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## Welcome to King United Soccer Club:

Thank you very much for stepping up for the 2015 season and volunteering your time for the summer. KUSC's season could not run without it's dedicated volunteers just like you. The Board of Directors and Club Administrator, along with the players and parents thank you.

## Need to Know for Parents and Players:

No "drop offs" – parents must assign responsibility of their child if they cannot stay during practices or games.

Please ensure water is brought to every practice and game. It is extremely important that the children remain hydrated throughout the session. Coaches/ Referees will give ample water breaks to take advantage of.

Referees are a very important part of the game. Once your son/daughter reaches that age group and referees are supplied, please treat them with dignity and respect. Any problems should be discussed with the coach.

Game/practice will be cancelled if lightning or thunder is evident as per the guidelines found within the club's policy. If a Ref is present at your game, it will be the ref's responsibility to cancel or postpone the game due to lightening or thunder.

## Player Requirements:

Soccer shoes (plastic cleats on bottom) and shin guards (worn inside the socks/against the skin) must be worn at every game and practice.

- Water bottle
- Bug Spray
- NO baseball caps, jewelry, electronic devices – for the safety of the individual and players around them.

## Club Will Supply:

Soccer shirt, shorts, socks, a ball for every player

## 2015 Goals:

FUN! FUN! FUN!

- Everyone will receive equal playing time and all players should be encouraged to play every position.
- Learn to develop individual skills while learning to play within a team environment.
- Get parents involved and excited about their children's progress.



## King United Soccer Club Contacts:

<b>Name</b>	<b>Title</b>	<b>Contact Information</b>
Vigillio Persico	President	<a href="mailto:president@kingunitedsc.com">president@kingunitedsc.com</a>
Stefani Konidis	Past President	<a href="mailto:pastpresident@kingunitedsc.com">pastpresident@kingunitedsc.com</a>
Pat Lio	VP Recreational Leagues	<a href="mailto:vpleagues@kingunitedsc.com">vpleagues@kingunitedsc.com</a>
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Sam Rubino	Registrar	<a href="mailto:registrar@kingunitedsc.com">registrar@kingunitedsc.com</a>
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Kim Nicholl	Administrator	<a href="mailto:admin@kingunitedsc.com">admin@kingunitedsc.com</a>

\* Please Note: House League Convenor's contact information to be provided separately.

Board Contact Information (can also be found on our website under the "About Us" page):

<http://www.kingunitedsc.com/index.php?src=gendocs&ref=Board%20of%20Directors&category=About%20Us>



## U10 Coaches Manual

### OBJECTIVE:

To promote and develop the game of soccer in King Township. To provide continuous recreational activities to further the development and interpersonal skills of children of all ages.

To meet the objective of the King United Soccer Club we must all work with a common code of conduct. The King United Soccer Club realizes that only through the collective efforts of the executive, club administrator, coaches, referees, players and parents/guardians/spectators will our local Club continue to exist. We also feel that adherence to this Code of Conduct represents a commitment by everyone to deliver a soccer program of which we can be proud. The products of our efforts are the young adults and soccer players we are producing. **YOUR COOPERATION IS ESSENTIAL.**

The activities provided illustrate how stations can be used during the King United Soccer practices.

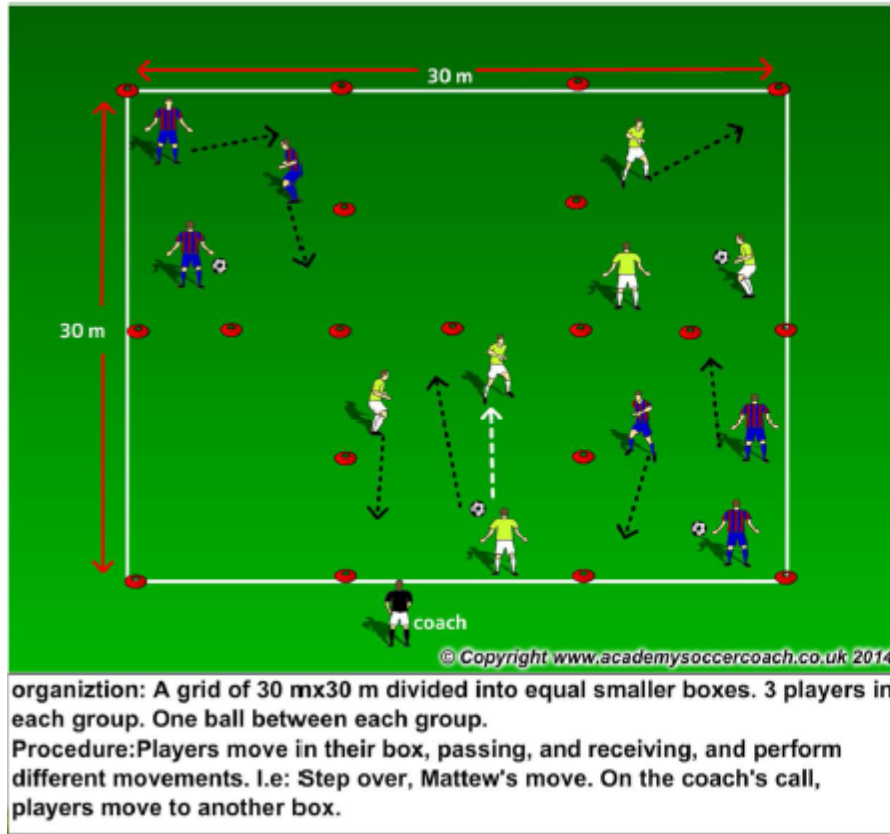
During the practice players will spend an allotted time at each station having fun, developing specific skills and qualities before moving onto the next station. By using station work we create an environment where players are continually motivated and that they are continually challenged.

In the following activities players will travel through 4 stations. In these examples one station focuses on general movements, one station on soccer coordination with the ball, one station on soccer technique and the final station focuses on a small sided soccer game 3v3, 4v4 and 5v5

All sessions take a holistic approach to developing our youth. Each game and activity will focus on 4 main areas of the child's development; these include social/emotional, physical, physiological and also technical

Total Practice time 45-70 minutes as per the OSA Recreational and Development Matrix

## Week 1 - Activity A - General movement



**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Foot - eye Coordination  
 Aware of surroundings  
 Balance  
 FUN!

**Psychological**

Confidence  
 Being safe

**Technical**

Dribbling  
 Passing, receiving  
 Running with the ball

**Physical**

A,B,C's  
 Change of Direction

**Social**

Listening to cues  
 Communicating  
 Peer interaction

## Week 1 - Activity B - Soccer Coordination



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**Organization:** Mark out two courses. Two to four players stand at each starting cone. Each team has a ball.

**Procedure:** On coach's call, the first player rolls the ball with hands around the far cone, and back to the next player in line. Which team can complete the activity first.

**Variation:** Players bounce the ball around the far cone. Run with the ball around the far cone. They can head a balloon around the far cone.

**Time frame. 12-15 minutes**

**Emphasis:**

Listening  
 Running with the ball  
 Changing direction  
 Hand - foot Coordination  
 FUN!

<p><b><u>Psychological</u></b>            Positive reinforcement            Confidence            Being safe</p>	<p><b><u>Technical</u></b>            Running with the ball            Part of the ball,            Part of the foot</p>
<p><b><u>Physical</u></b>            Eye-hand coordination            Agility, Balance            Change of Direction</p>	<p><b><u>Social</u></b>            Listening            Communicating            Peer interaction /fun</p>



## Week 1 - Activity C - Soccer Technique – Dribbling/Creativity



**Organization:** 30 mx15 m. divided to three equal grids. one player as defender in each grid. Attacker runs to 1st defender and performs a dribbling move, when he/she passes the first defender, then she/he runs to 2nd defender performing different dribbling move, and when pass him/her can score in the goal.

**Progression:** This exercise could be done in 2v1 situation, working on when to pass, and when to dribble.

**Rotate players.**

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Change of speed  
 Agility, Balance, Coordination  
 Shooting, finishing  
**FUN!**

**Psychological**  
 Positive reinforcement  
 Confidence  
 Being safe  
 Fun

**Technical**  
 Dribbling  
 1v1  
 attacking/defending  
 passing,  
 Shooting,

**Physical**  
 Speed  
 A,B,C's  
 Change of Direction

**Social**  
 Listening  
 Communicating  
 Peer interaction

Week 1 – Activity D – Small Sided Game – 5v5 with Retreat Line



5v5 small sided game with the retreat line.  
If you have odd numbers, you can have the extra player become a neutral player in the game. He/she plays with team in possession.

**Time frame. 12-15 minutes**

**Emphasis:**

Running with the ball  
Dribbling  
1v1  
Changing direction  
Change of speed  
Agility, Balance, Coordination  
Imagination  
Creativity  
FUN!

**Psychological**

Fun  
Confidence  
Being safe

**Technical**

Dribbling  
1v1  
Shooting

**Physical**

Speed  
A,B,C's  
Change of Direction

**Social**

Listening  
Communicating  
Fun with friends

## Week 2 – Activity A - General Basic Movement



**Cone tag:**  
**Organization:** Mark out a 20 mx20 m field with different - coloured cones.  
 6-8 players and one tagger.  
**Procedure:** The tagger tries to tag the players, The coach calls out a cone colour: Cones of this colour can be used briefly as safety zone, but each cone only protects one player. If tagger, tag a player, he/she become a new tagger.

**Time frame.12-15 minutes**

**Emphasis:**

Changing direction  
 Running  
 Spatial awareness  
 FUN!

<p><b><u>Psychological</u></b></p> <p>Confidence            Playing under pressure            Fun</p>	<p><b><u>Technical</u></b></p> <p>Dribbling            passing            Receiving            1v1</p>
<p><b><u>Physical</u></b></p> <p>A,B,C's            Change of Direction            Speed</p>	<p><b><u>Social</u></b></p> <p>Listening            Communicating            Team work</p>

## Week 2 – Activity B – 3v2 Shooting



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**Organization:** A 9v9 size goal, a few balls, 10 to 12 players. Mark out field as shown ( 18 yrd. box if its possible) , and 3 cones 10 m from 18 yrd line.  
**Procedure:** The first passer initiate the 3v2 with a pass into the penalty box. (extrea defender juggles on the side, and will be rotate each round)  
 Attackers can only shoot after receiving and controlling the ball. When the first ball goes out of hte field or into the goal, the next passer passes into penalty box. Team switch their role after two or three rounds.

**Time frame. 12-15 minutes**

**Emphasis:**

Turning  
 Changing direction  
 Shooting  
 Passing  
 Receiving  
 FUN!

<b><u>Psychological</u></b>  Confidence	<b><u>Technical</u></b>  Finishing Shooting
<b><u>Physical</u></b>  A,B,C's Change of Direction	<b><u>Social</u></b>  Listening Communicating

## Week 2 – Activity C – Soccer Technique – Individual Defending



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**Individual Defending:** (defending the line)

**Organization:** Mark the field ( 15 mx6 m ) , it could be varied depend on the age and the ability of players.

**procedure:** Divide players to two teams. One team ( attackers) receive the ball from the defender and try to pass the defender and cross the line.

**Attacker will rotate every round.**

same procedure will take place on the other side.

**progression:** 2 attacker vs 1 defender

If defender intercepts the ball, will pass it to his teammate on the other half, which will receive, turn and cross the line .

**Time frame. 12-15 minutes**

**Emphasis:**

Patience

Body position

1v1 mentality

Angle of approach

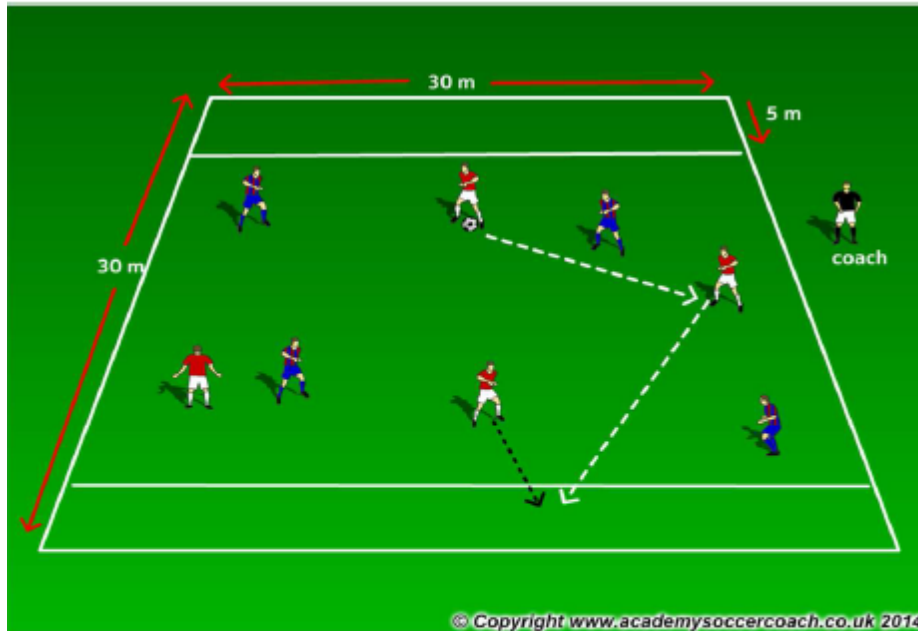
Element of surprise

Speed of approach

Fun!

<p><b><u>Psychological</u></b> Decision making Confidence 1v1 defending mentality</p>	<p><b><u>Technical</u></b> Angle of Approach Body position Time of tackle</p>
<p><b><u>Physical</u></b> A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Listening Communicating</p>

## Week 2 – Activity D – Small Sided Game – End Zone Game



**4v4 small sided game with two end zones.**

**Organization:** Mark a field of 30 m x 30 m, and two end zone as shown in diagram.

**Procedure:** Each team gain a point by pass the ball into end zone which received by teammate .

**Players can't wait for the ball in end zone, they must run to end zone to receive the ball.**

**Time frame. 12-15 minutes**

**Emphasis:**

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

FUN!

**Psychological**

Decision making

Confidence

Being safe

**Technical**

Receiving

Dribbling

passing

**Physical**

A,B,C's

Change of Direction

**Social**

Listening

Communicating

Week 3 - Activity A - General Movement



**General movements**  
 Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways  
 Movements can occur with or without a ball.

**Time frame. 12-15 minutes**

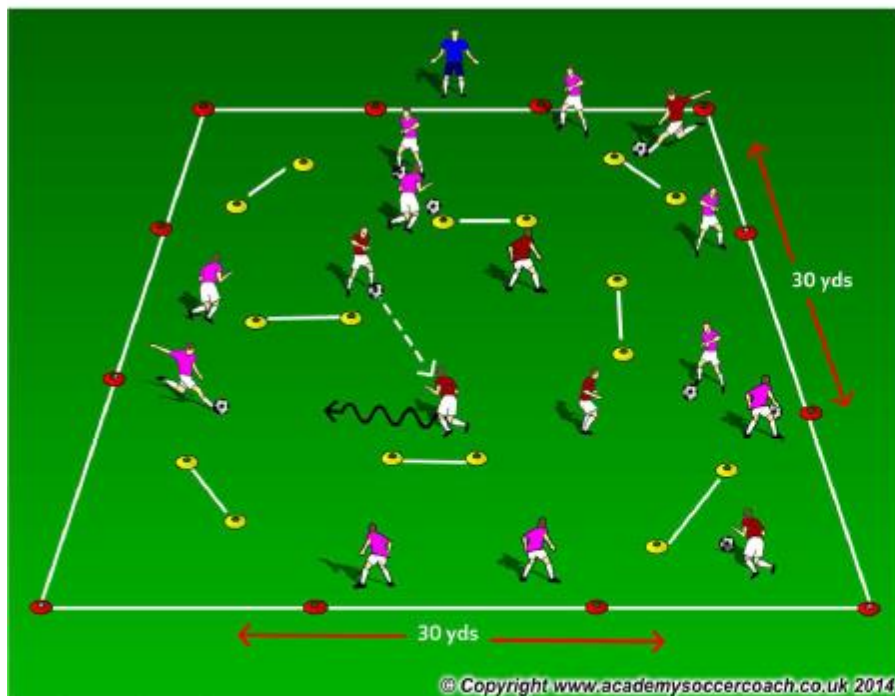
**Emphasis:**

- Running
- Skipping
- Side steps
- Changing direction
- Changing speed

<b><u>Psychological</u></b> Confidence	<b><u>Technical</u></b> N/A
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Listening Communicating



Week 3 – Activity B – Soccer Technique – Passing and Receiving



**Passing and Moving**  
 Players are placed into 2s and pass and move freely inside 30x30 area.  
 Focus should be on how the player passes and receives the ball.  
 To make it fun for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point

**Time frame. 12-15 minutes**

**Emphasis:**

- Changing direction
- Spatial Awareness
- Passing
- Receiving
- Support
- FUN!

<p><b><u>Psychological</u></b>            Confidence            Playing under pressure</p>	<p><b><u>Technical</u></b>            Passing            Receiving            1v1</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction            Speed            Support</p>	<p><b><u>Social</u></b>            Listening            Communicating            Team work</p>



## Week 3 – Activity C – Soccer Technique – How to play out from the back



S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to 1 of his/her team mates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions.

### Time frame. 12-15 minutes

#### Emphasis:

Patience  
 Body position  
 Passing/receiving  
 Support  
 Decision making  
 Awareness  
 Learning different roles  
 FUN!

<p><b><u>Psychological</u></b>            Decision making            Confidence            Risk assessment</p>	<p><b><u>Technical</u></b>            Passing            Receiving            Penetrating pass</p>
<p><b><u>Physical</u></b>            A,B,C's            Speed of play            Hip flexor rotation</p>	<p><b><u>Social</u></b>            Team play            Communication            Co-operation</p>

Week 3 – Activity D – 5v5 with Retreat Line



5V5 with the Retreat line.  
If you have odd numbers you can have the extra player become a neutral player in the game.

**Time frame. 12-15 minutes**

**Emphasis:**

- Patience
- Body position
- Passing/receiving
- Support
- Decision making
- Awareness
- FUN!**

<p><b><u>Psychological</u></b> Decision making Confidence Risk assessment</p>	<p><b><u>Technical</u></b> Passing Receiving Penetrating pass</p>
<p><b><u>Physical</u></b>  A,B,C's Speed of play</p>	<p><b><u>Social</u></b> Team play Communication Co-operation</p>

Week 4 – Activity A – General movement



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**Organization:** 5 mx5 m field as shown. 5 players, 4 have balls. players with the ball outside of the square, evenly spaced.  
**Procedure:** Players attempt to dribble across the square or to a another side, avoiding being tagged by player in the middle.  
 Getting across gains 2 points, dribbling to another side gains 1 point.  
 If an outside player is tagged 3 times, He/she goes in the middle.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Eye-foot Coordination  
 Running with the ball  
 FUN!

<p><b><u>Psychological</u></b></p> <p>Confidence            Being safe</p>	<p><b><u>Technical</u></b></p> <p>Dribbling            Passing, receiving            Running with the ball</p>
<p><b><u>Physical</u></b></p> <p>A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b></p> <p>Listening to cues            Communicating            Peer interaction</p>

## Week 4 – Activity B – Soccer Coordination



**Organization:** 15x15 yds Field as shown. 8-10 players with a ball each. 2 additional players with 1 ball between them.

**Procedure:** Players dribbling and move freely within the area. The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players. The pair will be changed every 1 minute.

**Progression:** Add more " pairs" passing amongst the dribblers. Or reduce the area.

A pair with more passing sequence will win .

### Time frame. 12-15 minutes

#### Emphasis:

Communication  
 Passing/Receiving  
 Running with the ball  
 Changing direction  
 Spatial Awareness  
 Lots of touches  
 FUN!

#### Psychological

Positive reinforcement  
 Confidence  
 Being safe

#### Technical

Running with the ball  
 Part of the ball,  
 Part of the foot

#### Physical

Coordination  
 Agility, Balance  
 Change of Direction

#### Social

Listening  
 Communicating  
 Peer interaction /fun

## Week 4 – Activity C – Soccer Technique – Passing/Possession



**Organization:** 40 mx40 m field as shown. 10 players organized in 2 teams of 5, 2 targets, and a server (S). One ball to play, and a few balls around the field. Server may move around the outside of the area.

**Procedure:** Practice starts with a pass into play by the server. Team can use Targets and server to keep possession. Targets can move to open square to help the team.

**Team score** by passing to target into designated area.

**Time frame. 12-15 minutes**

**Emphasis:**

Passing  
 Receiving  
 Communication  
 Changing direction  
 Change of speed  
 Agility, Balance, Coordination  
 Spatial Awareness  
 FUN!

**Psychological**

Fun  
 Confidence  
 Being safe

**Technical**

Dribbling  
 1v1  
 Passing

**Physical**

Speed  
 A,B,C's  
 Change of Direction

**Social**

Listening  
 Communicating  
 Fun with friends



Week 4 – Activity D – Small Sided games – Target Zones



Organization: 20 mx20 m field as shown ( could be modified according to age).  
 10 players in two teams of 5. Two players from each team as target in designated area ( 2 mx2 m).  
 procedure: Team in possession must pass to one target player, get it back and play to other target player in order to score.

**Time frame. 12-15 minutes**

**Emphasis:**

- Running with the ball
- Passing
- Receiving
- Possession
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- FUN!

<p><b><u>Psychological</u></b>          Fun          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          1v1          Passing</p>
<p><b><u>Physical</u></b>          Speed          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Fun with friends</p>

## Week 5 – Activity A – General Movement



**Organization:** 30 mx20 m field as shown. 12 players , 8 inside the grid( 3 with the ball in their hands), and 4 outside( taggers).

**Procedure:** On coach's signal, players outside of the grid try to tag players without the ball. If a player has the ball, he/she cannot be tagged. Players with the ball can pass the ball to players to stop them being tagged.

**Progression:** Game can be played with ball at players feet.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Eye-hand (foot) Coordination  
 Running with the ball  
 Stop and start to run  
**FUN!**

### Psychological

Confidence  
 Being safe

### Technical

Dribbling  
 Passing, receiving  
 Running with the ball


### Physical

A,B,C's  
 Change of Direction

### Social

Communicating  
 Peer interaction

Week 5 – Activity B – Soccer Coordination



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**Organization:** 30 mx25 m field as shown ( could be modified according to age), 10-12 players each with ball at their feet.

**Procedure:** Players moving and dribbling freely within the area performing various moves. Players encouraged to use both feet.

**Progression:** To add 2-3 defenders.

**Time frame. 12-15 minutes**

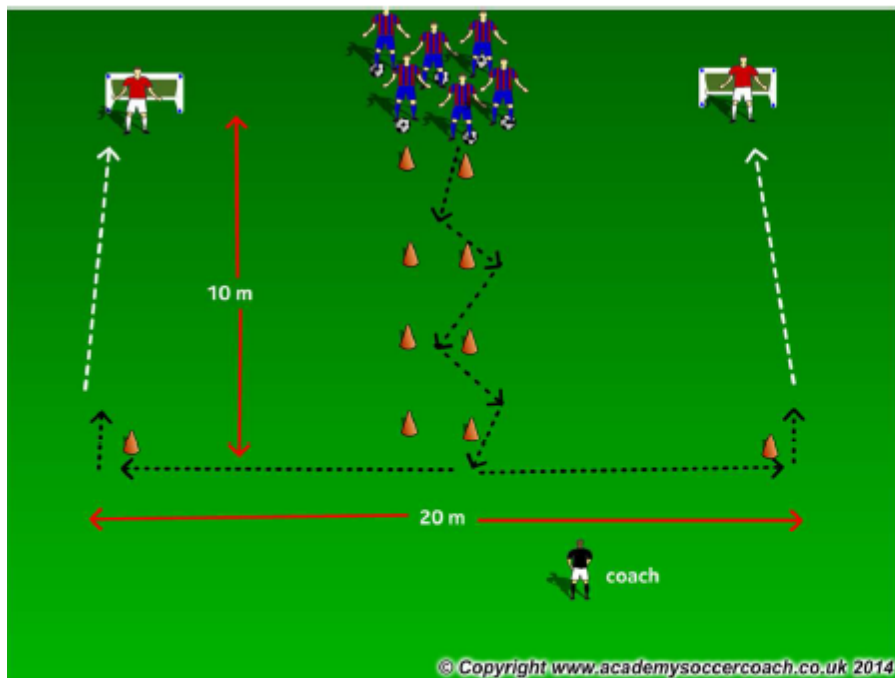
**Emphasis:**

- Using both feet
- Running with the ball
- Changing direction
- Good balance
- Spatial Awareness
- Lots of touches
- FUN!**

<p><b><u>Psychological</u></b></p> <ul style="list-style-type: none"> <li>Positive reinforcement</li> <li>Confidence</li> <li>Being safe</li> </ul>	<p><b><u>Technical</u></b></p> <ul style="list-style-type: none"> <li>Running with the ball</li> <li>Part of the ball,</li> <li>Part of the foot</li> <li>First touch</li> </ul>
<p><b><u>Physical</u></b></p> <ul style="list-style-type: none"> <li>Eye-hand coordination</li> <li>Agility, Balance</li> <li>Change of Direction</li> </ul>	<p><b><u>Social</u></b></p> <ul style="list-style-type: none"> <li>Communicating</li> <li>Peer interaction /fun</li> </ul>



Week 5 – Activity C – Soccer Technique – Dribble and Shoot



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**Motivational dribbling exercises with shooting.**  
**Organization:** Mark a field 20 mx10 m( age appropriate), 2 goals, cones, balls , and two Gks  
**Procedure:** players dribble to the shooting cones, do a 90 degree around them and shoot. A parallel setup , so two players can do it on the same time for cut down on time of waiting. **Note:** Alternate the players for using both feet.

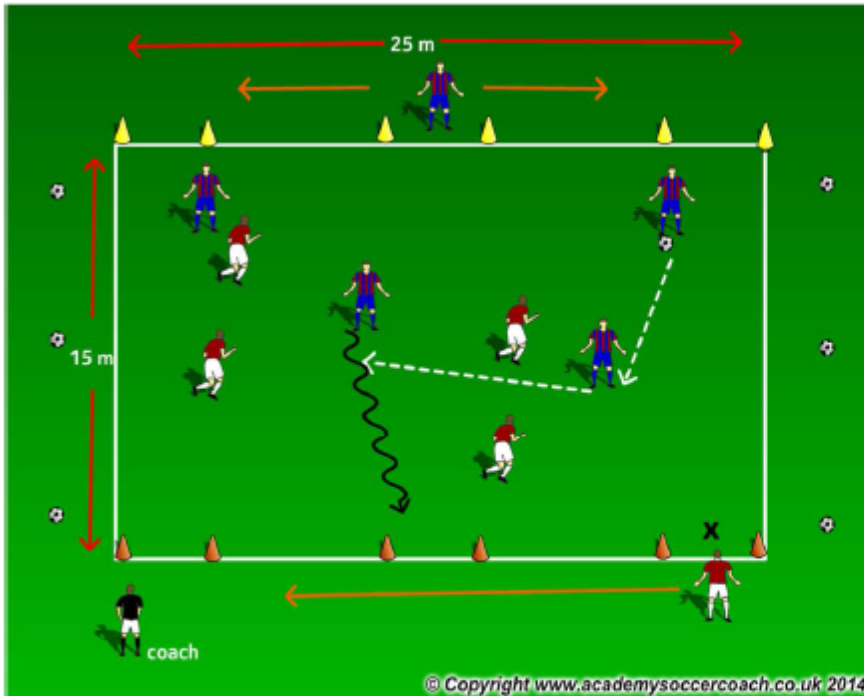
**Time frame. 12-15 minutes**

**Emphasis:**

- Dribbling
- Shooting
- Goalkeeping
- Agility, Balance, Coordination
- FUN!

<p><b><u>Psychological</u></b>          Fun          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          Shooting          Goalkeeping</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Communicating          Fun with friends</p>

Week 5 – Activity D – Small Sided Game – 4v4 to 3 Goals



**Organization:** 25 mx15 m yards field as shown. Two teams of 5 , 3 gates used as goal each side. 1 player from each team stay outside of the field and can move behind any of the goals.

**Procedure:** 4v4 game to score on any of the opponent open goals, team in possession can't score on a goal that is covered by opponent.

**Time frame. 12-15 minutes**

**Emphasis:**

- Running with the ball
- Dribbling
- 1v1
- Passing and Receiving
- Possession
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- FUN!**

**Psychological**

- Fun
- Confidence
- Being safe

**Technical**

- Dribbling
- 1v1 attack/defend
- Passing
- Possession

**Physical**

- Speed
- A,B,C's
- Change of Direction

**Social**

- Listening
- Communicating
- Fun with friends

Week 6 – Activity A – General Movement



**Organization:** A 25mx25m field. 12 Players. 7 with the ball in their hands. 5 players with no ball. 4 players outside of the field as taggers.

**Procedure:** On the coach's call, taggers try to tag the players without the ball only. Players with the ball will pass to players without the ball to assist them not to be tagged. Players rotate on coach's discretion.

**Progression:** This game can be played with the ball on the ground.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Eye-hand Coordination  
 Running with the ball  
 FUN!

<p><b><u>Psychological</u></b>            Decision Making            Confidence            Being safe</p>	<p><b><u>Technical</u></b>            Dribbling            Passing, receiving            Running with the ball</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b>            Communicating            Peer interaction</p>

## Week 6 – Activity B – Soccer Coordination



**Organization:** A 25 mx 20 m in the middle, with two end zone 10 mx 20 m. 9 players. 3+1 v 1 in each end zone.

**Procedure:** After 3 passes, player with the ball dribble to the other box and after 3 passes player with the ball leave to the other box. Procedure.

**Progression:** Player in the other box can come out of the box to show and receive the ball.

**Time frame. 12-15 minutes**

**Emphasis:**

- Communication
- Passing/Receiving
- Running with the ball
- Changing direction
- Eye-foot Coordination
- Spatial Awareness
- Lots of touches
- FUN!

**Psychological**

- Positive reinforcement
- Confidence
- Being safe

**Technical**

- Running with the ball
- Part of the ball,
- Part of the foot

**Physical**

- Eye-hand coordination
- Agility, Balance
- Change of Direction

**Social**

- Listening
- Communicating
- Peer interaction /fun

## Week 6 – Activity C – Soccer Technique – Passing/Possession



**Organization:** A 20 mx 20 m field.(could be modified based on players age). 8 players, 2 attackers, and 2 defenders inside the field. Four servers outside of the field, 2 supports on the side of the field.

**Procedure:** Server plays the ball to the other server, one of the attacker shows, and game starts. Attackers try to transfer the ball to the other servers. If the defenders win the ball, they become attackers. Attackers always can use the support on the side.

Players will rotate the roles at coach's discretion.

**Progression:** One of the server can move into the field to make a 3v2 .

**Time frame. 12-15 minutes**

**Emphasis:**

Passing  
 Receiving  
 Communication  
 Changing direction  
 Change of speed  
 Agility, Balance, Coordination  
 Spatial Awareness  
 FUN!

**Psychological**  
 Fun  
 Confidence  
 Decision Making

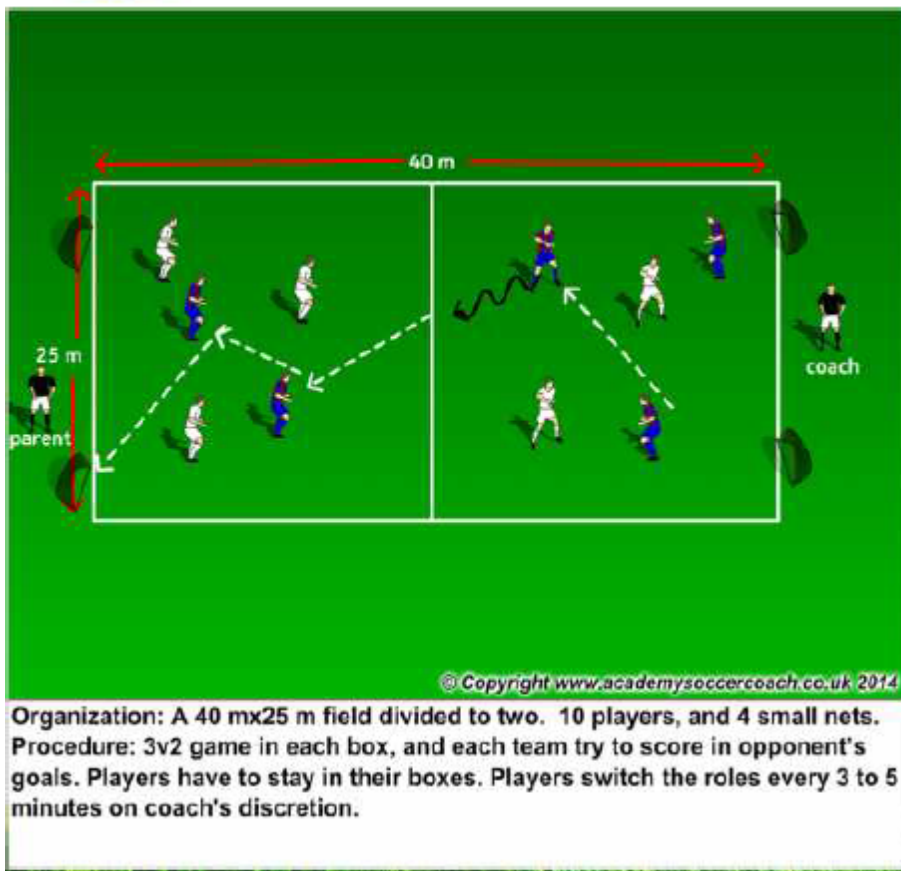
**Technical**  
 Dribbling  
 1v1  
 Passing  
 Creating Space

**Physical**  
 Speed  
 A,B,C's  
 Change of Direction

**Social**  
 Listening  
 Communicating  
 Fun with friends



Week 6 – Activity D – Small Sided Game (4 Goals)



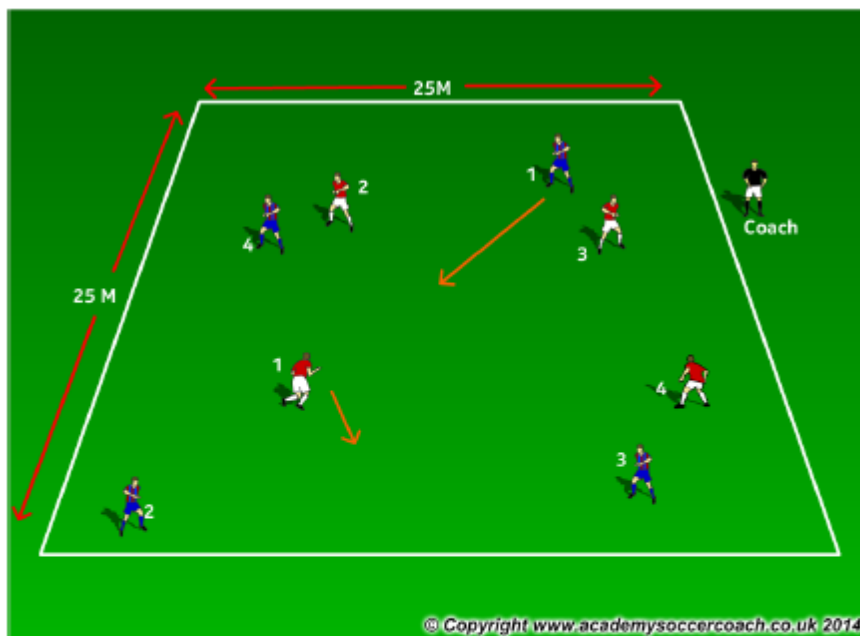
**Time frame. 12-15 minutes**

**Emphasis:**

- Running with the ball
- Passing
- Receiving
- Possession
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- FUN!

<p><b><u>Psychological</u></b>          Fun          Confidence          Decision Making</p>	<p><b><u>Technical</u></b>          Dribbling          1v1          Passing</p>
<p><b><u>Physical</u></b>          Speed          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Fun with friends</p>

Week 7 – Activity A – General Movement



**Organization:** A field of 25 m x 25m.  
**Procedure:** The coach calls a player (e.g. Blue 2). That player has a set amount of time (e.g. 10 seconds) to tag the player with the same number from the other team. If he succeeds, his team scores one point. If not, the other team scores one. Which team can score more points in 4 minutes?  
**Progression:** This exercise could be done with ball.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction

Finding space

Heads up

**FUN!**

<p><b><u>Psychological</u></b>            Decision making            Confidence            Being safe</p>	<p><b><u>Technical</u></b>              Dribbling            Running with the ball            Looking for space</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b>            Communicating            Peer interaction</p>

Week 7 – Activity B – Soccer Coordination



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**Organization:** A field of 25 m x 25m.  
**Procedure:** Players run around the field without touching the balls, and follow coaches instructions. (Skip on the spot, jumping, hopping, etc.). When coach calls **BALL**, players have to run as fast as they can to pick up a ball. Those without the ball (workers) must go to players with the ball (servers), and perform 5 valleys. They switch the role before the next round.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Eye-foot Coordination  
 Spatial Awareness  
 FUN!

<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Running with the ball          Part of the ball,          Part of the foot</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Coordination</p>	<p><b><u>Social</u></b>          Listening          Communicating          Peer interaction /fun</p>



Week 7 – Activity C – Soccer Technique – Shooting



**Organization:** A field of 25 m x 15 m. 2 9v9 goal size, cones, balls.  
**Procedures:** Set up the field as shown. Have 1 to 1.5 m space between each cone. Players dribble between cones to the shooting cone, do 90 degree turn around them, and shoot on goal. Then they dribble slowly to the back of the line. This could be done in parallel set up to cut down on waiting time.

**Time frame. 12-15 minutes**

**Emphasis:**

- Accuracy
- Eye on the ball
- Part of the foot
- Follow through

**Psychological**

- Fun
- Confidence
- Decision Making

**Technical**

- Part of foot
- Eye on the ball
- Follow through

**Physical**

- Speed
- A,B,C's
- Change of Direction

**Social**

- Listening
- Communicating
- Fun with friends

Week 7 – Activity D – Small Sided Game (4 Goals)



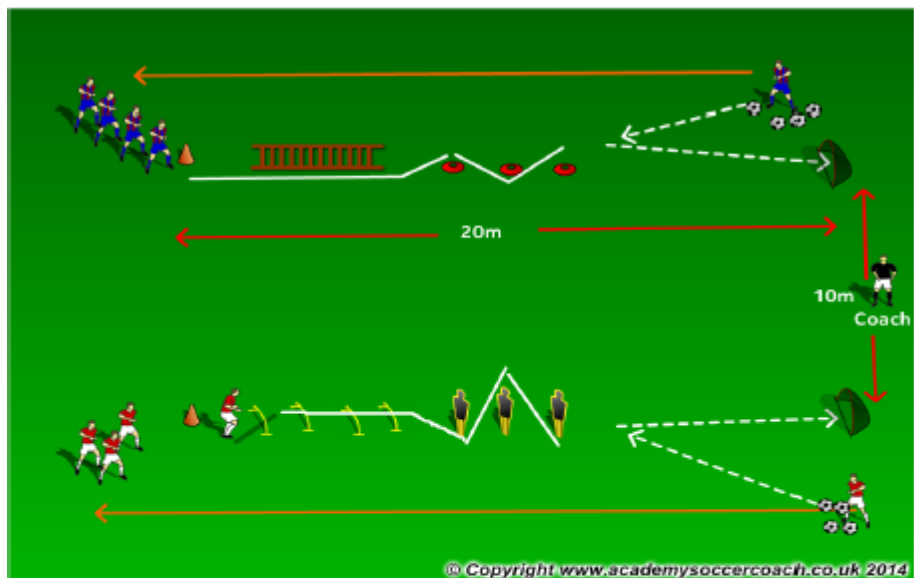
**Time frame. 12-15 minutes**

**Emphasis:**

- Passing
- Receiving
- Possession
- Imagination
- FUN!**

<p><b><u>Psychological</u></b>            Fun            Confidence            Being safe</p>	<p><b><u>Technical</u></b>            Dribbling            1v1            Passing</p>
<p><b><u>Physical</u></b>            Speed            A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b>            Listening            Communicating            Fun with friends</p>

Week 8 – Activity A – General Movement



**Organization:** 2 mini goals 10 m from each other, 2 starting cones 20m from the goals. Have 2 supporting players beside each goal with a few balls in their feet. Each side have different obstacle to work with (Ladder, hurdle, cones, mannequin, or pole).

**Procedure:** On coach's call first 2 player from each group go through the obstacle, and then receive the ball from the support players to shoot on net. Immediately after the shot, player who shoot, replace the support player, and support player run to the end of the line.

**Progression:** Use bigger net, and goalie.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction

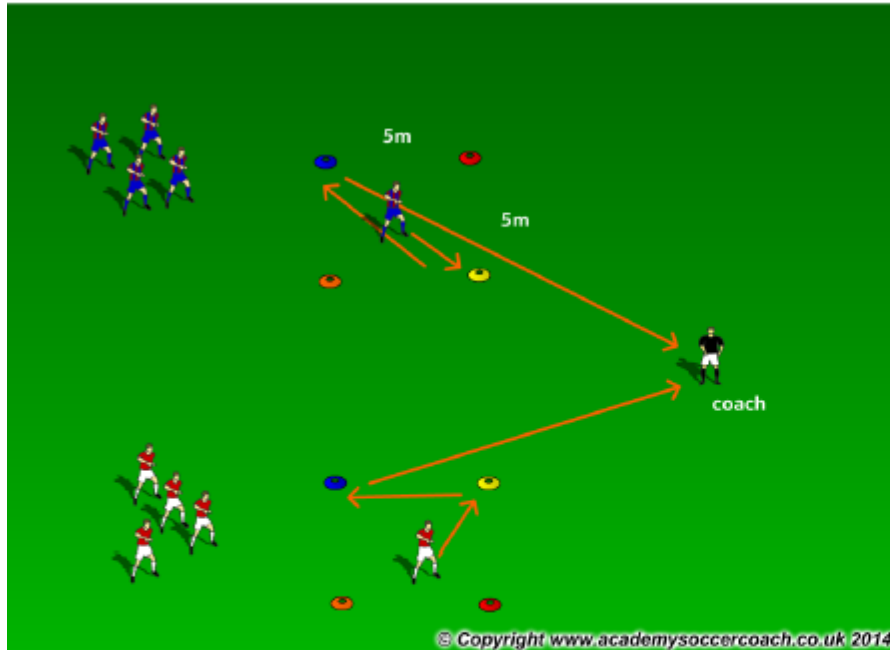
Heads up

Speed

FUN!

<p><b><u>Psychological</u></b> Decision making Confidence Being safe</p>	<p><b><u>Technical</u></b> Accuracy Part of the foot Part of the ball</p>
<p><b><u>Physical</u></b> A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Communicating Peer interaction</p>

## Week 8 – Activity B – Soccer Coordination



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**Organization:** 2 square 5mx5m. 2 group of 5 players at each side coach in the middle. One player stand inside the square, and the rest of the players line up outside.

**Procedure:** Coach calls 2 different colours; Player inside the square must touch the two cones and sprint toward the coach. The first player tag the coach wins.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Eye-foot Coordination  
 Eye-hand Coordination  
 Concentration  
 FUN!

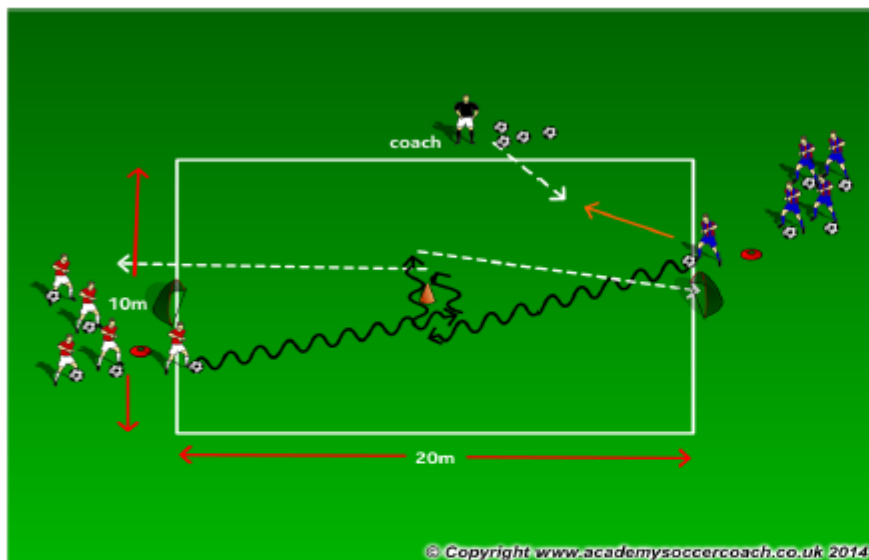
**Psychological**  
 Positive reinforcement  
 Confidence  
 Being safe

**Technical**

**Physical**  
 Agility, Balance  
 Change of Direction  
 Coordination

**Social**  
 Listening  
 Communicating  
 Peer interaction /fun

## Week 8 – Activity C – Soccer Technique – Dribbling



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**Organization:** A 20mx10m field with 2 mini goals at the each end, one cone in the middle, and 2 teams of same size at both end behind the start cone. Coach will stand in the middle of the field with a few balls in his/her feet.

**Procedure:** Each player has a ball. The first two players dribble into the field, dribble to the cone in the middle and shoot at the goal. The first one to score will receive a ball from the coach and play 1v1 attack. ( if both players miss or score, the coach will play a natural ball ). The 1v1 game last until one score, or ball goes out.

**Progression:** Put 2 cones in the middle, and play 2v2

**Time frame. 12-15 minutes**

**Emphasis:**

Change of direction

Change of speed

Surprise

**Psychological**

Fun

Confidence

Decision Making

**Technical**

Change of speed

Different movement

Change of direction

**Physical**

Speed

A,B,C's

Change of Direction

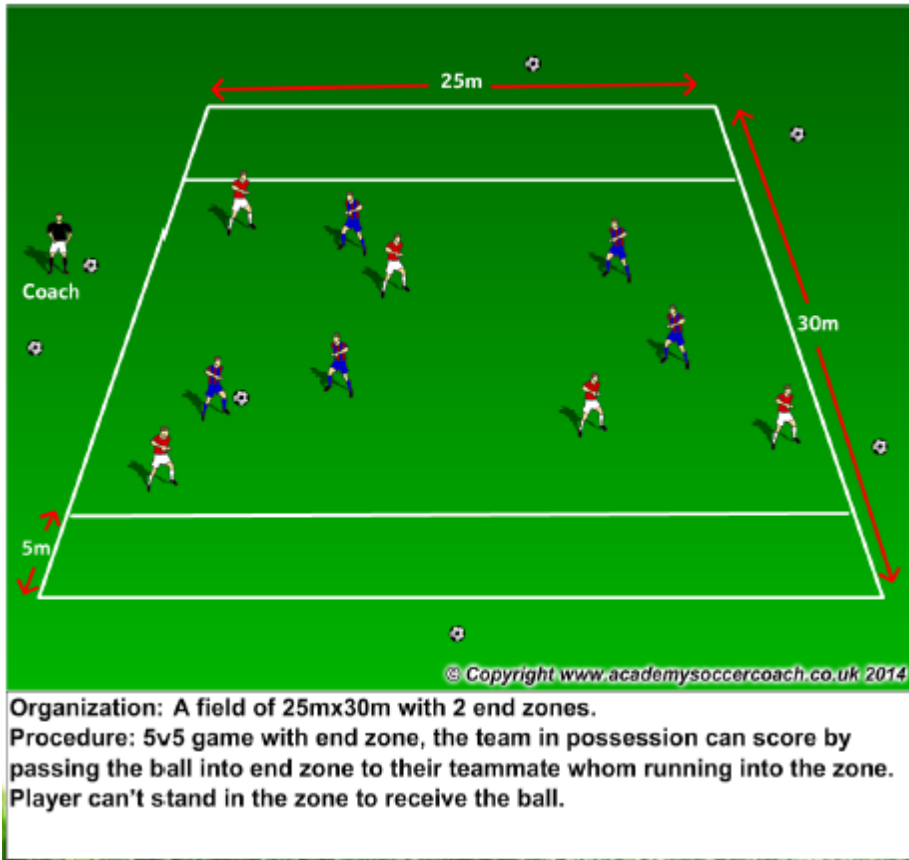
**Social**

Listening

Communicating

Fun with friends

Week 8 – Activity D – Small Sided Game – End Zone



**Time frame. 12-15 minutes**

**Emphasis:**

- Passing
- Receiving
- Possession
- Dribbling

<p><b><u>Psychological</u></b>          Fun          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Dribbling          1v1          Passing</p>
<p><b><u>Physical</u></b>          Speed          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Listening          Communicating          Fun with friends</p>

## Week 9 – Activity A – General Movements



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**Organization.** Players dribble freely inside 30mx30m area.  
**Procedure.** Players are asked to express themselves and be creative by attacking space and showing different moves. On coaches command players will attack a cone and show a move that will beat a defender. Coaches can show the players moves or allow the children to choose a move of their choice.

**Time frame. 12-15 minutes**

**Emphasis:**

Dribbling  
 Changing direction  
 Heads up  
 Speed  
 FUN!

<p><b><u>Psychological</u></b>            Decision making            Confidence            Being safe</p>	<p><b><u>Technical</u></b>            Part of foot/ball</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction</p>	<p><b><u>Social</u></b>            Communicating            Peer interaction</p>



## Week 9 – Activity B – Soccer Coordination



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**Organization:** 15x15 yds Field as shown. 8-10 players with a ball each. 2 additional players with 1 ball between them.

**Procedure:** Players dribbling and move freely within the area.

The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players.

The pair will be changed every 1 minute.

**Progression:** Add more "pairs" passing amongst the dribblers. Or reduce the area.

A pair with more passing sequence will win .

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction

Dribbling

Passing

Concentration

FUN!

**Psychological**

Positive reinforcement  
Confidence  
Being safe

**Technical**

Dribbling  
Passing  
Receiving

**Physical**

Agility, Balance  
Change of Direction  
Coordination

**Social**

Listening  
Communicating  
Peer interaction /fun



Week 9 – Activity C – Soccer Techniques – 1v1 to 4 Goals



Organization. Area is 30mx30m with 1 goal in each corner, 1m in width.  
 Procedure. Player A plays the pass to player B. Player B attempts to dribble past player A and dribble through one of the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through either of the goals. Keep rotating the service so that all players are attackers. C will then play the ball to D and they will compete as above.  
 Progression. Players progress to play 2v2 if success is being achieved.

**Time frame. 12-15 minutes**

**Emphasis:**

- 1v1
- Change of direction
- Change of speed
- Surprise

<p><b>Psychological</b>          Fun          Confidence          Decision Making</p>	<p><b>Technical</b>          1v1 attacking          1v1 defending</p>
<p><b>Physical</b>          Speed          A,B,C's          Change of Direction</p>	<p><b>Social</b>          Listening          Communicating          Fun with friends</p>

Week 9 – Activity D – Small Sided Game - 6 Goal Soccer



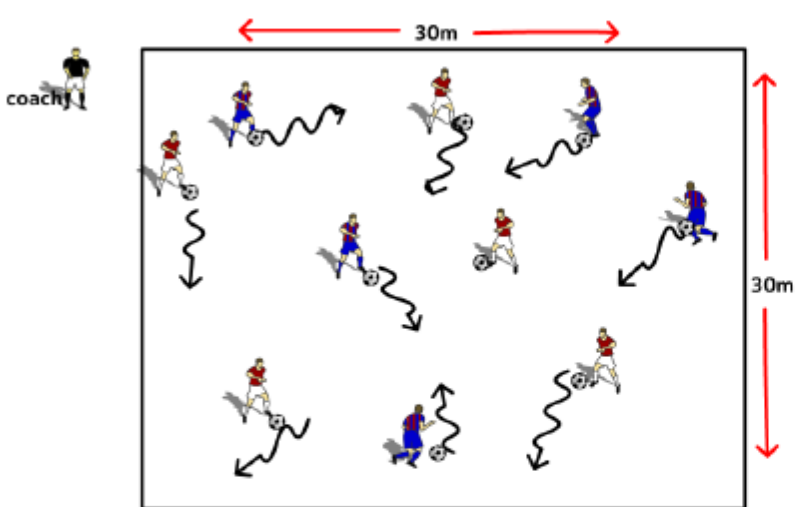
Players are placed into teams of 6v6  
 field is 45x45 yds  
 Teams can attack any of there 3 goals.  
 Technical: 1v1 attacking. Attack the ball, see the ball, see the player, attack front foot, Change of speed, change of direction, Attack space behind the defender, explode.

**Time frame. 12-15 minutes**

**Emphasis:**  
 1v1 attacking  
 Decision making  
 FUN

<b><u>Psychological</u></b> Fun Confidence Decision making	<b><u>Technical</u></b> Dribbling 1v1 Passing/receiving
<b><u>Physical</u></b> Speed A,B,C's Change of Direction	<b><u>Social</u></b> Listening Communicating Fun with friends

Week 10 – Activity A – General Movement



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**Organization:** A 30x30m field. 10 players, soccer balls, and pinnies.  
**Procedure:** Players freely dribble around the field. On coach's call player perform different move (jumping on spot, toe tap, sit up...), and run to empty space.

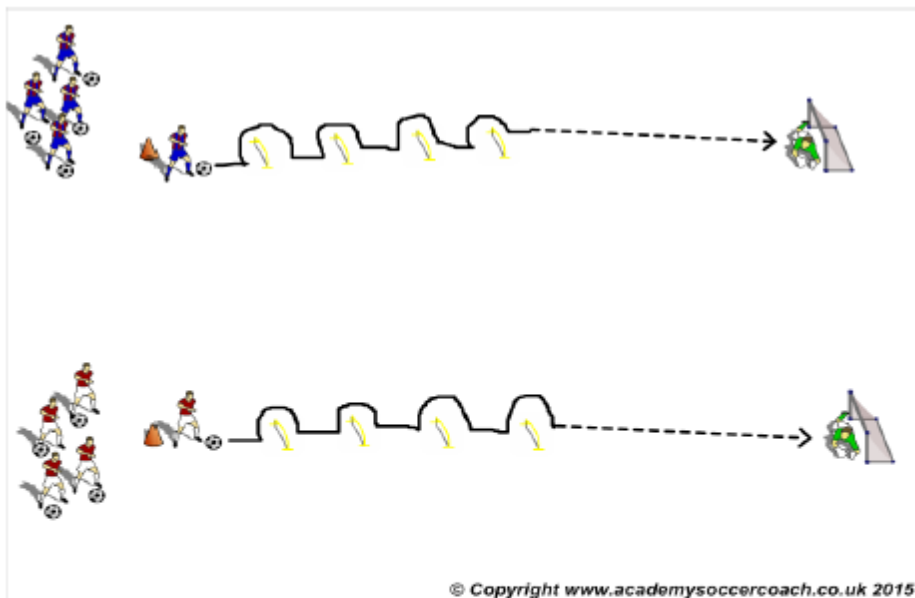
**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction  
 Heads up  
 Speed  
 FUN!

<p><b><u>Psychological</u></b>          Decision making          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Heads up          Part of the foot          Part of the ball</p>
<p><b><u>Physical</u></b>          A,B,C's          Change of Direction</p>	<p><b><u>Social</u></b>          Communicating          Peer interaction</p>

Week 10 – Activity B – Soccer Coordination – Learn to Train



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**Organization:** Hurdles, soccer balls, goals, and pinnies.  
**Setup** a starting cone in front of a row of hurdles spaced at five-meter intervals.  
**Procedure:** Players from each team line up at the starting cones, and each player has a ball. One by one, players pass their ball under the hurdle and jump over them. Note: player always land beside the ball for safety. Players shoot to goal at the end of last hurdle.  
**Progression:** player can jump each hurdle with left foot or right foot.

**Time frame. 12-15 minutes**

**Emphasis:**

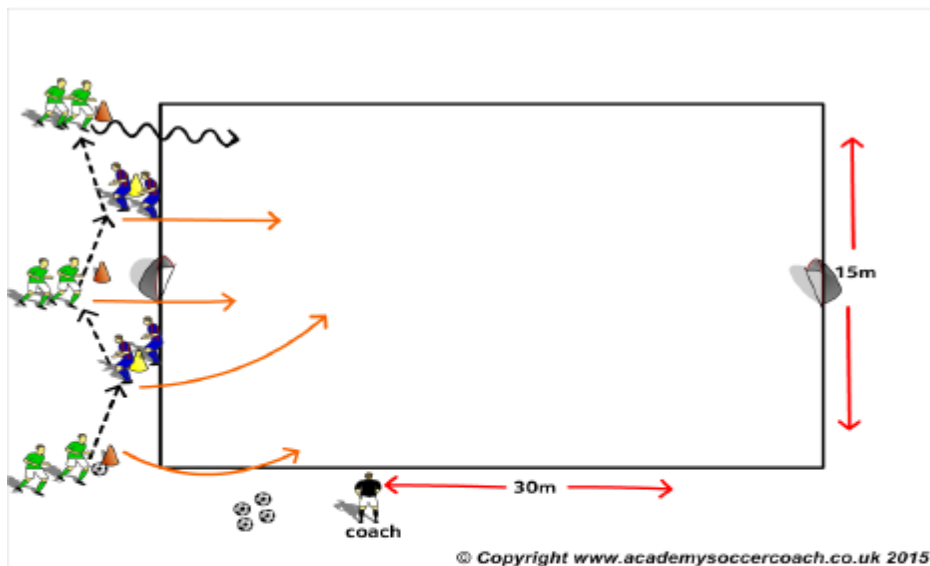
Eye-foot Coordination

Concentration

FUN!

<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Accuracy          Part of the foot          Part of the ball</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Coordination</p>	<p><b><u>Social</u></b>          Listening          Communicating          Peer interaction /fun</p>

## Week 10 – Activity C – Soccer Technique – Dribbling



**Organization:** Mark out a 15x30m field. Cones, Pinnies, and Soccer balls.  
 Set up a mini goal on each end line and five cones in a zigzag pattern behind one of the goals.  
 Divide players into two teams. Team A's players line up at the three outside cones. The first player at one of the end cones has a ball. Team B's players line up at the two inside cones.  
**Procedure:** Players pass the ball down the line from cone to cone. After each pass, the passer runs into the field. The player at the far end and two teams play 3v2. The game will continue until ball goes out or one team scores. Players will switch role.

**Time frame. 12-15 minutes**

**Emphasis:**

Change of direction  
 Change of speed  
 Surprise  
 Movement off the ball

**Psychological**

Fun  
 Confidence  
 Decision Making

**Technical**

Change of speed  
 Different movement  
 Change of direction

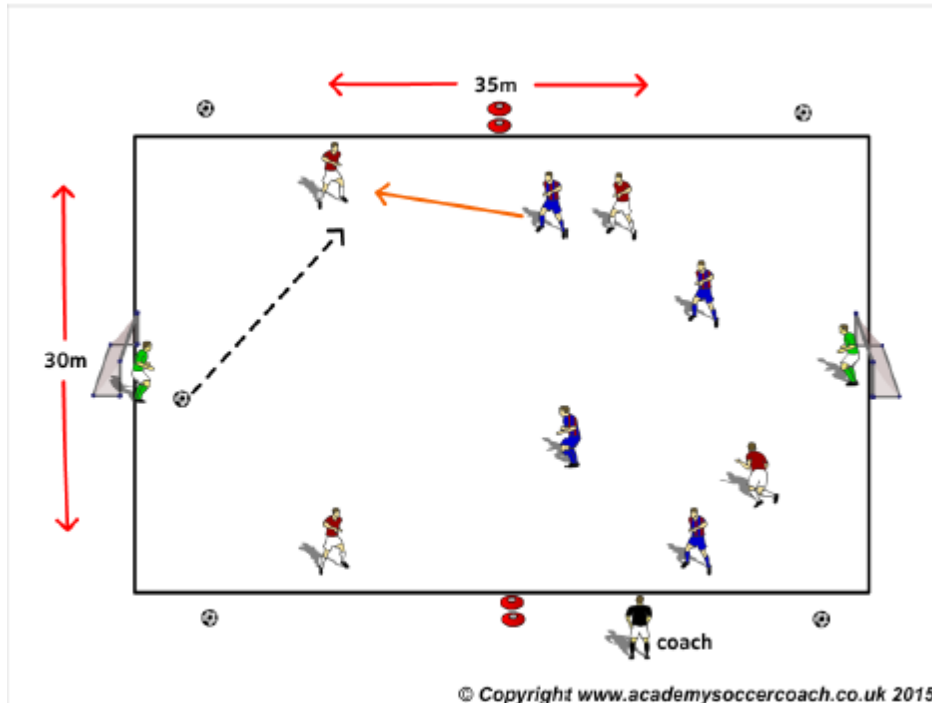
**Physical**

Speed  
 A,B,C's  
 Change of Direction

**Social**

Team work  
 Communicating  
 Fun with friends

Week 10 – Activity D – Small Sided Game with Retreat Line



Organization: A 30x35m field.  
5v5 small sided game with retreat line.

**Time frame. 12-15 minutes**

**Emphasis:**

Passing  
Receiving  
Possession  
Dribbling

**Psychological**

Fun  
Confidence  
Being safe

**Technical**

Dribbling  
1v1  
Passing

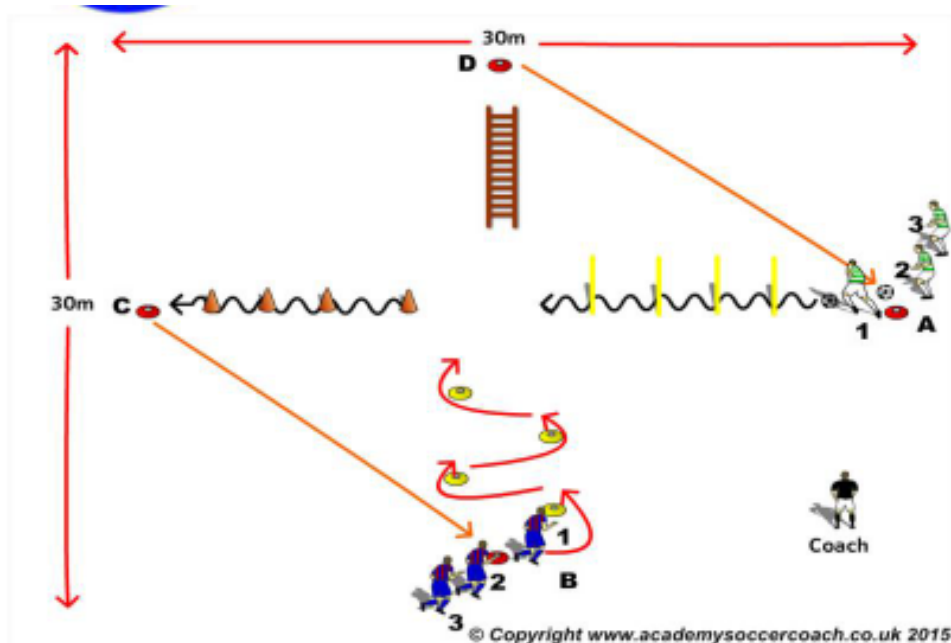
**Physical**

Speed  
A,B,C's  
Change of Direction

**Social**

Listening  
Communicating  
Fun with friends

## Week 11 – Activity A – General Movement



**Organization.** Set 2 30x30m squares up as shown above. 6 players will participate in each grid.

**Procedure.** One the coaches "GO" player from each group goes. The player from group A dribbles through the poles and then through the cones. Once the player gets to point C they leave the ball, race to point B were they race through the cones without the ball. Once they have completed the cones they race through the ladder and then back to their starting position. The player who they are racing will follow the same movements. First player back wins race. Coach can repeat the race and switch up the groups.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction

Heads up

Speed

**FUN!**

<p><b><u>Psychological</u></b> Decision making Confidence Being safe</p>	<p><b><u>Technical</u></b> Heads up Part of the foot Part of the ball</p>
<p><b><u>Physical</u></b> A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Communicating Peer interaction</p>



Week 11 – Activity B – Soccer Coordination



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**Organization.** Players are placed into 2s inside 30mx30m area.  
**Procedure.** Players pass and move inside area. Focus should be on how the player passes and receives the ball. As players pass and move, the coach calls out the following instructions.  
 1. Pass with inside of each foot only. 2. Pass with the outside of each foot only. 3. Before passing do a move and then play pass. 4. Receive ball with the outside of either foot.

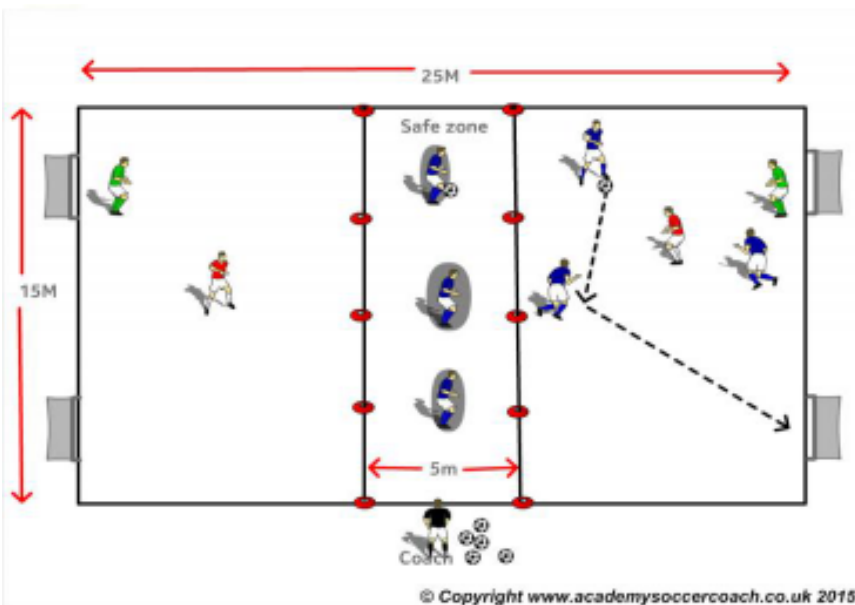
**Time frame. 12-15 minutes**

**Emphasis:**

Passing and Receiving  
 Movement  
 Communication  
 FUN!

<p><b><u>Psychological</u></b>          Positive reinforcement          Confidence          Being safe</p>	<p><b><u>Technical</u></b>          Passing          Receiving</p>
<p><b><u>Physical</u></b>          Agility, Balance          Change of Direction          Coordination</p>	<p><b><u>Social</u></b>          Listening          Communicating          Peer interaction /fun</p>

Week 11 – Activity C – Soccer Technique – 3v1 to Goal



**Organization.** Field size is 15mx25m with a 5m safe zone in the middle. 3 attackers, 2 defenders and 2 goalkeepers set up as above.

**Procedure.** Activity starts with 3 players in central safe zone, with defender & GK defending goal at either end. The coach plays a ball into the attackers in the safe zone and they look to attack either end.

If attackers' progress is blocked, they can take ball back into safe zone & attack in other direction.

Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn & score against GK at that end. Keep rotating the players to allow them all to experience attacking, defending and goalkeeping.

**Time frame. 12-15 minutes**

**Emphasis:**

Passing

Receiving

Possession

Movement off the ball

**Psychological**

Fun

Confidence

Decision Making

**Technical**

Passing

Receiving

Possession

**Physical**

A,B,C's

Change of Direction

Movement

**Social**

Team work

Communicating

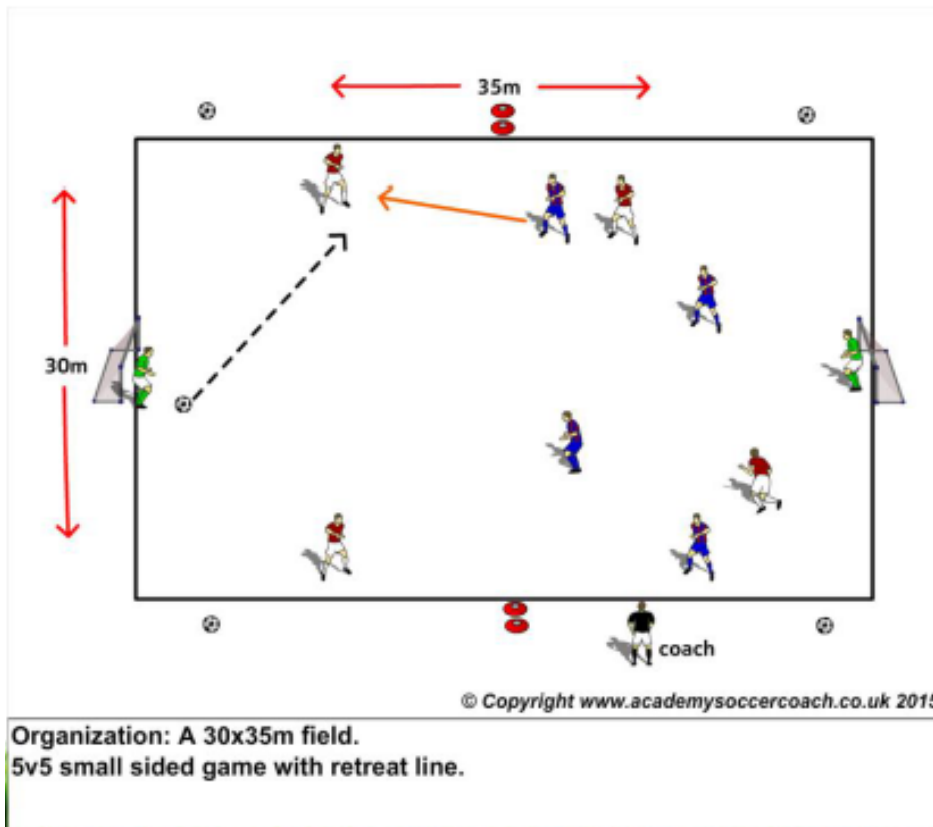
Fun with friends

Week 11 – Activity D – Small Sided Game – with Retreat Line

**Time frame. 12-15 minutes**

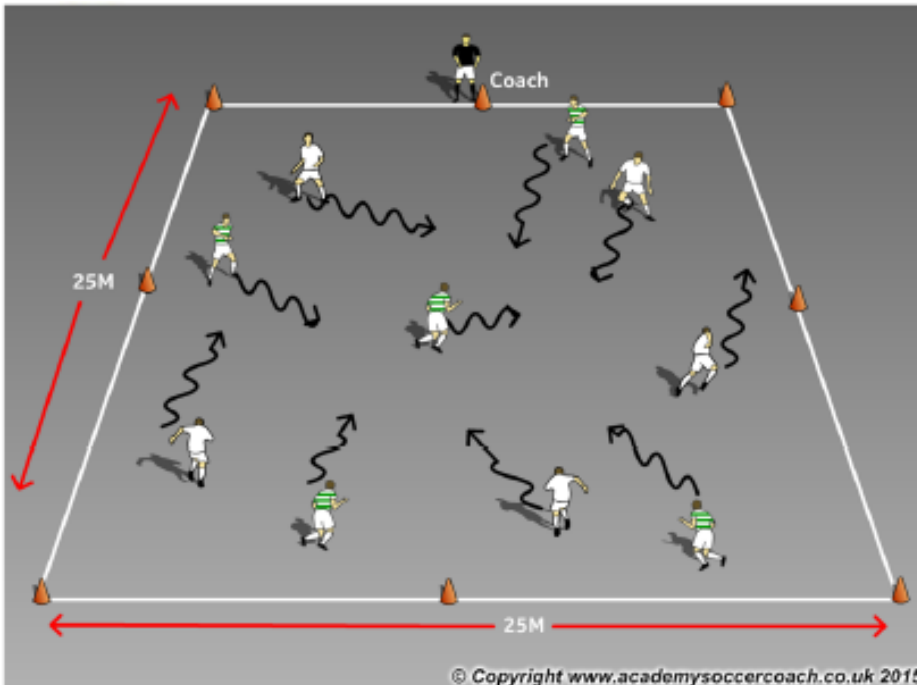
**Emphasis:**

Passing  
Receiving  
Possession  
Dribbling



<p><b><u>Psychological</u></b> Fun Confidence Being safe</p>	<p><b><u>Technical</u></b> Passing Team possession</p>
<p><b><u>Physical</u></b> Speed A,B,C's Change of Direction</p>	<p><b><u>Social</u></b> Listening Communicating Fun with friends</p>

Week 12 – Activity A – General Movement



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**Organization:** Players are placed into pairs in a 25m x 25m area.  
**Procedure:** All players start by marching around inside the area. The coach calls out different commands for the players to perform such as walking, running, jumping, rolling, hopping running backwards moving sideways and also sprinting to touch outside cones.  
**Progression:** Each player has a ball and the coach calls out commands.

**Time frame. 12-15 minutes**

**Emphasis:**

Changing direction

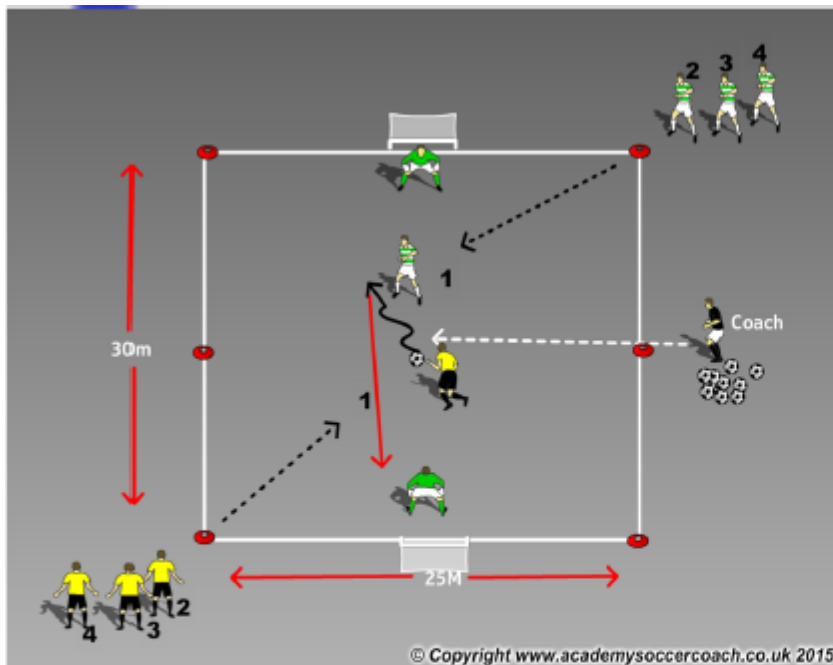
A,B,C's

Speed

FUN!

<p><b><u>Psychological</u></b></p> <p>Confidence Being safe</p>	<p><b><u>Technical</u></b></p> <p>N/A</p>
<p><b><u>Physical</u></b></p> <p>A,B,C's Change of Direction</p>	<p><b><u>Social</u></b></p> <p>Communicating Peer interaction FUN</p>

Week 12 – Activity B – Coordination – 1v1



**Organization:** Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.  
**Procedure:** The coach calls a specific number and that number runs into the field. The coach plays the ball to any player. These 2 players now play 1v1 to goal. Allow players to move within their lines to create different competition.

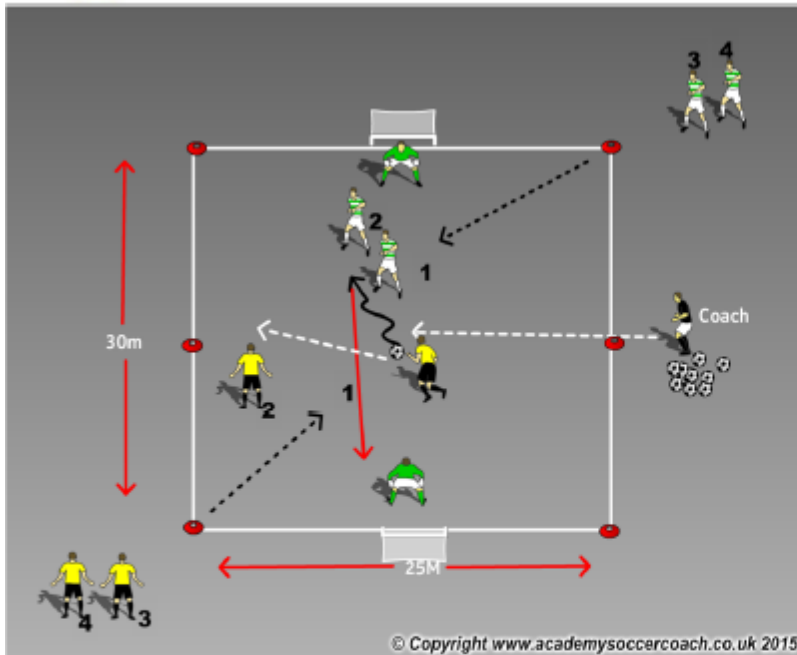
**Time frame. 12-15 minutes**

**Emphasis:**

- 1v1 attacking/defending
- Movement
- Communication
- FUN!

<p><b>Psychological</b></p> <ul style="list-style-type: none"> <li>Positive reinforcement</li> <li>Confidence</li> <li>Being safe</li> </ul>	<p><b>Technical</b></p> <ul style="list-style-type: none"> <li>Dribbling</li> <li>1v1</li> </ul>
<p><b>Physical</b></p> <ul style="list-style-type: none"> <li>Agility, Balance</li> <li>Change of Direction</li> <li>Coordination</li> </ul>	<p><b>Social</b></p> <ul style="list-style-type: none"> <li>Listening</li> <li>Communicating</li> <li>Peer interaction /fun</li> </ul>

Week 12 – Activity C – Soccer Technique – 2v2



**Organization:** Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.  
**Procedure:** The coach calls 2 number's and those number runs into the field. The coach plays the ball to any player. These 4 players now play 2v2 to goal. Allow players to move within their lines to create different competition.

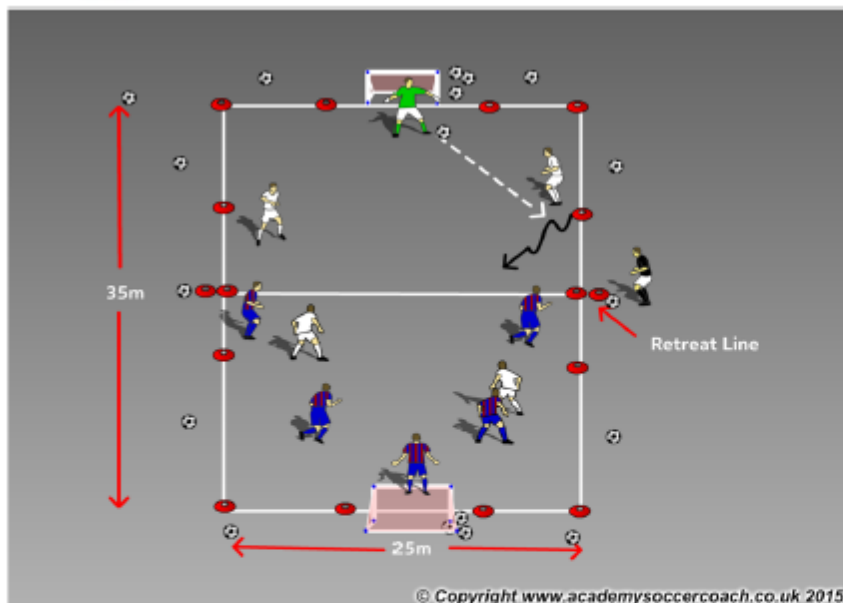
**Time frame. 12-15 minutes**

**Emphasis:**

- Passing
- Receiving
- Possession
- Movement off the ball

<p><b><u>Psychological</u></b>            Fun            Confidence            Decision Making</p>	<p><b><u>Technical</u></b>            Passing            Receiving            Possession</p>
<p><b><u>Physical</u></b>            A,B,C's            Change of Direction            Movement</p>	<p><b><u>Social</u></b>            Team work            Communicating            Fun with friends</p>

## Week 12 – Activity D – Small Sided Game with Retreat Line



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**Organization:** Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

**Procedure:** Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

**Time frame. 12-15 minutes**

**Emphasis:**

Passing  
Receiving  
Possession  
Dribbling  
Shooting  
FUN

**Psychological**

Fun  
Confidence  
Being safe

**Technical**

Passing  
Team possession  
Individual ability

**Physical**

Speed  
A,B,C's  
Change of Direction

**Social**

Listening  
Communicating  
Fun with friends