

Organizing a Training Session

*Training sessions should be the length of the game. U6's-30-45 minutes, U8's 45-60 minutes, U10's 60-75 minutes, U12's and up 75-90 minutes

- Begin with the end in mind!
- Fail to prepare, prepare to fail!
- KISS Theory
- Have cones, vests, and balls already to go. Have flow to your training sessions.
- Have a specific focus for your training session-focus on that. Everything else is a bonus!
- Players need to be in motion during activities and games, don't use Drills!!!
- Activities need to relate to the game!
- Activities should be geared to their success as a player, not to develop a winning team!
- Activities should be geared for the players to make their own decisions
- Always end the training session with a game to two goals. Let them play!!
- Cool Down
- End with smiles ☺

Stages of a Training Session

Fundamental Stage (20-25%) NO LINES, LAPS, OR LECTURES!

- Warm-up
- Create a specific theme for session. Warm-up should reflect the focus of session.
- Preparation for physical activity-include stretching to develop flexibility
- Mental preparation (focus and enthusiasm)
- With younger players U6-U8 years of age, include body awareness activities
- No pressure of an opponent space or time

Activities Stage (not drills)

- Introduce pressure of an opponent, space, or time
- Incrementally add pressure of an opponent based upon the players' level of success.
- Go from Clarity to Reality or Simple to Complex

- Maze Game
- Target/Direction Game
- Only 2-3 activities needed

Game Stage (25-30%)

- This is the part where the players play the game!
- Play to two goals
- The smaller numbers-the clearer the teaching point
- No restrictions
- Observe first, then correct
- Stop to make point that reflects topic of training, but avoid talking. They don't come to hear the coach talk!
- Let them play-step off to the side and be a guide!

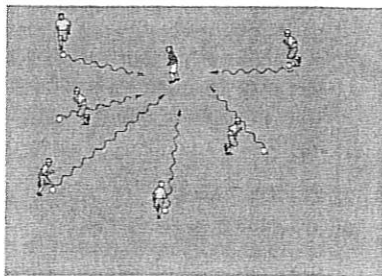
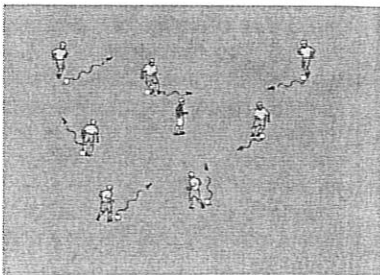
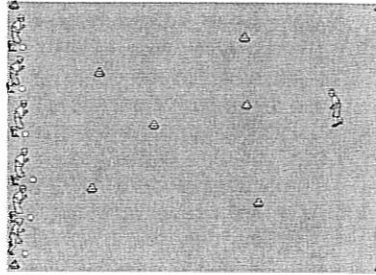

Cool Down (5%)

- Stretch and permit players to cool down
- Don't forget upper body
- Use time positively-do something fun!

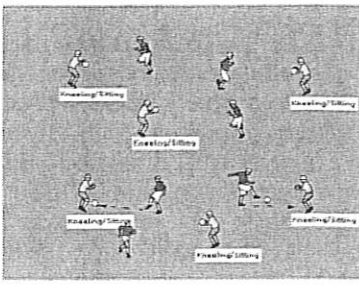
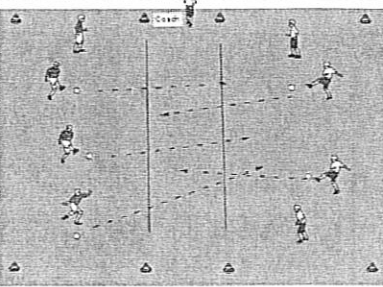
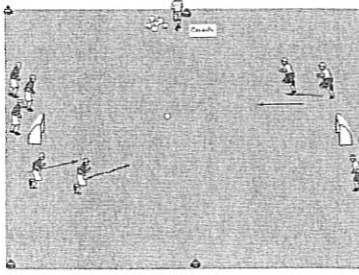
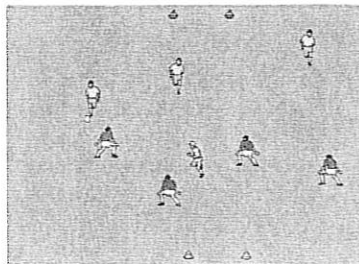
Blank Lesson Plan

Warm-up	Diagram of Activity	Coaching Points
1st Activity (Maze Game)	Diagram of Activity	Coaching Points
2nd Activity (Target Game)	Diagram of Activity	Coaching Points
Game 3v3 for U6 4v4 for U8 6v6 for U10 8v8 for U12	Diagram of Activity	

Sample U6 Lesson Plan-Dribbling "Heads Up"

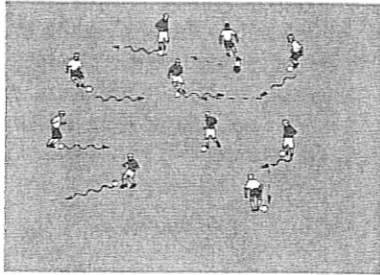
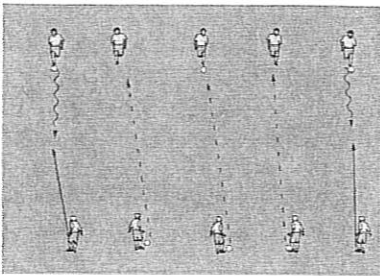
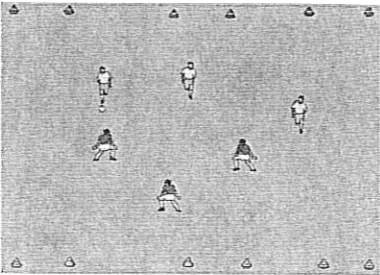
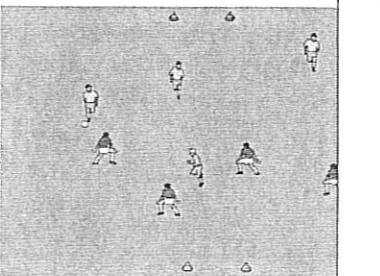
Activity Name	Description	Diagram	Purpose/Coaching Point
<p>1</p> <p>Retrieval</p>	<p>Every player gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and dribbling the ball back to the coach. The coach walks around while the players dribble the ball back to them.</p>		<p>Introduction to dribbling</p> <p>Coordination Balance Heads up!</p>
<p>"Red Light-Green Light"</p>	<p>All players are in a grid. When the coach says "Green", the players all dribble their ball. When the coach says "Red", the players all stop the ball with the bottom of their foot.</p> <p>Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc up. The coach now doesn't say anything, simply holds up a color and they players have to look up and react.</p>		<p>Coaching Points:</p> <p>Keep the ball close.</p> <p>Guided Discovery Questions:</p> <p>"What part of the foot can you use inside, maybe outside)</p> <p>"When no one is trying to take it your head be"? (UP!)</p>
<p>"Traffic"</p>	<p>All players gather on a line. The object is to dribble their ball from one line to the other line. The coach calls out either Green or Red light. Players dribble their ball and go when Green light is called and stop when Red Light is called.</p> <p>If a ball is not stopped, then the player can go back even with the last player, but not all of the way back.</p> <p>Progress to the coach holding either a Green or Red cone, towel, t-shirt, etc up. The coach now doesn't say anything, simply holds up a color and they players have to look up and react.</p> <p>Another variation is to drop disc cones (potholes) that the players have to avoid so they don't get a flat tire.</p>		<p>Guided Discovery Questions:</p> <p>"How far away should the ball be enough so you can control it)</p> <p>"Why do you want to avoid that flat!! (stopped).</p>
<p>3v3 Game</p>	<p>Play 3v3 game with no goalkeepers</p>		<p>LET THEM PLAY!</p> <p>Tell them to be brave with the ball!</p>

U8 Sample Session (Striking The Ball)


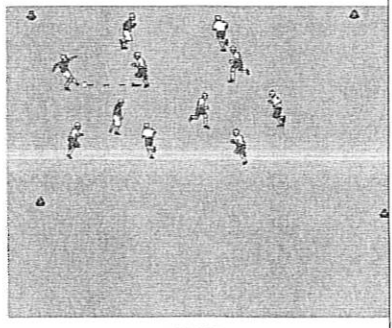
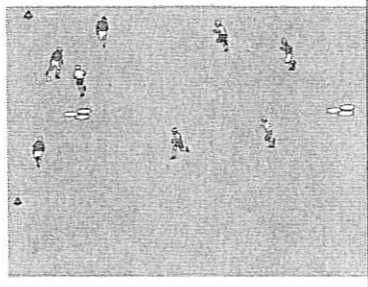
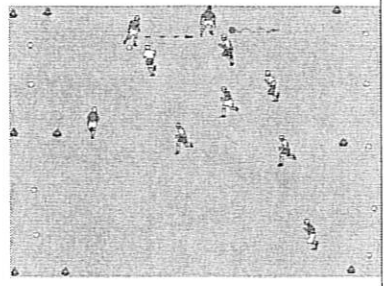
Activity Name	Description	Diagram	Purpose/Coaching Point
<p>1</p> <p>Warm-up "Buddy Up"</p>	<p>Players are in pairs and each pair has one ball. One partner kneels/sits on the ground and rolls ball to their partner. The partner standing then passes ball back to the kneeling partner and then goes to a new person.</p> <p>a) Inside of foot b) Laces (just introduce) c) Go to kneeling partner who rolls ball between legs. Standing partner then chases, turns and passes ball back.</p>		<p>Introduction to mechanics of striking the ball</p> <p>Note: Don't get too caught up with them using their laces!</p> <p>Can they get it back to the kneeling partner without making them move?</p>
<p>Junkyard Soccer</p>	<p>Divide team into two teams. Each team goes to a half. Use an odd number of balls, like 5. The objective of the game is to strike the ball into the other team's yard. Each team wants to have a clean yard when time is called by the coach. The team that has the fewest balls on their side when time is called gets a point. Play to a certain amount of points or for time. Variation: Require a pass to be made to a teammate before the ball can be struck back to the other half.</p>		<p>Introduce mechanics of striking the ball</p> <p>Strike the ball for a purpose.</p> <p>They should be trying to strike the ball where the other team can't get it back quickly.</p>
<p>"Shootout" No Goalkeepers</p>	<p>Two goals are placed on the ends. Two teams of 4-6. Each team is attacking a goal and defending a goal. Two teams each take a place behind the goals. The coach will yell out a number of players and a direction like "2 Right". Two players from each team run by the right side of the goal and then come in. The coach can call any number and direction. After the coach yells out a number and a direction, they roll in a ball for the players. Play for time or a certain amount of points.</p>		<p>Scoring goals Concept of parallel play</p>
<p>4v4 Game</p>	<p>Play 4v4 game with no goalkeepers</p>		<p>Let Them Play!</p>

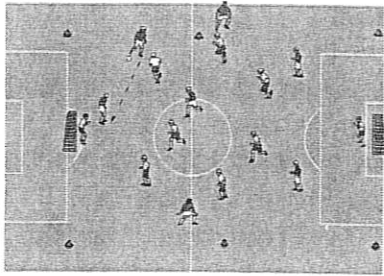
Age Group: U10

Topic: Improving Individual Possession

Activity Name	Description	Diagram	Purpose/Coaching Point
1			
Warm-Up Grid Dribbling	<p>All players have a ball inside a grid. Instruct the players to use different turns when near an opponent. Some of the turns:</p> <p>a) Cryff; b) Cut back; c) Step over; d) Roll over</p> <p>b) After showing them some of the turns, then instruct players that when they dribbled to an outside line to act like it's an opponent and to get away.</p>		<p>Dribbling w/Head up</p> <p>Sell the fakes</p>
2			
Match Related 1v1	<p>Players get into pairs and are about 10 yds apart. The pass the ball back and forth to each other using two touch. When the coach yelled "play" whoever had the ball tried to shield it from their opponent. Progress to groups of 3. One player passing the other two work as an attacker and a defender. The attacker works on receiving the ball and turning past the defender.</p>		<p>Positioning of body-</p> <p>Between defending player</p> <p>Make contact w/ defender</p>
3			
Match Related 3v3-Countdown	<p>Two teams of three. Each team has three goals to defend and three to attack. When a team scores a goal, the team scored upon has to "close" one of their three goals. Continue until one team has no more goals to "close".</p>		<p>Individual techniques w/b</p> <p>Individual decisions w/bal</p>
4			
Match Condition 6v6	<p>Space is very tight to keep players under constant pressure.</p>		

Age Group: U12
Topic: Teamwork-Shape

Activity Name	Description	Diagram	Purpose
1 Warm-Up Ballmaster	Every group of 5/6 players gives their ball to the coach and the coach tosses the ball out for each group to collect individually. Players bring the ball back by: 1) Picking up the ball and running it back to the coach w/their hands; 2) w/feet and using 7 passes to get the ball back to the "Ballmaster"; 3) w/feet and using 17 touches to get it back to the "Ballmaster"; 4) Hurricanes and Ladders		Warm-up Teamwork Passing Shape
2 Match Related "Bulldog"	Put the entire group inside a playing area. Two players start off as the "bulldogs" and wear pennies/bibs. Have pennies/bibs and balls around the area. The "bulldogs" try and work together to "hit" a player below the knees. When a player gets hit, they join the "bulldogs". Progress along for time or until a group remains.		Passing Receiving Shape Thinking ahead
3 Match Related "Bags"	Even or odd numbered amount of players may be used. Players place two bags about 25-30 yards apart from each other. The object is to pass and hit the bag with the ball. Team can score at either of the two bags. When a bag is hit, restart the game by giving the ball to the other team.		Passing Receiving (can you field?) Shape Thinking ahead!
4 Match Related "Bank Game"	Even or odd numbered amount of players may be used. Play is to endzones. In each endzone there are 4-6 balls. When one team successfully advances their ball to the other team's endzone they get a ball from their endzone and play continues.		Passing Receiving Shape Thinking ahead Penetration with
5			

Match Condition	8v8 Game (7 plus GK)		
-----------------	----------------------	---	--

Techniques

- Involves all skills of the game
- Biomechanics of a skill
- Progress by teaching motions with/without ball then add movement and pressure
- Technique vs. Skill
 - Technique is taught
 - Skill is acquired

Techniques: (Don't worry about technique for U6's)

Dribbling-Coaching Points: Control of ball and body, Head up (awareness), Bent knees (balance), change of direction (use of proper foot), feints, change of pace, Body between ball and opponent (shielding), Sideways stance of body (shielding), Use of arms for balance and to make space, Bravery!

Passing- Coaching Points: Approach to ball, Ankle locked, toe point up, strike middle of ball (shorter passing), strike ball at angle for longer passing, strike bottom half of ball for longer passing, placement of non-kicking foot for short passing and long passing, head steady, eye contact.
Receiving-.

Receiving-Coaching Points: First touch and importance of cushioning ball, take a touch away from pressure, first touch sets up 2nd touch, get in line with the ball, select controlling surface early, open body up to see as much of field as possible, read the path of the ball, keep ball moving-don't stop ball.

Heading- Coaching Points: Use top of forehead (hairline) to contact ball, Neck should be firm on contacting the ball, Keep eyes open, Head is moved forward-not up and down, Follow thru, Arms and elbows up for protection and thrust. Attacking-Head top half of ball and low, Defending-Head high, far, and away! ***Heading is not recommended until U10!**

Crossing- Coaching points: Preparation of ball, placement of non-striking foot, Striking foot is slightly bent (like a wedge), hips and shoulders face target, Eyes on ball, Strike ball with laces, land on striking foot.

Finishing- Coaching Points: Toe down, ankle locked, head, chest, and knee over ball, head is steady, strike top half-center of ball, land on striking foot, placement of non-striking foot, hit the target.