
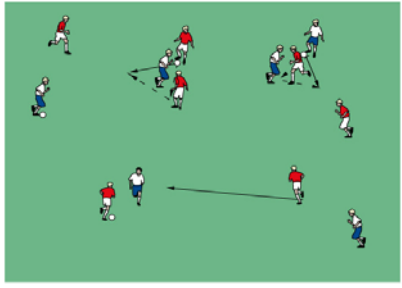


Indiana Youth Soccer Lesson Plans

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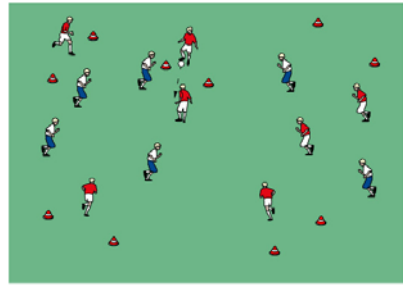
Age Group: U12 and up

Topic: Movement without the ball

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Warm-Up</p> <p>“Checkout” passing</p>	<p>Players get in pairs. They pass and move in an area. After they pass a ball they run around a cone. When they come around a cone, their teammate passes them the ball. After they pass they then run around a cone but on a different side.</p> <p>Progress to giving two players a bib/vest and they are “it”. They try to tag someone that has a ball. They can only “tag” not steal the ball. This will force the player checking out to go faster and the player with the ball to move quicker. When a pair tags someone with a ball then he/she is it along with their partner.</p>		<p>Quality of pass.</p> <p>-Eye contact.</p> <p>-movement quickly after ball is passed.</p>
<p>2nd Activity</p> <p>Wall Pass Game</p>	<p>Split group into two teams. Use 4-5 balls. The object is to wall pass around someone from the other team. Each team counts up how many successful wall passes they had around someone from another team. Teams can steal the ball away.</p> <p>This is an abstract game. Need to be patient and show them ways to get the task done.</p>		<p>Coaching Points:</p> <p>“If you don’t have the ball what can you be doing”? (Looking to go and help a teammate with a ball so we can wall pass around someone)</p> <p>“How do you know your teammate needs your help”?</p> <p>Show technique of a wall pass and that it is two diagonal balls.</p>

3rd Activity
Multiple Gate Game

Divide into two teams. One ball is used although you could add a second ball if needed. A point is scored everytime a team passes the ball through a gate and it is received on the other side by their teammate. Play for points or for a period of time.



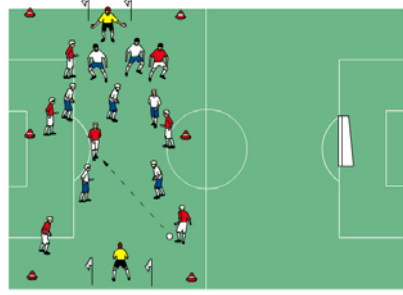
“How many players need to be around the player with the ball”?
(at least 2).

“How can you play faster”?
(take less touches on the ball)

4th Activity
8v8 game with goalkeepers.

At first, play “Silent Soccer”. They can’t make ANY noise while they play or it results in the other team getting the ball. This will force them to play with their head up and also move without the ball. Go for 5 minutes, then allow them to talk.

Play 8v8 game with goalkeepers



LET THEM PLAY!