

ADJUSTING TRAINING SESSIONS FOR DIFFERENT ABILITY GROUPS

1. The size of the grid (playing area) can be adjusted. The larger the playing area, the easier it is for the players because they will have more time and space with the ball before pressure arrives.
2. Time limits may be adjusted. Beginning players may require more time to perform a given activity.
3. Add "free" players. "Free" players are the players that play for whichever team is in possession of the ball. This gives an advantage to the attacking team and may make it easier for some players to perform an attacking skill.
4. Add or subtract defenders to make the game more or less difficult.
5. If you have a group that has players with very different abilities it is helpful to remember that we can create games and activities that help the stronger players challenge the weaker players and the weaker players challenge the stronger players. An example of this is "Street Soccer". "Street Soccer" is a tournament where each individual receives points for certain criteria that his/her team can achieve each game (shutouts, team goals scored, etc.). After each game the individuals points are recorded. For each new round the players are given different teams so they never play with the same players. So, each player must cooperate with many different players if they wish to get their points.

Regardless of whether or not you play "Street Soccer", the philosophy is useful.

We can also create activities that challenge all players regardless of their ability. An example of this is "Dribbling Pac-Man". This is a game where one player starts with a soccer ball. The object is for that player to dribble the soccer ball and try to tag the other players (who don't want to be tagged). When a player is tagged, he/she runs to get a soccer ball from the side of the grid and joins the other player in trying dribble and tag the others. This continues until all of the players have been tagged. So, regardless of whether or not an individual is good with the ball, runs fast, or is athletic, this game will challenge him/her.

6. Players develop at different rates. Once you establish the ability of your group you can adjust your sessions to meet their needs.

SHOOTING

Games and Exercises

1. BOX ON BOX SHOOTING

Organization: Two teams of four players. Several balls are needed.

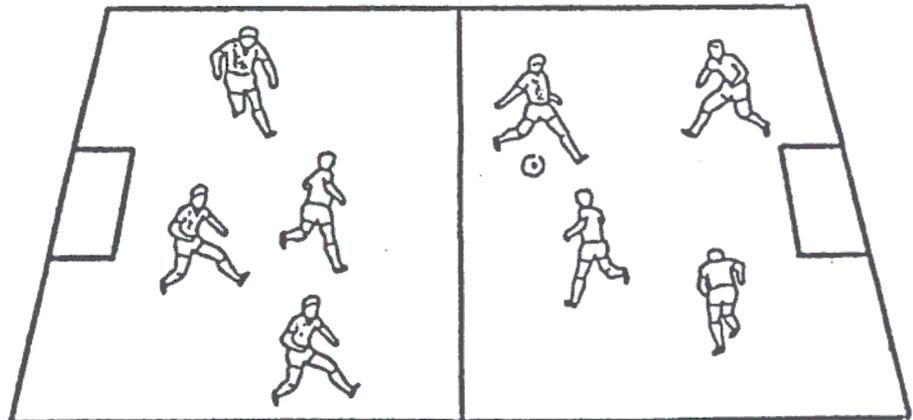
Structure: Play the game with areas the size of two penalty boxes, with the 18 yard line as the dividing line. Goals should be at each end. Place one offensive player with three defensive players on each half. Place goalkeepers in each goal. The coach should have several balls.

Procedures: The coach begins by serving a ball to one side. If the three players win the ball, the play quick passes to each other so that their teammate on the other side can get free to receive a pass. The ball should be played forward to this player as soon as possible. The one player tries to score against the three defenders. When the three defenders have the ball, the single offensive player is trying to steal the ball. As soon as a shot is taken or a ball goes out of bounds, the coach should serve in another ball. Play 2-3 minute rounds ' then rotate teams and/or players. Once the players get into a rhythm of the game, allow one defensive player to make a run into the attack when their forward has the ball. This player can have limited or unlimited touches, but must return after that particular play is over.

Analysis:

Technical: Dribbling, passing, receiving, shooting under pressure of an opponent.

Physical: High intense activity for short periods.



Tactical: Preparation of an attack around the immediate goal area. Forward playing in a numerical disadvantage situation.

Social/ Psychological: Patience and mental toughness around the goal area. Develops the desire to take risks to score goals.

2. GROUP ROUND ROBIN

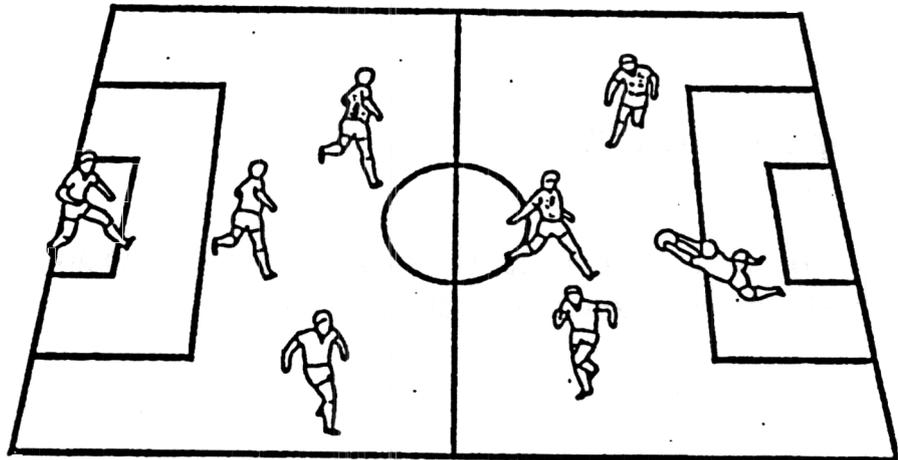
Organization: Divide the team into groups of 3 or 4. Use two or three goalkeepers.

Structure: Small-sided field approximately 20 x 30 yards with large goals. Use several balls to keep the rounds active.

Procedure: Place two teams on the field with the remaining teams placed evenly around the field. The balls are with the coach who will act as the server. The server tosses in a ball; both teams play to score a goal. If a goal is scored or goes out of bounds, the server immediately plays in another ball. The coach determines the length of each round. Generally, use somewhere between one-four minutes. At the end of each round, you can either place two new teams on or take off the team that has been on the longest.

Analysis:

Technical:
Dribbling,
passing, receiving,
heading, and
shooting under
pressure of an
opponent and at
match speed.



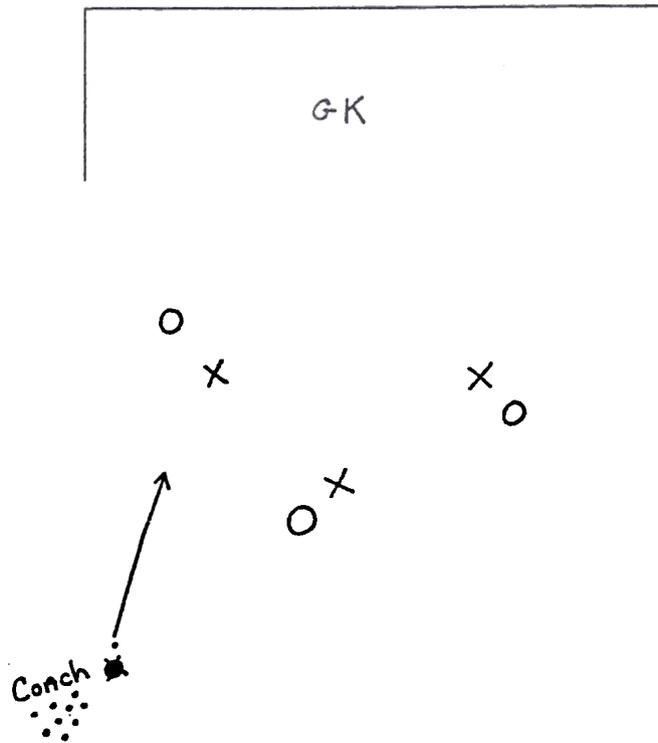
Physical: Similar physical conditions as with any game. High intensity running for short periods. This is called *interval training*. Changing direction and speed. Explosive play.

Tactical: Primary decisions relating to quick transitions around the goal. Identifying goal opportunities or even half chances to score goal.

Social/ Psychological: Every player is placed in a situation where there is a tremendous opportunity to take risks.

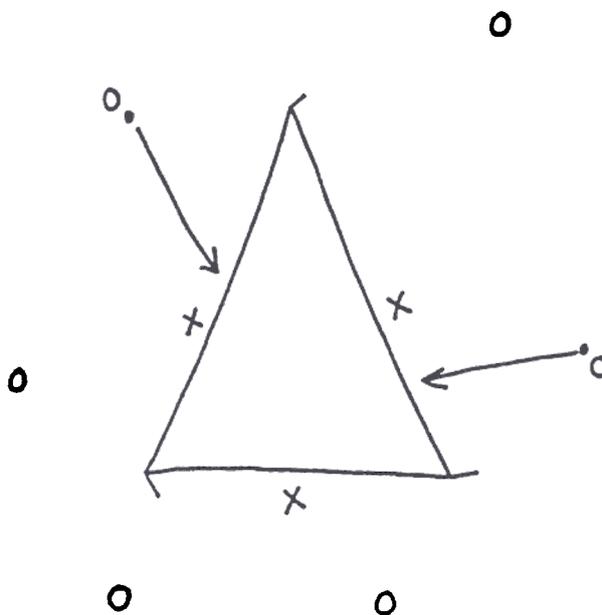
3. PENALTY BOX 3 VS 3 SHOOTING

Coach serves ball into penalty box. The team that gains control of ball tries to score through dribbling, interpassing and shooting. The emphasis is placed on quick shooting and proper technique in shooting (winning team stays on verses a new opponent).



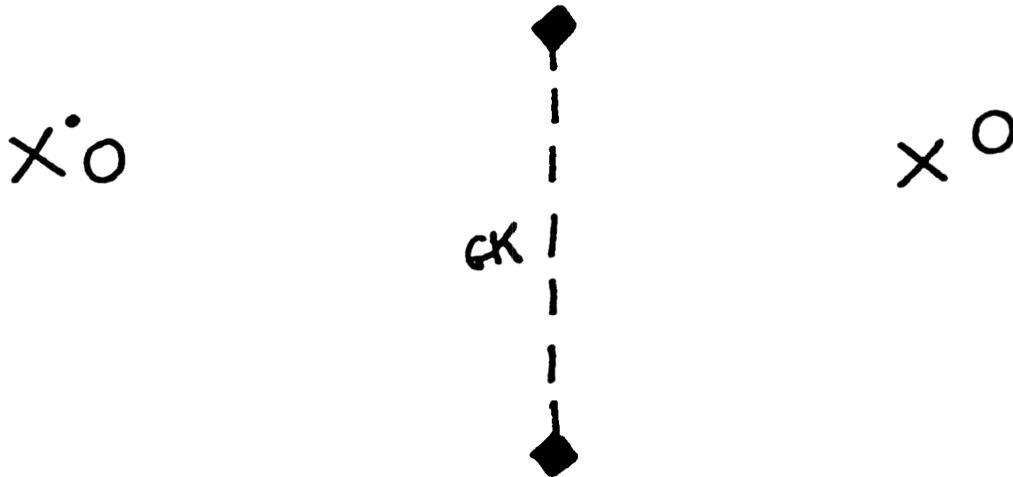
4. Triangle-Three Goal Shooting

One ball or two balls. Players stationed around the three goals. Shooting from all angles. Unlimited, 2 touch, 1 touch Shooting.

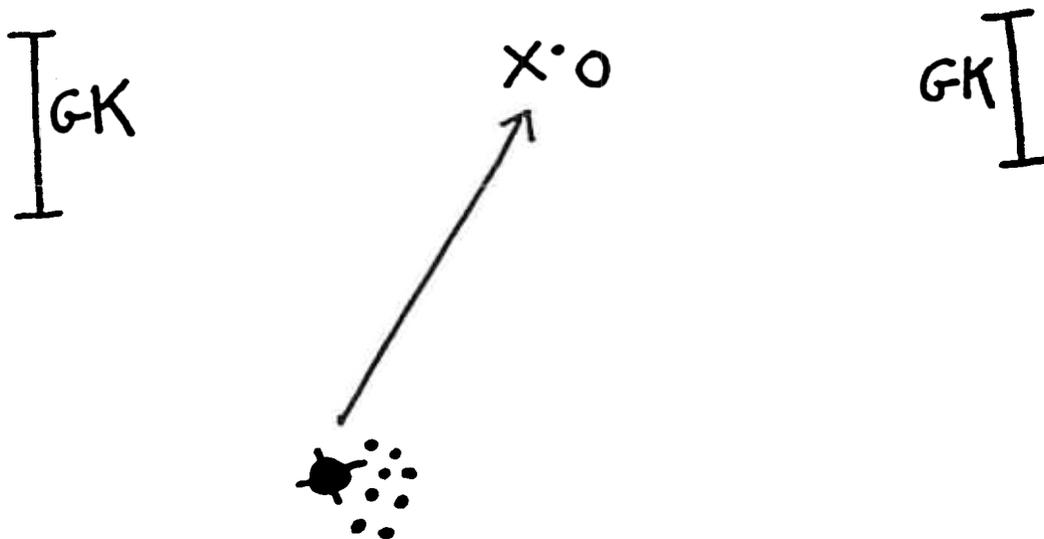


5. One vs. One Shooting

Central Goal-One versus one on each ball Player in control of ball tries to score through dribbling and shooting. Players are restricted to that half of the field.

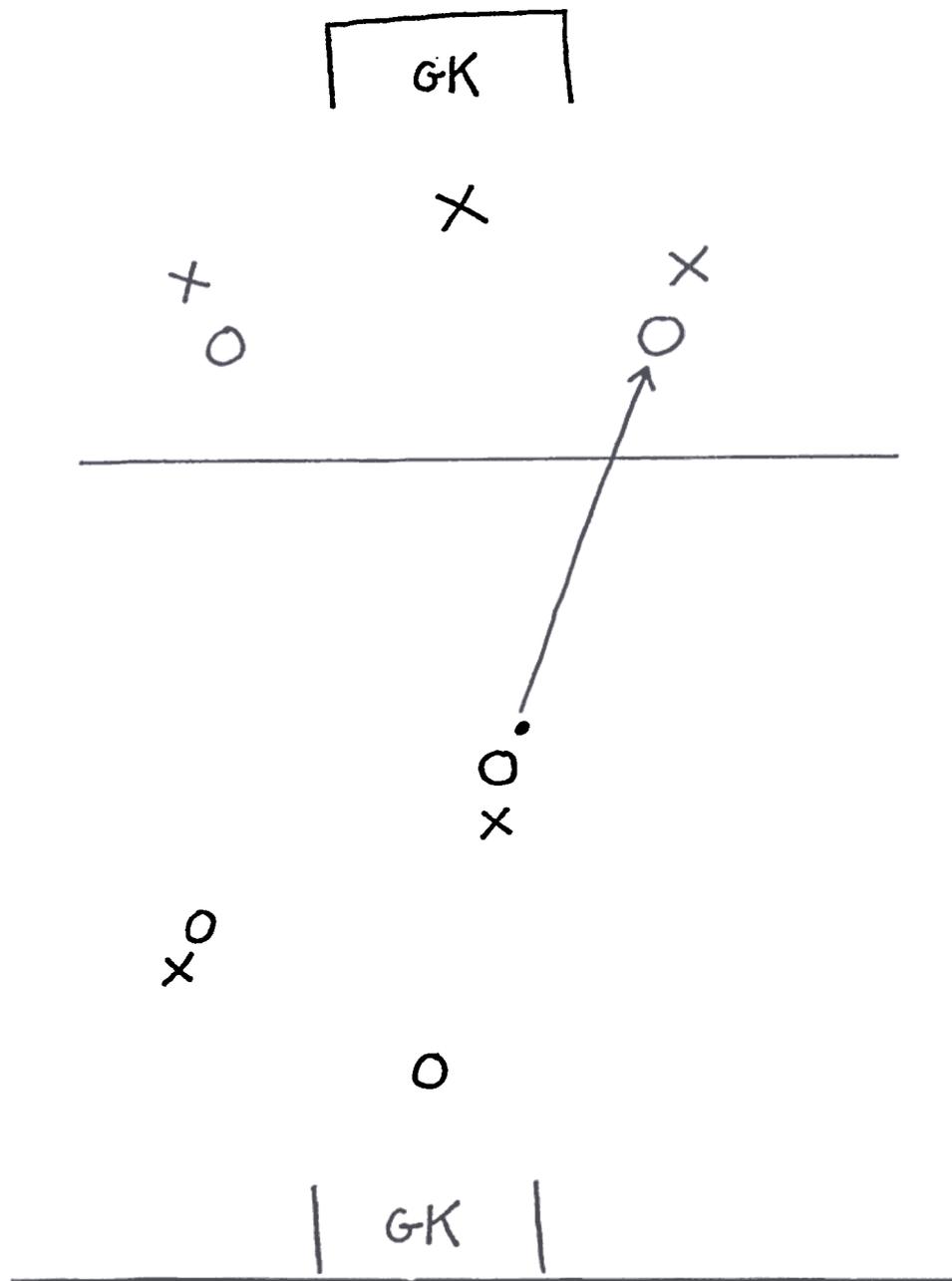


6. One vs. One (Two Goals)

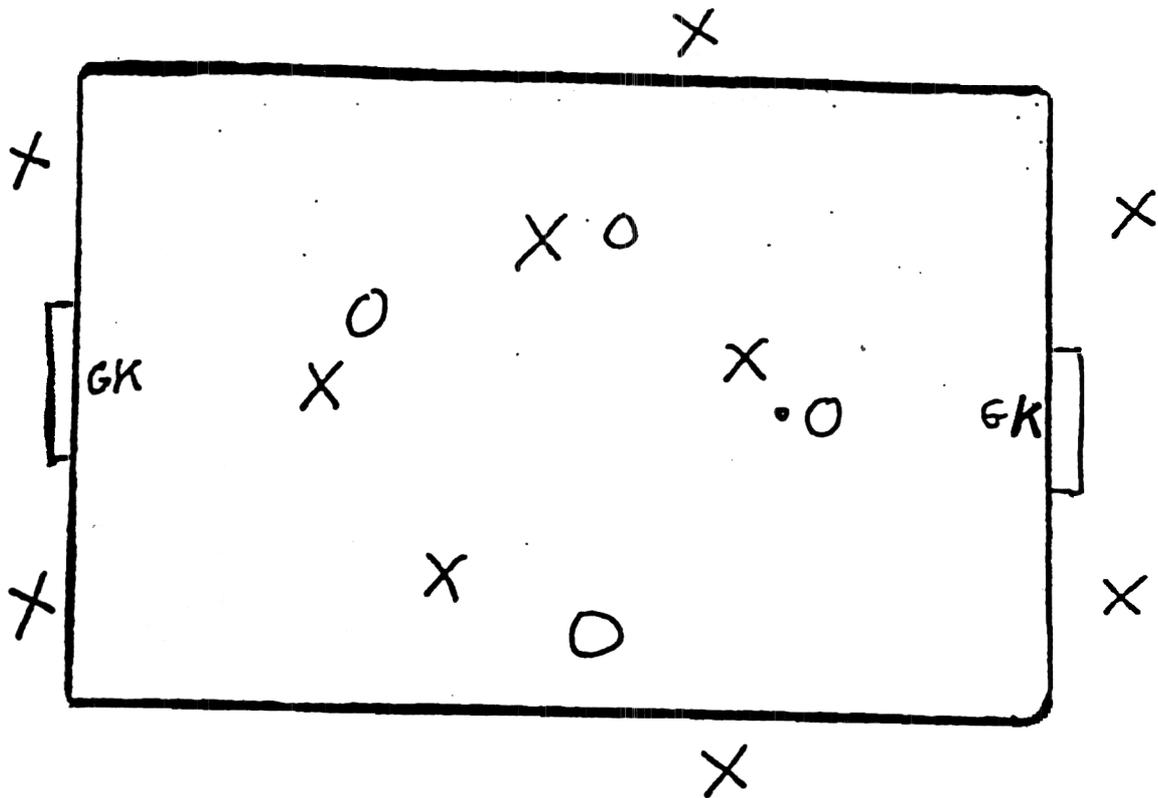


7. 3 v 2/2 v 3 Shooting

After the ball has been played in an offensive zone (2 strikers) one or more back players may come forward (5 vs. 3) to score.



8.4 v-4 + 6 Targets



Players inside the grid may interpass with teammates or use outside targets for possession or penetration and goal scoring opportunities.

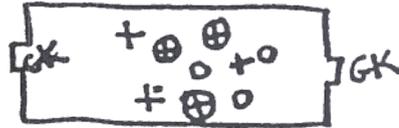
EXERCISES FOR OLDER PLAYERS

Shooting

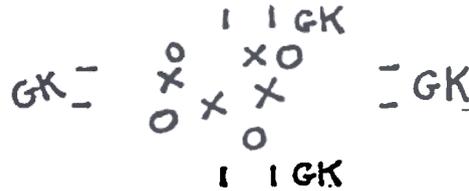
1. One v One in 2 zones with central goal and goalkeeper. Same as dribbling exercise. Emphasis on finishing.

2. Two v One in 2 zones with central goal and goalkeeper. Emphasis on attacking defender quickly and goal shooting.

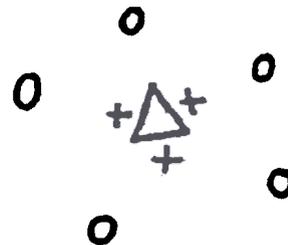
3. Three vs. 3 + 3 (6 vs. 3) unlimited, 2 Touch, 4 v 4 + two free players.



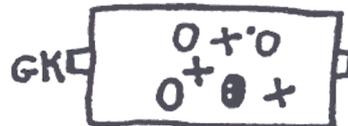
4. Four v 4, 4 v 4 + 1, 5 v 5, 5 v 5 + 1. Four goals, unlimited touches. Scoring to any goal.



5. Triangular Goal with outside shooters. Shooting-2 Touch, 1 Touch. Players may receive and pass to another player before an attempt at goal.

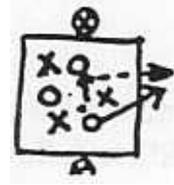


6. Three v 3 plus one free player. Unlimited, 2 Touch, 1 Touch scoring. No restrictions on dribbling or passing.



7. Two v 2 (winners stay on). Time factor in scoring-must attack goal quickly (5 seconds to score). Two goals with goalkeepers.

8. Two v 2 or 3 v 3 (restricted area) plus 2 free end targets. One goal with GK. Players must execute a one/two pass to goal before goal shooting. One/two pass can be executed with end targets also.



COACHING POINTS FOR VARIOUS TOPICS

****note:**

- a) It is recommended that at the youngest age groups the players should learn through discovery and the environment that they are placed in. Therefore, we should be wary of over-coaching. In some cases the activities (warm-up's) that we use for the 6's, 7's and 8's are created with movement education in mind (ex: skipping, jumping, ballnastics) and not necessarily with a specific skill being enforced.
- b) The following coaching points should be introduced incrementally. They should not be given all at the same time or even all in the same session.

I. Dribbling

- Close control (use of all surfaces), head up, change of direction, change of pace, use of deception (body/ball), correct time to pass and dribble

II. Passing

- Use of the correct surface (inside, outside, etc.), accuracy, pace, non-kicking foot alongside the ball, face direction of the pass, play through the mid-line of the ball, follow pass (support of pass), mobility of other players to give support

III. Receiving

- Use of correct surface, prepare ball in the direction you want to pass/dribble/shoot, get in line with ball, prepare your body to receive (balance, shape), looking to see what is around you before you receive the ball

IV. Shooting

- Use of correct surface (laces), non-kicking foot alongside the ball, knee and body over the ball, shoot low, accuracy before power, eye on the ball, body shape (facing the target)

V. Heading

- Eyes on the ball, use of correct surface (hairline, front and mid point on forehead), high and wide for clearances, low and hard for shots, arched back, stable neck, balanced body shape