

Weekly Activities - Ages 9 - 11

Theme: S.A.F.E.SM

Session: Two

Daily Topic: Running With The Ball

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (unique movement activities designed to energize participants)

0:10-0:20 Turns & Burns (creative one-on-one moves to beat your opponent)

0:20-0:40 Skillzbuilder (games and activities designed to develop the daily themes which include running with the ball, dribbling, passing & control, shooting, defending and heading)

0:40-0:50 The Combine (skills and fitness testing exercises)

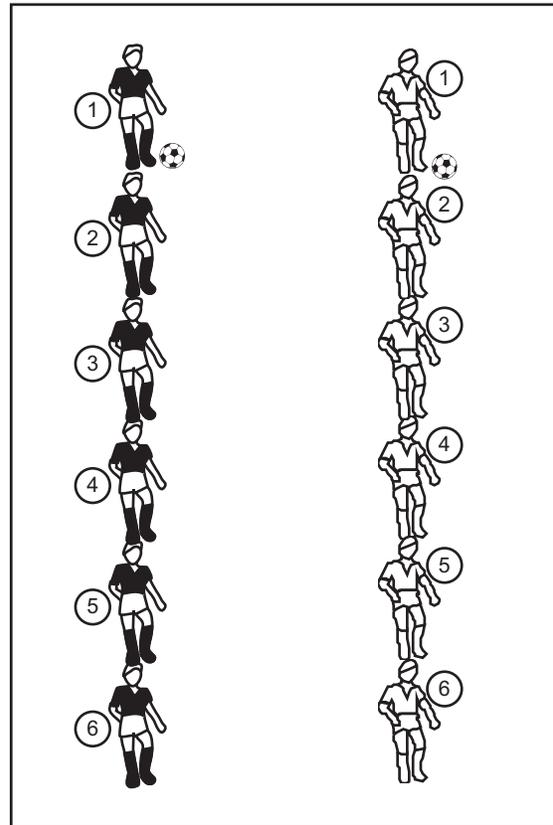
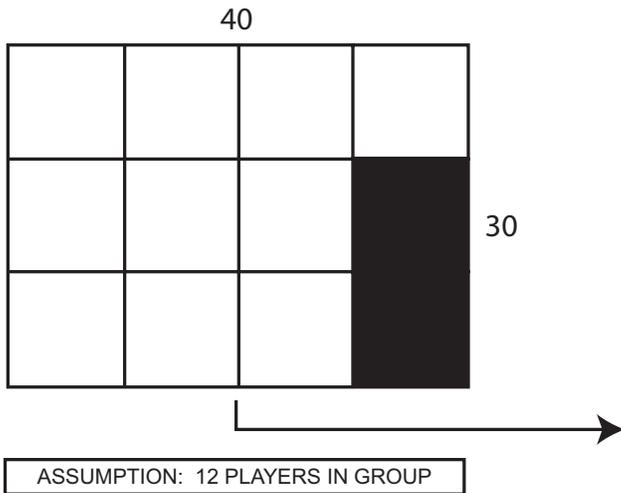
0:50-1:00 Break (competitions/quizzes)

1:00-1:15 Back Yard Soccer (games based on a street game mentality)

1:15-1:30 MLS Play-Off (Small-sided conditioned games to open play)

SOCCER-ROBICS - Movement & Speed

Over, Under and In Between



Purpose

To enhance flexibility and to elevate heart rate.

Organization

Set out a 10 x 20 yard area. Position players as shown in the diagram, one ball between each team.

Game Objective

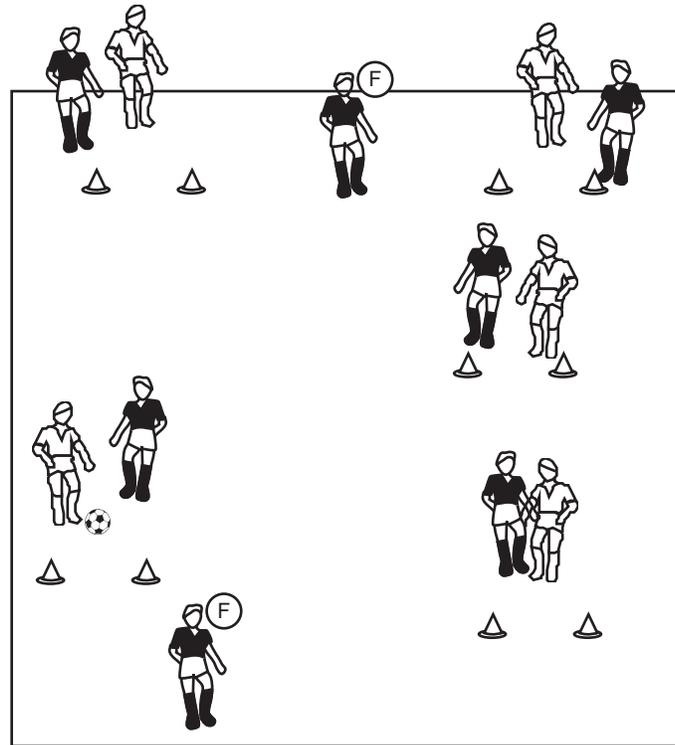
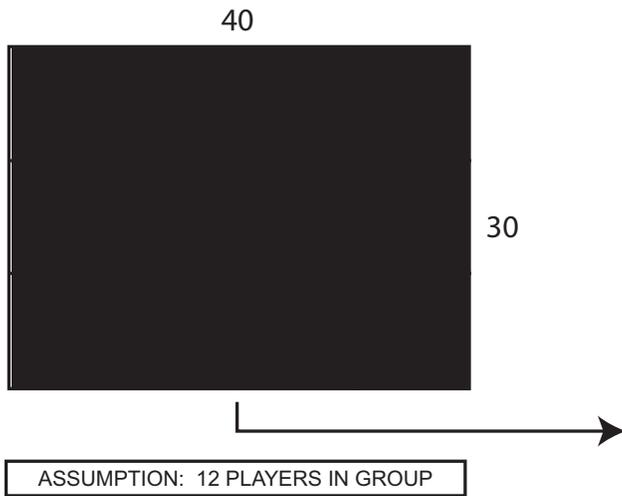
1. Dark player #1 passes the ball overhead to dark player #2 who passes the ball through his legs to dark player #3, who passes the ball overhead to dark player #4, etc. When the ball gets to the back of the line, the last player runs to the front and repeats the exercise.
2. Now dark player #1 rolls the ball through a tunnel of legs to dark player #6. Dark player #6 picks up the ball and runs to the front to repeat.
3. Dark player #1 runs in between players then sprints to front, then dark player #2 goes.
4. Leap frog.
5. As (No. 3, above), but hop on 1 leg up the line then back down on the other leg.

Key Coaching Points

1. In between each different race, you must stretch.
2. Looking for sharp, ballistic movements.
3. Assess anaerobic fitness with quick, short, rapid movements.
4. These games are all good practice for your soccer speed.

URNS & BURNS - Dribbling & Turns

5 v 5 +2



Purpose

To develop turns and fakes under pressure.

Organization

Set out a 40 x 30 yard area, with 5 v 5 +2 floating players. Station 5 gates, 2 cones 2 yards apart in random areas of the grid. 1 ball per group.

Game Objective

Score a goal by dribbling the ball through any of the gates to score 3 points. A turn gets 1 point. Floating players play for the team in possession but cannot score goals. Players should be encouraged to be relaxed and comfortable with the ball rather than lose possession.

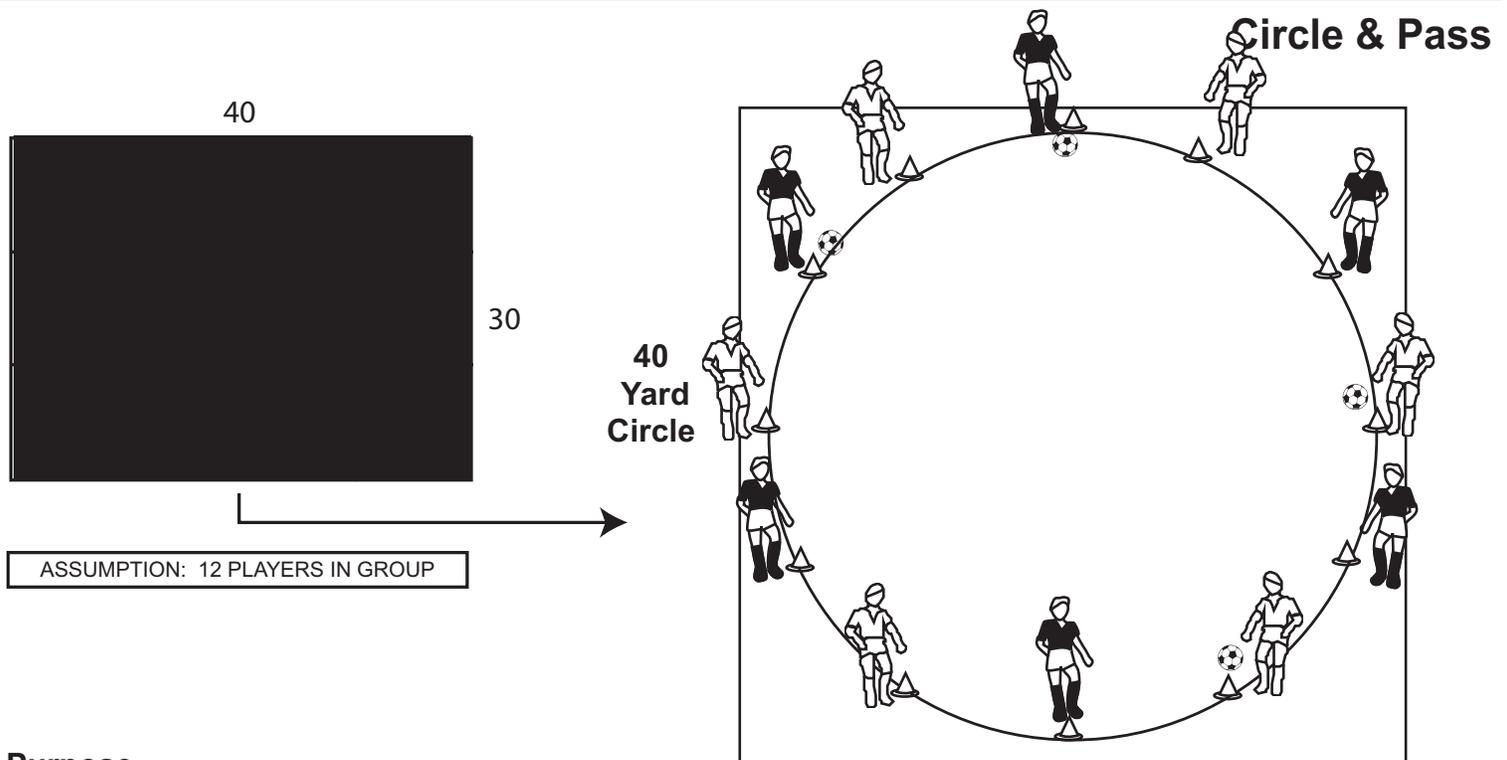
Progressions

1. Introduce another ball, 2 balls total.
2. Players can only pass after making a fake or turn or burn.

Key Coaching Points

1. Use the inside and outside of feet to turn away from defenders.
2. Control the ball into space, away from the defender.
3. Change direction of the play by turning with the ball.

SKILLBUILDER - Running With The Ball



Purpose

To develop running with the ball.

Organization

Set out a 40 yard circle. Have 3 or 4 balls and 12 players stationed on the circle's perimeter at cones.

Game Objective

Players run with the ball across the area and pass using the outside of the foot to a corresponding player on the opposite side of the circle. Players in possession follow their pass and take the place of the player to whom they pass.

Progressions

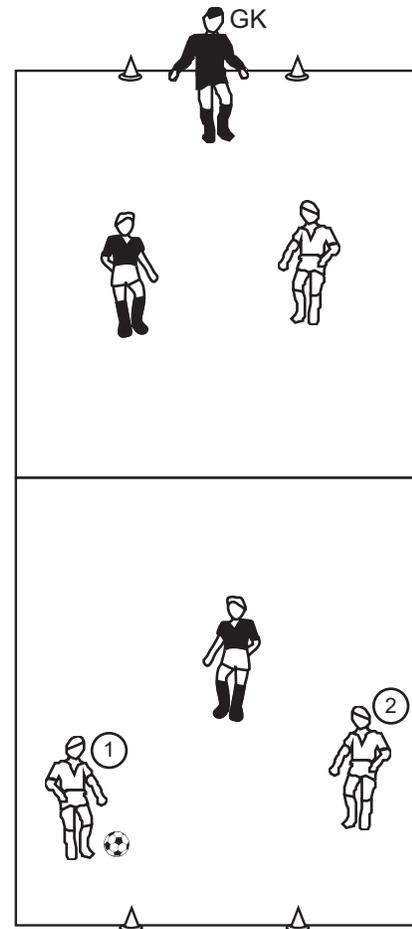
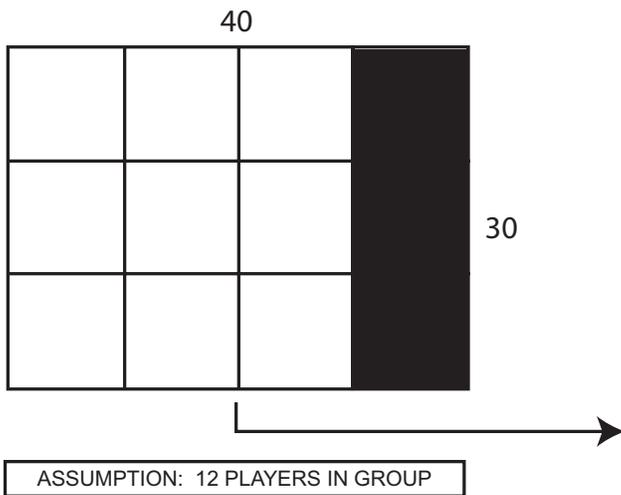
1. Put 2 cones in the area that a runner must go to with the ball—do a hook or chop turn to the next cone and away to pass the ball off.

Key Coaching Points

1. Try to receive the ball with the outside of your foot and play it out in front.
2. Pass using your laces so you don't slow down.
3. Call the name of the person you are passing to.
4. Make eye contact before you pass.

SKILLZBUILDER - Running With The Ball

MoJo



Purpose

To develop running with the ball as a team.

Organization

Set out a 10 x 30 yard area with a half way line. Position players as shown in the diagram. 2 v 1, 1 v 1, and a goalkeeper. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 starts with the ball. Light player #1 combines with light player #2 to beat the defender and advance the ball into the next grid. The player who dribbles the ball into the area follows to create a 2 v 1 situation in the second grid. The object is to beat the 1st dark defender by running the ball into the attacking half for a shot on goal. If a dark defender wins the ball, he must get it back to his goalkeeper before the dark team can attack. When the dark team attacks, the light team must play with a goalkeeper. Players must stay in their respective areas.

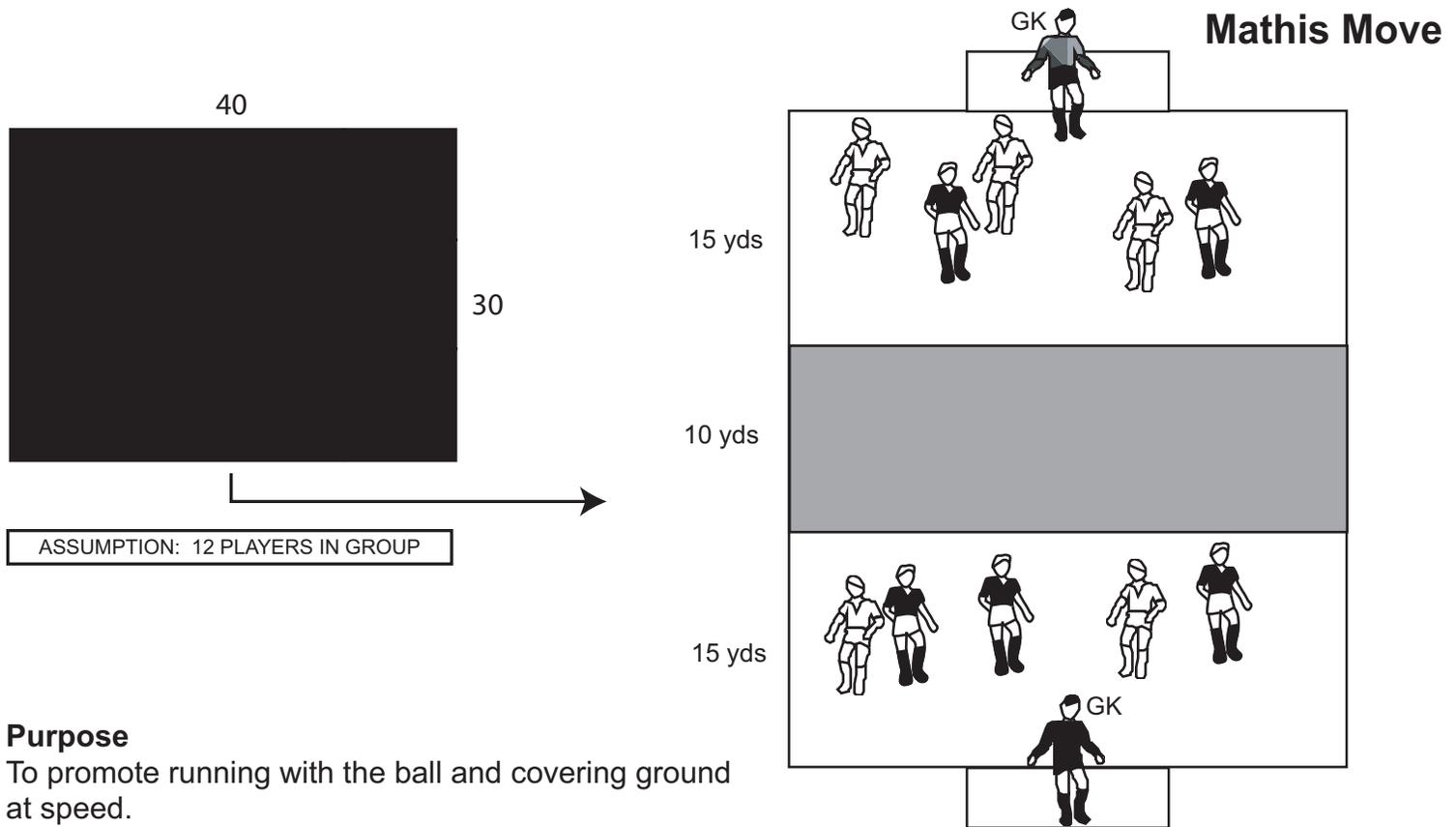
Progressions

Take away the halfway line.

Key Coaching Points

1. Attack by running at and past defenders.
2. Pass on the run by using the outside of your foot.
3. Get the ball out in front as you run.

SKILLZBUILDER - Running With The Ball



Purpose

To promote running with the ball and covering ground at speed.

Organization

Set out a 40 x 30 yard area as shown in the above diagram. Play 3 v 2 in the end zone areas with a goalkeeper at each end of the field. Only the ball carrier can enter into the shaded area on the diagram.

Game Objective

The object of the game is to advance the ball into the shaded area. Once a player advances the ball into this area, he is free to run with the ball without pressure from a defender (i.e., no defenders are allowed in the shaded area). The attacking player then enters the offensive area to create a 4 v 2 on goal. You cannot pass the ball into the middle, you can only run it in.

Progressions

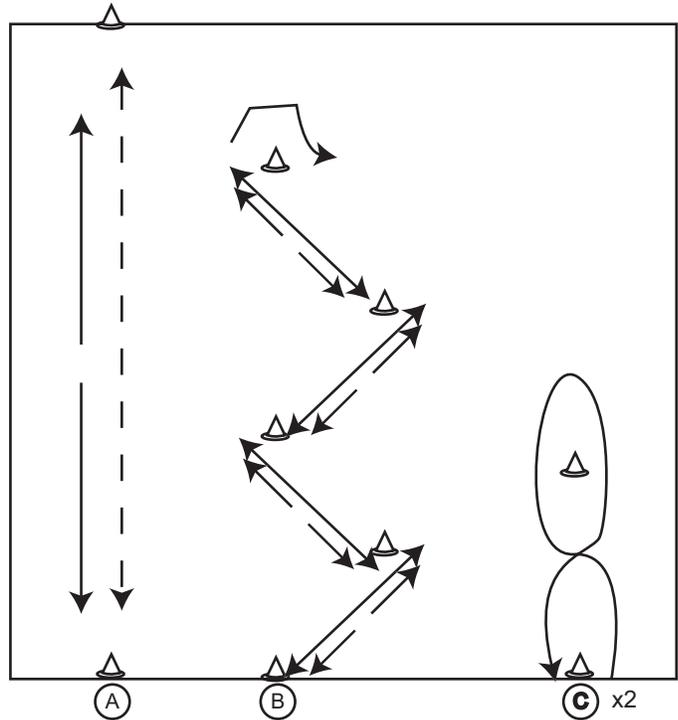
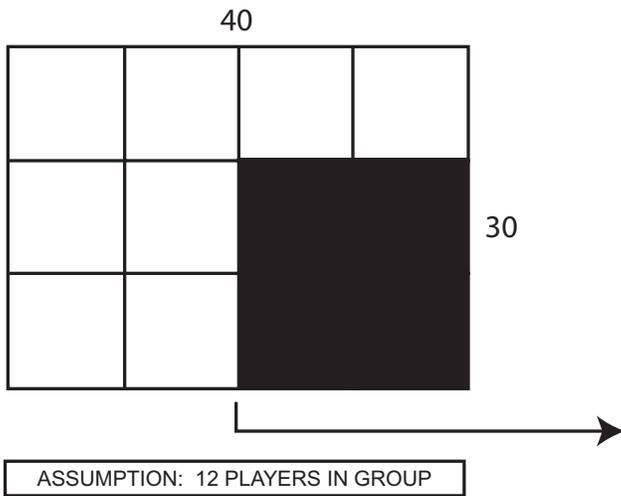
Put a player from each team in the shaded area to create a 2 v 1 with the ball carrier.

Key Coaching Points

1. Control the ball in front of you so you can run onto it.
2. Pass with your laces so you don't lose speed.
3. Run straight using only a few touches.
4. Touch the ball forward with the foot closest to the ball so you don't disrupt your stride.

THE COMBINE - Running With The Ball

Soccer Speed



Purpose

To develop soccer speed and turns.

Organization

Set up a 20 x 20 yard area. Groups of 6. Place a pair at each of the 3 skills stations. Repeat in 1 other area for a total of 12 players.

Game Objective

- Cone A: Run up to the cone first without the ball, then with it.
- Cone B: Move to the next area with cones 5 yards apart in a zig-zag formation. Run around the cones without, then with, the ball.
- Cone C: Do 2 figure 8's without, then with, the ball.

The coach should time the player without the ball first, then after a rest time, again with the ball. Combined time is the total.

Progressions

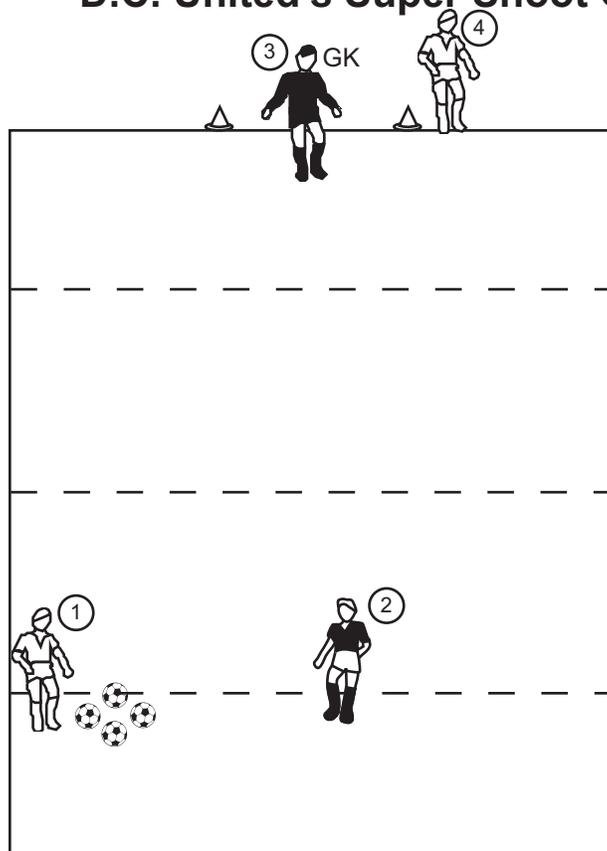
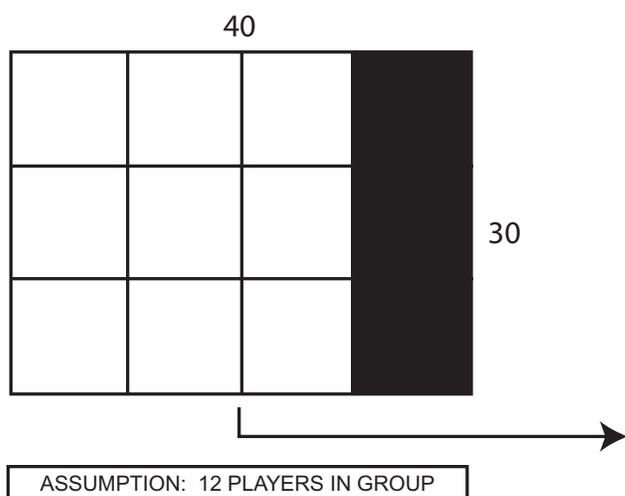
1. If the distance is too great for the players, shorten the distance between the cones.
2. Start with 5 foot juggles, then after "A" do 3 head juggles, then at "B" do 4 thigh juggles.

Key Coaching Points

1. Look at your times compared with and without the ball.
2. When turning, get low and speed up out of the turn.

BACKYARD SOCCER - Running With The Ball

D.C. United's Super Shoot Out



Purpose

To develop running with the ball and finishing skills

Organization

Set up a 10 x 30 yard area for 4 Players. Player #1 should have 4 balls. Player #2 is the score/timekeeper, Player #4 is the retriever and Player #3 is the goalkeeper. Player #1 has 5 seconds to make a shot on goal. Player #2 keeps score and does the time. The shot must be taken before 5 seconds are up.

Game Objective

Player #1 should cover ground quickly and attempt a shot on goal. Every goal scored counts 3 points. Every save gets the goalkeeper 3 points. Rotate positions to get a winner.

Progressions

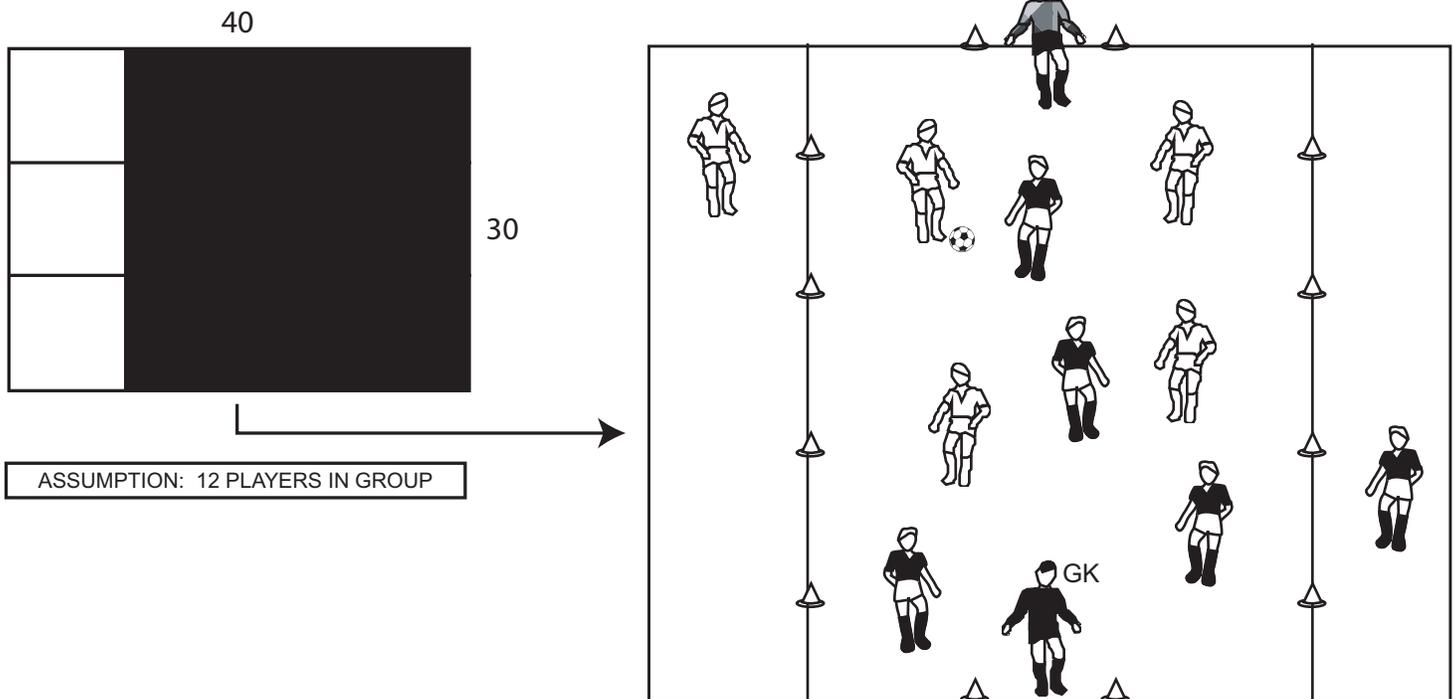
1. Now, Player #2 stands 5 yards behind Player #1. Player #4 times and keeps score from the moment the Player in possession touches the ball. Player #2 can start chasing to put pressure on Player #1 as soon as the ball is touched. For every missed shot or tackle, the defender gets 3 points. Rotate.

Key Coaching Points

1. If the goalkeeper charges out, do a single fake and go round the keeper.
2. If the keeper comes, then stays, you may consider chipping the keeper.
3. If the keeper stays on the line, then try to pass the ball past him.
4. Shoot if you can while the keeper is moving and shoot low across them.

MLS PLAY OFF DAY - Running With The Ball

Wonder Wingers



Purpose

To develop width in attack, crossing and finishing.

Organization

Set out a 30 x 30 yard area with 5 yard channels along each sideline. Play 4 v 4 in the larger area with a goalkeeper. Station one player in each channel.

Game Objective

The object of the game is to get the ball to your wide player as quickly as possible. As soon as the wide player receives the ball he sprints the distance to the goal line and crosses the ball in towards the goal to his teammates who are attacking the near and far post.

Progressions

When the wide player receives the ball, the nearest defender may enter the channel one disc behind where the ball crossed the line. The defender pursues the wide player down the channel.

Key Coaching Points

1. Look to get the ball wide as quickly as possible.
2. Stagger the running of the attacking support players so as not to overshoot the cross.
3. The wide player must angle his body into the field of play as he crosses the ball.