

FYSA – U8 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. Compulsory Activity for the week: 8-10 minutes including water break. This will be outlined on your weekly practice plan.
3. Conditioned Game :
8-10 minutes including water break. These games have particular rules that guide players to pass and move when they personally don't have the ball, or the games might present opportunities for players to make more realistic game-like tactical decisions. IF YOU HAVE ANY QUESTIONS ABOUT THEM PLEASE ASK.

Structure of 30-minute 4v4 Scrimmage:

1. Each team is split into two groups, arbitrarily
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 U8 activities involve dribbling so that the players continue to develop their ball control skills.
- Passing Technique. An increased number of U8 activities involve passing to allow for further development of Inside of the Foot Passing technique.
- Striking the ball with the laces as a pass or shot is introduced at the U-8 level
- Spreading the field: Most of the conditioned games, guide players to move away from a teammate who has the ball. Commend players for being in good open space, though DON'T tell 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.



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Continuous Play Transition to Modified Re-Starts in the Scrimmages

1. **What is Continuous Play?** No Restarts - Restarts are kick-offs, goal kicks, corner kicks, and throw-ins. Except for the start of the game, these will be eliminated. The coach will introduce balls into play.

The U-8 season will begin with continuous play for the scrimmages then on week 3 transition away from this to modified re-starts where players will have an option to dribble or pass the ball into play instead of a throw-in.)

2. **How does continuous play work?** Easy! Coaches will begin with 5-7 game balls on the side at midfield. Play will begin with a kick-off (ball placed at midfield with “visiting team” in possession) and play begins. Each time a ball leaves the field of play or a goal is scored, one of the coaches will roll a new ball out onto the field near the midfield spot. **Parents** will be responsible for retrieving balls that have gone out of play and returning them to the coaches’ supply of game balls. Because action will be ongoing, a brief (2-3 minutes) “half time” for a drink will be required. If no substitutes are available or the weather is warm, more breaks may be needed. Remember, though, that the goal is for more “touches on the ball”, so frequent stoppages are counterproductive - use common sense.
3. **Why do this?**
 - **Our goal is to develop skill and a “comfort” with the ball.** Increased touches on the ball are proven to accomplish this. Research and statistics tell us that this format will almost double the children’s touches on the ball, effectively giving them 2 seasons for the price of one!
 - **Children at this age want more fun and less rules!** There will be plenty of time to teach restarts and other rules to them at the next phase of their development. Skill and fun are more important!
 - **Deemphasizing goals (and score keeping).** Because goals scored often result in unnecessary celebrations, congratulations, and time wasting, deemphasizing the score for now will help them learn. Instead of celebrating (or taunting, at times) or wasting time reorganizing for the next kick-off, players will immediately be looking for the next opportunity to get to the ball (a concept known as “Transition”) to create another scoring chance or retreat on defense.
 - **Gets the parent involved in a way not related to game results or scores.** By giving the parents something to do (re-supplying the game balls) and making it harder to keep score, there will be less reason to try to keep score.
 - **Restarts are often difficult and “unfair” at this age.** Throw-ins and corner kicks are often done incorrectly and ineffectively (and the time wasted in correcting them is time spent away from foot skill development) and goal kicks often put the kicking team at a decided disadvantage!
 - **Coaches have the ability to “help” less active children/teams.** Coaches “help” certain players get involved. (e.g. a player who hasn’t touched the ball in a while may suddenly find a ball rolled to him/her!) Likewise, a team that can’t get over midfield to score may find a ball rolled toward their attacking goal. **Try to track who hasn’t scored and set them up to get a goal.**



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.



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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:**

Conditioned Game: 10 minutes

(includes water break)

Title: **1 v 1 to lines:**

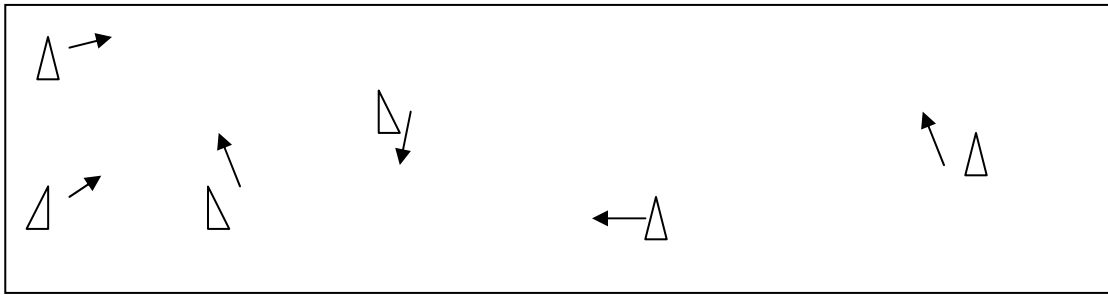
NOTES:



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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:
<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.



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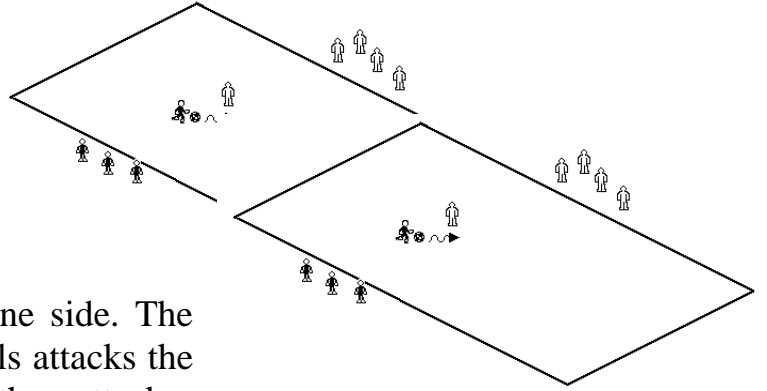
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1 v 1 to lines:

(10 minutes)

Create 2 grids*:

15yd. wide x 10 yards long, (wider yields more offensive success), players line up on opposite sides. All the balls on one side. The first player in the line with the balls attacks the player opposite them. When the attacker **dribbles over the line** they score a goal.



They don't have to stop it, though they must be under control.

Kicking it over the line is not a goal.

If the defender wins the ball he or she can counter attack to the opposite line to also score a goal. The players switch to the opposite line if a goal is scored or the ball goes out of bounds.

The next player attacks. Having lines is OK here if you keep the play moving.

*Make another grid if there's room and need

EMPHASIS: Creativity, fake /feint and then get behind the defender ASAP.

Push the ball into the space behind the defender, then sprint to the ball cutting-off the defender.

Play for 3 minutes, who ever has the most points wins.

Donkey kicks (hands on ground, kick and make sound like a donkey) or **something goofy for the others.**

Rotate players for the next game.

In the next round, the coach rotates the order of the lines so all players get to compete against each other.

Version 2: Instead of scoring individual points, the game can be made team competitive by the coach designating two teams of 3 or 4, the blues and the yellows. Points are accumulated by team.

Version 3: The same games can be played 2 vs. 2 or 3 vs. 3

OR Call out the number of players from each team to enter the game.



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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 5 minutes

Title: Game to two goals

1st Activity: 10 minutes

Title: Four Corners "City" Dribbling Game

Conditioned Game: 10 minutes

Title: 1 v 1 – 2 v 2 – 2 v 1 "Get out of here!"

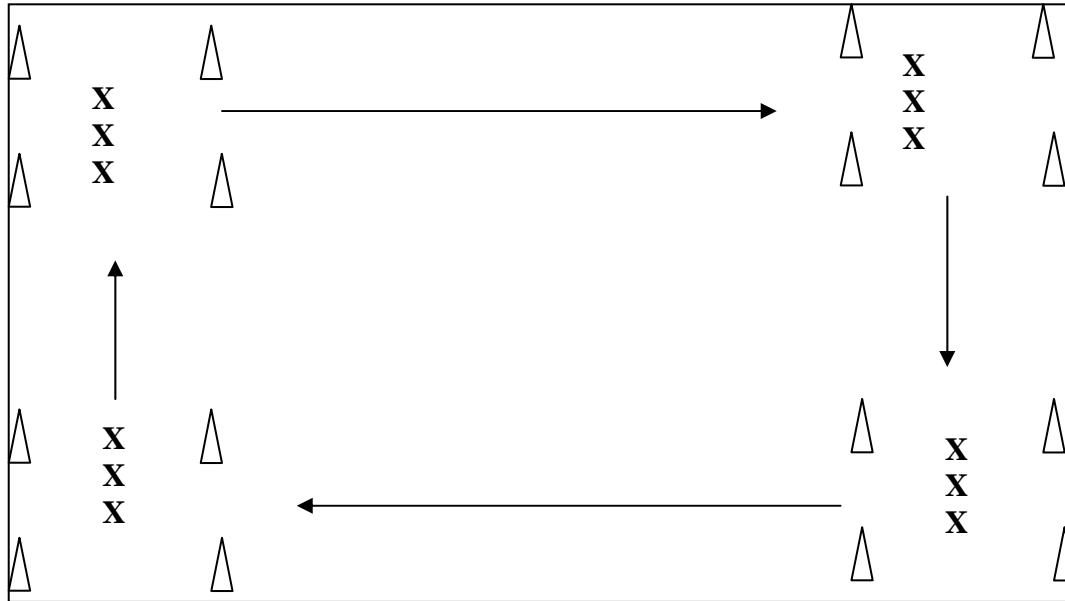
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Four Corners “City” Dribbling Game



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, 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: 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 (behind the back) turn to switch direction. 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 10-12 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.

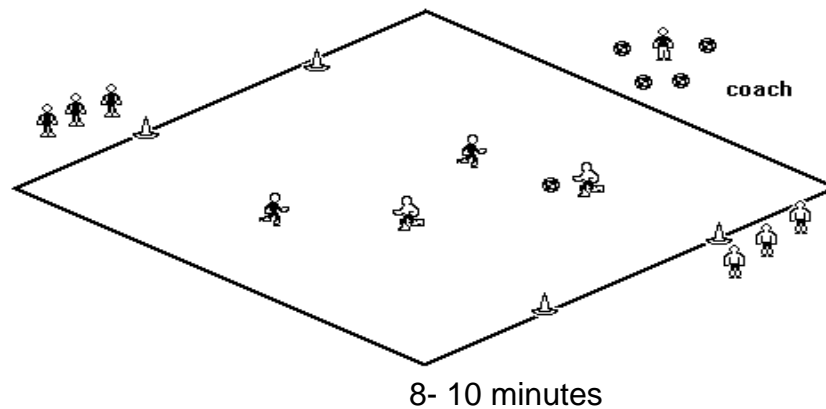
Encourage players to have a burst of speed when traveling the long way. KEEP HEAD UP!



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



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!)



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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: **Dinosaurs in the Caves Game:**

Conditioned Game: 10 minutes

(includes water break)

Title: **2 v 2 to Four Cross Goals:**

NOTES: Please confirm this* with the other coaches.

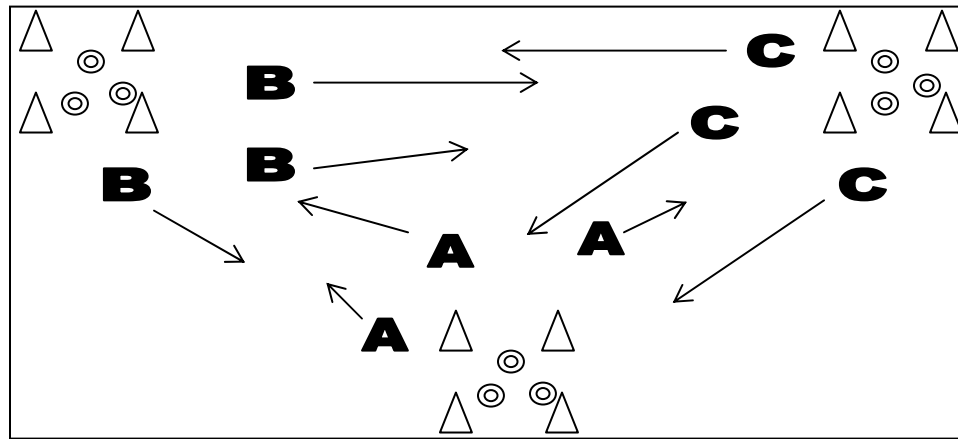
***During your scrimmage game,** begin with the continuous play. During your 1st group water break, let the players know that you will now begin using the new method of re-starting that they learned in the 4 cross goal game, dribble or pass-in restarts. If players are taking too much time to make the decision about whether to dribble or pass, then roll a ball into play and declare, "game on!" In the future, we will run the scrimmages with a combination of continuous play and dribble or pass-in restarts, as the coaches see fit.



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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

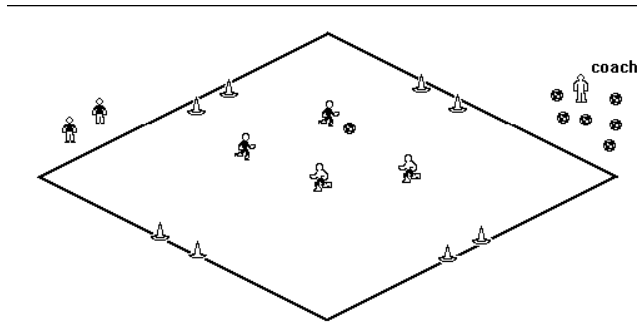
After a round or two, ask each group to come up with a plan.



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2 v 2 to Four Cross Goals



Objectives of Players

Teams of only 2 defend one goal and have the opportunity to score on the other three.

Rules

Teams defend one goal and have the opportunity to score on the other three, **you must dribble through a goal to score a point**. The goals are on the ends of a large cross in a square grid roughly 10yd X10yd. Teams begin on opposite sides just off of the square. They must defend the goal immediately in front of them and can score on the other three. Have one team of 2 on deck ready. They come on when a team gets scored on twice (or once depending on the flow of the games). Game is continuous, they must run on immediately.

NEW: **IF THE BALL GOES OUT OF BOUNDS**, THE OPPOSITE TEAM MAY DRIBBLE OR PASS THE BALL INTO PLAY. THE DEFENDING TEAM MUST YIELD A STEP OR TWO EXCEPT IF THE OTHER TEAM IS BRINGING THE BALL INTO PLAY IMMEDIATELY NEXT TO A GOAL ON WHICH THEY CAN SCORE (This is the introduction to a new style of re-start that you will use in the 4 v 4 games.)

Time Management

With 5 or 6 intervals, the total activity time should be 10-12 minutes.

Set up:

Set up two games to keep them playing.

This session game was designed for 12 players. (2 groups of 4 playing & 2 resting)

Four cone goals are on the ends of a large cross in a square grid roughly 10yd X10yd. The grid should be outlined with other cones to represent a boundary line.

Coaching Points: (PLEASE do not play this game with more than 2 v 2)

The purpose is success by seeing and exploiting open space. With 3 goals and only 2 defenders, there is always an open goal. While they are playing, encourage players to constantly look around and notice the open goals. When they get the ball, turn quickly and **with a burst of speed**, attack the open goal!



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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: Title: **Gates Passing** 10 minutes

(includes water break)

Check out this link for specific directions for proper passing technique:

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

Conditioned Game: Title: **4 goal game** 10 minutes

(includes water break)

Note: A player can score an additional point for attempting (regardless of success!), a new move to beat a defender that is specified by coach or was taught in the warm-up.

NOTES: Please confirm this** with the other coaches.

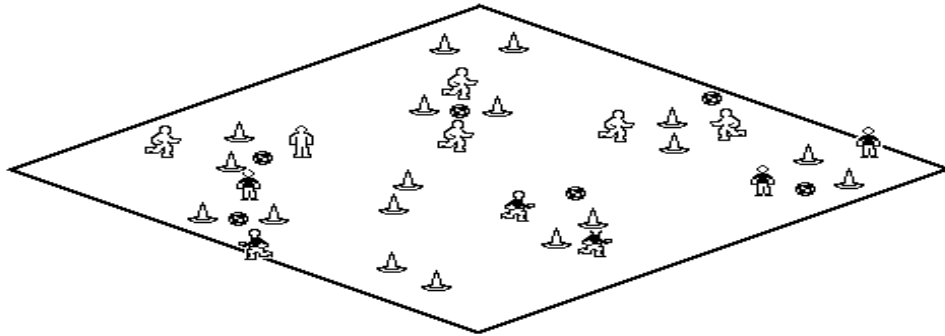
****During your scrimmage game**, use continuous play as you and the other coach see fit. Sometimes it helps to get or keep the game moving. Other wise use the dribble or pass-in for re-starting. If players are taking too much time to make the decision about whether to dribble or pass, then roll a ball into play and declare, "game on!"



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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.

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

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:

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>

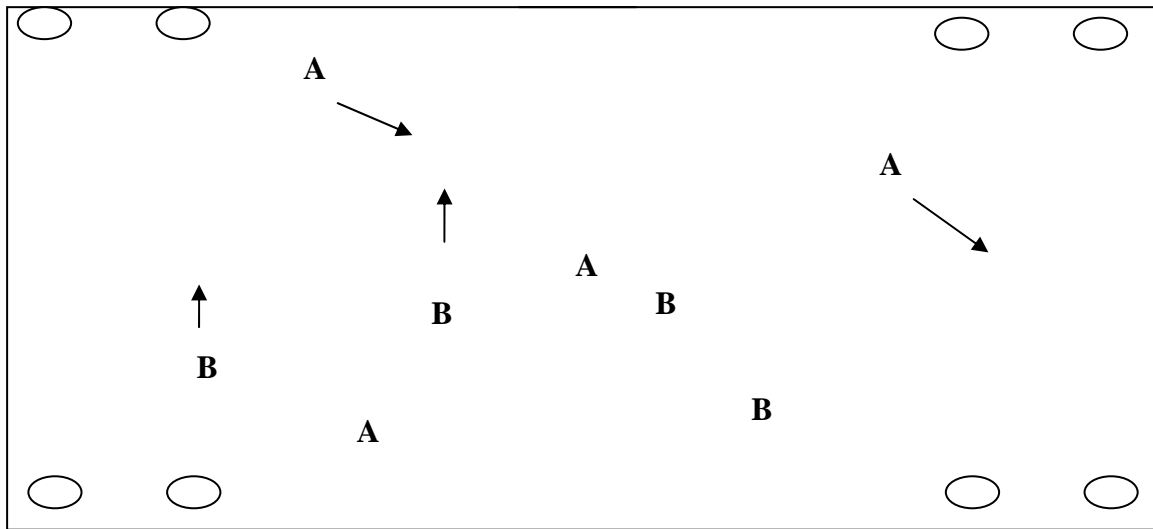
Keep players moving. Correct a player individually and briefly between rounds or while others continue. General comments to the group: "Plant foot, a foot width from the ball, points to target.", "Ankle locked with heel down and toe up.", "Knees bent.", "Head over the top of the ball looking at the ball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



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4 Goal Game:



Set Up: (10 minutes)

Rectangular grid 20yd. wide x 15 yards long, (wider yields more offensive success and will result in players creating width in their attack), 2-3 wide yd. cone goals set up in each corner and in the center of the field. Each team defends three and attacks three.

Rules:

Players must score using the inside of their foot to pass the ball through one of the goals.

Re-starts: dribble or pass in.

Play 5 v 5 or 5 v 4 using four balls for first round. Play for 2 minutes.

Remove one ball each round.

With only one ball remaining, play 4 V 4 for 3 minutes, substituting each minute.

Variations / Extensions:

Also let them dribble through for 2 points, but the pass counts for 1.

Demand they use a particular foot to score.

Have them pass to a team mate that has run behind the goal to receive a pass for the goal to count.

EMPHASIS: Keep head up and notice attacking options in open space.

Attack quickly when the option is present.

Make accurate passes to teammates and accurate passes to goal.

Play for 2 minutes, who ever has the most points wins.

Donkey kicks or something goofy for the others.



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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: Title: **End zone cones** 10 minutes

(includes water break)

Check out this link for specifics directions for proper passing technique:

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

Conditioned Game: Title: **6 goal game** 10 minutes

(includes water break)

Note: A player can score an additional point for attempting (regardless of success!), a new move to beat a defender that is specified by coach or was taught in the warm-up.

NOTES: Please confirm this** with the other coaches.

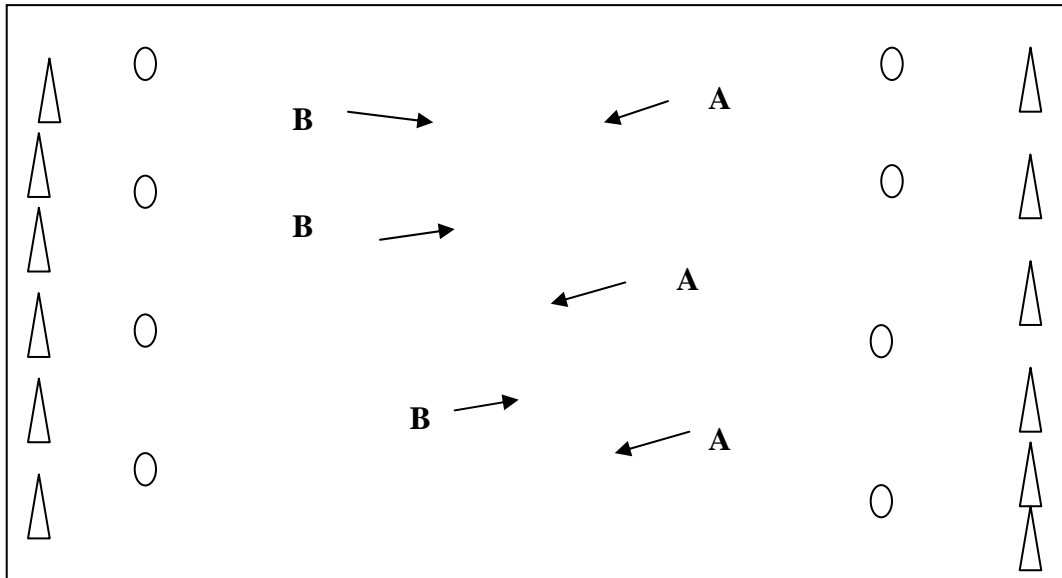
****During your scrimmage game**, use continuous play as you and the other coach see fit. Sometimes it helps to get or keep the game moving. Other wise use the dribble or pass-in for re-starting. If players are taking too much time to make the decision about whether to dribble or pass, then roll a ball into play and declare, "game on!"



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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.

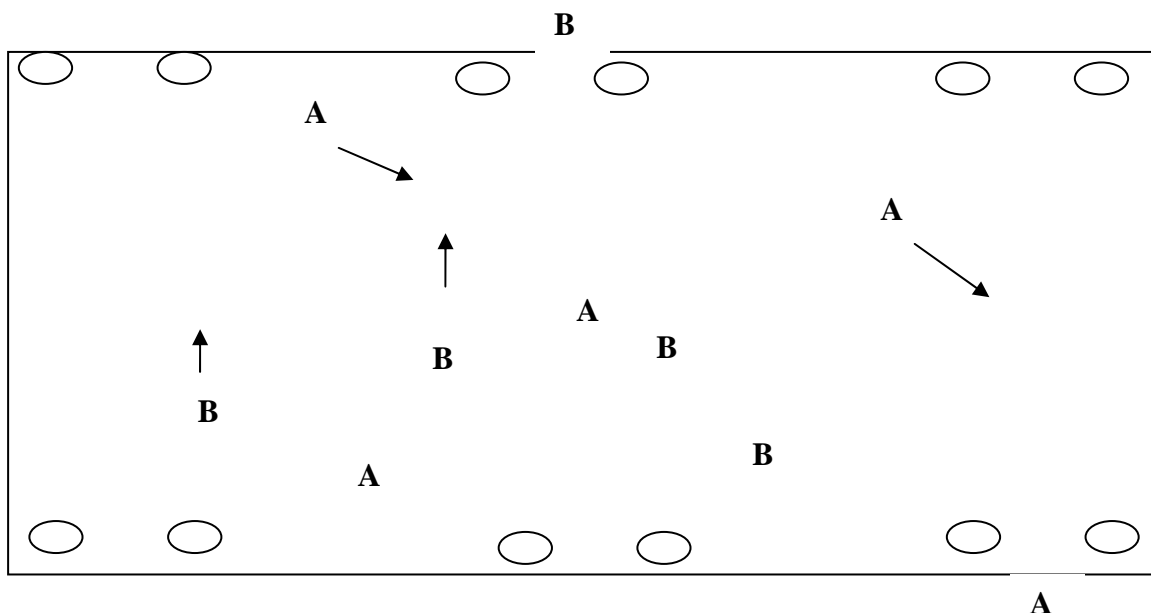
Check out this link for specifics directions for proper technique:

<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."



6 Goal Game:



Set Up: (10 minutes)

Rectangular grid 20yd. wide x 15 yards long, (wider yields more offensive success and will result in players creating width in their attack), 2-3 wide yd. cone goals set up in each corner and in the center of the field. Each team defends three and attacks three.

Rules:

Players must score using the inside of their foot to pass the ball through one of the goals to a team mate that has run behind the goal to receive a pass.

Re-starts: dribble or pass in.

Play 5 v 5 or 5 v 4 using four balls for first round. Play for 2 minutes.

Remove one ball each round.

With only one ball remaining, play 4 V 4 for 3 minutes, substituting each minute.

Variations / Extensions:

Also let them dribble through for 1 point, but a pass counts for 2.

Demand they use a particular foot to score.

EMPHASIS: Keep head up and notice attacking options in open space.

Attack quickly when the option is present.

Make accurate passes to teammates and accurate passes to goal.

Play for 2 minutes, who ever has the most points wins.

Donkey kicks or something goofy for the others.



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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:**

Conditioned Game: 10 minutes

(includes water break)

Title: **1 v 1 to lines:**

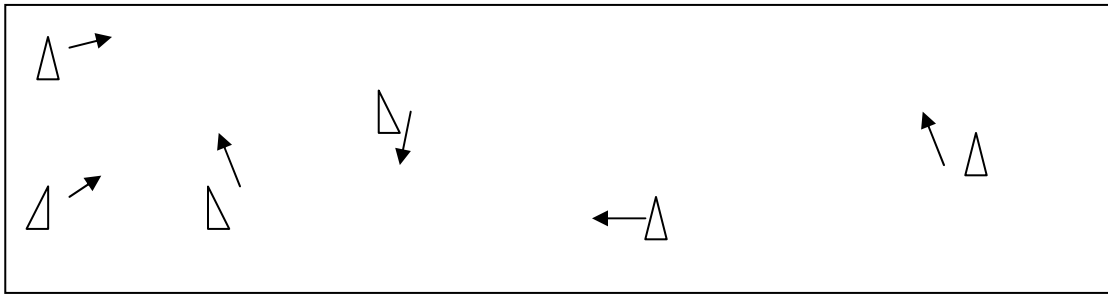
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Multi-Directional Red Light / Green Light



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:
<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.



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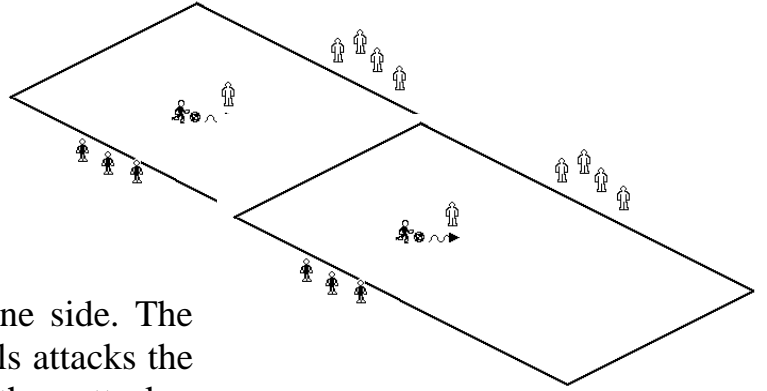
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1 v 1 to lines:

(10 minutes)

Create 2 grids*:

15yd. wide x 10 yards long, (wider yields more offensive success), players line up on opposite sides. All the balls on one side. The first player in the line with the balls attacks the player opposite them. When the attacker **dribbles over the line** they score a goal.



They don't have to stop it, though they must be under control.

Kicking it over the line is not a goal.

If the defender wins the ball he or she can counter attack to the opposite line to also score a goal. The players switch to the opposite line if a goal is scored or the ball goes out of bounds.

The next player attacks. Having lines is OK here if you keep the play moving.

*Make another grid if there's room and need

EMPHASIS: Creativity, fake /feint and then get behind the defender ASAP.

Push the ball into the space behind the defender, then sprint to the ball cutting-off the defender.

Play for 3 minutes, who ever has the most points wins.

Donkey kicks (hands on ground, kick and make sound like a donkey) or **something goofy for the others.**

Rotate players for the next game.

In the next round, the coach rotates the order of the lines so all players get to compete against each other.

Version 2: Instead of scoring individual points, the game can be made team competitive by the coach designating two teams of 3 or 4, the blues and the yellows. Points are accumulated by team.

Version 3: The same games can be played 2 vs. 2 or 3 vs. 3

OR Call out the number of players from each team to enter the game. (10 - 15 minutes)



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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: **Triangle Tag**

Conditioned Game: 10 minutes
(includes water break)

Title: **2 v 2 to cross goals (Dribble or Pass to Score):**

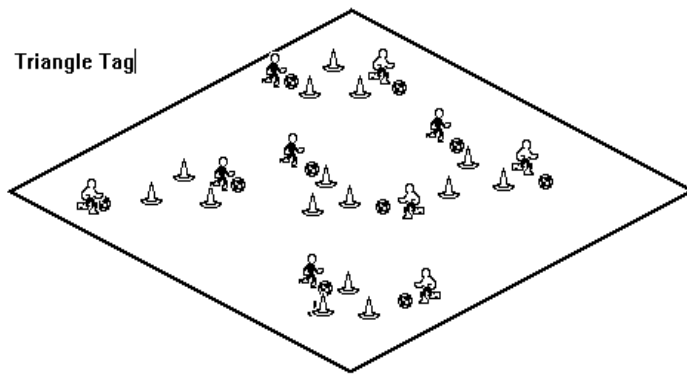
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Triangle Tag



Objectives of Players

In pairs, players pass the ball into their partner's ball or legs for a point.

Time Management (10 minutes)

Play 3 or 4 complete rounds, (each player is 'it') 3 minutes total (including the 2 - 30 second rest breaks) each.

Set up

Set up cones in a triangle formation with each side of the triangle being roughly 1 yard long.

Rules:

Every triangle has a pair of players, each with a ball. Similar to the game tag, one player is being chased and one is "it".

However the player who is "it" tags the player by kicking her ball and hitting the other player's ball or hitting the player below the knee. Players can dribble in either direction around the triangle and must stay close to their triangle. Neither player can go through the triangle.

The player who is it gets one point for each tag.

After 1 minute, rest for 30 seconds while players tell you how many points they earned. Players switch roles and play. After a complete round, (each player is 'it') the players switch partners for the next round.

Variations / Extensions:

Version 2: After 2 complete rounds, allow pairs to move from triangle to triangle (incorporates speed dribbling and traffic).

Two pairs can be at the same triangle at the same time, but players still only connect with their partner.

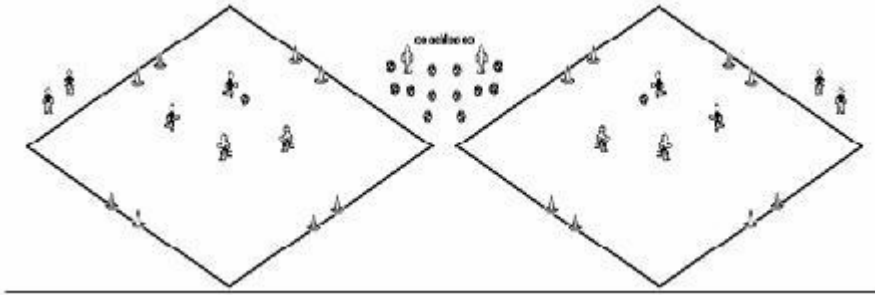
Note: To increase difficulty, do not count hitting a player below the knee as a tag.

Coaching Points:

Keep the ball close, and head up while dribbling. Use body feints to trick opponent.



2 v 2 to Four Cross Goals Dribble or Pass to Score



Objectives of Players:

Teams of only 2 defend one goal and have the opportunity to score on the other three.

Rules:

Teams defend one goal and have the opportunity to score on the other three.

Players dribble or pass with the inside of the foot through a goal for a point.

The goals are on the ends of a large cross in a square grid roughly 10yd X10yd. Teams begin on opposite sides just off of the square. They must defend the goal immediately in front of them and can score on the other three. Have one team of 2 on deck ready. They come on when a team gets scored on twice (or once depending on the flow of the games). Game is continuous, they must run on immediately.

Variation & Extensions:

Require the players to only pass for a goal, or to pass with a particular foot. Teams can keep track of the total points scored, 1st team to 10 points wins, then switch teams. If playing with running point totals, teams can score 2 points for a pass through and 1 point for a dribble through (or the other way around depending upon what you want to emphasize)

IF THE BALL GOES OUT OF BOUNDS, THE OPPOSITE TEAM MAY DRIBBLE OR PASS THE BALL INTO PLAY. THE DEFENDING TEAM MUST YIELD A STEP OR TWO EXCEPT IF THE OTHER TEAM IS BRINGING THE BALL INTO PLAY IMMEDIATELY NEXT TO A GOAL ON WHICH THEY CAN SCORE

Time Management:

With 5 or 6 intervals, the total activity time should be 10-12 minutes.

Set up:

Set up two games to keep them playing.

Four cone goals are on the ends of a large cross in a square grid roughly 10yd X10yd. The grid should be outlined with other cones to represent a boundary line.

Coaching Points: (PLEASE do not play this game with more than 2 v 2)

The purpose is success by seeing and exploiting open space. With 3 goals and only 2 defenders, there is always an open goal. While they are playing, encourage players to constantly look around and notice the open goals. **When they get the ball, turn quickly and dribble with a burst of speed or pass quickly attacking the open goal!**



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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: **Clean Your Back Yard**

Conditioned Game: 10 minutes
(includes water break)

Title: **2 v 2 Flying Changes / 4 goal game:**

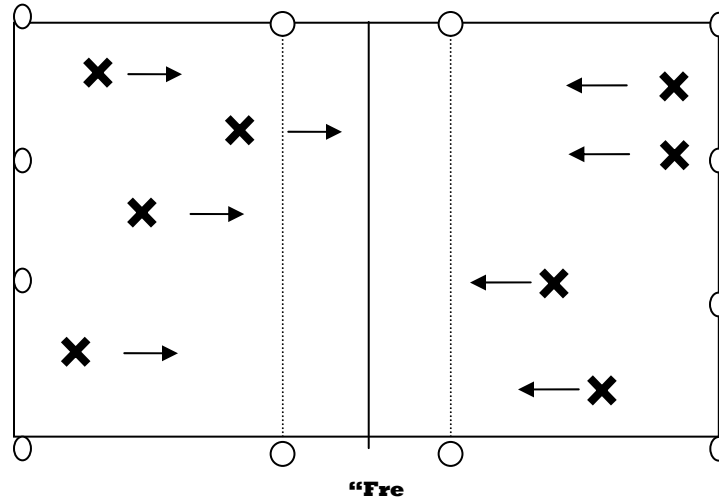
NOTES:



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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 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.

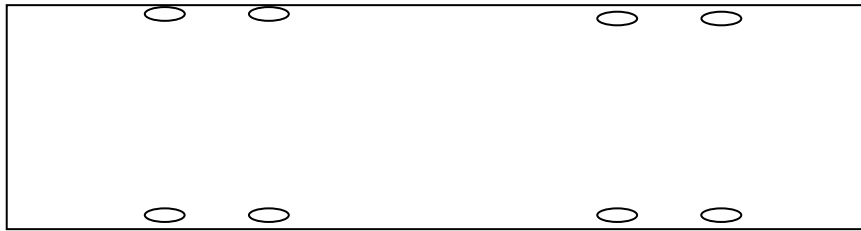
As they are playing, you can tell them, "No toes..." although don't tell them there is no consequence. **"Push the ball, don't just kick it."** **"Use one foot for one pass, then the other foot for the next."** (..or switch round by round)

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



2 v 2 Flying Changes

X X X oo
X XX o o o



Objectives of Players

In pairs, players attack a pair of goals.

X X X oo
X XX o o o

Time Management

The rounds should change quickly. The new team on the field should try to catch the team remaining on the field off guard. The players should learn transition to defensive rather quickly. Play for 10 minutes.

Set up

Set up a four goal game in 20 x 15 yd grid. On each end line (the wider of the lines)

Goals are 1 yard wide, and 8 yards apart, with 5 yards outside each of the goals.

There are two groups of balls, one with each group of players (better for them if they're not in a line) behind the endline between the 2 goals at each end.

Rules:

For the first round, the coach points to one end line and instructs that a pair bring a ball out to play 2v2 against one pair of players the opposite side.

If ball is played over endline, the pair defending that endline goes off, and immediately the next 2 players come on from that endline with a ball.

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!)

The team that had played the ball over the endline stays on, and now must transition to defense.

If the ball goes over a side line, both teams go off, and the coach points to one of the two teams to say which team brings the next ball in.

Keep game going at fast pace once players understand. (10 minutes)

Variations / Extensions:

If they are getting too tired too fast, or just because you want, have them dribble or pass the ball into play if the ball goes out over the sideline.

If they dribble through one of the goals they score 3 pts.

Coaching Points:

Keep your head up and look to attack the goal that is most open. Use your partner if it's a good decision.

Coaches, don't discourage a dribbling attack. This is a game where they can learn to beat 2 defenders!

Praise a good pass and good attack positioning, but don't necessarily encourage them to pass all the time, they'll figure that out. If they beat the defense and score, it was a good decision. If they lost the ball, they should be encouraged to try again with what ever plan off attack they choose.

Attack with a burst of speed and don't wait for the defense to get set. Everyone plays defense!



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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: **Shield and Steal**

Conditioned Game: 10 minutes
(includes water break)

Title: **1 v 1 to lines:**

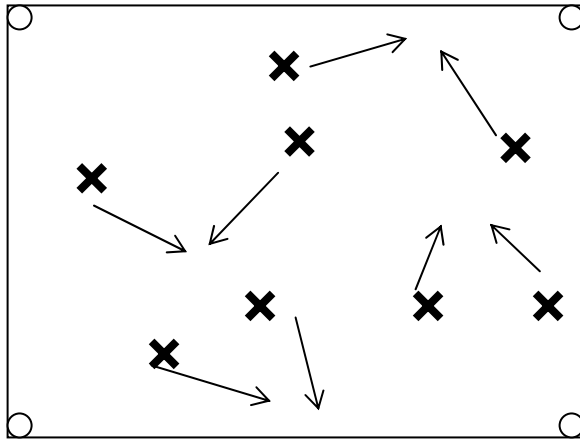
NOTES:



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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.

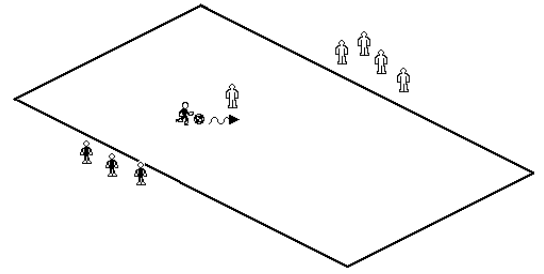


1 v 1 to lines:

(10 minutes)

Create 2 grids*:

15yd. wide x 10 yards long, (wider yields more offensive success), players line up on opposite sides. All the balls on one side. The first player in the line with the balls attacks the player opposite them. When the attacker **dribbles over the line** they score a goal.



They don't have to stop it, though they must be under control.

Kicking it over the line is not a goal.

If the defender wins the ball he or she can counter attack to the opposite line to also score a goal. The players switch to the opposite line if a goal is scored or the ball goes out of bounds.

The next player attacks. Having lines is OK here if you keep the play moving.

*Make another grid if there's room and need

EMPHASIS: Creativity, fake /feint and then get behind the defender ASAP.

Push the ball into the space behind the defender, then sprint to the ball cutting-off the defender.

Play for 3 minutes, who ever has the most points wins.

Donkey kicks (hands on ground, kick and make sound like a donkey) or **something goofy for the others.**

Rotate players for the next game.

In the next round, the coach rotates the order of the lines so all players get to compete against each other.

Version 2: Instead of scoring individual points, the game can be made team competitive by the coach designating two teams of 3 or 4, the blues and the yellows. Points are accumulated by team.

Version 3: The same games can be played 2 vs. 2 or 3 vs. 3

OR Call out the number of players from each team to enter the game.



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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: **Dinosaurs in the Caves Game:**

Conditioned Game: 10 minutes
(includes water break)

Title: **2 v 2 Flying Changes to nets:**

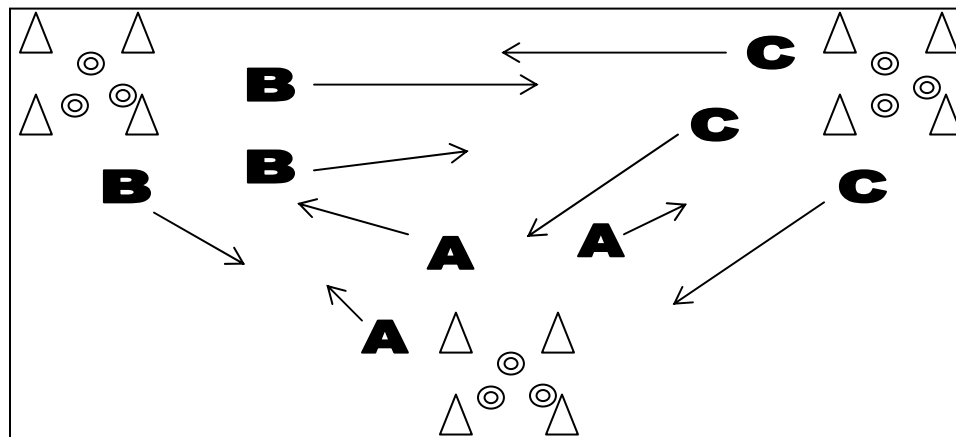
NOTES:



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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.

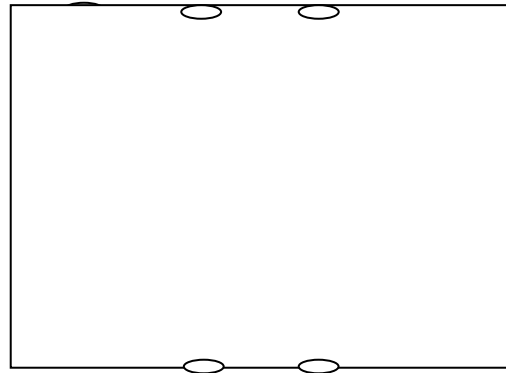
Considerations

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



2 v 2 Flying Changes to nets

X X X oo
X XX o o o



Objectives of Players

In pairs, players attack a pair of goals.

Time Management

The rounds should change quickly. The new team on the field should try to catch the team remaining on the field off guard. The players should learn transition to defensive rather quickly. Play for 10 minutes.

Set up

Set up a two goal game in 20 x 20 yd grid.

There are two groups of balls, one with each group of players (better for them if they're not in a line) behind the endline.

X X X oo
X XX o o o

Rules:

For the first round, the coach points to one end line and instructs that a pair bring a ball out to play 2v2 against one pair of players the opposite side.

If ball is played over endline, the pair defending that endline goes off, and immediately the next 2 players come on from that endline with a ball. 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!)**

The team that had played the ball over the endline stays on, and now must transition to defense.

If the ball goes over a side line, both teams go off, and the coach points to one of the two teams to say which team brings the next ball in.

Keep game going at fast pace once players understand. (10 minutes)

Variations / Extensions:

If they are getting too tired too fast, or just because you want, have them dribble or pass the ball into play if the ball goes out over the sideline.

Coaching Points:

Keep your head up and look to attack the goal that is most open. Use your partner if it's a good decision. Coaches, don't discourage a dribbling attack. This is a game where they can learn to beat 2 defenders! Praise a good pass and good attack positioning, but don't necessarily encourage them to pass all the time, they'll figure that out. If they beat the defense and score, it was a good decision. If they lost the ball, they should be encouraged to try again with what ever plan off attack they choose.

Attack with a burst of speed and don't wait for the defense to get set. Everyone plays defense!



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