

COACH: Age Group Week 1

TEAM: U9-10 Team DATE: Spring 2017

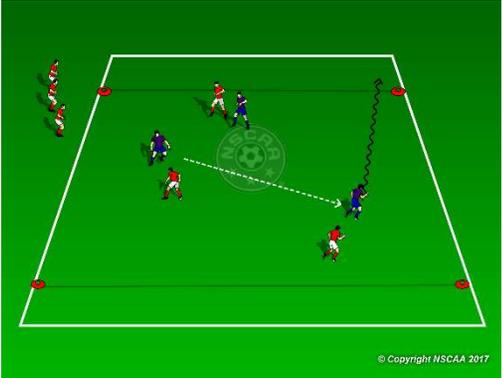
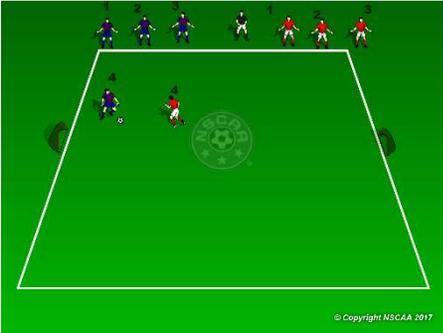
TOPIC: Dribbling 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p data-bbox="121 397 436 430">Dribbling WARM-UP</p> 	<p data-bbox="642 397 1218 487">20 X 20 Grid Group dribble using all parts of the foot. Change speed, change direction, find space, 10-15 min,</p> <p data-bbox="642 527 1218 673">All players have a ball, Half of the group has with pinny. Players without pinny tries to steal the pinny. If they steal the pinny, they put the pinny in their back. Objective is to have a pinny at the end of 2 minutes.</p> <p data-bbox="642 714 934 738">Run it 2 times, 10 Minutes.</p> <p data-bbox="642 779 1218 901">Shielding drill, half as many balls as players, 2 minutes steal the ball. At the end of 2 minutes count which team has the most balls.</p>	<p data-bbox="1247 397 1963 519">The free dtibble is a refresher on surfaces of the foot. Ask players to demonstrate favorite move. Discuss importance of dribbling is to change direction and change speed. Introduce that feinting is important way to create space with the dribble.</p> <p data-bbox="1247 560 1858 584">Discuss use of the body to shield the ball while dribbling.</p> <p data-bbox="1247 625 1911 706">Pinny game has objective of driving dribblers to look up while dribbling so they can try to steal the pinny. This is a multi-directional warm up.</p> <p data-bbox="1247 747 1974 836">In shielding game discuss difference between shielding the ball and dribbling away from the defense. Shielding builds into the directional game.</p>
<p data-bbox="121 990 478 1023">Head-to-head dribbling</p> 	<p data-bbox="642 990 787 1015">15 minutes</p> <p data-bbox="642 1031 1218 1372">End zones - spaced 10-15yds, 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. After a few times introduce poking the other player's ball away from them, while protecting their own. Coaches can patrol the area and steal balls not under control. IF progressing very well, introduce defenders (1 or 2) that can steal a ball to get more balls in the far endzone.</p> <p data-bbox="642 1412 1165 1469">Break on the field to talk about what is your favorite move.</p>	<p data-bbox="1247 990 1963 1079">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 data-bbox="1247 1120 1942 1144">Over play talk to using dribbling skills to turn and move the ball.</p>

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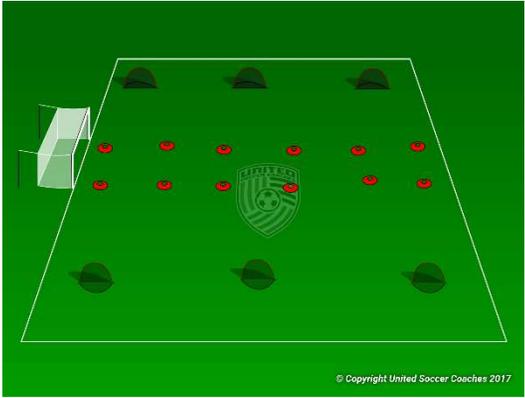
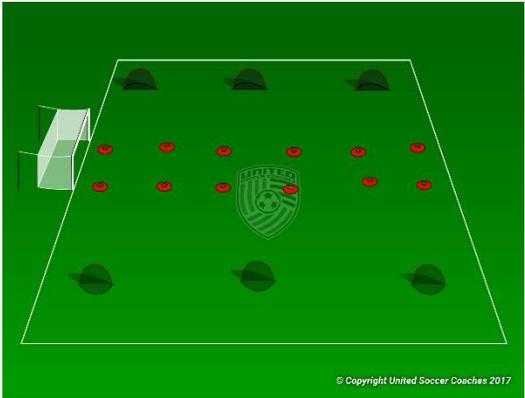
TOPIC: Dribbling 1

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>3 V 3 Line Soccer</p>  <p>A diagram of a green rectangular field with white lines. Three players in red are on the left side, and three players in blue are on the right side. A ball is in the center. A dashed arrow points from the ball towards the right side. A wavy line indicates a path from the ball towards the top right corner. The copyright notice '© Copyright NSCAA 2017' is at the bottom right.</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>A diagram of a green rectangular field with white lines. Four players in red are on the top side, and four players in blue are on the bottom side. A ball is in the center. The copyright notice '© Copyright NSCAA 2017' is at the bottom right.</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>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 U9/10 Week 2

TEAM: DATE: Fall 2017

TOPIC: 1 V 1 Defending

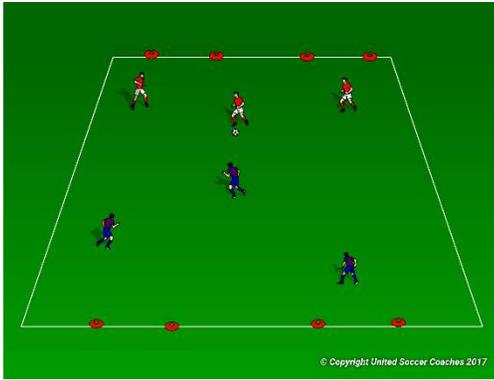
STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p>  <p>© Copyright United Soccer Coaches 2017</p>	<p>While waiting for players to arrive, set up 5 V 2 keep away games. Switch out defenders.</p> <p>In a 20 X 20 Grid with a 5 yd box in the middle, pair players.</p> <ol style="list-style-type: none">1. Players must face each other at all times.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. 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 A passes to B, who receives the ball and attacks to the other goal. Team A player, just shadows the attacker. Keeping face to face. Once Player B crosses the line, the next Player A 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 U9/10 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.

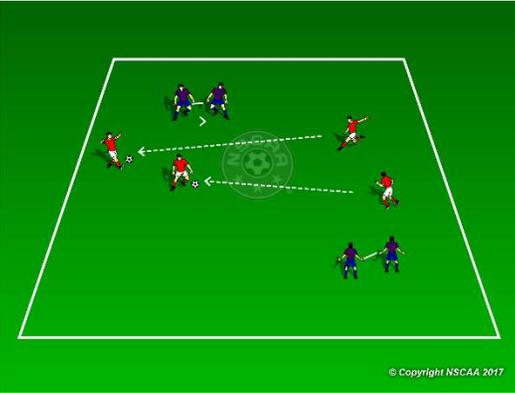
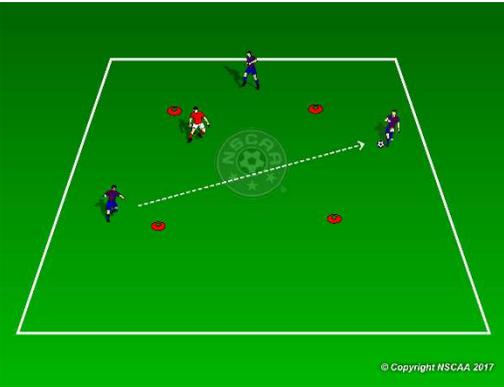
Scrimmage

4 V 4 Scrimmage

COACH: Age Group **Week 3**

TEAM: U9-10 Team **DATE: Spring 2017**

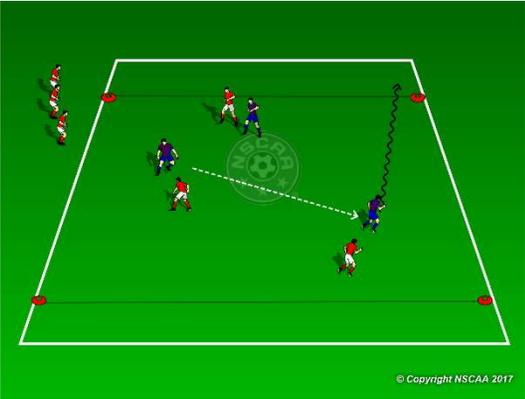
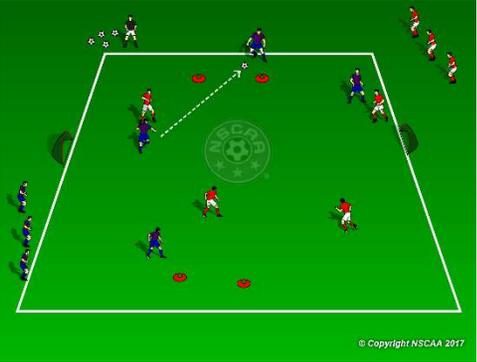
TOPIC: Passing 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p>  <p>© Copyright NSCAA 2017</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>Progress to two teams: One team pairs hold a pinny and defense, the other have a ball and be offense.</p> <p>Start with defenders giving the ball back. Move to possession. If defenders win, they drop the pinny and pass the ball. Those that lost are now defenders and must steal a different ball.</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 and feet. Passing to turn and passing to get the ball back.</p>
<p>Grids 3 V 1</p>  <p>© Copyright NSCAA 2017</p>	<p>15 minutes</p> <p>Break into groups of 4 with 10 X 10 Grid. Start with demonstration, with 3 V 1 inside the box, then move the players outside the box and play 3 V 1.</p> <p>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>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.</p>

COACH: Age Group Week 3

TEAM: U9 – U10 Team DATE: Spring 2017

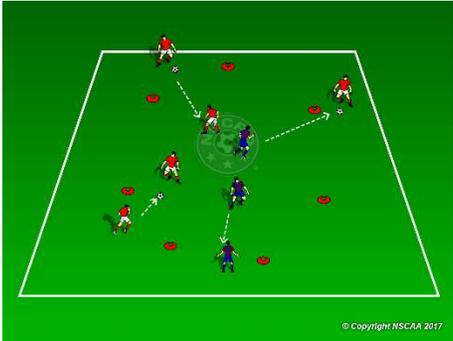
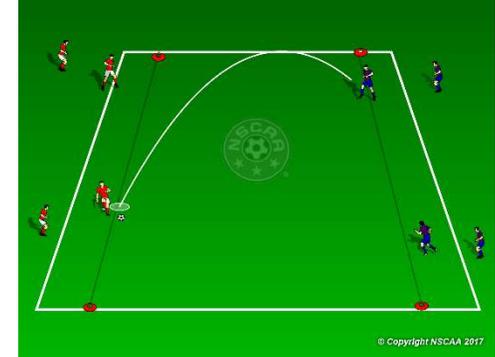
TOPIC: Passing 1

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>3 V 3 Line Soccer</p>  <p>© Copyright NSCAA 2017</p>	<p>In 20 X 20 box have 3 V 3. All restarts come from the end zone with first pass free.</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 use of the whole line eliminates a single focal point in middle of the field (goal) discuss aiming for points anywhere along the line. Emphasize the pass for possession and pass to attack.</p>
<p>GAME</p>  <p>© Copyright NSCAA 2017</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>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>

COACH: Age Group Week 4

TEAM: U9_10 Team DATE: Spring 2017

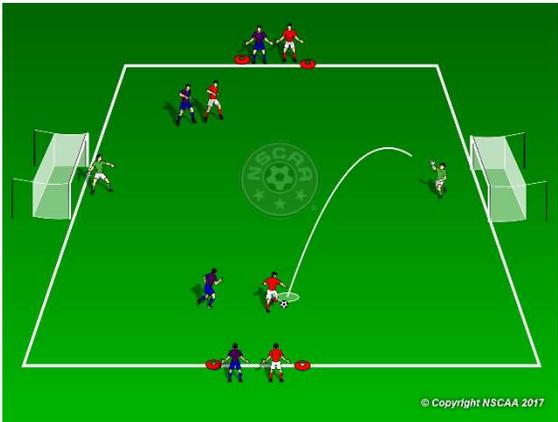
TOPIC: Receiving 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>WARM-UP</p>  <p>© Copyright NSCAA 2017</p>	<p>Big circle half 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 up to chest. Play back outside kids are rolling or tossing the ball.</p> <p>Second time through receive and find a person without a ball.</p> <p>10 minutes. 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>© 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: U9_10 Team DATE: Spring 2017

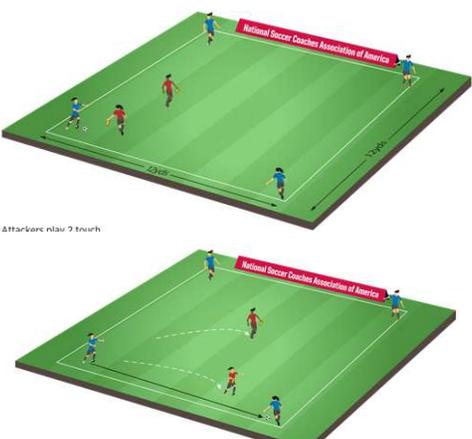
TOPIC: Receiving 1

STAGE	ORGANIZATION (DIAGRAM)	OBJECTIVES / COACHING POINTS
<p>Game</p>  <p>The diagram shows a green rectangular field with a white border. At each end, there is a goal with a net. Several small figures representing players are scattered across the field. A white curved line indicates a throw-in or a pass. A soccer ball is shown in the center of the field. 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 V 2 . 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>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 U9/10 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 30x30yard area. Two different colored pinnies (enough for each player).</p> <p>HOW TO PLAY Two teams. Part 1: Each player on the blue team chooses a partner on the red team. All players jog in area trying to get away from their partner on the opposite team. Coach has a ball at her feet and dribbles around the area. When Coach says 'FREEZE' players stand still. Can they see their partner 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>Attacker's play 2 touch</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>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

3 V 2 + 1 Continuous Game



SET UP 25x30 yards. 2 teams of 3 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 2 active defenders and 1 resting. If blues score, they run back calling out positions (two players say 'DEFENDER', one says 'RESTING'. Reds move into a triangle attacking shape and attempt to score. If blues win the ball they try to score (still with 2 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.

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.

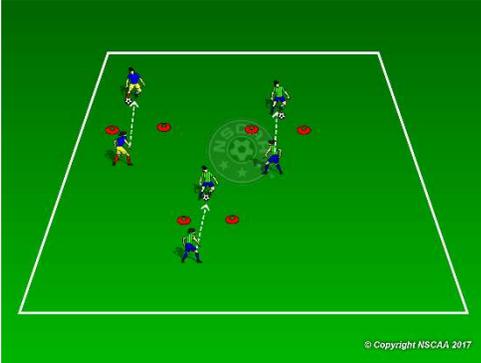
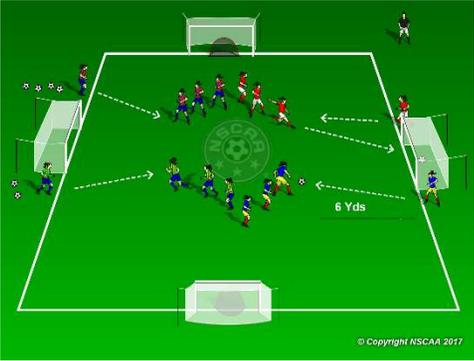
Scrimmage

7 V 7 Scrimmage

COACH: Age Group

TEAM: U9-10 Team DATE: Spring 2017

TOPIC: Striking 1

STAGE	ORGANIZATION	OBJECTIVES / COACHING POINTS
<p>Dribbling WARM-UP</p>  <p>© Copyright NSCAA 2017</p>	<p>Set up gates across the field.</p> <p>Start with pairs per gates 5yd apart focused on instep and accuracy strick. Work way out to 10yds away, then back into 2-5 yds for inside accuracy, Back into 2-3 yds with volley</p> <p>If the ball missed, they have to switch positions.</p> <p>Close out with races, going through all strikes.</p>	<p>Over group and individual work on technique striking.</p> <p>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>Post game on goals</p>  <p>© Copyright NSCAA 2017</p>	<p>Teams of 10, passing across two touch settle & strike the ball.</p> <p>Set up competitions to add pressure. Work from ground balls to volleys.</p> <p>If proficient move the serving line to the side for crosses.</p> <p>2 minutes</p>	<p>This game is for repetitive quick strike actions. Receive, control, and strike. Have distributor line start with rolling balls and move up to tosses for volley.</p> <p>Run through with 2 touch and has get proficient try one touch strikes, but remain focused on the importance of quickly controlling and striking.</p> <p>Add puggs to center of goal for accuracy strikes. Pugg is the goalie, must hit corners for a point.</p>

COACH: Age Group

TEAM: U9-U10 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>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>