U10 Practice Activities

For the Parent Coach

INTRODUCTION

The purpose of this activity guidebook is to give you the youth coach, an idea of what should be covered throughout the typical season. The activities reflect the philosophy of the original US Youth Soccer Parent/Coach Primer. Sessions focus on development in a low-stress, fun-filled environment giving you an organized structure to apply to the needs of your team. You will be able to create your own sessions once you understand the essential ingredients.

Each practice session has four main areas:

1. Warm-up
   1.1. Emphasis on preparing the player both physically and mentally for the training session.
   1.2. General motor ability (i.e., balance, coordination and flexibility) should also be enhanced.
   1.3. All the above should be followed by stretching of the various parts of the body.
   1.4. Young players don't need stretching, but it's a good habit for them to begin early.
2. Individual Activities
   2.1. This portion will cover fun-filled methods that can improve a young player's technique in a playing, non-drill manner.
3. Small Group Activities
   3.1. These games will challenge the player (without the pressure of high numbers) to improve a variety of the needed skills.
   3.2. It also gives players the opportunity to touch the ball more often.
4. Large Group Activities
   4.1. This time will be used to familiarize the player with the different aspects of playing in a match situation.
   4.2. Each section should last between 10 to 15 minutes (take rest when needed).
   4.3. All activities should start with a brief demonstration, followed by the players moving quickly into activities.

The successful coach at this level is the one who can imagine these activities through a player's eyes. A coach at this level must create a fun-filled environment that will have players excited to return.

CHARACTERISTICS OF UNDER-10 CHILDREN

- Lengthened attention span compared to the U-8 player
- Are far more team oriented
- Still in motion, but not as busy
- Will stay in place long enough for a short explanation
- Psychologically becoming more firm
- Boys and girls beginning to develop separately, girls at a faster pace
- Overall and small motor skills becoming much more refined
- Prefer balls and equipment with team identification
- Pace factor becoming developed. (They do think ahead)

Implications for Coaching Soccer

Age Time for training sessions and number per work week

- U-6 - 45 Minutes or 1 hour each. 1 session, plus 1 game per week.
- U-8 - 1 hour each. 1 or 2 sessions plus 1 game per week.
- U-10 - 1 hour to 1.25 hours each. 2 sessions plus 1 game per week.

THE PLAYER

The needs and capabilities of players set the philosophy and methods of coaching. We can look at the desired final product, a high-level, world-class soccer player, and create a progressive developmental program that will, over time, allow some to reach the highest standards. At the same time, the soccer experience must be a positive and rewarding one to all those who participate. Each player that steps on the field has different needs and potential. For a variety of reasons, each player will succeed at very different levels. As coach, you can accomplish this by setting individual levels of expectation.

Try as a coach to be open to the needs (physical and psychological) of your players. Understand that soccer is just another vehicle through which we all try to add to the lives of those who participate. Certainly, we hope to develop players with a wealth of talent, but at the same time we hope to promote good character and responsibility in young people.

Don't let the value of winning completely overshadow the value of learning. Don't assume that every training method must directly correlate with the game of soccer. For example, games that involve movement and the use of hands can be of value to the coordination of your players. The two are not meant to be the same. A young player must go through years of preparation before he can begin to imitate top flight soccer. Give players a chance to learn and enjoy the very special years of their growth.

Don't let the notion of demonstration scare you. Use that good old American ingenuity that has gotten us where we are today. Bring in a local high school or college hero to demonstrate, or for that matter, a player at least two years older than your players. They'll love him. After all he really knows everything; he's two years older. Most importantly - have fun!

Principles of Youth Coaching

These principles should be considered as you put together your practice.

1. Developmentally appropriate
    1.1. Are your activities appropriate for the players you are dealing with?
2. Clear, concise, correct information - brevity, clarity, relevance
    2.1. Make sure you are giving the players information in a way they can understand
    2.2. It is also important that the information you give them is in fact correct.
3. Simple to complex
    3.1. Your practice should begin simple and build into complex activities.
4. Safe and appropriate training area
    4.1. Make sure the area is safe for the players to play in and the size of the area is appropriate for their level of play.
5. Decision making
    5.1. The players should be put into decision-making situations
    5.2. There should be many decisions made on the field by the players not the adult directed
    5.3. Let the players take ownership of the game.
6. Implications for the game
    6.1. Do the activities make sense in terms of the game of soccer?

Coaching Activity Checklist

- Are the activities fun?
- Are the activities organized?
- Are the players involved in the activities?
- Is creativity and decision making being used?
- Are the spaces used appropriate?
- Is the coach's feedback appropriate?
- Is the coach guiding or controlling the players in the activity?
- Are there implications for the game?

Punishment

The use of physical activity such as laps, push-ups, sit-ups etc., as punishment for misbehavior is an inappropriate method of discipline. Players will come to believe that physical training is a form of punishment. Players need to understand the importance of fitness and making them run when there is a behavior problem is counter to what you what to develop. When the consequences warrant, short-term exclusion from the activity will often get a positive result.

U10 - Training Session Guideline				
Sessions Per Week		2	Duration of the Session	90 Minutes
Players Per Session		12 - 14	Duration of the Match	50 to 60 Minutes
TRAINING SESSION STRUCTURE	WARM - UP (10 - 15 Minutes)		Fun & dynamic games, passing & possession practices, stretching & dynamic movement	
	Main Part	Physical (15 Minutes)	Exercises based on agility, speed, coordination & balance	
		Technicial Simple (20 Minutes)	Unopposed practices to develop quality and opposed practices to develop competitiveness. Opposed practices are more realistic and force players to make decisions as they would in the game	
		Tactical (15 Minutes)	Practice games based on basic understanding of the game (attacking principles), possession, combination play, playing out from the back & finishing	
	Scrimmage (25 Minutes)		Games based on position specific, quick movement of the ball and distribution of space	

Stretches

Forward Lunges



Kneel on the left leg, placing the right leg forward at a right angle. Lunge forward, keeping the back straight. Stretch should be felt on the left groin.

Hold for 5 seconds.
Repeat three to six times.
Repeat on opposite leg.

Side Lunges



Stand with legs apart, bending the left knee while leaning toward the left. Keep the back straight and the right leg straight.

Hold for 5 seconds.
Repeat three to six times.
Repeat on opposite leg.

Cross-Over



Stand with legs crossed, keeping the feet close together and the legs straight. Try to touch the toes.

Hold for 5 seconds.
Repeat three to six times.
Repeat with the opposite leg.

Standing Quad Stretch



Stand supported by holding onto a wall or chair. Pull the foot behind to the buttocks. Try to keep knees close together.

Hold for 5 seconds.
Repeat three to six times.

Seat Straddle Lotus



Sit down, placing the soles of the feet together and drop the knees toward floor. Place the forearms on the inside of the knees and push the knees toward the ground. Lean forward from the hips.

Hold for 5 seconds.
Repeat three to six times.

Seat Side Straddle



Sit with legs spread, placing both hands on the same shin or ankle. Bring the chin toward the knee, keeping the leg straight.

Hold for 5 seconds.
Repeat three to six times.
Repeat exercise on the opposite leg.

Seat Stretch



Sit with the legs together, feet flexed, and hands on the shins or ankles. Bring the chin toward the knees.

Hold for 5 seconds.
Repeat three to six times.

Knees to Chest



Lie on the back with knees bent. Grasp the tops of knees and bring them out toward the armpits, rocking gently.

Hold for 5 seconds.
Repeat three to five times.

3-Step Warm-up

Step 1-Aerobic activity

- Perform a five minute, low-level aerobic, such as jogging, or technical work with the ball

Step 2 - Dynamic Flexibility

- These exercises incorporate active movements to stretch the hips and pelvic region targeting hamstrings, hip flexors, gluteus and groin, which are important injury prevention in soccer.
- Do the following movements five times for each side or position:
    - Hip Circles - Hands on hips, thrust pelvic out and rotate in a large circle (hula hoop style)
    - Trunk Twist - With stationary pelvis, rotate at the trunk looking over the shoulder in the direction you are stretching.
    - Alternate Toe Touches - With legs, wide apart, alternate touching hand to the outside of the opposite little toe.
    - Knee to Chest - Standing pull one knee to chest and hold for a three count. Reverse position.
    - Heel to rear - Pull heel to rear and hold for a three count.
    - Cradle Walk - Externally rotate leg, pulling the leg up at the ankle. Release and repeat taking a step.
    - Lateral Lunge with Twist - Step laterally and lower the body to form a 90-degree bend in the knee. Rotate the torso to the extended leg side. Trail leg is straight stretching the groin area.
    - Forward Leg Swings
    - Lateral Leg Swings
    - Hand Walks - Starting in a push up position, walk feet up to hands, then walk hands out to a push up position and repeat keep back flat.

Step 3 - Movement Preparation

- Exercises that imitate specific activities performed over a 20-yard distance
    - Jog Forward
    - Back Pedals
    - Skip Forward/Backwards
    - Jog Forward and circle arms forward
    - Jog Forward and circle arms backwards
    - Lateral shuffles, arms side-to-side crossing over body
    - Power skips
    - Scissors kicks
    - Forward shuffle - Open hips, lift leg high externally, rotate hips stepping to 45-degrees. Recover and repeat with opposite leg. Perform with skipping motion
    - Hip Crossover: Swing leg high upwards and inwards, rotating on forward leg and pivoting on planted leg, ending up facing the opposite direction. Repeat with opposite leg.
    - Back Drop Ground Touches: Shuffle backwards 45-degrees touching the ground. Recover and repeat opposite side.
    - Defensive back shuffles
    - Wheat Pickers
    - Heels to rear
    - High knees
    - Line steppers

Session 1 – Dribbling

Organizing Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Start by having players dribble in and out of each other with their hands. At your command, have them stop their balls with various parts of the body as identified by colors. Example - red is right hand, blue is left foot, rainbow is forehead, etc..	Getting players organized and functioning as individuals and within a unit
Have players jog with a ball at their feet in the same direction. When you call a number, that many players must come together with balls touching each other. Example: the call is three, the units of three must be formed by the players. Those players unable to form a unit of three do three half-push-ups	Encourage players to dribble with their eyes up.
On command, have the players throw the ball from behind through their legs, do a forward roll, and retrieve it.	Watch for coordination and agility with emphasis on ball control.
Throw the ball in the air, clap three times, leap in the air and catch it. Change the variables to suit your objectives, e.g., throw ball and touch the ground or throw ball and touch the ground with an elbow, etc.	Watch for upper body control and vision.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Have players dribble their ball in large spaces and try to cover the space. Example: several may choose the penalty area, while others the center circle, etc. Demand that they be creative.	Look for and highlight players making creative moves.
Bring the above activity to designated places on the field with all the players dribbling in that area.	Emphasize body swerves.
Once in the designated area, have half the players place their balls outside the area and act as passive defenders. Intensify defensive pressure as you see fit.	Encourage directional change.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Start a dribble tag game in which several players without the ball are it, and they must tag a dribbler to get his ball. They exchange and the game continues.	Watch and congratulate players that scheme (not cheat).
Create a human obstacle course where half of the players are stationary in all kinds of weird positions and the rest of the group dribbles around them.	Sportsmanship opportunities, or lack of, are quite apparent.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
5 v. 5 or more playing across the field. Award points for proper or creative dribbling, but always one point for a goal.	Free play with coach stopping play briefly to reiterate points made earlier about dribbling. Be sure to highlight and congratulate good dribbling technique.

Session 2 – Receiving

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
In pairs, with two balls, ask players to play catch with two balls at the same time. They can bounce the ball, arc it high or throw it to the side of the other ball.	Activities like this are fun and stress working together. Challenge them to go fast.
Challenge players to the same task with their feet.	Let them figure out a solution.
Ask players to dribble in and out of each other, changing speed and direction. On your signal, each player should stop his ball and move on to any other ball. Repeat as above except that on your signal players should throw their ball in the air and get any other ball.	On the exchange, ask players to move to, and control the ball as quickly as possible.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
In threes, ask one player to stand in the middle of two others who are about 12 yards apart. The player in the middle will receive a pass from an outside player. Their challenge is to accept the ball with either foot and turn with it to pass to the other player. Repeat in the opposite direction.	Show them how to receive the ball with the inside, outside or sole of the foot and then get them going. Let them know that they should receive and turn in a smooth motion. Don't expect miracles.
Put one player in the middle of four. Ask the player in the middle to receive the ball from any outside player and then turn and pass it to any other player. They would then get the ball back from that person and turn and pass to any other. The outside players should create a square about 12 yards on each side. Vary the size as you see fit.	Ask players to move to the ball, receive and turn as smoothly as possible. With time, it will come.
Ask player B to receive a ball from player A, turn and beat player C and play the ball to player D. Repeat in the opposite direction…	Balls can be rolled in by hand if accurate passing is difficult for the outside players. Change roles regularly.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Organize players in groups of three, with one ball. Ask the player with the ball to keep it from the other two if he can. If he loses the ball he should immediately try to get it back.	Just let them play. Give rest every 30-40 seconds or as needed.
Again, with three players, have two players play keep-away from one. Ask players to dribble and to short pass to keep possession.	Change the groups of two, to give everyone a chance to play both roles. Alternate as above.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Set up a six-hole golf course and get them excited about playing with whatever rules you choose.	Make it fun!

Session 3 – Shooting

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Coach stands in the center of the field and throws or kicks the ball in any direction. All players must jog, shuffle, hop or whatever to the ball where each player must touch it (without moving the ball), then all players jog back.	Running or moving with speed to a designated area then touching the ball without having it move requires body agility and coordination.
Divide the players into four equal groups and do the same as A but designate body parts and make it a competition, e.g., right shoulder touch and first group to return to coach.	Small group teamwork in a competitive environment. Which players are willing to give a bit more?
All players in a circle holding hands. Coach strikes the ball to anywhere he chooses: All the players must run and join hands in a circle around the ball. If the players can circle the ball before it stops moving, the coach must run one lap around the penalty area. (Smack that ball coach).	Sheer fun for a bunch of kids that would love to tell their peers in school that their coach had to run four laps.
All players in the center circle with balls between their ankles hopping in various directions. At a given signal, all players release their ball and collect, with ankles, somebody else's ball and continue.	Agility, flexibility and coordination are observable in this warm-up. Some can; some can't.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Players standing 6-8 yards apart, striking the ball with their laces to one another.	Observe the non-kicking foot to see if it is flat or if the player is up on the ball of the foot.
Have players run or jog into the goal area and strike a ball with their laces on the open goal. No keeper - he'll get drilled.	Eye, foot coordination and time of the shot should be observed.
Player stands on the penalty mark and must deal (two touch) with an air ball, a bouncing ball, and a ground ball.	Body preparation is the key to getting a good shot on goal. How well has the shooting player positioned his body?

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Coach serves balls into the penalty box where players may shoot them. Players who are shooting the ball may strike a full volley (laces) for 3 points, a bouncing ball for 2 points, or a rolling ball for 1 point.	The further out from the goal a player is standing the more imperative it is that his/her knee be over the ball.
Four goals with two teams playing in any direction. A goal can be scored if the player shooting on goal uses laces.	Observe the line of the shoulders. Since shoulders that are held parallel to the ground usually means a high shot, emphasize dropping the shoulders.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
5 v. 5 plus goalkeepers playing to two goals in the penalty area. The objective is two touches with the second touch being a shot on goal.	Look for speed in the player's body adjustments to accommodate the two-touch objective. Some can; some can't.

Session 4 – Dribbling (Advanced 1)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask players to dribble in and out of each other in a restricted area; no collisions.	This will warm them up and get them functioning in a game environment.
Ask players to turn with the ball and move in the opposite direction every time another player occupies the space in front of them. Turn and go!	Ask players to avoid moving into closed spaces. Play tag, touch others but don't get touched.
Ask players to burst (with the ball) into any open space around them. As players dribble in and out of each other, spaces always open and close.	Players must begin to recognize open space and activate themselves to move into it.
Take two balls out of the playing area. The players without a ball must quickly try to get one. If a player doesn't have a ball, he should get one. If they have one, they should try to keep it.	Players will develop the ability to shield and move with their ball.

Individual Activities – Emphasis Dribbling (10 – 15 Minutes)	Emphasis / Coaching Points
Ask players to dribble towards a cone 10 yards away. Just before they reach the cone they should turn the ball with the bottom, instep (laces), or outside of the foot and burst back to their starting point. A partner will then perform the same activity.	Show (slowly) how to dribble forward and make a turn with each of the parts of the foot. The let them go!
Ask players to circle around you or a cone 10 yards away. Ask them to dribble at you and then turn the ball away just before they reach you. Use the same parts of the foot to turn the ball as above.	Act like a monster in the middle try to keep them away from you. Have fun!
Again, ask players to dribble in and out of each other in a defined area. When another dribbler bars their path, they should turn as you've just shown them.	Watch and see what they've learned.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask two players to play 1 v. 1 to a cone. Beat your opponent and hit the cone.	Encourage goals! Change partners about every minute. Rest as needed.
Play 1 v. 1 between two cones 12-yds apart. The objective is to hit your opponent's goal.	Each pair should have an area of their own to play on. Change opponents every minute or so.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Divide into two teams, (two colors), and play unrestricted soccer, to two goals, with goalkeepers.	Let them play!

Session 5 – Passing

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Have players moving about in the penalty area or the center circle hand passing, (one ball per two players).	Emphasize vision of the player. (If they are running into each other, go to slow motion).
After establishing movement and motion by the players, transfer the activity to feet, then back again to hands.	When using hands, check their choices; when using feet, watch their technique.
With one player in a standing position, feet spread apart), have his partner some 7 or 8 yards away strike the ball to go between the standing player's legs. If successful, the passing player scores a point.	Look for accuracy of passes.
One player strikes the ball with the inside of his foot. His partner must do a forward roll and get to the ball before it stops. Reverse roles.	Observe the technique used to strike the ball; which surface of the foot.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Have two cones set up as goals five yards apart. With two players on each team some 6-8 yards on either side of the cone goals, have players strike the ball through the cones for points. Players must alternate shots and may not strike a dead ball.	Have players use different surfaces of the foot.
Play soccer golf. A player and a partner each with a ball attempt to score points by striking accurate balls. First player strikes the ball (on the ground) as far as he likes. Second player has two shots to hit the first player's ball.	Observe placement of standing foot.
Arrange players in groups of three. After a practice period of a few minutes for each group, have the teams of three take turns one touch passing for the most completed passes.	Air balls occur when the ball has been chipped or the player is leaning back.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Divide the players into groups of three and place them in a line with the first player in each line facing each other. One touch is all that is permitted as players strike the ball to one another and go behind the opposite line.	Pace of passes is very important.
Play 3 v. 1 keep away in a large enough area for passing success. Have players count the number of connected passes. Set records.	Some players will force the use of their good foot. Don't get excited. Situations will dictate the use of the weaker foot. Congratulate and highlight the reasons for successful passes.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
6 v. 6 or more in an area with lots of width. Put three touch restrictions on one team and no restrictions on the other. Switch restrictions and change them to maintain player interest.	Passes are made for penetration or possession, identify when each is in order.

Session 6 – Shielding

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask players to move in and out of each other by moving the ball with their hands on the ground. They need to avoid collisions and steer the balls in and around each other.	This forces players to change directions in a position that is unbalanced. It helps players develop the ability to move with knees bent!
Same as above but now ask players to protect their own ball and at the same time grab for any other ball they come near.	Protect your ball; snatch any other ball.
Ask players to dribble in and out of each other in a confined area until you call out a number. This signal tells players that they must quickly touch their ball with that many body parts. For example, if you call 4, they should quickly tap the ball with the right hand, the left knee, the right foot and the left hand. Then start dribbling again.	Ask players to go through the tapping as quickly as possible. Encourage players to use different body parts like the elbow, forehead, knee, hand, etc.
Ask players to Dribble Sit.	Have them dribble until you call sit. At that point they should sit down on their ball and quickly pop back up and dribble.

Individual Activities – Emphasis on Shielding (10 – 15 Minutes)	Emphasis / Coaching Points
In pairs, ask one player to protect the ball from his partner. If the partner gains possession, he tries to keep the ball. Don't let this activity go much more than 30 seconds. Have them stop and get a new partner for rest.	Give a quick demonstration of the proper way to shield a ball with your body sideways between the ball and the defender. Don't expect anything near precision. Just play keep away.
In a defined area 10 yds. x 10 yds. Play the same game with three players. Whoever has the ball should play against the other two people.	Let them play and learn!
Set down a cone between two players, with one ball. Ask them to try to beat the other player and hit the cone.	Encourage shielding and turning to beat the opponent. Ask them to go to the goal (cone).

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Divide into groups of three. Each group should be on either side of a 5-yard goal with a goalkeeper. Players take turns shooting back and forth through the goal.	Encourage good shots and speed in taking the shots. Alternate keepers regularly. If the keeper makes a save, he should turn and throw it to the other side.
Add some competition by saying that whoever can get to the ball first should try to beat the other two players and score a goal.	Encourage all players to be active and either attack or defend. If a defender wins the ball, he should then try to score.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Divide into two teams, (different colors), and have them play regular soccer.	Let them play!

Session 7 – Shooting (Advanced 1)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Start by having players run in and out of each other with their ball in hand. On your signal, they should switch balls with any other player near them. Run, switch, repeat.	Let them solve the exchange problem in their own way.
Same as above, except that now the feet should be used. On your signal, each player should stop their ball and move onto any other available ball.	Hasten the exchange!
Execute a variety of simple stretches.	Emphasize the holding of a stretch as opposed to bouncing.
Have players dribble around in a defined area, (20 yards x 20 yards). Occasionally you should call a number, e.g. 1, 3, 4, etc. Then they should all rush to form a pile of balls. (The same number as the number you called). They can either dribble or hand carry their ball as you see fit.	Try to get them to solve the number problem as fast as possible. Impose a joke penalty on those who don't get into a proper sized group. (e.g., touch our nose and knee and hop five times).

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Set up goals 4-5 yards apart. Each goal should have a keeper and a shooter on each side. Ask players to alternate shooting back and forth through the goal.	Give a quick demonstration of an instep drive and then get them shooting. Have the strike stationary balls initially. Rotate keepers.
Same set up but now ask players to move a bit further out. When they receive the ball, they should roll the ball ahead of them, chase it and strike it on goal. Shoot, shoot, shoot.	No lines; more shots! Ask players to roll the ball ahead at various angles.
Introduce the concept of faking or feigning before a shot. Each shot should be preceded by a change of direction, change of speed or a quick movement of some sort.	Show a fake--a false change of direction-- to get them going then let them come up with their own.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Set up a couple of full-sized goals with cones or flags. Each shooting area needs 6 players. Two should be in the goal. The remaining four should play 2 v. 2 back and forth through the goal. The object is to score goals, goals, goals. If the goalkeepers catch the ball, they should throw it to the vacant side of the shooting are. This will spread players out and add to the movement after a shot is taken, all four players should burst through or around the goal and repeat play in the opposite direction.	This is very taxing physically. Play for a minute or so and then rotate one team into the goal. Repeat. Take additional rest as needed.
Combine groups and use a larger goal (12 yards) with four goalkeepers. Play the same game with 4 v. 4 in a larger area. Rotate as before.	Attack one side of the goal then go through and attack from the other. Emphasize shooting. Let them play!

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Create a triangular goal 6 yds. x 6 yds. x 6 yds. Use 1, 2, or 3 goalkeepers. Divide into two teams and play around the goal. Players can attack any side of the three-sided goal. When goalkeepers get the ball, they should throw or kick the ball well away. Keep track of the score.	Use colors to separate the teams. Let them play! They'll shoot, learn and have fun!

Session 8 – Juggling

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Players run about in the center circle playing body tag. When one player tags another player's body part, the tagged player must hold that body part and try to tag somebody else.	Which players are constantly getting caught standing straight up?
Same activity as in A, but introduce the ball. Have players move the balls about with either their feet or hands.	Player agility and flexibility plus ball technique can be observed.
Body parts control is played by having players dribble in an area until the coach calls a color. Let different colors represent different body parts e.g., red is right foot, blue is left foot, and so on until rainbow is forehead.	Here the coach can observe the mechanical speed of players reacting to a verbal command.
Various objects (bags, jackets, cones) are placed about in half the field. Players dribble at a slow pace within the half field. On command players, must leave their ball and sprint to the object called out by the coach.	Coach can observe the natural speed of players since the ball is left behind.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
With plenty of space between them, players throw their ball into the air and catch it with their elbows, knees, or sit and catch it with ankles.	Watch the eye/body part coordination and timing.
Players roll the ball with their hands, then must run past it and lift it in the air with their foot.	If they roll it too far, they can't catch the ball, too slowly and they can't lift it: understanding pace.
Have players moving about while playing the ball from hands, to head, to thigh and back to hands.	Success from the thigh is only achieved if the thigh is parallel to the ground.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
In teams of 3 or 4 players, set up juggling competition and count numbers of successful touches. No one player may touch the ball more than twice before he must play the ball.	Players vision and timing are imperative for team success
With one player on his knees, the other two players play head or juggle tennis over him. The player on his knees acts as the net and keeps the score of successful touches. The moment a drop occurs, players switch their positions.	This activity is done on a 30 second basis and total touches account for the scoring. It requires cooperation by all three players and switching positions lends itself to transition speed.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Two teams of 5 v. 5 or more play to four goals, each team defends two of the goals. Only goals scored from a juggle count. The ball is hand passed about and any player running off several juggles gets points (or goals) for each ball touched. Transition is made intercepting by hand or tagging a player on the opposite team.	Coach can observe how effectively the players can juggle under pressure of an opponent in short time periods.

Session 9 – Dribbling (Advanced 2)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask players to dribble in and out of each other in a defined area. Change directions and pace.	Ask players to look for and dribble into spaces that have just opened.
Same activity but add these movements: 1. Ask players to stand over the ball and alternate touching it with the left and right knee. 2. Players lie on their backs and roll their ball under their back and over their stomach, round and round. 3. Players jog in place as they hand a ball back and forth between their scissoring legs.	All these movements and others stress the systems related to balance, and strengthen growing bones and muscles. Have fun with it. Put your players in positions that will make them laugh.
Players stand back-to-back with a partner. Alternate passing the ball between legs and then overhead. Move the ball in a circular manner between the legs then overhead.	Cooperation with a partner is the goal of this activity.
Same as above except players will now pass the ball side-to-side. Each player turns back and forth in conjunction with is partner.	Ask players to pass the ball smoothly (hand the ball off, then turn).

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Stand in the middle of a circle of your players (10 yds.). Each player has a partner; one ball per group. The first group dribbles to the middle and returns to the outside. On signal the second group repeats.	Ask them to move quickly and emphasize the proper ways to turn the ball (i.e. instep, outside, bottom, heel and inside of the foot). Same but players in pairs.
Ask one player to serve the ball (7-10 yds.) to his partner. The server should rush toward his partner and continue to move in a straight line to the ball. The partner with the ball must evade the server.	At this point the server should not defend, he should just run straight at the dribbler. This will improve a dribblers sense of timing without worrying about losing the ball.
Set up a defined area (5-10 yds.). Have two groups of 3 or 4 players on both sides of the grid. A will pass to B at the far side of the grid. A and B will play 1 v. 1. B's objective is to get across the area with the ball under control while A must defend. Switch lines.	Set up the proper number of grids to avoid long lines. You can deal with defensive problems but emphasize dribbling.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Keep away Ask players to get in groups of 3 with one ball per group. On your signal, they should play for possession. (Whoever has the ball, keep it. Whoever doesn't, try to get it and keep it).	Let this go for about 30 seconds and then give them a rest. Repeat several times.
Ask the various groups of three to keep the ball away from each other (3 v. 3). Use two separate colors for identification. Play for about a minute, then rest.	You won't see a lot of passing but that's okay. Dribbling is the area to be improved.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Set up an area (40 by 30 yds.) with two goals and a few cones across the center line. Divide into two teams and play soccer with one restriction: any player who crosses the center line with the ball cannot pass. They must dribble at goal and shoot or lose the ball trying.	This will improve those who are good dribblers and force those who normally won't dribble to goal to give it a shot.
Remove the restriction.	Let them play!

Session 10 – Passing and Receiving

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
On half of the field, players are jogging about with a ball in their hands. When the coach calls out a number, all players must throw the ball into the air and clap the number called.	Have players leap to catch the ball at its highest point.
In the center circle, players are moving the ball about with their hands. When coach gives the command, each player must strike his ball to go outside the circle then retrieve it before it stops rolling.	Players must move about with eyes up or they collide with one another. This is another lesson in proper pace when they must chase the ball too often too far.
Standing with feet wide apart and a ball in hand, the player throws the ball between his own legs then turns and chases it down. After stopping his ball, he does the same exercise to return to his starting point.	Body flexibility and agility are most noticeable in this activity. Stiff players struggle here and must chase a lot.

Individual Activities – Emphasis on Passing and Receiving (10 – 15 Minutes)	Emphasis / Coaching Points
Two players facing each other must play the ball back and forth with one touch. More advanced players can do this while moving close together, then going farther apart.	Touch and pace are emphasized here. Accuracy occurs when the proper technique is employed.
Use a wall at the field or put benches on their sides to create a rebound surface. Players stand one yard from the wall and must play the ball as many times as they can in each time.	Agility and non-striking foot balance are two things to observe in this activity. Pace is the key to success.
All the players are in pairs with one ball per pair in the center circle. One of the partner's dribbles about while the other (without the ball) moves freely among all the others. When eye contact is made between partners, the pass is delivered. This only happens if the player with the ball wishes to execute.	Passes should be made crisply and played to the feet of the oncoming partner. Vision must be stressed.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Inside the penalty box with 3 v. 3, have players play keep away with successful passes being counted as points. Have them play in short 90-second sets, then bring in a new 3 v. 3 group. Other players line the outside of the box to keep the game moving.	True passes are those made accurately to feet or timed to a space where a player is running.
In this activity, the means of scoring is based on receiving the ball. Played on half the field in a 5 v. 5 situations, each player that receives and redirects the ball in one motion scores a team point.	Properly receiving a ball requires body preparation prior to touching the ball. If a player's body is in a balanced position upon receiving the ball, his chances for success are heightened.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
In an area 40 x 30 yds. play keep away with points scored for good passes or balls being properly received and redirected. Further, passes of 20 yards placed accurately deserve bonus points.	To encourage more passes, have a 3 or 4 touch requirement.

Session 11 – Receiving (Advanced 1)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Players move about a large area, tossing the ball in the air and playing from their thigh to hand.	Cushion is the key word in this session.
Players continue to toss the ball, but head the ball to play to thigh and back to hands.	This creates an awareness of various body parts used to receive the ball.
A kneeling player bounces the ball on the ground. He must then get up and control it (no hands). Repeat.	The body must be supple to accommodate the ball.
Players sitting on the ground must keep the ball live by using only their feet.	Players must develop a sense for the ball, otherwise they'll chase the ball a great deal.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
A player strikes the ball firmly against a wall or another player. With the first receiving touch, he must re-direct the ball with control.	A player's first touch is one of the most important.
A player bounces the ball behind him between his own spread legs. He must turn to retrieve it before the second or third bounce and return with the ball to the starting position.	Total body coordination should be emphasized.
One player tosses an underhand pass to another and calls a body part (include hands). The receiving player may not use the body part called.	Players must function with mental and physical speed.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Half of your players are standing around the lines of the penalty box with the other half inside the box. Inside players move about at random, then, per their own decision, run at one of the line players who must serve a ground ball to the running player. The running player must receive the ball with one touch and shoot on goal with the second touch.	Players receiving the ball must make body adjustments to receive, turn and shoot the ball.
With the same field arrangement, this time those on the line use a throw into the upper body of the moving players.	Timing is very important here, with players turning their shoulders to redirect the ball toward goal.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Four goals are set in a random matter, so that players can score in any one they choose. You determine when a team may go to goal based on a particular ball that you feel was well received. Points (or goals) can be awarded for very well received and redirected balls.	Players must receive and, where possible, redirect balls with emphasis on cushion.

Session 12 – Dribbling (Advanced 3)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask two players to tap dance gently on the same ball. If they have some success, ask them to move around the ball right or left.	This will improve coordination and the ability to work with a partner.
Ask each player to pass the ball back and forth between their own feet. Right to left to right, etc. If they can accomplish this activity, ask them to move in and out of each other at the same time.	Good touch on the ball will be enhanced. Ask players to increase speed as they master this technique.
Use a variety of static (non-bouncing) stretches, to increase flexibility. This is mostly for education in proper stretching techniques.	Stretch ankles, lower legs, hamstrings, thighs, lower back, and neck. See Stretching section above…
Ask players to dribble in and out of each other until you signal. At this point they should pick up their ball, kick it out of their hands, do a forward roll, and control and dribble the first ball they get to.	This activity will increase a variety of motor skills. Let them do it at their own pace.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
In groups of 3 or 4, ask players to follow a leader (dribbler) around the field. Each player has a ball.	Don't allow the leaders to move in straight lines. Change leaders every occasionally.
Assign numbers to four or five objects near your training area (garbage cans, fence, goalpost, etc.). When you call a number, every player should sprint dribble to that object and wait for the next number to be called.	Allow adequate rest before you send the players to the next object.
Put the players in an area, like the penalty area, that has quite a number of marked lines. Instruct players to dribble until they come to any line. They must touch the line (with hand or foot) and then move on to any other line.	Crossing lines is not permitted. Administer a gag penalty to those who goof up! Example: 1/2 sit-up, chase a ball that you kick out, etc.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Create several 10 x 10 yd. areas. Have one chaser and three dribblers in each box (shark and fish). The shark (with no ball) should try to catch the fish for about 30 seconds. The fish should dribble away and protect their ball without going outside their box.	Change chasers (sharks) regularly. Ask them to count the number of tags they achieve in a 30 second period. If a dribbler goes out of the defined area, they must stay out for the remainder of that 30 seconds only.
Have half of your team line up on either side of a 15 x 15 yd. area. Assign each player a number. Each team should have a player with the same number on the opposite side. Call a number and kick out a ball. The object is for each player to win the ball and dribble it back to their side.	Try to keep the score even or close. Call out more than one number and kick out more than one ball.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Divide into two teams (different colors) and play full field soccer.	Let them play!

Session 13 – Shooting (Advanced 2)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask players to start by lightly tapping their ball with the bottom of the left and right foot. Ask players to move clockwise around their ball as they tap. Reverse direction.	Emphasize a light tap. Don't let players put too much weight on the ball because they will surely fall.
Guide players through a variety of stretches.	Try to educate players in the areas that they are stretching.
Call out one body part after another. Players must figure out three different ways to touch their ball with that body part. They can use different surfaces of the body part. They can touch different parts of the ball. They can touch the ball from different balancing positions, etc.	Test their imagination. Give them examples of how to touch the ball with the knee or elbow or nose, three different ways. Now activate them.
Ask them to dribble in and out of each other until you call out the name of an object, an animal, or a plant. At this point the players should freeze and imitate whatever you called out.	Make it fun. Point out good and bad impressions.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
In pairs, ask players to shoot back and forth through a 4-yd. goal. Shoot, Shoot, Shoot.	Show how to shoot with the instep (shoe laces) and then get them going quickly.
Ask players to head the ball back and forth through the same goal. Players should head the ball out of their own hands. If they can handle it, let one player be a goalkeeper who serves the ball by hand to the header, who tries to beat the keeper. Alternate roles.	Give a quick demonstration of the correct body motion and the proper striking surface of the forehead.
Ask two players to play back and forth between two cones approximately 12 yds. apart. The object is to protect your cone and knock over that of your opponent.	Play a series of 30-40 second games. Change opponents often.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Play keep away with teams of 3 v. 3. They can dribble or run with the ball.	Don't enforce too many rules except those to prevent dangerous play!
Add two goals and allow players to throw the ball through the goal for a goal. Use goalkeepers if you like.	Encourage passing and scoring but let them play!

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Set up a playing area 30 X 30 yds. with two teams in different colors. You (coach) should be outside the area with a pile of balls at your feet. Serve a ball into the area and ask the players to attempt to win the ball and dribble over any boundary line (under control). If they succeed, they get one point. Play until all balls are used. Collect the balls and repeat!	Keep score. Encourage winning the ball and aggressive dribbling in a logical direction. Tell players to re-enter the area quickly after they've scored!

Session 14 – Goalkeeping

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
With feet, wide apart and stationary, players move the ball with their hands in a figure-eight fashion around their feet. Coach calls right ankle and the ball is moved around it, then left ankle and back to figure eight.	Be sure the body sways from side to side during the figure eight, otherwise it's a basketball warm-up.
One player rolls the ball between his partner's feet then goes between his partner's legs to retrieve it. After four such moves, the roles are reversed.	Stress agility and speed. Put them on the clock for quicker responses.
While one player is on his hands and knees, the other must dribble up to him, strike the ball under him then run around the kneeling player to retrieve the ball. Four successions then switch.	Emphasis here is on controlled dribbling, accurate striking of the ball and acceleration without the ball.
Same as C only now the kneeling player must get up and retrieve the ball that was sent under his body. Put this one to the clock for most times accomplished.	As a matter of body mechanics, how fast can players get from a kneeling to a running position?

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
In pairs, players on their knees about 5 yards apart throw balls back and forth to each other with a push-pass.	Note: the ball may not spin. After success is realized, have players get farther apart. Look for upper body strength and control.
Still in pairs but lying on their stomachs, have players practice the same push-pass. They will need to raise their bodies from the ground to execute.	This requires upper body coordination to keep the ball off the ground.
Each player with a ball in a sitting position throws the ball into the air then jumps to his feet to catch it before it hits the ground. Do this from a kneeling position too.	Stress accurate throwing and speed of body reaction.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Using four goals about 20 yards apart, have a goalkeeper in each try to score a goal by throwing the ball into one of the other 3 goals.	Emphasize the need for a transition from defending the goal and attacking quickly.
With two goals 20 yards apart and each with two goalkeepers, now the objective is to score a goal off a full or half volley foot shot.	Here we are attempting to establish accuracy from the ball struck with the foot.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
With 6 to 8 players in the penalty box, coach serves balls in to be touched on goal. Lots of shots results in lots of goalkeeping action.	How well has the goalkeeper positioned himself and how well has he caught rather than slapped balls played at his goal.

Session 15 – Passing (Advanced 1)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask players to run in and out of each other with their ball in hand.	Ask them to dodge and dart in and out of each other. Stress balance and directional change as well as variance in pace.
Same activity but on your signal each player should throw their ball high in the air, close their eyes, duck and count to two out loud. At this point players, should sprint to the nearest ball and continue dribbling.	This should prove fun and exciting. Be sure to ask players to duck and cover their head! Let this go until the excitement wears down.
Ask players to bend and stretch in a variety of ways. Stretch legs, lower back, neck, etc.	Stretch and hold. Don't bounce and twist.
Ask players to continue moving in a confined area, (15 x 15 yds.) with ball in hand. As they move in and out they should occasionally make solid eye contact, then these players should exchange balls simultaneously and continue running.	Emphasize looking at another player and then making the ball exchange. This is the beginning of non-verbal communication.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Players should be paired up with one ball per pair. Challenge them to move about in an area 20 x 20 yds. passing at the proper time. Ask them not to run around next to each other but instead to get apart and explore all the playing area.	Demonstrate quickly how to pass with the inside, and the outside of the foot, then get the players started. Occasionally, when rest is needed, ask players to pass back and forth (5 yds.) as quickly as possible.
Players should be in pairs with one ball. Set up 6 or 7 goals (4 yds.) in all parts of a 30-yd. square. Instruct players to rush to any goal and set up with a player on each side of the goal. They should execute 5 accurate passes back and forth through the goal and then move on to any other goal.	Introduce competition by asking players how many goals they got to in 45 seconds.
Set up an area 25 x 20 yds. All players should be in the area, each with a ball. Instruct players to move around in the area and try to pass their ball at any other ball. Keep track of the number of balls they each hit.	Emphasize passing for accuracy. The inside or outside of the foot is the preferred surface.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Create teams of 3. Set up 3 cones on each team's end line (no goals). The object is to knock over all 3 cones on the opponent's end line. When all 3 cones have been toppled by the ball, start a new game with different opponents.	Set up as many playing areas as are needed to keep everyone active and busy. Change opponents regularly.
In the same area, let the players try a little 3 v. 3 keep away. The object is to dribble and pass to keep possession of the ball.	Don't worry if a lot of wonderful passing doesn't occur. This is just the beginning.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Divide into 2 even teams (different colors). Set up a suitably sized playing field with 2 goals and goalkeepers. Play!	Let them play and enjoy!

Session 16 – Dribbling (Advanced 4)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Have players in the center circle moving the ball with their left hand (or right hand if left handed) while holding their ankle with the other hand. On command players try to knock other player's balls out of the circle using their left hand while protecting their own ball.	By going immediately to a competitive type activity, you may get more enthusiastic participation.
With their ball, players get on one of the straight lines on the field. Players begin dribbling. If two players meet on the same line, the one nearest an intersection must turn, with ball, and get to the intersection for a safe base. If caught or tagged, he must get off the line and execute four juggles to get back in the game.	Players can't play this game with their eyes down. Stress vision, vision, vision.
Have players stand inside the penalty area or smaller area, each with a ball at his feet. On command the players toe tap (Mexican Hat Dance Style) a stationary ball five times, then run to another ball and touch it with their knee, then stop at the third ball. Build this up by using various body parts.	Stress agility of motion as they move through one another. Discourage straight up running in favor of short step shuffling.
Play hand behind the back tag by having 2 players it chasing the others who are running about with one hand behind the back. An "It" player catches another when he tags a hand behind the back.	This activity calls for body swerves and deception on the part of those players being chased.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Play hand behind the back. Now those being chased must also dribble a ball.	Now players must accommodate the ball while avoiding the it player.
Two players stand about one yard from the ball. When coach calls right, each player must try to get his right foot on the ball first. The same is so for left and left foot.	This activity encourages foot speed and quick mental responses.
Have players dribble with every step being a touch of the ball. On command players, must step very lightly on the ball and change the direction of their dribble.	Balance and correct ball touch is necessary for success in this activity.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Place teams of 5 or 6 players in an area with 6 to 8 goals set up in various places (use cones). To score a goal a player must dribble through one of the goals.	No shooting in this game. With so many goals, players must be encouraged to change direction continually on the dribble.
In dribble to take on, goals are scored by beating an opponent rather shooting. 4 to 6 players on a team play. When a defender is attacked, he may only retreat 3 steps then he must tackle.	This match related activity promotes dribblers taking people on, which is imperative in soccer.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Set up goals across the field for a 5 v. 5 or more game. Additional goals can be awarded for excellence in dribbling.	Emphasize creative and daring dribbling. Also, praise players for dribbling at the appropriate times.

Session 17 – Shooting (Advanced 3)

Organizing Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Ask players to dribble in and out of each other until you call out the name of an animal. At that point they should begin to imitate that animal until you signal. They should then grab the closest ball and continue dribbling.	Initial warm-up and fun are involved in this type of activity.
Ask players to play the old game of Hot Potatoes. Pass the ball back and forth by hand until you call freeze. The player with the ball in hand has the hot potato.	This is just fun!
Try the same activity as before with the feet.	Don't get caught but pass accurately.
In pairs, ask players to stand back-to-back and alternate passing the ball between their legs and over their heads. 1. Same as above except players should pass the ball by twisting side to side. 2. All players have a ball and exchange balls at the same time. One should pass over while another pass under.	These activities involve coordination and cooperation with a teammate.

Individual Activities (10 – 15 Minutes)	Emphasis / Coaching Points
Set up 2 or 3 goals (cones) with 20 yds. of free space on either side. Each goal has a goalkeeper and two shooters on either side. The activity will involve shooting back and forth between the two groups of shooters. You will define the types of shots to be taken, i.e.: 1. Whoever gets the ball should pick it up and run behind his partner (the shooter), who has his legs spread. The ball is rolled between his legs toward the goal. He then chases the ball and shoots on goal. The ball then goes to the other side. 2. Ask the player who gets to the ball first to pick it up, run to one side of the goal, turn and roll it back to the shooter who must now strike a ball that is rolling towards him. 3. Whoever gets to the ball first should run wide and half-way to the goal. The ball should be rolled across the goal to provide a square pass. 4. The player who gets the ball should now run behind his partner and toss the ball just over his head. The shooter must now chase and strike a bouncing ball.	In this environment, you can show all the players the type of shot to be taken and then let them go at it. Change keepers often. 1. Ask shooters to be far enough away so that shots aren't taken to close to the goal. 2. Emphasize a good, slow roll that isn't bouncing all over. 3. Make sure players alternate shooting and rolling. 4. You can invent and work on a variety of shots. The key is to get cooperation between the partners.

Small Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
With the same field set up as Individual Activity A, 3 players will be on each side of the goal. Have players play 1 v. 2 on one side of the goal. When the ball goes to the other side, they should play 1 v. 2 to goal. The player who gets the ball first or wins the ball must try to beat the other two and score.	Each group of three should be of a different color than the three on the opposite side of the goal. Change goalkeepers regularly. Shoot, shoot, shoot.
Now play with both teams on one side of the goal, 3 v. 3. The object is to shoot through the goal. If the goalkeeper makes a save, the ball will be thrown to the other side. At this point all 6 players will rush through and play 3 v. 3 back through the goal.	The movement will take a while to understand but they'll pick it up. Be sure to give ample rest periods because this activity involves a lot of hard work.

Large Group Activity (10 – 15 Minutes)	Emphasis / Coaching Points
Set up a square 25 x 25 yds. with a 4 to 5 yd. goal in the middle of each side of your square. Have one player in each goal as a goalkeeper. Divide the remaining players into two teams (different colors) and tell them to play regular soccer except that they can score at any of the four goals.	Let them play! Keep balls ready to be played in. Change the goalkeepers regularly. For a change let one team attack two goals and the other team attack the other two goals.