

WEEK 5: SHOOTING TECHNIQUE AND GAMES

WARM UP: 10 MINS.

2 GROUPS.

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

TECHNIQUE: 10 - 15 MINS.

SHOOTING.

Striking with laces.

1. Circle around coach. players sit in crab position. Try to kick back into coaches hands. 2. This time players are standing and drop ball onto their foot. Same objective. 3. Same but in pairs approx. 5 yds apart. 4. Now drop ball and try and get through partners legs. 5. Ball on ground. Partner approx. 7 - 10yds away. try to get through legs. 6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx.

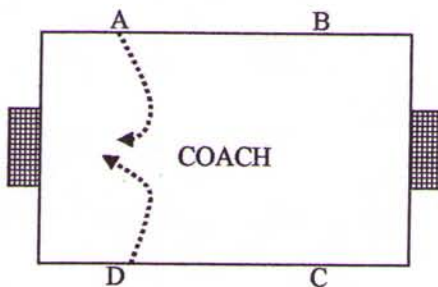
Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

GAMES 1: 20 MINS.

PASS AND SHOOT.

Set up. 2 lines of players facing goal on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3. Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. U7 can dribble. have to shoot before arc and aim for corners. 10 points for corners, 5 points for center.

Numbers game.



NUMBERS.

Set up. 4 groups of players. Each group is numbered 1 thru 3. Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .

(SEE DIAGRAM.)

GAMES 2: 10 - 15 MINS.

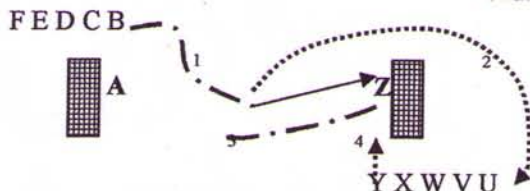
SHOOT AND SAVE.

Set up. Bring goal to half way line (GET ASSISTANCE.). GK in each goal, and players in line outside left post. Balls in both goals

Play. Player takes ball and dribbles towards goal (1) opposite and Shoots. Then goes to end of other line (2). The GK now becomes a Forward, takes ball , dribbles (3) and shoots. 1st player in the line replaces the GK (4)

Players in line can assist collecting balls. Repeat rotation at other end.

Shoot and save



WATER BREAK: RECAP: GAME PREP: Use this time to recap, and organize for game.

GAME: 4 * 10 MIN. QTRS.

WEEK 6: DEFENDING AND GOALKEEPING

WARM UP: 5 - 10 MINS.

2 GROUPS.

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

TECHNIQUE AND GAME: 25 MINS.

DEFENDING.

1 v 1. In squares have 2 pairs working. Defender has to try and win ball. When does, swap roles.

Progression. In squares. 2 pairs. 1 player from each pair at opposite sides of square. 2 balls. Pairs alternate turns. A passes to B, who controls. A follows pass and is defender. tries to force out of square or win possession. A and B swap roles after each turn.

GAME.

Set up. Divide field into 4 qtrs. using cones. Coach on center spot. 1 defender on goal line in each segment. other players in 4 groups on half way line.

Play. Attackers take ball to defenders. Defenders job to force ball back to half way line. Attacker has to stop ball on goal line. Attacker becomes defender.

Progression. Only half 2 sections and play 2 vs. 2.

Emphasize: Don't back away, don't rush in, stay goal side, chase back if beaten, timing, jockeying, staying low, forcing wide.

TECHNIQUE AND GAME: 25 MINS.

GOALKEEPING.

Prep. With no ball, players on half way line facing 1 goal. On command, run forwards, backwards, left and right. Always face same goal. Emphasize on sideways running, bring feet together And then apart.

Pairs. Approx. 5 - 7 yds apart with 1 ball. Each player in goal of approx. 12ft. Players serve to one another.

1. Rolling to feet.
2. Throwing to chest.
3. Rolling to side (close)
4. On knees. Roll further to corners.
5. Variety of above.

Emphasize: Not stepping back, on toes, get body behind ball, hold to chest, scooping to collect ball, keeping legs together.

GAME.

Repeat any shooting game that uses GK repetitively. Or add GK to a shooting drill.

WATER BREAK: RECAP: GAME PREP:

use this time to recap practice, and to organize for game.

GAME: 4 * 10 MIN. QTRS.

Set Conditions in 1st and 3rd qtrs.

1st. Select a passing condition. i.e. 3 passes = goal.

3rd. Select a control condition. i.e. limit 3 touches.

WEEK 7: TEAM WORK

WARM UP: 10 - 15 MINS.

TEAM GAMES.

Set up. 2 teams of 6 or 3 teams of 4. 6 cones in line approx. 5yds apart.

1. Passing. Wall Game. (see week 3 W-up.)

2. Tunnel ball. 1st player rolls ball through everyone's legs. End person picks ball up runs to front and repeats. repeat through team. Sit down in line when finished.

3. Over under. 1st passes over head, next under legs. repeat as above.

4. Dribbling. dribble through cones. Repeat as above.

Emphasize: Team work, co-ordination.

TECHNIQUE: 10 - 15 MINS.

WALL PASS.

Set up. Same as Shoot and save (week 5) but use full field, and coach is in center circle. Balls in goals.

Play. Similar as shoot and save but player is served ball by GK. Dribbles forwards and passes to coach. Coach wall passes back, and player runs on dribbles and shoots. GK serves his line, goes to end of line and is replaced in goal by the 1st shooter.

Progression. Use player for the wall pass. Don't dribble on return pass.

GAME 1: 10 - 15 MINS.

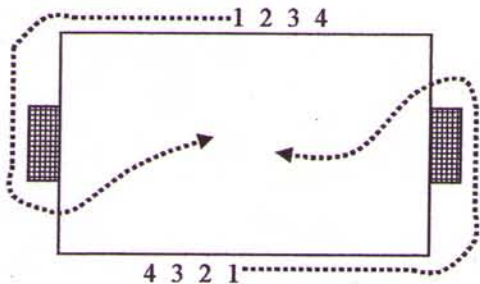
ENGLAND VS. AMERICA.

Set up. Half field. Divide into 2 groups. Put cones on corners. Teams set up on half way on opposite sides facing opposite goals. Players on each team given #'s 1 thru 6.

Play. Coach calls a # and serves ball into field. The players with that # run around corner cone, and goal and enter field to try and score against other team's player.

Progression. Call 2, 3 or more #'s at once. Introduce teamwork. Set conditions. i.e. have to make a pass. etc.

England vs. America



GAME 2: 10 - 15 MINS. PLAYERS CHOICE.

Recap the major skills developed over the weeks. Allow players to choose favorite game or games.

WATER BREAK: GAME PREP:

Organize for game.

GAME: 4 * 10 MIN QTRS.

Allow free play. Encourage team work.

WEEK 8: SEASON FINALE

*This is a fun end of season finale. Play a series of 4 * 20 min games, with 5 min water breaks between game, or some of the players favorite games. A final game of Parents Vs. Players can be played. This can be followed by presentations of participation certificates to all players.*

CRM Soccer Club Practice Planner

Name:

Group:

Date:

Warm Up:

Main Theme:

Game:

HAVE MORE FUN at practice

Some coaches get stuck in the rut of drills, drills, drills. Their players quickly get bored and lose interest. Other coaches skip the drills and just have the kids go out and scrimmage. Not a bad approach, but continual scrimmaging often slows the development of weaker players. It doesn't allow coaches to focus on improving individual and team weaknesses.

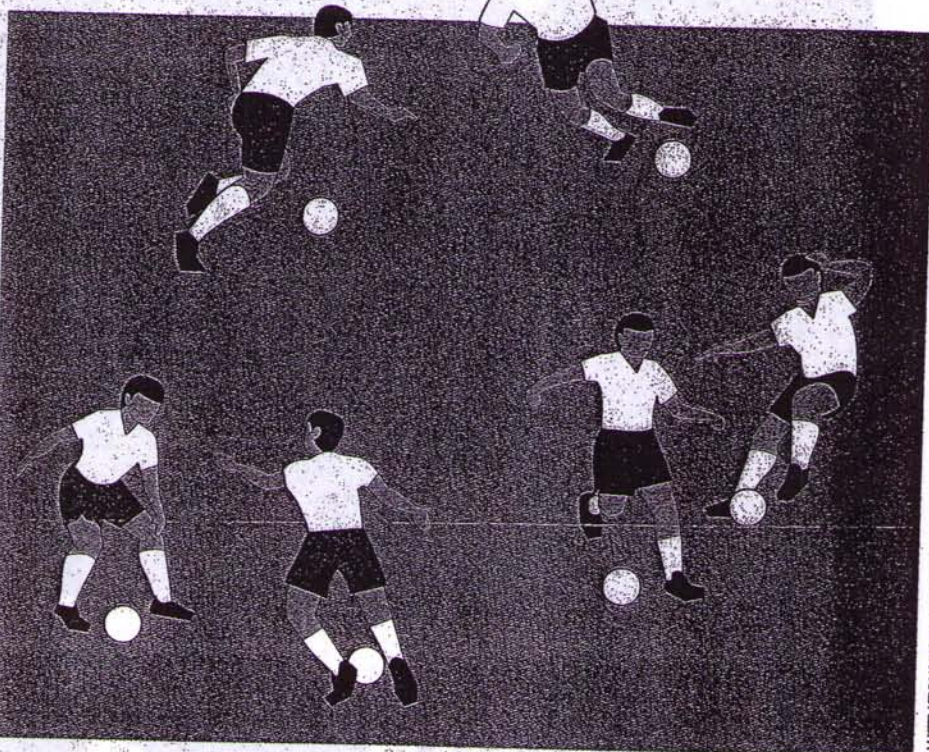
Dr. Ron Quinn, a U.S. Soccer staff coach and the women's head soccer coach at Xavier University, believes in spending most of a team's practice time playing small-sided games. His book "Peak Performance" explains dozens of such games — eight of which are described here. While the games may not replace drills or scrimmages, they give coaches fun ways to develop skills and tactical understanding.

The key behind the games is opportunity. The small sides give each player lots of chances to touch the ball. The more ball contact a player gets, the faster he or she develops skills. Similarly, the more times a player has to decide what to do with the ball, the faster he or she develops tactical understanding.

Small-sided games can be used with any age group. If a game is too easy for your players — or too difficult — it can be easily modified. You can increase or decrease the playing area, the length of the game and the number of balls, players or goals. You can also specify particular types of passes. These changes allow all players to participate at their own ability levels.

The games and exercises shown here will increase player motivation, allow for growth and individual differences and, most importantly, they'll develop excited, enthusiastic players.

Eight great games that teach kids skills and tactics



ILLUSTRATIONS BY DUANNE HINZE

HOSPITAL TAG

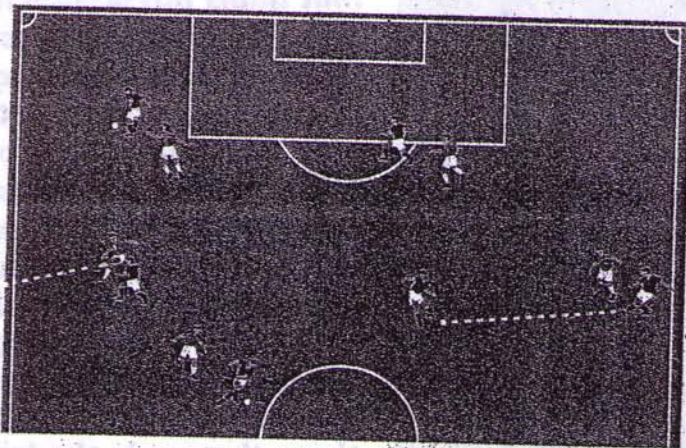
Setup: Each player has a ball. The number of players and size of the playing area for all the games should be determined by the skill level of the players. For this game, try starting with five players within a boxed area 10-15 yards on each side.

Rules: Each player dribbles and attempts to tag any player while maintaining control of the ball. Each time a player is tagged somewhere, that spot becomes injured. The player must hold that spot and continue dribbling. After he's been touched three times, the player must go to a designated place off the field (the hospital) and do an activity chosen by the coach to get healed (5-10 alternating ball touches with the feet, for example) before rejoining the game.

TEAM KNOCKOUT

Setup: One ball for every two people; two teams on half a field.

Rules: Team A is on the field. Each player on Team A has a ball. On the signal, Team B

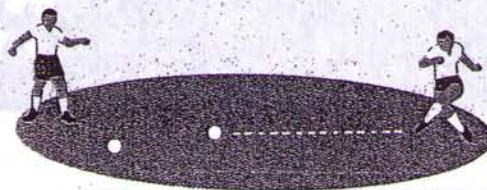


runs onto the field and attempts to kick all the balls off the field. The coach starts the clock on the signal and stops it when the last ball is kicked off the field. Team A players whose balls are kicked off the field help other teammates by getting into position to receive passes. Time stops when Team B kicks all the balls off the field.

Vary the game by having Team B players gain possession of the balls and kick them into the goal. Shots on goal should be taken outside the penalty box. The clock stops when all the balls have been kicked into the goal. Team A players who have lost possession attempt to regain control of the ball or help teammates by receiving passes.

MARBLES

Setup: One ball per person; players are set up in pairs. Play in a large, open space.



Rules: This is a passing game where players take turns trying to hit each other's balls. It starts with one player playing his ball away 5-10 yards while the second player attempts to pass his ball and hit his partner's ball. On a hit, score a point. On a miss, the

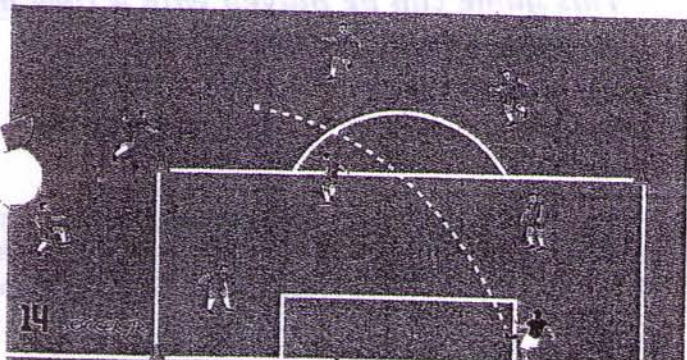
moment the passed ball moves completely past the other ball, the next player's turn

begins and he now tries to hit his partner's ball. Players immediately chase their balls after passing so that if their partners miss, they are ready to strike their balls. After a hit, restart the game with a new pass.

BASEBALL

Setup: Two teams on a baseball diamond with bases and an outfield, or use the penalty box with the 6-yard-line mark on the right side of the goal as home plate. The corners of the box are first, second and third bases.

Rules: Play the game like regular baseball



except for two rule changes: 1. Play with no outs so everyone gets a turn at bat. The inning is over when everyone has kicked. 2. The fielding team tries to place the ball in the goal before the kicker completes his run to home plate. One variation may be that all shots must come from outside the penalty box. Players on the fielding team can dribble or pass to each other to get the ball into shooting position. The kicker is out if the ball goes into the net before he crosses home plate. If he crosses home plate before a goal is scored, a run is scored. Depending on the skill level of your players, you may have them play three-, two- or one-touch or state that the shot must cross the goal line in the air.

SUGGESTED ACTIVITIES

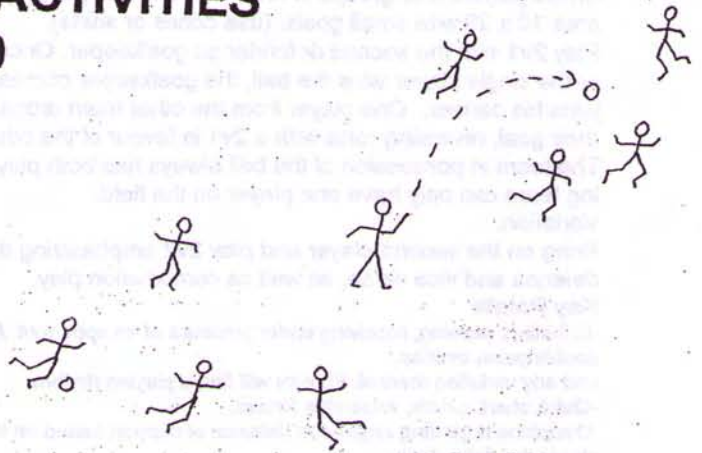
U10

Ball Retrieve – In Groups of Four

Each group has a ball and hands it to the coach. The coach then tosses the ball and calls out a number. The group must retrieve the ball and complete that number of passes before finishing with the last pass at the coach's feet.

VARIATION:

The coach can move, so that players must look up to see where the coach is now standing.

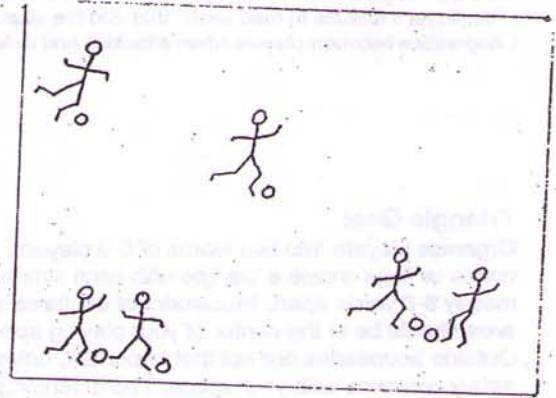


Knock Out

Each player with a ball in an area. While dribbling, players try to kick others' balls out while maintaining possession of their own. **Two rules:** players cannot leave their ball to kick another out, and everyone must keep moving at all times. Once kicked out, players must work on ball skills, juggling, etc. until there is a winner/s OR set up another area but smaller than the first. When a player is kicked out of the first area, they go to the other, then back again if kicked out again. This makes the game continuous and no one is 'eliminated'.

Key Points:

Shielding, changing direction and speed, vision of the whole field. Refined skill requirements for smaller area.



Four Corners

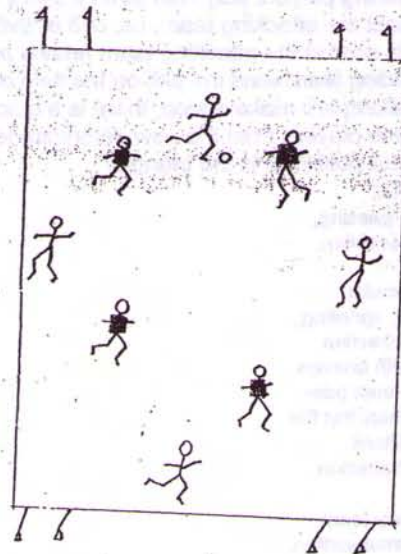
This is a small-sided game played with 4-8 players per team. The field size is 30-50 yards long and 20-40 yards wide. Goals are placed at each of the four corners of the field. These goals can be made with flags or cones and could be 4-7 yards apart.

The game is played with no goal keepers.

Each team must defend and attack two goals.

Key Points

- Dribbling, passing, receiving, shooting and heading.
- Cardiovascular endurance and quickness.
- Organizing and reorganizing an attack and defense.
- Collective play. Small group tactics of pressure, cover and balance.
- Teamwork and communication.



U10 (cont'd)

Get Outta Here

A modified playing area with two small goals and cones for the boundaries is all that is necessary to create the field of play. Next, all of the available balls are placed at the feet of the coach who is standing at the middle of the field on one of the touch lines. (This is absolutely necessary to keep the activity moving).

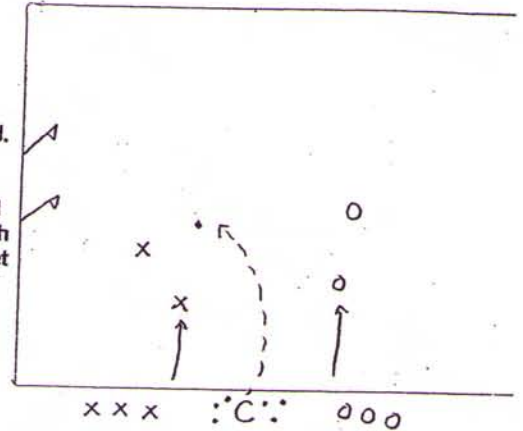
Divide the players into two groups. The groups then line up on either side of the coach at the middle of the field.

The play is begun by the coach playing a ball onto the field and calling out a number. That many players from each team enter and play until the ball is out or a goal is scored. When this occurs the coach shouts "Get Outta Here.", at which point all players must return to the end of their line and a new number is called. The coach plays one of the balls at his feet into the game enabling him/her to pass a ball to a player who hasn't had a lot touches, or into an open space that might improve upon bunching. When the coach is completely out of balls, the game is halted and ALL of the players run with haste to get all the balls back to the coach so that the game can be resumed.

Trust me, it works and they LOVE IT!!

Key Points

- Dribbling, short passing, receiving
- Quickness, sprinting, anaerobic endurance
- Working in pairs, two player combinations
- Concentration, team work

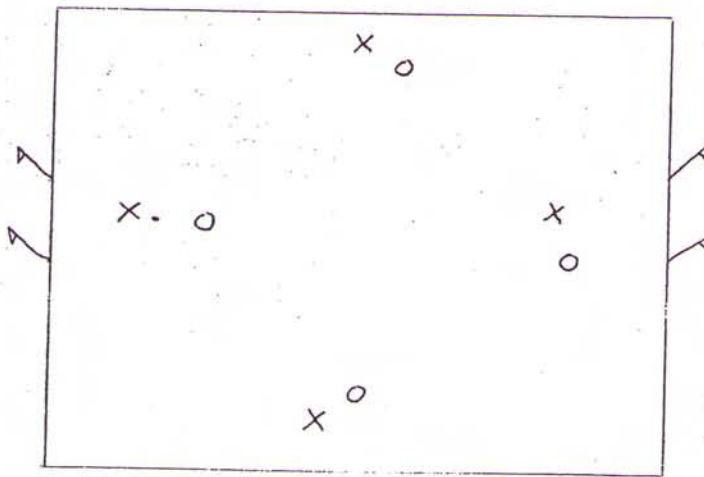


Small Sided 4v4, No Goalkeepers

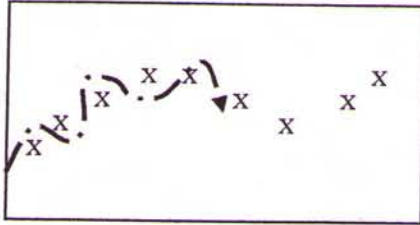
The final activity of every practice session should be a small-sided match randomly selected by the coach (do not pick captains to choose teams). The coach should simply divide by shirt colors, count off, or just split the group in two.

This small-sided match should ideally be a four vs four scrimmage without goalkeepers. The feedback from the coach should continue to be positive, but reduced to let children play. This is their time and their game. The coach should concentrate on observing player behavior and to make sure that the players are safe.

The area should be adjusted to meet the needs of the players, but generally an area 25-30 yards wide and 35-40 yards in length should work.

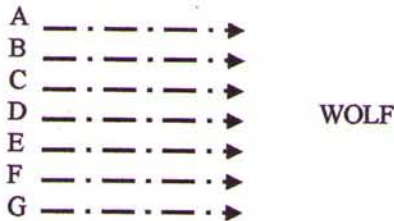


ADDITIONAL DRIBBLING GAMES



Game: Follow the orange brick road

How to play: Set up a bending line of cones. At 1 end of the line place a Wicked Witch (a parent, asst coach) and have players at the other end of the cones. Each player tries to dribble down the windy orange brick road, zig-zagging through the cones. At the end of the road when they meet the Wicked Witch they have to shoot the ball past her to melt her.



Game: What's the time Mr Wolf

How to play: Coach starts as the big bad wolf. Each little pig has a brick house (a cone) The Pigs shout "What's the time Mr Wolf" and the wolf shouts back a time. Each player advances the ball the number the wolf shouts out. Pigs ask again and repeat. When the Wolf shouts "Dinnertime", the pigs have to dribble their soccer balls back to their house and the wolf chases and tries to kick their ball away. Let each player have a go as the wolf.

Teaching points: Use soft touches to keep away from Wolf, and then dribble at speed and stop ball with feet only.

Progressions: Put cones in the way as trees that players avoid. Use multiple wolfs, or place wolf close to houses so pigs have to get past.

Game: Pac Dudes

Players in side square with their ball. Dribbling around trying not to bump each other who lose control of ball. Coach starts on outside of square and is a Ghost. On command Pac Dudes, the ghost has to try and knock everybody's ball out of the square.

Game: Knockout

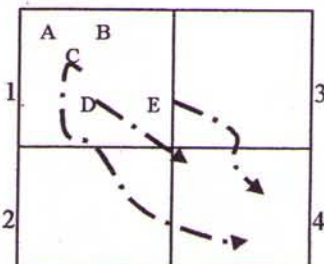
Each player with a ball inside a square. On command "knockout" players are allowed to try and kick other players balls out, but must keep their own ball inside square.

Game: Traffic Lights

How to play: Players start on one end of (Soccer city) grid with their soccer balls (car). Coach is the traffic light (or traffic cop). Coach shouts various colors of traffic lights and players try to drive their soccer cars to Soccer town at the other end of grid. On command "red light" players need to stop their car with the sole of the foot and not move. If they move they return to soccer city and start again. Play to see who reaches Soccer town first.

Teaching Points: Dribbling and control movement.

Progressions: Add "yellow light" and make players do a stationary tic-toc or hat dance. Add additional commands: reverse where players go backwards, go home players turn and head back home, left, right etc.



Multiple Square Games:

A: Using 4 adjacent squares. All players start in one square with ball. Coach calls a square number and players move their ball to that square and keep dribbling inside new square until coach calls another number.

B: Split players into all 4 squares. Call 2 square numbers and those players have to switch squares.

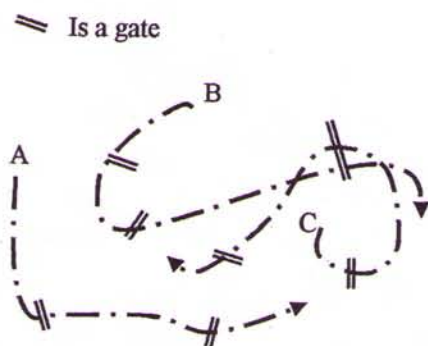
C: Have players from 1 square on command try to go and steal balls

ADDITIONAL DRIBBLING GAMES

From the other players and get them back to their square. Give each square a set time and see who can steal the most balls.

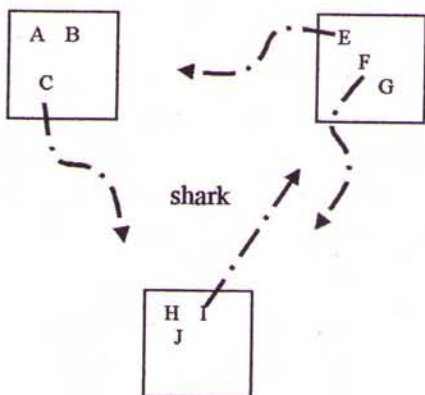
Game: Relay races.

Set up multiple teams of 3 or 4 players. For each team set up a short course of cones that players have to dribble through. Players then dribble back, give ball to next person who repeats the course. When all players in a team have completed they sit in a straight line with their hands on their heads.



Game: Downhill Skiing

Set up multiple gates in a grid. Each gate should be about 2-3 ft wide. Players are skiing (dribbling their ball) inside the grid but not going through the gates until the coach shouts "Lets go Skiing" then players try to ski through as many different gates as possible in the time coach allows.



Game: Shark Attack

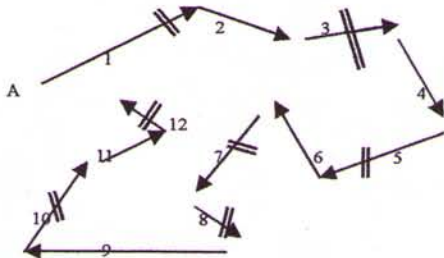
Set up 3 Islands. Divide players onto the 3 Islands. Each player with a ball. Coach starts as the shark in the middle of the ocean. The shark holds a cone on his/her head, or hands to designate a shark fin, so everyone knows they are the shark. When Coach shouts "shark attack" the players have to swim (dribble) their balls to either of the other 2 islands. The shark attempts to kick soccer balls away. Any soccer balls kicked away, then that player also becomes a shark. Play until 1 person left, who becomes the new shark for the next game.

Teaching points: Players have to respond to the defenders movements and keep possession of the ball. A lot less static and more game like than the above relay races.

ADDITIONAL PASSING GAMES

Game: Soccer Bowling

Set up several cones as pins. Arrange players in a circle around the pins and have each player attempt 2 passes to knock as many pins down as possible.



Game: Soccer Golf

Set up a golf course similar to the skiing course using gates as the holes. Have players pass their ball through the gates in the order you designate. Players count their number of passes. The lowest score wins.

Teaching points: A variety of passing techniques, short, angled, long.
Variation: have players design the course, or use obstacles such as trees, parents that players have to pass around.

Game: Tunnel Game

In pairs players have a ball. 1 player stands with his/her legs shoulder width apart. Player tries to pass ball through the legs. They take it in turns to try and score points.

Scoring: 3 pts if it goes through without touching. 2pts if it touches a leg and still goes through, 1 pt hits leg but doesn't go through. 0pt if misses.

Progression: As ball goes through legs the tunnel player, turns and runs and receives it dribbles back towards partner and passes. The partner moves to let the ball pass through legs, turns and runs to receive it.

Teaching point: For the progression it gets the receiver into getting their body behind the ball.



Game: Stuck in the mud.

In a grid about 20 by 20, players are dribbling their soccer balls. Have 2 or 3 players as Swamp Monsters outside the grid with a ball each. On "go" the swamp monsters dribble their balls into the grid and attempt to hit players on the knees and below or soccer ball. If a player gets hit, or leaves the grid, they are stuck in the mud and they pick the ball up and hold it on their head, and stand with legs apart. Other players may release them by passing their ball through the stuck players legs. Rotate through the team as Swamp monsters and see who can get the most people stuck.

Teaching Points: Good passing technique, passing to where a player is running, good control, turning and changing of direction technique for the players in the swamp.