

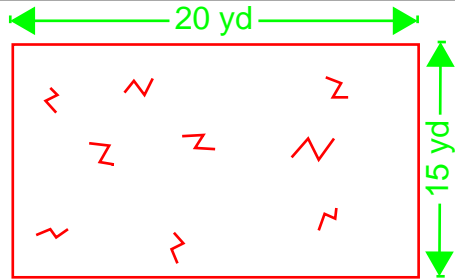
Week: 1

Team Training:

Session Topic – Dribbling

Level: Basic

Session Overview: Dribbling Training Session for team. Many Progressions can be utilized besides the variations noted



Set Up

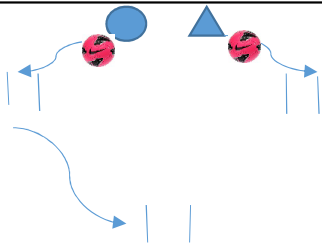
- Gates Dribbling Warmup
10 minutes
Set up: 20x15 yds 12 x 15 for U7-U8
- All players are in a tight grid and all have a ball
 - Gates are set up using discs 2 feet apart (more gates than players!) ~ Gate
 - 4 moves to get through the cone
 - 4 moves to turn away from the cone

Rules/Progression

- Players can move freely in activity
- 30 seconds to beat their OWN scores
- Explode through the gates
- Approach gates straight on or from the side
- Var 1. players dribble around a cone using outside of foot
- Var 2. players do figure 8 around cones
- Var 3. add in skill moves to beat
- Var 4. add in skill moves to turn

Coaching Points

- Players should touch ball with each step
- Players keep their heads up
- Players use every part of both feet
- Speed variation through each gate
- Keep the ball in motion



Set Up

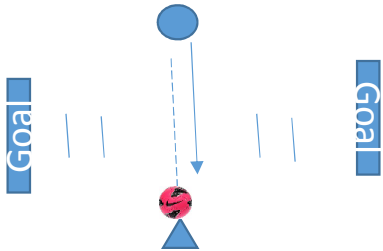
- Gates Race Activity
15 minutes
15x15 yds
- Two teams
 - Gates are arranged to create two courses (one for each team)

Rules/Progression

- Race through gates at the same time. 1st team with payers back win
- Each team goes one direction
- Explode through gates
- Var 1. Moves through each gate
- Var 2. Dribble figure 8 at each gate

Coaching Points

- Promote competition
- Players should touch ball on every step
- Players should keep head up to find next gate
- Players should use all parts of their foot to move the ball
- Speed variation through the gate



Set Up

- Gates 1v1 Activity
20 minutes
15x15 yds
- Two teams stand opposite sides of grid
 - Gates are arranged sideways in front of the goals
 - Two goals set up past gates

Rules/Progression

- Play across and defend
- Opponent tries to dribble through gate before scoring on either goal
- If defense steals they attack either goal
- Var 1. Add 2v1 or 2v2
- Var 2. Play to 4 goals

Coaching Points

- Positive touches to set up moves
- One move to attack and more if needed (this is not a shielding game)
- Explode off of moves to separate from defender
- Keep track of team goals scored
- Defenders – stay low, on the balls of your feet, be patient, counter quickly when you win the ball

End of the Session Game: 3v3 or 4v4 to small goals (can be one, two or three goals)

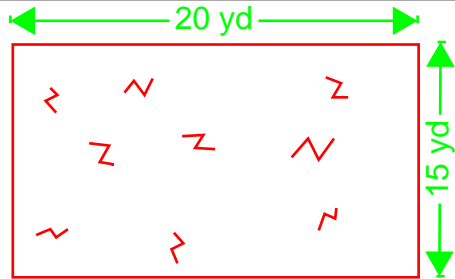
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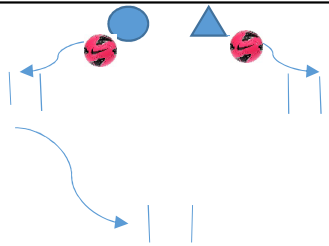
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- Speed variation through each gate
- Keep the ball in motion



Set Up

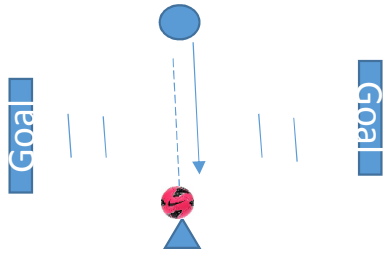
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Set Up

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20 minutes
15x15 yds
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Rules/Progression

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End of the Session Game: 3v3 or 4v4 to small goals (can be one, two or three goals)

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| | <p>2. Groups of 2 and 1 ball. Players stand 5 yds apart and work on passing and receiving.</p> | <ul style="list-style-type: none"> - 2 touch passing - Use both left and right foot to pass and receive - 1 touch passing | <p>See below for passing and receiving</p> |
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| Week: 1 | Team Training: U7-U10 Week 2 Passing | Session Topic – Passing/Receiving | Level: Basic |
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Session Overview:

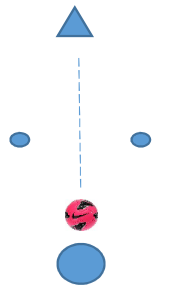
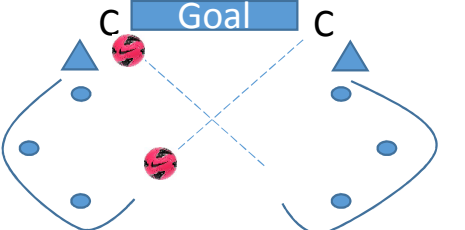
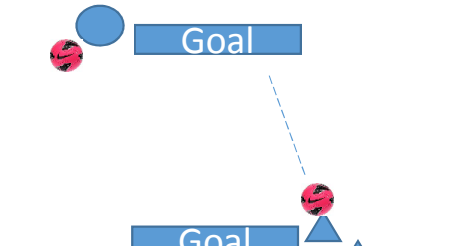
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| | | | <p>Coaching Points</p> <ul style="list-style-type: none"> • Players MUST call for ball before receiving pass • Inside foot – heel up, toe down, ankle locked • Plant foot next to ball • Follow through to target on your pass • Receiving – add a hop to take weight off of the pass (like catching an egg) • Receiving with heel down, toe up, ankle locked • OVERHIT your passes to teammates • Check your shoulder as the ball moves |
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| | <p>3. Set Up</p> <p>Multiple gates game 10 minutes 15x20 yds</p> <ul style="list-style-type: none"> • Two teammates to one ball • Set up more gates than teams <p>∩ -Gate</p> | <p>Rules/Progression</p> <ul style="list-style-type: none"> • Teammates work to pass the ball through gates keeping track for 1 minute • Once a team scores through one gate they MUST score through another • Var 1. add a team of defenders who must steal the ball and pass to coach (teammates have to do 10 toe touches before returning to game) | <p>Coaching Points</p> <ul style="list-style-type: none"> • Proper passing technique • Proper receiving technique • Encourage players to move touch to set up going to next goal • Emphasize communication! • Overhit your passes! |
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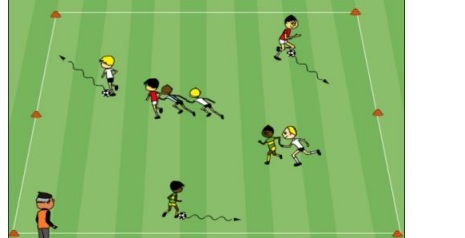

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| | <p>Set Up</p> <ul style="list-style-type: none"> - Set up 3 gates for pair of players or player and coach to pass through. Put a pug goal 10' from last gate and player dribbles to shoot on net. | <p>Rules/Progression</p> <ul style="list-style-type: none"> - Start with coach passing through gates will player and let player shoot - Progress to player passing to player - Using both feet to pass and shoot | <p>Coaching Points</p> <ul style="list-style-type: none"> • Proper passing technique • Proper receiving technique • Receive ball across body/away from pressure • Emphasize communication • Emphasize movement • OVERHIT your passes! |
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End of the Session Game: Coaches decision to scrimmage, play a game like sharks and minnows, red light green light, or play a game that emphasis passing

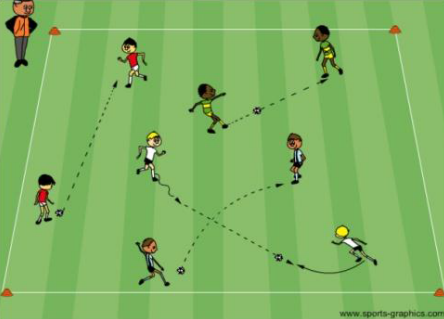


Warm up with a light jog around the park along with dynamic stretching on the way.

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| <p>Week: 3</p> | <p>Team Training:</p> | <p>Session Topic – Ball Striking</p> | <p>Level: Basic</p> |
| <p>Session Overview:</p> | | | |
|  | <p>Set Up</p> <p>Ball Striking Technique 10 minutes 15x6 yds</p> <ul style="list-style-type: none"> • Groups of two with one soccer ball • As many grids set up as partners | <p>Rules/Progression</p> <ul style="list-style-type: none"> • Players strike ball between the cones focusing on proper power technique • Players MUST use both feet • Var. 1. placement technique to corners • Var 2. try to score on the player opposite of you • Var 3. play the ball in the air to your teammate | <p>Coaching Points</p> <ul style="list-style-type: none"> • Players have proper touch to set up shot, keeping the ball in motion • Toe down, ankle locked, strike with laces • Plant foot is alongside of the ball • Swing through the ball • When playing ball in air – strike the underside of the ball |
|  | <p>Set Up</p> <p>Individual shooting – curve out 15 minutes Cones 8-10 yds from goal curved towards middle of the field</p> <ul style="list-style-type: none"> • 1 pug goal or use cones • Collection of soccer balls at either post | <p>Rules/Progression</p> <ul style="list-style-type: none"> • Players run around cones as coach plays them a ball • Players have 2 touches to strike placement shot on goal • Var 1. power shots • Var 2. one touch shot • Var 3. add in a move | <p>Coaching Points</p> <ul style="list-style-type: none"> • Proper ball striking technique • Head up to pick target then focus on the ball • Encourage players to hit side netting on placement shots • Land on shooting foot on power shots |
|  | <p>Set Up</p> <p>1v1 shooting 20 minutes 15x15 yds</p> <p>If time permits and coaches feel comfortable</p> <ul style="list-style-type: none"> • 2 full size goals • 2 teams stand on opposite posts | <p>Rules/Progression</p> <ul style="list-style-type: none"> • Player from one line takes one touch out and then shoots • immediately after shot, player from opposite team attacks in a 1v1 setting against shooting player • Var 1. two players attack • Var 2. 2v2 • Var 3. 2v2 + 2 neutrals on field | <p>Coaching Points</p> <ul style="list-style-type: none"> • Proper shooting technique • Pick target then focus on the ball • When playing 1v1 – dribble at defender, make your move and take a shot • Encourage lots of shooting in this drill |
| <p>End of the Session Game: Coaches have last 20 minutes.</p> | | | |

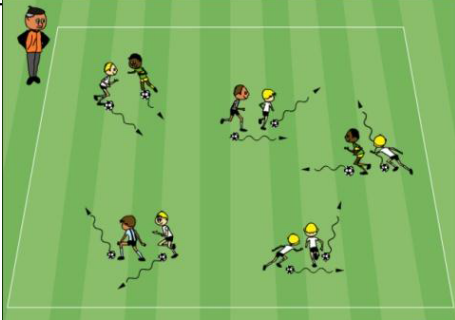

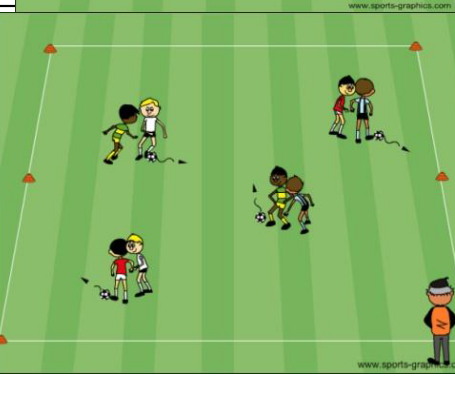
Jog with some stretching and moving along the way

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| <p>Week: 4</p> | <p>Team Training:</p> | <p>Session Topic –</p> | <p>Level: Intermediate</p> |
| <p>Session Overview:</p> | | | |
|  | <p>Set Up</p> <p>Shadow Dribble: Two players (Leader and Shadow) both with a ball each and will dribble their soccer ball in a 20x25 yard grid. The leader will determine where they are going while the shadow will try to keep up with the leader.</p> | <p>Rules/Progression</p> <ul style="list-style-type: none"> Lots of touches using all parts of foot, 1 minute <p>Coach: Call the change from leader to shadow Version 2: Use only favorite foot or other foot. Version 3: Leader must make a move.</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> - Use entire grid - Shadow works on keeping head up to see leader move - Work on changing direction |
|  | <p>Set Up</p> <p>Snake: All players are dribbling a soccer ball in a 20x25 yard grid with the exception of at least 2 players.</p> | <p>Rules/Progression</p> <p>The 2 players hold hands or lock arms to create a snake. The snake works together to tag the dribbling players who then become a part of the snake. The snake must try to stay connected and not break into little parts. Coach: Encourage the snake players to hiss.</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> -Keep ball close - Changing speed and direction - Running with the ball -Sudden stops and going |
|  | <p>Set Up</p> <p>Get "Outta" There with Numbers: The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line.</p> | <p>Rules/Progression</p> <p>The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "Get outta there". Coach: Can make the games 1v1, 2v2, or 3v3. They should vary the service.</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> - 1v1 dribbling -1v1 defending - Scheming and creativity - Decision making Time: 8 minutes Scrimmage Activity |
| <p>Coach gets last 20 minutes to do what they want.</p> | | | |

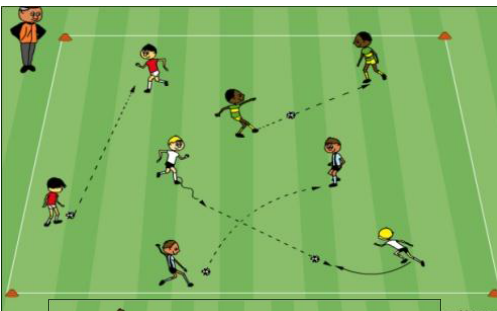
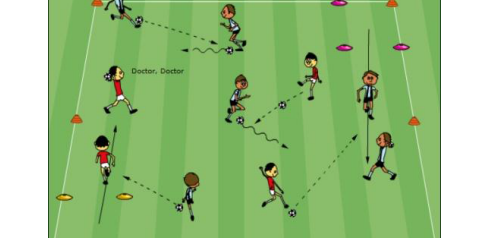
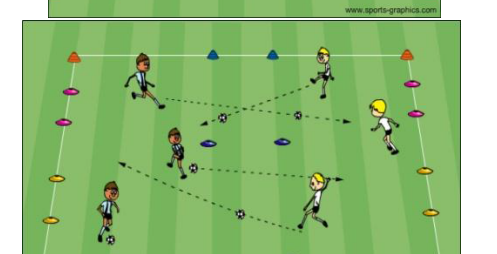
Jog with some stretching and moving along the way

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| Week: 5 | Team Training: | Session Topic – | Level: Intermediate |
| Session Overview: | | | |
|  | <p>Set Up</p> <p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid.</p> | <p>Rules/Progression</p> <p>Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use the other foot</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> -Passing and receiving technique - Weight of the pass - Ability to pass through traffic - Communication and mobility of the players |
|  | <p>Set Up</p> <p>Team Tag: Split the players into two teams (Dribblers and Taggers). 20 x 25 yard grid</p> | <p>Rules/Progression</p> <p>The taggers are trying to tag the dribblers' feet or soccer ball with their soccer ball. The taggers need to keep track of their tags. The dribblers are trying to keep their ball from being tagged by shielding it. After a determine time, the teams switch roles. Coach: Can help taggers adding their points. Version 2: Taggers can only tag the dribblers' ball</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> - Dribbling technique - Passing and receiving technique - Weight of the pass - Accuracy of the pass - Protecting the ball <p>8 min</p> |
|  | <p>Set Up</p> <p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid.</p> | <p>Rules/Progression</p> <p>Players in each team will try to shoot/pass and score below knee height in any of the other team's goals. Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands.</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> - Basic Shooting technique - Simple decision making <p>Time: 8 minutes</p> |
| Coach has last 20 minutes to do what they want. | | | |

Jog with some stretching and moving along the way

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|---|--|---|---|
| Week: 6 | Team Training: | Session Topic – | Level: Intermediate |
| Session Overview: | | | |
|  | <p align="center">Set Up</p> <p>Tag: All players dribbling a soccer ball will try to tag each other with their hands. Players cannot abandon their own ball to tag.</p> | <p align="center">Rules/Progression</p> <p>Coach: Have players keep count of their own tags. If playing more than one game, have players improve their tags by 1, 2 or 3 more than before.</p> | <p align="center">Coaching Points</p> <ul style="list-style-type: none"> - Dribbling with different surfaces of the foot - Ability to stop and go - Dribble with the head up - Sudden change of direction <p>Time: 6 minutes</p> |
|  | <p align="center">Set Up</p> <p>Knock Out: All players are dribbling in a 20x25 yard grid and are trying to knock other dribblers' balls outside the grid. Players must retrieve the ball quickly and get back in the game.</p> | <p align="center">Rules/Progression</p> <p>Coach: Have your players perform a skill task before re-entering the grid. i.e.: juggling 3-5 times, ball taps.</p> | <p align="center">Coaching Points</p> <ul style="list-style-type: none"> - Protecting the ball - Dribbling with different surfaces of the foot <p>Time: 8 minutes</p> |
|  | <p align="center">Set Up</p> <p>Steal-Shield: Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away.</p> | <p align="center">Rules/Progression</p> <p>Play 30-45 second matches. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly</p> | <p align="center">Coaching Points</p> <ul style="list-style-type: none"> - Body sideways on to opponent - Use arm to protect and know where defender is going - Knees bent - Turn as defender attacks or reaches for the ball <p>Time: 8 minutes</p> |
| <p>Coach gets last 20 minutes to do what they want.</p> | | | |

Jog with some stretching and moving along the way

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| <p>Week: 7</p> | <p>Team Training:</p> | <p>Session Topic –</p> | <p>Level: Intermediate</p> |
| <p>Session Overview:</p> | | | |
|  | <p>Set Up</p> <p>Paint the Field- Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid.</p> | <p>Rules/Progression</p> <p>Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task to pass (kick) the soccer to paint as much of the grid as possible in the allotted time. Version 2: Tell the players to use their other foot</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> -Passing and receiving technique - Weight of the pass - Ability to pass through traffic -Communication and mobility of the players <p>Time: 6 minutes</p> |
|  | <p>Set Up</p> <p>Doctor, Doctor: Divide the group into two teams. Send them to their hospital (corner boxes). Each team selects a doctor.</p> | <p>Rules/Progression</p> <p>He/she will cure (unfreeze) his/her team's players. Teams try to freeze each other by hitting the players with their soccer balls below knees or striking their balls. When frozen, players must put ball above head, remain in place, and yell "Doctor, Doctor". The Doctor is without a ball, and is safe in the hospital, but when he comes out, he can be frozen. When the doctor is frozen the game is over.</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> - Dribbling technique - Protect the ball - Passing technique - Weight and accuracy of the pass <p>Time: 8 minutes</p> |
|  | <p>Set Up</p> <p>Clean Your Backyard: Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place three goals (3yds each) at the far ends of the grid.</p> | <p>Rules/Progression</p> <p>Players on each team will try to shoot/pass and score below knee height in any of the other team's goals. Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there. Version 2: Allow teams to defend the goals using their hands</p> | <p>Coaching Points</p> <ul style="list-style-type: none"> - How to get the balls from the center or other home bases - How to defend their home base - Decision making: pass or dribble <p>Time: 8 minutes</p> |
| <p>Coach gets last 20 minutes to do what they want.</p> | | | |

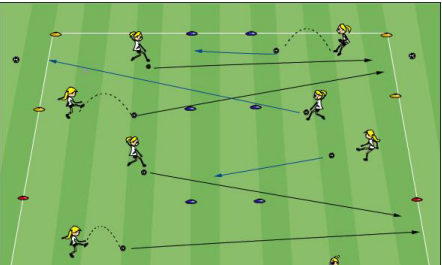
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| | <p><u>Volleys</u></p> <ul style="list-style-type: none"> - Groups of 4 Grid 5 yd by 5 yd for each group of 4 Add dynamic stretch between each progression | <ul style="list-style-type: none"> - Players on end line remain as two top players rotate to and from tosser. - 5 tosses per tosser for 10 total - Instep, Laces, Thigh foot, Chest foot, and headers | <ul style="list-style-type: none"> - Proper form ankle locked, toe down - Let ball come down to foot - Adjust body to keep shoulders and hips towards tosser - Headers Drive through ball with eyes open and mouth closed |
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| Week: 2 | Team Training: | Session Topic – | Level: Intermediate |
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Session Overview:

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| | <p>Set Up</p> <p>Split into groups of 3 Short pass, short pass, and long lofted pass Players use as large a space as possible to be able to do stretch passes</p> | <p>Rules/Progression</p> <ul style="list-style-type: none"> - Short, short, long using strong leg. Long pass can take two touches to set up long pass - Have players work on less dominate foot - Have long pass try to use 1 touch | <p>Coaching Points</p> <ul style="list-style-type: none"> - Focus on plant foot and getting behind ball to lift it - Lock ankle and drive ball - Watch foot into ball - Strike thru the middle of ball to keep it from "bending" - Player receiving long ball work on moving feet to correctly trap it |
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| | <p>Set Up</p> <p>Split into 4 groups- 2 per grid Two 12 yd x 12 yd grids Adjust size of grid to skill level of player, smaller area for more skilled group</p> | <p>Rules/Progression</p> <ul style="list-style-type: none"> - Teams play keep away in grid trying to get to 5 passes without losing possession for 1 point - If no team is getting to 5 passes add in a neutral player who is always offense | <p>Coaching Points</p> <ul style="list-style-type: none"> - Use entire grid - Always moving around in grid and talking - Have a plan before receiving ball - Do not force passes if space to dribble - Player with ball will need to keep head up - Work on proper dribbling and passing techniques previously taught |
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|  | <p>Set Up</p> <p>Split into 2 teams Set up two nets 36 yards apart using same width as 18 yd box</p> | <p>Rules/Progression</p> <ul style="list-style-type: none"> - Players go 3 V 3 with a goalie inside grid - Play continues until a team scores. If a ball is shot wide player must go get it and their team plays down a player. - Once a team scores they all check back to their net and get a new ball from the goalie. Team that was scored on changes to new players. - Play 1st team to 5 goals | <p>Coaching Points</p> <ul style="list-style-type: none"> - Proper movement and talking - Defending space Players are encouraged to shoot often due to how small the field is |
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Er...als. Can be one, two or three goals per field