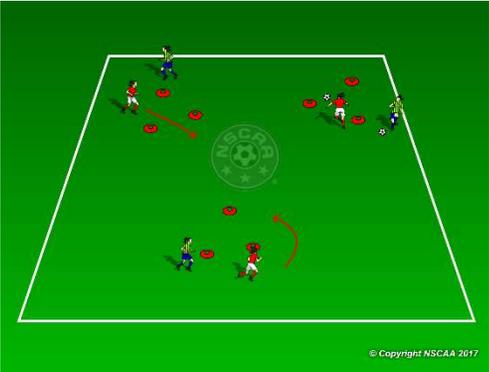


COACH: Age Group Week 1

TEAM: U11-12 Team DATE: Spring 2017

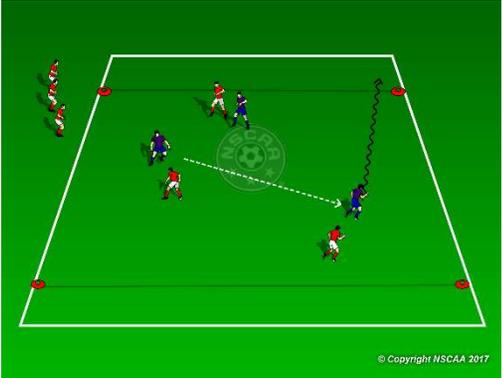
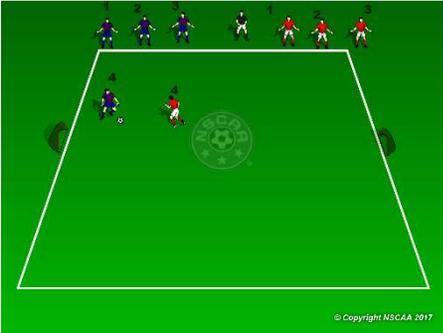
TOPIC: Dribbling 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Dribbling WARM-UP</p>  <p>© Copyright NSCAA 2017</p>	<p>While waiting for players to arrive, set up 5 V 2 keep away games. Switch out defenders.</p> <p>Warm up - 10-15mins – 5 Min dynamic stretch. Individual and fluid. Discuss with players importance of warming up major muscle groups.</p> <p>Triangle of cones 3-4 yd apart, Partners, one player is it and has to run around the cones evading the 'it' person. 'It' person is to tag the non it person and can travel any direction or cut through the triangle in the second round. Add ball after each player has gone twice, with the ball they can pass the ball into the ankles of the other person to get them out.</p>	<p>While waiting for critical mass, have players work on juggling. Start with ball in hands, give challenges to improve on their high score.</p> <p>Go straight into tag game and dribbling, During the break, discuss how surface of foot helps with change of direction and need to keep the ball close to get around the triangle.</p> <p>Discuss the types of changing direction, (Cut, roll, outside cut)</p>
<p>Head-to-head dribbling</p>  <p>© Copyright NSCAA 2017</p>	<p>15 minutes</p> <p>End zones - spaced 15-20yds, players face each other with a ball, dribble towards each other a few times. First team to have all balls stopped in the endzone gets a point. Coaches can patrol the area and steal balls not under control.</p> <p>progressing, introduce defenders (1 or 2) that can steal a ball to get more balls in the far endzone. Add 2-3 gates to the field to funnel players through. This will drive players to adjust pace and shield until gate is free to shoot through. If successful increase the number of balls, so team must work together to get all their balls across and winner is first with all balls and players (including the defender) in the zone.</p> <p>Balls must be dribbled</p>	<p>Objective: To get them to dribble to an objective, but know there can be a second objective of clear space to dribble to when pressure comes.</p> <p>Over play talk to using dribbling skills to turn and move the ball.</p> <p>Break on the field to talk about what is your favorite move.</p>

COACH: Age Group Week 1

TEAM: U11 – U12 Team DATE: Spring 2017

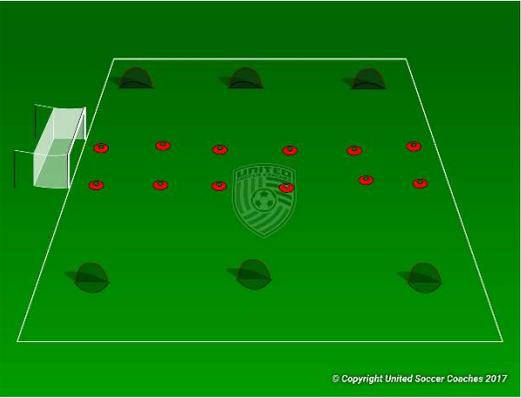
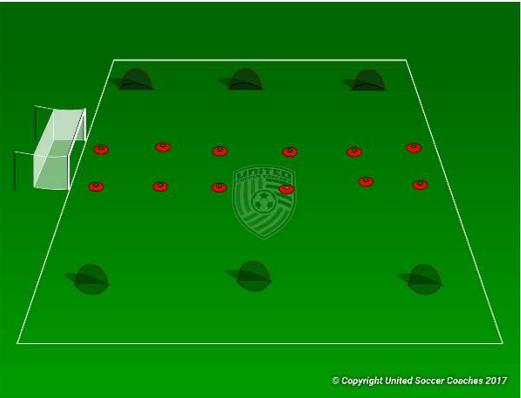
TOPIC: Dribbling 1

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>3 V 3 Line Soccer</p>  <p><small>© Copyright NSCAA 2017</small></p>	<p>In 15 X 15 grid establish endzones, establish teams of 3. Play line Soccer. Must stop the ball in the endzone for a point.</p> <p>If 3 V 3 is crowded revert to a game of “Get out of here” Each player has a number call in numbers, starting at 1 V1 and work your way up to 3 V 3.</p>	<p>The use of the whole line eliminates a single focal point in middle of the field (goal) discuss aiming for points anywhere along the line.</p> <p>Discuss passing back to provide another player attack if stuck. Try to take on a player with a feint and change of direction and speed.</p>
<p>GAME</p> <p>4 V 4 to Goal</p>  <p><small>© Copyright NSCAA 2017</small></p>	<p>Add Goals and move to 4 V 4</p> <p>Again if collapse to bunching revert to “Get Out of Here” Each player has a number call in numbers, starting at 1 V1 and work your way up to 4 V 4.</p> <p>End Session with 5 minutes warm down. Static stretching and knee-ankle strengthening.</p>	<p>Moving to a single goal in the middle of the field changes the dynamic. (Collapse to an up and down game) emphasize use of width and dribbling in angles to get to the goal.</p> <p>Discuss Pass to posses (pass back) and dribble to attack.</p>

COACH: Age Group U11/12 Week 2

TEAM: DATE: Fall 2017

TOPIC: 1 V 1 Defending

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p>  <p>© Copyright United Soccer Coaches 2017</p>	<p>While waiting for players to arrive, set up 5 V 2 keep away games. Switch out defenders.</p> <p>In a 20 X 20 Grid with a 5 yd box in the middle, pair players.</p> <p>Rules. 1. Players must face each other at all times.</p> <ol style="list-style-type: none">2. Defending player must tag attacker below the knee.3. Attacker must keep from getting tagged while still facing the defender. If attacker passes they get a point. <p>Switch positions.</p> <p>Then change to attacker must try to get into the center box without getting tagged.</p>	<p>Objectives:</p> <ol style="list-style-type: none">1. Positioning of feet. Use staggered feet.2. The reason for tagging below knees is to keep the body low.3. Find the right distance from the attacker to keep the attacker from getting past. <p>When go to directional defending:</p> <ol style="list-style-type: none">1. Use the lead foot to direct the attacker.2. Come from an angle to drive the attacker away from the box.
<p>1 V 1 Defending unopposed and opposed</p>  <p>© Copyright United Soccer Coaches 2017</p>	<p>In 30X20 grid divide players in half. Set players on opposite sides of the grid. Group 6- 8 players per box and pugg goal set.</p> <p>Phase I Team B passes to A, Player A has the ball and zig-zag dribbles towards the other side of the area. Player B faces Player A and is the defender. As player A dribbles slowly (not trying to beat player B), player B back peddles/ shuffles/slides. Player B does not try to win the ball at this time. Once Player A crosses the line, the next Player B passes a ball.</p> <p>Phase II pass the ball and then defend live, if defender steals the ball, he/she attacks and the next player from the other side steps up to defend.</p>	<p>Phase I: Unopposed is to work on spacing and trying to steer the attacker. This is an opportunity to get comfortable with going backward and keeping a space from the attacker.</p> <p>Phase II: Is the opportunity to work on keeping space until the correct time to steal the ball and attack the opposite goal.</p>

COACH: Age Group U11/12 Week 2

TEAM: DATE: Fall 2017

TOPIC: 1 V 1 Defending

3 V 3 Line Soccer



In 20 X 15 grid, with gates instead of pugg goals. Attacker must dribble through the gate to get a point.

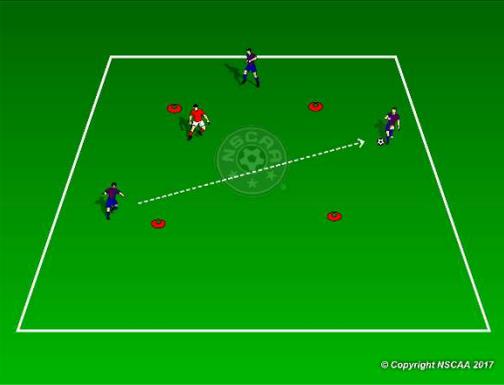
Scrimmage

4 V 4 Scrimmage

COACH: Age Group Week 3

TEAM: U11-12 Team DATE: Spring 2017

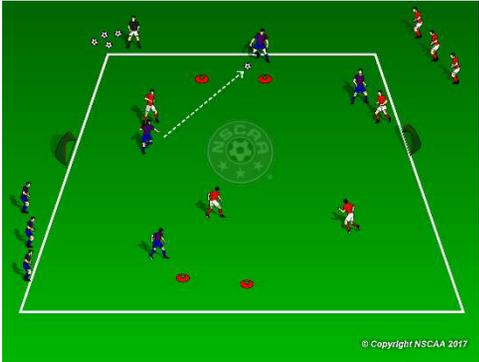
TOPIC: Passing 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p>  <p>© Copyright NSCAA 2017</p>	<p>While waiting for players to arrive, set up 5 V 2 keep away games. Switch out defenders.</p> <p>5 Min dynamic stretch. Individual and fluid. Discuss with players importance of warming up major muscle groups.</p> <p>In 20 X 20 Grid, players pair up with one ball. Have them pass between themselves in the space. Start Static, then move to dynamic. Use Both feet, all surfaces of the foot. When go dynamic they should cover the whole space while moving the ball and accelerate to a new space after passing.</p> <p>Break into groups of 4 with 10 X 10 Grid.</p> <p>Start with demonstration, with 3 V 1 inside the box, then move the players outside the box and play 3 V 1. Defender must stay inside the box, while passers keep the ball moving around the box. A point is scored if they can get a pass across the box.</p>	<p>In the static discuss passing ball surfaces, swing from the hip, pointing the non-kicking foot in the direction of the pass, and landing on the kicking foot.</p> <p>In dynamic discuss moving after the pass is made, passing to both space</p> <p>The pass directs the move, discuss using the position of the defender to direct the next pass.</p> <p>Possess around the sides until you can attack across the grid. and feet. Passing to turn and passing to get the ball back.</p>
<p>Grids 3 V 1 to 6 V2 Directional</p>  <p>© Copyright NSCAA 2017</p>	<p>15 minutes</p> <p>In the 20 X 20 grid, remove the cones and play live 3 V 1, 2 games per grid.</p> <p>Convert to 6 V 2 keep away with one ball. Switch out defenders frequently.</p> <p>Convert to 3 V 3 with 2 neutrals line soccer.</p> <p>Add restrictions to promote passing:</p> <ul style="list-style-type: none">• 2 touch,• Points for multiple passes that end in the end zone.• Must pass back to your endzone before go forward	<p>The reason for the obvious numbers advantage is to provide time to work on the decision making and passing technique.</p> <p>Talk over the drill about passing for possession and passing for attack.</p> <p>Discuss using space to your advantage on the offense.</p> <p>The use of the whole line eliminates a single focal point in middle of the field (goal) discuss aiming for points anywhere along the line.</p>

COACH: Age Group Week 3

TEAM: U11 – U12 Team DATE: Spring 2017

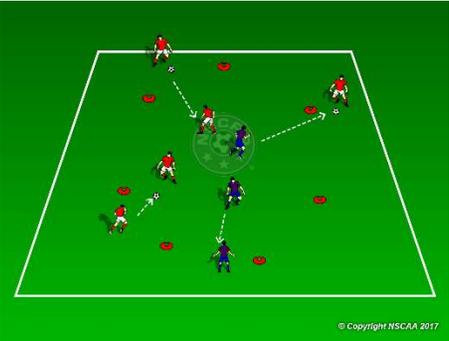
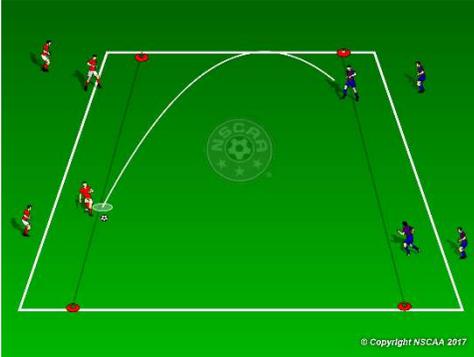
TOPIC: Passing 1

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>3 V 3 Line Soccer</p> 	<p>Add goals and passing gates and play a game.</p> <p>Pass to the feet through the gate is 2 points. A leading pass through the gate received before it goes out of bounds is worth 4.</p> <p>End Session with 5 minutes warm down. Static stretching and knee-ankle strengthening.</p>	<p>If the game becomes too crowded revert to the get out of here game, give each player a number and start with 2 V 2 pairings and work your way to 4 V 4.</p>
<p>GAME</p>		

COACH: Age Group Week 4

TEAM: U11_12 Team DATE: Spring 2017

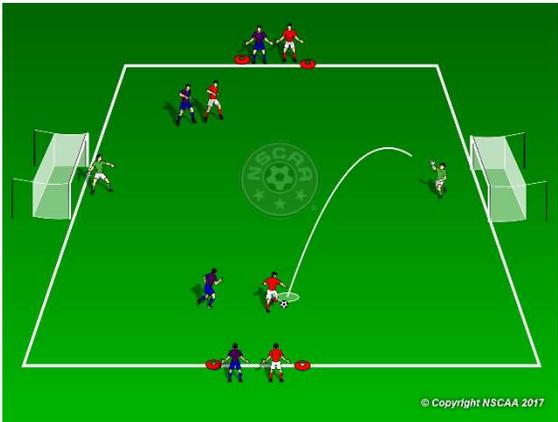
TOPIC: Receiving 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p>  <p>© Copyright NSCAA 2017</p>	<p>While waiting for players to arrive, set up 5 V 2 keep away games. Switch out defenders.</p> <p>5 Min dynamic stretch. Individual and fluid. Discuss with players importance of warming up major muscle groups.</p> <p>Big circle half the players on inside with the ball, pass out and switch with the outside.</p> <p>Big circle Half with the ball on the outside, Player on inside receive start at feet and move up to chest. Play back outside kids are rolling or tossing the ball.</p> <p>Second time through receive and turn and find a person without a ball.</p> <p>30 second races.</p> <p>15 -20 minutes.</p>	<p>Work on preparing the surface for the receiving. Balance and relaxed is important. Discuss shock absorber principle (from the core).</p> <p>Discuss redirection to set up possession or attack. Change of speed from time of control is important.</p> <p>Work from the foot up to chest trap.</p> <p>If passes are poor, have outside players Bowl and toss the ball.</p>
 <p>© Copyright NSCAA 2017</p>	<p>In 20 X 20 grid Teams of 4-6, 2 lines behind each goal.</p> <p>One team serves the ball to the other team, Start with pass on ground, work up to throw in. On upon receipt becomes 2 V 2 line soccer.</p>	<p>The use of the whole line eliminates a single focal point in middle of the field (goal) discuss aiming for points anywhere along the line.</p> <p>Discuss using the receiving of the ball to set up the direction of the next play.</p> <ul style="list-style-type: none">• Towards the teammate for possession,• towards the other line for attack.

COACH: Age Group Week 4

TEAM: U11_12 Team DATE: Spring 2017

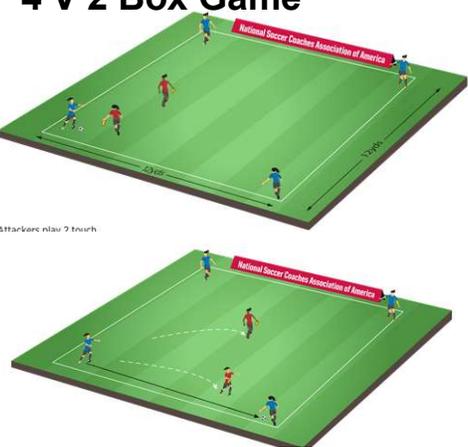
TOPIC: Receiving 1

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>Game</p>  <p>The diagram shows a green rectangular field with a white border, representing a 20-yard grid. Two goals are positioned at the left and right ends. Several players in blue and red uniforms are scattered across the field. A white curved line indicates a throw-in or a pass. A soccer ball is shown in the center. The text '© Copyright NSCAA 2017' is visible in the bottom right corner of the diagram.</p>	<p>20 yard grid, big goals, 1 goalies per team 2-3 minute games rotating teams into field of play.</p> <p>Play always starts with a throw in. Start game that after throw in, thrower joins game to make it a 3 V2 . Throw back is possession throw forward is attack. Progress to straight game of 3 V 3 and goalies. All restarts are throw ins or goalie distribution.</p> <p>End Session with 5 minutes warm down. Static stretching and knee-ankle strengthening.</p>	<p>Using the restarts as either throw in or goalie distribution maximizes repetition on receive and redirect. Talk over the play to decide to possess or attack with each restart.</p>

COACH: Age Group U11/12 Week 5

TEAM: DATE: Fall 2017

TOPIC: Defending in Pairs

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p> <p>Team Tag</p>	<p>While waiting for players to arrive, set up 5 V 2 keep away games. Switch out defenders.</p> <p>SET UP 30x 30yard area. Two different colored pinnies (enough for each player).</p> <p>HOW TO PLAY Two teams. Part 1: Establish an attacking team and a defending team. Attacking players jog in area trying to get away from the opposite team. Coach has a ball at his feet and dribbles around the area. When Coach says 'FREEZE' players stand still. All attacking players must be marked. Can defenders see their mark as well as the ball?</p> <p>Part 2: Players take off their training vest and tuck it in back of shorts. Players jog around in area and try to grab opposing players pinnies whilst still playing the game.</p>	<p>Objectives:</p> <ol style="list-style-type: none">1. Coaching objectives – Players must be aware of their body position during both parts - side on, have open hips, head on a swivel and be able to see both the ball and their partner at all times. Players should not let their partner or the other team (in part 2) get behind them.2. Coaching tips – If a player can understand this simple body position, he/she will be a very effective defender.
<p>4 V 2 Box Game</p> 	<p>SET UP 12x12 yards. One ball between 6 players. Enough vests for ½ the players.</p> <p>HOW TO PLAY 4 attackers stand on the outside of the area. 2 defenders, holding pinnies in their hands are in the middle of the grid. Attackers pass the ball to each other trying not to let the two defenders steal it; ultimately trying to 'split' the defenders down the middle with a pass. If the defenders steal the ball, they switch with the attacker who passed it.</p> <p>Phase II, remove the boundaries, attackers can come into the box and do not have to</p>	<p>Coaching objectives – Defenders must communicate. The closest defender (1st) says 'BALL', and 2nd defender says 'COVER'. They move so they don't get 'split'. The covering defender must adjust distance and body angle depending on 1st defenders positioning.</p> <p>Coaching tips – After the attacker passes the ball the 1st defender must drop and cover in the center, while the original 2nd defender moves to the ball to pressure.</p>

COACH: Age Group U9/10 Week 5

TEAM: DATE: Fall 2017

TOPIC: Defending in Pairs

5 V 3 + 2 Continuous Game



SET UP 25x30 yards. 2 teams of 5 players with different color vests.
HOW TO PLAY Blue team starts in an attacking triangle shape, with the middle player starting with the ball. The blue team attempts to score in the red team's goal. The red team has 3 active defenders, 1 goalie and 1 resting. If blues score, they run back calling out positions (3 players say 'DEFENDER', 1 says goalie and 1 says 'RESTING'. Reds move into a triangle attacking shape and attempt to score. If blues win the ball they try to score (still with 3 players). After a goal or an attempt to score, game restarts with teams reversing roles. Eventually the resting player should become a keeper. Goals can only be scored on the ground.

Discuss the role of the 3rd Defender as balance.

Coaching objectives – Defenders should be in 'Ball', 'Cover' positions. Ensure the 'Cover' defender is close enough to 1st defender to pressure ball if the 1st defender gets beaten. The cover player should not be so close that the attacker can bypass both defenders with one move/pass. If the defenders win the ball, they should get their head up quickly to counter-attack.

Coaching tips – The quick transition from attack to defense necessitates clear communication between the defenders.

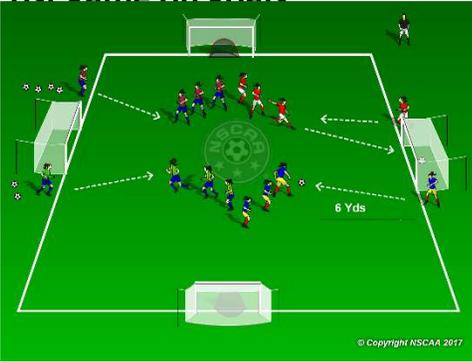
Scrimmage

7 V 7 Scrimmage

COACH: Age Group Week 6

TEAM: U11-12 Team DATE: APR 2017

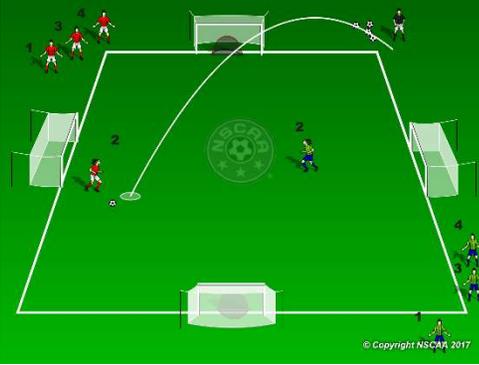
TOPIC: Striking 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p> 	<p>While waiting for players to arrive, set up 5 V 2 keep away games. Switch out defenders.</p> <p>5 Min dynamic stretch. Individual and fluid. Discuss with players importance of warming up major muscle groups.</p> <p>In 20 X 20 Grid 4 large goals and 12-16 players. Split into teams, half players shag and feed balls, other half shooters.</p> <p>Start with passes in on ground, shooter receives and heads to another goal through the box. Sets and strikes.</p> <p>Receives a new ball and repeats.</p> <p>Switch teams. Perform competition of completed goals.</p>	<p>Over group and individual work on technique striking. Locked ankle, instep or inside of foot, swing from the hip, landing on shooting foot. Point non-shooting foot to get body aligned to direction of shot.</p> <p>2 goals are for power shot, 2 are for accuracy. If have small puggs for corners may be better for accuracy. In competition 2 points for accuracy and one for successful power shot.</p> <p>2 min games. If this is successful, run long rather than shifting to next game after break.</p> <p>Before starting again, refresh with group critical techniques of the strike and introduce toe poke and others, with why they would be useful.</p>
<p>Post game on goals</p> 	<p>Teams of 10, passing across two touch settle & kick and through three types of kick.</p> <p>2 minutes</p>	<p>This section allows for repetitive and quick strike actions. Essentially receive, control strike.</p> <p>If successful with ball coming at them, change position of the feeder line, balls in from a cross, through balls from behind.</p> <p>Change to crosses in the air and set ups for volley.</p> <p>Discuss how balance and prepared body prior to ball coming allows adjustment to the position of the ball.</p>

COACH: Age Group Week 6

TEAM: U11 – U12 Team DATE: Apr 2017

TOPIC: Striking 1

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>Get out of here</p>  <p>© Copyright NSCAA 2017</p>	<p>In a 15 X 15 Grid set up 4 Goals.</p> <p>Have a team of 4-6 in one of two corners. Number each player. Call out a number and the player take the field to shoot on any goal.</p>	<p>Nets are close to promote shooting quickly on any goal.</p> <p>Serve the ball towards one player to promote an attacker- defender situation.</p> <p>At minimum 2 touch, to promote setting up a good strike.</p> <p>Place pugg goals in one pair for accuracy shooting.</p>
<p>GAME</p>  <p>© Copyright NSCAA 2017</p>	<p>Progress from the out of here game, teams of 3, extra teams wait to play 2 minute games.</p> <p>Still 4 goals to promote shooting. Add Goalies.</p> <p>Coach keeps feeding balls in to a team. Team with most goals after 2 minutes stays on.</p> <p><i>End Session with 5 minutes warm down. Static stretching and knee-ankle strengthening.</i></p>	<p>Focus on technique of the strikes. Set up one pair of goals with a Pugg in the center for accuracy shooting.</p> <p>Let the teams play and coach the waiting team.</p> <p>Provide tips to teams waiting on how to get the ball to a shooter.</p>