



U11-U14 ACADEMY JUNIORS DIVISION SUMMARY

The soccer emphasis for age groups U11-U14 is repetition of technique with an introduction into basic tactics. Players should be excited to come and train everyday with an environment that is well suited for this. It is crucial for our players to become comfortable with the ball at and more importantly even before these age groups. The ball should be a player's best friend. The more players have time with the ball the more comfortable players will become by gaining more coordination and rhythm. Hard work is a characteristic that we will foster, letting players know that nothing is mandatory and selling players that they are at training because they want to be. When players are at training they are there to give 100% and consistently training like they are in a game.

When planning your sessions a few things must be considered. Make sure that all of the players are included, the less lines the better. Players enjoy more doing and less explaining from the coach. Become creative with your space, access of goals, and numbers of players; adjust the session to fit your players/team. Coaching over the play is crucial. Stop the play only occasionally to show examples of how different situations could be improved. Excitement in the coach's voice, with inflection, and a positive undertone is very important. This gives players energy and creates an atmosphere that players look forward to and want to excel in.

Within these age groups we are asking players to become more in charge of themselves. Each player should provide a ball (U11 and U12 a size 4, U13 size 5) properly inflated to each session. If they are running late we ask that they "hustle" when they arrive at the field to get to the training session. We start asking players to communicate with each other on the field so they will get the most out of each other. When the game gets tough, and the play is not going our way we point out to players that this is the crucial time to come together and figure out ways to turn around the situation.

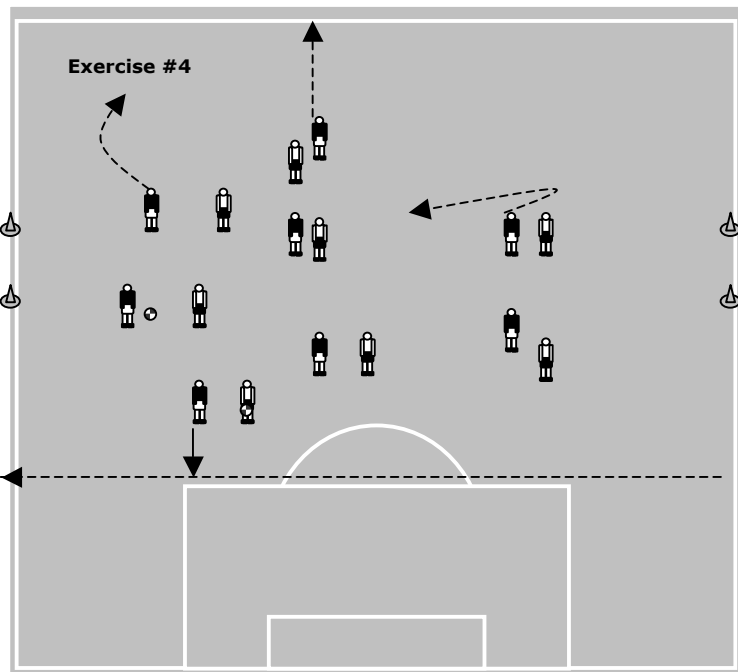
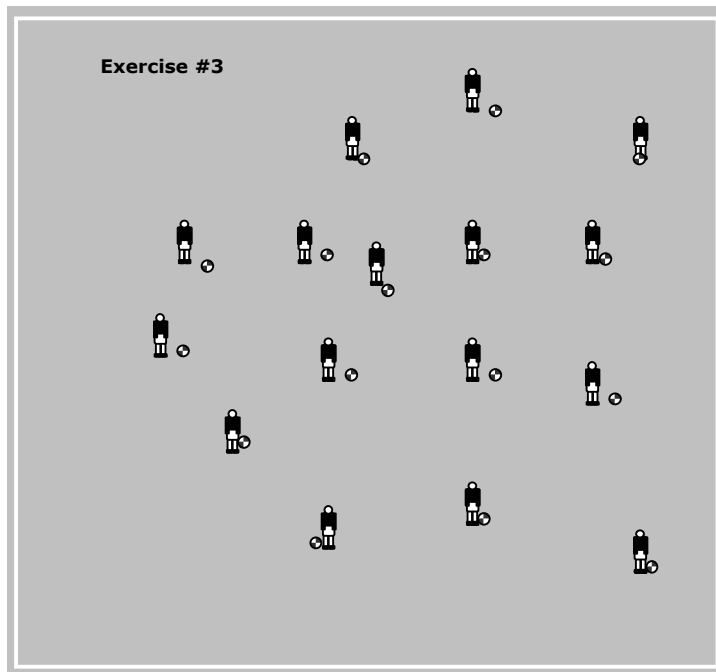
We are trying to teach our players to play the game rather than just randomly kicking the ball. Players should want the ball all of the time, not giving it away so easily. Dribbling should be encouraged; creativity on the ball should be promoted. Everything players do should be with a purpose; a common phrase used is "keep it" or "look to connect." Coaches should give emphasis on the techniques of passing and receiving, reinforcing good habits by repetition and adding pressure in different ways. This will help our players keep possession of the ball. This way of playing is key to player development, which at this age may not always result in winning.





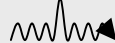


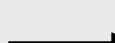





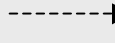
This folder will help you in organizing a training session but you get the fun part of motivating and exciting your players to enjoy the game of soccer. Stay positive throughout the session and remember for every coaching point made ("make sure your ankle is locked when you pass"), you need to make four (4) positive comments ("awesome", "great job") Good luck and have fun!

Below you will find the U11-U14 NM Rush Soccer Club Academy Juniors Coaching Manual designed by the NM Rush Soccer Club, Technical Director.

U11 BALL CONTROL SESSION (INDIVIDUAL SKILLS)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Individual Skills	U11	Youth	U11A
Exercise #1	Organization	Coaching Points		
Juggling U11: Challenge players by giving instructions on which body parts to use. Feet only, thigh/foot, high/low, below equator around the world. Have them try to beat their record. (see pg. 23; doc. 310 96) Time: 15 min.		Players should not use hands to start juggling or catch ball. Make sure players' ankle is locked and toe is pointed. Stay positive throughout the session. 4:1 on positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Footwork 23,24,25,26,27: 1 ball for each player in 40x20 yard grid: (see pg. 22; doc. 310 95) Inside outside, step over, drag, pirouette, Cruyff. Time: 15 min.		Players should have clean touches on ball. Knees should be bent. Player should be on toes. 100% effort for 30 seconds, then rest.		
Exercise #3	Organization	Coaching Points		
Self Throws: Player tosses ball to self and controls with various parts of the body. As player feels more comfortable, tosses (sometimes punt) should be higher. Control with laces, inside/outside/sole of foot, thighs, and chest. Time: 15 min.		Player should let ball come down to foot, not bring foot too high. When trapping with inside/outside/sole, player should wedge ball between foot and ground. Relax upper body looking fluid in movement. Player should accelerate 5-10 yards after controlling ball. Find positives moments to comment on.		
Exercise #4	Organization	Coaching Points		
8v8 Small Goal Game: Time: 45 min.		Let players play as much as possible. Coaching points should be minimal. Emphasis on players' first touch and ball control. Encourage players to take players on. Experiment with different sizes of field size (using tighter spaces). Become a fan of the game and have fun with this.		

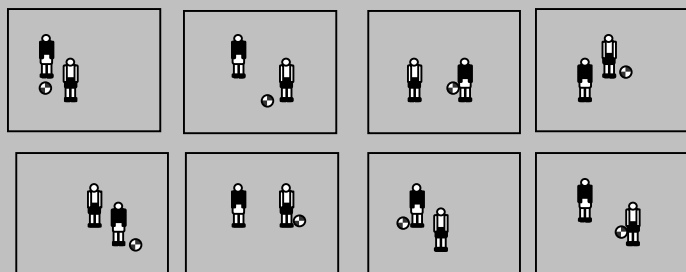


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

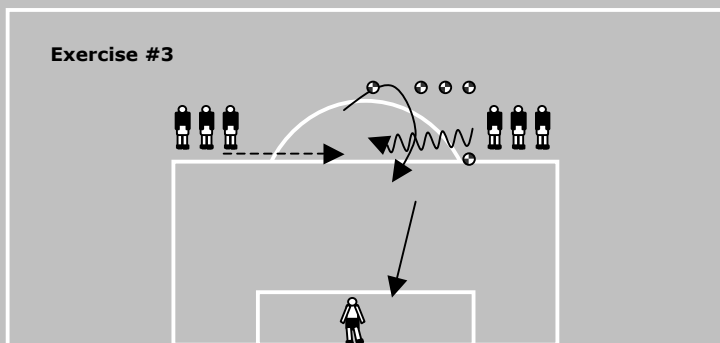
U11 DRIBBLING SESSION (SHIELDING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Shielding	U11	Youth	U11B
Exercise #1	Organization	Coaching Points		
Footwork 23,24,25,26,27: Each player has a ball working on various moves: Inside outside, Step over, Drag, Pirouette, Cryuff. (see pg. 22; doc. 310 96) <i>Time: 15 min.</i>		The focus of this exercise is on change of speed and direction. Dribbling should be done going from slow to fast. Look for high intensity in short periods of time. Players should have time to stretch during this exercise. Stay 4:1 on the positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Shielding: 1v1 in 10x10 yard grid. Emphasize shielding. Each game should last no more than 30 seconds. <i>Time: 15 min.</i>		Keep body over the ball and maintain possession by keeping your body between the ball and the opponent. Good use of your arms is important in keeping the ball. Do not allow the players to "avoid", encourage them to shield.		
Exercise #3	Organization	Coaching Points		
Take Over; Fake Take Over; 2v1: A) Take over with a shot. Two lines facing each other at the top of the box, one line with balls. Players A dribbles toward B, B meets A, and performs a take over and proceeds with a shot on goal. B) Fake take over with a shot. C) Add a defender. <i>Time: 20 min.</i>		A) Player A dribbles the ball with the foot furthest from goal (right foot). Player B takes ball off the foot of A with the same foot as the attacker is dribbling with (right foot). B shoots on goal. A follows the shot. B) Player A keeps the ball and shoots. (Fake take over) C) Let the players choose to do take over or not.		
Exercise #4	Organization	Coaching Points		
4v4 Small Goals: Play 4v4 in a 30x20 yard grid. Play 5 minute games and rotate teams. <i>Time: 40 min.</i>		Allow the players to have some fun by encouraging freedom in their play. Coach over the game while looking for tackling and shielding opportunities.		

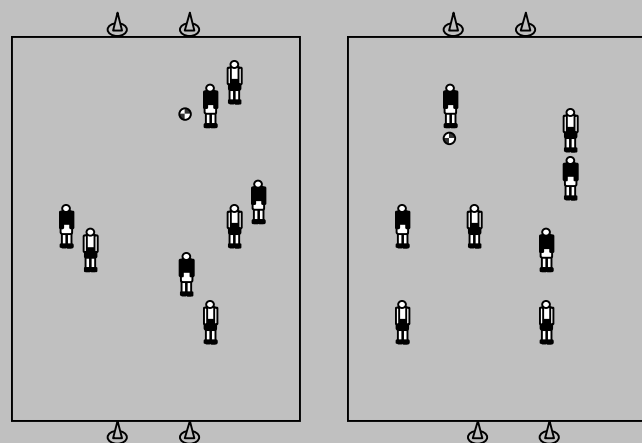
Exercise #2



Exercise #3



Exercise #4



Light

Dark

Player making decision

Goalkeeper

Grid



Dribbling

Dribbling with feint

Ball movement

Run

Cross



Priority number

Nike ball

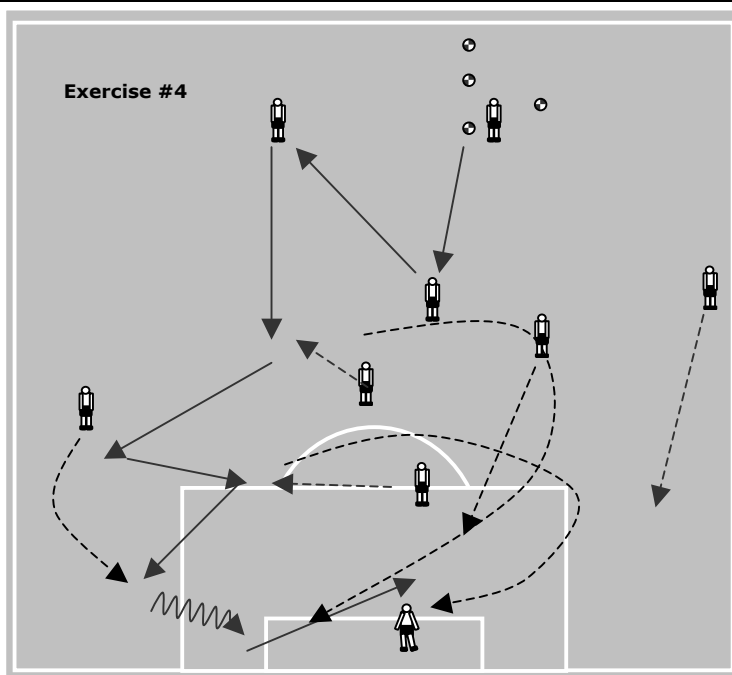
Cone


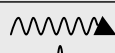





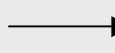


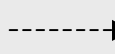

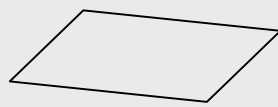

Flag



U11 RECEIVING SESSION (RECEIVING GROUND BALLS)

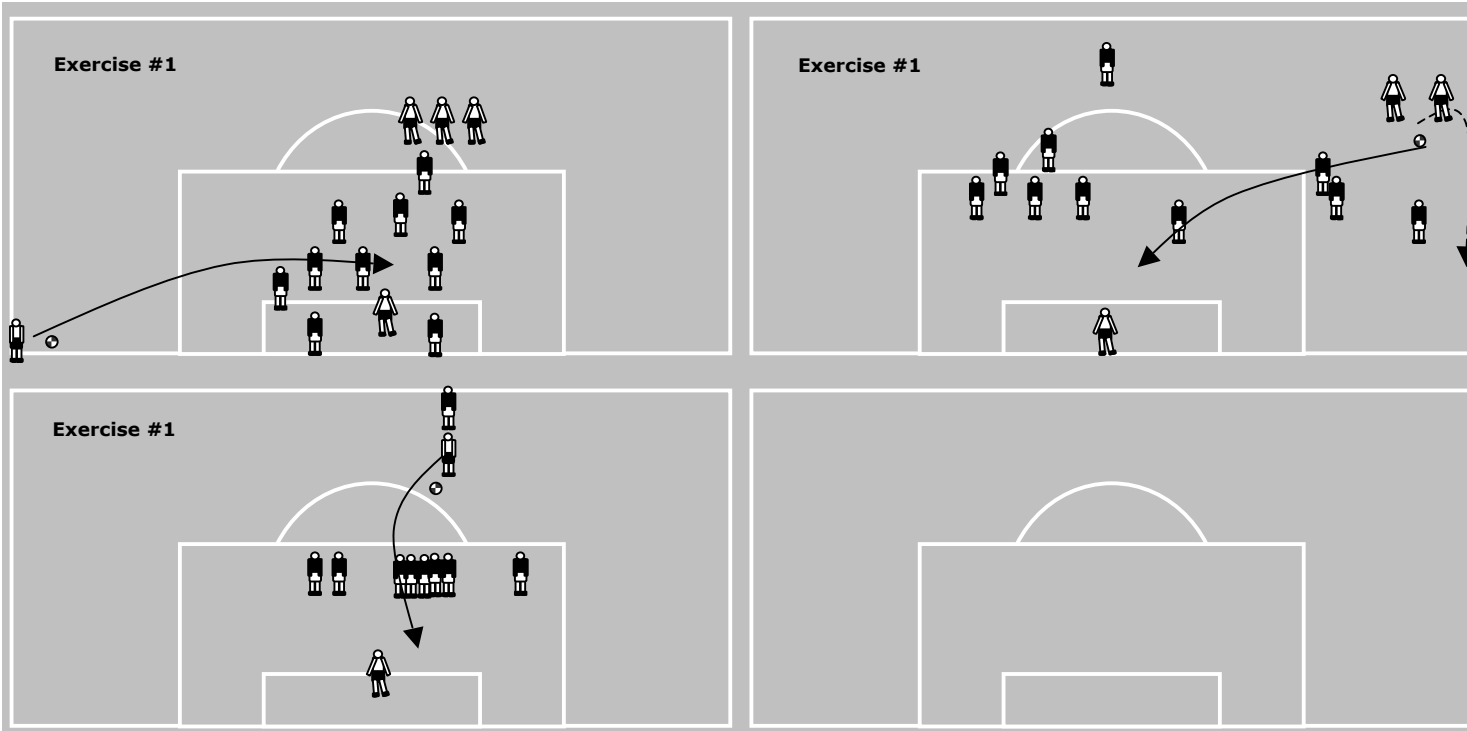
CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Receiving Ground Balls	U11	Youth	U11E
Exercise #1	Organization	Coaching Points		
4v2, 2-touch: 10x10 yard grid. Make a few grids to include all players including GK's. 4 attackers play keep away from 2 defenders. <i>Time: 10 min.</i>		First touch moves ball away from pressure. Let the pressure dictate where the ball is played. Encourage players off the ball to move for support. Ask players to become more deceptive in their pass. Find positive comments.		
Exercise #2	Organization	Coaching Points		
In 3's Short, Short, Long: 1-touch and 2-touch. 2 players are close to each other while the 3 rd player is 15-20 yards away. The 2 play short, short, and then a long pass, the player who plays long, supports the 3 rd and repeat. <i>Time: 10 min.</i>		Encourage the pace of the pass to be appropriate, accuracy-play to correct foot, ask players to use the inside and outside of foot. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #3	Organization	Coaching Points		
8v8 Hockey Style 2-touch: Can play behind the goals, only score through the face. (see pg. 44; doc. 310 211) <i>Time: 50 min.</i>		Coach through the run of play, emphasize first touch away from pressure. Allow players to have some fun. This is where the Ronaldinho's are made. Encourage creativity, etc. Become a fan!		
Exercise #4	Organization	Coaching Points		
11v0 Patterns 2-touch: See an example of a pattern below. Add 11v4 for the next progression. <i>Time: 20 min.</i>		Play the ball like they are in a game, at game speed. Ask players to perfect their technique within the patterns. Players should start to understand the timing of runs (every position).		








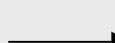





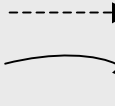


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Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 DEFENDING SESSION (SET PIECES)

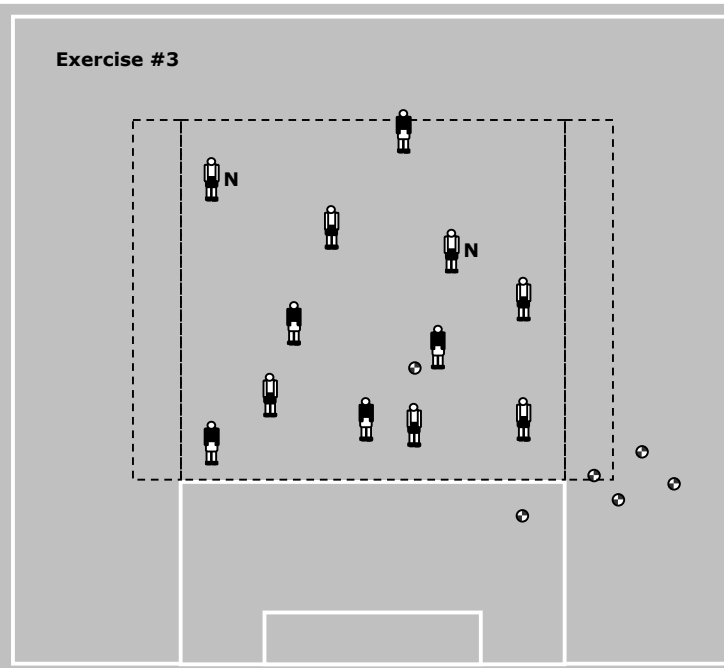
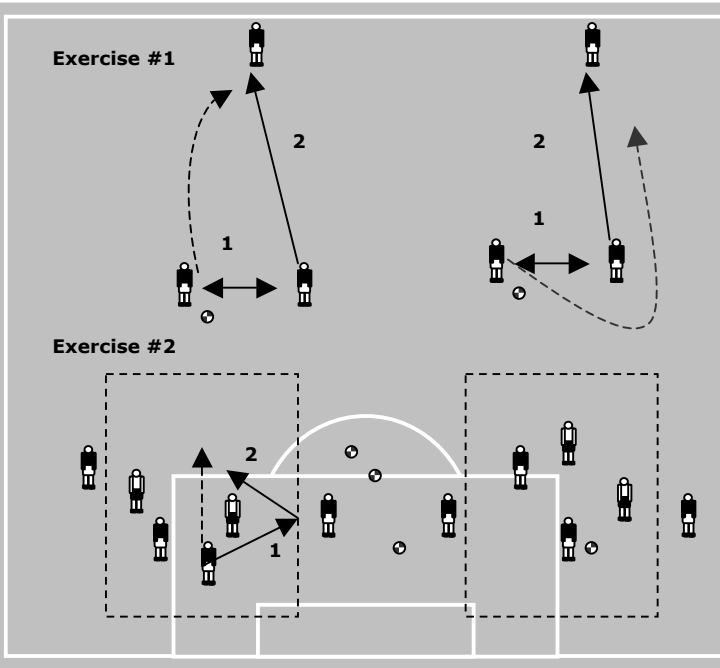
CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Set Pieces	U11	Youth	U11I
Exercise #1	Organization	Coaching Points		
11v4 Walk Through: Free kicks, penalty kicks, short and long corner kicks, and throw-ins should all be covered. Four attackers should go through various set plays while eleven defend against. Please refer to set pieces in technical manual for specific set pieces. <i>Time: 15 min.</i>		Player nearest ball should stand in front to delay and allow team to get organized. All players should know their specific roles as well as the roles of players around them. When marking players in box, players should be very tight, obstructing the run of the attacking player. (see doc 305 64 prelude) for more on defensive set pieces.		
Exercise #2	Organization	Coaching Points		
11v11 w/ Stoppages: Full field 11v11. Coach should make phantom calls and award as many set pieces as possible against the defending team. <i>Time: 25 min.</i>		GK should call out how many players he/she wants in wall. Designated player to set up defensive wall, standing directly behind ball and near post. Line 1 st player's inside shoulder with ball and post.		
Exercise #3	Organization	Coaching Points		
11v11 Coach on Field. Full field 11v11. Coach is on the field helping players organize and making sure players are in the correct position. <i>Time 25 min.</i>		Players need to know their roles. Help each other to organize quickly. Wall should not give 10 yards unless instructed by referee. Wall move forward as unit and be as big as possible without breaking apart.		
Exercise #4	Organization	Coaching Points		
11v11 Coach off Field: Full field 11v11. Normal game with emphasis on defensive set pieces. Coaches should not be on the field. They should be coaching during the run of play. <i>Time: 25 min.</i>		Delay restarts as much as possible to allow team to organize. Restarts can be the difference between winning and losing. Set pieces may change depending on the score of the game. (see doc 305 64 prelude) for more on defensive set pieces.		








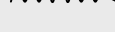




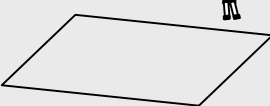
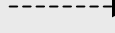


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Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 PASSING SESSION (3 PLAYER COMBINATIONS)

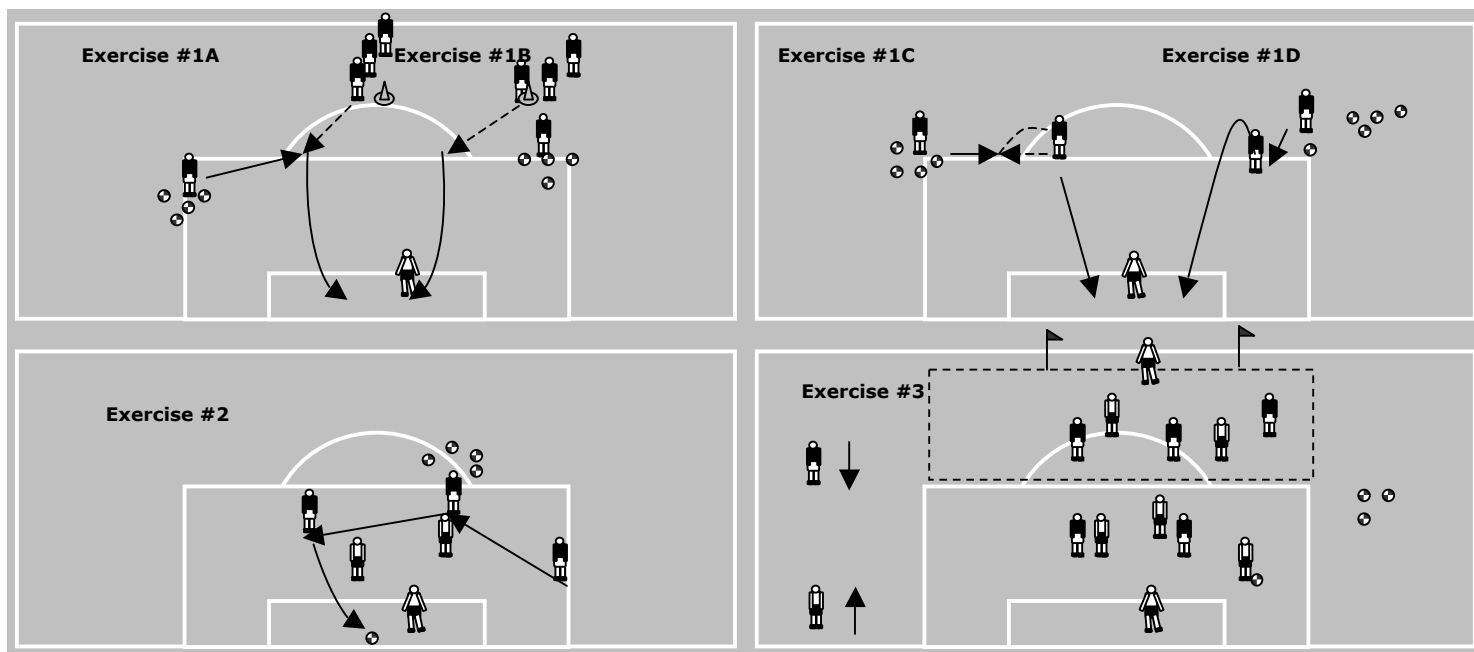
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	3 Player Combinations	U11	Youth	U11D
Exercise #1 Organization		Coaching Points		
3 Player Combinations: Groups of 3 players with 1 ball, introduce combination play using half of the field. 1) Short passing, check long ball with 2 players on one side, after ball is played, 1 player goes to join the other. 2) Overlap 3) Wall pass 4) 3 rd man run. <i>Time: 15 min.</i>		Technique of pass should be sharp with the toe flexed up. Make sure the pace of the pass in regards to the runner is correct. Introduce verbal and non verbal communication between players on and off the ball. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2 Organization		Coaching Points		
2v2 w/ Bumpers: 2v2 in 20x15 yard grid with 2 supporting players on the side. The supporting players have one touch. Players in possession are now 4v2. <i>Time: 15 min.</i>		Emphasis on the wall pass and change of pace after the initial pass. Player receiving ball must be ready to play ball one touch, and into the runners path. Focus on the technique of both players.		
Exercise #3 Organization		Coaching Points		
5v5 + 2 Neutral (N): 40x50 yard grid with 3 yard zone. Players must play it in zone (by dribbling or passing) then must connect one more pass with teammates outside of the zone to count as a point. <i>Time: 15 min.</i>		Movement of players off ball. Finding cues from defenders to initiate combination play. Emphasis on the wall pass.		
Exercise #4 Organization		Coaching Points		
7v0 Pattern Play: Set up players in a 2-3-2 formation. Create pattern play for 7 players, showing wall pass, overlap, and third man runs – repetition. <i>Time: 10 min.</i>		Coach over the game, focus on combinations. Allow players to have some fun. Be very positive by finding good things in their play. Become a fan!		
7v7 w/ GK's: After repetition of ball movement, move into a 8v8 game. (see pg. 32: doc. 310 151) <i>Time: 35 min.</i>				








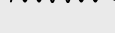





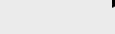


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Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U11 FINISHING SESSION (1 TOUCH)

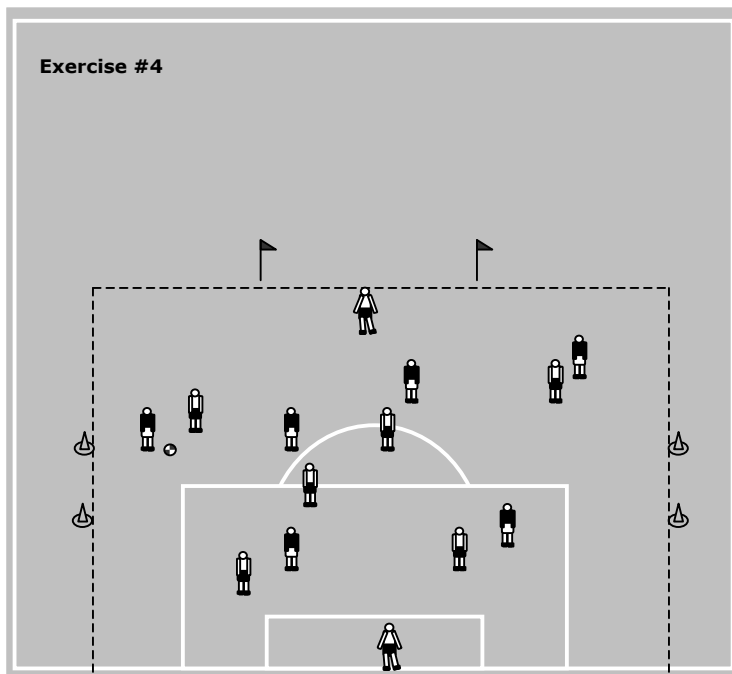
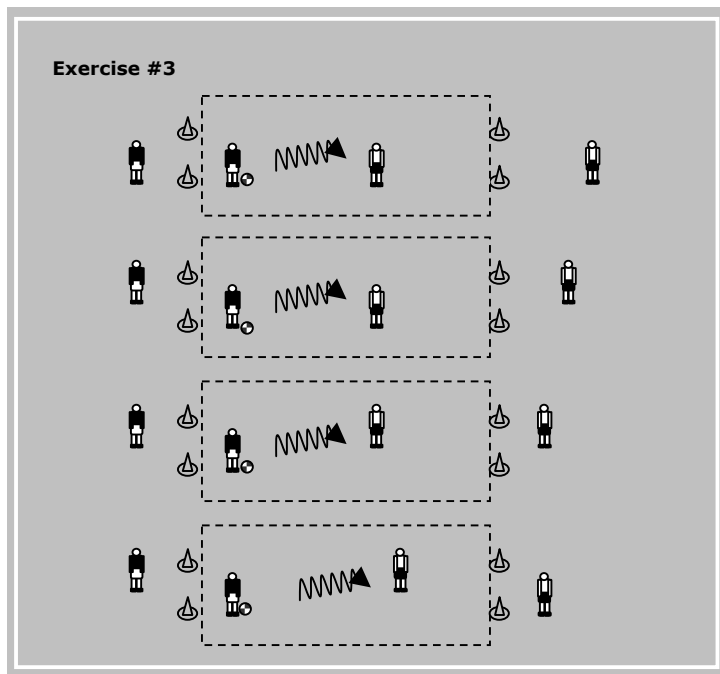
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	1 Touch	U11	Youth	U11C
Exercise #1	Organization	Coaching Points		
Different Types of Shots: 1 touch, A) Near foot, near and far post, 1 touch. B) Cross over, two touch, farthest foot – with laces, from 18 yards out, both feet, receiving from a player 5 yards away. C) Through legs from player 5 yards away, one touch. D) Turn and shoot. <i>Time: 20 min.</i>		Ankle should be locked and toe pointed down when striking with laces. Toe up and ankle locked when using inside of foot. Close range, use inside of foot and shoot into corners. 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
3v2 in the Box: Unlimited touch: 3 attackers and 2 defenders. 3 teams. Attackers try to score in big goal. Defenders don't let attackers score. Balls on outside of penalty box. When goal is scored or ball leaves box, new ball is played in. Switch team every 1 min. <i>Time: 15 min.</i>		Take as many shots as possible. Shoot or set your teammate up for a shot. Inside the the box you should be looking to score. Find good moments in the game to comment on. Encourage players to have fun with this.		
Exercise #3	Organization	Coaching Points		
3v2/2v3 Box on Box: Big goals with GK's: Teams of 5, 2 attackers and 3 defenders. Cannot cross midfield. Must stay on your side. 1 minute games. <i>Time: 20 min.</i>		Encourage as many shots as possible. Combination and activity of two forwards. Good service into forwards from defenders.		
Exercise #4	Organization	Coaching Points		
5v5 w/ GK's; Box on Box: (variety of finishing) 5v5 with one team resting. Keep games short 2-3 minutes as this should be explosive. No restrictions. Winner stays on. <i>Time: 35 min.</i>		Encourage lots of shots from anywhere on field. Shoot or set teammate up for shot. Become a fan of the game, create excitement for the players by being excited about their finishing. Vary your coaching points but mostly allow freedom. Do NOT Interfere in this exercise.		





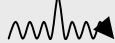





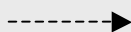


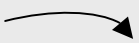


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Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U12 BALL CONTROL SESSION (INDIVIDUAL SKILLS)

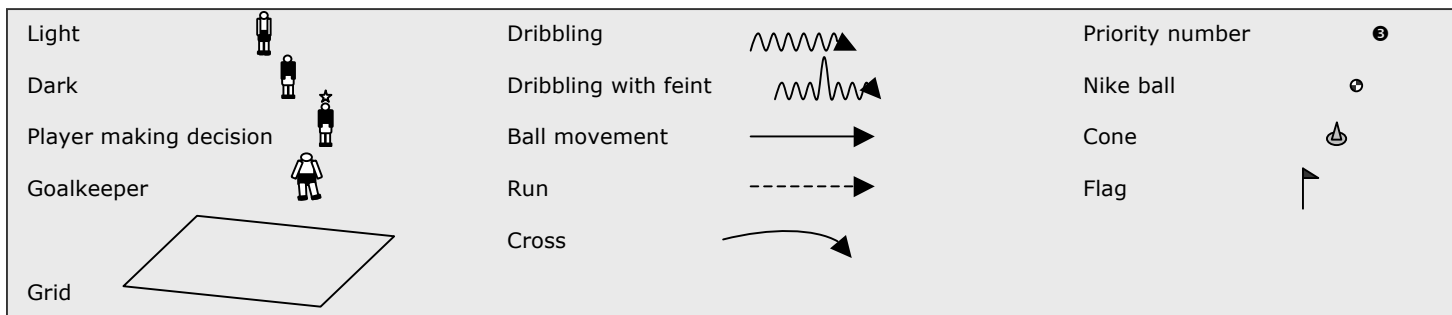
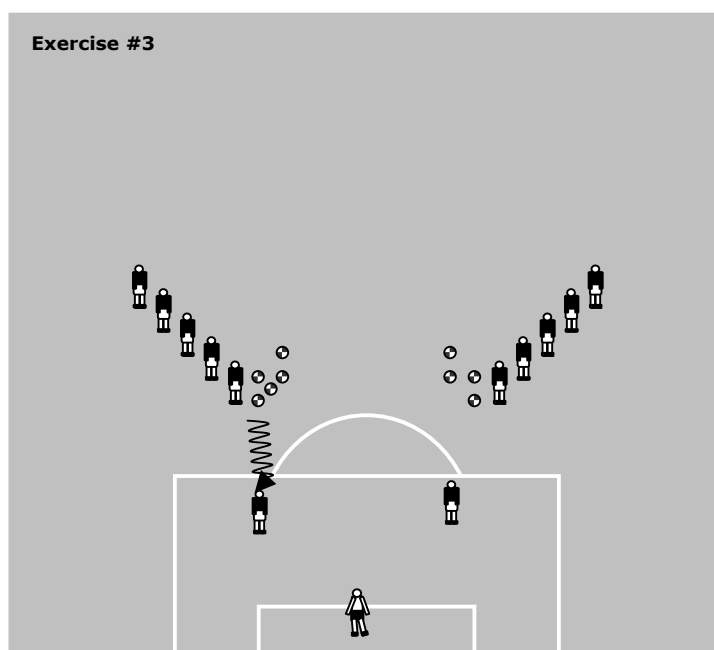
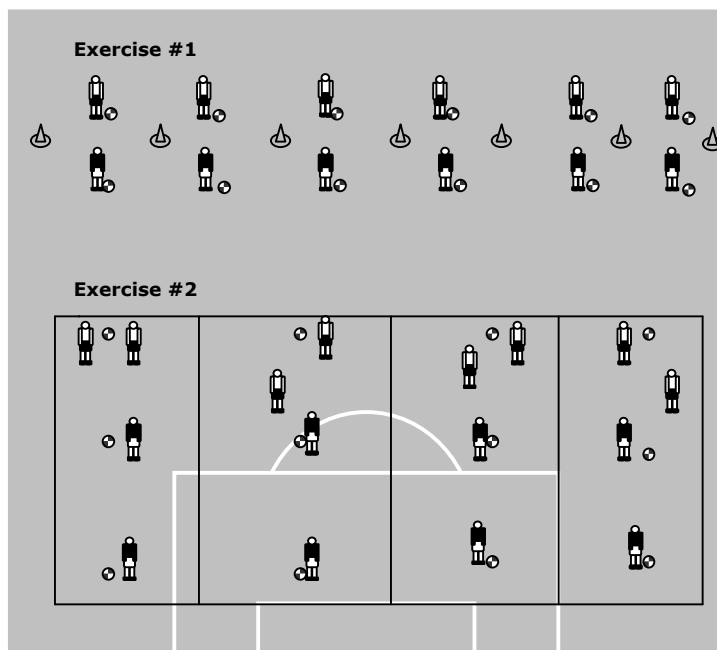
CATEGORY	TOPIC	AGE	DIVISION	CODE
Ball Control	Individual Skills	U12	Youth	U12A
Exercise #1	Organization	Coaching Points		
Juggling U12: Challenge players by instructing them on which body parts to use. Feet only, head only, around the world, alternating foot/thigh, high ball every third touch, etc... (see pg. 23; doc. 310 96) <i>Time: 10 min.</i>		Players should not be using hands to catch ball or start juggling. When juggling with laces, ankle should be locked and toe pointed. 4:1 on the positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Footwork 28, 29, 30, 31, 32, 33: Sole turn, sole opposite turn, fake kick, foundation 3, foundation 4, sole only. (see pg. 21; doc. 310 95) <i>Time: 10 min.</i>		Player should keep head up, clean touches on the ball, knees bent for balance, work as hard as you can for 30 or less seconds at a time, increase effort as you progress, light on toes. Make sure positive comments are made.		
Exercise #3	Organization	Coaching Points		
1v1 Small Goals: Four 20x15 yard grids. Play begins with attacker dribbling ball from his/her goal and defender stepping out from his/her goal. The player in the grid may switch with his/her partner two ways: by passing or tagging hands. Two minute games then switch attack and defense. <i>Time: 15 min.</i>		Attacker should change speed and direction to get by defender. Should not worry about losing ball. No consequence if player does lose ball. The attacker should carry ball like they are "carrying a football" trying to avoid even being touched by defender. They do this by doing the move early, avoid getting too close to the defender so they cannot even have a chance to tackle or poke the ball away.		
Exercise #4	Organization	Coaching Points		
2 Big Goals, 2 Small Goals: <i>Time: 55 min.</i>		Encourage attackers to take defenders on. Set up this exercise so that the field is wider than it is long. Have some fun with this game, let the players experiment and encourage creativity.		



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Goalkeeper		Run		Flag	
Grid		Cross			

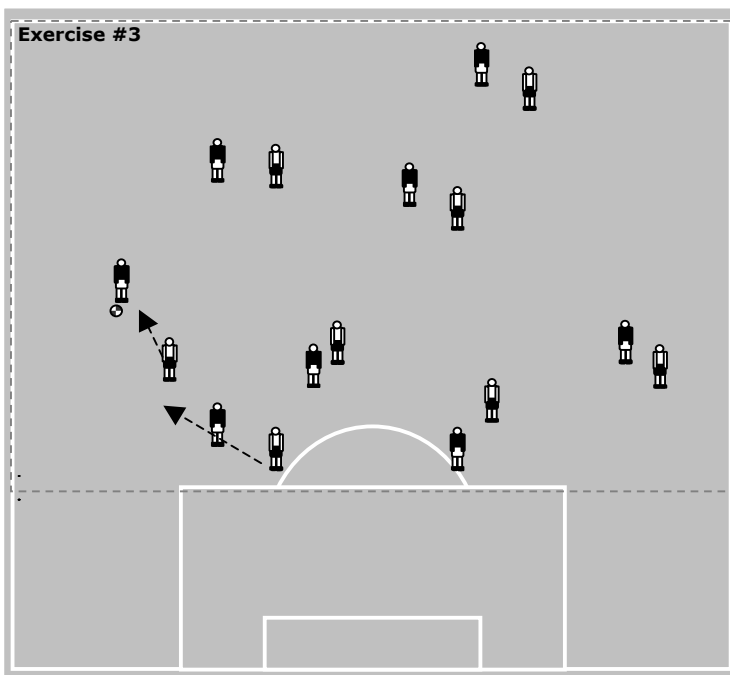
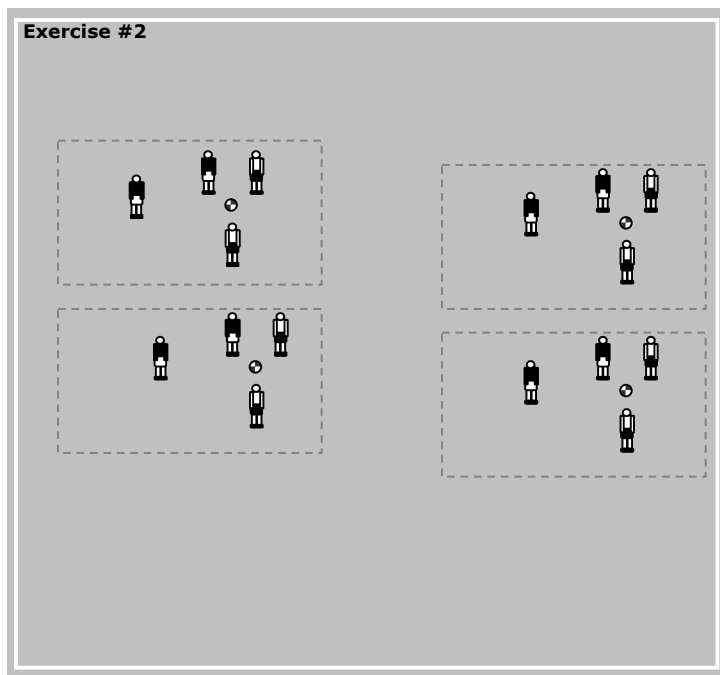
U12 DRIBBLING SESSION (AVOIDING PRESSURE)


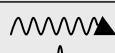





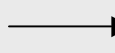


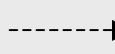

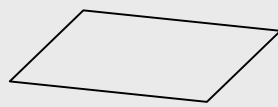

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Avoiding Pressure	U12	Youth	U12B
Exercise #1	Organization	Coaching Points		
Shadow Dribbling: Avoiding Touch in Two's Mirror (Add Cone): Player on ball dribbles with side to side movements; the other player with a ball mirrors that player. Players stay in between cones. <i>Time: 5 min.</i>		Work in stretching during this exercise and make sure your ratio of positive comments to instructional comments is 4:1 throughout the session. Player on ball first should be creative using feints and other deceptive movements.		
Exercise #2	Organization	Coaching Points		
1v2 Transition: Dribble around Ball for Another 1v2: Place two balls 15 yards apart. These balls act as goals. One player attacks 2 defenders. This attacker attempts to score by hitting ball while other attacker rests. When a defender wins ball, he/she must dribble around own goal before going forward to score, thus starting another 1v2 situation. <i>Time: 15 min.</i>		Once defender has won the ball, he/she should transition quickly around their ball in order to get forward before the defense has gotten organized. This can be done by dribbling or passing to teammate. Find positive moments to comment on, create some excitement for players.		
Exercise #3	Organization	Coaching Points		
1v1 Big Goal and Outside the Box: Attacking player goes 1v1 with the player in the box and tries to score on the big goal. When defender wins the ball they dribble outside of the 18 yard box. Either a shot on goal or when the ball goes outside the 18 yard box the play is over. <i>Time: 15 min.</i>		Player on ball must avoid confrontations by keeping first touch away from pressure and keeping head up. When coming out of defensive third look for ways to buy time by dribbling away from goal and into space. Use your first touch to get away from pressure and to create a passing opportunity.		
Exercise #4	Organization	Coaching Points		
7v7 w/ GK's: Each team plays in a 2-3-2 formation with big goals and GK's. (see pg. 37; doc. 310 56) <i>Time: 55 min.</i>		Coach over the game as much as possible and keep it fun. Become a fan!		



U12 CHALLENGING SESSION (PRESSURE AND COVER)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	Pressure and Cover	U12	Youth	U12F
Exercise #1	Organization	Coaching Points		
Tackling: Two Footed & Sweep: 2 players per ball. One player stands with foot firmly on ball, while other player works on tackles. Two foot tackle is very similar to slide tackle, but using both feet instead of one. Sweeping tackle is similar to slide tackle but instead of knocking ball away, player should hook leg around ball to retain possession. <i>Time: 10 min.</i>		Stay 4:1 on positive to instructional comments throughout session. Start off by showing player and giving them a good picture. Player should stand up and then drop down into tackle. This should be repeated until comfortable. Then have player take a few steps back and execute tackle, continuing until comfortable.		
Exercise #2	Organization	Coaching Points		
2 nd Defender 2v2: 2 minute games. 20x15 yard grid. Attacking team scores by dribbling over line under control. <i>Time: 15 min.</i>		1 st defender must pressure ball and make play predictable. 2 nd defender provides cover. Defenders should try not to cross paths. Focus should mostly be on the pressuring defender.		
Exercise #3	Organization	Coaching Points		
8v8 Line Soccer: 40x45 yard grid. Team scores by setting ball on line. <i>Time: 20 min.</i>		Very important for 1 st defender to pressure ball and make play predictable. Supporting players should provide cover. Make sure players are strong in their tackles.		
Exercise #4	Organization	Coaching Points		
8v8 Small Sided: Two small goals, no goalkeepers on a 40x45 yard field. Field should be tight to allow for more confrontations. (see pg. 32; doc 310 151). <i>Time: 45 min.</i>		Emphasis on defending. Defender needs to apply immediate pressure on ball. Supporting players need to provide cover.		

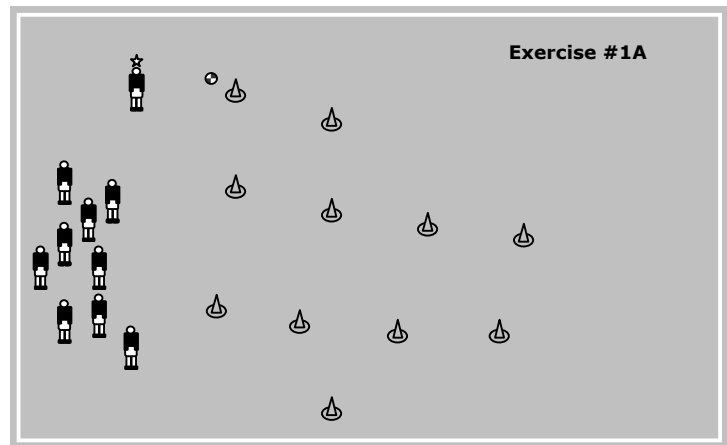
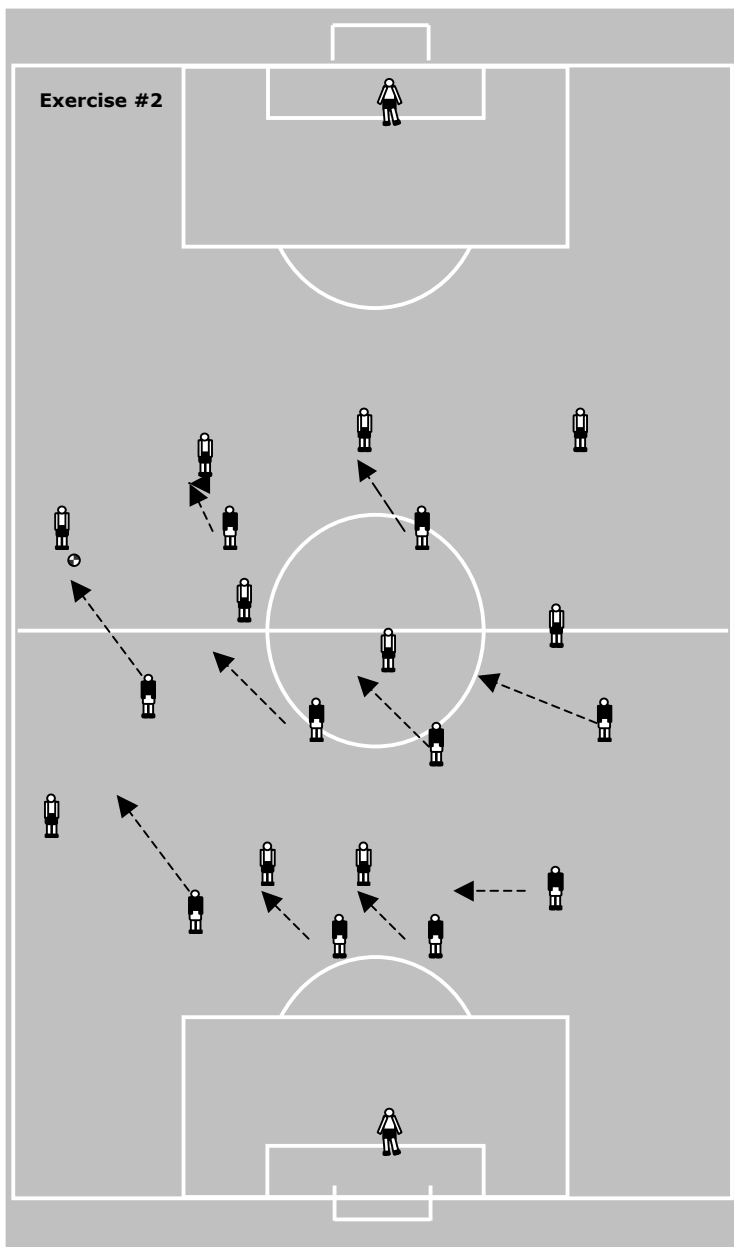









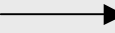


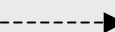



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U12 DEFENDING SESSION (TEAM SHAPE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defensive	Team Shape	U12	Youth	U12I

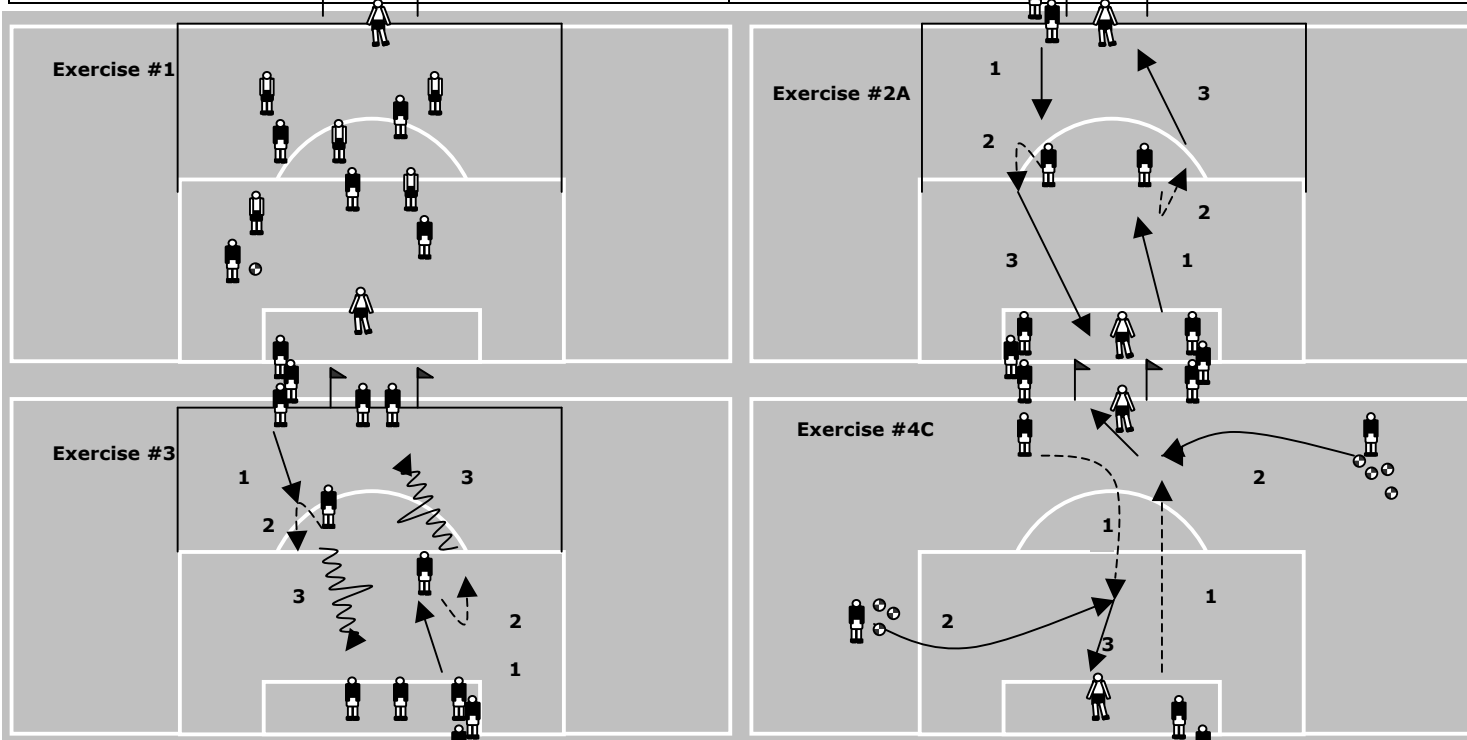
Exe #1 Organization	Coaching Points
11v4 Walk Through: A) Coach will show players different situations with 11 cones in a small area. Put the ball in different areas to show how the team shifts together. B) Starting 11 defending big goal. Full field. When defense wins ball, they should connect a few passes, then play to the coach. <i>Time 15 min.</i>	Decide what the line of confrontation will be. Stay compact. 40 yards between forwards and defenders.
Exe #2 Organization	Coaching Points
11v11 w/ Stoppages: Full field. Coach should stop play when players are out of position or team shape is not right. Try not to stop play too often. There needs to be some sort of flow. When play is stopped, make point, then get out and let players play. <i>Time 15 min.</i>	Player nearest ball should provide immediate pressure, making play predictable. Players around should provide cover and balance.
Exe #3 Organization	Coaching Points
11v11 Coach During Flow: Full field. Coach should not stop game. Coaching should be done during flow of game or when ball is out of play. <i>Time: 15 min.</i>	Try to keep ball in front of you. Deny passing lanes. Weak-side defenders and midfielders should tuck in.
Exe #4 Organization	Coaching Points
Team Shape 11v11 Normal Game: Full field. Let players play and sort out problems on their own. Any coaching should be done during the run of play. <i>Time: 45 min.</i>	Defenders can not play high line unless there is pressure on the ball. If there is no pressure, last line of defense should be dropping. If attacking player is pressured, then last line can play higher.








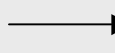


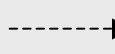

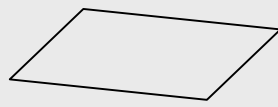



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U12 FINISHING SESSION (TECHNICAL FUNCTIONAL FINISHING)

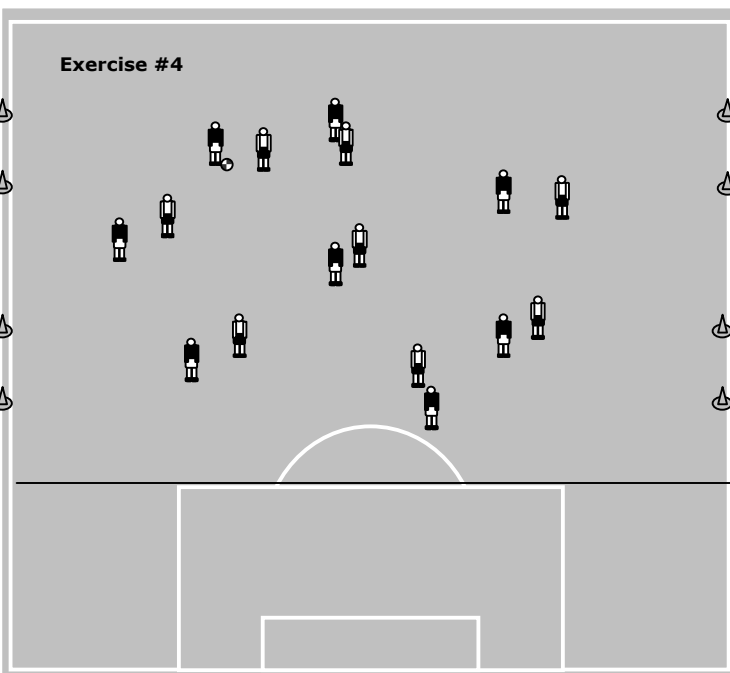
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Technical Functional Finishing	U12	Youth	U12C
Exercise #1	Organization	Coaching Points		
Box on Box 5v5: 3 minute games. Winner stays on. Time: 30 min.		Encourage lots of shots. Players are in shooting distance almost anywhere on field. Shoot or look to set teammate up for shot.		
Exercise #2	Organization	Coaching Points		
2 Lines on Right Post: (A) Turn and shoot. (B) Chip, turn out of air, shoot. (C) Chip, lay off, first time shot. Rotation is as follows: Passer becomes shooter, shooter fetches ball and goes to end of passing line on opposite post. Time: 20 min.		Quality service. Sharp turn and quick release. Good technique on shots. Make sure body is pointed at the target while shooting.		
Exercise #3	Organization	Coaching Points		
Two GK's Turn and Go 1v1: Same set up as exercise #2, except no gk's. Place two field players in each goal. They are not allowed to use hands. When player turns, he/she has option to shoot or dribble at goal. One player in goal must come out and confront attacker. Time: 15 min.		Attacker should make up mind early. Shoot or take defenders on. Use proper technique when shooting, use the inside of the foot when close to the goal and the instep when you are far away.		
Exercise #4	Organization	Coaching Points		
Crossing: 2 lines on both right posts. Balls and server about 10 yards from end line. Rotate server every few minutes. After shot, go to end of opposite line. (A) Cross on ground for one time shot. (B) Driven cross, two touch finish. (C) Cross in air for one time finish. Time: 25 min.		Quality service. Attack cross. Don't let cross hit you. Go and get it. Don't over swing. Power will come from service. Just make good contact with correct technique.		








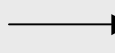


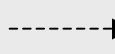

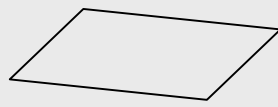



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U13 BALL CONTROL SESSION (INDIVIDUAL SKILLS)

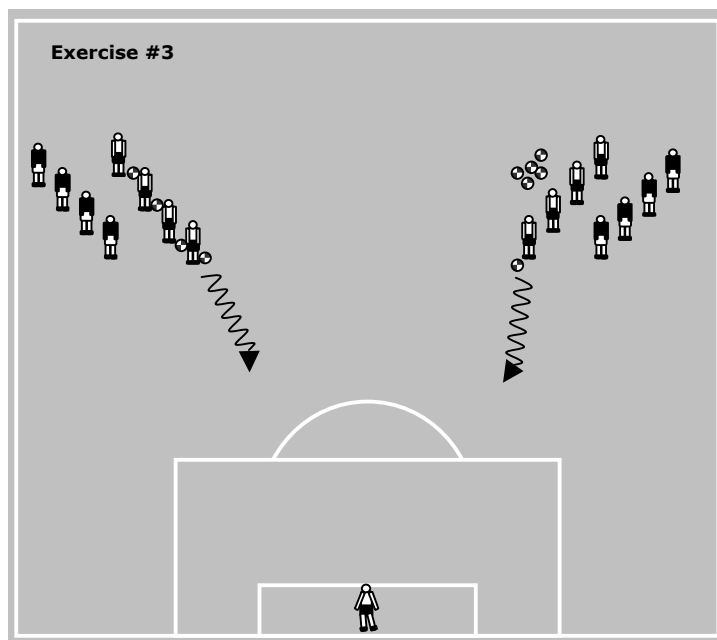
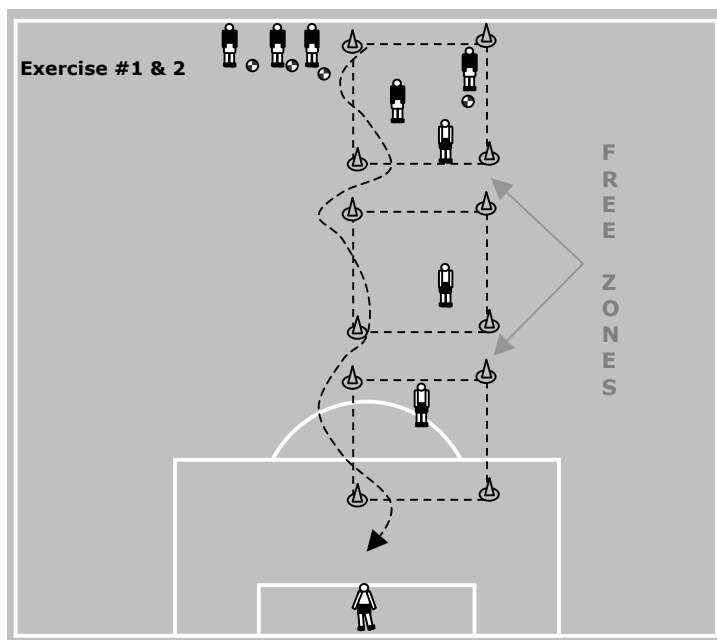
TOPIC	THEME	AGE	DIVISION	CODE
Ball Control	Individual Skills	U13	Youth	U13A
Exercise #1	Organization	Coaching Points		
Juggling U13: Around the world, sequence juggling. Juggling in groups of 2 or 3. Have them compete with other groups. (see pg 23; doc. 310 96) <i>Time: 10 min.</i>		Players should not be using hands. Challenge players to find alternate ways of getting ball up. Competitions between groups when juggling. Stay 4:1 on the positive to instructional comments throughout session.		
Exercise #2	Organization	Coaching Points		
Footwork 34,35,36,37,38: Change directions, change speeds, double touch, shoulder dip, fake pass. (see pg. 22; doc. 310 95) <i>Time: 10 min.</i>		Knees bent, stay on toes. Players should go 100% for 30 seconds, then rest. Keep head up. Find players who are doing well and make an example of them.		
Exercise #3	Organization	Coaching Points		
8v8 Triangle Goals. 3 sided goals placed 7 yards from end-line. Goal can scored through any side of goal. Hockey style. <i>Time: 15 min.</i>		Encourage players to take each other on. Keep ball moving. Beating players on the dribble is incredibly difficult, they must be encouraged to try over and over.		
Exercise #4	Organization	Coaching Points		
4 Goal Game: 8v8. Two goals placed on each end-line. <i>Time: 55 min.</i>		Switch the point of attack, take players on. Get the players excited about playing. Encourage players to have fun with this. Become a fan of the game!		








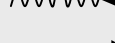




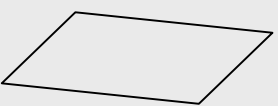
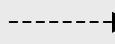


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Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U13 DRIBBLING SESSION (CARRYING)

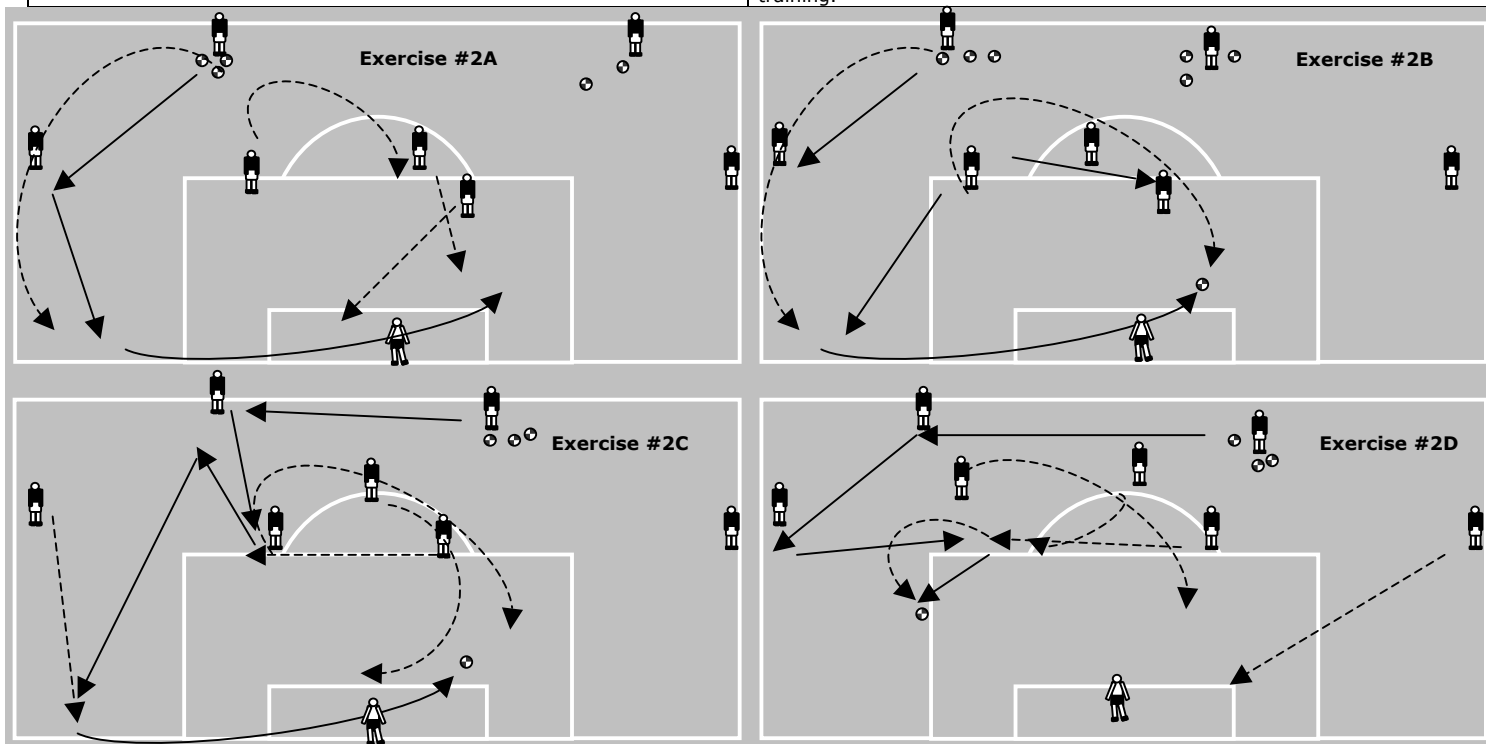
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Carrying	U13	Youth	U13B
Exercise #1	Organization	Coaching Points		
Giant Slalom: Players dribble at speed through cones (already set up for Exercise #2) approximately 8 yards apart ending with a shot on goal. Create a couple of lines to get more repetitions. <i>Time: 10 min.</i>		Look for players to be efficient with their touches. Take as few touches as possible while getting through the cones as fast as you can. Take time to stretch and keep comments to a 4:1 ratio of positive comments vs. instructional comments.		
Exercise #2	Organization	Coaching Points		
2v1 Fight Free: Set up three 10x10 yard grids with 5x10 yard neutral zones in between. Two attackers take on one defender while defenders may not enter neutral zone. <i>Time: 10 min.</i>		Player on ball is looking to commit defender while using the dribble to create 2v1 opportunities. Look for the use of combinations to beat defender; take-over, overlap, wall pass, etc. Penetrate with the dribble to get into the neutral zone.		
Exercise #3	Organization	Coaching Points		
1v1 Breakaways: 1v1 exercise starts 35 yards from goal in which 2 players are facing each other. One player is designated as the attacker and the other is the defender. The defender cannot begin until the attacker touches the ball. Once touched the attacker attempts to score on the big goal. The defender chases down the attacking player. <i>Time: 10 min.</i>		Attacker is looking to go straight to goal with big touches while using body to cut off the defender. Introduce toe poke for a shot. This could be used if a player has to shoot quickly. Create excitement when players are successful.		
Exercise #4	Organization	Coaching Points		
7v7 w/ GK's: The length of the field should be to midfield in order to encourage dribbling. (see pg. 37; doc. 310 56) <i>Time: 60 min.</i>		Encourage running with the ball and going at defenders. It is important to play with head up while looking to create 2v1 opportunities by dribbling. Have fun with this, become a fan!		











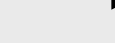





Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U13 PASSING SESSION (ATTACKING 3RD)

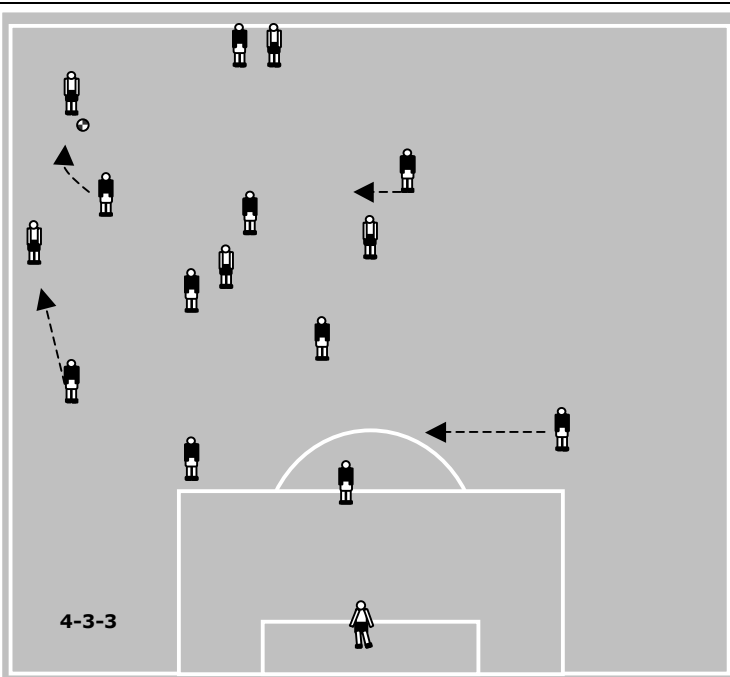
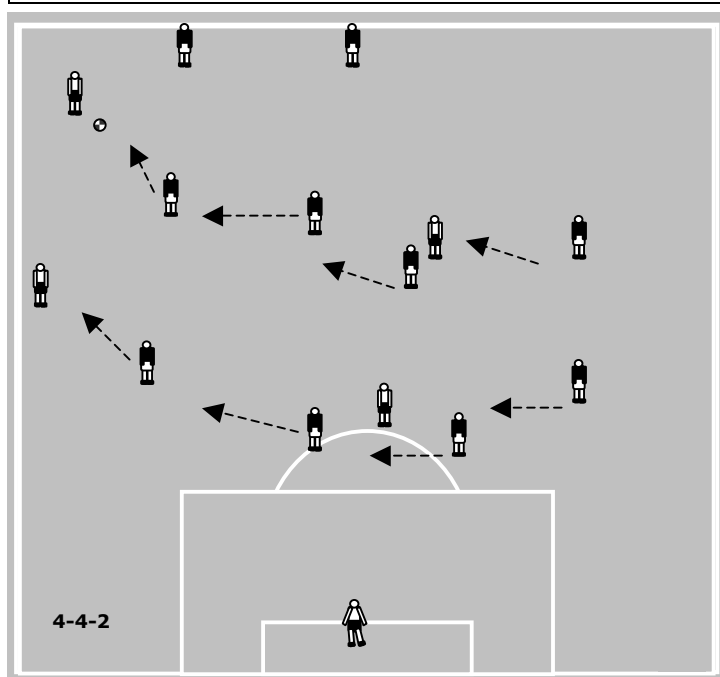
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Attacking 3 rd	U13	Youth	U13D
Exercise #1	Organization	Coaching Points		
7v7 w/ GK's: 3-5-2 formation; 2 forwards with 5 midfielders, against a 3 back line with 4 in midfield. (see pg. 37; doc. 310 56) <i>Time: 40 min.</i>		Look for patterns to develop; stop play but not often. Try to coach through the play. Stay 4:1 on the positive to instructional comments throughout the session. Play, play, play.		
Exercise #2	Organization	Coaching Points		
Patterns in the Attacking 3 rd : A) Overlap: play ball wide and overlap; forward checks to ball, then curls B) Third Man: Same start as A but find second forward from wide player C) Drop: reward first forward who drops for a through ball. (Try the same pattern with a dummy from the first forward) D) Play ball wide, who plays to second forward. Second forward dummies to the attacking mid for a tight wall pass for a ball to the first curling forward. <i>Time: 25 min.</i>		Sharp Passing, clean runs to clear space. Talking "leave it", "yes", etc. Repeat runs on both sides and often as necessary. Look for details, such as squaring up, collecting without a skip, checking at the right time, attacking ball when receiving, sprinting when needed, follow up on shot, keeper "away!", angled of runs to allow getting to the needed are at the right time. There are literally hundreds of patterns. Perhaps allow a player to develop a pattern. This may take a little time, but could accomplish other developmental components.		
Exercise #3	Organization	Coaching Points		
Triangle Passing: 2 triangles about 18 yds apart. Equal number of players in the 3 lines. 2 Groups. (GK's can join in). <i>Time: 10 min.</i>		Sharp passing, run smooth like an athlete; no skipping; call for ball; be sure to add checking at the right time.		
Exercise #4	Organization	Coaching Points		
Cool Down: In two's for stretching, company and a "shake down". <i>Time: 10 min.</i>		In most intense training environments where a lot of lactic acid has built up, a cool down can be important to a faster recovery for more efficient future training.		








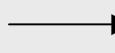


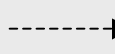

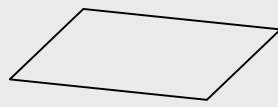



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U13 DEFENDING SESSION (4-4-2 & 4-3-3 FORMATIONS)

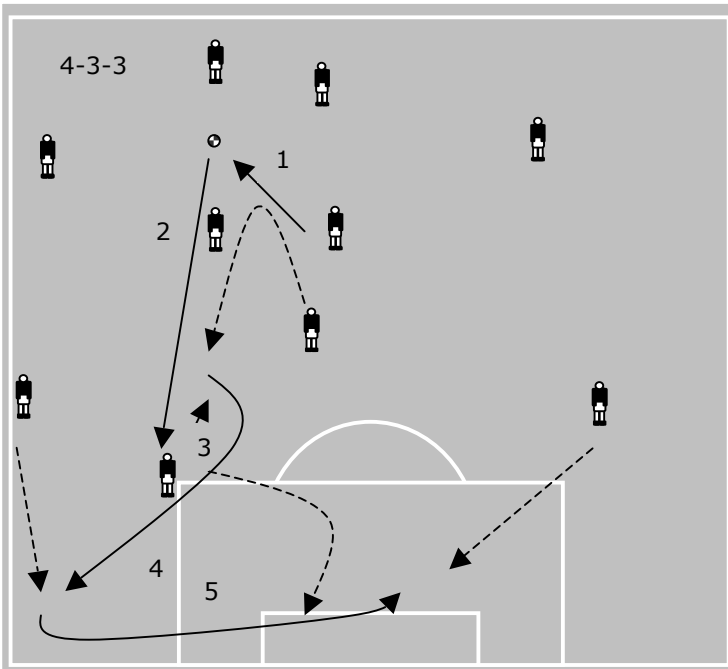
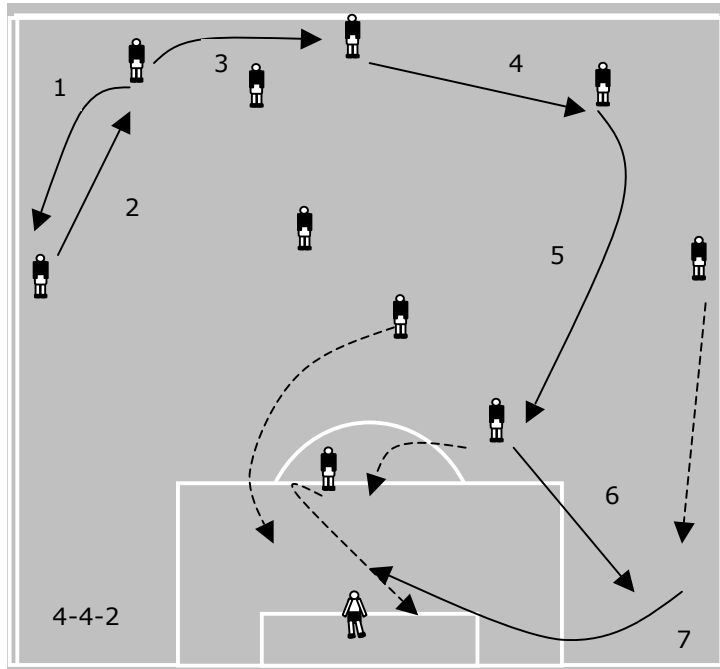
CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	4-4-2 & 4-3-3 Formations	U13	Youth	U13I
Exercise #1	Organization	Coaching Points		
11v4 Walk Through, 4-4-2: ½ or ¾ field. Starting 11 defending big goal. When defense wins ball, they should play to the coach or two counter goals. <i>Time: 15 min.</i>		Two forwards are responsible for setting line of confrontation. When forwards "go" everybody else must follow. Back line can play high when there is pressure on the ball, but must drop when there is no pressure.		
Exercise #2	Organization	Coaching Points		
11v11 Normal Game, 4-4-2: 4-4-2. Full field. Coaching should be done during the run of play. <i>Time: 30 min.</i>		Winger should step to other team's outside back. Outside back should step to opponents outside mid. Weak side winger and back should tuck in and help out centrally.		
Exercise #3	Organization	Coaching Points		
11v4 Walk Through, 4-3-3: Starting 11 defending big goal. When defense wins ball, they should play to coach or two counter goals. <i>Time: 15 min.</i>		Lone forward should cut field in half and deny switch. Winger should put pressure on opponent's outside back, while outside back steps to opponent's outside mid. Weak side winger and back should tuck in.		
Exercise #4	Organization	Coaching Points		
11v11 Normal Game, 4-3-3: Full-field. Any coaching should be done during the run of play. <i>Time: 30 min.</i>		First defender must apply pressure while teammates provide cover and balance. Force attacker to play into the area where you have numbers.		








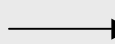


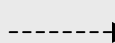


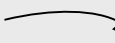


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U13 ATTACKING SESSION (4-4-2 & 4-3-3 FORMATIONS)

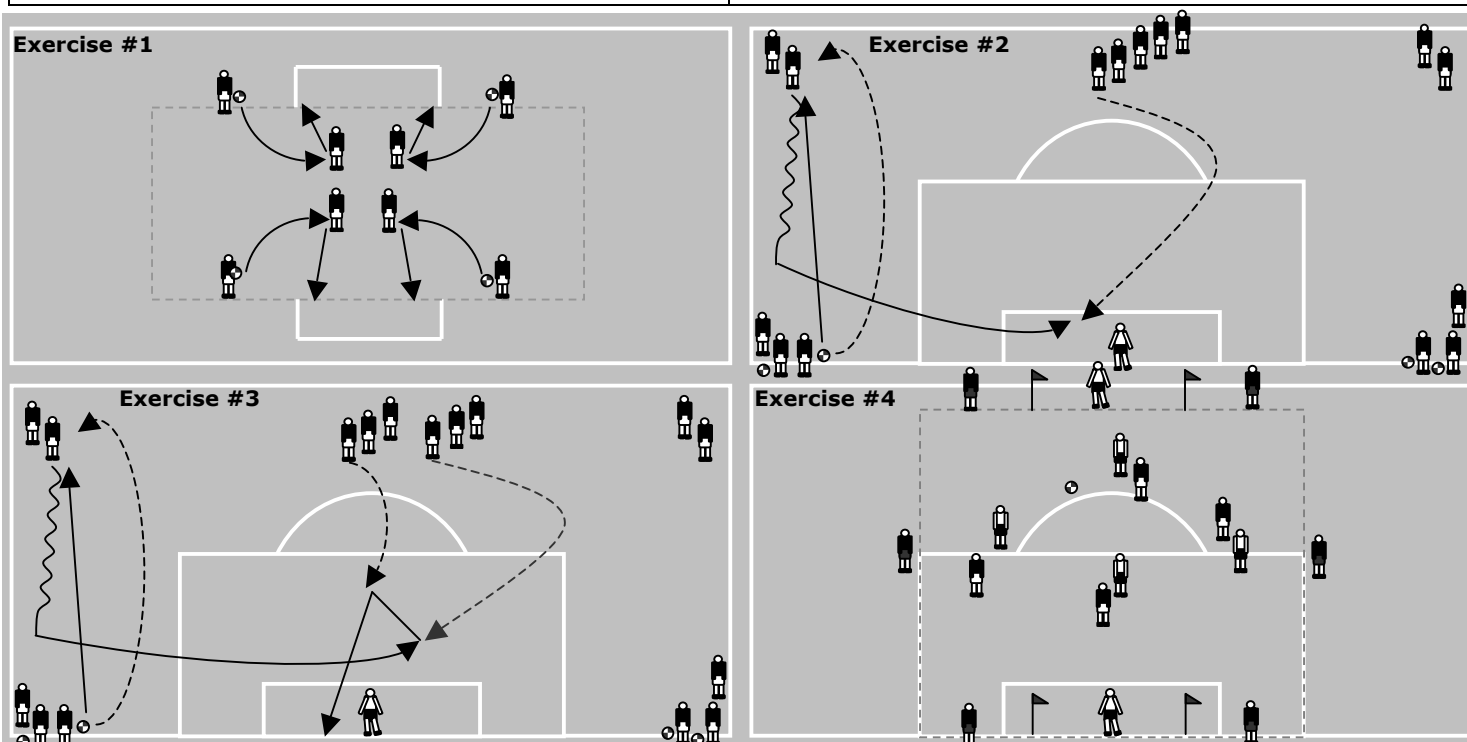
CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	4-4-2 & 4-3-3 Formations	U13	Youth	U13H
Exercise #1	Organization	Coaching Points		
11v4 Walk Through, 4-4-2: Full Field. Starting 11 going to big goal. 4 players defending. When defending team wins ball, immediately play ball back to coach or 2 counter goals. Work on various patterns. <i>Time: 15 min.</i>		Two forwards should stay high and connected. Outside players need to stay wide. Outside backs should support play and try to get involved in attack. Weakside outside back should tuck in and stay at home.		
Exercise #2	Organization	Coaching Points		
11v11 Normal Game, 4-4-2: Full field. Coaching should be done through the run of play. (see pg. 10; doc 305 44) <i>Time: 30 min.</i>		Midfielders should play flat 4 across. Center midfielders should hold down middle of field and get everyone involved. Limit number of square passes played. Support should come at angles.		
Exercise #3	Organization	Coaching Points		
11v4 Walk Through, 4-3-3: Full field. Starting 11 going to big goal. 4 players defending. When defenders win ball, immediately play back to coach or two counter goals. Work on various patterns. (see pg. 12; doc 305 46) <i>Time: 15 min.</i>		Center/target forward should stay high to stretch defense. Must be able to hold ball. Outside forwards/wingers should stay high and wide. Three midfielders should stay central in diamond shape.		
Exercise #4	Organization	Coaching Points		
11v11 Normal Game, 4-3-3: Full field. Coaching should be done through the run of play. <i>Time: 30 min.</i>		Outside backs should get forward and support play. Weak side outside back should stay home and tuck in.		








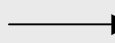


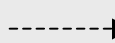





Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U13 FINISHING SESSION (VOLLEYS, 1/2 VOLLEY, FULL VOLLEY)

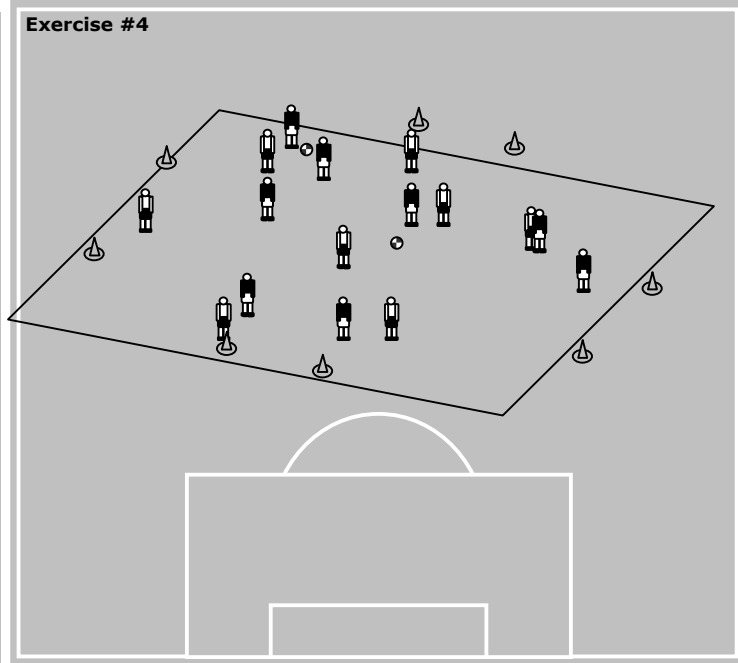
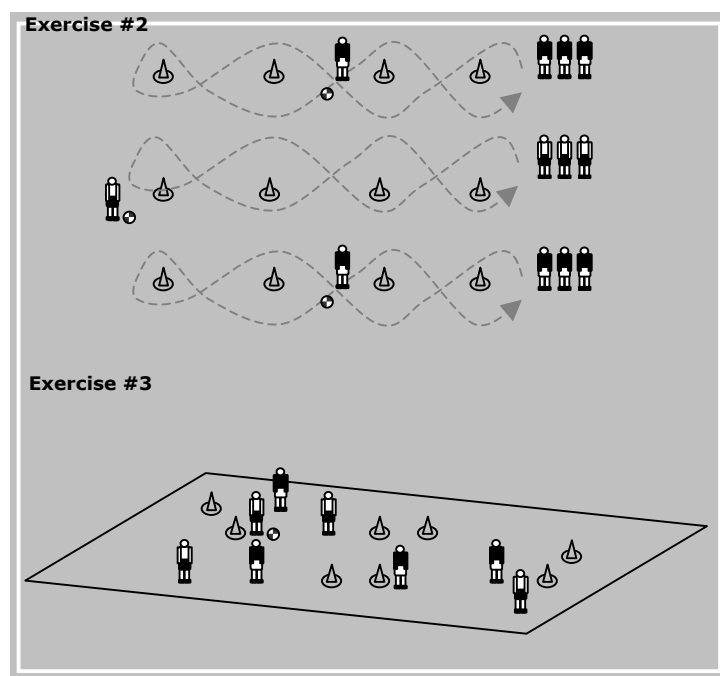
TOPIC	THEME	AGE	DIVISION	CODE
Finishing	Volley, 1/2 Volley, Full Volley	U13	Youth	U13C
Exercise #1	Organization	Coaching Points		
Volleys-½ Volleys-Full Volleys: Use 4 lines and two goals. Server tosses ball to player. Each player takes 5 shots then rotates with the server. Players perform the same shot for muscle memory. <i>Time: 20 min.</i>		Pull toes back as far as possible, keep eye on the ball and strike through the center of the ball. Use a shorter follow through when hitting half volleys. Stay 4:1 on positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Crossing & Finishing w/ One Runner: 4 lines wide, two in the end line, two above the box. Outside player dribbles down line and crosses to the runner. Alternate sides. <i>Time: 15 min.</i>		Timing of runs, quality of service. Curl your run toward the back post then in. Do not arrive too early; make sure players are meeting the ball at full speed in the box.		
Exercise #3	Organization	Coaching Points		
Crossing & Finishing w/ Two Runners: 4 lines wide, two in the end line, two above the box. Two runners going to goal. Outside player dribbles down line and crosses to the runners. First player sets the ball while the other uses one of the techniques to finish. Alternate sides. <i>Time: 15 min.</i>		Timing of runs, quality of service, setting, technique, rebounds. Curl your run toward the back post then in. Do not arrive too early; make sure players are meeting the ball at full speed in the box.		
Exercise #4	Organization	Coaching Points		
4v4 Box on Box w/ Bumpers: <i>Time: 40 min.</i>		Coach over the play as much as possible. Preparation to shoot. First touch away from pressure. Allow the players to have some fun, be very positive. Find good things in their play. Become a fan!		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 BALL CONTROL SESSION (CARRYING)

TOPIC	THEME	AGE	DIVISION	CODE
Ball Control	Carrying	U-14	Juniors	U14A
Exercise #1 Organization		Coaching Points		
Juggling U14: (See pg. 24; doc. 310 96) Time: 10 min.		Balance, rhythm, proper weight, alternate feet or surfaces, no spin, restrictions (below the knees, the juggling foot does not touch the ground, every third touch is a different surface, patterns, etc.).		
Exercise #2 Organization		Coaching Points		
Dribbling Races: 15-20 yards course. Variations of running with the ball with restrictions. Time: 10 min.		Coordinated touches, step and touch, running with the ball, quick turning and accelerating. Have fun with them and stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #3 Organization		Coaching Points		
Multiple Goals /Gates: Place small goals/gates randomly throughout the field. Field size adjusted according to number of players. 2-minute games. Each team starts with a ball but anyone can get the ball and try to get through as many goals as possible. Time: 10 min.		Manipulating the ball in order to avoid pressure. Work full speed, change of direction, turning and accelerating		
Exercise #4 Organization		Coaching Points		
4 Goal Soccer: Players split into two teams and play to four goals w/ each team defending two goals. 15 minutes		Awareness, communication. Become a fan of the game and find good things in their play.		

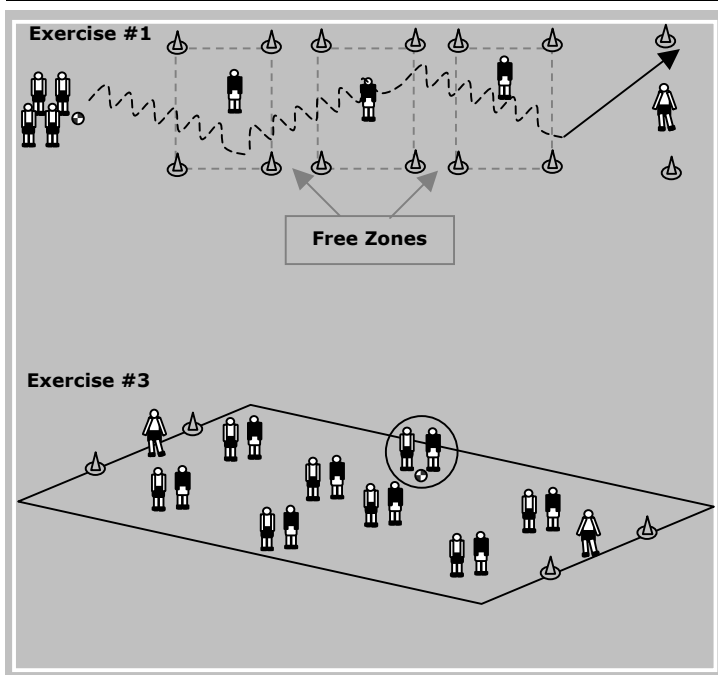
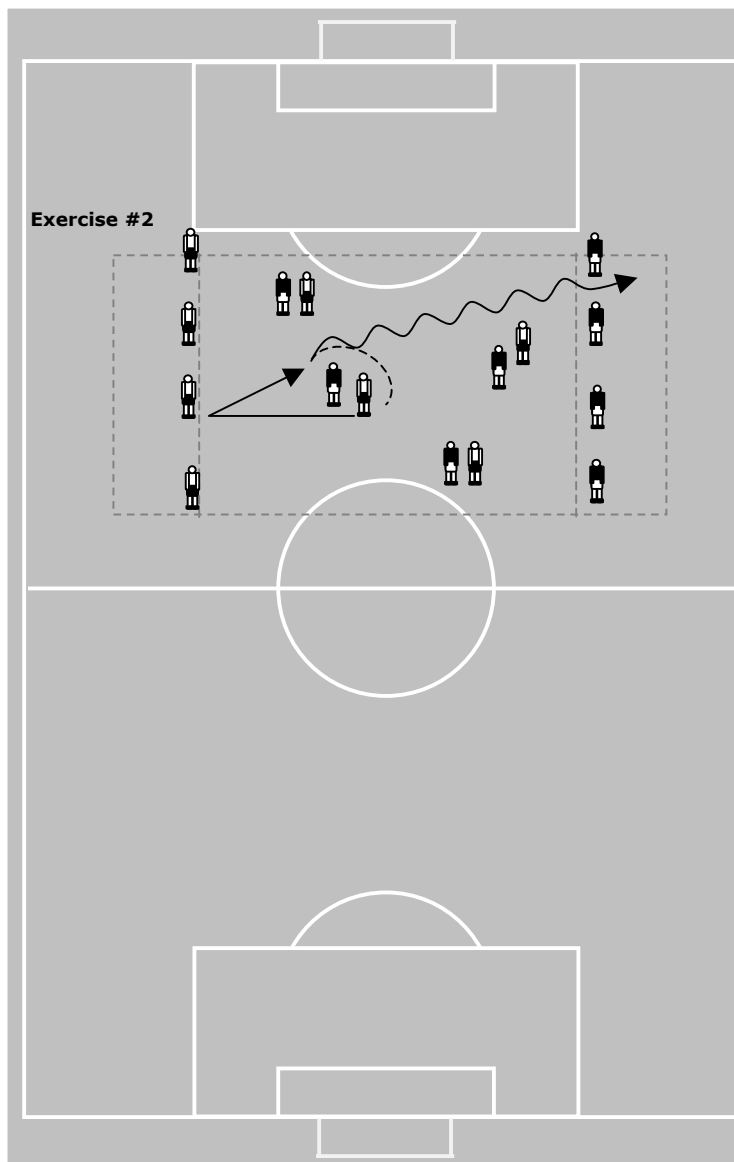









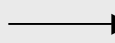


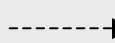



Light	Dribbling	Priority number	③
Dark	Dribbling with feint	Nike ball	⦿
Player making decision	Ball movement	Cone	⦿
Goalkeeper	Run	Flag	⦿
Grid	Cross		

U14 DRIBBLING SESSION (ATTACKING)

TOPIC	THEME	AGE	DIVISION	CODE
Dribbling	Attacking	U14	Junior	U14B

Exercise #1	Organization	Coaching Points
1v1 w/ Fight Free Zones: Start on the line going one at a time. Defender cannot leave the grid. Time: 15 min.		Fluid with the ball, fake and accelerate. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #2	Organization	Coaching Points
4v4 in the Box + 4 & 4 on End Lines: 36x44 yard grid. Inside players use outside targets for support and try to dribble through under control into outside areas to score. Time: 20 min.		Dribble in tight area, maintain balance, attack the space, and withstand physical pressure.
Exercise #3	Organization	Coaching Points
8v8/1v1: Players match up with opponents and stay with them throughout the game. Time: 25 min.		Create space, move and support the ball, positive attitude when receiving the ball, take opponent on.
Exercise #4	Organization	Coaching Points
8v8 w/ GK's: (see pg. 47; doc. 310 194). Time: 30 min.		Create space, turn and attack the space, be positive and fun with the players.

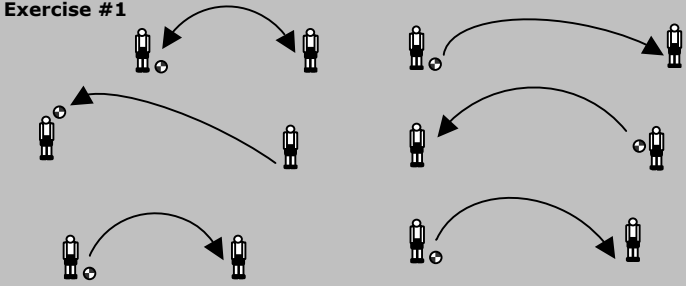


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

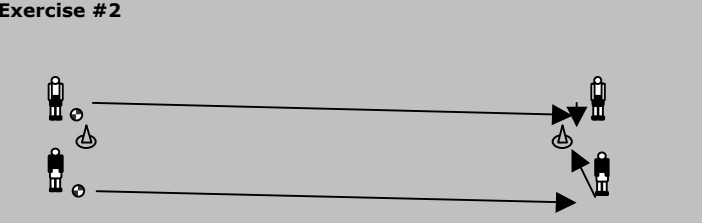
U14 RECEIVING SESSION (GAMES)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Games	U14	Junior	U14E
Exercise #1	Organization	Coaching Points		
Chip & Juggle 3 Times: Chip ball to partner who juggles three times and chips it back. <i>Time: 20 min.</i>		First touch is to lift ball. Players can use any surface to juggle but one touch should set up the next. 4:1 ratio of positive to instructional comments.		
Exercise #2	Organization	Coaching Points		
Horse Shoes: Players get a partner who is on opposite cones, against another team. Ball is served to teammate and they try to get the ball as close to the cone with their first touch as they can. The team that is closest to the cone gets the point. Those players then serve their partner. <i>Time: 20 min.</i>		Body is prepared for any ball. Concentrate on killing the ball and taking the bounce out of it. Ball cannot hit the ground before the receiving player touches it.		
Exercise #3	Organization	Coaching Points		
8v8 Keep Away w/ GK's: 60x40 yards. 7 passes, then find the GK's hands = 1 point. First team to get five points wins. GK's play with their hands. <i>Time: 20 min.</i>		Receiving with foot farthest from defender. First touch should be into space. Body should be open to field when receiving. Players should know what surface to use for their first touch. Make sure you keep the 4:1 ratio of positive comments to instructional comments.		
Exercise #4	Organization	Coaching Points		
Two Touch Tennis 1v1: Two touch soccer tennis 1v1. Ball has to go over cones and one bounce per side. <i>Time: 30 min.</i>		Up on toes ready for any ball, first touch leads them into placing ball with next. Use all surfaces to receive ball. Become a fan and have fun with the players.		

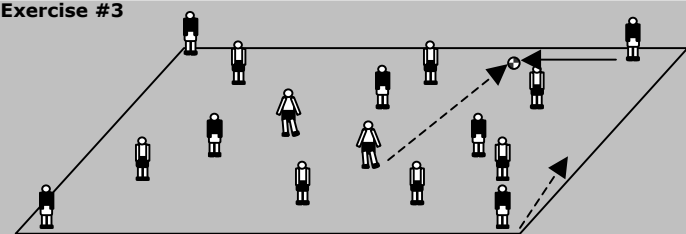
Exercise #1



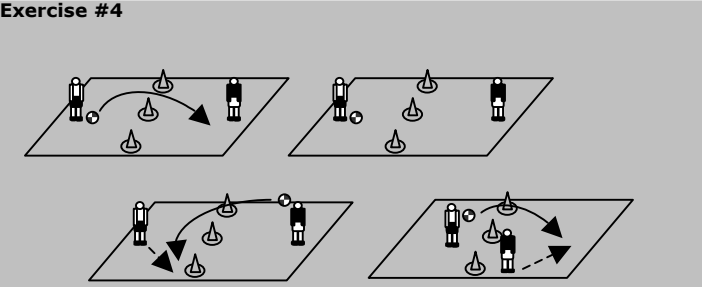
Exercise #2








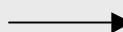


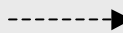





Exercise #3



Exercise #4

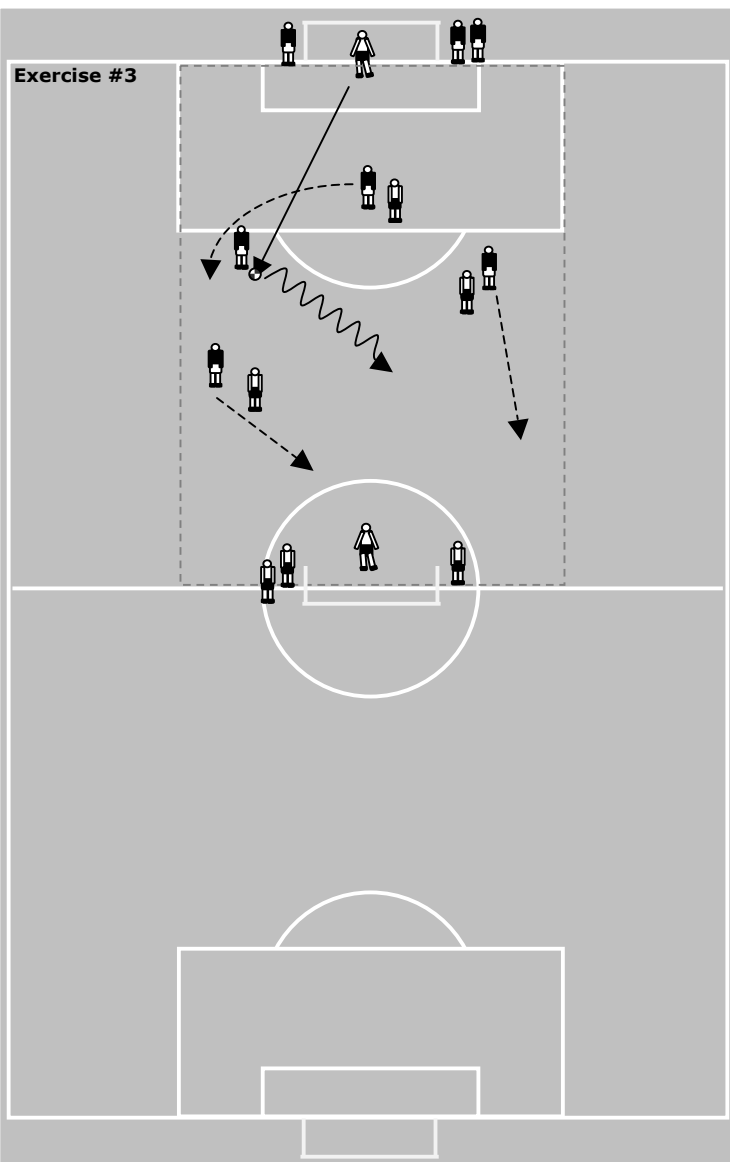
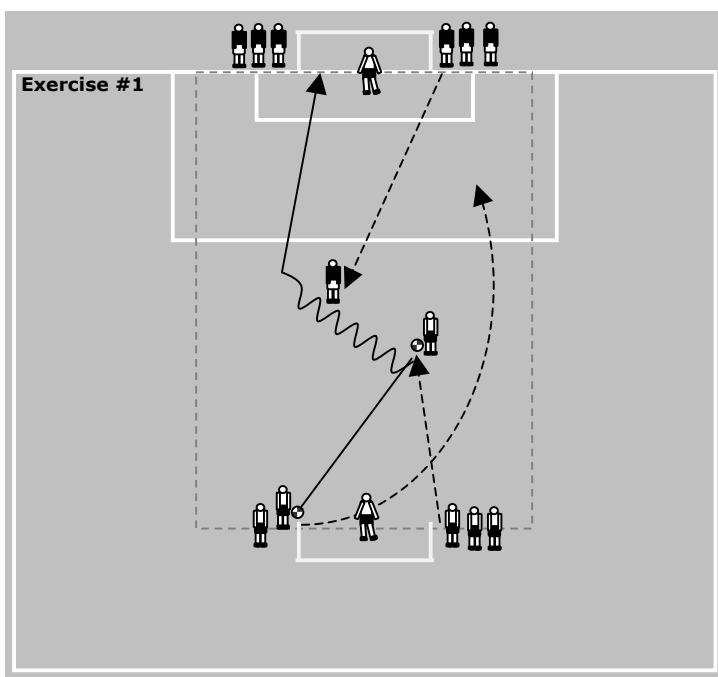









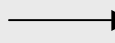


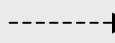


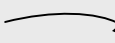
Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 CHALLENGING SESSION (TRANSITION D-O)

TOPIC	THEME	AGE	DIVISION	CODE
Challenging	Transition D-O	U14	Junior	U14F

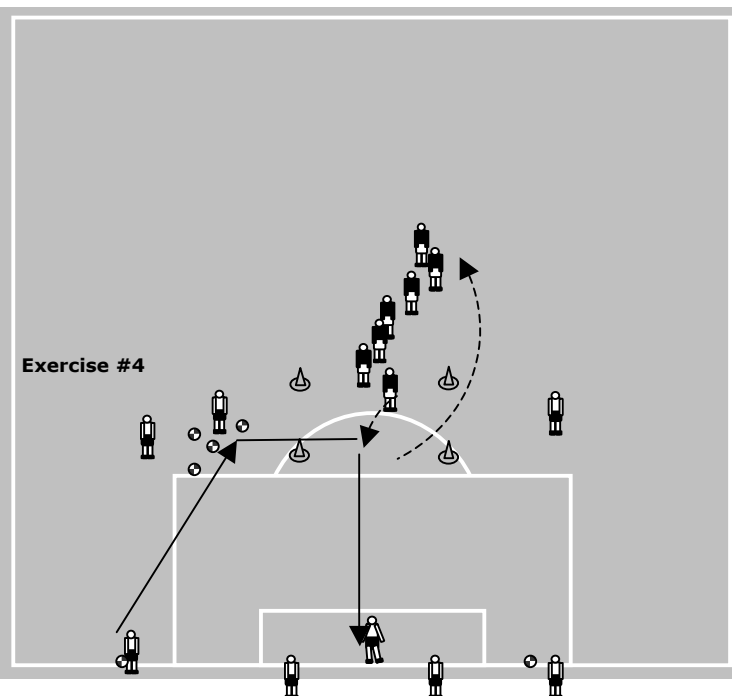
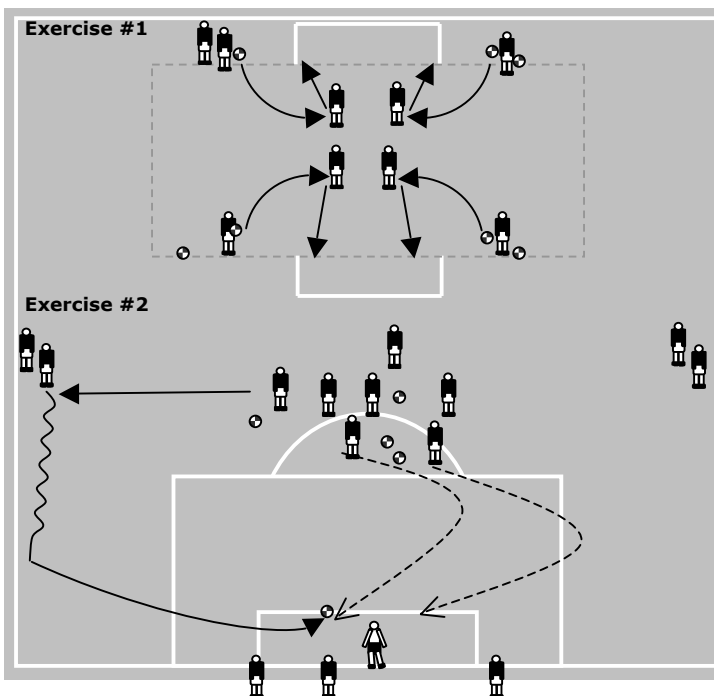
Exercise #1	Organization	Coaching Points
1v2 w/ GK's: 40x50 yard grid with goals. Attacking players go the end of the line after finishing; next defender joins the attack going the other way. <i>Time: 15 min.</i>		Recovery runs, communication, timing and angles of approach, sweeping or sliding tackles, deny shots.
Exercise #2	Organization	Coaching Points
2v3 w/ GK's: same as above but add players. <i>Time: 15 min.</i>		Winning the ball and going forward, finishing with a shot.
Exercise #3	Organization	Coaching Points
3v4 w/ GK's: Extend the playing area to the midfield and widen it even with the box. <i>Time: 15 min.</i>		Get numbers forward, cover ground quick with direct approach, positive attitude, finish with a shot.
Exercise #4	Organization	Coaching Points
8v8 w/ GK's: (see pg. 47; doc. 310 194) <i>Time: 45 min.</i>		All of the above. Have fun with the players and become a fan of the game.








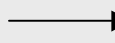


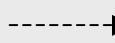





Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 FINISHING SESSION (FINISHING OFF CROSSES)

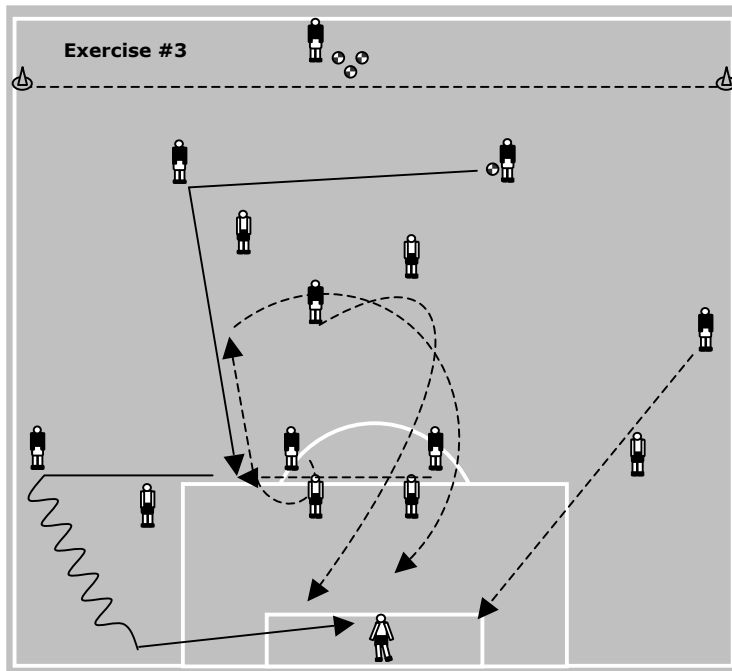
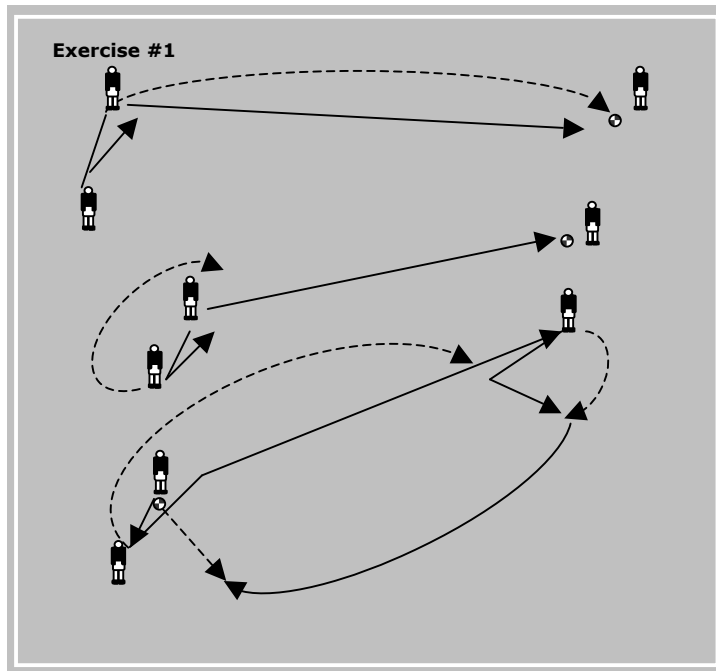
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Finishing Off Crosses	U14	Youth	U14C
Exercise #1	Organization	Coaching Points		
Side Volley, Side Bike, Bike; Use 4 lines and two goals. Server tosses ball to player. Each player takes 5 shots then rotates with the server. Players perform the same shot for muscle memory. No goalies. <i>Time: 20 min.</i>		Player should dip shoulder, keep knee over the ball. Strike ball down. Stay 4:1 on positive to instructional comments throughout the session. Keep head smooth. Rotate back foot away, then fluid swing for more power. Gradually work ball higher and higher for side bike.		
Exercise #2	Organization	Coaching Points		
Crossing & Finishing: 4 lines wide, two in the end line, two above the box. Outside player dribbles down line and crosses to the runner. Alternate sides. Keep a couple behind the goal to retrieve balls. <i>Time: 20 min.</i>		Send two at a time. Make sure players attack the ball in the box. The technique for striking the ball does not change from Exercise #1. Be positive and fun. Repetition is key.		
Exercise #3	Organization	Coaching Points		
4v4 Competition w/ GK's: Box on Box. 3 minute games. Team sitting out chases balls. Everyone plays twice. 3 points for a win, 1 point for a tie, 0 points for a loss. <i>Time: 40 min.</i>		Shoot or set up teammate for shot. Follow up shots. Score as many goals as possible. Become a fan of their play and goals.		
Exercise #4	Organization	Coaching Points		
Shooting Contest: Coach passes 5 yd square ball. Shooter first times shot. Must take the shot inside of marked area. Other team retrieves balls. Rotate to end of line after shot. One min, then switch teams. Play a couple rounds. <i>Time: 10 min.</i>		Divide into two teams. Keep track of goals. Quick release. Shoot as many as you can in one minute. Fun Competition.		








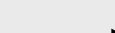


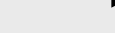




Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U14 TRAINING WITH PATTERN PLAY (PASSING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Training with Pattern Play	All	All	
Exercise #1	Organization	Coaching Points		
Combination Play in 3's: One ball per group. A) Two of the three, start passing one touch 10 yards apart. Third man is 30-35 yards away. When one of the players collects the ball for a two touch, the third man shows. The player who passes stays while the partner goes to support. B) Same as first but must conduct an overlap for the support run. C) Same as B, but conduct a wall pass with the 3 rd man, then play another long ball to the "new" third man. <i>Time: 10 min.</i>		Passing should be sharp and done at full speed, players should use the correct weight on the pass on one touch and then drive the long ball. Players receiving should be going to the ball. Introduce some communication both verbal and non verbal. Keep this introduction short and sharp. Players should be allowed to stretch here and there. Stay 4:1 on the Positive instructional comments through out the session.		
Exercise #2	Organization	Coaching Points		
Patterns in Attacking 1/3: (see pg. 59, exercise #3; doc. 310 174) <i>Time: 15 min.</i>		(see pg. 59, exercise #3; doc. 310 174).		
Exercise #3	Organization	Coaching Points		
Patterns w/ Defenders: Play 7 attacker verses 6 defenders. Put a target man in a 7 yard zone at midfield for the transition. Play in a 3-5-2 formation. Defenders must pass the ball twice before they can find the target man to slow the counter attack down. Perhaps you only add a few defenders at a time. The idea is not let the defense effect the same runs previously made. <i>Time: 25 min.</i>		On the offensive side; continue with patterns. Try to make good decisions on passing options. Players should be checking at the right time when the man on ball needs to release. Experiment with one touch passing and two touches, minimize dribbling for now. The defense can work on their transition from Defense to Offense by finding the target player. This will teach the players to look and think ahead. Since you are working on patterns and you win the ball back from the defense, go through the target man to slow your transition down. Look for good things to say!!		
Exercise #4	Organization	Coaching Points		
8v8 Small Sided Game: Play one touch, two touches and all in. <i>Time: 40 min.</i>		Allow the players to have some fun. Be very positive. Find good things in there play. Allow for some creativity. Become a fan!!		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross	