



**WEST HOUSTON CHRISTIAN SPORTS ASSOCIATION COACHES CLINIC
MEMORIAL DRIVE UMC – SEPTEMBER 8, 2018**



**“Sharing biblical truth to reach, teach & encourage
next generation leaders through soccer.”**

Est. 1996

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Youth Soccer Coach

Without coaches and volunteers there would be no soccer. The role of a coach within children's soccer is crucial as this is the stage where most players will learn to fall in love with the game and where most will establish the basis of their soccer habits. Knowledge of children and how to teach is more important than your knowledge of the game.

Your role as a coach is to...

- Provide fun and enjoyable activities relevant to the ages of players
- Provide well organized and planned practices and games
- Communicate appropriately with children
- Encourage children to have the freedom to express themselves
- Be a good role model
- Teach basic ethics of fair play and sportsmanship



...so that players will...

- Fall in love with the game
- Have basic movement skills
- Be comfortable with the ball
- Be more confident and try new challenges
- Understand and demonstrate good sportsmanship

The Basics

- Have a practice plan prepared before you arrive to the field, K.I.S.S (keep it simple stupid)
- Arrive early to practice and be ready
- Have plenty of balls, scrimmage vests, and cones for your session (buy some cheap pop up goals if needed... every child enjoys shooting in a net)
- Start and finish every practice with a scrimmage
- Having candy, prizes, juice box etc. for the end of practice is always a win for young kids
- Be sure to plan fun factors into your practice sessions

- Be sure to have a team meeting with the parents and let them know you want them to cheer and encourage as much as they can. But, it's important that kids only get instructions and coaching from you at practice and on game day. Explain how confusing it can be for the kids



Caution

- Don't over coach keep it simple, stick to your topic! If you are working on shooting then the whole night should focus on shooting.
- Avoid practice sessions that are too advanced for your age group (heading, aerial kicks, advanced passing, etc.)
- Avoid the "3 L's"
 - Laps: a fun-killer
 - Lines: boring; kids become disengaged/disinterested; minimal touches on the ball (suggest 2-4 max in a line, with a fast-moving exercise)
 - Lectures: boring; short attention span; get the kids moving/playing within 30 seconds
- Be careful when using parents, asst. coaches, and youth in your practices... over communicate to them that they need to play at your team's level (easy passes, soft shooting, and no tackling)



Coaching Clinic – Format and Content



Tough love – Coaches are shown HOW NOT to start practice:

1. Laps around the field, barking orders!
2. Lines of players waiting to take their turn!
3. Lecture of what the session will look like (in great detail!)

Real love – Coaches are shown HOW TO start practice:

1. Scrimmage!

Set up consists of 4 squares, with each square containing 12 coaches with a ball per coach and focus on ball familiarity exercises

1. Dribble ball randomly around the area
2. Dribble using right foot then left foot
3. Dribble by using 2 touches on right foot followed by 2 touches on left foot
4. Dribble at 3 speeds (level 1 = grandma speed; level 2 = parent speed; level 3 = kids speed!)
5. On whistle, stop ball with foot
6. On whistle, stop ball with knee
7. On whistle, “dance” on top of ball for 4 touches (toe taps)
8. On whistle, pass ball between feet 4 times (ring the bell)



Set up consists of 4 squares, with each square containing 12 coaches with a ball per coach and focus on awareness exercises

1. Dribble. On whistle, throw ball in air and control before ball hits then ground. Continue dribbling
2. On whistle, throw ball in air and control a different ball to your own
3. On whistle, throw ball as high as possible and receive own (or different) ball
4. On whistle, players dribble into diagonally opposite grids (avoiding collisions!)

Using one box/group, demonstrate the following skills as other coaches observe:

1. Dribbling
2. Turning
3. Passing and control
4. Shooting

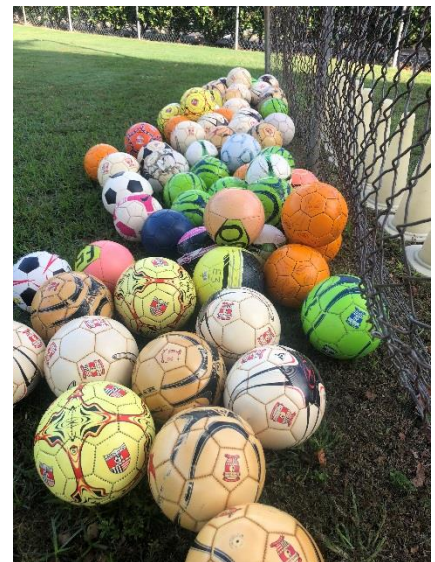
Using one box/group, demonstrate the following fun games as other coaches observe:

1. Follow the leader
2. Bump the ball
3. Pull the pinny
4. What time is it Mr. Wolf?
5. Corner point (eyes closed, coach points to a corner as players dribble)
6. Steal the bacon



Using volunteer coaches, demonstrate several principles of the game, and address the issue of “positions” and “bunching”:

1. Each team attacks and defends 2 goals, spread 20-30 yards apart. Place a goalkeeper inside each goal
2. Each team attacks and defends 2 goals. Only 1 goalkeeper per team who defends both goals
3. Each team attacks and defends 2 goals plus a central “gate” (2 tall cones.) Use 1, 2 or 3 goalkeepers. Goals scored in the middle “gate” count as 3 points. First team to 4 points wins
4. As above, except play with 2 soccer balls on the field at the same time
5. Using 1 soccer ball, a goal only counts if all attacking players are in the opposition’s half
6. Using 1 soccer ball, a goal counts double if opposition doesn’t have ALL its players inside the same quadrant in which the goal is scored



Bridge Tag



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

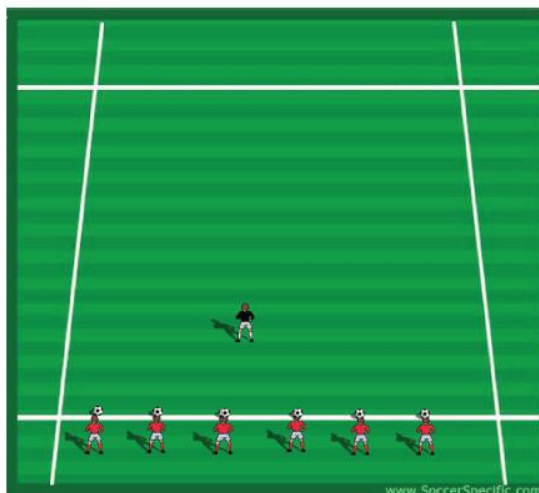
When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

What's the time Mr. Wolf?



What's the time Mr wolf ?

Purpose- To incorporate a turn and change of speed while dribbling the ball

Organization

Each player has a ball and the exercise is played in a 20x20 area

The game begins by the players asking the coach What time is it Mr Wolf?

The coach turns around and calls a time such as 6 O' clock

Players and coaches then take six steps forward and ask again What time is it Mr Wolf?

This continues until the coach calls DINNER TIME

As soon as this happens players need to turn with their balls and get back to the starting line before the coach (MR WOLF) tags them.

If players are tagged they become Mr Wolf with the coach

Coaching Points

Keep the ball close

Turn and accelerate away

Listen to the coach and be aware of where you are on the field

Pull the Pinny



Pull the Pinny

Purpose- Fun warm up game before soccer exercises. To get body ready for exercise.

Organization 20x20

One red player stands alone in a corner, all other players find space in the grid.

Before finding space the yellow players get a scrimmage vest and place it in their shorts like a tail.

On coaches command the red player attempts to pull the tails from the yellow players.

When the tail of a yellow player is pulled, they then help the red player by attempting to pull all other yellow players tails.

Play for 90 seconds and see if you can pull everyone's tail.

Copy the Coach



Copy the Coach

Purpose To improve coordination and listening skills.

Organization

Each player has a soccer ball in a 20x20 area.

Coach calls out instructions and players copy the coach, but only when instructions include the phrase "Coach says"

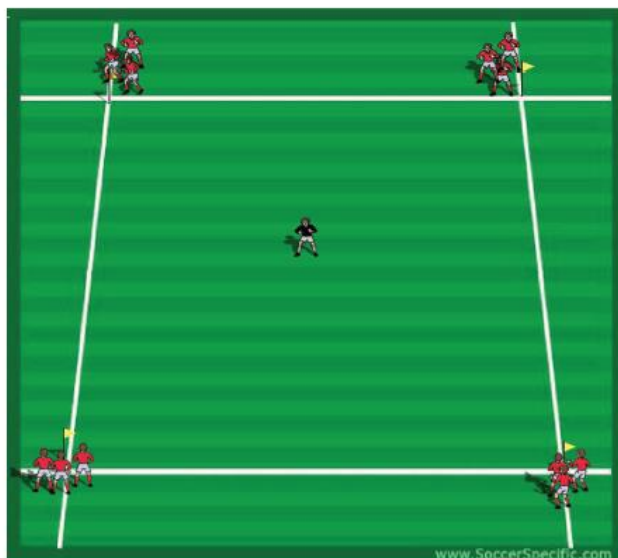
Example "Coach says dribble ball with feet " players should dribble the ball with their feet. If an instruction is called out such as "toe taps on the ball" the player must not perform it as it must always be prefaced by "coach says"

Coaching Points

Keep the ball close and nose in front of the ball to see what is in front of you

Helps improve both co-ordination and listening skills in the young player.

Warm Up 3 Coach Points



Warm Up 3 Coach Points

Purpose Incorporate soccer related movements into the warm up

Organization

Set up an area 20x20 and place four cones or corner flags on each corner
Players then take a position on each corner
Coach stands in the middle closes his eyes and shouts go. On the coaches command of go all players run to a different corner
When the coach shouts stop he has his eyes still closed and points to a corner
All players who are at the corner that the coach points to are out of the game
Last player standing is the winner

Coaching Points

Forces a quick change of direction and speed
Soccer related movements up, down, forwards and backwards

Mr. Freeze



Mr Freeze

Purpose To improve dribbling skills and encourage players to look up.

Organization

Players need to get to the other side.
The players can only move when the coach looks away
When the coach turns back and looks at the players, they must balance on one leg and freeze.
If players move when the coach looks at them, they must take five steps backwards.

Progression

Play the game with a soccer ball

Coaching Points

Players need to keep their head up to see what the coach is doing.
Players are working on co-ordination and balance
When game is played with a soccer ball, keep the ball close.

Chain Tag



Chain Tag

Purpose- Fun warm up and to prepare body for soccer exercises.

Organization

20x20 grid
Two teams of two in scrimmage vests
All other players inside the grid
On coaches command the teams in scrimmage vests run around the grid and try to tag the neutral players in white. Once the player has been tagged, they join that chain. The team with the biggest chain win.
All players must stay in the 20x20 grid.

Dribbling Games: Fast Food



Dribbling Games Fast Food

Purpose Working on both a change of speed and direction

Organization

Players dribble the ball in the middle of the area listening to the coaches call such as left foot dribbling only, outside of the foot only
After testing the players skills in the middle of the field, the coach will call a restaurant name and the players will have to get there as quickly as possible
For example #1 will be McDonalds, #2Wendys, #3Burger King, #4Dairy Queen
The last player to make it to the restaurant will be asked to perform a forfeit such as 5 Irish puns

Coaching Points

Keep the ball close to the body
Use different parts of the foot to change direction and stop the ball
When you hear the restaurant being called, look to change speed and direction quickly

Bump the Ball



Bump the ball

Purpose- To improve dribbling and shielding

Organization

Players partner up into two's. One player picks up a soccer ball and holds it in his/her hands. The second player places the ball at their feet.

On coaches command the player with the ball at their feet dribbles the ball anywhere in the grid. The player behind in red throws their ball and attempts to hit their partners ball. Every time they hit their partners ball, they gain 1pt.

Players dribble for 60 seconds and then swap roles. The player who scores the most points win.

Coaching Points

Keep the ball close

Be sideways on and knees bent for a low centre of gravity, to turn and move into space.

Be sideways on so you can see, hear and feel your opponent

As partner is throwing the ball, turn and dribble into space

Follow the Leader



Follow the leader

Purpose- To improve dribbling skills and concentration.

Organization

Players are divided into pairs and enter a 20x20 grid

Players are numbered one and two. Player number one starts as the leader and dribbles the ball anywhere in the grid. Player number two must follow player number one and copy all the moves skills that are shown.

Play for one minute and then change roles. After a couple of runs, change with a different partner in the grid.

Coaching Points

Keep the ball close

Ask players to use both feet and all parts of the foot

Encourage players to use lots of different moves

Pirates



Pirates

Purpose- To improve dribbling skills in crowded areas.

Organization 20x20 area

All the players with a soccer ball try to dribble past the pirate who is guarding the treasure.

When the player gets past the pirate he/she can pick up one piece of treasure and bring it back.

If the pirate tags you on the way up, you have to go back to the start and try again.

When you have the treasure, the pirate cannot tag you. You have two minutes to get all the treasure back.

Coaching Points

Use inside and outside of foot, creating space and unbalancing the pirate.

Use a change of pace to explode past the pirate.

Keep nose in front of the ball so you always know where the pirate and treasure are.

King/Queen of the Ring



King/Queen of the Ring

Purpose- Work on Shielding the soccer ball.

Organization

Mark out a circle as shown in the diagram, then ask all players to enter the circle with a soccer ball.

On coaches command players are ask to dribble in the circle.

When the coach calls King/Queen of the ring, the players are asked to protect their soccer ball and kick someone elses ball out.

The game can then be played in one of two ways. The first way is if the ball is kicked out you find a corner flag, perform 10 toe taps then re-enter the ring.

The second way is if your ball goes out, you go and stand by the coach and juggle the soccer ball. This process continues until one player is left standing and they become King or Queen of the ring

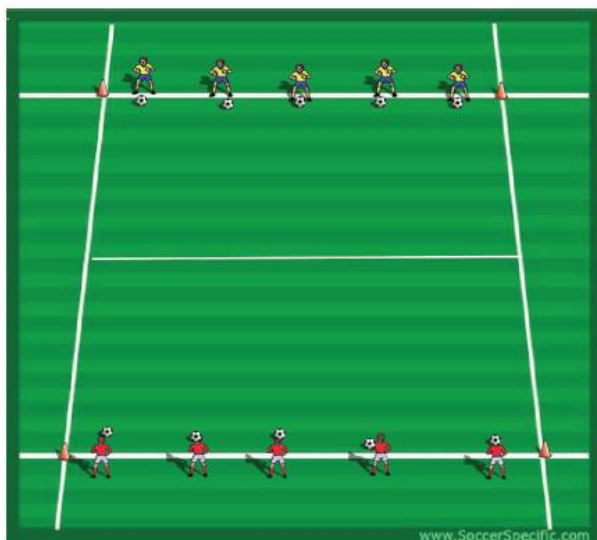
Coaching Points

Keep the ball close and nose in front of the ball to see all players

Bend knees and take sideways on position to protect the ball

Look to find open space

Pass the Buck



Pass the buck

Purpose- To improve passing technique

Organization

Area 10x20

Divide group into two equal teams. Each team has the same amount of soccer balls on either side. Players must stay in their half at all times.

Players attempt to pass as many soccer balls into their opponents half, while keeping their opponents balls out of their half.

After 2 minutes the coach calls an end to the game and the team with more balls in their opponents half wins.

Coaching Points

Be on your toes (happy feet)

Look for open spaces to pass the ball into

Approach the ball at an angle

Non kicking foot placed next to ball

Use the inside of the foot to strike through the ball

Road Runner



Road Runner

Purpose- Improve players dribbling skills

Organization

Players enter a 30x30 marked area

Each player has their own soccer ball

Gates are set up in different areas of the grid

On Coaches command players must dribble through as many gates as possible in 90 seconds

Players receive 1pt for every cone they dribble through

Players lose 1pt every time they collide with each other or hit a cone

Progression

Add a defender who is allowed to put pressure on the players and kick the soccer balls out of the grid.

Ask players to use right foot only, left foot only, outside of foot only

Coaching Points

Keep nose in front of the ball to see where everyone is and the gates that are open

Work on change of pace by accelerating through the gates

Robin Hood



Robin Hood

Purpose- dribbling and turning at speed

Organization

When the coach gives the signal to "GO" the game begins

Players run to the middle of the grid, take a soccer ball with their feet and dribble the ball back to their partner

The second player (their partner) then runs out and takes another ball and brings it back.

The process continues until all the balls are gone. Players are then allowed to steal balls from other teams around the outside one at a time and bring ball back to their partner

Coach allows this to continue for 60-90 seconds, then sends all players back to their starting positions to count how many soccer balls they have.

Coaching Points

Keep the ball close

Head up look for space and be aware where the open soccer balls are.

Pin Ball Wizard



Pin Ball Wizard

Purpose- To Improve communication and passing skills.

Organization

Area 15x15 & 10x10

4 players dribble their ball within the 10x10 grid. On the command of the coach they have to play their soccer ball to each of the players on the outside of the 15x15 grid, whilst staying in their grid. Time how long the players take and then do it again and ask the players if they can beat their time.

Change middle after players complete two attempts, so everybody plays in the middle grid.

Coaching Points

Keep your head up and nose in front of the ball, so you know who is free to pass to.

Always attempt to pass to an open player.

Make players aware the most accurate part of the foot to pass with is. The inside of the foot.

Space Invaders



Space Invaders.

Purpose- Introduction to passing and the timing of the pass

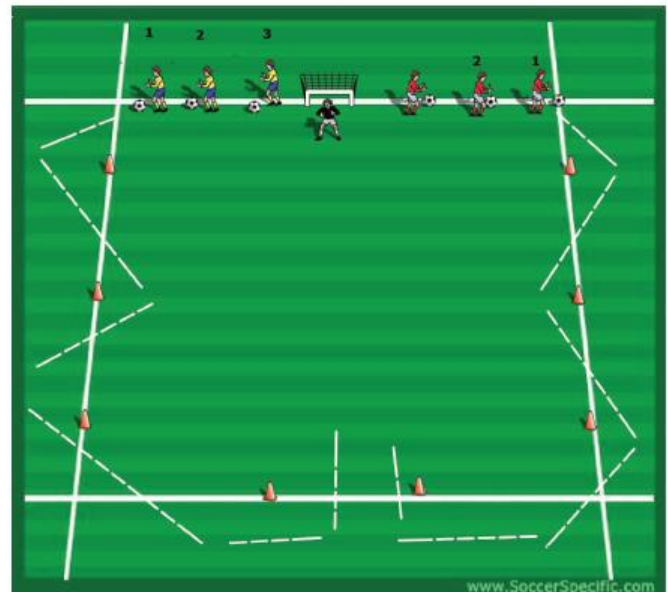
Organization

On Coaches command of "GO" players run around the grid trying to avoid being hit by a soccer ball that is aimed at you by the coach.
The ball must remain on the floor and hit the player under the knee
When the player is hit, they go and get a soccer ball and help the coach until all players are hit.

Coaching Points

Keep your head up so you can see the players you need to hit
Pass the ball in front of the player
Pass the ball with the inside of foot for accuracy

Superheros



Superhero's

Purpose- To improve dribbling and shooting skills

Organization

Players are divided into two separate team and given a number between 1-3

Steal the Bacon



Steal the bacon

Purpose- To improve attacking skills

Organization

Area 10x20
Divide groups into two teams and number the players 1-6.
Coach calls a number or numbers, then kicks a ball into the field of play. The players attempt to score in their opposite goal and the game continues until a goal is scored or the ball goes out of bounds.

Coaching Points

Attack the ball
Should dribble or shoot
Help your partner by getting open and always being in a position to receive the ball.

Stuck in the Mud



Stuck in the Mud

Purpose- Opposed dribbling

Organization

All players except for the two in the scrimmage vests have a soccer ball
Players dribble around the grid and try to avoid the players in the scrimmage vests
The players without the ball (defenders) try to tag the players with the ball.
Players in the scrimmage vests (defenders) can only hop to start (passive defending)
If players with balls are tagged, they must hold the ball above their heads and call "stuck in the mud, stuck in the mud, stuck in the mud"
To become free another player must dribble the ball and pass the ball through the persons leg so they can place the ball down and return to the game.

Progression

After one minute the defenders are allowed to run. How long does it take to tag all the defenders?

Coaching Points

Keep the ball close
Keep your nose in front of the ball, to avoid defenders and look for the open space.
Technique- Use turns and fakes when 1v1 to avoid being tagged by defenders

Passing - Yes Please



Passing- Yes Please

Purpose- To improve passing technique

Organization

Area 20x20

Split team into two. Half of the team make a circle round the outside and half the team have a soccer ball in the middle of the circle.

On the coaches command, players in the middle dribble around looking for an open player. When they see a player who is open, he or she calls for the ball "yes please". After receiving the ball they pass the ball back and the player turns and goes off to find another open player.

Ask the players how many passes they can make in 90 seconds?

Swap players around after the 90 seconds has ended.

Progression- Ask outside players to play one touch only.

Coaching Points

Ask players to use all parts of the foot to pass with.
Approach ball from a slight angle and strike through the middle of the ball.
Work on the weight of the pass

2v2 Activity with Servers and Target Players: Part 2



2v2 Activity with servers and Target players Part two

Objective

The game is played in a 20x30 grid

Players play 2v2 with a server at each end, plus two target players are added. A point is scored every time the attacking team passes the ball to the opposition server

The attacking team are encouraged to use the target players to help maintain possession and enhance scoring opportunities.

Progression

If the attacking team decide to pass the ball back to their server, their server is allowed to enter the field of play until they loose possession making 3v2 situations

Coaching Points

Highlight both attacking and defending as a pair (see Part one)
Communication
Play quickly good first touch, movement and passing

Dribbling Small Sided 4v4 Plus Goalkeepers



Small sided 4v4 plus goalkeepers

Purpose- Encourage players to dribble and take on defenders

Organization

Area 30x30

Set up a field to play 6v6 plus goalkeepers. Teams must play a normal scrimmage against each other but restrictions are placed on the players.

Players are told they are only allowed to pass sideways and backwards. To go forward and score the players are forced to dribble and take on opposition players.

Progression

Play normally but award an extra goal, if a player beats an opponent with a move before scoring.

Coaching Points

Communication with teammates.
Head up to see all options on the field.
Encourage players to dribble and use moves.
Encourage players to be aggressive and confident

Unopposed Shooting



Unopposed Shooting

Purpose- To improve shooting technique

Organization

Area 30x30

Divide players into two teams. One team starts with a ball each and attempts to shoot into one of their opponents goals. Defenders are not allowed to block the shots

Emphasis must be placed on correct technique

Every time a goal is scored in the middle is worth 1pt and a corner goal is worth 3pts

Play for 2 minutes, count scores, go over coaching points and play again.

Ensure players use both feet.

Progression

Ask players to use weaker foot only.
Place a time limit on the shooter.

Coaching Points

Approach ball from an angle
Use laces for power, side of foot for accuracy, non kicking foot by side of foot and ankle locked
Keep head still and body over the ball to keep the ball low.

Shooting Game



Shooting Game

Purpose- To improve shooting under pressure and in game situations.

Organization

Area 25x25

4v4 with 3 goals on each end. One player plays as goalkeeper and all other players can move anywhere on the field and shoot from anywhere on the field.

Play for 5 minutes, keep score, rotate teams and try to beat your score from the previous game.

Progression- Players have a set time period to take a shot.

Coaching points

Ask players to make good decisions on when to pass and shoot.
Get the ball out of your feet and at an angle in preparation to shoot.
Use laces for power, sidefoot for accuracy.
Keep head still and body over the ball to keep the shots low.

Shielding 4: Small Sided Game



Shielding 4 small sided game

Purpose- To improve shielding in small sided game activities.

Organization

Area 30x30

4v4 one player can use hands

All players must be in own half when opponents are attacking.

Progression

Team in possession must dribble in opponents half.
Team can only score in final third of field.
Each player matches up man to man with an opponent.

Coaching Points

Try to prevent opponents turning to face goal
Increase pressure as they get closer to goal
Do not dive into challenges and try to contain the player

Grid Work 7



Grid Work 7

Purpose- To introduce good passing technique

Organization

Passing in two's- Players are asked to pass back and forth with their partner

Progression

How many passes can you make in 45 seconds

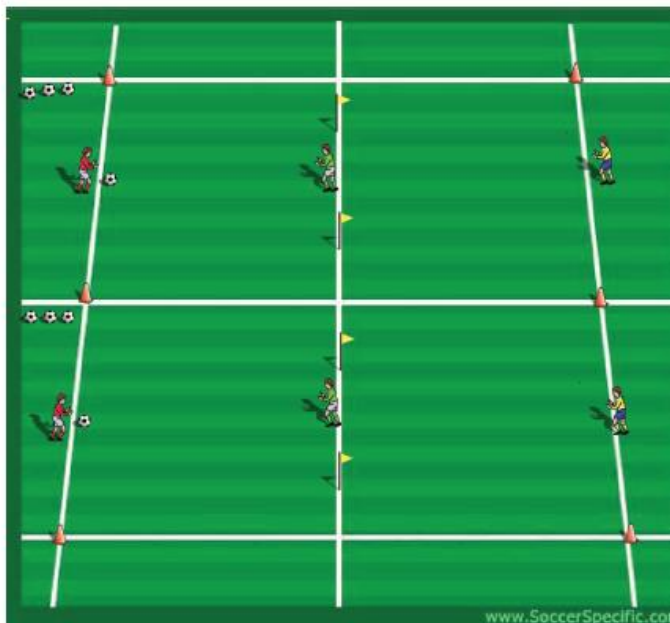
or

Ask players to move laterally touch a cone on the side before receiving the next pass

Coaching points

Happy feet and communication
Move body in line with the ball as the ball is travelling to you
First touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner

Shooting 2



Shooting 2

Purpose- To improve shooting technique.

10x20 yards

Players attempt to shoot past goalkeeper into corners of goal.

Ask players to use both feet.

Play for 2 minutes and then rotate the goalkeeper.

Progression

Use weaker foot only

Coaching Points

Approach from an angle and attempt to shoot the goal into the corners, below hip height.
Strike through the ball with laces.

Shooting 4



Shooting 4 small sided scrimmage

Purpose- To improve shooting techniques in game situations.

Organization

30x30yards- Oversized goals

4v4 plus Goalkeepers

Field is smaller to encourage players to take lots of shots.

Points awarded 1pt for a shot on target, 3pts for a goal.

Progression

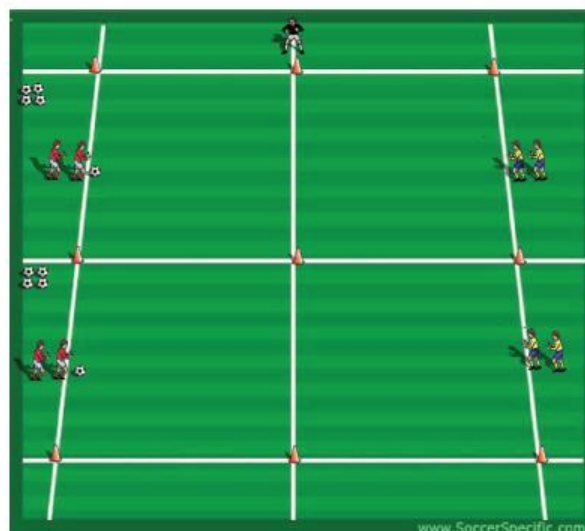
An extra point is awarded if you can score from a combination.

Coaching Points

Attempt to face opponents goal as soon as possible.

Good first touch out of your feet and follow up after your shot

1v1 League Play



1v1 League play

Purpose- To improve both attacking and defending.

Organization

Area/Set up 12x10

Directions

The red player, plays the ball to the yellow player, with the red player becoming the defender and the yellow player the attacker.

The aim of the exercise is for the yellow attacker to beat the red defender and dribble the ball under control over the opposite end line

Every time an attacker dribbles the ball over the end line, he/she gains 1pt.

Play for 1 minute, change roles and play for another minute.

The player with the most points, moves up a league and the player with the least amount of points moves down a league.

Progression

Ask players to use specific moves

Coaching Points

Attacker

Run at defender with speed.

Use moves to unbalance defender, then explode past.

When past the defender cut back across him/her forcing the defender to make a longer recovery

1v1 with Back to Goal



1v1 with back to goal

Purpose- To improve goalscoring and defending.

Organization

Area set up 12x12

Three teams of players are set up in three different positions around the penalty area.

Team 1 are the attackers

Team 2 are the passers

Team 3 are the defenders

Player 1 runs out and calls for the ball from player 2

As the ball is travelling player 3 runs and defends player 1 from scoring in the goal.

Play for 3 minutes and then change positions, attackers to defenders, defenders to passers and passers to defenders. Play for another 3 minutes and change positions again.

Winning team is the team who scores the most goals.

Progression

Can you take a shot in goal in less than 8 seconds.

Coaching Points

Attacker

Run quickly and be first to the ball

Take a sideways on position, knees slightly bent, low centre of the gravity.

Do not run away from the goal, attempt to stay in the middle of the goal.

Dribble Tag



Dribble Tag

Purpose- To improve dribbling skills with both feet.

Organization

Using a 30 yard square, break the group into six dribblers and six statue players. The six dribblers attempt to go around as many statues as possible during a set time period.

Progression

The statues stand so that a ball may be played between their feet. The players dribble around the grid and make passes through the statues feet.

Ask ten players to dribble around the grid, while two players attempt to tag them. Once tagged the players become a statue and can only move once someone has passed a ball through their feet.

Coaching Points

Get your head up and look around in between touches.

Keep a low centre of balance when changing direction.

Use rapid changes of direction and pace to avoid being tagged

Cross over Dribble



Cross Over Dribble

Purpose- To improve dribbling skills

Organization

Divide the players into four groups and station each group on the four sides of a 20 yard square. Each player has a ball. One player from each line begins by dribbling across the grid to the opposite side. They must dribble through the middle of the grid, forcing them to have to negotiate their way through the three other players.

Progression

The dribbler must make a pass to the next player in line immediately after crossing the half way point. Dribblers now come across two at a time.

Coaching Points

Keep the ball moving, however keep it close enough to stop or cut quickly if needed. Slow down in areas of high traffic and be prepared to cut left to right to avoid contact. Look up and around frequently between touches for other players and the half way line.

Passing Square



Passing Square

Purpose- To improve passing and movement

Organization

Area 20x20

Players are divided into two groups, with one man positioned in the middle of each smaller group. Players on the outside pass to the middleman, who must redirect the pass then pass to an open player.

Each player works in the middle for 30 seconds.

Progression

Add a second ball, which is passed as soon as the middle player has laid off the previous pass. The passer must call to the middle player and wait for them to turn and face them before passing.

Coaching Points

Develop a soft first touch with the inside or outside of the foot. Look up at the player, you are going to pass to, to ensure they are ready. Move slightly towards the ball and redirect it without stopping.

3v3 Plus Two Neutrals



3v3 plus two neutrals

Purpose- To improve passing and movement

Organization

This game is a directional passing game with the objective to dribble the ball over the end line under control to score a point.

Progression

Players limited to two touch only
Floaters limited to one touch only

Coaching Points

Encourage players to play quickly
Encourage players moving off the ball, to take up good supporting positions.
Ensure quality of pass
Be aware of options available
Good communication
Good decision making

Passing Game: Zone Passing



Zone Passing

Purpose- To improve passing and movement within a small sided game.

Organization

Area 25x30

Teams are divided into two teams of four. The defending team are passive and can only gain possession by intercepting one of the oppositions passes.

Each team attempts to score points by making a pass to one of their own players in the end zone (final third of field) and then for every consecutive pass made in that zone.

If the ball is kicked out of play the opposite team gain possession.

Progression

Add one neutral player to create more opportunities for the team in possession.

Coaching Points

Move into space early so you can receive the ball.
Good weight on the pass so your teammate can run onto the ball or receive the ball easily
Communicate as a team

Possession & Switching the Play: Part 1



Possession & Switching the Play Part 1

Purpose- To switch the field of play.

Organization

40x40 3 forwards v 2 defenders + 2 Servers

Players must stay in their own half and work on both offensive and defensive transition.

Play begins with the server. All forwards must retreat 15 yards. The server then plays the ball to a defender and the game becomes live.

Defenders attempt to pass the ball to their attacking players who can score in either goal.

When attackers are in possession of the ball they need to make the field as big as possible to make it hard for the defending team

Progression

Ask the players to play two touch only.

Coaching Points.

Play quickly

Good communication

Good supporting positions

Possession & Switching the Play: Part 2



Possession and Switching Play Part 2

Objective

Game is played in a 40x40 Area, 3 forwards v 2 defenders + 2 servers. The difference in this game is now the half way line has been taken away.

The aim of the exercise is again working on both offensive and defensive transition, with emphasis on the forwards closing down space restricting the defenders options.

Forwards work as a group to close the space and not allow passing lanes for the defenders to pass the ball to their forwards.

Coaching Points

In defensive transition re-organize quickly, when the ball is lost or out of play.

Nearest player shows either inside or outside to shut down passing lanes

All defenders take positions off first defender

Three Zone Game Possession with Direction



Three Zone game Possession with Direction

Purpose- To improve passing technique and movement off the

Organization

To show players the importance of possession in a competitive game.

The game is played in an area 50x40

To begin the game is played under normal rules but the players are instructed that they must stay in their zones and cannot move out of them.

The game is 7v7 with a neutral player allowed to go and play in any grid for the team in possession

Progression

The player in possession of the ball can now pass the ball into the next grid and are allowed to follow their pass and move into the next grid, making a numbers up situation

Players are now allowed to pass into the far grid and miss out the middle grid.

Coaching Points

Communication

Movement off the ball into space to support the player and receive the ball

Give and goes

Shielding

Setting up passes in the final third for goal scoring opportunities

Goalscorers 2



Goal scorers 2 Area 50x30

Purpose- To improve goalscoring

Organization

Play 5v5. Mark out two end zones as shown in the diagram. All outfield players are in the middle zone. Play starts from anywhere in the middle zone and the team in possession, have to make 3, 4 or 5 passes (depending on ability). After making the final pass, the player receiving the last pass can leave the zone and dribble towards the goal and attempt to score.

Progression

Allow one defender to leave the zone and put pressure on the attacker.

Allow two defenders and two attackers to leave the middle zone.

Coaching Points

Keep ball close to your foot.

Keep head up to see where the goal and defender is.

Aim to keep your shot low and aim for the corners.

FURTHER INFORMATION

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Have a great season!

Psalm 115:1