



4v4 Development Program



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Welcome

Soccer Coaches,

Welcome to our club and we thank you for volunteering your time and effort for the youth in town. We value each and every coach that is willing to dedicate so much for the community.

Some of our coaches have played soccer to a high level and some haven't kicked a ball but this development program is designed to take all coaches to the next level. The guide will run through what we will be working on through out the season and how we are going to achieve our goals.

The sessions are to be followed with guidance from the New England Revolution Academy coach that will be at your group practice. The coach will be able to help adapt your session for the players you have. Although the coach is not there to run your session, they are there to develop you as a coach, they are your tool to progress – Use them!

I look forward to seeing you on the fields.

Ross Duncan
Technical Director
New England Revolution Academy
Sudbury Youth Soccer Association





Season Goals

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take.

- To help each U8 player reach their full potential in the sport of soccer
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game
- To create a positive and fun atmosphere where players can learn and develop at their own pace
- To learn how to win and lose graciously and the full meaning of fair play





The Language

ARM FLASH - Player must use arm and body to protect ball.

BE PROVOCATIVE - With or without the ball, players should look to test the opposition by making aggressive penetrative movements.

One - Two - Players must look to perform a quick 1-2 combination pass.

BREAK LINES - Constantly look to penetrate the opposition with runs, passes, dribbles, crosses or shots.

CONNECT PASSES- Passes should be made to players feet and not leading. "Utilize when we wish to keep possession"

CORRECT FOOT - Player must use the foot that is under the least amount of pressure.

DECISIONS - Triggers players to search for more options, starting with the easy choice and progressively thinking more creatively.

EXPLODE - Once a move is performed, players must change speed and direction to accelerate away from opponent

HEELS TO THE LINE - Players must recognize when to break wide and open the field up by running to the touch line.

INTELLENT FEET - Players must always adjust their feet and avoid stretching for the ball as much as possible.





The Language

MAN ON – There is immediate pressure on the receiving player. And they should prepare their body shape and thoughts to keep possession.

PLAY THE WAY YOUR FACING - The player must recognize that the pressure is so tight a pass in the direction they are facing is the only option.

POSITIVE TOUCH - Players must take directional touches of the ball

PRESS THE FIRST TOUCH - Players must press the opponent who has the ball so they are not able to turn and face forward.

RE-CONNECT - Players must reconnect, 4 to 5, 7 to 8 and so on.

RELAX – The player in possession must relax and slow play down.

RELEASE - Can the player play a leading pass for a team mate that changes the phase from possession to attack.

RESET ATTACK – When the attack is blocked, players must maneuver the ball back and around the field to attack from a different point.

SCAN - On and off the ball, the player must look over shoulders to identify where the pressure or next pass is.

SEARCH – The player in possession must get their head up and search for the correct option.

SEE PASS TWO – Triggers players firstly to think then to see and finally communicate where the next ball goes after they pass it.

SIDEWAYS ON– The player must open shoulders and hips to set themselves to receive the ball.

TIME - Player have time to turn, face forward and be positive. There is no immediate pressure on the player



4v4 Development Band

Development Band

Techniques:

Ball Mastery
Turns
Receives
Combination Play
Creating Space

Game Play With Ball:

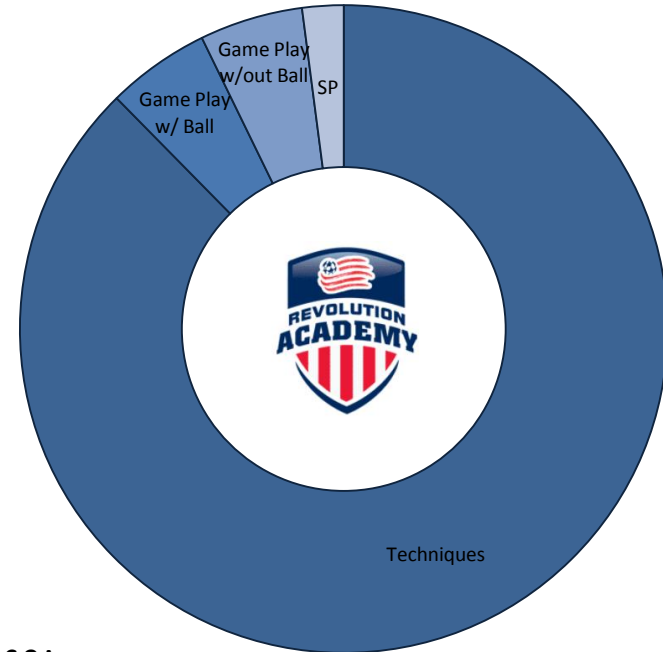
Build Up
Unbalance
Finish

Game Play Without Ball:

High Pressure
Collective Defending
Directing Play

Sports Performance:

Physical
Psychological





Movement Sheet

Dynamic Movements

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Left leg to right arm
- Side to Sides (left to right)
- Karaoke
- Arms across body
- Arms up and down
- Arm Circles Forwards
- Arm Circles Backwards
- Arms Side to Side
- Quick sprint, hamstring stretch
- Lunge

Fast Footwork

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1





Session Plan

Each session will follow the same format. The format is designed to get the player into game situations right from the start of the practice. There are 4 phases that the session will go through, progressively getting more challenging and competitive:

1. Related Warm-Up (Ball work/Dynamic x3, 90 seconds each)
2. Small Sided Game (3 sets of 4 minutes)
3. Expanded Small Sided Game (2 sets of 7 minutes)
4. Game (2 sets of 10 minutes)

Each session will last 60 minutes and the timings are only recommendations.

IMPORTANT:

Keep explanations short.

Keep the players active.

NO LAPS! NO LINES! NO LECTURES!





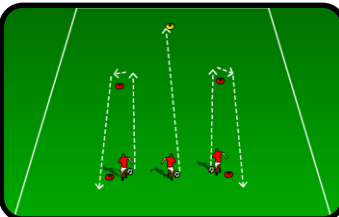
4v4 Development Guide



Session One: Running with the Ball



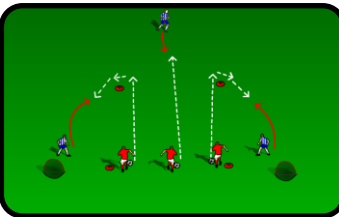
Session One Overview



Description: 2 players drive down and around the red cone, . The central player dribbles down to the yellow cone. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression: 1) Use the other foot, 2) Make it a race

Coaching Points: Drive quickly with ball (Pace, Power and Purpose), Turn sharply with as few touches as possible, Always protect the ball, Scan before turning



Description: 2 players drive down and around the red cone, then dribbles around the defender before scoring. The central player attacks the central goal. Defenders are passive (don't move) to begin with.

Progression: 1)Active defenders, 2) Use the other foot, 3) Make it a race (first player to score wins)

Coaching Points: Drive quickly with ball (Pace, Power and Purpose), Turn sharply with as few touches as possible, Always protect the ball, Scan before turning



Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone.

Coaching Points: Be positive, be creative, utilize teammates and understand where to speed dribble and where to keep the ball close.

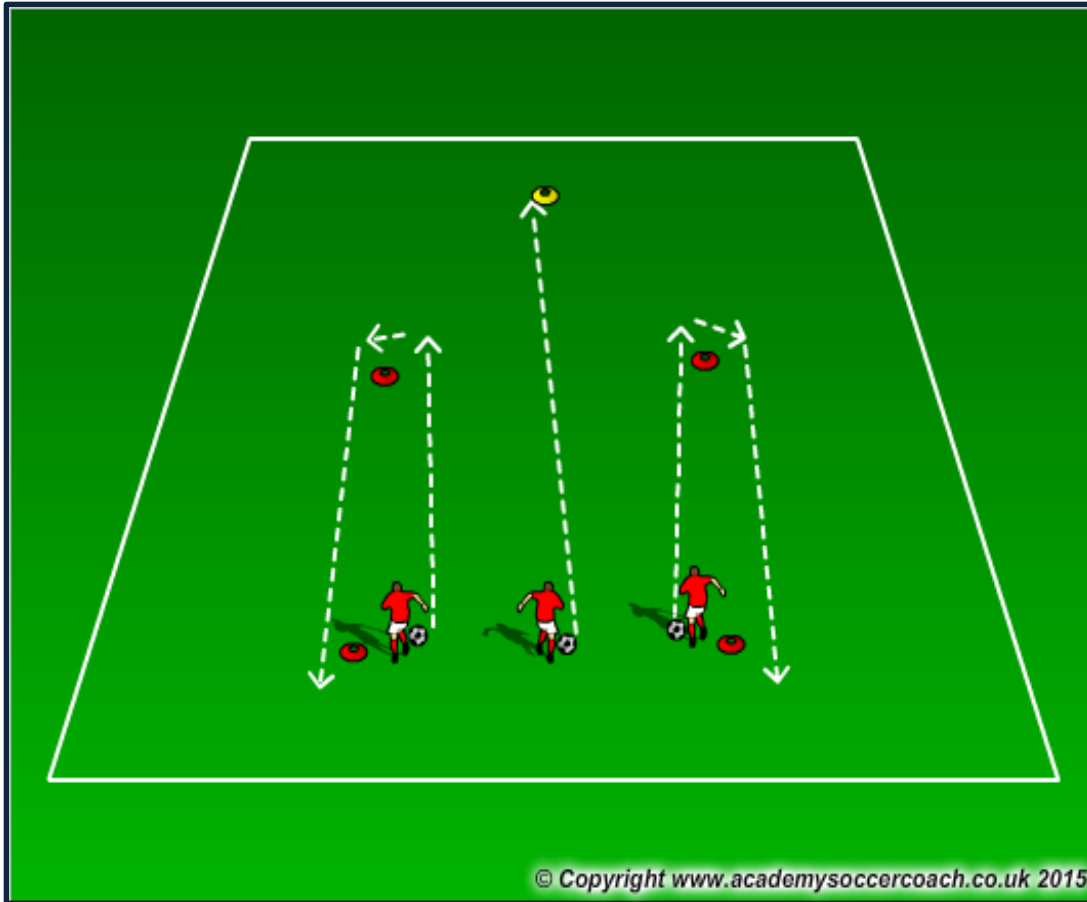


Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.

Running with the Ball



Area: Two 10 yard lines, One 15 Yard line

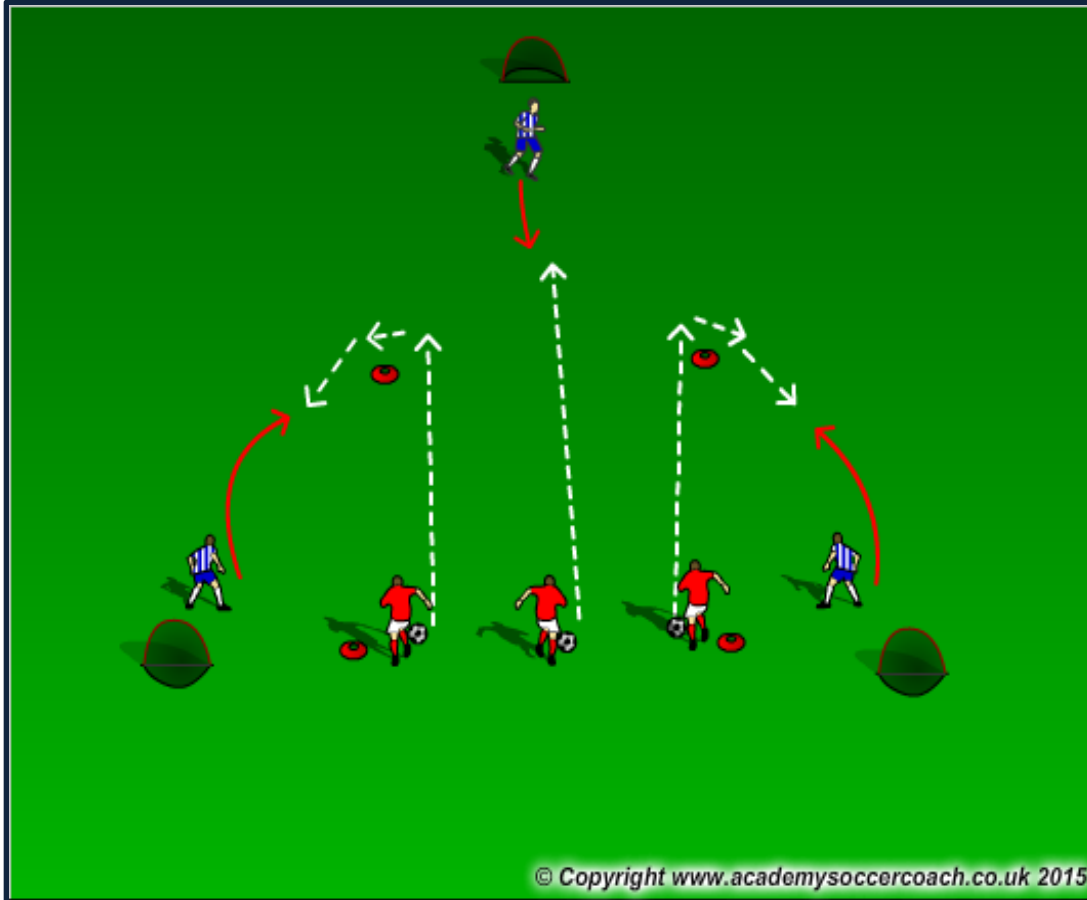
Description: 2 players drive down and around the red cone,. The central player dribbles down to the yellow cone.
(Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression:

Use the other foot
Make it a race

Coaching Points: Drive quickly with ball (Pace, Power and Purpose), Turn sharply with as few touches as possible, Always protect the ball, Scan before turning

Running with the Ball to Goal



Area: Two 10 yard lines, One 15 Yard line

Description: 2 players drive down and around the red cone, then dribbles around the defender before scoring. The central player attacks the central goal. Defenders are passive (don't move) to begin with.

Progression:

Active defenders

Use the other foot

Make it a race (first player to score wins)

Coaching Points: Drive quickly with ball (Pace, Power and Purpose), Turn sharply with as few touches as possible, Always protect the ball, Scan before turning

3v3 End Zone

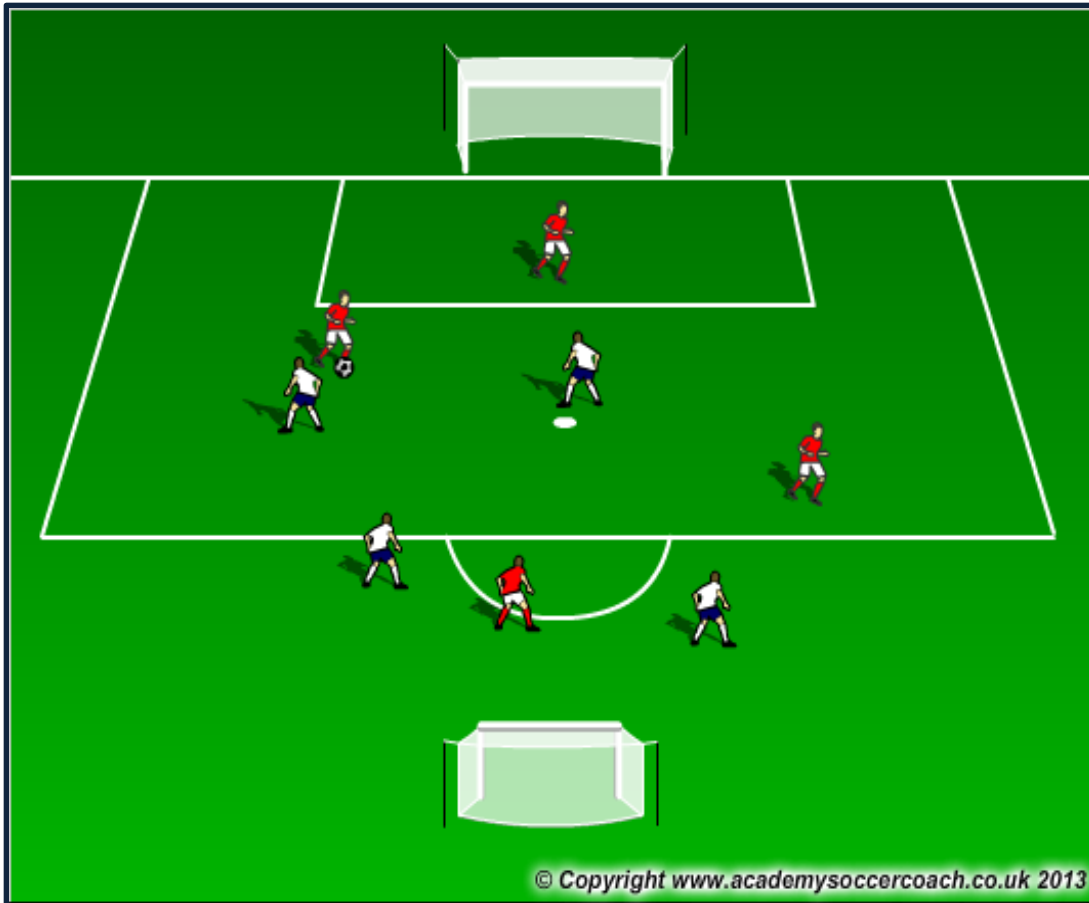


Area: 20x30 yard grid

Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone.

Coaching Points: Be positive, be creative, utilize teammates and understand where to speed dribble and where to keep the ball close.

4v4 Game



Area: 40x30 yard field

Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.



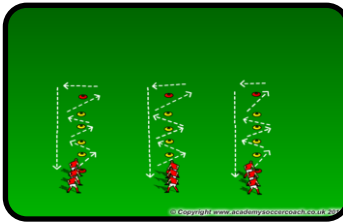
4v4 Development Guide



Session Two: Close Touch Dribbling



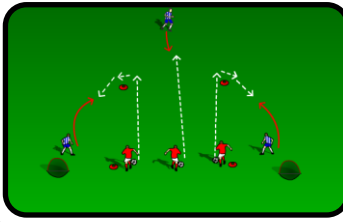
Session Two Overview



Description: Separate into groups of 3 or 4 players. Players must dribble through the cones and return to their line. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression: Use the other foot, 2) Make it a race, 3) Use different ball mastery to advance

Coaching Points: Balanced body position, confident touch, never stretch for the ball, Scan as you go



Description: Separate into groups of 3 plus 1 defender. Players must dribble through the cones and score past the passive (don't move) defender.

Progression: 1) Active defenders, 2) Use the other foot, 3) Use different ball mastery to advance, 4) Make it a race (first player to score wins)

Coaching Points: Balanced body position, confident touch, never stretch for the ball, Scan as you go



Description: Separate group into teams of 3. Players must play man to man (you can only defend your matched up opponent 1v1). Players must dribble into end zone before scoring in goal.

Coaching Points: Try to create separation from your opponent prior to receiving the ball, Keep the ball protected on the correct foot, scan for defender, scan for team mate movement off the ball. Be positive and score goals.

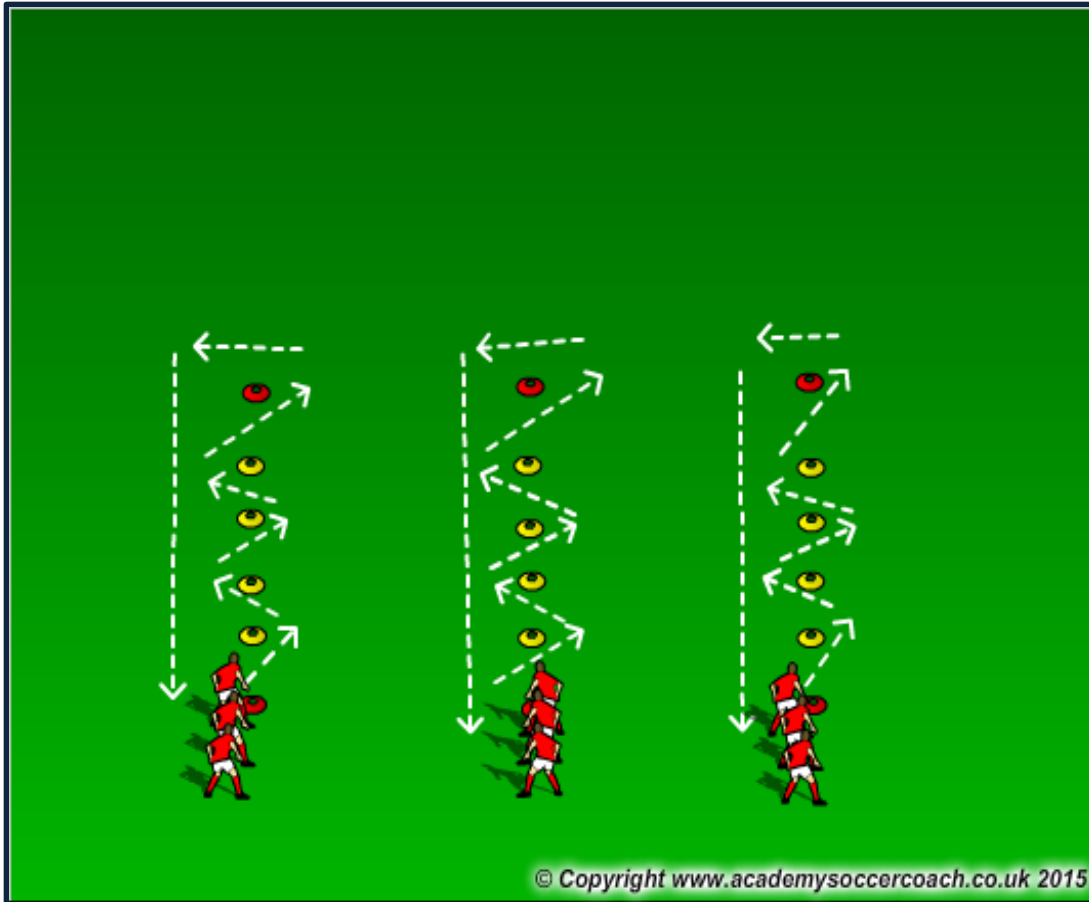


Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.

Relay Dynamics



Area: 10 Yard lines

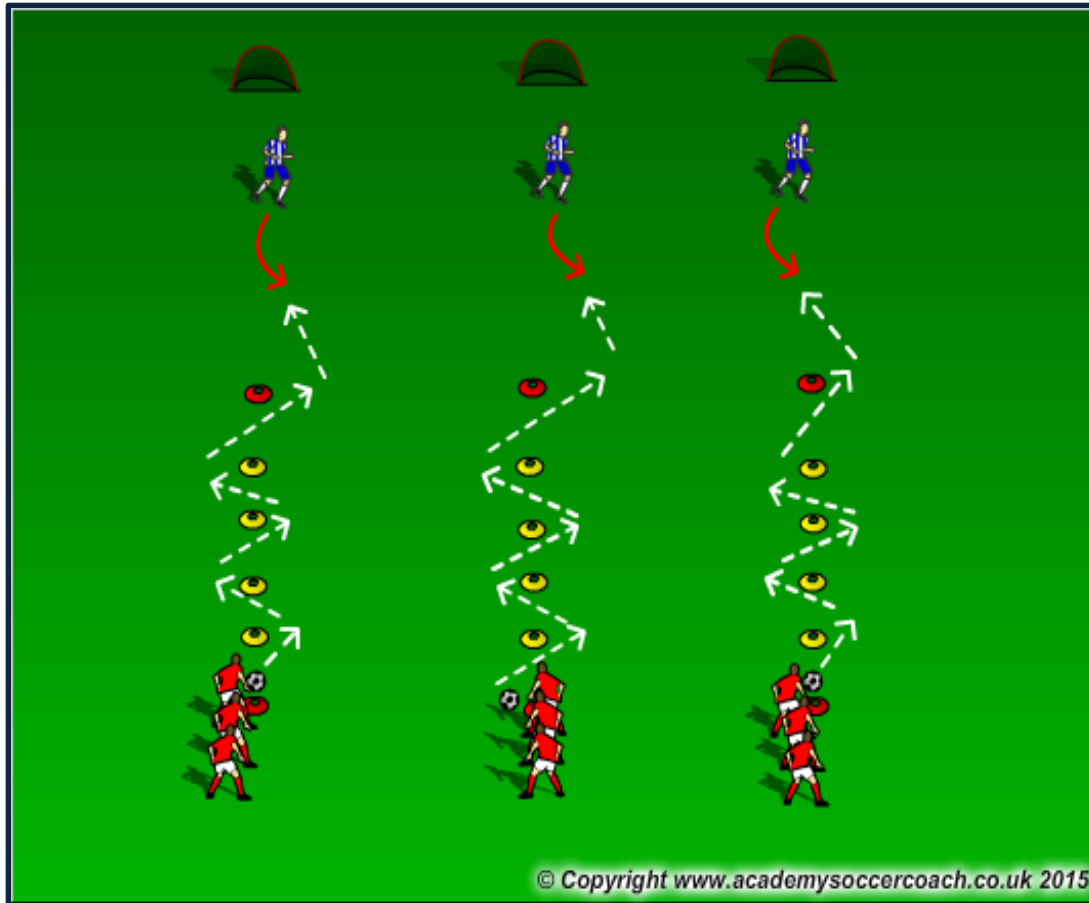
Description: Separate into groups of 3 or 4 players. Players must dribble through the cones and return to their line. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression:

- Use the other foot
- Make it a race
- Use different ball mastery to advance

Coaching Points: Balanced body position, confident touch, never stretch for the ball, Scan as you go

Relay to Goal



Area: 10 yard line + 10 yards to goal

Description: Separate into groups of 3 plus 1 defender. Players must dribble through the cones and score past the passive (don't move) defender.

Progression:

Active defenders

Use the other foot

Use different ball mastery to advance

Make it a race (first player to score wins)

Coaching Points: Balanced body position, confident touch, never stretch for the ball, Scan as you go

End Zone to Goal

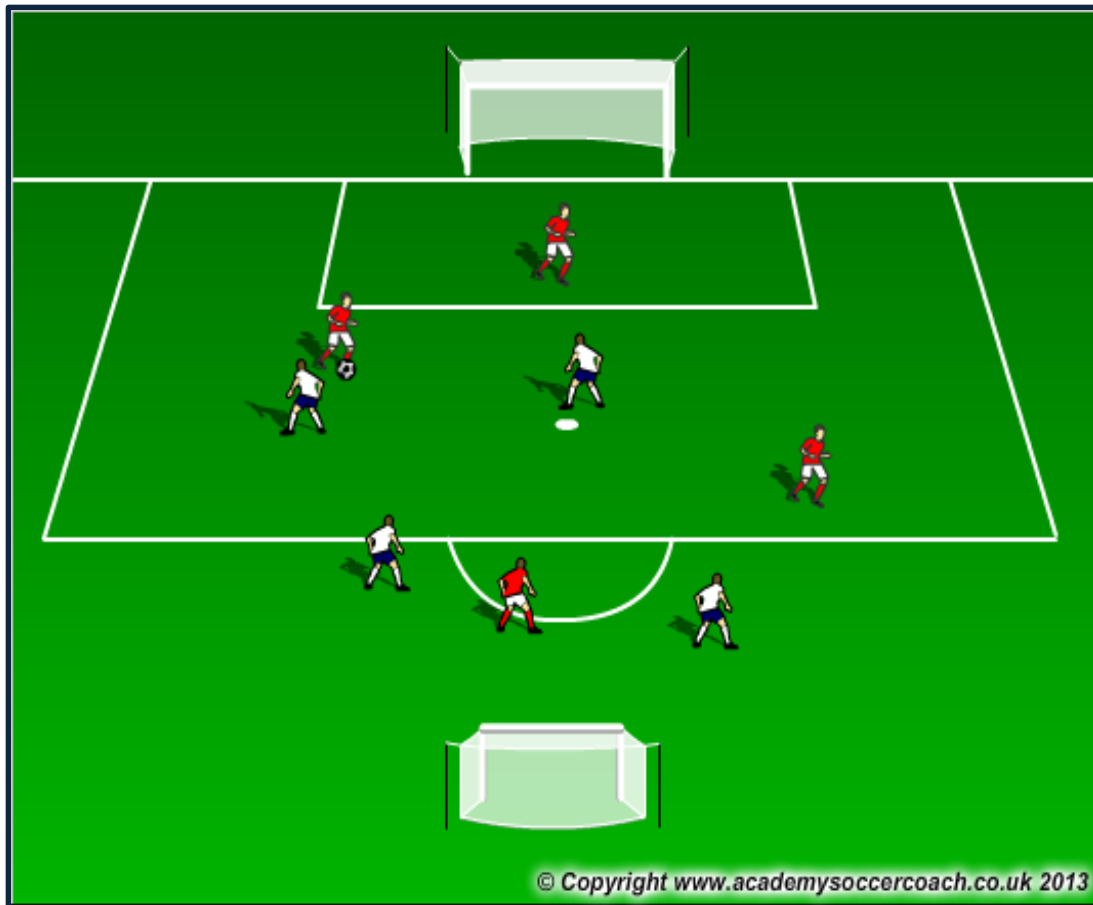


Area: 20x30 yard grid

Description: Separate group into teams of 3. Players must play man to man (you can only defend your matched up opponent 1v1). Players must dribble into end zone before scoring in goal.

Coaching Points: Try to create separation from your opponent prior to receiving the ball, Keep the ball protected on the correct foot, scan for defender, scan for team mate movement off the ball. Be positive and score goals.

4v4 Game



Area: 40x30 yard field

Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.



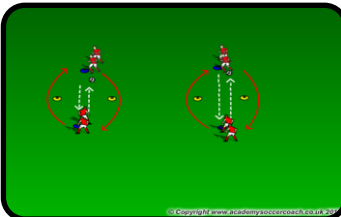
4v4 Development Guide



Session Three: Fundamental Passing



Session Three Overview

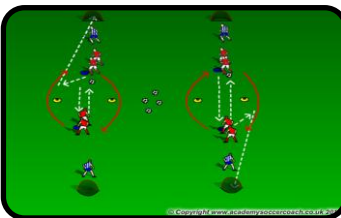


Description: Players are separated into groups of 4, 2 on either cone. Players pass 2 touch back and forth. After every second pass, follow the pass. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression: 1) Change lines after ever pass, 2) Play 1 touch

Coaching Points:

Keep the ball flat on the ground, Accurate pass to feet, Good weight on the pass, Scan as the ball travels

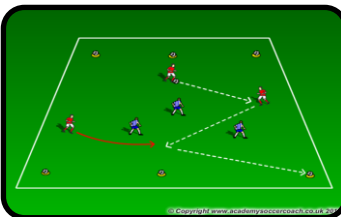


Description: Players are separated into groups of 4, 2 on either cone. Then place a defender at each goal. Players pass 2 touch back and forth. After every second pass, follow the pass. At any time, the receiver can set the oncoming player to pass into the goal past the passive (can't move) defender.

Progression: 1) Active defenders (Making a 1v1), 2) Use the other foot. 3) Make it a competition (Keep score per group)

Coaching Points:

Keep the ball flat on the ground, Accurate pass to feet, Good weight on the pass, Scan as the ball travels



Description: Separate group into teams of 3. Place 2 teams in a grid. Players play a regular game however instead of shooting into a goal to score, players must successfully pass the game ball onto the 3 opposition balls on cones. If a team knocks a ball off they earn a point and ball goes back on the cone.

Progression: Once a ball has been knocked off, it stays off, reducing the opportunities to score.

Coaching points: Utilize your partner and move off the ball. Be direct if the opportunity arises, reiterate passing technique.

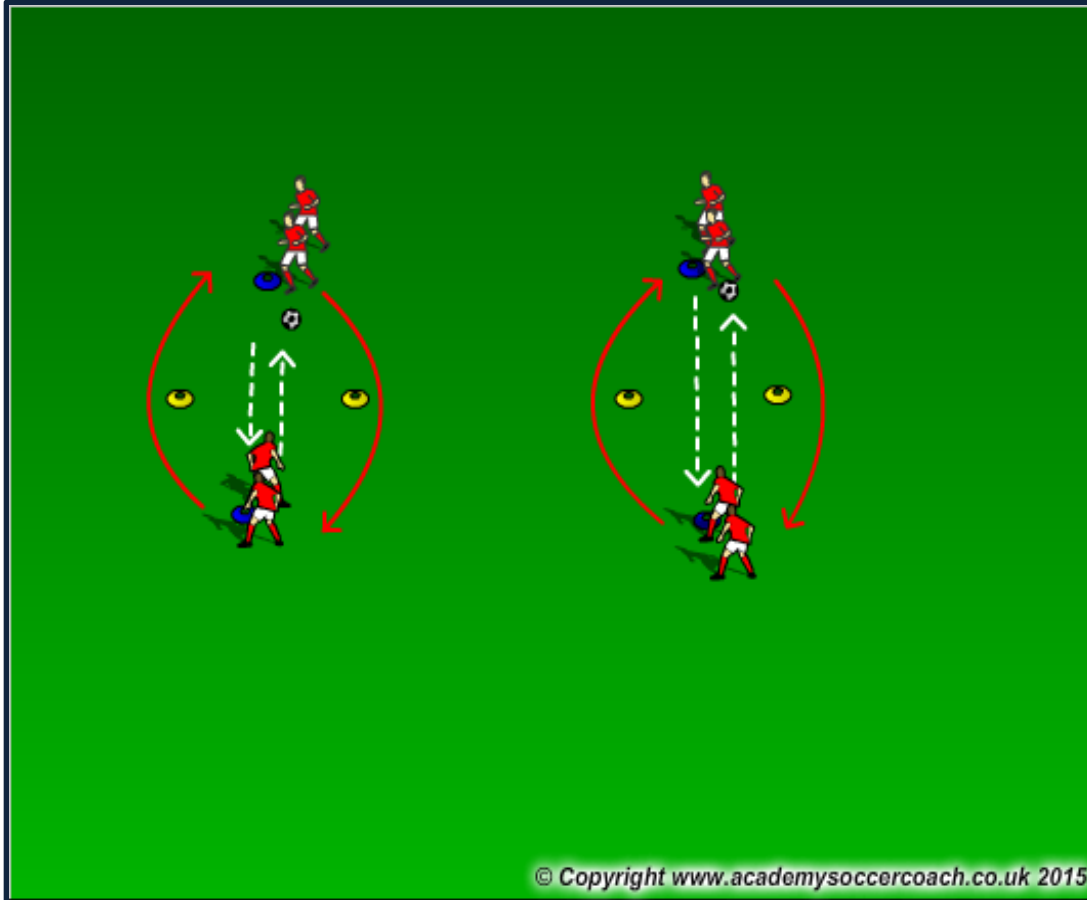


Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.

Dynamic Passes in 2's



Area: 6 yard line with 3 yard gate

Description: Players are separated into groups of 4, 2 on either cone. Players pass 2 touch back and forth. After every second pass, follow the pass.
(Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

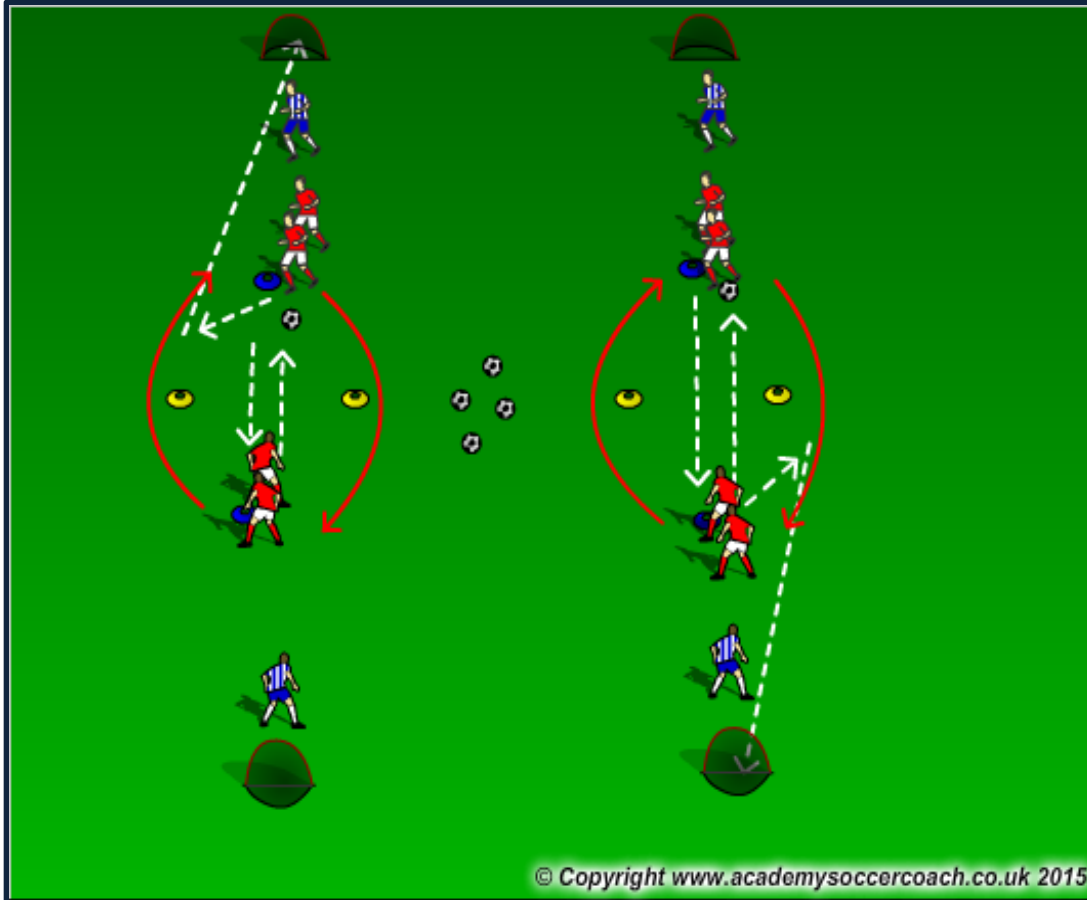
Progression:

Change lines after ever pass
Play 1 touch

Coaching Points:

Keep the ball flat on the ground
Accurate pass to feet
Good weight on the pass
Scan as the ball travels

Passes in 2's to Goal



Area: 6 yard line with 3 yard gate + 10 Yards to goal.

Description: Players are separated into groups of 4, 2 on either cone. Then place a defender at each goal. Players pass 2 touch back and forth. After every second pass, follow the pass. At any time, the receiver can set the oncoming player to pass into the goal past the passive (can't move) defender.

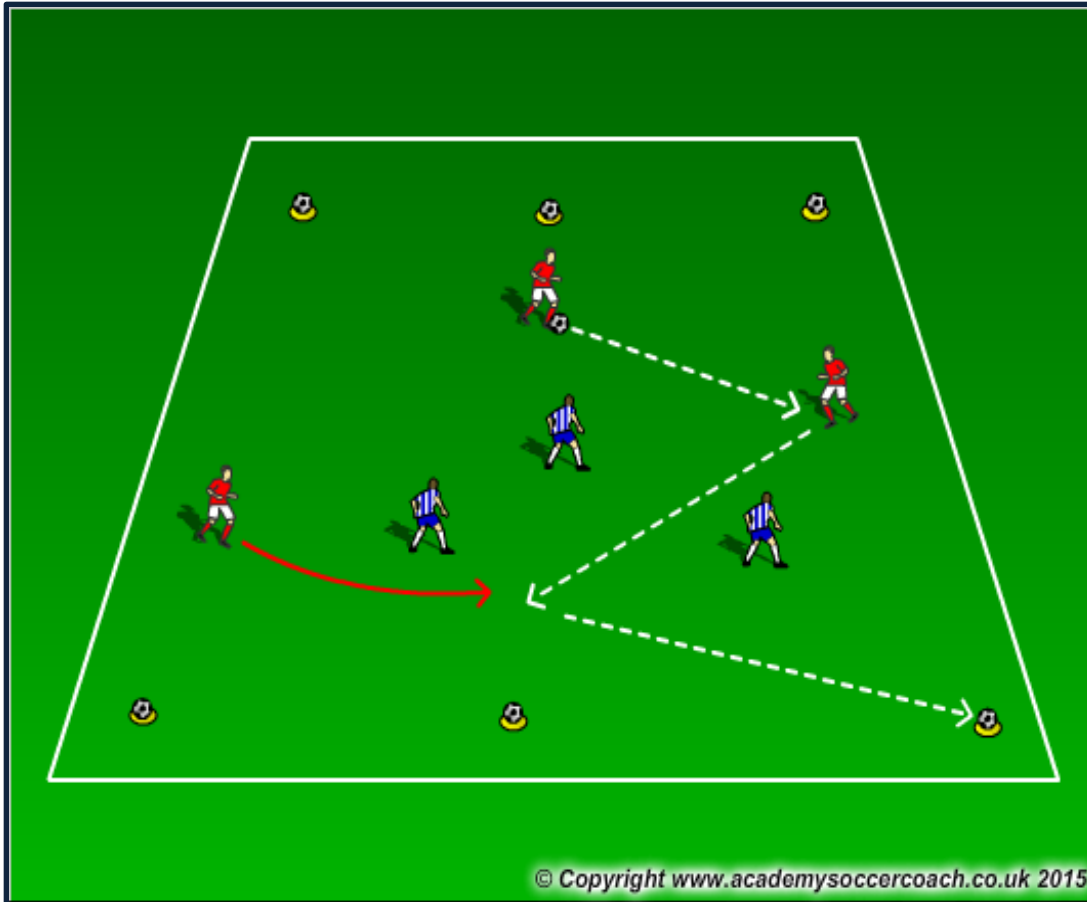
Progression:

- Active defenders (Making a 1v1)
- Use the other foot
- Make it a competition (Keep score per group)

Coaching Points:

- Keep the ball flat on the ground
- Accurate pass to feet
- Good weight on the pass
- Scan as the ball travels

3v3 to Ball



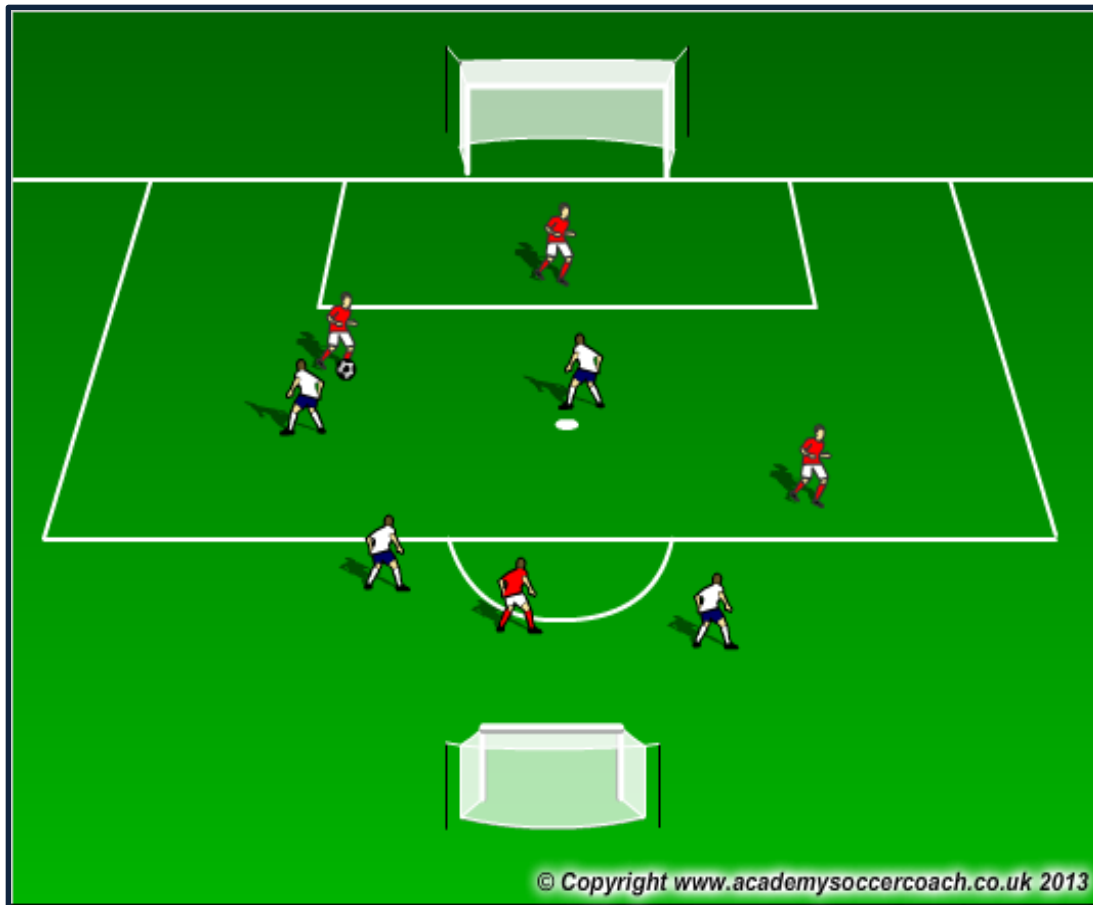
Area: 20x 15 yard grid

Description: Separate group into teams of 3. Place 2 teams in a grid. Players play a regular game however instead of shooting into a goal to score, players must successfully pass the game ball onto the 3 opposition balls on cones. If a team knocks a ball off they earn a point and ball goes back on the cone.

Progression: Once a ball has been knocked off, it stays off, reducing the opportunities to score.

Coaching points: Utilize your partner and move off the ball. Be direct if the opportunity arises, reiterate passing technique.

4v4 Game



Area: 40x30 yard field

Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.



4v4 Development Guide



Session Four: Fundamental Receiving



Session Four Overview



Description: Separate team into 2 groups, one group with balls inside the grid and one team without balls surrounding the grid. Players must connect passes with those on the outside continuously. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression: 1) Use your opposite foot to complete receive, 2) Complete combination plays such as 1-2 or overlapping runs with those on the outside

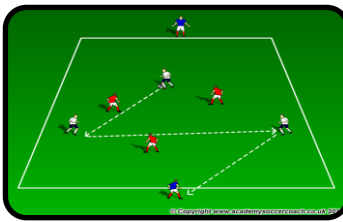
Coaching points: Balanced body position, Lock ankle, head steady, follow through in direction of target, Open up hips, Scan as ball travels, Create angle to play into the game



Description: Separate team into 2 groups, one group with balls inside the grid and one team without balls surrounding the grid. Place 2 defenders in the grid to disrupt play. Players must connect passes with those on the outside continuously. Players that combine around defenders can score.

Progression: 1) Use the other foot, 2) Make it a competition (keep score against the defenders)

Coaching points: Balanced body position, Lock ankle, head steady, follow through in direction of target, Open up hips, Scan as ball travels, Create angle to play into the game



Description: In groups of 8, create 2 teams of 3 and 2 Target players that play for any team in possession of the ball. A goal is scored when a player passes to a target player who is stuck on the end of the field.

Coaching points: Positive touch, movement off the ball, reiterate the receiving points from earlier



Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.

Passing/Receiving Box



Area: 20x15 yard grid

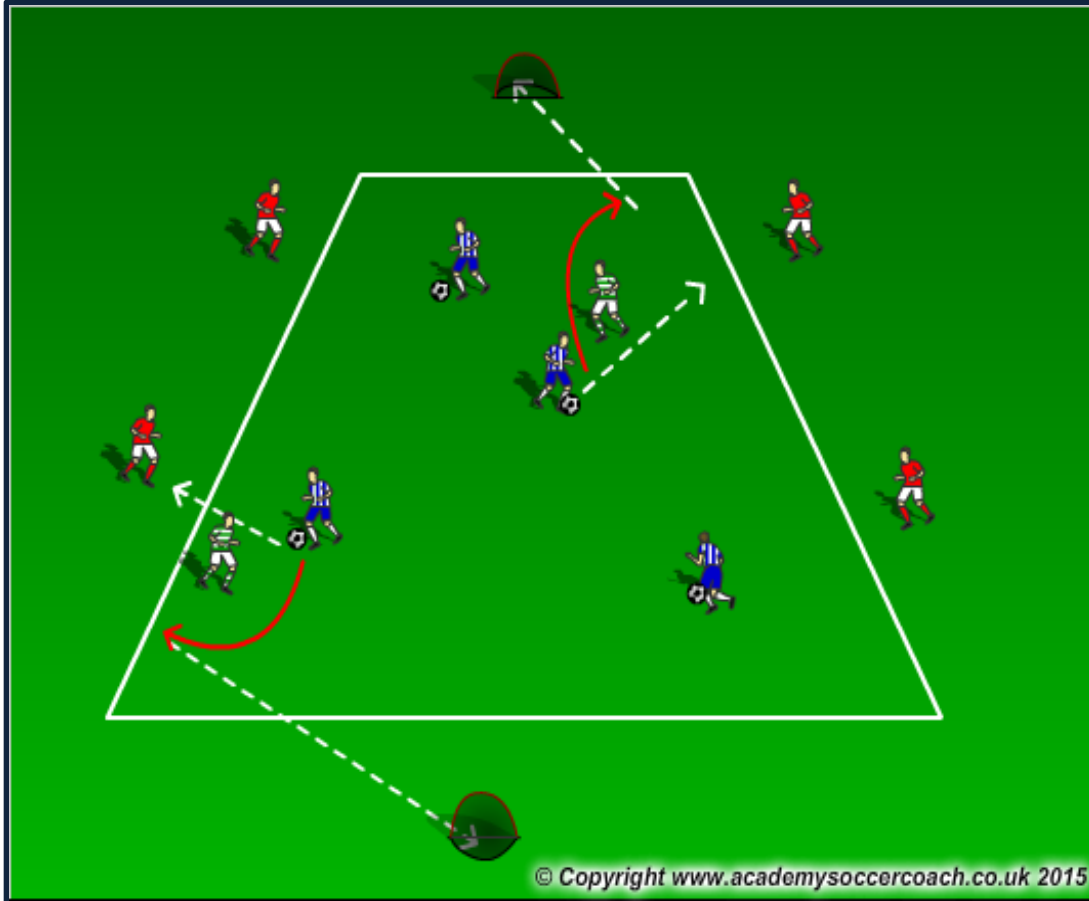
Description: Separate team into 2 groups, one group with balls inside the grid and one team without balls surrounding the grid. Players must connect passes with those on the outside continuously. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression:

Use your opposite foot to complete receive
Complete combination plays such as 1-2 or
overlapping runs with those on the outside

Coaching points: Balanced body position,
Lock ankle, head steady, follow through in
direction of target, Open up hips, Scan as ball
travels, Create angle to play into the game

Passing/Receiving Box to Goal



Area: 20x15 yard grid

Description: Separate team into 2 groups, one group with balls inside the grid and one team without balls surrounding the grid. Place 2 defenders in the grid to disrupt play. Players must connect passes with those on the outside continuously. Players that combine around defenders can score.

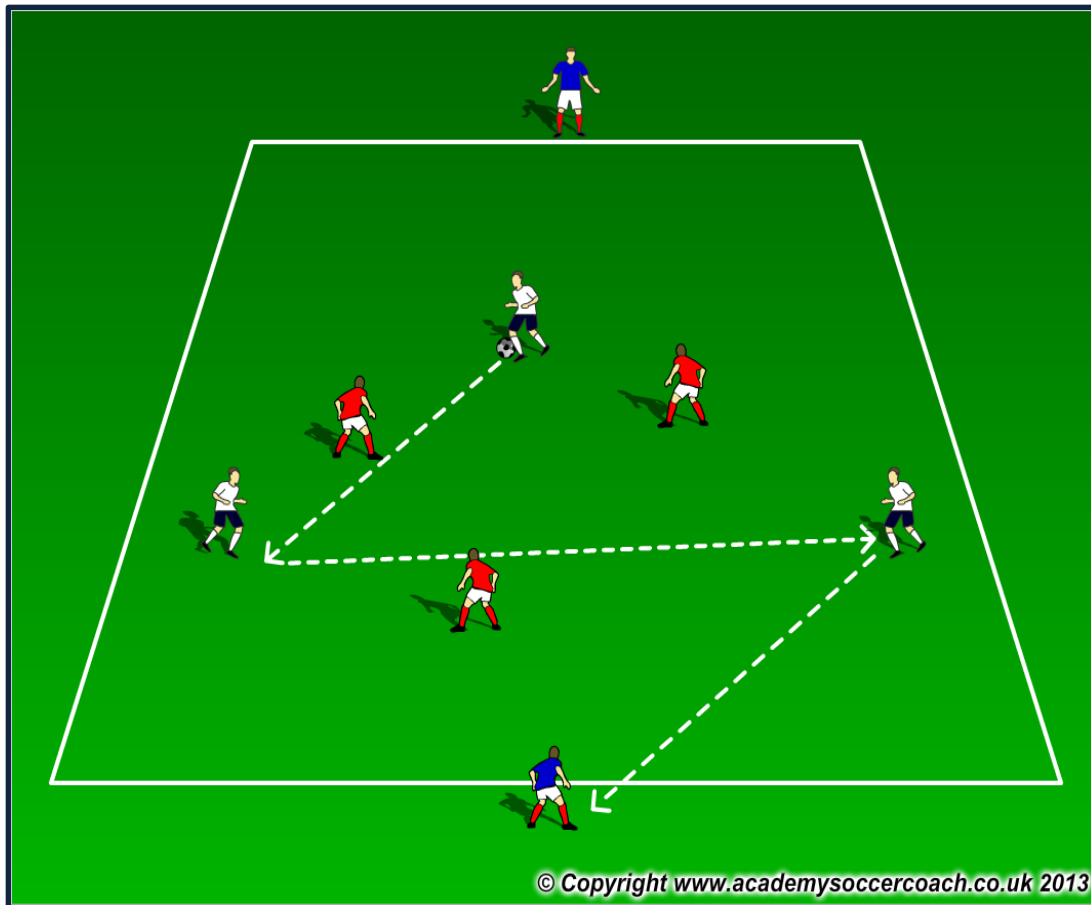
Progression:

Use the other foot

Make it a competition (keep score against the defenders)

Coaching points: Balanced body position, Lock ankle, head steady, follow through in direction of target, Open up hips, Scan as ball travels, Create angle to play into the game

3v3 + Targets

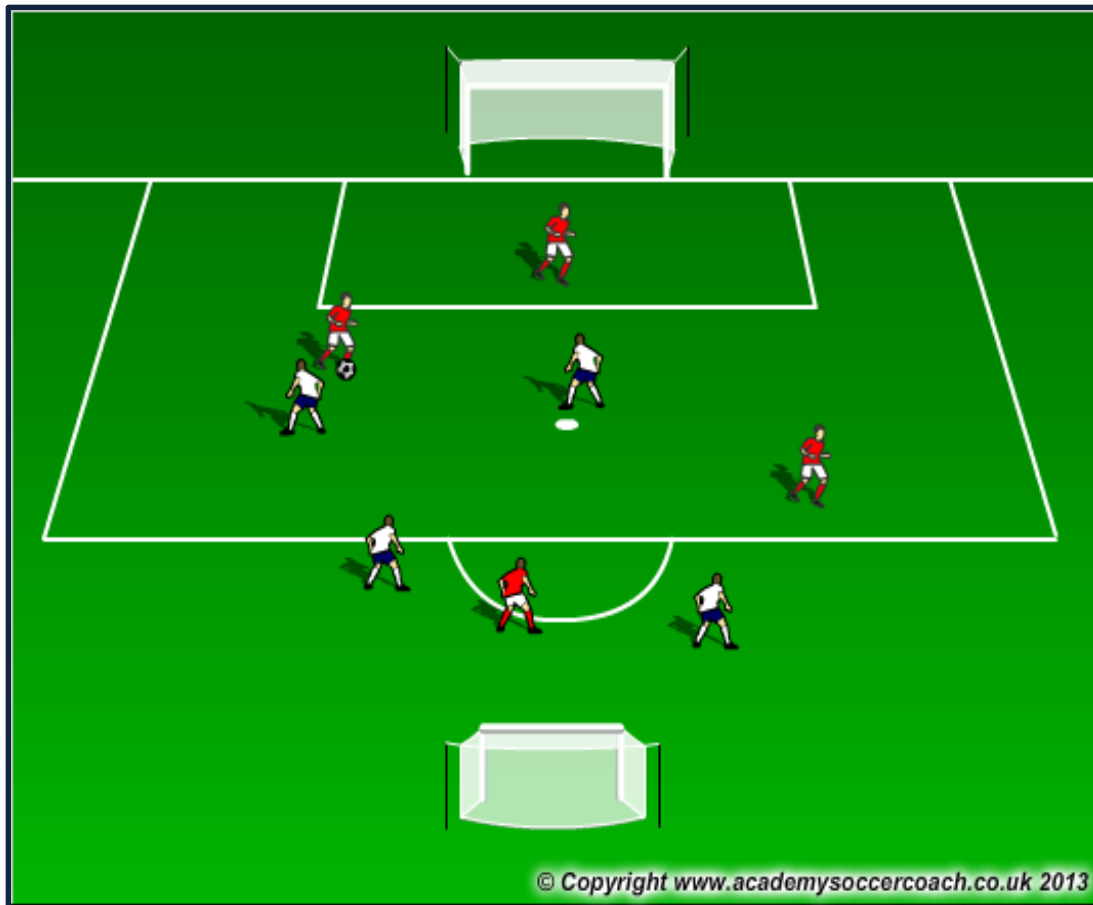


Area: 20x15 yard grid

Description: In groups of 8, create 2 teams of 3 and 2 Target players that play for any team in possession of the ball. A goal is scored when a player passes to a target player who is stuck on the end of the field.

Coaching points: Positive touch, movement off the ball, reiterate the receiving points from earlier

4v4 Game



Area: 40x30 yard field

Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.



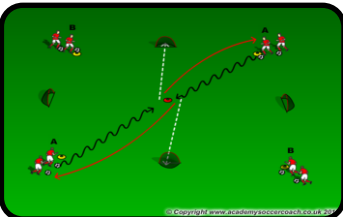
4v4 Development Guide



Session Five: Finishing



Session Five Overview



Description: Separate team into four groups placed on the cones. Line A dribbles into center cone and finishes. They then collect ball and switch sides. As soon as Line A shoots, Line B starts. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression: 1) Use the other foot, 2) Perform a skill in the middle, 3) Make it a competition (who can score first)

Coaching Points: Drive in with pace, power and purpose, Sharp turn, Strike low and hard into the goal.



Description: Separate team into four groups placed on the cones. Place two defenders in the middle that rotate defending line A then B. Line A dribbles into center cone and finishes. They then collect ball and switch sides. As soon as Line A shoots, Line B starts.

Progression: 1) Use the other foot, 2) Perform a skill in the middle, 3) Make it a competition (who can score first)

Coaching Points: Drive in with pace, power and purpose, Sharp turn, Strike low and hard into the goal.



Description: Split Group into two teams with keepers. Players form two lines behind each goal
Coach passes into attacking team and calls out a number. 11 = 1v1, 21 = 2v1, 32 = 3v2 (as shown)

Progression: Limit time to 20 seconds to promote quick sharp attacks on goal

Coaching Points: Player with the ball must make good decisions, Player with ball should try to commit a defender to open space for team mates, take shot of defending team back off, Creative movement from support players, Angle and distance of support, Use combination plays to unbalance defenders

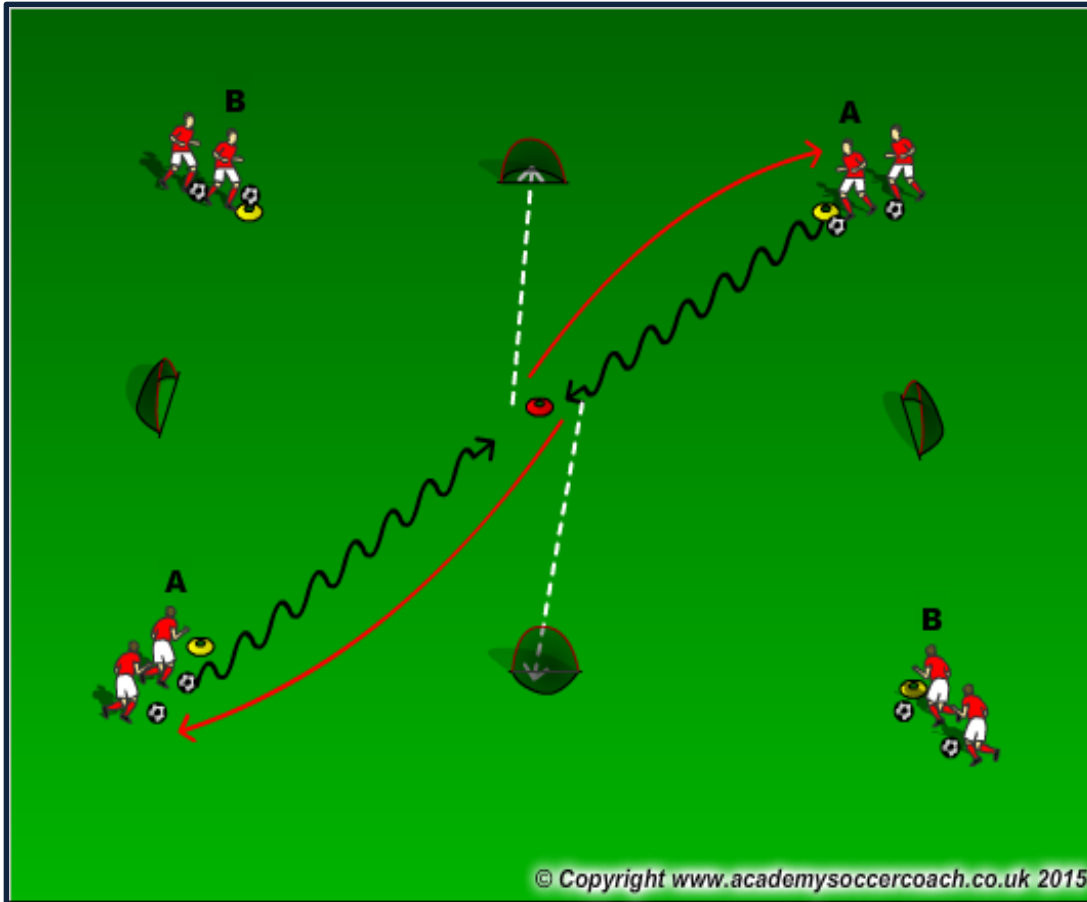


Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.

Finishing Dynamic



Area: 20x20 yard grid with goals

Description: Separate team into four groups placed on the cones. Line A dribbles into center cone and finishes. They then collect ball and switch sides. As soon as Line A shoots, Line B starts. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression:

- Use the other foot
- Perform a skill in the middle
- Make it a competition (who can score first)

Coaching Points: Drive in with pace, power and purpose, Sharp turn, Strike low and hard into the goal.

Four Goal Finishing 1v1



Area: 20x20 yard grid with goals

Description: Separate team into four groups placed on the cones. Place two defenders in the middle that rotate defending line A then B. Line A dribbles into center cone and finishes. They then collect ball and switch sides. As soon as Line A shoots, Line B starts.

Progression:

- Use the other foot
- Perform a skill in the middle
- Make it a competition (who can score first)

Coaching Points: Drive in with pace, power and purpose, Sharp turn, Strike low and hard into the goal.

The Numbers Game



Area: 40x30 yard Area

Description:

Split Group into two teams with keepers. Players form two lines behind each goal
Coach passes into attacking team and calls out a number

11 = 1v1

21 = 2v1

32 = 3v2 (as shown)

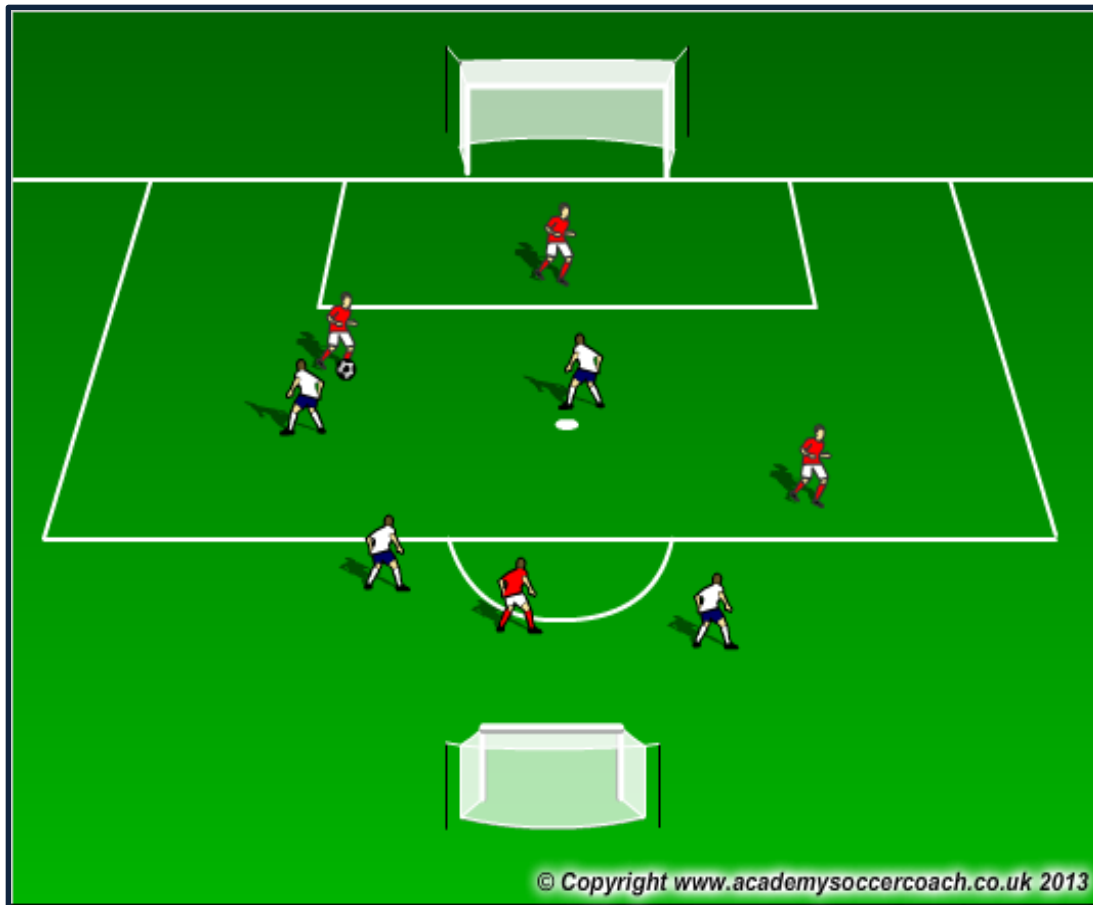
Progression

Limit time to 20 seconds to promote quick sharp attacks on goal

Coaching Points

- Player with the ball must make good decisions
- Player with ball should try to commit a defender to open space for team mates, take shot of defending team back off
- Creative movement from support players
- Angle and distance of support
- Use combination plays to unbalance defenders

4v4 Game



Area: 40x30 yard field

Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.

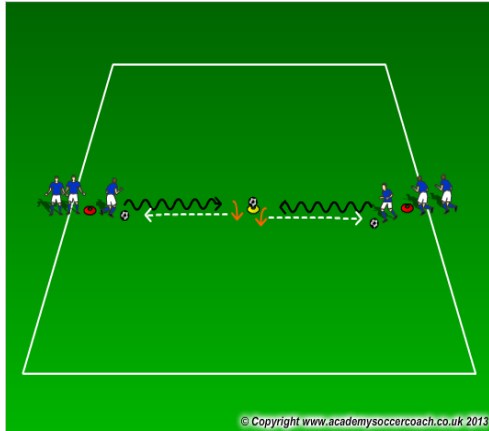


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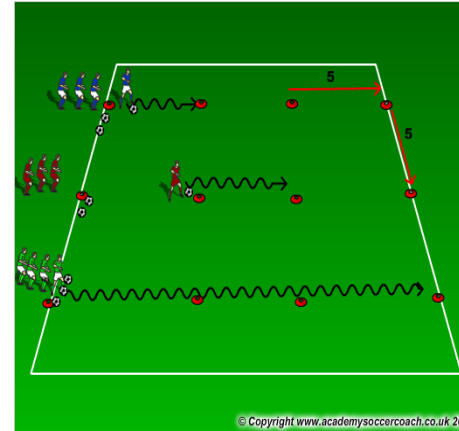


Session Six: Change of Direction Moves

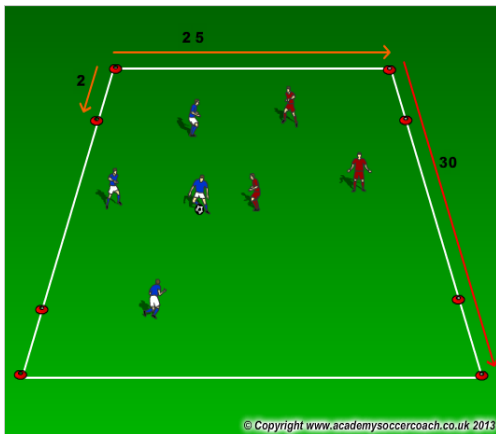
Session Six Overview



Description: 3 – 5 players per line, multiple groups set up. First player in front of each line perform ball mastery toward center cone with ball placed on top. Player then does a change of direction move prior to reaching the center ball. After COD move, passes to next person in line, and follows their pass.



Description Player 1 dribbles ball 1 to any 3 cones, runs back to start; brings ball 2 to any 3 cones, runs back to start; brings ball 3 to final cone, runs back to start and tags 2nd player
Player 2 runs out and retrieves ball 1, dribbles it to start; runs out to ball 2, dribbles to start; runs out to ball 3, dribbles to start and 3rd player
Player 3 does as 1st, Player 4 does as 2nd



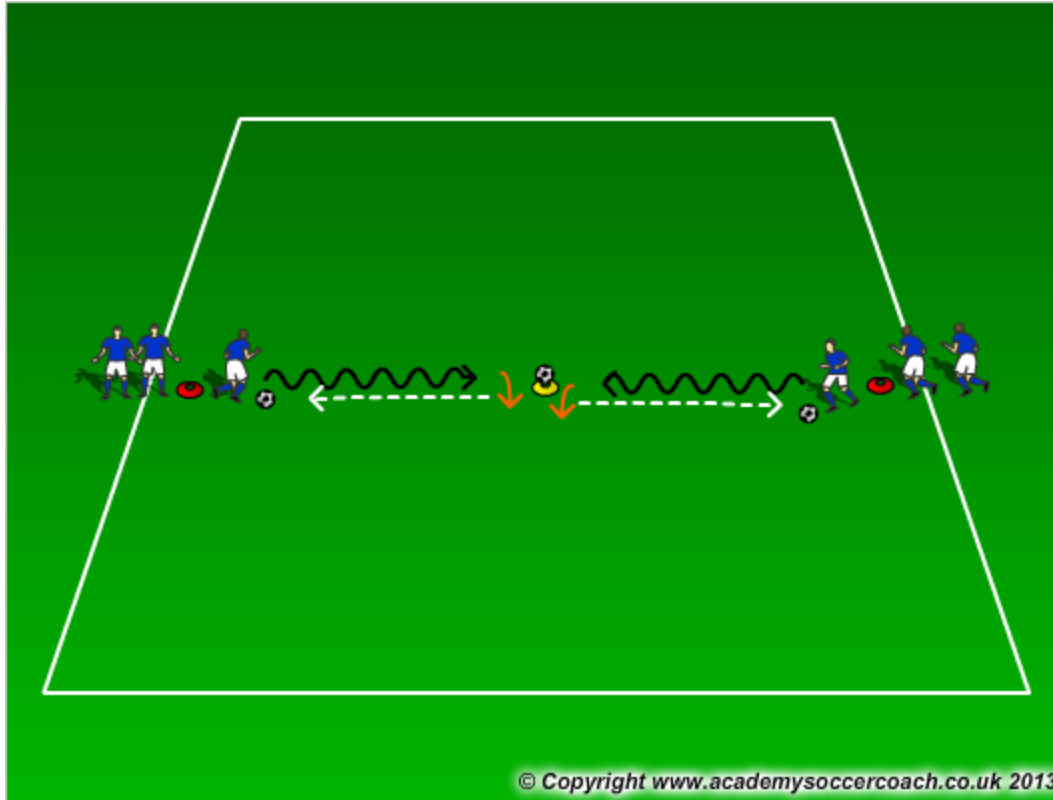
Description: 4v4 to two goals each. End line friendly, no corner kicks. Kick in's from sideline. Can add Play Maker and Targets.



Description: Games should be played either 3v3 or 4v4. This is a regular soccer game



Phase One: Scalessy



Area: 20x20

Description: 3 – 5 players per line, multiple groups set up. First player in front of each line perform ball mastery toward center cone with ball placed on top. Player then does a change of direction move prior to reaching the center ball. After COD move, passes to next person in line, and follows their pass.

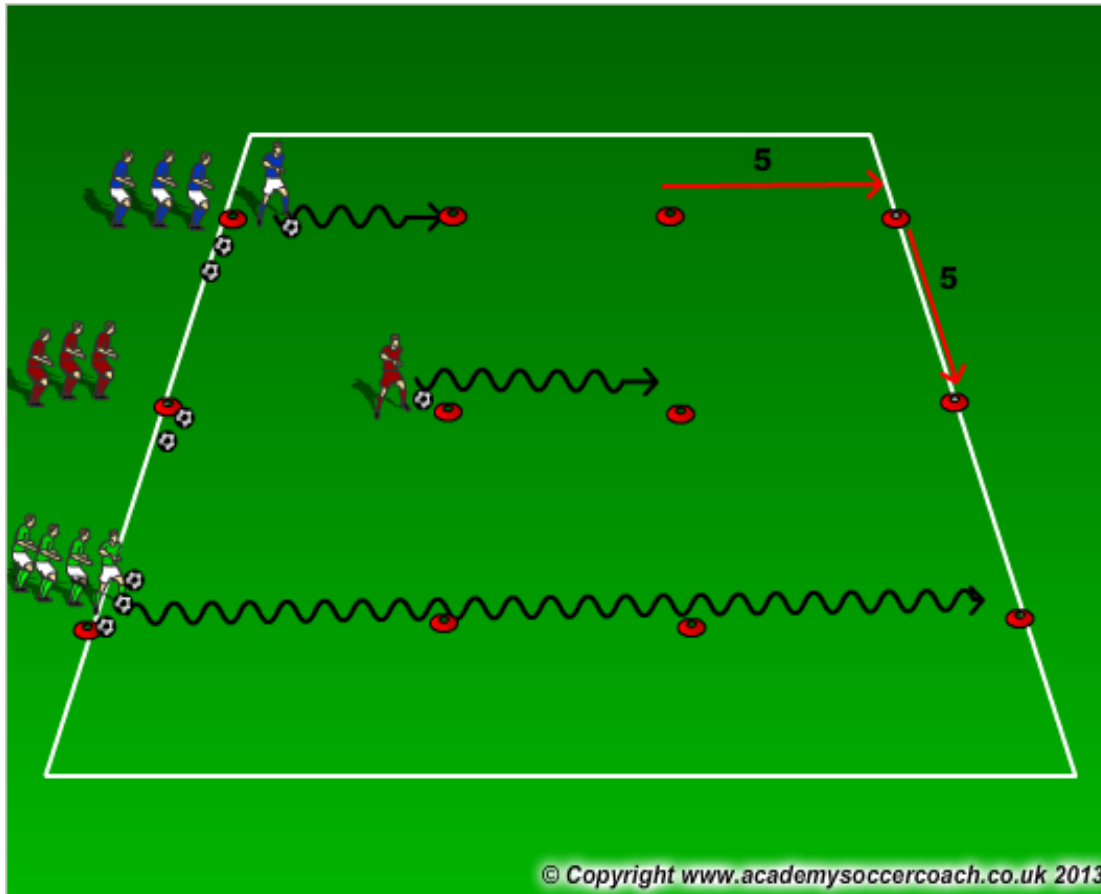
Coaching Points:

Ball Mastery: Keep touches close to body, knee over the ball (don't reach for ball). Ball must zig /zag side to side. Every step should be a touch, how many touches can you get before you reach the center cone.

Change of Direction Moves: Sharp COD move, move ball 12 o'clock to 6 o'clock. Get ball out of feet in order to make a quick pass after turn. Scan over shoulder before COD. Accelerate after COD.



Phase Two: Revs Relay



Area: 15 X 20

Description Player 1 dribbles ball 1 to any 3 cones, runs back to start; brings ball 2 to any 3 cones, runs back to start; brings ball 3 to final cone, runs back to start and tags 2nd player

Player 2 runs out and retrieves ball 1, dribbles it to start; runs out to ball 2, dribbles to start; runs out to ball 3, dribbles to start and tags 3rd player

Player 3 does as 1st

Player 4 does as 2nd

Team that retrieves all their balls and sits at starting cone wins

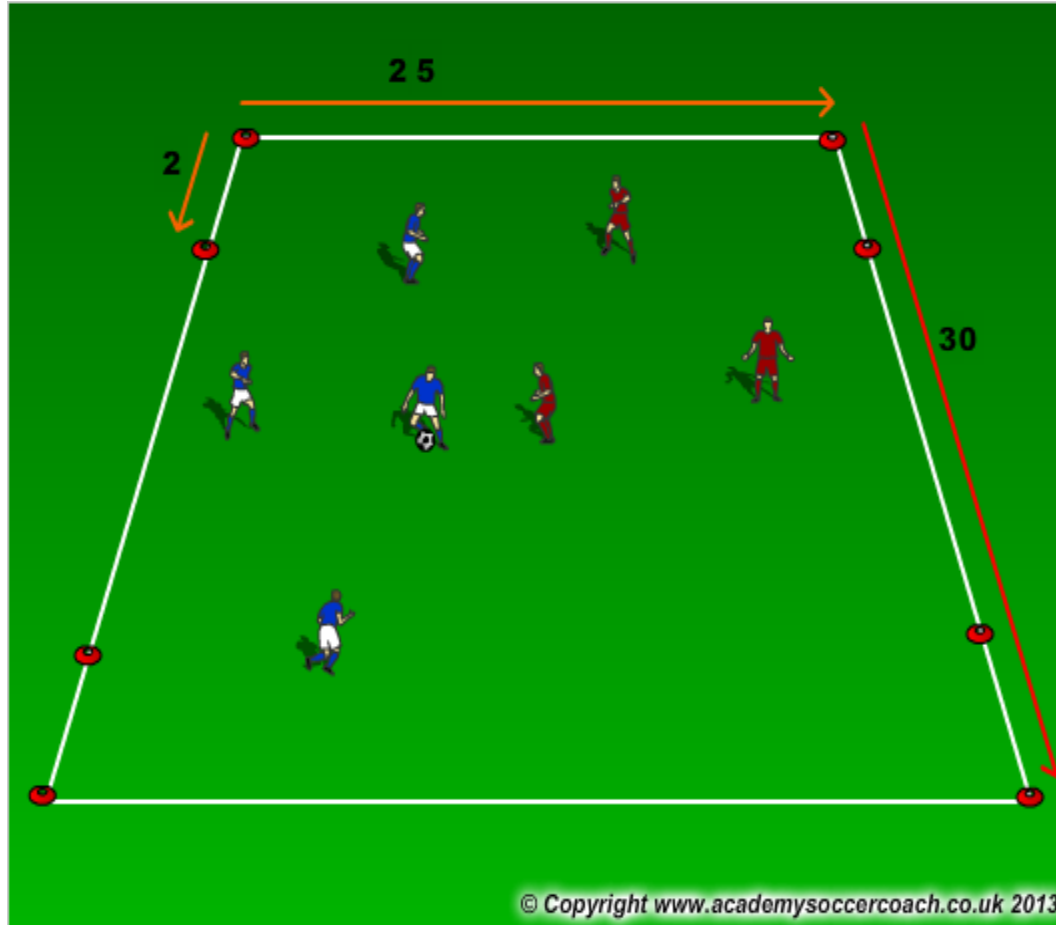
(Note: add change of direction moves within skill drill
 1. must use a pull back to retrieve balls at start
 2. must use a stop turn to leave balls at cones
 3. must use an inside cut to retrieve balls at cones)

Coaching Points

- sharp, quick turns
- controlled touch's while dribbling
- dribble straight line
- run with ball (using laces) in control on longer distances
- Scan over shoulder before changing direction



Phase Three: 4 Goal Game



Area: 25 X 30

Description

- 4v4 to two goals each
- End line friendly, no corners
- Kick in's from sideline

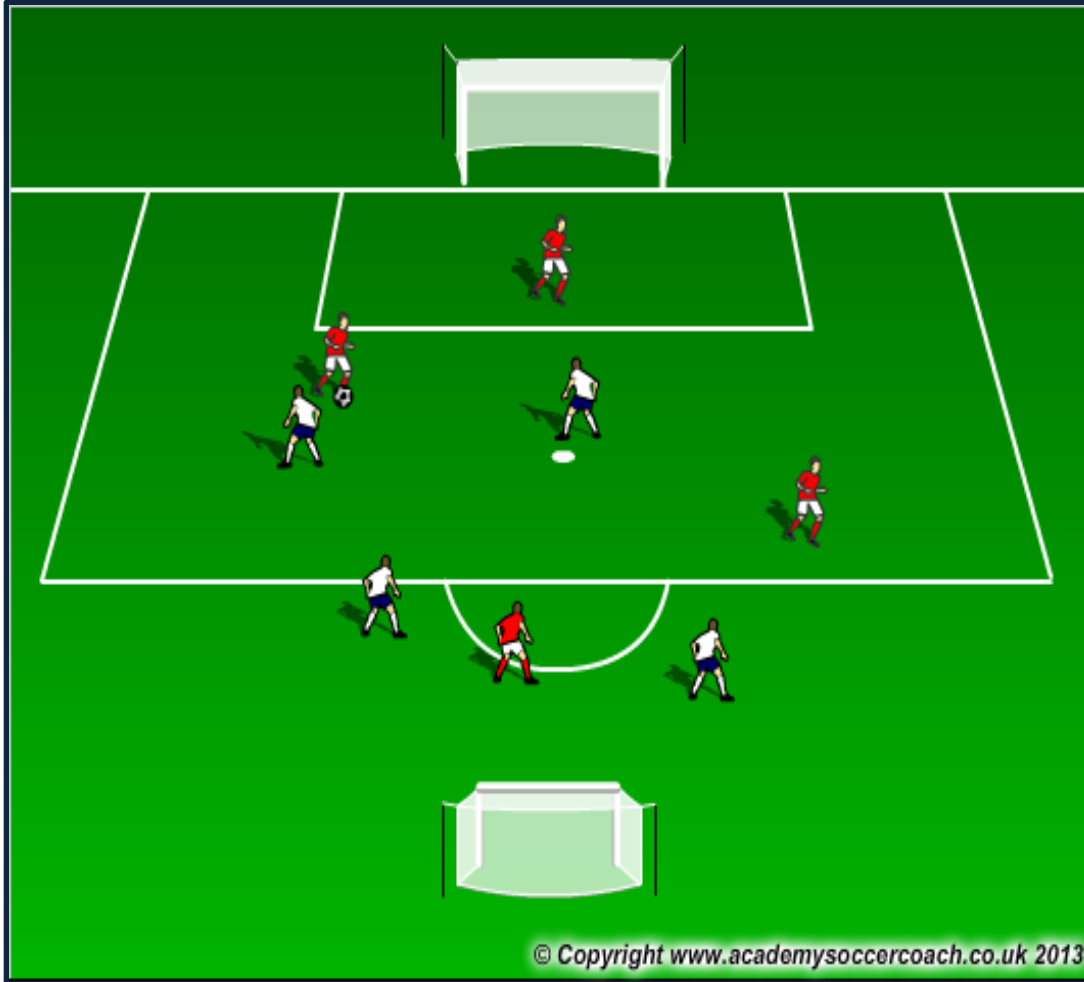
Coaching Points

- Use moves to possess and beat defenders
- Keep good team shape, especially width
- Look to make runs to get in behind, diagonal
- Good support angles and splits
- Don't force, there are two goals
- Look to create 1v1 and numbers up opportunities





Phase Four: 4v4 Game



Area: 40x30yard field

Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.





Session Six Review

Phase 1: Scalesy

Progressions:

- 1- Do combination COD before passing
- 2- Use different ball mastery skills (see ball mastery sheet).

Phase 2: Revs Relay

Progressions:

- 1-Add toe touches/tic tocs before doing the move
- 2- Add tight touches around the cones

Phase 3: 4 Goal Game

Progressions:

- 1- Add Play Maker to help create numbers up situation
- 2- Add targets between goals, must play off a target in order to score

Phase 4: 4v4 Game

N/A



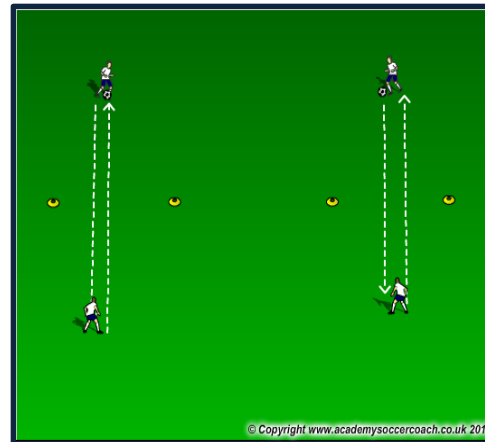


Session Seven: Placement Finishing

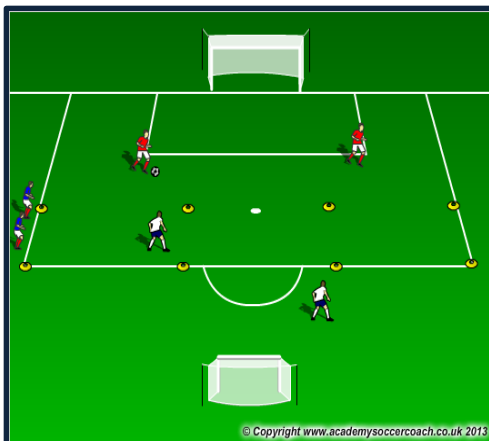
Session Seven Overview



Description: Players are numbered 1-10. Players must dribble in the tight grid and when the coach shouts out a number, that player must exit the grid and shoot on goal.



Description: In pairs, players must strike the ball back and forth through the goal. Players must keep the ball under control as they shoot.



Description: Place 6 players to a field, create 3 teams of 2. This is a regular game of 2v2 soccer however to score, player must be inside the opponents zone before shooting, this will force a placement shot rather than just a big kick. Once a goal is scored, the WINNING team leaves the field and the team waiting on the side lines enters.



Description: Games should be played either 3v3 or 4v4. This is a regular soccer game





Phase One: Four Goal Numbered Shot



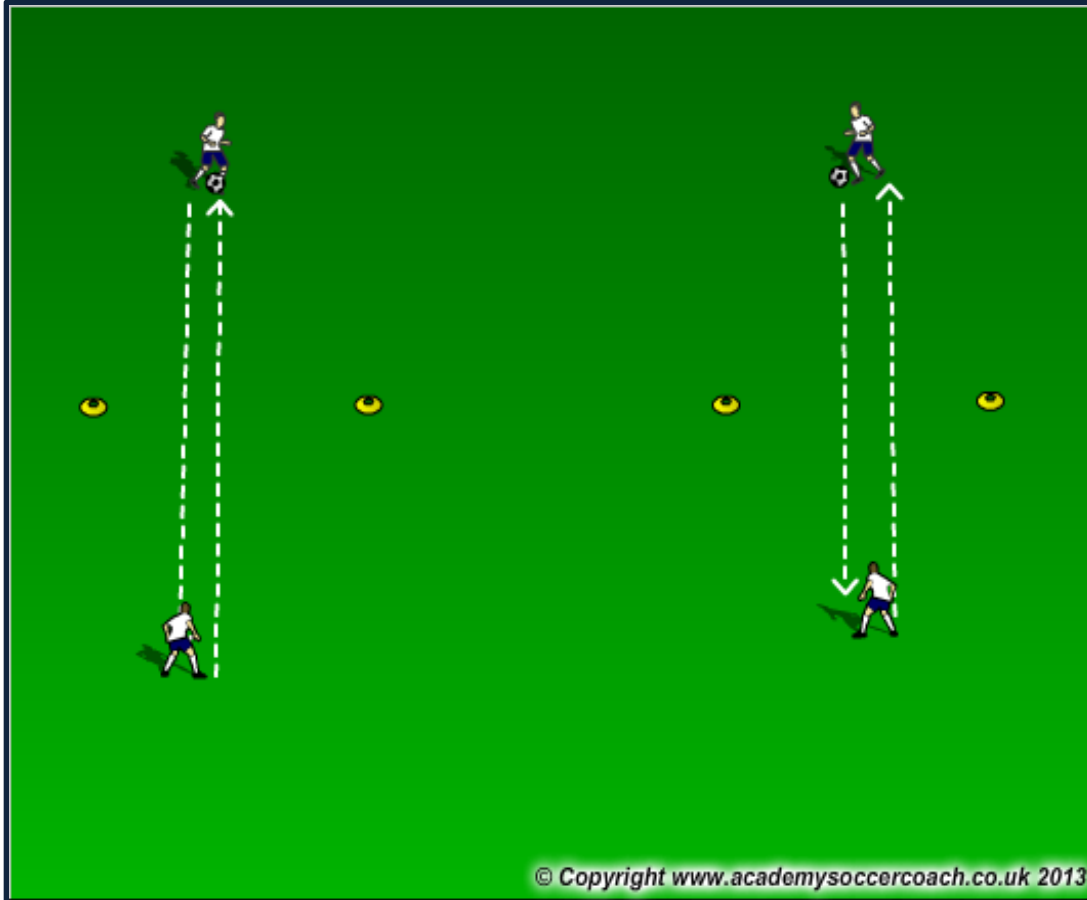
Area: 16 x 10 yard grid, 4 goals placed 8 yards from the side of the grid

Description: Players are numbered 1-10. Players must dribble in the tight grid and when the coach shouts out a number, that player must exit the grid and shoot on goal.

Coaching Points: Players must dribble the ball under control in the tight area. Players must listen carefully and react quickly to their number. Relax and hit the target. Explain inside of the foot for accuracy, laces for power.



Phase Two: Finishing in 2's



Area: 3 yard goal, players stand 5 yards from goal

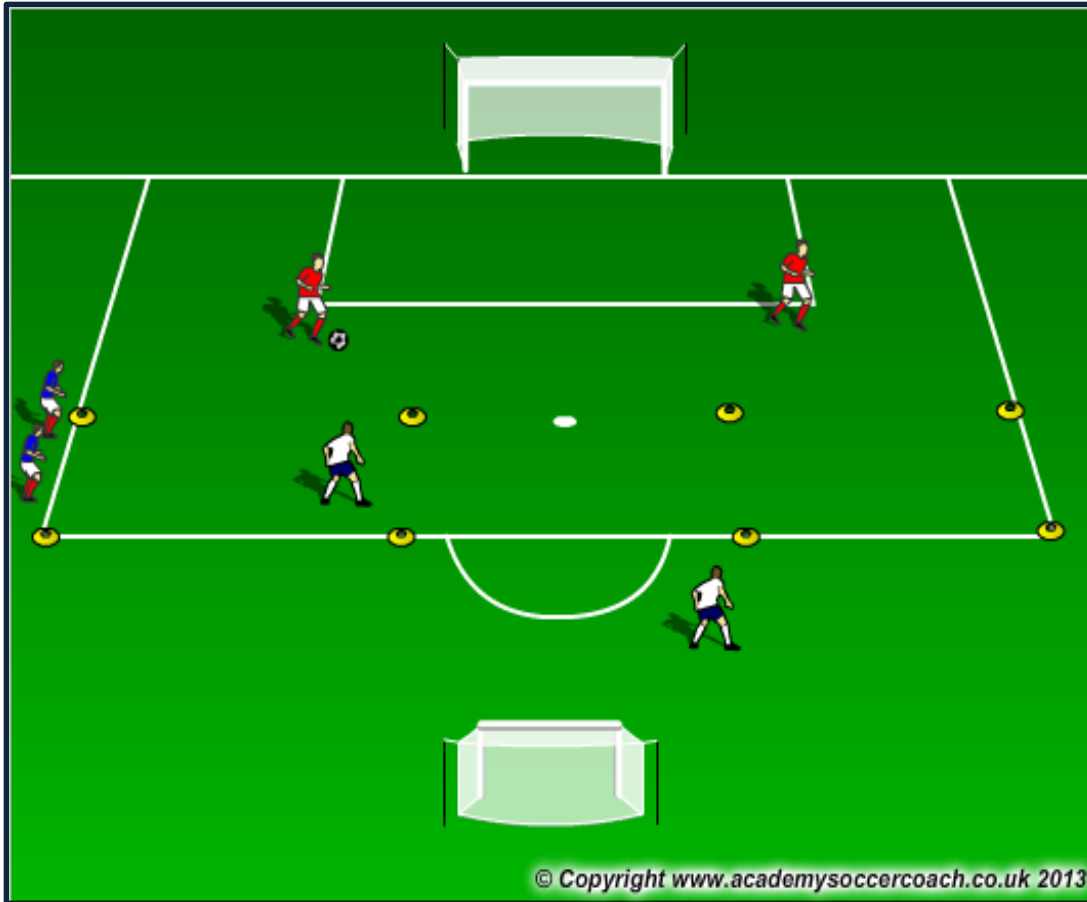
Description: In pairs, players must strike the ball back and forth through the goal. Players must keep the ball under control as they shoot.

Coaching Points: Balance body before striking, bend knee over the ball, body weight moving forward, strike through the center of the ball, inside of foot for placement, laces for power. Aim for corners





Phase Three: 2v2 to Goal With Zones



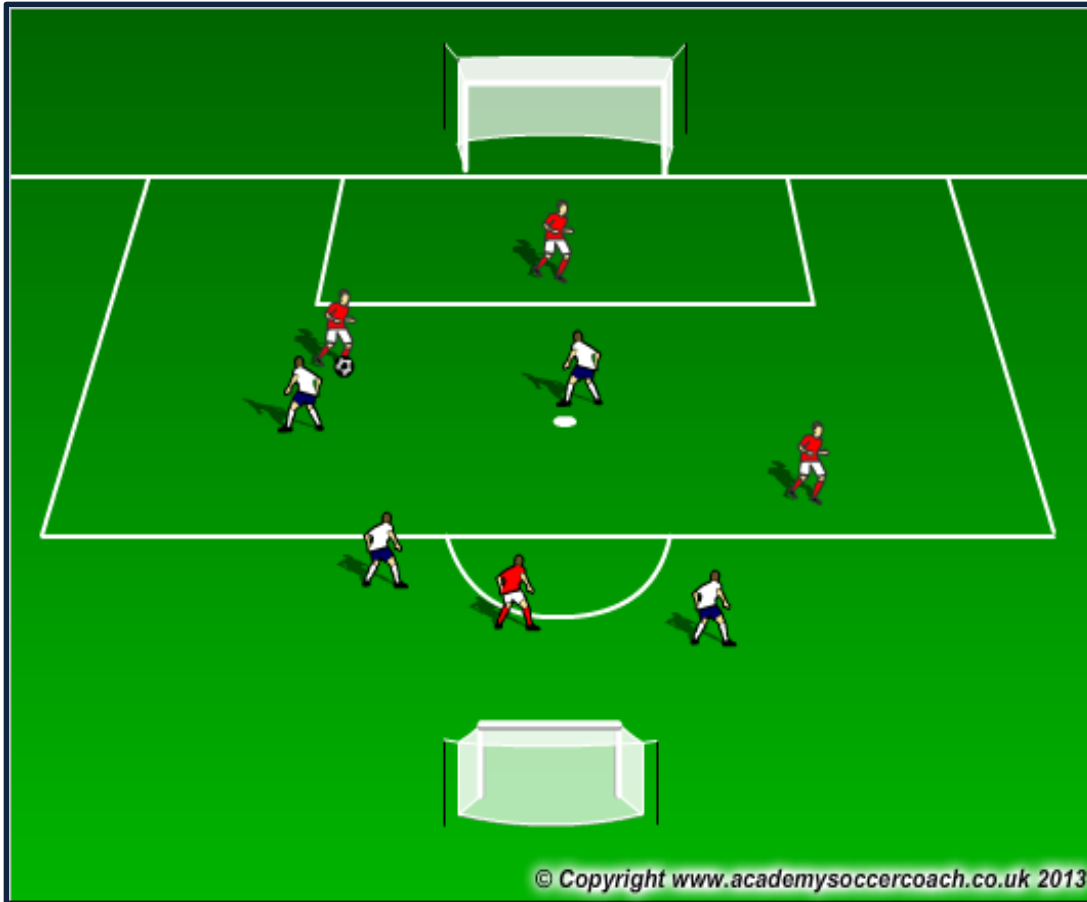
Area: 20 x 15 yard field with an 8 yard zone at either end of the field.

Description: Place 6 players to a field, create 3 teams of 2. This is a regular game of 2v2 soccer however to score, player must be inside the opponents zone before shooting, this will force a placement shot rather than just a big kick. Once a goal is scored, the WINNING team leaves the field and the team waiting on the side lines enters.

Coaching Points: Balance body before striking, bend knee over the ball, body weight moving forward, strike through the center of the ball, inside of foot for placement, laces for power. Aim for corners



Phase Four: 4v4 Game



Area: 40x30 yard field

Description: Games should be played either 3v3 or 4v4. This is a regular soccer game

Progression: Conditions can be implemented to force skills to be performed.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.





Session Five Review

Phase 1: 4 Goal # Shot

Progressions:

- 1- Once the coach shouts a number, that player must perform a move before finishing.
- 2- The coach will shout out 2 numbers and the player to score first wins.

Phase 2: 1v1 Dribble

Progressions:

- 1- A player earns 1 point if they can successfully score by either placing the ball through the goal with the inside of the foot or by using their laces. Using the toe will result in a deduction of 1 point.
- 2- Make it a competition, if you win in 90 seconds you move up one grid and if you lose you move down 1 grid.

Phase 3: 2v2 to Goal with Zones

Progressions:

- 1- If a team misses the target they must leave the field.
- 2- If a team scores they must leave the field, helping the losing team develop.

Phase 4: 4v4 Game

N/A





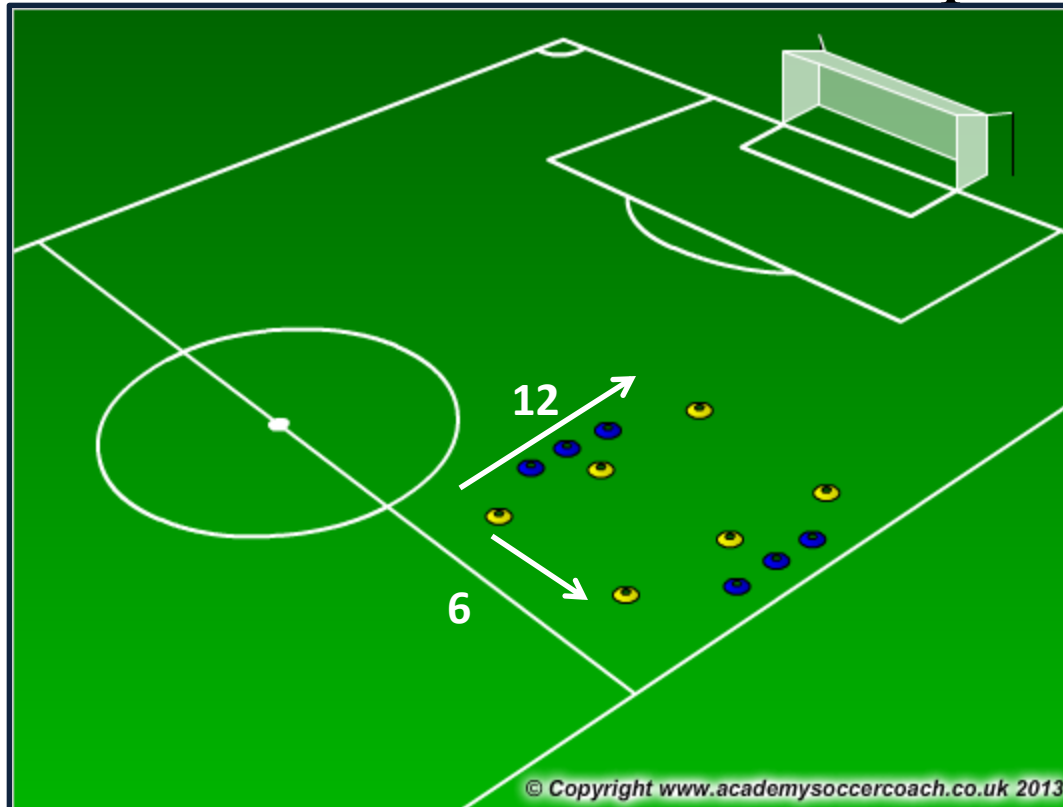
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Session Eight: Dribbling – Close Touch and Speed

Field Set Up Session Eight

Arrive and Set Up Phase One



Instructions:

If you have more than 2 teams per group night you get quarter of the field during phase one and two. During phase three and four you get half a field.

You MUST set up next to the half way line!

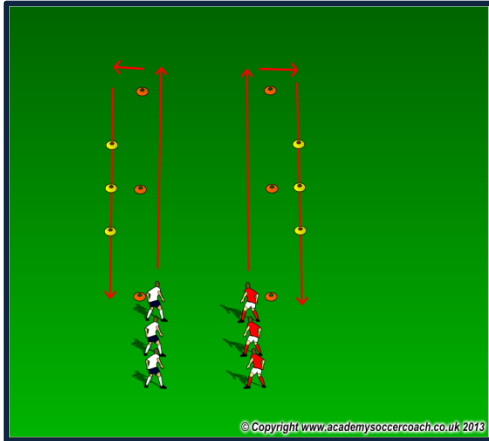
Phase Two: Create a second grid 12x 6 if numbers require.

Phase Three: Collect all cones and create 2 small 4v4 fields on your half of the field. Place an end zone 5 yards in from each end line.

Phase Four: Remove all cones and play.



Session Eight Overview



Description: Separate players into 2 groups. Players begin with no ball. Players must jog down the grid and turn at the end as shown. When players reach the red cones they must shuffle through. Change the jog to different dynamic movements (see "movement sheet" for different dynamics)



Description: Players play 3v3 and must try to successfully dribble through 1 of the 4 yellow gates. Once a goal has been scored the opposition gets the ball to restart.



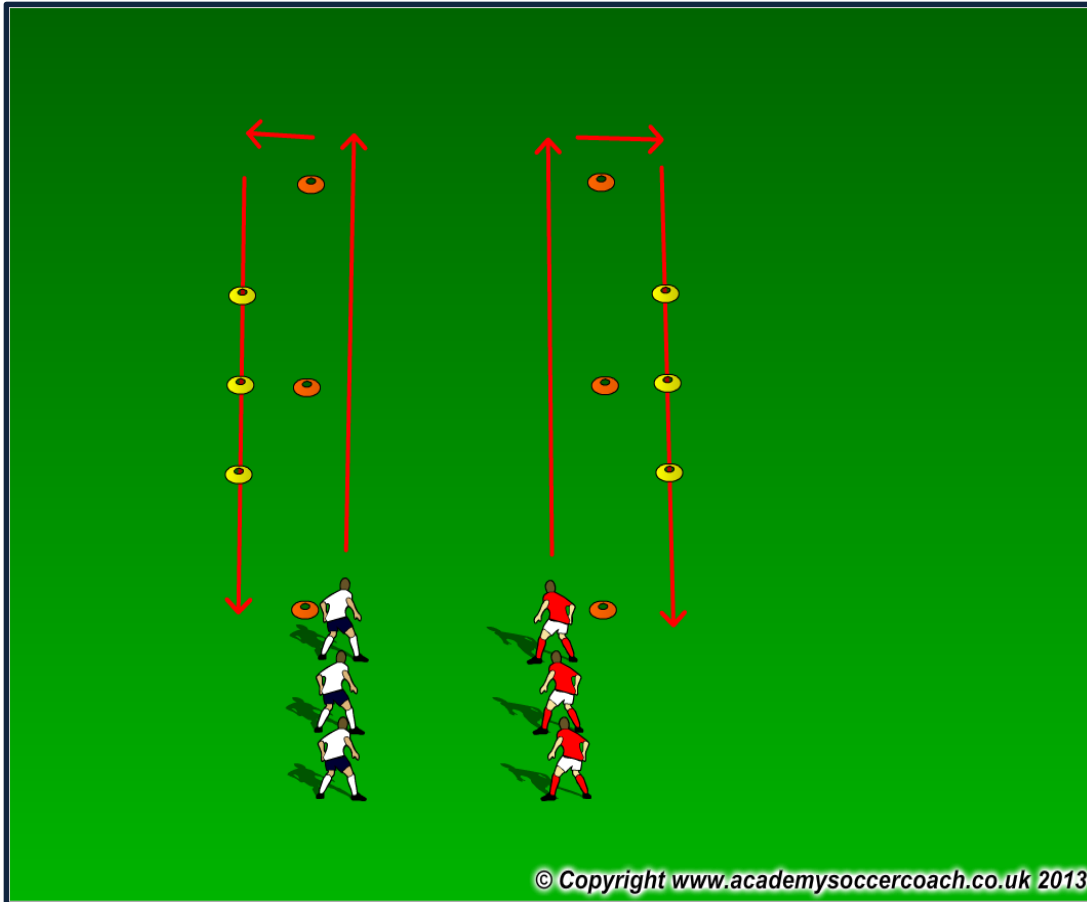
Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone.



Description: Games should be played 5v5, This is a regular soccer game.



Phase One: Revs Dynamic 1



Area: 12x6 yard area

Description: Separate players into 2 groups. **Mix dynamics & ball mastery throughout warm up.** Players must jog down the grid and turn at the end as shown. When players reach the red cones they must shuffle through. Change the jog to different dynamic movements (see “movement sheet” for different dynamics) Add ball mastery through cones.

Coaching Points: Both rows should move at the same time, the next 2 cannot go until the pair in front have reached the first set of yellow cones. Stay light on the feet and go nice and slow at the start.



3v3 Recognizing 1v1 Opportunities



Area: 15x15 yard grid, 4 gates on the sides of the grid.

Description: Players play 3v3 and must try to successfully dribble through 1 of the 4 yellow gates. Once a goal has been scored the opposition gets the ball to restart.

Coaching points: Use the correct foot, always put your body between the defender and the ball, use your arm for protection and balance, be creative, utilize teammates whenever possible.



Phase 3: 3v3 End Zone



Area: 20x30 yard grid

Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone.

Coaching Points: Be positive, be creative, utilize teammates and understand where to speed dribble and where to keep the ball close.



Phase Four: 5v5 Game



Area: 50x30 yard field

Description: Games should be played 5v5, This is a regular soccer game.

Coaching Points: Re-enforce Coaching Points from this session and recap from previous sessions, now is the time to demonstrate some game situations but it is very important that you let the game flow.





Session Eight Review

Phase 1: Revs Dynamic

Progressions:

- 1- Introduce a ball.
- 2- Use different ball mastery skills (see ball mastery sheet).
- 3- Make it a race between each side of the grid.

Player Evaluation:

Section 1: Dribbling.

Section 2: NA

Section 3: Attitude. Communication. Attendance.

Phase 2: 1v1 + 1 Dribble

Progressions:

- 1- The ball must be played through the playmaker.
- 2- Players get 1 point for dribbling over end line but get 3 points for dribbling through gate.
- 3- Players must complete a combination play with the playmaker (overlap, wall pass).

Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

Section 2: 1v1 Attacking Ability.

Section 3: Attitude. Aggressiveness. Communication.

Phase 3: 3v3 End Zone Soccer

Progressions:

- 1- Players can gain bonus points for being creative and performing moves in the game.
- 2- Players must continue to attack the opposite end line after a successful attack requiring them to turn and continue to attack without pause.

Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

Section 2: 1v1 Attacking Ability. Attacking as part of a team. Defending 1v1. Defending as part of a team. Understanding of formations. Understanding of Positions.

Section 3: Attitude. Aggressiveness. Communication. Game Winner.

Phase 4: 5v5 Game

Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.. , Finishing.

Section 2: 1v1 Attacking Ability. Attacking as part of a team. Defending 1v1. Defending as part of a team. Understanding of formations. Understanding of Positions.

Section 3: Attitude. Aggressiveness. Communication. Game Winner.

