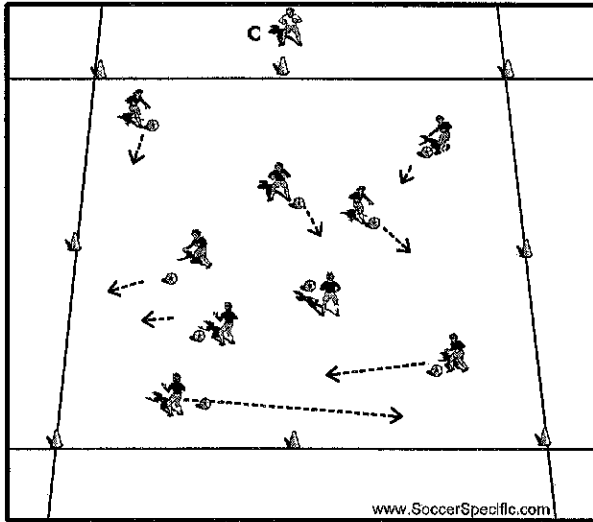




U8

SEASON OF SESSIONS

ACTIVITY #1



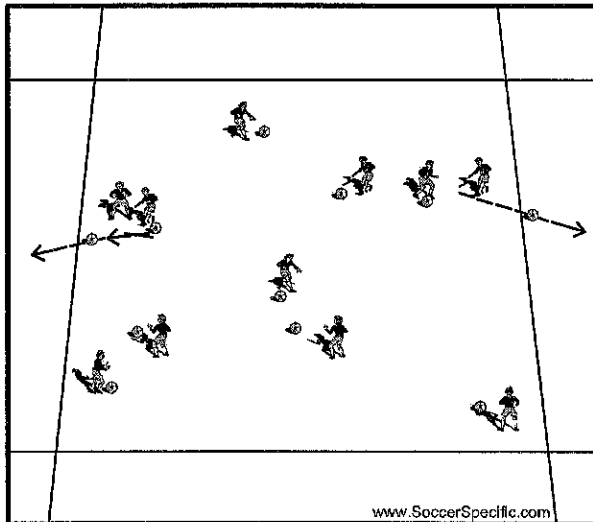
Set up: Grid Dribble

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)

Coaching Points:

ACTIVITY #2



Set up: Knockout

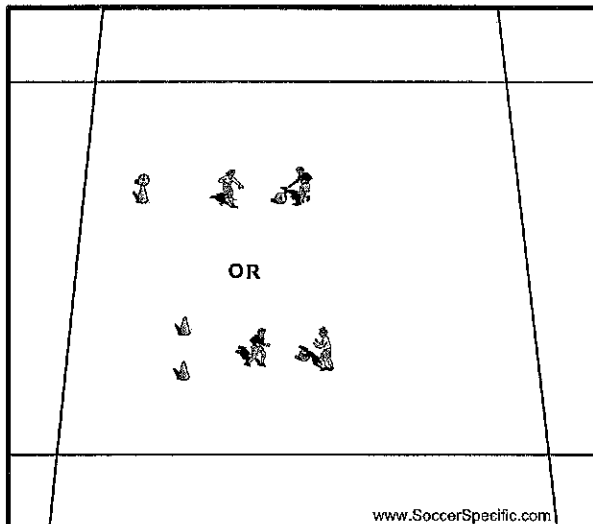
Instructions:

- 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 minute
- Progress: Play team vs team knockout

Coaching Points:

- Decision making
- Encourage players to engage and knockout others balls
- Shielding and escaping

ACTIVITY #3



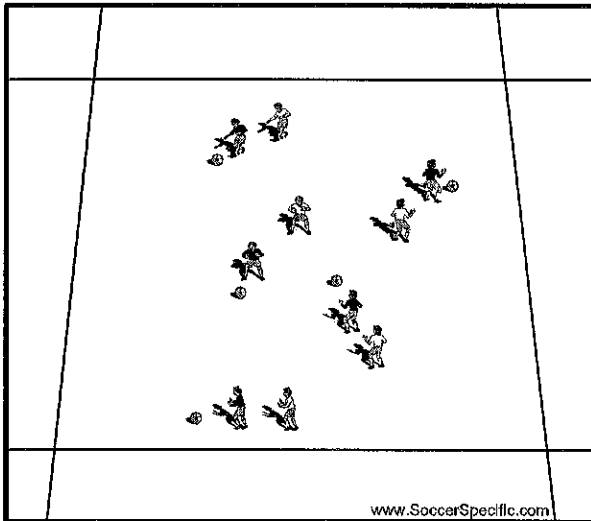
Set up: 1v1 to Cone Goals

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 #1

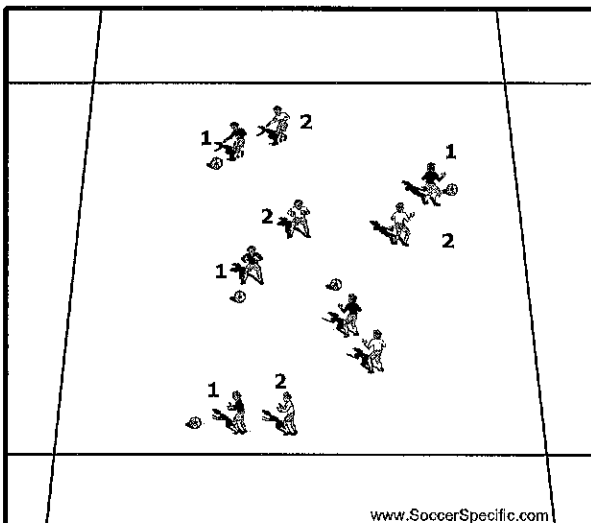
Set up: Follow the Leader

Instructions:

Players are divided into pairs. Players are numbered #1 and #2. Player #1 starts as the leader and dribbles the ball anywhere in the grid. Player #2 must follow player #1 and copy all the moves and skills that are shown. Play for 45 seconds then change roles. After a couple runs, change with a different partner in the grid.

Coaching Points:

- Keep ball close
- Ask players to use both feet and all parts of the foot
- Encourage players to use different moves and fakes



ACTIVITY #2

Set up: Shadows

Instructions:

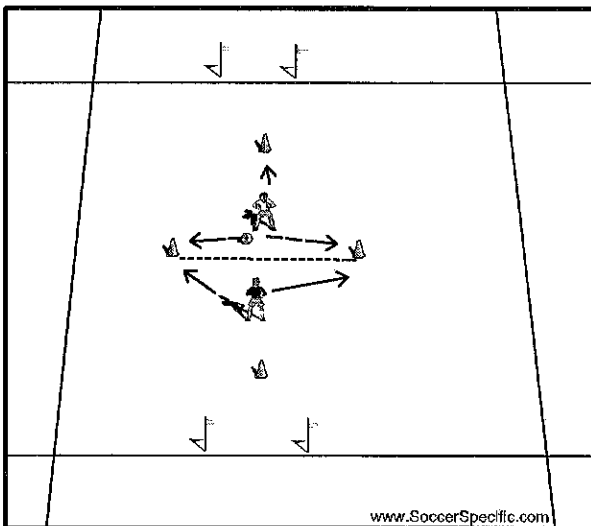
Players are divided into pairs. Players are numbered #1 and #2. Player #1 starts as the leader and dribbles the ball anywhere in the grid. Player #2 must follow player #1 and copy all the moves and skills that are shown. Play for 30 seconds then change roles. Rotate players

Progression:

Now (both players are dribbling a ball) player # 1 attempts to lose their shadow by dribbling around in grid. When coach says "freeze," the leader must stand still with their legs open and the follower must attempt to pass the ball between their legs

Coaching Points:

- Encourage creativity to shake shadow (defender).



ACTIVITY #3

Set up: Mirror Game

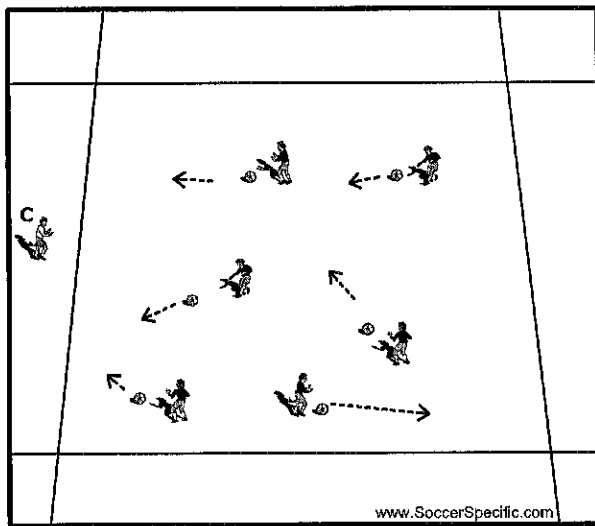
Instructions:

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: Freeway

Instructions:

Players dribbling around the area and react to the Coach's commands.

Freeway: Dribble Fast

Red Light: Stop ball with top of foot

School Zone: Dribble slow

Crash: fall to ground get back up and dribble

Change: Players leave ball and dribble someone else's ball as fast as possible

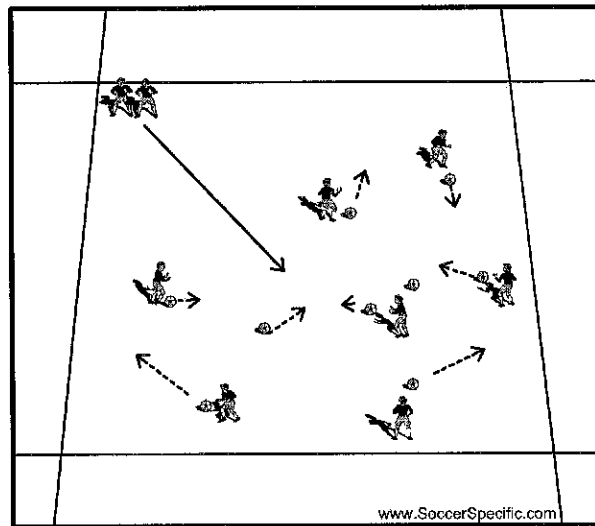
Here comes the Police: Coach sprints into grid and attempts to kick balls out (make siren sounds to make it fun),

Progress: Delegate what foot to dribble with (ex left only, right only, laces only)

Coaching Points:

Listening skills

Reaction, awareness, confidence and decision making



ACTIVITY #2

Set up: Blob

Instructions:

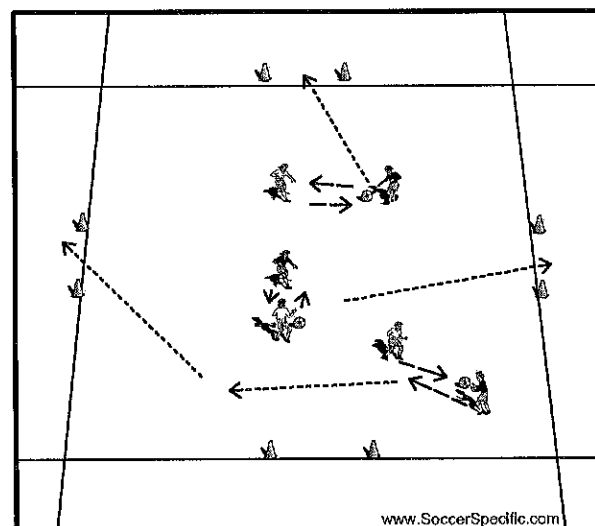
To begin, two players join hands in the corner of the grid. (Blob). The rest of players are dribbling inside the grid. On command, the blob chase the other players and try to kick their ball out of the grid. If players are out, they join the blob. (blob gets bigger and bigger).

Progress: When four players have joined a blob, they split into two pairs of two players.

Coaching Points:

Change of speed and direction

Disguise and escapeability



ACTIVITY #3

Set up: Perimeter goals

Instructions:

2 players to a ball, inter passing. When coach says "play" player in possession of ball tries to beat other player and dribble thru a mini goal. Players can score on any goal. Rotate players

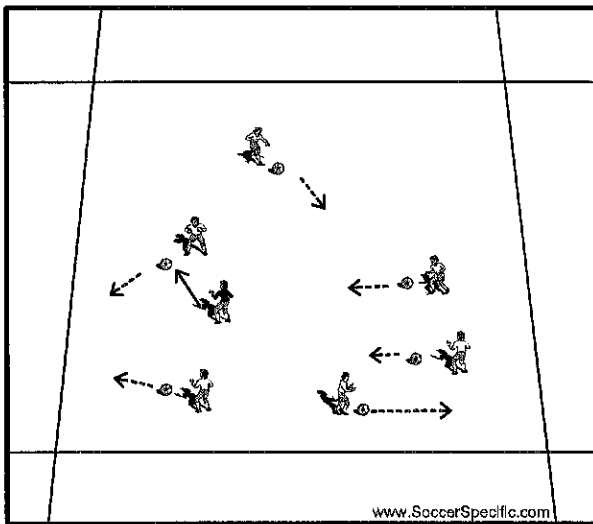
Progress: Team vs Team

Coaching Points:

Take players on

Decision making

Disguise and score



ACTIVITY #1

Set up: Big Bad Wolf

Instructions:

Each player with a ball. Coach begins as the Big Bad Wolf, and then designates each player to be the Big Bad Wolf at least once. On coach's command, the BIG Bad Wolf (growls) chases and attempts to kick the player's ball out of the area. If the ball is kicked out of the area, that player does 5 toe touches and dribbles back into the area to continue playing.

Progress:

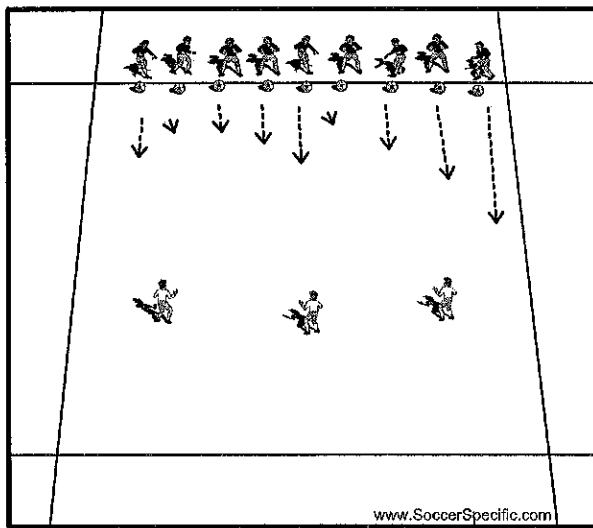
Players knocked out of grid, come back inside of grid, and must now stand with their ball above their head and spread their legs. To get back in the game, a teammate must dribble thru their legs without the Big Bad Wolf getting their ball.

Coaching Points:

Shielding

Visual and verbal communication between players

1v1 awareness



ACTIVITY #2

Set up: Crab Soccer

Instructions:

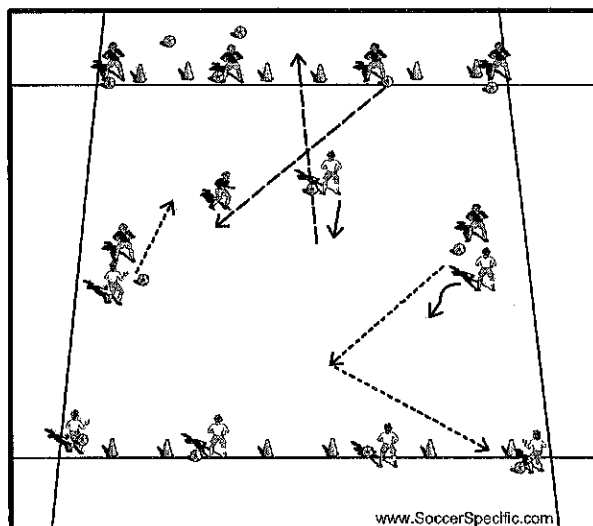
Players with balls, attempt to dribble from one side of the grid, past the crabs and safely to the other side. If a player's ball is won by a crab, played out of bounds by a crab, or dribbled out of bounds by the player, that player becomes a crab. Crabs can't run and are in sitting position. They can only use their legs and arms to move. Dribbling players can't chip the ball into the air or they automatically become a crab. If a crab has the ball between their feet or legs, the ball is considered won by the crab. If a crab touches the ball with their hands, the dribbler gets a free pass to the other side.

Coaching Points:

Decision making

Keep the ball close or dribble with speed?

Eyes up, change direction



ACTIVITY #3

Set up: Chesler Economical Training

20 long x 30 wide or needed. Define direction

Instructions: 3 games of 1v1 go on at same time for 30 -60 seconds then rotate players in/out.

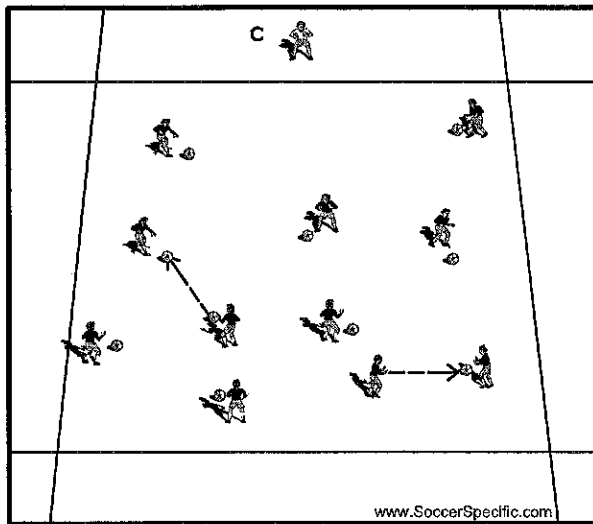
Start with each player having a foot on the ball. (vary starting methods to make game fun) Play is continuous. Each player in 1v1 attempts to dribble or pass through any of the three goals set across the grid. To score must be across half way line. If defender wins the ball s (he/she) attempts to counterattack and dribble/pass through the opposite goals. Keep track of goals scored and record to team captain after each game.

If ball goes outside or a goal is scored, their teammates can feed them a ball to transition the opposite way. .

Progress: Play 3v3

Coaching Points:

ACTIVITY #1



Set up: Marbles

Instructions:

Play for time (30-60 seconds). One or two players start with a ball in their hands (Marbles) while the rest of the players are dribbling a ball inside the grid. Players holding balls try to toss their balls and hit the balls of the players dribbling. If this happens, the player whose ball gets hit becomes a Marble.

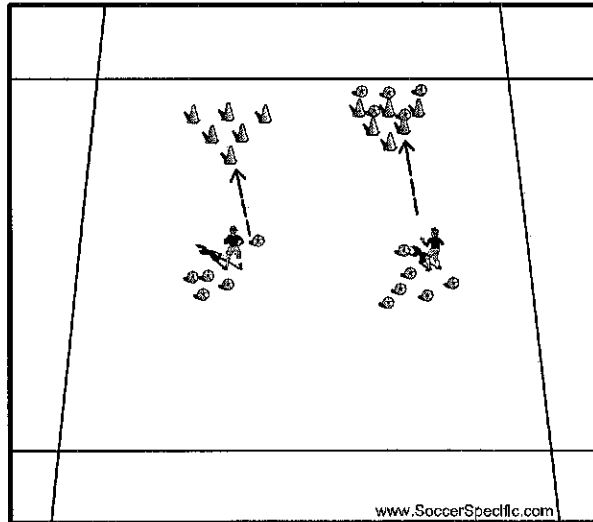
Progress: Marble players dribble and pass the balls at the other players

Coaching Points:

Shielding

Change of speed and direction while dribbling

ACTIVITY #2



Set up: Bowling

Instructions:

Set up various bowling alleys for each player. Parents/coaches act as retrievers. Players have as many bowls (kicks) as they need in order to knock all the pins (cones) down. If you only have small wazzie cones, you can place a ball on top of the cones for the players to knock down

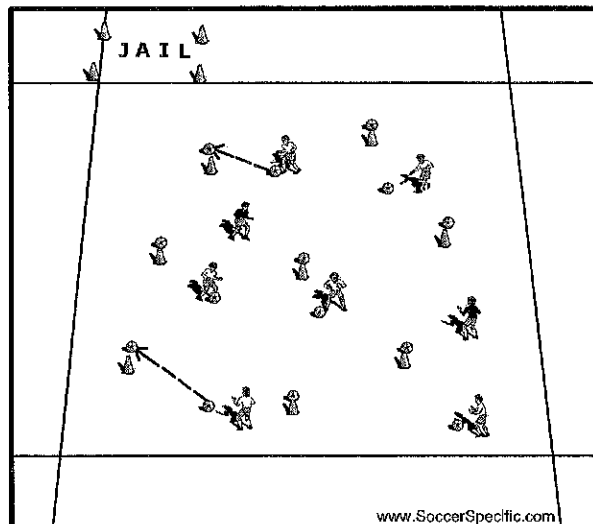
Coaching Points:

Correct passing technique use inside of foot

Hips and plant foot face target

Follow thru

ACTIVITY #3



Set up: Cops and Robbers

Instructions:

Have 2-3 cops, everyone else is a robber dribbling a ball. Robbers dribble around and try to knock over the cones by passing a ball at a cone and knocking it over. Cops attempt to catch the robbers before all the balls are knocked off the cones (Bank is robbed). If a ball is won or kicked out of the grid by the cops, that robber has to go to jail, an area designated outside the grid. To break out of jail, and back into the game, the robber has to do 5 toe touches. Play games for 30-60 seconds then change cops

Progress:

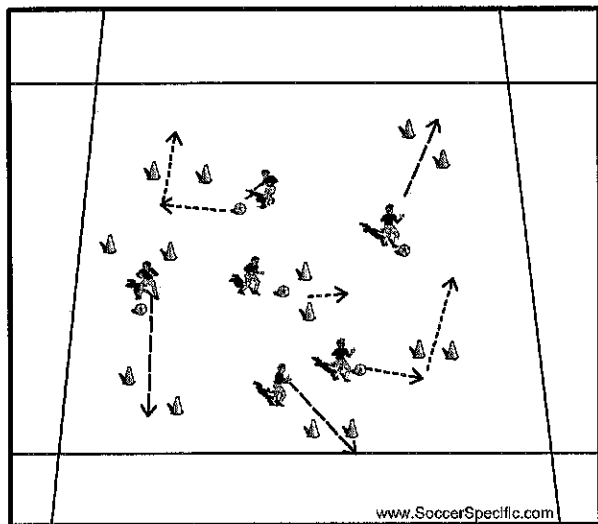
If robbers sent to jail, the only way to get out is to be tagged by a fellow robber (freeze tag).

Coaching Points:

Awareness

Change in speed and direction (dribbling)

Passing accuracy



ACTIVITY #1

Set up: Gates Game

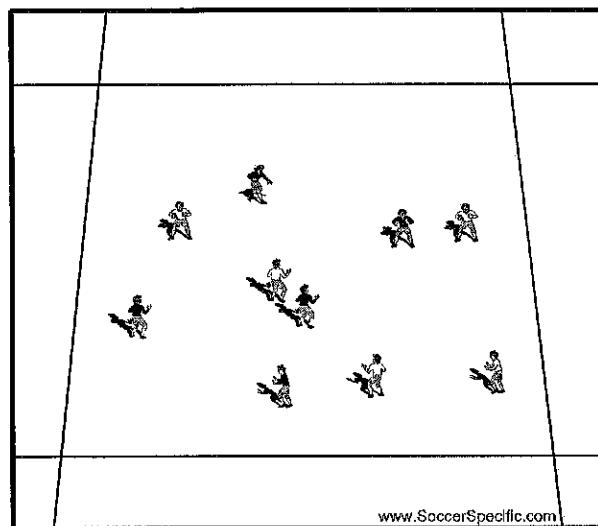
Instructions: Start out with everyone dribbling a ball. Play for certain amount of time 30-60 seconds

Progression

1. In any method you like, score as many goals in 30-60 seconds
2. Same as above but can't score on the same goal twice in a row. Players receive 1 point for every goal they dribble thru . Players lose 1 point every time they collide with each other or hit a cone
3. Add Goal Munchers (coach randomly walks thru, pause and blocks goals).
4. How fast can you score on every goal?
5. 1v1 to goal. Can't score on same goal twice in a row.
6. Team vs Team (U8 and above only)

Coaching Points:

- Change of speed and direction
- Turning
- Decision making



ACTIVITY #2

Set up: Ole'

Instructions:

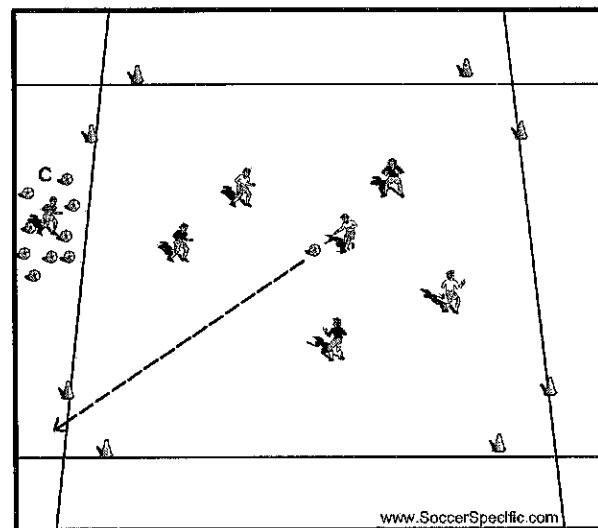
Divide players into two teams. Each player tucks a pinnie into the side of their shorts and lets it drape down. On coaches command, players attempt to pull the pinnies from any other players. When a pinnie is pulled, they scream Ole!. They leave the pinnie on the ground and the player picks up the pinnie, retucks it and continues playing. Players are not allowed to hold or guard their own pinnie. How many pinnies can a player pull of any color in 60 seconds?

Progress:

- Add a ball: Everyone is dribbling a ball. How many pinnies can a player pull of any color
- Team vs Team

Coaching Points:

- Shielding (sideways on) and movement
- Encourage players to compete and engage other players



ACTIVITY #3

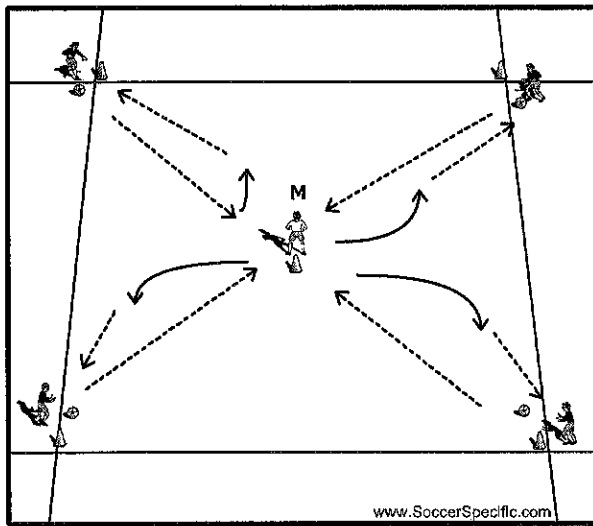
Set up: Ganzberg Game

Instructions:

Divide groups into two teams of three-four players each. Make a goal with flags, cones etc at the corner of the field. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out of bounds, the coach plays in a new ball. The object of the game is to score thru any of the four goals. The only way to score is to dribble or pass the ball thru the goals. Progress: Dribble thru a goal 3 points, pass thru a goal 1 point Progress: Designate each team two goals to attack and two to defend

Coaching Points:

- Decision making
- Goal scoring.



ACTIVITY #1

Set up: Monster Turnaround

Instructions:

4 players with a ball working at the same time. On coaches command, players dribble their balls to the center cone then execute a turn and return to their starting cone. Players get a point for dribbling at the monster and executing a turn without being tagged by the monster (M). Play for 30 seconds

Progression:

Play to beat your own score

Turn using the sole of the foot

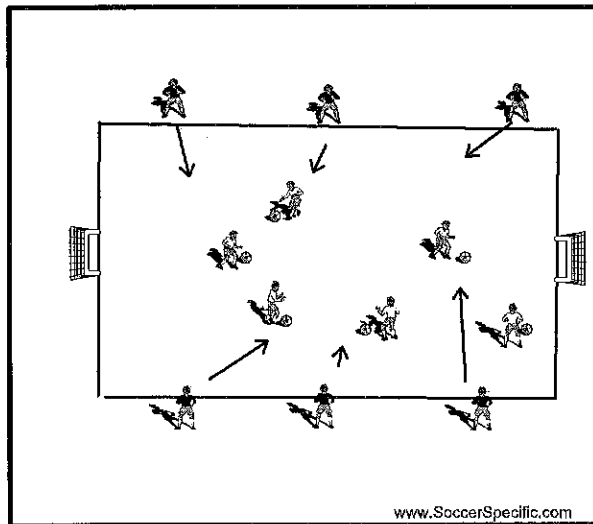
Turn using the inside of the foot

Turn using the outside of the foot

Turn after executing a stepover move

Execute a move (scissor, in and out, drag etc) and go forward to other line diagonally opposite. Make sure each move has to go to your right or your left to avoid collisions

Coaching Points:



ACTIVITY #2

Set up: Jurassic Park

Instructions:

Designate two teams: One with a ball, one without

Objective is for the (Humans) to keep possession of the ball (s) for as long as possible from the (Dinosaurs). The Dinosaurs are to try to steal the balls and score as many goals (in either goal) in the quickest amount of time:

Note: Once a ball is lost (i.e. a goal or kicked out of area), you can help your teammates keep possession of the other balls until all balls are lost. Switch Roles, Repeat

Coaching Points:

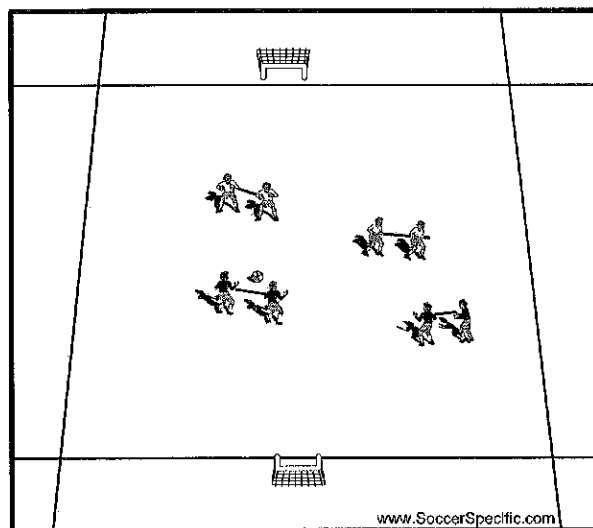
Eyes up

Ball control

Change direction and speed

Shielding

Score



ACTIVITY #3

Set up: Pinnie Soccer

Instructions:

Make two teams. Create pairs of players and have them each hold a pinnie together. Players can not let go of the pinnie at any time during the game. Play to goals

Variation: Each player from each pair must touch the ball once before passing or shooting

Variation: Add extra balls

Coaching Points:

Team Work

Decision Making

Communication

ACTIVITY #1

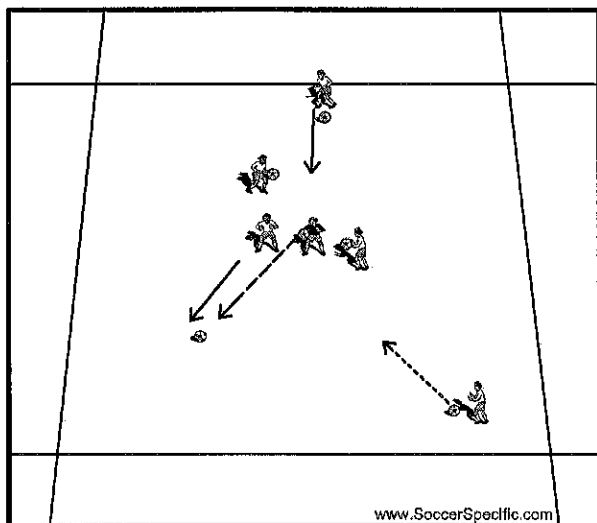
Set up: Ball Retrieval

Instructions:

The coach tosses the ball for each player to bring back with their feet, hands, elbow, forehead. Have all the players gather closely around the coach but not in a line. Each player hands the coach their ball, which the coach tosses randomly into an open area where they must retrieve the ball and get it back to you as specified and as quickly as possible.

Progression:

- Pick up ball and run back
- Pick up ball and skip back
- Pick up ball and hop back
- Bouncing ball back with one, then two hands
- Rolling it back with their hands
- Dribbling ball back with their feet
- Dribbling ball back with the bottom of their feet
- In pairs: Bring ball back without touching the hands



Coaching Points:

ACTIVITY #2

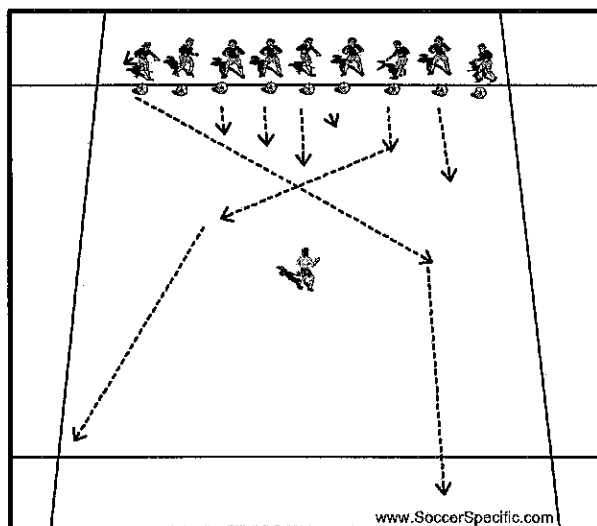
Set up: Sharks and Minnows

Instructions:

Each player has a ball and attempts to dribble from one side of the grid, past the coach (C) and to the other side. If a player's ball is won by the coach, played out of bounds by the coach, or dribbled out of bounds by the player, that player becomes a shark.

Coaching Points:

- Decision making
- Keep the ball close or dribble with speed (run with ball?)
- Eyes up, change direction



ACTIVITY #3

Set up: Ball Smugglers

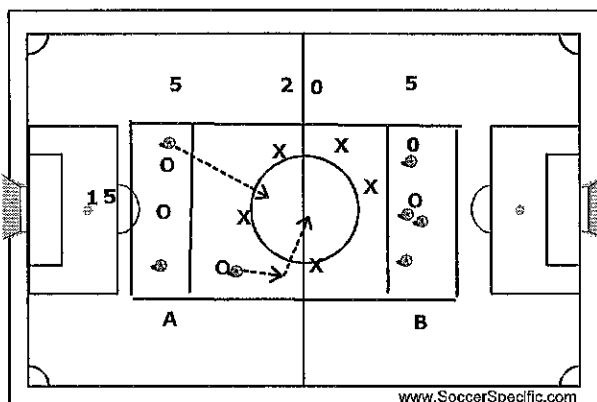
Instructions:

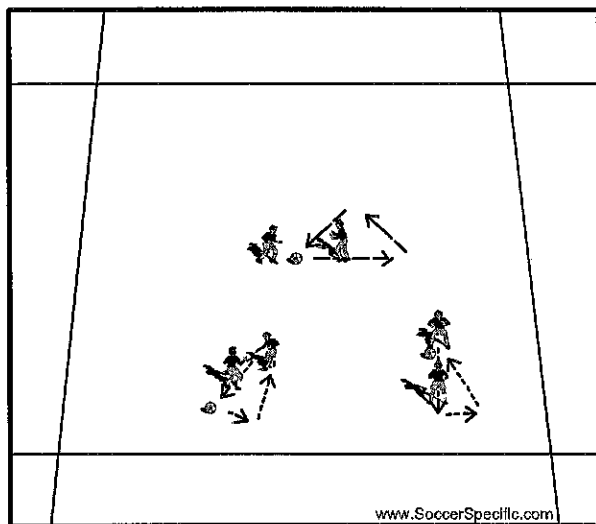
30 x 15 yard field, Inside the field, mark out two 5 x 10 dribbling zones plus a center circle 6 yards in diameter. Form two teams, one in each dribbling zone (each has a ball)

One team (police-X) defends the circle while the other players (smugglers-O) try to dribble as many balls as possible from zone A and B into the circle. Defenders/police are not allowed to enter the circle. Any dribbler/smuggler who loses a ball has to dribble back into one zone and then get a new ball from the other. Players switch roles after 1 to 3 minutes. Which team can smuggle more balls into the circle in this amount of time?

Coaching Points:

- Disguise
- Change of speed and direction
- Awareness





ACTIVITY #1

Set up: Dribbling game in Pairs

Instructions:

One player with a ball dribbles thru the legs of their stationary partner, then back around repeat. Player with legs open counts for player dribbling

Play games for 30-60 seconds.

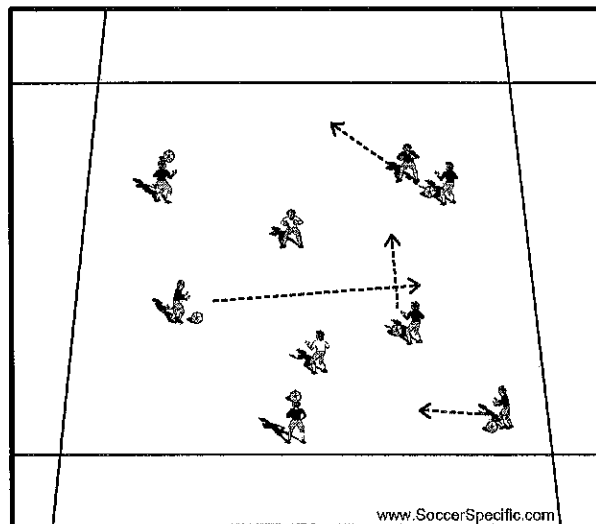
After both players go: If you tie or lose, you have 5 push ups

Progress: Dribble thru then crawl thru the legs

Coaching Points: Keep ball close

Speed on the turn

Compete



ACTIVITY #2

Set up: Freeze Tag

Instructions:

Start the game without a ball. One or two players is selected to be Capt Freeze. If one of the players is tagged by captain freeze, they become "frozen." Once frozen they shout for help. To be unfrozen, another player must come and tag them

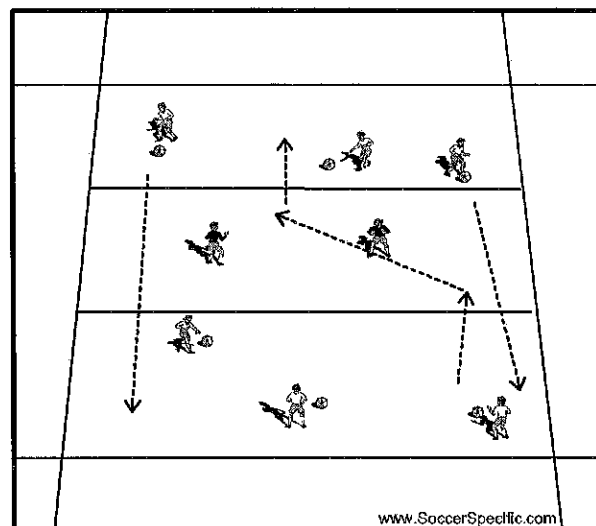
Progress: Add a ball for everyone except Captain freeze to dribble. A player that gets tagged by Capt Freeze must now hold their ball above their head with their legs opens. To unfreeze frozen players, a unfrozen player must dribble thru the legs of the frozen player.

Progress: Capt freeze dribbles a ball as well. Repeat game as above except, now to unfreeze a player, a player must now dribble thru and crawl thru the frozen player

Play for an allotted amount of time, and change the Capt Freeze until everyone has had a opportunity.

Coaching Points:

Change of pace and direction



ACTIVITY #3

Set up: Amazon Dribble

Instructions:

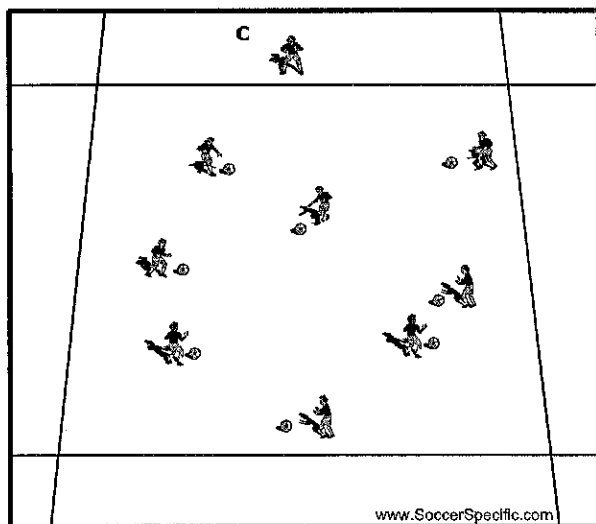
All players with a ball. Set up a area with three zones. The players must dribble from one endzone (rainforest) thru the crocodiles (center zone) safely to the other endzone. Crocodiles must stay in their zone. Play is continuous so players are coming in two directions. If a crocodile eats (steals ball or kicks a players ball out of the grid) that player becomes a crocodile. Play continues until all players have been eaten by the crocodiles

Coaching Points:

Dribbling freedom (Players make own decision dribbling)

Change of speed and direction

Fakes and Feints



ACTIVITY #1

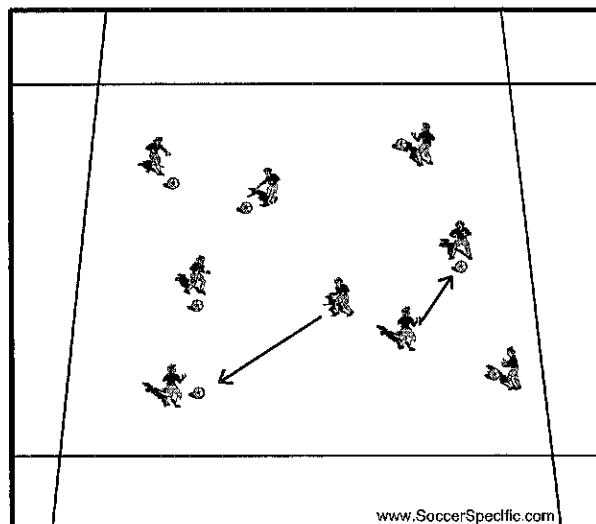
Set up: Body Part Dribble

Instructions:

All players have a ball dribbling inside the grid. The coach calls out a body part and all the players have to stop the ball with that body part. Ex. "elbow" then the players have to stop the ball with their elbow. Repeat using different body parts (head, foot, finger, knee, shin, arm etc..)

Coaching Points:

- Listening
- Coordination



ACTIVITY #2

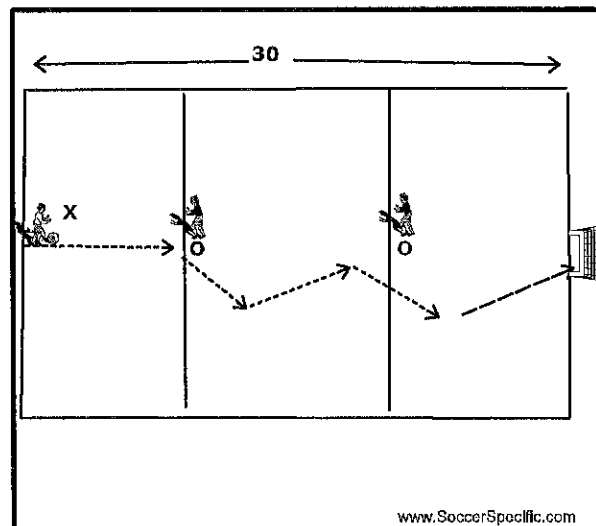
Set up: Bandit Ball

Instructions:

Two to three players are bandits without ball. All other players dribbling in area. Bandits attempt to win a ball off someone dribbling a ball. When a player loses a ball, they become a bandit and must go and try to steal one from someone else. Play for time. Players without a ball at this time get fitness.

Coaching Points:

- Close down quick as bandits
- Transition to attack or defend
- Shielding and escape



ACTIVITY #3

Set up: Gauntlet

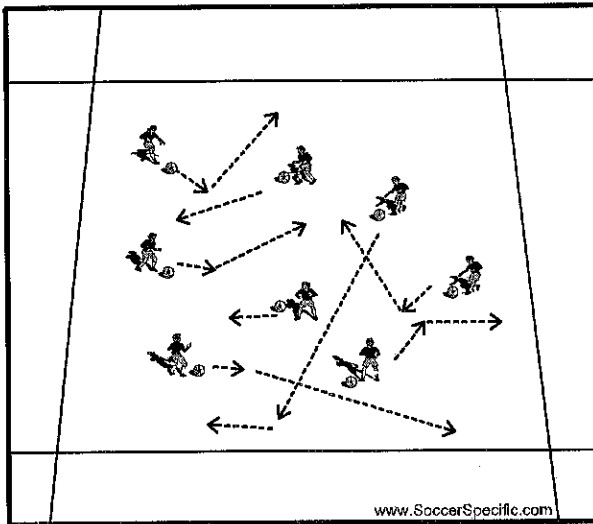
Instructions:

Attacking player (X) must attempt to dribble past both defenders (O) and score on the goal. Defenders attempt to win ball. At first, Defenders can only move laterally on their line. If defender wins ball, attacking player goes back to the start of their line. Progression:

1. If the defenders win the ball, then they can score a point by successful dribbling over the attacking player's end line.
2. Once attacker takes touch into their zone, defenders can come in and try to win the ball
3. If dender wins ball from attacker, Attacker becomes defender and defender dribbles back to start of attacking line

Coaching Points:

- Attacking front foot of defender at speed
- Change of speed, use of feints and moves
- Explode after beating defender



ACTIVITY #1

Set up: Everybody's Is It Tag Game

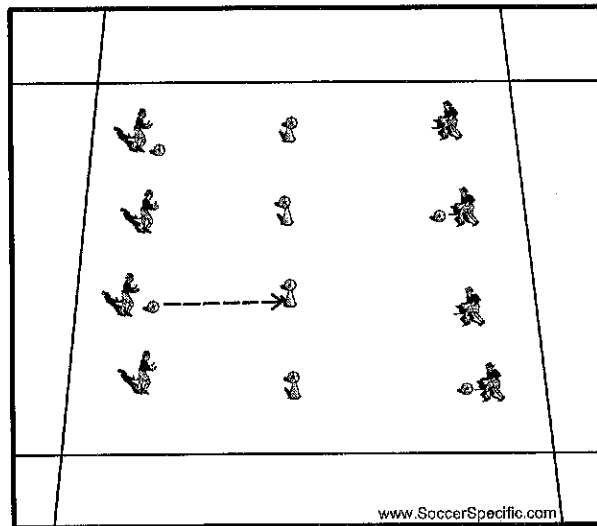
Instructions:

Play for time (30-45 seconds). On Coaches command, every player tries to tag as many players as possible. (below the head)
Progress: Add a ball. On coaches command, players are instructed to see how many players they can tag in an allotted amount of time while dribbling their ball

Progress: Instruct players to see how many balls they can touch of the dribbling players

Coaching Points:

- Eyes up
- Change of speed and direction



ACTIVITY #2

Set up: Cone Knockdown

Instructions:

In Pairs. Players pass/strike their ball and try to hit the cone and knock the ball off for a point
If player knocks ball off cone, they go and put ball up again. The other player gets possession of ball. Keep score. If you tie or lose, you owe 5 martian push ups.

Play for time, increase difficulty by adding distance if needed.

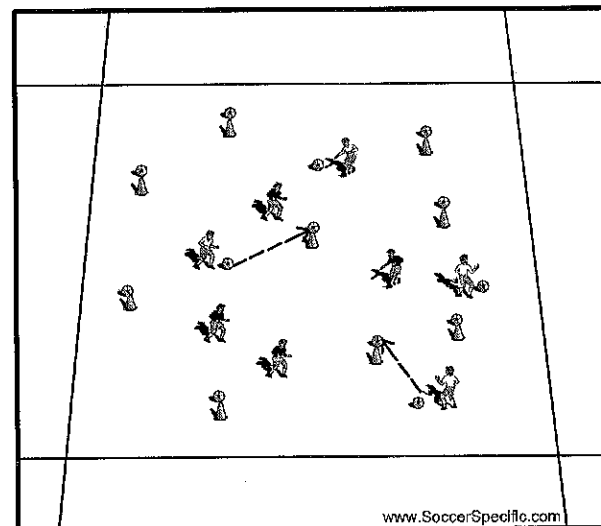
Rotate players so they play different players

Progression:

- Hit stationary ball
- Take a touch and hit a moving ball

Coaching Points:

- Hips square to target
- Plant foot pointed at target, hit with instep
- Follow thru
- Toe up ankle locked



ACTIVITY #3

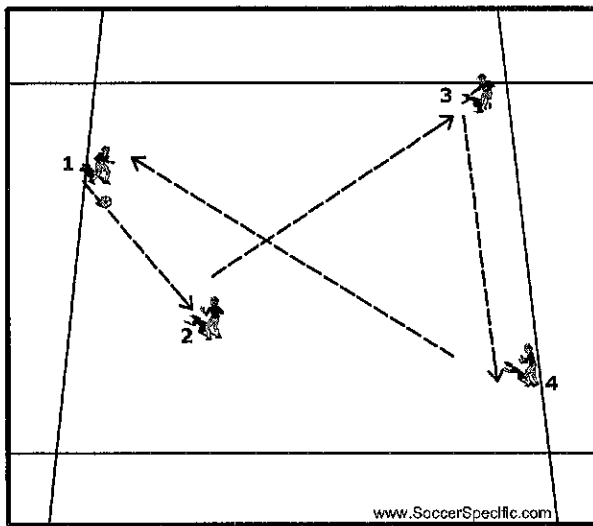
Set up: Cone Knockdown II

Instructions:

Split group into two teams. Spread Cones around the grid or place a ball on top of each cone. Place at various positions around the grid. The team with the soccer balls attempts to knock the balls off the cones and the other team attempts to stop them by passing their balls out of the grid. If their ball goes out of the grid, they have to do 5 toe touches to get back in. If a cone gets knocked down, they cone is left down. Play for time then switch roles

Coaching Points:

- Keep eyes up and attack the best option
- Ask players to use inside of their foot to knock balls off cones



ACTIVITY #1

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

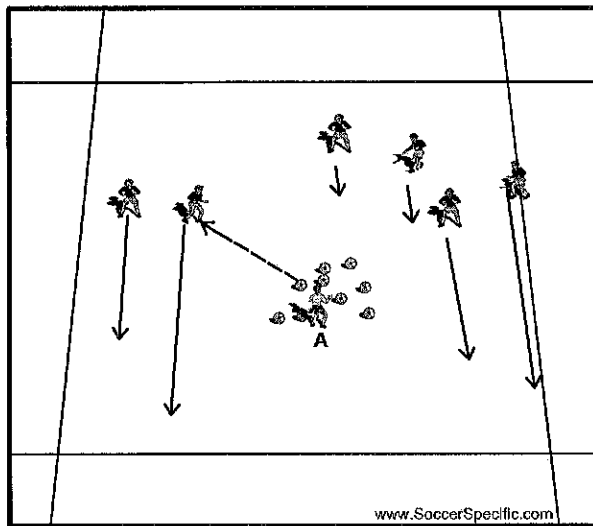
Progress: Competition between groups. Who can play the best in 60 seconds (U8 and up)

Coaching Points:

Pass and Move

Vision, Pace and accuracy of pass

Communication



ACTIVITY #2

Set up: Asteroids

Instructions:

Each player attempts to run from one side of the grid, past the coach (A) and safely to the other side. The coach (Asteroid) will pass balls on the ground and try to hit the legs of the players (must be below knee) If a player is contacted by the ball, that player becomes a asteroid. Play until all players have been contacted

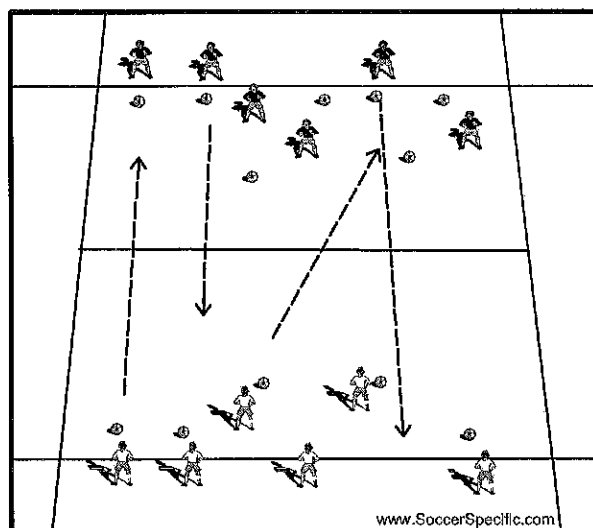
Coaching Points:

20x20 are or needed

Passing accuracy

Decision making

Change of speed and direction



ACTIVITY #3

Set up: Clean Your Yard

Instructions:

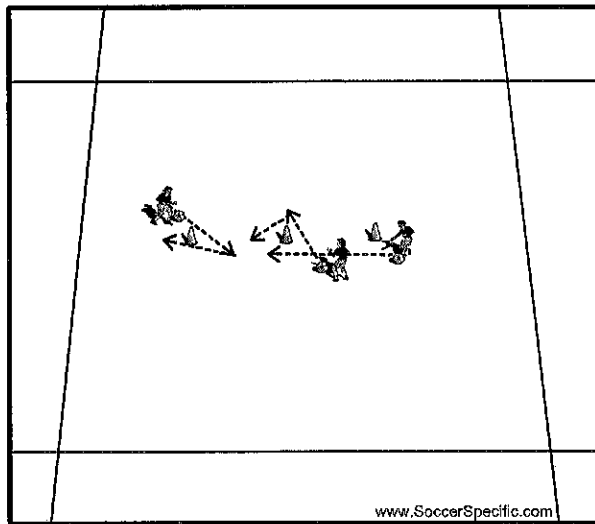
Divide group into two equal teams. Each team has the same amount of balls on either side. Players must stay in their half at all times. On command, Players attempt to pass as many soccer balls into their opponents half, while keeping their opponents balls out of their half. After two-three minutes, the coach calls an end to the game and the team with more balls in their opponents half wins

Coaching Points:

Look for space to pass the ball into

Approach ball at angle

Use instep (laces) to strike through the ball



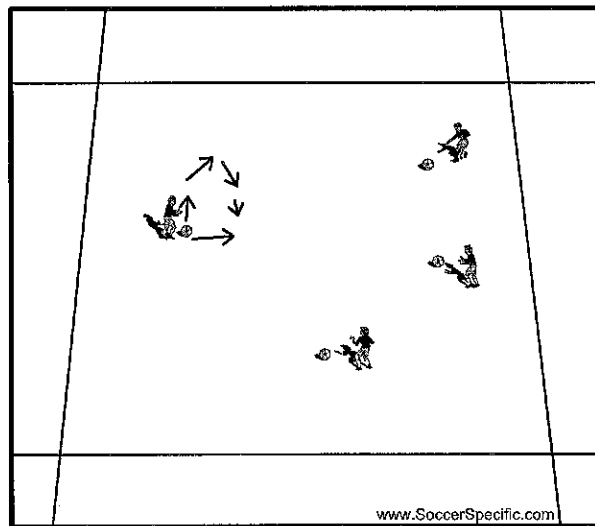
ACTIVITY #1

Set up: UNC Dribbling

Instructions:

Three players work at the same time. Use a variety of dribbling moves and techniques thru and around three cones one yard apart
Inside of foot, instep, outside of foot, sole of foot, foundation, lateral rolls, spins, juggle

Coaching Points: Use all surface areas of foot



ACTIVITY #2

Set up: Individual Technique with ball

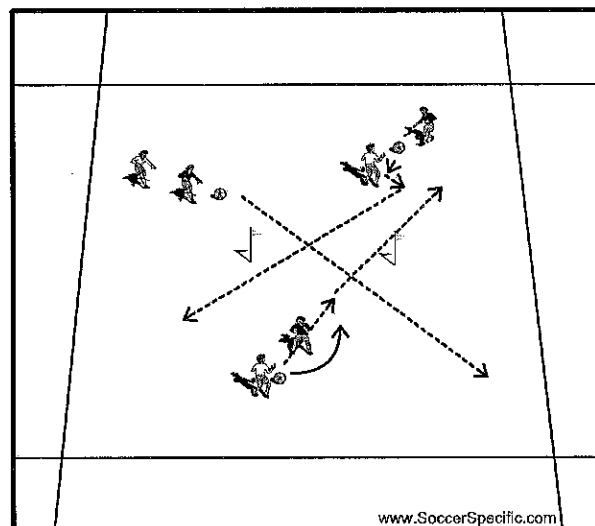
Instructions:

Toss ball up in the air control with foot and explode away

Progression:

1. Toss ball up and block ball into ground with the inside of the foot to the side and explode away
2. Toss ball up and block ball into ground with the outside of the foot to the side and explode away
3. Toss ball and control the ball with the top of the foot then explode away
4. Toss ball and control the ball with the thigh then explode away
5. Toss ball and control the ball with the chest then explode away
6. Toss ball up and control the ball with the head then explode away
7. Toss ball and control the ball with any combination of technique

Coaching Points:



ACTIVITY #3

Set up: Two Sided Goal (1v1)

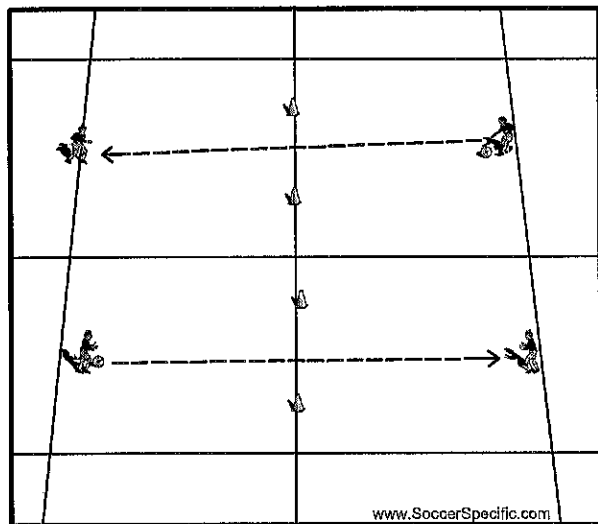
Instructions:

Multiple 1v1 games going on at the same time. To score, a player must beat their opponent on the dribble and score by dribbling thru the large goal. Players can score on either side of the goal. If player without ball steals the ball, they try to score. Play for 30-60 seconds then rotate opponents.

Progress: 3v3 game

Coaching Points:

- Eyes up
- Disguise
- Change of speed and direction
- Use of dribbling moves



ACTIVITY #1

Set up: Unopposed Finishing

Instructions: Players work on finishing technique by playing a stationary ball through a unopposed goal. Use both feet
Progress: Take a touch and hit a moving ball

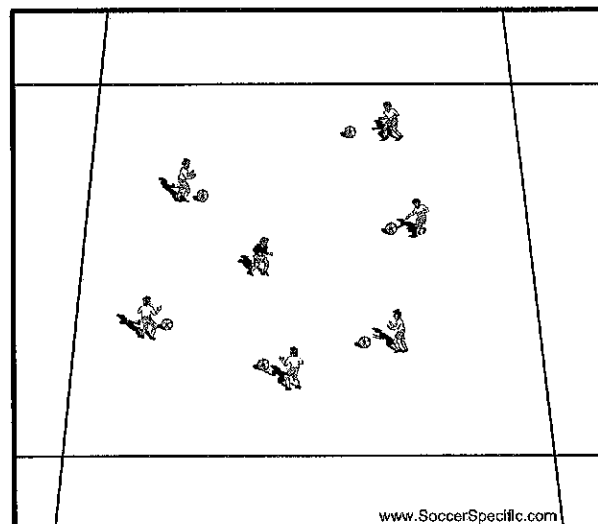
Coaching Points:

Head Still on ball

Plant foot facing target

Hit thru center of the ball

Follow thru



ACTIVITY #2

Set up: Ouch

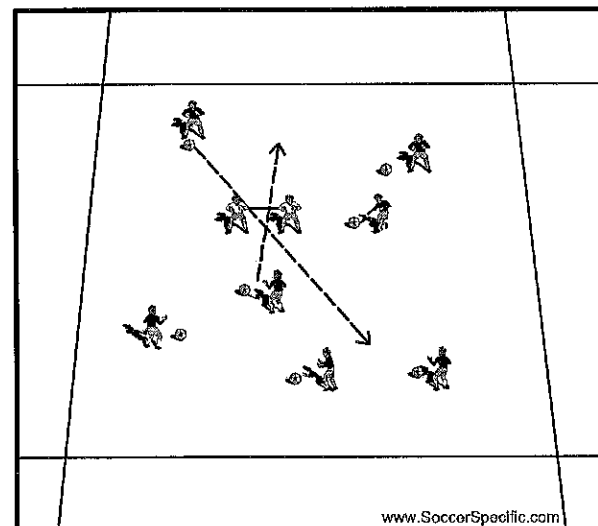
Instructions:

Each player has a ball. The coach/coaches has no ball but moves about the field with the players. Each player tries to hit the coach with his/her ball as often as possible. The coach can stop for 3 seconds, keep moving or tries to dodge all the shots depending on the level of play. Whenever the coach gets hit, he yells "Ouch!" which makes it more exciting for the players. Each hit scores one point. Who can score the most points in 30-60 seconds?

Progress: Coach walks, jogs and runs. Players have to kick the ball as specified by the coach (laces (instep), inside of foot)

Coaching Points:

Accuracy and technique



ACTIVITY #3

Set up: Moving Goal

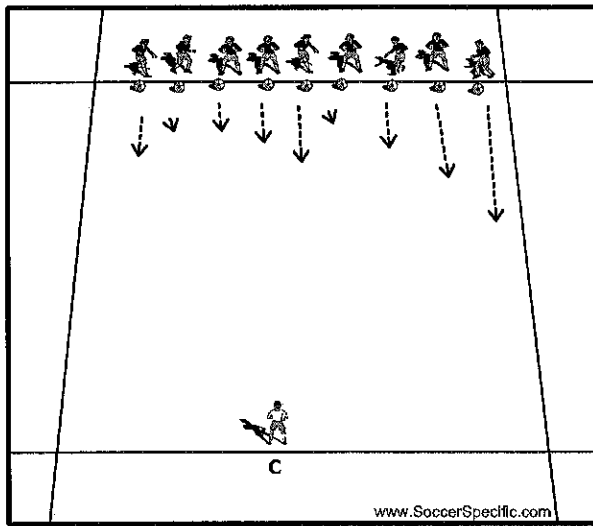
Instructions:

2 coaches hold a pinnie together and form a moving goal for players to shoot on. The coaches walk around the area and the players shoot to score on the goal formed by the coaches

Coaching Points:

Get all shots on target

Score, score, score



ACTIVITY #1

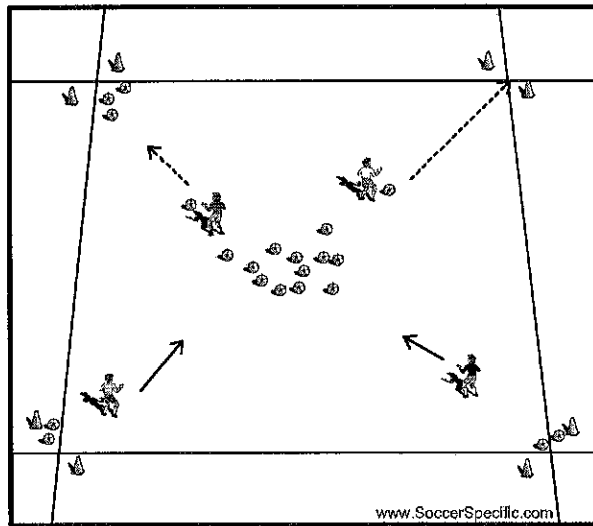
Set up: Red Light, Green Light

Instructions:

Players line up on one side of grid of the 20x20 area (or needed). Coach stands on opposite side of grid. When coach says "green light", players dribble forward trying to get to the other side. When coach says "red light", players need to stop ball immediately. If any player is caught moving, he/she must return back to the beginning and start again. Coach continues to call out "Red light" and "Green Light". First player to make it to the coach wins the game

Coaching Points:

Decision making
Keep the ball close or dribble with speed?
Eyes up,



ACTIVITY #2

Set up: Steal the Bacon

Instructions:

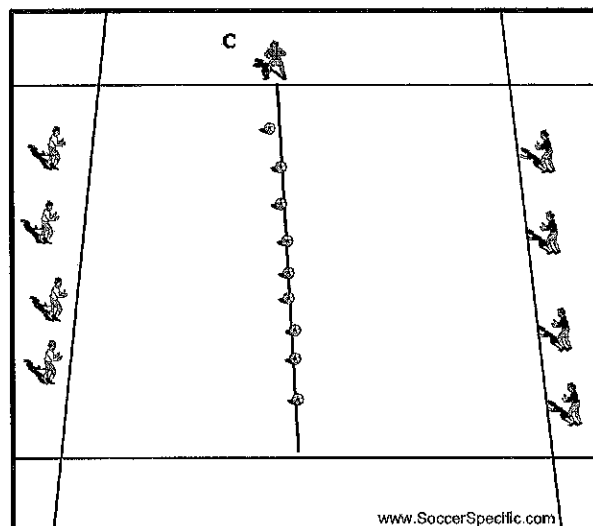
In a 20x20 area or needed, four players play against each other. Each has 60 seconds to collect as many balls as they can using their hands from the middle area and put in their own goal area. When the middle area is empty, collect balls from the other goal areas. After 60 seconds, count balls in each teams corner, then switch to new players for the next game

Progression:

Players must collect balls and dribble back to their corners
Players must collect and return balls with a certain foot (ex left foot only, rt foot only, laces (instep) only

Coaching Points:

Decision Making
Speed



ACTIVITY #3

Set up: Steal the Bacon III

Instructions:

Split players into two teams and have both teams stand on the line as shown. Place a line of balls between both teams. On coaches (C) command, the players sprint to the middle, collect a ball, and then return it on the line they started. Teams get a point for each ball returned to their line. Players can steal a ball from the opposing teams line (team cant prevent them from stealing) At the end of the game, count up which team has the most balls and declare a winner

Coaching Points:

ACTIVITY #1

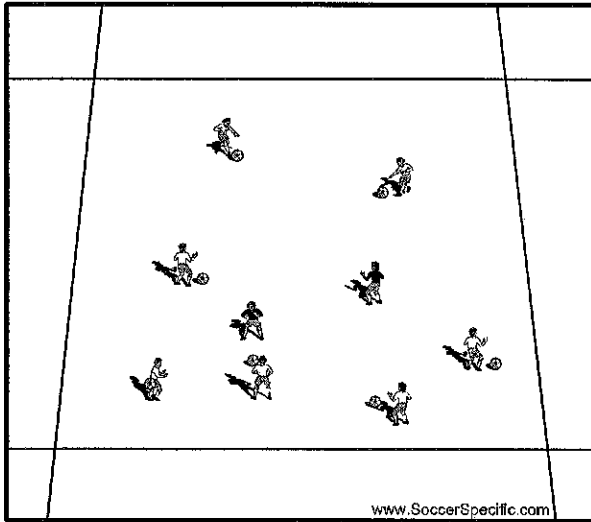
Set up: Flush the Toilet

Instructions:

Attackers dribble their ball around trying to stay away from defenders. The defenders try to tag the attackers ball. If the ball is tagged, that player must sit on their ball and hold their arm out. When a teammate comes along and "flushes" (pushes arm down) the players toilet they are back in the game. Game ends when all attackers are tagged or the time limit expires

Coaching Points:

- Close Control
- Eyes up
- Change in speed and direction



ACTIVITY #2

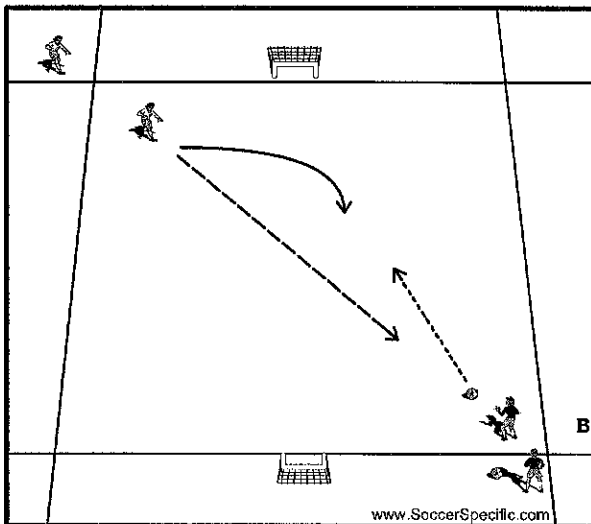
Set up: One v One to goal II (serve and attack)

Instructions:

Grid is 20 yards long by 10 yards wide or needed. (A) Plays pass across to (B). (B) plays 1v1 against (A). Play until the ball is out of bounds, or a goal is scored. Players go to back of other line (attacker becomes defender, defender becomes attacker)

Coaching Points:

- Get at defender with speed
- Attack front foot of defender
- Mentality to beat defender
- Finish



ACTIVITY #3

Set up: 1v1 to two goals

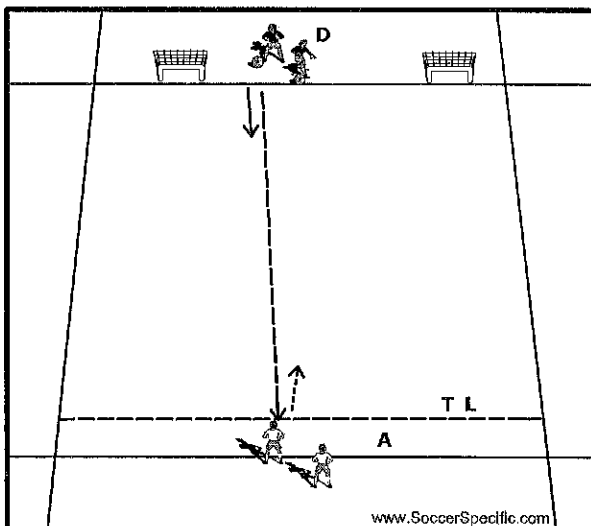
Instructions:

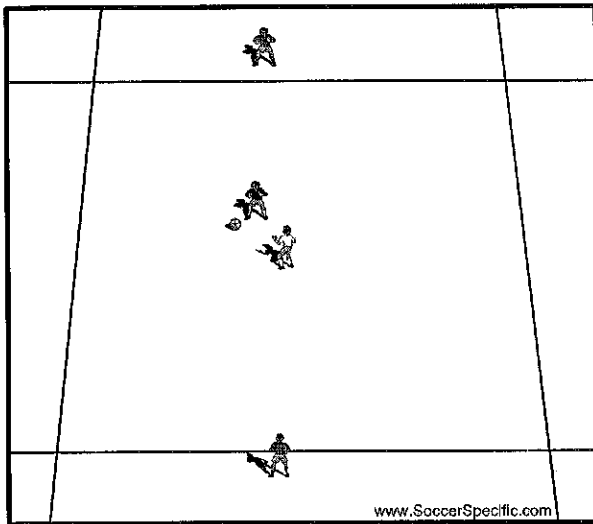
Defender (D) plays ball out to attacking line. (A) Attacker goes 1v1 to two goals. Attacker can score on either goal. If defender wins ball they dribble over transition line (TL). Switch lines afterwards

Progress: 1v2 then 2v2

Coaching Points:

- Come at defender with speed
- Use feints and moves to unbalance defender
- Mentality to score



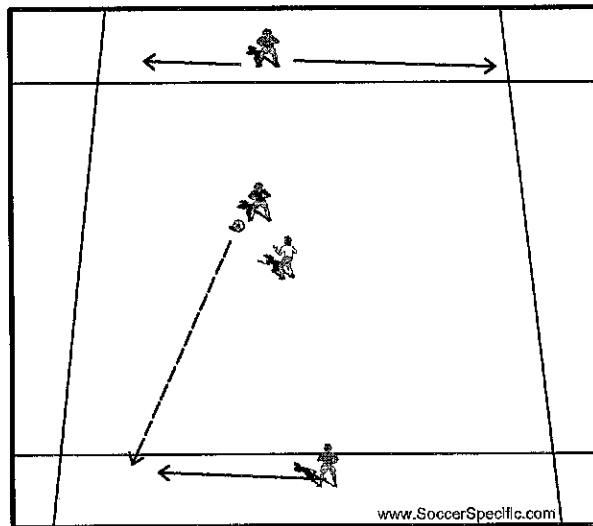


ACTIVITY #1

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

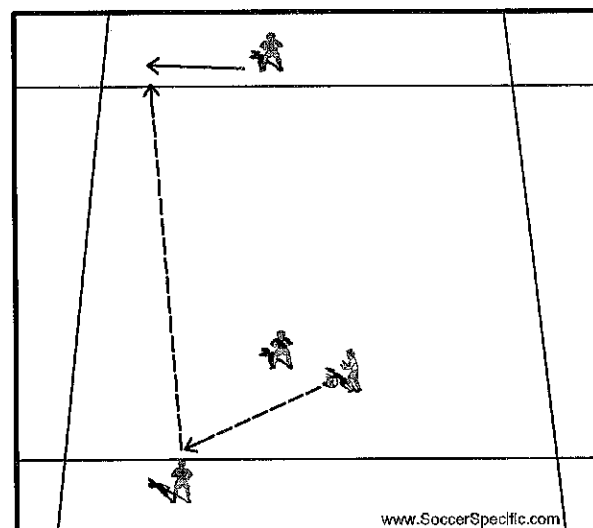


ACTIVITY #2

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

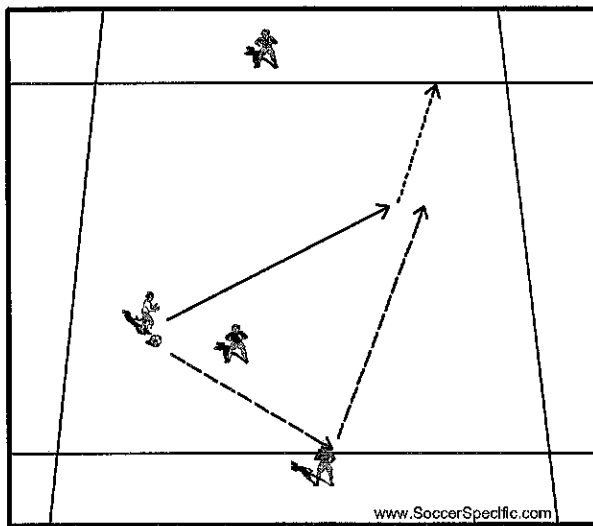


ACTIVITY #3

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

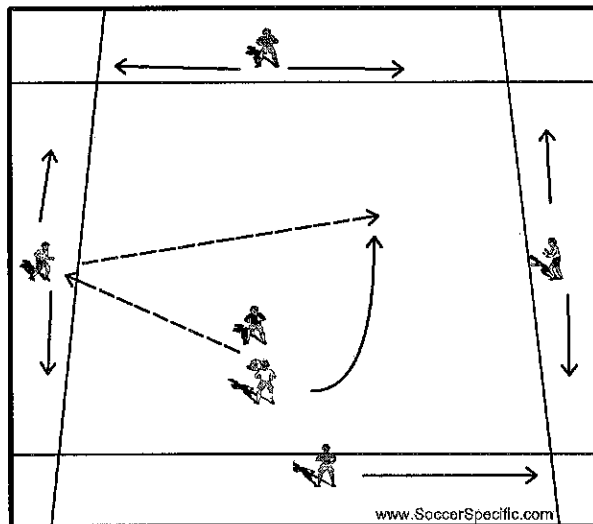
Backpasses are encouraged

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

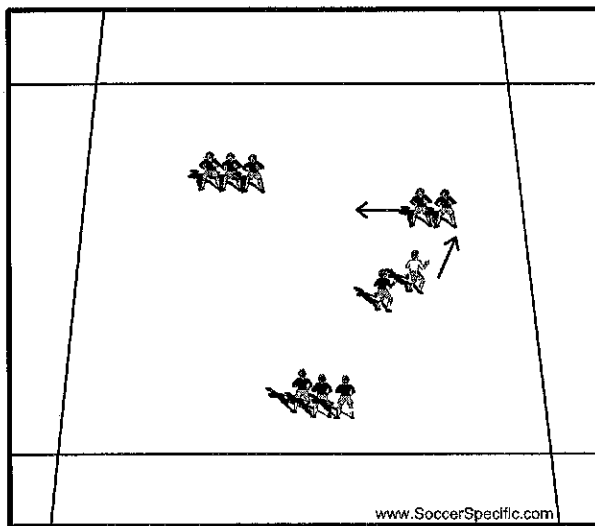
Neutrals only have 1 touch

Coaching Points:

Good entry pass with pace into neutrals

Movement off ball

Timing of runs



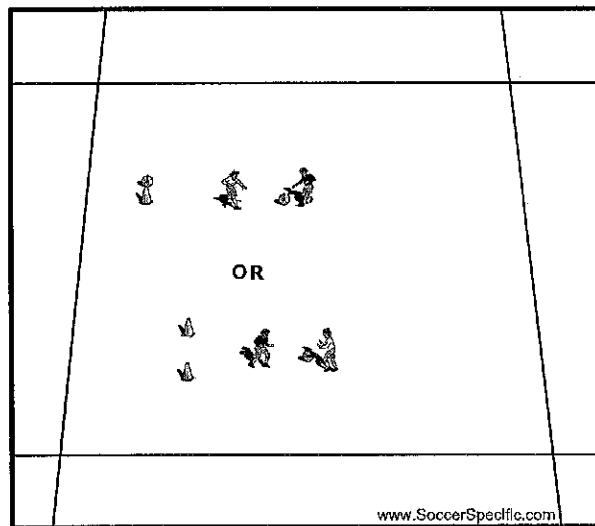
ACTIVITY #1

Set up: Elbow tag

Instructions:

One player chases another player and tries to tag them. The rest of the players form islands by hooking elbows. If player tags player they are chasing, player tagged is it. If player being chased gets to the edge of a island, the farthest person on the island releases and the tagger now tries to get them.

Coaching Points:



ACTIVITY #2

Set up: 1v1 to Cone Goals

Instructions:

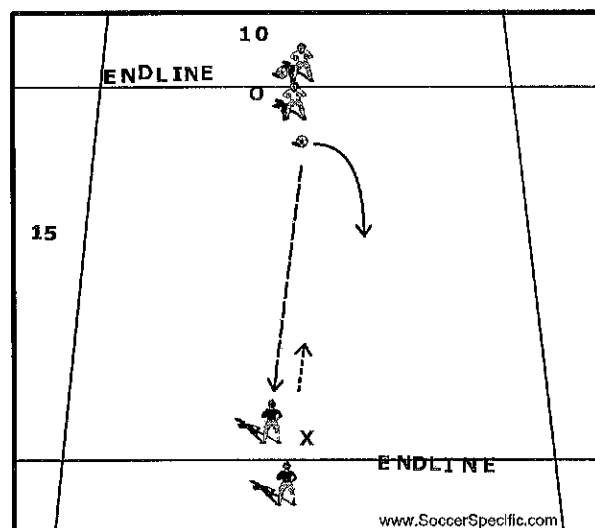
Play 30-60 second games, play different opponents. Start game with each player with one foot on the ball (away from cone/goal). On "play" game begins. Score by dribbling and knocking ball off of it or playing the ball thru a two sided goal. No cone hanging allowed, must engage ball at all times. No boundaries. 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 #3

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

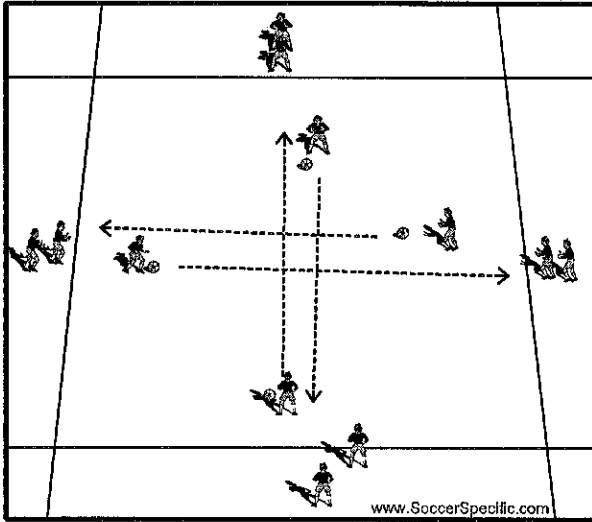
Coaching Points:

Close down quickly

Breakdown sideways on (snowboarder)

Force to a side (channel)

Win ball and transition



ACTIVITY #1

Set up: Crossover dribble

Instructions:

Divide the players into four groups and station each group on the four sides of a 20x20 or needed square. One player from each line begins by dribbling across the grid to the opposite side. They must dribble through the middle of the grid, forcing them to negotiate their way through the three other players

Progression: Players dribble to center then cut to the line on the right

Progression: Players dribble to center then cut to line on the left

Progression: Dribbler must make a pass to the next player in line immediately after crossing the half way point

Progression: After pass is made, player closes down and applies pressure (shadows) for the player receiving to make a good first touch and beat player applying pressure

Progress: Dribblers come across two at a time

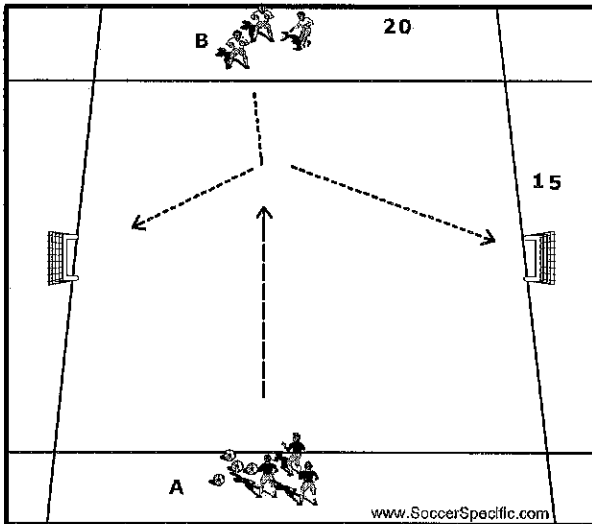
Coaching Points:

Speed and control (eyes up)

Change of Direction

ACTIVITY #2

Set up: 1v1 to two lateral goals



Instructions:

15x20 area or needed A1 passes to B1 and follows their pass to close down and defend B1. B1 tries to dribble and score on either goal. If A1 steals the ball, they try to also attempt to score.

Once goal scored, they have to turn and sprint around the opposite goal to the one they scored on, Once B1 and A1 have sprinted around the goal, they join their respective lines. Play for time, then play where serve balls from B line to A line

Progress: 1v2

Coaching Points:

Decision making

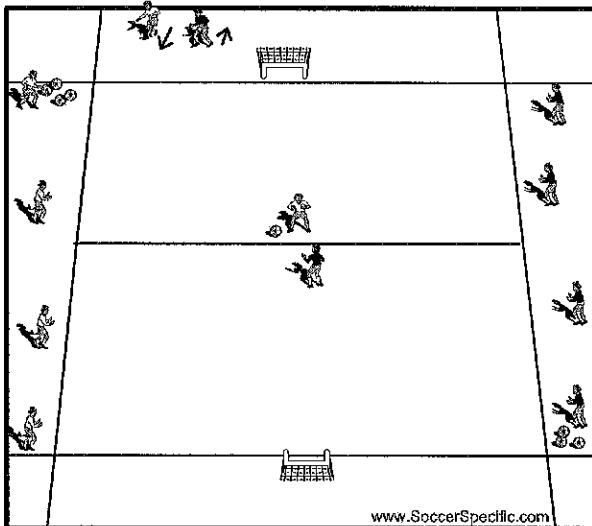
Speed and disguise

Finishing

Transition

ACTIVITY #3

Set up: 1v1 to goal with bumpers



Instructions: 16x8 field or needed. Players play 1v1, 30-45 second games then rotate. Play is continuous. To score, must be at least half way line. If score, must sprint back and touch the opposite goal to your back, while the other player gets ball out of goal and attacks. Perimeter players need to keep the ball in (try to play one touch passes). If ball goes out, defending player gets immediately served by player with balls that are closest

Progress: Players on inside can use perimeter players on outside.

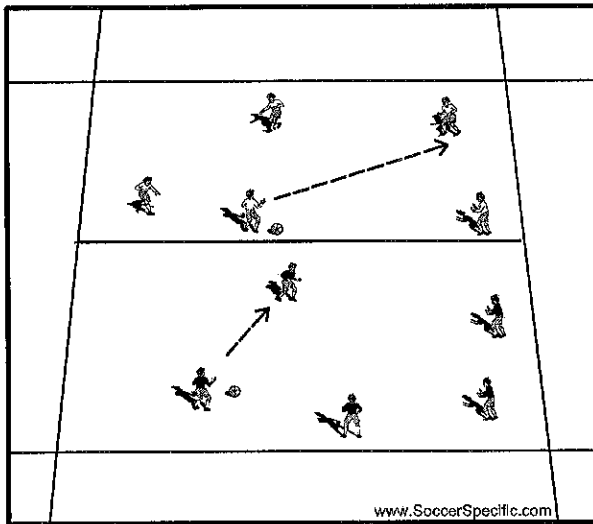
Coaching Points:

Compete

Use moves and feints to offset defender

Transition

Score and defend



ACTIVITY #1

Set up: UK Passing

Instructions:

Players pass and move in their area. Scoring: Start game with 5 points and gain a point for each successful pass. Lose a point of the ball stops moving or the ball goes out of bounds

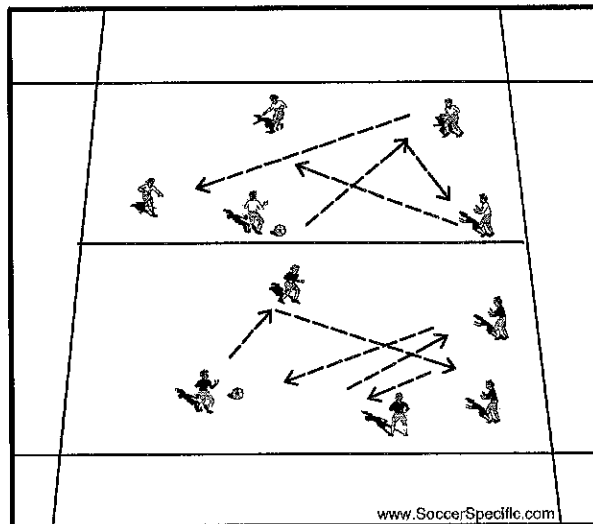
Progression: Add another ball to each group

Coaching Points:

Maintain shape/space

Quality and pace of pass

Movement and communication



ACTIVITY #2

Set up: UK Passing II

Instructions:

Players form two teams of 5-6 players. The players number themselves 1 through 6. Teams begin by passing and moving within their group. When the coach shouts out a number, that player runs to the other side and tries to steal the ball. Scoring: team that maintains possession for the longest gains a point.

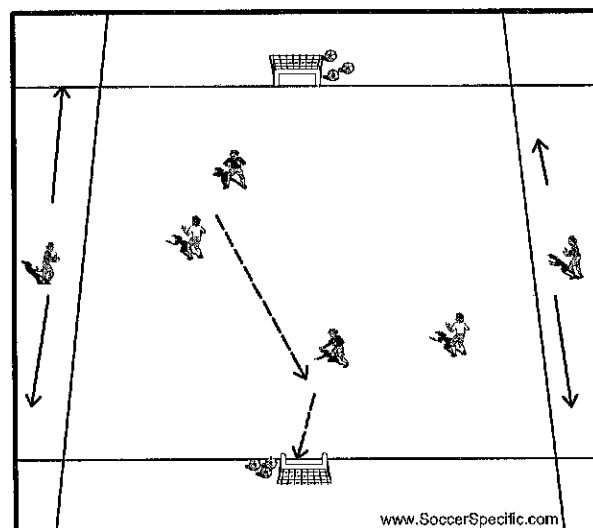
Restart

Progression: Coach calls out two numbers

Coaching Points: Maintain shape/space

Quality and pace of pass

Movement and communication



ACTIVITY #3

Set up: 2v2 to goal using outside neutrals

Instructions:

2v2 using neutrals. 20 x 15 area or needed. Neutrals have three touches max. Encourage them to play under two touches. If goal is scored or ball goes out of bounds, Players have choice to dribble or pass back inside the grid if ball goes out of bounds

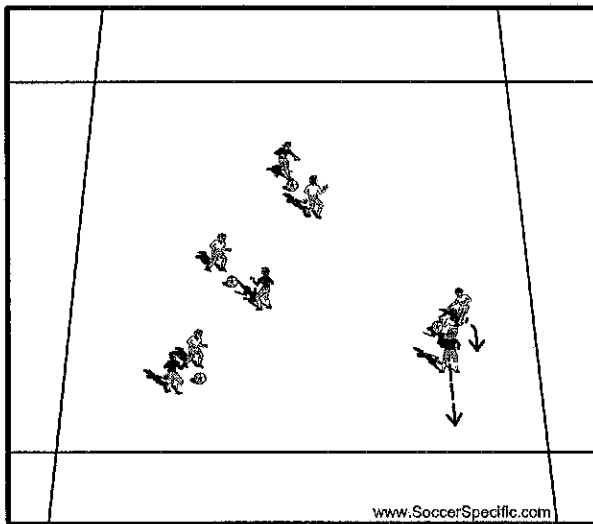
Keep score!!

Coaching Points:

Passing accuracy and execution

Combination play

Scoring and transition



ACTIVITY #1

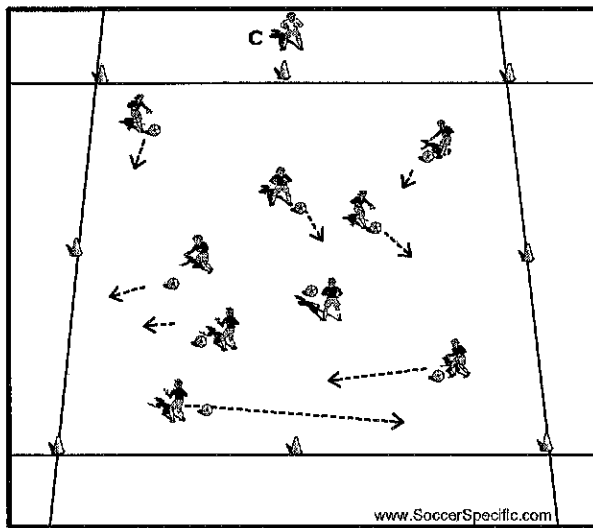
Set up: Rock Paper Scissors

Instructions:

Pair up with a ball. Players play rock-paper-scissors. 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: 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 #3

Set up: Gates Game

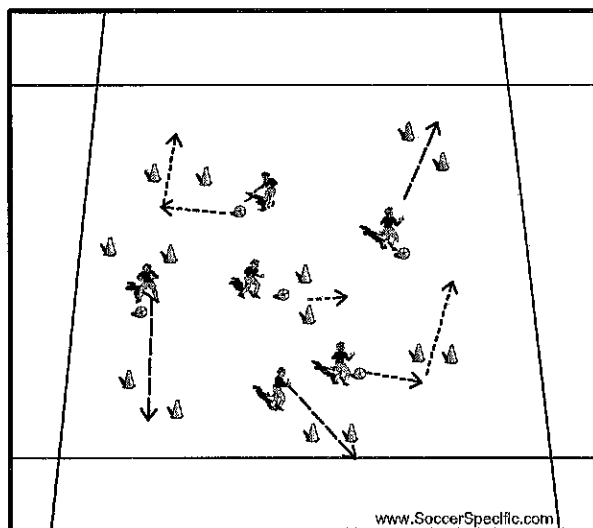
Instructions: Start out with everyone dribbling a ball. Play for certain amount of time 30-60 seconds

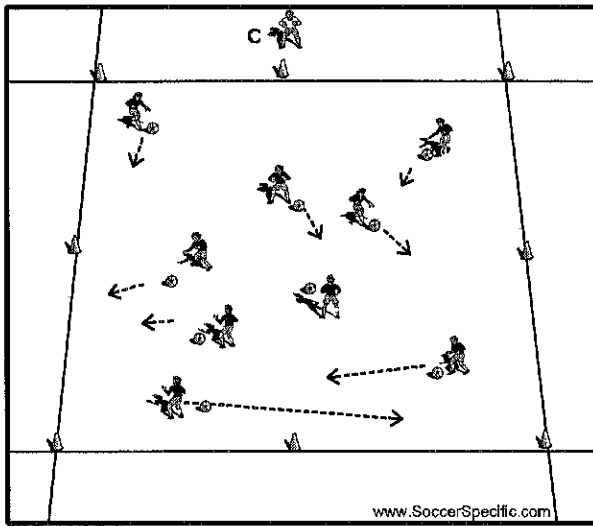
Progression

1. In any method you like, score as many goals in 30-60 seconds
2. Same as above but can't score on the same goal twice in a row. Players receive 1 point for every goal they dribble thru . Players lose 1 point every time they collide with each other or hit a cone
3. Add Goal Munchers (coach randomly walks thru, pause and blocks goals).
4. How fast can you score on every goal?
5. 1v1 to goal. Can't score on same goal twice in a row.
6. Team vs Team (U8 and above only)

Coaching Points:

Change of speed and direction
Turning
Decision making



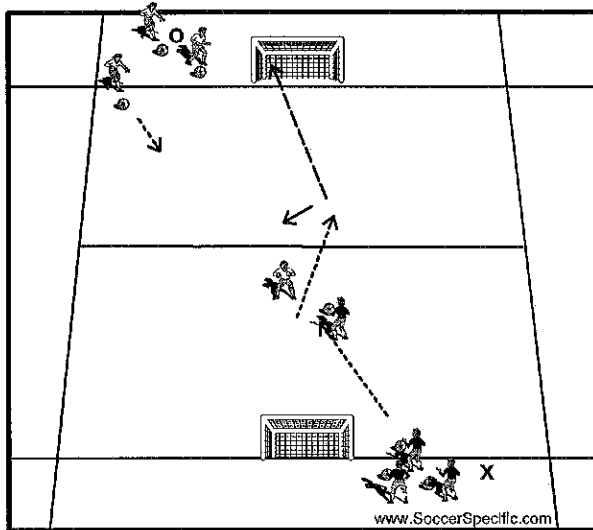


ACTIVITY #1

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 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: Flying Changes

Can be played with or without goalkeepers, Play is continous!!

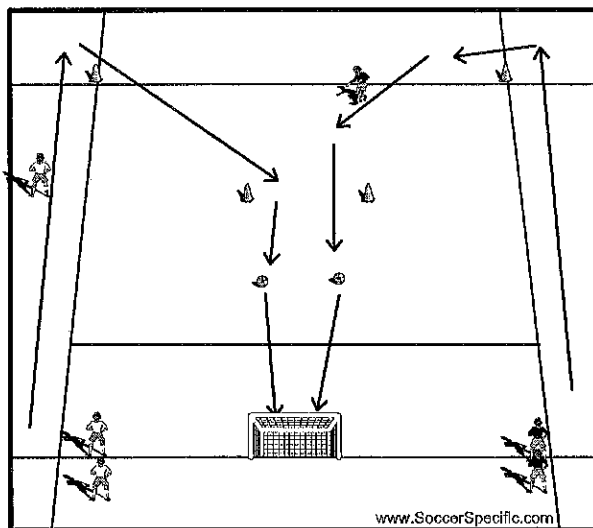
Instructions:

- 25 x 20 area or needed. One player from X dribbles and goes 1v1 against 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 player drops off to their sideline and a 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 they immediately drop and cover their goal and a new X dribbles and attacks O's goal. Play is continuous. Play for time or score

Progress: Play 2v2

Coaching Points:

- Transition
- Attack and defend
- Apply 1v1 skills



ACTIVITY #3

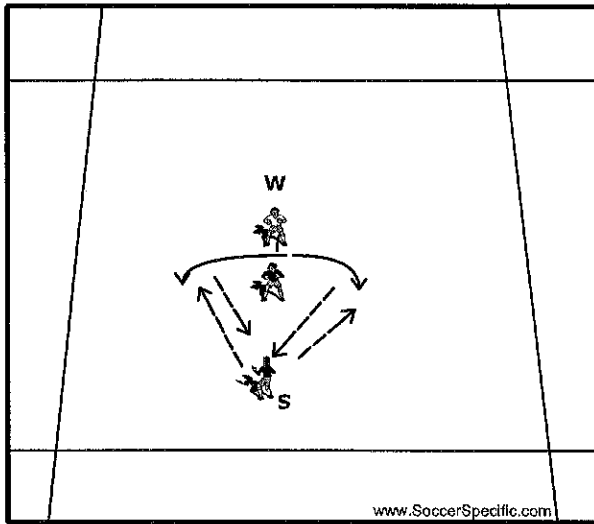
Set up: Red Bull Shootout

Instructions:

- Play for time or score. The group is divided into two teams. Each team chooses own team name. The players in each team are assigned a number. When their number is called they run around the cone, through the gate and into the area. They then strike a ball first time (stationary) into the goal
- Progress: Coach serves in two balls for each player to control, dribble and shoot at the goal. Shots must be taken before the shot line.
- Progress: Use only one ball, players now compete to score
- Progress: Add a goalkeeper

Coaching Points:

- Good first touch to set up shot
- Get in line with goal before you strike
- Strike thru center of ball with laces and follow thru



ACTIVITY #1

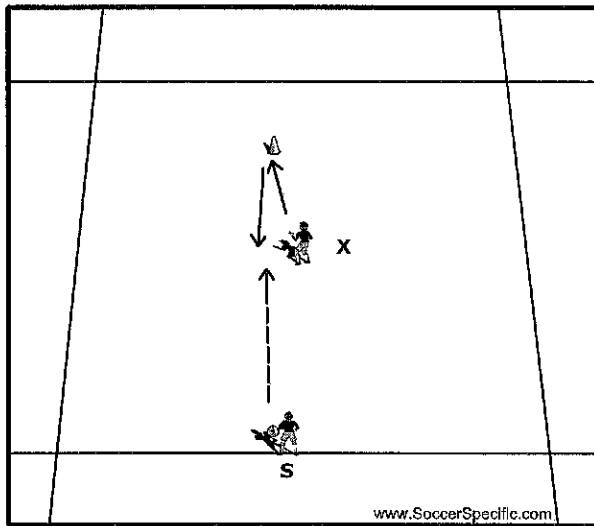
Set up: Get Around.

Instructions:

One player serves, One player stands, one player works

1. Get around and two touch back to server on ground -receive with the inside of foot, play back with the inside of same. (serve all balls on ground)
2. Get around and one touch back to server on ground (serve all balls on ground)
3. Get around and volley with inside of foot back to server (server tosses ball)
4. Get around and volley with instep back to server (server tosses ball)
5. Get around and head back to server (server tosses ball)

Coaching Points:



ACTIVITY #2

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

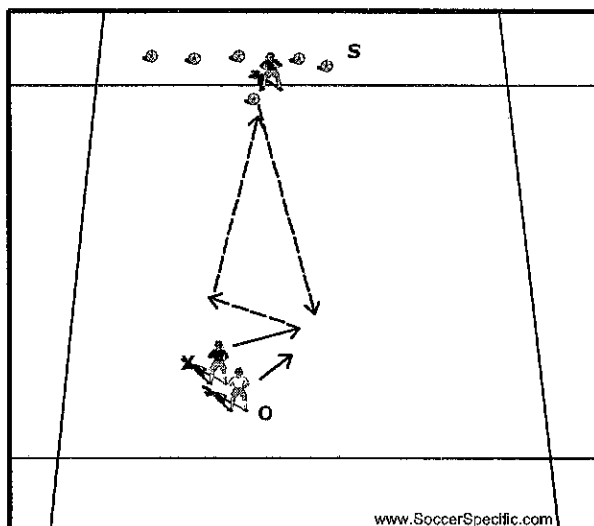
Turn with outside of foot and dribble to cone

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 #3

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:

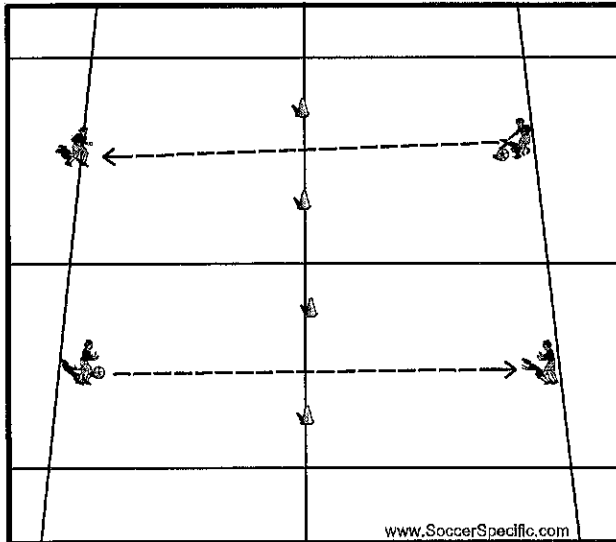
Server: Play pass where defender is not

Know where defender is: peek

Check at angle, 1st touch away from pressure

Keep body between ball and defender

ACTIVITY #1



Set up: Unopposed Finishing

Instructions:

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

Progress: Take a touch and hit a moving ball

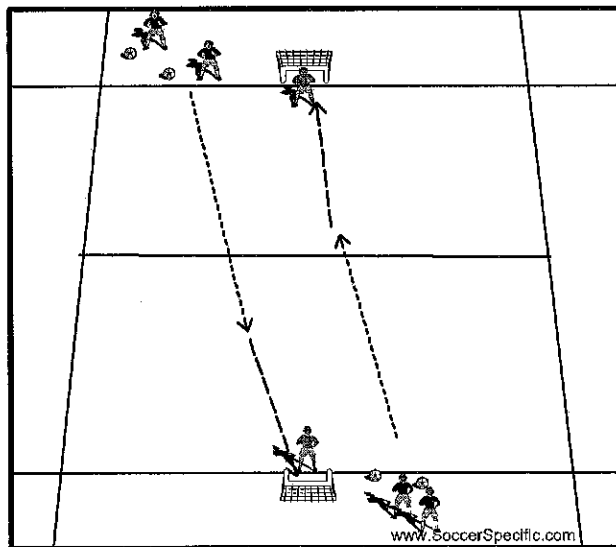
Coaching Points:

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

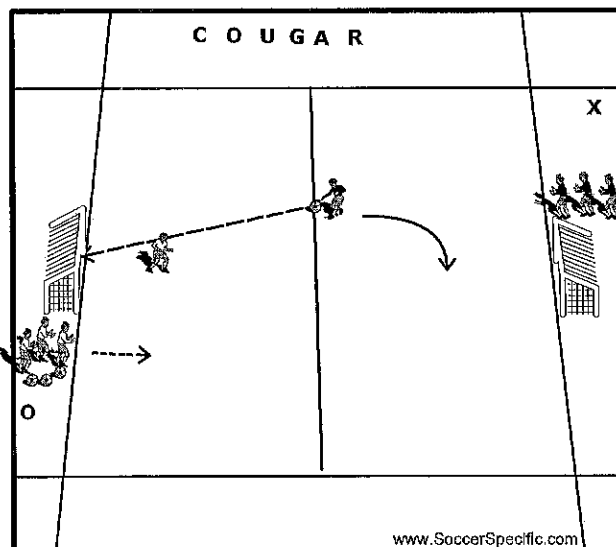
Dribble to goal after 1st touch, player behind shadows (breakway).

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

2v2 (U12 and above)

Coaching Points:

ACTIVITY #3



Set up: Cougar

Instructions:

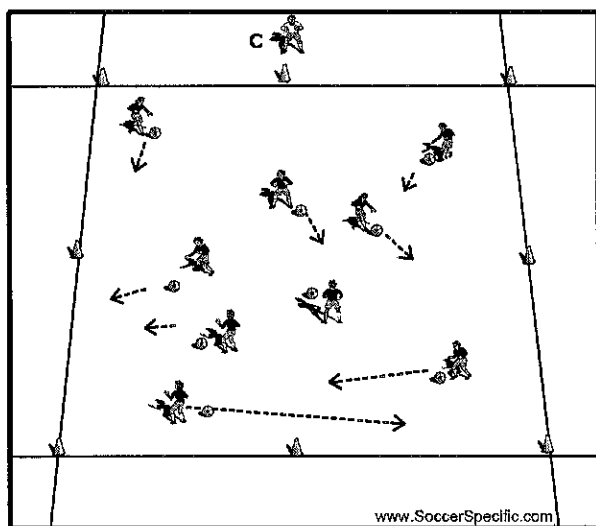
One player from X starts the game by dribbling and shooting on the opponents goal (O). If they shoot and score on their side of the field, they receive two points, If they shoot and score on their opponents side, they receive 1 point. Once a goal is scored, a save is made or the ball goes wide, that 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

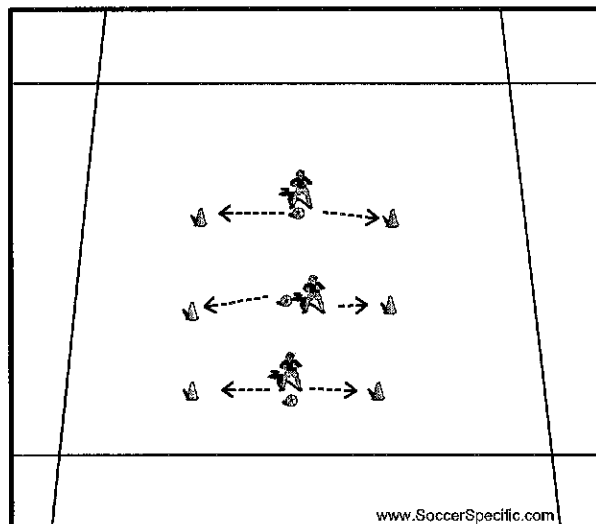
Set up: Grid Dribble

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)

Coaching Points: ACTIVITY #2

Set up: Dribbling Laterals



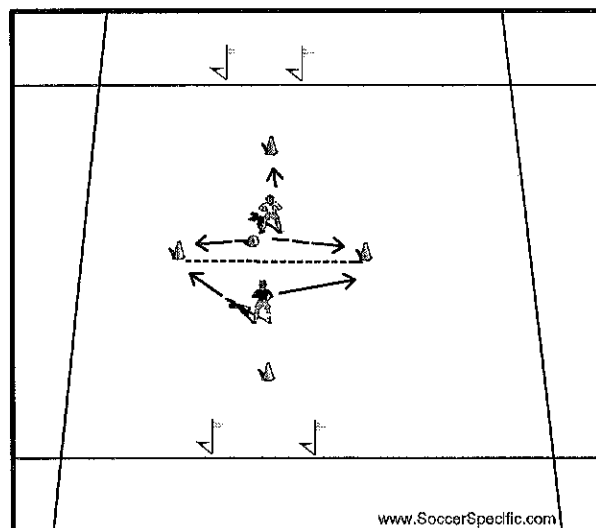
Instructions:

- Set up areas for each player to work in. Perform different movements with the ball laterally
- Feint right touch left
- Feint left touch right
- Scissors
- Stepover and take with outside of foot
- Pull and tuck
- Roll ball sideways
- Foundation
- Pull ball backwards with sole of foot

Coaching Points: Ball control

ACTIVITY #3

Set up: Mirror Game

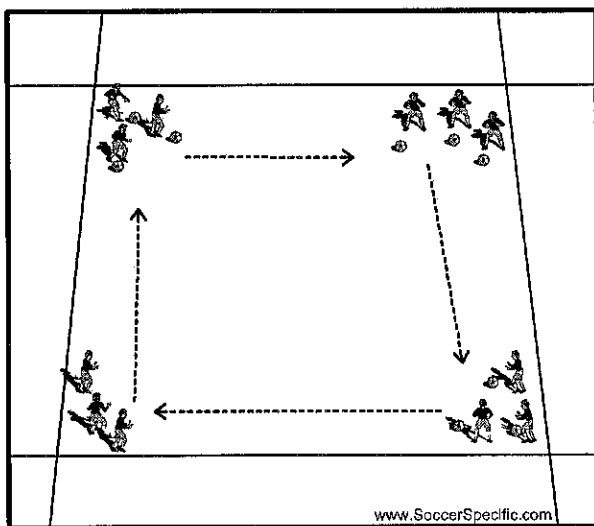


Instructions:

- 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: Parking garage

Instructions:

Each driver (player's) car (ball) is parked in one of the four parking garages.

1. When the coach yells "clockwise", all the cars have to be driven in a clockwise direction to the new parking garage
2. When the coach yells " counter clockwise", all the cars have to be driven in a counter clockwise direction to the new parking garage
3. When coach yells "criss cross" all cars must be driven to the opposite corner

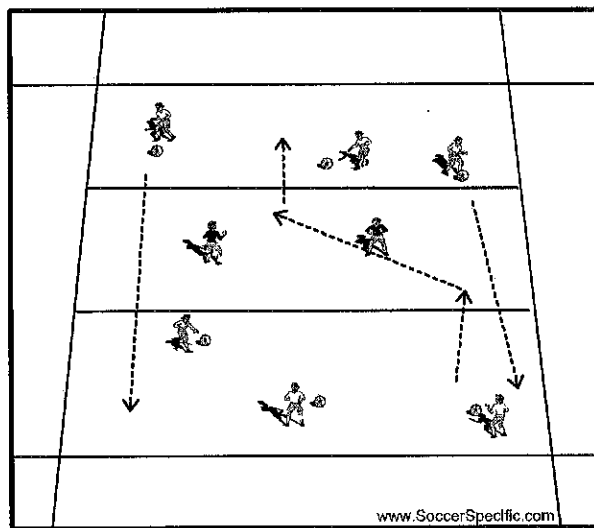
Progress:The police (coach) try to get the cars when they are between the garages

Progress: Add sitting traffic (cones) around the area so that cars must find new routes

Coaching Points:

Drive quickly when there are no cars around

Slow down in traffic



ACTIVITY #2

Set up: Amazon Dribble

Instructions:

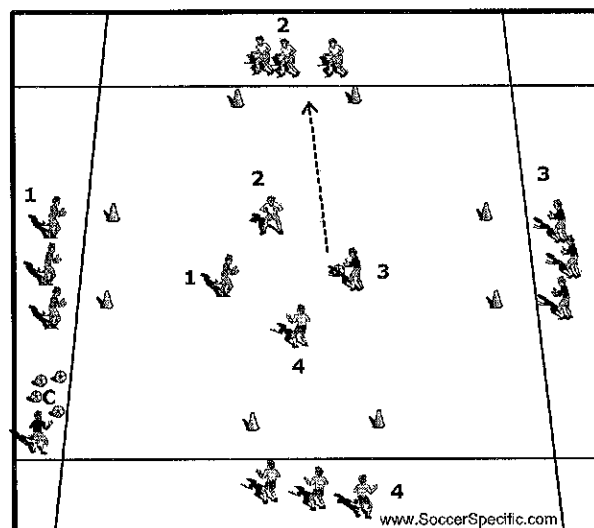
All players with a ball. Set up a area with three zones. The players must dribble from one endzone (rainforest) thru the crocodiles (center zone) safely to the other endzone. Crocodiles must stay in their zone. Play is continuous so players are coming in two directions. If a crocodile eats (steals ball or kicks a players ball out of the grid) that player becomes a crocodile. Play continues until all players have been eaten by the crocodiles

Coaching Points:

Dribbling freedom (Players make own decision dribbling)

Change of speed and direction

Fakes and Feints



ACTIVITY #3

Set up: Line Soccer II

Instructions:

Players are divided into four teams and given a team name. Each player is given a number 1,2,3,4. The coach plays a ball into the area and calls out a number. The players with the corresponding number enters the game. The aim is to dribble the ball thru one of the oppositions scoring gates. When a player scores, they take that ball back to their team and put it in their "scoring bank." When the coach runs out of balls, the team with the most balls banked is the winner

Progress: Score thru a oppositions gate and you can also take one of their banked balls back to your team

Progress: Increase the size of the scoring gates

Progress: Coach passes in two balls instead of one

Coaching Points:

Close Control

Use different surfaces of foot

Eyes up, change speed and direction

Attack defenders front foot

ACTIVITY #1

Set up: Soccer Golf

Instructions: Play golf using a soccer ball . Keep score, be creative set your own course up (play 9-18 holes)

Hole 1 -knock ball off cone

Hole 2 - Play ball thru cones

Hole 3 - Stop Ball inside of cones

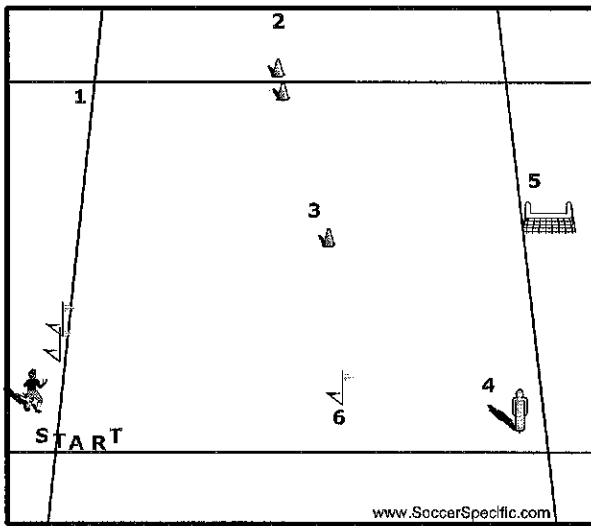
Hole 4 -Hit Tree

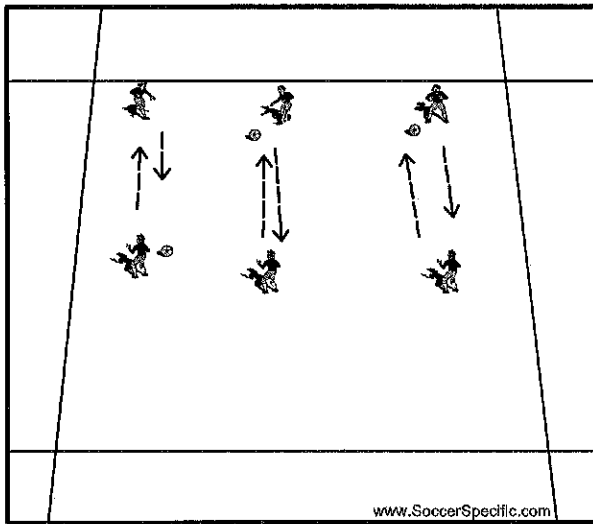
Hole 5 - Chip over goal and score on goal

Hole 6 - Hit Flag

Hole 7 - Play thru flags

Coaching Points:





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:

Be balanced and ready for pass and Cushion (toe up) pass when receiving

ACTIVITY #2

Set up: UNC Passing into targets (threes)

Instructions:

10-12 yards apart. X collects a ball, dribbles then plays a target in the cone goal. Use inside of the foot. Must dribble and pass before cone. Players get a point for every successful pass between the cones to the targets. Each player hits 6-10 balls

Progression:

1. Lt foot to the left side then get a ball and Rt foot to right side

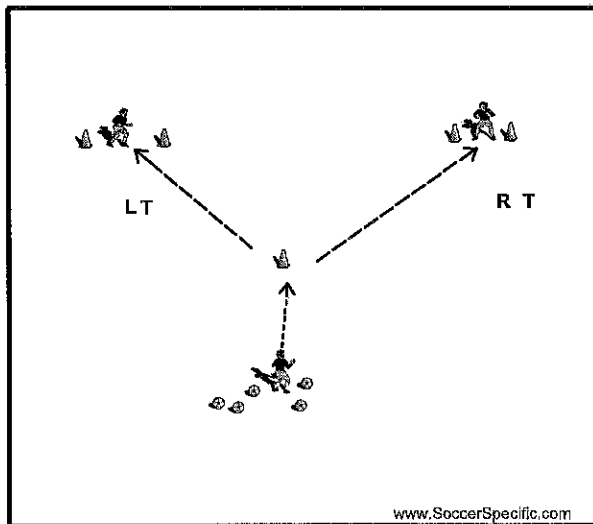
2. Play across body : Left foot to the right and right foot to the left

3. Repeat 1 and 2 but now strike the ball with your instep

Coaching Points:

Pace and accuracy

Eyes up to find target



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

