

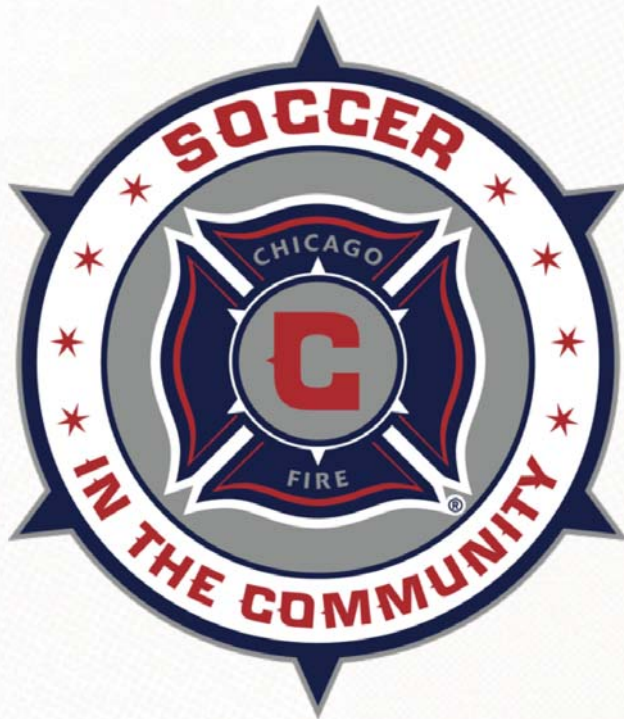


DON'T STOP
LIVING IN THE
RED





CONTACT INFORMATION



SOCCER IN THE COMMUNITY

SALVADOR URIOSTEGUI
COMMUNITY AMBASSADOR
708-496-6772

SURIOSTEGUI@CHICAGO-FIRE.COM

CONTACT US



/ChicagoFireSITC



@FIRESITC



SITC@chicago-fire.com



708-496-6771

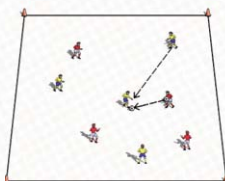


Session Planner

Week 8: Small Sided Games

Activity 1 - Hit the Ball

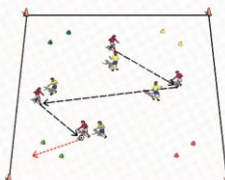
Players play in a 20x30 yard area. One team tries to keep possession of the ball on the ground. The other has the ball in their hands. The players with ball in hand try to strike the opponents ball. If they are successful, teams rotate roles.



- Can players act quickly to get the oppositions ball?
- Communication, Cooperation, Coordination

Activity 2 – Gates Game

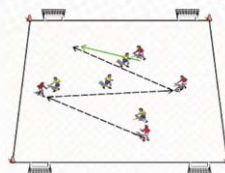
Players play in a 30x40 yard area with scattered gates. The gates (target goals) are set up across the field. Red and yellow compete for possession and score by dribbling through the gates. To vary the activity, players can than be told to complete a pass through the gate to score.



- Can players find the empty gate and work with each other to score?
- Communication, Cooperation, Coordination

Activity 3 – Four Goal Game

Players play in a 30x40 yard area. There are two goals setup in the corners of the field two for red to attack and two for yellow to attack. Red initiate play by passing into yellow. Players now have three decisions to make – pass, dribble or shoot.



- Do players recognize the appropriate times to pass, dribble or shoot?
- Progress to free game – let them play and figure out what is best for each situation.

Activity 4 – Regular Scrimmage

The 4 v 4 game is set out as above with the players encouraged to be in a basic diamond shape. The coach should allow players to express themselves and encourage creative player movements in 1v1 situations. Minimum coaching from the sidelines.



- Let them play
- Let them figure it out



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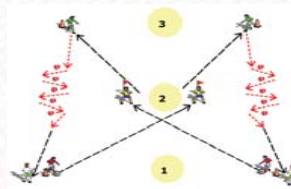


Session Planner

Week 7: Passing & Receiving

Activity 1 - Receive & Pass

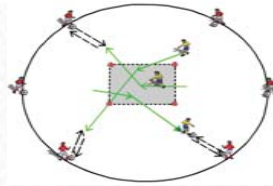
Players progress from 1-2-3, by passing and following their pass, with 3 dribbling half way back and through the cones then passing back to the start. To vary the exercise, players can make a quick combination and play a quick one-two before sending the ball long to 3. Passes can be varied (i.e. lofted, instep, driven, etc.)



- Weight and accuracy of the pass
- Quality first touch
- Receiving on a half turn and looking up

Activity 2 – Receiving & Redirecting Ariel Balls

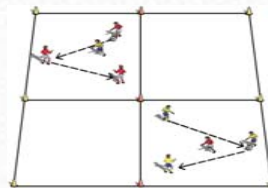
The yellow players in the middle run through the center square executing a sharp change of direction and asking for the ball 1-2 yards away from outside player with ball. Work on receiving with different parts of the body (foot, thigh, chest, head). Rotate players every 30-45 seconds. Progress to working players with the ball and making forward runs onto the ball.



- Sharp change of direction
- Communicate (call 'ball', 'yeah', 'here') and eye contact
- Cushion the ball by presenting a surface and receiving the ball
- Outside players always on their toes

Activity 3 - 3v1 Possession

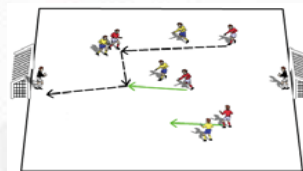
In a 15x15 yard square play possession game (3v1). The defender changes each time the ball is recovered from the three players in possession. On the coaches command, players switch boxes (left, right or diagonally). To advance, players can be limited by their touches



- Weight and accuracy of pass
- Quality first touch away from defender
- Give options as the ball is traveling

Activity 4 - 4v4 with Goalkeepers

Goalkeepers have to support from the rear and be ready to help their team-mates maintain possession. The key emphasis is on shifting play and seeing how players receive and pass the ball. Quick movement and combination play is encouraged through positive re-inforcement during the game phase.



- Let them play
- Let them figure it out



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Session Planner

Week 6: Maintaining Possession

Activity 1 – Passing & Moving

Players are split into two teams. In their teams, they have two soccer balls. They perform a number of passing and moving exercises. 1) Pass & Move; 2) Run into a Take-Over; 3) Pass and Pressure the ball; 4) Three Pass Combination play. Ensure to incorporate dynamic stretching into this phase. Perform stretching exercises between the passing activities.

Activity 2 – 5v5+5

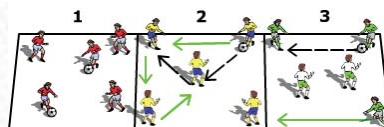
Players remain in their three teams, One group, white have four players on the outside with one in the middle. Yellow and Red compete against each other for possession. When they are in possession, they red or yellow team may use the outside players to maintain possession of the ball.

Activity 3 – Target Players

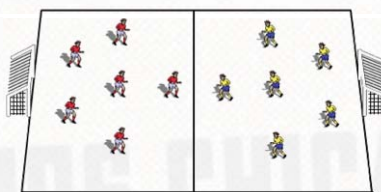
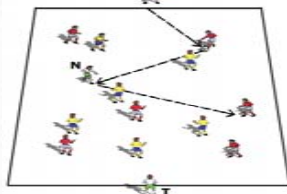
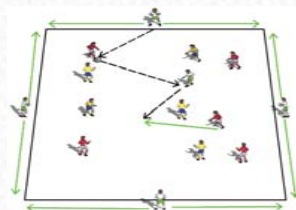
Players are organized in two teams with two target players and a neutral player in the middle. Both teams look to maintain possession and get a point for each time they successfully build up the play and pass to the target players. Apply two touch rule. To encourage combinations, play must go through the neutral.

Activity 4 – Regular Scrimmage

Play a regular game. Players are set in position to replicate what they have been asked to do in the previous exercises. The key objective is to have them penetrate the opposition lines.



- 1) Two Balls Players Pass & Move looking to use space.
- 2) One/Two Balls Players to keep one player central at all times
- 3) 3v2 Possession. Players must switch corners to offer support



- Vary the balls (i.e. driven passes over distance) so that players are challenged in both passing technique and controlling the ball
- Timing, weight, accuracy of the passes
- Off the ball movement (i.e. Angles of Support)

- Players should be taking a positive first touch and looking to play out of pressure
- Ability to recognize how, when and where to pass
- Off the ball movement to support the ball
- Quick transition to regain possession

- Quick transition from attack to defense
- Ability to penetrate the opposition through possession
- Recognition of moments to pass/move off the ball
- Are players offering angles of support which enable them to take advantage of attacking opportunities?

- Let them play
- Let them figure it out
- Look to see how quickly players can recognize the key moments which have been worked on in the previous activities

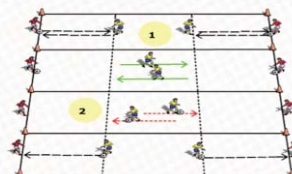


Session Planner

Week 5: Effective Marking

Activity 1 – Passing & Moving

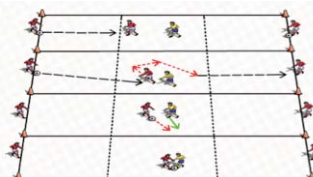
Players are positioned on the markers as shown. In this diagram, the ball follows the sequence of passing from red to yellow, yellow to green, green to white and then white to red on the other side. Additional players should be placed equally behind the Red's starting position. Use two balls to start with.



- Are players passing quickly and following their pass?
- Ankle should be firm and a good strong pass made.

Activity 2 - 1v1 Marking

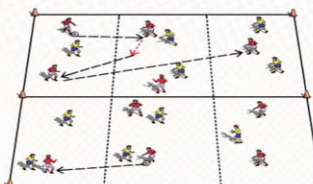
The players on the outside act as servers and targets. The players on the inside start in the middle third. One player receives from his partner and the objective is to turn and pass to the target player at the other end. The process is then reversed. Players are rotated so all get to practice marking.



- Do players move quick enough to apply pressure?
- Can they prevent the receiving player from turning?
- Do they keep the right distance from the attacker?

Activity 3 - Marking in Zones (2v2)

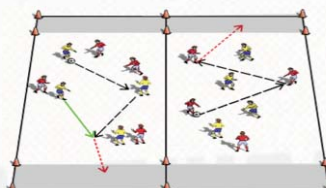
Bring two grids together and increase the numbers to 2v2 in the middle and 2 targets at each end. Increase this again by allowing one of the outsiders to join in after the first pass to make 3v3 in the middle. Now they will develop marking and covering.



- Can players deny the attackers space & time?
- Are they ready to intercept the ball & cut off the passing channels?

Activity 4 – End Zone Game

Increase the pitch size to allow for a 4v4 game with end zones. There are no goals or keepers so the team in possession must try to achieve penetration into the opponent's end zone. It is vital that players are looking to block the runs and stop their opponents from getting into that end zone area.



- Let them play
- Let them figure it out



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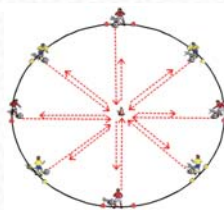


Session Planner

Week 4: Technical Passing

Activity 1 – Ball Manipulation

Players dribble in and out of the outer circle performing the Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used.

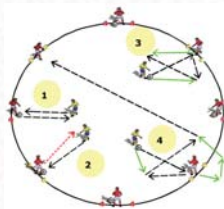


- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?

Activity 2 – Passing & Moving

Players are organized with one group on the outside and one in the middle;

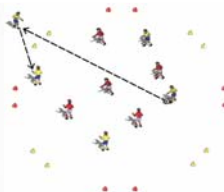
- 1) Players receive the ball and pass back to the feeder (vary serves)
- 2) Players inside the circle pass to outer players, who then dribble in
- 3) Players play a quick one-two to release the outside player
- 4) Players play a quick one-two and the outer player plays a long ball



- Players should arc their run when moving
- Open body when receiving ball
- Connect with team-mates

Activity 3 – Gates Game

Players are split into two teams. Teams play against each other by retaining possession of the ball through passing. Teams compete for a set time period. The team who pass through the most gates win. Players should be encouraged to move into space and create angles of support for their team-mates.



- Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates
- Use of imagination & creativity
- Angle of support
- Make the pass quickly, Don't ball watch

Activity 4 – Regular Scrimmage

Play a 6v6 game in a 60x30yard area. Players are free to position themselves and organize the game on their own. Field is narrower to encourage the application of the previous activities



- Let them play
- Let them figure it out



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Session Planner

Week 3: Dribbling Circuit

Activity 1 – Ball Manipulation

Players dribble around area performing Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture of where the move can be executed on the pitch. Ask players where moves can be used. Ensure that the intensity of the activity is kept high and players are being challenged

Activity 2 – Dribble, Pass & Shoot

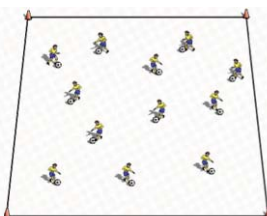
Players work simultaneously. Red players dribble down the channel at the side of the pitch. They slalom through the poles, then use quick feet through the crazy cones before passing to Yellow at the far end of the channel. They pass quickly to White who shoots on goal. Vary this 1) Shoot on goal; 2) Combine before shooting on goal. Players rotate positions. Play is continuous.

Activity 3 – Dribble to Attack the Goal (1v1)

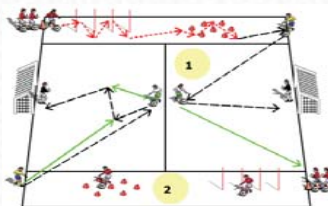
After the white player has shot at goal, you or an assistant coach should pass them a second ball. The white player then turns and dribbles into the opponent's half of the pitch. Now, the yellow player from each team must react and defend in a 1v1 situation, and stop the player from scoring. Ensure the exercise is kept at a high intensity.

Activity 4 – Regular Scrimmage

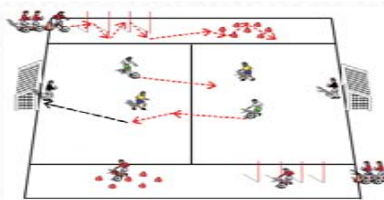
Play a game and look for situations where players can use 2v1's against a defender. To do this the players must support passes, makes runs off the ball and look for one-tuos and overlaps. To get more 2 v 1 situations you can limit the number of defensive players allowed in the final third.



- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?



- Does the supporting player angle their run and create supportive opportunities for his team-mate?
- Do the attacking players communicate well going forward?



- Does the supporting player make runs for support and use their off the ball movement to draw away defenders?
- Use of imagination & creativity
- Get the shot off quickly. Don't ball watch



- Team-work, Communication, Support the ball
- Quick Decision Making
- What are the players choice of passes from team-mates in support & how does their movement affect play?



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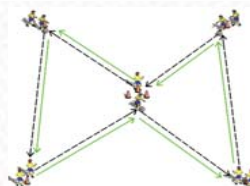


Session Planner

Week 2: Attacking From Midfield

Activity 1 – Passing Box

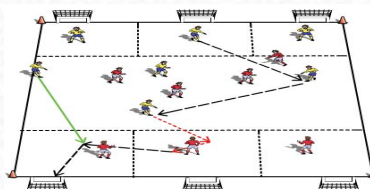
Players are organized around the box as shown. They pass and follow their pass. Start with two soccer balls and try to build up to four working simultaneously. Be sure to work the players both ways so it emphasizes using both the dominant and weaker foot. We want a good warmup focused on technique and incorporate dynamic stretching.



- Do the players look up and connect with their team-mate
- Vary the types of passes (i.e. short, driven, lofted)
- Receive ball across body, vary direction of activity
- Quality first touch in the direction of movement
- Communication
- Are the players performing at a high intensity?

Activity 2 – 3 Goal Game with Zones

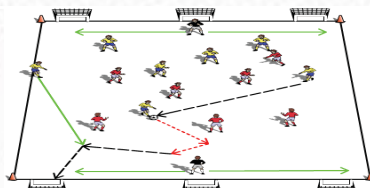
Organize the players in two teams. One set of players play a 4v4 in the central zone and three act as defenders in front of three mini goals. The idea is that players will encounter a 1v1 situation before scoring, however they can pass into another zone to an advancing team-mate. Quick transitions are required. Keep the intensity high.



- Players should be relaxed on the ball
- Good connection with the ball and a team-mate
- Does the supporting player angle their run and create supportive opportunities for his team-mate?
- Do the attacking players communicate well going forward?
- Can players influence the intensity of the game

Activity 3 – 3 Goal Game

Now remove the end zone boxes and place the goalkeepers in front of the three goals. Goalkeepers have to shift with the play. The game is now 7v7 on the field with the objective remaining the same to score in one of the three mini goals. Intensity is the key and we want to see the players moving quickly in support and in transition.



- Players should be relaxed on the ball
- Good connection with the ball and a team-mate
- Does the supporting player angle their run and create supportive opportunities for his team-mate?
- Do the possession players work find space in the middle?
- Can players influence the intensity of the game

Activity 4 – Regular Scrimmage with Target Players

Both teams compete for possession and attempt to score in their opponents goal. One player from the middle grid may enter the end zone to support the attacking players. This creates a 3v2 in favor of the attacking team within the central area to replicate having the fullbacks pushing further up the field and allow the midfield to break forward.



- Team-work, Communication, Support the ball
- Quick Decision Making
- When the ball gets into the end zones, can the players find the quick solution?
- What are the players choice of passes from team-mates in support & how does their movement affect play?



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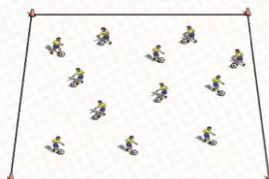


Session Planner

Week 1: Developing Creative Players

Activity 1 – Ball Manipulation

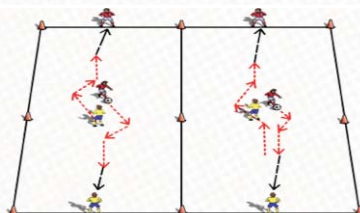
Players dribble around area performing Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used.



- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?

Activity 2 – Developing Moves

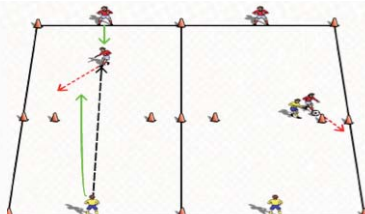
In the same 30x30 yard area, the field is split into two 15x30 yard zones. Players start unopposed dribbling into the middle and performing a turn to move into space, thus teaching them moves to beat opponent. Once completed, the players pass to the waiting at the opposite end and play is continuous.



- Can players take soft touches whilst lifting their head for awareness?
- Are they able to control the speed of their movement?

Activity 3 – Beating an Opponent

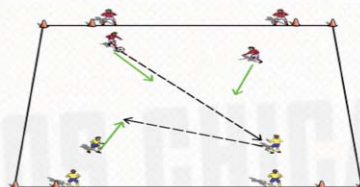
The field is kept the same as the previous activity. Play is initiated by the yellow player who passes to red. Red has to control and dribble through one of the 'goals' to their left or right. The yellow player follows their pass and becomes the defender, trying to win possession of the ball. Players continually rotate between defence and attack.



- Can players identify the moment to change direction? I
- Do they manage to put their body between themselves and the defender?

Activity 4 – Four Goal Game

The middle line is removed and play is reverted into the 30x20 yard area. There are two goals setup in the corners of the field two for red to attack and two for yellow to attack. Red initiate play by passing into yellow. Players now have three decisions to make – pass, dribble or shoot.



- Do players recognize the appropriate times to pass, dribble or shoot?
- Progress to free game – let them play and figure out what is best for each situation.

Coaching Curriculum

9 to 12 Year Olds

Week 1 **Developing Creative Players**

Week 2 **Attacking From Midfield**

Week 3 **Dribbling Circuit**

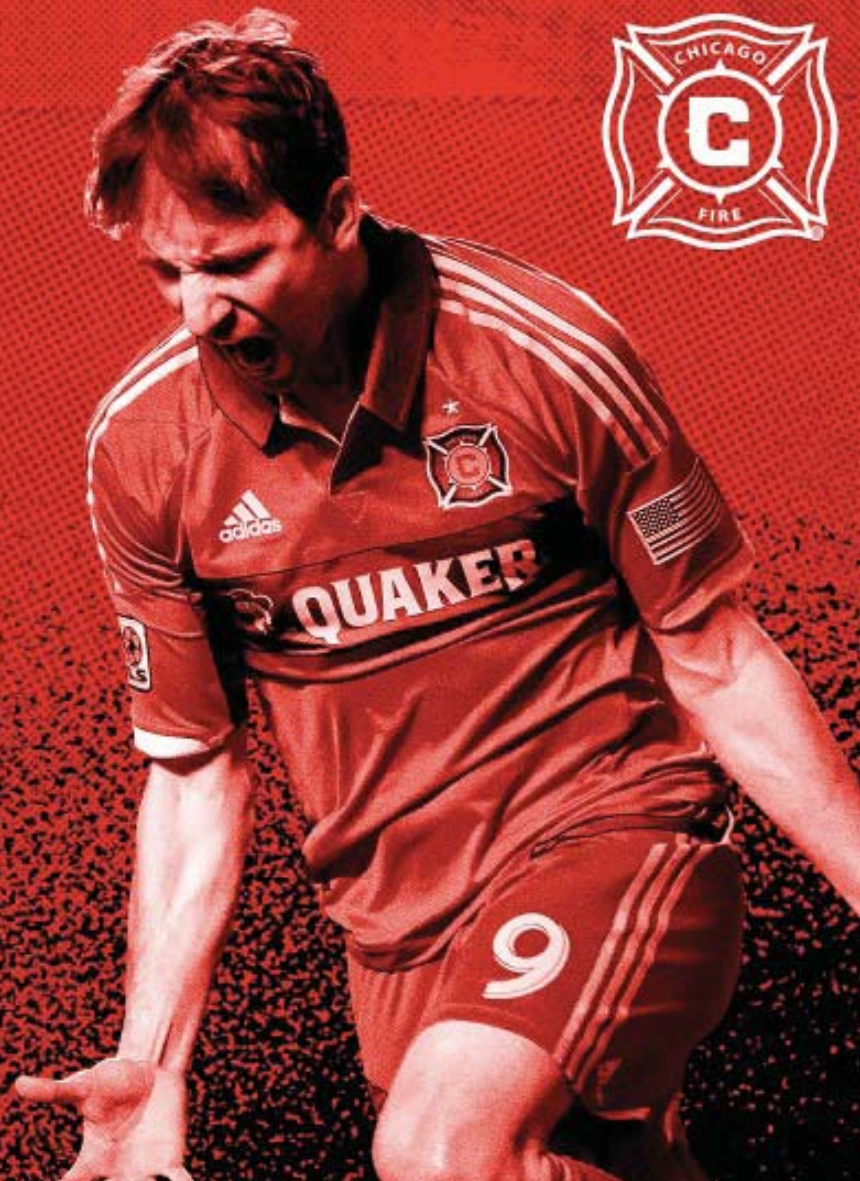
Week 4 **Technical Passing**

Week 5 **Effective Marking**

Week 6 **Maintaining Possession**

Week 7 **Passing & Receiving**

Week 8 **Small Sided Games**





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9 to 12 Year Olds

