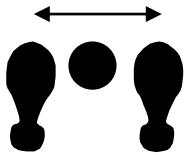


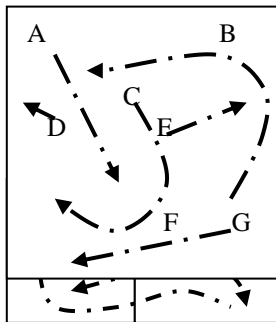
# WEEK 1+2: BASIC FOOT SKILLS

**WARM - UPS: 10 - 15 MINS.**

TIC - TOC



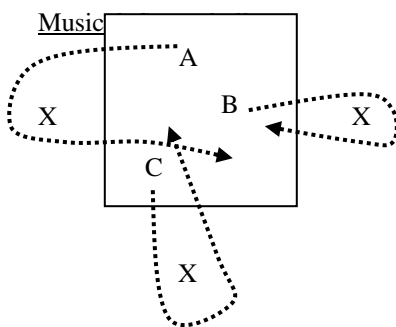
**TECHNIQUE: 10 - 15 MINS.**



2 Squares C

**WATER BREAK:**

**GAMES 1: 10 - 15 MINS.**



**WATER BREAK: RECAP: GAME PREP:** Use this time to recap on the practice and to organize for the game.

**BALL GYMNASTICS:**

Stationary: Roll ball with bottom of foot forwards and Back-wards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

On Toes.

Tick-Tock. Pass the ball from inside of left to inside of right ( See Diagram)

Hat Dance. Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

Movement. Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

**SQUARE ACTIVITIES. (SEE DIAGRAM)**

Commands. Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc.

Other Commands. Body Parts. Touch ball with that Body Part.

2 Squares Split kids into 2 groups, 1 in each square, on command they leave their ball and switch squares to find a new one.

2 Squares Same as above but take the ball with them, avoiding bumping in the middle. (See Diagram)

Lose your Shadow. In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of 2 Square C. Partners Switch between Leader and Shadow.

**SQUARE GAMES:**

Musical Soccerballs. Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and When they come back into square they put there foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides. (See diagram)

**GAME: 15 - 20 MINS.**

*Pop Up goals – No goal keepers*

# **WEEK 1+2: BASIC FOOT SKILLS**

# ADDITIONAL DRIBBLING GAMES

A — . — . — . — . ➔  
 B — . — . — . — . ➔  
 C — . — . — . — . ➔  
 D — . — . — . — . ➔  
 E — . — . — . — . ➔  
 F — . — . — . — . ➔  
 G — . — . — . — . ➔

Game: What's the time Mr Wolf

How to play: Coach starts as the big bad wolf. Each little pig has a brick house (a cone) The Pigs shout "What's the time Mr Wolf" and the wolf shouts back a time. Each player advances the ball the number the wolf shouts out. Pigs ask again and repeat. When the Wolf shouts "Dinnertime", the pigs have to dribble their soccer balls back to their house and the wolf chases and tries to kick their ball away. Let each player have a go as the wolf.

WOLF

Teaching points: Use soft touches to keep away from Wolf, and then dribble at speed and stop ball with feet only.

Progressions: Put cones in the way as trees that players avoid. Use multiple wolfs, or place wolf close to houses so pigs have to get past.

Game: Knockout

Each player with a ball inside a square. On command "knockout" players are allowed to try and kick other players balls out, but must keep their own ball inside square.

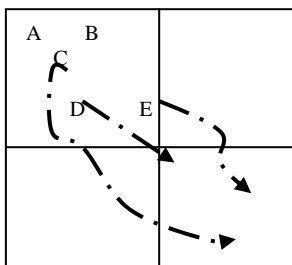
A — . — . — . — . ➔  
 B — . — . — . — . ➔  
 C — . — . — . — . ➔  
 D — . — . — . — . ➔  
 E — . — . — . — . ➔  
 F — . — . — . — . ➔  
 G — . — . — . — . ➔  
 H — . — . — . — . ➔

Game: Traffic Lights

How to play: Players start on one end of the grid with their soccer balls. Coach is the traffic light. Coach shouts various colors of traffic lights and players try to drive their soccer cars to Soccer town at the other end of grid. On command "red light" players need to stop their car with the sole of the foot and not move. If they move they return to soccer city and start again. Play to see who reaches the end first.

Teaching Points: Dribbling and control movement.

Progressions: Add "yellow light" and make players do a stationary tic-toc or hat dance. Add additional commands: reverse where players go backwards, go home players turn and head back home, left, right etc.



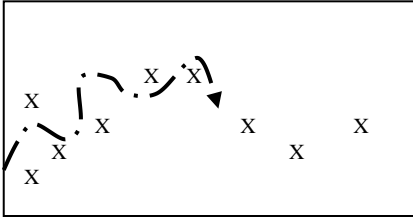
Multiple Square Games:

**A:** Using 4 adjacent squares. All players start in one square with ball. Coach calls a square number and players move their ball to that square and keep dribbling inside new square until coach calls another number.

**B:** Split players into all 4 squares. Call 2 square numbers and those players have to switch squares.

**C:** Have players from 1 square on command try to go and steal balls

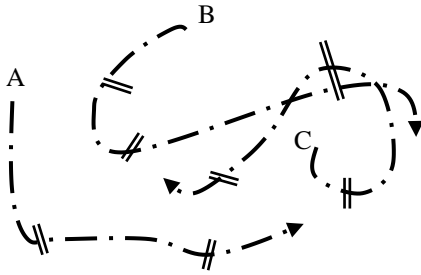
# ADDITIONAL DRIBBLING GAMES



Game: Relay races.

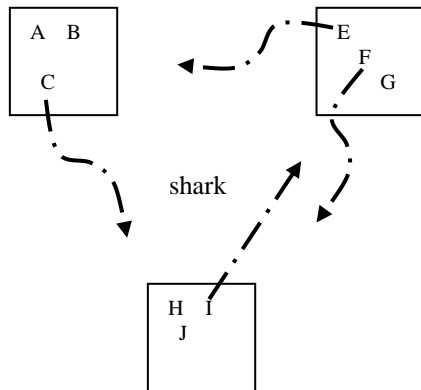
Set up multiple teams of 3 or 4 players. For each team set up a short course of cones that players have to dribble through. Players then dribble back, give ball to next person who repeats the course. When all players in a team have completed they sit in a straight line with their hands on their heads.

== Is a gate



Game: Downhill Skiing

Set up multiple gates in a grid. Each gate should be about 2-3 ft wide. Players are skiing (dribbling their ball) inside the grid but not going through the gates until the coach shouts "Lets go Skiing" then players try to ski through as many different gates as possible in the time coach allows.



Game: Shark Attack

Set up 3 Islands. Divide players onto the 3 Islands. Each player with a ball. Coach starts as the shark in the middle of the ocean. The shark holds a cone on his/her head, or hands to designate a shark fin, so everyone knows they are the shark. When Coach shouts "shark attack" the players have to swim (dribble) their balls to either of the other 2 islands. The shark attempts to kick soccer balls away. Any soccer balls kicked away, then that player also becomes a shark. Play until 1 person left, who becomes the new shark for the next game.

Teaching points: Players have to respond to the defenders movements and keep possession of the ball. A lot less static and more game like than the above relay races.

# WEEKS 3 + 4: BASIC PASSING

**WARM - UPS: 10 - 15 MINS.**

**TEAM GAMES.**

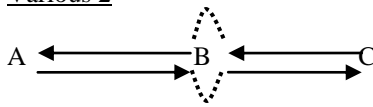
Zig Zag. Have 3 teams of 4. Set up about 5 cones per team. players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in straight line are the winners. e

Pass and Stop. In pairs players are 3yds apart. Player 1(X) passes and player 2(X<sub>1</sub>) stops ball. Player 2 runs backwards and player 1 runs forwards to pass ball again. Repeat for length of field then return with player roles switched.

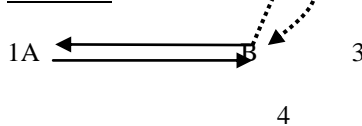
**WATER BREAK:**

**TECHNIQUE: 10 - 15 MINS.**

Various 2



Various 3



**VARIOUS.**

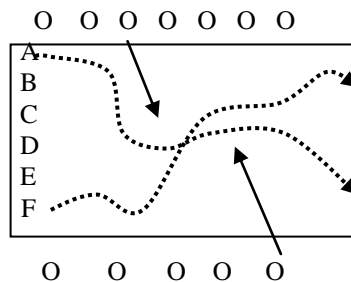
1. In pairs approx. 5 yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball 1st.

2. In 3's approx. 5 yds apart with 2 balls. A passes to B. B stops ball and passes back, then Turns to face C, who passes in. Repeat and rotate player B.

3. Numbers. In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs to touch that cone. When A shouts 1 players change position after passes.

4. 3 squares. Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

**GAMES 1: 10 - 15 MINS.**

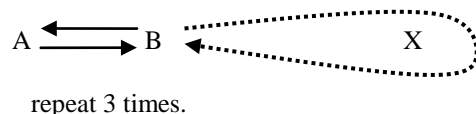


**BRITISH BULLDOGS.**

Set up Island like TMNC (Week 1). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

**WATER BREAK:**

**GAMES 2: 10 - 15 MINS.**



repeat 3 times.

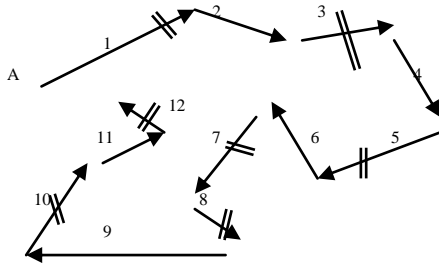
Elvis Presley.

Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball. Player B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles.

**WATER BREAK: RECAP: GAME PREP:** Use this time to recap practice and to prepare for practice.

## **WEEK 3: CONTROL AND TURNING**

# ADDITIONAL PASSING GAMES



## Game: Soccer Golf

Set up a golf course similar to the skiing course using gates as the holes. Have players pass their ball through the gates in the order you designate. Players count their number of passes. The lowest score wins.

Teaching points: A variety of passing techniques, short, angled, long.

Variation: have players design the course, or use obstacles such as trees, parents that players have to pass around.

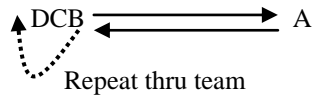
## Game: Stuck in the mud.

In a grid about 20 by 20, players are dribbling their soccer balls. Have 2 or 3 players as Swamp Monsters outside the grid with a ball each. On “go” the swamp monsters dribble their balls into the grid and attempt to hit players on the knees and below or soccer ball. If a player gets hit, or leaves the grid, they are stuck in the mud and they pick the ball up and hold it on their head, and stand with legs apart. Other players may release them by passing their ball through the stuck players legs. Rotate through the team as Swamp monsters and see who can get the most people stuck.

Teaching Points: Good passing technique, passing to where a player is running, good control, turning and changing of direction technique for the players in the swamp.

# WEEK 5: CONTROL AND TURNING

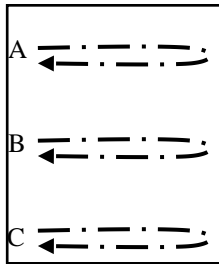
## WARM UPS: 10 - 15 MINS.



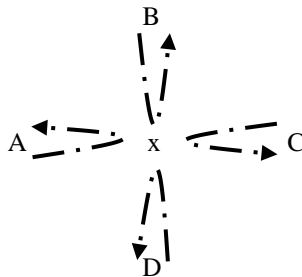
## WATER BREAK:

## TECHNIQUE: 20 - 25 MINS.

Choice of set ups.



OR:



## WATER BREAK:

## GAMES 1: 15- 20 MINS.

## PASSING GAMES.

Wall game. Set up 2 or 3 teams. Player A is 5 - 10 yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall. When B, C, and D have turn as Wall team is finished and sit down in line.  
Recap. BALL GYMNASTICS.

## COERVER MOVES. (ALSO SEE MOVES APPENDIX)

### U7

1. roll
2. Cut ( inside and outside )
3. Cryuff
4. Barnes

### U8

1. roll
2. cut ( inside and outside )
3. Cryuff
4. Barnes
5. Step 1 and 2.
6. Scissors.

Roll: Roll backwards with sole of shoe.

Cut: Cut across body with inside. Then with outside.

Cryuff. Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of other foot.

Barnes: Step over ball with outside of one foot ( LUNGE ), then push ball forwards with outside of other foot.

Step 1: Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

Step 2: Opposite as above. Step over with outside, cut with inside.

Scissors: As with Step 1, but cut ball back with inside of other foot.

Turning. Allow approx. 5 mins of freedom. In half field get them moving with the ball trying new tricks, moves, or coervers.

## 1 V. 1'S.

Set up. Square with 1 pair per side, 1 ball per pair. A and B face each other about 1 yd. apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by 1 of the cones while 'losing' B. Start without ball to get the idea of body movement.

Emphasize upper body movement, change of direction and speed.

Keep away. Set up. 3 squares, 2 pairs per square, 1 ball per pair.

Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

**WATER BREAK: RECAP: GAME PREP:** If Spare time, recap Coerver moves.

Use this time to recap practice, and to organize for the game.

## GAME: 20 MIN.



# WEEK 6: SHOOTING

**WARM UP: 10 MINS.**

**2 GROUPS.**

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

**TECHNIQUE: 10 - 15 MINS.**

**SHOOTING.**

Striking with laces.

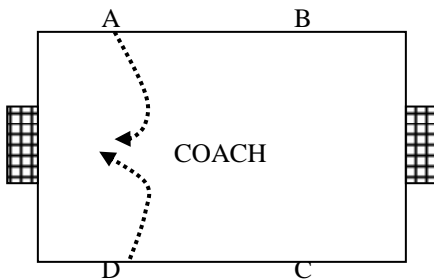
1. Circle around coach. players sit in crab position. Try to kick back into coaches hands. 2. This time players are standing and drop ball onto their foot. Same objective. 3. Same but in pairs approx. 5 yds apart. 4. Now drop ball and try and get through partners legs. 5. Ball on ground. Partner approx. 7 - 10yds away. try to get through legs. 6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx. Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

**GAMES 1: 20 MINS.**

**PASS AND SHOOT.**

Set up. 2 lines of players facing goal on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3. Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. U7 can dribble. have to shoot before 5 yds and aim for corners. 10 points for corners, 5 points for center.

Numbers game.



**NUMBERS.**

Set up. 4 groups of players. Each group is numbered 1 thru 3. Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .  
( SEE DIAGRAM. )

**WATER BREAK: RECAP: GAME PREP:** Use this time to recap, and organize for game.

**GAME: 20 MIN.**

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# WEEK 7: TEAM WORK

## WARM UP: 10 - 15 MINS.

## TEAM GAMES.

Set up. 2 teams of 6 or 3 teams of 4. 6 cones in line approx. 5yds apart.

1. Passing. Wall Game. ( see week 3 W-up.)

2. Tunnel ball. 1st player rolls ball through everyone's legs. End person picks ball up runs to front and repeats. repeat through team. Sit down in line when finished.

3. Over under. 1st passes over head, next under legs. repeat as above.

4. Dribbling. dribble through cones. Repeat as above.

Emphasize: Team work, co-ordination.

## TECHNIQUE: 10 - 15 MINS.

## WALL PASS.

Set up. Same as Shoot and save ( week 5 ) but use full field, and coach is in center circle. Balls in goals.

Play. Similar as shoot and save but player is served ball by GK. Dribbles forwards and passes to coach. Coach wall passes back, and player runs on dribbles and shoots. GK serves his line, goes to end of line and is replaced in goal by the 1st shooter.

Progression. Use player for the wall pass. Don't dribble on return pass.

## GAME 1: 10 - 15 MINS.

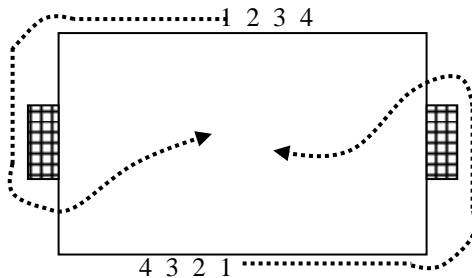
## ENGLAND VS. AMERICA.

Set up. Half field. Divide into 2 groups. Put cones on corners. Teams set up on half way on opposite sides facing opposite goals. Players on each team given #'s 1 thru 6.

Play. Coach calls a # and serves ball into field. The players with that # run around corner cone, and goal and enter field to try and score against other team's player.

Progression. Call 2, 3 or more #'s at once. Introduce teamwork. Set conditions. i.e. have to make a pass. etc.

England vs. America



## GAME 2: 10 - 15 MINS. PLAYERS CHOICE.

Recap the major skills developed over the weeks. Allow players to choose favorite game or games.

## WATER BREAK: GAME PREP:

Organize for game.

## GAME: 20 MIN .

*Allow free play. Encourage team work.*

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