



YMCA of Greater Charlotte

Youth Soccer Practice Playbook

Divisions U8 and Older



Welcome to the YMCA of Greater Charlotte,

The YMCA of Greater Charlotte is very excited that you have chosen to be a coach. No single job is more important to the mission and vision of the YMCA than a youth sports coach. YMCA values: of caring, respect, responsibility, honesty, and faith are the foundation to connecting, giving back, nurturing the potential of every child and supporting our neighbors. This foundational impact requires a core of committed youth volunteer coaches who have a desire to see their communities encouraged and players' lives transformed.

The YMCA has put together this resource guide to help you as a coach and to make your job as easy and achievable as possible.

As a coach you have the opportunity to teach, mentor, motivate, encourage, and guide your players as they develop as soccer players and young people with character. Positive role models can help players grow mentally, physically, and emotionally as they promote confidence and positive self-image for athletes. Thank you for your commitment!

The YMCA Sports Philosophy

Everyone Plays.

We do not use tryouts to select the best player, nor do we cut kids from YMCA Youth Sports. Everyone who registers to play is assigned to a team. Remember, we are more interested in developing children's character.



As a coach, you must ensure that all players receive equal playing time and every player plays at least half of every game.

Fair Play.

Fair play is about more than playing by the rules. It's about you, your players and players' parents showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players and families to do the same.



As a coach, set the example of good sportsmanship and reward players and parents for showing respect to all involved in YMCA Youth Sports.

Positive Competition.

We believe competition is a positive process when the pursuit of victory is kept in the right perspective. The right perspective means adults make decisions that put the best interests of the children above winning the contest. Learning to compete is important for children and learning to cooperate in a competitive world is an essential lesson in life. Learning to win is just as important as learning to lose.



As a coach, help your players set goals that are not about winning or losing. This way, no matter what the score of the game, your players learn that no matter what the score is, there is value in playing the game.

Family Involvement.

We encourage parents to be involved appropriately along with their child's participation in sports. In addition to parents being helpful as volunteer coaches, officials and timekeepers, we encourage them to be present at practices and games to support their player.



As a coach, give parents responsibilities that will benefit the team –like bringing healthy snacks and water.

Sports for All.

YMCA Youth Sports is an inclusive program, meaning that children who differ in various characteristics, including physical ability, race, gender, religion or ability are included in participation.



As a coach, support and appreciate the diversity of children in your community and encourage your players and parents to do the same



As a coach, emphasize the importance of having fun, reminding parents and players that the benefits of physical activity in childhood are long-lasting.

Athlete Developmental Stages

As you coach, it is important to know your audience and where they are in terms of their development:

6-7 years olds:

- The focus is on individual development of coordination and skill development
- Our job as coaches is to teach them to LOVE the sport and the game!

8-9 years olds:

- Are becoming more coordinated and emotionally mature
- Are able to work on team concepts and plays!
- Are becoming increasingly social, are creative, and will ask many questions

10-12 years old:

- Are able to think, run, and control the ball at the same time while determining next move!
- Are very eager to learn and improve skills!
- Self-esteem and self-confidence may hinge on team approval and performance

We trust that this material will not only be helpful to you as you coach soccer but also in the character development of your players. In whatever you do, we encourage you and your players to enjoy your time together and to have fun...that is what they will remember!

The Basics of Every Practice

Opening Circle

Take a few minutes to welcome your players to practice. Be sure to do the following:

- Thought for the day/ Goal for today's practice – what skills will we be working on
- Overview of the flow of today's practice – roadmap of the next hour

Warm-up and Stretch

Spend at least 5 minutes exercising to raise your players' heart rates and warm their muscles. Warm-up can be anything from a quick game of tag to running a few laps to conditioning exercises. Never skip the warm-up and stretch section of practice!

Water Breaks

Whether it is hot or cold where you are practicing, be sure to allow your players to get water at any point during practice. Staying hydrated helps your players focus on the skills they're learning

Individual Skill Drills

This is a time for players to work on a skill and develop it as an individual player. You will find individual skill drills to incorporate into your practices in the next section. Allow your players adequate time in learning any new skill before asking them to apply it as a team.

Team Skill Games

This is the time for your team to come together and develop their skills as a functioning group of players. The team skill drills should build on the individual skill drills, providing natural progression from individually mastering a new skill to applying it as a team. You will find team skill drills to incorporate into your practices in the next section.

Scrimmage

There is no better way to prepare for a game and to apply the skills learned throughout practice than to put them to action in a game-type situation. Always include a scrimmage in every practice – it gives your players a chance to develop their teamwork and will enhance their comfort in game situations.

Closing Huddle

Take just a few minutes at the end of practice to review the skills you worked on and evaluate the goals set at the beginning of practice. Encourage your players to continue to practice throughout the week with their friends and parents. Review all the necessary information for the upcoming game, including:

- Location/ What time to arrive/ Who is bringing the snack

FIRST PRACTICE

WITH ENCOURAGEMENT

COACHING POINTS:

First practice is always a little tough.

- Remember that the players don't know each other so try to make them at ease and have fun
- Learn everyone's names as quickly as possible
- Encourage players to try their best and make new friends!

Encouragement is saying or doing things that build others up.

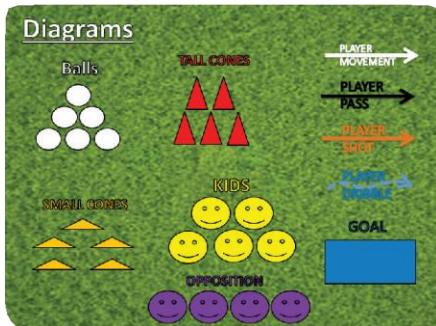
RULES OF SOCCER: REVIEW

- Have players line up for kickoff with the ball on the center spot, all players on defending half of field
- Tell the players that the direction you are facing is the goal you are attacking, the goal behind is the goal you are defending
- Next, tell the players that the out-of-bounds on the sides are for throw-ins
- Take all the players to the sides and have them pick up a ball and throw it in
 - » Hold the ball in front of you with both hands
 - » Take the ball behind your head
 - » Both feet on the ground
 - » Throw it forward
- Have each player go after their ball and dribble it across to the other side line and repeat the exercise as many times as necessary
- Next, tell the players that the lines behind the goal are for kick-ins
 - » If the attacking team kicks the ball behind the goal, it's a goal kick for other team
 - » Have each player place the ball on the corner of the goal box and kick it back into play
 - » After kicking goal kick, they go get their ball and dribble across to the other side and repeat the exercise
 - » If the defending team kicks the ball over the goal line, it's a corner kick
 - » Have one player place the ball on the corner and kick it back into play while the others try to kick it in the net. Repeat until everyone has done the corner kick

"Words have the power to help, to heal, to hurt,
to harm, or to humiliate."

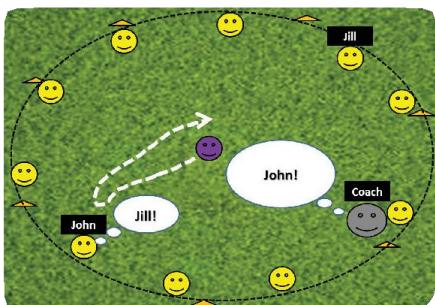
What are you using words for?

Diagram for Practices Sessions



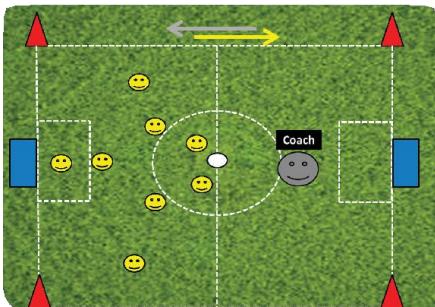
WARM UP: NAME TAG

- Have players form a circle, choose one player to be "it". That player stands in the middle of circle, players in the circle cannot move
- Coach calls "John's" name, the player who is it runs to tag "John"
- If "John" is tagged before he can say another player's name, John is now "it", and the coach will say another name: "David"
- If "David" says another player's name before he is tagged, then the player who is it must now try and tag that player (i.e. "Jill")



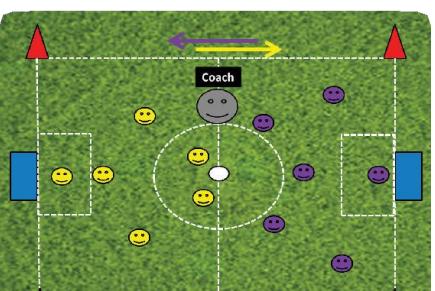
SMALL GAME: COACHES V PLAYERS

- Now that the players understand the basics, play a game against them and use every scenario as a teaching moment
- Purposely make mistakes (ie. Touch it with your hands, try to kick it in from a throw-in, confuse a goal kick and corner kick, kick it in your own goal) to see if anyone corrects you. If not, be sure to ask the players if you're doing the right thing



LARGE GAME: SCRIMMAGE

- Divide the teams up evenly and have them play against each other while you referee/coach
- Remember the emphasis of this practice is to teach them the rules first



DRIBBLING WITH DETERMINATION

COACHING POINTS:

Dribbling is running with the ball.

- Keep ball close
- Keep your head up
- Use different surfaces of your foot
- Encourage kids when they excel and when they struggle!

Determination is the inner drive we use to reach our goals.

APPLICATION: APPLYING “DRIBBLING WITH DETERMINATION” TO LIFE

What to look for:

Look for players in your drill who are having trouble getting the concepts. You can also observe how kids handle losing in the scrimmage; notice the way they respond to this adversity. Are they showing determination?

What to say:

“Everyone messes up. Everyone falls short. The determined person is different because they get back up and try again! Remember this as you dribble today. Be determined to be the best you can be!”

What to take away:

Help your team understand that challenging situations are everywhere. At home, at school and on the field there are opportunities to show determination all around you. Ex. “Determination helps you reach your goals. Use this week to be determined on and off the field!”

Be positive when you instruct, for example:

“Good work, I like your effort!”;

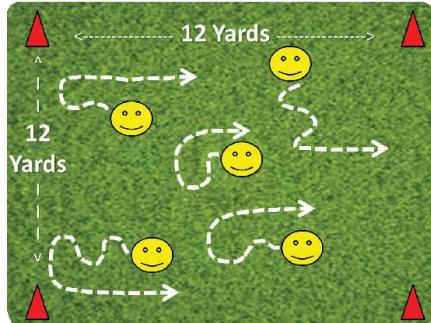
“Work on dribbling with the left foot, keep working hard!”

Be determined to teach being determined!

WARM UPS

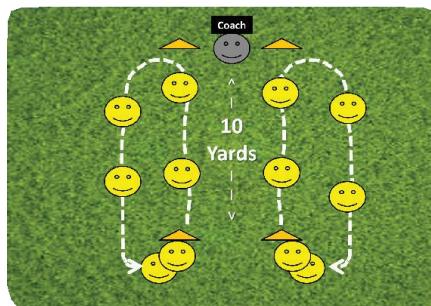
NUMBERS

- 12 x 12 grid, start with no soccer balls
- Assign a number to each side of the grid
- As players are moving, say one of the numbers and the kids race to corresponding side
- Ease into aggressive movements (warm up)
- Change movement inside grid to help the warm up process
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WARM UP: BANANA

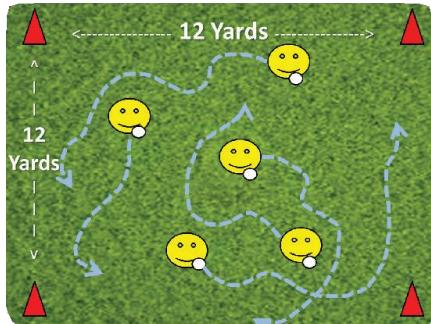
- 2 lines starting at one cone and another cone 10 yards out
- Dictate warmup movement out to cone, team peels back (like Banana) and jogs back to start (i.e. shuffle, high knees, etc.)
- Do each movement twice
- Ease into rigid movements (i.e. start slower, finish faster)



TECHNICAL

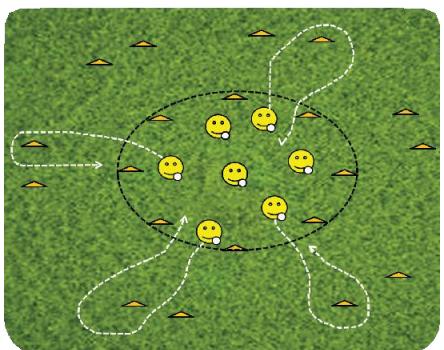
TECHNICAL: BUZZ-BANG

- Demonstrate correct dribbling technique. Everyone has a ball, begin dribbling
- Instruct which part of foot to use (Inside, Outside, Sole, Laces)
- Say "Bang!"; kids change direction i.e. step on ball go opposite direction, cut ball back, etc.)
Say "Buzz!"; kids explode into space with three quick steps



TECHNICAL: SATURN

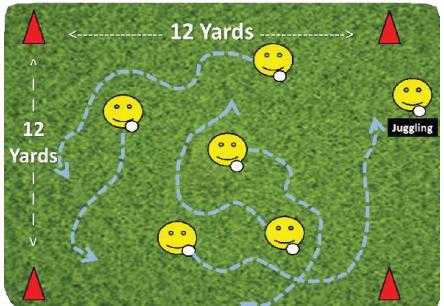
- Demonstrate inside, outside turns with each foot
- 10 yard diameter circle grid with 3 yard gates 5 yards out from circle; each player has a ball
- Have players dribbling inside circle, dictate which foot and which part of foot to use
- Say "Go!"; players dribble through a gate and back to circle as fast as possible. Encourage sharp, quick cuts through gates and explosion away from gates



SMALL GAMES

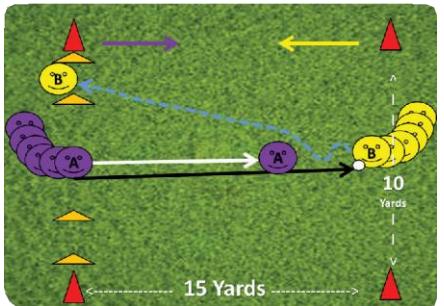
KNOCK OUT

- 12 x 12 grid, everyone has a ball, begin dribbling
- Start "Knock Out". Without leaving ball, players try to knock others' soccer balls out of the grid
- If knocked out, player has to juggle 5 total times to get back in



1 v 1

- 10 x 15 grid with 3 yard gates on defensive end; Divide team up in pairs
- Defending player A starts with ball, passes ball to offensive player B; player B attacks defender, trying to dribble through gates
- If ball is stolen, goes out, or is at a standstill, next group of players begin
- Keep score and switch sides. Focus on attacking player while coaching



LARGE GAMES

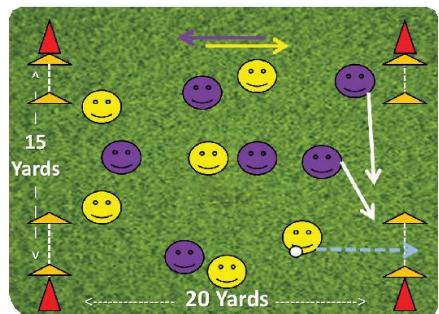
END LINE

- 15 x 20, 1 ball, 2 teams
Make grid bigger based on skill level of your players
- Divide team up evenly into two teams
- Only way to score in this game is to dribble across the other team's goal line. Set small goals if too easy
- When team scores it becomes the other team's ball



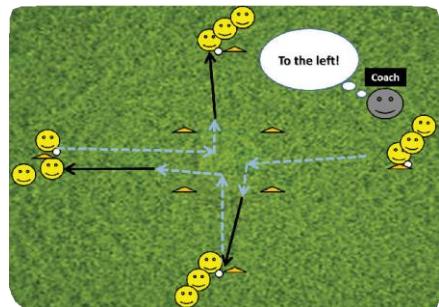
4 GATES

- 15 x 20 grid with gates on short ends as goals, 1 ball, 2 teams, no goal keepers
- Adjust grid depending on level of success
- Only way to score in this game is to dribble through the other team's gates
- When team scores it becomes the other team's ball



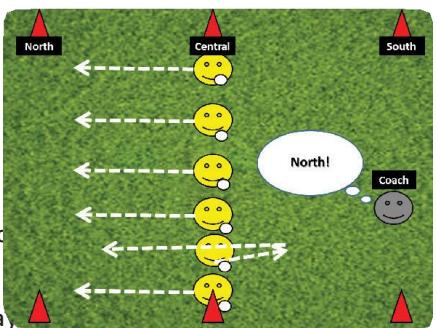
COM(PASS)

- 4x4 grid, line of players 10 yards out from each side of grid/gate; 1 ball per line
- Players with ball dribble into grid and go out to their left
- Once out of grid, pass to player in front of them
- Player with ball now dribbles to grid, passer goes to end of the line they pass to
- Encourage dribbling with head up since there will be 4 people in the grid at a time



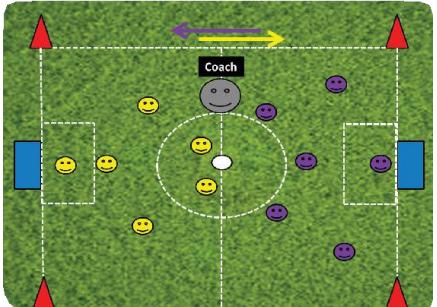
NORTH-SOUTH-CENTRAL

- Place 3 lines of cones 10 yards apart; North, South, and Central Line
- Players start at Central line with or without ball
- Coach calls out direction and players run to line; last player there is "out" and does foul work until we have a winner.
- Coach is encouraged to be tricky in order to make players think (ex. Point North and say, South)



SCRIMMAGE

- Divide the teams up evenly and have them play against each other while you referee/coach
- Remember, the emphasis of this practice is to be determined in dribbling and to never give up even if the ball is taken away



PASSING WITH TEAMWORK

COACHING POINTS:

Passing is moving the ball from person to another.

- Use the inside of foot with ankle locked to strike ball
- Use plant foot to direct pass
- Encourage players to trust teammates and to communicate
- Inspire players to work hard for one another!

APPLICATION: APPLYING “PASSING WITH TEAMWORK” TO LIFE

What to look for:

Try to find a player who chooses to use teamwork instead of doing it on their own.

What to say:

“It can be tempting to do everything by yourself in soccer. Sometimes you may think you can score 1, 2, or even 3 goals just by dribbling and not sharing the ball. However, if you make a habit of working with your teammates, everyone is a part of helping the ball move faster and greater things are accomplished. The best soccer teams in the world are the ones that have the best teamwork!”

What to take away:

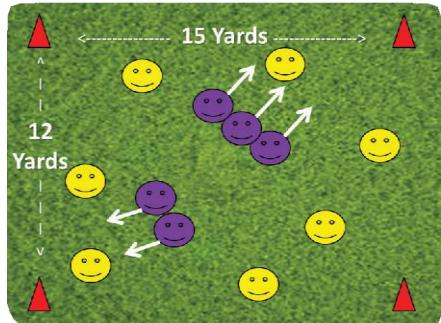
Teamwork is coming alongside teammates to accomplish something greater than you could do as individuals. Using teamwork divides the task and multiplies your success. Ex. “We cannot do everything ourselves. We need each other. Even at home, we can contribute our gifts and talents to our families to do chores or help with our brothers and sisters. When we all are included, everyone benefits!”

TEAMWORK DIVIDES THE TASK AND MULTIPLIES THE SUCCESS.

WARM UPS

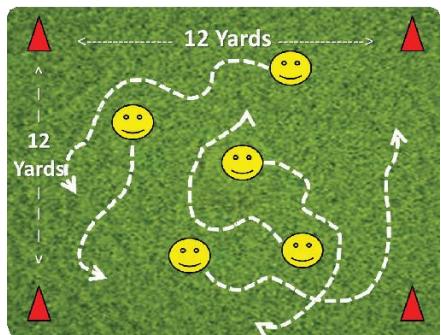
CHAIN TAG

- 12 x 15 grid, no soccer balls
- Assign two groups of two to start as "links" holding hands
- Players that are tagged join the chain
- Players that run outside of grid join chain
- Assign new chain to start new game
Add soccer balls if desired
-



FREE FOR ALL

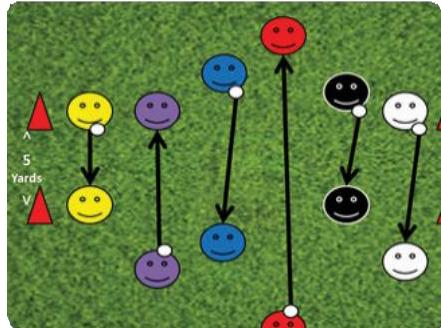
- 12 x 12 grid, no soccer balls.
- Make players move about in grid; no moving in circles; change direction
- Dictate warmup movement (i.e. jog, shuffle, skip, stretch, cut, sprint, etc.)
- Change every 10-15 seconds; do each movement 2+ times.
- Ease into rigid movements (i.e. start slower)



TECHNICAL

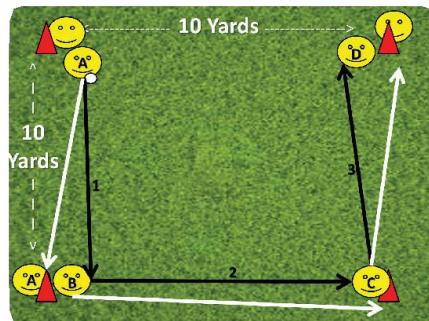
LEGS GAME

- Demonstrate correct technique of passing
- Each player has partner and 1 ball.
- Set players in lines 5 yards across from partner
- Players pass ball between partner's legs. If successful, one partner takes a step backwards
- See who can get the furthest in set time
- Alternate which foot to use



PASSING DIAMOND

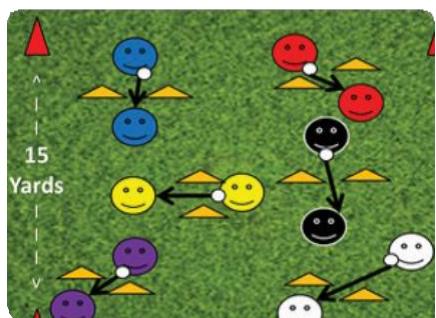
- Demonstrate passing technique and opening up body. 1 or 2 10x10 grids; players at each cone, two players where ball starts. Players pass ball around grid, two touch (No one touch), and follow pass to next cone
- Encourage players to take ball across body with first touch to set up passing touch
- Change direction/foot; add difficult pattern if players need challenge
- Pattern 2: Give and go with each player. Player A passes to B, B stops ball dead, A comes to play ball to C; C stops ball for B and B plays ball to D and D kills ball



SMALL GAMES

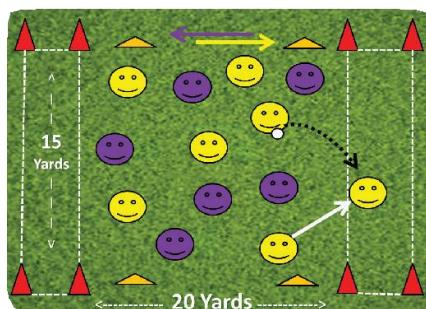
GATES

- 15 x 20 grid, 3 yard wide gates placed randomly in grid
- Players stay partnered from "Legs Game"
- Coach says, "Go", teams try to pass ball through as many different gates as possible to each other
- Teams keep count of completed gates for C, etc.



SMALL GAME: HAND BALL

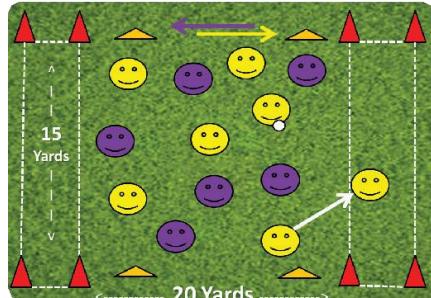
- 15 x 20 grid; 5 yard end zones; 2 teams, 1 ball, using our hands, (yes, our hands)
- Player that is in possession of ball cannot move
- Defenders can only intercept or knock down ball
- If ball hits ground it is the team's ball who did not have possession, does not matter who touched it last
- To score, catch ball in opponents' end zone. Encourage movement off ball



LARGE GAMES

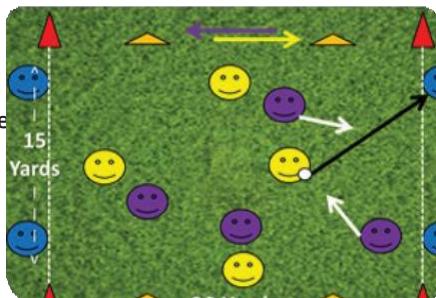
END ZONES

- 15 x 20, 5 yard end zones, 2 teams, 1 ball
 - Ball is now on the ground
 - To score, complete pass into team's end zone and start and complete a pass in the end zone
 - Do not allow players to play "goalie"
 - When team scores, it becomes the other team's ball



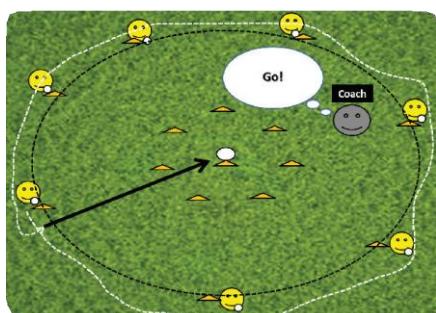
4 GOALS

- 15 x 20 grid, 3 teams, 1 ball
 - Assign blue team to be “targets” on goal line
 - Switch teams playing in grid
 - Only way to score in this game is to pass to a target
 - When team scores, it is then the other team’s ball
 - Rotate team every 5 minutes



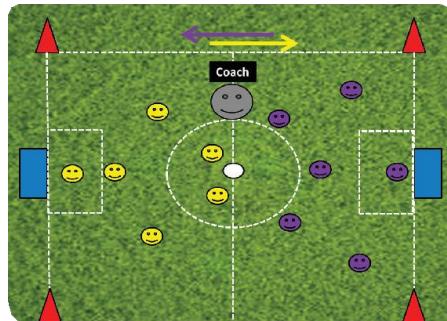
MONEYBALL

- Make a circle that is 10 yards across with a ball on top of a cone in the center of the circle
 - Each player gets own cone on circle
 - Coach says go and players dribble all the way around the circle. When players get back to their cone, they try to knock the ball off the cone in the middle by passing from outside the circle



SCRIMMAGE

- Divide the teams up evenly and have them play against each other while you referee/coach
- Remember, the emphasis of this practice is to work as a team and pass the ball to each other



SHOOTING WITH CONFIDENCE

COACHING POINTS:

Shooting is a hard pass intended to go into the goal.

- Strike the center of the ball with laces or instep with ankle locked down.
- Lean forward and swing through the ball.
- Encourage your players by reminding them of past success!

Confidence is believing you can do

APPLICATION: APPLYING “SHOOTING WITH CONFIDENCE” TO LIFE

What to look for:

Look for a player who is not afraid to try something new.

What to say:

“When we believe we can do something and give our best effort, we are able to accomplish great things. Even when we fail, we can learn and try again. Don’t give up or be afraid to try something new. Be confident that your best is good enough. You never know what you are capable of!”

What to take away:

Confidence comes from the successes you experience from doing your best.

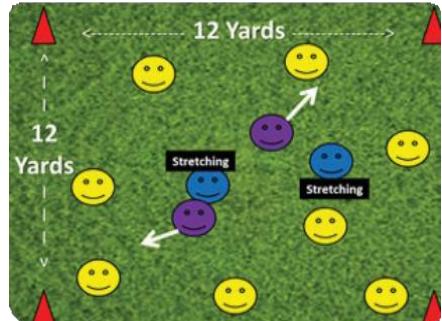
Ex. “When you are confident, you believe you can do something. When you have this positive attitude, great things can happen. Don’t doubt your natural abilities. Always try your best and don’t be afraid to try something new.”

“Confidence comes not from always being right,
but not fearing to be wrong.”

WARM UPS

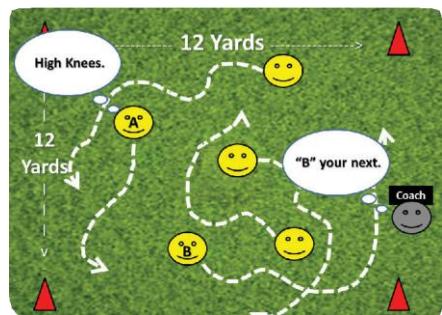
STRETCH TAG

- 12 x 12 grid, no soccer balls
 - Choose two players to be “it”
 - Tagged player stretches for 10 seconds
 - After stretch, player is free
 - Alternate “it” players and required stretch
 - Player who leaves the grid must stretch



PLAYERS' CHOICE

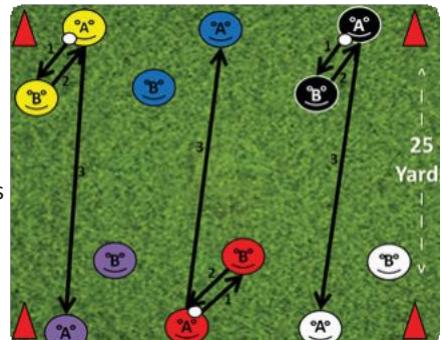
- 12 x 12 grid, no soccer balls
 - Make players move about in grid, no moving in circles, change direction
 - Pick players to dictate warm up movement. (i.e. jog, shuffle, skip, stretch, cut, sprint, etc.)
 - Let players know who is “on-deck” (next person to pick) ahead of time; change every 10- 15 seconds
 - Encourage players to ease into rigid movements (i.e. start slower, finish faster)



TECHNICAL

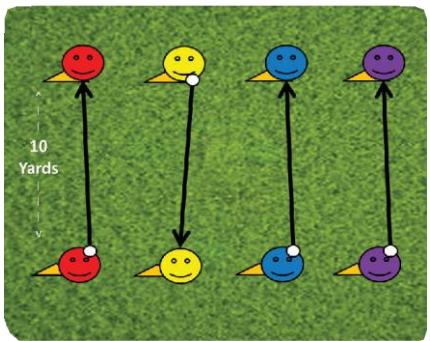
SHORT SHORT LONG

- Demonstrate correct shooting technique
 - Groups of four with one ball
 - Groups of two are 25 yards apart, switch roles
 - Yellow A passes to Yellow B (Pass 1)
 - Yellow B passes back to Yellow A (Pass 2)
 - Yellow A passes to Purple A (Pass 3)
Repeat from opposite side



DRIVING RANGE

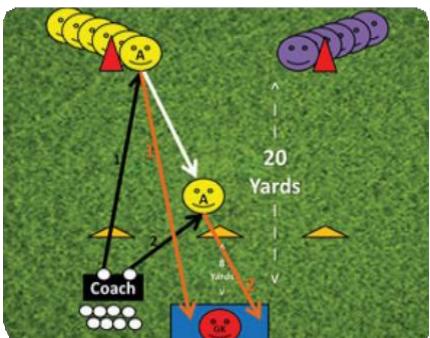
- Put players in partners, have them start 10 yards apart
- The players are aiming for their partner's chest, working on lifting ball off ground
- Every minute or so, move players back a couple steps, see how far your team can be apart and still be accurate. Always be aiming for chest, working on driving the ball



SMALL GAMES

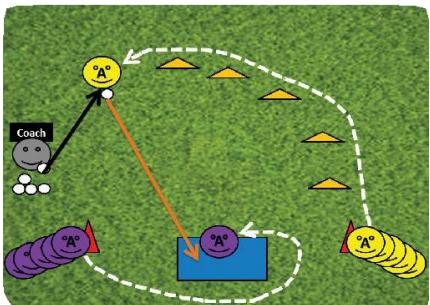
POWER FINESSE

- Place 1 cone 20 yards off each post and a line of cones 8 yards away from goal
- Play a ball on the ground for Yellow A; Yellow A has one touch to stop ball and shoot; Yellow A takes 2nd shot from 8 yards away
- Score 1 of 2 to make it to next round
- Repeat with purple team
- Play until one team has no more players
- Teams keep score of goals



SHOOTER-KEEPER

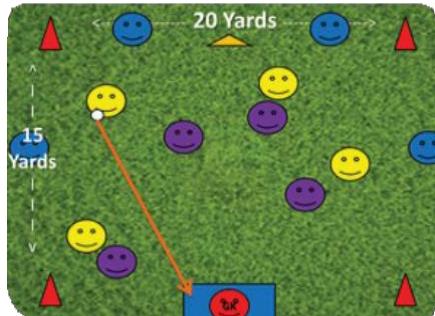
- Set two start cones 2 yards off each goal post and one cone 15 yards in front of the goal
- Divide your team equally into goal keepers (purple) and shooters (yellow); have each team stand next to a cone by the goal
- Say "Go!", both player "A"s start. Keeper A runs around far side of goal and gets in goal; shooter runs around cone in front of goal and receives pass from coach to finish with 1 or 2 touches
- Keep track of points (i.e. 1 point for shot on goal, 2 points for 2 touch goal, 3 points for 1 touch goal, etc.); teams switch when all players have gone



LARGE GAMES

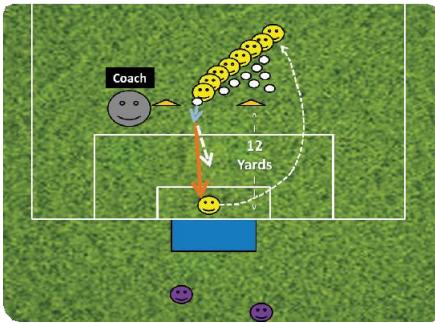
IN THE BOX

- 15 x 20 grid with one goal on a 20 yard side, 1 ball, 3 teams of four
- 4v4 inside grid to score on goal
- Start ball at top of grid
- Team that is off covers the sides and top of the field (forming a cage) to keep ball in and pass back to team that passed to them
- Play to score. If the team gets scored on twice, they become the “cage”



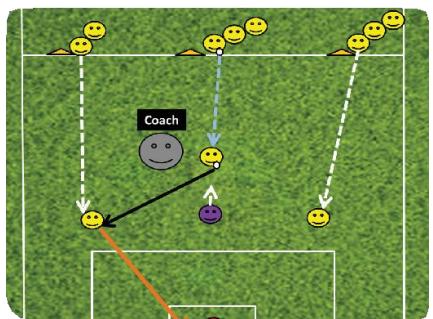
KNOCKOUT

- Players form a line 12 yards from goal; each player has a ball; 1 player in goal
- Players shoot at goal and try to score; after they shoot they go in goal and the next player shoots
- If the goalie doesn't get scored on, he/she goes to the back of the shooting line
- A player is out when he/she gets scored on while playing goalie
- When players are out they go behind goal; they can get back in by retrieving a missed shot from another player
- The first player to score 5 goals wins



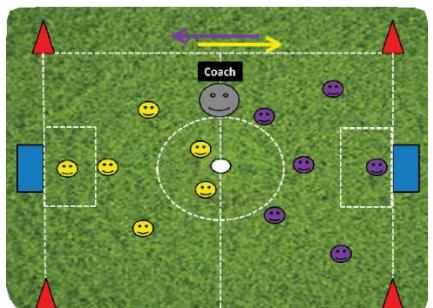
3 V 1 ATTACKING

- Attacking players form 3 lines at midfield, 1 in the center, 2 on the wings
- Defending players start at either goal post, goalkeeper is in goal
- 1 attacking player passes to another to start the drill; defender can enter field once pass is hit
- 3 attacking players try to score, defender and goalkeeper defend
- Ball is dead after a shot or if ball goes out of bounds, restart with new attackers and defender
- Encourage attacking players to move the ball away from lone defender



SCRIMMAGE

- Divide the teams up evenly and have them play against each other while you referee/coach
- Remember, the emphasis of this practice is to confidently shoot from an appropriate distance



RECEIVING WITH SELF-DISCIPLINE

COACHING POINTS:

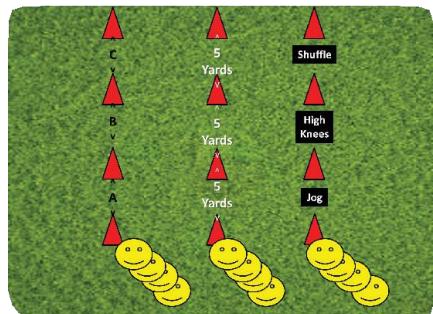
Receiving is settling the ball on the first touch.

- If the ball is on ground, use inside of foot
- If in air, use whatever you can other than arms
- Keep close, put settling touch into open space
- Encourage kids to do their best every time!

Self-Discipline is the ability to practice and train to reach our goals.

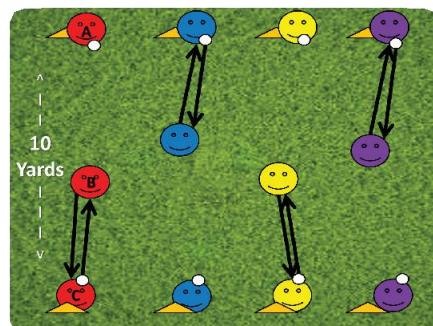
WARM UP: ABC's

- Set 3 lines of 4 cones separated by 5 yards
- 1st gap between cones is A, 2nd is B, 3rd is C.
- Tell players what to do in each gap (i.e. jog in A, high knees in B, quad stretch in C, jog back to start...)
- Have players do the same movements 2 or 3 times in a row
- Ease into aggressive movements (warm up)
-



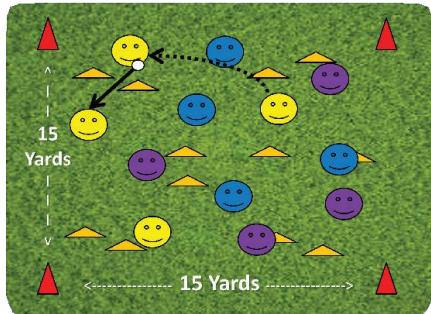
TECHNICAL: 3 PERSON PASSING

- Demonstrate correct receiving technique
- Groups of 3, 2 balls per group, players on outside (10 yards apart) have soccer balls
- Player B checks to player A, receives and passes back to A, then checks to C to repeat
- Set time for B to be in the middle, then switch
- 2nd progression one side has ball in hands, B brings balls down out of air
- 3rd progression, 1 ball for group, B turns and passes ball to opposite player



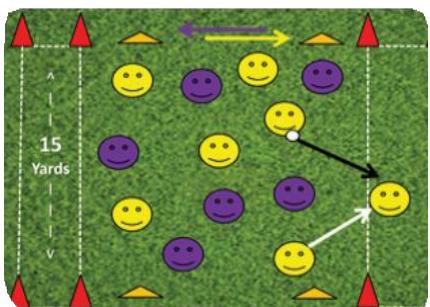
SMALL GAME: GATES HANDBALL

- 15 x 15 grid; divide players into throwers and receivers; throwers have a ball in their hands and are standing outside of grid
- Receivers move around inside the grid. To score, receivers must receive a ball from a thrower, take 1 touch to settle, and pass back to thrower
- Players cannot receive from the same thrower consecutively
- After a set time period, players switch roles; players with the most points win



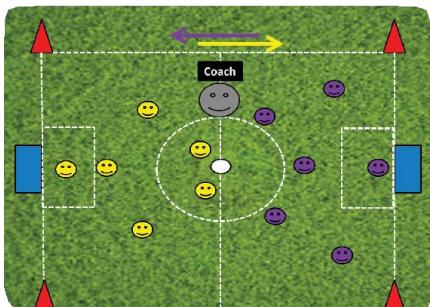
LARGE GAME: END ZONES

- 20 x 15 grid, 5 yard end zones, 1 ball
- Divide group into 2 teams
- To score, players must control pass from teammate across opponents goal line into end zone
- No set target players, anyone can receive pass in zone
- When team scores it is other team's ball



SCRIMMAGE

- Divide the teams up evenly and have them play against each other while you referee/coach
- Remember, the emphasis of this practice is to receive the ball the correct way in preparation to dribble, shoot or pass



APPLICATION: APPLYING "RECEIVING WITH SELF-DISCIPLINE" TO LIFE

What to look for:

Try to find the player on your team who chooses to do the right thing, instead of the easy thing. An example of this could be a player who consistently uses their laces instead of their toe to shoot or uses the inside of the foot to pass instead of just poking at it with the outside of their foot.

What to say:

"Let's try to do things in the drills and games today with good technique. Even if it is easier to use bad technique let's be self-disciplined and do the right things, the right way!"

What to take away:

Self-discipline is choosing to do the right thing instead of taking the easy way out. The easy thing may take less effort in the short term but it usually results in having to do more work in the long term. Ex. "Should you choose to study or cheat? Shoot with your toe or hit it with your laces? Clean your room or just shove everything under your bed? These are examples of having to choose between doing things the right way, or the easy way."

"Discipline is the bridge between goals and accomplishment."

BRIDGE THE GAP



DEFENDING WITH HARD WORK

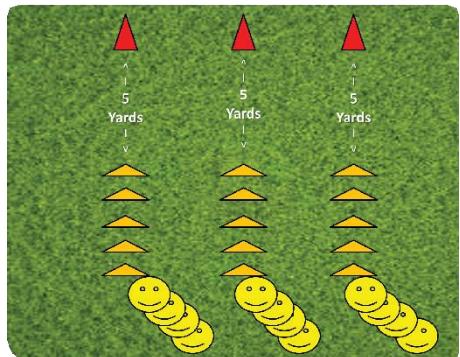
COACHING POINTS:

Defending is to trying to stop the other player/team from scoring.

- Apply pressure goalside of ball (goalside = in between the offensive players and the goal)
- Balance (staggered feet, stay low)
- Concentrate on ball
- Remind players to work hard to protect the goal!

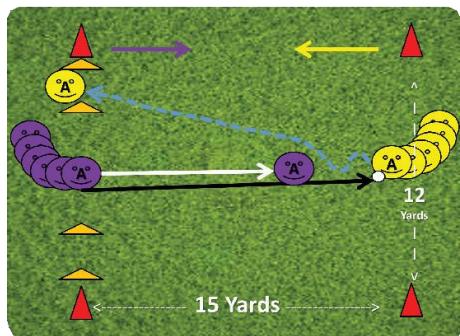
WARM UP: SPEED & AGILITY

- 3 sets of “ladders” - 5 cones a half yard apart, 6th cone 5 yards out
- Change footwork through ladder (i.e. one step, two steps, sideways, defensive shuffle, backwards...)
- Change movement to far cone (i.e. jog, high knees/heels, backwards, high skips...)
- Ease into full sprint to far cone



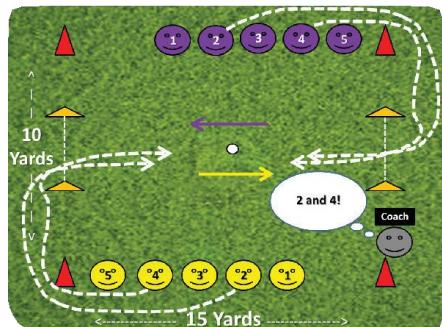
TECHNICAL: 1 v 1

- Demonstrate correct individual defending stance.
- 12 x15 grid, 3 yard gates on short side
- 2 teams; 1 on each side of field
- Make more than one field to reduce lines
- Ball is played from defending player, offensive player tries to dribble through gate
- Emphasize defensive principles. Switch sides; keep score



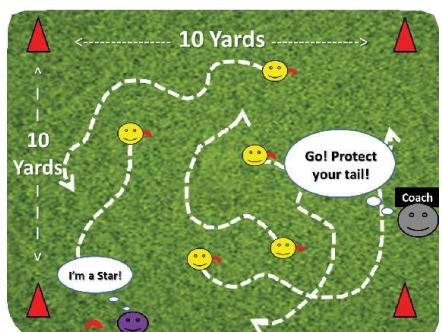
SMALL GAME: STEAL THE BACON

- Make grid, divide players into 2 teams
- Number players based on skill standing on sideline
- Call number. Players with number run around back of goal, enter field and score on opponent's goal
- Ball kicked out of bounds, choose to:
 - 1) enter another ball, or
 - 2) call new number
- Multiple numbers may be called



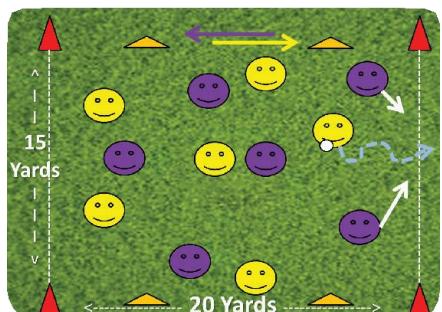
SMALL GAME: FOXTAILS

- 10 x 10 grid, players inside the grid, hang a pinny on one of their hips by stuffing one end into their shorts
- When coach says go the players try to pull each other's pinnies out
- If a player's pinny is pulled out then they have to do 3 star jumps to put it back
- Encourage players to constantly be on the lookout for other foxes trying to pull their tails and to protect their tails by staying on their toes and moving their hips quickly



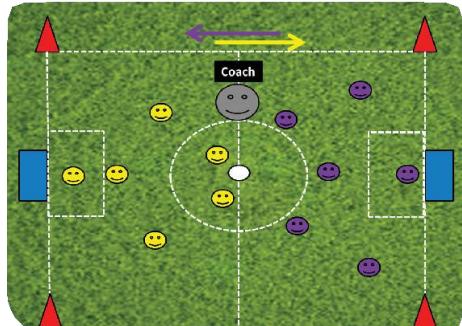
LARGE GAME: END LINE

- 15 x 20, 1 ball, 2 teams
- Make grid bigger based on skill level of your players
- Divide team up evenly into 2 teams
- Only way to score in this game is to dribble across the other team's goal line. Set small goals if too easy
- When team scores, it is then the other team's ball



SCRIMMAGE

- Divide the teams up evenly and have them play against each other while you referee/coach
- Remember, the emphasis of this practice is to work hard on defense, using the proper stance



APPLICATION: APPLYING "DEFENDING WITH HARD WORK" TO LIFE

What to look for:

Look for a player who arrives early, works hard, encourages others, and never gives up.

What to say:

"Being committed to working hard is giving your best effort until the task is finished. No matter what the score is, or how you are playing today, keep working hard for the sake of the team!"

What to take away:

Commitment to hard work chooses to follow through with something, never giving up or giving less than 100%. Ex. "In school and practice there are opportunities to do your best even when you don't feel like it. Think about a class you may not like or a drill that may be difficult. How can you be more committed until the season and school year is over?"

"If you train hard, you will not only play hard, you will be hard to beat."

POSSESSION WITH PATIENCE

COACHING POINTS:

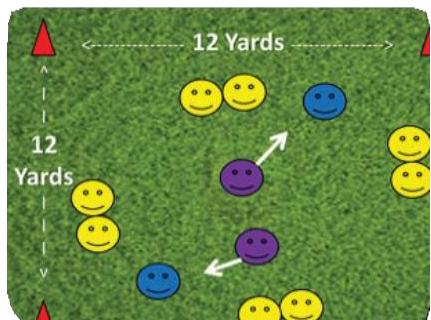
Possession is keeping the ball by passing.

- Keep the ball moving
 - Communicate on the field
 - Move into space to become open
 - Tell players to not force tough passes but to keep the ball!!

Patience is ability to calmly wait without getting upset.

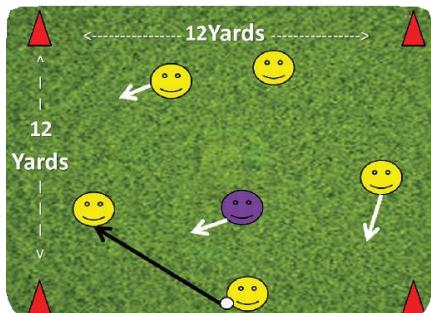
WARM UP: LINE TAG

- 12 x 12 grid
 - Groups of 2 or 3, standing together in grid scattered within the grid
 - Assign 2 people to tag (purple)
 - Taggers chase single players (blue)
 - Single players are safe when they join the end of a line
 - Once single players join line, a player on the opposite end of line is now chased
 - If tagged, yellow player becomes tagger



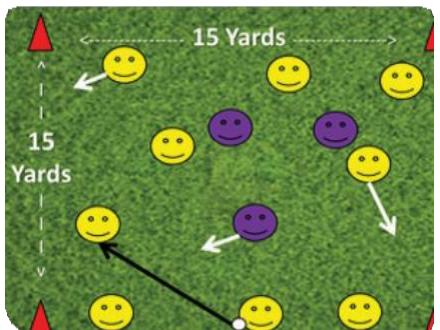
TECHNICAL: FIVE v ONE

- Two 12 x 12 grids
 - 5 possession keepers (yellow) and 1 defender holding soccer bib (purple) in each grid
 - Yellow starts with ball; first pass is free
 - If purple steals ball or ball goes out of grid, whoever caused turnover is new purple
 - Start with no restrictions; add restrictions (i.e. 3/2/1 touches, R/L foot only)
 - Encourage movement off ball within grid



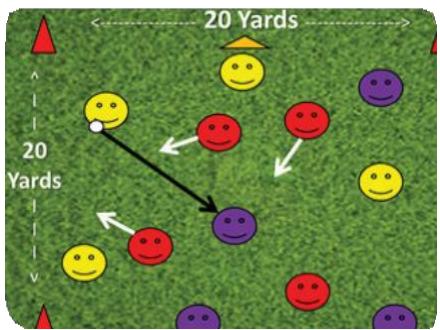
SMALL GAME: NINE v THREE

- 15 x 15 grid
- 9 possession keepers (yellow), 3 defenders
- Play ball to yellow, see how many passes they can complete
- No standing still, encourage movement
- Start with no restrictions, add restrictions (i.e. 3/2/1 touches, right/left foot only...)
- Switch out defenders, let everyone defend



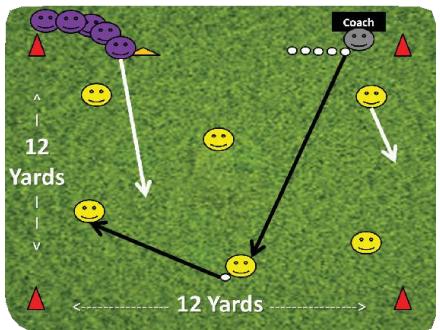
LARGE GAME: TEN PASSES

- 20 x 20, 1 ball, 3 teams of 4
- Yellow and purple are on the same team; red is defending; stop play to switch defending team
- To score, teams must complete 10 passes, both offensive teams get a goal
- If team can handle advanced: whichever team turns ball over is now defending; only stop run of play to explain situation



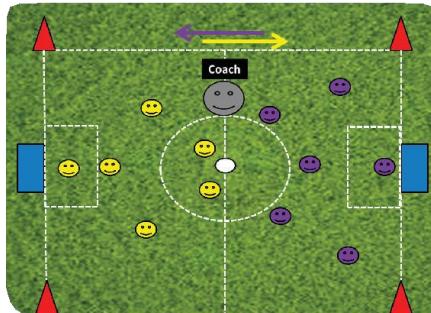
LARGE GAME: KEEP AWAY

- 12 x 12 grid, divide teams evenly with team 1 inside the grid and team 2 in a line next to the coach
- The coach will start a timer and then play a ball into team 1. A player from team 2 will enter the grid to try and defend team 1
- Once the defender wins the ball, he exits the grid. The coach plays another ball in, and the next defender enters to defend. Repeat until all defenders have had a turn. When the last ball is knocked out, stop the timer
- The teams switch roles, and the exercise is repeated. Whichever team has the highest time is the winner



SCRIMMAGE

- Divide the teams up evenly and have them play against each other while you referee/coach
- Remember, the emphasis of this practice is to possess the ball and wait patiently for the open pass



APPLICATION: APPLYING “POSSESSION WITH PATIENCE” TO LIFE

What to look for:

Look for a player who does not get frustrated when they don't understand drills or is patient with other players when they fall short.

What to say:

“No one is perfect. We all need to receive patience and also give patience to others. Everyone on the team is gifted in certain areas. Let's focus on your teammates' strengths and be patient with them and yourself!”

What to take away:

We can all recall a time when we needed someone to be patient with us. We need to treat others with the same patience we want from others. Ex. “On the field, you could make the perfect pass and your teammate may still miss the goal! When that happens it can be hard to be patient. However, remember how you want to be treated with patience when you struggle and treat your teammate the same way. Practice patience this week!”

“Have patience, all things are hard before they become easy.”

SESSION WITH CHARACTER TRAIT

COACHING POINTS:

Session: _____

Definition: _____

Character Trait: _____

Definition: _____

PRACTICE SCHEDULE

_____ min

_____ min

_____ min

_____ min

WARM UP

TECHNICAL • TOUCH

MAIN SKILL

IF TIME...

APPLICATION: APPLYING MAIN SKILL TO LIFE AND FULL-SIDED GAME

Situations in games to use this skill:

Situations in life to use this skill:
