

Coaching Practice Plans



AGM / Coaching Symposium 2009 & USYS Region 1 - NH ODP Mini Camp

Hampshire Hills / Hampshire Dome - Milford, NH

March 29, 2009

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Featured Field Sessions

8:00 to 9:30 am

When to Dribble and When to Pass - NH ODP U12 Boys

Shaun Bailey

9:30 to 11:00 am

Zonal Defending - NH ODP U17 Girls

Mike Singleton

11:00 to 12:30 pm

Combination Play Into The Attacking Third - NH ODP U13 Girls

Laura Kerrigan

12:30 to 1:45 pm

Games that Teach Part 1 - U8 Players

Mark Ruest / Kim Walsh

1:45 to 3:00 pm

Games that Teach Part 2 - U10 Players

Jeff Causey

3:00 to 4:30 pm

Speed of Play - NH ODP U14 Boys

Shaun Bailey

4:30 to 6:00 pm

Combination Play - NH ODP U17 Boys

Keith Tabatznik

Additional Field Sessions

8:00-9:30am

Speed of Play in the Midfield Third - NH ODP U14 Girls

Laura Kerrigan

9:30-11:00am

Developing Touch / fast footwork - NH ODP U15 Boys

Kieth Tabatznik

11:00-12:30pm

Transition Play - NH ODP U13 Boys

Shaun Bailey

12:30-1:30pm

Training The Goalkeeper - NH ODP Goalkeepers

Jeff Causey

1:30-3:00pm

Playing Forward - Approach and Support - NH ODP U16 Boys

Keith Tabatznik

3:00-4:30pm

Midfield Into Attack - NH ODP U15 Girls

Laura Kerrigan

4:30-6:00pm

When To Possess And When To Penetrate - NH ODP U16 Girls

Mike Singleton

Shaun Bailey

When to Dribble / When to Pass (U12 Boys)

Phase 1

Pass and Move

Half of Group with Balls

Communicate Early

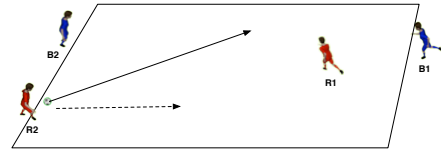
When Passing Say "Turn" => (Player Dribbles Away) or "Man On" => Wall Pass

Phase 2

R1 Checks at Angle and R2 Passes Ball

R1 and R2 Play against B1 to get over line with ball

If B1 wins ball play pass to B2



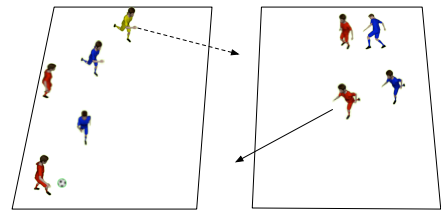
Points: Check at an Angle, Can I receive and Attack?, Communicate Early, Receive Side On, Be positive in 1 vs. 1

Phase 3

2 + 3 vs 2 + 2

1 player checks into Neutral (Middle) Zone to Receive Ball. Play 3 vs 2 to get into End Zone (End of Grid)

Points: As above + Movement off ball -> Don't go too early, Stretch field to create space, Can we Isolate 1 v 1 -> Attack Space or Combine?



Phase 4

Even Sided Game

*Reinforce Points Made Above

Shaun Bailey

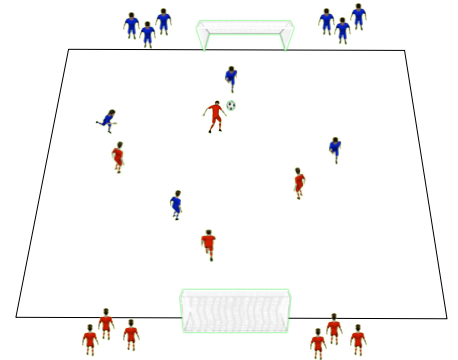
Transition (U13 Boys)

Phase 1

Score a Goal - 1 Player Touches Post

Miss Target - 2 Players Touch Post

Points: DEFENSIVE (Organize Early, Get Compact, Pressure Ball, Communicate, Where to Channel, 1 vs 1 Delay, Who Pressures / Who Drops, Roles of 1st & 2nd Defender) ATTACKING (Attack while defense is unorganized, can we go forward or keep possession?, spread field, Look to go forward when possible, movement off the ball)



Phase 2

One Team Attacks Goals and Other Team Attacks End Zones

Points: As above, Once ball is won can we go from endzone to endzone?, Body position, to allow ball to go forward, shape of team, Group Defensive (compactness), Group Attack (Open Up - High and Wide to Create Space)



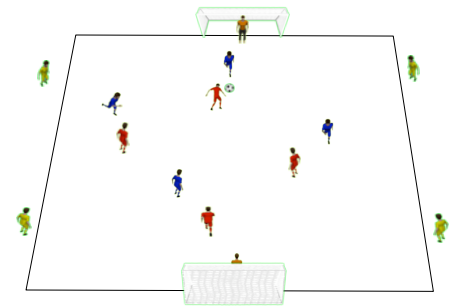
Phase 3

Three Team Game to Goals - (One Goal Games)

Winning Team Stays On

Waiting Team Comes On While Play Continues

Points: As above, Can Attacking Team Catch Opponents before they are on and organized?



Phase 4

Even Sided Game

*Reinforce Points Made Above

Shaun Bailey

Speed of Play (U14 Boys)

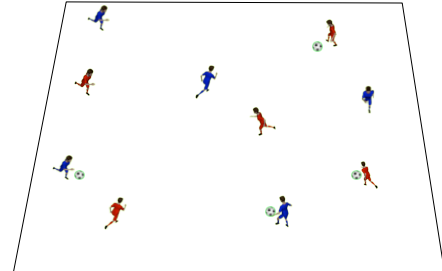
Phase 1

Two Groups of Five in Each Grid

Pass and Move

Pass to Own Players -> Progress to Pass to Opposite Color Only
2 Touch

Points: Pace of Pass, Quality of 1st Touch, Play with Head Up, Communication, Body Shape (Open to Receive), Movement Off Ball and With Ball



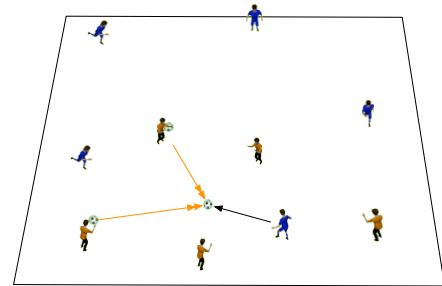
Phase 2

Team 1 has ball in Hands -> Team 2 has ball at feet

Team 1 Tries to throw and hit ball on floor

When Team 1 is successful - Teams Switch

Points: As Above, Move Ball Away from Pressure, Change Tempo When Possible



Phase 3

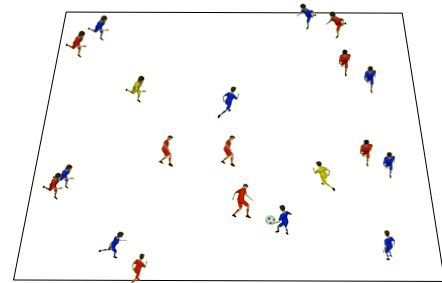
9 vs 9 + 2

Team 1 has unlimited touches -> Team 2 has 1 / 2 touch limitation

Progress to 1/2 touch only

Give and Go = 1 pt.

Points: Can we change speed of play?, Possess vs. Penetrate, Pass to Feet / Space



Phase 4

Even Sided Game

*Reinforce Points Made Above

Jeff Causey

Goalkeeper Session

- 5 min Warm up with ball. Hand drills
- 10 min Footwork thru ladders
- 5 min Catching balls still using ladders
- 15 min Diving progression - low, mid and high - collapse diving mostly
- 5 min High balls - no pressure / under pressure or in pack
- 15 min Crosses - no pressure / in crowd
- 5 min Cool down - sit ups with ball - push ups

Games That Teach (U10 Players)

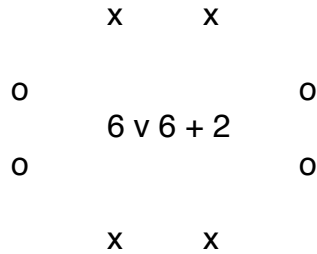
- 5 min Footwork thru ladders -warm up
- 10 min Individual dribbling - inside/outside of foot - start/stop - change directions/ with speed
- 5 min Dribble by opponent after receive / at speed. Tight spaces & open
- 10 min Game - Knock out. Large Sq. with most players with balls. 2 players without a ball trying to knock out all the other balls. Works on players keeping ball under control under pressure and working on changing directions and moves.
- 10 min Receiving/trapping - no pressure/under pressure - facing own goal/forward.
- 15 min Game - Receiving and passing Large square with two players (only one with a ball) on each side. 2 players in middle. Player 1 receives ball from one side and has to beat player 2 in middle and find open receiver on opposite side. 30-45 seconds each round. Switching out players after each has gone on offensive turn. Allows players to receive under pressure with back to goal and take player on and redistribute going forward.
- 15 min 3v3 games to pug goals. Small fields.

Laura Kerrigan

Speed of Play in the Midfield Third (U14 Girls)

1. Warm-up: passing square (10 x 10) – minimum of 5 per grid
 - A. Receiving open to field – Right Foot, Left Foot
 - B. Give & go – Right Foot, Left Foot
 - C. Call it through communication “turn” or “1-2”

2. 6 v. 6 + 2 (if 20)/adapt numbers



x's play north-south

o's play east-west

Must connect one side to other through center to gain a point

A. Two-touch on outside, unlimited in center

B. Two-touch in center, as well

3. 3-zone game 20 x 57 / 20 x 57 / 20 x 57
(2 fwd v. 3 backs / 3 v. 3 +2 / 2 fwd v. 3 backs) plus gks
 - A. No defending in front third by forwards,
All players stay in zones except midfielders, who may go forward one zone
(including plus players),
Can release pressure through back third
Can add plus players to middle third if need help to possess
 - B. Allow midfielders to go back one zone to defend and help the three backs
 - C. Allow defense in front third
 - D. Free play – no zones

Coaching Points:

1. Receive open to field when defense is not playing tight
2. First touch to space to set up next touch
3. Communication from passer
4. Improve Vision by keeping head on a swivel
5. Support behind the ball, as well as in front
6. May have to go back to alleviate pressure in order to go forward

Laura Kerrigan

Combination Play in the Attacking Third (U13 Girls)

1. Warm-up: Roxboro Square set-up with groups of two players together on inside
Put players in 3 teams; match up 1 player of team A and 1 from Team B together
Put third team players on outside of box
 - A. Give & Go
 - B. Double Pass
 - C. Dummy & go

2. 2 v. 2 to 3 v. 2 to one goal (like the game “bogies”) – 2 field set-ups due to numbers
- ½ team on each side of field)
 - A. Midfield attacker plays to 2 forwards, forwards can go to goal 2 v. 2 or play back to the midfielder and go 3 v. 2
 - B. Can add 3rd defender after ball played to attacking midfielder

3. Three-zone game: 24 x 57 / 12 x 57 / 24 x 57
(2 fwd v. 2 backs / 6 v. 6 +2 / 2 fwd v. 2 backs) plus gks
 - A. Must stay in zones, except 1 midfielders to create a 3 v. 2 in front third
 - B. Add 3rd defender in back zone
 - C. Free play – no zones

Coaching Points:

1. Receive at an angle
2. Pace of run
3. Angle of support
4. Distance of support
5. Pace of ball played
6. Visual communication
7. Verbal communication
8. Reading the defense to see when give and go, when overlap, when dummy & go
9. How to create a 2 v.1 out of a 3 v. 2.

Laura Kerrigan

Getting Midfielders Involved in the Attack (U15 Girls)

1. Warm-up: Passing Diamond (6 players in each diamond)
 - A. Simple pattern – CM to F to R.OMid to L.OMid back to next CMid
 - B. Add pass: CM to F to CM to R. OMid to L. OMid back to next CMid
 - A. Add pass: CM to F to CM to R. OMid to CM to L. OMid back to next CMid
 - B. Add pass: CM to F to CM to R. OMid to CM to L.OMid to CM to L.OMid back to next CMid
2. 6 v. 3 + 3 (12 players)
 - The 6 v. 3 is in 15 x 20 grid attached to another 15 x 20 grid with a 5 x 20 neutral grid in between.
 - When the 3 red players win the ball from the 6 blue players, they must find outlet to “+3” red players waiting in the next grid.
 - Then the 3 red players must join their teammates and 3 players from the blue team also transition into the other zone to create a 6 v. 3 in favor of the reds.
3. Two-zone game: 4 v. 2 played forward to a 2 v. 2 to one goal
 - 4 v. 2 in middle (12 x 18 grid) , 35-47 yards from the goal
 - After getting 4 passes, can play to forwards in front zone. 2 of the 4 players join the attack and go to goal.
 - The other 2 players stay in middle to create the next 4 v. 2 with 2 more players, and they will move forward the next time.
 - Players rotate into the 4 v. 2 as follows: first in defense, then as two attackers who stay, then as two attackers who go forward.
4. Free play: 3-2 v. 3-2 plus gks. (60 long x 44 wide)

Coaching Points:

1. Receive open to the field when possible
2. Angle of support
3. Distance of support
4. Transition quickly
5. Establish shape quickly by reading where ball, fellow attackers, and defenders are
6. Entry pass away from pressure
7. Timing of run forward in support

Read defense to see what combination might be on (give & go, double pass, overlap)

Mark Ruest & Kim Walsh

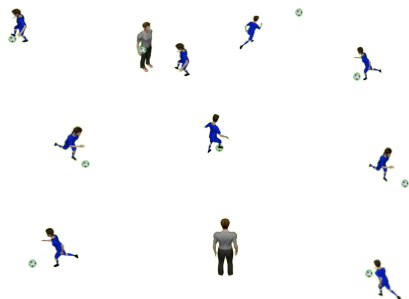
Games That Teach (U8 Players)

Key Coaching Points

Activity

Throw Away Game

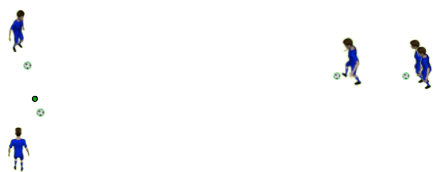
- One at a time, players place ball in one of the coach's hands. Coach throws ball. Each player retrieves their own ball. Brings back to a coach. Repeat.
- Use different surfaces / techniques to dribble ball back to coach.
- Pairs (Different passing challenges to bring ball back)
- 1 vs 1 back to a coach



Benefits: Ball Control - Varied techniques, Playing "In Traffic"

Soccer Bocce (Resting Game)

- Small Groups
- One player tosses a tennis ball. Players take turns trying to kick their soccer ball closest to tennis ball.
- Players can hit opponent's ball away from tennis ball if they want (Strategy Involved)

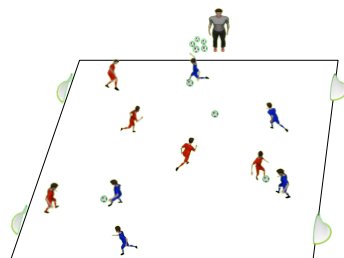


Benefits: Ball Control (Accuracy & Weight), Decision Making

4 Goal Game

- Multiple soccer balls (3 or 4). Ball goes in goal it stays. Coach supplies new ball.
- Team with most goals scored when coach stops the game wins.

CP: Be Involved, Play with Purpose, Vision - Get a Peek



Follow the Leader (Resting Game)

- Coach demonstrates a technique. Players copy
- Cleaning ball out of air, Foundations for dribbling moves, etc.

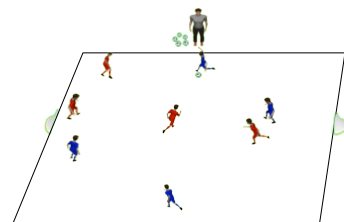
Benefits: Ball Control - Varied techniques



Small Sided Games (4 vs. 4)

- 3 vs. 3 or 4 vs. 4 Game(s)
- No Goal keepers (No one may use hands)

CP: Be Involved, Play with Purpose, Vision - Get a Peek



Mike Singleton

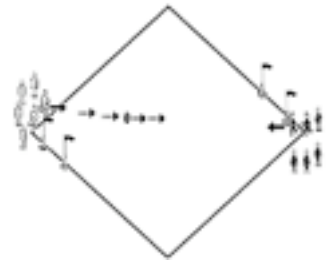


Elements of Zonal Defense

presented by Mike Singleton, Region 1 ODP Staff Coach
msingleton@mayouthsoccer.org

1) **Defensive stance**---In three's, pass the ball back and forth one touch while moving around from about 10 yds apart. When coach claps, the players who do not have the ball adopt roles of the 1st and 2nd defender. 1st defender makes a curved run to approach ball arms length away and second defender communicates which way to push attacker. The player with the ball tries to beat them on the dribble. After a few seconds players return to interpassing.

2) **2v2 soccer golf**---This game is played in a space 22 yds X 17 yds, with two 2 yd flag goals in diagonally opposite corners. Two teams of 6 players are at the adjacent corners of the grid from where they are defending their goal. The supply of balls is there too. Game starts by one team passing the ball to their opponents. Play 2v2 until the ball is out of play. Team must dribble through goal to score. *Version 2:* A team can dribble through the goal (2 pts) or pass through the goal (1 pt). *Version 3:* Team can dribble through goal (3 pts), pass through goal (2 pts) or dribble over the end line (1 pt.)



3) **4 v 4 + GK's**---A typical three goal game that emphasizes pressure, cover and balance. The activity includes goalkeepers who play behind the goals. If the 'keeper can play the ball before it passes him, then the goal is negated. It may be necessary to help the attack see the opportunities to switch the play in order to force defense to balance the field. If this is too easy for defense have them lose a teammate when on defense.



4) **13 v 5 defending center circle** --- A team of 5 defenders defends the center circle. The GK stands in the center circles and gives commands to defense. Attacking team must try to get possession of the ball anywhere in the center circle. Coach helps defense and keeps track of time offense takes before scoring then sets goals for defense. (i.e. can we prevent them from scoring for 2 minutes?).

5) **Scrimmage Game**

6) **Cool Down**---juggling in small groups





Possession for Penetration

presented by Mike Singleton, Region 1 Girls ODP Staff Coach
msingleton@mayouthsoccer.org

1) **Shield-Steal**---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. You can 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. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. *Version 2:* make this directional with players earning points by dribbling over line in control.



2) **2 vs. 2 to Four Cross Goals**---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 10yd X 10yd. Have one team of 2 on deck, they come on when a team gets scored on twice. Game is continuous, they must run on immediately.



3) **4 vs. 4 Target Game**---Teams comprised of 4-6 players depending on numbers and space. To score 1 point you must pass the ball to a target player on an endline. The target plays ball back to the team that played to him. If this team gets to the other target before losing possession it equals 3 points. Stress recognizing opportunities and timing of passes.

4) **6 vs. 6 Endzone Game**---Teams comprised of 4-6 players depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the endzone until after the ball has been passed. Stress recognizing opportunities and timing of passes.

5) **8v8 game**

6) **Cool Down**---body coordination



Keith Tabatznik

Combination Play

www.ktsoccerworld.com

- I) Warm-up (Team will be split into 3 groups from the start)
 - Warm-up will include ball and go through various combinations – in the warm-up will be an emphasis on the “how” to execute the wall-pass, overlap and the dummy run
 - Stretching will be interspaced between warm-up exercises

- II) “Continuous Play” – 5 v 5 v 5 (Number adjusts depending on squad/field size)
 - Play to a target – games to one and goals must include one of the combinations being worked on. (Targets might be Gkers)
 - Goal is scored by playing into target and getting a return pass back to anyone on your team
 - As soon as goal is scored the winning team will attack other direction; the losing team runs off and the waiting team runs on to defend.

- III) “Full Field or 18 to 18” – Make squad/field into 2 teams as large as possible – may utilize 1 player as a neutral.
 - Regular scrimmage – however a combination must be executed sometime before a goal can be scored.
 - It is ok to allow a neutral player to be all-time attack which might make combinations occur more often.

For the purposes of this session I tell the field players to act as if anywhere they are that they are in the final third – even in front of their own goal. They must look for combinations anywhere in this training session.

Other combinations that can be used: “third man running”; take-overs; “tweener balls” – or balls played through the defense between 2 defenders for player running on.

Keith Tabatznik

Developing Touch

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1. Warm-up : 1 ball for groups of 4 or 5. Inter-passing and moving.
2. Grid work. Grids of about 7 yards by 7 yards.
 - 4 or 5 in a grid pending numbers.
 - 1 in middle and others between corners on outside of grids
 - 3 balls per grid – 1 with each of players on outside (in groups of 5 1 person will be “resting/ coaching”
 - Player in middle faces forward so that there is a server on each side and directly in front.
 - Each player takes about 30 seconds in center then rotates.
 - Pattern of passing goes left-center-right-center-left-etc
 - Main points include technique of passing with inside foot, outside foot, volleys as well as body balance and improvement of “weak” foot, disguising passes
 - If groups of 5 then 1 player “rests” physically, but “coaches” his group while he rests.
3. Keep away in grids: defender stays IN grid. Attackers OUTSIDE and ball must go through grid.
4. 5 v 5 or 4 v 4 games - ball must stay on ground... this encourages the types of touches and passing that has been worked on in the session.

Keith Tabatznik

Playing Forward – Approach and Support

www.ktsoccerworld.com

- 1) Technical warm-up : taking passing from shorter to longer passing
- 2) Passing in numbers:
 - a. Players assigned numbers and pass in sequential order working on early support; supporting positions and short-short-long rhythm.
- 3) Short sided playing to targets in end zones.
- 4) Targets come into field – play off targets to go to goal
- 5) No restriction play

Emphasis in this session is on:

- looking forward first.
- Playing early off interceptions
- Supporting runs off passes forward: speed and angle of support