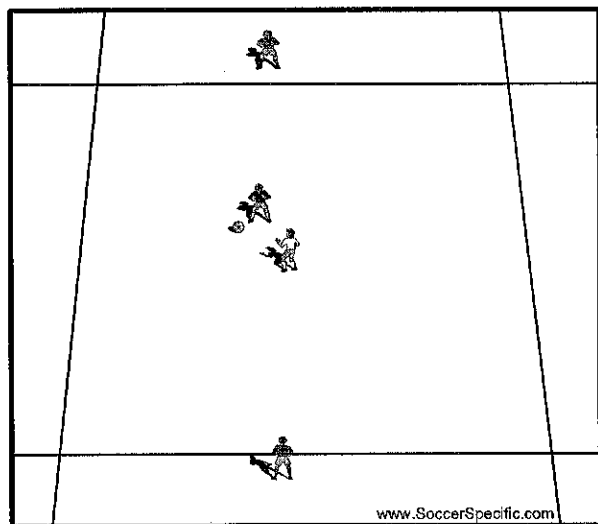




**U14**

**SEASON OF SESSIONS**



### 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

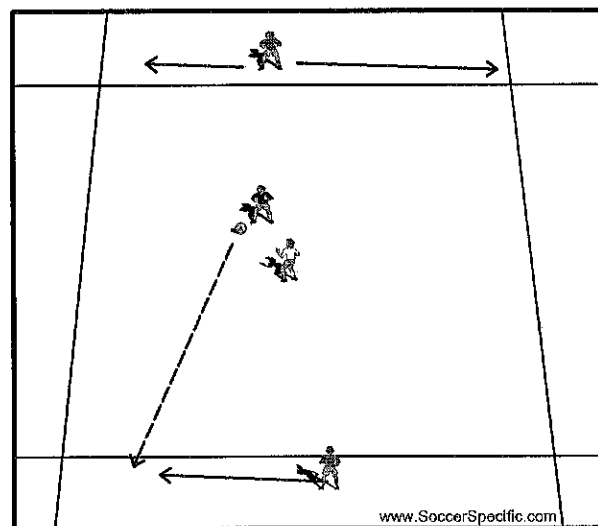
**Coaching Points:**

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

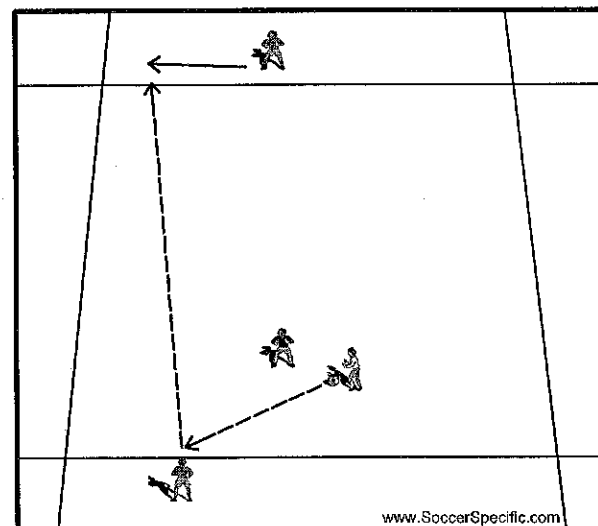
**Instructions:**

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

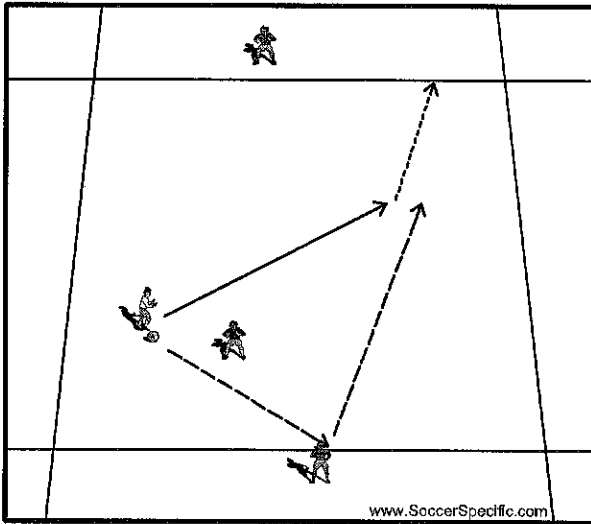
Backpasses are encouraged

**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

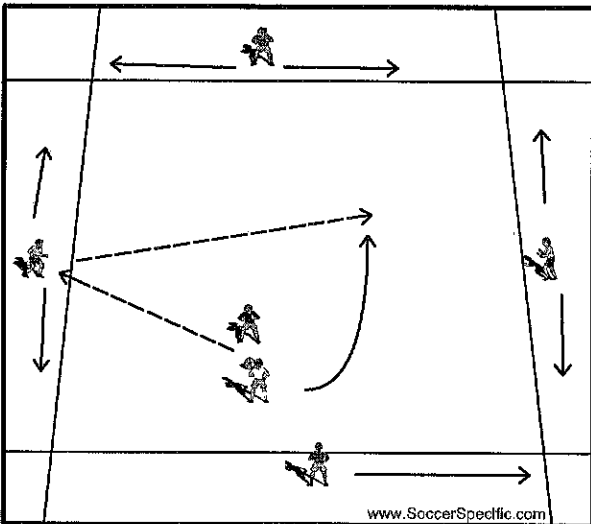
Neutrals only have 1 touch

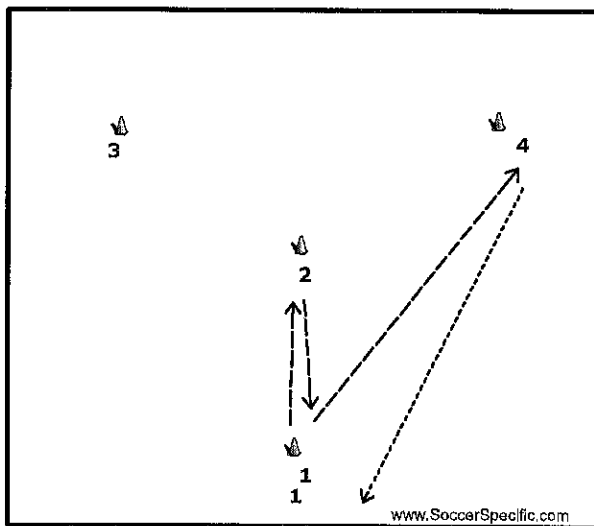
**Coaching Points:**

Good entry pass with pace into neutrals

Movement off ball

Timing of runs





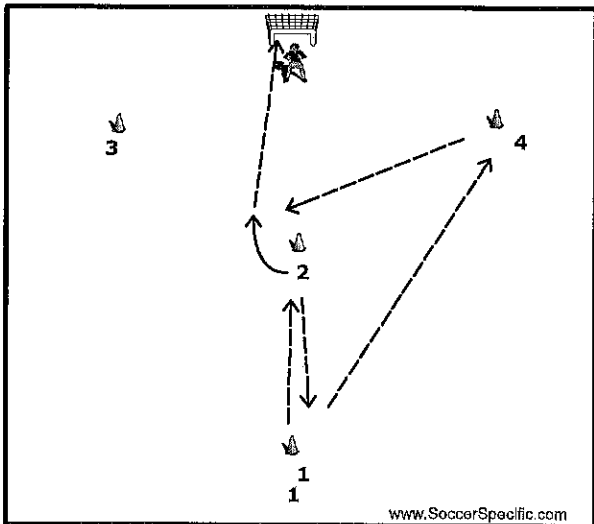
**ACTIVITY #1**

**Set up:** Y Passing # 1  
5 players needed

**Instructions:**  
#1-2, 2-1, 1-4, 4 dribbles back to back of line #1 (To the right)  
Then 1-2, 2-1, 1-3, 3 dribbles back to back of line # 1 (To the Left)

**Rotate:** Go to next number during your pattern

**Coaching Points:**  
Pace of Pass



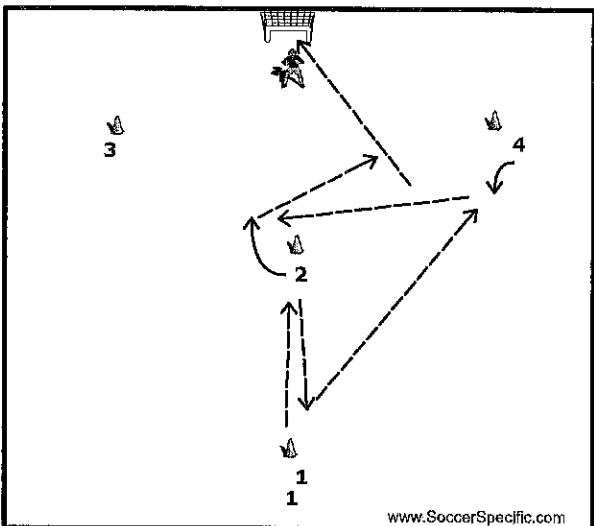
**ACTIVITY #2**

**Set up:** Y Passing # 2 (Finishing on Frame)  
5 players needed

**Instructions:**  
#1-2, 2-1, 1-4, 4-2, #2 finishes on goal  
then #1-2, 2-1, 1-3, 3-2, #2 finishes on goal

**Rotate:** Go to next number during your pattern

**Coaching Points:**  
Pace of Pass  
Checking away/peak (#2 and # 4) then coming to ball



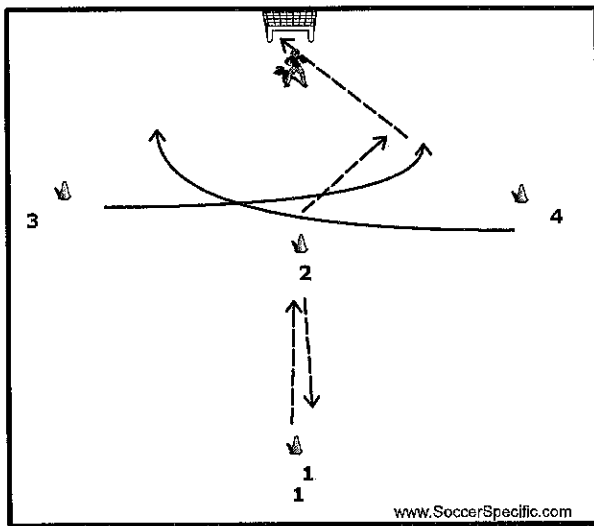
**ACTIVITY #3**

**Set up:** Y Passing # 3 (Finishing on Frame with combo)  
5 players needed

**Instructions:**  
#1-2, 2-1, 1-4, 4-2, 2 plays combo with 4, #4 finishes on goal  
then #1-2, 2-1, 1-3, 3-2, 2 plays combo with 3, #3 finishes on goal

**Rotate:** Go to next number during your pattern

**Coaching Points:**  
Pace of Pass  
Checking away/peak (#2 and # 4) then coming to ball



**ACTIVITY #4**

**Set up:** Y Passing # 4 (Strikers Cross)

**Instructions:**

#1-2, 2 turns plays running #3, # 3 finishes then #1-2, 2 turns and plays running # 4, #4 finishes

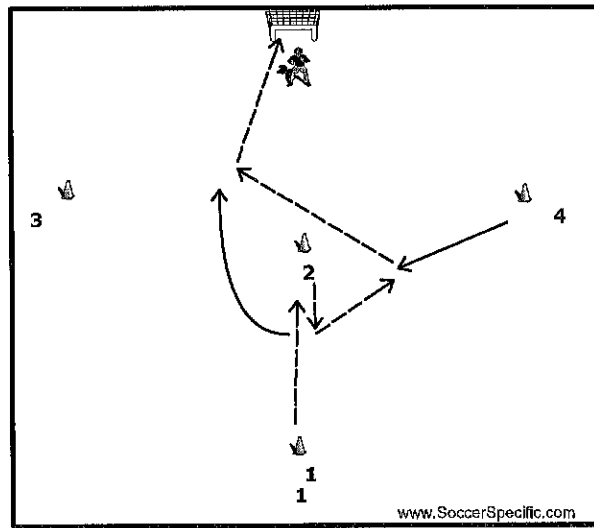
Rotate: Go to next number during your pattern

**Coaching Points:**

Pace of Pass

Checking away/peak (#2 and # 4) then coming to ball

Timing of runs



**ACTIVITY #5**

**Set up:** Y Passing # 5 (Wall Pass)

**Instructions:**

#1-2, 2 turns, dribbles, and plays checking # 4, 4 - 2, # 2 finishes then #1-2, 2 turns, dribbles and plays checking # 3, 3-2, #2 finishes

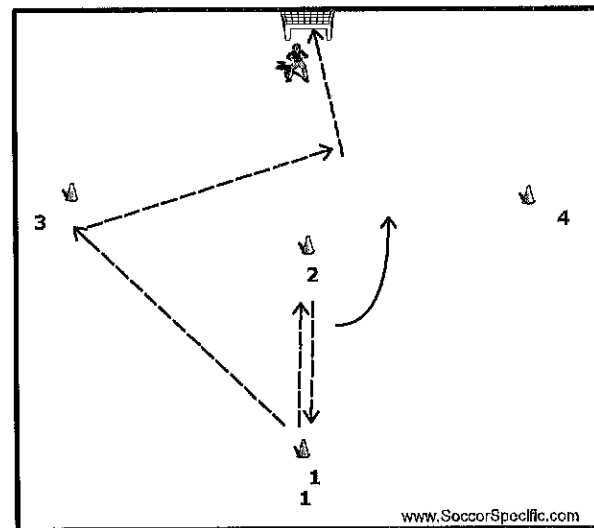
Rotate: Go to next number during your pattern

**Coaching Points:**

Pace of Pass

Checking away/peak (#3 and # 4) then coming to ball

Angle/Timing of runs



**ACTIVITY #6**

**Set up:** Y Passing # 6 (Double pass)

**Instructions:**

#1-2, 2-1, 1-3, 3 to spinning # 2, #2 finishes then #1-2, 2-1, 1-4, 4 to spinning # 2, #2 finishes

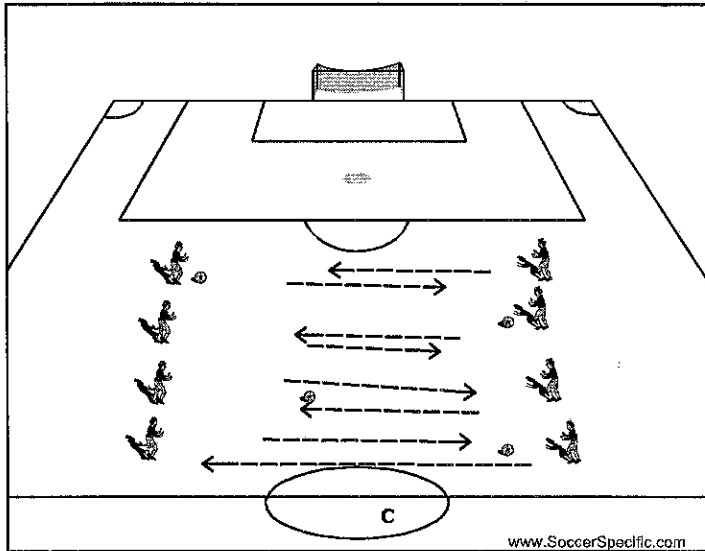
Rotate: Go to next number during your pattern

**Coaching Points:**

Pace of Pass

Checking away/peak (#3 and # 4) then coming to ball

Angle/Timing of runs



**ACTIVITY #1**

**Set up:** John Kerr Attacking Soccer WU

**Instructions:**

Passing sequence

1. Inside of the foot (2 touch)
2. 1 touch move it quickly
3. Receive with inside of one across body, play back with inside of other. Zip it in
4. Receive with one foot, strike back on ground with instep of other
5. Back up repeat above
6. Back up more: drive balls in air, no float. lean over ball, hit with pace
7. Close three yards apart one touch. quicker, quicker, quicker
8. Six short passes, then drop play six far
9. 4 yards apart, pass, drop, turn, and check back to ball

**Coaching Points:**

Correct technique and demand excellence.

Show them what you want

Call for ball

**ACTIVITY #2**

**Set up:** John Kerr Attacking Soccer

**Instructions:**

2v2 Flying Changes. X passes to (O) and O has to score as quickly as possible.

If O shoots and scores or misses goal on that side, the next two X's immediately attacks the other direction. with both O's dropping to defend. If X steals during the run of play they attack the opposite direction and now O defends. if GK saves, ball is still live. Play is continuous

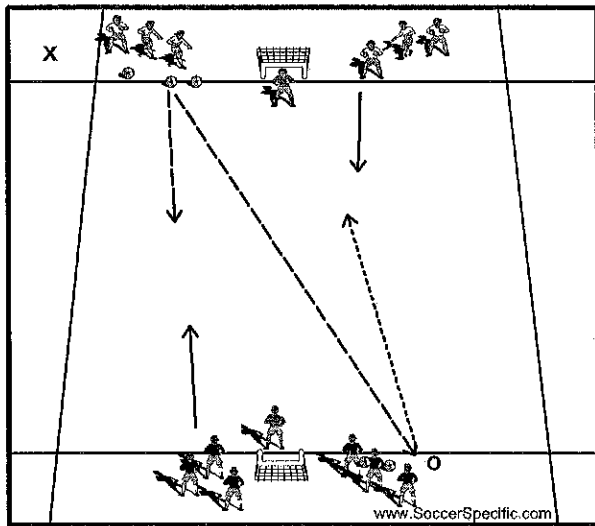
**Coaching Points:**

Immediate transition

Get close on attack to combine

Attack gaps and drive at defense

Make field shorter if needed to produce more goals



**ACTIVITY #3**

**Set up:** John Kerr Attacking Soccer # 2

**Instructions:**

4v4 to 6v6

1. Keep possession until one player can break out and dribble into opposing final third. Once they do this, dribbling player goes 1v1 with goalkeeper. Only player that dribbles across can go 1v1 to goal against keeper. (no defenders allowed to chase attackers once they have dribbled across into the final third)

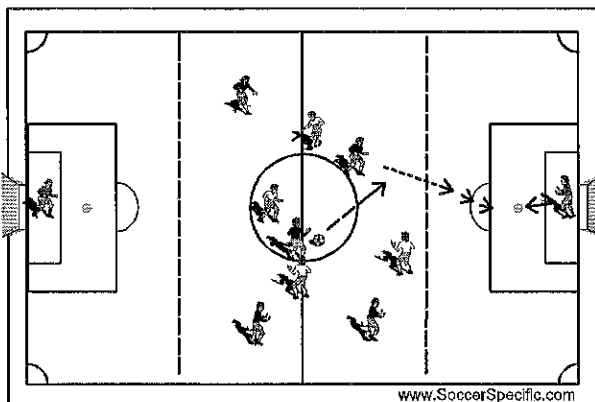
Progress: one defender can come into zone and chase attacker

Progress: A additional attacker joins making it 2v1.

**Coaching Points:**

Look to play forward

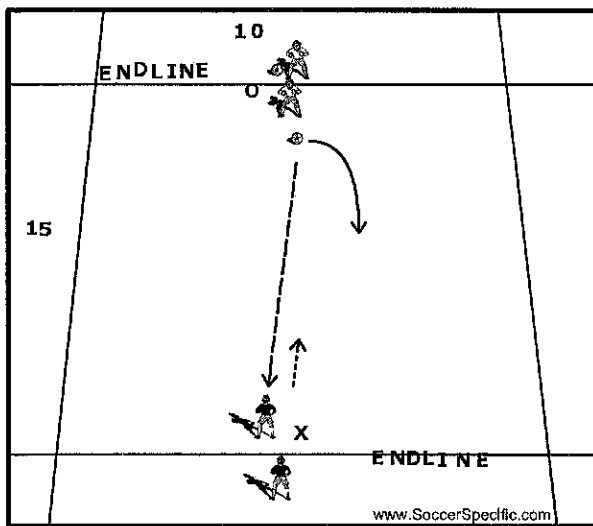
Move ball quickly into final third (try to create 2v1 situations)



Controlled build up

Recognition of space

If space to exploit, take it



**ACTIVITY #1**

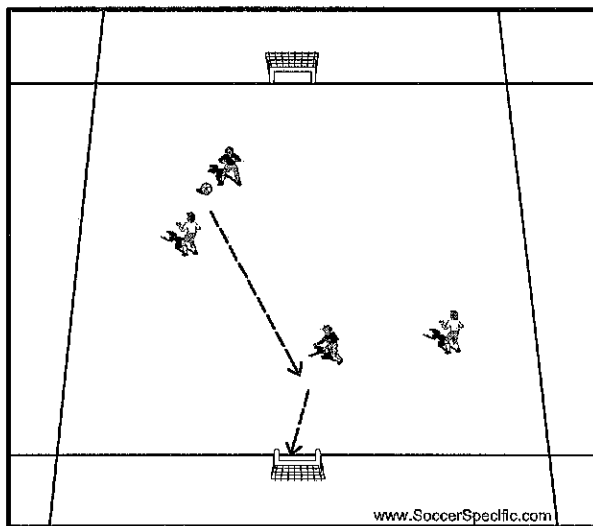
**Set up:** 1v1 to endline: (Defending)

**Instructions:**

O serves the ball straight across to X. X dribbles and attempts to beat O and dribble over their endline for a point. If O wins ball, they transition and score over X's endline. Switch lines after play  
 Progress play 1v2  
 Progress: Play 2v1  
 Progress: Play 2v2  
 Progress: Add a goal and play all options to goal

**Coaching Points:**

Close down quickly  
 Breakdown sideways on (snowboarder)  
 Force to a side (channel)  
 Win ball and transition



**ACTIVITY #2**

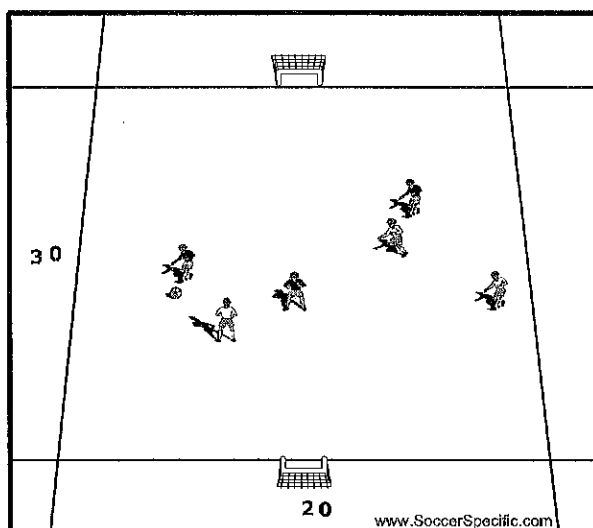
**Set up:** 2v2 to goal

**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



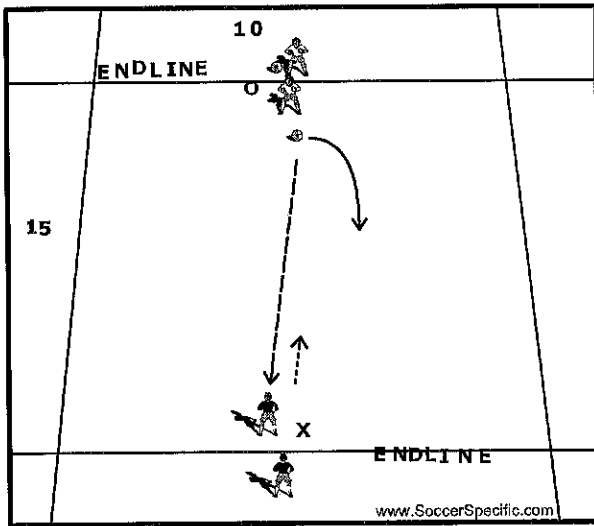
**ACTIVITY #3**

**Set up:** 3v3 to goal

**Instructions:**

30x20 area as needed. Play to goal without goalkeepers  
 Progress: Add goalkeepers (U9 and above only)

**Coaching Points:** The Game



**ACTIVITY #1**

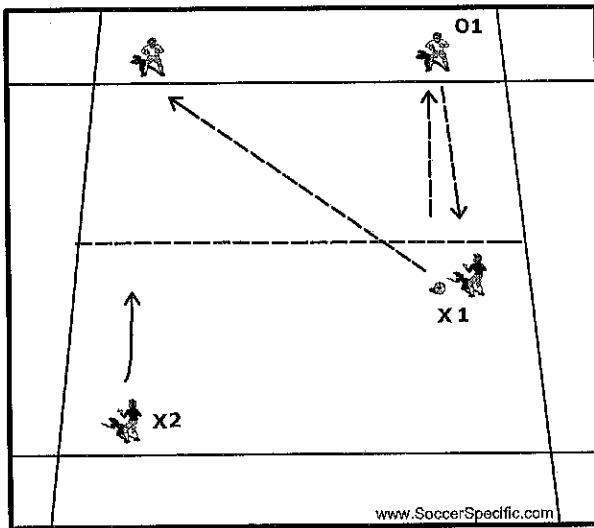
**Set up:** 1v1 to endline: (Defending)

**Instructions:**

O serves the ball straight across to X. X dribbles and attempts to beat O and dribble over their endline for a point. If O wins ball, they transition and score over X's endline. Switch lines after play  
 Progress play 1v2  
 Progress: Play 2v1  
 Progress: Play 2v2  
 Progress: Add a goal and play all options to goal

**Coaching Points:**

Close down quickly  
 Breakdown sideways on (snowboarder)  
 Force to a side (channel)  
 Win ball and transition



**ACTIVITY #2**

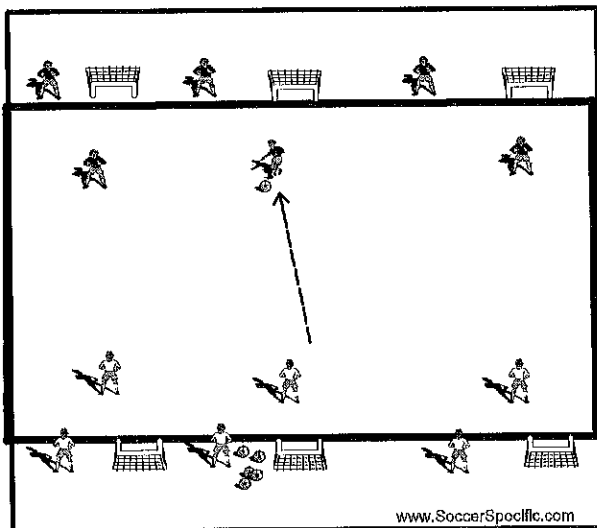
**Set up:** 2v2 Adlard to endlines

**Instructions:**

Score by dribbling over the opponents endline. X1 plays O1, O1 plays one touch back to X1, X1 plays O2 and the play is 2v2 live. If X intercepts play, they try to score over. X2 should be in motion when ball played diagonally to O2  
 Progress: Add two goals on each endline and play to goal

**Coaching Points:**

Communicate to organize, work together  
 Force ball to supporting teammate  
 Don't get split  
 Pick passes and counter



**ACTIVITY #3**

**Set up:** 6 goal Game

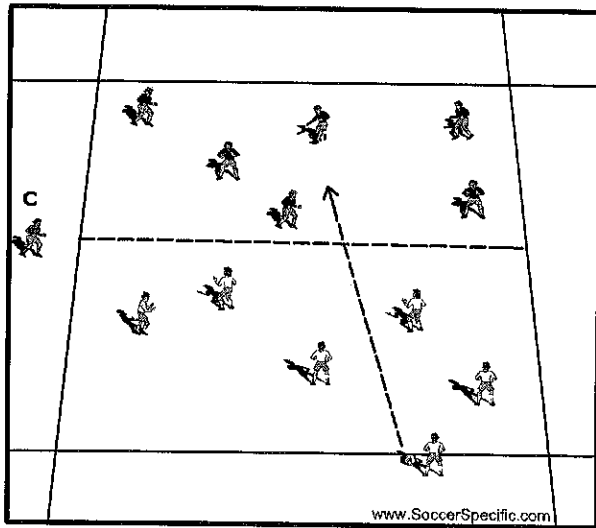
**Instructions:**

Two teams. White player on defending team in center serves straight across and he works with two other players to defend the other teams three attacking players. If defensive team wins the ball, they become on the attack and try to score on blacks goal. Repeat with 6 new players  
 Progression:  
 Player in center can serve any player on attacking team  
 Competition: Play for time. 5 minute each on attack and defense.  
 Most goals wins  
 If defensive team steals and scores, it counts for their score

**Coaching Points:**

Pressure the ball  
 Stay in your zones and shift  
 Communicate





### ACTIVITY #1

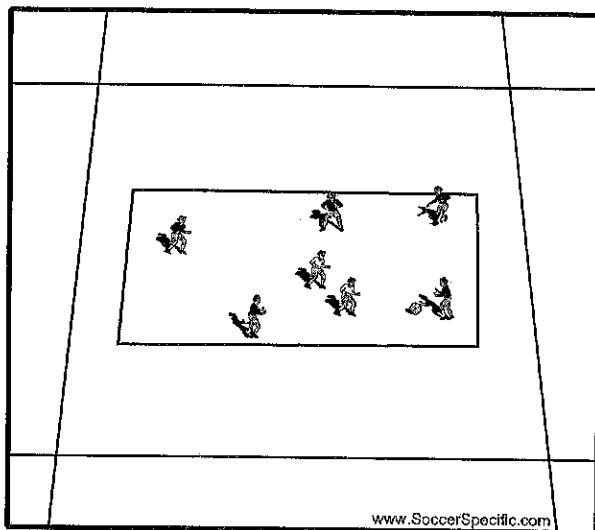
**Set up:** Soccer tennis

**Instructions:**

Two teams. Play like tennis. Must begin with serve from a volley. The opposing team has to let it bounce once (only on a serve just like tennis) Play. If score, continue serving. If opposing team gets point they serve. Play to 15 or 21 win by two

**Coaching Points:**

Keep ball in air  
Communicate



### ACTIVITY #2

**Set up:** 5 v 2

**Instructions:**

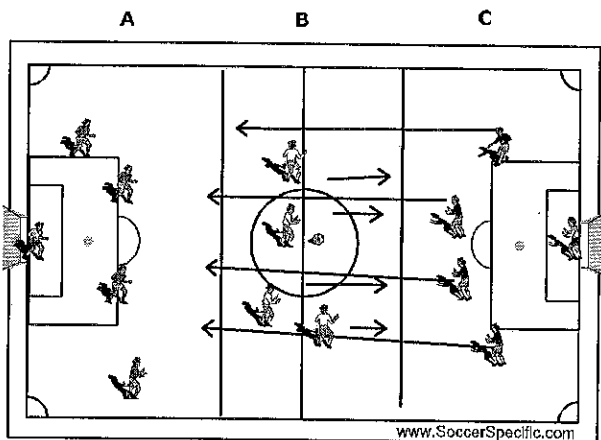
15x10 or needed. Defenders hold pinnies. If defenders win (must win possession) ball, drop pinnie, attacker who lost ball or kicked it out of grid now becomes defender and the defender becomes attacker. Attackers score by linking 5 passes in a row

**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 #3

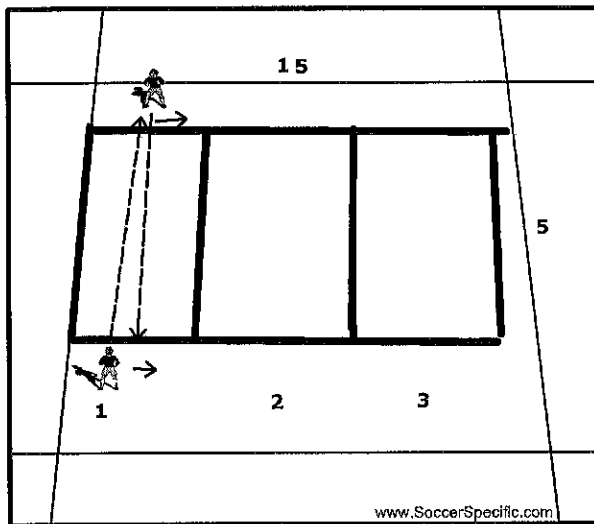
**Set up:** 4v4 against 4

**Instructions:**

4 White Players in B attack the the team of four black players in C, trying to score on the Black players goal. The White team will either score, miss a shot or lose the ball to Black. If Black wins the ball, they attack team red in the C zone. the White team now stays in zone C. Repeat. Play first team to 3 goals wins or play for time.

**Coaching Points:**

Creativity in attack  
Attack the gaps in the defense



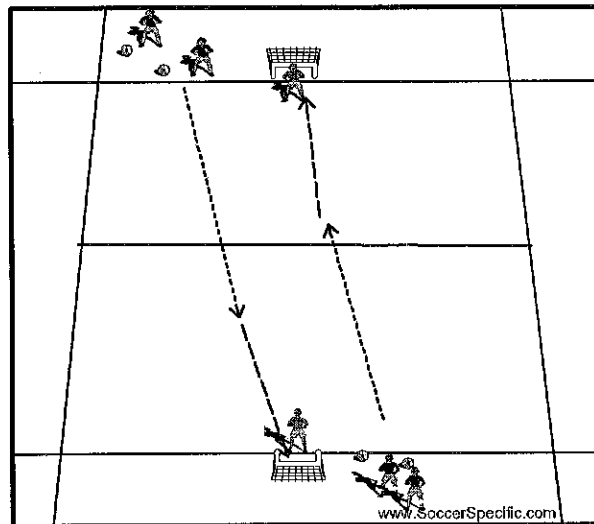
**ACTIVITY #1**

**Set up:** Ladder game

**Instructions:**

- 5x5 channels (15 long x 5 wide). Everything starts with a volley serve. Attempt to complete one aspect so you can move to the next grid. Get thru all three grids and earn a point
- Serve-volley-catch move up
- Serve-volley-volley-catch- move up
- Serve-2 touches - one touch- move up
- Serve-2 touches-2 touches- catch move up
- Serve-head-head-catch move up
- Serve- head twice-head twice- catch move up

**Coaching Points:**



**ACTIVITY #2**

**Set up:** Finishing Chesler

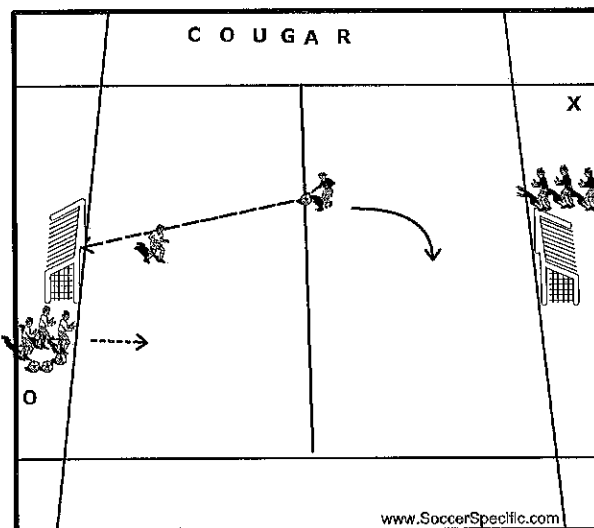
**Instructions:**

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:** 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

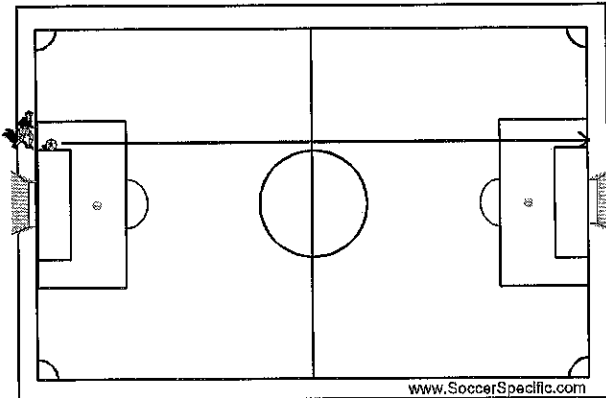
**Set up:** Juggling: Walk the Dog

**Instructions:**

Start on the goal line and begin juggling. Players attempt to juggle the ball on the move the entire length of the field without letting the ball bounce. If ball drops, start over from their. Count how many times you have to start over

**Coaching Points:**

Take your time, go your own pace  
Get in a rhythm, don't get frustrated



### ACTIVITY #2

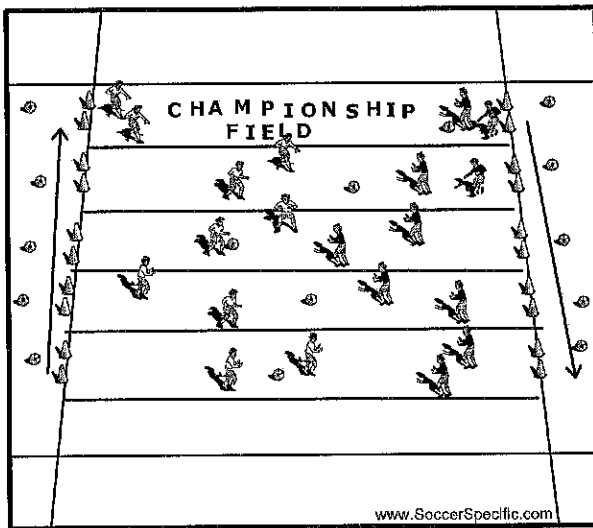
**Set up:** 2v2 Championship Ladder

**Instructions:**

Set up multiple 2v2 fields. Randomly draw teams or arrange them as even as possible.

15x10 area or needed. 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:** 3v3 Cone knockdown (TEAM)

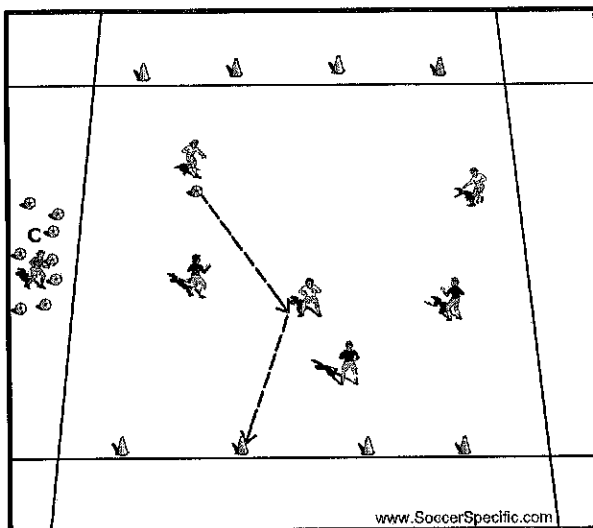
**Instructions:**

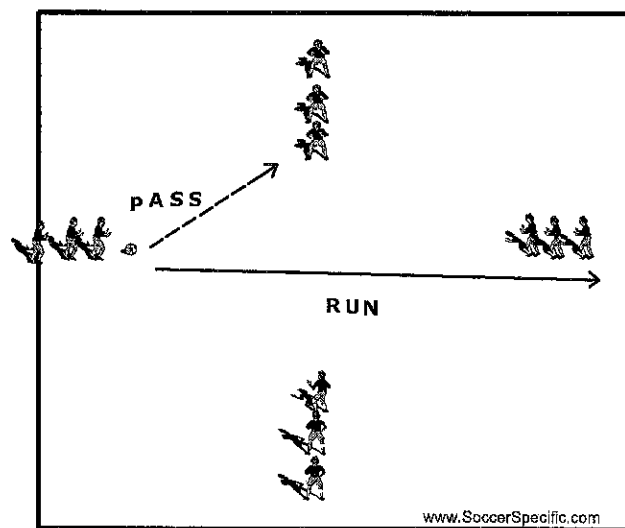
Play 3v3. Teams attempt to knock down the opposing team's cones with the ball. Once a cone is knocked down, it remains down. If you do not have tall cones, you can place soccer balls on top of the cones you have (knock ball off cone). If a goal is scored or ball goes out of bounds, coach immediately plays a new ball in.

If all cones are knocked down on one side, that team wins. You can also play for time (team that knocks most cones down wins)

**Coaching Points:**

Score, score, score  
Individual and combination play  
Take players on 1v1





**ACTIVITY #1**

**Set up:** Peter Mellor Passing Patterns # 1

**Instructions:**

1. Pass to a line and run to any other line. Can't go to back of own
  2. Same as above but now do not want a empty zone (no players in one line) .
- Try to keep each line balanced as possible. Players have to work it out during play. If one line become empty, play is stopped and coach gives short fitness
- \*\* if play pass and go to same line, everyone does 5 knee ups
3. Bring lines closer (now have to make quicker decisions)

**Coaching Points:**

Pass and directly "run" to the line you are going to  
 One touch if we can, two touch if we need to  
 Think one play ahead

**ACTIVITY #2**

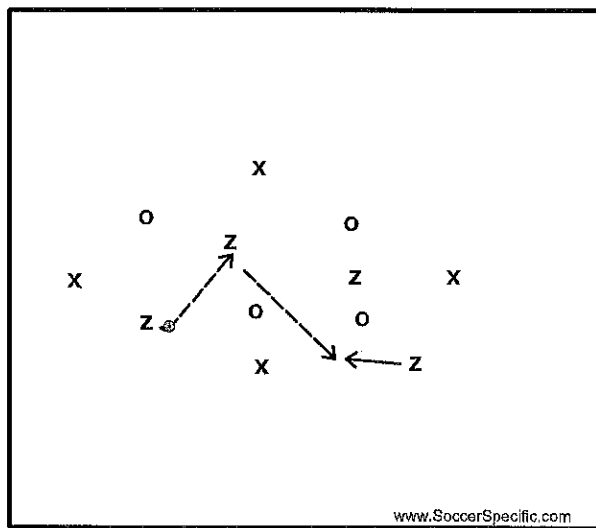
**Set up:** Peter Mellor Passing Patterns # 2

**Instructions:**

1. Two touch: One team working around other two teams (stationary acting like mannaquins) to get 10 passes thru the other two teams as fast as possible
  2. Stationary players can lunge to win ball. 9 must stay stationary)
- If they wion ball, theri team becomes passers
3. Three team keepway. 8v4. Always two teams against one.
- When defending team wins ball they join other team and keep the ball away formt he team that gave it away

**Coaching Points:**

Communication  
 As ball is travelling, can you move to a position of support  
 Get into a passing lane



**ACTIVITY #3**

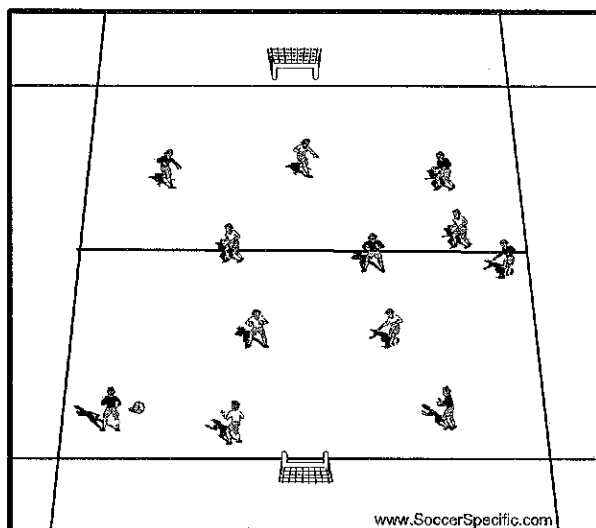
**Set up:** 6v6 All up and back

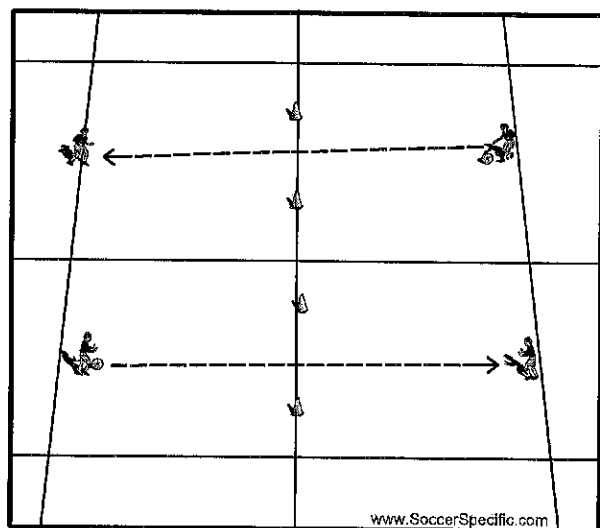
**Instructions:**

Play to goal with two goalkeepers. All players including the goalkeeper must be at least to the half line when a goal is scored for their team. if not, the goal does not count. if all defenders are not back on their side when a goal is scored, it counts for 2 points

**Coaching Points:**

Awareness  
 Coach should randomly give free kicks during game to encourage players to put ball down quickly and play





### ACTIVITY #1

**Set up:** Unopposed Finishing

**Instructions:**

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

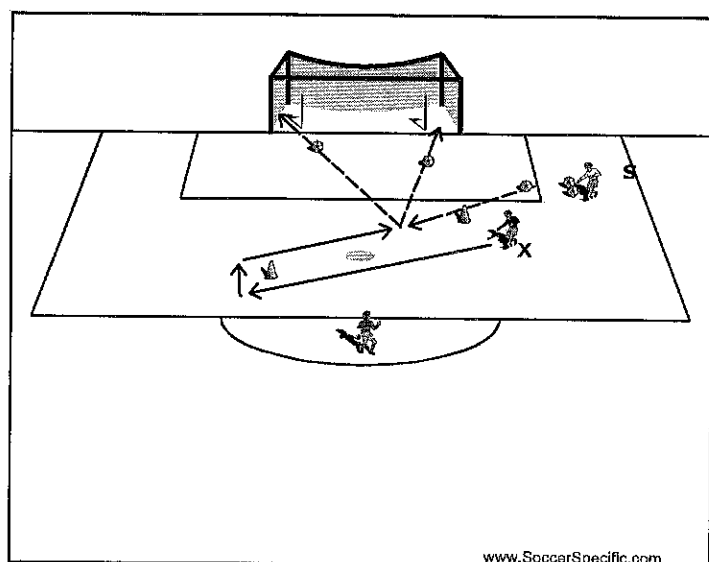
Progress: Take a touch and hit a moving ball

**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: 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

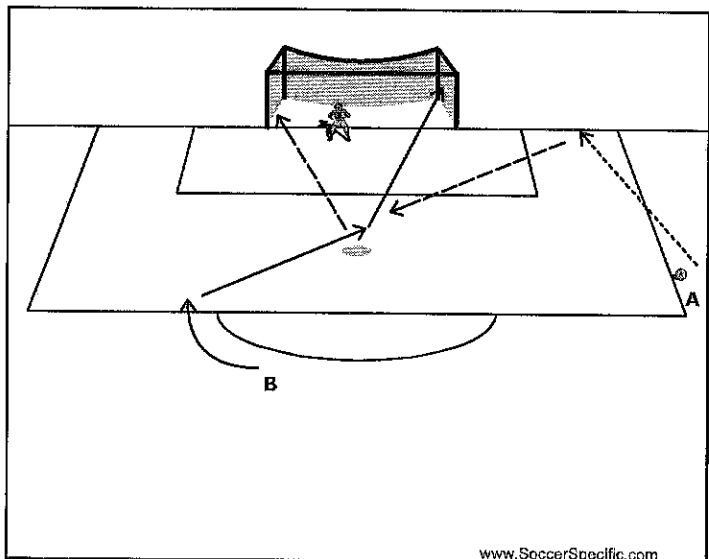
1 touch far post

1 touch near post

**Coaching Points:**

Concentrate on using proper technique

Get everything on frame



### ACTIVITY #3

**Set up:** Finishing from Cutbacks

**Instructions:**

A dribbles to endline and cuts ball back for B to finish

Progress: A dribbles and cuts ball back with driven, flighted, chipped balls

Progress: B passes to A who dribbles and cuts ball back from endline

Progress: Add a defender

Progress: Two team competition. Most goals in 5 minutes

**Coaching Points:**

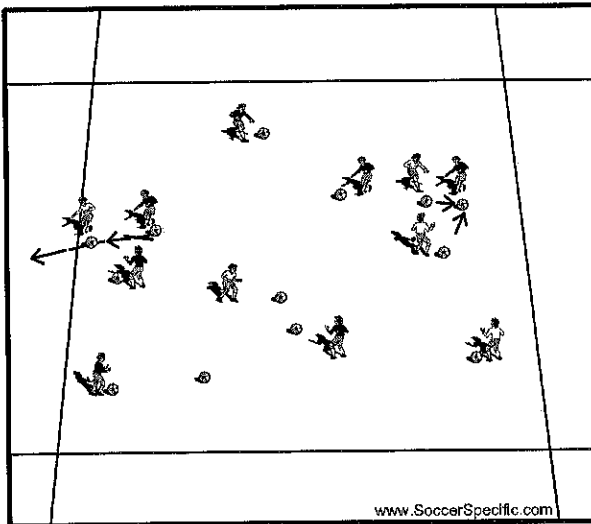
Play at Game speed

First touch

Quality service and finish

**ACTIVITY #1**

**Set up:** Knockout - Team



**Instructions:**

Players begin by dribbling around a designated area, and then are instructed to attempt to kick another player's ball out of the area while maintaining possession of their own ball. If their ball is kicked out or they dribble out of the area, that player must perform a quick task with the ball before reentering the game (ex. 5 juggles or toe taps)

**Progress:** Count how many balls you can knockout in 1 min. (then get together for count with team)

**Progress:** Play team vs team

**Coaching Points:**

Decision making

Encourage players to engage and knockout others balls

Shielding and escaping

**ACTIVITY #2**

**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

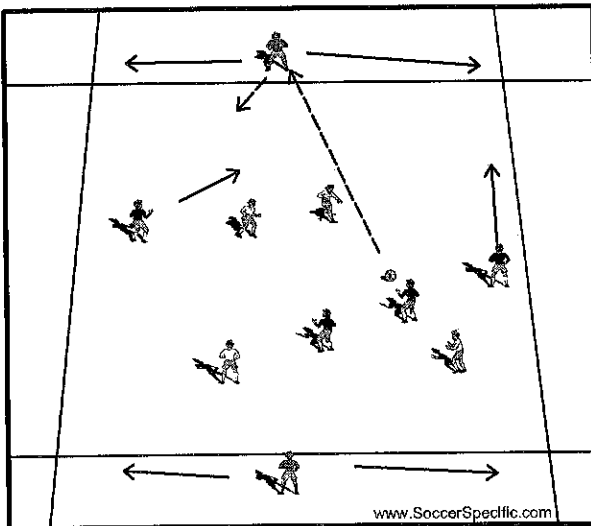
**Coaching Points:**

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 #3**

**Set up:** 6v6 to two targets-

**Instructions:**

Targets have two touch maximum (try to play in one touch).

1. Play into target, get a point, they play to other target on same side who plays team going the other way.

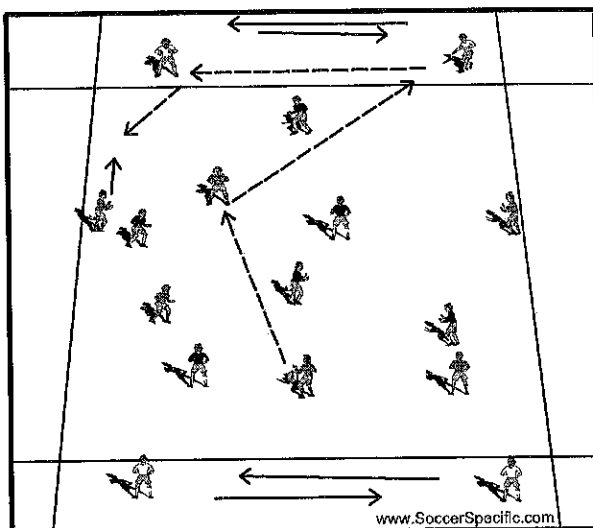
2. Play into either target, get it back (either by passer or teammate) = point

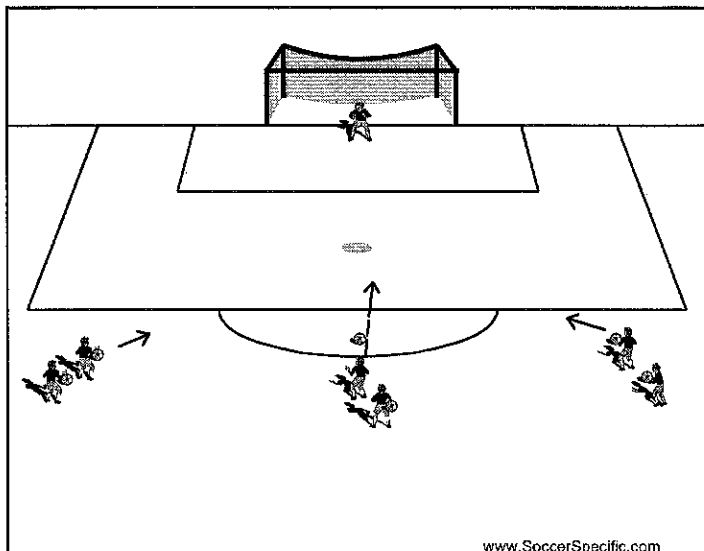
3. Play into either target, get it back (either by passer or teammate) and get over endline=point

4. Play into either target, they play other target who plays same team that goes the other way

**Coaching Points:**

Drop behind ball as a team if lose ball-deny penetration and get organized immediately. Look to play longest forward option, Transition in numbers, Communicate. Make everything predictable





### ACTIVITY #1

**Set up:** Finishing: Walk and Volleys

**Instructions:**

Walk, drop and volley

Progression: Full Volley, half volley, side volley

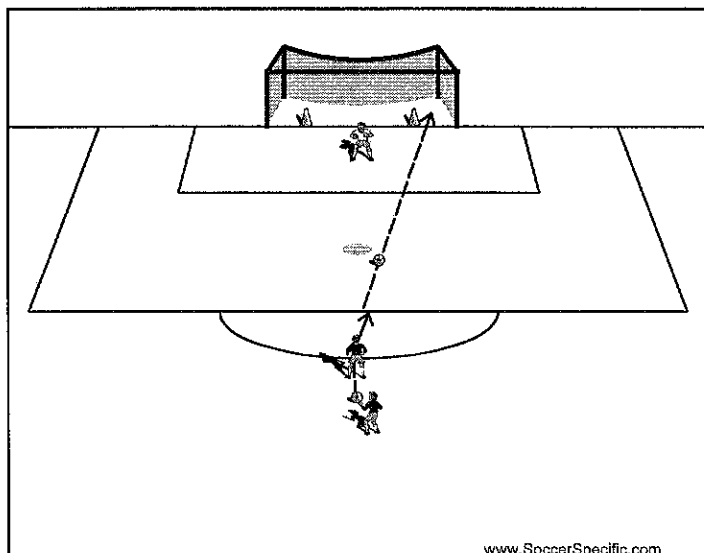
Vary angles

**Coaching Points:**

Technique first then power. (Timing)

Keep head still, watch and drive thru ball

Experiment with bending, swerving the ball, topspin



### ACTIVITY #2

**Set up:** Finishing Face Game:

**Instructions:**

Play with or without goalkeeper.

Face Up: Face teammate, teammate rolls thru legs, other players turns finds ball and finishes

Face Up: Face teammate, teammate tosses over shoulder, other player turns finds ball and finish

Face Away: Same techniques as above

Variations: Toss ball player controls and volleys

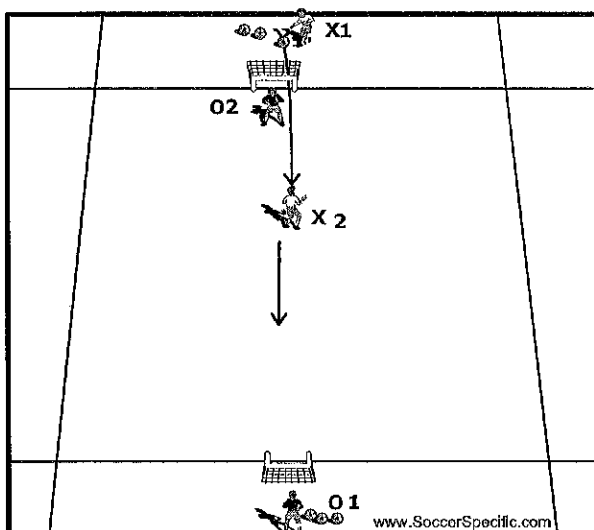
Finish from different angles and distances

**Coaching Points:**

Technique first then power

Get to the ball early

Keep head still on ball



### ACTIVITY #3

**Set up:** UNC Over the Top Finishing Game

**Instructions:**

X1 serves over the top of the goal to X2. X2 finishes. Then X2 retreats and plays GK. O1 then serves over the top for O2 to finish.

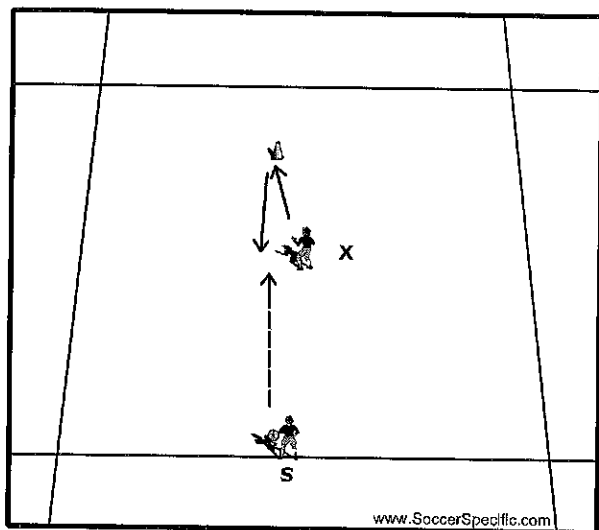
First to 5 goals wins, rotate players

Progress: Must either Volley or head in

**Coaching Points:**

Watch ball to foot

Lock ankle follow thru



### ACTIVITY #1

**Set up:** Check receive, play or turn

**Instructions:**

X checks away from cone and then comes to the ball, Server (S) plays pass, X receives

Progressions

Two touch back to server (receive and play back with inside of the foot)

One touch back to server

Turn with inside of foot and dribble to cone

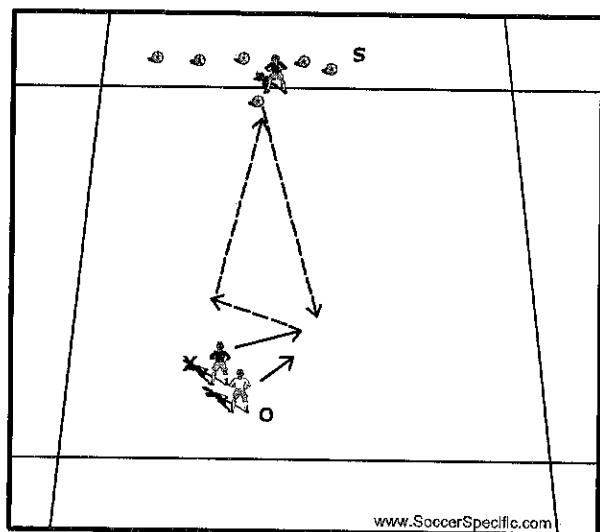
Turn with outside of foot and dribble to cone

Dummy (check to and let ball roll thru legs) turn and dribble to cone

**Coaching Points:**

Check at angle, open hips to receive ball

Take a peek over shoulder before receiving ball and call for ball



### ACTIVITY #2

**Set up:** Checking Bobby Howe

**Instructions:**

To start, X receives a point for checking to the ball receiving it with a one touch and playing it back to the server (S) with the other touch (2 touch). O defends. If defender wins ball, they play back to server

Progress: Receive and play ball back to server in 1 touch

Progress: Play ball in and turn and get over the line. Rotate

players. passer to attacker, attacker to defender, defender to passer.

Progress: Add a goal on the endline. Turn and score on goal.

Progression 2v1. Player passing in can join and make it 2v1 to get ball over the line

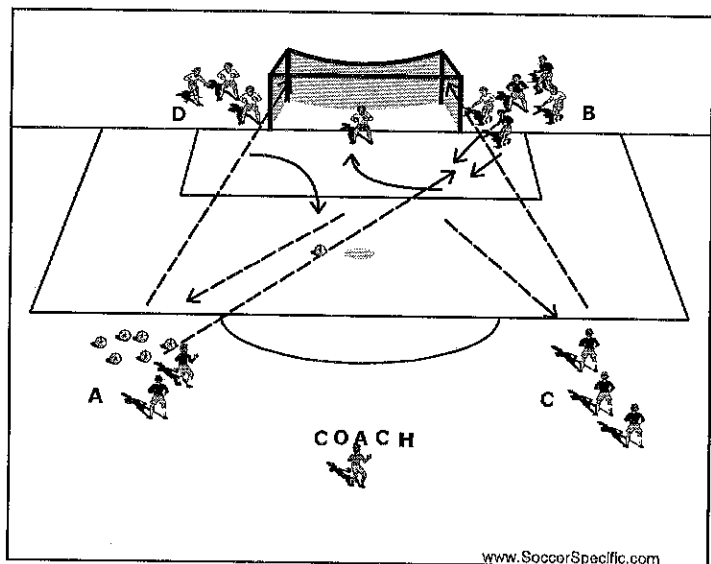
**Coaching Points:**

Server: Play pass where defender is not

Know where defender is: peek

Check at angle, 1st touch away from pressure

Keep body between ball and defender



### ACTIVITY #3

**Set up:** Blood and Guts 3v2 to goal

**Instructions:**

Play is continuous for five minutes straight. Each team gets a opportunity to defend and attack for five continuous minutes.

Most goals at the end of both five minute periods wins. LOSERS get fitness, piggy back winners or pick up gear for the day.

Goalkeepers play with their team or for both teams if they are the only goalkeeper. Players have to organize themselves

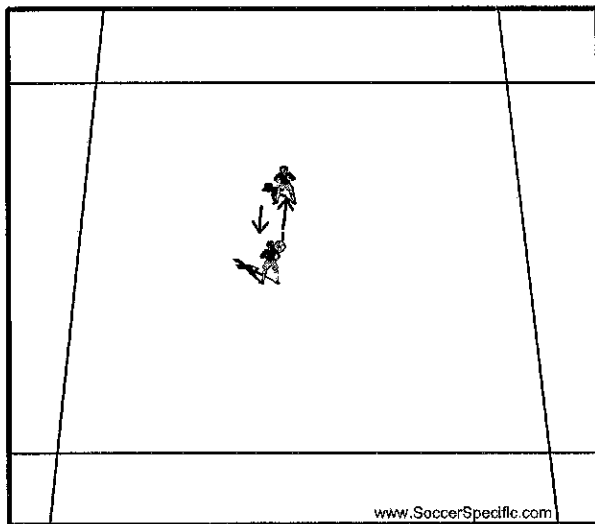
Start : Rock-Paper-Scissor : Winner gets choice for their team to attack or defend first

To begin game: Attacking player in B line checks from A line plays ball into checking teammate from B line. Once the attacking player leaves B line, the first defender from the B line can immediately defend them. Attacker from B line can turn and score or drop to supporting A and C players to finish. Defender tries to win and clear ball. Defender # 2 from D line can only leave once attacking B player touches the ball served from A line. If they leave early, its a goal for the attacking team.

Ball is live until a goal is scored, defenders clear ball out of 18, ball shot wide/high, or goalkeeper makes a save.

Then, coach shouts "next". Everyone clears out and the next ball





### ACTIVITY #1

**Set up:** UNC heading

In pairs, 5-10 headers each then rotate

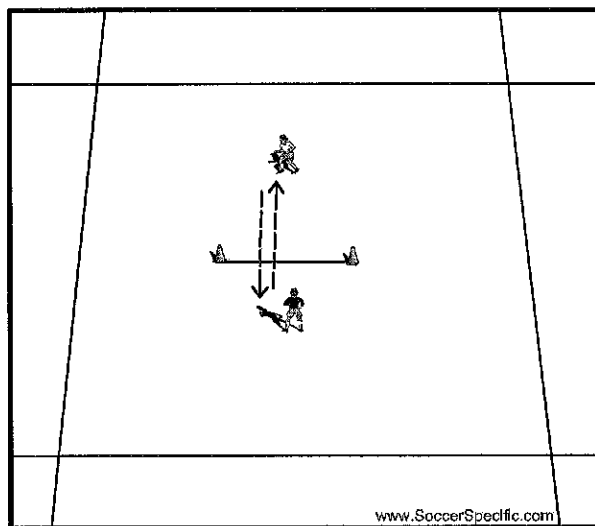
**Instructions:** Start on stomach, server tosses underhand, player heads ball back to server

Crab position

On Knees, head and fall forward

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

**Coaching Points:**



### ACTIVITY #2

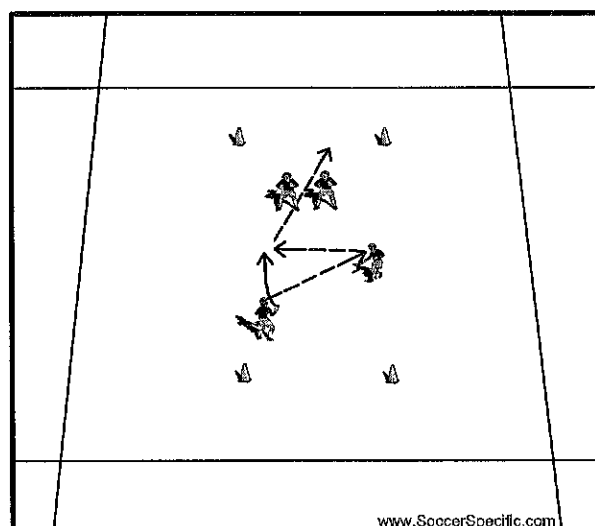
**Set up:** Heading WARS

**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

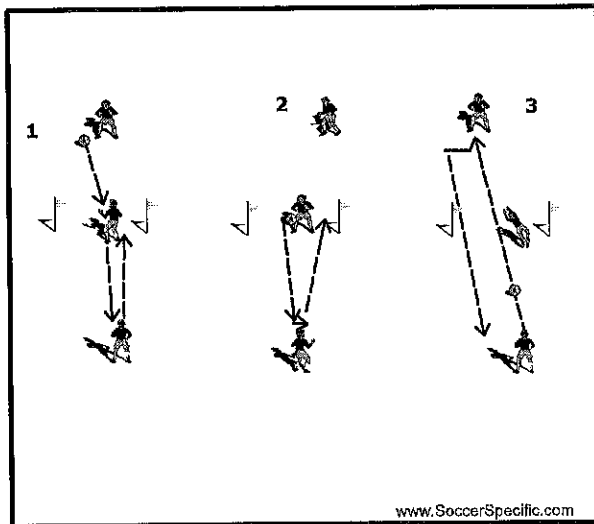
**Set up:** 2v2 Heading Battles to Goal

**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:** Ball Striking

**Instructions:**

Groups of three: Two shooters, one goalkeeper. Player strikes ball on goal. If goalkeeper catches ball, they turn and roll it to the other side

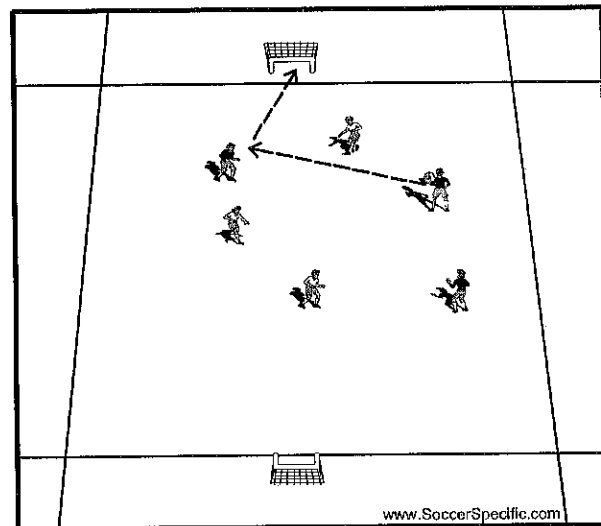
1. Hit stationary ball to Goalkeeper. (Technique before power)
2. Take touch and score on goalkeeper. Other side then shoots. First to 5 wins

3. Free flowing play. If score, other player can shoot immediately. First to 5 wins

Progression: Strike with inside of foot, laces, outside of the foot, Bent shot

**Coaching Points:**

Positive Prep touch, Head still , follow thru



### ACTIVITY #2

**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.

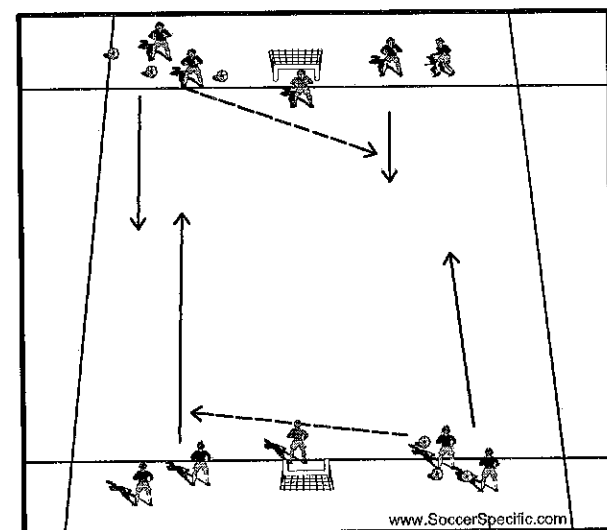
To score, players have to pass the ball with their hands for a teammate to head it in the goal.

**Coaching Points:**

Movement and execution..

Communication

Head down to score



### ACTIVITY #3

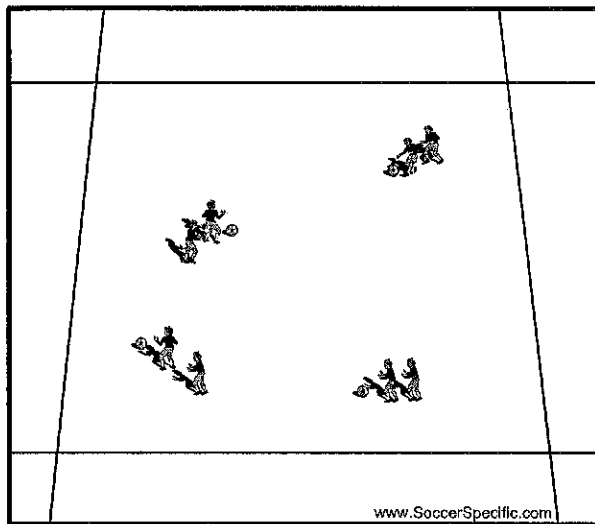
**Set up:** Finishing Eisenwinter

**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 #1

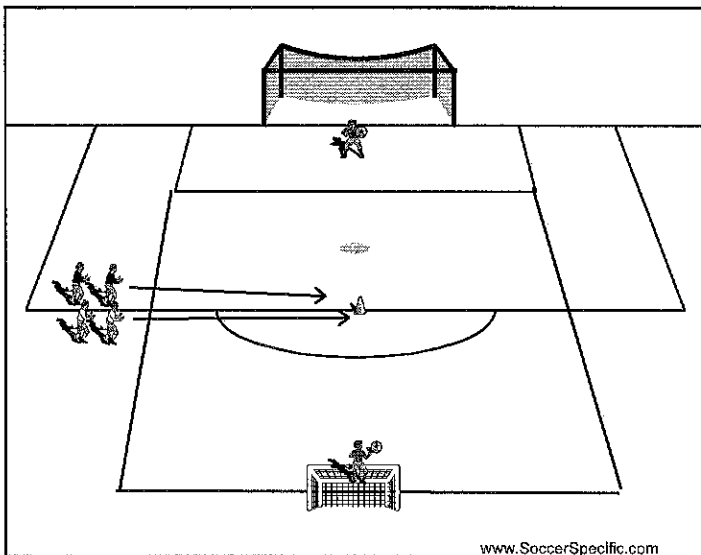
**Set up:** 1v1 Shielding

**Instructions:**

- (1) Start with players going 1v1 using hands to shield ball . At the end of 30 seconds. Player that holds ball above head wins
- (2) Players get into pairs and are about 10 yards apart. They pass the ball back and forth to each other using two touches. When the coach yells "play" or claps hands whoever has the ball attempts to shield it from their opponent. Play for 30-45 seconds. At the end of 30 seconds, player that holds ball up in air over head wins

**Coaching Points:**

- Positioning of body- Keep body between defending player and ball.
- Make contact w/ defending player: Engage them



### ACTIVITY #2

**Set up:** 1v1 Sprint to cone game

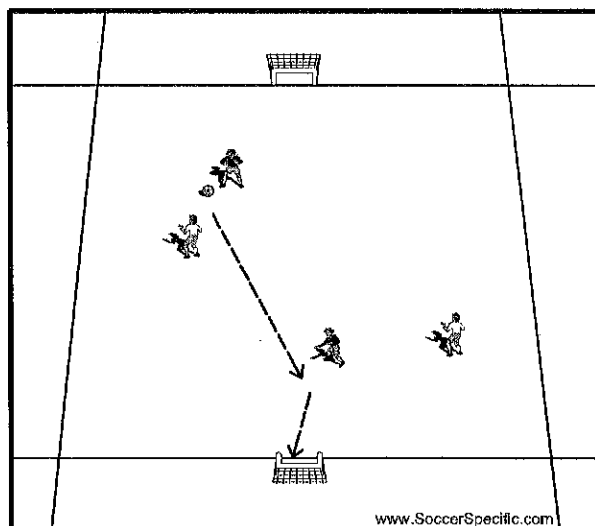
**Instructions:**

- Team vs Team Competition. Adjust area size as needed. Each goalkeeper holds a ball up. The coach says "go" and the first person from each line sprints to the cone. Player that arrives first to the cone gains possession. Play starts with their goalkeeper, the other goalkeeper drops their ball in their own goal. Play until a goal is scored or ball is out of play. . Play for time or score. Losing team and goalkeeper does fitness.

**Progress:**

- Play 2v1 (first player to cones team gets 2 players)
- Play 2v2
- Play 3v2
- Finish 3v3

**Coaching Points:**



### ACTIVITY #3

**Set up:** 2v2 to goal

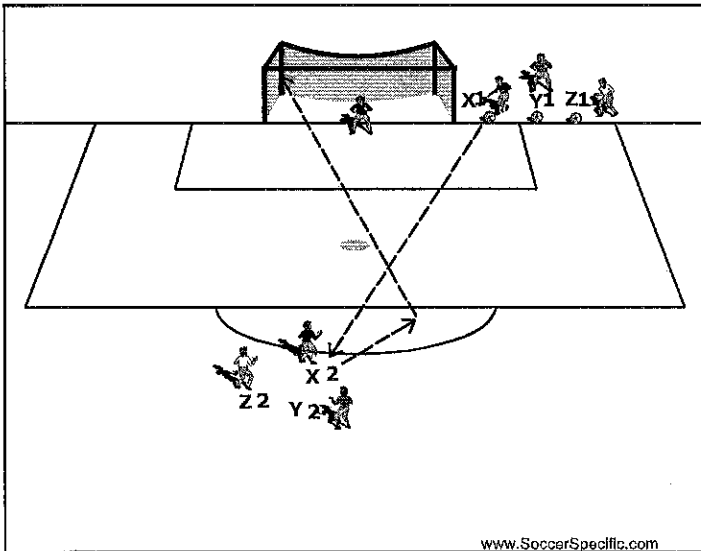
**Instructions:**

- 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:** 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 then 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

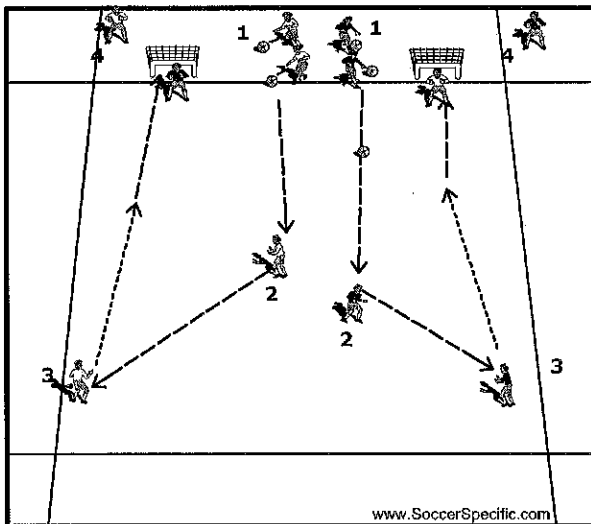
3. Player 1 plays to 2. 2 Plays to 3. 3 plays to checking # 4 who drops ball for player # 3 to finish

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 zero 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

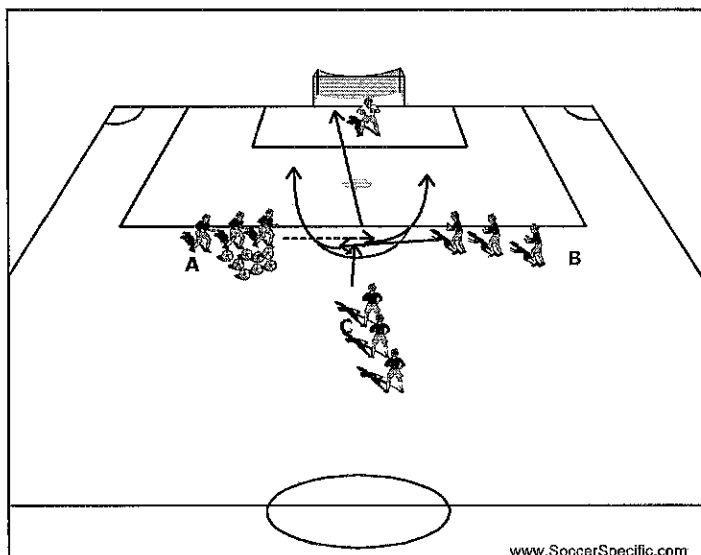
\$ ball 5 points

**Progress:** A plays pass to B, B sets C, C shoots on goal

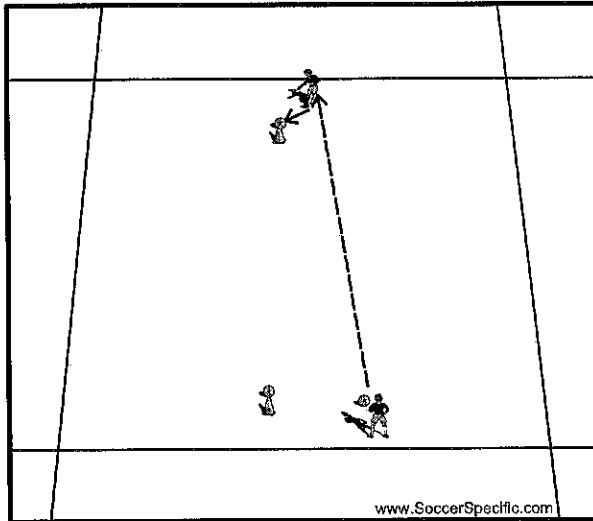
**Coaching Points:**

Get everything on frame of goal.

Placement vs power



**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:**

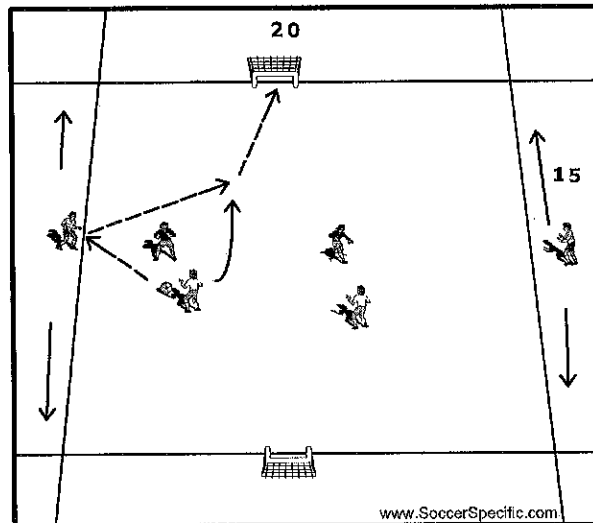
Correct technique

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)

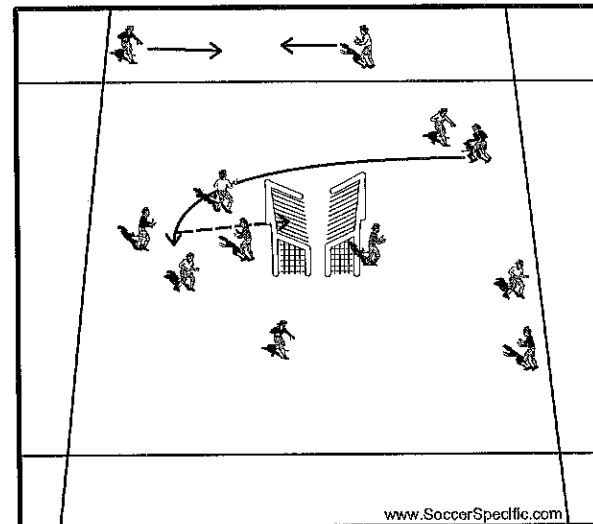
**Coaching Points:**

Play at speed

Look to create numbers up situations

Good service from crosses

**ACTIVITY #3**



**Set up:** Back to Back Finishing

**Instructions:**

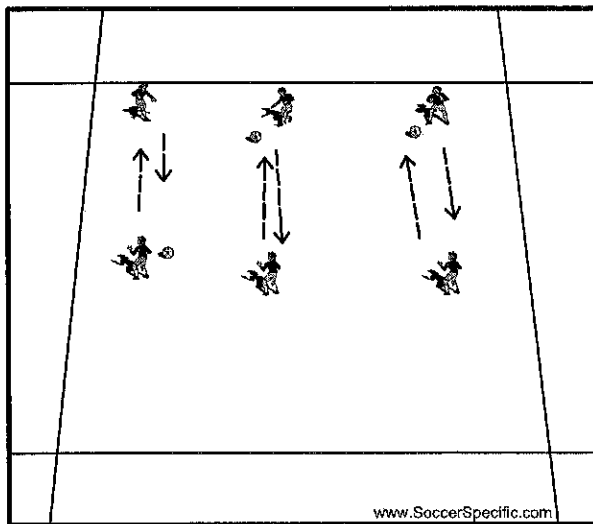
Two teams. Goals are back to back. each team defends one goal and attacks the other. Players try to score on the opponents goal while defending their own. No positions, players can go where they seek. Play is continuous. Play for time or amount of goals. If goal scored, game restarts immediately (keep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

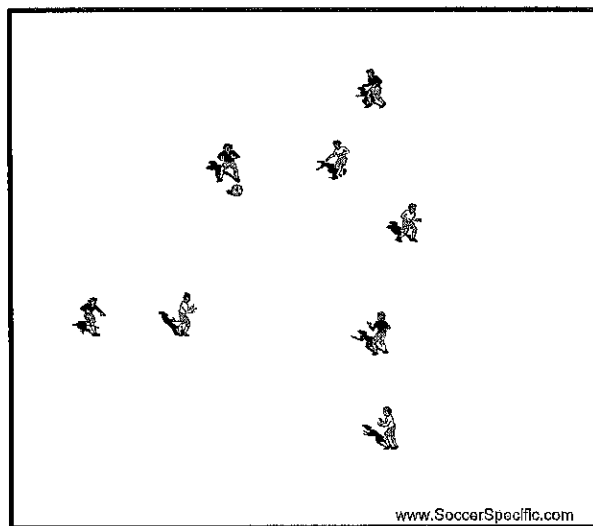
Unlimited: If you give the ball away, your team stps and you must win the ball back by yourself before your team can rejoin

**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 square. Players can not be defended in square. Its a free zone

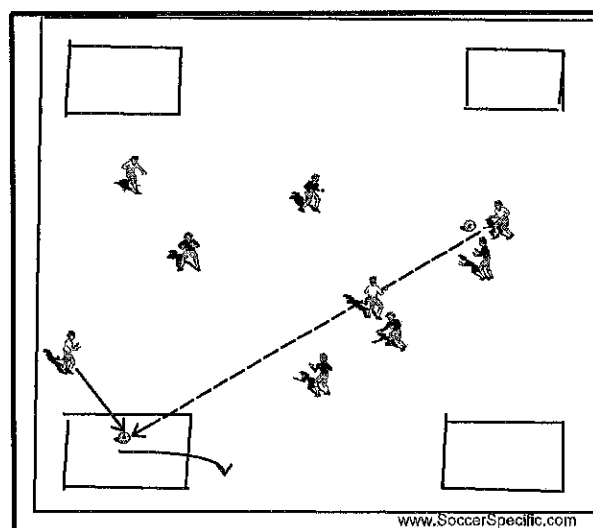
Progress: ball played into square must be driven or flighted.

**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:**

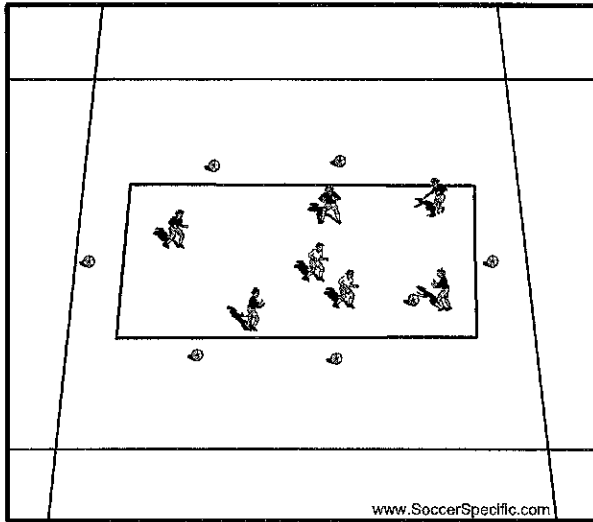
15x10 or needed. Defenders hold pinnies. If defenders win (must win possession) ball, drop pinnie, attacker who lost ball or kicked it out of grid now becomes defender and the defender becomes attacker. Attackers score by linking 5 passes in a row. Keep extra balls around area

**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:**

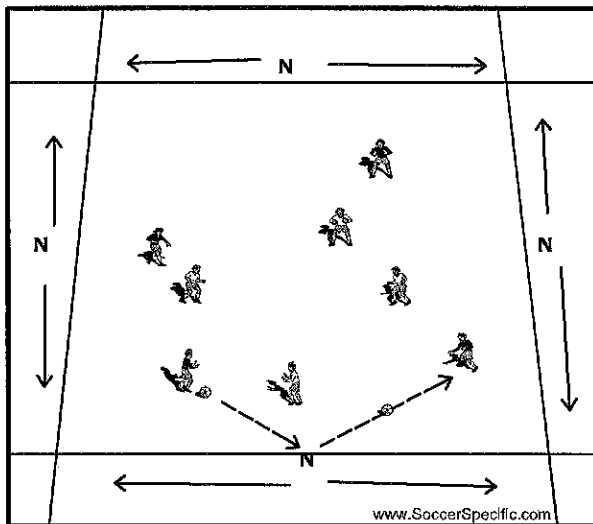
4v4 in the center. 5 passes in a row equals one point. Players may use neutrals for support

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:**

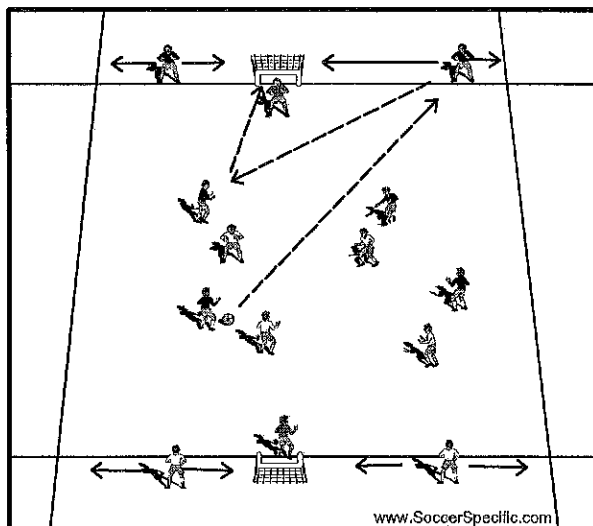
Two teams. Play into bumpers and score. Bumpers have one touch

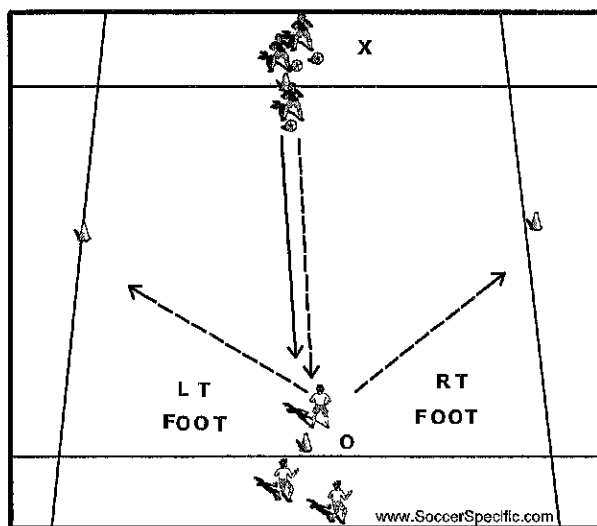
**Progression:**

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:** Parmar Passing and Receiving # 1

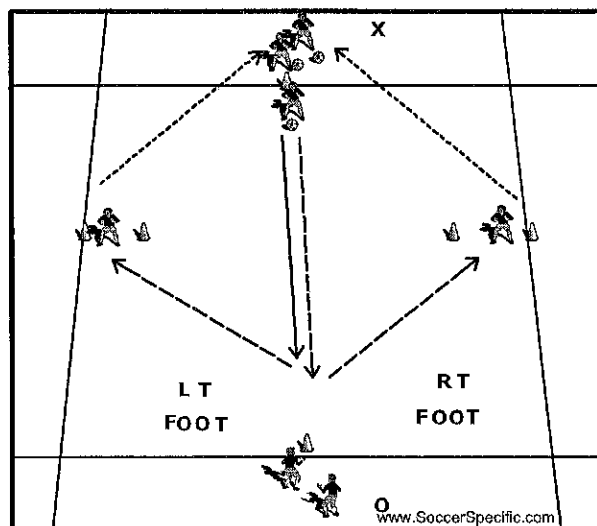
**Instructions:**

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:**

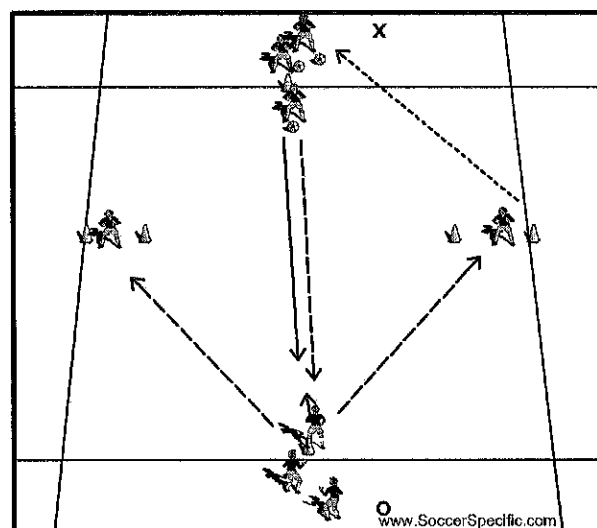
X Plays Across to O and joins back of opposing line (O)

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 # 4

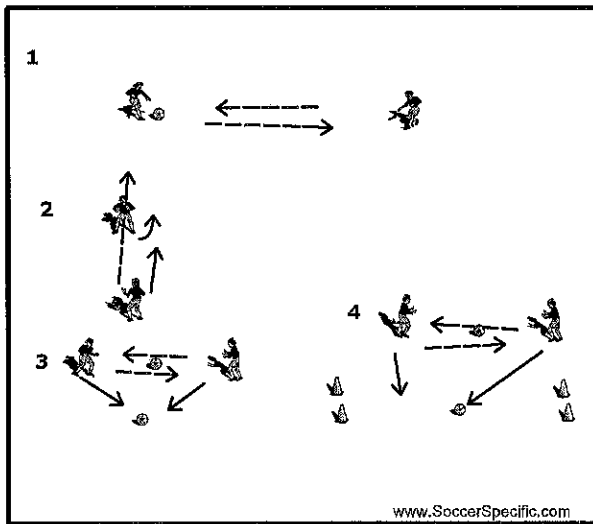
**Instructions:**

X Plays Across to O and joins back of O line

All in one motion, O receives balls chips up in air, controls ball in one touch playing half volley with inside of foot to either 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

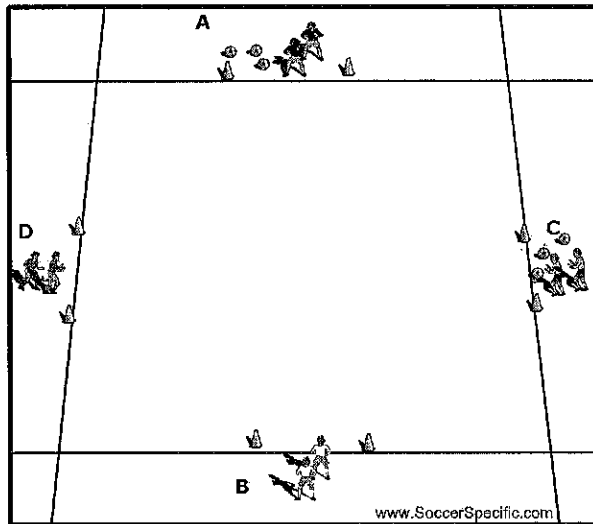
**Instructions:**

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**

**Coaching Points:**  
**Set up:** Flying Pairs

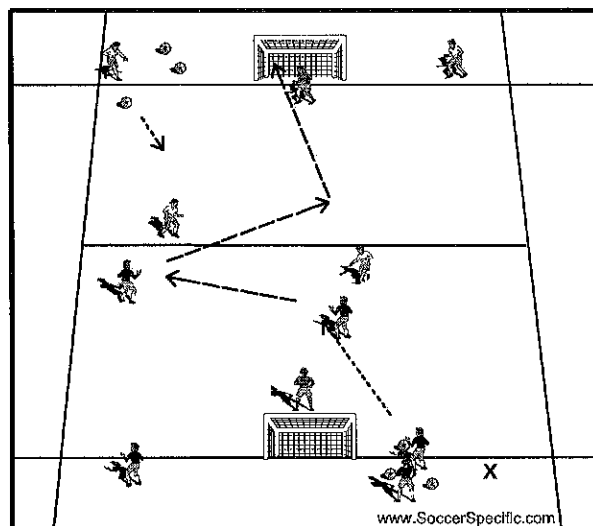
**Instructions:**

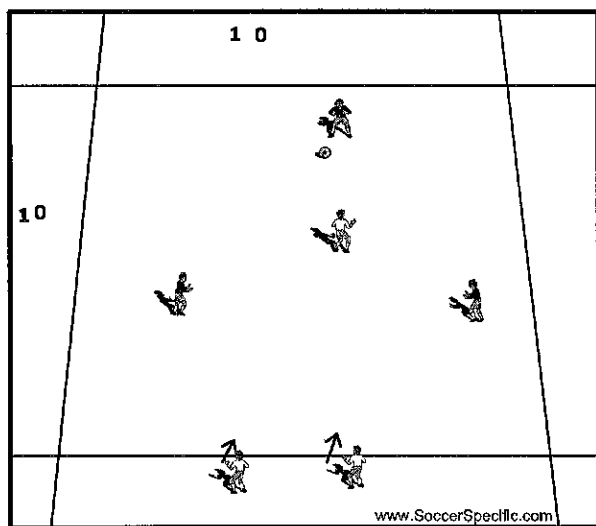
25 x 20 area or needed. Can be played with or without goalkeepers, All goals must be scored on attacking half of field. Play is continous! One pair of players from X dribbles and goes 2v2 against two players from O team trying to score on the O goal.

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 #1**

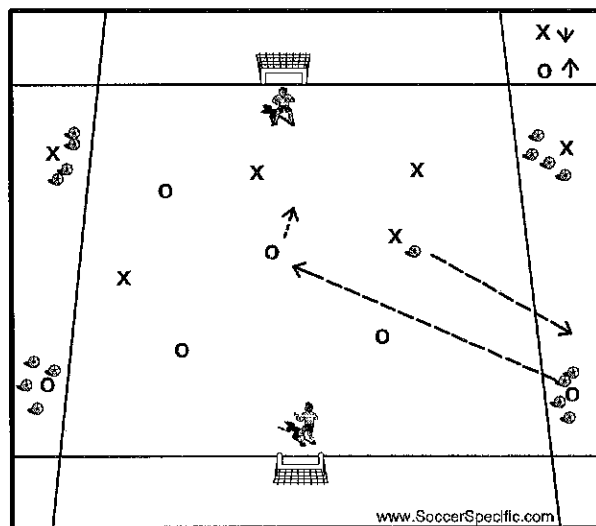
**Set up:** Transition warm up

**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**

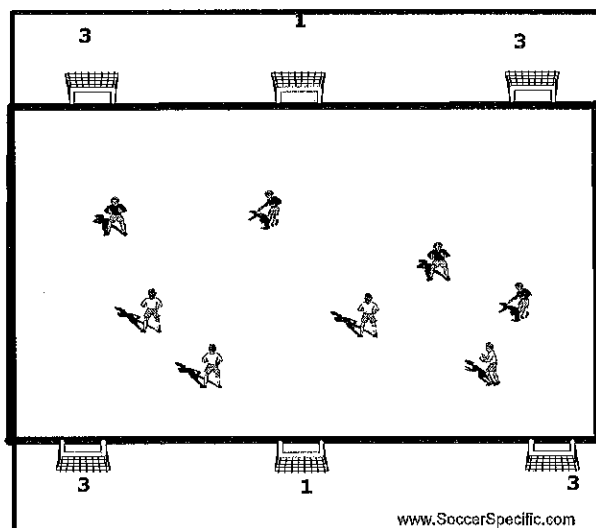
**Set up:** Transition Exercise

**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



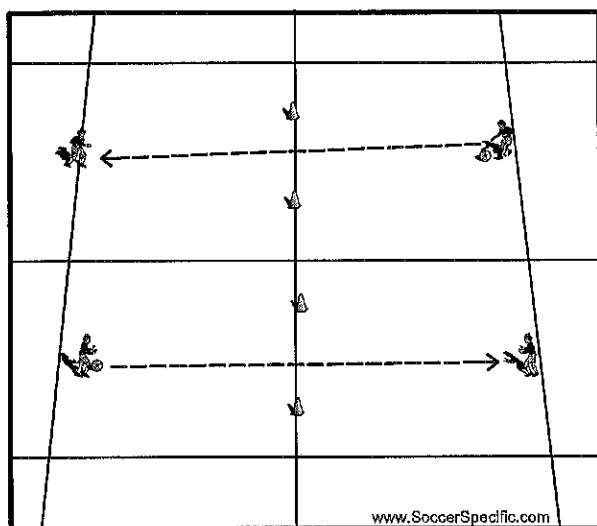
**ACTIVITY #3**

**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:** Unopposed Finishing

**Instructions:**

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

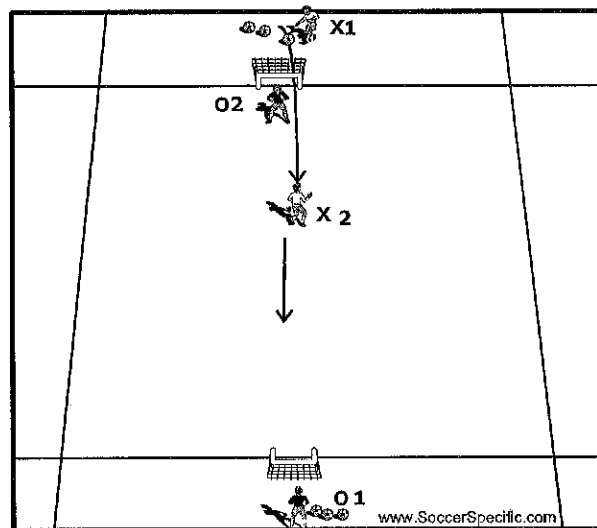
Progress: Take a touch and hit a moving ball

**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:** UNC Over the Top Finishing Game

**Instructions:**

X1 serves over the top of the goal to X2. X2 finishes. Then X2 retreats and plays GK. O1 then serves over the top for O2 to finish.

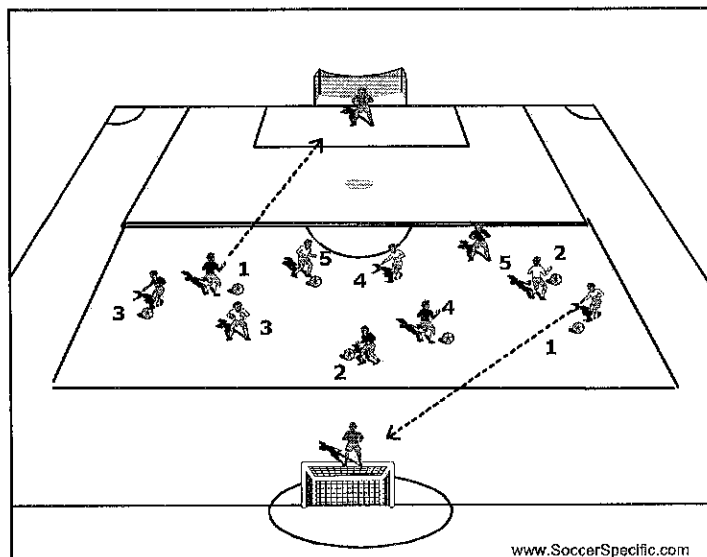
First to 5 goals wins, rotate players

Progress: Must either Volley or head in

**Coaching Points:**

Watch ball to foot

Lock ankle follow thru



**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

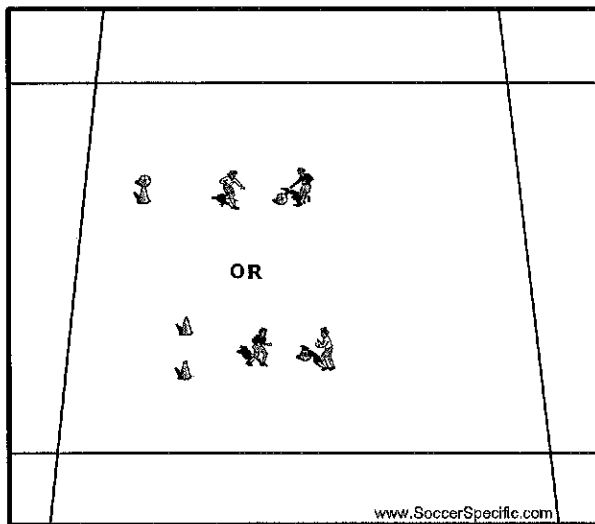
1st to score gets point

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**

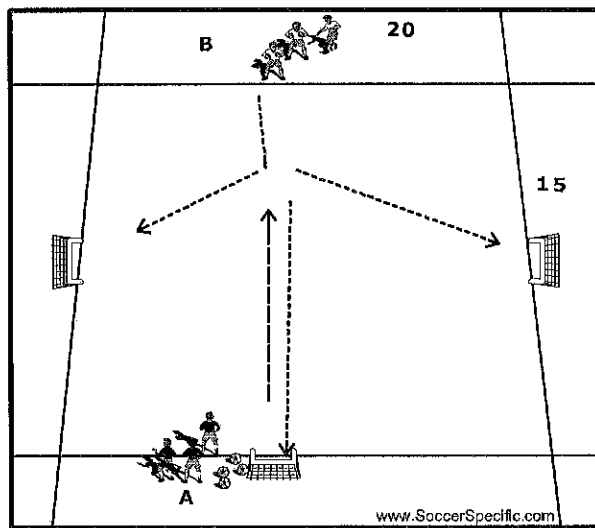
**Set up:** 1v1 to Cone Goals

**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**

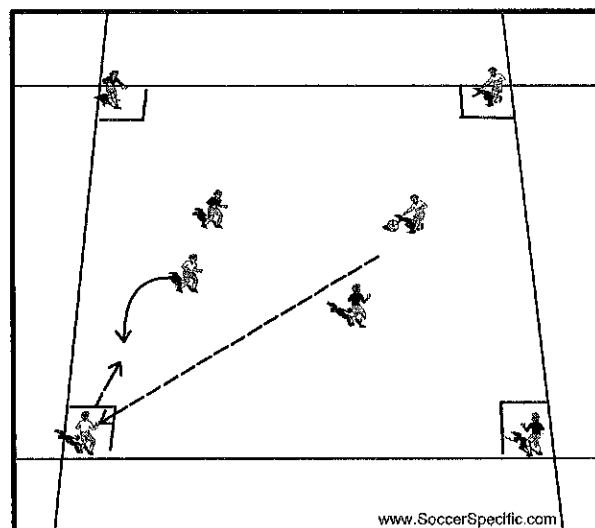
**Set up:** 1v1 to three goals

**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

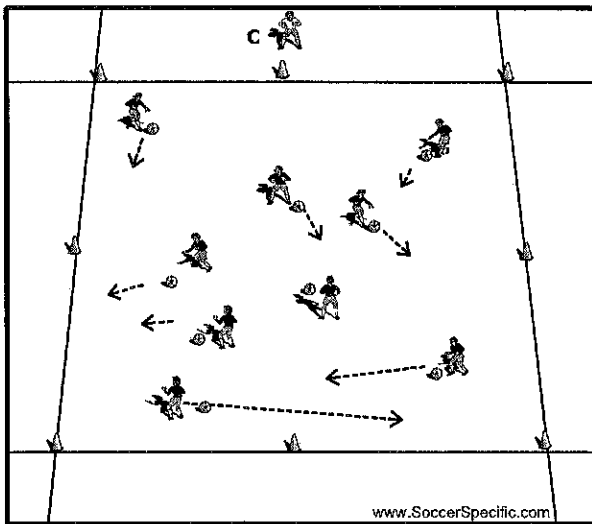
**Instructions:**

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

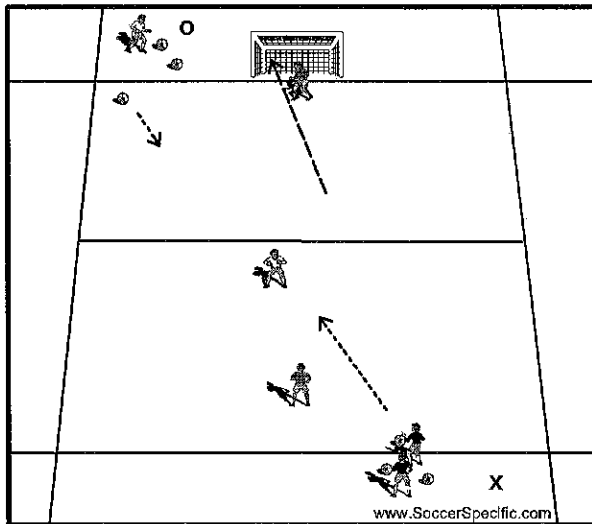


**ACTIVITY #1**

**Set up:** 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 else's
- 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)



**ACTIVITY #2**

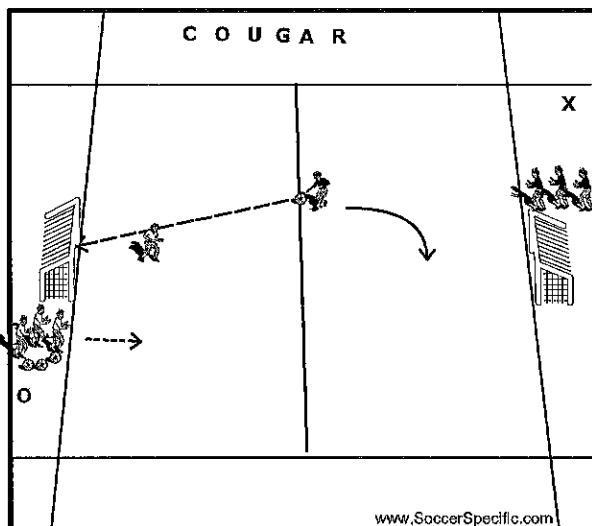
**Set up:** Flying Changes

**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 #3**

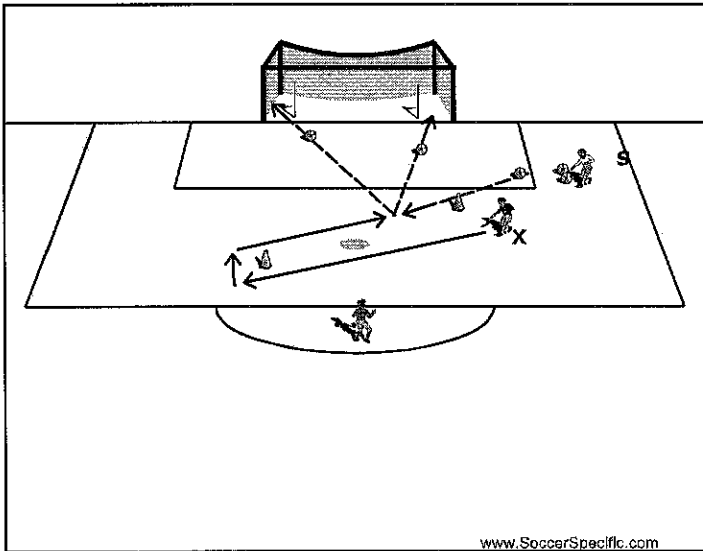
**Set up:** Cougar

**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:**

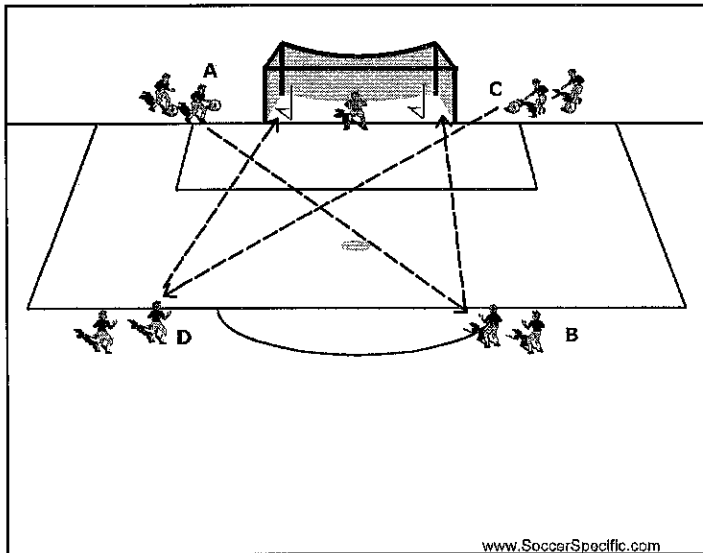
Three players. One serves, one works and one counts. Each player shoots 5 to 8 balls. Player (X) starts at one cone and runs around the other. Server (S) plays ball on ground and player finishes. Two points for ball inside the flag and post, one for ball hit into net. No points for ball that misses to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

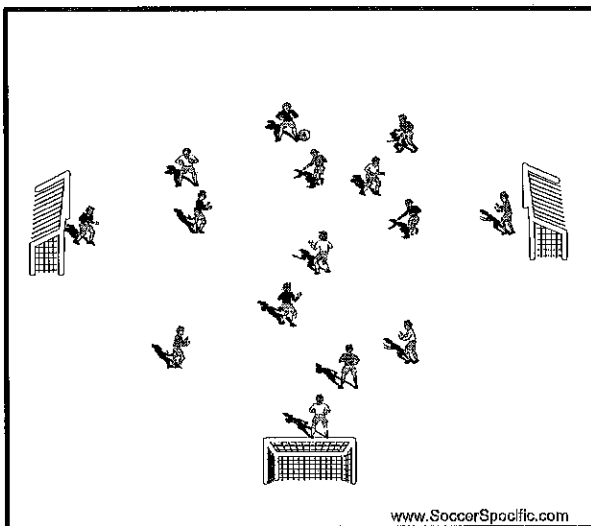
Progress: 1 touch far post

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



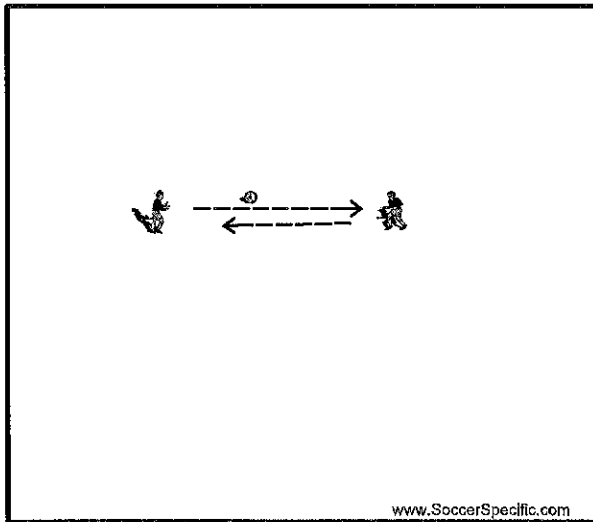
**ACTIVITY #3**

**Set up:** 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:** 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

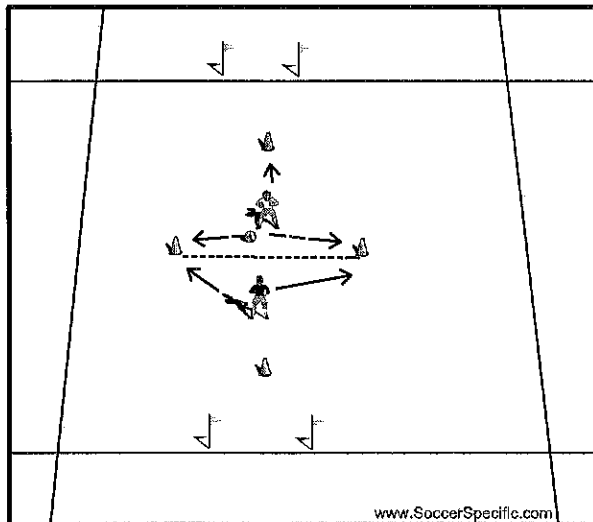
Head only

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:** 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 #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

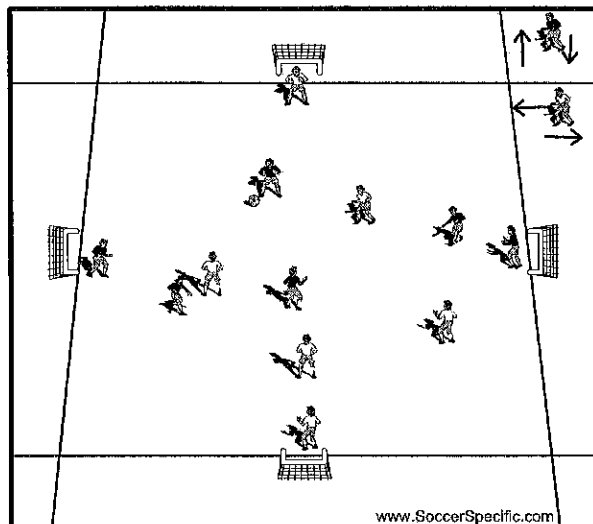
Add Goalkeepers and use them as targets.

Play normal game with goalkeepers

**Coaching Points:**

Get shots on frame

Shoot when opportunity arises, don't wait



**ACTIVITY #1**

**Set up:** PELE Series

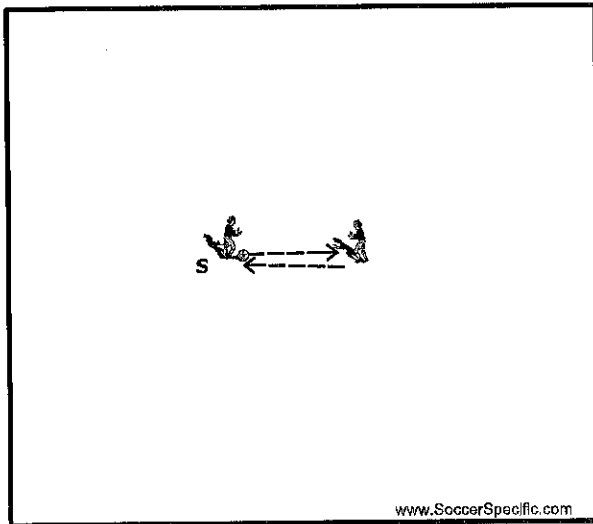
**Instructions:**

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

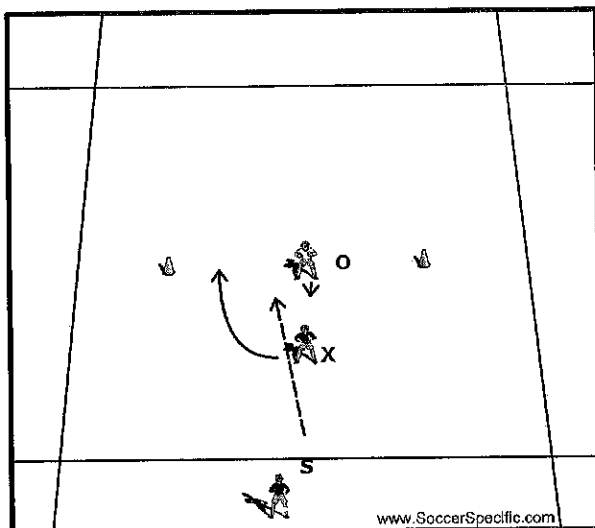
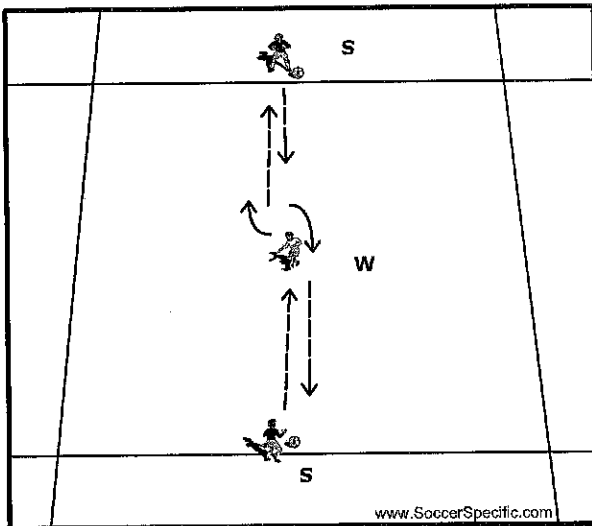
Progress: Add a goalkeeper and try to turn and score on the goalkeeper

**Coaching Points:**

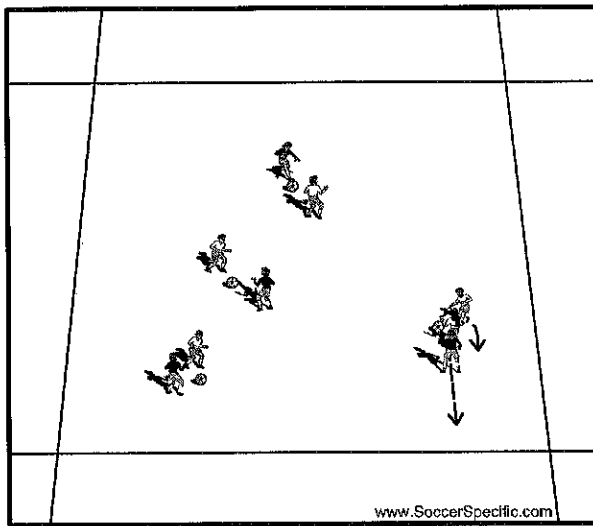
Check at angle

Face up defender

Quality turns with ball







**ACTIVITY #1**

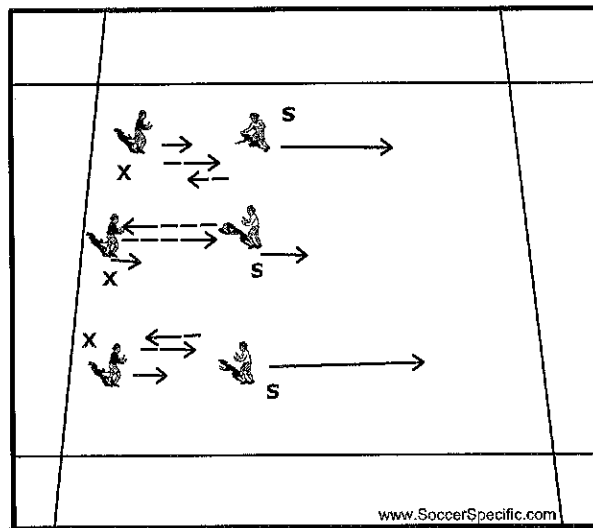
**Set up:** Rock Paper Scissors

**Instructions:**

Pair up with a ball. Players play rock-paper-scissor. Winner immediately gets a chance to play the ball quickly off their opponents shin. If this occurs, player that played pass get a point. The player who lost the rock-paper-scissor attempts to jumps and avoid the player attempting to hit their shins. Play is continuous. Both players move to where the ball is next. No boundaries  
Play to 5 points then rotate players

**Coaching Points:**

Fun warm up game



**ACTIVITY #2**

**Set up:** Russian Volley Sequence

**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

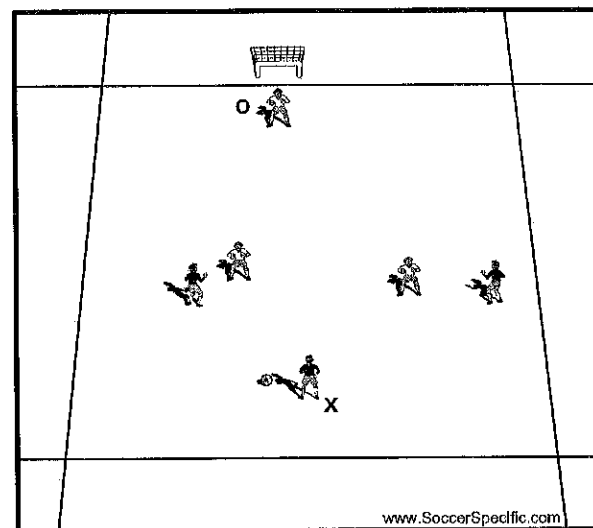
Server tosses ball (two hand underhand), X volleys ball back to Server with instep

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:**

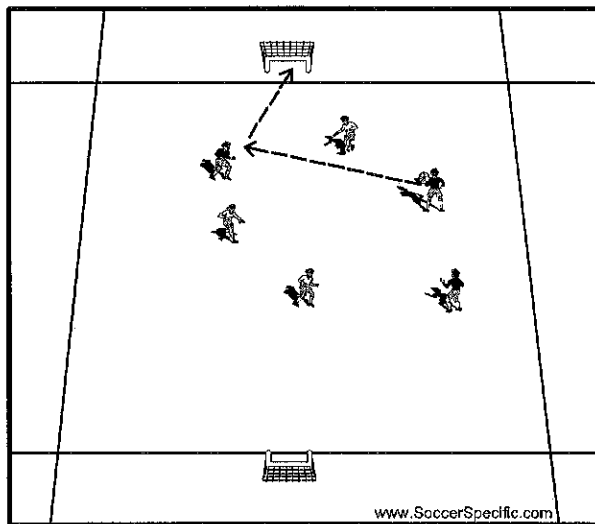
Team in possession (X) has three players while defending team (O) has two players and a goalkeeper. When defending team (O) wins the ball, one of the X players drops back to play goal keeper while the goalkeeper from the O team now transitions and joins the attack making it 3v2 for O team

**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.

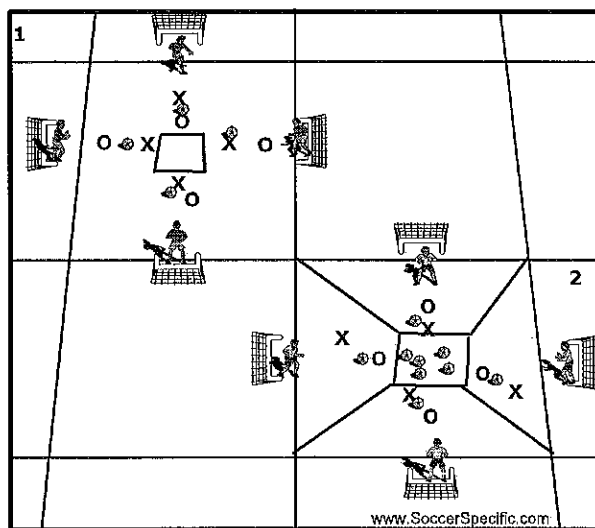
To score, players have to pass the ball with their hands for a teammate to head it in the goal.

**Coaching Points:**

Movement and execution..

Communication

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)

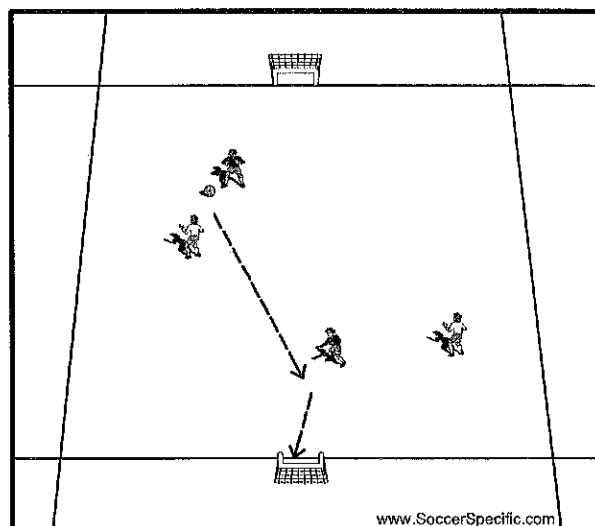
2. If you score, get another ball and begin another attack. If defender wins balls, they become attacker and attack same goal ( play for time 30-60 seconds. Most goals wins)

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

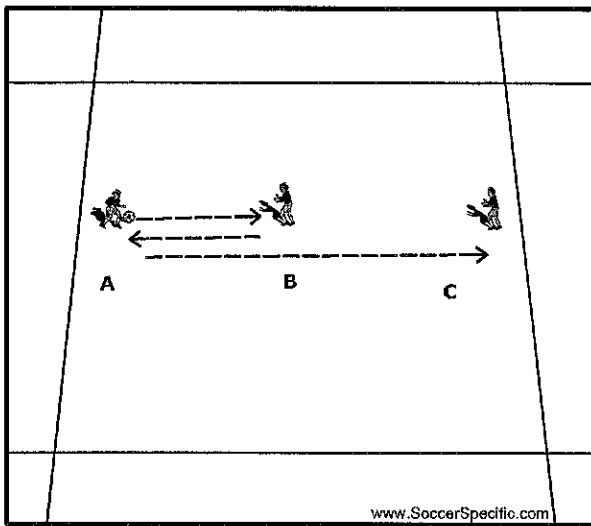
Keep score!!

**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

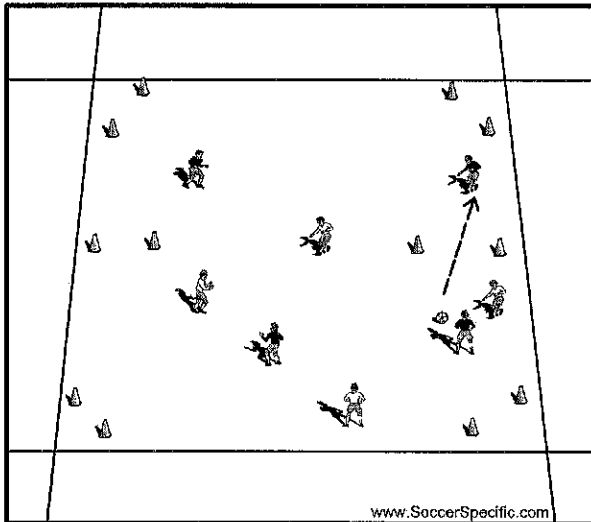
Play all passes on ground with inside of foot

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.

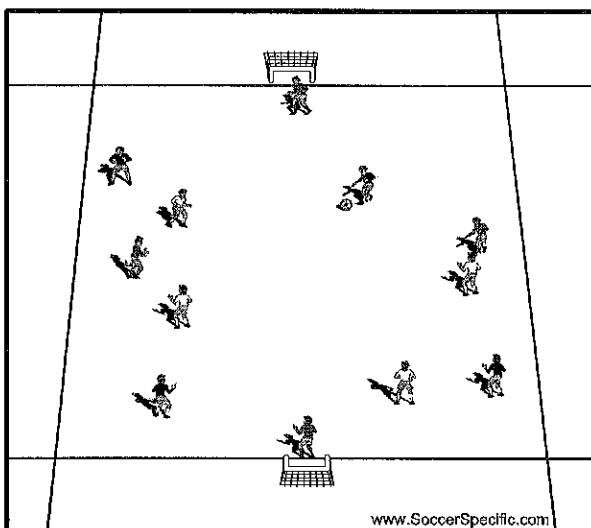
Play for time or score

**Coaching Points:**

Passing and movement

Spacing

Pace and accuracy of pass



### ACTIVITY #3

**Set up:** 4v4 + 2 to goal

**Instructions:** 2 teams of 4 + 2 Neutral players who play with the team in possession of the ball (6v4).

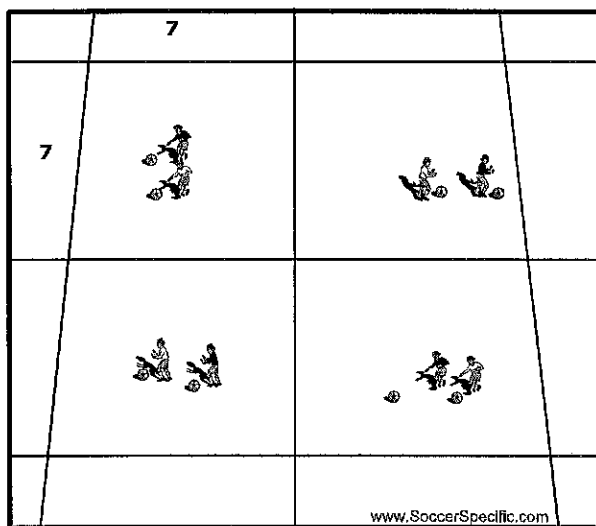
Six consecutive passes = 1 point.

May add touch restrictions if necessary

**Coaching Points:** • Visual and verbal communication

• Clear communication between defenders on who will pressure the ball

Knowing when to switch roles and become second defender



**ACTIVITY #1**

**Set up:** 1v1 in a square (strength and endurance)

**Instructions:**

Groups of two. Two players inside the square (5x5-7x7 otrneeded), one ball per player.

For 30 seconds (then rest for 30) , try to push each other outside of the square with control of the ball. Rotate positons after 30 seconds. Players can only use their body but no arms. A player will earn 1 point by pushing the opponnet out of the square.

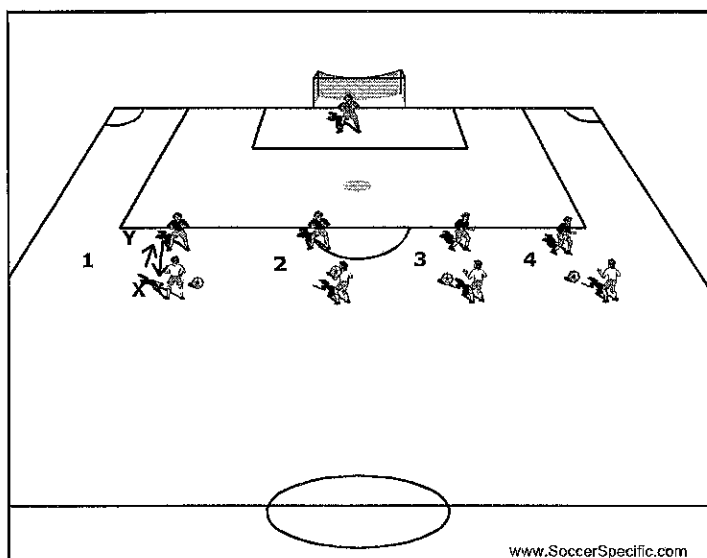
**Progress:** Try to play the opponents ball out

**Progress:** One ball in the middle of the square, one player protects it and the other tries to regain possession

**Coaching Points:**

Keep body sideways on to protect ball

Keep low center of gravity



**ACTIVITY #2**

**Set up:** 1v1 to goal -Top of the box

**Instructions:**

To start: Coach calls out number: (1-4) that pair plays X plays Y.

Y plays one touch pass back to X. Game is now live. X goes 1v1 and tries to beat Y and score: X now becomes Y and Y now become X. Keep score. Play for time. Losers get fitness

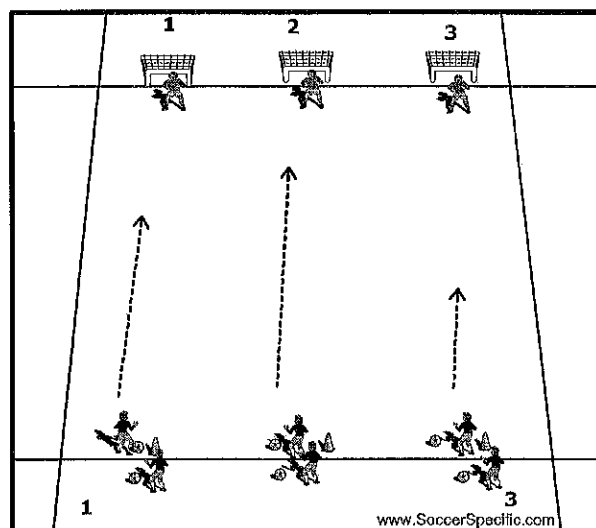
**Progress:**

Rotate X players to right so they play different players

**Coaching Points:**

Use moves and feints to offset defender

Finish on frame of goal



**ACTIVITY #3**

**Set up:** Finishing: LFC Breakaways

**Instructions:**

1. Gk's throw to first player in their own line, 1v1 to goal

2. Gk's throw to first player in their own line, 2nd player in that line chases on 1st touch from first player

3. Only center goal is used. GK throws to first player in center line. On their first touch to goal, first player from lines 1 and 3 chase

4. Only center goal is used. GK throws to first player in any line. On their first touch to goal, first player from other two lines chases

5. Only center goal is used. Add two lines between goals. GK throws to any line and go 3v2 develops.

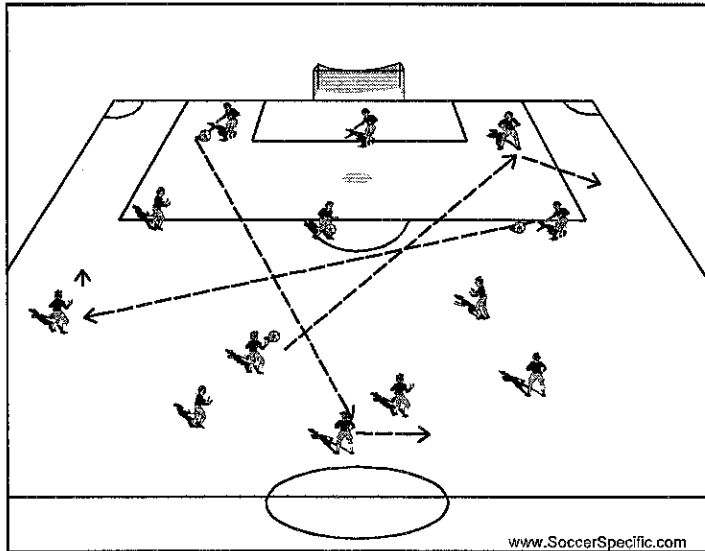
6. Only center goal is used. Add two lines between goals. GK throws to any line and go 3v2 develops.

**Coaching Points:**

1st touch to goal

Cut across front of defender if needed to buy foul or time finish

Gk needs to close quickly



**ACTIVITY #1**

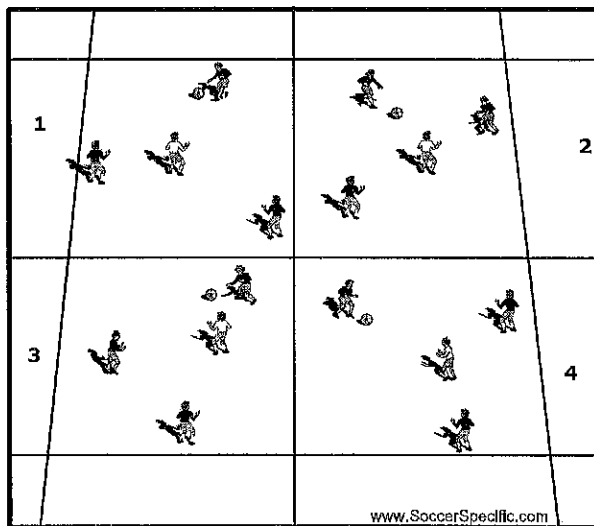
**Set up:** Technical Passing Warm up

**Instructions:**

Utilize the entire half field, and begin with simple long-passing between players. Continuous.  
 Vary service to include:  
 Driven balls on the ground  
 Driven balls in the air  
 Flighted (lofted) balls  
 Bending balls (U12 and above)

**Coaching Points:**

Body shape and balance  
 Preparation touch  
 Speed and angle of approach (hips and shoulders toward target)



**ACTIVITY #2**

**Set up:** 3v1 Passing and receiving

**Instructions:**

Groups of four players. 3 attackers and 1 defender. Work continuously at high intensity for 2-3 minutes. Three attacking players keep possession (unlimited touches) from 1 defending player. If defender wins ball, they give ball back to attacking team. Rotate defenders

Progress: If defender wins ball three times, they are out and someone else defends

Progress: 2 touch maximum

Progress: 1 touch

Progress: when coach says "change", players from field 1 sprints to field 2 and players from field 2 sprint to field 1. Same for the players in grid 3 and grid 4. They exchange grids. Last players over are defenders

**Coaching Points:**

Focus and movement to support (triangle)  
 Weight and accuracy of pass

**ACTIVITY #3**

**Set up:** Two Team Game

**Instructions:**

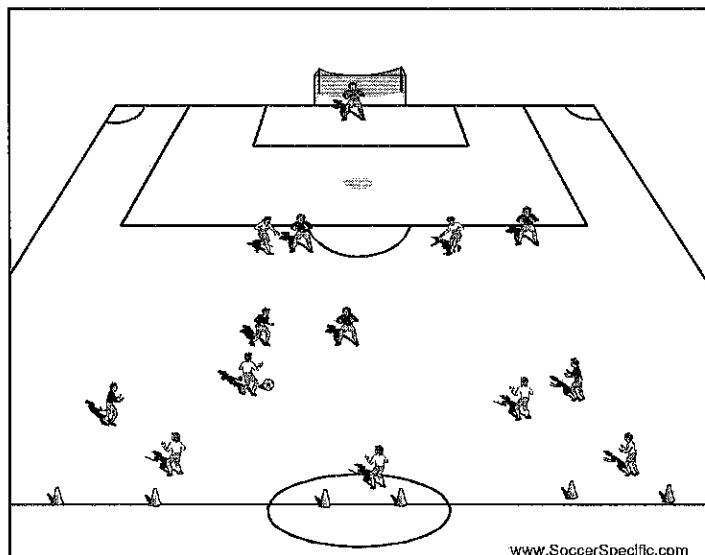
Two teams: One team attacks the goal, while the other tries to only keep possession. 5 passes in a row = 1 point. Play for time then change roles

Progress: One team scores on goal with goalkeeper and other scores by playing thru any of the three small goals

Progress: Limit touches or play numbers up or down

**Coaching Points:**

Movement  
 Communication  
 Decision Making



**ACTIVITY #1**

**Set up:** Brazilian Ball Striking I

**Instructions:**

3 players on each side. 15-20 yards long 10 yard wide area. Players pass inside their half then try to score thru the gaps over the opponents end line, Must shoot before the half line, and ball must below the waist to count as a goal.

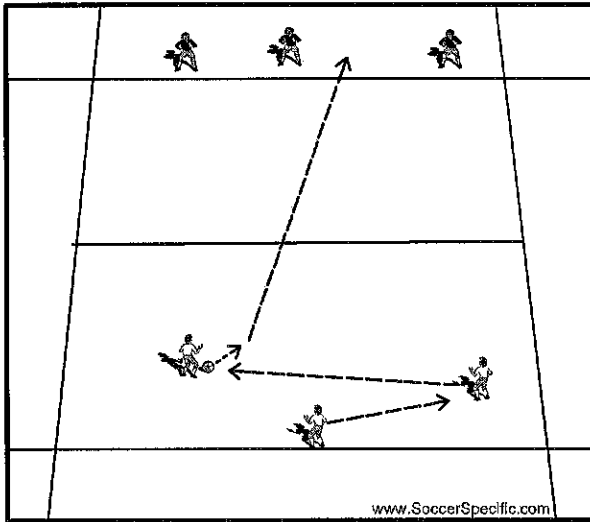
Start out with players not being able to use their hands. Players take a touch then try to score over the opponents line.

Progress: If player thats acting as a goalkeeper controls the shot coming in with a controlled touch, his line goes 2v2 to endlines against the other team (one player drops from shooting team and one joins from defending team)

**Coaching Points:**

Slot, bend or drive ball to score?

Proper striking technique



**ACTIVITY #2**

**Set up:** Brazilian Ball Striking II

**Instructions:**

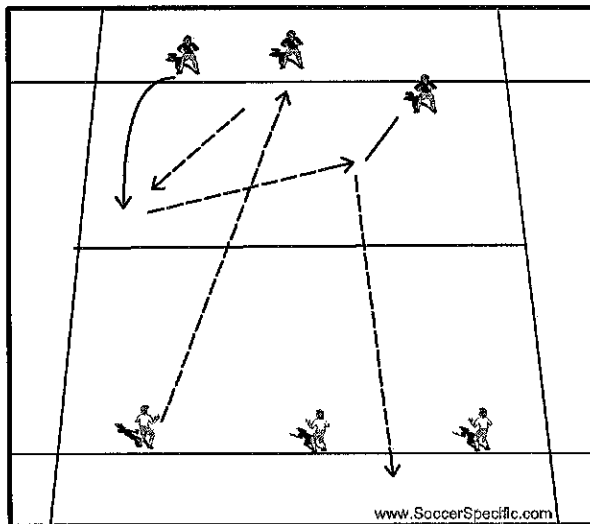
3 players on each side. 15-20 yards long 10 yard wide area. Try to score thru the gaps over the opponents end line, Must shoot before the half line and ball hasd to be below waist to count as a goal. Players can use their hands to save shots.

Receive ball, one of other two teammates checks away, comes to receive pass and sets shot (set square or slightly backwards) for other teammate to shoot.

**Coaching Points:**

Slot, bend or drive ball to score?

Proper striking technique



**ACTIVITY #3**

**Set up:** Brazilian Ball Striking III

**Instructions:**

3 players on each side. 15-20 yards long 10 yard wide area. Try to score thru the gaps over the opponents end line, Must shoot before the half line. Players can use their hands to save shots.

Receive ball, one of other two teammates overlaps, players takes touch inside and sets teammate for shot (put ball out in front of them so they can run into it) Ball must be below waist for goal to count

**Coaching Points:**

Slot, bend or drive ball to score?

Proper striking technique

