Week 1: Meet, Greet, and Play with Dribbling and Passing			U9, U12
Dribbling Coaching Points • Dribbling with head up • Use all surfaces of your foot • Keep the ball close		Passing Coaching Points • Strike the center of the ball with the inside of your foot • Foot/lower leg position like a checkmark • Standing foot should point toward target	
1. Coaches Intro/Parent Meeting	Introductions Team Expectations Practice Structure/Length		Note: For weeks 2 and beyond, this timeframe is used for warm up
2. Getting to know your teammates Name Game Circle Drills Grouping	• Each player has a ball. • Players dribble within a defined area. On coach's signal, players quickly must make groups according to the coach's direction. For example, make groups with • Same color socks (can also use shorts or t-shirt color) • Birthdays by season of the year • Birthdays on odd or even days • Get in line alphabetically by first name Each time a group is made, the players should introduce themselves to each other. Then, the coach will tell them to start dribbling again. Coach can make up other categories as well, being careful not to single out anyone.		Emphasize these soccer coaching points: • When dribbling, the players should use all surfaces of the foot: Sole/inside/outside • Players should keep their heads up, be aware of the players around them. • Move quickly on the coach's signal.
3. Passing by Name	• Position all of the players on your half of the field between the top of the penalty box and midfield. • Start with one ball until players understand the activity. Then increase to as many as one ball for every two players going at the same time (depending on your numbers and skill level). • All players jog around the area • Players call out the name of a person on the field then pass that person the ball. • This person receives the ball, calls out another person's name and passes the ball to that person.		Soccer Coaching Points: • Communicate – call out the person's name before the pass • Pass with the inside of the foot (not the toe) • Know who is open around you before you receive the ball. • Pick your head up after you receive the ball and pass to the open player. • See other passing coaching points at the top of this page.
4. Scrimmage	• Divide into two even teams • Create fields large enough for number of players	Remind players of game numbers: U7 – 6v6, U9 – 7v7, U12 – 8v8	Reinforce training session during scrimmage plus add game situation – out of bounds, throw –ins, goal kicks, etc.

Week 2: Dribbling			U9 U12
Dribbling Coaching Points: -- Dribbling with head up -- Use all surfaces of your foot -- Keep the ball close Shield the ball			
1. Warm up: Free Dribble	All players have a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the leader of the session, players dribble the ball towards someone and try a move.		As players get comfortable, coaches will walk around to put pressure on players as they are performing dribbling tasks. This adds fun and interaction.
2. Knock Out	• Each player has a ball. • Players dribble within a defined area. • Have players dribble balls while trying to knock other player's balls outside of the grid. • Players can never leave their own ball to knock out others. • **If their ball gets knocked out have them retrieve it quickly and get back into the game.** (You may wish to have them perform a skills task before reentering such as 10 toe touches or juggling 5 times). Everyone continues to play.		**Do not let players stay knocked out.** Players can keep track of the number of times they are knocked out. Work to get knocked out fewer times each round. Emphasize these soccer coaching points: • When dribbling, the players should use all surfaces of the foot: Sole/inside/outside • Players should keep their heads up, be aware of the players around them. • Protect the ball. • Change speed to move away from other players.
3. Shield Steal	• Teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. • Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession.		Soccer Coaching Points: • Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. • Always place body between the ball and the defender.
4. Get Outta There	• Make two even teams. • In a 15x10 grid both teams will line up on the same side. • Coach will play out a ball and one player from each team runs to win the ball. • Play 1 v 1 until the ball goes out of bounds or someone DRIBBLES through the goal to score a point. • Teams need to keep track of their points. Once ball leaves the grid or a goal is scored coach will say 'get outta there' and two players (one from each team) will come on the field.		• Coaching Points: • try a move to beat a defender • keep ball in control when dribbling to goal Game should move quickly, so players do not stand in line long. Ask players to retrieve their ball and place it in the coach's pile.
5. Scrimmage	Divide group into even teams (no subs) and play on the **width** of each field. **** Please use this time to talk about what to do in a game. ****	Discuss game situations during the scrimmage. "Freeze" play to make your point to the team.	Reinforce lessons from training during the scrimmage.

<table>
<tr><td colspan="4">Week 3: Defending U9 U12</td></tr>
<tr><td colspan="4">Coaching Points: Fast to Slow, Sideways and Low (see http://www.youtube.com/watch?v=XsHs4dW4pNY)
• Immediate Pressure
• “Goal Side” – Stay between the ball and goal
• Defense Stance: Stay low, staggered stance (one foot forward, one back)
• Don’t dive in (or over commit) for the ball: Wait until you know you can win it (bad touch, attacking player’s head is down or s/he turns away from goal</td></tr>
<tr><td>1. Warm Up:
Knee Touches</td><td>Coaches will demonstrate proper defending stance:
one foot in front of the other, low to the ground, knees bent, and basic positioning (defender between ball and goal always, GOAL SIDE)</td><td>Activity: everyone has a partner. Standing in your defensive stance, try to tap your partners FRONT knee for a point. Focusing on defensive stance and not chasing each other. Moving your feet backward, forward, and side to side. Play first to five touches, get a new partner and play first to five again.</td><td>Emphasize coaching points (above).</td></tr>
<tr><td>2. Cross line defending (1 v 1)</td><td colspan="2">• Split team into four even groups
• Have each team take one side of a 10x10 square
• Team A plays against Team B
• Team C plays against Team D
• Player from Team A passes ball to player on team B. B dribbles toward line (goal) that A is defending. Player A practices good defensive stance.
• If Player A wins the ball s/he can
• try to score on B’s goal.
• Score by dribbling across the line (no shooting or passing).
Repeat with C & D. Switch roles after several rounds.</td><td>Coaching Points:
• Emphasize defense
• Defender puts immediate pressure on the attacker after passing the ball
• Defender should stay “goal side” between the goal and the ball
• Move fast to defend, take proper sideways stance, wait for the mistake to win the ball.
• Go after the ball when
o Attacker takes a bad touch
o Attacker’s back is to you
o o Attacker’s head is down</td></tr>
<tr><td>3. Team Defending (2 v 2)</td><td colspan="2">• Use the goal end of your field. (In this exercise, attackers should start about 30 yards from the goal)
• Defending team passes ball to attackers to start.
• Explain the importance of team defending: defending as a unit.
• Closest player goes to the ball, the second player provides “cover” in the following ways:
o If the attacker dribbles past the first defender, the second defender steps to the ball
o If the attacker passes to another player, the second defender steps to the player who received the pass
After several rounds, switch roles.</td><td>Coaching Points:
• Emphasize good individual defending techniques, such as the first defender applying immediate pressure, staying “goal side” and not diving in or stabbing at the ball
• Good team defending requires the defenders to talk to each other (for example: I’ll go to the ball) AND deciding how and when to provide “cover”</td></tr>
<tr><td>5. Scrimmage</td><td>Divide group into even teams (no subs) and play on the width of each field. ** Please use this time to talk about what to do in a game. **</td><td>Discuss game situations during the scrimmage. “Freeze” play to make your point to the team.</td><td>Reinforce lessons from training during the scrimmage.</td></tr>
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<tr><td colspan="4">Week 4: Receiving and Passing U9 U12</td></tr>
<tr><td colspan="2">Coaching Points – Passing
Lock ankle, toe up (shape of a check-mark)
“Plant foot” next to ball, points at target
Hit center/middle part of ball
Pass and move into a position to receive the next pass</td><td colspan="2">Coaching Points – Receiving
Cushion the ball
Prepare the ball for the next pass
Keep your head up to look for open player</td></tr>
<tr><td>1. Warm Up: Skills Practice</td><td colspan="2">Coaches will demonstrate different passing and receiving skills.
Players should get in pairs with one ball.
Players will move across the width of the field (one running forward, one back pedaling) to practice different skills.</td><td>Progressions:
Passing and receiving (ball on the ground) with right or left foot
Volleys (1 player tosses, the other volleys the ball back to partner’s hands). Start stationary then try moving)
Control with thigh then volley back</td></tr>
<tr><td>2. Gates Passing</td><td>Progressions:
Passing and receiving (ball on the ground) with right or left foot
Volleys (1 player tosses, the other volleys the ball back to partner’s hands). Start stationary then try moving)
Control with thigh then volley back</td><td colspan="2">Encourage players to discuss strategy:
one partner must hit the pass with pace/accuracy
while other must get behind target into space to receive.
Encourage players to coach one another (‘not that gate it’s too crowded, over here next’)</td></tr>
<tr><td>3. Gate Passing with Bandits</td><td>Same as above, but this time half of the pairs have a ball and half are bandits. (Make sure there are at least 2 more gates then bandit pairs).
The bandits are passive defenders. (They do not try to steal the ball, they block a gate.)
If both bandits in a pair are standing in a gate the ball cannot be passed through that gate.</td><td>Same as above activity. Play 1-2 minute rounds and have them keep count of how many gates they pass through, then switch roles. Encourage them to try and beat the highest score.</td><td>Coaching Points:
Emphasize keeping eyes up to see where bandits are.
Emphasize looking up before receiving a pass to see where open gates are and then receiving the pass towards that direction.</td></tr>
<tr><td>4. Game to two goals</td><td colspan="2">Create goals using cones (see red boxes in diagram)
Split your team into two even teams.
Setup field across the width of your practice field with two goals at each end.
Teams try to score on either of the two goals. Emphasize passing.
40 x 45 yard field, play to 2 goals at each end, play 4v4</td><td>Encourage players to pass to teammates into space
Keep your head up, when one goal is blocked you must find a route to other side.
After pass, move to a new space to get the next pass. Do not stand still to watch your pass.</td></tr>
<tr><td>5. 4 v 4/5 v 5 Scrimmage</td><td colspan="2">Divide group into even teams (no subs) and play on the width of each field.
Play again same color team, or switch & play a different color team.</td><td>Execute what we did in training during the scrimmage</td></tr>
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<table>
<tr><td colspan="4">Week 5: Team Passing & Moving U9 U12</td></tr>
<tr><td colspan="4">Coaching Points:
• long passes: drive ball by striking through the center with laces
• short passes: use the inside of the foot to connect with the center of the ball
• have plant foot pointed toward your target
• to get open for a pass, don’t hide behind the defender!
• when passing, keep your head up to look for the open player and open spaces (areas without defenders)</td></tr>
<tr><td>1. Warm Up: Skills Practice</td><td colspan="3">Coaches will demonstrate appropriate technique for passing balls at a distance. Also, the coaches will show proper positioning to get open for a pass.</td></tr>
<tr><td>2. Warm Up: Working together</td><td>Caterpillar tag: (no soccer balls)
Coaches: Select three players from each team to be taggers. Taggers hold hands to stay connected.
• Once tagged, the players join one hand with the tagger, forming a caterpillar.
• 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.</td><td></td><td>• Work on technique and passing
• accuracy.
• Playing several rounds (the players seem to like to be the sharks). Focus on coaching the offensive players.
• Help players not ‘hide’ behind defenders.
• Ask players to communicate and call for the ball.
• Progression:
• Have 1 ball for the attackers. Try to get the ball across the field without the sharks getting the ball.</td></tr>
<tr><td>3. Shark Attack</td><td colspan="2">• Play across the width of the field between the center line and the top of the penalty box.
• Identify 3 sharks and have them wear the scrimmage vests.
• The rest of the players have a ball and are dribbling within the grid.
• Coach will yell "Shark Attack" and the sharks will enter the grid and attempt to clear everyone's ball out of the area.
• If your ball is cleared out of the area, you remain in the game and can receive passes and play passes with the remaining offensive players.
• Round ends when the last ball is cleared or a minute has passed.
Assign new sharks and play again.</td><td>See above Coaching points</td></tr>
<tr><td>4. Team Possession (5 v 2 or 7 v 3) - Bulldogs</td><td colspan="2">• Divide players into two teams:
○ Defending team (bulldogs) has fewer players
○ Ex: play 7 vs. 3 or 5 vs. 2, depending on your numbers.
• Offensive team tries to connect a total of 10 passes. (If 10 passes seem unattainable, switch to a lower number)
Switch bulldogs (defenders) each round.</td><td>Provide positive reinforcement to players on using proper technique:
Inside of foot, strike center of ball, foot in the shape of a checkmark This week, emphasize positioning and getting open for a pass. Offensive players should not “hide” behind a defender.</td></tr>
<tr><td>5. 4 v 4/5 v 5 Scrimmage</td><td colspan="2">Divide group into even teams (no subs) and play on the width of each field.
Play again same color team, or switch & play a different color team.</td><td>Execute what we did in training during the scrimmage</td></tr>
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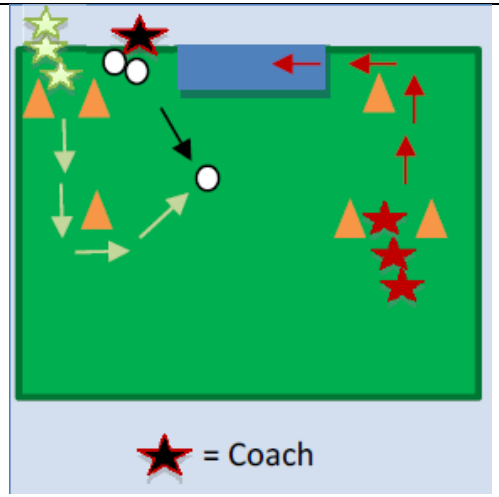
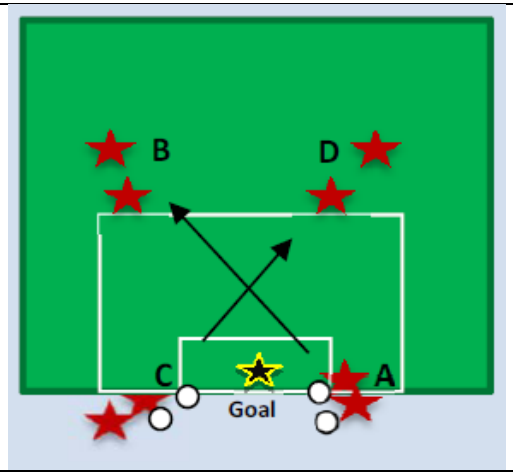
Week 6: Goal Scoring (aka FINISHING!)			U9 U12
Coaching Point: • Placement (accuracy) vs. Power • Approach ball at slight angle • Use laces (not toe) for shooting • Keep body over the ball (momentum going forward)			
1. Warm Up:	• Everyone will have a ball (start sitting, progress to standing) • Toss ball to self, kick the ball upward and catch it • Use laces to pass to a partner (1 point if they catch it)		Emphasize coaching points
2. Keepers and Strikers	• Divide players into 2 teams • Place cones as shown in diagram. • Coach will pass balls in from end line to the first person, who makes a run from the end line (keep the balls moving quickly here!) • The defending team (red in diagram) runs around the cones to get in a position to save the shot. • Offensive team gets 1 point if they score a goal. Defensive team gets a point for a save. • Teams switch after everyone shoots two or three times.		• Placement • Get head up to see the goal, then eyes on ball • Approach at slight angle • Variation: switch cones/lines to the opposite side of the goal (encourage players to practice shooting using each foot)
3. Goal scoring	• Split players into four lines (see A, B, C & D in diagram) • Balls at lines A and C. • A plays a good pass to B and B shoots, aiming toward the • corners. • Then C plays a good pass to D and D shoots, aiming toward the corners. • Have players rotate clockwise and move quickly. Go through several rounds.		• Place cones 4 feet in from each goal post to show best place to aim. • Best practice is to shoot back toward the lower corner where the ball came from… • Players standing near the goal should pay attention for safety reasons.
5. 4 v 4/5 v 5 Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play again same color team, or switch & play a different color team.		Execute what we did in training during the scrimmage