

DAKOTA UNITED SOCCER CLUB

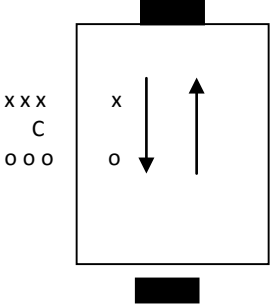


U8 – U12

TOPIC: DRIBBLING 1

Activity	Description	Coaching Points/ Focus
<p>Warm-Up: Island Game</p> <p>10 minutes</p>	<p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points.</p> <p>Progressions: Start game without balls and then add them.</p>	<p>When dribbling for speed the players do not have to dribble the ball as close</p> <p>There should be about five or six steps in between each touch of the ball</p>
<p>Ball Stealing</p> <p>15 minutes</p>	<p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the team's balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???).</p> <p>Progressions: Rotate who starts with the balls.</p>	<p>When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender?</p> <p>If you are going to lose your ball can you find a teammate to give your ball to?</p>
<p>Everyone vs. Everyone</p> <p>15 minutes</p>	<p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score.</p> <p>Progressions: Define how goals are scored - by dribbling or shooting.</p>	<p>Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth As soon as players go through a gate they should look up to find an open gate and then go for it!</p>
<p>3v3 Matches</p> <p>25 minutes</p>	<p>The Game</p>	<ul style="list-style-type: none"> - This is their time to play! - Encourage players who take on opponents!
<p>Cool Down 5 minutes</p>	<p>Jog, stretch cool down. Show them a good routine to cool down.</p>	

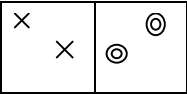
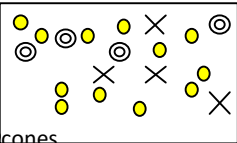
TOPIC: DRIBBLING 2

Activity	Description	Coaching Points/ Focus
<p>Warm-Up</p> <p>10 minutes</p>	<p>Everyone moving with a ball on the field. On coaches command players should explode into space into a new direction for 10 yards, than back to jog pace.</p> <p>Progression: Show them different way to turn into new space. Example: pull back, scissors, step over, cut the ball, ect.</p>	<ul style="list-style-type: none"> - Keep the ball close on the dribble with toe down, touching the ball with the laces. - Ankle locked - Head Up - Exploding into new space, hip movement is important to shift the defender.
<p>Get Out of Here! 15 minutes</p> 	<p>Split players into 2 teams. Set up the field per the diagram to the side. Coach is the keeper of the balls standing between the two teams. Each team can have 1 player on the field when the ball is in play. When the ball goes out of bounds, coach yells “Get out of here!” Players than hustle to the end of their team’s line. The next person can enter the field of play when the new ball enters the field. If a goal is scored, players also “get out of here” to the end of their line.</p> <p>Progression: Make some balls worth bonus (2pts). Also you can progress after several rounds to 2v2. Meaning 2 players from each team can be on the field at one time.</p> <p>*Make one player captain from each team. They are in charge of team points.</p> <p>On diagram: X = team 1, O = team 2, C = Coach</p>	<ul style="list-style-type: none"> - Encourage players to keep their head up and take on opponents. - Encourage them to shoot first time if they have an open look at goal.
<p>End line Soccer</p> <p>15 minutes</p>	<p>Split players into 2 teams. Make field wider than length. Players score by dribbling across opposing team’s end line. Field size should be about 20-25 yards in length, and 35-40 yards wide. Play 3v3, remaining players could be release players on teams defending side. If players play into them, they exchange spots and release players dribbles onto field. Also could add a neutral player in the middle if needed.</p> <p>Progression: Add 3, 4-5 yard goals on each end line. These will now be the goals players should dribble through to score.</p>	<ul style="list-style-type: none"> - Encourage players to take on opponents in the attacking half, not defending half. - Recognize and encourage when players should dribble at pace (when the have time, or a 1v1 situation) vs. pass the ball.
<p>3v3 Matches</p> <p>25 minutes</p>	<p>The Game</p>	<ul style="list-style-type: none"> - This is their time to play! - Encourage players who take on opponents!
<p>Cool Down 5 minutes</p>	<p>Jog, stretch cool down. Show them a good routine to cool down.</p>	

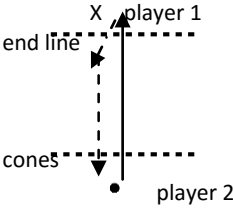
TOPIC: DRIBBLING TO FIND SPACE/PENETRATE

Activity	Description	Coaching Points/ Focus
Warm-Up 10 minutes	Freeze Tag Game Get players moving with a ball, select 2 players who will be “it” these players DO NOT have a ball. Players try to keep away from the “it” person	<ul style="list-style-type: none"> - Movement - Coordination/Balance - Escaping from the Defender/Find Open Space
Gate Game with Defenders 15 minutes	<p>Group of 8-12</p> <p>Lay out several 2 yard goals throughout your field space. Select 3-4 players to be “it”. Everyone else has a soccer ball. Players try to dribble through as many gates as possible. The players who are “it” can block people from scoring by standing in the gate. If an “it” player is standing in the gate, players cannot score in that gate.</p> <p>Rotate players who are ‘it’.</p> <p>Make a special assignment: example: Martian pushups, I’m a stars, bobbie bears, and/or toe-touches for the players to do who don’t get the most.</p>	<ul style="list-style-type: none"> - Encourage players to keep their head up and take on opponents. - Encourage them to shoot first time if they have an open look at goal.
Get out of here! Endline Game! 15 minutes	<p>Play Get Out of Here w/o goals. Players dribble across an end line to score.</p> <p>Play 1v1</p>	<ul style="list-style-type: none"> - Encourage players to take on opponents in the attacking half, not defending half. - Recognize and encourage when players should dribble at pace (when they have time, or a 1v1 situation) vs. pass the ball.
3v3 Matches	The Game	<ul style="list-style-type: none"> - This is their time to play! - Encourage players who take on opponents!
Cool Down 1-2 minutes	Jog, stretch cool down. Show them a good routine to cool down.	

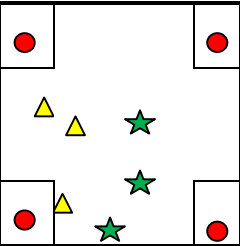
TOPIC: SHORT PASSING 1

Activity	Description	Coaching Points/Focus
<p>Dynamic Lines.</p> <p>XX-----OO</p> <p>10 minutes</p>	<p>Start off with four to five players in a group. Get them divided up and facing each other. Begin by passing a ball across from you. Then proceed by getting behind your partner behind you. Make sure you don't turn your back when you pass. Make sure the whole group moves as a unit if the pass is off target.</p> <p>Progression: Have them follow the ball into the other line.</p>	<p>Proper passing technique (toe up ankle locked)</p> <p>Receive with the outside of the foot and inside of foot.</p> <p>1st touch needs to set up for your pass.</p>
<p>Soccer Tennis</p>  <p>15 minutes</p>	<p>Set up a grid 8X25 with a halfway line. You get one pass between you and your partner. Also you only get two touches with the ball. The ball can't stop or you lose service. You can only score off service. Ball must stay on the ground. You must look to pass the ball into the other area thus it must cross the line. You can use two different colored cones to signify the center line. Set-up 2-3 field if needed – depending on numbers. If you have extra players – have one juggle when out and rotate in.</p> <p>Progression: You can move to one touch.</p>	<p>1st touch to set up pass. Thus your balance to pass a ball is better when you have the ball out in front of you. Teams may start to pass the ball towards the opponent's weaker foot to win server.</p>
<p>Gate game</p>  <p>15 minutes</p>	<p>Use the width of your field and make sure the length is appropriate. Set up gates throughout the field. Make sure you have plenty of balls just outside your grid. Make some gates bigger and some smaller. You receive a point every time you receive a pass through a gate.</p> <p>Play Circles vs. X's. First team to 3 points.</p> <ul style="list-style-type: none"> With the U10's before you play keep-away you can have partners race against other partners to see how many goals they can pass through in 2 minutes. They give them a chance to beat their score. <p>Progression: Restrict players to 2 touches only.</p>	<p>Make sure you are looking to help your teammate out by placing yourself on the other side of the gate. Thus off the ball movement.</p> <p>Same as above</p>
<p>5v5 Game to Goals</p> <p>25 minutes</p>	<p>Play the game</p>	<ul style="list-style-type: none"> - This is their time to play! - Encourage players who take on opponents!
<p>Cool Down 5 minutes</p>	<p>Make sure you start to show them proper ways to cool down.</p>	

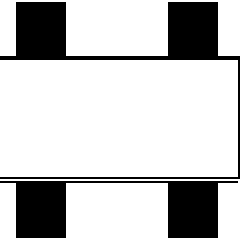
TOPIC: SHORT PASSING 2

Activity	Description	Coaching Points/ Focus
<p>Warm-up: Passing with a partner</p> <p>DYNAMIC LINES</p>  <p>10 minutes</p>	<p>8-10 YARDS APART</p> <p>Split players into 2 teams using training vests (they don't need to be balanced). Have each player grab a partner (doesn't matter which color.) One player should be behind the end line, the other player should be behind a cone line you make which is 8 yards from the end line. Player 1 passes the ball across to player 2. Player two must received the ball with the inside of their left foot, play it across the cone line, and pass the ball with the inside of their right foot to player 1. Player 1 that receives the ball behind the line, takes their first touch with the left foot in front of the line and passes the ball with the inside of their right foot to player 2. Keep repeating. These are dynamic lines. They should be moving, not standing still!</p> <p>Progression: Receive the ball with the inside of the right, pass with the inside of the left.</p> <p>Remind them to not hit the ball unbalanced; if they need to they can take more touches than two in order to hit the ball right. The point of this warm-up is to pass the ball correctly. If some players are doing really well, challenge them to not let the ball stop, and pass as fast as they can. Progress to challenge them to only hit the ball first time.</p>	<p>Demonstrate correct passing technique:</p> <ul style="list-style-type: none"> - Inside of the foot, ankle locked, toe up - Plant foot should be beside the ball - Knee bends back, not whole leg swings back - Follow through with kicking leg to partner - Make sure balanced, don't reach for the ball to pass it <p>Demonstrate correct receiving technique</p> <ul style="list-style-type: none"> - Toe up, with inside of the foot - Small touch in the direction to passing foot in front of you (in front of the line)
<p>Activity 1: Passing & Moving</p> <p>OR PASS BY NUMBERS</p> <p>10 minutes</p>	<p>Using teams from above, have 1 color start with 2-3 balls (1-2 less than the number of players on that team.) Team 1 can only pass to team 2 of the other color and team 1 can only pass to team 1 of the other color. Progression: Give each team a certain restriction. Examples: Team 1 has only 2 touches, team 2 unlimited and vice versa. Team 1 has to dribble as fast as they can until they find someone to pass to, team 2 should jog with the ball, and vice versa.</p>	<p>Same as above, but stress the hitting the ball when balanced part.</p>
<p>Activity 2: Possessing the ball</p> <p>4-5 v 2.</p> <p>15 minutes</p>	<p>Split your half sized field into half. Team 1 gets 1 half, team 2 gets the other half. There is 1 ball in play. Ball starts on team 1 side; they try to keep the ball. Team 2 can send 2 players over to teams 1 side to try and win the ball. If team 1 connects 4 passes this equals 1 point. If team 2 wins the ball, or forces team 1 to kick out the ball, now the ball is on team 2 side and team 1 sends 2 people over to defend.</p> <p>First team to 3 points wins.</p> <p>Progression: Give each player a 3 touch restriction, or 2 touch restriction. If players break the rule, the ball is turned over to the other team.</p>	<p>Again, passing technique. Make sure they are balanced when hitting the ball.</p> <p>Also, now they are looking to play away from the defenders (playing out of pressure.)</p> <p>Here you also can emphasize playing the ball with good pace.</p>
<p>6 goal game.</p> <p>FLYING CHANGES (if we have the numbers)</p> <p>15 minutes</p>	<p>Team 1 vs. team 2. Make the field wider than long. Use the natural width of the field for the length, and plus 5-10 yards from half line for the width. Player 3 goals on each long end line. 2 on the ends, 1 in the middle. Goals should be about 3yds big. Object of the game it players try to pass the ball in between one of their goals.</p> <p>Progression: limit touches if needed.</p> <p>Also, add a neutral player or yourself as coach in the middle if speed of play is a problem.</p>	<p>Passing technique.</p> <p>Speed of play</p> <p>Playing out of pressure</p>
<p>5v5 Matches</p> <p>10 minutes</p>	<p>Set up 5v5 matches to the big goals. Have 1-2 coaches on each field be referees.</p>	<p>Look for moments to coach passing technique. This could include speed of play, playing out of pressure, or the technique itself.</p>
<p>Cool Down 5 minutes</p>	<p>Light jogging, with stretching.</p>	

TOPIC: MAINTAINING POSSESSION

Activity	Description	Coaching Points/ Focus
<p>Warm-Up Caterpillar Tag</p>	<p>Select three players to be taggers. These players tag the other players on their arms and backs. Once tagged, the players join one hand with the tagger, forming a caterpillar. This caterpillar works together to try and tag the remaining players. Caterpillars only get as big as three links. Once a fourth player is tagged. The caterpillar breaks into two smaller caterpillars.</p>	<ul style="list-style-type: none"> - Instant Activity. - Stimulate the players for the practice to come – both mentally and physically. - Working together with your teammates. – Cooperative activity
<p>Activity 1: 3v3 (+neutral players if needed) into corner targets</p>  <p>If needed have extra players be neutral players in the middle or a coach</p> <p>15 minutes</p>	<p>1). Set-up a 30 by 40 field Put a small square in each corner. 2). Place one player in each corner. Then divide remaining players into 2 – group of 3 and 1 – groups of 2. 3). Scoring: <ul style="list-style-type: none"> - Groups of 3 score by passing the ball to any player standing in a corner square and having that player control the ball. - Group of 2 score by stealing the ball from any group of three and dribbling out of the space. </p> <p>4). Players in the squares pass the ball back to the same team. 5). Play for several minutes and then change players roles. Variations: Progression: Don't allow the attacking team to pass to the same square twice in a row.</p>	<ul style="list-style-type: none"> - Keeping possession of the ball. - Don't force the ball forward. - Make sure players are in good position to keep the ball (at angles from each other, providing depth, and checking to the ball) - Players off the ball – working on moving into a place where the person on the ball can see them and there is a clear path for the ball to travel to them. 'WINDOW" 5). Quality of passing technique
<p>Activity 2: 6 goal game. 4v4 FLYING CHANGES (if we have the numbers)</p> <p>15 minutes</p>	<p>Team 1 vs. team 2. Make the field wider than long. Use the natural width of the field for the length, and plus 5-10 yards from half line for the width. Player 3 goals on each long end line. 2 on the ends, 1 in the middle. Goals should be about 3yds big. Object of the game it players try to pass the ball in between one of their goals. Progression: limit touches if needed. Also, add a neutral player or yourself as coach in the middle if speed of play is a problem.</p>	<ul style="list-style-type: none"> - Speed of play - Playing out of pressure - When to pass vs. When to dribble to maintain possession of the ball - Shape: Depth & Height in the grid.
<p>The Game 15-20 minutes</p>	<p>Play the game: 5v5 or 6v6 max.</p>	<p>Emphasize keeping the ball, and looking for the right time to score as a team.</p>
<p>Cool Down 2-3 minutes</p>	<p>JUGGLING with light stretching</p>	

TOPIC: KEEPING POSSESSION/CHANGING THE POINT OF ATTACK

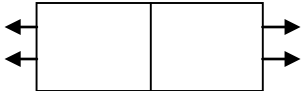
Activity	Description	Coaching Points/ Focus
<p>Warm-Up: Barcelona Drill</p> <p>10 minutes</p>	<p>2-3 players start with a bib in their hands. These players will begin as the defenders. All the other players are trying to keep the ball. If a defender loses the ball, they drop their training bib, and help maintain possession of the soccer ball. The other player who lost the ball now picks up the training bib and becomes part of the defending team.</p>	<p>EMPHASIZE:</p> <ul style="list-style-type: none"> - Not forcing the ball into pressure. Don't play the ball to someone who won't be able to keep the ball. - Make sure players are not ball watching, challenging them to always be in a position where they can get the ball. They should not be standing like a fence post! - When they receive the ball, take their first touch into new space!
<p>Activity 1: Hand ball, progression to end line game</p> <p>15-20 minutes</p>	<p>Split players into 2 teams, (it is okay if they are uneven.). Play hand ball with each team scoring by catching the ball across their team's end line.</p> <p>Progression: Play 3v3 with the soccer ball on the ground with remaining players from each team as release players on their teams defending end line. Players can play back to these people in order to keep the ball. Each team has a direction or end line they are attacking to. Object of the game: Teams score by dribbling across or stopping the ball on the end line.</p> <p>2nd Progression: When players play back to the release players they have to exchange spots with that player. The new player then steps on to the field of the play.</p>	<p>Same as above.</p>
<p>Activity 2: 3v3, 4 goal game</p>  <p>15-20 minutes</p>	<p>Play 3v3 or 4v4 in the 4 goal game in a 35-40 yard in width, and 20-30 yard in length field. With goals on the end line of each corner, approx 3-4 yards in width. Each team has one direction they are attacking, and two goals to score at. If you have extra players play 3v3+1, or 3v3+ 2-3 neutral players on the outside.</p> <p>Object of the game is to pass through or dribble through the small goals.</p> <p>Progression: If too easy add touch restrictions, or add they must only dribble through the goals.</p> <p>2nd Progression: Add a target (person on the end line side with their team's goals they are trying to score at. Also add a release player (a sweeper like position on the opposite side your team is trying to score at on the end line.) Restriction could be you have to play into the target player before you score.</p>	<ul style="list-style-type: none"> - Keeping possession of the ball. - Don't force the ball forward. - Make sure players are in good position to keep the ball (at angles from each other, providing depth, and checking to the ball)
<p>The Game</p> <p>15-20 minutes</p>	<p>Play the game: 5v5 or 6v6 max.</p>	<p>Emphasize keeping the ball, and looking for the right time to score as a team.</p>
<p>Cool Down 2-3 minutes</p>	<p>JUGGLING with light stretching</p>	

*Remember this is a template, feel free to make the activity longer, or manipulate it according to the level of your players.


TOPIC: IMPROVING TEAM DEFENDING

Activity	Description	Coaching Points/ Focus
Warm-Up: Donkey Tail Tag 10 minutes	<p>Everyone has a training vest tucked into their shorts on their back side in a 20yard x 20 yard space. Make ½ the players one color, and the other half another color. Object of the game is to rip out the donkey tail of the opposing team. If the donkey tail comes out – players have to do a “special assignment: decided upon by the coach (example: 20 toe-touches). As the game progresses you may have to restrict the space.</p> <p>Progression: Add a soccer balls, not players can either key the opposing players ball out, or pull out their donkey tail.</p>	Shielding, head swivel looking for other players.
Activity 1: Shadow Defending 10-15 minutes	<p>Have players partner up. 1 ball per group. Players should pass and move in an unrestricted space (half sized field). Do this for awhile to get them warmed up.</p> <p>Progression: On coach’s command, a player with the ball passes ball to partner, and quickly moves to add pressure. Make sure to show them the run and technique first. Person who gets the ball should be a passive attacker at first. Continue to do this and look to correct approach.</p> <p>2nd progression: Now player tries to beat defender to an end line</p>	<ul style="list-style-type: none"> - Bent run towards ball - Quick outburst run towards ball, shorter, choppy steps as defender approaches the ball and player. Do not over run the ball. - Take away one side from the player to attack to.
Activity 2 Group Defending 15 minutes	<p>Start out 2v1, working on pressure & cover, with 1 attacker. Use half size field. Attacker is trying to dribble across, or stop the ball on the end line. Make 2 fields so there are no lines!</p> <p>Progression: Progress to 2v2, and 3v2.</p>	<p>Same as above.</p> <p>Now Pressure and Cover should be working together. Make sure cover’s run is delayed behind pressure, and that the two together do not get split.</p> <p>Pressure should also guide cover into the direction they are defending.</p>
Activity 2: 3v3+1 15 minutes	<p>3v3, or 4v4, or 4v4. Play to small goals or cone goals on each end line in a 30 yard x 20 yard space – if playing 4v4+ play in a 35-40 yard x 25 yard space.</p> <p>Rotate players when needed.</p> <p>Play first team to 3 points, depending on time, best out of 3 games. Losing team has a “special assignment”</p>	<ul style="list-style-type: none"> - Pressure, cover, and balance responsibilities - Visual and verbal communication with teammates when to pressure, and where to pressure - How to attack zones, and not follow players - Entire team behind the ball when it is lost.
The Game 15 minutes	5v5 to big goals.	Emphasize team shape, and team communication to have good team shape.
Cool Down 2-3 minutes	JUGGLING with light stretching	

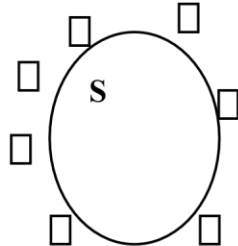
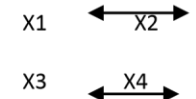
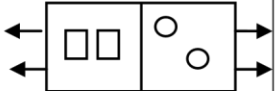
TOPIC: INTRODUCTION TO GOALKEEPING

Activity	Description	Coaching Points/ Focus
<p>Warm-Up:</p> <p>10-15 minutes</p>	<p>1. Everyone with a ball</p> <p>Mimic me Movement – players move the ball like the coach (examples)</p> <ul style="list-style-type: none"> • Around the waste • Through the legs (on the ground) • Through the legs (in the air) <p>2. Partner and a ball</p> <p>Moving and Catching – Partners stand in a line with each other. First player has a ball. They jog around the field with each other, first player is the leader. Player 1 drops the ball, Player 2 steps to the side to catch the ball before it bounces for a second time and now jogs to the front. The player who dropped the ball now is in the back of the line. Repeat.</p>	<ul style="list-style-type: none"> - Players get use to handling the ball - Players get use to keeping their eye of the ball - Beginning the concept of catching the ball.
<p>Dynamic lines but with using hands</p> <p>10-15 minutes</p>	<p>Groups of 4-5 (10 yards apart)</p> <p>Before you begin, demonstrate correct technique for catching a ball (see coaching points)</p> <p>Players throw the ball underhand to their partner across the line.</p> <p>Players catches the ball and tosses to the next player, and then back pedals in behind their line.</p> <p>Progression 1: Now have players receive balls on the ground. Get body behind the ball first. Players will roll the ball (bowling ball style to their partner).</p> <p>Progression 2: Have players throw over hand to their partner.</p>	<ul style="list-style-type: none"> - Hands & Elbows in front of body - Thumbs and pointer finger make a diamond shape - Two barriers behind the ball: Hands & Body - Begin to show technique of distributing with hands.
<p>Handball</p> <p>10-15 minutes</p>	<p>Play 3v3, 4v4 handball.</p> <p>Players can either roll or overhand throw the ball. Players must catch the ball with the right technique to receive.</p> <p>Players score by catching the soccer ball over their team's endline.</p>	<ul style="list-style-type: none"> - Encourage catching technique as listed above.
<p>Goalkeeper Wars</p> 	<p>Play 1v1</p> <p>Fields should be about 14 yards in length, and 10 yards wide with a halfway line.</p> <p>Goals should be about 6 yards wide on each endline.</p> <p>Defending GK must be on their goal line when Attacking GK has the ball.</p> <p>Attacking GK can run up to the halfway line to try and score by throwing the ball through Defending GK's goal.</p> <p>If the ball goes out of bounce by a player its restarts in the hands of the other player.</p> <p>Rotate who players are facing.</p>	<ul style="list-style-type: none"> - Same as above - Now incorporating Foot Coordination
<p>Cool Down</p>	<p>Juggling – with the hands.</p> <p>Balance the ball on the back of the hand.</p> <p>Now toss the ball up in their air and try to catch on the back of the hand Try then tossing the ball to the other hand to catch.</p>	

TOPIC: LONG PASSING PLAYING A LOFTED BALL

Activity	Description	Coaching Points/ Focus
<p>Warm-Up:</p> <p>10 minutes</p>	<p>In small groups by the big goals.</p> <p>Practice technique of hitting a driven ball while stationary into a big goal.</p> <p>Next have coach pass a ball to players and hit a moving ball into the goal</p>	<p>- Passing technique:</p> <ul style="list-style-type: none"> o Ankle locked o Toe Down o Plant foot slightly behind the ball o Hit bottom third of the ball o Strike through the ball with the knuckle of the big toe
<p>Activity 1: Short-Short-Long</p> <p>10 minutes</p>	<p>Groups of 4-5: Short-Short-Long Dynamic Lines</p>	<p>- Same as above (now with hitting a moving ball)</p>
<p>Activity 2: Barcelona</p> <p>15 minutes</p>	<p>2-3 players start with a bib in their hands. These players will begin as the defenders. All the other players are trying to keep the ball. If a defender loses the ball, they drop their training bib, and help maintain possession of the soccer ball. The other player who lost the ball now picks up the training bib and becomes part of the defending team.</p> <p>Progression: Balance teams out: 4v4 or 5v5 with a player or coach as the neutral player in the middle. Play to 10 non consecutive passes.</p>	<ul style="list-style-type: none"> - Same as above - Short-Short-Long Principle. Can you draw players in (defenders) and then find new space with a long ball.
<p>Activity 3: Endzone game</p> <p>Play 4v4 into Endzones</p>  <p>10-15 minutes</p>	<p>Split players into 2 teams 4v4</p> <p>Players score by playing a pass into the endzone and receiving it.</p> <p>Field size should be 40 yards long with 5 yard endzones on each side x 35 yards wide.</p>	<ul style="list-style-type: none"> - Same as above - Can you play the long ball into space if the defenders are high - If defenders are dropped off, can we keep it with short passes to draw the defenders forward to try and gain space in behind.
<p>The Game</p> <p>10-15 minutes</p>	<p>Play 5v5 or 6v6 to Big Goals</p>	<p>- Emphasize when to play a long pass.</p>
<p>Cool Down</p> <p>5 minutes</p>	<p>JUGGLING with light stretching</p>	

TOPIC: HEADING

Activity	Description	Coaching Points/ Focus
<p>Warm-Up: Head It/Catch It</p> <p>10 minutes</p> <p>Boxes = players</p> 	<p>Prior to doing this, coach shows players correct heading technique</p> <p>A circle of players surrounds coach/server. Server moves around, softly tosses ball to players head. As ball is in the air the server calls out “head it” or “catch it” and the player must do the opposite. A mistake and a point are given. The idea is to have the least points in a period of time.</p> <p>Progress: Increase number of servers to players. Increase the speed of tosses.</p>	<ul style="list-style-type: none"> - Introduction to heading - Concentration of commands
<p>Activity 1: Heading Juggling</p>  <p>10-15 minutes</p>	<p>In pairs, in an open area, players heading to each other are counting successful exchanges. Give players opportunity to beat previous score.</p> <p>Progress: Have players move across the field heading in pairs. Players may juggle with head before heading back to partner.</p>	<ul style="list-style-type: none"> - Controlled heading - Eye on the ball –read flight of ball - Area of contact
<p>Activity 2 Heading Wars</p>  <p>15 minutes</p>	<p>Teams of 2</p> <p>Field size: 2, 10x10 squares next to each other.</p> <p>Goal size: about 8 yards across endline</p> <p>Player 1 tosses ball to partner. Player 2 has to head the ball – either to score or as a pass to partner. If they pass, partner can catch and toss again or directly head on goal to score.</p> <p>Opposing team can only have 1 player play as goalkeeper on the endline to prevent the other team from scoring.</p> <p>Play to a set-time, and rotate opponents.</p>	<ul style="list-style-type: none"> - Heading for Attack - Body Mechanics - Competitive activity
<p>The Game</p> <p>15 minutes</p>	<p>5v5 to big goals.</p>	<p>Players receive 1 point for scoring a regular goal, 3 points for scoring a goal with their head.</p>
<p>Cool Down</p> <p>5 minutes</p>	<p>JUGGLING with light stretching</p>	

*Remember this is a template, feel free to make the activity longer, or manipulate it according to the level of your players.

Set-up 3v3 Fields (35 yards long by 30 yards wide with 4 yard goals on each endline)

Directions for the Game:

- Give each player a number
- Play 3v3 games, no GK's (each game is 4-5 minutes in length) - How players score:

- 3 points for a WIN ○ 1 point for a TIE
- 1 point for NOT Getting scored on. (shut out) ○

You can choose to give points for goals (maybe just a 1-2 rounds this way) ○ You can make the last round worth extra points – DOUBLE POINTS - Keep track of players points