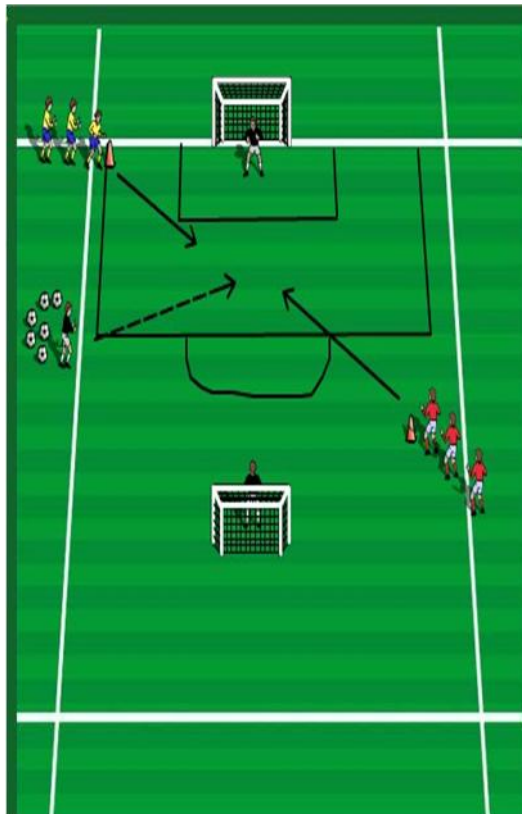
Pass the Trainer

Emphasis: Turning quickly to shoot on goal.

Set-up:

- Split up group into 2 teams
- Players will stand on opposite corners of the field
- Coach will play the ball to a team and the first player of the team will go 1 v 1 towards other goal with a defender from team 2 stopping him
- First team to 7 wins

Objective: Develop 1 v 1 shooting



Look to Shoot

Emphasis: To develop the mentality to shoot – small sided game

Set-up:

30 x 30 yard grid. Teams are arranged in a 6v6 format. Flags are placed at opposite ends to create goals. Goalkeepers are positioned in each goal. Cones are placed to make the sidelines on a diagonal towards the goal. A supply of balls is placed with the coach at the side of the playing area.

Objective:

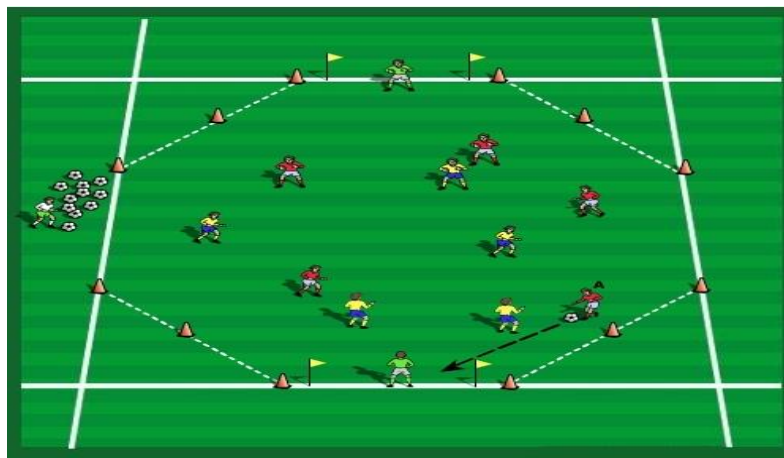
Both teams compete for possession of the ball. Teams must score as many goals as possible in the designated period of time. Players are encouraged to shoot at every opportunity – don't look to pass or dribble if a shot can be taken. Players may pass or dribble to create shooting opportunities. The diagonal sidelines create a playing area where there are NO bad angles to shoot. If a ball leaves the playing area the coach passes the next ball in quickly to maintain a high tempo. In the above diagram player (A) can be seen striking a shot on target.

Progression:

1. Add a touch restriction for all players.

Coaching Points:

- Shoot early and often.
- Take chances – don't pass the responsibility to others.
- Strike the ball with the laces.
- Strike through the ball – land on the kicking foot.
- Accuracy before power on all shots.



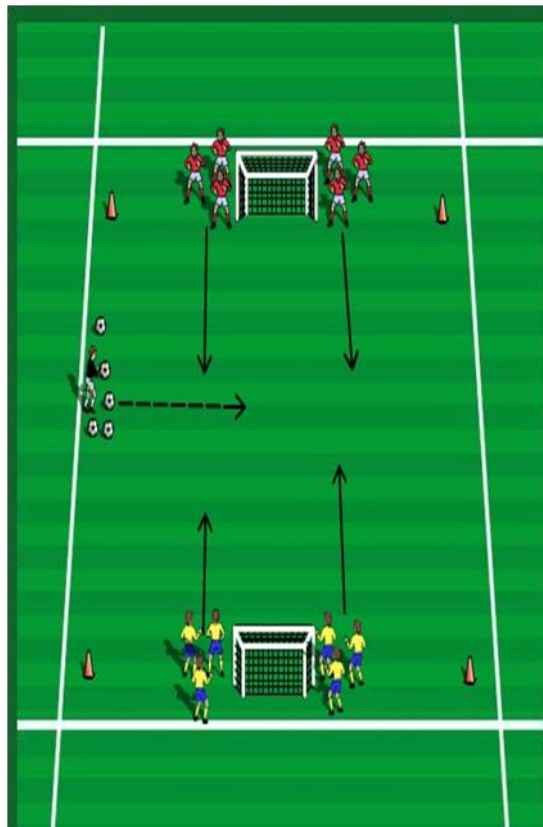
4 Post Shooting

Emphasis: Shooting

Set-up:

- Put both teams on their goals they are defending
- Split them evenly on each post
- When coach shouts out a number from each post"3 right and 2 left", 3 from each right post and 2 from each left post go and try and score.
- Once the ball is out of play it is dead.
- First team to 5 wins

Objective: Shooting under pressure



Crossfire

Emphasis: Shooting

Set-up:

- Position 4 players from each team randomly within the area. Place a goalkeeper in each of the goals.
- The red team can score in the goals to the left and right of the diagram. While the yellow team can score in the goals at either the top or bottom of the diagram.

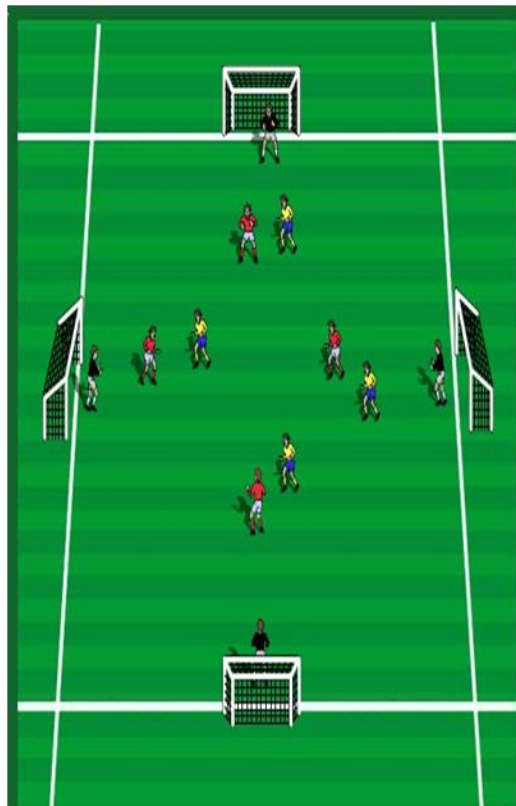
Objective: To develop the mentality to shoot

Progression:

- Make the goals 5 yards wide and play with no goalkeepers in a 6 v 6 within the area.

Coaching Points:

- Develop a shoot first, pass second, attitude towards goal scoring.
- Follow up on goalkeepers to maximize rebound scoring chances.



Shoot in Attack

Emphasis: Shooting

Set-up:

- 1) Position 3 groups at 10 yard intervals along the end line. Only players in the right channel should have a ball.
- 2) Player 1 makes a run down the touchline with the ball. When he reaches the first disc, players 2 and 3 must begin their runs.
- 3) Player 3 sprints to the near post and player 2 goes to the far post. When player 1 reaches the second disc he must either cross the ball or shoot directly on goal depending upon the posture of the goalkeeper.
- 4) Repeat from the other side. Rotate positions.

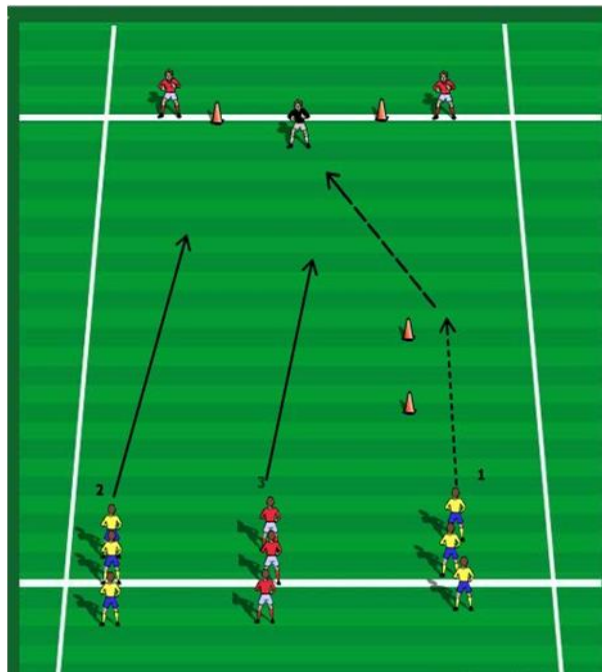
Objective: develop width in attack, crossing, and finishing

Progression:

- 1) Take the stoppers and use them as central defenders who mark the supporting attackers as they make their runs to goal.

Coaching Points:

- 1) The supporting players should time their runs so that they accelerate onto the ball in front of the goal.
- 2) When crossing the ball, the wide player should angle his body so that his chest is facing into the field.
- 3) Cross should be to space in front of attackers between knee and chest height.



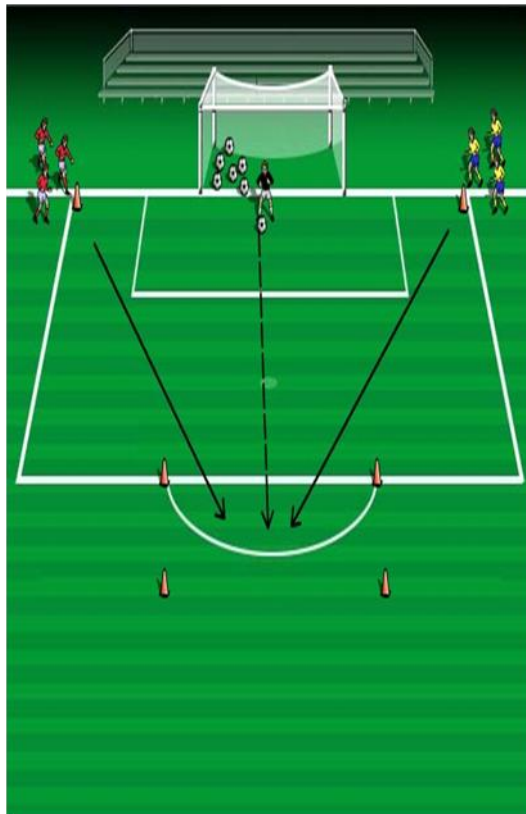
First to the Ball

Emphasis: Shooting

Set-up:

- The Goalkeeper passes the ball into the square
- When the goalkeeper passes, the players will sprint to the ball.
- 1 v 1 and try to score

Objective: Shooting under pressure



Line Activity

Emphasis: Shooting

Set-up:

- 1) Player 1 starts with the ball and moves to cone 1, does a turn around it, then goes to cone 2. As soon as he gets past cone 2 he must shoot. Player 1 follows his shot and becomes the goalkeeper. As soon as a player shoots, the next dribbler from the other team can go. First team to 10 goals wins.
- 2) A player cannot shoot until he does a fake at cone 1 then another fake at cone 2.

Objective: Develop shooting on the turn

Coaching points:

- 1) Shoot on the turn
- 2) Follow your shot
- 3) keep the shot low
- 4) speed in the fake



Temple of Doom

Emphasis: Shooting

Set-up:

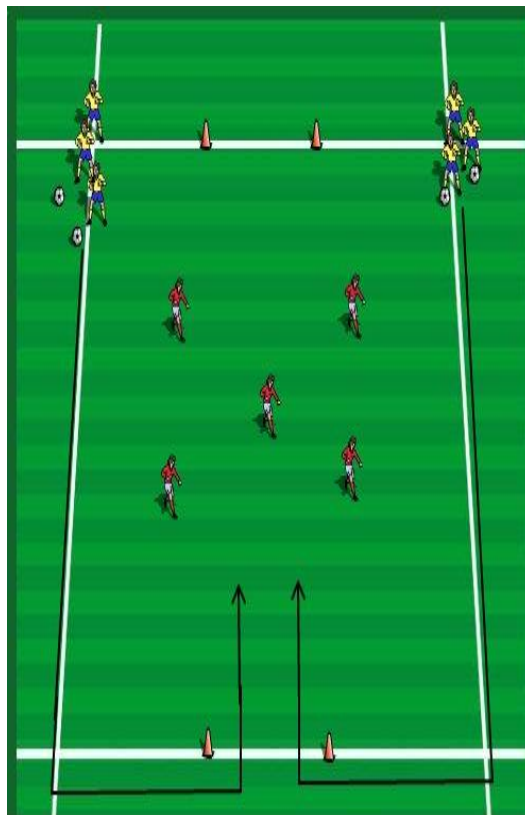
- Station 3 players on each corner of the goal line. Position 5 crab players in the center of the area. 1 goalkeeper.
- One player at a time from each team simultaneously dribbles down the sideline around the corner and through the gate towards the goal. Each player must dribble in and out of the crab defenders to get shot on goal.

Story: Indiana Jones is creeping through a tunnel littered with the sewer rats, snakes and bugs. As soon as he sees daylight (the goal), he lasso's himself (shoots) out of the tunnel.

Objective: Develop shooting on the turn

Coaching points:

- Use your speed and change of direction to beat the crabs.
- Shoot on sight- do not try to dribble the ball into goal.



Four versus Four

The 4 versus 4 small-sided game is a product of the Dutch Soccer School. The 4 vs. 4 was implemented after the former National coach Rinus Michels and his staff observed that the youth were no longer spending their free time in the street playing soccer, so they began thinking of how youth coaches could spend their time coaching the players more efficiently. To implement all the advantages of street soccer they introduced the 4v4 format.

The basic idea is that players learn by discovering the purpose, and aim of the game.

Contents:

1. Why 4v4
2. The role of the coach
3. The basic form 4v4
4. Variations on the basic form:

Why is 4v4 an excellent training tool and for the youngest a great game?

In real match children have the option of passing the ball forwards, square or backwards, 4v4 provides the minimum numbers needed for all of the principles of play.

One player is up top for penetration, two are needed for width and one holds back to supply depth. Three cannot do this; one of the key factors will be left out. While 3v3 is a valuable tool for young children in learning technique, it is limited in its use as a tool for the positional game. If you have 10 players the extra one can become the goalkeeper. If you have 11 players the 11th player can be a neutral player.

Four vs. four is the optimum number for teaching in small-sided games. It has all of the necessary elements without any duplication.

In 4v 4 the responsibilities are very clear. All tasks are covered and none are shared which keeps things simple.

As a warm-up, most children come to a practice from school. They may have just spent 7 hours in a structured and controlled environment under adult supervision. A little time to let loose and play might be just what they want. The small scale encourages short runs and passes and serves as a dynamic warm-up.

4v4 offers an excellent bridge between where they have been and where they are.

Small-sided games allow the players more touches on the ball. That means, not only does the player have to deal physically with the ball more often but has to be involved more mentally. The player's concentration must be greater because the action will be quicker; there is nowhere to hide. This is an important element in developing the playing mentality.

4 v4 is the smallest way of playing the game without losing any of the ingredients that makes soccer what it is:

- The ball
- Opponents
- Team-mates
- Space
- Pressure
- Rules
- Time
- Direction
- Scoring goals

Because of the number of players, there are always possibilities to play deep, wide or backwards. You are always confronted with match situations. Children recognize the different situations that are constantly repeated. Recognizing these situations is important to be able to make the right decisions.

Don't over coach. Experience teaches the coach when to step in. Over coaching kills the game and ruins the fun. Avoid language that the children don't understand or don't need. Slogans and mottos work well. Over coaching hinders the development of concentration. Constant stoppages relieve the pressure that is necessary for developing the proper mentality.

Coach those that need coaching. Mass explanations generally waste time and fall on deaf ears. Addressing comments to the parties involved is much more effective and efficient. After all it's their problem.

Don't argue against success. If a team has just scored a goal don't try to tell them how to do it better. In objective based training it's the result that counts. Wait for the opportunity when the problem presents itself, then it is real.

Ask questions avoid statements. If I say it they tend to doubt it, if they say it, it's true. Get them to tell you what is wrong and how to fix it. They can't argue against themselves. Also, by asking them questions they have to think for the answer as opposed to waiting for it to be given to them. They are an active part of the problem solving.

Bring the game to life. The color of the coach, enthusiasm, humor, emotion and timing all play a part in making the practice enjoyable.

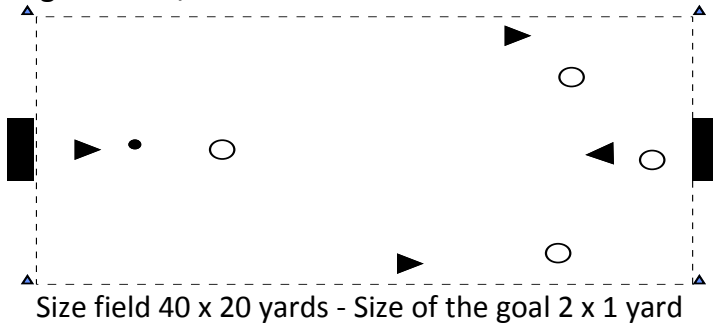
Think of three stages. First, get the games going. Give just enough direction and instruction to start play, boundaries, goals, any rules specific to the game. They can learn the game by playing the game. This introduction might take a whole practice. Next, what are the main mistakes? Do they understand the soccer problem? Can their present TIC solve it? If it can't, introduce new answers. Finally, by fine tuning you can introduce new demands that require new solutions.

Basic form 4v4

Description: 4 v4 with 2 small goals without a goalkeeper.

The teams try and score through combination play. Players have to check in and out in order to receive the ball. Always play in a diamond formation where the defender stays for the pass back and supports the 2 midfielders. Midfielders give support to the striker and are trying to get open by making runs. Striker is the target player for the defender and has to be open to receive the long ball.

Organization;



Remarks: Ball Possession; Build up, create chances and score!

- Make as much space as possible → wide and deep
- Think deep and play deep as soon as possible
- Otherwise use the wide player and then deep
- Ask for the ball at the right moment; eye contact
- Keep the organization intact
- Wait for the right moment to play / ask for the long pass
- Adjust your position when you have played the ball
- Take initiative, anticipate and think ahead
- Take on defenders and try to score as quickly as possible

Ball Possession Opponent; harass opponent in build up, regain possession of the ball, prevent opponent from scoring!!

- Mark closely to the ball and attack the ball at the right moment
- Give cover to your teammates further away from the ball and constantly choose the right position
- Keep opponent in front of you and block shots at goal
- Make space as small as possible; pressure, drop back and close in
- Pressure opponents position play and force them to play / dribble wide
- Prevent the long pass and pressure the ball

Transition, changing possession; Quickness!!

Losing the ball

- Prevent long pass
- Pressure the ball
- Keep possession

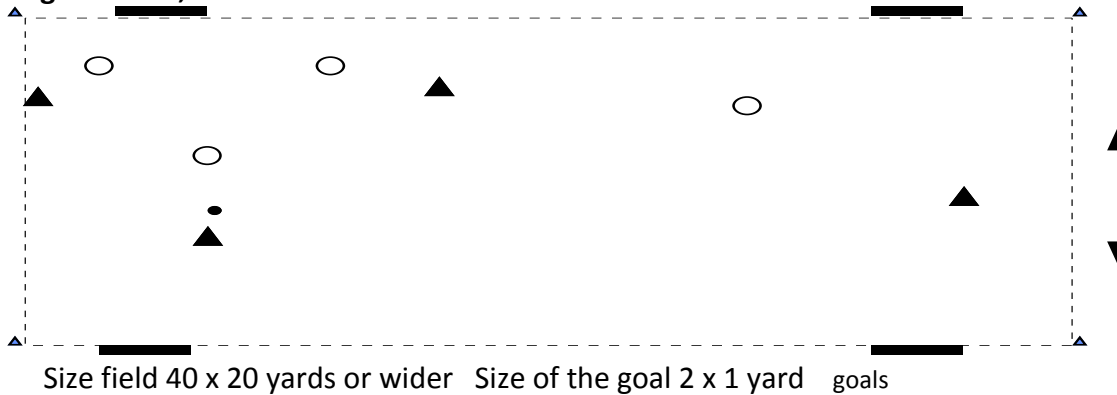
Winning the ball

- Play deep as soon as possible
- Support

4v4 - Passing Game

Description: The teams try and score by passing through one of the small goals. Create scoring chances by quickly switching the play from one side of the field to the other. Emphasis on passing, communication and quick transition

Organization;



Remarks BP, BPO, T

Ball Possession;

- You must play the ball quickly; think ahead and do not use more than 2 touches on the ball.
- Wing players have to be alert to receive the ball and go to goal as quick as possible.
- The deepest player has to get open to receive the long pass or a pass from players on the sides.
- Communication is most important next to passing; eye contact, selling a “dummy”.

Ball Possession Opponent;

- Mark closely and attack the ball at the right moment (this is an important coaching moment).
- Pressure opponent into making mistakes.
- Prevent scoring by good defending and no fouls.

Transition, changing possession; Quickness!

Losing the ball

- All players behind the ball.
- Prevent direct shooting on goal.

Winning the ball

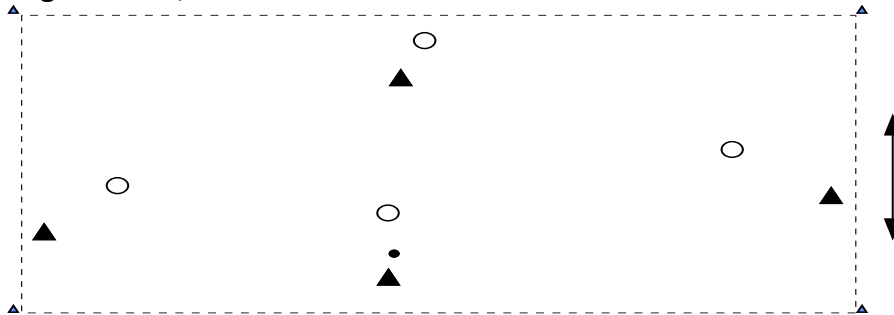
- Communication between player that runs deep and player on the ball

4v4 - Dribbling Game

Description: 4 v 4 line soccer

The teams try and score by dribbling the ball over the goal line. With good position play you can create more scoring chances or 1v1 situations. The defenders must choose the right position between their opponents and the goal line. As a team you have to force opponent to play wide. Most important skills during this form are; Technique, Dribble, Passing inside foot, Trapping and controlling the ball, sliding and tackle.

Organization;



Size field 40 x 20 yards - Use cones to mark the goal line

Remarks BP, BPO, T

Ball Possession;

- You must play the ball quickly by positional play.
- Playing the ball directly is important to create scoring chances.
- Take initiative; dribble and take your opponent on.
- Change direction of play to create space.
- Vision and good ball skills are important elements.

Ball Possession Opponent;

- Mark closely and attack the ball at the right moment.
- Prevent scoring by good defending and no fouls.
- Give cover to your teammates further away from the ball and constantly choose the right position.
- Keep opponent in front of you always keep your eye on the ball.
- Pressure opponent and force them to play / dribble wide.

Transition, changing possession; Quickness!!

Losing the ball

- Quick transition
- Defend on the ball

Winning the ball

- Take advantage of lacking defenders.