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# SOAR COACHING GUIDELINES

1. **COMMUNICATION:** Ensure the terminology you use is clear and precise. Let players know you are in charge.
  2. **POSITIVE REINFORCEMENT:** Whenever possible give individuals and/or groups positive reinforcement. Refrain from using negative comments. Use praise as an incentive.
  3. **BE CREATIVE AND USE INITIATIVE:** If the drill or game is too advanced, modify to increase the chances of success.
  4. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm and being energetic are contagious.
  5. **KEEP PLAYERS ACTIVE:** If the drill is static, create need of helpers or assistants to keep everyone involved.
  6. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
  7. **STRIVE FOR QUALITY:** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
  8. **REINFORCE CORRECT TECHNIQUE:** In all drills and games continually emphasis the use of correct techniques.
  9. **ENCOURAGE PLAYER MOVEMENT:** At all times make players aware of importance of readiness. Emphasize weight forward on toes and bouncing instead of flat footed-ness.
  10. **ROTATE POSITIONS:** All players should be active as servers, assistants. In game situations change positions each quarter.
  11. **DEVELOP PLAYER RESPECT:** Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.
  12. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players in group or games. Do not leave the less competent players behind nor slow the advanced players.
  13. **FUN AND ENJOYMENT:** Players will respond and want to continue if things are fun. Create their enjoyment.
- 
- **REMEMBER AS A COACH YOU SHOULD BE DEDICATED TO THE DEVELOPMENT OF ALL PLAYERS WHETHER TECHNICALLY ABLED OR NEW TO THE GAME. YOUR POSITION IS VERY IMPORTANT. YOU ARE A ROLE MODEL TO THESE CHILDREN. SET EXEMPLARY STANDARDS. DEVELOPING GOOD TOUCH AND TECHNIQUE, GOOD SPORTSMANSHIP AND A GOOD ATMOSPHERE IS THE GOAL. KEEP AWAY FROM CREATING A PRESSURE TO WIN. MAINTAIN EQUALITY THROUGHOUT YOUR SESSIONS AND EMPHASIZE FUN AND DEVELOPMENT.**

# SOAR TEACHING POINTS

## DTT. ( Developing Touch and Technique.).

- Maintain close control with both feet.
- Be agile, stay on toes.
- Use all parts of feet, inside, outside, laces, sole.
- Move to get behind balls path.
- Keep a soft contact.
- Concentrate on center of ball.
- Keep head up.
- Control ball first, don't just kick it away.
- Change direction and speed when turning.
- Be a friend with the ball.

## PASSING.

- Use inside of feet.
- Change body position so it's comfortable.
- Stay relaxed. Don't be like a robot.
- Look at ball when passing.
- Pass to other players, not just kick and hope.
- Move afterwards.
- Move away from players to receive ball.
- Turn body to face ball when receiving.
- Stay spread out.

## SHOOTING.

- Keep toe pointing down.
- Lock ankle.
- Strike with shoelaces.
- Strike through center of ball.
- Swing leg and follow through.
- Keep relaxed except keep foot locked.
- Accuracy before power.
- Keep knee and head over ball.
- Place standing foot alongside ball, not in front or behind.
- Aim for bottom corners of goal.
- Accuracy before power.
- Follow after shooting.
- Use foot closest to the ball. I.E. left or right foot.

## GAMES.

- All of the above.
- Keep moving.
- Encourage movement towards ball.
- Encourage use of width.
- Keep positions only loosely restricted.
- Take Time-out to rotate subs and positions.
- Coach, educate, and support during games.
- Explain all fouls and calls made.
- Create an understanding of the Laws of the Game.

# SOAR PRACTICE TIPS

This page is designed to help coaches overcome some common practice time occurrences. There are 30 solutions listed here to some common problems. Some of these solutions contain a direct link to a sample in the practice plan manual.

**NOT ENOUGH SOCCER BALLS AT PRACTICE** or half the team left them at home!

1. Use “ghost” players who play without ball. They can tag a player on shoulder and replace that player. Good in individual activities and when only 1 or 2 balls missing.
2. Revise practice session to be less Individual and more small group. Good for passing and shooting type activities that work 1 ball between 2,3 or more players. Useful if half balls or more are missing.
3. If only 2 balls present: play a 3 Vs 3 style tournament, IE 2 games of small-sided being played at once. Only 1 ball, rather than play 6 Vs 6 play 3 teams of 4 NON-STOP SOCCER, where teams rotate after each goal or set time.

**HAVE AN ODD NUMBER OF PLAYERS AT PRACTICE** or I planned for 12 but got 9!

4. If you have an Assistant or spare parent have them work with a goalkeeper.
5. When doing pair activity make a triangle.
6. If small group activity, ie In groups of 3 players pass to a central player who turns and passes, add spare player to one group and the passes are alternated.
7. In small group activities use spare as a shadow defender with no tackling allowed (vary)
8. Scrimmage time at the end of practice and only 9 players:
  - Play 5 vs 4 and make the team with less players loaded with stronger players
  - Play 5 vs 4 and have team of 5 attacking small goal
  - Play 5 vs 4 and team 4 with GK, team 5 without
  - Use Asst./ parent/ brother - sister to even teams
  - Play yourself
  - Play 4 vs 4 with a floating player who plays for the team in attack (good for more advanced players. )
  - Play 4 vs 4 and use a sub. Good for more active activities, longer period of play

**HOW YOU CAN INCLUDE GK SPECIFIC TRAINING** or my keeper needs work but so do my field players?

9. If odd number of players, remove GK and have them work with Asst or Parent.
10. In individual and group activities allow GK’s to use hand. IE Your topic is passing and receiving and your activity is give ‘n’ go’s. Allow Gk to use hands to receive and distribute, or if a defending activity allow them to dive to try and intercept passes.
11. In activities make topic goal orientated. If playing 1 vs 1 game trying to knock over opponents cone, have 1 player attack a cone and other attack a GK and goal.
12. Small and large group activities can be goal orientated also. Playing 5 vs 2 keep away, after 6 passes can attack goal

# SOAR PRACTICE TIPS

## HOW TO PICK TEAMS FOR SCRIMMAGES or I don't want to use captains?

13. Use your knowledge and judgement to evenly match up individuals
14. Play offense versus defense, or as the Dutch do, play left side versus right side
15. For Random teams:
  - Choose 1 player to give everyone a number. You turn away then pick random numbers
  - Choose players by criteria like 1<sup>st</sup> letter of 1<sup>st</sup> name (or any 1<sup>st</sup> - last combo with 1<sup>st</sup> name, last name, mom - dad's name etc)
  - Choose players by criteria of date of month born, month of year born etc

## HOW TO RESTRICT DEFENDERS/OPPOSITION or my defenders always win the ball without the others gaining experience!

16. Have opposition play only as a shadow (good for introducing new topics as its only light pressure)
17. Have defender play as a ghost, IE no tackling only pressure to force an error or interception
18. Restrict movement of defender by playing as a crab on all 4's (good for less experienced)
19. Ensure adequate grouping. IE less experienced might need 6 vs 1 to achieve success, more experienced maybe 3 vs 1
20. Increase the playing area especially in examples like above

## HOW TO INCREASE COMPETITION FOR THE MORE ADVANCED PLAYERS ON TEAM or my good players are creaming the weaker ones and not learning !

21. In pair or group activities match players up by talent/ experience
22. If 1 exceptional player then match against an Asst/ parent/ older brother - sister for greater physical challenge
23. Reduce the space the stronger player must work in
24. Make their target smaller or further away
25. Limit their number of touches
26. Limit them to use their weaker foot only
27. Allow a less experienced player to play more intense opposition, IE rather than shadow defend can play 100%
28. In scrimmage you as coach play Against that 1 stronger player
29. 9 players for scrimmage, maybe play 3 stronger players vs 6

## IN SOME ELIMINATING GAMES PLAYERS SIT OUT FOR 5 MINUTES or its my weaker players who lose first - and they need the practice!



# SOAR PRACTICE TIPS

30. In games like Knockout, players should do a skill activity that allows them back into the game. Rather than score game by eliminating players, score by number of successes in a set period of time, thus allowing players back in after they :
- dribble to a distant cone: juggle the ball x times: do x toe taps

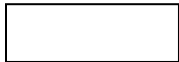
<b>EIGHT WEEK SCHEDULE</b>			
<b>WEEK</b>	<b>FORMAT</b>	<b>PRACTICE</b>	<b>GAME</b>
1	INTRO.	<b>BASIC FOOT SKILLS</b> Basic Faith Skills (5mins)	4 * 10 MIN. INTRA GROUP
2	INTRO.	<b>BASIC TECHNIQUE –PASSING</b> Basic Technique – Prayer	4 * 10 MIN. INTRA GROUP
3	CONTROL	<b>CONTROL AND TURNING</b> Self Control and turning from Sin	4 * 10 MIN. INTRA GROUP
4	PASSING	<b>PASSING GAMES</b> Passing your troubles	4 * 10 MIN. INTRA GROUP
5	SHOOTING	<b>TECHNIQUE AND GAMES</b> Shooting for Heaven	4 * 10 MIN. INTER GROUP
6	MISC.	<b>DEFENDING AND GOALKEEPING</b> Keeping the Faith	4 * 10 MIN. INTER GROUP.
7	TEAMWORK	<b>COMBINING SKILLS LEARNT</b> Fellowship	4 * 10 MIN. INTER GROUP.
8	<b>FESTIVAL OF FUN</b> Festival of Faith!		SERIES OF GAMES

# SOAR TRAINING SESSIONS

## KEY TO DIAGRAMS.

A, B, C Etc.

Player.



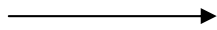
Playing area.

O

Ball.

X

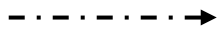
Cone.



Movement of ball.



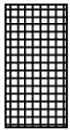
Movement of player



Movement of Player with ball



Feet with ball.

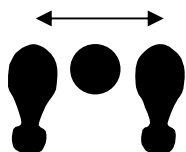


Goal

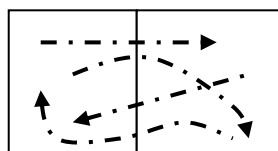
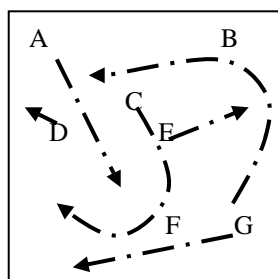
# WEEK 1: BASIC FOOT SKILLS

**WARM - UPS: 10 - 15 MINS.**

TIC - TOC



**TECHNIQUE: 10 - 15 MINS.**



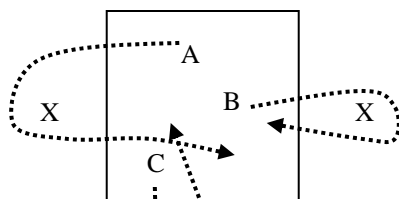
2 Squares C

**WATER BREAK:**

**GAMES 1: 10 - 15 MINS.**

Musical Soccerballs

X



**BALL GYMNASTICS:**

Stationary: Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

On Toes.

Tick-Tock. Pass the ball from inside of left to inside of right ( See Diagram)

Hat Dance. Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for

both.

Movement. Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

**SQUARE ACTIVITIES. (SEE DIAGRAM)**

Commands. Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc.

Other Commands. Body Parts. Touch ball with that BP.

Find Spaces. As kids move their ball inside square they try to find as much space as possible. On Coaches command player with most space is winner.

2 Squares A. Add a 2nd square and have players on command move ball into new square.

2 Squares B. Split kids into 2 groups, 1 in each square, on command they leave their ball and switch squares to find a new one.

2 Squares C. Same as above but take the ball with them, avoiding bumping in the middle. (See Diagram)

Lose your Shadow. In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of 2 Square C. Partners Switch between Leader and Shadow.

**SQUARE GAMES:**

Pac Dudes. Kids inside square dribble around, 1 player ( GHOST ) outside square. On command Pac Dudes the for Musical Ghost has to kick all the balls out of the square. Winner is last one in square. Emphasize shielding and turning. Change ghosts. U7 all have go as Ghost. U8 have 2 Ghosts.

Musical Soccerballs. Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and When they come back into square they put there foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides. (See diagram)

# WEEK 1: BASIC FOOT SKILLS

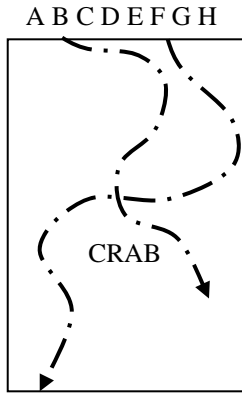
x

# WEEK 1: BASIC FOOT SKILLS

**WATER BREAK:**

**GAMES 2: 10 - 15 MINS.**

TMNC set-up.



**TEENAGE MUTANT NINJA CRABS.**

Players start at end of the Island with their Soccer balls. Coach starts as crab sitting with legs forward, and can only move in this position. On Command TMNC, players have to dribble ball past Crab to the other end ( Beach. ) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner. Emphasize. close control and movement from side to side to get past the crabs. (See Diagram)

**WATER BREAK: RECAP: GAME PREP:** Use this time to recap on the practice and to organize for the game.

**GAME: 15 - 20 MINS.**

*Play 4 vs 4 . Do not use GK's*

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# WEEK 2: BASIC PASSING

## WARM - UPS: 10 - 15 MINS.

straight line are the winners.

## TEAM GAMES.

Zig Zag. Have 3 teams of 4. Set up about 5 cones per team. players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in

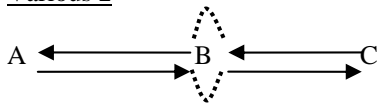
Pass and Stop. In pairs players are 3yds apart. Player 1(X) passes and player 2(X<sub>1</sub>) stops ball. Player 2 runs backwards and player 1 runs forwards to pass ball again. Repeat for length of field then return with player roles switched.

Golf. Set up a series of cones 2 yds apart around field. Players have to pass ball through the course with the least amount of touches possible.

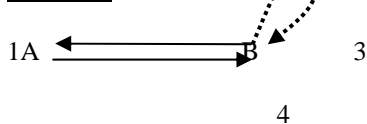
## WATER BREAK:

## TECHNIQUE: 10 - 15 MINS.

### Various 2



### Various 3



## VARIOUS.

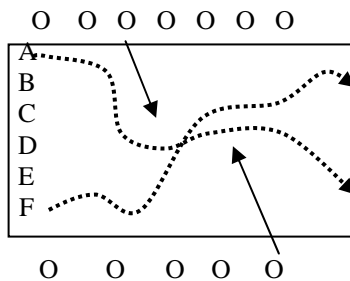
1. In pairs approx. 5 yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball 1st.

2. In 3's approx. 5 yds apart with 2 balls. A passes to B. B stops ball and passes back, then Turns to face C, who passes in. Repeat and rotate player B.

3. Numbers. In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs to touch that cone. When A shouts 1 players change position after passes.

4. 3 squares. Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

## GAMES 1: 10 - 15 MINS.



## BRITISH BULLDOGS.

Set up Island like TMNC (Week 1). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

## WATER BREAK:

## GAMES 2: 10 - 15 MINS.



## Elvis Presley.

Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball. Payer B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return



## WEEK 2: BASIC PASSING

repeat 3 times.

they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles.

Passing Circle. Set up 2 circles. Player A is in center and other players have to pass to one another. Player A has to try and intercept. All players have a go as A. How many passes can be made without A touching ball.

**WATER BREAK: RECAP: GAME PREP:** Use this time to recap practice and to prepare for practice.

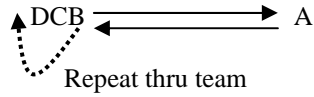
### **GAME: 15 - 20 MINS.**

*Play 4 vs. 4. Do not use GK's*

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# WEEK 3: CONTROL AND TURNING

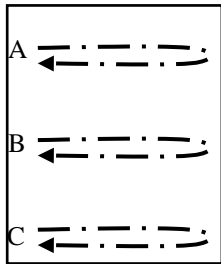
## WARM UPS: 10 - 15 MINS.



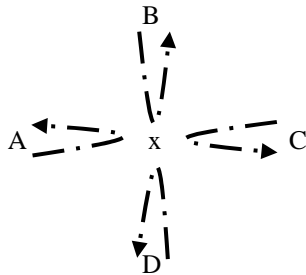
## WATER BREAK:

## TECHNIQUE: 20 - 25 MINS.

Choice of set ups.



OR:



## WATER BREAK:

## GAMES 1: 15- 20 MINS.

## PASSING GAMES.

Wall game. Set up 2 or 3 teams. Player A is 5 - 10 yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall. When B, C, and D have turn as Wall team is finished and sit down in line.  
Recap. BALL GYMNASTICS.

## COERVER MOVES. (ALSO SEE MOVES APPENDIX)

### U7

1. roll
2. Cut ( inside and outside )
3. Cryuff
4. Barnes

### U8

1. roll
2. cut ( inside and outside )
3. Cryuff
4. Barnes
5. Step 1 and 2.
6. Scissors.

Roll: Roll backwards with sole of shoe.

Cut: Cut across body with inside. Then with outside.

Cryuff. Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of other foot.

Barnes: Step over ball with outside of one foot ( LUNGE ), then push ball forwards with outside of other foot.

Step 1: Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

Step 2: Opposite as above. Step over with outside, cut with inside.

Scissors: As with Step 1, but cut ball back with inside of other foot.

Turning. Allow approx. 5 mins of freedom. In half field get them moving with the ball trying new tricks , moves, or coervers.

## 1 V. 1'S.

Set up. Square with 1 pair per side, 1 ball per pair. A and B face each other about 1 yd. apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by 1 of the cones while 'losing' B. Start without ball to get the idea of body movement.

Emphasize upper body movement, change of direction and speed.

Keep away. Set up. 3 squares, 2 pairs per square, 1 ball per pair. Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

**WATER BREAK: RECAP: GAME PREP:** If Spare time, recap Coerver moves.

Use this time to recap practice, and to organize for the game.

# WEEK 3: CONTROL AND TURNING

**GAME: 4 \* 10 MIN. QTRS.**

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# WEEK 4: PASSING GAMES

*1 and 3: 3 passes = goal*

*2: Try to beat defender with move. 4:*

---

# WEEK 5: SHOOTING TECHNIQUE AND GAMES

**WARM UP: 10 MINS.**

**2 GROUPS.**

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

**TECHNIQUE: 10 - 15 MINS.**

**SHOOTING.**

Striking with laces.

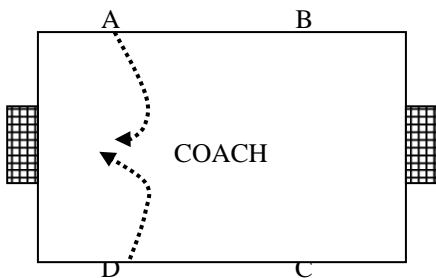
1. Circle around coach. players sit in crab position. Try to kick back into coaches hands. 2. This time players are standing and drop ball onto their foot. Same objective. 3. Same but in pairs approx. 5 yds apart. 4. Now drop ball and try and get through partners legs. 5. Ball on ground. Partner approx. 7 - 10yds away. try to get through legs. 6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx. Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

**GAMES 1: 20 MINS.**

**PASS AND SHOOT.**

Set up. 2 lines of players facing goal on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3. Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. U7 can dribble. have to shoot before arc and aim for corners. 10 points for corners, 5 points for center.

Numbers game.



**NUMBERS.**

Set up. 4 groups of players. Each group is numbered 1 thru 3. Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .  
( SEE DIAGRAM. )

**GAMES 2: 10 - 15 MINS.**

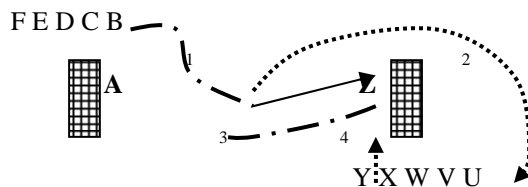
**SHOOT AND SAVE.**

Set up. Bring goal to half way line ( GET ASSISTANCE. ). GK in each goal, and players in line outside left post. Balls in both goals

Play. Player takes ball and dribbles towards goal (1) opposite and Shoots. Then goes to end of other line (2). The GK now becomes a Forward, takes ball , dribbles (3) and shoots. 1<sup>st</sup> player in the line replaces the GK (4)

Players in line can assist collecting balls. Repeat rotation at other end.

Shoot and save



**WATER BREAK: RECAP: GAME PREP:** Use this time to recap, and organize for game.

# WEEK 5: SHOOTING TECHNIQUE AND GAMES

## GAME: 4 \* 10 MIN. QTRS.

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**WARM UP: 5 - 10 MINS.**

**2 GROUPS.**

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

**TECHNIQUE AND GAME: 25 MINS.**

**DEFENDING.**

1 v 1. In squares have 2 pairs working. Defender has to try and win ball. When does, swap roles.

Progression. In squares. 2 pairs. 1 player from each pair at opposite sides of square. 2 balls. Pairs alternate turns. A passes to B, who controls. A follows pass and is defender. tries to force out of square or win possession. A and B swap roles after each turn.

**GAME.**

Set up. Divide field into 4 qtrs. using cones. Coach on center spot. 1 defender on goal line in each segment. other players in 4 groups on half way line.

Play. Attackers take ball to defenders. Defenders job to force ball back to half way line. Attacker has to stop ball on goal line.

Attacker becomes defender.

Progression. Only half 2 sections and play 2 vs. 2.

Emphasize: Don't back away, don't rush in, stay goal side, chase back if beaten, timing, jockeying, staying low, forcing wide.

**TECHNIQUE AND GAME: 25 MINS.**

**GOALKEEPING.**

Prep. With no ball, players on half way line facing 1 goal. On command, run forwards, backwards, left and right. Always face same goal. Emphasize on sideways running, bring feet together And then apart.

Pairs. Approx. 5 - 7 yds apart with 1 ball. Each player in goal of approx. 12ft. Players serve to one another.

1. Rolling to feet.

2. Throwing to chest.

3. Rolling to side (close)

4. On knees. Roll further to corners.

5. Variety of above.

Emphasize: Not stepping back, on toes, get body behind ball, hold to chest, scooping to collect ball, keeping legs together.

**GAME.**

Repeat any shooting game that uses GK repetitively. Or add GK to a shooting drill.

**WATER BREAK: RECAP: GAME PREP:**

use this time to recap practice, and to organize for game.

## GAME: 4 \* 10 MIN. QTRS.

*Set Conditions in 1st and 3rd qtrs.*

*1st. Select a passing condition. i.e. 3 passes = goal.*



# WEEK 6: DEFENDING AND GOALKEEPING

*3rd. Select a control condition. i.e. limit 3 touches.*

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# WEEK 7: TEAM WORK

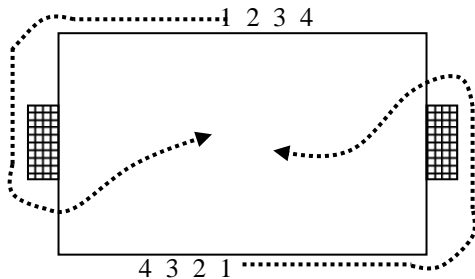
## WARM UP: 10 - 15 MINS.

above.

## TECHNIQUE: 10 - 15 MINS.

## GAME 1: 10 - 15 MINS.

### England vs. America



## TEAM GAMES.

Set up. 2 teams of 6 or 3 teams of 4. 6 cones in line approx. 5yds apart.

1. Passing. Wall Game. ( see week 3 W-up.)

2. Tunnel ball. 1st player rolls ball through everyone's legs. End person picks ball up runs to front and repeats. repeat through team. Sit down in line when finished.

3. Over under. 1st passes over head, next under legs. repeat as

4. Dribbling. dribble through cones. Repeat as above.

Emphasize: Team work, co-ordination.

## WALL PASS.

Set up. Same as Shoot and save ( week 5 ) but use full field, and coach is in center circle. Balls in goals.

Play. Similar as shoot and save but player is served ball by GK.

Dribbles forwards and passes to coach. Coach wall passes back, and player runs on dribbles and shoots. GK serves his line, goes to end of line and is replaced in goal by the 1st shooter.

Progression. Use player for the wall pass. Don't dribble on return pass.

## ENGLAND VS. AMERICA.

Set up. Half field. Divide into 2 groups. Put cones on corners.

Teams set up on half way on opposite sides facing opposite goals.

Players on each team given #'s 1 thru 6.

Play. Coach calls a # and serves ball into field. The players with that # run around corner cone, and goal and enter field to try and score against other team's player.

Progression. Call 2, 3 or more #'s at once. Introduce teamwork. Set conditions. i.e. have to make a pass. etc.

## GAME 2: 10 - 15 MINS. PLAYERS CHOICE.

Recap the major skills developed over the weeks. Allow players to choose favorite game or games.

## WATER BREAK: GAME PREP:

Organize for game.

## GAME: 4 \* 10 MIN QTRS.

*Allow free play. Encourage team work.*

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## WEEK 8: SEASON FINALE

*This is a fun end of season finale. Play a series of 4 \* 20 min games, with 5 min water breaks between game, or some of the players favorite games. A final game of Parents Vs. Players can be played. This can be followed by presentations of participation certificates to all players.*

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# MOVES APPENDIX

There are hundreds of moves, fakes and turns. Some are differentiated from others by slight variations. Some are basic and some very complex. Some are named for the movement and some named for the player who best personified the move. There is always overlap in what 1 person might call a move compared to another person. This list will arm you with 15 or so moves, naming them and describing them in clear step by step instructions for all coaches to recreate.

It is important to remember the function of a move is to beat a defender in a 1 vs 1 situation. In the target age groups U8 - U12 to beat a defender can simply mean to create enough space to make a pass, relieving pressure or maintaining possession. Too often in youth soccer, players are able to perform a move well but at the wrong time. The position of the opponent is very important. A Cryuff turn at the wrong time can and will lead the ball into the defenders possession. Ensure in your practice sessions you not only give them ample opportunities to practice with no opposition to get the mechanics down, but provide many opportunities where some passive then active opposition is provided to develop an appreciation of the opponents position in choosing a successful move.

Some key teaching points that will enable your players to better accomplish moves.

- develop comfort with the ball by doing rollovers, toe touches, stop-go's <<Fast footwork>>
- develop a sense of motion in your player, bouncing, stepping to ball, relaxed body posture
- disguise move with an upper body fake, drop of shoulder, a look or point one way, a pass or shot set-up. This movement generally creates an “attacking space” beyond and to the opposite side of the fake
- recognize when the player is off balance and penetrate the “attacking space.”

\*\*The “attacking space” is the space the player in possession wants to attack with the ball. This can be beyond the defender, to either side or withdrawn from the defender. If a space is beyond the defender then the player should be encouraged to penetrate that space. The addition of the fake (body movement) usually creates a larger and more obvious space to attack. A Move laterally across the defender can create better passing angles and opportunities and a cut back or other move withdrawing from the defender can relieve pressure and allow possession to be maintained.

Basic Set-up for turn activities.

You can control the practice environment by creating 2 lines about 5 -10 yds apart. Have players start on 1 line approximately 5 - 10 yds between each with a ball. Walk through the mechanics of the move stationary 1<sup>st</sup>. Then players can walk towards other line and do move before it, repeat in opposite direction with other foot. And finally have them Dribble with more speed. **It is vital you develop 2 footed players so please provide time to practice with both feet. will also**





# MOVES APPENDIX

degree angle) Using inside of the right foot push the ball back through gap (S) created and spin to the left to follow ball

- Fake shot (N) Approach the defender as if you are going to shoot. As defender checks, cut the ball across body with the inside of right foot. (W or NW)
- V (N) With the ball (NW) and body turned in that direction, drag the ball back with the sole of the right foot (SE) and then use the inside of right foot to move in the opposite direction (NE). As you roll ball back, turn hips to the (NE) to allow a forwards push pass.Cryuff II (N)
- (Behind the back V) With the ball slightly in front of you and facing (N), use the sole of the right foot to drag ball back (S). In continuous motion push ball with inside of foot behind standing leg (W), using body to protect it and turn counter-clockwise to follow it.
- Barnes (scissors) (N) Position ball on outside of left foot. Step over ball with outside of the left foot, and lunges forward (NW). (Can be more effective if the left foot circles forward and around the ball rather than stepping over) Using the outside of trailing right foot play the ball the opposite direction (NE) then accelerate away
- DeNilson (N) Along the lines of the Barnes, with outside of nearest foot step around the front and out to the side of ball (NW), instead of playing the other way with other foot, repeat the step around with other foot (NE), and again with other foot (NW) to cause confusion in defender then cut with outside of foot in opposite direction (NE) like in the Barnes move
- Beardsley  
(shuffle hips) (N) When running with ball turn upper body and hips to about (NE) as if you are going to pass to someone with your right foot. When defender steps off balance, use the inside of the right foot to cut the ball across your body (NW or N) and back in the straight line you were headed(N)
- Double cut (N) Similar to the Beardsley but the turning of body fake is helped with a inside cut to that direction with the left foot (E or NE), quickly followed by the inside cut with the right foot across the body ( W or NW) (note the motion of 2 cuts should appear as one)
- Maradona (N) place left foot on ball, jump and rotate body about 180 while foot is still on top of ball and drag away with sole of right foot rotating the other 180 to almost maintain motion of original run (NW or NE)

# MOVES APPENDIX

Gascoigne (W or E ) Place left foot on top of ball, stopping ball and momentum of defender momentarily then toe poking ball in a continued forward direction (N) with the right foot

Roll and tap (in to out) (N) With the inside of right foot roll over the ball (W) and in same motion flick back (E) with the outside of the right foot ( continuous touch of ball)

Roll and tap (out to in) (N) Repeat but roll over using the outside of the right (E) and then flicking with inside (W)

# ADDITIONAL DRIBBLING ACTIVITIES

Warm up:

## SQUARE GAMES

These basic games can be used and repeated a number of times during season as warm ups. They usually require all to have a ball <<NOT ENOUGH BALLS see TIPS page>> and do not include active opposition..

As your players become more advanced you can reduce the space, include more new turns/moves <<see TURNS/MOVES page>> to challenge them.

## Basic Set-up.

Players inside square with a ball each. Dribble around and listen for various commands. They should maintain possession without bumping into others or going out of square. As they progress increase speed and randomness of commands.

Commands. (*stopping, turning, using various surfaces*) Stop, Go, Turn, Left foot, Right foot, Insides. TIC-TOC, passing ball from inside of left to right and repeating, HAT-DANCE, foot on ball, remove, place other foot on, repeat.

Other Commands. (*body movement*) Knees: quick interchanging knee touches. Body Parts: Touch ball with that BP.

Groups. (*Organization*) Call out a number and players must quickly group into that number.

Find Spaces. (*vision*) As kids move their ball inside square they try to find as much space as possible. On Coaches shout players stop and one in the most space is winner.

Variation. Pirates. (*awareness*) as players dribble, throw a cone in and first player able to touch it is winner. ( can repeat using several cones placing them v. quickly)

Fingers. Walk around square and hold fingers in air, players must shout number of fingers you have up.

Phelius Fogg. (*Acceleration, Speed dribbling, turning*) Place 4 additional cones outside of the square. Give them exotic Island names. Shout “Explore” and players must round any Island with their ball and re-enter square under control. Same but Call an “Island” and players must dribble ball around that particular cone. Countries far away might have cones farther away. Shout “around the world in 80 days” and players must circumnavigate the 4 islands by going around all 4.

**Demo. Speed and avoiding collisions with players going in the other directions.**

Musical soccer balls. (*Speed and awareness*) On shout “musical soccer balls” players must stop ball inside square and run around any of the 4 outside cones. Coach removes one ball as they run. When back in square they must put foot on any ball. Last one can now remove ball, then can re-enter game.

# ADDITIONAL DRIBBLING ACTIVITIES

Slalom Skiing. (*speed dribbling*) Outside of square set up several gates about 2 yds wide. On command, players dribble ball out of square and see how many gates players can dribble through in a set time period.

Individual activity:

## 2 SQUARE GAMES:

These simple progression quickly advance the players movements but still with no active opposition (defenders). Also easy spatial organization and development of activity for the coach. The final stage of this progression is introducing opposition. At first this is passive (shadow) progressing to active opposition in a 1 vs 1 situation.

### Basic setup:

Now you have 2 squares (Islands) bordering each other. All players in one square.

Change. (*turning and acceleration*) Use a new command “change” and all players move their ball to square 2 and continue to dribble. Repeat for square 1 and then quickly to develop turning ability.

Split players half and half in the 2 squares. Repeat change.

**Demo. Show how to avoid collisions by dribbling to space, use vision and awareness to change direction.**

Switch. (*Teamwork*) This time players have a twin in other square, on command players must change squares AND switch balls with their twin.

**Demo. How to switch balls without them colliding by placing ball to side of partner and taking ball from partner on opposite side.**

Progression. (*Organization and communication*) remove twin concept and all players must change balls at least once with any partner. Note some players will switch more than once.

### **Demo: communicate with a changing player**

Follow the leader (*change of direction and speed, body movements, awareness of opposition.*) Using the 2 grids or making the area bigger put players back into pairs.

1. Without either player having a soccer ball, one is designated as the leader the other the shadow. On command “GO” the leader must try to get away from the shadow. On “stop” see how far away from the shadow they are. Repeat with players in switched roles.

**Demo. Show players the benefits of chopping and changing direction, acceleration, using upper body to fake, and awareness of shadows position should dictate the movement or acceleration.**

2. Both players have a ball now and the shadow should try to replicate the moves the leader makes in an attempt to stay close.

3. Now only leader has a ball and shadow should try to follow.

4. Now the shadow can play 100% defense to try and win the ball, when they do win ball they become the leader.



# ADDITIONAL DRIBBLING ACTIVITIES

Individual/small group activity

**GAMES WITH OPPOSITION**  
These are a variety of game style activities which are both fun and useful to develop confidence at dribbling. They introduce the concept of active opposition in a limited format, and progress to more active opposition.

<<see TIPS page for restricting opposition effectiveness>>

## Basic Setup:

These activities use 1 of your 2 squares or both combined.

Pac Dudes. (*shielding, vision and turning*) Kids inside 1 square dribble around, 1 player ( GHOST ) outside square. On command Pac Dudes the Ghost has to kick balls out of the square. Instead of playing where the Winner is last one in square << see TIPS: use an alternative where players kicked out dribble a ball to an extra cone 25 yds away and then can re-enter the square. Time ghost and see how many soccer balls can be removed in set time>>.

**Demo. Proper technique for shielding, body turned sideways, farthest foot playing ball, shoulder leaning towards opposition, dragging or rolling ball the opposite way to defenders direction.**

Knockout. (*Shielding, awareness and turning*) Similar to Pac Dudes but all players have a ball and all players try to kick other balls out while protecting own ball.

Teenage Mutant Ninja Crabs: Players start at end of an Island with their Soccer balls (can be your 2 squares from before) Coach starts as crab sitting with legs forward, and can only move in this position. On Command TMNC, players have to dribble ball past Crab to the other end ( Beach. ) without their ball going into the ocean. They must stop the ball on the line. Crab moves to kick ball into ocean. If ball goes into ocean, then that player becomes crab. When everyone has reached the beach, and crabs are ready, then repeat in opposite direction. Last one still on Island is winner.

# ADDITIONAL DRIBBLING ACTIVITIES

Small group/Individual activities 1 VS 1 OPTIONS. Activities that work on 1 vs 1 skills. These are useful for players who have mastered a variety of <<MOVES>>. Also useful for more advanced players or players who can progress with some success against 100% defense.

## Basic Setup.

Still using your 2 squares, repeat setup 2 or 34 times alongside original squares, creating playing space for 3 or 4 groups.

Beat the defender. (*Penetrating at speed*) In grids of about 20 yds by 10 yds you can use groups of 2, 3 or 4. Start a defender with ball on 1 end line and an attacker on the other. The defender passes ball to attacker and can defend when the attacker touches the ball. Attacker has to dribble past defender and get it to the end line. Can setup In pairs the players swap roles with no rest, or in groups of 3 or 4 the attacker becomes the defender. (IE start with 2 or 3 at the attacking end 1 at the defending end)

**Demo. Positive 1<sup>st</sup> touch that advances the ball, playing at speed, taking the ball to one side to drag defender and create “attacking space”, simple body fake and explosion to the “attacking space”**

King crabs (*beating the defender*) set up 3 squares in a line. Place 1 defender on the back of each square. Attackers take turns trying to dribble through 3 squares to stop ball on the end line. Defenders can only try to win ball when attacker has entered their square. If attacker passes into 2<sup>nd</sup> square only 2<sup>nd</sup> defender can play now. <<TIP: To increase success rate use defenders as crabs.>> Score 1 point for each square passed through. Rotate defenders with attackers after each attacker has been.

Around the World. (*Recognizing times to penetrate, 1 vs 1 skills*) Set up circle of small gates (a gate is 2 cones approx 2-3 yds apart). With players in their pairs <<TIP: challenging more advanced players>> 1 ball per pair, they start in the center of circle. One is designated attacker, one the defender. On command “go”, attacker tries to dribble through as many gates as possible. Defender tries to steal ball. If they steal it, start from center again. Object is to try and get through as many cones in a set time. Then repeat in opposite roles.

Hit the cone. (*Faking to penetrate*) In pairs, 1 ball and one player each as defender and attacker. Players start about 10-15 yds apart. Each player has 2 cones placed on their starting line about 8 yds apart. The attacker tries to dribble ball past defender and hit either of the defenders cones. Score 1 point if they succeed. After point or if defender wins

# ADDITIONAL DRIBBLING ACTIVITIES

ball, then roles are reversed and they attack other 2 cones. Play for a short period of time then rest as 1 vs 1 should be exhausting. For more advanced players, have defenders only protecting 1 cone.

Small group/ large group activity.

4 VS 2 GAME.

Putting practice topic into more game realistic situation, now using active defense. Develops decision making process of when to use the 1 vs 1 skills worked on, or when to use passing.

Basic Setup.

This activity progresses on from your circle of gates or attacking the 2 cones in the 1 vs 1 activities with active defenders.

4 vs 2. (*Decision making, penetration*) Make 3 teams of 2. Set up 2 gates about 25 yds apart. One team defends and other two teams combine to attack (ie 4 vs 2) to 2 gates. Score points when attacking team dribbles through a gate (not passes). Rotate each team to play as defenders. More advanced players can play 2 vs 2 and have a team rest.

**Demo. passing to create space and then penetrate with a dribble to score, also change the point of attack by dribble or pass.**

Scrimmage.

4 VS 4 (MICRO SOCCER)

These group activities are game formats with certain conditions relating to dribbling. Play directly before a scrimmage with no conditions.

They are based on micro soccer training principles. Always keep your final scrimmage small sided

( 3 vs 3 or 4 vs 4) on a 40-45 by 20-30 field.

4 vs 4 with gates. In your 4 vs 4 scrimmage with goals and GK's add a couple of gates. Players score 2 goals when dribble through a gate, and 1 goal for a regular goal.

4 vs 4 to end line. Rotate the dimensions of your field, ie 40 yds wide, 20 yds long. The object of the game is for players to dribble to the opponents end line and stop the ball on that line.

**Demo. Attack the open spaces on the end line. It is easier than areas covered by defenders. Recognition of being 10 yds from goal (The end line in this game) and penetrating.**

4 Vs 4 with defined 1 vs 1's. This is for more advanced players. In regular 4 vs 4 with GK's assign players to be paired up. The players can only steal from their specific opposition. Can pass, dribble and shoot as normal but players should be looking to lose their marker and then penetrating to goal.

**Demo. Creating space off the ball, utilizing space by penetrating and creating space by moves.**

FINAL SCRIMMAGE

3 Vs 3 or 4 Vs 4 <<TIP: If you have 3 teams or an odd number of players play non stop soccer or one of these variations.>>

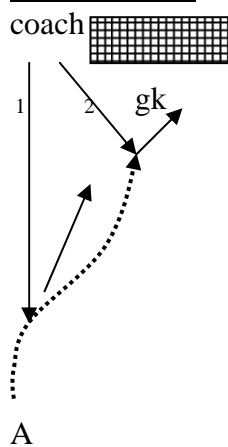
# ADDITIONAL SHOOTING ACTIVITIES

## Technique: Kick and Catch:

Have players sitting in circle around coach. Knees bent, feet flat to the floor. Hold ball over foot and extend knee to touch ball with laces. Then repeat with other foot. Now player makes a small kick trying to make ball go straight up in air. Now have players try to kick and then quickly stand and catch ball.

**Teaching Points.** To generate feeling for correct technique, player must keep ankle locked. The whole kicking action is generated from the knee. When standing hip flexion is involved, but ankle must remain locked.

## Power Finesse

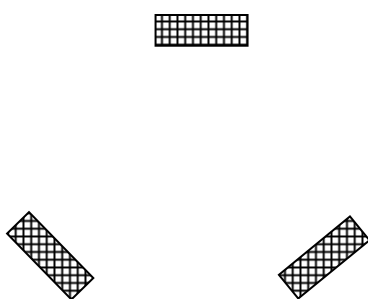


## Game: Power Finesse:

Create 2 teams. Have 1 goalkeeper and 1 server (coach). Coach serves 2 balls to each player. 1<sup>st</sup> ball is served to about the edge of the penalty box. The player runs up and shoots it. Directly after that shot serve a 2<sup>nd</sup> ball closer to goal for the player to continue up to shoot. **Scoring:** If player misses both shots, he goes behind goal to shag soccer balls. If player scores 1 goal he survives and stays in the game. If player scores 2 goals he can either release a team mate who is out of the game or can challenge a member of the other team who must score 2 goals to survive.

**Teaching Points.** 1<sup>st</sup> shot should be a power shot with the laces while the 2<sup>nd</sup> shot should be an accurate pass to the corner of goal (finesse). Play until one team wins.

## Crazy game I



## Game: Crazy Game I:

Create 3 teams(no GK's) and 3 goals. If using cones for goals allow goals to be scored through either side. Each team is attacking the other 2 teams goals, NOT defending their own goal. **Scoring:** After a team scores a goal, they cannot score directly back into the same goal. The first person to in the goal (or to touch coach)his/her team restarts the game. The winning team is the team to score the most goals.

**Teaching points:** Get players to recognize goal-scoring opportunities. To recognize and penetrate when space is available, to change direction of play

# ADDITIONAL SHOOTING ACTIVITIES

Progression: Crazy Game II. Same game but now have 2 soccer balls in play to help generate better awareness of players surroundings.

Game: Donkey:

Good for smaller groups 3,4 or 5 players. Create a target area, IE. Back of goal (net tight so ball rebounds) or a wall. Players take it in turns to shoot at target area and they continue in a cycle. Each player only has 1 touch to shoot.

Scoring: If a player misses the target area they are assigned a letter. 1<sup>st</sup> D, then O, N, K, E, Y for additional misses. When they spell the word DONKEY they are out of the game. Restart game with next player in the cycle starting from a designated spot.

Teaching points: players have to use various shooting and passing techniques to hit target and to make the following players shot more difficult.

Progression: With more advanced players or older players you might put a condition in that they must shoot before the ball comes to a stop. Good with a looser net or smaller target zone. Players must adjust body position quickly.