



6v6 Development Program



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Soccer Coaches,

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

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

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

I look forward to seeing you on the fields.

Ross Duncan
Technical Director
New England Revolution Academy





Season Goals

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

- To help each U10/U11 player reach their full potential in the sport of soccer.
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game.
- To create a positive and fun atmosphere where players can learn and develop at their own pace.
- To learn how to win and lose graciously and the full meaning of fair play.





The Language

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

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

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

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

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

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

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

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

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

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





The Language

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

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

POSITIVE TOUCH - Players must take directional touches of the ball

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

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

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

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

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

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

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

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

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

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



6v6 Development Band

Development Band

Techniques:

Ball Mastery
Turns
Receives
Combination Play
Creating Space

Game Play With Ball:

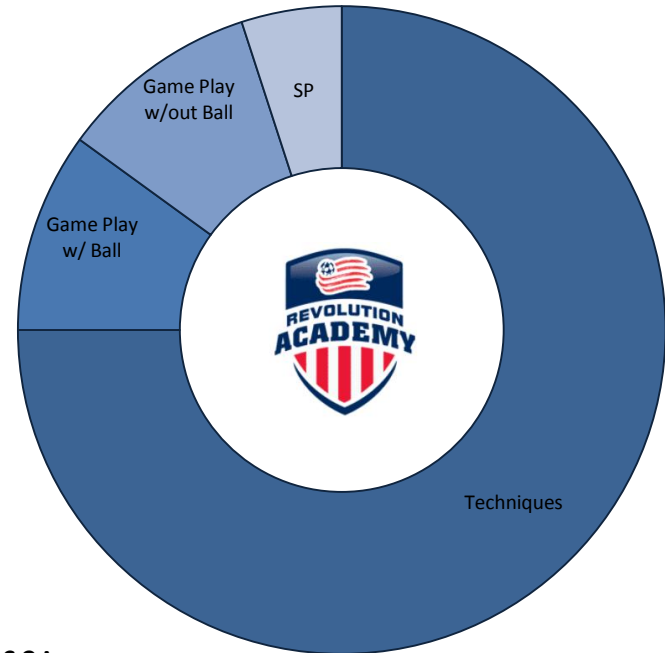
Build Up
Unbalance
Finish

Game Play Without Ball:

High Pressure
Collective Defending
Directing Play

Sports Performance:

Physical
Psychological



Movement Sheet

Dynamic Movements

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

Fast Footwork

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



Session Plan

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

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

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

IMPORTANT:

Keep explanations short.

Keep the players active.

NO LAPS! NO LINES! NO LECTURES!





6v6 Development Guide



Session One: Dribbling: Changing Direction



Session One Overview



Description: 2 groups of 3/4 maximum players. Both players dribble in to the central cone, turn up to desired cone, turn back and speed dribble to the final cone. Change routine as needed. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

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

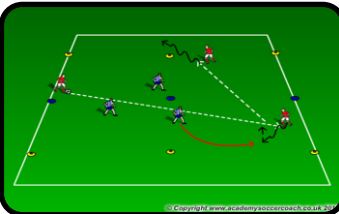
Coaching Points: Drive quickly with ball (Pace, Power and Purpose), Turn sharply with as few touches as possible, Always protect the ball, Scan before turning



Description: 2 groups of 3/4 maximum players. One player dribbles in to the central cone, turn up to desired cone, turn back and speed dribble to the final cone before scoring in the goal. One defender does the same movement but without the ball and defends the goal. If they win possession, they can counter into the other goal.

Progression: Change routine, Force change of direction moves

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



Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone. There is a halfway line in this game which allows teams, once crossed, to double back and attack the end zone they were originally defending.

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

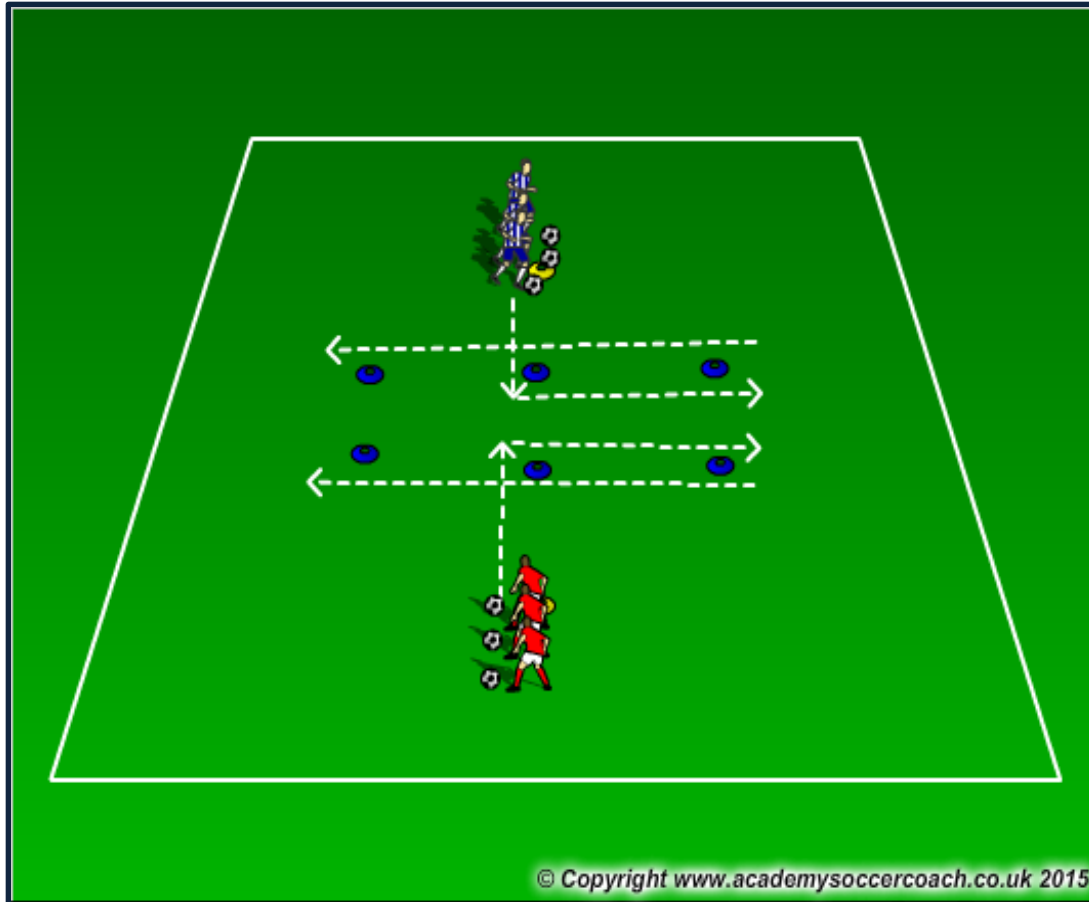


Description: Games should be played 5v5, This is a regular soccer game.

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

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

Turning Dynamic



Area: Two starting points are 10 yards apart (yellow cones) , Blue cones are 5 yards in from start point and run 10 yards in length

Description: 2 groups of 3/4 maximum players. Both players dribble in to the central cone, turn up to desired cone, turn back and speed dribble to the final cone. Change routine as needed.

(Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

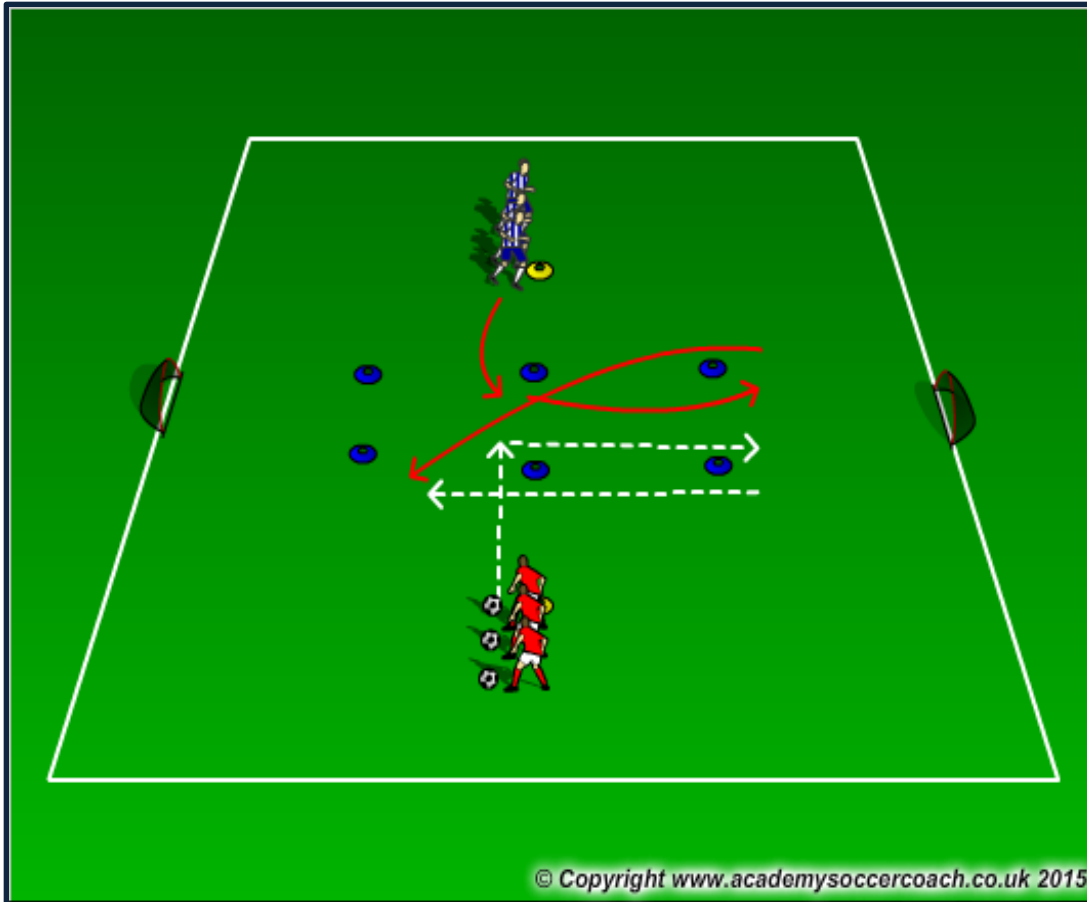
Progression:

Use the other foot

Make it a race

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

1v1 Turning to Goal



Area: Two starting points are 10 yards apart (yellow cones), Blue cones are 5 yards in from start point and run 10 yards in length. Goals are a further 5 yards back.

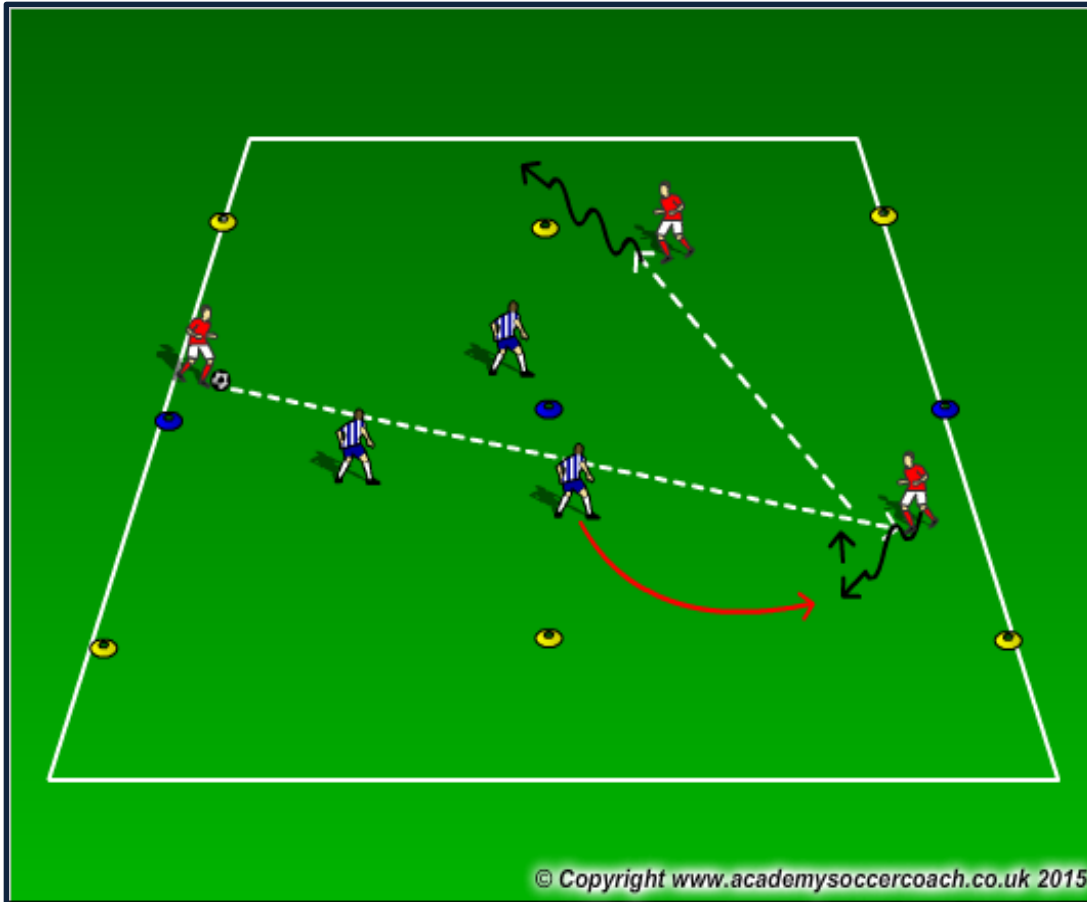
Description: 2 groups of 3/4 maximum players. One player dribbles in to the central cone, turn up to desired cone, turn back and speed dribble to the final cone before scoring in the goal. One defender does the same movement but without the ball and defends the goal. If they win possession, they can counter into the other goal.

Progression:

Change routine,
Force change of direction moves

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

3v3 Turning End Zone



Area: 20x30 yard grid

Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone. There is a halfway line in this game which allows teams, once crossed, to double back and attack the end zone they were originally defending.

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

5v5 Game



Area: 50x30 yard field

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

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

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

Session One Review



Player Evaluation:

Section 1: Dribbling.

Section 2: NA

Section 3: Attitude. Communication. Attendance.



Player Evaluation:

Section 1: Dribbling. Shielding.

Section 2: 1v1 Attacking Ability.

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

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

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



Player Evaluation:

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

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

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



6v6 Development Guide



Session Two: Passing with Purpose



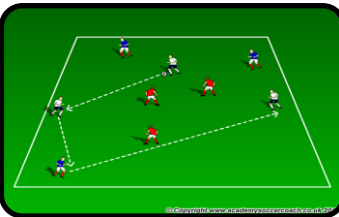
Session Two Overview



Description: Separate team into 3 groups, each with a different color pinnie. Player must pass and move around the grid, encouraging 2 touch play. Yellows pass to yellows, reds to reds and blues to blues. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions: 1) Make players pass in a colored sequence (red to blue to yellow to red), 2) Players must perform a combination play (overlap, wall pass), 3) Players must perform lofted pass.

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. After a pass the player MUST run to a different area of the grid.



Description: Separate group into 3 teams. 2 teams will try to keep possession of the ball while the other team will be defending. Whichever player makes the mistake to lose possession then their team becomes the new defenders.

Progressions: 1) Players get 1 point for each completed pass, 2) Players get 2 points for splitting the defense, 3) Players get 3 points for completing a lofted pass.

Coaching points: Relax in possession, balanced body position, lock ankle, head steady, follow through in direction of target. Communicate to help the player on the ball



Description: Separate group into 3 teams. Place a team in each side of the field and 1 in the center zone. Players try to complete 3 passes on their side of the grid and then pass it over to the other side. However 1 player from the center zone can become a defender and will pressure the ball and attempt to win it, if successful the deposed side become the defenders, if unsuccessful, the ball will go to the other end and the defender will return to the center zone.

Progressions: 1) Increased the number of defenders, 2) Players must complete 5 passes before passing the ball to the opposite side.

Coaching points: Moving off the ball is vital. Be direct if the opportunity arises, reiterate passing technique.

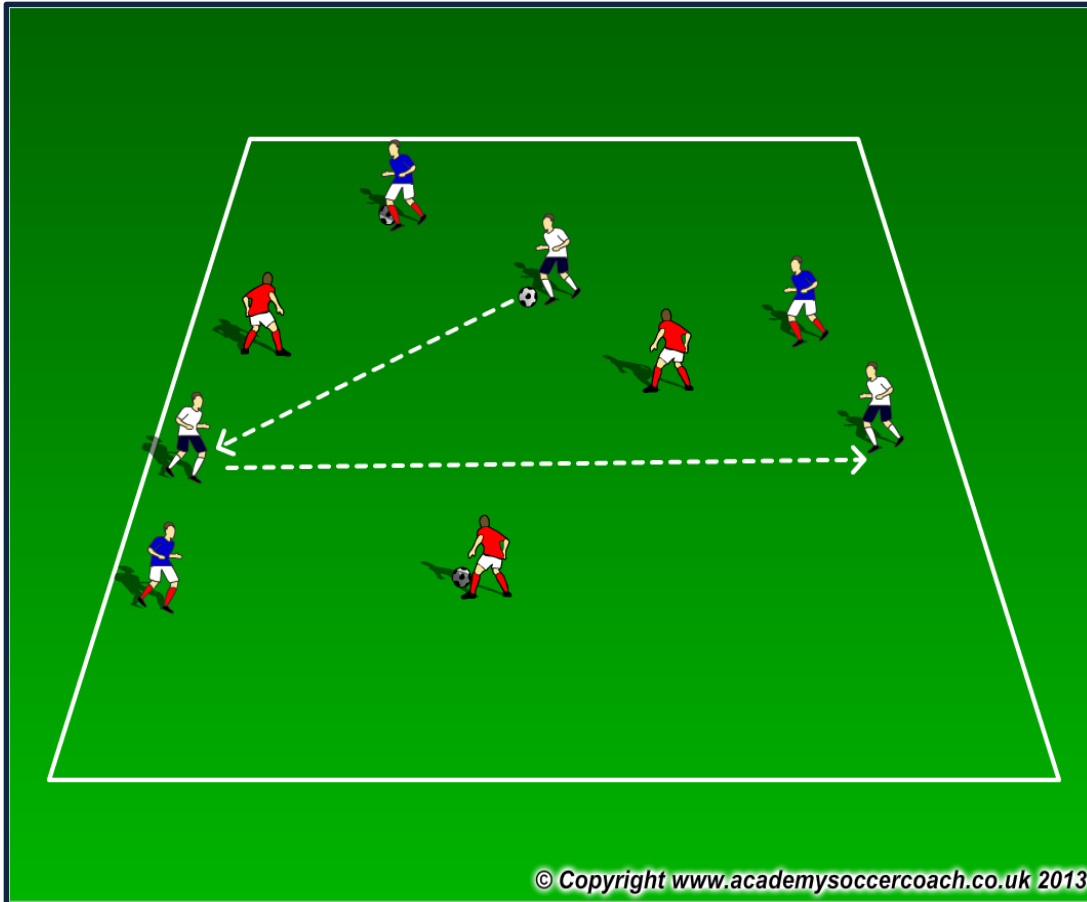


Description: Games should be played 5v5, This is a regular soccer game.

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

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

Colored Passing



Area: 20x30 yard grid

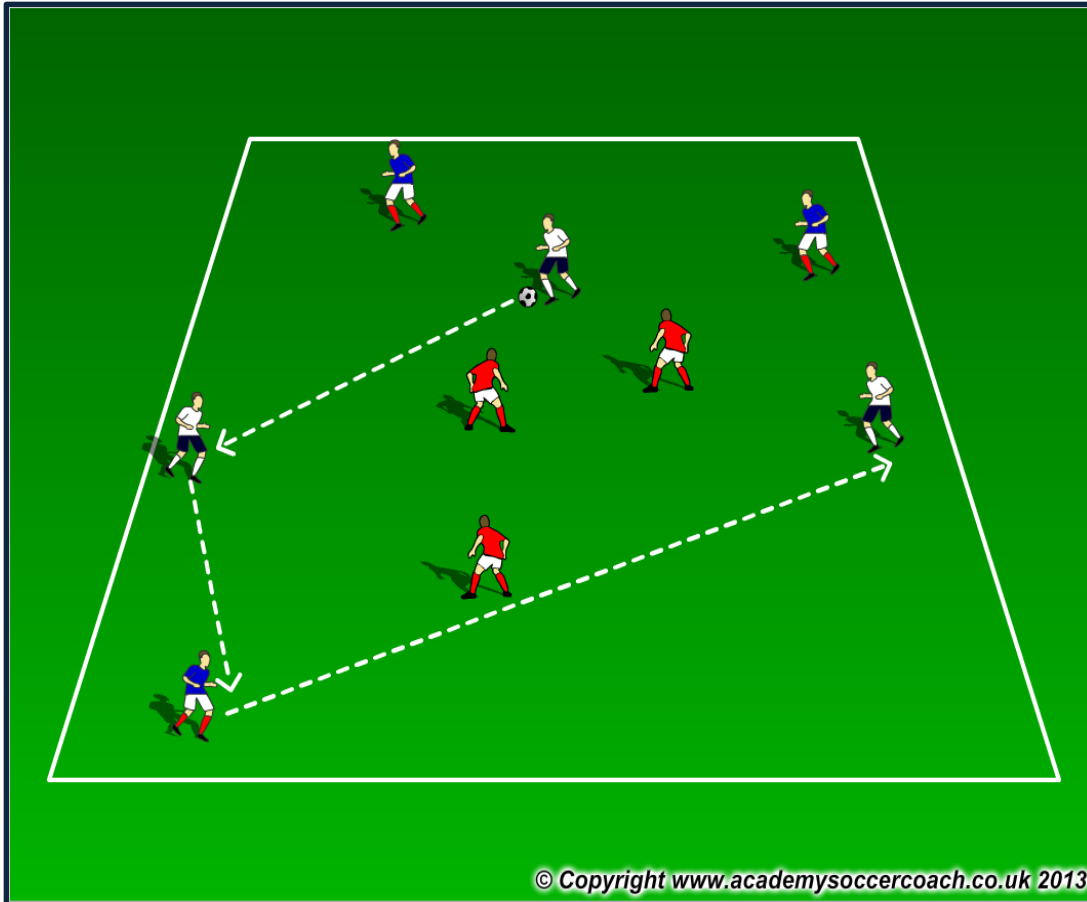
Description: Separate team into 3 groups, each with a different color pinnie. Player must pass and move around the grid, encouraging 2 touch play. Yellows pass to yellows, reds to reds and blues to blues. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions:

Make players pass in a colored sequence (red to blue to yellow to red).
Players must perform a combination play (overlap, wall pass).
Players must perform lofted pass.

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. After a pass the player **MUST** run to a different area of the grid.

3v3 + 3 Passing



Area: 20x30 yard grid

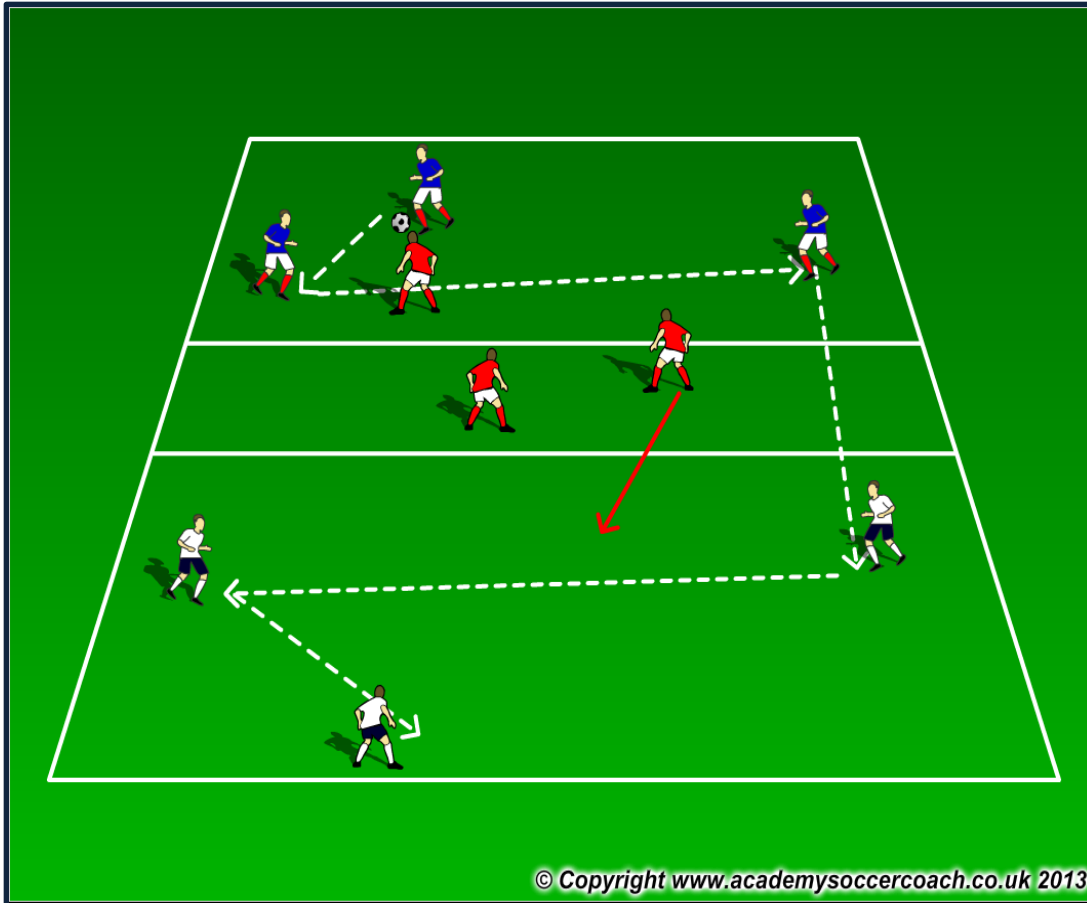
Description: Separate group into 3 teams. 2 teams will try to keep possession of the ball while the other team will be defending. Whichever player makes the mistake to lose possession then their team becomes the new defenders.

Progressions:

Players get 1 point for each completed pass.
Players get 2 points for splitting the defense.
Players get 3 points for completing a lofted pass.

Coaching points: Relax in possession, balanced body position, lock ankle, head steady, follow through in direction of target. Communicate to help the player on the ball

3v3 + 3 Passing with Zone



Area: 20x30 yard grid with a 4 yard zone in the middle

Description: Separate group into 3 teams. Place a team in each side of the field and 1 in the center zone. Players try to complete 3 passes on their side of the grid and then pass it over to the other side. However 1 player from the center zone can become a defender and will pressure the ball and attempt to win it, if successful the deposed side become the defenders, if unsuccessful, the ball will go to the other end and the defender will return to the center zone.

Progressions:

- 1- Increased the number of defenders .
- 2- Players must complete 5 passes before passing the ball to the opposite side.

Coaching points: Moving off the ball is vital. Be direct if the opportunity arises, reiterate passing technique.

5v5 Game



Area: 50x30 yard field

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

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

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

Session Two Review



Player Evaluation:

Section 1: Passing. Receiving.

Section 2: Understanding of Positions.

Section 3: Attitude. Communication. Attendance.



Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

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

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

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



6v6 Development Guide



Session Three: Receiving the ball with different surfaces



Session Three Overview



Description: Place four players on the corner cones and the remaining players in pairs on the end line. In 2's, players run diagonally to receive a 1-2 before turning and sprinting back around the blue cone. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions: 1) Use different surfaces to receive the ball., 2) All four blues run at the same time, 3) Make it a race

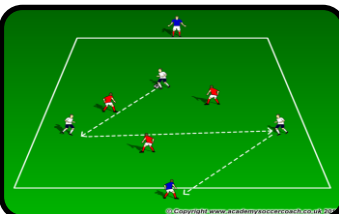
Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. Get the ball to the ground as quickly as possible.



Description: Place four players on the corner cones and the remaining players in pairs on the end line. In 2's, players run diagonally to receive a 1-2 before turning and sprinting back around the blue cone to receive a ball from the corner then finish past the goalkeeper.

Progressions: 1) Use different surfaces to receive the ball., 2) All four blues run at the same time, 3) Make it a race

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. Get the ball to the ground as quickly as possible.



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

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

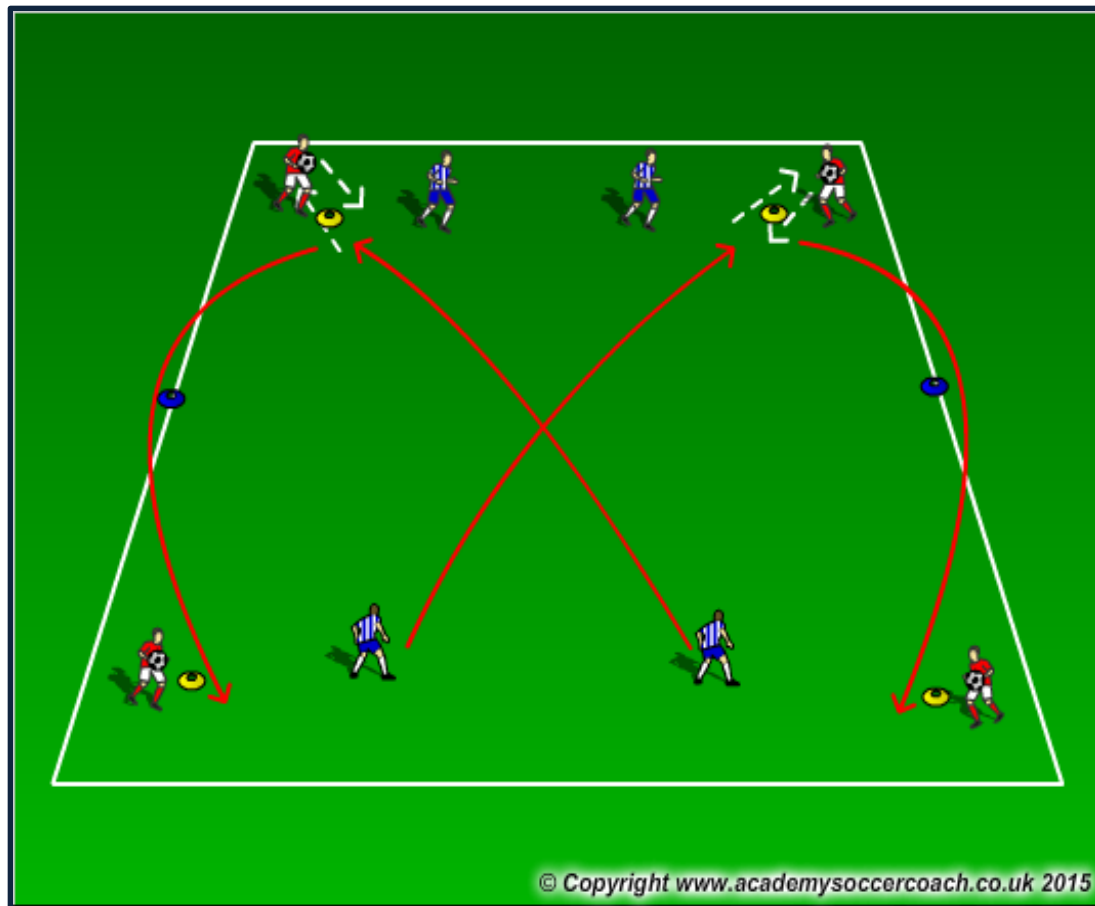


Description: Games should be played 5v5, This is a regular soccer game.

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

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

Receiving Dynamic



Area: 15x15 yard grid

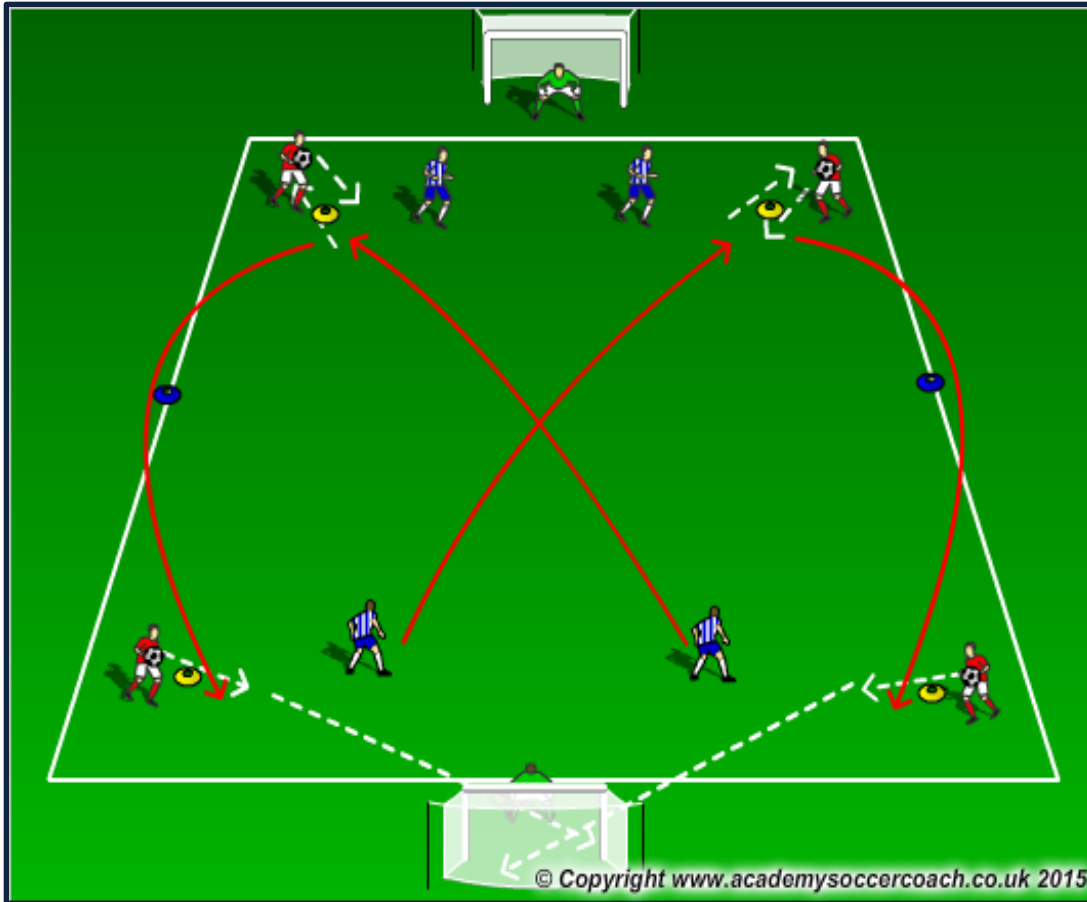
Description: Place four players on the corner cones and the remaining players in pairs on the end line. In 2's, players run diagonally to receive a 1-2 before turning and sprinting back around the blue cone. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions:

Use different surfaces to receive the ball.
All four blues run at the same time
Make it a race

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. Get the ball to the ground as quickly as possible.

1v1 Receiving Race to Goal



Area: 15x15 yard grid + a further 10 yards to goal

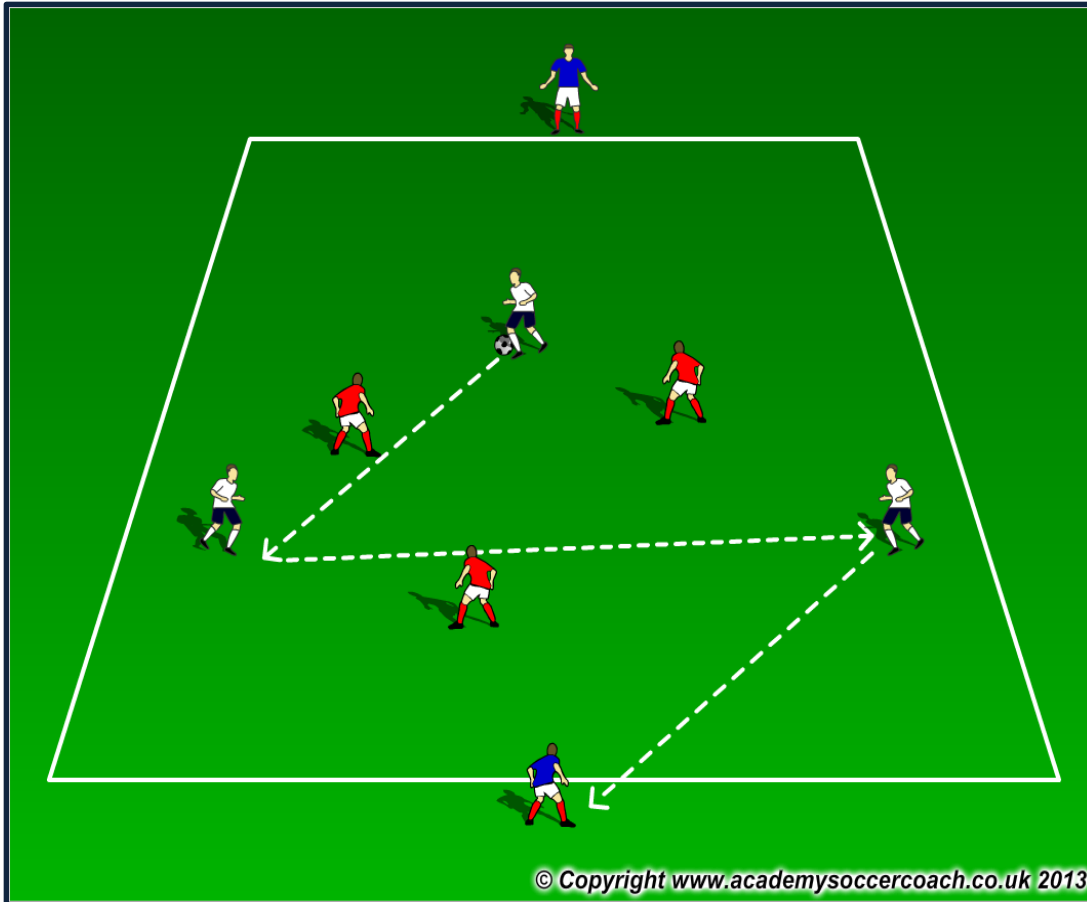
Description: Place four players on the corner cones and the remaining players in pairs on the end line. In 2's, players run diagonally to receive a 1-2 before turning and sprinting back around the blue cone to receive a ball from the corner then finish past the goalkeeper.

Progressions:

Use different surfaces to receive the ball.
All four blues run at the same time
Make it a race

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. Get the ball to the ground as quickly as possible.

3v3 + Targets



Area: 20x15 yard grid

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

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

5v5 Game



Area: 50x30 yard field

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

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

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

Session Three Review



Player Evaluation:

Section 1: Passing. Receiving.

Section 2: NA

Section 3: Attitude. Communication. Attendance

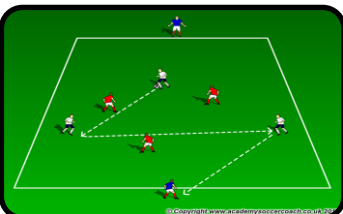


Player Evaluation:

Section 1: Passing. Receiving. Finishing.

Section 2: NA

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

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

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

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



6v6 Development Guide



Session Four: Finishing: Placement and Power



Session Four Overview



Description: Separate group into two teams. Place each team in one half of the grid, number each player and give them each a ball. Take one player from each team to move in the opponents side of the grid with no number or ball "Playmaker". On the command of their number, the player should complete a 1-2 combination with their playmaker before finishing in the opponents goal. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions: 1) Make it a race between teams, 2) Play the ball in the air to volley into the goal

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target.



Description: Separate group into two teams. Place each team in one half of the grid. Take one player from each team to move in the opponents side of the grid "Playmaker". Players must keep possession of the ball until they can pass to their playmaker and complete a 1-2 combination before finishing in the opponents goal. The defenders in their grid are passive and can't defend the playmaker or the oncoming attacker.

Progressions: 1) Active defenders (can defend playmaker), 2) Send an extra defender to win the ball in the attackers half

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. Keep



Description: Players play 3v3 +2, This is a regular game of soccer however play must go through the 2 playmakers before scoring, teams score 1 point for each goal scored.

Progressions: 1) Finish off a first time shot, Double points if you score from your own half

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



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

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

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

Combination Numbered Shot



Area: 20x20 yard grid

Description: Separate group into two teams. Place each team in one half of the grid, number each player and give them each a ball. Take one player from each team to move in the opponents side of the grid with no number or ball "Playmaker". On the command of their number, the player should complete a 1-2 combination with their playmaker before finishing in the opponents goal. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions:

Make it a race between teams
Play the ball in the air to volley into the goal

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target.

3v1 to Combination Shot



Area: 20x20 yard grid + a further 10 yards to goal

Description: Separate group into two teams. Place each team in one half of the grid. Take one player from each team to move in the opponents side of the grid "Playmaker". Players must keep possession of the ball until they can pass to their playmaker and complete a 1-2 combination before finishing in the opponents goal. The defenders in their grid are passive and can't defend the playmaker or the oncoming attacker.

Progressions:

Active defenders (can defend playmaker)
Send an extra defender to win the ball in the attackers half

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. Keep the ball moving. Find the line receive the final pass.

3v3 + 2 With Zone



Area: 30x20 yard field, 8 yard grid in the center of field.

Description: Players play 3v3 +2, This is a regular game of soccer however play must go through the 2 playmakers before scoring, teams score 1 point for each goal scored.

Progressions:

Finish off a first time shot

Double points if you score from your own half

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

5v5 Game



Area: 50x30 yard field

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

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

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

Session Four Review



Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Finishing.

Section 2: -

Section 3: Attitude. Communication. Attendance.



Player Evaluation:

Section 1: Dribbling. Passing. Finishing.

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

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

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

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

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

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



6v6 Development Guide



Session Five: Defending



Session Five Overview



Description: Separate group into two teams. Place each team on either end line. The attackers inter-pass 3 times before advancing. They begin passive (don't attack at full speed). The defenders must prevent the attackers from dribbling over their line. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions: 1) Attackers play at game speed, 2) Defenders can counter and dribble over attackers line for a point

Coaching points: 4 P's of defending: Pressure, Position, Patience, Pivot. 3 moments to stop an attack: Incept, Spoil, Deny



Description: Separate group into two teams. Place each team on either end line. The attackers inter-pass 3 times before advancing. The defenders must prevent the attackers from dribbling over their line. Attackers cannot score in the goals until they pass the end line

Progressions: 1) Defenders can counter, 2) Add a third attacker, 3) Players can shoot from further out

Coaching points: 4 P's of defending: Pressure, Position, Patience, Pivot. 3 moments to stop an attack: Incept, Spoil, Deny



Description: Playing 3v3/4v4, players must try to score in their opponents 3 goals for a point.

Coaching points: This is a defending exercise and all points should be made to the defenders. Re-enforce defending as an individual as well as part of a team. Players must constantly look to deny the space and try not to be split.

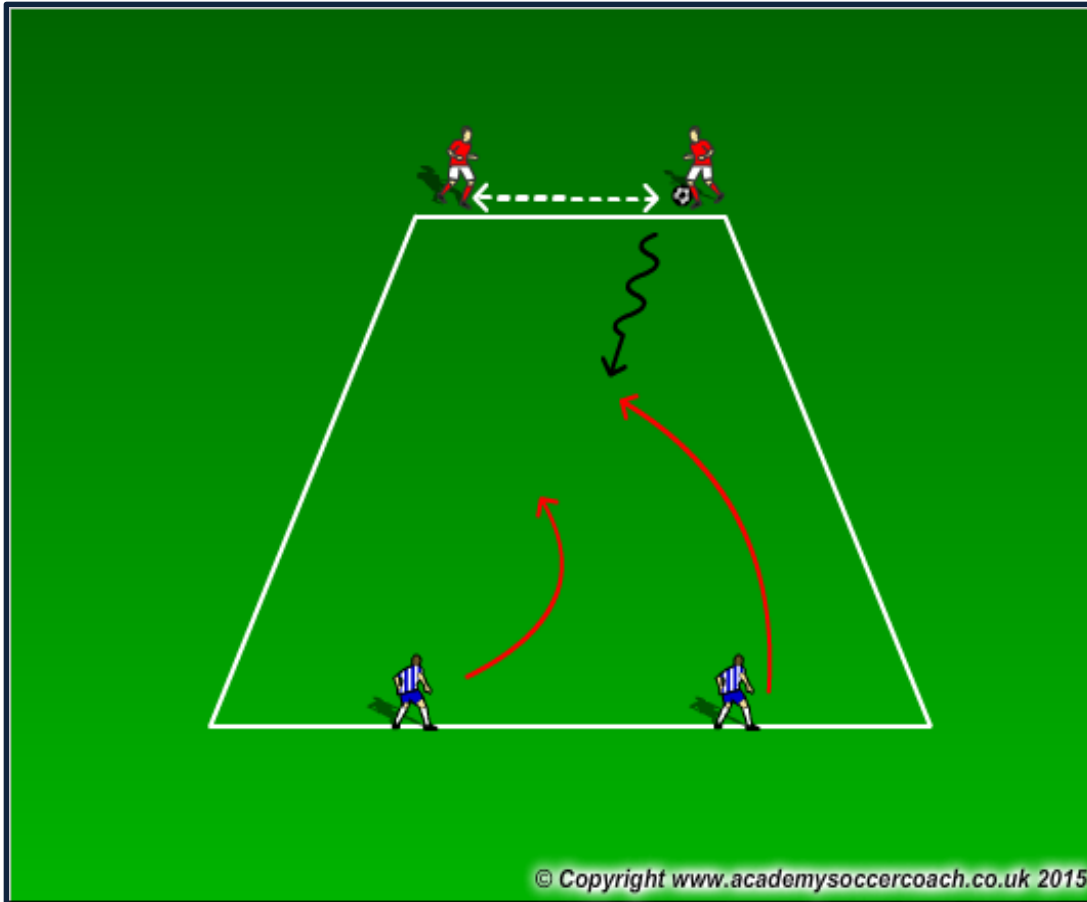


Description: Games should be played 5v5, This is a regular soccer game.

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

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

Combination Numbered Shot



Area: 16x16 yard grid

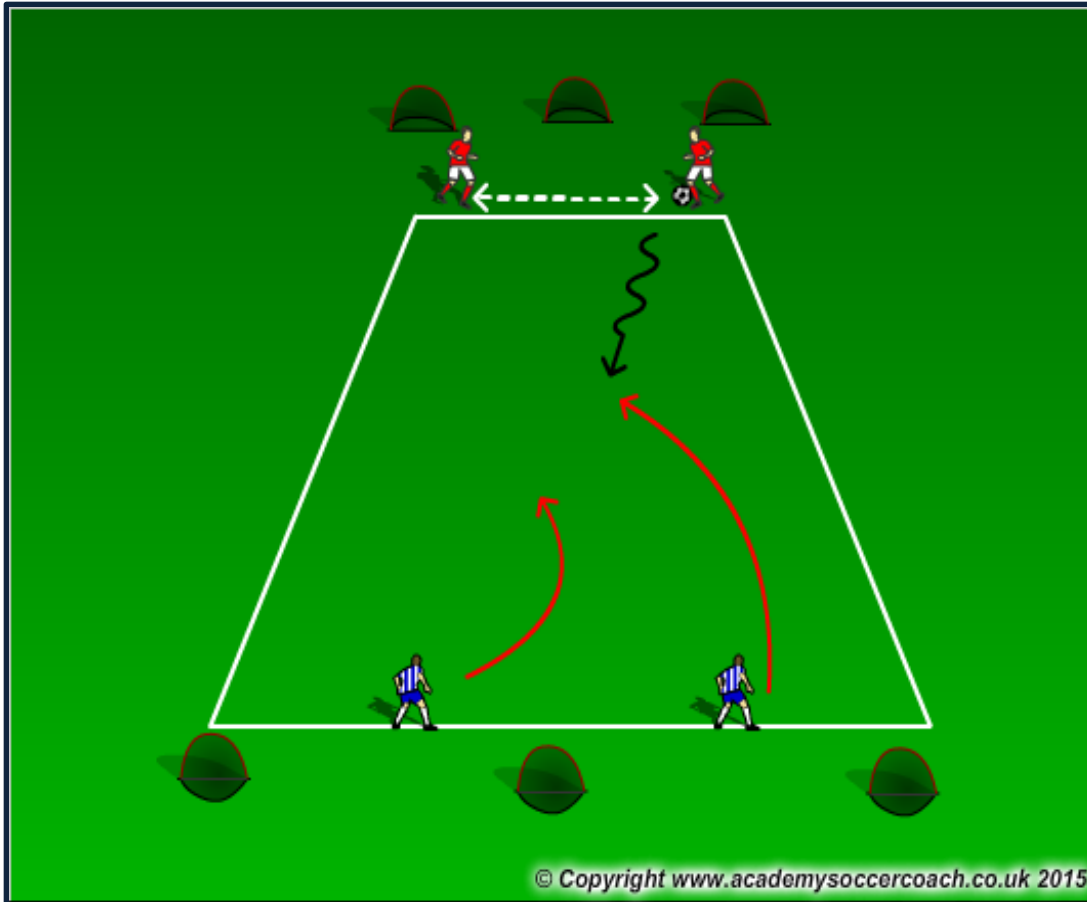
Description: Separate group into two teams. Place each team on either end line. The attackers inter-pass 3 times before advancing. They begin passive (don't attack at full speed). The defenders must prevent the attackers from dribbling over their line. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions:

Attackers play at game speed
Defenders can counter and dribble over attackers line for a point

Coaching points: 4 P's of defending: Pressure, Position, Patience, Pivot.
3 moments to stop an attack: Incept, Spoil, Deny

Combination Numbered Shot



Area: 16x16 yard grid + 5 yards to goals

Description: Separate group into two teams. Place each team on either end line. The attackers inter-pass 3 times before advancing. The defenders must prevent the attackers from dribbling over their line. Attackers cannot score in the goals until they pass the end line

Progressions:

Defenders can counter
Add a third attacker
Players can shoot from further out

Coaching points: 4 P's of defending: Pressure, Position, Patience, Pivot.

3 moments to stop an attack: Incept, Spoil, Deny

3v3 Six Goal Game



Area: 20 x 30 yard field, 3 goals at either end of the field.

Description: Playing 3v3/4v4, players must try to score in their opponents 3 goals for a point.

Coaching points: This is a defending exercise and all points should be made to the defenders. Re-enforce defending as an individual as well as part of a team. Players must constantly look to deny the space and try not to be split.

5v5 Game



Area: 50x30 yard field

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

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

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

Session Five Review

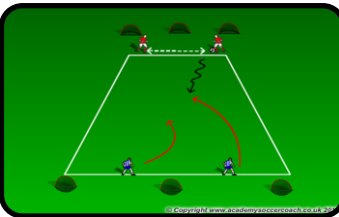


Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

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

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

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

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

Section 3: Attitude. Aggressiveness. Communication.



Player Evaluation:

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

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

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

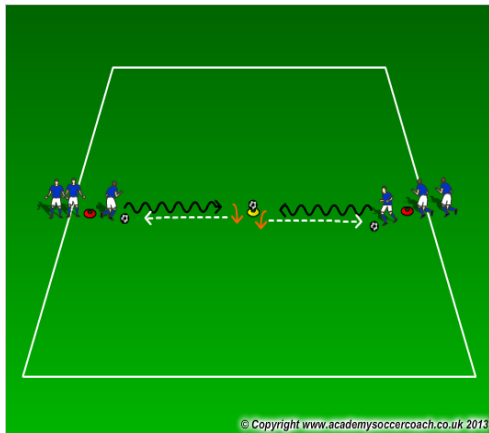


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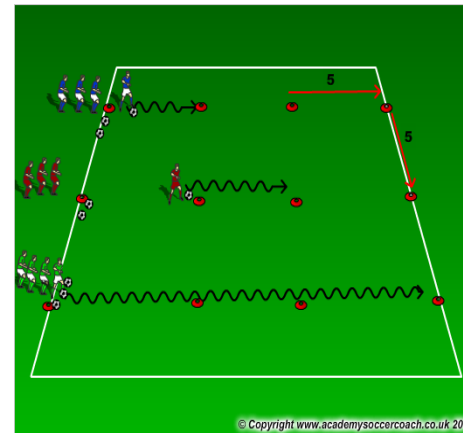


Session Six: Change of Direction Moves

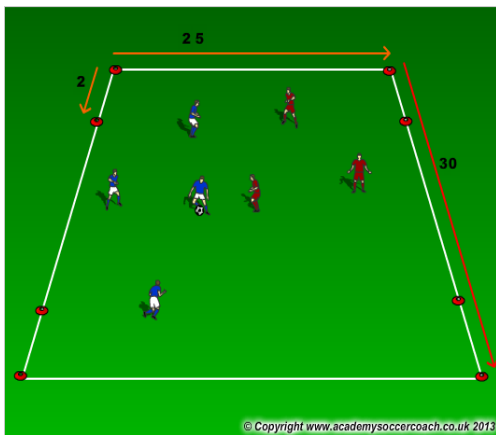
Session Six Overview



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



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



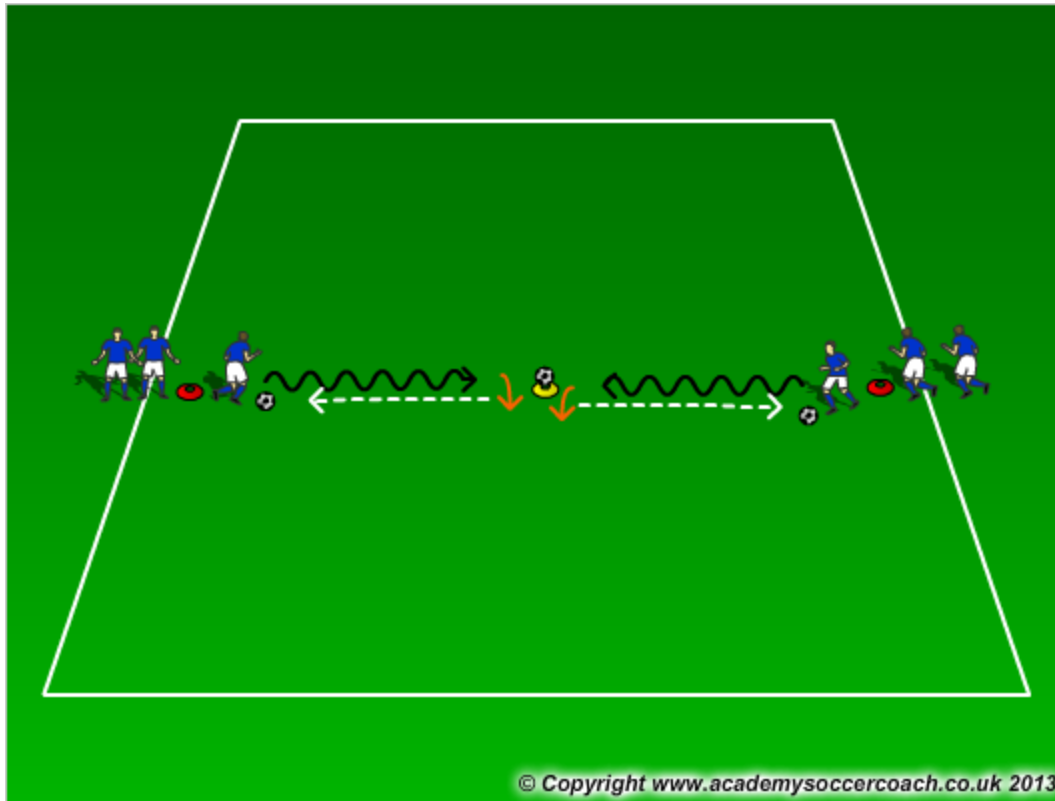
Description: 4v4 to two goals each. End line friendly, no corner kicks. Kick in's from sideline. Can add Play Maker and Targets.



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



Phase One: Scalesy



Area: 20x20

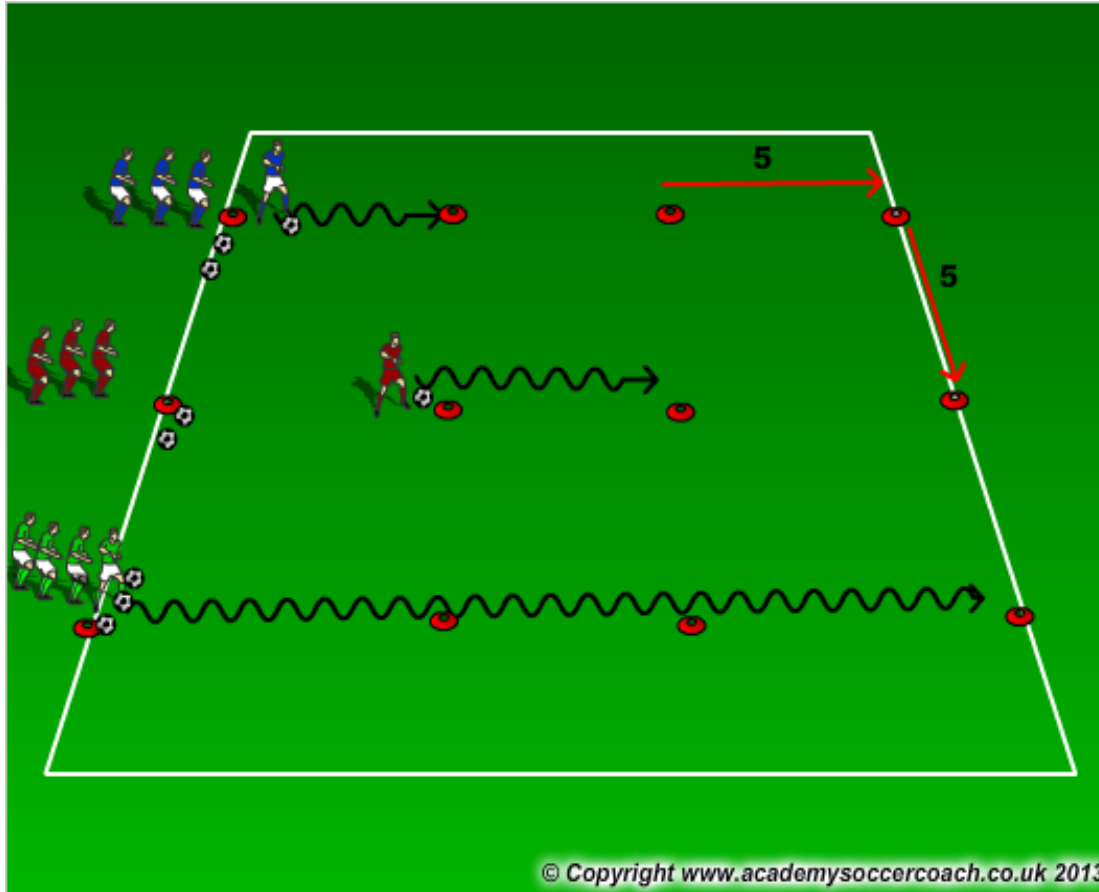
Description: 3 – 5 players per line, multiple groups set up. First player in front of each line perform ball mastery toward center cone with ball placed on top. Player then does a change of direction move prior to reaching the center ball. After COD move, passes to next person in line, and follows their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

Coaching Points:

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

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

Phase Two: Revs Relay



Area: 15 X 20

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

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

Player 3 does as 1st

Player 4 does as 2nd

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

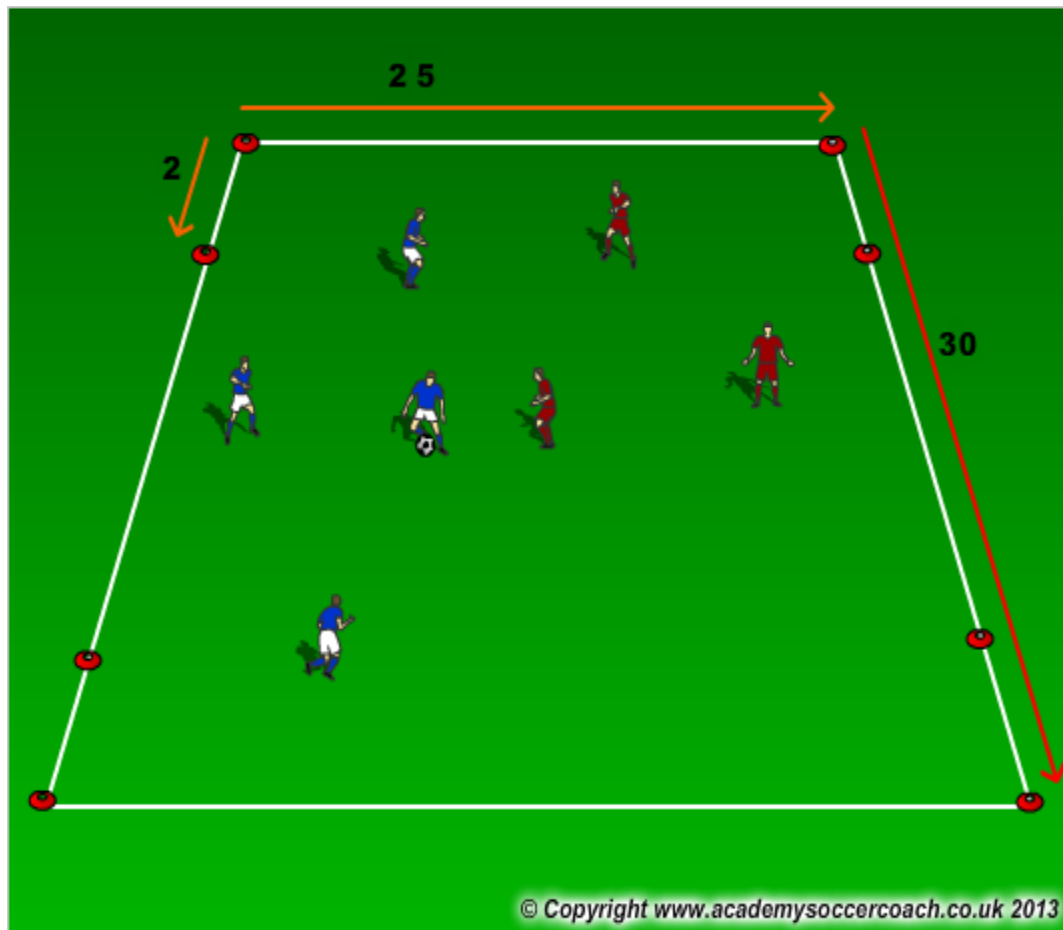
(Note: add change of direction moves within skill drill
1. must use a pull back to retrieve balls at start
2. must use a stop turn to leave balls at cones
3. must use an inside cut to retrieve balls at cones)

Coaching Points

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



Phase Three: 4 Goal Game



Area: 25 X 30

Description

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

Coaching Points

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



Phase Four: 4v4 Game



Area: 40x30yard field

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

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

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





Session Six Review

Phase 1: Scalesy

Progressions:

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

Phase 2: Revs Relay

Progressions:

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

Phase 3: 4 Goal Game

Progressions:

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

Phase 4: 4v4 Game

N/A

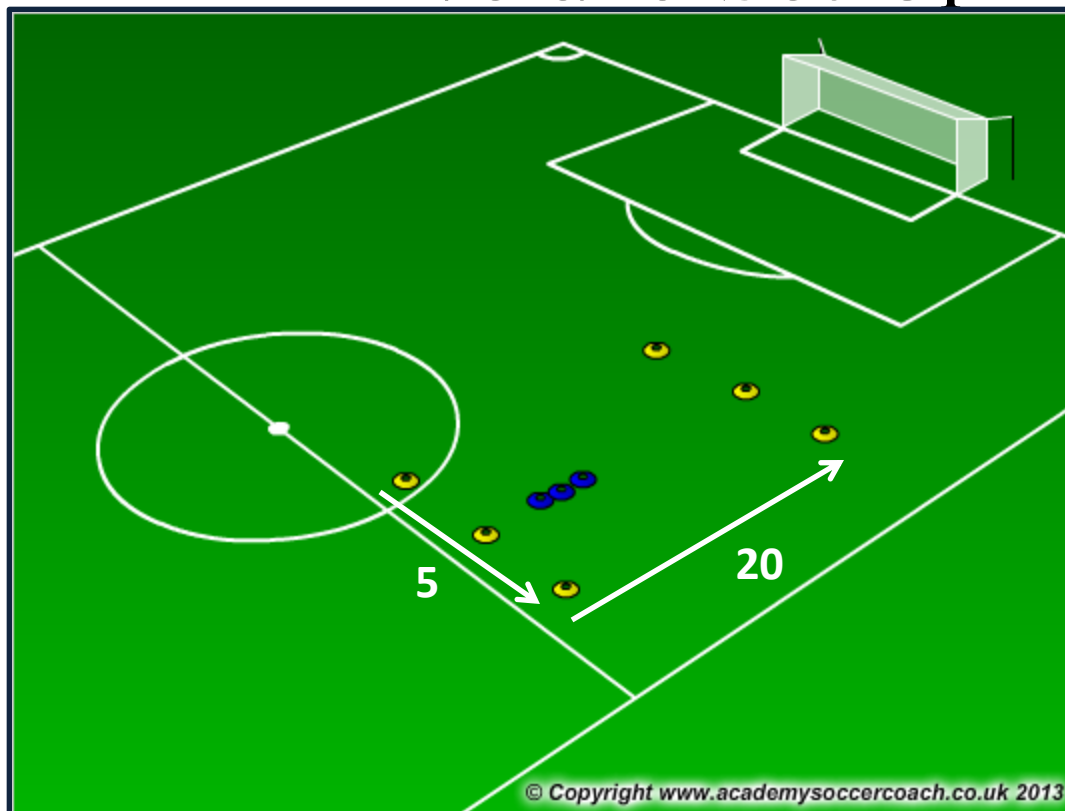




Session Seven: Hitting the Target



Arrive and Set Up Phase One



Instructions:

This session each team gets half a field from phase 2 onward.

You MUST set up next to the half way line!

Phase Two: Collect all the cones and create three lines as described in the exercise.

Phase Three: Remove all cones play across the field from left to right. Place two zones on either wing 5 yards wide.

Phase Four: Remove all cones and play

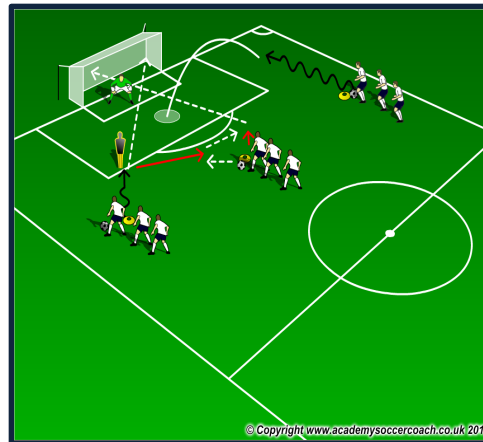




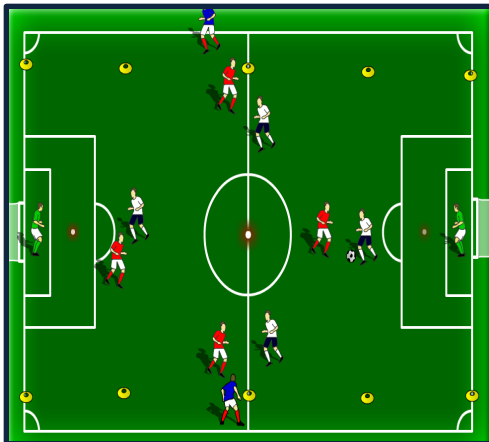
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Description: Players perform figure of 8 around first 3 horizontal blue cones, perform fast feet through the 3 vertical blue cones and finish with a sprint to the final blue cone. Players recover on the way back.



Description: Separate players into 3 sections as shown. Player 1 Attacks the defender, and strikes on goal. Player 1 then turns to play a 1-2 combination with Player 2. Player 2 shoots on goal. After the shot, Player 3 dribbles down the wing and crosses for player 1 and 2 to score. Each player moves 1 spot down. After they play.



Description: Players play 5v5 plus 2 wingers in the channel. This is a regular game and the wingers give an advantage to the attacking team. Goals can be scored like a regular game.



Description: Create teams of 6. Each team must have 2 defenders, 2 midfielders (1 in each side of the zone) and 1 forward. During each attack, the ball must be played through the center zone before moving into the attacking third. The zone can only have 1v1 on either side. The ball can always be passed back.



Phase One: Revs Dynamic 8



Area: Place cones as stated

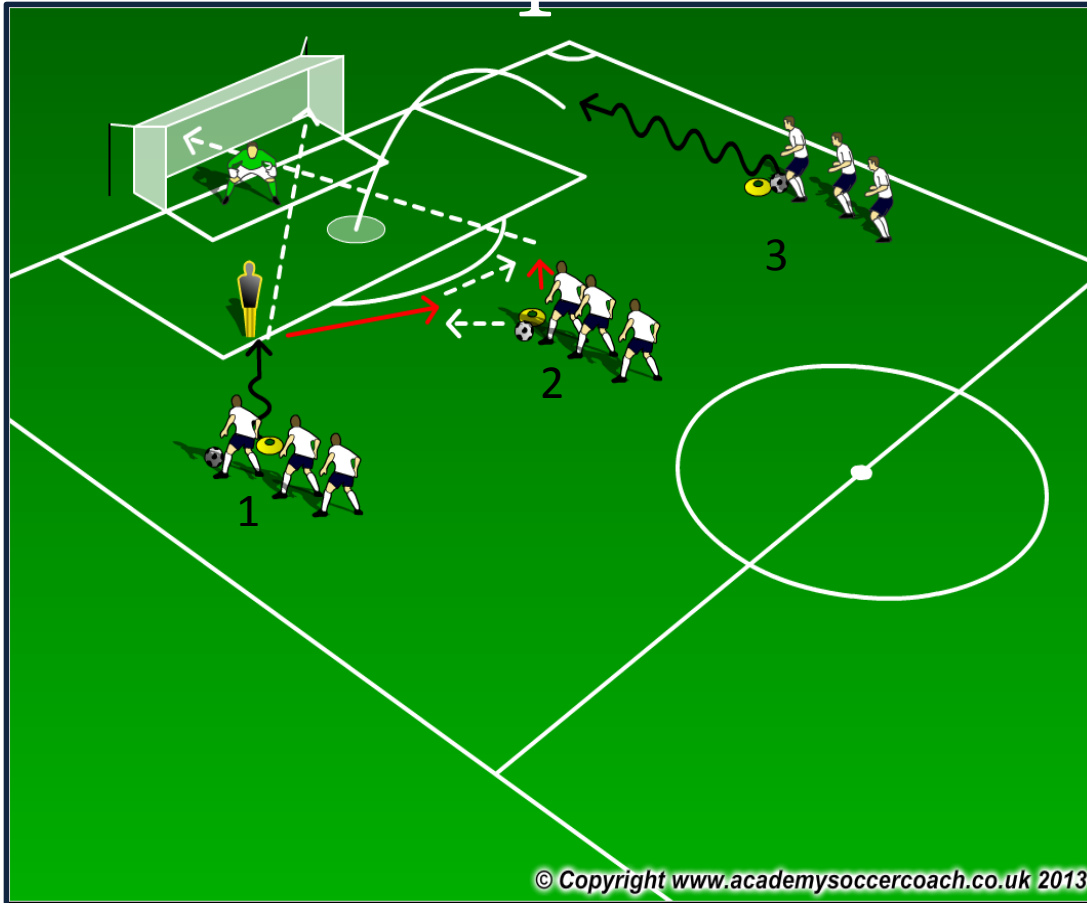
Description: Players perform figure of 8 around first 3 horizontal blue cones, perform fast feet through the 3 vertical blue cones and finish with a sprint to the final blue cone. Players recover on the way back.

Coaching Points: Players must correctly perform the different dynamic techniques, load quads by 10-15% for fast turns and movements.



Phase Two: Finishing Exercise

1



Area: 30x25yard field.

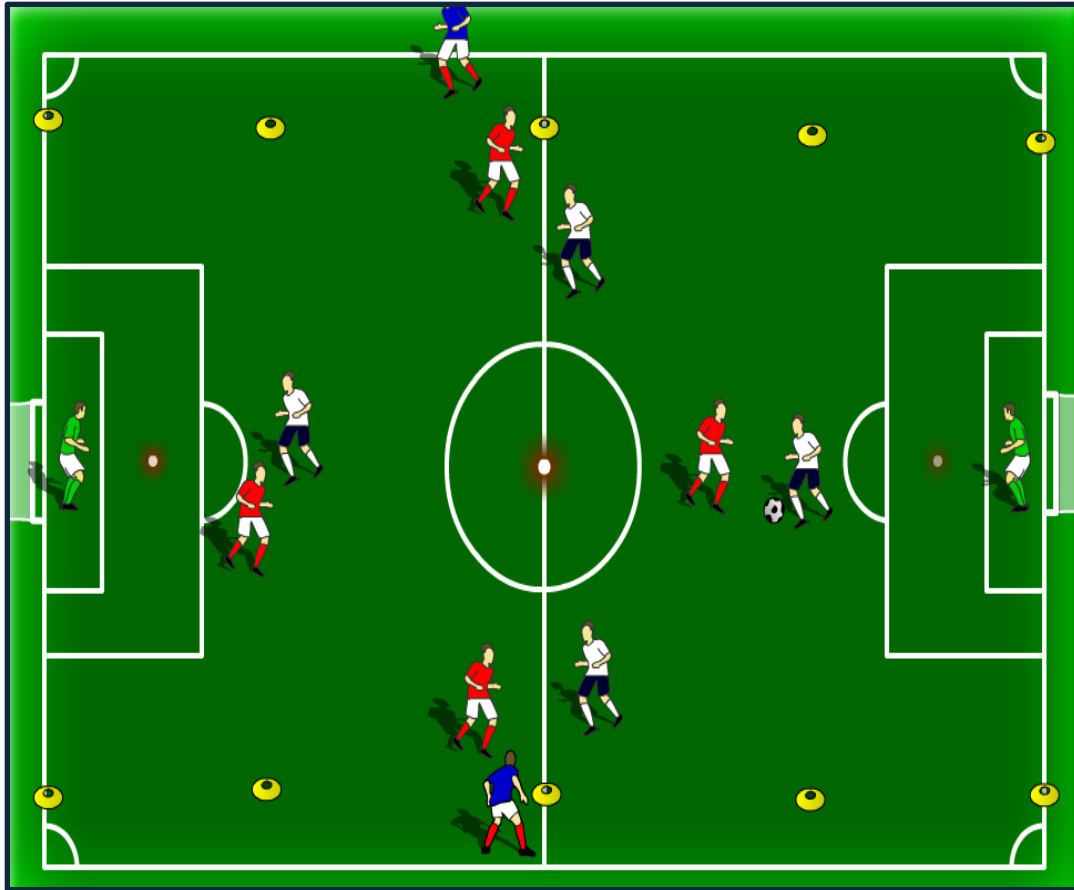
Description: Separate players into 3 sections as shown. Player 1 Attacks the defender, and strikes on goal. Player 1 then turns to play a 1-2 combination with Player 2. Player 2 shoots on goal. After the shot, Player 3 dribbles down the wing and crosses for player 1 and 2 to score. Each player moves 1 spot down. After they play.

Coaching Points: Visual and Verbal Communication between players.

- 1: Attack defender by taking the ball one way and exploding to the other. Strike low hard and across the keeper.
- 2: Supporting angle should not be in straight line. Set the pass. The finish shoot be composed and either placed by using the inside of the foot or drilled by using the laces.
- 3: Cross should be whipped in. Movement should be from deep outside the box to come onto the ball.



Phase Three: 5v5 Plus Wingers



Area: 30x25 yard field, Create a channel 5 yards in from the touch line.

Description: Players play 5v5 plus 2 wingers in the channel. This is a regular game and the wingers give an advantage to the attacking team. Goals can be scored like a regular game.

Coaching Points: Quick on the ball in front of goal, connect with wingers, forwards time run for cross, hit the target, aim for the corners

Phase Four: 6v6 Game



Area: 50x30 yard field

Description: Games should be played 6v6, This is a regular soccer game.

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



Session Seven Review

Phase 1: Revs Dynamic 8

Progressions:

- 1- Introduce a ball.
- 2- Use different ball mastery skills (see ball mastery sheet).

Player Evaluation:

Section 1: Dribbling

Section 2: N/A

Section 3: Attitude. Communication. Attendance

Phase 2: Finishing Drill 1

Progressions:

- 1- Re-place red cones at first shot with a defender.
- 2- Place a receiver at shot 3 so there is a wall pass before cross.
- 3- Switch sides so players use both feet.

Player Evaluation:

Section 1: Dribbling. Short Passing. Long Passing. Receiving. Shielding. Heading. Finishing.

Section 2: 1v1 Attacking Ability.

Section 3: Attitude. Aggressiveness. Communication. Goalkeeper.

Phase 3: 5v5 + Wingers

Progressions:

- 1- Wingers have 2 touches
- 2- Wingers become regular players, goals must be scored from the wing zone so players must naturally make runs wider so the ball enters the wide zone.

Player Evaluation:

Section 1: Dribbling. Short Passing. Long Passing. Receiving. Shielding. Heading. Finishing.

Section 2: 1v1 Attacking Ability. Ability to maintain possession of the ball. Attacking as part of a team. Defending 1v1. Use of 4'Ps of Defending. Defending as part of a team. Understanding of Formations. Understanding of Positions.

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

Phase 4: 6v6 Game

Player Evaluation:

Section 1: Dribbling. Short Passing. Long Passing. Receiving. Shielding. Heading. Finishing.

Section 2: 1v1 Attacking Ability. Ability to maintain possession of the ball. Attacking as part of a team. Defending 1v1. Use of 4'Ps of Defending. Defending as part of a team. Understanding of Formations. Understanding of Positions.

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





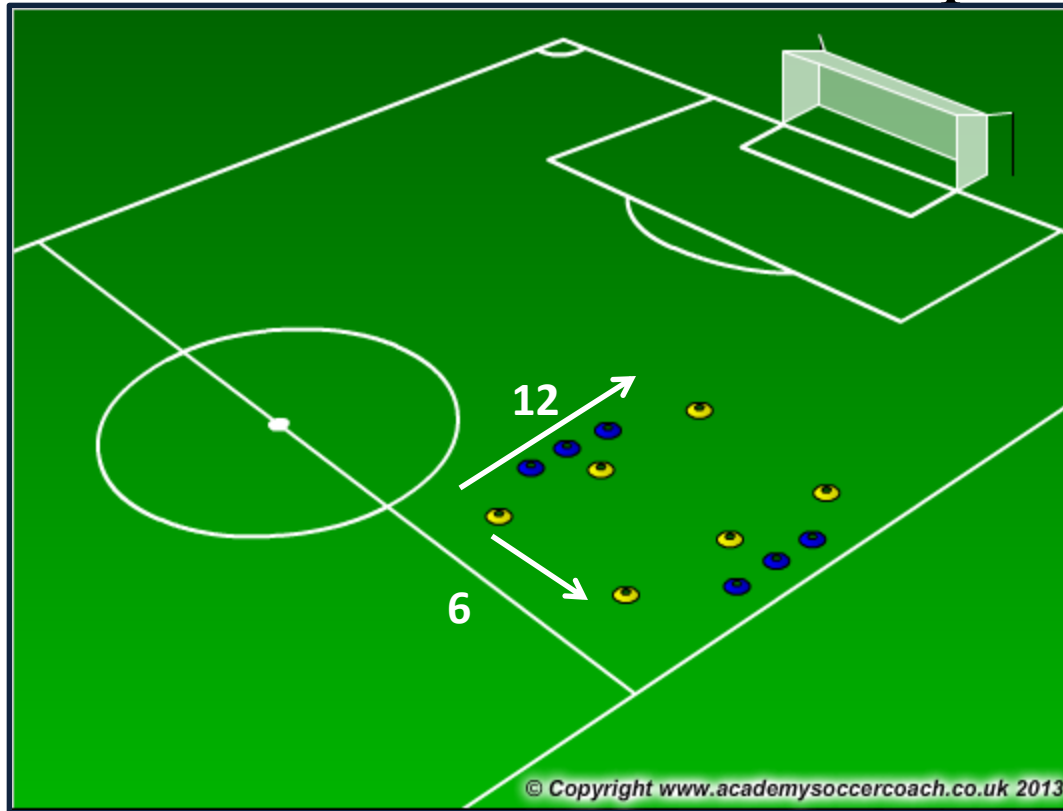
Development Guide



Session Eight: Dribbling – Close Touch and Speed

Field Set Up Session Eight

Arrive and Set Up Phase One



Instructions:

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

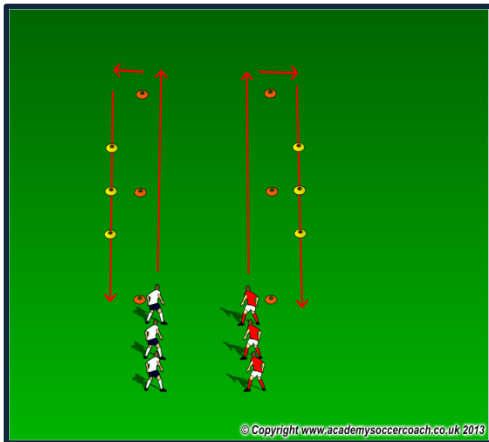
You MUST set up next to the half way line!

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

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

Phase Four: Remove all cones and play.

Session Eight Overview



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



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

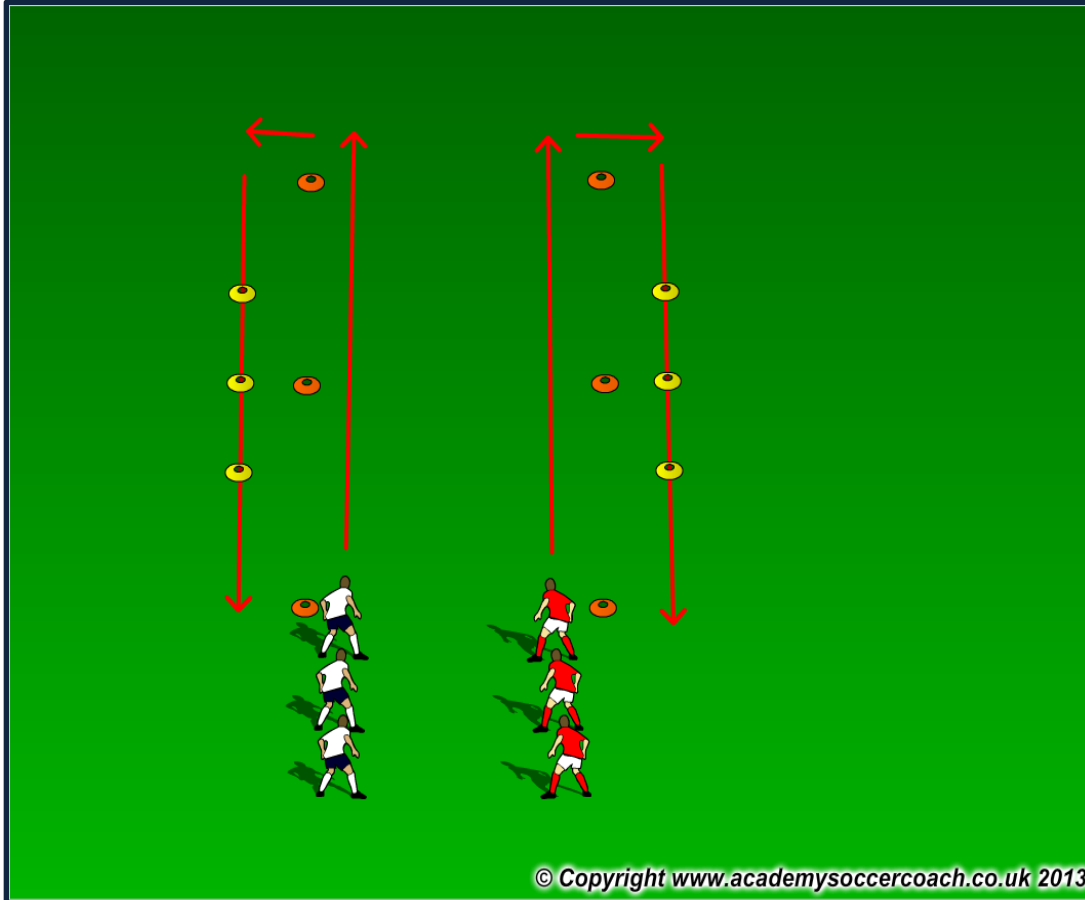


Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone.



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

Phase One: Revs Dynamic 1



Area: 12x6 yard area

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

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

3v3 Recognizing 1v1 Opportunities



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

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

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



Phase 3: 3v3 End Zone



Area: 20x30 yard grid

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

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

Phase Four: 5v5 Game



Area: 50x30 yard field

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

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



Session Eight Review

Phase 1: Revs Dynamic

Progressions:

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

Player Evaluation:

Section 1: Dribbling.

Section 2: NA

Section 3: Attitude. Communication. Attendance.

Phase 2: 1v1 + 1 Dribble

Progressions:

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

Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

Section 2: 1v1 Attacking Ability.

Section 3: Attitude. Aggressiveness. Communication.

Phase 3: 3v3 End Zone Soccer

Progressions:

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

Player Evaluation:

Section 1: Dribbling. Passing. Receiving. Shielding.

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

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

Phase 4: 5v5 Game

Player Evaluation:

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

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

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

