



Northville Soccer Association

U7 & U8

Recreational Coaches Manual

By Paul Thomas  
Recreational Coaching Director

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## Introduction

The Northville Soccer Association would like to thank you for volunteering to coach a soccer team. We usually have two kinds of volunteer coaches, the first is the coach who volunteered when they signed their child up to play, the second is the reluctant volunteer who received the famous soccer club phone call, which usually goes "Mrs. Jones, we have 7 players, including your son, who will not be able to play unless we find a coach. Do you know anyone who might be interested?" Rest assured that we are not the only soccer club in the United States who make this call. We realize that not every volunteer coach has had any experience of playing or coaching soccer, but we believe that with a little help you can do a great job and make a difference in every one of your players soccer development.

In order to make your coaching experience a positive one, and help you in the areas required to develop your players, we have put this coach's booklet together. This booklet will cover every facet of coaching a U7 & U8 soccer team from how to put a practice plan together, fun activities to include in your practice plans and how to coaching in a game situation. It will also cover other aspects of coaching at the club such as holding a parent meeting and answering some frequently asked questions.

As we mentioned above we hope this manual covers every aspect of coaching but if you do have any further questions please do not hesitate to contact Northville Soccer Association for further help.

Throughout every chapter of this booklet, coaching a U7 & U8 team comes down to one important element, FUN! If you can make sure that every aspect of your player's soccer experience is FUN then they will come back and play over and over again. Also, if you can communicate this aspect to the parents and reiterate, and make them understand that soccer at this age is not about winning but about FUN you will have a great coaching experience.

## Northville Soccer Association Philosophy

The Northville Soccer Association strives to make every member's soccer experience positive. We are here for the children and their development as soccer players. Every team member must play at least 50% of every game. We also stress to U7 & U8 coaches that they try to make everything fun based from practice sessions to games.

Success: At these ages do not try to measure your success on the results of your games but how many of your players return to play soccer the following season. In fact, at Northville we are not concerned with results and no score or record should be taken at this age group. If your team is dominating another please try to rotate players to stop your team running up a large score.

We recommend that this philosophy, as well as your personal coaching philosophy is emphasized to your parents before the season starts. We recommend that before your first practice session, hold a team meeting and explain to parents your goals for the season as well as the soccer clubs beliefs.

Practice should take place once or twice a week and last for an one hour. This should be enough time to hold practice; it will enable you to keep the concentration of your players and focus on a specific activity. If you plan correctly the time allotted should allow for a warm up, at least two drills and a small-sided game (see coaches organization).

Players at this age are very different from U4, U5 & U6 players; they are more capable of learning soccer specific techniques both physically and mentally. The 'goals for a coach' and 'understanding your players' section have changed and should be read through. This will enable you to meet your players and NSA's needs at these age groups.

## Understanding Your Players

The first important aspect of coaching any team is to understand your players. In order to maximize a player's learning experience and performance we need to understand our players. Why are they playing soccer? What are the physical differences between players? What are their physical boundaries? What are their psychological differences? What are their cognitive limits?

### Why a U7 & U8 child plays soccer?

There are usually a few reasons why a child plays soccer at these ages. These are the same as at the U4 to U6 age groups with a one exception:

1. Soccer is fun.
2. An older sibling plays.
3. Friends are playing.
4. Parents sign them up without their knowledge.
5. **They want to learn more about soccer and the skills involved.**

Whatever the reason for playing all children are looking for the same outcome. They want to play games (activities) that are FUN, have success in these activities, possibly make new friends and finally show their parents what they can do.

### Psychomotor Characteristics

Children at the U7 & U8 age groups are similar to the U4 to U6 age groups but with some marked differences that will influence how and what they learn. Characterized by these points:

1. Ever growing Skeletal System.
2. Genders are very similar in size and weight, obviously with a few exceptions, which allows them to play co-ed soccer.
3. **They have increased control over their body mechanics, which allows for more soccer specific skill learning.**
4. **Improved but still immature eye, hand, and foot coordination. Again, this will allow for an increase in soccer specific skill learning.**
5. They have poor temperature regulation.

6. Their cardiovascular system has improved but is still no where near as efficient as an adult.
7. They still have high energy levels but only for short periods of time. Breaks in games and activities should still be given often but for short periods so they can continue at the same high energy level.

### Cognitive Characteristics

Players at the U7 & U8 age groups have an increased ability to share. Players are still very self-centered but they are becoming increasingly focused on me and a friend. Other characteristics include:

1. **No concerns for team concepts; just me and a friend.**
2. **They are beginning to understand the concept of space and time.**
3. **They want to be accepted.**
4. **Limited ability to execute more than one task at a time.**
5. Still prefer playing to watching.
6. Parents are still the biggest influence.
7. Need constant positive reinforcement and praise.
8. **Fear of failure – they have easily bruised ego's.**

Taking these characteristics and referring them to soccer, there is an increasing relationship. At the U7 & U8 level coaches can begin to incorporate more and more soccer related skills into practice and thus into games. Coaches at these age groups should still focus on simple, fun based activities but more soccer specific techniques should be added. The important aspect at these ages is to incorporate learning while keeping practice and game day fun.

### Psycho Emotional Characteristics

At these ages players are looking to establish relationships, their focus is no longer just on themselves. They are becoming increasingly concerned with the concept of friends. Although they still do not identify with the idea of team, they are looking for acceptance from their peers and coaches. They are easily hurt by negative comments from coaches and teammates, which transfer into a great need for approval and positive feedback.

## Soccer Parents

Parents have the biggest influence on whether players play soccer or not. Communication is key. Always keep parents updated about practice and game times, changes to schedules, NSA philosophy for these ages as well as your personal coaching philosophy.

Remembering that parents have a huge influence on their child's development we must make sure that the feedback parents give to players, referees and coaches during and after the game is positive. To ensure this is the case, please share these thoughts with your parents at your first coaches meeting:

1. **Support your child:** Remember to encourage your child and the whole team. Encourage your children to work hard in order to improve skills as well as emphasizing good sportsmanship. Implement a philosophy that hard work & enjoyment is important, not victory.
2. **Always be positive:** It is important to become not only just a role model but a positive role model. Always try to applaud good play from both teams.
3. **Remember children just want to have fun:** It is your child that is playing soccer and not you. Encourage your child to create their own goals and support them throughout. Try not to impose your own standards and goals on them, let them play the game for themselves. Did you know that 72% of children would rather play for a losing team than ride the bench for a winning team.
4. **Reinforce positive behavior:** Nobody likes to make mistakes and if your child does remember it is all part of learning. Always encourage your child's efforts and only point out the good things that your child has accomplished.
5. **Don't be a sideline coach or referee:** Coaches and referees are usually parents like you or children like your son or daughter. Coaches at the club are volunteers who take time out of their busy schedules to help make your children's soccer experience a positive one. Most of the referees at the club are boys and girls that play or have played at the club; they need as much support as children. Therefore we ask you to refrain from coaching or refereeing from the sidelines.

## Coaching Topics @ U7 & U8

The soccer club is striving to create continuity throughout the Recreational program as well as make sure that all its members have a positive soccer experience. A great way to start this procedure is to make sure that all our players are receiving good coaching on topics that are age appropriate. Below are the areas we have identified as topics that are appropriate to your age groups, given the physiological and psychological state of the players:

**Coordination**

**Balance**

**Ball Mastery**

**Dribbling Technique**

**Running with the Ball Technique**

**Turning & Moves**

**Introduction to Passing**

**Introduction to Finishing**

These fundamental techniques were identified because they are the next step in a player's development. They are a continuation of the skills introduced at U4, U5 and U6 and are essential techniques required to play soccer. Without mastering these fundamentals more advanced soccer skills, such as advanced techniques and tactics, cannot be learned properly. In order to introduce, and indirectly teach, these fundamentals we have enclosed a number of educational and fun activities that you can incorporate into your practices. Please see the specific activity sections for more information.

## Preparation & Organization

Game day and practice organization is one of the most important attributes of a successful coach. This aspect can make or break a season in the eyes of a player and a parent.

### Practice Preparation & Organization

A coaches ability to move through well thought out and fun activities without players standing around is a very important attribute at U7 & U8 ages. It reduces the amount of time young players have to misbehave or loose focus. Follow the suggested progression below to get the best results. As you become more experienced this aspect of coaching will become easier and easier.

#### **Session Topic**

Every training session should have a theme, for instance, Dribbling & Turning. This should be your first decision when planning a training session. Focusing every practice on a specific theme is a great habit to get into and this aspect will become more and more important as your children get older. Try to change the focus of your sessions weekly, it will keep practice fresh and your players will get more from the season if they are challenged (indirectly) will a new skills.

#### **Choosing Activities**

- Choose activities that will focus on your session's theme. Well thought out activities will indirectly teach your players the sessions theme.
- Choose activities that will allow for the ratio 1 player to 1 ball or 2 players to 1 ball. These types of activities will make sure that your players get a lot of touches on the ball. NO LINE DRILLS!!!
- Activities: Please refer to the activity sections of this manual when planning your sessions.

#### **Session Plan**

Once you have the topic and your chosen activities you need to place them into a practice plan (see practice plan example section). When placing your activities in your plan make sure that

they follow each other in a smooth progression, from easy to most difficult, starting with a warm up and ending in a scrimmage.

#### ▪ WARM UP

Every practice should start with a fun warm up consisting of walking, jogging, sprinting and stretching (the stretching element will become more important as your children get older). For instance, play a game of tag within a confined area; this activity will prepare your players for the movements required to play soccer, such as jogging, sprinting and changing direction. NO LAPS! Since when did you run in a circle while playing soccer!!

#### ▪ MAIN BODY

Make sure this part of your session is the focus of the days training. Try not to deviate between different skills in one session; this will only lead to confusion among your players. For instance: dribbling, every activity you choose to do should focus on the technique of dribbling. You are not intensely focusing on dribbling and teaching the technique but the activities you choose should require all players to dribble the ball and have close control.

#### ▪ SMALL SIDED GAME

Always include a small-sided game into your practice. Why? This is soccer, games and activities are fine but your players signed up to play soccer, don't forget this concept. Try to keep these games to small numbers, for instance 3 v 3. Playing small number scrimmages allows players more touches and interaction with the ball, which can only aid their development. If you notice that some players are not touching the ball don't be afraid to throw another ball into the activity, maybe even two!

#### ▪ COOL DOWN & DE-BREIF

Every training session should finish with a cool down. Take the players from a running state, then to jogging and finally walking. Again, this concept will become more important as you move into the older age groups but it is a great habit to start. While you are cooling down your players run over the coaching points you made at the session.

## **Training Session**

- Be at the training field at least 10 minutes early.
- Set up your activities. This aspect is especially important at these age groups so you can move from activity to activity with very little rest time in between. It is vital that you keep your players attention throughout the session; this will make coaching during your session much easier.
- Be sure to take your practice plan to the training session. This will help remind you of the progression and the activities chosen.
- Cheat Sheet: Always take a list of the activities you are planning to run through to practice, as well as some backup activities. Some of the activities you plan will not work, players will get bored of them quickly or they just do not enjoy them, so you must have a back up activities to fall back on just in case.

## **Game Day Preparation & Organization**

Being prepared for game day is the final aspect of a coach's organization at these age groups. Your responsibilities on game day should include:

### **Arriving at the field**

Be there first! Being the first person at the field sets a great example to your parents and players. Be there to welcome them to the game.

### **Warm Up**

As with your practice sessions have a well thought out warm up for your players, it is my recommendation that you use at least two activities. Use activities that you have done recently in practice, this will ensure that all your players will know how to play the games you choose. A good warm up activity must include jogging, sprinting, jumping, changing direction and includes all your players. A bad warm up activity is one where players are stood in line waiting to touch a ball.

## **Player Rotation**

Before every game have an idea of which players are going to start the game as substitutes. Keep a record of who has started on and off the field for future reference. Rotate these players every week and make sure that all your players started a game on the field.

## **After the game**

Make sure you congratulate your players after every game, win or lose. Do not sit players down and run the game play by play. Players are to young for this type of game evaluation. Keep your comments brief and allow them to leave.

## Coaching Styles & Guidelines

Coaching players of these ages is very unique and so the guidelines we give on how to coach are very different than at other age groups.

Coaching style refers to the philosophy that a coach uses in game situations and during practice. Coaches very rarely think about the style they use to coach, let alone the impact this has on the players they are coaching. Whatever style you chose or feel comfortable with it is important to remember that the needs of the players are what we are here to serve and not our own agenda. We believe that the coach should adopt and implement a coaching style, both in games and during practice that is player centered.

Read through this section and evaluate your own coaching style. Identify if in fact you are coaching in the correct manner and fulfilling the emotional needs of the players.

### Practice Coaching

Coaching during practice at these ages is a difficult undertaking; you are dealing with young children who have very short attention spans. Trying to teach these children correct soccer techniques or keeping them spread out during scrimmages are almost impossible tasks. In order to teach soccer skills we must introduce them in a very indirect manor, through fun activities. We must keep all activities and scrimmages fun, if soccer isn't fun for these children why would they come back to play again.

When coaching during practice there are certain guidelines you can follow to ensure you have a successful practice:

### **Introducing Activities**

This aspect is very important. Introducing activities should be done through an explanation and demonstration. Explanation of activities should be done as quickly as possible, for example have all players sit on their soccer balls (soccer chickens) while you explain the activity quickly and precisely. The only aspects that should be explained while players are sitting are the boundaries and the general rules, anything more than this and you will lose players attentions.

The majority of activities should be explained through demonstration, most players at this age learn better by doing rather than listening. Place players in their start positions for the activity then actually demonstrate the movements, actions or rules of the game. After the demonstration let the players try the activity, if they are doing the activity incorrectly stop them and explain the activity again while demonstrating what you want them to do.

### **Making Coaching Points.**

At this age it is important that the activity you are playing do most of the teaching, indirect learning. When stopping players to make coaching points do it in the form of instruction mixed with question & answers. Give the players brief instruction and then follow up with questions. The beauty of asking questions is that it involves players in the learning process and will distract them from getting bored while you talk.

When giving instruction asking questions, be sure to keep them simple and short. Also, make sure that all players know the answer. I suggest making all the players scream the answer together.

### **Positive Reinforcement**

Keep everything you say to players positive. Make sure to praise everything that the player's do related to soccer, encourage good passing, dribbling, turning, stopping, etc. Players at these ages consider themselves 'successful' if they are giving their best effort and become physically exhausted.

### **Crowd Control**

Always try to have an assistant with you when you practice. This way one person can be coaching and the other can be controlling players who are having difficulty with the activities or boundaries.



## Water Breaks

Remember players at these ages are very explosive; they have very high energy levels but only for a short period of time. Give players short water breaks often throughout your training sessions. Also take into consideration the weather, hot days take more breaks and cold days try to keep players moving for longer periods.

## Final Remarks

At the ends of every practice finish with your final words. Have all the players sit on their soccer balls (soccer chickens) and answer questions on the day's activities. While they answer the questions you demonstrate the technique. For example, when we pass the ball which part of the foot should we use? A: Inside, and demonstrate with a player.

### Game Day Coaching

This aspect of the game is slightly different from coaching the U6 age group. You could be assigned a referee or have to referee the game yourself. Your role as a coach on game day at these ages has been expanded from a 'facilitator' & 'motivator'. You are not only their too guide your players through the game but also teach aspects within the game. This part of the game day coaching is not vital at these ages but you should be looking to give your players some information.

CAUTION: Do not give detailed step by step instruction, such as 'Billy receive the ball, then get your head up and pass it to Andrew'. This is way too much information; players at most age groups cannot process this type of instruction nor at these ages do they have the ability to complete the skill required.

A good example of giving information to players; Billy is way out of position picking daisies on defense when your team has the ball and is attacking in front of goal. A good form of instruction would be 'Billy push up and join in the attack'. This information is very general but it will help 'Billy' know what to do when his team has the ball and is attacking.

As a motivator you are there to try and keep players engaged in the game. Always start and finish games with a team chant or cheer. As you are refereeing the game encourage wherever

possible. Do not concentrate solely on the better more gifted athletes who are having success but also on peripheral players who need that extra encouragement to get involved in the game.

As a coach a big part of your responsibility on game day is to enforce the rules of soccer; boundaries, throw-in's, corners, free kicks, etc.

On restarts (kick-ins, corner-kicks, goal-kicks, free kicks and penalty kicks) I am a big proponent of the one pass rule. The one pass rule allows the player with the ball to complete the restart and no player from the opposing team is allowed to move until it has been completed. The restart is completed once a player, from the same team touches the ball. This is not a rule enforced by NSA but it allows the player taking the corner or throw-in to have success. Success is very important in soccer, it build's confidence and also allows for enjoyment. Before the game both coaches must agree on this rule and enforce it through the game.

Boundaries: Is the ball in or out? I would use common sense's on this aspect of the game. If the ball is just over the line I would let play continue. If the ball is 2 yards or more over the line I would re-start play.

Free-Kicks, etc: Will there be any rough play at this age? At these ages players should not maliciously foul another player. Players will get hurt during a game of soccer but 99% of the time it will be because a child is uncoordinated and bumps or accidentally kicks another player. Let play go as mush as possible, obviously if there is a players hurt take the necessary action. The way I would handle it, is to allow the coach of that team attend to the player while the other coach referee's that game. If more than one player is hurt, stop the game and attend to the players.

Remember, have fun with game – if you're having fun coach then your players will be having fun playing. This is a good measure of whether your players are having fun or not.

Another aspect of coaching on game day is holding your team talks with players. This happens before the game, at half time and after the game. These talks, especially at your age groups should be kept very short and should be kept to general encouragement. If you do have any instruction to give to players, do it on a 1 to 1 basis. Make sure when talking to young players that you get down to there level, don't stand over them and talk, as this can be very intimidating to a young player.

## Practice & Game Tips

You will encounter many difficulties and problems when coaching a U7 & U8 team. Below are just a few of the problems you may encounter and some possible solutions:

**PROBLEM:** Probably the most difficult aspect of coaching a U7 & U8 team is trying to keep the children's attention during games and training sessions.

**SOLUTION:** It is my opinion that there are two solutions:

1. Organization: Understanding your players, this is the key to the problem. As mentioned earlier children at this age like to do activities rather than watching and prefer short explanations rather than long detailed discussions. Be prepared before games and practices, have your activities set and ready to go before your players get there. Also, make sure all your activities include every player, exclude no one. Then as soon as your players show up put them straight into your first activity without a long explanation. Make changes, to rules and boundaries, during the game but only if required.
2. Make sure the activities you chose for practice have a fun element to the. Players at these ages are looking for new information about but most important fun! Choosing fun activities that teach is the perfect combination.

**PROBLEM:** Another challenge will be trying to stop players bunching during games.

**SOLUTION:** Try not to worry about this aspect of coaching; at these ages try to Keep your player's from bunching is impossible. Again look at your players you are dealing with, their focus is on themselves and a friend trying to keep them separated and playing positions at this age group is almost impossible. As a coach I would have the goal of setting your players up in a set formation at the start of the game but still allow them the freedom to move on the field. DO NOT RESTRICT PLAYERS TO A ZONE OR AREA ON THE FIELD!

**PROBLEM:** Players do not like the new activities you have tried to introduce and want to play the same games over and over again.

**SOLUTION:** Playing the same game over and over is OK but repetition will get tiresome for yourself and eventually your players. To solve this problem try to incorporate new skills or rules into the same game. Also, always have a list of activities on hand just in case players do not react well to anything new.

**PROBLEM:** Players do not play as a team.

**SOLUTION:** Again, know your players; at these ages they are focused on themselves and a friend, they are also trying to impress the people who mean most to them, their parents. Do not have great expectations of your team playing together as a team. This aspect will not come into affect until U9 and above.

**PROBLEM:** 'Billy' seems like he does not want to play, he picks daisies during practice & games.

**SOLUTION:** During practice activities there is a simple solution, only do activities where every player has a ball. During your scrimmage at the end of practice throw two or three soccer balls in, this way all players have a better chance of touching the ball. Games at the weekend, this is a little trickier, try to have 'Billy' take throw-ins or dead ball kicks, or just try some extra encouragement.

**PROBLEM:** You do not have enough soccer balls at practice.

**SOLUTION:** This is a difficult situation but one that can be easily resolved. When working on dribbling activities use pairs, these players take it in turn to use the soccer ball. Good for relay races and / or tagging games. If you only have 1 or 2 soccer balls, use small-sided games for practice. It is not the best situation for practice but it solves the problem.

**PROBLEM:** How do I pick teams for scrimmages at practice?

**SOLUTION:** In this situation I would use your knowledge of the players within your team, so that teams are evenly matched to play. Another way is to have a player give out numbers, you turn your back and then choose the numbers. Yet another way is to line the players up and give them a number 1 or 2, you then have two equal teams.

**PROBLEM:** When we play elimination games at practice the weaker players, who need the most practice get knocked out first!

**SOLUTION:** Simple, do not play elimination games. Rather than scoring by eliminating players, have players score by the number of successes within a time period. This allows players to stay in the game for the duration.

**PROBLEM:** Stronger players are not being challenged and my weaker players cannot complete with the strong players.

**SOLUTION:** At the recreational level you are always going to find that you have huge disparity between your players soccer ability. Ideas on how to get around this problem are as follows:

1. If there is one exceptional player that is too good for your team and on game day recommend to the parents that this player move up a year or even to the academy / premier level. In the mean time match that player against an assistant coach, older sibling, etc.
2. When playing in pairs, match players by talent and experience.
3. Reduce the space for stronger players.
4. Make passing target smaller or bigger depending on ability.
5. 9 players for practice, scrimmage 6 v 3, 5 v 4, etc in favor of the weaker players.

**PROBLEM:** How to pick who starts the game.

**SOLUTION:** At these ages you should not always look to field your best team, players should get an equal amount of playing time and should have a chance to start the game. Keep a record of which players you have started and make sure all players are given this opportunity.

When experiencing these problems, or others you may encounter, remember that all players are different. Some players are more advanced than others are both physically and mentally. Every player you coach will be different so don't expect all players to react and learn in the same way.

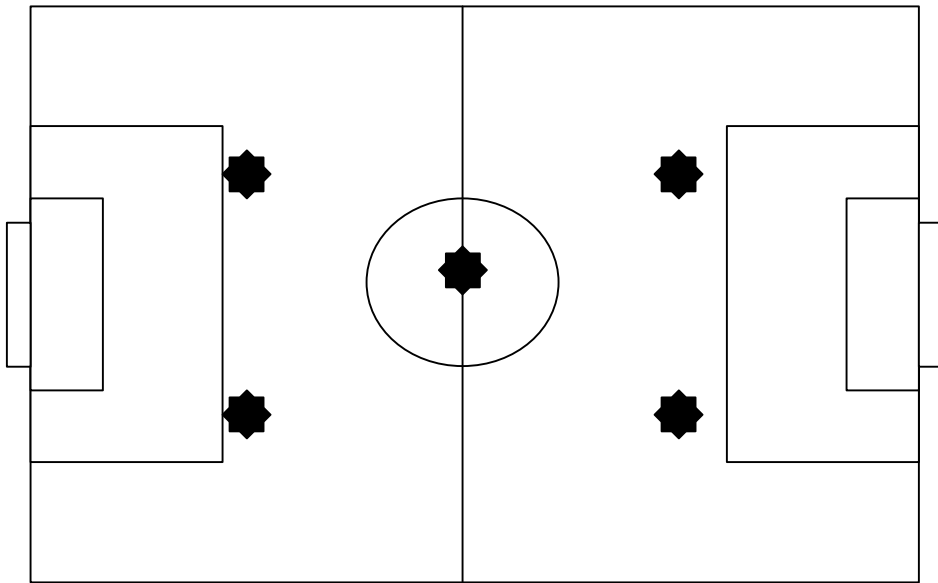
**Remember as long as your players are enjoying their soccer experience and having fun then you have done a great job.** A great way of evaluating your coaching is to watch how many of your players return the next season to play soccer.

## FORMATION

The most frustrating aspect of watching a U7 and U8 soccer game is when players have been told to stand on the edge of the penalty box, as supposed defenders, and told not to move, even if the ball is in the oppositions half. This spoils the player's soccer experience, children at these ages want to be kicking the ball and having fun, let them!

Although included in the manual do not get caught up with trying to keep players in a set formation or shape. The formation / shape will not last, you will set your players up before the game and as soon as the game starts players will want to run and be close to the ball. This section of the manual has been included for the inexperienced coach, to increase their understanding of where players should be placed and the reasons behind these decisions. This will increase your soccer knowledge and if you choose to coach through older age groups this understanding will become more important.

Any formation should include three basic areas; defenders, midfielders and forwards. Below is one example of how a coach could set up their players and why.



### Why this 2 – 1 – 2 formation?

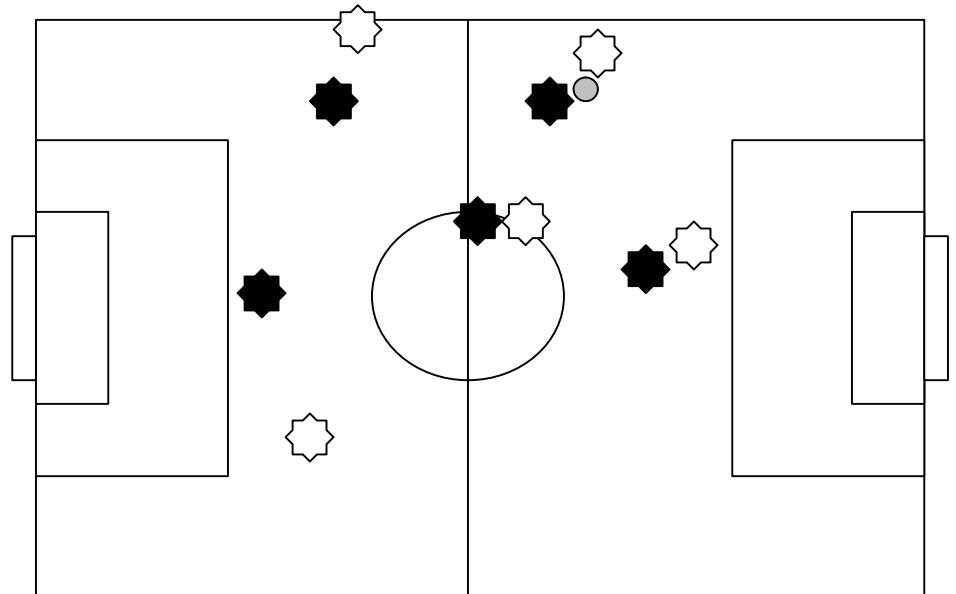
1. It includes all three areas essential for a soccer formation; defenders, a midfielder and forwards.
2. It includes all aspects essential for good shape; the defenders provide depth & width, the midfielder can provide depth in the center of the field and the forwards can provide length and width.

### Why are these aspects important?

Basically a team needs defenders to stop goals being scored, midfield players to help defend and attack and forwards score goals.

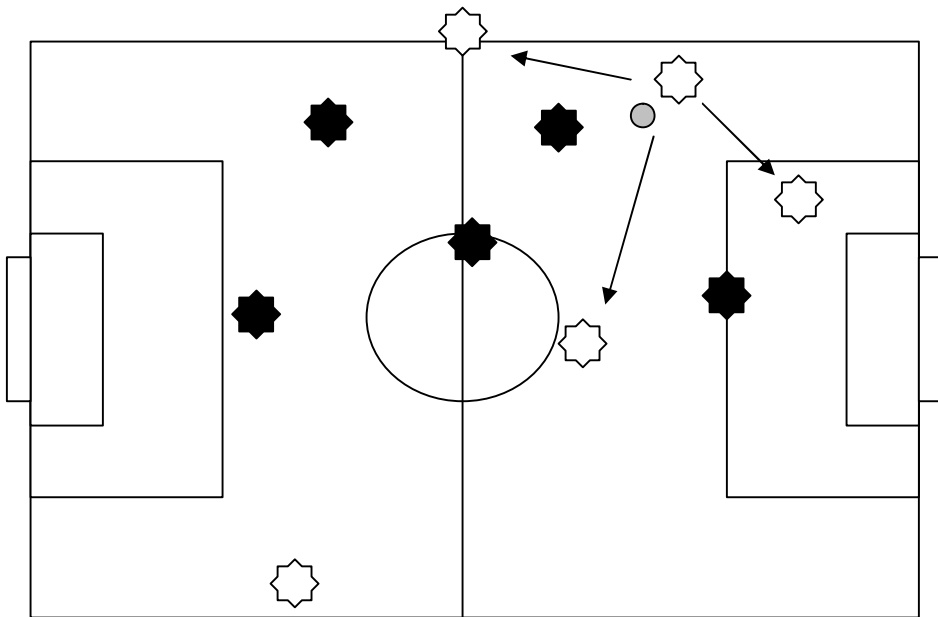
Team shape is always important. For instance, when a team defends one player should always put pressure on the attacking player with the ball, the other players on the defending team should look to support that player by restricting space around the attacker with the ball to prevent passing, dribbling or shooting options.

Diagram 1; the white team has the ball; the black team is pressuring the ball and taking away the attacking players options by marking players and space.



Oppositely when attacking players should spread the field as wide and as long as possible in order to stretch the defense and provide options to the player with the ball.

Diagram 2; the light team is attacking, their forwards and providing length and width, their midfielder is trying to provide a passing option and the other defender is dropping deep to provide a backward passing option.



Remember these aspects are advanced for the U7 & U8 age groups. This explanation is very general and basic but should give you a good foundation on which to base your knowledge.

From this section take these two key concepts:

1. The concepts of shape when attacking and defending. Your team should get big and stretch the field when attacking but when defending they should get compact and reduce space around the attacking player.
2. Freedom of your players; allow your players to move freely on the field, do not restrict them to specific zones or areas. Young players enjoy being around and touching the soccer ball, let them, and give them the freedom to move while playing in games and scrimmages.






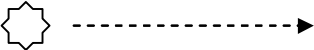
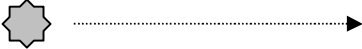
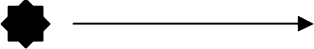

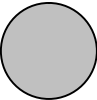
# ACTIVITES SECTION



In this section of the manual you will find a variety of activities that you can use to build your practice around. You will find activities that will allow you to accomplish the goals set to you by the Northville Soccer Association, with regards to running with the ball, dribbling, passing, finishing, moves, turns, etc.

Although the section provides a great variety of activities do not limit yourself to this booklet. This booklet and in particular this section is a great starting point for a recreational coach but there are many other resources at your disposal through NSA and the internet. At our web site [www.northvillesoccer.org](http://www.northvillesoccer.org), under the recreational coaches' education page there are session plans built by our own coaching staff as well as links to other web sites that will provide you with a plethora session plans, activities, articles, etc. Another recourse provide by NSA is in the Northville Public Library; here NSA has donated many books, DVD's and videos that can be rented out. Please if you do borrough a book or video please return as soon as possible as there are other coaches who would also like to use the recourse. Thanks!

## Diagram Key

Left Foot 	Right Foot 
Players   	Player moving with the ball 
Player moving without the ball 	Player passing the ball 
Cones 	Soccer Ball 

# Dribbling Section



Dribbling is the technique used by players to maneuver the ball through tight areas where defenders could, and are trying to steal the ball. When dribbling players should keep the ball very close so they have total control and if required could stop the ball, turn with the ball, pass the ball, shoot the ball or do a move with the ball. Without total control players cannot execute any of these actions.

## Dribbling Coaching Points

### Instruction Coaching Points

- Dribble with all surfaces of both feet: inside, laces, outside and sole.
  - Inside of the foot is used to change direction; ball moves across the player's body.
  - Outside of the foot is used to change direction; ball moves away from the player's body.
  - Sole of the foot is used to change direction; ball can move in any direction.
  - The laces are used to dribble in a straight line.
- Using laces to dribble: Toes of the kicking foot should be pointed down and slightly in.
- Knees bent (balance): knee of kick foot should be over the ball on contact.
- Body weight should be slightly over the ball.
- Close control: players should be able to take just one step in between touches on the ball. Rhythm should be touch, step, touch, step, etc.....
- Head up: when dribbling players should have their heads up looking for options. Players should take a look up in between touches on the ball.

### Question and Answer Coaching Points

- Q: What part of the foot should we use to dribble in a straight line?  
A: Laces.
- Q: When dribbling should we take big touches or little touches?  
A: Little Touches.
- Q: When dribbling should we constantly look down at the ball or try to get our heads up?  
A: Head Up.
- Q: What surfaces can we use to dribble the soccer ball?  
A: Laces, Inside, Outside and Sole.
- Q: When dribbling should we be upright and have straight legs?  
A: No we should have our knees bent and be leaning over the ball.
- Q: When dribbling in a straight line, should we have our toes pointed up or down?  
A: Down.

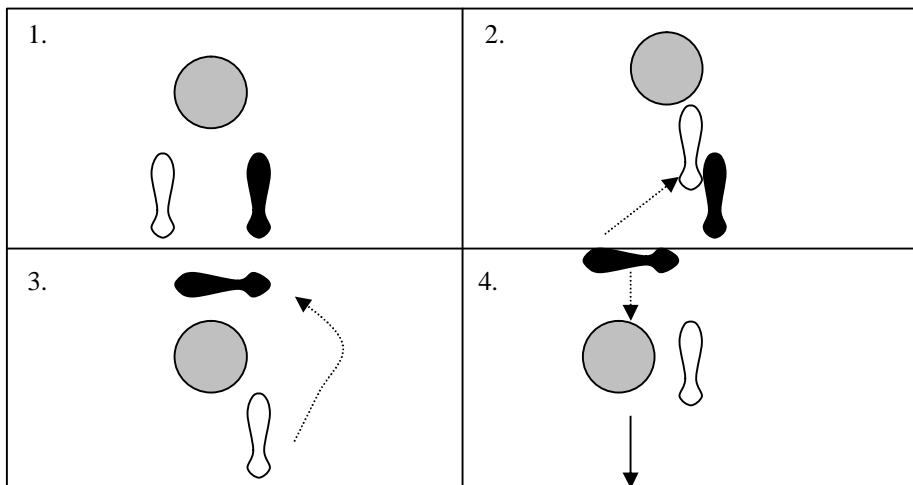
As I mention above, when players are dribbling they need to keep the ball close so they can stop the ball, change direction or do a move. When working on dribbling technique you should also teach the following aspects; turning with the ball, how to do a move to beat a defender, how to stop with the soccer ball and ball mastery. The aim of a coach is not to overload their players with information but to teach techniques that players can get to know very well and feel comfortable using in a game. I would recommend concentrating on teaching one technique from each of the follow sections per season. NOTE: Ball Mastery is a different entity and working on all the aspects for at least 5 to 10 minutes per session is recommended.

### Turning with the Ball

Two simple techniques used to turn with the soccer ball are the 'Inside Cut' and the 'Sole Turn'.

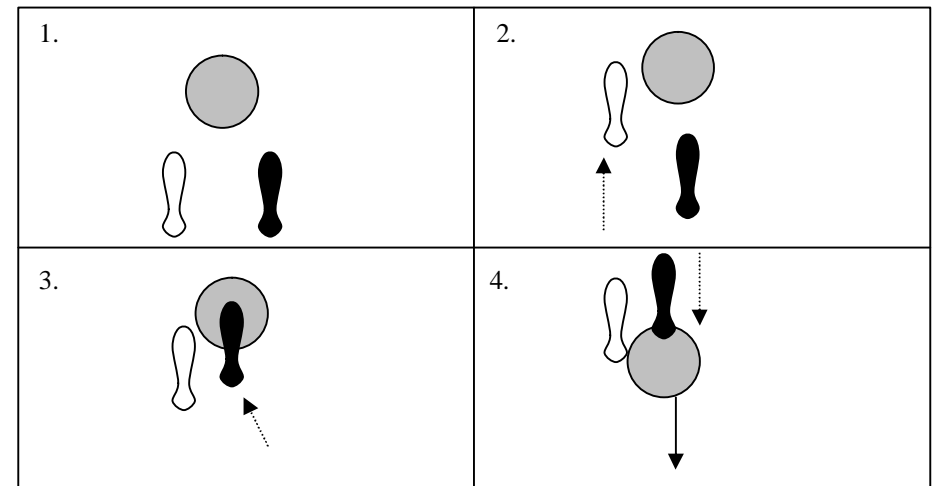
#### **Inside Hook**

1. Ball should be in front of the player.
2. Non-kicking foot steps to the inside of the ball (knee bent).
3. Inside of the kicking foot reach's for and strikes the front panel of the ball.
4. The ball should travel directly behind the player.
5. As the player touches the ball they should turn their body 180 degrees.
6. In the same motion the player should accelerate after the ball.



#### **Sole Turn**

1. Ball should be in front of the player.
2. Non-kicking foot steps to the side of the soccer ball, slightly behind.
3. Player then places their kicking foot on top of the soccer ball.
4. In the same action the player roles the ball backward and directly behind them.
5. As the player roles the ball backward they turn 180 degrees and accelerate after the ball.

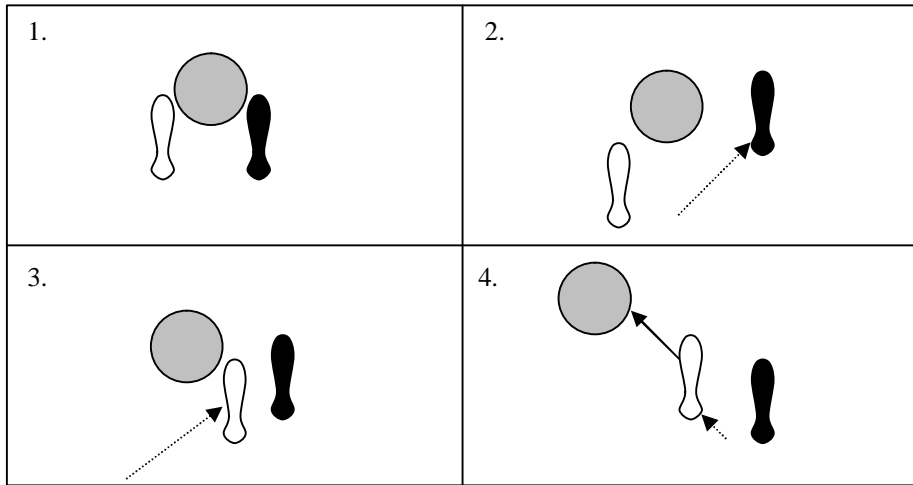


### Moves to Beat a Defender

#### **Single Body Fake**

1. The player should start with the ball almost under their body.
2. To start the move the player fakes to kick the ball and steps to the side of the ball. In order to fake a player should do a kicking action and then step to the side of the ball. Upon stepping down the player should bend their knee and drop their shoulder.
3. After this the player should bring their other foot (foot they are going to use to come out of the move with) inside the ball.
4. The player should come out of the move with the outside of their other foot. When coming out of a move a player should take the ball at an angle and accelerate off their non-kicking foot after the ball.





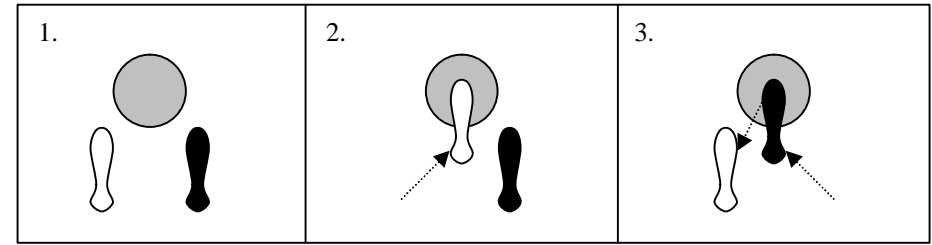
### Ball Mastery

Ball Mastery is a player's skill with the ball. It includes ball manipulation with all surfaces of the feet: sole, inside, outside and laces. This topic is encompassing. With improved ball work your players will find it easier and easier to deal with the ball. With continued work, players will gradually become better and better, which will enable them to accomplish more advanced skills at older age groups.

At these ages I recommend working on three simple types of ball mastery, as your players move into older age groups you will find that you can expand this section and begin to work on more difficult aspects of the skill.

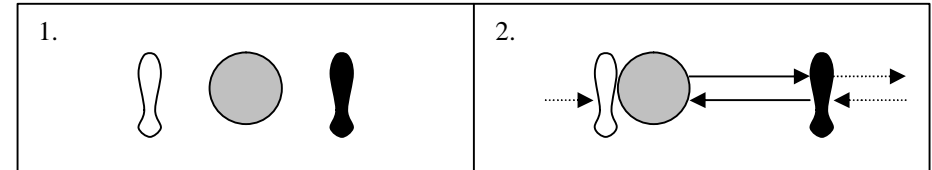
### Toe Taps

1. Players start with the ball slightly in front of them.
2. Player should bring one foot off the ground and touch the top of the ball with the sole of the toes.
3. As the player brings this foot down, they should simultaneously bring their other foot up to do the same action. Continue.....



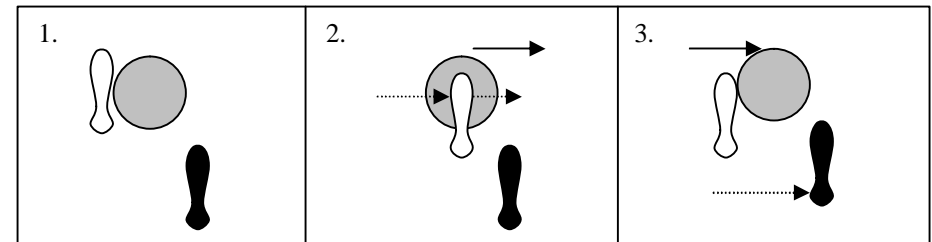
### Pendulum

1. Ball starts in between the player's feet. Players starting position is on their toes.
2. Players should knock the ball between their feet using the inside of the foot.
3. Continue. Start slowly and build up to full speed.



### Role Over

1. Players start with the ball on the inside of one foot, feet are staggered.
2. Player roles their foot over the ball and step down. Rolling the ball with the sole of the foot.
3. As soon as the kicking foot touches the ground they must take a sideways step with their non-kicking foot.
4. Rhythm: Role, Step, Step, Role, Step, Step, Continue. Ball should role continuously.

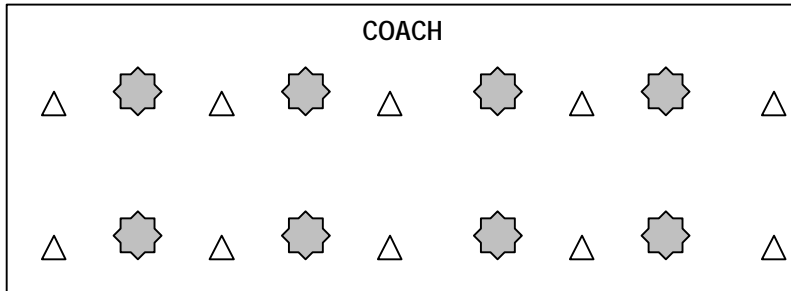


NOTE: All moves, turns and ball mastery should be done in one smooth action. Break the actions down step by step to your players but the final product should be smooth and flowing.

## Activity 1: Ball Mastery Techniques

### Organization

- Each player needs two cones set 5-yards in width.
- Each player needs a soccer ball.
- Coaches starting position should be in front of the players.



### Activity

- Coach demonstrates a ball mastery technique.  
(Only toe taps and pendulum can be done in this area).
- Players then copy the coach for ten seconds.
- Coach makes coaching points and then the players re-try the technique.

### Progression

- Players count how many touches on the ball they can get in 30 seconds.
- On the second attempt players try to beat their scores. Coach should really give players 35 seconds so they can achieve their goal of beating their score.

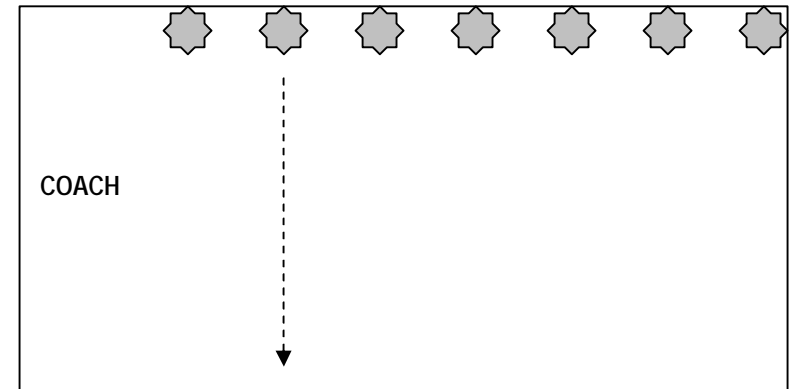
### Coaching Points

- Knees bent.
- Body weight slightly over the ball.
- On toes.
- Footwork. Smooth movement of feet in between touches.

## Activity 2: Dribbling & Ball Mastery Techniques

### Organization

- Area: 10 x 20-yards from each other.
- Each player needs a soccer ball.
- Players should start on one end-line.



### Activity

1. Players dribble across the area and stop the ball on the other line.
2. Players should work the ball between the lines using the role over.

### Progression

Start with players using the correct technique, then ask players to count how many touches they can get on the ball in between the lines and then turn into a race.

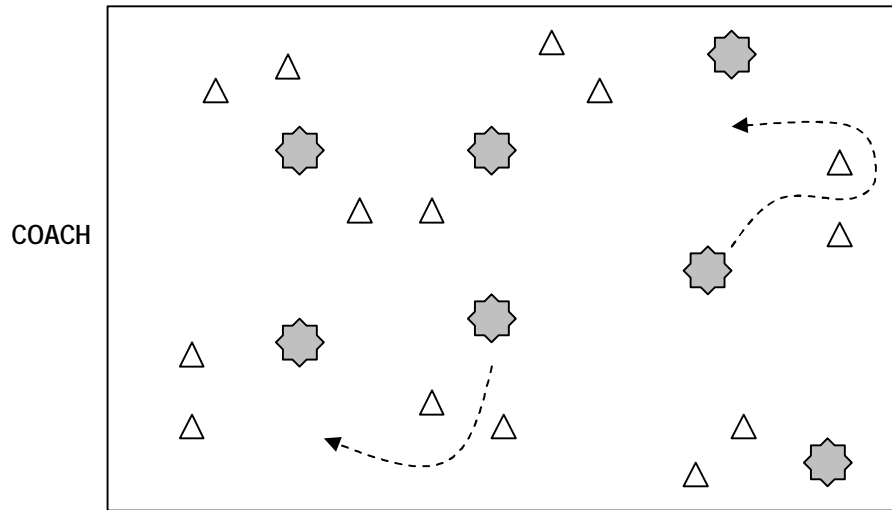
### Coaching Points

- Dribbling Technique.
- Role Over Technique.
- Emphasis should be on close control and body mechanics.

### Activity 3: Dribbling & Turning Techniques

#### Organization

- Area: 20 x 30-yards with multiple gates placed randomly around the area.
- Each player needs a soccer ball.



#### Activity

1. Players dribble around freely inside the area. When a player gets to a gate they must accelerate through.
2. Players go for 30 seconds and count how many gates they can dribble through.
3. When a player gets to a gate they turn and dribble away.

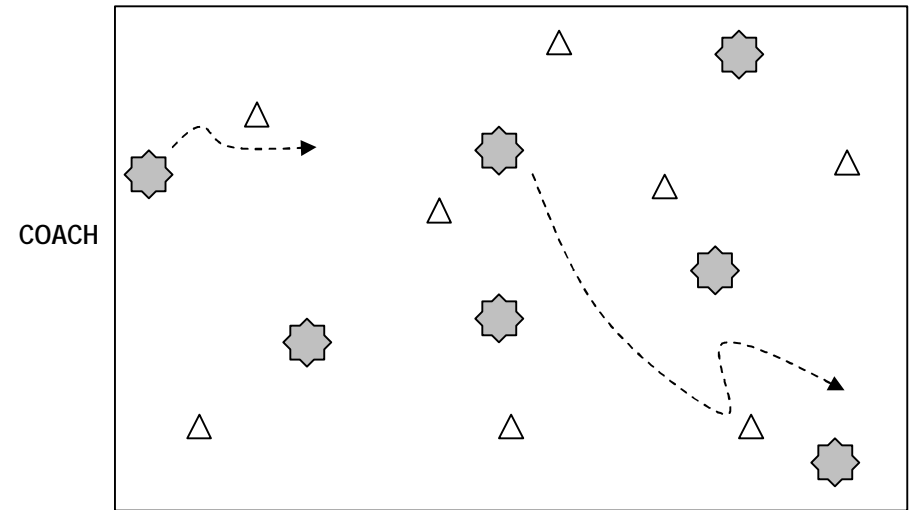
#### Coaching Points

- Dribbling Technique.
- Turning Technique: You can designate either the Inside Hook or the Sole Turn.
- Emphasis is on close control so players can turn once they get to the gate.
- Acceleration either through the gate or out of the turn.

### Activity 4: Dribbling & Moves Techniques

#### Organization

- Area: 20 x 30-yards with cones placed randomly around the area.
- Each player needs a soccer ball.



#### Activity

1. Players dribble around freely inside the area, when the coach shouts 'STOP' all the players must stop the ball. If a player doesn't have control they must do a fun punishment.
2. Players dribble around the area, when they get to a cone they stop the ball do a single fake move and dribble away.
3. Progress to a player not stopping. They just do a move when they get to the cone.

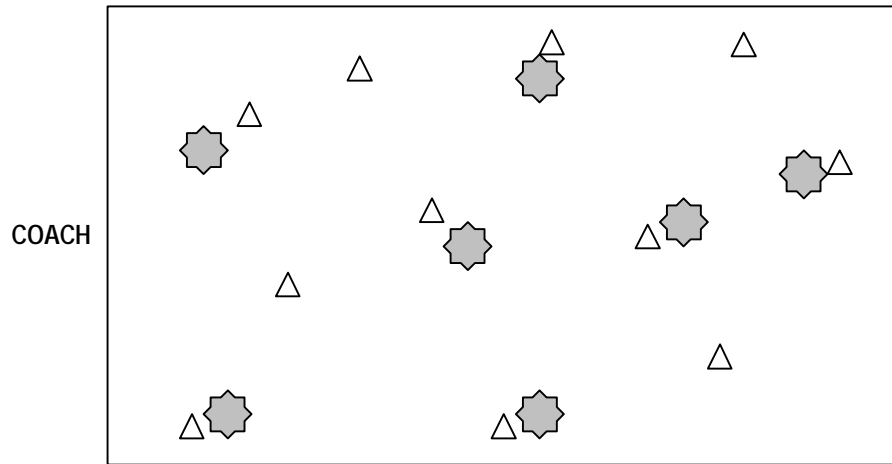
#### Coaching Points

- Dribbling Technique.
- Single Fake Technique.
- Emphasis on close control so players can stop the ball or do a move when they get to a cone.

## Activity 5: Zen Master – Technique Fun Game

### Organization

- Area: 20 x 30-yards with cones placed randomly around the area. Add more cones than players.
- Each player needs a soccer ball.



### Activity

Players dribble around freely inside the area, when the coach shouts 'ZEN' all the players dribble to a cone and complete the move the coach is demonstrating on the side. When the coach shouts 'GO' they continue to dribble freely around the area.

NOTE: Add some fun activities in between skills and techniques.

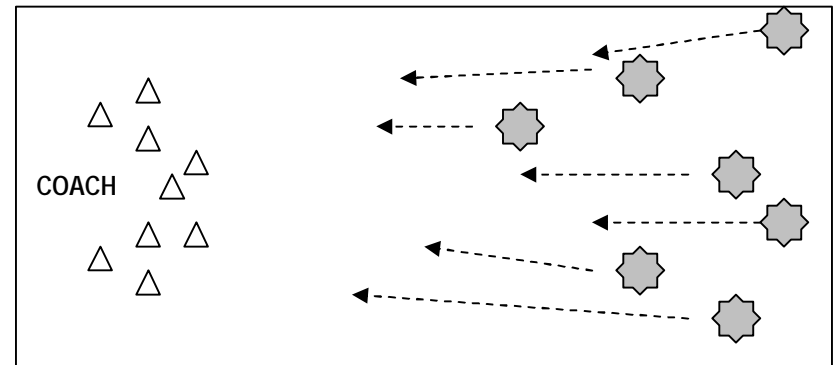
### Coaching Points

- Dribbling Technique.
- Single Fake Technique.
- Turning Technique.
- Ball Mastery Techniques

## Activity 6: What time is it Mr. Wolf - Dribbling & Turning Fun Game

### Organization

- Area: 20 x 30-yards.
- Each player needs a soccer ball.
- Players start on one end line and the coach on the other.
- Coach is surrounded by cones.



### Activity

Coach is the big bad wolf. Players are the pigs and are trying to steal the wolf's house bricks (cones). When the pigs shout 'what time is it Mr. Wolf', the coach gives a number and turns his / her back on the players. As the coach counts (out loud) the pigs dribble towards the wolf. When the wolf stops counting and turns around the players must freeze with the sole of the foot on the soccer ball. Any player caught moving must restart the game. If the coach replies with 'DINNERTIME', the wolf turns and chases the pigs back to the end line. The game is over once all the cones are gone. Players who steal a cone must dribble back to the end line and start again.

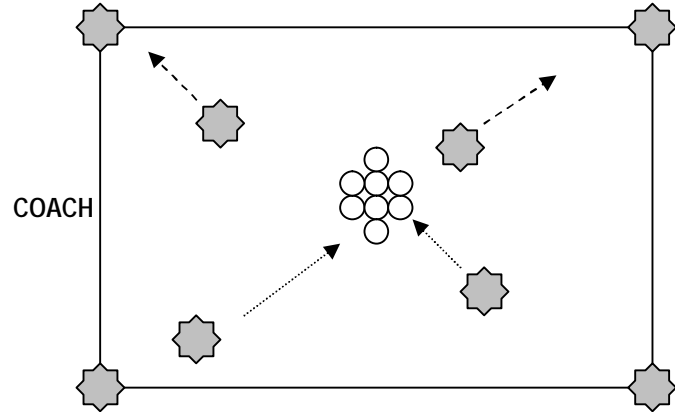
### Coaching Points

- Dribbling Technique.
- Turning Technique: Use the Sole Turn to turn quickly away from the wolf.
- Emphasis is on close control so players can stop the ball or turn quickly.

## Activity 7: Bedrock Barbeque - Dribbling & Turning Fun Game

### Organization

- 20 x 20-yards.
- Split players into 4 groups; place a group on each corner.
- Each player needs a soccer ball. Players start by placing their balls in the center of the area.



### Activity

The aim of the game is for teams to retrieve as many soccer balls as possible as quickly as possible. Only one player can go from each team at one time. The next person cannot go until tagged. Players must retrieve the ball and dribble back to their corner not pass back!

1. One ball per player. First team with all their soccer balls back wins.
2. Teams try to get as many ball back as possible. Team with the most balls wins.
3. Once all the soccer balls are gone from the middle, teams can steal each others soccer balls. Players cannot protect their soccer balls they must allow players to steal. Only one player per team can go at one time! Game stops when coach shouts time.

NOTE: Make sure the groups are even. Also, make sure there is never only one winner.

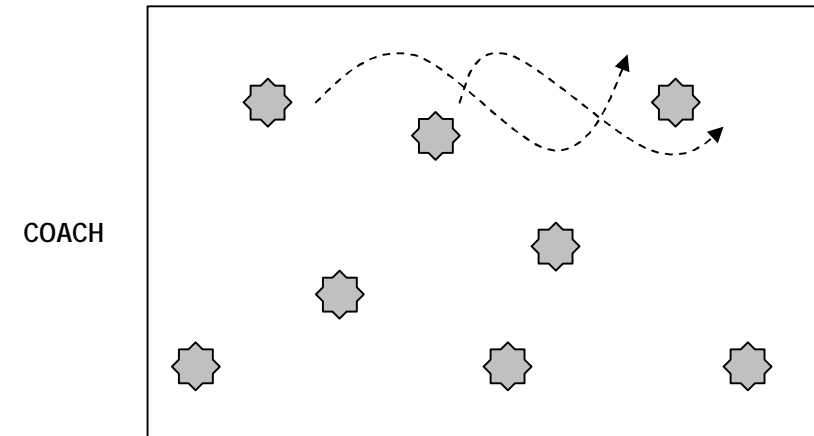
### Coaching Points

- Dribbling Technique: Emphasis on speed and close control.
- Turning Technique: Quicker to do a Sole Turn to retrieve a ball.

## Activity 8: Knockout – Dribbling & Turning Fun Game

### Organization

- 20 x 20-yards.
- Each player needs a soccer ball.
- All players start inside the area.



### Activity

Aim of the game is for players to knock each others soccer balls out of the area. For every ball that a player knocks out they get a point. When a player has their ball knocked out they must do a fun punishment before re-entering the game. Play for 1 minute.

NOTE: When the game is over the coach should ask a general question like 'how many players got more than 5 points'. Then restart the game.

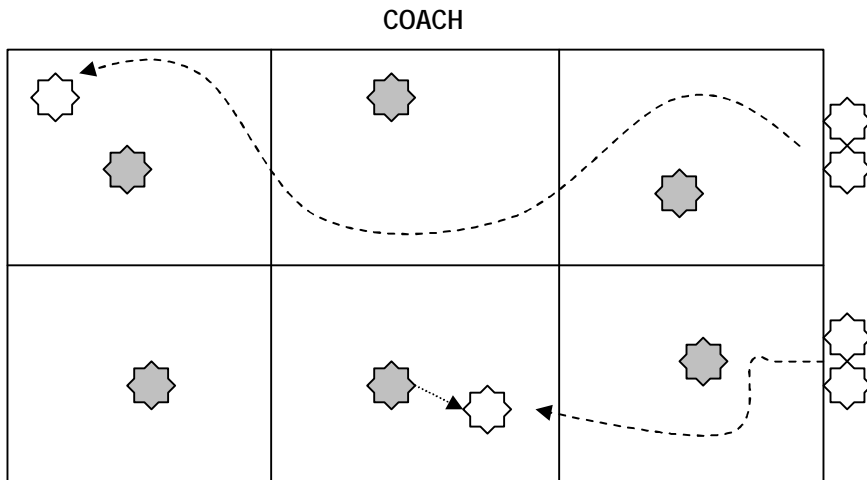
### Coaching Points

- Dribbling Technique: Keep the ball close so it is hard to steal.
- Turning Technique: Turn away from pressure.

## Activity 9: Crab Soccer – Dribbling & Moves Fun Game

### Organization

- Area: 10 x 30 split into 3 equal areas.
- 6 players per area; split these players into two teams of 3.
- Place one team inside the area without soccer balls, one player each area third.
- Place the other team on the end line with soccer balls.



### Activity

- CRAB TEAM: Players inside the areas should take up a crab position: leaning backward on their hands & feet. Their job is to steal a player's soccer ball and kick it out of the area.
- NON CRAB TEAM: Players on the end line go one at a time; they are trying to dribble through the area and past the opposite end line without their ball being stolen.
- After all players have been switched, the team's roles.
- Team who gets the most players through the area without their ball being stolen wins.

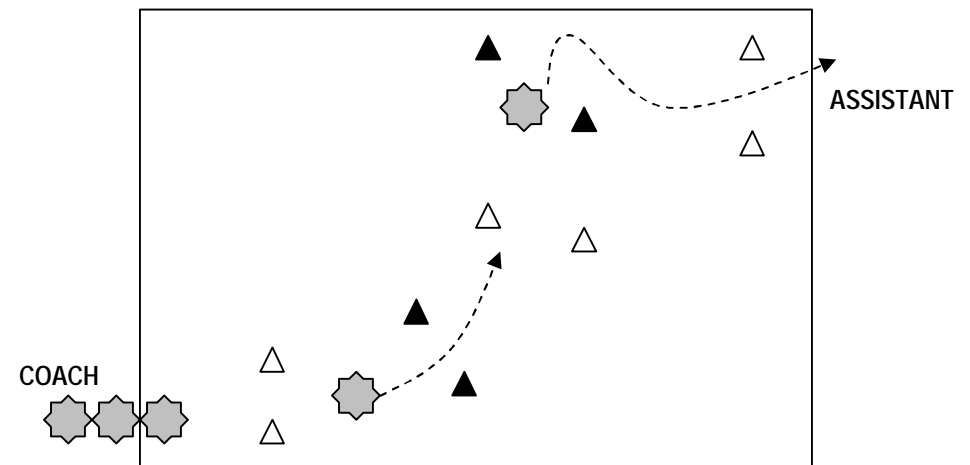
### Coaching Points

- Dribbling Technique: keep the ball close so the crab cannot steal it.
- Moves: use moves to fake crabs out.

## Activity 10: Down Hill Skiing – Dribbling Fun Game

### Organization

- Area: 10 x 30-yards with coned gates placed inside the area.
- Each player needs a soccer ball and starts with the coach.
- NOTE: You may want to color coordinate the cones so that the players can easily identify which gate to dribble through next.



### Activity

1. Players are asked to dribble through the gates in a set order, like down hill skiing. There should be a start and a finish also designated. Have the coach start at one end and the assistant at the other, to represent the start and finish.
2. Add obstacles in the gates OR players must do a fun activity in each gate. For instance, put their elbow on the ball before passing through. Be creative!

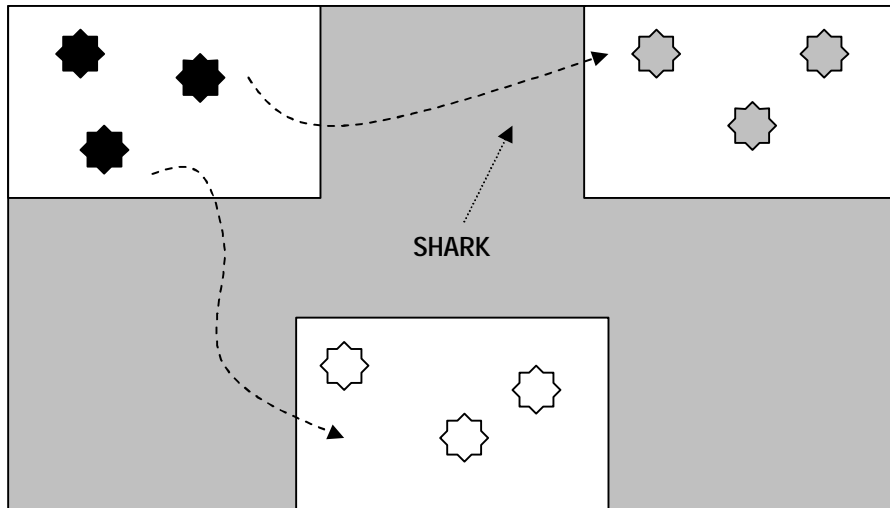
### Coaching Points

- Dribbling Technique.

## Activity 11: Shark Attack - Dribbling Fun Game

### Organization

- Area: Place three 10 x 10-yards squares 10 yards away from each other.
- Split the players into three groups.
- Each player needs a soccer ball.



### Activity

Players dribble around freely inside their own little areas, when the coach shouts 'SHARK ATTACK' the players must dribble to a different square. The shark is trying to steal player's soccer balls. If a player's soccer ball is stolen they become a shark and help the coach. Players should continue to dribble around their new area until the coach shouts 'SHARK ATTACK' again. Continue until no players remain.

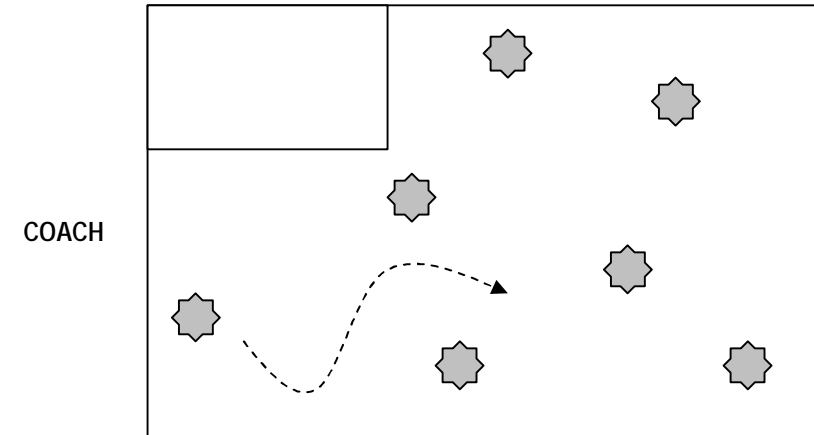
### Coaching Points

- Dribbling Technique.
- Use moves and turns to get away from sharks!

## Activity 12: Hospital Tag – Dribbling Fun Game

### Organization

- 20 x 20-yards with a 5 x 5 yard Hospital.
- Each player needs a soccer ball.
- All players start inside the area.



### Activity

Every player has a ball and is dribbling randomly inside the area. The aim of the game is for each player to try and tag each other as they dribble around the area. When a player is tagged they must hold that body part while continuing to dribble. The second time a player gets tagged they must also hold that part as they dribble around the area. When a player is tagged for the third time, they must dribble into the area, complete a fun punishment and re-enter the game. Continue.....

### Coaching Points

- Dribbling Technique: Keep the ball close so it is hard to steal.
- Turning Technique: Turn away from pressure.

# Running with the Ball

## Section



Running with the Ball is the technique used when there is a lot of space in front of the player with the ball. The player with the ball can push the ball out in front of them, while under control, to cover ground as quickly as possible.

### Running with the Ball Coaching Points

#### Instructional Coaching Points

- Player should be facing the direction they intend to go, hips and shoulders facing forward.
- Point the toes of kicking foot down and slightly inward.
- Use the outside of your laces to strike the ball. No Toes!
- Strike the equator / middle of the soccer ball.
- Knee of your striking foot should be over the ball as you connect with it.
- Body weight is forward with knees bent as you run.
- Players should still have control of the ball. The ball should be pushed 2 to 3 feet in front of the player.
- Cover ground in between touches as quickly as possible.
- Try to get your head up in between touches on the ball to look around and weight up options.

#### Question and Answer Coaching Points

- Q: What part of the foot should we use to dribble in a straight line?  
A: Laces.
- Q: When running with the ball do we want to take big touches or little touches?  
A: Big Touches.
- Q: When do we take big touches in a game?  
A: When there is lots of space.
- Q: When dribbling should we be upright and have straight legs?  
A: No we should have our knees bent and be leaning over the ball.
- Q: Which part of the ball do we kick when running with the ball?  
A: Middle.
- Q: When we run with the ball should we go fast or slow?  
A: Fast.
- Q: When dribbling in a straight line, should we have our toes pointed up or down?  
A: Down.

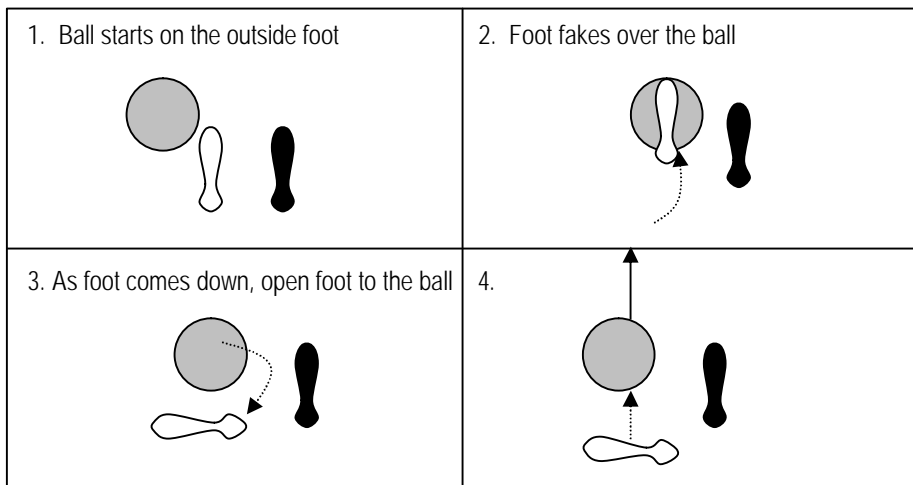


## Hesitation Moves

When running the with the ball players should either have space in front of them or space at the side of a defender that they can attack. In order to take advantage of space or create space players need to know at least one hesitation move. Below you will find two hesitation moves that you should be able to teach your players. NOTE: A hesitation move is an action completed by a player with the ball that will make an opposing defender either stop or hesitate, which will enable the attacker to beat the defender into the space available.

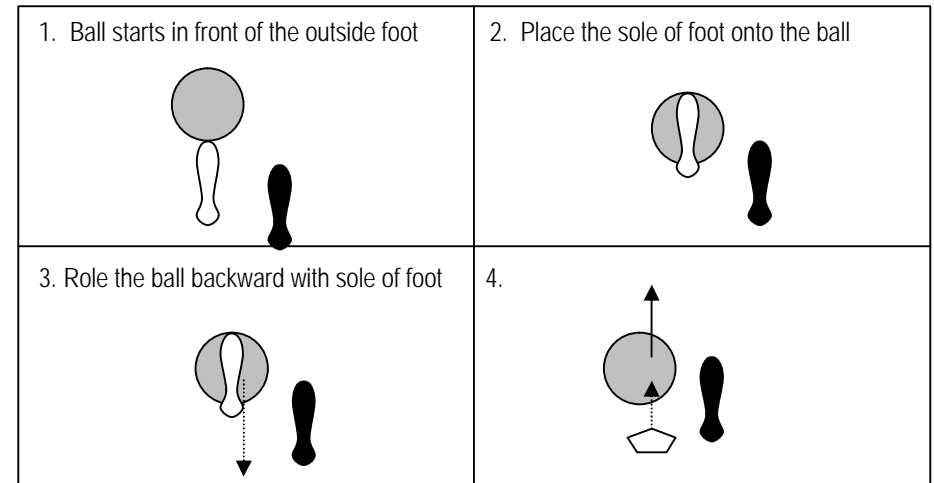
**The Wave** - This is applicable for both U7 & U8 Players.

1. The ball should be on the outside foot of the player in possession.
2. The player fakes to stop the ball by bring their kicking foot over the top. As they do this the players should stop their forward momentum – HESITATION.
3. In the same action, the player should bring there foot back from over the top of the ball to behind it.
4. In the same action, as the player foot approaches the back of the ball they should open there foot up and kick the ball forward using the inside of the foot.
5. The Ball should be pushed 3 to 4 feet into the desired space in front of player so they can accelerate after it.



**Pull Push** - This is applicable for advanced U8 Players.

1. Ball is just in front on a dribbling player.
2. Player places the sole of the outside foot (furthest foot away from a defender) on top of the ball.
3. In the same action they role the ball slightly backward. While doing this action the player should stop there momentum forward – HESITATION.
4. In the same action, as the foot touching the ball roles the ball back, the player should take their foot of the ball and strike the ball of the ball using their laces.
5. Ball should be struck 3 to 4 feet in front of them and into the space desired. Accelerate after the ball.



NOTE: Diagram 4 shows the heel of the kicking foot. The toes of the kicking foot are pointing down about to strike the ball with the laces.

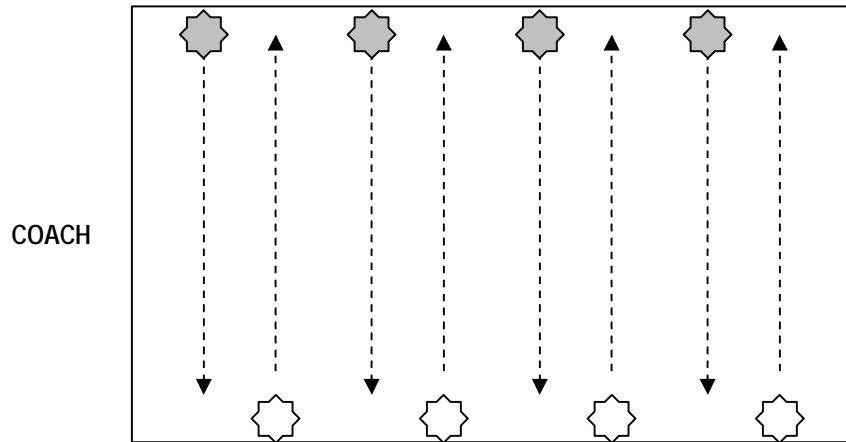
### **When do players do a hesitation move?**

Players should look to do a hesitation move when they are side by side with a defender. These are not moves to beat a defender that is standing in front of an attacker.

## Activity 1: Running with the Ball Technique

### Organization

- Area: 30 x 20 yards.
- Split players into two teams, placing the teams on opposite lines.
- Each player must have a soccer ball.



### Activity

- Players can only dribble when the coach shouts 'GO'.
- All players dribble at the same time.
- Players must dribble to the opposite line as fast as possible.
- The first team to get all their players to the end line wins.

### Progression

- Both teams must dribble to their line and back to finish (use inside hook to turn quickly).

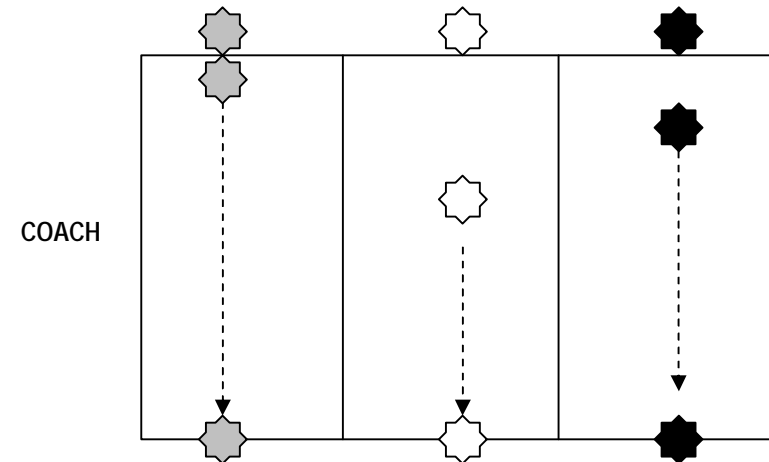
### Coaching Points

- Close Control: keep the ball within 2 – 3 feet in front.
- Running with the Ball Technique: Use the outside of laces to strike the ball, NO TOES!
- Describe the Inside Hook. Use the Inside Hook to change direction.

## Activity 2: Running with the Ball Technique

### Organization

- Area: 5 x 20 yards per group.
- Split players into groups of three. Place players within their areas as shown, one player on one end line and two players on the opposite end line.
- Each player must have a soccer ball.



### Activity

- Players can only dribble when the coach shouts 'GO'.
- The first player to dribble should come from the line where there are two players.
- The player to dribbling must tag their teammate before they can go.
- Continue until all players have been.
- Winning team is the team who has all their players complete one dribble and sit down first..

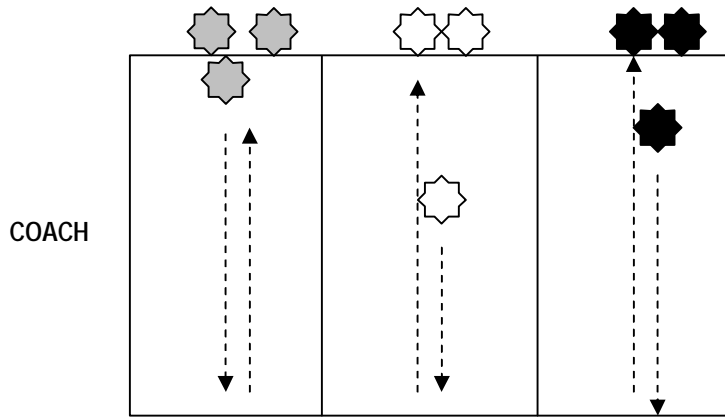
### Coaching Points

- Close Control: keep the ball within 2 – 3 feet in front.
- Running with the Ball Technique: Use the outside of laces to strike the ball, NO TOES!
- Cover ground as quickly as possible.

### Activity 3: Treasure Hunt - Running with the Ball Fun Game

#### Organization

- Area: 5 x 20 yards per group.
- Split players into groups of three. Players all start at one end of the area.
- Each player must have a soccer ball.
- Coach should place treasure at one end of a team's area; cones, water bottles, bags, etc.



#### Activity

- Players can only dribble when the coach shouts 'GO'.
- Upon the shout of 'GO' one player from each team should race to the end line and collect some treasure. As soon as they have treasure they should dribble back and tag their partner. Continue until all the treasure is gone.
- At the end of the game the players should wear the treasure. The team with the most creative dress code wins the game.

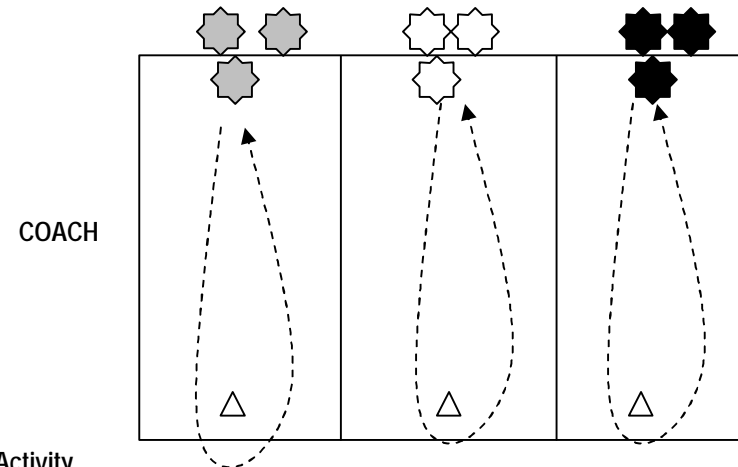
#### Coaching Points

- Close Control: keep the ball within 2 – 3 feet in front.
- Running with the Ball Technique: Use the outside of laces to strike the ball, NO TOES!

### Activity 4: Don't Lose Your Hat - Running with the Ball Fun Game

#### Organization

- Area: 5 x 20 yards per group.
- Split players into groups of three. Players all start at one end of the area.
- Each player must have a soccer ball.
- Each group is given a cone: flat discs are best.



#### Activity

- Players can only dribble when the coach shouts 'GO'.
- Upon the shout of 'GO' one player from each team, WITH THE CONE ON THEIR HEADS, should race down towards the cone, dribble around the cone and back to their ground.
- They tag their partner, pass them the cone and they do the same.
- Continue until all the team is back.
- Start with allowing players to use their hands to keep the cone on their heads. Progress to no hands!

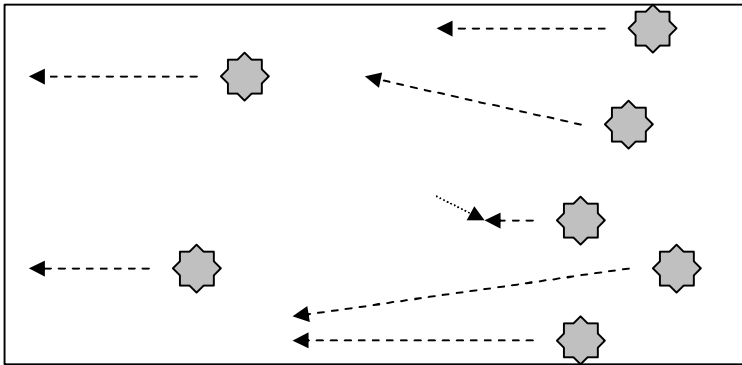
#### Coaching Points

- Close Control: keep the ball within 2 – 3 feet in front.
- Running with the Ball Technique: Use the outside of laces to strike the ball, NO TOES!

## Activity 5: British Bulldog – Running with the Ball Fun Game

### Organization

- Area: 20 x 30-yards.
- Each player needs a soccer ball.
- Place players on one end line with the coach in the center.



### Activity

The coach is the bulldog and is trying to stop the postmen from getting to his house. The players job (postmen) is to get to the opposite side of the area without the coach (bulldog) stealing the soccer ball. If the coach steals a soccer ball and kicks it out of the area, that player becomes a bulldog and helps steal player's soccer balls. Continue until there are no postmen left.

NOTE: Allow players through the first couple of times. Just apply pressure so player's dribble away from you and into the open space.

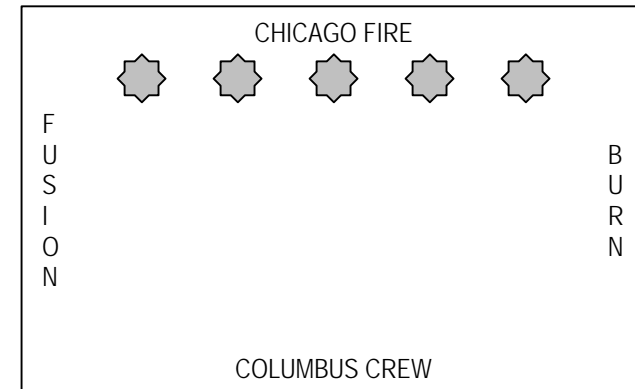
### Coaching Points

- Dribbling Technique: keep the ball close so the bulldog cannot steal it.
- Cover ground as quickly as possible.
- Dribble into open space away from the bulldog.
- Use the single fake move to beat the bulldog.

## Activity 6: MLS – Running with the Ball Fun Game

### Organization

- Area: 20 x 20 yards.
- Give each line a different MLS team name.
- Place all players, with a soccer ball each on one line to start



### Activity

- When the coach shouts the name of a line every player must dribble to that line.
- Other Commands:
  - MLS CUP FINAL:** Players do toe taps on the ball.
  - WORLD CUP:** Players do the pendulum with the ball.

### Progression

- Add a turn (Inside Hook), players must use the turn to change direction.

### Coaching Points

- Running with the Ball Technique.
- Stop the ball with the sole of the foot.
- Turning Technique to change direction.

# Introduction to Passing

## Section



Accurately passing the ball and controlling (trapping) the ball under pressure are two of the most difficult technical aspects of soccer, behind finishing. These aspects should be introduced to your players very basically and should be the focus of only two or three practice session per season as a U7, maybe 4 sessions as a U8. These components of the game will become more important as your players get older.

### Coaching Points

#### Instructional Coaching Points

- Use the inside of your foot to pass the ball, **NO TOES!** Why? The surface area of the inside of the foot is bigger than the toes; players get more accuracy and power using the inside of the foot. You will find most players will want to use their toes to pass the ball because they get more power. Try to break them of this habit but don't over emphasize it, the correct technique will come at older age groups.
- Approach the ball slightly side on.
- **Place the non-kicking foot next to the ball w/the toes of this foot aiming at the target.**
- **Bend your knees, get low to the ball.**
- **Use the inside of the foot to strike the center of the ball.**
- **Ankle of your kicking foot should be locked with your toes pointing slightly upward.**
- After connecting with the center of the ball, follow through with your foot towards your target.
- Players should remain balanced on their non-kicking foot.
- After passing the player's shoulders and hips should be facing the target.

#### Question and Answer Coaching Points

- Q: Which part of the foot should we use to pass the ball?  
A: Inside.
- Q: Should we have bent knees or straight legs when passing the ball?  
A: Bent knees
- Q: Loose or locked ankle when we pass the ball?  
A: Locked.

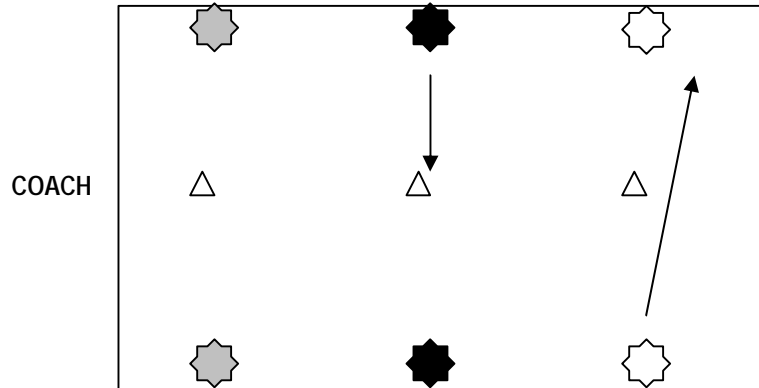
#### Teaching Guidelines

As you will recognize from reading the coaching points this subject will be very difficult for your players to complete. Do not expect perfection, introduce the points in bold print and allow your players to try the technique during the fun activities.

## Activity 1: Passing Technique

### Organization

- 10 x 20 yard area with a cone in the center. Place a ball on the center cone.
- Place players into pairs, one ball between two.



### Activity

- Aim of the game is for each player to try and knock the ball off the cone.
- Each pair should take it in turns to have a go.

### Progressions

1. Increase the distance between the players and the cone.
2. Have players try with their weaker foot.

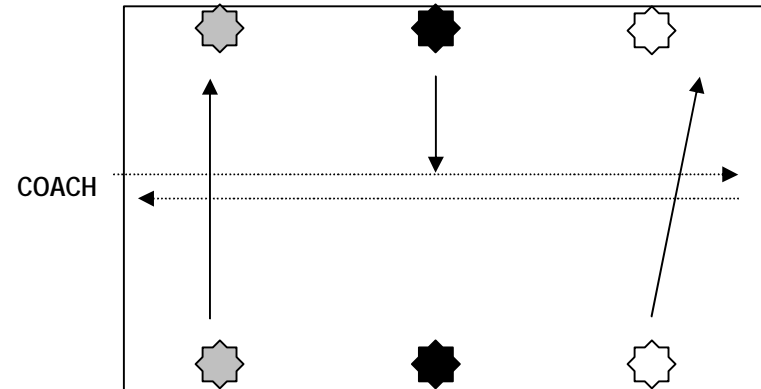
### Coaching Points

- Passing Technique.
- Looking up before passing.
- Keep the ball on the ground.

## Activity 2: Hit the Coach - Passing Fun Game

### Organization

- Area: 10 x 20-yards.
- Place players into pairs, one ball between two.
- Space players roughly 10 yards apart.



### Activity

- Object of the game is to hit the coach below the knee as he walks past.
- When the coach is not walking in past you continue to pass back and forth

### Progression

- This time instead of hitting the coach, the coach is going to try and steal your soccer ball. If the coach steals your ball he has to through it as far as possible for the players to retrieve.

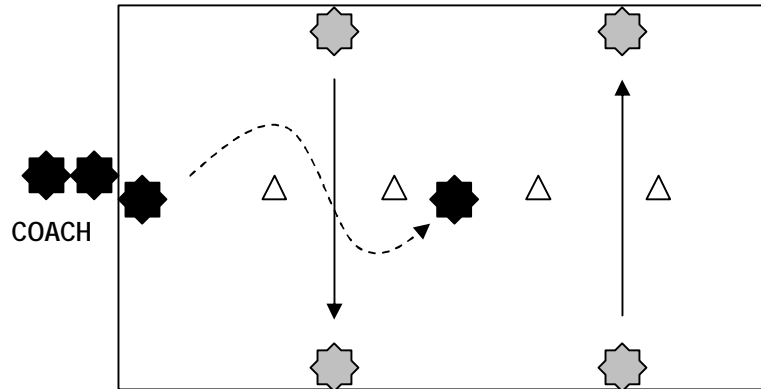
### Coaching Points

- Passing Technique.
- Looking up before passing.
- Keep the ball on the ground you must hit the coach below the knee.
- Controlling the Ball Technique.

### Activity 3: Hit & Miss – Your Teammates! Passing Fun Game

#### Organization

- Area: 30 x 20 yards. Stagger cones between the start and finish, as shown.
- Station players along either side of the area, at staggered points as shown.
- Each player needs a ball.
- Place two players at the start as shown.



#### Activity

- The two players who are stationed at the start have to dribble around the cones and get to the finish.
- Progress to players just running through the area, players are now harder to hit as they are moving faster through the area.
- The players stationed on the outside of the area have to try and hit the players dribbling below the knee, with the soccer ball, before they get to the finish.
- If they hit a player dribbling those player switch.

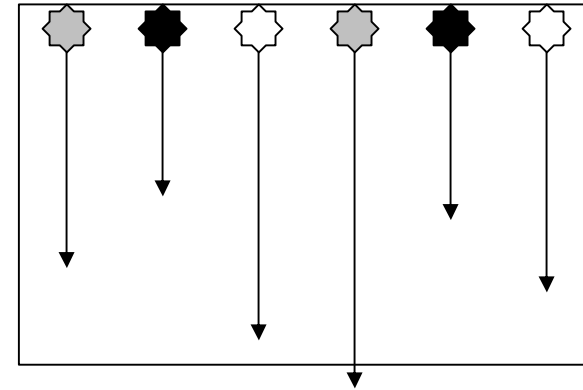
#### Coaching Points

- Passing Technique.
- Dribbling Technique.

### Activity 4: Edge of the World - Passing Fun Game

#### Organization

- Area: 10 x 20-yards.
- Each player needs a ball.
- Place players on one end line.



#### Activity

Players start on their end line and pass the ball to the other end line. The players must run after their own ball and control it before it gets to the other line. Players can only strike the ball once when passing it. The challenge for the players is to get their ball as close to the line without going over it. Why not try it with a partner? The partners run to control the ball.

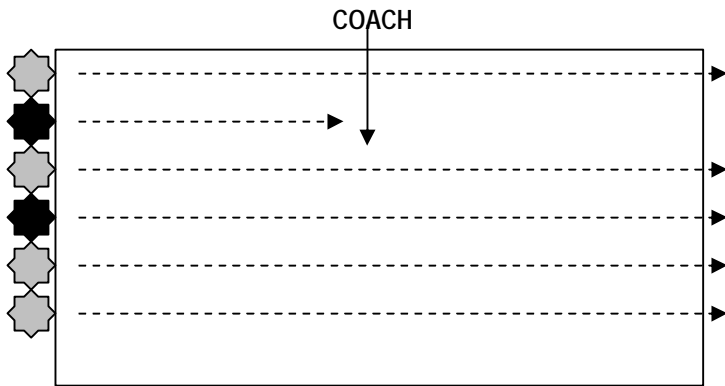
#### Coaching Points

- Passing Technique.
- Weight of the pass.
- Controlling the Ball Technique – Stop the ball with the sole of the foot.
- Cover ground as quickly as possible.

## Activity 5: Cowboys & Indians

### Organization

- Area: 10 x 20 yards.
- Station players on end line with soccer balls – Indians!
- Coach stands on one side line with a soccer ball – Cowboy!



### Activity

- Upon the shout from the coach 'Indians are you ready' – players shout 'YES'
- As soon as the players have shouted 'YES' they begin dribbling, their goal is to get to the opposite end line without being hit.
- The 'Cowboys' job is to hit the 'Indians' with the soccer ball below the knee by passing the ball.
- If an 'Indian' is hit with the ball they become a 'Cowboy' and help the coach.
- Continue until only one player remains.

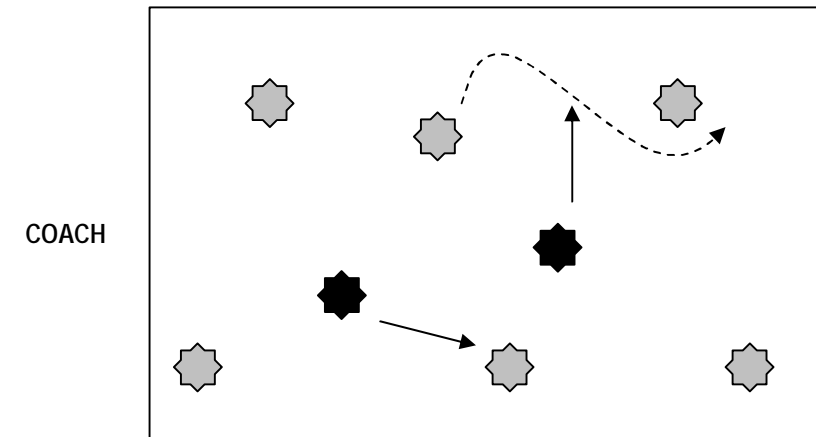
### Coaching Points

- Passing Technique.
- Dribbling Technique.

## Activity 6: It's a Knockout – Passing Fun Game

### Organization

- Area: 20 x 20 yards.
- Choose two players to be boxers.
- The rest of the players must spread out in the area.
- Every player needs a ball.



### Activity

- Players must start by dribbling around the area.
- When coach shouts 'GO' the boxers are allowed to start.
- Boxers have to pass the ball onto player's legs (below the knee) to knock them out.
- Once a player has been knocked out they become a boxer and help knockout other players.
- Game is over when one player remains.

### Coaching Points

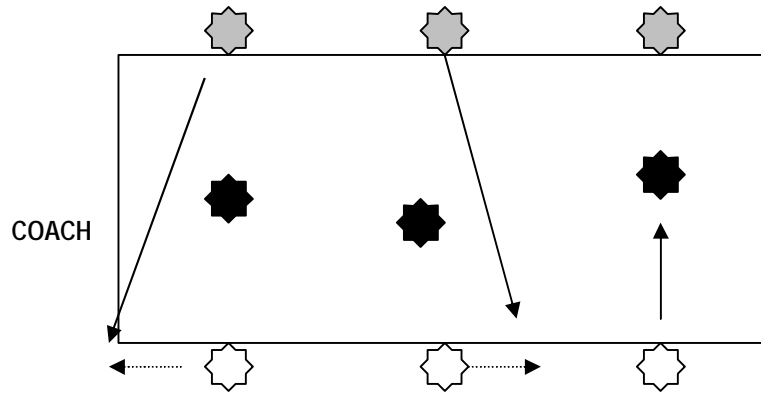
- Passing Technique.
- Dribbling Technique.
- Boxers must dribble as close to players as possible before try to hit them with a pass.



## Activity 7: Over the River - Passing Fun Game

### Organization

- Area: 7 x 20 yards.
- Place players into 3 teams. Place a team in the center of the area and the other teams on opposite end lines.
- 1 ball per 3 players.



### Activity

Object of the game is for the team in the center of the area to intercept as many soccer balls as possible. Reversely, the teams on the outside are trying to pass the ball successful across the river. Play 1 minute games. The team with the most successful passes wins. Rotate teams into the center of the area.

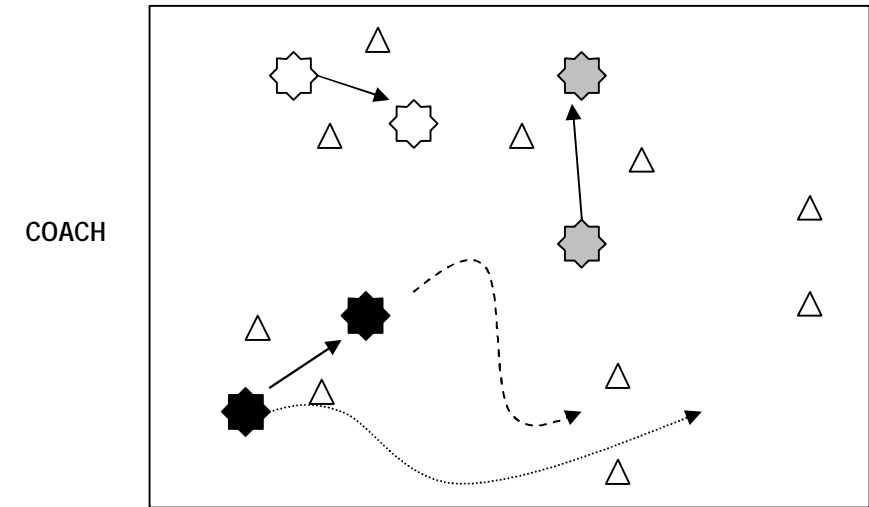
### Coaching Points

- Passing Technique.
- Players should call for the ball.
- Players should pass the ball along their line before passing it across, creates space a channel for the ball to travel across the area.

## Activity 8: Passing in Pairs – Passing Fun Game

### Organization

- Area: 20 x 20 yards with gates spread around the area.
- Place players into pairs, one ball between two.



### Activity

1. Game lasts for 30 second. Players stay at their own gate and pass the ball back and forth to each other. Team with the most passes at the end wins.
2. Game lasts for 30 seconds. Players are now asked to move around the area and count the number of gates they can pass through. If a teams ball collides with another both teams must do a fun punishment. Team with the most passes wins.

### Coaching Points

- Passing Technique.
- Dribbling Technique.
- Player without the ball must react and move to where the player with the ball is moving.
- Communication: Player dribbling should point and tell their partner where to move.

# Introduction to Finishing



## Section

Finishing in soccer is the most difficult aspect of the game. Not necessarily the technical aspect of shooting the ball BUT the ability to put the ball in goal with all of the pressures involved. The pressures I am referring to include both physical and psychological! For instance, you have the physical pressures from the goalkeeper and defenders, as well as the psychological pressures, which include the result of the game, time gone in the game, adrenaline, etc. The best finishers in the world are not necessarily the best strikers of the ball technical but they can deal with the pressures of the game and still have the presence of mind to put the ball in the goal!

### Coaching Points

#### **What surfaces can be used to finish the ball?**

As a general rule a player should use the inside of their foot for accuracy, when shooting from close range, and the instep (top of the laces) for power, when shooting from distance. If you watch premier, high school, college or professional soccer you will recognize that players will use all different surfaces to put the ball in the goal. When teach younger players it is best to focus on the general technical aspects first. This will give your players a good building block.

#### **Finishing for Power – Instructional Coaching Points**

- Eyes should be on the ball when striking, head down and locked firmly onto the ball.
- Approach the ball slightly side on.
- Place your non-kicking foot next to the ball with the toes of this foot aiming at your target.
- Bend your knees, get low to the ball.
- Body weight should be slightly over the ball.
- Use the instep (top of the laces) to strike the center of the ball.

How does a player get the top of their laces to strike the center of the ball?

Players should point their toes straight down and slightly out. This will enable them to get their laces onto the ball.

- Ankle of your kicking foot should be locked with your toes pointing down. Loose ankle = no power!

- The knee of a player's kicking leg should be over the ball when they strike.
- After connecting with the center of the ball, follow through with your whole body and land on the foot that struck the ball. This puts the power into the ball.
- After striking the ball the player's shoulders and hips should be facing the target. Controlling these body mechanics will help with accuracy.

### Finishing for Accuracy – Instructional Coaching Points

When teaching players to finish with the inside of the foot you are basically teaching them how to pass with the inside of the foot, there is very little difference! Please refer to passing technique for details.

### Question and Answer Coaching Points

- Q: Which part of the foot should we use when shooting from distance and for power?  
A: Instep.
- Q: Which part of the foot should we use when we are shooting from close range and for accuracy?  
A: Inside.
- Q: Should we get low to the ball or have straight legs when we shoot?  
A: Knees bent.
- Q: Locked or loose ankle when we strike the ball?  
A: Locked.
- Q: Head down on the ball or looking up?  
A: Head down.
- Q: Where should we follow through to after we struck the ball?  
A: Target.

### Teaching Guidelines

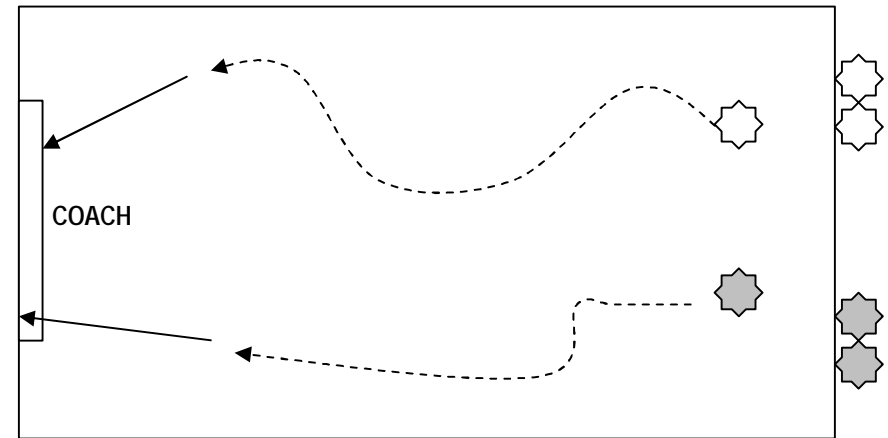
Give brief instruction about the technique but don't overwhelm your players with a lot of specifics.

Keep most of your coaching points to questions and answer. Keep this aspect fun.

### Activity 1: Beat the coach!

#### Organization

- Area: 10 x 20-yards with a goal.
- Players should line up in two lines.
- Each player needs a soccer ball.



#### Activity

When the coach shouts 'GO', two players dribble down towards the goal. Whenever they want they take a shot on goal. Coach should act confused and allow most of the player's shots to go in!

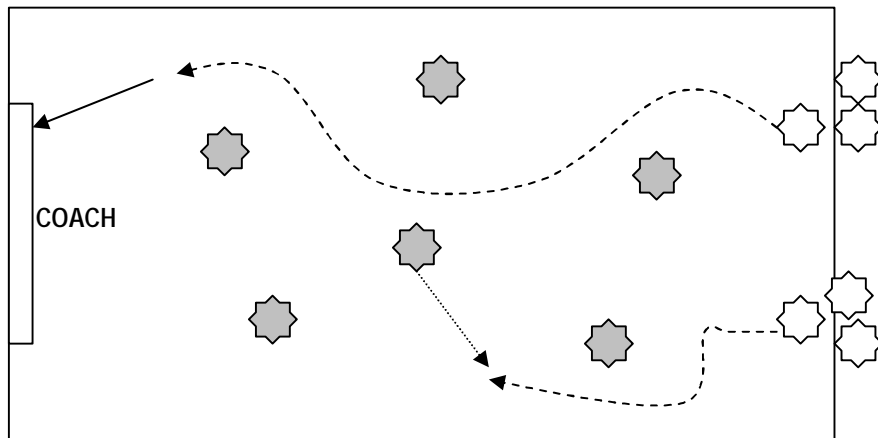
#### Coaching Points

- Finishing techniques in question form!

## Activity 2: Crab Shooting

### Organization

- Area: 10 x 30 with a goal on one end line.
- Split players into two teams.
- Place one team inside the area without soccer balls. These players form a Crab Position.
- Place the other team on the end line with soccer balls.



### Activity

- CRAB TEAM: Players inside the areas should take up a crab position: leaning backward on their hands & feet. Their job is to steal a player's soccer ball and kick it out of the area.
- NON CRAB TEAM: Players on the end line go two at a time; they are trying to dribble through the area, past the CRABS and finish past the coach who is in goal, without their ball being stolen.
- After all players have been switch the team's roles.
- Team who gets the most players through the area without their ball being stolen wins.

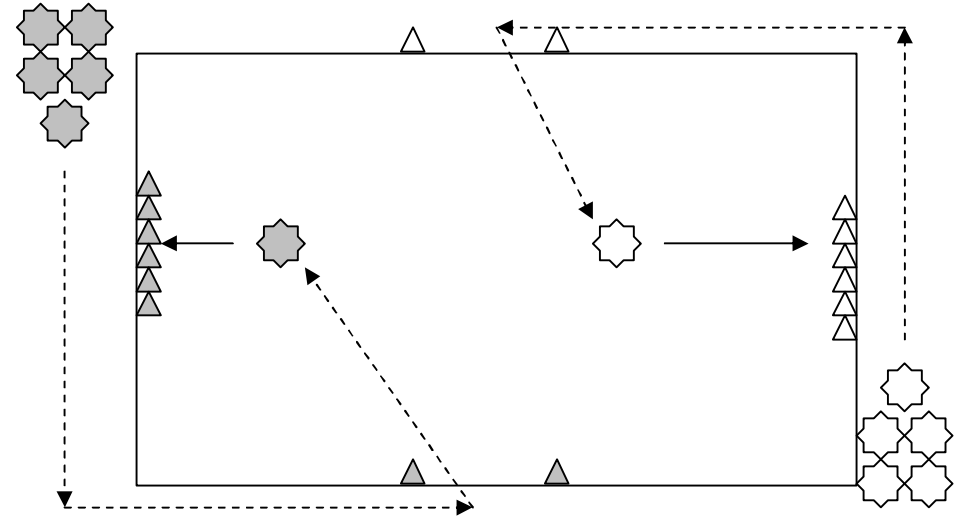
### Coaching Points

- Finishing Techniques.

## Activity 3: MLS Cup Final

### Organization

- Area: 20 x 20 with cones acting as goals and a coned gate for each team, as shown
- Split players into two teams, number players in each team 1 to 6.
- Place a team on opposite corners, as shown, with soccer balls.



### Activity

- Coach calls out a number 1 to 6.
- The player representing that number dribbles around the outside of the area and enters the grid through the gate, as shown above.
- The first player to knock a cone down by shooting the ball scores a point for their team.
- Continue.....

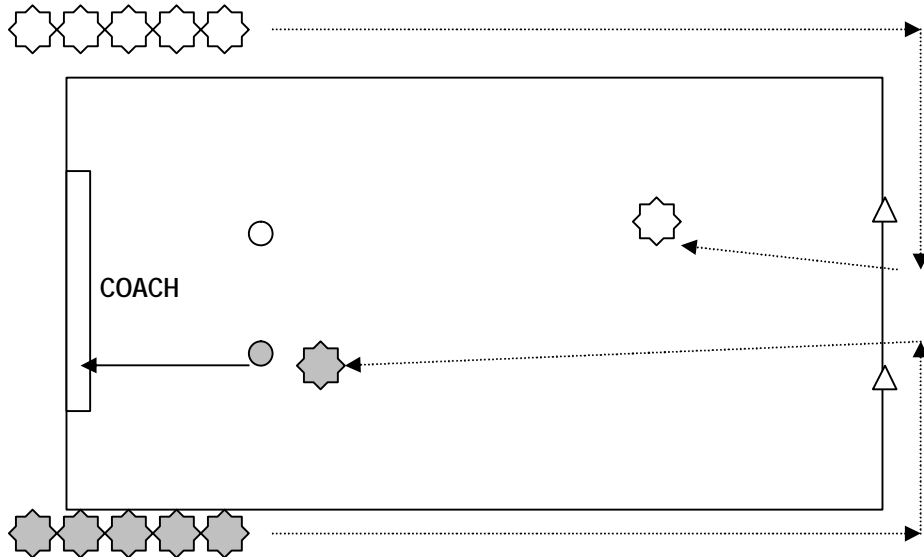
### Coaching Points

- Finishing Techniques.
- Dribbling vs. Running with the Ball. Cover ground as quickly as possible.

## Activity 4: World Cup Shootout

### Organization

- Area: 20 x 20-yards with a large goal on one end line and a gate on the other.
- Split players into two groups and number them 1 to 6. Each player needs a soccer ball.
- Place them on the same end line but in opposite corners.



### Activity

1. First to Shoot. The coach places two soccer balls inside the area. When the coach shouts a number, the representing player from each team runs around the area in into the grid through the gate. The first to shoot the ball into the goal scores a point for their team!
2. Relay Race. Same as above but this time the players have to dribble into the area and shoot.
3. 1 v 1. Same as above but the coach throws one ball into the area. Player who scores wins.

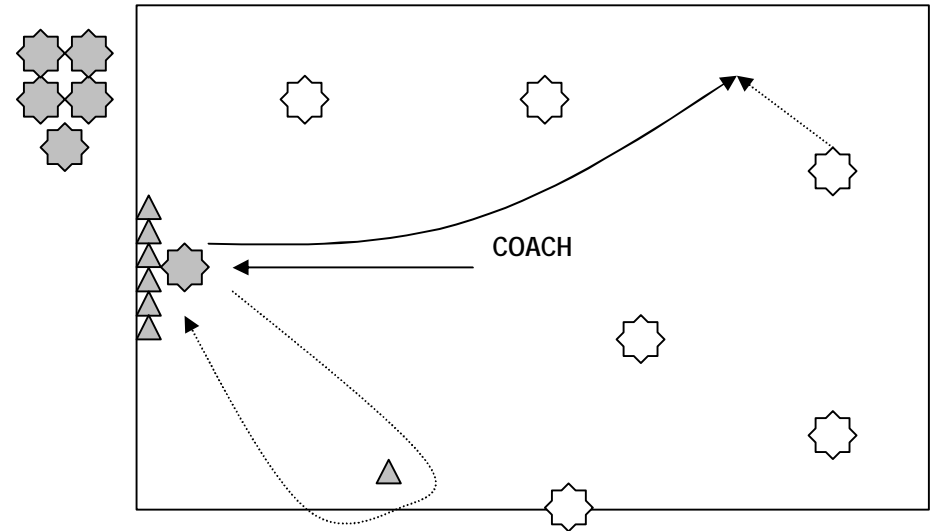
### Coaching Points

- Finishing techniques in question form!

## Activity 5: Soccer Cricket!

### Organization

- Area: Unrestricted with a line cones acting as a wicket and another cone 10-yards away, as shown.
- Split players into two teams.



### Activity

- Batting teams sends one player into bat. Coach is the pitcher. Coach roles the ball towards the batter, who kicks the ball. As soon as a player has kicked the ball they must try to run around the cone, as shown, without getting out. For every time a player runs around the cone they get a point.
- How do we get a batting player out? A player is considered out if:
  - A fielder from the opposite team catches the ball without it bouncing.
  - The wicket (cone) is knocked over before the player can get back to the area after running.
  - Pitcher can directly knock the wicket (cone) over from the pitch.

### Coaching Points – HAVE FUN!

# Small-Sided Game

## Section



In this section you will find four activities. These are fun based small-sided games that will continue your session topic into a soccer game environment. These games will be difficult for you players to play but their success will come with repetition. The more your players understand the activities the smoother they will run. Don't over play these games as boredom for your players will also cause a lack of success. As you read through this section you will understand where these activities should fit within your session and for how long you should play them.

### **Why Small-Sided Games?**

Small Sided Games are very important in a player's development. Players will receive more touches on the ball with a decreased number of players on the field. The more touches, the more comfortable players will be with the ball! It is my recommendation that wherever possible keep the scrimmages at the end of your practice too 3 v 3. Have two games running at the same time, this age means more touches on the ball for your players and no players standing around. It is important at this age that players are being supervised and I recommend enrolling a parent and / or an assistant coach to help you with this.

### **Small-Sided Games vs. Scrimmaging; what is the difference?**

Small-Sided Games will focus on a soccer specific topic through restrictions and will indirectly teach your players that aspect of soccer. A scrimmage replicates the actual game of soccer, it has all the same rules and it is as close to the game day environment as you can get.

### **At what point in the session should I introduce a small-sided activity?**

At this age and level I would introduce a small-sided game with 25 minutes left of practice.

### **Should I finish practice with a Small-Sided Game activity?**

It will not hurt you players to end with one of these activities BUT ask yourself this question. What is the most enjoyable activity for a soccer player? Answer; to play soccer. I would always finish a practice with an even numbers scrimmage.

### **How long should we scrimmage / play these activities?**

At this age and level I would introduce the small-sided activity with 25 minutes remaining in practice and then scrimmage for the last 15 minutes.

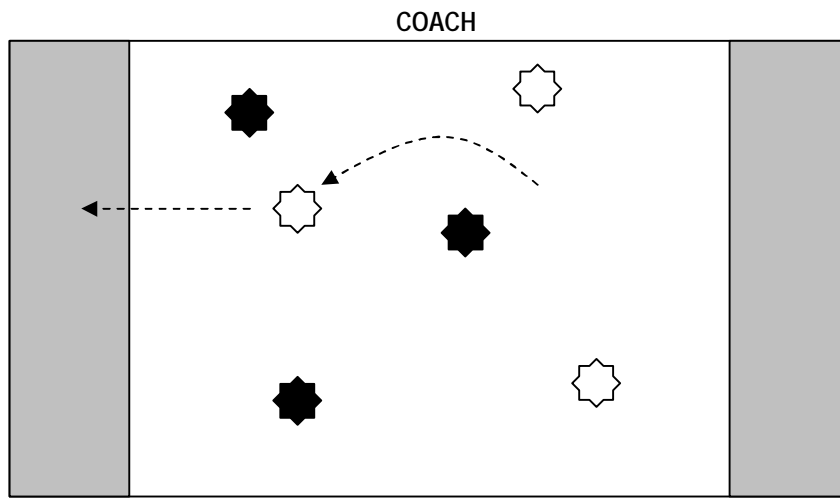
### **Some of my weaker players never touch the ball in our Small-Sided Games & Scrimmages?**

If this occurs don't be afraid to play with more than one soccer ball. The more soccer balls involved in the game, the more touches your players will have, including the weaker players.

## Small Sided Game 1: Dribbling – N-Zone Game

### Organization

- Area: 20 x 40-yards with a 5 x 20-yard area at each end.
- Split players into two teams, play 3 v 3.
- Activity: Players from opposing team are not allowed inside each other's areas. To score a player must dribble across the line and stop the ball. Once a team has scored they attack the other line.



### Progression

- Only allow teams to score in one direction.

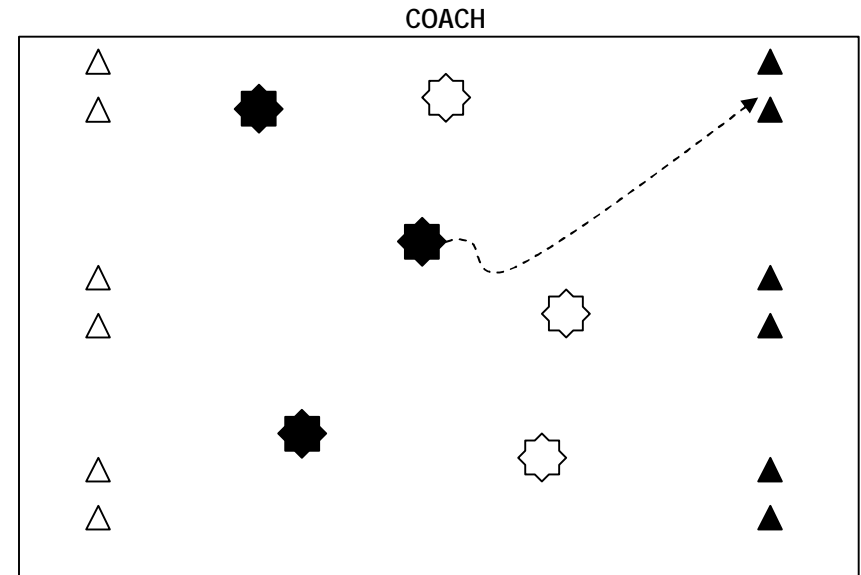
### Coaching Points

- Dribbling and Turning Techniques.
- Use TURNS to keep possession
- Running with the ball technique to attack the open space.

## Small Sided Game 2: Running with the Ball – Gate Game

### Organization

- Area: 30 x 40-yards with six 5-yard goals, as shown.
- Place players into two teams, play 3 v 3.
- Activity: To score players have to dribble through any goal. Not the same goal consecutively.



### Progression

- Teams can only score in one set of goals, on one side of the area.

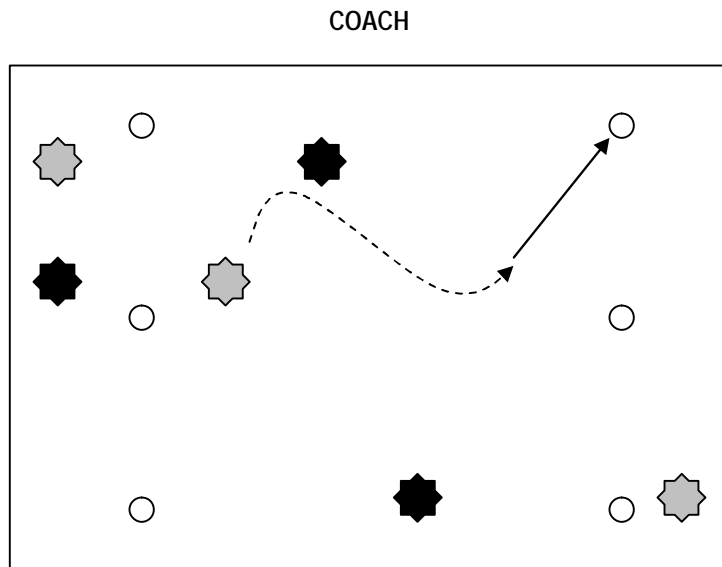
### Coaching Points

- Running with the ball technique to attack the open space.
- Hesitation move technique to create space and / or get away from defenders.
- Use turns to change point of attack and keep possession.

### Small Sided Game 3: Passing Game – Target Ball

#### Organization

- Area: 40 x 30-yards.
- Place three balls on cones at the end of each area.
- Each team defends one set of soccer balls, play 3 v 3.
- Activity: Players can move anywhere in the zone, behind the balls, etc. To score a team must knock a ball off the cone with a pass.



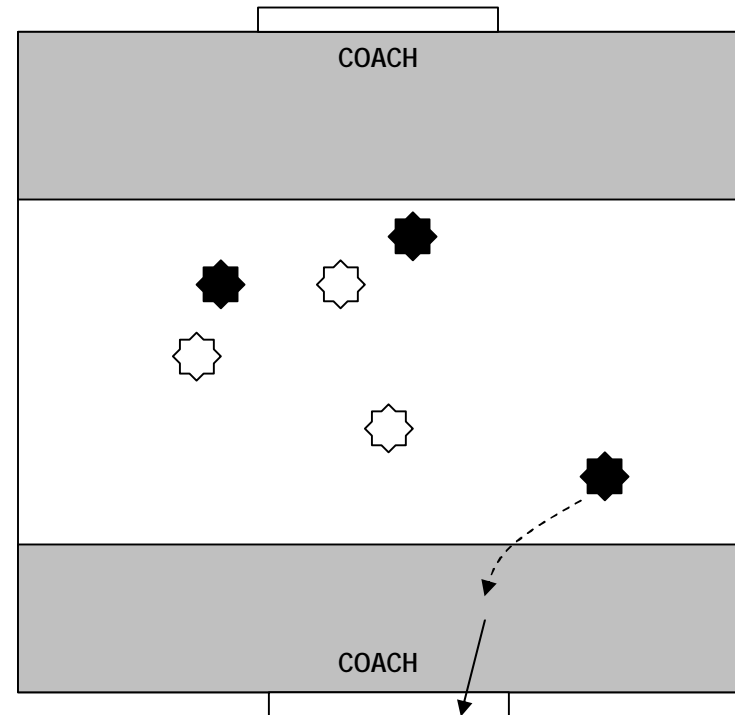
#### Coaching Points

- Passing Technique.
- Dribble as close to the target as possible before passing.

### Small Sided Game 4: Finishing - Brake Away Game

#### Organization

- Area: 40 x 30-yards.
- Place two 10 x 30-yard areas at both goals.
- Play 3 v 3 with Goalkeepers. Goalkeepers should be coaches, parents or assistants. NOT PLAYERS.
- Activity: Players can enter by either dribbling or running onto a through pass. Once a player from the opposing team enters the area they have a 1 v 1 situation with the goalkeeper. No defenders are allowed in the n-zones.



#### Coaching Points

- Finishing Techniques: Power vs. Accuracy.



# Example's Section



In this Section you will find a completed Goal Setting Form, Season Plan & Session Plans

## Example Goal Setting Form

When completing this form I referenced the advice given in the 'Coach a U7 & U8 team section'. From there I chose the aspects of the game I thought my players could cope with and placed them into the goals section. The next step was to put a time line on the skills. I did this by thinking about the difficulty of the skill.

<b>COACH:</b> Paul Thomas	
<b>TEAM:</b> U8 NORTHVILLE STING	
<b>DATE:</b> 01.01.2006	
<b>GOALS</b>	<b>TIME FRAME</b>
Teach my players how to dribble with the laces	5.13.2006
Teach players how to turn using the inside hook	6.1.2006
Teach players the difference between dribbling & running with the ball	6.1.2006
Teach my players the single fake move	6.1.2006
Teach my players how to pass with the inside of the foot	6.1.2006
Make sure players have FUN at practice	Throughout

This should be a flexible document that changes with your players. You may go to your first session and realize that your players are to advance for the skills or not advanced enough to complete the skills. Change the goals accordingly.

### Example Season Plan

When making a season plan you should make sure that you work off the goals you have set for yourself and your players. Plan the season so you and your players can gain success with learning the skills outlined. The example given below is based on the goals I set for my team, written above.

WEEK NUMBER	PRACTICE TOPIC
1	Dribbling Technique
2	Dribbling & Turning Technique
3	Dribbling & Turning Technique
4	Dribbling & Turning Technique
5	Dribbling & Moves
6	Dribbling & Moves
7	Running with the Ball
8	Running with the Ball
9	Passing Technique
10	Running with the Ball

11	Finishing Session
12	Running with the Ball

As with goal setting this plan should be a flexible document and should be adapted to any changes you make to the goals set for your team.

### Session Plan Examples

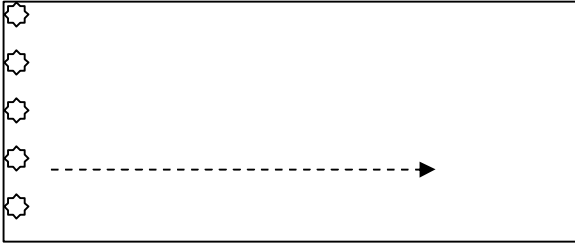
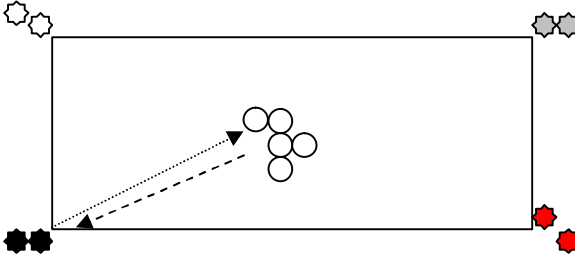
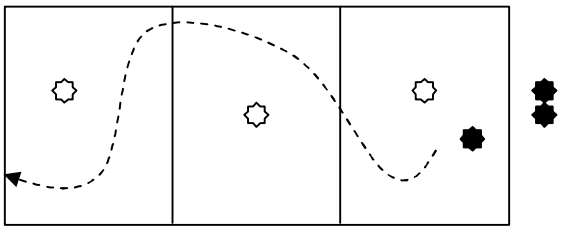
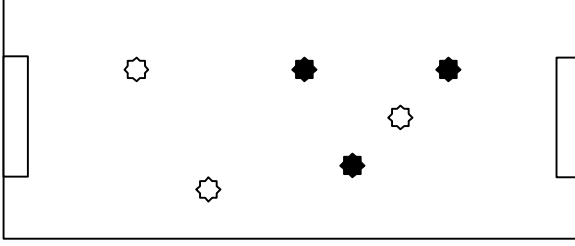
The session plans included in this section give you good examples of what different sessions should look like for these age groups.

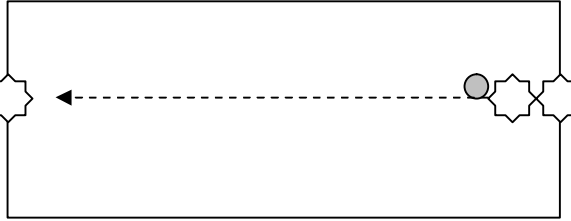
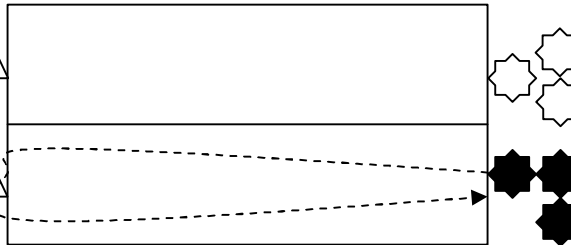
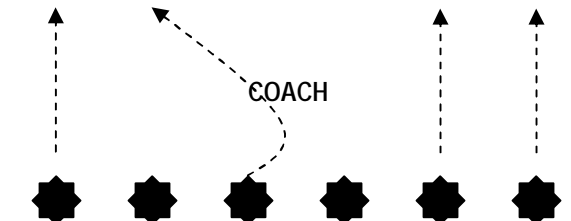
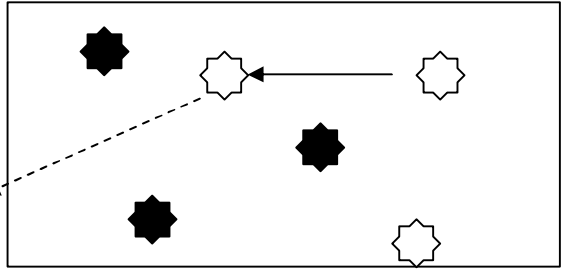
#### **Step by Step Instructions**

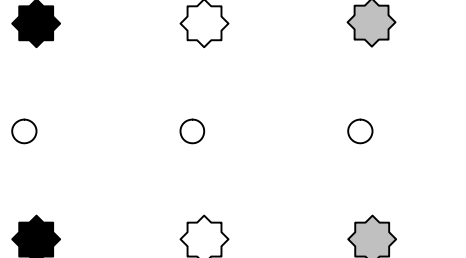
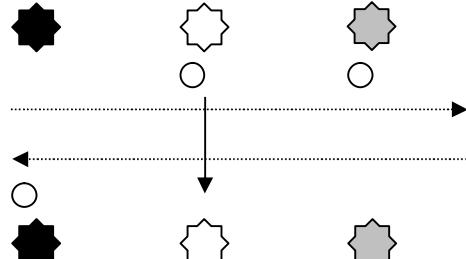
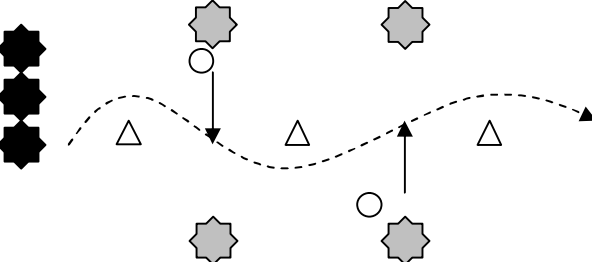
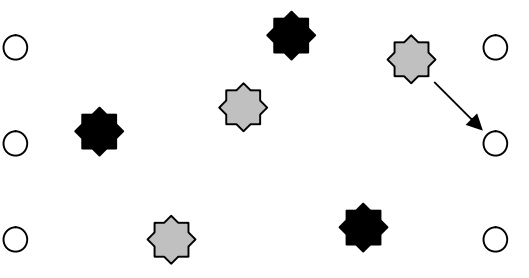
1. Topic: Chose a topic that fits the age group. Look at the 'goals for a coach' section.
2. Activities: Look through the activities given in the booklet that fit the topic you have chosen.
3. Activity Progression: Move from easy to hard in your progression. Look at the activity descriptions and place the activities into the session plan.

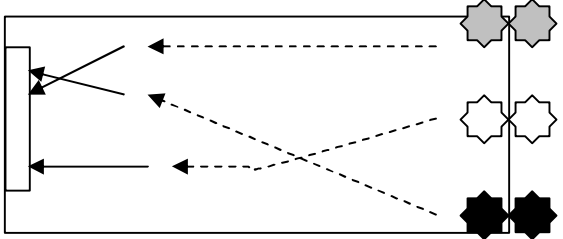
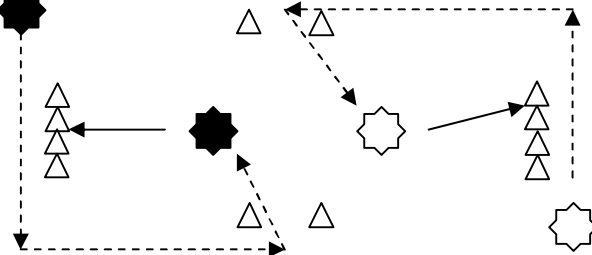
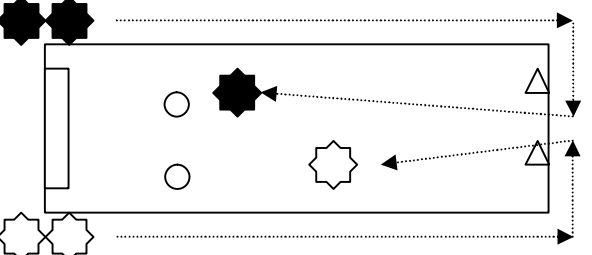
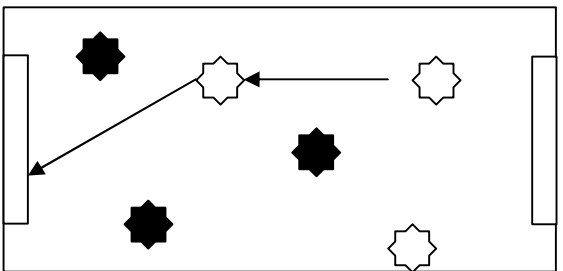
Remember always take a copy of your practice plan to the training session and read through it before the start of the session. This will refresh your memory before you hold the session. Also, don't be afraid to deviate from the planned session if it is not running smoothly or the children are not enjoying the activities.

NOTE: The details on how to plan a training session is in the coach's organization section of the manual. This section is to give you an idea of what a practice plan should look like. It also gives you a simple way of filling out your log book.

Organization	Diagram	Coaching Points
<p><b>Dribbling Technique</b>                      Area: 20 x 20-yards.                      Place players on an end line with soccer balls.</p> <p>Activity:                      1. When the coach shouts 'GO' players should dribble to the opposite end line and stop the ball on the line.                      2. Race to opposite end. Players still have to stop the ball on the line.</p>		<p>Dribbling Technique:</p> <ul style="list-style-type: none"> <li>▪ Use laces to dribble; point toes down and slightly inward.</li> <li>▪ Players should keep the ball close: touch, step, touch, step, rhythm.</li> <li>▪ Knees bent, get low to the ball.</li> <li>▪ Cover ground as quickly as possible.</li> </ul>
<p><b>Bedrock Barbeque</b>                      Area: 20 x 20-yards                      Place players into 4 groups. Place a group in each corner.                      Place all the soccer balls in the center of the grid.</p> <p>Activity:                      1. Players retrieve ball and dribble back to area. Team with all their balls back first wins. One player at a time goes.                      2. Same as above but when all balls have gone they can steal from different groups. No challenging allowed.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> <li>▪ Sole Turn Technique to retrieve the ball.</li> </ul>
<p><b>Crab Soccer</b>                      Area: 10 x 30 split into 3.                      Split players into two teams. Place one team in the zones as crabs and the other as dribblers.</p> <p>Activity: Players have to dribble through the crabs to the opposite end line to score. Crabs can steal soccer balls. Switch after all players have been. Team with the most points wins.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>
<p><b>3 v 3 to two small goals</b>                      Area: 20 x 25 yards with two small goals.                      Split players into two teams.</p> <p>Activity: Play 3 v 3 to small goals with no goalkeepers. All soccer rules apply.</p> <p>NOTE: if players are not getting enough touches through another ball in.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>

Organization	Diagram	Coaching Points
<p><b>Running with the Ball Technique</b>                      Area: 5 x 20 yards per group.                      Place players into groups of 3, 1 ball per 3 players.                      Place players as shown.                      Activity:                      Play starts @ the 2 player's end line. 1 player dribbles to the opposite end line releases the ball and their teammate dribble back. Continue.</p>		<ul style="list-style-type: none"> <li>▪ Hips and shoulders facing forward.</li> <li>▪ Point the toes of kicking foot down and slightly inward.</li> <li>▪ Use the outside of your laces to strike the ball. No Toes!</li> <li>▪ Strike the equator / middle of the soccer ball.</li> <li>▪ Knee of your striking foot over the ball as you strike.</li> <li>▪ Body weight is forward with knees bent as you run.</li> <li>▪ Players should still have control of the ball.</li> <li>▪ Cover ground in between touches as quickly as possible.</li> </ul>
<p><b>Treasure Hunt</b>                      Area: 5 x 20 yards per group.                      Split players into groups of 3. Players all start at one end line.                      Coach should place treasure at one end of a team's area; cones, water bottles, bags, etc.                      Activity: Players should race to the end line &amp; collect treasure. As soon as they have treasure they should dribble back &amp; tag their partner. Continue until all the treasure is gone. At the end of the game the players should wear the treasure. Team w/the most creative dress code win the game.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>
<p><b>British Bulldog</b>                      Area: 20 x 30 yards.                      Each player needs a ball                        Activity: Players start on one end line, coach starts in the center as the bulldog. Players must get to the opposite end line without the bulldog stealing the ball. If a player has their ball stolen or they dribble out of bounds they become a bulldog. Continue.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> <li>▪ Attack the space in between bulldogs.</li> </ul>
<p><b>3 v 3 to end lines</b>                      Area: 20 x 40 yards. Increase the length of the area to encourage running with the ball.                        Activity: Players score by dribbling across an end line.                        Progression: add two goals without GK's and play 3 v 3 to goal.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> <li>▪ Attack the space in front and behind defenders.</li> </ul>

Organization	Diagram	Coaching Points
<p><b>Passing Technique</b>                      Area: Place players 10 yards apart with soccer ball on a cone in the center of them.                      Place players into pairs, one ball between.</p> <p>Activity:                      Players take it in turns to try and knock the ball off the cone by passing the ball. Increase distance if it's too easy and vice versa.</p>		<ul style="list-style-type: none"> <li>▪ Approach the ball slightly side on.</li> <li>▪ Place non-kicking foot next to the ball w/the toes aiming at the target.</li> <li>▪ Bend your knees, get low to the ball.</li> <li>▪ Use the inside of the foot to strike the center of the ball.</li> <li>▪ Ankle of kicking foot locked with your toes pointing upward.</li> <li>▪ Follow through with your foot towards your target.</li> <li>▪ Players should remain balanced on their non-kicking foot.</li> <li>▪ After passing the shoulders &amp; hips facing the target.</li> </ul>
<p><b>Hit the Coach</b>                      Area: Same as above.                      Players are in pairs, one ball between two.</p> <p>Activity: The coach walks up and down the center of the players. The players are trying to hit the coach below the knee with the ball. Players should continue to pass when the coach is not there.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>
<p><b>Hit your Teammates</b>                      Area: 20 x 10 yards with cones placed in a line down the middle. Place players into two teams. Place one team on an end line with soccer balls and the other team along the outside of the area.</p> <p>Activity: Players on the outside of the area are trying to hit the opposition below the knee with the ball. The other team must dribble, one at a time, through the cones and to the opposite end line. Passing players get a point for each player they hit.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>
<p><b>Target Game</b>                      Area: 30 x 30 yards, place six soccer balls on cones as shown. Split players into two teams and play 3 v 3.</p> <p>Activity:                      1. Play a regular game but players must knock a ball off a cone to score. Teams can knock any ball off.                      2. Add direction. Players defend one side of the balls and attack the other.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>

Organization	Diagram	Coaching Points
<p><b>Beat the Coach</b>                      Area: 10 x 20 with a large goal on one end line.                      Each player has a soccer ball.                      Place players into two or three small lines (no more than 3 players)                      Activity: The first player in each line dribbles at the goalkeeper (coach) at the same time and shoot as they get close.                      Continue...</p>		<ul style="list-style-type: none"> <li>▪ Use laces for power.</li> <li>▪ Use the inside of the foot for accuracy.</li> <li>▪ Describe technique.</li> </ul>
<p><b>MLS Cup Final</b>                      Area: 20 x 20 yards, with two gates and coned goals, as shown.                      Place players into two teams, number players.                      Place a team in opposite corners.                        Activity: When the coach calls a number, that player from each team dribbles around the outside of the area and in the grid through the gate. First player to knock a cone down wins.                      Continue.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>
<p><b>World Cup Shootout</b>                      Area: 20 x 20 yards area, with a large goal and a gate opposite.                      Place players into two teams, number players.                      Place players in opposite corners on the same side of the grid.                      Activity: The coach places two balls in front of the goal and calls two numbers. Those players run around the area, into the grid through the gate and shoot on goal. The first ball in the net wins.                      Progression: Players dribble around the outside of the area.                      Progression 2: Players play 1 v 1 to goal.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>
<p><b>3 v 3 to two large goals</b>                      Area: 20 x 20 yards with two large goals.                      Split players into two teams and play 3 v 3 with no goalkeepers.                      Regular rules.</p>		<ul style="list-style-type: none"> <li>▪ All Above.</li> </ul>