



Contents

Welcome to King United Soccer Club:	4
Need to Know for Parents and Players:	4
Player Requirements:.....	4
Club Will Supply:	4
2015 Goals:	4
King United Soccer Club Contacts:.....	5
U8 Coaches Manual	6
OBJECTIVE:	6
Week 1 - Activity A - General movement	7
Week 1 - Activity B - Soccer Coordination – Ball Familiarity.....	8
Week 1 - Activity C - Soccer Technique – Number Games	9
Week 1 – Activity D – Small Sided Game – 5v5 with Retreat Line.....	10
Week 2 – Activity A - General Movement.....	11
Week 2 – Activity B – Passing and Receiving	12
Week 2 – Activity C – Soccer Technique – 3v1 to Goal.....	13
Week 2 – Activity D – Small Sided Game 5v5 with Retreat Line.....	14
Week 3 - Activity A - General movement – With a Ball	15
Week 3 – Activity B – Soccer Coordination – 1v1 to a Goal.....	16
Week 3 – Activity C – Soccer Technique 1v1 to Goal with a Goal Keeper	17
Week 3 – Activity D – Small Sided Game with Retreat Line	18
Week 4 – Activity A – General movement	19
Week 4 – Activity B – Soccer Coordination.....	20



Week 4 – Activity C – Soccer Technique – Shooting.....	21
Week 4 – Activity D – Small Sided games (5v5 with Retreat Line)	22
Week 5 – Activity A – General Movement.....	23
Week 5 – Activity B – Soccer Coordination.....	24
Week 5 – Activity C – Soccer Technique – Feint to beat a player.....	25
Week 5 – Activity D – Small Sided Game with Retreat Line	26
Week 6 – Activity A – General Movement.....	27
Week 6 – Activity B – Soccer Coordination.....	28
Week 6 – Activity C – Soccer Coordination - Shooting	29
Week 6 – Activity D – Small Sided Game (5v5 with Retreat Line)	30
Week 7 – Activity A – General Movement.....	31
Week 7 – Activity B – Soccer Coordination.....	32
Week 7 – Activity C – Soccer Technique – 1v1 Attacking	33
Week 7 – Activity D – Small Sided Games 5v5 with Retreat Line	34
Week 8 – Activity A – General Movement.....	35
Week 8 – Activity B – Soccer Coordination - Shooting	36
Week 8 – Activity C – Soccer Technique – Dribbling/Faking.....	37
Week 8 – Activity D – Small Sided Game 5v5 with Retreat Line.....	38
Week 9 – Activity A – General Movements	39
Week 9 – Activity B – Soccer Coordination.....	40
Week 9 – Activity C – Soccer Techniques - Dribbling.....	41
Week 9 – Activity D – Small Sided Game (5v5) with Retreat Line	42
Week 10 – Activity A – General Movement.....	43
Week 10 – Activity B – Soccer Coordination – Passing and Receiving.....	44



Week 10 – Activity C – Soccer Technique – 3v1 to Goal.....	45
Week 10 – Activity D – Small Sided Game (5v5 with Retreat Line)	46
Week 11 – Activity A – General Movement.....	47
Week 11 – Activity B – Soccer Coordination.....	48
Week 11 – Activity C – Soccer Technique – Dribbling	49
Week 11 – Activity D – Small Sided Game – 4V4 with Retreat Line	50
Week 12 – Activity A – General Movement.....	51
Week 12 – Activity B – Coordination – Passing and Receiving	52
Week 12 – Activity C – Soccer Technique – 3v2 Playing Out.....	53
Week 12 – Activity D – Small Sided Game 5v5 with Retreat Line.....	54



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:

Name	Title	Contact Information
Vigillio Persico	President	president@kingunitedsc.com
Stefani Konidis	Past President	pastpresident@kingunitedsc.com
Pat Lio	VP Recreational Leagues	vpleagues@kingunitedsc.com
Ivan Rapa	VP Operations	vpoperations@kingunitedsc.com
Elizabeth Lopatko	Treasurer	treasurer@kingunitedsc.com
Lorna Downs	Secretary	secretary@kingunitedsc.com
Sam Rubino	Registrar	registrar@kingunitedsc.com
Kevin Tierney	VP Competitive	rep@kingunitedsc.com
Vigilio Persico	Referee-in-chief	referee@kingunitedsc.com
Jen Somerville	Director of Sponsorship	sponsorship@kingunitedsc.com
Jennifer Besserer	Director Schomberg House League	schomberghouse@kingunitedsc.com
James Clausner	Director House League	directorhouse@kingunitedsc.com
Sharon Hillier	Director Women's League	womenleague@kingunitedsc.com
Kim Nicholl	Administrator	admin@kingunitedsc.com

* 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>



U8 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.

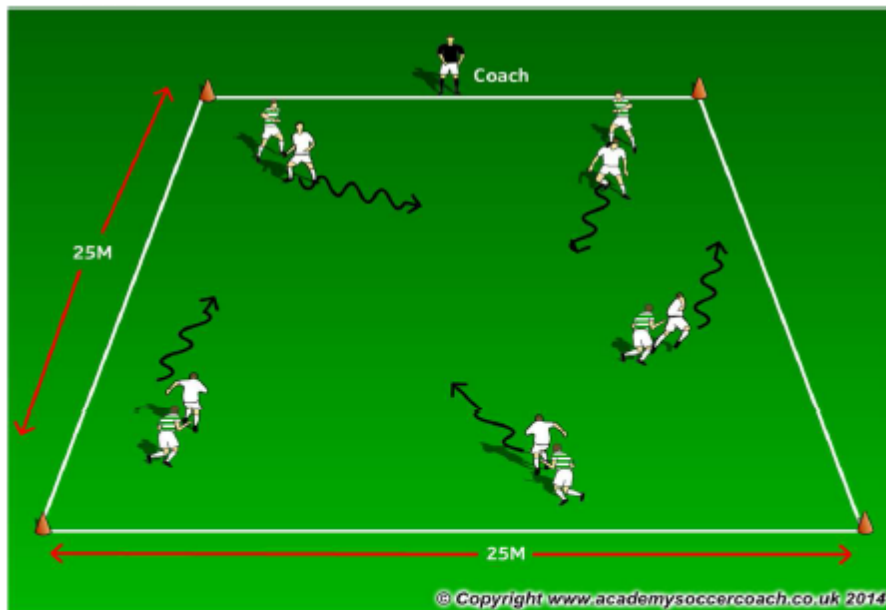
During the practice players will spend an allotted time at each Activity having fun, developing specific skills and qualities before moving onto the next station. By using Activity work we create an environment where players are continually motivated and that they are continually challenged.

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

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 minutes as per the Recreational and Development Matrix

Week 1 - Activity A - General movement



© Copyright www.academyfootballcoach.co.uk 2014

Follow my Leader
Organisation. Players are placed into pairs in a 25mx25m area.
Procedure. 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.
Progression. Each player has a ball.

Time frame. 8-10 minutes

Emphasis:

Listening

Different types of running/movements

Changing direction

Agility, Balance, Coordination

FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>Running A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 1 - Activity B - Soccer Coordination – Ball Familiarity



© Copyright www.academysoccercoach.co.uk 2014

Organisation. Players dribble freely inside 30mx30m area.
Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps.

Time frame. 8-10 minutes

Emphasis:

- Running with the ball
- Dribbling
- Changing direction
- Agility, Balance, Coordination
- Imagination
- Change of speed
- FUN!**

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 1 - Activity C - Soccer Technique – Number Games



Organisation. 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. These 2 players now play 1v1 to goal.
Progression. The coach can call out more than one number to create a 2v2 or 3v3

Time frame. 8-10 minutes

Emphasis:

- Listening
- Running with the ball
- Dribbling
- 1v1 attacking/defending
- Shooting
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Dribbling Running with the ball Shooting 1v1</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

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



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick 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. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Passing
 Shooting
 Dribbling
 Team work
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 2 – Activity A - General Movement



© Copyright www.academysoccercoach.co.uk 2014

Follow my Leader
Organisation. Players are placed into pairs in a 25mx25m area.
Procedure. 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.
Progression. Each player has a ball.

Time frame. 8-10 minutes

Emphasis:

Listening

Different types of running/movements

Changing direction

Agility, Balance, Coordination

FUN!

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

Week 2 – Activity B – Passing and Receiving



Passing and Moving

Organisation. 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.

Progression. To make it fun/competitive 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, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Passing - Receiving
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 Change of speed
FUN!

Psychological

Confidence
 Being safe

Technical

Passing - Receiving
 Dribbling
 Running with the ball

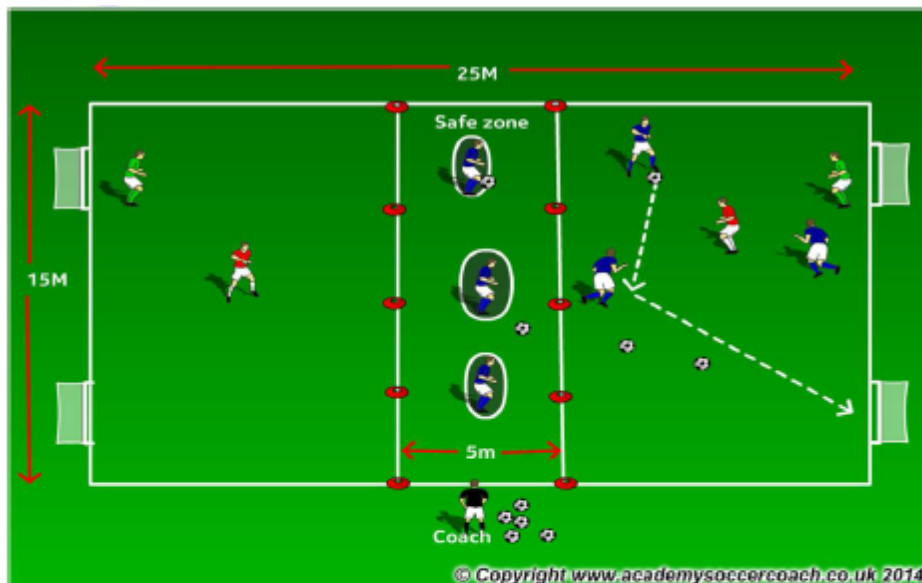
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 2 – Activity C – Soccer Technique – 3v1 to Goal



Organisation. 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.8- 10 minutes

Emphasis:

Passing - Receiving
 Running with the ball
 Dribbling
 1v1 attacking/defending
 Shooting
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball
 Shooting
 Passing/Receiving

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 2 – Activity D – Small Sided Game 5v5 with Retreat Line



© Copyright www.academysoccercoach.co.uk 2014

5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition 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. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Passing
 Shooting
 Dribbling
 Team work
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

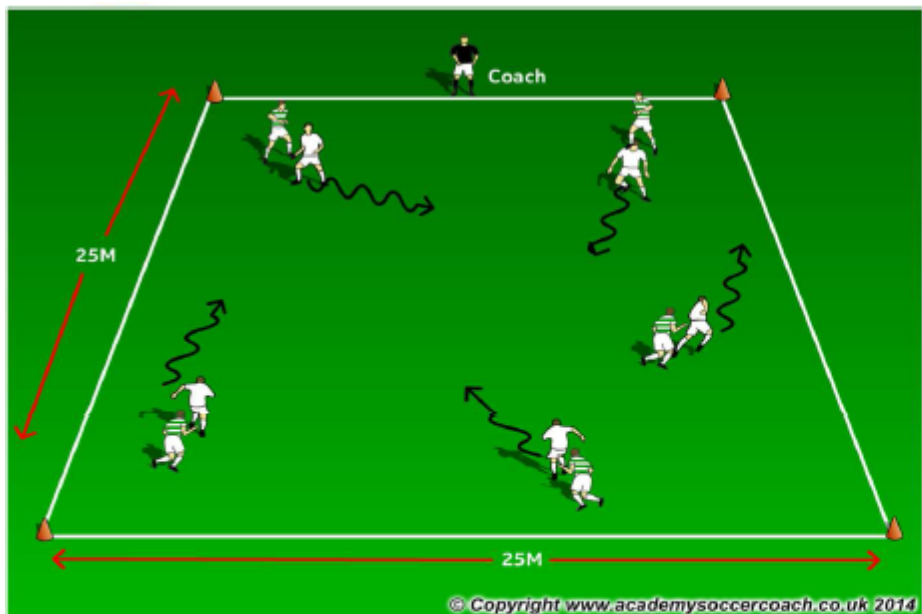
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 3 - Activity A - General movement – With a Ball



Follow my Leader
Organisation. Players are placed into pairs in a 25mx25m area.
Procedure. 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.
Progression. Each player has a ball.

Time frame. 8-10 minutes

Emphasis:

Listening
 Different types of running/movements
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Moves
 Turning

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 3 – Activity B – Soccer Coordination – 1v1 to a Goal



Organisation. Area is 20mx20m 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 red goals. Keep rotating the service so that all players are attackers.
Progression. Players progress to play 2v2 if success is being achieved.

Time frame. 8-10 minutes

Emphasis:

Dribbling
 1v1 attacking/defending
 Changing direction
 Agility, Balance, Coordination
 Imagination
 Change of speed
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball
 1v1 attack/defending

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 3 – Activity C – Soccer Technique 1v1 to Goal with a Goal Keeper



Organisation. 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. These 2 players now play 1v1 to goal.
Progression. The coach can call out more than one number to create a 2v2 or 3v3

Time frame. 10 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1 attacking/defending
- Shooting
- Changing direction
- Agility, Balance, Coordination
- Imagination
- FUN!

<p><u>Psychological</u> Confidence Being safe Imagination</p>	<p><u>Technical</u> Dribbling Running with the ball Shooting</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

Week 3 – Activity D – Small Sided Game with Retreat Line



© Copyright www.academysoccercoach.co.uk 2014

5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick 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. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Passing
 Shooting
 Dribbling
 Team work
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

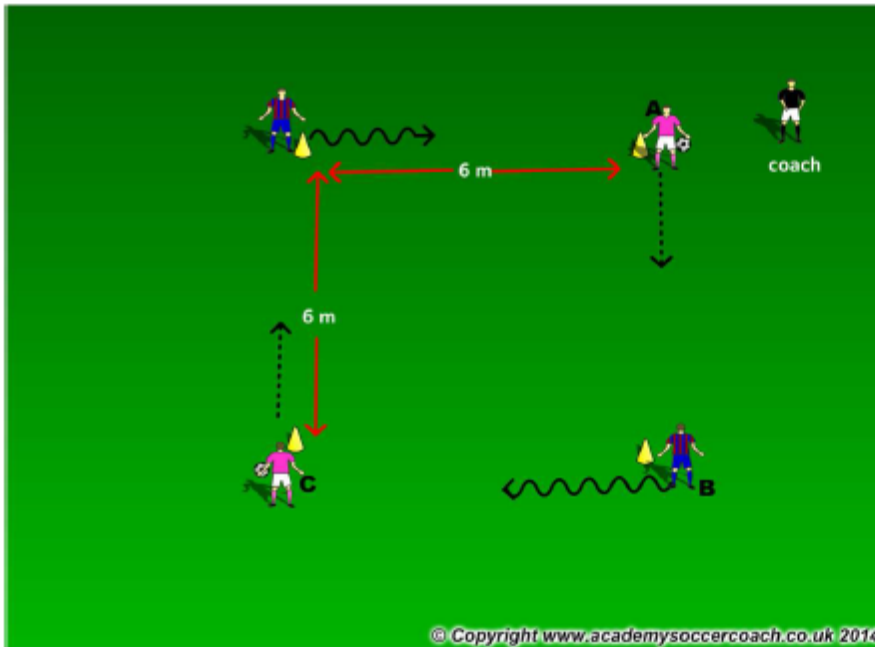
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 4 – Activity A – General movement



Organization: 6 mx6 m area, four players, cones, balls
Procedure: 4 players stand at each corner, two at diagonally opposite corners have soccer ball in their hands. Player A and C start at the same time. Player A throws the ball to player B, and runs after it to tag the player B. Player B dribble the ball to the other corner, pick up the ball and throws it to player C. and game continues. To progress, players run to different direction.

Time frame. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Changing direction
 Agility, Balance, Coordination
 Awareness
 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
 Celebrating

Week 4 – Activity B – Soccer Coordination



© Copyright www.academyfootballcoach.co.uk 2014

Organization: 30 mx30 m area. Cones are setup around the area. 2 taggers.
Procedure: Taggers try to tag players. Players can be safe if they are on a cone. Only one player allows on a cone.
 If a player runs to a cone with a player on it, the player on the cone must leave.
 To progress this a ball can be added for non taggers.

Time frame. 8-10 minutes

Emphasis:

Decision making
 Changing direction
 Eye-foot Coordination
 Balance
 FUN!

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

Week 4 – Activity C – Soccer Technique – Shooting



© Copyright www.academyfootballcoach.co.uk 2014

Organization: 30 mx30 m area. Cones are setup around the area. 2 taggers.
Procedure: Taggers try to tag players. Players can be safe if they are on a cone. Only one player allows on a cone.
 If a player runs to a cone with a player on it, the player on the cone must leave.
 To progress this a ball can be added for non taggers.

Time frame. 8 minutes

Emphasis:

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

<p><u>Psychological</u> Positive reinforcement Confidence Being safe Fun</p>	<p><u>Technical</u> Shooting Dribbling</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

Week 4 – Activity D – Small Sided games (5v5 with Retreat Line)



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition 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. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Passing
 Shooting
 Dribbling
 Team work
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 5 – Activity A – General Movement



Organization: 20 mx20 m field as shown. 4 different stations.

Procedure:

Station 1: Hop on one leg

Station 2: Bunny Hops

Station 3: Skip backward

Station 4: Players decide

Progression: A soccer ball can be added.

Time frame. 8-10 minutes

Emphasis:

Changing direction
 Agility, Balance, Coordination
 Awareness
 FUN!

<p>Psychological Positive reinforcement Confidence Being safe</p>	<p>Technical N/A</p>
<p>Physical Eye-foot coordination Agility, Balance Change of Direction</p>	<p>Social Listening Communicating Celebrating</p>

Week 5 – Activity B – Soccer Coordination



© Copyright www.academysoccercoach.co.uk 2014

Organization: 20 mx20 m field as shown. 10 players with ball each.
Procedure: Players move freely within the area. Players follow coach's direction:
 1- Salute captain: raise hand and balance on one leg.
 2- Scrub the decks: imitate washing the floor with the ball
 3- Raise the sails: Move around with ball and swing your arms
 4- Row the lifeboat: Move the ball backwards.
 2-3 minutes for each activity.

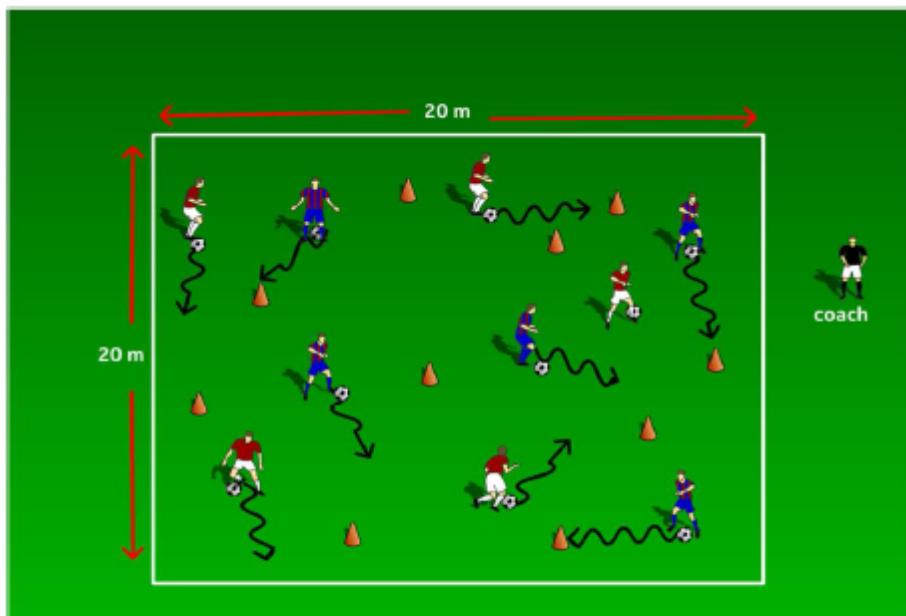
Time frame. 8-10 minutes

Emphasis:

Changing direction
 Eye-foot Coordination
 Balance
 FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Dribbling Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating Interacting with friends

Week 5 – Activity C – Soccer Technique – Feint to beat a player



© Copyright www.academysoccercoach.co.uk 2014

Organization: 20 mx20 m field as shown. 10 players with ball each. Number of cones within the area.

Procedure: Players move freely within the area stopping the ball at each cone and doing a fake before dribbling farther.

Progression: Players do a fake as they moving between the cones.

Time frame. 8-10 minutes

Emphasis:

Changing direction
 Change of speed
 Agility, Balance, Coordination
 FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe Fun</p>	<p><u>Technical</u> Dribbling Part of the foot Part of the ball Using both feet</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with peers</p>

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



Organization: 35 mx25 m field as shown. Two team of 4 , four goals to score on.
Retreat line on half.

Time frame. 8-10 minutes

Emphasis:

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

Psychological

Fun
Confidence
Being safe
Decision making

Technical

passing
Dribbling
Shooting

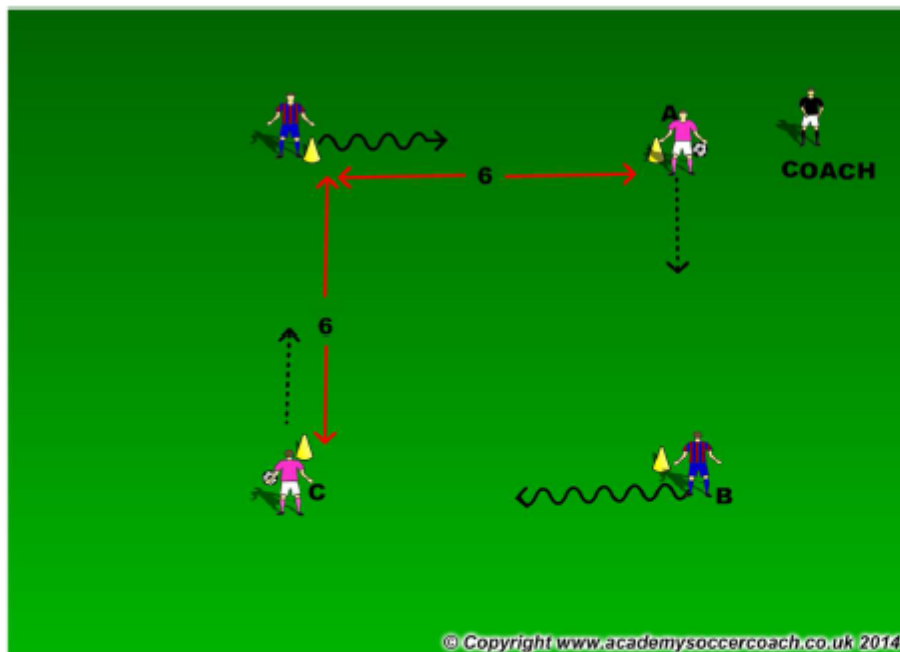
Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Week 6 – Activity A – General Movement



Organization: 6x6 yards area, four players, cones, balls
Procedure: 4 players stand at each corner, two at diagonally opposite corners have soccer ball in their hands. Player A and C start at the same time. Player A throws the ball to player B, and runs after it to tag the player B. Player B dribble the ball to the other corner, pick up the ball and throws it to player C. and game continues. To progress, players run to different direction.

Time frame. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Changing direction
 Agility, Balance, Coordination
 Awareness
 FUN!

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

Week 6 – Activity B – Soccer Coordination



© Copyright www.academysoccercoach.co.uk 2014

Organization: 30x30 yards area. Cones are setup around the area. 2 taggers.
 Procedure: Taggers try to tag players. Players can be safe if they are on a cone. Only one player allows on a cone.
 If a player runs to a cone with a player on it, the player on the cone must leave.
 To progress this a ball can be added for non taggers.

Time frame. 8-10 minutes

Emphasis:

- Decision making
- Changing direction
- Eye-foot Coordination
- Balance
- FUN!

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

Week 6 – Activity C – Soccer Coordination - Shooting



Organization: 15x15 area (can be changed according to age), cones, poles, soccer balls, and small goal. 1-2 yards between poles. 5 yards between last pole and goal.

Activity 1: At the coach's signal, the first two players run through the poles, and shoot.

Activity 2: Players run between the first pair of poles, then sit at the third pole, and lie on their stomachs at the fourth pole, get up and shoot.

Time frame. 8 minutes

Emphasis:

Changing direction

Change of speed

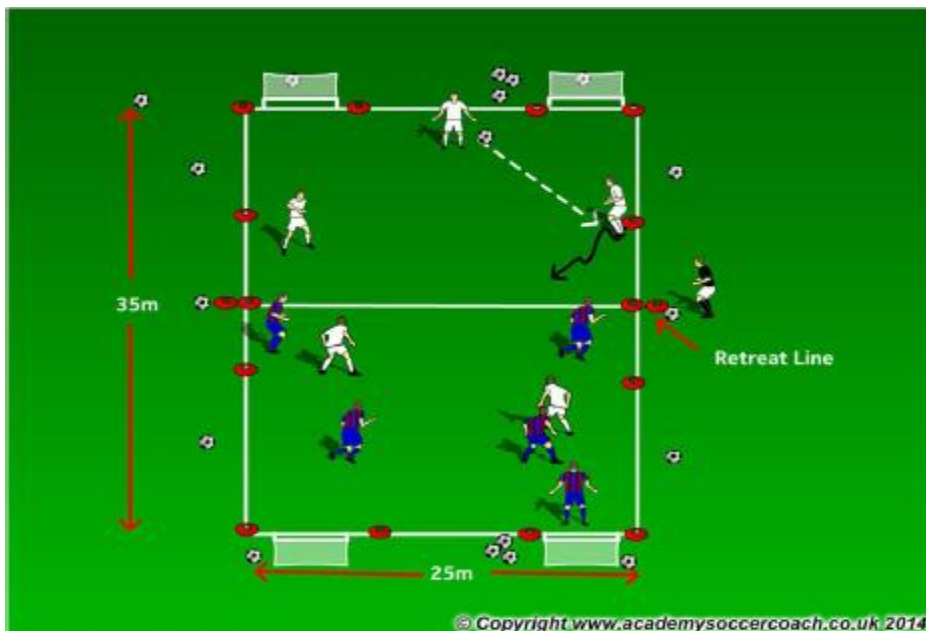
Agility, Balance, Coordination

Shooting

FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe Fun</p>	<p><u>Technical</u> Shooting Dribbling</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

Week 6 – Activity D – Small Sided Game (5v5 with Retreat Line)



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end

Procedure. Once the ball goes out for a goalkick 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.

When scoring a goal team in possession has two goals to score on.

If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame. 8-10 minutes

Emphasis:

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

Psychological

Fun
 Confidence
 Being safe

Technical

Dribbling
 1v1
 Shooting

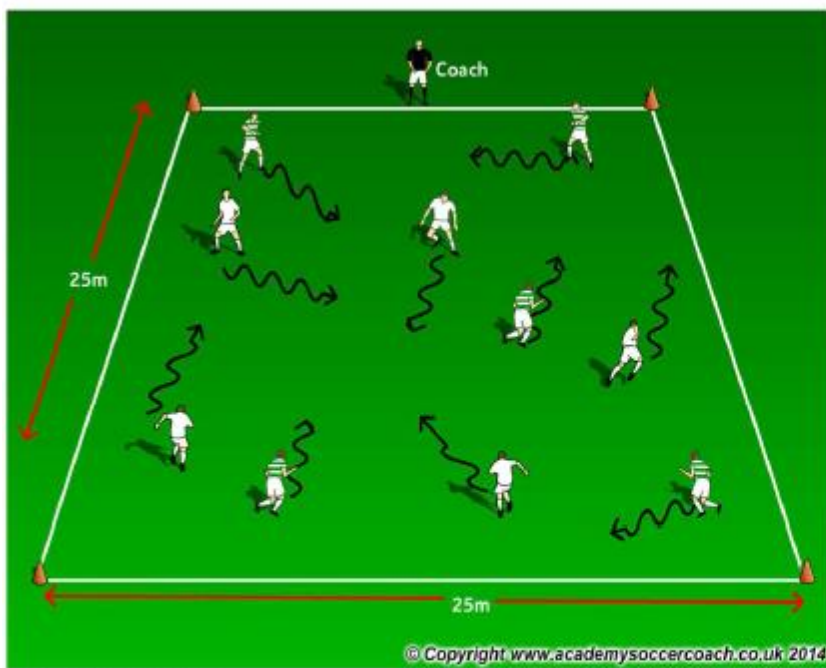
Physical

Speed
 A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 7 – 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. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Eye-foot coordination Agility, Balance Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

Week 7 – Activity B – Soccer Coordination



© Copyright www.academysoccercoach.co.uk 2014

Organisation. Players dribble freely inside 30mx30m area.
Procedure. Players are asked to express them self's 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. 8-10 minutes

Emphasis:

Dribbling
 Changing direction/Speed
 Balance
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Interacting with friends

Week 7 – Activity C – Soccer Technique – 1v1 Attacking



© Copyright www.academysoccercoach.co.uk 2014

Organisation. 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. 8-10 minutes

Emphasis:

Dribbling
1v1 attacking
Change of speed
Agility, Balance, Coordination
FUN!

Psychological

Positive reinforcement
Confidence
Being safe
Fun

Technical

Dribbling
Part of the foot
Part of the ball
Using both feet

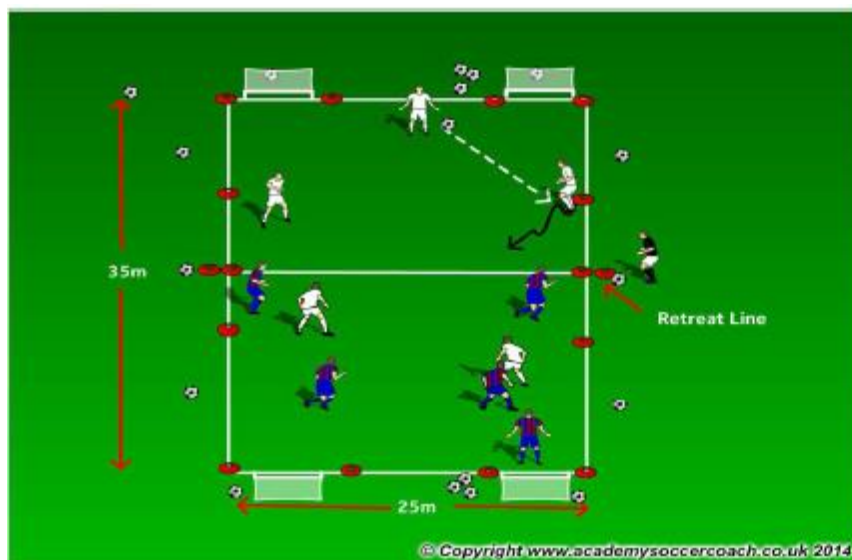
Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Interaction with peers

Week 7 – Activity D – Small Sided Games 5v5 with Retreat Line



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end

Procedure. Once the ball goes out for a goalkick 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.

When scoring a goal team in possession has two goals to score on.

If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

passing
Dribbling
Shooting

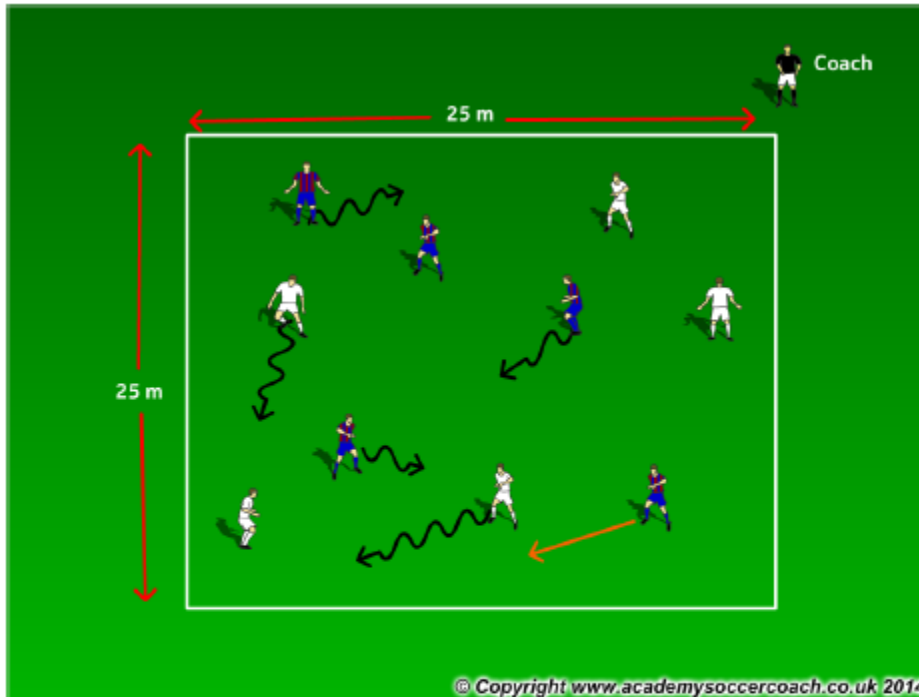
Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Week 8 – Activity A – General Movement



© Copyright www.academysoccercoach.co.uk 2014

Organization: A 25mx25m field. 10 players.
Procedure: Encouraging players to do different soccer movements such as running, shuffling, running backwards, and jumping.
Progression: This activity could be done with the ball.

Time frame. 8-10 minutes

Emphasis:

Changing direction
 Agility, Balance, Coordination
 Spatial awareness
 FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Eye-foot coordination Agility, Balance Change of Direction</p>	<p><u>Social</u> Listening Communicating Celebrating</p>

Week 8 – Activity B – Soccer Coordination - Shooting



© Copyright www.academysoccercoach.co.uk 2014

Organization: Place 2 cones side by side 10 m apart. Lay out 4 poles 50 cm intervals, starting 3 m in front of the starting cones. Players lineup in 2 equal teams behind the starting cone.

Procedure: On the coach's signal, first player from each line, shuffle between poles and run back to the end of the line.

Progression: Same activity using soccer ball, and finishing with shooting.

Time frame. 8-10 minutes

Emphasis:

Agility

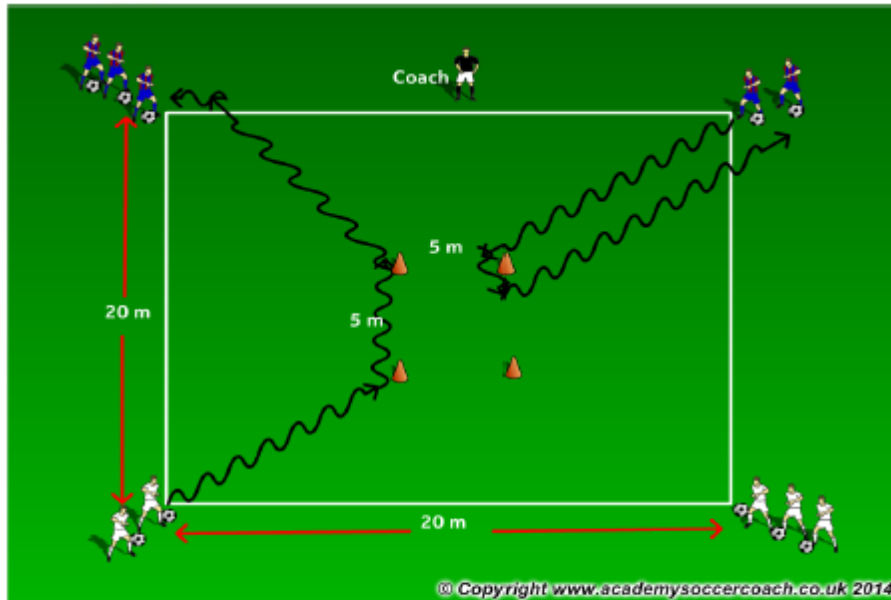
Changing direction/Speed

Coordination

FUN!

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

Week 8 – Activity C – Soccer Technique – Dribbling/Faking



Organization: A 20mx20m field. Place 4 cones inside the grid to make a 5mx5m square. Players line up in equal numbers at each corner. Each player has a ball.

Procedure: At coach's signal, first player of each line will dribble around the near cone and return to their line.

Progression: Player dribble to near cone, and do a fake move, and dribble to a cone on the right or left.

Time frame. 8-10 minutes

Emphasis:

Dribbling

Change of direction

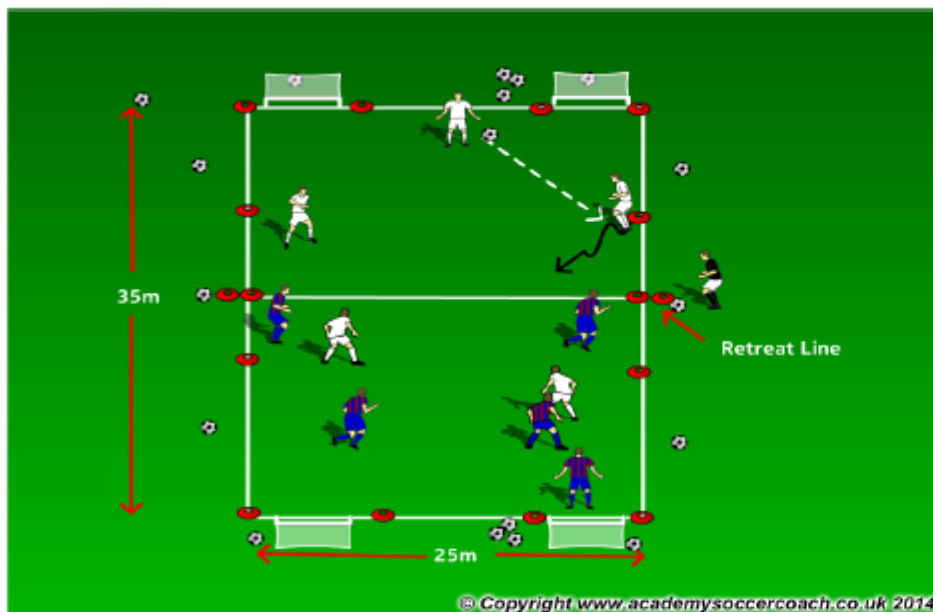
Change of speed

Agility, Balance, Coordination

FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Fun</p>	<p><u>Technical</u> Dribbling Part of the foot Part of the ball Using both feet</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Interaction with peers</p>

Week 8 – Activity D – Small Sided Game 5v5 with Retreat Line



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line. 2 goals are located at each end

Procedure. Once the ball goes out for a goalkick 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.

When scoring a goal team in possession has two goals to score on.

If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

passing
Dribbling
Shooting

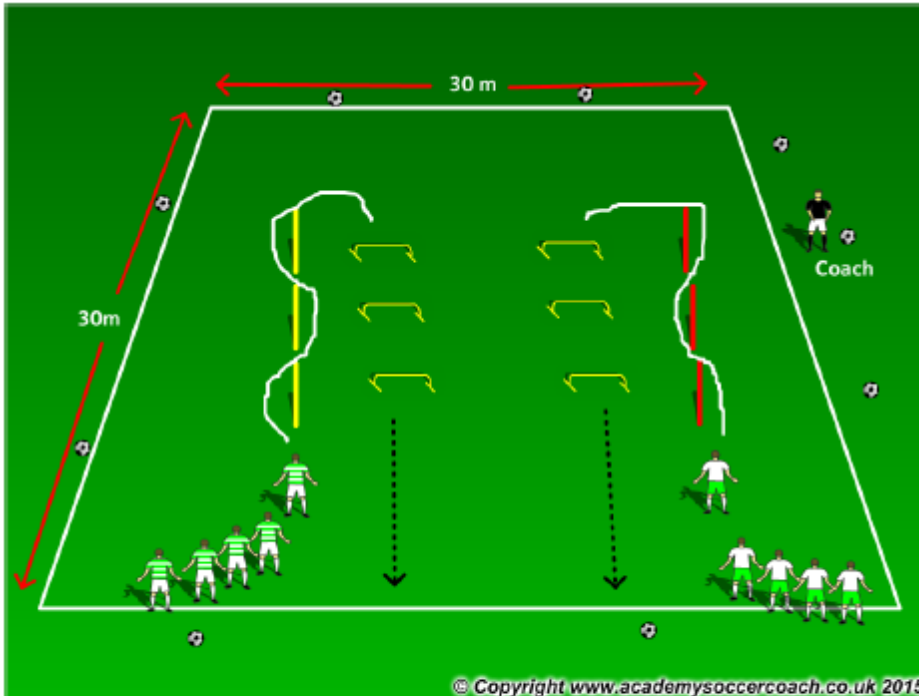
Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Week 9 – Activity A – General Movements



Organization: 3 or 4 Poles, 3 or 4 hurdles. Place equipments as it shown in diagram.

Procedure: first player from each team runs in and out of the poles, and jumping over the hurdles. When they finish the last hurdle, he/she sprint to the end of the line. The team that finish faster win.

Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!

Psychological

Positive reinforcement
Confidence
Being safe

Technical

N/A

Physical

Eye-foot coordination
Agility, Balance
Change of Direction

Social

Listening
Communicating
Celebrating

Week 9 – Activity B – Soccer Coordination



© Copyright www.academysoccercoach.co.uk 2015

Organization: A 30mx30m field. 10 players divided in two teams, 5 pinnies.
Procedure: 5 players have the pinnies tucked in back of their short, and moving around the field, and the other 5 players trying to take the pinnies. Last Player with pinnies will earn a point for his/her team.
Progression: Same procedure as above, players with pinnies can have the ball.

Time frame. 8-10 minutes

Emphasis:

Dribbling
 Changing direction/Speed
 Balance
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Interacting with friends

Week 9 – Activity C – Soccer Techniques - Dribbling



Organization: A 30mx30m field. 10 players divided in two teams, extra balls around the field.

Procedure: 5 players have the ball, and moving around the field trying to dribble to pass the players without the ball. Players use different dribbling move. i.e.: Fake and turn, step over. Players change the role on coach's call.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1 attacking

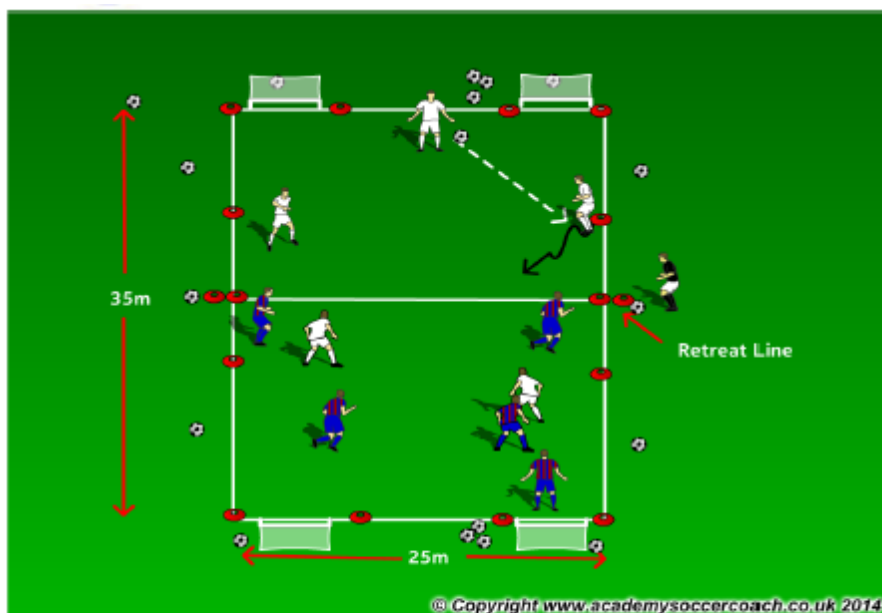
Change of speed

Agility, Balance, Coordination

FUN!

<p>Psychological Positive reinforcement Confidence Being safe Fun</p>	<p>Technical Dribbling Part of the foot Part of the ball Using both feet</p>
<p>Physical Speed A,B,C's Change of Direction</p>	<p>Social Listening Communicating Interaction with peers</p>

Week 9 – Activity D – Small Sided Game (5v5) with Retreat Line



5V5 with the Retreat line.

Organization. Players play 5v5 on a 35mx25m field. The Retreat line is located at the half way line. 2 goals are located at each end

Procedure. Once the ball goes out for a goalkick 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.

When scoring a goal team in possession has two goals to score on.

If you have odd numbers you can have the extra player become a neutral player in the game who plays for the team in possession.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

passing
Dribbling
Shooting

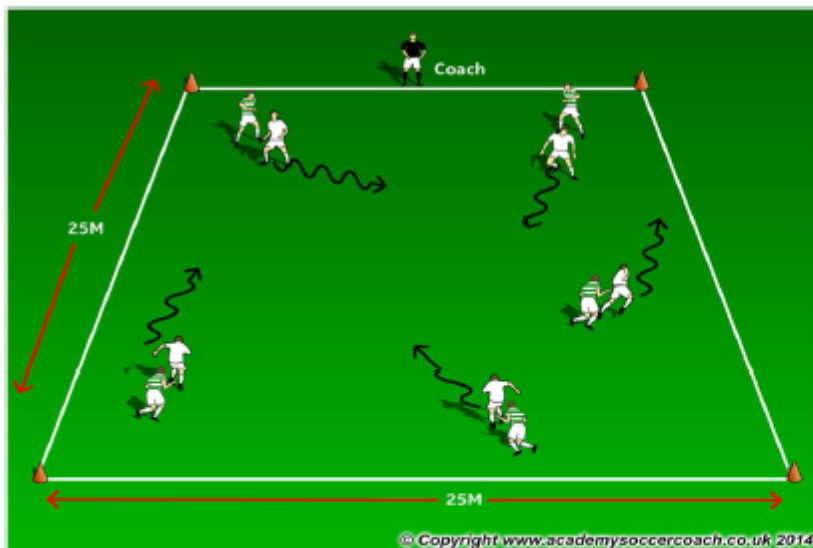
Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Week 10 – Activity A – General Movement



© Copyright www.academysoccercoach.co.uk 2014

Follow my Leader

Organisation. Players are placed into pairs in a 25mx25m area.
Procedure. 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.
Progression. Each player has a ball.

Time frame. 8-10 minutes

Emphasis:

Listening

Different types of running/movements

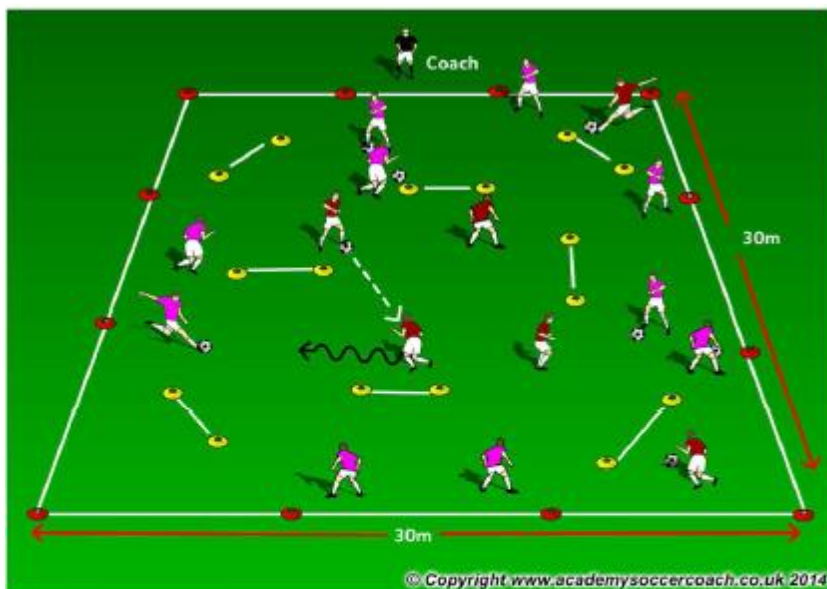
Changing direction

Agility, Balance, Coordination

FUN!

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

Week 10 – Activity B – Soccer Coordination – Passing and Receiving



Passing and Moving

Organisation. 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.

Progression. To make it fun/competitive 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, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Passing - Receiving

Dribbling

Changing direction

Agility, Balance, Coordination

Imagination

Change of speed

FUN!

Psychological

Confidence
Being safe

Technical

Passing - Receiving
Dribbling
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Week 10 – Activity C – Soccer Technique – 3v1 to Goal



Organisation. 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.8- 10 minutes

Emphasis:

Passing - Receiving
 Running with the ball
 Dribbling
 1v1 attacking/defending
 Shooting
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball
 Shooting
 Passing/Receiving

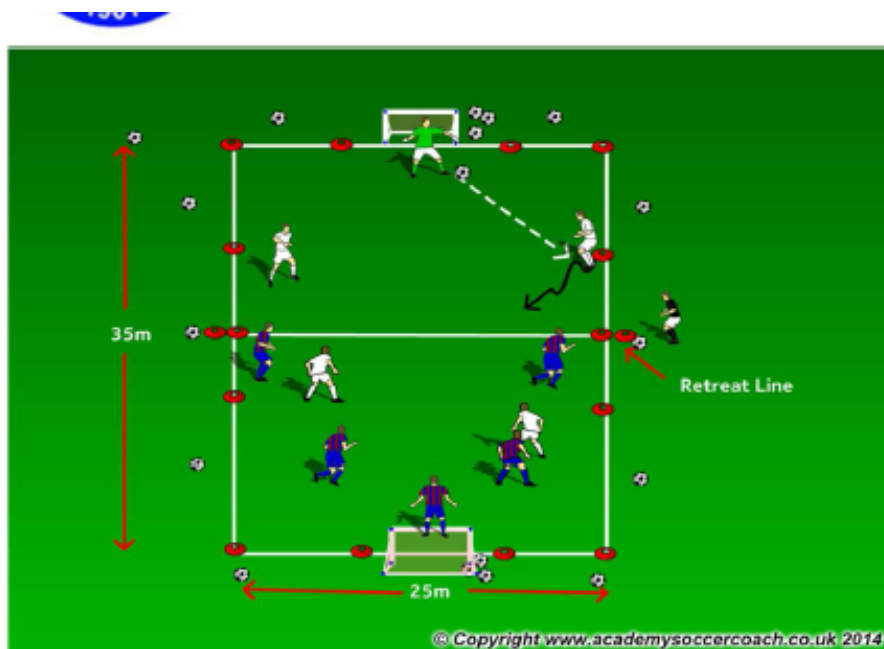
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 10 – Activity D – Small Sided Game (5v5 with Retreat Line)



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick 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. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Passing
 Shooting
 Dribbling
 Team work
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

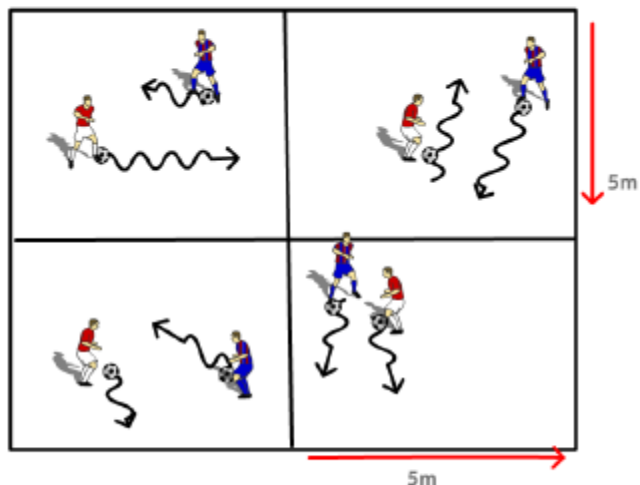
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 11 – Activity A – General Movement



© Copyright www.academysoccercoach.co.uk 2015

General Movements:

Organization: A20x20m (divided to 4 areas of 5x5m) Balls, and 2 sets of different colour pinnies.

Procedure: Every player has a ball in their own area. Players have to keep control of their ball and kick their opponents' ball out. If player's ball is kicked out, on return juggle for 2-5 times.

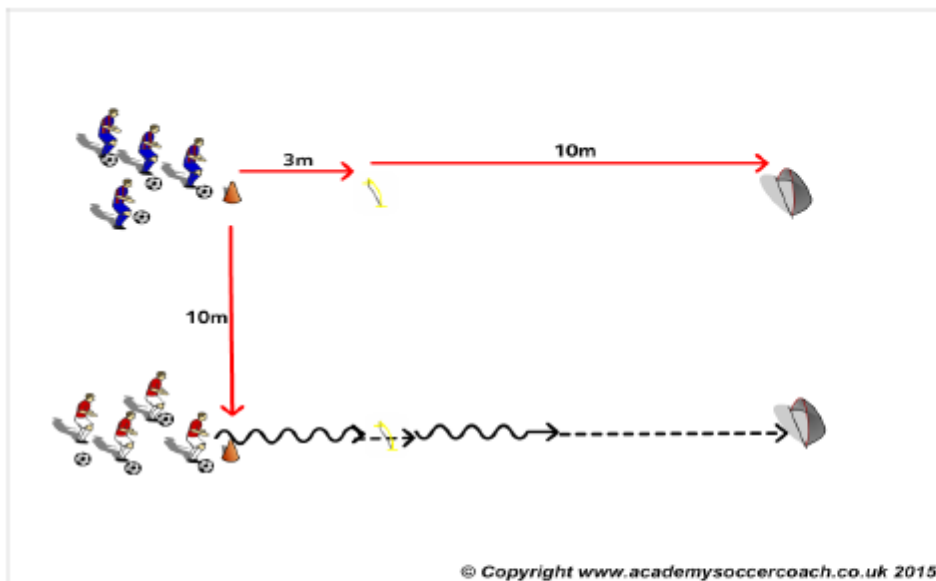
Time frame. 8-10 minutes

Emphasis:

Changing direction
Agility, Balance, Coordination
Awareness
FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Eye-foot coordination A'B'C's Change of Direction</p>	<p><u>Social</u> Peer Interaction Problem Solving</p>

Week 11 – Activity B – Soccer Coordination



Coordination:

Organization: Hurdles, balls, and mini goals. Place two starting cones side by side 10 m apart. Set up a hurdle 3m in front of each starting cone, and there is a mini goal 10 m beyond each hurdle. Players line up in two equal sized team in front of each a starting cone, each have a ball.

Procedure: On the coach's signal, players dribble toward the hurdle, passes under the hurdle, jump over them, take the ball and finish on the goal. Players then run with their ball in back of the line.

Variation: Players can take off with right or left foot. They can also do quick feet before jumping.

Time frame. 8-10 minutes

Emphasis:

Dribbling
Changing direction/Speed
Balance
FUN!

Psychological

Confidence
Being safe

Technical

Dribbling
Running with the ball

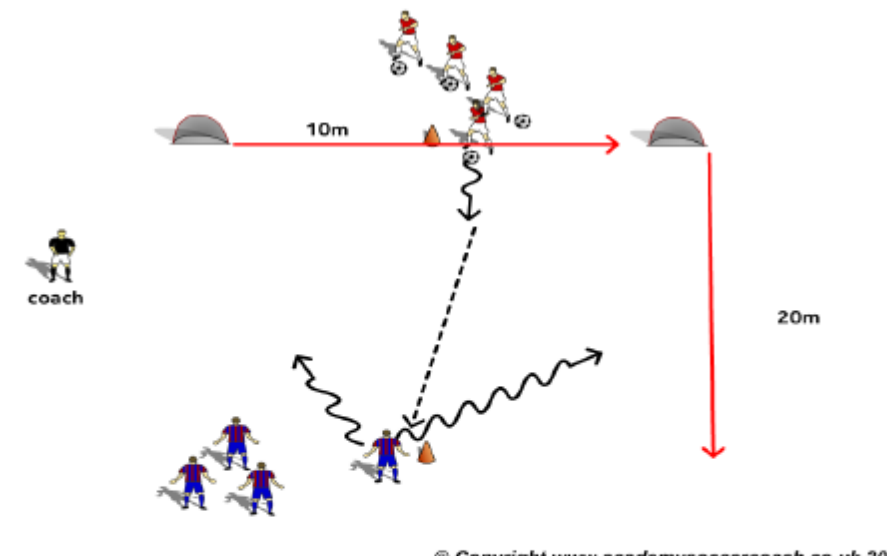
Physical

A,B,C's
Change of Direction

Social

Listening
Communicating
Interacting with friends

Week 11 – Activity C – Soccer Technique – Dribbling



© Copyright www.academysoccercoach.co.uk 2015

Dribbling/faking
Organization: Set up two mini goals 10m apart. Place a starting cone between two goals, and one cone 20 m in front of it. Players line up in two equal sized team at the starting cones. The players between the goals each have a ball.
Procedure: The first player between the goals dribbles onto the field, passes to the first player at the other cone and then became a defender. The receiver takes the ball forward and tries to score on either goal. If the defender wins the ball, he/she can counterattack on either goal.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1 attacking

Change of speed

Agility, Balance, Coordination

FUN!

Psychological

Positive reinforcement
 Confidence
 Being safe
 Fun

Technical

Dribbling
 Part of the foot
 Part of the ball
 Using both feet

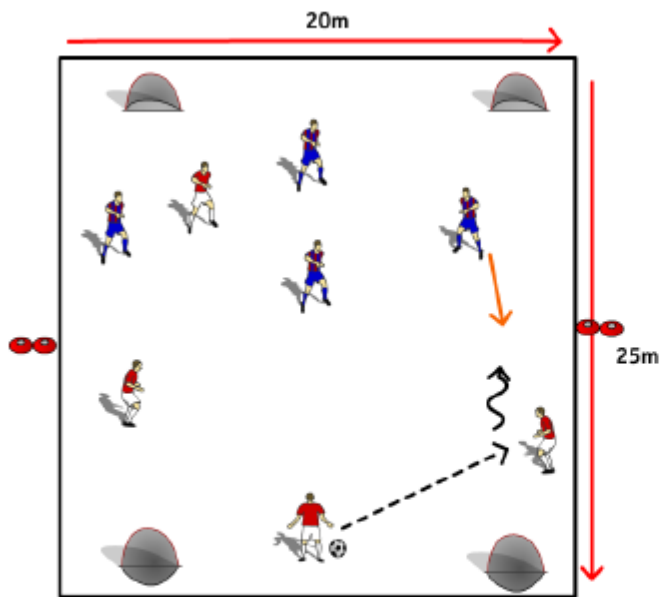
Physical

Speed
 A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Interaction with peers

Week 11 – Activity D – Small Sided Game – 4V4 with Retreat Line



© Copyright www.academyfootballcoach.co.uk 2015

4v4 small sided game with retreat line.
4 mini goals.

Time frame. 8-10 minutes

Emphasis:

Dribbling

1v1

Changing direction/Speed

Imagination

FUN!

Psychological

Fun
Confidence
Being safe
Decision making

Technical

Passing
Dribbling
Shooting

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Celebrating

Week 12 – Activity A – General Movement



© Copyright www.academysoccercoach.co.uk 2015

Organization: Players are placed into pairs in a 25m x 25m area.
Procedure: 1 player becomes the leader and the 2nd player becomes the follower. Encourage the players to use different movements such as walking, running, jumping, rolling, running backwards and also sideways. After 30 seconds players switch.
Progression: Each player has a ball.

Time frame. 8-10 minutes

Emphasis:

Listening
 Different types of running/movements
 Changing direction
 Agility, Balance, Coordination
 FUN!

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

Week 12 – Activity B – Coordination – Passing and Receiving



Organization: Players are placed into 2s inside 30m x 30m area.
Procedure: Players pass and move inside area. Focus should be on how the player passes and receives the ball.
Progression: To make it fun/competitive 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 = 1 point, after 60 seconds pair with the most points wins the competition. Repeat game several times.

Time frame. 8-10 minutes

Emphasis:

Passing - Receiving
 Dribbling
 Changing direction
 Agility, Balance, Coordination
 Imagination
 Change of speed
 FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>Passing - Receiving Dribbling Running with the ball</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating Celebrating</p>

Week 12 – Activity C – Soccer Technique – 3v2 Playing Out



Organization: Players set up as above.

Procedure: S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one 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.8- 10 minutes

Emphasis:

Passing - Receiving
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe
 Decision making

Technical

Passing
 Receiving

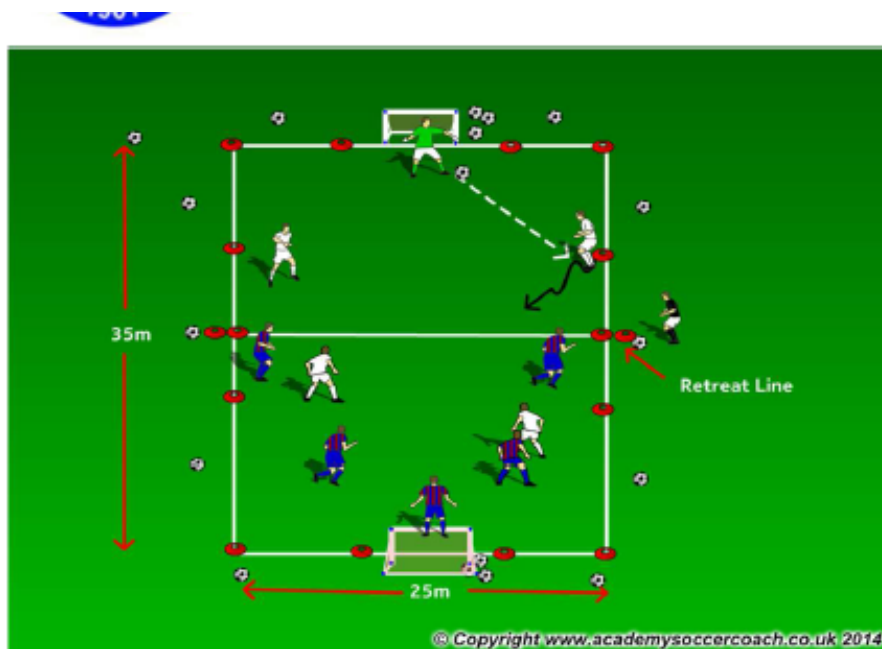
Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating

Week 12 – Activity D – Small Sided Game 5v5 with Retreat Line



5V5 with the Retreat line.

Organisation. Players play 5v5 on a 35mx25m field. the Retreat line is located at the half way line.

Procedure. Once the ball goes out for a goalkick or the goalkeeper has control of the ball the oppersition 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. 8-10 minutes

Emphasis:

Listening
 Running with the ball
 Passing
 Shooting
 Dribbling
 Team work
 Changing direction
 Agility, Balance, Coordination
 Imagination
 FUN!

Psychological

Confidence
 Being safe

Technical

Dribbling
 Running with the ball

Physical

A,B,C's
 Change of Direction

Social

Listening
 Communicating
 Celebrating