

Coach 4 Community Course

North Allegheny Soccer Club
August 21, 2022

Activity 1

Setup:

- Split your practice area into two fields of equal size
- Goals on each field can be cones, pop ups, or fun nets
- 4-6 feet width for goals, adjust to skill level

Time:

- Allow kids to play for 15 minutes as they arrive.

Description:

- Let the kids play.
- Limit to 4v4 per field.
- Let the kids make the teams and govern themselves. Insert yourself for issues of safety or disruptive behavior only

Progression:

- None

Points of Emphasis:

- Playground style. Let the kids be kids. This is their chance to take charge.

Visual:



Activity 2

Setup:

- Open space
- Each player with a ball

Time:

- 20 minutes

Description:

- Each player pops the ball to him/herself using proper shooting technique and catches it.
- Each player is seated on the ground.
- Use right and left foot.
- Each player tries to beat his/her previous number of consecutive “pops.”

Progression:

- Move to partners and popping it to each other out of the air.
- Two bounces permitted between “pops.”
- Encourage use of both feet.
- Each pair tries to beat their previous number.

Points of Emphasis:

- Lock ankle.
- Make a fist with your foot.
- Snap at the knee.
- Contact the ball with laces.
- Knee over ball.
- Move feet to adjust to the flight of the ball

Visual:



Activity 3 “Not in my House”:

Setup:

- Half field with a midfield line
- 6 v 6
- 4 balls per side

Time:

- 20 minutes

Description:

- Strike the ball into the other teams half.
- 1 minute rounds
- The team with the least amount of balls wins a point.
- The first team to 5 wins.

Progression:

- Play a left footed/right footed round
- Ball dies on that side if it is shot through the field and over the opponent's back line
- Require a pass before a shot
- 2 touch

Points of Emphasis:

- All previous
- Shoot for power by landing on shooting foot, keeping chest over ball, and moving through ball
- Preparing hips/getting first touch out of feet and in a good direction

Visual:



Activity 4 “3v3 in the box”:

Setup:

- Double the size of a penalty area
- 3v3 (can go 2v2 or 4v4 dependent upon numbers)
- all balls with coach at midfield (no midfield line necessary)
- GKs dependent upon age group
- A new set of 3 players ready to enter onto field behind each goal

Time:

- 25 minutes

Description:

- Play 3v3
- Coach plays a new ball onto field each time there is a goal or ball leaves field of play
- If ball leaves on your half or you get scored on, you exit the field and the next 3 replaces you
- If coach runs out of balls, all players run to get a ball and return it to the coach at the Midfield
- 1 point for a shot on goal, 3 for a goal
- play 3 rounds of 6 minutes

Progression:

- Play two-touch

Points of Emphasis:

- All previous
- Creating a shot off the dribble
- Creating a shot off the pass
- Train the attitude to shoot as much as the technique

Visual:

