



RACINE UNITED S.C.

U10 – U13 Coaches Manual

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“The Beautiful Game”

This U10- U13 coaches manual has been put together specifically for the Racine United S.C. Using the concepts in this booklet, young players will have the basic tools to help them fulfill their potential in “The Beautiful Game”.

At Racine United S.C we are committed to the development of our players love for the game and development as a player. Whether they go on to earn a college scholarship, play professionally or simply improve through the Racine United S.C. ranks to become a stalwart of a team, our dedication to the individual's progress will never waiver. Players should learn all aspects of the game and should be questioned, rather than directed.

The future is more important than the present when working with and developing youth players. Winning is not the absolute indicator that measures player development. The impact of the Racine United program will be measured through excellence and success as player's progress into the next age groups. At Racine United our focus is on the complete development of each player. Utilizing guided discovery teaching methods, each player will be challenged to creatively solve problems that only the game itself can provide.

To facilitate the learning process this manual will act as a resource to the Racine United Soccer Club coaches. Our goal is to create practice strategy that will accomplish the goals of technique, mastery and team development while encouraging the player's sense of fun and enjoyment.

We encourage you to use this manual and to consider expanding the sessions as the player's progress. We challenge you to think of new ways to modify the exercises that will inspire the players to push themselves.

Many clubs around the world are now realizing the need for maximum player and ball contact. We strongly encourage all practices consist of an opportunity for individual ball work.

Lastly, please remember, your sessions need to be safe, well organized, age specific and fun. As we move forward our aim is to develop the soccer players of tomorrow. These methods work and are proven in top soccer playing nations around the globe. It can also work at Racine United S.C.

Yours in Soccer,

Racine United S.C.

Racine United Soccer Club Goals

We intend to provide an environment in which players, parents, and coaches are proud to be associated with our organization. We believe in open communication and try to ensure that everyone has fun, works hard and enjoys each season. The object is to provide our players and parents with an extremely positive experience while building strong soccer players and playing competitive soccer.

For our players, the environment will be challenging, motivating, and fun. It will require a serious commitment on their part and parents must be prepared to support their child's commitment. Our goal is to prepare our players for the future, both on and off the field. We teach them the critical fundamentals of soccer. Ball handling skills, passing, and positioning on the field is stressed over and over again, as these techniques are critical for success in all levels of play. Equally, if not more importantly, we reinforce non-soccer specific skills such as communication, teamwork, time management, responsibility, discipline and respect for all players. The goal is to grow each of our players both as individuals and as soccer players.

We are an organization that plays competitive tournaments as well as league play and we understand that many of our players have siblings also playing sports. Carpooling is always encouraged and families are encouraged to support each other.

Our belief is that solid, committed players who benefit from positive coaching, an atmosphere of respect and teamwork, and strong parent support will ultimately result in a winning program. It is our team's belief that with strong commitments from our players and parents our club will continue to develop and grow.

Yours in soccer,

Racine United S.C.

Racine United Club Development Plan

The Club Development Plan aims to provide the overall strategic framework for the development of our players, parents, coaches & club. Successful clubs have a well defined organizational structure, detailed player and coach development programs, and excellent administration.

The Club Development Plan covers the following areas:

- Structured program for player development (Long Term Development Model)
- Evaluation of players within your club
- Coach Education & Parent Education
- Recruitment of players and coaches

The following are important elements of the Long Term Development Model:

Age Group & Soccer Age - Players are typically organized by chronological age, however it is essential to consider their soccer age (soccer competence). This is generally regarded as ranging from +/- 2 years of the chronological age.

Player & Coach Assessment - Often it is assumed that players and coaches have attained the skills and knowledge to progress to the next level or age group. Regular assessment with developmental objectives is extremely important in ensuring that players and coaches receive the correct level of instruction and support.

Developmental Focus – The long term development model identifies 5 areas for player development – technical, tactical, social, psychological and physical. Coaching plans should clearly incorporate all 5, with a change in emphasis at each stage.

Coaching Time - The level of coaching exposure players receive correlates significantly to their success in soccer. The long term development model provides recommendations for minimum and maximum coaching hours at each stage of development. Equally important to the players' development is the quality of coaching.

Training Format - Small sided game formats are extremely effective in developing ball skill and game awareness, as players have increased opportunity to have contact with the ball.

Players Per Session - To determine the appropriate number of players participating in a training session, a coach must consider the players' stage of development (attentiveness, ability to follow instructions, etc.), organizational considerations, and the focus on individual and team play.

Specialist Training - As players progress through the developmental stages, the need to focus on specific aspects of the game increases. Position training such as goal-keeping becomes important at stage 3, and rotating players through positions is important in stages 1 through early parts of stage 3.

4 Stage Long Term Player Development Model

Development Focus	Stage 1	Stage 2	Stage 3	Stage 4
Age Group	U5 - U6	U7 - U9	U10 - U13	U14 - U18
Soccer Age (Development)	2 years + or -	2 years + or -	2 years + or -	2 years + or -
Coaching Time Annually	40 - 90 hours	100 - 200 hours	150 - 500 hours	150 - 720 hours
Developmental Focus	1. Social - 60% 2. Technical - 30% 3. Psychological - 5% 4. Physical - 5% 5. Tactical - 0%	1. Technical - 60% 2. Social - 15% 3. Physical - 15% 4. Tactical - 5% 5. Psychological - 5%	1. Technical - 45% 2. Tactical - 25% 3. Physical - 10% 4. Psychological - 10% 5. Social - 10%	1. Tactical - 35% 2. Psychological - 20% 3. Technical - 20% 4. Physical - 20% 5. Social - 5%
Specialist Training	General	All Position Training	Specific Position Training	Groups, Units, Whole Team
Players Per Session	12	12 to 15	14 to 18	18 - 22
Training Format	1 v 1 to 3 v 3	1 v 1 to 6 v 6	4 v 4 to 9 v 9	4 v 4 to 11 v 11
Player Assessment	2 per year	3 per year	4 per year	8 per year
Coach Assessment	2 per year	2 per year	2 per year	2 per year
Coach Certification (Minimum)	Youth Module	Youth Module	E/D License	C+ License



The Continuum of Development

Areas of Player Development Focus

Technical	Soccer Psychology	Soccer Physiology	Soccer Sociology	Tactical
Soccer Intelligence	Confidence	Strength	Roles & Responsibility	Principles of Defending/Attacking
Technique (Ball Manipulation)	Concentration	Speed & Reaction	Coach/Parent/Player Relationship Interaction	Defending as a Team, Unit & Individual
Skill Acquisition	Commitment	Movement Skills	Ethics	Attacking as a Team, Unit & Individual
Teamwork	Communication	Physical Maturity Stage	Morals	Systems of Play
Understanding	Mental Control	Power	Previous Opportunity	Patterns of Play
	Player Expectations	Agility	Self Concept	Movements On & Off the Ball
	Routine	Speed Endurance	Team Cohesion	Creating & Exploiting Space
	Anxiety	Fatigue	People Skills	Set Plays
	Resilience			
	Thinking Clearly Under Pressure			

Stage Three – U10 – U13 years

Outline: (Coaching Time Annually – 150 - 500 Hours)

Training activities are devised to focus on technical ability and tactical training must be limited.

To constantly challenge players and invest in their long-term development rather than be oriented to only win games to measure our progress in this stage.

Age specific curriculum that challenges the player technically, tactically and psychologically.

Developing talented players is a higher priority than developing winning teams.




Invest in the long-term development rather than be oriented to only win games will be the measure of progress in this stage.

Specific position training.

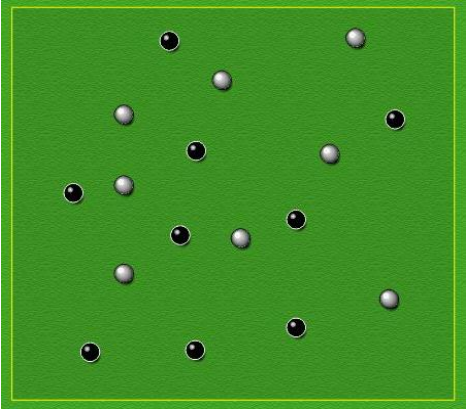
Stage 3 U10 – U13


General Warm Up

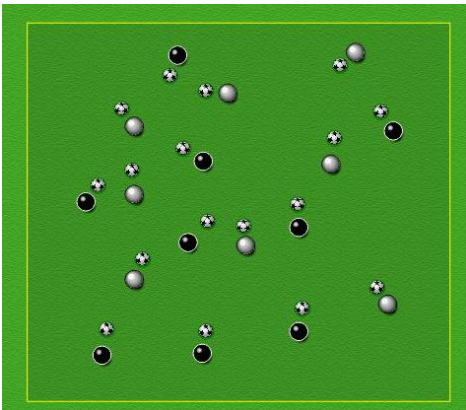


PLAN:	001	TOPIC	General Warm Up 1 - Use 1 per session
KEY:  Ball Lane  Movement without Ball  Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>30 x 20</p> <p>Players pair up and jog around – follow the leader.</p> <p>Change – players reverse roles, player behind takes over as leader</p>		<p>Allow the players to go through the soccer controlled movements</p> <p>Start to focus their brains for the soccer training ahead</p> <p>Allow them to interact with each other to help build confidence and a positive learning environment with their peers</p>

ORGANIZATION	TECHNIQUE	KEY POINTS
<p>30 x 20. 8 players with a ball in their hands in the square, 6 without.</p> <p>Four taggers (carrying/wearing pinnies) on the outside of the square.</p> <p>On the coach's shout, players outside of the grid try to tag players without the ball.</p>		<p>Allow the players to go through the soccer controlled movements.</p> <p>Start to focus their brains for the soccer training ahead</p> <p>Allow them to interact with each other to help build confidence and a positive learning environment with their peers.</p>

ORGANIZATION	TECHNIQUE	KEY POINTS
<p>30 x 20. 8 players with a ball in their hands in the square, 6 without.</p> <p>Four taggers (carrying/wearing pinnies) on the outside of the square.</p> <p>On the coach's shout, players outside of the grid try to tag players without the ball. If a player has the ball cannot be tagged.</p>		<p>Allow the players to go through the soccer controlled movements</p> <p>Start to focus their brains for the soccer training ahead</p> <p>Allow them to interact with each other to help build confidence and a positive learning environment with their peers</p>

Stage 3 U10 – U13

Soccer Specific Warm Up



PLAN:	001	TOPIC	Soccer Specific Warm Up 1 – Use 1 per session
KEY: —————→ Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

10 min	SOCCER SPECIFIC WARM UP	Increase muscle and body temperature
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>Groups of teams. Each team has 2 balls. Players start off passing and moving in area as outlined. If the coach shouts 2 left (or 2 right), teams leave the balls and move 2 areas.</p> <p>Progression: Coach can shout one team only to move and give them a specific direction.</p>		<p>Warm up activity – increase muscles and body temperature, prepare for stretching</p> <p>Voice commands – ability to hear cues and commands</p> <p>Aware of surroundings</p>

ORGANIZATION	TECHNIQUE	KEY POINTS
<p>Field is divided into equal boxes. 3 players in each group. One ball between each group of players.</p> <p>On the whistle or coaches call, players move to another square.</p>		<p>Warm up activity – increase muscles and body temperature, prepare for stretching</p> <p>Voice commands – ability to hear cues and commands</p> <p>Aware of surroundings</p>

ORGANIZATION	TECHNIQUE	KEY POINTS
<p>2 teams. Lay out as outlined in the diagram. Each player has a ball.</p> <p>Layout cones within the playing area, half are upside down and the other half laid out the normal way. One team has to turn the cones upside down and the other has to turn them the right way up. Players have to be in possession of the ball when the turn a cone over.</p>		<p>Quickness drill to work on the change of pace over the first 5 – 10 yards.</p> <p>Players should focus on driving with the arms, having a low body position and quickly building on speed.</p>

Stage 3 U10 – U13

Session Plans

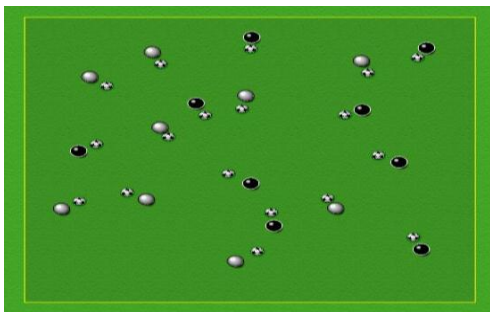


PLAN:	001	TOPIC	Dribbling 1
KEY: —————→ Ball Lane - - - - - - - - - -> Movement without Ball ~~~~~~> Run with Ball			

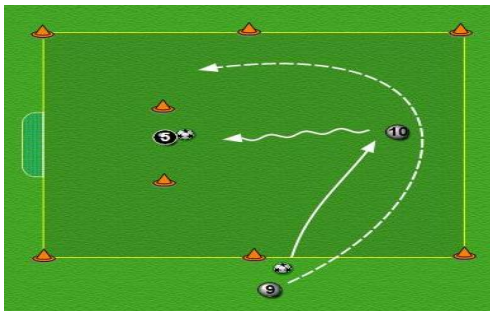
10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks
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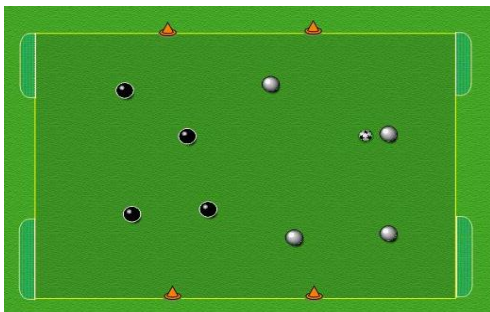
20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. All players with a ball. Begin with the players doing individual dribbling moves. It is important at this stage to increase the confidence of the players and make them feel comfortable before you introduce defenders.</p> <p>Progression: Introduce turns then defenders.</p>		<p>Good balance First touch, where and choice of surface Ability to fake and unbalance defenders Co-ordination & close control Change of pace</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>20 x 20 yards. Defender defends a line approximately 8 yards wide and 8 yards from goal. The defending player has to keep hold of a ball in their hands and tries to touch the attacker's ball. They are not allowed to throw the ball at the attacker's ball. Players change places if the defender touches the ball. Server joins in with play to create 2 v 1. Score once you dribble past defender and through the gate.</p> <p>Note: Add multiple grids for other players.</p>		<p>As above plus.</p> <p>Encourage player to drive at the defender speeding up as they get closer.</p> <p>Proper execution of technique.</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	002	TOPIC	Dribbling 2
KEY: —————→ Ball Lane - - - - - - - - - - → Movement without Ball ~~~~~→ Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
40 x 30. All players with a ball. Begin with the players doing individual dribbling moves. It is important at this stage to increase the confidence of the players and make them feel comfortable before you introduce defenders. Next progression during this stage we would introduce turns.		<p>Good balance First touch, where and choice of surface Ability to fake and unbalance defenders Co-ordination & close control</p> <p>Change of pace</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
30 x 15 yards. 2 defenders, 1 st defender is passive. Attacker runs at 1 st defender and performs a dribbling move; defender passively runs towards the attacker. The attacker must then make a decision on attacking the second defender, dribble or pass. After beating second defender the attacker must perform a trick/move before scoring a goal.		<p>Check position on field</p> <p>Technique of skill</p> <p>Ability to draw defender</p> <p>Timing of decision making and skill</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	003	TOPIC	Dribbling 3
KEY: —————→ Ball Lane - - - - - - - - - - → Movement without Ball ~~~~~→ Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
40 x 30. All players with a ball. Begin with the players doing individual dribbling moves. It is important at this stage to increase the confidence of the players and make them feel comfortable before you introduce defenders. Next progression during this stage we would introduce turns.		<p>Good balance</p> <p>First touch, where and choice of surface</p> <p>Ability to fake and unbalance defenders</p> <p>Co-ordination & close control</p> <p>Change of pace</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>30 x 15 yards. We have two places for the attackers and two places for the defenders to start from, these players can interchange. The session starts when the attacker passes to their teammate. At this point the 1st defender becomes active. Once the attackers pass the starting position of the 1st defender, the 1st defender becomes passive. On entering the next area the next defender becomes active. Same rules apply for this defender. Once they pass this defender and enter the final zone they combine and score. If the defenders win the ball they attack the attackers.</p>		<p>Check position on field</p> <p>Technique of skill</p> <p>Ability to draw defender</p> <p>Timing of decision making and skill</p>

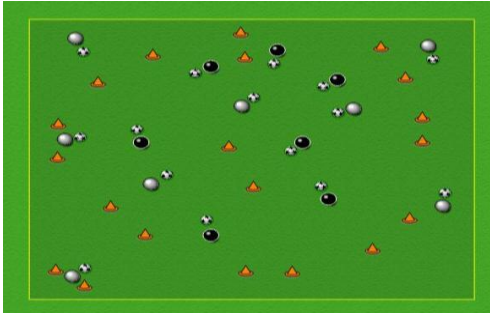
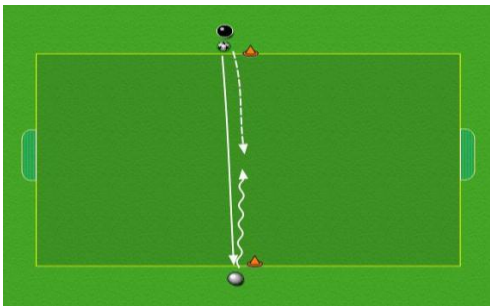
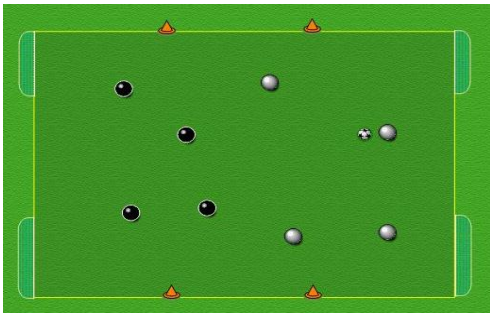
20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	004	TOPIC	Running with the ball 1
KEY: —————→ Ball Lane - - - - - - - - - -> Movement without Ball ~~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
40 x 30. All players with a ball. Allow players to realize when they can run with the ball and when they can't. Tasks can be set using the gates. Give them conditions, how many times can you get through the gates in 1 min. What are the most gates you can get through with the least amount of touches? Switch balls, on getting to your new ball, get through a gate as quick as possible.			Head up Body position Control of the ball while running Keep ball out in front of you Control ball in your stride
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 20. Player with the ball passes the ball to facing attacker. On receiving the ball the attacker attacks the middle of the field confronts the defender and attacks either goal and tries to score. Use of both feet is encouraged. Setup multiple fields for other players.			Good first touch Head up Body position Control of the ball while running Keep ball out in front of you Control ball in your stride
20 min	SESSION 3	4 v 4 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50			As above.
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	

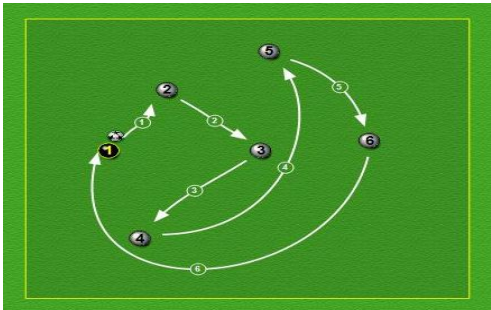


PLAN:	005	TOPIC	Pass and move 1
KEY: —————→ Ball Lane - - - - - - - - - - → Movement without Ball ~~~~~→ Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>15 x 15. Players are numbered 1 – 6. One ball, players pass in order 1 to 2, 2 to 3, 3 to 4, 4 to 5, 5 to 6, 6 to 1 and then start the sequence again. Introduce different options – play with your left foot, play with your right, check away before you receive, after passing run outside the area, play with two touches etc. Variation – Add a defender, take the sequence passing away. Add another team to pass in same area. Extra points for passing through opposition.</p>		<p>Selection of pass Preparation of the pass Angles and distance to support player with the ball Timing of pass Accuracy of pass Disguise Communication</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. With two end zones five yards wide. 4 v 4 with one floater (neutral). Floater plays with the team in possession. Once you get to the end zone, you now change the point of attack and try to get to the opposite end zone. A point for each time you get there. Note: May want to add three passes before you are allowed to get into the end zone.</p>		<p>Selection of pass Preparation of the pass Angles and distance to support player with the ball Timing of pass Accuracy of pass Disguise Communication</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	006	TOPIC	Running with the ball 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 25. 6 balls for 12 players. On coach's command players run with their ball across the grid and pass off to the free player. Players are encouraged to zig- zag through the area. This will increase the awareness when running with the ball. Use of both feet is encouraged.</p>		<p>Awareness Head up Body position Control of the ball while running Keep ball out in front of you Control ball in your stride</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>15 x 25 boxed ends and 30 x 25 middle area. 9 players - 7 gray, 2 black. 3 + 1 v 1 in each box. After three passes the team with 4 recognizes the moment to run with the ball to the other box. Once there, a pass is made before they enter the box. Variation – allow players to come out of the grid to receive pass. Add more defenders.</p>		<p>First touch (out of feet) Body Position Communication Good pass Recognize the moment to play</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	007	TOPIC	Turning 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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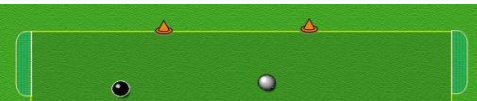
20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>10 x 10 yards. Everyone has a ball, 2 in each box. To begin with let them dribble around the box doing turns.</p> <p>Progression - Players try to knock their partner's ball out of the box while keeping control of their own ball.</p> <p>Encourage the players to do the turns to avoid having their ball kicked out.</p> <p>Notes: Add multiple grids for other</p>		<p>Awareness. Create space. Correct technique. Body shape. Control surface. Accelerate out of the turn. Selection of pass</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>20 × 20 practice area with server positions marked. 2 attackers v 2 defenders in middle. If defenders win ball they become the attackers. The idea of the game – attackers (after ball is played) have to transfer the ball to the servers on the opposite end.</p>		<p>Awareness. Create space. Correct technique. Body shape. Control surface. Accelerate out of the turn. Selection of pass.</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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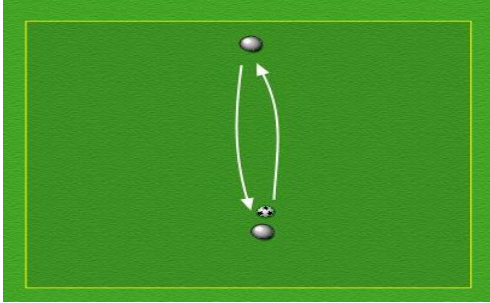
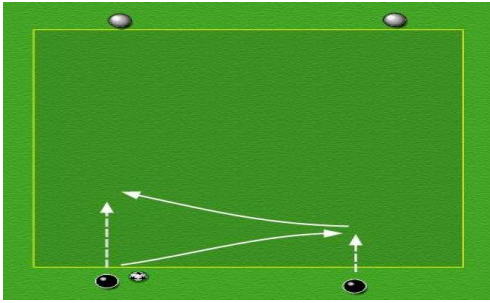
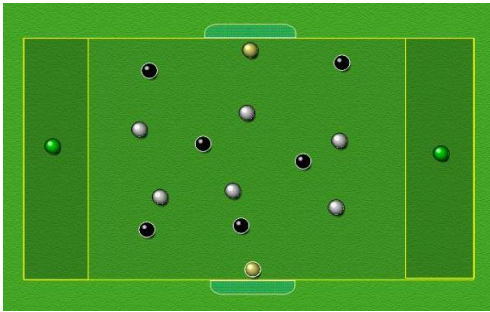


PLAN:	008	TOPIC	Heading 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
20 x 20 yard area. Equal numbers on inside and outside (8 and 8). Players on the outside have a ball. Players throw it to the players on the inside when they show and ask for the ball. Move to different players on the outside.			Get down the line of the ball Watch the ball and keep your eyes open. Position of contact (forehead). Body position Strong neck use your body for power
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
10 x 10 yard area. 1 v 1 in the middle three players outside the square. Players on the outside throw the ball to the attacker in the middle, the attacker heads it to the open player on the outside. Once the player on the outside passes, they move to the open space. If the defender heads it, or the ball hits the floor, defender and attacker switch positions.			Get down the line of the ball Watch the ball and keep your eyes open. Position of contact (forehead). Body position Support and Movement
20 min	SESSION 3	4 v 4 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50			As above.
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	



PLAN:	009	TOPIC	Heading 2
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>10 x 10 yard square. 1 ball between 2 players. Allow players to discover what type of header works and how to move around the square to aid the teammate. Rally competition, how many times can you and partner keep it up.</p> <p>Note: Set up multiple grids for other players. Variation: If players are competent, see if they can sit down and get back up while keeping the rally going, lie down etc, add a defender in the square</p>			<p>Get down the line of the ball Watch the ball and keep your eyes open. Position of contact (forehead). Body position</p>
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>10 x 10. 2 v 2. Once the players enter the square the ball can't hit the floor. If it does it goes to the opposition. Defending team stays on the line, attacking team has to combine and try to score a header against the defending team. Once attacking team scores (below shoulder height to score) or drop the ball they retreat to their line.</p> <p>Variation: One defender is allowed to leave the line and defend the attackers.</p>			<p>Get down the line of the ball Watch the ball and keep your eyes open. Position of contact (forehead). Body position Support and Movement</p>
20 min	SESSION 3	Small sided game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>36 x 40. 8 v 8 including goalkeepers with two wide neutral players. The game is designed to make the players go wide first. To start with play hand ball and players have to score from a header. Encourage players to pass using their head when possible. Variation: Add a player of each team in the wide area and they compete with each other. Allow players to interchange with wide players (pass the ball there you change places). Progression 1: Move to a regular game Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8</p>			<p>As above.</p>
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	



PLAN:	010	TOPIC	Pass and move 3
KEY: —————→ Ball Lane - - - - - - - - - -> Movement without Ball ~~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>10 x 10 yard squares. 3 players in each square. Each player given a number 1, 2 or 3. Numbered boxes – 1 cone = group 1. Player's pass the ball in sequence 1 to 2, 2 to 3 etc moving around the grid and using one touch.</p> <p>Variations: Coach shouts a number, players rotate clockwise. Coach shouts switch groups have to switch squares. Coach shouts change, change your ball with another group.</p>			<p>Angles and distances, Type/Range of pass, Create space Communication/Information Tempo/Attitude,</p> <p>Progression: if players grasp session, introduce a defender in each group.</p>
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>30 x 40 including 30 x 10 yard target zones at each end. 4 v 4 with 4 neutrals (see diagram). Transfer the ball from the target player at one end to the other through the middle. Minimum of three passes in the central area. Can use targets on the outside. If you lose possession defending team becomes the attacking team.</p>			<p>Accuracy, disguise weight and timing of pass. Angles and distances of support Type/Range of pass Communication/Information Tempo/Attitude. Support and Movement Create space</p>
20 min	SESSION 3	4 v 4 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>			As above.
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	




PLAN:	011	TOPIC	Defending 1
KEY: —————→ Ball Lane - - - - - → Movement without Ball ~~~~~→ Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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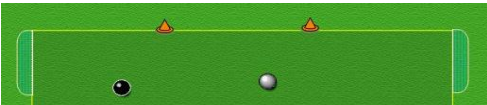
20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>10 x 20 yds. Defender passes the ball to the attacker and then tries to stop the attacker scoring through their goal behind them. Defender is not allowed to cross the half way line until the attacker has control of the ball. If the defender wins the ball they become the attacker and try to score. If the ball leaves the area game starts again.</p>		<p>Patience at times, Touch Tight. Force attacker to look down Pressure at times, Side on front, foot interceptions, spoiling touches, prevent turning, angles/distances, go in low, Support, cover & balance, recovery runs, tracking runs, communication</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>10 x 20 yds. 2 v 2. Defender passes the ball to the attacker and then tries to stop the attacker scoring through their goal behind them. Defender is not allowed to cross the half way line until the attacker has control of the ball. If the defender wins the ball they become the attacker and try to score. If the ball leaves the area game starts again</p>		<p>Patience at times, Touch Tight. Force attacker to look down Pressure at times, Side on front, foot interceptions, spoiling touches, prevent turning, angles/distances, go in low, Support, cover & balance, recovery runs, tracking runs, communication</p>

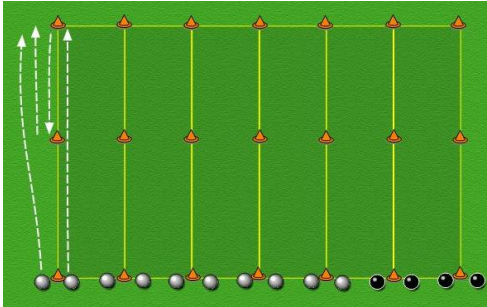
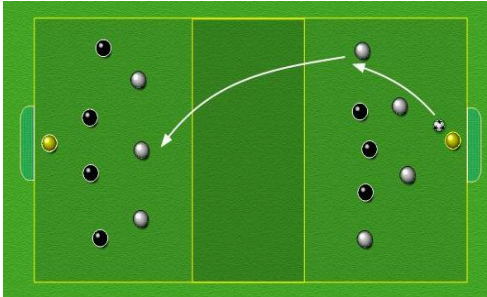
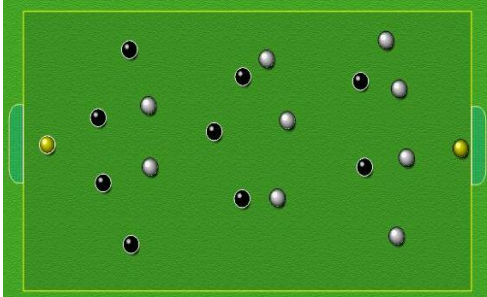
20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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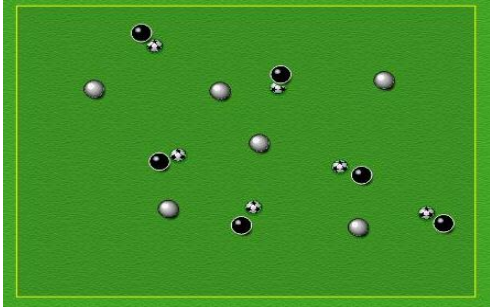
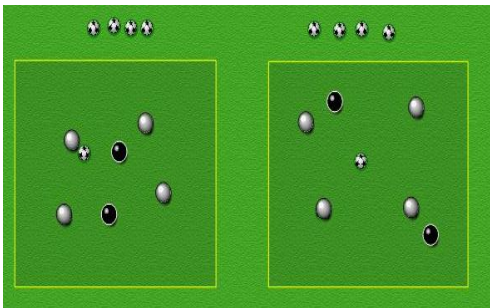
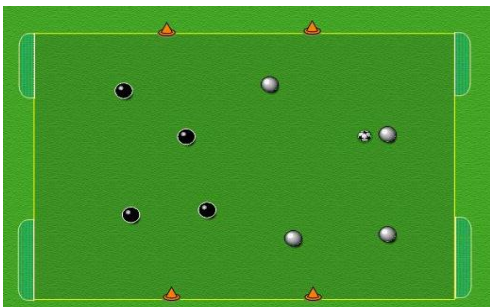


PLAN:	012	TOPIC	Turning 2
KEY: —————→ Ball Lane - - - - - - - - - -> Movement without Ball ~~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>3 cones 5 yards apart. 2 players on the line. 1st player runs to the furthest cone away, on the 1st player arriving at the middle cone the 2nd player tries to catch the 1st player. Switch positions after two goes.</p> <p>Variation: Add a ball for the players, shorten the distance between the cones.</p>			<p>Weight of pass played to player 1st touch Disguise of turn Type of pass, end product Awareness</p>
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>60 x 40 (10 yard no man's land in the middle). 4 v 3 in each area, player delivering the ball is allowed to link up with the attackers.</p> <p>Variation: Add numerical advantage for the attackers. 4 v 4 in each area, with player delivering creating 5 v 4. Variation 2: Another player besides the player delivering the ball joins the attack, players can drop short for the ball (with no defender, then a following defender)</p>			<p>Weight of pass played to player 1st touch Disguise of turn Type of pass, end product Awareness Support and movement</p>
20 min	SESSION 3	Small Sided Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>To transfer the individual and unit movements into a full match situation.</p> <p>Progression: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK - 60x 40, U12 – 8 v 8 including GK - 80x50</p>			<p>As above.</p>
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	



PLAN:	013	TOPIC	Pass and move 2
KEY: —————→ Ball Lane - - - - - - - - - -> Movement without Ball ~~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
20 x 30 yds. 6 Balls. 6 white, 6 black Players with the ball pass then move into space ready to receive the ball. Different passes – inside, outside, swerve. Keep the players moving, swap roles after 3 mins.			Body Mechanics and Balance Accuracy, Weight, Disguise & Timing Pass to feet, space (options) Vision Type of pass – push pass, outside of foot, chip, driven etc
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
2 boxes of 15 x 25 yds. 10 Balls (1 being used at a time) 5 for black, 5 for gray, 2 groups of 4 gray, 2 black.			Accuracy, weight, disguise & timing Correct supporting positions Body position - open to the field
20 min	SESSION 3	4 v 4 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50			As above.
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	



PLAN:	014	TOPIC	Pass and move 4
KEY: —————→ Ball Lane - - - - - → Movement without Ball ~~~~~→ Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>10 x 10 yards. 3 v 1. Defender starts off as passive. Outside players are not allowed to go into the square and the inside player is not allowed to come out. Players need to move to the open space once they pass. All passes have to be across the square.</p> <p>Variation: The game takes place inside the square. Nothing on the outside. Defender becomes live. If they win the ball the switch out.</p>		<p>Accuracy, disguise weight, and timing of pass.</p> <p>Angles and distances of support</p> <p>Type/Range of pass</p> <p>Communication/Information</p> <p>Tempo/Attitude.</p> <p>Support and Movement</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>10 x 10 yards. 4 players on the outside and 1 v 1 in the middle. 2 balls are used. Ball is played into the attacker in the middle who then tries to play the ball to the free outside target player. Try to be creative with your passes, outside, inside etc.</p> <p>Variation: Allow players on the outside to interchange with and without the ball. Add another attacker in the middle 2 v 1, add another defender to make it 2 v 2</p>		<p>Accuracy, disguise weight, and timing of pass. Angles and distances of support. Type/Range of pass. Communication/Information Tempo/Attitude. Support and Movement. Attacker should take defender away from the ball he is receiving</p>

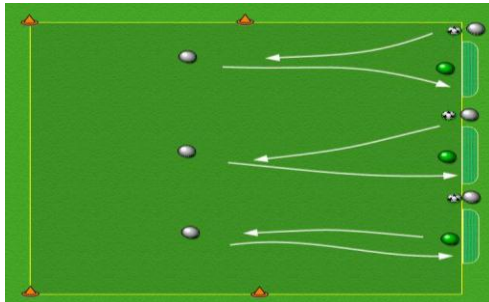
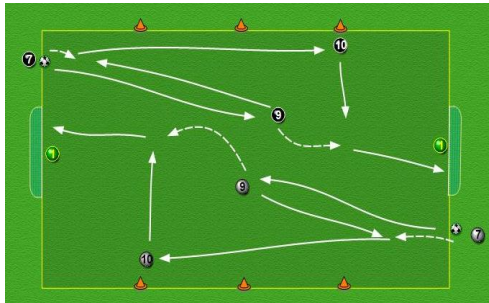
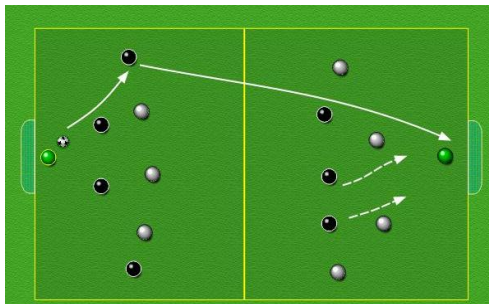
20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>




10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	015	TOPIC	Shooting 1
KEY: —————→ Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
20 x 50. 3 goals with goalkeepers. 3 coaches or players pass the ball to the attacker and the attacker tries to score. Keep plenty of balls on hand, this is fun exercise, players love to shoot and score.			Technique of striking a ball Approach angle to the ball Hit the target. Accuracy Disguise Watch the goalkeeper
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
40 x 30. 2 goals. 3 players working in each group. Player 7 passes to 9 who lays the ball back, player 9 then spins towards goal. Player 7 passes to player 10 who plays the ball in front of 9 who shoots. Group now moves around the back of the goal. Players change positions. Progression: Add a defender and allow attackers to improvise.			Create space Delivery of pass Timing of run and movement before ball arrives End product Position of delivery (right or left foot)
20 min	SESSION 3	8 v 8 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
36 x 40. 8 v 8 game. To transfer the individual and unit movements into a full match situation. Encourage the players to shoot with as few passes as possible.			As above.
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	




PLAN:	016	TOPIC	Passing and control 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			

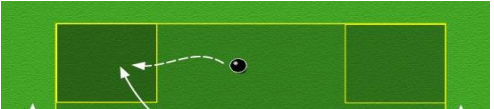
10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>25 yard square area with a circle in the middle. 9 players. 6 start on the outside, 3 with a ball and 3 players in the middle. Player on the outside passes the ball into the middle player and follows their ball, middle player controls the ball and dribbles out and passes to the outside player (and takes their position on the outside of the area).</p> <p>Progression: Players check to the cone and away into space before ball is delivered.</p> <p>Variation: Players throw ball in at different heights, chest, thigh etc. Variation 2: When you pass the ball become a passive defender until player controls the ball.</p>		<p>Passing: body position, accuracy, weight, disguise, timing. Selection and execution.</p> <p>Control: adjust your body to the ball, awareness, select a controlling surface, type of control, control for a reason (selection of the next pass).</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30 yard area with four boxes in the corner (10 x 10). 3 teams of 3. 3 v 3 in the middle with two neutrals on the outside and a neutral in the middle area. Rotate teams in and out of 3 v 3 area every 3-5 mins. Score a point by getting one of your teammates in the square with the ball. 2 – 3 touches for players in the target square.</p> <p>Variation: Players are not allowed to enter the target area before the ball. 3 passes before you can get someone in.</p>		<p>Passing: body position, accuracy, weight, disguise, and timing. Selection and execution.</p> <p>Control: adjust your body to the ball, awareness; select a controlling surface, type of control, control for a reason (selection of the next pass).</p>

20 min	SESSION 3	4 v 4 Game + neutral
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30 yard area. 4 v 4 plus a neutral. Each team has a safe area, the other team cannot enter if the opposition have the ball in their safe area (Gray goal or black goal). To score a goal you have to get the ball into the opponent's safe area in possession of your teammate. Variation: 3 points if you pass it into the target area and 1 if you dribble. Progression: Add goalkeepers and go to two goals. Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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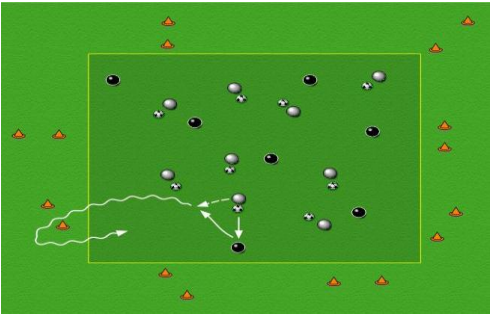


PLAN:	017	TOPIC	Running with the ball 3
KEY:  Ball Lane  Movement without Ball  Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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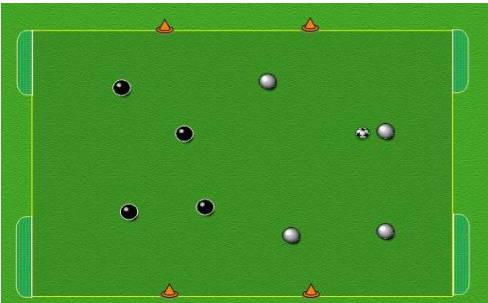
20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>45 x 45. 9 players with a ball and 7 without a ball. Coned goals on the outside of the area at different angles. Players without balls show and ask for the ball, players with the ball pass and receive ball back. On receiving the ball back they run with the ball and get through an outside gate and return</p>		<p>Awareness Head up, first touch Body position Control of the ball while running Keep ball out in front of you Control ball in your stride</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>5 v 5. Game can be developed into 7 v 7 or 8 v 8. Area setup as shown in the diagram. Shaded square areas are safe for defenders (in their own half only). Encourage players to move and create space to allow running with the ball.</p>		<p>First touch (out of feet) Body Position Communication Good pass Recognize the moment to play</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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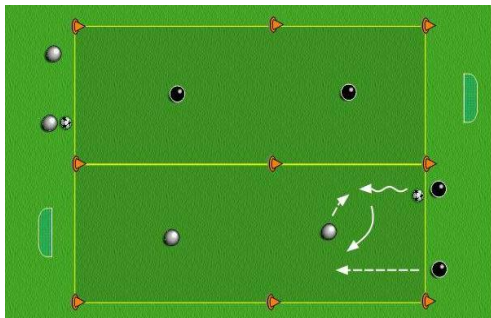
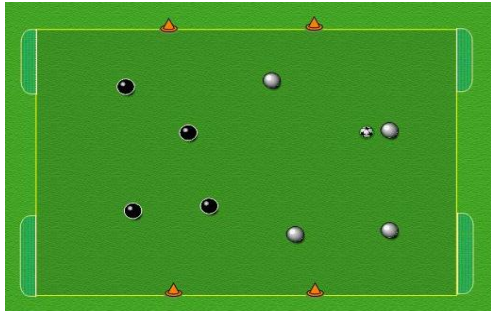


PLAN:	018	TOPIC	When to dribble or pass 1
KEY: —————→ Ball Lane - - - - - - - - - -> Movement without Ball ~~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
35 x 25. Two teams of four. One team of four in the middle with a ball for every player. The other team placed outside of the square without a ball. One the coaches command the defending team (team on the outside) tries to tackle the team with the ball and kick the ball out of the area. If an attacker loses their ball they join and help their teammate with the ball. Ball is dead once it leaves the area. Rotate teams once all the balls are dead.			Good balance First touch, where and choice of surface Ability to fake and unbalance defenders Co-ordination & close control Passing, support and movement, Create space.
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
Same as above. Now if the defending team wins the ball they have to try and score, Ball stays alive until a goal is scored or is knocked out of the area. If the attacker loses the ball and then regains the ball and stops the defender scoring the game continues.			Good balance First touch, where and choice of surface Ability to fake and unbalance defenders Co-ordination & close control Passing, support and movement, Create space
20 min	SESSION 3	4 v 4 Game with 4 goals	
ORGANIZATION		TECHNIQUE	KEY POINTS
4 v 4 with four goals. Each team defends two goals. Teams score by scoring in either of the two goals their opposition is defending. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50			As above. Support player with the ball When to dribble and when to pass Movement and technique
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	



PLAN:	019	TOPIC	Dribbling 4
KEY: —————→ Ball Lane - - - - - → Movement without Ball ~~~~~→ Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Technical Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
30 x 30 with circle in the middle. 16 players, 8 with a ball, 8 without. Players start with a ball in the middle, dribble to the outside and pass to the player on the outside. Players on the outside then dribble a ball through the coned area do a trick and avoid the other players. They then dribble out the other side and pass off to another player.			Be positive Head up Close control Change of pace Change of direction Awareness
20 min	SESSION 2	Skill Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
10 x 20. 2 v 1 v 1. 2 attackers and 2 defenders, each defender is condition to stay inside their box area. Goals are off the back of the area to allow the players a scoring opportunity once they get past the defender. Setup multiple areas for other players.			Be positive Head up Close control Change of pace Change of direction Awareness Support and movement Type of pass Communication
20 min	SESSION 3	4 v 4 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50			As above.
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	




PLAN:	020	TOPIC	Turning 3
KEY: —————→ Ball Lane - - - - - - - - - - → Movement without Ball ~~~~~→ Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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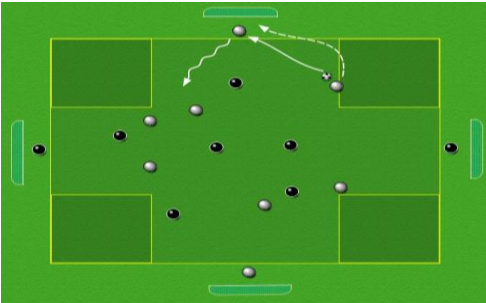
20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 40 for 15 player. 5 groups of 3. Ball starts off with one of the group in the square, one of their teammates runs and has to receive the pass and turn between the coned areas. As the pass is traveling their other teammate runs for the pass into the squared areas. Sequence starts again</p>		<p>As ball is travelling to you, look where you are going to turn. Decision of turn, based on the speed of the ball Line of the ball. Body shape. Choice of pass to teammate. Communication. How many touches do you need? Part of your body you use to turn.</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 40 for 15 players. 10 v 5. To score a point the 10 players have to receive the ball and turn through the cone and pass to a teammate in the square. For the 5 players to score a point, stop them receiving and turning through the gate and on gaining possession dribble and get into one of the squares.</p>		<p>As ball is travelling to you, look where you are going to turn. Decision of turn, based on the speed of the ball Line of the ball. Body shape. Choice of pass to teammate. Communication. How many touches do you need? Part of your body you use to turn.</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 40. 8 v 8 with four goals. Teams have two safe zones, to their left and right of their target. Start off with targets, ball is played into target and player passing exchanges positions. Each team defends two goals. Teams score by scoring in either of the two goals their opposition is defending.</p> <p>Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	021	TOPIC	Shooting 2
KEY: —————→ Ball Lane - - - - - → Movement without Ball ~~~~~→ Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>10 x 20 area. 4 players in each group. Ball starts off with bottom player (3), 3 passes to 5, 5 passes back to 3, 3 hits it long to 2, 2 passes to 4, 4 passes it back to 2 and 2 hits it back to 3.</p> <p>Progression: Players interchange, once the long ball is hit, you change with your partner for example (2 change positions with 4 and 3 changes positions with 5).</p>		<p>Proper technique of striking a ball</p> <p>Body position</p> <p>Angle of approach to ball</p> <p>Position of contact with foot and ball</p> <p>Type of pass</p> <p>Support and movement</p> <p>Timing of runs</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>60 x 30 divided into three areas of 20 x 30. 3 teams of 4 or 5 with two goalkeepers. Ball starts off with the red team, red team attacks the black team, red team try to score. Defending team is not allowed to leave their zone to defend. If the black team gains possession of the ball they have to break out of the area and red try to stop them, if they break out the red team stay in end zone by the goalkeeper. Black team now and go attack the other goal, same rules apply. Game keeps playing until a goal is scored or ball goes out of area.</p>		<p>Proper technique of striking a ball</p> <p>Body position</p> <p>Angle of approach to ball</p> <p>Position of contact with foot and ball</p> <p>Type of pass</p> <p>Support and movement</p> <p>Timing of runs</p> <p>Angle of runs</p>

20 min	SESSION 3	Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>To transfer the individual and unit movements into a full match situation.</p> <p>Progression: Change field size and player numbers.</p> <p>Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	022	TOPIC	Defending 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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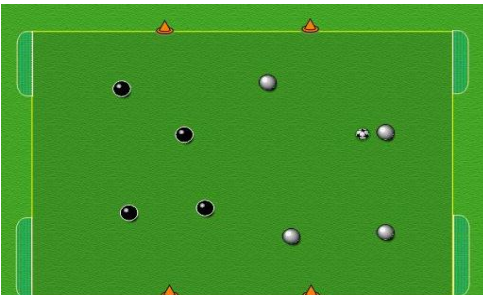
20 min	SESSION 1	Technical Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>10 x 10 yard area. 3 players in each group. Two of the players pass the ball between them, one of the players passes (using their hands) to the third player, at this point the other player has to passively defend the player receiving the ball. "Jockey them". Then the game starts again. All players keep moving around the grid while passing.</p> <p>Note: Setup multiple grids for other players</p> <p>Progression: Use feet to pass. Defending becomes live.</p>		<p>Reduce space for opposition</p> <p>Make the opponents play the way you want</p> <p>1st defender close the ball</p> <p>Pressure, cover and balance</p> <p>Watch attacker, and match them up</p> <p>Close down, slow down, sit down, stay down.</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>Same setup as above. On passing to the third player (number 4) the 4 tries to get to the line behind the players that passed the ball. Players 2 & 3 now become defenders, creating a 2 v 1.</p> <p>Note: Setup multiple grids for other players</p> <p>Progression: 2 v 2, 3 v 2, 3 v 3.</p>		<p>Patience at times, Touch Tight. Force attacker to look down Pressure at times, Side on front, foot interceptions, spoiling touches, prevent turning, angles/distances, go in low, Support, cover & balance, recovery runs, tracking runs, communication</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	023	TOPIC	Attacking 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			


10 min	GENERAL WARM UP	Increase muscle and body temperature
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10 min	Soccer Specific	Preparation of the muscles and nervous system for soccer tasks
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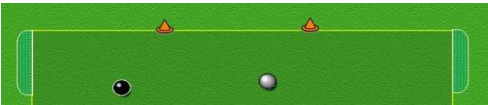
20 min	SESSION 1	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
10 x 10 area. 3 v 3. Once the team loses possession of the ball they play with two players out and one drops back on the goal line. This creates 3 v 2 for the attacking team. The team conceding the goal starts with the ball and the game continues.		<p>Technical ability of passing/shooting</p> <p>Awareness</p> <p>Support and Movement</p> <p>Knowing when to attack</p> <p>Communication</p> <p>Create space</p>

20 min	SESSION 2	Skill Practice
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>Two 20 x 20 yard boxes side by side. Each box starts with 4 v 4. 1 ball in each box. Attacking Players are allowed to move freely between the boxes, only allowed to move when your team has possession of the ball. Score a goal in the goals. On losing the ball the team in the box team has a maximum of 4 players in the box.</p> <p>Progression: Allow all players to move freely between the boxes.</p>		<p>Technical ability of passing/shooting Awareness Support and Movement Knowing when to attack Communication Create space</p>

20 min	SESSION 3	4 v 4 Game
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ORGANIZATION	TECHNIQUE	KEY POINTS
<p>40 x 30. The game is designed to increase the likelihood of attacking play (four goals). Players will make the decision when to pass and when to dribble. At this age players are normally selfish, encourage them to be creative and try new things in the dribble game. Progression: Add goalkeepers and go to two goals (normal game setup). Progression 2: Change field size and player numbers. Small sided game training layout: U10 - 6 v 6 including GK – 60x 40, U12 – 8 v 8 including GK - 80x50</p>		<p>As above.</p>

10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief
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PLAN:	024	TOPIC	Crossing and finishing 1
KEY: —————→ Ball Lane - - - - - - - - - -> Movement without Ball ~~~~~> Run with Ball			

10 min	GENERAL WARM UP	Increase muscle and body temperature	
10 min	SOCCER SPECIFIC	Preparation of the muscles and nervous system for soccer tasks	
20 min	SESSION 1	Warm Up Practice	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>10 x 10 yard boxes. 4 coned gates. 1 v 1 in the middle with support players on either side. 1 player outside with the ball. Attacker in the middle has to lose the defender and catch the ball between the cones. Pass is delivered from the support player with their hands. Defender is allowed to stop the ball getting to the attacker by using their hands. One catching the ball in the coned area, they get a point. The ball is then passed to the other support player. Change players after 3 -5 mins. Note: Setup multiple areas for other players.</p>			<p>Create space Movement Angle of approach Timing of runs Disguise your run Blindside runs Communication</p>
20 min	SESSION 2	Skill Practice in the area	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>36 yards long (two 18 yard boxes) 30 yards wide. Four stations 1 through 4, with a player on each station. On the coaches call (1 for example) the delivery comes from the station. The players attacking the ball (to the side of the goal) will come from the same half as the delivery. Progression: Ball is delivered from half way line. Ball is delivered from the inside the other half. Add defenders in and around the goal. Wide players (stations are allowed to defend each other)</p>			<p>Create space Movement Angle of approach Timing of runs Disguise your run Blindside runs Communication Space created, ball delivered, player arrives.</p>
20 min	SESSION 3	Small sided game with designated wide players	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>36 yards long (two 18 yard boxes) 30 yards wide. 8 v 8. To transfer the individual and unit movements into a full match situation.</p>			<p>As above.</p>
10 min	COOL DOWN	Players jog, shake limbs, stretch, take on fluids and debrief	