



West Region Soccer

Recreational Soccer - Coaches Technical Manual



Age Group - U8 (Boys & Girls)

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INTRODUCTION

Dear Recreational Coaches,

I would like to welcome you to an exciting 2008 soccer season. I am looking forward to my first season in Canada since my appointment as the West Region Regional Technical Director in December 2007.

As soccer coaches you play a very important part in teaching players the game as well as allowing the players to enjoy playing the most played sport in Canada and the World. Soccer is such a simple and easy sport to play that no matter the age, size, gender or ability anyone can play soccer.

I hope this Coaching Manual will offer you with vital information to assist you with your coaching and provide understanding on how children you coach operate and function. As coaches you can make a major impact on your player's enjoyment of the game and a successful season is when your players return and play again next season and the future. The Coaching Manual includes information on the characteristics of a player of a certain age, how to organize a training session, your role as a coach and what players you are coaching should have been introduced, learnt, developed and mastered at the end of the season.

Another exciting tool that all Recreational Coaches will receive this season to assist with your coaching is a Session Plan each week for eleven weeks during the soccer season. The Session Plan will be emailed to you and also be published on the West Region Soccer website www.westregionsoccernb.org. The weekly Session Plan is designed for coaches to use during their training session each week with clear diagrams and supporting information which are customized for each age-group with progressions and coaching/teaching key points.

Remember, be passionate and enjoy coaching then your players will learn, develop, improve and enjoy the game a lot more. I am looking forward to meeting you sometime during the season and I hope that the resources I have developed to assist your coaching sessions during the season are valuable and beneficial.

If you have any questions regarding this Coaching Manual, Session Plans or any technical aspects of soccer, please contact me and I will do my best to assist you.

Best of luck to the season!! Enjoy.

Macky Singh
West Region Regional Technical Director





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IRECREATIONAL SOCCER

Recreational soccer is a soccer program primarily devoted to the enjoyment and development of soccer players without the emphasis on travel and high-level competition but encourages participation. The purpose of recreational soccer is to provide an opportunity for the participants to have fun, learn the sport and develop life skills including a lifelong love of the game.

Therefore:

- Access is open to all who desire to participate.
- Emphasis is on active participation.
- Objective is for the players to enjoy the experience.
- Success and excellence are measured in players attracted and retained.
- Recreational soccer is all about fun, recreation, love of the game and winning is not a measure of success.

Some of the main characteristics of recreational play and recreational players are as follows:

- Almost every player and parent will start out in recreational soccer.
- Two-year age groups are typical of recreational teams so there is a wide range between the most skilled player and the least skilled.
- Wider age gaps create great differences in physical, mental and social development.
- Players new to the sport are constantly being introduced into the mix.
- Enthusiasm and dedication varies widely from the highly motivated to the socially involved.
- Soccer for the child, who wants to play, is an outlet for energy and enthusiasm. For others it is an imposed activity, something selected for the child by the parent.
- Fit and unfit players play together.
- Participation stretches from always there to when it is convenient.
- Parents often sign up a player for the next season without the child being involved in the process.
- Recreational players generally do not develop strong feelings against the opposing team because they often have friends on the opposing team.





- Many young children start out in soccer especially at the very young level where all skill levels of children can participate and have fun.
- Many young children try out many sports at a young age and may jump from one sport to another during the year or even the same season.

Some of the main characteristics of recreational coaches are as follows:

- Virtually every recreational coach will be an unpaid parent volunteer.
- Many recreational coaches are coaching their own children.
- Many of these children are “would-be stars” in the eyes of their parents. Equal treatment may not happen as a result sometimes.
- About half of youth sports coaches will drop out of coaching within the first year.
- Most experience of the youngest age-group coaches are the first-time coaches with little or no soccer experience, knowledge of the game and no coaching experience.





CHARACTERISTICS OF DEVELOPMENT

- Attention span a bit longer than U6, but still not at the “team at all costs” intensity.
- Inclined more toward group activities.
- Still in motion - twitching, jerking, scratching and blinking are all second nature physical movements.
- Still very sensitive
- Dislike personal failure in front of peers.
- Ridicule from the coach in front of the group is very destructive.
- Boys and girls still quite similar in physical and psychological development.
- Beginning to develop some physical confidence (most can ride a two-wheeler).
- Still into running, jumping, climbing and rolling.
- More into imitation of the big guys (sports heroes becoming important). Unfortunately few are soccer players.

STILL LACK SENSE OF PACE - GO FLAT OUT!!

Will chase the ball until they drop.





DEVELOPMENT OF INDIVIDUAL AND GROUP

PHYSICAL

- Skeletal system is still growing: growth plates are near the joints, thus injuries to those areas merit special consideration.
- Cardiovascular system is less efficient than an adults; a child's heart rate peaks sooner and takes longer to recover.
- Temperature regulation system is less efficient than adults; children elevate their core temperature more quickly and take longer to cool down than adult.
- Improvement in pace and coordination from U6 however the immaturity of a U8's physical abilities are obvious.

PSYCHOLOGICAL

- The limited ability to tend to more than one task at a time leaves little or no capacity for "tactical" decision making.
- Concept of time and space relationship is just beginning to develop and will be limited by the capacity to attend to multiple tasks.
- Limited experience with personal evaluation; effort is synonymous with performance.

SOCIAL

- Self-concept and body image are beginning to develop, but very fragile.
- Great need for approval from adults such as parents, teachers, and coaches; like to show individual skills.
- Easily bruised psychologically by adults; negative comments carry great weight.
- Like to play soccer because it is "fun"; intrinsically motivated.
- Their universe is expanded to the neighborhood.
- True playmates emerge with the inclination toward small group activities.
- There is a desire for social acceptance; they want everyone to like them.

GAME

- 4 v 4 (no goalkeepers).





ACTION

Plan in your practice sessions.

Activity

Must be one of your main goals when dealing with young players. You must understand that, "players come to practice to play". Therefore, any activity that does not involve playing soccer may become disruptive.

Clarify

Your practice session rules and expectations through individual and team discussions. That is, having the team decide what is appropriate and inappropriate behavior. Then you must act firmly, fairly and consistently and when their actions go against their own established rules.

Teach less!!

When players and balls are moving, soccer learning is taking place. When players and balls stop moving, soccer learning stops!

Ask yourself - Does it happen in the game (i.e., drills)?

If the answer is YES	then do it in practice.
If the answer is NO	then don't do it in practice.

Interest

You may be faced with players who are not interested in playing our wonderful game and you must adjust accordingly. Give appropriate attention to the disinterested players but not at the expense of the rest of the team. Make the practices so much FUN that the disinterested players may want to join. Remember that when you are working with your players you must be as helpful, understanding and patient as you are with your own children when they are learning other skills in life.

No

No Lapse. No Lines. No Lectures! Running around the field may be considered punishment. They already know 'how to' stand in a line. Their attention span is less than 15 seconds. You must create a practice environment that minimizes listening/lecture time and maximizes touches with the ball and playing time. Allow them to play the game of soccer which forces them to make decisions and learn on their own. Allow them to experiment and fail their way to success!

ACTION

You may want to put into ACTION the FUNDamentals Soccer Practice Routine!!!





THE FUNdamentals PRACTICE ROUTINE

Coach: Before Each Practice - Establish a Theme - What they will learn

Step 1. WARM-UP

Play a Fun game related to Theme & Stretch

Step 2. TECHNIQUE SESSION

Ball manipulation individual and partner

Step 3. SKILL SESSION

Players = Test the Theme vs. one opponent at a time
Coach = Positive encouragement

Step 4. PLAY GAME

Let the players have plenty of fun and experiment

Step 5. END PRACTICE (Review & Compliment)

When explaining new skills and practices use the following method:





PLAYER DEVELOPMENT - U8

Characteristics

Young children are not mini adults.

They are still self-oriented and relate naturally to a friend or two and not to large groups of six or more.

They cannot sustain prolonged activity and function best in fits and starts.

Their concentration span is limited so frequent changes of pace and activities are necessary.

“Let the game be the teacher”

Recommended Environment - Games

Field Size:	30m X 25m
Ball Size:	Size 3
Game:	4 V 4
Duration:	3 x 15 mins
Team Size:	8 Players
Goal Size:	9' x 4.5'

Recommended Environment - Practice

Focus:	Fun activities with a change of pace and activity.
Games:	4 V 4

Recommended Environment - Tournaments / Festivals

Format:	Should match the recommended game format of each age group
Games:	4 V 4

Coach / Administrator

The 4 V 4 game can accommodate more players on the field at the same time and create a much higher level of activity. Although you need more parents involved, they are easier to recruit because the groups that they deal with are smaller.





ROLE OF A COACH

- To provide positive encouragement and support
- Never expose children to unrealistic expectations
- Attract more players to the game
- Make training enjoyable and positive experience for children
- Provide safe environment that is conducive to learning
- Emphasis should be on:
 - maximum participation
 - skill improvement
 - fostering good spirit

- Instil good values of Fair Play and good sportsmanship
- Fostering fun and enjoyment not on results and winning
- Be patient in coaching approach and expectations as player development is long term





TEAM MANAGEMENT

To make coaching a lot more enjoyable the first step is to organize a parent-coach meeting prior to the beginning of the season.

Identify your philosophy of coaching and goals for the season

- Based on fun, learning and development
- Success based on how many players return next season

Collect player information

- Medical information
- Reason why they choose to play soccer
- Their individual goals

Collect parents' information

- Contact details

Identify player responsibilities

- Bring drink bottle
- Be dressed with appropriate gear such as shin pads and cleats
- Be enthusiastic and ready to learn
- Adhere to Fair Play

Identify parents' responsibilities

- Ensuring their children are at training and picked up on time
- Contact the coach if their children are unable to attend trainings and games

Identify communication methods between parents/players and coaches

- Email
- Texting
- Phone

Identify and communicate to the parents sideline behaviour expectations

- Applaud children's success
- Refrain from yelling out instructions
- Be positive and encourage the children
- Adhere Fair Play



COACHING ACTIVITIES CHECKLIST

When planning training sessions it is important a coach reviews how the training session went. The checklist below will help the coach to analyze and help with planning the next training session.

- ◆ Are the activities fun?
- ◆ Are the activities organized?
- ◆ Are the players involved in the activities?
- ◆ Is creativity and decision making being used?
- ◆ Are the spaces used appropriate?
- ◆ Is the coach's feedback appropriate?
- ◆ Is the coach guiding or controlling the players in the activity?
- ◆ Are there implications for the game?





COACHING TECHNICAL ELEMENTS - PASSING

Passing is one of the most important techniques in soccer. It allows players to mover and position the ball accurately to other players and to move up the field the goal.

INSIDE OF THE FOOT OR PUSH PASS

The most accurate method of passing. The surface of the foot used should be from the bottom of the big toe joint area to the bottom half of the arch of the foot. The approach to the ball should be almost in a straight line. The non-kicking foot should be alongside the ball pointing at the target. The kicking foot should strike the ball at the mid-line or slightly above, enabling the ball to stay on the ground. The knee should be bent and the swing action from the hip followed by a proper follow through with the foot ending up pointing at the intended target. The arms should be used for balance.

COACHING POINTS:

- Approach the ball almost in a straight line
- Strike through the middle part of the ball
- Point kicking foot outward
- Leg swing action from the hip

COMMON FAULTS:

- Young players often approach the ball from the side and attempt to use the inside of the foot making it almost mechanically impossible to pass the ball accurately.
- They may swing their leg across their body which also makes it impossible to kick the ball correctly.

DO

- Get in-line with the ball.
- Select the surface of the foot to make contact on the ball to bring under control.
- Use correct surface of the foot to make appropriate and effective pass.
- Keep head still and kick through the ball.

DONT'S

- Stand on the ball with your leading foot.
- Approach incorrectly.
- Set body position and/or posture incorrectly.





COACHING TECHNICAL ELEMENTS - PASSING

OUTSIDE OF THE FOOT

Approach at an angle and it will go straight.

Approach straight on it will bend or swerve.

This method can be used to perform one of three things:

1. bend the ball into the path of a team-mate
2. bend the ball into space away from a player to run onto
3. bend the ball during a shot on goal

The kicking foot should be pointed down and towards the inside of the player with the ankle locked. The foot should strike the ball either left or right of the centre, which will make the ball bend. The knee should be bent with the kicking action coming from the hip. The follow through should have the kicking leg come across the player's body. The non-kicking foot should be along side and slightly behind the ball at impact.

COACHING POINTS:

- Approach on the angle or straight on
- Point toe of kicking foot down
- Lock ankle
- Strike the ball slightly off centre

COMMON FAULTS:

- Approach angle to the ball wrong. Non-kicking foot too away from the ball.
- Unlocking the ankle.

CHIP PASS

To pass the ball in the air to players or into space. The approach to the ball is the same as for lofted/floated but a stabbing motion with the foot is made with limited or no follow through.

COACHING POINTS:

- Approach on the angle.
- Selection of the foot surface and which part of the ball to contact to achieve the desired result.
- Stabbing action with no or limited follow through.
- Correct posture and stance

COMMON FAULTS:

- No approach angle.
- Head comes up too early.
- Non-kicking foot too close or too far.
- Wrong foot surface used.
- Ankle unlocked.



COACHING TECHNICAL ELEMENTS - RUNNING WITH THE BALL

Travel/run with the ball quickly into unoccupied area or space of the field. Move at pace in possession of the ball in straight or angled running movements.

The first touch of the ball should be well in front to allow an opportunity to look up. Use the laces of the front foot to push the ball forward quickly. Once running with the ball, ensure players keep touching the ball well in front of them. This will enable the player to keep his/her head up and travel quickly. The fewer the touches the faster the player travels. When passing while running with the ball use the laces, as this will not slow the player down.

DO'S

- Take the first touch of the ball well in front to allow time to look up and travel quickly.
- Take fewer touches for greater speed.
- Keep your head up.

DONT'S

- Touch the ball too far in front of you.
- Touch it with the inside of the foot.
- Keep head down.





COACHING TECHNICAL ELEMENTS - DRIBBLING

Dribbling is an exciting and exhilarating technique by beating and moving past opponents with the ball by recognizing space between and behind players, unbalancing, changing direction with pace which allows the player to move past an opponent.

When dribbling use every part of the foot. The player should use either foot, keep the ball close to the foot about a stride away and able to change direction quickly without losing the ball.

The inside of the foot - allows the player to push or carry the ball.

The sole of the foot - allows the player to stop the ball quickly or pull it back to change direction.

The outside of the foot - allows the player to run at speed.

COACHING POINTS:

- Head up
- Awareness of other players and space
- Close control
- Bend knees
- Change direction and pace player and ball
- Decide on a technique to use to beat/pass an opponent eg: scissors
- Decide on a technique to use after a dribble eg: passing

WHERE?

Dribbling should be encouraged but it involves risk. Definitely dribble in and around your opponent's half, but not as much in defending half, depending on the situation.

WHEN?

As often as possible. DON'T be afraid to have a go as it is the best way to beat/pass an opponent.

WHY?

Good dribblers dribble for a purpose - to beat players, to cross, to pass or to shoot.





COACHING TECHNICAL ELEMENTS - HEADING

Using the head is another surface of the body which can be used to cushion or guide the ball. Heading should be encouraged as it is important element of both attacking and defensive play. Heading should only be introduced at seven or eight years old.

COACHING POINTS:

- Watch the ball to assess the flight, trajectory and pace of the ball.
- Withdraw head back and look through the ball.
- Arch the back and propel forward.
- Contact the ball below the mid-line.
- Head with forehead not the top of the head.
- Keeps eyes open.

DO'S

- Attack the ball - feet apart, head back and arch body.
- Use centre of the forehead.
- Keep your eyes open until your contact the ball.
- Head THROUGH the ball.
Attack the ball.

DONT'S

- Head the ball with the top of the head.
- Close your eyes.
- Let the ball hit the forehead.



COACHING TECHNICAL ELEMENTS - TURNING

Turning is an exciting technique used in order to change direction done while dribbling or running with the ball or losing an opponent. Turns helps to get out of tight areas, confuse opponents and maintain possession.

COACHING POINTS:

- Head up and body balanced
- Start slowly and get the technique right
- Bent knees
- Accelerate away as soon as you turn

DO'S

- Practice turns often.
- Learn at least three turns.
- Accelerate away after turning.

VARIOUS TURNS

- Inside and outside hook turn
- Step over/Figure eight
- Drag back
- 'Cruyff' turn
- Stop and turn
- Stop and roll





COACHING TECHNICAL ELEMENTS - TURNING

HOOK TURN

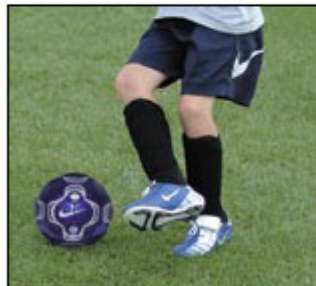
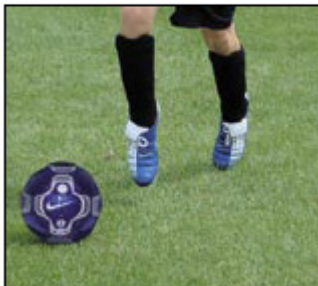
Hooking the ball with the inside of the foot

Reach and hook the ball back with the inside of the foot, move the ball into the opposite direction and push away.



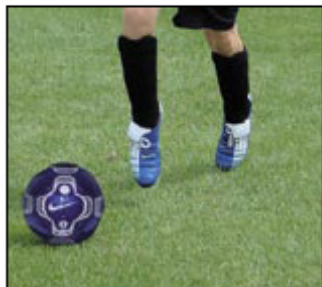
Hooking the ball with the outside of the foot

Reach and hook the ball back with the outside of the foot, move the ball into the opposite direction and push away.



STEP OVER OR FIGURE OF EIGHT

Step over the ball in a figure of eight movement, swivel your hips and hook the ball back with the inside of the foot and push away.

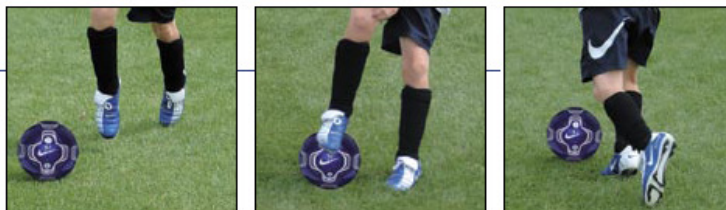




COACHING TECHNICAL ELEMENTS - TURNING

THE DRAG BACK

Stop the ball with the bottom part of your boot, half turn your body out and drag the ball in the opposite direction and push away.



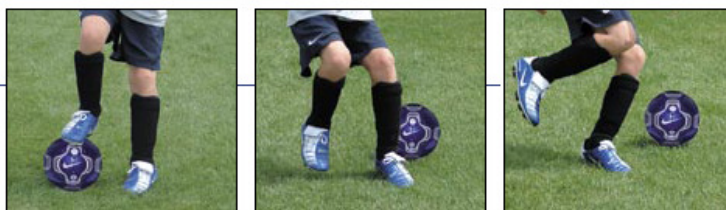
THE "CRUYFF" TURN

Feint to shoot or pass, position the standing leg in front of the ball, turn your foot inward with the toe and touch the ball with the inside of your foot. Push it through your legs, turn and push away.



THE STOP & TURN

Stop the ball with the bottom part of your boot, go past the ball, turn and push the ball away.



THE STOP & ROLL

Roll the bottom part of your foot over the ball, stopping it and pushing it in the opposite direction with the outside of the foot, turn and push away.





COACHING TECHNICAL ELEMENTS - SHOOTING

Shooting is an extension of passing, projecting ball towards the goal with a variety of techniques. The golden rule of shooting is to force the goalkeeper to save. You will not score if you don't shoot.

COACHING POINTS

- Place non-kicking foot along side and slightly behind the ball
- Point kicking foot downward and inward (from the knee running down the shins all the way to the toes should be one straight line)
- Strike the ball with the laces and full instep
- Make contact with the middle of the ball
- Keep the ball low
- Keep the body forward and eyes on the ball (remember the goal does not move)
- At least make the goalkeeper save your shot
- Focus initially on shooting accurate than power

DO'S

- Place non-kicking foot alongside and slightly behind the ball.
- Point kicking foot down and inward.
- Strike ball with the laces.
- Make contact with the middle of the ball.
- Keep the ball low.
- Accuracy in shooting is more effective than power.
- Lock your angle.

DONT'S

- Stretch to shoot.
- Look up.
- Make contact under the ball.



TECHNICAL SKILLS INTRODUCE AND LEARN - CHECKLIST

By the end of the season players should have at least been **introduced** and **learnt** the following technical skills:

Introduce:

- Introduction to tackling
- Introduction to basic handling skills for goalkeepers
 - catching and throwing

Learn:

- Ability to run with the ball
 - in different direction
 - with different pace
- Dribbling using different surfaces of the feet:
 - inside, outside and laces
- Dribbling in 1 v 1 situation
- Stop turn & Drag back turn
- Inside & Outside hook turns
- Short passes with both feet using the inside of their feet
- Passing to feet
- Ability to receive the ball with the inside of the foot
- Ability to shoot at a target or goal





REFERENCES & RESOURCES

- “Wellness To World Cup LTPD” - Canada Soccer Association
- “Age Specific Player Development Characteristics” - Soccer New Brunswick
- “Small Whites Coaching Manual” - New Zealand Football
- “Recreational Coaches Manual” - Kanata Soccer
- “Grassroots and Youth Development Coaching Manual” - Asian Football Confederation





West Region Soccer

New Brunswick



CLUBS:
Fredericton District Soccer Association
New Maryland Soccer Club
Oromocto Soccer Club





AGE GRADE: U8	SESSION 1	TOPIC: PASSING & CONTROL	TIME: 1 HOUR	
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KEY INFORMATION

Passing and Control

Key Factors:

Passing

- Accuracy/Eye on the ball when you strike it
- Pace (speed) of the pass for the distance it has to travel
 - Lock your ankle when you strike the ball

Control

- Get your body behind the ball as it is moving towards you
 - Attack the ball
 - Watch the ball
 - Good first touch
 - Head up
 - Make a decision
 - Head down and strike the ball

KEY

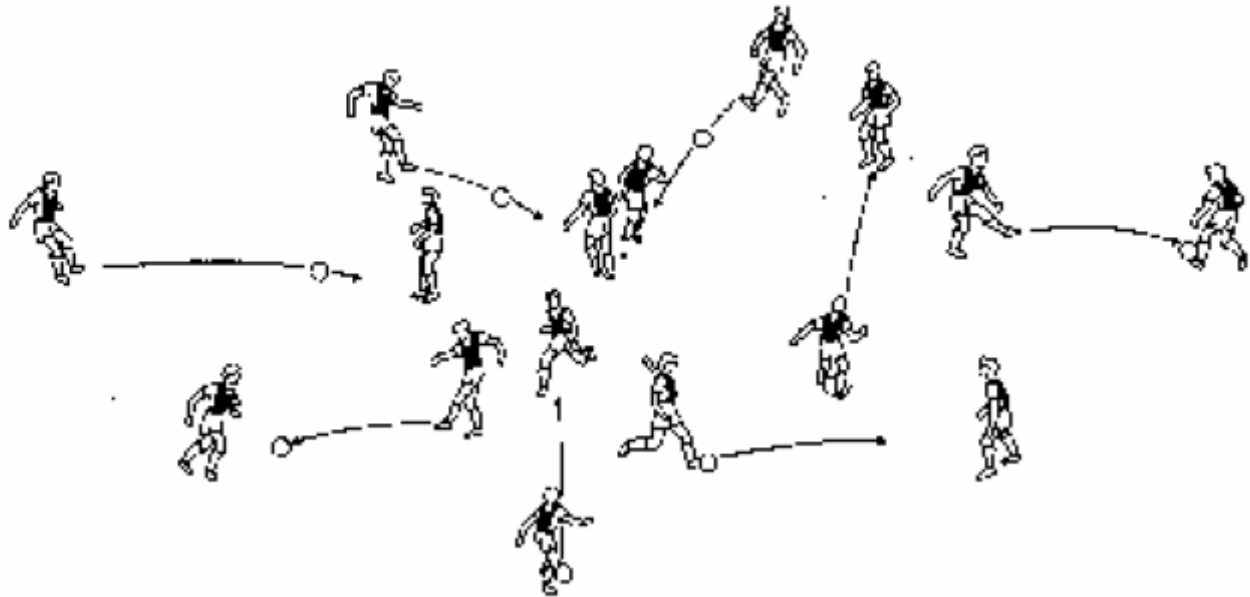
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





WARM-UP: PASS & MOVE IN PAIRS

10 MINUTES



Players work in pairs in half-field (60m x 50m grid).

Standing: Pass to partner.

Coach, emphasize:

- **watching ball**
- **clean strike - accurate and firm**
- **trying to control ball in one touch.**

Progress to moving freely throughout grid with 2 or 3-touch passing.

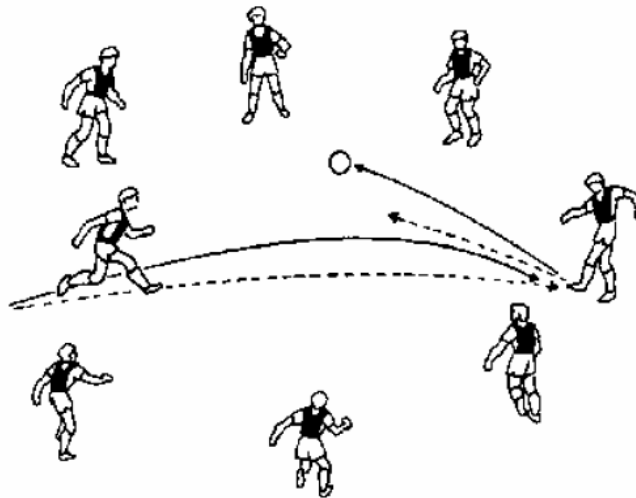
Coach, emphasize eye-contact.





TECHNICAL: PASSING IN A CIRCLE

15 MINUTES



8 players on circle of 20-metres diameter (centre-circle). Pass ball to player on opposite side of circle. Follow pass. Receiver passes and follows and so on.

Progress from 3-touch to 2- touch play

Variation:

Dribble to centre of circle before passing and following.

Coach, emphasize eye-contact between player in possession and other players. Calling for the ball may be encouraged.

SKILL: 6 V 2 POSSESSION

10 MINUTES



Set-Up:

40m x 30m grid

6 attackers v 2 defenders

Attackers pass and control to keep ball from defenders.

"Free" attackers help player in possession by getting into space to receive pass.

Coach, emphasize:

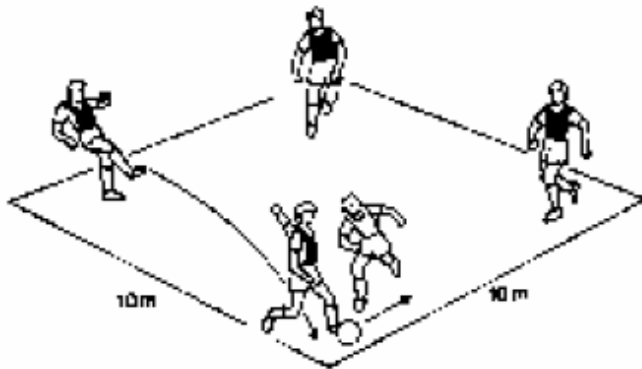
- accurate passing with firm pace
- control ball in one-touch if possible
- communication: eye-contact; calling for ball if in clear





SKILL: 4 V 1 & 3 V 1 IN A GRID

10 MINUTES



Set-Up:

10m x 10m grid

4 attackers v 1 defender.

The 4 attackers try to keep possession. Always have 2 players in support. Keep defender moving.

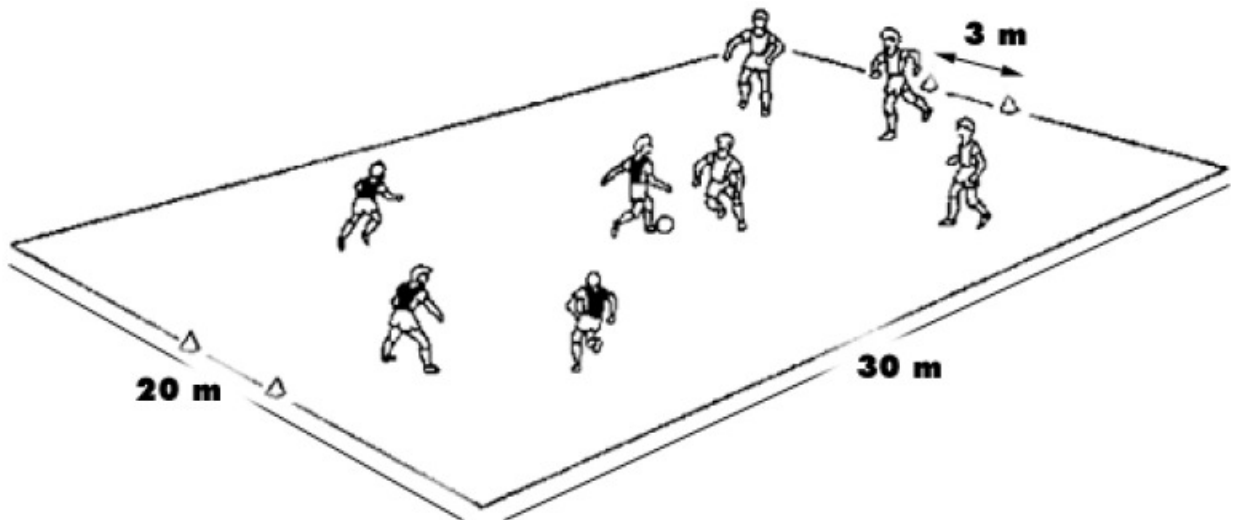
Progress to 3 v 1. Support players need to work harder.

Coach, introduce idea of timing pass according to position of defender; if defender is close to ball, release ball early; if defender is far from ball, keep ball and "draw" (attract) defender.

Disguise pass by using instep or outside of foot to strike ball.

MINI GAME: 4 V 4 (WITHOUT GKS)

15 MINUTES



Play a 4 v 4 Mini Game without goalkeepers.

Encourage players to pass and support the player with the ball as much as possible.

Note: Session Plan courtesy of CSA Technical Department.





AGE GRADE: U8	SESSION 2	TOPIC: MOBILITY	TIME: 1 HOUR	
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KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

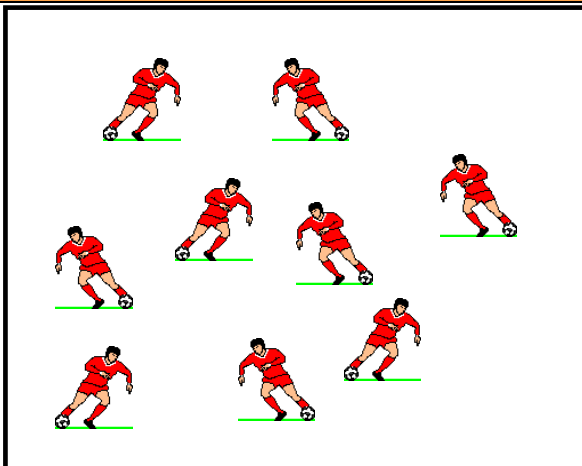
KEY INFORMATION

Learning to be Mobile Learning to Play Soccer

Training should target:

1. mobility and co-ordination – running, jumping, gaining balance, rhythm, routines and reactions
2. simple technical skills and tactical moves
3. basic knowledge of rules
4. behaviour in a group

WARM-UP: INDIVIDUAL WITH A BALL 15 MINUTES



- A. Throw the ball in the air and
 - catch it
 - knee it
 - trap it
 - head it
- B. Bounce ball with one hand while
 - jumping
 - hopping
 - running
- C. Dribbling with the ball while using
 - one foot (right and left)
 - both feet
 - inside and outside of both feet

Perform each section for about 3 - 4 minutes.

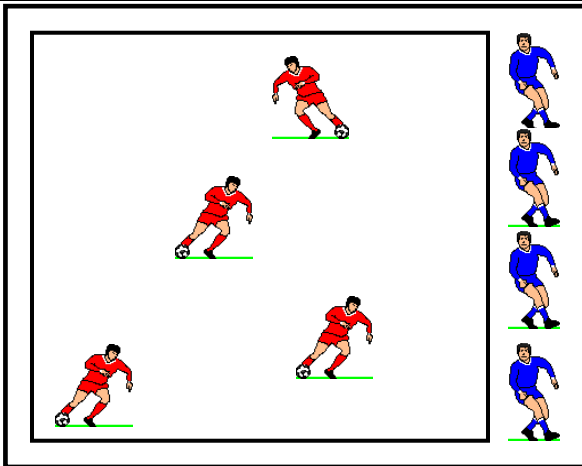
Players are all spread out in a 30m x 25m rectangle, each with a ball.





TECHNICAL: DRIBBLING UNDER PRESSURE

15 MINUTES



ORGANIZATION:

Set-up two 15m squares and divide players into 4 teams. Two teams in each square. All of team X is inside the square, each with a ball. All of team O is outside the square without a ball. Coach and assistant must each time a square.

On command, the X's start moving with the ball. One O runs in and tries to tag an X. A tagged X must sit down with ball. When O has tagged an X, he/she runs out of the square and tags the hand of another O. This is repeated until all X's are sitting and all O's are outside of the square.

Roles are now reversed. The fastest team to tag all players wins.

Coach, you may rotate all four teams in the two squares to create more competition.

VARIATION:

Play the same game, but this time the players on the team the outside of the square each has a ball. They must dribble their ball while chasing the players on the other team. (Both groups have soccer balls in this variation of the game.)

SKILL: SHARKS TAG GAME

15 MINUTES



Play this without soccer balls first.

Line up all the players on one long side of the rectangle. Pick one player to stand in the center.

On command from the coach, the X's must run to the other side of the box. When they cross it, they are "safe". The player in the middle tags as many players as he/she can. The players who are tagged join him/her to try to tag the other players.

The players who managed to reach "safety" now run, on command, across the box. Repeat until no one is left.

The last player tagged is now put in the middle.

PROGRESSION (WITH BALL):

The other players have a ball and the game is the same. But now the players must dribble a soccer ball across the box and the player(s) in the middle must try to kick the balls out of the box.

Those players having the ball kicked out of play join the player in the middle.

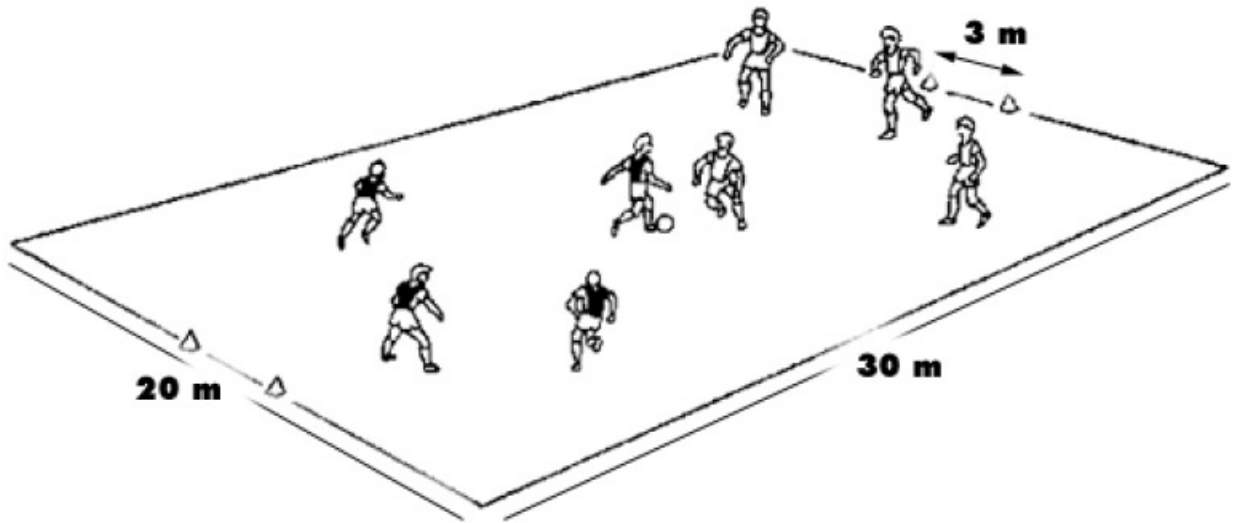
Last player left wins. This player now starts the next game in the middle.





MINI GAME: 4 V 4 (WITHOUT GKS)

15 MINUTES



Play a 4 v 4 Mini Game without goalkeepers.

Encourage players to pass and support the player with the ball as much as possible.

Note: Session Plan courtesy of CSA Technical Department.

COACHING MUSTS!

- YOU MUST BE ORGANIZED
- YOU MUST DEMAND STANDARDS
- YOU MUST BE ENTHUSIASTIC
- YOU MUST MAKE IT FUN
- YOU MUST LOOK THE PART





AGE GRADE: U8	SESSION 3	TOPIC: PASSING	TIME: 1 HOUR	
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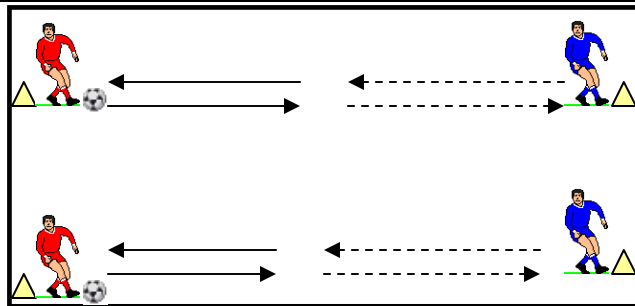
KEY INFORMATION

Passing

Key Factors:

1. Pace/timing/weighting
2. Accuracy – eye on ball
3. Part of foot and ball
4. First touch/decision-making

WARM-UP: PASSING IN PAIRS 10 MINUTES



Set-Up:
Four players in one box. Ball between two.

Receiver comes forward to accept the ball. Passer moves back to regain space. All practices alternate right and left feet.

Coach, stress underweight passes to make the receiving player come forward.

Sequence:

- “3 touch”: Ball is received with the inside of the foot, outside touch to change angle, inside push pass.
- “2 touch”: Ball is received with inside of foot, slight angle, head up. Head down, inside pass.
- “2 touch”: Ball is received with outside of foot. Return pass with inside push – same foot.
- “1 touch”: Vary from inside to outside.
- random passing: Practice putting it all together.

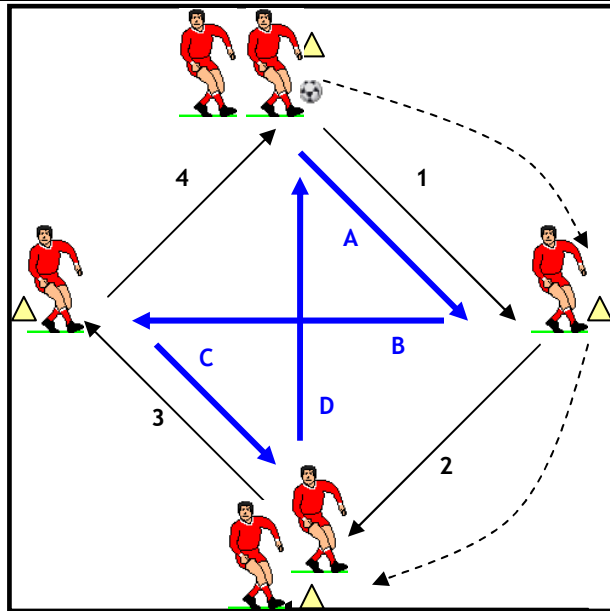
Coach, encourage your players to:

- *get comfortable the “weak” foot.*
- *“shovel” the outside foot pass until they get comfortable.*
- *move to the ball when receiving and away from it after passing.*
- *make early decisions to prepare body positions for receiving/passing.*
- *develop a “feel” for the ball.*





TECHNICAL: PASSING IN A GRID **TIME: 15 MINUTES**



ACTIVITY:

Divide players in groups of 6 with 1 ball per group. Have players stand as shown in the diagram. Passing sequence player with the ball passes to the next player in the diamond grid clock wise 1, 2, 3, 4. Each player takes a touch first before passing and follows his/her pass to the next cone.

PROGRESSION:

- Change direction of the pass anti-clockwise.
- Passing sequence A, B, C, D. Players follow their passes.
- Add a second ball.

FIELD:

10m x 10m grid. You can have two or three grids going at one time, depending on number of players.

PASSING TECHNIQUES:

- Use the inside of the foot pass.
- Pass the ball in front of the receiving player.
- Pass the ball with the right weight.

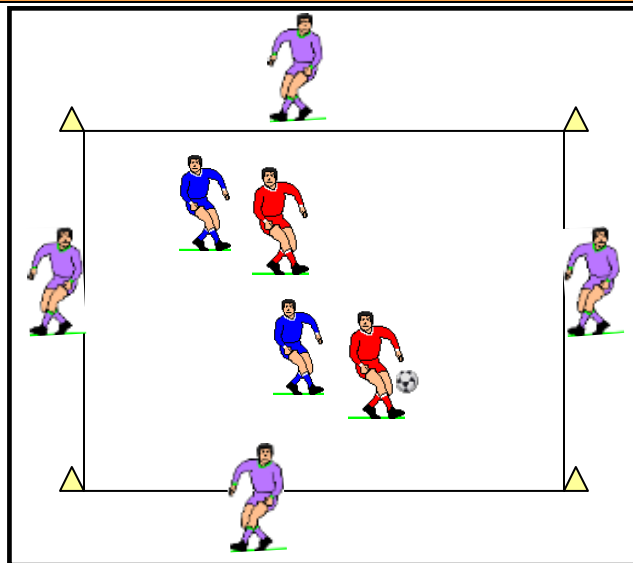
RECEIVING TECHNIQUES:

- Use the furthers foot to receive the ball.
- Keep eye on the ball and make the receiving part of the foot like a cushion.

COACHING POINTS:

- Be aware of where the ball is coming from.
- Call for the ball - communication.
- Be light on the feet.

SKILL: 2 v 2 + 4 NEUTRAL PLAYERS - POSSESSION **TIME: 10 MINUTES**



ACTIVITY:

Organize players in pairs. Play 2 v 2 with 4 neutral players on the outside grid. The objective of the game is to keep possession and getting ball. If the defending team intercepts/wins the ball retains possession. Change the players in the middle every 2 - 3 minutes. The neutral players allowed to touches.

PROGRESSION:

The neutral players only allowed one touch

COACHING POINTS:

- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

FIELD:

12m x 12m grid

KEY

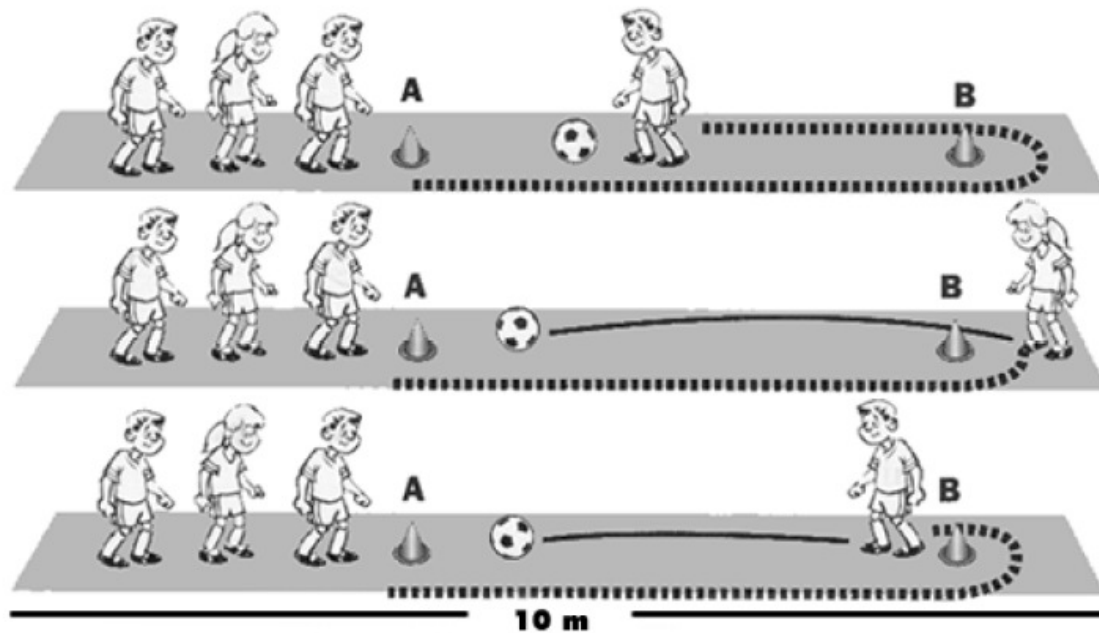
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





RELAYS

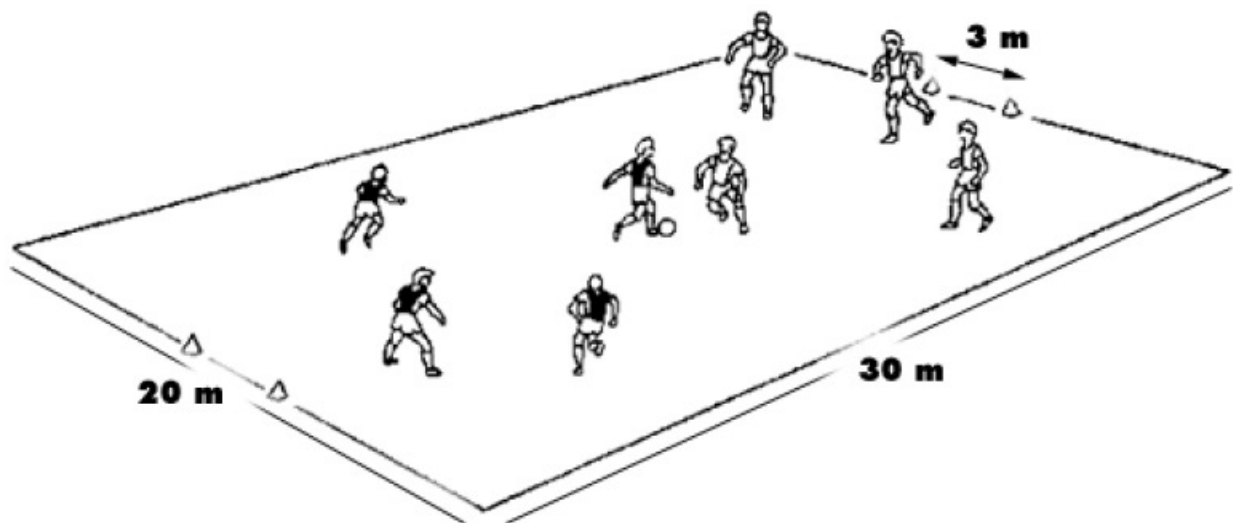
10 MINUTES



Players stand in teams of 4 with 1 ball behind cone (A). On the whistle, players commence exercise. The first team to finish sits down as winners.

MINI GAME: 4 V 4 (WITH GKS)

15 MINUTES



Play a 4 v 4 Mini Game with goalkeepers. Rotate goalkeepers every 5 minutes. **Encourage players to pass and support the player with the ball as much as possible.**

Note: Session Plan courtesy of CSA Technical Department.





AGE GRADE: U8	SESSION 4	TOPIC: PASSING & SHOOTING	TIME: 1 HOUR	
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KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

KEY INFORMATION

Passing and Shooting with the "laces"

Key Factors in Control:

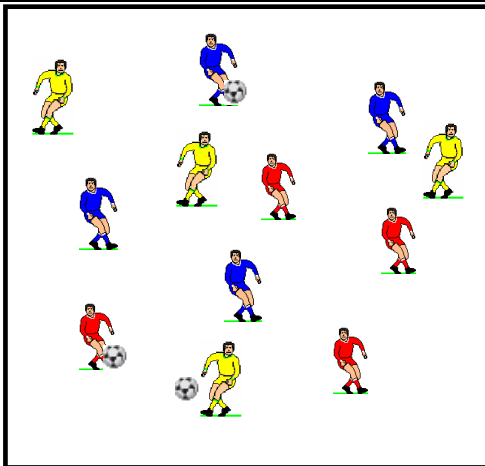
Watch for head movement.

As the ball comes towards the player, he/she watches the ball. The player controls the ball with first touch just out in front of him/her. The player looks up to find a target, then looks down and strikes the ball.

Key Factors in Passing:

The ball must be out in front at a comfortable distance (one step). Player takes a step and places the non-kicking foot a comfortable distance (30 cm to 40 cm) to the side of the ball. Player looks at the ball and, in one motion, kicks the ball with the "laces" to the target player. The follow-through of the kicking foot must be directly towards the target.

WARM - UP: 3 TEAMS PASSING TIME: 10 MINUTES



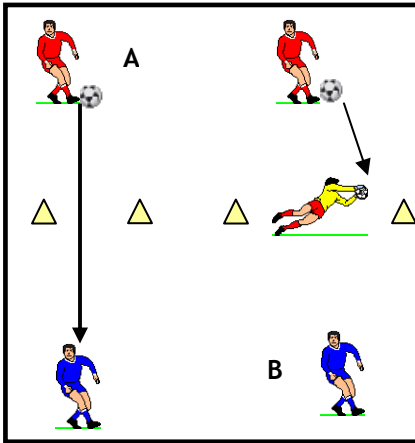
ORGANIZATION:

Divide the team into 3 groups. Give each group bibs of a different colour (red, blue, green).
 Each group has a ball.
 Put ALL the players in a 35m x 40m rectangle.
 Have the reds run around passing their ball only to reds. The blues pass only to blues. The greens pass only to greens.
Coach, you will have 3 teams passing and moving at the same time. This makes the passing players look up for a target. It makes the receiving players look for passing channels to move into. They must also look down to receive the ball.
 After five minutes, have little competitions to see which team can pass the ball most in one minute. Repeat.





TECHNICAL & SKILL: SHOOTING (PASSING WITH THE LACES) **15 MINUTES**



ORGANIZATION: (A)

Players in groups of 2, one ball, 2 cones.
 Make a small goal with the cones (4m apart).
 Players stand on each side of the goal.
 Players are 15m apart.

Players pass the ball to each other through cones.

Coach, remind the players that

- they must strike the ball the same way they were doing in the passing drill.
- that the head movement is the same as they run for the ball (They look at it – head down. They touch the ball. Now head up to see what part of the goal to shoot at and to see what the keeper is doing. Then look down at the ball and strike it. So – head down, head up, head down again!)

PROGRESSION: (B)

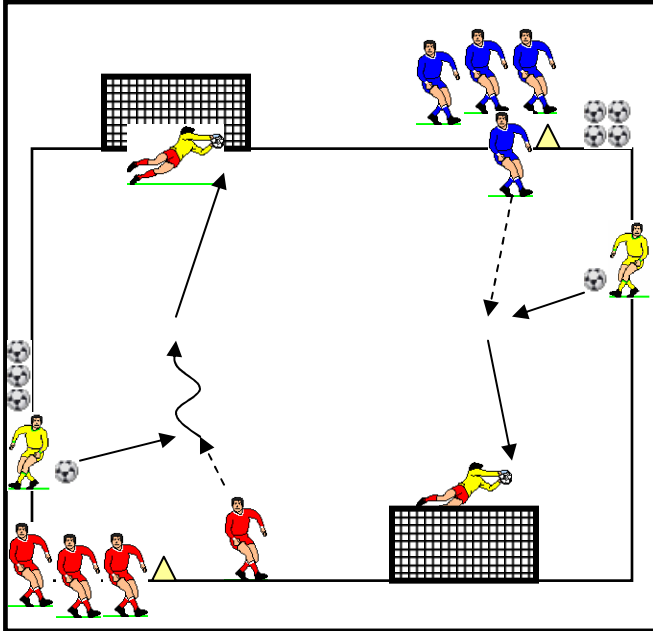
Add a Goalkeeper in between the enlarged cones. Rotate players around so every one gets a chance to be a GK.

Players must strive for accuracy and not power.

Coach, try to get the players to control the ball with one touch, look up at partner, look down at the ball, and then strike it towards the partner.

Rotate partners every 2 minutes for variety.

TECHNICAL & SKILL: SHOOTING AT GOAL **TIME: 20 MINUTES**



ACTIVITY:

Organize players evenly in two groups. Have one goal at the corner of end of the grid and another on the opposite end (as shown in the diagram).

SHOOTING EXERCISES:

- Coach (Yellow) passes the ball for the player (Red) to run onto the ball, dribble and shoot.
- Coach (Yellow) passes the ball to the player (Blue) to run onto the ball and shoot.

COACHING POINTS:

- Use the laces (top of the foot)
- Keep head down and eyes on the ball when shooting
- Place shots at the corners of the goal

FIELD:

20m distance from goal and start point.

PROGRESSION:

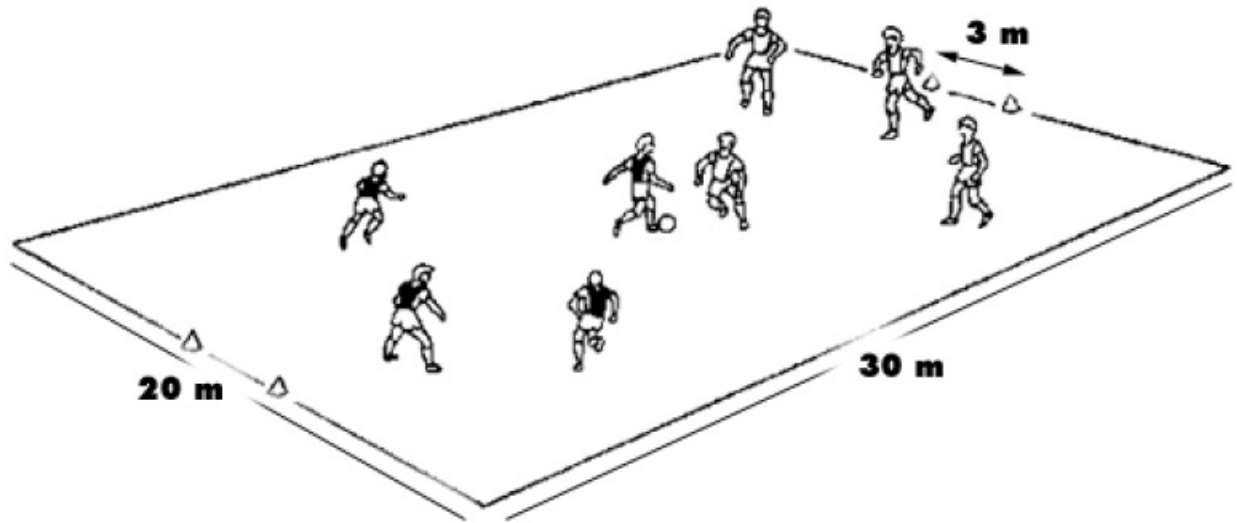
- Add a defender to make it 1 v 1.





MINI GAME: 4 V 4 (WITH GKS)

15 MINUTES



Play a 4 v 4 Mini Game with goalkeepers. Rotate goalkeepers every 5 minutes.
Encourage players to pass and support the player with the ball as much as possible.

Note: Session Plan courtesy of CSA Technical Department.





AGE GRADE: U8	SESSION 5	TOPIC: DRIBBLING	TIME: 1 HOUR	
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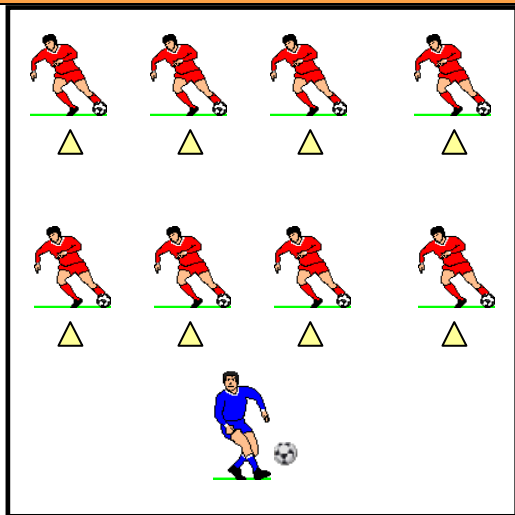
KEY INFORMATION

Dribbling

Key Factors:

- Keep ball within playing distance (1 step)
 - Head up

WARM - UP: DRIBBLING TIME: 10 MINUTES



ACTIVITY:

Place cones in two or three even rows per player. Each player has a ball. On the Coach's command each player dribbles around their individual cone alternating clockwise & anti-clockwise. The cone acts as a defender.

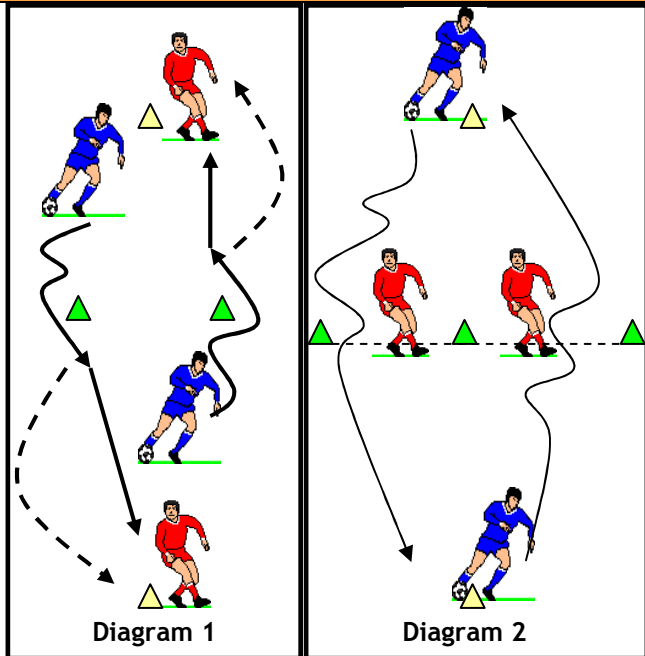
PROGRESSION:

- Dribble the ball with the only one foot.
- Coach performs a dribbling technique and the players try and practice the particular technique demonstrated. (Coach can use a player to demonstrate a technique).
- Players dribble to a different cone at the coach's command.

FIELD: The big grid 30m x 30m.

TECHNIQUES: scissors; fake/feint; stop & go; double scissors;

TECHNIQUE & SKILL: DRIBBLING AT A DEFENDER TIME: 15 MINUTES



ACTIVITY:

Diagram 1: Group players in groups of 4's. Two players each on the end cones (yellow) with a ball. The 1st player from each end, dribble the ball attacking the middle cone (green) and performs a dribbling technique and passes the ball to the end player and joins the back of the line.

PROGRESSION:

Diagram 2: Replace the middle the cones with defenders (Red player). Blue player with ball dribble the ball towards the defender and performs a dribbling technique to go pass the defender. The defender is passive. Rotate players around after 5 - 6 attempts.

- Defender can now try and win the ball but must stay on the line between the green cones.

COACHING POINTS:

- When performing a dribbling technique, make sure the distance from the defender is appropriate.
- After beating/going pass the defender accelerate away.

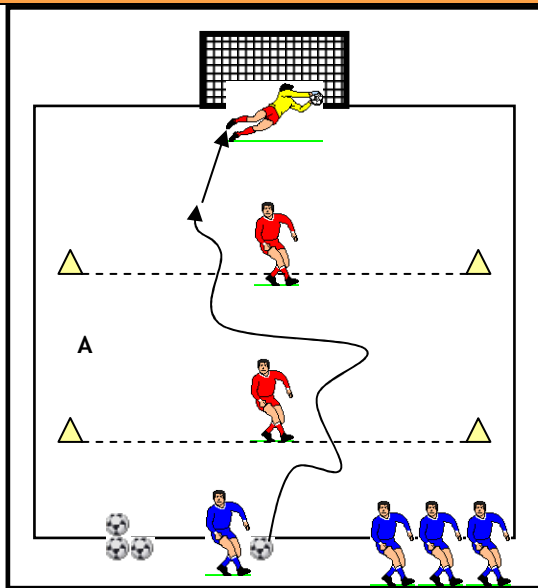
FIELD: Distance from the end cones and the middle cones/defenders 5m.





SKILL: 1 v 1 v 1 AND FINISHING

TIME: 20 MINUTES



ORGANIZATION:

One GK, two defenders and rest of the team attackers. Defenders defend along the line. Attacker starts with the ball and must first dribble pass 1st Defender and then 2nd Defender before shooting at goal. Defenders can defend along their line between the cones. Rotate the defenders and GK every 2 - 3 minutes.

PROGRESSION:

- Introduce a 2nd Attacker making it 2 v 1.
- Play 3 v 2 in Zone A.

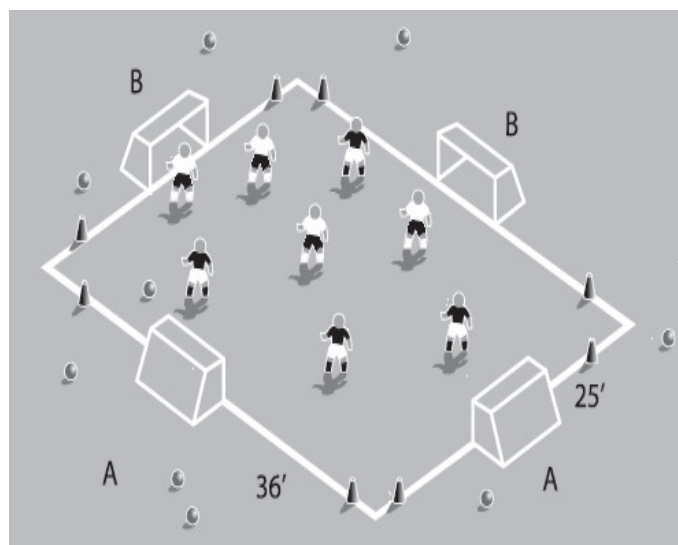
COACHING POINTS:

- When performing a dribbling technique, make sure the distance from the defender is appropriate.
- After beating/going past the defender accelerate away.
- When playing 2 v 1; 3 v 2 use the extra player as a decoy.
- Encourage attackers to dribble past their defender when the opportunity arises or look to use their team-mates for support.

FIELD: Distance between the two lines 15m and length of lines 15m. Distance from each line to goal and starting point 10m.

GAME RELATED: 4 v 4 - FOUR GOAL GAME

TIME: 15 MINUTES



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





AGE GRADE: U8	SESSION 6	TOPIC: TURNING, DRIBBLING & SHOOTING	TIME: 1 HOUR	
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KEY		
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

KEY INFORMATION

Turning, Dribbling and Shooting

Key Factors:

1. Balance
2. Movement
3. Using many surfaces
4. Changing direction
5. Turning with the ball

WARM - UP: ROB THE NEST - 4 CORNER GRID **TIME: 10 MINUTES**

ACTIVITY:
Divide players in four equal groups. Place each group in one of the four zones. Place equal number of balls in the middle of the big grid. On the coach's command, one player from each square run to the middle, collect a ball and dribble the ball back to the square and tag partner to do the same. First team to collect 3 balls wins.

PROGRESSION:

- Dribble the ball back with the only one foot.
- Reduce the balls in the middle and allow the players to steal the ball from another square.
- Place 4 cones in a line, 1m apart from the balls to each cone. Players have to dribble the ball through the cones.

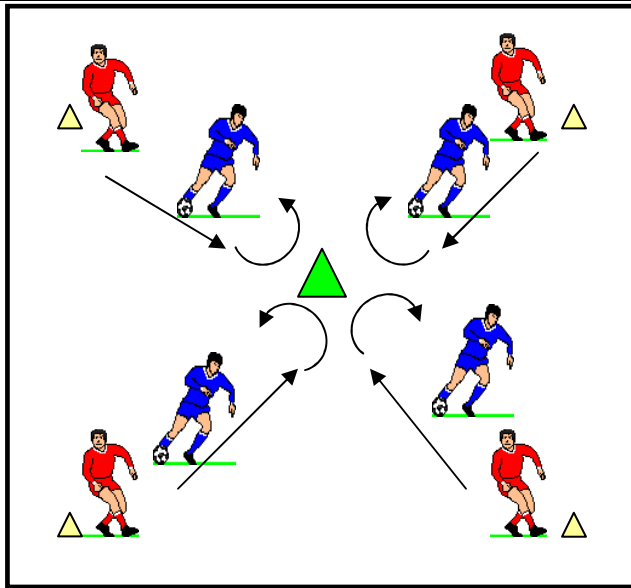
FIELD:
The big grid 30m x 30m. The four zones 10m x 10m.





TECHNIQUE: TURNING IN A GRID

TIME: 10 MINUTES



ACTIVITY:

Pair your players with a ball between two. While one player (blue) is working, the player (red) rest. Blue player dribbles the ball towards the green cone in the middle of the grid turn and dribble back, stops the ball by the cone for the red player to collect the ball and repeat the exercise.

PROGRESSION:

Dribble the ball to the green cone in the middle of the grid turn and pass the ball to red player and return back to the cone.

FIELD:

12m x 12m grid with the green cone placed middle of the grid. You can have three or four grids going at one time, depending on number of players.

COACHING POINTS:

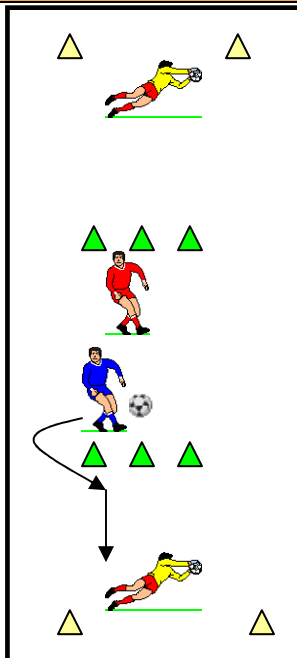
- Before turning have a look over the shoulder
- After turning accelerate away

URNS:

- Stop the ball and turn
- Outside Hook - Using the outside of the foot hook the ball and turn
- Step over and turn/Figure 8

TECHNICAL: TURN & SHOOT

10 MINUTES



ORGANIZATION:

Two players in the middle zone while two players act as goalkeepers. To start, GK throws the ball to the Red Player who receives and passes to the Blue Player who turns with the ball around the cone and shoot. Roles now reverse with Blue Player receiving and Red Player turning and shooting. Rotate GKS and players in the middle every 3 - 4 minutes. The player turning and shooting always receives the ball with the back to the goal.

Encourage players to receive and turn with both feet.
Encourage players to try different turns.

Coach, try to get players to

- *develop the ability to turn both left and right.*
- *use both the inside and outside of both feet to control the ball away from the defender*
- *then quickly get his/her body between the defender and the ball as he/she turns with it.*

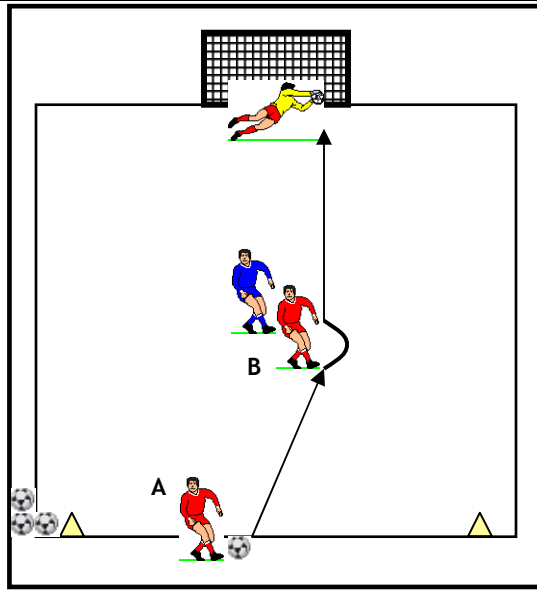
Dropping a shoulder one way but controlling the ball and moving the other way is a good technique to develop.





SKILL: 2 v 1 WITH TARGET PLAYER

TIME: 15 MINUTES



ORGANIZATION:

Play 2 v 1 with a GK. Player A passes the ball into Player B who receives and turns with the ball around the Defender (Blue) and shoot. Initially the defender is passive, just shadows the attacker. Player B may use Player A to play the ball back to keep possession if the opportunity is not there to turn. Player A after serving the ball into Player B must communicate with either 'HOLD' or 'TURN'. After 5 - 6 attempts rotates all players around.

PROGRESSION:

- Defender now can apply pressure to challenge the ball.
- Player A now joins in the attack after passing the ball to Player B making it 2 v 1.

COACHING POINTS:

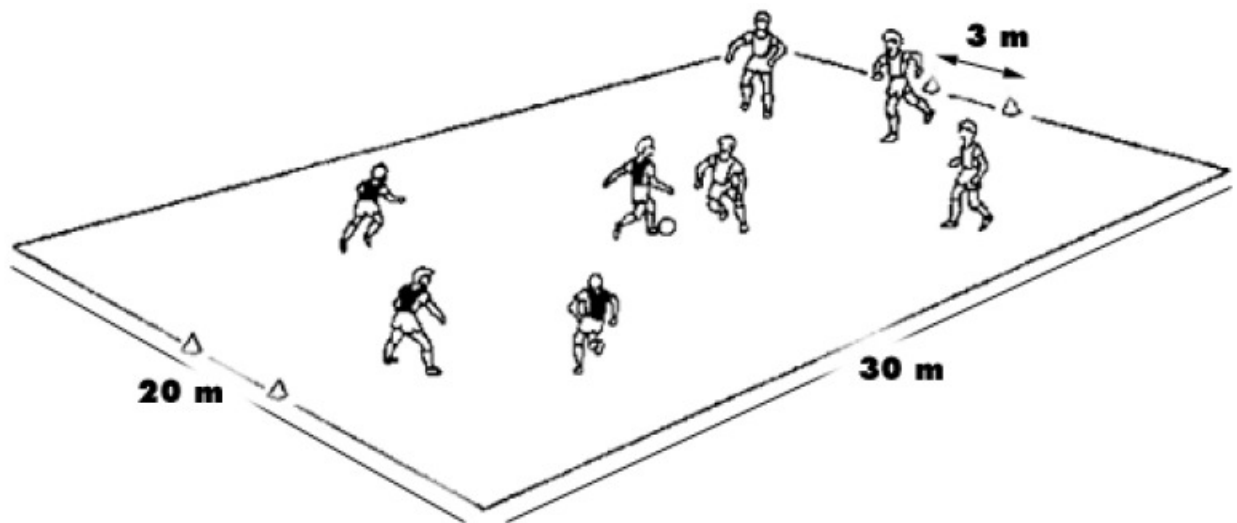
- Encourage players to communicate.
- Encourage Player B to stay close to defender so it is easier to turn with the ball.
- Encourage attacking players to keep possession.

FIELD:

20m distance from goal and start point.

MINI GAME: 4 V 4 (WITH OR WITHOUT GKs)

15 MINUTES



Play a 4 v 4 Mini Game with/out goalkeepers. Rotate goalkeepers every 5 minutes if used.

Encourage players to receive and turn with the ball as much as possible.





AGE GRADE: U8	SESSION 7	TOPIC: BALL CONTROL & CREATING SPACE	TIME: 1 HOUR	
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KEY INFORMATION

Ball Control & Creating Space

Objective: Receiving a moving ball and bringing it under control while encountering opposition.

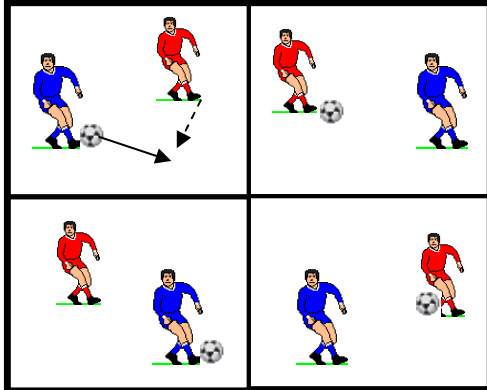
Key Factors:

1. Get in line with the ball.
2. Select the controlling surface.
3. Wedge or cushion to control the ball.
- 4. Moving into space to receive a pass.**

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

WARM - UP: PASSING INTO SPACE AND CONTROL **TIME: 15 MINUTES**



FIELD: 10m x 10m per grid.

ACTIVITY:

Pair players up with a ball in each grid. Players run/dribble the ball and pass into space for partner to run onto. Receiver controls the ball, then dribble/run with the ball before passing the ball into space for his/her partner.

PROGRESSION:

- On the Coach's command, the players without the ball move to another grid.
- On the Coach's command, the players with the ball move into another grid with the ball.
- On the Coach's command the player with the ball pass the ball to player without a ball from another grid.

COACHING POINTS:

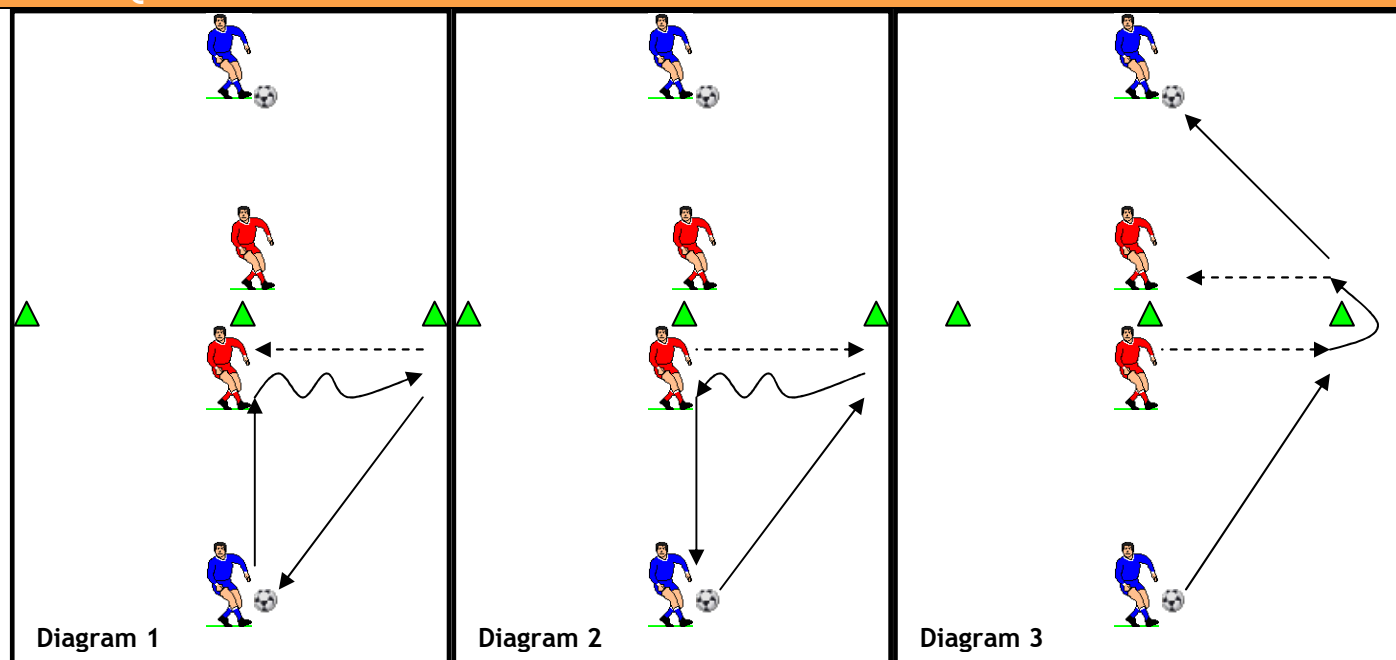
- Cushion the ball when controlling (use inside foot).
- Look for the first touch into space.





TECHNIQUE: CONTROL AND CREATING SPACE

TIME: 15 MINUTES



ORGANIZATION:

Divide players in groups of 4. Place two players at either end (Blue Players) with a ball each and two players in the middle (Red Players). Rotate players around after 2 minutes.

ACTIVITY:

Diagram 1 (Ball Control): Blue player passes the ball to the Red player who takes a first touch to control the ball and run/dribble the ball to the end cone and passes it back to the Blue player. After the pass, the Red player returns back to the middle cone and perform the same sequence again but this time to the opposite cone.

PROGRESSION:

- **Diagram 2 (Passing and Receiving in Space):** Blue player passes the ball to one of the end cones for the Red player to run onto. The Red player controls the ball and dribbles the ball back to the middle and passes the ball back to the Blue player.
- **Diagram 3 (Receiving into Space and Attacking the Space):** Blue player passes the ball to one of the end cones for the Red player to run onto. Red player takes a touch to open up into space and accelerates around the cone and passes it to the opposite Blue player. After the pass, the Red player moves into the middle and repeat the sequence.

COACHING POINTS:

- Good first touch to control the ball by cushion the ball with the inside of the foot.
- Accelerate away after taking the 1st touch.
- Timing of the run to receive the pass in space.
- Communication - Red player calls for the ball to be passed into spaced from the Blue player first before the ball is passed.

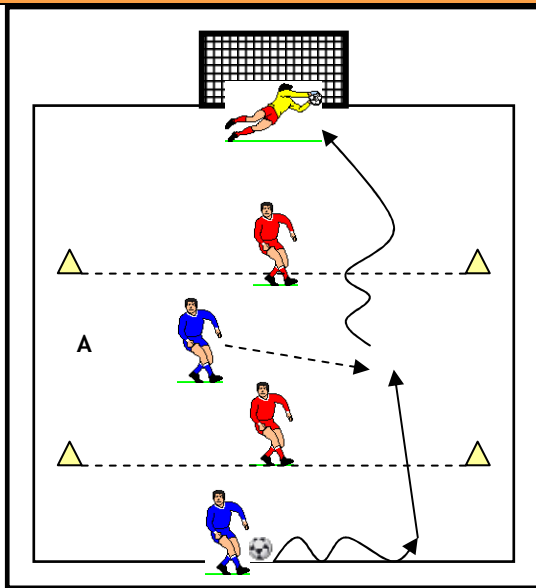
FIELD: From the middle cone to the Blue player 10m. Distance between each cone 10m.





SKILL: 2 v 1 v 1 AND FINISHING

TIME: 15 MINUTES



ORGANIZATION:

Divide players in groups of 5, two defenders, two attackers and one GK. The Blue player with the ball, dribbles/runs with the ball across the end line for an opportunity to pass the ball into space to the other Blue player in Zone A. The 1st Red defender moves along the line to cut out a passing option. Once the Blue player in Zone A receives the ball s/he attempts to dribble pass the 2nd defender who can only defend along the line and shoot at goal. Rotate all players after 3 minutes.

PROGRESSION:

- The Blue player who made the pass into Zone A, joins in the attack making it 2 v 1.

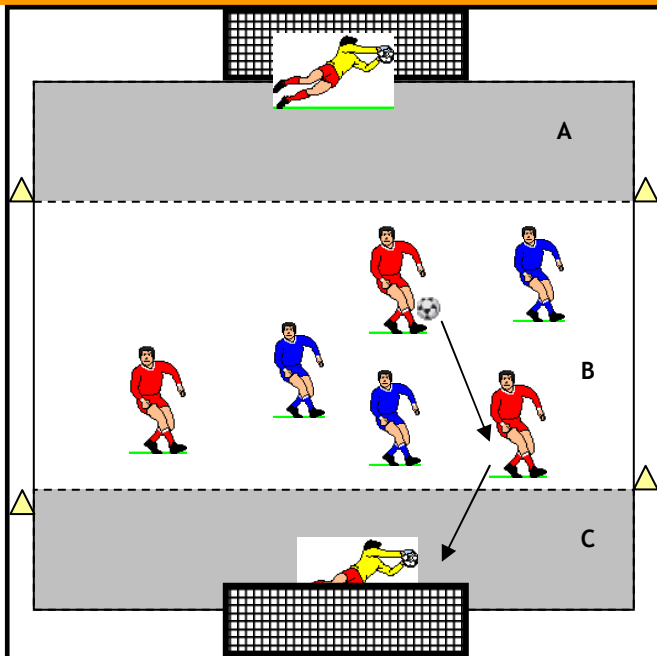
COACHING POINTS:

- Timing off runs into space to receive the pass.
- Communications.
- Attacker to play behind or off the shoulder of the defender (out of the defender's view).

FIELD: Distance between the two lines 15m and length of lines 15m. Distance from each line to goal and starting point 10m.

GAME RELATED: 3 v 3 ATTACKING FREE ZONE & FINISHING GAME

TIME: 15 MINUTES



THE GAME:

Divide players in teams of 4 or 5. Play 3 v 3 or 4 v 4 game with GKs. All players are in Zone B. Only one attacker is allowed into the "Free Zone" to receive a pass from Zone B and have a shot at goal. Whenever the GK has the ball to start the play, then only one player from the defending team is allowed in the area to receive the ball from the GK and to either pass or dribble the ball into Zone B. Objective of the game is for teams to play 3 v 3 or 4 v 4 in zone B and look for an opportunity pass into the 'Free Zone' for the an attacker to run onto and shoot at goal.

PROGRESSION:

- Must make at least 3 passes before passing into 'Free Zone'.
- Limit players to 3 touches; 2 touches.
- Remove 'Free Zone' and allow normal play.

COACHING POINTS:

- Learn to keeping possession.
- Look to pass into space.
- Weigh the pass when playing into the 'Free Zone'.
- Attackers to play off the shoulder out of the view of the defenders.

FIELD SIZE:

25m long by 30m wide with goals on each end of the grid. A good supply of balls by both goals. Each of the grey zones are 10m long.





AGE GRADE: U8

SESSION 8

TOPIC: TRAPPING 1

TIME: 1 HOUR



KEY INFORMATION

Trapping

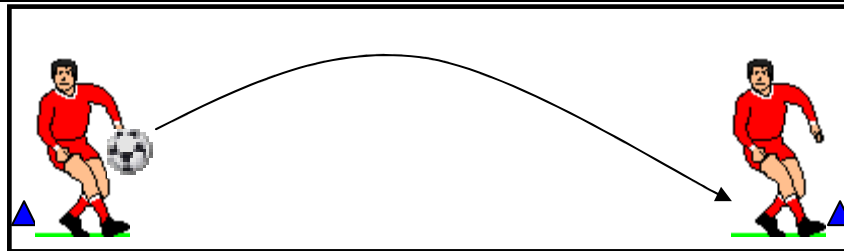
Objective: Receiving a moving ball and bringing it under control while encountering opposition.

Key Factors:

1. Get in line with the ball.
2. Select the controlling surface.
3. Wedge or cushion to control the ball.
4. Move the ball into playing position away from the body and defender.

WARM-UP

10 MINUTES



Work in pairs with one ball between two.
One pair per 10 x 10m grid.

Pass ball along ground and control. Throw ball in air and attempt to control it with instep, thigh, chest and head.

Coach, encourage the receiver to cushion ball with inside of foot with first touch and passes ball with second touch.

With ball in air instep and thigh relax to bring ball down. Chest and head get under ball to cushion it. *This is very hard for young players and these touches must be developed over a period of time. Frequently use these kinds of drills throughout the season for a few minutes each practice.*

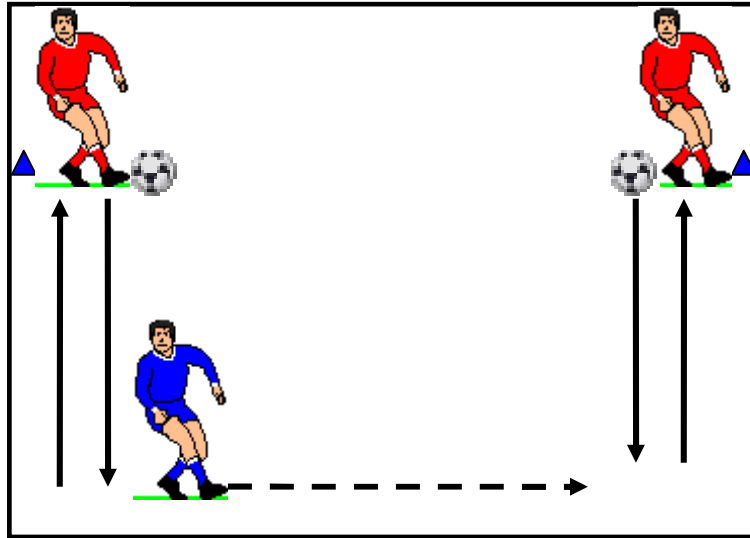
Encourage the players after the first touch to have the ball on the ground within a step or two of their bodies so that they can comfortably take one step towards it to pass it with the second touch.





TECHNIQUE: PASSING & TRAPPING

10 MINUTES



Work in groups of three with two balls for each group in a 10m x 10m grid.

Player in middle (out in front of two servers) runs to one player and then second player to return the pass.

Pass ball on ground. Throw ball underhand for inside of foot volley, thigh trap, chest trap and header. Players rotate after one minute.

Coach, encourage the player receiving the ball to turn and face the ball as it comes towards him/her. If this cannot be done, then encourage control with either the inside or outside of foot. Again, the ball should be played within a pace or two for easy return on the second touch.

Later, develop touches to the left or right of player and then the return.

Game Day Goals:

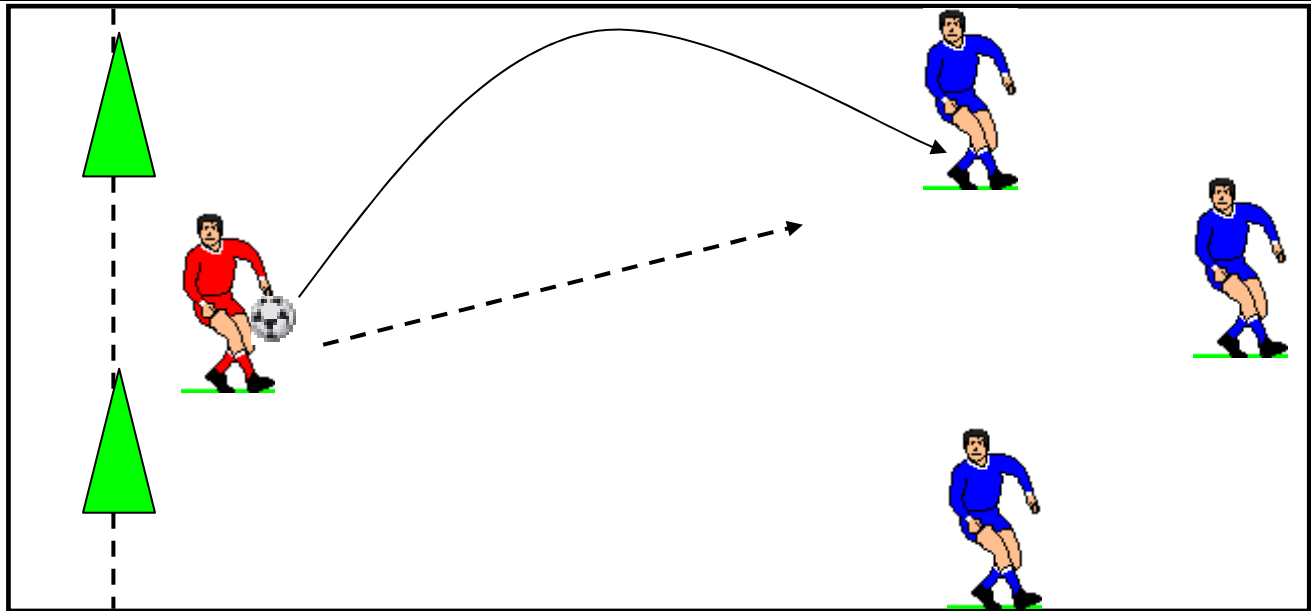
Coach, players should now be starting to control the ball with their first touch. The ball won't be bouncing away!





SKILL: 3 V 1

15 MINUTES



Work in groups of four with one ball per group in a 10m x 20m grid.

Change players after two minutes.

The defender passes the ball in the air to one of the three attackers and then moves forward to defend.

The ball is controlled and then passed between the three attackers to ultimately cross the far line.

Coach, encourage good first touch. Get the head up to choose whom to pass to.

Encourage the two other players to get wide of the ball carrier, rather than long.

KEY

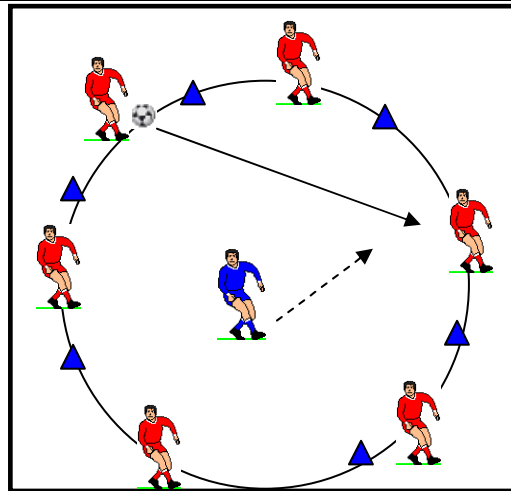
Movement of the ball	Movement of the player without the ball	Player dribbling with the ball





SKILL: CIRCLE

10 MINUTES



Work in groups of seven with one ball in a circle.

Six attackers stand on the outside of the circle and one defender stands in the middle of the circle. Progress to five attackers on outside and two defenders in the middle.

The ball is controlled and then passed to a teammate. If a defender intercepts the ball, they change positions with the passer.

Coach, encourage the controlling touches to be to left or right of the player to open up better passing angles.

MINI GAME: 4 V 4 (WITHOUT GKS)

15 MINUTES



Play a 4 v 4 Mini Game without goalkeepers.

Coach, encourage passes to be controlled and then passed again.





AGE GRADE: U8	SESSION 9	TOPIC: DEVELOPING MOBILITY 1	TIME: 1 HOUR	
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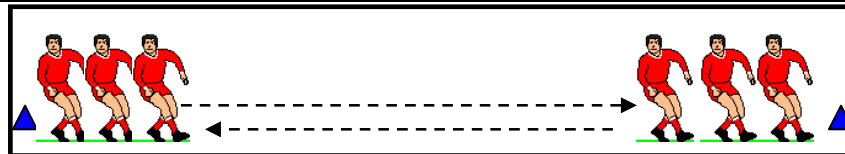
KEY INFORMATION

Learning to Play Soccer Developing Mobility

Training should target:

1. mobility and co-ordination – running, jumping, gaining balance, rhythm, routines and reactions
2. simple technical skills and tactical moves
3. basic knowledge of the rules
4. behaviour in a group

WARM-UP: RELAYS WITH AND WITHOUT THE BALL 15 MINUTES



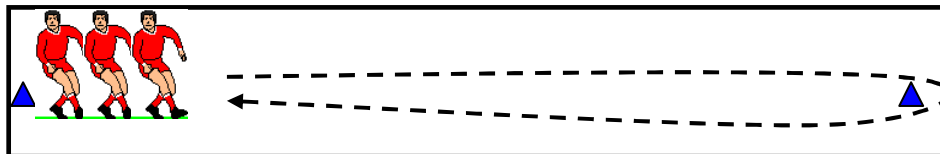
Relay 1

X2 runs to opposite line and tags hands with X3. X3 crosses over and tags hands with X1 and so on.

Let them run three or four legs before the relay is complete.

To be declared the winning team, players **must** be sitting down with legs crossed.

Repeat the same thing with a ball. Instead of tagging hands, the ball **must be stopped by the opposite cone** before the next runner can go.



Relay 2

Run this relay without the ball first, then try it with the ball.

X3 runs around the opposite cone, comes back and tags the hands of the opposite runner.

Run 3 or 4 legs before the relay is complete.

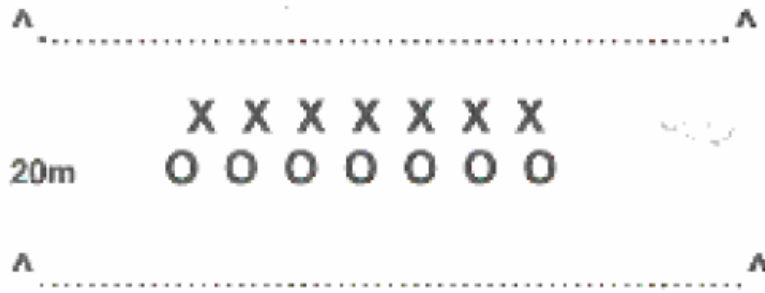
Repeat the same thing with a ball. Instead of tagging hands, the ball **must be stopped by the opposite cone** before the next runner can go.





SKILL: TAG GAMES WITH AND WITHOUT A BALL

15 MINUTES



Coach calls out the name of a team: "X".

Team X then tries to cross the line behind Team O (safety) without being tagged by O. Coach counts how many players reached safety.

Roles are then reversed with the coach keeping count. The first team to a number the coach chooses wins.

Then use a soccer ball to do the same. When X has the ball, O has to kick the ball away. X has to prevent it and cross the line behind O.

SKILL: SHARKS TAG GAME

15 MINUTES



Play this without soccer balls first.
Line up all the players on one long side of the rectangle.
Pick one player to stand in the center.

On command from the coach, the X's must run to the other side of the box. When they cross it, they are "safe". The player in the middle tags as many players as he/she can. The players who are tagged join him/her to try to tag the other players.

The players who managed to reach "safety" now run, on command, across the box. Repeat until no one is left.

The last player tagged is now put in the middle.

PROGRESSION (WITH BALL):

The other players have a ball and the game is the same. But now the players must dribble a soccer ball across the box and the player(s) in the middle must try to kick the balls out of the box.

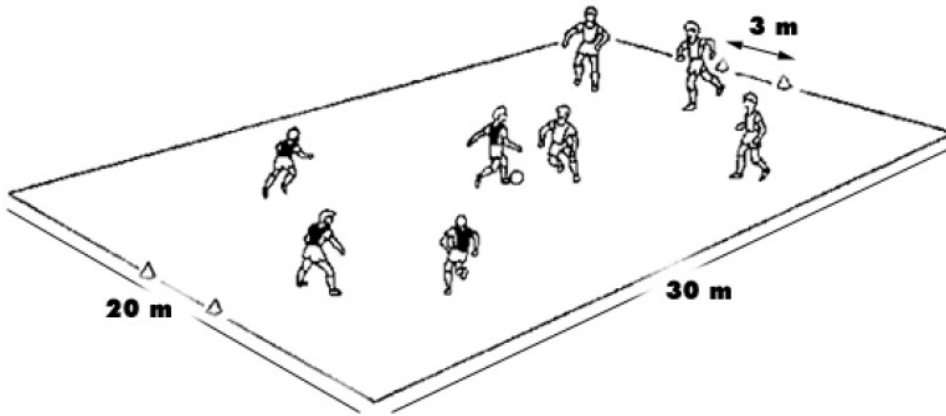
Those players having the ball kicked out of play join the player in the middle. Last player left wins. This player now starts the next game in the middle.





MINI GAME: 4 V 4 (WITHOUT GKS)

15 MINUTES



Play a 4 v 4 Mini Game without goalkeepers.

Coach, encourage players to dribble around one player on the other team.

Note: Session Plan courtesy of CSA Technical Department.

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

