

<p>1</p>	<p>Groups of 2 10 yds apart</p> <p>2nd part groups of 4 spaced 25 yards apart</p>	<p>*2 touch passing using all parts of foot</p> <p>*1 touch passing using both feet</p> <p>*2 touch passing and move to other passer</p> <p>*1 touch passing and move</p> <p>*turn two touch and pass</p>	<p>Ball Moving</p> <ul style="list-style-type: none"> *Toe up and out, heel down *Step into pass *On balls of feet to receive pass *Receive pass in direction you want to go using inside of foot, outside of foot, and across body
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<p>Week: 2</p>	<p>Team Training:</p>	<p>Session Topic – Passing/Receiving</p>	<p>Level: Intermediate</p>
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<p>2</p>	<p>Set Up</p> <p>Passing, Split and Dribble Square 10 minutes 20x20yds</p> <ul style="list-style-type: none"> • 3 evenly split teams • Two teams in middle, one team around the perimeter • 2 teams have 1 ball • 1 team, each player has a ball 	<p>Rules/Progression</p> <ul style="list-style-type: none"> • Perimeter team is passing and moving the ball around the OUTSIDE of the grid and try to split teams inside with a pass • Team inside with 1 soccer ball will pass ball around as many times as possible while trying to split players in middle • Team with soccer ball each is dribbling and trying to split on a dribble inside teams • 2 min rounds 	<p>Coaching Points</p> <ul style="list-style-type: none"> • Proper passing and receiving technique • Communication to teammates (verbal and on-verbal) • Receive across body with hips open • Overhit passes to teammates • Constant movement of the ball and teammates
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<p>3</p>	<p>Set Up</p> <p>Split group into 2 groups lined up where x's are</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> * Thru ball as player runs around cone 1st CW then CCW *Player will round cone and check back to ball, 1 touch pass and then continue thru run. CW and then CCW * Player will round cone and check back to ball, 1 touch pass and around next come opening up for a pass, play to feet. 	<p>Coaching Points</p> <ul style="list-style-type: none"> * Speed of the pass * Lead the player on the thru ball * Play to correct foot when checking back to ball * Communication
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<p>4</p>	<p>Set Up</p> <p>5 players per grid - 1 sits out</p> <p>15 x 15 grid will 3 players at corner cones and 1 in the middle.</p>	<p>Rules/Progression</p> <p>Player 1 players ball to middle and moves to open cone. At same time player 2 passes to 3. Now 3 plays the ball to middle and player 1 plays ball to 2.</p> <p>Rotate middle player every 45 seconds</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> • Proper techniques • Receiving across body with hips open for more options • Find your open teammate • Change the point of attack * Pass and move, feet should not stop moving
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End of the Session Game: Play 4v4 possession in a 15x20 yd grid. Then add goals at the end

	- Groups of 3 Use entire field to freely move around Add dynamic stretch between each progression	- Tell next player as you pass number of touches they get before next pass. 1, 2, or 3 - Progress to longer pass using other groups as splits	- Proper passing form - Proper receiving form - Importance of 1st touch to lead to next pass - Pass and move, no standing
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Week: 2	Team Training: U11-U14 Tues	Session Topic – Attacking Principles	Level: Intermediate
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Session Overview:

	<p>Set Up Technical Warmup/Game 10 minutes 20x10yds</p> <ul style="list-style-type: none"> Split into two equal grids 1 ball per player 	<p>Rules/Progression</p> <ul style="list-style-type: none"> Lots of touches using all parts of foot, 1 minute per round with 5 rounds Groups of 2 with 1 ball per group. Two touch then 1 touch Groups of 4 with 2 balls per group. Start two touch work into 1 touch 	<p>Coaching Points</p> <ul style="list-style-type: none"> Use proper dribbling technique Use proper passing technique Lots of communication on the field Encourage players to find new spaces every time they make a pass Encourage players to limit their touches on the ball
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	<p>Set Up Creating Space: Create, Pass and Shoot 15 minutes 25x15 yds</p> <ul style="list-style-type: none"> Create two fields where each field has one more attacker than defender Goalkeeper in middle who defends two back to back goals (can use flags) 	<p>Rules/Progression</p> <ul style="list-style-type: none"> Team in possession must complete 3 passes than score on any side Team of defenders have 1 pass and can score on any side of goal Var 1. goals are now on endlines Var 2. add wide players and play to endline goals 	<p>Coaching Points</p> <ul style="list-style-type: none"> Proper use of space Proper passing technique Lots of communication on the field How quickly can we think and move?
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	<p>Set Up Creating Space 20 minutes 30x20yds</p> <ul style="list-style-type: none"> 2 even teams plus neutral player One large goal on one end Two small goals on opposite end 	<p>Rules/Progression</p> <ul style="list-style-type: none"> One team plays to small goals, one team plays to large goals Switch ends after 3-4 minutes (each team should attack a goal twice) Var 1. add wide neutral players to open up space Var 2. add target on endlines instead of wide to encourage forward passes 	<p>Coaching Points</p> <ul style="list-style-type: none"> Proper use of space and movement Proper passing technique Lots of communications Encourage use of neutral player to find spaces Play in open spaces and be patient
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<p>End of the Session Game:</p>	<p>Shooting Drill</p> <p>Split into 2 teams Place two nets approximately 36 yards apart.</p> <ul style="list-style-type: none"> Players start on opposite post dribble to 1/2 (18 yds away from net) and shoot right footed Same but shoot left footed Teams play a ball across for a 1 timer switching post Player circles cone and leaves ball off for other player to shoot 	<ul style="list-style-type: none"> Proper power shooting technique (toe down, drive through ball, land on plant foot, knee and body over ball) Proper accuracy shot (similar to passing form but more power, focus on aiming to corners)
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	- Groups of 3 Use entire field to freely move around Add dynamic stretch between each progression	-Tell next player as you pass number of touches they get before next pass. 1, 2, or 3 -Progress to longer pass using other groups as splits	- Proper passing form - Proper receiving form - Importance of 1st touch to lead to next pass - Pass and move, no standing
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Week: 2	Team Training:	Session Topic – Attacking Principles	Level: Intermediate
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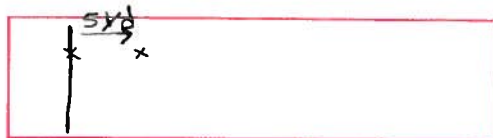
Session Overview:

	<p style="text-align: center;"><u>Set Up</u></p> <p>Technical Warmup/Game 10 minutes 20x10yds</p> <ul style="list-style-type: none"> Split into two equal grids 1 ball per player 	<p style="text-align: center;"><u>Rules/Progression</u></p> <ul style="list-style-type: none"> Lots of touches using all parts of foot, 1 minute per round with 5 rounds Groups of 2 with 1 ball per group. Two touch then 1 touch Groups of 4 with 2 balls per group. Start two touch work into 1 touch 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> Use proper dribbling technique Use proper passing technique Lots of communication on the field Encourage players to find new spaces every time they make a pass Encourage players to limit their touches on the ball
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	<p style="text-align: center;"><u>Set Up</u></p> <p>Creating Space: Create, Pass and Shoot 15 minutes 25x15 yds</p> <ul style="list-style-type: none"> Create two fields where each field has one more attacker than defender Goalkeeper in middle who defends two back to back goals (can use flags) 	<p style="text-align: center;"><u>Rules/Progression</u></p> <ul style="list-style-type: none"> Team in possession must complete 3 passes than score on any side Team of defenders have 1 pass and can score on any side of goal Var 1. goals are now on endlines Var 2. add wide players and play to endline goals 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> Proper use of space Proper passing technique Lots of communication on the field How quickly can we think and move?
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	<p style="text-align: center;"><u>Set Up</u></p> <p>Creating Space 20 minutes 30x20yds</p> <ul style="list-style-type: none"> 2 even teams plus neutral player One large goal on one end Two small goals on opposite end 	<p style="text-align: center;"><u>Rules/Progression</u></p> <ul style="list-style-type: none"> One team plays to small goals, one team plays to large goals Switch ends after 3-4 minutes (each team should attack a goal twice) Var 1. add wide neutral players to open up space Var 2. add target on endlines instead of wide to encourage forward passes 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> Proper use of space and movement Proper passing technique Lots of communications Encourage use of neutral player to find spaces Play in open spaces and be patient
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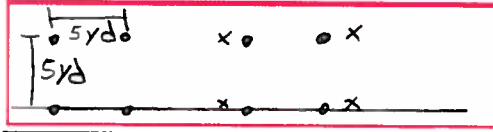
<u>End of the Session Game:</u>	<p><u>Shooting Drill</u></p> <p>Split into 2 teams Place two nets approximately 36 yards apart.</p>	<ul style="list-style-type: none"> Players start on opposite post dribble to 1/2 (18 yds away from net) and shoot right footed Same but shoot left footed Teams play a ball across for a 1 timer switching post Player circles cone and leaves ball off for other player to shoot 	<ul style="list-style-type: none"> Proper power shooting technique (toe down, drive through ball, land on plant foot, knee and body over ball) Proper accuracy shot (similar to passing form but more power, focus on aiming to corners)
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Volleys
 - Groups of 2 with a ball
 - Tosser back pedaling trying to keep a 5 yd gap
 - Person Volleying going forward

- Tosser back pedals tossing ball to partner till half field then switch
 - Toss to right foot and left foot using instep and laces
 - Toss in air for partner to use thigh foot
 - Toss in air for partner to use chest foot
 - Headers

- Proper form ankle locked, toe down
 - Let ball come down to foot
 - Adjust body to keep shoulders and hips towards tosser
 - Headers Drive through ball with eyes open and mouth closed



Volleys
 - Groups of 4
 Grid 5 yd by 5 yd for each group of 4
 Add dynamic stretch between each progression

- Players on end line remain as two top players rotate to and from tosser.
 - 5 tosses per tosser for 10 total **\$ switch**
 - Instep, Laces, Thigh foot, Chest foot, and headers

- Proper form ankle locked, toe down
 - Let ball come down to foot
 - Adjust body to keep shoulders and hips towards tosser
 - Headers Drive through ball with eyes open and mouth closed

Week: 2

Team Training: **U11-12 Thurs**

Session Topic -

Level: Intermediate

Session Overview:



Set Up

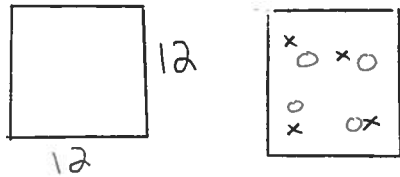
Split into groups of 3
 Short pass, short pass, and long lofted pass
 Players use as large a space as possible to be able to do stretch passes

Rules/Progression

- Short, short, long using strong leg. Long pass can take two touches to set up long pass
 - Have players work on less dominate foot
 - Have long pass try to use 1 touch

Coaching Points

- Focus on plant foot and getting behind ball to lift it
 - Lock ankle and drive ball
 - Watch foot into ball
 - Strike thru the middle of ball to keep it from "bending"
 - Player receiving long ball work on moving feet to correctly trap it



Set Up

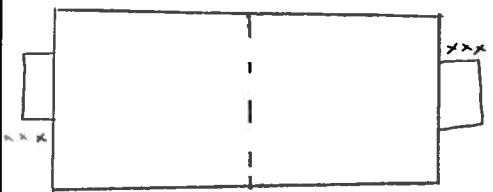
Split into 4 groups- 2 per grid
 Two 12 yd x 12 yd grids
 Adjust size of grid to skill level of player, smaller area for more skilled group

Rules/Progression

- Teams play keep away in grid trying to get to 5 passes without losing possession for 1 point
 - If no team is getting to 5 passes add in a neutral player who is always offense

Coaching Points

- Use entire grid
 - Always moving around in grid and talking
 - Have a plan before receiving ball
 - Do not force passes if space to dribble
 - Player with ball will need to keep head up
 - Work on proper dribbling and passing techniques previously taught



Set Up

Split into 2 teams
 Set up two nets 36 yards apart using same width as 18 yd box

Rules/Progression

- Players go 3 V 3 with a goalie inside grid
 - Play continues until a team scores. If a ball is shot wide player must go get it and their team plays down a player.
 - Once a team scores they all check back to their net and get a new ball from the goalie. Team that was scored on changes to new players.
 - Play 1st team to 5 goals

Coaching Points

- Proper movement and talking
 - Defending space
 Players are encouraged to shoot often due to how small the field is

End of the Session Game: Play 3v3 or 4v4 to goals. Can be one, two or three goals per field

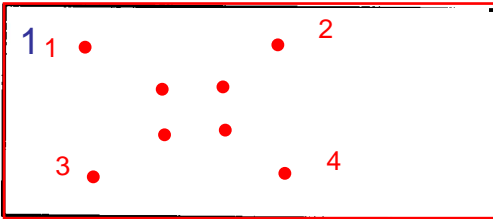
	<p><u>Volleys</u></p> <ul style="list-style-type: none"> - Groups of 2 with a ball - Tosser back pedaling trying to keep a 5 yd gap -Person Volleying going forward 	<ul style="list-style-type: none"> - Tosser back pedals tossing ball to partner till half field then switch - Toss to right foot and left foot using instep and laces - Toss in air for partner to use thigh foot - Toss in air for partner to use chest foot - Headers 	<ul style="list-style-type: none"> - Proper form ankle locked, toe down - Let ball come down to foot - Adjust body to keep shoulders and hips towards tosser - Headers Drive through ball with eyes open and mouth closed
	<p><u>Volleys</u></p> <ul style="list-style-type: none"> - Groups of 4 Grid 5 yd by 5 yd for each group of 4 Add dynamic stretch between each progression 	<ul style="list-style-type: none"> -Players on end line remain as two top players rotate to and from tosser. -5 tosses per tosser for 10 total - Instep, Laces, Thigh foot, Chest foot, and headers 	<ul style="list-style-type: none"> - Proper form ankle locked, toe down - Let ball come down to foot - Adjust body to keep shoulders and hips towards tosser - Headers Drive through ball with eyes open and mouth closed

Week: 2	Team Training:	Session Topic –	Level: Intermediate
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Session Overview:

	<p><u>Set Up</u></p> <p>Split into groups of 3 Short pass, short pass, and long lofted pass Players use as large a space as possible to be able to do stretch passes</p>	<p><u>Rules/Progression</u></p> <ul style="list-style-type: none"> - Short, short, long using strong leg. Long pass can take two touches to set up long pass -Have players work on less dominate foot - Have long pass try to use 1 touch 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> - Focus on plant foot and getting behind ball to lift it - Lock ankle and drive ball - Watch foot into ball - Strike thru the middle of ball to keep it from "bending" - Player receiving long ball work on moving feet to correctly trap it
	<p><u>Set Up</u></p> <p>Split into 4 groups- 2 per grid Two 12 yd x 12 yd grids Adjust size of grid to skill level of player, smaller area for more skilled group</p>	<p><u>Rules/Progression</u></p> <ul style="list-style-type: none"> - Teams play keep away in grid trying to get to 5 passes without losing possession for 1 point - If no team is getting to 5 passes add in a neutral player who is always offense 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> - Use entire grid - Always moving around in grid and talking - Have a plan before receiving ball - Do not force passes if space to dribble -Player with ball will need to keep head up -Work on proper dribbling and passing techniques previously taught
	<p><u>Set Up</u></p> <p>Split into 2 teams Set up two nets 36 yards apart using same width as 18 yd box</p>	<p><u>Rules/Progression</u></p> <ul style="list-style-type: none"> -Players go 3 V 3 with a goalie inside grid -Play continues until a team scores. If a ball is shot wide player must go get it and their team plays down a player. - Once a team scores they all check back to their net and get a new ball from the goalie. Team that was scored on changes to new players. - Play 1st team to 5 goals 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> - Proper movement and talking -Defending space Players are encouraged to shoot often due to how small the field is

End of the Session Game: Play 3v3 or 4v4 to goals. Can be one, two or three goals per field



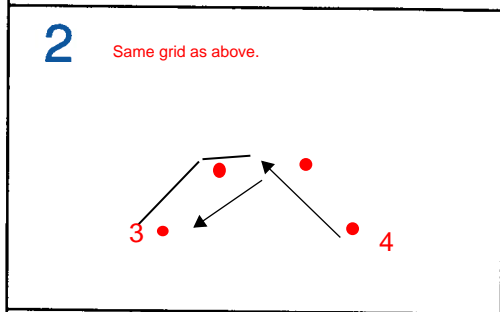
- 20 yd x 20 yd grid on the outside with a 5 yd x 5 yd grid inside
 - Two to three players at each of the four outside cones with a ball
 - 15 minutes
 - Dynamic stretching in between drills

- All 4 lines go at the same start time
 - Dribble diagonally across make a move in the middle square and make a pass when you get to 2nd cone
 (1 dribbles to 4, 2 dribbles to 3 and vice versa)
 - Same as above but pass is now a wall pass, both ways and feet
 - Dribble to 1st cone and make a turn back. Groups now stay in their own line

- Small touches, try to keep the ball close
 - If dribbling with speed point toe down and use pinky toe
 - Positive 1st touch into space
 - Passing and receiving form
 - On wall pass receive ball on back foot with hips open to field of play

Week: 4	Team Training:	Session Topic – Passing/Receiving	Level: Intermediate
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Session Overview:



Set Up

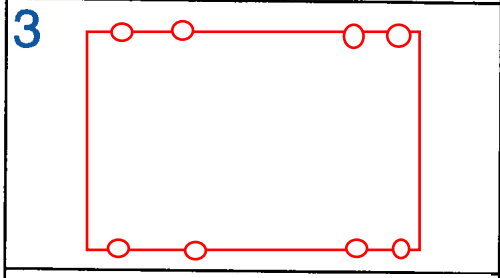
- 1 and 2 are grouped together and so are 3 and 4.
 - All groups have a ball
 - 10 minutes

Rules/Progression

- 3 and 1 go at the same time. 3 runs around 1st cone and receives a pass from 4.
 - 4 instructs 3 to turn. 3 Passes back to 3 line.
 - 3 goes to opposite line of their pass (line 4)
 - 4 now makes a run opposite of 3

Coaching Points

- Proper passing and receiving technique
- Communication to teammates (verbal and on-verbal)
- Receive across body with hips open
- Overhit passes to teammates
- Constant movement of the ball and teammates



Set Up

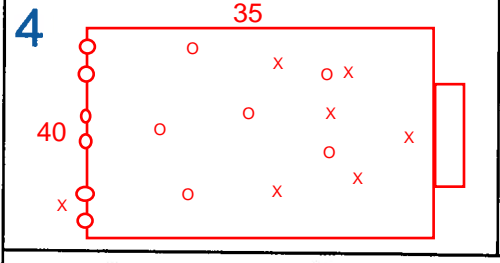
25 yds x 25 yds
 Split team into 4 equal teams, will need 2 grids shown to left
 Have 1 team in each grid with pennies on
 1 ball per grid with extra balls outside of grid
 2 small goals on each side are 3 yds wide
 20 min

Rules/Progression

- Teams play keep away in box 5 v 5 or similar
 - Team must complete 5 passes while keeping possession in order to get 1 point. (players must count out loud)
 - After 10 minutes, it becomes a scrimmage with the small goals team must complete 3 passes before scoring on the small goals

Coaching Points

- Ball movement and communication
- Changing direction of play and not forcing forward
- Constant movement to get open
- Proper passing, receiving, and dribbling techniques



Set Up

35 yds long x 40 yds wide
 - 1 full size net and 2 small goals (3 yds wide)
 - Grid is 6 (O's) v 5 (X's)
 - X has an extra person on the end line by the small nets
 20 min

Rules/Progression

- O's try to score on large net (Worth 3 pts)
 - X's defend and if they game possession they try to play to the X outside the grid. (Play to X is 1 pt, play to X thru the small goals with with 2 points)
 - Play for 10 minutes and switch O's and X's
 - Keep track of total points

Coaching Points

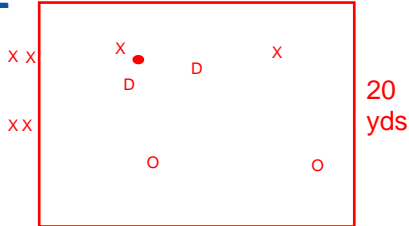
- Everything worked on above
- Proper shooting form and location
- Defensive positioning
- Communication

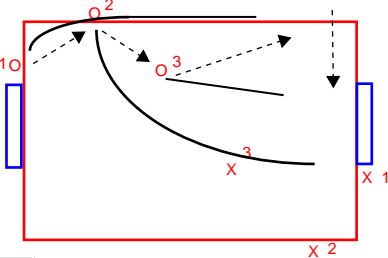
End of the Session Game:

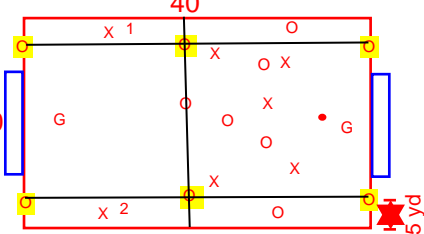
1	<ul style="list-style-type: none"> - "1, 2, 3" Passing - Groups of 3 - 10-15 minutes - Dynamic stretching every few minutes 	<ul style="list-style-type: none"> - Player makes a pass and says "1,2, or 3" player receiving the pass has that many touches to next pass - If passer says nothing receiver stops the ball and tells passer to do 5 push-ups -Start them in a smaller area and have them pass and move - Slowly tell them to start spreading out, the last session they should be play 20 yd passes or more in the air. 	<ul style="list-style-type: none"> -Passing and receiving techniques -Positive 1st touch leading into next pass -Communication -Passing with both feet -Strive for constant movement, players should never be stopped - Long passes should be driven close to the ground or lofted
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Week: 4	Team Training:	Session Topic –	Level: Intermediate
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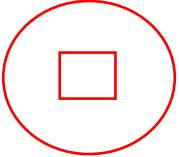
Session Overview:

<p>2</p> <p>20 yds</p> 	<p>Set Up</p> <p>Continuous 4 v 2</p> <ul style="list-style-type: none"> - 20 yd x 20 yd grid (Change to 15 yd x 15 yd if defenders are having issues) - Split team into 2. - 2 Pennies (to be held by defenders, "D") -15 minutes 	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Players play 4 v 2 in the box until the defenders "D" get the ball or it goes not of play - Once the above happens the "D" drop their pennies and become offensive players. Two new players come in and pick them up, becoming "D". -Team that screwed up from the in the 4 v 2 is out and back in line <p>Once the offense starts to get the hang of it limit their touches to 2 or 3</p>	<p>Coaching Points</p> <p><u>Offensive</u></p> <ul style="list-style-type: none"> - Positive 1st touch into space - Don't force a pass if not pressured - Movement and communication <p><u>Defensive</u></p> <ul style="list-style-type: none"> - Work together - Force to one direction - Pressure the ball once a mistake on the offense happens - Communication
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<p>3</p> 	<p>Set Up</p> <p>Crossing</p> <ul style="list-style-type: none"> 40 yds x 40 yds 2 full size nets Goalie in each net Balls behind "1" 20 min After 10 minutes switch side they are crossing on so they have to cross on both their left and right foot 	<p>Rules/Progression</p> <ul style="list-style-type: none"> -1 passes to 2, 2 opens up hips and passes to 3. Player receiving pass should start 10' behind cone to receive pass while moving towards cone -Once 1 passes to 2 they make an overlapping run into the corner. 3 will lead 1 with a pass into the corner playing them wide and into space - Once 3 & 2 and make their pass they make "bending runs" into the box for the cross - 1 crosses to 2 and 3 with either a driven ball (low and hard) or a lofted ball <p>X's and O's can go at the same time</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> - Ball movement and communication -Proper weight on passes - Cross needs to be on target (focus on players opening hips to where they are trying to cross the -2 and 3 need to have "bending" timed runs. They will need to wait 15 yds out until 1 is ready to cross. They should also be running toward the net when the ball is crossed not stopped and standing
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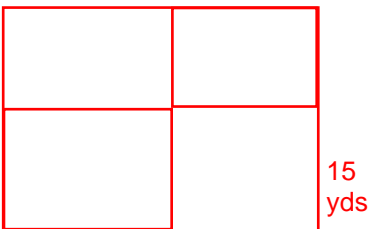
<p>4</p> 	<p>Set Up</p> <ul style="list-style-type: none"> -Same grid as above - Create 5 yd channels on both sidelines - 1 team will be in pennies 20 min Will need 14 players involved in this game. If there are extras have them juggle and chase balls. Rotate players in every 3-5 minutes If needed you can place a neutral player in grid to help with offense. They will be on offense the entire time, 5 v 4 	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Players play 4 v 4 inside the now 30 yd x 40 yd grid - There is an offensive player who remains in the channel for a total of 2 per team " 1,2" - Ball must be played into channel and keep possession to score, 1 point - If a ball can be played from 1 channel and to the other "2" and that team keeps possession and scores it is worth 3 points - If too much dribbling is happening limit players touches to 3 to help facilitate movement and passing 	<p>Coaching Points</p> <ul style="list-style-type: none"> - Everything worked on above - Do not force a pass into the channel keep possession and change direction -Don't be afraid to use the goalie - No corner kicks, ball goes out the endline it is a goal kick - Communication
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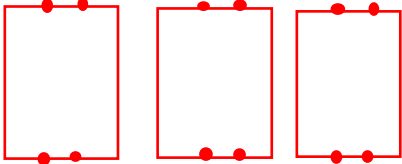
End of the Session Game:

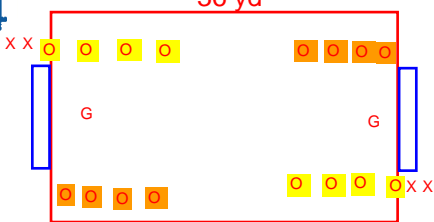
<p>1</p> 	<p>Volleys</p> <ul style="list-style-type: none"> - Half group in small 5 yd by 5 yd square - Other half about 20' back in a circle with soccer balls <p>- 15 minutes</p> <p>- Dynamic stretching when switching</p>	<ul style="list-style-type: none"> - Players start in square and check to person with a ball in hand in circle - Once player does touches they back through middle square and find another person to go to <ol style="list-style-type: none"> 1. Volley laces right foot and left foot then switch 2. Volley instep right and left foot then switch 3. Thigh, foot switch 4. Chest, foot switch 5. High toss player will trap ball, dribble through square and find a person on circle to pass to 	<ul style="list-style-type: none"> - Locked ankle with toe pointed down for laces volley - Locked ankle with toe up and out for in step - Composed and good posture, looking to keep good form - Constant movement never flat footed - Drive ball back to tosser
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<p>Week: 5</p>	<p>Team Training:</p>	<p>Session Topic –</p>	<p>Level: Intermediate</p>
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Session Overview:

<p>2</p>  <p>15 yds</p> <p>15 yds</p>	<p>Set Up</p> <p>Passing and moving</p> <ul style="list-style-type: none"> - Four 15 yd x 15 yd grids - Split team into 4 teams with pennies on - Each team needs 1 ball <p>-15 minutes</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Players pass to their own teams and pass must go to another grid. - Once pass is made passer must sprint into new grid to become open for a pass <ol style="list-style-type: none"> 1. Start with 3 touch passing 2. Change to 2 touch passing 3. Finally go to 1 touch passing 	<p>Coaching Points</p> <ul style="list-style-type: none"> - Constant movement no one should ever be stopped - Communication - Players should have their head up when receiving a pass to know where they want to pass before receiving ball - Positive 1st touch to lead into next pass - 90% sprint once passed to another box - Open hips up to field when receiving pass to see entire field
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<p>3</p> 	<p>Set Up</p> <p>3v3 Tournament</p> <p>15 yd x 20 yd grid Small 5' nets on each end Pennies</p> <p>- 20 minutes</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Teams play 3 v 3 in grid. - Goals are scored by dribbling or passing through small goals, ball must be on the ground when scored. <p>- Play for 5 min and switch teams.</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> - Ball movement and communication - Triangle shape - Proper passing technique - Don't be afraid to go 1 V 1 - Counter attacks - Shielding ball
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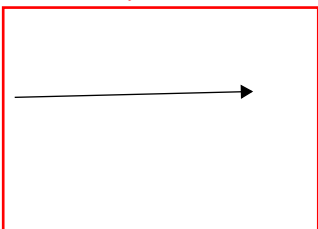
<p>4</p>  <p>36 yd</p>	<p>Set Up</p> <ul style="list-style-type: none"> - Nets 36 yds apart - Split into 2 teams with lines on opposite post - Each player will need a ball <p>25 min</p>	<p>Rules/Progression</p> <ol style="list-style-type: none"> 1. Player speed dribbles through the cones cuts in and has a shot. Once they have shot on each net have them switch to orange cones. 2. 1 footed hops through cones, come around last cone and receive a pass from your line 3. Back pedal and receive a bouncing pass for a volley from the opposite line 4. Side shuffle through cones receive a high toss from opposite line for a 1 touch shot 	<p>Coaching Points</p> <ul style="list-style-type: none"> - Game pace - Proper shooting form, toe down locked ankle strike ball on laces - Don't focus solely on power of shot focus on form and accuracy - Volleys focus on timing of shot when ball comes down to foot. Don't have foot go up to meet the ball
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End of the Session Game:

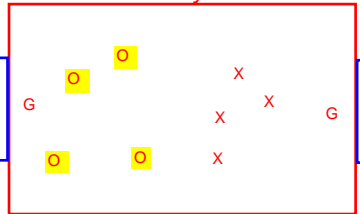
<p>1</p>	<p><u>Shadow Defending</u></p> <ul style="list-style-type: none"> - Groups of 2 with 1 ball - Open space <p>- 15 minutes</p> <p>- Dynamic stretching when switching from off. to def.</p>	<ul style="list-style-type: none"> - Player with ball dribbles side to side going forward. - Defender stays a good distance away and works on positioning - When the coach says "Go" the forward tries to dribble by the defender. Quick 5 seconds of play. - Offense gets the ball again and they do it one more time - Defense and offense switch <p>- Switch partners two total times</p> <p>- Each player will go 3 times on offense and 3 times on defense</p>	<ul style="list-style-type: none"> - Proper defensive position - Bent knees, one foot in front of the other - Keep a close distance, not too close that the player can dribble with speed by them and not too far that the dribbler is not pressured - Defense moves feet to stay in a good defensive position and does not stab
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<p>Week: 6</p>	<p>Team Training: 1</p>	<p>Session Topic –</p>	<p>Level: Intermediate</p>
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Session Overview:

<p>2</p> <p>20 yds</p> <p>15 yds</p> 	<p><u>Set Up</u></p> <p>Passing and moving</p> <ul style="list-style-type: none"> - 20 yd x 15 yd grids - Minimum groups of 8 <p>-20 minutes</p>	<p><u>Rules/Progression</u></p> <ul style="list-style-type: none"> - Defender (D) passes across to offense (O) - O tries to dribble across the defenders end line while staying in the box - Play is dead once ball goes out of play, O crosses the end line, or the D gains position of the ball <p><u>Variation</u></p> <ul style="list-style-type: none"> - Move balls to O side line. O makes a run towards D and checks back to O, as O passes the ball. D pressures O's back as they receive pass - 2 V 2, with D passing across - 2 V 2, with both players checking back to ball 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> - Defensive principals worked on above - Force O to weak foot - Pressure on back, try not to make it easy for them to turn <p>2 V 2</p> <ul style="list-style-type: none"> - Work with other D to force towards help - Communication - 1st D pressures ball, 2nd D gives depth and support
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<p>3</p> 	<p><u>Set Up</u></p> <p><u>Dog Fight</u></p> <p>Open field Split into 2 teams Pennies</p> <p>- 20 minutes</p>	<p><u>Rules/Progression</u></p> <ul style="list-style-type: none"> - Coach has all soccer balls - Coach tosses up a ball 1st player at each post run out. 1st player to ball is O and other is D. They play until goal is scored or a shot is done - After 1st shot players touch post and coach throws out another ball - Teams keep track of goals scored - After 1 V 1, go 2 V 2, 3 V 3, etc... 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> - Focus on defensive pressure and technical defensive stance - Once it goes to 2 V 2 and above work on 1st player pressure, 2nd player support, 3rd player depth. - Don't worry about offense just focus on defense
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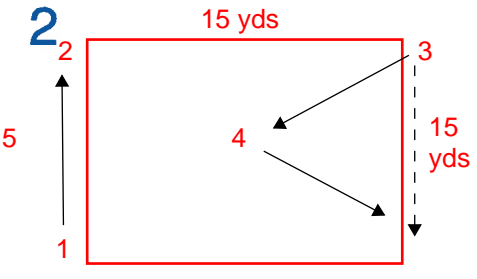
<p>4</p> <p>40 yd</p> <p>36 yd</p> 	<p><u>Set Up</u></p> <ul style="list-style-type: none"> - Nets 36 yds apart - Split into 2 teams - Goalie in each net - Pennies <p>20 min</p>	<p><u>Rules/Progression</u></p> <ul style="list-style-type: none"> - Teams go 3 V 3 with a goalie until a team scores - If a player misses the net they go chase their ball and their team plays short. - Once a team scores the other team sends in 3 new players. Scoring team checks back to their net and the goalie plays out a ball. 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> - Focus on everything shown above - Focus on defensive pressure with 1st def., 2nd def., and 3rd def.
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End of the Session Game: 1

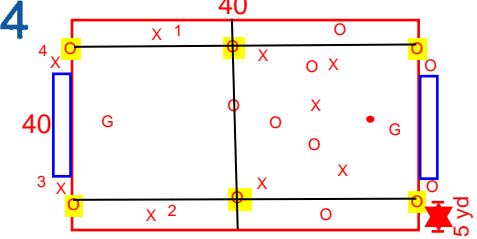
<p>1</p>	<p>100 Touch Volleys</p> <ul style="list-style-type: none"> - Groups of 2 with 1 ball - Partners line up 5' away from each other with 1 having the ball in hand <p>- 15 minutes</p> <p>- Dynamic stretching when they get back to end line</p>	<ul style="list-style-type: none"> - Toss back pedals while tossing to partner who is jogging towards him/her - Once players go 40 yards have them switch tosser and come back <ol style="list-style-type: none"> 1. Volley laces both right and left foot 2. Volley instep both left and right foot 3. Thigh, foot 4. Chest, foot 5. Headers <p>Every time the ball hits the ground volleyer does a push up. Keep track and do push ups when done</p>	<ul style="list-style-type: none"> - Locked ankle with toe pointed down for laces volley - Locked ankle with toe up and out for in step - Composed and good posture, looking to keep good form - Constant movement never flat footed - Drive ball back to tosser
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<p>Week: 5B</p>	<p>Team Training:</p>	<p>Session Topic –</p>	<p>Level: Intermediate</p>
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Session Overview:

<p>2</p> 	<p>Set Up</p> <p>Passing and moving</p> <ul style="list-style-type: none"> - 15 yd x 15 yd grids - Groups of 5 with 1 ball <p>- 15 minutes</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> - 3 passes 4 and makes a run towards empty cone. 4 wall passes back to 3. - At same time as above 1 passes to 2. - Now 2 passes to 4 and makes a run towards empty cone and 3 passes to 1. - Now 1 passes to 4 and makes a run towards empty cone and 2 passes to 3. <p>- Continue passing and moving for 1 minute then switch person in middle. Rotate 5th player in.</p> <p>- Once everyone has gone once 5th player is to put pressure on 4's back as they wall pass</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> - Constant movement no one should ever be stopped - Communication - Players should have their head up when receiving a pass to know where they want to pass before receiving ball - Player 4 to keep hips open to next pass - Player 4 needs to shield ball from 5 when he starts to pressure - Two balls should be in constant movement simultaneously
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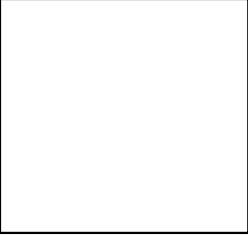
<p>3</p> <p>See Grid Below</p>	<p>Set Up</p> <ul style="list-style-type: none"> - Create 5 yd channels on both sidelines - 1 team will be in pennies <p>20 min</p> <p>Will need 16-18 players involved in this game. Rotate players in every 3-5 minutes</p> <p>If needed you can place a neutral player in grid to help with offense. They will be on offense the entire time, 5 v 4</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Players play 4 V 4 inside the now 30 yd x 40 yd grid - There is an offensive player who remains in the channel and end lines for a total of 4 per team " 1,2, 3, 4" - 3 passes must be completed before shooting. - Players on outside get 1 touch limit - If too much dribbling inside grid is happening limit players touches to 3 to help facilitate movement and passing 	<p>Coaching Points</p> <ul style="list-style-type: none"> - Everything worked on above - Do not force a pass into the channel keep possession and change direction - Don't be afraid to use the goalie - No corner kicks, ball goes out the endline it is a goal kick - Communication
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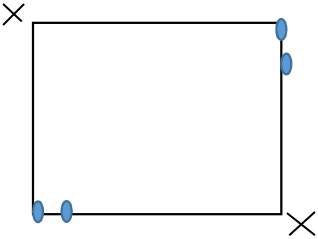
<p>4</p> 	<p>Set Up</p> <ul style="list-style-type: none"> - Same as above <p>25 min</p> <p>No passes needed before shooting</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Players play 4 V 4 inside the now 30 yd x 40 yd grid - Players in the channel can now 1 touch back to teammates for can dribble out of channel. If player in channel dribbles out passer must replace them - <u>Var 2</u> - Teams play 5 V 5 with channels as safe zone. Ball must be passed into channel and person in channel is limited to 2 touches. 	<p>Coaching Points</p> <ul style="list-style-type: none"> - Everything worked on above - Do not force a pass into the channel keep possession and change direction - Don't be afraid to use the goalie - No corner kicks, ball goes out the endline it is a goal kick - Communication
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End of the Session Game:

Week: 3	Team Training:	Session Topic – Dribbling with multiple options	Level: Intermediate
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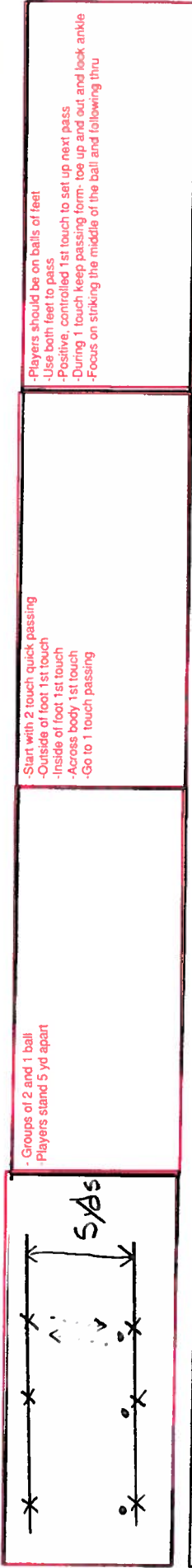
Session Overview: Dribbling training session for team. Coach may add variations to ones included

	<p style="text-align: center;">Set Up</p> <p>Dribbling Random Set up Moves Warmup 10 minutes 15x15 yds</p> <ul style="list-style-type: none"> All players in tight grid and all have a ball Players move around weaving in and out of each other (no running in circles) 4 moves to beat players 4 moves to turn 	<p style="text-align: center;">Rules/Progression</p> <ul style="list-style-type: none"> Emphasize changing speed every time a player changes directions Go as fast as possible until players begin to make mistakes, then slow down and get the move perfect Keep the amount of moves presented simple (4 total per session) until more are mastered Know the names of the moves! Var 1. ask players to combine moves 	<p style="text-align: center;">Coaching Points</p> <ul style="list-style-type: none"> Players should touch ball with each step Players keep their heads up Players use every part of both feet Encourage creativity Speed variation Players should be dribbling with their laces until they are using their moves Keep the ball in motion Master 4 moves, then add in 4 more
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	<p style="text-align: center;">Set Up</p> <p>Changing direction and speed 15 minutes (last 5 King of Court) 15x15 yds</p> <ul style="list-style-type: none"> 1v1 to two goals with only one side open Two lines on either side of the grid Players are in two lines on opposite sides of coach 	<p style="text-align: center;">Rules/Progression</p> <ul style="list-style-type: none"> Defenders play ball across to attacker Players may only score on either goal Use change of direction moves and move to beat players to score Var 1. 2v1 or 2v2 	<p style="text-align: center;">Coaching Points</p> <ul style="list-style-type: none"> Positive first touch to set up move Vision – head up to find defender and space Explode off of moves Defender – patience and waiting for mistakes Quick moves – not a shielding drill
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	<p style="text-align: center;">Set Up</p> <p>Turning and Attacking two goals 20 minutes 15x15 yds</p> <ul style="list-style-type: none"> 1v1 to two goals Two goals Two lines on either side of coach 	<p style="text-align: center;">Rules/Progression</p> <ul style="list-style-type: none"> Coach plays a ball into space and one player from each line plays Player must turn ball and then dribble through to score on either goal using a move to beat a player After goal is scored next pair goes Var 1. various starts for players (on ground, eyes closed, etc.) Var 2. 2v1 or 2v2 	<p style="text-align: center;">Coaching Points</p> <ul style="list-style-type: none"> First step to ball is in front of other player Check shoulder to know which way to turn Explode after turn and find a goal to score on Head up to know if one goal is covered Defender – be patient and wait for a mistake Encourage multiple moves
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End of the Session Game:	<p>-Depending on size of team and group split into 2 or 4 groups per team.</p> <p>-Field size should be 20 yd x 30 yd for 5 v 5.</p> <p>-Vary field size by numbers at practice</p> <p>- 1 ball per grid</p> <p>Set up 3 nets 4' wide as grid shows</p>	<p>- Play 5 V 5 team can score on any of the 3 goals ball must be played thru cones on the ground</p> <p>- If needed add a neutral player</p> <p>-Team must complete 3 or 5 passes before scoring</p>	<p>- Work on changing direction to use any of the 3 goals, don't force the ball at a defended goal</p> <p>- Use support in order to retain possession</p> <p>- Use the entire grid to spread the defending team out</p> <p>- Players should be in constant motion to get open</p> <p>- Focus on proper passing and dribbling techniques previously practiced</p> <p>- Don't be afraid to go 1 V 1 to goal</p>
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- Groups of 2 and 1 ball
- Players stand 5 yd apart

- Start with 2 touch quick passing
- Outside of foot, 1st touch
- Inside of foot, 1st touch
- Across body, 1st touch
- Go to 1 touch passing

- Players should be on balls of feet
- Use both feet to pass
- Positive, controlled 1st touch to set up next pass
- During 1 touch keep passing form- toe up and out and lock ankle
- Focus on striking the middle of the ball and following thru

Week: 3	Team Training	Session Topic – Passing/Receiving	Level: Intermediate
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Session Overview:

<p>2</p> <p>20 yds</p>	<p>Set Up</p> <p>Passing, Split and Dribble Square 10 minutes 20x20yds</p> <ul style="list-style-type: none"> • 3 evenly split teams • Two teams in middle, one team around the perimeter • 2 teams have 1 ball • 1 team, each player has a ball 	<p>Rules/Progression</p> <ul style="list-style-type: none"> • Perimeter team is passing and moving the ball around the OUTSIDE of the grid and try to split teams inside with a pass • Team inside with 1 soccer ball will pass ball around as many times as possible while trying to split players in middle • Team with soccer ball each is dribbling and trying to split on a dribble inside teams • 2 min rounds 	<p>Coaching Points</p> <ul style="list-style-type: none"> • Proper passing and receiving technique • Communication to teammates (verbal and non-verbal) • Receive across body with hips open • Overhit passes to teammates • Constant movement of the ball and teammates
<p>3</p> <p>25 yds</p>	<p>Set Up</p> <p>25 yds x 25 yds 2 evenly split teams with 1 neutral Each team has 4 players on outside of square (2 on each side) 1 ball Play for 5 min then switch outside people</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Team in possession of the ball tries to go from outside of grid to outside of grid using players on the outside for 1 point - Players on outside of grid only have 1 touch - x's go left to right - o's go up & down 	<p>Coaching Points</p> <ul style="list-style-type: none"> - Ball movement and communication - Changing direction of play, and not forcing forward - Constant movement to get open
<p>4</p>	<p>Set Up</p> <p>2 evenly split teams Grid 36 yds by 40 yds</p>	<p>Rules/Progression</p> <ul style="list-style-type: none"> - Players go 3 V 3 with a goalie inside grid - Play continues until a team scores. If a ball is shot wide player must go get it and their team plays down a player. - Once a team scores they all check back to their net and get a new ball from the goalie. Team that was scored on changes to new players. - Play 1st team to 5 goals 	<p>Coaching Points</p> <ul style="list-style-type: none"> - Proper movement and talking - Defending space - Players are encouraged to shoot often due to how small the field is

End of the Session Game: Play 4v4 possession in a 15x20 yd grid. Then add goals at the end