



U9/U12 Coaching Guide

Learn to Train - The Golden Age of Learning

1st Edition 2021

Mark Coakley - Technical Director

Welcome

Firstly, welcome to the Saint John Soccer Club and thank you very much for volunteering your time to coach! The club along with the players greatly appreciate what you are doing for them.

This manual will provide you with an outline of what is required of you while coaching with the SJSC. It is also your go to resource for week-by-week session plans.

Thank you once again for supporting SJSC.



Learn to Train - STAGE 3 (U9/U12)

The Golden age of learning. When children become less self centered and are able to reflect on their own actions and learn from mistakes, it provides an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basic principles of play in a fun and challenging environment.

At this age, we want the kids to **FALL IN LOVE WITH THE GAME.**

The Role of the Coach

Teacher. Mentor. Role model. Cheerleader. Parent. Occasional disciplinarian.

Soccer coaches wear many different hats, particularly when they are training young players, many of whom are lacing up their cleats for the first time. You might find yourself leading a fun activity one minute and reigning in a distracted player the next.

You must be flexible, because a session or drill that was meant to last 10 minutes might need to be switched up after half that time to keep the players engaged. Above all, make sure **everyone** is enjoying the session - including you!

Being a coach is demanding, but is also incredibly rewarding. There's nothing quite like witnessing the thrill a young player gets when they score their first goal, or make a fantastic pass. **THE LESSONS A CHILD LEARNS FROM A GOOD COACH LASTS A LIFETIME!**

The objective isn't just to develop better soccer players - it's to develop well rounded individuals who are disciplined, persistent and are able to work well with others in a team environment.

Coaching Guidelines

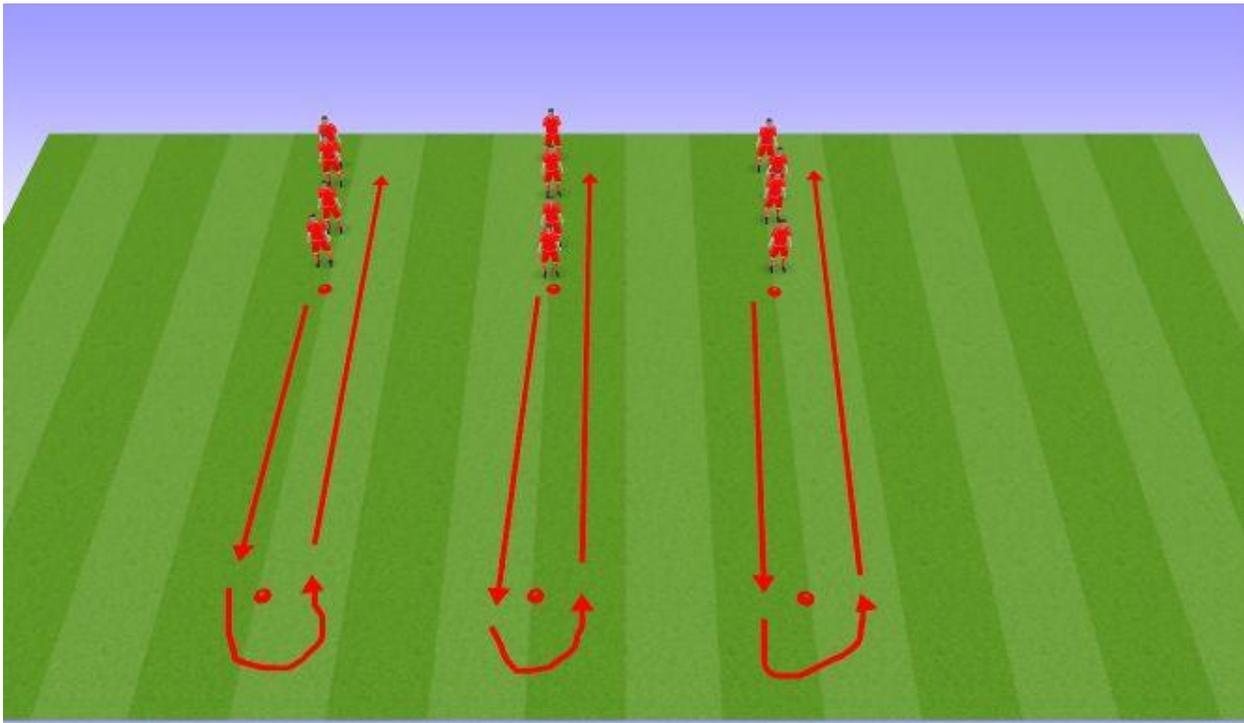
1. **COMMUNICATION:** Ensure the terminology you use is clear and precise. Let the players know you are in charge.
2. **POSITIVE REINFORCEMENT:** Whenever possible give individuals and/or group positive reinforcement. Refrain from using negative comments. Use praise as an incentive.
3. **BE CREATIVE AND USE INITIATIVE:** If the drill or game is too advanced, modify to increase the chances of success.
4. **MAKE A DIFFERENCE:** Be motivational and inspirational. Enthusiasm and being energetic are contagious.
5. **KEEP PLAYERS ACTIVE:** If the drill is static and the kids seem bored, change the drill to one that you know was successful.
6. **EACH PLAYER IS AN INDIVIDUAL:** Be aware of player differences. Aggressive or quiet, recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
7. **STRIVE FOR QUALITY:** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate.
8. **REINFORCE CORRECT TECHNIQUE:** In all drills and games continually emphasize the use of correct techniques .
9. **ENCOURAGE PLAYER MOVEMENT:** At all times make players aware of the importance of readiness. Emphasize weight forward on toes and bouncy instead of flat footed-ness.
10. **ROTATE POSITIONS:** All players should be active as servers, assistants. In game situations change positions each half.
11. **DEVELOP PLAYER RESPECT:** Continually get players to support one another. To show good sportsmanship towards all players including opponents, and respect for others attempts and effort.
12. **EQUALITY AMONGST PLAYERS:** Give equal attention to all players in drills and games. Do not leave the less competent players behind nor slow the advanced players.
13. **FUN AND ENJOYMENT:** Players will respond and want to continue soccer if things are FUN. Create their enjoyment.

Remember as a coach you should be dedicated to the development of all players whether technically abled or new to the game. Your position is very important. You are a role model to these children. Set exemplary standards. Developing good touch and technique, good sportsmanship, and a good atmosphere is the goal. Keep away from creating a pressure to win. Maintain equality throughout your sessions and emphasize fun and development.

Week 1: Basic Foot Skills

Introductions: Gather the players and have them sit in a circle. Coaches start off by introducing themselves. Go around the circle and have players say their names. Have some fun with it! Ask a player to see if they can repeat everyone's name in order around the circle.

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.

6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.
7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10 - 15 min): Ball gymnastics

Stationary:

Roll the ball with the bottom of the foot forwards and backwards with the left foot then the right foot. Repeat from side to side, then in a circular motion. Repeat all with increased speed.

On toes:

Tick-tocks - Knock the ball back and forth with the inside of both feet. Keep the ball between your feet.

Toe touches:

Alternate left and right feet by lightly touching the bottom of the toe to the ball in a marching motion. Progression: Have them circle the ball while doing toe touches. Increase speed when players get accustomed.

Movement:

Tick-Tock but move the ball slightly forwards each touch. Take it the width of the field and return to start.

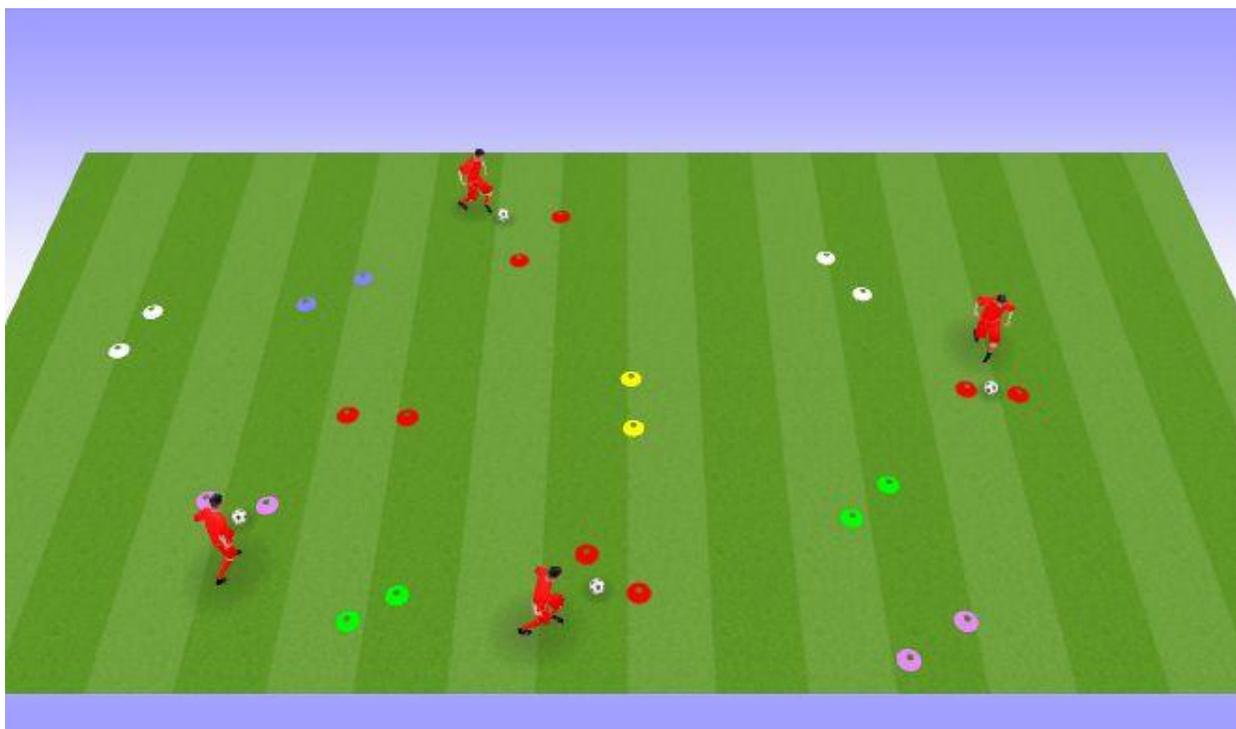
Toe touches:

Moving the ball slightly forwards and backwards while doing toe touches on the ball.

Drill#1 (15 min):

Dribbling through Gates - Good ball control exercise.

Teaches - Control dribbling, ball control, turning.



Set up: Scatter 2 cone gates(10 to 15) of different colours across the playing area. Every player has a ball.

Instructions:

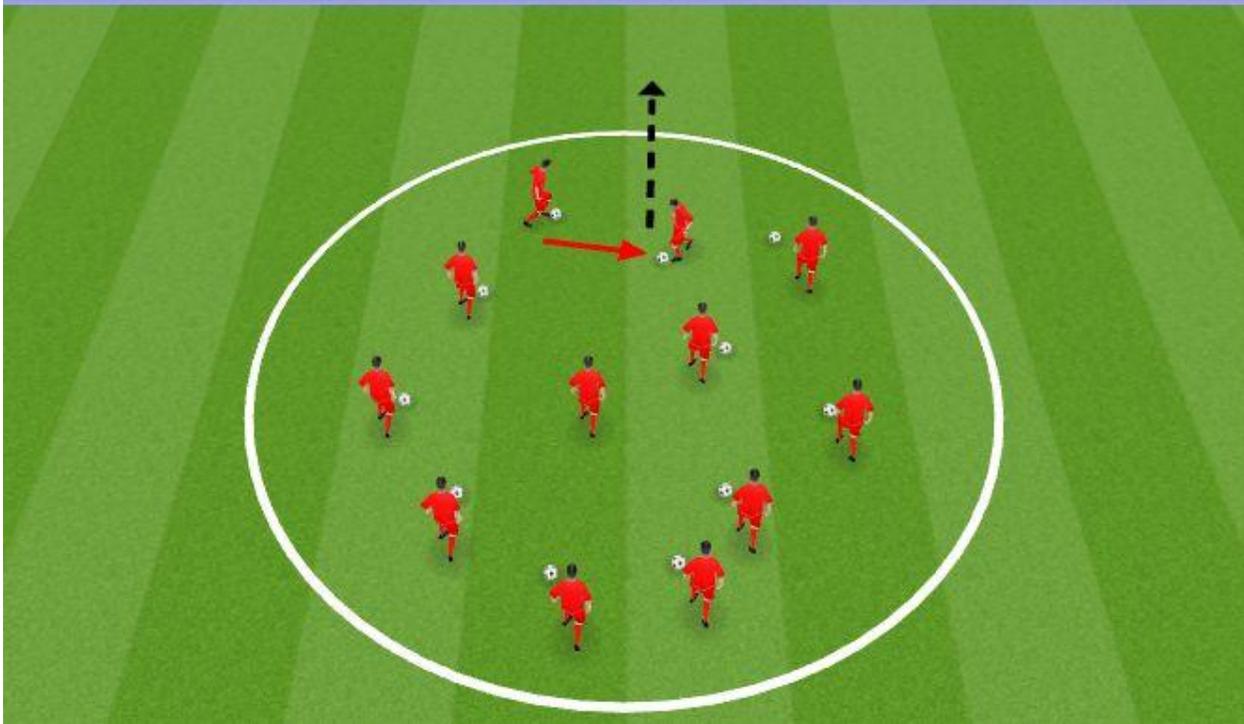
1. Have the players dribble through as many gates as possible and have them count how many gates they can go through in 30 seconds.
2. Repeat several times challenging them to beat their record.
3. Players cannot enter a gate at the same time as another player (find a different gate).

Progression: Ask players to go through a different coloured gate each time.

Drill#2 (15 min):

Knock out (king of the ring) - Fun simple game.

Teaches - Dribbling, ball control, turning, change of direction.



Set up: All players have a ball. Players are placed in a circle of cones approximately 15yds in diameter.

Instructions:

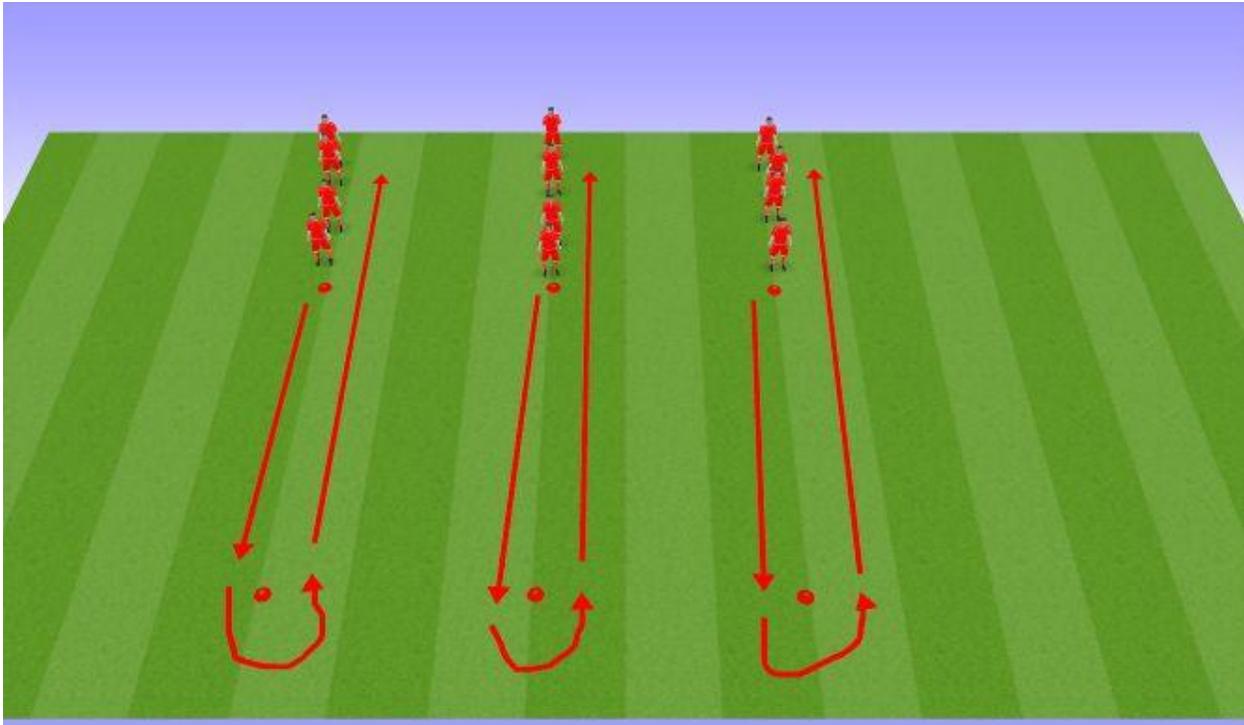
1. Players dribble their ball in the circle ensuring that the ball is always moving.
2. On the coaches command, all players are to keep their own ball under control while attempting to kick the other players balls out of the circle.
3. If a player's ball is kicked from the circle they must continue to try to kick the remaining player's ball out of the circle.
4. This continues until all players' balls are kicked from the circle.
5. The last player to have their ball kicked out wins.
6. Repeat 2-3 times.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 2: Basic Passing

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

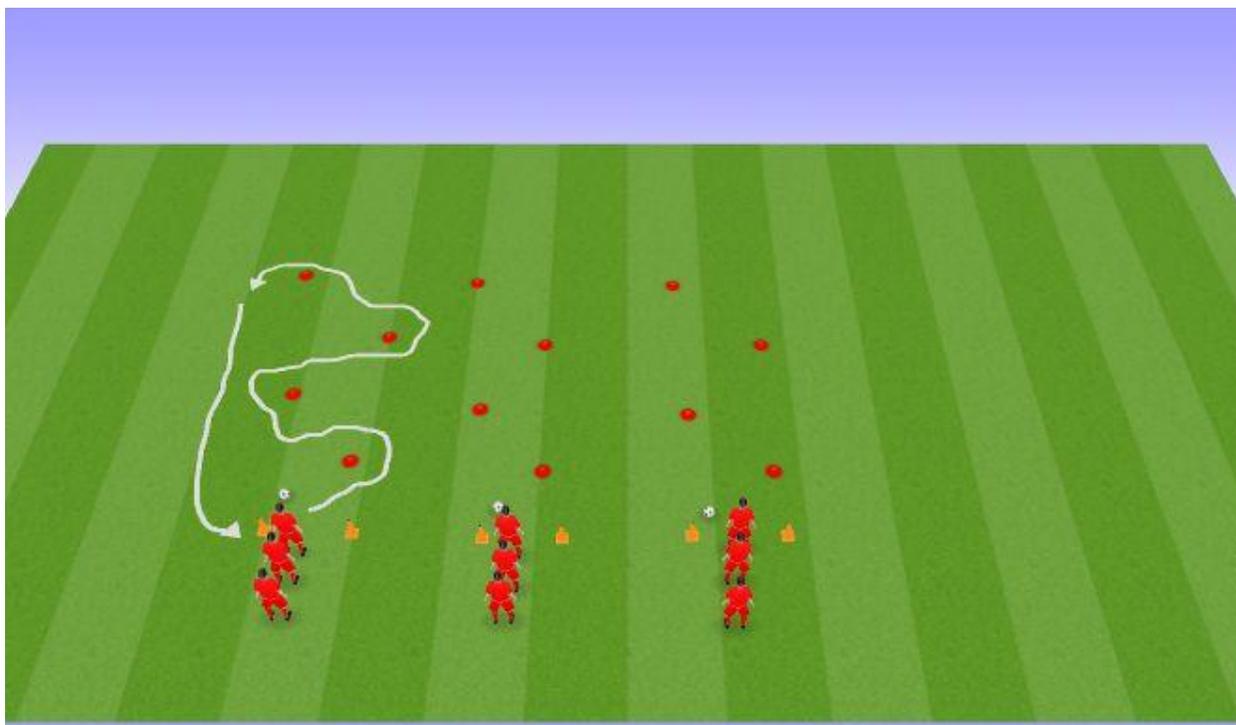
Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.

6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.
7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min): Team Game

Zig-Zag



Set-up: Have 3 teams of 4. Set up 5 cones per team in a Zig-Zag pattern.

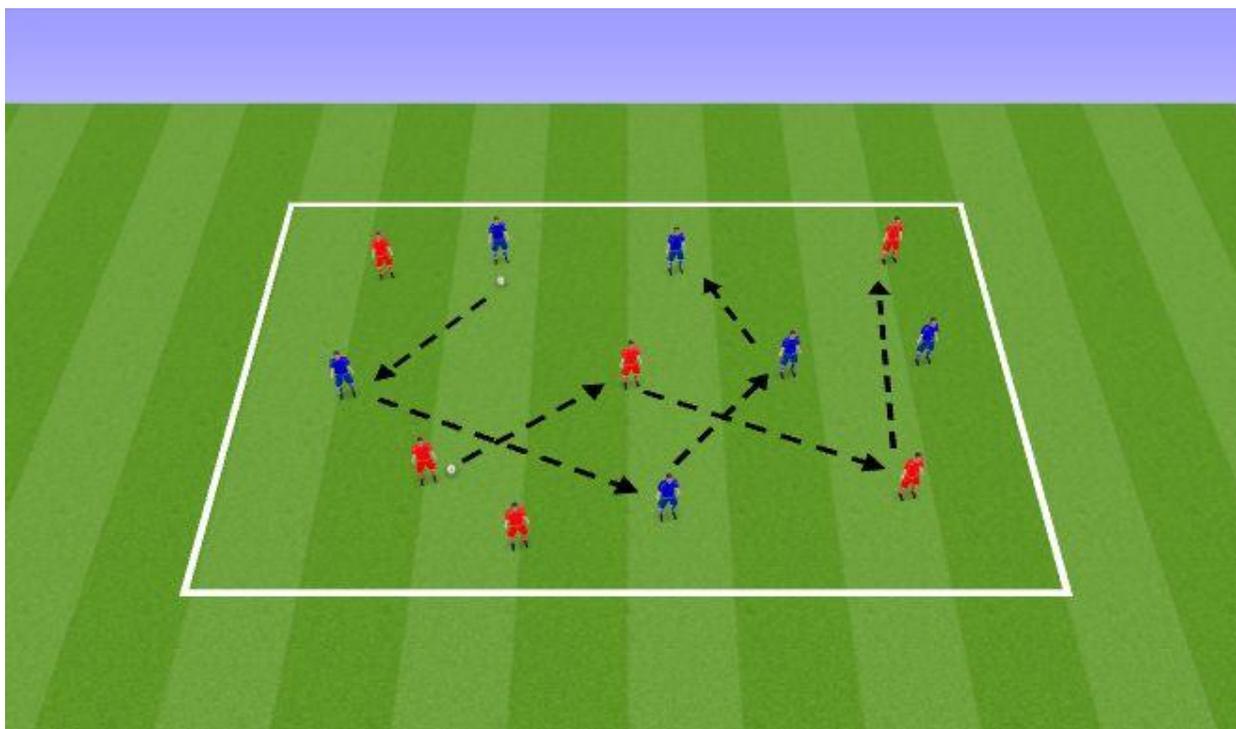
Instructions:

1. Teams line up behind their starting cone.
2. Players in turn zig-zag through the cones using the inside and outside of the foot.
3. When the players go through cones they pass the ball to the next player and sit down at the back of the line.
4. First team to have all 4 players sitting down wins.
5. Repeat 3 times, the best out of 3 wins.

Drill#1 (15 min):

Team Passing - Simple passing.

Teaches - Passing, receiving, movement away from the ball.



Set up: 20 x 20 area, split the players into 2 teams, one ball per team.

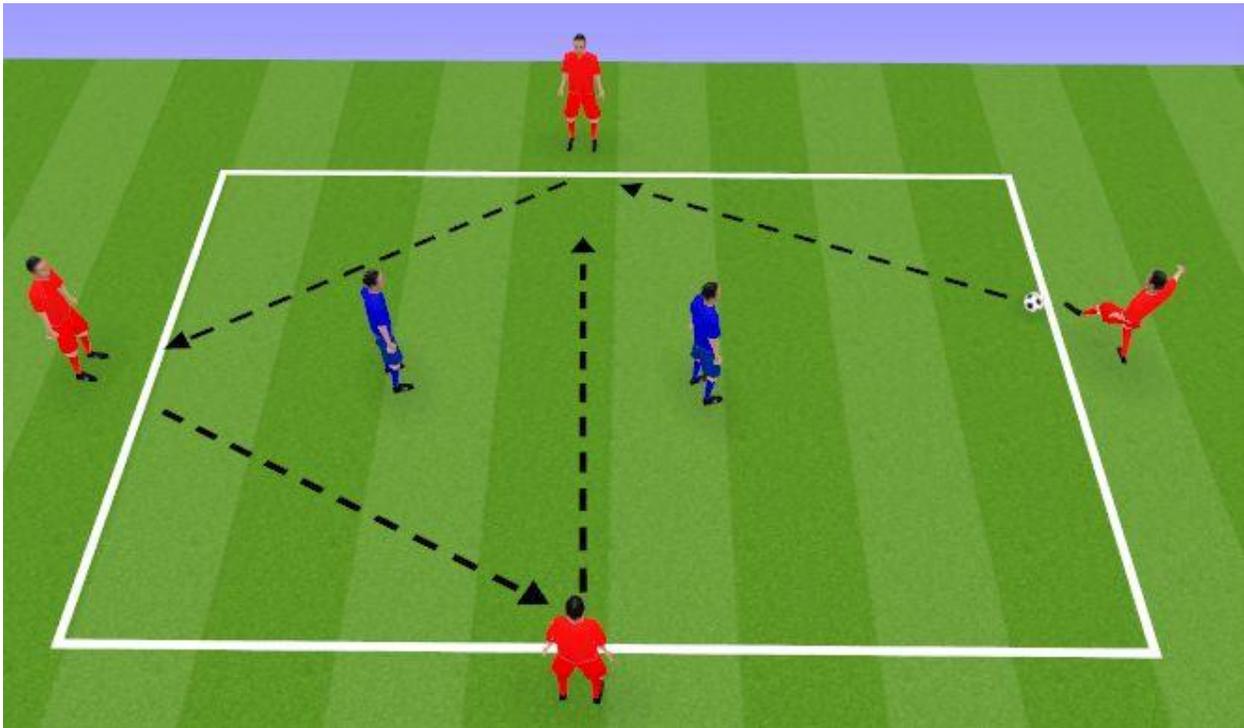
Instructions:

1. In the area, the 2 teams pass and move amongst each other.
2. Ask players to use the inside of the foot to pass and receive.
3. Encourage movement away from the ball. Eye contact with team mates. Communication (verbal, non-verbal)

Drill#2 (15 min):

4 v 2 Rondo (keep away) - Passing and receiving.

Teaches - Passing and receiving under pressure, quick decision making.



Set up: Make two 10 x 10 areas. 4 players on the outside and 2 defenders inside of the grid. The 2 defenders wear pinnies.

Instructions:

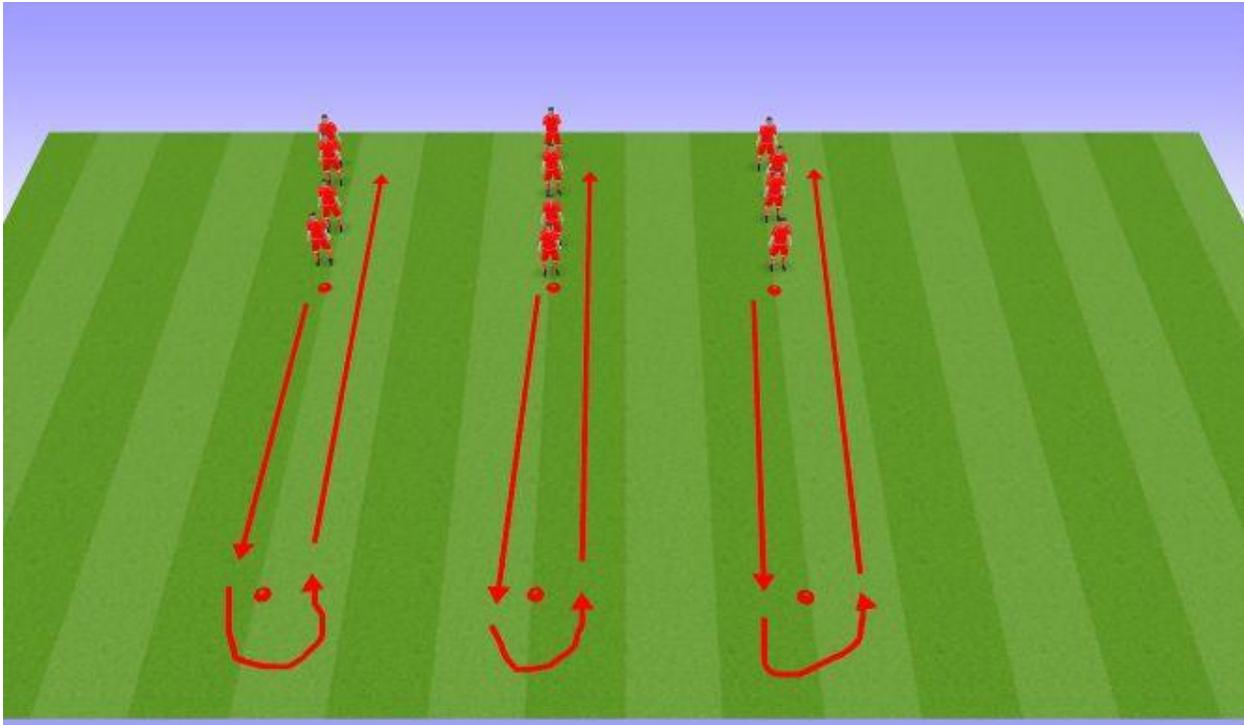
1. The 4 players on the outside of the grid try to keep the ball away from the defenders with quick ball movement.
2. Outside players can move up and down their side of the square looking for passing lanes.
3. If outside players can split the defenders with a pass they earn 3pts.
4. If a defender wins the ball they switch with the outside player who gave the ball away.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 3: Ball Control

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min):

Freeze tag

Set-up: Each player has a ball, one player without a ball.

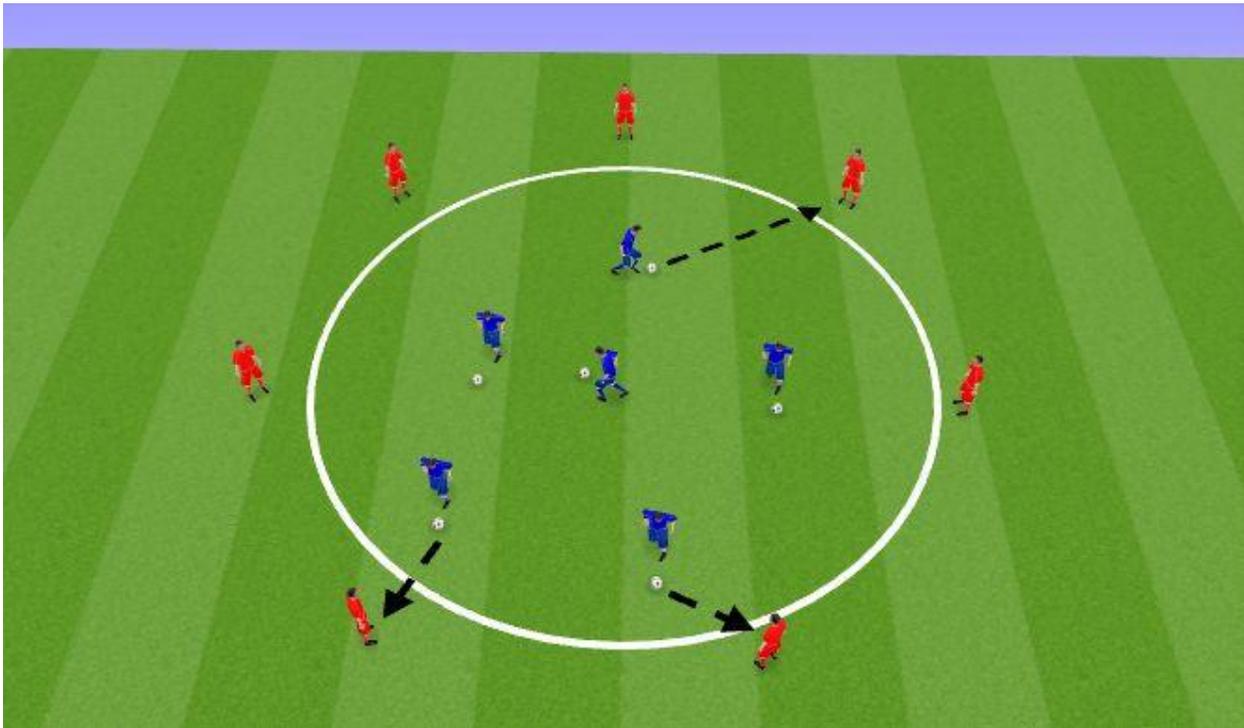
Instructions:

1. The player without the ball attempts to tag the other players.
2. If tagged then, the player is now frozen, picks up the ball and holds it above their head and calls out "help!" with their feet shoulder width apart.
3. The players can be unfrozen if another player passes the ball through their legs.

Drill#1 (15 min):

Passing circle - Excellent ball control drill.

Teaches: Passing, receiving, ball control.



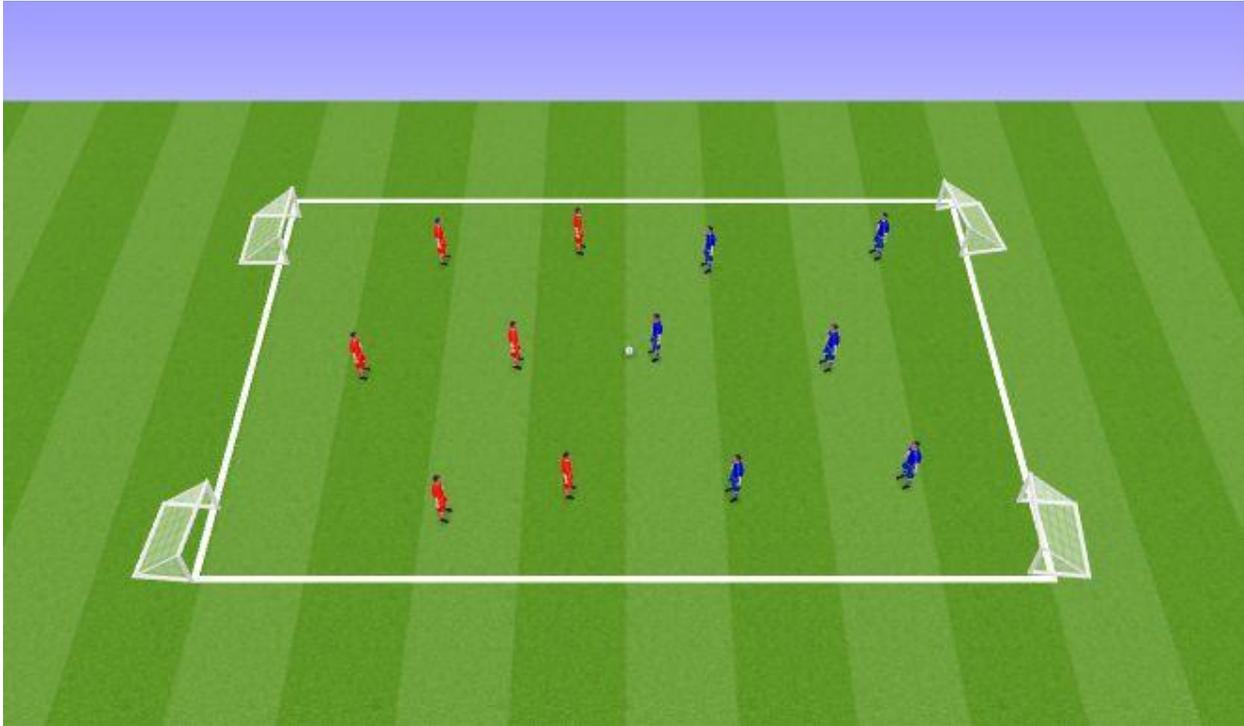
Set up: Make a circle of cones 15yds in diameter or if available use the center circle on the field.

Instructions:

1. Split into 2 equal groups.
2. One group in the middle of the circle and the other group spreads out around the circle.
3. Players in the middle perform various tasks on the coaches command.
 - a. Pass to an outside player, receive the ball back, turn, and go to another player on the outside, repeat.
 - b. Have the outside players start with a ball in their hands. Have them lightly toss the ball to a player in the middle. The player in the middle volleys the ball back with the inside of the foot.
 - c. Still with the ball in hand, outside players lightly toss the ball to the inside players thigh, the player controls the ball by cushioning the ball with their thigh and passes back.
4. Swap the inside players with the outside players and repeat steps a, b, c.

Drill#2 (15 min):

4 Goal Game - This game has 2 points of attack for each team.



Set up: Mark out a 20 x 20 area. Place 2 goals on each side of the grid.

Instructions:

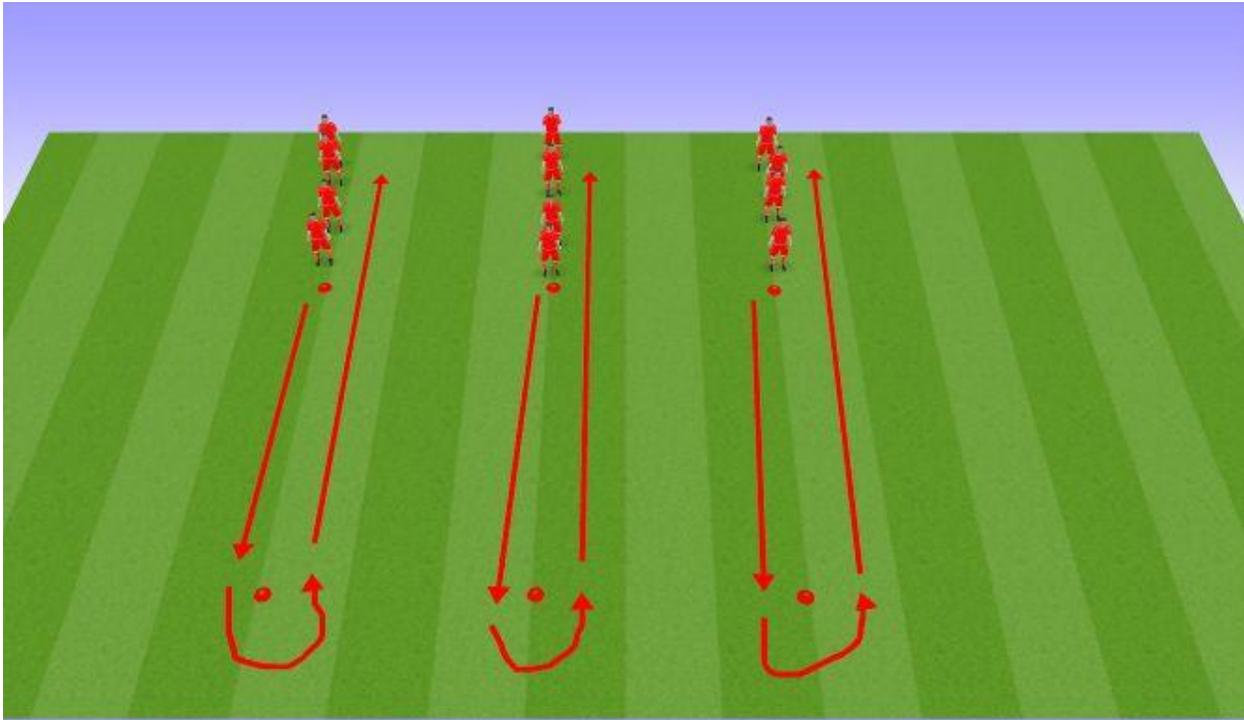
1. Make 2 equal teams.
2. Teams can score on either of the 2 oppositions goals.
3. Regular game rules apply.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 4: Ball Control - Turning

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

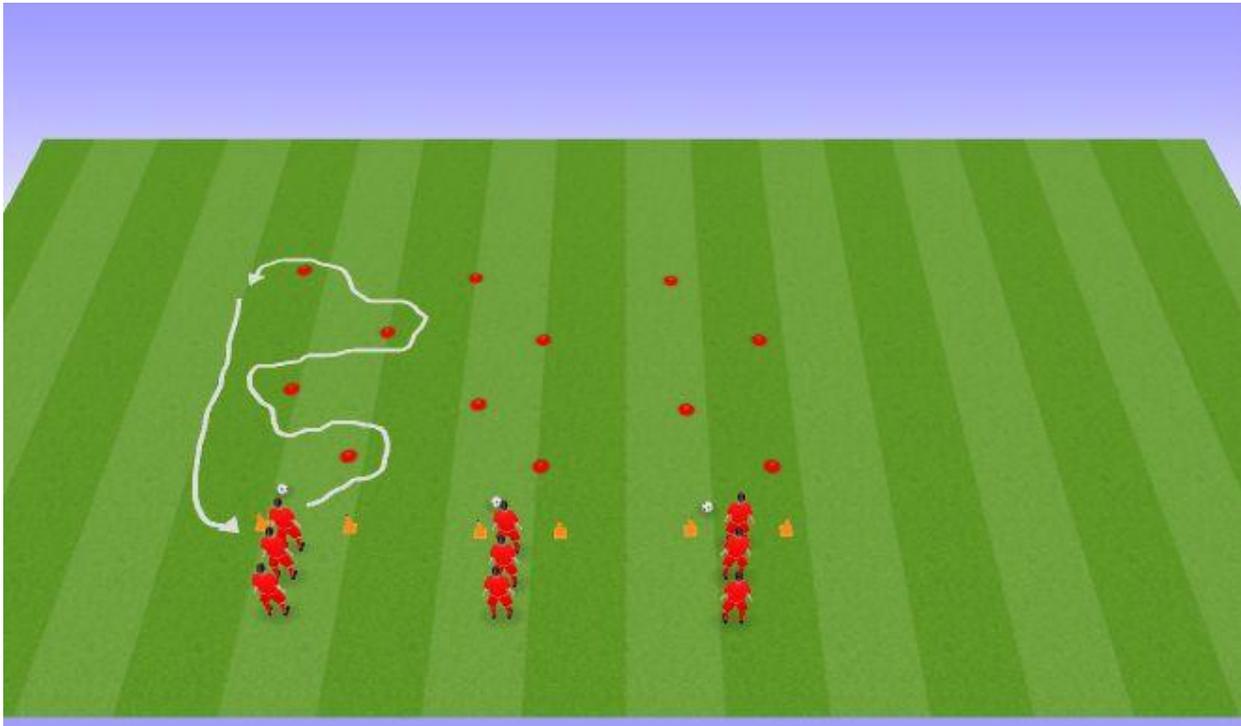
Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min): Team Game

Zig-Zag



Set up: Have 3 teams of 4. Set up 5 cones per team in a Zig-Zag pattern.

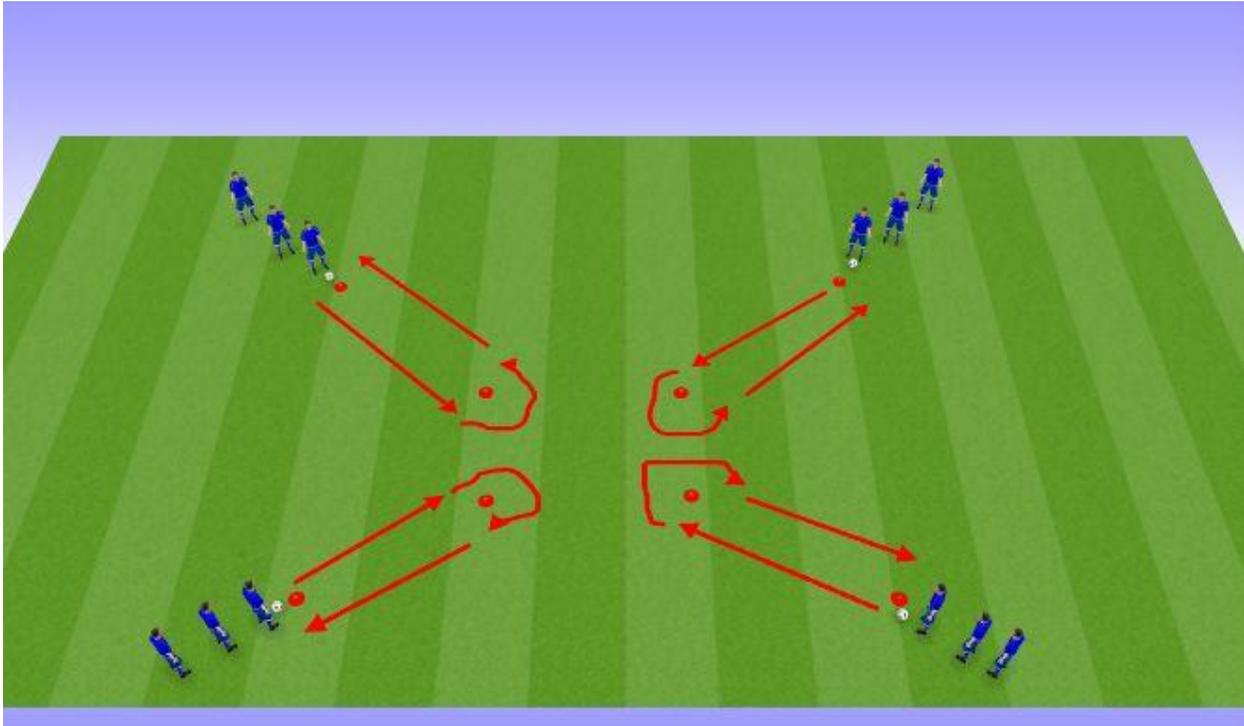
Instructions:

1. Teams line up behind their starting cone.
2. Players in turn zig-zag through the cones using the inside and outside of the foot.
3. When the players go through cones they pass the ball to the next player and sit down at the back of the line.
4. First team to have all 4 players sitting down wins.
5. Repeat 3 times, the best out of 3 wins.

Drill#1 (15 min):

Turning Pattern - Simple turning drill.

Teaches: Dribbling, turning with different surfaces of the foot.



Set up: Mark out with cones 1 large square (15 x 15yds) and 1 small square (5 x 5yds) in the middle of the large square.

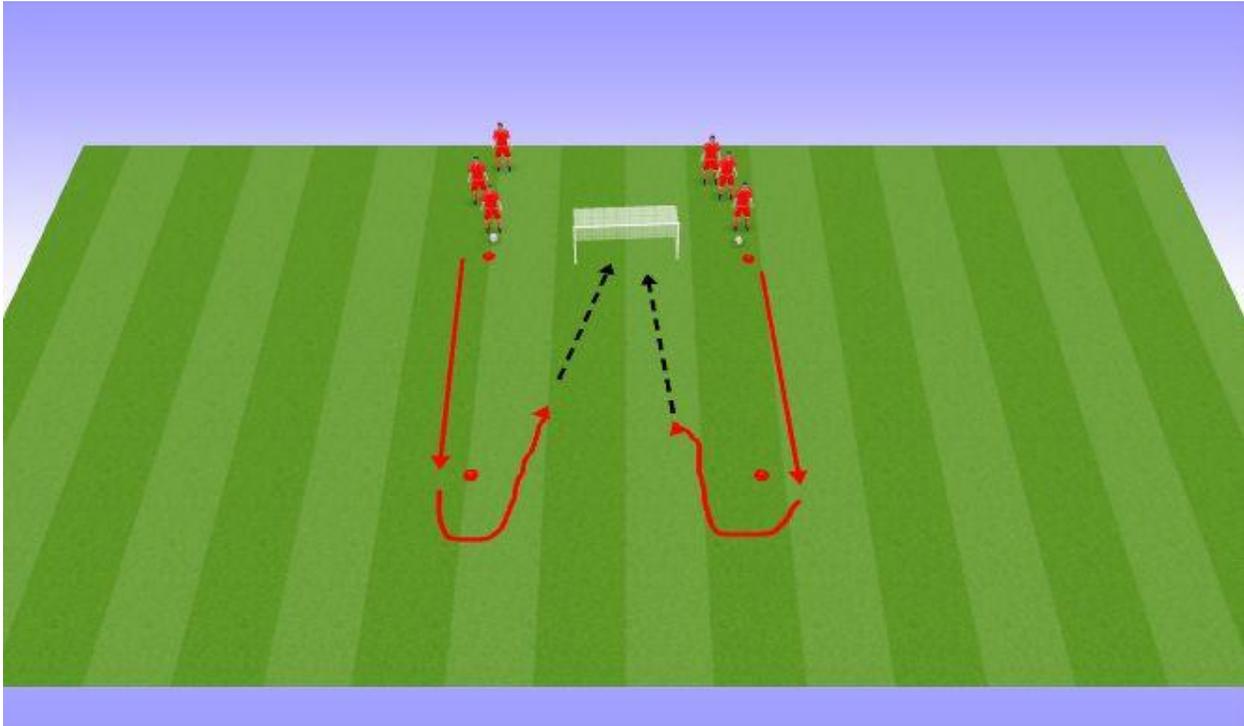
Instructions:

1. Split the players into 4 groups and have them line up behind each cone on the large square.
2. On coaches' command the first player in every group must dribble towards the inside cone, turn around the cone, return to the start and pass the ball to the next player in line and repeat.
3. Ask the players to perform various turns like; outside of the foot turn, inside of the foot, etc.
4. Repeat using both left and right feet.

Drill#2 (15 min):

Turn and shoot - Simple fun game.

Teaches: Dribbling, turning, shooting.



Set up: Have a net set up at one end of the playing area. Place a cone on each side of the net which will be the starting point. Place 2 cones 15yds from the starting cones.

Instructions:

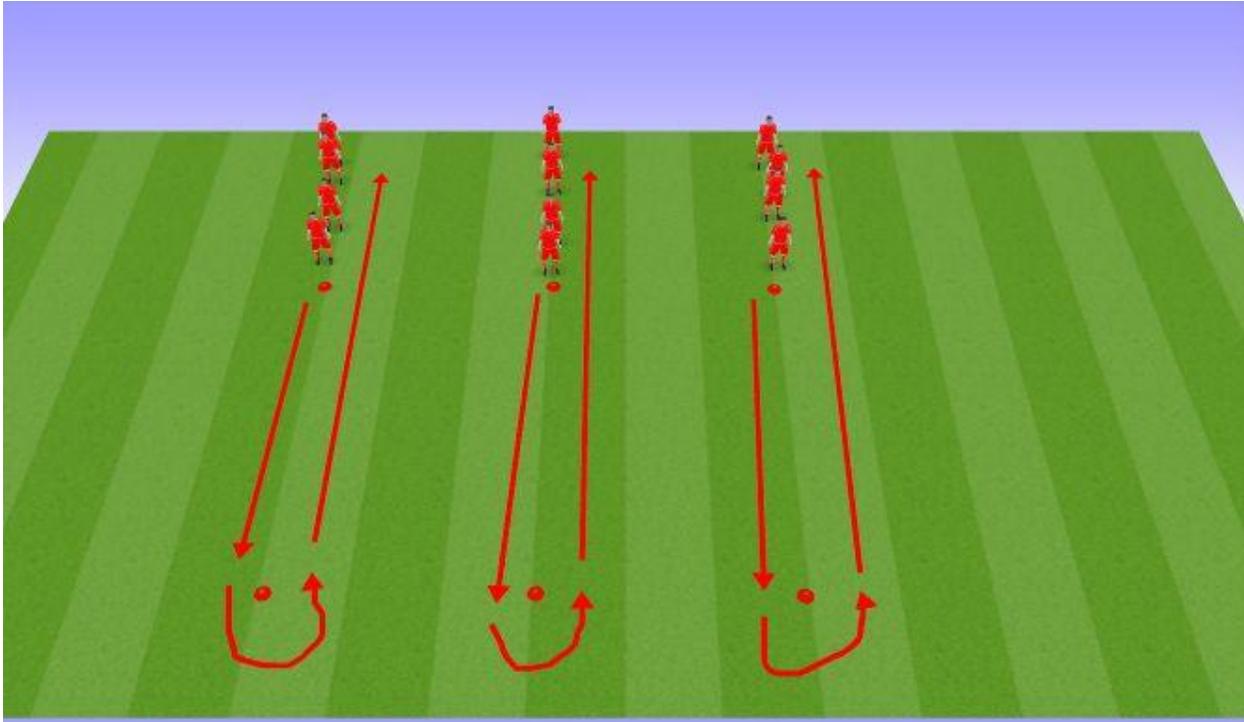
1. Split the players into 2 groups.
2. Each group lines up behind each of the starting cones.
3. On "GO", the players race to the far cone and turn around the cone.
4. The first player to score in the net wins.
5. After 5 minutes, turn it into a game where whatever team scores the most times wins.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 5: Defending Skills

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min):

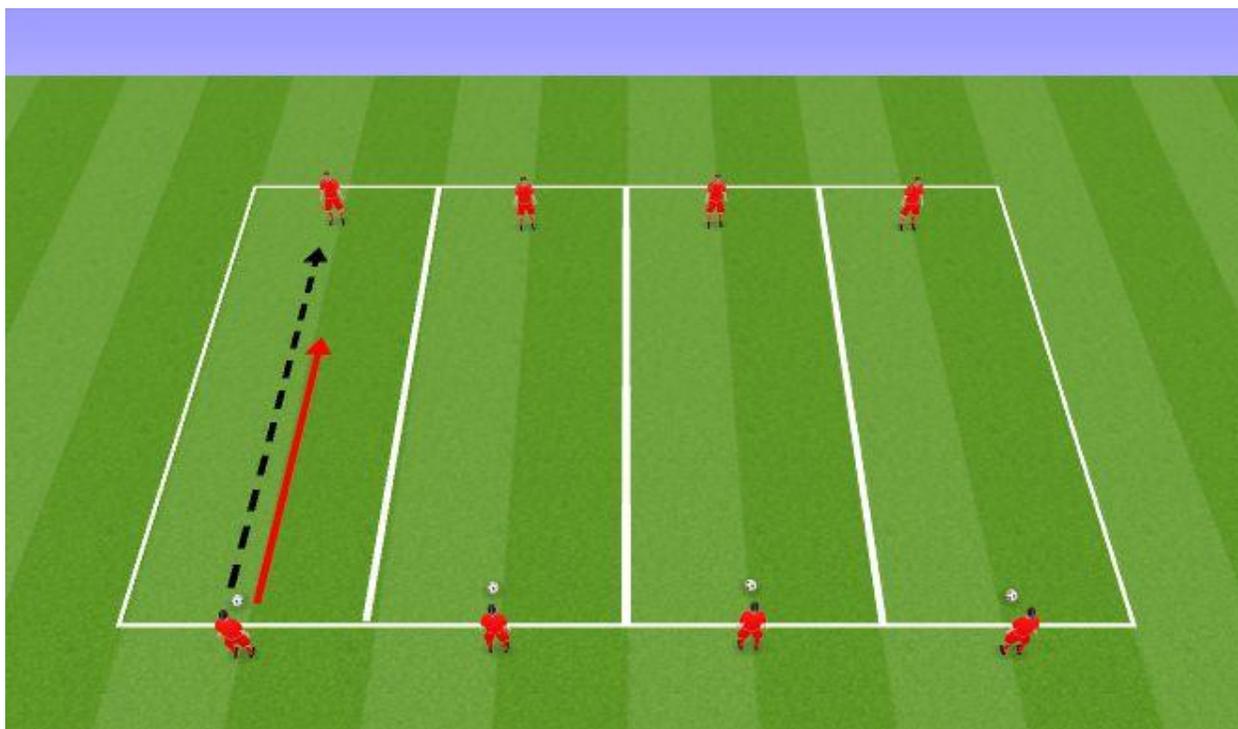
Juggling

Instructions:

1. Start with feet. Holding the ball in hand, drop the ball onto the laces, kick up the ball and catch it. Repeat with the other foot.
2. Ball in hand. Drop the ball to the laces, kick the ball up and let it bounce and kick it up again. See how many times they can kick and bounce in a row.
3. Ball in hand. Have players toss the ball in the air and use their knee/thigh to bump the ball back into the air and catch. Repeat with the other knee/thigh.
4. Players can now juggle with any body surface -(foot,knee) and ask them to count how many juggles they can get without the ball hitting the ground.

Drill#1 (15 min):**Defending Basics**

Teaches: Speed of approach, body shape, distance from attacker.



Set up: Players pair up. One ball per pair.

Instructions:

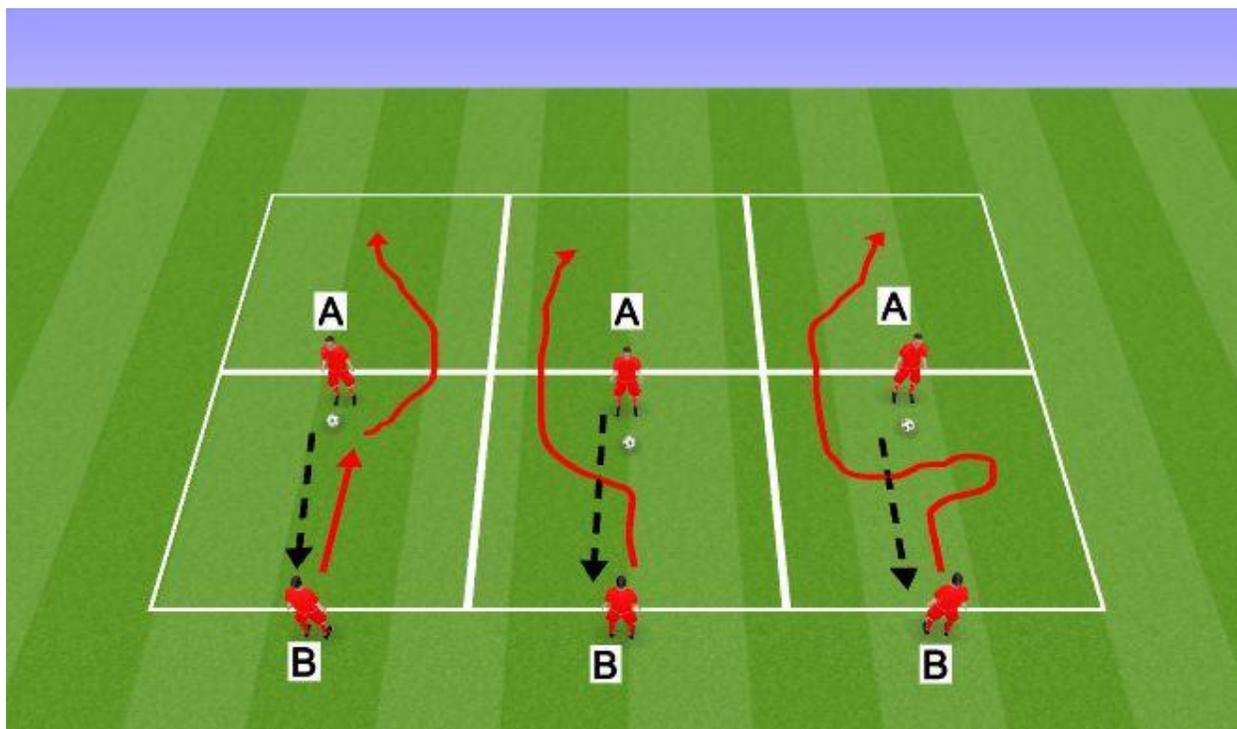
1. Play starts with player 1 passing into player 2.
2. Player 1 then sprints towards player 2 to close down the space quickly.
3. Player 1 slows down when reaching player 2.
4. Player 1 then sets up into a jockey position, knees bent, on toes, one foot forward side stance.
5. Player 1 keeps a 1.5m distance from player 2. If player 1 is too close then they are at risk of being beaten easily on the dribble.
6. Player 1 jockeys the play backwards until they reach the end line.
7. Player 2 just dribbles, Player 1 is not looking to win the ball, just jockey.
8. Switch roles and repeat.

Coaching points: Speed of approach, Body shape, distance from player.

Recap: 1. Close down 2. Slow down 3. Sit down and jockey.

Drill#2 (15 min):**On Guard!**

Teaches: Speed of approach, body shape, distance from player.



Set up: Create 6 x 12yrd lanes. Cut all lanes in half with cones.

Instructions:

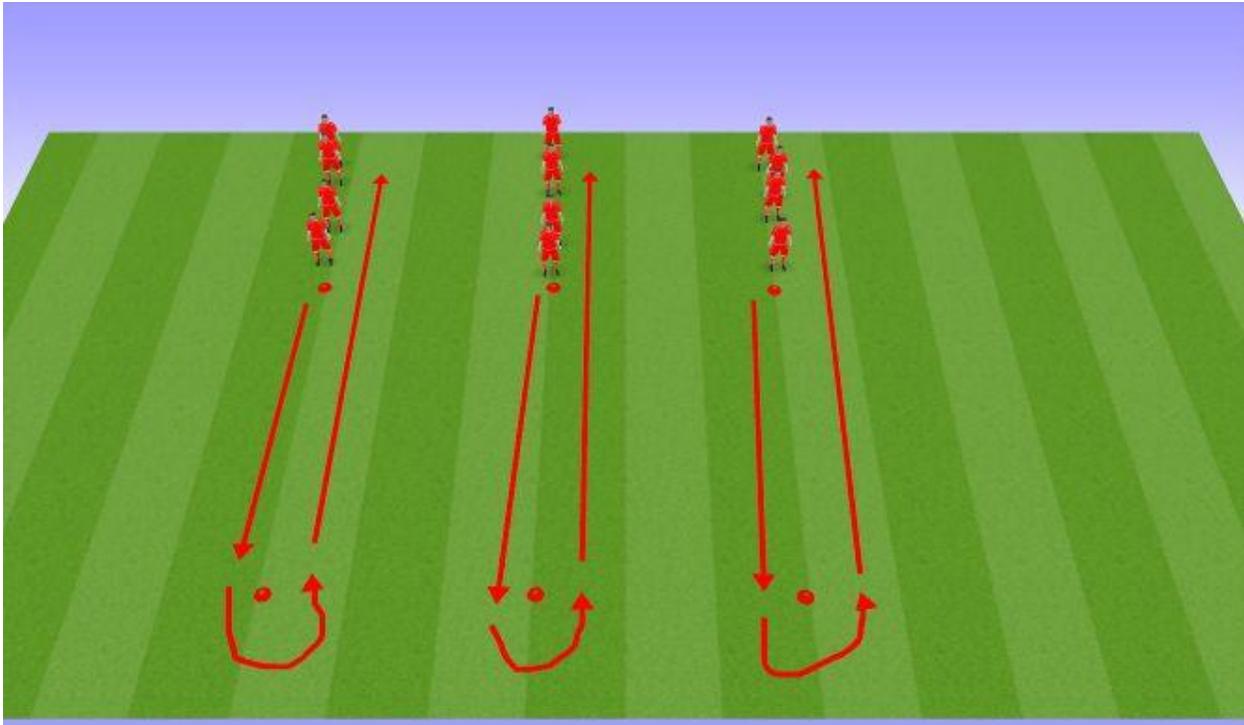
1. Player A starts with the ball and passes to player B.
2. Player B controls the ball and attempts to dribble across the center line and beat player A to the end line.
3. If player A wins possession they must dribble to the opposite end line.
4. Rotate the players to face a new opponent every few minutes.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 6: 1 v 1 Attacking

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.

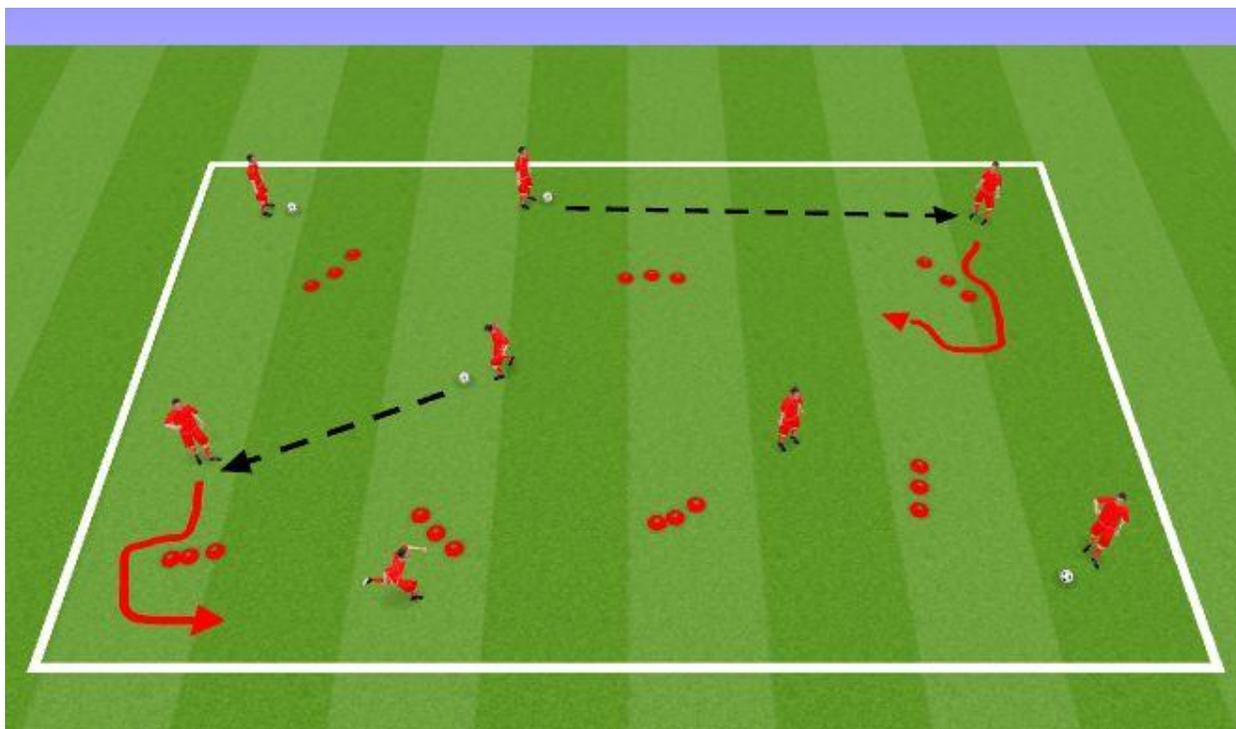


Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min):**Barrier**

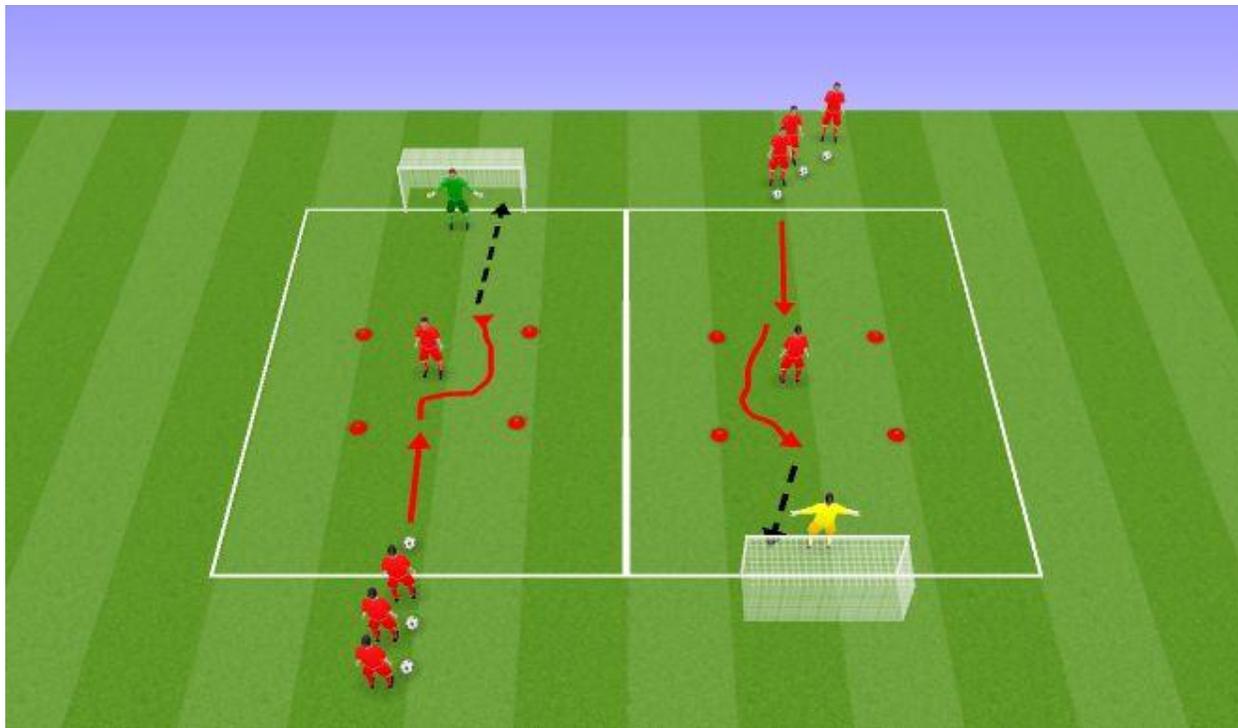
Set up: In a 20 x 20yd area, set up 3 cones in a line to create a barrier(defender). Half of the group with a ball, half of the group without.

Instructions:

1. To start, players with a ball must first pass the ball to a player without the ball, who then must “take on” the barrier(defender) by performing a move of their choice or pre-determined by the coach.
2. Once they have done this, they now pass to a player who doesn’t have a ball and the process repeats.
3. Moves: feint, step over, scissors, speed burst etc.

Drill#1 (15 min):**On the attack**

Teaches: 1 v 1 skills, fakes and feints to take on the defender, small touches, accuracy when shooting.



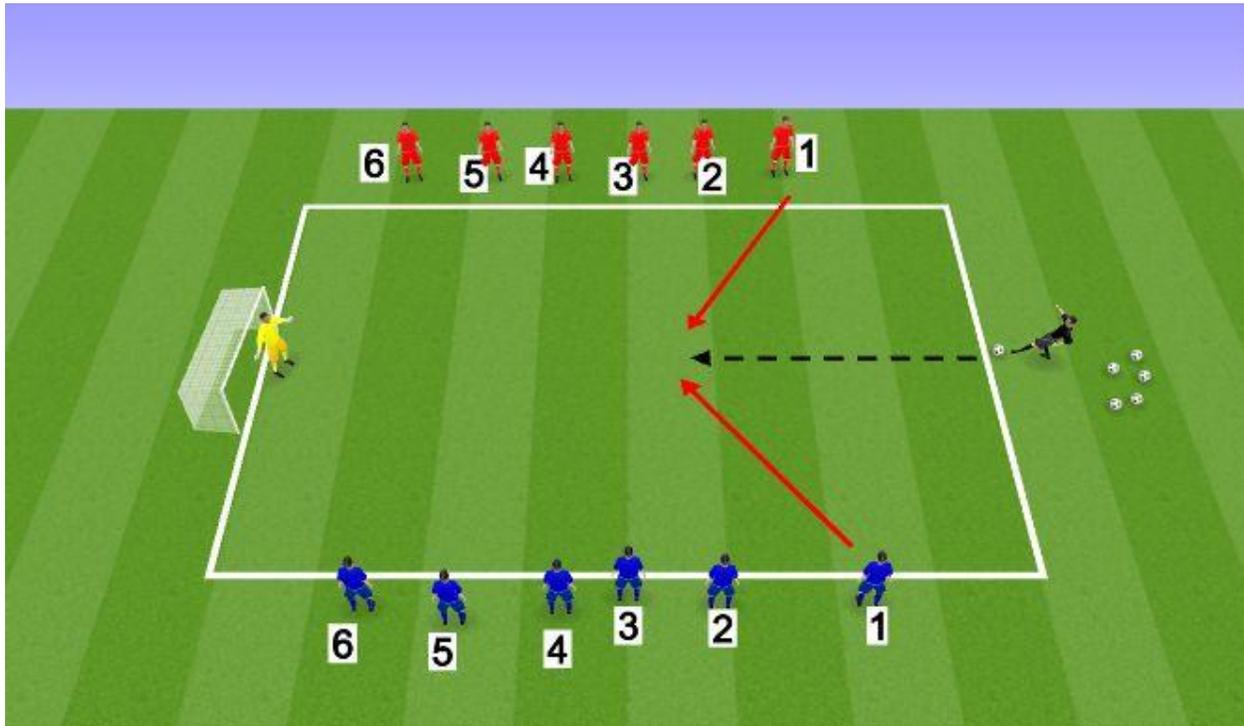
Set up: Make two 10 x 15yd grids each with a net and a square(5 x 5yd) of 4 cones halfway.

Instructions:

1. In groups of 3 or 4, plus one defender in the square and a goalkeeper in net.
2. The rest are attackers with a ball.
3. One attacker will go at a time and try to take the defender on within the box then takes a shot on net.
4. Ensure to rotate the defender and goalkeeper every 2 minutes.

Drill#2 (15 min):**The Numbers Game**

Teaches: Listening, quick reaction, 1v1, shooting.



Set up: Set up a net at one end of the playing area. All the balls with the coach at the midpoint. Split the players into 2 groups.

Instructions:

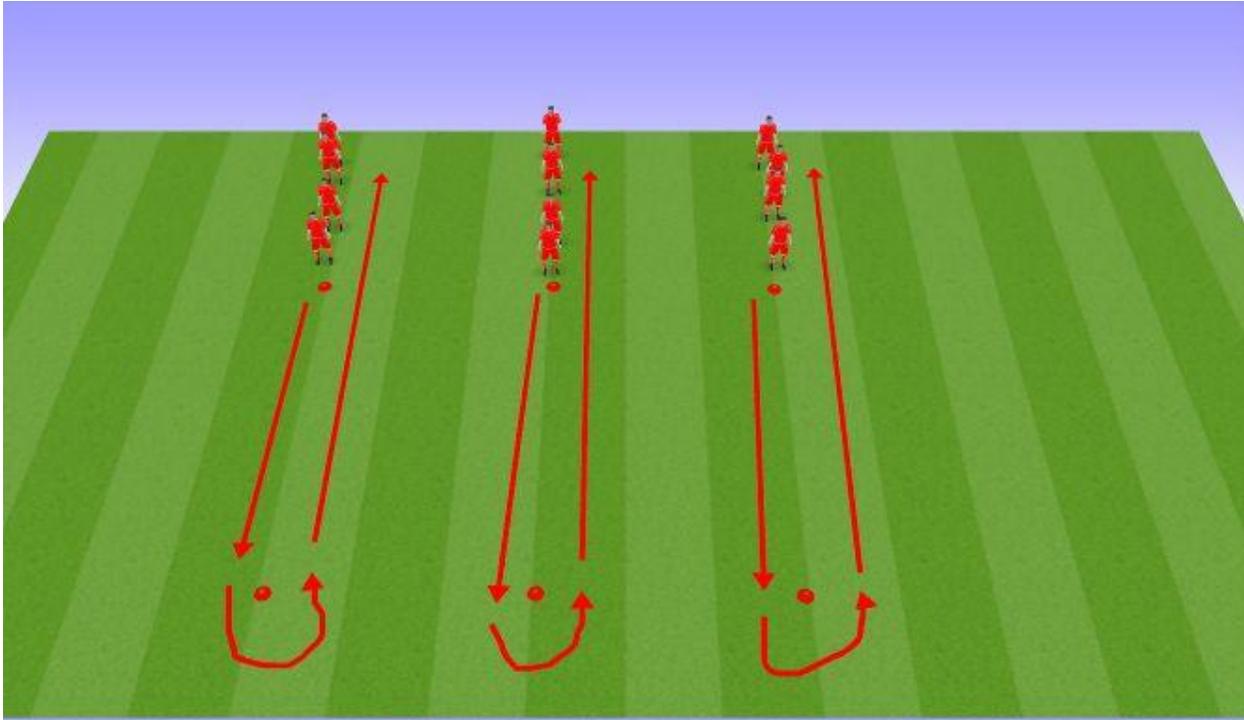
1. Have the players lay down on their stomach.
2. One group on one sideline of the grid and the other group on the other side line.
3. Number the players 1 to 4 or 1 to 5, depending on numbers.
4. The coach will call out a number, Ex: "1", player number 1 from each group then comes out to win the ball and score on the net.
5. Either player can score if they can get possession first.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 7: Small Sided Games

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

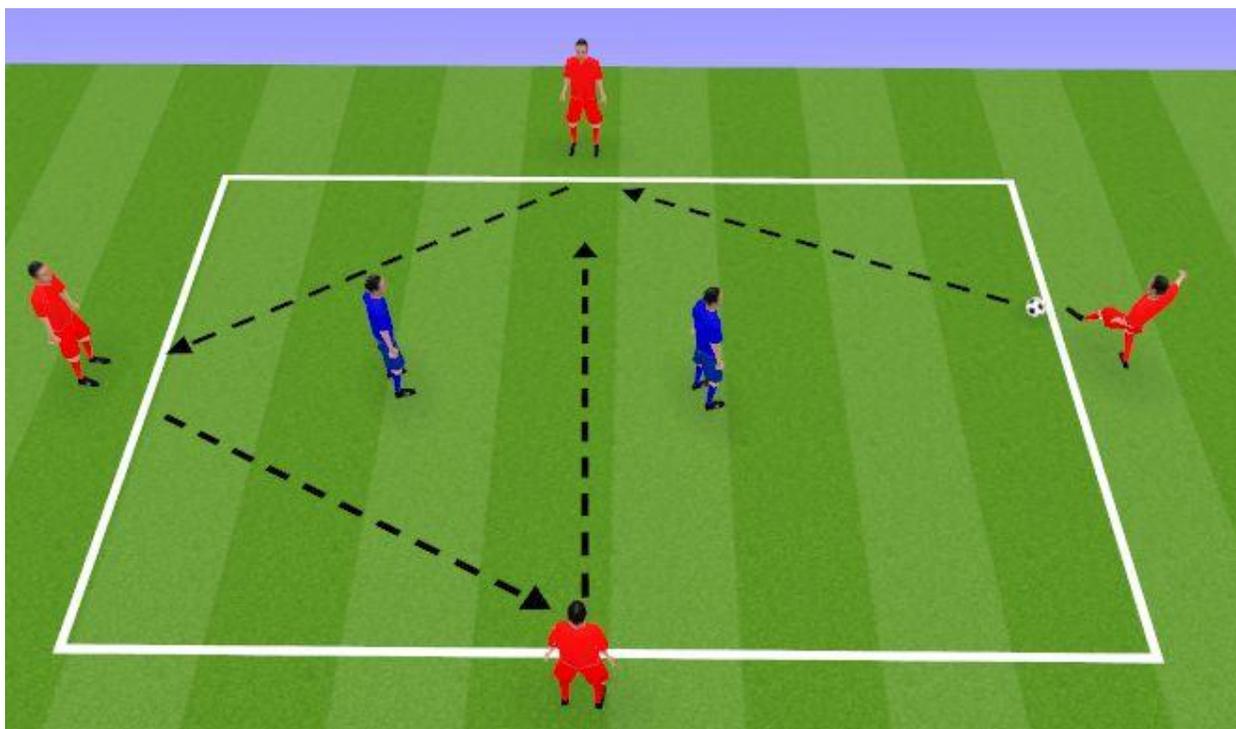
1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min):

4 v 2 Rondo (keep away) - Passing and receiving.

Teaches - Passing and receiving under pressure, quick decision making.



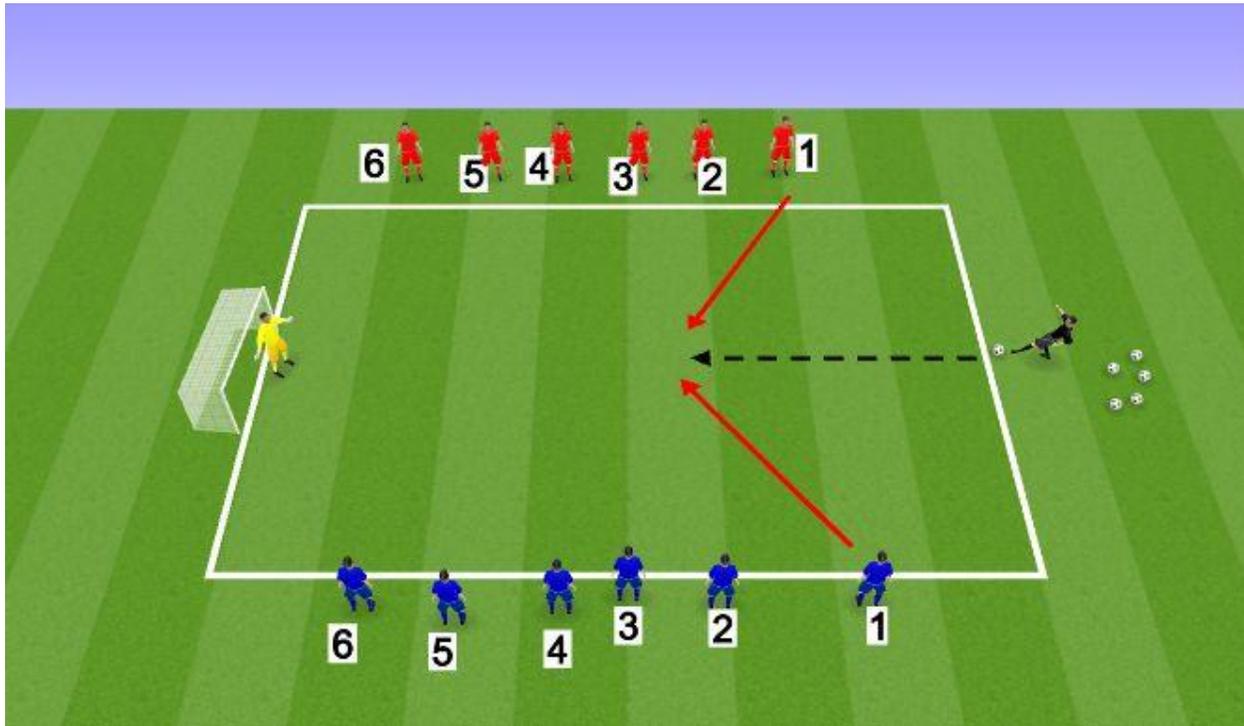
Set up: Make two 10 x 10 areas. 4 players on the outside and 2 defenders inside of the grid. The 2 defenders wear pinnies.

Instructions:

1. The 4 players on the outside of the grid try to keep the ball away from the defenders with quick ball movement.
2. Outside players can move up and down their side of the square looking for passing lanes.
3. If outside players can split the defenders with a pass they earn 3pts.
4. If a defender wins the ball they switch with the outside player who gave the ball away.

Drill#1 (15 min):**Numbers Game**

Teaches: Listening, quick thinking, passing, shooting, defending.



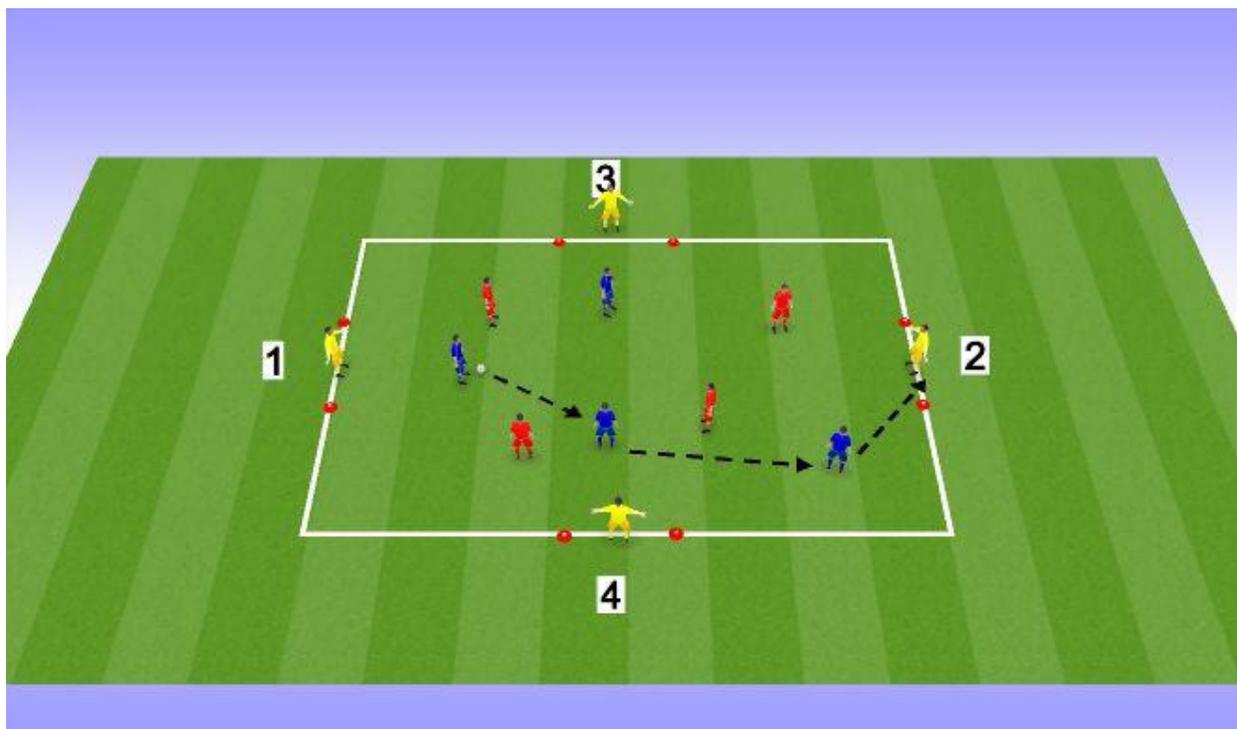
Set up: In a 15 x 20 area, place a net on one side of the grid. Divide the group into 2 teams, use pinnies.

Instructions:

1. Have the teams lay down on each sideline facing the playing area.
2. Number the players on each side 1 through 6.
3. When the coach calls out a number for example "1", players who are the number 1 from both sides enter the area. Coach sends in a ball and the players battle for possession and try to score on goal.
4. Either player can score.
5. Mix it up by calling different numbers for instance "2 and 3" would create a 2v2 etc.

Drill#2 (15 min):**4v4+4 GK Game**

Teaches: Ball movement, passing, shooting, goalkeeping.



Set up: In a 20 x 20 area, have 4 goals, one on each side of the square. 2 teams of 4 and 4 goalkeepers one in each net.

Instructions:

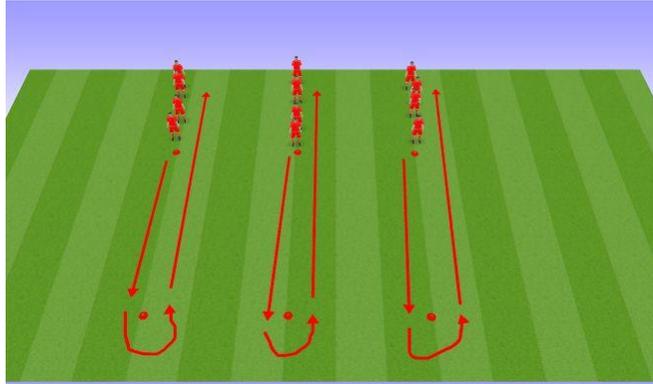
1. Teams play 4v4. Coach serves the ball into play (have lots of balls ready)
2. Blue team can score on goals 1 and 2.
3. Red team can score on goals 3 and 4.
4. Switch goalkeepers every 3 goals.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 8: Running with the Ball

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.
7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10 - 15 min): Ball gymnastics

Stationary:

Roll the ball with the bottom of the foot forwards and backwards with the left foot then the right foot. Repeat from side to side, then in a circular motion. Repeat all with increased speed.

On toes:

Tick-tocks - Knock the ball back and forth with the inside of both feet. Keep the ball between your feet.

Toe touches:

Alternate left and right feet by lightly touching the bottom of the toe to the ball in a marching motion. Progression: Have them circle the ball while doing toe touches. Increase speed when players get accustomed.

Movement:

Tick-Tock but move the ball slightly forwards each touch. Take it the width of the field and return to start.

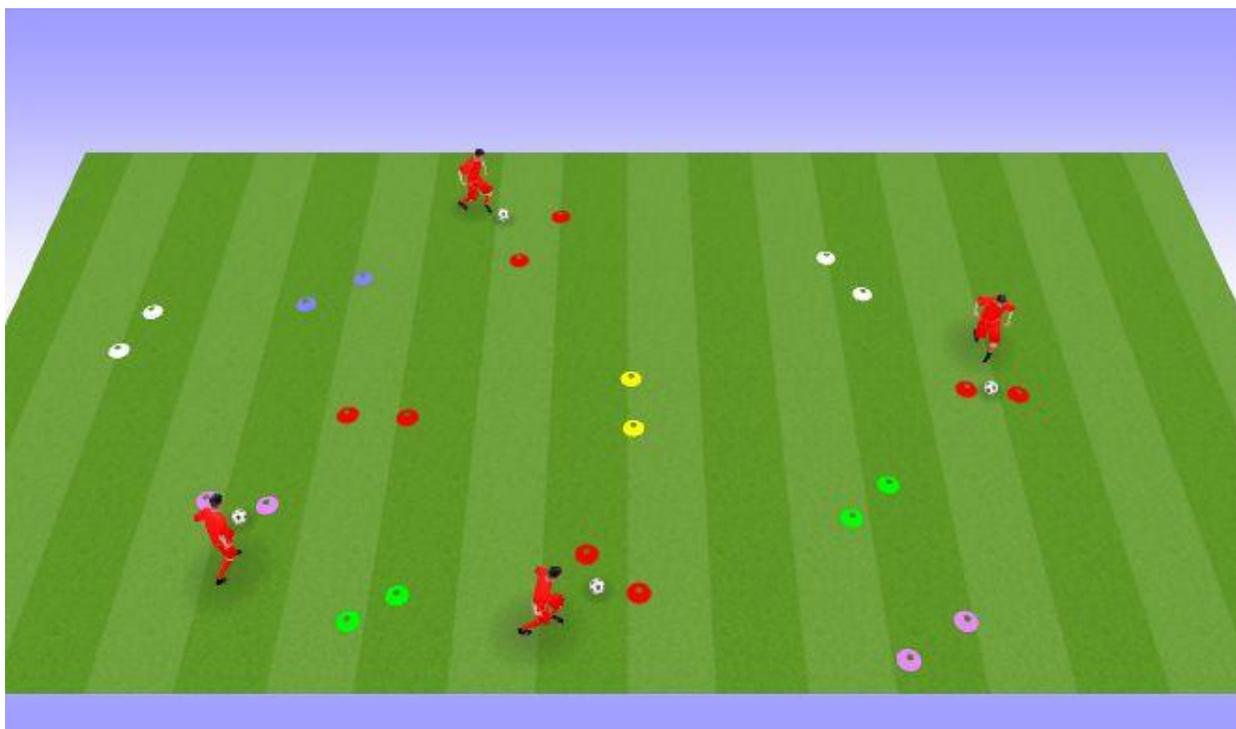
Toe touches:

Moving the ball slightly forwards and backwards while doing toe touches on the ball.

Drill#1 (15 min):

Dribbling through Gates - Good ball control exercise.

Teaches - Control dribbling, ball control, turning.



Set up: Scatter 2 cone gates(10 to 15) of different colours across the playing area. Every player has a ball.

Instructions:

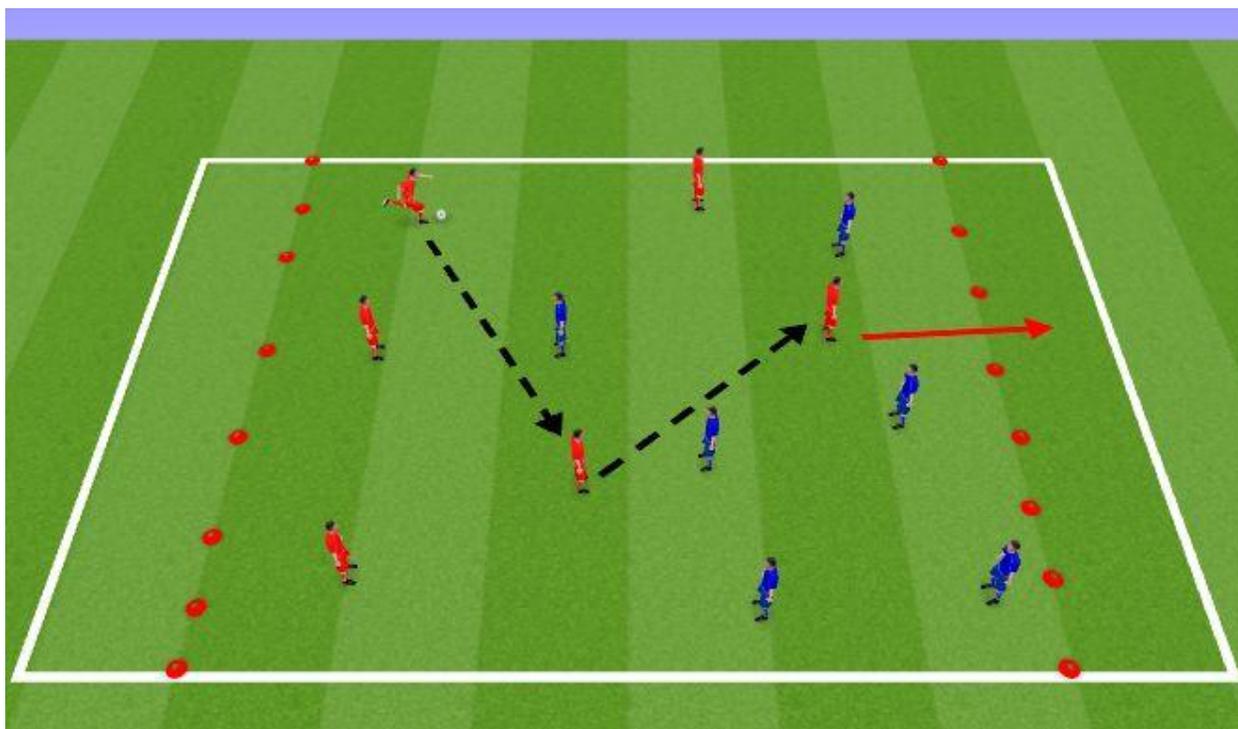
1. Have the players dribble through as many gates as possible and have them count how many gates they can go through in 30 seconds.
2. Repeat several times challenging them to beat their record.
3. Players cannot enter a gate at the same time as another player(find a different gate).

Progression: Ask players to go through a different coloured gate each time.

Drill#2 (15 min):

End zone Game - Simple game.

Teaches: Recognizing time to make a penetrating dribble.



Set up: In a 20 x 15 area, mark out 2 end zones 15 x 5yds.

Instructions:

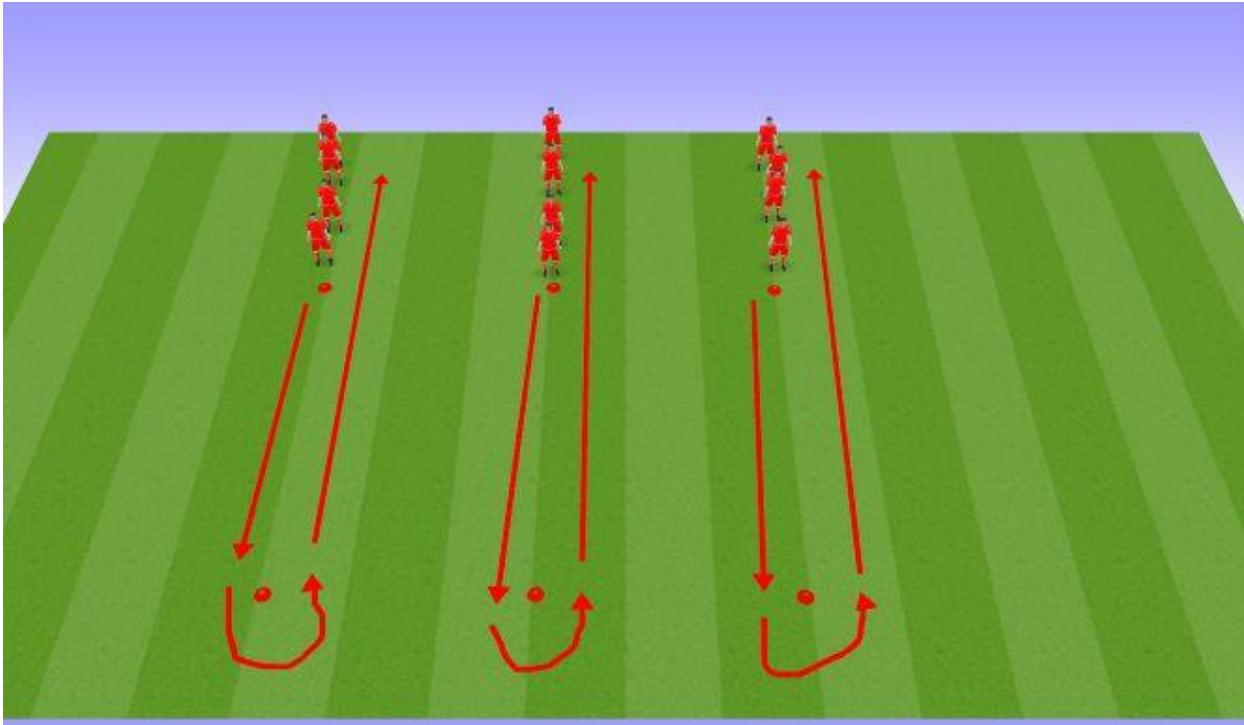
1. Play 5v5 or 6v6, depending on numbers.
2. A goal is scored when a player dribbles into the end zone.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 9: Basic Foot Skills

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10 - 15 min): Ball gymnastics

Stationary:

Roll the ball with the bottom of the foot forwards and backwards with the left foot then the right foot. Repeat from side to side, then in a circular motion. Repeat all with increased speed.

On toes:

Tick-tocks - Knock the ball back and forth with the inside of both feet. Keep the ball between your feet.

Toe touches:

Alternate left and right feet by lightly touching the bottom of the toe to the ball in a marching motion. Progression: Have them circle the ball while doing toe touches. Increase speed when players get accustomed.

Movement:

Tick-Tock but move the ball slightly forwards each touch. Take it the width of the field and return to start.

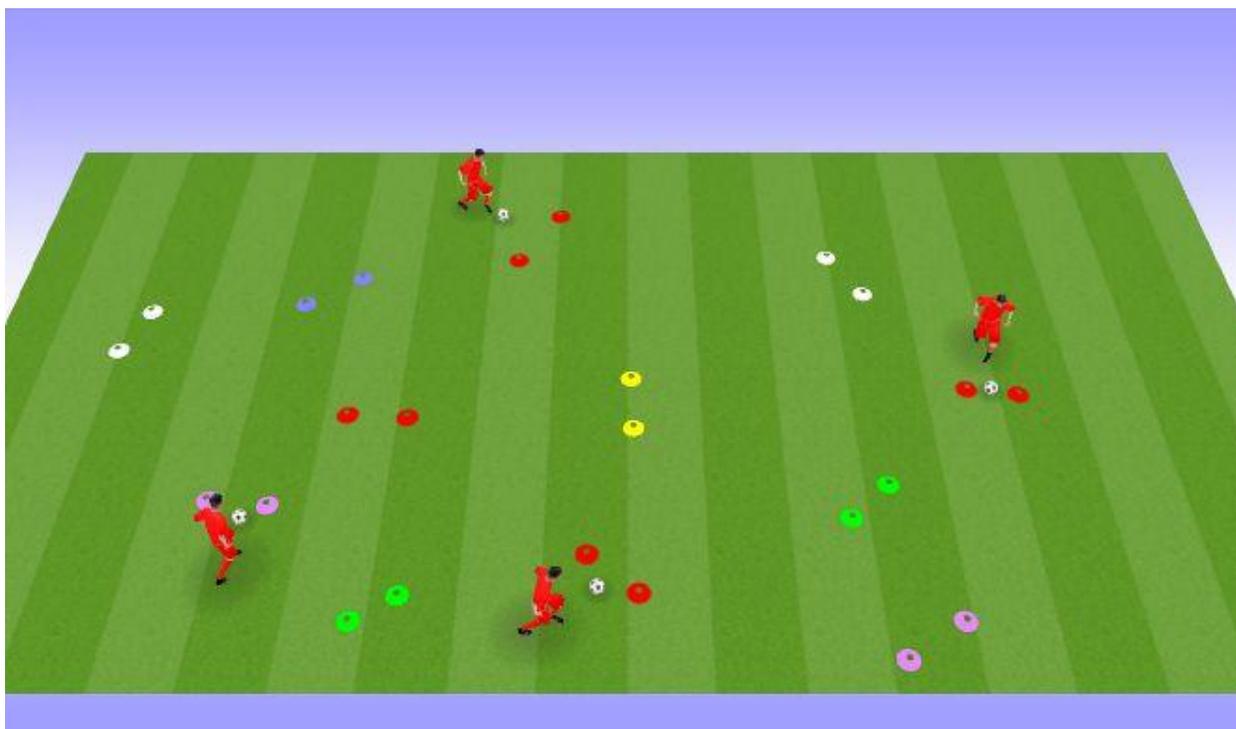
Toe touches:

Moving the ball slightly forwards and backwards while doing toe touches on the ball.

Drill#1 (15 min):

Dribbling through Gates - Good ball control exercise.

Teaches - Control dribbling, ball control, turning.



Set up: Scatter 2 cone gates(10 to 15) of different colours across the playing area. Every player has a ball.

Instructions:

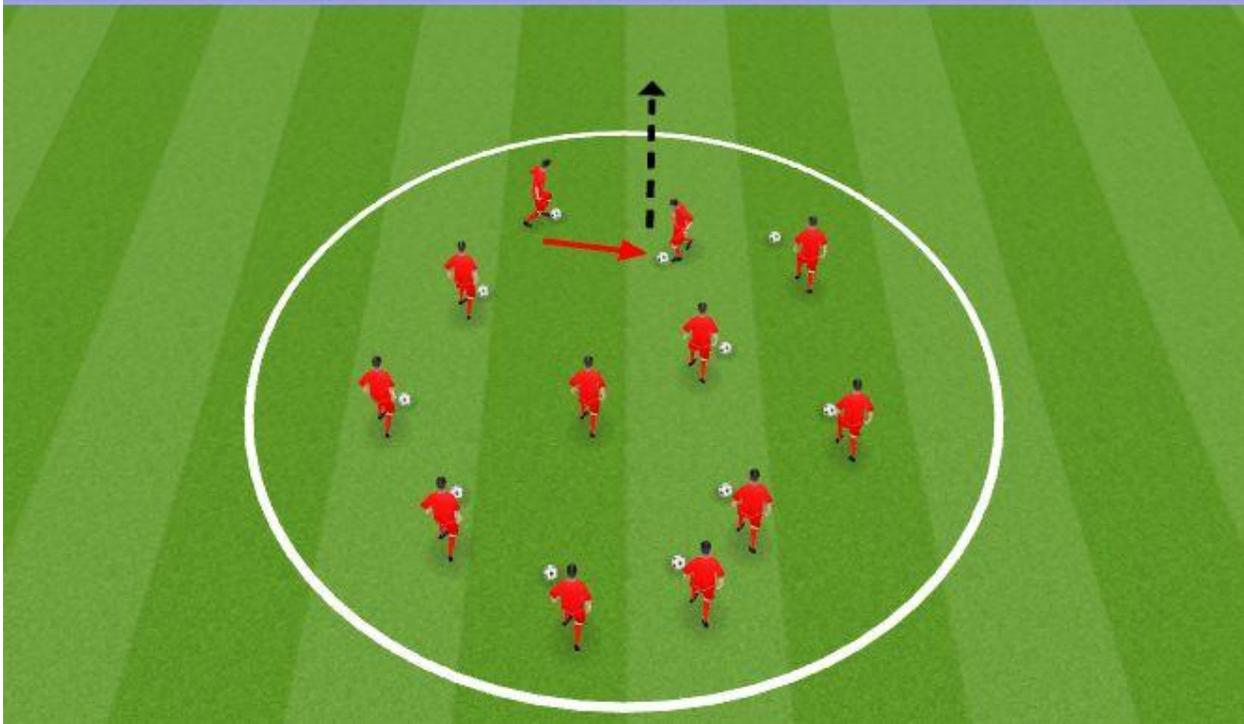
1. Have the players dribble through as many gates as possible and have them count how many gates they can go through in 30 seconds.
2. Repeat several times challenging them to beat their record.
3. Players cannot enter a gate at the same time as another player(find a different gate).

Progression: Ask players to go through a different coloured gate each time.

Drill#2 (15 min):

Knock out (king of the ring) - Fun simple game.

Teaches - Dribbling, ball control, turning, change of direction.



Set up: All players have a ball. Players are placed in a circle, approximately 15yds in diameter.

Instructions:

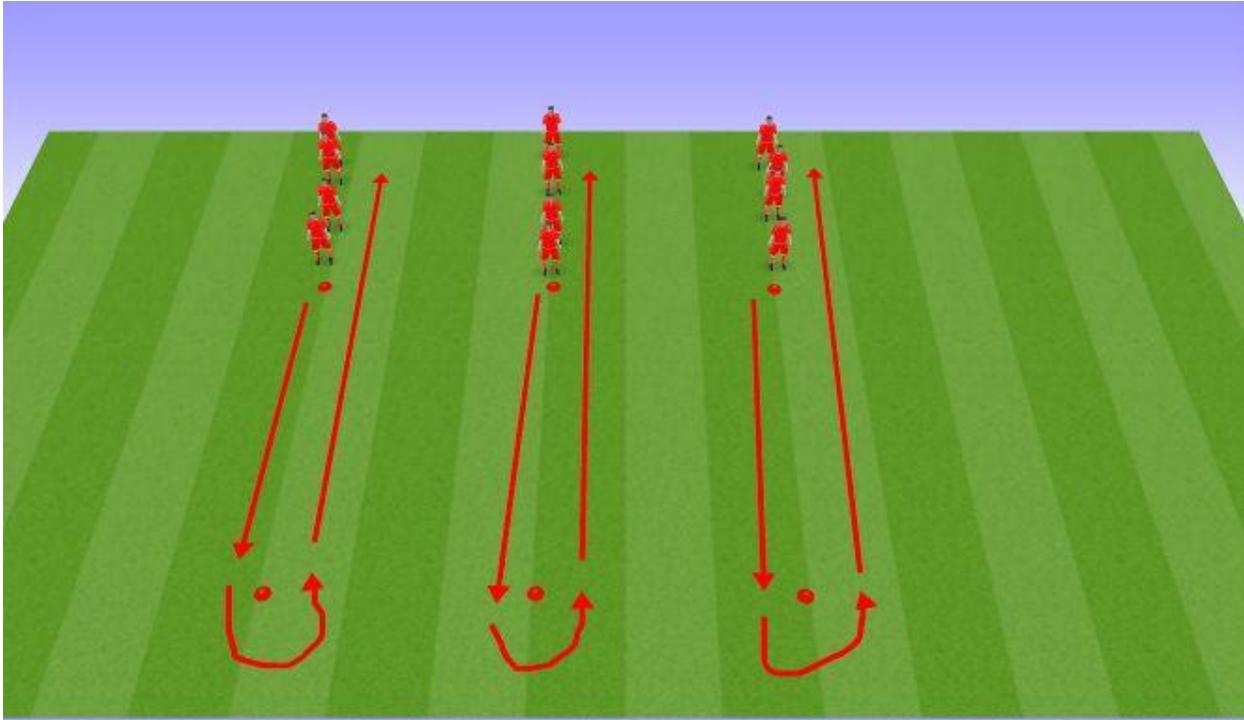
1. Players dribble their ball in the circle ensuring that the ball is always moving.
2. On the coaches command, all players are to keep their own ball under control while attempting to kick the other players balls out of the circle.
3. If a player's ball is kicked from the circle they must continue to try to kick the remaining player's ball out of the circle.
4. This continues until all players' balls are kicked from the circle.
5. The last player to have their ball kicked out wins.
6. Repeat 2-3 times.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 10: Basic Passing

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.



Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

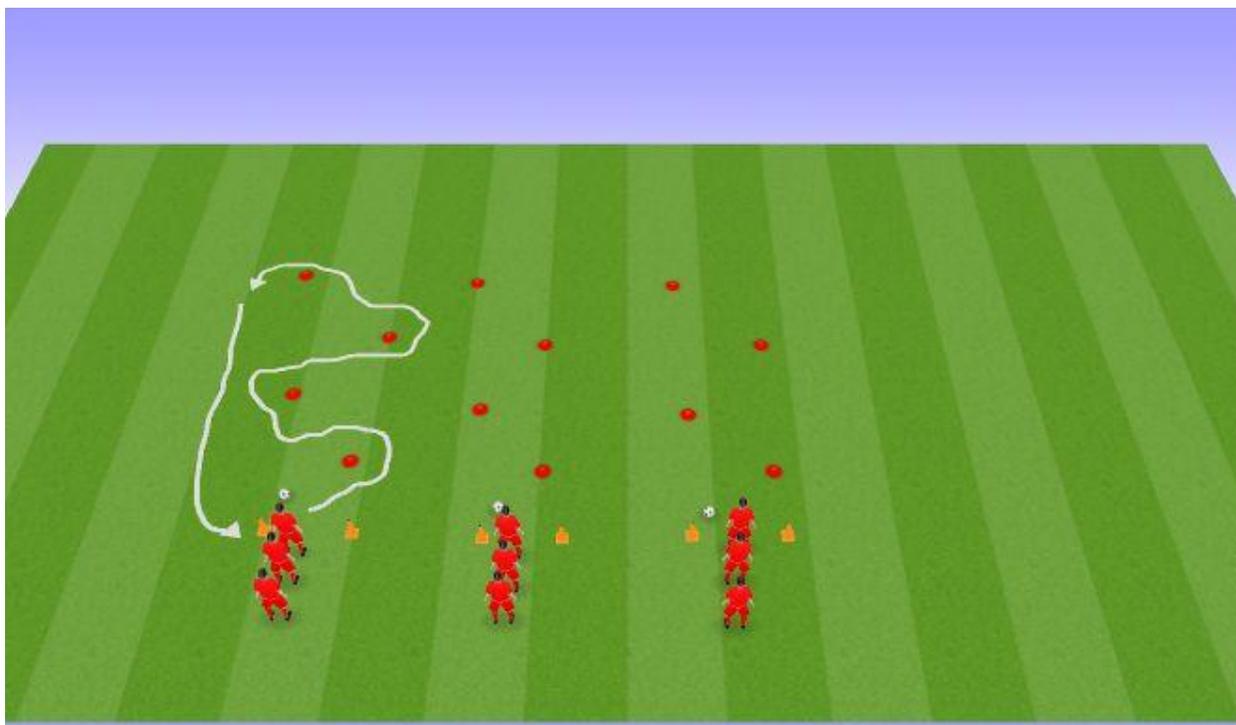
Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min): Team Game

Zig-Zag



Set-up: Have 3 teams of 4. Set up 5 cones per team in a Zig-Zag pattern.

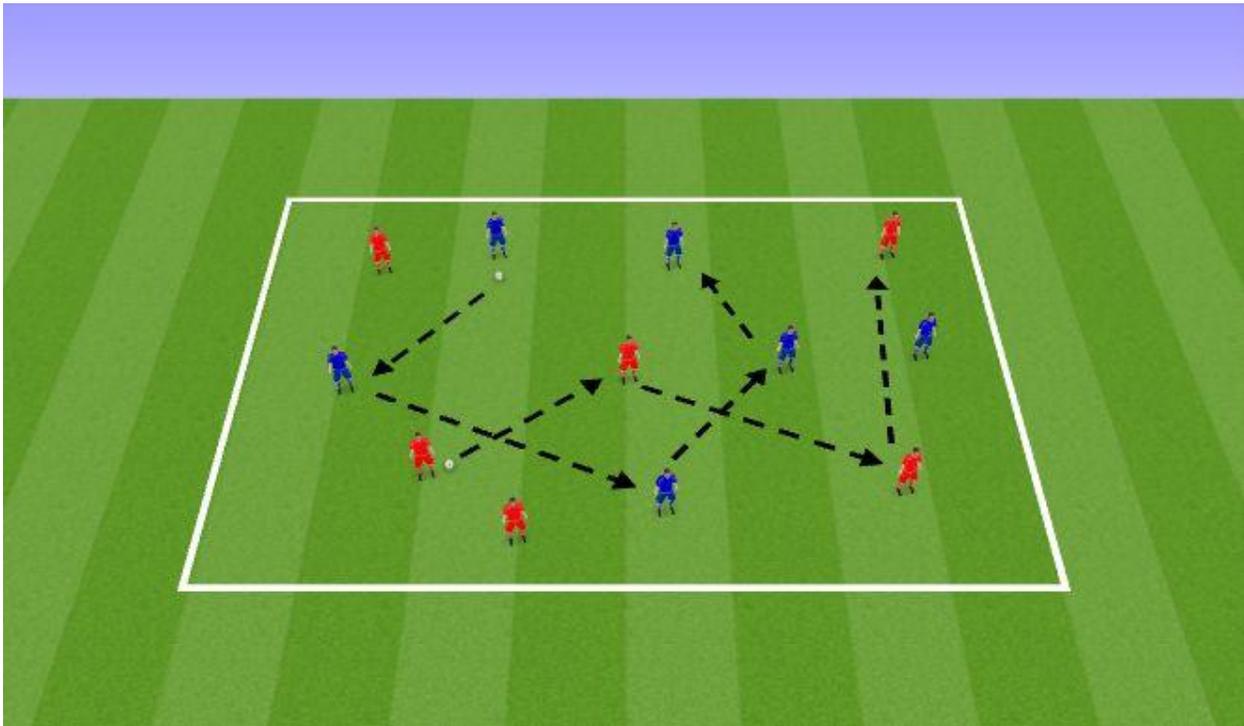
Instructions:

1. Teams line up behind their starting cone.
2. Players in turn zig-zag through the cones using the inside and outside of the foot.
3. When the players go through cones they pass the ball to the next player and sit down at the back of the line.
4. First team to have all 4 players sitting down wins.
5. Repeat 3 times, the best out of 3 wins.

Drill#1 (15 min):

Team Passing - Simple passing.

Teaches - Passing, receiving, movement away from the ball.



Set up: 20 x 20 area, split the players into 2 teams, one ball per team.

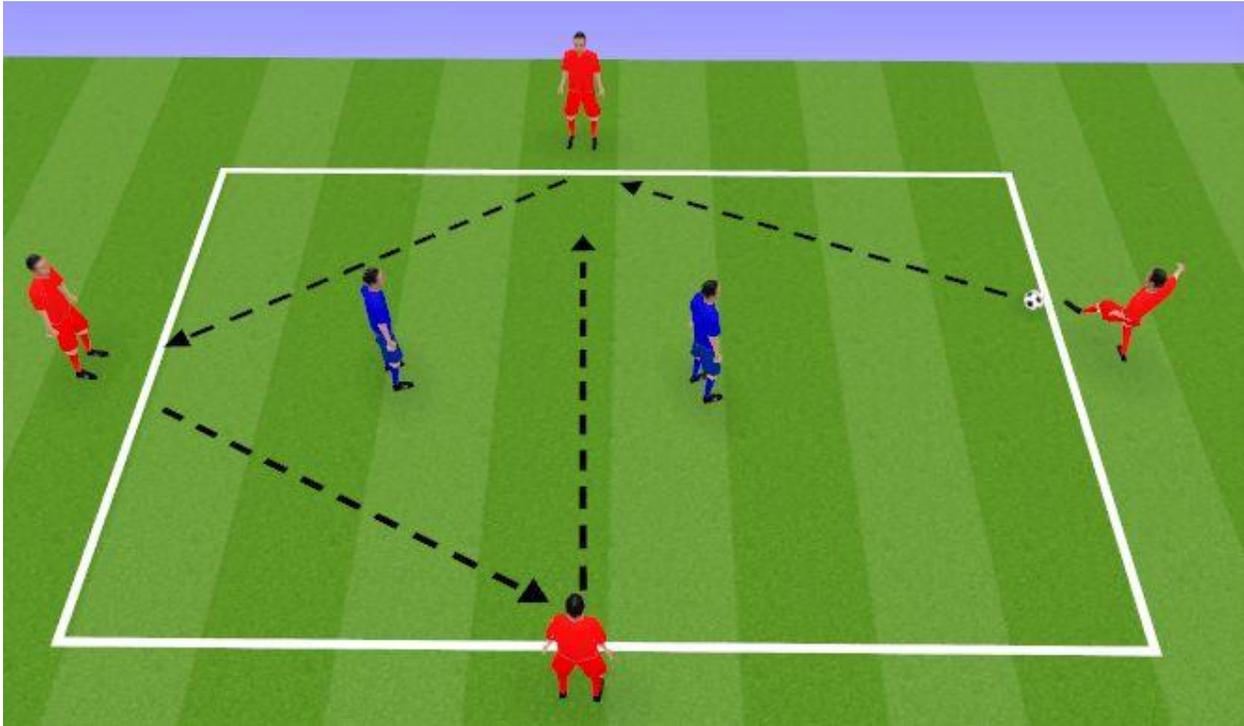
Instructions:

1. In the area, the 2 teams pass and move amongst each other.
2. Ask players to use the inside of the foot to pass and receive.
3. Encourage movement away from the ball. Eye contact with team mates. Communication (verbal, non-verbal)

Drill#2 (15 min):

4 v 2 Rondo (keep away) - Passing and receiving.

Teaches - Passing and receiving under pressure, quick decision making.



Set up: Make two 10 x 10 areas. 4 players on the outside and 2 defenders inside of the grid. The 2 defenders wear pinnies.

Instructions:

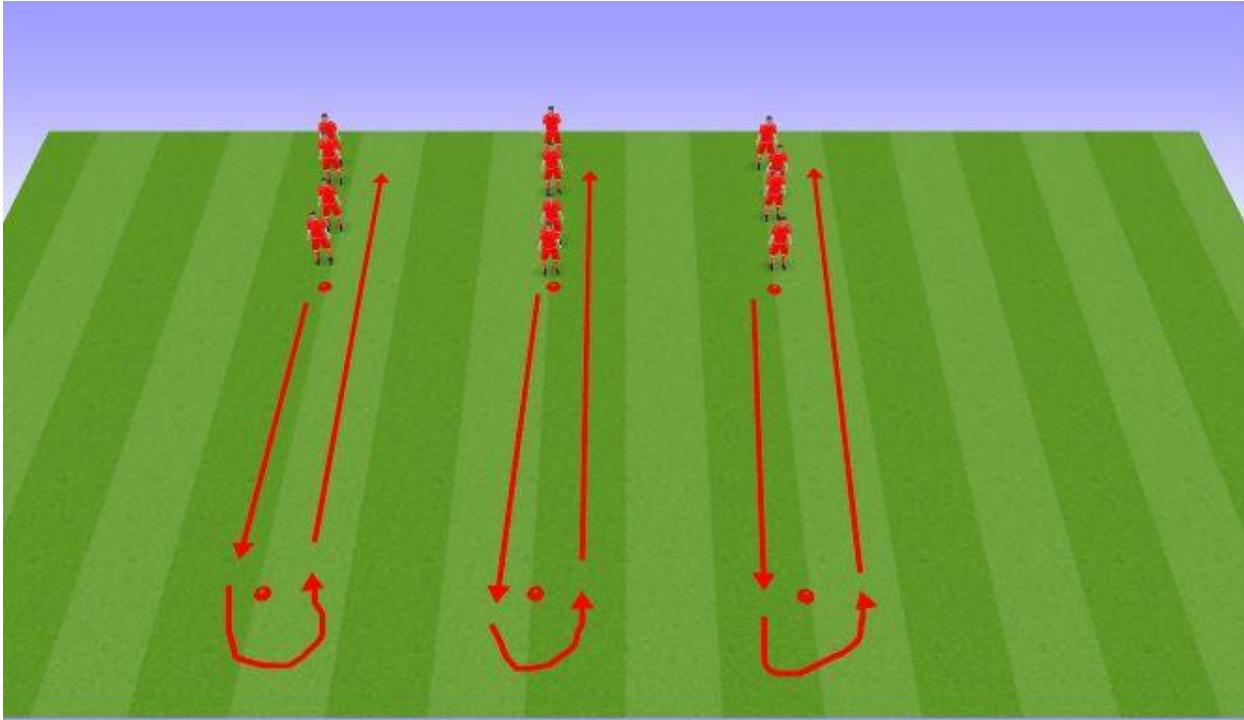
1. The 4 players on the outside of the grid try to keep the ball away from the defenders with quick ball movement.
2. Outside players can move up and down their side of the square looking for passing lanes.
3. If outside players can split the defenders with a pass they earn 3pts.
4. If a defender wins the ball they switch with the outside player who gave the ball away.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 11: 1 v 1 Attacking

Dynamic warm up (5-10 min): This warm up will be done at the start of every session and will be the players warm up routine.

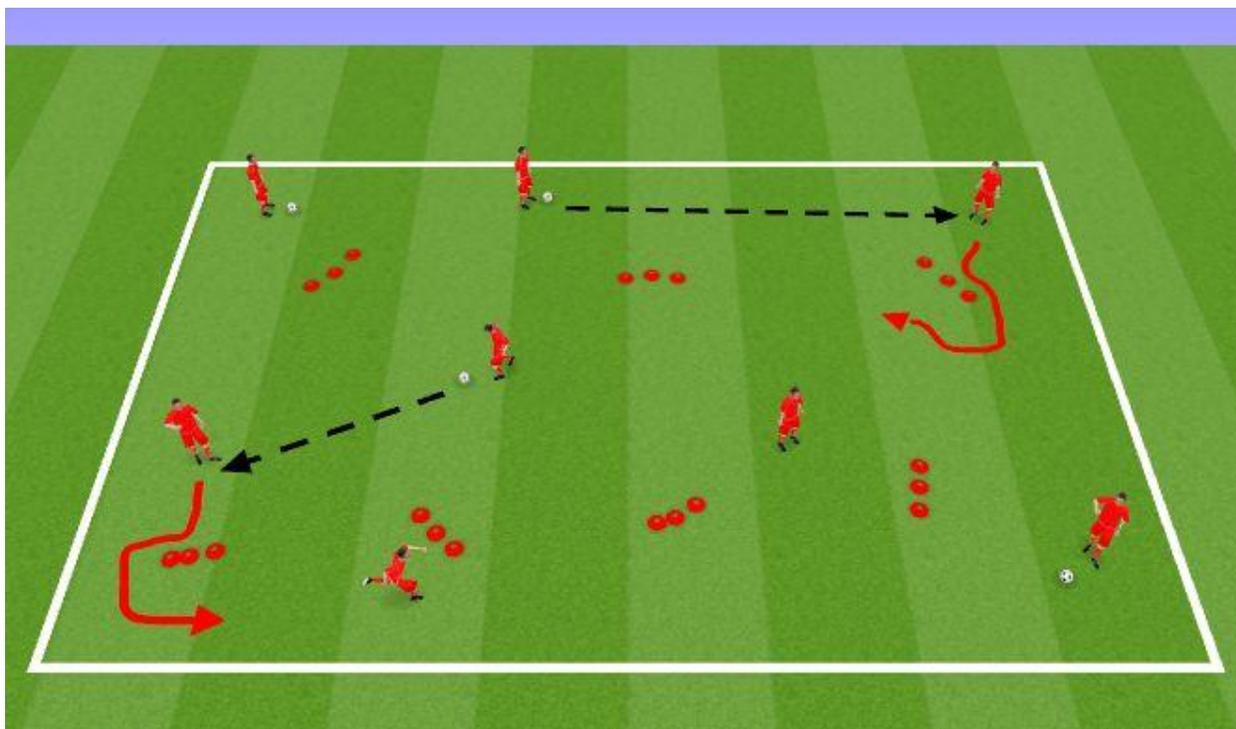


Set up: Place 4 to 5 cones in a horizontal row. Place another row of cones 15yds away. Have the players split up into 4 or 5 equal groups and have them line up behind a cone.

Instructions: Have the players perform various dynamic(moving) stretches from one set of cones to the other then jog back to the start.

1. Open the gate - players take a step then “open the gate”, which means raise the knee and move the leg to the outside slowly. Repeat with both legs.
2. Close the gate - same as open the gate but the leg moves from outside to the inside motion.
3. Berry scoops - keep leg straight, heel down, toe up, and reach down and stretch as far as they can take a couple of steps and repeat with the other leg.
4. Front lunge - perform a lunge motion and twist from side to side, repeat both legs.
5. Side lunge - stand with legs apart and stretch from side to side.
6. Standing knee to chest stretches. Balance on one leg while raising the other knee to the chest and hold for 3 seconds.

7. Butt-kicks - Alternate kicking the leg backwards holding hands behind back and trying to kick each hand.
8. High knees - Alternate knee lifts, raise knees in the air one by one while moving forwards.
9. Single leg skips(Mario jumps) - Raise opposite knee and opposite arm in the air simultaneously in a skipping motion.
10. Large kicks - swing leg in a kicking motion.
11. Small kicks - swing leg in a kicking motion.
12. Karaoke(grapevine) - Alternate right foot forward and left foot behind in a moving motion.
13. Run - 50% speed
14. Run - 75% speed
15. Run - 100% sprint

Warm up (10-15 min):**Barrier**

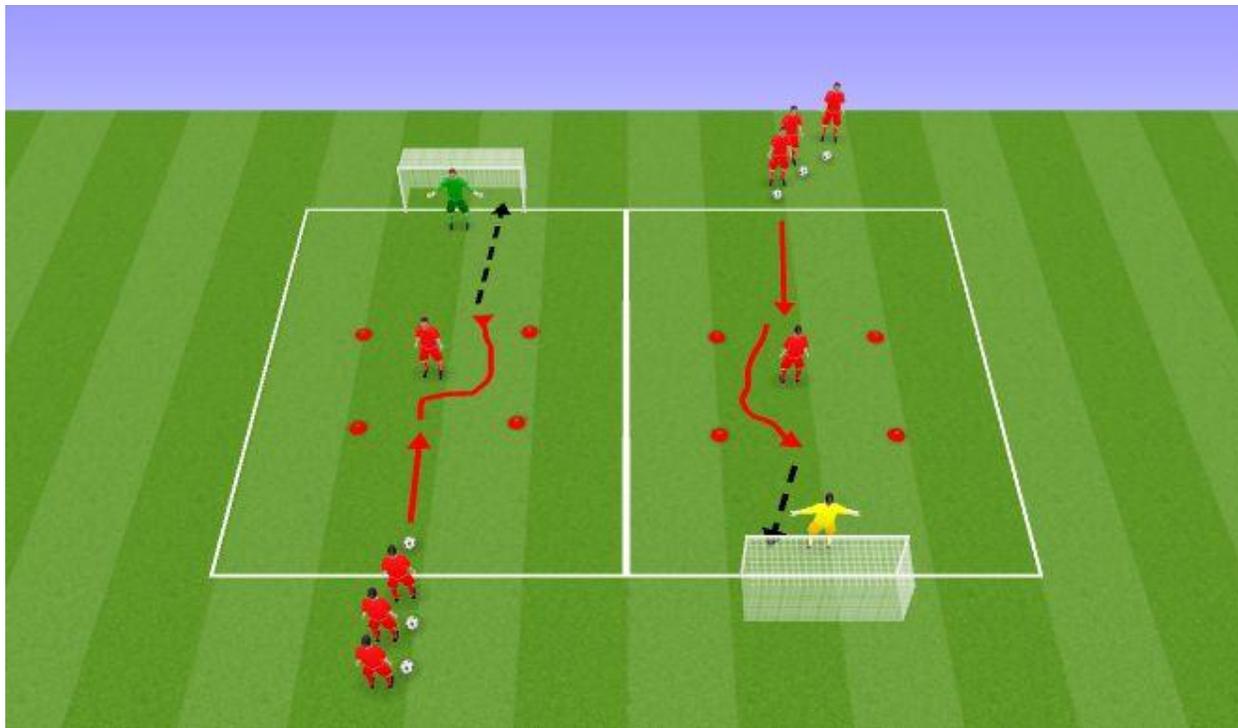
Set up: In a 20 x 20yd area, set up 3 cones in a line to create a barrier(defender). Half of the group with a ball, half of the group without.

Instructions:

1. To start, players with a ball must first pass the ball to a player without the ball, who then must “take on” the barrier(defender) by performing a move of their choice or pre-determined by the coach.
2. Once they have done this, they now pass to a player who doesn’t have a ball and the process repeats.
3. Moves: feint, step over, scissors, speed burst etc.

Drill#1 (15 min):**On the attack**

Teaches: 1 v 1 skills, fakes and feints to take on the defender, small touches, accuracy when shooting.



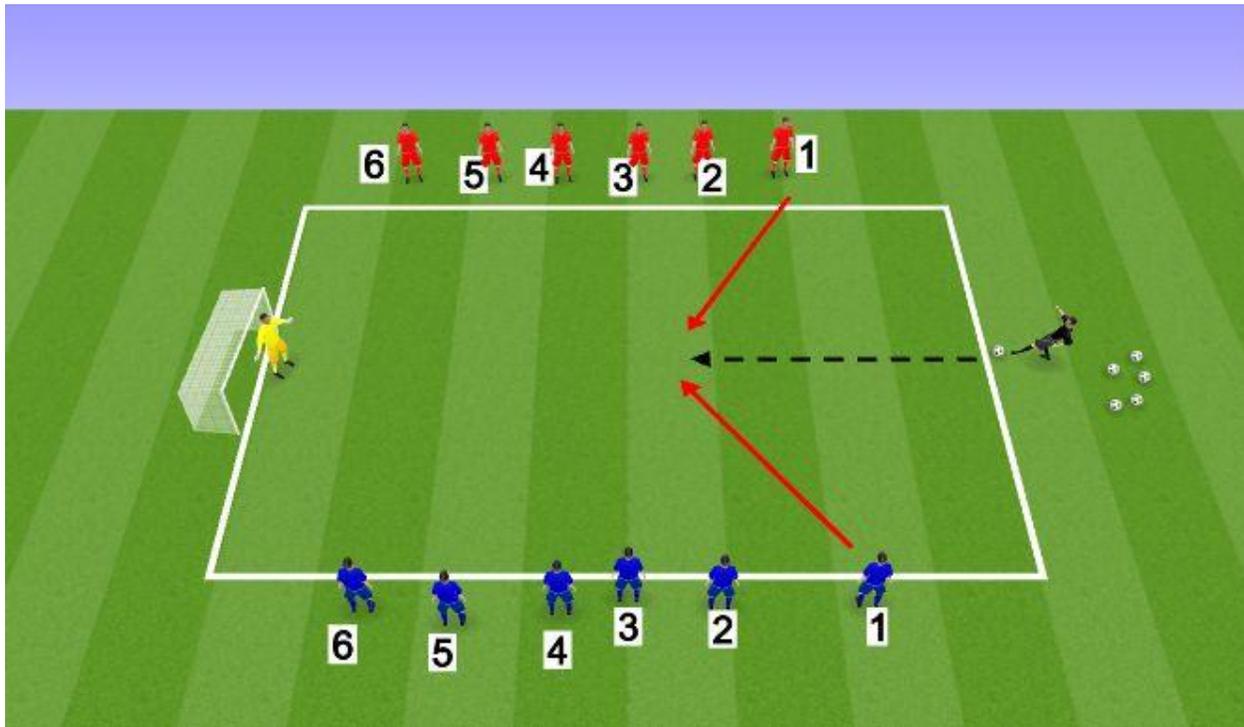
Set up: Make two 10 x 15yd grids each with a net and a square(5 x 5yd) of 4 cones halfway.

Instructions:

1. In groups of 3 or 4, plus one defender in the square and a goalkeeper in net.
2. The rest are attackers with a ball.
3. One attacker will go at a time and try to take the defender on within the box then takes a shot on net.
4. Ensure to rotate the defender every 2 minutes.

Drill#2 (15 min):**The Numbers Game**

Teaches: Listening, quick reaction, 1v1, shooting.



Set up: Set up a net at one end of the playing area. All the balls with the coach at the midpoint. Split the players into 2 groups.

Instructions:

1. Have the players lay down on their stomach. One group on one sideline of the grid and the other group on the other side line.
2. Number the players 1 to 4 or 1 to 5, depending on numbers.
3. The coach will call out a number, Ex: "1", player number 1 from each group then comes out to win the ball and score on the net.
4. Either player can score if they can get possession first.

Game (20 - 25 min)

Split players into 2 equal teams and play a game 6 v 6, 7 v 7 depending on numbers.

Week 12: Coaches Choice

Design your own session from the games and drills that your group responded to the best throughout the season or come up with your own ideas for a session. Be creative and have fun with it.