



U14 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.

U14 Characteristics

- Recognition expected and demanded
- Emotional variation (moodiness) open to (almost) anything but therefore quite susceptible to distractions
- Increased ambition and desire to win, pleasure in comparing oneself with others in competition.
- Increasing ability to concentrate
- Desire for more personal responsibility
- More of a long-term perspective
- Increasing identification with the team
- Need for individual improvement and development

Coaching tips

- Start treating players more as partners
- Be tolerant and understanding of mood swings and the increasing influence of peers.
- Act as an advisor, providing clear rules and principles and model behavior
- Start holding back the praise (and even more with the criticism) while cultivating players' internal motivation.
- Formulate common and individual objectives, but don't overemphasize them
- Give players more responsibility, both on and off the field.
- Work together to develop long-term training objectives
- Cultivate team spirit on and off the field
- Treat everyone in basically the same way while providing more individual more individual encouragement.

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 intercept, 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

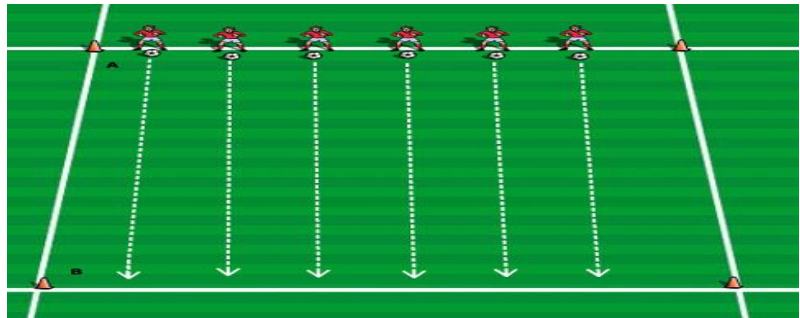
- Players dribble from line A to line B and from B back to A touching the ball every step.
- When they arrive there they need to stop on command before they start again.

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

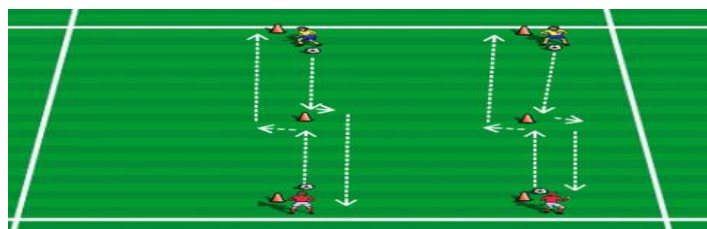
Set-up: - 2 players per cone

- 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



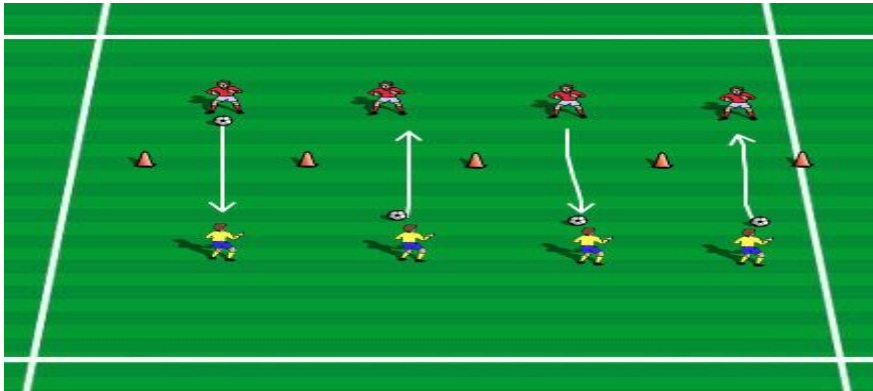
Passing Technique 1

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



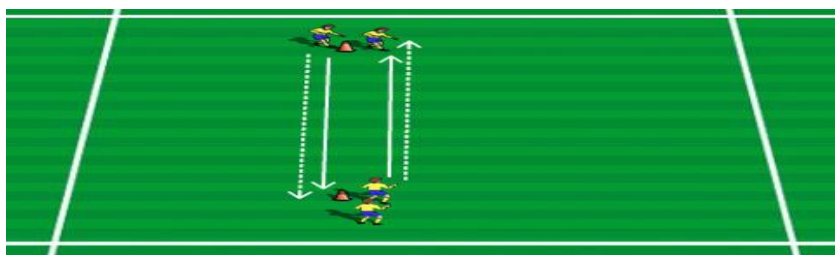
Passing Technique 2

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 (see above)
6.10 PM	Fast Footwork 1
6.20 PM	Dribbling (Dribbling technique1)
6.30 PM	Dribbling Game (Team relay)
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 (Touch the cone)
6.10 PM	Fast Footwork 1+2
6.20 PM	Dribbling (Dribbling technique2)
6.30 PM	Dribbling Game (3 v. 1 Knock-it-off)
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 (Can you keep it)
6.10 PM	Fast Footwork 1 + 3
6.20 PM	Dribbling (Dribbling technique 3)
6.30 PM	Dribbling Game (Good-Touch Bad-Touch)
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 (monkey in the middle)
6.10 PM	Fast Footwork 1 +3
6.20 PM	Dribbling (Dribbling technique 4)
6.30 PM	Dribbling Game (Hand Ball)
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 (1 v. 1 mirror line soccer)
6.10 PM	Fast Footwork 1+3
6.20 PM	Passing (Passing technique 1)
6.30 PM	Passing Game (Moving Targets)
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 (Passing Activity)
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 (1 versus 1 stand off)
6.10 PM	Fast Footwork 1 +4
6.20 PM	Shooting (1 v 1 attacking)
6.30 PM	Shooting (2 v1 attacking)
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 (Hit the target man)
6.10 PM	Fast Footwork 1+5
6.20 PM	Shooting (Clinical Finishing)
6.30 PM	Shooting (Power shot)
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 (Crossing and Finishing)
6.30 PM	Shooting (Wing play)
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 (Wall pass to goal)
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)

Team Relay

Emphasis: Dribbling

Set-up:

- The three groups are positioned at each cone as shown
- On the coach's signal, the first player in line must dribble towards the cone placed 15 yards away. Upon reaching the cone the player must turn and accelerate back to his original group. The ball is then passed from approximately 2 yards away to the next player in line. The next player in line repeats the sequence. Play is continuous for a designated period of time.

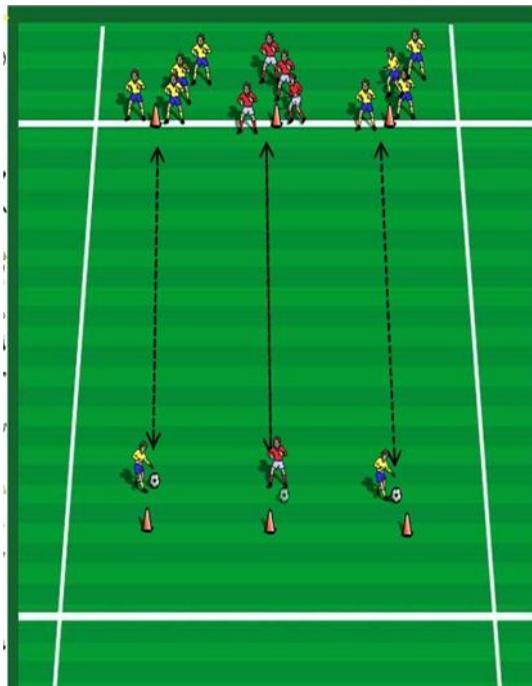
Objective: Running with the ball at speed cones are placed 15 yards from each group. One ball per group.

Progression:

- Players must dribble around cone.
- Vary the turns at the cones. Cruyff turn, step-over etc
- After the turn, players must chip the ball for the next player in line to control before repeating the sequence
- Introduce a race format- first group to have each player complete 2 rotations wins.

Coaching Points:

- Accelerate with the ball on the first touch
- Build up the speed as comfort level increases.
- Change pace out of the turn.



Dribbling Game

Emphasis: Dribbling

Set-up:

- 1) Players can dribble around freely
- 2) When whistle blows, players must reach a free flag as quickly as possible.
- 3) Only one player per flag

Objective: Learn to dribble in tight spaces

Progression:

- 1) Reduce number of flags
- 2) Competitive game; who is the first to get 3 points(3 points can be won by getting to a flag 3 consecutive times without missing a turn)

Coaching Points:

- 1) Keep eyes on field. Watch own ball as little as possible
- 2) Keep ball close to you at all times



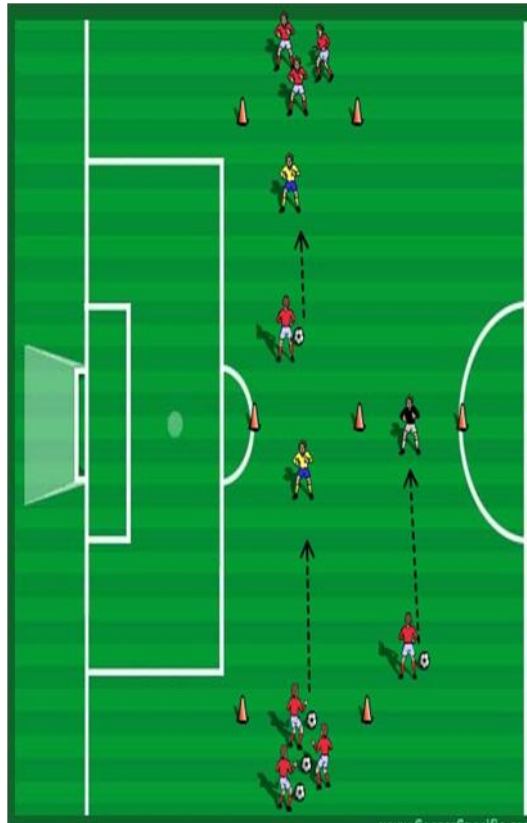
1 versus 1 Gauntlet

Emphasis: Dribbling

Set-up:

- 2 defenders stationed on an imaginary line in between cones.
- Each attacker with the ball
- Attackers try to get past defender's line and proceed to take on next defender
- 1 point is awarded for each line attacker crosses
- If attacker crosses both lines they can try to beat the coach for 10 bonus points
- Award extra points for attempting advanced moves

Objective: cutting, moves, head up, keep ball close, change of speed and reacting to second defender



Keep it In

Emphasis: Dribbling Fun Game

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)

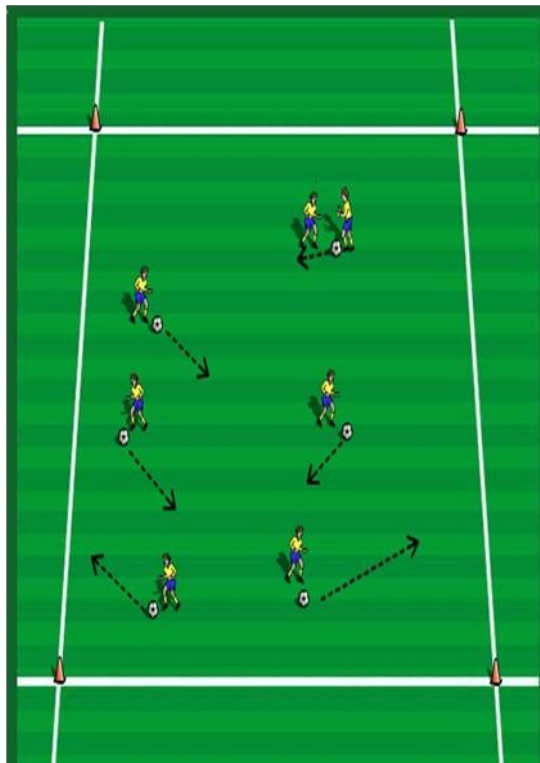
Objective: Speed dribble and cutting the ball

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



Mine Field

Emphasis: Dribbling

Set-up:

–Cones are placed to make mini goals. Two players start in each of the first two squares to act as defenders Four remaining players act as attackers.

–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.

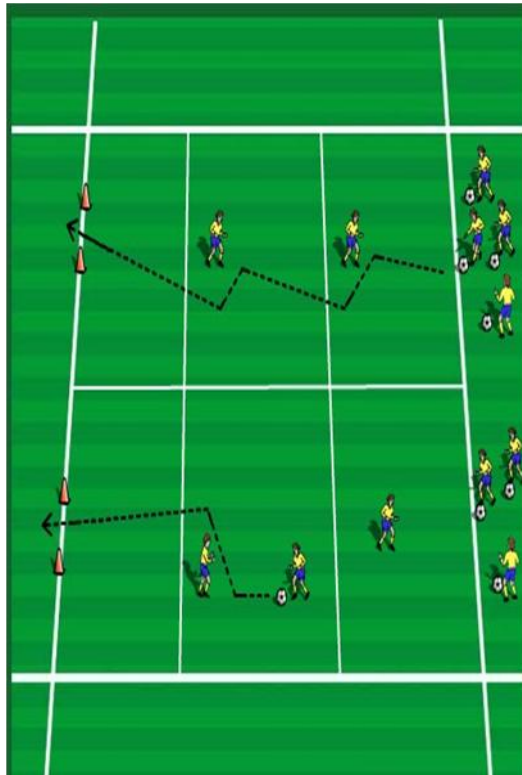
Objective: Beating an opponent

Progression:

–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.



Monkey in the Middle

Emphasis: Passing and receiving

Set-up:

- 1) Groups of 4-7 with one ball in a circle
- 2) Attackers vs. 1 defender in the middle of the circle
- 3) Ball is controlled and passed in the circle
- 4) Defender tries to intercept the ball or push the ball out of the circle
- 5) If defender intercepts, he changes position with the attacker who made the mistake
- 6) The same if the ball goes outside the circle.

Objective: passing, receiving and possessing the ball with pressure.

Progression:

- 1) Progress to 3 defenders against 5 attackers
- 2) Add the condition that players must touch the ball at least 2 times before they can pass it on.

Coaching Points:

- 1) Get behind the ball
- 2) Decide early which control surface you will use
- 3) Keep eyes on the ball
- 4) Relax the controlling surface or wedge the ball
- 5) Use the first touch to get the ball out of your feet so that you can look up to decide next move



Prepare it, Pass it

Emphasis: Passing

Set-up:

- The cones are placed to create a 2 yard square at each end of the grid.
- Both players must stand behind their square as shown.
Player (A) must try to pass (1) the ball through the middle of his partners square. Player (B) must wait behind the square for the ball to arrive. Player (B) must then prepare the ball diagonally through the side of the square before attempting to return the ball (2) to his partner in the same fashion. Preparing the ball diagonally will teach the players to align the ball into the correct position to make an accurate pass. Points are awarded for each successful pass through the square.

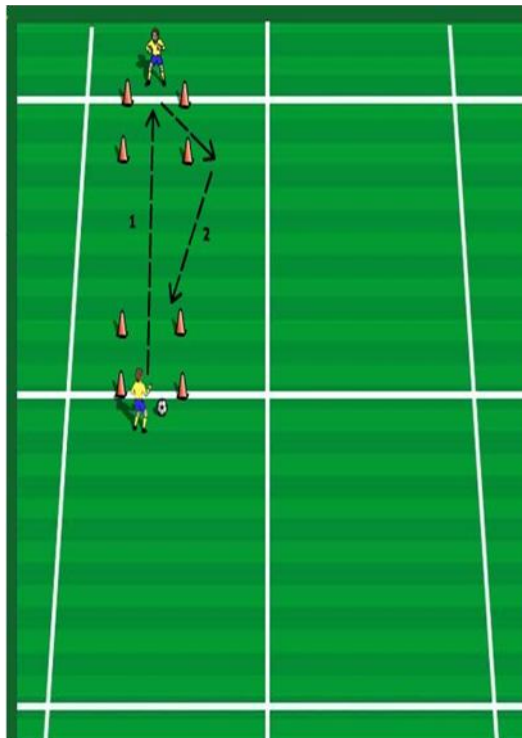
Objective: Accuracy and weight of passing.

Progression:

- Reduce the size of the target squares as the ability level increases.

Coaching Points:

- Accuracy and weight of the pass are equally important
- Strike through the middle of the ball with the inside of the foot.
- The preparation touch on a diagonal will enable players to have more success in their passing accuracy.



Pass and Move

Emphasis: Passing

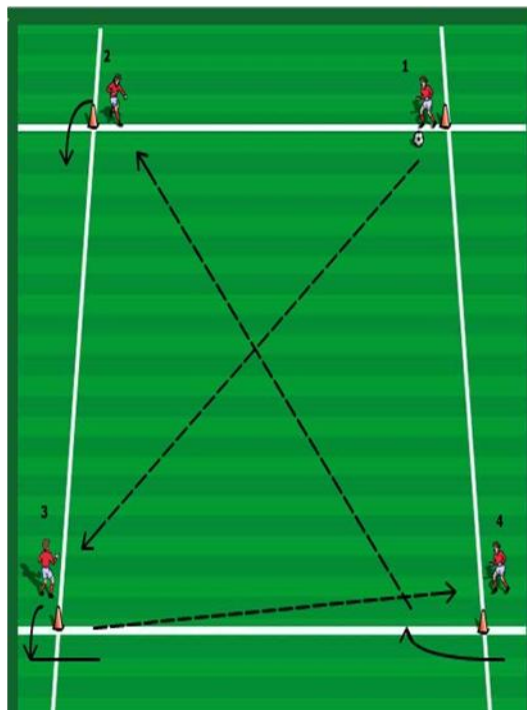
Set-up:

- Player with the ball delivers the ball to anyone in the grid. There is no set sequence that says a player must play it to another player in a specific order
- In the above diagram player #1 plays it to player #3 who then plays it to player #4 and so on. Players should be approximately 1 yard on either side of the cone. It does not matter at any time in the exercise what side of the cone the player is on. As a player receives the ball they must receive the ball with outside or inside of the foot playing it across the front of the cone to the opposite side of their cone, while running around the back side of the cone.
- The player collects the ball on the other side of the cone, delivering it to the next player with his second touch. Make sure players are not playing to the same player each time. Players need to be thinking about switching it.

Objective: develop a players touch, instep drive and inside the foot passing skills

Coaching Points:

- Weight of pass
- Players need to be able to receive balls at pace, while properly weighting it into the space they are going to attack.
- Players need to be able to play quickly within 2 touches due to the requirements of the game.
- Players must utilize the inside; outside and instep drive to deliver quality balls back to their teammates
- Depending on the line of the ball which surface of the foot to take it with.



Movement off the Ball

Emphasis: Movement

Set-up:

- Position 2 players (servers) on each side of the area. Four receiving players, each with a ball, play within the confines of the area.
- The inside players pass the ball to a server on the outside of the area. The server plays the ball back to the inside player. The player turns with the ball and passes to a different server. Rotate positions. If you pass to outside player, 4 options. "Give and Go"= 1- 2 pass; "hold the ball"= pass then run up to player, open legs and play a ball through for player to turn onto; "overlap"= pass ball, hold it and run around receiving player for a return pass; "takeover"= cross over and change places.

Objective: To develop one touch passing and turning with the ball in a conditioned practice.

- The outside server plays the ball with his first touch.
- 4 players in middle with 3 balls. If a ball is stolen, then players must attempt to get another ball.

Progression:

Coaching Points:

- Call name of the person you are passing to and call for the return pass.
- One-touch passes should be firm and to the feet.
- Use your body to screen the ball and turn away from the defender.



1 – 2 Passing

Emphasis: Passing

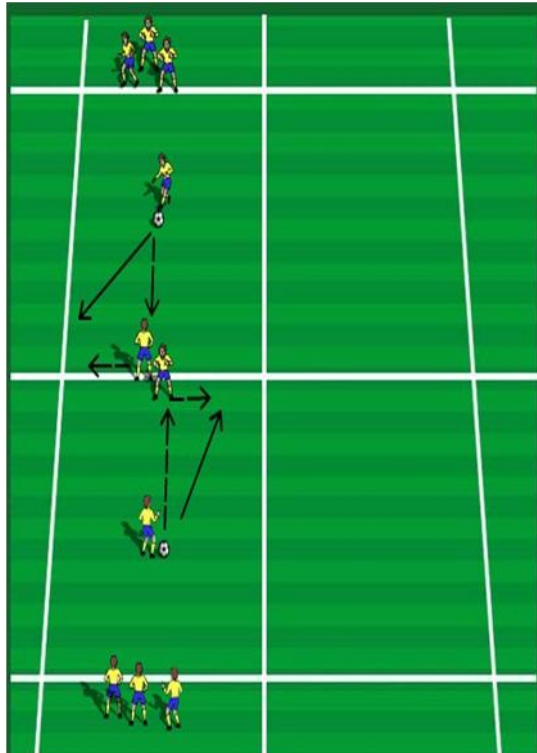
Set-up:

- Two players (C, D) are positioned in the middle of the grid and act as the targets. All other players are located at each end of the grid.
- The first players in line (A,B) must dribble towards C and (D). Each player must pass to the target player facing them. When each player (A,B) is approximately 2-3 yards from the targets they must play a quick 1-2 pass and accelerate into the space to receive the return pass from (A) or (B). After receiving the return pass players must pass their ball to the next player in line. The sequence is repeated for a designated number of reps or for a predetermined period of time. Players keep score of successful 1-2 passes

Objective: Accuracy and weight of one-touch passing incorporating the 1-2 wall pass.

Coaching Points:

- Players should accelerate into the space to receive the return pass.
- Accuracy, weight and timing of the pass is vital
- Strike through the middle of the ball with the inside of the foot.



Passing Activity

Emphasis: Passing

Set-up:

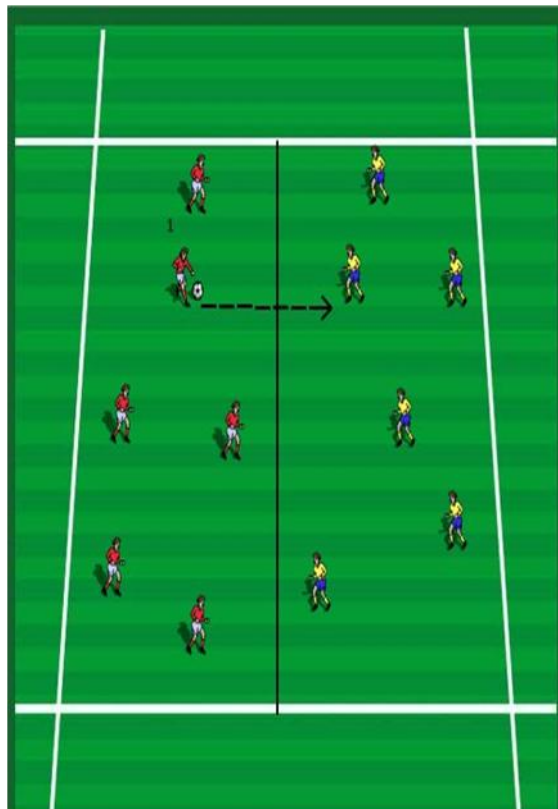
- 1) Team 1 has possession of the ball
- 2) Player 1 passes the ball into the opposing area. Team one sends three players into the opposing area to defend.
- 3) A goal is scored when team two makes 5 consecutive passes without an interception. 4) Repeat in the opposite direction

Objective: passing and transition

- 1) Increase the number of defenders to 4
- 2) Make the area smaller

Coaching Points:

- 1) The team in possession should be very mobile, making runs off the ball to create space for the ball carrier
- 2) Players off the ball should be accessible to the ball carrier at all times.
- 3) When you win the ball, turn and get it to your team immediately



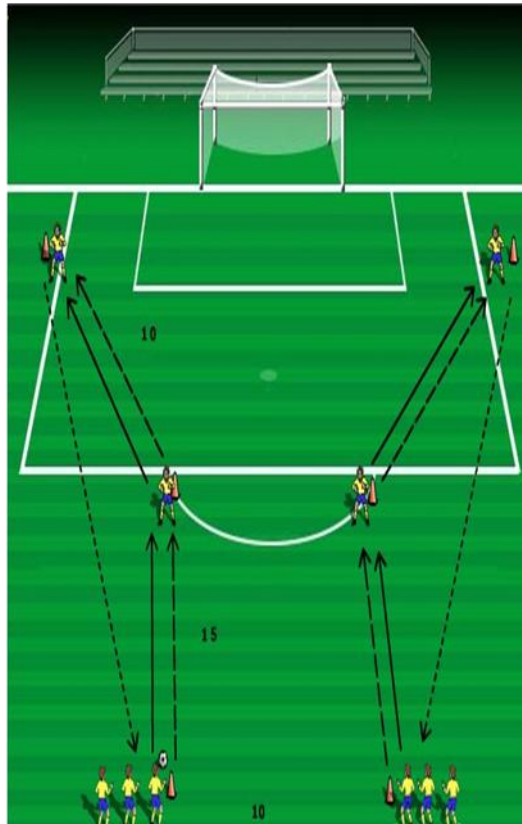
Y Passing

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



1 versus 1 Stand Off

Emphasis: Dribbling and shooting

Set-up:

–Players compete in a 1 v 1 battle for possession of the ball. The goalkeeper of the player in possession can come out of the goal to support his teammate. Goalkeepers cannot score. After 2-3 minutes rotate the players so that the goalkeepers get a chance to act as field players.

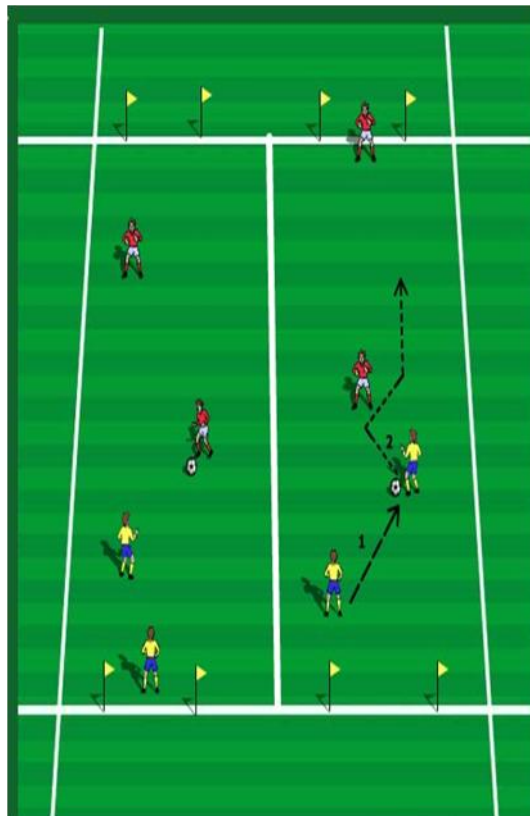
Objective: Dribbling, shooting, and attacking

Progression:

–Goalkeepers can score on a first time shot

Coaching Points:

- Shoot early and often
- Encourage attacker to take chances in 1 v 1 situations close to goal.
- Changes of speed and direction to beat defender.



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.

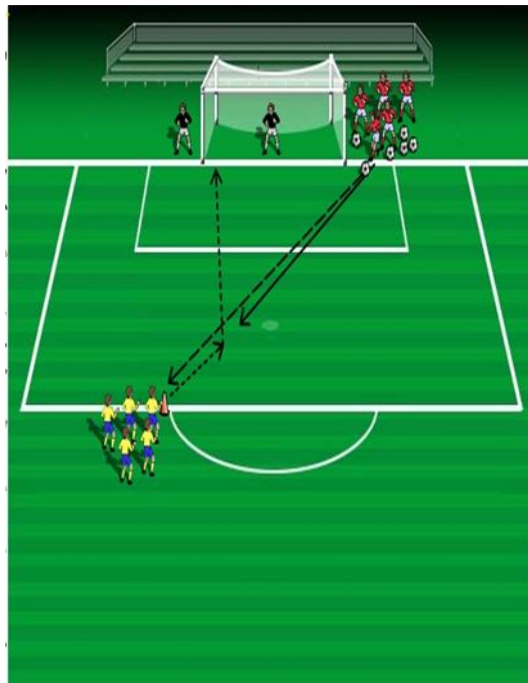
Objective: Finishing, receiving, defending

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



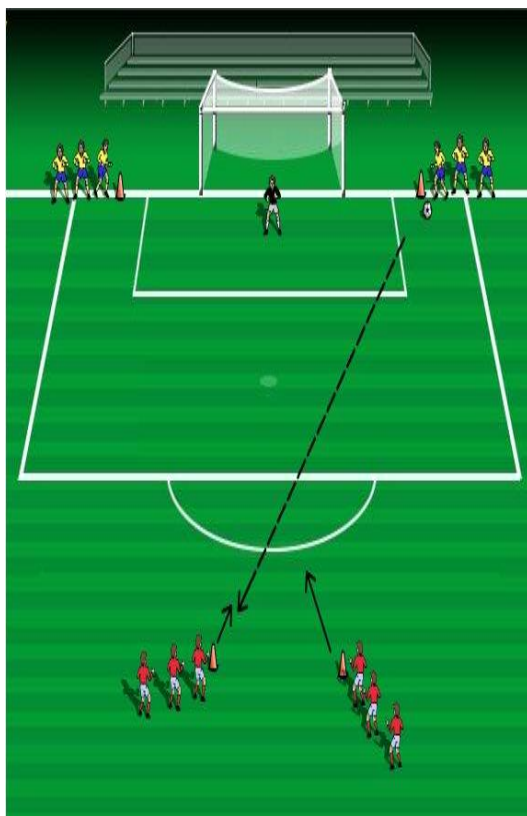
2 Versus 1 Attacking

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



Hit the Target Man

Emphasis: Passing

Set-up:

- 4 Flags are positioned approximately 4 yards apart in the center of a grid as shown. Players are split into 4 groups and are positioned 12-15 yards from each flag. 4 players are designated as target players and are positioned slightly in front of each flag. 2 cones are placed 4-5 yards (right and left) in front of the target player. 3 -4 balls per group.
- The first player in line (A) passes a ball into the target player. The target player passes the ball straight back to (A). Player (A) passes the ball, again, to the target player. Immediately after the second pass player (A) must burst forward at an angle to offer support for the return pass. Player (A) must receive the ball with an open body position (sideways } on) before accelerating back to his group. Next player starts when player (A) receives the ball from the target player. Play is continuous for a designated number of reps or time. Target player is changed after a designated time.

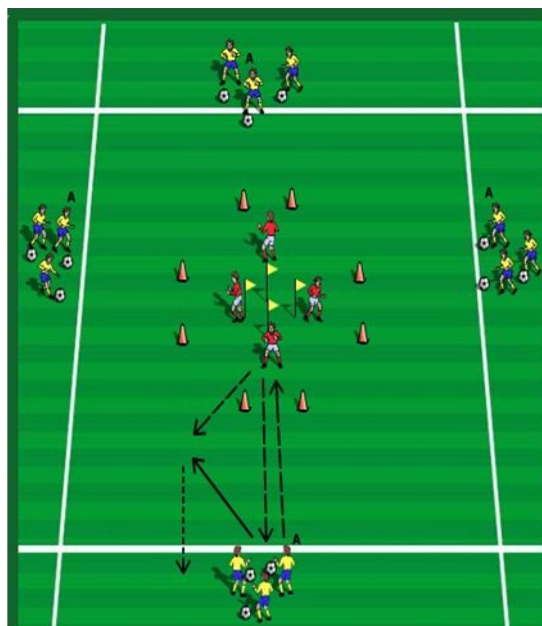
Objective: Laying balls off, supporting at an angle, passing, turning

Progression:

- Use 1 ball per group. After the player receives the ball from the target player he must pass it to the next player in line.

Coaching Points:

- Firm passes in to target
- Burst forward (accelerate) to support at an angle
- Communicate with the target; tell him what side you are going to



Clinical Finishing

Emphasis: Shooting

Set-up:

–the object of the game is to score in the opposing goal. Only the attacker with the ball can go into the end area from a thru pass from a teammate or by dribbling in. No defenders are allowed in this area. Goalkeepers must stay on their line until the ball enters their goal area. Attackers have a maximum of 3 touches in end areas. Goals can be scored only in the end areas. Attackers have only 1 touch from rebounds from the goalkeeper.

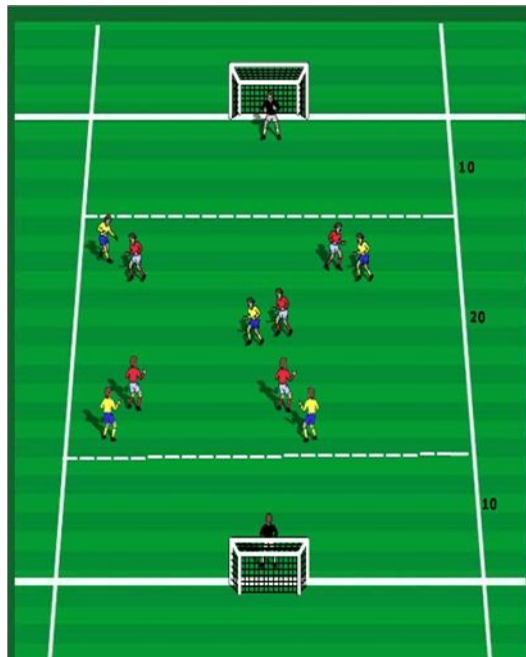
Objective: To develop finishing and scoring through the middle

Progression:

- Develop into allowing 1 defender to enter the penalty area also to put pressure on the attacker. The defender is nominated and is the only player allowed in.
- Reduce the number of touches in the end zone to 2
- Allow 2 attackers and 1 defender in end zone. 1st attacker has 2 touches, other attacker has only one touch

Coaching Points:

- As a team spread out wide and deep
- Time your run into the area to beat the offside line and get the ball.
- When you enter the final area, pass the ball past the goalkeeper.
- Aim low and to the far corner



Powershot 1

Emphasis: scoring

Set-up:

- 1) Set out three grids within the area according to the dimensions shown in the diagram.
- 2) The four players combine to dribble the ball past the lone attacker in the other area follows up on rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

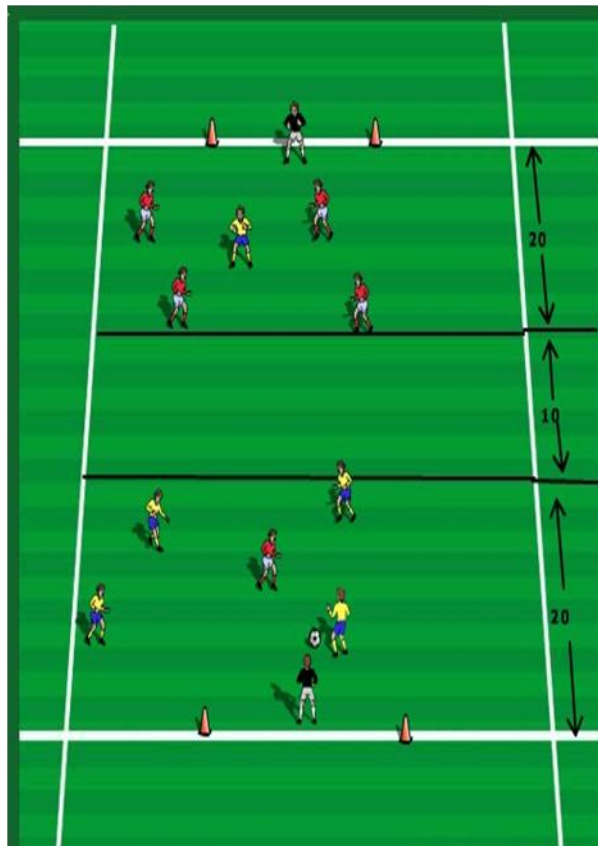
Objective: develop shooting from a distance

Progression:

- 1) The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
- 2) Change the ratio of attackers to defenders to 3 v 2

Coaching Points:

- 1) Encourage players to penetrate the midfield area as quickly as possible and to shoot in one continuous movement
- 2) Composure is an important prerequisite to successful shooting
- 3) Strike through the middle of the ball.



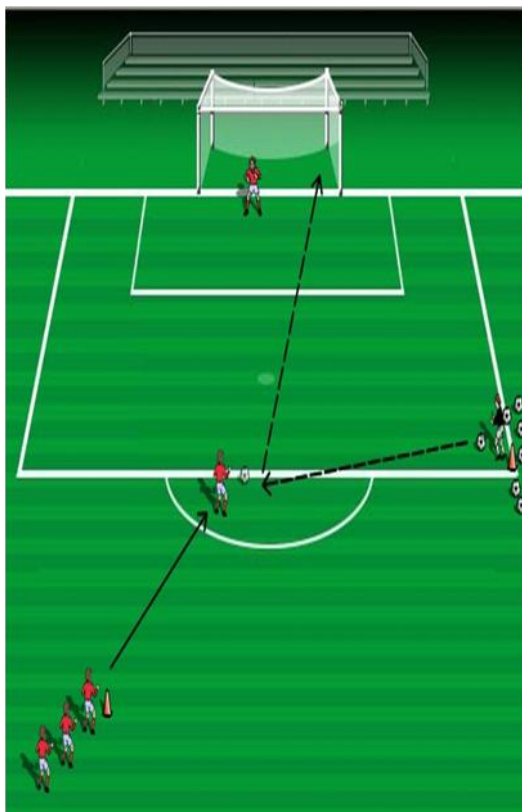
Lightning

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



Crossing and Finishing

Emphasis: Crossing and finishing

Set-up:

- 1) Each team has 2 wide players, 1 central defender and 2 strikers. The goalkeepers have supply of the balls
- 2) Teams compete against each other in an attempt to score goals from the crossed balls with either a head volley or flick. The 2 wide players take it in turns to deliver crosses to the 2 strikers attacking the prime scoring area. The 2 strikers should look to make split runs (arriving in different areas) and cross over runs to drag the defenders out of position.

Objective: Develop finishing the crossed ball

Progression:

- 1) Player 1 dribbles to the end line and turns the plays the ball back for a first time cross by player 2
- 2) All crosses delivered first time after an overlapping run by the wide players.
- 3) Put 1 wide player from each team on each side of the field. They now have to dribble past each other to cross the ball.

Coaching Points:

- 1) Don't run across the cross, but come down the line of it.
- 2) Try to get in front of the defender at the near post
- 3) Time your run so you meet it moving forward



Wing Play

Emphasis: Finishing

Set-up:

- 1) Station 1 player on each channel. Play 4 v 4 in the central area with a goalkeeper at each end.
- 2) The goal of the game is to get the ball to your team's wide player sprints the distance to the opposing goal line and delivers a cross to the prime scoring area for his teammates who are attacking the goal.
Repeat in the opposite direction.

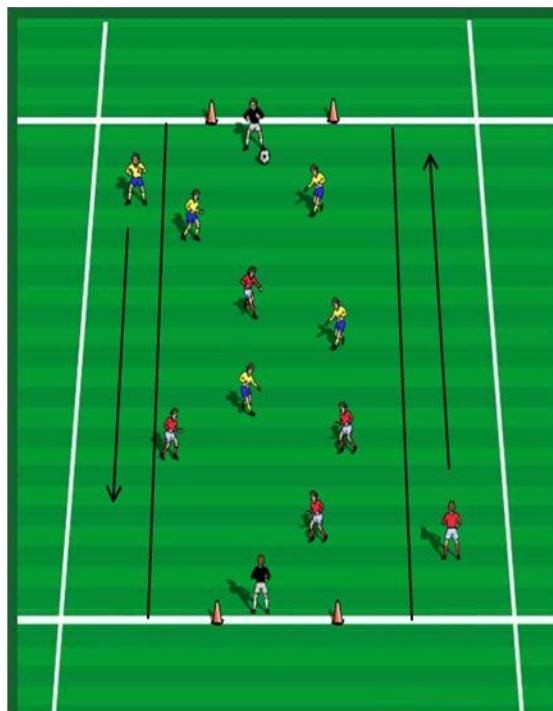
Objective: develop width in attack

Progression:

- 1) When the wide player gets the ball in the channel, the nearest player from the defending team can enter the channel one disc behind where the ball crossed the line. The defender then pursues the wide player down the channel challenging the cross.

Coaching Points:

- 1) Get the ball to the wide player as quickly as possible
- 2) Draw the defender beyond the near post, creating space behind him for an attacker penetrating the mid-goal area
- 3) Make decoy runs such as the crossover or diagonal run to confuse the defense.



Wall Pass to Goal

Emphasis: Passing and Finishing

Set-up:

- Every player has a ball and the coach stands anywhere in the middle of the field.
- The players dribble around the field and soon as they make eye contact with the coach, they play the ball in, get it back and go to goal. The coach must dictate the players run and lead him/her to goal. Everything is done at game speed. Every few seconds a player should be shooting on goal. The team with the most goals wins the game.

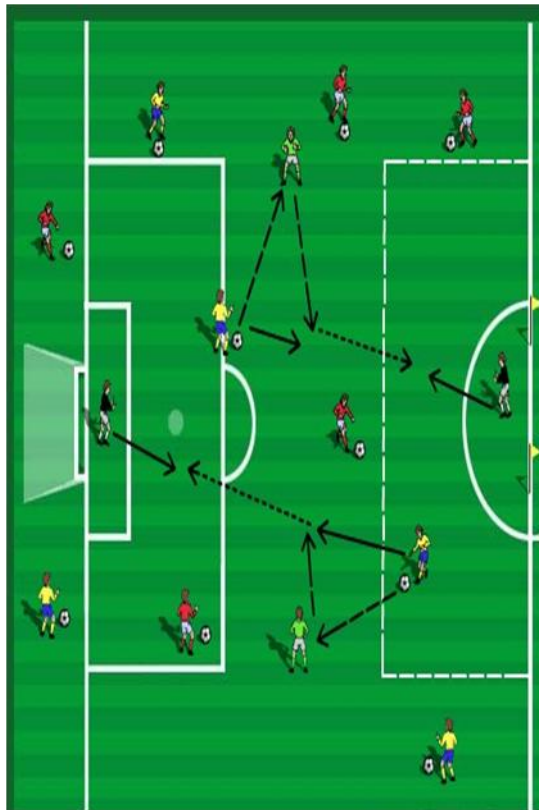
Objective: Finishing, dribbling, passing, breakaways

Progression:

- The player must chip or drive the ball into the coach's hands.
- The attacker has three seconds to score

Coaching Points:

- The dribbling must be sharp and game realistic
- Identify the goalkeepers starting position
- Communication, communication, communication



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;



Size field 40 x 20 yards - Size of the goal 2 x 1 yard

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

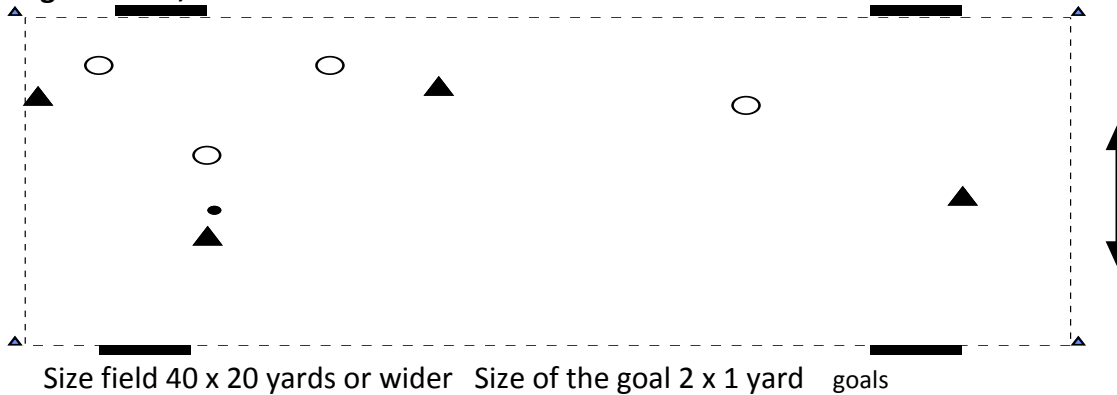
Winning the ball

- 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

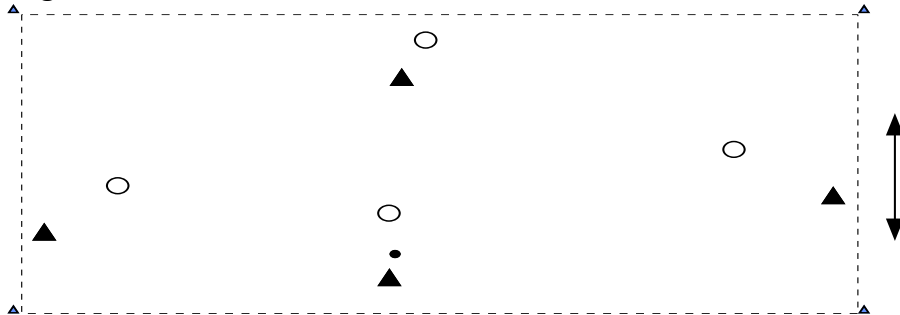
- Communication between player that runs deep and player on the ball.

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.