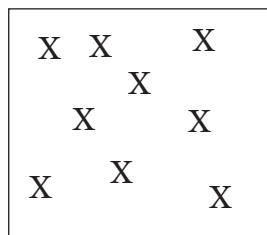


# Monday

## Session #1: Technical Session: Dribbling

### Warm-Up Game: Tails

All children in your group play for themselves (no teams). Each child takes a pinny and tucks it into his/her shorts in the back making a “tail”. Make it just long enough to “swish” back and forth.



1. Set the boundaries in relationship to the size of your group.
2. On the coach's command the children try to protect their tail while trying to pull out the tail of the other players.
3. When a tail is pulled, it is thrown on the ground where the tail-less player must kneel and wait until the end of the game. A player may not hold onto his/her tail or tie it to his clothing to protect it.
4. The tail-less players may pull out the tails of the others still playing, but may not move or get off their knees to do so.
5. The winner is the last person with a tail.

### Tails Variations:

1. Play the game with designated tail colors.
2. Girls vs. boys.
3. Counselors vs. campers.

### Introduction

In every camp we want to emphasize three key points about dribbling to the campers:

1. Keep the ball close.
2. Keep your head up.
3. Change speed and direction.

This is crucial to creative play!

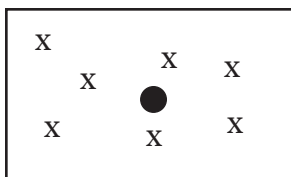
Use any of the following drills during the Technical session. They should be used during instructional time on dribbling. Choose the ones that best fit your group and plan.

## 1. Elements on Command

(Good for any age, use only as review for older players)

The coach stands in the middle of the grid. The players each have a ball and begin dribbling inside the grid. On the coach's command or whistle the players

**change speed**, dribble three or four steps quickly, then slow down. They then wait again for the next command. After a few minutes of this pattern the coach has the players **change direction** on his command.



● = Coach

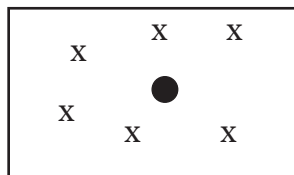
X = Players with a ball

**Variations:** Mix elements, use different feet.

## 2. What's My Number?

(Good for any age, use only as review for older players)

The players each have a ball and dribble through the grid. The coach moves freely throughout the grid and every few seconds holds his hand high in the air with 1 - 5 fingers raised. The players call out the number of fingers the coach has raised. This forces the players to keep their heads up while they dribble.



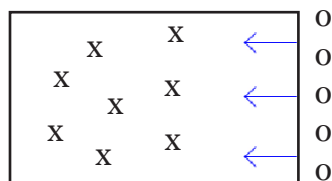
● = Coach

X = Players with a ball

**Variation:** Let one of the players act as coach.

### 3. Beat the Crabs

Divide the players into two teams: one-half crabs and one-half non-crabs. The crabs (X) sit on the grass and can only move by using their arms and legs from a sitting position. Players (O) try to dribble from one end of the grid to the other without going out of bounds. The crabs move on all fours to get in position to kick the balls dribbled by the players (O) out of the grid. Once players (O) reach the end of the grid with the balls they are safe and the game resumes in the other direction. Players (O) whose balls go out of bounds become crabs (X). The last player (O) remaining is the winner.



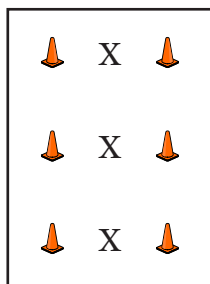
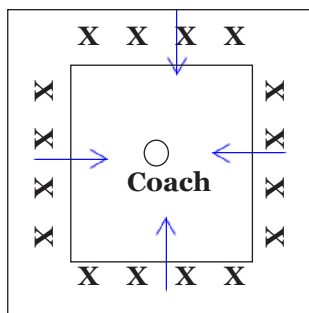
X = Crabs

O = Players with a ball

**Variation:** Campers vs. Coaches

### 4. Car Wreck

Place four different teams on the sides of a square. Each team picks a captain. On the coach's signal all the teams dribble at one time to the opposite side of the square. When the entire team finishes, the captain runs back to the center to touch the coach's hand. Line up and play again.



X = Players

### 5. Ball Control Slide

Set up two cones five yards apart. Put the kids in the middle. They have to touch alternating cones while keeping control of the ball. Start with them running straight between the two and then switch to them using only the outsides of their foot and sliding, then only the inside of the foot and sliding.

## 5. Red Light, Green Light

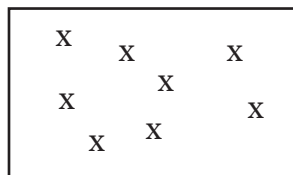
The players attempt to dribble from one end of the grid to the other. The coach calls “green light” and the players begin dribbling toward the coach. When the coach yells, “red light” the players freeze with their foot on the ball. If they lose control of the ball while trying to stop they must return to the starting line. When the coach yells “green light” the players again begin dribbling and freeze when the coach yells, “red light”. The first player to cross the line where the coach is wins! Turn around and start over.

### Variations: Add different lights:

- > Yellow light - change directions.
- > Blue light - dance around the ball.
- > Make up your own.

## 6. Knock Out

All the players are in the grid with a ball. On the coach’s signal the players try to protect their ball by dribbling away from others, while at the same time trying to kick the other player’s ball out of the grid. Once the ball is out, the player sits and waits until the game is over. The winner is the last one in the grid with his/her ball.



X = Players with a ball

**Variations:** Have the girls only against girls or boys only against boys. You will have a girls and boys winner.

## 7. Relay Races

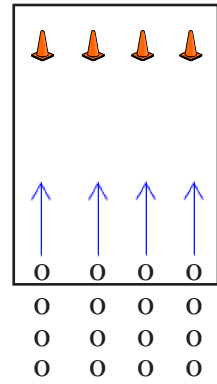
Have the teams line up relay race style with these variations:

**1.** Dribble down to a cone, leave the ball, come back and tag the next in line. That player runs down, gets the ball and dribbles it back for the next in line. Repeat the sequence.

**2.** Dribble through a set of cones in a line. Go in and out through the cones and straight back beside the cones to the next in line.

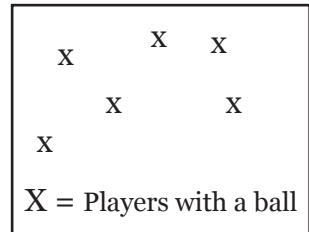
**3.** Dribble to a cone 20 yards away, using only the left foot, turn around and dribble back using only the right foot.

**4.** Dribble down to the coach, pass the ball between his/her legs, regain the ball and dribble back.



## 8. Body Part on the Ball (Good for all ages)

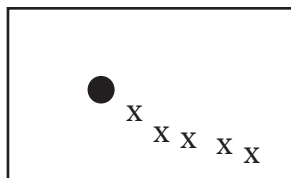
Every player has a ball in the grid. On the coach's signal players dribble around in the grid. The coach then calls out a body part (i.e. elbow, chin, knee, stomach) and the players stop the ball and put that body part in contact with the ball. The coach then commands, "dribble" and the players get up and begin dribbling again until another body part is called.



**Variation:** Let a player call out a body part.

## 9. Follow the Leader

A coach or older player begins dribbling the ball around the field anywhere he wants. The campers follow with their ball mimicking every move the leader makes.



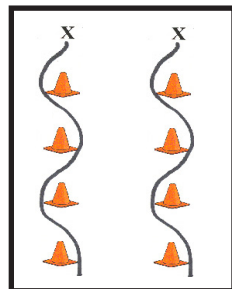
● = The coach or leader

X = Players with a ball

## 10. Dribble through Cones

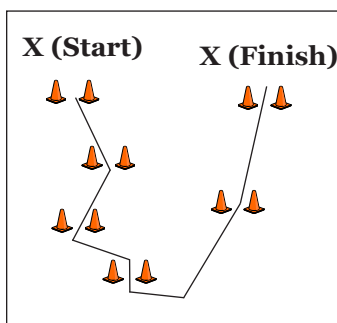
**Note:** This drill is for instruction, not competition.

Line the players up in two or more lines. Have them dribble through the cones in a zig-zag pattern. The players do not dribble up and back but go only in one direction and form a line on the opposite end. When all the players have dribbled and are in line, dribble back in the other direction.



### Dribble Pattern:

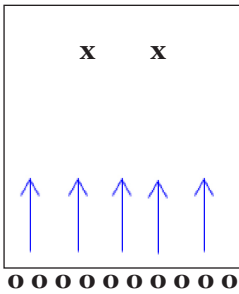
1. Right foot only
2. Left foot only
3. Both feet
4. Inside/outside of foot



## 11. Open the Gates

Set up a pair of cones at random intervals like small goals. A camper dribbles through the goals to see how fast he can complete the course.

**Variation:** See who can go through the most goals in a set period of time.



**O** = Minnows

**X** = Sharks

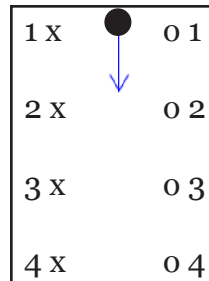
## 12. Sharks and Minnows

The minnows (O) line up along the end line with a soccer ball. Two players begin as sharks (X). On the coach's signal the minnows try to dribble through the sharks to the other end of the field. The sharks try to kick the minnows' balls out of play. When a minnow has his/her ball kicked out, he/she then becomes a shark. The last minnow dribbling is the winner.

## Session #2: Tactical: 1 vs. 1

### 1. Steal the Bacon

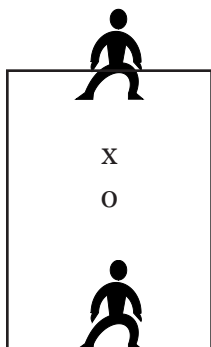
The players are divided into two teams facing each other. The coach rolls the ball between the two lines and calls a number (1). The #1's on both teams come out and try to gain possession of the ball and dribble it back behind their own line. Score is kept and the first team to five points wins the game.



● = The coach with ball

X = Players on one team

O = Players on one team



## 2. Look, Mom, I'm a Goal

Divide the players into two groups of four. Two players stand 15 - 20 yards apart and become goals by spreading their feet apart. The two players in the center play against each other (1 vs. 1) trying to score by putting the ball through the “goal” (legs) of the player acting as goal. Play for one minute, then players become goals and goals become players.

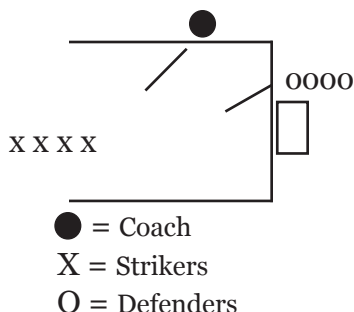
O = One player

X = One player



## 3. Take Me On!

The players are divided into defenders and strikers. The coach passes a ball to the striker. When the striker touches the ball, the defender waiting at the goal comes out and takes on the striker. Lines of should not exceed five players.



**Variation:** Only have three players in the defender line, everyone else in the striker line.

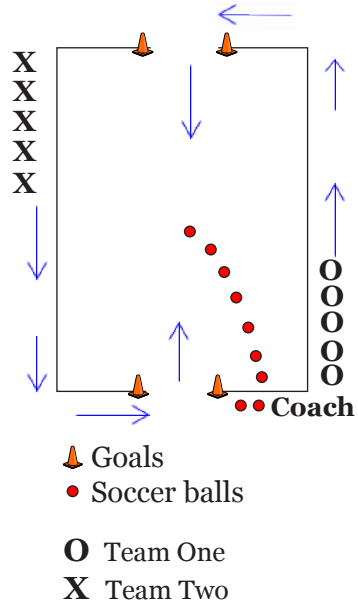
## 4. Can you do this?

The coach does something fun or skillful (make a funny face, dribbling with right foot) and says, “I can do this... can you?” The kids then show the coach whether or not they can do whatever the skill or activity is.



## 5. Race Me to the Middle

Set up a small field with two goals. Line up the teams on opposite corners of the field. The coach has all the balls. On the coach's command the first player in line from each team races down the sideline, around the corner and through the goal. As the players are running the coach kicks a ball to the middle of the field. The two run to get the ball. They play 1 vs. 1 defending the goal they ran out of. Play ends when a goal is scored or the ball goes out of bounds. The next two in line now play.



## Session #3: Games

### Bundesliga

Set up several three yard by three yard grids. This is a one vs.. one drill. Set your time for two minutes. The goal is to stop the ball on the opposing person's line. The coaches are judges of whether a ball is stopped on the line. Every time the ball is stopped on the line that person gets a point. At the end of two minutes the person who won moves up towards the top grid (the Bundesliga) and the person who loses moves down a grid. Have a coach always lose at the bottom so that a kid is not stuck in the bottom position.

### Small-sided scrimmages

The object of this session is to allow the players to practice what they have learned today in a game-like situation. Divide the players into teams of four or five each. The teams should be divided by age first, with exception for skill. Try to make the teams as even as possible.

# **Tuesday**

## **Session #1: Technical Session:**

### **Passing**

#### **Warm-up Game: Quick Draw**

The players are paired up in groups of two, similar size and age. The players jog in place the same distance from a stationary ball, which is positioned between them and close to their feet. The coach calls out, “quick draw” and the players react and try to pull the ball back into their possession with the sole of their foot before their opponent.

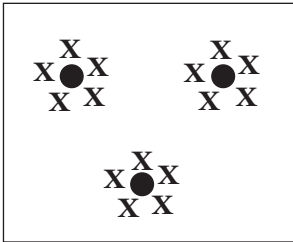
**Variation:** Make a game out of the drill. The first person to win three “quick draws” wins. The losers have to do a silly action or push-up because they lost.

#### **Introduction**

The most common type of pass in the game of soccer is the in-step pass.

In-step key points:

1. Use the side of the foot.
2. Point your non-kicking toe at the target.
3. Lock your ankle.
4. Follow through.

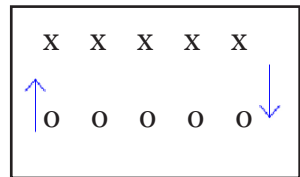


## 1. Run Away

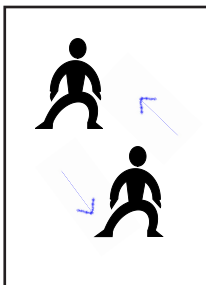
The players surround their coach. When the ball is passed to their coach they run away to an open area. When their coach passes the ball, they all run back and surround him again.

## 2. Yo-Yo Passing

The players line up about five yards apart, each pair with a ball. Have the players use the side of the foot to pass the ball back and forth. The coaches should walk up and down behind the lines watching and correcting.



**Variations:** Right foot only, left foot only, one touch, two touches.



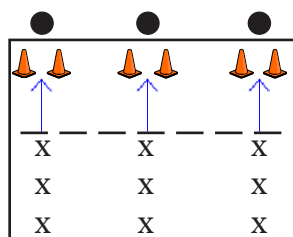
## 3. Passing for Points

The players pair up about five yards apart and make five instep passes at the goals formed by the spread feet of the other player. The best out of wins.

**Variations:** Right foot only, left foot only.

### 3. Passing Pressure Cooker

The teams are lined up relay race style, 7-10 yards from the small cone goals. The goals should be 3-4 feet wide. Each player has a ball. The head coach keeps time for one minute as the players try to pass the ball between the cones. Every time the ball goes between the cones without touching them, count one point. A coach stands behind the cones and passes the ball back and keeps score. The team with the most points after one minute wins.



🚩 = Cones

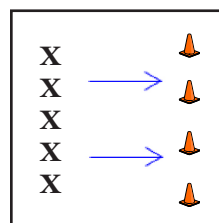
● = Coaches

X = Players with a ball

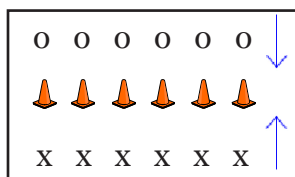
**Variations:** Right foot only, left foot only.

### 4. Edge of the World

Line the campers up with a ball. The campers make a pass toward the cones (Edge of the World). After the camper makes the pass, he runs to try to stop the ball before it reaches the cones.



### 5. Storm the Castle

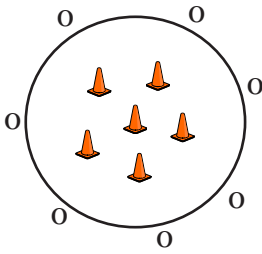


🚩 = Tall Cones

O = Players

X = Players

Teams are lined up opposite each other with a set of tall cones between them. Each team is 5-7 yards from the cones. Each player on one of the teams has a soccer ball. The head coach yells, “Ready, aim, fire”. The players try to storm the castle by knocking down the cones with the ball. One team shoots from their side and then the other team shoots from their side. The team that knocks down the most cones wins.



## 6. Beat the Clock

The players are placed in a circle around a randomly placed set of cones. The size and number of cones varies depending on age and skill level. Using the instep pass and three balls, see how long it takes to knock all the cones down. The coach times the drill. Repeat several times.

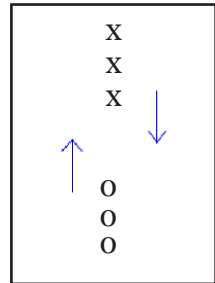
**Variations:** A larger circle, larger cones.

## 7. Never-Ending Passing

Player (X) begins by passing the ball to the first player (O) in the opposite line. Player (X) then runs to the back of line (O).

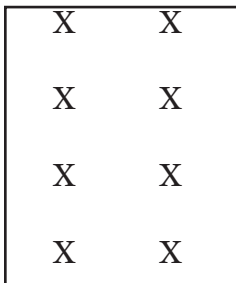
First player (O) then passes to player (X) and runs to the back of line (X). This process continues until the coach stops the drill.

**Variations:** Right foot only, left foot only, one touch, two touches, see how long the team can go without making a mistake.



X = Players

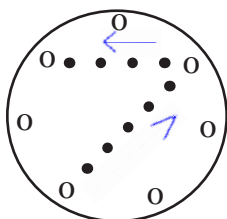
O = Players



## 8. Passing Lines

Get your team set up in a line facing each others' backs. Send a ball to the first person who then turns and passes to the next person and so on until the very end. Time to see how fast the kids go and then see if they can beat that time. You can also send more than one ball down at a time.

## 9. Take My Place



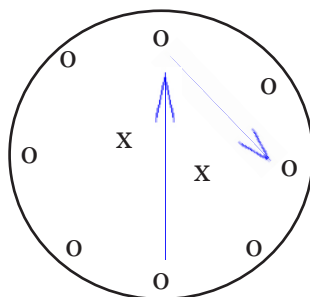
O = Players

The players set up in a circle with one ball. A player passes the ball to whoever he/she chooses and then runs and take the player's place they passed to. The player receiving the ball quickly passes to another player and runs to take his/her place in the circle. The drill continues until the coach stops play.

**Variations:** One touch, two touches, say the name of the person to whom you kick the ball.

## 10. Team Vs. 2

The players make a large circle. Two players are placed in the middle. The outside players (O) try to make five consecutive passes without the inside players (X) touching the ball. If the (X) players do not touch the ball they do five push-ups. If an inside player (X) does touch the ball the last (O) player to touch the ball goes into the center and the (X) player who touched it goes out.



O = Passers

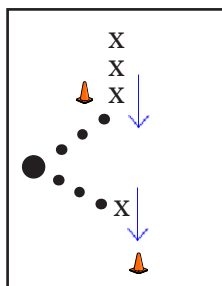
X = Defenders

**Variations:** Add a second ball, do one touch passes, do right or left foot only.

## Session #2: Tactical: 2 v 1 to Goal

### Introduction

Yesterday, we worked on dribbling and taking people **1 vs. 1**. Today we want to talk about working together and building up our teamwork skills. Every day for the rest of the week we will work on teamwork concepts with more and more players. But today we are talking about you and a teammate working together to score a goal against one defender.

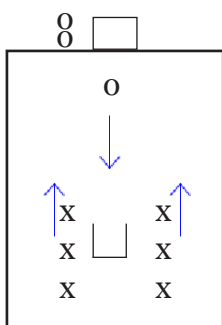


- = Coach    X = Players  
 . = Ball path    🚩 = Cone

## 1. Wall Pass or Give and Go

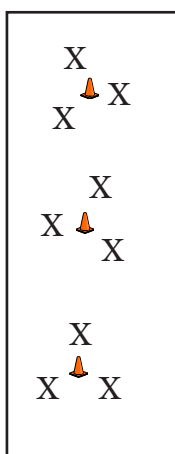
The players line up in a passing line and each has a ball. The coach (X) stands in the receiving position (wall position). The players, one at a time, pass the ball to the coach and run to receive the ball back. The players form a line on the opposite side and repeat the drill going in the opposite direction. Repeat several times. Make sure the players pass with both feet.

## 2. Beat the Numbers



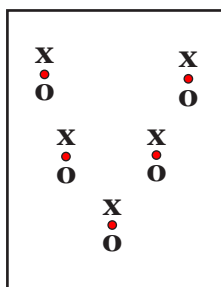
The defender (O) needs to be encouraged to “jockey” the two offensive players and wait for his/her opportunity to attempt a steal of the ball. Also encourage the defender to be aggressive at the appropriate times. The defender can also try to score on the two offensive players.

**Variations:** The coach plays more aggressively. A camper is put in to defend. Note: Keep the lines short.



## 3. Triangles down the field

Set up three cones as defenders (or use stationary people as defenders) in a straight line. Three players need to work the ball around the defenders. With only using two touches per person, they should be moving all around to create triangles around each defender and moving on to the next one. You can also let the defenders defend the ball.



## 4. Lock on Target

**Set-up:** An appropriate sized grid.

**Drill:** One player has the ball (X) and dribbles around following the player without the ball (O) who can move anywhere within the given grid. When the coach yells “Lock on target” both players stop. The player without the ball spreads his/her legs to make a goal. The player with the ball then passes it through the goal. The two players then switch position and play again until the coach yells “Lock on target”. Keep repeating the process.

## Session #3: Games

### Ultimate Keep Away

Instead of a regular game with goals, the goal is to make a certain number of passes in order to get the score. If the team completes that many passes without the other team touching the ball, they get a point and the ball goes to the other team.

### Games

The object of this session is to allow the players to practice what they have learned today in a game-like situation. Divide the players into teams of four or five each. The teams should be divided by age first, with exception for skill. Try to make the teams as even as possible.

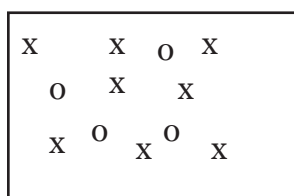


# Wednesday

## Session #1: Technical Session A: Trapping or Collecting the Ball

### **Warm-up Games: Freeze Tag or Soccer Baseball**

#### **1. Freeze Tag**



X = Players

O = Coaches

The players are placed in a small grid adjusted to the size and age of the players. The coaches each have a ball. On the head coach's signal they begin to dribble around the grid trying to pass the ball off the legs of the players. (Easy! You are not trying to hurt anyone.) As a player is struck he/she stands frozen with his/her hands on his/her head yelling for help. When an unfrozen player

tags a frozen player, the frozen player is set free.

**Variation:** The players and coaches switch roles, boys vs. girls.

#### **2. Bring it Down**

In a three yard by three yard square, have two players line up on the edge of the box. Throw up the ball into the middle of the square and have the kids try to control the ball. Whoever controls the ball gets a point. You can give points per team or to the kids.

#### **3. Soccer Croquet**

Have each player get a partner and one ball and spread out on the sideline. Set up the field by placing sets of cones about 2-4 feet apart (to create a goal) all over the playing area. When the coach blows the whistle, one player dribble the ball out and makes a pass through any goal to their teammate. The teammate then dribbles the ball to the next goal to make the pass through. The players can go through the goals in any order they want but they must pass to their teammate through every set of cones before returning to the sideline with their ball.

## Introduction

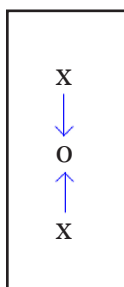
Every player must learn how to control the ball when it comes to them. They must learn to make the ball do what they want it to do and not let the ball dictate to them. Today we are going to work on trapping the ball with our instep, legs, and chest.

1. Collect the ball lightly.
2. Set up the next play.

Demonstrate trapping with the foot: side of the foot and sole of the foot. Set up a demonstration to look like the “Middle Man” drill.

### 1. The Middle Man

**Set-up:** The players are separated into groups of three. One player is placed in the middle and one on both sides of him about five yards away. The players on the sides each have a ball. **Drill:** The player facing the middle man passes a ball to his feet. The middle man collects the ball and passes it back. The middle man then turns around to face the other player and receives a pass from him/her. The



middle man collects the ball and passes it back. Repeat for one minute and then switch positions until each has been in the middle. Repeat two times.

X = Players with a ball  
O = Player in the middle

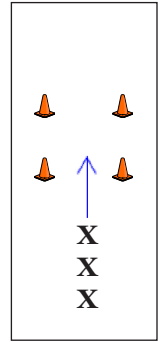
(X) toss a ball UNDERHAND to the middle man. Follow the same rotation as before.

Pull everyone back in and do the same type demonstration for chest trapping. Emphasize leaning back to cushion the ball's impact on the chest. Again stress the importance of getting control of the ball with your feet as the ball drops to the ground. Send the players back to their groups to work on the chest trap.

## 2. Trapped in a Box

**Set-up:** Make a 5' x 5' box with cones. Place a cone 3 yards from the box where the campers line up.

**Drill:** Campers run into the box one at a time. As they enter the box, the coach tosses a ball to them at the desired part of the body. The campers tries to trap the ball within the box. You can keep score or just have a coach do a push after each successful trap.



X Camper

O Coach

Cone/Box

## Session #1: Technical

## Session B: Throw-ins

### Introduction

Demonstrate for the kids the proper throw-in. There are two types of throw-ins: standing and step.

#### **Standing Throw-ins:**

1. Stand with both feet on the ground, shoulder-width apart.
2. Hands are placed equally on the ball.
3. The ball is placed behind the head.
4. Face the direction of the throw.
5. Throw the ball. Remember the power of the throw comes from the back.
6. Feet must stay in contact with the ground at all times throughout the throw.

#### **Step Throw-ins:**

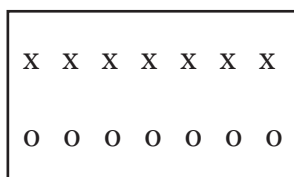
The six steps from standing throw-ins are the same except that the players takes a step to throw the ball. The key here is that back foot is dragged along the ground as the throw is being made.

## 1. Show me the Throw-in.

**Set-up:** The players line up opposite a partner about 5-10 feet apart.

**Drill:** Have them practice throw-ins by passing the ball back and forth. The receiving players should be using their different trapping techniques. Coaches should observe closely, give help and move on to the next pair.

## 2. Throw-in for Distance



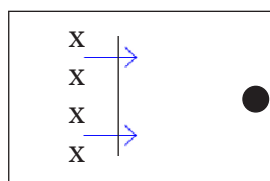
**Set-up:** Have each player stand behind a line or between two cones.

**Drill:** Have the campers take three throw-ins for distance. Mark their best throw. Find out who has the farthest throw-ins.

**Variation:** Do a competition between teams. Have the coaches compete against each other.

## 3. Ultimate Throw-in

This game is played like ultimate frisbee. Each team has an end zone and can only move the ball through the air by using the proper throw-in technique. If the ball hits the ground or an improper throw-in is made, the other team gets the ball. The opposing team can also intercept a throw-in pass. The goal is to get to the end zone to score a point.



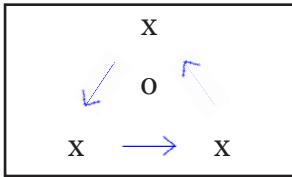
**Note:** The player making the throw-in can not be distracted.

## Session #2: Tactical Session 3 vs. 1

### Introduction

This session is a continuation of the 2 vs. 1 passing instruction of the previous day. Today, we move to 3 vs. 1. This is a more difficult concept to learn. It can be frustrating to the players, especially the ones who did not quite succeed at 2 vs. 1. Group the players in groups of three according to their skill level. The coach will closely control this session by being the defensive player. Be sure to emphasize positioning to the players so they can support the ball. (The players should not get caught standing behind the defender in line with the ball.)

### 1. Monkey in the Middle

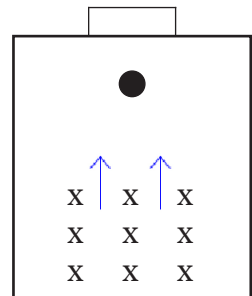


The players are grouped in fours with one ball. Place four cones to make an appropriate size field. Three players form a triangle around the “monkey” in the middle. The three attempt to pass the ball without letting the monkey touch the ball. If the monkey does touch the ball the last person to make the pass is now the monkey.

**Variations:** Make the triangle bigger or smaller depending on the skill level. Make the players play one or two touches.

### 2. 3 vs. 1 Take it to the Goal

The players are in lines of three facing a goal approximately 25-30 yards away. The coach is the lone defender. The ball starts with the middle player as the three attack the goal by using passing to beat the coach. The coach needs to play aggressive enough to stretch the players’ ability and still let them succeed.

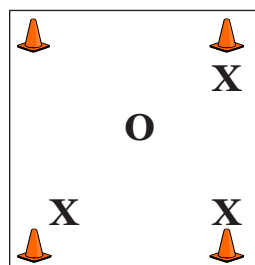


**Variations:** Make players use two touches or make set runs for the players to help them see how to run off the ball.

● = Coach    X = Players

### 3. Move to Space

Player (X) by the lower right cone starts with the ball. He/she has two options in which to pass the ball. (The two other players (X)) Both options are to the side. When the player passes the ball, the player who did not receive the pass runs to the open cone. This side pass - open cone procedure continues. The defender tries to steal the ball. When he/she makes a steal he/she switches positions with the last person to have touched the ball.



 Cones  
**X** Players  
**O** Defender

**Note:** Make sure the ball keeps moving.

### 4. Gaining advantage

Create two 12 x 12 grids with one common side. Split into 2 groups of 3 players (with pinnies). Place 3 of one color and 1 of the other color player in one grid and the remaining 2 players in the other grid. The single other color player in the red grid will start as defender.

Play a 3 v 1 in the first grid. The defender's objective is to gain possession and pass to a player on their team in the other grid. If this happens, that defender joins his team in the grid and the person who caused the turnover also joins the grid and becomes defender. In the new grid play 3 v 1 again. If the ball goes out of bounds you change possession and the person who caused the turnover joins the other grid and becomes defender.

## Session #3: Games

### Ultimate Trapping

This is not your normal soccer game as this game is played with your hands. The play should follow this order: 1) player throws to a teammate 2) the teammate (receiving player) must control the ball to the ground 3) the receiving player then picks up his trapped ball and throws to a teammate. Players are not able to run while holding the ball. The opposition should attempt to intercept the ball by controlling the ball out of the air, or picking up a poorly trapped ball from the other team. They need to give the receiving player about 2 yards. A goal can be scored at anytime from anywhere within the grid as long as the shot is taken from controlling the ball to the ground.

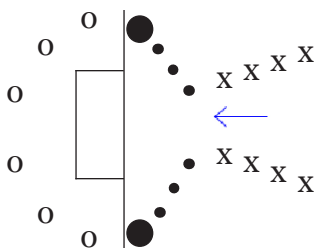
# Thursday

## Session #1: Technical Session A: Shooting

### Introduction

In shooting the things to emphasize are:

1. Take a slight angle approach to the ball.
2. Make contact with the ball on the shoelace part of the foot.
3. Your toes should be pointed down and at the goal when finished.
4. The non-kicking foot is placed beside the ball.
5. Your body should lean forward at contact.
6. You should land on your kicking foot after the shot is made.
7. Shoot for the far post instead of the near post when approaching the goal from an angle.



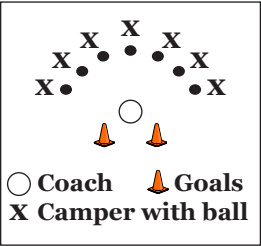
- = The coach with many soccer balls  
X = Shooting players  
O = Waiting players

### 1. Shoot Lights Out

Make sure the teams are divided into four groups. Keep the teams small for more shots. Have two of the teams shooting and two of the teams retrieving soccer balls. Two coaches have a good supply of balls and alternately roll them out one at a time for a shot on goal. The players switch lines and repeat. After a couple rounds have the shooters and retrievers switch. Be sure to get in lots of repetitions.

**Variations:** Right foot, left foot, bouncing ball, one touch, two touch.

## 2. Rapid Fire

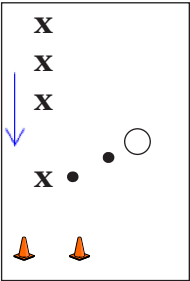


The campers are formed up in a semicircle. Each has a ball. The coach is in goal. At the coach's signal the first player makes a shot on goal. As soon as the goalie touches the ball or it goes past the goal line, the next player shoots. When all campers have had a shot on goal, retrieve the balls.

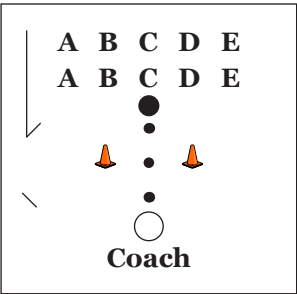
**Variation:** Alternate campers into the goal.

## 3. Trap and Shoot

The campers one at a time run toward the goal. At the coach's command the camper turns and faces the coach and receives a pass. The player collects the ball, turns, and shoots on goal.



## 4. World Cup



The campers are paired up. Each pair chooses a country name. The coach throws a ball into the center of the group. Each pair is playing against all the other pairs. They play until one of the pairs scores a goal. That pair sits out. Play again until only one pair remains. They are eliminated. Bring the other teams back and play again. When there are only two teams remaining, they play for the championship.



# Introduction

## Three keys of good defense:

- ## 1. Mirror the Coach

A diagram of a 2D hexagonal lattice with 10 sites. The top site is empty, and the other 9 sites are occupied by X particles.

**Variation:** Let one of the campers dribble.

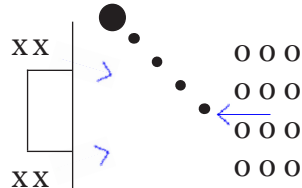
## 2. Give Me Some Room



 **Goal**  
**X1** **Offense**  
**X2** **Defense**

### 3. Two Against the World

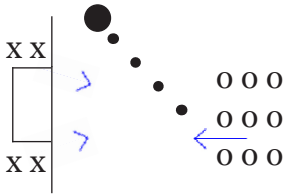
Set up four lines of players lined up to attack the goal and two sets of defenders at the goal line. Once the ball is put in play by the coach the two defenders come out from the goal line and play against the four players on offense. Help the players see how to split the defenders and pass into open space.



- = The coach with a ball
- X = Defenders
- O = Players

**Variations:** Younger players use three touches, older kids two touch, defenders cannot come out until one pass has been made.

### 4. Tres v Dos

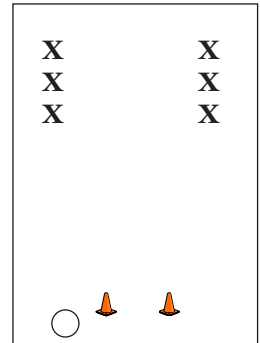


- = The coach with a ball
- X = Defenders
- O = Players

Set the drill up the same as above. Limit the offense by having only three offensive lines. Continue to work on defensive positioning. The offense should work at finding the open player. Two cannot defend three. Remember, someone is always open!

### 5. Offense First

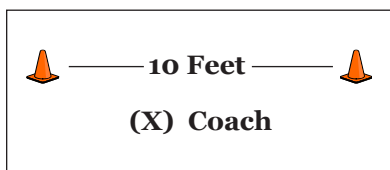
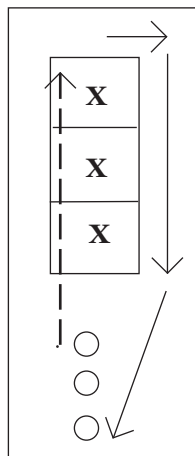
The campers are in two lines facing the goal. The coach passes the ball to the middle of the playing area. The first two players run to the ball. The first player to put his foot on the ball is on offense. The second camper then takes a defensive position three yards back. It is now 1 vs. 1 to the goal.



- Coach
- 🚩 Goal
- X Players

## 6. Box Defense

Set up a defender in each of three boxes. The first player in line has a ball and tries to dribble past the defenders in each box without the ball going out of the sides of the box or being taken away by the defender. If the player with the ball makes it past all three, he returns to the end of the line and the next player goes. As soon as a player with the ball is defeated by the defender, he takes the place of the defender in the first box and everyone rotates back with the defender in the third box going to the end of the line.



## 7. Sidewinder

Place two cones ten feet apart. On the coach's signal, players move laterally to touch one marker and then move in the opposite direction

to touch the other marker. To make it competitive, count the number of times each player touches both cones in a set amount of time.

## Session #3: Games

### Triangle Goal

Set up a triangle in the middle of the playing area. Put a coach in the middle as goalkeeper and then let both teams know they are trying to score on the triangle. Tell them to work on the passing so that the goalkeeper can not get the ball. The last person to touch the ball gets the goal. If the goalkeeper gets the ball he throws it into an unoccupied area.

The object of this session is to allow the players to practice what they have learned today in a game-like situation. Divide the players into teams of four or five each. The teams should be divided by age first, with exception for skill. Try to make the teams as even as possible.

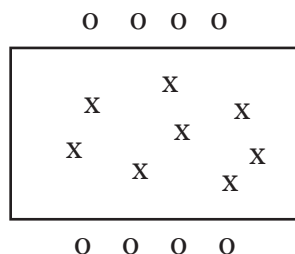
# Friday

## Session #1: Technical Session Goal Keeping and Review

**Warm-up Games** - Many games have been provided to allow for a fun day while still working on skill development.

### 1. Chickens and Wolves

The campers are divided into two teams, chickens and wolves. Chickens each have a ball inside the grid. The wolves are outside the grid waiting to get in and steal the “eggs” of the chickens and kick them out of the grid. If a chicken loses the ball, he/she becomes a wolf. The last chicken left with a ball wins!



O = Wolves X = Chickens

**Variations:** The coaches are the wolves, send in the wolves one at a time.

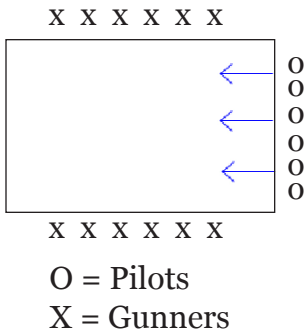
### 2. Soccer Marbles

Played in pairs. Each player has a ball. The first player pushes the ball out about five to ten yards. When the ball stops the second player tries to hit the ball with a pass from his/her ball. If they hit the first ball they get a point. Wherever the ball stops after striking or missing the first ball is where Player 1 now tries to pass his/her ball to strike Player 2's ball. The first player to five wins. Repeat with the other player starting.

### 3. Soccer Golf

Divide the players into groups of four (foursomes). Each player has a ball. The players pick out a target (garbage can, tree, fence post, etc). Each player kicks their ball toward the target. The player who takes the least amount of kicks to hit the target object wins.

## 4. Pilots and Gunners



The players are divided into two teams. The gunners are stationed on the two sides of the grid, each has a ball. The pilots are stationed on the end line and will try to “fly to survive” between the gunners. On the coach’s signal, the pilots run between the gunners who kick the balls trying to hit the pilots below the waist. When a pilot is hit he becomes a gunner. The last pilot wins. Start again switching the pilots and gunners. **Remind the players that the**

**object is not to injure the pilots.**

**Variations:** The pilots are coaches and players gunners, players are pilots and coaches gunners.

## **Session #1: Technical Session A:** **Heading**

### **Introduction**

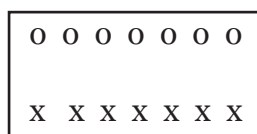
Just touch on the proper technique of heading and run one short game, then move on to goal keeping. In heading you want to emphasize:

1. The place on the forehead which strikes the ball (where the hairline starts).
2. Keeping the eyes open during contact with the ball.
3. Keeping the mouth shut during contact.
4. Done with a stiff neck and the chin tucked.
5. The power on this technique comes from the back.

For the younger children you will need to start very basic by holding the ball and touching it to their head in the proper position. Hold the ball and let them head against the ball while it is in your hands. Older players can be challenged a little more with pressure and competition while heading.

## 1. Toss to my Head

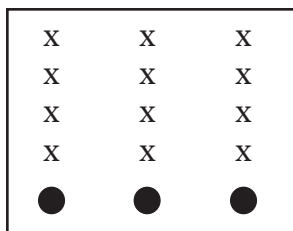
The players are divided into pairs with one ball. Each player takes turns tossing the ball UNDERHAND to their partner who heads it back. Each take five turns then switch. Repeat a few times. The coach should walk behind the lines giving instruction and encouragement.



O = Players with a ball  
X = Players

**Variation:** Divide into groups of three and have one player toss and the second player head the ball to the third player.

## 2. Throw - Head - Duck



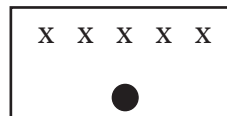
X = Players

● = A coach with a ball

The players line up in teams in relay style. The coach has a ball and tosses it to the first player in line who heads it back to the coach and ducks down. The coach now tosses the ball to the next in line who heads it back and ducks. After each player has headed the ball back to the coach the whole team stands up and the last player in line runs to the front of the line. Start the game over again.

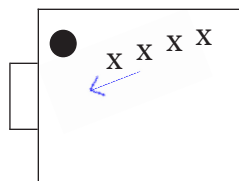
## 3. Do the Opposite

The players line up shoulder to shoulder facing the coach who has a ball. The coach tosses the ball to the first player and says either “Head” or “Catch”. The player must do the opposite of what the coach says to stay in the game. If a player makes a mistake, he/she must sit down. Keep moving down the line. Do a lot of practice before you actually start eliminating players to find the champion.



## 4. Look Mom I'm a Bird

The older players can attempt a diving header at the goal. It is important to show them the correct technique for landing or catching themselves as they dive for the ball. The coach should toss the ball gently in front of the onrushing player.



● = A coach with a ball

X = Players

## **Session #1: Technical Session B:** **Goal Keeping**

### **Introduction**

Every player may have to play goalie at some time. Every player should have some knowledge of the basic skill needed to play in goal. Emphasize these points about catching the ball to the younger players:

1. Low ball with hands turned down.
2. High balls with hands turned up.
3. The "W" formed by the fingers when catching high balls.
4. Feet together when picking up the ball.

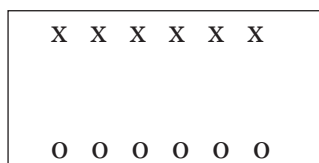
For the older players review the above and talk about positioning and cutting down the angle of the shooter.

### **1. Dead Cockroach**

The players lay on their backs like a dead cockroach. When the coach gives the signal the dead cockroaches jump to their feet and assume the correct goalie positions the coach throws a ball at them. The older the campers are, the quicker the ball is thrown after the signal. **Note:** This is played as a short game.

## 2. Catch and Show

The players pair up and line up opposite each other. They each take turns throwing the ball to their partner at different heights and on the ground. This allows the player to begin to use the goalie skills taught during the introduction.

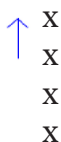
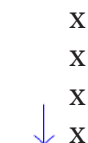



X = Players

O = Players

## 3. Hot Seat

The goalie is positioned between two cones. Shooting lines are formed on either side of the goal. The goalie receives shots alternating from side to side. The goalie takes ten shots then another player takes a turn in goal.

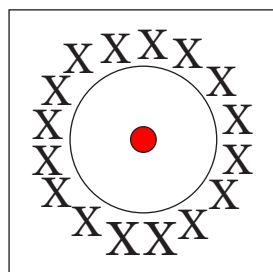


 = Cones

X = Players

## 4. Protect the Meg

The campers are formed in a circle with their feet touching the person next to them. The ball is batted around by hand. If the ball goes through a player's legs they are out. As players are eliminated the circle gets smaller.



X - Players

● - Ball

**Variation:** Use more than one ball.



## **Session #2: Tactical Session:** **4 vs. 4 or 5 vs. 5**

### **Introduction**

The key to any successful practice and game preparation is small sided games. As the lead coach in this session, have the teams play small sided games in limited size areas.

### **Restrictions:**

All of the following restrictions are placed at the coach's discretion on a game inside of a grid. The game can be set up as defense vs. offense, regulation goals with even teams, small goals, more than two goals, no goals (keep away), coaches playing.

1. Play two or three touches.
2. The ball must be played to the coach to get a point.
3. One team gets three touches, the other unlimited.
4. Play keep away - five or more passes in a row by one team without the other touching the ball gets a point. Five points wins.
5. A wall pass or give and go is worth three points.
6. A player must beat another player on the dribble in order to pass.
7. Use four goals - each team defends two and scores on two.
8. One team gets a small goal, the other a regulation goal.
9. Restrict some players to certain areas of the grid and let others roam.
10. The coach gives extra points for good running off the ball.

## **Session #3: Games**

During this session the past four days we have been playing games. You can again use this time for games. One of the things that has been popular during this final session on the last day is to have a game with the coaches, counselors and helpers vs. all the campers at one time. Use good judgement on the size and ability differences of the campers, as well as the maturity level of the counselors and helpers.





