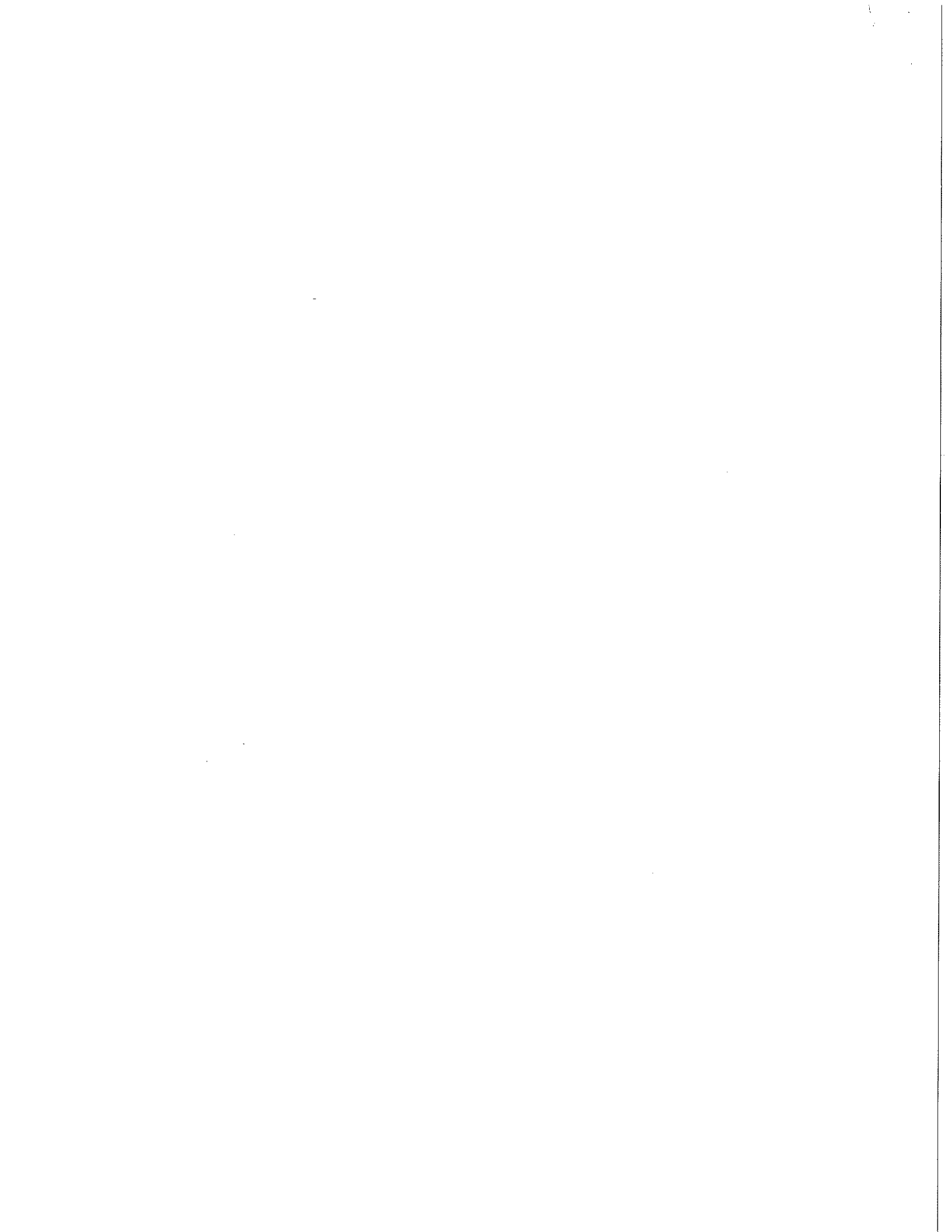


Kearney Soccer Academy
Training Booklet

Kearney Soccer Academy

U7 – U10 Boys & Girls

Training



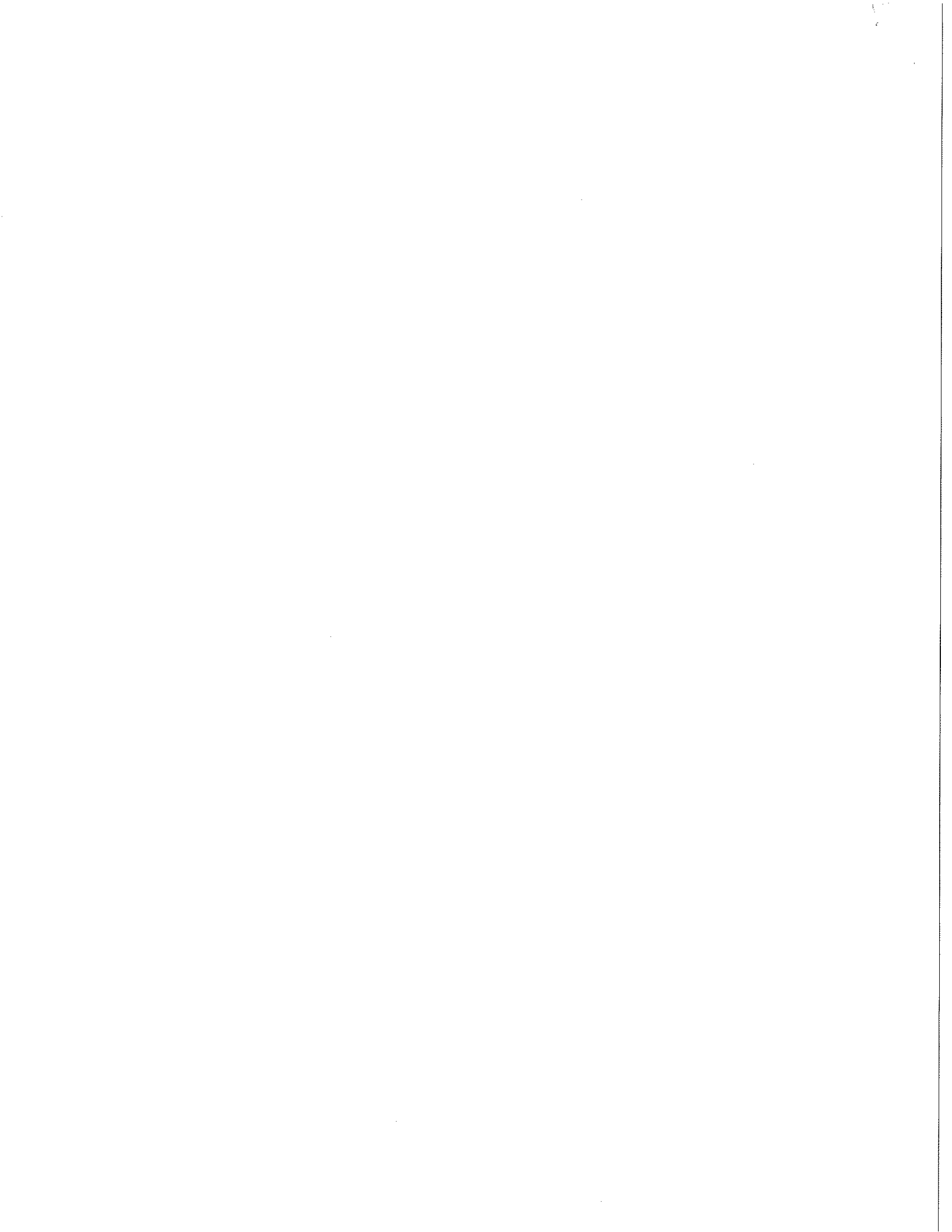
The purpose of this curriculum is to help establish a soccer foundation with our young players. Develop their skill, which in turn help create a passion and drive to keep playing this sport we all love. We will achieve this by creating a positive, fun, player-centered learning environment during our practices.

We must understand that these players are young and getting the feel of soccer, whether they are new or are returning players in our academy. During our sessions, we must be able to adjust to our group of players. All of our young players may/will be different from each other.

Typical Characteristics of U7/U10 players:

- *They love to play in pairs (especially U7)* - whether it's messing around during practice or going through drills. If it's a problem, try setting up the pairs yourself by managing personalities to have better control of practice.
- *Limited attention span (will greatly depend on the day, you may get up to a whole minute for listening)* - adjust, change directions. Do not fight their crankiness.
- *Get themselves hot/tired pretty quickly*- make sure water breaks are given frequently(up to your discretion)
- *Beginning to develop motor memories*- their bodies are starting to remember certain movements (fundamental technical skills). We must take advantage of that. Repetition, repetition, repetition. They might get frustrated or bored but adjust, make it fun, create a game.
- *Love to keep score*- as fun as it is to win, Competitiveness is greater with some than other. Don't stress winning or losing.

Some of the group might not be getting/understanding the session or activity. We should do as much as we can to help them understand, without forgetting the rest of the group. Don't be afraid to ask for help, whether from fellow coaches or parent coaches.



Training Session Outline

Technical vs. Tactical

Technical – Individual skills associated with player and ball

- Dribbling, passing technique, receiving the ball, defending, etc.

Tactical – Team oriented skills and tactics tailored towards a team

- Attacking with numbers, combinations, corners, set plays, etc.

1. Warm-up

- Approximately 10-15 minutes
- Physical (stretching) and Technical warm up with a ball
- Non pressure exercise
- Dynamic stretches limited static stretching
- Speed work – Quick feet

2. Main Session

- Approximately 15-30 minutes
- Technical work (Topic of the day)
 - i. Change of direction moves, attacking move, defensive shape
- Progressive methodology in teaching
(No pressure → light pressure → match competition)
Note: Focus is on skill mastery!
- 1 v 1; 2 v 1; 2v2; 3v3
- Multiple goals (more than 2 goals for field awareness and recognition)

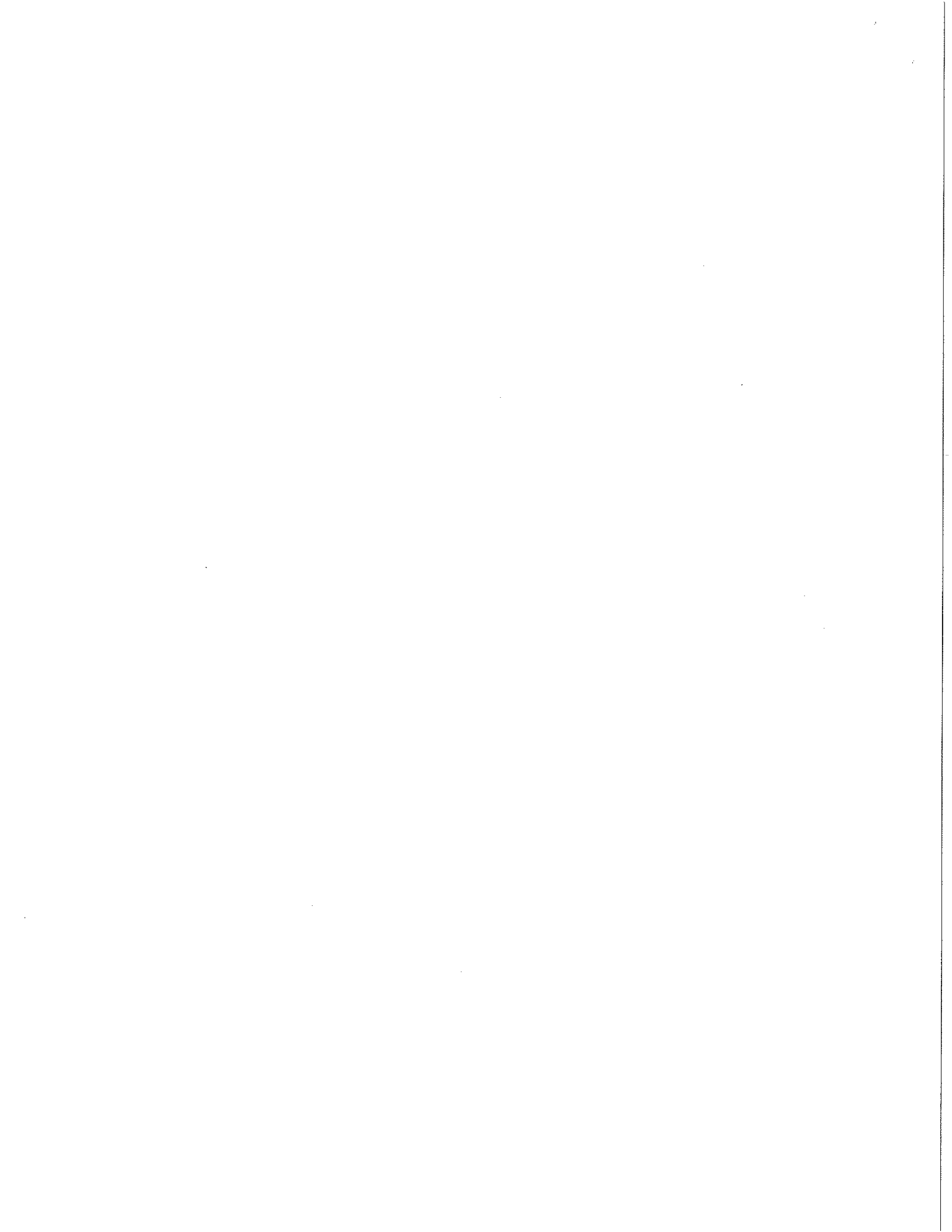
3. Free Play

- Approximately 15-30 minutes
- Small sided 3 v 3; 4 v 4; 5 v 5
- Free play geared towards topic of the day
- End with the closest scenario of game simulation

Note: It is very important that coaches focus on the topic of the day during the warm up, main session, & free play! Our goal is to transition practicing skills to implementing skills.

Practice Time

- 5 - 7 years 45 min – 1 hour
- 8 - 12 years 60-70 min
- 12 - 14 years 60-75 min



Session #1

Focus: Changing Direction

Changes of Direction Moves

1. Drag Back
 - Stop the ball with the sole of the foot and drag it backwards to turn the opposite direction
2. Chop
 - Dribbling at an opponent. Chop the ball (at a 180 degrees) to the opposite direction
 - Teach your players to use both their inside and outside foot!
3. Cruyff turn
 - Faking a shot or pass, pull ball back behind standing leg with the inside of the foot

Pressure

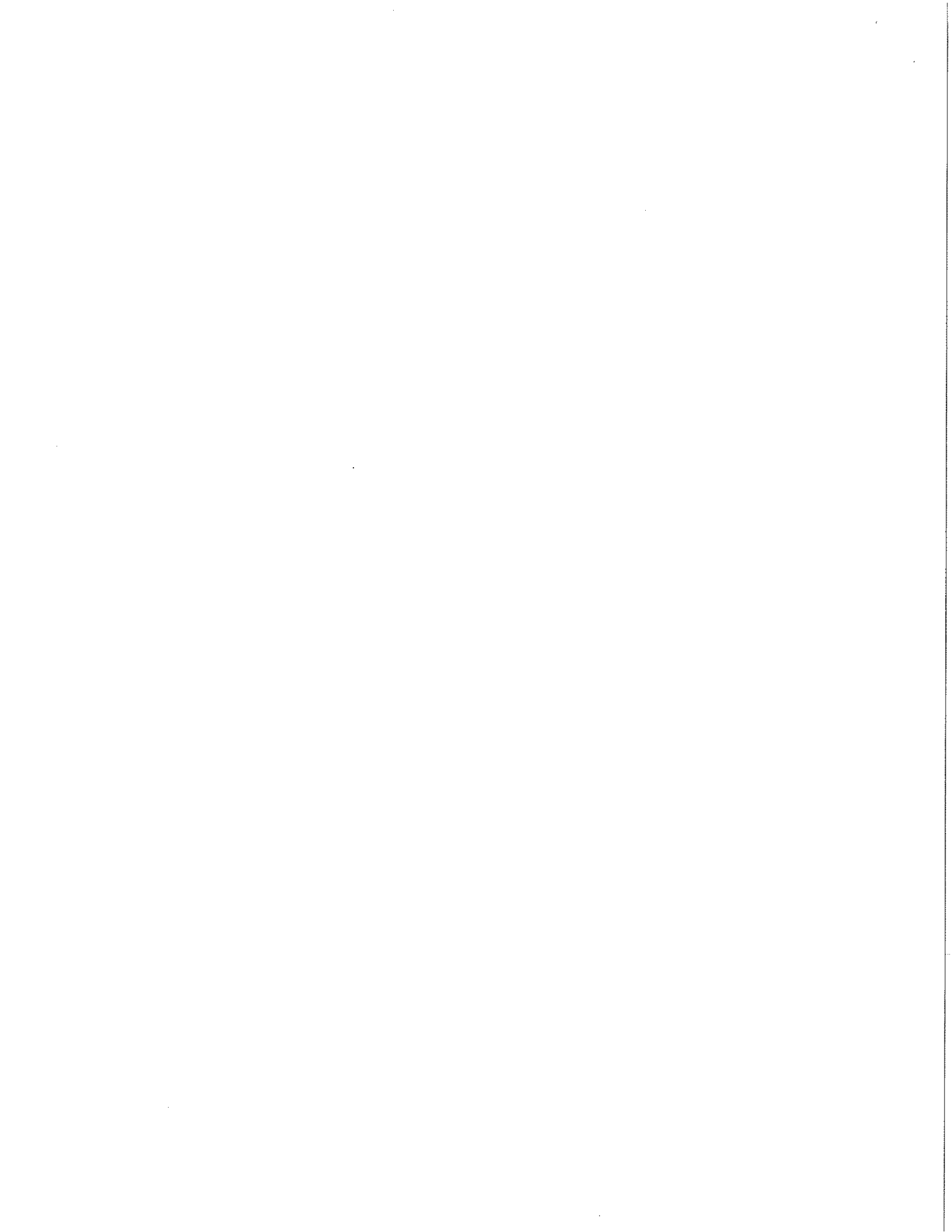
Pressure is anything on the field that can take the ball away from you such as the opponent (other team), sidelines, and potentially the referee. The idea is use "Change of Direction" moves to get out of pressure and keep the ball.

Field Setup

Square 20 X 20 yds.

Drills

1. Warm up / Stretch
2. Set up "off-color" cones (from simple square cone color). Players are to dribble at cones & perform the desired move (drag back / chop / Cruyff). Set a time limit of 30 seconds. "Who can do the most?"
3. Split into two teams, 1 v 1 going towards goals. The focus should be on recognizing where the other team is positioned and how to navigate yourself to the goal while protecting the ball.
4. Evolve from 1 v 1 to 2 v 1, etc.



Session #2

Focus: Attacking the Goal/Opponent

Attacking Moves

1. Playing around the opponent
 - 90 degrees chop to get around an opponent
 - Use both your inside and outside foot
2. Playing behind the opponent
 - Space recognition behind an opponent, play the ball into space and use attack the goal
 - Teach your players to use both their inside and outside foot!
3. Playing backwards to get another attacker!
 - Recognize you can not take on more than 1 defender, change direction, bring in an additional attacking player

Attacking with Intelligence

Smart attacking starts with recognizing good times to attack and poor times to attack. Attack mode is fine but very difficult to maintain.

Field Setup

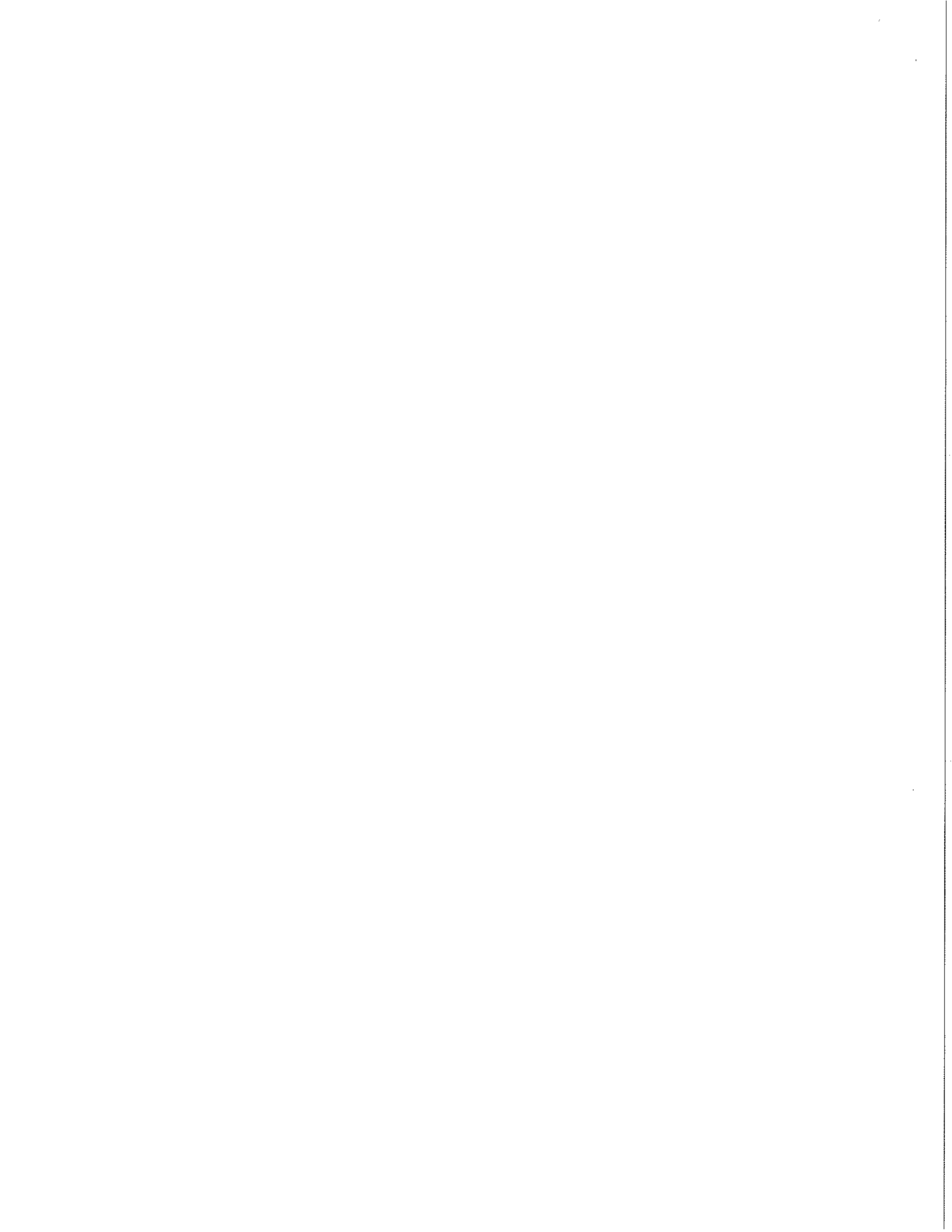
Square 20 X 20 yds., 4 goals (2 on each end of the field; NOT one goal on each side of the square).

Drills

1. Warm up / Stretch
2. Set up "off-color" cones (from simple square cone color). Players are to dribble at cones & perform the desired move (play around / play behind) the cone. Set a time limit of 30 seconds. "Who can do the most?"

Note: Stress that an attacking move cannot be performed close to the opponent. Attackers must anticipate attacking strategies.

3. Split into two teams, 1 v 1 going towards opposite goals (teams will be attacking the opponents 2 end goals). The focus should be on recognizing where the other team is positioned and how to navigate to the goal while protecting the ball.
4. Evolve from 1 v 1 to 2 v 1
5. Lastly, when an attacker does not feel comfortable attacking alone, they can pass the ball backwards to their teammates and 1 additional attacker can come into the field of play.



Session #3

Focus: Defending

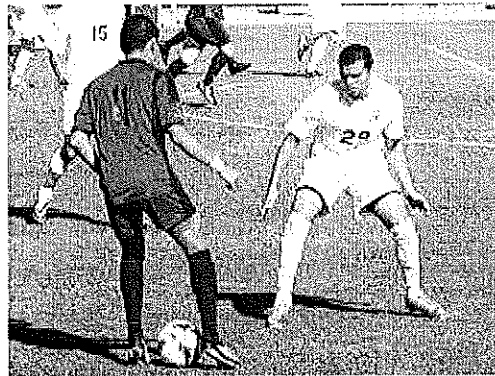
Defending

Focus: Body positioning –Physical presence between ball and intended purpose (i.e., passing lanes, goal, dribbling area)

It is imperative that defenders are taught to be patient and protect their goal by not standing directly in front of it. Defensive attacking!

Body Positioning

Positioning is very important when defending for recover tactics. Defensive shape includes having one foot behind the other

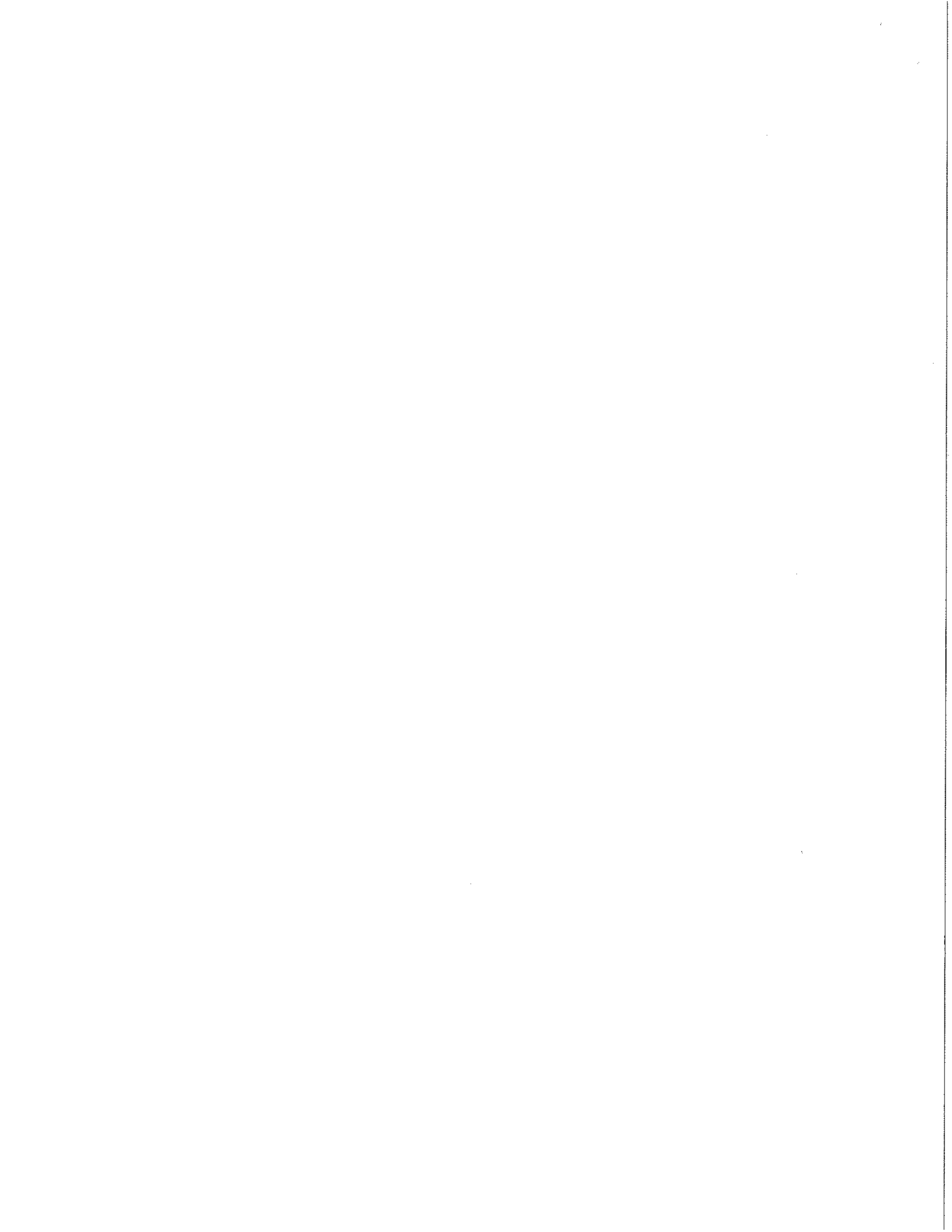


Defending technique

1. Pressure the ball
2. Breaking down
 - Bend knees
 - Eye on ball
3. Pushing towards the sidelines/dangerous areas of the field
 - Sidelines are dangerous areas and another form of pressure. Defenders should push opposing attacking players into uncomfortable areas, which potentially result in possession change.
 - Opponents goal box is a dangerous area! If the opportunity arises, press towards goal box and opposing goalie.
4. Defensive cover
 - Recognize you can not take on more than 1 attacker, cover potential space towards goal & dangerous players

Field Setup

Square 20 X 20 yds, 4 goals (2 on each end of the field; NOT one goal on each side of the square).

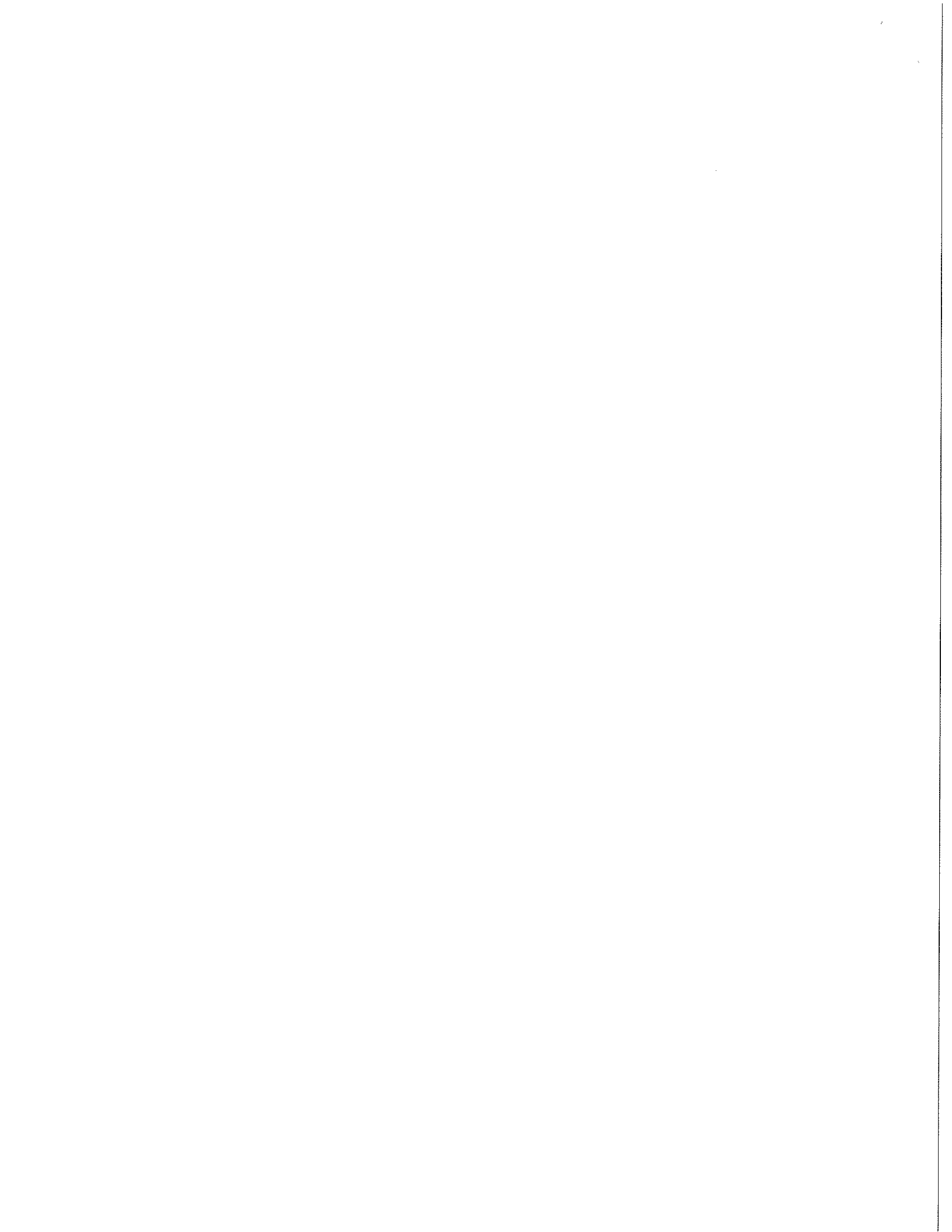


Drills

1. Split players into 2 different teams. One team will be "defensive cones". Players are to dribble at "player defensive cones" & defensive cones perform the desired move (break down/body positioning). Defensive cones are NOT allowed to touch the ball. You can switch teams so each team practices the skill.

Note: This is a time where the coach can focus on a couple of things: Attackers – change direction & Defensive shape.

2. Transition into having "active opponents" - Players dribble at each other and try to get as close to other players without touching them.
3. 2 cones, 2 balls. One ball sits on a cone. The other ball is active and used to attack the ball on the cone. The focus is not to allow the attacker to knock the stationary ball sitting on the cone.
4. Split into two teams, 1 v 1 going towards opposite goals (teams will be attacking the opponents 2 end goals). The focus should be on recognizing where the other team is positioned and how to navigate towards the goal while protecting the ball.
5. Evolve from 1 v 1 to 2 v 1 to 3 v 2 (2nd defender is covering 1st defender)



Session #3

Focus: Passing/Receiving the Ball

Note: After receiving the ball, the next touch needs to be a "preparation touch". Preparation touches are used for dribbling, passing, or ball protection. Preparation touches should be anticipated and made quickly.

Passing Skill Mechanics:

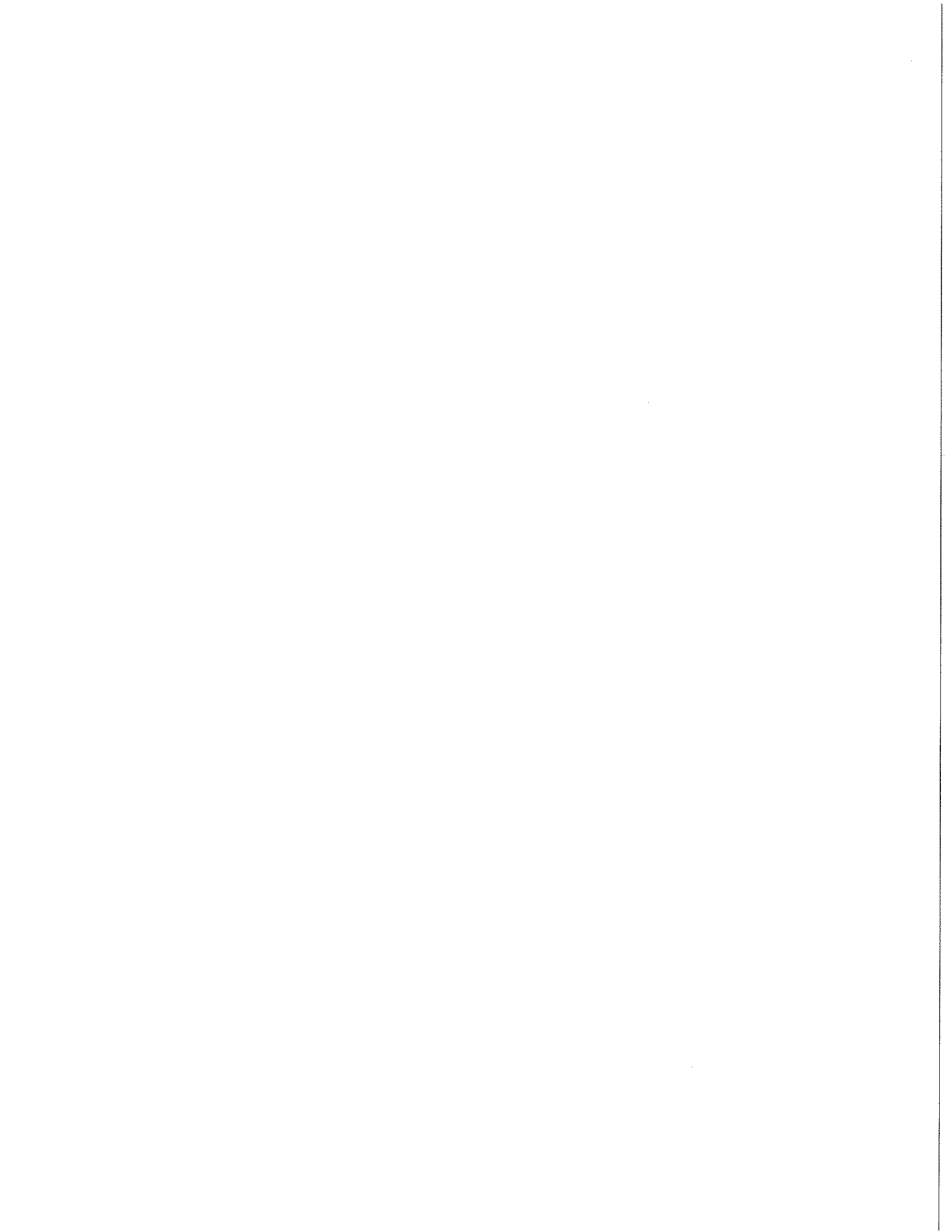
1. Planter foot
 - Point at your desired target
 - Not too close to the ball, yet not far away. Its individual but if a player is striking the ball poorly, look at their planter foot!
2. Locking your ankle
 - Solid connection with the ball.
 - **NO NOODLE PASSES, WE WANT HAMMER PASSES!**
 - Teach your players to use both inside and outside foot!
3. Play the way you face. During active movements, pass the ball the way your hips are facing.
4. CONTROL, PREPARE, PASS
 - a. Control the ball, keep it close to your foot, Prepare it for the pass (i.e. planter foot), & Pass

Receiving the ball with all areas of the foot:

1. Inside of foot
 - Cushion the ball
 - Turn the ball either across your body or keeping the ball in front of your foot.
2. Outside of foot
 - Turning to the outside
 - This technique is ideal to stray from pressure and open immediate space
3. Sole/Laces
 - Sometimes balls are played straight at your foot. Using your sole/laces are typical techniques that can be used to immediately control the ball.
 - Using this technique puts the ball in a sometimes-uncomfortable spot. This means immediately after this technique; a preparation touch needs to quickly follow.

Knowledge: Receiving the ball requires situational thought processing. Different techniques are needed in different areas on the field depending on where the sideline and opponent are situated.

Note: These two skills go hand in hand. Try to teach your players to Control/Receive ball & Prepare each pass before they play the ball!



Session #4

Focus: Rules of the Game

For this session, we are reminding our players the basic rules and regulations of the game.

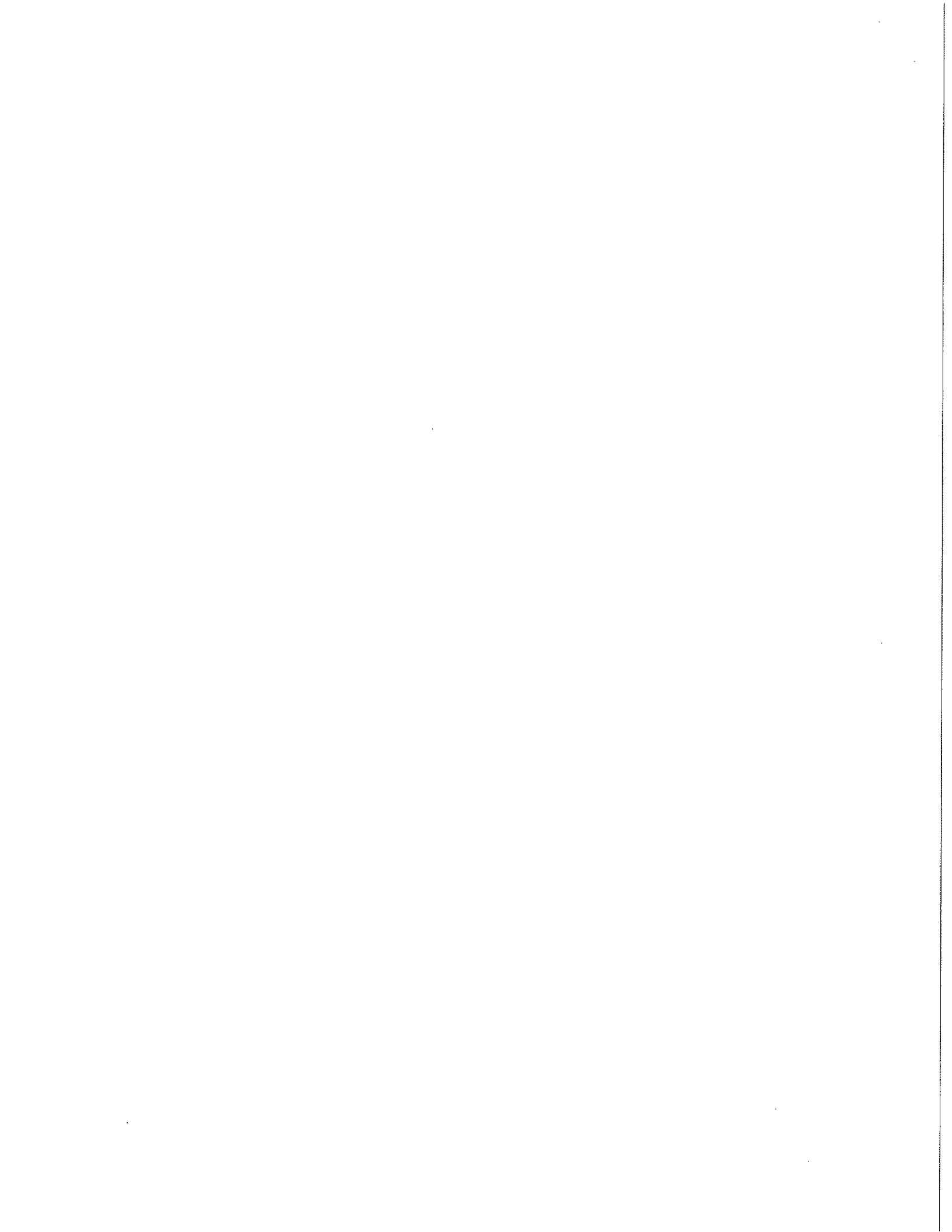
- Sideline boundaries, Throw-ins, goal kicks, etc.

Coaches and Parent Coaches are to become familiar with the rules below. These are very important for when coaching and refereeing.

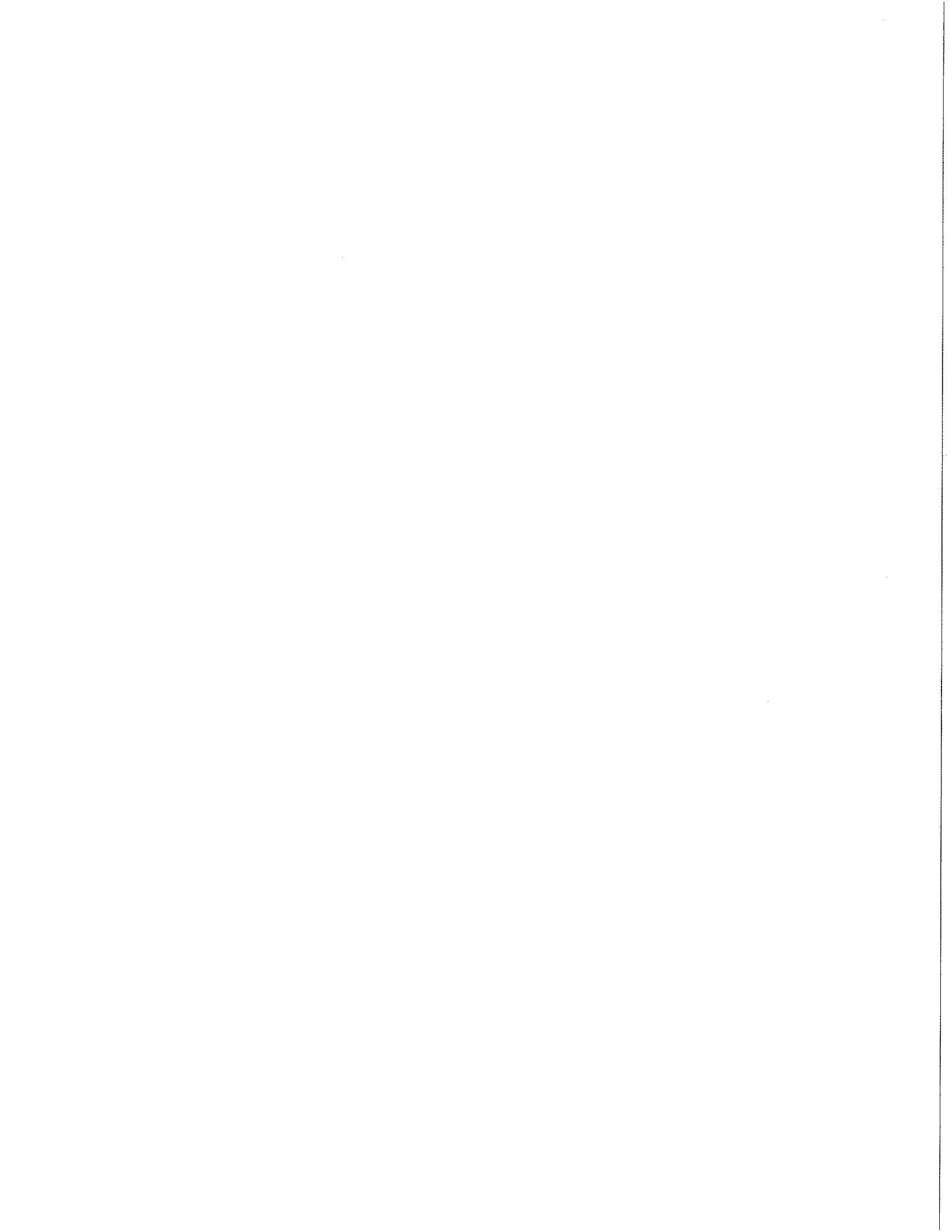
The outlines below are designed to help you understand the game. The outlines do not include the technical details of the rules. Please ask your coach if you have a question.

RULES OF PLAY GENERAL OUTLINE FOR U7-U8 DIVISIONS:

- U7-U8 will play four 10 minute quarters.
- Duration of games may change at the referee's discretion. In case of a tie at the end of regulation play, games will end in a tie (no overtime). All games called after the first half shall be declared complete.
- Coaches need to provide equal playing time to players.
- There are no time-outs.
- Teams change goals at halftime.
- Shin guards need covered by socks, no toe cleats, no hard casts, and no jewelry.
- Coaches are spectators need to be 3 feet back from the sideline. No parents or coaches behind the goal or end line.
- Teams will play **6 v 6** (5 in the field, plus a goalie), using a "number 4" sized ball.
- Every player is guaranteed to play at least half of the game unless injury prevents. Based on roster sizes, no child should play the entire game unless absences or injuries necessitate. Coaches should let kids play multiple positions each game.
- Both teams may substitute an unlimited number of players on any goal kick, after any score, and in the case of an injury on either team provided the referee stops play. The team in possession of the ball may substitute an unlimited number of players on their own throw-in or corner kick. The team not in possession of the ball may also substitute an unlimited number of players at a throw-in or corner kick if the team in possession is substituting. Exception: U7-U8 allows substitutions on any throw-in or corner kick unless the referee feels an advantage is taken away from the team in possession. Substitutes must be at the center line in order to enter the game with the permission by the referee.
- To be an eligible player, the player must be registered with Kearney Soccer League during the current soccer season.
- The team that wins the coin flip decides which goal it will attack in the first period. The other team takes the kick-off to start the game. Defending players must be at least 10 yards from the ball until the kickoff is made. After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kick off will be taken by the team who did not kick off to start the game.
- The ball is out of play when it has completely crossed the goal line or touch-line.
- A goal is scored when the entire ball has passed over the goal line between the goal post and under the crossbar.
- Off-sides will not be called in U7-U8 Division unless the rule is being taken advantage of.
- A yellow card can be issued to a player or coach as a warning. A player or coach receiving a red card will be ejected from the contest and suspended from the next scheduled game.
- On "free kicks" the defending team must be at least 10 yards from the ball until kicked. When players do not play strictly according to prescribed rules, the referee awards a "free kick" against the offending team. All free kicks in U7/8 are direct free kicks. Direct Free Kick: a goal can be scored directly by the kicker.



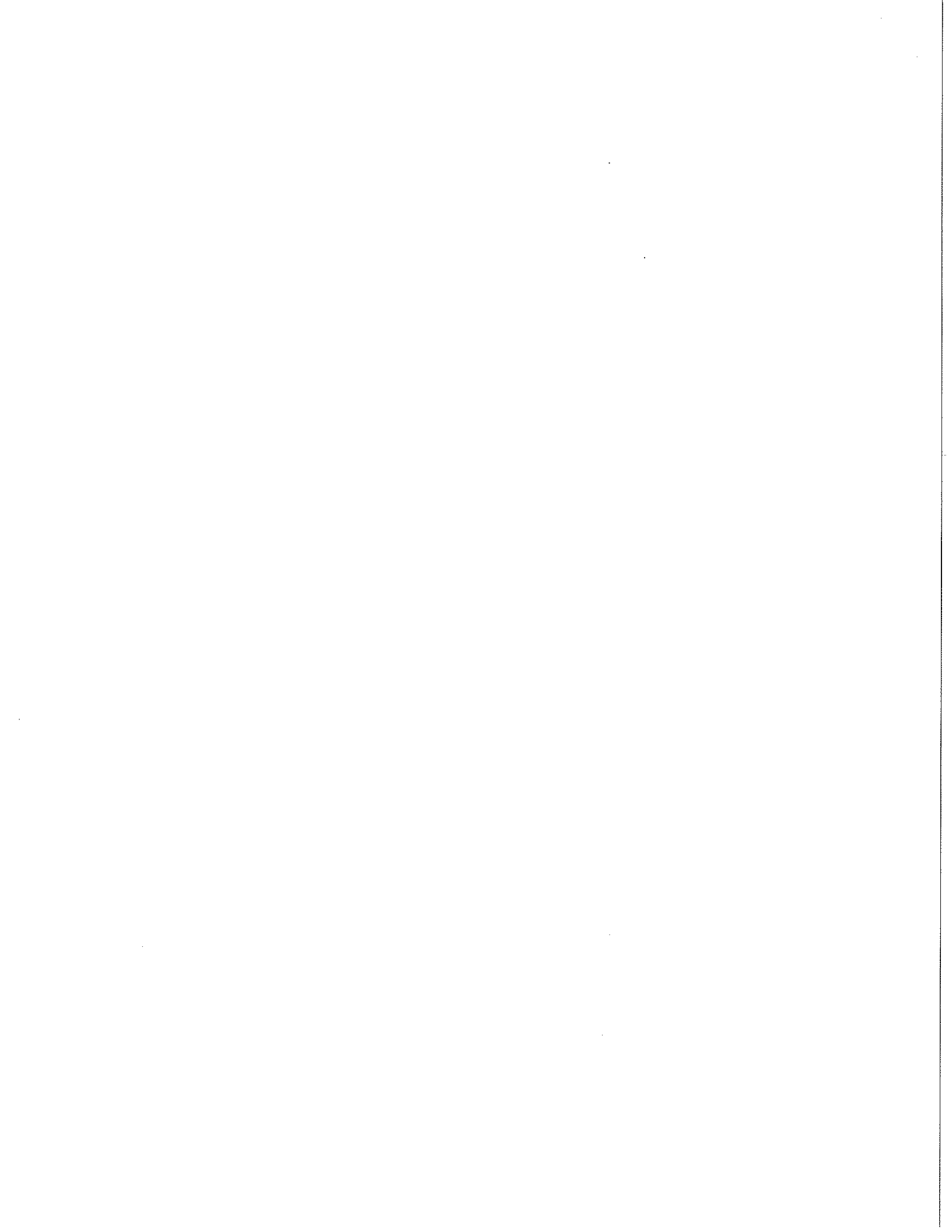
- A "penalty kick" is a direct free kick taken at the top of the penalty area for U8 and under. The goal keeper cannot move until the ball is kicked. Remaining players must stay outside the penalty box until the ball is kicked.
- When the ball has completely crossed the sideline, it is put back into play by a throw-in from the spot where it went out and by a player from the opposite team that last touched the ball. A goal cannot be scored directly from a throw-in. Both feet must stay planted on the ground unless steps are being taken. Thus, the back foot may be dragged still not allowing either foot to come completely off the ground on the release. U8 and younger teams will receive a second chance on an incorrect throw-in.
- When the ball has completely crossed the goal line after being last touched by a player from the attacking team, it is put back into play by a kick from the goal area by the defending team.
- When the ball has completely crossed the goal line after being last touched by a player from the defending team, it is put back into play by a kick from the corner on the side the ball went out by the attacking team. All age groups will utilized the far corner for taking corner kicks.
- With exception of throw-ins, only the goalie can intentionally use his/her hands.



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RULES OF PLAY GENERAL OUTLINE FOR U9-U10 DIVISION:

- U9-U10 division will play two 25 minute halves.
- Duration of games may change at the referee's discretion. In case of a tie at the end of regulation play, games will end in a tie (no overtime). All games called after the first half shall be declared complete.
- Coaches need to provide equal playing time to players.
- There are no time-outs.
- Teams change goals at halftime.
- Shin guards need covered by socks, no toe cleats, no hard casts, and no jewelry.
- Coaches are spectators need to be 3 feet back from the sideline. No parents or coaches behind the goal or end line.
- NEW! Teams will play 6 v 6 (5 in the field and 1 goalie), using a "number 4" sized ball.
- Every player is guaranteed to play at least half of the game unless injury prevents. Based on roster sizes, no child should play the entire game unless absences or injuries necessitate. Coaches should let kids play multiple positions each game.
- Both teams may substitute an unlimited number of players on any goal kick, after any score, and in the case of an injury on either team provided the referee stops play. The team in possession of the ball may substitute an unlimited number of players on their own throw-in or corner kick. The team not in possession of the ball may also substitute an unlimited number of players at a throw-in or corner kick if the team in possession is substituting. Substitutes must be at the center line in order to enter the game with the permission by the referee.
- To be an eligible player, the player must be registered with Kearney Soccer League during the current soccer season.
- The team that wins the coin flip decides which goal it will attack in the first period. The other team takes the kick-off to start the game. Defending players must be at least 10 yards from the ball until the kickoff is made. After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kick off will be taken by the team who did not kick off to start the game.
- The ball is out of play when it has completely crossed the goal line or touch-line.
- A goal is scored when the entire ball has passed over the goal line between the goal post and under the crossbar.
- Off-sides will not be called in the U9-U10 division.
- A yellow card can be issued to a player or coach as a warning. A player or coach receiving a red card will be ejected from the contest and suspended from the next scheduled game.
- On "free kicks" the defending team must be at least 10 yards from the ball until kicked. When players do not play strictly according to prescribed rules, the referee awards a "free kick" against the offending team. There are two categories of "free kicks": 1. Direct Free Kick – a goal can be scored directly by the kicker. 2. Indirect Free Kick – a goal cannot be scored unless the ball has been touched by a player, other than the kicker, before entering the goal.
- A "penalty kick" is a direct free kick taken at the penalty mark. The goal keeper cannot move until the ball is kicked.
- When the ball has completely crossed the sideline, it is put back into play by a throw-in from the spot where it went out and by a player from the opposite team that last touched the ball. A goal cannot be scored directly from a throw-in. Both feet must stay planted on



the ground unless steps are being taken. Thus, the back foot may be dragged still not allowing either foot to come completely off the ground on the release.

- When the ball has completely crossed the goal line, but not in the goal, after being last touched by a player from the attacking team, it is put back into play by a kick from the goal area by the defending team.
- When the ball has completely crossed the goal line, but not in the goal, after being last touched by a player from the defending team, it is put back into play by a kick from the corner on the side the ball went out by the attacking team. All age groups will utilize the far corner for taking corner kicks.
- With exception of throw-ins, only the goalie can intentionally use his/her hands

Enjoy your soccer season!

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