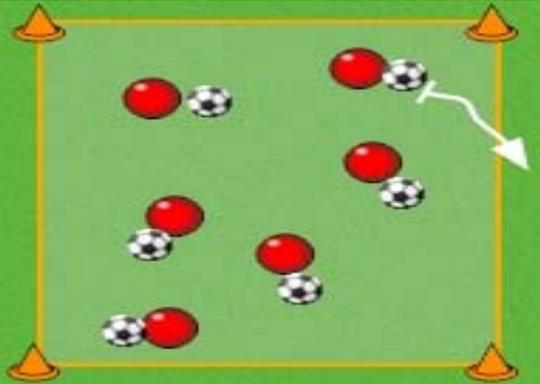
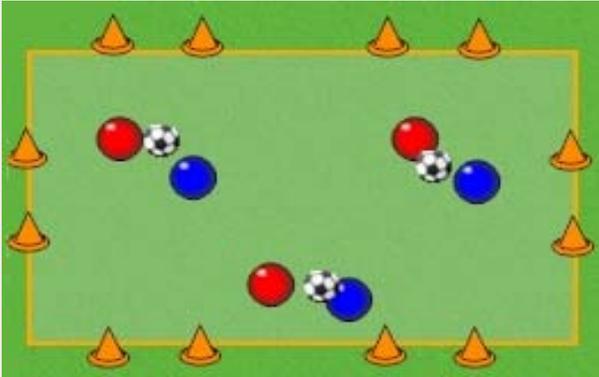
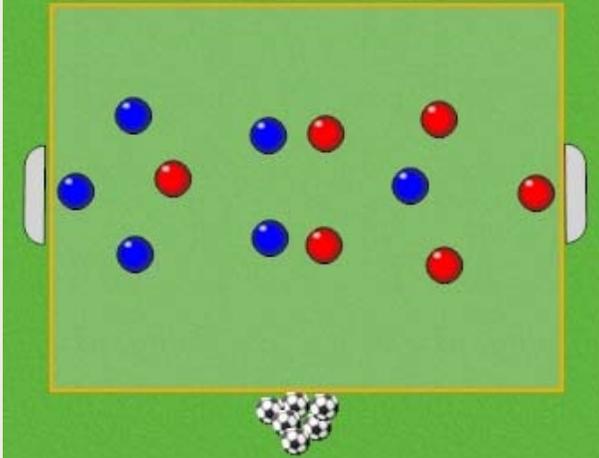
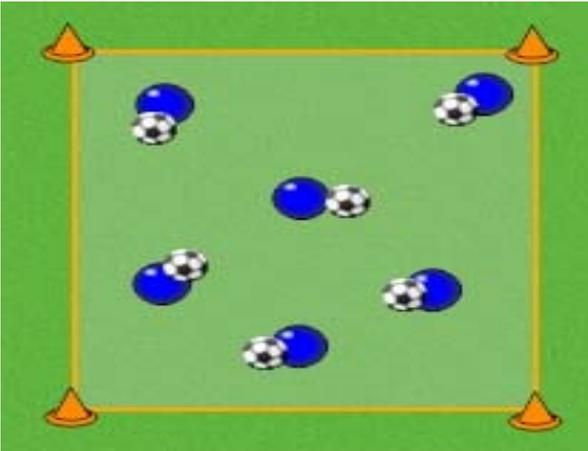
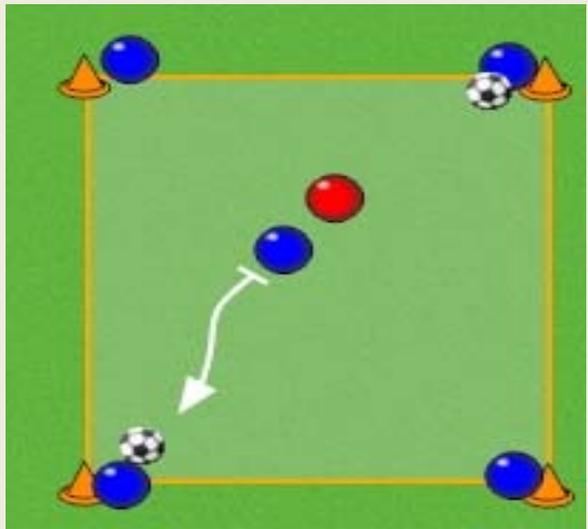
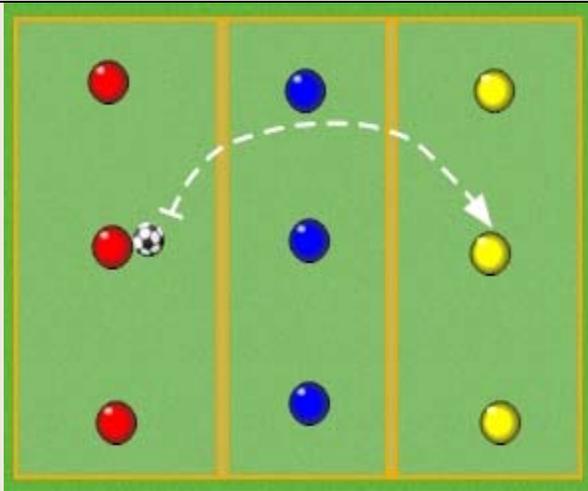
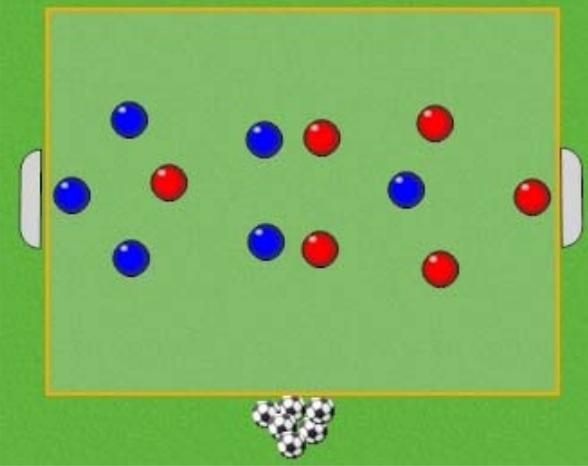
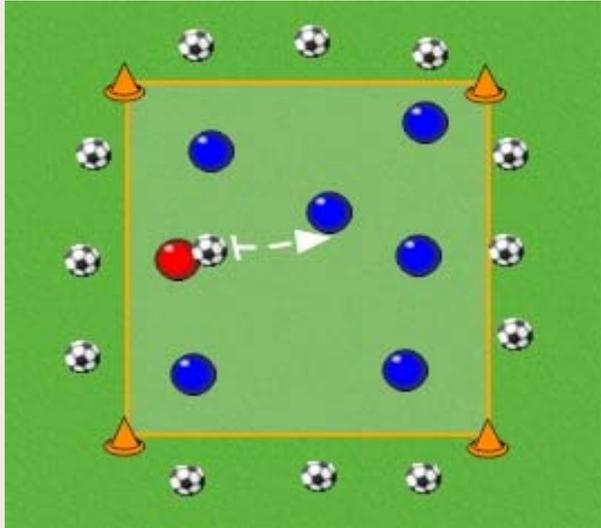
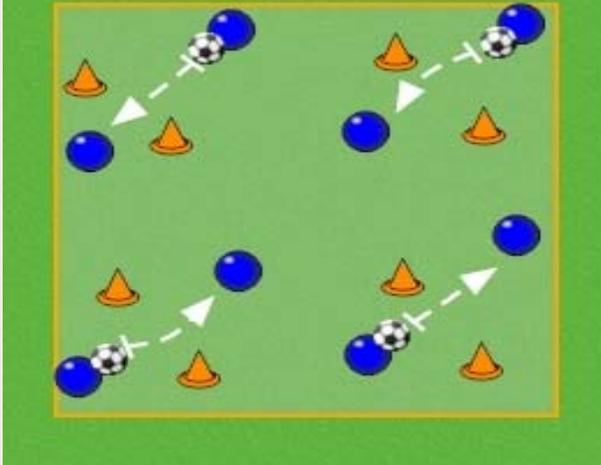


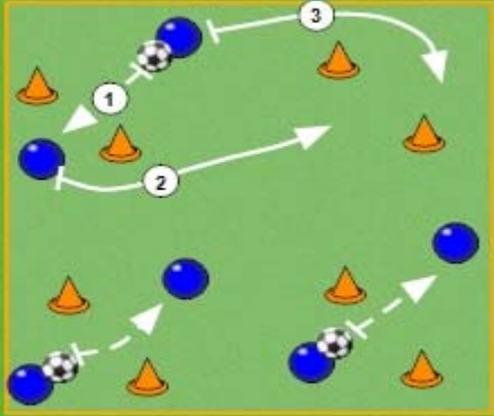
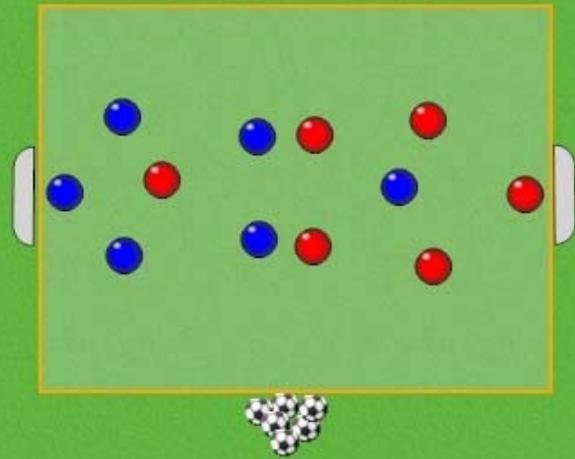
<p>Week 1 Dribbling Warm up Objective: To improve general coordination.</p>	<p>Organization: 20 x 20 Yard Area. 1 Ball per player.</p>	<p>Procedure: Players with a ball each, dribble in the confined space. Brief demonstrations of a move or two (pull back, step over, etc.)</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Change of direction - Think ahead - Cooperation - Agility - Fun 	
<p>Week 1 Dribbling Individual Activity Objective: To improve individual dribbling skills.</p>	<p>Organization: 20 x 20 Yard Area. 1 Ball per player.</p>	<p>Procedure: Same as above but players try to tag others (below neck!). When tagged the dribble to boundary, do 10 ball touches & rejoin game.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Dribble with head up - Dribbling moves to escape - Use all surfaces of both feet– Keep the ball at a controllable distance. 	

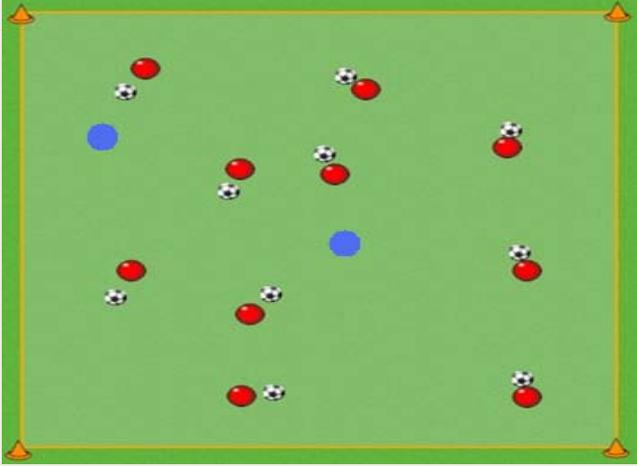
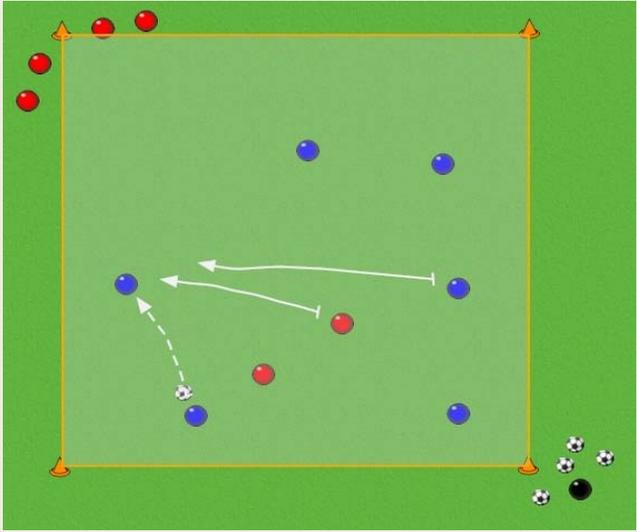
<p>Week 1 Dribbling Small Group Activity Objective: To improve individual dribbling skills under pressure.</p>	<p>Organization: 30 yard x 20 yard area. 2 players per ball. Six 5 yard mini goals (as in diagram)</p>	<p>Procedure: 2 players per ball, inter-passing, when coach yells "go", one tries to beat the other & dribble through a mini-goal. Only 1 goal can be scored at each goal.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Confidence in 1 v1 duals - Dribbling moves - Change of speed - Agility - Vision 	
<p>Week 1 6 v 6 Small Sided Game Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match 2 Goals Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

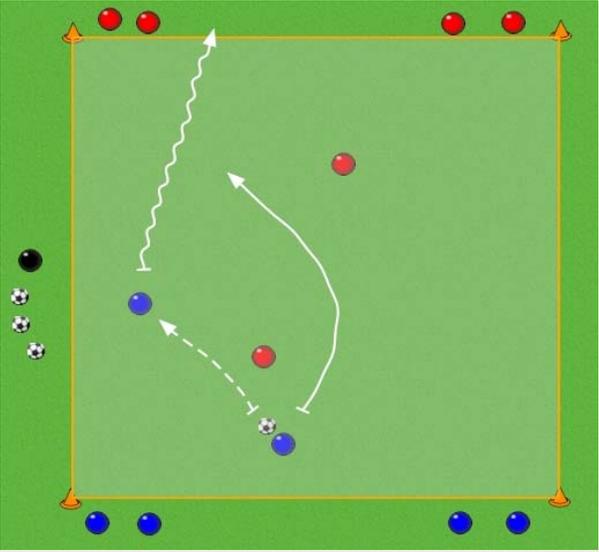
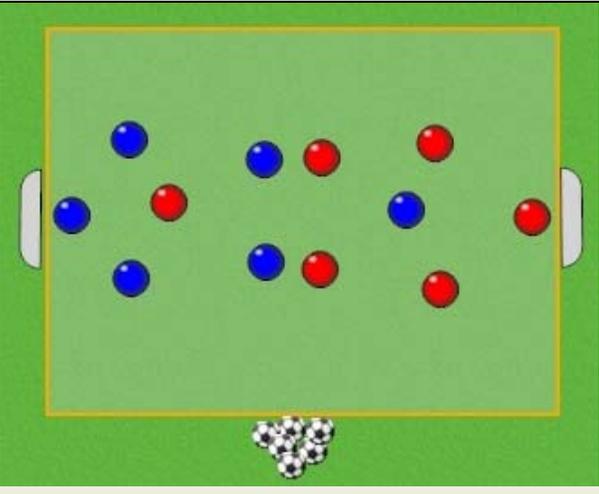
<p>Week 2 Receiving.</p> <p>Warm up</p> <p><u>Objective:</u> To improve general coordination.</p>	<p><u>Organization:</u></p> <p>20 x 20 Yard Area. One ball per player.</p>	<p><u>Procedure:</u></p> <p>Players dribble around the grid. On the coach's command the players pick up and toss the ball in the air and then receive the ball with different parts of their body.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Keep your eye on the ball - Maintain body balance - Head check - First touch into space 	
<p>Week 2 Receiving.</p> <p>Individual Activity</p> <p><u>Objective:</u> To improve individual receiving skills.</p>	<p><u>Organization:</u></p> <p>Six players needed. Four of the players take a spot on the corners of a 15 x 15 yard grid. Two players go inside the grid and will be playing 1v1. Two of the corner players have a ball. One player in the middle is designated the attacking player to start.</p>	<p><u>Procedure:</u></p> <p>Attacking player makes a run to a corner player to receive a ball that has been tossed by the corner player. The first touch is FREE. A point is scored when an inside player receives a ball and passes the ball to a corner player who doesn't have a ball. Then the attacking player runs to the corner player who has the second ball and repeats. If the defending player wins the ball, then that player becomes the attacker. Rotate the players after 1 minute.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Get in line with flight of the ball - Early selection of controlling surface - Head check to see the ball and check where the pressure is - Maintain body balance 	

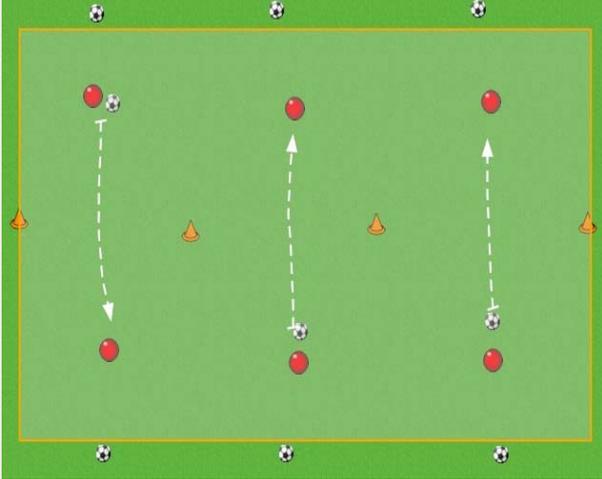
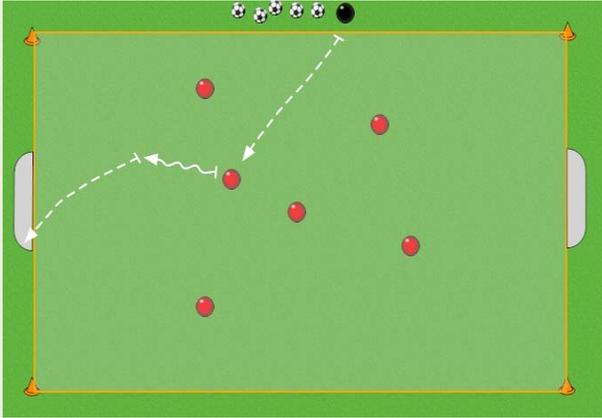
<p>Week 2 Receiving.</p> <p>Small Group Activity</p> <p>Objective: To improve individual receiving skills under pressure.</p>	<p>Organization: 30 x 20 grid. Form three teams of three. Divide the grid into thirds.</p>	<p>Procedure: The two teams in the final thirds of the grid try to score against the team in the middle third. A point is scored against the team in the middle third when a ball is played over or through their third in the air to one of the players in the opposite final third. If the ball goes out-of-bounds or the team in the middle third wins the ball, the team responsible for the error goes into the middle third. The team with the most points wins.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Good first touch - Get in line with flight of the ball - Early selection of controlling surface - Head on a swivel to see the ball and check where the pressure is -Maintain body balance 	
<p>Week 2 6 v 6</p> <p>Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals</p> <p>Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

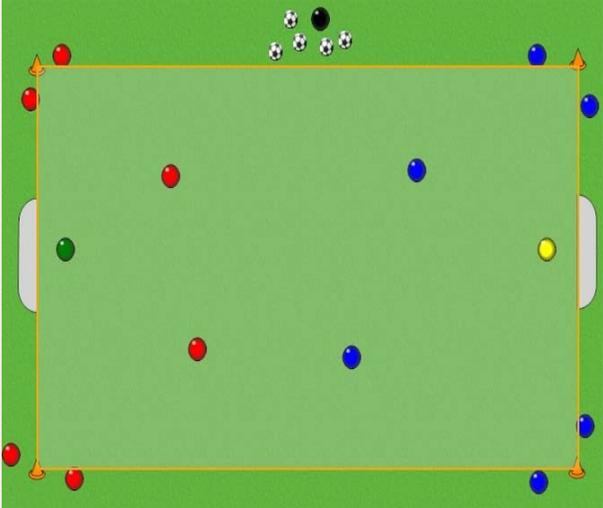
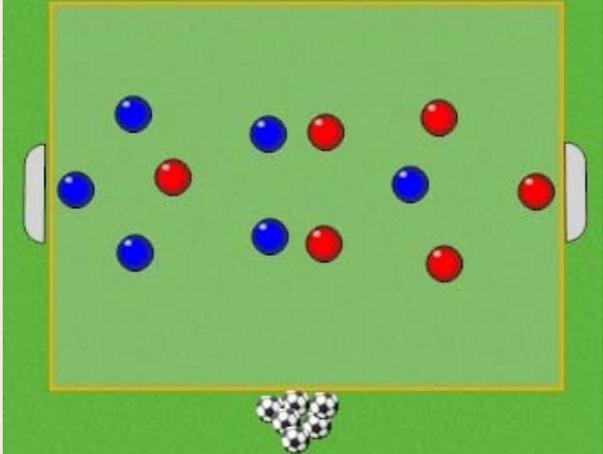
<p>Week 3</p> <p>Passing.</p> <p>Warm up</p> <p>Objective:</p> <p>To improve general coordination.</p>	<p>Organization:</p> <p>20 yard x 20 yard area. Balls are placed around the outside of the area.</p>	<p>Procedure:</p> <p>Players jog without a ball inside the area. One player (pacman) dribbles in the area and tries to pass the ball to hit the other players below the knee. When a player gets hit below the knee he joins the (pacman) team.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Change of direction - Ball Control - Correct passing technique . Head, Body, Foot Ball - Fun 	
<p>Week 3</p> <p>Passing.</p> <p>Individual Activity</p> <p>Objective:</p> <p>To improve individual passing skills.</p>	<p>Organization:</p> <p>30 yard x 30 yard area. Various 5 yard goals positioned around the area. Groups of 2 with 1 ball at each of the 5 yard goals.</p>	<p>Procedure:</p> <p>In pairs, players pass the ball back and forward through their 2 yard goal. The ball must never stop and must stay on the ground and must pass cleanly through the 5 yard goal. Players have a maximum of 2 touches to get the ball back to their partner.</p> <p>If a player commits any of the above fouls they get 1 point. The first player who gets five points loses. Players can go against other team mates.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Alert and on your toes - Pass with Inside of the foot and be aware of your positioning of your non – kicking foot - Strong ankle and hit through the middle of the ball to keep low – Use both feet & go to the ball. 	

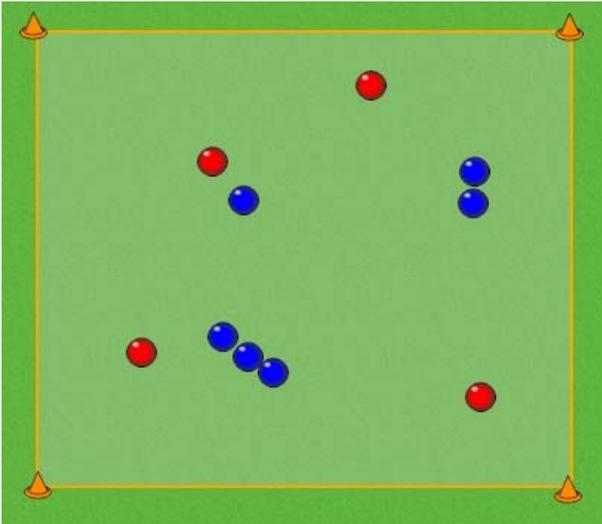
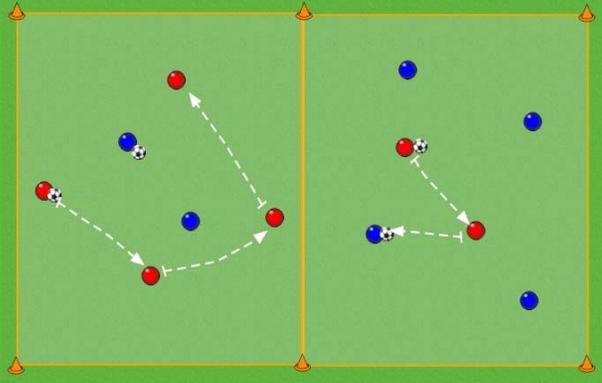
<p>Week 3</p> <p>Passing. Small Group Activity</p> <p>Objective: To improve individual passing skills under pressure.</p>	<p>Organization: 40 yard x 30 yard area.</p> <p>In groups of 2 with 1 ball. Various 2 yard goals are placed in and around the area</p>	<p>Procedure: In pairs players have 1 minute to pass the ball through as many different goals as they can. Players must find the open goals and work together to get as many points as they can. 1 point per successful pass through an open goal.</p> <p>Progress:</p> <ul style="list-style-type: none"> - Inside foot only - Outside foot only - Alternate feet at each goal - 3 passes at each goal 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Head up and communicate - Passing technique - Receiving touch to find next goal - Accuracy of over power 	
<p>Week 3</p> <p>6 v 6 Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

<p>Week 4</p> <p>Defending Basics</p> <p>Warm up</p> <p>Objective:</p> <p>To improve basic defending understanding</p>	<p>Organization:</p> <p>35 x 25 yard area. All but 2 players have a ball.</p>	<p>Procedure:</p> <p>The coach instructs players that don't have a ball to get one. Once a player loses their ball they try to get one from another player. When the coach decides to stop, the players without a ball do a fun activity.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Get players to put pressure on players with a ball - Keep your eyes on the ball 	
<p>Week 4</p> <p>Defending Basics</p> <p>Individual Activity</p> <p>Objective:</p> <p>To improve basic defending understanding</p>	<p>Organization:</p> <p>Break players into 2 teams of 6.</p>	<p>Procedure:</p> <p>One team is inside the grid, the other outside in a corner in 2 lines. The coach plays a ball into play. The first player in each line outside the grid enters to try to win the ball ASAP. Once the first ball is out of play the coach plays another into the grid and then the next player in each line enters the grid. The coach keeps track of how much time it takes for the defending team to go through their lines.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Have defenders force play away from help -Defenders should enter field with appropriate angle and speed of approach. 	

<p>Week 4 Defending Basics Small Group Activity Objective: To improve basic defending understanding</p>	<p>Organization: 2 vs 2 to end lines Keep same teams and Grid as the previous activity.</p>	<p>Procedure: Have one team form lines on one side of the grid with the other team opposite. Coach is in the middle of the grid with the balls. Coach plays the ball to one team. That team attempts to dribble the ball over the opposing team's goal line. The defending team tries to stop the attacking team.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Defenders should travel while the ball is moving from the coach to the attacking team. -As player receives the ball the defender should be slowing down. 	
<p>Week 4 6 v 6 Small Sided Game Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match 2 Goals Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> Summation of all challenges for the players. Stay out of their way and let them play. 	

<p>Week 5 Shooting</p> <p>Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization: Set up a line of cones as goals about 6 yards apart for the players to shoot through.</p> <p>Position two players about 10-15 yards away from and on opposite sides of the line of cones.</p>	<p>Procedure: Players opposite each other proceed to kick (shoot) the ball through their cone goal, back and forth, working on correct shooting technique. It is important that the players work to perfect their preparation touch and that they strike a moving ball. The players should be using both feet to shoot.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Keep ankle of shooting foot locked with toe down - Non-kicking foot is placed parallel to ball (not behind it or ahead of it) - Strike through the middle of the ball 	
<p>Week 5 Shooting</p> <p>Individual Activity</p> <p>Objective: To improve individual shooting technique.</p>	<p>Organization: Set up a grid 30 yds X 20 yds. With a goal on each end.</p>	<p>Procedure: Coach plays balls into 4-5 players who are competing against each other to get the ball and score in either goal. First to five goals wins. Coach should manipulate service in order that all players are able to have shots and feel some success.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Reinforce the coaching points listed in activity #1 - Give players more opportunities for scoring chances - Encourage a risky mentality to shooting 	

<p>Week 5</p> <p>Shooting</p> <p>Small Group</p> <p>Activity</p> <p>Objective:</p> <p>To improve shooting skills under pressure.</p>	<p>Organization:</p> <p>20 x 25 yard grid. Position two goals at each end. Split group into two teams (red and blue). Organize players as shown in diagram</p> <p>Select a goalkeeper for each goal and rotate that player every 5 minutes.</p>	<p>Procedure:</p> <p>The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2+ GK's. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, GK's stay on. Continue this process.</p>	<p>Key Coaching Points:</p> <p>-Reinforce coaching points listed in activity</p> <p>#1</p> <p>-Players looking to go to goal quickly</p>	
<p>Week 5</p> <p>6 v 6</p> <p>Small Sided Game</p> <p>Objective:</p> <p>To improve Game Understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area</p> <p>Play a 6 v 6 match</p> <p>2 Goals</p> <p>Size 4 ball</p>	<p>Procedure:</p> <p>Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	

<p>Week 6</p> <p>Possession Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization: 20 x 20 yard area. Select three players to be taggers.</p>	<p>Procedure: These players tag the other players on their arms and backs. Once tagged, the players join one hand with the tagger, forming a caterpillar. This caterpillar works together to try and tag the remaining players. Caterpillars only get as big as three links. Once a fourth player is tagged. The caterpillar breaks into two smaller caterpillars.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Working together with your teammates 	
<p>Week 6</p> <p>Possession</p> <p>Individual Activity</p> <p>Objective: To improve individual shooting.</p>	<p>Organization: Divide the group into two teams of 6. Set up two 15 x 20 yard area fields.</p>	<p>Procedure: Play 4 v 2 on each field. 4 – players have one ball on the ground and score by completing 3 passes in a row. 2 – players have one ball in their hands and score by throwing and hitting their ball against the group of 4's ball. Play for several minutes and then switch player roles.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Pass and move - Create space - Quality passing - Good decisions 	

Week 6

Possession
Small Group
Activity
Objective:
To improve possession under pressure.

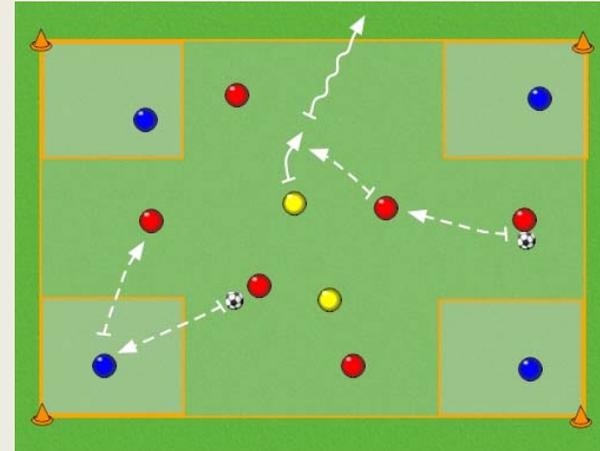
Organization:
Set-up a 30 x 40 yard field , put a small square in each corner. Place one player in each corner. Then divide remaining players into 2 – group of 3 and 1 group of 2.

Procedure:
Score by passing the ball to corner players. Defenders score by dribbling out of the area. Players in the corners squares pass the ball back to the same team. Rotate Players.

Variations: Don't allow the attacking team to pass to the same square twice in a row.

Key Coaching Points:

- Movement and support
- Quality passing
- Width & depth
- End product



Week 6

6 v 6
Small Sided
Game
Objective:
To improve game understanding.

Organization:
30 x 50 yard area
Play a 6 v 6 match

2 Goals

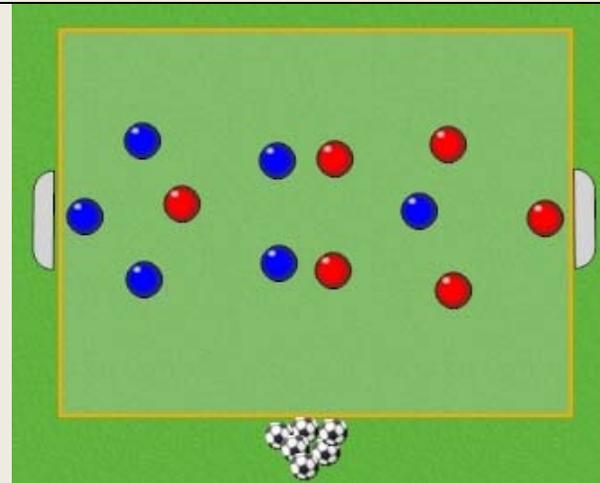
Size 4 ball

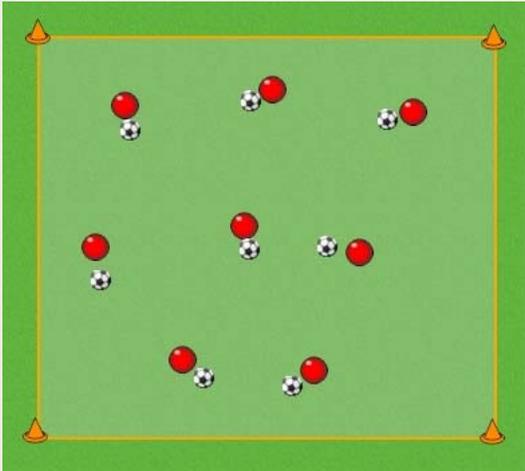
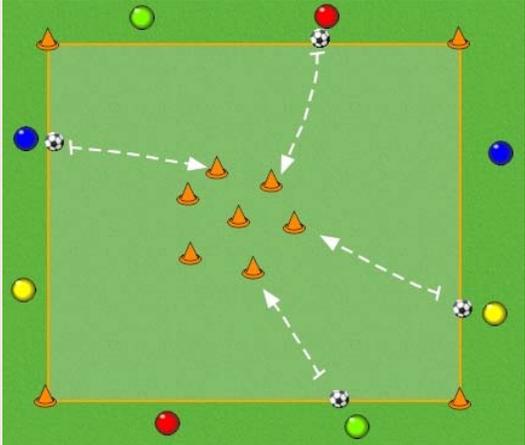
Procedure:
Free Play!

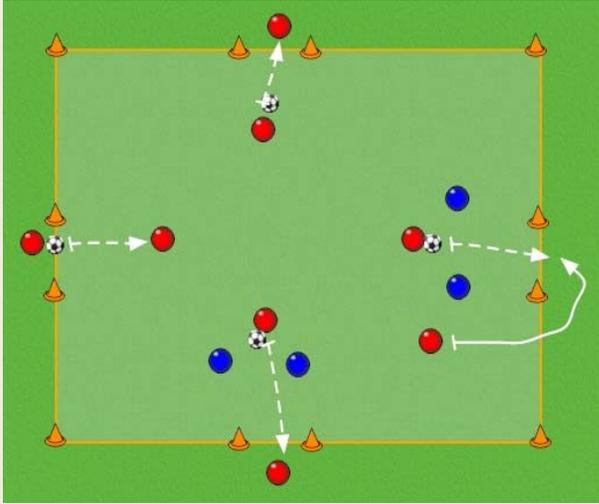
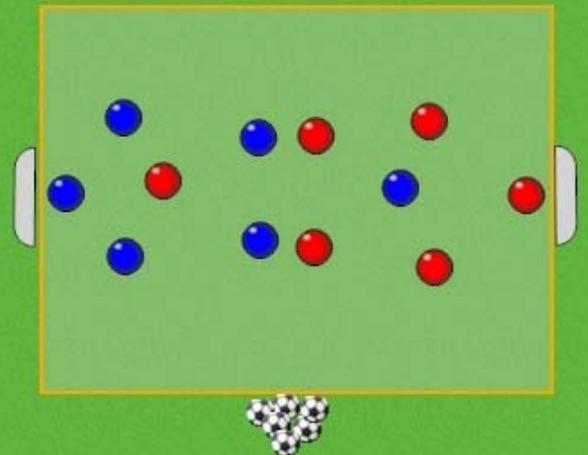
Key Coaching Points:

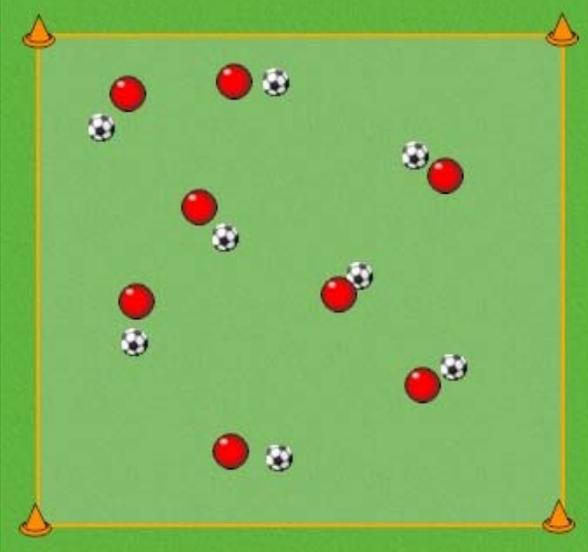
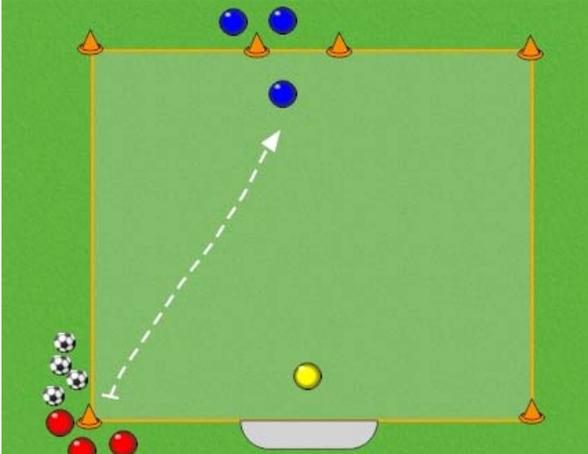
Summation of all challenges for the players.

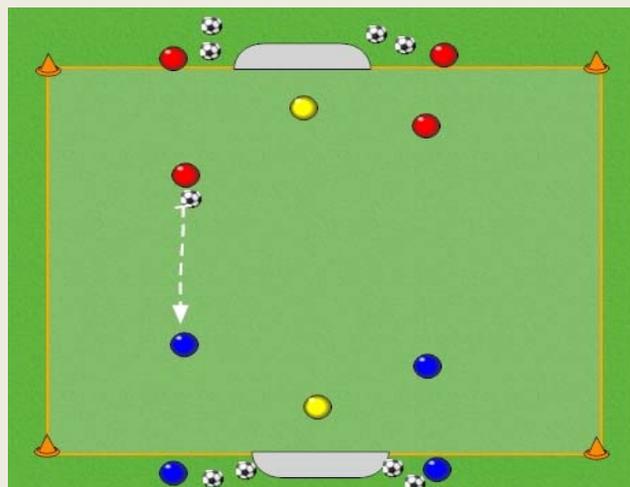
Stay out of their way and let them play.



<p>Week 7</p> <p>Passing</p> <p>Warm up</p> <p>Objective:</p> <p>To improve general Passing.</p>	<p>Organization:</p> <p>20 yard x 20 yard area</p>	<p>Procedure:</p> <p>Each player has a ball. As they move around the grid they try to hit another player's ball with their own ball. 1 point for each successful try.</p> <p>Who can get 5 points?</p> <p>1 minute rounds – include stretching movements.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Timing of pass - Disguise your pass - Inside of foot- Use the inside part of the foot - Push through the ball - Outside of foot (Good for disguise) 	
<p>Week 7</p> <p>Individual Activity</p> <p>Objective:</p> <p>To Improve individual passing skills.</p>	<p>Organization:</p> <p>20 yard x 20 yard area. Players get into pairs at opposite ends of the grid.</p> <p>Cones are randomly spread out in the middle of the grid</p>	<p>Procedure:</p> <p>Players try to knock down as many cones as they can. The ball must be moving at the time of the players pass.</p> <p>1 point for each cone knocked down.</p> <p>Which pair can get the most points?</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - non kicking foot - Weight of pass - Part of foot? - Hit through the middle of the ball - Body position - Pass through the ball <p>Progression:</p> <p>Variation- Ball must first be passed to you by your partner</p>	

<p>Week 7</p> <p>Small Group Activity</p> <p>Objective: To improve individual passing skills under pressure.</p>	<p>Organization: 20 yard x 20 yard area. One 2 yard goal on each of the 4 sides. Players are put into pairs.</p>	<p>Procedure: 4 pairs try to pass their ball through any of the 4 goals to each other. 2 pairs act as defenders and try prevent any goals being scored. A pair can not score two consecutive goals on the same goal. 1 point per goal, 2 minute games, who can get the most goals?</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Timing of pass - Movement - Disguise your pass <p>Progression: If the defenders kick your ball out of the grid your team must make 5 passes before you can come back in to play.</p>	
<p>Week 7</p> <p>6 v 6 Small Sided Game</p> <p>Objective: To improve game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match 2 Goals Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players. Stay out of their way and let them play.</p>	

<p>Week 8 Attacking Duels Warm up Objective: To improve general coordination.</p>	<p>Organization: 20 yard x 20 yard area. 1 ball per player.</p>	<p>Procedure: Players move around the area with the ball. The coach calls out the move the players must perform. Backwards – Left Foot – Right Foot – Turn – Stop Throw the ball in the air and control – Express yourselves with any move. The coach can show different attacking moves for the players to copy.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Change of direction - Change of speed - Use various surfaces of the feet. - Confidence - Agility - Fun 	
<p>Week 8 Attacking Duels Individual Activity Objective: To improve Individual Attacking Skills.</p>	<p>Organization: 20 yard x 20 yard area. 1 small sided goal. 1 Goalkeeper (keep switching) and two teams.</p>	<p>Procedure: The coach splits the group into 2 teams and selects 1 Goal Keeper. The teams are split into defenders and attackers. The Defenders play the ball into the attackers and then defends the goal. If the defenders win the ball they can score in the counter goal. 1 point per goal keep rotating the roles of the teams (attacking & defending)</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Good first touch - Close control - Quality of moves to beat the defender - Accuracy of shot - Confidence 	

<p>Week 8</p> <p>Attacking Duels Small Group Activity</p> <p>Objective: To improve individual attacking skills under pressure.</p>	<p>Organization:</p> <p>20 yard x 20 yard area. 2 small sided goals. 2 Goalkeepers (keep switching) and two teams.</p>	<p>Procedure:</p> <p>The coach splits the group into 2 teams and selects 2 Goal Keepers. The teams are split into defenders and attackers. The Defenders play the ball into the attackers and then defends the goal. If the defenders win the ball they can score in opposition's goal. 1 point per goal keep rotating the roles of the teams (attacking & defending)</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Good first touch - Close control - Quality of moves to beat the defender - Good supporting positions - Accuracy of shot - Confidence 	
<p>Week 8</p> <p>6 v 6 Small Sided Game</p> <p>Objective: To improve game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals</p> <p>Size 4 ball</p>	<p>Procedure:</p> <p>Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	