



Cook Inlet Soccer Club

Grassroots Coaching

U12 Coaching Manual



"Come Out and Play!"



“Come Out and Play!”



Cook Inlet S.C. Recreational Coaching Activities

Introduction

Layout cones in a 15x20 yard box (can adjust for older players) ; this will do for all activities!

Remember young players find it difficult to see an imaginary line between 2 cones so lay down a couple extra cones for sidelines. Also, try and *stay away* from the **4 L' s; Lines, Lectures, Laps and Language.**

L = Laps; Young players don't need stretching so start with a FUN warm up game -pick one below!

L = Lines; Don't have players wait in turn in a line, have them all play at same time

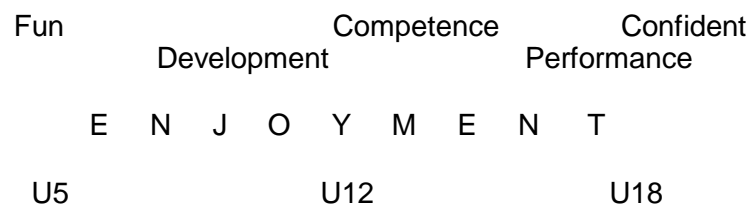
L = Lectures; If you talk or make little players wait in line for more than 30 seconds, then you will lose them! Their powers of concentration are not the same as an adult!

L = Language; We are all important role-models in the lives of these young players so don't use any bad language or behavior!

“Fun and the Enjoyment Factor”

All players want to enjoy their soccer experience; however, defining enjoyment varies with age and the developmental level the individual is currently at. U5/U6 players will play primarily because their parents signed them up for it and explained to them that it would be fun. Whilst they may be interested in developing skills, they are far more interested in having fun. As players mature at differing levels; players reaching the u12 level are much more interested in *competence development*. They are more likely to accept practices that are less fun-oriented in favor of focused practices that improve their abilities. As players reach beyond the U15 level they are interested primarily in *confidence performance*. They tend to focus on things that they are capable of doing and *doing* them well rather than things they cannot do.

“The Enjoyment Continuum”



Mini-Soccer coaches should therefore focus on making their practices and games fun, and move towards *competence development* as the individuals and group develops.

Teaching guidelines:

- Be patient when teaching technique for the first time and be prepared to repeat the topic liberally
- Move onto the next technique only when the basics of the current technique are learned by the majority of the group
- Vary your practice organization to encourage repetition of the same technique through different teaching methods
- Encourage and motivate participants to practice skills at home
- Be patient when expecting young participants to reproduce technique correctly during games. What matters is that participants are coached the correct technique, not how quickly they begin to reproduce them in games
- Be sure to follow the curriculum. Learning technique in soccer requires a logical and sequential progression.

“Come Out and Play!”



An Outline Session

Equipment required: one ball per player, place cones in a 20 x 30 yard area

Warm-up

Body Part Dribbling: Place the players in random formations within the space and have them dribble without touching other players. When you call out a body part (left foot, right foot, thigh, head, etc.) the players must stop the ball with that body part.

Ball Stretching: Have players stand with legs apart and roll their balls with their hands in a figure eight in and out of their legs. Then, have them place one foot in front of the other and roll the ball around the front foot ten times, then switch. Have them sit down, legs extended in front, and roll the ball towards and around their feet and return along the other side of the leg. Have them sit in a V and move the ball in an outline around their bodies, including their backs. This activity makes the players stretch without realizing it; players at this age tend to just “count” when being led through stretching exercises, they don’t realize what a stretch feels like. Activities like this warm up their muscles and keep them occupied.

“I Can Do Something With the Ball, Can You”?: Lead this game first, saying, “I can do something with the ball (dribble with your left foot, kick as far as you can, etc.) can you?” and then the players have to mimic you. Then call the players up one at a time to the center to lead the activity.

Main Activities

Individual Ball retrieving: Have the players hand you their balls one at a time. Toss each ball away, and the players must retrieve their balls as quickly as possible and bring them back any way they want using the body part dribbling. Let them come up with their own ideas. A variation is to call out a number while the players run away and they must touch the ball that many times on their way back to you.

The Blob: Select one player to be ‘the blob’ with you. Have the players’ line up on one side of the goal box and the ‘blob’ (in a different color shirt/bib) stays at the other side. The players should start running to the other side and try to avoid being tagged by the ‘blob’. If tagged, the players should practice dribbling behind the goal until the ‘blob’ has tagged everyone. Select a new ‘blob’ partner and start over. Variations are to have the players dribble past you the coach

Off to the Zoo: This drill starts without a ball. Have the players gather randomly in an area, then call out an animal, and they must walk around mimicking that animal. After the players get the hang of it, add balls, and they must dribble while being an animal.

The Gate Game: Create 6-8 ‘gates’ or small goals with cones in an area of the field. Place one child in each gate—this is team A. Another child lines up facing the gate on either side with the ball (Team B) and tries to play the ball through the gate. If the Team B player wins, the players switch roles.

Game Time

Play a small-sided game or two at a time, no more than 4 v. 4 with no goalkeepers. Have balls available out of bounds to kick in if the ball goes out (pass to players not as active in the game).

Cool-down

Stretching is a good habit to get the players into, give them an idea of what you are looking for by giving them some instructions such as those listed below, and be creative:

How wide can you stretch your legs? How small can you make yourself? Curl up like a ball; How tall can you make yourself? Stretch as tall as a giraffe

“Come Out and Play!”



Cook Inlet S.C. Recreational Soccer Coaching Activities

Get all participants to stand 3 steps back from their ball to learn the foot positioning first before complicating things with the ball! Lift the left foot up, take a small diagonal step forward (to the left), bend the left knee and drop the left shoulder down. Then lift the right foot up and take a quick hop diagonally forward to the right. When the ball is involved, on the hop push the ball forward in the same direction with whichever part of the foot is comfortable, preferably the right hand side of the laces of the right shoe. Let them practice on their own for 30 seconds.

Do not spend long on this exercise. Some players will understand the concept and this will begin to rub off on the players around. I have had a 3 year old do this fake and remember it the next day! Only spend 3-4 minutes on this then move onto another higher intensity activity.

Scrimmage

Always end up with a game at the end. Pick 2 teams and each have an adult leader to facilitate the team picking a team name. Hands in -team cheer '1, 2, 3, GO 'scary tigers' or whatever players decide. At kindergarten level don't be afraid to put 2 or 3 balls on the field at a time to make sure all kids are involved. Work towards only having one ball on field as that is what they will play when the game comes around! Make sure they know each other's name!

Don't worry about playing 2 v 3 or 3 v 4; Make sure no player is sitting out!

Remember to give them plenty of water breaks!

If you are in any doubt at any time, fall back on one of their 'favorites'!

Most of all – HAVE FUN!!

Warm-Up Activities:

Ball Gymnastics

Have players all start with a ball in front of the coach. Then proceed to do age appropriate ball gymnastics with them, for instance... have them bend down with their legs apart and move the ball with their hands in a figure 8 around their ankles, picking the ball up and trying to touch the sky, holding the ball standing on one leg and closing eyes (see who is last player standing!). Coaches use your imagination!! Have players come up with ideas to show you!

Sharks and Minnows

All players start in a line at one end of the grid, while coach is in the middle. The Coach puts his/her hands together on top of their head like a shark's fin. The players, on the coach's call, try to reach the other side of the grid safely. If they do they turn around and wait for the coach to call again. If they are tagged by the coach then they become a shark in the middle with the coach. After a few runs, declare whoever is left winners and progress to having the players each with a ball (gets them to attempt to look up for the 'shark' while dribbling!)

Swim across River (and take your ball)!

Version of Sharks and Minnows. Have Narrow River set up with cones. First have players carry their ball and not be tagged by coach (crocodile), then progress to having them dribble across and not get tagged.

Freeze Tag

Every player starts with a ball in a grid except two taggers (in different color bibs). After 3 seconds, the taggers are free to tag anyone with a ball. If tagged, they have to freeze with their legs apart and ball by side. They can be released (or unfrozen) by another free player dribbling ball up to them and passing ball through frozen players legs. Swap taggers after 30 seconds or if they freeze everybody!

This can also be played without the ball, just as a tag game. To be unfrozen, free players crawl through the legs of the frozen players.

Hospital Tag

Layout appropriate sized grid, with a small square on one side (the hospital). All players are in it and try to tag each other. If tagged on shoulder for instance, player has to hold shoulder with one hand. If tagged a second time hold that spot with the other hand and run into the hospital to free themselves. Game gets amusing if player is tagged twice on the feet!

“Come Out and Play!”



Fetch!

Each player picks up a ball and brings it to the coach. The coach throws it away 10 yards and calls a number (i.e. 2). That is the # of body parts the player has to bring the ball back with. The coach can show them a couple of ways to retrieve ball if needed (i.e. holding ball between knee and one hand) then let them be creative! Then the number that the coach calls can represent the number of kicks the child should have to kick it back to the coach. Then the coach can move to a different position after he throws the ball away.

Pac-Man

The Coach starts with a ball in the grid. All the others start in the grid without their balls (placed just outside the grid within easy reach). On command the coach with the ball has to dribble the ball under control while attempting to tag others. If he does then they also get their ball and attempt the same.

Body Part Dribble

Each player has a ball in a grid, and dribbles it around with his/her feet. After 20 seconds or so, the coach calls out a part of their body i.e. 'hand' and the players have to stop their ball with their hand as quickly as possible. Play a few times, having fun using ideas such as 'ear', 'nose', 'elbow', or 'knee'. Then advance the game where coach instead of calling a body part out, simply points to it on their body. The players are therefore taught in a fun way to look up each time they touch the ball. Coach can move around when kids get used to looking up. Challenge kids to dribble faster!

Red Light Green Light

When you (the coach) calls 'green light' the players make the sound of a car revving up and move forward. When you call 'red light' they must stop (making the noise of screeching brakes) keeping their ball under the control. Add yellow light that means walking! If coach calls red light twice in a row, watch all kids move -joke about them crashing! Coach can introduce moving up gears to move.

Blob/ Link Tag

Coach is 'it', all the players have a ball in a grid. If the coach tags someone's ball (usually get the best dribbler first to allow the weaker players to get more touches), that player's ball is knocked out of the grid and then the two link arms (or hold hands) and try to tag somebody else's ball. Game continues. Instead of having 6 people linked, the blob can mutate to 2 blobs of 3. Can play again!

Magic Goals!

Each player starts in area with a ball. The coach and assistant hold up one end each of a bright t-shirt twisted up and ask the players what it looks like. Hopefully one of the parents will call it a goal and then play with them having to kick their ball through the goal. They cannot run through/under the goal otherwise they lose a point. The goal can then walk around the area!

Everybody's it!

Every player starts with a ball in a grid. On command they can hunt each other down and if they can touch their ball against somebody else's then they score a point. This teaches them to be creative, fake to get a view of someone's ball or in turn shield their own ball from attack!

Crab Soccer

Divide the players into 2 teams of 3-4 players. Set up a grid with a goal at one end. Have one team (each with a ball) stand on the opposite end line from the goal and get them to dribble around the other team (down on hands and feet like crabs with bottoms off the floor). If player scores, have them pick ball up run back to start line and try again. Switch teams after 1-2 minutes. Each team will score a lot (thus having fun and success) so you can call it a tie!

Everybody Tag!

Every player starts with a ball on a small field. On command they can dribble towards each other and if they can lightly tag someone else's arm then they score a point. This teaches them to be creative, fake, turn with their ball, shield and get their head up. Coaches can play and be tagged easily to help all players be successful and have fun!

Keep away from coach!

Show players how to turn with the ball (as simple as turning in a tight small circle maneuvering the ball with the inside of the right foot) keeping the ball close to their feet. Coach jogs around and says they will try and tag players balls (but don't really)! Concentrate on having players keeping the ball close to their feet but turning away from the coach (getting their body in between opponent and ball as soon as possible).

"Come Out and Play!"



Fun Shielding Game (using hands)

Introduce the concept of shielding the ball using hands first (younger players will comprehend this infinitely quicker as they are more dexterous with their hands than feet). Each player has a partner with one ball between them. (The Coach should give a good picture to start so they do not go straight down and bang heads). One player tries to keep the ball away from coach. The only rules are that the ball has to remain on the ground and that you can only maneuver it with one hand at a time. If partner (coach) touches the ball with his/her hand possession changes! When coach wins ball, demonstrate that you don't have to run away, just simply place your body frame between the ball and the opponent.

Secondly, tell players not to travel -can stay in one spot and still retain possession. Third, get shielder to keep hip pointing to partner. Fourth, give everyone a ball in the rectangle and if coach (without ball) approaches them they are to turn away to shield. Coach can introduce inside and outside of foot turns this way.

Minfield

Put all the cones randomly on the field (half right way up and half upside down). Coach and assistant coach make two teams ad join one each. Appoint one team to search out the cones that are right way up and flip them upside down while the other team is doing the opposite. Play for 30 seconds then yell stop and see which team wins!

Kick to the edge of the world

Have all the players stand at one edge of your grid with their ball and then tell them that they all have 3 kicks to get it as close to the other side (edge of the world) without going over as they will lose their ball. Coach should demonstrate! For fun ask they how far away the other line is! This gives the players the idea of putting the correct weight behind a pass or when they are kicking the ball.

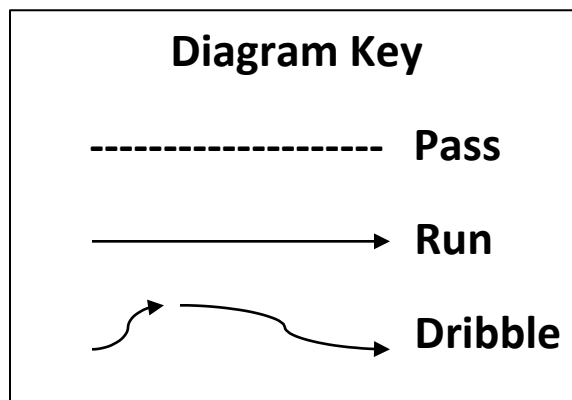
1 v 1 Circle of Fire

Divide players into two team and number each player of each team 1, 2, 3 etc. Put four goals out (a goal being two cones close to each other about 1-yard apart) then throw a ball out and call a number. Those two players go out and play for 20 seconds. They score points by kicking through the cones, so yes they can challenge each other.

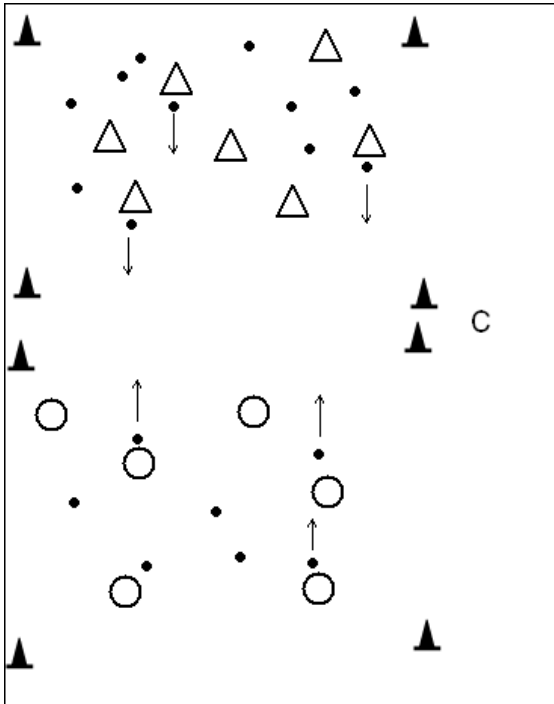
Simple Body Fake or Trick ('Show me some MAGIC!')

All players love to learn new tricks! Instructor can use their favorite trick or any Coerver move as long as they break it into very small steps. I prefer to teach tricks without the ball first!

HAVE FUN!



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KEEP YOUR YARD CLEAN

The object of the game is to keep your yard clear of soccer balls. Good drill for passing practice.

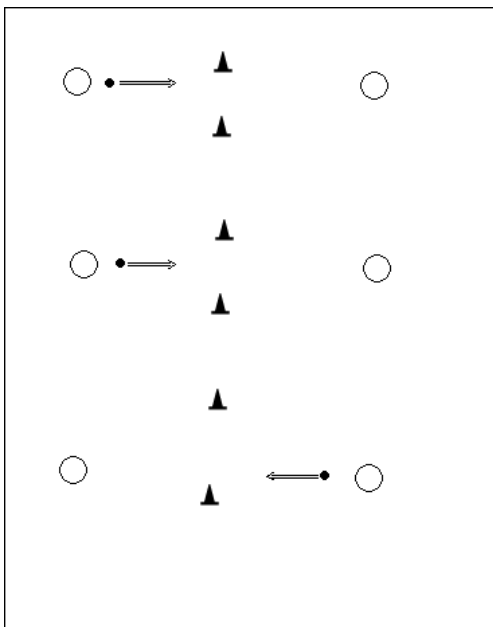
The set up. Two 20x30 grids next to each other.

The Game- two equal teams, one in each grid. Each player has a ball to start the game. On the coach's whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle (2-3 mins), play stops, the team with the least amount of balls in their yard wins.

Coaching points-tell the players what type of pass they have to use. LEFT FOOT ONLY?

Deductions for balls

too high. Have each coach stand behind grids to keep balls in play



PASSING THROUGH THE GATES

Setup- split group into pairs. Use cones to create gates about three yards apart.

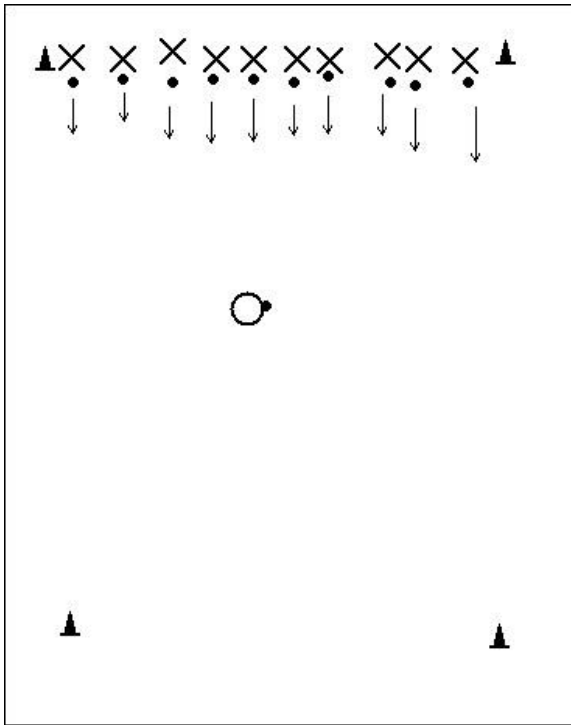
Player stands 2-3 yards from the 'gate'

Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points

Play for 2-3 minutes.

Winner moves up to play a different player

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players



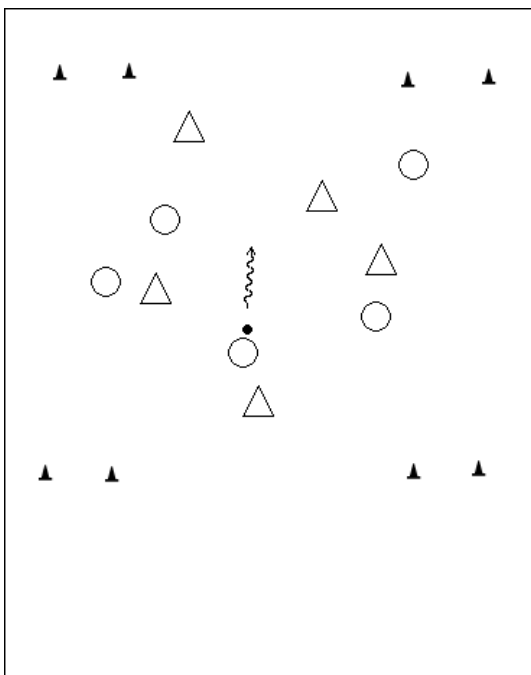
TAG BALL

Dribbling with soccer ball (or start with no soccer balls – running- and progress to dribbling with soccer ball)

Setup- create a grid 20 yards X 40yards. Start with one player in the middle holding a soccer ball under his/her armpit (this person is "it"). The rest of the players line up on one end of the grid with a soccer ball at their feet.

The object of the game. ON THE COACHES WHISTLE, players dribble from one end of the grid to the other with out being tagged by "it". If a player is tagged they ALSO become "it". Dribblers stop when they get to the other end of the grid. In the beginning - it is 6-8 dribblers to one "tagger". The next time back it might be three taggers to 7 dribblers. Eventually the taggers outnumber the dribblers

COACHING POINTS - heads up, stop with the ball and then explode.



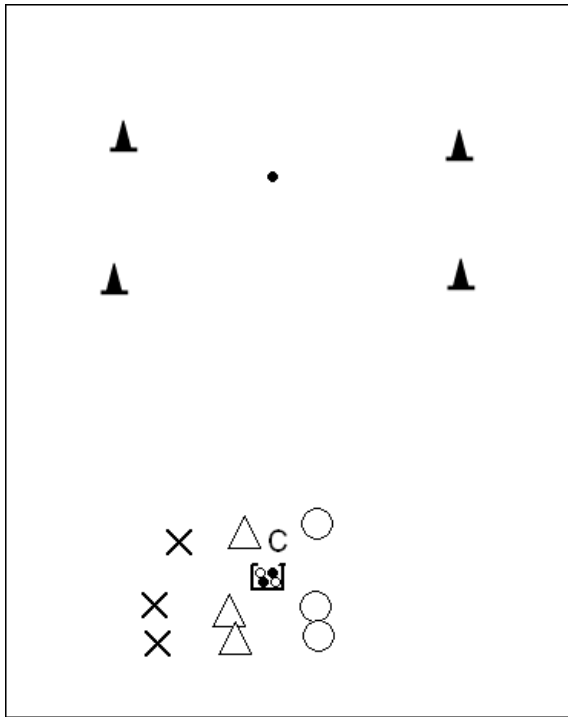
FOUR GOAL GAME

Setup – 20 x 30 yard field with four small goals about 2 yards in size.

The game- regular soccer game but each team has two goals they can shoot for.

Coaching points- for offense- they shouldn't focus on one direction as there are two goals in different areas of the pitch/field

Defense need to play smart because the extra goal will make it seem like they are playing down a player.



1v1v1 WAR

Set up: Three short lines of players are next to the coach.

The game: The coach passes a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other players try to defend or steal the ball back.

Once a goal is scored, players run off to the outside and the coach passes another ball into play.

Coaching points: While it seems like 2 v 1 would be an unfair advantage to the defenders, the extra goal evens that out

Great drill for finishing and reversing the ball away from pressure.

Variations: Adjust the field and goals accordingly. Can start with 20 X 30 grid with 2 yard goals.

Breakaway Shooting Game

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

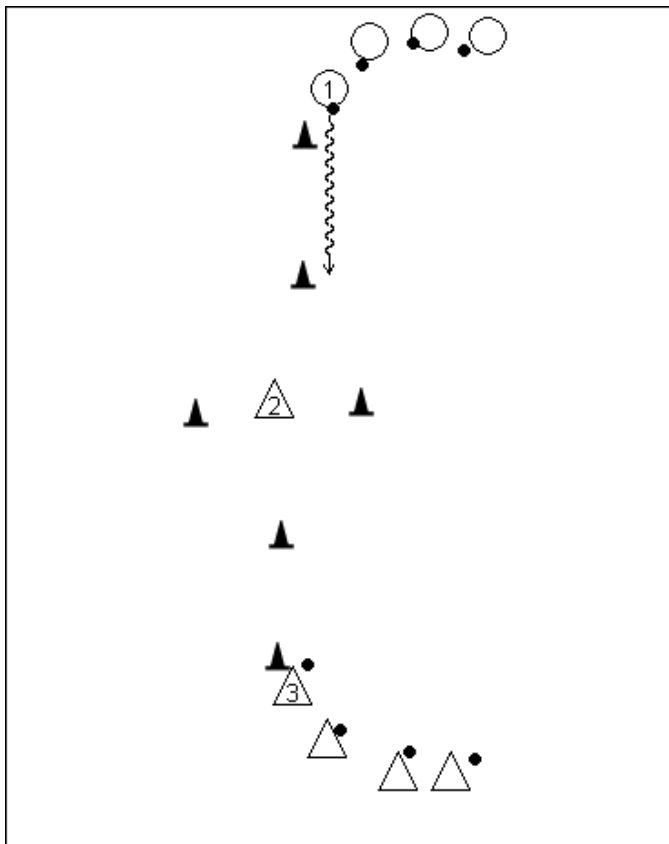
If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

Coaching Points - eventually the players on the shooting team needs to shoot before the goalie gets set up. And the players that





just shot realize they need to hustle to play goalie.

Variation: - for U5 & U6 don't use a goalie but let them shoot at the target with the player on the other line ready to control and shot next...follow your shot to join the other line.



Diagram	Description	Coaching Points
	<p>Technical Dribbling Each player has a ball, dribbling inside an area. Players dribble to establish comfort and boundaries (don't let your ball touch others). Add different elements, adding cones to area, left foot, right foot, stopping & turning.</p>	<ul style="list-style-type: none"> • Ball Control • Keep Head Up, scanning field • Change of direction, change of speed
	<p>3v3 to Small Goals Divide players into teams of 3 (set up 2 fields if needed). Teams play 3v3 to small goals. Encourage attacking play, spreading out, and passing. Look for players to form triangles to make the game easier.</p>	<ul style="list-style-type: none"> • Triangle shapes with width and depth • Creating passing angles • You can't see teammate- they can't see you • Passing & combining with teammates
	<p>4v4 to End Zones Divide players into teams of 4. Mark 5 yard End Zone at each end. Teams play 4v4 to End Zones, to score, players must dribble ball or control pass inside end zone marked at each end of the field.</p>	<ul style="list-style-type: none"> • Diamond & Triangle shapes • Creating passing angles • You can't see teammate- they can't see you • Attack and defend as a team <ul style="list-style-type: none"> ○ Balance the field
	<p>1v1 Multi Goal Game Phase 1: Shadow Play – player with the ball shadows the front player anywhere they go. Phase 2: 1v1 – Player with the ball scores by dribbling through any of the open goals. If the defender wins the ball, they become the attacker. Phase 3: 2v2, same objectives at Phase 2 Play to a determined number of goals or an allotted time.</p>	<ul style="list-style-type: none"> • Dribbling for speed versus dribbling for possession • Deception and disguise • Setting up the defender • Protecting the ball



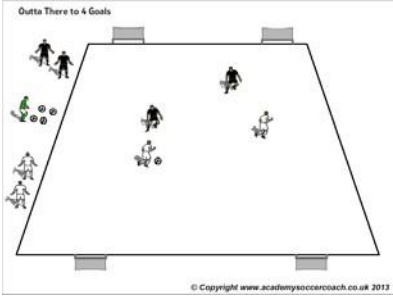

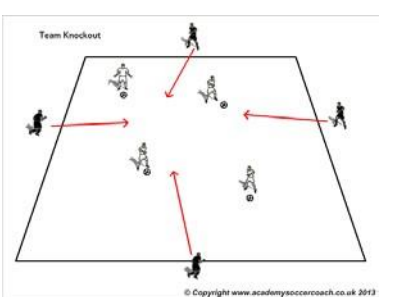
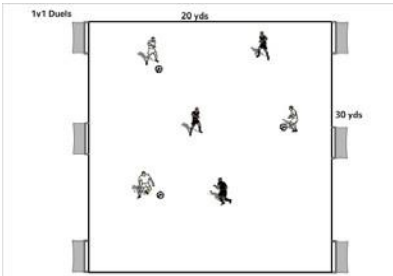
Diagram	Description	Coaching Points
 <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>Outta There 4 Goals Set up a field with four small goals. Two players from each team start on the field, the coach plays in a ball from the sideline. The teams play 2v2 until someone scores or the ball goes out of bounds. When a goal is scored, the team that scored stays on the field, two new players from the other team come onto the field and the coach plays a new ball. When the ball goes out of bounds, both teams are "Outta There", the coach plays in a new ball, and 4 new players enter the field.</p>	<ul style="list-style-type: none"> • Problem solving between players • Passing accuracy and decision making • Teamwork and communication • Quick thinking and anticipation
 <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>Bulldog All players, except one, start with a ball. Players dribble inside the area, trying to keep the "bulldog" from stealing their ball. If the bulldog steals the ball, the player losing possession becomes the bulldog (can't steal ball back from same player). Progressions: left foot only, right foot only, outside of feet. Add 2, 3, 4 bulldogs.</p>	<ul style="list-style-type: none"> • Ball control, avoiding other players • Change of speed and direction • Maintain vision of the field
 <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>Team Knockout Split the group in half. One team starts inside the area, dribbling soccer balls. On the coaches command the other team comes into the area and attempts to kick the other teams balls away. If a player loses their ball, they support their teammates by receiving and passing to keep the ball. Which team keeps their balls the longest?</p>	<ul style="list-style-type: none"> • Shielding the ball. • Ball control, avoiding other players • Maintain vision of the field • Communication
 <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>1v1 Duels Players divided into pairs, designate one as attacker and one as defender. Attacking players attempt to dribble or pass into any of the 6 goals. Once a goal has been scored, players switch roles. Rotate partners and repeat.</p>	<ul style="list-style-type: none"> • Maintain ball control under pressure • Turn away from pressure into open space • Encourage creativity and instinctive play



Diagram	Description	Coaching Points
<p>Game to 4 Small Goals 20 yds 30 yds © Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>4 Goal Game Split team into two teams (4v4 or 5v5), define a direction for each team. Teams score by passing or dribbling into one of the two goals. Play to a set number of goals or time.</p>	<ul style="list-style-type: none"> • Confidence to shoot/dribble at earliest opportunity • Team transition from attack to defense • Have FUN
<p>Windows Passing © Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>Windows Passing Half of the players outside the grid start with a ball. Players inside move, receive, turn, and pass to an outside target without a ball. Progress by adding (one ball at a time) to the outside players. Rotate after a set amount of time.</p>	<ul style="list-style-type: none"> • Body position in line with the ball • Trapping, receiving & turning • Receive ball away from pressure
<p>2v2 + 4 © Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>2v2 + 4 Outside (neutral) players play for the team in possession Objective is for two inside players to link with outside neutral players Note: 1-Teams can't defend neutral players 2-Defense must man-mark 3-If necessary, neutral players can pass between themselves</p>	<ul style="list-style-type: none"> • First touch away from pressure • Change direction with first touch • Verbal and visual communication
<p>4v4 + 2 Targets © Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>4v4 + 2 Targets Teams of 4 – target players play for team in possession of the ball. Objective is to link with target players and focus on passing, receiving, and turning to attack in opposite direction. Target players must move laterally to get the ball. Limit to 2-3 touches for targets. Award points for team playing to target and getting the ball back.</p>	<ul style="list-style-type: none"> • Applying first touch to game situation • Recognition of when to turn and when to keep the ball • Supporting shape in possession



Diagram	Description	Coaching Points
	<p>Island Tag Organize in pairs “Islands” standing or lying down Coach breaks up one pair and designates one as “it” who tries to tag the other. Player being chased may join an island to avoid being tagged, but only two are allowed on an island, so the player on the end must leave. Add more chasers and/or add a ball</p>	<ul style="list-style-type: none"> • Spatial awareness and decision making • Change of direction, change of speed • Mobility, agility, and quickness
	<p>Three Zone Challenge Objective is for team to pass the ball through the center zone to the team on the opposite side. If successful, it is worth one point. If the team in the middle wins the ball they switch roles with the team they won it from. Progress and allow one player from center to defend in each end (4v1) same rules apply.</p>	<ul style="list-style-type: none"> • Quality of passing and receiving • Visual and verbal cues to split defenders • Decision making, speed of thought <ul style="list-style-type: none"> ○ Pass through or to teammates ○ Angles of passes • Be patient, set up teammates
	<p>4v4 to Four Goals Game Three teams of four, when one team scores they rotate off the field and the third team rotates on. Attacking team must pass or dribble into one of the four small goals. If defenders win the ball they become the attackers. First team to score 10 goals wins.</p>	<ul style="list-style-type: none"> • Awareness of space and time <ul style="list-style-type: none"> ○ If one goal is blocked, can we go to another? • Play as a team – attacking and defending • Encourage creative attacking play
	<p>4v2 Set up a grid approximately 10x12 yards, four players attempt to keep the ball versus two defenders. Defenders attempt to win the ball three times to get out of the center. Support in a Team Shape, defending pair tactics, principles of attack, encourage player rotation.</p>	

“Come Out and Play!”



Diagram	Description	Coaching Points
<p>6v6 End Zone Game</p> <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>6v6 End Zone Game 2-3-1 Team Shape Play starts in the end zone with two players supporting the attack in MF (3v3 + 2). Opponent is "inactive" when playing out of your end zone. Score by getting pass to the target player. Middle players attempt to keep possession and play an accurate pass to target player.</p>	
<p>1v1 to Small Goal</p> <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>1v1 Small Sided 1v1 & 2v2 to small goal Defenders being by passing the ball out to attackers. The attacking team attempts to score into a small goal (2 points) or by dribbling across the endline (1 point). Coaching Points: Pressure & cover, deny penetrating & passes, timing of tackle, visual and verbal communication.</p>	<ul style="list-style-type: none"> • Proper Defending Technique • Closing players down & applying pressure • Primary & Secondary defender roles • Pressure, Cover & Balance
<p>Gate Game</p> <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>Gate Passing Game Players have a partner, and one ball per pair. Players try to play as many passes as possible through the gates in 60 seconds. Players cannot pass through the same gate on consecutive passes. Repeat and challenge teams to improve on their previous score. Progression: Right foot only, left foot only, outside of feet.</p>	<ul style="list-style-type: none"> • Push pass (progress to outside of foot pass) • Hips to target • Receive with 'care' <ul style="list-style-type: none"> ○ (foot 'gives' on receiving pass) • Move after pass
<p>Triangles</p> <p>© Copyright www.academyofsoccercoach.co.uk 2013</p>	<p>Triangles Two players take 3 cones and spread them 1-2 yards apart in a triangle shape. Player 1 passes through the cones to Player 2 who receives, dribbles around a cone, and passes back to Player 1. Player 1 receives, dribbles, and the pattern repeats. Every time the can do it successfully is worth one point. Progression: Left foot, right foot, outside of feet.</p>	<ul style="list-style-type: none"> • Quality of pass • Pass into space • Pace/Weight of pass • 'Happy Feet' to receive • Relax and look for consistency



Diagram	Description	Coaching Points
	<p><u>'Matthews' Line Game</u> Split into two even teams. This game is always played with two balls, played in by the coach. Teams score points by dribbling over a line. When they score they look for a new ball played in by the coach. Teams score one point for dribbling over the line and a bonus point if they can tell the coach who passed them the ball.</p>	
	<p><u>Multi-Goal Game</u> Divide into two even teams, create 4-5 goals inside the area. Teams can score by dribbling or passing through any of the goals. Award 1 point for dribbling through and 2 points for passing through.</p>	
	<p><u>Knockout</u> Each player has a ball, dribbling inside the area. Players attempt to kick other players' balls off of the field. If the players' ball is kicked out, or stops rolling, they must do a task (2 juggles, tap dance, tick tock) before returning to the field.</p>	
	<p><u>Gate Dribbling</u> Every player has a ball. Setup a number of gates inside a larger area, one more gate than the number of players. On coaches signal players try to dribble through open gate, scoring one point for each gate. Each round, players should try to improve their score.</p>	

“Come Out and Play!”

