



**Lakeville Soccer Club**  
**U6-U12 Coaching Education**  
**April 2017**  
**Presenters: Chad Moore & Isaiah Tyree**

### Introduction

The focus of the four hours will be on coaching teams which participate in small-sided games (3v3 thru 8v8). The reason that small-sided games are utilized at the younger ages is to simplify the problems and allow players more contact with the ball.

All activities and sessions will be player-centered (rather than coach centered)

THE GAME IS THE BEST TEACHER

Players should be kept active (manage the work:rest ratio)

Players should touch the ball often

Fun

Develop technical abilities

Opportunities to solve "soccer problems"

Economical Training – consider Technical, Tactical, Physical and Psycho-social demands of each activity

Activities should be adjusted based upon age and ability (too easy = boredom; too difficult = frustration)

Focus of the U9-U12 is individual technical development; focus of U6-U8 is survival : ).

### Schedule

#### **April 8      12:00pm-1:00pm      Creating an Age-Appropriate Environment**

Various field set-ups for scrimmages

Who manages and organizes the game? Players or coach? Hustle rule?

Various Warm-up Activities

Gates

Dribbling (include fakes/feints); this is better than standing in line and asking players to take turns dribbling through cones (please do not do this)

How does introducing competition affect the game?

Do players compete against self or others?

Introduce pressure

[Could also ask players to pass and receive through gates]

Dribbling & Passing Relay Races

Dribbling & Passing Lines (SHORT LINES!)

Various 1v1 activities

How does the size of the grid affect the activity?

How does the objective of the activity change the game (pass to targets, dribble over end-lines, to two goals, restarts)?

Does coach (boss-of-the-balls) or players manage the activity?

Can you identify the positives rather than point out the negatives?

Street Soccer

**April 8            1:00pm-2:00p            Age-specific Sessions**

U6-U8 Activities (activities will be different than on April 9) – Field #1

U9-U12 Turning and Receiving (Progressive Lesson Plan) – Field #2

**April 9            4:00pm-5:00pm            Planning – Training Sessions & Match-Day**

Sample Activity-Based Lesson Plan (more appropriate for U6-U10)

Focus of the session is more “general” in nature; may not be a specific thread woven through the activities

Sample Progressive Lesson Plan (more appropriate for U9+)

Warm-up

Individual/Small-Group Activity

Large-Group Activity

Scrimmage (can also start/end with a shorter scrimmage)

## Coaches Toolkit (How do we teach)

Freeze Method

Natural Stoppages

Run-of-Play

Individual Reference

**EXPERIMENTATION – LET THEM PLAY**

## Match-Day (including Q & A)

Warm-up

Coaching within and managing the game

Halftime

Post-game

Everyone Attacks – being a “defender” is different than “defending” (when in possession, everyone attacks; when other team is in possession, everyone defends)

## **April 9      5:00pm-6:00pm      Age-specific Sessions**

U6-U8 Activities (activities will be different than on April 8) – Field #1

U9-U12 Pressure & Cover (Progressive Lesson Plan) – Field #2

## **U6-U8 Activities (ideally we will get through half of them each day)**

All activities can be found at the following link: <http://www.mnyouthsoccer.org/training-sessions>

I Can Do This, Can You Try?

Ball Retrieval

Body Part Dribble

Red Light – Green Light (with and without the ball)

Freeze Tag (with and without the ball)

Everybody Is It (with and without the ball)

Sharks and Minnows

Pac-Man

Paint the Field

Get Outta Here

Follow-the-Leader (with and without the ball)

Clean the Yard

Shadow Dribble

Eagles Nest

## Model Training Session (U9-U10 version)

### Receiving & Turning

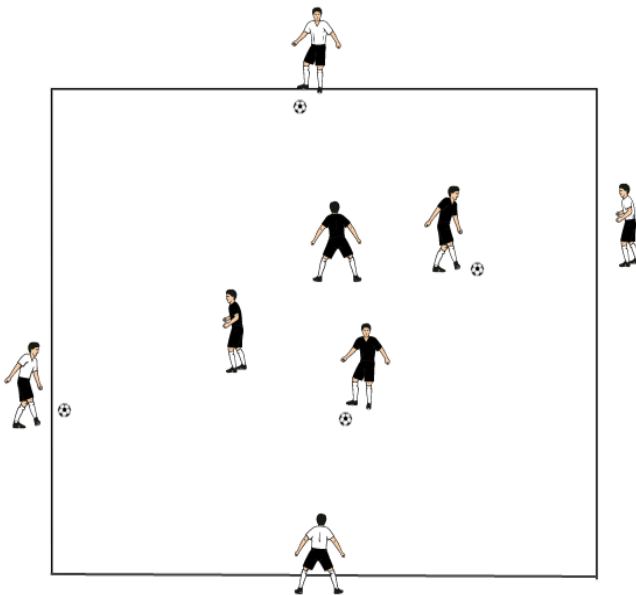
Presented by Isaiah Tyree

The focus of this session is improving the ability of players to receive passes and turn with the ball. The session will highlight the technical aspects of receiving, as well as break down the tactical skills needed to receive the ball under pressure, and in game situations.

#### **Scrimmage (40x30) - 10 minutes**

Add players to teams as they arrive

Ball is passed in if it goes out



#### **“Windows” (20x20)**

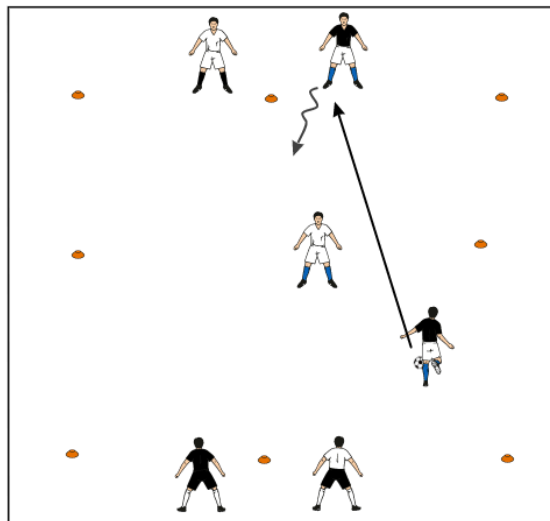
30 seconds to pass to as many players as possible

Inside and outside players change roles

#### **Coaching points**

- Receiving technique: inside of the foot, toe up, weight of touch
- Communication: Call their name, point where you want it
- Planning ahead (Head up to find the next person)

#### **How do I receive the ball?**



### **1v1 to targets (20x15)**

Playing to target players scores a point

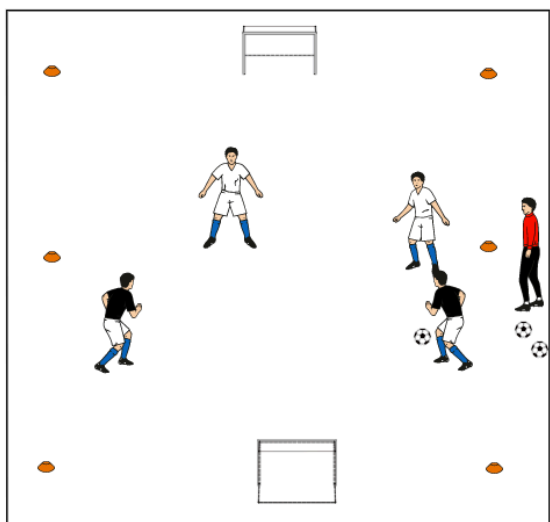
Passer switches positions with target player

### **Coaching Points**

-Planning ahead (Head up to find the next person)

-Touch ball where we want to go

**How do I get the ball where it needs to go?**



### **Boss of Balls: 2v2/3v3 to goal (20x15)**

Ball starts with coach

Players off when the ball goes out

### **Coaching Points**

-Receiving the ball with space

-Touching ball towards goal and/or away from defender

**How do I get the ball closer to the goal?**

### **5v5 scrimmage (40x30)**

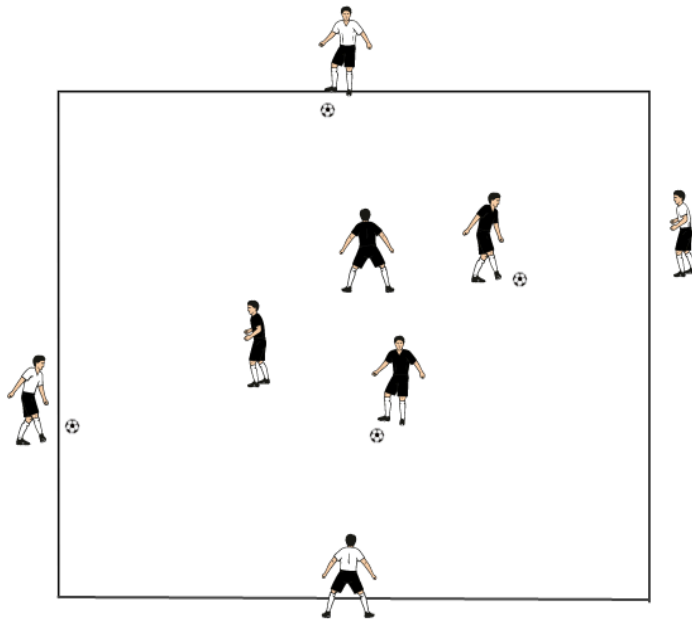
No restrictions

## Model Training Session (U11-U12 version)

### Receiving & Turning

Presented by Isaiah Tyree

The focus of this session is improving the ability of players to receive passes and turn with the ball. The session will highlight the technical aspects of receiving, as well as break down the tactical skills needed to receive the ball under pressure, and in game situations.



### **“Windows” (20x20)**

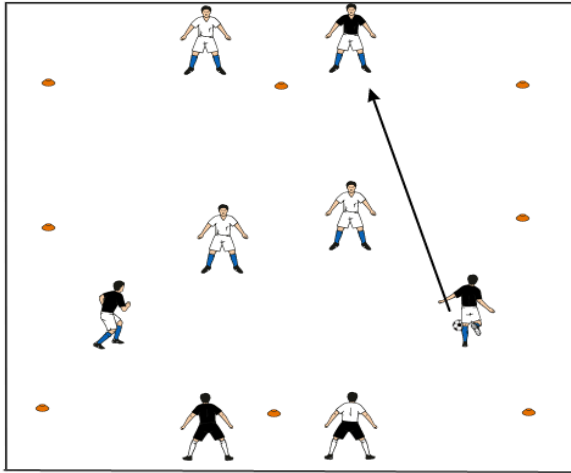
Players have 30 seconds to pass to as many players as possible  
Inside and outside players change roles

### **Coaching points**

- Receiving technique: Angle towards ball, body shape, checking surrounding
- Communication: Eye contact, “here”, calling name

**How do I receive the ball?**





### **2v2 to targets (20x15)**

Playing to target player scores a point

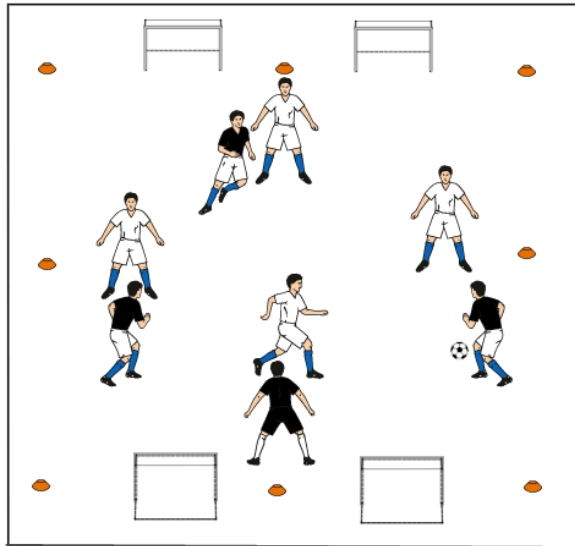
Passer switches positions with target player

#### **Coaching Points**

-Body shape: hips towards target

-Pace of play (1 touch to receive, 1 to find next pass)

**How do I get the ball where it needs to go?**



### **4v4 to goals (30x40)**

Ball comes from end line to team with possession

#### **Coaching Points**

-Receiving the ball towards goal

-Checking surroundings/ moving into open space

-Team communication: "turn", "man on"

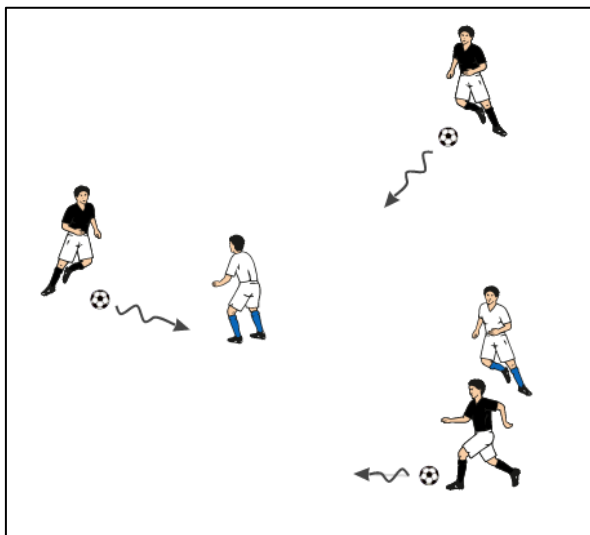
**How do I get the ball in dangerous positions on the field?**

### **6v6 scrimmage (40x50)**

No restrictions

**Model Training Session**  
**Defending – Pressure & Cover**  
**Presented by Isaiah Tyree**

The focus of this session is the technique for applying pressure in individual defending (1<sup>st</sup> defender), and introducing the concept of cover when defending with a teammate (2<sup>nd</sup> defender). Coaching points could increase in complexity as players learn, and numbers could be added to fit age/ability.



**Warm-up (20x20)**

Everyone dribbling with ball

Players without ball have to take ball from other players

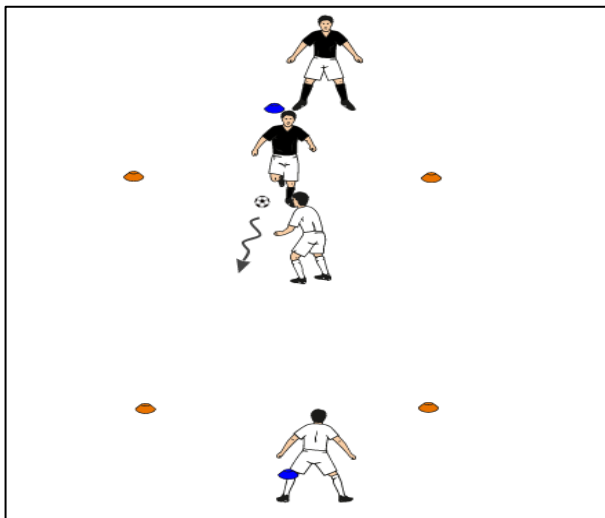
1 ball removed each time

**Coaching points**

-Transition to defense

-Using teamwork/resources (2<sup>nd</sup> player/boundaries)

**How can I get the ball back?**



### **1v1 to End Line (10x8)**

Player passes across and then steps out to defend

Switch sides after every time

(1) Not taking the ball, jockey only

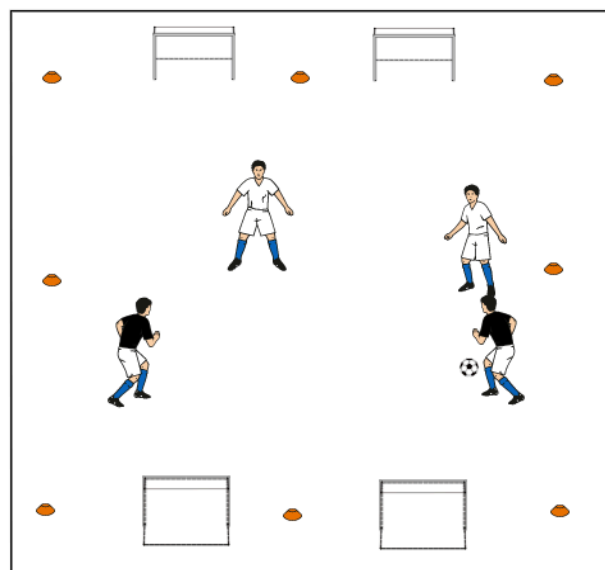
(2) 1v1 – counting personal score

### **Coaching Points**

-Defensive shape: knees bent, jockey, distance from player

-Approach angle and speed

**What does defending look like?**



### **2v2 to goals (20x16)**

Score into goals

Teams off when ball goes out

### **Coaching Points**

-1<sup>st</sup> defender communication (“I go”)

-Covering biggest concern – the goals!

-Switching positions when ball switches sides

**How do I defend with a teammate?**

### **5v5 scrimmage (40x30)**

No restrictions