

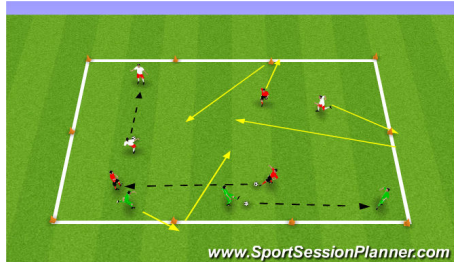


Grades 7-12 Session 1 Small Group Possession

Category: Technical: Passing & Receiving
Skill: U14

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

passing sequence warm-up (10 mins)



Objective: emphasize passing and receiving techniques, movement off the ball, playing within windows

Duration: 10-15 minutes

Description (rules, number of players, grid size, etc.):

*players in groups of 3-4. Each group in separate color. Each player numbered 1-3 in each group.

*pass in sequential order. After passing ball, work around a different cone before returning to field

*variation: combine with 3 passes before moving around cone

Key Points:

*balanced body shape in preparation of receiving pass

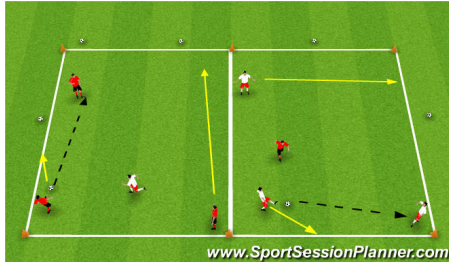
*first touch - across body with up-field foot and open up hips vs. different services with change of pace

* passing technique: inside foot pass (toe up, heel down, ankle locked, step in and snap thru), use of disguise

*1 touch passing: body over ball, step into your one touch

*off-ball movement: sideways and drift vs. explosive movement

3v1 rondo (10 mins)



Objective: Illustrate angles of support (off-ball movement and timing) and technical precision

Duration: 10-15 minutes. 1 minute rounds, 30 second rests.

Description (rules, number of players, grid size, etc.):

*multiple grids of 10x10

*groups of 4. If groups of 5, 1 player juggles before rotating as defender for next round

*3 players in possession score by connecting passes, 1 defender scores by disrupting play

*all restarts with group of 3

*scoring: 1 connected pass = 1 pt for offense. Ball out of bounds = 3 pts for defender. 3 toe touches by defender = 10 points. Tally score at end of each round. "Prize" for losing team.

Key Points:

*angles of support: move to a window as the ball is traveling, add 3 little steps to exaggerate the angle

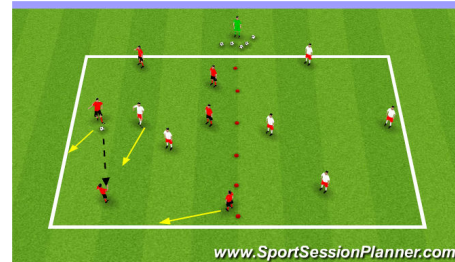
*passing technique: weight, accuracy, surface selection

*pick out your teammate's appropriate foot with your pass (often up-field foot)

*decision-making: 1v2 touch play based on pressure

*transition: win ball back immediately if possession is lost

transfer boxes (15 mins)



Objective: Numbers up possession to keep possession of ball, quick transition to play out of pressure

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

6v2 in one box. Objective for numbers up: connect 5 consecutive passes. Objective for defenders: win ball, and play it into their box to create 6v2 (transition).

Variation: after 5 passes, defending team add an extra defender (6v3, then 6v4, etc.)

Key Points:

*angles of support: left and right options from 3v1 needed to open up through balls

*playing out of pressure - draw in defenders, then "find our way out" either directly or by linking passes

*delivery of passes - varying weight, height (in air or on ground), and creativity of passes

*transition (group of 2): play out of pressure into own box as quickly as possible

*transition (group of 6): win ball back immediately, collapse space and prevent ball from leaving box

6v6 to 6 goals (15 mins)



Objective: use possession and numbers up situations to generate attack

Duration: 15 minutes

Description (rules, number of players, grid size, etc.):

*two even teams, each with 3 goals to attack and defend. Expand area with larger numbers.

*normal rules of soccer except no offside, and no corner kicks (teams restart with goalkicks)

Key Points:

*width and depth in shape - create shape with appropriate movements

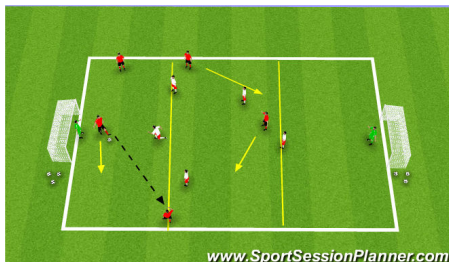
*play forward past at least one line of pressure when possible - recognize #s up situation, look for windows or splits, urgency in attack

*preference of options: forward, then wide, then back (reset)

*off-ball movement: play off of initial supporting movement to create 2nd and 3rd options

*transition: counter attack and score as quickly as possible

Game (25 mins)



Objective: apply elements from previous activities into game

Duration: 20-25 minutes

Description (rules, number of players, grid size, etc.):

*soccer game with all rules. Offside ignored depending on space. Use of offside line as needed (yellow line in diagram).

Key Points:

*same as previous activity. Emphasis on urgency of attack when opportunity presents it (numbers up, windows to play forward, counter attacks).



Grades 7-12 Session 2 Pressuring and Covering Defenders

Category: Tactical: Defensive principles
Skill: U14

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

dribbling warm-up (10 mins)



Objective: encourage individual dribbling and creativity to challenge defenders later in session

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

each player in grid with a ball
dribble around grid, finding space and avoiding collisions

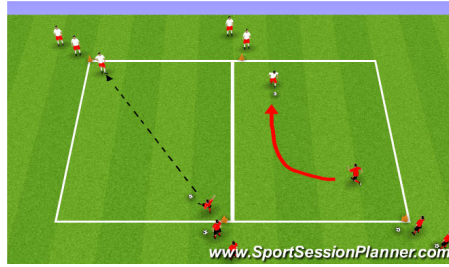
introduce dribbling rhythms/patterns (soccer box, toe taps, etc.) and encourage attacking moves

Key Points:

*every step is a touch – body low, use front foot to dribble

*head up and on swivel to find and attack space – use pinky toe to push ball in stride with burst of speed

1v1 channels (15 mins)



Objective: introduce key 1v1 defending principles (role of the 1st defender)

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

Play starts from defender serving ball to attacker

Objective: dribble over opponent's endline - includes transition if defender wins possession

Play ends with goal or ball out of bounds

Players keep track of own points

Key Points:

*Get out fast to pressure ball: big steps to cover ground, little steps to close space but leave "tackling" space (1-1.5 yards)

*Bend run – force player to side

*Stance: feet staggered and "rounded", body weight on front foot, knees bent, arms out for balance and to battle

*Patience – "block their path" and "contain"

*Separate from the ball from big touch or tight space:

1 Back-foot tackle

2 Step in between ball and player with big touch – shield

3 Shoulder tackle – lean in and bump player off ball

Get Out of There to Endlines (15 mins)



Objective: introduce covering (2nd) defender

Duration: 15 minutes

Description (rules, number of players, grid size, etc.):

*Coach serves ball into space and calls number ("3"); that number of players enters field.

*Players run down touchline and around corner flag or cone before entering field.

*Objective: dribble over opponent's endline. Play ends with goal or ball out of bounds.

* Progression:

"Plus 1" – in middle of play, call "Plus 1" for each team to add a player – creates delayed pressure and support.

Key Points:

*Communication: "I got ball" from 1st defender, "Delay", "Force in" or "Force out" from 2nd defender

*2nd Defender: mark loose in large space – must defend opponent and space while covering teammate; mark tighter in small space

*Changing roles between 1st and 2nd defenders in flow of game – diagonal movement (drops and pinches in)

*Recovery runs when beat

8v8 to large goal and counter goals (20 8v8 game (20 mins mins))



Objective: apply previous principles into larger sided game

Duration: 20 minutes

Description (rules, number of players, grid size, etc.):

Two teams of 8 - one team attacks the large goal (2-4-2 formation), the other attacks small counter goals (1-4-2-1 formation) - can play with larger numbers, and/or target players instead of counter goals.

Play with full rules (offside, throw-ins, corners, etc.)

Switch roles after 10 minutes

Key Points:

*Movement as ball travels – must be sprint – get there before ball does!

*Defend together - like a pack of wolves - if one steps, we all step. If one shifts, we all shift.

*Recognize moments to win in ball:

- Bad pass
- Bad touch
- Head down
- Facing wrong way/tight space

Transition: pressure immediately to win in ball back



Objective: apply all previous concepts into game environment

Duration: 20-30 minutes

Description (rules, number of players, grid size, etc.):

full scrimmage - no restrictions

Key Points:

*communication: I got ball, drop, shift, step

*compact defensive shape

*quick counter attacks - win ball, attack forward quickly if possible

*recovery runs in transition - diagonal toward own goal

*decision-making in defensive third - capture ball and start possession vs. clearing big and out