

FYSA U-7

Instructional Division Manual

Coach!

The Franklin Youth Soccer Association training staff is committed to supporting you in your efforts to teach the children of our organization basic soccer skills and help them become better soccer players. This manual provides a framework to organize your training sessions for the upcoming season.

Within the 60-minute session that we have each week with the players, the first 30 minutes will be devoted to training, and the second to a pair of scrimmages with another team.

Structure of 30-minute Training Session:

1. Warm up activity: From the moment the first kid arrives until 5 minutes after your start time.
2. 1st Activity: 8-10 minutes including water break. This will be outlined on your weekly practice plan.
3. 2nd Activity: 8-10 minutes including water break. This will be outlined on your weekly practice plan.

Structure of 30-minute 3v3 Scrimmage:

1. Each team is split into two groups.
2. One half-team moves to the field of the companion team of the week (see Instructional Division schedule) Also, consider arranging with the other coach, on which field should you send your more dominant, aggressive players. Mix players from different teams if you feel the kids will benefit.
3. Coaches and Assistant Coaches oversee competition
4. Teams assemble to close the session. Ask them who had fun and what they liked today.

Points of Emphasis for the Season:

- Dribbling and Ball Control skills. PROMOTE age appropriate juggling. Almost all of the U-6 activities involve dribbling, and coaches are to focus on using the correct surfaces of the feet to master and control the ball (Inside, Outside, and Laces – No toes..., “Tozos are for Bozos”).
- Passing Technique is introduced at the U-7 level.
- “The Swarm”. Do not emphasize positional play or spacing during the scrimmage - just let the game progress naturally.
- DON'T command players to pass or even shoot. It's important they learn the benefits of this on their own. It's OK to guide them, but don't dictate play. They need to think and discover on their own to be able to truly play the game on their own. Praise the success of those times when a pass is made to an open player, or when a player succeeds as a result of being in good open space away from the ball.
- It's OK if more than one player defends the ball. It's a good moment that challenges players. If the attacker doesn't succeed you can ask them, “What happened?” “Remember, you have teammates who can help you.”

Remember:

FYSA's primary objectives for players this young are for maximum activity, maximum touches on the ball, an absence of a focus on winning, an absence of coach / parent directed play and a focus on learning, fun, and success.

They are children and the game is the best teacher - Let them play

NEW

Modified Re-Starts During Scrimmages

The SPRING U-7 age group no longer uses the continuous play format.
We will use modified rules for restarting play.

IF THE BALL GOES OUT OF BOUNDS,...

- The opposite team may dribble or pass the ball into play.
 1. Be near them only as needed. Probably more at first.
 2. **It is critical that the decision be theirs** as to dribble or pass.
 3. You may want to ask them guiding questions, like, “Do you think you should dribble into that space in front of you?” “Anyone open for a pass?”
 4. Coaches should have a ball in hand in case the player doesn’t make a decision within a reasonable amount of time.
 5. Let the player who is struggling to make a decision know they have 5 more seconds to decide. Count down the 5 seconds, and then if they don’t act, throw your ball into play and declare, “Game on!”
- Let them know that when re-starting, once the ball touches the line, it is in play.
- The defending team must **yield 3-5 steps** on balls re-started from the side or corner.
- If the ball is out of play OVER THE END LINE BY THE DEFENDING TEAM, have the team being awarded possession, bring the ball in from the corner of the field.
- If the ball is out of play OVER THE END LINE BY THE ATTACKING TEAM, have the team being awarded possession, bring the ball in from their end line AND HAVE THE NEW DEFENDING TEAM yield 8-10 steps.

Warm Up / Opening Activities:

[No Stretching is needed at this age. Just get them playing!]

Game to two goals:

As the 1st kid arrives, get them playing 1 v 1 against the coach. Use cones for goals 10 yds. apart. Coach must hit a designated turned over cone, **the player** MUST DRIBBLE THROUGH either goal in either direction to score as many goals as possible. **Players** keep the ball after scoring, **players** join as they come, (1v1v1...), or 2v1 and the 1 can score on either goal but the 2 can only score on 1 goal, or play 2 v 1...3 v 4 with each team defending a goal OR let them create the rules!

BUT SCORING is still by DRIBBLING THROUGH either direction.

Players explain the rules of the game to new players.

Play with an extra ball or two, or three if there are kids not scoring. Have them play for 1-2 minutes. Who ever has the most goals wins. Donkey kicks for the others. (Hands on ground, kick and "Eeh Haw" like a donkey.)

Multi-Directional Red Light / Green Light

All players have a ball.

Green Light: Go!!!!!!! *Dribble All over*, change directions. (When they are ready for it, if balls touch those players do 5 sole taps on the ball before they can go again.)

Red Light: Stop

Ask them what a **yellow light** means: Go slow, keep ball near you.

Ask them to **choose a color:** You give the command for their new color.

(Go Really Fast* or a sole pull-back with right foot, then left foot.)

Other commands:

- Do a crazy cool new soccer move! (Let them be creative)
- Get down and hide behind the ball
- Dance around the ball
- See more moves on this website:
<http://www.strongsoccer.com/Kingdrills/clipspractice.htm>

Important!!!:

CALL GREEN LIGHT or the "*really fast" light immediately after they have completed another light's command.

It builds the habit of a burst of speed following a move.

Other Warm-ups:

Mexican Hat dance: All players with the sole of one foot on their ball and the other foot on the ground; while singing and clapping to tune, change from one foot to other. Get into a rhythm and increase speed. **Variation:** As player changes from one foot to the other, player rotates around the stationary ball.

Touch Step/Touch Step: All players stand next to ball with their feet together. Lift closest foot to ball above ball, tap ball, step over ball; lift second foot above ball, tap ball, step over. Now both feet are on opposite side of the ball. Have to leave room for second

foot when placing first foot on other side. Get into rhythm/dance. **Variations:** Move from front to back or back to front; beginnings of 'step over' dribbling technique.

Week 1 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:**

5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Multi-Directional Red Light / Green Light:**

2nd Activity:

10 minutes

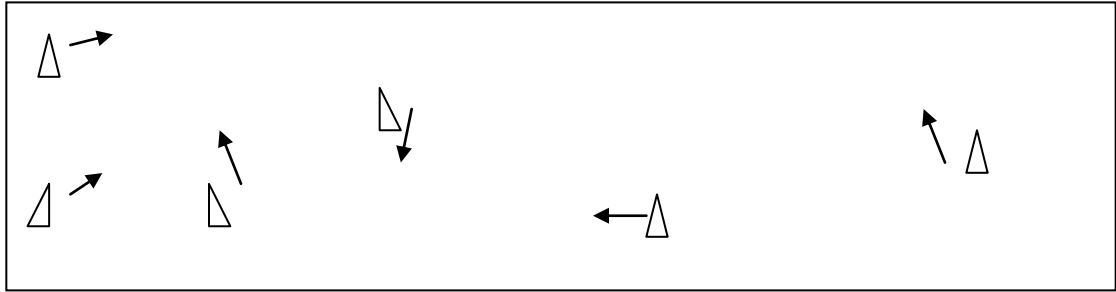
(includes water break)

Title: **Dinosaurs in the Caves Game:**

NOTES: Explain to your players during the water breaks that they will be playing their 3 v 3 game today amongst themselves, not with another team. ALSO let them know about the **new** (see 2nd page of manual) way we will re-start the ball if it goes out of bounds. Consider demonstrating what they should do when the ball goes out of bounds.

KEEP IN MIND that this is brand new to many of them and will take a little bit of time and patients for them to grasp the consequences of allowing the ball to go out of bounds.

Multi-Directional Red Light / Green Light



Rules:

All players have a ball. Coach calls colors; players react with the designated command.

Green Light: Go!!!!!!! *Dribble All over*, change directions. (When they are ready for it, if balls touch those players do 5 sole taps on the ball before they can go again.)

Red Light: Stop

Ask them what a **yellow light** means: Go slow, keep ball near you.

Ask them to **choose a color:** You give the new command* for their new color.

(* “Go Really Fast” or a “Sole pull-back with right foot, then left foot.”)

Other commands:

- Do a crazy cool new soccer move! (Let them be creative)
- Get down and hide behind the ball
- Dance around the ball
- See more moves on this website KEEP the move SIMPLE:
<http://www.strongsoccer.com/Kingdrills/clipspractice.htm>

Important!!!:

CALL GREEN LIGHT or the “*really fast” light immediately after they have completed another light’s command.

It builds the habit of a burst of speed following a move.

Have them practice the new move as you introduce it. Call yellow light, then the new color. **THEN IT IS IMPORTANT TO CALL GREEN LIGHT** as they finish the new move. They will begin to develop acceleration of pace after a move to turn from pressure, or after they beat a defender.

Coaches of older kids, this is where you can introduce an inside-outside foot combination push move or whatever you feel is appropriate.

Important to call out the foot to use too! If not, they will only develop as one sided players with a “good foot” and a “stand’n leg.”

Time Management

The game is played for 8 minutes or until you feel a drop in enthusiasm.

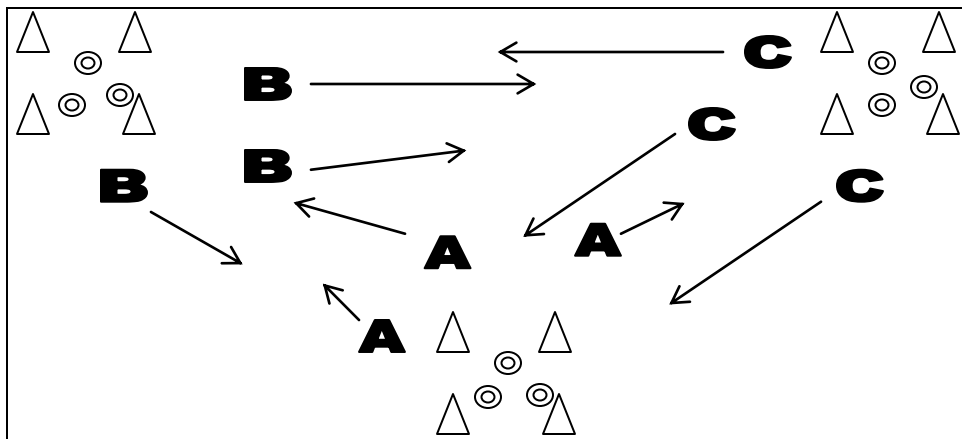
Set up

Activity Grid: 20 yards x 12 yards activity grid, varied depending on number, size, and age of players

All players have a ball.

Considerations: Be enthusiastic, be creative, have fun and so will they.

Dinosaurs in the Caves Game



Objectives of Players

Teams of dinosaurs try get the most “eggs” (balls) from a pile in the center back to their caves. Who ever has the most at the end of a minute wins.

Rules

Start with an equal number of balls as players in a pile in the center of the area. Dinosaurs start in their caves with their dinosaur team. They can determine the types of dinosaurs they want to be, and practice a roar. On the coach’s command, all dinosaurs ROAR! And run to get as many eggs by dribbling them back to their own cave, and go out to get more eggs. (They can go to other caves and try to steal eggs. Play continues until coach yells “Freeze!” Teams count the number of eggs in their cave, most wins and those dinosaurs get to ROAR!!!!

Each successive round: Take away an egg or two from the pile.

Time Management

The game is played in intervals of 1-2 minutes in the span of 8minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. A “cave” (4 cones in a 6ft x 6ft square) is created for each team of 2-3 players. Each “cave” is spaced in the corners away from other “caves”. Make 3 or 4 caves.

Considerations

After a round or two, ask each group to come up with a plan.

Week 2 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:**

5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Tag - then 1 V 1 Partner Tag:**

2nd Activity:

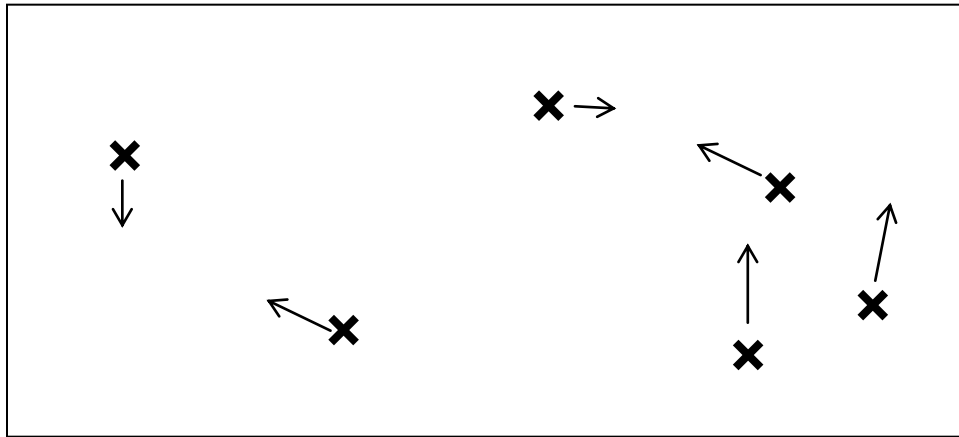
10 minutes

(includes water break)

Title: **STAMPEDE:**

NOTES:

Tag – 1 v 1 Partner Tag



Rules / Time Management: Continue for 10 minutes.

All players have a ball. Players dribble within the boundaries of the grid and tag others while trying not to be tagged.

Round 1: Coach directs players to tag as many players as possible in 1 minute.

Round 2: Coach directs players to tag 2 more than before. (Allow more time so all kid can be successful)

Round 3: Coach directs players to tag more than the previous round, but they must tag the other player on the knee. (This is good for coordination and it promotes good soccer movements, i.e. getting low, knees bent, accelerating away)

Round 4: In pairs, 1 v 1 tag. One player is, "It" until they tag their opponent. Have the player who is "It" at the end of a minute do 2 donkey kicks, or something quick and goofy.

Round 5, 6: Same as prior round, but switch partners.....

Set up

Activity Grid: 15 yards x 20 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion. If the players are tagged so quickly that little dribbling occurs, extend boundaries.

Coaching points

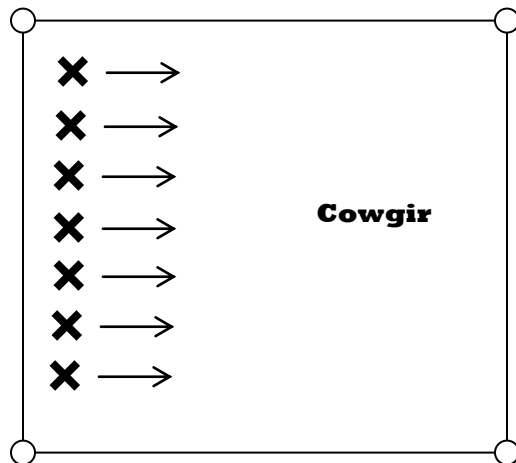
Coach should encourage dribbling into space with bursts of speed and changing directions with feints to elude the taggers. Remind players to keep the ball close to allow quick changes of direction and maximize ball control.

Important:

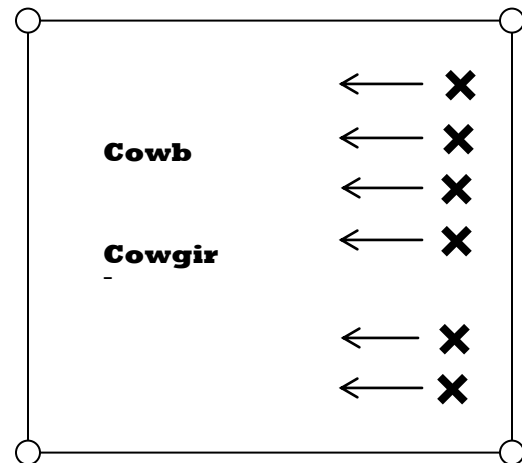
Don't have a competition to see who has the most tags in rounds 1-3. Ask them how many they had, because they'll want to tell you, then in the next round ask them to raise their hand if they beat their previous score. Make sure you extend the time, so they do.

Stampede!!!!

(1) Start



(2) Round



Objectives of Players

Players try to be the last player to have his/her ball stolen by a cowgirl or cowboy

Rules

One player, without a ball, is the first cowgirl / cowboy who attempts to steal, NOT JUST CLEAR, the ball of dribbling players as they go by. The cowgirl must steal the ball from the onrushing cattle and dribble it out of the box. All other players, who will be the cattle in the Stampede, each start with a ball start across an end line. The round begins with the coach and the cowgirl yelling, "YEE HAH!" The cattle then yell, "STAAAAMPEDE!!!!" Together the cattle dribble their ball to the other end of the grid, avoiding the cowgirl. – see (1). If a player's ball is dribbled out of the box, that player joins the group of cowgirls in the next round. (i.e. more and more cowgirls, fewer players with a ball) – see (2). The process continues until only one player with a ball remains (the winner).

Time Management

The game is replayed several times in 10minutes, depending on the time it takes to get to a winner.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. The bigger the grid breeds more success for dribblers, which is the focus.

One player without a ball. All other players have a ball.

Coaching points:

Make sure the cowgirls aren't just clearing balls. That's a bad habit. They should control the ball they steal and dribble it out of the box. For an extra challenge, have them dribble it over the end line where the cattle begin. It's important to praise the control of the cowgirls, but really emphasize the success of the cattle. You want to avoid all the kids wanting to become the cowgirl. Emphasis should be placed on smart, controlled play.

Week 3 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:**

5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Freeze Tag:**

2nd Activity:

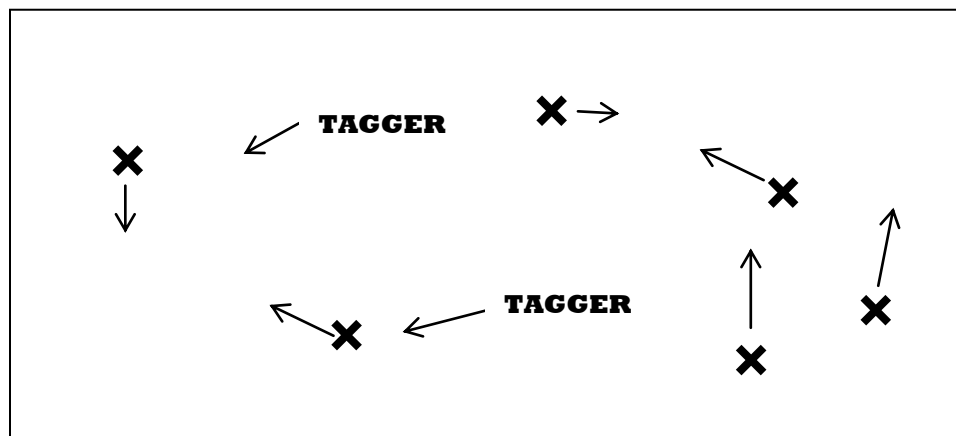
10 minutes

(includes water break)

Title: **End Zone Cones:**

NOTES:

Freeze Tag



Objectives of Players

Players dribble within the boundaries of the grid for as long as possible without being tagged. Dribbling players are encouraged to “unfreeze” tagged players.

Rules

All players have a ball. Two players (with a ball), are the “taggers” who attempt to tag the dribbling players by touching them with a hand. If a player is tagged, that player must “freeze” – placing one foot on top of the ball and one hand straight out (ready to be unfrozen by being tagged). Other dribblers may “unfreeze” a frozen player by shaking / slapping hands.

Variations: When players are ready for it, the frozen players stand with legs wide open holding the ball over their head, they get unfrozen when others pass a ball through their legs.

Time Management

The game is replayed several times, alternating initial “taggers”.

Continue for 10 minutes.

Set up

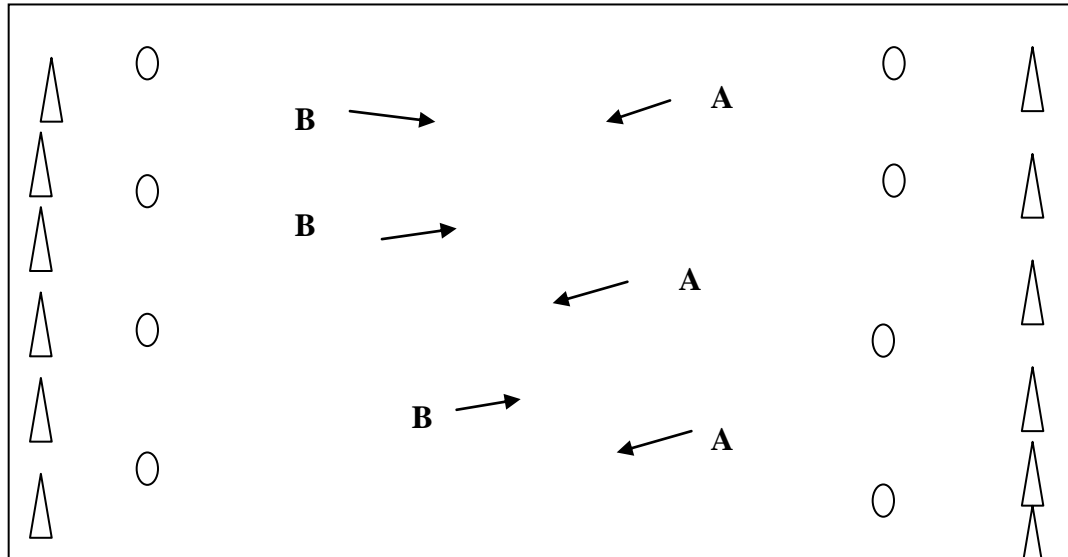
Activity Grid: 15 yards x 20 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion. If the players are tagged so quickly that little dribbling occurs, extend boundaries.

Two players with a ball (may wear colored jersey to distinguish them from others).

Coaching points

Coach should encourage dribbling into space with bursts of speed and changing directions with feints to elude the “taggers”. Remind players to keep the ball close to allow quick changes of direction and maximize ball control.

End Zone Cones



Objectives of Players

Players knock over opponents cones and return them to their own end zone.

Time Management

Play 5 or 6 rounds for 2 minutes each.

Set up

Activity Grid: 15 -20 yards x 12-15 yards activity grid. Place small disk cones to mark the beginning of an end zone. Place 6 pylon cones (upside down disk cones work as well), at the back of an end zone that is 1-3 yds. deep. **[Adjust depth of these to create success or challenge]**

Rules:

Play 5 v 5 or 5 v 4. All players EXCEPT TWO have a ball. Players may not enter the other team's end zone unless they are gathering a cone they have knocked over. They may go into their own end zone to gather balls, though they may not defend a cone from within their end zone. They must use the inside of foot to pass the ball into the cones. COACHES are in charge of recycling balls that go out of bounds. (This allows you to dictate the amount of defensive pressure on the players with the ball)

Variations / Extensions:

For the second round, players must use only their left foot* to knock over a pylon cone.

(*If you don't demand this, they won't develop both feet)

Coaching Points:

The coach describes and demonstrates the INSIDE OF FOOT PUSH PASS.

Check out this link for specifics directions for proper technique:

<http://www.franklin.ma.us/auto/upload/community/soccer/loFPass.pdf>

Keep players moving. Correct a player individually and briefly while others continue. General comments to the group: "Plant foot points to target.", "Ankle locked with heel down and toe up.", "Knees bent.", "Head over the top of the ball looking at the ball when you contact it.", "Follow through to the target."

Week 4 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:** 5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity: 10 minutes

(includes water break)

Title: **Game with Many Goals - Dribbling:**

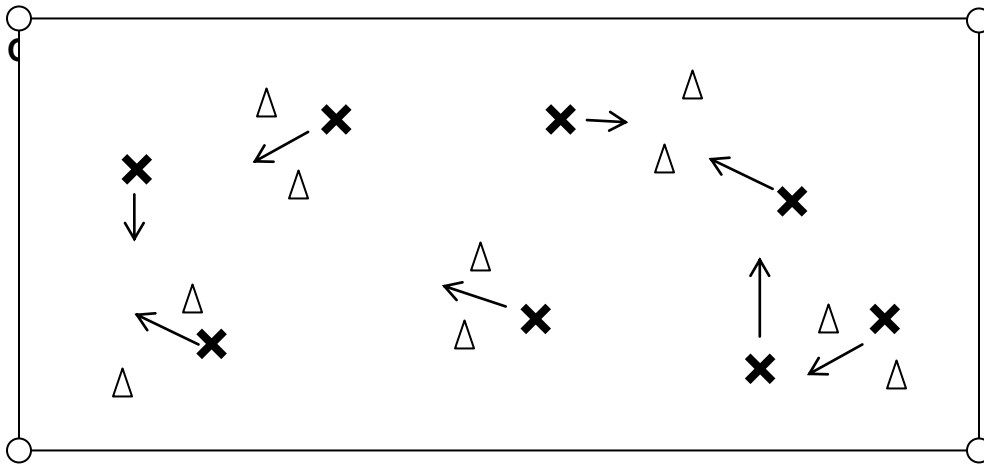
2nd Activity: 10 minutes

(includes water break)

Title: **Knock-out then Pirates:**

NOTES:

Game with Many Goals – Dribbling



Objectives of Players

Players try to score as many points as possible in the time allowed. A point is scored by dribbling a ball through a goal.

Rules: All players have a ball.

Players cannot dribble through the same goal twice in a row. Each player keeps track of their own number of points.

Variations: Dribble through the 1st goal with the right foot, then the next with the left

As players dribble through the cones, they make a circle around one of the cones.

They can dribble backwards through the cones.

Alternate the color of the cones through which they dribble.

Dribble a figure 8 as they go through the cones.

Time Management

The game is replayed several times in 1- or 2-minute intervals. With 5 or 6 intervals, the total activity time should be 10 minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size and age of players. Grid should allow for some, but not too much, congestion.

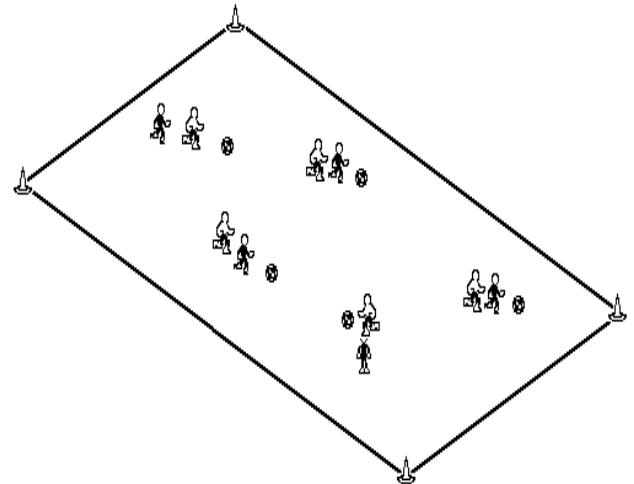
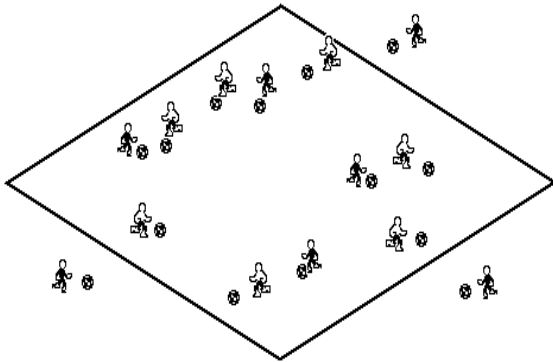
Goals: 5-6 goals (2 cones, 3 feet apart) are placed randomly in the Activity Grid. Make the cone goals of like color on one end of the grid and another color on the other end. Less goals make it more challenging

Coaching points:

Dribble through as many goals as possible.

After each time interval, ask, "How many goals did you score?", "Can you beat your last score by 2?", "Can you get to 10 goals?" Remind the players, "Keep count of your goals!"

Knock out – then Pirates



Objectives of Players

Players dribble within the boundaries of the grid and attempt to knock other player's balls out of the grid or steal a ball while not letting others knock out or steal theirs.

Rules / Time Management:

KNOCK-OUT: Continue for 3 rounds of 1.5 minutes each. ~ 5 minutes

All players have a ball.

Players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times-which at this age may be bouncing the ball off each of their thigh and catching it, 5 sole pull backs)

Pirates: Continue for 3 rounds of 1.5 minutes each. ~ 5 minutes

Half of players in the group have a ball and half do not. You are a pirate if you don't have a ball. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. If you lose your ball, you become a pirate. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. COACHES may need to try and steal ball from players who are not being challenged.

Set up

Activity Grid: 15 yards x 20 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion.

Coaching points

Coach should encourage dribbling into space with bursts of speed and changing directions with feints to elude the pirates. Remind players to keep the ball close to allow quick changes of direction and maximize ball control.

Important:

Don't spend a lot of time instructing. If needed, make a 20-30 second coaching point about dribbling or shielding during breaks between rounds.

Week 5 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:**

5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Clean your back yard:**

2nd Activity:

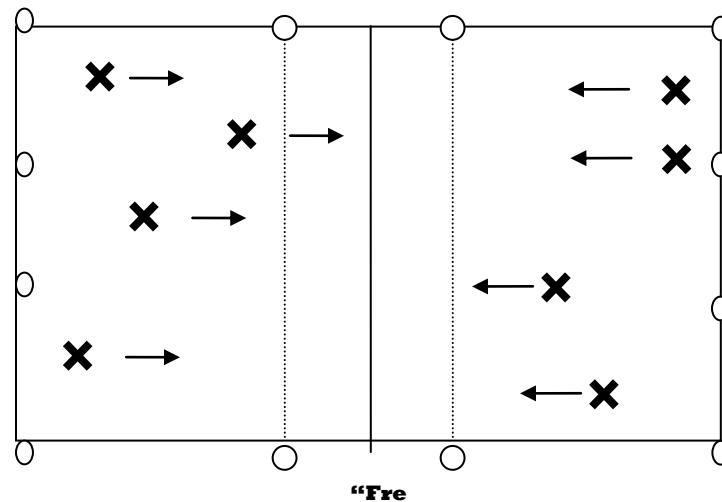
10 minutes

(includes water break)

Title: **1 v 1 – 2 v 2 – 2 v 1 “Get out of here”:**

NOTES:

Clean Your Back Yard



Objectives of Players

Each team tries to pass all balls into the other team's "yard" (i.e. the other side of the grid) in the time allotted.

Rules

In each round, all players (on one of two teams) start with a ball in their own "yard". When coach calls out "Go", all players pass their ball to the other team's "yard". As balls are passed into their own yard players retrieve them and pass them back into the opponent's "yard". Players are not allowed to go into the "Free" zone. Coach and volunteers monitor touchlines and return balls back into play when necessary. Play continues until the coach calls out "Freeze". Each team counts the number of balls in their yard. The team with fewer wins.

Time Management

Several games of 1-2 minutes are played within a span of 8-10 minutes.

Set up

Activity Grid: 15 yards x 15 yards activity grid. A 15 yard x 3 yard "Free" zone, centered around midfield line is marked by disc cones. It is important to have a well defined back lines of the grid.

All players have a ball.

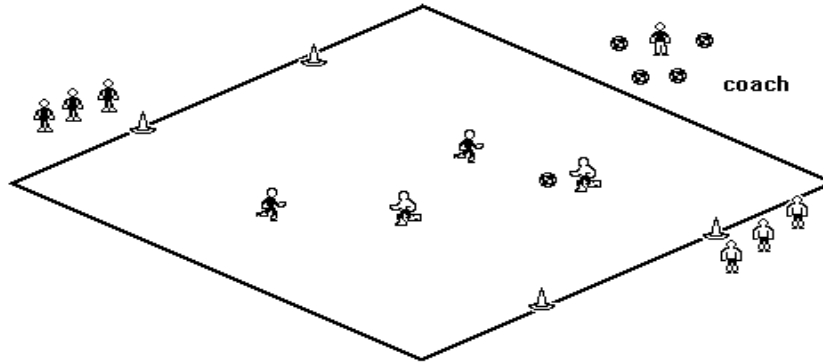
Considerations

To count against the opponent, a ball **must be in the opponent's backyard** (in the field of play). Players are encouraged to pace their pass appropriately.

As they are playing, you can tell them, "No toes..." although don't tell them there is no consequence. **Push the ball**, don't just kick it." **Use one foot for one pass, then the other foot for the next.** (..or switch round by round)

Success will come to those who remain composed and play smartly.

1 v 1 – 2 v 2 – 2 v 1 “Get out of here!”



8- 10 minutes

Objectives of Players

Players win ball and control it to score a point by dribbling through 2 cones or scoring in a goal.

Rules

Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players one from each line, for a 1 v 1, run out and try to score on each other's goal BY DRIBBLING THROUGH THE GOAL. If someone scores or the ball goes out of bounds, the coach yells “get outta here!” and plays in a new ball immediately for the next players.

Variations / Extensions:

Stop yelling “get outta here” after a while and see if players recognize when balls go out and are attentive.

Vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air.

Have two players from each group come out each time a new ball is played they play 2 vs. 2. (Consider 1 v 2 for players who are ready for a challenge.)

FOR THE LAST 4-5 minutes, bring the nets up to where the cone goals are and let them shoot into the net for a goal.

OR Set two cone goals on each endline in the corners, (4 total) so that players can choose to go to the right or left to score. **(A GREAT thing for players to recognize!)**

Time Management

The game is almost continuous. Players should help recycle balls and shouldn't be standing in a line but for a matter of seconds.

Set up

Activity Grid: 15 yards x 10 yards activity grid, varied depending on size, and age of players. The bigger the grid and cone goals, breeds more success for dribblers, which is the focus.

Coaching points:

Remind them not to just kick the ball. They should try and control it.

Let them know that if someone hasn't stepped into the game to play because, they weren't attentive, anyone can go. **(A GREAT thing for players to recognize!)**

Week 6 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:**

5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Multi-Directional Red Light / Green Light:**

2nd Activity:

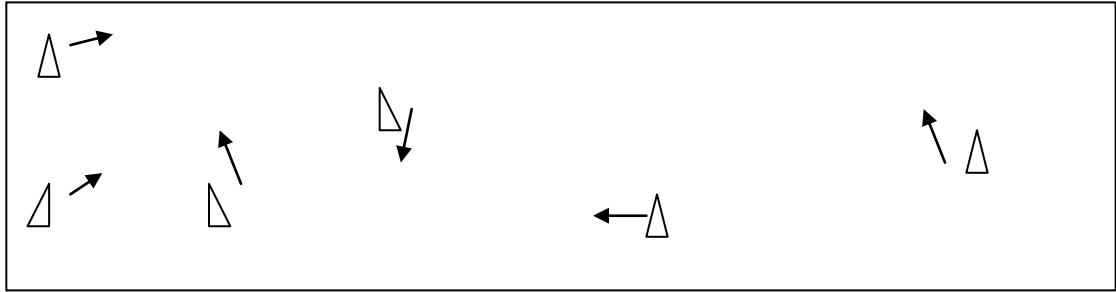
10 minutes

(includes water break)

Title: **Shield and Steal 1 v 1:**

NOTES:

Multi-Directional Red Light / Green Light



Rules:

All players have a ball. Coach calls colors; players react with the designated command.

Green Light: Go!!!!!!! *Dribble All over*, change directions. (When they are ready for it, if balls touch those players do 5 sole taps on the ball before they can go again.)

Red Light: Stop

Ask them what a **yellow light** means: Go slow, keep ball near you.

Ask them to **choose a color:** You give the new command* for their new color.

(* “Go Really Fast” or a “Sole pull-back with right foot, then left foot.”)

Other commands:

- Do a crazy cool new soccer move! (Let them be creative)
- Get down and hide behind the ball
- Dance around the ball
- See more moves on this website KEEP the move SIMPLE:
<http://www.strongsoccer.com/Kingdrills/clipspractice.htm>

Important!!!:

CALL GREEN LIGHT or the “really fast light” immediately after they have completed another light’s command.

It builds the habit of a burst of speed following a move.

Have them practice the new move as you introduce it. Call yellow light, then the new color. **THEN IT IS IMPORTANT TO CALL GREEN LIGHT** as they finish the new move. They will begin to develop acceleration of pace after a move to turn from pressure, or after they beat a defender.

Coaches of older kids, this is where you can introduce an inside-outside foot combination push move or whatever you feel is appropriate.

Important to call out the foot to use too. If not, they will only develop as one sided players with a “good foot” and a “stand’n leg.”

Time Management

The game is played for 8 minutes or until you feel a drop in enthusiasm.

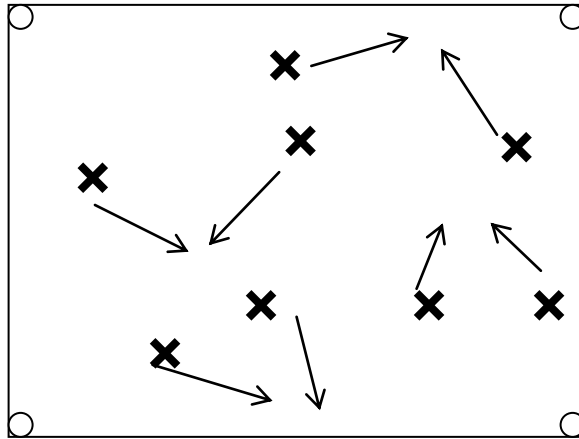
Set up

Activity Grid: 20 yards x 12 yards activity grid, varied depending on number, size, and age of players

All players have a ball.

Considerations: Be enthusiastic, be creative, have fun and so will they.

Shield-Steal: 1 v 1



Objectives of Players

Players try to either keep or gain possession of the ball.

Rules

In pairs, one player has a ball and other does not. Players without a ball try to steal the ball from their. The players with a ball try to keep possession while staying within the boundaries of the activity grid. If the ball goes out of bounds, the player who touched it last does not get possession, and the player who gets possession is allowed to dribble it back into the grid without being challenged straight away.

Time Management

The game is played in 1 minute segments for a total of 8-10 minutes. Coaches are to give tips and encouragement between segments. Switch partners after each round.

Set up

Activity Grid: 12 yards x 12 yards activity grid, varied depending on number, size, and age of players. Keep the grid small enough so players can not easily be successful by running and dribbling.

In partners, one partner has a ball.

Considerations

- Use the breaks to teach the players the technical points of shielding: body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where the defender is going.
- Fix technical shielding errors throughout this activity and make sure the entire group knows how to properly shield.
- If you have an odd number of players, have a parent or Assistant Coach join in to even things out.

Week 7 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:** 5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity: 10 minutes

(includes water break)

Title: **Freeze Tag #2:**
(#2 incorporates previous extension and variations as the normal rules. It is more challenging.)

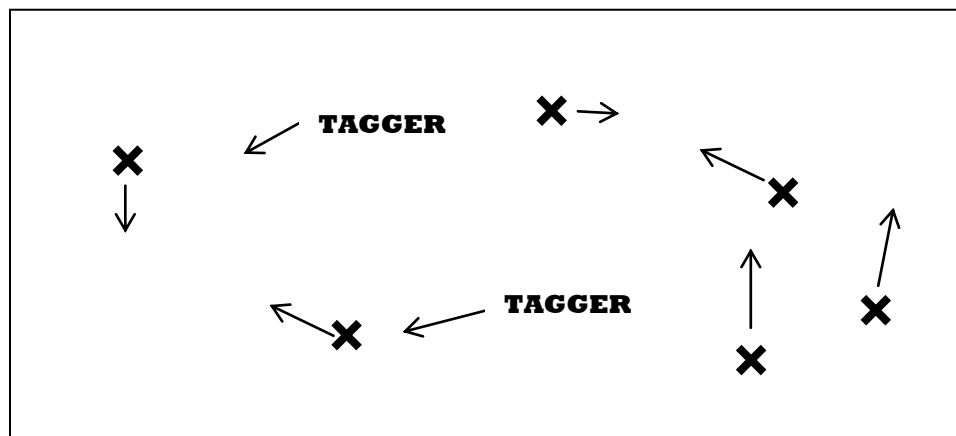
2nd Activity: 10 minutes

(includes water break)

Title: **Four Corners "City" Dribbling Game:**

NOTES:

Freeze Tag #2



Objectives of Players

Players dribble within the boundaries of the grid for as long as possible without being tagged. Dribbling players are encouraged to “unfreeze” tagged players.

Rules

All players have a ball. Two players (with a ball), are the “taggers” who attempt to tag the dribbling players by passing their ball into the ball or leg (below the knees) of the dribblers.

If a player is tagged, that player must “freeze.” – the frozen players stand with legs wide open holding the ball over their head, they get unfrozen when others pass a ball through their legs.

Variations: COACHES can always be taggers or unfreezers as needed

Demand that the “unfreezing” pass through the leg must be done with the left foot. Next round, it must be done with only the other foot.

Time Management

The game is replayed several times, alternating initial “taggers”.

Continue for 8-10 minutes.

Set up

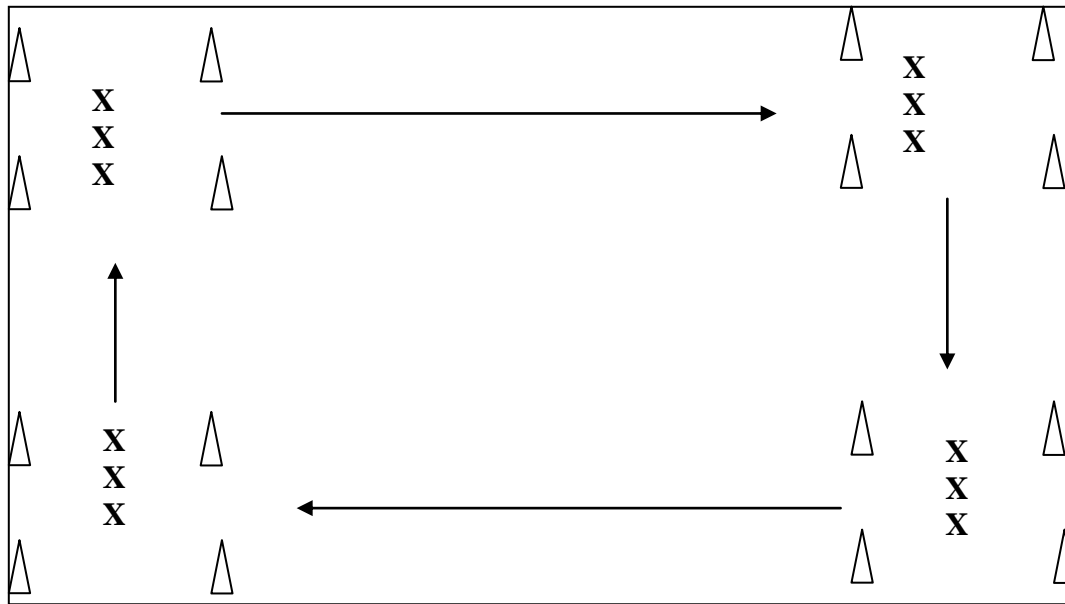
Activity Grid: 15 yards x 20 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion. If the players are tagged so quickly that little dribbling occurs, extend boundaries.

Two players with a ball (may wear colored jersey to distinguish them from others).

Coaching points

Coach should encourage dribbling into space with bursts of speed and changing directions with feints to elude the “taggers”. Remind players to keep the ball close to allow quick changes of direction and maximize ball control.

Four Corners “City” Dribbling Game



Objectives of Players

Players try dribble around a rectangle maneuvering through corner squares, keeping control of the ball and avoiding other players.

Rules

In groups, players will dribble around the, “Country” back to their “City” and sit down.

(World / Continent, Town / School, Kingdom / Castle; what ever creative scenario you want to establish.)

The 1st group to return scores 4 points, 2nd group-3 points, 3rd group-2 points, 4th group- 1 point.

You can be the pirate in the ocean or the highway robber in the center stealing balls.

Variations & Extensions: Have players dribble clockwise, counter clockwise, halfway around then across the middle, back and forth the short way 4 times switching from only right foot to only left foot, back and forth the long way 4 times, 2 groups clockwise while 2 groups counter clockwise! (If you want to challenge a special player, have them be the only one who moves in a counter direction.) Players must do a pull back-push turn or Cruyff turn, (behind the back) to switch direction in a city. Coaches can be creative. Though keep in mind younger kids may not remember multi-step sequences.

Time Management

With 5 or 6 intervals, the total activity time should be about 8-10 minutes.

Set up

Activity Grid: 15 yards x 20 yards activity grid, varied depending on number, size, and age of players. Grid should allow for congestion as well as open space to dribble with speed..

All players have a ball.

Coaching Points: (not more than 15 seconds while they catch their breath)

Between rounds: KEEP THE BALL CLOSE when dribbling in crowds, USE THE OUTSIDE LACES (the pinkie toe with foot turned down and in), to push the ball in stride for speed.

Encourage players to have a burst of speed when traveling the long way. KEEP HEAD UP!

Week 8 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:**

5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Gates - Passing:**

2nd Activity:

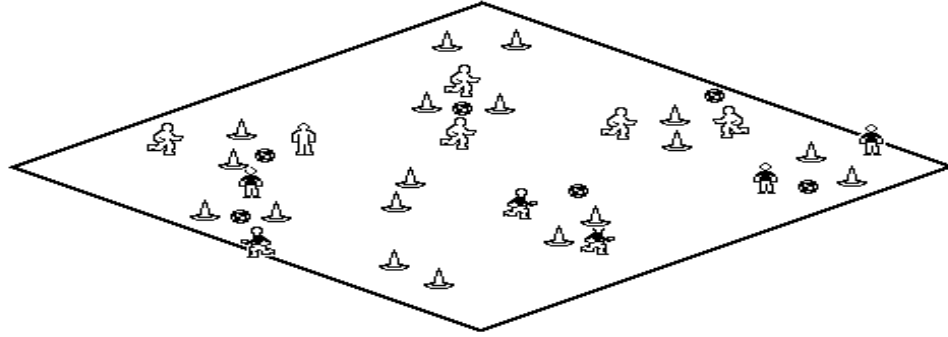
10 minutes

(includes water break)

Title: **End Zone Cones:**

NOTES:

Gates Passing



Objectives of Players

In pairs, players pass the ball to their partner through a pair of cones.

Time Management

Play 7 or 8 rounds for 1 and a half minutes (including rest) each.

Set up

You'll need 8 of one color disk cones and 8 of another color disk cones.

Activity Grid: 15 -20 yards x 12-15 yards activity grid. Scatter 4 pairs of like colored small disk cones 1 yd. apart in one end of the activity grid and the other 4 pairs of another color in the other half. (You don't want too much empty space separating the 2 halves)

Rules:

1 ball per pair of players. Players earn a point for an INSIDE OF THE FOOT PASS through a gate/ pair of cones to their partner. They may not pass continuously through the same gate. Earn as many points a possible in 1 minute.

Variations / Extensions:

Second round: players may dribble with either foot, but only pass with the left foot.

Third round: players may dribble with either foot, but only pass with the right foot.

Fourth round: same as round 2, but passer decides which gate to pass through next.

Fifth round: same as round 3, but receiver decides which gate to pass through next.

Sixth round: pass with left, passer decides, though must alternate colored gates.

Seventh round: pass with right, receiver decides, though must alternate colored gates.

Coaching Points: (NO MORE THAN A 30 second demonstration)

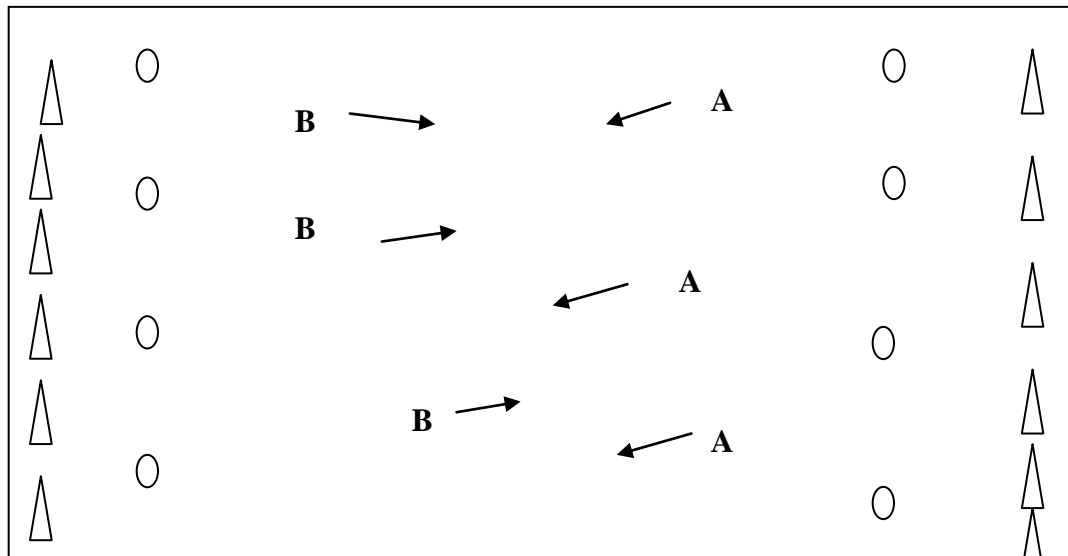
The coach describes and demonstrates the INSIDE OF FOOT PUSH PASS.

Check out this link for specifics directions for proper technique:

<http://www.franklin.ma.us/auto/upload/community/soccer/loFPass.pdf>

Keep players moving. Correct a player individually and briefly between rounds or while others continue.
General comments to the group: "Plant foot, a foot width from the ball, points to target.", "Ankle locked with heel down and toe up.", "Knees bent.", "Head over the top of the ball looking at the ball when you contact it.", "Follow through to the target."

End Zone Cones



Objectives of Players

Players knock over opponents cones and return them to their own end zone.

Time Management

Play 5 or 6 rounds for 2 minutes each.

Set up

Activity Grid: 15 -20 yards x 12-15 yards activity grid. Place small disk cones to mark the beginning of an end zone. Place 6 pylon cones (upside down disk cones work as well), at the back of an end zone that is 1-3 yds. deep. **[Adjust depth of these to create success or challenge]**

Rules:

Play 5 v 5 or 5 v 4. All players EXCEPT TWO have a ball. Players may not enter the other team's end zone unless they are gathering a cone they have knocked over. They may go into their own end zone to gather balls, though they may not defend a cone from within their end zone. They must use the inside of foot to pass the ball into the cones. COACHES are in charge of recycling balls that go out of bounds. (This allows you to dictate the amount of defensive pressure on the players with the ball)

Variations / Extensions:

For the second round, players must use only their left foot* to knock over a pylon cone.

(*If you don't demand this, they won't develop both feet)

Coaching Points:

The coach describes and demonstrates the INSIDE OF FOOT PUSH PASS.

Check out this link for specifics directions for proper technique:

<http://www.franklin.ma.us/auto/upload/community/soccer/loFPass.pdf>

Keep players moving. Correct a player individually and briefly while others continue. General comments to the group: "Plant foot points to target.", "Ankle locked with heel down and toe up.", "Knees bent.", "Head over the top of the ball looking at the ball when you contact it.", "Follow through to the target."

Week 9 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:** 5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Multi-Directional Red Light / Green Light:**

2nd Activity:

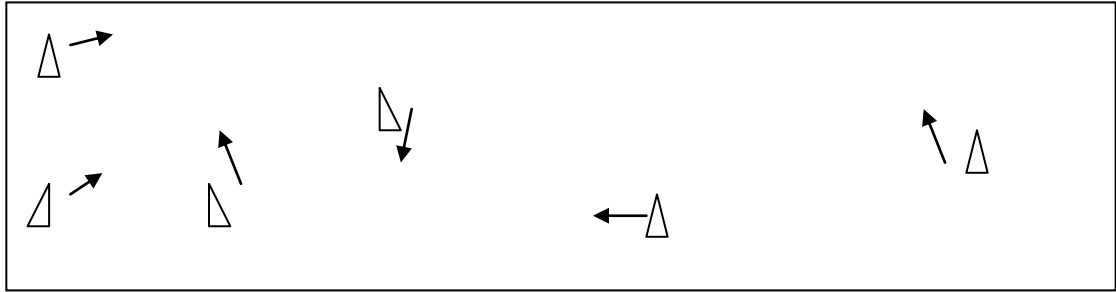
10 minutes

(includes water break)

Title: **Dinosaurs in the Caves Game:**

NOTES:

Multi-Directional Red Light / Green Light



Rules:

All players have a ball. Coach calls colors; players react with the designated command.

Green Light: Go!!!!!!! *Dribble All over*, change directions. (When they are ready for it, if balls touch those players do 5 sole taps on the ball before they can go again.)

Red Light: Stop

Ask them what a **yellow light** means: Go slow, keep ball near you.

Ask them to **choose a color:** You give the new command* for their new color.

(* “Go Really Fast” or a “Sole pull-back with right foot, then left foot.”)

Other commands:

- Do a crazy cool new soccer move! (Let them be creative)
- Get down and hide behind the ball
- Dance around the ball
- See more moves on this website KEEP the move SIMPLE:
<http://www.strongsoccer.com/Kingdrills/clipspractice.htm>

Important!!!:

CALL GREEN LIGHT or the “really fast light” immediately after they have completed another light’s command.

It builds the habit of a burst of speed following a move.

Have them practice the new move as you introduce it. Call yellow light, then the new color. **THEN IT IS IMPORTANT TO CALL GREEN LIGHT** as they finish the new move. They will begin to develop acceleration of pace after a move to turn from pressure, or after they beat a defender.

Coaches of older kids, this is where you can introduce an inside-outside foot combination push moves or whatever you feel is appropriate.

Important to call out the foot to use too. If not, they will only develop as one sided players with a “good foot” and a “stand’n leg.”

Time Management

The game is played for 8 minutes or until you feel a drop in enthusiasm.

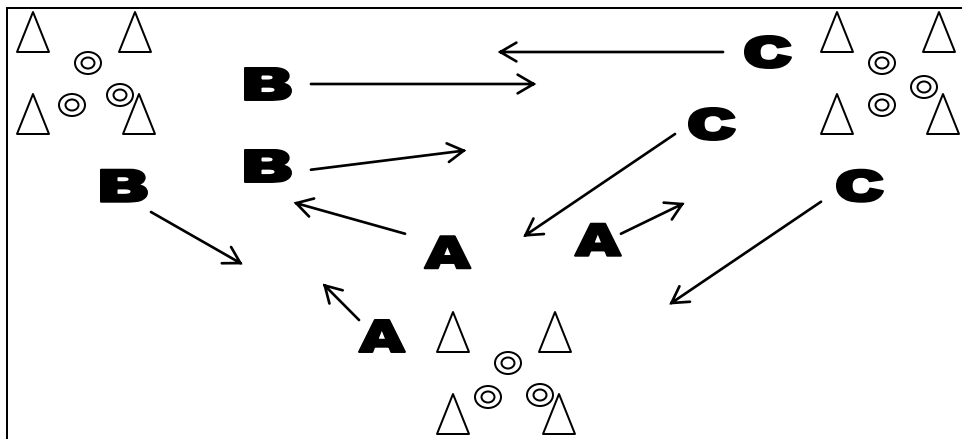
Set up

Activity Grid: 20 yards x 12 yards activity grid, varied depending on number, size, and age of players

All players have a ball.

Considerations: Be enthusiastic, be creative, have fun and so will they.

Dinosaurs in the Caves Game



Objectives of Players

Teams of dinosaurs try get the most “eggs” (balls) from a pile in the center back to their caves. Who ever has the most at the end of a minute wins.

Rules

Start with an equal number of balls as players in a pile in the center of the area. Dinosaurs start in their caves with their dinosaur team. They can determine the types of dinosaurs they want to be, and practice a roar. On the coach’s command, all dinosaurs ROAR! And run to get as many eggs by dribbling them back to their own cave, and go out to get more eggs. (They can go to other caves and try to steal eggs. Play continues until coach yells “Freeze!” Teams count the number of eggs in their cave, most wins and those dinosaurs get to ROAR!!!!

Each successive round: Take away an egg or two from the pile.

Time Management

The game is played in intervals of 1-2 minutes in the span of 8minutes.

Set up

Activity Grid: 15 yards x 12 yards activity grid, varied depending on number, size, and age of players. A “cave” (4 cones in a 6ft x 6ft square) is created for each team of 2-3 players. Each “cave” is spaced in the corners away from other “caves”. Make 3 or 4 caves.

Considerations

After a round or two, ask each group to come up with a plan.

Week 10 Summary Sheet

The weekly training session is about thirty minutes long. The following is an outline of the day's activities:

Warm up Activity:

From the time the 1st player arrives until 5 minutes past the start time.

Title: **Game to two goals:**

5 minutes

Note: If kids are not engaging, add another ball or 3, or add another goal. Try to keep it a little competitive but allow for a lot of success.

***Or warm up activity of choice:**

Keep them moving. Use what works.

The more game-like the more fun!

1st Activity:

10 minutes

(includes water break)

Title: **Knock out – then Pirates :**

2nd Activity:

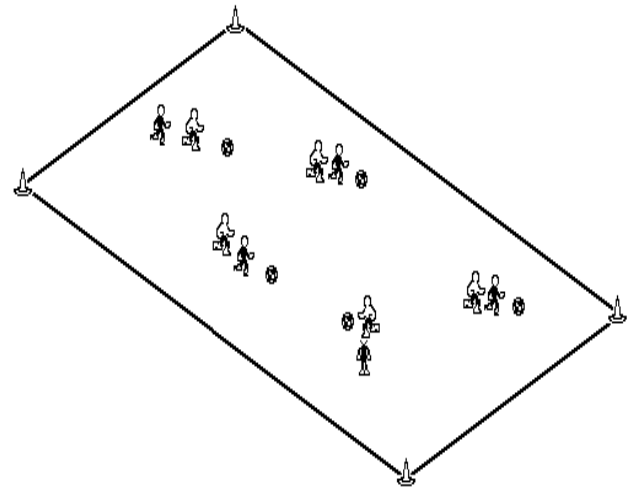
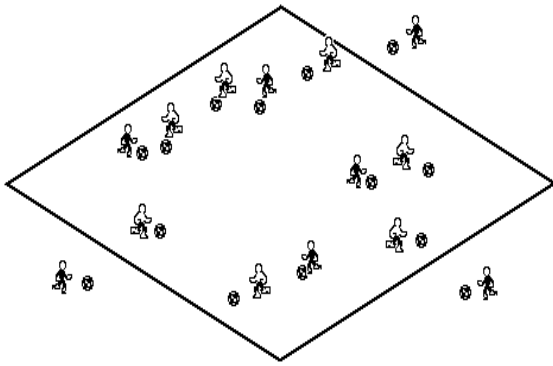
10 minutes

(includes water break)

Title: **1 v 1 – 2 v 2 – 2 v 1 “Get out of here”:**

NOTES:

Knock out – then Pirates



Objectives of Players

Players dribble within the boundaries of the grid and attempt to knock other player's balls out of the grid or steal a ball while not letting others knock out or steal theirs.

Rules / Time Management:

KNOCK-OUT:

Continue for 3 rounds of 1.5 minutes each. ~ 5 minutes

All players have a ball.

Players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times-which at this age may be bouncing the ball off each of their thigh and catching it, 5 sole pull backs)

Pirates:

Continue for 3 rounds of 1.5 minutes each. ~ 5 minutes

Half of players in the group have a ball and half do not. You are a pirate if you don't have a ball. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. If you lose your ball, you become a pirate. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. COACHES may need to try and steal ball from players who are not being challenged.

Set up

Activity Grid: 15 yards x 20 yards activity grid, varied depending on number, size, and age of players. Grid should allow for some, but not too much, congestion.

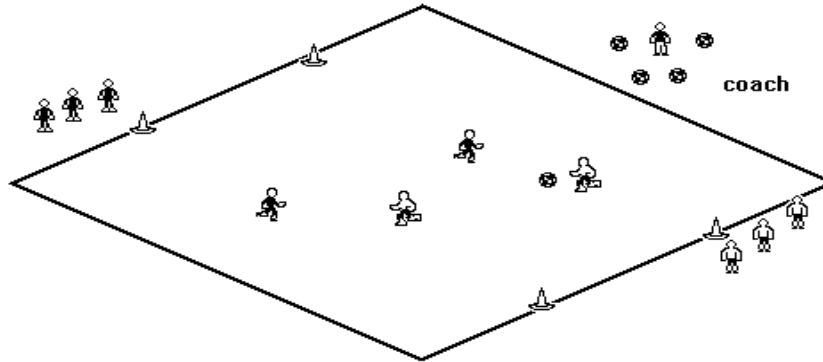
Coaching points

Coach should encourage dribbling into space with bursts of speed and changing directions with feints to elude the pirates. Remind players to keep the ball close to allow quick changes of direction and maximize ball control.

Important:

Don't spend a lot of time instructing. If needed, make a 20-30 second coaching point about dribbling or shielding during breaks between rounds.

1 v 1 – 2 v 2 – 2 v 1 “Get out of here!”



8- 10 minutes

Objectives of Players

Players win ball and control it to score a point by dribbling through 2 cones or scoring in a goal.

Rules

Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players one from each line, for a 1 v 1, run out and try to score on each other's goal BY DRIBBLING THROUGH THE GOAL. If someone scores or the ball goes out of bounds, the coach yells “get outta here!” and plays in a new ball immediately for the next players.

Variations / Extensions:

Stop yelling “get outta here” after a while and see if players recognize when balls go out and are attentive.

Vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air.

Have two players from each group come out each time a new ball is played they play 2 vs. 2. (Consider 1 v 2 for players who are ready for a challenge.)

FOR THE LAST 4-5 minutes, bring the nets up to where the cone goals are and let them shoot into the net for a goal.

OR Set two cone goals on each endline in the corners, (4 total) so that players can choose to go to the right or left to score. (A GREAT thing for players to recognize!)

Time Management

The game is almost continuous. Players should help recycle balls and shouldn't be standing in a line but for a matter of seconds.

Set up

Activity Grid: 15 yards x 10 yards activity grid, varied depending on size, and age of players. The bigger the grid and cone goals, the more success for dribblers, which is the focus.

Coaching points:

Remind them not to just kick the ball. They should try and control it.

Let them know that if someone hasn't stepped into the game to play because, they weren't attentive, anyone can go. (A GREAT thing for players to recognize!)