

EXPLANATION OF THE SESSIONS

The following training sessions are age appropriate and are consistent with the directives that are given for each age group. You will notice that they move from simple to complex. They also encourage every player to take many touches on the ball. The four pillars of the game are also included (technical, tactical, physical and psychological). It should be noted that these pillars may mean different things depending on the age group (ex: a tactical concern for a 14 year old may be different than for a 7 year old and vice versa).

Any topics that are given in the directives that are not included in the following sessions may be added by you or by the trainers that work with your teams. Additional games and activities are also provided for you. If you wish to use the additional activities, you can create your own sessions as long as they are age appropriate and follow the correct methodology (use the sessions that I have provided as models).

The sessions for the youngest players use the following progression: warm-up, individual, small group, large group, cool-down. The sessions for the older groups (u-14) implement a warm-up, fundamental stage, match related stage, match condition stage and a cool-down. During the warm-up stretching should be included. Stretching may be interspersed throughout the warm-up or at the end of the warm-up. Various stretches are provided for you. The cool-down phase is meant to bring the heart rate down and to allow the lactic acid that has built up in the muscles to be released. For the cool down, you may repeat activities that are similar to the warm-up or do any jogging, skipping, and walking activities that will achieve the desired results. Stretching should also be included in the cool-down phase.

Sessions may be repeated as needed. You should determine which session you will do by observations from the game and what the directives are for the particular age group. You may or may not see lasting results from just one session, so the same topics may need to be repeated.

It should also be noted that “receiving” may be taught in many of the passing sessions. Also, “heading” (should be taught starting at approx. u-11 and even then, you may wish to use soft balls) games are included and may be used to create appropriate sessions.

U-10/U-11 TRAINING

DRIBBLING SESSION I

I. Warm up

- a) All players with a ball dribbling in a confined area. Coach should ask the players if they know different ways to change direction. Then change speed.
- b) "Star Tag". All players with a ball except for two. The two without a ball try to tag those who have a ball. If they are tagged, they should stand with their legs apart and their arms outstretched above their head (like a star). They are only allowed to dribble again after a teammate with a soccer ball touches them.

II. Individual to Small Group Activities

- a) Four goal game. Players in groups of two with one soccer ball. Each group of two competes to see who can dribble away from their partner and then dribble through any one of the four goals. Players should keep track of points.
- b) Four goal game. 4v4. Each team has two soccer balls. The teams compete while attempting to dribble their soccer balls through any of the goals. Players must decide whether to steal the soccer ball from the other team or to help their team score.
- c) Four goal game. 4v4. Same as above, but each team starts with one soccer ball.
- d) Four goal game. 4v4. Same as above, but now there is only one soccer ball in play.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage dribbling, but let them play

U-10/U-11 TRAINING

DRIBBLING SESSION II

I. Warm up

- a) Ask players to dribble in and out of each other in a confined area.
- b) Ask players to turn with the ball and move in the opposite direction every time another player occupies the space in front of them.
- c) Ask players to burst (with the ball) into any open spaces around them.

II. Individual to Small Group Activities

- a) All players with a soccer ball, except for two, in a confined area. The two without a soccer ball should play 50% defense. The players with a ball should dribble up to the defenders and then change direction using the bottom, inside, or outside of their foot and burst away.
- b) Same as above, but now the defenders are 100%. The players with a ball should try to keep it and the players without a soccer ball should try to get one.
- c) Ask players to play 1v1 to a cone. Beat your opponent and hit the cone.
- d) Play 1v1 between two cones 12 yards apart. The object is to hit your opponents cone.
- e) Same as above, but 2v2.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage dribbling, but let them play

U-10/U-11 TRAINING

DRIBBLING SESSION III

I. Warm up

- a) All players with a soccer ball dribbling in a confined area. Encourage them to be creative with the ball.
- b) Ask the players to change direction and burst into space when confronted with another player.
- c) “Red light, Green light”. Ask the players to stop the ball when coach says “red light”. Ask the players to speed up in a new direction when you say “green light”.

II. Individual to Small Group Activities

- a) All players with a soccer ball except for two. The players with a soccer ball must try to keep it. The players without a soccer ball must try to get one.
- b) Create a square with four cones (each side should be 10 to 15 yards long). Ask one player to stand at each cone with his/her legs apart. Ask two players to go to the middle of the square with one soccer ball. The two players in the middle of the square play 1v1. The object is to beat your opponent on the dribble and then pass the soccer ball through the legs of any of the four players at the cones. Keep score and switch the players every 45 seconds.
- c) Three teams of two play to two goals that are 25 yards apart. Team 1 attacks team 2 who is defending one goal. When team 2 wins the ball or is scored upon, they quickly attack the other goal. Team 3 is waiting to defend at that goal. When team 3 wins the ball or is scored upon, they quickly attack Team 1 who is waiting to defend the other goal. Continue. This game is continuous, but allows for short breaks for each team. Encourage dribbling.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage dribbling, but let them play

U-10/U-11 TRAINING

PASSING SESSION I

I. Warm up

- a) Players in pairs. Coach tosses the soccer ball and each pair must bring it back with a specific number of touches as determined by the coach. Then the pairs must accomplish the task with alternating touches by passing.
- b) Groups of four. As before, the coach tosses the ball and designates the number of touches to return the ball. Requirements can include; maintain a ten yard distance apart, each person in the group must touch the ball at least once, the group must keep the ball in the air, keep the soccer ball in the air with one-touches, one touch passing with a time limit, changing who you pass to each time.

II. Individual to Small Group Activities

- a) Partners with a soccer ball. Partner serves the soccer ball in a variety of ways to be returned, such as over the head or between the feet.
- b) Groups of eight. The coach tosses the soccer ball for return with requirements as above for partners and groups of four.
- c) Groups of eight with one soccer ball. One touch passing. Play 5v3 in a confined area. How many one touch passes can the five make. When the three win the soccer ball, they try to keep it by passing or dribbling.
- d) 4v4 in a 20x35 grid. Score by passing to a teammate on the goal line.

III Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage passing, but let them play

U-10/U-11 TRAINING

PASSING SESSION II

I. Warm up

- a) Fetch. All players with a soccer ball. Coach tosses the soccer balls to be returned. Add restrictions as with previous sessions. Players must make eye contact with coach before passing it to him. Eventually, coach moves around. Make it competitive (“who can pass their soccer ball to coach first?”)
- b) Same as above, but now 2 players per one soccer ball (Groups of two). Add restrictions as in previous sessions.
- c) Same as above, but now 3 players per one soccer ball.
- d) Same as above, but now 4 players per one soccer ball.

II. Individual to Small Group Activities

- a) “Knockout”. Three teams of equal numbers in different color pinnies in a confined area. Each player with a soccer ball. Players should try to keep their soccer balls and knock the other teams soccer balls out of the area. If your soccer ball is knocked out, you must do 5 toe touches before returning. The team with the most soccer balls in the area when coach says “freeze” wins.
- b) Same as above, but each team starts with only two soccer balls. Players may pass to keep their soccer balls.
- c) Same as above, but each team starts with only one soccer ball.
- d) Center goal game. Place a small goal in the middle of a confined playing area. Play 4v4+1. The “1” is a free player that helps whichever team has the soccer ball. The objective is to pass the soccer ball through the goal to a teammate on the other side. Add restrictions such as ... You may only score on a one touch pass, no players may stand in a circle (five yard radius) around the goal, each player may only take two touches of the ball each time he/she receives it.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage passing, but let them play

U-10/U-11 TRAINING

PASSING SESSION III

I. Warm up

- a) Ask players to run in and out of each other with their soccer ball in their hands.
- b) On coaches command have players roll their soccer ball through their legs in any direction then quickly find a new soccer ball.
- c) Ask players to run in and out of each other in a confined area (15x15) with their soccer ball in hands. As they move in and out, they should occasionally make solid eye contact with another player, then these players should exchange balls simultaneously and continue running.
- d) Same as above, but the players should use their feet.

II. Individual to Small Group Activities

- a) Groups of two with one soccer ball in an area 20x25 yards. The players should move around the area passing the soccer ball at the proper time. Ask the players not to run around next to each other but instead get apart and explore the entire playing area.
- b) Groups of two with one soccer ball. Set up six or seven goals (4 yards) in all parts of a 25x35 yard grid. Instruct players to rush to any goal and execute five quick one touch passes through the goal to their partner and then quickly go to another goal and try.
- c) Create teams of three. Set up three cones on each teams end line. The object is to knock over all three cones on the opponents end line. When all three cones have been toppled, start a new game.
- d) In the same area, let the players play 3v3 or 4v4 "keep away". The object is to dribble or pass to keep possession of the soccer ball.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage passing, but let them play

U-10/U-11 TRAINING

SHOOTING SESSION I

I. Warm up

- a) All players in a confined area half of the players have a soccer ball. Ask the players to pass to safe, open players and then move to an open space and try to receive the next pass ... continue.
- b) Same as above, but ask the players to "shoot" the soccer ball to a safe, open player and then move to an open space and try to receive the next pass ... continue.

II. Individual to Small Group Activities

- a) All players in a 15x20 grid that is placed 20 yards away from a goal. Each player is given a number and asked to dribble the soccer ball in and out of the other players in the grid. Coach calls a number and that player pushes the soccer ball towards the goal, shoots, retrieves the soccer ball and continues to dribble in the grid. Call numbers quickly so players get many repetitions.
- b) Same as above, but the players are in groups of two with one soccer ball. The groups are given numbers and then pass and move in the grid. Whoever has the soccer ball when coach calls the number pushes the ball to him/herself and shoots or passes to his/her teammate for a shot on goal.
- c) Same as above, but groups of 3 with one soccer ball.
- d) Same as above, but add one or two "ball-bandits" that may steal the soccer balls and shoot at any time.
- e) Play 4v4 to two goals. Both teams may score on either goal at any time. A restriction may be that all shots must be 1 touch.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage shooting, but let them play

U-10/U-11 TRAINING

SHOOTING SESSION II

I. Warm up

- a) Start by having players run in and out of each other with their soccer ball in their hands. On your signal they should switch soccer balls with any other player near them. Run, switch, repeat.
- b) Same as above, but now players should use their feet. On your signal, each player should stop their ball and move onto any other available soccer ball.
- c) Have players dribble in a defined area (20x30). Occasionally, coach calls a number. Players rush to form a pile of soccer balls (the same number as the number you called). When completed, players continue to dribble.

II. Individual to Small Group Activities

- a) Set up small goals (4 to 5 yards). Each goal should have a keeper and a shooter on each side. Ask players to alternate shooting back and forth through the goal. If the keeper saves a shot he/she should distribute to the opposite side.
- b) Same as above, but now ask the players to move a bit further out. When they receive the ball, they should role the soccer ball ahead of them, chase it and strike it on goal. Shoot, shoot, shoot.
Next, ask the players to change speed and direction with the ball before shooting.
- c) Center goal game. Create a full size goal made with cones or flags in the middle of a 20x30 grid. The goal should have two keepers. Two teams of two should play 2v2 inside the grid. They may score from either side of the goal. When the keepers make a save they should distribute to the opposite side. Switch players.
- d) Same as above, but make the grid and the goal bigger. Play 4v4 with four keepers in the goal.

**note: you may play a similar game with a three sided goal in the middle.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage shooting, but let them play

U-10/U-11 TRAINING

SHOOTING SESSION III

I. Warm up

- a) All players with a soccer ball dribbling in and out of each other. Experiment with using all parts of the feet to dribble the soccer ball.
- b) "Shooting Gallery". All players with a soccer ball. The object is to shoot your soccer ball into another players soccer ball. If your soccer ball is hit ... do five toe touches.
- c) Five "ball bandits" that don't have a soccer ball. All other players try to shoot their soccer ball into the ankles of the "ball bandits" for a point. Switch players.

II. Individual to Small Group Activities

- a) "Shooter-Keeper". Groups of two at six yard goals. Ask players to alternate between shooting and playing goalkeeper. Stay about ten yards apart. Don't let the ball stop moving!
- b) Same as above, but have a shooter on each side (opposite) of the goal. Beat the keeper as many times as you can in one minute. Shoot back and forth. Switch players.
- c) Same as above, but have two shooters on either side of the goal and two keepers in a slightly larger goal. Shoot back and forth. Coach may add restrictions such as ... shots must be one touch, the ball must be rolling away from the shooter before he shoots it, the shot may only come off a pass, etc.
- d) "Get out". 3v3 or 4v4 on a small field (20 x 35) with two goals. Have players ready to come on quickly for both teams. When a goal is scored, the team that was scored on has to "get out" and they are quickly replaced by the players that were waiting to come on. If the ball goes out of bounds, both teams "get out" and are replaced by the players that were waiting to come on. This is a fast moving game, so the coach should be sure to have a supply of soccer balls at his feet. Encourage shooting.

III. Larger Group Activity

- Play 5v5, 6v6, or 7v7 to two goals with a GK.
- Encourage shooting, but let them play