

Youth Academy | Player Development Lesson Plans



Fall 2017 – 10U



Art Rex

VP of Player & Coaching Development

Bill Furjanic

Technical Director

Eric Redder

Assistant Technical Director- You Academy

Debbie Morton

NC Youth Academy Admin

Module	Lesson Plan Topics	
Ball Manipulation	Week 1	Dribbling & Change of Direction
	OBJECTIVE(S) Coach the proper mechanics of running with the ball, dribbling to keep possession, or dribbling to beat an opponent & Identify, evaluate, and correct the functional application of the technique	
	Week 2	Dribble to Penetrate
	OBJECTIVE(S) Coach the proper mechanics of running with the ball, dribbling to keep possession, or dribbling to beat an opponent & Identify, evaluate, and correct the functional application of the technique	
	Week 3	Dribble to Set Up the Pass
	OBJECTIVE(S) Coach the proper mechanics of running with the ball, dribbling to keep possession, or dribbling to beat an opponent & Identify the proper mechanics of short range, intermediate range, long range, or aerial passing	
Ball Striking with a teammate	Week 4	Passing & Combining
	OBJECTIVE(S) Identify the proper mechanics of short range, intermediate range, long range, or aerial passing & Identify, evaluate and correct the functional application of the technique	
	Week 5	Passing from Wide Areas
	OBJECTIVE(S) Identify the proper mechanics of short range, intermediate range, long range, or aerial passing & Identify, evaluate and correct the functional application of the technique	
	Week 6	Striking on Goal
	OBJECTIVE(S) Identify, evaluate, and correct the proper mechanics of striking or heading the ball for finishing & Identify, evaluate, and correct how to finish off the dribble, from a pass on the ground, and from an aerial service	
Individual Behaviors	Week 7	Individual Attack
	OBJECTIVE(S) Identify and correct technical and tactical breakdowns in individual Attacking & Understand and describe the principle of safety vs. risk	
	Week 8	Individual Defense
	OBJECTIVE(S) Identify and correct technical and tactical breakdowns in individual defending& Understand and describe the principle of safety vs. risk	
	Week 9	Goalkeeping – Collecting the Ball
	OBJECTIVE(S) Identify, evaluate, and correct catching and handling techniques within the body range & Identify, evaluate, and correct the role of the goalkeeper when their team is not in possession	
Week 10 – 4v4 Fun		
OBJECTIVE(S) FUN, Creativity, Innovation, Take Risks		

**Refer to US Soccer Federation Targeted Action List below when deliver your training sessions
& seasonal lesson plans:**



- Getting your activities started quicker
- Using the Tool Kit within your activities.
 - In-flow, Natural stoppage, Individual reference, Freeze
- Balancing the timing between coaching points, allowing more flow.
 - Economy of language, improves systems over time to maximize time on task
- Create player-centered activities to enhance problem solving.
 - Ensure sufficient repetition to automate skills, activities have efficiency-maximize quality touches
- Engage your players through guided discovery or other questioning techniques.
 - Players are attentive, check for understanding and players apply not just listen
- Demonstrate with the ball the desired outcome of a technique or tactical concept.
 - Uses modeling to create a vision of top-tier execution, plans models to ensure success, remodel if necessary
- Improve your coaching positioning during activities.
 - Circulate the area, look in from the outside and maximize vision of activities
- Improve your checking for understanding before and during activities.
 - Tells what to watch for during modeling, "let me see you try", "Show me"
- Improve identifying technical breakdowns during live play.
 - Recognize moments to address proper technique and its application
- Improve identifying principles of play during live play.
 - Recognize moments to address decision making and its application
- Coaching behavior (body language, demeanor, and delivery)
 - Calm, relentless faith displayed in players, positive, demanding but not demeaning

Team Organization



DEVELOPMENT FIELD - 47x30 yards

- U9 and U10 - 7v7 - 14 players per team
- 7v7 formations promote a good distribution of the players on the field and provide a versatile framework to introduce simple tactical elements at an early age
- Formations are focused in the development of attacking elements of the game
- 1-2-3-1 formation: designed to develop passing and movement of the ball
- 1-3-2-1 formation: designed to promote forward runs and 1v1 situations



SMALL SIDED FIELD - 75x47 yards

- U11 and U12 - 9v9 - 16 players per team
- On a bigger field 9v9 formations are ideal to keep developing attacking elements of the game and introduce basic defensive concepts working as a unit
- 1-3-2-3 formation: designed to provide space in midfield areas and provide multiple attacking options at front
- 1-3-3-2 formation: designed to understand basic defensive organization and promote build up play

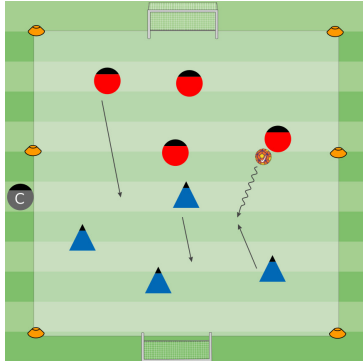
TRAINING SESSION: 10U - 4V4 FUN | FALL 2017



Objectives

Encourage players to FUN, be Creative, promote Innovation, and dare them to Take Risks

10U - 4v4 Fun | Variations #1



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

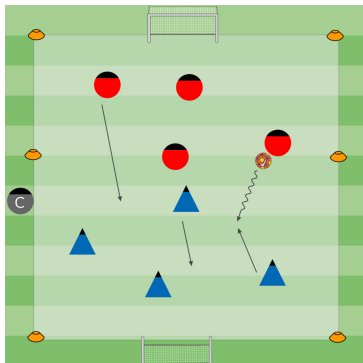
Coaching Points

GAME #1 | Steal the ball score = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

10U - 4v4 Fun | Variations #2



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

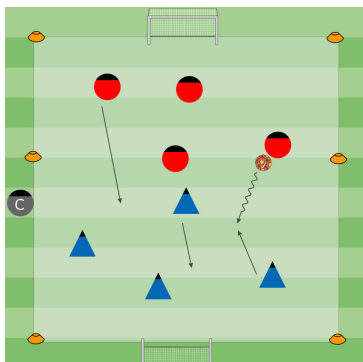
Coaching Points

GAME #2 | 1v1 Move + Goal = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

10U - 4v4 Fun | Variations #3



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

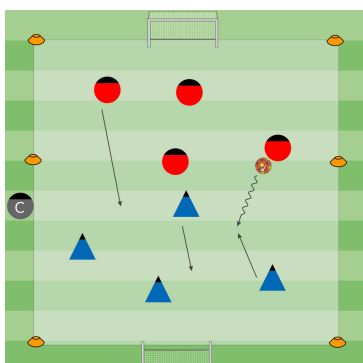
Coaching Points

GAME #3 | Sharing (passing) with a teammate + Goal = 10ptsall other goals with 1pt.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

10U - 4v4 Fun | Variations #4



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(3 x 03:00 min, 01:00 min rest)

Coaching Points

GAME #4 | Dribble Master (dribble more than one player) + Goal = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

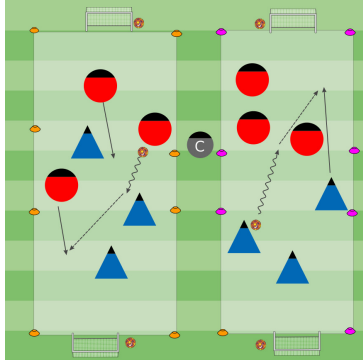
TRAINING SESSION: 10U - DRIBBLE TO PENETRATE | FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

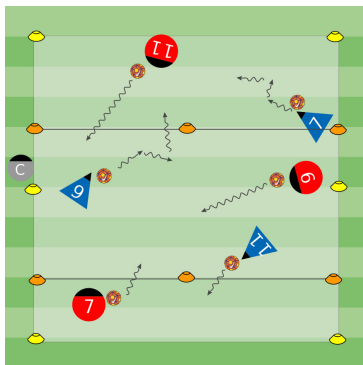
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | Technique of Dribble Penetration



Players



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(12 x 00:45 min, 00:15 min rest)

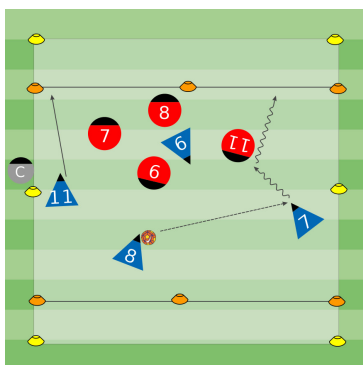
Coaching Points

WHAT are the visual cues to penetrate the defense? WHERE should the ball be located when dribbling to penetrate? WHEN do you change direction/speed while in penetrating?

Description

30W x 40L make (3) zones, 30W x 10L. Each player w/a ball. On coaches command player change direction, speed dribble penetrate into a new zone.

PRACTICE | 4v4 Endzone Dribble



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

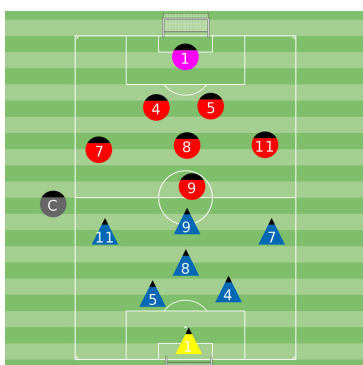
Coaching Points

WHAT are the visual cues to penetrate the defense? WHERE should the ball be located when dribbling to penetrate? WHEN do you change direction/speed while in penetrating? WHY are your eyes head scanning the field while in possession of the ball?

Description

30W x 40L w/ (3) zones, 30W x 7L. TARGET TEAM (blue) v OPPOSITION TEAM (red). Players dribble into endzone = 3pts, pass to teammate in endzone = 1pt.

PLAY | 7v7 Match



7 v 7



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

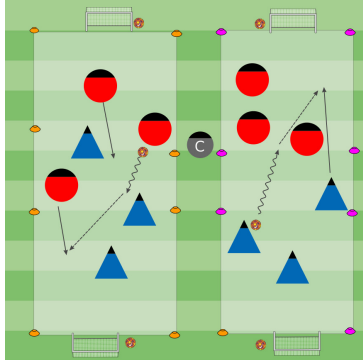
TRAINING SESSION: 10U - DRIBBLING & CHANGE OF DIRECTION| FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

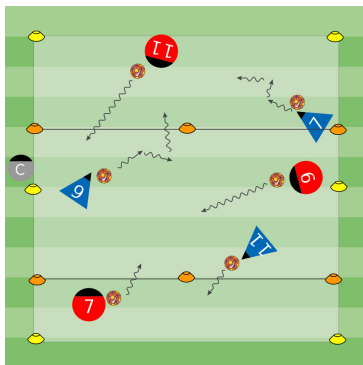
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | Technique of Dribble Penetration



Players

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(12 x 00:45 min, 00:15 min rest)

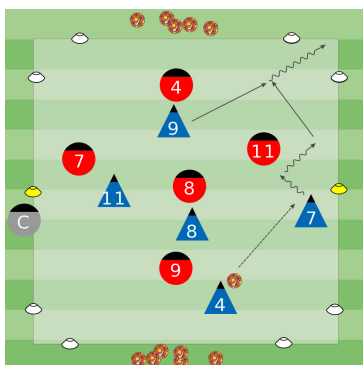
Coaching Points

WHAT are the visual cues to penetrate the defense? WHERE should the ball be located when dribbling to penetrate? WHEN do you change direction/speed while in penetrating?

Description

30W x 40L make (3) zones, 30W x 10L. Each player w/a ball. On coaches command player change direction, speed dribble penetrate into a new zone.

PRACTICE - Angled 4 Goal Game



5 v 5

Balls, cones, goals, & training vests/pinnies

Intensity:

18:00 min
(3 x 05:00 min, 01:00 min rest)

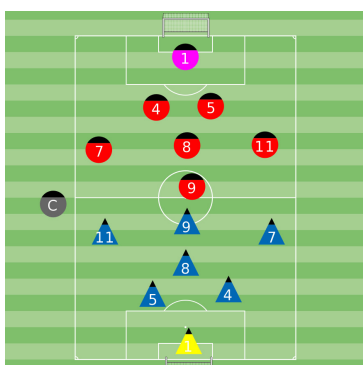
Coaching Points

WHAT should the player do after they make their move? WHEN should the player penetrate with the dribble? WHERE can they attack if they can not penetrate the way they are facing?

Description

Make a 30W x 40L – Make (2) angled goals on each end line. TARGET TEAM (team you coach, blue) vs OPPOSITION TEAM (red). Play 5v5 in the space, dribble through goals to score.

PLAY | 7v7 Match



7 v 7

balls, cones, goals, training vests

Intensity:

20:00 min
(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

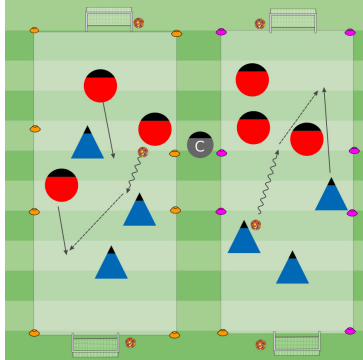


TRAINING SESSION: 10U - DRIBBLE TO SET UP THE PASS | FALL 2017

Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

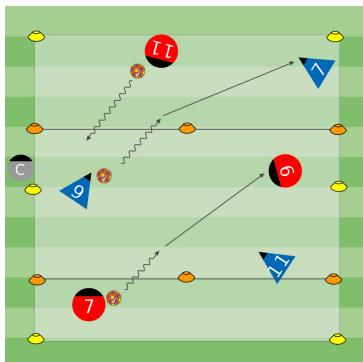
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | Dribble to set up the pass



Players



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(12 x 00:45 min, 00:15 min rest)

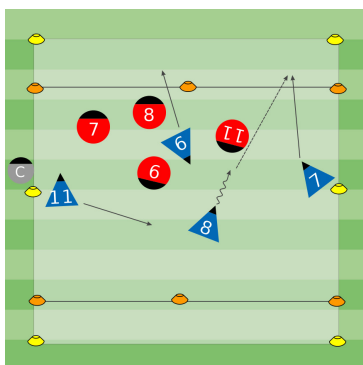
Coaching Points

WHAT are the visual cues to penetrate the defense? WHERE should your first touch be when receiving the ball? WHO should move while the ball is traveling to their teammates? WHERE can we pass the ball to connect with a teammate?

Description

30W x 40L make (3) zones, 30W x 10L. Players receive the ball in one zone, and dribble to a new zone THEN pass to a teammate.

PRACTICE | 4v4 Endzone Passing



4 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

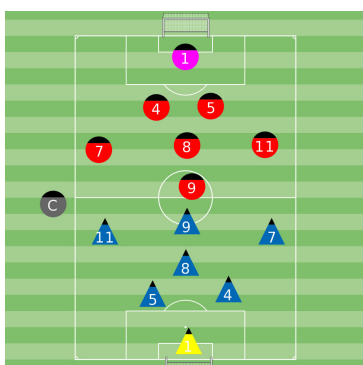
Coaching Points

WHAT part of the ball should I strike to play it forward into space for my teammate to run on to? WHAT direction should the players without the ball position their bodies to receive the pass? WHO should the player with the ball dribble towards?

Description

30W x 40L w/ (3) zones, 30W x 7L. TARGET TEAM (blue) v OPPOSITION TEAM (red). Players pass to teammate into endzone = 3pts, dribble into the endzone = 1pt.

PLAY | 7v7 Match



7 v 7



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

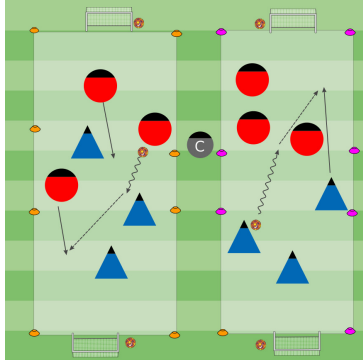
TRAINING SESSION: 10U - PASSING & COMBINING| FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

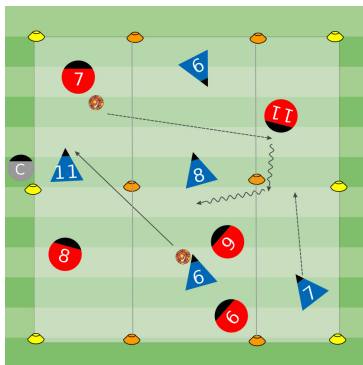
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | Passing & Combining Technique



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



15:00 min

(5 x 02:00 min, 01:00 min rest)

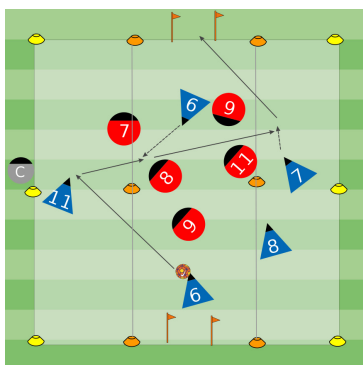
Coaching Points

WHAT is the direction that your first touch should be if possible? WHERE should you body/hips face when receiving the pass? WHEN should players without the ball move to their teammate receiving the ball?

Description

Make 30W x 40L with (3) Channels 10W x 40L. (2) balls per group/team. Pass throughout the space. Receive the ball in one channel, and pass into another channel to your teammate/color.

PRACTICE | Passing & Combining 5v5



4 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(2 x 06:00 min, 02:00 min rest)

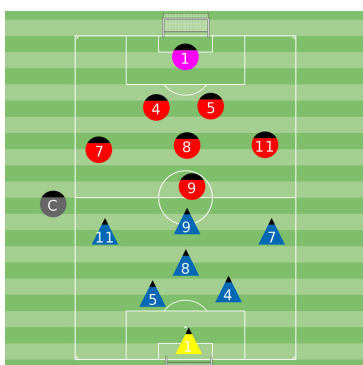
Coaching Points

WHAT is the direction that your first touch should be if possible? WHERE should you body/hips face when receiving the pass? WHEN should players without the ball move to their teammate receiving the ball?

Description

Make 30W x 40L with (3) Channels 10W x 40L. TARGET TEAM (team you coach, blue) vs OPPOSITION TEAM (red).. The number of channel the ball travels while in possession = # of points. EX - Pass through 3 channels = 3pts.

PLAY | 7v7 Match



7 v 7



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

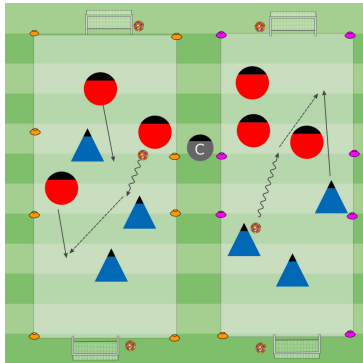
TRAINING SESSION: 10U - PASSING FROM WIDE AREAS | FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

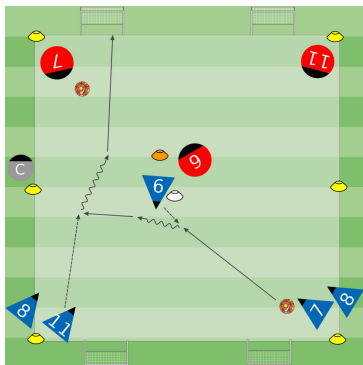
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | Passing from Wide Areas Scenarios



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

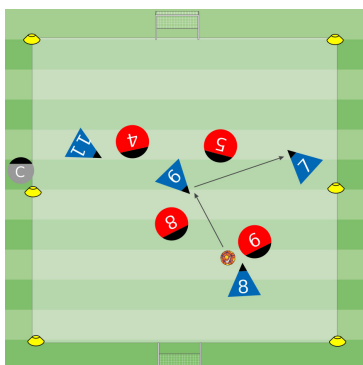
Coaching Points

WHAT - Direction do you position your body to receive the pass? WHERE - Do you look to decide if you should attack wide? WHEN - Should teammates without the ball support our wide area players?

Description

30W x 40L. Place (2) goals on each end line. Make a triangle passing pattern for each group. Variations/Combinations = #11/3 - #8 - #7/2; #7/2 - #8 - #11/3. Score on goal. Blue Red work at the same time, but dont steal the ball from each other. Keep score Blue v Red

PRACTICE | 4v4 - Passing from Wide Areas Scenarios



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



15:00 min

(3 x 04:00 min, 01:00 min rest)

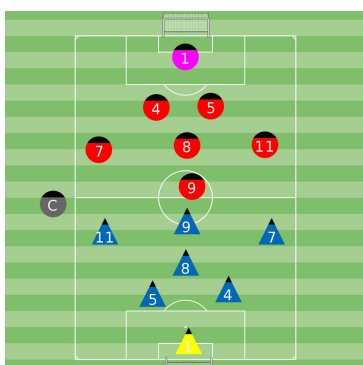
Coaching Points

WHAT - Should you do if you are 1v1 with a defender? WHERE - Should you look before you receive the ball? WHEN - Should you cross/pass the ball centrally? WHY - Do we attack wide into the center?

Description

30W x 40L. Place (1) goal on each end line. TARGET TEAM (team you coach, blue) vs OPPOSITION TEAM (red).. Goals scored from assist with #7,11 (blue) = 3pts. Goal score with no assist = 1pt. Red goals = 1pt

PLAY | 7v7 Match



7 v 7



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

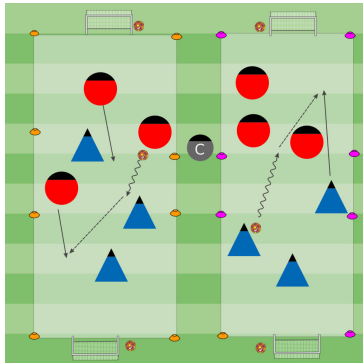
TRAINING SESSION: 10U - STRIKING ON GOAL | FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

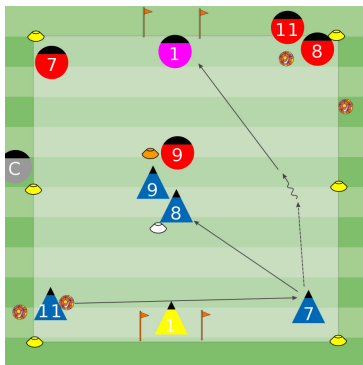
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | Technical Striking on Goal



Players

Balls, cones, goals, & training vests/pinnies

Intensity:

18:00 min
(6 x 02:00 min, 01:00 min rest)

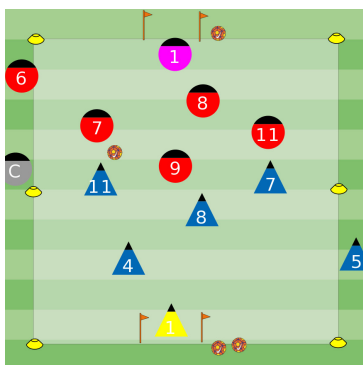
Coaching Points

WHAT is the shooting technique to score from Distance/Close range/Power/Placement? WHERE do you look while striking the ball on goal? WHEN do you accelerate while shooting?

Description

30W x 40L. Make (2) Goals. Teams compete for most # of goals scored time. Patterns for competitions #11-7-8-7; #7-11-8-11; #7-11-8/9; #11-7-8/9. Teams play at the same time but do not steal the ball from each other

PRACTICE | 5v5 Technical Striking on Goal



5 v 5

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

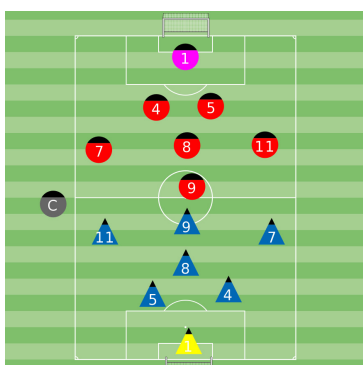
Coaching Points

WHAT is the shooting technique to score from Distance/Close range/Power/Placement? WHERE do you look while striking the ball on goal? WHERE is the direction of your touch to set up the shot? WHEN do you accelerate while shooting?

Description

30W x 40L. Make zones 30W x 10L. TARGET TEAM (blue) vs OPPOSITION TEAM (red). Goal values as are follows, closest zone = 1pt; middle zone = 2pts, furthest zone = 3pts. A goal must be scored to earn the points

PLAY | 7v7 Match



7 v 7

balls, cones, goals, training vests

Intensity:

20:00 min
(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

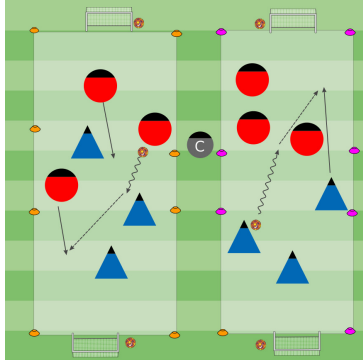
TRAINING SESSION: 10U - INDIVIDUAL ATTACK | FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

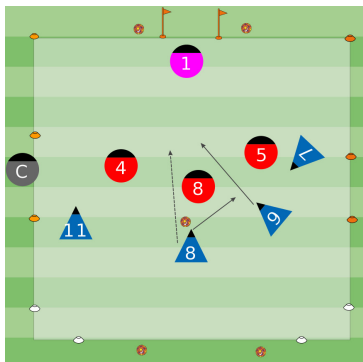
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | 4v4 Individual Technique & Decision Making



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



15:00 min

(6 x 02:00 min, 00:30 min rest)

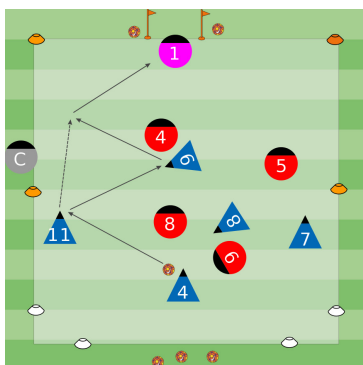
Coaching Points

WHAT - Is the visual cue to pass, dribble, or shoot in the attacking half? WHO - Should we look at before we receive the ball? WHERE - can players without the ball move to help the player with the ball? WHEN should players look towards the goal while in possession?

Description

Fields should be 30W x 40L. TARGET TEAM (team you coach, blue) vs OPPOSITION TEAM (red).. Goals that are assisted by #8/9 = 5 points. All other goals = 1pt.

PRACTICE | 5v5 Individual Technique & Decision Making



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

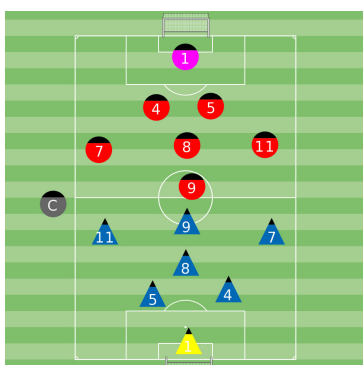
Coaching Points

WHAT - Is the visual cue to pass, dribble, or shoot in the attacking half? WHO - Should we look at before we receive the ball? WHERE - can players without the ball move to help the player with the ball? WHEN should players look towards the goal while in possession?

Description

Fields should be 30W x 40L. TARGET TEAM (team you coach, blue) vs OPPOSITION TEAM (red).. Goals that are assisted by #8/9 = 5 points. All other goals = 1pt.

PLAY | 7v7 Match



7 v 7



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

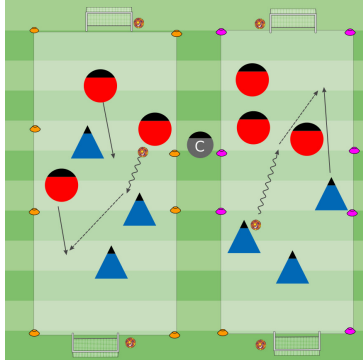
TRAINING SESSION: 10U - INDIVIDUAL DEFENSE | FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

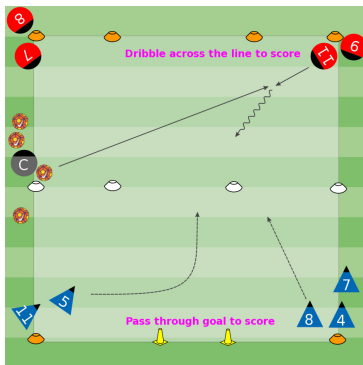
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | Individual Defending 1v2 - 2v2



1 v 2



Balls, cones, goals, & training vests/pinnies



Intensity:



15:00 min

(5 x 02:00 min, 01:00 min rest)

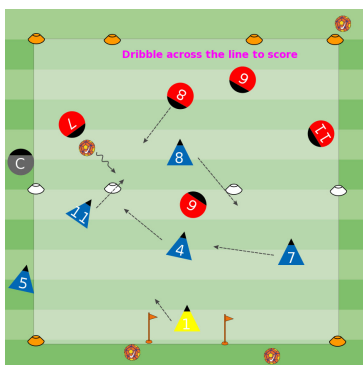
Coaching Points

WHO - Pressures the player with the ball? WHAT - Is the technique to run to pressure? WHERE - Does is the angle/distance of covering defender?

Description

Make 30W x 40L with (1) goal and endline. Make a halfway or midline on field. Coach serves the balls to OPPOSITION va TEAM (red) TARGET TEAM (team you coach, blue). Blue goals = 3pts. Red goals = 1pt. When blue loses ball in attacking half, all players run behind midline to defend.

PRACTICE | Individual Defending 5v5



5 v 5



Balls, cones, goals, & training vests/pinnies



Intensity:



18:00 min

(5 x 05:00 min, 01:00 min rest)

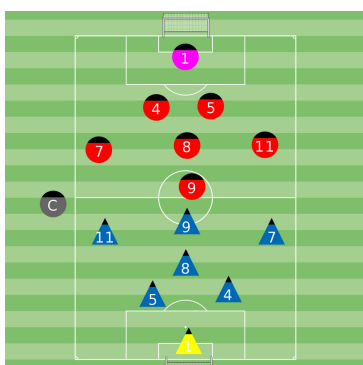
Coaching Points

WHO - Pressures the player with the ball? WHAT - Can pressuring players do if they cant steal the ball? WHERE - Is the angle/distance of covering defender? WHY - Do we apply pressure to the ball in the defending half?

Description

Make 30W x 40L with (1) goal and endline/endzone. Make a halfway or midline on field. OPPOSITION TEAM (red) vs TARGET TEAM (blue). Blue dribbles across endzone/line for 3pts. Red shoots on goal for 1pt. If blue loses ball in attacking half, all players need to run/recover behind

PLAY | 7v7 Match



7 v 7



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.

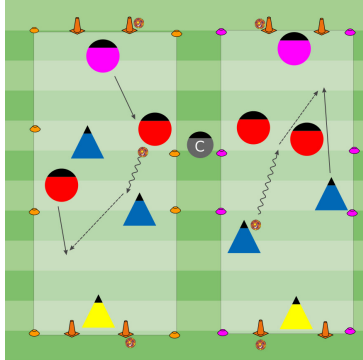
TRAINING SESSION: 10U - GOALKEEPER COLLECTING THE BALL | FALL 2017



Objectives

WHAT do you want to improve? WHO are the key players? WHERE is it happening on the field? WHEN exactly is it happening? WHY is it happening?

PLAY | 10U - 3v3 or 4v4 arrive at practice with GKs



3 v 3



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

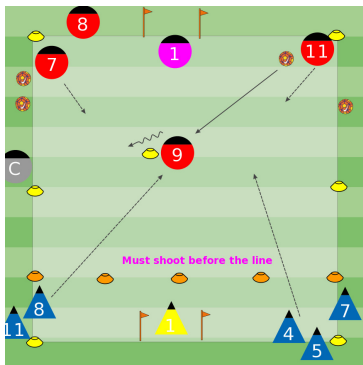
Coaching Points

Manage the moment | Stop/Freeze; Natural Stoppage; Flow/Continuous Feedback; and Individual Reference through the Teaching Spectrum | Command v Direct; Question Answer; Guided Questions; Experimentation

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE | 4v3 Collecting Shots



4 v 2



Balls, cones, goals, & training vests/pinnies



Intensity:



12:00 min

(8 x 01:00 min, 00:30 min rest)

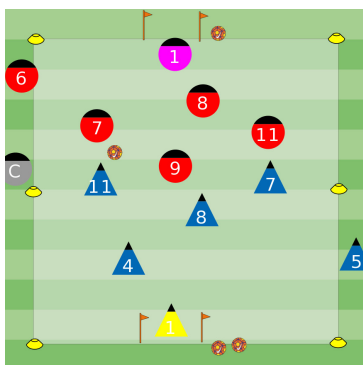
Coaching Points

WHAT - Is the GK ready position set position before the shot? WHERE - Does the GK #1 step before the shot? WHEN - The GK#1 get ready to defend the shot? WHO - Does the GK #1 read to get ready for a shot?

Description

30W x 40L. Make (2) Goals. Play 4v3. OPPOSITION TEAM (red) vs TARGET TEAM (blue). #11/7 passes to #9 and Blue team can begin to pressure once the pass is made. Play to goal. Opposition team must shoot before the line.

PRACTICE | 5v5 Collecting Shots



4 v 4



Balls, cones, goals, & training vests/pinnies



Intensity:



16:00 min

(4 x 03:00 min, 01:00 min rest)

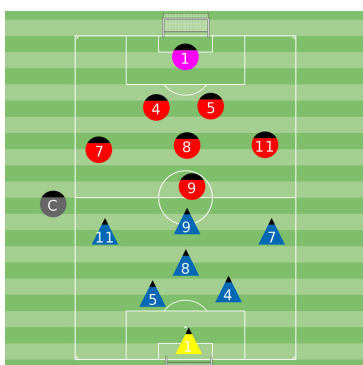
Coaching Points

WHAT - Is the GK ready position set position before the shot? WHERE - Does the GK #1 step before the shot? WHEN - The GK#1 get ready to defend the shot? WHO - Does the GK #1 read to get ready for a shot?

Description

30W x 40L. Make (2) Goals. Play 4v4. TARGET TEAM (blue) vs OPPOSITION TEAM (red). Scoring on the goals.

PLAY | 7v7 Match



7 v 7



balls, cones, goals, training vests



Intensity:



20:00 min

(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

Description

7v7, full field with 2 big goals if possible, or play as large of a game as numbers space will allow based on age group requirements from USSF Player Development Initiatives. Play with a 1-2-1-3 vs 1-2-1-3.