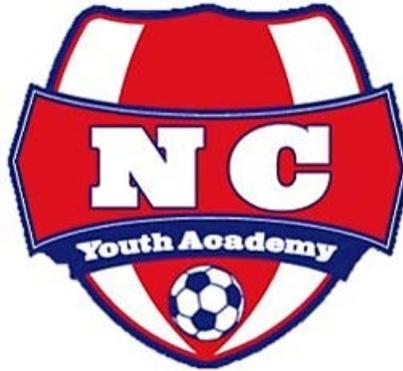


Youth Academy | Player Development Lesson Plans



Fall 2017 – 8U



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Module	Lesson Plan Topics	
3v3 & 4v4 FUN	Week 1	Games, Games, Games
	<i>OBJECTIVE(S) FUN, Creativity, Innovation, Take Risks</i>	
Ball Manipulation	Week 2	Dribbling & Control
	<i>OBJECTIVE(S) To improve dribbling and ball familiarity & To work on dribbling with the head up.</i>	
	Week 3	Individual Moves
	<i>OBJECTIVE(S) To improve dribbling and ball familiarity & To work on dribbling with the head up.</i>	
	Week 4	Turns
	<i>OBJECTIVE(S) To improve dribbling and ball familiarity & To work on dribbling with the head up & To improve how to redirect or receive the ball. "Take it somewhere new."</i>	
Ball Striking with a teammate	Week 5	Passing & Receiving I
	<i>OBJECTIVE(S) To improve passing the ball - Specifically the push pass. & To develop working with a teammate.</i>	
	Week 6	Passing & Receiving II
	<i>OBJECTIVE(S) To improve intermediate range passes (8-12 yards & To improve long range passes for the 8U player (15-20 yards).</i>	
	Week 7	Partner Connections
<i>OBJECTIVE(S) To improve passing the ball - Specifically the push pass. & To develop working with a teammate.</i>		
Ball Striking to a goal	Week 8	Shooting on Goal
	<i>OBJECTIVE(S) To improve long range passes for the 8U player (15-20 yards) & To improve striking the ball.</i>	
	Week 9	Shooting vs, a Defender
	<i>OBJECTIVE(S) To improve long range passes for the 8U player (15-20 yards) & To improve striking the ball.</i>	
3v3 & 4v4 FUN	Week 10	Games, Games, Games
	<i>OBJECTIVE(S) FUN, Creativity, Innovation, Take Risks</i>	

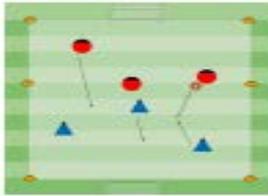


US Soccer Federation | Play-Practice-Play Model

Objectives

Address the SW's to = Create Chances in order to Score Goals...WHAT do you want to improve?...WHO are the key players?...WHERE is it happening on the the field?...WHEN exactly is it happening?...WHY is it happening?

PLAY - 3v3



3 v 3



balls, cones, goals,
training vests



Intensity: 7



12:00 min
(4 x 02:30 min, 00:30 min rest)

Coaching Points

-Technique of Dribbling-Technique of Passing
Receiving-Spread out-Pass or dribble
forward when possible-Create 2v1/1v1
opportunities when possible

Description

30W x 40L. Set up (2) Fields. Target/Focus
Team (blue triangles) should be the only
team coached during this activity.

PRACTICE - Creating 2v1 Opportunities



2 v 2



balls, cones, goals,
training vests



Intensity: 7



18:00 min
(6 x 02:30 min, 00:30 min rest)

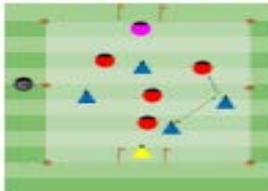
Coaching Points

-Technique of Dribbling-Technique of Passing
Receiving-Spread out-Pass or dribble
forward when possible-Create 2v1/1v1
opportunities when possible

Description

30W x 40L. Place (2) goals at each end of
the field. Start with 2v1 progress 2v2
progress 3v2. Target/Focus Team (blue
triangles) should be the only team coached
during this activity.

PRACTICE - Creating 1v1 & 2v1 Opportunities In a 5v5



5 v 5



balls, cones, goals,
training vests



Intensity: 5



20:00 min
(4 x 04:00 min, 01:00 min rest)

Coaching Points

-What are the ways we can penetrate the
defense?-Where should the player(s) with the
ball look to penetrate the defense?-When
should we penetrate the defense with the
dribble? pass?-When should the player with
the ball pass vs dribble?-Who can help the
player with the ball penetrate the defense?

Description

40W x 50L. Play 5v5 with (2) large goals.
Target/Focus Team (blue triangles) should be
the only team coached during this activity.

PLAY - 7v7 Match



7 v 7



balls, cones, goals,
training vests



Intensity: 5



20:00 min
(2 x 08:00 min, 02:00 min rest)

Coaching Points

Reinforce all coaching point from above.

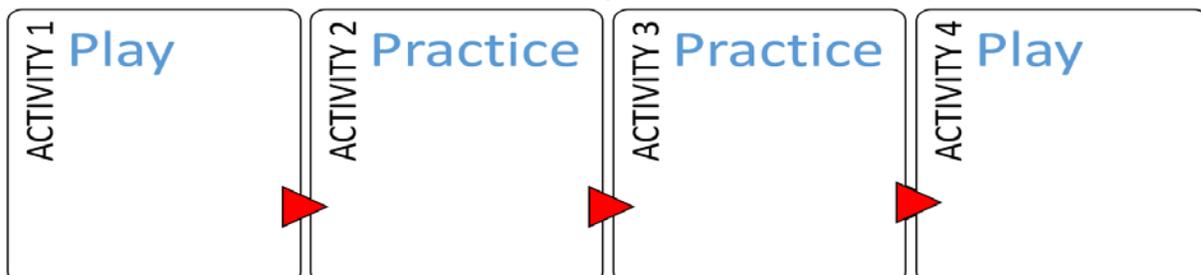
Description

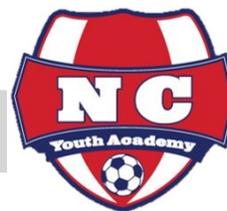
7v7, full field with 2 big goals if
possible, or play as large of a game as
numbers space will allow based on age group
requirements from USSF Player Development
Initiatives.

PAGE 1/1

Grassroots Coaching Plan Design

Practice Topic/Lesson Plan/Training Session



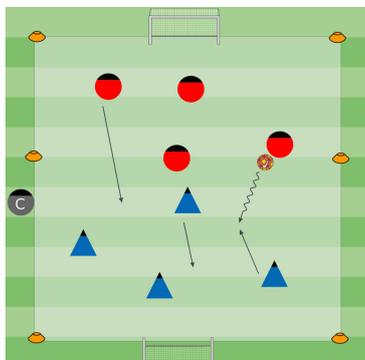


TRAINING SESSION: 4V4 FUN | FALL 2017

Objectives

Encourage players to have FUN, be Creative, promote Innovation, and dare them to Take Risks

4v4 Fun | Variations #1



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

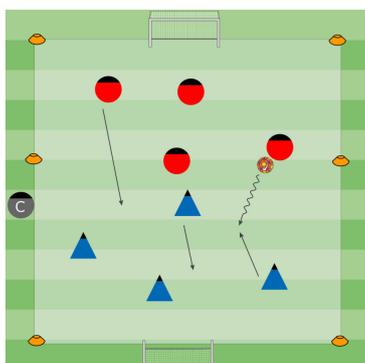
Coaching Points

GAME #1 | Steal the ball score = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

4v4 Fun | Variations #2



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

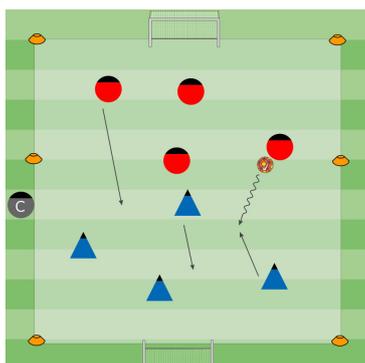
Coaching Points

GAME #2 | 1v1 Move + Goal = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

4v4 Fun | Variations #3



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

Coaching Points

GAME #3 | Sharing (passing) with a teammate + Goal = 10ptsall other goals with 1pt.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

4v4 Fun | Variations #4



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

Coaching Points

GAME #4 | Dribble Master (dribble more than one player) + Goal = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

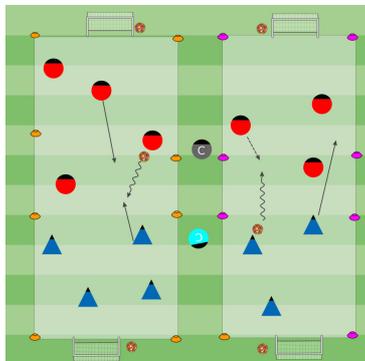


TRAINING SESSION: 8U - DRIBBLING & CONTROL | FALL 2017

Objectives

To improve dribbling and ball familiarity To work on dribbling with the head up.

PLAY - 3v3 or 4v4 arrive at practice



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

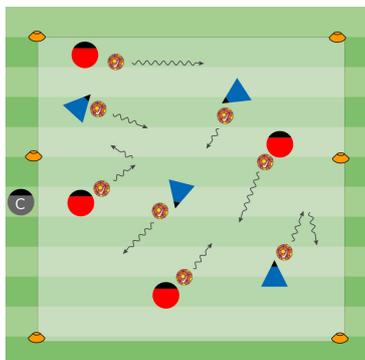
 16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Dribbling surfaces



 Players

 Balls, cones, goals, & training vests/pinnies

 Intensity:

 12:00 min
(8 x 01:00 min, 00:30 min rest)

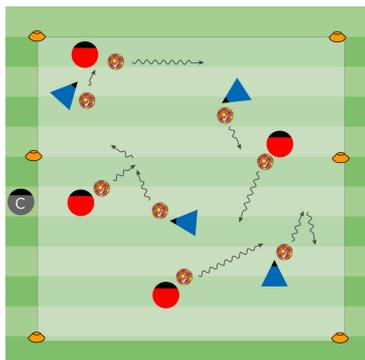
Coaching Points

WHAT are the surfaces used to dribble? WHERE should the ball be located when we dribble? WHO could get the ball if we loose control while dribbling? WHERE should we look when dribbling?

Description

Make field that is 20W x 25L. Each player should have a ball. Ask players to perform or SHOW YOU - inside foot dribble, outside foot dribble, bottom foot dribble, "coach combination" (Pick any combination of the 3)

PRACTICE - Dribble tag



 Players

 Balls, cones, goals, & training vests/pinnies

 Intensity:

 12:00 min
(8 x 01:00 min, 00:30 min rest)

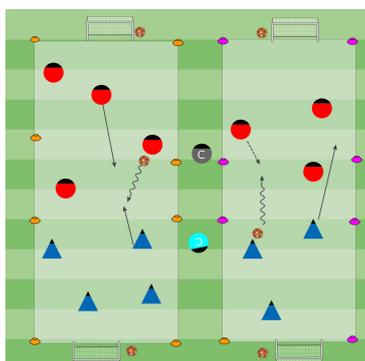
Coaching Points

WHAT should I do if I see open space? WHERE should my head/eyes be while I am dribbling? WHO am I looking at while dribbling the ball?

Description

Make field that is 20W x 25L. Each player should have a ball. Players should try to tag another player, while keeping their ball at their feet....VARIATIONS = 1) Tag every body at least once, and repeat! 2) Partners, tag everybody once and add your score with a friend. 3) Red vs Blue (colors), tag everybody not your color at least once, and repeat!

PLAY - 3v3 or 4v4 end game



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

 16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

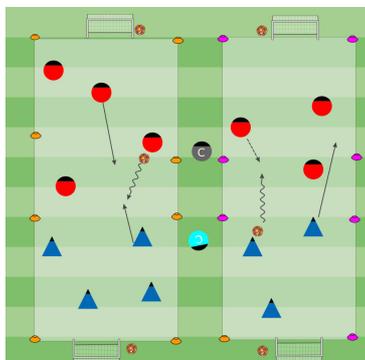


TRAINING SESSION: 8U - INDIVIDUAL MOVES | FALL 2017

Objectives

To improve dribbling and ball familiarity To work on dribble with the head up.

PLAY - 3v3 or 4v4 arrive at practice



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Individual Moves



Players

Balls, cones, goals, training vest/pinnies

Intensity:

12:00 min
(8 x 01:00 min, 00:30 min rest)

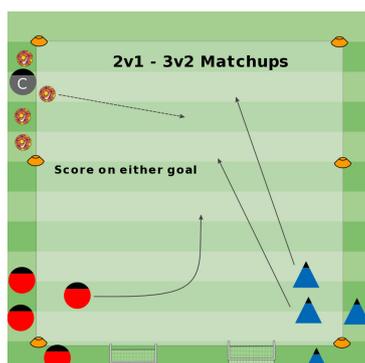
Coaching Points

WHAT part of the foot allows you to dribble fastest? WHERE should you dribble to keep the ball?. WHEN do you dribble into new spaces/areas? WHERE should your eyes/head be when dribbling the ball?

Description

Make a fields that is 20W x 25L. Each player should have a ball. Ask the players to perform or SHOW YOU =(R) Inside foot – Outside foot – accelerate into space; (L) Inside foot – Outside foot – accelerate into space; (R) Sole of foot – Laces – accelerate into space; (L) Sole of foot – Laces – accelerate into space;(R)

PRACTICE - Uneven Matchups



Players

Balls, cones, goals, training vest/pinnies

Intensity:

20:00 min
(8 x 02:00 min, 00:30 min rest)

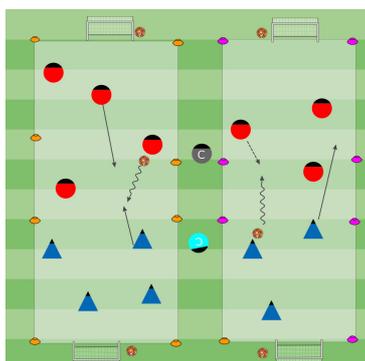
Coaching Points

WHAT part of your foot can you use to change direction, speed, angle? WHO can you pass to if you cant dribble? WHERE can you dribble if (1) goal is not working? WHEN should you try to dribble the ball to score?

Description

Make a fields that is 25W x 30L. Place 2 goals on one each end-line. Make (2) teams with players lined up in each corner. Coach has all the balls and passes them out to start the game. Designate which team gets to have the player advantage 2v1, or 3v2. Players can score on either goal. Play for time 2 minutes, switch who gets the uneven

PLAY - 3v3 or 4v4 end game



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

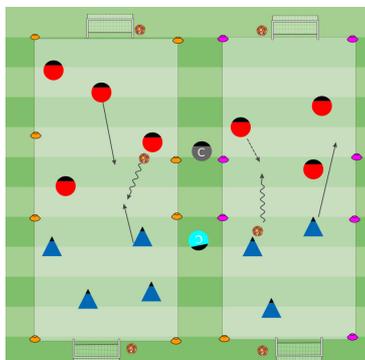


TRAINING SESSION: 8U - TURNS | FALL 2017

Objectives

To improve dribbling and ball familiarity To work on dribbling with the head up To improve how to redirect or receive the ball - "Take it somewhere new."

PLAY - 3v3 or 4v4 arrive at practice



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

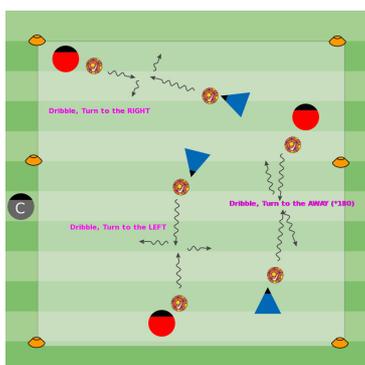
16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Dribbling turns



Players

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(8 x 01:00 min, 00:30 min rest)

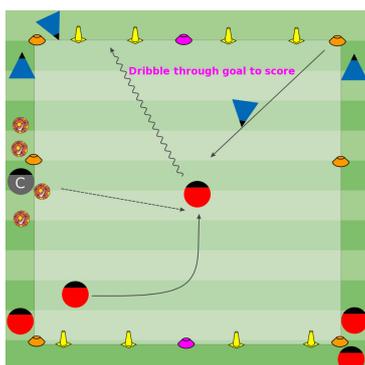
Coaching Points

WHAT are the surfaces used to dribble? WHERE should you look when dribbling? WHO do you change direction? WHY do we change directions?

Description

Make field that is 20W x 25L. Each player should have a ball. Players should make eye contact with a partner, dribble towards them, and get as close as possible, BUT DO NOT let the ball touch!....Turns with surfaces - inside foot (big toe), outside foot (pinkie toe), bottom of the foot (sole) -- 1) Dribble TURN RIGHT 2) Dribble TURN LEFT 3) Dribble TURN AWAY

PRACTICE - 1v1 - 2v2



2 v 2

Balls, cones, goals, training vest/pinnies

Intensity:

16:00 min
(8 x 03:00 min, 01:00 min rest)

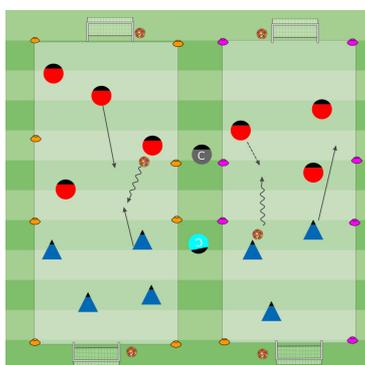
Coaching Points

WHAT part of your foot can you use to change direction, speed, angle? WHO can you pass to if you cant dribble? WHERE can you dribble if (1) goal is not working? WHEN should you try to dribble the ball to score?

Description

Make a fields that is 25W x 30L. Place 2 goals on each end-line. Make (2) teams with players lined up in each corner. Coach has all the balls and passes them out to start the game. Play 1v1, and progress 2v2. Dribble through the goal to score.

PLAY - 3v3 or 4v4 end game



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

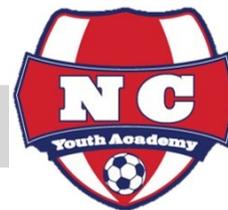
16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

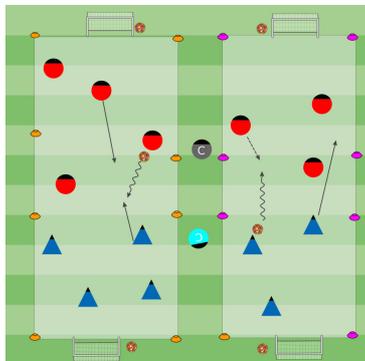


TRAINING SESSION: 8U - PASSING & RECEIVING 1 | FALL 2017

Objectives

To improve passing the ball - specifically the push pass To develop working with a teammate.

PLAY - 3v3 or 4v4 arrive at practice



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Pacman



Players

Balls, cones, goals, training vest/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

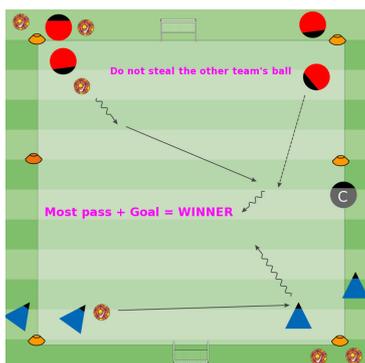
Coaching Points

WHAT part of the foot do we use to TAG the most ghosts? WHERE do we dribble to have the best aim to TAG someone? WHAT part of the ball do we kick to TAG the most ghosts?

Description

Make a fields that is 25W x 30L. Place all the balls in an ARSENAL for pacman. PACMAN IS IT! ..Pacman dribbles around the space trying to TAG other ghosts by passing the ball into their knee or below. If players get hit with the ball, they become pacmen too!!**The last player standing wins!

PRACTICE - Passing GOALS Races



2 Players

Balls, cones, goals, training vest/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

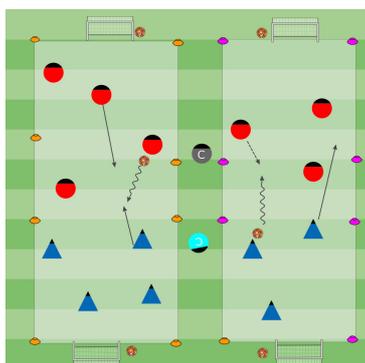
Coaching Points

WHAT part of the foot allows you to dribble fastest? WHAT part of the foot helps make accurate shots? WHO should you look to when making a pass?. WHEN should you dribble/pass/shot?

Description

Make a fields that is 25W x 30L. Teammates must share (pass the ball) with their teammate and score on the goal before the other team. The coach says GO to start. ROUND 1) Fastest goal = 1pt. ROUND 2) Most Passes + Fastest Goal = 1pt. ROUND 3) Score on the ground = 1pt, Score in the air (hit the net) = 3pts

PLAY - 3v3 or 4v4 end game



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

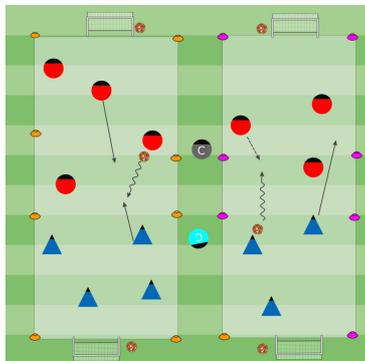


TRAINING SESSION: 8U - PASSING & RECEIVING 2 | FALL 2017

Objectives

To improve intermediate range passes (8-12 yards) To improve long range passes for the 8U player (15-20 yards)

PLAY - 3v3 or 4v4 arrive at practice



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

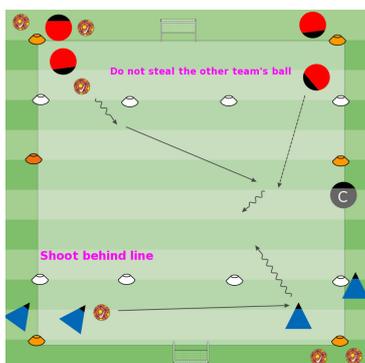
16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Passing GOALS Races from Distance



2 Players

Balls, cones, goals, training vest/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

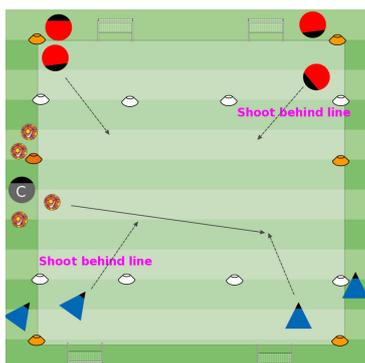
Coaching Points

WHAT part of the foot allows your to control passes from a teammate? WHAT part of the foot helps make accurate shots? WHO should you look to when making a pass? WHERE can you pass for your teammate to help them score faster?

Description

Make a fields that is 25W x 30L. Make a SHOOTING ZONE 25W x 5-10L. Teammates must share (pass the ball) with their teammate and score on the goal before the other team. The coach says GO to start!

PRACTICE - 2v2 Passing & Shooting from Distance



2 v 2

Balls, cones, goals, training vest/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

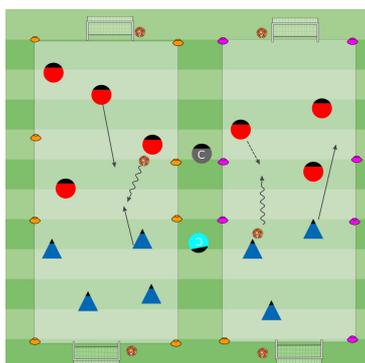
Coaching Points

WHAT part of the foot allows your to control passes from a teammate? WHAT can you do if one goal is blocked? WHO should you look to when making a pass? WHEN should you try to make a long shot?

Description

Make a fields that is 25W x 30L. Make a SHOOTING ZONE 25W x 5-10L. Place (2) goals on each endl ine. Play 2v2, with the coach starting the game by passing the ball into play. GOALS INSIDE the shooting zone = 1pt...GOALS OUTSIDE the shooting zone = 5pts. Play to (10) or for time.

PLAY - 3v3 or 4v4 end game



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

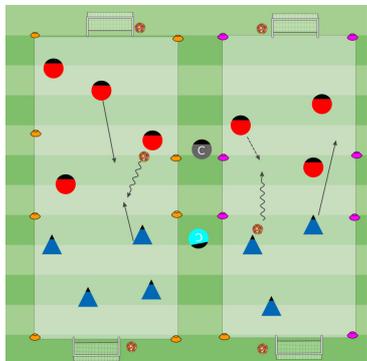
Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

Objectives

To improve passing the ball - specifically the push pass to develop working with a teammate

PLAY - 3v3 or 4v4 arrive at practice



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

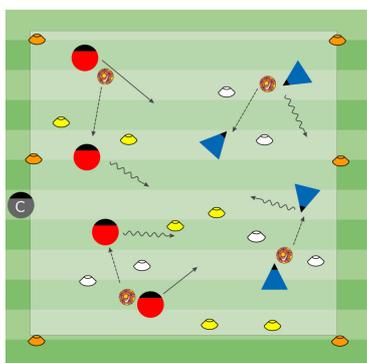
 16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Gates Passing



 Players

 Balls, cones, goals, training vest/pinnies

 Intensity:

 12:00 min
(8 x 01:00 min, 00:30 min rest)

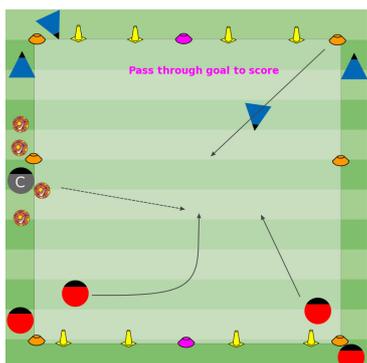
Coaching Points

WHAT part of the foot allows your to control passes from a teammate? WHAT can you do if one goal is blocked? WHO should you look to when making a pass? WHERE do you look when dribbling the ball?

Description

Make a fields that is 25W x 30L. Groups of (2) with (1) ball each. Dribble and pass through a new gate during time period - keep your score. ROUND 1) As many gates as possible. ROUND 2) Follow the color pattern yellow, white, yellow, white. ROUND 3) yellow, yellow, white, white

PRACTICE - 1v1, 2v1, 2v2 build up



 2 v 2

 Balls, cones, goals, training vest/pinnies

 Intensity:

 20:00 min
(8 x 02:00 min, 00:30 min rest)

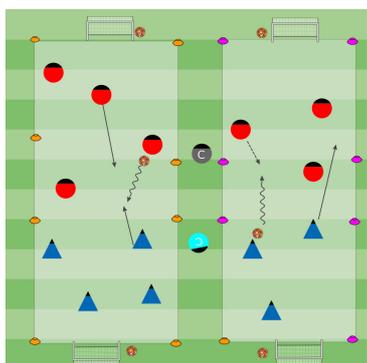
Coaching Points

WHAT part of the foot allows your to control passes from a teammate? WHEN should you dribble vs pass? WHO can help you if you can not dribble? WHERE should you look when you are receiving the ball/pass from a teammate?

Description

Make a fields that is 25W x 30L. Place 2 goals on each end-line. Make (2) teams with players lined up in each corner. Coach has all the balls and passes them out to start the game. Play 1v1, and progress 2v2. Pass through the gate to score. Switch teams that start with the ball after activity period.

PLAY - 3v3 or 4v4 end game



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

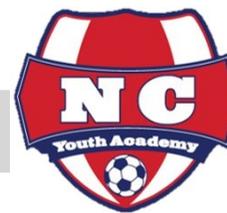
 16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

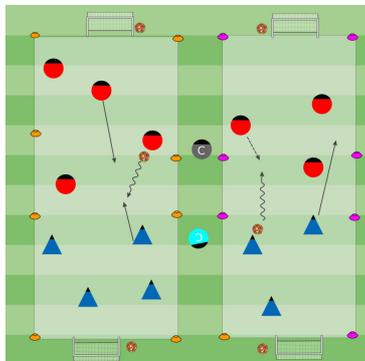


TRAINING SESSION: 8U - SHOOTING ON A GOAL | FALL 2017

Objectives

To improve long range passing for the 8U Player (15-20 yards) To improve striking the ball.

PLAY - 3v3 or 4v4 arrive at practice



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

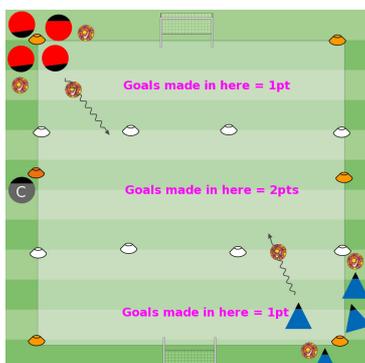
16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Striking on Goal Technique



Players

Balls, cones, goals, training vest/pinnies

Intensity:

15:00 min
(6 x 02:00 min, 00:30 min rest)

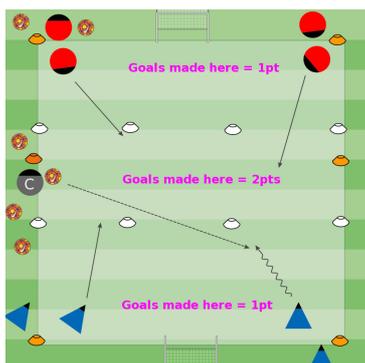
Coaching Points

WHAT part of the foot can you use to shoot far away from goal? WHAT part of the foot can you use to shoot close to the goal? WHERE should you point your aiming leg/foot?. WHERE do you look before you shoot the ball?

Description

Make a fields that is 25W x 30L. Place 1 Goal on each line. Make 2 lines across the field 10L x 25W. Coach says go! First player to score gets the points from the zone they shot/score (NBA Shooting for soccer!)

PRACTICE - NBA 2v2 Soccer



2 v 2

Balls, cones, goals, training vest/pinnies

Intensity:

18:00 min
(6 x 02:00 min, 01:00 min rest)

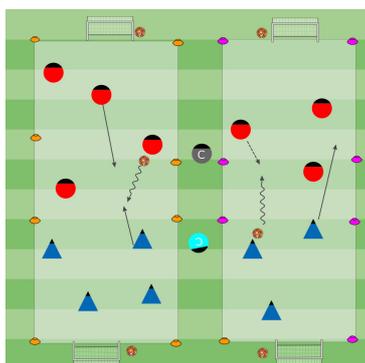
Coaching Points

WHAT part of the foot can you use to shoot far away from goal? WHAT part of the foot can you use to shoot close to the goal? WHERE should you point your aiming leg/foot? WHO can you look to if you can not shoot or dribble?

Description

Make a fields that is 25W x 30L. Place 1 Goal on each line. Make 2 lines across the field 10L x 25W. Coach passes the ball out to a team of (2). Play 2v2 in space, and goals are worth the points in their zone.

PLAY - 3v3 or 4v4 end game



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

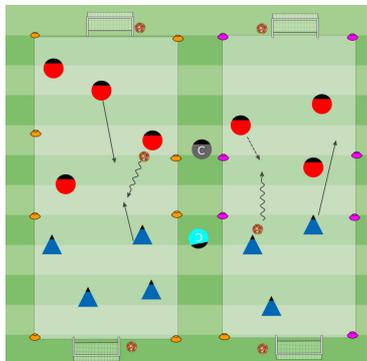
Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

Objectives

To improve long range passing for the 8U Player (15-20 yards) To improve striking the ball.

PLAY - 3v3 or 4v4 arrive at practice



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

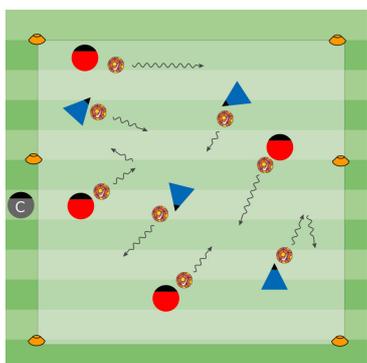
 16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. As players arrive encourage them to join a new game. Make a new team/game as numbers grow.

PRACTICE - Individual Moves



 Players

 Balls, cones, goals, training vest/pinnies

 Intensity:

 12:00 min
(8 x 01:00 min, 00:30 min rest)

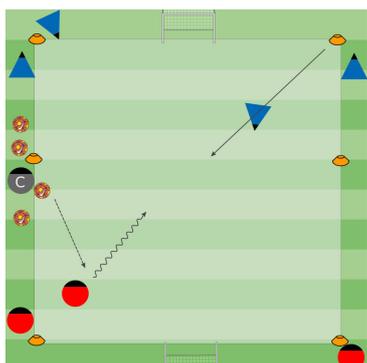
Coaching Points

WHAT part of the foot allows you to dribble fastest? WHERE should you dribble to keep the ball?. WHEN do you dribble into new spaces/areas? WHERE should your eyes/head be when dribbling the ball?

Description

Make a fields that is 20W x 25L. Each player should have a ball. Ask the players to perform or SHOW YOU =(R) Inside foot – Outside foot – accelerate into space; (L) Inside foot – Outside foot – accelerate into space; (R) Sole of foot – Laces – accelerate into space; (L) Sole of foot – Laces – accelerate into space;(R)

PRACTICE - Shooting to goal vs a defender



 2 v 2

 Balls, cones, goals, training vest/pinnies

 Intensity:

 15:00 min
(6 x 02:00 min, 00:30 min rest)

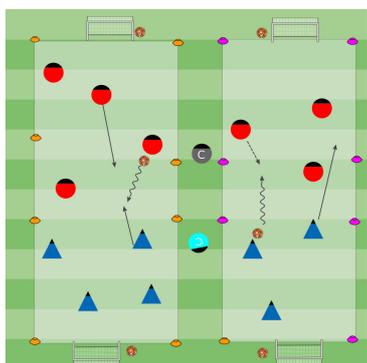
Coaching Points

WHAT part of the foot can you use to shoot far away from goal? WHAT part of the foot can you use to shoot close to the goal? WHERE should you point your aiming leg/foot? WHERE do you look before you shoot the ball?

Description

Make a fields that is 25W x 30L. Place 1 Goal on each line. The Coach passes the ball to the team to start the game. Start 1v1 and progress to 2v2,.

PLAY - 3v3 or 4v4 end game



 4 v 4

 Balls, cones, goals, & training vests/pinnies

 Intensity:

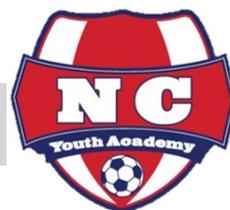
 16:00 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points

Reinforce all coaching points from above.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Play a new game after each water break.

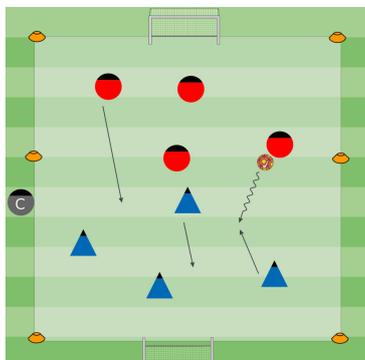


TRAINING SESSION: 4V4 FUN | FALL 2017

Objectives

Encourage players to have FUN, be Creative, promote Innovation, and dare them to Take Risks

4v4 Fun | Variations #1



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

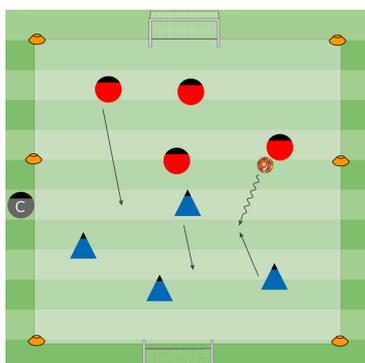
Coaching Points

GAME #1 | Steal the ball score = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

4v4 Fun | Variations #2



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

Coaching Points

GAME #2 | 1v1 Move + Goal = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

4v4 Fun | Variations #3



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

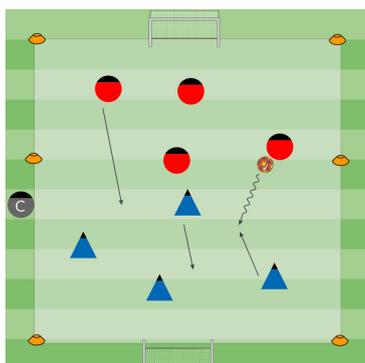
Coaching Points

GAME #3 | Sharing (passing) with a teammate + Goal = 10ptsall other goals with 1pt.

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.

4v4 Fun | Variations #4



4 v 4

Balls, cones, goals, & training vests/pinnies

Intensity:

12:00 min
(3 x 03:00 min, 01:00 min rest)

Coaching Points

GAME #4 | Dribble Master (dribble more than one player) + Goal = 10pts.....all other goals worth 1pt

Description

Set multiple 3v3/4v4 fields to accommodate number of players. Fields should be 20W x 25L. Place fields side by side if possible. Build a 5 yard channel for player safety coach observations. Rotate teams/opposition after water break.