

PVSC Youth Development Program Curriculum

PVSC U9-U12 Players

The mission of the PVSC Youth Development Program is to instill a passion for the game of soccer in the players at a young age, focus on the fundamentals, and learn how to start competing. This will allow for players to learn to love the game, create a sense of intrinsic motivation to get better on their own, and help drive them to better play as they mature in the game. In this document are rules, standards and philosophy to better prepare the Coach to instill a passion for the game in each player.

U4-U6 can be broken down to *Me and My Ball*. U7/8 can be broken down to *Me and My Partner*. Finally, U9/10+ can be broken down to *The Start of Us*. This is according to each age group's psychological development.

At U9-U12, success is measured by the players' improvement with ball skills, learning general game principles (tactics), understanding the rules of the game, and fair play. Coaching needs to focus on these skills (techniques): ball mastery (touches), passing & receiving, dribbling, striking the ball, and shooting. Skills are introduced by developmental age and skills practiced should progressively become more challenging as the players' abilities improve.

4 COMPONENTS OF THE GAME FOR THE U9-U12 AGE GROUP

*** Please understand that the components of the game are in a priority order for this age group. ***

1. Technique: Experiment with the qualities of a bouncing ball, running with the ball, passing with the inside and outside of the foot, receiving ground balls with the instep and the outside of the foot (with body behind the ball), receiving bouncing balls with the instep, and cushioning the ball with inside and outside of the foot. Increase dribbling skill with the ball while changing direction using dribble moves. Introduce crossing*. Practice throw-ins.

Goalkeeping: Positioning- includes stance & footwork (includes getting up quickly). Receiving-includes "W" catch, basket catch, diamond grip, receiving ground balls, introducing falling and diving for ground shots, protecting the ball after receiving. Distribution-rolling, throwing, and punting for U11 & above.

2. Psychology: Keep soccer enjoyable to foster a desire to play using self-motivation. Working in groups of three, four, or five, stay focused for one entire half. There is an increase in responsibility, sensitivity, awareness of how to win, or lose gracefully, fair play, parental involvement, how to play, communication, and emotional management.

3. Fitness: Factors are endurance, range of motion, flexibility, rhythm exercises, and running mechanics. Any fitness activities should be done with a ball. Introduce body resistance exercises and the idea of a cool down.

4 Tactics: 1v1 defending, roles of the 1st attacker and defender*, 2v1 attacking, what it means to get goal side*, small group shape in pairs and threes* (emphasize support on both attack and defense), playing on and around the ball as a group with a purpose, playing a variety of positions to develop the complete player, introduce the principles of attack* and set plays*.

*Denotes definition or explanation below rules and best practices.

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Objectives

U9-10:

- **Learn the Principles of Attack, Defence and Transition.**
- **Introduction to 7v7 soccer: Learn the roles and responsibilities of each position while receiving playing experience at various positions.**
- **Improve self confidence through progressive technical practices, 1v1 competitions, and small group games.**
- **Develop Individual Attacking/Defending Technical Skills:**
 - **DRIBBLING:**
 - Change of direction moves
 - Feints
 - Change of speed after the move.
 - **PASSING:**
 - Inside of foot passes-accuracy and pace
 - Outside of foot passes-introduced
 - Instep passes (driven passes) for crossing
 - One touch passing
 - **RECEIVING:**
 - Balls on the ground-cushion the ball, redirect ball away from the defender
 - Receiving the ball in the air (trapping)
 - Foot trap, thigh trap, chest trap. (Juggling to increase control, agility and confidence).
 - **SHOOTING:**
 - Same techniques as passing
 - Shooting with power and placement
 - **1v1 DEFENDING:**
 - Pressure on the ball
 - Tackling-block tackles & pome tackles
 - Goalkeeping
- **Learn Individual & small group tactics for both Attack and Defense.**
 - Support
 - Passes to feet and passes to space
 - Use of space on defense-staying compact on defense
 - Use of space on offense-width, penetration, stretching the defense
 - Crossing & finishing
 - Pressure, cover

U11-12

- **Understand and apply the principles of Attack, Defense and Transition (from U9/10)**
- **Introduction to 9v9 soccer: Learn the roles and responsibilities of each position while receiving playing opportunities at the various positions (players may start specializing)**
- **Improve decision making with the ball.**
- **Increased mastery of individual technique.**
- **Learn and apply progressive individual, small group, and team tactics.**
 - **Defensive tactics**
 - **Pressing**
 - **Offensive tactics**
 - **Combination patterns such as 3rd man runs*, and overlapping runs***

Tips to help on the Attack:

- Have courage and don't be afraid to make mistakes
- Open up and make the field as big as possible.
- Play up when possible
- Work with teammates by having support in angles (like a triangle).
- Good passing, receiving, movement and control with the ball keeping the ball close, putting yourself between the ball and defender, not allowing them to steal the ball.
- Shooting, aim for one of the 4 corners of the net.
- Change of pace particularly when getting around the defender.
- Change of direction to eliminate the defender or exploiting open space.
- Practice FIRST TOUCH, FIRST TOUCH, FIRST TOUCH!
- Keep your head up, know where the defender is, always be scanning the field.
- Keep your ears open, listen for you teammates to direct you (letting you know if another defender is coming, if they are in range to support the play, etc)
- Commit (to a plan) and get past the defender
- Know when to hold onto the ball (wait for support or beat the defender) and know when to get rid of it to maintain teams' possession (outnumbered, bad angle, no plan, etc.)

Principles of DEFENSE

Close off space, close the gap on the attacker quickly, shrink the field, make space smaller for the attacking team.

4 D's of DEFENSE: Delay, Dictate, Deny, Defend

DELAY: don't overcommit into the play and get beat. Be patient and let them make the move. Wait for the attacker to have a bad touch ie: too much space, or not enough so there is an opening to poke or use a block tackle.

DICTATE: Position your body to channel the attacker away from open space, usually towards the sideline.

DENY: shut down opportunities, make the attacker focus on the ball, make them uncomfortable in the space, be unpredictable.

DEFEND: always know where the goal is, be on the goal-side of the attacker. NO BALL WATCHING, return and help defend if challenging ball doesn't work.

Roles of defenders:

Pressure: The player closest to the ball, also referred to as the 1st defender, approaches the ball in a controlled manner. What does this mean? Think about the phrase "bull in a china shop". The defender is not entering the play to immediately get the ball back rather, slowing down the other team/ player with the ball so that other defenders/ teammates can help.

Cover: 2nd player or "2nd Defender" closest to the ball slides in a couple of yards behind the "1st Defender" (ideally at a 45° angle, wherever the other team is being pushed towards). This person's job is to anticipate "1st Defender" getting beat and be there to steal the ball away.

Most dribblers are taught to push the ball/explode past the defender. The 2nd defender is learning this and needs to be ready to jump on the ball when it's pushed past the "1st Defender." Stay on toes, anticipate where they will go, get the ball when the other team's player has a touch that is out of control.

Balance: Every other player should drop back behind the 1st and 2nd defender and work to protect the front of the goal and/or mark opposing players.

[Example of Defensive skills\(Pressing\) training:](#)

[Principles of attack and defense video:](#)



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U9-U12 Rules

- See U7/8 Curriculum for basic rules PVSC YDP U7/8 Intro and rules The following are rule changes to be aware of. There are also Basic Rules at bottom Of this document [Link to U7/U8 rules](#)
- Recommended 2 practices midweek, about 60-90 minutes.
- 2-25 minute halves, there is no stoppage time. 5 minute halftimes.
- Refs will track the time and call fouls
- There are Goal kicks, Corner kicks, Throw-ins, and Kick-offs.
- Shin guards required; cleats are encouraged. Single gender play.
- **U9/10** Play 7 on the big NOP fields, one is a goalie. Size 4 ball.
- **U11/12** Play 9 on Bannock fields, one is a goalie, Size 4 ball.
- Subbing: Substitutions: During any deadball with the permission of the referee (exceptions for free kicks resulting from a foul). Substitutions are also allowed in the case of injury. Players should be ready at the halflines before the substitution is requested. The ref will signal when the players may enter the field.
- Throw-ins: if this isn't done right, Refs use their discretion on if player gets to redo it or not.
- Goal kicks: Do not need to be taken by the goalie. Ball is placed anywhere on the white line that is between the goal, and the 18 yard goalie box. Often it is placed on the corners. The player kicking the goal kick may pick it up and move it if the Ref allows, before kicking it, to a more desirable location if they wish (usually the other side).
- Offside: In summary it is when an attacking player receives a passed ball and is closer to the goal than the last defender (not counting the goalie) at the time of the ball getting kicked or passed up to them. [Offsides Explained](#) ----->
- There's no offsides on a goal kick, corner kick, throw in, or if a player dribbles through.
- Other fouls may be called such as personal fouls, hand balls, heading or slide tackling. Refs call fouls at U-9 - 12 which result in either a direct or indirect free kick for the opposing team. Rules the Refs used on the website under "Ref Corner"
- Rec Referee Documents
- Coaches can't be on the field- direct your players from the sideline.
- Players can't wear: Earrings (even if they just got them pierced), hard barrettes, any jewelry, necklaces, bracelets, rings or watches.
- Goalies wear a different color Pinnie than their team to stand out. They may touch and pick up the ball when it's inside their goal box.
- Goalies can distribute the ball by throwing (underhand is recommended) or rolling it in front of them and then kicking it, or rolling it to a teammate to kick.



- If the goalie touches the ball with their hands outside of the box, this is considered a handball foul and a free kick is awarded to the other team from that spot.

PVSC Youth Development Program Curriculum

Rules that apply for all players, continued

- Zero Abuse Policy for the Refs. They are learning as well. There is often a Ref Trainer/Coordinator the Coach may talk to if there are issues. Please send complaints to:
 - Referee Coordinator
 - Kevin McArthur
 - Heather Hansen
 - MAJOR ISSUES: Any or all 3 of the above personnel can bring a complaint or concern to Ryan Cook, PVSC Director of Coaching and Idaho Youth Soccer Commissioner to be heard and resolved.

U9-U10 Rules of the Game

- Goalies: Can't Drop Kick it at this age.
- Offsides: It is only offside in this age group if it occurs between buildout line and goal.
- Build out line: For goal kicks and when a goalie has possession of the ball. In summary, the attacking/team on offense needs to backpedal away from the goal and stand behind the dashed buildout line. The defense does NOT need to be behind the buildout line. More full explanation of the buildout line:

[Build Out Line Explained](#)



[Buildout Further explained](#)



- Tips for Offense: back pedal to keep eye on goalie and block up the middle
- They may attack/move once the ball is released and played further down the field.
- Tips for Defense: teammates back pedal as well. Have two defense players closer to the goal than the build out line, on the sides, standing sideways with their shoulder showing to the goalie. Have the ball kicked up the sideline.
- Goalie or Defensive players can kick the goal kick. They don't have to wait until everyone is beyond the buildout line to kick the ball.
- If a team is not moving toward getting past the buildout line, the Coach on the Defense can tell their team to wait, and ask the Ref to assist.

U11-U12 Rules

- Offside: In summary it is when an attacking player receives a passed ball and is closer to the goal than the last defender (not counting the goalie) at the time of the ball getting kicked or passed up to them.

[Offsides video link](#)



- There's no offsides on a corner kick, throw in, or if a player dribbles through.
 - A player can't be offside on their own side.
- Build out line: There is not a build out line anymore for this age.
- Goalies: DROP-KICKING is allowed if done within the goal box.
- Tips for Offense: Open up and make the field as big as possible. Use all the space
- Tips for Defense: Close off space, shrink the field, make space smaller for attacking teams

Best practices

- Always speak with a smile, and a gentle tone.
- If you are addressing the players either individually or as a team please get down to their level so you can see eye to eye with each player.
- Use an assistant who can help with subbing, defense, explaining, crowd control etc.
- Entire team sits on one sideline, with the parents on one half, and players on the other half. Leave 10 yards open on either side of midfield line to assist the Refs with subs.
- Teach and use key phrases such as “dribble down the line, look up to pass, challenge the ball, pressure on the ball, protect the middle, show your shoulder, control the ball, Man on!
- Most of the coaching taking place during the game will be getting your players in the right position, which changes as the ball moves around the field.
- While watching kids practicing or playing, think of something positive first to point out. Then try to keep talking as a coach to a minimum. Focus on ONE topic to work on. Children learn best by doing, not listening.
- Young people learn from their mistakes by themselves and from feedback from their peers. They don't want or need an adult telling them every time they don't get something right, or as good as it should be – they already know!
- **COACH BY GENTLE QUESTIONING**: learning comes from self-discovery. This means players realize how to solve problems and react to situations by finding their

own solutions. Coaches reduce the amount of time they spend “telling” the players what to do. Instead, they look to empower their players.

- Use open questions – questions that cannot be answered with just “yes” or “no”. Start questions with words, like “what”, “how” or “where”.
- When to “tell” and when to “question.” Tell when: you have a short period of time to get your point across. Specific instructions are needed. For instance, health and safety issues or laws of the game. Use questions to check for understanding and there is more time.
- In a game, if a player isn’t hearing or responding to what you are trying to tell them in a game, sub them out and explain on the sideline instead of yelling the same thing over and over.
- Practice set plays to lower confusion during games. Practice what they do on offense and defense during kickoffs, throw-ins, goal kicks, corner kicks and indirect kicks.
- Have good Sportsmanship, whether winning or losing- cheer all kids on, and the Refs- they are kids too.
- Do not encourage your players to be dirty. For example, pulling jerseys, fully extended arms, sliding, etc. Unfortunately all of these things will come about soon enough for the kids. It does happen in today’s game.
- Encourage everyone to bring a ball to practice and do lots of games or drills where most or all use balls.
- Use the curriculum provided by the club. Coaches, try to arrive 10 or so minutes before practices/games to be ready.
- Practice can be done at any local elementary school or park including NOP park. Other Field options will be emailed to you.
- Recommend using a text thread/group, or app like Game Changer or Teamreach. The coach can input days and times for practices and games that each family gets on their phones. This can be used for families with multiple kids playing in PVSC
- Find training material for practices: pvscunited.com go to coaches corner under 3 hash marks or under “more”. Click the appropriate age group. It’s split into training activities for each week!
- Office phone: (208) 233-8883 email: office@pvscunited.com
- Co-Directors of Youth Development Program:
- Kevin McArthur: kevinmcarthur7@gmail.com

Definitions and Explanations

Cushion: When receiving a ball, the player cushions by pulling back or cradling as the ball comes in to take some of the speed off the ball.

[Receiving Outside](#)



[Receiving Outside 2](#)



[Receiving Inside](#)



Crossing: Medium to long range pass intended to create goal scoring opportunities.

[Crossing](#)



Roles of 1st Attacker and Defender: 1st Attacker is the player with the ball. Where can they go or pass or shoot? 1st Defender is the closest defensive player to the ball who should attempt to intercept, challenge, or deny 1st Attacker.

Overlapping/Undrrlapping Runs: An overlapping run is when a teammate runs around and past the player with the ball. Sometimes this is done right after they pass the ball to that teammate. This type of run can pull defenders away from the teammate in possession or it can help create a 2v1 passing opportunity for your teammate with the ball. With an underlapping run, a player runs inside the ball.

3rd Man Runs: A third-man run happens when the team in possession attracts an opponent towards the ball. Two players exchange passes before a third makes an off-the-ball run into space to receive. Third-man runs are therefore crucial to finding a player in a better position who cannot be found with a direct pass.

Set Plays: A play that starts from a dead ball. Includes throw-ins, corner kicks, goal kicks, and kick-offs.

[Kick-offs:](#)

[Throw-ins:](#)

[Corner kicks:](#)

[Goal kicks:](#)



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7v7 we will use a 2-3-1 formation (2 defense in the back, 3 middle, 1 striker). This builds into both the 9v9 and the 11v11 formation as the kids get older

[7v7 Explained](#)

[Best 7v7 Formations](#)



9v9 we will use a 3-2-3 formation (3 defenders, 2 middle, 3 forwards). This builds into our 11v11 formation and tactics as the kids grow.

[9v9 Positions Link](#)

[Roles and positions in 9v9 Link](#)



Guidelines & Rules learned in U7-U8 that still apply

- Play all kids at least half the game.
- Switch field direction at half-time.
- Focus a lot on dribbling, passing, staying wide when on offense/attacking, pressure on the ball and compactness when defending.
- Goals **cannot** be made from a kickoff kick. Teach your players to pass to a teammate at kick off. Teammates can stand closer to each other on the midfield line than the defense can.
- Do not encourage your players to be aggressive with pushing at this age. Teach good ball handling, and control of the body instead.
 - Items that can be called by Ref and addressed as a foul:
 - Sliding
 - Pushing with high elbow or with fully extended arms
 - Handball
 - Illegal throw ins

- MAKE SURE KIDS STAY AT APPROPRIATE DISTANCES FOR KICK OFF AND GOAL KICKS
- When a “foul” is committed:
 - USE THE TIME FOR A TEACHING MOMENT
 - Explain to the player WHY their action was a foul later
 - Let them try again (throw-in & at appropriate distances)
 - Sliding, pushing with fully extended arms, and handballs become a free kick from the spot of the foul.
 - Defense can make a wall about 7-10 feet away. Coaches can help direct where.
 - Celebrate the win (doing it the correct way)!
- Kick offs: At the beginning of each half and after a goal. Team with the ball gets to kick from the midfield line. Teammates that are kicking off can stand closer to each other on the midfield line. Defending team stands outside the circle on their half.

[Kick Off link](#)



- Home team is blue, and starts with the ball to begin the game. White/Away team starts with the ball in the 2nd half.
- On the line is still in bounds, the ball must cross the line completely to be out of bounds or a goal.
- Throw-ins: Ball goes to the opposite team that the ball last touched before going out of bounds along the sideline. Doesn't matter if it was on purpose or accidental touch. Both feet stay on the ground, the ball is thrown over head with both hands.

[Throw-in](#)



- Corner kicks: When the defending team is the last to touch the ball before it goes out of bounds on the endline (line their goal is on). Offense (attacking team) gets to kick the ball from the closest corner where the ball went out of bounds.

[Corner Kick](#)



- Goal kicks: When the attacking/offensive team is the last to touch the ball before it goes out of bounds on the endline (line defending goal is on). ***Team without the ball must stand behind the buildout line.***

[Goal Kicks](#)



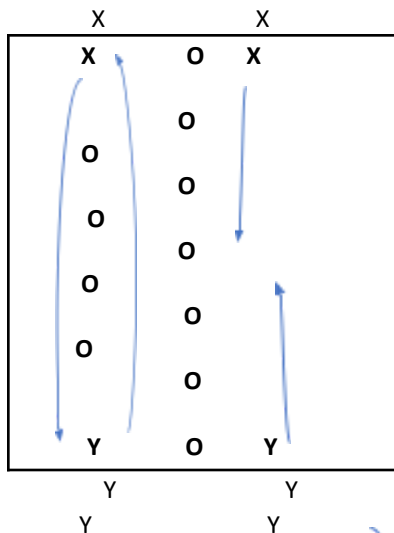
Hand balls: If the ball inadvertently bounces up and hits a hand it is not a foul. Ball hits hand. If a player reaches out with their arm or hand to stop the ball then it is a foul. Hand hits ball.

Week 1: Activity 1 WARM-UP**Topic: DRIBBLING – RUNNING WITH THE BALL****Who: Flank Players****What: Running with the ball to Penetrate****Where: In the central and flanks areas of the field****When: In possession of the ball with space to attack****Why: To penetrate the opponent's defense and create goal scoring opportunities****Objectives****(5 W's)****ORGANIZATION:****Duration: 10 Min.****Intensity: Med-High**

In a 20Wx30L grid, divided into a 2x10 yard wide channel. Players at the end of each channel. One end of players start with the ball. Players will dribble freely and pass with each foot and then dribble at each other, make a move, accelerate, and pass with both feet. **INTERVALS: 1:** Runs (dribbles) with the ball and passes the ball across to the next player in line with the right foot. **2:** Runs (dribbles) with the ball and makes a pass with the left foot. **3:** Players at each end now have a ball. Dribble towards each other and make a move going to the right, then accelerate, and pass the ball. **4:** Same as #3, but make a move and go to the left.

ACTIVITY TIME: 2 MIN**REST 30 Sec****INTERVALS: 4****COACHING POINTS:**

- **WHAT? Technique of running with the ball:**
 - Push the ball forward with the laces. Big toe down. Distance on your touch
 - Each touch of the ball should push it forward a few steps ahead of the dribbler
 - Distance and pace of the touch matches the stride
 - The head is up and the eyes scan the field



X: Players Y: Players O : Cones : Dribbling

On the left side of the grid are Intervals 1 and 2. Right side are Intervals 3 and 4. Both sides do the same thing, the picture just shows all activities.

Week 1: Activity 2 TRAINING

Topic: DRIBBLING – RUNNING WITH THE BALL

ORGANIZATION:

Duration: 15 Min.

Intensity: Med-High

2v2 to Goal and Counter Goal

In a 20Wx30L grid, with 1 goal inside an 8 yard scoring zone and a counter goal on the opposite end line. The attacker dribbles onto the field. When the defender confronts the dribbler, he/she has the option to pass to their teammate or run with the ball into the scoring zone to beat the keeper. Goals from running with the ball into the zone are 10 points.

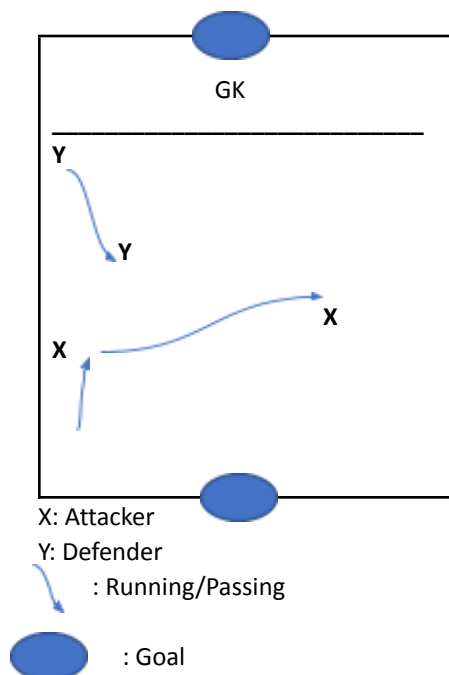
ACTIVITY TIME: 4 MIN

REST 1 MIN

INTERVALS: 3

COACHING POINTS:

- **WHAT? Technique-** Dribbling: Running with the ball – Receiving: Body Position, Surface Selection of the foot on the ball. First touch: Direction and Distance
- **Team Tactical Attacking Principles** – Playing forward when possible: Where? When? Why? – Create a 1v1: When? Where? Why? – Create diagonal passing lanes: Who? Where? When? Why?



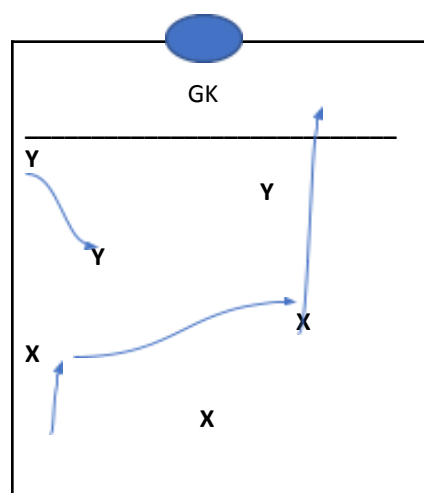
The Defending team has 1 defender and the goalkeeper. If the defender wins the ball they counter towards the other goal. Have players switch roles as attackers and defenders. Attackers can only score from within the 8 yd line

Week 1: Activity 3 LEARNING/PRACTICE**Topic: DRIBBLING – RUNNING WITH THE BALL****ORGANIZATION:****Duration: 18 Min.****Intensity: Med****3v3 to Goal and Counter Goal**

In a 20Wx30L grid, with 1 goal inside an 8 yard scoring zone and a counter goal on the opposite end line. 3 Attackers will play to penetrate the space and get into the scoring zone to score. The defenders score in the counter goal. ALL game rules and laws apply.

ACTIVITY TIME: 7 MIN**REST 2 MIN****INTERVALS: 2****COACHING POINTS:**

- **WHAT? Technique-** Dribbling: Running with the ball – Receiving: Body Position, Surface Selection of the foot on the ball. First touch: Direction and Distance
- **Team Tactical Attacking Principles** – Playing forward when possible: Where? When? Why? – Create a 1v1 or 2v1: When? Where? Why? – Triangulate: Where? When? Why?



X: Attacker

Y: Defender

: Running/Passing

: Goal

The Defending team has 2 defenders and the goalkeeper. If the defender wins the ball they counter towards the other goal. Have players switch roles as attackers and defenders. Attackers can only score from within the 8 yd line

FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
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Organization: 40Wx60L ALL Rules apply.	Encourage players to run with the ball	Formations: Team 1 GK-2-3-1 Team 2: GK-2-3-1
Coaching Points	Technical execution, Team tactical attacking principles	Use the 5W's and Speed of Play

Week 2: Activity 1 WARM-UP

Topic: DRIBBLING TO BEAT AN OPPONENT

Who: Strikers and Midfielders

What: Dribbling, Receiving, Playing forward when possible, Create a 1v1

Where: In the attacking half

When: Confronted by one defender in the midfield or near the goal

Why: To penetrate the opponent's defense and create goal scoring opportunities

Objectives

(5 W's)

ORGANIZATION:	Duration: 10 Min.	Intensity: Med
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DRIBBLE THE CONE: In a 10Wx15L grid, with 3 cones about 7 yards apart. Place 2 players with a ball each at one cone and a player at the opposite cone with a ball. On the coach's command players will dribble towards the center cone and perform the following moves: *The push - pull, the inside-outside touch, the Cruyff, and the scissor.*

INTERVALS: 1: The Push - Pull move 2: The Inside-Outside touch move. 3: The Cruyff 4: The Scissor

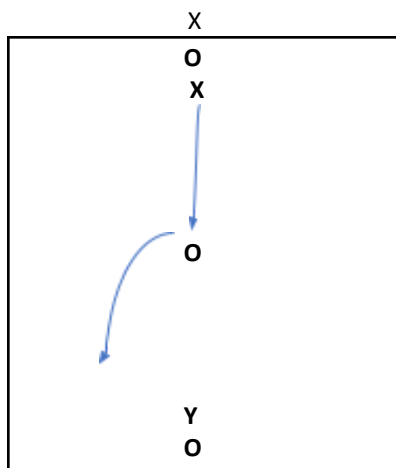
When one player finishes their move the next player in the opposite line on the other side begins.

ACTIVITY TIME: 2 MIN	REST 30 Sec	INTERVALS: 4
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COACHING POINTS:

● WHAT? Technique of Dribbling to Beat an Opponent:

- Keep the ball close
- Use all the surfaces of the foot; Laces to go forward, Inside/Outside, sole to change direction.
- Change direction and get away from the opponent (cone) quickly



1. The Pull and Push

- Pull the ball back with the sole of your toe
 - Temporarily take your foot off the ball
 - Play the ball forward with the inside of the same foot
- 2. The Inside-Outside Touch**
- Touch the ball with the inside of your foot
 - Take a pivot step (allowing you to shift your weight) and immediately touch the ball with the outside of the same foot
- 3. The Cruyff**
- Rotate body sideways
 - Player pretends like they are going to make a big cross or kick
 - The plant foot must be in front of the ball
 - Collect the ball with the inside of your foot
- 4. The Scissor**
- Body must be over the ball (don't reach)
 - Trace the ball, cut the grass (short, sweet step)

X: Players

Y: Players

O: Cones

 : Dribbling

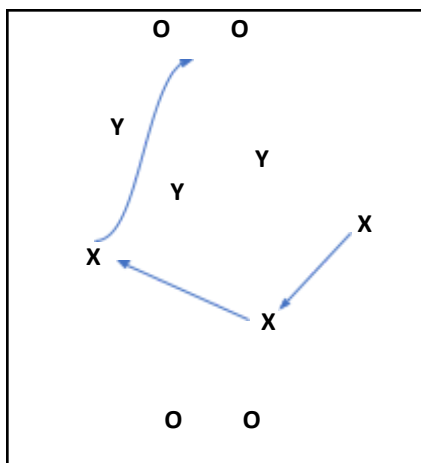
Week 2: Activity 2 TRAINING

Topic: DRIBBLING TO BEAT AN OPPONENT

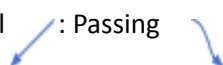
ORGANIZATION:	Duration: 15 Min.	Intensity: Med-High
3v3 Dribble into the Scoring Goal		
In a 20Wx30L grid, with 2 small goals. Play to score in the opponent's goal. Points: If a player dribbles into the goal it's 10 points. Any other goal is worth 1 point.		
ACTIVITY TIME: 4 MIN	REST 1 MIN	INTERVALS: 3

COACHING POINTS:

- **WHAT? Technique-** Dribbling to beat an opponent – Receiving: Body Position, Surface Selection of the foot and ball. First Touch, direction and distance. Shooting - accuracy
- **Team Tactical Attacking Principles** – Playing forward when possible: Where? When? Why? – Create a 1v1: or a 2v1: Where? When? Why?



X: Players Y: Players O: Cones for goal



Week 2: Activity 3 LEARNING/PRACTICE Topic: DRIBBLING TO BEAT AN OPPONENT

ORGANIZATION: Duration: 18 Min. Intensity: Med

4V5 to a Goal and Counter Goals

In a 40Wx30L grid, with a regular goal and 2 counter goals. 4 Attackers try to score on regular goal while defending team (4 defenders and goalkeeper) try to score on 2 counter goals. All Rules of the game apply.

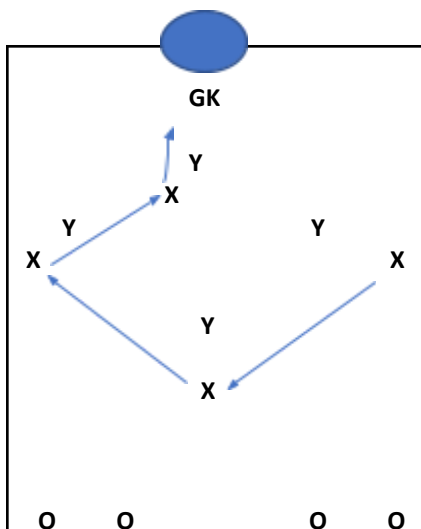
ACTIVITY TIME: 7 MIN

REST 2 MIN

INTERVALS: 2

COACHING POINTS:

- **WHAT? Technique-** Dribbling to beat an opponent– Receiving: Body Position, Surface Selection of the foot on the ball. First touch: Direction and Distance. Shooting - Accuracy
- **Team Tactical Attacking Principles** – Playing forward when possible: Where? When? Why? – Create a 1v1 or 2v1: When? Where? Why? – Triangulate: Where? When? Why?



X: Attacking Team

Y: Defending Team

 : Goal

O: Cones for counter goals

 : Passing

 : Dribbling

FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
Organization: 40Wx60L ALL Rules apply.	Encourage players to dribble by the defenders	Formations: Team 1 GK-2-3-1 Team 2: GK-3-2-1
Coaching Points	Technical execution, Team tactical attacking principles	Use the 5W's and Speed of Play

Week 3: Activity 1 WARM-UP

Topic: DRIBBLING TO SET UP A PASS

Who: Strikers and Midfielders

What: Dribbling, Passing, and Receiving, Spread out, Triangulate, Play forward if possible, Create 2v1 and diagonal passing lanes

Where: In the central and flank channels in attacking half

When: Dribbling at defenders near the opponent's box

Why: To improve penetration and create goal scoring opportunities

Objectives

(5 W's)

ORGANIZATION:	Duration: 12 Min.	Intensity: Med
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DRIBBLE-PASS PATTERNS: In a 15Wx20L grid, with a cone in the middle of the grid. Set up the players as shown in the diagram.

PATTERN A: The dribbler goes at the cone, with a teammate running a passing distance away. Dribbler performs a pass to his teammate

PATTERN B: The player with the ball will dribble towards the cone, while a teammate starts running as well. His partner makes an overlapping run (does the runner cross above or below the dribbler) and calls for the pass. The dribbler executes the pass to his teammate.

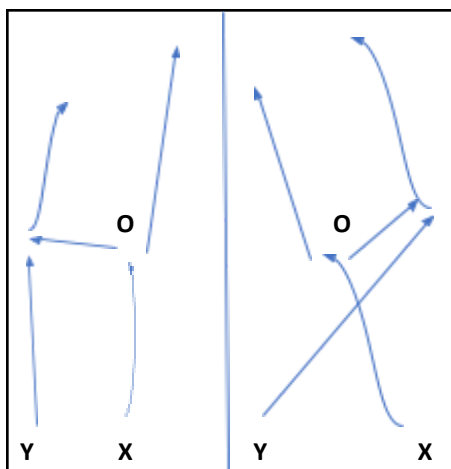
ACTIVITY TIME: 2 ½ MIN	REST 30 Sec	INTERVALS: 4
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COACHING POINTS:

- **WHAT? Technique of Dribbling to Set up a Pass:**
 - Keep the ball close, use the laces to go forward. Inside/Outside sole to change directions.
 - Commit the opponent (cone) prior to making the pass.
 - Make the pass with either the inside or the outside of the foot.

A

B



PATTERN A: The dribbler goes at the cone and performs a pass to his teammate

PATTERN B: The player with the ball will dribble towards the cone, his partner makes an overlapping run and calls for the pass. The dribbler executes the pass to his teammate.

X: Dribbler Y: Support Player

: Dribbling : Passing/Running O: Cone

Week 3: Activity 2 TRAINING

Topic: DRIBBLING TO SET UP A PASS

ORGANIZATION:

Duration: 15 Min.

Intensity: Med-High

3v2 to Four Small Goals

In a 20Wx30L grid, with 2 small goals on one endline. Play to score in either opponent's goal. **Points:** If a player passes off the dribble to a teammate and scores the goal, 10 points. Any other goal is worth 1 point.

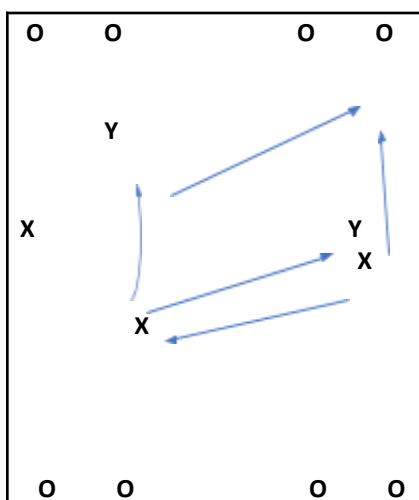
ACTIVITY TIME: 4 MIN

REST 1 MIN

INTERVALS: 3

COACHING POINTS:

- **WHAT? Technique-** Dribbling to set up a pass – Receiving: Body Position, Surface Selection of the foot and ball. First Touch, direction and distance.
- **Team Tactical Attacking Principles** – Spread out: Who? Where? When? Why? – Triangulate: Where? When? Why? Create a 2v1: Where? When? Why? – Play forward when possible: When? Where?



X: Attacking Team

Y: Defending Team

O: Cones for goals

 : Passing/Running

 : Dribbling

Week 3: Activity 3 LEARNING/PRACTICE **Topic: DRIBBLING TO SET UP A PASS**

ORGANIZATION:	Duration: 18 Min.	Intensity: Med
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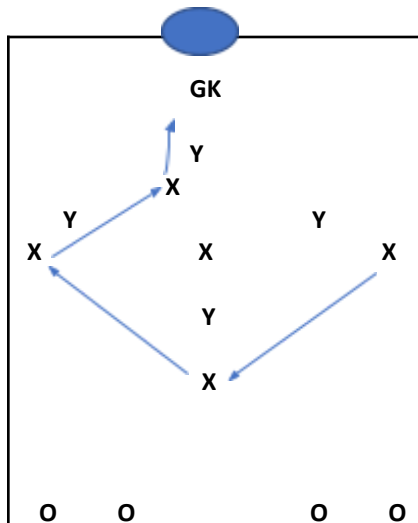
5V5 to a Goal and 2 Counter Goals

In a 40Wx30L grid, with a regular goal and 2 counter goals. 5 Attackers try to score on regular goal while the defending team (4 defenders and goalkeeper) try to score on 2 counter goals. All Rules of the game apply.

ACTIVITY TIME: 7 MIN	REST 2 MIN	INTERVALS: 2
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COACHING POINTS:

- **WHAT? Technique-** Dribbling to set up a pass– Receiving: Body Position, Surface Selection of the foot on the ball. First touch: Direction and Distance.
- **Team Tactical Attacking Principles** – Spread Out: Who? Where? Why? When? Playing forward when possible: Where? When? Why? – Create a 2v1: When? Where? Why? – Triangulate: Where? When? Why? Create diagonal passing lanes: Where? Why?



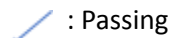
X: Attacking Team

Y: Defending Team

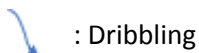


: Goal

O: Cones for counter goals



: Passing



: Dribbling

FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
Organization: 40Wx60L ALL Rules apply.	Encourage players to dribble by the defenders.	Formations: Team 1 GK-2-3-1 Team 2: GK-3-2-1
Coaching Points	Technical execution, Team tactical attacking principles	Use the 5W's and Speed of Play

Week 4: Activity 1 WARM-UP

Topic: PASSING BASICS

Who: Strikers, Midfielders, and Defenders

What: Dribbling, Passing, and Receiving, Spread out, Triangulate, Play forward if possible, Create 2v1 and diagonal passing lanes

Where: In the defensive and attacking halves of the field

When: The team is building up the attack

Why: To penetrate the opponent's defense

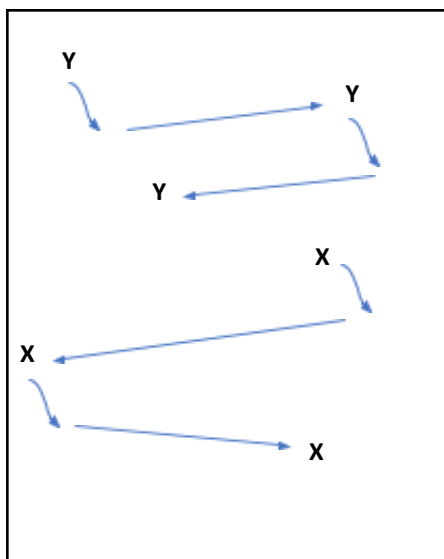
Objectives

(5 W's)

ORGANIZATION:	Duration: 12 Min.	Intensity: Med-High
3v0 to 3v1: In a 20Wx30L grid, divide players into groups of 3 to pass the ball around the grid. The player, who receives the ball (player 2) touches it 2-3 times on the move, then makes a pass to the 3rd teammate.		
Interval 1: Number of passes in a minute		
Interval 2: Pass through the other team-create some chaos. It's good for them!		
Interval 3: Add a defender to each group and have attackers pass around the defender.		
ACTIVITY TIME: 3 MIN	REST 1 MIN	INTERVALS: 3

COACHING POINTS:

- **WHAT? Technique of Passing:**
 - Non-kicking foot pointed to the target and parallel to the ball.
 - Locked ankle with toe up (inside of the foot)
 - Eyes on the ball at instant of contact Strike the ball through the middle
- **RECEIVING:**
 - Get the body behind the ball, ankle locked and toes up.
 - Eyes on the Ball
 - 1st Touch, push the ball where you want to go away from pressure



X: Team 1 Y: Team 2

 : Dribbling  : Passing/Running

Week 4: Activity 2 TRAINING

Topic: PASSING BASICS

ORGANIZATION:

Duration: 15 Min.

Intensity: Med-High

4v4 Total Soccer

In a 30Wx40L grid, with 2 goals. Play to score in the opponent's goal. **Points:** When ALL members of the team have touched the ball and a goal is scored, 100 points. All other goals are worth one point.

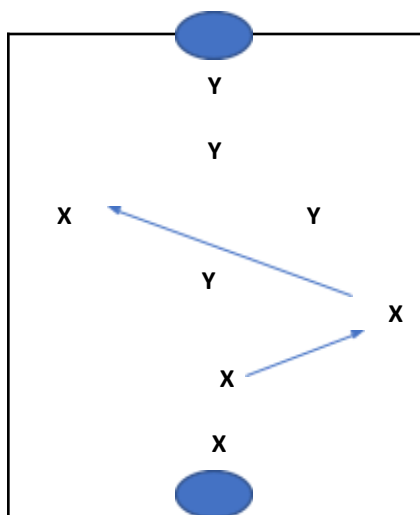
ACTIVITY TIME: 4 MIN

REST 1 MIN

INTERVALS: 3

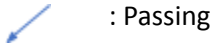
COACHING POINTS:

- **WHAT? Technique-** Passing: Accuracy and pace, Receiving: Body Position, surface selection of the foot and ball, 1st touch: Direction and Distance
- **Team Tactical Attacking Principles** – Spread out: Who? Where? When? Why? – Triangulate: Where? Who? Why? Create diagonal passing lanes: Who? Where? When? Why? – Play forward when possible: When? Where? Who? Why?



X: Team 1

Y: Team 2



Week 4: Activity 3 LEARNING/PRACTICE **Topic: PASSING BASICS**

ORGANIZATION:	Duration: 18 Min.	Intensity: Med
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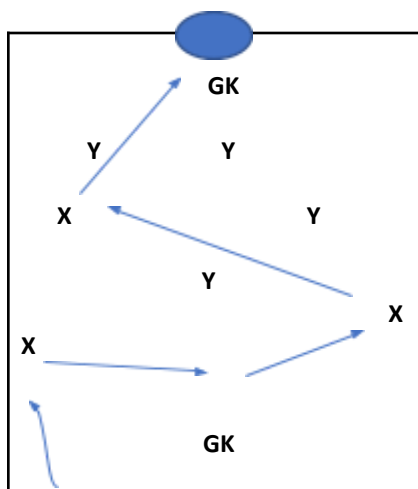
5V5 to Goal

In a 30Wx40L grid, with 2 goals. Play 4v4 to goal. Each team has a GK. All Rules of the game apply.

ACTIVITY TIME: 7 MIN	REST 2 MIN	INTERVALS: 2
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COACHING POINTS:

- **WHAT? Technique-** Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** – Spread out: Who? Where? When? Why? – Triangulate: Where? Who? Why? Create diagonal passing lanes: Who? Where? When? Why? – Play forward when possible: When? Where? Who? Why?



X: Team 1

Y: Team 2

: Goal



: Dribbling

: Passing



FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
Organization: 40Wx60L ALL Rules apply.	Encourage players to pass and support each other	Formations: Team 1 GK-2-3-1 Team 2: GK-3-2-1
Coaching Points	Technical execution, Team tactical attacking principles	Use the 5W's and Speed of Play

Week 5: Activity 1 WARM-UP

Topic: PASSING AND COMBINING

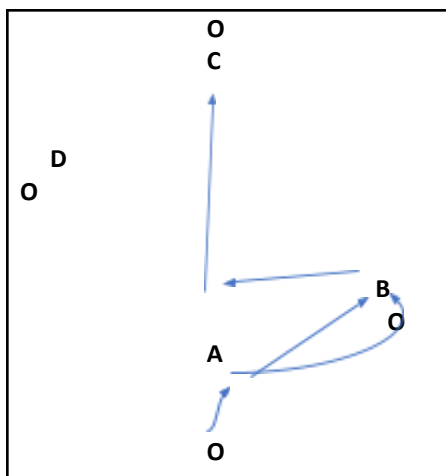
Who: Strikers, Midfielders, and Defenders
What: Dribbling, Passing, and Receiving, Spread out, Triangulate, Play forward if possible, Create 2v1 and diagonal passing lanes
Where: In the defensive and attacking halves of the field
When: The team is building up the attack
Why: To penetrate the opponent's defense

Objectives (5 W's)

ORGANIZATION:	Duration: 12 Min.	Intensity: Med-High
Passing Pattern: In a 15Wx20L grid, place 5 players as shown in the diagram. Player A dribbles and passes the ball to Player B . Player B passes the ball back to Player A . Player A passes forward to Player C . After the forward pass, players switch positions. Player C plays with Player D the same pattern as with Players A and B .		
ACTIVITY TIME: 3 MIN	REST 1 MIN	INTERVALS: 3

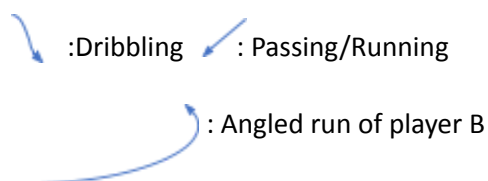
COACHING POINTS:

- **WHAT? Technique of Passing:**
 - Non-kicking foot pointed to the target and parallel to the ball.
 - Locked ankle with toe up (inside of the foot)
 - Eyes on the ball at instant of contact Strike the ball through the middle
- **RECEIVING:**
 - Get the body behind the ball, ankle locked and toes up.
 - Eyes on the Ball
 - 1st Touch, push the ball where you want to go away from pressure



X: Players

O: Cones



Week 5: Activity 2 TRAINING

Topic: PASSING AND COMBINING

ORGANIZATION:

Duration: 15 Min.

Intensity: Med-High

3V2 to 4 Goals

In a 20Wx30L grid, with 2 goals on each end line. Play to score in the opponent's goal. **Points:** When 3 or more passes among them and a goal is scored, 100 points. All other goals are worth one point.

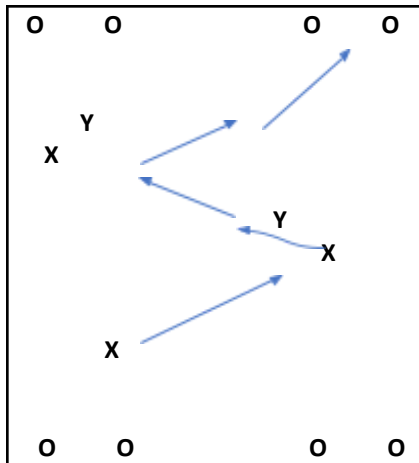
ACTIVITY TIME: 4 MIN

REST 1 MIN

INTERVALS: 3

COACHING POINTS:

- **WHAT? Technique-** Passing: Accuracy and pace, Receiving: Body Position, surface selection of the foot and ball, 1st touch: Direction and Distance
- **Team Tactical Attacking Principles** – Spread out: Who? Where? When? Why? – Create diagonal passing lanes: Who? Where? When? Why? – Play forward when possible: When? Where? Who? Why? Create a 2v1: Where? When? Why?



X: Attacking Team

Y: Defending Team

O: Cones for Goals

: Passing

: Dribbling



Week 5: Activity 3 LEARNING/PRACTICE **Topic: PASSING AND COMBINING**

ORGANIZATION:	Duration: 18 Min.	Intensity: Med
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4V5 to Goal and Counter Goals

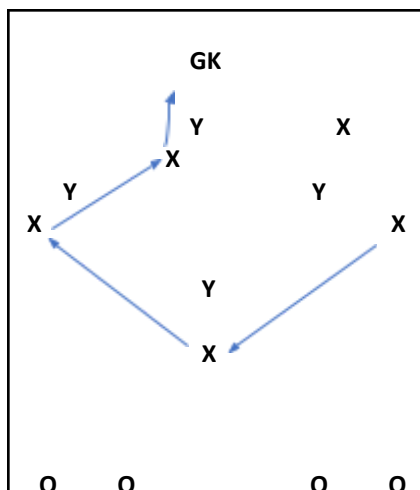
In a 30Wx40L grid, with 2 goals. Play 4v4 til someone scores. Each team has a GK. All Rules of the game apply.

ACTIVITY TIME: 7 MIN	REST 2 MIN	INTERVALS: 2
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COACHING POINTS:

- **WHAT? Technique-** Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** – Spread out: Who? Where? When? Why? – Triangulate: Where? Who? When? Create diagonal passing lanes: Who? Where? When? Why? – Play forward when possible: When? Where? Who? Why? Create 2v1's: Where? When? Why?





X: Attacking Team

Y: Defending Team

: Goal

O: Cones for counter goals

: Passing

: Dribbling



FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
Organization: 40Wx60L ALL Rules apply.	Encourage players to combine with each other	Formations: Team 1 GK-2-3-1 Team 2: GK-3-2-1
Coaching Points	Technical execution, Team tactical attacking principles	Use the 5W's and Speed of Play

Week 6: Activity 1 WARM-UP

Topic: PRESSURE AND COVER

Who: ALL Players

What: Speed angle and distance of approach, body shape, foot work, type of tackles, Press the player with the ball, make it and keep it compact, Outnumber the opponent and give cover

Where: In the central and flank channels of the defending half of the field.

When: As soon as you lose possession of the ball

Why: To deny penetration and shooting opportunities

Objectives

(5 W's)

ORGANIZATION:

Duration: 10 Min.

Intensity: Med-High

1v1 Defending:

Area: 10Wx15L yard grid with a central cone on each end line with a ball on top of the cone. The defender passes a different soccer ball to the attacker. Now the defender will press the ball and delay the attacker. The attacker will dribble the ball and try to knock the ball off the cone.

ACTIVITY TIME: 30 Sec

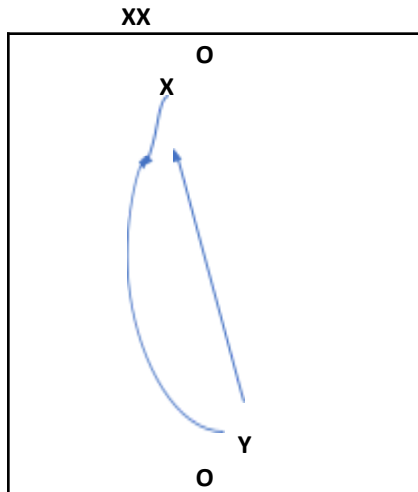
REST 30 Sec

INTERVALS: 10

COACHING POINTS:

What? Technique of Defending:

- Speed of approach, Pressing distance, Body Shape
- Footwork: Stand, balance and position of the feet



X: Attacking Team

Y: Defending Team

O: Cones with Ball

: Passing

: Dribbling

: Angled Run



YY

Week 6: Activity 2 TRAINING

Topic: PRESSURE AND COVER

ORGANIZATION:

Duration: 15 Min.

Intensity: Med-High

2v2 Defending to Small Goals

In a 15Wx20L grid, with a small goal on each end line. When a player loses the ball the team has to pressure and deny penetration to win the ball back immediately. Can they win it back in 5-8 seconds? If team Y plays for 2 ½ minutes without giving up any goals they win the round, but if they give up a goal, they lose their points or the round.

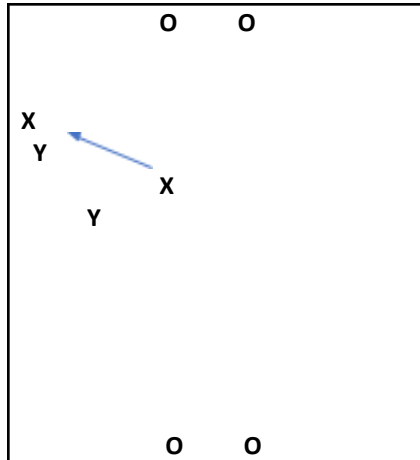
ACTIVITY TIME: 2 ½ MIN

REST 30 Sec

INTERVALS: 5

COACHING POINTS:

- **WHAT? Technique of Defending:**
- Speed and angle of approach, Pressing distance, Body shape, footwork
- Types of tackles (poke or block)
- Angle, speed and distance of cover
- **Team Tactical Defending Principles** – Press the player with the ball: Who? When? Why? – Make it and keep it compact: Where? When? Why?



X: Attacking Team

Y: Defending Team

O: Cones for Goals

: Passing



Week 6: Activity 3 LEARNING/PRACTICE **Topic: PRESSURE AND COVER**

ORGANIZATION:	Duration: 18 Min.	Intensity: Med
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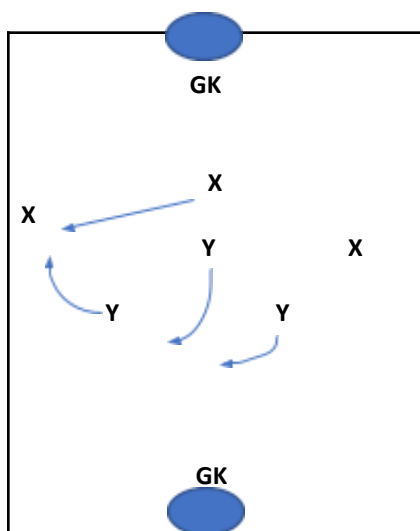
4V4 to Goals

In a 20Wx30L grid, with 2 goals. Play 4v4 to goal. Each team has a GK. All Rules of the game apply. Play to score in the opponent's goal. When a player loses the ball, the team must pressure and deny penetration to win the ball back immediately. If the Defending Team plays for 2 ½ minutes without giving up any goals they win the round, but if they give up a goal, they lose all their points.

ACTIVITY TIME: 7 MIN	REST 2 MIN	INTERVALS: 2
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COACHING POINTS:

- **WHAT? Technique of Defending:**
- Speed and angle of approach, Pressing distance, Body shape, footwork
- Types of tackles (poke or block)
- Angle, speed and distance of cover
- **Team Tactical Defending Principles** – Press the player with the ball: Who? When? Why? – Make it and keep it compact: Where? When? Why? Outnumber the opponent: Why?



X: Attacking Team

Y: Defending Team

 : Goal

 : Passing

 : Rotating

FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
Organization: 40Wx60L ALL Rules apply.	Encourage defenders to work together to regain the ball	Formations: Team 1 GK-3-2-1 Team 2: GK-3-2-1
Coaching Points	Technical execution, Team tactical defending principles	Use the 5W's and Speed of Play

Week 7: Activity 1 WARM-UP

Topic: SMALL GROUP DEFENDING

Who: ALL Players

What: Speed angle and distance of approach, body shape, foot work, type of tackles, Press the player with the ball, make it and keep it compact, Outnumber the opponent and give cover, Pressure the Hot Zone

Where: In the central and flank channels of the defending half of the field.

When: As soon as you lose possession of the ball

Why: To deny penetration and shooting opportunities

Objectives

(5 W's)

ORGANIZATION: **Duration:** 10 Min. **Intensity:** Med-High

2v2 to Small Goals:

Area: 10Wx15L yard grid with a small goal on each end line. The defenders will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover

ACTIVITY TIME: 2 MIN

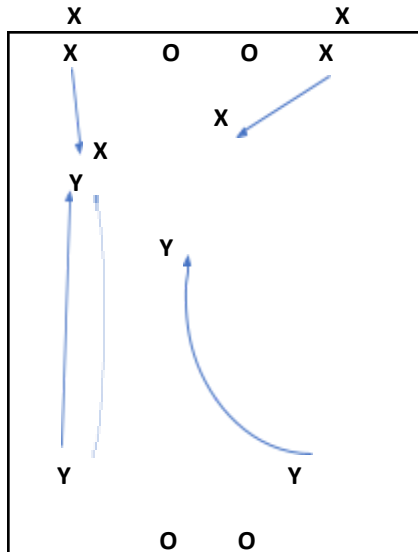
REST 30 Sec

INTERVALS: 4

COACHING POINTS:

What? Technique of Defending:

- Speed of approach, Angle of approach, Pressing distance, Body Shape
- Footwork: Stand, balance and position of the feet
- Angle, Distance of Cover, What does he/she say to the pressing defender/teammate?



X: Attacking Team

Y: Defending Team

O: Cones for Goals

 : Passing/Running

 : Rotating

Week 7: Activity 2 TRAINING

Topic: SMALL GROUP DEFENDING

ORGANIZATION:

Duration: 15 Min.

Intensity: Med-High

3v3 Defending to Small Goals

In a 20Wx30L grid, with a small goal on each end line. When a player loses the ball, the team has to defend immediately to win the ball back. They need to keep and hold their defending shape. Pressure and Cover.

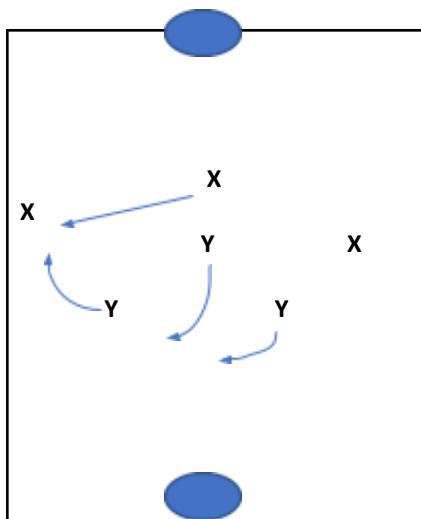
ACTIVITY TIME: 4 MIN

REST 1 MIN

INTERVALS: 3

COACHING POINTS:

- **WHAT? Technique of Defending:**
- Speed and angle of approach, Pressing distance, Body shape, footwork
- Types of tackles (poke or block)
- Angle, speed and distance of cover
- **Team Tactical Defending Principals** – Press the player with the ball: Who? When? Why? – Make it and keep it compact: Where? When? Who? Outnumber the opponents/Cover: Who? Why?



X: Attacking Team

Y: Defending Team

 : Goal

 : Passing

 : Rotating

Week 7: Activity 3 LEARNING/PRACTICE **Topic: SMALL GROUP DEFENDING**

ORGANIZATION:	Duration: 18 Min.	Intensity: Med
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5V4 to Goals

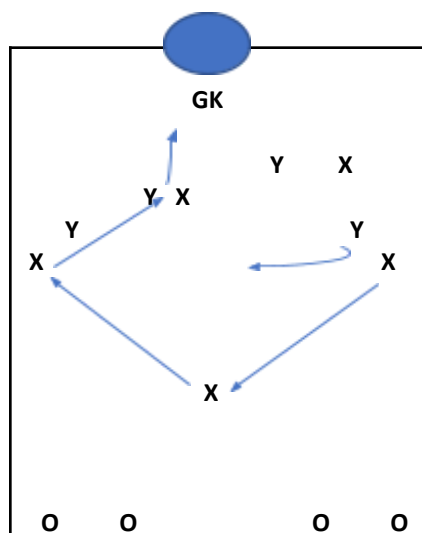
In a 30Wx40L grid, with a regular goal and 2 Counter goals. Play to score in the opponent's goal. ALL Laws of the game apply.

ACTIVITY TIME: 7 MIN	REST 2 MIN	INTERVALS: 2
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COACHING POINTS:

- **WHAT? Technique of Defending:**
- Speed and angle of approach, Pressing distance, Body shape, footwork
- Types of tackles (poke or block)
- Angle, speed and distance of cover

Team Tactical Defending Principles – Press the player with the ball: Who? When? Where? – Make it and keep it compact: Where? When? Why? Outnumber the opponent: Why? Who?



X: Attacking Team

Y: Defending Team

 : Goal

O: Cones for counter goals

 : Passing  : Dribbling

FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
Organization: 40Wx60L ALL Rules apply.	Encourage defenders to work together to regain the ball	Formations: Team 1 GK-3-2-1 Team 2: GK-2-3-1
Coaching Points	Technical execution, Team tactical defending principles	Use the 5W's and Speed of Play

Week 8: Activity 1 WARM-UP

Topic: SHOOTING AND FINISHING

Who: Strikers and Midfielders

What: Shooting, Receiving, Play Forward when Possible, Create 1v1 and Diagonal passing lanes, Runs to get in between/behind defensive line

Where: In the attacking half of the field close to the goal area.

When: There is a shooting window

Why: To develop an aggressive goal scoring mentality

Objectives

(5 W's)

ORGANIZATION:

Duration: 12 Min.

Intensity: Med

Shooting:

Area: 20Wx30L yard field with a goal at each end line. Groups have 3 minutes to score as many goals on the goalkeeper at each end. Each team has a ball. No defending. Where do they get the next ball after they score or attempt?

Interval 1: How many can you score?

Interval 2: Improve the number of goals scored by 2.

Interval 3: What team can score the most goals in 3 minutes?

ACTIVITY TIME: 2 MIN

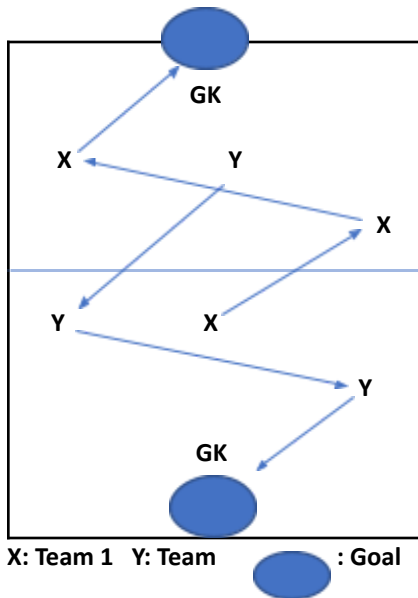
REST 30 Sec

INTERVALS: 4

COACHING POINTS:

What? Technique of Shooting:

- Knees bent, head down, hips and knee over the ball, body slightly leaning over the ball
- Angled approach to the ball, Non-kicking foot beside the ball, Kicking foot: ankle locked and toes down.
- Strike the ball with the laces at the center of the ball, follow through, and land on the kicking foot.



↙ : Passing/Shooting

Week 8: Activity 2 Training

Topic: SHOOTING AND FINISHING

ORGANIZATION:

Duration: 15 Min.

Intensity: Low

4v4 60 Seconds Game:

Area: 20Wx30L yard field with a goal at each end line. Both teams are trying to score in the opponent's goal.

Score: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score within 60 seconds, they take the opponent's point away. Otherwise the game continues. The team who scores the last goal wins the game.

ACTIVITY TIME: 4 MIN

REST 1 MIN

INTERVALS: 3

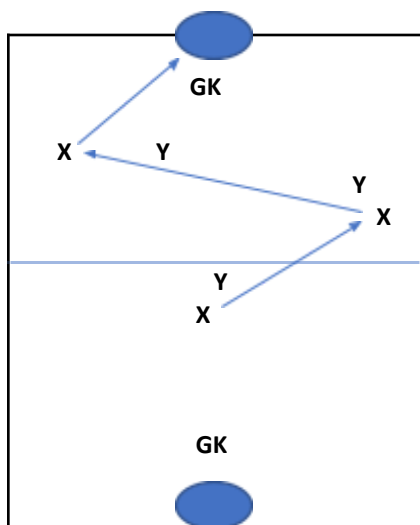
COACHING POINTS:

What? Technique:

- Knees bent, head down, hips and knee over the ball, body slightly leaning over the ball
- Angled approach to the ball, Non-kicking foot beside the ball, Kicking foot: ankle locked and toes down.
- Strike the ball with the laces at the center of the ball, follow through, and land on the kicking foot.

Team Tactical Attacking Principles:

- Playing forward when possible: Who? Where? When? Why?
- Create a 1v1: When? Where? Why?
- Create diagonal passing lanes: Who? Where? When? Why?



X: Team 1

Y: Team 2



: Goal



: Passing/Shooting

Week 8: Activity 3 Learning/Practice

Topic: SHOOTING AND FINISHING

ORGANIZATION:

Duration: 18 Min.

Intensity: Med

5v5 to Goal:

Area: 30Wx40L yard field with a goal at each end line. Both teams are trying to score in the opponent's goal. Goals scored in the attacking half are worth 10 points. ALL soccer laws apply.

ACTIVITY TIME: 4 MIN

REST 1 MIN

INTERVALS: 3

COACHING POINTS:

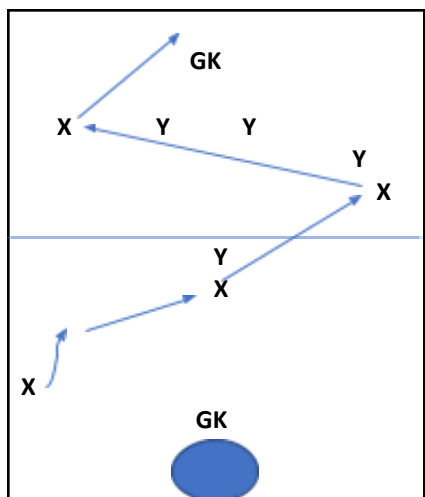
What? Technique:

- Shooting and Receiving

Team Tactical Attacking Principles:

- Playing forward when possible: Who? Where? When? Why?
- Create a 1v1: When? Where? Why?
- Create diagonal passing lanes: Who? Where? When? Why?
- Runs to get behind/between the defensive line: Who? When? Why?





X: Team 1 Y: Team 2 : Goal

↖ : Passing/Shooting

↘ : Dribbling

FINISH W/ A GAME

Implementation	7v7 Duration: 20 MIN Activity Time: 7 MIN REST 2 MIN	2 Intervals
Organization: 40Wx60L ALL Rules apply.	Encourage the players to shoot	Formations: Team 1 GK-3-2-1 Team 2: GK-2-3-1
Coaching Points	Technical execution, Team tactical attacking principles	Use the 5W's and Speed of Play