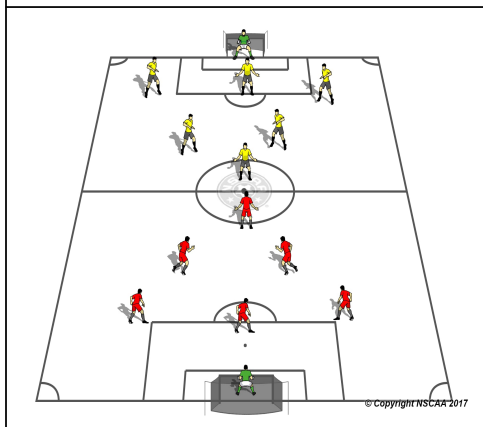
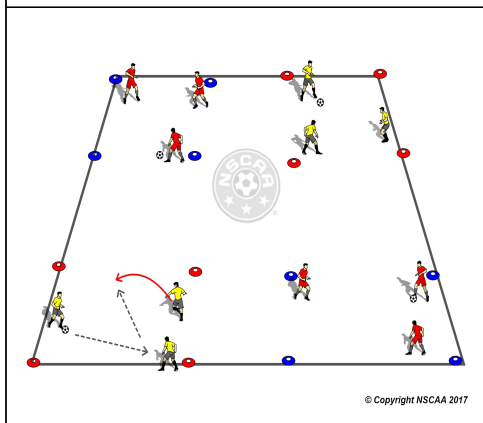
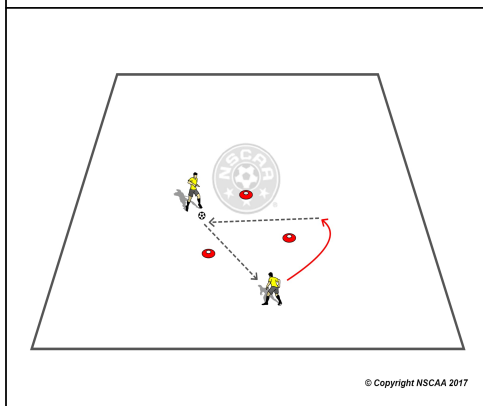
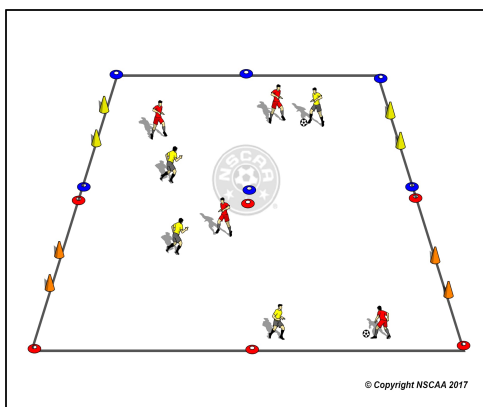
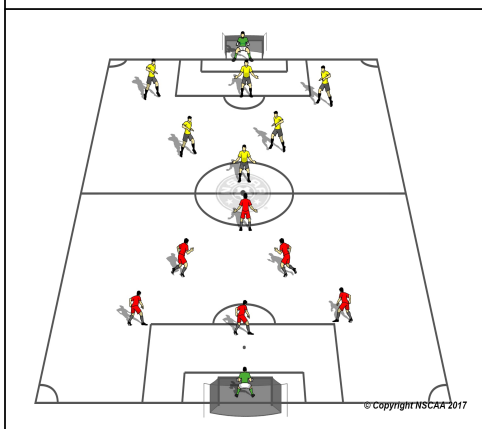
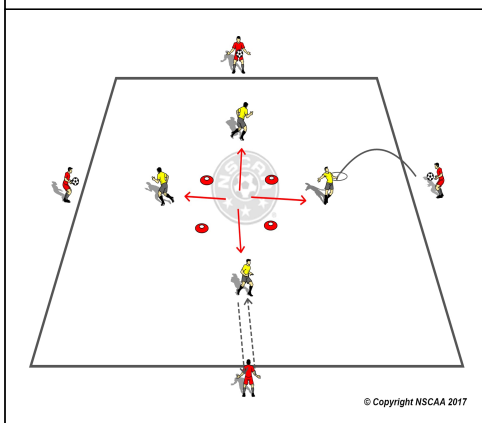
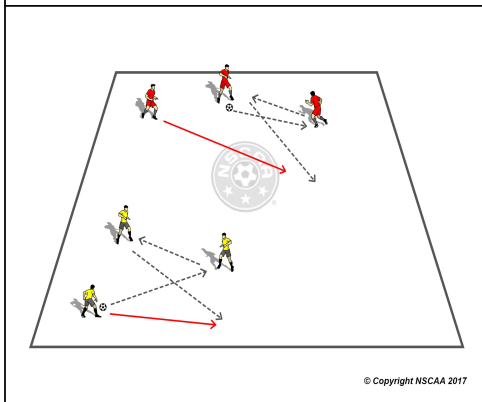
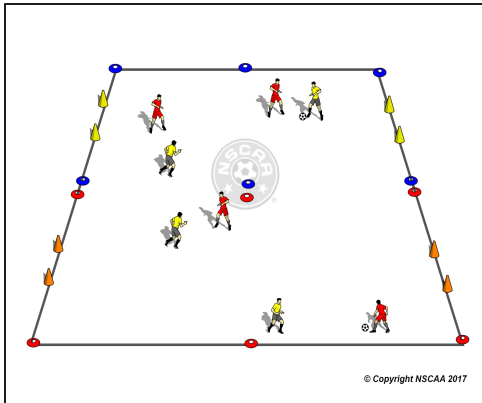


U13-19 Week 1



WARM-UP	
Organization	Key Coaching Points
<p>2v2 and/or 3v3 Games (20x25 yard fields)</p> <p>2-3 minute games, then 1 minute of dynamic stretching in between. Play 3-4 games.</p> <p>Objective: Dynamic Warm-Up Mental and Physical Engagement</p>	<p>FUN-Get the session started on a high note</p>
ACTIVITY 1	
Organization	Key Coaching Points
<p>TRIANGLES</p> <p>-2 players take 3 cones and spread them out about a yard apart into a triangle</p> <p>-One player pass through the triangle, other player receives, takes the ball around the cone and passes from another side.</p> <p>-Point for each completed pass</p> <p>-1 minute rounds, keep score. How many passes can you connect?</p> <p>-Only inside foot, only outside, only left, etc...</p>	<p>-Passing - Lock ankle, toe up/heel down, hips towards target, inside foot pass, follow through</p> <p>-Receiving - get in position to receive the ball, receive on inside of foot and cushion, 1st touch sets up next pass</p> <p>-Working together - How do we score more points? Movement, Communication, Team-Work</p> <p>Discovery Question: -What did you have to do after making a pass? After receiving a pass? -What were the easiest balls to control?</p>
ACTIVITY 2	
Organization	Key Coaching Points
<p>PASSING SQUARES</p> <p>*Groups of 3 or 4 - One ball per group</p> <p>*Group passes and moves around 10x10 square</p> <p>*Group aim is to keep the ball in the square. All players must be moving at all times</p> <p>Progressions: Introduce challenges - Must take 3 touches, 2 touches, 1 touch, 1 touch-2touch sequence,</p>	<p>* 1st touch out of feet in the direction you want to play</p> <p>* Play with head up</p> <p>* Don't stop the ball dead, let it run</p> <p>* Take a dribble to open space</p> <p>* Accuracy of pass-Can you play it to where your team mate needs it?</p> <p>* Weight of pass-Can you play it so that your team mate can easily control it?</p> <p>* Communication and teamwork- Verbal and non-verbal communication-Can you show your team mate where you want the ball?</p>
GAME	
Organization	Key Coaching Points
<p>Scrimmage: 4v4 up to 7v7 depending on the amount of players. MAXimize touches on the ball, everybody plays.</p> <p>3v3=25x30 yards</p> <p>4v4=30x35 yards</p> <p>5v5=40x45</p> <p>6v6 or 7v7: 1/2 field played 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>HOMEWORK: Work on juggling 15-20 minutes a day. Count your highest number of touches. Demonstrate next practice?</p>

U13-19 Week 2



WARM-UP

Organization	Key Coaching Points
<p>2v2 and/or 3v3 Games (20x25 yard fields)</p> <p>2-3 minute games, then 1 minute of dynamic stretching in between. Play 3-4 games.</p> <p>Objective: Dynamic Warm-Up Mental and Physical Engagement</p>	<p>FUN-Get the session started on a high note</p> <p>Limit touches in order to force players to pass and 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.</p> <p>OBJECTIVE: Movement-Creativity -Awareness of players-First touch</p> <p>PROGRESSION: Ask players to increase the distance for the passes-Can we hit lofted (not driven) passes?</p> <p>- Encourage players without a ball to switch groups, player with ball to pass to any open player.</p>	<p>-Quick first step when receiving and after passing ball.</p> <p>-Keep moving, no standing</p> <p>-Build triangles</p> <p>-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>

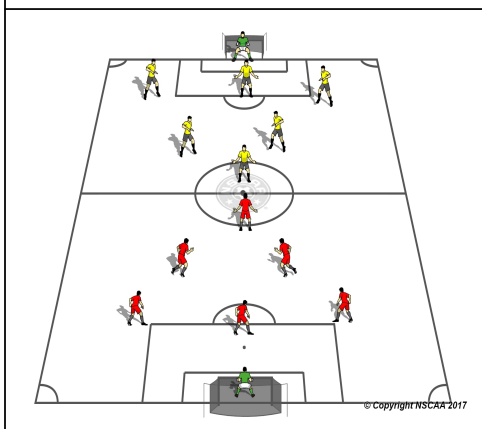
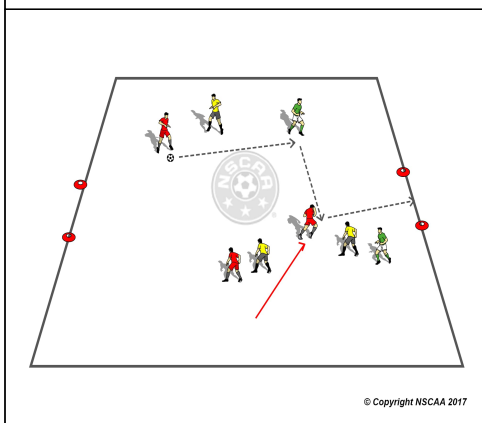
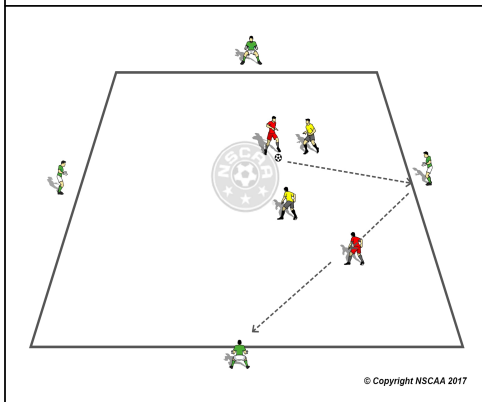
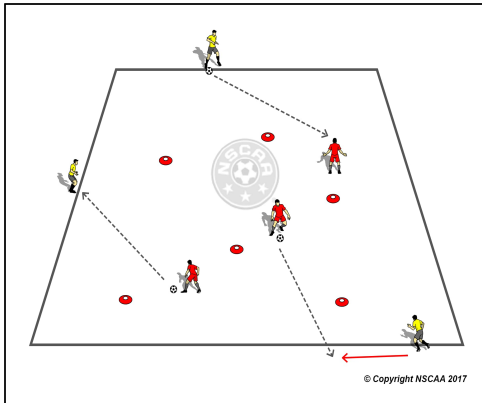
ACTIVITY 2

Organization	Key Coaching Points
<p>WINDOWS: 30x30 grid with a 5x5 box in the center.</p> <p>A: Servers, (Half players with a ball) on outside of square. B: Receivers (half without a ball inside the square) All B's will start in center square. Upon command B's will check to an A to receive a ball. A's will play a pass into B who will control and pass back to A. Check back to center square and rotate right.</p> <p>*Switch roles every 2 minutes</p> <p>Service: 1. On ground/control pass back. 2. On ground/one touch back. 3. Toss in air with bounce/laces back. 4.Toss in air/thigh control then pass back. 5. Toss -chest - pass</p>	<p>Progressions: B receives and then must turn and pass to a different open A.</p> <p>Coaching Points: -Relax body, get in flight of the ball, eye on the ball on contact, cushion to control -Pass back should be on the ground/low</p> <p>Discovery Questions: -How did you decide which body part to use to receive -How did "cushion" the ball?</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 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>

U13-19 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 OBJECTIVE: -Movement -Space and Player awareness -Communication Progression: -Limit to 2 touch</p>	<p>-Keep ball moving -Keep yourself moving -Look for open space -Talk and call for ball when open -Call name of person when passing</p> <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. OBJECTIVE: -Movement-Check in check out -Decision making Progression -Every other pass must go to outside player -Outside player gets 2 touch</p>	<p>-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> <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>

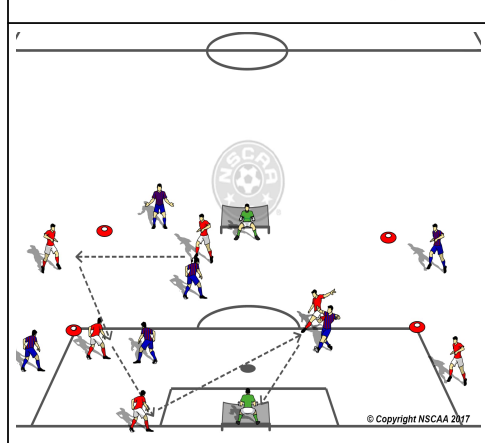
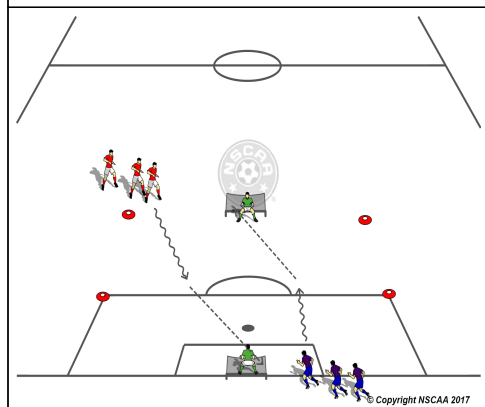
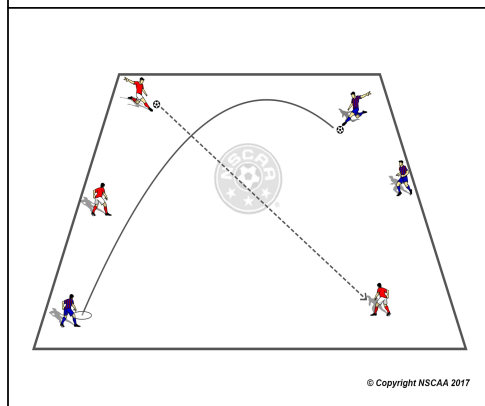
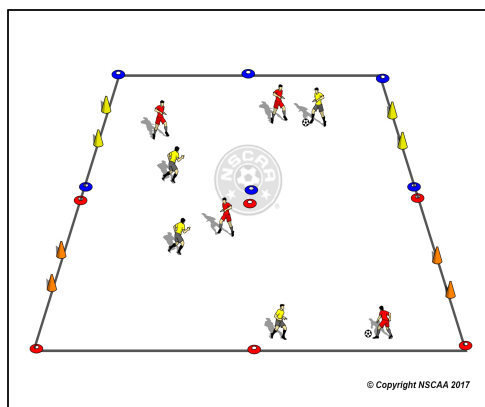
ACTIVITY 2

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. OBJECTIVE: -Change direction -Find passing window -Timing and pace Progression -Limit ball keepers touches</p>	<p>-When you see open space to it it -Keep spread out -Check in check out, movement off ball -Use visual and verbal cues</p> <p>Discovery Question: -What do supporting players do? -What happens if you are open and you don't get the ball?</p>

GAME

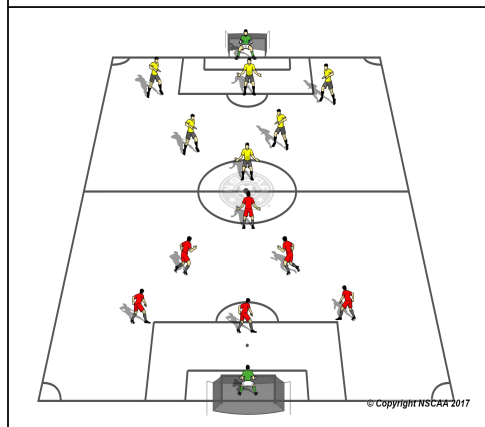
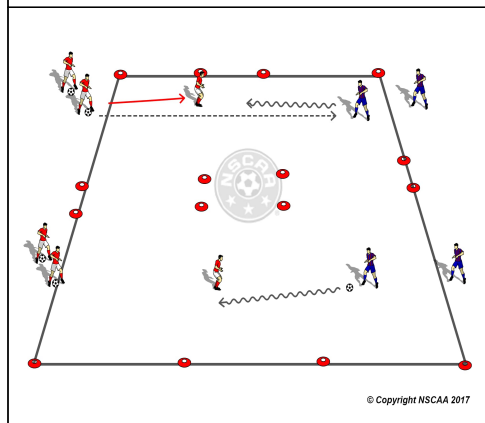
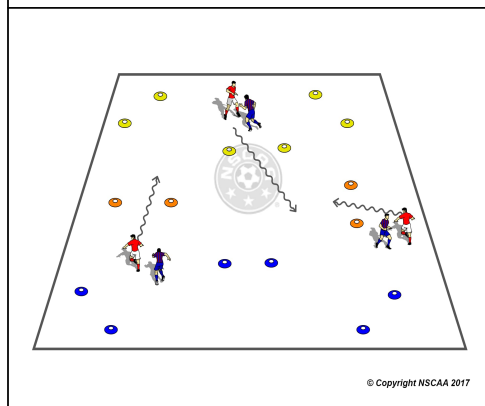
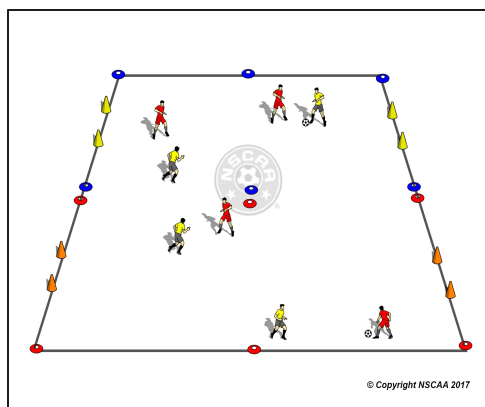
Organization	Key Coaching Points
<p>9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline - Have fun - Point out any of the above objectives 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 the game are the framework for all teaching and coaching (Principles see sessions 1 and 2).</p>

U13-19 Week 4



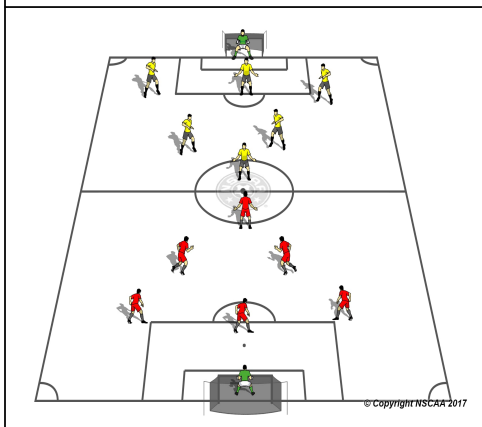
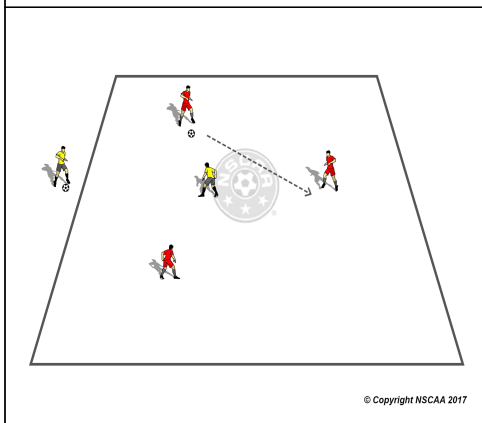
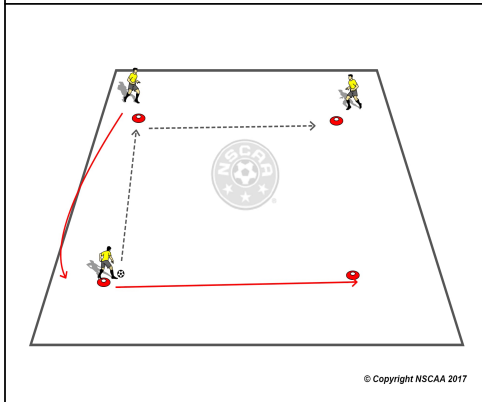
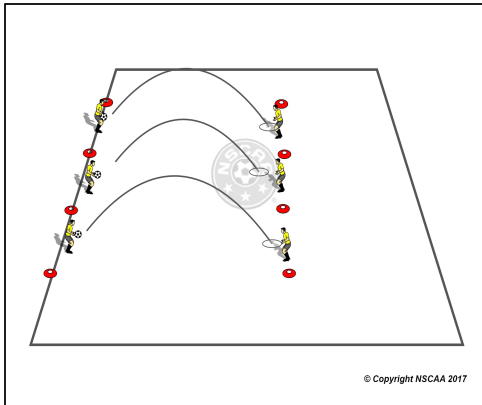
WARM-UP	
Organization	Key Coaching Points
<p>2v2 or 3v3 SCRIMMAGES</p> <p>Coaching Points</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> FUN <input checked="" type="checkbox"/> Directional Play <input checked="" type="checkbox"/> Decision Making <p>Try to split groups into 2 smaller sided games if possible to maximize touches of the ball and opportunities on both sides of the ball</p>	
ACTIVITY 1	
Organization	Key Coaching Points
<p>STRIKING IN THREE'S (1/2 field)</p> <ul style="list-style-type: none"> *Groups of 3 - one ball per group *Group moves around area, striking ball with laces to each other (rather than a pass). Receive, take a few touches, prepare out of feet and strike to next player. All players moving all the time. 	<ul style="list-style-type: none"> *Prepare ball out of feet *Slight angle of approach. Support foot beside ball *Body over ball/look at ball when striking *Strike through center of ball with laces *Follow through landing on shooting foot
ACTIVITY 2	
Organization	Key Coaching Points
<p>RAPID FIRE SHOOTING (Double Goal Box Size)</p> <ul style="list-style-type: none"> *Short lines at end of field. All players with a ball each *Drive at speed to center line and shoot *Join other side *Both teams driving into shoot at opposite goals at the same time <p>Progression: -Go through one or two times, then break into teams and play competitive rounds. -Finish near post-Finish far post</p>	<ul style="list-style-type: none"> *Prepare ball out of feet *Slight angle of approach. Support foot beside ball *Body over ball/look at ball when striking *Strike through center of ball with laces *Follow through landing on shooting foot <p>Don't look at GK when striking. The goal isn't going to move, eyes on ball and concentrate on a clean strike. Shots on frame, make the GK work!</p>
GAME	
Organization	Key Coaching Points
<p>Bumper: Double goal box field, with two large goals on either end with GK's. Split into two teams, play 3v3 or 4v4 on the field with remaining players spread evenly along the touch lines. Players on the inside can use the "Bumpers" players on the outside to create passing opportunities. The object is a fast paced shooting game where the ball doesn't go out of bounds very much. Bumpers cannot defend each other</p> <p>Progressions: -Bumpers replace the player that passed them the ball. -Bumpers one touch only</p>	<p>FUN</p> <p>Directional Play</p> <p>Decision Making</p> <ul style="list-style-type: none"> * Playing with head up *Where is the best place for bumpers to line-up? *Can we use combo play with bumpers to create shooting chances?

U13-19 Week 5



WARM-UP	
Organization	Key Coaching Points
<p>2v2 and/or 3v3 Games (20x25 yard fields)</p> <p>2-3 minute games, then 1 minute of dynamic stretching in between. Play 3-4 games.</p> <p>Objective: Dynamic Warm-Up Mental and Physical Engagement</p>	<p>FUN-Get the session started on a high note</p> <p>Limit touches in order to force players to pass and move.</p> <p>FUN Directional Play Decision Making Try to split groups into 2 smaller sided games if possible to maximize touches of the ball and opportunities on both sides of the ball</p>
ACTIVITY 1	
Organization	Key Coaching Points
<p>1v1 to small goals</p> <p>*Small goals set up around the area *One ball between 2 *Game starts with players back to back and ball in between *On coaches command players play 1v1 to multiple goals *Coach will stop/start the games</p>	<p>*Quick Reactions to start game *Dribble at speed - toe down, head up to look for open goals *Change of direction/fakes/moves to beat defender</p>
ACTIVITY 2	
Organization	Key Coaching Points
<p>1v1 Attacking to end lines</p> <p>*Small groups so limited numbers standing in line *Game starts with pass to attacker or coach feeds ball *Players play 1 v1 in a small area - Dribble over end line to score</p>	<p>*Receiving touch out feet *Dribble at speed - toe down *Attack defenders front foot *Off balance defender - fake/move *Cut off recovery run</p>
GAME	
Organization	Key Coaching Points
<p>4v4, 5 v 5 Scrimmage * Diamond Formation - Width, Depth, Length</p>	<p>Coaching Points FUN Directional Play Decision Making * Playing with head up *Be creative, take risks, take players on</p>

U13-19 Week 6



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>

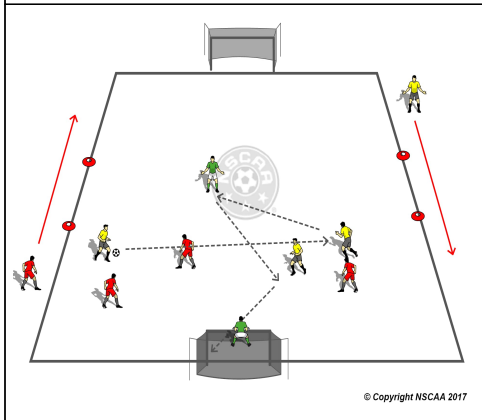
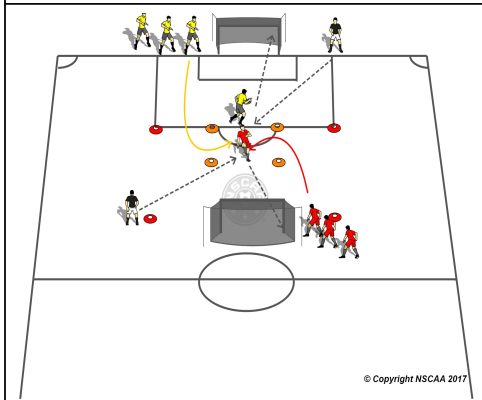
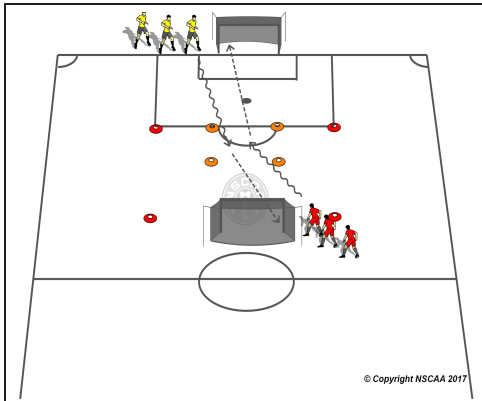
ACTIVITY 2

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>7v7 with goalkeeper. (20-25min)</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>

U13-19 Week 7



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?

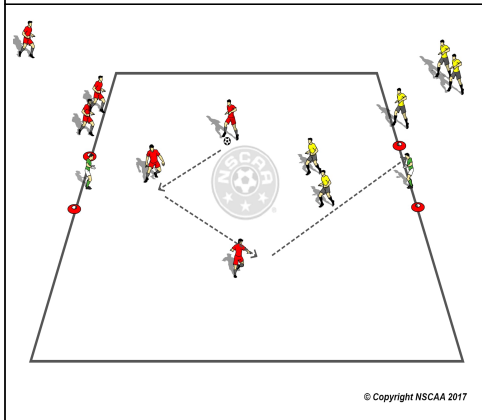
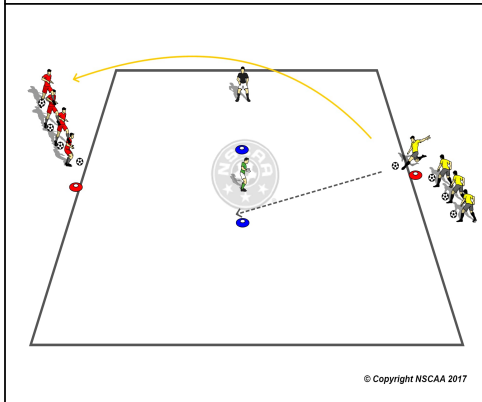
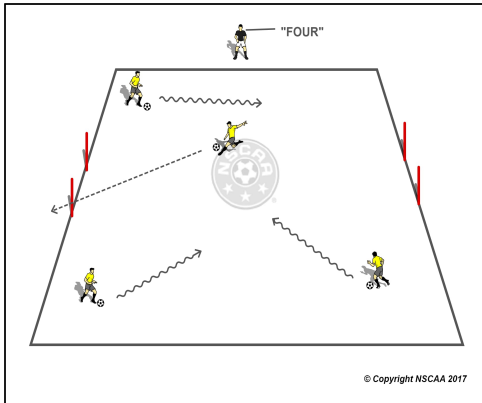
ACTIVITY 2

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>7v7 with goalkeeper. (20-25min)</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>

U13-19 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>7v7 with goalkeeper. (20-25min) 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>