

Soccer Practice Sessions



Phase I

7 - 10 year old

Creating the Decision Maker

Player and Coach



By
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www.soccerpracticesessions.com

Acknowledgements

Thank you to every player I have coached.



Academy Soccer Coach

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Contents



Technical shooting.....Teaching the correct shooting technique is a vital part of a players development.



Finishing under pressure.....Watch the goals go in on game day. Players love scoring goals!



Passing and moving.....Your players will get an understanding of possession with this practice session.



Ball control and passing.....This fun ball mastery practice session on technique will never be boring for the players again.



Dribble lvl.....Your players will be confident when faced with a lvl. This practice will teach them when and when not to dribble in a lvl.



When to dribble or run with the ball.....Teach your players the difference between the two. One is more touches one is less.



Ball mastery – Dribbling & shielding.....This dribbling and lvl session will give your players a lot of confidence on the ball.



Teaching team work.....Planting the seed for team work and work ethic are key in this early stage of development.



Playing out from the back.....Watch your goalkeepers decision making improve once they save the ball.



Field awareness.....Your players will develop field awareness without realizing they are doing it in this high energy practice session.



Speed of thought.....The decision making and reactions of your players will vastly improve with this practice session.



First touch & Passing.....First touch is a key component in player development. Your players will get plenty of touches of the ball in this practice session.



Let's be competitive.....It's great to see your players compete, whatever the outcome of the game. This practice will help you instill that competitive edge.



Ball Mastery - Dribbling.....A fun practice that allows your players to get maximum touches on the ball.



Team shape.....Your players will no longer bunch on the field after running this practice session a few times.



Soccer Practice Sessions

Technical shooting

- Area:** Three cones 20 yards away from goal with three groups of players. All the players have a soccer ball.
1. 'Player A' starts the exercise by dribbling around the coach and shoots at the goal.
 2. As soon as 'Player A' has taken the shot, they turn and receive a pass from 'Player B' and play a give and go. 'Player B' shoots at goal.
 3. 'Player A' now joins another group.
 5. After taking a shot, 'Player B' now plays a 1v1 against 'Player C'.
 6. Players rejoin a new group of players.

Variation:

Work from the opposite direction

Coaching points:

Focus on the technique

Shoot away from the keeper



- Area:** Play to one goal. Have some defenders and attackers stood by the goal and some midfield players stood about 25 yards from goal. The coach has all the balls.

1. The two forwards stand on the corner of the 6 yard box while the two defenders stand on the end line. The coach passes the ball to the central midfielder.
2. Two forwards check towards the midfielder player who passes the ball to one of them. The defenders enter the field and the midfielder joins in the attack.
3. A 3 v 2 to goal is now played.
4. Once the game is finished, players go back to the start.

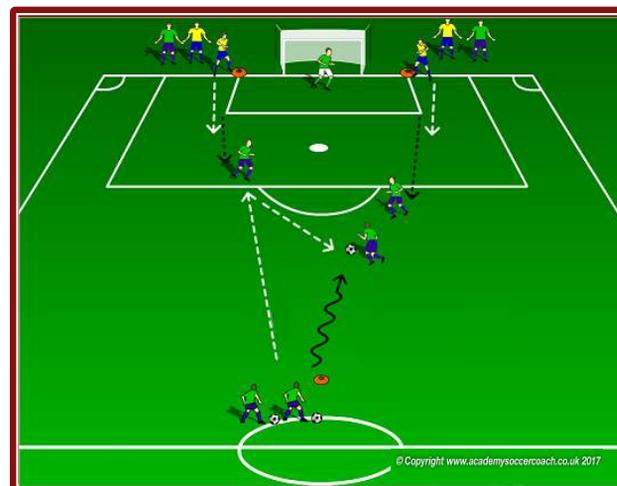
Coaching points:

Make the extra player count.

Spacing and angles.

Movement from the front two - ie crossovers

Good communication



- Area:** 25 x 35 with two goals with no goalkeepers. An end zone is marked 5 yards from both goals. The coach has all the soccer balls.

1. Normal soccer rules apply.
2. The teams play in the 25 x 35 area.
3. A goal can only be scored from inside the end zone.
4. The players are free to move anywhere on the field.

Variation:

Add goal keepers

If the players are good enough, can they score with a one touch finish?

Coaching points:

Keeping the ball until an opportunity arrives

Movement

Communication

Shot at goal





Soccer Practice Sessions

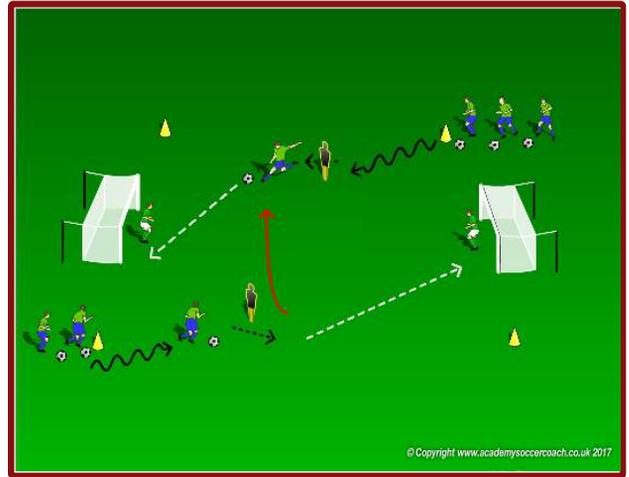
Finishing under pressure

Area: 25 x 30, 2 goals with GK's. Each player has a ball. Two groups start opposite each other. Two coaches stand in the area shown and act as a defender.

1. First player from each group dribbles towards the coach (or cone), performs a fake move and shoots at the goal.
2. They then get their ball and join the opposite group.
3. Move the teams to the other cone to work on their opposite foot.

Variation:

1. Red line: One player at a time. First player dribbles and shoots.
2. After they take the shot, the next player from the opposite group starts. The player who has taken the shot sprints across to tackle the shooting player. If the player gets tackled, or takes a shot, they then chase the player from the other team who has begun the exercise.
3. After the chase, they then join their own group.
4. So, "After a shot, you chase!!"



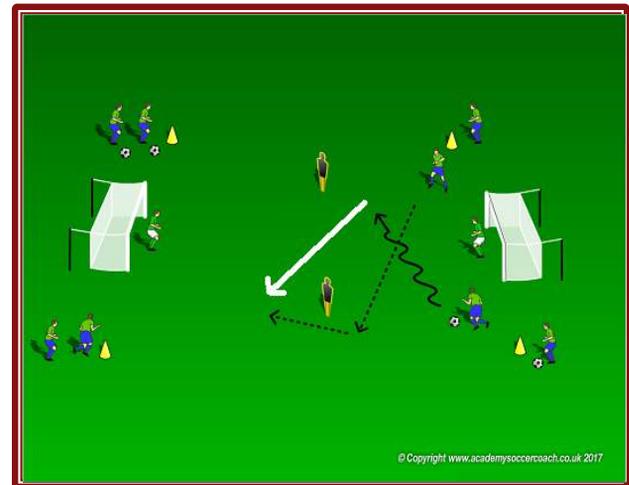
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Area: 25 x 30, 2 goals with goalkeeper's. The cones or coaches have been moved closer and are level to mimic two center-backs. Players are stood on all four cones. The left group have the balls. One group at a time start the exercise.

1. First player dribbles diagonally towards goal.
2. The opposite team mate overlaps at full speed.
3. With the right timing of pass, the dribbling player plays a reverse pass between the cones / coaches for their team-mate to run onto and shoot at goal. The dribbling player follows up for rebounds.
4. The opposite group now start.

Coaching points:

Timing of run and pass.
Shot - hit the target and away from the keeper



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Area: 25 x 35 with four small goals and no goalkeepers. If you have a larger goal you can use goalkeepers. 4 v 4 is shown.

1. Normal soccer rules apply.
2. Players can score in any goal.
3. Are your players good enough to play a one touch finish game?

Coaching points:

Awareness of which goal to attack.
Communication
Movement to create opportunities or space for others.
Body shape when shooting.



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Passing & moving

Area: 25 x 30. This exercise shows 7 players. Two teams of 4 v 3. The blue team (4 players) have one ball while the yellows (3 players) each have a ball.

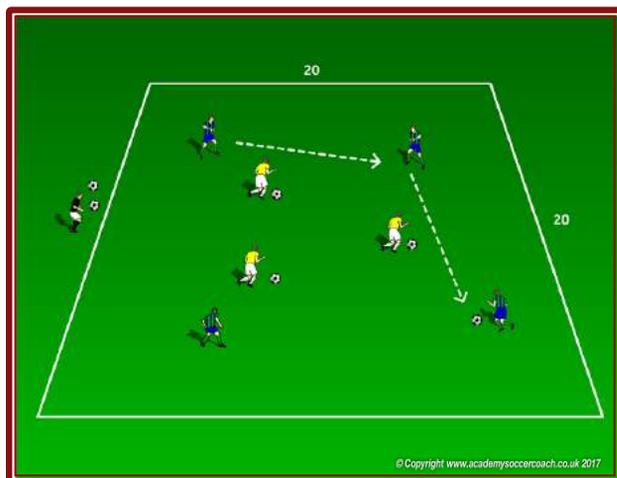
1. The yellow team dribble their ball in the playing area trying to block passes from the blue team. They are dribbling and getting in the way of the blue team.
2. The blue team attempt to pass their soccer ball in the playing area.
3. Players CANNOT touch the other teams ball.

Variation:

Switch roles

Coaching points:

- The players that are keeping possession quickly find space.
- Weight, accuracy and timing of the pass.
- Body shape when receiving the ball. If the player receiving the ball does not see an open player, move the ball with a good first touch.
- Dribbling players keep the intensity

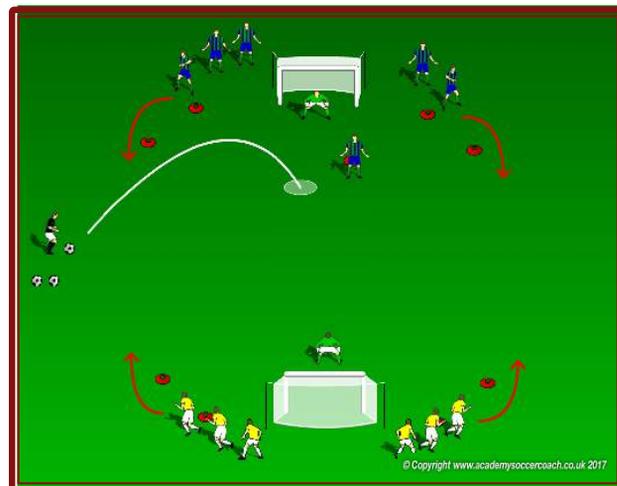


Area: 25 x 30. Two teams. For the start of the exercise, when the game starts, one team is chosen to play with three players and one with two players. The coach has all the soccer balls.

1. Blue players set up to play 3v2 against yellows. One blue player stands in front of the goal.
2. The coach serves in the ball to the blue player.
3. The two supporting blue and two defending yellow players enter the playing area. They run around the cones as shown.
4. A 3 v 2 is played. If the defenders win the ball they can attack the opposition goal.
5. Switch to where yellow play 3v2.

Coaching points:

- Make the extra player count. Create triangles when in possession. Passing and angles. Movement and communication.
- Shot at goal



Area: 25 x 30. Two teams. 4v4 is played. Two small goals are placed at either end.

1. Normal soccer rules apply (apart from offside)
2. When a player scores a goal, they join the other team, so a 5v3 is now played.
3. Make the extra player count and get the equalizer.

Variation:

Allow the players to play 4v4 with no player switch.

Coaching points:

- Passing & movement
- Communication

React to being a player down or a player up.





Soccer Practice Sessions

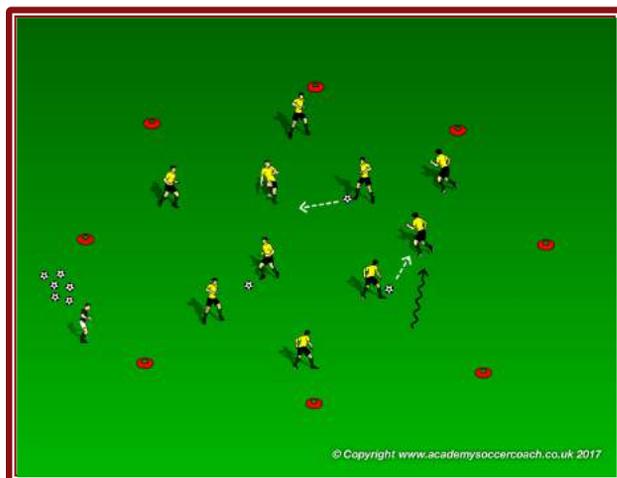
Ball Control & Passing

Area: Suitable size Circle. This exercise shows 10 players. At the start, two players have a soccer ball. They dribble around the area and attempt to hit the other players below the knee.

1. This has to be done with a side foot pass.
2. If a player is hit below the knee they go and collect a ball from the coach and become a tagger.
3. Play until all players have been hit.
4. Change starting taggers.

Coaching points:

The players with the ball must show energy, movement with the ball and quick turning reactions while chasing players. Do not allow this to get out of hand. Emphasize the importance of the pass. Pass with the side of your foot. The contact made on the ball is in the middle, not on the bottom. Aim for the legs. If players kick their ball out, they have to retrieve it.



Area: One large circle with a smaller circle in the center. Size is suitable for the age and ability of the players. Have two equal groups. The players on the outside have a soccer ball. Players in the center circle do not have a soccer ball. Once they perform the exercise, they **MUST** go back into the center circle, and then come out again and receive a pass.

The coach explains the control and pass required:

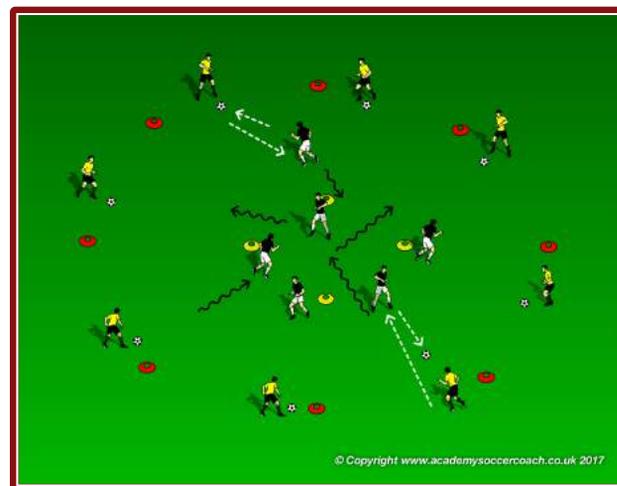
1. Players control the ball with the inside of the foot and pass it back to the server.
2. Control the ball with one foot, play across the body, and pass with the opposite foot.
3. One touch pass back.
4. Chest control and pass if appropriate.

Variation:

Players on the outside take legal throw-ins instead of passing. Player receives the ball and passes back to the thrower's feet.

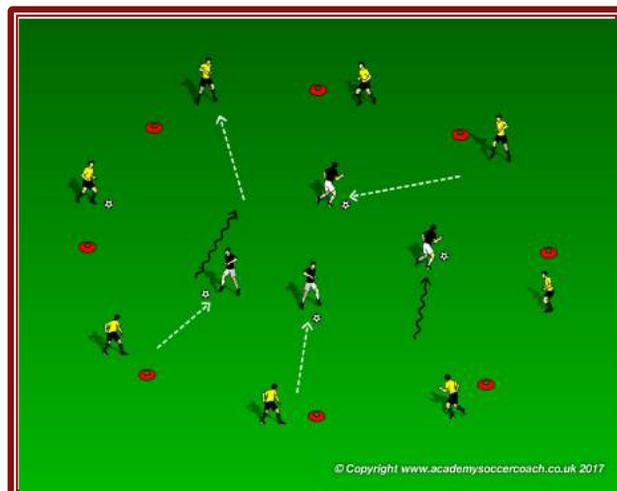
Coaching points:

Quality control and pass.



Area: Same as the previous set-up, but take out the center circle and leave three / four players inside the circle. For players on the outside, always have one more ball than the number of players in the middle.

1. Players in the center receive a pass from the outside.
2. They **CANNOT** pass to the player who passed them the ball. They take their first touch with an open body position, dribble the ball and pass to a player on the outside who does not have a soccer ball.
3. Throw-ins can also be used by outside players. (Legal throws)



Allow the players to play a 4v4 game after this session



Soccer Practice Sessions

Dribbling 1v1

Sit down tag - Area depends on how many players you have. 20 x 20 is shown. Designate 2 players to be a 'Tagger' and separate them with a colored pinnie. The rest of the players have a ball

1. The players with a ball dribble around the playing area. The yellows run around inside the area and attempt to tag the players.
2. If a player gets tagged, they sit on their soccer ball.
3. To free these players they must be tagged on the shoulder by a dribbling player.
4. See if the yellows can get every player sitting down?

Coaching points:

Close ball control

Dribbling players look for players sitting down and the taggers.

The coach can tag players on the shoulder if it gets too easy for the taggers



Area: 25 x 35. 4 v 4 plus goalkeepers. One player from each team acts as a 'sweeper' (S) while the others form three 1v1's.

1. Players can only attack / defend against their direct marker.
2. The sweeper is allowed to support a team mate who is defending a 1v1 to create a 1v2 (Cover)
3. The attacker can decide to beat both or can pass to a team mate who is in a better position to do something with the ball.
4. If the sweeper ever receives the ball they must quickly pass it to a team mate.

Coaching points:

Close ball control and protection

Close 1v1 defending

Accurate passing and shooting

Decision making

Movement off the ball to receive a pass.



Area: 25 x 35 with two goals and goalkeepers. 5 v 5 is shown.

1. Remove restrictions and now let the group play.

Coaching points:

Allow the players to play and figure things out for themselves. Step in to offer help and use the guided discovery method of coaching

Example; How can you get away from the defender?

Let the players give the answers.





Soccer Practice Sessions

When to dribble or run with the ball

Warm up – Exercise shows 12 players in a 10 x 20 area. The dark players all have a ball and the yellow players are in pairs and have one ball. Players do not have to have designated colors. This just helps with the explanation.

1. The dark players are split, 3 at each end line and run / dribble their ball from east to west, back and forth.
2. The yellow players that are in pairs go from north to south. The first player with the ball runs / dribbles the ball north, comes back and passes to their team mate, who then performs the same task.
3. Switch the roles of the players.

Variation:

The yellow players now stand facing each other and pass the ball to each other through the crowd without hitting anyone.

Coaching points:

Fun, energetic, competitive.

Try and not hit other balls.

Close ball control. Lift your head. To see what is going on.



Area: 20 x 20 with two goals. Designate three defenders. All other players have a ball each and are spread out equally on opposite corners.

1. One defender is on the middle cone while the other two rest by the coach.
2. Coach calls go! Two outside players go towards the goal they are facing, as shown.
3. The defender chooses which attacker they want to tackle.
4. One attacker has to dribble round the defender while the other player can run with the ball to goal.
5. When the exercise is over the coach puts in a new defender and shouts GO!

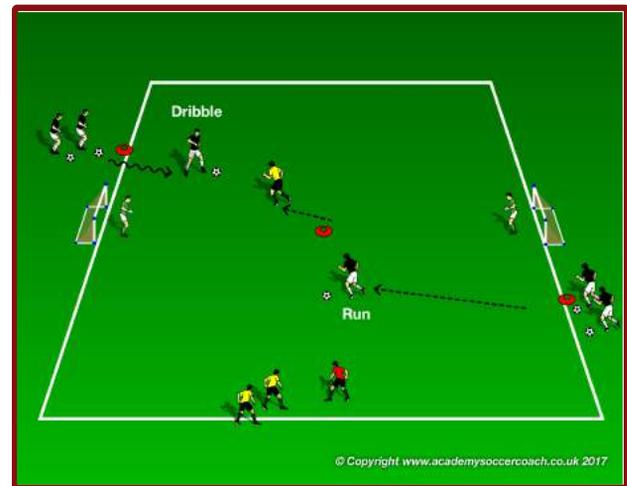
Variations:

If the defender wins the ball, they can go try and tackle the other player. Once the attackers get past the halfway point, another defender can go in.

Coaching points:

Opposed you will dribble (more touches) Unopposed you will run with the ball (less touches)

Quick attack, drive forward.



Area: 20 x 20 with two goals with goalkeepers. There are two teams separated by colored pinnies. One player from each team starts on the field.

1. The black team start first. One of the black team members dribbles onto the field and creates a 2v1.
2. The yellow defender attempts to get the ball.
3. Once a shot is taken or the ball is out of bounds one of the black players leaves the field and joins their team mates.
4. A yellow player now dribbles onto the field and plays a 2v1 against black.

5. Continue with the 2v1 game for a set time period.

Variation:

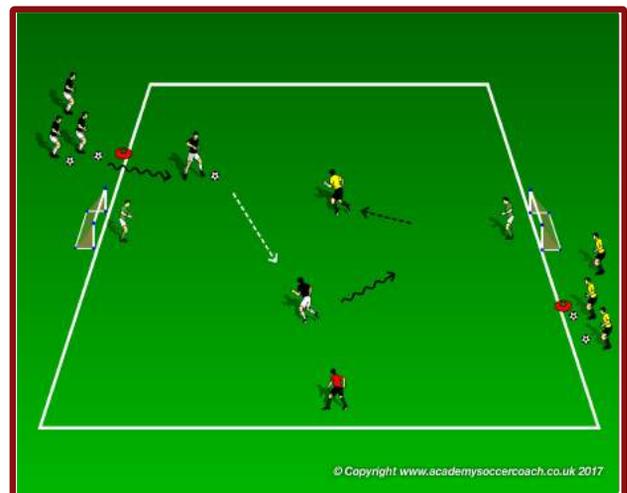
Add two players on the field and play 3v2 continuous

Coaching points:

Create angles for passing

Use the extra team mate as a decoy

Decision on when to pass, dribble or run with the ball?





Soccer Practice Sessions

Ball mastery - Dribbling & shielding

Crab soccer - Area depends on how many players you have. 20 x 25 is shown.

1. Designate about 3 - 4 players to be a 'crab'. These players sit down on the field without a ball (or if the field is wet they can walk only)
2. The rest of the players stand with their ball at one of the end lines.
3. On the coaches signal, the players have to dribble the ball to the opposite end line.
4. The 'crabs' move around on their 'butts' and have to try and kick the balls out of the playing area. If they do, that player now joins them to become a 'crab'.
5. Once all the players have reached the opposite end line, the coach calls GO! again. Play until all players are out.

Coaching points:

Close ball control
 Attacking the space. Lift their heads to scan the field.



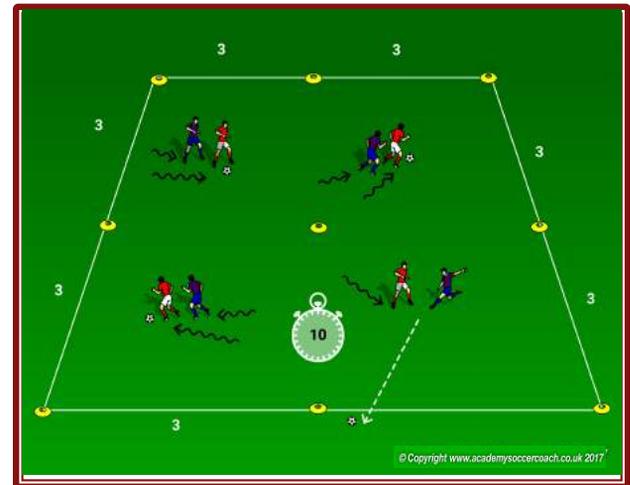
Area: Shielding the ball 3x3 squares. Split the players into pairs and place one pair in each square with a ball.

1. The coach has a stopwatch and designates reds to have the ball. The coach then calls GO!
2. The challenge is for the player with the ball to keep control and shield it for 10 seconds using good technique.
3. Try to match players up evenly.
4. Switch roles of the players.

Coaching points:

The technique of shielding the ball:

- Use touch / feel to keep opponent at arms length.
- Keep your body between the ball and opponent.
- Close ball control.



Area: 25 x 30. Two teams. The coach has all the soccer balls. Each team is standing in their goal, linking arms.

1. Each player is numbered 1 - 5. (or more)
2. The coach calls out a number (or two numbers) and serves in the ball. "1 and 5!"
3. The player with that number from each team enters the field, plays a 1 v 1, 2 v 2 etc and attempts to score on the opposition's goal.
4. The remaining players stay *linked* together and act as a large goal-keeper. If they break the chain, then a goal is awarded to the other team.

Coaching points:

Team work. Fun.. 1v1 or use your team mate.



Allow the players to play 4v4 at the end.



Soccer Practice Sessions

Teaching Team-work

Area: 20 x 20 (Depending on the amount of players at practice) The coach nominates 4 players to be the taggers. They make two pairs and hold hands.

1. The two pair of taggers move around the playing area attempting to tag the other players. The taggers have to stay connected.

2. Once they tag a player, that player joins the line. Once the line has 4 players, it splits into a pair again.

3. See how quickly all the players can be tagged.

Variation:

Have one big line of taggers. They do not split into a pair (Fun)

Coaching points:

Get the group of taggers to communicate with each other.



Area: 25 x 30, 2 goals with no GK's. (you can have GK's if you wish) Teams are placed at opposite ends as shown with a cone facing each team 30 yards away.

1. When the coach calls "TWO", 2 players from each team run around the opposite cone as fast as they can. The first player around the cone goes in goal as the GK.

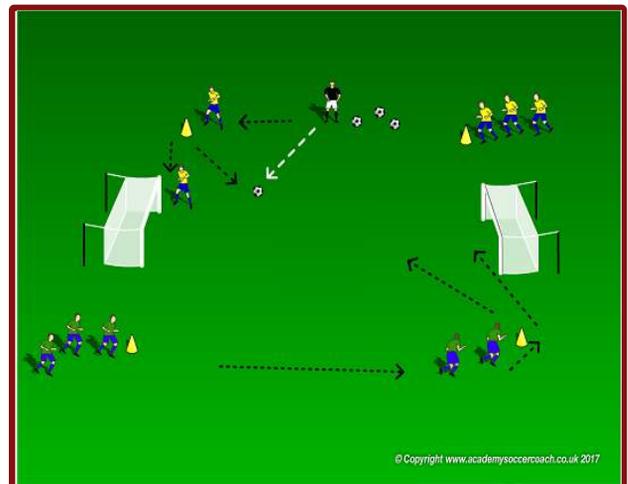
2. The coach serves in the ball. A 1 v 1 is played.

3. Play until a goal is scored or until the ball goes out of bounds.

4. Players return back to their group and the coach calls out another number.

Variation:

Team work - Whatever number the coach calls, add 2 and take 1 away (add one) Players will communicate. Decision making
See below...



Variation: There are 4 cones placed on the field in a diamond shape. The coach has all the balls. Place a GK in each of the goals. On the coach's signal, 4 players go from each group.

1. The goes calls out GO!

2. Four players from each team sprint around the far cone and enter the field.

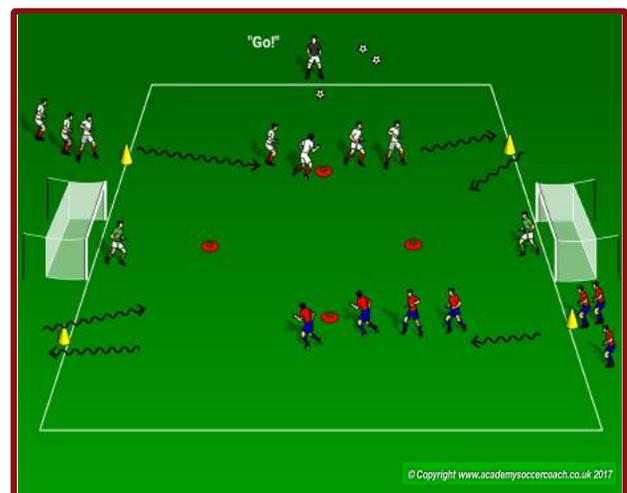
3. A player from each team must stand by a cone. The first team that does this receives the ball from the coach. The game now plays as a 4v4.

Variation:

Remove the cones and see if the players can create that same diamond shape.

Coaching points:

Work ethic. Attitude. Fun



Allow them to play 4v4 at the end or 7v7



Soccer Practice Sessions

Playing out from the back

Field awareness Area: 20 x 20 (Depending on how many players you have) The coach nominates 2 (or more) players to be the taggers. The rest of the players spread out inside the playing area. Two players hold a soccer ball.

1. The two taggers move around the playing area attempting to tag the players.
2. The taggers **cannot** tag a player who is holding a ball.
3. Once a player is tagged, they are frozen. To be unfrozen one of the players with a ball will throw the ball to them. They are now free and in the game and looking to free others.

Coaching points:

Players with a ball are watching for players that are frozen and where the taggers are moving.

Players that are frozen communicate.

When the ball is thrown players make eye contact with each other and communicate.



Area: 30x20 with goals at each end. Two players and a GK on each team plus a floating player (yellow) who plays for the team that is attacking. Start with players in their own half and the floating player on the half way line.

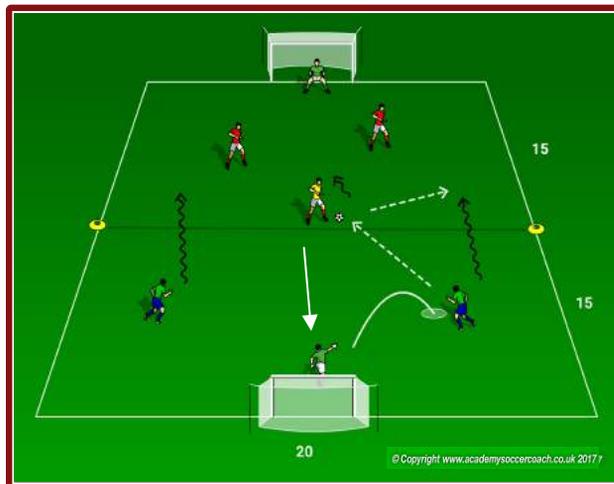
1. To start the exercise the floating player shoots at the GK. The GK catches the ball and throws the ball to a wide player. The wide player plays the ball to the floating player.
2. Both green players and the floating player play a 3v2 against the reds. Greens try to score.
3. Once the ball is shot or lost, reds now start the exercise and play with the floating player.

Variation:

GK can serve the ball to the floating player.

Coaching points:

When the GK catches the ball, the wide players split and the floating player drops in the middle. Look for enthusiasm and players willing to find space.



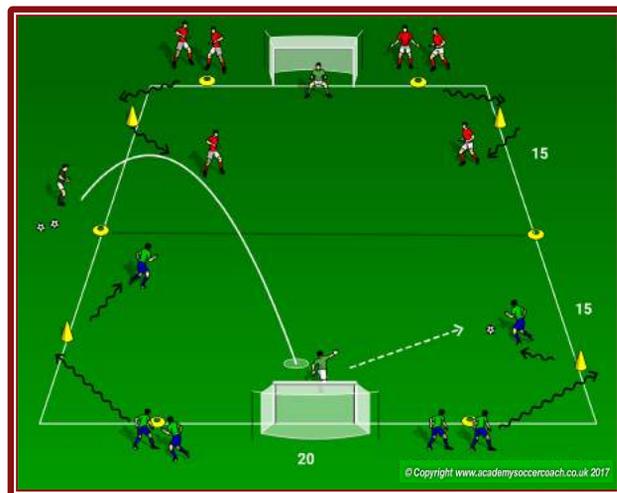
Area: 25 x 30. Two teams. The coach has all the soccer balls. Teams are placed as shown and there are cones placed wide of each group as shown.

1. The coach passes the ball to any goal keeper.
2. One player from each side of the goal runs around the wide cone.
3. The GK distributes the ball to either of their team mates and a 2v2 is played.
4. You can move this to a 4v4.

Coaching points:

GK distribute the ball to the correct foot. The receiving player, control the ball with the correct foot.

Allow the players to play 4v4 or 7v7 at the end of practice.





Soccer Practice Sessions

Field awareness

Field awareness Area: 30 x 30 (Depending on how many players you have) Players are placed in pairs and either stand or lie next to each other. The coach nominates one runner and one chaser from a pair. You can choose a few pairs to chase each other.

1. Shown – Player A is attempting to tag player B.
2. If player B runs and stands next to a pair, the opposite player from that line continues to be chased by player A.
3. If player A tags player B then player B needs to attempt to tag player A.

Variations:

Each player has a ball – dribble

If you have lots of players the static line can have three players instead of two.

Coaching points: Fun. Players scan the field so they do not bump into each other.

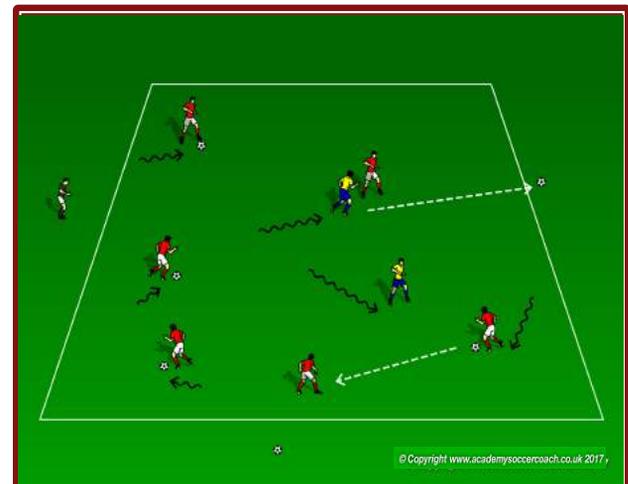


Area: 20 x 20. This exercise shows 8 players. Two yellow defenders and six red attackers. All the red players have a soccer ball.

1. The exercise starts with the two yellows entering the area and attempting to kick all the balls out of the playing area.
2. The red players dribble and shield their ball from the yellow defenders.
3. If a red players ball is kicked out, they now become a support player for the other red players.
4. You will eventually end up with one soccer ball and a 6 v 2 will be played
5. Switch defenders.

Coaching points:

When a player loses the ball, they must look around the area for the players that need help – **Field awareness**. Dribbling and shielding. Communication. If the last ball gets kicked out, bring in another ball and coach spacing & awareness.



Area: 25 x 35 with four small goals as shown.

5 v 5 is played.

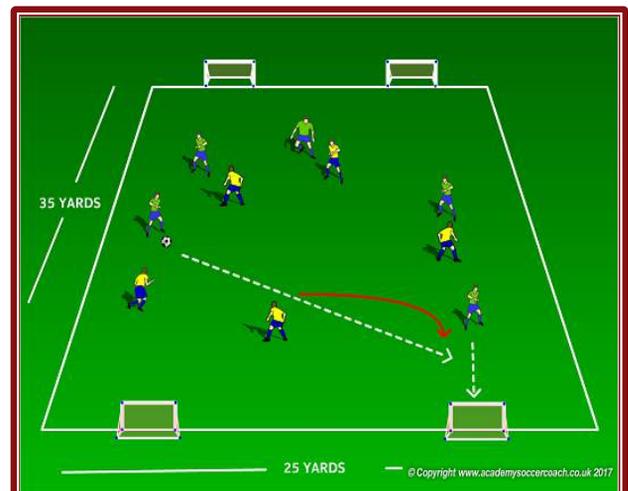
Each team is attacking the two goals at the end line.

1. The team in possession combines passes to score on either goal.
2. Look for the awareness of the players when attacking the two goals.

Coaching points:

Allow the players to play and figure things out for themselves. Step in to offer help and use the guided discovery method of coaching.

Example: How can you create a scoring opportunity?
Allow the players to give you an answer.



Allow the players to play 5v5 or 7v7 at the end of practice.



Soccer Practice Sessions

Speed of thought

Area: 15 x 15. This exercise shows 9 players. To start the exercise, two players have a ball. The rest of the soccer balls are with the coach. The exercise starts with the two players with a ball dribbling around the area and trying to hit the other players below the knee.

1. This has to be done with a side foot pass.
2. If a player is hit below the knee they go and collect a ball from the coach and join as a chaser.
3. Play until all players have been hit.
4. Change starting hitters.

Coaching points:

The players with the ball must show energy, movement of the ball and quick turning reactions while chasing players. Do not allow this to get out of hand. Emphasize the importance of the pass. Pass with the side of your foot. The contact made on the ball is in the middle, not on the bottom. Aim for the legs. If players kick their ball out, they have to retrieve it.



Area: Mark out a suitable size circle. Two teams of four players are shown. Each team has one player in the circle and three on the outside. The coach has all the soccer balls.

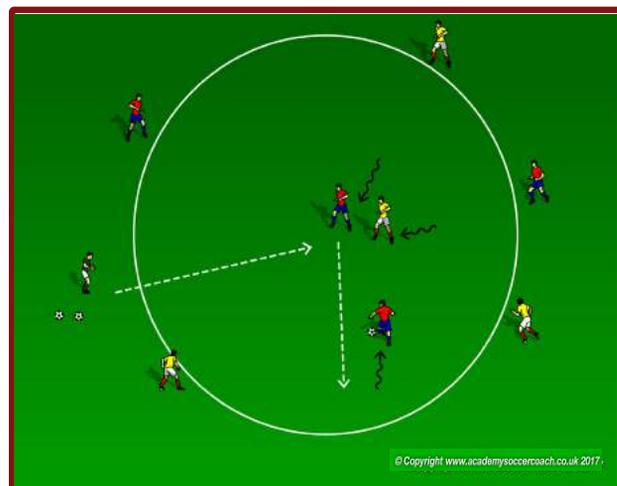
1. To start the coach passes a ball into the circle.
2. The player who wins the ball attempts to pass it out to a team mate.
3. If successful, the player receiving the ball enters the circle and plays a 2v1.
4. The first team to get all 4 players in the circle and make 4 consecutive passes, wins.

Variation:

You can do it with more players

Coaching points:

Decision making
Body shape
Field awareness



Area: 30 x 40. Two teams of four players. Two goals at one end with GK's. The coach has all the soccer balls. 4v4 is played. The coach serves in the ball. Yellows are attacking either goal.

2. If the attackers are successful in scoring a goal, they receive a new ball from the coach and attack again.
3. If the defenders win the ball or the attackers don't score, then the roles are reversed.
4. The defenders now receive a ball from the coach and attack.

Variation:

To get some success, have a floating player or two who always attack - 6 v 4

Coaching points: Movement, communication, decision making.



Allow the players to play 4v4 at the end of practice.



Soccer Practice Sessions

First touch & Passing

Area: 15 x 15 with 5 players and one soccer ball. The players are positioned as shown with the central player with the soccer ball.

1. The middle player passes the soccer ball to any player and then follows the pass.
2. The receiving player, with an open body, takes a touch and passes to any other player and follows the pass.....and so on.

Variation:

Use left foot only

Use right foot only

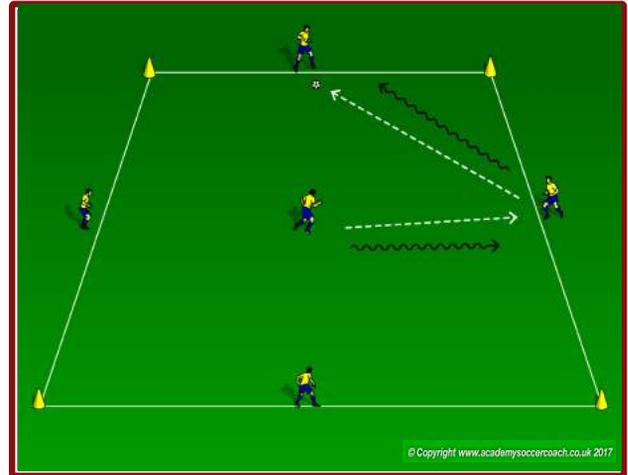
Player takes two touches and the next player takes one touch

Coaching points:

Try and not run across the path of the ball

Intelligence, Body shape, Enthusiasm

First touch, Passing & Moving



Area: 10 x 20 playing area. This exercise shows 5 players so you can run numerous stations. One end player has 5 soccer balls.

1. The object of the exercise is for the 5 balls to be passed to the opposite player using a 2v1. Players can also use the end-line player as a team member.
2. The players in the middle can only use the 5 balls. If the defender wins a ball, that ball is 'out'.
3. Once the balls have been transferred to the opposite end, the two attackers attempt to pass the rest of the balls to the opposite end again.
4. See how many times the players can go back and forth.

Coaching points:

Decision making. Outside passer chooses the best option. Body shape when receiving the ball. Fakes and turns. Patient build up. Team work.



Area: 20 x 30. Two teams of four players. One goal to attack. The coach has four soccer balls. Yellows are on the field and reds are by the goal posts.

1. The game is played with four balls.
2. To start the coach passes to a yellow. A single red defender enters the field.
3. After each ball is shot or lost, a new defender enters the field and the coach passes in another ball.
4. Attackers score one point for a goal and defenders score two points if the attackers fail to score.
5. The attacking team have four attacks (4v1, 4v2, 4v3 & 4v4). Switch roles. Let the reds attack.

Coaching points:

Passing. Ball control. First touch. Angles of support. Passing. Shooting.



Allow the players to play 4v4 or 7v7 at the end of practice.



Soccer Practice Sessions

Let's be competitive

Tail Tag

Area: 15 x 15, Each player has a pinnie tucked in the back of their shorts. Play with two / three teams all separated by the colored pinnies.

1. The players run around inside the area trying to steal pinnies from the opposite team.
2. Once they grab a pinnie, they throw it out of the playing area.
3. The player who has had their pinnie thrown away can now put it back in and rejoin the game.

Variation:

Once your pinnie is taken, you are out. Each player now has a ball. They try to steal other pinnies while keeping control of their ball. Play teams against each other.

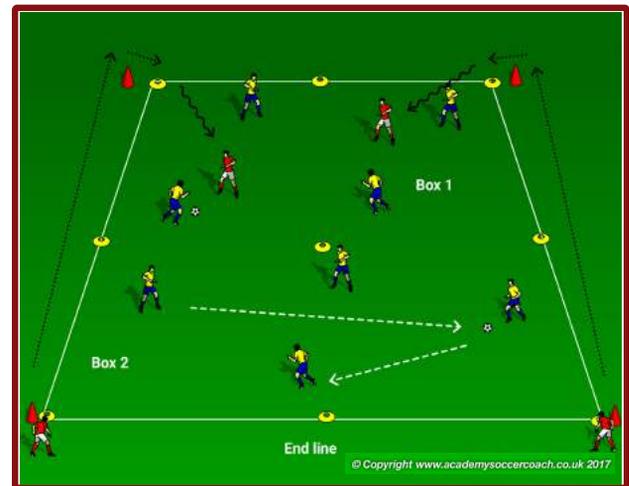


Area: Two 12 x 12 boxes with 4 players each box, with one ball.

1. Two players start at the red cones on the end-line as shown.
2. The players that are in the 12 x 12 area pass the ball and move in their own area working on their technique.
3. On the coaches signal, the two red players sprint round the far red cones to box one and enter the 12 x 12 area.
4. They attempt to win the ball while the 4 players play keep away.
5. Once they win the ball, they move into box two until they have won the ball and then they sprint past the end line.
6. The coach times the players to see how long it takes them. Give them another chance to beat their time. Allow every player to do this twice.

Coaching points:

Praise the competitive actions. Team work.



Area: 24 x 24. Two teams 5v4, one goal with a GK. Four defenders are on the field (yellows) and the five attackers (Red) are on the end line, each has a ball.

1. To start one red player dribbles onto the field and plays a 1v4.
2. When the defender wins the ball or red scores a new red attacker enters the field to play a 2v4
3. The game continues until you have a 5v4 in favor of the attackers.
4. Defenders get a point for stopping a goal, attackers get 5 points for scoring a goal.

Coaching points:

Compete

Allow the players to play 4v4 at the end of practice.





Soccer Practice Sessions

Ball Mastery - Dribbling

Warm up - Appropriate size circle with 8 players in 4 pairs and one ball for each pairing. The pairings are numbered, 1 - 4 and stand on the opposite side of the circle from their partner.

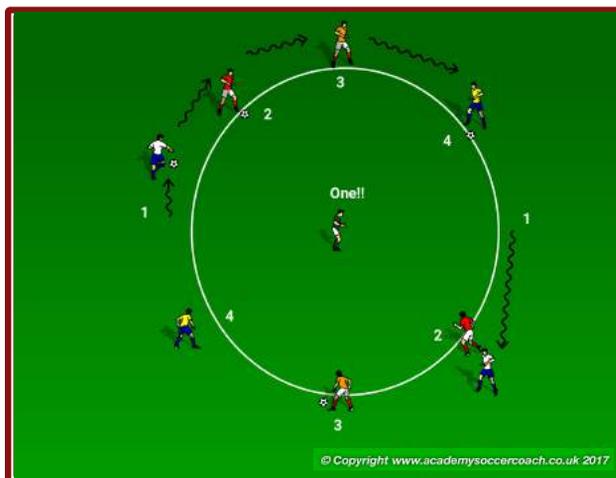
1. The coach calls out a number.
2. The pairing with that number run clockwise. The player with the ball has to run round the circle and back to their starting point before the chasing player tags them.
3. Once the exercise is finished, the chasing player now has the ball and waits for their number to be called out.

Variation:

You can call two numbers at the same time. Warn the players to keep their heads up so they don't bump in to each other. Players chasing can run in either direction.

Coaching points:

Fun, energetic, competitive.
Keep the ball close to you running tight to the circle. Awareness.



Area: 25 x 30 with two goals. Designate four defenders. All other players have a ball each and are spread out equally on opposite corners as shown.

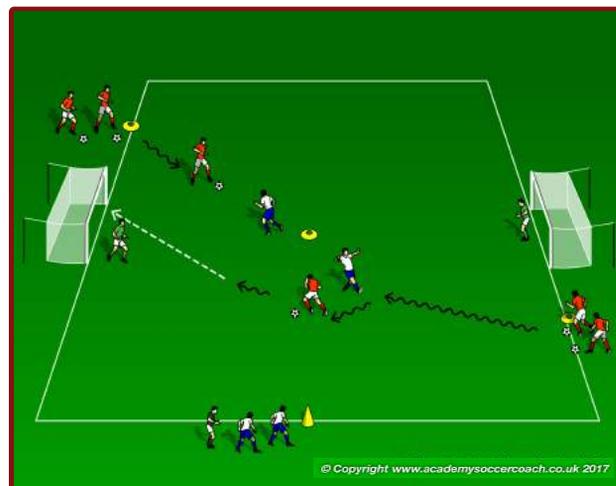
1. Two defender are on the middle cone while the other two stand with the coach.
2. Coach calls GO! Two outside players go towards the goal they are facing, as shown.
3. The attacker plays a 1v1 with the defender.
4. When the exercise is over the coach puts in two new defender and shouts GO!

Variations:

If the defender wins the ball, they can go and score on the attackers goal.

Coaching points:

Close ball control.
Quick attack, drive forward.



Area: 25 x 30. Two teams. Two goals are on the end line each with a GK. Normal soccer rules apply.

1. Play 4 v 4.
2. You are looking for players to recognize when they are in a 1v1 situation.
3. Shown - You can see the reds are 'out of balance' and the far red defender is isolated against the white player. This is the time for the white player to attack in a 1v1.
4. Allow them to play the game. The coaching moments will occur.

Coaching points:

Step in when appropriate. Allow the game to flow.





Soccer Practice Sessions

Team shape

Field awareness warm up - Area: 20 x 20 (Depending on the amount of players) Half the players are holding a soccer ball the other half are not.

1. Players move around the area throwing the ball to a player that does not have one.
2. Players cannot hold the ball for longer than 3 seconds.
3. When throwing the ball, the players communicate and make eye contact with the player they are throwing the ball to.
4. Players keep moving.

Coaching points:

Plenty of movement, communicating and fun

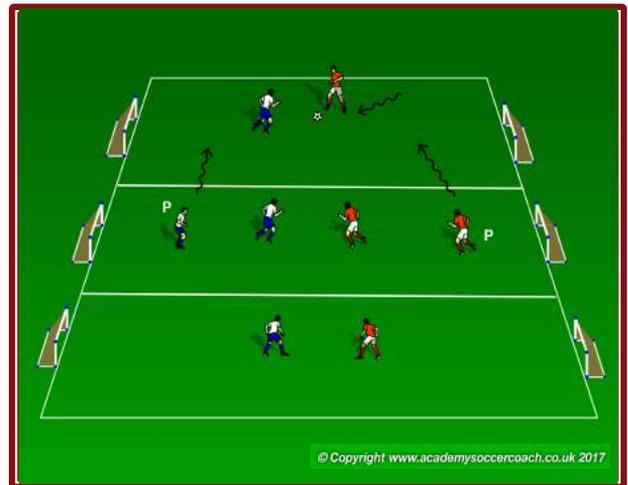


Area: 30x40 divided into 3 zones 10x40. 4v4 is played with a goal at each end. No GK's. Three players from each team go into their own zone while one player, 'P' is the playmaker and can move in any zone.

1. The game starts with a playmaker who can pass into any zone.
2. The playmakers role is to support a team mate in a 2v1 while the opponents playmaker is to support a team mate in a 2v2.
3. The team keeps the shape and stay in their designated zones.
3. Each player takes a turn as a playmaker.

Coaching points:

Support and communication. Team shape. Movement. Defending.



Area: Full size 7v7 field. Set up red cones in a defensive shape and yellow cones in an attacking shape.

1. Put your players on the red cones in the position you want them on game day. You may have more than 7 players so have numerous players stand at each cone depending on their position. These players just stay together.
2. The coach calls out "Attack!". The players move from the red cone to the yellow cone.
3. The coach calls "Defend!" The players quickly move (backwards) to their defensive position.
4. Only run this for 10 minutes. Explain to the players that this is just a guideline. The game is dictated by what the opposition is doing.

Allow the players to play a 7v7 game and see how it looks.

