



Kentucky Youth Soccer

U9 Academies



THE FUTURE OF US SOCCER

The only country in the world that has more children playing soccer other than the United States of America is Brazil. This South American nation has a rich history of producing world class players, yet their system lacks less structure than the current system used here in the U.S.

In 2007, the United States Soccer Federation introduced the U.S. Soccer Development Academy to encourage clubs to develop U16 & U18 Male soccer players. The developmental approach was introduced for clubs to start creating elite soccer players and reduce the focus on winning games. Although this approach taken by US Soccer is good for the game, many US Youth Soccer State Associations realize that player development needs to become a priority and take place with the younger age groups.



Kentucky Youth Soccer realizes the Academy approach is vital if our players and clubs want to keep producing and competing against high caliber organizations from other states.

Throughout this manual, this approach will help clubs realize the importance as well as guide them on how to create an academy while educating coaches, players, referees and parents involved with the process.

WHAT ARE ACADEMIES?



An Academy is when a club/association keeps a collection of players within an age group as opposed to placing them on individual teams. Some Academies do not “cut” or “tryout” younger players and all children that want to play can participate. Kentucky Youth Soccer highly recommend that clubs keep all U9 players who try-out to stay within the program.

The Academy is a concept that is based on the professional soccer club systems from around the world. There are no “A, B, and C” teams with these Academies as players stay in pools and can be moved back and forth according to their progress and development throughout the seasonal year. The emphasis is on developing players and FUN!

Currently travel/select clubs throughout the majority of the United States have players attend a one or two day “tryout.” Players are then placed on teams according to their abilities, or cut from having the opportunity to be coached and play/train within a competitive environment.

PLAYER DEVELOPMENT

The Academy approach accommodates and accepts that younger players still have a lot of learning and growing to do within the game and recognize that putting them in an environment where they would receive more training than matches is more developmentally appropriate. This approach would allow clubs to keep players in larger pools, foster development over winning, and let these young players play freely. Each club's Developmental Academy would then play non-result oriented competition against other clubs that would be organized in "Developmental Academy Play Dates."

Success is a byproduct of player development. There is a saying that without technique there's no tactics. With the Academy approach, the focus on improving the individual player's technique will be emphasized because players will be in an environment where they will not have to worry about making poor decisions or fear of failure during the match.

Young players need to get a "feel" for the game; to learn to play instinctively. Young players will be allowed to show their abilities in an environment in which they will still be playing against competition without the "fear" of losing a match. At the same time young players will learn to make decisions in a match-like setting while getting more touches on the ball, thereby improving their technical development. If clubs are going to produce better teams in the future, then clubs must first produce players that are better technically.

Kentucky Youth Soccer Select clubs presently have players aged 7 and 8 "tryout" to make a club team. Clubs put these young players through the psychological rigors of making a club select team when they are so young. There is absolutely no way that anyone can predict how good a nine/ten year old player is going to be. So many players get missed when we have them "tryout", which can cause these young players to get discouraged if they don't make the level. This can cause a snowball effect, as parents become disgruntled and look to move to another



organization so that their child can play on the so called "A" team.

Coaches have roles and responsibilities as well as taking care of our actions without letting egos undermine our real purpose. With young players it is the coaches' job to develop every player without discretion of ability. How many times have we seen late bloomers? An Academy would provide an environment that will allow these young players to experiment and play without the fear of losing a match. The Developmental Academy will foster an environment where players will look to be more creative, take risks, become better with the ball and have more fun.

Young players are dropping out of the sport of soccer by the time they are 13 or 14 years of age. Research has shown that 70% of all kids drop out of sports. The main reason soccer is no longer fun (according to players who drop out) is due to pressure to win or failure due to an emphasis on results over development and FUN. The excitement of playing matches also wears off when they become a teenager due to the pure fact of having so many games so early in their young soccer careers.





ADULT: COACH & PARENT DEVELOPMENT

Are adults involved with the youth soccer game more concerned about the outcome of the single match or season and failing to see the bigger picture? Or is the message received by soccer authorities confusing because nobody really knows how to measure success?

Currently in Kentucky Youth Soccer, the model used for U9 soccer is measured on a result based format. With each passing season the amount of problems reported are increasing within these age groups. It is usually due to sideline behavior by the coach or parents and pressure to win. When observing teams that play under the pressure to win games, the quality of soccer and the player's confidence in taking risks does not prevail.

The majority of adults in today's society played sports growing up in a non structured environment. They could play without any pressure, without adults dictating their every move and would solve problems for themselves. Society has changed in many different ways resulting in fewer opportunities for children to engage in "free play." In order for us to keep developing technically efficient soccer players and creating teams that play without fear of taking risks, we have to create a happy medium where everyone can experiment with the game.

Youth Soccer Clubs are now businesses with the common theme among clubs being "if we don't create winning teams at 8 and 9 years old, parents become disgruntled and take their child to another organization." Realistically does it matter who wins at these young age groups? Do 16 year olds remember their season record from when they were 8 years old? The measuring tool that should be used for youth team/club success at the youngest age groups is overall player development rather than wins and losses. Coaches go through a season in fear of not just losing games but if they are going to please the parents. Instead of the focus should be about developing players enthusiasm and love for the game.

In a study conducted by Dr. Brent Walker, (Sports Psychologist for the United States Soccer Federation and Founder of "Play in the Zone") players and parents were asked simple questions on what aspects of the game they value higher than others. As you will see from the results below, even though the parents were 100% behind a developmental approach, the underlying message is that they still value winning higher than what players do.

Players Values		Parents Values	
Successful team	Playing Time	Successful team	Playing Time
47%	53%	23%	77%
100% Effort	Winning	100% Effort	Winning
80 %	20%	100%	0%
My Success	Team Success	Childs Success	Team Success
27 %	73 %	53 %	47 %
Good At	Challenging	Good At	Challenging
54 %	46 %	57 %	43 %
Competition	Fun	Competition	Fun
39 %	61 %	47 %	53 %
Winning	Fun	Winning	Fun
29%	71 %	4 %	96 %
Improvement	Winning Team	Improvement	Winning Team
67 %	33%	100 %	0%

At first glance you may believe that majority of the coaches and parents have a player development mentality, but with player's success and competition and playing time rated as high as it is, the underlying focus switches to winning without the parent or coach realizing.

"Academy Soccer" may cause adults to perceive that this is just simply going to U9recreational soccer, which is not the case. Actually, the Academy Format is a bridge between Recreational and Select geared for players that aspire someday to play at a higher level.

The academy approach would allow for a "true" club environment to be created. Players would not necessarily be placed onto a team but would play with various different players and allow them to experience different competition during training sessions and Play Days.

This will also lead to coaching development as now club directors of coaching can "mentor" a new/young coach in this environment. Take away the emphasis of "results" and now these young coaches will be able to teach these young players. We are now getting more young people that are familiar with the game but they don't want to coach in club's or a travel environment due to time and commitment. If each club has an Academy then we can get young coaches that have played the game at a higher level to teach without the fear of some parent looking at their watch and/or the result at the end of the match.

This Developmental Academy approach is “Player-Centered” and not “Coach Controlled.” Soccer is a player-centered game isn’t it? With the Developmental Academy approach young players will be in an environment where they are challenged at their own pace. More players need to be included as opposed to excluded in these younger age groups and this format will do just that. Below is an excerpt from the US Soccer Federations “Best Practices for Coaching Soccer in the United States”:



“When we place children in travel soccer too soon the emphasis is subtly being placed on the team result and winning the game, rather than on the individual player’s performance. If the team doesn’t win, then it doesn’t get to play in this league or that division or in this particular tournament. Thus, coaches feel the pressure and start recruiting bigger, stronger kids that can help secure the victory-now. They start playing more of a long ball game and placing the emphasis on direct play. They want the ball out of their end as quickly as possible. What the coaches should be doing is, building out of the back, keeping possession of the ball, encouraging risk takers and flair and placing the emphasis on the individual’s technical abilities. Are the coaches allowing an environment to flourish that allows the players to make mistakes because they know long term development is what they are really after? The answer is no, because there is too much pressure to succeed at every step along the way. If this coach loses too many games then he risks losing his players to a more “successful” team. The parents will want to move their child to a “winner,” or get rid of him and bring in (in some cases hire) another coach. Thus, the environment becomes individually stifling and the player’s creativity takes a back seat to the winning mentality”.



REFEREE DEVELOPMENT

During the first 2 years of a young referee’s career 7 out of 10 quit officiating games. One of the big reasons they drop out is due to verbal abuse or grief dealt by adults. Referees feel it is not worth the money, time or hassle to help in developing the game.

In the Developmental Academy approach, young referees will gain invaluable experience in calling a match and not worry about the outcome. Younger referees who are often called upon to call U9 matches can now be “mentored” in an environment that is developmentally appropriate for them as well.



Clubs can use players from some of the older age group teams as referees. This in return will allow these older players to give back to the game and gain a better understanding of what it takes to officiate a game. Clubs can then use referee assignors or even club/academy directors to guide these young referees throughout the games.

We need to provide an environment for our young referees to learn while managing a quality match. The need to retain future referees is vital. No Referees = No games!!

ACADEMY GUIDELINES

HOW TO ESTABLISH AN ACADEMY

Following club try-outs for U9 teams, rather than having A, B, C teams selected, a club will select a pool of players. This pool will train each week and then play within their own club or with another club. Then, once a month clubs travel together for an "Academy Play Date" that is set up between local clubs for competition.

The Academy approach has worked all around the world. Currently most of the top clubs in the world have their young players in academies. Players would still represent a club but instead of being put onto teams, the players would be put into each club's Academy. The players will then benefit from the club's coaching staff and still be able to experience competition by playing against other club's Academies. This type of environment will allow the players to experiment and play without the fear of losing a match. This environment will also allow the coaches to move players around within their own Academy, not worrying about coaching to win, and ultimately contribute even greater towards a player's overall development. Again, this Academy approach is "Player-Centered" and not "Coach Controlled".

Players either with select or recreational experience can attend the clubs open try-out for the U9 academy. It is preferred that the academies keep all the players and continue to develop them instead of cutting players and discouraging them from playing the game.

KENTUCKY YOUTH SOCCER ASSOCIATION ACADEMY GUIDELINES



Each club will appoint an Academy Director. It is recommended that each Academy Director holds at least a US Youth Soccer National Youth License and/or a minimum USSF "C" License or equivalent. Each club will be encouraged to submit the name(s) of their Academy Director to Kentucky Youth Soccer.

Clubs can determine their own method for admitting players into the Academy. The "No-Cut Policy" is highly recommended and every player who wishes to join should be accepted unless the numbers exceed the playing space available and/or coaching staff is limited. (To be successful each club should strive for a maximum of a 1:12 player/coach ratio.)

Clubs should be clear that the players within their own Academy are those who desire to play at a higher level. Each club should promote/advertise that these Academies are a step above recreation soccer. However, recreational players are permitted to participate should they wish to make the step up.



ACADEMY PLAY DATES GUIDELINES

ACADEMY TRAINING GUIDELINES

Club Academies should not have more than two trainings per week. Trainings should not exceed 45 minutes of adult directed soccer with additional 30 minutes allotted form of free play/self expression.

Each club's Academy does reserve the right to group the players for training; however, it is recommended that it not be done more than 1 training per week. For example, during one of the two training sessions groups should/ could be mixed. The second training session of the week the academy coaches and/or director can group the players by ability if they so choose.

FORMAT

In conjunction with the hosting clubs in each district, Kentucky Youth Soccer will set up four academy play dates per season. Academy dates will be on Saturdays with Sundays used as rain dates.

Academy Play dates will be assigned to a venue. Academies will be invited in to participate against different clubs each play date. Each academy play date, all players will participate if they choose.

No teams shall be formed permanently. Every player shows up and then the coaches split up the players and have them play 6v6 (5 plus Goalkeeper). Academies can share players if necessary to make playing groups even. Alternative playing formats may be used if agreed upon by Academy Directors. Kentucky Youth Soccer U9/U10 Playing Rules will be used to govern the play dates. An academy play date will consist of three matches, each being played for 30-40 minutes in duration with two fifteen or twenty minute halves.

There will a minimum ninety minutes break in between each match. See Game Day Example Below:

Game 1, Kick-Off = 9:00 am
Game 2, Kick-Off = 12:00 noon
Game 3, Kick-Off = 3:00 pm

Game Day Logistics

- * Reshuffle Teams after every game
- * Maintain the teams for all three games
- * Pre-Assigned Teams (Balanced Teams by ability)
- * Tired Competition (Better/ Weaker players pre-assigned)

Although Kentucky Youth Soccer will be setting up the play dates and assigning which academies can/will play against each other, it will be the responsibility of the academy directors to establish which player/team selection format they will be using for each of the games. Each player must from the list above play at least half of every match, but it is encouraged they play more. No results or standings will be kept for the games. The purpose is to have very few players sitting on the substitute bench, so if the Academy Directors agree smaller sided games can be played to accommodate every player.



WORKING WITH OTHER CLUBS

Clubs are permitted to hold at least 2 extra play dates a season. They can invite clubs of similar size and ability, larger or smaller clubs.

The games played can follow the same format as provided by Kentucky Youth Soccer or alternate playing formats may be agreed upon by the clubs involved.

Club Academy Directors must inform the State Director of Coach & Player Development that they will be hosting a inter-club play day. Academy clubs can even play in house play dates, or organize pick up games and street soccer festivals on weekends when no games have been officially arranged.

COMMON SENSE GAME MANAGEMENT

Even though scores are not kept during each game it is still possibly to tell if a game becomes lopsided. This is then no longer enjoyable or beneficial to any of the players.

Unlike regular league structure the Academy format will allow you to solve the problem by.....

- * Adding a player to the weaker team.
- * Moving impact players to another game.
- * Changing an impact player with a keeper.
- * Removing a player from the stronger team.
- * All of the above.

RECOMMENDED ACADEMY TRAINING CURRICULUM

"GOOD PLAYERS EXECUTE GOOD DECISIONS. POOR PLAYERS EITHER CAN'T MAKE THE DECISION, OR CAN'T PULL IT OFF."

Below is just a recommendation or a guideline for Academies to use for their training. The training environment should place emphasis on technique over tactics and is positive and FUN.

TECHNICAL EMPHASIS

- Dribbling
 - Finding space (head up)
 - Beating an opponent (taking players on)
 - To keep possession (shielding)
- Passing
 - Short passing
 - Disguise in passing
 - Introduction to striking longer balls
- Receiving
 - Mechanics of receiving balls on ground
 - Importance of first touch (sets up second touch)
 - "Take it somewhere new"
- Shooting/Finishing
 - Mechanics of shooting
 - Mentality to finish
 - Finishing off the dribble
- Juggling
 - Individual
 - With a partner
- Goalkeeping
 - Footwork (Getting behind the ball)
 - Collecting balls off ground
 - Catching techniques
 - Stance

TACTICAL EMPHASIS

- Penetration via dribble or pass
- Role of support
- Introduction of simple 2 player combinations
- Mentality of winning the ball back (getting pressure)
- Understanding of transition from attack to defense
- Understanding of transition from defense to attack
- Understanding of how 2 playing lines interact

PSYCHOLOGICAL EMPHASIS

- Positive
- Encouraging players to "take risks" (encourage dribbling and creative play over passing)
- Fun!

FITNESS

- Should not be done as a means of getting them "FIT". No sprint tests, long distance runs, etc.
- Should be done as a means of getting better with the ball and should include the ball. Should be FUN!
- Teach controlled falling
- Running mechanics
- Range of Motion activities
- Proper training activities should provide enough fitness

SAMPLE LESSON PLANS

Dribbling

- Fun Dribbling Activities
- Positive and Creative Dribbling
- Beating an opponent on the dribble
- Creating 1 v1 opportunities in a game
- Dribbling for possession

Passing & Receiving

- Fun Passing Activities
- Dynamic First Touch
- Receiving and Turning with the Ball
- Passing/possession
- Passing, Receiving and movement
- Dealing With Bouncing Balls

Shooting & Finishing

- Shooting
- Attitude to shot & Finish

Goalkeeping

- Footwork
- Dealing with 1 v1 situations
- Basic Handling
- Dealing with crosses

Tactical Emphasis

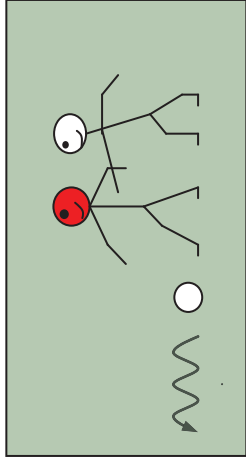
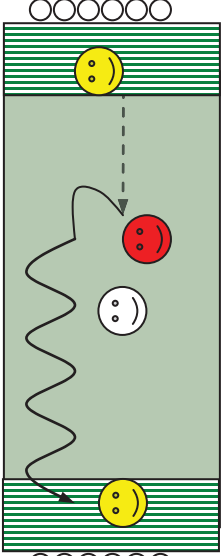
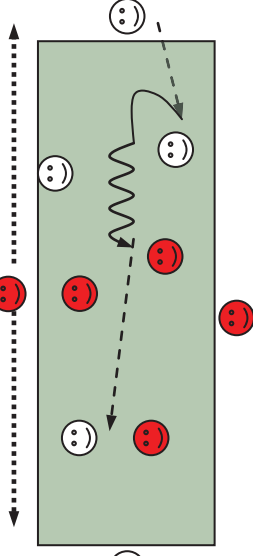
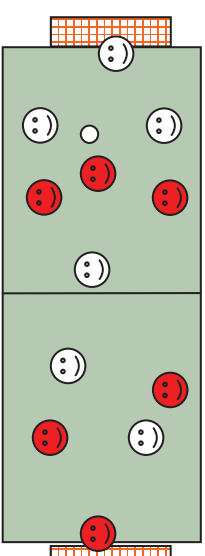
- When to dribble and when to pass
- Developing support play to improve possession
- Switching the play
- Defending in small groups
- Pressure, Cover, Balance
- Winning and keeping possession



FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Two players start in the area without a ball * Everyone else has a ball and is dribbling around * The players that don't have a ball must try to win a ball from a dribbler * If they win a ball, the person that lost the ball must then go and retrieve a ball from another person. * If the dribbler goes out of the area with the ball due to pressure from the defender they switch roles 	<ul style="list-style-type: none"> * Keep the ball moving * Be positive in facing the defender up
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Players work in 1 v 1's in a 12 yard x 12 yard area * Three goals are set up in three corners of the grid * Defender stands in one corner and the attacker stands opposite * Defender plays the ball to the attacking play * The attacking player can score one point by dribbling in a side goal or 3 points for beating and going past the defender * Switch roles after each turn 	<ul style="list-style-type: none"> * Positive First Touch * Attacker the defender to the side * Bend knees * Disguise your movement * Accelerate to the side and behind
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set up group in to two equal teams * Place two or three triangular goals around the grid * Teams score goals by dribbling successfully through the triangle without losing possession * Teams can pass the ball through the triangle but it does not count as a goal * Once the team has dribbled through one triangle they must attempt to move through a different one before returning to the triangle they just dribbled through. 	<ul style="list-style-type: none"> * Team Shape, space and awareness * Acceleration into space * Don't force the play
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5 V 5 including GK's * Normal Soccer Rules * Let the players play, but encourage players to take players on when in 1 v 1 situations. 	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ⤿ = Dribble ● = Marker Disc 😊 = Players ☹ = Run ⊠ = Goal --- = Pass
<p>COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

Kentucky Youth Soccer Association U9 Academy Lesson Plan Creating Opportunities To Take Players On

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * Two players, place one ball on a cone and the defender starts with the other ball * The defender passes the ball through the attacking players legs, who turns and attempts to get to the ball first * The attacking player then attempts to turn and face the defender, if Def wins then they become the attacker * The attacking player can score by beating the defender and knocking the ball off the cone * Switch roles after a point has been scored 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> * Get to the ball first * Attempt to turn and face the defender * Keep the ball moving * Positive fakes * Exploit the space to the side and behind the defender
<p>MATCH RELATED ACTIVITY</p>	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * 3 v 2 with role on/off players * Each team has two goals to attack * If the attacking team scores one player drops off and a player from the opposing team steps on to create a 3v2 attacking situation * If the team with 2 wins the ball and scores they remain on defense * If the attacking team score in a 1v1 situation it equals 2 * Coach keeps feeding in the balls to keep the game flowing 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> * Patience as a team * Positive first touch to move forward when opportunities allow * Exploit defenders to take them on 1 v1 * Safety/ Risk Factor
<p>MATCH RELATED ACTIVITY</p>	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * 4 v 4 target players * Therefore when team is in possession it is 5 v 4 * Two goals are placed on each end line * Players can score through the goals without using the target player * If they use the target player to create a 1v1 situation or a goal and the team score it is worth two points 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> * You may divide the field in half and put a touch restriction in the defensive half and encourage them in the attacking half to dribble at their defensive player
<p>MATCH CONDITION ACTIVITY</p>	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * 7 v 7 including GK's * Normal Soccer Rules * Use half of a regular 11 a-side regulation field 	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> 😊 = Players ☹️ = Cone → = Pass → = Run 🏠 = Goal Net ○ = Ball ⤴️ = Dribble
<p>COOL DOWN</p>	<p>Players dribble around and static stretch</p>	

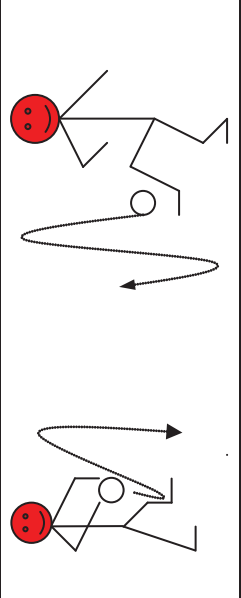
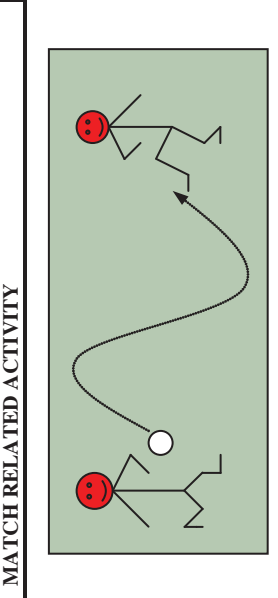
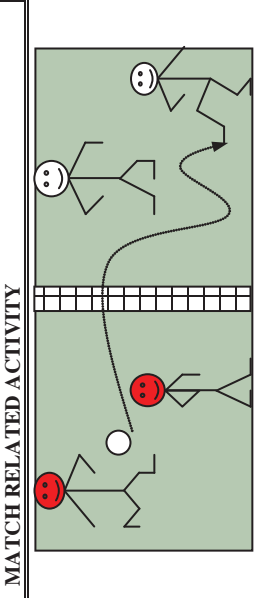
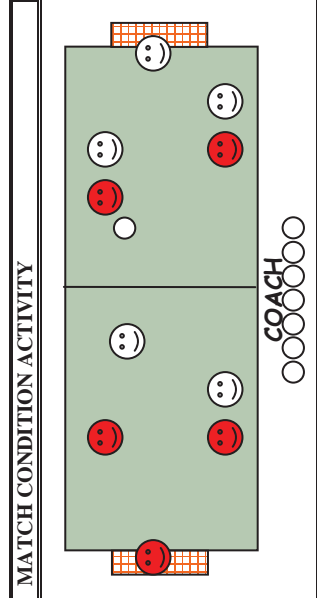
FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> *Place two players in a grid, one attacker starts with a ball * The players with the ball try's to keep the ball away from the defender * If the attacker player dribbles out of the grid or the defender wins possession the switch roles * Play for 60 seconds * Add dynamic stretching 	<ul style="list-style-type: none"> * Keep the ball moving * Keep the ball at a distance from the defender * Encourage attacking player to be positive and face the defender.
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Players work in groups of 4. Two servers, one defender and an attacker * The attacker receives the ball from a server and attempts to turn and dribble into the other zone. * If they are successful they restart and the second server now plays a ball in. * If the defender wins it they become the attacking player and dribble into the zone from where the ball was played * The servers can not receive a pass back 	<ul style="list-style-type: none"> * Quality of the service from the server * Keep the ball on the back foot away from the defender * Use the upper body to help shield the ball * Keep the ball close and moving
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Place the group into two equal teams * Teams go from one end of the grid to the other * The target players pass the ball in and they must possess the ball as a team/individually until they can reach the team-mate on the other-side * The player with the ball must do a take-over with the target player, whom the ball back into the playing area * Teams score a point each time they successfully go from one side of the grid to the other 	<ul style="list-style-type: none"> * Engage the defender * Encourage targets players to move up and down the sidelines * Recognize when to possess and when to penetrate
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 6 V 6 including Goalkeepers * Regular soccer rules 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ☺ = Players → = Pass ⋮ = End Zones ⊠ = Goal ⤿ = Dribble ←⋯⋯→ = Run with ball
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players slowly dribble around with a ball. Stretch</p>	

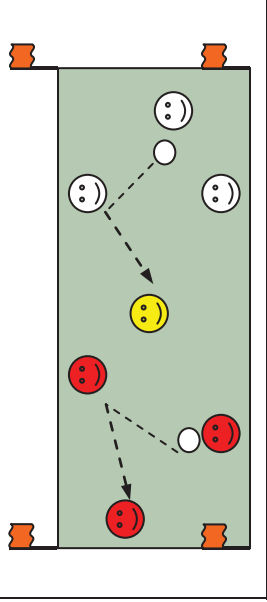
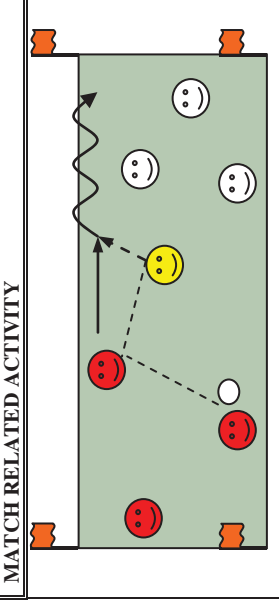
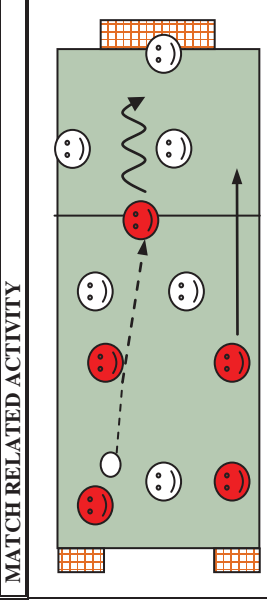
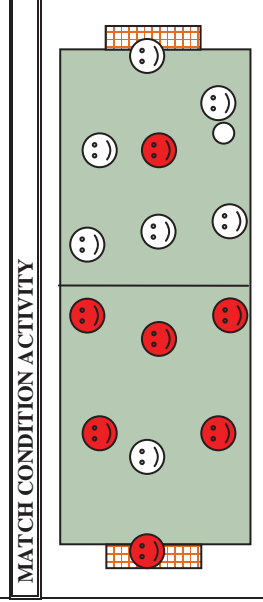
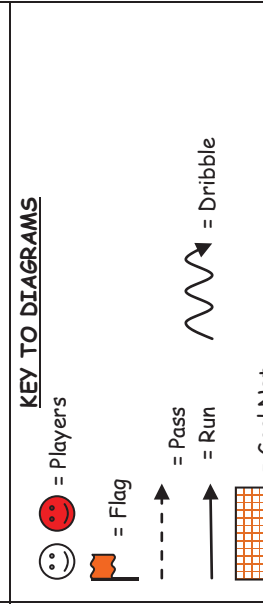
FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * Players work in pairs with one ball, passing back and forth * When you pass the ball you jog backwards * The other player then moves forward to receive the pass * One player is selected as the captain * On the discretion the opt to dribble at the other player * They score a point if the dribble into the end zone * The defender wins a point if they win the ball and dribble into the attacking players end zone 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> * Weight of pass * Positive first touch * Positive Attitude * Body Fake * Encourage players to express themselves * Exploit the space to the side and behind the defender * Accelerate past the defender
<p>MATCH RELATED ACTIVITY</p>	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * Set 2 yard gates up in the area * Select 3 or 4 Defenders depending on # of players * Ever other player then has a ball dribbling in the area * Players work for 90 seconds * Def enter the area to try an steal a ball from an attacker * An attacker loses the defender by dribbling through a gate * If the attacker loses it they must then try to win another ball 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> * Keep the ball moving * Engage the defender * Positive Attitude * Body Fake * Encourage players to express themselves * Exploit the space to the side and behind the defender * Accelerate past the defender
<p>MATCH RELATED ACTIVITY</p>	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * 6 v 6 including GK's * Divide the field into thirds * 1 Goalkeeper, 2 defenders, 1 midfielder and 2 strikers * The only player that can change zones is the midfielder * They can join their attacking team to create a 3 v2 * If they lose possession or a goal is scored they are the only player that can drop back into their midfield third 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> * Depth from the strikers * Movement off the ball to create space
<p>MATCH CONDITION ACTIVITY</p>	<p>ORGANIZATION</p> <ul style="list-style-type: none"> * 7 V 7 including GK's * Normal Soccer Rules * Use half of a regular 11 a-side regulation field <p style="text-align: center;">Players dribble around and static stretch</p>	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Ball = Pass = Run = Goal Net = Cones/Gates = Dribble
<p>COOL DOWN</p>		

FUNDAMENTAL – WARMUP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Tails, divide group into 2 teams * One team has one colored pinnies and the other a different color * Pinnies are tucked into the back of the shorts * Players have to try and steal the other team's pinnie form their shorts. Players can not hold onto the pinnie * Once won the stick it in their shorts and the other player must try and win it back 	<ul style="list-style-type: none"> * Play game with out ball to start of with, then add it in after 1 or 2 attempts * Keep the ball close and under control * Face the defender * Attack the defender to the side and behind
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Passive Gauntlet * Attacking player dibles at the first defender and executes one of the moves. 1. Side Step, 2. Scissors, 3. V-Step, 4, Hip Twist. * Beats the passive defender and plays to the other attacking player. * Player then stays in the middle to become the defender as the original defender drops off waiting to become the attacking player. Rotate through 	<ul style="list-style-type: none"> * Positive Attitude * Dribble in Slow * Draw the defender to one side * Execute the move with realism * Bending the knee's and dropping the shoulders * Attacking the defender to the side and behind with speed * Keep the ball under control
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Gauntlet against two defenders * Defenders can only defend their own area * Attacking player must attempt to dribble past both defenders and score past the GK * If the defenders win it then they can score a point by successful dribbling over the attacking player's end line. * Progress to defenders can work back to double team up 	<ul style="list-style-type: none"> * Attacking with speed * Positive Attitude * All of the above
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the group into two equal teams * Teams now have GK in the goals * Players can score 2 points for successfully dribbling past a defender or scoring on goal * Have extra balls placed around the field to keep the game moving quickly * Emphasize the Safety/Risk Factor 	<p style="text-align: center;">LEGEND</p> <ul style="list-style-type: none"> = Players = Ball = Dribble = Run with out the ball = Pass = Goal Net = Pinnies
<p style="text-align: center;">COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet.</p>	

Kentucky Youth Soccer Association
U9 Academy Lesson Plan
Receiving & Turning With The Ball

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p align="center">ORGANIZATION</p> <ul style="list-style-type: none"> * Half the group on the outside of the area * Leave two player on the outside without a ball * Players in the middle check to receive a pass * The turn with the ball and pass to a player on the outside that does not have a ball * Then check to receive another pass * Change roles after 60 seconds 	<ul style="list-style-type: none"> * Check to receive the pass * Quality of the pass * Surface used to receive the pass * Bend the knees, and accelerate into space * Head Up
<p align="center">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 1v 1 with two neutral players * The attacking player in the middle checks to a neutral player to receive the pass * The player receives the pass on the turn and attempts to dribble past their opponent and play it into the other neutral player * The attacking player continues to then receive the pass back and play back to the other side * If the defender wins it they become the attacker 	<ul style="list-style-type: none"> * Awareness of the opposition * Movement to create space * Try to lead the player into the turn * Surface used to receive the pass * Disguise * Bend the knees
<p align="center">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4 v4 plus Goalkeepers * Players are restricted to staying in their own halves * Defenders play the ball into the attackers, who try to turn and score * Attackers can play back to defender * Defenders can shoot if ball is laid back 	<ul style="list-style-type: none"> * Team Shape, to create space * Field Awareness * Communication
<p align="center">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 6 V 6 including GK's * Normal Soccer Rules * If a players scores after receiving it and turning the goal counts double 	<p align="center">KEY TO DIAGRAMS</p>
<p align="center">COOL DOWN</p>	<p align="center">Players pass and move in pairs. Stretch</p>	

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players have a ball each * They bounce the ball once and kick it back up in the air * Keep letting it bounce once and pooping it back first time * Progress to having them touch it twice before they pop it back up in the air * Progress to having them bring it under control off the bounce and then throwing it back up 	<ul style="list-style-type: none"> * Eyes on the ball * Bend your knees * Lift the ball with your laces * Use arms for balance
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * Players work in pairs * The players pass the ball freely around the area * The ball must be passed in the area * The ball may not bounce more than twice before it is played back * Players count how many passes they can score in 30 seconds. * Progress to one bounce 	<ul style="list-style-type: none"> * Get in the line with the flight of the ball * Balance your body by bending your knees and using your arms * Pick the passing surface
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * 2 v2 Soccer Tennis * One team serves the ball over the net * The receiving player is allowed to let it bounce before returning it back over * The receiving player is allowed a maximum of 3 touches * They can pass to their teammate before returning it * The teammate is allowed one bounce before either passing it back or returning it across the net 	<ul style="list-style-type: none"> * Get in line with the flight of the ball * Relax the body to cushion the ball * Supporting angles * Communication <p>Note: You can use many alternative tools for a tennis net</p>
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 5 V 5 including GKs * Normal Soccer Rules * But every time the ball goes out of bounds the coach lofts a ball in to the playing area * Teams score double if the bring the ball under control and score from a bouncing ball <p style="text-align: center;">Players pass and move in pairs. Stretch</p>	<p style="text-align: center;">KEY TO DIAGRAMS</p> <p>○ = Ball</p> <p>↘ = Bouncing Pass</p> <p>⦿ = Player</p> <p>⊞ = Tennis Net</p> <p>⊞ = Goal</p>
<p style="text-align: center;">COOL DOWN</p>		

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Groups of 3 with 1 neutral player * The players pass and move the ball around the area * They must use the neutral player who has two touch only * Progress to after the player receives the pass from the neutral player they must explode with a five yard dribble 	<ul style="list-style-type: none"> * Surface of foot to pass the ball * Weight of pass * First touch leads you into your next pass * If in a tight area when dribbling keep the ball close * If you have space when dribbling knock the ball in front of you so you can explode
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * 3 v 3 with a neutral * The neutral player plays for both teams, and has a two touch limit * The players score by dribbling over their opponents end line * Progress to all players having a two touch limit 	<ul style="list-style-type: none"> * Team Shape * Body position * Patience, don't force the play * Try to create 1 v 1 situations
<p style="text-align: center;">MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> * 5 V 5 (Defensive team has a GK) * The attacking team attempts to score in the big goal * The defensive team can score in the two small counter goals * Play with a high restraining line, so space can be exploited behind the defenders 	<ul style="list-style-type: none"> * Team Shape, wide and long * Encourage dribbling past the restraining line, especially if in 1 v 1 situations * Communication
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p> 	<ul style="list-style-type: none"> * 7 V 7 including GK's * Normal Soccer Rules * Use half of a regular 11 a-side regulation field <p style="text-align: center;">Players pass and move in pairs. Stretch</p>	<p style="text-align: center;">KEY TO DIAGRAMS</p> 
COOL DOWN		



Kentucky Youth Soccer Association
U9 Academy Lesson Plan
Fun Passing Activities



FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players are placed into pairs with a ball each * One player pass their ball out in front of them by about 5 or 10 yards * The 2nd player then attempts to pass out their ball and hit the first ball while it is still or moving * If they hit the ball they score a point * If it goes pass the target ball, the first player then attempts to hit their ball at his teammates ball * Play continues until a ball has been hit 	<ul style="list-style-type: none"> * Non-Kicking foot next to the ball * Encourage using the instep of the foot * Weight of pass * Players learn to immediately follow their pass after they have played it
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Players have a ball each and dribble around the area * Each player attempts to pass their ball and hit another players ball, while they are moving * If the players hits the ball, they get a point * Play the game for 60-90 seconds to see who scores the most points. 	<ul style="list-style-type: none"> * Dribble with head up * Weight of pass * Passing accuracy
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the group up into two equal teams * Two players (or coaches) then use a colored vest stretched out and walk around the area. * The teams have to try and pass the ball underneath the vest and between the two people carrying it. * A goal can be scored through either side, but it must be passed to a team-mate. * Progress to allow the players carrying the movable goal to also stop it from going through. 	<ul style="list-style-type: none"> * Team Shape, space and awareness * Passing accuracy and quality * Don't force the play
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5 V 5 including GK's * Normal Soccer Rules * Let the players play, but encourage players to take players on when in 1 v 1 situations. 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ~ = Dribble — = Moveable Goal/ Colored Vest 😊 = Players 🏠 = Goal ---> = Pass
<p style="text-align: center;">COOL DOWN</p>	<p>Players lightly jog and skip around the area. Stretch</p>	

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Groups of 6 in a 12 x 10 area * Ball Starts in corner with two players * Pass to the next corner and follow the pass <p>Progression</p> <ul style="list-style-type: none"> * Ball is played the other way around the area * Player follows in with speed to put the receiving player under pressure * Groups race against each other * Have two balls moving around the area 	<ul style="list-style-type: none"> * None kicking foot next to the ball, pointing in the direction you want the pass to be played * Hit the ball with the inside of the foot * Strike through the middle of the ball * Head and Shoulders over the ball * Play the ball into the correct side of your team-mate * Receiving player should open up to receive the pass * Lock the ankle when receiving the ball but cushion the pass
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 3v1 Explosive Squares * In the groups players number themselves 1,2,3 & 4 * Players pass and move the ball around the area * When the coach calls out a number that play leaves their square and goes into the opposite one to win the ball back as much as possible. * Defenders win a point each time they win possession or the ball goes out of the area. * Winning team is the team with the least scored against 	<ul style="list-style-type: none"> * All of the above * Weight of the pass * Keep the ball moving * Make Eye Contact with team-mates * Movement after the pass * Get In Line with the ball * First touch away from danger
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play in a 20 yd x 50 yd area divide into 2 halves * 2 equal teams with one team starting with the ball * The other team sends in two defenders to try and win the ball and play it back to their team mates * If they win it they move back to support and 2 defenders come in, to make a 5 v2 * Attacking team wins a point for every 5 consecutive passes they make 	<ul style="list-style-type: none"> * Team Shape, wide and long * Support Play * Communication
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the group in two two equal teams * 4 v 4 plus a GK * Have extra balls placed around the field to keep the game moving quickly * Emphasize on possession and passing techniques 	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Ball = Run with out the ball = Pass = Goal Net = Colored Vest
<p>COOL DOWN</p>	<p>Players in pairs pass and move the ball. Stretch</p>	

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Set the Cones up in a Diamond * 2 players at the first cone, one at every other * Receiving Player checks away from the ball * Player passes the ball as the receiving player checks back * Follow the pass * Ball keeps moving around the team 	<ul style="list-style-type: none"> * Check back hard to create the space * Open body up when receiving the pass * Make eye contact with the receiving player * Pass the ball into the correct foot * Communication
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Set four target areas in the corners of the grid * Two Players from each team in opposite areas * The team keeps possession of the ball and play the ball, into a target player then switch roles with them * To score a point they must then go to the opposite side * They can go back to keep possession but it does not count as a point 	<ul style="list-style-type: none"> * All of the above * Patience don't force the play * If the pass is not on go back or switch the play * Check 360 degrees when receiving the pass
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Field is set up as in previous game, you may want to make the target areas slightly bigger * No Target Players * Teams can now go to any target area * Once in an area they must attempt to make 3 consecutive passes to score a point and move onto another area * The team not in possession can attempt to win it back at anytime 	<ul style="list-style-type: none"> * Field Awareness * Patience
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Keep field wide and long 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ☺ = Players ☹ = Ball ▲ = Cone --- = Pass → = Movement off the ball ⤿ = Dribble ⊞ = Goal ▣ = Zone
<p style="text-align: center;">COOL DOWN</p>	<p>In pairs or three's players pass and move around include</p>	

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 3 to 4 players per square * Players play 2 touch * After each pass a the player needs to jog around a cone in the corner * They then come back into the area to receive the next pass * You can progress to moving around 2 cones 	<ul style="list-style-type: none"> * Weight of Pass * Lead team-mate into their next pass * Open body up to receive the pass by using the full area * Check to the ball with pace * Communication
	<ul style="list-style-type: none"> * Three teams of 3 or 4 players * Players play 2 or more touches * Each team has a ball * You can not pass the ball to somebody on the same team as yourself * After each pass you must go and search for one of the other balls from the other team 	<ul style="list-style-type: none"> * Movement after the pass to create space * Thinking ahead, know where you are going before you receive the pass * Field Vision and Awareness
	<ul style="list-style-type: none"> * 4v4v4 with Two Goalkeepers * Start with one defensive team in the middle * If they win the ball they can go and try to score in either goal * If they score which ever team gave possession away goes in the middle * The two attacking teams score a point for each 8 consecutive pass they make * Teams in possession can pass to their own team 	<ul style="list-style-type: none"> * Using the full width and depth when in possession * Checking in to the space to receive the pass * Reading the game, by thinking ahead * GK's can be used for keeping possession
	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Keep field wide and long * Team Shape 	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Ball = Cone = Goalkeeper = Goal = Pass = Run
<p>COOL DOWN</p> <p>In pairs or three's players pass and move around include</p>		

Developing Support Play To Improve Possession

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Divide a 20 x 20 grid in to quarters * Place three teams in the grid with a ball per team * Players pass the ball around between their team * After each pass the player must move into a different quarter * Players can receive from their team mate in a small section, but progress to where they have to pass and move to another section 	<ul style="list-style-type: none"> * Speed of pass * Angle of support so player can move directly into the next pass with limited touches * First touch away into space * Head up * Thinking ahead i.e. continuous movement * Keep the grids as big as possible
	<ul style="list-style-type: none"> * Keep the grid the same as the warm-up * Playing 3v3v3. Two teams in possession. If def team wins it they switch out * After passing the ball players must move sections. Players can receive a pass from within the same small section, but progress to where they have to pass and move to another section * If teams become successful progress to where they have to pass to a player wearing a different color from which they received it. 	<ul style="list-style-type: none"> * Keep the grids and are big as possible * Body position of receiving player * Do not force if the play is not on. * Focus on the supporting players and not the ball * Recognize keys and cues
	<ul style="list-style-type: none"> * 5 v5 including Goalkeepers * Create three teams, with one being used as wall players * Divide the field in to halves placing 2 Def's and 2 Str in each half. * Teams can only have 2 v 2 in each half at all times, but they can inter change as shown in diagram * Teams can use the wall players to maintain possession, encourage the wall players to keep moving * Play 3 minute game and rotate teams, winners stay on 	<ul style="list-style-type: none"> * Don't force the play. * Create blind side runs and clever combinations * Keep moving to get open and create opportunities to maintain possession
	<ul style="list-style-type: none"> * 7 V 7 including GK's * One team plays in a 3-2-1 * One team plays in a 2-3-1 * Normal Soccer Rules * Use half of a regular 11 a-side regulation field 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> 😊 = Players 😬 = Goalkeepers --- = Pass → = Run ⤴ = Dribble 🏠 = Goal Net ○ = Ball
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players pass and move in pairs. Stretch</p>	

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>* Robin Hood</p> <ul style="list-style-type: none"> * Players are divide into 4 teams and start in a corner of the grid * All the balls are placed in the middle * Players go one at a time form each area to take a ball and dribble back to their corner * When there are no balls left in the middle, teams compete for 60 seconds to take balls from each other 	<ul style="list-style-type: none"> * Speed on being first to the ball * Players can not guard their squares but can win the ball of each other way they are dribbling back. * Stepping across the player to win the ball
<p>MATCH RELATED ACTIVITY</p>	<p>* 1 v1 To Goal</p> <ul style="list-style-type: none"> * Coach plays the ball in: first player to the ball goes to goal. * The second player must then win the ball back and try to score in either of the two counter goals * Play for 60 seconds or until the ball has gone out of bounds * Progress to playing 2 v 2 	<ul style="list-style-type: none"> * Attitude to be first to the ball * Once in possession of the ball, be direct * Get body in between defender and the ball
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the team into two equal teams * Divide the field into three sections as in diagram * Normal soccer rules except the point's system works as follow. 3 Points for winning it back in the attacking third and going on to score a goal 2 Points for winning it back in the middle third and going on to score a goal 1 Point for winning it in the defensive third and going on to score a goal 	<ul style="list-style-type: none"> * Invite the pass in * Win the ball as high up the field as possible * Immediate pressure, can you even cut out the pass * Second defender providing cover * Communication * Whole team pushes in to deny space. * Win the ball and secure the pass
<p>MATCH CONDITION ACTIVITY</p>	<p>* 5v5 scrimmage</p> <ul style="list-style-type: none"> * Teams play with 2 strikers, 1 midfielder and 2 defenders * Keep field wide and long * Encourage all the coaching points <p>Player's dribble around with a ball then stretch</p>	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> 😊 = Players 😬 = Goalkeeper → = Run with out the ball - - - = Pass 🏠 = Goal Net ○ = Ball
<p>COOL DOWN</p>		

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players pass the ball in pairs * Place an extra ball about 5 yards away from them * On coaches command they leave the ball they are passing with and attempt to be first to the other * First to it wins a point * Second to it acts as the defender * Play 1v1 for 10 seconds 	<ul style="list-style-type: none"> * Measure who is going to be first to the ball * Defender should not over commit * Defenders body shape * Be patient, don't reach for the ball
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4v2 Keep away * Defenders stay in for two turns * Two touch max for the players on the outside * Players on the outside are paired up ready to go into the middle when they make a mistake <p style="text-align: center;">Progression</p> <p>6v3 : Third defender is used as the balancing defender, to prevent a split pass from happening</p>	<ul style="list-style-type: none"> * Pressure * Body Shape * Cover * Communication * 3rd Defender equals balance
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Defending team has 3 Def and 2 Mid * Attacking team has 2 Strikers and 3 Mid * Defending team score a point for passing into the target * Attacking team score in the big goal * Can one defender step into support the midfield 	<ul style="list-style-type: none"> * Full backs step out when Wide-Mid has the ball * Shifting across * Don't over commit * Double team when possible * Constrict the Space * GK moves up with the play * Most efficient way to get to the target player
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * Regular Scrimmage * Divide the group in too two equal teams * Teams now have GK in the goals * Have extra balls placed around the field to keep the game moving quickly * Emphasize all defending aspects that have just been covered * Share the responsibilities of who steps into support the midfield <p style="text-align: center;">Dribble and Stretch</p>	<p style="text-align: center;">LEGEND</p> <ul style="list-style-type: none"> = Players = Ball = Dribble = Run with out the ball = Pass = Goal Net
<p style="text-align: center;">COOL DOWN</p>		

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Start with a group of players and a ball inside a small grid * Place the other players on the outside of a bigger grid * Players on the inside pass their ball to an outside player * They then follow their pass and put pressure on the receiver * They receiving player then dribbles into the middle and plays to a different player on the outside 	<ul style="list-style-type: none"> * Pass of the initial pass * Shut down quickly * Defenders angle of approach * Bend knees and lower center of gravity * Delay
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 2 v2 goals are scored by dribbling through the goal * Start 1 attacking player half way out of the grid * His or her team mate play into them * Defenders then try to win the ball back * Defending team scores 2 points per goal, Attacking team scores 1 point per goal * Rotate roles every 5 minutes, but keep score 	<ul style="list-style-type: none"> * Defenders should be on front foot to try and intercept the pass * Distinguish Roles * First defender should try not to allow the attacker to turn and force towards there is cover * Second Defender should not over commit and be caught flat * As the ball moves between strikers, nearest defender shuts down and second defender provides cover
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * 4 attackers versus 3 defenders * Start one of the attackers halfway up the grid * Both teams defend and try to score in two goals * Goals are scored by dribbling through the goal * Defending team scores 2 points if the score after regaining possession * Rotate roles every 5 minutes, but keep score 	<ul style="list-style-type: none"> * As above * Keep the ball and play in front of you * Third defenders body position needs to be open so that they can see the field and blind side runs * Stay compact and be patient * Shift as a unit when the ball goes square
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p> <p style="text-align: center;">6 v 6 Game Team 1 = 1-2-2-1 Team 2 = 1-1-3-1</p>	<ul style="list-style-type: none"> * 6 v 6 (including the GK'S). * "Coach One Team - One Theme": Condition the Team(s). Use starting positions. * Work down both sides of the pitch. * Use an Off-side line for Realism. 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Cone = Pass = Run = Dribble = Goal Net
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players pass and move in pairs. Stretch</p>	

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
<p>20 yd</p> <p>15 yd</p> <p>Coach</p>	<ul style="list-style-type: none"> * 1v1 to goals * Coach plays a ball in , teams attack their opposite end * Once the ball is out of play a new ball is fed in to two new players * First team to score ten wins * Teams should rotate sides 	<ul style="list-style-type: none"> * Be first to the ball * Take the opportunity early * Get body and foot around the ball
<p>MATCH RELATED ACTIVITY</p> <p>Coach</p>	<ul style="list-style-type: none"> * Two equal teams with 4 or 5 players * Players number themselves 1-5 * Coach plays a ball in and calls out a number * The players with that number come out to play 1v1 * The other players act as Goal-Keepers * Game continues until a goal is scored or the ball goes out of bounds. If, GK's save the game continues * To avoid accidents play the ball slightly to one side 	<ul style="list-style-type: none"> * All of the above * Take the opportunities early * Surface of foot used to take the shot * Head and Shoulders over the ball <p>Progression:</p> <ul style="list-style-type: none"> * Call out 2 numbers at the same time
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Play 2v2 in a plenty area * Target Players are placed around the outside with a ball each * The attacking player goes to receive the pass * They either turn to shot or play combinations with their Team-mate * Once the shot has been taken they go and receive a pass from another target player * Rotate players around after 90 seconds or after all the target players have passed their ball in. 	<ul style="list-style-type: none"> * Check Runs * Awareness of where the defender is * Turning towards the goal * Second attacker follows the shot in for re-bounds
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Encourage forwards to stay as deep as possible * Keep field wide and long <p>Player's with a ball each lightly dribble around the area,</p>	<p>LEGEND</p> <ul style="list-style-type: none"> 😊 = Players ☹️ = Players ⤴️ = Dribble ➡️ = Movement ➡️ = Pass 🏠 = Goal ⬆️ = Shot ○ = Ball
<p>COOL DOWN</p>		

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p>* Two players per ball * Distance depends on save * Play across to touch or save * Alternate each service</p>	<p>* Explode to steal ground. * Read cue to stalk, low, compact, under control, small steps. * Explode to save, hands from low position, forward to ball first. * Call KEEPER each save</p>
<p>MATCH RELATED ACTIVITY</p>	<p>* 6 players in middle moving randomly * Server plays to checking runner. * Server plays the ball to feet or to space * GK comes out to create a 1 v1 situation * If GK wins they play back to Coach * Runner becomes GK on deck * GK goes to the middle</p>	<p>* Cues to steal ground; pace, distance first touch. Cheat when possible. * Stalking: small steps, moving forward, low hands out front. * Cue to attack ball, save as far from goal as possible.</p>
<p>MATCH RELATED ACTIVITY</p>	<p>* 3 v3 with one neutral player in the middle zone * Teams break out to end zones and create a 2 v1 * If Goalkeeper wins the ball, they look to play to Def, or back into the middle zone * If ball goes out of bounds, coach restarts the play back in the middle zone</p>	<p>* Patience to read and time play. * Visual cues to attack or hold. * Communication with defenders * Starting position not too aggressive, no chips, avoid getting caught in middle.</p>
<p>MATCH CONDITION ACTIVITY</p>	<p>* 6 v 6 game with no restrictions</p>	<p>KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Goalkeeper = Outfield Players = Goal = Cone = Dribble = Pass = Movement = Ball
<p>COOL DOWN</p>	<p>Players throw and catch the ball in pairs. Stretch</p>	

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 4 Goalkeepers with a ball each * Players stand just off set from their partner * Simultaneously the ball is tossed under arm across to your partner * The Player then shuffles across to receive the ball and toss the ball back. * Players work for 60 seconds 	<ul style="list-style-type: none"> * Stay on the balls of your feet * Shuffle over, don't cross your legs * Knees Bent * Shoulders square to the ball
	<ul style="list-style-type: none"> * Set up a slalom of cones * Keeper shuffles through the cones * As they hit the flags, the server drop kicks a ball in to them * Keeper catches the ball and plays back to the server. * Restart through the slalom * Progress to server playing it to the side 	<ul style="list-style-type: none"> * Knees Bent * Feet Shoulder width apart * Brush feet along the grass * Eyes focusing forward * Set feet as the server strikes the ball * Body behind the ball
	<ul style="list-style-type: none"> * Servers start on the edge of the six yard box * Goalkeeper starts on the near post * Strikers start about 12 yards out, level with the other side of the 6 yard box. Place a cone on the six yard box * Server plays a ball across to the striker * As the ball is played across, the keeper must move to the cone first * The striker attempts to score between the cone and near post. Rotate players through positions * 6 V 6 including Goalkeepers * Normal Soccer Rules * Stand behind Goalkeepers and focus on the footwork 	<ul style="list-style-type: none"> * One cross over step when keeper leaves near post * Shuffle quickly to set yourself between cone and near post * Set feet when striker hits the ball * Body behind the ball * Keep the ball out of the net. <p>Progression: Play until goal is scored, keeper has secured possession, or ball is out of bounds</p>
	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ● = Goal-keeper 😊 = Players ▲ = Cone 🚩 = Flag --- → = Movement → = pass or throw 🏠 = Goal 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> ○ = Ball ● = Goal-keeper 😊 = Players ▲ = Cone 🚩 = Flag --- → = Movement → = pass or throw 🏠 = Goal
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Players throw, roll and catch the ball in pairs. Stretch</p>	

FUNDAMENTAL - WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * One Player acts as a server * The other player moves from side to side working on volleying, two touch, and heading the ball back * After passing back at one side, the player moves across to the other side, making the player use both feet * Switch roles after 60 seconds 	<ul style="list-style-type: none"> * Get in line with the ball * Chose surface of contact * Quality of ball back to server * Sharp movement between the cones
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Head For Goal * Player throws the ball for a person to head it to the third player * Players then move to receive the next throw so they can head it on again * Team moves down the field trying to score on the goal * Progression is to add a defender 	<ul style="list-style-type: none"> * Quality of throw * Heading surface (forehead) * Keep your eyes open * Keep your mouth closed * Movement off the ball * Head the ball down when heading towards goal, so make contact with the middle to the top of the ball
<p style="text-align: center;">MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Throw-Head-Catch * Same organization as previous game, but it is now 3 v 3 or 4 v4 plus a GK * Defending team can intercept the ball during a throw or a head. * If the player catching the ball drops it, possessions changes hand 	<ul style="list-style-type: none"> * As Above * Aggressiveness to win the ball ahead of the defender
<p style="text-align: center;">MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 2 strikers, 1 midfielder and 2 defenders * Goals scored with a head count as double * Keep field wide and long 	<p style="text-align: center;">KEY TO DIAGRAMS</p> <ul style="list-style-type: none"> = Players = Goalkeeper = Ball = Run with out the ball = Pass = Goal Net
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Player's dribble around with a ball then stretch</p>	