



PLAYER DEVELOPMENT OVERVIEW (U6 – U12)

PREPARED BY: GUAM FOOTBALL ASSOCIATION TECHNICAL DEPARTMENT



Hafa Adai!



In just the past decade, the sport of football has grown exponentially in Guam and continues to grow with the creation of additional domestic leagues, events, courses, and workshops available to the local community at Guam Football Association.

Player development is an important pillar and as we work toward our objectives within our Strategic Plan, it is key for our football community to be unified in our strategy to develop football in Guam and create better environments for our players. This document, *Player Development Overview (U6 – U12)*, creates the foundational framework for GFA and clubs to work together on our objectives to increase the quality of our player development.

The Technical Department has been working diligently on programs to help the most important aspect of football, our players. This document has been created to help our clubs develop players through the Long-Term Development Model and share the Guam National Teams' culture and values upheld by players who represent Guam and our clubs at the international stage.

For club executives and directors, thank you for your commitment to the overall development of the sport in Guam and for providing opportunities for players, coaches, and volunteers from your respective clubs. For coaches, thank you for dedicating your valuable time with our young athletes, helping them develop not only as better football players, but better individuals in the local community. For players, football is a lifelong sport and social activity, and through your passion and drive for the sport, you continue to engage in an active, healthier lifestyle. For all others, football is embraced as the world's sport, and opportunities to become involved in the sport are endless, whether at the team, club, national, or international level.

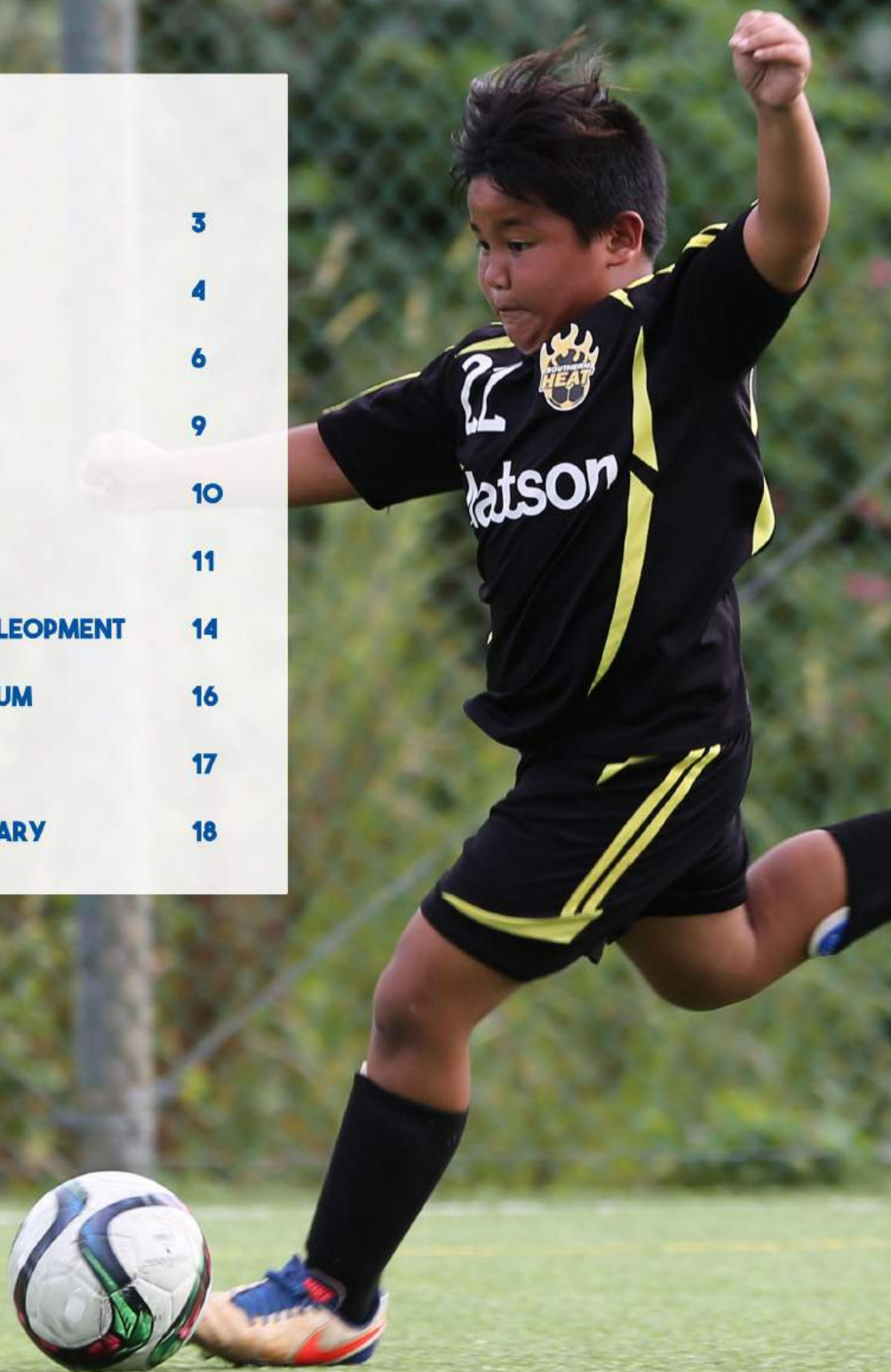
Success starts at the grassroots level and we all have vital roles to play that directly shape the future of Guam football. I invite you to study through *Player Development Overview (U6 – U12)* and share it with colleagues, fellow coaches, and players. Additionally, I invite you to take part in all GFA has to offer. Updated information on leagues, courses, and other events are online at GuamFA.com

Sins eru yan Magåhet,

Valentino San Gil
President
Guam Football Association

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The game of football has changed in the last decade, what was trending in the two previous FIFA World Cups male or female is no longer the trends of today. Our job is to affect how the game is being played tomorrow and use past trends as foundations to build and develop players of tomorrow. Guam Football Association's Development Philosophy creates a framework of what is required to build growth, develop capacity and sustainability of football on the island. To realize our potential, it is essential that our Member Clubs have the tools and the support to develop strong foundations. Our Member Clubs must focus on Player Development and Coach Development to ensure players reach the competencies listed in the Long-Term Player Development Model.

Each Member Club should create a safe and learning environment to allow all players to reach their playing potential. Member Clubs who create a good environment will thrive as players and coaches will want to be involved and continue their development as a coach.

The following information is simply a guide for Member Clubs so that they can set up their own Player Development Programs and ensure that the players coming through their club are enjoying playing, learning and developing technical and tactically as they grow through the phases.

While this document takes into account the multitude of factors that can make or break your football program. It is also important to keep in mind that simply "copying and pasting" is not a recipe for sustained success. You must adjust each component to fit in your setting and your target population. Our examples are provided to give you some tools to utilize in building your own program.



VISION AND PHILOSOPHY

First and foremost, each club must collectively agree on a vision and philosophy for their club and program. This designated vision and philosophy provides the ultimate end-goal for your program. The vision and philosophy must clearly answer questions such as: “who’s the stakeholders involved?”, “what’s the main objective”, “why this vision is important to our club?”, etc.

Vision for Development:

Increase the QUALITY

- of COACHES
- of TRAINING
- of PLAYERS

Increase...

- PARTICIPATION from Grassroots to Elite
- the NUMBER of CERTIFIED coaches from Grassroots to Elite
- the QUALITY of players and coaches

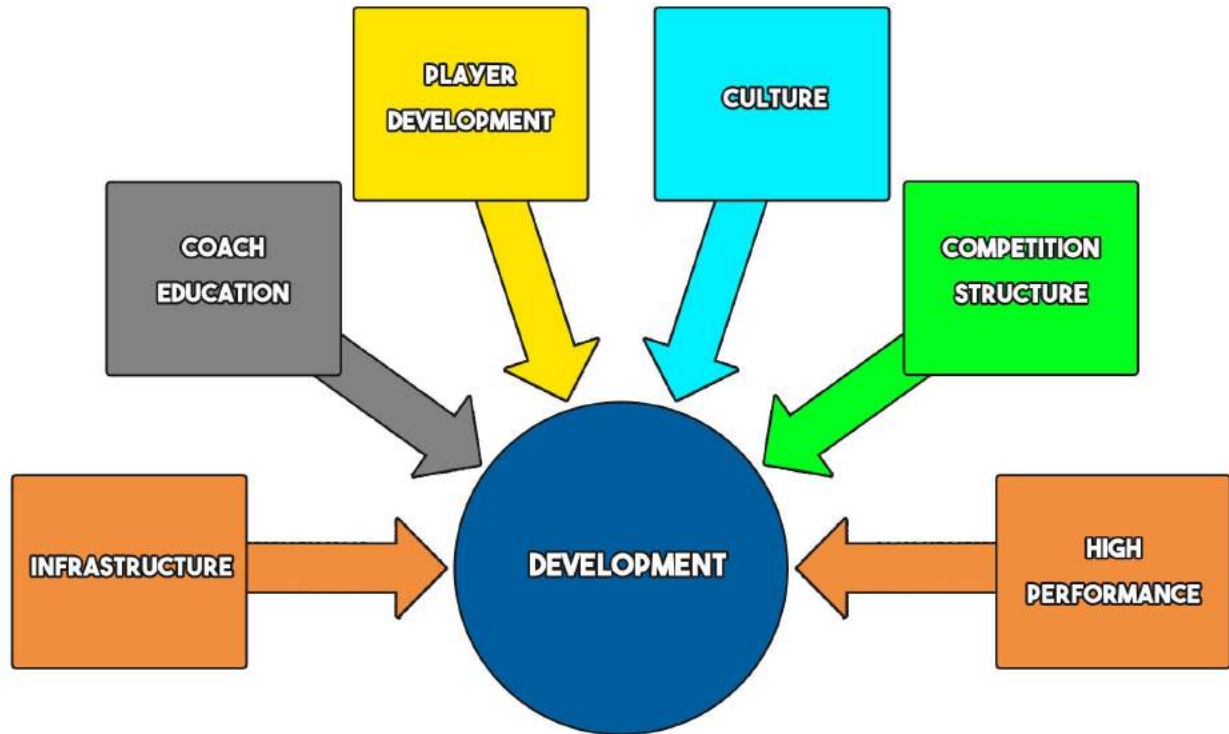
Increase the QUALITY of Clubs

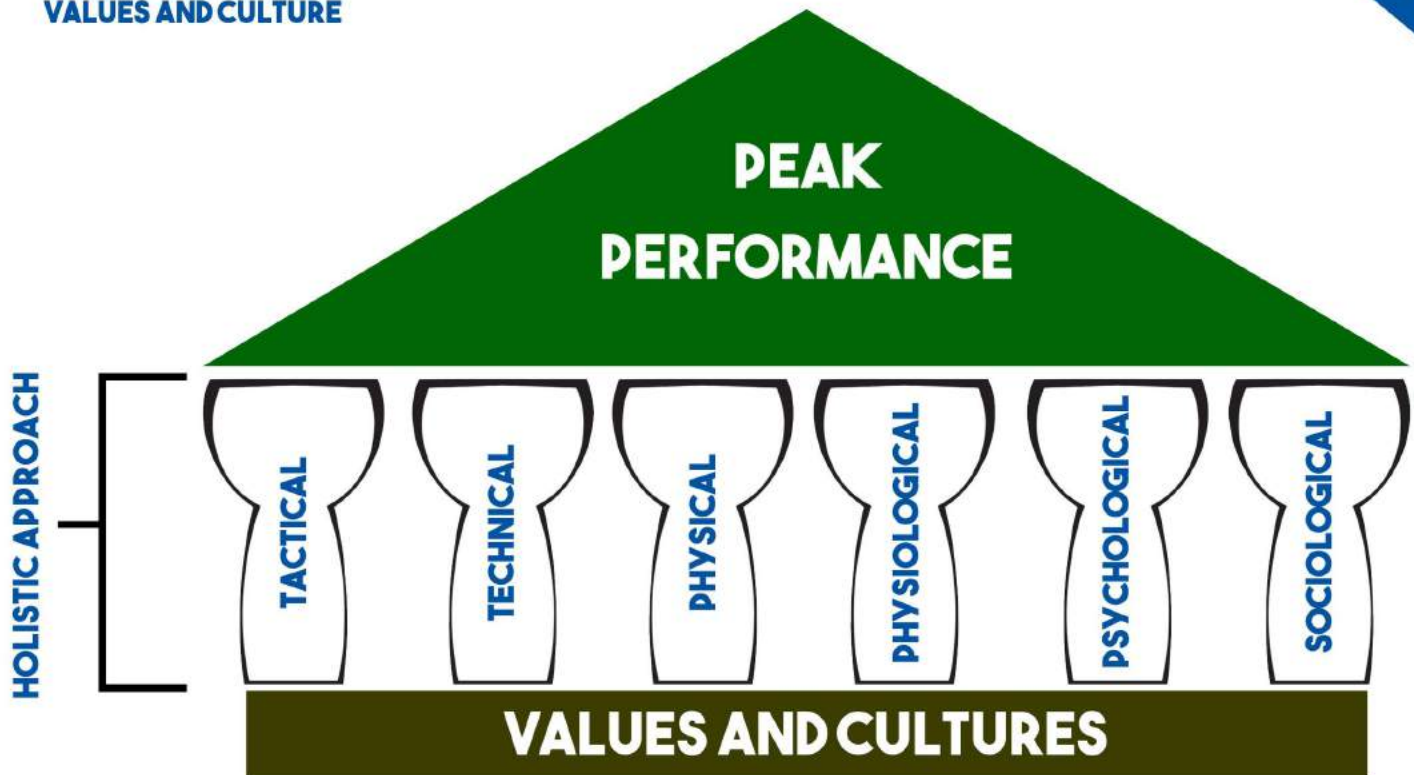
- Infrastructure – fields and other facilities
- Organization – club structure

Development Approach Model:

Development is influenced by each of the factors displayed in the diagram below. Each Club must analyze each of these components within their own Club environment and create realistic objectives and ensure that each member of their club is working towards their short, medium and long-term objectives set within each component.





VALUES AND CULTURE

As indicated in the image above, the values and cultures of the program set the foundation for success. At the very top of the structure is where the ultimate goal lies: peak performance. Culture refers to the environment we create, and values represent the principles that all decisions and actions must adhere to. The set culture and values must be non-negotiable aspects of the program that can never be compromised. Thus, a thorough understanding from all involved parties within the program is essential.



VALUES AND CULTURE

Values – PRIDE:

Professionalism

- Conduct ourselves in a professional manner on and off the field. This is inclusive of both behaviour and attitude.

Respect

- Showing everyone, including ourselves, a high level of respect and demonstrate good morals and principles.

Intelligence

- Educating ourselves to be a better person and footballer. We want better decision-makers and problem-solvers.

Discipline

- Ensuring that we demonstrate controlled aggression on the field, and exhibit self-discipline off the field to accomplish any goals we set.

Excellence

- Giving your maximum effort and courage to continuously improve in all facets of life.



Culture



CULTURE:

Growth Mindset

- Everything is a skill that can be incrementally improved with effort. Being a “natural” can be a curse – these individuals are prone to developing a fixed mindset and tend to believe showing effort negates being “naturally gifted”.

Grit

- Passion and perseverance towards a distant goal despite being confronted by significant obstacles and distractions.

Task-Oriented

- Opposed to an ego-oriented approach, task-oriented individuals place the team’s success over individual success.

Accountability

- Don’t look to shift blame. Always ask: “what can I control and what can I do better?”

Positive Attitude

- Mistakes are inevitable, but it’s the response that really matters. Mistakes provide learning experiences and opportunity for continual improvement.

Commitment

- You’re either in or you’re out; you do, or you don’t. There is no in between.

HOLISTIC DEVELOPMENT

| TACTICAL | TECHNICAL | PHYSICAL | PHYSIOLOGICAL | PSYCHOLOGICAL | SOCIOLOGICAL |
|---|--|--|---|--|---|
| <ul style="list-style-type: none"> • Positional awareness • Anticipation • Decision-making • Pattern recall and recognition • Visual search behaviors • Problem solving | <ul style="list-style-type: none"> • Passing • Shooting • Defending • Control • Heading • Dribbling • Handling (GK) | <ul style="list-style-type: none"> • Age • Body Mass • Height • Somatotype • Maturation (PHV & PWV) • Girths • Body Composition • Bone Density | <ul style="list-style-type: none"> • COD/Agility • Anaerobic (Speed, RSA, Jumping Strength, Power) • Aerobic ($\text{VO}_{2\text{max}}$, $\text{vVO}_{2\text{max}}$) | <ul style="list-style-type: none"> • Coachability • Self-Confidence • Anxiety Control • Motivation • Concentration • Self-Regulation • Discipline • Social Support • Resilience • Growth Mindset | <ul style="list-style-type: none"> • Parental Support • Socio-Economic Background • Education • Location • Coach-Child Interaction • Cultural Background • Transport |



PROGRAM OBJECTIVES

It is important to set clear and measurable objectives to define the effectiveness of your designed program. Setting these objectives gives you long-term vision and short-term motivation. Having a detailed and defined vision of success ensures all involved stakeholders are on the same page. Additionally, these objectives allow clubs to focus their energy and resources to help their club grow, both in participation and quality.



Defining Success for Player Development

SHORT TERM GOAL (0-1 Years)

- Game Effectiveness – proficient technical foundation and football intelligence and problem-solving

MEDIUM TERM GOAL (2-3 Years)

- Consistent player growth from cycle-to-cycle

LONG TERM GOAL (3+ Years)

- First Team Club Football and National Team Football
- Development through club-run academies should provide the best chance for success at Elite levels of play



From the very start, it is essential to set clear expectations for all involved parties. Clear expectations of coaches, players, and parents makes it easy for everyone to understand what role they play in the program. If everybody understands and does their part, it is easier for the program to move forward.

The provided expectations is from the Center of Excellence Program which aligns with what is expected within the National Team level.

Coach Expectations: Improving the game from the training ground...

[Taken from United Airlines GFA Center of Excellence Program SP18]

• CREDENTIALS

- Head Coaches in the COE must hold a minimum of an AFC “C” License
- Assistant Coaches must hold a minimum of a GFA “D” License
- Coaches who do not meet requisite credentials must be on track to fulfill certification by the end of the Fall Program

• ATTENDANCE

- If we expect players to show commitment and consistency, then coaches must be held to a higher standard – Coaches should refrain from leaving during the program for vacation and/or other leisure purposes

• PREPARING FOR SESSIONS

- Arrive Early – Entire session should be set-up at least 15 minutes prior to start time. Give yourself enough time to prepare the necessary equipment
- Session Plan – Review and visualize the session plan prior to arriving to the field
 - o Make necessary adjustments according to player skill level
 - o Have planned progressions/regressions
 - o Understand the objective(s) of the training sessions
- Improve – Reflect on the session afterwards:
 - o What were some of the problems of the drills/session?
 - o What are some solutions to overcome those obstacles?
 - o What can be improved my performance as a coach?

SETTING EXPECTATIONS (CONTINUED)

• PLAYER ASSESSMENTS

- Coaches will provide 2 player evaluations during the course of the program for each player
 - o Mid-Program
 - o Post-Program
- Why?
 - o Individual Development – Helps player identify potential areas for growth for themselves
 - o Group Development – Helps coaches identify potential areas of growth for entire team
 - o Program Development – Helps administration and directors identify potential areas of growth for the COE

• ENVIRONMENT

- Coaches will maintain a safe and engaging environment for players to cultivate their skills

• LEAD BY EXAMPLE

- Coaches are expected to demonstrate high ideals and good habits in personal behavior and demand the same standards of their players

• COMMUNICATION

- Coaches will maintain a good line of communication with parents and players



SETTING EXPECTATIONS (CONTINUED)

Player Expectations: Improving the game from the pitch...

[Taken from United Airlines GFA Center of Excellence Program -- SP18]

• BEHAVIOR AND CONDUCT

- Players are expected to...
 - o Be role models for the football community on Guam
 - o Leave every area in a better state then the condition in which it was found
 - o Meet every challenge with a positive attitude and perform every task with complete effort
 - o Treat all teammates, coaches, staff members, and parents with utmost respect
 - o Never give up on their team or themselves
 - o Compete hard, but fair
 - o Ask for help when needed and give help when asked. We are a family and one succeeds/fails, then we all succeed/fail
 - o Take responsibility for the development of their game and work to cultivate their skills on their own time.
 - o Assess their performance after each session or game and reflect on how they can improve next time around

• ROLES AND RESPONSIBILITIES

- On Arrival:
 - o Greet coaches with a handshake and smile
 - o Arrange water and personal belongings in a neat and orderly fashion
 - o Take note of equipment being used for the session
 - o Count the Balls
- During Training:
 - o Pay attention when the coach is talking
 - o Perform every task to the best of your ability
 - o Ask questions when you don't understand or need assistance
- Before Leaving:
 - o Collect and reset all equipment at the end of training
 - o Clean Training Area
 - o Shake hands with teammates and coaches
 - o Speak with the coach about any concerns



LONG TERM PLAYER DEVELOPMENT MODEL (LTPD)



Why do we need a Long-Term Player Development (LTPD) model?

- Raise the level of physical literacy
- Decrease the risk of injury and disease
- Increase the number of children and adolescents staying involved
- Trust in football clubs
- Guides coaches to create a learning environment
- Higher achievements/performance
- More enjoyment



ACTIVE FOR LIFE PHASE: Through the lifespan
Improving the quality of life through an active lifestyle and social interaction.

PERFORMANCE PHASE: Ages 22+
Performing at the highest level from an individual and team standpoint.
Playing to win.

LEARNING TO WIN PHASE: Ages 17 to 22
Development of a winning mentality.
Understanding the qualities necessary to achieve success and appropriately respond to failure within the game.

GAME TRAINING PHASE: Ages 13 to 16
Learning key game principles. Understanding how to effectively play the game as a cohesive team.

SKILL ACQUISITION PHASE: Ages 9 to 12
Refinement of fundamental skills to effectively play the game. Majority of time should be spent on developing techniques into skill for game application.

FUN PHASE: Ages 6 to 8
Building physical literacy - fundamental motor skills to value physical activity as part of holistic development of the person. The focus is on learning through the means of fun activities and an introduction into some structured competition.

ACTIVE START: Up to age 5
Cultivate a child's passion to play in order to make physical activity an enjoyable part of daily life



Risks of playing outside of the appropriate LTPD Phase:

- Appropriate level of competition is critical to technical, tactical, social, emotional, and mental development at all phases
- Over-competition and undertraining at the "Skill Acquisition" and "Game Training" phase result in a lack of basic skills, fitness, and knowledge.
- Players develop bad habits because of the over-emphasis on winning instead of developing to fulfill their potential
- Children don't have fun. As a result, many athletes end up burning out and dropping out of sport because of the excessive stress to perform well early in development.



LONG TERM PLAYER DEVELOPMENT MODEL (LTPD)

Why do we need an LTPD?

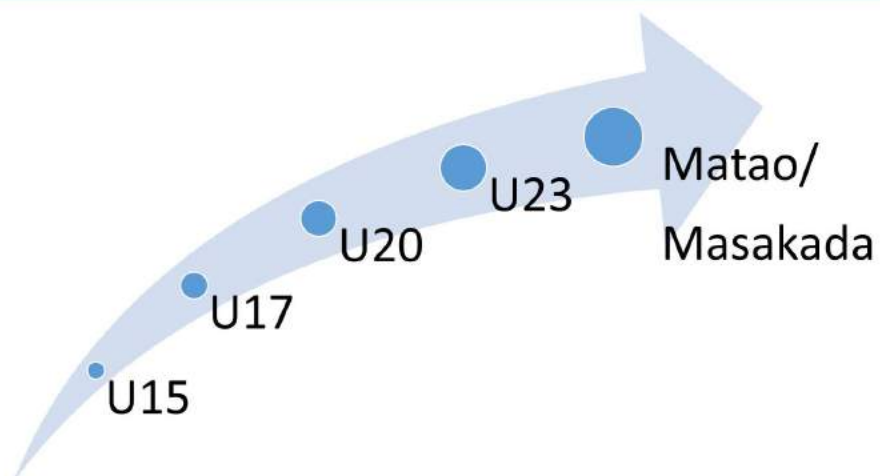
1. Raise the level of physical literacy
2. Decrease the risk of injury and disease
3. Increase the number of children and adolescence staying involved
4. Trust in football clubs
5. Guides coaches to create a learning environment
6. Higher achievements/ performance
7. More enjoyment

Risks of playing outside of the appropriate LTPD phase:

- Appropriate level of competition is critical to technical, tactical, social, emotional, and mental development at all phases
- Over-competition and undertraining at the “Skill Acquisition” and “Game Training” phase result in a lack of basic skills, fitness, and knowledge. Players develop bad habits because of the over-emphasis on winning instead of developing to fulfil their potential

| STAGE | AGE | DESCRIPTION |
|-------------------|----------------------|---|
| Active Start | up to 5 | Cultivating a child's passion to play in order to make physical activity an enjoyable part of daily life. |
| FUNDamentals | 6-8 | Building physical literacy - fundamental motor skills to value physical activity as part of holistic development of the person. The focus is on learning through the means of fun activities and an introduction into some structured completion. |
| Skill Acquisition | 9-12 | Refinement of the fundamental skills to effectively play the game. Majority of time should be spent on developing techniques into skill for game application. |
| Game Training | 13-16 | Learning key game principles. Understanding how to effectively play the game as a cohesive team. |
| Learning to Win | 17-22 | Development of a winning mentality. Understanding the qualities necessary to achieve success and appropriately respond to failure within the game. |
| Performance | 22+ | Performing at the highest level on from an individual and team standpoint. Playing to win. |
| Active for Life | Through the lifespan | Improving the quality of life through an active lifestyle and social interaction. |

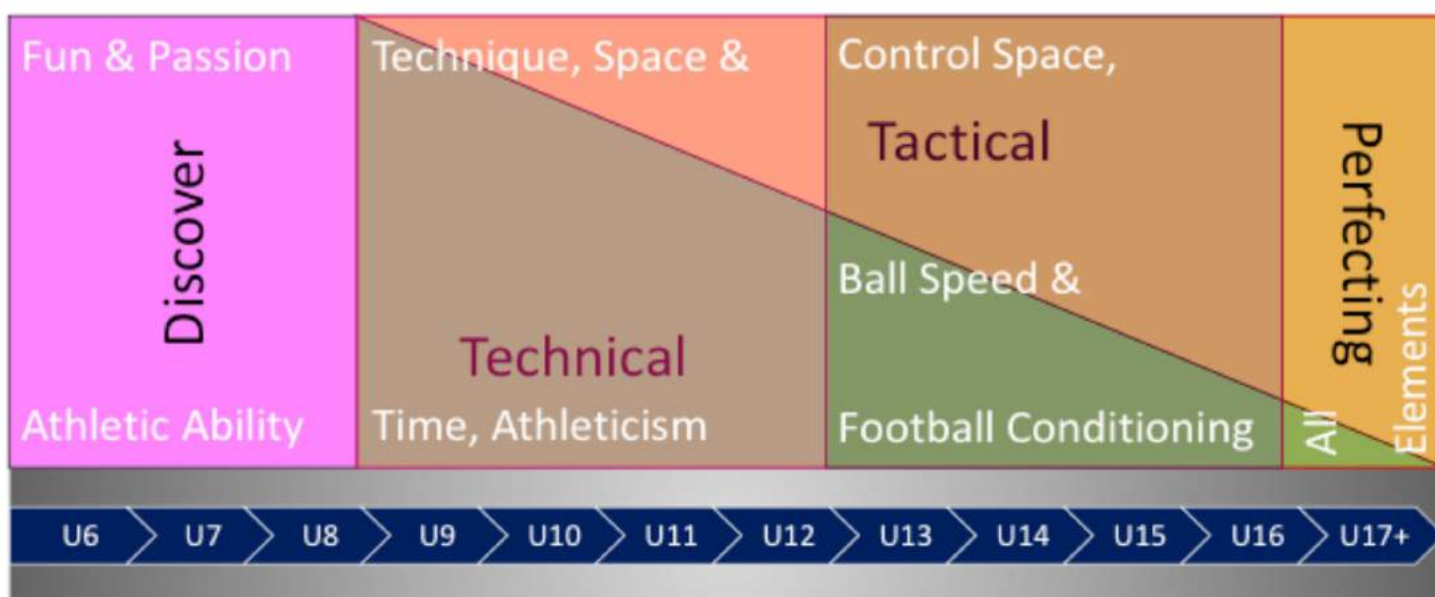
Long-Term Player Development Pathway



The quality of the curriculum dictates production line of players within the club. The curriculum serves as the roadmap in building and developing the best-suited players for your club. The playing philosophy and long-term player development model (following section) are the two central pillars around which the curriculum is constructed.

Below is Guam's Playing Philosophy, our GFA Player Development Programs are built on this Philosophy as we want to develop players who can play this style.

LEARNING WHAT + WHEN



Develop a culture of success with unassuming confidence that builds intelligent and fearless players, who prioritize the team's and island's aspirations.

Offensively we will have an effective possession-based game with a dynamic and high tempo passing.

Defensively, we will regain possession as high and as quick as possible, with intelligent and aggressive team-oriented play.

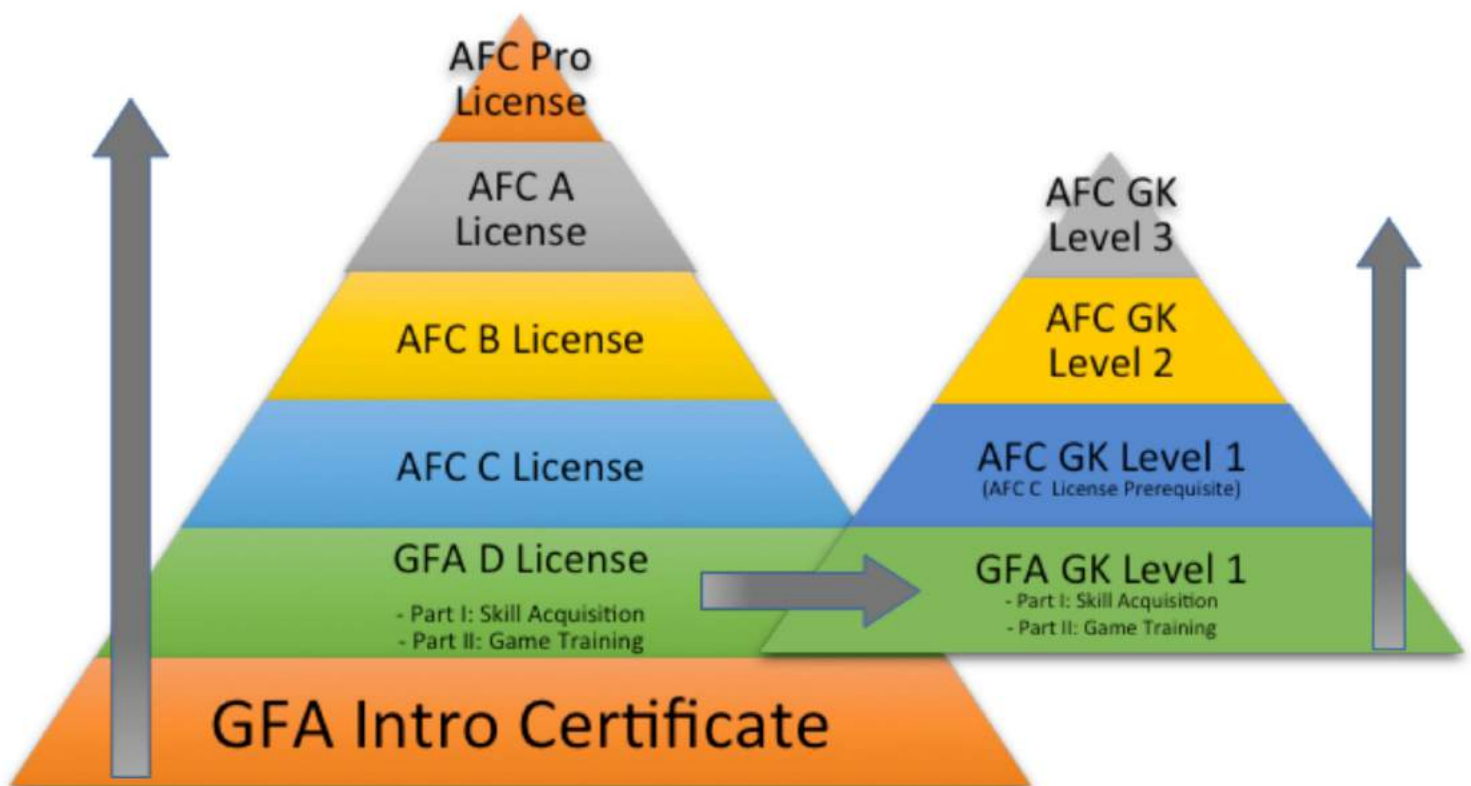
COACH / STAFF DEVELOPMENT

It is important that clubs continuously look for methods to develop their coaches and staff. Professional development can help to ensure your staff maintain and enhance the knowledge and skills needed to provide the optimal environment to cultivate intelligent and confident footballers.

If a club is unable to conduct its own continuing education courses, they should coordinate with the GFA to provide coach education courses and other workshops.

The figure below outlines the coaching pathway and the link to GFA Coach Education Calendar and Registration page.

LINK: <http://www.guamfa.com/education/coaches/forms>



SAMPLE SESSION GLOSSARY

AT – Attacker

BELL TOUCHES – Tap the ball between your feet with the inside of your feet. Be sure to keep your hips over the ball as you touch the ball from side to side.

CHECK – (as in ‘check away from cone’ or ‘checking to receive’) making yourself available to receive the ball

COD – Change of direction

HOOKTURN – (a.k.a. Cruyff turn) Begin by dribbling forward. Turn by using the **INSIDE** of the foot to hook the ball **BETWEEN** your legs to change direction.

DF – Defender

GK – Goalkeeper

GT – Game Training

OUT-IN (1-FOOT) – Touch the ball with the outside of one foot following by the inside of the same foot. Repeat.

OUT-IN (ALTERNATING) – Touch the ball with the outside of one foot following by the inside of the same foot. Repeat with opposite foot.

INSIDE CUT – Begin by dribbling forward. Turn by using the **INSIDE** of the foot to hook the ball back to change direction.

INSIDE SLIDE – Roll the Ball from the outside to the inside using the sole of the foot. Repeat with opposite foot. The ball should never stop rolling.

INSIDE TWIST – Begin by dribbling forward. Use “inside cut” to change direction, and in the same motion sweep the ball with the inside of the same foot to complete a full 360 spin.



SAMPLE SESSION GLOSSARY

JOCKEYING – Delaying forward movement when defending the ball-carrier by keeping him/her in front and under passive pressure. Jockeying denies your opponent time and space, and it's a good tactic to allow your team-mates to get back in position.

L – Left

OUTSIDE CUT – Begin by dribbling forward. Turn by using the OUTSIDE of the foot to cut the ball back and change direction.

OUTSIDE SLIDE – Roll the ball from the inside to the outside using the sole of the foot. In the same motion, stop the ball with inside of the same foot. Repeat with opposite foot.

OUTSIDE TWIST – Begin by dribbling forward. Use “outside cut” to change direction and in the same motion sweep the ball with the outside of the same foot to complete a full 360 spin.

PLAYER TASK – Goals set out for the individual to attain a certain outcome within an exercise/drill

PROGRESSION – How to scale up an exercise to make it more challenging

PULLBACKTURN – Begin by dribbling forward. Use the SOLE of the foot to pull the ball back to change directions. Turn your body according to the foot that you use to pull the ball (If you use your right foot to pull the ball back, then turn over your right shoulder)

PULL PUSH – Pull the ball back with the sole of the foot and push the ball forward with the laces of the same foot. Switch feet and repeat.



SAMPLE SESSION GLOSSARY

R – Right

REGRESSION – how to scale back an exercise to make it easier

RWB – Running with the ball

SA – Skill Acquisition

SIDE STEP – Feint utilized to beat a defender in 1v1 situation. Begin by dribbling forward. Step to the side of the ball to offset defender and take the ball to the opposite direction with the opposite. Be sure to sell feint by exaggerating fake in the initial step.

SIDE-ON – (in defence) overplaying a side to make play predictable. Using body position to dictate where the ball-carrier will move; (in attack) Refers to an “open” body position when receiving in order to play the ball forward.

SCISSORS – Feint utilized to beat a defender in 1v1 situation. Begin by dribbling forward. For a right-footed fake, pretend to push the ball with the outside of the RIGHT FOOT. Instead of touching, however, you loop around the front of the ball, land on your right foot to offset defender. Quickly use the outside of your left foot to take the ball in opposite direction. Be sure to sell feint by exaggerating fake in the initial step.

STEPOVER TURN – Begin by dribbling forward. Swing your leg over the ball as if you were faking a pass/shot. Plant your swinging leg and pivot your body to go the opposite direction. Use the OUTSIDE of your swinging foot to take the ball in the opposite direction. Repeat with opposite foot.

STEPOVER TURN W/ OPPOSITE – Begin by dribbling forward. Swing your leg over the ball as if you were faking a pass/shot. Plant your swinging leg and pivot. As you pivot, use the INSIDE of the non-swinging leg to take the ball in the opposite direction



SAMPLE SESSION GLOSSARY

TEAM TASK - Goals set out for the team to attain a certain outcome within an exercise/drill

TOE-TAP - Tap the top of the ball with the bottom of your foot (balls of the feet). Alternate between right and left as quickly as possible. Swing your arms to help you move your legs faster.

U-TURN - Begin by dribbling forward. Use the front of your sole to pull the ball across your body to go in the opposite direction. Be sure hop around the ball as you pull with the sole of your foot.

V-TURN TO SAME FOOT (INSIDE) - Reach across your body and pull the ball back with the sole of your foot making the first part of the letter "v". As you pull the ball back, open up your body by hopping on the planted leg. Push the ball away with the INSIDE of the SAME foot to the other side of your body to make the second part of the letter "v". Repeat by starting with opposite foot.

V-TURN TO SAME FOOT (OUTSIDE) - Reach across your body and pull the ball back with the sole of your foot making the first part of the letter "v". As you pull the ball back, open up your body by hopping on the planted leg. Push the ball away with the OUTSIDE of the SAME foot to the other side of your body to make the second part of the letter "v". Repeat by starting with opposite foot.



SAMPLE SESSION GLOSSARY

V-TURN TO OPPOSITE FOOT (INSIDE) – Pull the ball back with the sole of your foot making the first part of the letter "v". As you pull the ball back, hop to open up your body to the opposite side. Push the ball away with the **INSIDE** of the **OPPOSITE** foot to the other side of your body to make the second part of the letter "v". Repeat by starting with opposite foot.

V-TURN TO OPPOSITE FOOT (OUTSIDE) – Pull the ball back with the sole of your foot making the first part of the letter "v". As you pull the ball back, hop to open up your body to the opposite side. Push the ball away with the **OUTSIDE** of the **OPPOSITE** foot to the other side of your body to make the second part of the letter "v". Repeat by starting with opposite foot.

WEAK FOOT – Non-dominant kicking leg

WITCH-HAT – Conical shaped marker

WU – Warm up



U6/U8 Fun Phase (RWB/Dribbling)

DESCRIPTION

Topic: Running with the ball (RWB)
Objective: Recognizing open space

(WU) RWB (10 mins)

OBJECTIVE

Quality touches on the ball
Recognizing the open space

SETUP

- 20m x 20m (grid large enough to house all players)
- Markers, balls, bibs

PROCEDURE

- Split the players into two teams
- AT Team (Blue) hangs a bib on one side of their shorts
- DF Team (Red) grabs the bib from the AT team
- Players are eliminated once their bib is pulled
- Switch roles after two rounds (5 mins)

PROGRESSION

- P1: All players AT and DF have a ball (5 mins)

REGRESSION

- R1: DF players are assigned a designated AT player

COACHING POINTS

- RWB Technique: Dribble with "pinky toe." Toe down, heel up. Minimize touches to get across (utilize bigger touches. PACE!).
- Scanning play area: Head up between touches to scan the field.
- First touch: Strong touch out to exploit space and quickly build pace

PLAYERS TASKS

- Can you recognize the open space?



RWB TAG (15 mins)

OBJECTIVE

Recognizing the open space

SETUP

- 12m x 12m
- Each player with a ball
- Coach is the tagger
- Markers, balls

PROCEDURE

- Players start on one end and try to run with the ball to the opposite end without being tagged
- Coach tries to tag the players

PROGRESSION

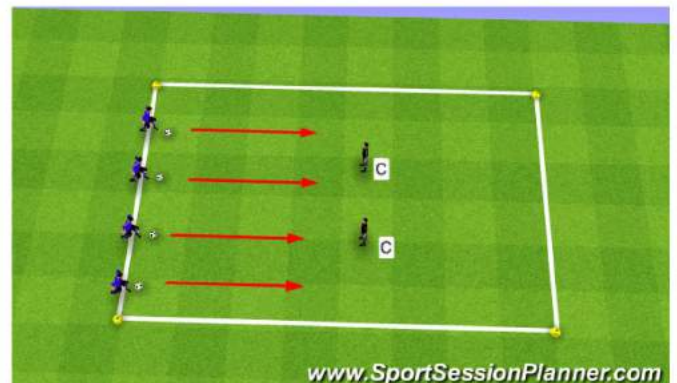
- P1: Only 1-2 players go at a time

COACHING POINTS

- RWB Technique: Dribble with "pinky toe." Toe down, heel up. Minimize touches to get across (utilize bigger touches. PACE!).
- Scanning play area: Head up between touches to scan the field.
- First touch: Strong touch out to exploit space and quickly build pace

PLAYERS TASKS

- Can you recognize the open space?
- Can you control the ball and find space while running?





U6/U8 Fun Phase (RWB/Dribbling)

DESCRIPTION

Topic: Running with the ball (RWB)
Objective: Recognizing open space

RWB and Quickfire Shooting (15 mins)

OBJECTIVE

RWB under control
Transition from RWB to shooting

SETUP

- 30m x 20m
- Two teams
- Two small goals
- Markers, balls, bibs

PROCEDURE

- First player (Red) dribbles over halfway line and shoots into the goal
- After players shoot, rotate lines
- Avoid knocking over large cones in the center of the goal (GK position)

PROGRESSIONS

- P1: First player (Blue) dribbles over the halfway line and shoots into the goal
 - As soon as Blue shoots, becomes DF and defend against Red
 - Second player (Red) goes as soon as the Blue shoots the ball
 - After the shot, becomes DF and defends the next blue player

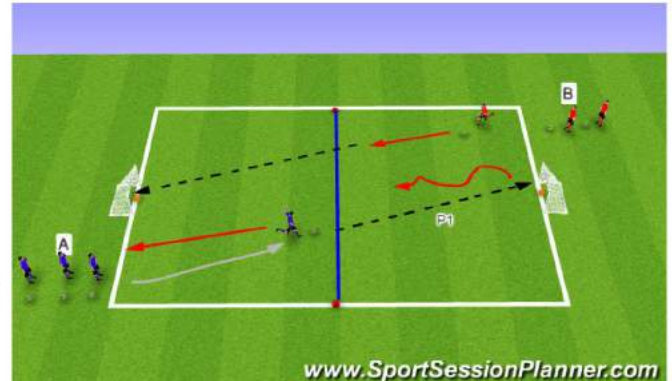
COACHING POINTS

RWB

- RWB Technique: Dribble with "pinky toe." Toe down, heel up. Minimize touches to get across (utilize bigger touches. PACE!).
- Scanning play area: Head up between touches to scan the field.
- First touch: Strong touch out to exploit space and quickly build pace

SHOOTING

- Space to Shoot: Enough space player and the ball
- Approach and Balance: Small steps as the player approaches the ball. Last step is a large step. Lean forward to keep the ball low. Eyes up in the approach to observe the target/GK position. Eyes on the ball during the final step and strike.
- Striking technique: Analyze and fix shooting mechanics. Ankle locked. Follow through.



4v4 Games (20 mins)

SETUP

- 30m x 20m
- Small goals on either side of each field
- Balls are set up near each of the goals

PROCEDURE

4v4

- Set up four teams to play each other (depending on numbers)



U6/U8 Fun Phase (Striking)

DESCRIPTION

Topic: Striking

Sub-topic: Shooting

Objective: Striking the ball with the instep (basic shooting technique)

(WU) Shooting Technique + Accuracy (10 mins)

OBJECTIVE

Striking the ball with the instep (basic shooting technique)

SETUP

- 20m x 10-15m
- Witches-hats (Medium-sized tall cones) in the middle
- Two grids (One grid = One team)

PROCEDURE

- Start: Dead ball (stationary)
 - Players attempt to knock over witches-hats in the middle using proper striking technique
 - First team to knock over all witch-hat cones in the center wins

PROGRESSION

- P1: Strike the ball while rolling
- P2: Weak foot

REGRESSION

- R1: Make the distance shorter

COACHING POINTS

- Approach to the ball: Approach the ball at an angle with small steps
- Planted foot: Plant foot next to the ball; toes facing target
- Body position: Head down; forward lean; ankle locked on striking foot
- Striking/Follow Through: Swing through the ball; strike center of the ball with laces; find "sweet-spot"; land on striking foot

EMPHASIZE TECHNIQUE AND FEELING, NOT POWER



RWB & Shooting (15 mins)

OBJECTIVE

RWB under control; Transition from RWB to shooting

SETUP

- 30m x 25m (split the field in half)
- 10m x 10m (shooting zone)
- Two grids (or depends on number of players)

PROCEDURE

- Player A (Blue) will RWB into the zone and shoot

PROGRESSION

- P1: Add goalkeeper
- P2: Add trailing DF

COACHING POINTS

RWB

- RWB Technique: Dribble with "pinky toe." Toe down, heel up. Minimize touches to get across (utilize bigger touches. PACE!).
- Scanning play area: Head up between touches to scan the field.
- First touch: Strong touch out to exploit space and quickly build pace

SHOOTING

- Space to Shoot: Enough space player and the ball
- Approach and Balance: Small steps when approaching the ball. Last step is a large step. Lean forward to keep the ball low. Eyes up in the approach to observe the target/GK position. Eyes on the ball during the final step and strike.
- Striking technique: Analyze and fix shooting mechanics. Ankle locked. Follow through.

PLAYERS TASKS

- Can you get the ball under control while you slow down?





U6/U8 Fun Phase (Striking)

DESCRIPTION

Topic: Striking

Sub-topic: Shooting

Objective: Striking the ball with the instep (basic shooting technique)

RWB and Quickfire Shooting (15 mins)

OBJECTIVE

RWB under control

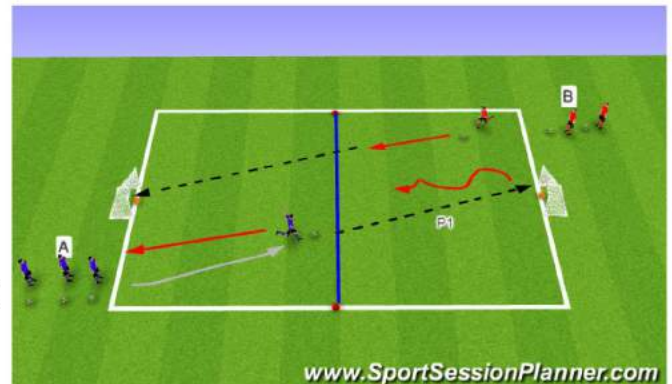
Transition from RWB to shooting

SETUP

- 30m x 20m
- Two teams
- Two goals
- Markers, balls, bibs

PROCEDURE

- First player (Red) dribbles over halfway line and shoots into the goal
- After players shoot the ball, they will go to the next line
- Avoid knocking over large cones in the center of the goal (GK position)



PROGRESSIONS

- P1: First player (Blue) dribbles over the halfway line and shoots into the goal
 - As soon as they shoot, they will now become a DF
 - Then the second player (Red) goes as soon as Blue shoots the ball

COACHING POINTS

RWB

- RWB Technique: Dribble with “pinky toe.” Toe down, heel up. Minimize touches to get across (utilize bigger touches. PACE!).
- Scanning play area: Head up between touches to scan the field.
- First touch: Strong touch out to exploit space and quickly build pace

SHOOTING

- Space to Shoot: Enough space player and the ball
- Approach and Balance: Small steps as the player approaches the ball. Last step is a large step. Lean forward to keep the ball low. Eyes up in the approach to observe the target/GK position. Eyes on the ball during the final step and strike.
- Striking technique: Analyze and fix shooting mechanics. Ankle locked. Follow through.

4v4 Games (20 mins)

SETUP

- 30m x 20m
- Goals on either side of each field
- Balls are set up near each of the goals
- Markers, bibs

PROCEDURE

4v4

- Set up four teams to play each other (depending on numbers)



U9/U10 Skill Acquisition Phase (RWB/Dribbling)

DESCRIPTION

Topic: Dribbling & 1v1

Sub-topic: Running with the ball (RWB) & Change of Direction (COD)

Objective: COD technique and turning away from pressure

(WU) Ball Mastery - COD (10 mins)

OBJECTIVE

Quality touches on the ball

SETUP

- 20m x 20m (Make grid that is big enough to house everyone)
- Markers, Balls

PROCEDURE

- Players move freely within designated play area and work on indicated skills
- Instruct players to start slow to build a rhythm and look to increase the tempo/intensity as they begin to get more comfortable with each movement
- Choose 4-5 Change of Direction (COD) variations

DRIBBLING

- Toe-taps
- Bell-Touches
- Out-In (one foot)
- Out-in (alternating feet)

CHANGE OF DIRECTION (COD)

- V-Turn to Same Foot (inside)
- V-Turn to Same Foot (outside)
- V-Turn to Opposite Foot (inside)
- V-Turn to Opposite Foot (outside)
- Inside Turn
- Outside turn
- Pull Back
- Hook Turn
- Step-over Turn
- Step-over Turn with Opposite

COACHING POINTS

- Head up to analyze play area
- Accuracy of movements
- Check over shoulder before turning
- Sharp turn and recover the ball quickly after turning

PLAYER TASK

- Can you manipulate the ball with the different surfaces of your foot?



COD (15 mins)

OBJECTIVE

Quality touches on the ball; perform COD with good technique

SETUP

- 15m x 15m with a square zone central for turning
- Four lines of two players
- Witches hats (tall cones) markers, balls

PROCEDURE

- Players dribble to the center zone and perform the turn specified by the coach
- After turning players dribble the ball back and perform a takeover with the next player waiting in line
- One minute for each turn; perform turns with each foot
- Choose 4-5 variations

VARIATIONS

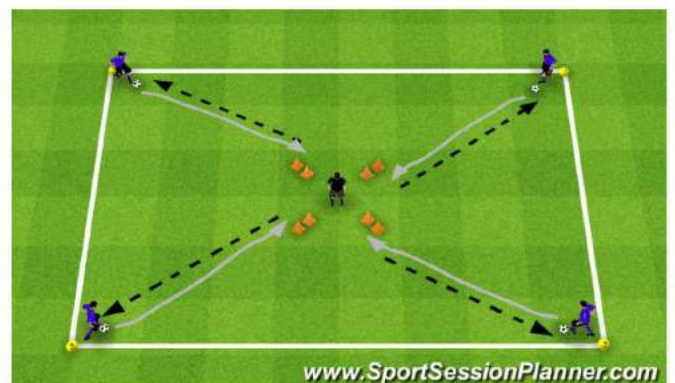
- Inside turn
- Outside turn
- Hook turn
- U-Turn
- U-Turn Stepover
- Inside Twist
- Outside Twist

PROGRESSION

- P1: Pass to next player in line after performing the turn

COACHING POINTS

- Dribble aggressively towards the center zone (approach correct side of cones)
- Keep the ball close
- Time the turn before the cone (not too close/not too far)
- Turn quickly and 180 degrees (movement should be sharp)
- Do not turn into the cone (hide the ball)
- Change of pace and change of speed after performing the turn





U9/U10 Skill Acquisition Phase (RWB/Dribbling)

DESCRIPTION

Topic: Striking

Sub-topic: Shooting

Objective: Striking the ball with the instep (basic shooting technique)

1v1: Turning Away from Pressure (20 mins)

OBJECTIVE

Turning away from pressure by using COD skills

SETUP

- 20m x 15m
- Two teams
- Two mini goals
- Markers, balls, bibs

PROCEDURE

- Coach plays ball out
- AT (Blue) tries to turn and score on either mini goal
- DF (Red) must wait for AT to take a first touch before attempting to prevent AT from turning to goal
- If DF regains possession, they look to score on opposite goal
- Switch roles after three to four rounds



PROGRESSION

- P1: DF can enter as the ball is played out (doesn't have to wait for AT to have a touch before regaining the ball)
- P2: AT has eight seconds to score

REGRESSION

- R1: DF will shadow the AT

COACHING POINTS

- Approach: AT should run in front of DF path to the ball; body is always between DF and ball. This negates the speed of the DF.
- Spin out: If DF overplays a side and over commits. Utilize one of the COD skills to turn in opposite direction

4v4 Games (20 mins)

SETUP

- Two fields side by side 30m x 25m
- Goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

4v4 or 5v5

- Set up four teams to play each other (depending on numbers) 4-5 mins rounds
- Rotate players into a different position after each game so players will eventually play in each position at least once
- If more than 5v5, rolling subs every 1 min



U9/U10 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking and Controlling

Sub-topic: Passing and Receiving

Objective: Passing technique

(WU) Linear Passing (10 mins)

OBJECTIVE Quality passes

SETUP

- Players in pairs; one ball per pair
- Markers, Balls
- Players 8-12m apart (distance depends on skill and age)

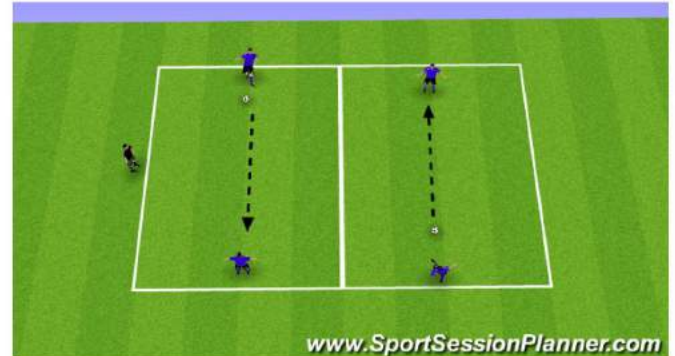
PROCEDURE

 FOCUS ON QUALITY OF PASSING TECHNIQUE

- Choose 3-4 variations (listed below)
- Players pass back and forth using designated passing and receiving skills
- After practicing for 2-3 minutes, have a competition with each variation. How many passes can you complete in a minute?

VARIATIONS

- Basic: Receive with inside of the foot (R) to trap the ball in front of you, take two steps back, pass with inside of the foot (R)
- Positive first touch: Receive with the inside of the foot (R), touche the ball forward with the same foot, pass the ball with the inside of the foot (R)
- Angled first touch to opposite foot: Receive the ball with the inside of the foot (R) to trap the ball across your body; pass the ball with the opposite foot (L)
- One touch: One touch passing with the inside of the foot (alternate feet)



COACHING POINTS

RECEIVING

- Be prepared to receive: Bouncing on your toes and ready to receive the ball. Eye contact between passer and receiving. Calling for the ball.

- Body shape: Bend your knees and cushion the ball on your first touch

PASSING

- Pass Technique: Plant foot (non-kicking foot) is positioned beside the ball and knee is slightly bent. Lock ankle and strike the center of the ball to keep pass on the ground. Sit low as you pass and keep your chest over the ball. Compact swing with body leaning over the ball
- Pass Quality/Weight of Pass: Play a firm pass to your partner. Slow passes = more time for DF to intercept. Keep the ability of the receiver in mind (how good is their control? Which foot do they prefer to receive?)

Triangle and/or Diamond Passing (foot) (15 mins)

OBJECTIVE

Quality first touch; side on when receiving (open body shape)

Receive on safe side/far foot (foot furthest from DF to play forward)

SETUP

- Markers 8-12m apart (distance dependent on skill level)
- Make triangle grids depending on number of players
- Balls

PROCEDURE

- Pass around the right side of the triangle; try to keep ball on the outside of the cone
- As soon as they pass the ball, players will follow their pass

PROGRESSIONS

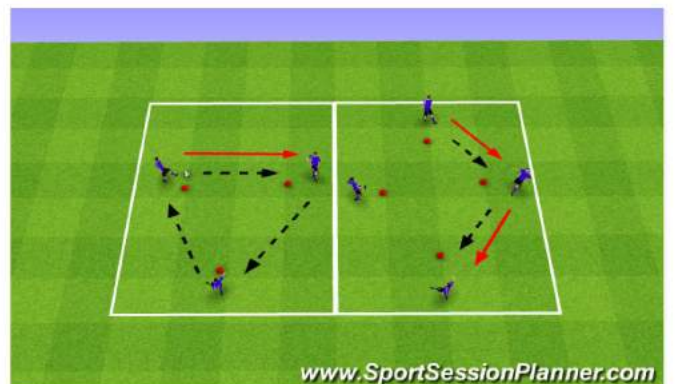
- P1: Switch direction (left foot)
- P2: Diamond Passing: Add an extra players and cone

REGRESSION

 R1: One line passing

COACHING POINTS

- Movement off the ball + Body Shape: Check away from the cone be side on. Side-on = ability to see passer and next receiver (maximize field of vision to see as much of the field/grid as possible)
- Accurate passes: Accurate and firm
- Quality of first touch: Out of feet, under control, and towards your next target)



U9/U10 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking and Controlling
Sub-topic: Passing and Receiving
Objective: Passing technique

2v1: SSG (15 mins)

OBJECTIVE

Recognizing when to pass the ball

SETUP

- 15-20m x 10-15m (depending on amount of players)
- Two dribble gates, 2-3m
- Markers, balls, bibs

PROCEDURE

- DF (Orange) plays ball to AT (Blue) to start
- AT team tries to dribble through one of the side gates to start
- If DF can win possession, score on mini goal
- Switch roles after 2-3 rounds

PROGRESSION

- P1: 3v2
- P2: 2v2 Bumper between dribble gates

COACHING POINTS

- When to dribble vs pass: Dribble to draw DF and release ball if he commits over to you. This frees up space for teammate to get through gates
- Maximize play area: Stay as wide as possible to make the DF work harder to defend.



4v4 / 5v5 Games (20 mins)

SETUP

- Two fields side by side 30m x 25m
- Goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

4v4 or 5v5

- Set up four teams to play each other (depending on numbers) 4-5 mins rounds
- Rotate players into a different position after each game so players will eventually play in each position at least once
- If more than 5v5, rolling subs every 1 min



U9/U10 Skill Acquisition Phase (Controlling)

DESCRIPTION

Topic: Striking and Controlling
Sub-topic: Passing and Receiving

Objective: Passing technique and Receiving with far foot to play forward

(WU) Ball Mastery (10 mins)

OBJECTIVE Quality touches on the ball

SETUP

- 20m x 20m (grid large enough to house all players)
- Each player with a ball • Markers

PROCEDURE

- Players perform specific techniques directed by coach (20-30 sec)
- Choose 4-5 variations

VARIATIONS

- Toe-tap • Inside Slide • Outside Slide • Roll + Stop
- Toe Tap 4x, Roll + Stop • Toe Tap 4x, Pull Back • Bell Touches
- Pull Push • Out-In (one foot) • Out-In (Alternating feet)
- Inside drag + Stop • Inside Turn • Outside turn • Hook turn
- Pull Back • Step-over Turn • Step-over Turn w/Opposite
- Side step • Scissors • V-Turn to Same Foot (Inside) • V-Turn to Same Foot (Outside)
- V-Turn to Opposite Foot (Inside) • V-Turn to Opposite Foot (Outside)



COACHING POINTS

- Able to perform the techniques with good body form (knees bent, upper body relaxed, use of arms, on balance)
- Able to move the ball with the proper part of the foot & contact proper part of the ball
- Able to perform the techniques with both feet
- Movements are rhythmic
- Able to perform the technique with head up / looking up

Receiving (10 mins)

OBJECTIVE

Quality first touch; using first touch to get away from pressure

SETUP

- 20m x 15m grid w/two markers in end zones in the middle one step apart; players in pairs with one ball per pair

PROCEDURE

- Player A (Red) will pass ball to Player B (Blue)
- Player will then receive the ball with far foot to touch the ball to opposite side of cones, then explodes with speed to run down the line with control of the ball

VARIATIONS

- Right foot pass; receive left foot touch to right foot & run with ball
- Left foot pass; receive right foot touch to left foot & run with ball

PROGRESSIONS

- P1: If getting lots of success, increase distance between players
- P2: Passer applies quick pressure until receiver takes first touch away and runs with the ball

REGRESSION

- R1: Decrease the distance between players
- R2: If problem is passing, have coach serve for one line and rotate players between lines

PLAYER TASKS

- Can you receive the ball with the inside of the foot?
- Can you touch the ball with your first touch in the direction you want to go?
- Can you put space between you and the opponent?



U9/U10 Skill Acquisition Phase (Controlling)

DESCRIPTION

Topic: Striking and Controlling
Sub-topic: Passing and Receiving

Objective: Passing technique and Receiving with far foot to play forward

Receiving with Defender (15 mins)

OBJECTIVE

Quality first touch; first touch away from pressure; shielding

SETUP

- 20m x 15m (reduce if area is too big)
- Two Teams
- Two small goals
- Markers, balls, bibs

PROCEDURE

- Split players into two teams
- DF team (Blue) passes the ball to AT team (Red)
- AT team takes their first touch either left or right (depending which side the defender is approaching)
- AT team can score in either goal
- If DF regains possession they can score in either goal

PROGRESSION

- P1: Reduce the playing area or distance between receiver and opponent (quicker pressure)

REGRESSION

- R1: Increase the time receiver has to take first touch (defender must run around a cone before entering grid or increase playing area)
- R2: Decrease distance or weight of pass (third player serves ball from a closer distance or coach serves ball accordingly)
- R3: Passive defending - defender applies pressure but cannot tackle; if successful, allow defender to win ball, but return it if gains possession
- R4: Shadow defending - defender applies pressure but cannot touch the ball

PLAYER TASKS

- Can you take your touch away from the defender?
- Can you prevent the defender from touching the ball?



3v2 (15 mins)

OBJECTIVE

Quality first touch; using first touch to get away from pressure

SETUP

- 20m x 15m (reduce if area is too big)
- Two Teams
- Two small goals
- Markers, balls, bibs

PROCEDURE

- DF (Red) initiates play by passing to deepest AT (Blue)
- AT must check and go to the ball and take their first touch either left or right (depending which side defender is coming)
- When AT takes a first touch, supporting players can enter and AT team can now score
- If DF regains possession they look to score in the opposite goal
- Once a goal is scored or the ball goes out, a new game starts
- AT rotate starting positions after each play is restarted
- After everyone had 3 attacks, the teams will switch roles

PROGRESSIONS

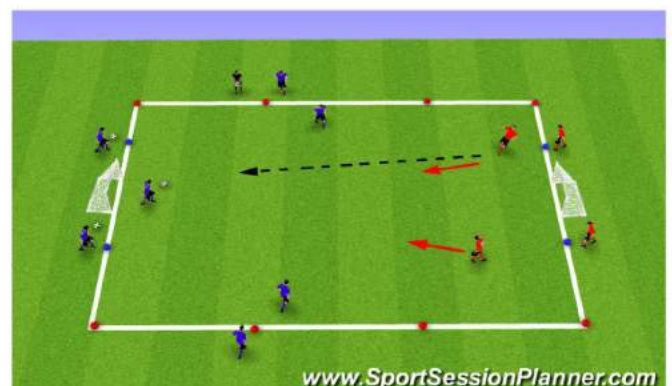
- P1: Limit number of touches (3-touch max, 2-touch max)
- P2: Reduce playing area
- P3: Coach serves ball in the air

REGRESSION

- R1: Increase distance between pass
- R2: Reduce numbers of defenders
- R3: If pass is problem, coach serves ball

PLAYER TASKS

- Can you take your touch away from the defender?





U9/U10 Skill Acquisition Phase (Controlling)

DESCRIPTION

Topic: Striking and Controlling

Sub-topic: Passing and Receiving

Objective: Passing technique and Receiving with far foot to play forward

4v4 / 5v5 Games (25 mins)

SETUP

- Two fields side by side 30m x 25m
- Goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

4v4 or 5v5

- Set up four teams to play each other (depending on numbers) 4-5 mins rounds
- Rotate players into a different position after each game so players will eventually play in each position at least once
- If more than 5v5, rolling subs every 1 min

TEAM TASK

- Can you get high and wide when you have possession of the ball?
- Can you stay narrow and compact when not in possession?



U9/U10 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking

Sub-topic: Shooting

Objective: Striking the ball with the instep (basic shooting technique)

(WU) No-Spin Juggles (10 mins)

OBJECTIVE

Finding "sweet spot" when striking ball with laces

SETUP

- Grid large enough to house all players; each player with a ball
- Markers, balls

PROCEDURE

- Players juggling the ball with NO SPIN
- Toes pointed down and ankles locked
- Make good contact with the laces of your foot and underneath ball
- Kicking foot slightly bent
- Planted foot (non-kicking leg) stands strong for good balance

VARIATION

- Right foot only
- Left foot only

PROGRESSION

- P1: Alternating feet (L, R, L, R)
- P2: 2 in a row (L, L, R, R, L, L, R, R)

REGRESSION

- R1: Hit, catch (L, catch, R, catch)
- R2: Hit, Hit, catch (L, R, catch, R, L, catch)

COACHING POINTS

- Coordination of movement pattern
- Timing of movement to meet the ball
- Balance



Basic Shooting (15 mins)

OBJECTIVE Quality shots at target

SETUP

- 15m away from goal (depending on age group)
- Three red witches hats (central, right, and left)
- Three markers to indicate starting position

PROCEDURE

- Players will start by dribbling to the witches hat
- As they approach the witches hat, they take a touch to one side of the witches hat and take a shot into the goal

ALTERNATE A > B > C

- Line A: Dribble with R & shoot with R
- Line B: Dribble with R & shoot with R; dribble with L & shoot with L
- Line C: Dribble with L & shoot with L

PROGRESSIONS

- P1: Shots going to the Near Post
- P2: Shots going to the Far Post
- P3: Do a move/feint before reaching the cone

REGRESSION

- R1: Dead ball
- R2: Coach will pass to the line

COACHING POINTS

- Space to shoot: Enough space between player and ball
- Approach and balance: Small steps when approaching the ball, last step is a large step. Lean forward to keep the ball low. Eyes up in approach to observe target/GK position. Eyes on the ball during the final step and strike
- Striking technique: Analyze and fix shooting mechanics. Ankle locked. Follow through.
- Shot selection: Introduce different shot techniques and how each is useful in various situations



U9/U10 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking

Sub-topic: Shooting

Objective: Striking the ball with the instep (basic shooting technique)

1v1 Shooting (20 mins)

OBJECTIVE

Transition RWB to shooting

Striking the ball with the instep (basic shooting technique)

SETUP

- 20m x 15m
- Two big goals
- Markers, balls, bibs

PROCEDURE

- Red initiates play by dribbling out. When enters the shooting zone, can look to shoot
- Once Red shoots, becomes DF, and Blue can then attack Red's goal to become a 1v1 situation
- If Red wins the ball he/she can take a shot at goal. Blue repeats

PROGRESSION

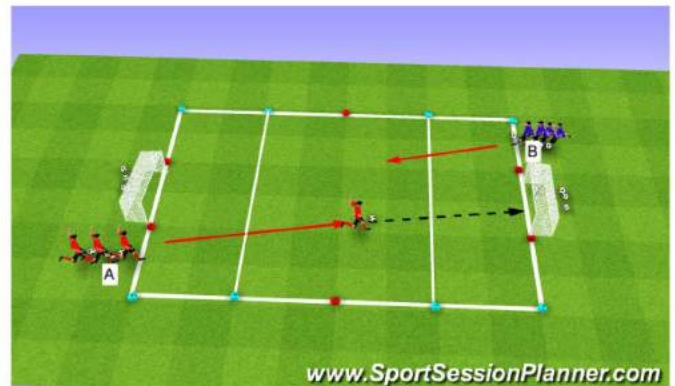
- P1: Limit the touches on the ball
- P2: Add a goalkeeper

COACHING POINTS

- Space to shoot: Enough space between player and ball
- Approach and balance: Small steps when approaching the ball, last step is a large step. Lean forward to keep the ball low. Eyes up in approach to observe target/GK position. Eyes on the ball during the final step and strike
- Striking technique: Analyze and fix shooting mechanics. Ankle locked. Follow through.

PLAYER TASKS

- Can you score with left or right foot?



4v4 / 5v5 Games (20 mins)

SETUP

- Two fields side by side 30m x 25m
- Goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

4v4 or 5v5

- Set up four teams to play each other (depending on numbers) 4-5 mins rounds
- Rotate players into a different position after each game so players will eventually play in each position at least once
- If more than 5v5, rolling subs every 1 min



U9/U10 Skill Acquisition Phase (Defending)

DESCRIPTION

Topic: Defending

Sub-topic: Pressure

Objective: Defender movement and preventing attackers from going forward

(WU) Dribbling (10 mins)

OBJECTIVE

Quality touches on the ball

SETUP

- 15m x 5-8m lanes
- 2-3 players per lane; each player with ball
- Markers, balls

PROCEDURE

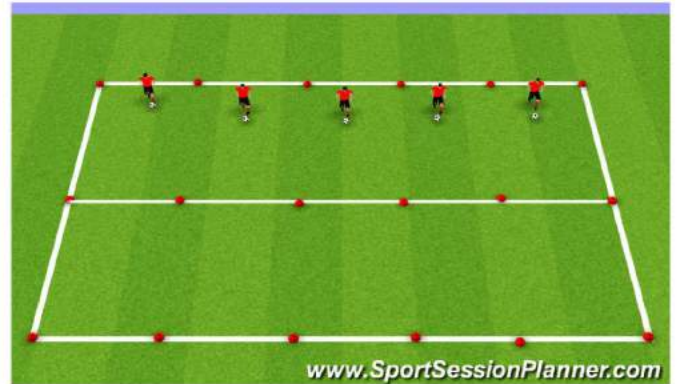
- Players perform specific techniques in their lanes as directed by the coach

VARIATION

- Dribble R/L only
- Toe-taps
- Bell-Touches
- Out-In (1-foot)
- Out-In (Alternating Feet)

COACHING POINTS

- Perform the techniques with **good balance and coordination**, (knees bent, upper body relaxed, use of arms, on balance)
- Move the ball with the **proper part of the foot** and **contact proper part of the ball**
- Perform the techniques with **both feet**
- Movements are **rhythmic**
- Perform the technique with **head up / looking up**



Defending WU (15 mins)

OBJECTIVE

Individual DF technique; jockeying

SETUP

- 15m x 5-8m lanes with 2-4 players in each

PROCEDURE

- DF (Blue) will pass the ball to AT (Red)
- As the AT (Red) dribbles with DF (Blue) jockeys the AT
- Switch roles after they reach the end of the lane; try to deliver coaching points between each set

PROGRESSIONS

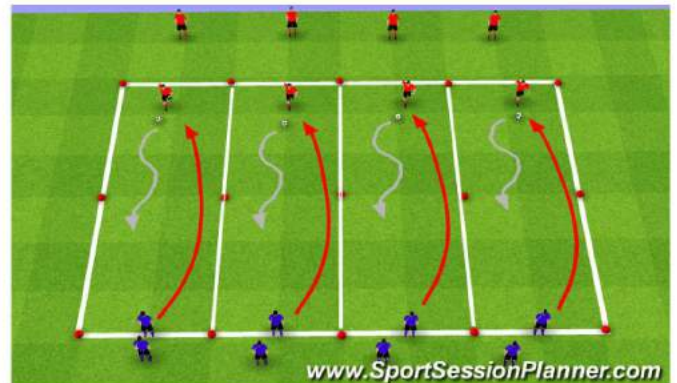
- Start: Ball at feet + Predictable AT movement (zig-zags)
- P1: Ball at feet + Unpredictable movement (random)

REGRESSION

- Start: Ball using Hand + Predictable AT movement (zig-zags)
- R1: Ball using Hand + Unpredictable AT movement (random)

COACHING POINTS

- **Approach:** Close down the AT with speed and intensity to delay movement
- **Communication:** I GOT BALL!! of (name's) BALL!! Communication is a large part of defending in units and as a team; start building the habit in 1v1 situations
- **Braking + Body Position:** Smaller steps as you approach attacker to slow yourself down. Lower your center of gravity and angle your body to allow yourself to stay balanced when changing directions
- **Spacing:** Be at a challenging distance from the AT but not too close where he can easily accelerate past you. Challenging distance = close enough to win the ball
- **Side-on Defending:** Overplay a side to make the play predictable. Use your body position to dictate where the AT will go instead of reacting to the AT movement





U9/U10 Skill Acquisition Phase (Defending)

DESCRIPTION

Topic: Defending

Sub-topic: Pressure

Objective: Defender movement and preventing attackers from going forward

1v1 Duel (20 mins)

OBJECTIVE

Preventing the AT from going forward

SETUP

- 20m x 15m

PROCEDURE

- The DF (Red) will start the drill by passing to the AT (Blue)
- The AT can score by dribbling through any of the gates
- If DF wins the ball from the AT they can score by dribbling through the opposite gates from the AT (2-3 rounds)
- AT to DF switch roles

COACHING POINTS

- **Approach:** Close down the AT with speed and intensity to delay movement
- **Communication:** I GOT BALL!! of (name's) BALL!! Communication is a large part of defending in units and as a team; start building the habit in 1v1 situations
- **Braking + Body Position:** Smaller steps as you approach attacker to slow yourself down. Lower your center of gravity and angle your body to allow yourself to stay balanced when changing directions
- **Spacing:** Be at a challenging distance from the AT but not too close where he can easily accelerate past you. Challenging distance = close enough to win the ball
- **Side-on Defending:** Overplay a side to make the play predictable. Use your body position to dictate where the AT will go instead of reacting to the AT movement
- **Individual Defending Principles:** Closing down / pressure, angle of approach, body shape, foot position, delay, deny turn, Decision to tackle, and recovery run



4v4 / 5v5 Games (20 mins)

SETUP

- Two fields side by side 30m x 25m
- Goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

4v4 or 5v5

- Set up four teams to play each other (depending on numbers) 4-5 mins rounds
- Rotate players into a different position after each game so players will eventually play in each position at least once
- If more than 5v5, rolling subs every 1 min





U11/U12 Skill Acquisition Phase (RWB/Dribbling)

DESCRIPTION

Topic: RWB / dribbling

Sub-topic: RWB

Objective: Deceleration from RWB

(WU) Ball Mastery - RWB / COD (15 mins)

OBJECTIVE

Dribbling in space vs in tight areas; change of direction

SETUP

- 30m x 30m lanes (make a grid that is able to house everyone with space to RWB)
- Markers more centrally and closer together to simulate "tight area"

PROCEDURE

- Players move freely within the designated playing area and work on indicated skills (in space or at a marker)
- Instruct players to start slow to build a rhythm and look to increase the tempo/intensity as they begin to get more comfortable with each movement
- Encourage players to drive the ball if there is open space especially when coming out of "tight area"



VARIATIONS

- Toe Taps • Bell-Touches • Out-In (1-foot) • Out-In (Alternating Feet) • V-Turn to Same Foot (Inside)
- V-Turn to Same Foot (Outside) • V-Turn to Opposite Foot (Inside) • V-Turn to Opposite Foot (Outside) • Inside turn
- Outside Turn • Hook Turn • Pull Back • Step-over Turn • Step-over turn with Opposite

COACHING POINTS

- Head up to analyze play area • Accuracy of movements before speed of movement
- Check over shoulder before turning • Sharp turn and recover the ball quickly after turning
- If there is space - drive the ball quickly • If time and space is closing - keep the ball closer

RWB (10 mins)

OBJECTIVE

Deceleration from RWB; RWB under control to be able to quickly change direction

SETUP

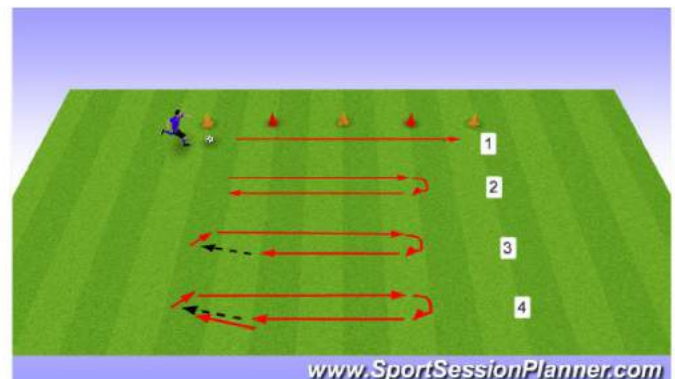
- 40m; cones 10m apart from each other • Balls

PROCEDURE

- Players start on one end and are to RWB to the end. Repeat coming back

PROGRESSIONS

- P1: Players RWB and turn at 2nd red cone; RWB back to starting position
- P2: Players RWB and turn at the 2nd red cone. RWB back to first red cone, pass to next player in line. Receiver must take a quality first touch out from feet in front to be able to RWB
- P3: Players RWB and turn at the 2nd red cone. RWB back to 1st red cone, pass to next player in line and apply pressure. Player receiving the pass must take quality 1st touch away from pressure before RWB



REGRESSION

- R1: Dribbling technique: Have players dribble (for proper technique practice) and encourage them to move faster and push the ball further OR encourage them to take only 1-2 at each cone
- R2: Deceleration to perform next action: Have players RWB and go around 2nd orange cone before RWB to end

COACHING POINTS

- RWB Technique: Dribble with pinky toe. Toe down, heel up. Minimize touches across (utilize bigger touches. PACE!)
- Scanning play area: Head up between touches to scan the field

U11/U12 Skill Acquisition Phase (RWB/Dribbling)

DESCRIPTION

Topic: RWB / dribbling

Sub-topic: RWB

Objective: Deceleration from RWB

RWB: 1v1 / 2v1 (15 mins)

OBJECTIVE RWB / dribbling; deceleration from RWB

SETUP

- 20m x 15m
- 2 gates, 4m apart
- Two teams split evenly
- Cones, markers, balls, bibs

PROCEDURE

- Coach serves ball to AT to initiate play
- AT scores by dribbling through gate ahead (A). DF must run around marker to start
- If DF regains ball, scores by dribbling through gate on opposite end (B)

PROGRESSIONS

- P1: Remove marker to allow DF approach as soon as ball is played in
- P2: 2v1 Add second attacker

REGRESSIONS

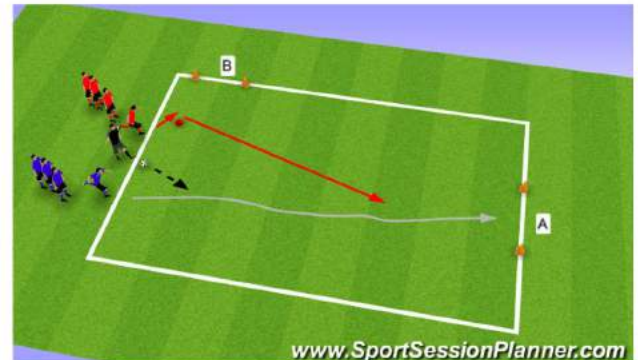
- R1: Move the marker further or have DF start in various positions that will allow more time for the AT to run before pressure is applied (laying down, sitting, facing backward, etc)
- R2: Coach passes the ball toward the goal so the player can run onto it taking less touches to goal

COACHING POINTS

- RWB Technique: Dribble with pinky toe. Toe down, heel up. Minimize touches across (utilize bigger touches. PACE!)
- Scanning play area: Head up between touches to scan the field
- First touch: Strong touch out to exploit space and quickly build pace

PLAYER TASKS

- Can you attack forward space quickly?
- Can you keep the ball under control when slowing down?
- Can you get into a position to receive taking your first touch forward? (body shape)



RWB (10 mins)

OBJECTIVE RWB / dribbling; deceleration from RW

SETUP

- 30m x 20m; two goals, one at each end
- Two zones, one at each end; two teams split evenly
- Cones, markers, balls, bibs

PROCEDURE

2v1

- AT 1 (Blue) serves ball to AT 2 (Blue) to initiate play
- AT 2 must receive the ball outside of zone (run onto ball)
- AT scores in the goal ahead (A).
- If DF (Red) regains the ball, scored in opposite goal (B).

PROGRESSIONS

- P1: AT 2 must take first touch out of zone to initiate play
- P2: 2v2 Add 2nd DF who must stay in attacking half (1 DF in each half)
- P3: 3v2 Add 3rd AT

REGRESSION

- R1: DF must stay in defensive half until AT passes half
- R2: End zones are free (DF cannot enter)
- 3v1 Add 3rd AT

COACHING POINTS

- RWB Technique: Dribble with pinky toe. Toe down, heel up. Minimize touches across (utilize bigger touches. PACE!)
- Scanning play area: Head up b/w touches to scan field
- First touch: Strong touch out to exploit space & quickly build pace

PLAYER TASKS

- Can you attack forward space quickly?
- Can you keep the ball under control when slowing down?





U11/U12 Skill Acquisition Phase (RWB/Dribbling)

DESCRIPTION

Topic: RWB / dribbling

Sub-topic: RWB

Objective: Deceleration from RWB

4v4 / 5v5 / 8v8 Games (25 mins)

SETUP

- 8v8 (GKs) if field is available, 60m x 40m
- 5v5 (GKs) 25m x 35m
- 4v4 (GKs) 20m x 30m
- 2 fields side by side (Adjust field sizes to topic accordingly: RWB longer field)
- Markers, balls, bibs

PROCEDURE

4v4 or 5v5 or 8v8

- Set up four teams to play each other (depending on numbers) 2-4 mins rounds
- Rotate players into a different position after each game so players will eventually play in each position at least once (including GK)
- If subs, rotate on the fly every 1 min.

TEAM TASKS

- Can you get high and wide when you have possession of the ball?
- Can you stay narrow and compact when your team loses the ball?



U11/U12 Skill Acquisition Phase (Controlling)

DESCRIPTION

Topic: Controlling

Sub-topic: Receiving & First Touch

Objective: Quality First Touch; First Touch away from pressure; Shielding

(WU) Ball Mastery (10 mins)

OBJECTIVE Quality touches on the ball

SETUP

- 20m x 20m (Grid should be large enough to house all players)
- Each player with a ball • Markers, balls

PROCEDURE

- Players perform specific techniques as directed by coach for 20-30 sec
- Choose 4-5 variations

VARIATIONS

- Toe-tap • Inside Slide • Outside Slide • Roll + Stop
- Toe Tap 4x, Roll + Stop • Toe Tap 4x, Pull Back • Bell-Touches
- Pull Push • Out-In (1-foot) • Out-In (Alternating feet)
- Inside Drag + Stop • Inside turn • Outside turn • Hook Turn
- Pull Back • Step-over Turn • Step-over Turn w/opposite
- Side step • Scissors • V-Turn to Same Foot (Inside) • V-Turn to Same Foot (Outside)
- V-Turn to Opposite Foot (Inside) • V-Turn to Opposite Foot (Outside)



COACHING POINTS

- Able to perform the techniques with good body form (knees bent, upper body relaxed, use of arms, on balance)
- Able to move the ball with the proper part of the foot & contact proper part of the ball
- Able to perform the techniques with both feet
- Movements are rhythmic
- Able to perform the technique with head up / looking up

Receiving (10 mins)

OBJECTIVE Quality first touch; first touch away from pressure

SETUP

- 20m x 15m grid with 2 markers in end zones in the middle one step apart; palyers in pairs with one ball per pair

PROCEDURE

- Player 1 (Red) passes to player 2 (Blue) who receives with far foot to touche the ball to opposite side of the cones then explodes with speed to run down the line with control of the ball

VARIATIONS

- Right foot pass, receive left foot touch to right foot and RWB
- Left foot pass, receive right foot touch to left foot and RWB

PROGRESSIONS

- P1: If getting lots of success, increase distance between players
- P2: Passer applies quick pressure until receiver takes first touch away and RWB

REGRESSION

- R1: Decrease distance between players
- R2: If problem is passing, have coach serve for one line & rotate players b/w lines

PLAYER TASKS

- Can you receive the ball with the inside of the foot?
- Can you touch the ball with your first touch in the direction you want to go?
- Can you put space between you and the opponent?



U11/U12 Skill Acquisition Phase (Controlling)

DESCRIPTION

Topic: Controlling

Sub-topic: Receiving & First Touch

Objective: Quality First Touch; First Touch away from pressure; Shielding

Receiving w/Defender (15 mins)

OBJECTIVE

Quality first touch; first touch away from pressure; shielding

SETUP

- 20m x 15m (Reduce if area is too big)
- Two teams
- 2 small goals inverted 5-10m apart (depending on skill level & age)

PROCEDURE

- DF (Blue) to pass to AT (Red)
- AT (Red) takes their first touch either left or right (depending which side the defender is coming).
- AT (Red) can score either goals
- If DF (Blue) regains possession they can score in either goal

PROGRESSION

- P1: Reduce the playing area or distance between receiver & opponent (quicker pressure)

REGRESSION

- R1: Increase time receiver has to take 1st touch (defender must run around cone before entering grid or increase playing area)
- R2: Decrease distance or weight of pass (3rd player serves ball from closer distance or coach serves ball accordingly)
- R3: Passive defending - defender applies pressure but cannot tackle; if successful, allow defender to win ball but return it if gains possession
- R4: Shadow defending - defender applies pressure but cannot touch the ball

PLAYER TASKS

- Can you take your touch away from the defender?
- Can you prevent the defender from touching the ball?



3v2 Receiving (20 mins)

OBJECTIVE

Quality first touch; first touch away from pressure; shielding

SETUP

- 20m x 15m (Reduce if area is too big)
- Two small goals
- Two teams (3 attackers, 2 defenders)

PROCEDURE

- DF (Blue) passes to deepest AT (Red)
- When AT takes a touch supporting players enter the play and they can score in either goal
- If DF regains possession they can score in either goal
- Once a goal is scored or the ball goes out, a new game restarts
- Team will switch roles after 3-4 rounds

PROGRESSIONS

- P1: Limit number of touches (3-touch max, 2-touch max)
- P2: Reduce playing area
- Coach serves ball in the air

REGRESSION

- R1: Increase distance between pass
- Reduce number of defenders
- If passing is problem, coach serves the ball

PLAYER TASKS

- Can you take your touch away from the defender?
- Can you touch the ball with your first touch in the direction you want to go?
- Can you put space between you and the opponent?
- Can you prevent the defender from touching the ball?





U11/U12 Skill Acquisition Phase (Controlling)

DESCRIPTION

Topic: Controlling

Sub-topic: Receiving & First Touch

Objective: Quality First Touch; First Touch away from pressure; Shielding

4v4 / 5v5 / 8v8 Games (20 mins)

SETUP

- 8v8 if field is available, 60m x 40m
- 4v4 or 5v5 25m x 35m
- 2 fields side by side (Adjust field sizes to topic accordingly)
- Appropriate size goals on either side of each field
- Balls are set up near each of the goals
- Markers, bibs

PROCEDURE

- Set up four teams to play each other (depending on numbers)
2-4 mins rounds
- Rotate players into a different position after each game so players will eventually play in each position at least once (including GK)
- If subs, rotate on the fly every 1 min.

TEAM TASKS

- Can you get high and wide when you have possession of the ball?
- Can you stay narrow and compact when your team loses the ball?

PLAYER TASKS

- Can you pass with quality (left and right, weight of pass)?
- Can you pass with accuracy (ball arrives at the correct foot of the receiver)?
- Can you pass to a teammate that is open?
- Can you support your teammate so they can pass you the ball?





U11/U12 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking
Sub-topic: Passing

Objective: Foundation to effective possession - passing technique, supporting play, passing to play forward

Receiving w/Defender (15 mins)

OBJECTIVE Passing technique; quality passing

SETUP

- 25m x 25m (Grid large enough to house all players)
- Two teams split evenly; one ball per pair
- Balls, bibs, markers

PROCEDURE

- All players are to pass between partners within the playing area using a variety of passes
- All players are to utilize entire playing area and avoid other players or balls

VARIATIONS

- Two-touch pass
- One-touch pass

COACHING POINTS

- Awareness of playing area
- Weight of pass
- Safe vs risky pass
- Pass to space vs to feet



3v1 Passing & Support Play (15 mins)

OBJECTIVE Quality passing; passing to play forward

SETUP

- 8m x 6m with red zone
- Balls, markers, bibs
- Four players per grid; 3 AT & 1 DF

PROCEDURE

3v1

- AT team (Blue) see how many times they can pass the ball among each other
- If the DF team (Red) regain possession of the ball they switch roles with AT team (Blue) that made the mistake

PROGRESSION

- P1: AT cannot pass through red zone
- P2: Limit number of touches (3 touch/2 touch max)
- P3: Take out red zone (Refer to diagram No. 2)

REGRESSION

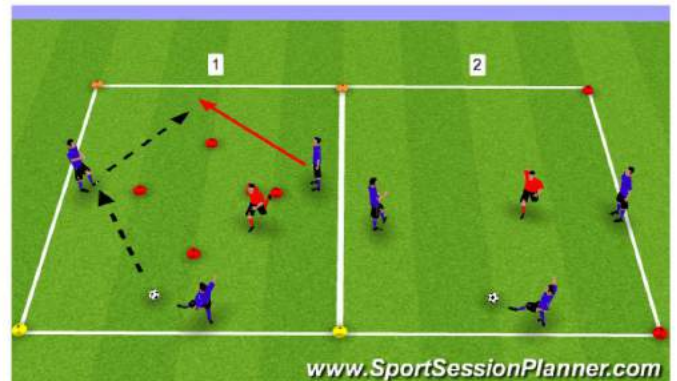
- R1: Make playing area bigger
- No DF; diamond passing (pass & follow, pass & move opponents)

COACHING POINTS

- Passer: Type of pass; accuracy of the pass; weight of the pass; pass to correct foot; timing of the pass; communication
- Receiver: Good distance & angle; movement off the ball; quick movement; open body; on toes ready to receive; first touch - quality & directional; receive with correct foot; timing of when to receive; body low, knees bent, on balance; communication

PLAYER TASKS

- Can you pass with quality (left and right, weight of pass)?
- Can you pass with accuracy (Ball arrives at the correct foot of the receiver)?
- Can you pass to a teammate that is open?
- Can you support your teammate so they can pass you the ball?



U11/U12 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking
Sub-topic: Passing

Objective: Foundation to effective possession - passing technique, supporting play, passing to play forward

3v1/3v2 (20 mins)

OBJECTIVE

Quality passing; passing to play forward

SETUP

- 15m x 20m
- Four small goals
- Markers, balls, bibs

PROCEDURE

3v1

- Coach plays ball to AT to initiate play
- AT (Blue) score in the 2 goals in front
- If DF (Red) gains possession, score in other 2 goals

PROGRESSION

- P1: Limit number of touches for the attacking team
3-touch, 2-touch
- P2: 3v2 • P3: 3v3 • P4: Mark out 3 zones; AT must receive a pass in each zone before moving into the next

REGRESSION

- R1: Mark out a free zone (5m or 1/2 grid) where DF cannot enter (attacking 1/3 or 1/2)

COACHING POINTS

- Passer: Type of pass; accuracy of the pass; weight of the pass; pass to correct foot; timing of the pass; communication
- Receiver: Good distance & angle; movement off the ball; quick movement; open body; on toes ready to receive; first touch - quality & directional; receive with correct foot; timing of when to receive; body low, knees bent, on balance; communication

PLAYER TASKS

- Can you pass with quality (left and right, weight of pass)?
- Can you pass with accuracy (Ball arrives at the correct foot of the receiver)?
- Can you pass to a teammate that is open?
- Can you support your teammate so they can pass you the ball?



4v4 / 5v5 / 8v8 Games (25 mins)

SETUP

- 8v8 (GKs) if field is available, 60m x 40m; 5v5 (GKs) 25m x 35m
4v4 (GKs) 20m x 30m
- 2 fields side by side (Adjust field sizes to topic accordingly)
- Appropriate size goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

- Set up four teams to play each other (depending on numbers)
2-4 mins rounds
- Rotate players into a different position after each round so players will eventually play in each position at least once (including GK)
- If subs, rotate on the fly every 1 min.

TEAM TASKS

- Can you get high and wide when you have possession of the ball?
- Can you stay narrow and compact when your team loses the ball?

PLAYER TASKS

- Can you pass with quality (left and right, weight of pass)?
- Can you pass with accuracy (ball arrives at the correct foot of the receiver)?
- Can you pass to a teammate that is open?
- Can you support your teammate so they can pass you the ball?



U11/U12 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking

Sub-topic: Shooting

Objective: Finishing - Different shooting techniques, setting up a shot

(WU) No-Spin Juggles (10 mins)

OBJECTIVE Finding "sweet spot" when striking ball with laces; striking technique

SETUP

- 20m x 20m Grid large enough to house all players
- Each player with a ball • Markers, balls

PROCEDURE

- Players juggling the ball with NO SPIN
- Toes pointed down and ankles locked
- Make good contact with the laces of your foot and underneath ball
- Kicking foot slightly bent
- Planted foot (non-kicking leg) stands strong for good balance

VARIATION

- Right foot only • Left foot only

PROGRESSION

- P1: Alternating feet (L, R, L, R) • P2: 2 in a row (L, L, R, R, L, L, R, R)

REGRESSION

- R1: Hit, catch (L, catch, R, catch) • R2: Hit, Hit, catch (L, R, catch, R, L, catch)

COACHING POINTS

- Coordination of movement pattern • Timing of movement to meet the ball • Balance



Two-touch Shooting (15 mins)

OBJECTIVE Setting up a shot; finishing

SETUP

- 2 passing stations • Markers, balls, witches hat
- Scoring zone 10-15m away from the goal (distance depends on skills and age)

PROCEDURE

- Player 1 standing on witches hat receives ball from Player 2, receives with furthest foot takes a touch past witches hat and shoots with inside foot
- After Player 1 shoots the ball, they get back to position & receives the ball from Player 3 and does same process done w/Player 2
- Players rotate (red arrows)

VARIATION

- Different shot types: instep, run-on, outside, volley, head, etc
- Move markers to receive passes from different angles (behind, in front, etc)

PROGRESSION

- P1: Passer to apply pressure after pass

REGRESSION

- R1: Have players start with ball, take touch toward goal then shoot
- R2: Have players place ball on side of cone then shoot (static)

COACHING POINTS

- Players to check should before they receive (know where defender is) • Take the pace off the ball on touch
- First touch to set the strike on goal • Angle of approach • Inside of foot strike (larger surface area, easier to control)
- Plant foot close to the ball, not reaching • Hips open to far post, swing around

PLAYER TASKS

- Can you take your first touch to face the goal and shoot?
- Can you score in the corners?





U11/U12 Skill Acquisition Phase (Striking)

DESCRIPTION

Topic: Striking

Sub-topic: Shooting

Objective: Finishing - Different shooting techniques, setting up a shot

3v2 / 3v3 Shooting (20 mins)

OBJECTIVE Setting up a shot; finishing

SETUP

- 20m x 30m • Two large goals • Two teams
- Two 10m scoring end zones (red cones) • Markers, balls, bibs

PROCEDURE

3v2

- Attacker (Red) passes to teammate on opposite side
- Attacking team can score in either goal but must score in the scoring end zone (Red cones)
- Defenders (Blue) enter the field on the receiver's touch, if they regain possession, they can score in either goal, once they are in the scoring end zone

PROGRESSION

- P1: 3v3 • P2: 4v3 • P3: 4v4 • P4: Add GK

REGRESSION

- R1: 3v1 • R2: Make grid bigger

COACHING POINTS

- Angle of approach • Strike with inside of foot • Planting foot next to ball • Balanced (not reaching) on the strike

PLAYER TASK

- Can you take your touch into space?



4v4 / 5v5 / 8v8 Games (25 mins)

SETUP

- 8v8 (GKs) if field is available, 60m x 40m; 5v5 (GKs) 25m x 35m
- 4v4 (GKs) 20m x 30m
- 2 fields side by side (Adjust field sizes to topic accordingly)
- Appropriate size goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

- Set up four teams to play each other (depending on numbers) 2-4 mins rounds
- Rotate players into a different position after each round so players will eventually play in each position at least once (including GK)
- If subs, rotate on the fly every 1 min.

TEAM TASKS

- Can you get high and wide when you have possession of the ball?
- Can you stay narrow and compact when your team loses the ball?

PLAYER TASKS

- Can you check your shoulder before receiving the ball (know where defender is)?
- Can you take the pace off the ball on first touch?
- Can you first touch to set the strike on goal?
- Are you able to create an angle of approach?
- Can you use the inside of the foot to strike (larger surface area easier to control accuracy)?
- Are you able to plant your foot close to the ball and not reaching?
- Are you able to open your hips to far post and to swing around?



U11/U12 Skill Acquisition Phase (Defending)

DESCRIPTION

Topic: Defending

Objective: Role of first DF; jockeying

(WU) Pressure & Jockeying (10 mins)

OBJECTIVE

Apply quick pressure on ball to slow down attack; delay or break up attack by preventing player on ball from playing forward

SETUP

- 20m x 15m
- Two players per ball
- Markers, balls

PROCEDURE

- Coach assigns each pair a color/gates
- Partners pass between each other freely within playing area
- On coach's command, player with ball initiates 1v1 play by passing to partner and becomes the DF
- Partner receiving the ball becomes the AT; AT looks to score by dribbling through his designated gate (by color) in his attacking half (opposite half he is in)
- DF tries to prevent the AT from scoring
- If DF wins the ball, scores in his designated gate on opposite end

VARIATIONS

- AT can score by passing into the gates
- AT can score by dribbling through any of gates (in attacking half)
- Two pairs (four players)



Two-touch Shooting (15 mins)

OBJECTIVE

Apply quick pressure on ball to slow down attack; delay or break up attack by preventing player on ball from playing forward

SETUP

- 30m x 20m
- Markers, bibs, balls
- 4 small goals
- 2 teams

PROCEDURE

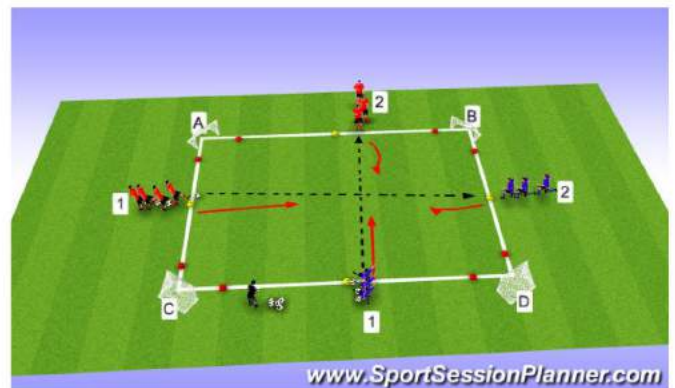
- DF (1) passes to AT (2) and both teams enter the field and play 1v1
- AT to score in either goal that is opposite to them (A&B or A&C)
- Once one team scores or the ball goes out they then go and support their teammates and play 2v2 and try to score in any of the three goals in play (A, B, & C)

COACHING POINTS

- Get close to the ball
- Drop hips and bend knees
- Angle of approach

PLAYER TASKS

- When the ball is traveling to an opposition player can you apply pressure/close down quickly with a fast approach?
- Can you pressure the ball to stop them moving the ball forward?



U11/U12 Skill Acquisition Phase (Defending)

DESCRIPTION

Topic: Defending

Objective: Role of 1st DF; jockeying

2v3 Defensive Game (20 mins)

OBJECTIVE

Apply quick pressure on ball to slow down attack; delay or break up attack by preventing player on ball from playing forward

SETUP

- 30m x 20m
- 4 small goals
- 2 teams
- Markers, balls, bibs

PROCEDURE

2v3

- DF1 plays ball into either AT and applies pressure
- DF on sides (2&3) must wait until AT takes a first touch before joining play
- AT score in blue goals; if DF wins ball, play in red goals



PROGRESSION

- P1: 3v3

COACHING POINTS

- Get close to the ball
- Drop hips and bend knees
- Angle of approach

PLAYER TASKS

- When the ball is traveling to an opposition player can you apply pressure/close down quickly with a fast approach?
- Can you pressure the ball to stop them moving the ball forward?

4v4 / 5v5 / 8v8 Games (25 mins)

SETUP

- 8v8 (GKs) if field is available, 60m x 40m; 5v5 (GKs) 25m x 35m
- 4v4 (GKs) 20m x 30m
- 2 fields side by side (Adjust field sizes to topic accordingly)
- Goals on either side of each field
- Balls are set up near each of the goals
- Markers, balls, bibs

PROCEDURE

- Set up four teams to play each other (depending on numbers) 2-4 mins rounds
- Rotate players into a different position after each round so players will eventually play in each position at least once (including GK)
- If subs, rotate on the fly every 1 min.

TEAM TASKS

- Can you get high and wide when you have possession of the ball?
- Can you stay narrow and compact when your team loses the ball?

PLAYER TASKS

- When the ball is traveling to an opposition player can you apply pressure/close down quickly with a fast approach?
- Can you pressure the ball to stop them moving the ball forward?



Goalkeeping (Handling)

DESCRIPTION

Topic: Handling

Objective: Can you identify which technique to use to properly handle the ball

WU: Activation (10 mins)

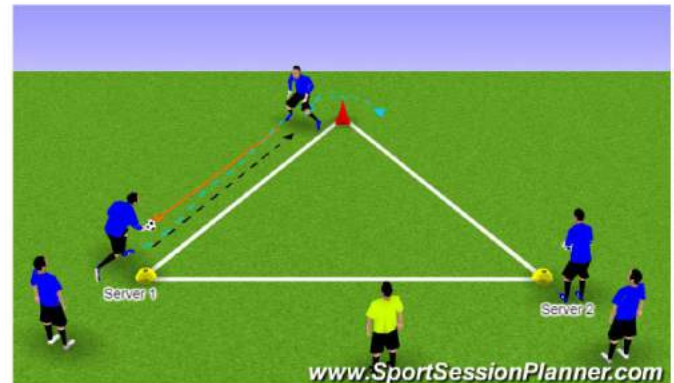
OBJECTIVE Assessment as to which technique will be the most appropriate

SETUP

- One tall wickets hat placed in central
- Two Markers
- Two markers set up 10 yds from tall wickets hat and two markers will be 10 yds apart

PROCEDURE

- GK must get set to receive ball from server 1 (underarm serve), after using the proper technique to handle the ball, the GK will then perform various dynamic stretches per Coach's command
- As GK carries the ball back to the marker where Server 1 came from, the GK will give the ball to the next Server
- Server 1 will then take the place of the GK and come around the central marker to receive ball from Server 2
- GK and servers will continue the same pattern until the dynamic stretching and various service are completed



DESCRIPTION

- Coach will introduce the set position
 1. Feet should be approximately shoulder width apart
 2. Weight should be on the front half of the feet to ensure a balanced position
 3. Body weight needs to be slightly forward
 4. Knees need to be slightly flexed with the hips square to the ball
 5. Head needs to be still and keep "the nose in front of the toes"
 6. Elbows need to be narrow with the chest facing the ball
 7. Hands need to be in front of the body line, thumbs up and palms open
- Coach will then introduce the "W" Technique, Cup Technique, and the Scoop Technique

"W" Technique

1. The hands from being in front of the line of the body need to be brought into the line of the trajectory of the ball with the chest square.
2. Hands are prepared with palms facing ball with fingers spread and thumbs forming the "W" shape
3. Elbows need to be slightly flexed to act as "shock absorbers" when the contact of the hands is made with the ball
4. Contact with the ball needs to be made approximately 15-18 inches in front of the body

Cup Technique

1. Once the ball has been struck, avoid as little body movement as possible
2. As you're in balance in "Set Position" footwork may need to be adjusted slightly laterally as ball travels toward GK
3. Keeping the chest square to the ball, hands need to be brought forward in front of the body line
4. Prepare hands early
5. Elbows need to be tucked in with palms facing up and fingers spread "Soft hands - Strong wrists"
6. Feet now need to be planted solidly in preparation for the catch
7. On impact, the ball is taken into the midriff with palms securing the ball

Scoop technique

1. GK must collapse to the knees to the "K" position
 2. Open palms up to face the ball with fingers spread
 3. Lead with the hands, which brings the body weight forward
 4. Keep head still and eyes focused on the ball
 5. Bring shoulders forward over hands
 6. Elbows need to be slightly flexed to cushion the impact of the ball "Soft hands - Strong wrists"
 7. As palms make contact with the ball, scoop the ball into chest as you bring body weight forward and "complete the save"
 8. Recovery saves, to gather the ball if the ball comes off the GK
 9. Recover lines to defend the goal if that is the better option
- Players will identify to either use the "W" Technique or Cup Technique

PROGRESSION

- P1: Types of service; underarm throw and push pass

Goalkeeping (Handling)

DESCRIPTION

Topic: Handling

Objective: Can you identify which technique to use to properly handle the ball

Handling (10 mins)

OBJECTIVE

Identify which technique to use to handle the ball

SETUP

- 20yds x 25 yds grid, marked off with 8 red markers as illustrated
- Four yellow 1m gates and four white 1m gates placed within the grid, marked off by yellow and white markers
- Total 15 players, Asst. Coach will partner up with free player
- Four groups will be paired given orange bibs

PROCEDURE

- Players in blue will start off by receiving a service from the server through white gates while orange players begin handling through yellow gates
- Players will have to maneuver through grid and must find a free gate when Coach commands to receive a ball from the server
- Servers will begin with serving a thrown ball head height, the receiver will become the server after handling the ball
- The players will then continue jogging around until the Coach commands to receive the ball from the server
- Each player will receive about 6 times

PROGRESSION

- Same instructions as previous description; servers will now change service to underarm throw (mid-section) through a gate
 - P1: Underarm



3v3 / 4v4 Handling Game (20 mins)

SETUP

- Two pitches 15 yds x 20 yds with futsal (mini) goals as illustrated

PROCEDURE

- Players (plus asst. coach if odd number) will play 3v3 / 4v4 in marked off areas
- There's no designated goalkeeper
- Last player defending the goal will play as GK and is allowed to use his hands to save the ball and put back in play
- Players can only score off of a one-touch finish
- Players will play two rounds of 4 mins
- After two rounds, one team on each pitch will switch over to face another team (also, two rounds of 4 mins)



Goalkeeping (Distribution [Feet])

DESCRIPTION

Topic: Distribution

Objective: To improve the goalkeepers' ability when distributing to a teammate

WU - Distribution (15 mins)

OBJECTIVE

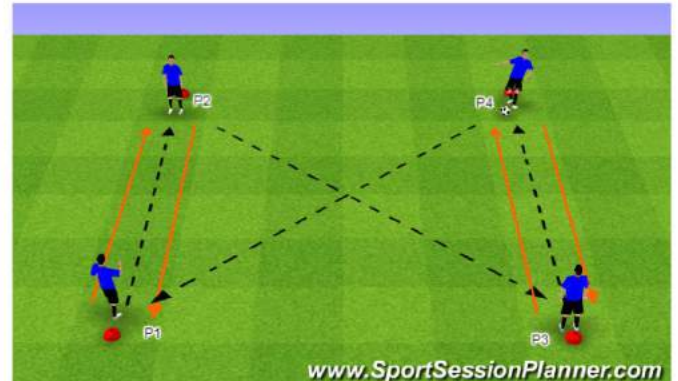
To improve the goalkeepers' technique in distribution (feet)

SETUP

- 10m x 10m grid marked off by 4 markers as illustrated
- Set of footballs

PROCEDURE

- Player 1 will pass toward Player 2, who will then control the ball
- After P1 passes to P2, they will switch places
- P2 will switch places after passing the ball to P3 who will control the ball, after receiving the ball P3 will then pass the ball to P4
- P3 and P4 will switch places, P4 must pass the ball diagonally to P1 as illustrated
- P1 and P2 will always switch places and P3 and P4 will always switch positions. Passing pattern stays the same
- Progress to next technique after 6 reps from each player (Coach's discretion if players understand the technique)



PROGRESSION

Distribution (FEET)

- P1: Drill (make distance longer, about another 10 m)
 - Used to pass the ball over distances between 20 and 20 yards
 - Ball is drilled just off the ground arriving at the receiver below the shins

Distribution (20 mins)

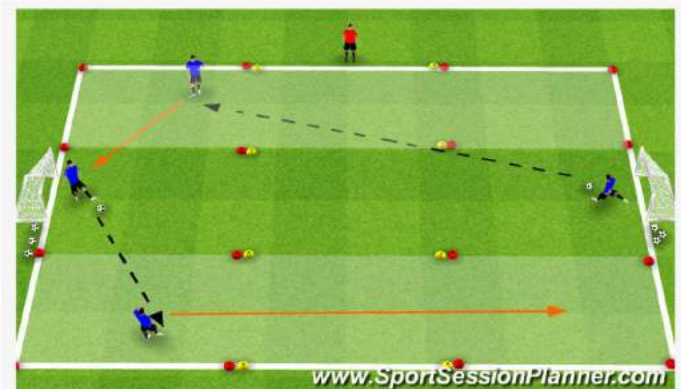
OBJECTIVE To improve goalkeepers range of distribution to a teammate who can play forward first time

SETUP

- Two goals set up as illustrated (20m x 30m) on futsal courts
- Three zones 5m x 10m on both sides of pitch as illustrated

PROCEDURE

- Ball will always start from the goal, GK will identify when to distribute the ball to the receiving player that can play the ball first time going forward
- Player decides which of the three zones to go to, proper distribution will be used
- As the player in the zone receives the ball, the player will pass the ball to the other GK waiting to receive the ball by the goal
- GK that distributes will now become the receiving player on the side. Receiving player will now become the GK



PROGRESSION

- P1: 1 x 3 min, alternate going the other way
- P2: 2 x 3 min, after GK distributes he/she must continue to support the player who will to play the ball back to the keeper who will take a shot (one ball at a time)

COACHING POINT

- Opposing GK must chase the game, look transition and play out quickly if possible (safety over risk).

Learning Objectives

| | |
|--|--|
| | Technical Consistent Distribution |
| | Tactical Identifying w hich technique to use |
| | Physical Range of distribution |
| | Psychological Communication |

Goalkeeping (Distribution [Feet])

DESCRIPTION

Topic: Distribution

Objective: To improve the goalkeepers' ability when distributing to a teammate

Distribution (15 mins)

SETUP

- 20m x 30m pitches with futsal size goals as illustrated
- 4 markers to outline the corners of the pitches
- 2 markers to mark the halfway mark (different color)
- Set of balls

PROCEDURE

3v3 / 4v4

- Three rounds, 5 mins
- Ball will start from the Coach to begin each round

FIRST ROUND PROCEDURE

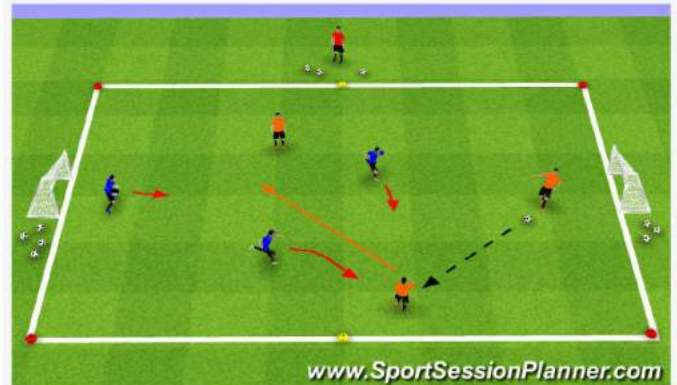
- Players can only distribute the ball to teammate by passing
- After receiving the ball and controlling the ball
- Player is only allowed to take two touches (if the player takes more than two touches, ball restarts at the opposing team's goal)
- Players can only score by passing the ball into the goal
- If the player (GK) saves the ball, they put the ball back in play by distributing the ball to a teammate by passing (feet).

SECOND ROUND PROCEDURE

- Players can only distribute the ball on their own half by passing it to their teammate
- Same conditions apply as Round 1
- Attacking team can only score if all team members are in the attacking half

THIRD ROUND PROCEDURE

- Free play (unlimited touches) GK in goal must use hands to save the ball to distribute to teammate by feet
- One touch to finish, but all players must be on the attacking half



Learning Objectives

| | |
|--|---|
| | Tactical Decision Making: Initiate Attack, Field Vision |
| | Physical Coordination |
| | Psychological Communication, Concentration/Focus |

Goalkeeping (Distribution [Hands])

DESCRIPTION

Topic: Distribution

Objective: To improve the goalkeepers' ability when distributing to a teammate

WU - Distribution (15 mins)

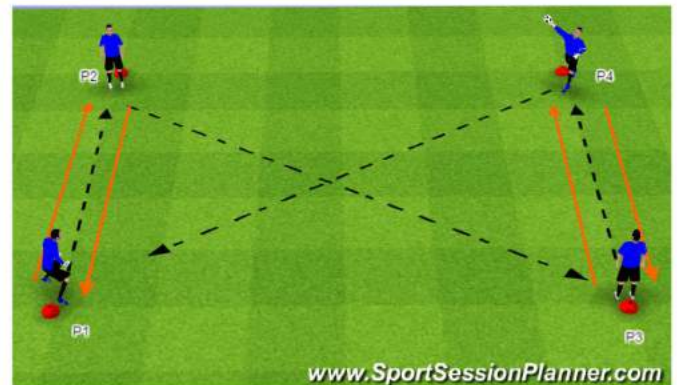
OBJECTIVE To improve the goalkeepers' technique in distribution (hands)

SETUP

- 10m x 10m grid marked off by 4 markers as illustrated
- Set of footballs

PROCEDURE

- Player 1 will roll the ball toward Player 2, who will then properly handle the ball using the scoop technique
- After P1 passes to P2, they will switch places
- P2 will switch places after rolling the ball to P3 who will handle the ball, after receiving the ball P3 will then roll the ball to P4
- P3 and P4 will switch places, P4 must roll the ball diagonally to P1 as illustrated
- P1 and P2 will **always** switch places and P3 and P4 will **always** switch positions. Passing pattern stays the same
- Progress to next technique after 4 reps from each player (Coach's discretion if players understand the technique before moving on to the next one)



PROGRESSION

Distribution (HANDS)

- P1: Roll - Lower body, and with arm extended, roll the ball underarm at a low trajectory
- P2: Javelin - Wide base ensure that the throw arrives with good pace; ball is thrown from chest with elbows flexed and then extended quickly
- P3: Over-arm - Wider stance is now needed to give the "base" to propel the ball over long distances; lead with opposite hand and with a bowling technique to release the ball at the top of the follow through

Distribution (20 mins)

OBJECTIVE To improve goalkeepers range of distribution to a teammate who can play forward first time

SETUP

- 20m x 30m pitches with futsal-size goals as illustrated
- 4 markers to outline corners of the pitches
- 2 markers to mark the halfway mark (different color)
- Set of balls

PROCEDURE

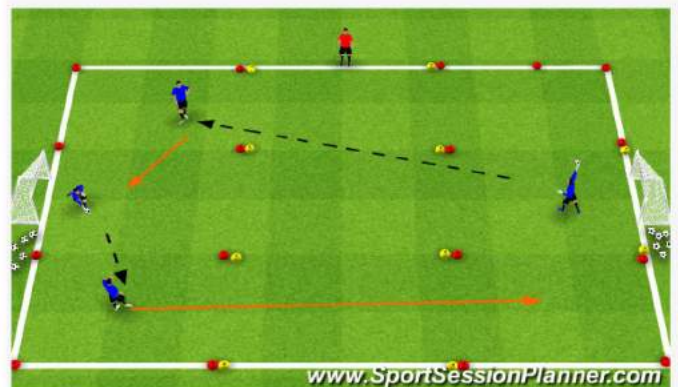
- Ball will always start from the goal, GK will identify when to distribute the ball to the receiving player
- Player decides which of the three zones to go to, proper throwing distribution will be used
- As player in the zone receives the ball, the player will pass ball to the other GK waiting to receive the ball by the goal
- GK that distributes will now become the receiving player on the side. Receiving player will now become the GK

PROGRESSION





- P1: 1 x 3 min, alternate going the other way
- P2: 2 x 3 min, after GK distributes he/she must continue to support the player who will to play the ball back to the keeper who will take a shot (one ball at a time)

COACHING POINT

- Opposing GK must chase the game, look transition and play out quickly if possible (safety over risk).



Learning Objectives

| | |
|---|---|
|  | Technical Consistent Distribution |
|  | Tactical Identifying which technique to use |
|  | Physical Range of distribution |
|  | Psychological Communication |

Goalkeeping (Distribution [Hands])

DESCRIPTION

Topic: Distribution

Objective: To improve the goalkeepers' ability when distributing to a teammate

Distribution (15 mins)

SETUP

- 20m x 30m pitches with futsal size goals as illustrated
- 4 markers to outline the corners of the pitches
- 2 markers to mark the halfway mark (different color)
- Set of balls

PROCEDURE

3v3 / 4v4

- Three rounds, 5 mins
- Ball will start from the Coach to begin each round

FIRST ROUND PROCEDURE

- Players can only distribute the ball to teammate by rolling the ball
- After receiving the ball and handling it properly
- Player is only allowed to take two steps before passing off the ball to another teammate
- Players can only score by rolling the ball into the goal
- If the player (GK) saves the ball, they put the ball back in play by distributing the ball to a teammate by rolling it.
- Opposing team can intercept the ball by doing a collapse dive or scoop if it's in line of their path, but cannot make contact with another player
- Must be about a meter away from another player

SECOND ROUND PROCEDURE

- Players can only distribute the ball on their own half by rolling it to their teammate or distribute the ball using a Javelin or over-arm throw to a teammate that is beyond their halfway line

THIRD ROUND PROCEDURE

- Players can now use their feet, but are limited to two touches as field players
- GK in goal must use hands to save the ball and to distribute to teammate.
- One touch to finish



Learning Objectives

| | |
|--|---|
| | Tactical Decision Making: Initiate Attack, Field Vision |
| | Physical Coordination |
| | Psychological Communication, Concentration/Focus |

Goalkeeping (Diving)

DESCRIPTION

Topic: Diving

Objective: To improve Goalkeepers' diving technique

WU - Diving (15 mins)

OBJECTIVE To assess a safe distance of when handling the ball during a collapse save or low diving save

SETUP

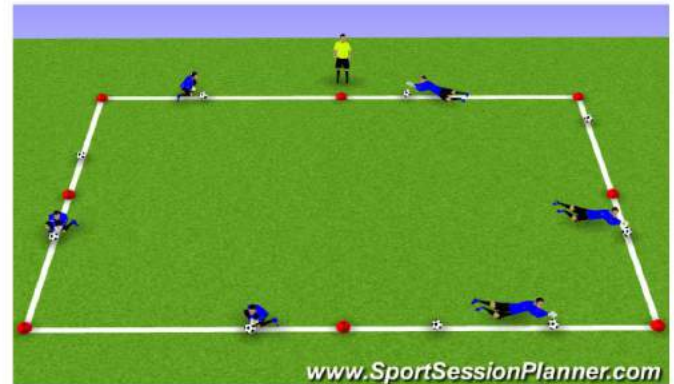
- 15m x 20m grid marked off by 8 markers as illustrated

PROCEDURE

- Each player starts off with a ball and places it along the marked off area
- Players will perform various dynamic warm-ups within the area (instructed by the Coach) after performing six dynamic warm up as instructed the players will dive to a ball when they identify a safe distance to safely collect the ball

PROGRESSION

- P1: Coaches will remove one ball
 - Players will perform various dynamic warm-ups within the area (instructed by the Coach), on the coach's command the players will dive to a ball
 - The last player that does not dive to a ball will do a penalty of five star jumps



Distribution (20 mins)

OBJECTIVE Assess which technique will be the most appropriate

SETUP

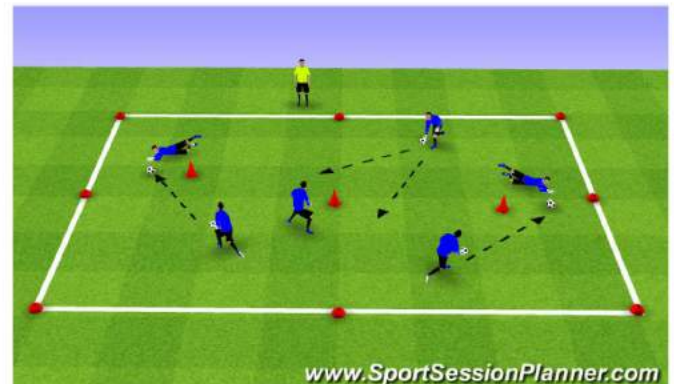
- 15m x 20m marked off by 8 markers as illustrated
- 3 tall cones placed within grid at least 7 ft away from each other

PROCEDURE

- GKs will partner up and have one ball among them
- GKs will lightly jog/move around the grid
- At a safe distance, the receiving GK will stand behind the tall cone, the serving GK will roll the ball to either side
- Receiving GK must assess the weight of the delivery and safely handle the ball

PROGRESSION

- P1: Type of service: one bounce & push pass



LOW DIVING SAVE

- GK needs to "step" toward the line of the ball with the nearest foot
- By making the initial step, it brings the body weight slightly forward in preparation to make the save
- With the leg slightly flexed and the body weight transferred onto it, the GK will now have the power to dive to his/her side which will then bring the body weight forward
- As the weight is transferred to the leg, the hands and body weight follow
- The hands should be approximately ball-width apart with fingers spread and move towards the line of the ball with fingers spread in the W formation
- If the ball arrives along the ground to the left, the leading hand, in this case, the left hand, needs to be behind the ball with the right hand securing it on top
- The elbow needs to be tucked in to ensure that the ball is secured safely and to avoid injury
- All impact is taken on the side of the body and the shoulders
- The head then follows in behind the hands
- Deflecting to safe areas - strong wrists/big palm. Recovery saves to gather the loose ball / Recovery lines to defend the goal

Goalkeeping (Diving)

DESCRIPTION

Topic: Diving

Objective: To improve Goalkeepers' diving technique

Diving (20 mins)

SETUP

- 20m x 30m pitches with futsal size goals
- 4 markers to outline the corners of the pitches
- 2 different color markers to outline the halfway mark
- Set of balls

PROCEDURE

3v3 / 4v4

- Three rounds, 2 mins
- Ball will start from the Coach to begin each round
- Players can only distribute the ball to a teammate by rolling the ball
- After safely handling the ball, the Player must get up before passing the ball on to another teammate who will try to score in the opposing goal by rolling it in while facing defensive pressure
- The opposing players can try to intercept the ball by using the diving technique that was introduced.
- Players are free to move around within the grid, if the player has the ball, the player is only allowed two steps until they release the ball to a teammate or if it gets intercepted

PROGRESSION

- P1: Round 1 - Roll the ball to pass the ball and score
- P2: Round 2 - Javelin throw to pass the ball and score
- P3: Round 3 - Push pass to pass the ball and score

