

OHIO SOCCER INTRODUCTION TO PLAY

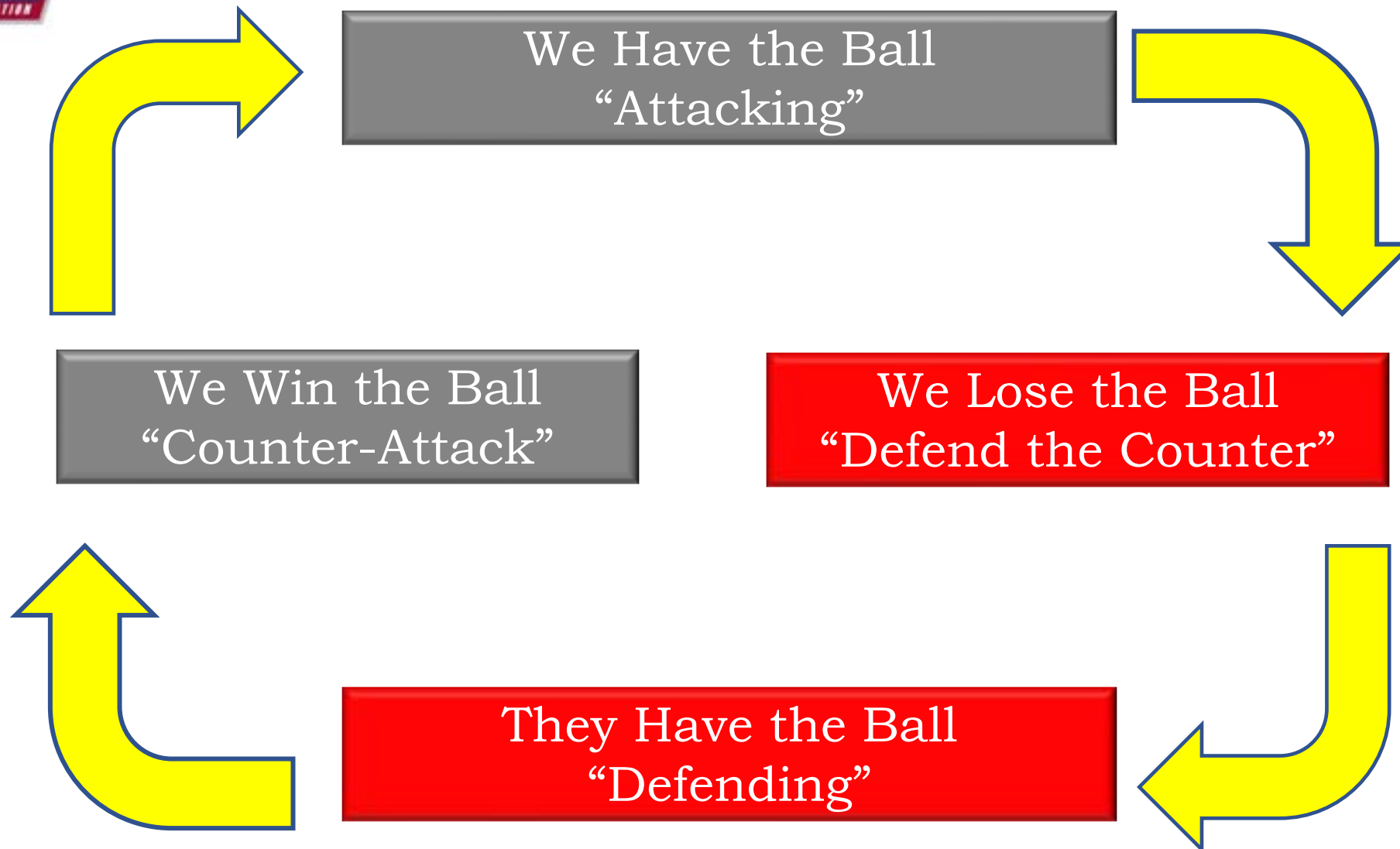
THEMES / GAMES / PRACTICE PLAN RECOMMENDATIONS FOR U6 AND OLDER

ADAPTED FROM OHIO NORTH PRESENTATION BY TOM TURNER, OSA DIRECTOR OF MEMBERSHIP
GROWTH & DEVELOPMENT





BASIC PHASES OF PLAY





TRAINING THEMES



STATE
ASSOCIATION

Typical Age	Main Tactical Theme	Recurring Themes
~6U	Me and My Ball	
~8U	Sharing the Ball	6U
~10U	Playing Around the Ball	6U + 8U
~12U	Playing Away From the Ball	6U + 8U + 10U
~14U+	Team Development	6U + 8U + 10U + 12U

Age	General Skill Progression	Recurring Themes
~6U	Dribbling and Shooting	
~8U	Short Passing and Receiving On the Ground	6U
~10U	Medium Range Passing and Receiving Out of the Air	6U + 8U
~12U	Heading and Longer Range Passing and Individual Defending	6U + 8U + 10U
~14U+	Refining Positional Techniques	6U + 8U + 10U + 12U



Developmental map



STATE
ASSOCIATION

ABILITY LEVEL	CHARACTERISTICS	PRACTICE ACTIVITIES
BEGINNER (Typically 6U)	Limited Ability To Manipulate The Ball. Generally Understands Direction. No Spatial Awareness. Needs Time And Space To Play The Game. Needs To Control The Ball Before Assessing What To Do Next. Benefits From Playing With Older Role Models. PLAYERS ON BOTH TEAMS COMPETE FOR THE SAME BALL.	Individual Skill Games Skill Games Through 3v3
ADVANCED BEGINNER (Typically 8U)	More Comfortable In Possession. Can Connect Passes Over Short Distances. Starting To Understand Support Around The Ball. Needs Time And Space, But Can Play Modified Soccer. Starting To Respond To Soccer Communication. Benefits From Playing With Older Role Models. 1. PLAYERS START TO MOVE AWAY FROM THE BALL. 2. PLAYERS START TO DEMONSTRATE AWARENESS OF WIDTH AND DEPTH AND MOBILITY.	Individual Skill Games Selective Individual Technical Activities Skill Games Through 4v4+adult Positional Games With Coach GK: 5v5



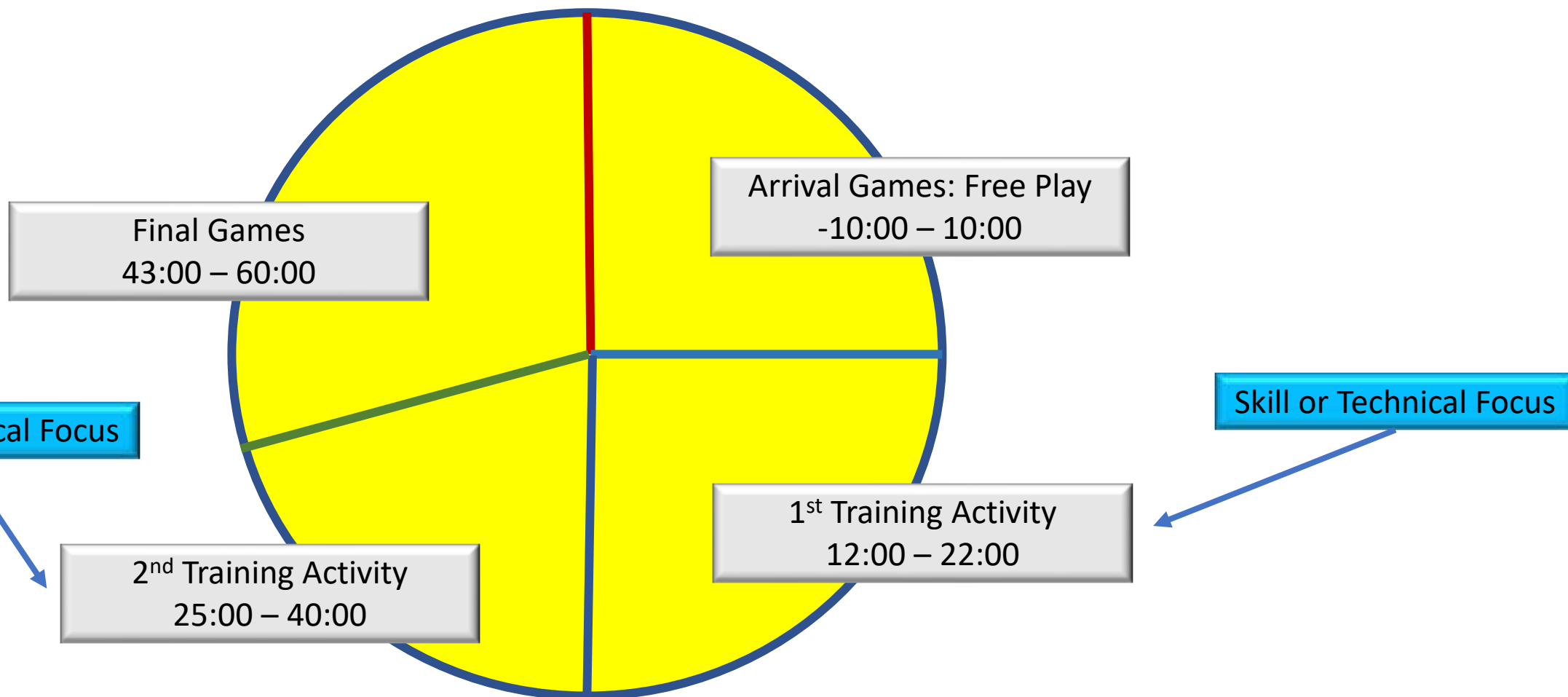
Developmental map



ABILITY LEVEL	CHARACTERISTICS	PRACTICE ACTIVITIES
INTERMEDIATE (Typically 10U)	<p>Can Manipulate The Ball Under Pressure. Can Often Demonstrate Creativity. Improved Passing Range And Accuracy. Understands Soccer Communication. Can Read And React To Tactical Cues. Can Spread Out And Hold A Position. Can Often Play The Game With Some Sophistication.</p> <p>1. PLAYERS START TO DEMONSTRATE AWARENESS OF WIDTH AND DEPTH AND MOBILITY.</p> <p>2. PLAYERS START TO DEMONSTRATE AWARENESS OF POSITIONAL PLAY IN TWO LINES (BACK-FRONT).</p>	<p>Individual Technical Activities Skill Games Through 4v4+1 Positional Games Through 7v7</p>
COMPETENT (Typically 12U+)	<p>Can Manipulate The Ball Under Pressure. Can Often Demonstrate Creativity. Improved Passing Range And Accuracy. Understands Soccer Communication. Can Read And React To Tactical Cues. Can Spread Out And Hold A Position. Can Often Play The Game With Some Sophistication.</p> <p>1. PLAYERS START TO DEMONSTRATE AWARENESS OF POSITIONAL PLAY IN THREE LINES (BACK-MIDDLE-FRONT).</p> <p>2. PLAYERS DEMONSTRATE PURPOSEFUL POSITIONAL PLAY IN 11-A-SIDE SYSTEMS (i.e., 4-3-3).</p>	<p>Individual Technical Activities Skill Games Through 4v4+1 Positional Games Through 11v11</p>



Session Planner



To Create Enough Time For The Final Games, The 2nd And 3rd Activities Can Be Combined Into One Activity Period.



ASSESSING THE TRAINING SESSION



WHEN ASSESSING THE QUALITY OF A TRAINING SESSION, COACHES SHOULD REFLECT ON THE FOLLOWING FIVE QUESTIONS...

FIRST

WERE THE ACTIVITIES *RELEVANT*? SIMPLY, DID MY PRACTICE ACTIVITIES LOOK AND FEEL LIKE SOCCER?

SECOND

DID THE ACTIVITIES HAVE *FLOW*? WERE THERE REPETITIONS? WERE THERE NATURAL TRANSITIONS BETWEEN ATTACK AND DEFENSE? WAS I ABLE TO LEAVE THE PLAYERS IN CONTROL? DID I ACHIEVE AT LEAST 70% ACTIVE PARTICIPATION FOR MY PLAYERS?



ASSESSING THE TRAINING SESSION



THIRD

WERE THE PLAYERS *ENGAGED* IN THE ACTIVITIES? WERE THE GAMES ENJOYABLE? DID I GIVE THE PLAYERS A WAY TO WIN? DID I TELL THEM HOW LONG THEY WERE PLAYING FOR?

FOURTH

WAS I ABLE TO MANIPULATE THE ACTIVITIES TO FIND BALANCE BETWEEN *CHALLENGE* AND SUCCESS? WERE THE TEAMS BALANCED? WAS THE BALL OUT OF BOUNDS A LOT? HOW MANY PASSES CONNECTED BEFORE TURN-OVERS? WERE THE SPACES APPROPRIATE FOR THE NUMBER OF PLAYERS? DID THE CONDITIONS (I.E., 2-TOUCH) HELP OR HURT THE SEARCH FOR BETTER SOCCER?



ASSESSING THE TRAINING SESSION

FIFTH

DID I COACH THE PLAYERS TO BECOME BETTER? DID I OVER-COACH? DID MY ACTIVITIES TARGET THE SOCCER ISSUES I WAS TRYING TO TRAIN? WAS I ABLE TO BRING KNOWLEDGE OF THE PHASES AND PRINCIPLES OF PLAY TO LIFE? DID THE ACTIVITY MAXIMIZE REPETITION OF THE PRACTICE GOAL? DID I ENGAGE THE PLAYERS IN GUIDED DISCOVERY? WAS I OVERLY DIRECTIVE? DID THE PLAYERS' PERFORMANCE IMPROVE? DID I ADDRESS TECHNIQUE?





ARRIVAL GAMES



As the players arrive, randomly assign them to a field for a period of small-sided free play. this rewards the early arrivers and allows everyone to warm-up with a fun start to practice.

The number of players expected at the session will dictate the number of fields required. For example, for 12 players, three 2v2 fields or two 3v3 are required. Smaller numbers provide for more chances to be involved in the action.

There is no need to stretch or warm-up in any other way.

Coaches are encouraged to participate to balance teams or as neutrals.



ARRIVAL GAMES



The field sizes are shown on slide #7.

Once a majority of the players have arrived, a competition can be organized by rotating the teams to play each other. There will be approximately four teams – three different opponents.

Play three-four minute rounds and award three points for a win and one point for a tie.
Recognize the winning team – it's motivating!

This “warm-up” period can extend up to 20 minutes into the practice time.

Arrival Games: Even Numbers

2v2 @ 20x16 yds



3v3 @ 30x20 yds



4v4 @ 35x25 yds



Arrival Games: Odd Numbers

2v2+1 @ 20x16 yds



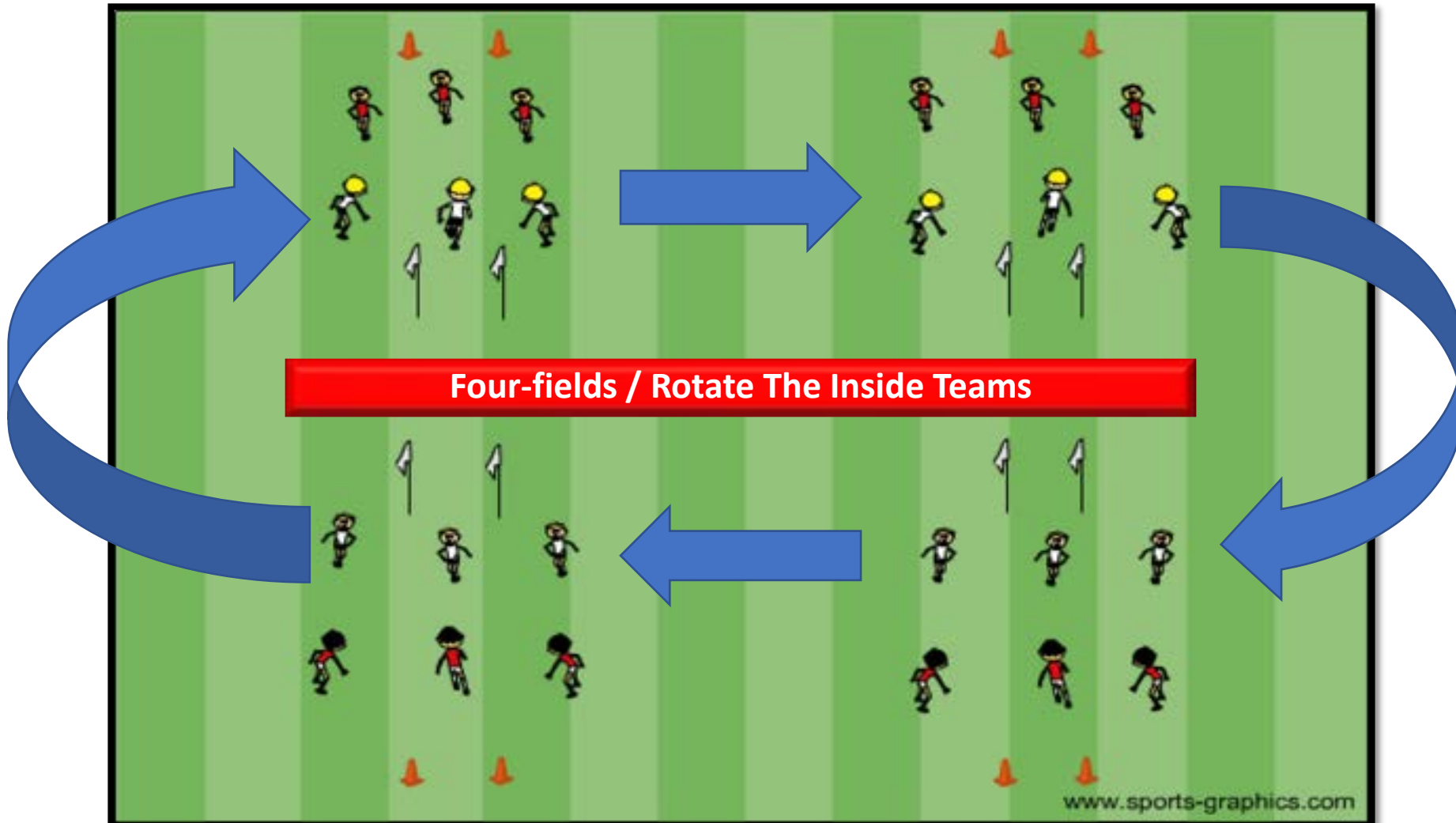
3v3+1 @ 30x20 yds



4v4+1 @ 35x25 yds



Clockwise team rotation





Management Tips

The role of the adults is to help the players enjoy the game. Encourage them to dribble the ball. Encourage them to move with the game. Help them understand what happens when the ball goes out of bounds.

DON'T TELL THEM WHAT TO DO, OR CRITICISE THEM. LAUGH WITH THEM. ENJOY RUNNING ABOUT WITH THEM.

THE TABLE SHOWS THE PROPORTIONAL ANALYSIS OF FIELD SIZES SCALED FROM 11V11 TO 2V2, BASED ON A FIFA WORLD CUP MINIMUM FIELD SIZE OF 112 X 72 YARDS.



4v4 + Adult GK's @ 35 x 24 yds

Playing Numbers	Scale	Proportional Field Sizes (Yards)	Rounded Field Sizes (Yards)
11v11	100%	112x72	110x70
7v7	64%	72x47	70x45
6v6	55%	62x40	60x40
5v5	45%	50x33	50x30
4v4	36%	40x26	40x25
3v3	27%	30x20	30x20
2v2	18%	20x13	20x15



FIELD SIZE AND PLAYING NUMBERS



STATE
ASSOCIATION

A WELL-PROPORTIONED FIELD SPACE SHOULD PRESENT DEFENDERS WITH A SIMPLE TACTICAL DILEMMA: DO THEY GET CLOSE TO THEIR IMMEDIATE OPPONENT TO STOP THEM RECEIVING A PASS; OR DO THEY DEFEND THE PATH TO THE GOAL? WHEN THEY CAN DO BOTH AT THE SAME TIME - AND ASSUMING THE ATTACKERS HAVE A REASONABLE SENSE OF HOW TO MOVE TO SUPPORT AROUND THE BALL, THE FIELD SPACE IS TOO NARROW.

WEAKER AND LESS EXPERIENCED PLAYERS NEED MORE TIME AND SPACE, NOT LESS. THIS IS A GIVEN. LEARNING DEVELOPS SLOWLY, OVER TIME, THROUGH INTUITION (SELF-AWARENESS), THROUGH SHAPING (GUIDED DISCOVERY AND DIRECT INSTRUCTION), AND FOLLOWING SUCCESSFUL REPETITIONS.





FIELD SIZE AND PLAYING NUMBERS



IN ORDER TO BUILD MUSCLE MEMORY AND A MENTAL REPRESENTATION OF SOLUTIONS, THERE NEEDS TO BE FEWER VARIABLES (TEAMMATES AND OPPONENTS) FOR INEXPERIENCED LEARNERS TO PROCESS.

WHEN THE GAME FORM IS TOO COMPLICATED, MEANINGFUL REPETITION (DRIBBLING, PASSING, SHOOTING) IS NOT POSSIBLE AND MOST PLAYERS WILL FAIL TO DEVELOP THE TACTICAL INSIGHTS NEEDED TO MAKE INFORMED DECISIONS AND LEARN FROM THEIR EXPERIENCES.





Vygotsky and development



RUSSIAN PSYCHOLOGIST, LEV VYGOTSKY'S (1896-1934) WORK ON THE "*ZONE OF PROXIMAL DEVELOPMENT*" DESCRIBED THE NATURAL SOCIALIZATION PROCESS INHERENT TO ALL CULTURES. INDIRECTLY, HE ALSO EXPLAINED THE VALUE OF STREET SOCCER TO PLAYER RETENTION AND DEVELOPMENT.



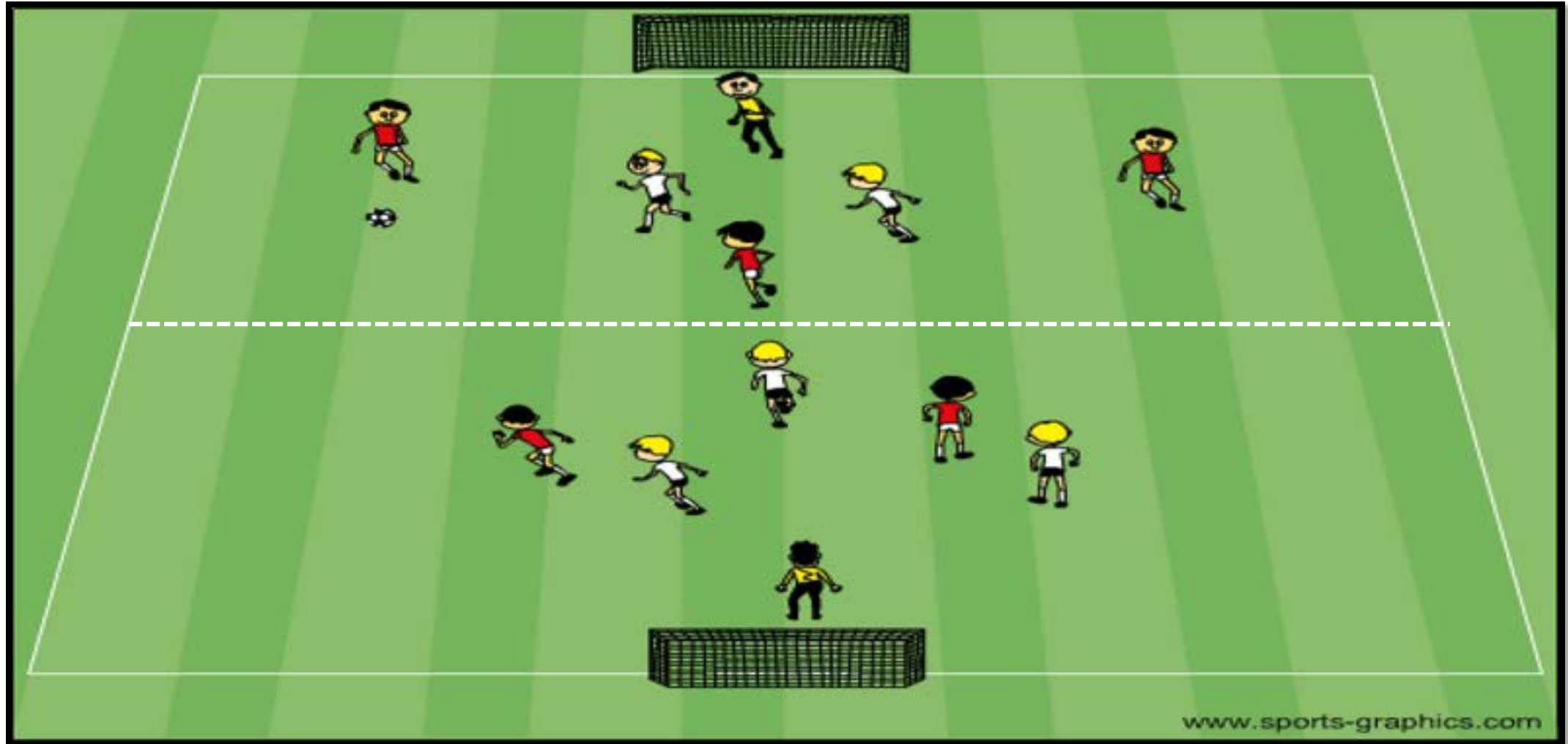
IN BRIEF, HE OBSERVED THAT THERE ARE SKILLS AND INSIGHTS THAT CHILDREN CAN DEMONSTRATE ON THEIR OWN – SUCH AS 8U's RUNNING AND TURNING WITH THE BALL; SKILLS AND INSIGHTS THAT CHILDREN CAN DEMONSTRATE WITH THE HELP OF SOMEONE WITH MORE EXPERIENCE – 8U's SPACING AND COMBINATION PLAY; AND SKILLS AND INSIGHTS THAT CHILDREN CAN'T YET DEMONSTRATE BECAUSE THEY ARE DEVELOPMENTALLY NOT READY TO OPERATE AT THAT LEVEL – 8U's CONTROLLING BALLS OUT OF THE AIR.

Vygotsky and development

IF “**PLAYING SOCCER TO LEARN SOCCER**” IS INDEED THE BEST APPROACH TO
SOCIALIZING YOUNG PLAYERS INTO THE GAME, CREATING REGULAR
OPPORTUNITIES TO INCORPORATE COACHES AND/OR OLDER PLAYERS INTO
PRACTICES AND INFORMAL GAMES IS AN ESSENTIAL “MODERN” CONSIDERATION.



PRACTICE PLANS





6U



6U: Week 1



Individual possession
(dribbling)

supporting around the ball

2nd activity



tag game

FIELD SIZE 25 YARDS BY 20 YARDS



Managing TAG GAME



EVERY PLAYER HAS A BALL.

THE ADULTS START OUT AS THE TAGGERS, BUT CAN ROTATE WITH THE PLAYERS FOR SUBSEQUENT ROUNDS.

THE TAGGERS START OUT WITH THE BALL IN THEIR HANDS, OR AT THEIR FEET, AS ABILITY DICTATES.

A PLAYER IS TAGGED WHEN THEIR BALL IS STRUCK BY THE TAGGER'S BALL. WHEN A PLAYER IS TAGGED, THEY MUST DRIBBLE AROUND THE NEAREST CONE TO REENTER THE GAME.

THE PLAYER WITH THE FEWEST TAGS WINS EACH ROUND – BUT DON'T EXPECT 6U PLAYERS TO KEEP ACCURATE SCORE!

3rd Activity



2v2+adult to ONE goal

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 2v2+Adult to ONE Small Goal



DIVIDE THE PLAYERS INTO TEAMS OF TWO AND PLAY 2V2 WITH A NEUTRAL ADULT ON EACH SMALL FIELD. CREATE AS MANY GAMES AS NEEDED TO ACCOMMODATE EVERY PLAYER.

ROTATE TEAMS EVERY 4-MINUTES. NEW GAMES SHOULD START AS SOON AS THE PLAYERS ARE READY. TEAMS EARN 3 POINTS FOR A WIN AND 1 POINT FOR A TIE. MAKE SURE THE PLAYERS KNOW WHICH TEAM IS WINNING TO INCREASE THE EXCITEMENT.

THE ROLE OF THE NEUTRAL ADULT IS TO ENCOURAGE PASSING BY MOVING TO OPEN SUPPORTING POSITIONS AND ENCOURAGE THE PLAYERS TO DO LIKEWISE.

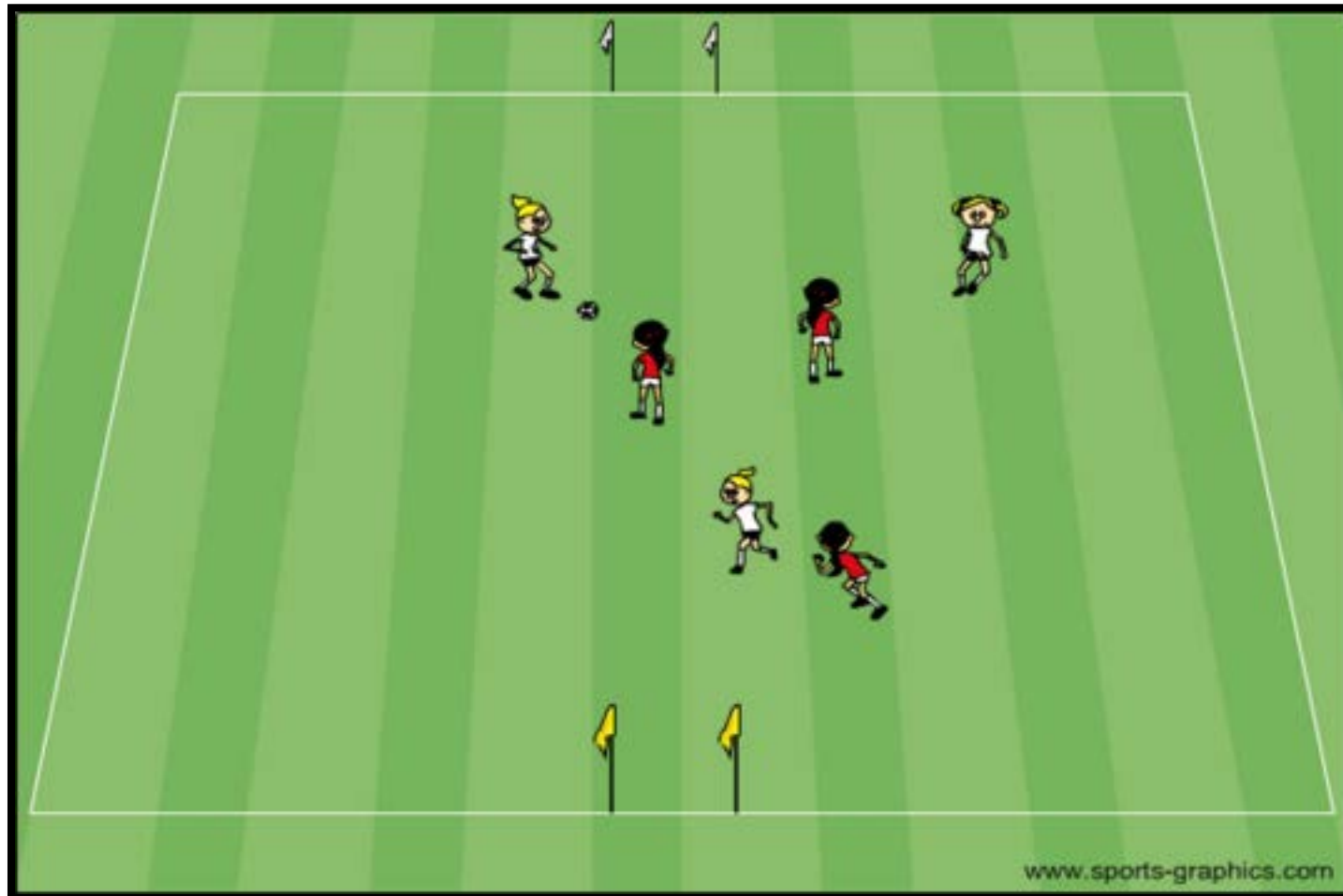
SIDELINE RESTARTS: KICK-INS
CORNER KICKS (NOT TAKEN): SCORE $\frac{1}{2}$ A GOAL.
GOAL KICKS: DRIBBLE OR PASS INTO THE GAME.

Final game




3v3 to One small Goal

FIELD SIZE 30 YARDS BY 20 YARDS



PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds 3v3 @ 30x20 yds 4v4 @ 35x25 yds





6U: Week 2



INDIVIDUAL POSSESSION
(DRIBBLING)

SUPPORTING AROUND THE BALL

2nd activity



over & back game

FIELD SIZE 25 YARDS BY 20 YARDS



Managing OVER & BACK



EVERY PLAYER HAS A BALL AND STARTS EACH 2-MINUTE ROUND BETWEEN THE CONES ON EITHER GOAL (END) LINE.

THE ADULTS START IN THE MIDDLE AS TAGGERS AND THE PLAYERS SCORE POINTS BY DRIBBLING BACK AND FORTH BETWEEN THE GOAL LINES.

THE PLAY(S) WITH THE MOST POINTS WINS EACH ROUNDS.

THE ADULTS DEFEND THE GOAL LINES BY KICKING THE PLAYER'S SOCCER BALLS A FEW YARDS OUT OF REACH. THE PLAYERS SHOULD RETRIEVE THEIR BALL TO CONTINUE SCORING POINTS.

NO PLAYERS ARE EVERY ELIMINATED.

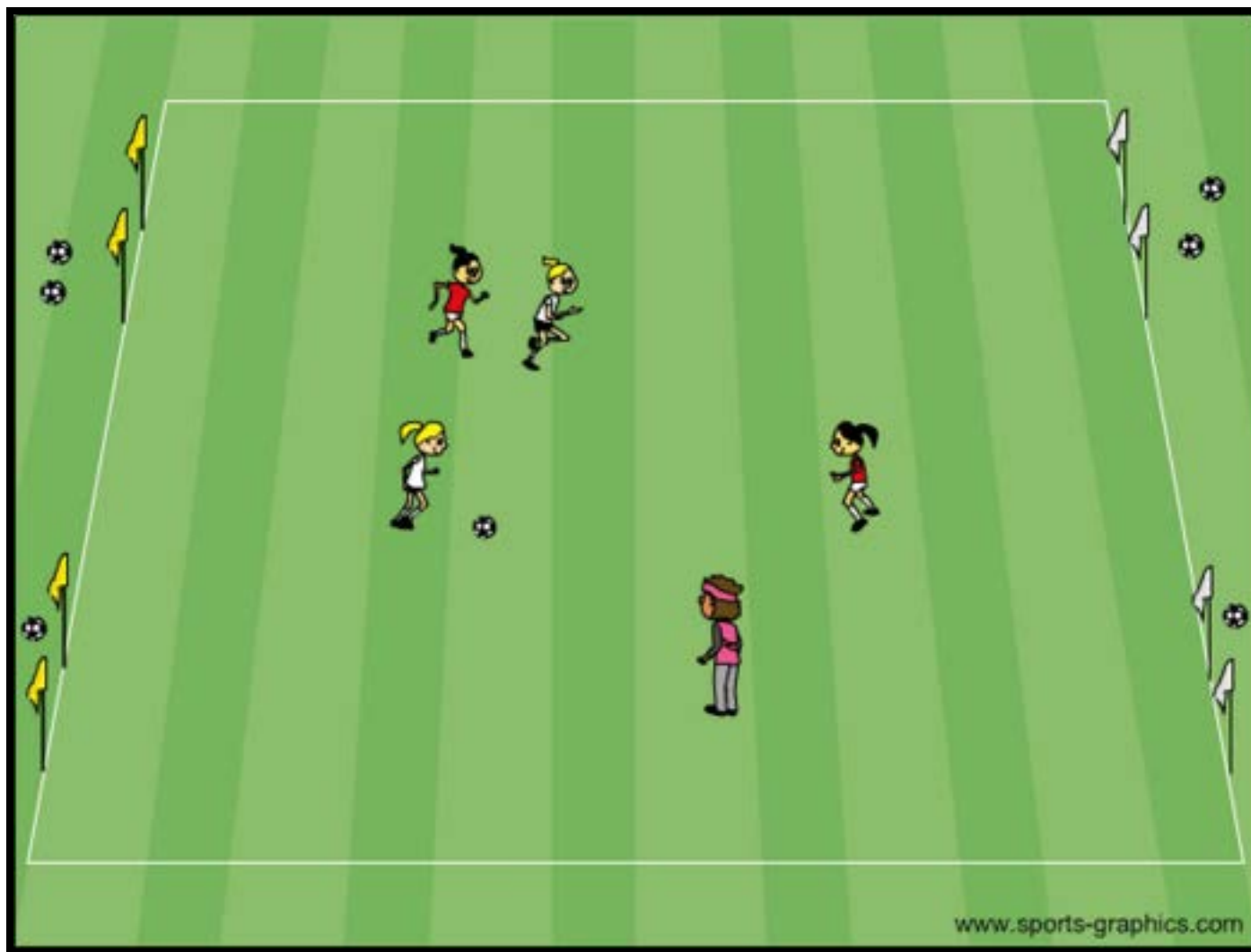
FOR SUBSEQUENT ROUNDS, THE PLAYERS CAN BE USED AS THE DEFENDERS.

3rd Activity



2v2+ adult to two goals

FIELD SIZE 20 YARDS BY 16 YARDS



Managing 2v2+Adult to Two Small Goals



Divide the players into teams of two and play 2v2 with a neutral adult on each small field. Rotate one team every 2-3 minutes. New games should start as soon as the players are ready.

Teams earn 3 points for a win and 1 point for a tie. Make sure the players know which team is winning to increase the excitement.

The objective of this game is to encourage the players to recognize that opponents are guarding a goal, or the path to a goal, and attack the more open goal. The role of the neutral adult is to encourage passing by moving to open supporting positions and encourage the players to do likewise.

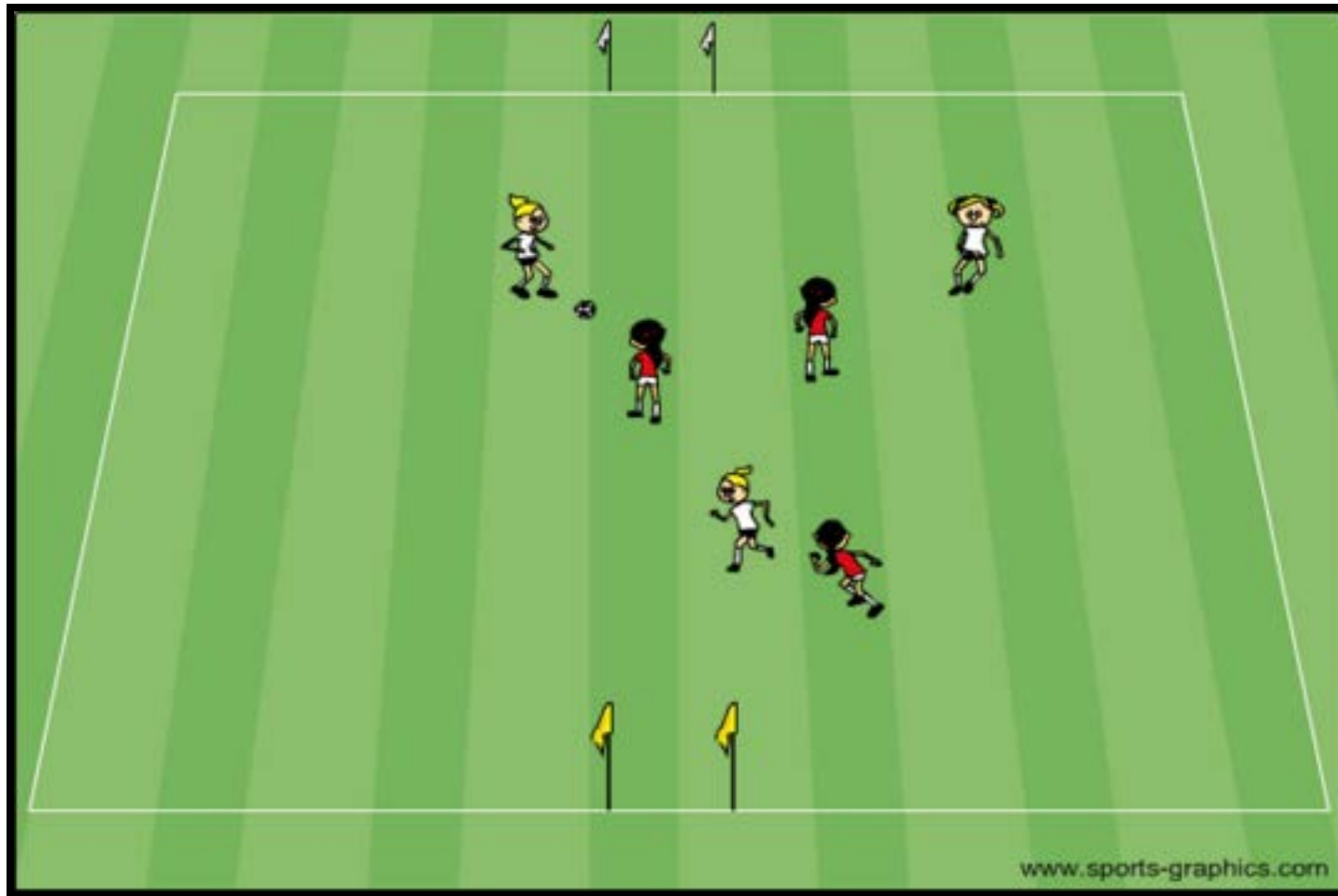
Sideline Restarts: Kick-ins
Corner Kicks (not taken): Score $\frac{1}{2}$ a goal.
Goal Kicks: Dribble or pass into the game.

Final game



3v3 to One small Goal

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 3v3



Field Space: ~25x20 yards

Game Times: 5-6 minutes.

Start of Play: Give one team the ball.

Balls out of Bounds on the Side: Kick-in.

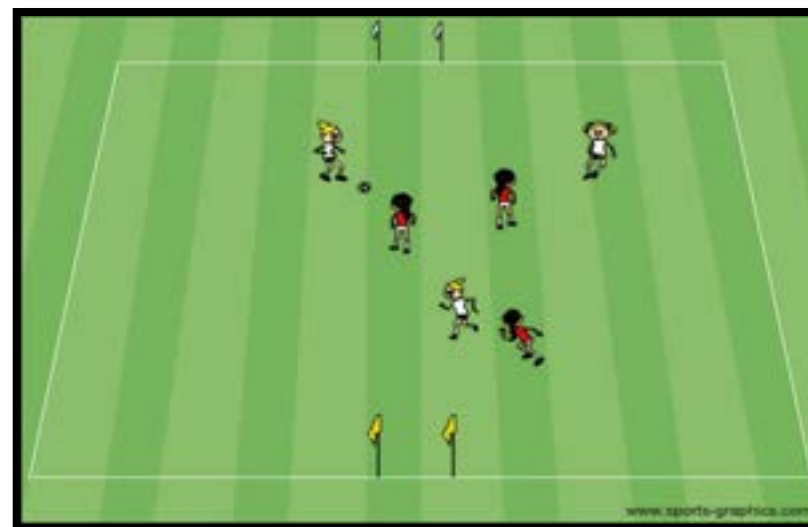
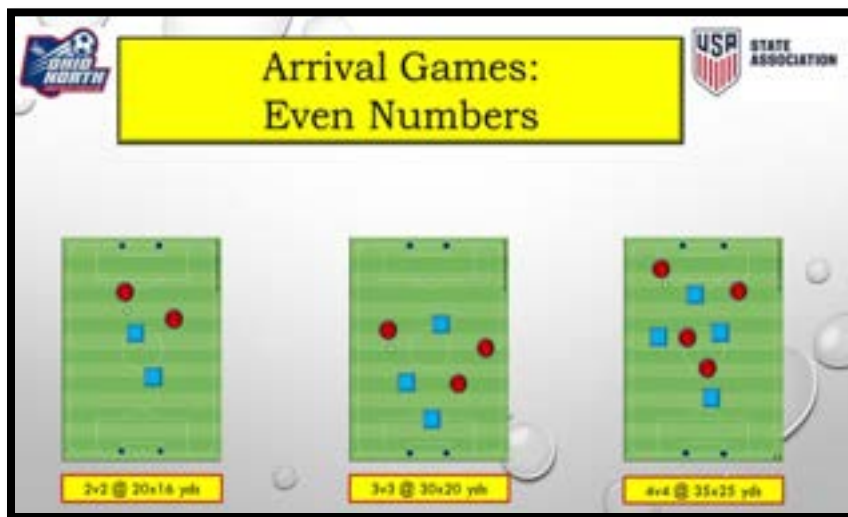
Balls out of Bounds on the End: Dribble in for the
Defending Team (see corner kick).

Corner Kicks: None (for now).

Following a Goal: Dribble or pass in.

All Fouls (Coach called): Indirect.

PRACTICE PLAN SUMMARY





6U: Week 3

INDIVIDUAL POSSESSION
(DRIBBLING)

SUPPORTING AROUND THE BALL

2nd activity



Tag game

FIELD SIZE 25 YARDS BY 20 YARDS



Managing tag game



EVERY PLAYER HAS A BALL AND STARTS EACH 2-MINUTE IN THE MARKED AREA.

THE ADULTS START IN THE MIDDLE AS TAGGERS AND THE PLAYERS SCORE POINTS BY NOT ALLOWING THE ADULTS TO KICK THEIR BALL OUT OF BOUNDS.

THE PLAY(S) WITH THE MOST POINTS (FEWEST BALLS OUT OF BONDS) WINS EACH ROUNDS. THE PLAYERS WILL “CHEAT” WITH THEIR SCORES!

NO PLAYERS ARE EVERY ELIMINATED.

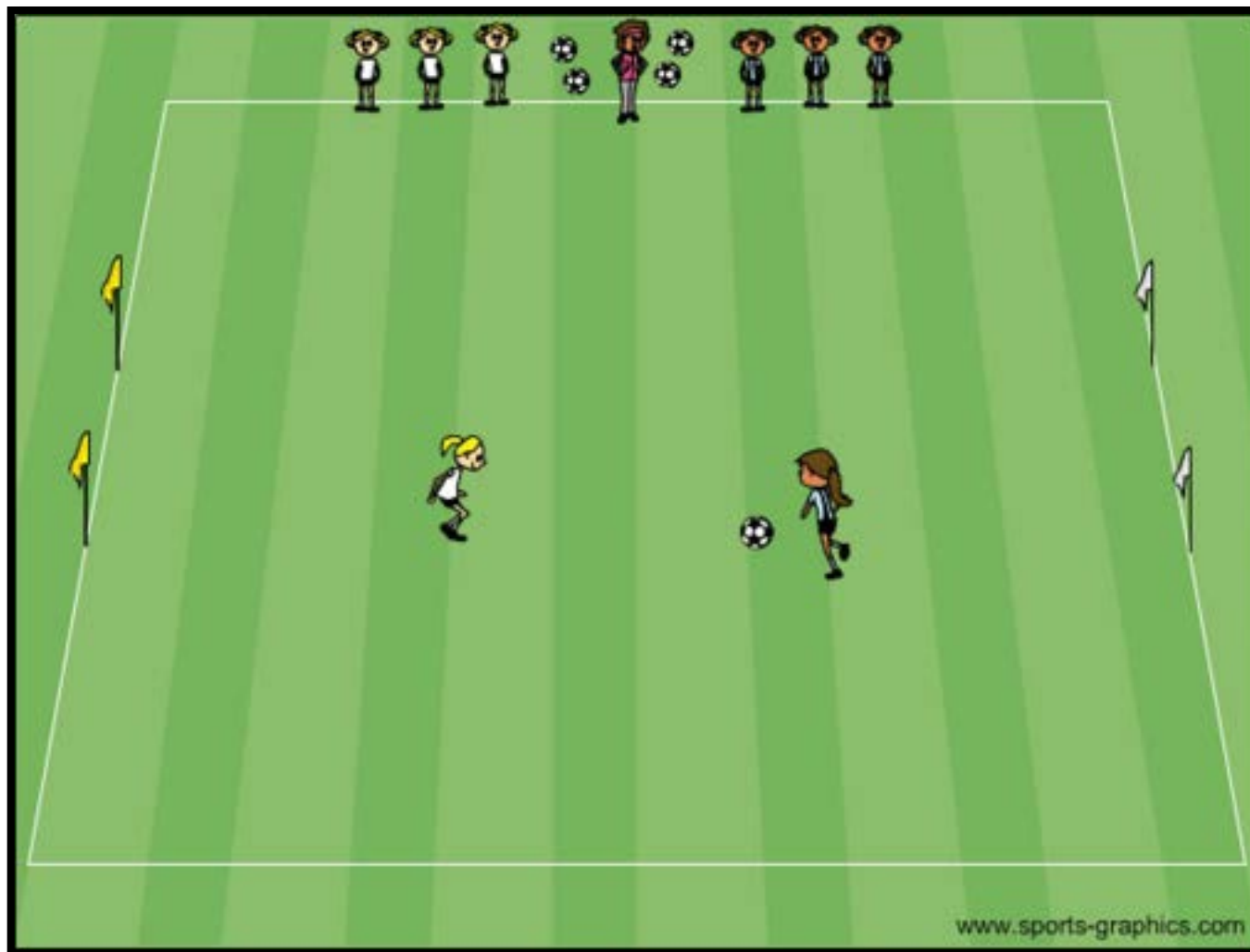
FOR SUBSEQUENT ROUNDS, THE PLAYERS CAN BE USED AS THE TAGGERS.

3rd Activity



Numbers game

FIELD SIZE 25 YARDS BY 20 YARDS





Managing Numbers game



DIVIDE THE GROUP INTO TWO TEAMS AND GIVE EACH PLAYER A NUMBER:
1-2-3-4 (ASSUMING 8 PLAYERS).

GATHER THE BALLS IN THE MIDDLE OF THE FIELD AND LINE UP THE PLAYERS TO
EACH SIDE, AS SHOWN.

GOALS ARE 3-4 YARDS WIDE

COACH CALLS ANY COMBINATION OF NUMBERS 1/ 1&2 / 1&2&3 / 1&4 ETC.,
TO DETERMINE WHO PLAYS

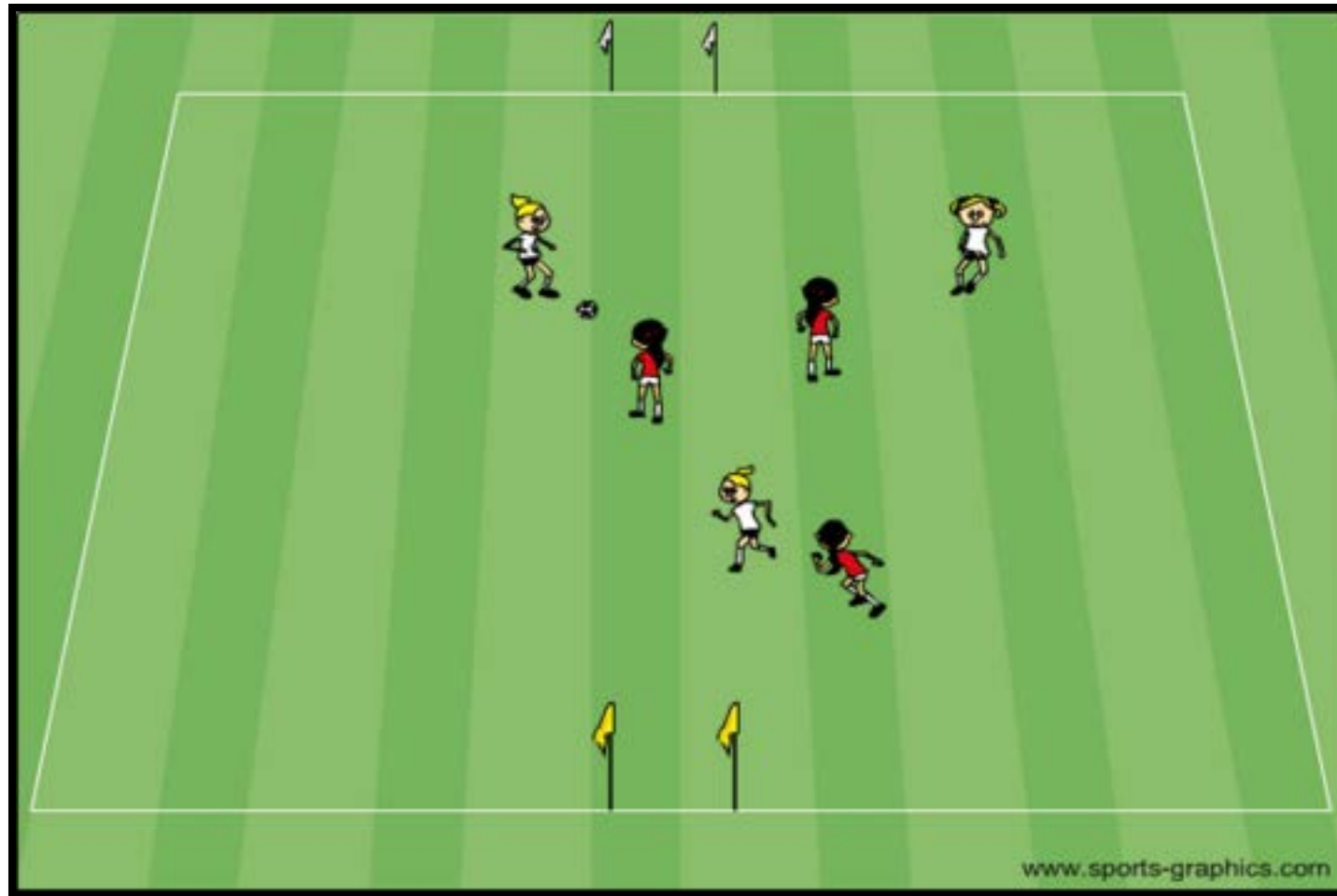
EACH ROUND ENDS WHEN A TIME LIMIT (30-60S) EXPIRES. WHEN A GOAL IS
SCORED BEFORE TIME EXPIRES, ROLL ANOTHER BALL INTO THE FIELD.

Final game



3v3 to One small Goal

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 3v3



Field Space: ~25x20 yards

Game Times: 5-6 minutes.

Start of Play: Give one team the ball.

Balls out of Bounds on the Side: Kick-in.

Balls out of Bounds on the End: Dribble in for the
Defending Team (see corner kick).


Corner Kicks: None (for now).

Following a Goal: Dribble or pass in.

All Fouls (Coach called): Indirect.

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds 3v3 @ 30x20 yds 4v4 @ 35x25 yds





6U: Week 4



Individual possession
(dribbling)

supporting around the ball

2nd activity



tag game

FIELD SIZE 25 YARDS BY 20 YARDS



Managing TAG GAME



EVERY PLAYER HAS A BALL.

THE ADULTS START OUT AS THE TAGGERS, BUT CAN ROTATE WITH THE PLAYERS FOR SUBSEQUENT ROUNDS.

THE TAGGERS START OUT WITH THE BALL IN THEIR HANDS, OR AT THEIR FEET, AS ABILITY DICTATES.

A PLAYER IS TAGGED WHEN THEIR BALL IS STRUCK BY THE TAGGER'S BALL. WHEN A PLAYER IS TAGGED, THEY MUST DRIBBLE AROUND THE NEAREST CONE TO REENTER THE GAME.

THE PLAYER WITH THE FEWEST TAGS WINS EACH ROUND – BUT DON'T EXPECT 6U PLAYERS TO KEEP ACCURATE SCORE!

3rd Activity



2v2+adult to ONE goal

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 2v2+Adult to ONE Small Goal



DIVIDE THE PLAYERS INTO TEAMS OF TWO AND PLAY 2V2 WITH A NEUTRAL ADULT ON EACH SMALL FIELD. CREATE AS MANY GAMES AS NEEDED TO ACCOMMODATE EVERY PLAYER.

ROTATE TEAMS EVERY 4-MINUTES. NEW GAMES SHOULD START AS SOON AS THE PLAYERS ARE READY. TEAMS EARN 3 POINTS FOR A WIN AND 1 POINT FOR A TIE. MAKE SURE THE PLAYERS KNOW WHICH TEAM IS WINNING TO INCREASE THE EXCITEMENT.

THE ROLE OF THE NEUTRAL ADULT IS TO ENCOURAGE PASSING BY MOVING TO OPEN SUPPORTING POSITIONS AND ENCOURAGE THE PLAYERS TO DO LIKEWISE.

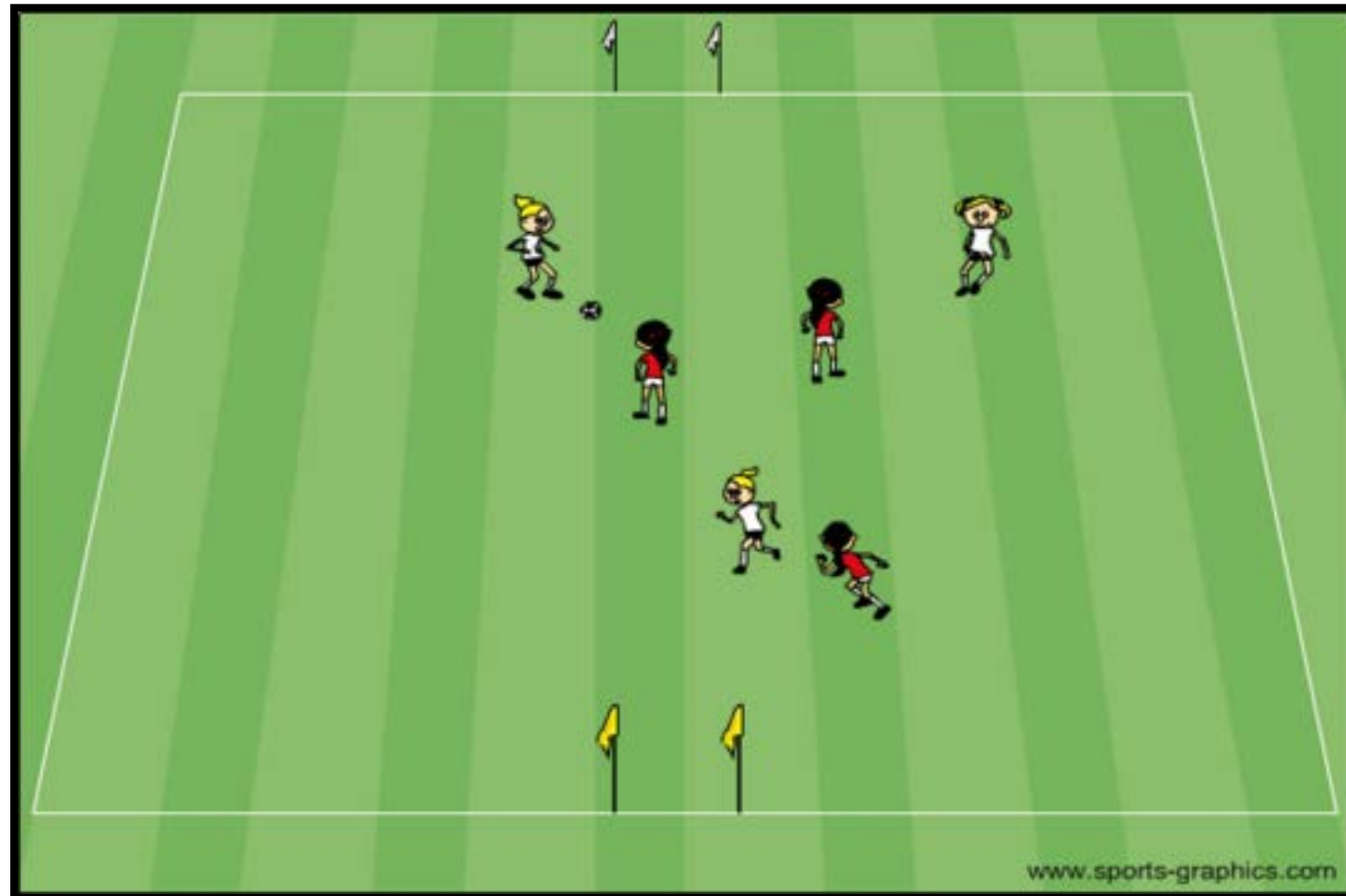
SIDELINE RESTARTS: KICK-INS
CORNER KICKS (NOT TAKEN): SCORE $\frac{1}{2}$ A GOAL.
GOAL KICKS: DRIBBLE OR PASS INTO THE GAME.

Final game




3v3 to One small Goal

FIELD SIZE 30 YARDS BY 20 YARDS



PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds 3v3 @ 30x20 yds 4v4 @ 35x25 yds





6U: Week 4



INDIVIDUAL POSSESSION
(DRIBBLING)

SUPPORTING AROUND THE BALL

2nd activity



over & back game

FIELD SIZE 25 YARDS BY 20 YARDS



Managing OVER & BACK



EVERY PLAYER HAS A BALL AND STARTS EACH 2-MINUTE ROUND BETWEEN THE CONES ON EITHER GOAL (END) LINE.

THE ADULTS START IN THE MIDDLE AS TAGGERS AND THE PLAYERS SCORE POINTS BY DRIBBLING BACK AND FORTH BETWEEN THE GOAL LINES.

THE PLAY(S) WITH THE MOST POINTS WINS EACH ROUNDS.

THE ADULTS DEFEND THE GOAL LINES BY KICKING THE PLAYER'S SOCCER BALLS A FEW YARDS OUT OF REACH. THE PLAYERS SHOULD RETRIEVE THEIR BALL TO CONTINUE SCORING POINTS.

NO PLAYERS ARE EVER ELIMINATED.

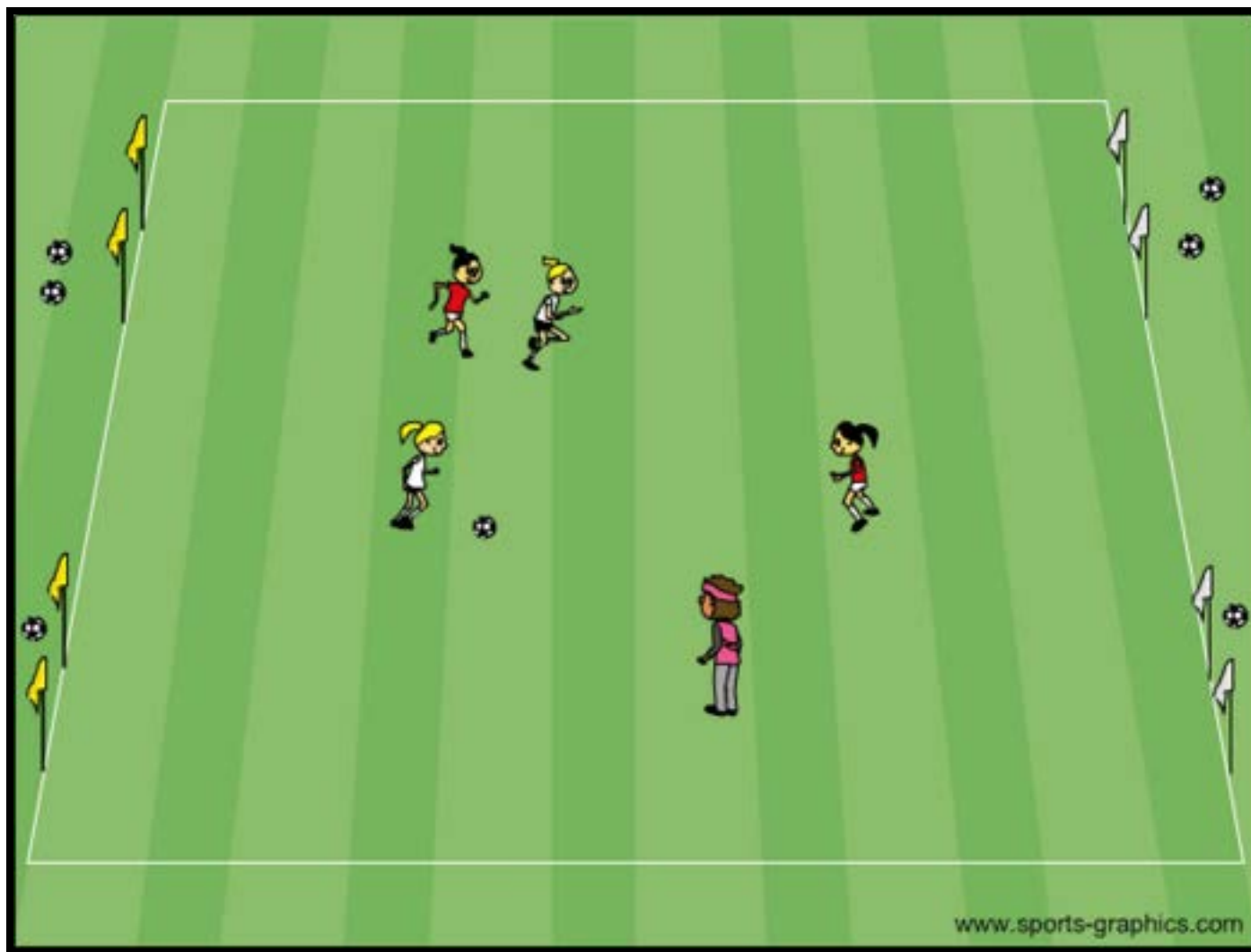
FOR SUBSEQUENT ROUNDS, THE PLAYERS CAN BE USED AS THE DEFENDERS.

3rd Activity



2v2+ adult to two goals

FIELD SIZE 20 YARDS BY 16 YARDS



Managing 2v2+Adult to Two Small Goals



Divide the players into teams of two and play 2v2 with a neutral adult on each small field. Rotate one team every 2-3 minutes. New games should start as soon as the players are ready.

Teams earn 3 points for a win and 1 point for a tie. Make sure the players know which team is winning to increase the excitement.

The objective of this game is to encourage the players to recognize that opponents are guarding a goal, or the path to a goal, and attack the more open goal. The role of the neutral adult is to encourage passing by moving to open supporting positions and encourage the players to do likewise.

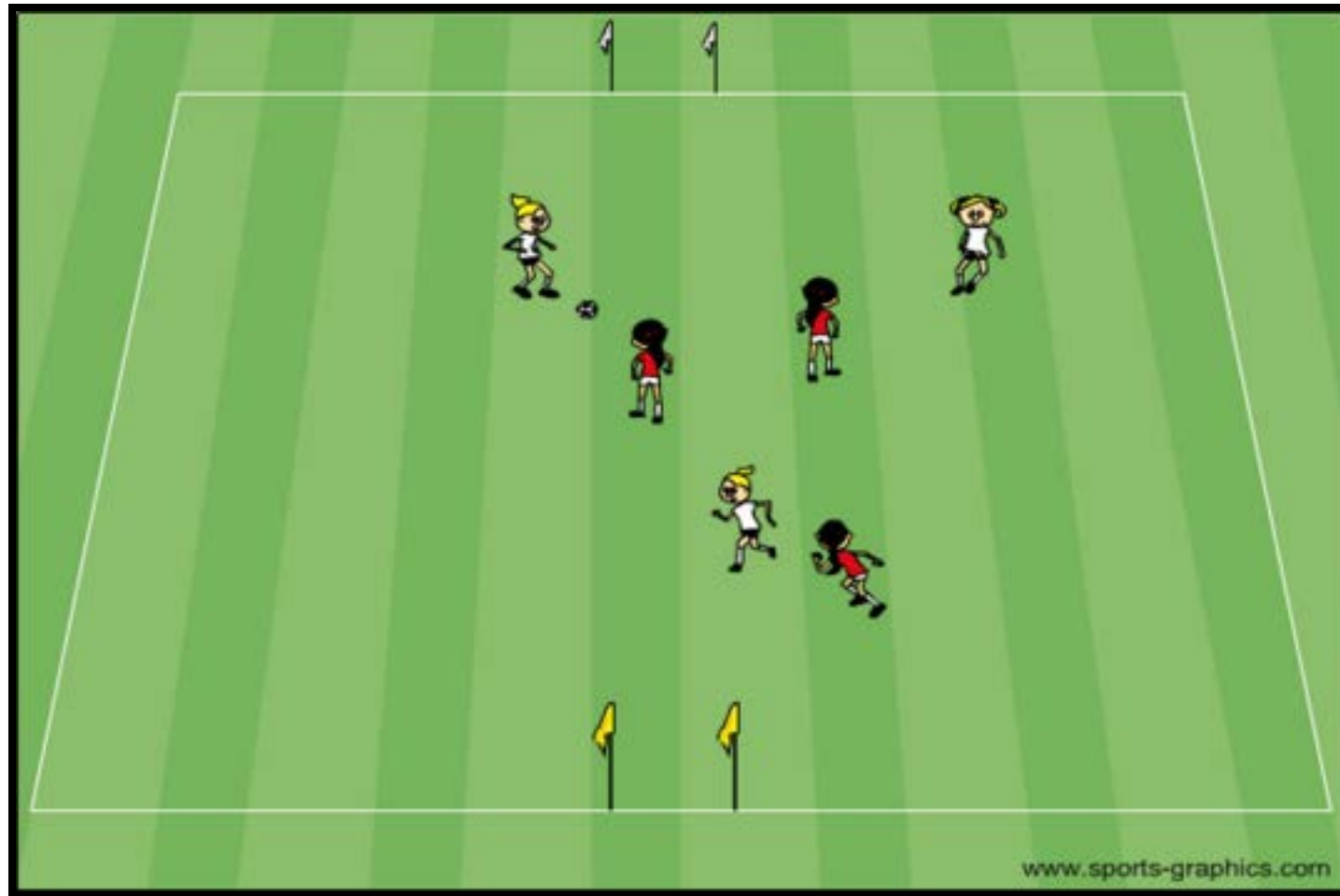
Sideline Restarts: Kick-ins
Corner Kicks (not taken): Score $\frac{1}{2}$ a goal.
Goal Kicks: Dribble or pass into the game.

Final game



3v3 to One small Goal

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 3v3



Field Space: ~25x20 yards

Game Times: 5-6 minutes.

Start of Play: Give one team the ball.

Balls out of Bounds on the Side: Kick-in.

Balls out of Bounds on the End: Dribble in for the
Defending Team (see corner kick).


Corner Kicks: None (for now).

Following a Goal: Dribble or pass in.

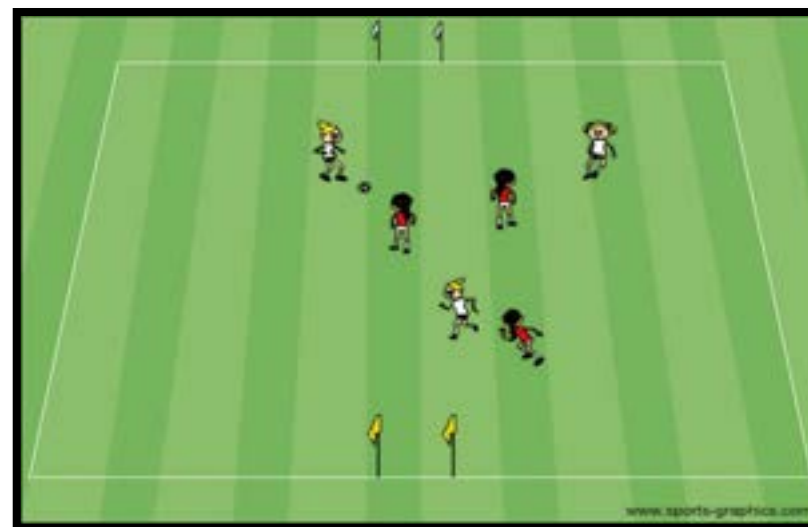
All Fouls (Coach called): Indirect.

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds 3v3 @ 30x20 yds 4v4 @ 35x25 yds





6U: Week 6

INDIVIDUAL POSSESSION
(DRIBBLING)

SUPPORTING AROUND THE BALL

2nd activity



Tag game

FIELD SIZE 25 YARDS BY 20 YARDS



Managing tag game



EVERY PLAYER HAS A BALL AND STARTS EACH 2-MINUTE IN THE MARKED AREA.

THE ADULTS START IN THE MIDDLE AS TAGGERS AND THE PLAYERS SCORE POINTS BY NOT ALLOWING THE ADULTS TO KICK THEIR BALL OUT OF BOUNDS.

THE PLAY(S) WITH THE MOST POINTS (FEWEST BALLS OUT OF BONDS) WINS EACH ROUNDS. THE PLAYERS WILL “CHEAT” WITH THEIR SCORES!

NO PLAYERS ARE EVERY ELIMINATED.

FOR SUBSEQUENT ROUNDS, THE PLAYERS CAN BE USED AS THE TAGGERS.

3rd Activity



Numbers game

FIELD SIZE 25 YARDS BY 20 YARDS





Managing Numbers game



DIVIDE THE GROUP INTO TWO TEAMS AND GIVE EACH PLAYER A NUMBER:
1-2-3-4 (ASSUMING 8 PLAYERS).

GATHER THE BALLS IN THE MIDDLE OF THE FIELD AND LINE UP THE PLAYERS TO
EACH SIDE, AS SHOWN.

GOALS ARE 3-4 YARDS WIDE

COACH CALLS ANY COMBINATION OF NUMBERS 1/ 1&2 / 1&2&3 / 1&4 ETC.,
TO DETERMINE WHO PLAYS

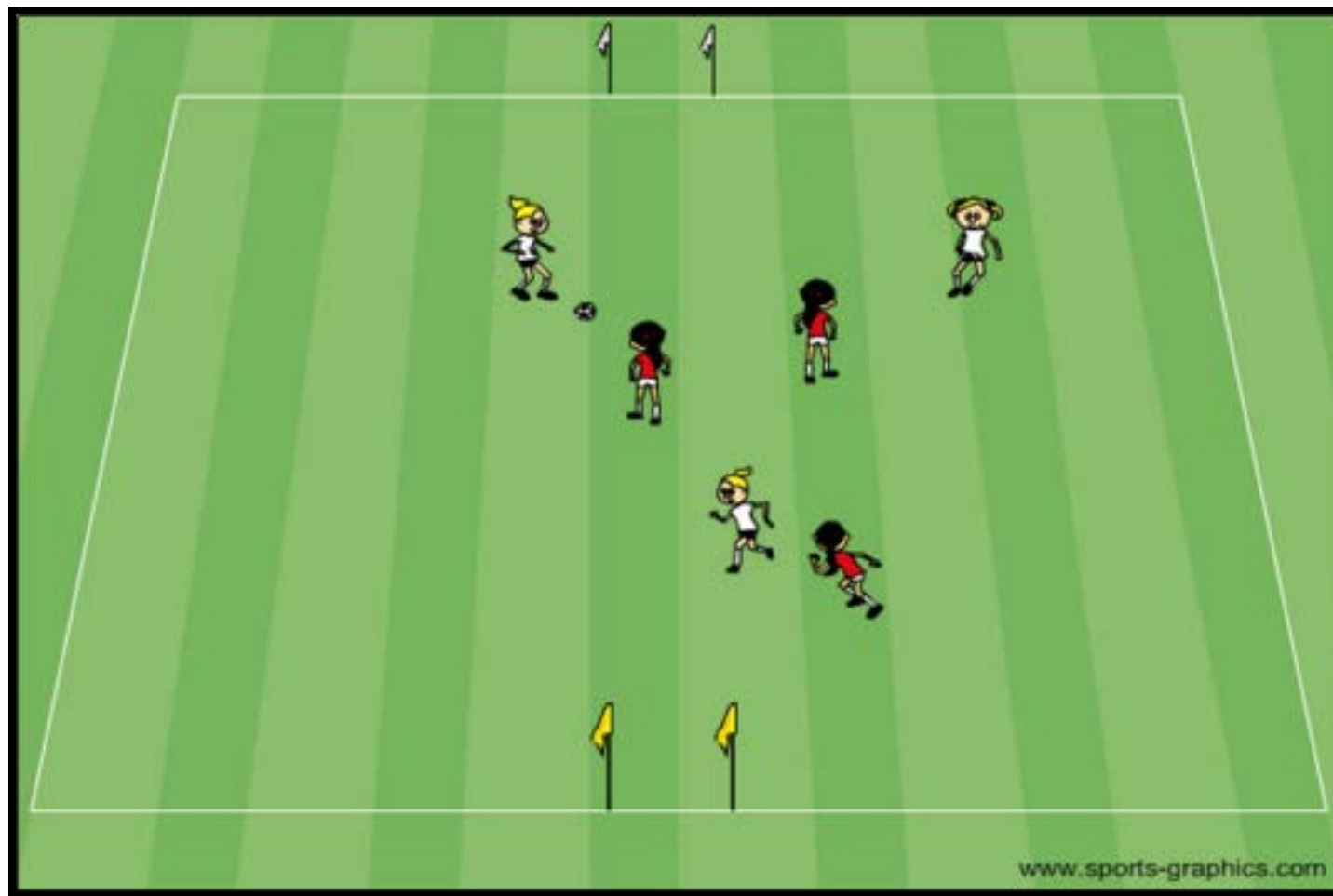
EACH ROUND ENDS WHEN A TIME LIMIT (30-60S) EXPIRES. WHEN A GOAL IS
SCORED BEFORE TIME EXPIRES, ROLL ANOTHER BALL INTO THE FIELD.

Final game



3v3 to One small Goal

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 3v3



Field Space: ~25x20 yards

Game Times: 5-6 minutes.

Start of Play: Give one team the ball.

Balls out of Bounds on the Side: Kick-in.

Balls out of Bounds on the End: Dribble in for the
Defending Team (see corner kick).


Corner Kicks: None (for now).

Following a Goal: Dribble or pass in.

All Fouls (Coach called): Indirect.

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





8U



8U: Week 1



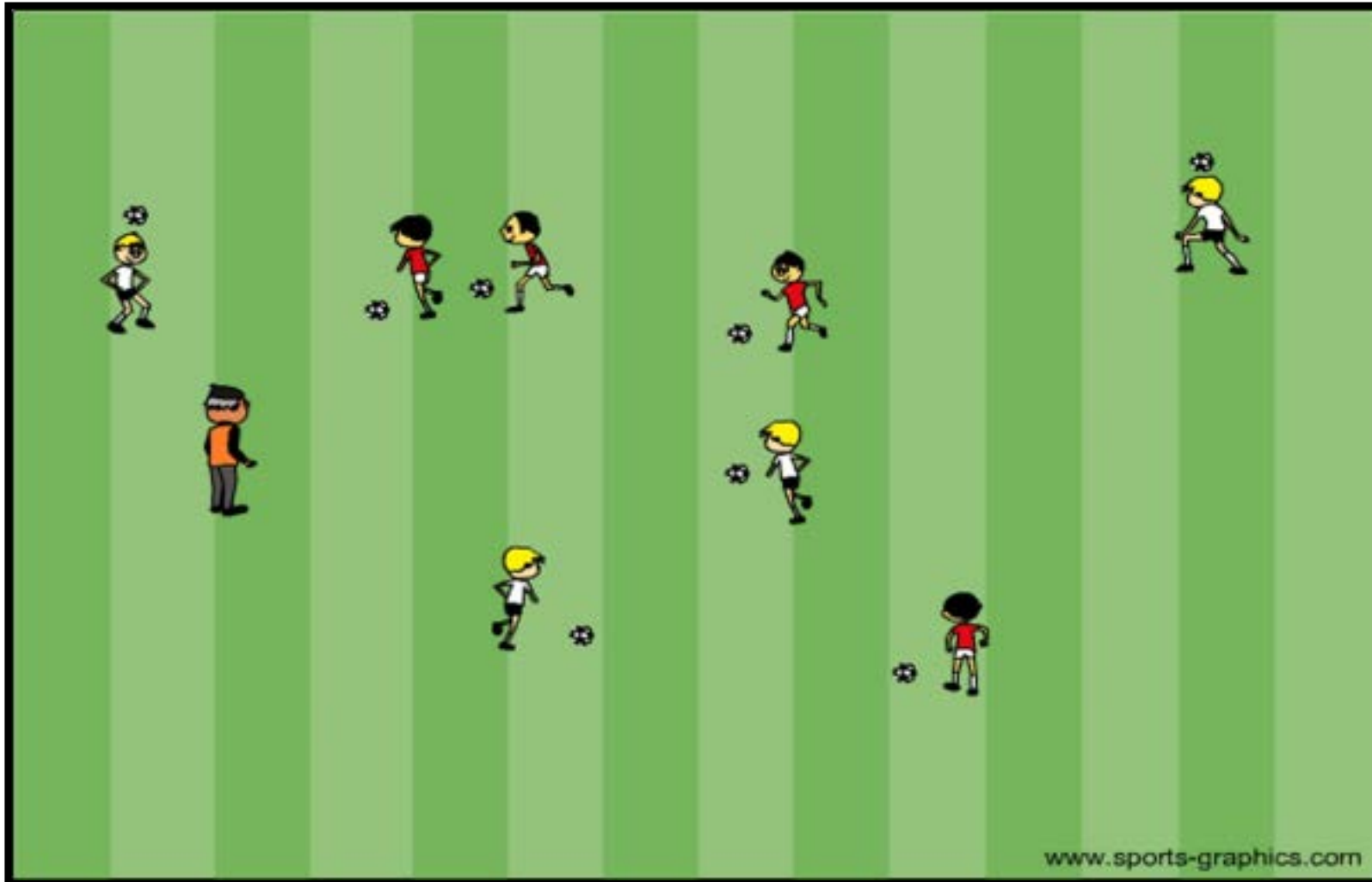
Individual possession
(dribbling)
purposeful passing
support around the ball

2nd activity



Tunnel Tag

FIELD SIZE 25 YARDS BY 20 YARDS



Managing Tunnel Tag



Every player has a ball. Designate two players as “taggers.”

A player is “tagged” when they are hit with the Tagger’s ball below the knees – or if their ball is hit by the Tagger’s ball. Tagged players stand with their legs open and hold their ball above their head. Players can be untagged when another player kicks/passes their ball through the open legs.

Play 90-120 second rounds. The team score is the number of tagged players when time expires. Play also stops if the entire team is tagged.

Rotate to the next pair of taggers and repeat.

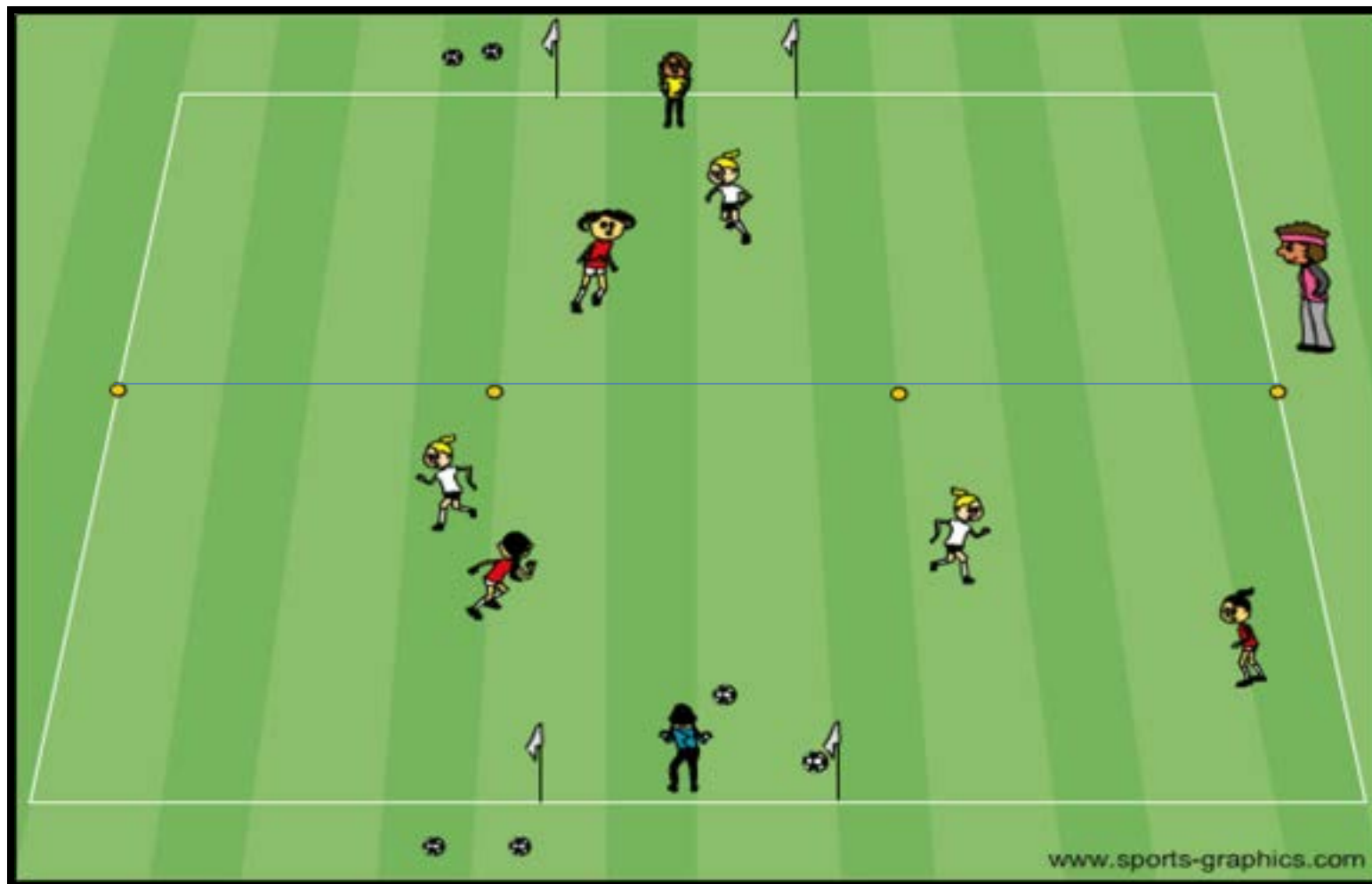
3rd Activity



4v4 Split Team Game



FIELD SIZE 34 YARDS BY 25 YARDS



Managing The Split Team Game



The purposes of this game are: a) to create space between the back and front of the team for both attacking and defending; b) to encourage movement between the lines; and c) to help develop the idea of balance – not everyone forward / not everyone back.

A neutral adult may help improve the flow, as will adult goalkeeper(s). The game does not work with four field players.

Coaches should assign one player from each team as the “forward” and verbally encourage that player to remember their “position” - if and when all three teammates follow the ball.

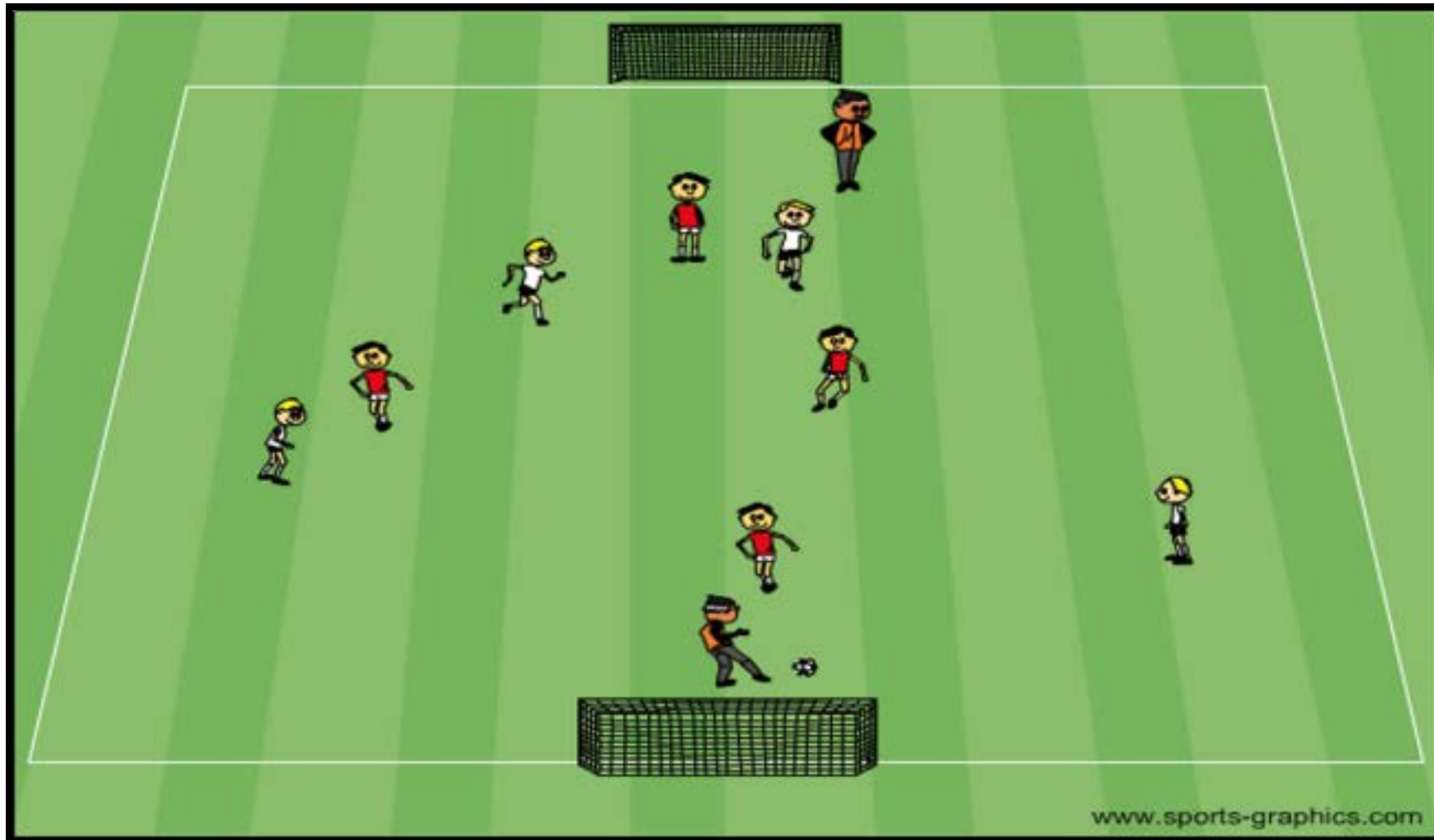
The same is true when both players from the back move forward. When one goes, the other should be reminded to stay.

Final game



4v4+Adult GK

FIELD SIZE 40 YARDS BY 30 YARDS



Managing 4v4+ Adult GK's



Play two (6-minute) or three (5-minute) rounds.

Designate one forward and left and right defenders. The fourth player can move anywhere. The key for the adult goalkeepers is to encourage the players to move to their “positions” when the adult has possession and then ROLL the ball to either the open player on the side - or the open players in the middle.


DO NOT LOB THE BALL INTO THE MOB!

The second key for the goalkeepers is to encourage back passes when the players are facing their own goal. Adults with limited soccer skill should use their hands to receive and pass the ball.

Think Possession!

PRACTICE PLAN SUMMARY

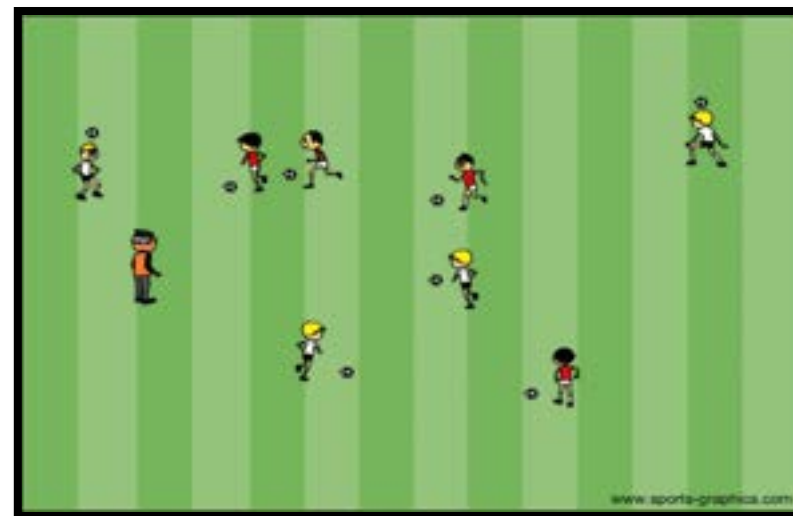
**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





8U: Week 2



Individual possession
support around the ball

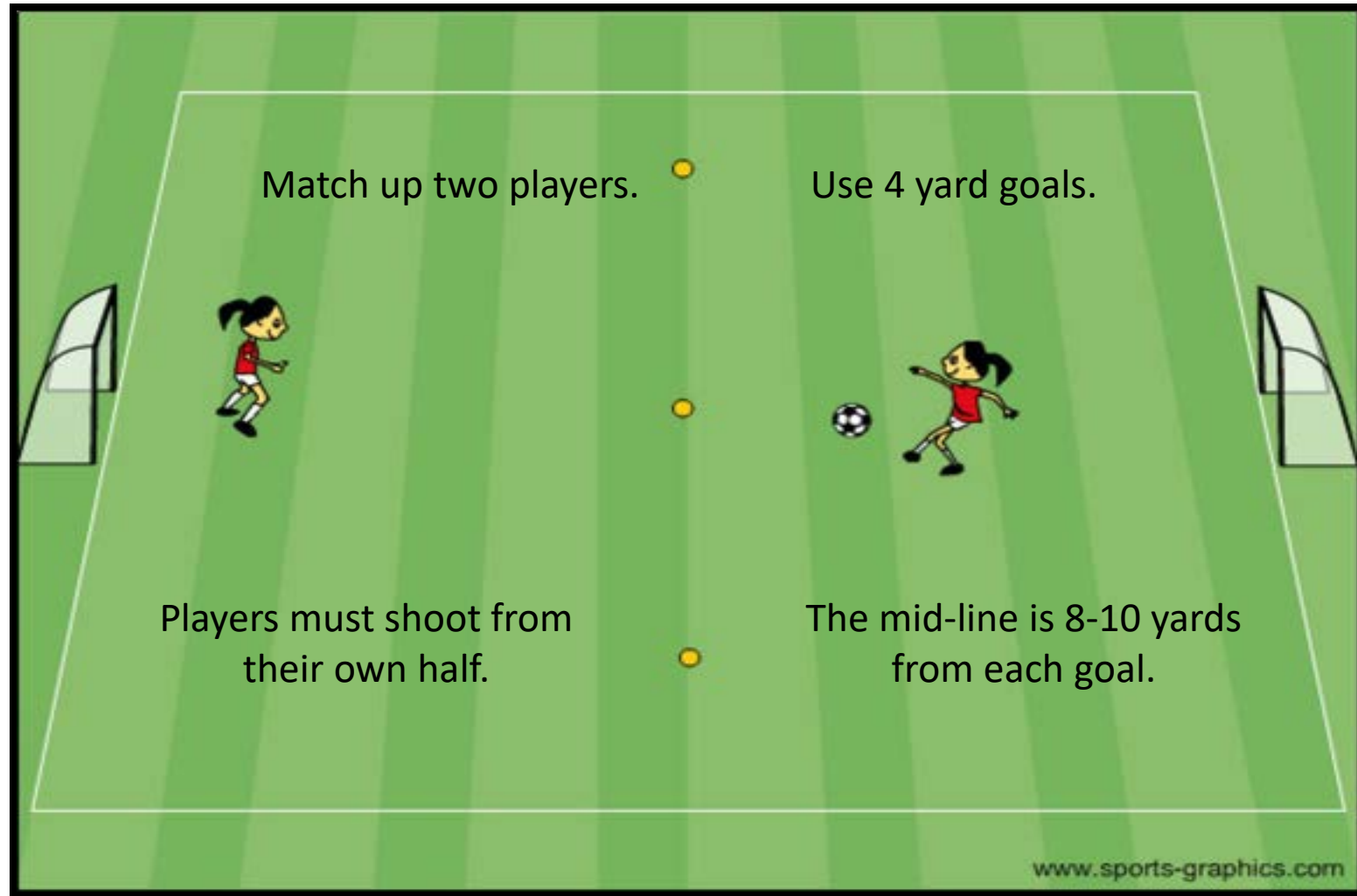
2nd activity



Shooting Game



FIELD SIZE 16-20 YARDS



Managing The Shooting Game



Field space is approximately 20 yards.

The goals should be 4 yards wide and there is no need for sidelines.

The purpose of this game is to provide players the opportunity to shoot the ball at goal.

Players alternate between shooter and goalkeeper.

The ball must be kicked from behind the half-way line, which should be somewhere between 8 and 10 yards from each goal, depending on the skill and strength of the players. Some players will need more space; others, less.

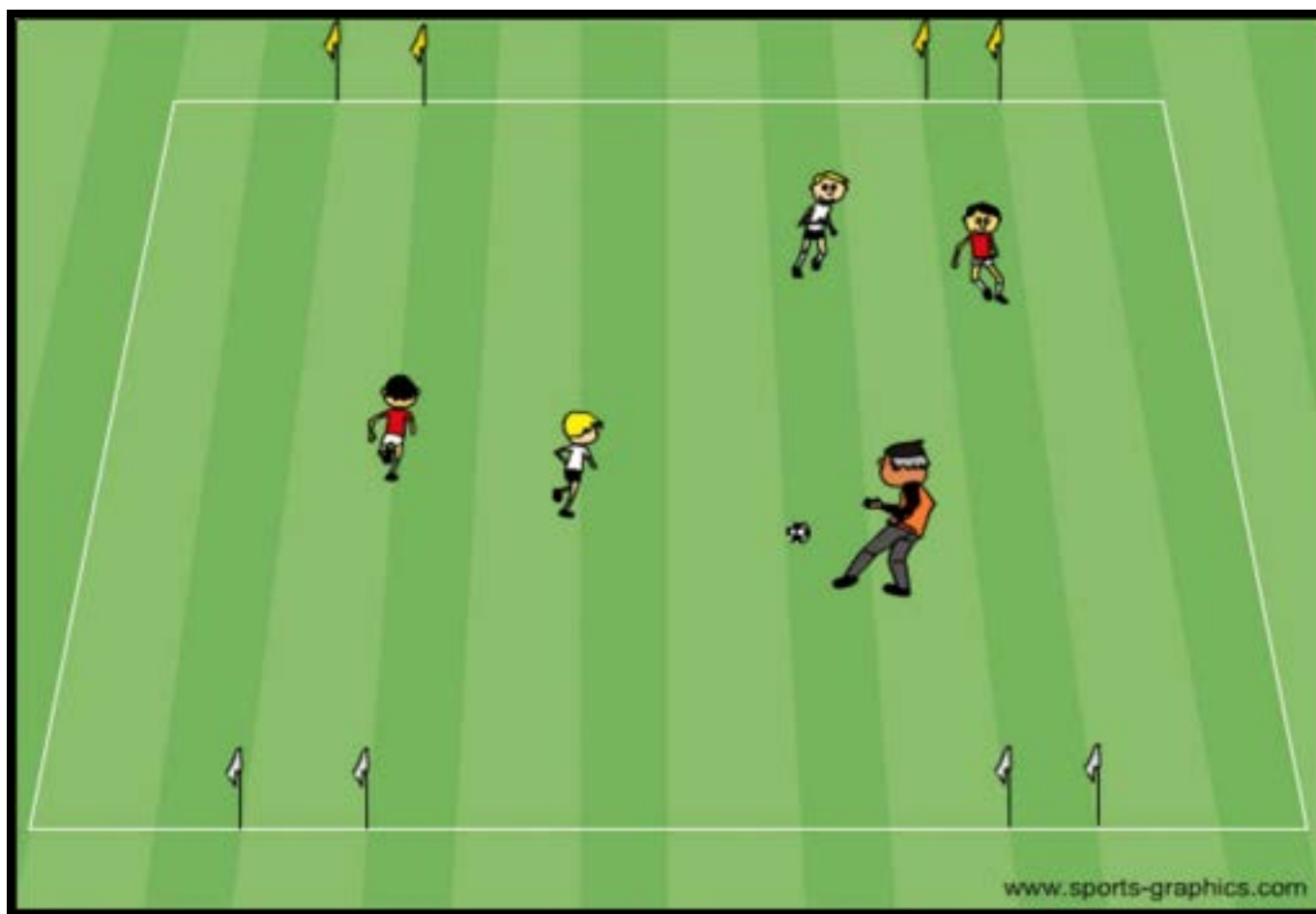
It is not always necessary to rotate players in this game.

3rd Activity



2v2+Adult to Two Small Goals

FIELD SIZE 24 YARDS BY 20 YARDS



Managing 2v2+Adult to Two Small Goals



Divide the players into teams of two and play 2v2 with a neutral adult on each small field. Rotate one team every 2-3 minutes. New games should start as soon as the players are ready.

Teams earn 3 points for a win and 1 point for a tie. Make sure the players know which team is winning to increase the excitement.

The objective of this game is to encourage the players to recognize that opponents are guarding a goal, or the path to a goal, and attack the more open goal. The role of the neutral adult is to encourage passing by moving to open supporting positions and encourage the players to do likewise.

Sideline Restarts: Kick-ins
Corner Kicks (not taken): Score $\frac{1}{2}$ a goal.
Goal Kicks: Dribble or pass into the game.

Final game



4v4+A GK



FIELD SIZE 40 YARDS BY 30 YARDS



Managing 4v4+ Adult GK's



Play two (6-minute) or three (5-minute) rounds.

Designate one forward and left and right defenders. The fourth player can move anywhere. The key for the adult goalkeepers is to encourage the players to move to their “positions” when the adult has possession and then ROLL the ball to either the open player on the side - or the open players in the middle.


DO NOT LOB THE BALL INTO THE MOB!

The second key for the goalkeepers is to encourage back passes when the players are facing their own goal. Adults with limited soccer skill should use their hands to receive and pass the ball.

Think Possession!

PRACTICE PLAN SUMMARY

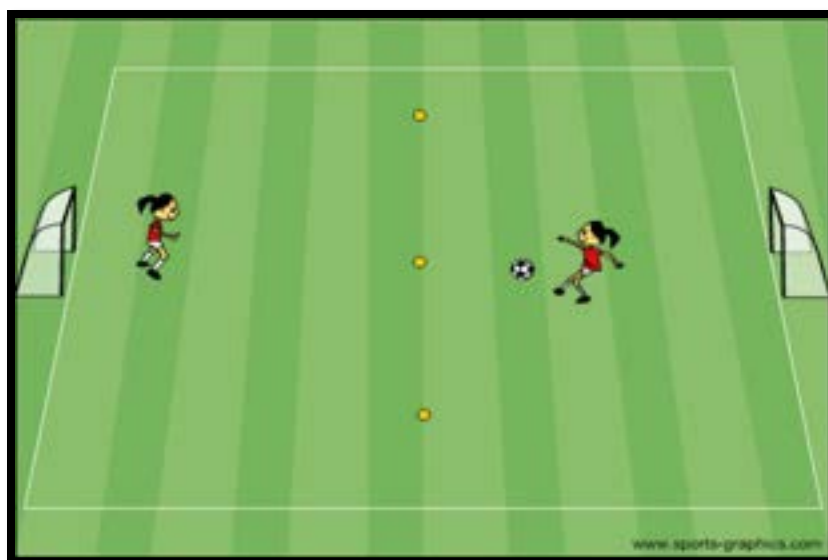
**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





8U: Week 3



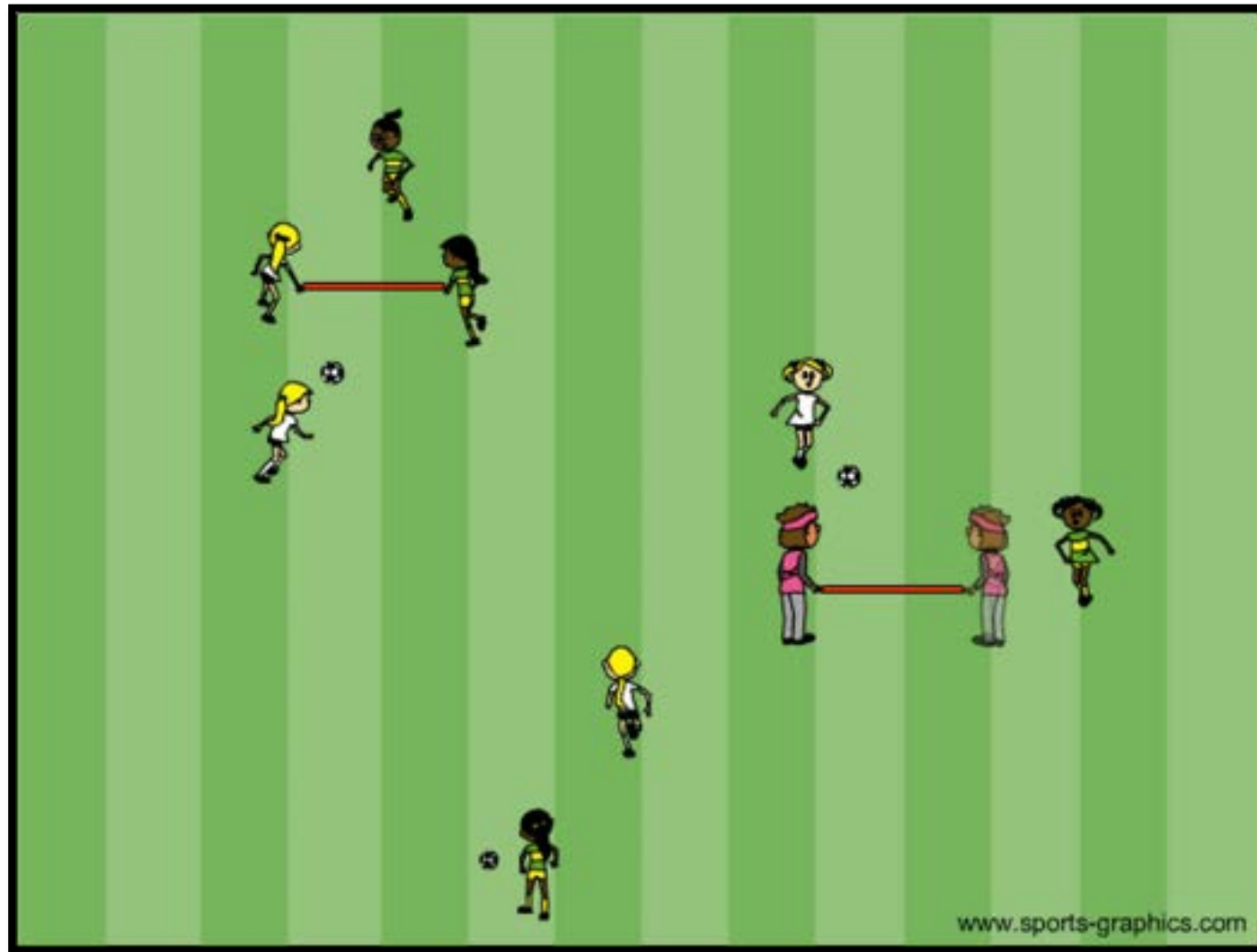
Individual possession
(dribbling
purposeful passing
support around the ball

2nd activity



Moving goals

FIELD SIZE 25 YARDS BY 20 YARDS



Managing moving goals



THE PLAYERS HAVE A BALL BETWEEN TWO.

TWO ADULTS OR TWO PLAYERS FORM A GOAL WITH A SHIRT(S) OR A POOL NOODLE. THE “GOAL” SHOULD WALK SLOWLY AROUND THE PLAYING AREA AND FREQUENTLY CHANGE DIRECTION.

THE PLAYERS SCORE BY PASSING TO THEIR PARTNER THROUGH THE MOVING GOAL. THE PLAYERS WITH THE MOST GOALS AFTER EACH 2-MINUTE ROUND WINS.

ROTATE THE PLAYERS HOLDING THE GOALS AFTER EACH ROUND.

IF ENOUGH ADULTS ARE AVAILABLE, ADD ADDITIONAL GOALS.

3rd Activity



2v1 and 1v2



FIELD SIZE 24 YARDS BY 20 YARDS



Managing 2v1 and 1v2



THE RULE FOR THIS GAME IS THAT THE GOALKEEPER MUST STAY IN THEIR OWN HALF, BUT CAN HELP THEIR TEAMMATE BUILD OUT OF THE BACK. THE IDEA IS TO CREATE 2V1 IN EACH DEFENSIVE HALF; IN TURN THE ATTACKER OFTEN PLAYS 1V2 IN THE OPPONENT'S HALF.

PLAY FOR 2-3 MINUTES AND ROTATE THE GOALKEEPERS.

EXPECT THIS GAME TO BE A LITTLE SLOW TO DEVELOP. THE CONCEPT IS NOT EASY FOR SEVEN YEAR-OLDS TO GRASP.

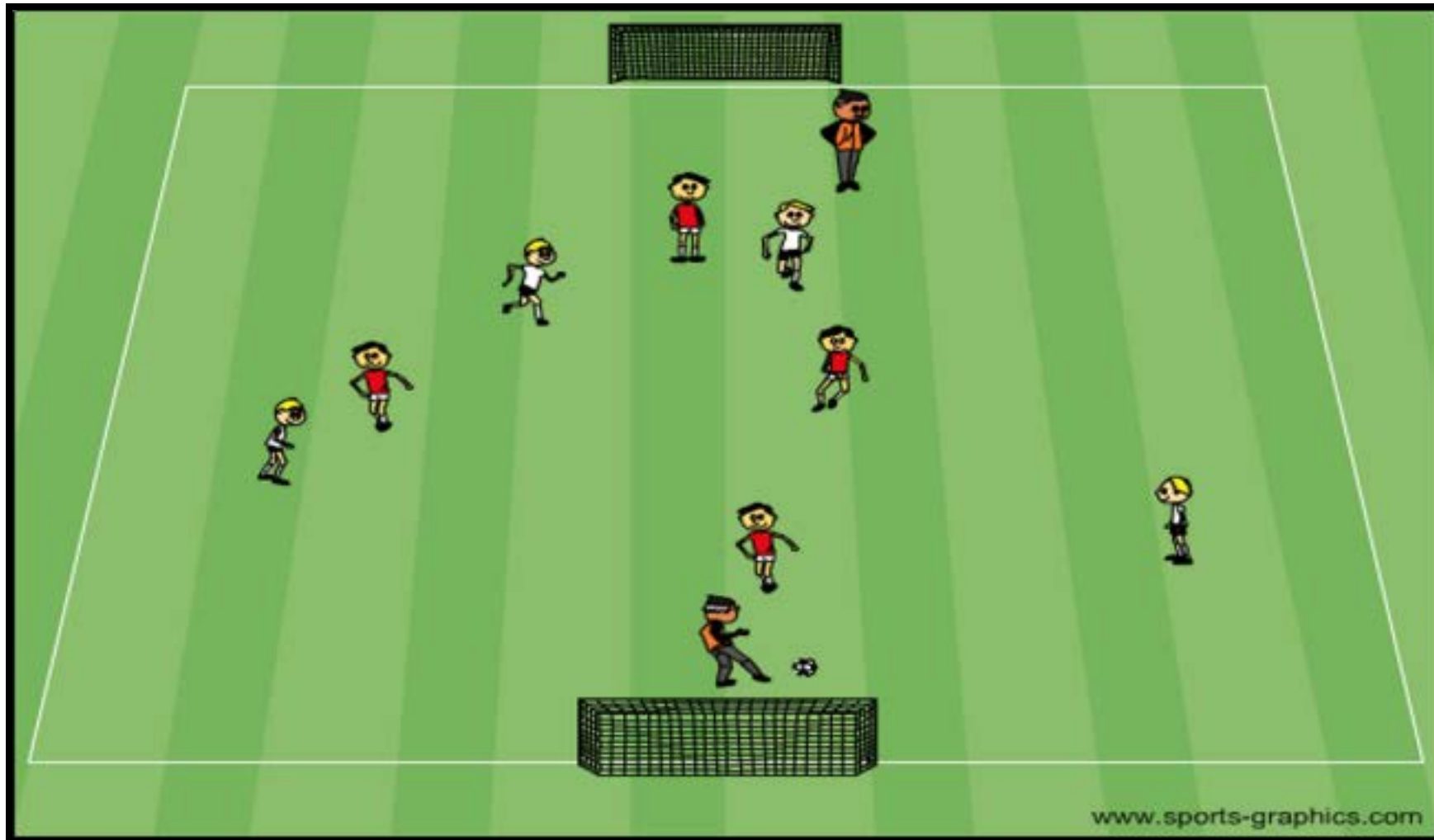
Final game



4v4+Adult GK



FIELD SIZE 40 YARDS BY 30 YARDS



Managing 4v4+ Adult GK's



Play two (6-minute) or three (5-minute) rounds.

Designate one forward and left and right defenders. The fourth player can move anywhere. The key for the adult goalkeepers is to encourage the players to move to their “positions” when the adult has possession and then ROLL the ball to either the open player on the side - or the open players in the middle.


DO NOT LOB THE BALL INTO THE MOB!

The second key for the goalkeepers is to encourage back passes when the players are facing their own goal. Adults with limited soccer skill should use their hands to receive and pass the ball.

Think Possession!

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds 3v3 @ 30x20 yds 4v4 @ 35x25 yds





8U: Week 4



Individual possession
(dribbling)
purposeful passing
support around the ball

2nd activity



Tunnel Tag

FIELD SIZE 25 YARDS BY 20 YARDS



Managing Tunnel Tag



Every player has a ball. Designate two players as “taggers.”

A player is “tagged” when they are hit with the Tagger’s ball below the knees – or if their ball is hit by the Tagger’s ball. Tagged players stand with their legs open and hold their ball above their head. Players can be untagged when another player kicks/passes their ball through the open legs.

Play 90-120 second rounds. The team score is the number of tagged players when time expires. Play also stops if the entire team is tagged.

Rotate to the next pair of taggers and repeat.

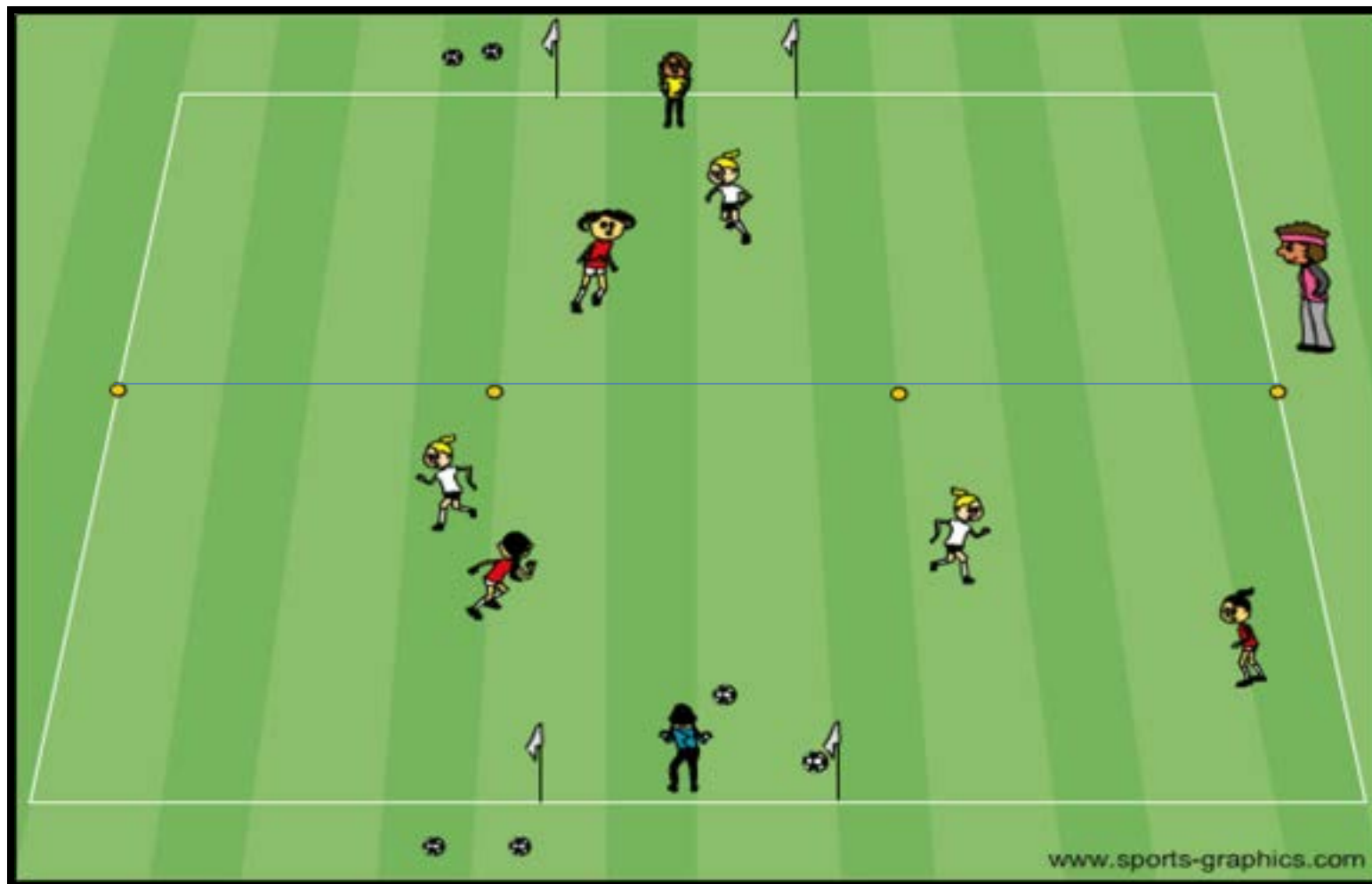
3rd Activity



4v4 Split Team Game



FIELD SIZE 34 YARDS BY 25 YARDS



Managing The Split Team Game



The purposes of this game are: a) to create space between the back and front of the team for both attacking and defending; b) to encourage movement between the lines; and c) to help develop the idea of balance – not everyone forward / not everyone back.

A neutral adult may help improve the flow, as will adult goalkeeper(s). The game does not work with four field players.

Coaches should assign one player from each team as the “forward” and verbally encourage that player to remember their “position” - if and when all three teammates follow the ball.

The same is true when both players from the back move forward. When one goes, the other should be reminded to stay.

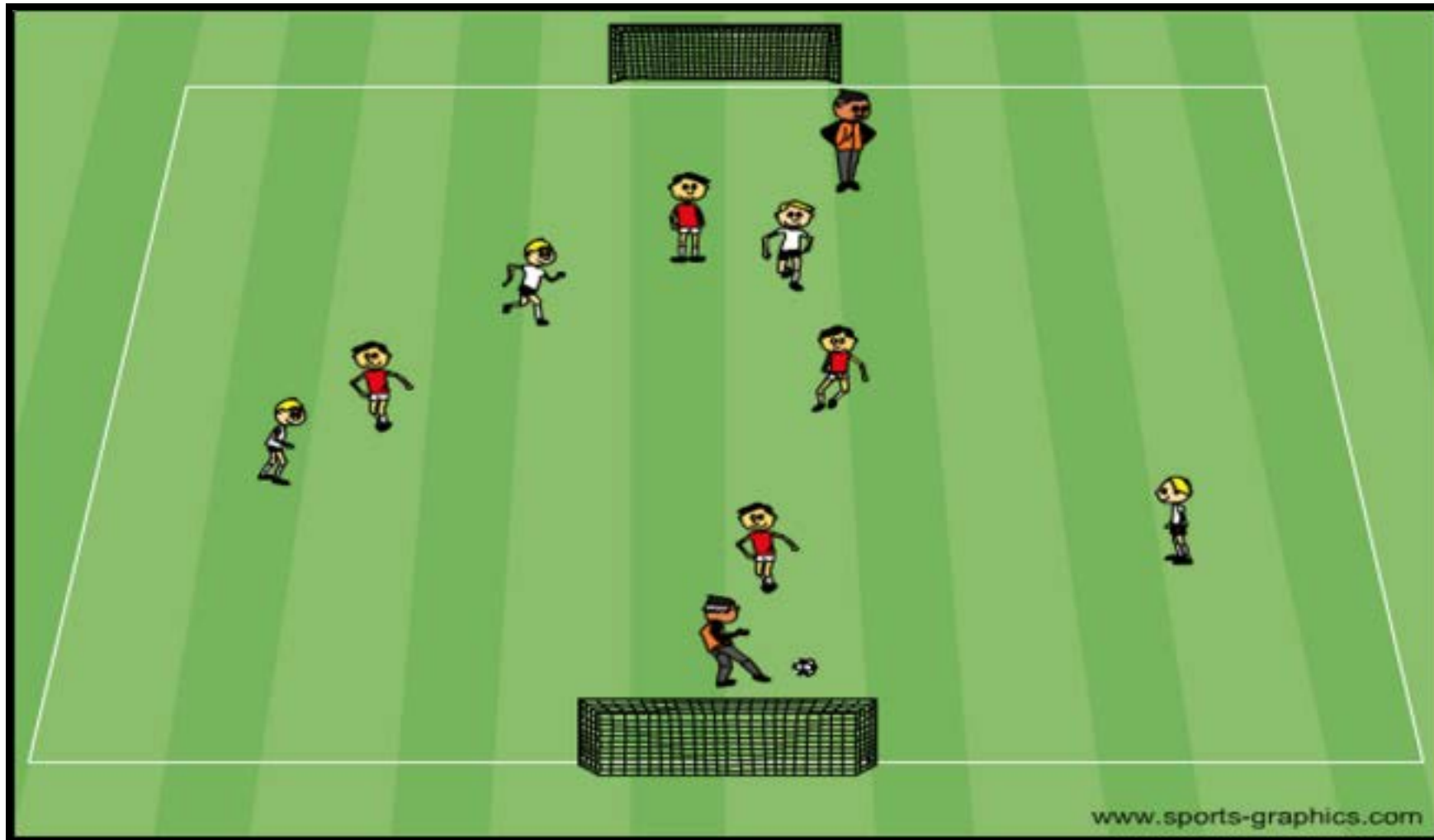
Final game



4v4+Adult GK



FIELD SIZE 40 YARDS BY 30 YARDS



Managing 4v4+ Adult GK's



Play two (6-minute) or three (5-minute) rounds.

Designate one forward and left and right defenders. The fourth player can move anywhere. The key for the adult goalkeepers is to encourage the players to move to their “positions” when the adult has possession and then ROLL the ball to either the open player on the side - or the open players in the middle.


DO NOT LOB THE BALL INTO THE MOB!

The second key for the goalkeepers is to encourage back passes when the players are facing their own goal. Adults with limited soccer skill should use their hands to receive and pass the ball.

Think Possession!

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





8U: Week 5



Individual possession
support around the ball

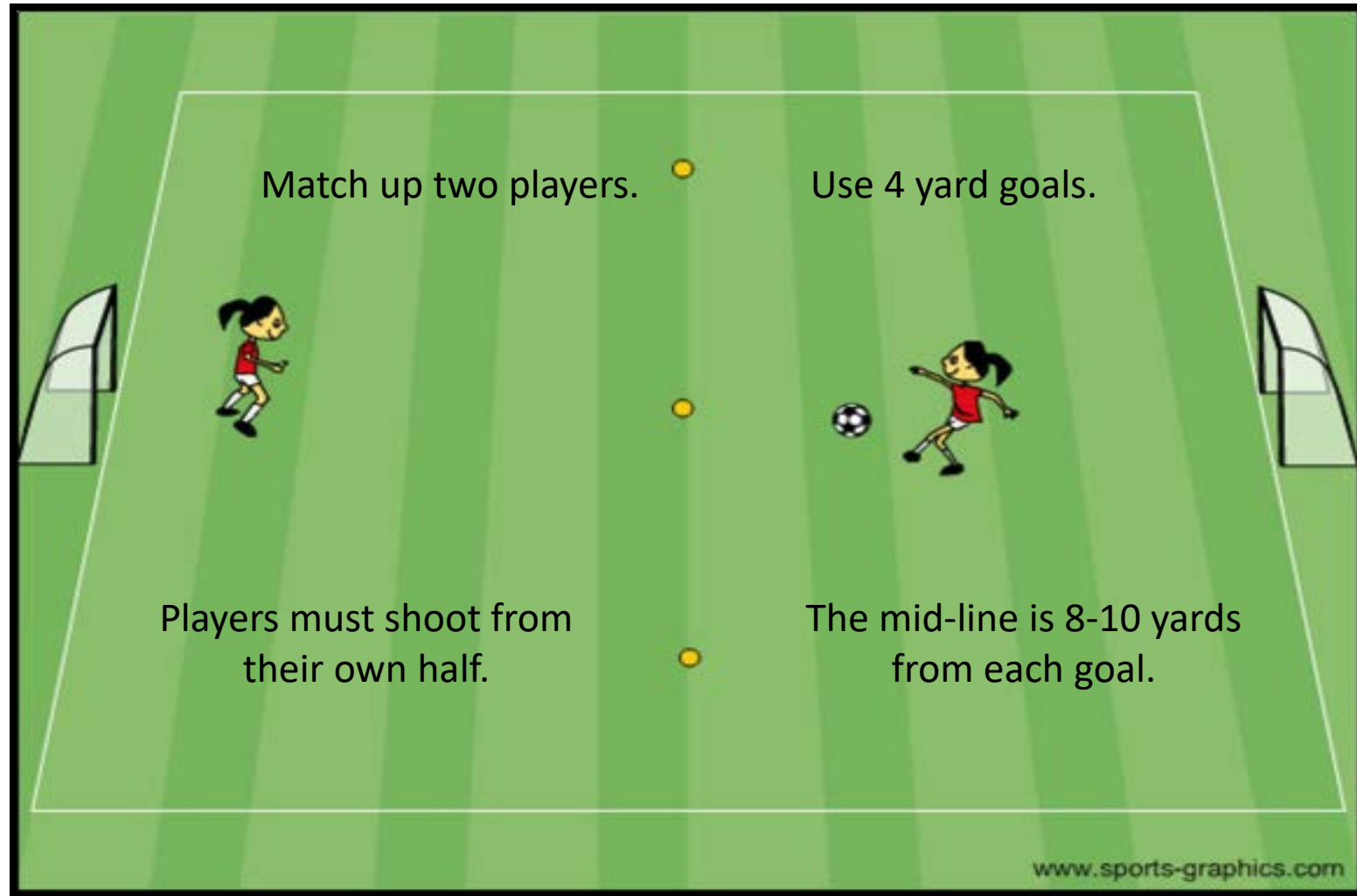
2nd activity



Shooting Game



FIELD SIZE 16-20 YARDS



Managing The Shooting Game



Field space is approximately 20 yards.

The goals should be 4 yards wide and there is no need for sidelines.

The purpose of this game is to provide players the opportunity to shoot the ball at goal.

Players alternate between shooter and goalkeeper.

The ball must be kicked from behind the half-way line, which should be somewhere between 8 and 10 yards from each goal, depending on the skill and strength of the players. Some players will need more space; others, less.

It is not always necessary to rotate players in this game.

3rd Activity



2v2+Adult to Two Small Goals

FIELD SIZE 24 YARDS BY 20 YARDS



Managing 2v2+Adult to Two Small Goals



Divide the players into teams of two and play 2v2 with a neutral adult on each small field. Rotate one team every 2-3 minutes. New games should start as soon as the players are ready.

Teams earn 3 points for a win and 1 point for a tie. Make sure the players know which team is winning to increase the excitement.

The objective of this game is to encourage the players to recognize that opponents are guarding a goal, or the path to a goal, and attack the more open goal. The role of the neutral adult is to encourage passing by moving to open supporting positions and encourage the players to do likewise.

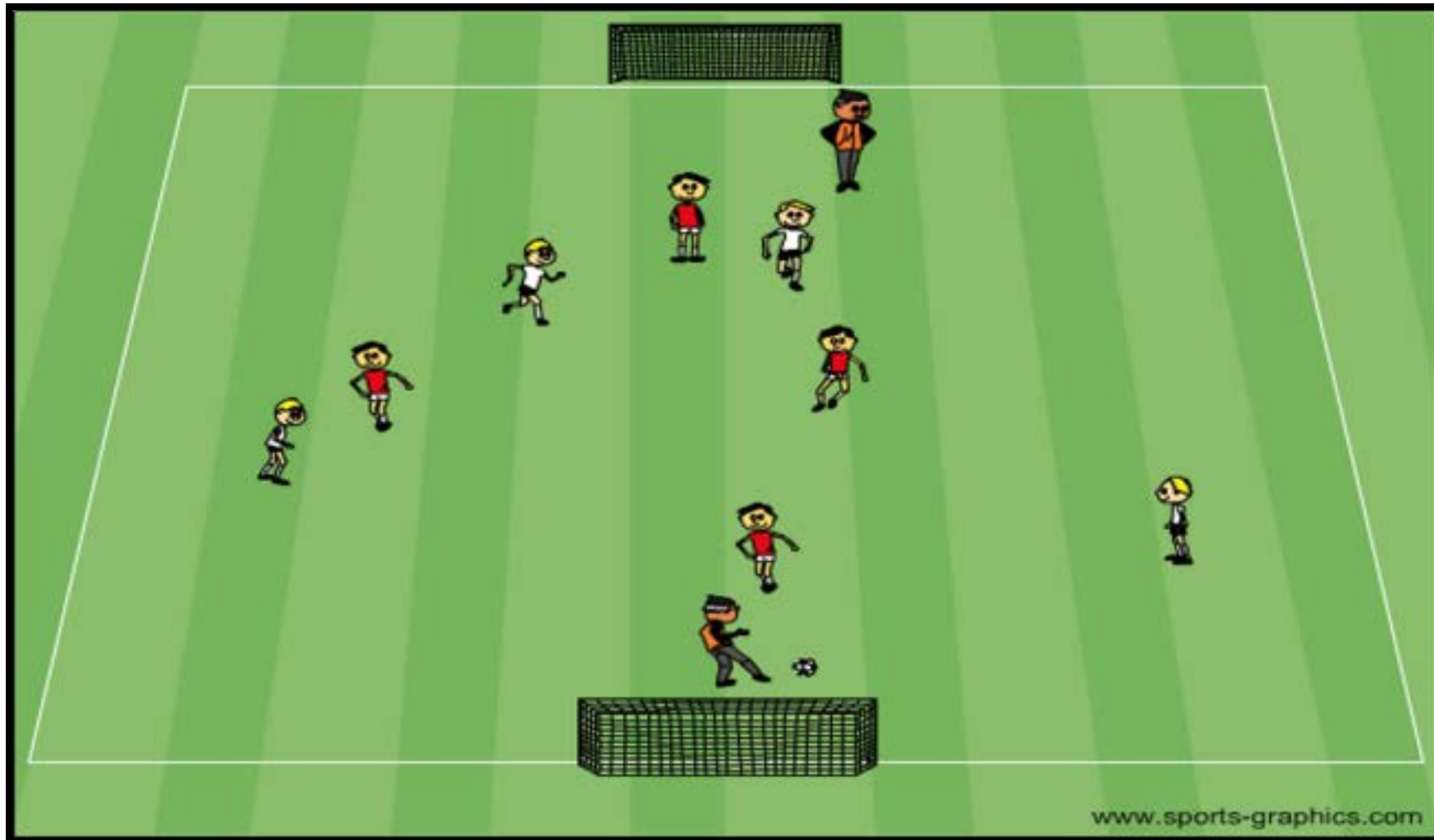
Sideline Restarts: Kick-ins
Corner Kicks (not taken): Score $\frac{1}{2}$ a goal.
Goal Kicks: Dribble or pass into the game.

Final game



4v4+A GK

FIELD SIZE 40 YARDS BY 30 YARDS



Managing 4v4+ Adult GK's



Play two (6-minute) or three (5-minute) rounds.

Designate one forward and left and right defenders. The fourth player can move anywhere. The key for the adult goalkeepers is to encourage the players to move to their “positions” when the adult has possession and then ROLL the ball to either the open player on the side - or the open players in the middle.


DO NOT LOB THE BALL INTO THE MOB!

The second key for the goalkeepers is to encourage back passes when the players are facing their own goal. Adults with limited soccer skill should use their hands to receive and pass the ball.

Think Possession!

PRACTICE PLAN SUMMARY

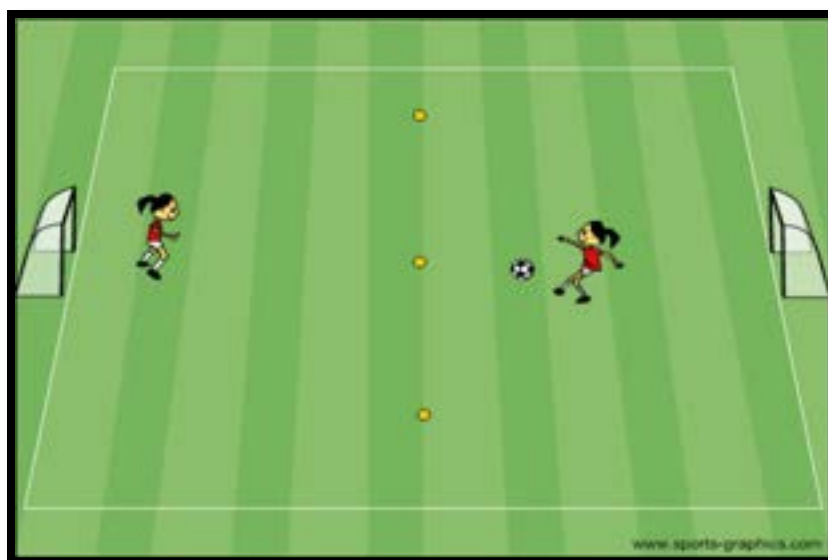
**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





8U: Week 6

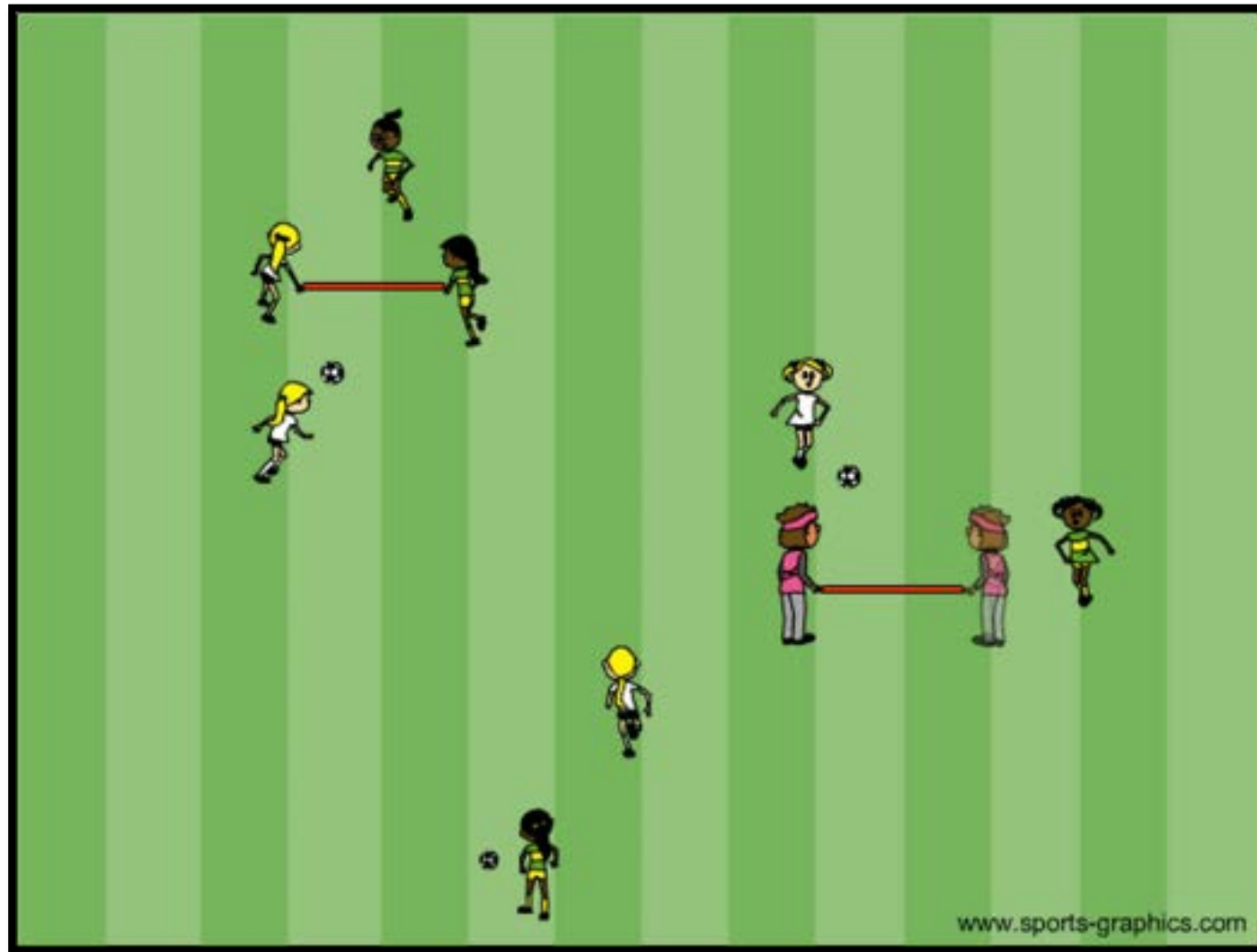
Individual possession
(dribbling
purposeful passing
support around the ball

2nd activity



Moving goals

FIELD SIZE 25 YARDS BY 20 YARDS



Managing moving goals



THE PLAYERS HAVE A BALL BETWEEN TWO.

TWO ADULTS OR TWO PLAYERS FORM A GOAL WITH A SHIRT(S) OR A POOL NOODLE. THE “GOAL” SHOULD WALK SLOWLY AROUND THE PLAYING AREA AND FREQUENTLY CHANGE DIRECTION.

THE PLAYERS SCORE BY PASSING TO THEIR PARTNER THROUGH THE MOVING GOAL. THE PLAYERS WITH THE MOST GOALS AFTER EACH 2-MINUTE ROUND WINS.

ROTATE THE PLAYERS HOLDING THE GOALS AFTER EACH ROUND.

IF ENOUGH ADULTS ARE AVAILABLE, ADD ADDITIONAL GOALS.

3rd Activity



2v1 and 1v2



FIELD SIZE 24 YARDS BY 20 YARDS



Managing 2v1 and 1v2



THE RULE FOR THIS GAME IS THAT THE GOALKEEPER MUST STAY IN THEIR OWN HALF, BUT CAN HELP THEIR TEAMMATE BUILD OUT OF THE BACK. THE IDEA IS TO CREATE 2V1 IN EACH DEFENSIVE HALF; IN TURN THE ATTACKER OFTEN PLAYS 1V2 IN THE OPPONENT'S HALF.

PLAY FOR 2-3 MINUTES AND ROTATE THE GOALKEEPERS.

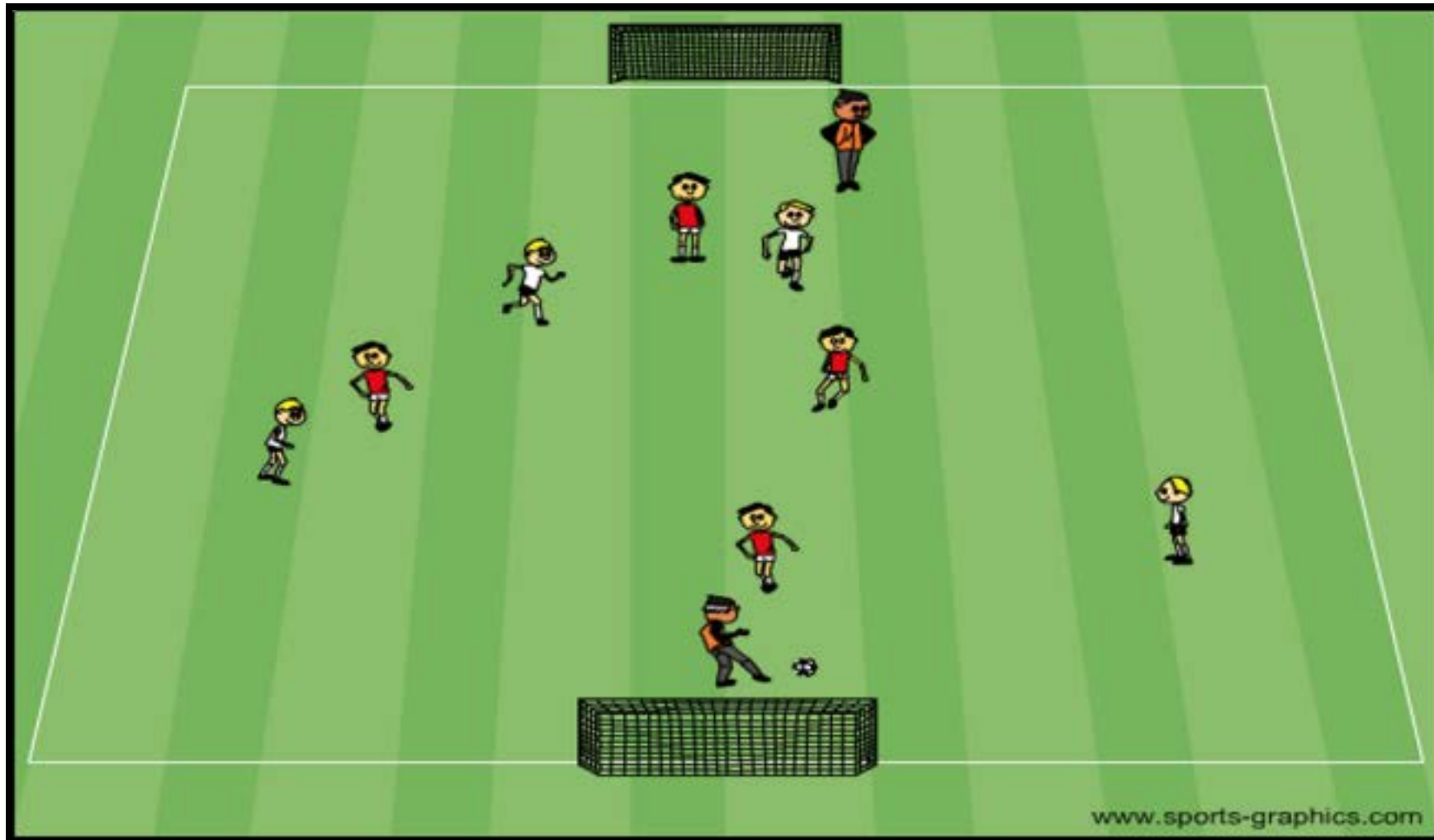
EXPECT THIS GAME TO BE A LITTLE SLOW TO DEVELOP. THE CONCEPT IS NOT EASY FOR SEVEN YEAR-OLDS TO GRASP.

Final game



4v4+Adult GK

FIELD SIZE 40 YARDS BY 30 YARDS



Managing 4v4+ Adult GK's



Play two (6-minute) or three (5-minute) rounds.

Designate one forward and left and right defenders. The fourth player can move anywhere. The key for the adult goalkeepers is to encourage the players to move to their “positions” when the adult has possession and then ROLL the ball to either the open player on the side - or the open players in the middle.


DO NOT LOB THE BALL INTO THE MOB!

The second key for the goalkeepers is to encourage back passes when the players are facing their own goal. Adults with limited soccer skill should use their hands to receive and pass the ball.

Think Possession!

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





10U



10U: Week 1



INDIVIDUAL POSSESSION
(DRIBBLING
PURPOSEFUL PASSING
SUPPORT AROUND THE BALL
SPACING AWAY FROM THE BALL

2nd activity



KEEP-AWAY



FIELD SIZE 24 YARDS BY 20 YARDS



Managing KEEP AWAY



ORGANIZE ONE BALL FOR EVERY TWO PLAYERS.

THE OBJECTIVE IS TO HAVE POSSESSION OF **ANY** BALL INSIDE THE PLAYING AREA WHEN THE 30- OR 45- SECOND TIME PERIOD ENDS.

THE FIRST PLAYER(S) TO WIN 5 or 6 ROUNDS WINS THE GAME.

ADJUST THE playing SPACE AS NUMBERS DICTATE.

IF THE BALL GOES OUT OF BOUNDS, PLAY NORMAL POSSESSION RULES.

PLAY TWO ROUNDS, WITH BREAKS AS NEEDED. THIS IS A TIRING GAME.

Note: the game can be modified to provide for “safety stops.” for example, an under-pressure player stopping the ball with the sole of their foot cannot be dispossessed.

3rd Activity



4v4+Adult Line Soccer



FIELD SIZE 36 YARDS BY 25 YARDS

White Dribbles Across This Long Line To Score



Red Dribbles Across This Long Line To Score

www.sports-graphics.com

Managing Line Soccer



The main benefit of line soccer is that the method of scoring encourages players to dribble the ball into open space.

While scoring goals should always be regarded as the most important action in a soccer game, rewarding passes with additional points is a useful method for encouraging young players to look up and find teammates. This game can be played as “First team to 20” with goals = 3 pts and passes to teammates = 1 pt.

The neutral adult serves an important role in this game by moving to open spaces around the ball to encourage backward or sideways passes.

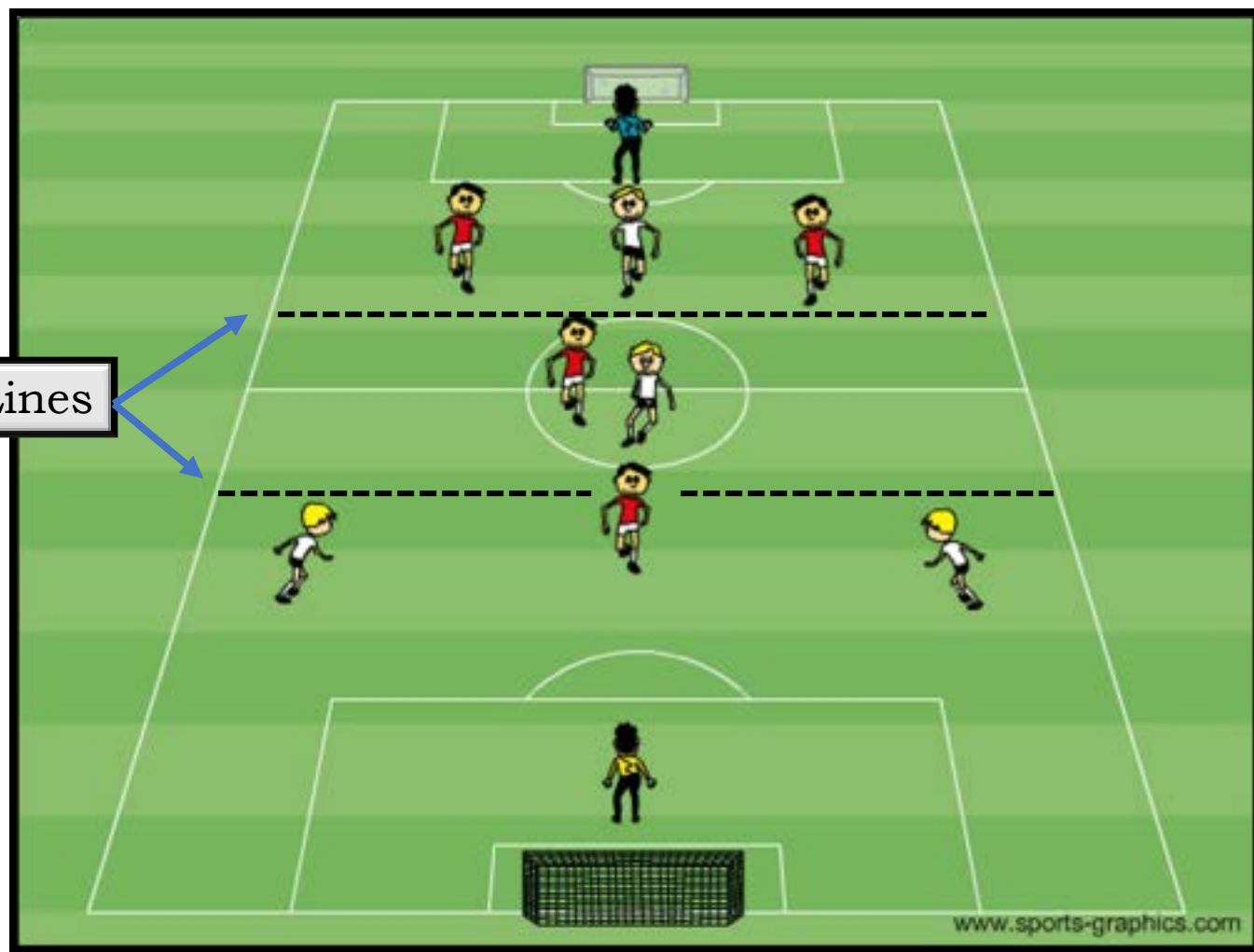
Final game



5 v 5 with gk's

FIELD SIZE 45 YARDS BY 30 YARDS

Drop Back / Offside Lines



Managing 5v5 with gk's



Field size: 50x30 yards

Duration 6 minutes

Offside lines: 15 yards from each goal

Drop back line: defending team drops off with gk in possession

Sideline restarts: kick-ins (indirect)


Corners: per fifa

goal kicks: per fifa

Fouls: indirect

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds 3v3 @ 30x20 yds 4v4 @ 35x25 yds





10U: Week 2

INDIVIDUAL POSSESSION
(DRIBBLING
PURPOSEFUL PASSING
SUPPORT AROUND THE BALL
SPACING AWAY FROM THE BALL

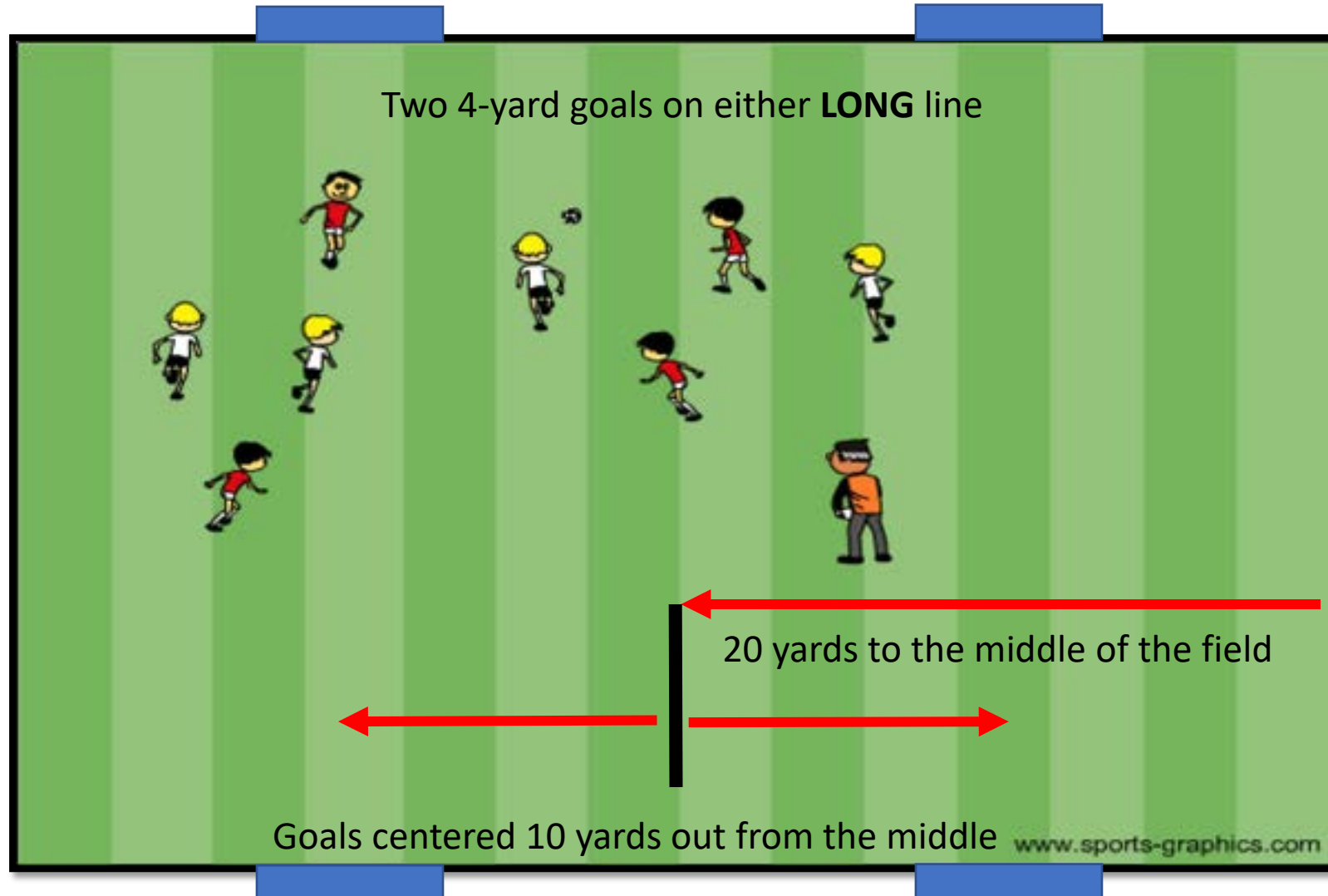
2nd activity



4v4+Adult to Two Goals



FIELD SIZE 36 YARDS BY 25 YARDS



Managing 4v4+Adult to Two Goals



The objective of this game is to encourage the players to recognize that opponents are guarding a goal, or the path to a goal, and attack the more open side.

The game encourages side-to-side passing and dribbling and the role of the neutral adult is to: a) move into supporting positions behind or around the ball; and b) when in possession, encourage the players to move away from the ball and into open spaces away from the mob. The game will not always flow well!

The goals should be 4 yards wide to encourage vision and shooting. Play 5-minute rounds and change the players if the teams are unbalanced.

3rd Activity



Juggling Challenges



FIELD SIZE 25 YARDS BY 20 YARDS



Managing the Juggling Challenges



Every player has a ball and the coach should demonstrate the following juggling-based challenges.

1. Use the laces to kick the ball in the air and catch.
2. Toss the ball in the air and use the laces as a cushion before the ball hits the ground.
3. Use the thigh to play the ball in the air and catch.
4. Toss the ball in the air and use the thigh as a cushion before the ball hits the ground.

60-90 second competitions.....

Who got more than....__5? 10? 15?

High scores SHOW the group an example!

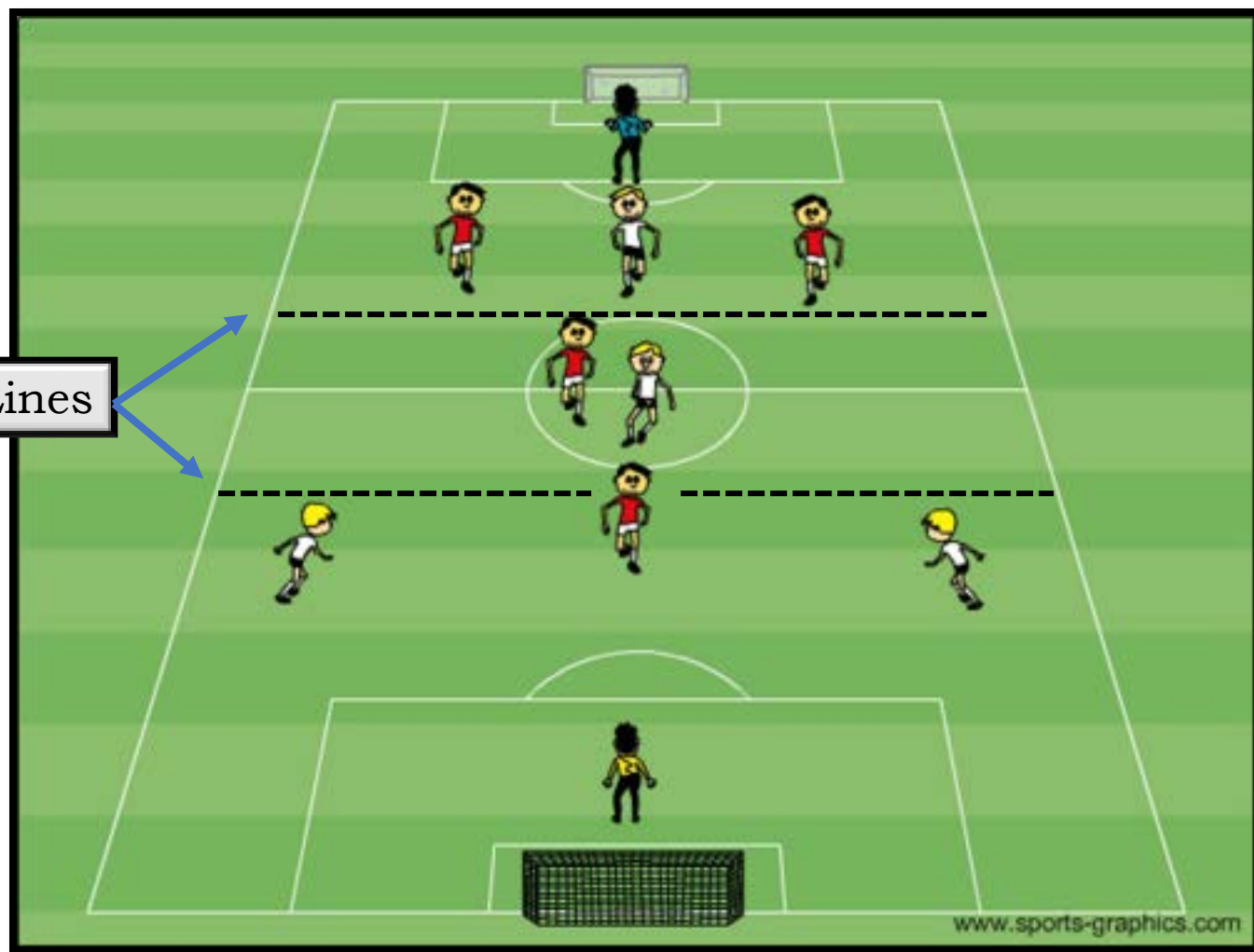
Final game



5 v 5 with gk's

FIELD SIZE 45 YARDS BY 30 YARDS

Drop Back / Offside Lines



Managing 5v5 with gk's



Field size: 45x30 yards

Duration 6 minutes

Offside lines: 15 yards from each goal

Drop back line: defending team drops off with gk in possession

Sideline restarts: kick-ins (indirect)


Corners: per fifa

goal kicks: per fifa

Fouls: indirect

PRACTICE PLAN SUMMARY

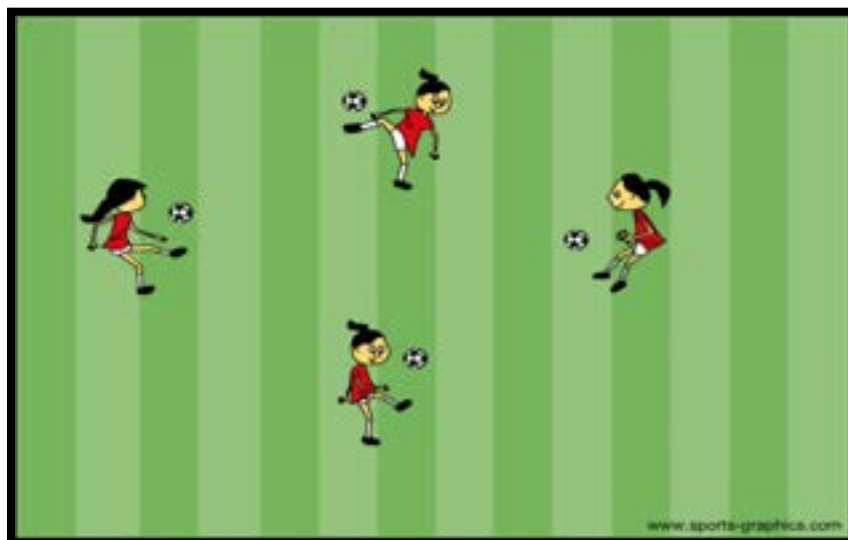
**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





10U: Week 3

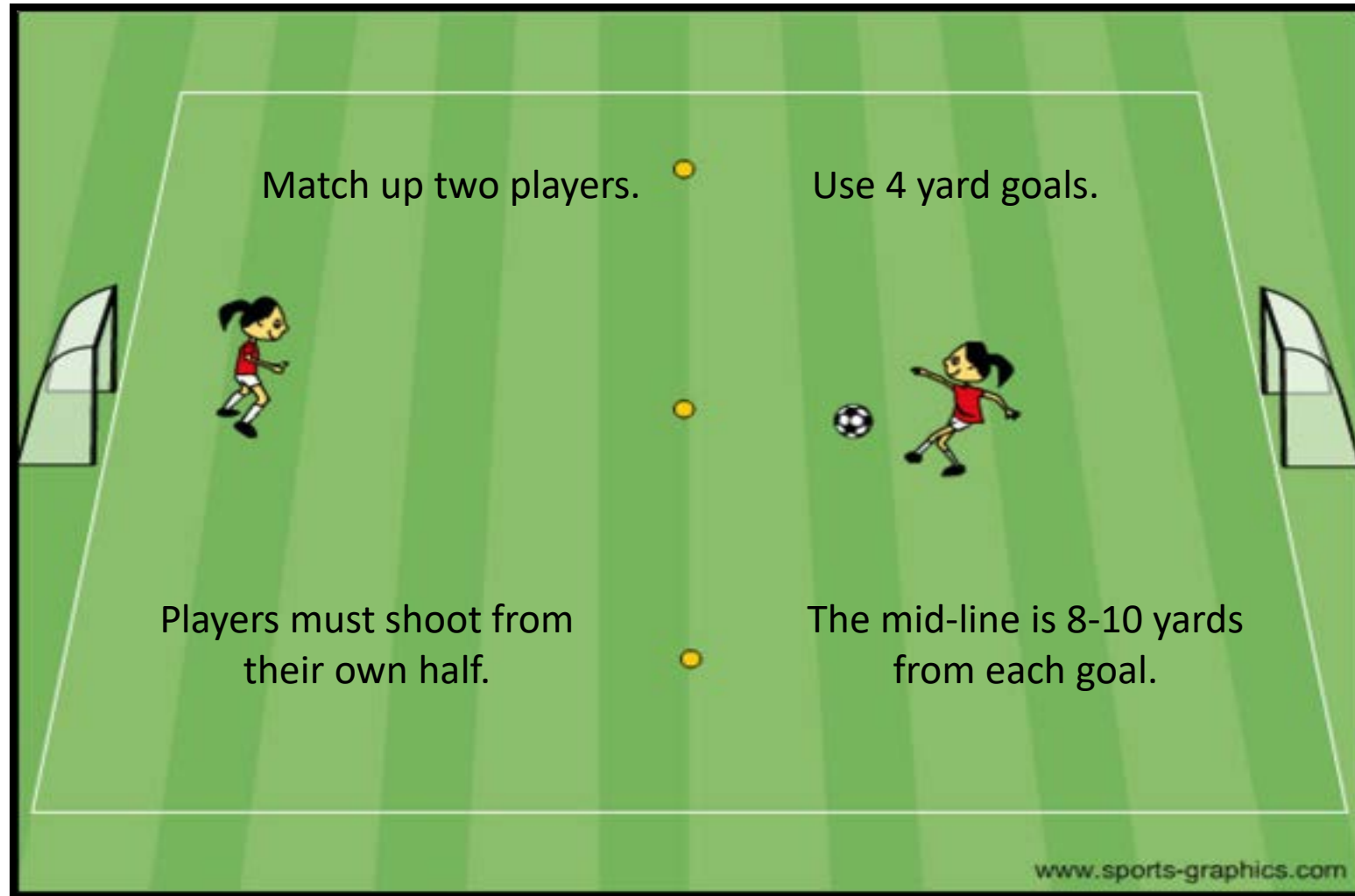
INDIVIDUAL POSSESSION
(DRIBBLING
PURPOSEFUL PASSING
SUPPORT AROUND THE BALL
SPACING AWAY FROM THE BALL

2nd activity



Shooting Game

FIELD SIZE 16-20 YARDS



Managing The Shooting Game

The goals should be 4 yards wide and there is no need for sidelines.

The purpose of this game is to provide players the opportunity to shoot the ball at goal.

Players alternate between shooter and goalkeeper.

The ball must be kicked from behind the half-way line, which should be somewhere between 8 and 10 yards from each goal, depending on the skill and strength of the players. Some players will need more space; others, less.

It is not always necessary to rotate players in this game.

3rd Activity



3v3 w/ Drop Goalkeepers

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 3v3 Drop GK's

The Drop Goalkeeper game creates a numerical advantage for the attacking team.

When a team loses possession, the player closest to the goal - or a designated player, “drops” back to become the goalkeeper.

The easiest transition moments for the players occur when the ball has gone out of bounds. Otherwise, coaches shouldn't expect the players to intuitively recognize when to drop off into the goal.

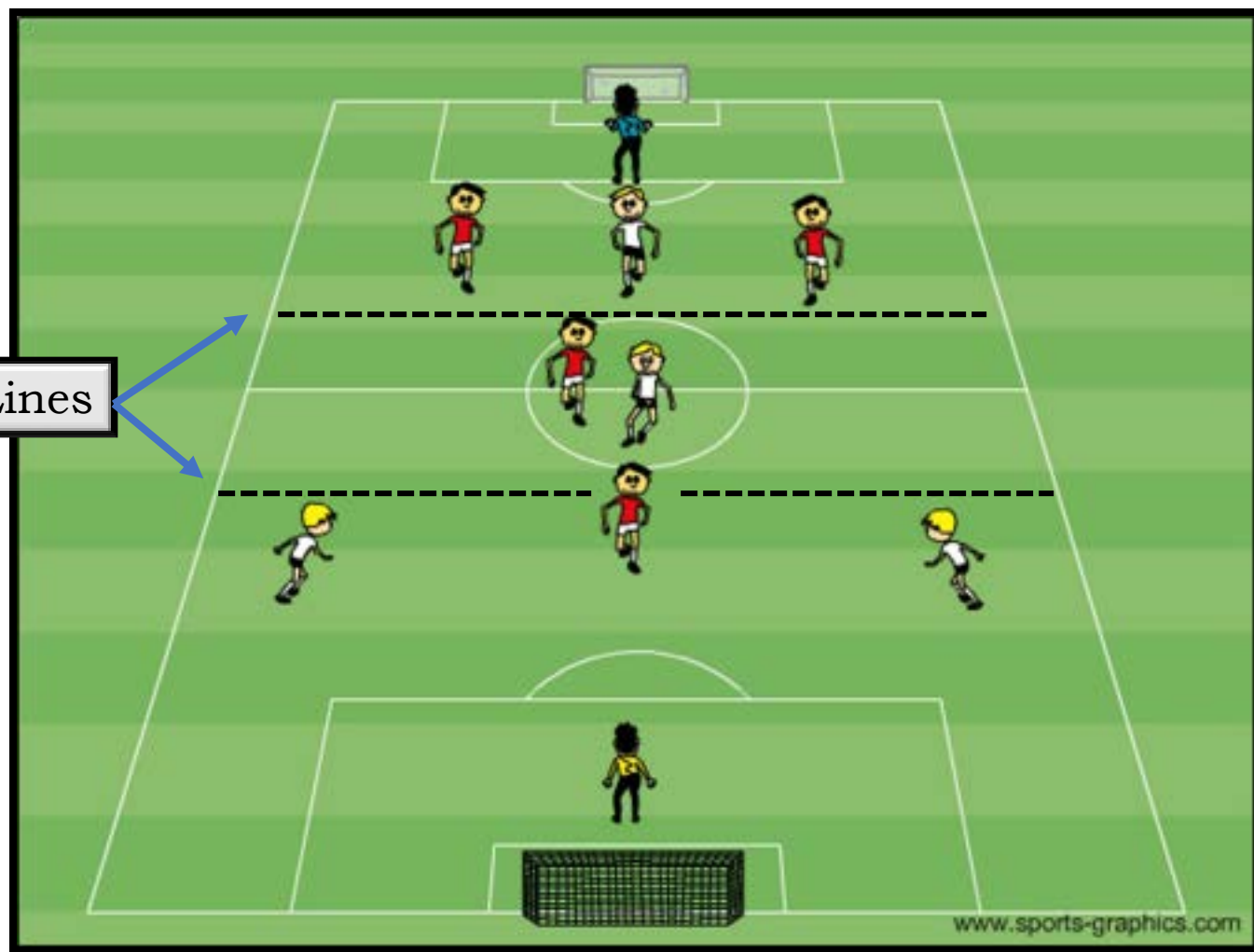
Final game



5 v 5 with gk's

FIELD SIZE 45 YARDS BY 30 YARDS

Drop Back / Offside Lines



Managing 5v5 with gk's



Field size: 50x30 yards

Duration 6 minutes

Offside lines: 15 yards from each goal

Drop back line: defending team drops off with gk in possession

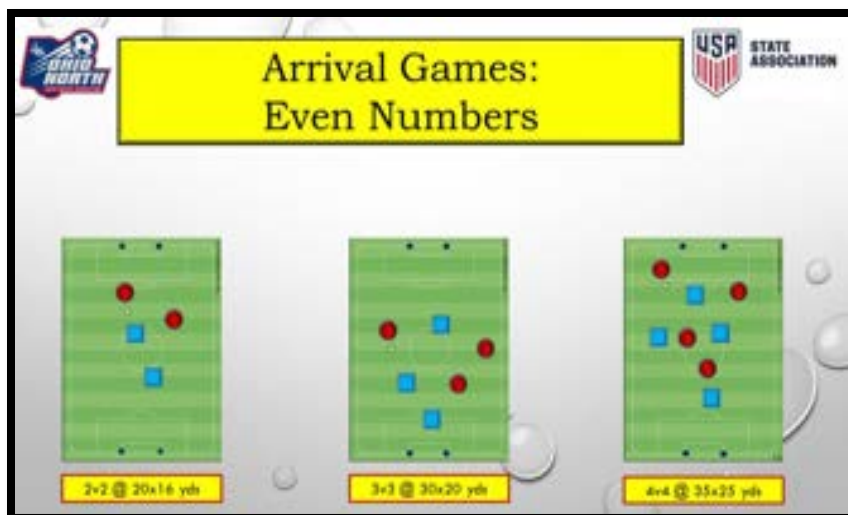
Sideline restarts: kick-ins (indirect)

Corners: per fifa

goal kicks: per fifa

Fouls: indirect

PRACTICE PLAN SUMMARY





10U: Week 4

INDIVIDUAL POSSESSION
(DRIBBLING
PURPOSEFUL PASSING
SUPPORT AROUND THE BALL
SPACING AWAY FROM THE BALL

2nd activity



KEEP-AWAY



FIELD SIZE 24 YARDS BY 20 YARDS



Managing KEEP AWAY



ORGANIZE ONE BALL FOR EVERY TWO PLAYERS.

THE OBJECTIVE IS TO HAVE POSSESSION OF **ANY** BALL INSIDE THE PLAYING AREA WHEN THE 30- OR 45- SECOND TIME PERIOD ENDS.

THE FIRST PLAYER(S) TO WIN 5 or 6 ROUNDS WINS THE GAME.

ADJUST THE playing SPACE AS NUMBERS DICTATE.

IF THE BALL GOES OUT OF BOUNDS, PLAY NORMAL POSSESSION RULES.

PLAY TWO ROUNDS, WITH BREAKS AS NEEDED. THIS IS A TIRING GAME.

Note: the game can be modified to provide for “safety stops.” for example, an under-pressure player stopping the ball with the sole of their foot cannot be dispossessed.

3rd Activity



4v4+Adult Line Soccer



FIELD SIZE 36 YARDS BY 25 YARDS

White Dribbles Across This Long Line To Score



Red Dribbles Across This Long Line To Score

www.sports-graphics.com

Managing Line Soccer



The main benefit of line soccer is that the method of scoring encourages players to dribble the ball into open space.

While scoring goals should always be regarded as the most important action in a soccer game, rewarding passes with additional points is a useful method for encouraging young players to look up and find teammates. This game can be played as “First team to 20” with goals = 3 pts and passes to teammates = 1 pt.

The neutral adult serves an important role in this game by moving to open spaces around the ball to encourage backward or sideways passes.

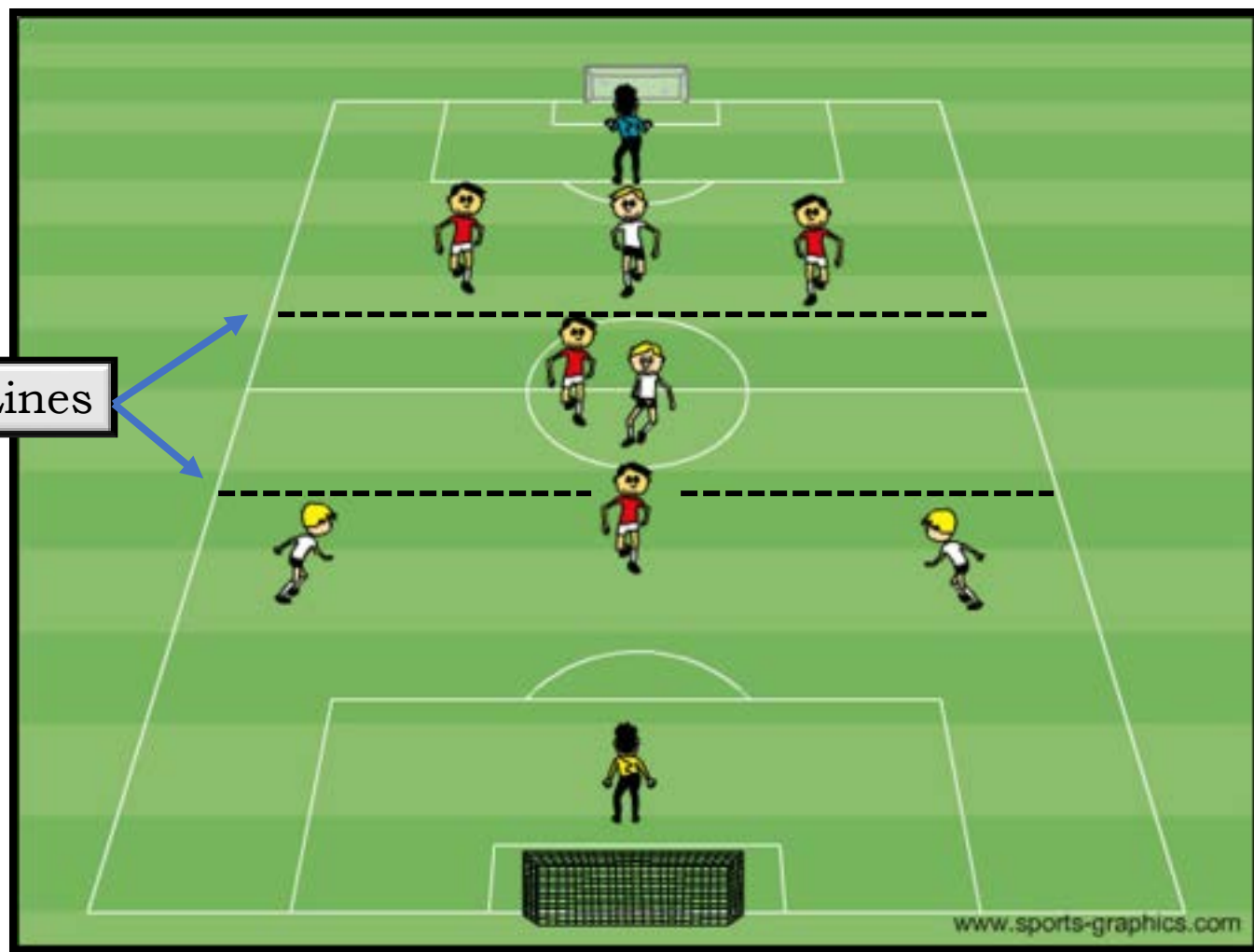
Final game



5 v 5 with gk's

FIELD SIZE 45 YARDS BY 30 YARDS

Drop Back / Offside Lines



Managing 5v5 with gk's



Field size: 50x30 yards

Duration 6 minutes

Offside lines: 15 yards from each goal

Drop back line: defending team drops off with gk in possession

Sideline restarts: kick-ins (indirect)


Corners: per fifa

goal kicks: per fifa

Fouls: indirect

PRACTICE PLAN SUMMARY

**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





10U: Week 5

INDIVIDUAL POSSESSION
(DRIBBLING
PURPOSEFUL PASSING
SUPPORT AROUND THE BALL
SPACING AWAY FROM THE BALL

2nd activity



4v4+Adult to Two Goals



FIELD SIZE 36 YARDS BY 25 YARDS



Managing 4v4+Adult to Two Goals



The objective of this game is to encourage the players to recognize that opponents are guarding a goal, or the path to a goal, and attack the more open side.

The game encourages side-to-side passing and dribbling and the role of the neutral adult is to: a) move into supporting positions behind or around the ball; and b) when in possession, encourage the players to move away from the ball and into open spaces away from the mob. The game will not always flow well!

The goals should be 4 yards wide to encourage vision and shooting. Play 5-minute rounds and change the players if the teams are unbalanced.

3rd Activity



Juggling Challenges



FIELD SIZE 25 YARDS BY 20 YARDS



Managing the Juggling Challenges



Every player has a ball and the coach should demonstrate the following juggling-based challenges.

1. Use the laces to kick the ball in the air and catch.
2. Toss the ball in the air and use the laces as a cushion before the ball hits the ground.
3. Use the thigh to play the ball in the air and catch.
4. Toss the ball in the air and use the thigh as a cushion before the ball hits the ground.

60-90 second competitions.....

Who got more than....__5? 10? 15?

High scores SHOW the group an example!

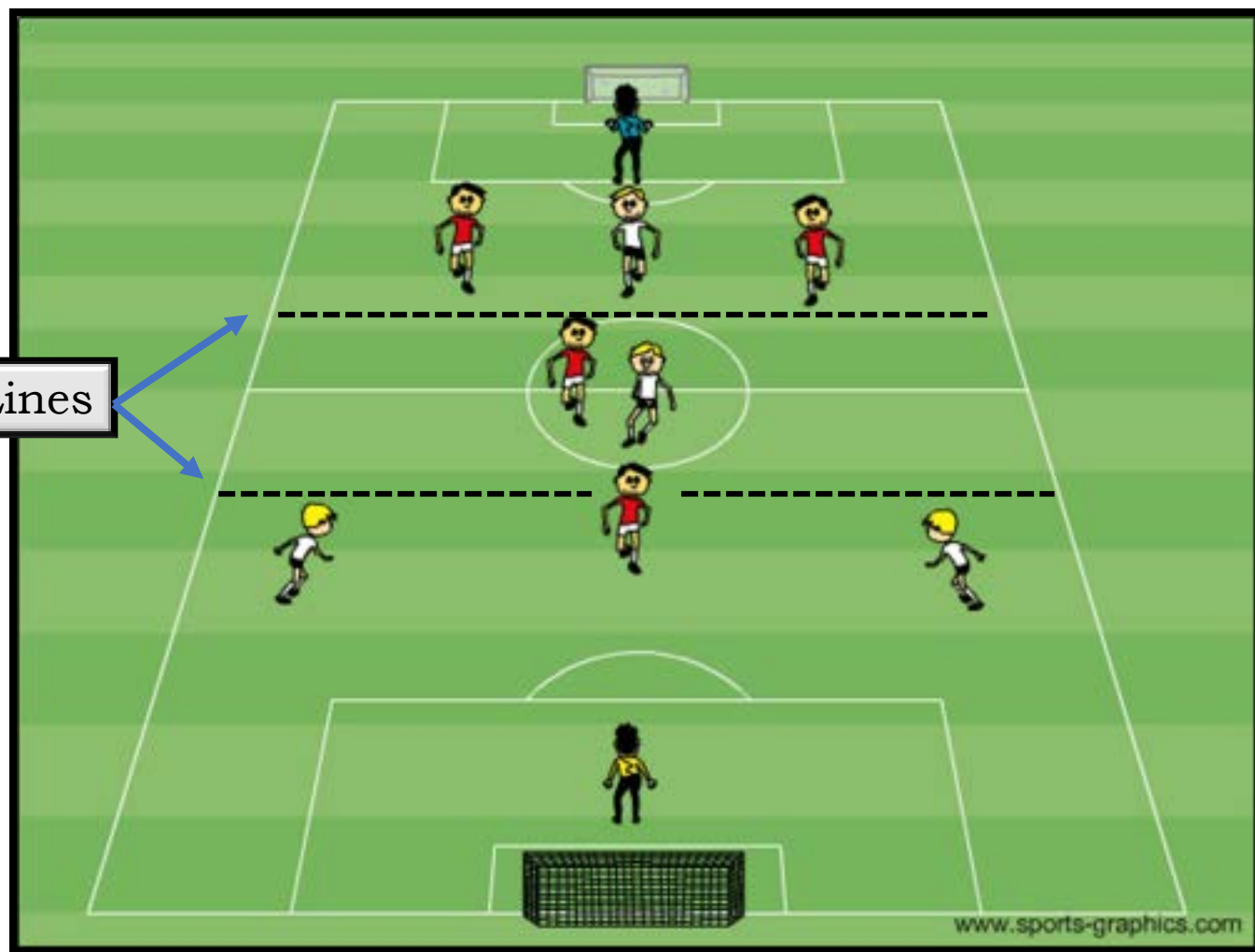
Final game



5 v 5 with gk's

FIELD SIZE 45 YARDS BY 30 YARDS

Drop Back / Offside Lines



Managing 5v5 with gk's



Field size: 45x30 yards

Duration 6 minutes

Offside lines: 15 yards from each goal

Drop back line: defending team drops off with gk in possession

Sideline restarts: kick-ins (indirect)


Corners: per fifa

goal kicks: per fifa

Fouls: indirect

PRACTICE PLAN SUMMARY

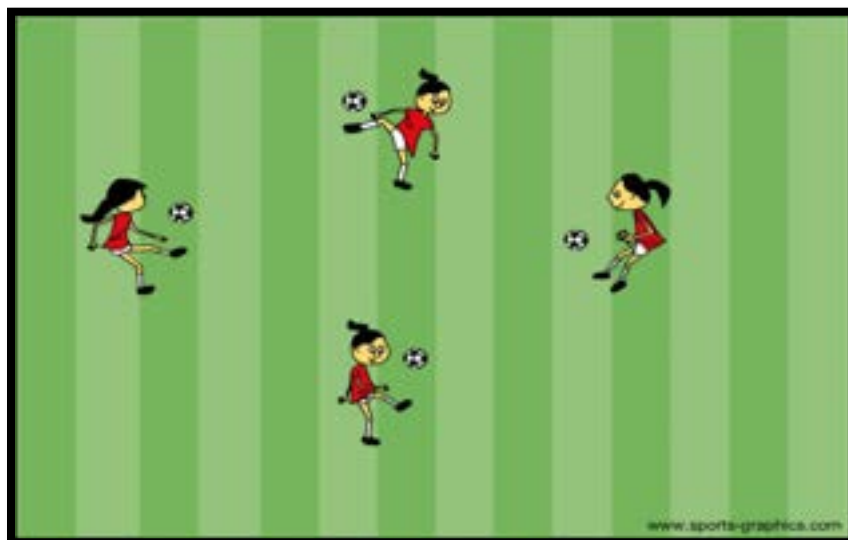
**Arrival Games:
Even Numbers**



2v2 @ 20x16 yds

3v3 @ 30x20 yds

4v4 @ 35x25 yds





10U: Week 6

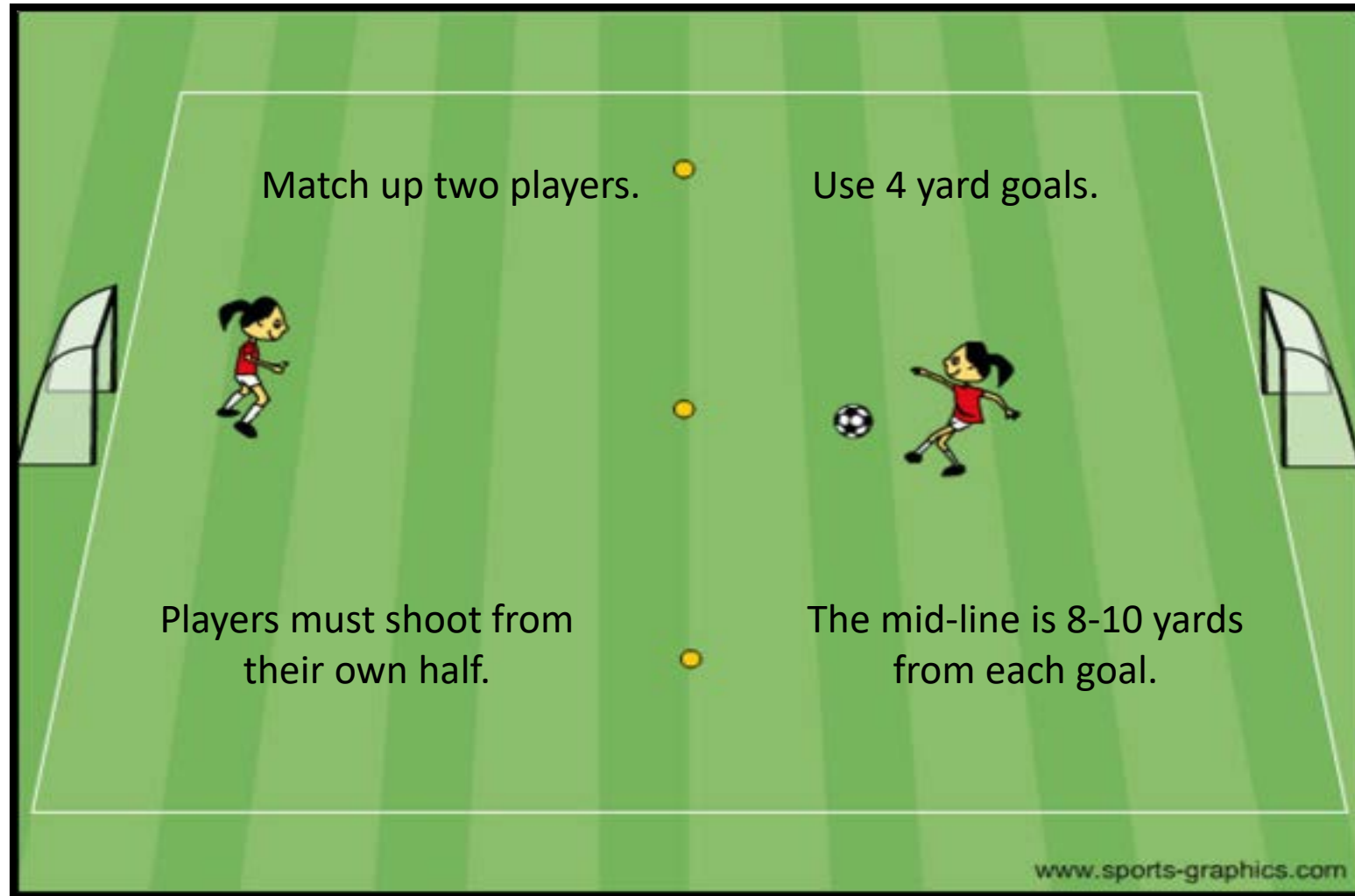
INDIVIDUAL POSSESSION
(DRIBBLING
PURPOSEFUL PASSING
SUPPORT AROUND THE BALL
SPACING AWAY FROM THE BALL

2nd activity



Shooting Game

FIELD SIZE 16-20 YARDS



Managing The Shooting Game

The goals should be 4 yards wide and there is no need for sidelines.

The purpose of this game is to provide players the opportunity to shoot the ball at goal.

Players alternate between shooter and goalkeeper.

The ball must be kicked from behind the half-way line, which should be somewhere between 8 and 10 yards from each goal, depending on the skill and strength of the players. Some players will need more space; others, less.

It is not always necessary to rotate players in this game.

3rd Activity



3v3 w/ Drop Goalkeepers

FIELD SIZE 25 YARDS BY 20 YARDS



Managing 3v3 Drop GK's

The Drop Goalkeeper game creates a numerical advantage for the attacking team.

When a team loses possession, the player closest to the goal - or a designated player, “drops” back to become the goalkeeper.

The easiest transition moments for the players occur when the ball has gone out of bounds. Otherwise, coaches shouldn't expect the players to intuitively recognize when to drop off into the goal.

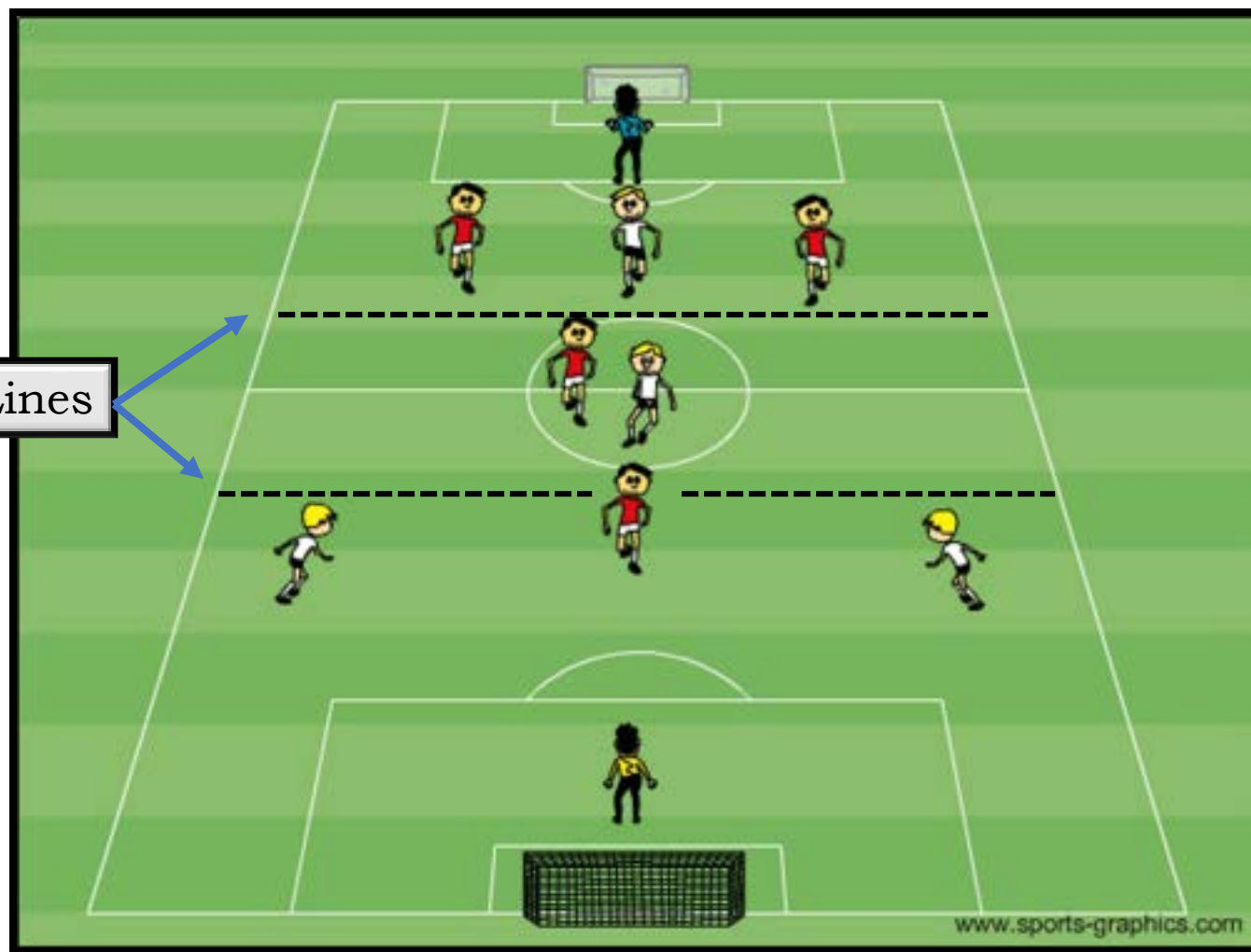
Final game



5 v 5 with gk's

FIELD SIZE 45 YARDS BY 30 YARDS

Drop Back / Offside Lines



Managing 5v5 with gk's



Field size: 50x30 yards

Duration 6 minutes

Offside lines: 15 yards from each goal

Drop back line: defending team drops off with gk in possession

Sideline restarts: kick-ins (indirect)

Corners: per fifa

goal kicks: per fifa

Fouls: indirect

PRACTICE PLAN SUMMARY

