



U12

SEASON OF SESSIONS

ACTIVITY #1

Set up: Head tag

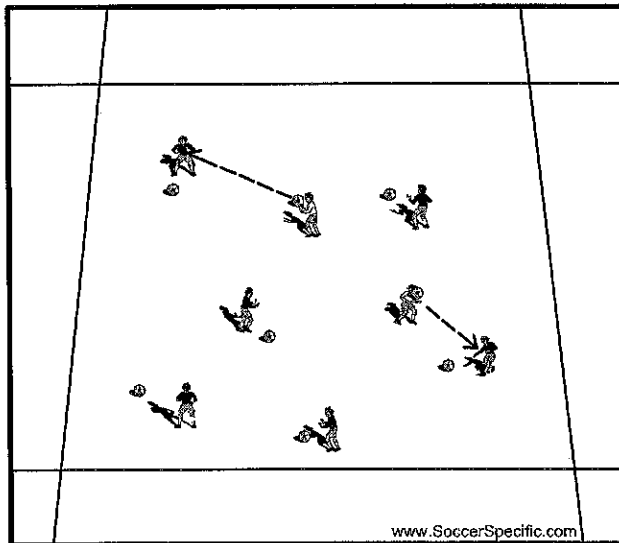
Instructions:

Players inside area dribbling. One-Three players are "It". The 'It' players run with a ball in their hands and attempt to head a ball out of their hands and hit a player who is not "It" with a header. Player hit are now "It" and the player that hit them now dribbles

Coaching Points:

Proper technique

Attack the ball, accuracy



ACTIVITY #2

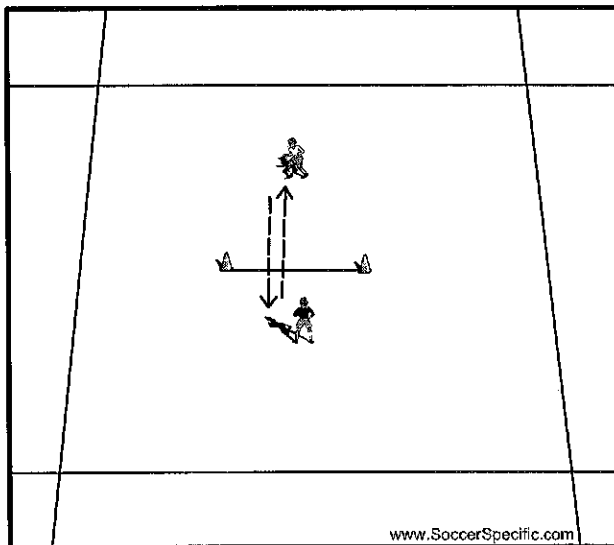
Set up: Heading WARS

Instructions:

Rock-Paper-Scissor for possession. Winner starts with ball and heads ball out of hands over the opponents line. They let the ball bounce and then attempt to head the ball back over the opponents side (head from where it bounces). Failure to get the ball over the line is a point for the other player. Balls that land on line between the cones is still playable. Play to 3

Coaching Points:

Proper heading technique



ACTIVITY #3

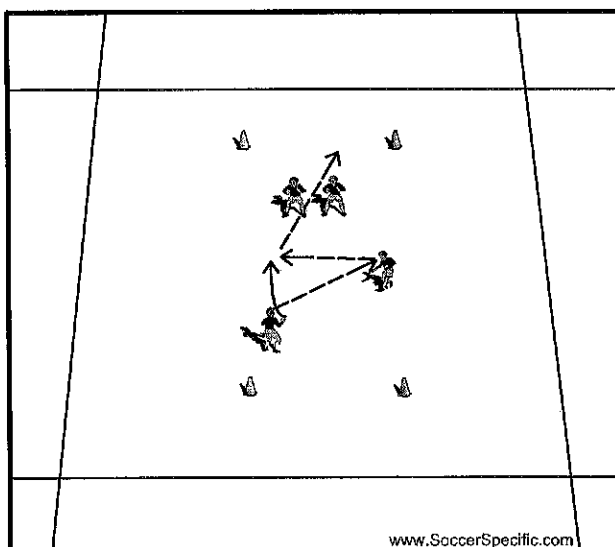
Set up: 2v2 Heading Battles to Goal

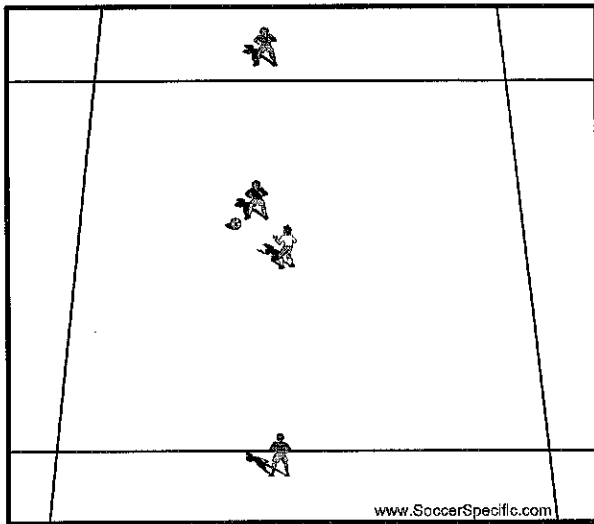
Instructions:

Game is fast paced and non stop. Two teams of two, 5-7 yards between. One team of two defends their goal. The other team of two attacks by tossing the ball to their teammate and head juggling until they can strike on goal. Strike at any time. Then they retreat and cover their goal while the opposing two quickly attack their goal. Players act as goalkeepers and use their hands to defend the goal

Coaching Points:

Head down to score



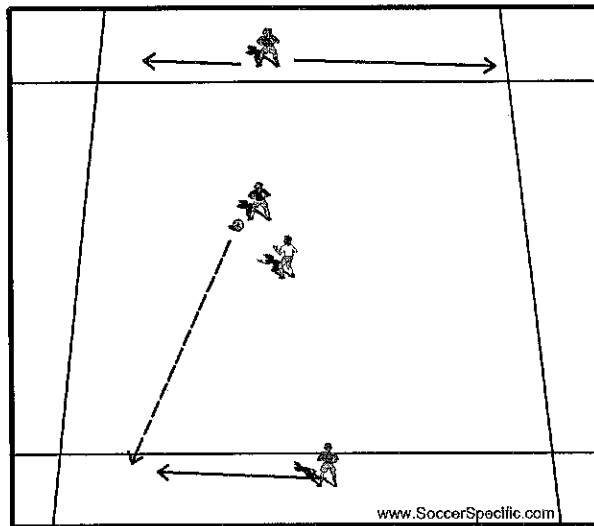


ACTIVITY #1

Set up: Winterbottom Level One
Stationary Target
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Targets may not move from their start position, but should stretch to reach any pass that is given to them

Coaching Points:
Play pass where defender is not
Combine if necessary
Check at angles and turn defender
Look to play forward

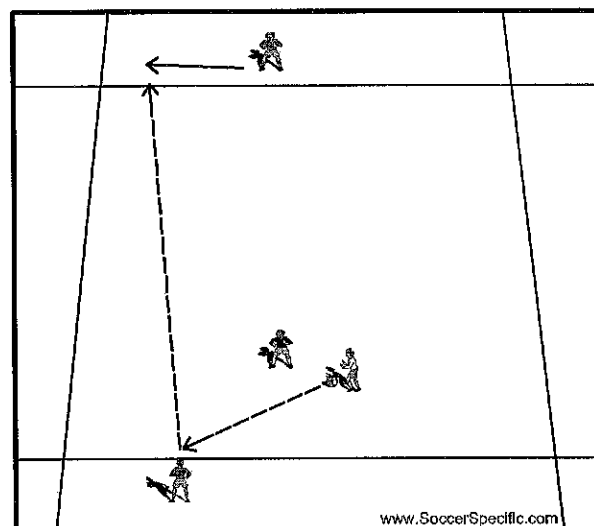


ACTIVITY #2

Set up: Winterbottom Level Two
Moving Target
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Targets move anywhere along their line to create better angles for passes

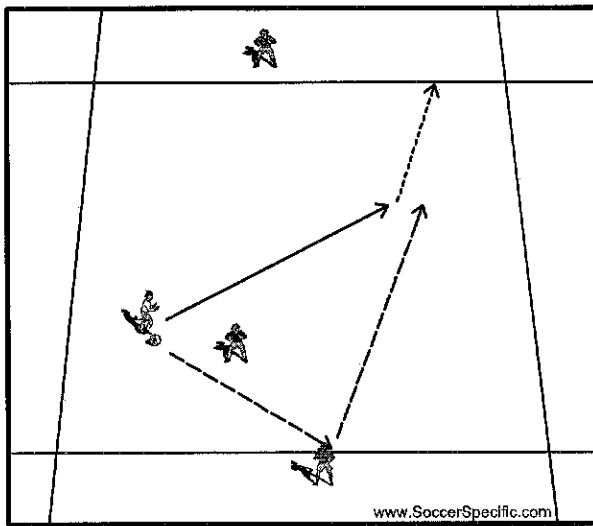
Coaching Points:
Disguise pass
Targets need to move to create passing angles



ACTIVITY #3

Set up: Winterbottom Level Three
Target to Target
20x10 area or needed
1 minute games. Scores are kept
Backpasses are encouraged

Instructions:
Targets may pass the ball to the opposite target for a score
Coaching Points:
After play into target, drop quickly to prevent target to target pass
Keep man and ball in front



ACTIVITY #4

Set up: Winterbottom Level Four

2v1

20x10 area or needed

1 minute games. Scores are kept

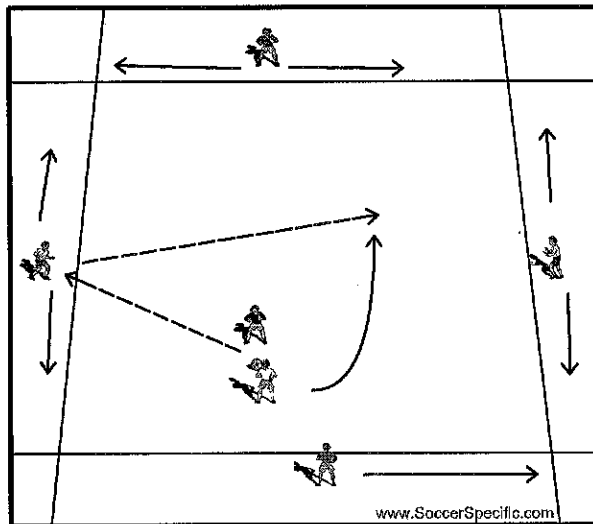
Backpasses are encouraged

Instructions:

Targets are freed up to play on the field if they receive a back pass from their partner

Once ball is dropped, target on endline joins to go 2v1. A goal is scored if the team of two can combine to beat inside player and dribble the ball over the opponents endline

Coaching Points:



ACTIVITY #5

Set up: Winterbottom Level Five

Neutrals

20x10 area or needed

1 minute games. Scores are kept

Backpasses are encouraged

Instructions:

Inside players can use outside neutral players for support to play to target and score

Neutrals need to move up and down perimeter

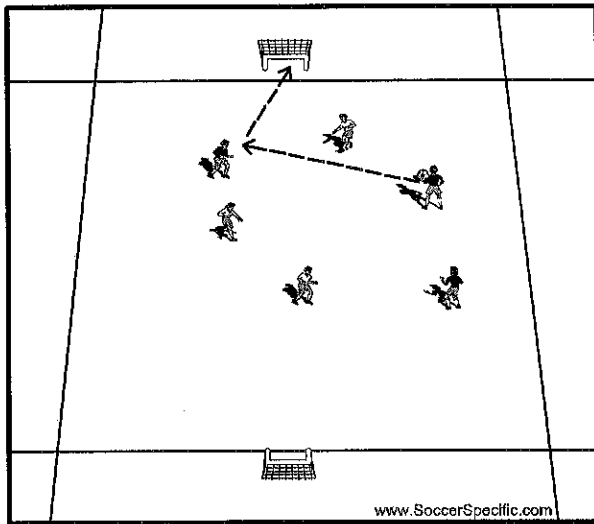
Neutrals only have 1 touch

Coaching Points:

Good entry pass with pace into neutrals

Movement off ball

Timing of runs



ACTIVITY #1

Set up: Team Handball

Instructions:

Two teams play against each other. Players pass the ball with their hands. If ball drops, it becomes the other teams ball. You can only intercept a pass in the air.

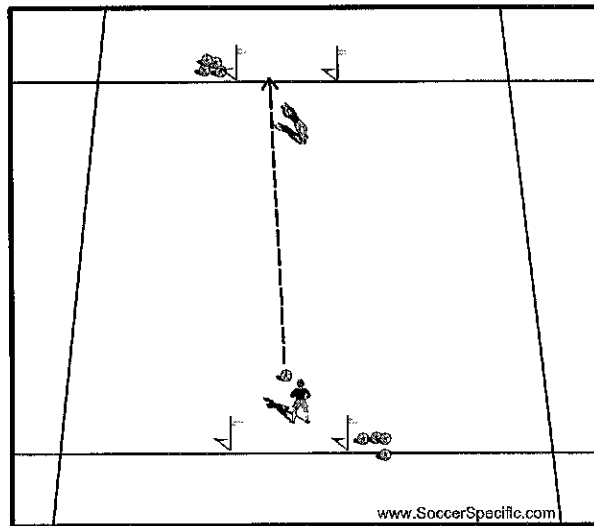
To score, players have to pass the ball with their hands for a teammate to head it in the goal.

Coaching Points:

Movement and execution..

Communication

Head down to score



ACTIVITY #2

Set up: Goalie Wars using field players

Instructions:

Two players play against each other (15- 20 yards apart or needed) .One player shoots and other is goalkeeper. Keep lots of balls in each goal. Play for time or amount. use cones, goals or flags.

Progression:

Hit a stationary ball to other player (working on technique)

Hit a stationary ball attempting to score

Take a touch and hit a moving ball attempting to score

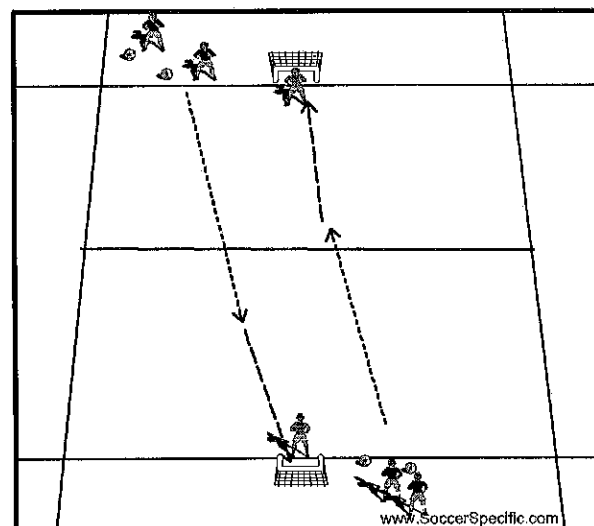
Hit Volleys (full and half)

Progression: Hit stationary ball, hit moving ball on ground, Drop and hit full and half volleys

Coaching Points:

Get all shots on frame of goal

Use good technique (head still on ball, drive thru ball, follow thru)



ACTIVITY #3

Set up: Finishing Chesler

Instructions:

Distance between goal 20-30 yards (depending on age) . Two lines of players on opposite sides, everyone with a ball. Both lines go at same time, Use goalkeepers for U9 and up.

Progression:

Dribble and finish. Go to back of other line

Dribble, pass your ball to opposing player, receive their pass and finish. Go to back of other line

Dribble, pass to opposite line, receive their ball, turn and finish on own goal. Go to back of own line

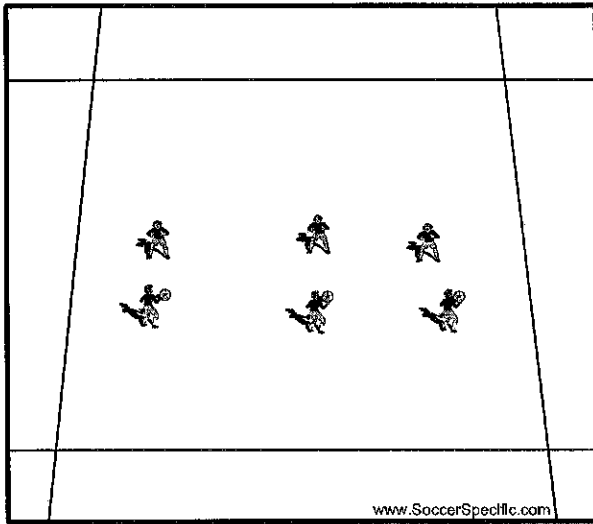
Dribble to goal after 1st touch, player behind shadows (breakway).

Competition between both teams. Play for time (most goals win) or for amount

2v2 (U12 and above)

Coaching Points:

Use of proper technique



ACTIVITY #1

Set up: Parmar Skills Training

Instructions:

One player works other serves. 10 each then switch roles

1. Balance on one leg: Server rolls on ground, player passes back in one touch
2. Balance on one leg: Server rolls on ground, player passes back in one touch (sideways on with inside of the foot)
3. Balance on one leg: Facing each other, Server tosses, player volleys back with instep
4. Balance on one leg: Facing sideways, Server tosses, player volleys back with inside of foot
5. Balance on one leg: Facing each other, Server tosses, player squats and volleys back with instep
6. Balance on one leg: Facing each other, Server tosses, player heads back
7. Balance on one leg: Facing each other, Server tosses, player hopping on one leg volleys back

Coaching Points:

ACTIVITY #2

Set up: Instep Squares

Instructions:

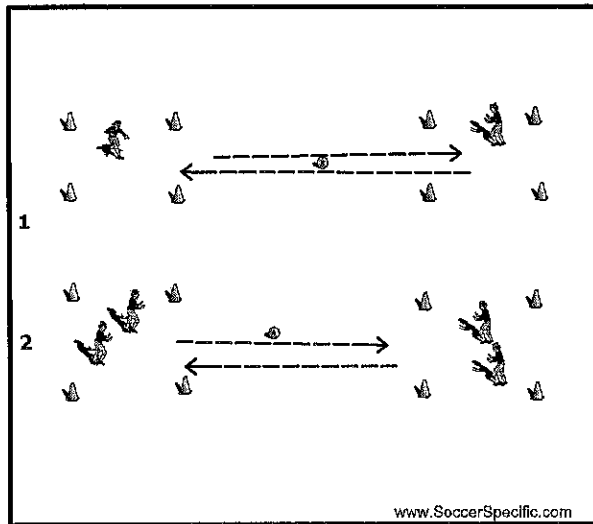
Two squares 12-20 yards apart are set up with 1 player in each square.

1. Play begins with pass using the instep (laces of foot). If ball stopped, point is given. Play to 5 points
2. Progress by playing two vs two.

Coaching Points:

Drive" the ball with technical control and accuracy

To receive the ball, get in the line of flight, taking the first touch to prepare yourself to play the ball back or "set the ball" for your partner when playing two vs two



ACTIVITY #3

Set up: 4v4 to Targets

Instructions:

Two teams. Have to score by playing ball into goalkeepers/field players (targets). Define direction. Targets move laterally along line and need to play quickly back to field players

Progression:

Play into target get a point.

Play into targets get it back (either passer or teammate) = point

Play into targets get it back (either passer or teammate) and dribble over the line = point

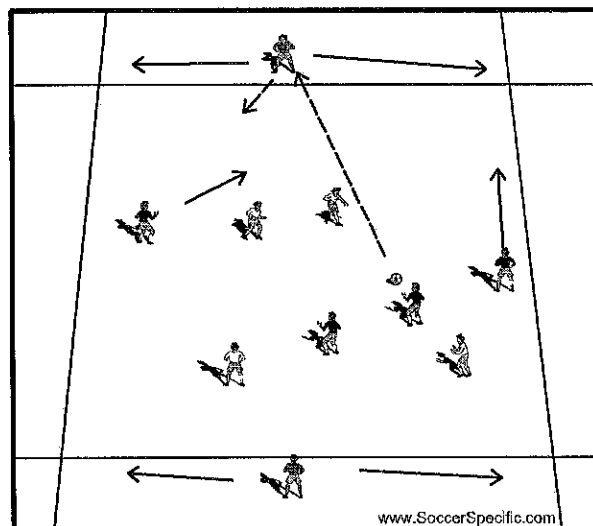
Coaching Points:

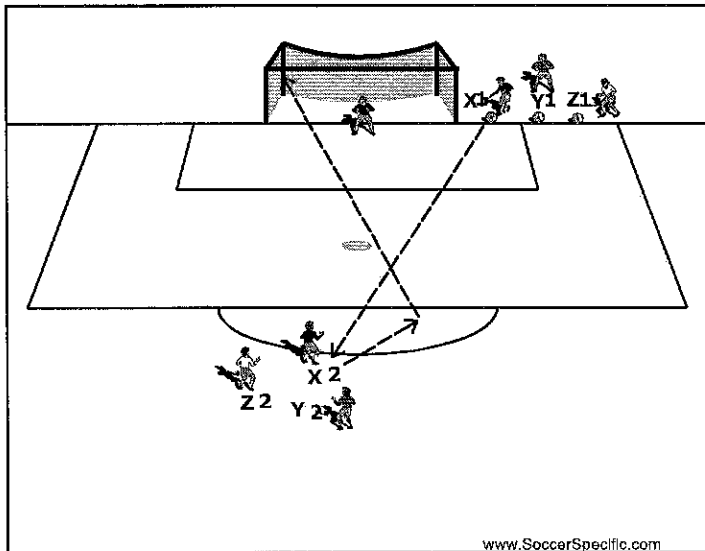
Movement to support while ball is being played into target not after

Look to play forward early

Preparation touch

Disguise with the eyes (look one way, play another)





ACTIVITY #1

Set up: Finishing Bobby Howe

Instructions:

X, Y, and Z have partners and play against other groups. X1 starts by playing pass to X2. X2 takes a touch and attempts to score. A point is given if they score. No point is awarded if more than two touches are taken. A point is deducted for missing the frame. 1 and 2 switch positions after shot. First team to 5 wins. Vary angle and distances.

Progress:

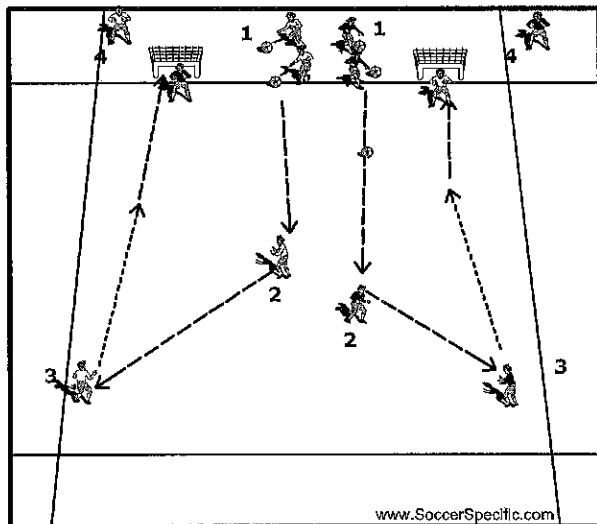
Balls are tossed in from server

Coaching Points:

Get everything on goal

Good first touch to set up shot (Toe up to receive)

Accuracy



ACTIVITY #2

Set up: Finishing - Two Team Technical competition

Instructions:

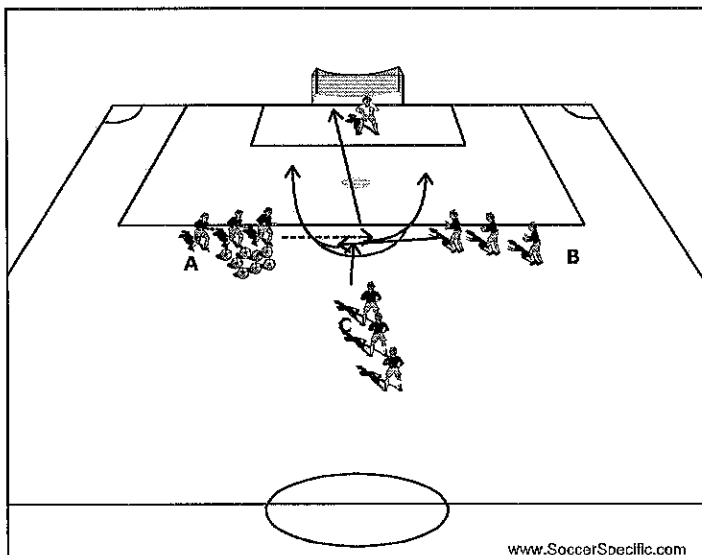
Rotate 1 to 2, 2 to 3, 3 to 1

Team vs team keep score. Play to time or certain amount of goals

Progression:

1. Player 1 passes to 2. 2 passes to 3. 3 takes touch dribbles and score.
2. Player 1 plays to 2. 2 plays to 3. 3 dribbles and plays wall pass with player 2. 3 finishes
3. Player 1 plays to 2. 2 plays to 3. 3 plays to checking # 4 who drops ball for player # 3 to finish
4. Player 1 plays to 2. 2 plays to 3. 3 plays to checking # 4 who drops ball for player # 3 to finish
5. Player 1 plays to 2. 2 picks up ball and tosses in front of player # 3. Player # 3 volleys on goal.
6. Player # 1 plays ball in air to player # 3. Player # 3 plays pass in front of player # 2 to run onto and finish.

Coaching Points:



ACTIVITY #3

Set up: Wolfpack

Instructions:

Play for five minutes. Goal is to have a positive score at the end. If score is positive, goalkeeper does fitness. If score is even or negative, players do fitness.

To begin, player in A line dribbles and does a takeover with player in B line. B dribbles some then leaves ball and Player from C line runs and uses a first time finish to score Lines A and B peel to goal for rebound

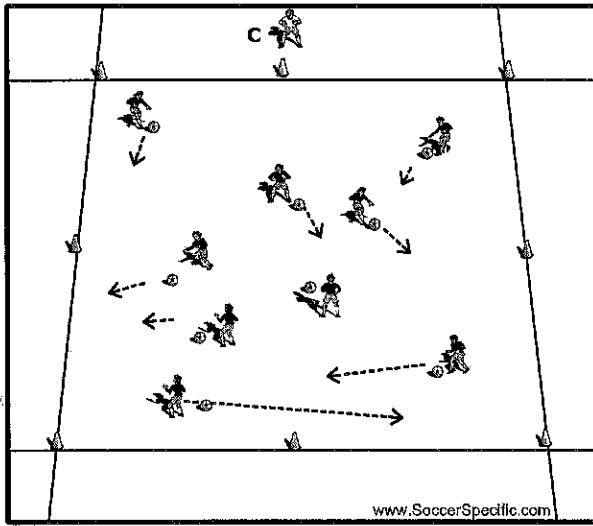
Scoring:

- 1 for shot that goes wide
- 1 for player that doesn't make arc run to goal
- 3 for shot over top
- 1 point for goal
- 1 point for goal off a 1 touch rebound
- \$ ball 5 points

Coaching Points:

Get everything on frame of goal.

Placement vs power

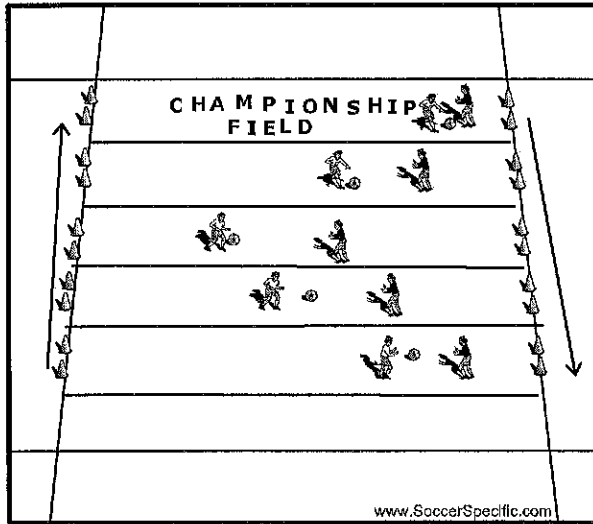


ACTIVITY #1

Set up: Grid Dribble

Instructions:

- Free dribble
- Dribble and give HY-FIVS (How many in 30 seconds?)
- Dribble around farthest cone and back
- Apply Dribbling moves
- Left foot only/right foot only,
- Turns (inside,outside, pull backs)
- Foundation, ball taps (stationary then on the move) and Roll stop roll (lateral)
- 10 toe touches get to a line
- On "change" leave your ball and dribble someone elses
- Dribble, stop ball with sole of shoe then change direction
- Coach randomly calls out #'s (2, 3 4 etc) and players have to dribble and get in a group with that number as fast as possible
- Split players on the dribble (30 seconds, keep count)



Coaching Points:

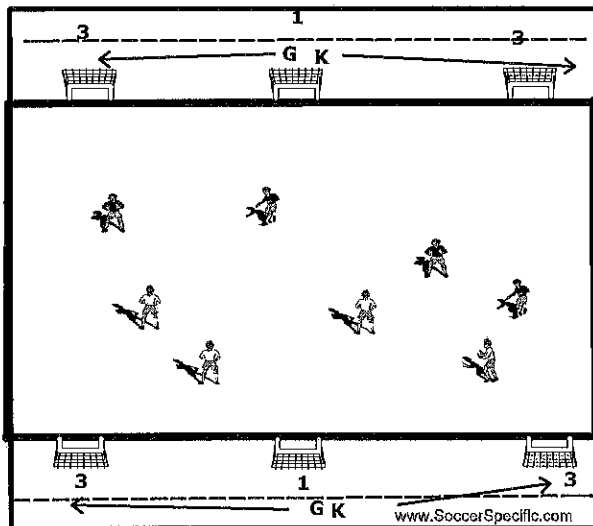
ACTIVITY #2

Set up: 1v1 Championship Ladder

Instructions:

- Set up multiple 1v1 fields. Play for time. If you win you move on to the next ladder towards the championship field. If tied after the FIRST game, both players rock-paper-scissor, winner advances. Otherwise, after a tie, the player that has been at the field the longest moves on. If you lose on the championship field, you come all the way back to the first field.

Coaching Points:



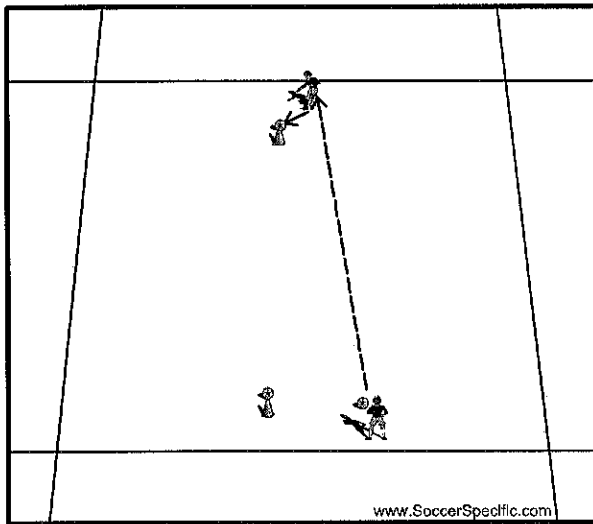
ACTIVITY #3

Set up: 6 goal Game

Instructions:

- Two teams. Defend three goals, attack three goals.
- Progression:
- Must dribble thru goals
- Pass or dribble thru goals
- 3 points for goal scored thru end goals, one point for center goal
- Add Gk's must protect all three goals and prevent goal from being scored past the 5 yard line behind the goal

Coaching Points:



ACTIVITY #1

Set up: Horseshoes

Instructions:

Play a stationary ball at distance to partner on ground to partner. Partner has one touch to receive ball and knock off the ball from their cone. If successful, team gets one point

Progress:

Hit a driven ball

Hit a flighted ball

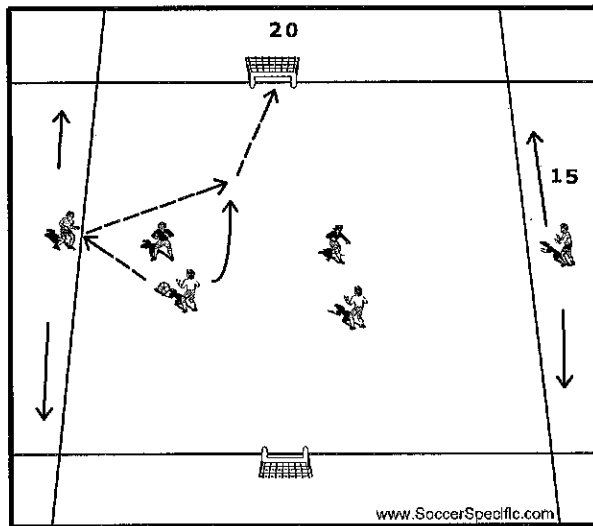
Coaching Points:

Correct technique

Get in line with the ball, start at angle

Soft touch

Concentration



ACTIVITY #2

Set up: 4v4 with channels

Instructions:

Play 4v4 with outside players in channels. Inside players can not come into the channels to play the ball. Players in channels play for both teams and have a maximum three touches. Add goalkeepers if needed

Progression:

Must play a player in the outside channel before scoring

One player can enter channel to defend if needed

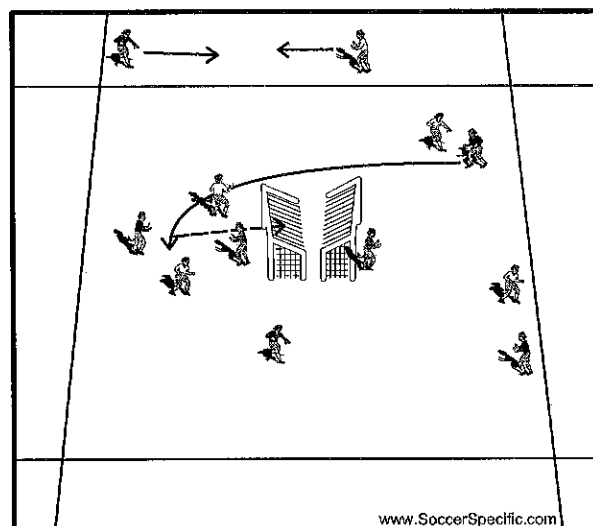
Must score off a cross (U14 and above only)

Coaching Points:

Play at speed

Look to create numbers up situations

Good service from crosses



ACTIVITY #3

Set up: Back to Back Finishing

Instructions:

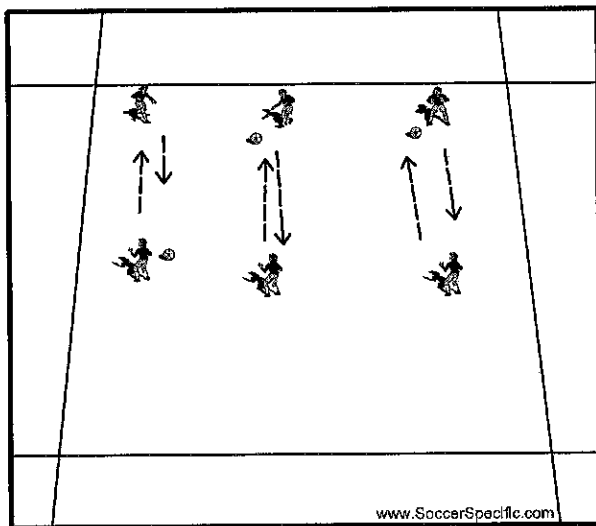
Two teams. Goals are back to back. each team defends one goal and attacks the other. Players try to score on the opponents goal while defending their own. No positions, players can go where they seek. Play is continuous. Play for time or amount of goals. If goal scored, game restarts immediately (keep balls in goal) from goalkeeper's goal that got scored on.

Coaching Points:

Quick switch of ball, look to get numbers up

Finish quickly

Get all shots on frame of goal



ACTIVITY #1

Set up: Passing in pairs (Pong)

Instructions:

8 to 10 yards apart performing a variety of passing repetitions

Progression:

2 touch playing back and forth

Receive with inside of one foot across body play back with inside of other

Receive with inside of one foot play back with instep

Receive with outside of one foot back with inside of same

Play-drop-play (Drop-Backpaddle) after every pass, then come forward when partner plays) all one touch

Competition: 1 touch half the distance then -full distance (30 secs most passes in pairs wins)

Coaching Points:

Pace and accuracy

First touch-toe up

ACTIVITY #2

Set up: Two Team Keepway

Instructions:

Two teams play keepaway from each other. 4 consecutive passes = 1 point

Progression:

unlimited touches

two touch maximum

1 touch

Unlimited: If give ball away, you take a knee until your team rewins the ball

Unlimited: If you give the ball away, your team stps and you must win the ball back by yourself before your team can rejoin

Coaching Points:

Keep the ball

Passing and moving when needed

Decision making



ACTIVITY #3

Set up: 4 Square

Instructions:

Two teams play keepaway from each other. Teams score by receiving a pass from a teammate in any square. Ball must be played to player running into the square. Players can't stand in square and receive pass for point. Once goal is scored, team must attack different goal. Players can not be defended in square. Its a free zone

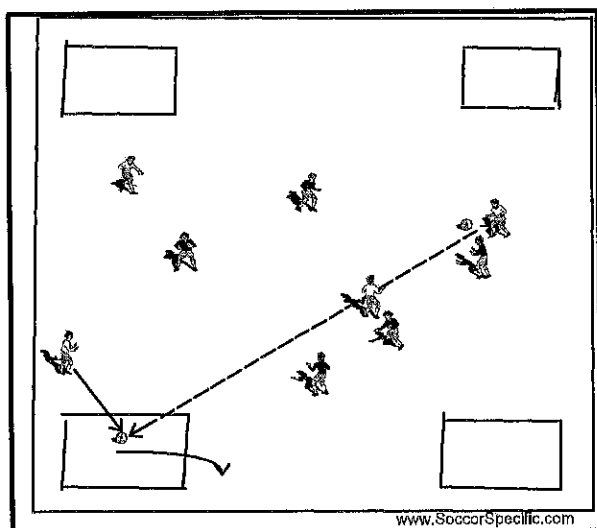
Progress: ball played into square must be driven or flighted.

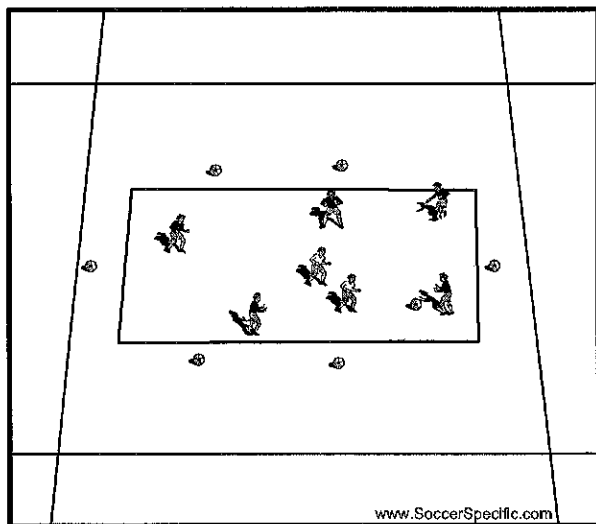
Coaching Points:

Quick ball movement and diagonal play

Movement off ball

Good service, Receiving on the move





ACTIVITY #1

Set up: 5 v 2

Instructions:

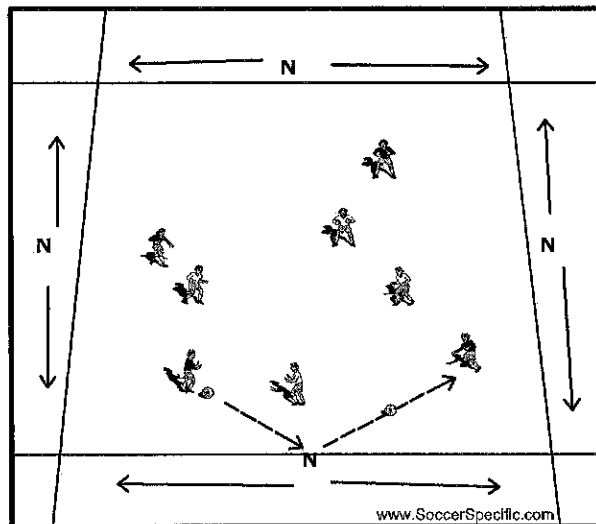
15x10 or needed. Defenders hold pinnies. If defenders win (must win possession) ball, drop pinnie, attacker who lost ball or kicked it out of grid know becomes defender and the defender becomes attacker. Attackers score by linking 5 passes in a row. Keep extra balls around area

Progression:

Defender must win ball and dribble to outside of grid
Split defenders with pass = point for attackers. (keep count)
Limit the amount of touches per attacking players

Coaching Points:

Be ready to receive ball before you get it – Think one play ahead
1st touch away from pressure
Communication



ACTIVITY #2

Set up: 4v4 + 4 (Neutrals)

Instructions:

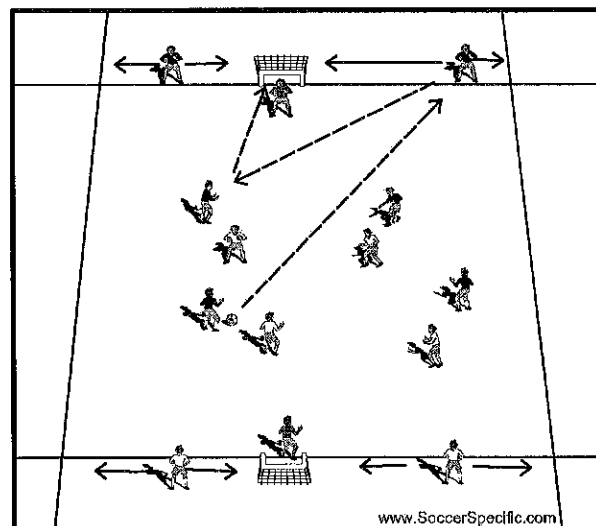
4v4 in the center. 5 passes in a row equals one point. Players may use neutrals for support

Neutrals are restricted to one-two touches

Variation: Reduce amount of touches, play 6v6. 4v4 in center with two players on outside. pass into them and switch.

Coaching Points:

Decision making
Element of disguise
Keep ball moving and 1st touch away from pressure



ACTIVITY #3

Set up: Arena Ball

Instructions:

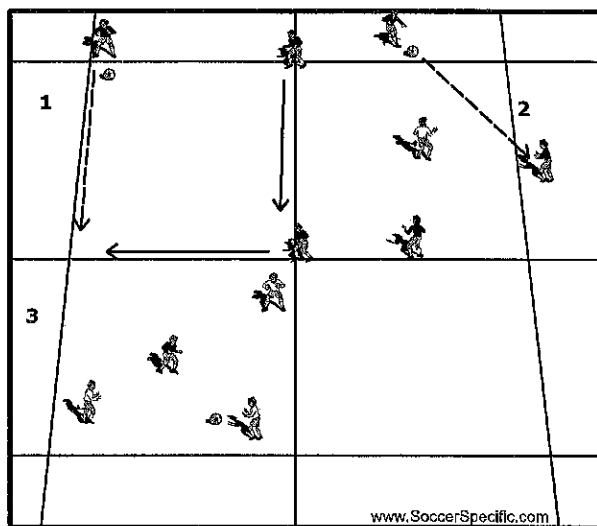
Two teams. Play into bumpers and score. Bumpers have one touch

Progression:

1. Play where must play bumpers
2. No restrictions. Goal scored within run of play 1 point, goal scored by playing into bumpers and finishing on one touch 3 points
3. Score off volley or header 5 points

Coaching Points:

Play forward first
Supporting runs off ball
Finish



ACTIVITY #1

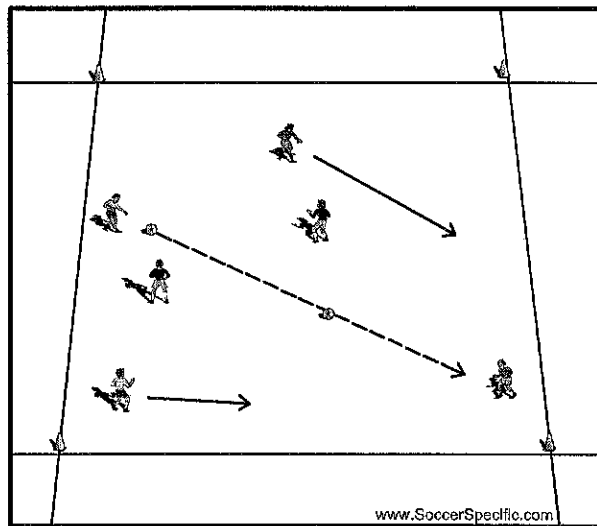
Set up: 3v1 variations

Instructions:

1. 3v0. Players shift to support ball
2. Players stay on outside of grid. Can't go inside but can shift to support on outside. Keep defender in for a period of time then rotate
3. Players play within grid. If defenders win ball, they become attackers and player that gave the ball away becomes defender

Coaching Points:

- Pass and move to support
- Communication



ACTIVITY #2

Set up: 2v2+2 in 10x10 or 12x12 area as needed

Instructions:

Three teams of two. Two teams always play in possession against one team.

Start playing with one team in the middle for a certain time limit.

If they win the ball, they give the ball back to the other four players in the grid. Progress: When the defending team wins the ball, the team that gave the ball away is "IN" on defense and the defending team that won the ball is now on attack. Expand the area and play in a 20x10 area.

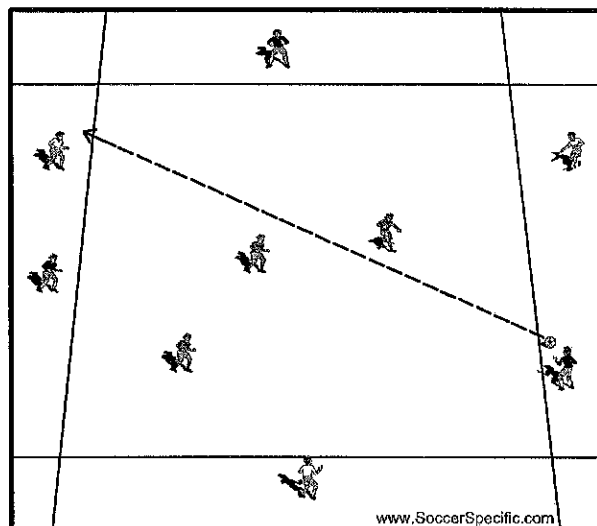
5 consecutive passes = 1 point against defensive team

Coaching Points: Keep ball moving

Immediate transition when win or lose ball

Don't give the ball away-Keep it

Movement off ball and to provide support



ACTIVITY #3

Set up: 3v3 +3 outside possession

Instructions:

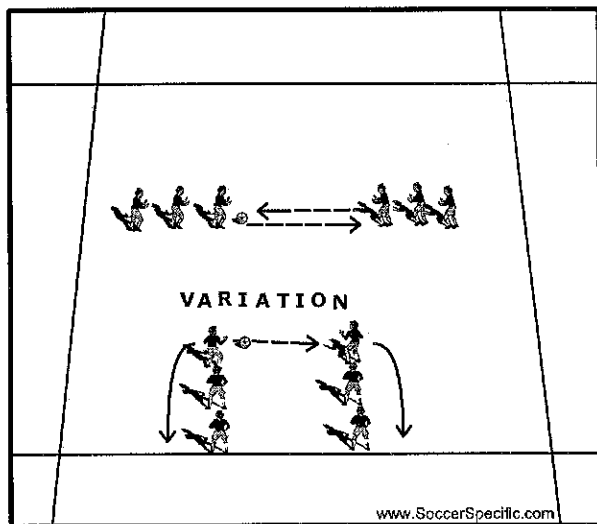
The outside players pass the ball around the outside and away from the three defenders in the middle. The outside players are not allowed in the middle, however they can move up and down the outside lines to receive the ball. If the ball is won by the middle players, they swap with the team on the outside who loses the ball. Encourage players to play in less than two touches.

Coaching Points:

Keep ball moving

Communication

Good first touch and decision making

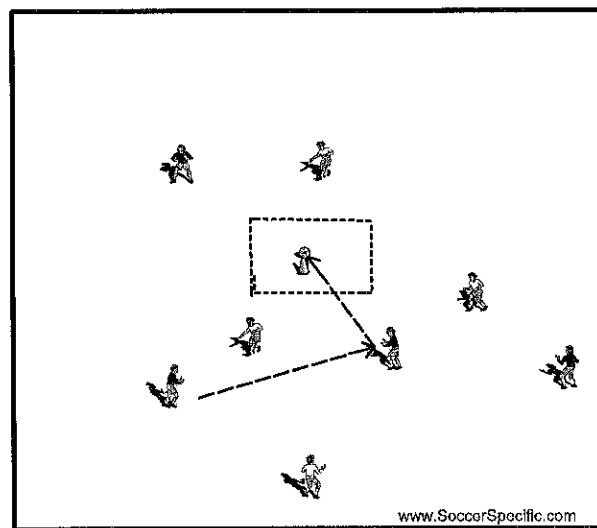


ACTIVITY #1

Set up: German Passing

- Instructions:**
1. Play across then go to back of your own line (two touch then one)
 2. Play across and join back of other line. (two touch then one)
 3. Takeovers
 4. Foundation across
 5. Play and close making receiver have good first touch to side
 6. Laces only
 7. Sole of foot only
 8. Toe only
 9. Play open legs for other side to play thru

Coaching Points: Pace and accuracy
Step to ball



ACTIVITY #2

Set up: Kick the Can

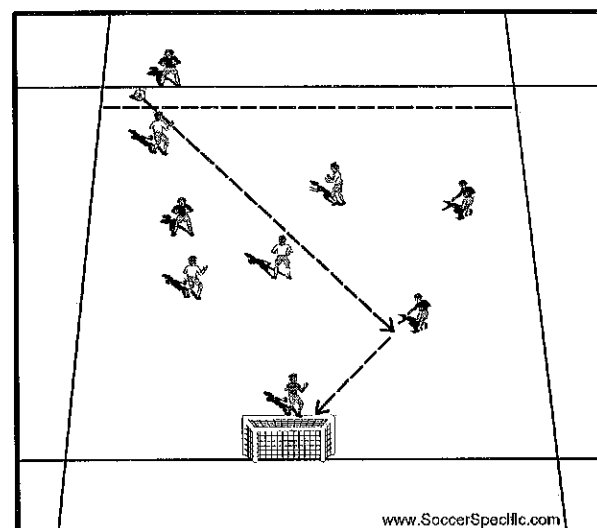
Instructions:

Divide players into two equal teams, Use up to a half field with no out of bounds and a trash can in the middle of the field. Score a goal by hitting the trashcan. The game is continuous even when a goal is scored. If players bunch up around the goal, create a arc around the goal

Progress: must score on a one time finish

Coaching Points:

- Look to score
- Communicate with teammates
- Proper spacing



ACTIVITY #3

Set up: Half Court Soccer

Instructions:

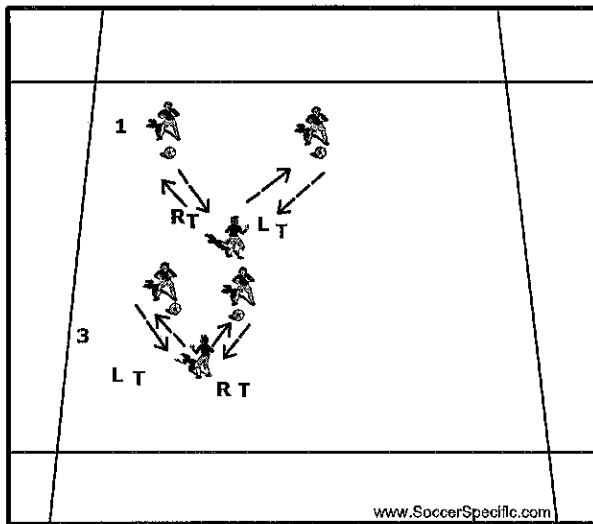
Game is similar to half court basketball. Whenever the defending team wins the ball they must take the ball to a "take back" line before they can shoot on one goal

Can use the dimensions of the penalty box. Goals from beyond the take back line is worth 2 points.

Play for time or to 21

Coaching Points:

- What technique do I use? (chip, driven shot, placed shot, bent shot)
- What surface do I use?



ACTIVITY #1

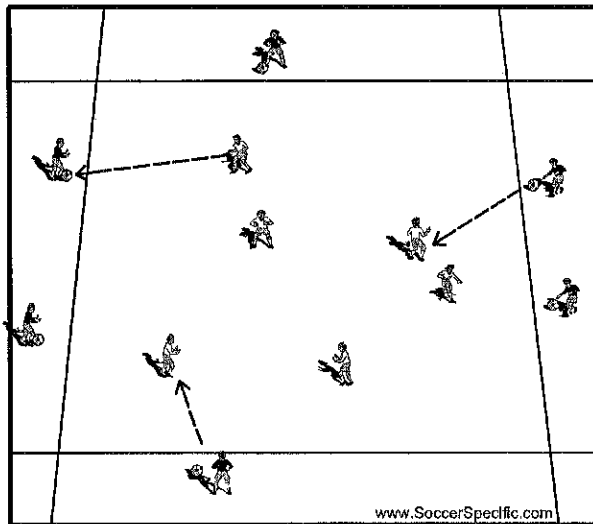
Set up: Parmar 1st Touch (threes)

Instructions:

60 seconds then rotate immediately - Play fast

1. Two servers on knees with balls, they roll ball, player 2 touches across body
2. Two servers on knees with balls, they roll ball, player 1 touch across body
3. Two servers on knees with balls, they roll ball, player 1 touches with outside of foot to same player they received it from

Coaching Points:



ACTIVITY #2

Set up: Windows

Instructions:

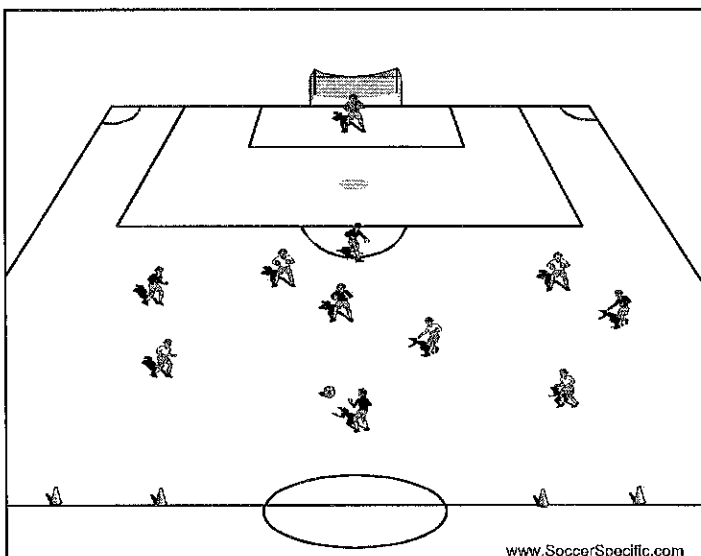
Inside players work, outside serve. half players inside without a ball, half with ball outside of square

Progression:

- Serve with hands, Hand pass back (handball),
- Balls on ground. Receive pass, play back to server (2 touch),
- Receive pass, turn, play pass to server without ball,
- Tossed balls: inside of the foot volley, volley with instep, Receive with thigh, and volley back receive with chest volley back, toss and head back

Coaching Points:

- Check at angle
- Proper use of technique
- Call for ball

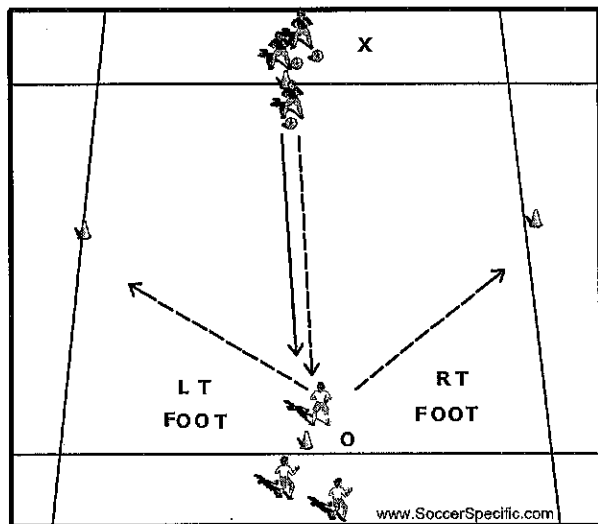


ACTIVITY #3

Set up: Small Sided Games Offense vs Defense with counter goals

Instructions: While one team attacks the large goal, the opposition attacks either of the two smaller goals. When the team scores in one of the two smaller goals, they must change directions and take a turn at attacking the larger goal

Coaching Points:



ACTIVITY #1

Set up: Parmar Passing and Receiving # 1

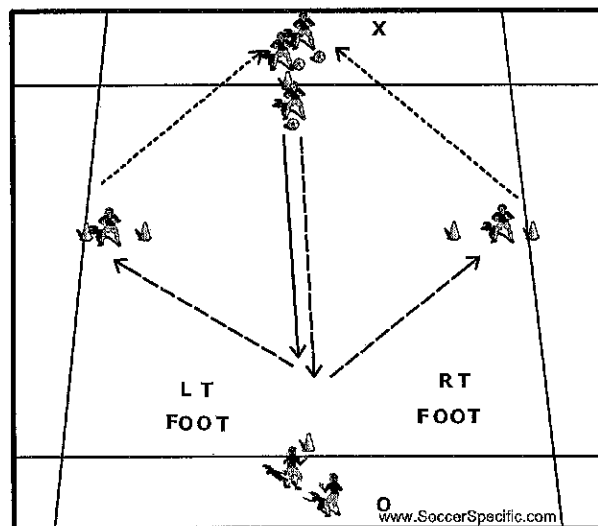
Instructions:

X Plays Across to O and joins back of O's line

O takes a touch with either inside of left or inside of right and explodes on dribble to cone

PROGRESS: Take a touch with outside of either foot

Coaching Points:



ACTIVITY #2

Set up: Parmar Passing and Receiving # 2

Instructions:

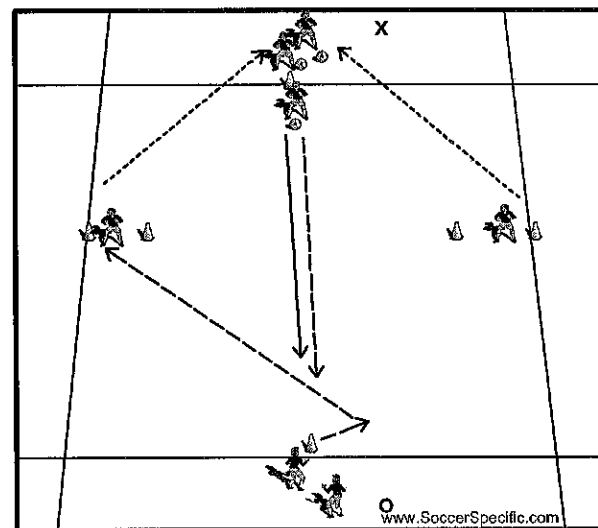
X Plays Across to O and joins back of opposing line (O)

O takes a touch with either inside of left or inside of right and plays pass to target player inside of cones. O takes place of target they passed to. Targets dribble to back of X line

Progress: Targets check backwards come to ball receive, turn and dribble to back of X line

PROGRESS: Take a touch with outside of either foot

Coaching Points:



ACTIVITY #3

Set up: Parmar Passing and Receiving # 3

Instructions:

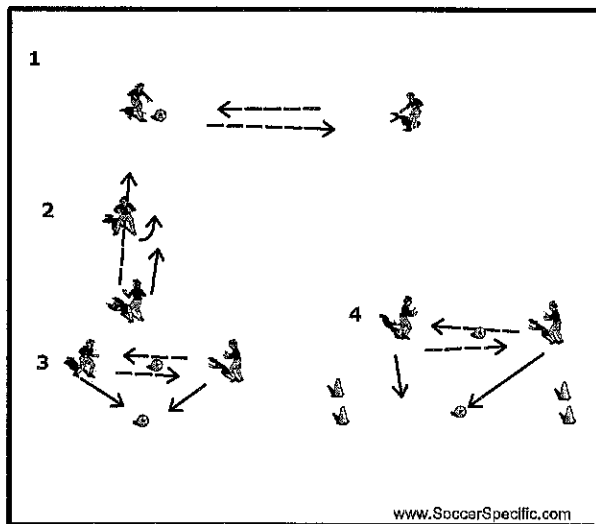
X Plays Across to O and joins back of O line

O takes a touch with inside of left or inside of right across the body and plays pass to target player inside of cones on the opposite side. O takes place of target they passed to. Targets dribble to back of X line

PROGRESS: Take a touch across body with inside of one, chop ball back towards other side with outside of same foot, play pass with inside of same foot to target

PROGRESS: Take a touch across body with inside of one, chop back towards other side with outside of same foot, Look one way to one target, pass to the other (disguise with eyes) target

Coaching Points:



ACTIVITY #1

Set up: Defending warm up via passing

Instructions:

In Pairs 10-12 yards apart

1. Pass back and forth: On command by coach: "Defend" , Player without ball closes player with ball, taps ball, defensive shuffles back to start position, repeat
2. Pass back and forth: On command by coach: "Defend" , Player receiving ball lets ball go between there legs and turns, player without ball closes player with ball, not allowing them to turn then defensive shuffles back to start position, repeat
3. Pass back and forth: On command by coach: "Defend" , both players leave ball they are passing and sprint to the other ball between them. 1st player to touch ball gets a point
4. Pass back and forth: On command by coach: "Defend" , both players sprint to ball. 1st to ball is attacker and other player is defender, try to score on opponents goal (Can use a single cone if needed)

Coaching Points:

ACTIVITY #2

Set up: 1v1 Defending

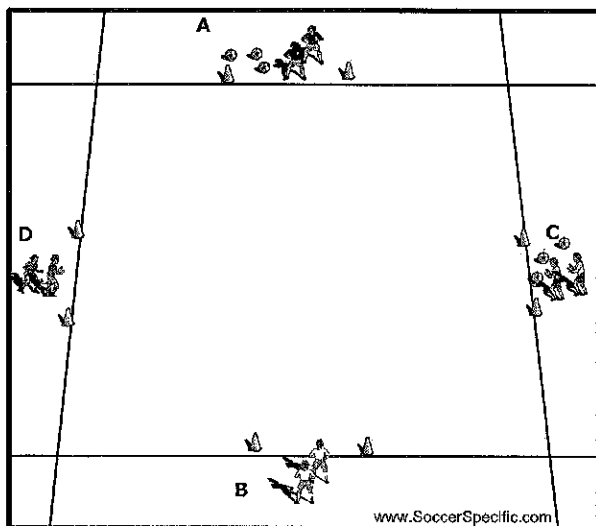
Instructions:

20x20 area or needed.

Stage One: A1 with the dribble and go to goal. When either a tackle is executed or a goal is scored, player C1 plays to D1. At the conclusion of the drill, players A and B switch places, as do players C and D.

Stage Two: involves A1 playing the ball to B1. B2 follows B1 and must prevent B1 from turning and scoring. After play is finished with either a goal or ball out of bounds , A1 moves to the B line, B1 moves to the A line and B2 becomes B1 and will play the ball to A2, who will come to meet the ball and be challenged by A3. The C and D lines follow the same progression

Stage three calls for a 2v1 situation. A1 passes the ball to B1/B2 with A1 defending. A1 should channel the ball in a way that they make it 1v1 or 2v1 using the sideline



ACTIVITY #3

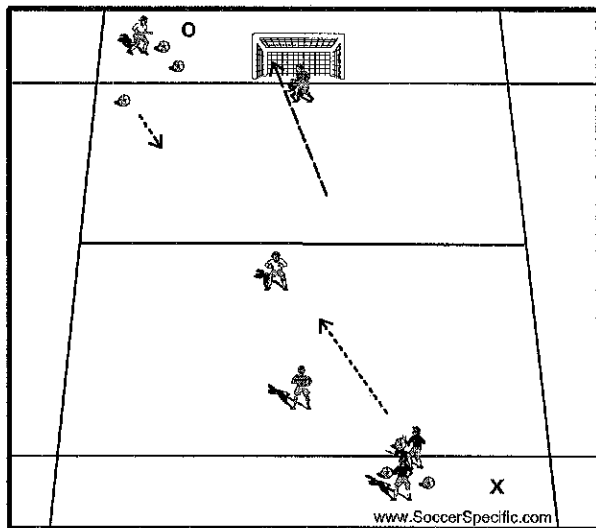
Set up: Flying Changes

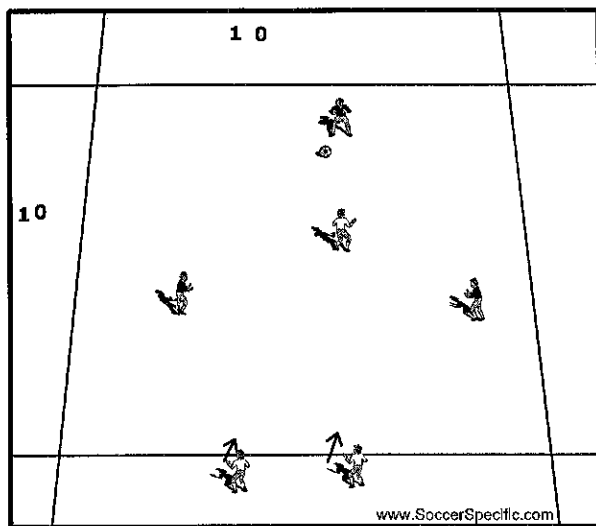
Instructions:

25 x 20 area or needed. Can be played with or without goalkeepers, All goals must be scored on attacking half of field. Play is continous! One player from X dribbles and goes 1v1 against one player from O team trying to score on the O goal. Scenario 1: If X scores, ball is saved or X shoots over O's endline, O drops off to their sideline and one new O player immediately dribbles and attack X's goal. X now has to drop and defend their goal from the new O attack. Scenario 2: If O steals from X, O tries to score on X's goal. If O scores or plays the ball over X's sideline, then O immediately drops and cover their goal and a new X player dribbles and attacks O's goal

Coaching Points:

Transition





ACTIVITY #1

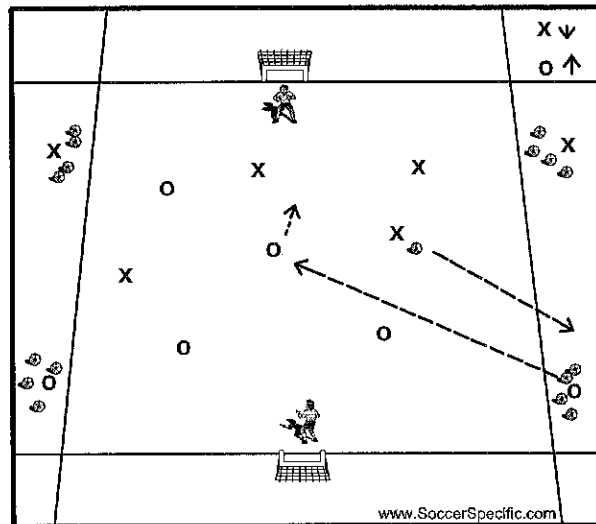
Set up: Transition warm up

Instructions:

Two teams of four players. One team (black) plays 3v1 in a 10x10 area. When the solo defender (white team) wins the ball or the ball goes out of the area, the two players from the White team waiting on the outside immediately transition into the grid. Once ball is won, attacking team cant defend. Any two players from what was the attacking team (black team) drop out of the grid and now its 3v1 for the the White team..Game continues. Keep lots of balls around the area so play doesnt slow down
 Progress: The player that lost or gave away possession for the attacking team, now becomes the defender

Coaching Points:

- Quick transitions
- Keep possession of the ball
- Defensively, make it predictable, force to one side.



ACTIVITY #2

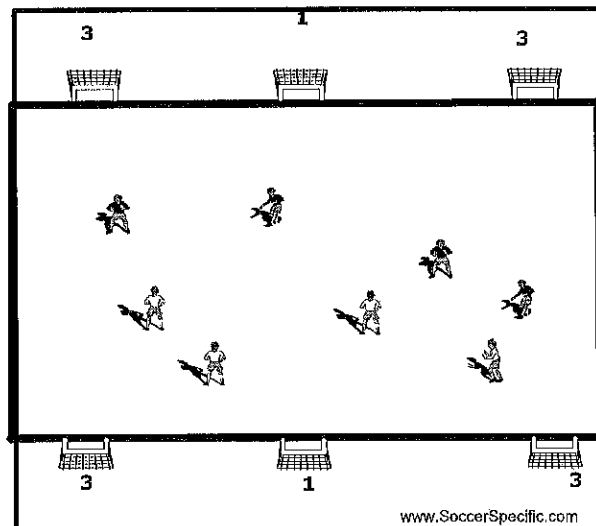
Set up: Transition Exercise

Instructions:

4v4 up to 6v6 with two neutral players on outside with balls (they stay stationary on side no running up/down line)Anytime ball goes out opposing players on outside of grid on that side play another ball in immediately the opposite direction to their team. this sets up transition going the other way
 Progress: Players on opposite side of where ball went out serve ball in immediately

Coaching Points:

- Goalkeepers have 3 seconds to play ball
- Outside players need to serve ball in immediately
- Players need to either drop quickly or get forward quickly (Look to get numbers up)
- Get in gaps to receive ball to start counter



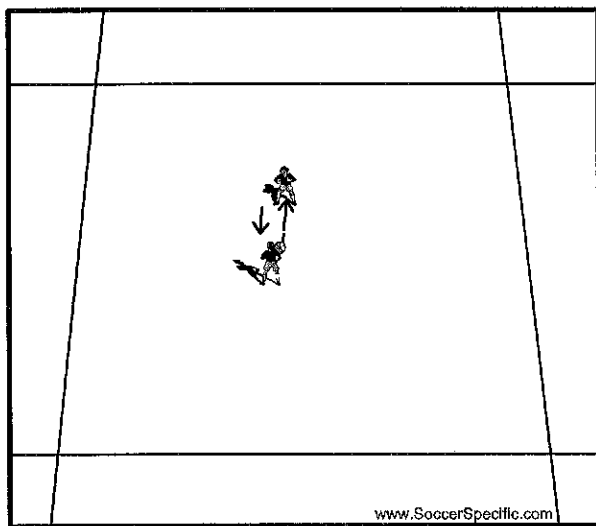
ACTIVITY #3

Set up: 6 goal Game II

Instructions:

Two teams. Define direction. Defend three goals, attack three goals.
 Progression:
 Must dribble thru goals
 Pass or dribble thru goals
 3 points for goal scored thru end goals, one point for center goal

Coaching Points:



ACTIVITY #1

Set up: UNC heading

In pairs, 5-10 headers each then rotate

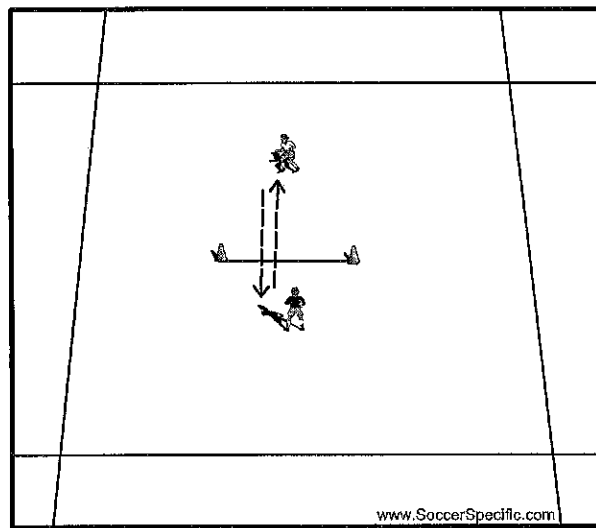
Instructions: Start on stomach, server tosses underhand, player heads ball back to server

Crab position

On Knees, head and fall forward

Standing: Drop back, step forward leap up and head (alternate feet. Sidelways on left, sideways on right, feet square

Coaching Points:



ACTIVITY #2

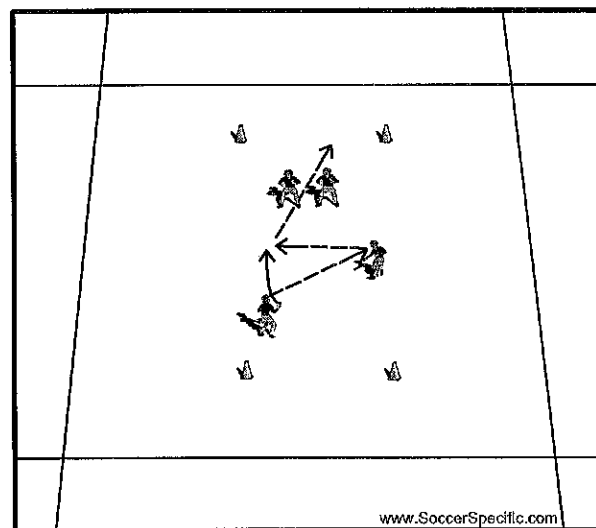
Set up: Heading WARS

Instructions:

Rock-Paper-Scissor for possession. Winner starts with ball and heads ball out of hands over the opponents line. They let the ball bounce and then attempt to head the ball back over the opponents side (head from where it bounces). Failure to get the ball over the line is a point for the other player. Balls that land on line between the cones is still playable. Play to 3

Coaching Points:

Proper heading technique



ACTIVITY #3

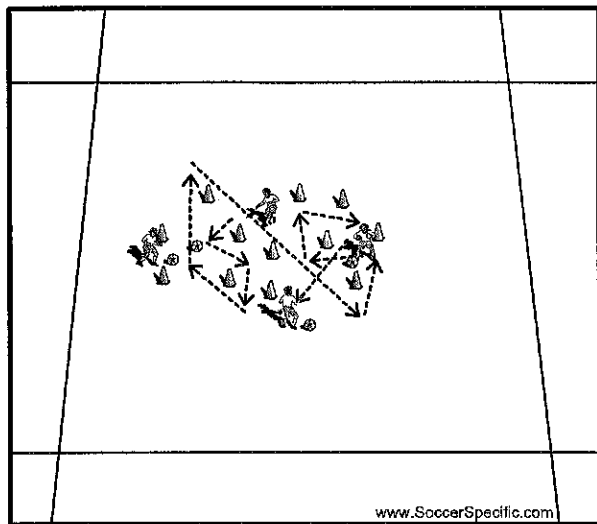
Set up: 2v2 Heading Battles to Goal

Instructions:

Game is fast paced and non stop. Two teams of two, 5-7 yards between. One team of two defends their goal. The other team of two attacks by tossing the ball to their teammate and head juggling until they can strike on goal. Strike at any time. Then they retreat and cover their goal while the opposing two quickly attack their goal. Players act as goalkeepers and use their hands to defend the goal

Coaching Points:

Head down to score



ACTIVITY #1

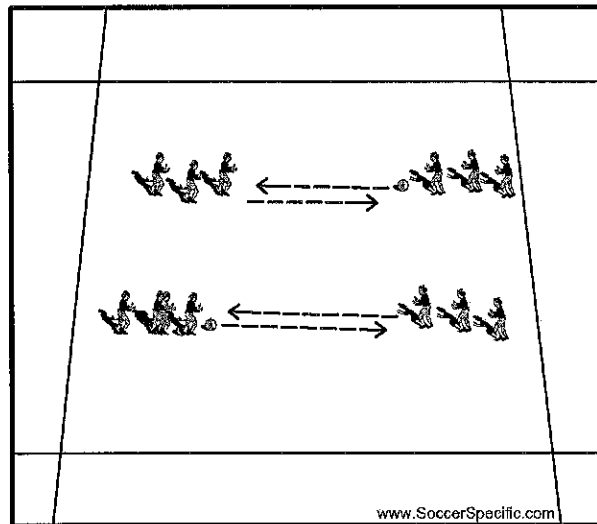
Set up: Dribbling Pod

Instructions:

Several cones in a tight area. Multiple players with a ball dribble in and out of cones like using different surfaces of both feet

Coaching Points:

- Quick touches
- Head up, change of pace and direction
- Use different surfaces of foot (inside, outside, sole, laces, toe, heel,)



ACTIVITY #2

Set up: German Passing

Instructions:

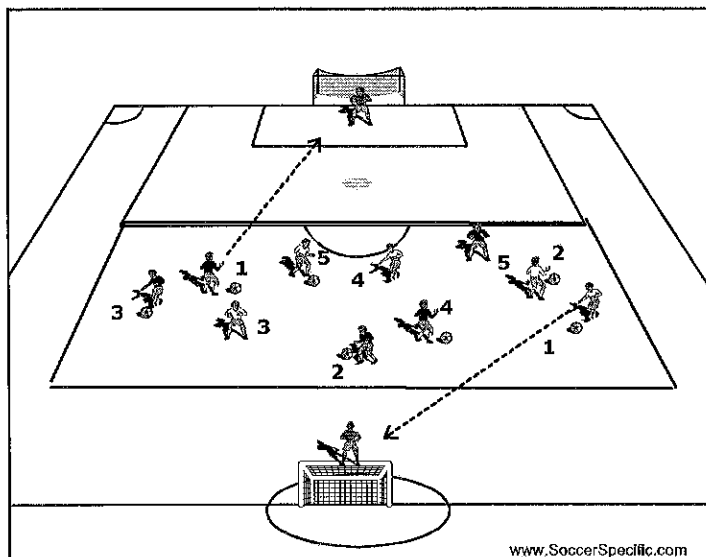
Two lines facing each other passing back and forth to the other line

Progression:

- Take a touch, play with inside of foot, follow your pass, join the back of the other line (2 touch)
 - Take a touch, receive with the inside of one foot, play across with the inside of the other. follow your pass, join the back of the other line (2 touch)
 - Take a touch, play back on the ground with the instep (laces), join the back of the other line
 - One touch pass across and join the back of the other line
 - One touch across and join the back of your own line
- Competition: Group vs Group. How many one touch passes can you get in 45 seconds

Coaching Points:

Focus on technique, Proper pace and accuracy of pass



ACTIVITY #3

Set up: Bradbury to goal

Instructions:

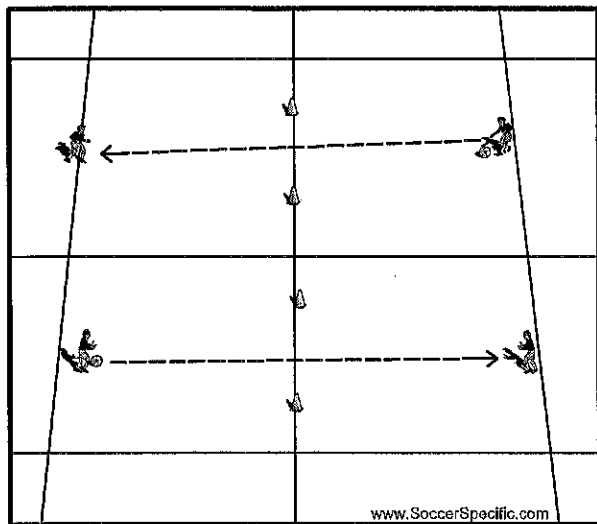
Divided into 3 areas, with two goals at each end. All Players in the middle area dribbling a ball each. Players are given a number and dribble in the middle area. On coaches command numbers are called and they go and finish. Black numbers go and shoot at one end, the white numbers shoot the other end.. Players return to the middle after each shot and continue

Progression:

- Exchange balls by passing to the other player with your number, dribble and finish
 - 1st to score gets point
 - 1st color called out attacks, other color leaves ball and chases
- Competition between groups. Most goals in 4 minutes

Coaching Points:

1st touch and speed to goal, get everything on frame



ACTIVITY #1

Set up: Unopposed Finishing

Instructions:

Players work on finishing technique by playing a stationary ball thru a unopposed goal. Use both feet

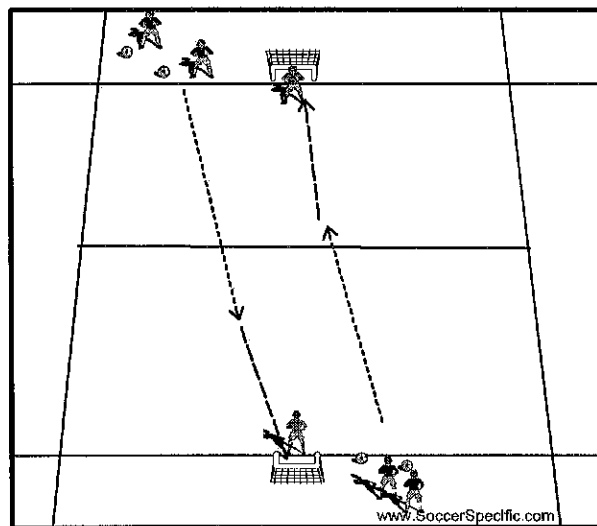
Progress: Take a touch and hit a moving ball

Coaching Points:

Head Still on ball

Plant foot facing target

Hit thru center of the ball and Follow thru with laces (instep)



ACTIVITY #2

Set up: Finishing Chesler

Instructions:

Distance between goal 20-30 yards (depending on age) . Two lines of players on opposite sides, everyone with a ball. Both lines go at same time, Use goalkeepers for U9 and up.

Progression:

Dribble and finish. Go to back of other line

Dribble, pass your ball to opposing player, receive their pass and finish. Go to back of other line

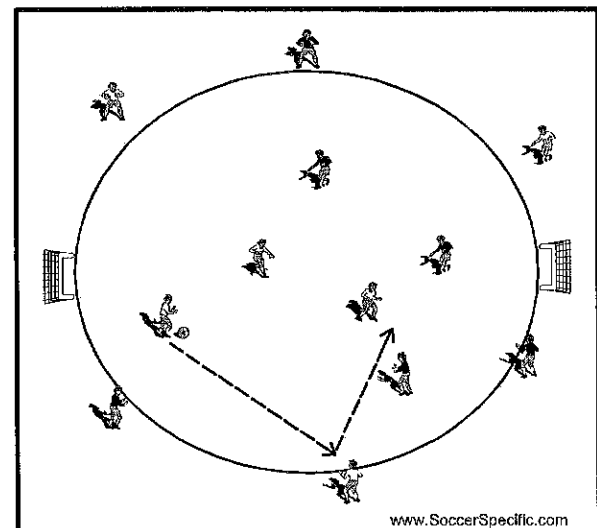
Dribble, pass to opposite line, receive their ball, turn and finish on own goal. Go to back of own line

Dribble to goal after 1st touch, player behind shadows (breakway).

Competition between both teams. Play for time (most goals win) or for amount

2v2 (U12 and above)

Coaching Points: Use of proper technique



ACTIVITY #3

Set up: Circle Game

Instructions:

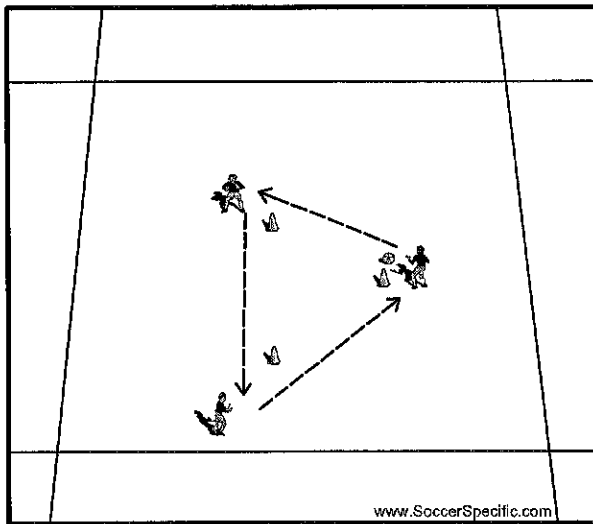
Progression:

1. two team keepaway

2. 3v3 to goal use outside players for support

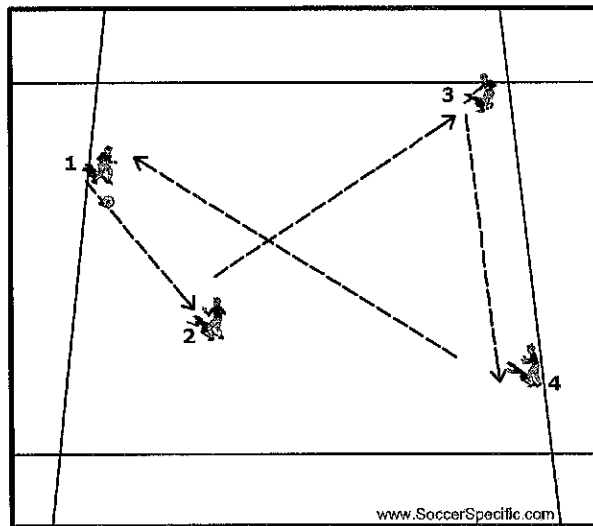
3. Add goalkeepers

Coaching Points:



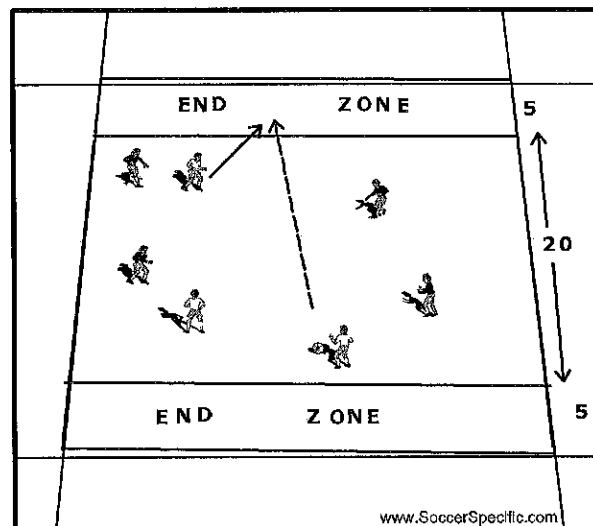
ACTIVITY #1

Set up: Triangle passing
Instructions:
 Three players with one ball passing
 Progress:
 Pass counter clockwise two touch (receive play)
 Pass clockwise two touch (receive play)
 Pass counter clockwise one touch
 Pass clockwise one touch
 Increase distance
Coaching Points:
 First Touch prep touch in direction you want to go
 Pace and accuracy of pass
 Pass to correct foot



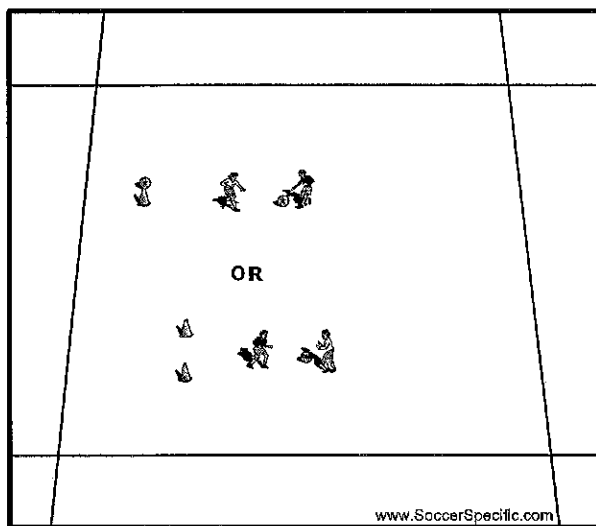
ACTIVITY #2

Set up: Numerical Passing
Instructions:
 Groups of Four-six players: Play amongst entire group
 1. Play to next number 1 to 2, 2 to 3, 3 to 4, 4 to 1
 Progress: On "Leave it" from Coach, player in possession of ball leaves ball and next number quickly collects and distributes to their next number
 Progress: Competition between groups. Who can play the best in 60 seconds (U8 and up)
Coaching Points:
 Pass and Move
 Vision, Pace and accuracy of pass
 Communication



ACTIVITY #3

Set up: 3v3 Endzone game
Instructions:
 Score by playing pass to teammate running into end zone. Once goal is scored, opposing team get the ball in their end zone and can dribble or pass ball back in. If ball is out of bounds, players can dribble or pass it back in. ** Can't stand or defend in endzone
 Progress: Score keep ball and attack other direction U12 and above
Coaching Points:
 1v1
 Decision making
 When to dribble and when to pass



ACTIVITY #1

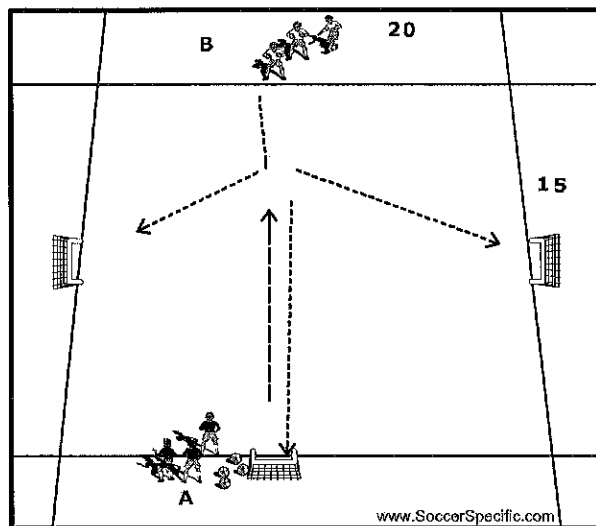
Set up: 1v1 to Cone Goals

Instructions:

Play 30-60 second games, play different opponents. Start game with each player with one foot on the ball (away from cone/goal). On "play" game begins. Score by dribbling and knocking ball off of it or playing the ball thru a two sided goal. No cone hanging allowed, must engage ball at all times. No boundaries. Begin each new game with a different starting position : one foot on the ball, outside of one foot touching ball, sit down back to back with ball between, standing up back to back with ball between

Coaching Points:

- Face up opponent
- Attack at speed
- Use feints and moves to beat defender



ACTIVITY #2

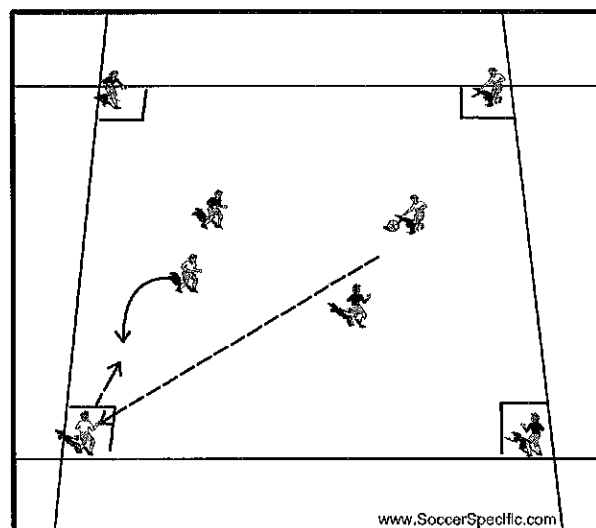
Set up: 1v1 to three goals

Instructions:

20x15 area or needed. A1 passes to B1 and follows their pass to close down and defend B1. B1 tries to dribble and score on any of the three goals. If A1 steals the ball, they attempt to dribble over the attacking players endline. Play for time, switch lines
Progress: 3 points for a attackers goal at the other end and 1 point for goals on side.

Coaching Points:

- Decision making
- Speed and disguise
- Finishing and transition



ACTIVITY #3

Set up: 2v2 +2 using a square

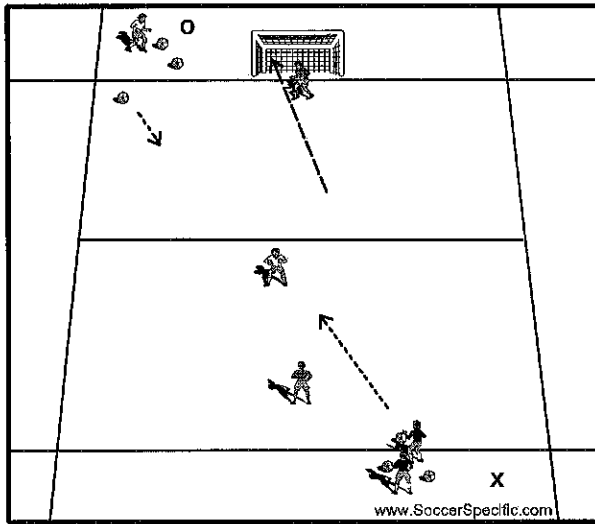
Instructions:

2v2 in middle. Unlimited touches in middle. Targets have 2 touch maximum. Rotate players every 3 minutes
Progression

1. Play to your target in a corner=point
2. Play to target, passer gets it back=point
3. Play to target, teammate gets the ball back=point
4. Play to target and change with them=point (Can't defend players in their corner square)
5. Targets for team in possession come into grid and play 4v2 versus to in the middle. (4 consecutive passes=point). Once possession is regained, other two targets join and attacking targets return to their corners.

Coaching Points:

- Movement and correct support angles off ball
- first touch away from pressure and decision making



ACTIVITY #1

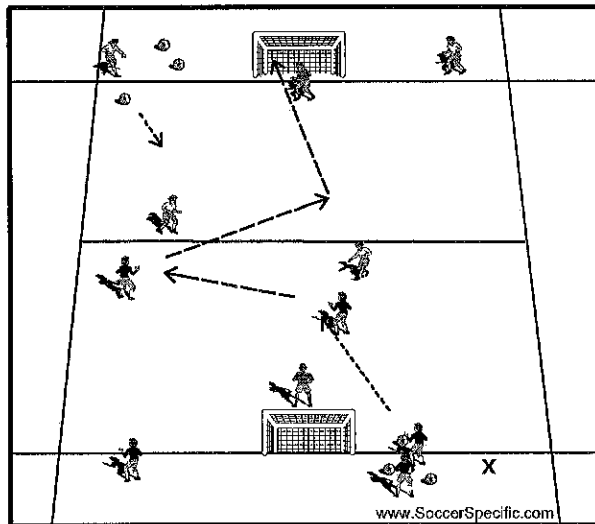
Set up: Flying Changes

Instructions:

25 x 20 area or needed. Can be played with or without goalkeepers, All goals must be scored on attacking half of field. Play is continuous! One player from X dribbles and goes 1v1 against one player from O team trying to score on the O goal. Scenario 1: If X scores, ball is saved or X shoots over O's endline, O drops off to their sideline and one new O player immediately dribbles and attack X's goal. X now has to drop and defend their goal from the new O attack. Scenario 2: If O steals from X, O tries to score on X's goal. If O scores or plays the ball over X's sideline, then O immediately drops and cover their goal and a new X player dribbles and attacks O's goal

Coaching Points:

Transition



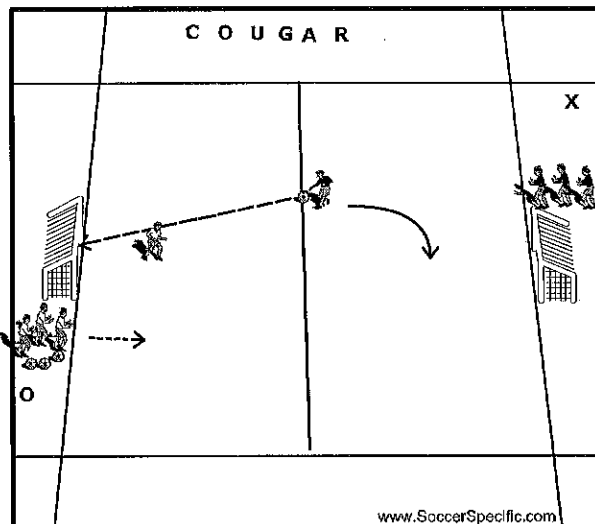
ACTIVITY #2

Set up: Flying Pairs

Instructions:

25 x 20 area or needed. Can be played with or without goalkeepers, All goals must be scored on attacking half of field. Play is continuous! One pair of players from X dribbles and goes 2v2 against two players from O team trying to score on the O goal. Scenario 1: If X scores, ball is saved or X shoots over O's endline, O drops off to their sideline and two new O players immediately dribbles and attack X's goal. X now has to drop and defend their goal from the new O attack. Scenario 2: If O steals from X, O tries to score on X's goal. If O scores or plays the ball over X's sideline, then O immediately drops and cover their goal and a new X pair dribbles and attacks O's goal.

Coaching Points:



ACTIVITY #3

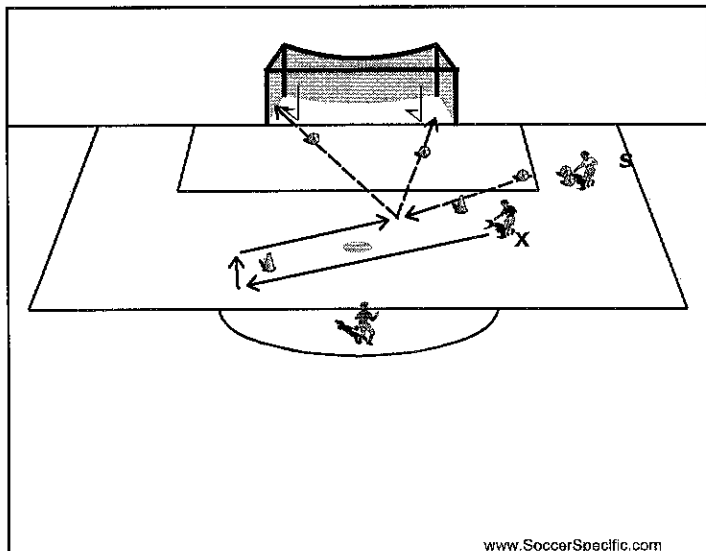
Set up: Cougar

Instructions:

One player from X starts the game by dribbling and shooting on the opponents goal (O). If they shoot and score on their side of the field, they receive two points, If they shoot and score on their opponents side, they receive 1 point. Once a goal is scored, a save is made or the ball goes wide, , that goalkeeper (O) drops off the field back to their line and the next player from the O team immediately attacks the opposing goal of X. The player from X who shot the ball retreats to cover their teams goal. If a defending player wins the ball, play is dead and the next player from the defending line immediately attacks the opponents goal. Play is continuous. Play to 21 points. Must win by two. Can also play for time, most goals wins

Coaching Points:

What type of technique do I use? (driven, chip, bent shot, placed shot)
Hit a moving ball.
Score, score, score by getting shots on the frame of the goal



ACTIVITY #1

Set up: Finishing: Adlard -

Instructions:

Three players. One serves, one works and one counts. Each player shoots 5 to 8 balls. Player (X) starts at one cone and runs around the other. Server (S) plays ball on ground and player finishes. Two points for ball inside the flag and post, one for ball hit into net. No points for ball that misses to the side. -1 for a ball hit over the top of the goal. One player at top of box counts points

Progression:

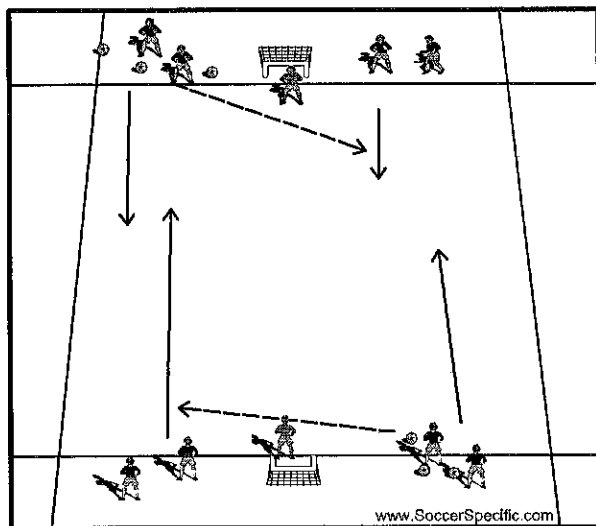
- Far Post using two touch
- Near post using two touch
- 1 touch far post
- 1 touch near post

Coaching Points:

Concentrate on using proper technique
Get everything on frame

ACTIVITY #2

Set up: Finishing Eisenwinter



Instructions:

Both lines go at same time and score on their appropriate goal
Progression

1. Play across, pass back and forth down field and finish
2. Play other line and overlap
3. Play other line, that player dribbles at speed to goal and stops ball (stepping over) other player hits on goal (1 touch) - player stopping ball should get to goal for rebound
4. Play to other line and chase them to goal (breakaway). Just shadow don't need to win ball
5. 2v2 to goal

Coaching Points: Get everything on frame

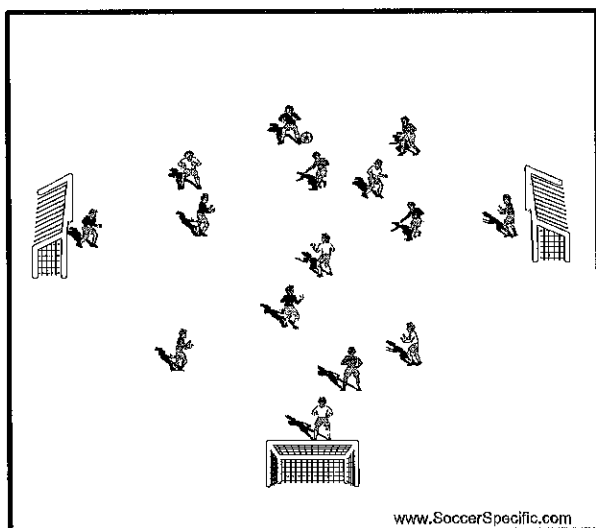
ACTIVITY #3

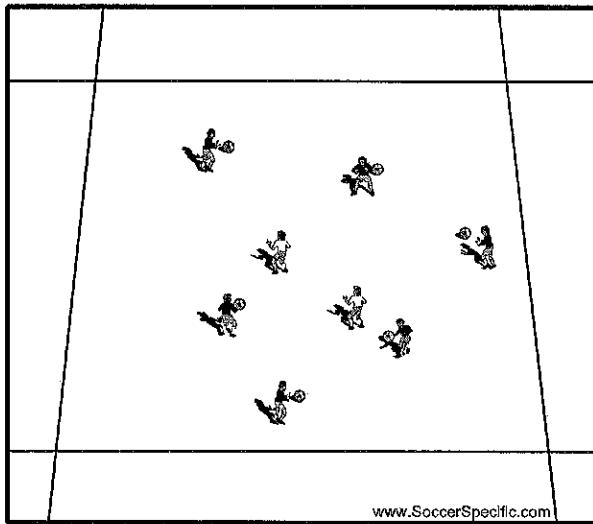
Set up: Finishing: Alliances

Instructions:

Three teams. Defend your goal, attack and score on the other two. Teams form alliances with other teams and attack in numbers against another team. Once a ball is scored on a goal, the ball remains in the net. Goalkeeper from the team that got scored on immediately starts another ball. Play with one then progress to multiple balls. When time ends, the team with the most balls in its net loses.

Coaching Points:





ACTIVITY #1

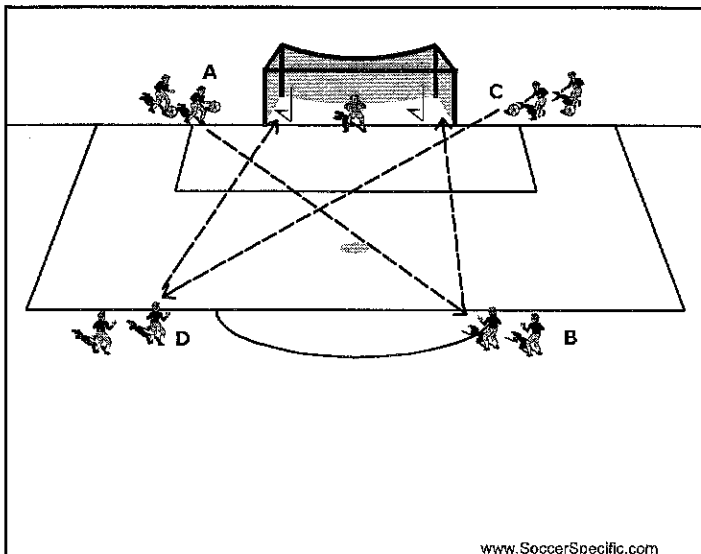
Set up: Tag Game

Instructions:

There are two players who are "it" and three other players holding balls. The rule is that if a player is holding a ball, they are "safe" and can't be tagged. On the one hand a player could hold the ball and be the safe the whole time but the idea is that if a player sees another teammate about to be tagged, they would throw the ball to that player to help them out.

Coaching Points:

- Movement
- Communication
- Teamwork



ACTIVITY #2

Set up: Finishing Short Range

Instructions:

(No goalkeeper) A plays on ground to B, B takes a touch and finishes (2 touch) Then C plays D repeat (shoot far post)

Rotate A to C, C to B, B to D, D to A

Progress: Two touch shoot near post

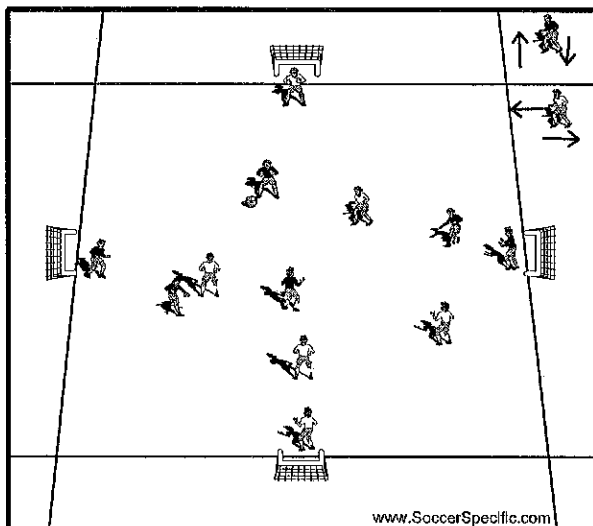
Progress: 1 touch far post

Progress: 1 touch near post

Progress: Add Goalkeepers

Coaching Points:

- Get everything on frame
- Keep head still
- Get in line with ball
- Strike thru ball



ACTIVITY #3

Set up: Chelsea Game

Instructions:

30x30 or needed. One team plays north to south, other east to west. Can score on either goal.

Progression:

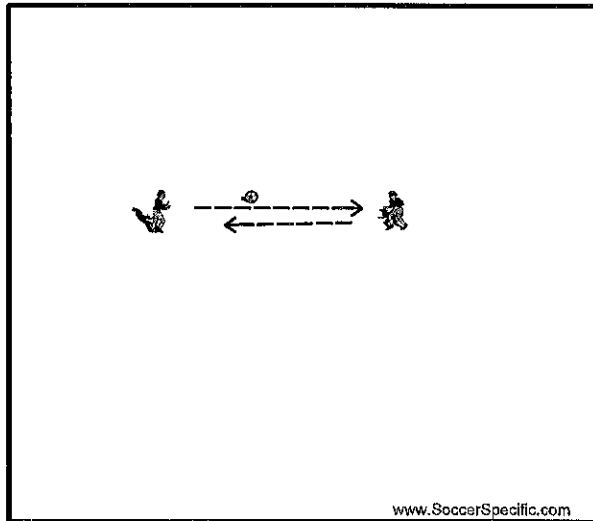
Play without goalkeepers

Add Goalkeepers and use them as targets.

Play normal game with goalkeepers

Coaching Points:

- Get shots on frame
- Shoot when opportunity arises, don't wait



ACTIVITY #1

Set up: Juggling in Pairs

Instructions:

Juggle one ball between two players.

Progression

No restrictions free juggle

Feet only

Increase distance between players

Combine foot with thigh, chest or head play back

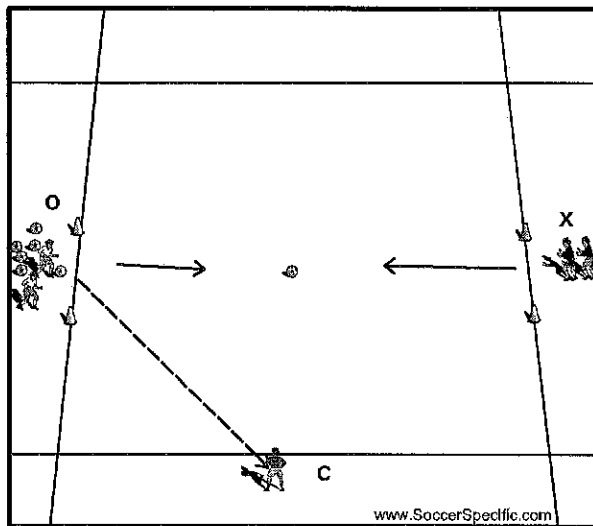
Head only

Competition between teams (most touches in 2 minutes)

Coaching Points:

Keep the ball in the air

Use all body and foot surfaces



ACTIVITY #2

Set up: 1v1 and 2v2 to 2 goals

Instructions:

(O) plays pass to coach then closes ball down in center. (X)

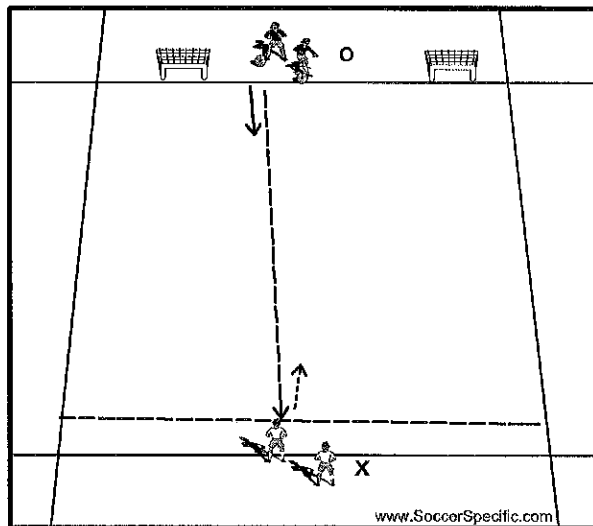
closes ball as soon as O plays coach. First to ball is attacker, the

other defends. Attempt to score on opponents goal. Rotate lines

Progress: 2v2

Coaching Points: Attack or break down and defend?

Use 1v1 moves to score



ACTIVITY #3

Set up: One vs One to two goals

Instructions:

Defender plays ball out to attacking line

O plays X goes 1v1 to two goals. Can use goalkeepers if you choose to

If defender wins ball they dribble over transition line (TL) for a point. Switch lines afterwards

Progress: 1v2

Progress: 2v2

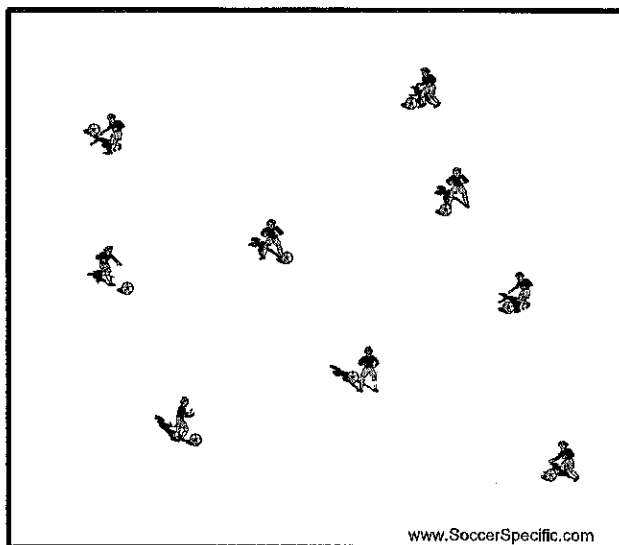
Coaching Points:

Vary service to attacking line

Get at the defenders with speed, mobility and improvisation

Transition

ACTIVITY #1



Set up: Juggling

Instructions:

Juggle with feet only

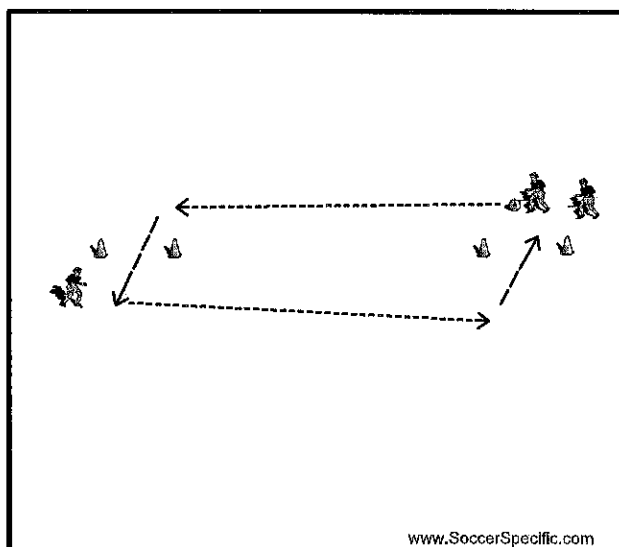
Juggle with thighs only

Juggle with head only

Juggle using any combination of feet, thigh, head

Coaching Points: Keep ball in air.

ACTIVITY #2



Set up: Dribble and Play thru cones

Instructions:

Player dribbles at speed then plays diagonal pass thru cone to teammates (stays on that side after pass) who repeats going the other direction.

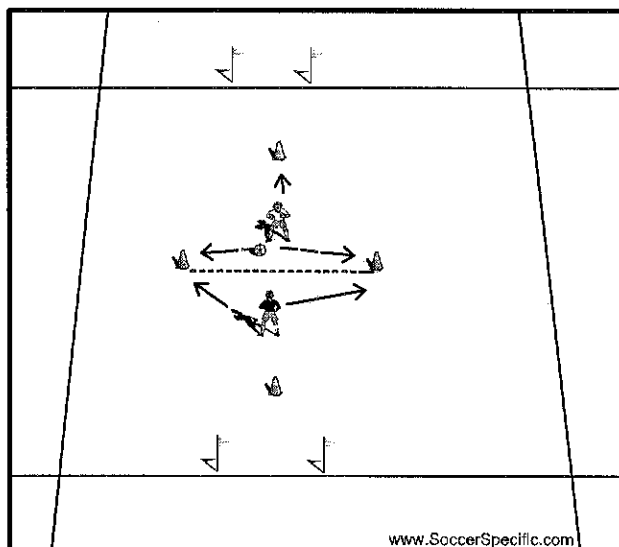
Progress: Dribble and play thru cones with left foot

Coaching Points:

First Touch

Push ball out and run with ball

ACTIVITY #3



Set up: Mirror Game

Instructions:

Imaginary line between cones. Players play 1v1. Play is continuous

1. Score by touching ball to one of side cones. If defender gets foot between cone and ball, they win possession. If ball goes across, player loses possession. Players can't come across line to other side

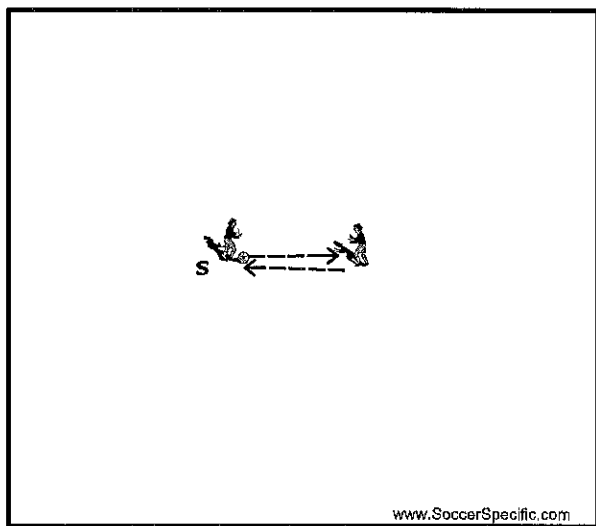
2. Score as above or can go backwards and touch cone for point. Opposing player can come across and touch the attacking player to win possession

3. Players can go forward across line and beat the opponent 1v1 and score on goal (use pinnies) for 3 points. If they come across, defender can win possession by touching ball. If player megs other and scores, they get 10 points

Coaching Points:

Creativity using fakes/feints

Score, Score, Score



ACTIVITY #1

Set up: PELE Series

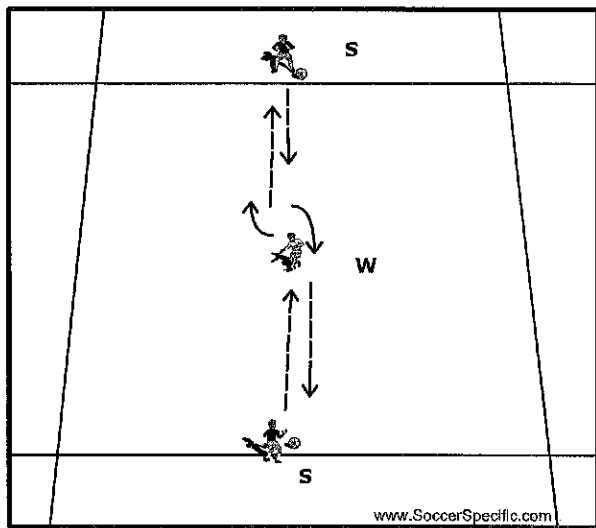
Instructions:

One serves and the other works

Progression

1. Receive with instep pass back
2. Receive with inside of foot pass back or chip back
3. Receive with thigh volley or pass back
4. Receive with chest volley or pass back
5. Receive with head volley or pass back
6. Volley with instep
7. Volley with inside of foot

Coaching Points:



ACTIVITY #2

Set up: Check and Play in threes

Instructions:

3 players, 2 balls. One ball on each end with server (S). Player in center (W) checks to one server with ball, receives pass and plays back to server (2 touch, receive and play) Then W sprints to other side and repeats. Play for 45-60 seconds then rotate players

Progress:

Receive across body with inside of one and play back with inside of other

Receive with outside of one and play back with the inside of the same

Progress: One touch back with inside of foot

Progress: Tossed balls in, receive with thigh, chest or head and play back

Progress: One ball. Player in center plays ball to outside play, tells them to hold sprints around and then calls for the ball back to play the other server-repeat

Coaching Points:

ACTIVITY #3

Set up: Spin and score

Instructions:

Both players start at cones. Server plays ball into the attacker (X), who attempts to turn and dribble over the goalline (line between two cones). Defender (O) tries to win ball and prevent attacker from scoring. Play for time then rotate

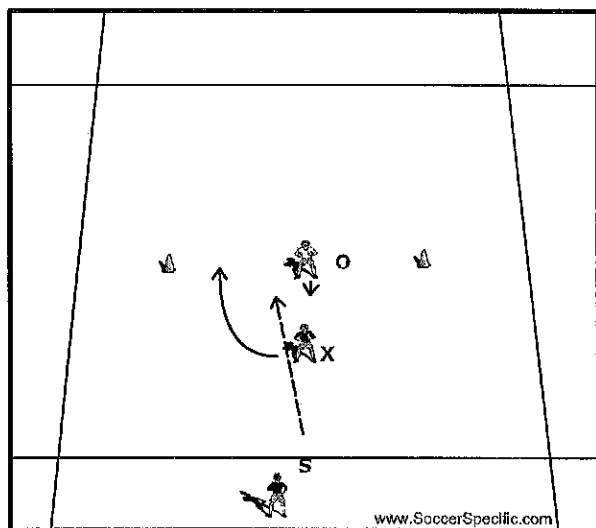
Progress: Add a goalkeeper and try to turn and score on the goalkeeper

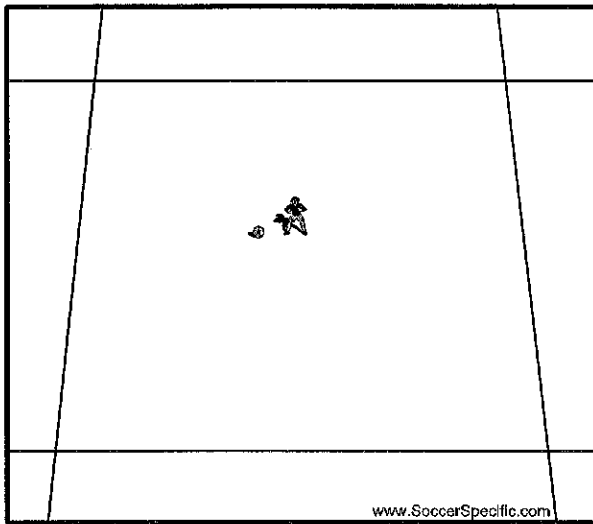
Coaching Points:

Check at angle

Face up defender

Quality turns with ball





ACTIVITY #1

Set up: Juggling Options

Instructions: Walk the dog: Start at one endline and juggle the entire length of the field without the ball dropping. Can juggle across the field, "Feed the Cat"

Freestyle and use different combinations

Feet only

Thighs only

Knock ball above the head, let bounce, juggle

Knock ball below the head, let bounce, juggle

Head only

21. Juggle to 21. If ball drops before 21 then partner attempts to juggle 21. If ball drops, first partner resumes at number where ball dropped. First to 21 wins

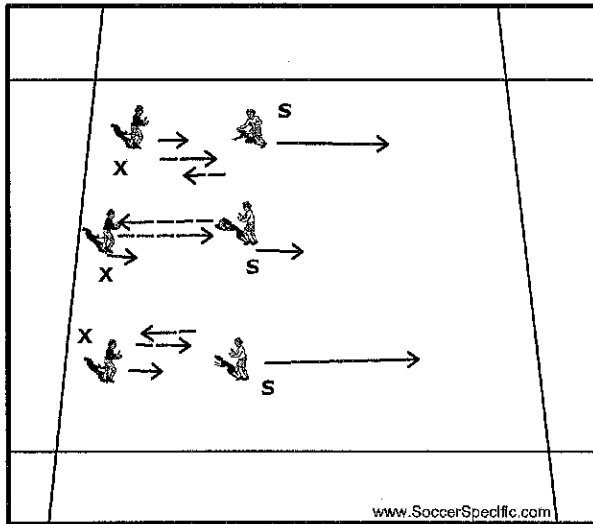
Hop on one leg while juggling

Juggle below the knee

1st to 100

Juggle with different size balls

Pair juggle



ACTIVITY #2

Set up: Russian Volley Sequence

Coaching Points:

Instructions:

In pairs, one ball between. Switch roles after get to line. (Server goes backwards)

Server tosses ball (two hand underhand), X volleys ball back to Server with inside of foot

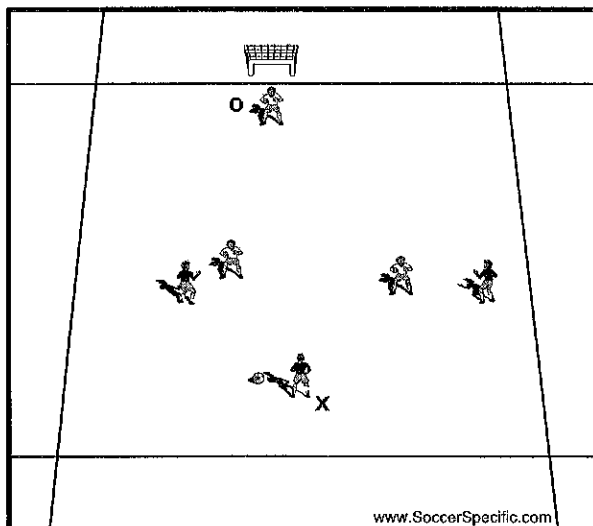
Server tosses ball (two hand underhand), X volleys ball back to Server with instep

Server tosses ball (two hand underhand), X controls with thigh and volleys back

Server tosses ball (two hand underhand), X controls with chest and volleys back

Server tosses ball (two hand underhand), X controls with heads back

Coaching Points:



ACTIVITY #3

Set up: 3v2 + Goalkeeper

Instructions:

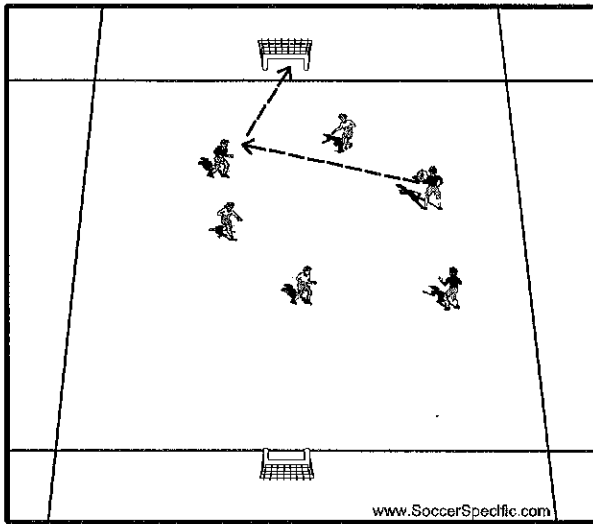
Team in possession (X) has three players while defending team (O) has two players and a goalkeeper. When defending team (O) wins the ball, one of the X players drops back to play goalkeeper while the goalkeeper from the O team now transitions and joins the attack making it 3v2 for O team

Coaching Points:

Transition

Attack in numbers

Combine and score



ACTIVITY #1

Set up: Team Handball

Instructions:

Two teams play against each other. Players pass the ball with their hands. If ball drops, it becomes the other teams ball. You can only intercept a pass in the air.

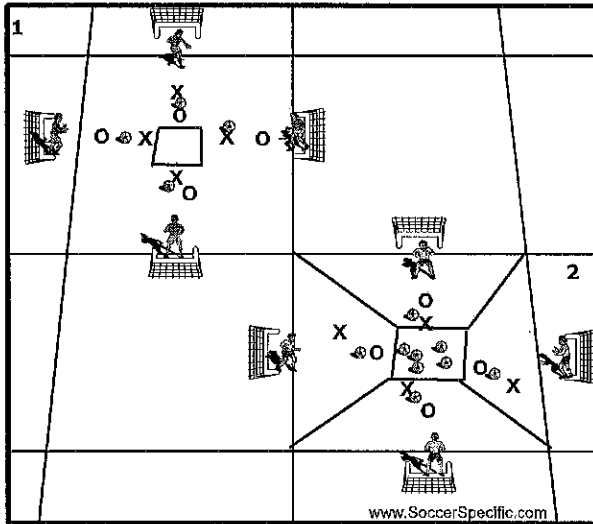
To score, players have to pass the ball with their hands for a teammate to head it in the goal.

Coaching Points:

Movement and execution..

Communcation

Head down to score



ACTIVITY #2

Set up: 1v1 to goal

Instructions:

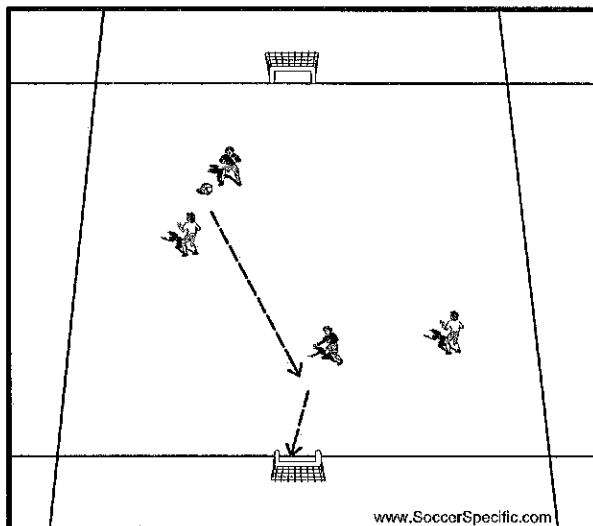
Play without goalkeepers then add goalkeepers.

1. Go 1v1 then attackers rotate to the right . If defender wins balls, they become attacker and attack same goal (play for time 30-60 seconds. Most goals wins)
2. If you score, get another ball and begin another attack. If defender wins balls, they become attacker and attack same goal (play for time 30-60 seconds. Most goals wins)
3. Now, can attack any goal. If score stay on attack and get another ball.

Coaching Points:

Attack defenders front foot

Attacking mentality to beat defender and score



ACTIVITY #3

Set up: 2v2 to goal

Instructions:

20 x 15 area or needed. If goal is scored or ball goes out of bounds, players have the option of dribbling or passing ball back in the grid

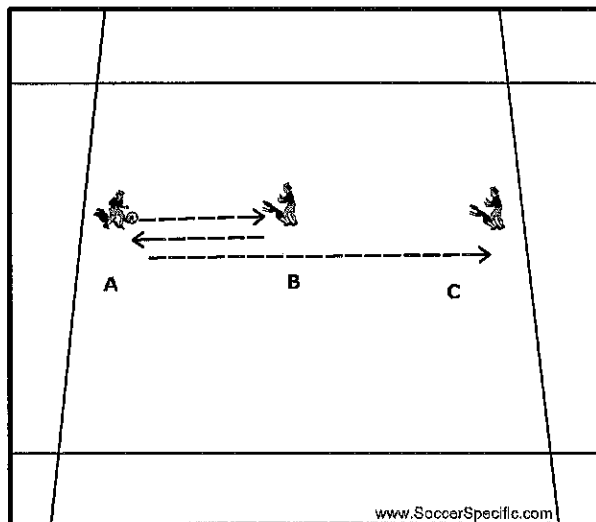
Keep score!!

Coaching Points:

Passing accuracy and execution

Combination play

Scoring and transition



ACTIVITY #1

Set up: Short-Short Long

Instructions:

Three players, one ball between. Player A passes to player B. Player B passes back to player A. Player A then passes to player C.

Player A follows pass and Player B takes player A's spot.

Then player C plays player A. Player A passes back to player C. Player C plays pass to player B.. Then C comes across and A takes C's spot repeat

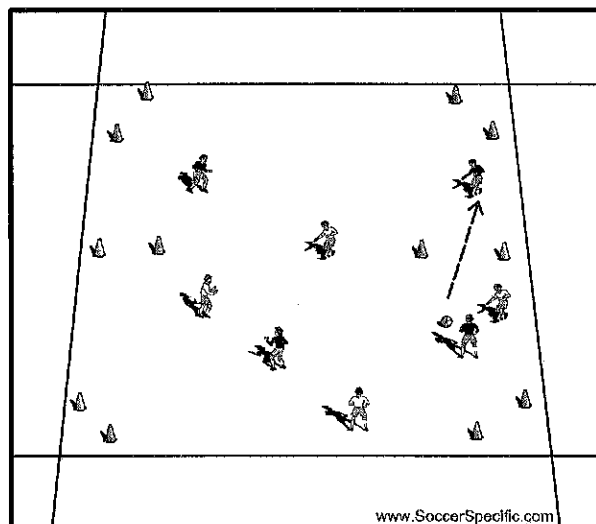
Play all passes on ground with inside of foot

Progress: Play all passes on ground with laces (instep) of foot

Coaching Points:

Pace and accuracy

Communication



ACTIVITY #2

Set up: Gates Game II (Team vs Team)

Instructions:

Form four teams of two players. Use pinnies to designate colors. All four teams of two play against each other. To score, one player plays a pass thru any cone goal to a teammate. Play for time or score

Progress:

Play 4v4. Score by playing thru any cone goal to a teammate.

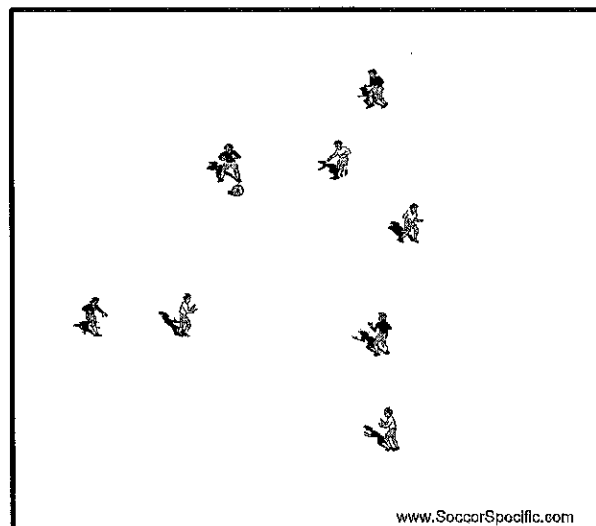
Play for time or score

Coaching Points:

Passing and movement

Spacing

Pace and accuracy of pass



ACTIVITY #3

Set up: Two Team Keepway

Instructions:

Two teams play keepaway from each other. 4 consecutive passes = 1 point

Progression:

unlimited touches

two touch maximum

1 touch

Unlimited: If give ball away, you take a knee until your team rewins the ball

Unlimited: If you give the ball away, your team stps and you must win the ball back by yourself before your team can rejoin

Coaching Points:

Keep the ball

Passing and moving when needed

Decision making