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# AHFSH ACTIVITY MANUAL

FOR PLAYERS 7U - 10U

# INTRODUCTION



The program is designed to provide an age appropriate family soccer experience for children. Whether you come into soccer with no knowledge, limited knowledge, or you have been involved in the game for years, everyone will benefit from this program

The age specific exercises, is built around the introduction and development of the core motor skills required to play the game. Through fun games and activities the program develops balance, running, jumping, turning, hand eye coordination and spatial awareness, all essential to allow the young player to eventually learn and enjoy the game.

Exercises provided should be adjusted to the level of the players. All players should be included and each players should be allowed to develop at their pace.

Coaches should adjust a session when needed, such as adding or reducing a player, widening a space perhaps, or making the session easier to understand



Remember these 3 things  
No Lines – No Laps - No Lectures



- When teaching at this age consider yourself an activity leader rather than a coach.
- Encourage the players, parents and team to have fun and not be concerned with winning and losing
- Having fun and making new friends will ensure the players have a good time and learn naturally
- Let the players develop their skills by playing in the games
- Make the games dynamic and remember play at their level
- Encourage the parents to get involved
- Do not give more than one instruction at a time
- Be creative and use props to make the practices fun



# Roles and Expectations for Players and Coaches

- **The Player**

- To bring a ball to practice every practice.
- To keep soccer shoes clean.
- Work with the ball at home everyday. The more time you spend with a ball the quicker you will improve your technique.
- To perform up to the potential- but by the player's own standards.
- To get to practice on time (explain to Mom and Dad)

- **The Coach**

- To dress and look like a coach.
- To be on time for practices and for games.
- To give players equal opportunity and equal time.
- To encourage and be positive in correcting faults.
- To know the rules of the game and pass that knowledge on to young players.
- To discuss player progress with parents.



# Player Development

- **INDIVIDUAL BALL WORK:** Exercises where each player works alone with a ball with lots of repetitions using both feet.
  - Dribble Cut
  - Toe Tap
  - Triangles
- **RECEIVING & PASSING:** Exercise to improve a player's first touch, so important at all levels, and to encourage and teach accurate and creative passing.
  - Inside
  - Outside
  - Heel
  - Instep
- **MOVES (1v1):** Exercises and games that teach game-winning individual moves that can create space against the most packed of defenses.
  - Inside, Outside Cut
  - Step-over and Double Step Over
  - Scissor and Drag Scissor
  - Cruyff and Double Side Step
  - Pull Spin and Twist off
- **SPEED:** Exercises and games that improve acceleration, running with and without the ball and change of space.
  - Agility
  - Endurance
  - Coordination
- **FINISHING:** Exercises and games that teach technique and encourage instinctive play.
  - Near Post
  - Far Post
  - Top of the Box
  - Heading
  - Volleying
- **GROUP TACTICS:** Exercises and games that improve small-group combination play with emphasis on fast break attacks.
  - Wall Pass
  - Take-over
  - Over-lap
  - Double Pass
  - Transition to Attack
  - Build Attack
  - Width and Depth



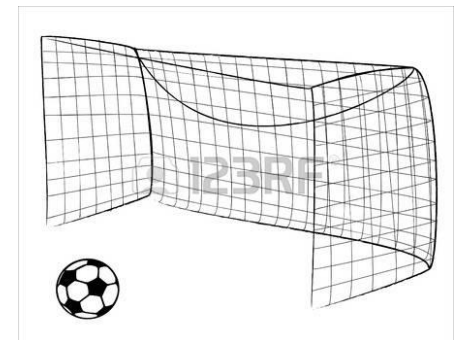
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# Organization of a Practice Session



- **(10 minutes)** *Warm up or preparation period*
- Approximately 20% of practice time
- Purpose is to prepare players physically and psychologically
- Remember movement is the key to learning the skills of soccer.
- **(24 minutes)** *Main activity section*
- Approximately 50% of practice time
- Related to the game
- Can control what the coach wants by changing:
  - The size of space to play in. General size is 10 square yards or larger per attacking player, sufficient width to allow for creativity, sufficient length for running, but do not stretch the space too far.
  - The time to perform a skill.
  - The number of touches a player can take.
  - The number of goals in any activity.
  - The number of players in the space.
- Example – Dribbling:
  - Conduct 4-to-5 minute games:
    - Shadow Dribbling
    - Freeze Tag/It
    - 1v1 End Zone Game
- **(16 minutes)** *Concluding activity section – Playing the game of Soccer*
- Approximately 25-30% of practice time.
- Allow players to play the game to goals.
- Remember that the smaller the numbers the more clear the exercise / teaching points. As numbers are increased, the exercise / teaching points become more game like or real.
- Restrictions are permitted, but limit them and limit the time of restrictions to no more than 1/3 of the time of the activity.
- Play the game to see if what the players have been practicing can be done in the game.
- Example – Dribbling:
  - To two large goals, must dribble across line to score.
  - Players can not pass a ball forward, only back
- **(2 minutes)** *Cool Down*
- Approximately 5% of practice time.
- Stretch and permit players to cool down. Do not forget the upper body.
- Example – Dribbling
  - Stretch with and without the ball.
  - Use the time to positively reinforce the efforts of all players



- The next section provides with a ten-week program for children ages 7 through 8 years. Each training session features three fun and progressive games and ends with a small-sided game. Emphasis is placed on the development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.
- Main topics include skills in dribbling, passing, ball control and shooting. The program starts with dribbling to familiarize novice players with the ball and introduces the game as a fun and enjoyable. Passing practices concentrate on developing the basics using activities design to focus purely on the mechanics, pace and accuracy of the push pass.

<i>Week</i>	<b>Technique</b>	<b>Practice Theme/Key Words</b>
<i>Week One</i>	<b>Dribbling</b>	Comfort ability with the ball
<i>Week Two</i>	<b>Dribbling</b>	Change of direction and speed
<i>Week Three</i>	<b>Dribbling</b>	Direction and speed basic moves
<i>Week Four</i>	<b>Throw-ins</b>	Pure mechanics/static/walking
<i>Week Five</i>	<b>Passing</b>	Pure mechanics/static/walking
<i>Week Six</i>	<b>Passing</b>	Pace/accuracy/targets
<i>Week Seven</i>	<b>Passing</b>	Pace/accuracy/static/run
<i>Week Eight</i>	<b>Ball Control</b>	Pure Mechanics/run part 1
<i>Week Nine</i>	<b>Ball Control</b>	Pure Mechanics/run part 2
<i>Week Ten</i>	<b>Shooting</b>	Pure Mechanics



# WEEK ONE



- **1) Tag**---Every player dribbles a soccer ball a 15yd x 20yd space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game.
- *Variation 1:* Players must tag other players on their knees. (10 minutes)
- **2) Crabs and Lobsters**---A group of players are positioned in a grid 10yd x 20 yd, set of players with one ball each. The group is divided equally into two groups. One group is positioned on the end line of the grid with one ball each. The other group is spread out within the grid. On the command of the coach, the players with the ball must try to get to the opposite end of the grid with the ball in possession and stop the ball dead on the end line with the sole of the foot. All players dribble at the same time. Players on the ground may only move using their hands and feet, they cannot stand up. The defending players try to kick the balls out over the end line.
- **3) Knock Out**---In same space as previous activity, have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times). (8 minutes)
- **4) Wacky Races**---Divide Players into pairs, with one ball each. Pairs are positioned at the starting line. On the coach's command, players dribble their balls around the race track at full speed. First player through the end line wins. Players must stay within the cones and start from the beginning if they dribble off the track. Team up players to race different opponents each time. See who can record the best time...
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.
- (16 minutes)

# WEEK TWO



- **1) Free Dribble**---In the same space as above, everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace for the session. Players carry the ball towards someone and try a move. *Variation 1:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 minutes)
- **2) Dribbling Slalom through Cones**---Two players are positioned at one end of the grid, with one player at the one end of the grid, with one player at the opposite side.
  - Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.
  - **Coaching Points:** Maintain close control over the ball. Build up speed gradually. Don’t sacrifice quality for speed. Use the outside and inside of the foot to dribble the ball. Don’t keep the eye’s fixed on the ball. (8 minutes)
- **3) Dribbling around the Cone**---Divide players into pairs, with one ball each. Player’s alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position. The cone is placed approximately 5-7 yds from the starting line. **Coaching Points:** Maintain close control over the ball. (8 minutes)
- **4) Dribble, Turn and Escape**---Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the midpoint of the grid, players’ turn and dribble back to their starting positions. Activity is then repeated. Players should accelerate after turning. **Coaching Points:** Maintain close control over the ball. Build up speed gradually. Don’t sacrifice quality for speed. When turning, get the ball out of your feet and into the direction you want to turn. If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch. (8 minutes)
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.
  - (16 minutes)

## WEEK THREE



- **1) Shield-Steal**---Two players (partners) with one ball. One player starts with the ball and, on the coach's command, partner tries to steal the ball away. Play 30-45 second matches. Whoever has the ball at the end of the time allotment, receives a point. Play many matches. If ball goes out of bounds, one of the players must get it back into play quickly. (10 minutes)
- **2) Dribble to Corners**---This practice is designed to improve the player's technical ability when dribbling and running with the ball. The whole group is positioned in a grid 20 yards x 20 yards. Four corners are marked off with cones and designated with numbers one through four. Each player has a ball and dribbles around the inside of the grid. Players must avoid each other. When the coach calls out a number, the players must then dribble the ball quickly to the corner selected while avoiding each other. First player into the corner wins a point. The coach should emphasize the following **Coaching Points**: Maintain control over the ball at all times Use a change of speed and direction  
(8 minutes)
- **3) Truck and Trailer**---This practice is designed to improve the player's technical ability when dribbling and running with the ball. Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 yards. First player is the "truck" the second player is the "trailer. On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts "change".  
The Coach should emphasize the following **Coaching Points** Maintain control over the ball at all times. Use a change of speed and direction  
(8 minutes)
- **4) Show the moves**--- Each player has a ball. The practice starts with the dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are:
  - -Stop: Players must stop the ball using the sole of the foot.
  - -Turn: Players must change direction 180 degrees.
  - -Fake: Players must fake to pass the ball.
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice. (16 minutes)



# WEEK FOUR



- **1) Snake**---In a 20yd x 20yd area, have all players dribble their soccer balls, except for 2-3 players (the snake). The snake players hold hands or lock arms and work together to tag the other players. The players dribbling the balls try to avoid getting tagged by the snake. If they are tagged, they join hands or lock arms with the snake. The snake grows until all players are part of the snake. The snake must work together and stay connected...they cannot break into little parts. Encourage fun by having the snake hiss. (10 minutes)
- **2) Grid Wars**---Place two areas of 10yd x 10yd about 10 yards apart. One player in each area. The ball is played back and forth using the hands. If the ball rolls out of your area or does not enter the area, the opponent gets a point. *Variations:* vary the size of the area. Vary the distance between the areas. (8 minutes)
- **3) Monkey in the Middle**---One or two players are in the middle of a confined space. Outside players try to pass to each other using their hands. Inside players try to intercept the pass. One point for each pass and one point for each interception. *Variations:* Players that win the ball in the middle switch places with the player that lost the ball. Change the size and shape of the space they use. Vary the numbers, inside and outside. (8 minutes)
- **4) Middle Team**---Set up a field 20yd x 30yd and divide it into three equal sections. Divide the nine players into three groups of three. Put a group in each section. The two end groups try to keep the ball away from the the middle group using their hands. If the ball is intercepted by the middle team or the ball goes out of bounds, the team who played the ball goes into the middle. *Variations:* Size of the spaces depending on the success of the groups. Adjust the numbers, make sure players get repetitions.
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.  
(16 minutes)





## WEEK FIVE



- **1) Gates**---Set up many pairs of cones (with roughly 2 yards in between pairs) all around the field (same size as previous activity). These pairs serve as gates or small mini-goals.
- Players each have a ball and must dribble through the gate in order to score. Players must count how many goals they score; when playing a second time, ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, introduce a rule to protect against this. (8 minutes)
- **2) Gates with Bandits**---Same game as above, but add 2 or more bandits (without soccer balls) who try to steal soccer balls from the other players. If bandits are successful and steal soccer balls, they are no longer bandits. Players who lose their soccer balls become bandits! Play multiple 1-2 minute games. Play is continuous for the 1-2 minute period. Players who have possession of a soccer ball at the end of time are awarded a point. (8 minutes)
- **3) Land on the Moon**---This practice is designed to improve the technical ability of the "push pass" with an emphasis on "pace and accuracy". A grid is marked off approximately 10 yards by 10 yards and a circle is made with cones at center of the grid. A group of players with a ball each are positioned at each end of the grid. In turn, players have to try and land their ball onto the surface of the moon (circle marked off by cones). A point is awarded for each successful mission. No points are awarded if the ball lands outside the circle. Repeat practice several times and add up total points. (8 minutes)
- **4) Sharks and Minnows**--- This practice is designed to improve the technical ability of the push pass with an emphasize on "pace and accuracy. 6 players are positioned at both sides of the grid, 20 x 24 yards. 3 players are positioned at the top and 3 at the bottom of the grid. The players on the side try to hit the ball of the dribbling player. If a player dribbling to the other side is hit with the ball, that player must return to the starting point. After each pass the receiver must now pass back trying to hit the ball of the dribbling players. Create a competition between groups (8 minutes)
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice. (16 minutes)



## WEEK SIX



- **1) Freeze Tag**---In a 20x25 yard space, break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the **Taggers**. Otherwise, stop game after a few minutes and have teams reverse roles. *Variation 1:* Coach can be the freeze monster and try to tag all the players; players continue to unfreeze each other. (10 minutes)
- **2) Gates Passing**---Using the same field space as above, use cones to set up many small goals (gates) approximately 2 yards wide all around the playing area. Players are now paired up with one ball and must successfully pass the ball through the gates to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Coach can manipulate the game by requiring the players to pass only with their left foot, right foot, or the outside of their foot. (8 minutes)
- **3) One Man Passing Relay**--- This practice is designed to improve the technical ability of the push pass with an emphasize on" pace and accuracy. One player is positioned at one side of the grid, 10 x 12 yards. The player receives the ball from the server. After each pass the receiver must turn and run back to the starting position. The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups  
(8 minutes)
- **4) Ball Tag**---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player's feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. *Variation 1:* If the players tag the coach, they are awarded 1 or 2 points. If the players tag other selected players, they can be awarded 5 or 10 points etc. (8 minutes)
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.  
(16 minutes)



# WEEK SEVEN



- **1) Paint the Field**---15 yds x 20 yds rectangular grid. In pairs, players move around the grid and pass their ball back and forth in the area defined. At first have each pair in their own grid. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by passing (kicking) their soccer balls all over the grid. Progressively build this so that players go from moving slowly in their own grid to having multiple pairs in the same grid moving at a faster pace. *Variation 1:* Have players use opposite foot.  
(10 minutes)
- **2) Clean Your Backyard**---Using the same field space as previous activity, break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Place three small (3yd) goals at the far end of each side of the field. Have both teams shoot balls at the other team's goals in an attempt to score through any one of the 3 small goals (below knee height). Players can only enter the buffer zone to retrieve a ball that has stopped inside. Otherwise they cannot enter the buffer zone or go into the other team's half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. (8 minutes)
- **3) Soccer Marbles**--- This practice is designed to improve the technical ability of the "push pass" with an emphasis on "pace and accuracy". A grid is marked off approximately 10 yards to 15 yards wide. Place a ball (marble) in the center of the circle. Each player has a ball (marble) and is positioned around the perimeter of the circle. In turn, players try to get their marble (ball) as close as they can to the center marble. The closest ball to the center marble wins a point. (8 minutes)
- **4) End Zone Game**---Two areas of the field are marked off as end zones with a defender at each end zone. The area is 5 x 20 yards; Defenders are restricted to this area Players start on the touch line and on coaches command try to pass inside an end zone. Players are encourage to change direction and can score at either end zone. Game is played for 60 seconds at a time; a point is awarded each time a player can pass into an end zone Variations: U7/8's can play a 1v1 to end zone. Each player must perform a change of direction move before passing the end zone. (8 minutes)
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.  
(16 minutes)



# WEEK EIGHT



- **1) Shadow Dribble**---One player with a ball and another player behind them with a ball as well. The player in front can go anywhere in the 20x20 yard box and the player behind must try to keep as close to them as possible and follow where they are going and what they are doing. The leader determines where they are going and the player who is the shadow tries to keep up with them. Then reverse the roles. Players can use both feet to start, then can choose to use one foot, then the other. *Version 2:* Now the leader adds in moves while they are dribbling and the shadow player must do the same. (10 minutes)
- **2) Control using inside of Foot I**---This practice is designed to improve each player's ability in ball control. The focus is placed on "Cushion Control using the Feet" Two players per grid, with one ball. The grid should be 10yd x 10yd. The player with the ball starts the practice by rolling the ball along the ground for their partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball and cushioning it. (8 minutes)
- **3) Juggling**---Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. *Variation 1:* Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot (6 minutes)
- (8 minutes)
- **4) Capture the Balls**---Set up three or four "home bases" (squares) with cones roughly 2-3 yards apart. Organize the players into 3-4 teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Play multiple 2 minute games. When time is up, the Coach counts the number of soccer balls in each base to determine a winner. Coach allows each team 1 minute to make up a new team strategy before playing again. Field size same as above. (8 minutes)
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.
- (16 minutes)



## WEEK NINE



- **1) Knights and Dragons**---In a 20x25 yard field, each player with a ball. Players try to dribble from one end of the bridge (field) to the other, all at once, without the “dragon”
- kicking their ball out of the field. Coach begins the game as the dragon. Once player’s ball is kicked out of the field, they become a dragon with the coach. Players who reach the other end of the field without having the ball kicked out wait for everyone to collect either as a dragon or knight before game restarts. (10 minutes)
- **2) Control using the Thigh I**---Two players per grid, with one ball. The grid should be 10yd x 10yd. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height, for the partner to control using the thigh. The player controlling the ball should constantly be moving to get their thigh under the flight of the ball. On contact with the ball, the player immediately withdraws the thigh, taking the pace off the ball, and cushioning it down to the ground. (8 minutes)
- **3) Small group Relay**---A small group of players are positioned in a grid 10yd x 10yd. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass. The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute. (8 minutes)
- **4) Moving Goal**---2 coaches use a training vest or an extra piece of clothing to form a movable goal with each coach serving as a post and the shirt serving as the crossbar. Players each have a ball and try to score by kicking their ball through the goal. However, the coaches constantly move turn to force the players to keep their head up and to change direction as they dribble. (8 minutes)
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.
- (16 minutes)





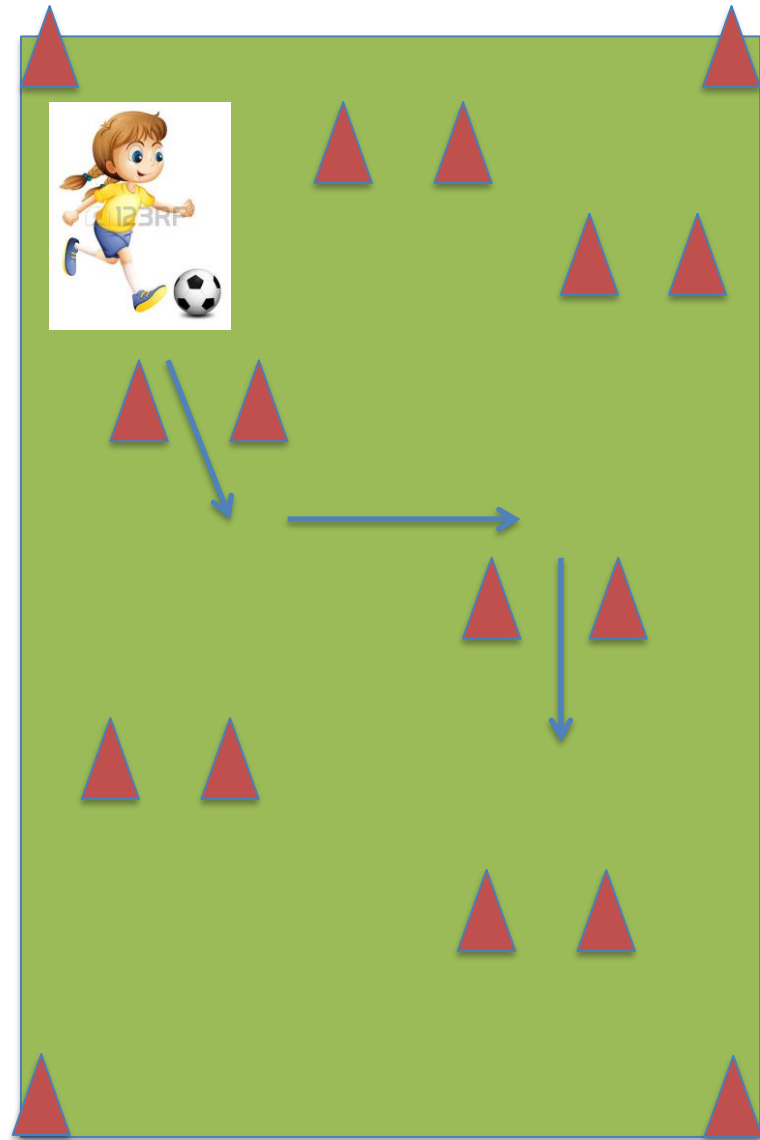
# WEEK TEN



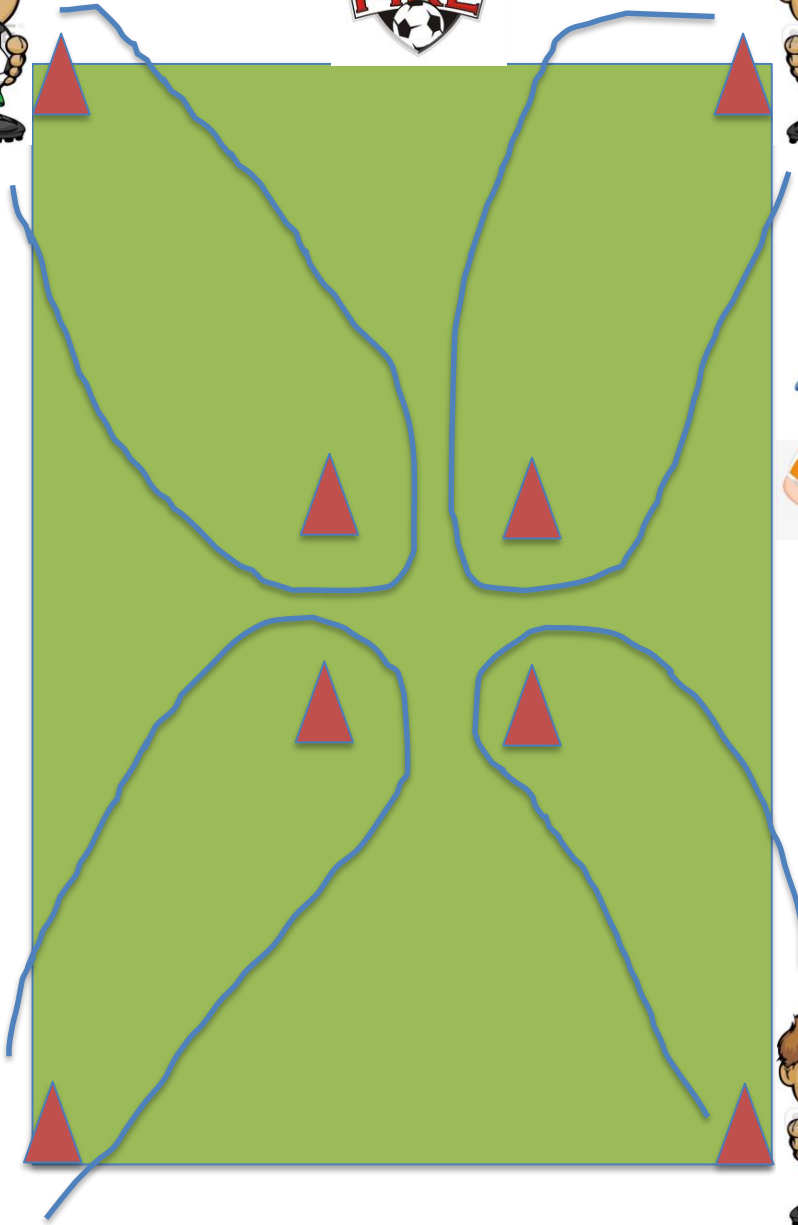
- **1) Doctor-Doctor**---Break team into 2 groups. Send each team into their own hospital (at opposite corners of the grid). Select a doctor for each team. The doctor will be able to unfreeze (cure) their own players if they are frozen (injured) by the other team. Each team tries to freeze the other team by kicking their own soccer balls and hitting either the other team's soccer balls or someone on the other team below the knee. If a player gets frozen, they must stay where they are, hold their soccer ball above their head and yell out "Doctor-Doctor". The doctors do not have a ball and their role is to rush to the aid of their teammates to unfreeze them, by simply touching them, so they can continue playing. (10 minutes)
- **2) Shooting Mechanics**---Two players are positioned in a grid 10yd x 10yd, One player is the goalkeeper, the second a receiver. The goalkeeper stands in between the two cones rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Both players should alternate roles. **Coaching Points:** Remember to keep the head steady and eyes fixed firmly on the ball. Approach the ball at a slight angle; this will assist the neutral swinging motion of the kicking leg. The last stride to the ball should be the longest stride. (8 minutes)
- **3) Knock Out**---In same space as previous activity, have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times). (8 minutes)
- **4) 1v1 to Cross Goals**---On a 15x10 yard field, set up a two yard goal on each side of the field. Divide your team into two groups and have one group start with the ball and the other group without. Group with the ball will try to dribble the ball through two of the goals furthest from them (score on the red goals) and defend the two goals closest to them (defend the blue goals). If the defender wins the ball, they now try to score on the two goals at the opposite side. Game ends when the ball rolls out and two new players begin the game. (8 minutes).
- **5) Small Sided Scrimmage**---Finish with a small sided game (No Goalkeepers). In a 20yd x 30yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.  
(16 minutes)

## GATES

- Place the cones in 2s and call them gates.
- Have the players run through the gates , as many as they can in a fixed time. 30 seconds or a minute.
- Next have them carry a ball and do the same. Players can not run through the same gate twice in succession.
- Finish with players dribbling a ball in and out of the gates.
- Make it competitive and see how many they can do in the time given. Do it twice to see if they can beat the previous score.
- Advance to two players passing one ball through the gates, as many as they can

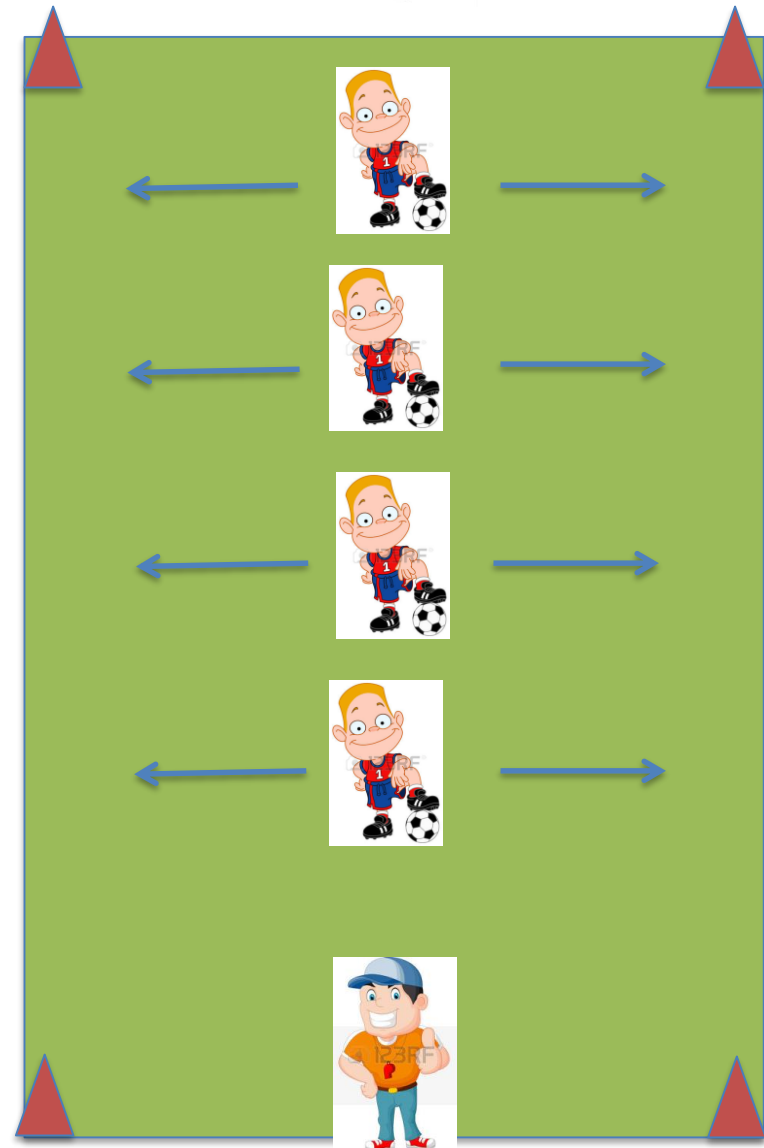


- Players need to be able to dribble at speed and in small spaces under control.
- Each child starts with a ball and are positioned as shown in the diagram. Can have 2 or 3 players in each line. Again, can start off with players without a ball, carrying a ball and then dribbling a ball
- Players with the ball can dribble towards the cone then do a pull back first
- Secondly at the cone turn using inside of the foot
- Next, dribble around the cone.
- Add once a player is around the cone , can pass to the next player in line
- Emphasize when dribbling, lots of touches on the ball





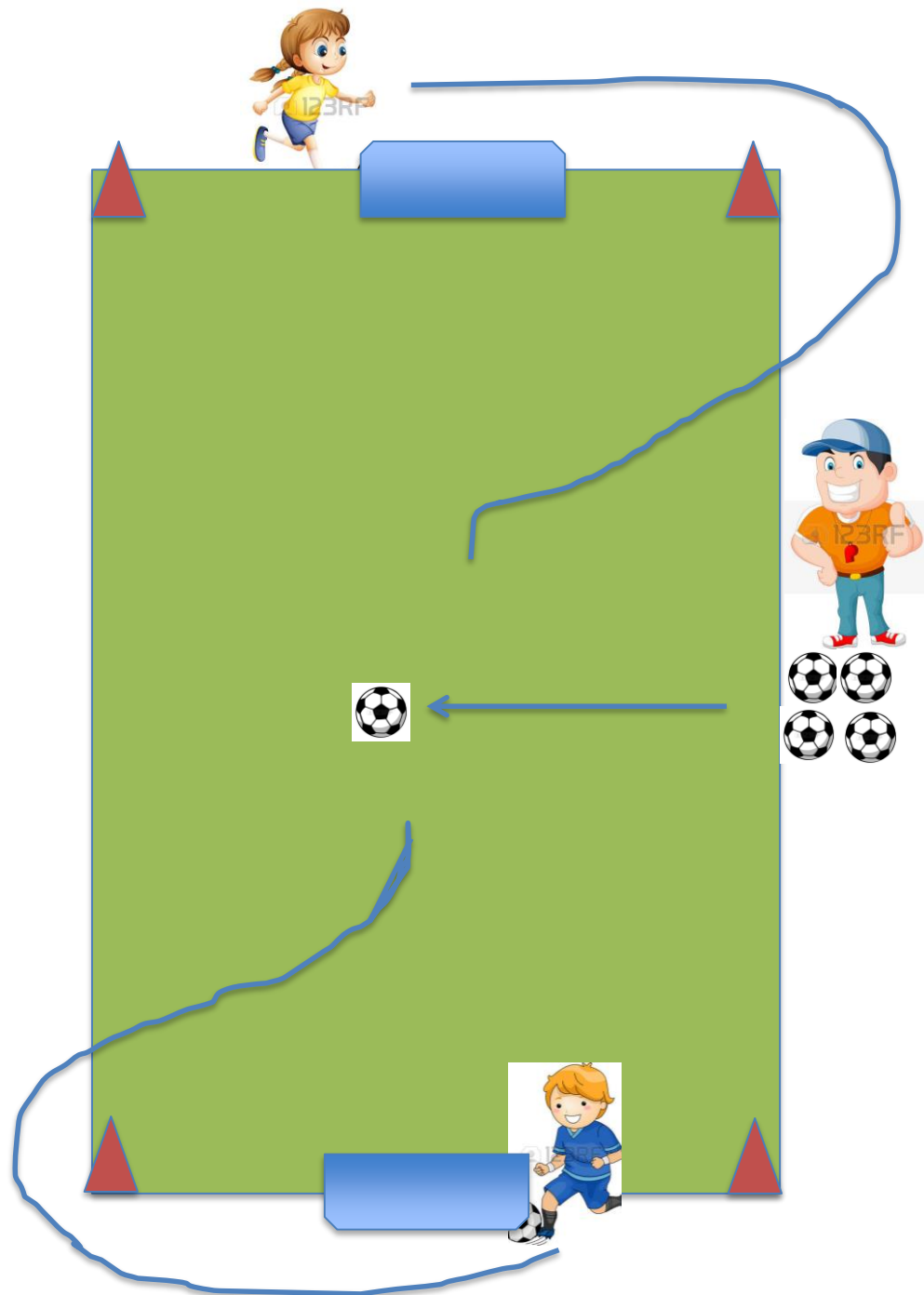
- Have the player stand with a ball in the middle of the grid as shown
- We will teach players to move the ball left or right
- The coach will give these commands
- Left – Players will move the ball to the left side of the grid
- Right – Players will move the ball towards the right side of the grid
- Forward – Player will touch the ball 3 times to move forward
- Back – players will drag the ball backwards 3 touches
- Players can start no ball, ball in hands and then ball at feet



Players will line up by the side of the goal. All balls will be with the coach on the half way line.

Coach will say go, both players will run around the outside cone into the mid area to receive a ball played in by the coach.

1. Have the players score in the goal that they ran from
2. Have the players score in the opposite goal.
3. Players should use pull backs, change of direction and change of speed.
4. Coach can play the ball closest to the player who may be less skilled so that they get a chance to play



Players will line up by the side of the goal.  
All balls will be with the coach on the half way line.

Coach will say go, 2 players from one end line will play against 1 from the other side.  
2 players will run around the outside cone into the mid area to receive a ball played in by the coach.

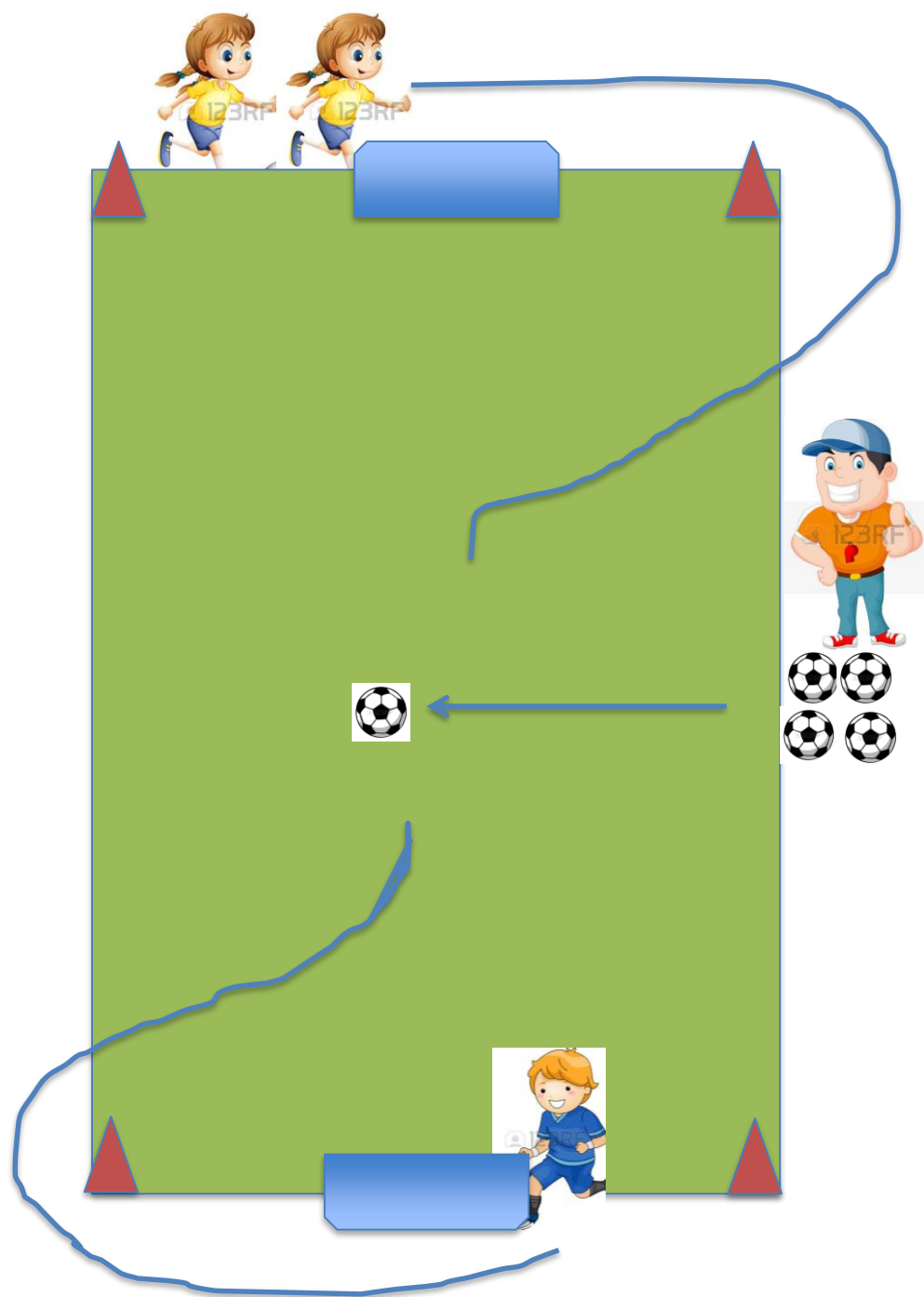
Play 2v1, encourage passing , introduce give and go , wall pass and overlaps. (Add 2v2)

1. Have the players score in the goal that they ran from

2. Have the players score in the opposite goal.

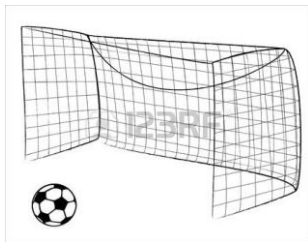
3. Players should use pull backs, change of direction and change of speed.

4. Coach can play the ball closest to the player who may be less skilled so that they get a chance to play



## Dribble to Corners

- This practice is designed to improve the player's technical ability when dribbling and running with the ball. The whole group is positioned in a grid 20 yards x 20 yards.
- Four corners are marked off with cones and designated with numbers one through four. Each player has a ball and dribbles around the inside of the grid.
- Players must avoid each other. When the coach calls out a number, the players must then dribble the ball quickly to the corner selected while avoiding each other.
- First player into the corner wins a point.
- The coach should emphasize the following **Coaching Points**: Maintain control over the ball at all times Use a change of speed and direction



1

2



3

4



## Knights and Dragons

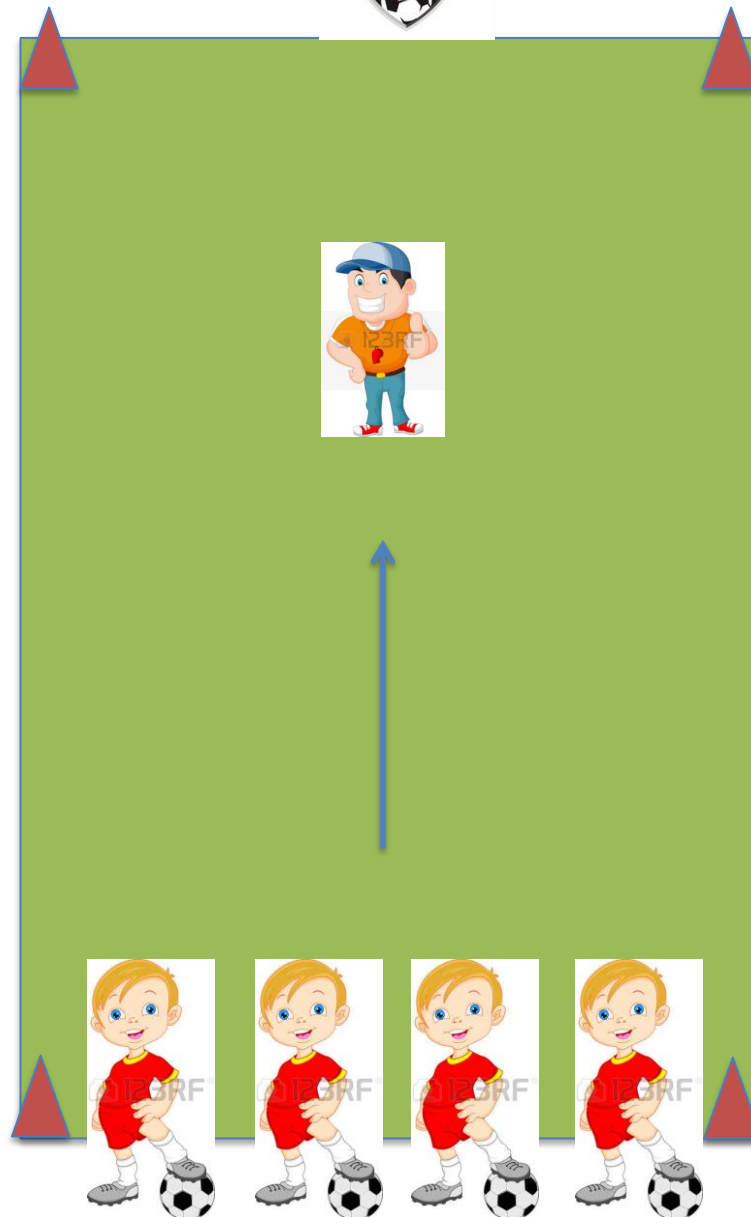


In a 20x25 yard field, each player with a ball.

Players try to dribble from one end of the bridge (field) to the other, all at once, without the “dragon” kicking their ball out of the field.

Coach begins the game as the dragon. Once player’s ball is kicked out of the field, they become a dragon with the coach.

Players who reach the other end of the field without having the ball kicked out wait for everyone to collect either as a dragon or knight before game restarts.



## The next section illustrates session plans for players ages 9 and 10

- Each training session features three fun and progressive games and ends with a small-sided game. Emphasis is placed on the development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.
- 
- Main topics include skills in dribbling, passing, ball control and shooting. Start your program with dribbling to familiarize novice players with the ball and introduces the game as a fun and enjoyable. Passing practices concentrate on developing the basics using activities design to focus purely on the mechanics, pace and accuracy of the push pass.

<b>Technique</b>	<b>Practice Theme/Key Words</b>
•	
• <b>Dribbling</b>	Change of Direction
•	
• <b>Passing</b>	Pure Mechanics of Push Pass
•	
• <b>Receiving</b>	Ground/Mid Air Balls
•	
• <b>Throw-ins</b>	Standing/Moving
•	
• <b>Shooting</b>	Pure Mechanics Instep
•	
• <b>Attacking 1v1</b>	Beating an Opponent
•	
• <b>Defending 1v1</b>	Role of 1 <sup>st</sup> Defender
•	
• <b>Goalkeeping</b>	Basic Grips/Stance
•	
• <b>Attacking 2v1</b>	Combination Play
•	
• <b>Heading</b>	To Score/To pass



# PASSING



## Individual Ball Work (*Warm up and Individual Ball Work*)

- Set up a 20x20 yd area. Up to 12 players, each with a ball, standing one yard apart the square. Form two or three lines as required. *Action:* On the coach's signal players move steadily tapping the ball from foot to foot. After four taps, they pull the ball with the sole and push it out with the inside of both feet and repeat the sequence.
- **Fun Games** (*Create a positive working atmosphere*)
- **Freeze Tag**---In a 20x25 yard space, break up the group into two teams. Everyone must dribble their soccer ball, but one team tries to tag (freeze) the other team. If they do tag a player on the other team, that player must freeze, place their ball above their head and spread their legs. Another player on their team must kick his/her ball through the frozen player's legs to unfreeze the teammate. If all players are frozen, game ends and the frozen team becomes the **Taggers**. Otherwise, stop game after a few minutes and have teams reverse roles.
- **Passing and Receiving** (*Building Block of the Game*)
- Set up 3 player per group. Two players with the ball face the third partner 8 to 10 yards away. *Action:* The player with the ball passes to the player opposite and sprints to take his/her place. The receiver passes back first touch to the third player and sprints to take his/her place. The sequence continues as quickly as possible without losing control. After a couple of minutes of practice it becomes a timed competition.
- **Small Sided Games** (*Encourage players to use their skills*)
- Finish with a small sided game. In a 35yd x 45yd field, play a 6v6 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. The practice should be concluded with a small-sided game reinforcing the coaching points from the session. At the end of the session, review all coaching points made during the practice.



# SHOOTING



- **Warm up**
- **1) Knock Out**
- In same space as previous activity, have players dribble balls while trying to knock other player's balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times). **(15 minutes)**
- **Fundamentals - Shooting Mechanics**
- Two players are positioned in a grid 10yd x 10yd, One player is the goalkeeper, the second a receiver. The goalkeeper stands in between the two cones rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Both players should alternate roles. **Coaching Points:** Remember to keep the head steady and eyes fixed firmly on the ball. Approach the ball at a slight angle; this will assist the neutral swinging motion of the kicking leg. The last stride to the ball should be the longest stride. **(15 minutes)**
- **Game-Related – 1v1 to Cross Goals**---On a 15x10 yard field, set up a two yard goal on each side of the field. Divide your team into two groups and have one group start with the ball and the other group without. Group with the ball will try to dribble the ball through two of the goals furthest from them (score on the red goals) and defend the two goals closest to them (defend the blue goals). If the defender wins the ball, they now try to score on the two goals at the opposite side. **(15 minutes)**
- **Game-Related Complex – 3v1+1v3 Game**
- In a 25 x 30 yard grid (8) Eight Players two groups of 4 players. Play 4v4 to goals, Players are restricted to the 18 yard line. On one half of line you have 3 attackers vs 1 defender. Must score from outside the 18 yard line.
- **Game Condition - 8v8 Game** Each shot must be taken from outside the 18 yard box. Encourage players to use the instep when striking the ball. **(10 minutes)**
- **Free Game - 8v8 Scrimmage** - - Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. All restrictions are removed in the free game. This is the time to let the players play and for coach to evaluate training session **(15 minutes)**
- **Cool-down** - Stretch and permit players to cool down. Do not forget the upper body.

## ATTACKING 1V1

- **Warm up (Gates)** - Randomly place many pairs of cones making small goals (1yd) in a large space (30 x 20 yds) and have players dribble their balls through the goals for a point. Players try to accumulate as many points as possible. Have players count up their total points in the time you provide them. **(15 minutes)**
- **Possession** - Set up 3 players per group. Each group has one ball, players dribble in a 8 to 10 yard area. *Action:* The player with the ball uses an inside or outside cut to change direction then passes to the next player who repeats same movement. The sequence continues as quickly as possible without losing control. After a couple of minutes of practice it becomes a timed competition. **(15 minutes)**
- **Direction – 1v1 Line Game**
- In a 10x12 yard grid two players per grid play a 1v1 game. The player with the ball scores by dribbling the ball across the opponent's line with control. Once player scores he can attack the opposite line and continue until player loses possession. Make it a 1v1 Tournament to create competition among the team. **(15 minutes)**
- **Goal – 4v4 Six Goal Game**
- In a 35 x 40 yard grid (8) Eight Players two groups of 4 players. Play a 4v4 to six goals, players dribble through a gate to score a point. Once you score on one side of the field player now scores on opposite side. Team who scores the most points after 2 minutes wins the game. *Coaching Points:* Change of Direction, Change of Speed.
- **Game Condition - 8v8 Game** Each player must touch the ball a min of three touches before passing. Restrictions are permitted, but limit them and limit the time of restrictions to no more than 1/3 of the time of the activity. **(10 minutes)**
- **Free Game - 8v8 Scrimmage** - - Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. All restrictions are removed in the free game. This is the time to let the players play and for coach to evaluate training session **(15 minutes)**
- **Cool-down** - Stretch and permit players to cool down. Do not forget the upper body.



## DEFENDING 1V1



- **Warm up Shield-Steal**
- Two players (partners) with one ball. One player starts with the ball and, on the coach's command, partner tries to steal the ball away. Play 30-45 second matches. Whoever has
- the ball at the end of the time allotment, receives a point. Play many matches. If ball goes out of bounds, one of the players must get it back into play quickly. **(15 minutes)**
  
- **Pressure**
- 3 Players per ball in open space. Player A passes with Player B, about 8-10 yards apart. Player C is located about 10-15 yards away from Players A & B. After 3-4 passes, Player A passes the ball to Player C. While the ball is traveling, Player B approaches Player C to apply pressure to the ball; at the same time, Player A provides appropriate cover to Player B (positions herself behind and at an angle to Player B. Player C attempts to split Players A & B with a dribble or a 1 touch pass. Repeat many times, changing the roles of the 3 players. **(15 minutes)**
  
- **Direction – 2v2 to Lines**
- Create multiple fields that are 18yds x 20yds with 6 cones outlining the field (enough so all players are playing); organize all of the players into teams of 2. Each team will attack the end line opposite them and defend the end line behind them. Players must dribble
- over the opposite end line to score. Play a tournament format where teams play 2 minute games and then rotate to another field. **Coaching Points (1st Defender):** Angle of approach – We want to direct the player one way on the field, take away option of advancing forward: Speed of approach – Approach fast...arrive slow
- **(15 minutes)**
- **Goal – 4v4 Six Goal Game**
- In a grid 20x30 yards with six goals measuring 3 feet across in each corner, play 4v4. Each team attacks the 3 goals opposite them and defends the 3 goals behind them. Some questions to ask the players: “can you channel the ball into certain areas of the field to gain possession?” “Can you apply enough pressure on the ball to limit the first attacker's options and make the play predictable?”
- **(15 minutes)**
  
- **Free Game - 6v6 Scrimmage** - - Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. All restrictions are removed in the free game. This is the time to let the players play and for coach to evaluate training session **(15 minutes)**
  
- **Cool-down** - Stretch and permit players to cool down. Do not forget the upper body.

## GOALKEEPING

- **Warm up 1) Doctor-Doctor**
- Break team into 2 groups. Send each team into their own hospital (at opposite corners of the grid). Select a doctor for each team. The doctor will be able to unfreeze (cure) their own players if they are frozen (injured) by the other team. Each team tries to freeze the other team by kicking their own soccer balls and hitting either the other team's soccer balls or someone on the other team below the knee. If a player gets frozen, they must stay where they are, hold their soccer ball above their head and yell out "Doctor-Doctor". **(10 minutes)**
- **Fundamentals - Goalkeeper Technical Box**
- Divide the field players into two groups (a red group and a blue group). Each group has 1-2 soccer balls. Position the two groups with the goalkeepers on half of the field passing and moving freely throughout the space. Field players must pass to any
- goalkeeper when the opportunity arises. All balls played to keepers must be on the ground; keepers field the ball with their hands; then they distribute to any field player by rolling the ball to them. **(15minutes)**
- **Game-Related – Keep Away**
- One or two players are in the middle of a confined space. Outside players try to pass to each other using their hands. Inside players try to intercept the pass. One point for each pass and one point for each interception. *Variations:* Players that win the ball in the middle switch places with the player that lost the ball. Change the size and shape of the space they use. Vary the numbers, inside and outside. **(15 minutes)**
- **Game-Related Complex – 3v1+1v3 Game**
- In a 25 x 30 yard grid (8) Eight Players two groups of 4 players. Play 4v4 to goals, Players are restricted to the 18 yard line. On one half of line you have 3 attackers vs 1 defender. Must score from outside the 18 yard line.
- **Game Condition - 8v8 Game** Each shot must be taken from outside the 18 yard box. Encourage players to use the instep when striking the ball. **(10 minutes)**
- **Free Game - 8v8 Scrimmage** - - Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. All restrictions are removed in the free game. This is the time to let the players play and for coach to evaluate training session **(15 minutes)**
- **Cool-down** - Stretch and permit players to cool down. Do not forget the upper body

## ATTACKING 2V1 – COMBINATION PLAY

- **Warm up (Gates)**
- Randomly place many pairs of cones making small goals (1yd) in a large space (30 x 20 yds) and have players dribble their balls through the goals for a point. Players try to accumulate as many points as possible. Have players count up their total points in the time you provide them. **(15 minutes)**
- **Possession** - Set up 4 players per group. Each group has one ball, players keep possession in an 20 to 24 yard area. *Action:* Play a 3v1 possession game, start with one player in the middle. Player who loses possession is now the defender in the middle of the playing grid. The sequence continues as quickly as possible without losing possession. After a couple of minutes of practice it becomes a timed competition. **(15 minutes)**
- **Direction – 2v2 Line Game**
- In a 20x24 yard grid two players per grid play a 2v2 game. The player with the ball scores by dribbling the ball across the opponent's line with control. Once player scores he can attack the opposite line and continue until player loses possession. Make it a 2v2 Tournament to create competition among the team. **(15 minutes)**
- **Goal – 6v6 Six Goal Game**
- In a 35 x 40 yard grid (8) Eight Players two groups of 4 players. Play a 4v4 to six goals, players dribble through a gate to score a point. Once you score on one side of the field player now scores on opposite side. Team who scores the most points after 2 minutes wins the game. *Coaching Points:* Look to create numbers up situations and beat defenders with overlap or wall pass..
- **Game Condition - 6v6 Game**
- Team is awarded 2 points for scoring after a combination play. Restrictions are permitted, but limit them and limit the time of restrictions to no more than 1/3 of the time of the activity. **(10 minutes)**
- **Free Game - 6v6 Scrimmage** - - Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. All restrictions are removed in the free game. This is the time to let the players play and for coach to evaluate training session **(15 minutes)**
- **Cool-down** - Stretch and permit players to cool down. Do not forget the upper body.

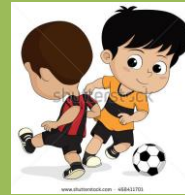
## ATTACKING PRINCIPLES



- The following principles are used to accomplish the primary objective in soccer - to create goal-scoring opportunities.
- **Score** – the most important objective of any attack is to get through the opponents defense. This can be accomplish in a variety of ways:
  - Dribbling through or past the opposing players
  - Passing the ball through or past the opposing team
  - Shooting
  - Scoring
- **Support** – refers to the arrangement of teammates in front of, behind and to the side of the player in possession. These players offer immediate passing options that allow the team to maintain possession of the ball while trying to develop a successful attack.
- **Width** – refers to the spreading out across the field to disrupt the concentration (see defensive principles) of the defensive team. The idea is to try to force the opponent to spread out thus creating gaps that can be exploited.
- **Depth** – refers to the positioning of teammates in advance of and behind the player in possession. Similar to support but includes teammates not offering immediate passing options.
- **Mobility** – refer to a players ability of the attacking team to make runs off the ball to unbalance and disrupt the defensive team. Allow attackers to find and create space and forces defenders to make decisions. The aim is to create gaps to penetrate effectively.
- **Improvisation** – refers to a player’s ability to break down a defense out of nothing. A piece of skill, a trick, a creative pass or a piece of “magic” that is unexpected and catches the defensive team by surprise can lead to goal-scoring opportunities.

- The following principles apply to defending regardless of positioning on the field. It is easy to assume that defensive principles should only apply to defenders and the attacking be left to the forwards. All players should be made aware of effective individual and team defensive principles and should learn that effective team defending begins with the forwards and the front line.
- **Immediate pressure on ball – the** idea is to win back possession of the ball before the opposition can find a rhythm or build any significant attacks. If an attempt to win back possession of the ball is deemed “too risky” (example, if a midfielder misses a tackle the team may lose their defensive shape) the best option is to exhibit restraint and be patient.
- **Delay** – the key consideration within the concept of “delay” is to get players behind the ball in a good defensive shape to help prevent penetration from the attacking team. An experienced defender will show restraint, stay on their feet and steer attackers into areas away from their goal. Just a few seconds delaying an attacker will allow teammates to retreat and offer help. Delay relates to individual as well as team defending.
- **Support/Cover** – this can be provided by one or more players and refers to the distance and angles at which teammates offer defensive help. For simplicity sake the player putting pressure on the ball can referred to as the 1<sup>st</sup> defender and the nearest supporting player can be referred to as the 2<sup>nd</sup> defender.
- **Depth** – similar to the concept of support but includes all players behind the player putting pressure on the ball. It is important for a team to have good depth in defending in instances when there is no direct pressure on the opponent with the ball.
- **Compactness/Concentration** – compactness refers to the distance between the defensive team’s front players and back line. Good pressure on the opponent will allow the defensive back line to step up making the field more compact with less space for the opposition to exploit. In contrast, there is no pressure on the opponent, the back line may need to retreat resulting in a less compact area. Concentration refers to the “pinching” in of the defensive team to, again squeeze the space making it more difficult for the opposition to play.
- **Balance** – this refers to the positioning of teammates and defenders in relation to opposing players who are not in immediate support of the ball. It is not enough to simply have a lot of players behind the ball; they must have the appropriate width and depth. The positioning of all balancing players is determined by the distance from the ball to their opponent.

BUILD OUT LINE



The build out line is half way between the goal area and the mid line

## The Build Out Line

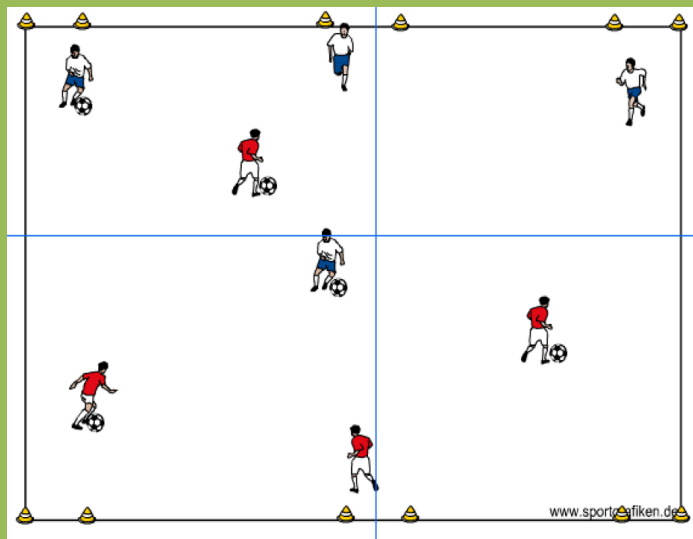
- The build out line promotes playing the ball out of the back in a less pressured setting
- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play
- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed)
- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal
- The opposing team must also move behind the build out line during a goal kick until the ball is put into play
- If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense
- If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred
- The build out line will also be used to denote where offside offenses can be called
- Players cannot be penalized for an offside offense between the halfway line and the build out line
- Players can be penalized for an offside offense between the build out line and goal line
  
- Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line
- However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes



## 4v4 Six Goal Game

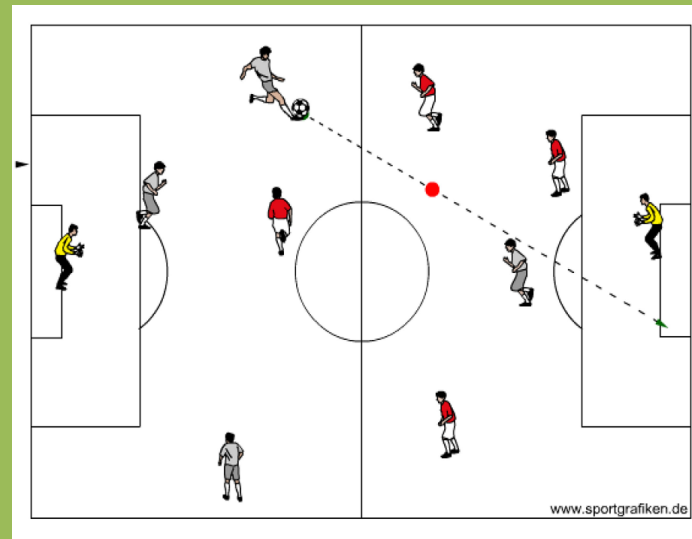
In a 35 x 40 yard grid (8) Eight Players two groups of 4 players. Play a 4v4 to six goals, players dribble through a gate to score a point. Once you score on one side of the field player now scores on opposite side. Team who scores the most points after 2 minutes wins the game.

*Coaching Points:* Change of Direction, Change of Speed.



## 3v1+1v3 Game

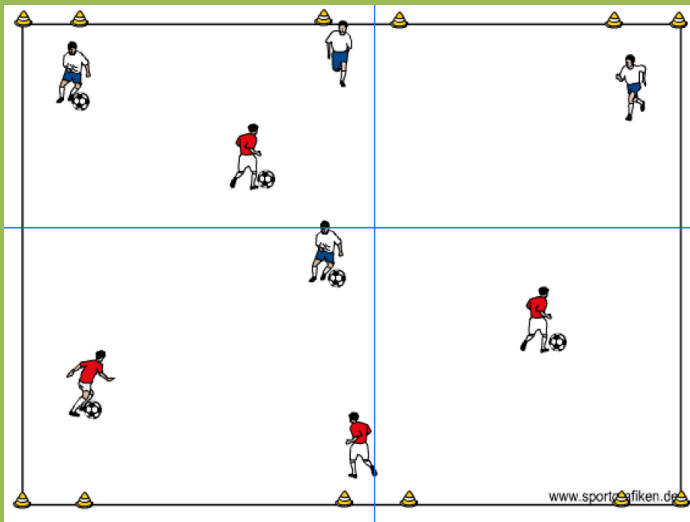
In a 25 x 30 yard grid (8) Eight Players two groups of 4 players. Play 4v4 to goals, Players are restricted to the 18 yard line. On one half of line you have 3 attackers vs 1 defender. Must score from outside the 18 yard line.





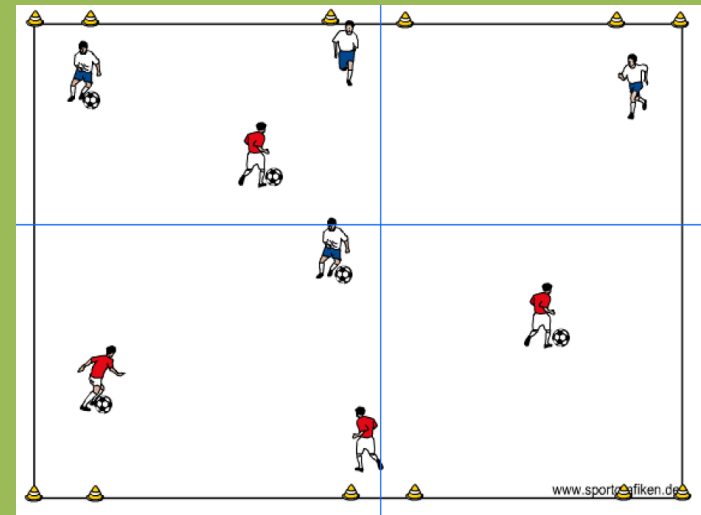
### Goal – 4v4 Six Goal Game

In a grid 20x30 yards with six goals measuring 3 feet across in each corner, play 4v4. Each team attacks the 3 goals opposite them and defends the 3 goals behind them. Some questions to ask the players: “can you channel the ball into certain areas of the field to gain possession?” “Can you apply enough pressure on the ball to limit the first attacker's options and make the play predictable?”



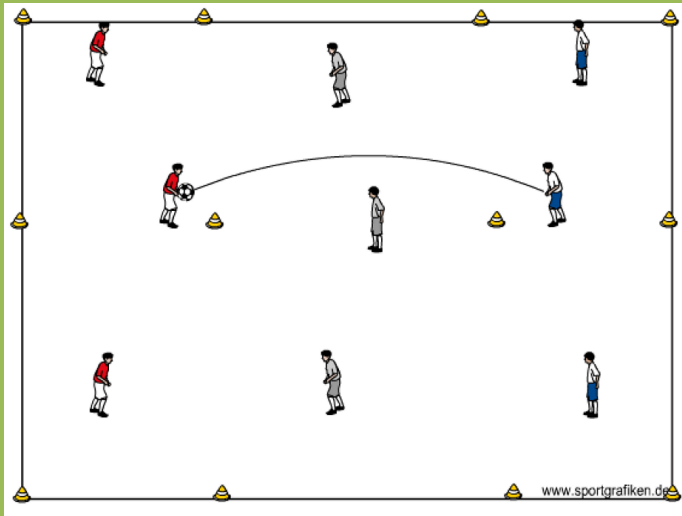
### Goal – 4V4 Goal Game

In a 35 x 40 yard grid (8) Eight Players, two groups of 4 players. Play a 4v4 to four goals. Middle goals are taken away. Players score in two goals and defend two goals. If one side of the field the goal is congested, then look to switch quickly to the other side to score. Team who scores most in a set time wins. Coaching *Points*: Look to create numbers up situations and beat defenders with overlap or wall pass..

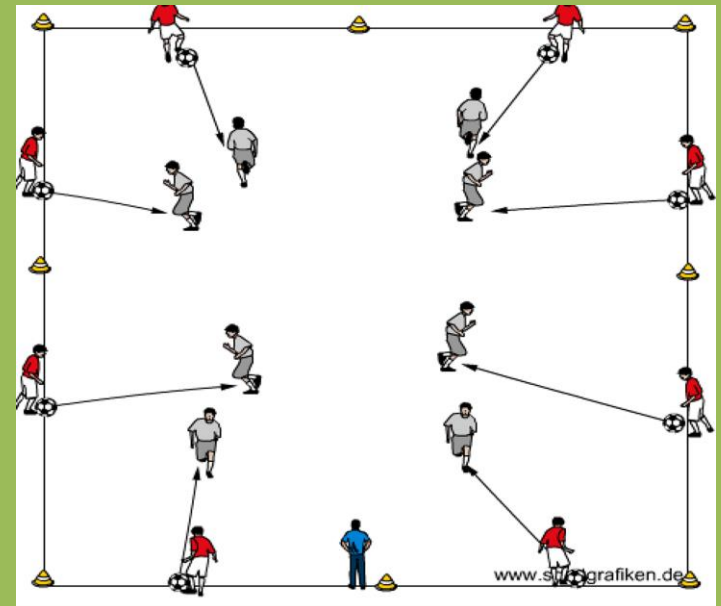




Set up a field 20yd x 30yd and divide it into three equal sections. Divide the nine players into three groups of three. Put a group in each section. The two end groups try to keep the ball away from the the middle group using their hands. If the ball is intercepted by the middle team or the ball goes out of bounds, the team who played the ball goes into the middle. *Variations:* Size of the spaces depending on the success of the groups.



Play long instep drive to a window player **after** making eye contact; follow pass; receive pass back; repeat. Play short pass to window player with outside of foot, receive 1-2 pass back; explode on delivery of pass – window player plays one touch pass in return. Play short pass to feet of window player, spring to closest spot on touch line, turn to face field and receive ball with inside of foot across standing leg. Add pressure of “chasers” who attempt to intercept return pass, force inside players to get open.



- **Safety and Prevention**
- **Overview of Basic Care and Prevention Procedures**



- Always ERR on the side of caution.
- It is suggested that the coach and/or assistant coach or a designated person from the team be responsible for including attending a certified Red Cross First Aid Course.
- Each Team should have and know how to use a First Aid kit that include but is not limited to: Team Safety and Information Card, plastic bags and ties or ice, ice in a cooler, tape, band aids, scissors, antiseptic, sterile pads, towelettes, gauze pads, ACE wrap, and antibiotic First Aid cream.
- Prevention should be our first concern. Each coach should have a Team Safety and information Card which contains the following but is not limited to: name of the player, home telephone, emergency contact If parent not available plus phone numbers, for players under the age of 18 an emergency medical treatment release signed by the parents, any allergies to any medicines or treatments, stings or bites, If they are currently taking any medication and when, emergency numbers for police, hospital, ambulance, and fire. Plus the local phone to be used to call location and how to get to it.
- Warm-up stretching
- Fitness of the players.
- Equipment
  - Properly fitting shoes, etc.
  - Uniforms designed for cold weather
  - Uniforms color and material conducive to climatic conditions.
  - Shin guards mandatory for training and games
  - No jewelry
- Ample supply of water.
- Ample breaks for players to rest and get a drink.
- Training times and games away from period in the day of high heat and humidity.
- If a player is injured, inform the parents.
  - If the parents are not at the game follow up with a phone call of what took place.
  - It is recommended that if the player has to go to the doctor the coach should request a written permission slip for the player to return to activity.
- Coaches need to know:
  - Rice
    - Rest
    - Ice
    - Compression
    - Elevation
  - Strains
  - Sprains
  - Blisters
  - Broken bones and recognition of them. Cramps
  - Heat exhaustion and heat stroke.
  - Concussion and head injuries

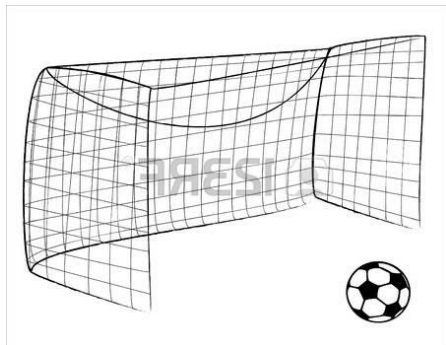


- Rules of thumb when handling an injured player:



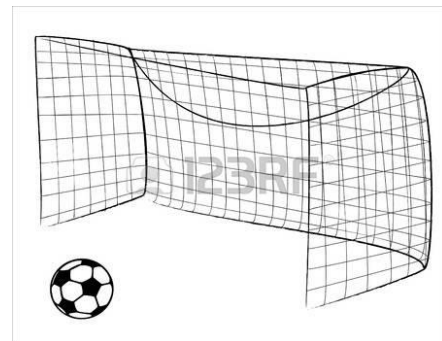
- Avoid Panic
- Check for breathing, bleeding, consciousness, deformity, discoloration, and shock.
- Dependent upon nature of injury avoid moving the patient.
- Inspire confidence and reassure patient.
- Use common sense.
- Seek professional help.
- Check for history of injury (how it happened).





## AHFSH 2017/2018

U5/U6 – 4V4 , ONE FIELD , NO GOALKEEPERS, COACHES ON FIELD  
U7/U8 –4V4, NO GOALKEEPERS, REFEREE ON FIELD  
U9/U10, 7V7, WITH GOALKEEPER, REFEREE ON FIELD



For coaches, remember play with and not against the opposing team during scrimmage's or games  
Winning at all costs is not allowed. Provide the players with the best soccer experience

The team approach will benefit each child

The result of each game on Saturday is not important, what is important is that each child has the opportunity to succeed at their own level

The pace at which each child learns the game will be different

The roster size for 4v4 will be a max of 8 players. For 7V7 roster max is 14 players.

Consider playing the strongest players against the opponents strongest players. The middle level players playing against the opponents middle level players and the players that need the most opportunity to improve playing against the opponents players who are similar. This provides the opportunity for all players to have the best possible game experience

**The best experience is where ALL children at all levels have the opportunity to succeed and learn**

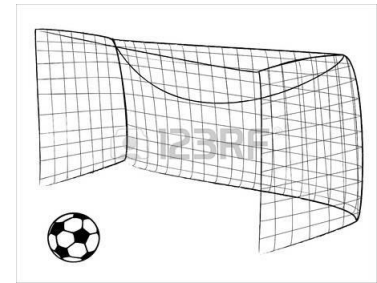
Playing rules for all of Recreational is at

<http://ahfsh.cornerkicksystems.com/page/show/46690-recreational-league>



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- Pre-season Parents meeting
  - Discuss coaching philosophy and goals
  - Discuss what is expected of parents and players (Letter to Parents)
    - Transportation
    - Communication
    - Sportsmanship
    - Coach/player meetings (ind./group)
  - Collect information such as:
    - Medical information
    - Parent skills inventory (Volunteers Form)



- The coach's long term goal is to prepare the player to successfully recognize and solve the challenges of the game on his or her own.
- What the game teaches children about how to live their life is much more important than any game will ever be. Keep the long view in mind and help to teach them lessons that will last a lifetime.

- Thank you AHFSH

