



11/4/06

9:30 AM

- RUN BY UK COACHES

9:45 AM

(ROTATE EVERY 8-10 MINS)

20 x 20 GRID
(+2 POP UP GOALS)

10x15 GRID

20x15 GRID

20x20 GRID
(+4 POPUP GOALS)

10:15 AM

- SPLIT INTO TEAMS 3 v 3
(MAKE 4 v 4 MAX)

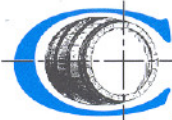
MAKE SURE DURING GAMES, THERE IS HALF TIME

- WATER BREAK

RESTART WITH A KICK OFF \Rightarrow DEFENDERS ONLY NEED TO BE 5 \rightarrow 6 YARDS AWAY, GET GAME GOING QUICKLY

⌞ NO ADDITIONAL RULES AT THIS TIME ⌟

10:50 AM



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Project AYSO US Page of
Description SESSION #9
Name: FIELD LAYOUT Date: 11/5/05
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LAYOUT

GRYFFINDOR
"STEAL THE BACON"
20 x 15

HUFFLEPUFF
10 x 15
TARGET BALL

SLYTHERIN
20 x 20
"SPONGE BOB"

(NEED 4 POP UP
GOALS)

RAVENCLAW
20 x 20
TEMPLE OF DOOM

(NEED 2 POP UP
GOALS)

HOGWARTS
HOME

TARGET 3 GROUPS TODAY

KEEP INTEREST, KIDS DON'T NEED

AS MUCH ORGANIZATION

Shooting Game 4:

TEMPLE OF DOOM

PURPOSE: To develop dribbling to goal and shooting on sight.

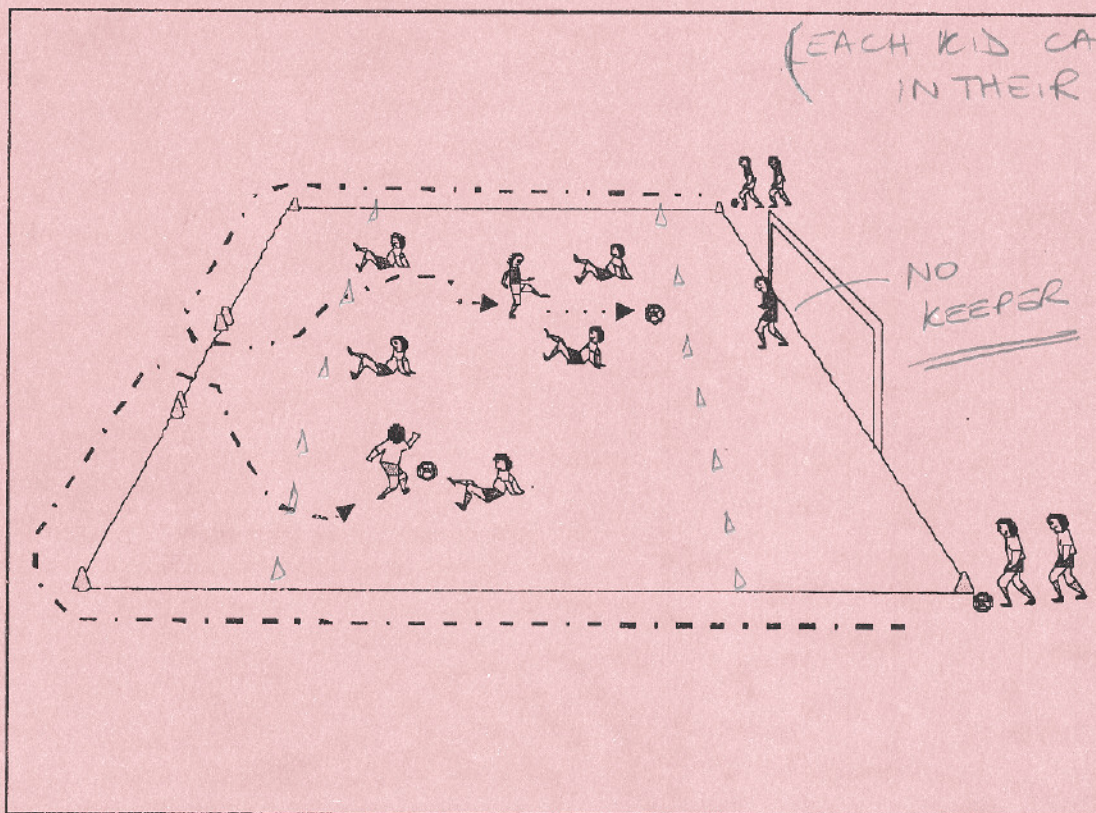
ORGANISATION

- Set out a 20 x 20 yard area. Station 3 players on each corner of the goal line. Position five players in the center of the area, they are the sewer rats. The sewer rats have to remain on their hands and feet. Have one goalkeeper and mark out a gate 5 yards wide opposite the goal on the 20 yard line.
- One player at a time from each team simultaneously dribbles down the sideline around the corner and through the gate towards the goal. Each player must dribble in and out of the sewer rats to get a shot on goal. The story is that the players are Indiana Jones creeping through a tunnel of sewer rats. As soon as he sees daylight (the goal), he lassos himself (shoots) out of the tunnel.

3 TEAMS OF
4 - 1 DEF
- 2 ATTACK
3 MINS
EACH

USE 2 'POP' UP GOALS

(EACH KID CAN SCORE 1
IN THEIR OWN GOAL)



COACHING POINTS

- Use speed and changes in direction to beat the crabs
- Keep the ball under close control
- Shoot on sight- do not try to dribble the ball into the goal

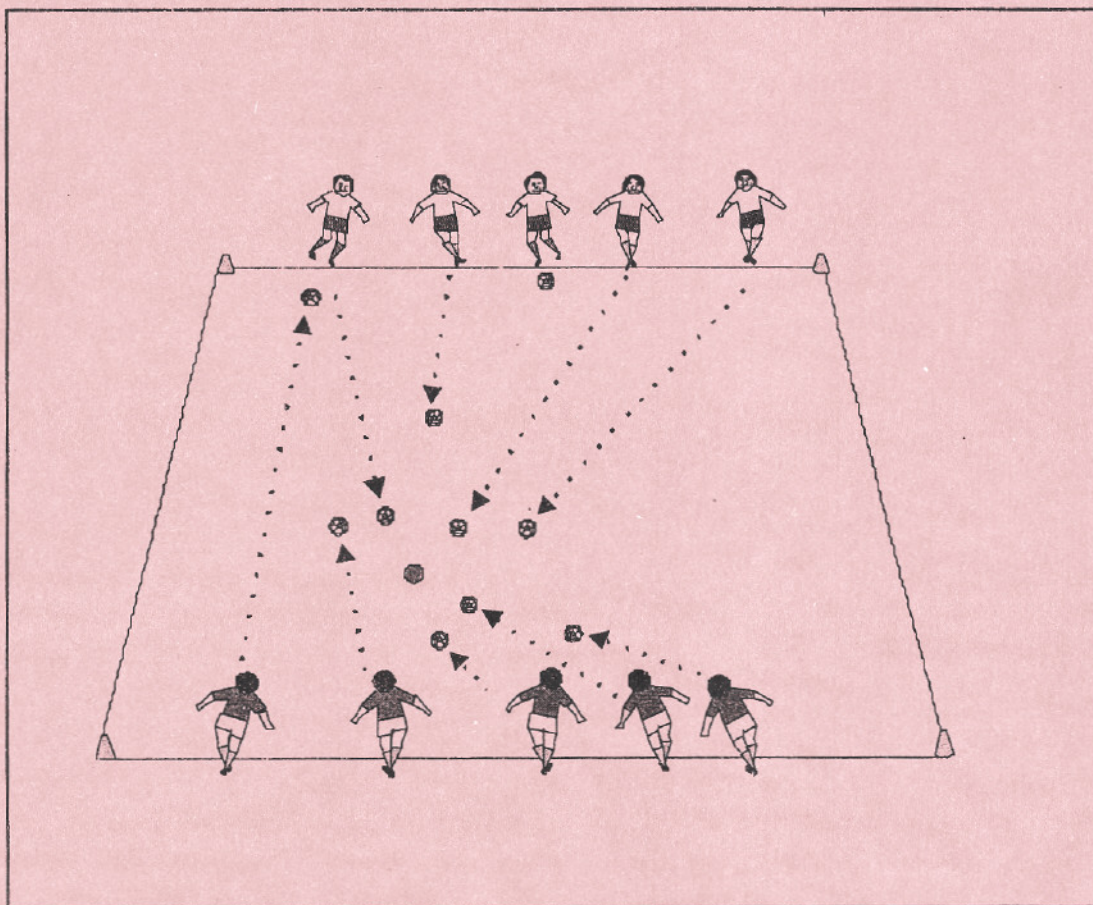
Passing Game 8:

TARGET BALL

PURPOSE: To practice direction of passing.

ORGANISATION

- Split the group into two teams. Set out a square grid 10-15 yards. The teams line up on opposite sides of the grid. Each player has a ball. The coach places a ball in the middle of the grid that is distinguishable from the rest of the balls.
- Players try to pass the ball against the target ball in the middle of the grid. Players from each team and use ball that comes their way.
- The aim is to hit the target ball over the line of the opposition's line with accurate passes.



COACHING POINTS

- Get power and accuracy in the pass
- Control other balls that are kicked over from the other team

STEAL THE BACON

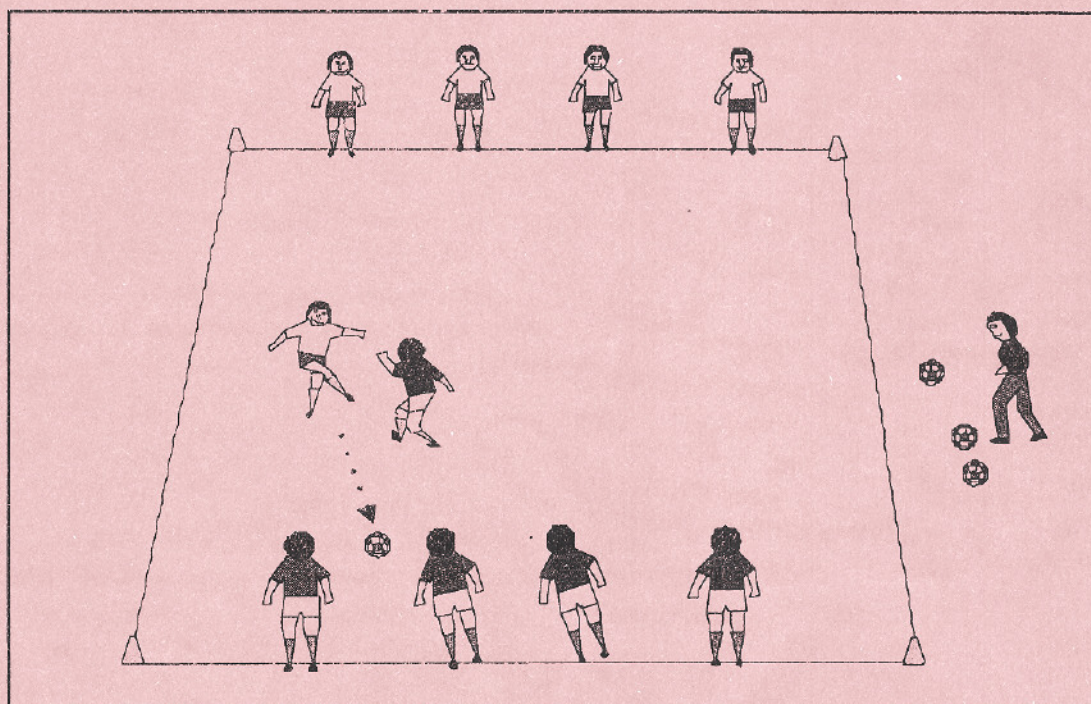
Shooting Game 3:

SIDELINE SOCCER

PURPOSE: To practice dribbling and shooting

ORGANISATION

- Mark out two goal lines, with cones on the end, facing each other about 15 yards wide and 20 yards apart. The group is split into two teams and each player on the team is given a number. The teams are positioned on the 15 yard lines facing each other. The players should spread out along the line. The coach must stand on the outside of the playing area ready with plenty of soccer balls.
- The coach calls out a number. If he calls out the number 1, the number 1s from each team runs into the middle competing for a soccer ball the coach has rolled into the playing area. Players must try to beat their opponent and shoot on goal.
- The rest of the team are goalkeepers but must stay on their goal lines and cannot use their hands. If they do not stay on their line then the coach must award a penalty kick. All goals must be scored below waist high, between the two cones. If a goal is scored or the ball has gone too far away from goal then the coach calls that play dead and shall then call out another number.
- The winning team is the first to score 3-5 goals. The coach may also progress by calling out 2 numbers at once or even 3.



COACHING POINTS

- Dribble closer to the target goal before shooting
- Players should follow up all shots for rebounds
- Keep all shots low
- Encourage shooting with laces

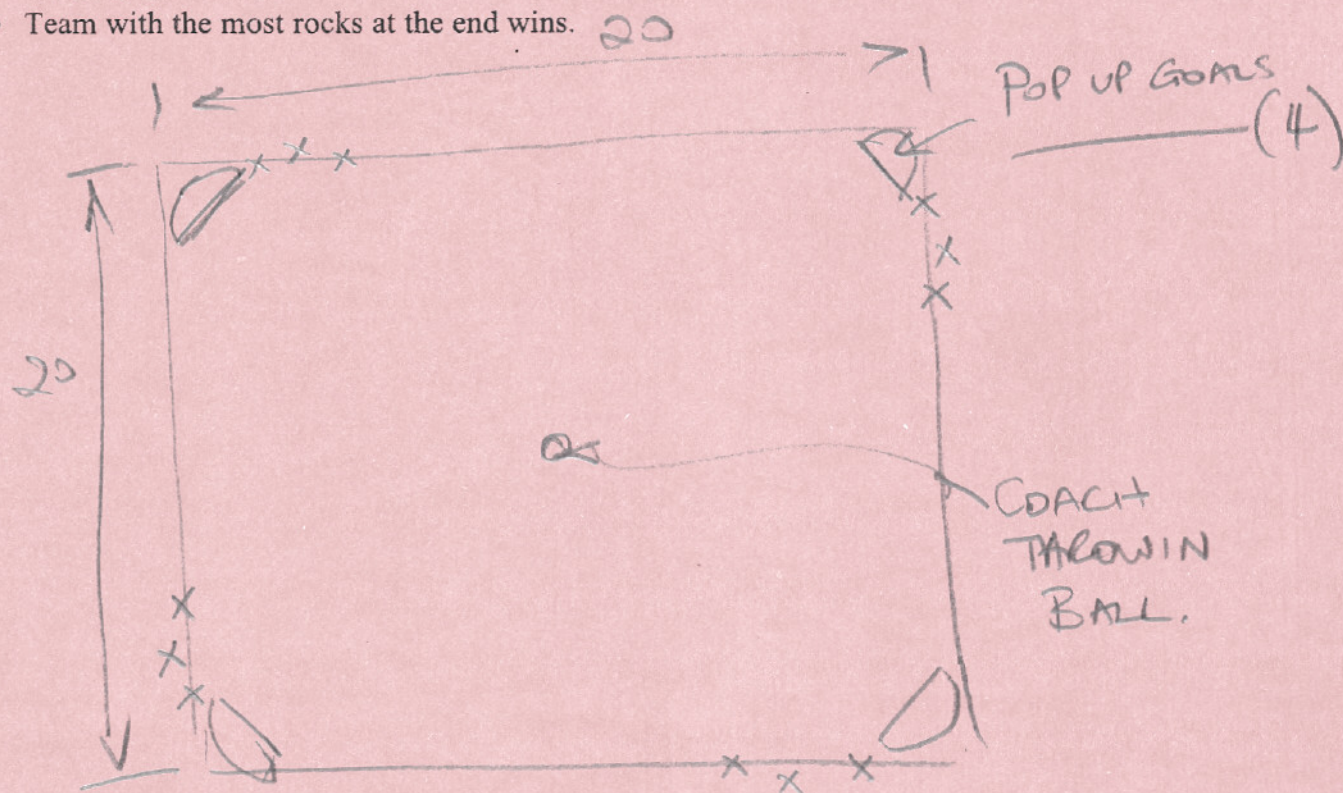
Dribbling Game 10: Flintstones

SPONGE BOB

PURPOSE: To work on dribbling and shooting.

ORGANISATION

- Set out 4 small goals 3 yards wide, with a small coned area to the side of the goal. Put players in teams with a goal each and they must stand inside the coned area.
- Give each member of the team a name of a flintstone character, i.e. Fred, Barney, Wilma, Betty, Pebbles, Bam Bam, Dino.
- You throw a ball in and call it a rock, each player is trying to get the rock back to their cave.
- Coach calls "Fred", 4 "Fred's" run out and try to get the rock back to their goal which is their cave.
- Team with the most rocks at the end wins.



NEED 12 PLAYERS

4 TEAMS - 3.

COACHING POINTS

- Encourage players to use both feet and the inside and outside of the foot