



U12 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.

U12 Characteristics

At this age kids experience and internal conflict between the loss of childhood and an aspiration to join the world of adults. This stage is often very difficult for coaches, in part because early or late development causes additional problems for some players.

At their same time they are laying an important foundation for the development of their personalities, which means they need plenty of help and support from you. Mentally, the individual perspective becomes less dominant as team mentality increases in importance. Experience of the game still often more important than winning and thought patterns begin to see recognition of connections as there is the first understanding of delayed gratification (i.e. today's effort will eventually lead to desired result). There are the beginnings of individual responsibility.

Training Recommendations

- Introduce position – specific play but don't start specializing; keep roles general (front/back, left, right)
- Before the season or before each game, list common objectives and visualize them in an age-appropriate way.
- Make training more systematic, using exercises that build on one another
- Let players discover and try out their own solutions for game situations
- Incorporate exercises requiring more concentration
- Assign little duties and let players help organize individual exercises.

Coaching Considerations

- Start reinforcing behavior that benefits the team
- After practices and matches, ask for self-assessment; discuss and provide feedback
- Ensure that sessions are fun. This is around the age when most players quit playing!

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

Warming-up

There are 2 ways to warm up your players before games, one is jogging around and do static stretching, the other one is dynamic stretching this means players keep moving and do different exercises to get their body warmed up. The dynamic stretching is for soccer players more appropriate because the game is dynamic also. Before training technical exercises is a way to warm-up and work on skills at the same time. To vary a tag game can be another way to start training.

Players line up in 2 rows on signal of the coach first group start, always 2 players on same time are going. When the first group is on the second cone next 2 players can go.

- | | | |
|--|----------------|----|
| 1. Jogging to second disc | 2x | |
| 2. Kick- bud | 2x | |
| 3. High Knees | 2x | |
| 4. Shuffle sideways | Left and Right | |
| 5. Karaoke | Left and Right | |
| 6. Groin out-in | 2x | |
| 7. Groin in-out | 2x | |
| 8. Jogging on sign coach sprint to disc | | 2x |
| 9. Jogging on sign coach , turn backwards sprint to last disc | | 2x |
| 10. Back pedaling on sign coach, turn, sprint forwards to last disc | | 2x |
| 11. Jogging forwards on sign coach, backpedaling to last disc | | 2x |
| 12. Both feet next to each other on sign coach, sprint to last disc | | 2x |
| 13. Laying on the ground arms and feet from the ground,
on sign coach sprint to last disc | | 2x |



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.
7. **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.
8. **Inside Roll:** Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
9. **Inside - Outside Roll:** Place the outside of the right foot just off the top of the ball. Roll the foot over the ball keeping it in contact. The movement is left to right. The foot rotates so at the end of the stroke the

inside of the foot is on the outside of the ball. Reverse the movement so that the inside of the foot rolls over the ball right to left. Use the left foot to do the same exercise.

10. **Side to Side Push-Pull:** Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back with the sole of the opposite foot.
11. **Side to Side Step-On:** Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
12. **Side to Side Front Roll:** Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.
13. **Pull Instep Push:**
 - 1) Push ball forward with instep of the right foot and pull it back with the sole.
 - 2) Push ball forward with inside of the left foot and pull it back with the sole.

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

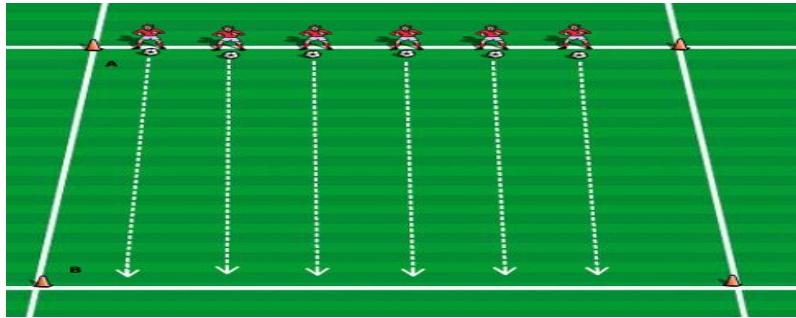
- Players dribble from line A to line B and from B back to A touching the ball every step.
- When they arrive there they need to stop on command before they start again.

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

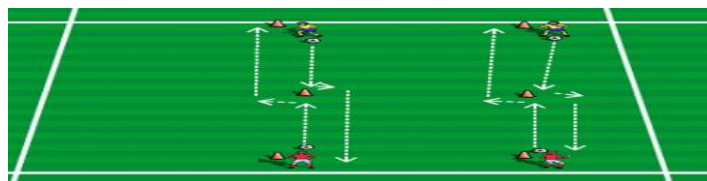
Set-up: - 2 players per cone

- 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



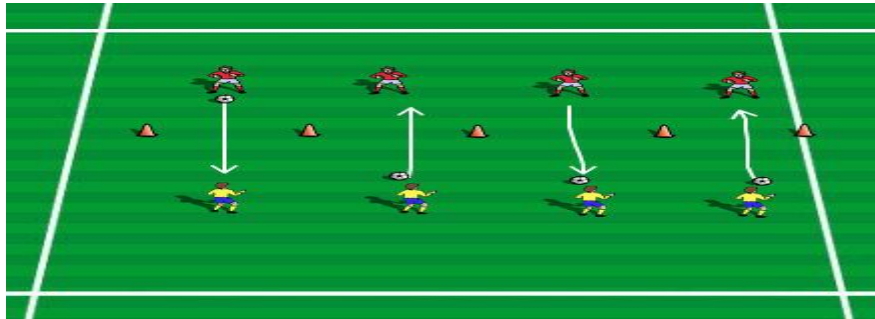
Passing Technique 1

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



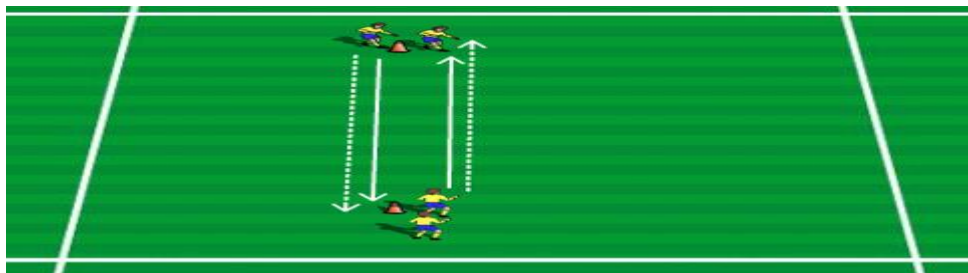
Passing Technique 2

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 (Go to Goal)
6.10 PM	Fast Footwork 1
6.20 PM	Dribbling (Dribbling technique1)
6.30 PM	Dribbling Game (Numbers game)
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 (Dribble tag)
6.10 PM	Fast Footwork 1+2
6.20 PM	Dribbling (Dribbling technique2)
6.30 PM	Dribbling Game (Keep it in)
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 (tom & Jerry)
6.10 PM	Fast Footwork 1 + 3
6.20 PM	Dribbling (Dribbling technique 3)
6.30 PM	Dribbling Game (1 on 1)
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 (Stampede)
6.10 PM	Fast Footwork 1 +3
6.20 PM	Dribbling (Dribbling technique 4)
6.30 PM	Dribbling Game (Moving goals)
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 (Receive and Pass)
6.10 PM	Fast Footwork 1+4
6.20 PM	Passing (Passing technique 1)
6.30 PM	Passing Game (Rapid Passing)
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 (Pressure Passing)
6.10 PM	Fast Footwork 1 +4
6.20 PM	Passing (Passing technique 2)
6.30 PM	Passing Game (The 'Y' Passing Drill)
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 (Look to Shoot)
6.10 PM	Fast Footwork 1 +5
6.20 PM	Shooting (Alligator Alley)
6.30 PM	Shooting Game (4 Post Game)
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 (Crossfire)
6.10 PM	Fast Footwork 1+3
6.20 PM	Shooting (1 versus 1 attacking)
6.30 PM	Shooting (2 versus 1 attacking)
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 (Lightning)
6.10 PM	Fast Footwork 1+6
6.20 PM	Shooting Game (Shoot and attack)
6.30 PM	Passing Game (Eric Wynalda Shoot)
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 (San Jose World Cup Clash)
6.10 PM	Fast Footwork 1+6
6.20 PM	Players Choice
6.30 PM	Coaches Choice
6.40 PM	Small-sided games (4 versus 4)
7.00 PM	Session recap (Question & Answers)

Go to Goal

Emphasis: Dribbling

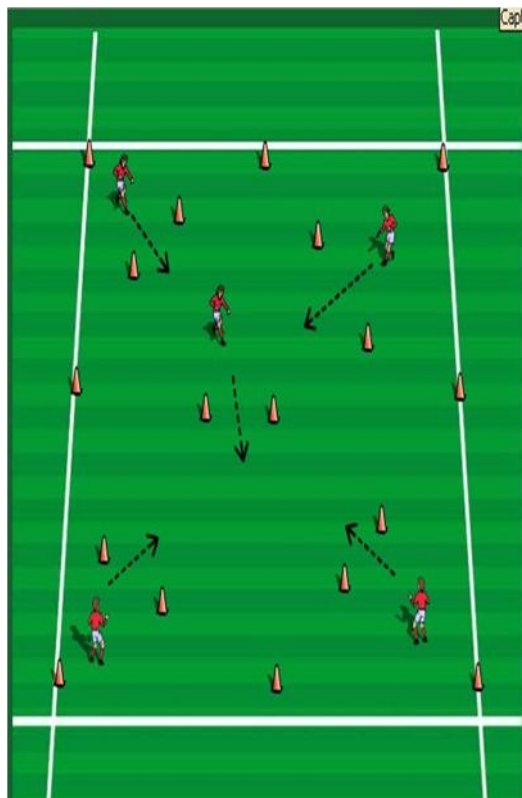
Set-up:

- 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



Numbers Game

Emphasis: Dribbling

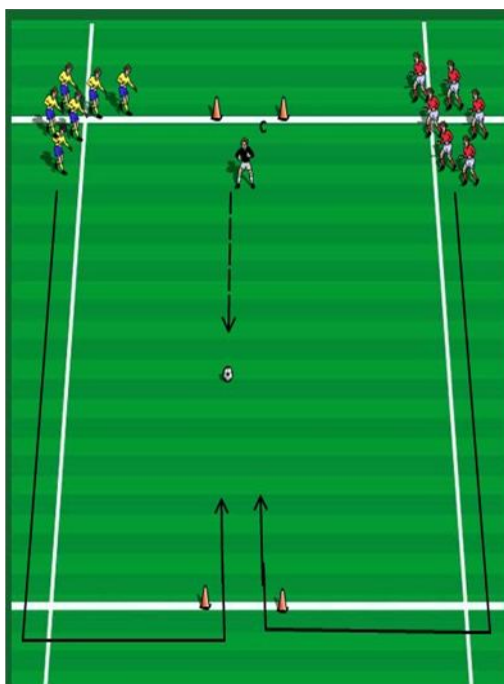
Set-up:

- Position the 2 teams of 6 players in opposite corners of the same end line. Number players on each team from one to six. Position cones as shown in the diagram. The coach is both goalkeeper and server.
- The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball into the middle of the area. The two players must compete to shoot on goal.

Objective: To develop finishing in the goal area

Coaching Points:

- Good running speed to the gate.
- Keep the head down on the ball
- Strike on the ball with the laces
- Shot at earliest opportunity
- Follow in for rebounds



Dribble Tag

Emphasis: Dribbling

Set-up:

- Players must stay within the confines of the area
- The yellow players dribble their balls in pursuit of the red players. All players must be in control of their soccer ball at all times. The goal of the game is for the yellow players to tag the red player who then becomes it. The catchers are identified by carrying pinnies. A player cannot tag the player who has just tagged him. Once a catcher tags a player, he must give his pinnie to the player. Both players then dribble away with their soccer balls.

Objective: To develop change of speed and direction

Progression:

- Introduce the "sole turn" and the "forward roll" commands to the practice direction
- Pretend to go one way, then the other
- Use the drag back/sole turn to escape the catchers

Coaching Points:

- One player should be escaping the opponent by using change of speed and



Keep it In

Emphasis: Dribbling

Set-up:

The attacking players dribble freely inside the gridded area. Start with one defender who applies pressure and tries to win a soccer ball from the attacker, that attacker now becomes defender without a ball. (Process continuously repeated)

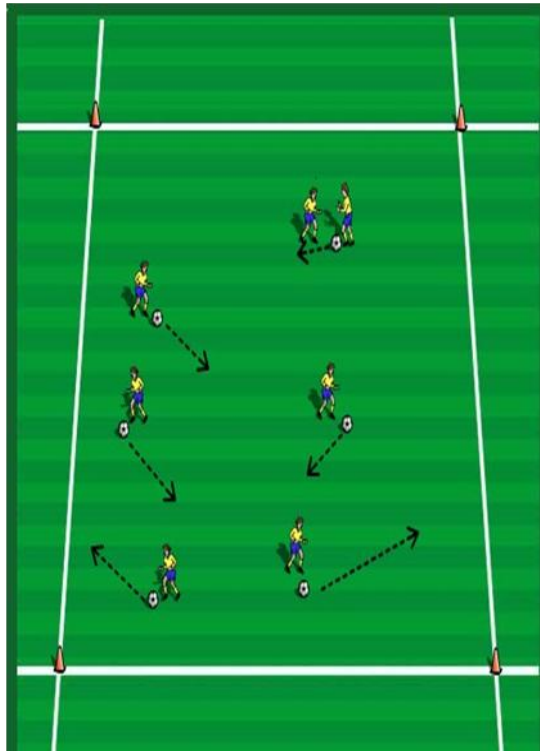
Objective: Speed dribble and cutting the ball

Progression:

- 1) Play 1 minute games, player without a ball after 1 minute, gets a point. Play to 5 points.
- 2) Must only dribble with the left foot, right foot.

Coaching Points:

- 1) Turning away from pressure
- 2) Accelerate away from pressure
- 3) Moves
- 4) Space
- 5) Immediate chase



Tom & Jerry

Emphasis: Dribbling

Set-up:

- The player with the ball stands behind their partner
- The objective of the game is for the red player to lose his shadowing player. The player must dribble at speed track the player. When the coach shouts out "Catch me if you can," both players freeze. The player has to try to pass the ball through the legs of his partner to score. Rotate positions.

Objective: To develop turning and running with the ball.

Coaching Points:

- Push the ball with the laces.
- Push the ball 2-3 feet in front of you between touches.
- Look up and around between touches.



1 on 1

Emphasis: Dribbling

Set-up:

- One ball per pair. Position one player on each side of an imaginary line made by the cones. Repeat in 5 other areas for a total of 12 players
- Player 1 starts with the ball and passes it in to player 2
As soon a player 2 touches the ball, player 1 can try to win the ball. Player 2 tries to dribble to any of the 3 spare cones in the grid. Player 2 scores one point for beating his opponent to either of the lateral cones and 2 points if he dribbles the ball around the defender to the cone at the top of the diagram. Repeat the practice with player 1 in possession.

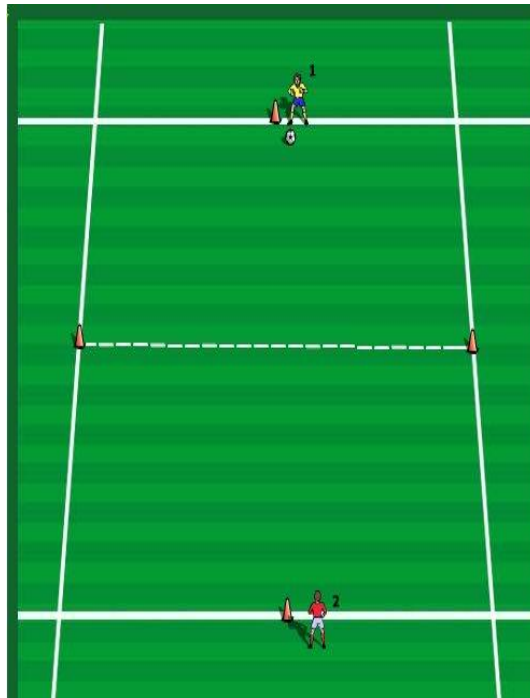
Objective: To develop deception, feints and beating an opponent

Progression:

- If player 1 wins the ball; he becomes the attacker and tries to score

Coaching Points:

- Push the ball to the side and accelerate into space behind the defender.
- Change speed and direction
- Use fakes and turns



Stampede

Emphasis: Dribbling

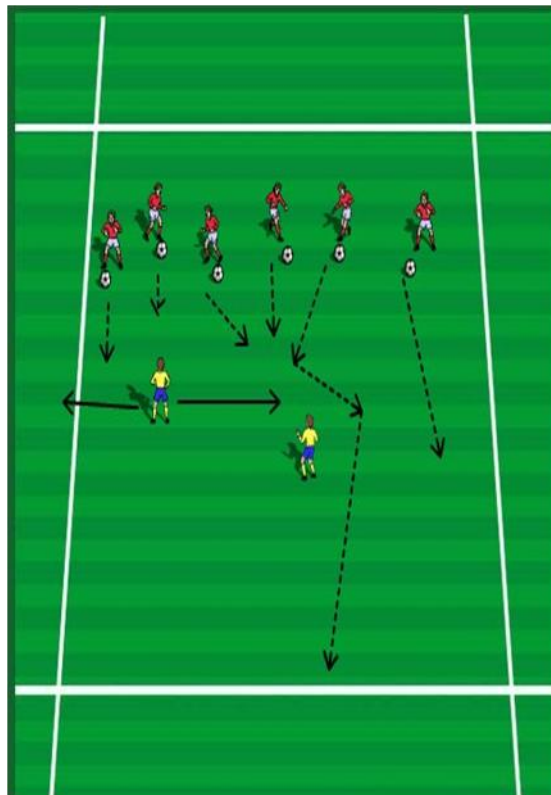
Set-up:

- 1) 8 players split into 2 defenders and 6 attackers. The 2 defenders start in the center of the grid, 6 attackers on one of the end lines.
- 2) The attackers (red) must dribble through the center of grid and reach the other end line without being caught by a defender. The defenders must try to kick the attacker's ball out of the grid. If an attacker has his ball kicked from the grid he then becomes a defender. Sequence is repeated until one attacker is dribbling against seven defenders. The last attacker remaining is the winner.

Objective: Dribbling and beating an opponent in a confined space

Coaching Points:

- 1) Accelerate quickly to avoid defenders
- 2) Keep eyes up to scan the area and avoid defenders
- 3) Utilize moves, dodging fakes etc.



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:

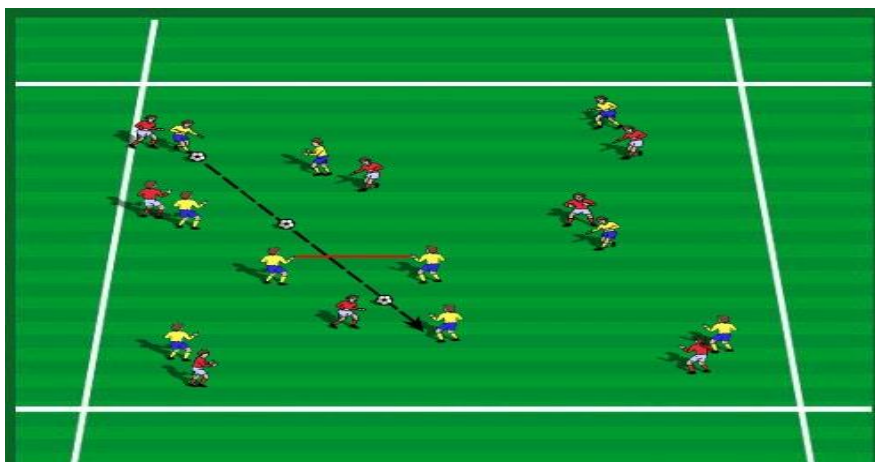
To combine with teammates and to score goals.

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



Receive and Pass

Emphasis: Passing and Receiving

Set-up:

- Station six players around the circle and six players inside the circle. All outer players have balls.
- Players inside the circle move to any player on the outside of the circle. The player outside of the circle calls the name of the surface that he wants the inside player to control the ball with. The server then tosses the ball to the head, chest, thigh, or foot of the inside player who must control the ball according to the command and play the ball back along the ground. The inside player moves to a new server. Rotate positions.

Objective: To practice selecting the controlling surface for the aerial ball.

Progression:

- Control and volley so that the ball does not touch the ground.
- Make the server give a more difficult serve- get out of your comfort zone.

Coaching Points:

- Control with the first touch. Pass on the half volley or volley. (No Bounces)
- establish a balanced position before making contact with the ball.



Rapid Passing

Emphasis: Passing

Set-up:

- Each player stands at opposite sides of the grid. Repeat setup to accommodate the entire team.
- Players must attempt to pass one balls back and forth. Each player must use 2 touches (1 to receive, 1 to pass) to maintain the rhythm of the exercise. Players should prepare the ball at a slight diagonal before passing the ball to their partner. Preparing the ball at a slight diagonal will reduce the likelihood that the balls will collide while being passed.

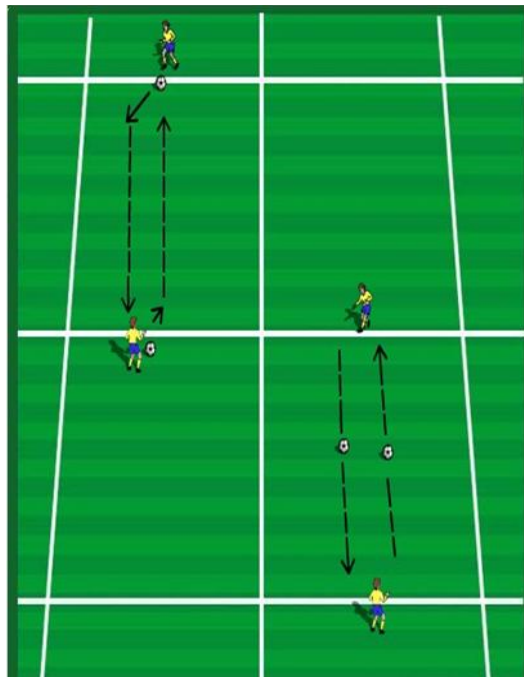
Objective: Accuracy and weight of passing

Progression:

- Introduce a second ball so players must pass both balls back and forth.
- Introduce a race format- "first pair to complete wins"
- One ball, but now only one touch.

Coaching Points:

- Players should try to develop a rhythm with their passing.
- Accuracy and weight of the pass are equally important
- Strike through the middle of the ball with the inside of the foot
- Players must stay light on their feet in anticipation of receiving the next pass.



Pressure Passing

Emphasis: Pressure Passing

Set-up:

- Two players (A, B) are positioned inside the grid: all others (targets) are positioned around the perimeter of the grid. A minimum of 10 balls are spread randomly around the inside of the grid
- Players (A) and (B) must try to pass as many as possible in a 30 second period to the target players on the perimeter of the grid. Any target player receiving a ball to any open area of the grid. Players (A) and (B) must work all-out for the designated time period. Players should keep score of successful passes to the targets. Rotate two new players every 30 - 40 seconds to allow adequate recovery.

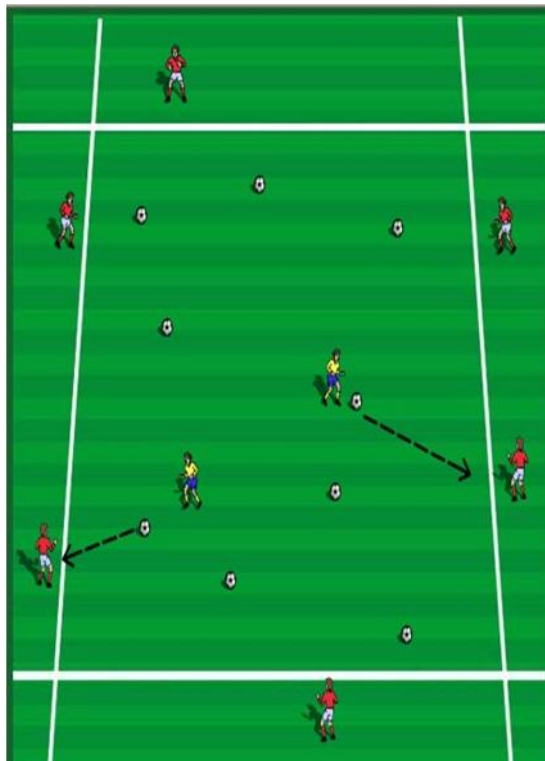
Objective: Accuracy and weight of one touch passing

Progression:

- Introduce a race format. This first pair to complete 20 passes in 30 seconds wins.

Coaching Points:

- players should change speeds to quickly get to the ball
- Accuracy and weight of the pass is equally important
- strike through the middle of the ball with the inside of the foot.



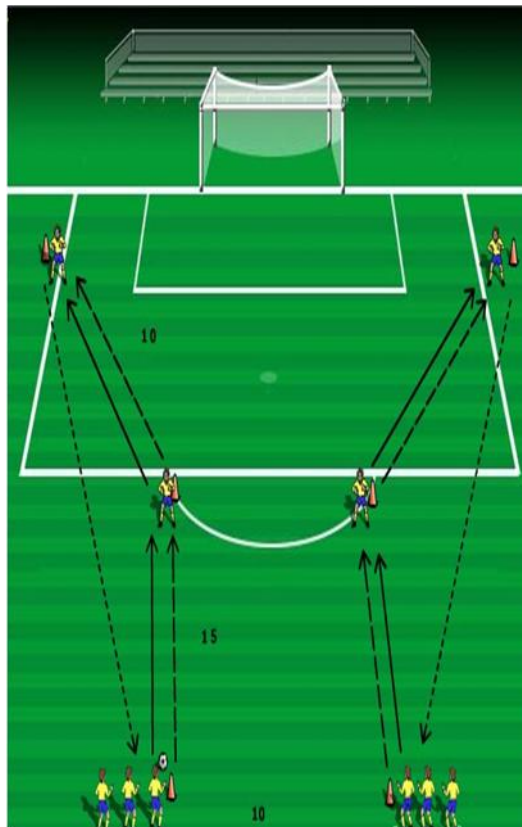
Y Passing

Emphasis: Passing

Set-up:

- Player "A" passes the ball to "B" and follows their pass
- "B" passes to "C" and follows their pass
- "C" dribbles back to "A" with the ball and then the cycle starts again
- Every time the ball reaches the beginning the team gets one point.

Objective: Develop Passing and receiving



Look and Shoot

Emphasis: shooting

Set-up:

- Players are positioned at the end of the grid as shown. A cone is placed 4 yards from the group of players.
- 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.

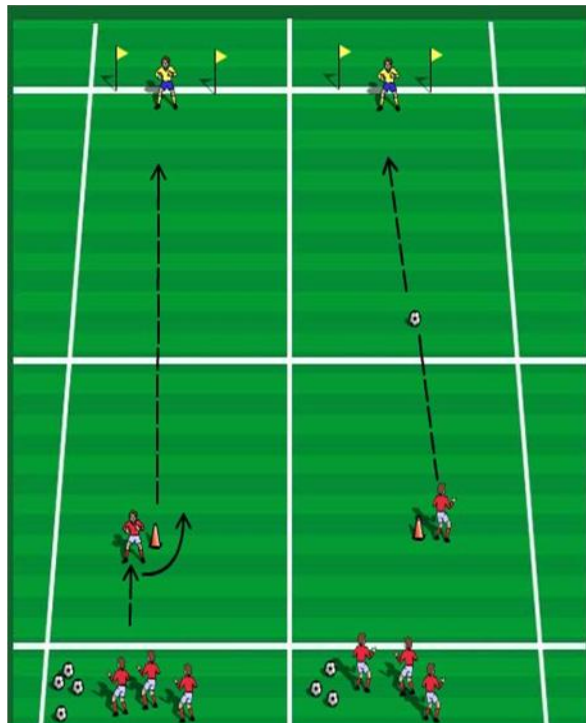
Objective: turning quickly to shoot on goal

Progression:

- Player 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



Alligator Alley's

Emphasis: Dribbling and Shooting

Set-up:

–Player starts at end line. And dribble around 1 player and score at the goal. passive pressure from defender to start with

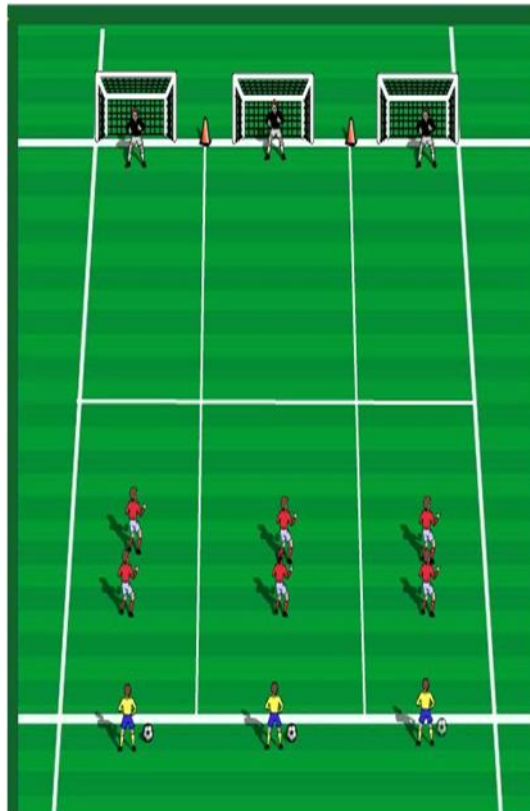
Objective: Rounding an opponent under passive pressure

Progression:

- Defender can now try to steal the ball and goes on the end of the line and attacker becomes defender.
- Add another defender if needed

Coaching Points:

- Run with the ball by pushing it with your laces.
- Keep your head up while dribbling.
- As a defender approaches, change direction and speed up into the space to his side.



4 Post Game

Emphasis: Shooting

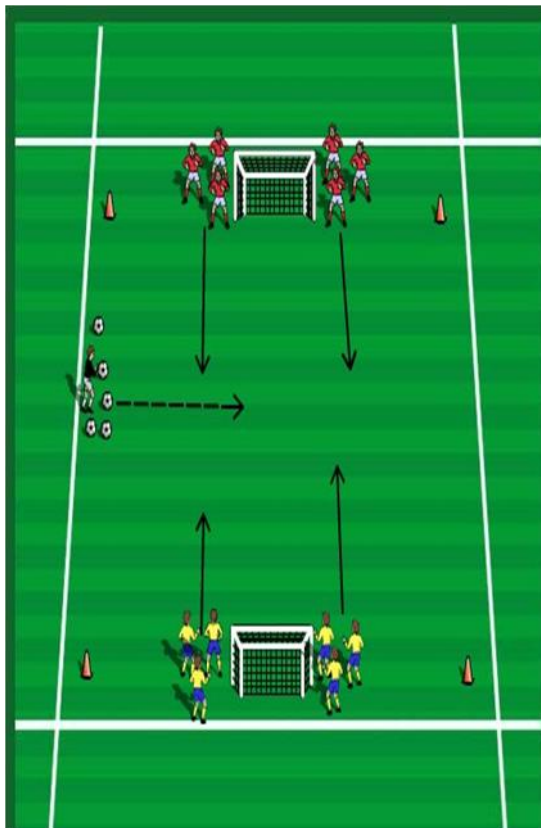
Set-up:

- 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

Coaching Points:

- Look before you shoot.



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.

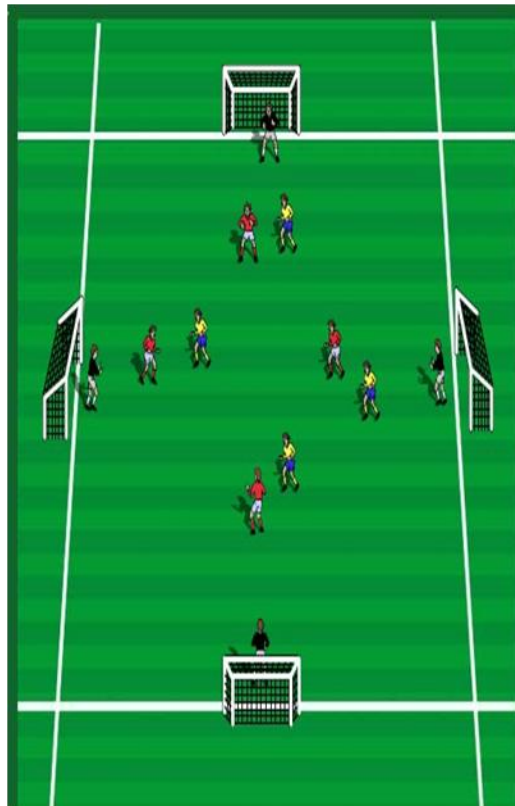
Objective: To develop the mentality to shoot

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.



1 versus 1 to Goal

Emphasis: Finishing

Set-up:

- A group of defenders stand next to one of the posts with a group of balls. The attackers stand in line just on the side of the D on top of the penalty box. The goalkeeper is in goal.
- The first defender in line passes it to the first attacker in line at the top of the penalty area. As the ball travels, the defender closes down the space and the attacker goes and meets the ball. The attacker has five seconds to score, and the defender prevents a shot on goal. After the goalkeeper has made a save or the ball travels outside the penalty area, the play is over and the next one begins.

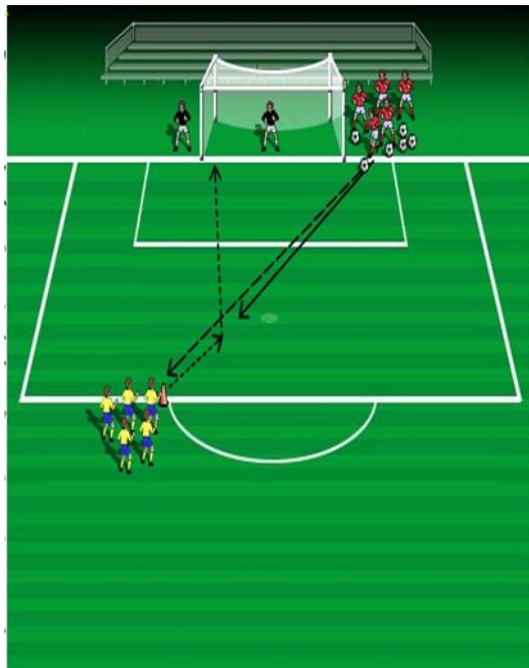
Objective: Finishing, receiving, defending

Progression:

- The defender can chip or drive the ball to the attacker
- A goal must be scored in three seconds or less.

Coaching Points:

- The defender must force the attacker to one side.
- The goalkeeper must direct the defender
- The attacker must get a shot off quickly



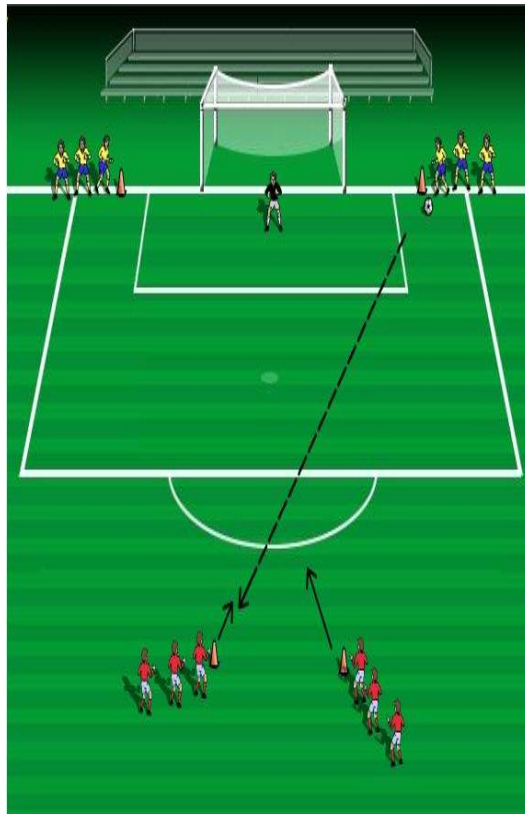
2 versus 1 Attacking

Emphasis: Attacking

Set-up:

- Player "A" (defender) passes the ball to either "B" or "C"
- "A" follows the ball to try and prevent the 2v1 from occurring
- "B" and "C" try to go to goal by either passing between each other or dribbling to goal on their own.

Objective: Create a 2 v 1 towards goal. Know when to pass and when to dribble



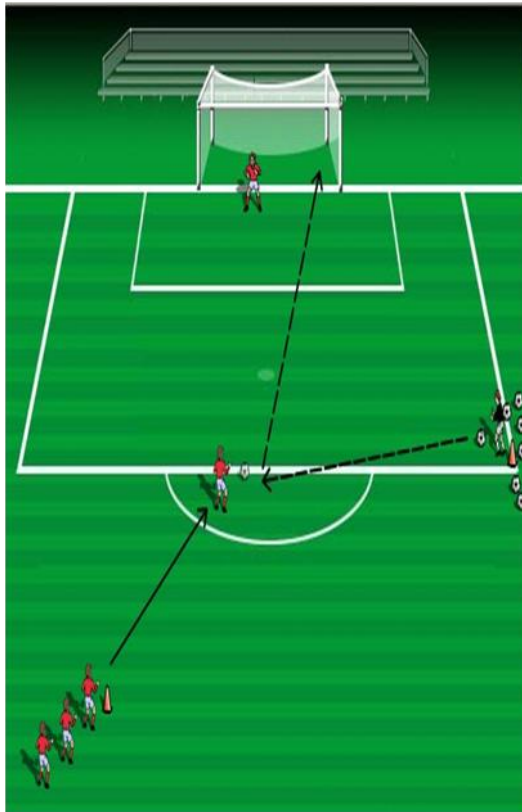
Lightning

Emphasis: Shooting

Set-up:

- Shooter becomes GK elimination game
- After you shoot you become the GK
- If you score your safe for the round, if you don't and you get scored on, you're out.

Objective: one touch shooting and finishing



Shoot in Attack

Emphasis: Finishing

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 shoots directly on goal depending upon the posture of the goalkeeper.
- 4) Repeat from the other side. Rotate positions.

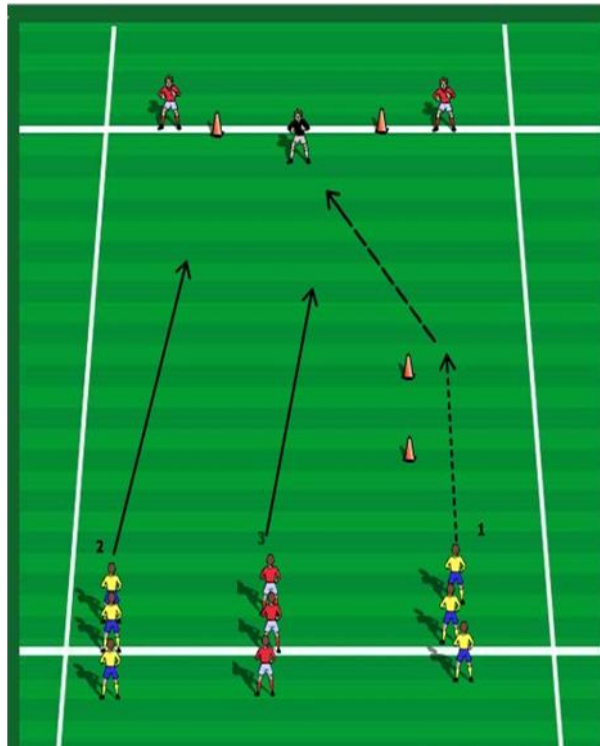
Objective: Develop width in attack, crossing and finishing who mark the supporting attackers as they make their runs to goal.

Progression:

- 1) Take the stoppers and use them as central defenders.

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.



Eric Wynalda Shoot

Emphasis: Shooting

Set-up:

- Play 4 v 1 in each area with a goalkeeper
- Player 1 starts with the ball. The object of the game is to get a shot on goal from the near side of the middle line. The lone defender attempts to intercept any passes and block shots. The lone player in the opposing half follows up any rebounds from the goalkeeper or defenders. Repeat in opposite direction.

Objective: To practice 4 v 1 or 3 v 2 in a conditioned shooting game.

Progression:

- Play 3 v 2 in each area
- Condition to 2 touches per player

Coaching Points:

- Work the ball around the area to take the defender out of the play.
- Advance the ball as close to the midline as possible before taking the shot.
- Remember to shoot through and around the defenders.



San Jose's World Cup Clash

Emphasis: Shooting

Set-up:

–The server plays the ball to any player in the area. The object of the game is to turn the defender and shoot on goal. If the defender marks tightly, the receiver can either a) pass to a teammate in the area or b) pass the ball back for any server to shoot on goal. The servers have only one touch and when they are shooting they are scoring for whoever passed them the ball. If the ball takes a deflection, then the last person the ball touched is the scorer.

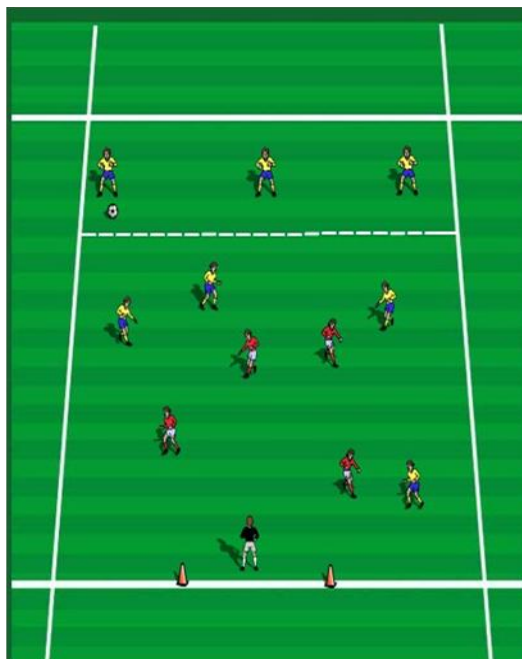
Objective: To develop shooting

Progression:

–Put all players in the area and pair them up. The spare player plays with 2 others
–Play knock out (elimination). Any players who are not out of the game become servers.

Coaching Points:

–Check towards the ball at an angle so you can see the goal when you turn.
–Shoot low and early
–Shoot past the players and use them as a screen.
–Secondary opportunities



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.

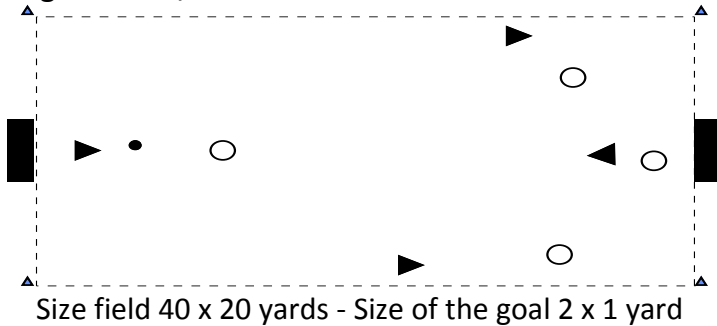
Think of three stages. First, get the games going. Give just enough direction and instruction to start play, boundaries, goals, any rules specific to the game. They can learn the game by playing the game. This introduction might take a whole practice. Next, what are the main mistakes? Do they understand 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

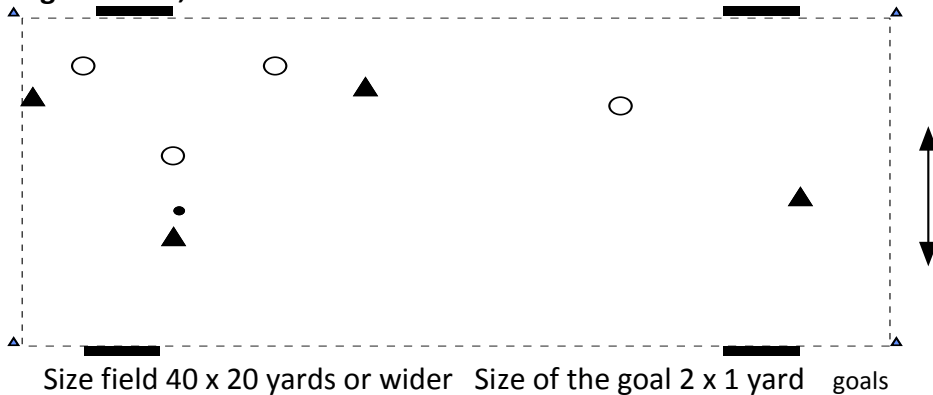
Winning the ball

- 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

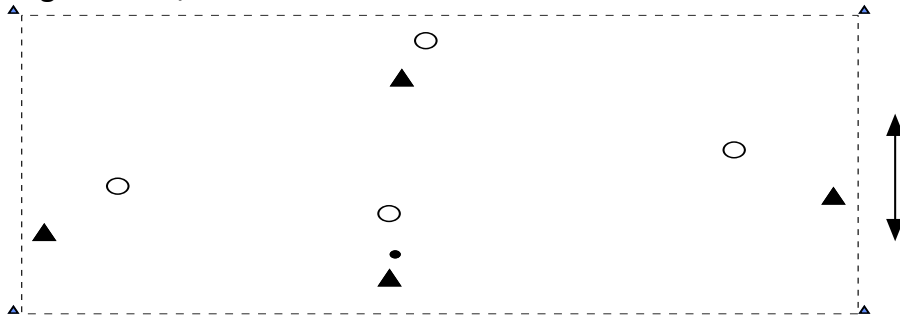
- Communication between player that runs deep and player on the ball.

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.