



Season

Topic

DRIBBLING - RUNNING WITH THE BALL

U10

Objectives
(5 W's)

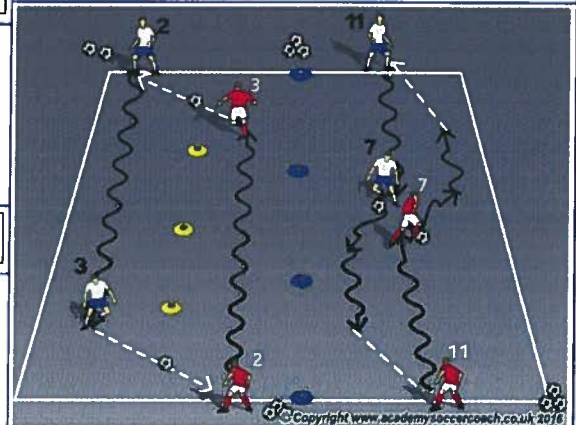
Where: From the Defensive to the attacking half
What: Running with the ball, Receiving, Penetration, Support, Width and Mobility
When: In possession of the ball and with space to attack
Why: To penetrate the opponents defense and create goal scoring opportunities

Organization

Duration 10 mins Intensity Med-High

Stage 1 Dribble Lanes

• Area: In a 20Wx30L yard grid divided into 2 10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left



Coaching Points

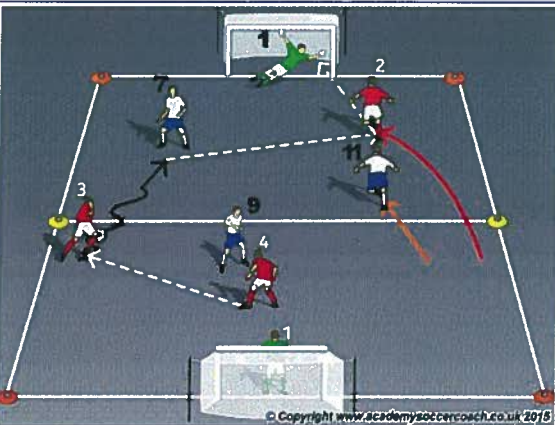
Activity Time 2 mins Rest 30 Secs Intervals 4

- What? Technique of Running with the Ball:
 - ~ Push the ball forward with the laces.
 - ~ Each touch of the ball should push it a few steps ahead of the dribbler
 - ~ Keep a natural running stride
 - ~ The head is up and the eyes scan the field

Stage 2 4 v 4 RWB into the Attacking Half

Organization

Duration 15 mins Intensity Med-High



- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team(White): #1, #7, #9, #11- Play to score in the opponent's goal.
- ~ If a player receives the ball and runs from the defensive half to the attacking half and scores it is worth 10 points. All other goals are 1 point.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

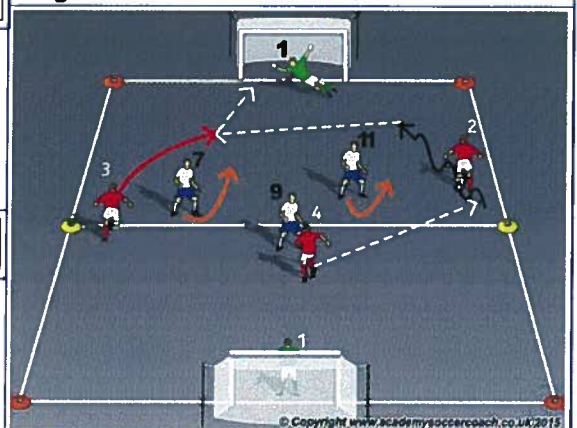
- What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Improvisation: When? Why? ~ Mobility: Who? When? Why?

Organization

Duration 18 mins Intensity Medium

Stage 3 4v4 to Goal

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply



Coaching Points

Activity Time 7 mins Rest 2mins Intervals 2

- What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
- Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?

Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #7 & #11 when to run with the ball

Coaching Points

Technical Execution, Roles and responsibilities of #2, #3, #7, #11. Attacking Principles, 5W's, Speed of Play



Season

Topic

DRIBBLING AND TURNING

U10

Objectives
(5 W's)

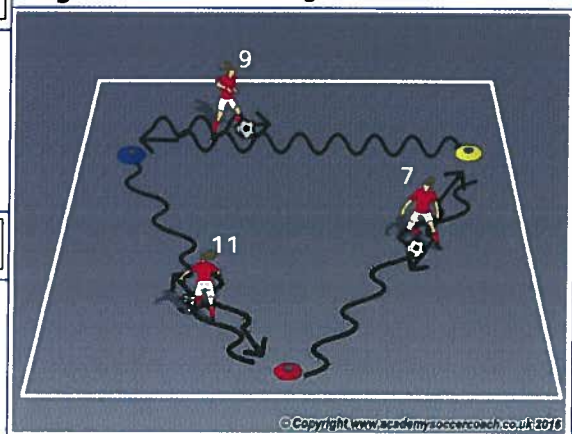
What: Dribbling and turning with the ball, Receiving, Penetration, Support, Width and Mobility
Where: Final Third
When: In possession and under pressure **Why:** To keep possession, penetrate the opponents defense and create goal scoring opportunities

Organization

Duration 12 mins Intensity Med-High

Stage 1 Dribble Triangle

- Area: In a 15x15x15 yard triangle
- Players #7, #9, #11 start at a cone with a ball and will use the laces to push the ball forward toward the next cone and perform a turn.
- ~Interval 1: Cut
- ~Interval 2: Hook
- ~Interval 3: Drag-back
- ~Interval 4: Cruyff



Coaching Points

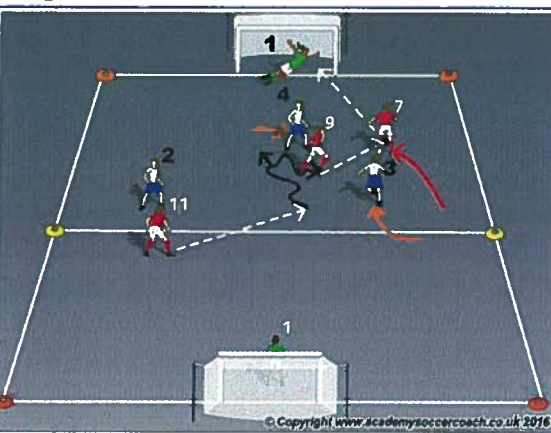
Activity Time 2 mins Rest 1 min Intervals 4

- What? Technique of Dribbling and Turning
- ~ Push the ball forward with the laces
- ~ Check over the shoulder before performing the turn
- ~ Keep your body between the defender and the ball
- ~ Surface of the foot and surface of the ball to use. Accelerate after the turn

Stage 2 4 v 4 Turning to Score

Organization

Duration 15 mins Intensity Med-High



- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal.
- ~When a player is under pressure turns, dribbles and scores or sets up a teammate who scores, the goal is 100 points. Play to 300 points. All other goals are 1 point.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

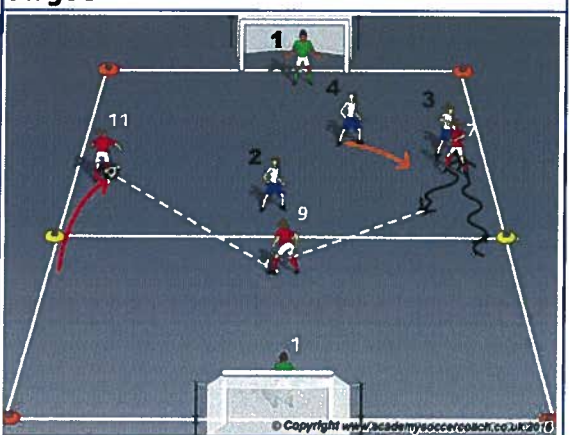
- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement.
- Principles of Attack - Penetration: Who? Where? When? Why?
- ~ Mobility: Who? When? Why?

Organization

Duration 18 mins Intensity Medium

Stage 3 4 v 4 to Goal

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal. All rules apply.



Coaching Points

Activity Time 7 mins Rest 2mins Intervals 2

- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When??

Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 when to turn with the ball

Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.



Season

Topic

DRIBBLING TO BEAT AN OPPONENT

3

410

Objectives
(5 W's)

Where: In the attacking half

What: Dribbling to beat an

opponent, Receiving, Shooting, Penetration, Mobility and improvisation

When: Confronted by a defender near the goal

Why: To penetrate the opponents defense and create goal scoring opportunities

Organization

Duration

12 mins

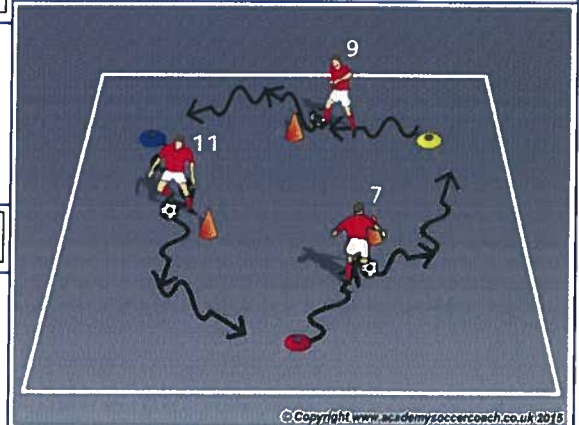
Intensity

Med-High

Stage 1

Dribble Triangle

- Area: In a 15x15x15 yard triangle with a cone at each midpoint
- Players #7, #9, and #11 start at a cone with a ball and dribbles to perform one of the moves below at the central cone
- ~Interval 1: Fake and Take
- ~Interval 2: Circle and Take
- ~Interval 3: Double Fake and Take
- ~Interval 4: Double Circle and Take



Coaching Points

Activity Time

2 mins

Rest

1 min

Intervals

4

- What? Technique of Dribbling to Beat an Opponent
- ~ Keep the ball close
- ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
- ~ Change direction and get away from the opponent quickly

Stage 2

4 v 4 Solo Dribbling

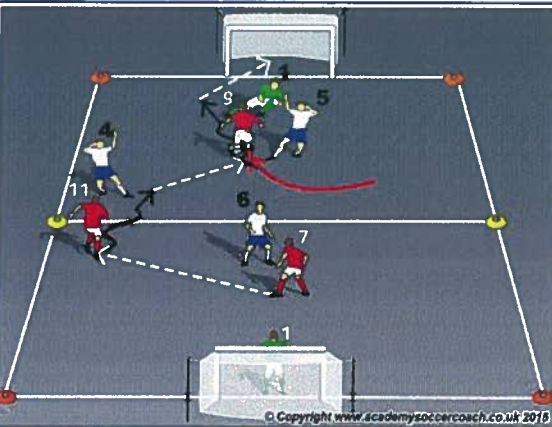
Organization

Duration

15 mins

Intensity

Med-High



- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal.
- ~ If a player dribbles a defender, passes to a teammate who scores, or if they score themselves, it is worth 50 points. Play to 150 points. All other goals are 1 point

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

3

- What? Technique ~ Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Mobility: Who? When? Why? - Improvisation: When? Where? Why?

Organization

Duration

18 mins

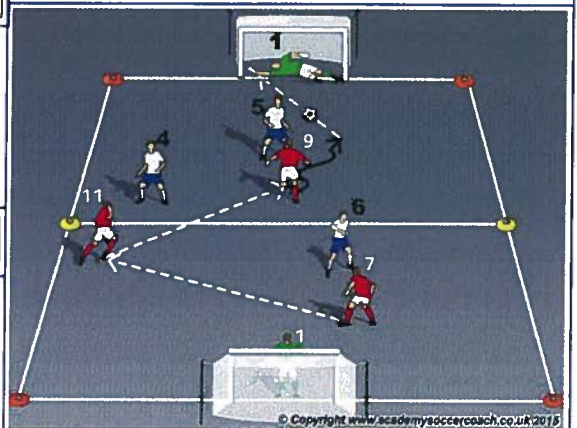
Intensity

Medium

Stage 3

4v4 to Goal

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply. If any player dribbles the GK and scores, the goal is worth 100 points.



Coaching Points

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique ~ Dribbling: to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?

Stage 4 - 7v7

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to dribble by the defenders

Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.



Season

Topic

PASSING BASICS 1

4
410

Objectives
(5 W's)

Where: In the defensive and attacking half of the field
What: Passing, Receiving, Shooting, Penetration, Support, Mobility
When: The team is building up the attack
Why: To penetrate the opponent's defense

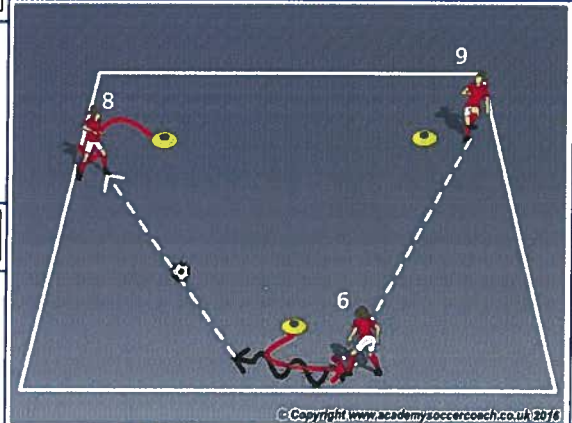
Organization

Duration 12 mins Intensity Med-High

Stage 1

Passing Triangle

• Area: In a 15x15x15 yard triangle. Players #6, #8, and #9 on each cone. #9 starts with the ball. #6 checks away from the cone then back, receives a pass from #9 with the front foot, #6 then pushes the ball past the cone to make the next pass to #8, continue. Intervals-1: Receive, dribble, pass. 2: Receive with one foot, pass with the other. 3: Reverse passing direction



Coaching Points

Activity Time 2 mins Rest 1 min Intervals 4

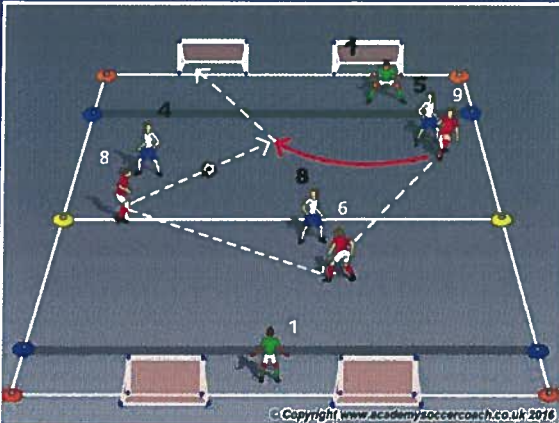
• What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

Stage 2

4 v 4 to 4 Goals

Organization

Duration 15 mins Intensity Med-High



• Area: In a 20Wx30L yard field with 2 small goals on each endline
 • Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8
 Play to score in the opponent's goal. #1 defends their team's 2 goals.
 ~ When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

• What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

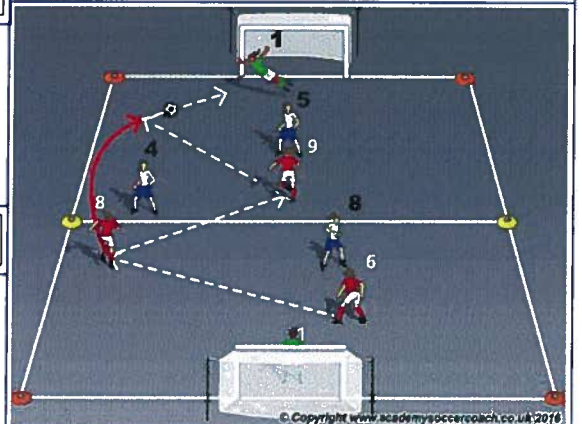
Organization

Duration 18 mins Intensity Medium

Stage 3

4 v 4 to Goal

• Area: In a 20Wx30L yard field with goals
 • Target team (Red): #1, #6, #8, #9 - Opposition team (White) #1, #4, #5, #8
 Play to score in the opponent's goal. All rules apply



Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

• What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Power
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1

Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other

Coaching Points

Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.



Season

Topic

PASSING BASICS 2

5
U10

Objectives
(5 W's)

Where: In the defensive and attacking half of the field
What: Passing, Receiving, Shooting, Penetration, Support, Mobility
When: The team is building up the attack
Why: To penetrate the opponent's defense

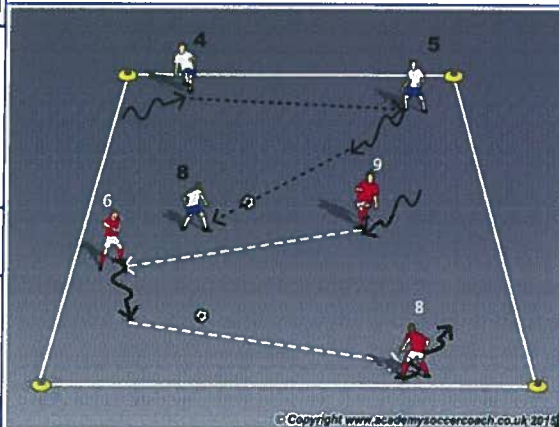
Organization

Duration 12 mins Intensity Med-High

- Area: In a 20Wx30L yard field
- Target team: #6, #8, #9 - Opposition team: #4, #5, #8. Each team tries to make as many passes in 2 minutes as they can. The player who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in 2 minutes ~ 2: Pass through the other team ~ 3: Competition

Stage 1

Passing and Moving



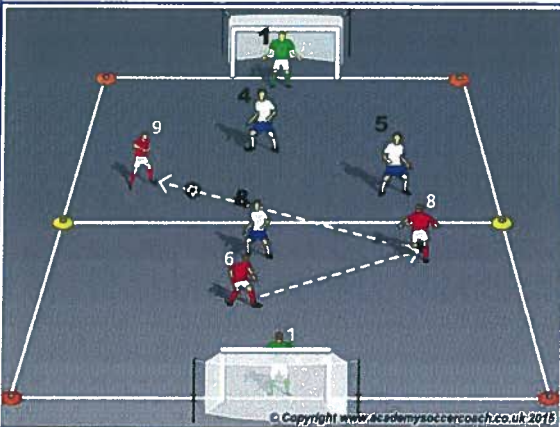
Coaching Points

Activity Time 3 mins Rest 1 min Intervals 3

- What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

Stage 2

4 v 4 - Total Soccer



Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8 - Play to score in the opponent's goal.
 ~ When all members of the team has touched the ball and score the goal is worth 100 points. All other goals are 1 point

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration 20 mins Intensity Medium

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8 - Play to score in the opponent's goal. All rules apply.

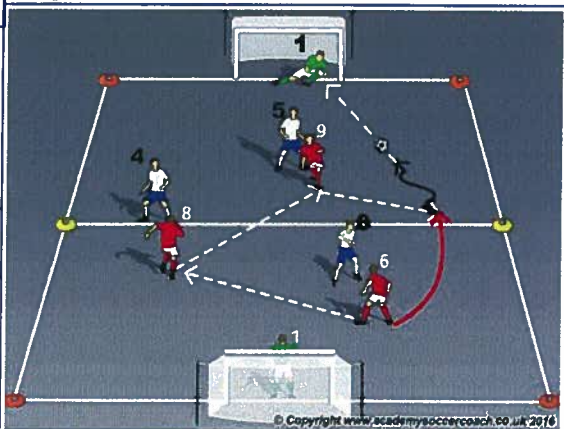
Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

Stage 3

4v4 to Goal



Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other.

Coaching Points

Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.



Season

Topic

PASSING AND COMBINING

5

U10

Objectives
(5 W's)

Where: In the defensive and attacking half of the field

What: Passing, Receiving, Dribbling, Shooting, Penetration, Support, Mobility

When: The team is building up the attack

Why: To penetrate the opponent's defense and create scoring opportunities

Organization

Duration

12 mins

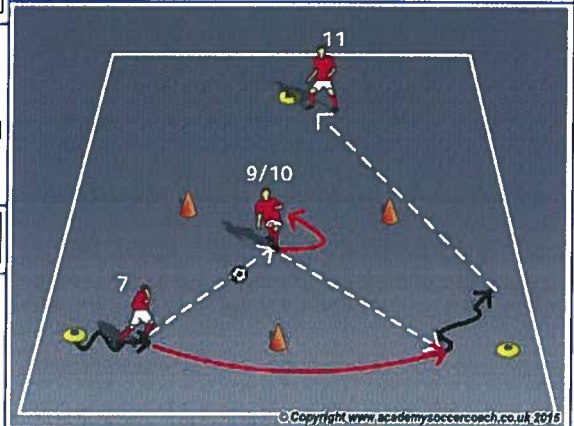
Intensity

Med-High

Stage 1

Wall Pass Triangle

- Area: In a 15x15x15 yard triangle with tall cones in between (see diagram)
- Players #7, #9, #11. #7 starts with dribble and passes the ball to #9 for a wall pass. #9 receives the ball back & dribbles beyond the next disc & passes to #11 who does the next wall pass with the #9. Intervals-1:#9 is the central player~2: #7 is the central player ~ 3: #11 is the central players ~ 4: Wall pass race between the other triangles



Coaching Points

Activity Time

2 mins

Rest

1 min

Intervals

4

- What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle lock and toes up, Eyes on the ball, 1st touch pushed the ball where you want to go or away from pressure

Stage 2

4v4 - Combo PLay

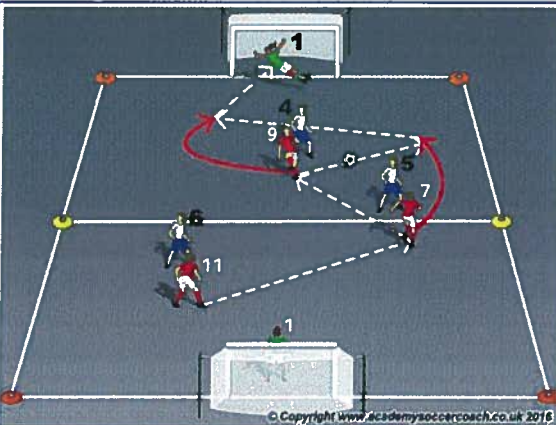
Organization

Duration

15 mins

Intensity

Med-High



- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal.
- ~ When a team makes a wall pass or 3 players connect passes in a row and score the goal is worth 10 points

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

3

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration

18 mins

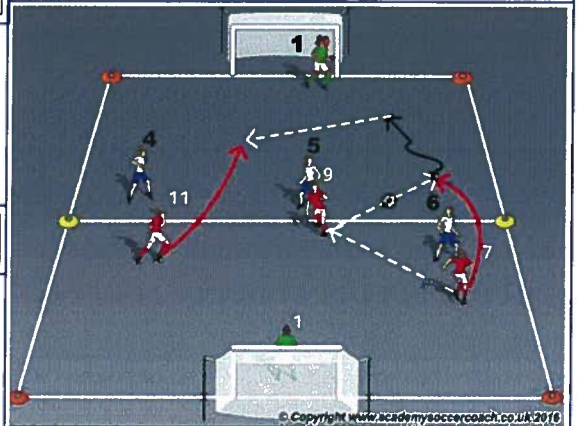
Intensity

Medium

Stage 3

4v4 to Goal

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply.



Coaching Points

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling, Shooting
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

Stage 4 - 7v7

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

Organization

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to combine & support each other

Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.



Season

Topic

DEFENDING 1 - PRESURE, DELAY, COVER

U10

Objectives
(5 W's)

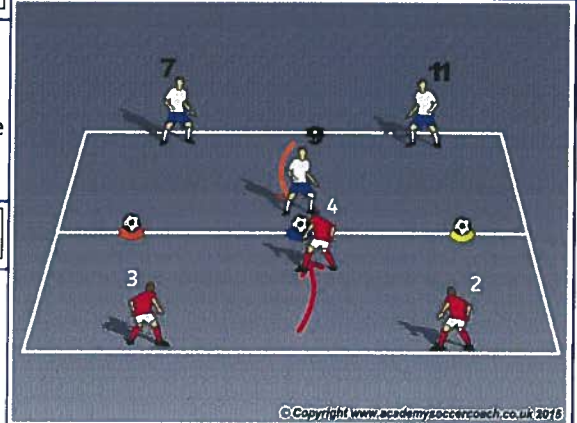
Where: In the central and flank channels of the field
What: Pressure: Speed and angle of approach, Pressing distance, Body shape, Foot work, Type of tackle, Delay, Cover: Angle and distance
When: As soon as you loss possessions of the ball
Why: To deny penetration and shooting opportunities

Organization

Duration 12 mins Intensity Med-High

Stage 1 Pressure, Delay and Cover Box

- Area: Set up in a straight line three cones of different colors with a ball on the top
- Target team (Red): #2, #3, #4 - Opposition team (White): #7, #9, #11 - Place 2 players about 5 yards away from each side of the cone. At coaches command (BLUE!) the players will pressure the indicated cone. Intervals ~ 1: Pressure the cone ~ 2: Pressure and Delay (Jockey back) ~ 3: Pressure and cover (all three players)

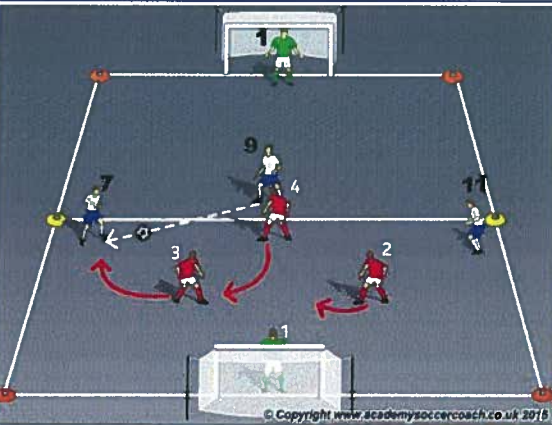


Coaching Points

Activity Time 2 mins Rest 1min Intervals 4

- What? Technique of Defending:
 - ~ Pressure: Speed of Approach, Angle of approach, Pressing distance, Body shape and foot work
 - ~ Delay: Jockeying (Back pedaling), Foot work
 - ~ Cover: Angle/distance of cover, What does he/she say to the pressing defender?

Stage 2 4 v4 - 5 Seconds Press Game



Organization

Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11 - When a player loses the ball the team has 5 seconds to pressure, deny penetration, and win the ball back. If the Red team regains possession they get 5 points, if they score they get 10 points. If White scores all points eliminated for Red.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

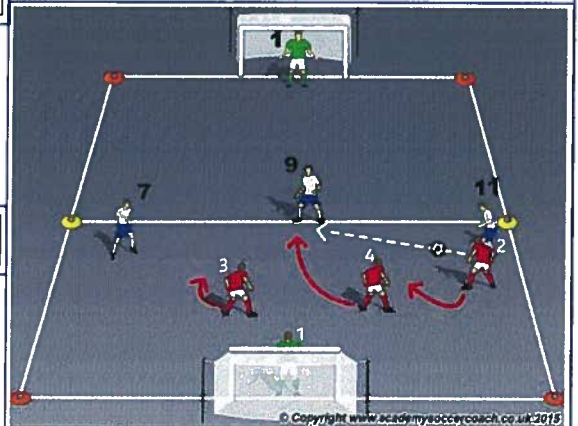
- What? Technique - Speed and angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? Cover: Who? Where? When?

Organization

Duration 18 mins Intensity Medium

Stage 3 4v4 to Goal

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply.



Coaching Points

Activity Time 7 mins Rest 2mins Intervals 2

- What? Technique - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why?

Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #4 to work together to regain the ball

Coaching Points Technical Execution, Roles and responsibilities of #2, #3, #4. Defending Principles, 5W's, Speed of Play.



Season

Topic DEFENDING 2 - PRESURE, DELAY, COVER & BALANCE

Objectives (5 W's)

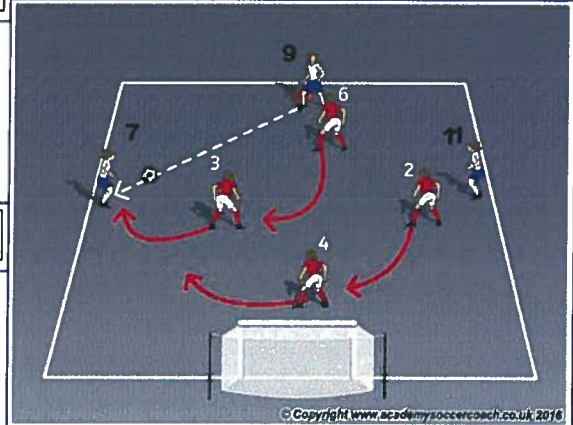
Where: In the central and flank channels of the field
What: Pressure: Speed and Angle of Approach, Distance, Body shape, Foot work , Type of tackle, Delay, Cover & Balance
When: At loss of possession **Why:** To deny penetration and shooting opportunities

Organization

Duration 12 mins Intensity Med-High

• Area: In a 20Wx15L yard grid (Half Field) with a goal at the end line
 • Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #9, #11 - The White will pass the ball among the 3 players. The red team will try to move as a group to defend the goal. Intervals 1: Pressure and Delay. The attacking player can dribble forward. ~ 2: Pressure, Delay and Cover ~ 3: Pressure, Delay, Cover and Balance

Stage 1 3 v 4 to One Goal

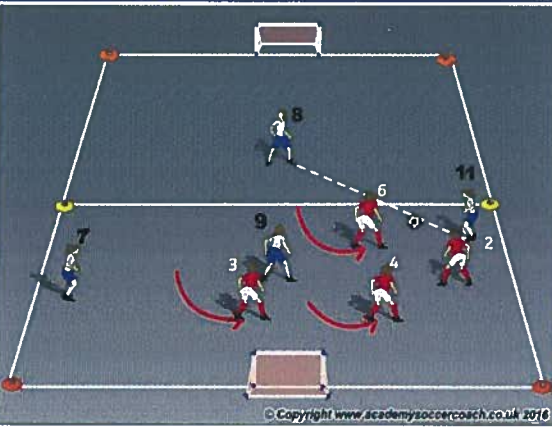


Coaching Points

Activity Time 2 mins Rest 1min Intervals 4

• What? Technique of Defending:
 ~ Pressure: Speed of Approach, Angle of approach, Pressing Distance, Body shape and Foot work ~ Delay: Jockeying the dribbler, Foot work
 ~ Cover: Angle/Distance of Cover, What does he/she say to the pressing defender?
 ~ Balance: Angle and Distance

Stage 2 4 v 4 - 5 Seconds Block Defending



Organization

Duration 15 mins Intensity Med-High

• Area: In a 20Wx30L yard field with goals
 • Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #8, #9, #11 - When a player loses the ball the team has 5 seconds to move as a group to pressure, delay the ball and win it back. If the defending team regains possession they get 5 points, if they score they get 10 points

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

• What? Technique - Speed and Angle of approach, Pressing Distance, Body shape, Foot work, Type of Tackle (Poke or Block) - Angle, Speed and Distance of Cover
 • Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why? Balance: Who? Where?

Organization

Duration 18 mins Intensity Medium

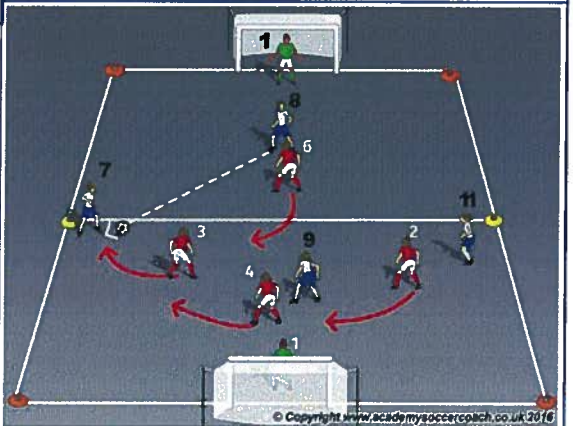
• Area: In a 20Wx30L yard field with goals
 • Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #8, #9, #11. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time 7 mins Rest 2mins Intervals 2

• What? Technique - Speed and Angle of approach, Pressing Distance, Body shape, Foot work, Type of Tackle (Poke or Block) - Angle, Speed and Distance of Cover
 • Principles of Defense ~ Pressure: Who?, When? Where? When? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why? ~ Balance: Who? Where?

Stage 3 5v5 to Goal



Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #2, #3, #4, #6 to move as block to defend

Coaching Points

Technical Execution, Roles and responsibilities of #2, #3, #4, #6. Defending Principles, 5W's, Speed of Play.



Season

Topic

SHOOTING 1 - SHOOTING FROM RANGE

9
410

Objectives
(5 W's)

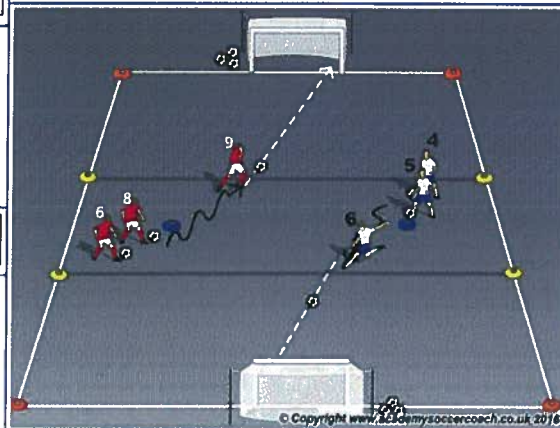
Where: In the attacking half of the field close to the goal area
What: Shooting, Passing, Receiving, Dribbling, Penetration, Support, Mobility, Improvisation
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration 12 mins Intensity Med-High

Stage 1 Range Shooting Warm up

• Area: In a 20Wx30L yard field with a 10 yard central zone & goals at each end-line
 • Players #6, #8, & #9. Players line up in the central zone with a ball each. At coach's command the first player dribbles and shoots before dribbling out of the zone. As soon as the shot is taken the next player goes. Intervals ~ 1: How many goals in 3 minutes ~ 2: Improve by 2 ~ 3: Shooting competition



Coaching Points

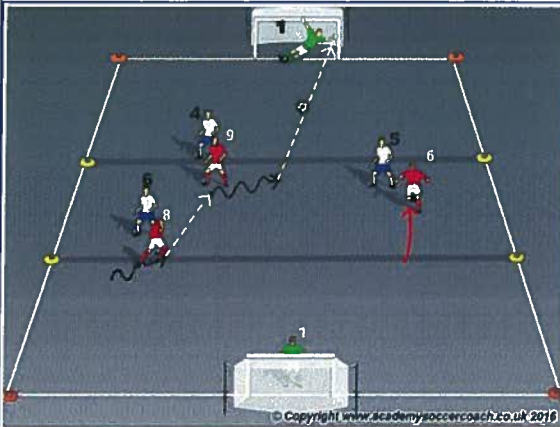
Activity Time 3 mins Rest 1min Intervals 3

• What? Technique of Shooting:
 ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
 ~ Non-kicking foot beside ball. Ankle locked, angled approach to ball
 ~ Strike ball with laces at the center of the ball, follow through and land on the kicking foot

Stage 2 4 v 4 - 3 Zone Shooting

Organization

Duration 15 mins Intensity Medium



• Area: In a 20Wx30L yard field with 10 yard central zone and goals at each end-line
 • Target team (Red) : #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to in the opponent's goal.
 ~ Scoring: A goal scored from the central zone is 100 points. Any other goal is 1 point.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

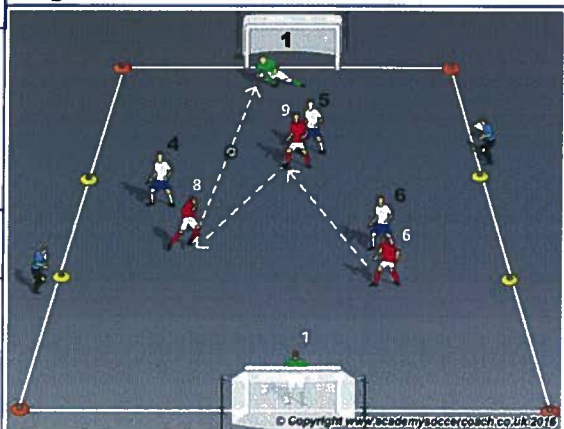
• What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance ~ Dribbling
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration 18 mins Intensity Medium

Stage 3 4 v 4 to Goal

• Area: In a 20Wx30L yard field with goals
 • Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply.



Coaching Points

Activity Time 7 mins Rest 2mins Intervals 2

• What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance ~ Dribbling
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1

Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to shoot when in range

Coaching Points

Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.