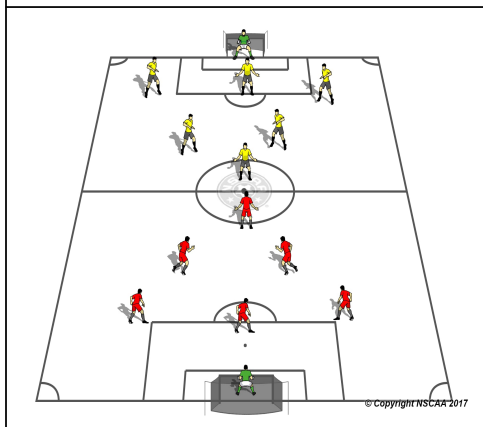
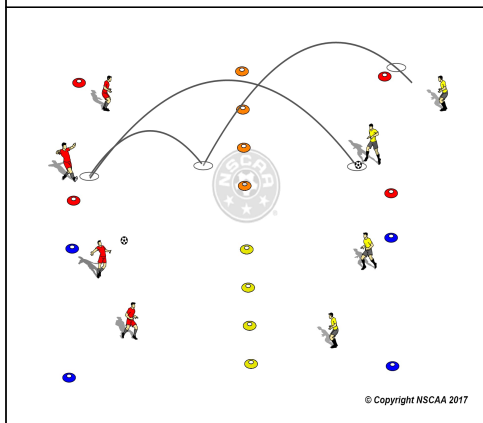
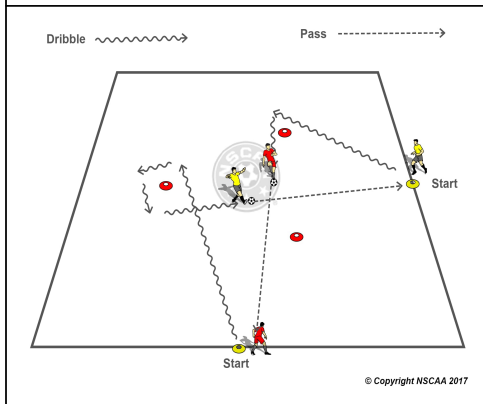
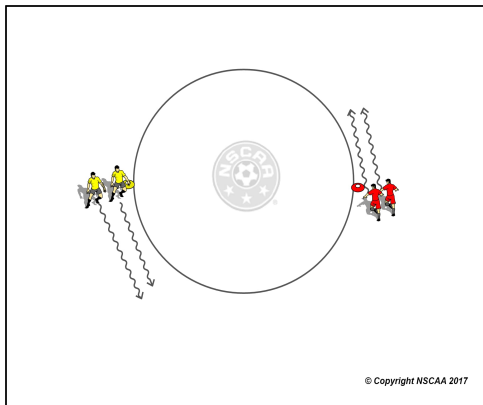


U11/12 Week 1



WARM-UP

Organization	Key Coaching Points
<p>BIG CIRCLE DRIBBLE: (10-15 mins) 8 Yard Circle Use center circle or create circle about same size. Two teams. Teams start at opposite points of the circle. On go kids dribble in the same direction trying to catch someone from other team. They can't go into the circle.</p> <p>Objective: -Quick turn-Change of pace-Ball control</p> <p>Progression: -Specify type of dribbling allowed -When you say turn kids need to do a cutback and go opposite direction.</p>	<p>Don't panic -Knees bent helps to change direction -Keep looking ahead</p> <p>Discovery Question: -How did you turn the other direction? -How did you feel when the other team was close behind you? When you were close behind them?</p>

ACTIVITY 1

Organization	Key Coaching Points
<p>GRID RUN OUT (30x35 yards) Half kids in grid & half outside. Various cones in the grid. Kids w/ball inside grid dribble around (complete circle) 1 cone & then pass ball to someone outside grid. Passer goes outside of grid and receiver dribbles ball in and goes around a cone then passes to someone outside grid.</p> <p>Objective-Dribbling-Moves-Space and body awareness</p> <p>Progression:-Need to dribble around 2 cones -Make a move when approaching cone.:</p>	<p>-Keep head up -Proper touch on ball -All parts of the foot -Quick first step</p> <p>Discovery Question: -How did you choose a cone to go around -How did your dribbling change as you got closer to the cone</p>

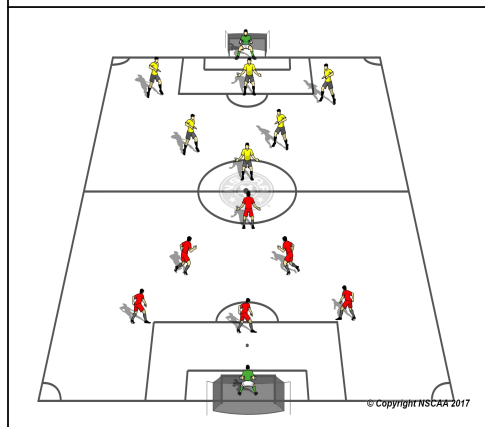
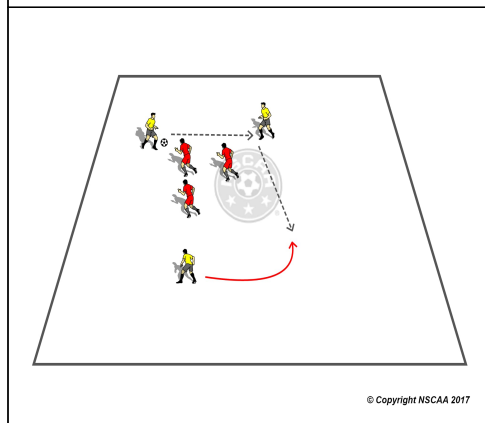
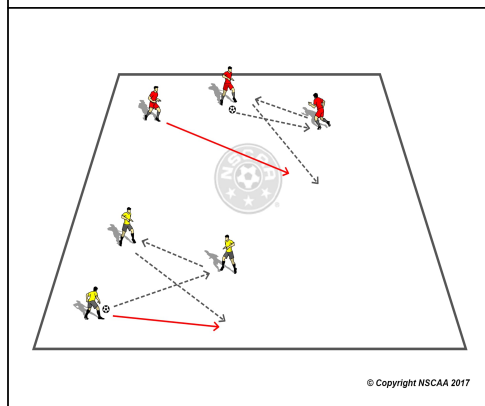
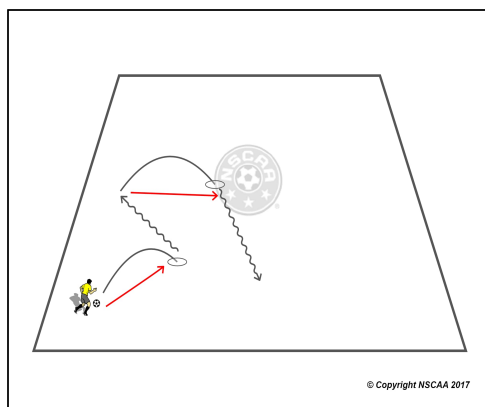
ACTIVITY 2

Organization	Key Coaching Points
<p>SOCCER TENNIS (10x20 yards-10 yards on each side of "net") Group of 4 w/ 2 on either side of "net" (net made with cones). Server needs to throw the ball in (correctly). Team can let ball bounce once and then they play it back into other teams court.</p> <p>Objective: -Touch-Reading flight of ball-Communication & Teamwork</p> <p>Progression: -If the team can play ball in the air to their own teammate and then put the ball over they get a point</p>	<p>-Move to get behind the ball -Talk with you teammate, use words such as "I got it" -Play the ball don't let the ball play you (attack it) -Use inside of foot to pass back over -Stay on toes</p> <p>Discovery Question: -What part of your body worked well to get the ball over the net? -How did you position yourself when the ball was coming over?</p>

GAME

Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>HOMEWORK: Work on juggling 15-20 minutes a day. Count what your highest number of touches is? Demonstrate next practice?</p>

U11/12 Week 2



WARM-UP

Organization	Key Coaching Points
<p>BALL UP Each player must kick his ball into the air, receive it and change direction with a dribble. OBJECTIVE:-Coordination -Touch -Spatial awareness Progression: -Place cones around and have kids dribble to cone (or a line) then kick in the air -Throw in the air at the same time -On coaches count everyone throws in the air but they must get another persons' ball</p>	<p>-Use the inside and outside of feet -Touch the ball just as it's hitting the ground -Direct the ball to one side or another -Look around and see where there is open space to direct the ball into</p> <p>Discovery Question: -What did you need to do when watching the ball in the air -How did your upper body need to move</p>

ACTIVITY 1

Organization	Key Coaching Points
<p>GROUP OF 3 PASSING: Large grid about 30x30. Groups of 3 w/ each group having a ball. Players pass to one another in their group of 3. After passing they need to move to get open. Player who receives ball can pass to either player. OBJECTIVE:-Movement-Creativity -Awareness of players-First touch Progression -Limit touches -After receiving player needs to make a move -Passing player needs to touch a line before being available to receive pass</p>	<p>-Quick first step when receiving and after passing ball. -Keep moving, no standing -Build triangles -Talk: Call for the ball if you are open</p> <p>Discovery Questions: -What did you need to do to find an open player? -What did you need to do to get open?</p>

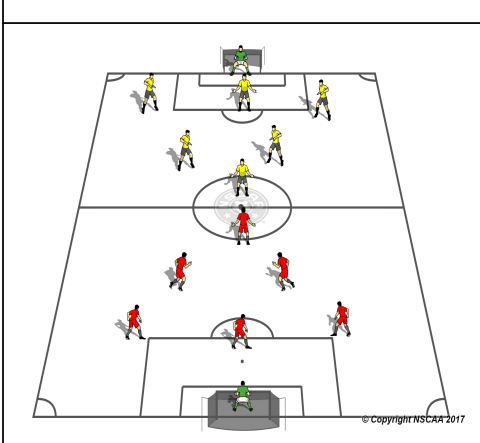
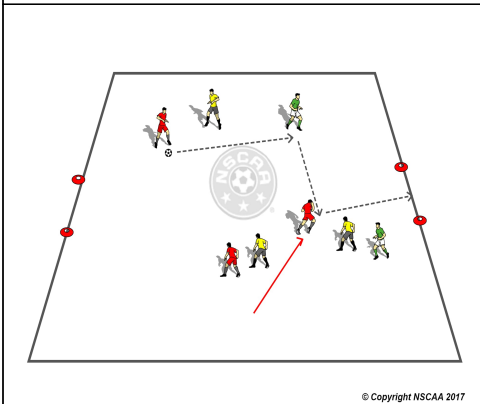
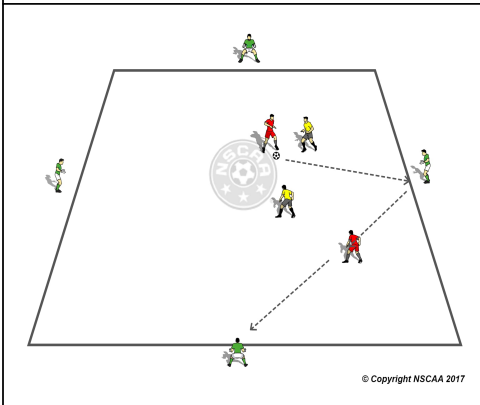
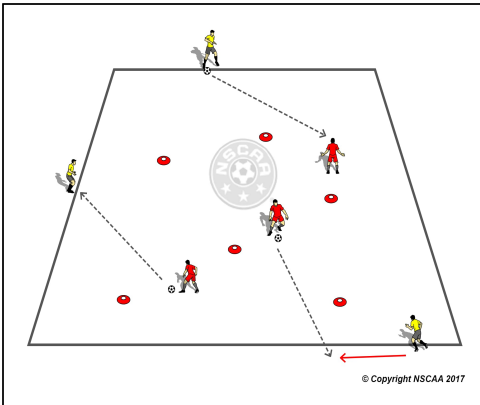
ACTIVITY 2

Organization	Key Coaching Points
<p>3v3 KEEP AWAY (Use same grid) 3 Players on a team in a grid pass to one another and keep it away from other team. Every "X" amount of passes team gets a point OBJECTIVE: -Moving to open space -Passes that can be easily received -Passes to where players are going not to where they are. -First touch on receiving Progression -Limit touches</p>	<p>-Triangles: Key to creating options -Move after pass to create option for receiving player -Try not to stop the ball dead when receiving, direct it to a space you want to go -If there is an open space pass to it so player can run onto ball</p> <p>Discover Question: -What did you have to do when you were without the ball? -How did you decide when to pass</p>

GAME

Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: Principles of offence: 1)Penetration 2)Support 3)Mobility 4)Width and Length</p> <p>HOMEWORK: Work on the Ball Up Drill at home, 15 minutes a day.</p>

U11/12 Week 3



WARM-UP

Organization	Key Coaching Points
<p>OBSTACAL PASSING Cones in various spots inside a 35x35 grid. About 1/3 of players with the ball. Players pass to any open player without hitting a cone or without hitting another ball. Passing player then looks to receive pass from an outside person with the ball</p> <p>OBJECTIVE: -Movement -Space and Player awareness -Communication</p> <p>Progression: -Limit to 2 touch</p>	<ul style="list-style-type: none"> -Keep ball moving -Keep yourself moving -Look for open space -Talk and call for ball when open -Call name of person when passing <p>Discovery Question: -How did you use communication to keep the ball from hitting a cone or another ball? -What did you need to think about when you were about to get a pass? Make a pass?</p>

ACTIVITY 1

Organization	Key Coaching Points
<p>2v2 Possession with Bumpers: Make a 20x20 grid with 4 players inside and 4 players outside. Inside plays 2v2 keep away. They can pass the ball to outside players who can only pass back to the same team they got the ball from.</p> <p>OBJECTIVE: -Movement-Check in check out</p> <p>Progression -Every other pass must go to outside player -Outside player gets 2 touch</p>	<ul style="list-style-type: none"> -Look for your options -Quick steps after passing -Pass to space so player can run onto ball -Let the ball come across your body and continue in the direction of ball <p>Discovery Questions: -When was it best to continue in the direction of the ball vs change its' direction? -When was it a good time to pass?</p>

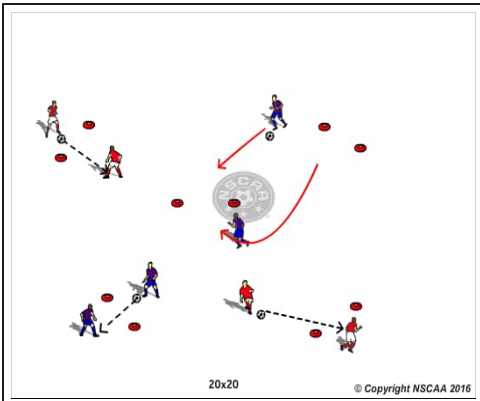
ACTIVITY 2

Organization	Key Coaching Points
<p>BALL KEEPERS VS BALL SCORERS. 30x35 Field. Two teams and 2 Neutral "jokers." Jokers play with "Ball Keepers" whom try and make "X#" passes for a goal. The "Ball Scorers" try and score at a small goal at either end of field. This is multi-directional, team splay both ways on the field.</p> <p>OBJECTIVE: -Change direction -Find passing window</p> <p>-Timing and pace</p> <p>Progression -Limit ball keepers touches</p>	<ul style="list-style-type: none"> -When you see open space to it -Keep spread out -Check in check out, movement off ball -Use visual and verbal cues <p>Discovery Question: -What do supporting players do? -What happens if you are open and you don't get the ball?</p>

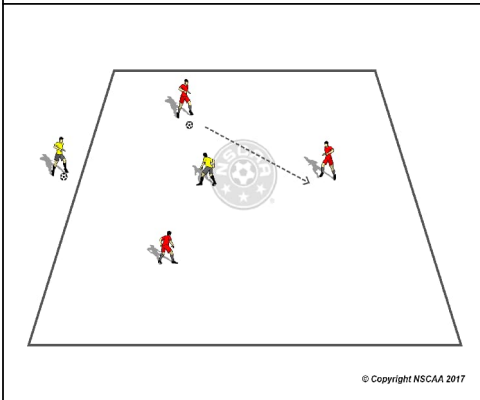
GAME

Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Principles of the game are the framework for all teaching and coaching (Principles see sessions 1 and 2).</p>

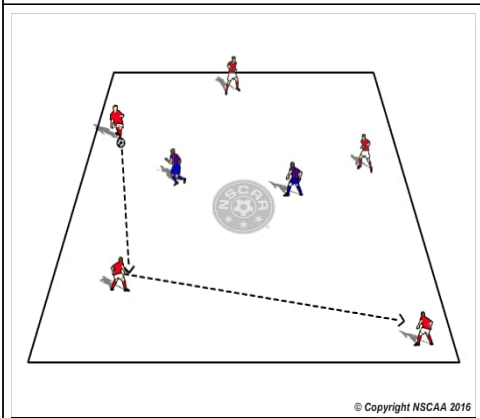
U11/12 Week 4



WARM-UP	
Organization	Key Coaching Points
<p>GATE PASSING: Set up numerous small goal with cones about 1-2 yards apart. Kids partner up and have one ball between them. They dribble around and then pass to their partner through a gate. Then dribble and pass into another gate.</p> <p>OBJ: -Technique while moving (Just this light running will be a challenge to keep technique correct) -Preparing ball for pass -Make sure your partner can receive the pass</p> <p>Progression: -See how many they can get in 30 seconds -Only inside foot, only outside, only left, etc...</p>	<p>-Non-kicking foot is key in this activity -Keeping the ball on the ground makes it easier to receive -Proper pace to get through the gate</p> <p>Discover Question: -What did you have to do after making a pass? After receiving a pass? -What were the easiest balls to control?</p>



ACTIVITY 1	
Organization	Key Coaching Points
<p>3v1 WITH 5 PLAYERS Play 3 v1 within a grid. When the ball is kicked out by the defender that gets the ball and the waiting player passes a ball into the 3 offensive players and then proceeds to try and win it from them.</p> <p>OBJ: -Movement -Over lap and crossing runs -Turning -Use of space</p> <p>Progression -Limit touches</p>	<p>-Create triangles for best options. -Don't stop the ball dead, let it run -Take a dribble to open space -Check in check out</p> <p>Discover Question: -Why is it good to move away from the ball sometimes? -What can you do to help a teammate get open?</p>

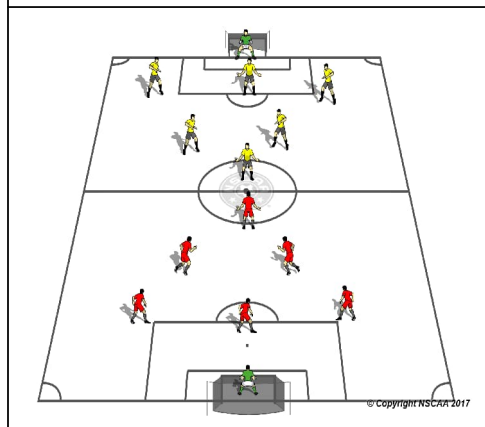
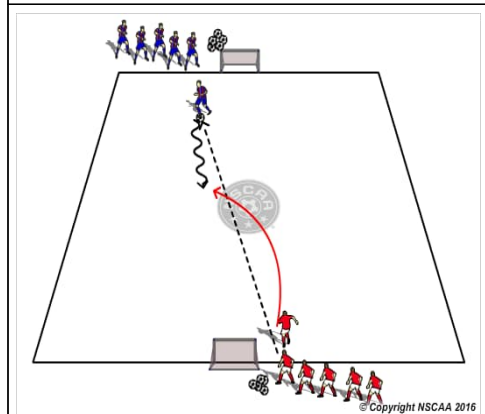
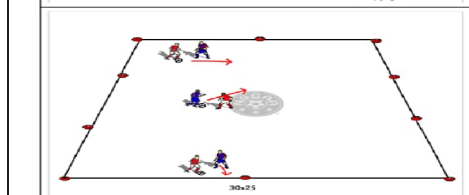
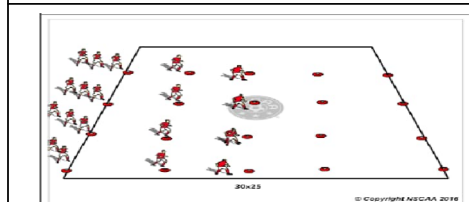
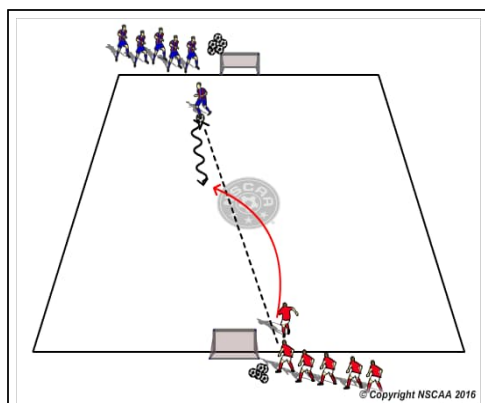


ACTIVITY 2	
Organization	Key Coaching Points
<p>5v2 KEEP AWAY 5 players around 2 defenders. Players pass the ball until a defender touches or controls ball. Then the defender and last person to touch the ball switch.</p> <p>OBJ: -Using best option -Proper passing pace and location -Quick pass vs hold and pass</p> <p>Progression -Outside players have 2 touch -Outside players get a point for spitting defenders</p>	<p>-There is always 3 options (left, right, middle) use the best option -Keep the ball in front of you -Hold the ball if there is no pressure -Keep on your toes -Keep passes on the ground and proper pace</p> <p>Discover Questions: -What fakes or fints worked? -When could you split the defenders? Why is this good?</p>



GAME	
Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: Have kids choose a key coaching point to work on. During the session ask them what they choose.</p>

U11/12 Week 5



WARM-UP

Organization	Key Coaching Points
<p>1v1 To Goals: (2) 10x15 meter fields Break both teams into 4 groups. Teams play head to head, 1v1 to goal for 1 minute rounds. Losing teams do penalty exercise (chosen before game) Dynamic Stretching in between rounds</p> <p>** After 10 minutes stop, gather team and explain 1st Defender and why it's important. Demo to group. Guiding Questions: What is the 1st Defenders job? Does the 1st D have to win the ball? What is the correct defending position for the 1st D?</p>	<p>QUICK-SLOW-SIDEWAYS-LOW Quick: sprint to close down until your 5-7 yards away. Slow: Defenders slows down and gets body under control in order to change speed and direction to get in front of the attacker. Sideways and Low: The Defending Stance: 1) Stance is not flat-footed, with the feet planted and wider than the hips, weight on the balls and toes; 2) One foot ahead of the other; 3) Body balanced in a slight crouch; 4) Eyes on the ball. 5) Distance of pressure is 1-3 yards 6) Shuffle</p>

ACTIVITY 1

Organization	Key Coaching Points
<p>Cones and Shadow Play (25 minutes): Cone lines , with cones 10 yards apart. Have the players make an approach run at the cone as if it were an attacker with ball. Alternate sides. Shadow Play 1. Players in pairs with one ball. Att. dribbles at slow jog, while Dfdr assumes good defensive stance and jockeys the ball. Go to end line and alternate. 2. Slowly increase speed and Dfdr tries to force Att one direction without touching the ball. 3. Play 1v1 dribble to line, within the 5 yard lane. Restart if ball is forced out</p>	<ol style="list-style-type: none"> The above Bent runs on the approach run. Good body positioning/stance Pressuring distance Eyes on ball, not the player <p>Guiding questions: What determines which way we bend our approach run? What determines when we might attempt to win the ball?</p>

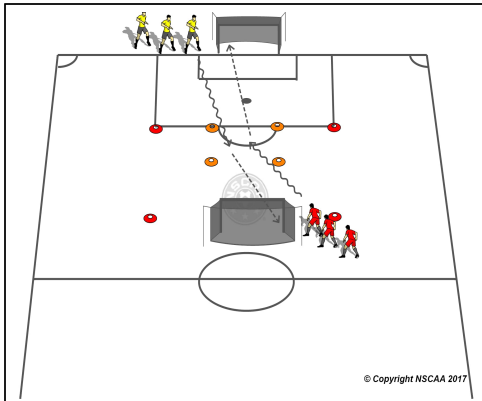
ACTIVITY 2

Organization	Key Coaching Points
<p>1v1 To Goals: (2) 10x15 meter fields (25 minutes) Break both teams into 4 groups. Teams play head to head, 1v1 to goal for 1 minute rounds. Losing teams do penalty exercise (chosen before game) Alternate winners to play winners.</p>	<p>Can the players incorporate the defensive technique while going full speed?</p>

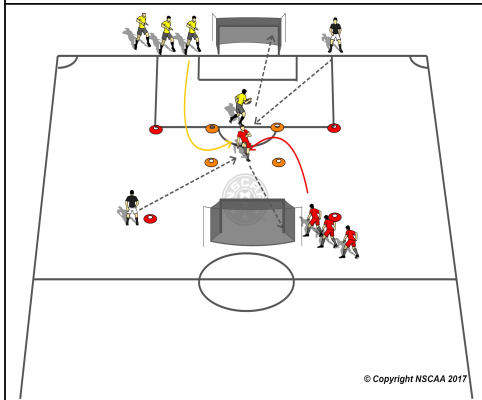
GAME

Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>HOMEWORK: Work on juggling 15-20 minutes a day. Count what your highest number of touches is? Demonstrate next practice?</p>

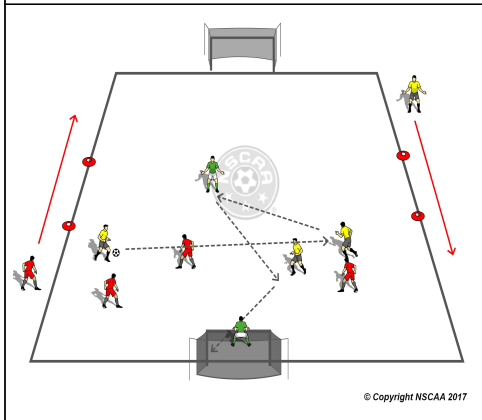
U11/12 Week 6



© Copyright NSCAA 2017



© Copyright NSCAA 2017



© Copyright NSCAA 2017



© Copyright NSCAA 2017

WARM-UP

Organization	Key Coaching Points
<p>CROSS SHOOTING 2 goals about 20-25 yds apart. Put a grid in the middle about 10 yds square. Players divide equally behind each goal. Dribble at goal across from them and then shoot when they get into the center grid. Then switch sides. Retrieve your ball after each shot.</p> <p>Objective: -Shooting moving ball -Shots on goal - Technique -Shooting in traffic</p> <p>Progression:</p> <ul style="list-style-type: none"> -Have a player play between legs of the shooter who runs on to receive it and then dribbles into grid. -Have player toss ball up and then control and dribble into grid 	<ul style="list-style-type: none"> -Shoot for accuracy before power -Keep the ball moving -Find shooting window -Shoot even if your not in perfect spot. <p>Discovery Question:</p> <ul style="list-style-type: none"> -How did you get a good shot off in the grid with all the traffic? -What did you need to do to shoot for accuracy?

ACTIVITY 1

Organization	Key Coaching Points
<p>CHECK IN CHECK OUT</p> <p>Use same set up as above. Players check into center grid and then check out toward goal they came from. Server passes ball and they one touch into goal</p> <p>Objective: -Vision -Quick steps -Technique</p> <p>Progression: -Have servers serve ball underhand so it bounces</p> <ul style="list-style-type: none"> -Players check into grid but then check out to goal to the right or left of them -Have kids do a faint in the grid 	<ul style="list-style-type: none"> -Keep your eyes up -Go into grid and change speed coming out of grid -Keep body over the ball, keep ball low, and follow shot -Get foot off the ground and hit ball and center or just above <p>Discovery Question</p> <ul style="list-style-type: none"> -How did you keep the ball low? -When did you use the inside of your foot verses the laces?

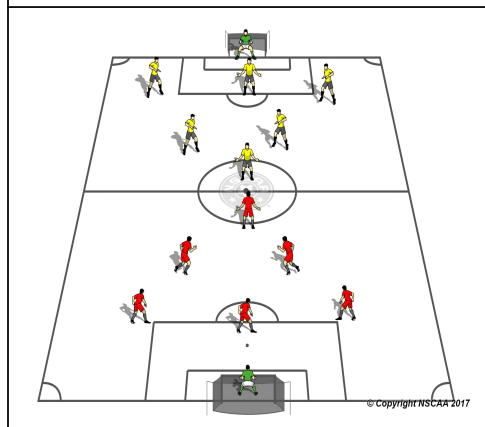
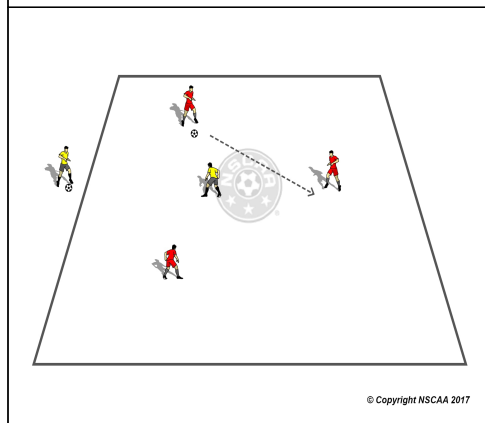
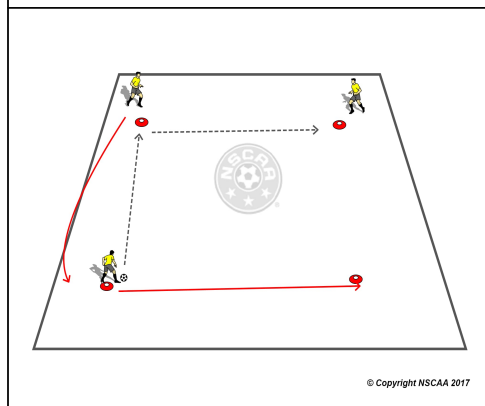
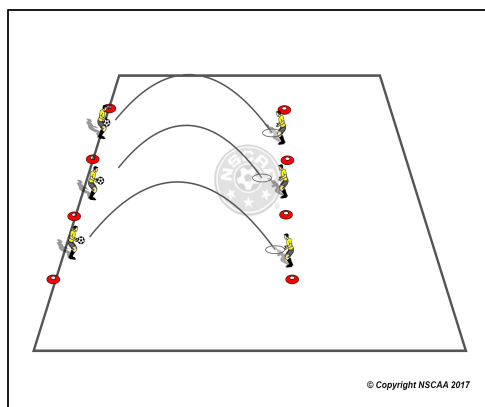
ACTIVITY 2

Organization	Key Coaching Points
<p>3v3+1 in the middle</p> <p>2 goals in a grid about 40 x40. In the center there is a 4x40 yrd grid going across the field. Play 3v3 with 1 player in middle grid. This player is always offence and can't get the ball stolen from them they also must stay in center grid.</p> <p>Objective: -Drop pass-Quick shots</p> <ul style="list-style-type: none"> -Use of supporting players -Finding shooting window <p>Progression</p> <ul style="list-style-type: none"> -Change to 2v2 or 4v4 to increase shots or create different scenarios. 	<ul style="list-style-type: none"> -Drop pass -Use of supporting players -Finding shooting window -Quick shots <p>Progression</p> <ul style="list-style-type: none"> -Change to 2v2 or 4v4 to increase shots or create different scenarios.

GAME

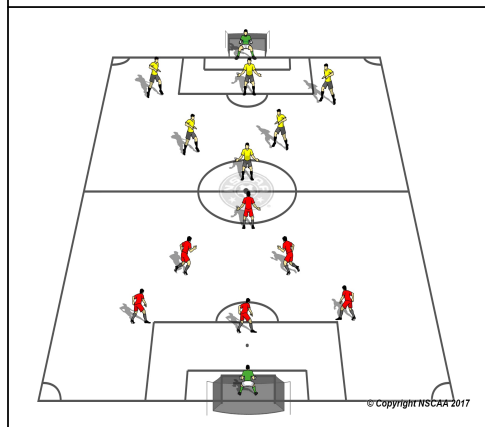
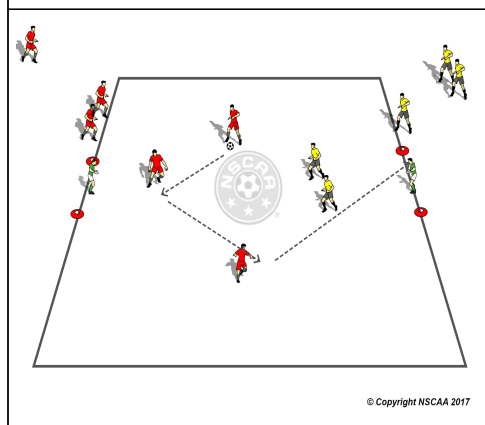
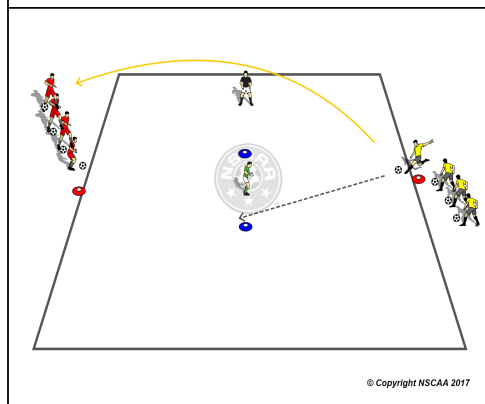
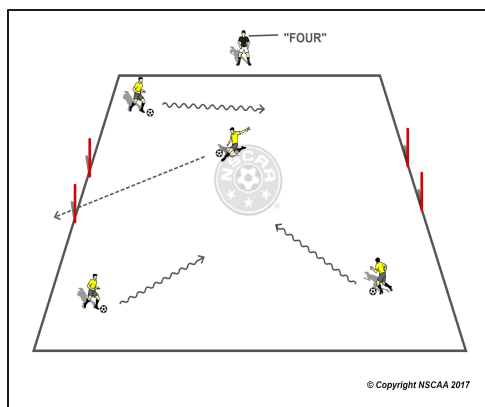
Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper</p> <p>Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER:</p> <p>Encourage kids to take risky shots and make risky moves</p>

U11/12 Week 7



WARM-UP	
Organization	Key Coaching Points
<p>EGG DROP (10-15min) 2 pairs w/ one person from each team at a cone (cones 10 yds away). Each team throws ball to teammate. Receiving person takes one touch and tries to drop ball closest to cone. Point for closest ball.</p> <p>Objective: -Technique</p> <p>-Various parts of the body being used</p> <p>-Movement</p> <p>Progression:</p> <p>-Can go to 2 touch if 1 touch not working.</p> <p>-Receiving player face away. Thrower serves ball and then says turn.</p>	<p>-Stay on toes</p> <p>-Go to the ball and then relax</p> <p>-Get behind the ball</p> <p>Discovery Question:</p> <p>-How does staying on toes help?</p> <p>-What parts of the body worked best?</p>
ACTIVITY 1	
Organization	Key Coaching Points
<p>Triangle Passing and Receiving</p> <p>4 cones in a 10x10 square.</p> <p>3 players pass the ball clockwise, or counter clockwise, and then move to the open cone.</p> <p>Objective:</p> <p>-Moving to open space</p> <p>-First touch</p> <p>-Check in check out</p>	<p>-Triangles: Key to creating options</p> <p>-Move after pass to create option for receiving player</p> <p>-Check shoulder, move to create space in front of cone.</p> <p>-Prepare body to receive the ball in direction you want to go.</p> <p>-First touch in direction you want to go,</p> <p>-Pace and accuracy</p>
ACTIVITY 2	
Organization	Key Coaching Points
<p>3v1 KEEP AWAY (15-20min)</p> <p>3 Players in a grid pass to one another and keep it away from a 4th player who is the defender. If the 4th player kicks it out of the grid they change places with the player who last touched the ball</p> <p>Objective: -Moving to open space</p> <p>-First touch</p> <p>-Check in check out</p> <p>Progression</p> <p>-Play 3v0 so kids have a chance to pass and move without pressure</p> <p>-Defender can only hop or move as a crab</p>	<p>-Triangles: Key to creating options</p> <p>-Move after pass to create option for receiving player</p> <p>-Check shoulder, move to create space in front of cone.</p> <p>-Prepare body to receive the ball in direction you want to go.</p> <p>-First touch in direction you want to go,</p> <p>-Pace and accuracy</p> <p>Discovery Question:</p> <p>-What did you have to do to get open?</p>
GAME	
Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper</p> <p>Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards</p> <p>4v4=30x35 yards</p> <p>5v5=1/2 field sideline to sideline</p> <p>- Have fun</p> <p>- Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER:</p> <p>During halftime rather than tell the kids what is going well or bad ask them what they are doing well and what they are doing bad.</p> <p>HOMEWORK:</p> <p>Juggle 20 times with feet only and 20 times with thighs only.</p>

U11/12 Week 8



WARM-UP

Organization	Key Coaching Points
<p>NUMBER SHOOTING (10-15min) Two goals set up about 30 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player takes a shot at the nearest goal.</p> <p>Objective: -Technique -Ball control -Vision</p> <p>Progression -Call more than one number</p>	<p>-Body over ball -Keep head down -Strike with laces -Use both feet</p> <p>Discovery Question -How did you keep the ball low? -What did you do to make a quick shot?</p>

ACTIVITY 1

Organization	Key Coaching Points
<p>BEAT THE KEEPER (10-15min) Two cones about 6 yds apart making a goal. Players on either side of goal about 20 yards away. Players take one touch and shoot through goal. Follow shot and go to other line. Make competition between 2 teams.</p> <p>Objective: -Power vs Accuracy-Shooting toward corners-Follow shot for rebounds</p> <p>Progression: -After shooting player becomes keeper and faces shot from other side. Then that shooter switches out and keeper goes to end of line -Shooter stands with legs apart and person behind them passes ball through the shooter's legs</p>	<p>-Keep shots on goal: first priority -Keep knee and shoulders over ball -Look for rebounds, follow shot</p> <p>Discovery Question: -What do you do different when shooting for power vs shooting for accuracy? -When would you shoot for power? Accuracy?</p>

ACTIVITY 2

Organization	Key Coaching Points
<p>3v2 SHORT FIELD(15-20min) 2 goals about 30 yards apart. Kids equally behind both goals. One side starts with ball and 3 players attacking other side has 2 defenders. Once ball is shot or cleared 3attackers go off. 2 defenders become attackers with the addition of 1 attacker 2 new defenders come out</p> <p>Objective: -Quick shooting -Shots on goal -Power vs Accuracy</p> <p>Progression: -Can start 2v1 for more shooting</p>	<p>-Take the shot when it is open -Use appropriate foot -Shots on goal first priority -Attackers always ready for rebound</p> <p>Discovery Question -When did you choose accuracy over power? -What made a good shot?</p>

GAME

Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: You have been successful if the kids enjoy soccer more at the end of the season than at the beginning.</p> <p>HOMEWORK: Sit on the ground and try juggling with your feet while remaining seated.</p>