

30

SOCCER TRAINING SESSIONS

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Welcome!

Thanks for purchasing Smart Soccer Coaching and checking out the training sessions.

Below you'll find 30 complete sessions, broken up into three different skill levels to choose from depending on the ability and age group you're coaching.

We've created sessions that last either 60 or 90 minutes.

Lastly, if you didn't purchase the Smart Soccer Coaching course and you somehow stumbled across this booklet, I would appreciate you reaching out to let me know where it was published.

Thank you and enjoy!

Coach Watson

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Beginner 60 min

Beginner 90 min

Intermediate 60 min

Intermediate 90 min

Advanced 60 min

Advanced 90 min

Beginner
60 min

Age Group

Beginner

Session Date

Duration

60 minutes

Topic

1v1 Attacking

**WARM UP - Dribbling Commands x 10-15 minutes****ORGANIZATION**

30Lx20W yard grid
All players start inside the grid with a ball
Players start dribbling freely inside the grid
Coach can call out various commands that players follow while dribbling inside the grid. Coach commands include the following:

- Freeze! (Players stop the ball where they are)
- Dribble faster/slower
- Inside/outside touches only
- Strong Foot Only
- Weak Foot Only
- Turn (Turn 180 degrees the opposite way they are dribbling)
- Moves (Scissors, in-out, lunge, etc.)
- Cut (Inside, outside, or bottom foot cuts)
- Switch! (Players leave their soccer ball and quickly start dribbling someone else soccer ball)
- Juggle (Players stop dribbling, begin juggling.)

- Be creative! Come up with more challenging commands, or funny commands to keep the players interested.

COACHING POINTS

- Pay attention to the space and increase the size if players are unsafely running into each other.
- Start slow, but make sure to increase the tempo of the activity as time progresses.
- Stress that players dribble with their eyes up to find the open space and to build good habits.
- Encourage the players to try their best with each command. Some commands might be difficult for some players, but motivate them to work on the instructions given.
- Challenge the players to keep the ball close and perform the coach's commands as quickly as possible.

Progressions:

- Make grid smaller to force players to dribble with the heads up to avoid other players and field the open space
- "Tag" - using the same grid, players dribble with the goal of tagging other players without being tagged themselves. For a tag to count, it must be on another player's back This game gets players to be aware of the space all around them when they have the ball. Play for 2:00 minutes.

1v1 Gate Game x 15 minutes**ORGANIZATION**

30Lx20W yard grid x 3:00 minute games

Defenders (red) must protect gates of various sizes, preventing attacking players (blue) from "breaking" their defensive line by dribbling the ball beyond it.

Defenders are "fixed" on their lines and can only move either left or right.

Each time an attacking player breaks through a gate, they score a point. Once they break a gate they re-enter the playing area outside of a gate.

COACHING POINTS

- Run with the ball at pace when going against a defender, allows them to skip past their defender using a simple 1v1 skill (drop of the shoulder)
- Encourage players to try different feints and moves to unbalance the defender. As the defender's body weight moves one way, the attacker should beat them by moving in the opposite direction.

Progressions:

- Add defender into grid. Defender tries to steal the ball from an attacker and keep it while the same attacker tries to win it back.
- Once player breaks through a gate, they can return through the SAME gate - still protected by the defender - in order to gain double points.

3v3 Dribble Over Endline x 20-25 minutes**ORGANIZATION**

30Lx20W yard grid. 4:00 minute games.

Divide players into teams of 3. If there are odd numbers, one team will play with 4 or 2 players. No neutral players. Each team starts on opposite end lines.

Teams attempt to dribble across opponent's end line. If ball goes out-of-bounds on the sidelines, ball comes back into play using kick-ins.

Teams get one point when they dribble successfully across their opponent's end line.

COACHING POINTS

- Encourage players to try different moves and to beat as many players as they can
- Remind players to try and create separation away from defenders and get defenders unbalanced

Variations:

- After 2-3 games or once players start to show proficiency, add a goal to each end line to finish with a regular 3v3 game.

Age Group

Beginner

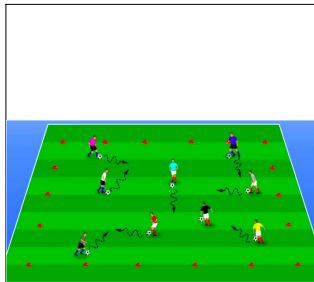
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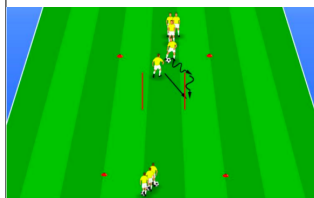
60 minutes

Topic

1v1 Attacking



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Knockout x 15-20 minutes**ORGANIZATION**

Use several cones to mark a playing area. The shape of the area is not important. A circle, rectangle, or square shaped playing grid is acceptable. Vary the size of the area depending on the number of players involved. All the players start inside the playing area with a ball.

1. On the coach's signal, the players start dribbling inside the area. Players are free to move in any direction inside the box.
2. While maintaining control of their soccer ball, players attempt to kick, or tackle, the other players' soccer balls out of the playing area.
3. If a player's soccer ball goes out-of-bounds at any point, then that player retrieves their ball and dribbles around the outside of the playing area for the remainder of the round.
4. If a player dribbles their ball out-of-bounds, then they are out for the remainder of the round as well.
5. Players must keep their soccer balls close to them at all times. Players are not allowed to leave their ball and run after other players without their ball. Players who do so should be warned or disqualified for the remainder of the round.
6. The last player dribbling inside the playing area is the winner of that round. After the round is completed, all the players are back in the game and a new round is started in the same manner. Play as many rounds as needed.

COACHING POINTS

- Instruct the players to keep close control of their soccer ball when dribbling. This will increase their chances to stay inside the grid longer and compete to be the last player.
 - Challenge the players to use their bodies to protect their ball! Players should use moves and cuts to avoid other players attempting to knock them out.
 - Encourage the players to keep their eyes up and see the field. This will enable them to avoid defenders early and dribble into open space.
 - Remind players to pick their moments to attack another player's soccer ball. Players should always be looking for a chance to knock another player's ball out-of-bounds.
- Variations:
- Weak foot only or specify the part of the foot that the players must use to dribble.
 - As more players are knocked out, place new cones inside the playing area that make the space smaller, creating a more difficult space for the remaining players. Do not stop, or pause, the round when doing this, rather give instructions to the players that new boundary lines are being created and that they must move into the new space immediately.
 - Instead of dribbling around the outside of the playing area, players complete 10 toe touches and then are allowed back in the game. Have players do some soccer action or something fun to get back in to the game!

1v1 Attack the Gate x 15 minutes**ORGANIZATION**

20Lx10W x 3:00 minute games
Use poles or cones to mark a 6-yard wide gate in the middle of the channel.

Defenders pass ball through the gate, across the field to the attackers in the opposite line. Once the pass is played, the defender runs towards the attacker. The attacker receives the ball and attempts to dribble through the gate. The turn is over when the attacker dribbles through the gate, the defender wins the ball, or the ball goes out of bounds for any reason. The turn is also over if attacker is unable to dribble through the gate after 30 seconds.

COACHING POINTS

- Encourage players to be creative and use 1v1 moves and changes of direction and speed to unbalance defenders.
 - Attackers receiving the ball in a balanced position so they can attack in any direction.
- Progressions:
- When defenders win the ball, they can transition to attack the gate.
 - Change the orientation (vertical) and/or the position (sideline) of the gate.

3v3 Four Goal Game x 20-25 minutes**ORGANIZATION**

30Lx20W yard grid. 4:00 minute games.

Place 2 goals or gates on each end line 3-5 yards from each side line.

Divide players into teams of 3. If there are odd numbers, one team will play with 4 or 2 players. No neutral players.

Play kick-ins when the ball goes out-of-bounds on the sidelines. Play goal kicks and corners when the ball goes over the end lines.

COACHING POINTS

- Two goals on each end line will create more opportunities for 1v1 situations.
- Encourage players to try and beat as many players as they can during the run of play. Give individual players points for beating defenders successfully.

Age Group

Beginner

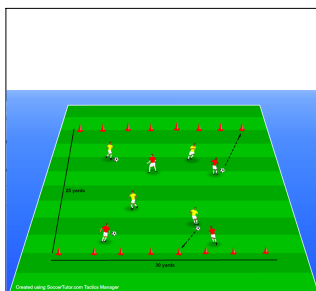
Session Date

Duration

60 minutes

Topic

1v1 Defending



Capture the Cones x 15 minutes

ORGANIZATION

25Lx30W

Place two lines of 8-10 tall cones on each end line of the playing area. Divide players into two teams. There should be half as many soccer balls as total players divided evenly between the teams.

Teams try to use a ball to knock down the opposing teams' cones and return them to their end line.

Players with a ball can knock down as many cones as possible (until they lose the ball) before bringing cones back to their end line.

Team that captures all the opposing teams' cones, wins the game. Or play three minute games and team with the most cones at the end of time, wins.

COACHING POINTS

- Since only half the players on the field have a ball, emphasize the importance of winning the ball from the opposing team
- Defending mentality: Be assertive, dictate the play - push the attacker to one side with a bending run to minimize attacker's options.
- Close the attacker's space as quickly as possible and arrive balanced
- Use your body: put yourself between the ball and attacker
- How aggressive can you be?
- Remind attackers to use fakes, change of speed, and moves to get past defenders

1v1 to Side Gates x 15-20 minutes

ORGANIZATION

10x10 grids x 3:00 minute games (each team defends at least twice)

Pick a corner with a gate, on each side of the gate, along the sideline, position a different colored gate. These will be the scoring gates and should be 3 yards wide.

Defenders start with soccer balls and play a pass across to attackers to start play.

Attackers must dribble through gates to score a point. If defenders win possession and dribble through attacker's gate, defenders get 3 points.

If the ball goes out of bounds for any reason, the turn is over and both players return to the back of their starting lines.

COACHING POINTS

- Defending mentality: Be assertive, dictate the play - push the attacker to one side with a bending run to minimize attacker's options.
- Close the attacker's space as quickly as possible and arrive balanced
- Use your body: put yourself between the ball and attacker
- How aggressive can you be?
- Remind attackers to use fakes, change of speed, and moves to get past defenders

3v3 Game x 20 minutes

ORGANIZATION

30Lx20W yard. 4:00 minute games.

Divide players into teams of 3. If there are odd numbers, one team will play with 4 or 2 players. No neutral players.

Play kick-ins when the ball goes out-of-bounds on the sidelines. Play goalkicks and corners when the ball goes over the end lines.

COACHING POINTS

- Encourage and reward good defending (2 points for a well timed tackle)
- Focus on individual defending technique; aggressive to the ball, balanced and side on, stay in front of the ball, be patient
- Remind players of cues on when and how to win the ball

Progressions:

- Play first 2 games with 3 touch minimum for each player in possession to create dribbling situations. Remove after 2 games or when if defenders are showing confidence and success.
- Tournament play - 3 points for a win, 1 point for a tie, 0 points for a loss. Rotate teams after each round.

Age Group

Beginner

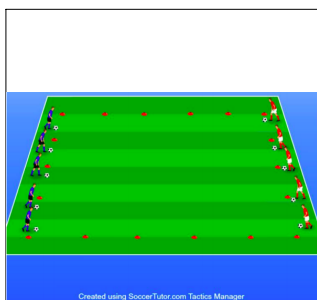
Session Date

Duration

60 minutes

Topic

Passing and Receiving

**Bumper Cars x 15 minutes****ORGANIZATION**

- Use several cones to mark a 30x30 yard square.
- Divide the players into two teams, assigned teams to start on opposite sides.
- Each player starts with a ball at their feet.
- Complete at least three rounds. Play more rounds as needed or as time allows.
- 1. On the coach's command, both teams dribble into the field and attempt to pass their soccer ball into their opponent's soccer ball and bump their ball out-of-bounds.
- 2. If a player's ball is bumped outside of the grid, then that player is out for the remainder of the round and cheers on their team!
- 3. If a player's ball is bumped but does not leave the playing area, that player is free to chase after their ball and keep playing as long as their ball stays inside the field.
- 4. If a player misses a pass, and their ball goes out of play on its own, that player is out for the remainder of the round.
- 5. The round is won when one team successfully knocks all the other team's balls out-of-bounds.

COACHING POINTS

- Teach the players to keep their soccer ball close and pick their moments to bump other player's soccer balls.
- Instruct the players to maintain good vision of the field and the opponents.
- Remind the players to pay attention to both accuracy and power of their passes to make sure their ball stays inside the field when completing a pass.
- Variations:
 - Everyone for themselves – No teams. Everyone is on their own and the last one standing is the winner of the round!
 - Pass into legs – If passing into opponent's soccer balls is too difficult, have the players pass into opponent's legs. If a player is hit, below the knee, with an opponent soccer ball, they are out for the remainder of the round.

3v1 Guard the Castle**ORGANIZATION**

- Set up a 10x10- yard field for every four players.
- In the center of each field, place a soccer ball on top of a disc cone. This is called the "castle."
- Divide the team into groups of four players.
- One ball per group of four.
- Three players start on offense with the ball while one player starts as the defender.
- Complete five, two-minute rounds. Add more rounds and time as needed. Switch defenders every round.
- The three attackers attempt to pass and dribble inside the field, attempting to move the defender and find an opening to knock the castle down.
- The defender is free to move inside the square and protect the castle.
- Defenders can tackle and knock the ball out-of-bounds.
- If the castle gets knocked down, the attackers get one point and the defender resets the soccer ball to continue playing.
- If the defender wins the ball, or the ball is deflected out-of-bounds, then the ball is given back to the attackers and play continues.

COACHING POINTS

- Encourage the players to constantly keep moving for each other. Better movement between players will create easier chances to knock over the castle.
- Players should constantly look up to see where the defender is at to build good game habits and score when the chance is on.
- Emphasize that players should work together to knock the castle over!
- Players should try to receive the ball across their body as often as possible. Receiving across their body will keep them open to the field of play.

3v3 x 20 minutes**ORGANIZATION**

- 30Lx20W yard. 4:00 minute games.
- Divide players into teams of 3. If there are odd numbers, one team will play with 4 or 2 players. No neutral players.
- Play kick-ins when the ball goes out-of-bounds on the sidelines. Play goalkicks and corners when the ball goes over the end lines.

COACHING POINTS

- Encourage players to get involved and stay involved. This game allows players to get many touches and constantly effect the game on both sides of the ball.
- Play first 2 games with 3-5 pass minimum before going to goal for the team in possession. This will create passing/receiving situations.
- Remove after 2 games or when players are showing confidence and success.
- If a team connects 3-8 passes (varies between skill of group) = 1 point

Age Group

Beginner

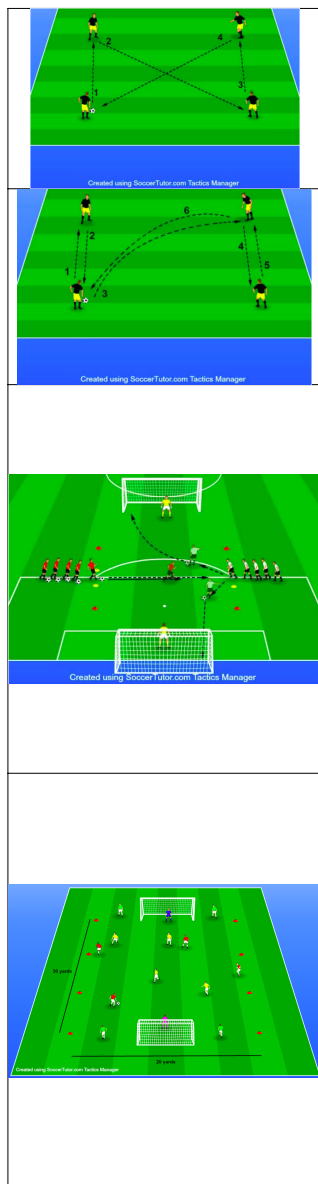
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Duration

60 minutes

Topic

Shooting and Finishing



Four Player Short & Long Passing Pattern x 15 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> Have the players divide into group of four and form a 10x20 yard rectangle. Add or subtract distance between players depending on the skill of the players. Each group should complete four, three-minute rounds. Add more rounds and time as needed. <ol style="list-style-type: none"> The player starting with the ball completes a short pass to the player closest to them. The player receiving the pass takes their first touch and then completes a long pass to their teammate diagonally across from them. The long pass receiving player, settles the ball on their first touch, and then completes a short pass to the player closest to them. The fourth player then completes a long pass back to the beginning player. Continue this pattern for three minutes before resting and switching roles. Players who passed short the first round, now pass long. 	<ul style="list-style-type: none"> Challenge the players by adjusting the rectangle size or touch-limit. Teach the players to play the correct foot of their teammate so the activity can move along cleanly. Encourage the players to use different types of passes – low pass, lofted or driven. Let players experiment with different passes while focusing on accuracy on each type of pass. Push the players out of their comfort zone. Increase the tempo of the pattern as needed. <p>Variations:</p> <ul style="list-style-type: none"> Players attempt to complete their passes using their weak foot only. Players must complete the passing pattern in one touch. Challenge players to play the diagonal ball in the air. Different passing patterns – The second image below is another passing pattern that could be completed using the same setup. Challenge the players with new patterns!
1v1 Two Goal Finishing x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> Set up the goals to face each other with 35-40 yards of space between them. Set up a box of four cones in the center of the two goals. The box should be no closer than 10 yards from each goal and 12-18 yards wide. See diagram (red cones) for better positioning details. Complete four rounds total. Each team is attacking team for two rounds. See which team ends with the most goals! The offensive player must shoot inside the square and score to receive a point for their team. If the defender blocks, or steals the ball from the offensive player, then the offensive player's turn is immediately over. As soon as a goal is scored, or blocked, the next players in each line begin their turn while the players who just finished their turn return to the back of their team lines. Offensive players can score on either goal. They must stay within the box and can use as many, or as little touches to score. Offensive players should try to score in two, or three touches to keep the activity as game-like as possible. After each player on the offensive team has shot twice then the soccer balls are collected and teams switch roles and repeat the process. 	<ul style="list-style-type: none"> The players' first touch should take them away from the approaching defender and allow them to finish on their second touch. Challenge the defenders to press attacker Encourage attackers to keep their head up to see where the defender is and what kind of touch is needed. Remind attackers to be aware of where the goalkeeper is. Players should use various finishing techniques to beat the goalkeeper and find which technique works best for them. <p>Variations:</p> <ul style="list-style-type: none"> Players must finish using only two touches. Increase, or decrease, the distance from the edge of the box to the goal to vary the shooting distance. To increase the first touch difficulty, decrease the size of the box. To allow players more time and space with their first touch, increase the size of the box. If a defender is able to win the ball from the attacker, and stay inside the box, the defender is free to score on either goal to earn their team a point.
4v4 End Line Bumpers	
ORGANIZATION	COACHING POINTS
<p>30Lx20W yard field</p> <ul style="list-style-type: none"> One full-size goal should be placed on each end line. Divide the players into three teams of four field players and one goalkeeper. Two teams start on the field while the third team spreads out evenly along the two end lines to start as the neutral target players. Teams will rotate after each round. Play four-minute games. Teams should play each other at least twice. <ol style="list-style-type: none"> Two teams compete against each other and attempt to score goals in their opponent's goal. Teams must connect at least one pass to a target neutral player before attempting to score on goal. If the ball goes out-of-bounds, a new ball is started with the goalkeeper of the team that did not last touch the ball. Players can not steal the ball or defend the neutral players. If a team scores a goal, a new ball is started with that team's goalkeeper. Make it, take it. Neutral players are free to move along the end lines. The team with the most goals at the end of the four-minute game wins the round. 	<ul style="list-style-type: none"> Teach the players to play forward. Remind the end line neutral players to stay active and move along the end line. Encourage the players on the field to support the end line neutral players quickly. Challenge the players to score often and work on both sides of the ball! <p>Variations:</p> <ul style="list-style-type: none"> Give players three, two or one-touch to increase the difficulty. Give the neutral players a touch limit. Players can only score on a one time finish after passing to an end line neutral player.

Beginner
90 min

Age Group

Beginner

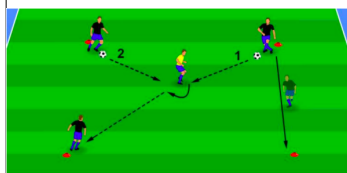
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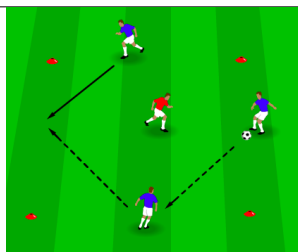
90 minutes

Topic

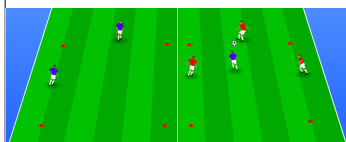
Passing and Receiving



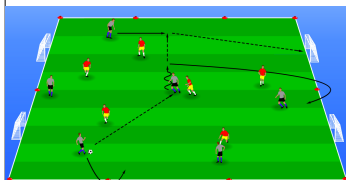
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Manchester United Passing x 15-20 minutes

ORGANIZATION

15Lx15W yard grid for every four players.
Have the players split into groups of four. Each group should have two soccer balls. Each player should complete at least two, two-minute rounds as the middle player. Add more rounds and time as needed.

1. The outside player, with the soccer ball, standing next to the open cone, passes to the player in the middle and then runs along the line to the open cone next to them.
2. The middle player receives the pass, quickly identifies where the outside player without a soccer ball is and completes a pass to that player.
3. As soon as the middle player completes the pass, the second ball is passed into the middle player before the passer runs along the line to the open cone. The middle player identifies the outside player without a soccer ball and completes a pass to that player.

COACHING POINTS

- Players should think ahead and find the open player before receiving a pass to increase their speed of play.
- Instruct players to give sharp, firm passes to their teammates.
- Challenge the players with passing distances by varying the size of the square.
- Encourage the players to decrease the time it takes from their first touch to their second touch. This will increase their speed of play.

Variations:

- Weak foot – Players can only use their weak foot to pass and receive.
- Players must complete the pattern in two-touches.
- Passes in the air – Players on the outside toss, with their hands, passes, in the air, to the middle player. Players in the middle must receive the pass out of the air and complete a pass to the open outside player on the ground.

3v1 Possession x 15 minutes

ORGANIZATION

Set up a 10x10- yard field for every four players.
Divide the team into groups of four players. One ball per group of four. Complete five, two-minute rounds. Add more rounds and time as needed. Switch defenders every round.
The three attackers attempt to pass and dribble inside the field, attempting to keep possession of the ball.
The defender is free to move inside the square and attempts to win the ball back. Defenders can score points by dribbling out of the grid.
If the defender wins the ball, or the ball is deflected out-of-bounds, then the ball is given back to the attackers and play continues. At the end of each round, a new defender is selected from the three attackers. Play five, two-minute rounds. Add more rounds as needed.

COACHING POINTS

- Encourage the players to constantly keep moving for each other. Better movement between players will create easier chances to knock over the castle.
- Players should constantly look up to see where the defender is at to build good game habits and score when the chance is on.
- Players should try to receive the ball across their body as often as possible. Receiving across their body will keep them open to the field of play.

Variations:

- Attackers score a point for every 5-10 passes, depending on skill level
- Defenders count how many times they are able to win the ball and dribble out of the grid
- Touch limit - Give players two, or one- touch for more skilled players.

3v1 Box Transition x 20 minutes

ORGANIZATION

15Lx30W yard rectangle divided into two 15Lx15W boxes

- Divide players into teams of three.
- Teams must keep possession in their half of the grid.
- When the defender wins the ball, they must find their team in the other grid and teams switch roles.
- Keep a supply of soccer balls around the perimeter of the grid so that play can restart quickly

COACHING POINTS

- Encourage players to make their grids as big as possible by spreading out
- Two supporting teammates that do not have the ball need to work hard to create angles where they can receive the ball
- Players should receive the ball across their body in order to keep their body shape open to teammates

Progression

- Add a second defender to challenge team in possession

6v6 Two Goal Game x 20-25 minutes

ORGANIZATION

35Lx30W yard field.

- Make sure there are at least four cones on the four sides of the field. These will be the cones players must run around.
- Place two goals on each end line. The goals should be 20 yards apart. If mini goals are not available, use cones to create three-yard wide gates.
- Divide the players into two teams of five players. If there are more than two teams, have the third team rest and rotate in after each game.
- Each team should play at least three, four-minute games.

1. Teams play 6v6 attempting to score in their opponent's mini-goals.
2. Each time a player completes a pass to a teammate, the player that passed the ball must run around the nearest cone before being able to receive the ball again.
3. One point is awarded each time a team scores.

COACHING POINTS

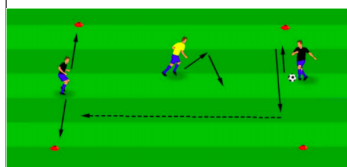
- Encourage players to run around the nearest cone as fast as possible so they can rejoin their team in possession and provide a passing option.
- Challenge the players to protect the ball while their teammates get open. Players may need to take a touch or two before their teammates adjust their support angles.
- Stress the importance of communication and teamwork.
- Remind the players to have an idea before they receive the ball. Players should constantly be thinking what the next two or three actions of the game should be.

Variations:

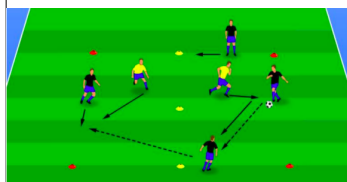
- The game is played without goals forcing teams to try and maintain possession for as long as possible. Same rules apply. Teams are awarded one point for every five consecutive passes they complete.
- Add or subtract players to meet the training needs. Adjust the field size accordingly.
- Add one or two neutral players to help the flow of the game if needed.



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Circle Passing and Dribbling x 20 minutes	
ORGANIZATION	COACHING POINTS
<p>Players form a large, 20-yard in diameter, circle. Use the center circle of the soccer field if available. At least two players start in the middle of the circle with soccer balls. Start with more players in the middle with soccer balls depending on the number of players.</p> <ol style="list-style-type: none"> 1. The players in the middle start the round by dribbling towards any outside player and then completing a pass to them. 2. The players receiving passes should take their first touch in to the circle and then complete the same pattern. 3. Players switch spots with the players they passed to on the outside and wait for a new pass. 4. Complete three, three-minute rounds. Add more rounds as needed. 	<ul style="list-style-type: none"> - Encourage defenders to close down attackers as quickly as possible. As they get closer to the attacker, take small quick steps to arrive in control and in a balanced body position - Defenders should be about an arm's length away from the attacker with feet at a 45 degree angle (side on) - Push attacker to one side - Types of tackles: Block tackle with your back foot, poke tackle with your front foot, separate attacker off the ball by putting your body in between them and the ball, or slide tackle with both feet - Cue to tackle: when attacker doesn't have good ball control
Pass Thru Traffic x 15 minutes	
ORGANIZATION	COACHING POINTS
<p>12Lx8W yard grid. Divide players into groups of 3 with one soccer ball. One player in each group starts between one of the two gates while the third player starts between the two gates. Complete three, five-minute games.</p> <ol style="list-style-type: none"> 1. The two players standing in the gates attempt to pass the ball to each other without the defending winning the ball. 2. The defender is free to move anywhere inside the two gates but can not tackle or cross the gate lines. 3. If the defender intercepts the pass, they rotate with the gate player who last touched the soccer ball and the next repetition begins. 4. Passers are free to take as many touches as they would like and can move freely between their assigned gate with or without the ball 	<ul style="list-style-type: none"> - Players should use fakes and changes of direction to create openings to pass - Teach the gate player without the ball to constantly move to create a passing angle for the player on the ball. - Have the players count their passes to see how many in a row they can get! <p>Variations:</p> <ul style="list-style-type: none"> - Rotation – Instead of rotating players after a loss of possession, have them rotate every two- minutes. See which pair of players can complete the most passes. - Touch limit – Gate players have three or two touches depending on the skill level.
4v2 Rondo x 15 minutes	
ORGANIZATION	COACHING POINTS
<p>12Lx12W yard grid.</p> <ul style="list-style-type: none"> - Divide the players into groups of six. - At each box, have four players start on each of the box's four sidelines while two players start in the middle as the defenders. - One player on the outside starts with a ball. <ol style="list-style-type: none"> 1. The four players on the outside attempt to pass and move around the square and connect as many passes as possible while the defenders try to win the ball. 2. First pass is always free. 3. If the defenders win the ball, or the ball goes out-of-bounds for any reason, the offensive player who last touched the ball switches places with the defender who has been in the longest and then a new round begins. 	<ul style="list-style-type: none"> - Players on adjacent sides of the ball should slide over to receive a pass. - Receive ball across body (far foot) to open up all options - Remind the players to have an idea before they receive the ball. Players should keep their eyes up and play away from pressure. - Challenge the players to be creative and try different surfaces of the foot or fakes to get out of tight situations. <p>Variations:</p> <ul style="list-style-type: none"> - Splits – pass played between defenders = 2 points - Give players two, or one- touch for more skilled players. - Nutmeg – If any defender gets nutmegged (ball goes between their legs), they defend for another round.
4v4 x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Set up a field 20x30-yards. Set up one field for every eight players if space allows. - One mini-goal should be placed on each end line. Use cone gates if mini-goals are not available. - Divide the players into teams of four players. If there is an odd number, one team will play with three or five players. Have the teams in a 1-2-1 formation. - All of the soccer balls should be placed near the mini-goals. - Play four, five-minute games. 	<ul style="list-style-type: none"> - Encourage players to get involved and stay involved. This game allows players to get many touches and constantly effect the game on both sides of the ball. - Teach the players to constantly move to provide good passing angles (clear passing lane to receive the ball, teammate can see them) <p>Progressions:</p> <ul style="list-style-type: none"> - Play first 2 games with 3-5 pass minimum before going to goal for the team in possession. This will create passing/receiving situations. Remove after 2 games or when players are showing confidence and success. - If a team connects 3-8 passes (varies between skill of group) = 1 point

Age Group

Beginner

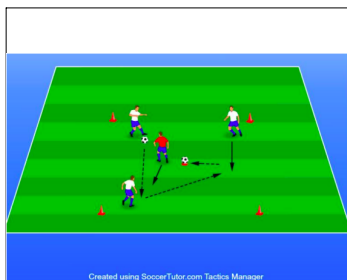
Session Date

Duration

90 minutes

Topic

Possession



3v1 Guard the Castle x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up a 10x10- yard field for every four players. In the center of each field, place a soccer ball on top of a disc cone. This is called the "castle." Divide the team into groups of four players. One ball per group of four. Three players start on offense with the ball while one player starts as the defender.</p> <ol style="list-style-type: none"> 1. The three attackers attempt to pass and dribble inside the field, attempting to move the defender and find an opening to knock the castle down. 2. The defender is free to move inside the square and protect the castle. Defenders can tackle and knock the ball out-of-bounds. 3. If the castle gets knocked down, the attackers get one point and the defender resets the soccer ball to continue playing. 4. If the defender wins the ball, or the ball is deflected out-of-bounds, then the ball is given back to the attackers and play continues. See which attacking team can score the most points! 5. At the end of each round, a new defender is selected from the three attackers. 6. Play five, two-minute rounds. Add more rounds as needed. 	<ul style="list-style-type: none"> - Encourage the players to constantly keep moving for each other. Better movement between players will create easier chances to knock over the castle. - Players should constantly look up to see where the defender is at to build good game habits and score when the chance is on. - Emphasize that players should work together to knock the castle over! - Players should try to receive the ball across their body as often as possible. Receiving across their body will keep them open to the field of play.
4v3 Keep Away x 15 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx15W yard grid. Place one line of cones to mark the two halves of the box.</p> <ul style="list-style-type: none"> - Divide the players into groups of seven. Add more than seven players to a group if there are extra players. - Four players start on each of the box's four sidelines while three players start in the middle as the defenders. - One player on the outside starts with a ball <ol style="list-style-type: none"> 1. Four offensive players start exchanging as many passes as possible while moving along their sidelines against three defenders. 2. Only two defenders are allowed in each half at one time. 3. If the defenders win the ball, the defender who has been in the longest switches positions with the attacking player who lost possession of the ball. A new round is started as soon as both players are set. 4. First pass if always free. 	<ul style="list-style-type: none"> - Stress the importance of movement off the ball and having an idea before players receive the ball. - Teach the players to play away from pressure! - Encourage the players use to accurate passes to keep the possession of the ball. - Remind the players to use their voices to help their teammates make decisions. - Challenge the defenders to work together and win the ball as quickly as they can. <p>Variations:</p> <ul style="list-style-type: none"> - Progressive defenders – If attacking team is struggling to maintain possession, start with 1 defender in the half. As attacking team has success, add another defender to increase difficulty. Example - after 4 consecutive passes, another defender can come into the half. - Touch limit - Increase difficulty
Golf Possession x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>30Lx30W yard field. Adjust the field size, if needed.</p> <ul style="list-style-type: none"> - Use cones to mark four, 4x4 yard boxes just inside each corner of the field. See diagram below for more information. - Divide the players in to two teams. - Have two players from each team start inside two of the four boxes. Teammates should occupy boxes that are diagonal from each other. - The remaining players start inside the playing area. - Play four, four-minute games. <ol style="list-style-type: none"> 1. Teams compete to keep possession of the ball and each pass completed to a teammate inside a box counts as a point. 2. When a box player receives a pass, they are free to dribble or pass out of the box. The player who passed the ball in to the box, now takes the place of the teammate who left the box. 3. If the ball goes out-of-bounds, the coach starts a new ball with the team that did not last touch the ball. 	<ul style="list-style-type: none"> - Players should constantly move to create space for themselves and their teammates. - Good angles of support, working in triangles. Options to right and left for player on the ball. - Awareness. "Checking shoulder". This will help team in possession play away from pressure. - Introduce defending transition. Encourage the defending team to win the ball back quickly and transition to offense! <p>Variations:</p> <ul style="list-style-type: none"> - Number of players – Play 6v8, 7v7, 6v6, etc. Adjust the field size accordingly. - Touch limit – Give a touch restriction to increase speed of play. Three, two, or one-touch depending on the skill level.
7v7 x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Set up a field 50-60x35-45 yards. - One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every five minutes. - Divide the players into two teams of six. If there are more than 12 field players, rotate in the substitutes every five minutes. Set up the teams in a 1-3-1-2 formation. - All of the soccer balls should be placed near the goals. - A 20-minute game with two 10-minute halves and a four-minute halftime is suggested. - Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines. - Rotate substitutes every five minutes if there are more than 12 field players. 	<ul style="list-style-type: none"> - Players to constantly move for each other to provide passing options - The person on the the ball should have options behind, in front and to either side of them. - Playing the way you face. Encourage players to play what they see (i.e dropping the ball back) if they are under pressure. - Begin to address defensive transition when possession is lost. Player who lost the ball should be the first to try and win it back. <p>Variations:</p> <ul style="list-style-type: none"> - Touch-limit – Give players three, two or one-touch to increase the difficulty or if speed of play needs to increase

Age Group

Beginner

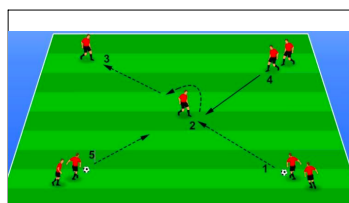
Session Date

Duration

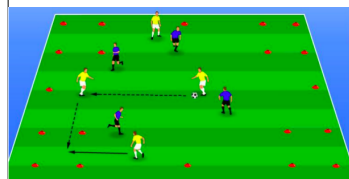
90 minutes

Topic

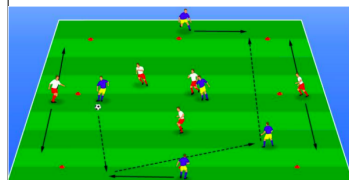
Possession



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1 In. 1 Out. x 15-20 minutes

ORGANIZATION

20Lx20W yard square. Have the players divide evenly among and form lines behind the four cones. Two soccer balls are started with the first players in two of the lines. The soccer balls should be on the same side of the square.

1. One player, from the opposite corner of a line with a ball, checks into the center of the square to receive a pass from the player opposite of them.
2. The player receiving the pass, turns, 180-degrees, and then passes the ball to the player in front of the line the line they started from.
3. After completing a pass into the middle player, the player that passed the ball immediately runs into the middle of the square and receives the second ball from the next player to repeat the process.
4. Players follow their pass and go to the back of the line.
5. Complete three, four-minute rounds. Add more rounds as needed. Change the passing pattern and variations as desired.

COACHING POINTS

- Challenge the players to pass the ball accurately on the ground.
- Remind the players to give passes to their partners that they can handle.
- Depending on the age and skill of the players, make the square size smaller or larger.
- Increase the tempo as players become more comfortable on the ball. Get more experienced players to move the ball quickly!

Variations:

- One touch -- Depending on the age of the players and their skills, have the players use only one-touch passes to complete the pattern.
- Weak Foot -- Players can only pass, receive, and turn with their weak foot.
- Different Turns -- Have the players work on a new turn each round. Inside, outside, or bottom of the foot. Any turn works!

Four Corners Game x 20 minutes

ORGANIZATION

35Lx30W yard field with 5x5-yard boxes in each corner. See diagram.

- Divide the players into two teams of no more than six players per team. Assign jerseys to each team.
- Both teams start inside the field. One team starts with the ball.
- Gather all the extra balls with the coach or disperse them evenly around the field.
- Play four, four-minute games. Add more time and games as needed.

1. Teams compete to maintain possession of the ball and score points by completing passes to players in any of the four corner zones.
2. Teams receive one pass every time they complete a pass to a teammate in a corner zone.
3. Team defending can not enter the zone at any point!
4. Teams can not score in corner zone twice in a row!
5. Play kick-ins if the ball goes out-of-bounds.

COACHING POINTS

- Vary the field size to increase or decrease the difficulty.
 - Instruct the players to constantly move off of each other to provide good passing angles for their teammates.
 - Encourage players to bring a voice to their team. Have players communicate and help each other with decisions.
 - Teach the players to move together as a team and when the opportunity is there, complete a pass into a corner zone. Players should not just stand in the squares waiting for a pass!
 - Challenge the players to take care of the ball and move the defenders to create a good opportunity to score a point. Encourage teams to move the ball quickly and switch play to find open players and open small squares. Teams should try to not force passes into corner zones!
- Variations:
- Play the game with any number of players, for example 5-on-5, 6-on-6, etc. Increase the field size as more players are added.
 - Add a neutral player, or two, if teams are struggling to connect passes and score.
 - Give players a three, two, or one-touch limit depending on the skill level.

5v5 Wall Pass Scoring x 20 minutes

ORGANIZATION

25Lx25W yard field. Divide the players into two teams of five. Teams can be larger than five, but then adjust the field to fit the number of players.

- Two players from each team start on opposite sidelines as the wall players. The remaining players start inside the field. See diagram for more information.
- Play four, four-minute rounds. Rotate wall players and make coaching points after each round.

1. Teams play possession attempting to connect passes to their wall players.
2. Teams must maintain possession of the ball and connect a pass to each of their wall players for a point. If teams lose possession after connecting one pass, they must restart when they retain possession.
3. Wall players are free to move along their entire sideline.
4. Wall players can not defend but can be defended.
5. Teams are free to use the same wall player as many times in a row but are not awarded a point until they alternate wall players in the same possession.
6. The players inside the field stay inside the field for the duration of the round.
7. If the ball goes out-of-bounds the team that did not last touch it, starts a new ball.

COACHING POINTS

- Teach the players to constantly move and provide good angles of support.
 - Stress the importance of having an idea before you receive the ball to increase the speed of play.
 - Remind the players to play away from pressure!
 - Encourage the players to communicate and help each other with decision-making.
 - Challenge the teams to win the ball back as quickly as they can after they lose it.
- Variations:
- Give players three, two, or a one-touch restriction.
 - Add more players to the game as needed. Adjust the field size accordingly.
 - Add one or two neutral players if teams are struggling to possess.

7v7 x 20-25 minutes

ORGANIZATION

50-60x35-45 yards. One full-size goal should be placed on each end line.

- Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every five minutes.
- Divide the players into two teams of six. If there are more than 12 field players, rotate in the substitutes every five minutes. Set up the teams in a 1-3-1-2 formation.
- All of the soccer balls should be placed near the goals.
- A 20-minute game with two 10-minute halves and a four-minute halftime is suggested.
- Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines.
- Rotate substitutes every five minutes if there are more than 12 field players.

COACHING POINTS

- Players to constantly move for each other to provide passing options
 - The person on the ball should have options behind, in front and to either side of them.
 - Playing the way you face. Encourage players to play what they see (i.e dropping the ball back) if they are under pressure.
 - Begin to address defensive transition when possession is lost. Player who lost the ball should be the first to try and win it back.
- Variations:
- Give players three, two or one-touch to increase the difficulty or if speed of play needs to increase

Age Group

Beginner

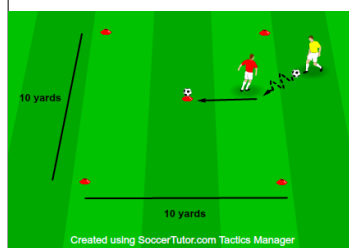
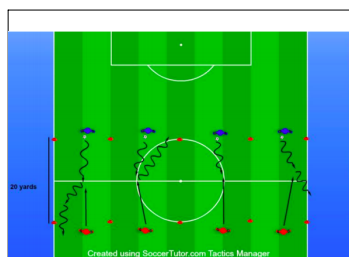
Session Date

Duration

90 minutes

Topic

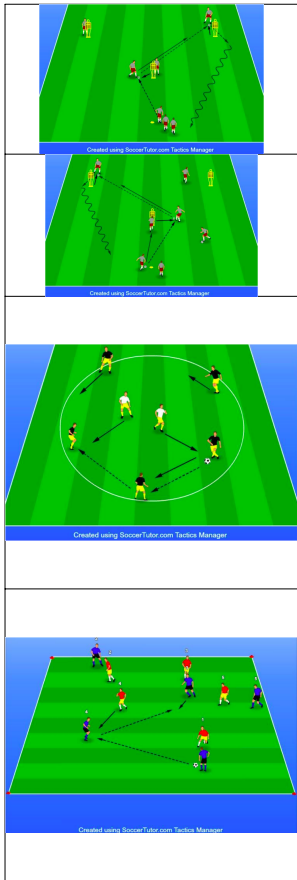
1v1 Defending



1v1 Defending Channels x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx10W channels</p> <p>Players pair up with 1 ball between the two of them. One partner starts as the attacker and one partner starts as the defender. Review proper defensive shape, footwork, and tackling technique. Both partners should defend 3-4 times.</p>	<ul style="list-style-type: none"> - Defenders should try to get in front of the attacker as quickly as they can - Defenders should be about an arm's length away from the attacker with feet at a 45 degree angle (side on) - Keep attacker in front and maintain arms length distance until ball can be won - Types of tackles and when to use them: <ul style="list-style-type: none"> - Block tackle: use inside of foot, contact ball between attacker and defender's foot simultaneously, used in a tight space and close proximity to attacker - Poke tackle: useful in bigger space, defenders wait for attacker to take a longer touch in order to step in and "poke" the ball out of the way
1v1 Guard the Castle x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>*10Lx10W yard grid x 2:00 minute games</p> <p>Players work in pairs with two soccer balls. Place 1 ball on top of cone and other ball starts with one player.</p> <p>Attacking player can start play anywhere on the edge of the grid. The attacker attempts to dribble the ball past the defender and knock the ball off the cone.</p> <p>Knocking ball of cone = 1 pt</p> <p>If the defender wins the ball and dribbles out of the grid, roles switch. "</p>	<ul style="list-style-type: none"> - Encourage defenders to close down attackers as close to the edge of their grids as possible. If the defenders are able to win the ball near the edge of the grid, it's a shorter distance to dribble out and score! - As they get closer to the attacker, take small quick steps to arrive in control and in a balanced body position - Cue to tackle: when attacker doesn't have good ball control
1v1 Endline x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>25Lx20W yard field, 4:00 minutes games</p> <p>8 players per field, divided into 2 teams. Each team starts on opposite end lines. Only one group starts with soccer balls on their end line. This group will start play with a pass across to the attacking side. After pass, 1v1 game goes live and players play 1v1 attempting to dribble across opponent's end line.</p> <p>If the ball goes out of bound or either player scores, the round is over and player go to the back of the opposite line they started at.</p> <p>Players get one point each time they successfully dribble across their opponent's end line</p>	<ul style="list-style-type: none"> - If defending players are struggling to play a quality pass across to attacking players, attackers can dribble to enter the grid - Encourage defenders to put pressure on the attacker as quickly as they can - Remind defenders to show attackers towards the sideline and use it as an additional "defender" - Defenders need to arrive in front of the ball in control of their body; quick feet, balanced, in a position to move in any direction quickly - Variations: <ul style="list-style-type: none"> - Change starting position of attackers: 1) attacker receiving near side line, attacker with back to pressure, or attacker receiving centrally facing forward)
3v3 x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>30Lx20W yard. 4:00 minute games.</p> <p>Divide players into teams of 3. If there are odd numbers, one team will play with 4 or 2 players. No neutral players.</p> <p>Play kick-ins when the ball goes out-of-bounds on the sidelines. Play goalkicks and corners when the ball goes over the end lines.</p>	<ul style="list-style-type: none"> - Encourage and reward good defending (2 points for a well timed tackle) - Focus on individual defending technique; aggressive to the ball, balanced and side on, stay in front of the ball, be patient - Remind players of cues on when and how to win the ball <p>Progressions:</p> <ul style="list-style-type: none"> - Play first 2 games with 3 touch minimum for each player in possession to create dribbling situations. Remove after 2 games or when if defenders are showing confidence and success. - Tournament play - 3 points for a win, 1 point for a tie, 0 points for a loss. Rotate teams after each round.

Intermediate
60 min

Age Group	Intermediate	Session Date		Duration	60 minutes
Topic	Passing and Receiving				



Y Passing x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Using mannequins, poles or cones, set up a "Y" shaped pattern. There should be at least 10 yards of space between each cone. Make the setup larger depending on the age and skill level of the players. See diagram for more information. - One player starts on the top two cones. Two players start on the middle cone and the remaining players form a line behind the bottom cone. - Complete four, four-minute rounds. Start simple in the first round and then build the pattern each round. <ol style="list-style-type: none"> 1. The first player on the bottom cone passes a ball forward to the player on the middle cone who has moved to one side of cone. 2. The middle player receives the pass on the half-turn and completes a pass to the player furthest away from them. 3. The third player receives the pass behind the cone and attempts to take their first touch past the defender and into a quick dribble to the bottom of the setup. 4. Players follow their pass. The player who dribbles to the bottom of the setup goes to the back of the line. 5. The next ball can be started as soon as the player on the middle cone completes their pass. 6. The player in the middle MUST check to the opposite side the player before them checked to. This will ensure players are working both sides of the setup. 	<ul style="list-style-type: none"> - Teach the players to always create space for themselves by moving off of the defender before they receive a pass. Players should also be reminded to check their shoulders before receiving the pass. - Encourage the players to be as sharp as they can be! Passes should be firm, accurate and on the ground to their teammates! - Remind the players to talk. Players should bring out their personalities and help each other solve mistakes and increase the speed of play. - Look to bring out game specific patterns that the team needs to continue to improve or ones they are already good at! - Challenge the players to do everything at game-speed. Players will only improve if they challenge themselves to go a little quicker and cleaner each time. <p>Variations:</p> <ul style="list-style-type: none"> - Up-back-through – The player on the bottom, passes to the middle, receives a pass back from the middle, and then passes the ball to the top player on the side closest to them. - Give-and-go – The top players complete a 1-2 around the top cone with the middle player. - Any combination – Be creative! Challenge the players with touch limits or quick combination play!
Monkey in the Middle x 15 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Divide the players into groups of seven. - Have five players form a 10 yard in diameter circle. Adjust the size of the circle according to the skill level. - The remaining two players in each group start inside the circle. - One of the outside circle players starts with a ball. - Play for 10 to 15 minutes. Add breaks and coaching points as needed. <ol style="list-style-type: none"> 1. The players on the outside attempt to keep possession of the ball for as long as they can while the two players inside the circle attempt to win the ball. 2. First pass is always free. 3. Outside players are encouraged to move along the outside of the circle. 4. If the defense intercepts, or knocks the ball out-of-bounds, then the defender who has been in the longest switches spots with the offensive player who lost possession of the ball. 	<ul style="list-style-type: none"> - Adjust the circle size according to skill level and number of players. - Teach the players to move when they are on the outside to give good passing angles to their teammates. Players should not be standing on the outside! - Challenge the defenders to win the ball as quickly as possible. Defenders should work together and make it difficult for the outside players. - Encourage players to be creative and decisive! Players should have an idea before they get the ball to increase their speed of play! <p>Variations:</p> <ul style="list-style-type: none"> - Play 6v2, 7v3, 4v2, 4v1, 3v1, etc. Adjust the size of the circle depending on the number of players. - Give a three, two, or one-touch restriction to the players on the outside. - Add a layer of engagement to the activity and make the players count the number of passes they complete. Encourage them to get the highest number possible. - Make it fun by adding some new rules. Passing the ball between a defender's legs, 10 consecutive passes, or passing the ball between the two defenders, means that the defenders must defend another round after they win the ball.
5v5 Man-to-Man x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>25Lx25W yard field. Divide the players into two teams of five and assign jersey colors to each team.</p> <ul style="list-style-type: none"> - Have players on partner up with a player on the other team. Their partners are the only ones they can defend, and the only players that can defend them. - One team starts with the ball. - Gather extra soccer balls to a sideline next to the coach. - Assign one player on each team to be the captain and count the total number of passes for their team. - Play at least three, four-minute rounds. Add more rounds and time as needed. Make coaching points between rounds. Rotate partners after each round so players are matched up with a different opponent. <ol style="list-style-type: none"> 1. Teams attempt to keep possession of the ball and complete as many passes as possible. 2. The captain of each team is responsible for keeping track, but the entire team is encouraged to count. 3. Players can only defend their partner and can only be defended by their partner. 4. Team with the most passes at the end of each round is the winner. 	<ul style="list-style-type: none"> - Adjust the field size as needed. Add more space if teams are struggling to complete passes. - Teach the players to constantly move and change their supporting angles. This activity forces players to move and lose their mark to get open for their teammates. - Encourage the players look up and have an idea before they receive a pass. - Challenge the teams to win the ball back as quickly as they can. <p>Variations:</p> <ul style="list-style-type: none"> - Touch limit – Give players a three, two, or one-touch restriction depending on the skill level. - Different point system – Instead of total passes. Have teams connect five consecutive passes for one point. Team with the most points at the end of each round wins the round.

Age Group

Intermediate

Session Date

Duration

60 minutes

Topic

Passing and Receiving



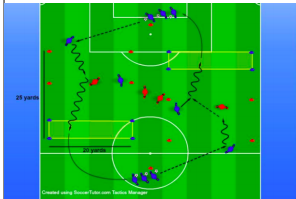
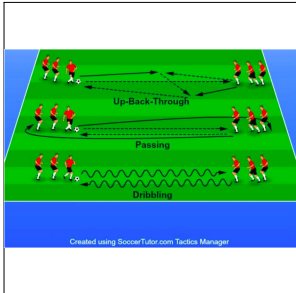
Numbers Passing x 10-15 minutes	
ORGANIZATION	COACHING POINTS
<p>Players split into two teams of no more than six players. Every player on each team is assigned a number one through 6 depending on the number of players per team. Teams complete passes in numerical order.</p> <ul style="list-style-type: none"> - 30Lx25W yard field. Adjust the field depending on the number of players present. - Divide the players into two teams of no more than six players per team. - Assign every player on each team numbers one through six depending on the number of players per team. - Both teams spread out inside the field with one ball per team. - The ball on each team should start with the player assigned the #1 <ol style="list-style-type: none"> 1. Player #1 passes to player #2 who is moving inside to area. 2. Player #2 then receives the ball and looks to pass to player #3. 3. This sequence continues as players constantly pass and move inside the playing area. 4. The last player in the sequence then passes the ball back to player #1 and the process continues for the remainder of the round. 	<ul style="list-style-type: none"> - Start slow. Can always increase the tempo as players become more comfortable. - Insist that the players move for the entire time. Players should constantly be readjusting their angles to their teammates and think two or three passes ahead. - Teach the players to communicate with each other! Players should shout for the ball when it is their turn to receive a pass. <p>Variations:</p> <ul style="list-style-type: none"> - One-touch passing – Players must complete the sequence in one-touch. Develops players speed of play and ability to move off of each other quickly! - Two soccer balls – Add two soccer balls into the sequence to give players more touches and challenge their awareness.
Four Quadrant x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>30Lx30W yard field. Adjust the size according to skill level and number of players.</p> <ul style="list-style-type: none"> - Inside the field, divide the space into four even quadrants using a couple of cones. Make sure there are enough cones that players can easily see the four quadrants, but not too many that the cones will get in the way. - Divide the players in to two teams. Assign each team a different colored jersey. - All the players start inside the playing area. - Gather all the soccer balls and place them outside the playing area for the coach to use. - Play four, four-minute rounds. <ol style="list-style-type: none"> 1. The two teams compete to keep possession of the ball inside the field. Eight consecutive passes equals one point. Team with the most points at the end of each round wins! 2. Teams are only allowed to complete three consecutive passes in a quadrant before they must move the ball to another quadrant. If teams complete more than three consecutive passes in a quadrant, then the ball is turned over to the other team. 3. If the ball goes out-of-bounds for any reason, a new ball is started by the coach and is passed to the team who did not last touch the ball. 	<ul style="list-style-type: none"> - Teach the players to use the entire playing area and spread out to stretch the defense and create more space for their teammates. Make sure players are not hiding though! - Encourage the players to think one, two, or three passes ahead to increase their speed of play. Players should have an idea before they receive the ball! - Remind the players to give good angles of support and constantly readjust their field and body positioning. - Educate the team in possession to mix short and long passes to draw defenders in and then spread them out! <p>Variations:</p> <ul style="list-style-type: none"> - Touch limit – Add a touch restriction. Three-touch, two-touch, or one-touch depending on the quality of the players. - Neutral players – Add one or two neutral players to help teams possess. - Quadrant rule – Adjust the number of consecutive passes in the quadrant to increase or decrease the difficulty.
8v8 Game x 20 minutes	
ORGANIZATION	COACHING POINTS
<p>60Lx55W yard field. One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them every six minutes.</p> <ul style="list-style-type: none"> - Divide the players into two teams of seven. If there are more than 14 field players, rotate in the substitutes every four minutes. Set up the teams in a 1-3-1-3 formation. - All of the soccer balls should be placed near the goals. - A 20-minute game with two 10-minute halves and a three-minute halftime is suggested. Adjust the duration of the game to fit the training needs. <ol style="list-style-type: none"> 1. Two teams compete against each other and attempt to score in their opponent's goal. 2. Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines. 3. The team with the most goals at the end of the game wins. 4. Rotate substitutes every four minutes if there are more than 14 field players. 5. Rest during halftime. Make coaching points and tactical switches during the break. 	<ul style="list-style-type: none"> - Challenge the players to compete at a game-like pace! - Teach the players to constantly move off of each other and provide good support angles in their team shape. - Encourage the players to be creative when going forward. Lots of movement off the ball and mix in short and long passing combinations. - Remind the players of certain actions they should focus on. Pick two or three key actions and use those words during the game. <p>Variations:</p> <ul style="list-style-type: none"> - Touch-limit – Give players three, two or one-touch to increase the difficulty.

Age Group	Intermediate	Session Date		Duration	60 minutes
Topic	Combination Play				



Total Combination Passing x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up two cone gates 30-40 yards apart. Each cone gate should be four yards wide. Between the two gates, set up two poles, or cones, to divide the space into three equal sections. Refer to diagram for more information.</p> <ul style="list-style-type: none"> - Two players start on each gate and pole. If there are extra players, have them form a line at the bottom of the setup. The extra players on the bottom should move to the outside of the setup to receive a pass. - All of the soccer balls should be with the players on the bottom. - Complete at least three, three-minute rounds. Increase the tempo as the rounds progress. Add more time or rounds as needed. <ol style="list-style-type: none"> 1. The first player on the bottom gate completes a pass to the player on the pole in front of them. The player on the pole in front of them must create space by checking to either side of the pole before receiving the pass. 2. The player on the first pole passes back to the player that passed them the ball. The pass back must be at an angle to the opposite side they received the ball and invite the player to run onto the ball. 3. The bottom player then passes the ball forward to the player on the second pole, who has checked to the opposite side of the player on the first pole. 4. The second pole player then passes the ball diagonally back to the side the first pole player is on. 5. The first pole player runs onto the ball and completes a pass to the top player between the gate. 6. The top player then completes a 1-2 with the second pole player, and then passes the ball down to a player standing outside of the bottom gate. 7. The player at the bottom receives the pass and dribbles to the back of the bottom gate line. 8. Players follow their pass. 9. The next ball can begin when the player on the first pole completes their pass to the top gate. 10. The next player on the first pole must check the opposite way the player in front of them checked. This ensures players are using both feet. 	<ul style="list-style-type: none"> - Teach the players to always create space for themselves by moving away from the defender before they receive a pass. Players should never receive the pass right next to a cone or pole. - Show the players their body positioning when receiving a ball and how to best check their shoulder. - Challenge the players to play faster as the quality increases. - Remind the players to bring out their personalities with communication! - Challenge the players to do everything at game-speed! <p>Variations:</p> <ul style="list-style-type: none"> - Touch-limit – High level players should complete the whole sequence in one-touch. Give more touches as needed to keep the pattern moving. - Any combination – Be creative! Change the pattern as needed to work on turns, dribbling, or other combinations.
4-on-4 End Zone x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>30Lx25W-yard field with five-yard end zones on each end line. Divide the players into teams of four and assign jerseys. If there are more than 12 players, make two fields.</p> <ul style="list-style-type: none"> - Gather all the soccer balls on one sideline for the players to use if a ball goes too far away. - Play three, five-minute games. Add more time or games if time allows. Rest and make coaching points between games. <ol style="list-style-type: none"> 1. Two teams compete to connect a pass to their teammate running into either end zone. 2. Play kick-ins if the ball goes out-of-bounds. 3. Players cannot stand inside the end zones to receive a pass. Players must be outside the end zone when the ball is played. 4. Teams are awarded one point each time they complete a pass to a player running into an end zone. As soon as teams score, they play the ball back into the middle and attempt to score in the opposite end zone. 5. Defenders can not defend in the end zones. 6. Teams can score in either end zone when they switch from defense to offense, but once they score in one end zone on offense, they must score in the other end zone before being able to score in the first one. 	<ul style="list-style-type: none"> - Instruct the players to time their runs into the end zone. Players should make hard runs and use their voice to demand the ball. - Remind the players to communicate and make eye contact when making a run into the end zone. - Challenge the players to keep their eyes up to find their teammates and deliver passes on time. - Teach the players to pass the ball in front of the running players allowing the running player to receive the pass easily without adjusting their run. <p>Variations:</p> <ul style="list-style-type: none"> - Number of players –Add more players and create a 5v5 or 6v6 game. Adjust the field size accordingly. - Touch limit – Limit the players' touches to three, two, or one-touch depending on skill level. - Number of passes – Teams must complete a certain number of passes before attempting to score. Teams have to connect three, or four, consecutive passes before finding a player running into the end zone.
4v4+4 Wide Players x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>30Lx45W yard field. One full-size goal should be placed on each end line. Divide the players into three teams of four field players and one goalkeeper. If there are only two goalkeepers available, position them in goal without assigning them to a team.</p> <ul style="list-style-type: none"> - Two teams start on the field while the third team spreads out evenly along the two sidelines to start as the neutral wide players. Teams will rotate after each round. - All of the soccer balls should be placed in the full-size goals. - Play four-minute games. Teams should play each other at least twice. <ol style="list-style-type: none"> 1. Two teams compete against each other and attempt to score goals in their opponent's goal. 2. Teams must connect at least one pass to a wide neutral player before attempting to score on goal. 3. If the ball goes out-of-bounds for any reason, a new ball is started with the goalkeeper of the team that did not last touch the ball. 4. Players can not steal the ball or defend the neutral players. 5. If a team scores a goal, a new ball is started with that team's goalkeeper. Make it, take it. 6. Neutral players are free to move along the sidelines. 7. The team with the most goals at the end of the four-minute game wins the round. 8. Between rounds, reset the soccer balls and rotate teams. 	<ul style="list-style-type: none"> - Teach the players to play wide. The outside is where the space and open players are. - Remind the wide neutral players to pick their head up and deliver a good cross to players running into the box. - Encourage the players on the field to make hard runs into the box to get on the end of the crosses. - Let the wide neutral players know that they do NOT need to cross the ball every time they get. Wide neutral players can help keep possession and set other players up without always crossing the ball. - Challenge the players to score often and work on both sides of the ball! <p>Variations:</p> <ul style="list-style-type: none"> - Touch-limit – Give players three, two or one-touch to increase the difficulty. - Neutral touch-limit – Give the neutral players a touch limit. - Score from a cross – Players must score from a neutral player cross. Passes can be on the ground or in the air. - Scoring points – Three points for a header out-of-the-air. Two points for a one-time finish. One point for a two-touch finish.

Age Group	Intermediate	Session Date		Duration	60 minutes
Topic	Combination Play				



Two Line Combinations x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Have the players divide into groups of four or five. - Each group needs one soccer ball. - Have each group form two lines 10 to 15 yards apart from each other. - Each group should complete four, three-minute rounds of varying patterns and combinations. <p>1.Start with a simple dribbling pattern. Players dribble across to their opposite line and then exchange the ball with the first player in line before going to the back of the line.</p> <p>2.The patterns listed below follow the same rules as the first pattern. The player who passes, or dribbles, from their line to the other line will always end up at the back of the line they just passed or dribbled to.</p> <ul style="list-style-type: none"> - Dribbling with a 1v1 move. Scissors, lunge, etc. - Two-touch passing. - Up-back-through passing. - Juggling and passing in the air. - Headers. - One-touch passing. <p>3. Complete all, or some, of the patterns during the duration of the activity.</p>	<ul style="list-style-type: none"> - Start simple and slow. Let players build into the activity at their own pace. Push the players to increase the tempo as the activity progresses. - Remind the players to keep the distance between their lines. - Players should run to the back of the opposite line after they complete their dribble or pass! - Encourage the players to use their voices to call for a pass and increase the intensity of the session. - Challenge the players to stay on their toes to react quickly to passes! - Motivate the players to connect as many as passes in a row as they can and build their confidence! <p>Variations:</p> <ul style="list-style-type: none"> - Distance – Vary the distance between the lines depending on the skill level of the players.
2v1 Dribbling End Zones x 15 minutes	
ORGANIZATION	COACHING POINTS
<p>Two 20x25 yard fields x 3:00 minute games - mark out one 5 yard end zone on each field on opposite sides (see diagram for clarification). Place one cone on each end of the two fields for players to form lines (see diagram). Assign 2 defenders per field, they rotate after each game.</p> <p>2 attackers (blue) play against one defender (red) to end zones. A point is scored if the attackers dribble into the end zone, or if the defender wins the ball and dribbles out of bounds under control. No points are awarded if the ball is kicked out of bounds.</p> <p>One attacker starts on the field, second attacker starts off the field with the ball. Attacker must pass the ball into the second attacker to start play.</p> <p>Attackers rotate between the two fields. The attacker that scores or attacker that started on the field, takes the ball to the back of the attacking line behind the end zone. The passer becomes the attacker on the field.</p>	<ul style="list-style-type: none"> - Attackers need to commit the defender to create a passing lane to their teammate or space to get around the defender - Attackers need to use a change of speed or direction to unbalance the defenders - Defenders need to take away one option for the attackers. Quick transition to dribble out of bounds after winning possession <p>Progressions:</p> <ul style="list-style-type: none"> - Competition - Players keep track of individual points. Whoever has the most points at the end of each 3 minute round wins! - Make the fields narrower to make it more difficult for the attackers (12-15 yards) - Add offside rule
2v1+1 Dribbling to Goal x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>32Lx36W yard fields. Position one full-size goal on an end line of each field. Assign one goalkeeper to each goal. If there are extra goalkeepers, have them rotate every four to six repetitions.</p> <ul style="list-style-type: none"> - Set up one, five-yard wide gate on the end line opposite of each goal. Use poles, or cones, to mark the gates. - Divide the players into two teams and assign jerseys. Half of each team should be on each field. - Have the two teams on each field form a line of each side of the gate at the top of the field. See diagram. - Decide which team will start as the attackers and which will start as the defenders.The team that starts as the attackers will start with all of the soccer balls. - One player from each team steps inside the field and starts on the edge of the penalty box. The defender should be just behind the attacker. See diagram. - Play eight-minute games before resting and rotating defenders. Play for at least 20 minutes. <p>1. The first attacker in each line starts with a ball at their feet. As soon as the attacker takes their touch forward, the two defenders are live.</p> <p>2. The attacker attempts to dribble quickly towards goal and play 2v1 before the trailing defender can run back and help defend.</p> <p>3. Attackers are free to move, pass and dribble to create a scoring opportunity.</p> <p>4. If the defenders win the ball, they attempt to dribble, or pass, the ball through the gate at the top of the field.</p> <p>5. The turn is over when either team scores, or the ball goes out-of-bounds for any reason.</p> <p>6. Once the turn is over, the attacker that started on the edge of the box retrieves the soccer ball and goes to the back of the attacking line. The attacker that started the turn by dribbling into the box then becomes the attacker that starts on the edge of the box. The defending players make the same rotation.</p> <p>7. The next repetition begins as soon as the players starting inside the field are set.</p>	<ul style="list-style-type: none"> - Push the attackers to dribble towards goal at speed! Attackers want to take advantage of the 2v1 situation before the trailing defender can make it a 2v2 game. - Teach the attacker, without the ball, to spin out of the way from the incoming attacker to create a passing angle and a more difficult defending situation. <p>Variations:</p> <ul style="list-style-type: none"> - Competition – Have the teams count their collective team points. See if the attackers or defenders win each game! - 2v1 – If the attackers are not finding success, get rid of the trailing defender and play 2v1. - Width – Decrease the width to make it more difficult on the attackers. Go to 20-yards wide.

Age Group

Intermediate

Session Date

Duration

60 minutes

Topic

Possession



Shark in the Middle x 10-15 minutes	
ORGANIZATION	COACHING POINTS
<p>Players form a 20-yard wide circle.</p> <ul style="list-style-type: none"> - One player starts in the middle of the circle as the "shark." - One soccer ball is given to a player on the outside of the circle to start each round. - Play for 15 minutes. Add more time and variations as needed. <ol style="list-style-type: none"> 1. Players on the outside attempt to complete as many passes while the shark in the middle tries to win the ball. 2. If the shark intercepts or touches the soccer ball, the outside player that last touched the ball switches positions with the shark. 3. A new ball is started as soon as the players have switched. 4. Play for 15 minutes. Add new rules or more time as needed. 	<ul style="list-style-type: none"> - Passes should be on the ground and away from the shark! - Have the players count their passes to see how many consecutive passes they can complete! - Challenge the shark to win the ball back as fast as possible! - If the rounds are going too long before the shark wins it, or players have too much time on the ball, add more sharks. <p>Variations:</p> <ul style="list-style-type: none"> - Weak foot only – Encourage the players to use only their weak foot! - Multiple sharks – Have two, three, or four sharks in the middle depending on the skill level. - One-touch limit – Players only have one-touch.
Three Team Possession x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>25Lx25W yard field. Divide the players into three teams of 3-5 players. Adjust the field size according to number of players and skill level.</p> <ul style="list-style-type: none"> - Two teams start on offense, with one soccer ball, with the third team starting on defense. - Gather all the extra soccer balls to one sideline for the coach to pass in as needed. - Play three, four-minute rounds. Add more rounds or time as needed. <ol style="list-style-type: none"> 1. The two teams on offense attempt to keep possession of the ball for as long as possible. 2. The team on defense attempts to win the ball and transition to offense. 3. If either team in possession turns the ball over or the defenders win the ball, the team that turned the ball over transitions to defense and the defenders transition to offense and attempt to keep possession of the ball with the third team. 4. If the defensive team knocks the ball out-of-bounds, then they stay on defense when the ball is put back in play. 	<ul style="list-style-type: none"> - Vary the field size depending on number of players and skill level. - Teach the players to keep their body positions open to the field so that they can switch play and find passing options. - Remind players to play quickly when possible. Do not rush players to make bad passes, or decisions, but rather encourage them to keep the ball moving when the game allows it. - Instruct the players to give clean passes to their teammates so that they can maintain possession for longer periods. Have players focus on accuracy and weight of their passes. - Challenge the players to constantly move and provide good angles of support for their teammates. <p>Encourage teams to win the ball back as quickly as they can after they lose the ball.</p> <p>Variations:</p> <ul style="list-style-type: none"> - Limit the number of touches players have to complete the activity. Give players three, two, or one-touch to increase the difficulty. If players take more touches than the limit, their team goes to defense and then play continues. - Increase the competition among players by keeping score. Give a point to each team on offense every time they complete seven consecutive passes. - For young players, have the defensive teams stay on defense for a set period of time. This will decrease confusion for younger players and help keep the activity organized. - Depending on the number of players at training, feel free to add more players to each team. As more players are added to each team, increase the size of the field.
Triangle Goal Game x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Set up a 30x30 yard field. Place three flags, or tall cones, in the shape of a triangle in the center of the playing area. The triangle sides should be at least five yards long. - Divide the players in to two teams and assign jerseys. - Place one goalkeeper just outside the triangle. The goalkeeper must stay on the outside of the triangle. - Gather all the soccer balls to one side of the field. - Play three, five-minute games. Add more time and games as needed. Make coaching points during breaks. <ol style="list-style-type: none"> 1. Two teams attempt to win possession of the ball and score on any side of the triangle goal. Teams attempt to move the ball quickly around the goal and away from pressure to create openings to score. 2. The goalkeeper must move around the outside of the triangle as the ball moves around the field. 3. When a goal is scored, the ball is immediately live on the other side of the goal. 4. Play kick-ins if the ball goes out-of-bounds. If the goalkeeper saves the ball, they play it to the team that was not in possession of the ball. 5. Teams get one point each time they can pass the ball through the triangle goal. 6. Team with the points at the end of each game wins! Play three, five-minute games. Rotate players and goalkeepers as needed. Make coaching points between games. 	<ul style="list-style-type: none"> - Vary the size of the field depending on skill level. Add more space if teams are struggling to find space and keep possession of the ball. - Instruct the players to switch play and move the ball quickly around the field to create openings in the defense and score! - Encourage players to keep their eyes up to find the openings and play away from pressure. - Teach the players to be patient. Players should not force passes or shots when the opportunity and space is not there. - Challenge the players to use their bodies to protect the ball and keep possession for their team. - Remind the goalkeeper to constantly move and stay involved in the game. <p>Variations:</p> <ul style="list-style-type: none"> - Number of players – Play 3v3, 4v4, 5v5, etc. Adjust the playing area accordingly. - Number of passes – Teams must complete at least three passes before attempting to score on the triangle goal. - Limit touches – Players have a three, two, or one-touch limit! - Add a neutral player – Add a neutral player to create a numbers advantage for the offensive team. This is helpful if teams are having a hard time connecting passes and scoring.

Intermediate
90 min

Age Group Intermediate

Session Date

Duration 90 minutes

Topic Crossing and Finishing



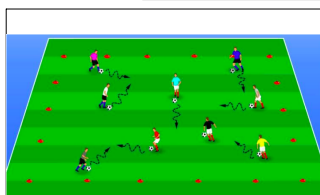
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Have the players split into groups of three.- Have to groups spread out over the field with plenty of space between each group.- Each group should form a line with 10-15 yards of space between each player. Adjust the space accordingly to skill level.- Each group needs one soccer ball.- Each player should complete two, three-minute rounds at each role within the line. Add more rounds and time as needed. <ol style="list-style-type: none">1. The first player starts by passing a driven ball, in the air, to the player furthest away from them.2. The second player receives the pass out of the air and completes a pass to the third player, on the ground, in as little touches as possible.3. The third player in the middle, turns as they receive the pass, and passes the ball back to the first player.4. Repeat the process for three minutes before rotating roles.	<ul style="list-style-type: none">- Vary the passing distance, depending on the players' skill level.- Encourage the players to use the inside of their foot to pass to complete accurate passes on the ground.- When passing a long ball, teach players to lock their ankle in a down position, and strike the ball with their laces as their foot slides under the ball. This will create power, loft, and backspin.- Challenge players to play in one-touch, or as little touches as possible to increase their speed of play.- Stress that players should take more touches, if needed, to give their partners good passes. Passing accuracy is more important than speed of play in this drill. <p>Variations:</p> <ul style="list-style-type: none">- Have all the players use only their weak foot to pass.- Have all the players complete the process in one touch.- Players must complete the process without letting the ball touch the ground at any point. Players must receive the ball out of the air, juggle the ball, and pass the ball to their teammates in the air. For advanced players.
Crossing and Finishing Competition x 20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up one, full-size goal. At least one goalkeeper is needed for this activity, but more goalkeepers would be best due to the high intensity.- Set up one cone on each side of the penalty box. Each cone should be five yards outside the penalty box and eight yards from the end line.- Setup two cones at the top of the penalty box. The cones should be 10 yards apart and should be five yards outside the penalty box.- Divide the players into two teams and assign each team to a jersey color. Have each team form a line behind one of top cones outside the box.- Have each team send at least three players to the outside cone furthest away from them. These players will be crossers for the round.- Split the soccer balls evenly between the two crossing cones.- Complete at least three, five-minute rounds. Add more time and rounds as needed. Make coaching points between rounds. <ol style="list-style-type: none">1. The round starts with a crosser taking a touch towards the end line and delivering a cross into the box.2. At the same time that the crosser takes their first touch, two players from the crosser's team begin their runs into the penalty area. One player runs to the front post, while the second player runs to the back post.3. The two players making runs into the box attempt to redirect the soccer ball and score.4. As soon as the first team finishes their turn, the second team can begin their turn from the opposite side.5. After each turn, the crosser goes to the back of their team's crossing line while the shooters retrieve their shot and pass it, out of the way, towards the crossers.6. The two teams alternate crossing and finishing in this manner for the remainder of the round. The team with the most goals scored at the end of the round wins.7. Switch sides and rotate crossers after each round.	<ul style="list-style-type: none">- Educate the players on their runs into the box. Players should time their runs precisely to arrive at their scoring position at the same time as the ball. The timing of the runs is the most important part to scoring consistently.- Challenge the players crossing to deliver consistent services into the box. Crossers should try to pick out a player and serve it into their running path.- Teach players that a powerful swing is not needed to score consistently. Players should be reminded, and taught, that they need to lock their ankle and redirect the ball with a small swing of the leg. The players' forward running momentum will supply the power needed to put the ball in the back of the goal. <p>Variations:</p> <ul style="list-style-type: none">- Cross Variations – Switch up the crossing angles and distances. Crosses can also be on the floor or in the air depending on the focus of the activity.- Number of shooters – Depending on the number of players available, increase, or decrease, the number of players running into the box to finish. 1-3 shooters works best.
7v7 + Wide Neutral Players x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>1/2 field. One full-size goal should be placed on each end line. Divide the players into two teams of 6 field players, two neutral players, and one goalkeeper in each goal. If there are only two goalkeepers available, position them in goal without assigning them to a team.</p> <ul style="list-style-type: none">- All of the soccer balls should be placed in the full-size goals.- Play at least three, four-minute games. <ol style="list-style-type: none">1. Two teams compete against each other and attempt to score goals in their opponent's goal.2. Teams must connect at least one pass to one of the neutral wide players before attempting to score on goal.3. If the ball goes out-of-bounds for any reason, a new ball is started with the goalkeeper of the team that did not last touch the ball.4. Players can not steal the ball or defend the neutral players.5. If a team scores a goal, a new ball is started with that team's goalkeeper. Make it, take it.6. Wide neutral players are free to move along the sidelines.7. The team with the most goals at the end of the four-minute game wins the round.8. Between rounds, reset the soccer balls and rotate teams.	<ul style="list-style-type: none">- Teach the players to play wide. The outside is where the space and open players are.- Remind the wide neutral players to pick their head up and deliver a good cross to players running into the box.- Encourage the players on the field to make hard runs into the box to get on the end of the crosses.- Let the wide neutral players know that they do NOT need to cross the ball every time they get. Wide neutral players can help keep possession and set other players up without always crossing the ball.- Challenge the players to score often and work on both sides of the ball! <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Neutral touch-limit – Give the neutral players a touch limit.- Score from a cross – Players must score from a neutral player cross. Passes can be on the ground or in the air.- Scoring points – Three points for a header out-of-the-air. Two points for a one-time finish. One point for a two-touch finish.
7v7 Game x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up a field 60-80x35-45 yards.- One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every five minutes.- Divide the players into two teams of six. If there are more than 12 field players, rotate in the substitutes every five minutes. Set up the teams in a 1-3-1-2 formation.- All of the soccer balls should be placed near the goals. <p>- A 20-minute game with two 10-minute halves and a four-minute halftime is suggested. For the first 10-minute half, give three points for a goal scored off of a cross and one point for all other goals. Remove the three point bonus and allow for free play!</p> <ul style="list-style-type: none">- Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines.- Rotate substitutes every five minutes if there are more than 12 field players.	<ul style="list-style-type: none">- Players to constantly move for each other to provide passing options- The person on the ball should have options behind, in front and to either side of them.- Playing the way you face. Encourage players to play what they see (i.e dropping the ball back) if they are under pressure.- Remind players of coaching points from previous exercise <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty or if speed of play needs to increase

Age Group Intermediate

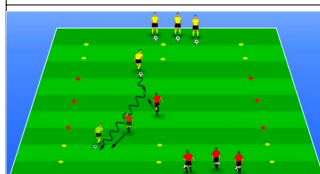
Session Date

Duration 90 minutes

Topic Transition



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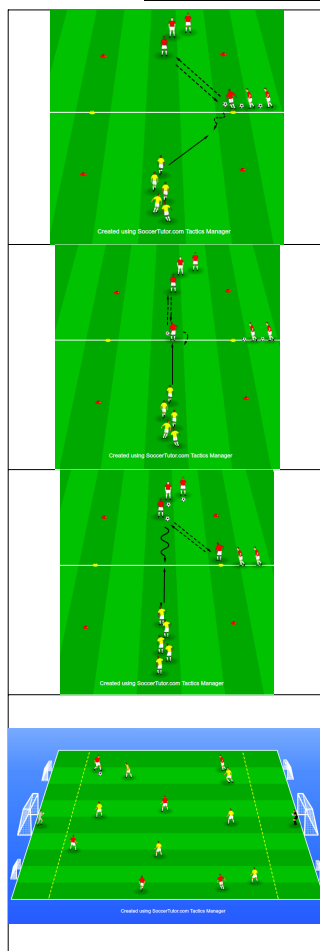
Dribble Knockout x 15 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Use several cones to mark a playing area. The shape of the area is not important. A circle, rectangle, or square shaped playing grid is acceptable. Vary the size of the area depending on the number of players involved.- All the players start inside the playing area with a ball.- Play as many rounds as needed! <ol style="list-style-type: none">1. On the coach's signal, the players start dribbling inside the area. Players are free to move in any direction inside the box.2. While maintaining control of their soccer ball, players attempt to kick, or tackle, the other players' soccer balls out of the playing area.3. If a player's soccer ball goes out-of-bounds at any point, then that player retrieves their ball and dribbles around the outside of the playing area for the remainder of the round.4. If a player dribbles their ball out-of-bounds, then they are out for the remainder of the round as well.5. Players must keep their soccer balls close to them at all times. Players are not allowed to leave their ball and run after other players without their ball. Players who do so should be warned or disqualified for the remainder of the round.6. The last player dribbling inside the playing area is the winner of that round. After the round is completed, all the players are back in the game and a new round is started in the same manner. Play as many rounds as needed.	<ul style="list-style-type: none">- Instruct the players to keep close control of their soccer ball when dribbling. This will increase their chances to stay inside the grid longer and compete to be the last player.- Challenge the players to use their bodies to protect their ball! Players should use moves and cuts to avoid other players attempting to knock them out.- Encourage the players to keep their eyes up and see the field. This will enable them to avoid defenders early and dribble into open space.- Remind players to pick their moments to attack another player's soccer ball. Players should always be looking for a chance to knock another player's ball out-of-bounds. <p>Variations:</p> <ul style="list-style-type: none">- Have the players dribble with their weaker foot only.- Specify the part of the foot that the players must use to dribble.- As more players are knocked out, place new cones inside the playing area that make the space smaller, creating a more difficult space for the remaining players. Do not stop, or pause, the round when doing this, rather give instructions to the players that new boundary lines are being created and that they must move into the new space immediately. This is a great way to decrease the time it takes for each round and forces players to confront each other.- Instead of dribbling around the outside of the playing area, players complete 10 toe touches and then are allowed back in the game. Have players do some soccer action or something fun to get back in to the game!
1v1 End Zone Transition x 20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up a 25x20-yard field for every 10 players.- Set up four-yard end zones on each field end line.- Divide the players into two teams per field.- Divide the soccer balls between the two teams on each field.- One player from each team steps into their end zone with one player starting with the ball.- The extra players on each team rest behind the end zone in some organized manner.- Play three, five-minute games. Rest and reset the soccer balls between each game. Make coaching points during breaks. <ol style="list-style-type: none">1. Players play 1v1 attempting to dribble into their opponent's end line for a point.2. When a player dribbles, under control, into their opponent's end zone, they leave the ball and the next player from their opponent's team starts dribbling the same ball out of the end zone. The player who was scored on, rotates to the back of their team line.3. If the ball goes out-of-bounds at any point, the two players inside the grid go to the back of their team lines, and a new ball is started from two new players.	<ul style="list-style-type: none">- Encourage the players to moves and changes of direction to unsettle the defender and get past them.- Educate the players to use changes of speed to dribble past the defenders when there is an opportunity.- Remind the players to bend their knees and move their feet when defending to set up their tackle. Players should not dive in! <p>Variations:</p> <ul style="list-style-type: none">- Tournament – If there are more than two teams, make it a tournament. Team with the best record at the end wins!
English Squares x 20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up two 15x15 yard boxes with ten yards of space between them. Adjust the size according to skill level and number of players.- Divide the players into three teams. Five players are used in this example, but more players can be added. Assign each team a different colored jersey.- Assign one team to each box with the third being assign to the space between the two boxes.- Gather all the soccer balls and place them outside the playing area for the coach to use as extra.- Play four, four-minute games. Add more time and games as needed. <ol style="list-style-type: none">1. To start the activity, the coach passes a ball to either team positioned inside a box.2. As soon as the team receiving the pass takes their first touch, two defenders from the team between the boxes, can enter the area and attempt to win the ball.3. The team in possession attempts to connect six consecutive passes before passing the ball across the middle to the opposite box.4. Teams are awarded one point each time they successfully complete their number of passes and pass the ball to the opposite box.5. Defenders prevent the offensive team from scoring by winning the ball and passing it across to the other box, or if the ball goes out-of-bounds for any reason. The offensive team is free to try and win the ball back until the ball goes out of their box.6. If the defensive team wins the ball, or the ball goes out-of-bounds, the team that lost the ball becomes the new defensive team and moves to the space between the two boxes. The team that successfully defended now positions themselves in the box the other team just left.7. A new ball is passed to the team in the opposite box the ball was just in and the process continues.8. If the offensive team completes their six passes and plays the ball to the other box, the two defenders go back to the middle space, and two new defenders enter the opposite box.9. Defenders in the middle space can not block passes as they go across the middle space.	<ul style="list-style-type: none">- Remind the players to constantly move off of each other to create space and good angles of support to keep possession of the ball.- Educate the players to be patient with ball. If the pass can not be easily completed to the other box after six passes, encourage the team to keep moving the ball until the pass can be made.- Challenge the players to think quickly and to keep the ball moving so the defenders do not have a chance to steal it.- Encourage the defenders to win the ball quickly and move as a group! <p>Variations:</p> <ul style="list-style-type: none">- Numbers – Divide in to three evenly numbered teams. Teams of seven, six, or four are all possible. Adjust the size of the boxes accordingly.- Number of defenders – Send more defenders into the offensive box if the teams are connecting too easily.- Middle space defenders – Allow the middle space defenders to block passes that come through the middle. This will make it more difficult to play across to the other box. Decide if players can play the ball over in the air or on the floor.- Touch limit – Limit the number of touches players get. Three-touch, two-touch, or one-touch depending on the quality of the players.- Point system – Change the number of consecutive passes needed for a point. Ten, eight, or five depending on the skill level of the players.- Space – Increase or decrease the size of the playing area to match the skill level of the group. Decrease the size to increase the speed of play. Increase the size to allow players more time on the ball.
Numbers Game x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up one, 44x42-yard field. One full-size goal should be placed on each end line.</p> <ul style="list-style-type: none">- Position one goalkeeper in each goal. If there are extra goalkeepers, have them rotate every four repetitions.- Divide the players into two teams and assign pennies. Have each team form lines, or groups, on each side of their respective goal. See diagram for more information.- All of the soccer balls should be placed with the coach on one sideline.- Play two, 10-minute halves with a three-minute halftime break. Make coaching points during the break. Adjust the duration of the game to fit the needs of the training session. <ol style="list-style-type: none">1. The coach shouts "1v1, 2v2, 3v3, or 4v4" and passes a ball into the field for either team.2. Both teams react to the command by sending the right number of players on to the field. If 2v2 is called, both teams send two players on to the field.3. That group called competes until the ball goes out-of-bounds, or either team scores.4. As soon as that group has finished their turn, they return to their team, and the coach starts a new group of players with another situation.	<ul style="list-style-type: none">- Challenge the players to react quickly to the number called! Teams should communicate who the next players up are so they are prepared for the next turn.- Teach the players to close down the attackers on the ball quickly!- Encourage the team that receives the ball first to attack if the moment is on or keep the ball for a bit before looking to score. Take what the game gives them!- Remind the goalkeepers to help their team in possession and to give defensive commands when they are defending.- Push the players to be creative and not to be afraid to make mistakes! <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Any number combination – Shout 3v2, 2v1, 4v2, or any combination to change the situations. Assign one team to the first number called and the other team to the second number called!

Age Group Intermediate

Session Date

Duration 90 minutes

Topic 1v1 Defending



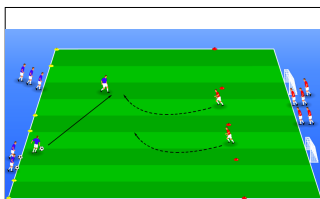
1v1 Defending Near the Sideline x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx12W yard grids</p> <p>Divide players into two teams per field. Assign one team to defend (yellow) and one team to attack (red).</p> <ul style="list-style-type: none">- Attacking team starts with soccer balls- Attacking team forms two lines, one on the top of the grid and one on the side line.- First two attacking players (red) pass the ball back and forth, when the side line player receives the ball back, play is live. Attacking player attempts to dribble over the end line near the defenders.- If the attacker dribbles over the end line, attacking team gets one point.- If the defender wins possession, they can try to dribble over the end line near the attackers- If the ball goes out-of-bounds on the sidelines, play is done, and the next set of players start another ball.- Attackers switch sides after two and a half minutes- Switch roles after five minutes	<ul style="list-style-type: none">- Educate the players on proper defensive positioning and footwork. Defenders should quickly close down the attackers, but as defenders get closer they should bend their knees and take smaller steps to react quickly to the attacker's movements. Defenders should turn at a 45-degree angle and attempt to push the attacker away from the gate, towards the sidelines.- Teach the defenders to keep moving backwards as the attacker moves forward, keeping a good distance between them until an opportunity to win the ball presents itself.- Explain that defenders need to get close enough to the attackers to force them to put their heads down.- Remind the players to time their tackles properly so they are sure to win them. Players should not reach for the ball!- Challenge the players to be creative on offense and attack the defender with confidence!- Encourage players to focus on their first touch and to use quick moves and fakes to get past the defenders. <p>Variations:</p> <ul style="list-style-type: none">- Vary the grid dimensions – Depending on the players' age and skill level, increase the size of the grid to give the attackers more space making it more difficult for the defenders.
1v1 Defending Back to Pressure x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx12W yard grids</p> <p>Divide players into two teams per field. Assign one team to defend (yellow) and one team to attack (red).</p> <ul style="list-style-type: none">- Attacking team starts with soccer balls- Attacking team forms two lines, one on the top of the grid and one on the side line.- The first player from the side line steps into the middle of the grid with a ball. They pass the ball back and forth to the player on the top of the grid, when the player in the middle receives the ball back, play is live. Attacking player attempts to dribble over the end line near the defenders.- If the attacker dribbles over the end line, attacking team gets one point.- If the defender wins possession, they can try to dribble over the end line near the attackers- If the ball goes out-of-bounds on the sidelines, play is done, and the next set of players start another ball.- Switch roles after five minutes	<ul style="list-style-type: none">- Educate the players on proper defensive positioning and footwork. Defenders should quickly close down the attackers, but as defenders get closer they should bend their knees and take smaller steps to react quickly to the attacker's movements. Defenders should turn at a 45-degree angle and attempt to push the attacker away from the gate, towards the sidelines.- Teach the defenders to keep moving backwards as the attacker moves forward, keeping a good distance between them until an opportunity to win the ball presents itself.- Explain that defenders need to get close enough to the attackers to force them to put their heads down.- Remind the players to time their tackles properly so they are sure to win them. Players should not reach for the ball!- Challenge the players to be creative on offense and attack the defender with confidence!- Encourage players to focus on their first touch and to use quick moves and fakes to get past the defenders. <p>Variations:</p> <ul style="list-style-type: none">- Vary the grid dimensions – Depending on the players' age and skill level, increase the size of the grid to give the attackers more space making it more difficult for the defenders.
1v1 Defending Central Facing Forward x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx12W yard grids</p> <p>Divide players into two teams per field. Assign one team to defend (yellow) and one team to attack (red).</p> <ul style="list-style-type: none">- Attacking team starts with soccer balls- Attacking team forms two lines, one on the top of the grid and one on the side line.- First two attacking players (red) pass the ball back and forth, when the player at the top of the grid receives the ball back, play is live. Attacking player attempts to dribble over the end line near the defenders.- If the attacker dribbles over the end line, attacking team gets one point.- If the defender wins possession, they can try to dribble over the end line near the attackers- If the ball goes out-of-bounds on the sidelines, play is done, and the next set of players start another ball.- Attackers switch sides after two and a half minutes- Switch roles after five minutes	<ul style="list-style-type: none">- Educate the players on proper defensive positioning and footwork. Defenders should quickly close down the attackers, but as defenders get closer they should bend their knees and take smaller steps to react quickly to the attacker's movements. Defenders should turn at a 45-degree angle and attempt to push the attacker away from the gate, towards the sidelines.- Teach the defenders to keep moving backwards as the attacker moves forward, keeping a good distance between them until an opportunity to win the ball presents itself.- Explain that defenders need to get close enough to the attackers to force them to put their heads down.- Remind the players to time their tackles properly so they are sure to win them. Players should not reach for the ball!- Challenge the players to be creative on offense and attack the defender with confidence!- Encourage players to focus on their first touch and to use quick moves and fakes to get past the defenders. <p>Variations:</p> <ul style="list-style-type: none">- Vary the grid dimensions – Depending on the players' age and skill level, increase the size of the grid to give the attackers more space making it more difficult for the defenders.
7v7 Six Goal Game x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>40Lx30W yard field. Create 5 yard end zones. One full-size goal and two smaller goals should be placed on each end line. Position one goalkeeper in each full-size goal. If there are extra goalkeepers, rotate them every six minutes.</p> <ul style="list-style-type: none">- Divide the players into two teams of six. If there are more than 14 field players, rotate in the substitutes every four minutes. Set up the teams in a 1-3-1-3 formation.- All of the soccer balls should be placed near the goals.- A 20-minute game with two 10-minute halves and a three-minute halftime is suggested. Adjust the duration of the game to fit the training needs. <ol style="list-style-type: none">1. Two teams compete against each other and attempt to score in their opponent's three goals.2. Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines.3. The team with the most goals at the end of the game wins.4. Rotate substitutes every four minutes if there are more than 14 field players.5. Rest during halftime. Make coaching points and tactical switches during the break.	<ul style="list-style-type: none">- Emphasize all coaching points from previous exercises and each specific 1v1 defending scenario- Encourage players to be aggressive when defending <p>Variations:</p> <ul style="list-style-type: none">- Mark man-to-man - each player on the field has a specific player they need to defend- If you win the ball as a defender and score, it's worth three points- Once you score in one goal, that goal is no longer available to score on. This is will teach defenders to force play in a certain direction.

Age Group Intermediate

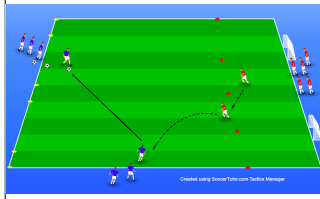
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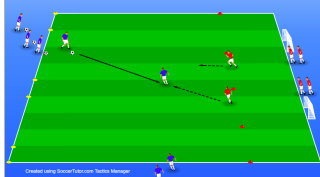
Topic Small Group Defending



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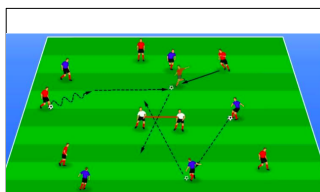
2v2 Facing Forward x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx20W yard grids. Create a five yard end zone with two small goals on the end line then create three 3-yard gates on the opposite end line.</p> <p>Attacking team starts with two attackers facing two defenders. Defenders start on the five yard end zone. Play starts with a pass from one attacker to the other. Attackers cannot score in either goal until they are in the end zone. If defenders win possession, they can counter and score by dribbling or passing thru any of the three gates on the opposite end line.</p>	<p>- Instruct the defenders to close down the attackers as quickly as possible, but to be sure to arrive on balance so the attackers do not just push the ball past them. Defenders must shorten their steps when getting closer to the attackers and constantly move their feet.</p> <p>- The defender closest to the player on the ball applies more pressure than the defender further away. The defender further away supports the defender applying pressure.</p> <p>- Give hints as the activity progresses. Teach the defenders to channel attackers away from the goal, or use their weaker foot.</p> <p>- Remind players to defender with their body sideways on a 45-degree angle. Players should try to get close enough to the attacker to make them put their head down.</p> <p>Variations:</p> <p>- Attacking team receives two points by scoring in either goal.</p>
2v2 Sideline x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx20W yard grids. Create a five yard end zone with two small goals on the end line then create three 3-yard gates on the opposite end line.</p> <p>Attacking team starts with one attacker facing defenders and the other attacker wide on the side line. Defenders start on the five yard end zone. Play starts with a pass to the wide side line attacker. Attackers cannot score in either goal until they are in the end zone. If defenders win possession, they can counter and score by dribbling or passing thru any of the three gates on the opposite end line.</p>	<p>- Instruct the defenders to close down the attackers as quickly as possible, but to be sure to arrive on balance so the attackers do not just push the ball past them. Defenders must shorten their steps when getting closer to the attackers and constantly move their feet.</p> <p>- The defender closest to the player on the ball applies more pressure than the defender further away. The defender further away supports the defender applying pressure.</p> <p>- Give hints as the activity progresses. Teach the defenders to channel attackers away from the goal, or use their weaker foot.</p> <p>- Remind players to defender with their body sideways on a 45-degree angle. Players should try to get close enough to the attacker to make them put their head down.</p> <p>Variations:</p> <p>- Attacking team receives two points by scoring in either goal.</p>
2v2 Back to Pressure x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>20Lx20W yard grids. Create a five yard end zone with two small goals on the end line then create three 3-yard gates on the opposite end line.</p> <p>Attacking team starts with one attacker facing defenders and the other attacker facing away from the defenders. Defenders start on the five yard end zone. Play starts with a pass into the attacker with back to pressure. Attackers cannot score in either goal until they are in the end zone. If defenders win possession, they can counter and score by dribbling or passing thru any of the three gates on the opposite end line.</p>	<p>- Instruct the defenders to close down the attackers as quickly as possible, but to be sure to arrive on balance so the attackers do not just push the ball past them. Defenders must shorten their steps when getting closer to the attackers and constantly move their feet.</p> <p>- The defender closest to the player on the ball applies more pressure than the defender further away. The defender further away supports the defender applying pressure.</p> <p>- Give hints as the activity progresses. Teach the defenders to channel attackers away from the goal, or use their weaker foot.</p> <p>- Remind players to defender with their body sideways on a 45-degree angle. Players should try to get close enough to the attacker to make them put their head down.</p> <p>Variations:</p> <p>- Attacking team receives two points by scoring in either goal.</p>
3v2+GK to Goal x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>- Set up one 24x24-yard field. One full-size goal should be placed on one end line of the field. Position one goalkeeper in the goal. If there are extra goalkeepers, have them rest to the side and rotate in every four repetitions.</p> <p>- One the other end line of each field set up two mini-goals evenly across the line. If mini-goals are not available, use cones to set up three-yard wide gates instead. See diagram for more information.</p> <p>- Divide the field players in to two teams of six players. Assign each team to a jersey color.</p> <p>- One team will start as the attacking team and defend the mini-goals. Three attackers step on the field with one ball. The other three players will rotate in after each repetition.</p> <p>- The other team will start as the defenders and defend the full-size goal. Two defenders start on the field above the half-line. The other four defenders start on either side of the field and take turns rotating in after each repetition.</p> <p>- All of the soccer balls should be placed near the mini-goals.</p> <p>Play two 10-minute halves before switching sides and roles.</p> <ol style="list-style-type: none">1. The three attackers start with one ball and attempt to score in the full-size goal.2. The two defenders and goalkeeper attempt to win the ball and score in either of the two mini-goals.3. If the ball goes out-of-bounds for any reason, a new ball is started with three new attackers at the top of the field. Two new defenders step on as well.4. The team with the most goals at the end of the game wins.5. Players rest and reset the soccer balls at halftime. Players switch sides at half to work on both roles.	<p>- Teach the first defender to slow down the attackers from playing forward too quickly. The first defender does not need to win the ball, but rather make play predictable. The first defender needs to constantly cut out the mini-goal so the attackers can not easily score.</p> <p>- Encourage the second defender to run as quickly as they can to support the first defender! Defenders should communicate where they want each other.</p> <p>Variations:</p> <p>- Have the teams count their collective team points. See if the attackers or defenders win each game!</p> <p>- If the defenders are struggling to stop the attackers, make it 2v2 or 3v3.</p> <p>- Decrease the width to make it more difficult on the attackers.</p>

Age Group Intermediate

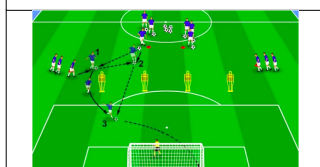
Session Date

Duration 90 minutes

Topic Finishing



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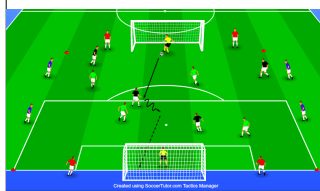
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Moving Goal x 15-20 minutes	
ORGANIZATION <ul style="list-style-type: none">- Decide on a playing area depending on the number of players and the skill level. Half- field is suitable for 20-28 players. Adjust accordingly.- Select two players who will start the drill as the "moving goal." Give the two players a rope, pole, or flag to hold in their hands to form the goal. The space between the two players and below the rope is the goal area.- Divide the rest of the team into two, evenly numbered teams and assign each team to a jersey color.- One soccer ball per team is needed.- Complete at least three, three-minute rounds. Add more time and rounds as needed. Make coaching points between rounds.1. To start, the two players acting as the "moving goal" begin jogging around the field together. The two players must communicate and stay together to maintain the distance between themselves, creating the goal. These two players constantly move around the field for the remainder of the round.2. The two teams pass and dribble their soccer balls to set themselves up for the best chance at scoring on the moving goal.3. As soon as the ball successfully goes through the two players, and below the rope, the team immediately continues passing and moving attempting to score again, and again.4. Teams must complete two passes after scoring before they can attempt to score again.5. Each time a goal is scored, that team earns one point. Teams must keep track of their own points. The team with the most points after three minutes is the winner of that round.6. After each round, take a short break and switch the players acting as the moving goal.	COACHING POINTS <ul style="list-style-type: none">- Encourage the players to work together to move the ball and create scoring opportunities. Players should look to pass more than dribbling to set other teammates up.- Remind the players to shoot low and to use some caution when shooting on their teammates acting as the moving goal. No hard shots should be taken!- Challenge the players to score as many goals as possible each round. Encourage the players acting as the moving goal to make it difficult for the teams to score.- Teach the players to lock their ankle and use the inside of their foot to accurately score on the moving goal. Variations: <ul style="list-style-type: none">- More goals – Add more moving goals to increase the number of scoring chances. Have two, three, or four goals depending on the number of players and the field size.- More soccer balls – Give each team two, or three, soccer balls. This will increase scoring chances as well as raise players' awareness levels.- One soccer ball – Play with only one soccer ball. Teams must compete for possession of the ball and use possession to set up scoring opportunities.
Final Pass and Finish x 20 minutes	
ORGANIZATION <p>Set up one full-size goal on the end line. One goalkeeper is needed for this activity and is positioned in goal. If there are extra goalkeepers, have them stand off to the side of the goal and rotate in every four repetitions. Set up four mannequins about five yards outside of the penalty area. The mannequins should all be parallel to the penalty box and should have eight yards of space between each other. The mannequins are used to replicate an opponent's defense. Use sticks, or cones, if mannequins are not available. See diagram for more information.</p> <ul style="list-style-type: none">- Set up four cones like the diagram shows. Two cones should be placed 12 yards in front of the two center mannequins, while the other two cones should be placed eight yards in front and just to the outside of the wide mannequins.- Have the players divide evenly between the four cones and form lines behind each cone.- Place all the balls between the two center cones at the top of the activity. Each player in these lines should start with a ball at their feet.- Complete at least two five-minute rounds. Players should switch sides after each round. Add more rounds and time as needed.1. When facing the goal, the first players in each of the right two lines go first. The player at the top cone starts with a pass to the wide player to the right of them.2. The wide player receives the pass and lays the ball back to the top player who passed it to them.3. As soon as the wide player lays the ball off, they start their diagonal run towards the mannequins while the top player approaches the lay-off.4. The wide player times their run to stay inside before the top player passes the ball through the mannequins and into the wide player's diagonal running path.5. The wide player receives the ball behind the mannequins and attempts to finish on goal.6. Once the right side has completed their run, the left side lines immediately begin their turn. The left side completes the same pattern as the right side.7. The player who made the final pass goes to the back of the wide player line while the shooter retrieves their shot and goes to the back of the line at the top cone on their side.8. The wide players are free to run behind any of the mannequins on their side of the field. The runner and the passer must communicate the run and where the final pass should be played.	COACHING POINTS <ul style="list-style-type: none">- Educate the players on the importance of the timing of their run. Runners must not break the line of defenders before the ball is played otherwise they are in an offside position. Runners should communicate where they want the ball to make the passer's job easier.- Teach the players to focus on the weight of their pass to the runner. The final pass should be placed in front of the runner so that they can score more consistently.- Remind the players to communicate with each other and to give their partners the right pass and the right weight to make the combination flow.- Challenge the players to increase the speed of play to make the drill as game-like as possible.- Encourage the players to get a quick look at the goalkeeper before putting their head back down and striking the ball around the goalkeeper. Variations: <ul style="list-style-type: none">- One-touch – Players must complete the whole sequence in one-touch.- Various passing combinations – This setup allows for numerous passing patterns. Be creative and use more cones, or different passing angles to create different passing and finishing combinations.
First to Finish x 20 minutes	
ORGANIZATION <p>Place two full-size goals on one end line of the field. The goals should be 10-15 yards apart from each other. Place one goalkeeper in each goal. If there are extra goalkeepers available, have them rotate every three repetitions. If there are no goalkeepers available, replace the full-size goals with mini-goals.</p> <ul style="list-style-type: none">- Place one cone, 15 yards away from each goal. Adjust the distance from the goal to the cone depending on the age and skill level of the players.- Place one cone along the end line, eight yards outside of each goal. There should be no cones along the end line between the two goals. See diagram for more information.- Divide the players into two teams and assign each team to form a line behind a cone along the end line.- Each player should have a ball. If there are not enough soccer balls for each player, make sure the players at the front of the line have soccer balls.- Play at least three rounds. First team to eight goals, or the team with the most goals at the end of the five-minute round. Adjust the time and number of goals to fit the team's needs. Make it fun for the players!1. On the coach's signal, the first player in each line starts dribbling as fast as possible towards their cone in front of their goal.2. The players dribble around their cones and then shoot on goal, attempting to score before their opponent.3. Players are free to shoot as soon, or as late, as they want after dribbling around their cone. Players can shoot from distance or dribble closer to the goal for an easier finish.4. The player who scores first is awarded two points for their team. If a player scores, but does not score before their opponent, then they are awarded one point for their team. No points are awarded to teams if players do not score.5. After the first two players complete their turn, they retrieve their soccer balls and go to the back of their team lines.6. The next players in each line prepare to repeat the process on the coach's signal.	COACHING POINTS <ul style="list-style-type: none">- Challenge the players to dribble and shoot at game speed! Players should push themselves to get around the cone quickly and score as soon as possible.- If players are new to shooting, or struggling to consistently finish, remind the players of the shooting techniques. Players should lock their ankle and have a strong plant foot next to the ball before swinging smoothly through the ball.- Teach the players to take a quick look at the goal before striking the ball to see where the goalkeeper is and where the ball should be finished to score a goal.- Encourage the players to get a quick look on finding the right balance between accuracy and power. Accuracy should be emphasized over power. Variations: <ul style="list-style-type: none">- Add cones – Add more cones, or obstacles, that players must dribble around before shooting. This will increase their ball control and make the game more difficult.- Vary the distance – Increase, or decrease, the distance the players must dribble before turning around and shooting.- Individual point system – Players keep track of their own points. Players rotate opponents and compete against each other to see who will score the most points. The first player to eight goals, or the player with the most goals at the end of the six-minute round wins!
4v4 Plus Bumpers Round Robin x 25 minutes	
ORGANIZATION <p>Set up one, 36Lx45W yard field. One full-size should be placed on each end line.</p> <ul style="list-style-type: none">- Divide the players into teams of four players. If there are enough goalkeepers for each team, assign a goalkeeper to each team. If there are only two goalkeepers, position one goalkeeper in each goal.- Two teams start on the field. The remaining teams act as bumpers, one team on the sideline and one team on the end lines. T- Teams rotate after each round. End line bumpers replace the losing team, side line bumpers become end line bumpers, and the losing team becomes the sideline bumpers.- All of the soccer balls should be placed around both goals.- Play first team to two goals or three minute games. Team with the lead at the end of three minutes, wins the round.1. Two teams compete against each other and attempt to score goals in their opponent's goal using the bumpers around the field.2. If the ball goes out-of-bounds for any reason, a new ball is started with the goalkeeper of the team that did not last touch it.3. If a goal is scored, the goalkeeper from the team that just scored starts a new ball.4. Three points for a win. One point for a tie. Zero points for a loss. Teams keep track of their points.5. Play at least 6 rounds. Team with the most points at the end of the activity is the champion!	COACHING POINTS <ul style="list-style-type: none">- Encourage the players to compete against each other! Try to create a competitive environment and push the players to give everything.- Teach the players think quickly and constantly stay involved on the small field.- Challenge the players to use the bumpers to create goal scoring opportunities. Variations: <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Game time – Adjust the amount of time per game depending on the physical load the players need.

Advanced
60 min

Age Group	Advanced	Session Date		Duration	60 minutes
Topic	Combination Play				

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Sweden Passing Pattern x 15-20 minutes	
ORGANIZATION	COACHING POINTS
- Set up the cones as shown in the diagram. Each side should have four cones in a zig- zag pattern with the first three cones being 15-20 yards away from each other and the final cone 10 yards away from the third cone. - Have one player on each cone. The extra players will form a line on the cones diagonal from each other. See diagram. - Divide the soccer balls between the two starting lines. The first player in each line starts with a ball at their feet. There will be at least two soccer balls circulating at once. - Complete at least two, six-minute rounds. Add more time and rounds as needed.	- Teach the players to receive the ball on their back foot so they can turn and play forwards quickly. Players should step into their pass and keep the ball on the floor. - Remind players to relax and focus on a good first touch. - Encourage the players to follow their pass with a run to that cone so the activity can keep moving and players can get more touches. - Challenge the players to play as quickly and accurately as they can!
Variations: - One-touch – Complete this pattern using only one-touch at all cones. For experienced players only. - Up-back-through – The pattern switches to the first player passing to the third cone, who plays the second cone, who plays the fourth cone, who lays the ball to the third cone and runs to receive a pass into space.	
Break the Line x 20-25 minutes	
ORGANIZATION	COACHING POINTS
Set up a 40x40-yard square. Adjust the size of the square to fit the skill level and number of players. Set up one, full-size, 20-yards off each end line. See diagram for more information. If full-size goals are unavailable, use cones to set up two smaller gates. - Select four players to start as neutral players. Assign a separate jersey color to them. Position two neutrals on each end line of the square. See diagram. - Divide the remaining players in to two teams of five players. Assign each team a different colored jersey. Both teams start inside the playing area. If there are extra players, make a third team, or add players to make it 6v6, or 7v7. - If available, position one goalkeeper in each goal. - Gather all the soccer balls and place them outside the playing area. - Have the coach stand near the soccer balls to pass a new ball in as needed.	- Teach the players to use the entire playing area to create openings. - Educate the players on the up-back-through pattern and different ways to complete the pattern. - Remind the players the game-like application of this activity. Players playing forward to their striker, receiving a lay-off, and then playing a through ball to a player breaking past the defenders. - Challenge the players to think multiple passes in advance. - Encourage the players to constantly move and create good angles of support. - Challenge the defending team to win the ball back quickly and transition into offense!
Variations: - Number of players – Play 6v6 or 7v7 depending on number of players available. Adjust the size of the playing square accordingly. - Touch limit – Limit the number of touches players get. Three-touch, two-touch, or one-touch depending on the skill level. - Pass Rule – Teams must complete three, four, or five passes before being able to break out of the box.	
9v9 Game x 20 minutes	
ORGANIZATION	COACHING POINTS
Set up one, 80x80-yard field. One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every five minutes. - Divide the players into two teams of nine. If there are more than 18 field players, rotate substitutes every five minutes. Set up the teams in a 1-2-3-2-1, or something similar. - All of the soccer balls should be placed near the goals. - A 20-minute game with two 10-minute halves and a four-minute halftime is suggested.	- Challenge the players to compete at a game-like pace! - Teach the players to make the field big and stretch the defense with their positioning. Players can then move in and out of their positions to create openings to play forward and score. - Encourage the players to mix short and long passes together to create space. - Remind the players of certain action they should focus on. Pick two or three key actions and use those words during the game.
Variations: - Touch-limit – Give players three, two or one-touch to increase the difficulty.	
1. Two teams compete against each other and attempt to score in their opponent's goal. 2. Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines. 3. The team with the most goals at the end of the game wins. 4. Rotate substitutes every five minutes if there are more than 18 field players. 5. Rest during halftime. Make coaching points and tactical switches during the break.	

Age Group Advanced

Session Date

Duration 60 minutes

Topic

Possession



Monkey in the Middle x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">* Divide the players into groups of seven.- Have five players form a 10 yard in diameter circle. Adjust the size of the circle according to the skill level.- The remaining two players in each group start inside the circle.- One of the outside circle players starts with a ball.- Play for 10 to 15 minutes. Add breaks and coaching points as needed. <ol style="list-style-type: none">1. The players on the outside attempt to keep possession of the ball for as long as they can while the two players inside the circle attempt to win the ball.2. First pass is always free.3. Outside players are encouraged to move along the outside of the circle.4. If the defense intercepts, or knocks the ball out-of-bounds, then the defender who has been in the longest switches spots with the offensive player who lost possession of the ball.*	<ul style="list-style-type: none">- Adjust the circle size according to skill level and number of players.- Teach the players to move when they are on the outside to give good passing angles to their teammates. Players should not be standing on the outside!- Challenge the defenders to win the ball as quickly as possible. Defenders should work together and make it difficult for the outside players.- Encourage players to be creative and decisive! Players should have an idea before they get the ball to increase their speed of play! <p>Variations:</p> <ul style="list-style-type: none">- Play 6v2, 7v3, 4v2, 4v1, 3v1, etc. Adjust the size of the circle depending on the number of players.- Give a three, two, or one-touch restriction to the players on the outside.- Add a layer of engagement to the activity and make the players count the number of passes they complete. Encourage them to get the highest number possible.- Make it fun by adding some new rules. Passing the ball between a defender's legs, 10 consecutive passes, or passing the ball between the two defenders, means that the defenders must defend another round after they win the ball.
Blackjack x 20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up a 30x30 yard field. Adjust according to skill level and number of players.- Divide the players in to two teams. Assign each team a different colored jersey.- Gather all the soccer balls on one sideline for the coach to use as needed.- Play three rounds if time allows. Add more rounds as needed. Make coaching points between rounds. <ol style="list-style-type: none">1. Two teams compete to connect 21 three-touch passes, 21 two-touch passes and then 21 one-touch passes. First team to complete all three wins the round!2. Players can not move to the two touch passes until they complete the three-touch passes. Teams start at three and move down to one.3. Players can take as many touches as they want to help keep possession of the ball, but only passes made within the touch restriction count towards the total number of passes.4. Passes do not need to be consecutive. Teams count their own total passes.5. If the ball goes out-of-bounds of any reason, the coach starts a new ball with the team that did not last touch the ball before going out.6. Play three rounds. Add more rounds as needed. Make coaching points between rounds.	<ul style="list-style-type: none">- Teach the players to transition quickly and spread out to give themselves and their teammates more space and time on the ball.- Remind the players to have an idea before they get the ball! Players should constantly be scanning the field when they do not have the ball to find their teammates and opponents!- Challenge the players to continually move and adjust their passing angles. Players should never be standing still!- Encourage teams to win the ball quickly when they lose it. Immediate reactions! <p>Variations:</p> <ul style="list-style-type: none">- Number of players – Play 8v8, 7v7, 6v6, etc. Any combination works. Adjust the size of the playing area to accommodate the number of players.- Touch limit – Give a touch restriction.- Neutral players – Add neutral players if teams are struggling to connect passes!- Rules – If one-touch passing will be too difficult, just have teams complete three-touch passing and two-touch passing. Match the game rules to the skill level.
8v8 Game x 20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">*60Lx55W yard field. One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them every six minutes.- Divide the players into two teams of seven. If there are more than 14 field players, rotate in the substitutes every four minutes. Set up the teams in a 1-3-1-3 formation.- All of the soccer balls should be placed near the goals.- A 20-minute game with two 10-minute halves and a three-minute halftime is suggested. Adjust the duration of the game to fit the training needs. <ol style="list-style-type: none">1. Two teams compete against each other and attempt to score in their opponent's goal.2. Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines.3. The team with the most goals at the end of the game wins.4. Rotate substitutes every four minutes if there are more than 14 field players.5. Rest during halftime. Make coaching points and tactical switches during the break.*	<ul style="list-style-type: none">- Challenge the players to compete at a game-like pace!- Teach the players to constantly move off of each other and provide good support angles in their team shape.- Encourage the players to be creative when going forward. Lots of movement off the ball and mix in short and long passing combinations.- Remind the players of certain actions they should focus on. Pick two or three key actions and use those words during the game. <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.*

Age Group	Advanced	Session Date		Duration	60 minutes
Topic	Possession				



5v3 Possession x 10-15 minutes	
ORGANIZATION	COACHING POINTS
<p>15x15 yard grid. .</p> <ul style="list-style-type: none"> - Divide the players into groups of eight. Add more than eight players to a group if there are extra players. - Four players start on each of the box's four sidelines and one player starts in the grid. Three players start in the middle as the defenders. - One player on the outside starts with a ball. <p>1. Five offensive players start exchanging as many passes as possible while moving along their sidelines against three defenders.</p> <p>2. If the defenders when the ball, the defender who has been in the longest switches positions with the attacking player who lost possession of the ball. A new round is started as soon as both players are set.</p> <p>3. First pass if always free.</p>	<ul style="list-style-type: none"> - Stress the importance of movement off the ball and having an idea before players receive the ball. - Teach the players to play away from pressure! - Encourage the players use to accurate passes to keep the possession of the ball. - Remind the players to use their voices to help their teammates make decisions. - Challenge the defenders to work together and win the ball as quickly as they can. <p>Variations:</p> <ul style="list-style-type: none"> - Touch limit - Increase difficulty
4v4+3 Barcelona x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<p>Use cones to mark a 25x20-yard field. Select three players to start as neutrals. These players should be good in possession. Assign them a jersey color. One neutral player starts inside the playing area while the remaining two neutrals start on opposite end lines.</p> <ul style="list-style-type: none"> - The remaining players are divided in to teams of four. If there is an odd number of players have players rotate every game. If there are 12 players, make three teams and rotate teams after every round. - Assign different colored jerseys to each team. One team starts inside the playing area as defense while the other team starts on the outside as the offense team. The offense team should have two players on each sideline. See diagram below for more information. - Gather all the soccer balls and place them outside the playing area. The coach should stand next to the soccer balls to pass new balls in as needed. - Play five, three-minute rounds. Add more time or rounds as needed. Make coaching points between rounds. Rotate neutrals and players as needed. <p>1. To start the activity, the coach passes a ball to the offensive team on the outside.</p> <p>2. The offensive team, plus the three neutral players, attempt to keep possession of the ball while the defensive team tries to win the ball.</p> <p>3. Eight consecutive passes equals one point for the offensive team. Adjust the number of passes to the skill level of the players.</p> <p>4. When the defensive team wins the ball, they quickly transition to the outside of the playing area while connecting passes with their teammates and neutral players.</p> <p>5. When the offensive team loses possession, they should immediately repress and attempt to win the ball back before their opponents can transition and get organized on the outside of the playing area.</p> <p>6. The team in possession should always have two players on each sideline. The team playing defense should have four players inside the box.</p> <p>7. Players are allowed to move along their sideline and a yard or two inside. The neutral player in the middle of the box is free to move wherever.</p> <p>8. Play strict out-of-bounds lines.</p>	<ul style="list-style-type: none"> - Teach the players to repress as soon as they lose the ball! Do not let the other team have time on the ball and spread out around the rectangle. - Educate the players to move along their lines to create good passing angles and keep possession of the ball. - Remind the players to focus on their body positioning so they can see the entire field and make quick decisions. - Challenge the players to think multiple passes ahead and to keep the ball moving! - Encourage the defenders to win the ball quickly and move as a group! <p>Variations:</p> <ul style="list-style-type: none"> - Touch limit – Limit the number of touches players have. Three-touch, two-touch, or one-touch depending on the quality of the players. - Point system – Change the number of consecutive passes needed for a point. 10, 12, or 6 depending on the skill level of the players. - Space – Increase or decrease the size of the playing area to match the skill level of the group. Decrease the size to increase the speed of play. Increase the size to allow players more time on the ball.
6v5 Two Goal Build Up x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Set up one, 40x55-yard field. - Set up two, four-yard gates on each end line. Use poles or cones to mark them. See diagram for more information. - Divide the players into one team of six and one team of five. Extra players will rest outside the field and rotate in every four minutes. - The team of six will be the attackers and the focus group. Position the players in a 2-3-1 formation. - The team of five will be the defenders. Position them in a 3-2 formation. - The soccer balls should be divided evenly between the two end lines. <p>Play four, four-minute games before resting and rotating players.</p> <p>1. The attackers start with the ball and attempt to dribble or pass through either of their opponent's gates.</p> <p>2. The defenders attempt to prevent the attackers from scoring, win the ball, and score in either of the attacker's gates.</p> <p>3. Play throw-ins if the ball goes out-of-bounds on the sidelines. If either team scores, a new ball is started with the attackers.</p> <p>4. Play four-minute games. The team with the most goals at the end of the game wins.</p>	<ul style="list-style-type: none"> - See if the players can figure out the necessary actions to score before giving them answers. Let the players play a game before having a discussion with them about actions to find success. - Teach the players to move the ball side-to-side to open forward passing lanes and score! - Encourage players to be creative and move the ball quickly if dribbling is not the best option. - Challenge the defenders to stay compact and make the attackers play around them! <p>Variations:</p> <ul style="list-style-type: none"> - Touch-limit – Give players three, two or one-touch to increase the difficulty. - Mini-goals – Use mini-goals instead of gates. - Easier for the attackers – Take off a defender if the attackers are struggling to score 50% of the time. - More difficult for the attackers – Add another defender if the attackers are scoring more than 50% of the time.

Age Group Advanced

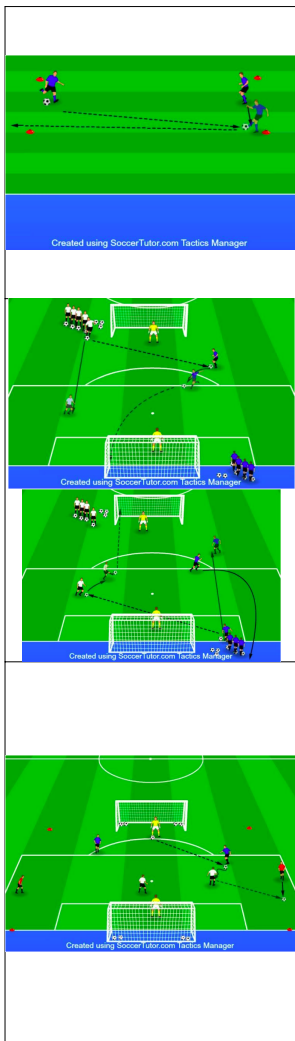
Session Date

Duration

60 minutes

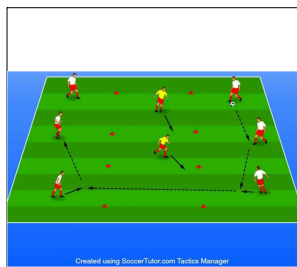
Topic

Finishing



Shootout x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Have players divide up into pairs. Each pair should have at least one soccer ball. For each pair of players, set up two gates using cones, 15 yards away from each other. Each gate should be seven yards wide and should be facing the other gate. Adjust the width and distance of the gates according to the skill level of the players.- One player in each pair positions themselves inside a gate. The two gates should be across from each other.- One player in each pair starts with the ball at their feet.- Play three, four-minute rounds. Add more rounds and time as needed!1. To start, the player with the ball in each group takes a shot on their opponent's cone goal while their opponent, without the ball, attempts to block the shot from crossing their cone goal.2. Once the player has scored, or their shot has been blocked, their opponent attempts a shot on their cone goal. The process continues in this manner for the remainder of the round.3. Shots must be taken from behind the halfway point. Players are not allowed to dribble forward.4. Only shots below the opponent's knee are allowed. Each time a player successfully shoots the ball, below their opponent's knee, and past their opponent's cone goal, the shooter is awarded one point.5. The players take turns shooting the ball at each other's cone goal for the entire round with the winner being the player who has scored the most points at the end of the round.6. Switch partners at the end of each round. Play at least three, four-minute rounds. Add more time or rounds as needed!	<ul style="list-style-type: none">- Get the players excited to compete against one another and make sure they enjoy the competitiveness of the group.- Educate the players on the proper shooting technique before playing. Depending on the distance between the gates, players might only need to use the inside of their feet for the best chances to score. Of course, laces can be used, but be careful with shot power if players are too close to each other.- Players should have a strong plant foot next to the ball before smoothly striking through the ball with a locked ankle. This will result in the most consistent shot and help players develop their accuracy.- Challenge the players to block as many shots as possible and to make it difficult for their opponent to score. <p>Variations:</p> <ul style="list-style-type: none">- Vary the distance – Increase or decrease the distance between the gates depending on the players' skill level.- Shot-blocking rules – Switch up the shot-blocking rules. Allow players to use hands to increase the difficulty to score. Allow only feet for players to work on receiving and blocking skills with just their feet.
Two Goal Two Touch x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Two full-sized goals are needed for this activity. The two goals should be placed 25-30 yards away from each other. Adjust the distance between the two goals to best fit the needs of the players.- Position one goalkeeper in each goal. If there are extra goalkeepers, have them rotate in every six repetitions.- Have the players form a line to the side of each goal. The lines should be diagonal from each other.- Divide the soccer balls evenly among the two lines.- The first player in one of the lines starts with a ball at their feet. The first player in the other line starts 20 yards in front of their line. See diagram for more information.- Complete two, six-minute rounds. Rest to reset the soccer balls as needed. Switch sides at half so players receive using both feet.1. The first player in line with a ball at their feet completes a pass to the player from the opposite line that is diagonally 10-12 yards away from the passer. The passer then runs 18-20 yards away from their starting line.2. The receiving player takes a first-touch that positions them to score on the goal furthest away from them.3. After taking their first touch, the player then attempts to score on the goal they are now facing.4. The initial passer is now in position to receive a pass from the opposite line to repeat the process.5. Shooters retrieve their ball if they missed the goal before returning to the back of their original line. Goalkeepers retrieve balls in the goal.6. Passers should start their run away from their line as soon as they complete the pass to the opposite player. The activity should move quickly allowing for continuous, alternating repetitions.7. Continue the process for the remainder of the round. Retrieve any lost soccer balls and rest between rounds. Have the lines switch to the other side of goal after the first round to work on both shooting angles.	<ul style="list-style-type: none">- Educate the players on the importance of their first touch. Their first touch needs to be out from under their feet for them to run onto and strike. The touch should also position the shooter's body towards the goal since the player is receiving a pass side-on.- Challenge the players to make the finishing as game-like as possible. Players should turn and get their shot off quickly to build good habits.- Teach the players to lock their ankle and strike through the ball smoothly as they shoot. Players are also free to use the insides of their feet to curl the ball around the goalkeeper. Players should lock their ankle regardless of the technique they are using.- Encourage the players to be consistent and score as often as possible.- Motivate the goalkeepers to block each shot and to get back to their feet quickly. This is a great activity for goalkeepers to get a lot of repetitions! <p>Variations:</p> <ul style="list-style-type: none">- Distance – Adjust the distance between the two goals to fit the needs of the players.- More touches – Give the players more touches if they are struggling to get quality shots off within two touches.- Pass difficulty – Have the players chip, or loft balls into the shooters to give them more of a challenge on their first touch.
2v2+2 Crossing & Finishing x 20 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up a 30x35 yard field. The field should be wider than it is long to focus on the use of the wide players and crosses. Place one full-size goal on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers rotate them in after every round.</p> <ul style="list-style-type: none">- Divide the players into teams of two and assign each team a different colored jersey. If there are more than five teams, create two fields to give the players more repetitions.- Have two teams start in the center of the field. Assign each team to defend a different goal. Have one other team be the starting neutral players. Position one neutral player on each sideline. Tell the neutral players they are free to move up and down the sideline as well as 3-4 yards outside the line.- Divide all the soccer balls between the goals. One goalkeeper starts with a ball.- Each team should complete at least four, three-minute games. Add more time or games as needed. Make coaching points between rounds.1. On the coach's signal, the goalkeeper passes the ball to their teammates and the players compete 2v2 plus the two wide neutral players.2. Players are free to score through the run of play or off a cross from the neutral players.3. Neutral players move along the sidelines and pass, or cross, the ball to the team that passed them the ball. Neutral players can dribble along the sideline to deliver a cross if needed.4. Neutral players can not be defended.5. Goalkeepers can pass to the neutral players directly and be a part of their team's possession.6. When a goal is scored, the goalkeeper from the scoring team starts a new ball from their goal. Make it, take it rules.7. If the ball goes out-of-bounds, the team that did not touch the ball last starts with a new ball from their goalkeeper.8. The team with the most goals scored at the end of the round wins.9. Teams rotate after each round. The neutral players come onto the field while one team becomes the neutral players.10. Each team should complete at least four, three-minute games. Add more time and games as needed.	<ul style="list-style-type: none">- Teach the players to constantly move on both the offensive and defensive side of the ball! This game is demanding and requires much movement from the players.- Educate the players to keep their head and eyes moving to read the game. Seeing the field and where players are will allow players to make better decisions and give themselves a better chance of scoring.- Remind the players to be decisive with their movements and passes. Players should make quick, quality decisions.- Teach the players to attack the crosses, both defensively and offensively, and try to be the first one to the ball.- Challenge the players to be explosive and creative on the ball when dribbling. Players should take the opportunity to shoot as soon as there is space!- Motivate the goalkeepers to communicate with their team and to be quick between the posts! <p>Variations:</p> <ul style="list-style-type: none">- Crossing – Teams can only score off crosses, or passes from neutral players.- Touch limit – Give the field players, or neutral players a touch limit to increase the tempo of the game and make the players think faster. Give the players three, two, or one touch depending on level. Field players and neutral players can be given different touch restrictions depending on the focus.- King of the hill – The winning team after each round stays on the field while the team that lost becomes the neutral players.- Point system – Award one point for a goal off a shot from one of the field players. Two points for a goal off a cross using the feet. Three points for a goal off a cross using the head.- Numbers – Make it 3v3, 4v4, etc. Increase the size of the field as more players are added.

Age Group	Advanced	Session Date		Duration	60 minutes
Topic	Defending				



Switching Play x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Set up two parallel cone lines 20 yards long and eight yards apart. - At least eight players are needed for this drill. Two players start as defenders in between the two cone lines while the other six players divide into two groups of three players and position themselves on the outside of each cone line. See diagram for more information. - Gather all the soccer balls on the one side of the field. - One group of three starts with a soccer ball. - Complete at least three, three-minute rounds. Add more rounds and time as needed. <ol style="list-style-type: none"> 1. The offensive group of three starts the activity by passing the ball side-to-side and attempting to pass through the middle zone. 2. The two defenders move and try to intercept the passes that the offense try to pass through the middle zone. Defenders can not step across either cone line! 3. If the defenders intercept the ball, the ball is given back to the offensive group and play continues. 4. The offensive groups must stay behind their respective cone lines when passing. The defenders must stay in the middle zone while defending. 5. For each successful pass through the middle zone, the offense is awarded one point. For each successful interception, the defenders are awarded one point. See which group wins at the end of each game! 6. Complete at least three, three-minute rounds. Play more rounds if time allows. 	<ul style="list-style-type: none"> - Vary the playing area size. Smaller areas increase the difficulty for the offense to pass the ball successfully through the middle zone. - Encourage players to make low, sharp passes, on the ground, and to move the ball quickly. This will create openings for the attackers to pass the ball through. - Teach the players to be patient when trying to find an opening to play through. - Insist the players constantly move and provide passing options. - Challenge the players to constantly look forward to find openings in the defense! - Demand that the players waiting for the ball on the other side of the field are moving and creating good passing angles for the group in possession of the ball. <p>Variations:</p> <ul style="list-style-type: none"> - Different number of players – Instead of playing 6-on-2, set up a 8-on-3 game with one player less on defense than in each of the offensive areas, or make it more difficult and have an even number of players in each area (8-on-3, 8-on-4, etc.). - Competition – The defensive group that successfully allows the least number of passes through the middle is the winner. - One-touch – Players only have one-touch to pass between themselves and through the middle zone.



5v4 Prevent Forward Play x 20 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up one 24x44-yard field for every nine players. Set up three mini-goals on one end line of each field. Use cones, or poles, to mark gates if mini-goals are unavailable. Mark a five-yard end zone box on the opposite end line of the mini-goals on each field.</p> <ul style="list-style-type: none"> - On each field, divide the players into one team of four and one team of five. - The team of four will defend the end zone and position themselves as a flat line. - The team of five will be the attackers attempting to dribble or pass the ball into the end zone. - The soccer balls start near the mini-goals. - Play four-minute games before resting and rotating players. Play for a total of 30 minutes. <ol style="list-style-type: none"> 1. The team of five will always start with a new ball from their end line and attempt to dribble in or pass to a teammate running into the end zone for a point. Players running into the box must remain outside. 2. The defenders attempt to prevent the attackers from scoring, win the ball, and score in either of the attacker's gates. 3. The defenders must defend in a line and work on their positioning and ability to cover each other. 4. If the ball goes out-of-bounds, or either team scores, a new ball is started with the attackers. 5. Play four-minute games. The team with the most goals at the end of the game wins. 6. Make coaching points and rotate players during the break. Play for 30 minutes. 	<ul style="list-style-type: none"> - Let the players play a game before giving coaching points. See if the defending team can figure out how to defend together as a team. - Teach the defenders to always have one player apply pressure to the ball, while the other three defenders shift and cover for the player that stepped out of line. Make the attackers try to play around the defenders! - Encourage attackers to play quickly and move the ball forward when openings are created. - Challenge the defenders to constantly move with the ball and stay compact! <p>Variations:</p> <ul style="list-style-type: none"> - Touch-limit – Give players three, two or one-touch to increase the difficulty. - Easier for the defenders – Take off one attacker if the defenders are struggling to score 50% of the time. - More difficult for the defenders – Add one more attacker if the defenders are scoring more than 50% of the time.



9v9 x 20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none"> - Set up one, 80x80-yard field. One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every five minutes. - Divide the players into two teams of nine. If there are more than 18 field players, rotate substitutes every five minutes. Set up the teams in a 1-2-3-2-1, or something similar. - All of the soccer balls should be placed near the goals. - A 20-minute game with two 10-minute halves and a four-minute halftime is suggested. <ol style="list-style-type: none"> 1. Two teams compete against each other and attempt to score in their opponent's goal. 2. Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines. 3. The team with the most goals at the end of the game wins. 4. Rotate substitutes every five minutes if there are more than 18 field players. 5. Rest during halftime. Make coaching points and tactical switches during the break. 	<ul style="list-style-type: none"> - Challenge the players to compete at a game-like pace! - Teach the players to make the field big and stretch the defense with their positioning. Players can then move in and out of their positions to create openings to play forward and score. - Encourage the players to mix short and long passes together to create space. - Remind the players of certain action they should focus on. Pick two or three key actions and use those words during the game. <p>Variations:</p> <ul style="list-style-type: none"> - Touch-limit – Give players three, two or one-touch to increase the difficulty.

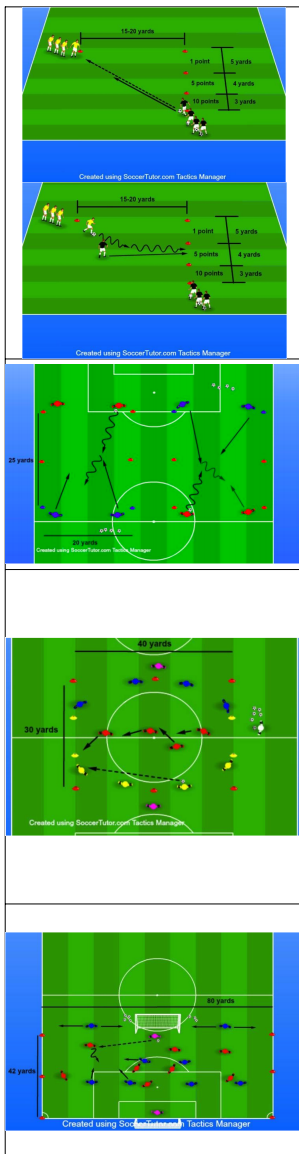
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90 min

Age Group Advanced

Session Date

Duration 90 minutes

Topic Defending



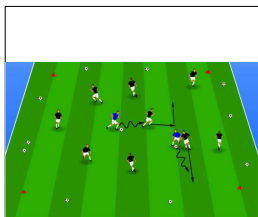
Channeling Attacker for Points x 15 minutes	
ORGANIZATION <ul style="list-style-type: none">- Use four cones to make three gates. Each gate should be in the same line, use a line on the field for reference if needed. The first gate should be five yards wide with the second being four yards wide and the last gate being three yards wide. See diagram for information.- Place one cone 20 yards away from the largest gate. The cone should be perpendicular to the first cone used for the largest gate. See diagram for more information.- Divide the players into two teams and assign each team a jersey color. Assign one team to start as the attacking team and have them form a line behind the cone set up 20 yards away from the largest gate. Assign the other team to start as the defending team and have them form a line behind the smallest gate.- Each defender should have a ball at their feet. Keep any extra soccer balls around the defending team's line.- If there are more than 12 players in this activity, set up another game so that there are about 6-10 players per game.- Play four, five-minute rounds. Have players switch lines after each round.1. The first defender in line starts the activity with a pass, across the field, to the attacker first in line. As soon as the defender passes the ball, they sprint towards the attacker to close down the space.2. The attacker receives the ball and dribbles towards the gates.3. The attacker attempts to score the most points possible, or available. The furthest away gate is worth 10 points, the middle gate is worth five, and the closest gate is worth one point.4. The defender attempts to channel, or direct, the defender away from the 10-point gate and towards the one-point gate. If possible, the defender attempts to win the ball and prevent the attacker from getting any points.5. As soon as the attacker dribbles through a gate, or the defender wins the ball, the next two players immediately begin their turn.6. The attacking team should keep track of their total team points per round.7. At the end of each round, the teams collect any lost soccer balls, and then switch lines so that the defending team now becomes the attacking team.8. After each team has attacked once, the coach declares the attacking team with the most points the winner.9. The next two rounds begin back at zero points for both teams and teams repeat the process for another two rounds.	COACHING POINTS <ul style="list-style-type: none">- Clearly explain the scoring system and the purpose of channeling a defender away from the higher point gates. Let the players play for a round before giving solutions. Players should not be given the answers at the beginning otherwise they will not develop the problem-solving abilities players need.- Channeling a defender is effective when forcing a player away from goal, towards team pressure, or towards the sideline. Other examples include forcing a player to use their weaker foot, or to stop a counter-attack.- Defenders should sprint towards the attacker to close down the space the attacker has to dribble into. Defenders should shorten their steps as they get closer to the attacker to prevent getting beat. Once close enough, defenders should move backwards at the same pace the attacker is moving forwards and force the attackers towards the one- point gate. The defenders should time their tackles when they are close enough to win the ball.- Defenders need to get close enough to the attackers to force them to put their headers down and lose vision of the field.- When directing, or channeling, a player, defenders should position their bodies sideways at a 45-degree angle and encourage the attackers to dribble into the space defenders are leaving open.- Challenge the attackers to be decisive, quick, and creative on the ball. Attackers should attempt to beat the defenders and score as many points as possible.- Defending team can score – If the defender wins the ball from the offensive player, they are free to attempt score on any of the gates for points. This develops players' ability to quickly react when they lose the ball and prevent the other team from progressing.
1v2 to 2v2 x 20 minutes	
ORGANIZATION <p>10x10 grids x 3:00 minute games (each team defends at least twice)</p> <p>Pick a corner with a gate, on each side of the gate, along the sideline, position a different colored gate. These will be the scoring gates and should be 3 yards wide.</p> <p>Defenders start with soccer balls and play a pass across to attackers to start play.</p> <p>Attackers must dribble through gates to score a point. If defenders win possession and dribble through attacker's gate, defenders get 3 points.</p> <p>If the ball goes out of bounds for any reason, the turn is over and both players return to the back of their starting lines.</p>	COACHING POINTS <ul style="list-style-type: none">- Defending mentality: Be assertive, dictate the play - push the attacker to one side with a bending run to minimize attacker's options.- Close the attacker's space as quickly as possible and arrive balanced- Use your body - put yourself between the ball and attacker- How aggressive can you be?- Remind attackers to use fakes, change of speed, and moves to get past defenders <p>Varitions:</p>
Cutting Forward Passing Lines x 20 minutes	
ORGANIZATION <p>Set up one 30x40-yard field. Use cones to mark three, 10-yard zones across the field. See diagram for more information.</p> <p>Divide the players into three teams of four. Assign each team a different colored jersey. If there are more than 12 players, have the extra players play as the neutral players behind the end lines of the field.</p> <p>Assign each team to one zone on the field and have them form a flat four line across the width of their zone. See diagram.</p> <p>The team in the middle zone will start as the defenders.</p> <p>A ball is started with either team in the outside zones.</p> <p>All of the soccer balls should be gathered on the side of the field with the coach.</p> <p>Play five, four-minute games with a two-minute break between each game. Reset, rest and rotate players after each game.</p> <p>1. The team that starts with the ball attempts to move the ball side-to-side, in their zone, to create openings in the defenders' line of four to play through.</p> <p>2. The players in the middle zone shift from side-to-side with the ball, stay compact and attempt to prevent any forward passes from going past them.</p> <p>3. The defenders and attackers must move within their respective zones. No players may enter their opponent's zones.</p> <p>4. The team of six will defend one goal of the goals in a 1-4-2 formation.</p> <p>5. The team of eight will defend the opposite goal in a 1-3-2-3 formation.</p> <p>6. If the attackers pass the ball through the defenders, on the ground, one point is awarded to that team and the defenders turn around and repeat the process with the third team.</p> <p>7. The team of six will defend one goal of the goals in a 1-4-2 formation.</p> <p>8. If the defenders win the ball in their zone, they attempt to complete a pass to any neutral standing behind the end lines for a point. If no neutrals are available, the play is over when the defenders win the ball.</p> <p>9. If the ball goes out-of-bounds for any reason, the attacking team to last touch the ball switches places with the defensive team in the middle.</p> <p>10. Team with the most points at the end of the games is the winning team.</p> <p>11. Reset the soccer balls, rest and rotate players and teams as needed between games. Make coaching points while the players are resting.</p>	COACHING POINTS <ul style="list-style-type: none">- Teach the defenders to stay compact! Do not let any passes go between two players! Players should constantly adjust their positions and provide cover for one another. One player should step with the other three closing the space behind them.- Challenge the attackers to move the ball quickly from side-to-side to create openings in the defense! Ball movement must be sharp to create chances to play forward!- Encourage the defenders to constantly talk and give instructions to one another. <p>Varitions:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Width – Increase, or decrease, the width of the zones to make it more, or less, difficult on the defending team.- Enter opponent's zone – Allow one defender to enter their opponent's zone when defending. This will allow teams to work on their ability to close down the player on the ball and recover back in line when the ball moves away from them. The defender can win the ball when they enter their opponent's zone.
8v6 Defending + Outlet Players 20-25 minutes	
ORGANIZATION <p>- Set up a field 42x60-yards. Place one, full-size goal on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, have them rotate every three to five minutes.</p> <p>- Divide the field players into two teams. One team of eight and one team of six.</p> <p>- The team of six will defend one goal of the goals in a 1-4-2 formation.</p> <p>- The team of eight will defend the opposite goal in a 1-3-2-3 formation.</p> <p>- If there are enough extra players, position two players on the end line opposite of the team of six. See diagram. If there are still extra players, have them rest to the side and rotate them in every four minutes. Game is intended to be played with outlet players but can be played without them as well.</p> <p>- All of the soccer balls should be placed near the full-size goal of the team with eight players.</p> <p>- Play three, eight-minute games with a three-minute break between each game. Rotate players and positions between rounds.</p> <p>1. The goalkeeper on the team with eight field players always starts a new ball.</p> <p>2. The team of eight attempts to pass and dribble around their opponents to create scoring opportunities.</p> <p>3. The team of six tries to stay compact and limit quality chances on goal from their opponents.</p> <p>4. When the team of six wins the ball, they are free to use the two outlet players to help them counter on their opponent's goal and score. Only the team of six can use the outlet players.</p> <p>5. Play throw-ins if the ball goes out-of-bounds on the sidelines. If either team scores, or the ball goes over either end line, a new ball is started with the team of eight field players.</p> <p>6. The team with the most goals at the end of the game wins.</p> <p>7. Make coaching points and rotate players between rounds. Play three, eight-minute games.</p>	COACHING POINTS <ul style="list-style-type: none">- Give game instructions to the team with more players first. This will allow them to play a certain way and try specific game actions.- Let the team defending attempt to solve the game actions their opponents are trying.- Teach the defensive team specific solutions to the problems they are encountering. Stay compact and shift together as a team with the ball. Communicate runners in the box. Close down the space.- Challenge the attacking team to be creative and move the ball quickly to create openings!- Encourage the defensive team to be patient and to pick their moments to go win the ball and counter!- Make sure the goalkeepers stay involved with communication and possession with their teams. <p>Varitions:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Change the difficulty – Add or subtract defenders to help the defenders prevent quality chances at least 50% of the time.

Age Group Advanced

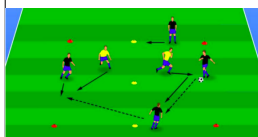
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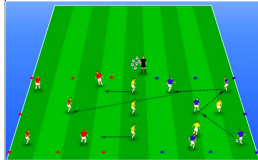
Topic Possession



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Dribble tag x 10-15 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up a 25x25-yard field. Adjust the field size as needed.- All the players start inside the square without a soccer ball.- Pick two players to start with a ball as the taggers.- Place extra soccer balls around the outside of the grid for players to use once they are tagged.- Play as many rounds as needed.1. On the coach's command, the two taggers begin dribbling around inside the grid, attempting to tag other players with their hands.2. The players without a ball run inside the playing area and try to avoid getting tagged for as long as they can.3. When a player is tagged, they quickly find the nearest soccer ball outside the playing area and join back in the field as a tagger.4. Taggers must keep their soccer ball close to them while attempting to tag other players. Taggers can not leave their ball and tag other players without it at their feet.5. If a player without a soccer ball steps out-of-bounds, they become a tagger.6. Play until all there is just one player left!	<ul style="list-style-type: none">- Teach the players to be creative to get away from taggers. Players should use fakes, changes of direction and speed to avoid getting tagged.- Educate the players to keep the ball close to them when dribbling to react quickly to the players around them.- Remind the players to build good game habits and look up when dribbling.- Encourage the taggers to communicate and work together to give themselves the best chance of getting all the players!Varitions:- Reverse Rules – Taggers start without a ball while all other players start with a ball. Taggers tag players by using their feet to touch the other players' soccer balls. When a players' soccer ball has been tagged, they pass their ball outside of the square and become another tagger. Last player with a soccer ball at their feet is the winner of the round. If tagging with the feet is too difficult, allow hands to be used to tag the body of the players.- Continuous – Pick 2-4 taggers, depending on the players' skill level and the number of players present. Each time a player is tagged, they become the new tagger and the old tagger becomes a free player. This keeps the game moving for a certain time with an exact number of taggers. - Last one standing – If a player is tagged, they are out and must stand outside the square for the remainder of the round. The last player standing is the winner. Decide on the number of taggers depending on the players' skill level and the number of players present.
4v2 Rondo x 15-20 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- 12Lx12W yard grid.- Divide the players into groups of six.- At each box, have four players start on each of the box's four sidelines while two players start in the middle as the defenders.- One player on the outside starts with a ball.1. The four players on the outside attempt to pass and move around the square and connect as many passes as possible while the defenders try to win the ball.2. First pass is always free.3. If the defenders win the ball, or the ball goes out-of-bounds for any reason, the offensive player who last touched the ball switches places with the defender who has been in the longest and then a new round begins.	<ul style="list-style-type: none">- Players on adjacent sides of the ball should slide over to receive a pass.- Receive ball across body (far foot) to open up all options- Remind the players to have an idea before they receive the ball. Players should keep their eyes up and play away from pressure.- Challenge the players to be creative and try different surfaces of the foot or fakes to get out of tight situations.Varitions:- Splits – pass played between defenders = 2 points- Give players two, or one-touch for more skilled players.- Nutmeg – If any defender gets nutmegged (ball goes between their legs), they defend for another round.
English Squares x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up two 15x15 yard boxes with ten yards of space between them. Adjust the size according to skill level and number of players.- Divide the players into three teams. Five players are used in this example, but more players can be added. Assign each team a different colored jersey.- Assign one team to each box with the third being assign to the space between the two boxes.- Gather all the soccer balls and place them outside the playing area for the coach to use as extra.- Play four, four-minute games. Add more time and games as needed.1. To start the activity, the coach passes a ball to either team positioned inside a box.2. As soon as the team receiving the pass takes their first touch, two defenders from the team between the boxes enter the area and attempt to win the ball.3. The team in possession attempts to connect six consecutive passes before passing the ball across the middle to the opposite box.4. Teams are awarded one point each time they successfully complete their number of passes and pass the ball to the opposite box.5. Defenders prevent the offensive team from scoring by winning the ball and passing it across to the other box, or if the ball goes out-of-bounds for any reason. The offensive team is free to try and win the ball back until the ball goes out of their box.6. If the defensive team wins the ball, or the ball goes out-of-bounds, the team that lost the ball becomes the new defensive team and moves to the space between the two boxes. The team that successfully defended now positions themselves in the box the other team just left.7. A new ball is passed to the team in the opposite box the ball was just in and the process continues.8. If the offensive team completes their six passes and plays the ball to the other box, the two defenders go back to the middle space, and two new defenders enter the opposite box.9. Defenders in the middle space can not block passes as they go across the middle space.	<ul style="list-style-type: none">- Remind the players to constantly move off of each other to create space and good angles of support to keep possession of the ball.- Educate the players to be patient with ball. If the pass can not be easily completed to the other box after six passes, encourage the team to keep moving the ball until the pass can be made.- Challenge the players to think quickly and to keep the ball moving so the defenders do not have a chance to steal it.- Encourage the defenders to win the ball quickly and move as a group!Varitions:- Numbers – Divide in to three evenly numbered teams. Teams of seven, six, or four are all possible. Adjust the size of the boxes accordingly.- Number of defenders – Send more defenders into the offensive box if the teams are connecting too easily.- Middle space defenders – Allow the middle space defenders to block passes that come through the middle. This will make it more difficult to play across to the other box. Decide if players can play the ball over in the air or on the floor.- Touch limit – Limit the number of touches players get. Three-touch, two-touch, or one-touch depending on the quality of the players.- Point system – Change the number of consecutive passes needed for a point. Ten, eight, or five depending on the skill level of the players.- Space – Increase or decrease the size of the playing area to match the skill level of the group. Decrease the size to increase the speed of play. Increase the size to allow players more time on the ball.
3 Zone Game x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up one, 60x25-yard field. Using different colored cones, mark out three even, horizontal 20-yard zones. See diagram for more information.- One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every five minutes.- Divide the players into two teams of eight. If there are more than 16 field players, rotate in the substitutes every five minutes. Set up the teams in a 1-3-3-2 formation. Position three players in each team's defensive and midfield zone. Position three players in each team's attacking zone.- All of the soccer balls should be placed near the goals.- A 20-minute game with two 10-minute halves and a three-minute halftime is suggested.1. Two teams compete against each other and attempt to score in their opponent's goal.2. Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines.3. Players must stay in their zones unless they are joining the attack in the zone higher up the field. Only ONE extra player can join another zone at a time. Defensive zone players can join the midfield or attacking zone. Midfield zone players can join the attacking zone.4. Players can only defend in their zone. Players cannot move zones to help defend.5. A ball must be passed into the next zone to advance the ball. Players cannot dribble forward to the next zone. The ball can move freely forwards and backwards through the zones as long as it is being passed from zone-to-zone.6. The team with the most goals at the end of the game wins.7. Rotate substitutes every five minutes if needed.8. Rest during halftime. Make coaching points and tactical switches during the break.	<ul style="list-style-type: none">- Teach the players to join the attack as the ball advances forward.- Remind the players only one player can join at a time, but that they must return to their original zone after their team turns the ball over. Players must work up and down the field.- Encourage the players to constantly move off of each other providing good support angles so that they can advance the ball forward.- Push the players to think quickly and have an idea of where the ball should go before they receive a pass.Varitions:- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Two zones – If there are not enough players for three zones, make two zones and decrease the dimensions of the field. Same rules apply.

Age Group

Advanced

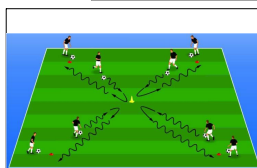
Session Date

Duration

90 minutes

Topic

Possession - Overloads



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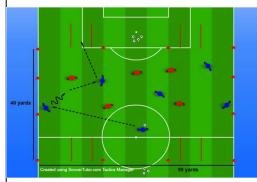
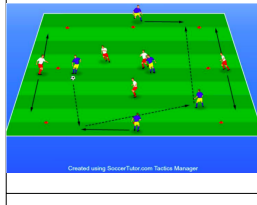
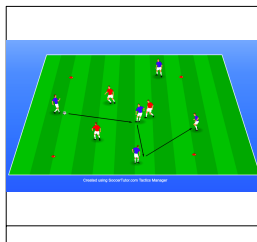
Four Corners Dribbling x 15 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up a 25x25-yard wide field with one cone in the center of the square.- Have the players divide evenly amongst the corners of the square.- Each player starts with a soccer ball at their feet. If there are not enough soccer balls for each player, make sure there is at least one ball per group.- Complete five, four-minute rounds. Rotate dribbling and change of direction rules after each round. <ol style="list-style-type: none">1. The first player in each line starts the activity by dribbling towards the middle cone.2. When the four players arrive to the center cone, they perform a cut or turn, and dribble back to their corner with speed.3. The next player in each line can start their turn once their teammate has arrived back to their starting cone.4. Complete five, four-minute rounds. Rotate dribbling and change of direction rules after each round.	<ul style="list-style-type: none">- Remind the players to use soft, quick touches when dribble to keep close control of the ball.- Instruct the players work on their change of direction at the center cone and their change of speed after performing the move.- Encourage the players to look up when dribbling to build good habits and vision. <p>Variations:</p> <ul style="list-style-type: none">- Dribble type – Have the players dribble using different foot surfaces or rules: inside, outside, left, right, bottom, etc.- Dribble moves – Specify the move that the players will perform at the cone.- Rotation – Instead of dribbling back to their corner, have the players change direction at the middle cone and dribble to the back of the line to their right, or left, depending on the instructions given.
3v2 to 2v2 to Mini-Goals Game x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up a field 15x30 yard field for every eight players. Make sure to use cones to mark the out-of-bounds and half line. One mini-goal should be placed on each end line of each field. Use cone gates if mini-goals are not available.- Divide the players into teams of four players and assign jerseys. Each field should have two teams on it. If there is an odd number of teams, or space does not allow for more fields, rotate teams after each game.- All of the soccer balls should be placed near the mini-goals.- Play four, four-minute games with at least a two-minute break between games. Play as many games as needed. <ol style="list-style-type: none">1. Two teams of four compete against each other to score the most goals. No more than two players can be in a half when defending. When in possession of the ball, teams can play 3v2 in their defensive half, but can only play 2v2 in their attacking half.2. Players can dribble or pass into their attacking half. Passes can be made forwards and backwards between halves.3. Play kick-ins if the ball goes out-of-bounds on the sidelines. If the ball goes over either end line, the team that did not last touch it starts a new ball in their defensive half.4. The team with the most goals at the end of the four-minute game wins the round.5. Rest between rounds and reset the soccer balls.6. Four, four-minute rounds are suggested. Switch teams and players as needed between rounds. Make coaching points during the breaks.	<ul style="list-style-type: none">- Make sure the players understand the rules of the game.- Teach the players to move together and create space for each other. Players should make the field as big as possible with their positioning and constantly adjust their position to provide good passing angles.- Educate the players to create a numbers-up situations in the back to help move the ball forward.- Encourage the attackers to be creative in their attacking half! Take players on 1v1 and use quick combinations to score!- Challenge the players to communicate and give instructions to each other.- Remind players to immediately react when they lose the ball. <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- 3v3 to 3v3 – If 3v2 to 2v2 is too difficult, allow teams to play 3v3 in each half of the field. This means one player will always be left back to defend the striker.- Tournament – Make a tournament out of it. Three points for a win, one point for a tie and zero points for a loss. Rotate teams after each round to play a different team. See which team has the most points at the end of the tournament!
3v2 Buildup to Mini-Goals x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up two, 44x54-yard fields. If space does not allow for two fields, set up one field. One full-size goal should be placed on an end line of each field. Position one goalkeeper in each goal. If there are extra goalkeepers, have them rotate in every four repetitions. One the other end line of each field set up two mini-goals evenly across the line. If mini-goals are not available, use cones to set up three-yard wide gates instead. See diagram for more information.- Break the players into two even groups and assign them to a field. Each field should have at least five attackers and three defenders. Assign jerseys to each team accordingly.- One team will start as the attacking team and attempt to score in the mini-goals. This team will form a line outside each post of the full-size goal. One attacker starts on the field. All the soccer balls should be placed with this group. See diagram.- The other team will start as the defenders and attempt to win the ball from the attackers and score on the full-size goal. Two defenders start on the field while the other defenders rest on the side.- Play four, five-minute games. Rest, rotate players and make coaching points between breaks. <ol style="list-style-type: none">1. Three attackers with one ball start the game by dribbling forward on to the field.2. The two defenders are live as soon as the attackers start dribbling.3. The attackers attempt to play 3v2 and score in either of the two mini goals.4. The defenders try to prevent the attackers from scoring, win the ball, and then score on the full-size goal.5. Goalkeepers are encouraged to help their team build out of the back.6. The turn is over if either team scores, or the ball goes out-of-bounds for any reason. New players rotate after each turn. A new ball is always started from the attackers on the end line.7. The team with the most goals at the end of the game wins.8. Players rest and reset the soccer balls at between games. Players switch sides after each game.9. Play four, five-minute games. Adjust the time as needed.	<ul style="list-style-type: none">- Let the players play a few turns or a whole game before giving any coaching points. See if the players can figure it out themselves!- Teach the players to work on their triangle and making the space as large as possible to stretch the defenders. The three attackers should be able to pass and dribble through the two defenders consistently.- Remind the players that they can use the goalkeeper to possess the ball.- Challenge the defenders to work together and force play to one side of the field. Making the play predictable will help the defenders find their moments to win the ball. <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch.- Add another defender – If the attackers are scoring too easily, add another defender to play 3v3.- Width – Decrease the width of the field to make it more difficult on the attackers without adding another defender.
3v2 Buildup to Mini-Goals x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up one, 60x80-yard field. One full-size goal should be placed in the middle of one of the end lines. Two mini-goals should be spaced evenly along the opposite end line of the full-size goal. See diagram for more information. Use cones if mini-goals are unavailable. Position one goalkeeper in the full-size goal. If there are extra goalkeepers, have them rest behind the goal and rotate in every three minutes.- Divide the players in to two teams. The focus group, or the attacking team, should have six players and be in a 1-3-2 formation. The defensive team should have five field players and one goal keeper in a 1-3-2 formation.- All of the soccer balls should be placed between the two mini-goals.- Play three, six-minute rounds. Adjust the duration of the activity to meet the training session's needs. <ol style="list-style-type: none">1. The attacking team will start with the soccer ball.2. The attacking team attempts to score on the defensive team goal.3. The defensive team attempts to prevent the attacking team from scoring and score on either of the two mini-goals.4. The team with the most goals at the end of the round is the winner of that round.5. Play throw-ins if the ball goes out-of-bounds on the sidelines. If the ball goes out-of-bounds on either end line, or either team scores a goal, a new ball is always started with the attacking team.6. Play three, six-minute rounds. Rotate players and positions between each game. Make coaching points during breaks.	<ul style="list-style-type: none">- Set up the defensive team to bring out the actions the attacking needs to perform to find success.- Teach the attackers to create 2v1s, switch the field, and take players on. Attackers should mix short combinations with longer passes as well as changing the pace of the game as needed.- Encourage players to shoot and take chances around the box.- Remind the players to constantly move and work off of each other to create space and opportunities.- Challenge the defensive team to prevent the attacking team from scoring! <p>Variations:</p> <ul style="list-style-type: none">- Increase scoring difficulty – Add another player on the defensive team, or take off an attacker, if the attacking team is scoring too easily.- Decrease scoring difficulty – Take a defensive player off the field, or add an attacker, if the attacking team is not scoring.- Space – Change the space to increase or decrease the difficulty for the attacking team.

Age Group Advanced

Session Date

Duration 90 minutes

Topic Combination Play



5v3 x 15 minutes	
ORGANIZATION	COACHING POINTS
<p>15Lx15W yard grid.</p> <ul style="list-style-type: none">- Divide the players into groups of eight. Add more than eight players to a group if there are extra players.- Four players start on each of the box's four sidelines and one player starts in the grid. Three players start in the middle as the defenders.- One player on the outside starts with a ball- Five offensive players start exchanging as many passes as possible while moving along their sidelines against three defenders.- If the defenders when the ball, the defender who has been in the longest switches positions with the attacking player who lost possession of the ball. A new round is started as soon as both players are set.- First pass if always free.	<ul style="list-style-type: none">- Stress the importance of movement off the ball and having an idea before players receive the ball.- Teach the players to play away from pressure!- Encourage the players use to accurate passes to keep the possession of the ball.- Remind the players to use their voices to help their teammates make decisions.- Challenge the defenders to work together and win the ball as quickly as they can. <p>Variations:</p> <ul style="list-style-type: none">- Touch limit - Increase difficulty
5v5 Wall Pass Scoring x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>25Lx25W yard field. Divide the players into two teams of five. Teams can be larger than five, but then adjust the field to fit the number of players.</p> <ul style="list-style-type: none">- Two players from each team start on opposite sidelines as the wall players. The remaining players start inside the field. See diagram for more information.- Play four, four-minute rounds. Rotate wall players and make coaching points after each round.- Teams play possession attempting to connect passes to their wall players.- Teams must maintain possession of the ball and connect a pass to each of their wall players for a point. If teams lose possession after connecting one pass, they must restart when the retain possession.- Wall players are free to move along their entire sideline.- Wall players can not defend but can be defended.- Teams are free to use the same wall player as many times in a row but are not awarded a point until they alternate wall players in the same possession.- The players inside the field stay inside the field for the duration of the round.- If the ball goes out-of-bounds the team that did not last touch it, starts a new ball.	<ul style="list-style-type: none">- Teach the players to constantly move and provide good angles of support.- Stress the importance of having an idea before you receive the ball to increase the speed of play.- Remind the players to play away from pressure!- Encourage the players to communicate and help each other with decision-making.- Challenge the teams to win the ball back as quickly as they can after they lose it. <p>Variations:</p> <ul style="list-style-type: none">- Give players three, two, or a one-touch restriction.- Add more players to the game as needed. Adjust the field size accordingly.- Add one or two neutral players if teams are struggling to possess.
6v5 Two Goal Buildup x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up one, 40x55-yard field. Set up two, four-yard gates on each end line. Use poles or cones to mark them. See diagram for more information.</p> <ul style="list-style-type: none">- Divide the players into one team of six and one team of five. Extra players will rest outside the field and rotate in every four minutes.- The team of six will be the attackers and the focus group. Position the players in a 2-3-1 formation.- The team of five will be the defenders. Position them in a 3-2 formation.- The soccer balls should be divided evenly between the two end lines.- Play four, four-minute games before resting and rotating players. <ol style="list-style-type: none">1. The attackers start with the ball and attempt to dribble or pass through either of their opponent's gates.2. The defenders attempt to prevent the attackers from scoring, win the ball, and score in either of the attacker's gates.3. Play throw-ins if the ball goes out-of-bounds on the sidelines. If either team scores, a new ball is started with the attackers.4. Play four-minute games. The team with the most goals at the end of the game wins.	<ul style="list-style-type: none">- See if the players can figure out the necessary actions to score before giving them answers. Let the players play a game before having a discussion with them about actions to find success.- Teach the players to move the ball side-to-side to open forward passing lanes and score!- Encourage players to be creative and move the ball quickly if dribbling is not the best option.- Challenge the defenders to stay compact and make the attackers play around them! <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Mini-goals – Use mini-goals instead of gates.- Easier for the attackers – Take off a defender if the attackers are struggling to score 50% of the time.- More difficult for the attackers – Add another defender if the attackers are scoring more than 50% of the time.
7v7 Game x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up a field 50-60x35-45 yards.</p> <ul style="list-style-type: none">- One full-size goal should be placed on each end line. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every five minutes.- Divide the players into two teams of six. If there are more than 12 field players, rotate in the substitutes every five minutes. Set up the teams in a 1-3-1-2 formation.- All of the soccer balls should be placed near the goals.- A 20-minute game with two 10-minute halves and a four-minute halftime is suggested. For the first 10-minute half, give three points for a goal scored off of a cross and one point for all other goals. Remove the three point bonus and allow for free play!- Play throw-ins if the ball goes out-of-bounds on the sidelines. Play goal kicks and corners if the ball goes over the end lines.- Rotate substitutes every five minutes if there are more than 12 field players.	<ul style="list-style-type: none">- Players to constantly move for each other to provide passing options- The person on the ball should have options behind, in front and to either side of them.- Playing the way you face. Encourage players to play what they see (i.e dropping the ball back) if they are under pressure.- Remind players of coaching points from previous exercise <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty or if speed of play needs to increase

Age Group

Advanced

Session Date

Duration

90 minutes

Topic

Finishing



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Technical Ball Work Warmup x 20 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up two, parallel cone lines, 30 yards apart. Have the players partner up with one soccer ball and spread across the one of the cone lines.</p> <ul style="list-style-type: none">- The player on the line starts with the ball at their feet with their partner four yards away.- Complete 15 minutes with stretching breaks. Add more time as needed. Switch technical patterns every couple of minutes. <p>2. Technical patterns could be:</p> <ol style="list-style-type: none">One-touch passing.Two-touch passing.The partner moving backwards has the ball in their hands and tosses the ball to their partner moving forward for volleys (inside, outside, two-touch, thigh-foot, head-foot, etc.).Headers.Juggling (one-touch, two-touch, etc.).Be creative. Switch it up. There is no wrong combination! <p>3. After players complete one down and back, they rest on the starting line for the rest of the players to return. The coach will demonstrate the next pattern before players repeat the process with the new pattern.</p> <p>4. Complete 15 minutes with stretching breaks. Add more time and patterns as needed.</p>	<ul style="list-style-type: none">- Remind the players this is warmup. Players should be mentally sharp, but the physically intensity should slowly build. The focus of this activity to give players simple technical repetitions while preparing their bodies for the rest of the session.- Teach the players to control their bodies and maintain balance.- Encourage the players to increase their intensity as the activity progresses. Players' bodies should be ready to go after the completion of the activity. <p>Variations:</p> <ul style="list-style-type: none">- Patterns – Give the players new technical patterns every turn, or every other turn.- Distance – Increase, or decrease, the distance between the two cone lines as needed.
Pass, Run & Shoot x 20 minutes	
ORGANIZATION	COACHING POINTS
<p>Use four cones to mark a square grid about 30 yards wide. Adjust the size of the field to match the skill level of the players. Place two full-size goals on opposite sides of each other. Assign at least one goalkeeper to each goal. If there are more goalkeepers available, have the extra goalkeepers stand off to the side of the goal and rotate in every few minutes.</p> <ul style="list-style-type: none">- Divide the players into two, evenly numbered groups. Have each group of players form a line at the corner cones of the square, diagonal from each other.- Divide all the soccer balls evenly between the two lines.- To start, one player at the front of the two lines should have a soccer ball at their feet, while the player diagonal from them should not.- Complete at least two, six-minute rounds. Add more rounds and time as needed. Rest, reset the soccer balls and make coaching points between rounds. <p>1. To start the activity, the player without the soccer ball, at the front of the line, begins to run diagonally across the square.</p> <p>2. The player at the front of the opposite line, with the soccer ball, passes the ball to the player who is running towards them.</p> <p>3. The player on the run, receives the pass, and takes one, or two, touches before finishing on the goal they are running towards.</p> <p>4. After the player shoots, they retrieve their ball, and go to the back of the opposite line that they started from. As soon as the player shoots, the player who passed the ball to them, begins to run diagonally across the grid towards the opposite goal.</p> <p>5. The player in the opposite line of the runner, passes the ball to the player running and the process continues for the remainder of the round.</p>	<ul style="list-style-type: none">- Encourage the players to receive the pass on the run and to focus on the players first touch. Players should use their first touch to keep their momentum moving forward and finish without having to slow down. Being able to have a good first touch out in front of the body will allow players to score more easily and more consistently.- Teach the players to give good passes on the ground to the players running on to them. The passes should be firm and on the ground so the player receiving them can have an easier time receiving them.- Challenge the players to try various shooting techniques. Players should focus on accuracy and power and when to use each one. Players should work to find what works best for them and perfect that technique.- Educate the goalkeepers to stay on their toes and to react quickly to the approaching players. <p>Variations:</p> <ul style="list-style-type: none">- Two-touches – Players must receive and finish using only two-touches.- One-touch – Players must finish directly off the pass using one touch. Players passing the ball should time their pass so that the shooter is about 14-20 yards when they strike the ball.- Competition – Players keep track of their total goal tally. Each goal is one point. Announce a winner, or winners, at the end of each round. Players are free to finish in as many, or as little, touches as they want.- Vary the distance – Increase or decrease the size of the grid depending on the players' age and skill level, so that the players have enough space to pass and finish properly.
5v2+GK Creating Chances	
ORGANIZATION	COACHING POINTS
<ul style="list-style-type: none">- Set up two 45x24-yard fields. One full-size goal should be placed on one end line of each field. Position one goalkeeper in each goal. If there are extra goalkeepers, rotate them in every three minutes.- On the other end line of each field, use cones, or poles, to make three gates as shown in the diagram below. Each gate should be eight to ten yards wide.- On each field, select five attackers and two defenders. The attackers and defenders should be in different colored jerseys. The attackers will set up in a 4-1 formation and attack the full-size goal. The two defenders and goalkeeper will defend the full-size goal and attack the three counter-attack gates. If there are extra players, have them rotate after each game.- All of the soccer balls should be placed near the gates. <p>- Play four, three-minute games. Add more games or time to fit the training's needs. Rest and make coaching points between games.</p> <p>1. The five attackers start with one ball and attempt to score in the full-size goal.</p> <p>2. The two defenders and goalkeeper attempt to win the ball and score in either of the three counter attacking gates.</p> <p>3. If the ball goes out-of-bounds for any reason, a new ball is started with the attacking team back at their starting positions.</p> <p>4. The team with the most goals at the end of three minutes wins the round.</p> <p>5. Players rest and reset the soccer balls between rounds. Switch attackers and defenders as needed between rounds. Make coaching points during the break.</p> <p>6. Play at least four, three-minute games.</p>	<ul style="list-style-type: none">- Teach the attackers to move the ball quickly to create openings and space to shoot. Attackers should take advantage of 2v1s and switching the point of attack.- Remind the attackers to stay spread out to create space for themselves and their teammates.- Challenge the defenders and goalkeepers to prevent the attackers from scoring! Attackers should dribble forward to commit a defender and then pass to the open teammate before making runs into the box. If no defender steps to the player on the ball, then the attacker should look for a shot.- Encourage the players to compete at game speed! <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch.- More difficult for the attackers – Add another defender if the attackers are scoring too easily.- Less difficult for the attackers – Take off a defender to help the attackers score more easily.
11v7 Scoring Goals x 20-25 minutes	
ORGANIZATION	COACHING POINTS
<p>Set up one, 48x80-yard field. Position one full-size goal on each end line. Place one goalkeeper in each goal. If there are extra goalkeepers, have them rotate every four minutes.</p> <ul style="list-style-type: none">- Divide the field players into one team of 10 and one team of six.- The team of 11 players will be the focus group and attack the team of seven defending their goal. The team of 11 should line up as they would in a game. Position the players in their game formation. The team of seven should be in a 1-4-2 formation.- All of the soccer balls should be placed behind the focus team's goal.- Three, six-minute games should be played with a two-minute rest between rounds. Rotate players and positions between rounds. <p>1. The focus team's goalkeeper will always start a new ball. The goalkeeper and 10 field players attempt move the ball and score on the team of seven.</p> <p>2. The team defending the focus group, tries to prevent the attackers from scoring, win the ball, and counter on their opponent's goal.</p> <p>3. Play throw-ins if the ball goes out-of-bounds on either sideline. If the ball goes over either end line, or either team scores, the focus team's goalkeeper starts a new ball.</p> <p>4. The team with the most goals at the end of the game wins.</p> <p>5. Make coaching points and tactical switches during the break. Rotate players and positions as needed. Play three, six-minute games. Adjust the duration of the activity to meet the needs of the training session.</p>	<ul style="list-style-type: none">- Let the teams compete for a few minutes before making coaching points. See what the players can solve themselves!- Teach the focus group to move the ball quickly side-to-side to keep the defending shifting! This will create openings to play forward and shoot!- Remind the attacking team to play what the game gives them. If the middle is too compact play around the defense!- Encourage the defensive team to prevent goals and stay compact and organized! Defensive team should constantly be talking and giving each other directions.- Challenge the focus group to take chances and be creative going forward!- Make sure the goalkeepers stay involved and help their teams keep possession and switch the point of attack. <p>Variations:</p> <ul style="list-style-type: none">- Touch-limit – Give players three, two or one-touch to increase the difficulty.- Number of defenders – Increase, or decrease the difficulty for the attackers by adding, or subtracting players to the non-focus team.