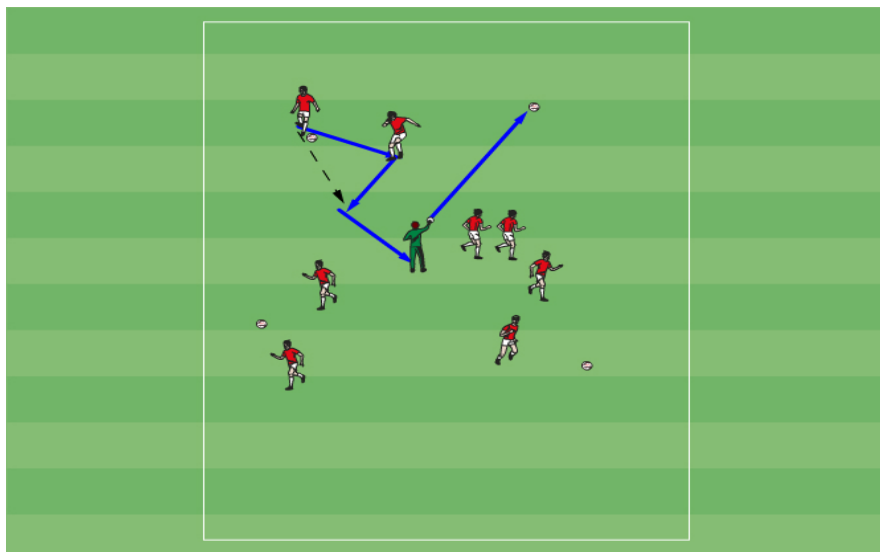




TRAINING SESSION

Back To Coach in Pairs



Objective

To develop how to work with a teammate. To develop how to push pass the ball. To develop how to receive/redirect the ball.

Description

Players pair up and share one ball. They are instructed to hand the ball to the coach one pair at a time. The coach then tosses a ball out and the pair chases the ball down and brings it back to the coach. Progression: A) Run, pick up the ball and have all four hands on the ball, B) Run pick up the ball but have two hands and two elbows on the ball, C) Run and work with your teammate to pass the ball back to coach. D) Run and each pair is given a number of passes to try and get the ball back to the coach. E) Run, then the coach walks away. The pairs now work together to get the ball back to the coach as quick as possible.

Key Points

Cooperation with your teammate. Push pass surface: "What part of the foot do you use to pass the ball"? (Inside) Ask how can they get the ball back to coach quicker? (Move away from their teammate)



Passing and Receiving
Ball Control
Perception & Awareness
Flexibility & Mobility



U5 to U8



8 to 12 Players



Balls, Cones not necessary but can be used.



Intensity: Low

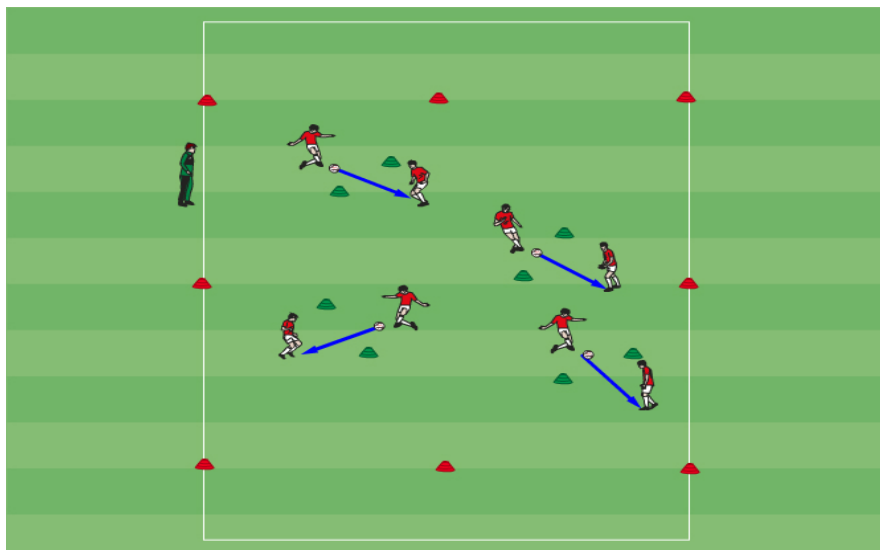


00:08 min
(4 x 00:01 min, 00:37 min rest)



TRAINING SESSION

Gates



Objective

To develop the push pass technique with the inside or outside of the foot. To develop redirecting the ball. To develop how to dribble to set up a pass. To develop how to work with a teammate.

Description

Create a playing area with cones. Within the playing area, create "gates" with two cones. Put the two cones approximately 3-5 yards apart. Players get in pairs and share one ball. Have each pair go to a "gate". A player from each pair starts on opposite sides of a gate. Progression: A) Pass the ball back and forth to each other between the gates. See how many passes they can make in 20 seconds, B) Pass the ball through the gate to their partner then go to a new gate, C) The coach and assistant coaches walk from gate to gate. If a coach is in a gate, then the pair have to go to another gate.

Key Points

Surface selection for the push pass: Inside or outside. Note: Using the outside of the foot for U6's is challenging. Make eye contact with your partner (teammate) before passing to them. Keep the ball moving. Redirect the ball somewhere new.



Passing and Receiving
Ball Control
Flexibility & Mobility
Basic Motor Skills



U5 to U8



8 to 12 Players



Cones, ball for each pair



Intensity: Medium



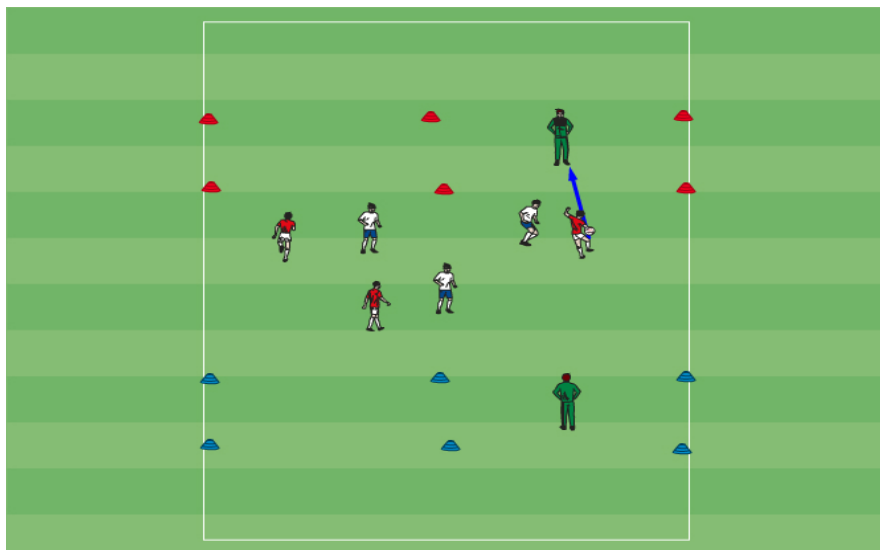
00:12 min

(6 x 00:01 min, 00:01 min rest)



TRAINING SESSION

Small-Sided Game to a target



Passing and Receiving
Ball Control
Perception & Awareness
Transition



U5 to U8



8 to 12 Players



Balls, cones



Intensity: High



00:12 min
(6 x 00:01 min, 00:01 min rest)

Objective

To develop the push pass technique. To develop redirecting the ball to take it somewhere new. To develop working with a teammate. To develop the idea of playing the ball forward (penetrate)

Description

Create a playing area with cones. At the end of the playing area, make an end zone. Ask an assistant coach (may need a few) to stand in the end zone. They are a "target". Inside the playing area play 2v2/3v3/4v4. A point is scored when a team can pass the ball to a target.

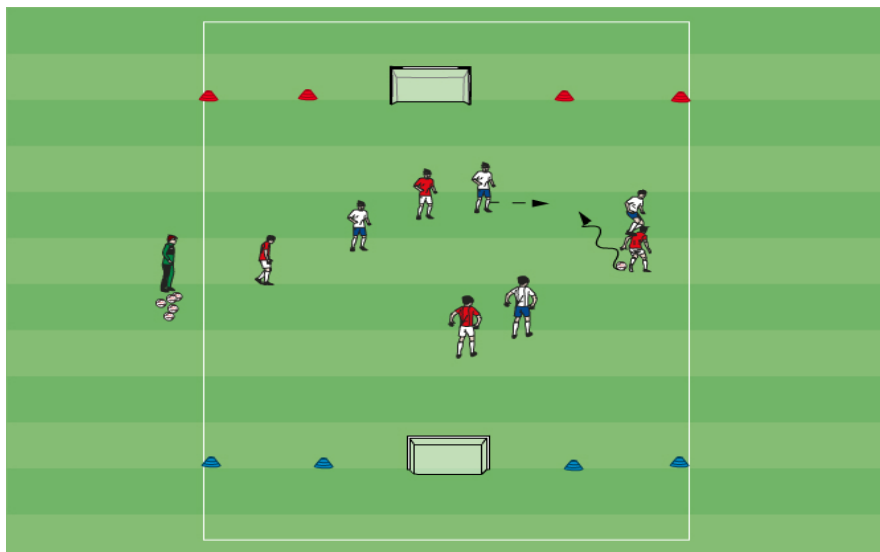
Key Points

Surface selection of the push pass. "What part of the foot do you use to pass the ball to a teammate"? Surface selection of receiving. "What part of the foot do you use to receive a pass"? If you can't pass forward then what? (Pass to a teammate)



TRAINING SESSION

4v4 to small goals



Objective

To develop technical application within a small game. To develop attacking principles of play: Penetration, Support, Width, Depth To develop defending principles of play: Pressure, Cover, Balance, Compactness

Description

Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.

Key Points

Application of technique "Diamond Shape" while on attack



Attacking Principles
Defending Principles
Dribbling
Passing and Receiving
Turning
Ball Control
Shooting



U5 to U8



8 to 12 Players



Cones, balls, small goals



Intensity: High



00:16 min
(4 x 03:00 min, 01:00 min rest)