

10-Week Self-Help Booklet Series

Coaches' Edition



**THE OFFICIAL CAMP AND CLINIC
OF MAJOR LEAGUE SOCCER**



Introduction

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10-WEEK SELF-HELP BOOKLET SERIES

Introduction

“Players at this age begin to put the components of the game into a cohesive whole. You will need to help them learn and master the operations needed to develop the whole as you sow the seeds of team play for the future.”

Gary F. Russell, Ed.D.
CEO, MLS Camps

Words of Encouragement

Welcome to the greatest game on earth! Soccer is a thrilling, fast-paced game ideally suited to the high energy levels that kids seem to inherently possess.

This book is designed to prepare coaches of varying experience. Whether you are a seasoned participant or a first year novice, the activities will allow you to enjoy success coaching younger players.

The primary objective of coaching any child during his or her formative years is to focus on developing the individual as a person, not as a player. You are charged to develop players with a foundation of self-esteem and worth, which will allow them to feel confident and safe in any setting. As their self worth develops, they will be more receptive to the introduction of specific soccer skills and techniques.

As you read through this booklet, you will find it to be a well thought through collection of activities that will help you work toward the goal of activating all players with whom you work. During the course of the season you should evaluate your progress by asking yourself these questions: Is your coaching working in terms of the content? Is it age appropriate? Is it activating each player within the group?

I challenge you to live the philosophy that we present in this book and use these materials to be the best coach you can be. This process is designed to lift both you and your players beyond your vision of capability. I wish you continued success!



Gary Russell
CEO, MLS Camps

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Introduction

Program Overview

This booklet will help you in your planning of practices for a 10-week season for 7-8 year olds. Should you have any additional coaching related questions after reading this booklet, please call:

MLS Camps Info-Line 1-800-680-6272

MLS Camps coaching staff are available on a year-round basis to provide support and guidance in delivering this program in your community. This may incorporate:

1. A classroom orientation for coaches in areas of content, coaching methodology and modeling behavior.
2. Coach support/mentoring from MLS Camps coaching staff.
3. A classroom debrief leading to an assessment of program strengths, concerns and recommendations.

To find out more about rates and services provided through this support program, call **1-800-680-6272**.

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Curriculum Development

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Curriculum Development

The MLS Camps *Kidriculum*®

Kidriculum is MLS Camps' child-appropriate curriculum rationale which lends educational theory to our practical applications. To help others understand its basis, each letter of the word "kids" represents a component of its overall philosophy:

K stands for Kids. MLS Camps' process is successful because it is kid centered. Kids are the clients, the receivers. With this in mind, MLS Camps' primary goal is not to teach the fundamentals of soccer, but to teach kids.

i is for Interaction. From research we know that with any interaction there is a sender and a receiver of information. We know, too, that there is always an outcome of that interaction. MLS Camps' job is to ensure that the outcome is predictable, replicable and a positive one.

d stands for Development, or continuous improvement, which is a natural by-product of positive human interaction.

S is for Satisfaction. Coming away from the experience with a sense of satisfaction is the benchmark of MLS Camps' success.

MLS Camps' age-appropriate themes are derived from this overall rationale. The curriculum for 7 - 8 year olds is centered around the key components of **Play S.A.F.E.SM - Play . Soccer . Awareness . Fun . Education .**

Play: The best teacher of the game is the game itself

Soccer: Ball Work - Dribbling - Passing & Control - Shooting - Defending & Heading

Awareness: Teamwork - Sportsmanship - Goal Setting - Health & Safety

Fun: Activity Breaks - Talent Competitions - Quizzes - Backyard Homework

Education: Attacking - Defending - Types Of Possession

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Curriculum Development

From the theme, elements are incorporated into the planning of daily coaching sessions. The following example is based on a total contact time of 1 hour 30 minutes.

0:00 to 0:10 Soccer-robics (warm up activities with and without a ball)

0:10 to 0:25 Turns and Burns (fast footwork)

0:25 to 0:40 Skillzbuilders (skills and techniques based upon the theme of the day)

0:40 to 0:50 Activity Break (competitions/quizzes)

0:50 to 1:05 Netbusters (small sided conditioned game towards goals)

1:05 to 1:15 Backyard Soccer (games based on a street game mentality)

1:15 to 1:30 “The Big Game” (small sided conditioned game developed to free play)

Each daily session in this booklet incorporates some or all of these elements in a timed out sequence for a total of 1 hour 30 minutes.

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Player Information

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Player Information

The Starting Line

Look for the following soccer traits at this age:

- Players stopping the ball, cushioning it on impact, thus rendering it more manageable.
- Players maintaining solo possession, dribbling at one speed with some thought to change of direction.
- Players confronting an opponent and taking the ball away from him/her by tackling.
- Players beginning to grasp concepts like support play, combinations and the indirect approach to goal.
- Players focusing on power over accuracy in shooting on goal.

Over the course of the season, players will gain a better sense for concepts like movement off the ball, space and change of direction.

Why Are Kids Drawn To Soccer?

Soccer is an attractive sport to children because it provides opportunities for:

Experimentation	Soccer players can and should be encouraged to try new things.
Fun	This may be in the form of achieving targets, a diversity of activities, or playing and laughing with friends.
Learning	Some kids play sports because they want to learn new skills.
Friendship	For young children, the companionship may be more important than the activity itself.
Recognition	Some children participate in organized activities to receive a stamp of approval from friends and family.
Competition	Some early bloomers may enjoy rising to the ever-increasing pressure of competition, while others will inevitably shy away from such confrontations because they are afraid of being shown up.
Energy	Soccer is fast paced, continuous and relatively free from stoppages.
Self-Discovery	Through the expectations of others, kids can define their own parameters; e.g., what is acceptable and unacceptable behavior.

Try to provide experiences in your practices which meet as many of these desired outcomes as possible.

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Coaching Hints & Tips

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Coaching Hints & Tips

Coaching Persona

The best coaches of younger players exhibit certain key qualities. These can be summarized in the acronym **M.O.P.E.C.**

- Magic:** The ability to clown around and play the magician...to play games at the kids' level and on their terms.
- Organization:** The coach should present a well-structured coaching session.
- Personality:** Kids love coaches who are friendly, animated and patient. A sense of humor is also a must.
- Encouragement:** The coach should be the team's #1 cheerleader. The coach's positive attitude can reflect only positively on the children.
- Concern:** Kids appreciate the interest a coach takes in the things they do besides soccer.

Coaching Communication

Successful coaching requires the skillful use of reinforcement. Start reinforcing what each player is capable of doing and gradually require more as skills are refined.

- Start with a compliment. ("Way to hustle. You really made a great shot on goal!")
- Be future-oriented in your instructions. ("If you keep your eye on the ball, you'll control the ball just like 'name of favorite player' does.")
- End with another positive statement. ("Keep working at it. I can see the improvement already!")

Coaching Methodology

Children at this age are able to digest technical information if it is presented in a clear, concise, simple manner. In our session planning, we have interspersed technical content taught in grids with fun activities and small-sided games.

Technical development of young players involves a number of keys:

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Coaching Hints & Tips

- Provide only one suggestion for improvement at a time.
- Try to improve only one technique each practice.
- Begin with a walk-through of each activity. Players must be successful in each stage before they can move on to the next stage.
- Do not apply resistance through the introduction of opponents until players have mastered the activity in a non-pressured environment.
- Apply resistance at first by adding a passive opponent. Then introduce active opponents and teammates.
- Encourage your players to practice their techniques in their home environment each day.

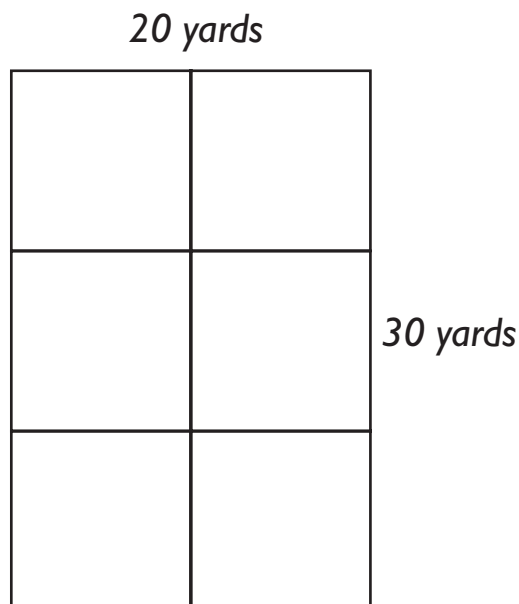
Our 10-week session plans incorporate the use of grids in achieving many of these points.

Coaching in Grids

The grid system will enable you to break down the field into small units which children can more readily understand. Starting with a simple 10 x 10 yard grid, you will be able to increase the number of grids used (10 x 20, 20 x 30, etc.) until the group is utilizing the equivalent of a 1/2 or full field.

Grids enable the young player to identify and associate with boundaries. They are also an excellent aid to organization for the coach.

Wherever possible, line your fields in 10 x 10 yard areas or use cones or discs to mark out areas accordingly.



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Coaching Hints & Tips

General Coaching Suggestions

1. Have fun - it's contagious.
2. Avoid "long" line drills at all costs.
3. Always demonstrate. The children will remember what you did long after what you said. As the old Chinese proverb goes "I hear ... I forget. I see ... I remember. I do ... I understand."

Additionally, you should try to institute some individuality into your sessions, particularly in scrimmage games. Here are a few ideas:

- Place soccer balls on the lines marking the perimeter of the playing area. Whenever the ball is kicked out of play, resume play from the nearest ball at the point where the original ball went out of bounds.
- Encourage the goalkeeper to come out into the field of play when his/her team is attacking. The keeper's role should be that of "sweeper/keeper" in these instances. Also be sure to rotate goalkeepers.

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Organizational Guide

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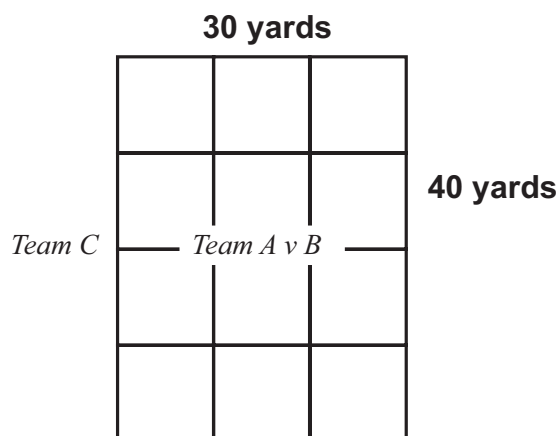
Organizational Guide

Step 1: Establish a League

Elect a league coordinator whose responsibility is to schedule games and allocate playing space. This person should also ensure that teams are promptly organized and that all parties have the relevant materials in a timely manner.

Step 2: Provide For A Playing Area

You will need to allocate a 30 x 40 yard area to each practice squad. A squad should consist of 12 players. Subdivide the area into 10 x 10 yard grids as shown in the diagram below:



For the purposes of MLS Play-Off games, you should split your squad into three groups of four or two groups of six. Team A (four players) can scrimmage team B (four players) on a 30 x 40 yard area while team C sits out a rotation. Alternatively, Team A (with 6 players) can scrimmage Team B (with 6 players) for the entire allocated scrimmage time.

Step 3: Establish Rules & Regulations

We suggest that you adhere to the following recommendations:

Dimensions

- Field of play for small-sided games to be 30 x 40 yards. To avoid any confusion, we recommend that you avoid laying down any internal field markings. Use discs to delineate internal markings such as the center spot and penalty box.
- Goals should be a maximum of six feet high and eight feet wide. Goals can be purchased through MLS Camps.

The Ball

- Size 4 regulation

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Organizational Guide

Number Of Players

- Each practice squad should consist of twelve players.
- Each team fields four/six players on the field at any one time during scrimmage games.

Time

- This should be flexible according to the total time you have allotted for your coaching session.

Equipment

- Team jersey/t-shirt, shorts, stockings, shinguards and athletic footwear should all be mandatory. See our complete line of soccer products on the web at www.mlscamps.com.

Officials

- Utilize parents or coaches to officiate scrimmage games.
- Ensure that officials are aware of their responsibility to the children to explain infractions and encourage fair play.

General Rule Modifications

- There are no offsides.
- Substitutions, in instances where there are more than 12 players on a squad, should be carried out every couple of minutes during breaks in the play.
- Encourage players to throw the ball in correctly at throw-in situations. If this is too difficult, allow the ball to be rolled in underarm. This makes the ball generally easier to control.

Step 4 - Set A Pre-season Meeting

- Arrange a pre-season get together of coaches, assistants and other interested administrators. Reach consensus on rules and regulations, goals and objectives. Hand out self-help booklets, game schedules and field allocations.
- Arrange a meeting with team parents and players. Use this opportunity to solicit input regarding team expectations and goals/outcomes. Clarify your expectations regarding issues like sideline behavior and parental responsibilities. Behavioral recommendations may include:
 1. Parents should remain seated in the spectator area during the practice/game.
 2. Parents should not yell instructions or criticisms to the children.
 3. Parents should not make derogatory comments to coaches, officials or league administrators.
 4. Parents should not interfere with their child's coach. They must be willing to relinquish the responsibility for their child to the coach for the period of the practice/game.

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Organizational Guide

- Organize additional help/assistants and team parents for refreshments and snacks.
- Ensure as many parents as possible can attend practice sessions and games.
- Obtain as much background information as possible on your players for your records:

- * Name, address, phone number, and e-mail address

- * Occupational information for parents

- * Current medications, allergies, etc.

- * Previous playing experience

Refer to the enclosed player information record at the back of this booklet.

Step 5 - Organize Your Practice Sessions

Where will sessions be held? What time will they start and finish? How often will they practice during the week?

Your practice sessions should be no longer than 1 hour 30 minutes in duration once a week. Each session should follow the activity guidelines established in this booklet. This incorporates key elements such as:

Soccer-robics: warm up activities with and without a ball

Turns and Burns: fast footwork

Skillzbuilders: skills and techniques based upon the theme of the day

Break: competitions, quiz's, jokes and stories

Netbusters: small-sided conditioned game towards goals

Backyard Soccer: games based on a street game mentality

The Big Game: small-sided conditioned game developed to free play; teams take on the identity of the MLS teams for the day

Step 6 - Assessments

The following assessment tools are contained herein:

Coaches Logbook: written by the coach to track his/her thoughts and ideas as the season unfolds.

Coaches Evaluation: comments transferred from the logbook onto a formal evaluation to be submitted to the age level coordinator.

Parents Evaluation: parents' comments on the program's successes and concerns.

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Organizational Guide

Player Assessment: a player assessment tool to track each player's improvement through the course of the season (certificate of completion at this age).

All feedback should be displayed during your end of season debrief. Use it to develop your plan for the following year.

Step 7 - Debriefing

At the end of the season, we recommend that you set aside a time when coaches in the division can get together to brainstorm the positives, concerns and recommendations from the year. It is imperative that you have a summation of the parents/players evaluations from your coaching group completed by this time.

Here is an outline which you can use in running the meeting:

Step 1 - Identify the positives from the season - have attendees take 5 minutes to write them down - list them on chart paper.

Step 2 - Identify concerns from the season - have attendees take 5 minutes to write them down - list them on chart paper.

Step 3 - Review the concerns. Prioritize them individually into a top 10, giving a 10 to your top concern and a 1 to your least concern. Add up everyone's scores in order to get a consensus top 10.

Step 4 - Split into groups of 4. Take 2 concerns per group. Attempt to solve the concerns by writing action plans to address the concern. Here is an example of how to present your thoughts:

Concern - not enough coaching support/mentoring to supplement booklet ideas.

Recommendation - (1) Hire MLS Camps coaching staff to provide support for the first 3 weeks of the soccer season (2) Bring MLS Camps coaches in to conduct a pre-season licensing course (3) Club to contribute 50% of fee to send each coach to a state licensing course.

Justification For Change - (1) Assists the coach/assistant coaching staff in their preparations (2) Provides a much needed assurance that what we are doing is in fact what we are supposed to be doing (3) Provides assurances to the parents that we are knowledgeable, trained volunteers.

Step 8 - Questions/Comments

If you have any inquiries pertaining to anything included in this booklet, please call our club info-line at **1-800-680-6272**. Help is a toll free phone call away!

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General Information

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General Information

**Additional Soccer and Services Available to You through
MLS Camps by calling 1-800-680-6272 or visiting MLScamps.com**

Player Development

- Camps (Recreational, Competitive, Elite)
- Clinics (Group & Individual)

Coach Development

- Training
- Clinics (Coaching Clinics, Team Clinics)

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- Packaged Camp Programs
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- The Camp Store at MLScamps.com

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Weekly Activities

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Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: One

Daily Topic: Running With The Ball

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

0:45-0:55 Break (competitions/quizzes)

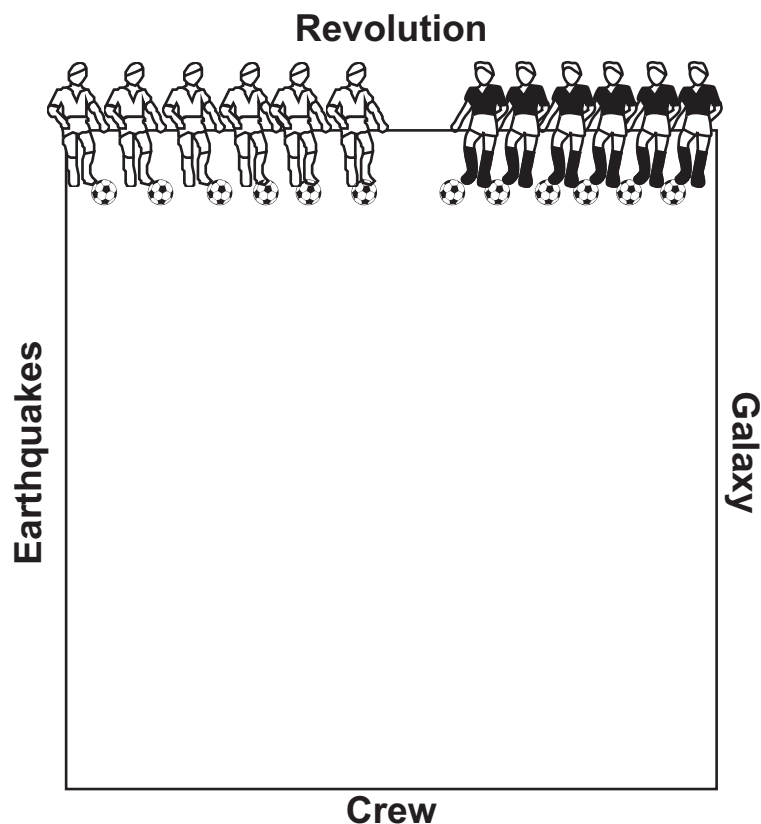
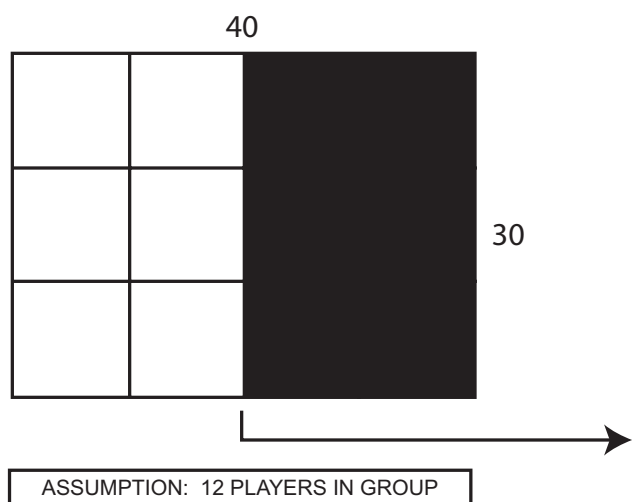
0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Running With The Ball

MLS Team Dribble



Purpose

To develop close control and change of direction.

Organization

Set out a 20 x 30 yard area. All players start on one endline. One ball per player.

Game Objective

Players must listen and respond to the commands given by the coach. 1). "Revolution" = players run to the Revolution line. 2). "Crew" = players run to the Crew line. 3). "Earthquakes" = players run to the Earthquakes line. 4). "Galaxy" = players run to the Galaxy line. Every time the players change direction, they should use the soles, inside or outside of their feet.

Progressions

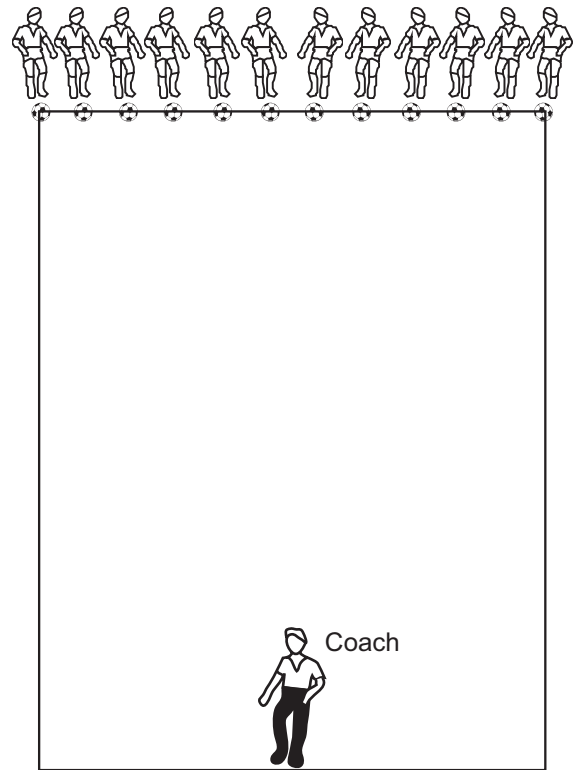
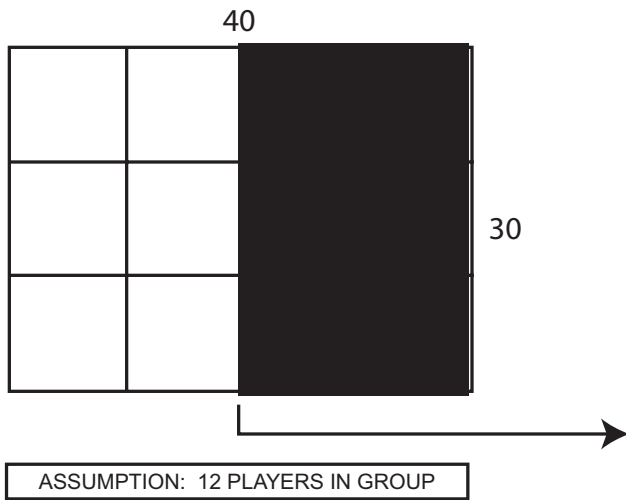
Make it a race between the players to see who gets there first.

Key Coaching Points

1. Good close control.
2. Cover the ground as quickly as possible.
3. Encourage players to turn by hooking the ball with the inside of their feet or the soles of their feet.

URNS & BURNS - Running With The Ball

How Long Left Ref?



Purpose

To develop fast footwork and close control.

Organization

Set out a 20 x 30 yard area. The coach stands on one endline with his/her back to the players who are spread along the opposite endline. One ball per player.

Game Objective

The players shout out "How long left ref?" The coach gives them a time e.g. 5 minutes. The coach counts aloud 1-2-3-4-5 and turns around to face the players who are dribbling towards him. The players must stop the ball with the sole of their foot. Anyone seen moving is sent back to the start line. The coach turns his back again. Repeat. The winner is the player who tags the coach first.

Story

The coach can introduce fun commands 1.) Injury Time—kids fall to the ground grab their knee and make lots of noise. 2.) Red Card—kids fall onto their knee and beg "Sorry ref, sorry ref". 3.) Full Time—coach chases the kids back to the start line.

Progression

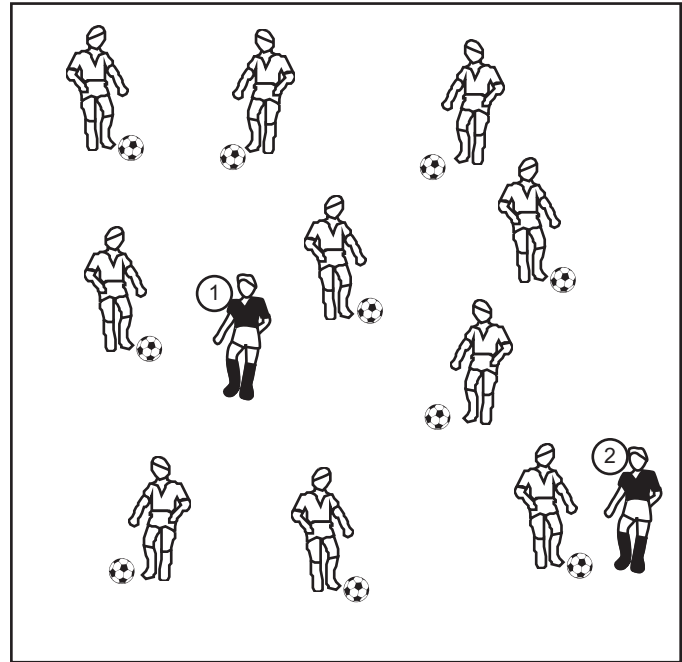
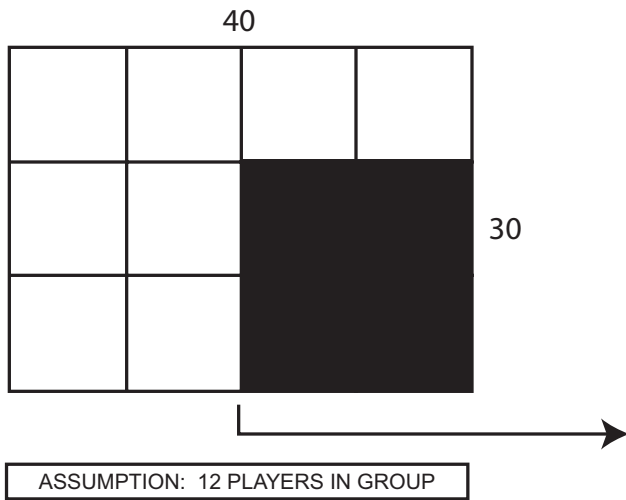
Players can use only their laces to push the ball forward.

Key Coaching Points

1. Keep the ball within 2–3 feet between touches.
2. Look up and around between touches.
3. To get across quicker, push the ball in front and chase after it.

URNS & BURNS - Running With The Ball

Freeze



Purpose

To develop dribbling and pursuit. Also to develop defender adopting a good defensive stance by challenging for the ball, not the player.

Organization

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area.

Game Objective

Players #1 and #2 must chase in pursuit of the other light players. Once a light player has either dribbled outside of the area or a dark player has touched the ball with his foot, he must stand inside the area with the ball above his head and legs apart. He can be released only when another light player dribbles through his legs.

Progressions

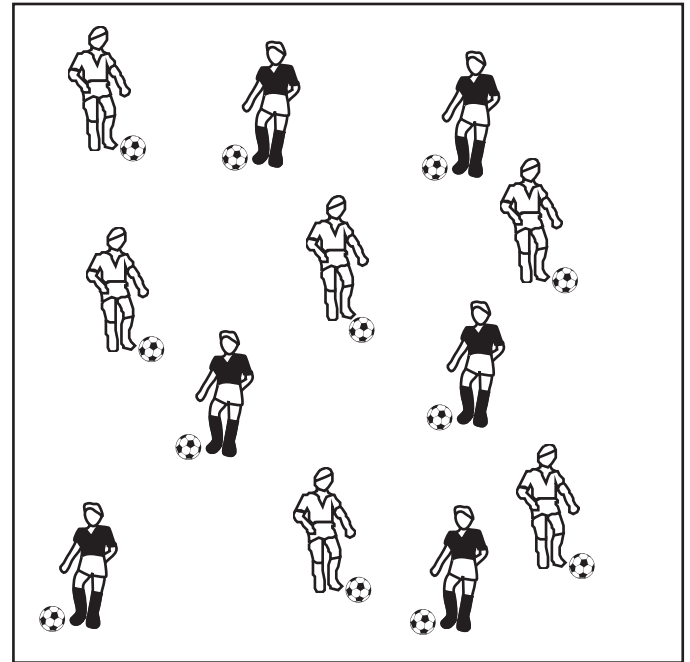
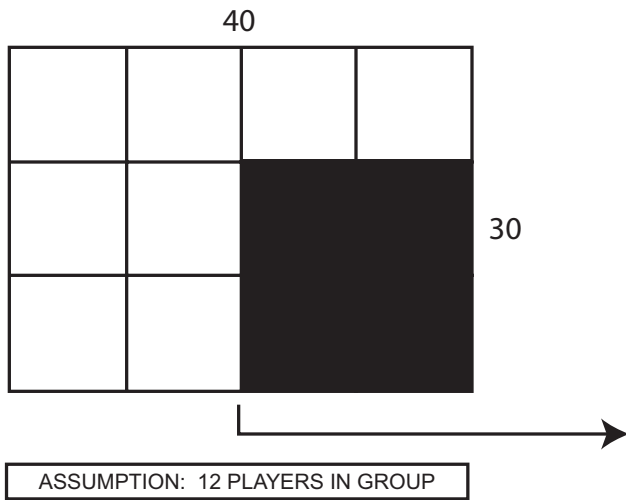
Introduce the "sole turn" and the "forward roll" commands to the practice.

Key Coaching Points

1. Look up and around you between touches.
2. When turning, accelerate into open space.
3. Try to get your body between the ball and the defender to shield it.
4. Defenders need to be sideways so they can see and reach the ball.

SKILLZBUILDER - Running With The Ball

Red Light, Green Light



Purpose

To develop using the inside and outside of both feet.

Organization

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area.

Game Objective

When the coach calls out “green light,” each player must work the ball around the area using the inside then the outside of the stronger foot. When the coach says “red light,” each player must stop the ball with the sole of the foot. When the coach says “yellow light,” the players leave their ball, run off and dribble away with a different ball.

Progressions

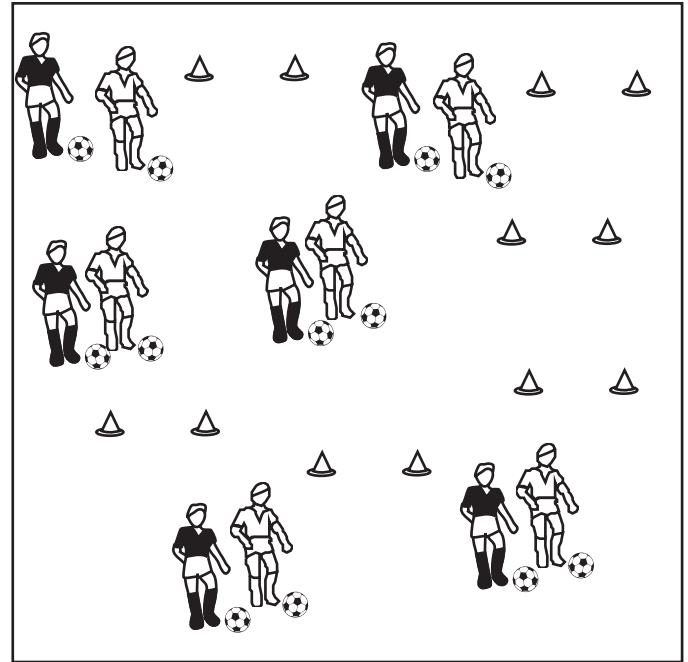
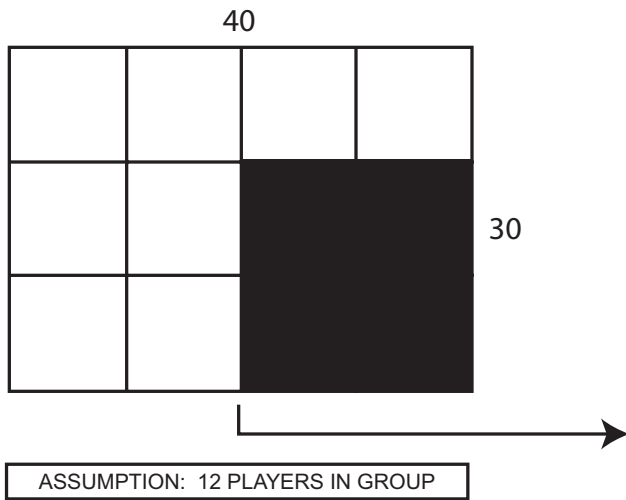
1. Inside and outside of the weaker foot only.
2. Use both feet.

Key Coaching Points

1. Keep the ball moving.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up between touches and keep away from other players.
4. When the coach says, “yellow light,” get to another ball quickly.

SKILLZBUILDER - Running With The Ball

Gatekeeper



Purpose

To develop change of direction under pressure.

Organization

Set out a 20 x 20 yard area. Set out as many gates as possible within the area (two discs, 2 yards apart). Each player has a ball. Group in pairs.

Game Objective

The light player must dribble through as many gates as possible in a specified time limit. The dark player must try to shadow his partner and each time he is able to kick his ball to hit the ball of his partner, the light player loses a point. One point per gate.

Progressions

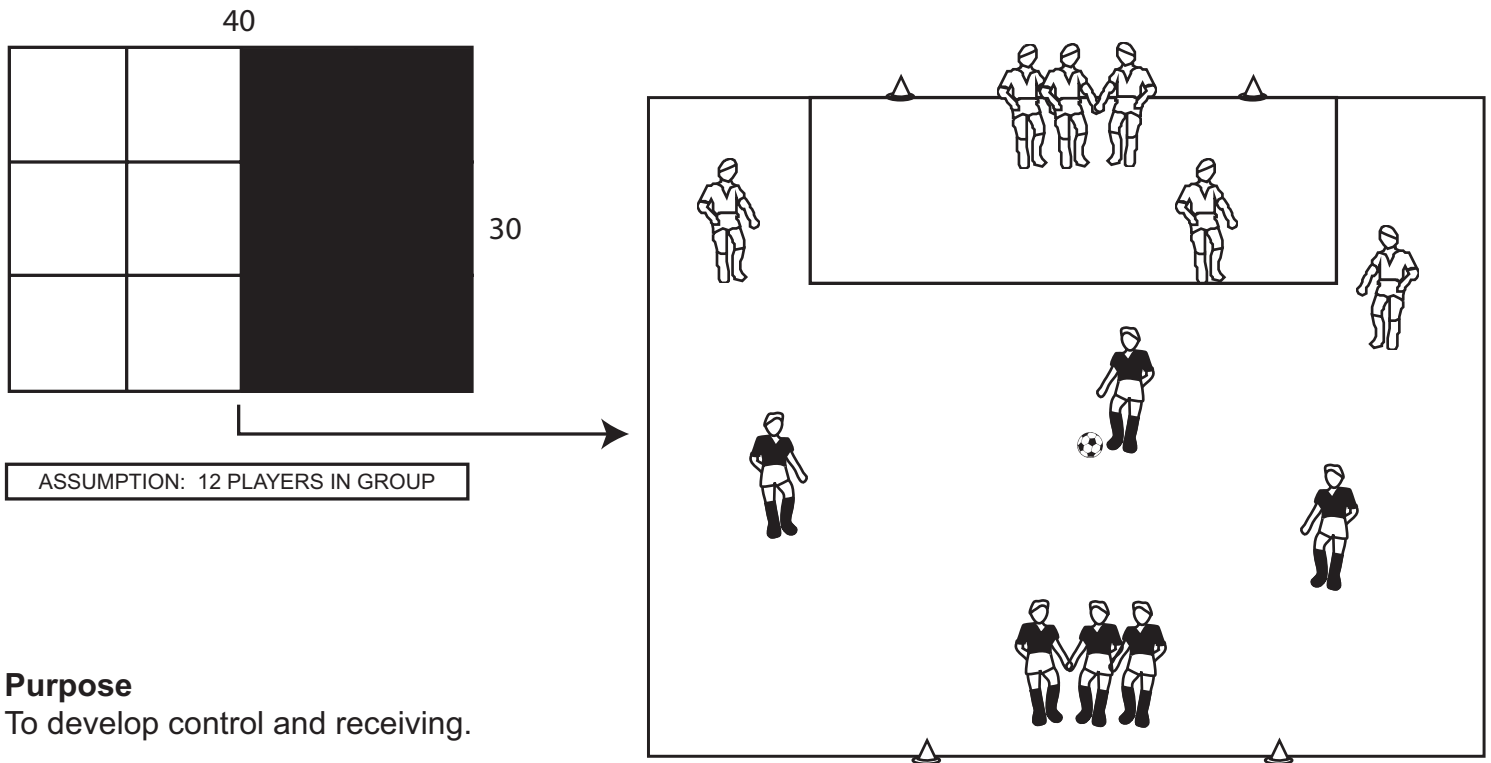
Play 4 defenders and 8 attackers. Attackers dribble through gates while defenders try to pass their balls to hit the balls of the attackers.

Key Coaching Points

1. Use the inside of the foot to hook the ball to the side when crossing through a gate.
2. Try to cover the ground between the gates as quickly as possible.
3. Use the sole turn/drag back to avoid the defenders.

Running With The Ball

Change Soccer



Purpose

To develop control and receiving.

Organization

Set out a 20 x 30 yard area. Position 3 players who link arms or hold hands on the goal line. Make the goal 4 yards wider than the linked players. Play 3 v 3 until coach shouts, "Change!" then the chain breaks and the team previously out on the field becomes the chain in goal. The original chain players now become field players.

Game Objective

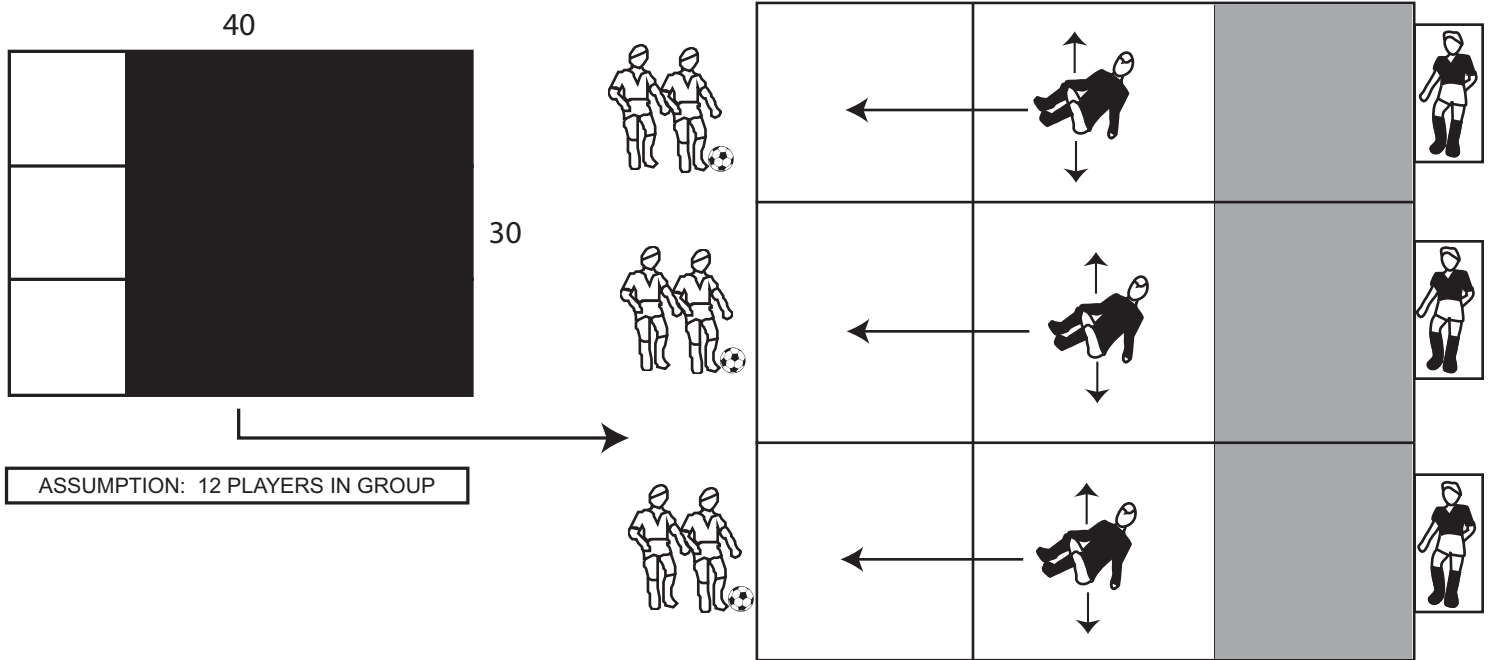
3 players from each team form a human chain by linking arms or holding hands. These players are stationed on the goal line in front of goal approximately 8 yards wide. The team in possession must attempt to score past the human chain defending the opposing goal. Goals and saves are each worth 1 point (players in the chain are not allowed to use their hands to defend the goal and must control the ball within 5 yards to score).

Key Coaching Points

1. Cut off the path to goal.
2. Try to keep possession of the ball.
3. Shoot at every opportunity.
4. Go to the ball, don't back away from it.
5. Help the player with the ball by getting into a supporting position.
6. Get ready to change.

BACKYARD SOCCER - Running With The Ball

Super Teams



Purpose

To develop running with the ball and beating an opponent.

Organization

Set out a 30 x 30 yard area in 10 x 10 yard grids. Group in 3's. 1 ball per group. Station players as shown in the diagram. Position crab players in the three middle grids.

Game Objective

Light players combine by dribbling and passing to beat the crab and get a shot on goal. They must shoot before they reach the shaded area. Rotate positions.

Progressions

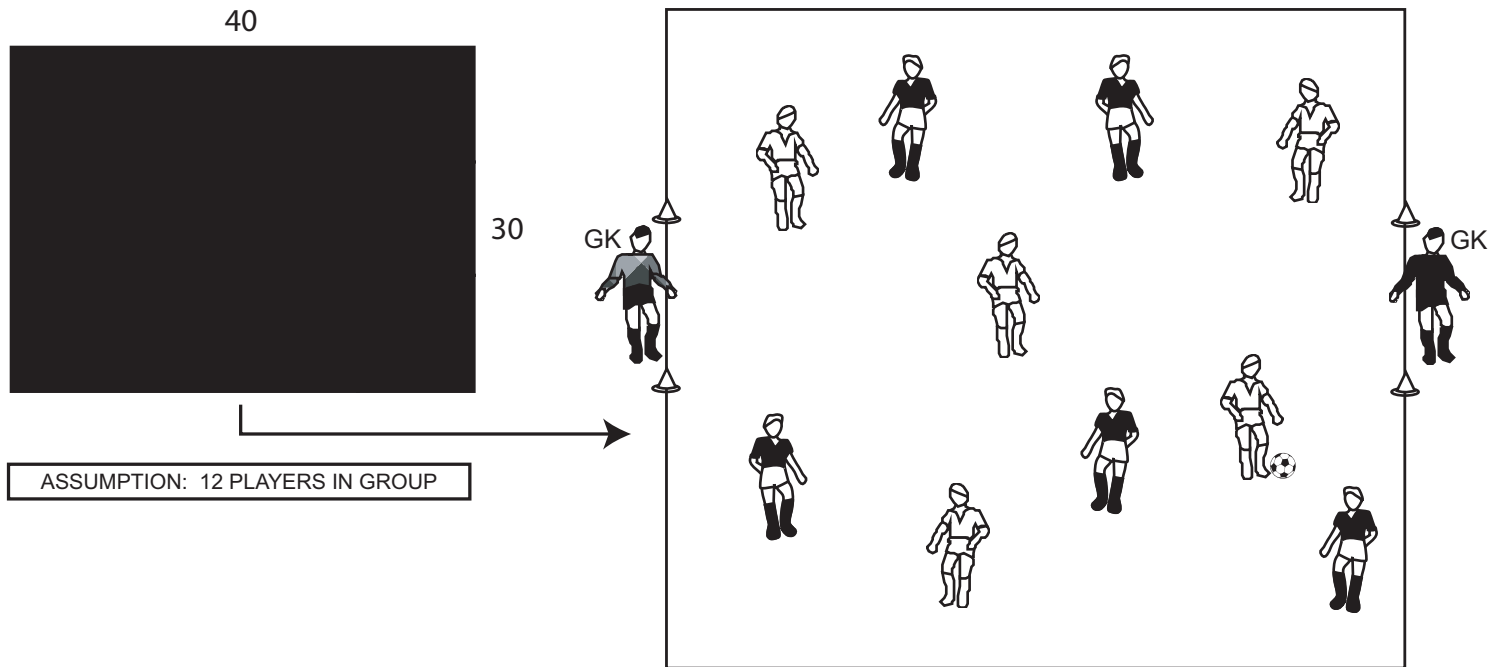
Have the crab player stand up. How many goals can the light players score in 4 attacks?

Key Coaching Points

1. The first touch should push the ball 2-3 feet in front of you.
2. When receiving the ball attack the space over the first 10 yards.
3. Use fakes and turns.
4. Change direction.

THE BIG GAME - Running With The Ball

MLS 5-A-SIDE



Purpose

To develop all around soccer skills and team play.

Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers. Each team should take on the identity of an MLS team.

Game Objective

The object is to score by shooting past the goalkeeper. Goalkeepers may only throw the ball in, not kick it. When your goalkeeper receives the ball, the attacking team should spread out like the number 5 on dice. When the ball rolls out of bounds, it should be rolled in underhand by a player.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Two

Daily Topic: Running With The Ball

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:40 World Cup 21 (small-sided games to reinforce the daily theme)

0:40-0:55 Skillzbuilders (skills and techniques based upon the theme of the day)

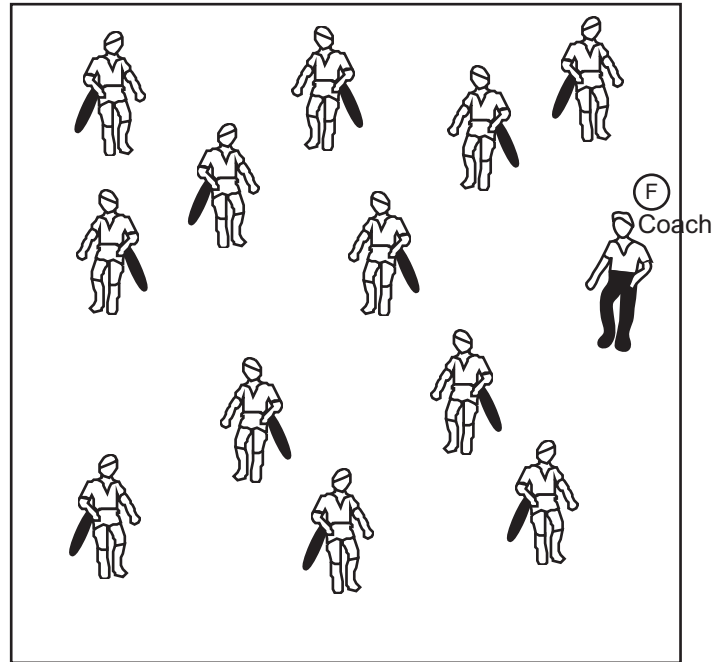
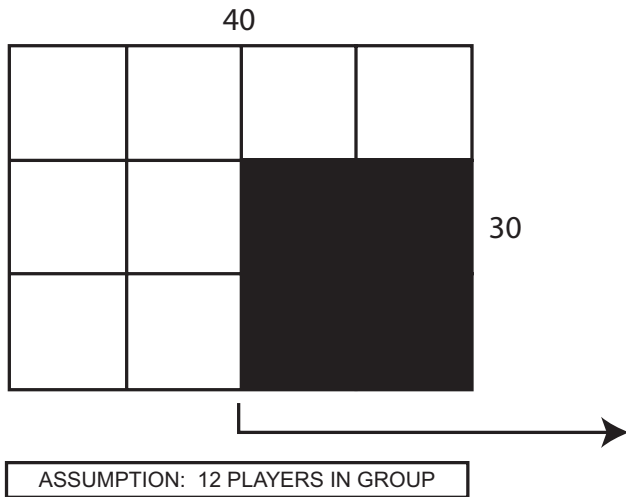
0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed

Farmers and Foxes



Purpose

To develop change of speed and change of direction.

Organization

Set out a 20 x 20 yard area. The foxes (players) put bibs into the back of their shorts.

Game Objective

The farmer (coach) runs around the area attempting to pull the bibs out. When a player's bib is pulled out, he becomes a farmer, too. Play until 1 fox is left. The players must remain within the confines of the area throughout the activity. Any player running outside the area, automatically becomes a farmer.

Progressions

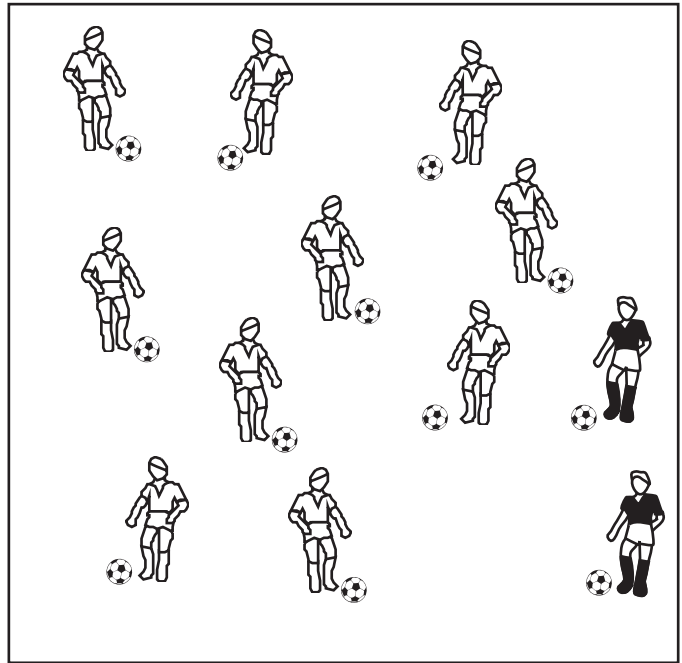
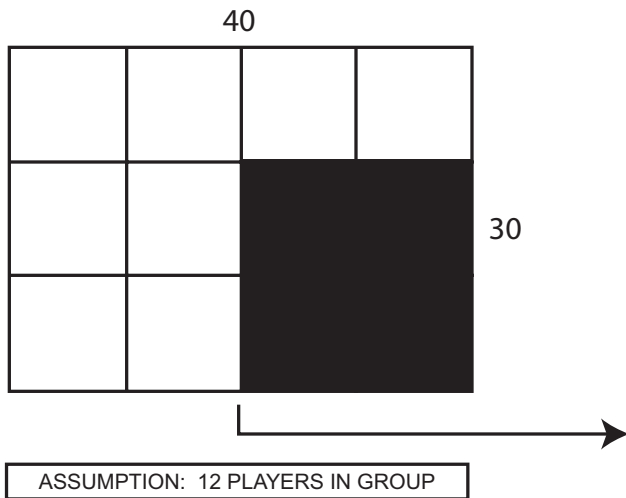
1. Make the farmer(s) dribble a soccer ball as he chases the foxes.
2. Make the foxes dribble a soccer ball as they are being chased.

Key Coaching Points

1. Change speed and direction to avoid the farmer.
2. Don't stand still. Keep moving. Get ready to run.
3. Watch out for other farmers.

URNS & BURNS - Running With The Ball

Dribble Tag



Purpose

To develop change of speed and direction.

Organization

Set out a 20 x 20 yard area. One ball per player. Players must stay within the confines of the area.

Game Objective

The dark players dribble their balls in pursuit of the light players. All players must be in control of their soccer ball at all times. The goal of the game is for the dark player to tag a light player who then becomes it. The catchers are identified by carrying pinnies. A player cannot tag the player who just tagged him. Once a catcher tags a player, he must give his pinnie to the player. Both players then dribble away with their soccer balls.

Progressions

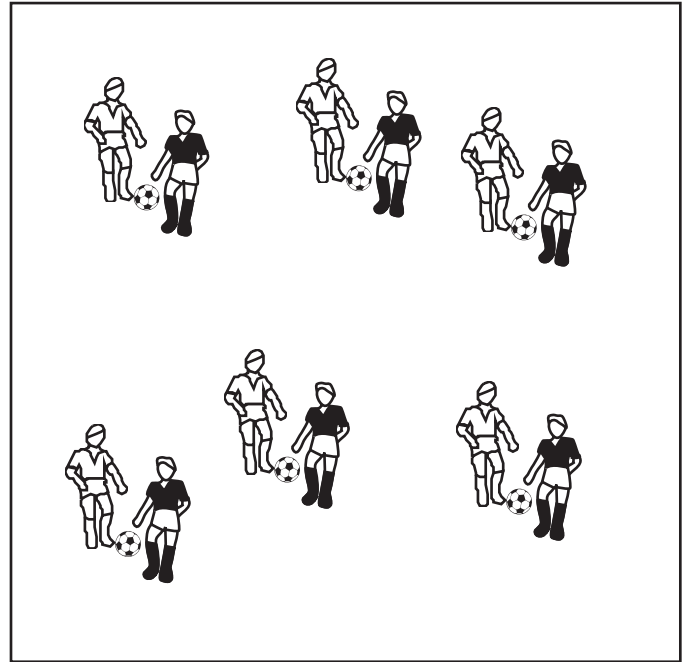
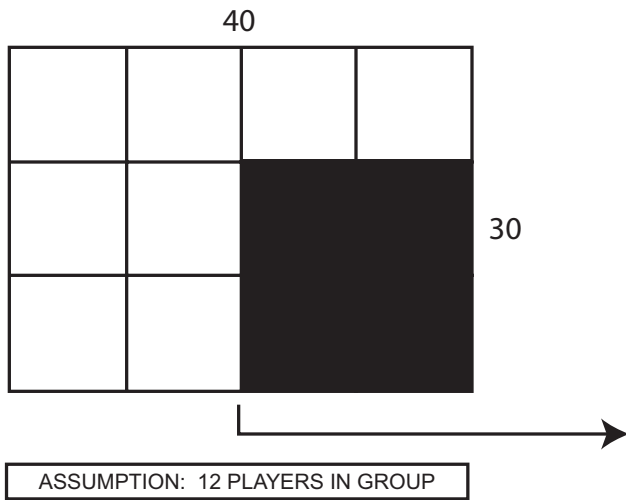
Introduce the "sole turn" and the "forward roll" commands to the practice.

Key Coaching Points

1. One player should be escaping the opponent by using change of speed and direction.
2. Pretend to go one way, then the other.
3. Use the drag back/sole turn to escape the catchers.

URNS & BURNS - Running With The Ball

Breakaway



Purpose

To develop turning and running with the ball.

Organization

Set out a 20 x 20 yard area. Group in pairs. The light player stands behind their partner (dark player). The light player is in possession of the ball.

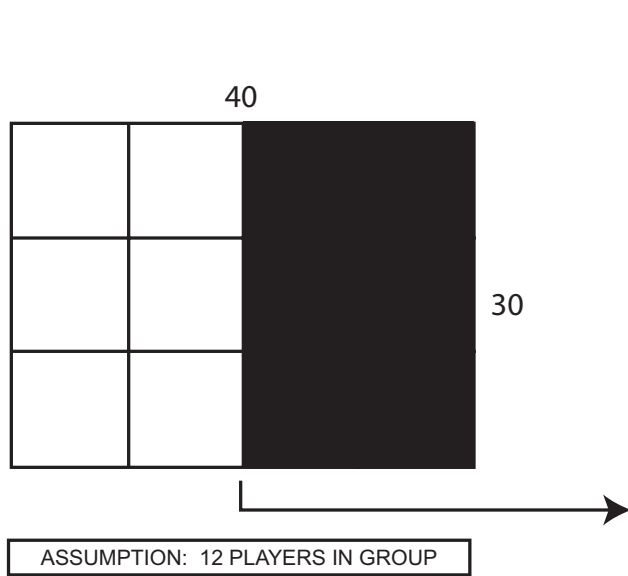
Game Objective

The objective of the game is for the dark player to lose his shadowing Light player. The light player must dribble at speed to track the dark player. When the coach shouts out "Catch me if you can", both players freeze. The light player now has to try to pass the ball through the legs of his partner (dark player) to score. Rotate positions.

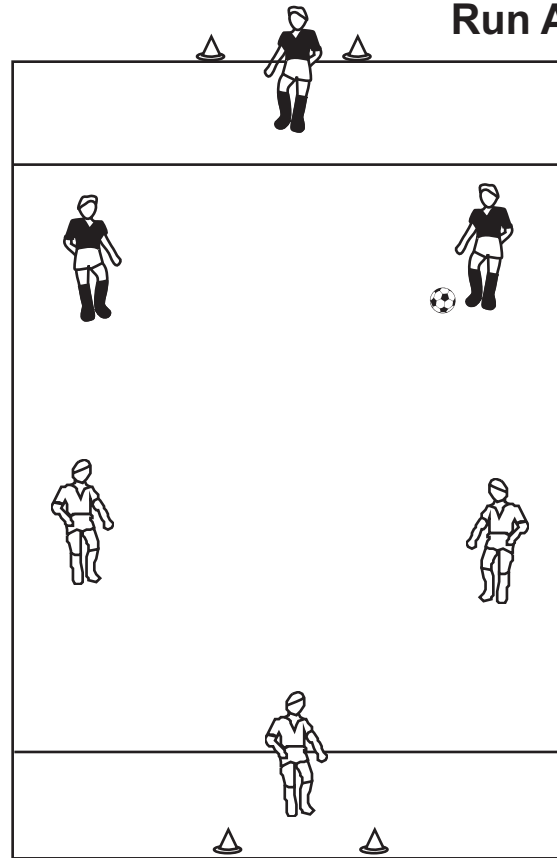
Key Coaching Points

1. Push the ball with the laces.
2. Push the ball 2-3 feet in front of you between touches.
3. Look up and around between touches.
4. Runners should try to lose catchers by running towards other players, thus redirecting them.

WORLD CUP 21 - Running With The Ball



Run And Turn



Purpose

To develop running and turning with the ball.

Organization

Set out a 20 x 30 yard area and make an endzone 5 yards wide from the endline. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. When a player receives the ball, he should try to move forward with it. Award 3 points for every successful turn; 5 points for every goal; 1st team to 21 wins.

Progressions

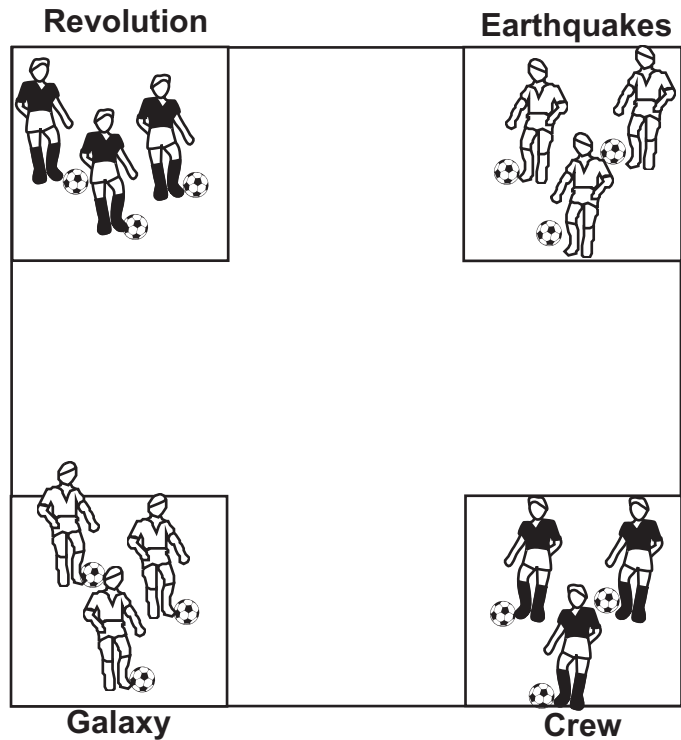
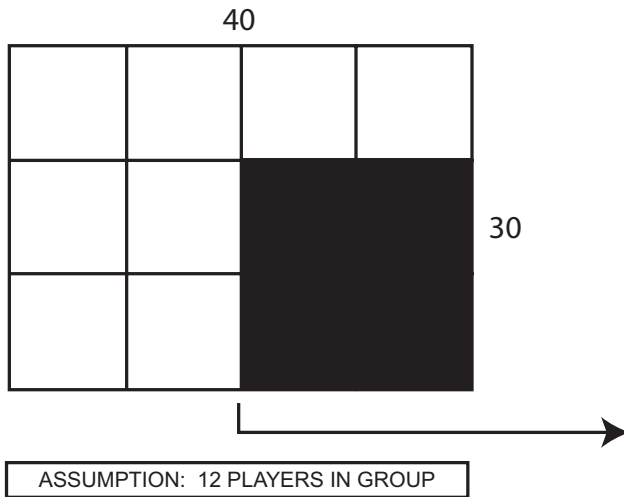
Allow the players to pick scores for different skills.

Key Coaching Points

1. Try to run the ball forward.
2. Support the ball in forward positions.
3. Use turns to get away from defenders.

SKILLZBUILDER - Running With The Ball

4 Corners



Purpose

To develop passing and running with the ball.
Also to develop the idea of transition.

Organization

Set out a 20 x 20 yard area with 5 x 5 yard grids in each corner representing 4 MLS teams. Station 3 players in each of these corner areas. 1 ball per player.

Game Objective

The object of the game is to encourage movement with the ball. On the command of, "Change!" players run with their balls from their area into another area. The 1st team to arrive in a new area, wins.

Progressions

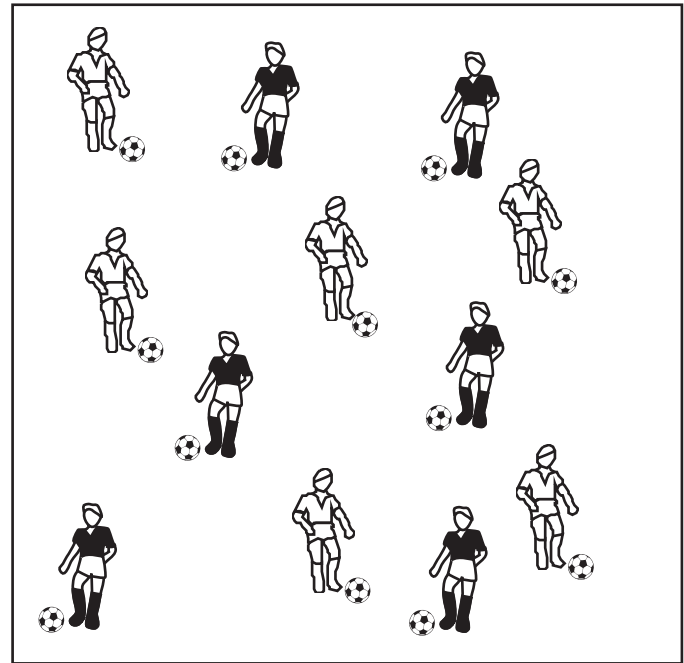
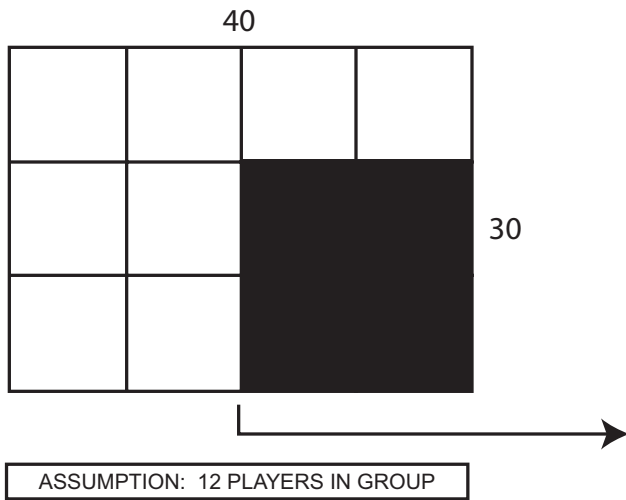
1. After arrival at each new area, players must do a move or turn.
2. Players run with their the ball around all the areas then back to their original team area.

Key Coaching Points

1. Running with the ball.
2. React to shout of, "Change!"
3. Ball out of feet.
4. Cover ground at speed.

SKILLZBUILDER - Running With The Ball

Body Ball



Purpose

To develop start and stop techniques.

Organization

Set out a 20 x 20 yard area. All 12 players have a ball and must stay within the confines of the area.

Game Objective

All players dribble around the square using the inside, outside and laces of the foot. They must react to the following commands given by the coach. "Green" = Go, "Amber" = Touches on the ball on the spot, "Red" = Stop with the foot on the ball. If the coach shouts out a part of the body, the player must put that part of the body on the ball. The last player down carries out 2 fakes, then is back in the game.

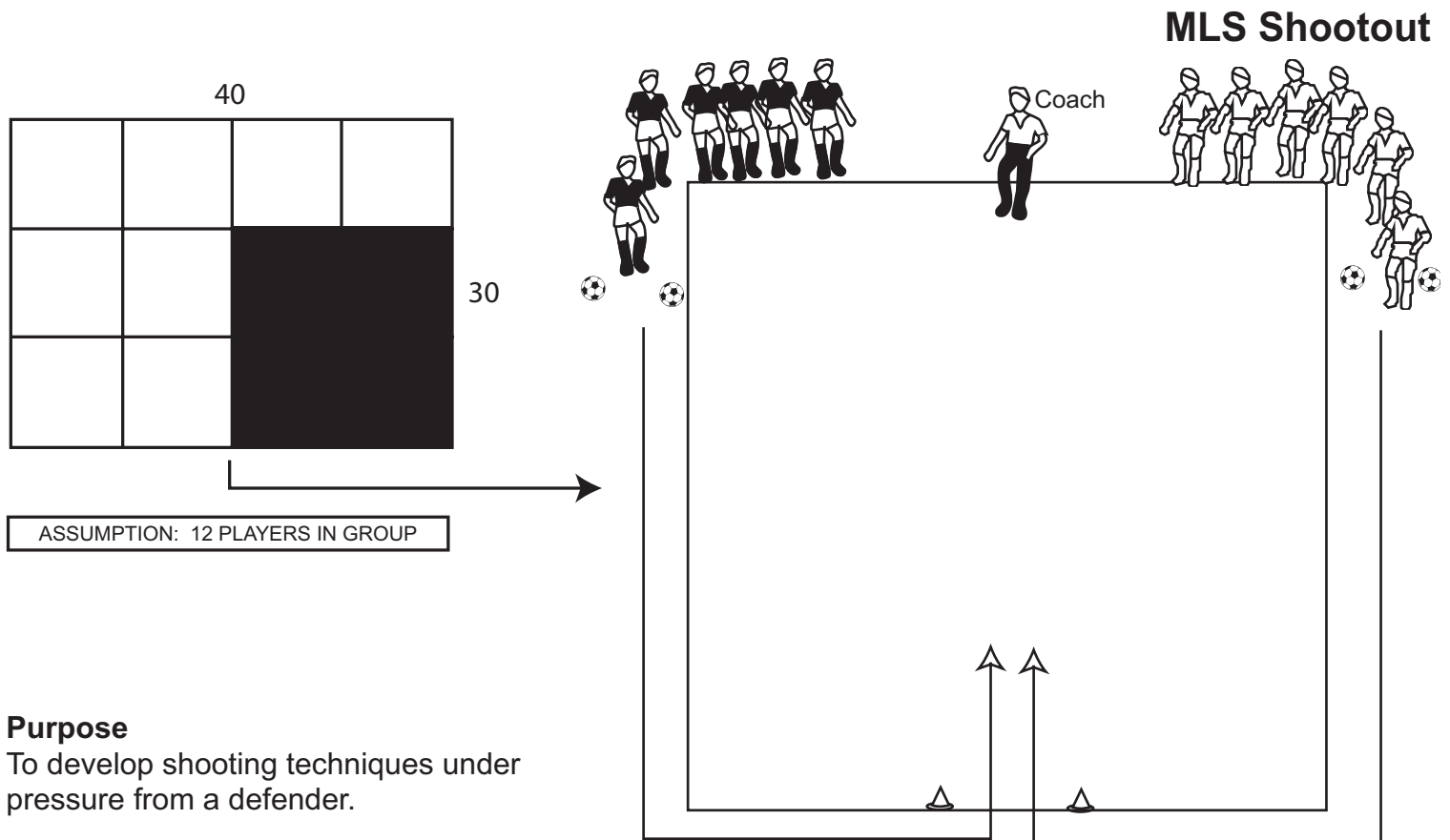
Progressions

One less ball in the area. Coach shouts, "Find another ball!"

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. Look to move into space.
3. Use the sole of the foot to stop the ball.
4. Stop your ball, then get to another ball quickly.

BACKYARD SOCCER - Running With The Ball



Purpose

To develop shooting techniques under pressure from a defender.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same endline. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is the goalkeeper.

Game Objective

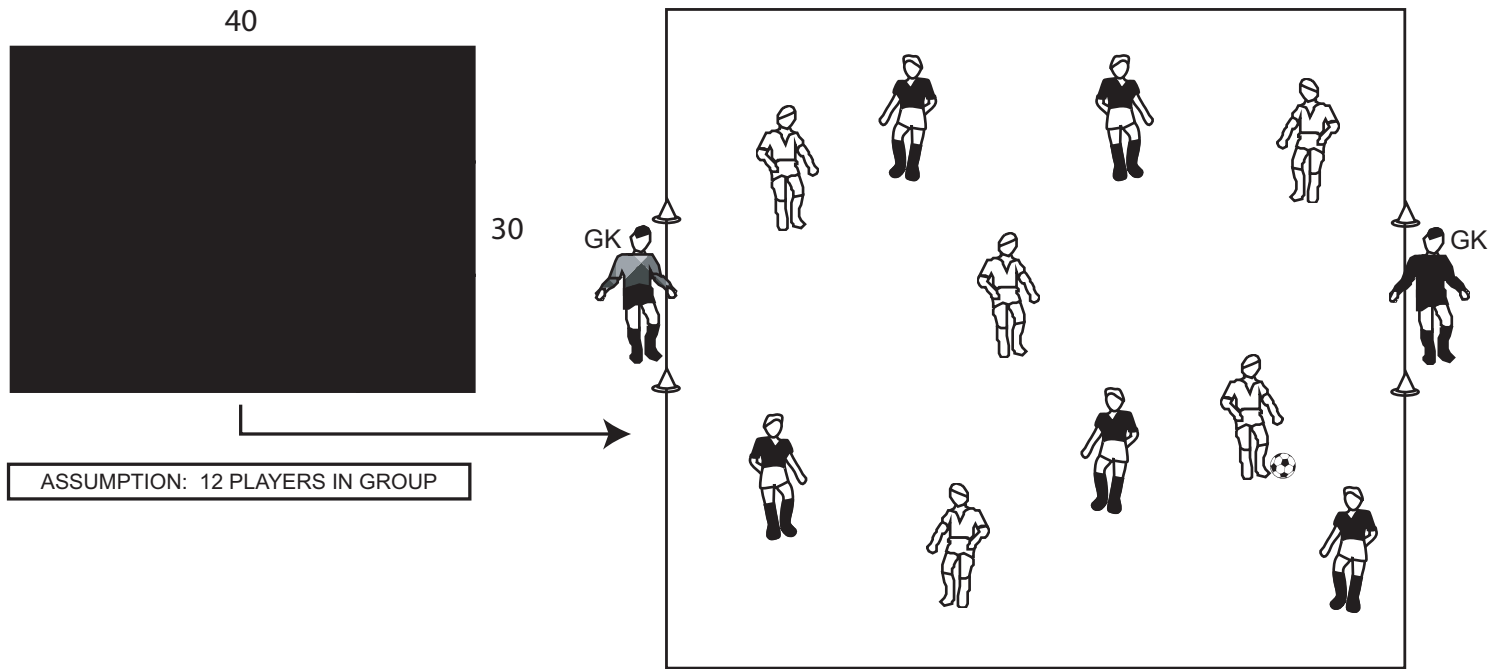
The coach calls out a number from 1 to 6. The respective players from each team run with the ball as if in an MLS shootout. Players follow the directional arrow as shown in the diagram, to the gate at the end of the grid. The first ball to cross through the gate is the ball that is used (the other is discarded). The players compete to get a shot on goal.

Key Coaching Points

1. Keep the head down, eyes on the ball.
2. Strike the ball with the laces.
3. Follow through in the direction of the target.
4. Cover the ground at speed and attack the goal from a central position.

THE BIG GAME - Running With The Ball

MLS 5-A-SIDE



Purpose

To develop all around soccer skills and team play.

Organization

Set out a 40 x 30 yard area. Play 5 v 5 + 2 goalkeepers. Each team should take on the identity of an MLS team.

Game Objective

The object is to score by shooting past the goalkeeper. Goalkeepers may only throw the ball in, not kick it. When your goalkeeper receives the ball, the attacking team should spread out like the number 5 on dice. When the ball rolls out of bounds, it should be rolled in underhand by a player.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Three

Daily Topic: Dribbling

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

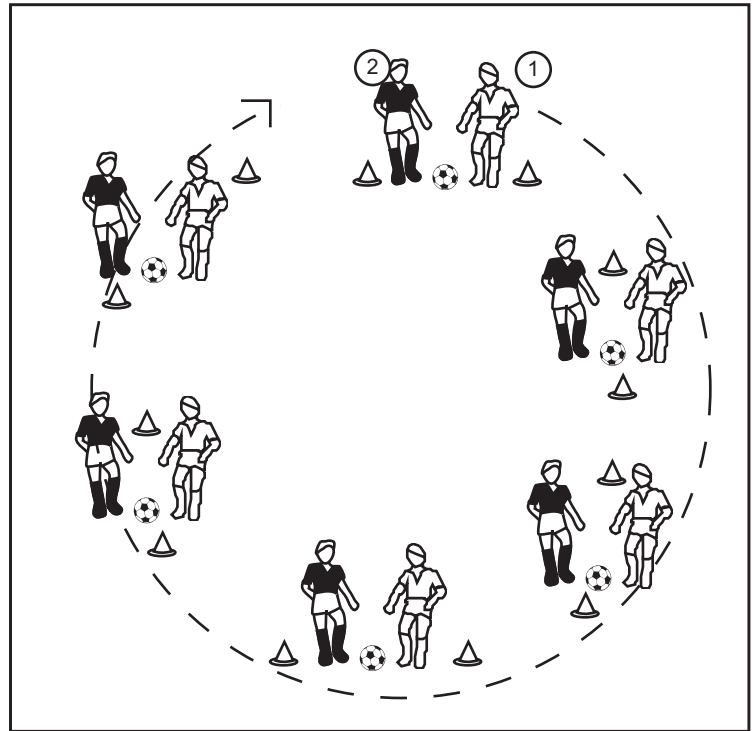
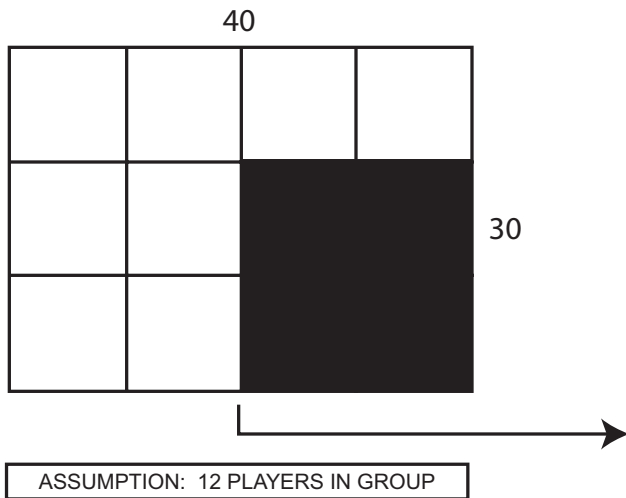
0:45-0:55 Break (competitions/quizzes)

0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

Horse & Jockey



Purpose

To develop directional dribbling.

Organization

Set out a circle of discs in 20 x 20 yard area. Group in pairs. Station the partners inside a pair of discs. Number the players 1 and 2.

Game Objective

The light player stands over the back of the dark player, who is on all 4's. On the command "away you go!" the dark player jumps off then crawls through light player's legs and dribbles the ball in a clockwise direction around the outside of the circle. When he gets back to his partner, he goes through his legs and jumps on his back again to finish. Rotate positions.

Progressions

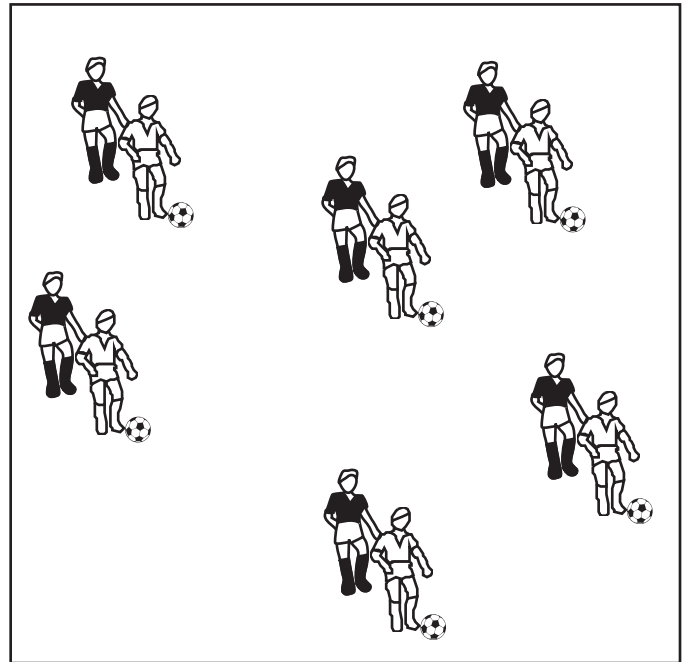
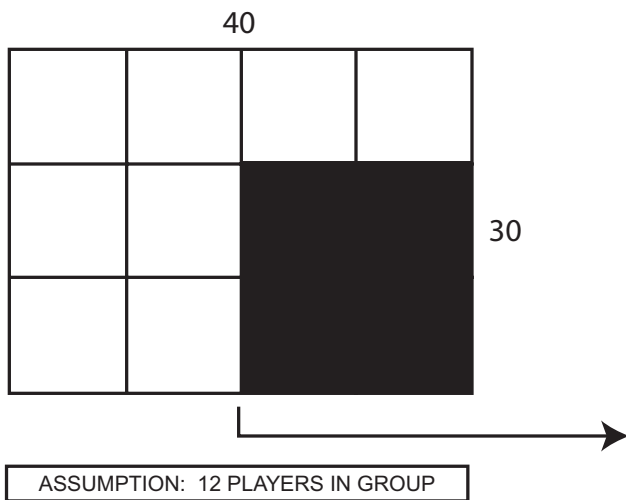
The coach dribbles in a counter-clockwise direction around the outside of the circle to encourage players to dribble with their heads up.

Key Coaching Points

1. Keep the ball within 2-3 feet between touches.
2. Glance up and around between touches.
3. Use the inside of your foot, then the outside of your foot to maintain control while dribbling.

URNS & BURNS - Running With The Ball

Shadows



Purpose

To develop dribbling under passive pressure.

Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The light player starts with the ball in front of the dark player.

Game Objective

The object of the game is for the light player to lose his shadow dark player. The defender is not allowed to touch his partner or the ball.

Progressions

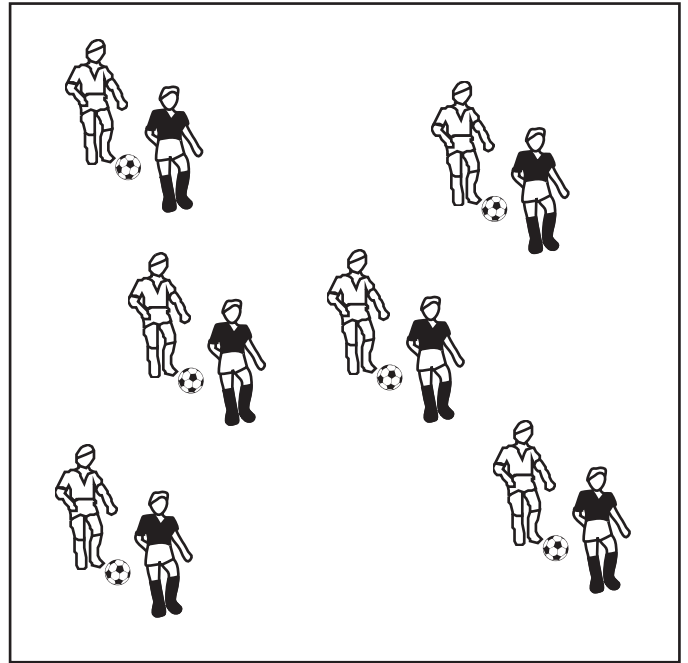
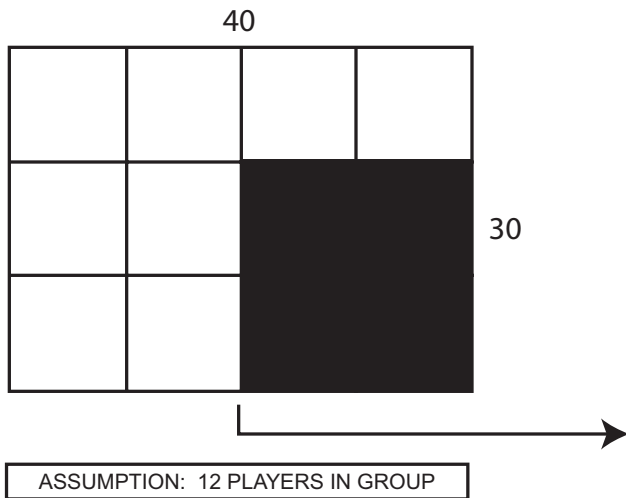
Both players have a ball.

Key Coaching Points

1. Concentrate on the ball and not the partner.
2. Push the ball 2-3 feet in front of you between touches using the laces of the foot.
3. Turns and fakes.
4. Change of pace and directions.

URNS & BURNS - Dribbling

Chasers



Purpose

To develop dribbling, turning and pursuit.

Organization

Set out a 20 x 20 yard area. Group in pairs, 1 ball per pair. The light player with the ball stands behind the dark player.

Game Objective

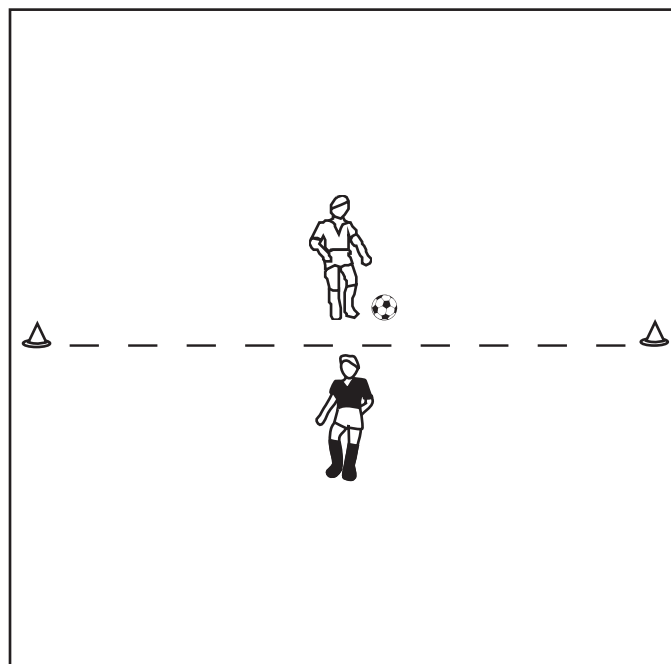
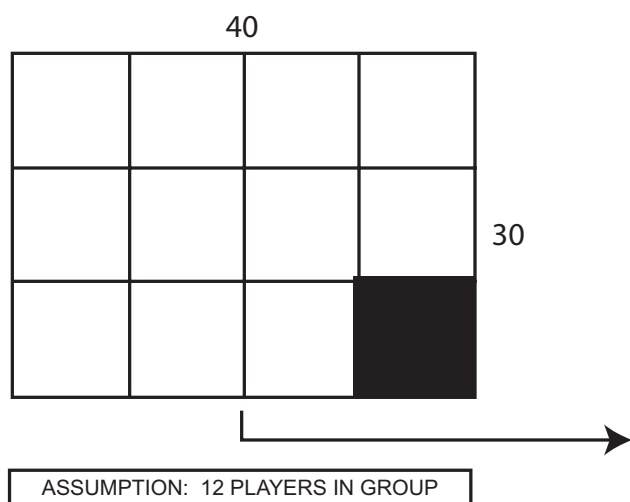
The object of the game is for the dark player to lose his shadowing light partner. The light player must dribble at speed tracking the dark player. When the coach shouts out "Freeze!," all players stop. Is the light player close enough to reach out and tag the dark player?

Progressions

Both players have a ball.

Key Coaching Points

1. Encourage players to look up between touches to track their opponent.
2. Push the ball 2-3 feet in front of you between touches.
3. Use the inside and outside of both feet to move the ball side to side.



Purpose

To develop deception and feints.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

Game Objective

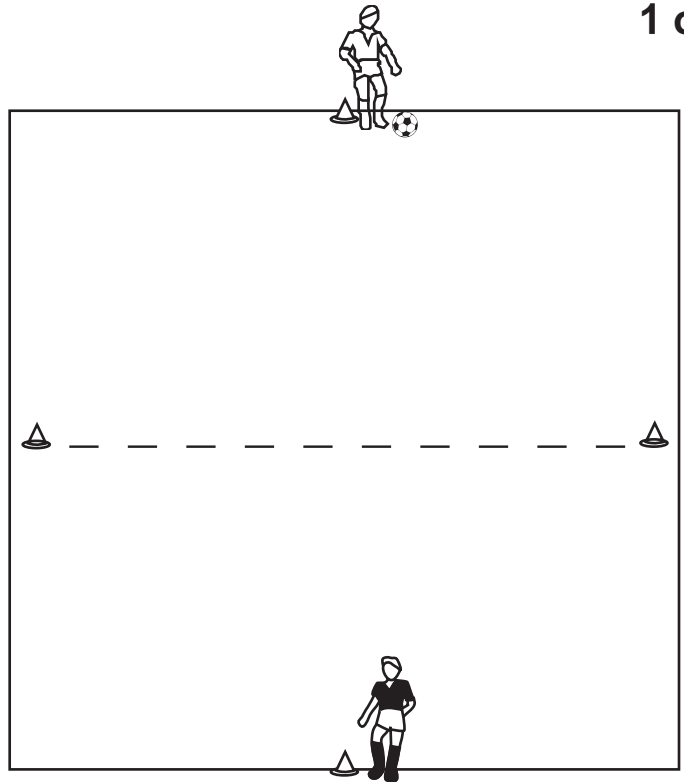
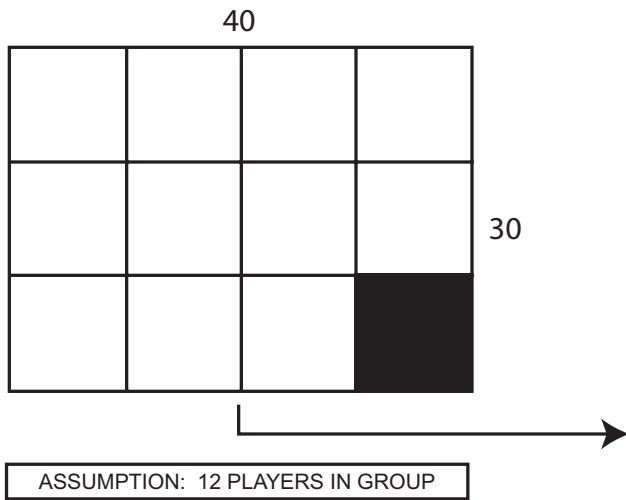
Light player starts with the ball. Neither player is allowed to cross the imaginary line. The light player attempts to dribble to either of the discs before the dark player defender touches the very same disc. Repeat practice with the dark player in possession. To encourage feints, try doing the practice first without a ball, then with.

Progressions

Use a feint, dummy or a trick to deceive the opponent in aiding you to get to the disc first.

Key Coaching Points

1. Close Control.
2. Head up whenever possible.
3. Change of pace in change of direction.
4. Encourage feints and dummies.



Purpose

To develop deception, feints and beating an opponent.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Position one player on each side of an imaginary line made by the discs. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player starts with the ball and passes it in to dark player. As soon as dark player touches the ball, the light player can try to win the ball. The dark player tries to dribble to any of the 3 spare cones in the grid. The dark player scores one point for beating his opponent to either of the lateral discs and two points if he dribbles the ball around the light defender to the disc at the top of the diagram. Repeat the practice with light player in possession.

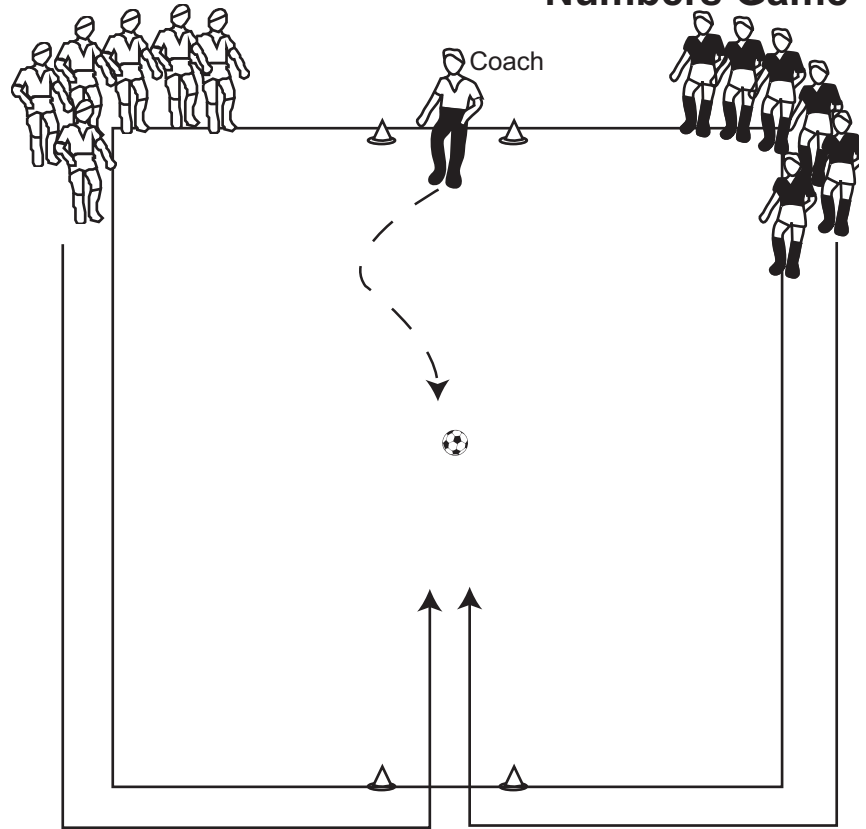
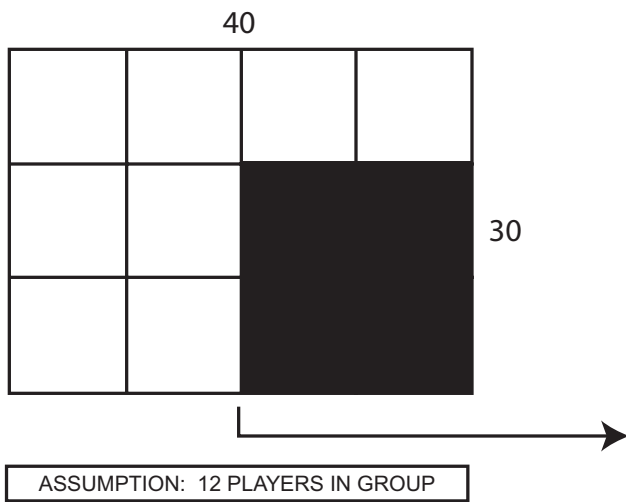
Progressions

If light player wins the ball, he becomes the attacker and tries to score.

Key Coaching Points

1. Push the ball to the side and accelerate into space behind the defender.
2. Change speed and direction.
3. Use fakes and turns.

Numbers Game



Purpose

To develop finishing in the goal area.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the same endline. Number players on each team from 1 to 6. Position discs as shown in the diagram. The coach is both goalkeeper and server.

Game Objective

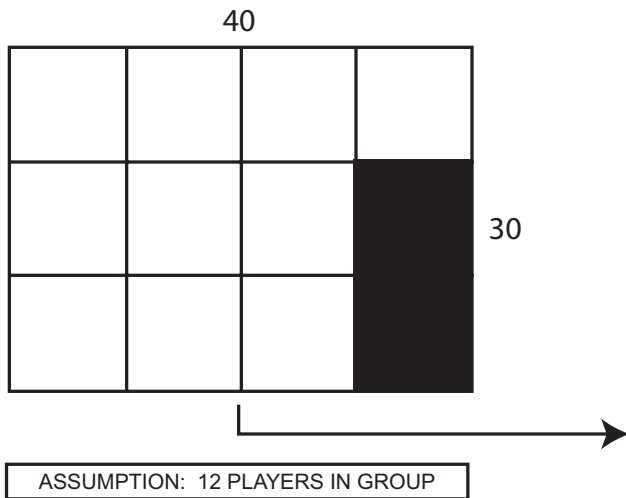
The coach calls out a number from 1 to 6. The respective players from each team follow the directional arrow as shown in the diagram to the gate at the end of the grid. The coach drops the ball into the middle of the area. The two players must compete to shoot on goal.

Key Coaching Points

1. Good running speed to the gate.
2. Keep the head down on the ball.
3. Strike the ball with the laces.
4. Shoot at earliest opportunity.
5. Follow in for rebounds.

BACKYARD SOCCER - Dribbling

Smash & Grab



Purpose

To encourage dribbling, shooting and 1 v 1 attacking play.

Organization

Set out a 10 x 20 yard area with a goal at each end. Put a goalkeeper in each goal and play 1 v 1 in the middle. Play pair vs. pair for 3 minutes, then change. Repeat in 2 other areas for a total of 12 players.

Game Objective

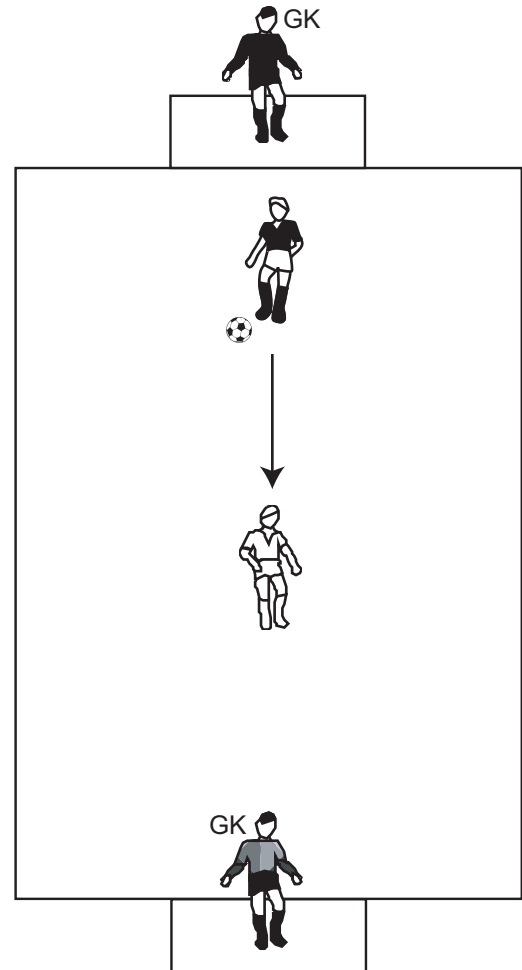
The object of the game is to score in the opposing goal. The team in possession must attempt to attack the opposing goal as a pair using passing, dribbling and shooting skills to score. Hence, the goalkeeper of the team in possession comes out of the goal to support his partner, but cannot score. Repeat in the opposite direction.

Progressions

1. Goalkeepers can now score.
2. If a player does a fake or move, he scores 1 point. 3 points for each goal.

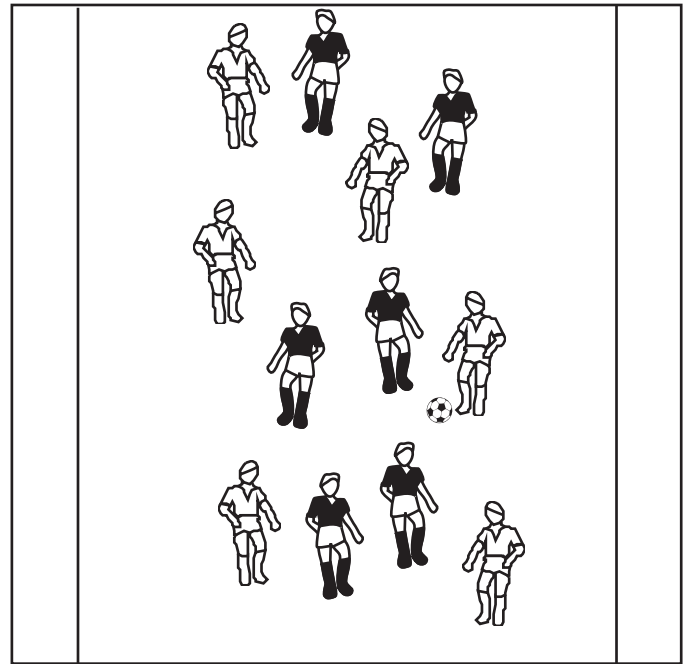
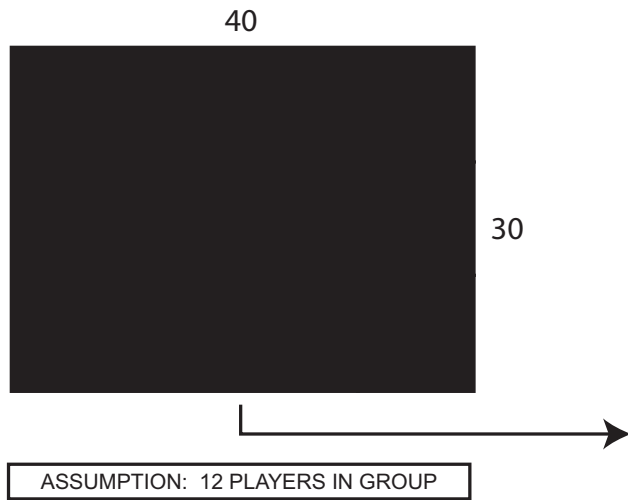
Key Coaching Points

1. Try to beat the defender by using a fake.
2. Once you see the goal, shoot with your laces.
3. Goalkeeper ("Grab") try to get the ball to the striker ("Smash") so he can shoot the ball first time.
4. "Grab" can dribble out and help "Smash."



THE BIG GAME - Dribbling

Super Bowl



Purpose

To develop control in a small sided game.

Organization

Set out a 40 x 30 yard area. Set out end zones 5 yards wide from each end line. Play 6 v 6. 1 ball per group.

Game Objective

The dark team starts in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions

1. Make end zones neutral such that either team can score in both end zones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in Progression #1.

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Four

Daily Topic: Dribbling

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

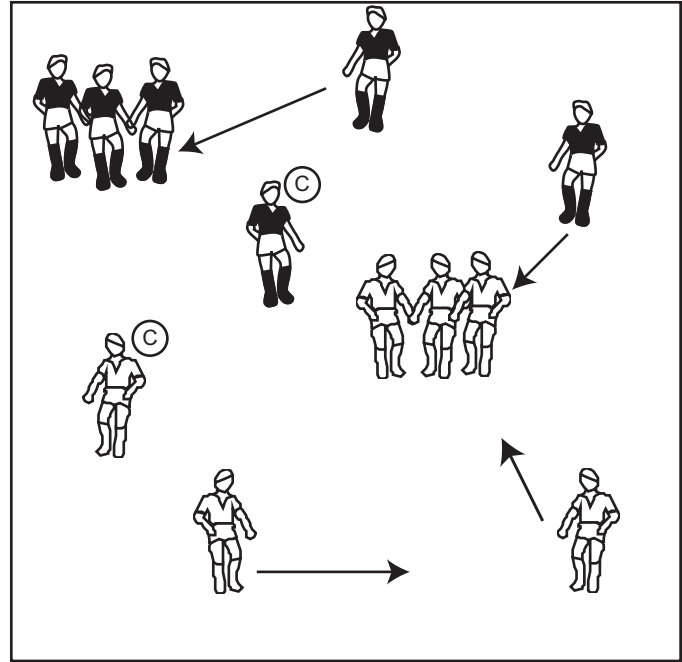
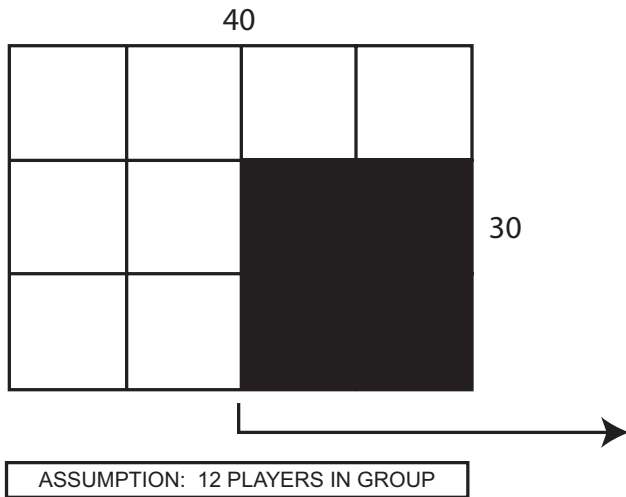
0:25-0:40 World Cup 21 (small-sided games to reinforce the daily theme)

0:40-0:55 Skillzbuilders (skills and techniques based upon the theme of the day)

0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)



Purpose

To develop movement, agility, and awareness of space and other people.

Organization

Set out a 20 x 20 yard area. Group players as shown in the diagram in 2 groups of 3, 4 runners and 2 catchers.

Game Objective

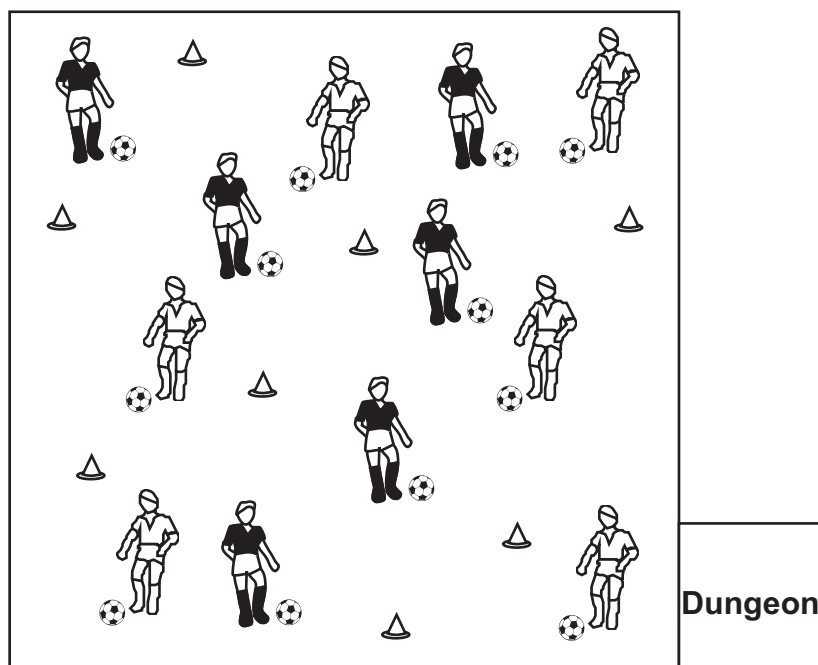
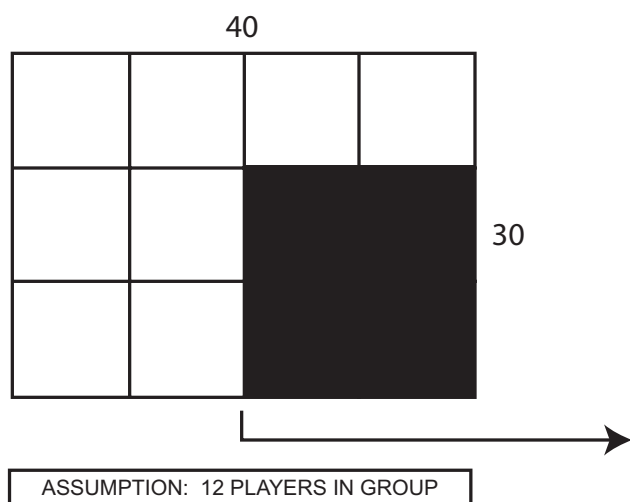
The players grouped in 3's form a human chain by holding hands or linking arms. The object of the game is for a catcher to tag one of the 4 runners in the area. Runners must attempt to escape catchers. Players in the chain are safe from catchers. When a runner attempts to join the chain, the player on the far side of the chain becomes a runner. There can only be 3 players on a chain at one time. When a player is tagged, he joins the catchers.

Key Coaching Points

1. Run with your head up so you can see the catchers.
2. Change speed and direction to avoid catchers.

URNS & BURNS - Dribbling

Runaround!



Purpose

To develop close control and fast footwork.

Organization

Set out a 20 x 20 yard area. Set out 8 random cones inside the area and a 5 yard square on the outside. All 12 players have a ball and must stay within the confines of the area.

Game Objective

The players must dribble around the area. For every cone they dribble past, they pick up 1 power point. They must get to as many cones as possible. When the coach shouts out, "Runaround starts now!" each player must get to a cone by themselves. Any player not at a cone must go to the "dungeon" and do 2 turns. They also lose 1 power point.

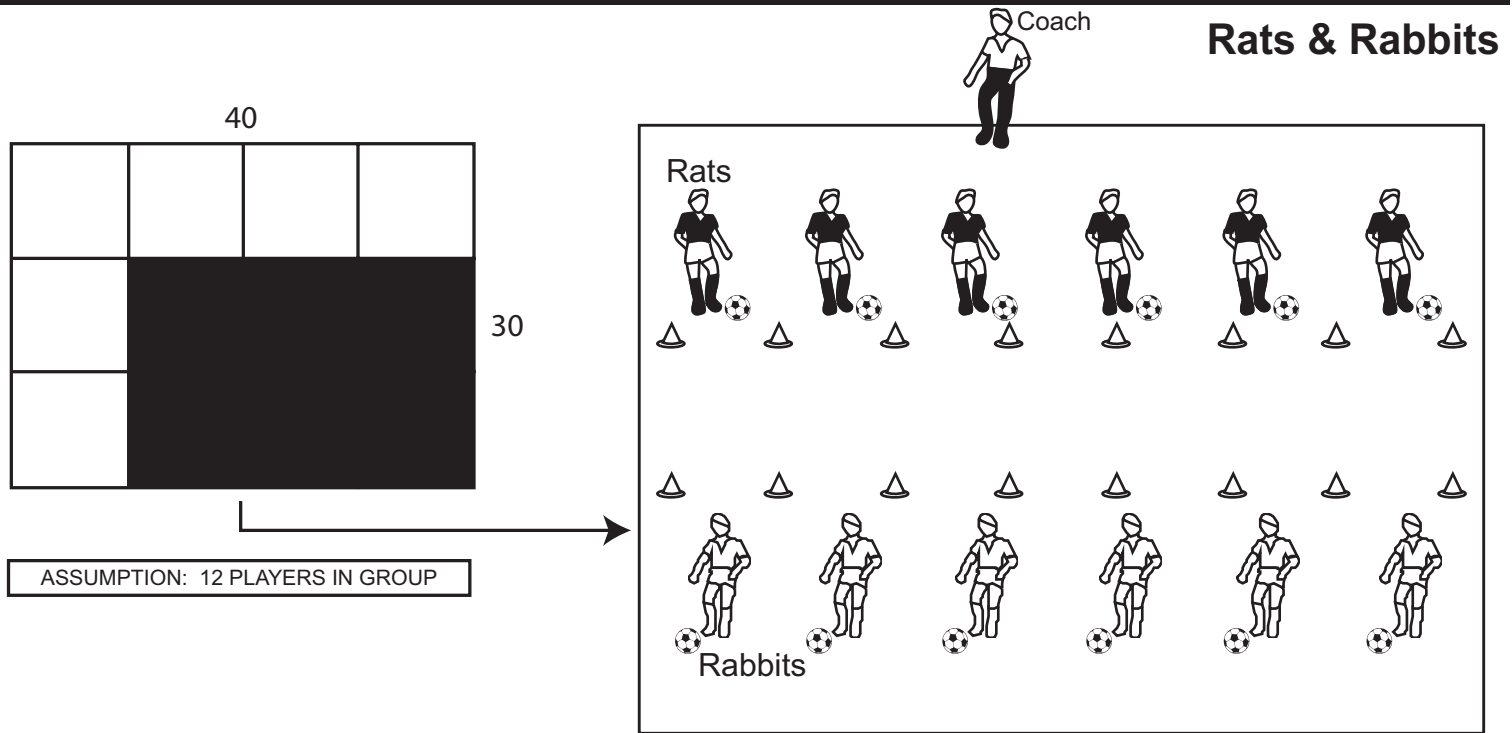
Progressions

1. Do a turn at each cone—inside, outside or sole of foot.
2. Pass the ball on one side of the cone while you run around the other side of the cone to collect the ball.

Key Coaching Points

1. When you turn, get the ball out of your feet.
2. Keep your head up between touches.
3. Turn quickly and accelerate away.

URNS & BURNS - Dribbling



Purpose

Change of speed and covering the area at speed.

Organization

Set out a 30 x 20 yard area with a 10 yard channel in the middle. 1 ball per player. Players should perform fast footwork drills—either the inside of foot to inside of foot or toe tapping on top of the ball.

Game Objective

When the coach shouts out, “Rats!,” the dark players at the top of the diagram must attempt to chase the light players. The object of the game is for the player in pursuit to tag his opposing partner on the back of the shoulders before he reaches the end line. Players return to the middle discs after each attempt. Repeat and rotate directions.

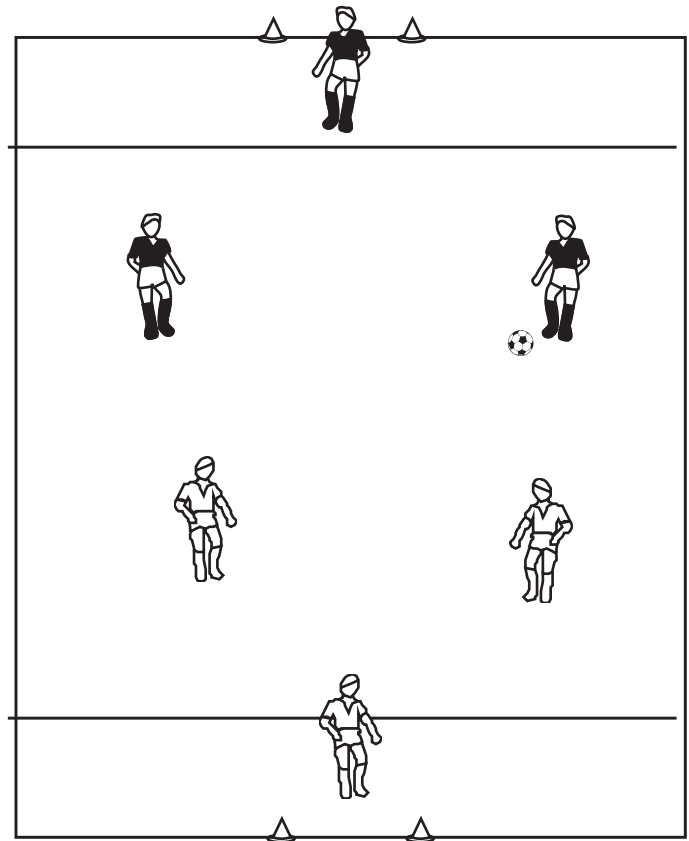
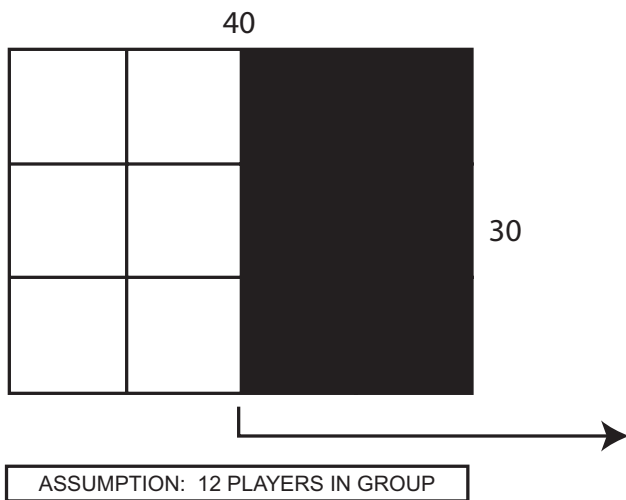
Progressions

The team in pursuit attempts to strike their ball to hit the opposing player on or below the knee.

Key Coaching Points

1. Get the ball out of your feet quickly.
2. Cover the area quickly.
3. Use your laces to run with the ball—point your toes down.

Shake And Bake



Purpose

To develop dribbling with the ball.

Organization

Set out a 20 x 30 yard area and make an endzone 5 yards wide from the endline. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

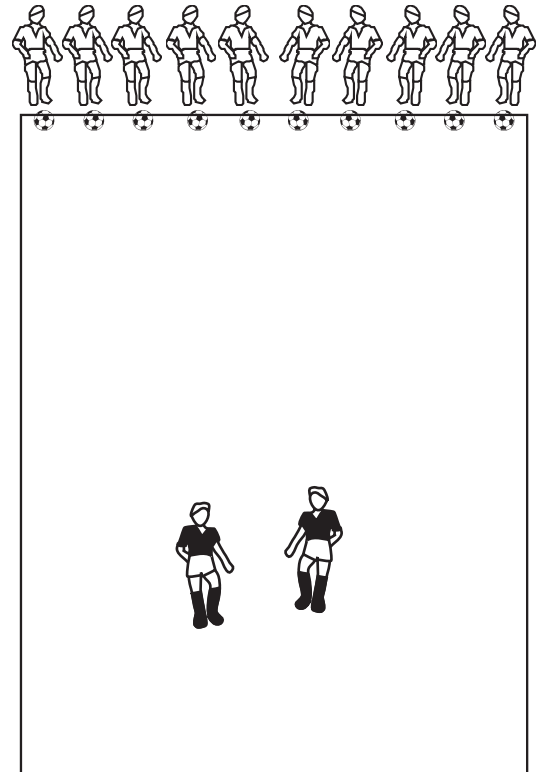
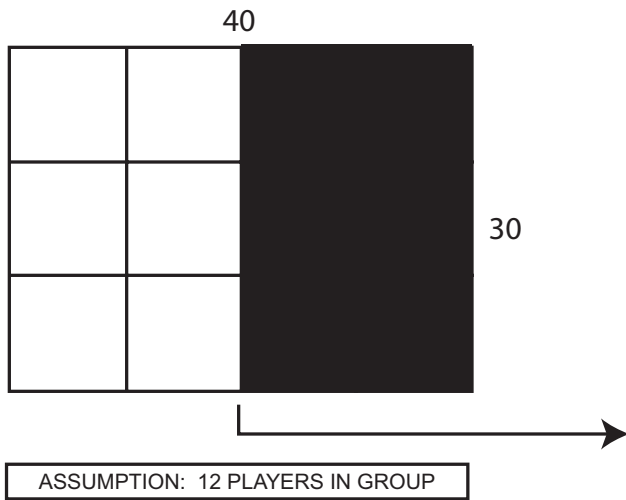
Each team elects a goalkeeper. This player is allowed to use his hands in the defensive endzone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. When a player gets the ball in the opposition's half, he should try to dribble past them. Award 3 points for fakes past the defender; 5 points for every goal; first team to 21 wins.

Progressions

Allow the players to pick scores for different skills.

Key Coaching Points

1. Attack the space behind and to the side of the defender.
2. Use fakes and moves to go past defenders.
3. Change direction, change speed.



Purpose

To develop beating an opponent under pressure.

Organization

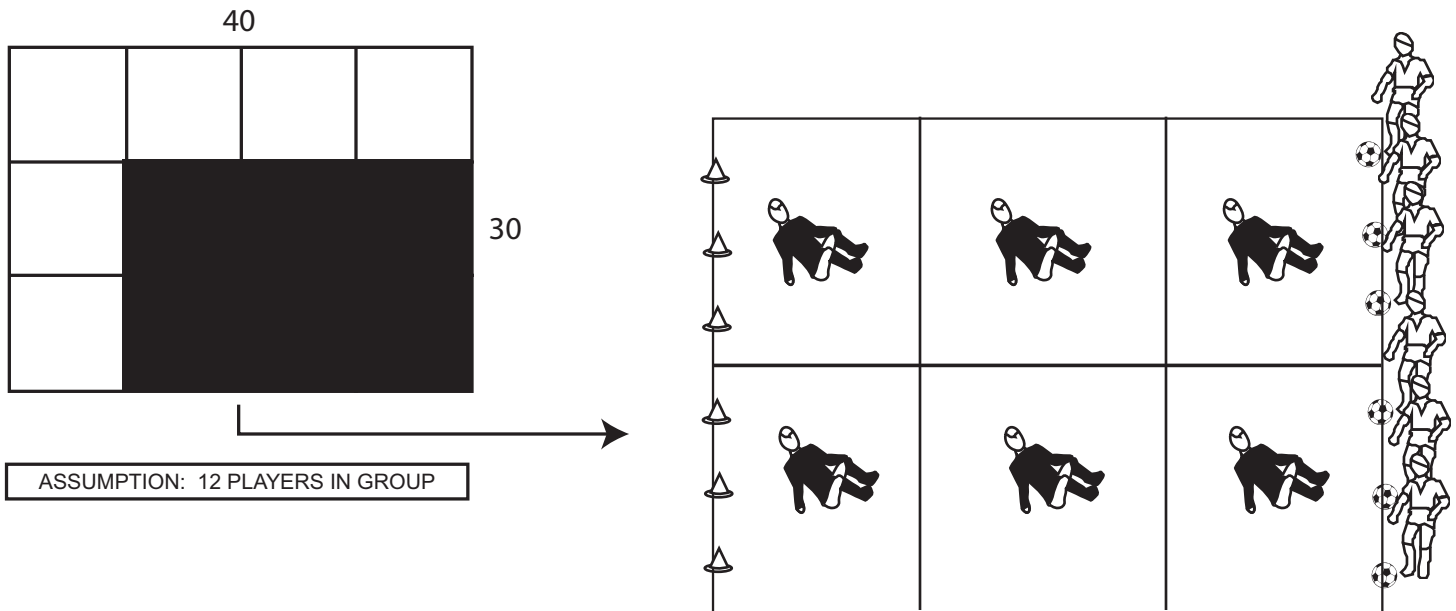
Set out a 20 x 30 yard area. Ten players start on one endline, each with a ball. Two defenders are stationed in the middle without soccer balls.

Game Objective

The two dark players start as defenders. All light players must dribble past the defenders to the safety of the endline. If the dark player manages to kick the light player's ball out of the area, then that player also becomes a defender. Continue until one light attacker remains.

Key Coaching Points

1. Accelerate into the spaces to the sides of the defenders.
2. Try to stop the ball with the sole of the foot on the far endline.
3. Fake to go one way, then speed past the defender on the other side.
4. Make zig-zag moves across the area.



Purpose

Beating the opponent under passive pressure. Also to develop combination play in attack.

Organization

Set out a 30 x 20 yard area in 10 yard grids. Station one player in each grid in the crab position. (belly up - on hands and feet). Six players start on one end line. Station discs at the opposite endline.

Game Objective

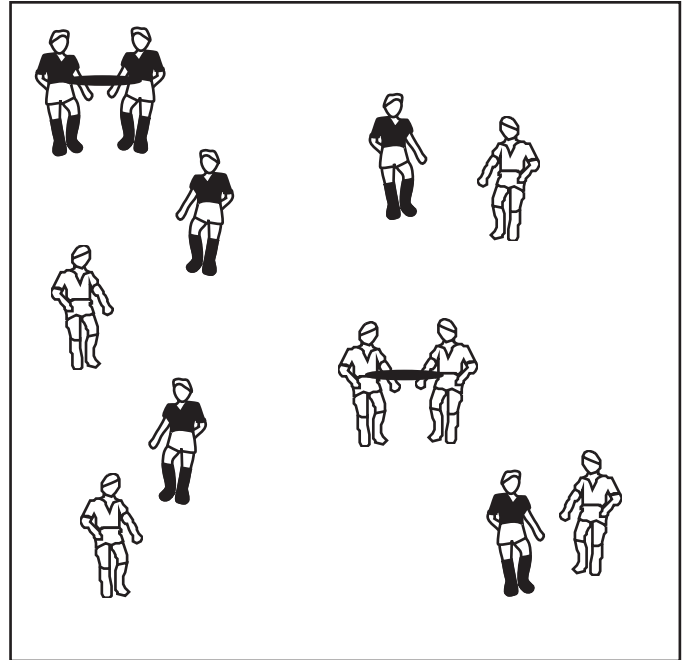
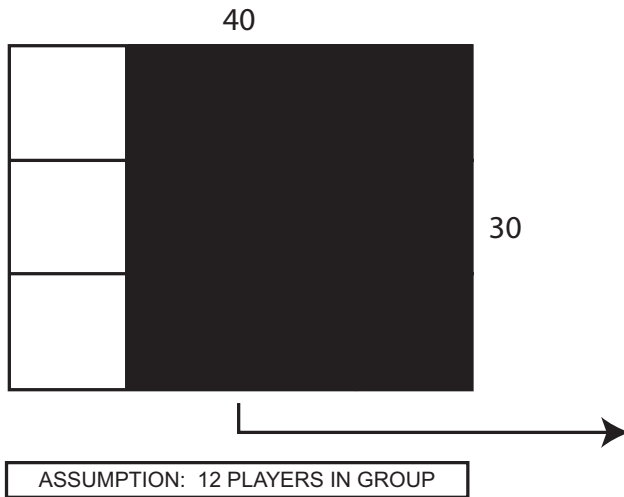
The Light players must dribble across the area without being tackled by the crab players who are trying to kick the balls out of the area. If a ball is kicked out, the player stays in the game and tries to help his teammates get the other balls across. The object of the game is to see how many times the players can dribble across the area until no soccer balls are left. Count how many successful trips players make. Repeat and rotate.

Key Coaching Points

1. Push the ball 2-3 feet in front of you between touches.
2. When approaching a defender, push the ball into an open space to his side and accelerate into the space.
3. If you have lost your ball, get in a space where a teammate might pass to you.
4. Two ways to beat a defender: pass or dribble.

BACKYARD SOCCER - Dribbling

Always Moving Goal



Purpose

To develop heads up play and movement on and off the ball.

Organization

Set out a 30 x 30 yard area. Divide players into 2 teams of 6. Take 2 players from each team and have them hold a shirt between them to form a floating goal. The remaining 8 players play 4 v 4. 2 balls in play at once.

Game Objective

The object of the game is to score in your team's goal as the floaters move around the area trying to get close to the ball. A goal is scored by a pass, header or shot in the goal. Players can score on both sides of the goal.

Progressions

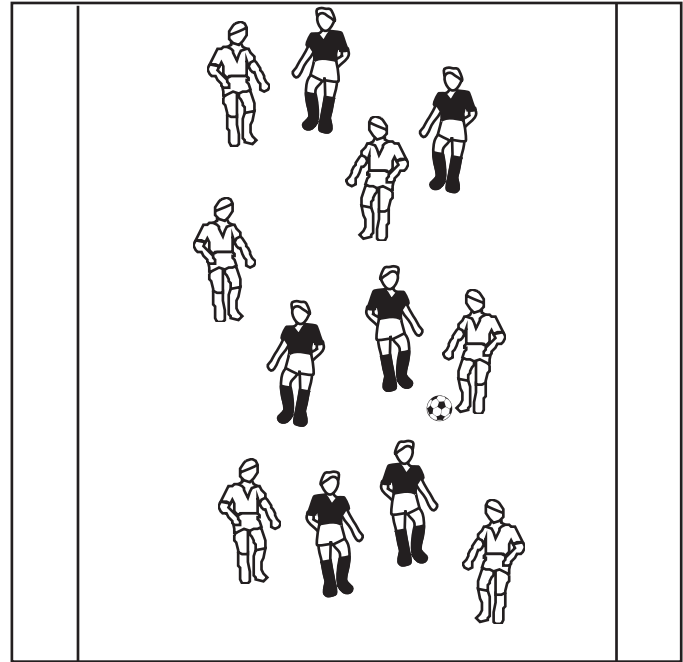
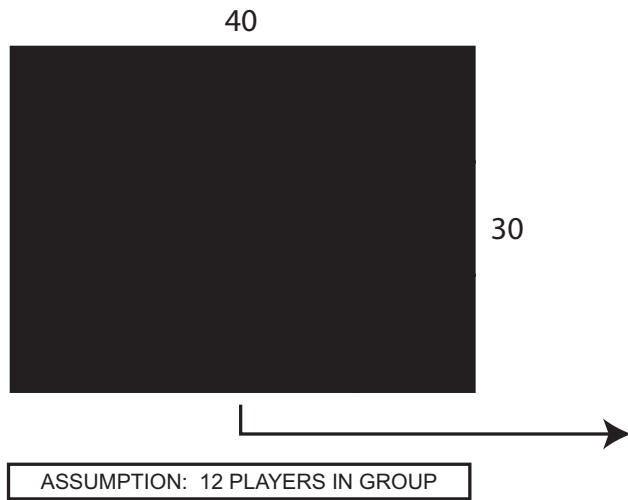
1. Develop to using only one ball.
2. Develop to 2 touch only.

Key Coaching Points

1. As players receive the ball, look up to see an open player and the goal.
2. Players should pass the ball to an open player near the goal.
3. Try to receive the ball standing sideways so the whole field can be seen.

THE BIG GAME - Dribbling

Super Bowl



Purpose

To develop control in a small sided game.

Organization

Set out a 40 x 30 yard area. Set out end zones 5 yards wide from each end line. Play 6 v 6. 1 ball per group.

Game Objective

The dark team starts in possession of the ball. The object of the game is to advance the ball to the attacking end zone. A goal is scored when a player dribbles the ball into the end zone and stops the ball with the sole of his foot. No defenders are allowed in this area.

Progressions

1. Make end zones neutral such that either team can score in both end zones.

Key Coaching Points

1. Encourage players to take on defenders at every opportunity.
2. Look for switching of the direction of play in Progression #1.

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Five

Daily Topic: Passing & Control

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

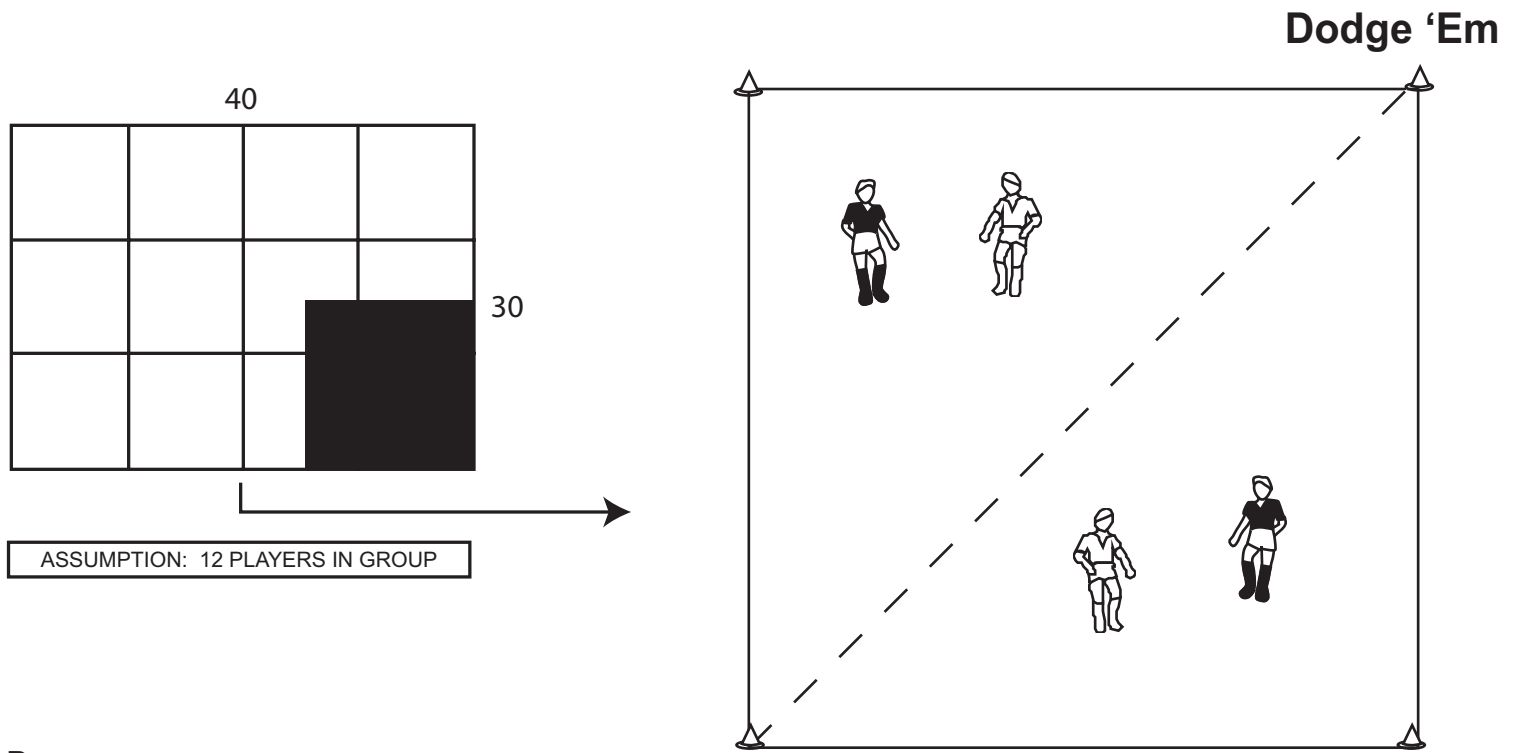
0:45-0:55 Break (competitions/quizzes)

0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed



Purpose

Body awareness and introduction to skills of the day.

Organization

In a 15 x 15 yard area, set up 2 triangles using cones in each corner. Pair up players, 1 pair per triangle. Repeat in 2 other areas for a total of 12 players.

Game Objective

The light player has to try and put his foot on a cone without the dark player tagging him first. The object of the game is to get to the cone using fakes, change of pace and movement. Once a player reaches the cone, he should repeat the practice until he is tagged or scores. Rotate positions. 5 points for every cone reached.

Progressions

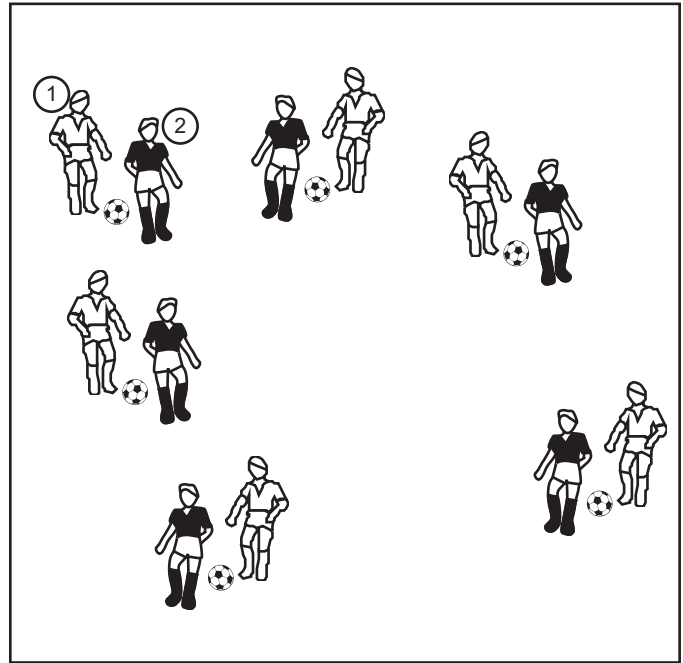
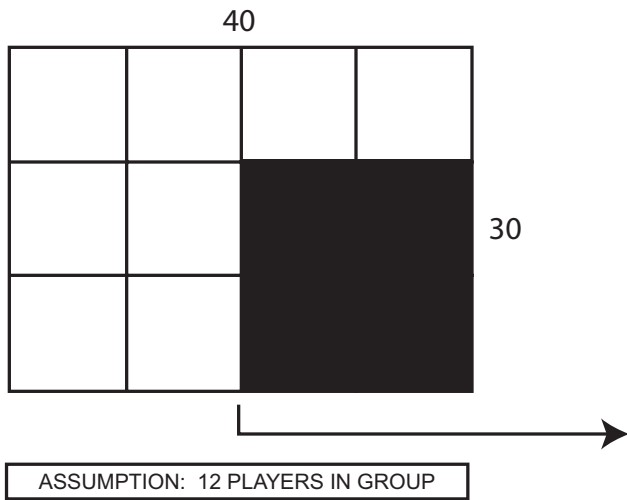
1. Reduce the number of cones to 2.
2. Introduce a ball and 3 cones.

Key Coaching Points

1. Tell the runner to change direction and speed.
2. Make a fake to go one way, then sprint in the other direction.
3. Make sharp turns, not large, round turns.

URNS & BURNS - Passing & Control

Hit The Wickets



Purpose

To encourage players to look up in pursuit.

Organization

Set out a 20 x 20 yard area. Group in pairs. 1 ball per pair. Number players #1 and #2.

Game Objective

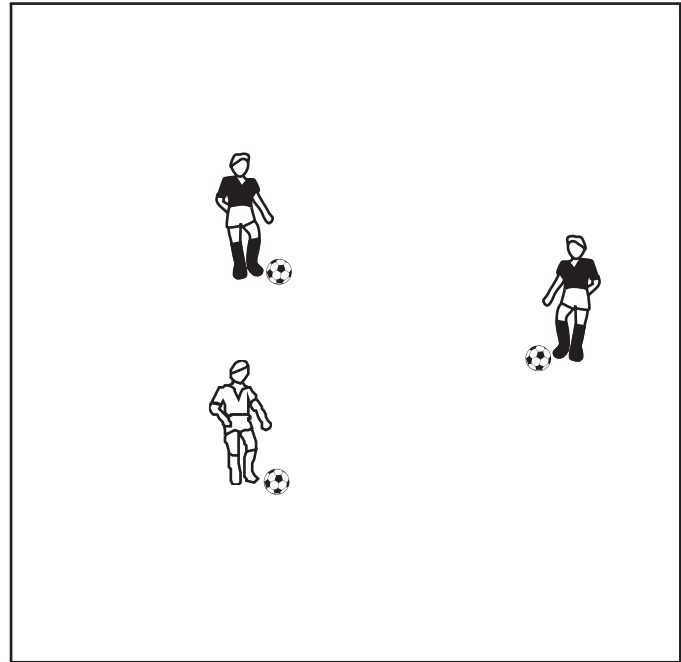
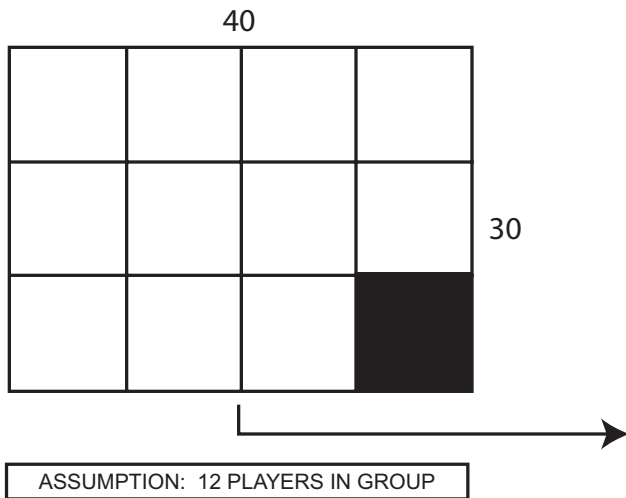
Light player #1 is in possession of the ball. He must pursue his partner (dark player #2) who runs around the area trying to lose his shadow. When the coach shouts "freeze" all players stop where they are. Light player #1 attempts to pass the ball through the legs of dark player #2.

Key Coaching Points

1. Look up between touches.
2. Pass with the inside of your foot for accuracy.
3. Cover the ground quickly.

TURNS & BURNS - Dribbling

Soccer Marbles



Purpose

To develop dribbling, shielding and turning.

Organization

Set out a 10 x 10 yard area. Groups of three. One ball per player. Two dark defenders and one light attacker are stationed inside the grid. Repeat in three other areas for a total of 12 players.

Game Objective

The light player must dribble his ball to escape the two dark defenders. The dark players must try to pass their ball against that of the light player. When the player's ball is hit, the players rotate positions.

Progressions

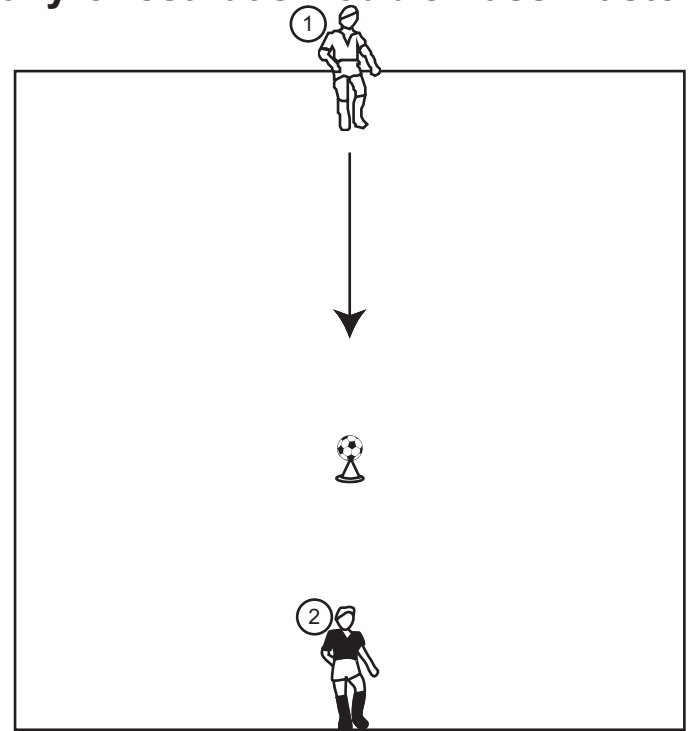
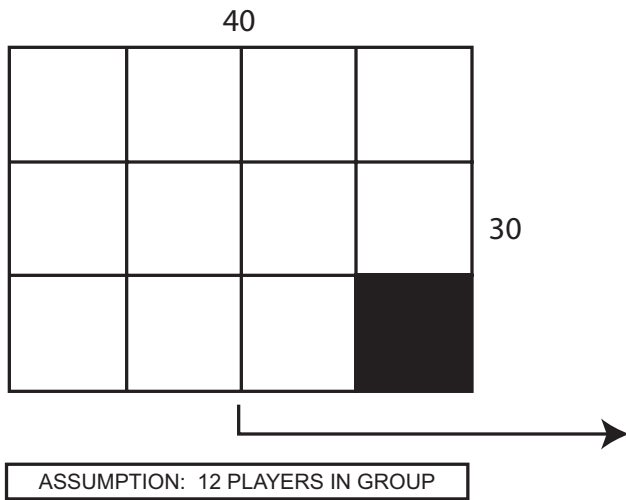
1. Light player must dribble the ball, but the dark players can carry the ball then roll it at the light player's ball.
2. Light player can shield his ball by positioning his body between the defenders and the ball.

Key Coaching Points

1. Try to glance up and around between touches.
2. Try to get close to the light player before attempting a pass.
3. Light players should attempt many turns to change direction.

SKILLZBUILDERS - Passing & Control

Tony Chestnut's Double Pass Masters



Purpose

To develop passing accuracy over short distances.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Place a disc in the center of the area and place a ball on top of it. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 passes the ball across to his partner with the object of knocking the target ball off the disc. Dark player #2 moves into line to control the ball, then dribbles it back to the starting point. Player #2 repeats the practice in the opposite direction.

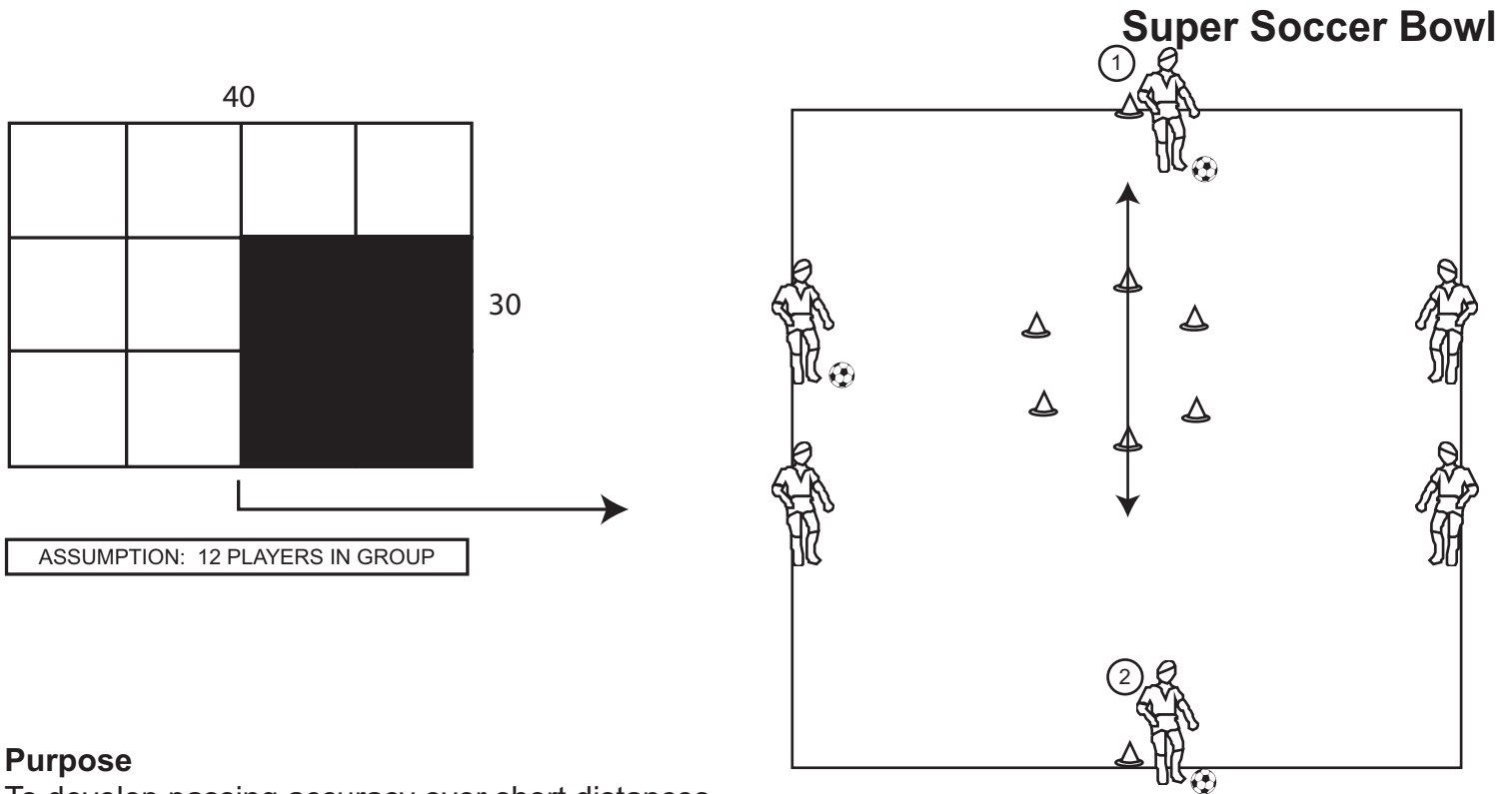
Progressions

1. Increase passing distances.
2. Have players control the ball and make the pass in two touches.

Key Coaching Points

1. Place the non kicking foot directly alongside the ball, toes pointing at the target.
2. Keep your head over the ball.
3. Strike the ball with the inside of the foot.

SKILLZBUILDER - Passing & Control



Purpose

To develop passing accuracy over short distances.

Organization

Set out a 20 x 20 yard area. 1 team of 6. 3 balls per team. Place 6 cones at the center of the area approximately 3 yards apart. Repeat in another area for a total of 12 players.

Game Objective

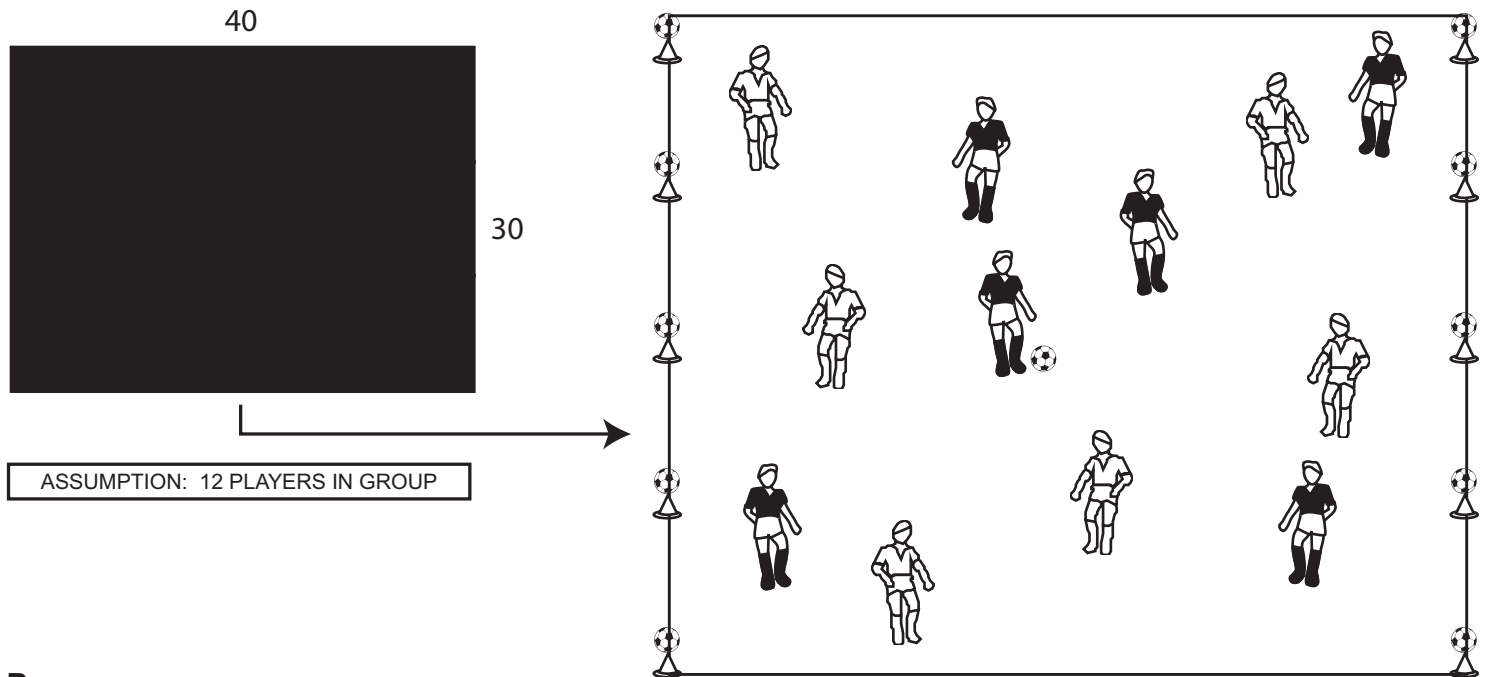
Light player #1 takes 2 steps back from the ball and passes the ball across the area to light player #2. The goal is to strike the ball at the cones and knock over as many as possible. The first team to knock all their cones over is the winner.

Progressions

1. Progress to two touches.
2. Use only 1 soccer ball per team.

Key Coaching Points

1. Place the non kicking foot directly alongside the ball, toes pointing at the target.
2. Keep your head over the ball.
3. Strike the ball with the inside of the foot.



Purpose

To develop passing accuracy in a small sided game.

Organization

Set out a 40 x 30 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each endline.

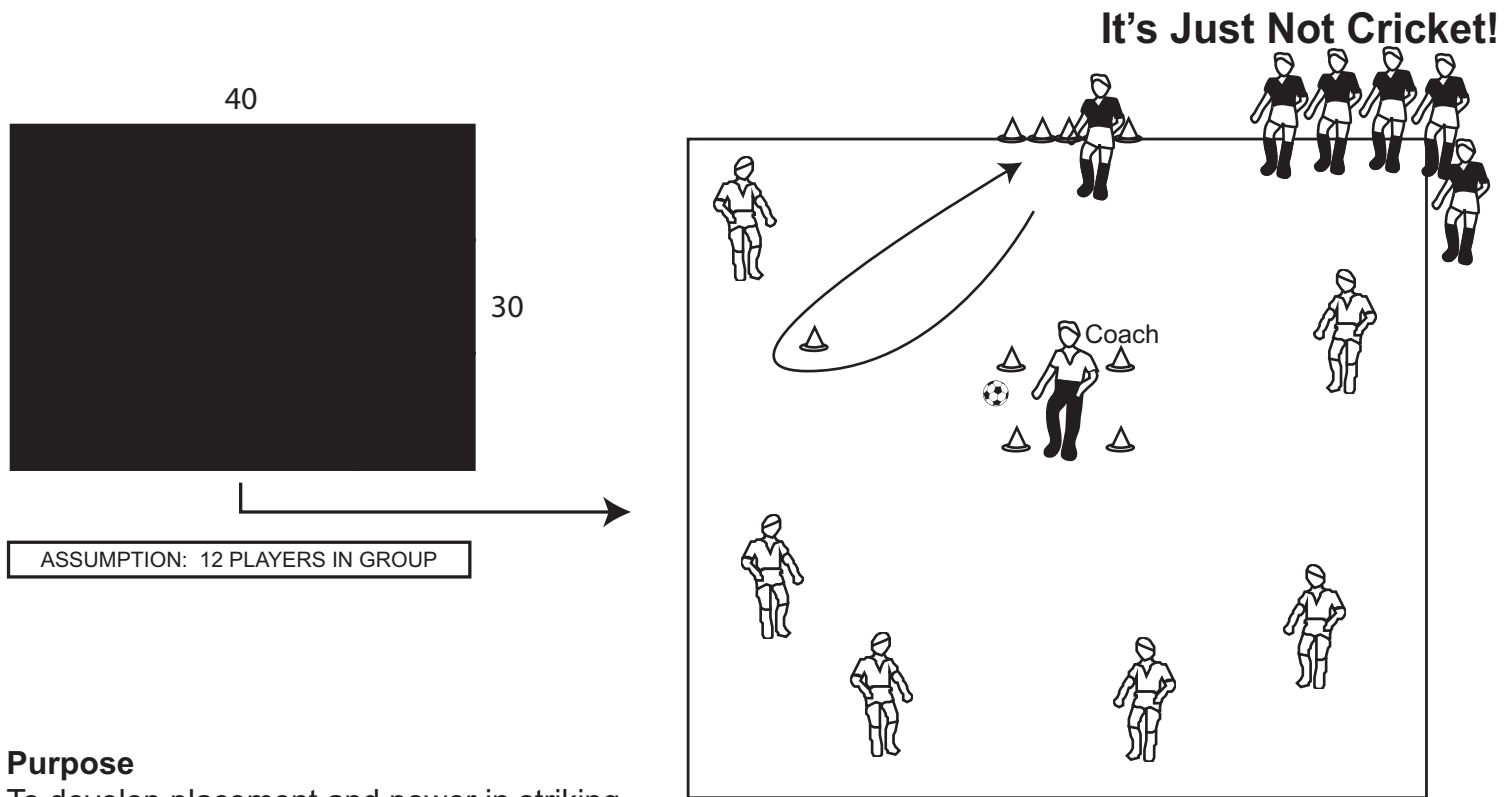
Game Objective

Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object of the game is to score by knocking down 1 of the balls off a disc on your team's attacking endline. If a player knocks a ball off, he scores 5 points. If he passes through the middle of the balls on the ground, he scores 3 points.

Key Coaching Points

1. Encourage the players to shoot at the target whenever possible.
2. Pass the ball, then move into space.
3. Try to pass the ball forwards and between the defenders.
4. Remember, "A good pass follows the grass."

BACKYARD SOCCER - Passing & Control



Purpose

To develop placement and power in striking the ball.

Organization

Set out a 40 x 30 yard area. Two teams of six. The coach is the pitcher. He stands in a 5 x 5 yard area 10 yards from the wickets (5 discs in a row). Position one disc 10 yards from the wicket.

Game Objective

The pitcher passes the ball from the mound in the direction of the wickets (line of discs). The batter must kick the ball and then run around the base, back to the wickets. He must be ready to face the next pitch which is delivered as soon as the pitcher receives the ball, passed back from the outfield. The batter continues to bat until he is bowled out (the pitcher knocks down the wicket) or caught out (an outfielder heads the ball). Continue until all batters on the team are out.

Progressions

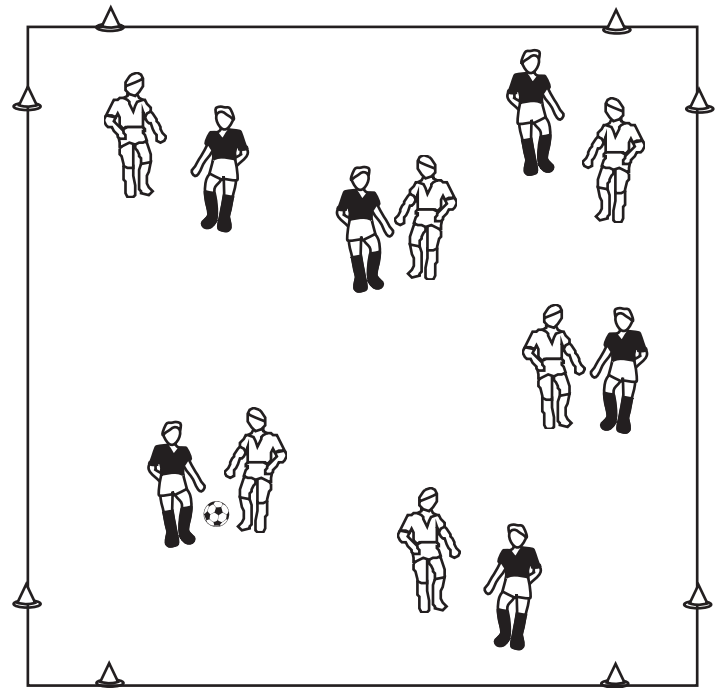
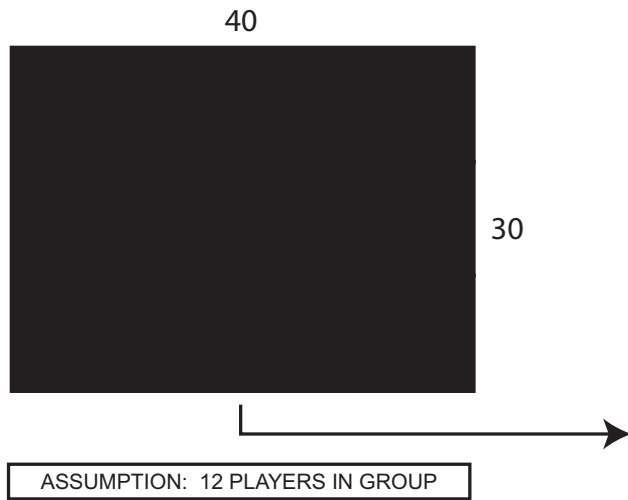
Introduce a baseball diamond and this time the player is only safe at 2nd or home plate. Instead of just passing the ball back to the pitcher, the light team must make 2 passes, then 3rd pass back to the pitcher.

Key Coaching Points

1. Keep ball low by keeping your head and knee over the ball on contact.
2. Strike the ball with the laces.

THE BIG GAME - Passing & Control

Tony Chestnut's Big Game



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 40 x 30 yard area. Play 6 v 6. Station goals angled into the area in the corners of the grid. 1 ball per practice.

Game Objective

The object of the game is to try to pass the ball between your team players and score in any of the 4 goals. Players should be encouraged to spread out and find space throughout the practice.

Progressions

1. Players can score only in 2 goals at diagonals from each other.
2. Players can score only in 2 goals at one end.

Key Coaching Points

1. Encourage players to pass then move into space.
2. If a defender is in front of you, pass or dribble to a different goal.
3. Try not to bunch around the ball.

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Six

Daily Topic: Passing & Control

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:40 World Cup 21 (small-sided games to reinforce the daily theme)

0:40-0:55 Skillzbuilders (skills and techniques based upon the theme of the day)

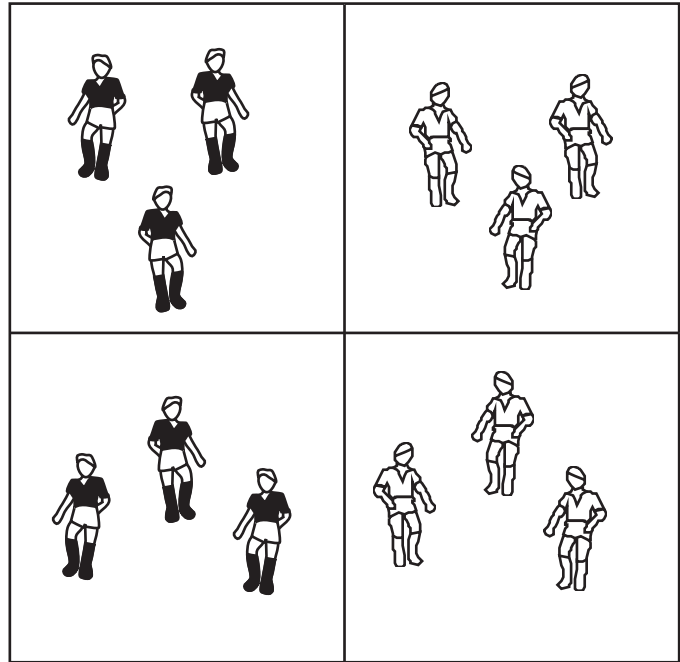
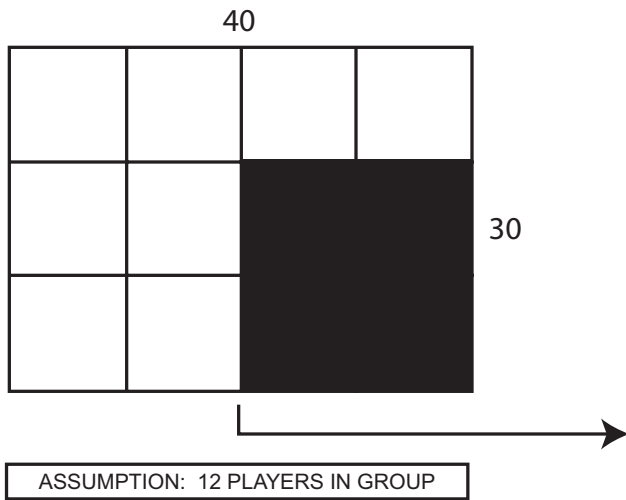
0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed

All Systems Go



Purpose

To develop awareness of space and movement—encourage spreading out.

Organization

Set a 20 x 20 yard area with four 10 x 10 yard grids. Station a team of 3 players in each area.

Game Objective

On the command of “Go!,” the players must move into another area as a team. The first team to reach the other area together, wins. If 1 other player from another team is in the area, the team must find another area to go into. Players are to communicate with each other and find the fastest route.

Progressions

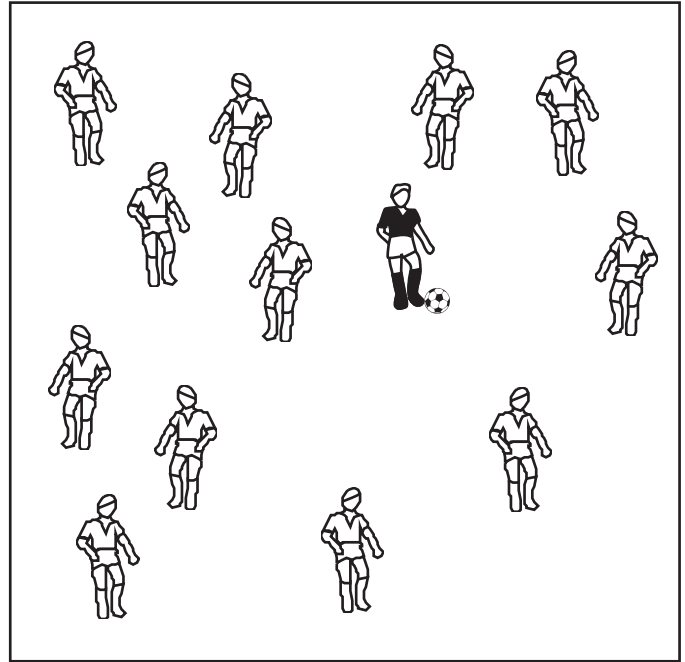
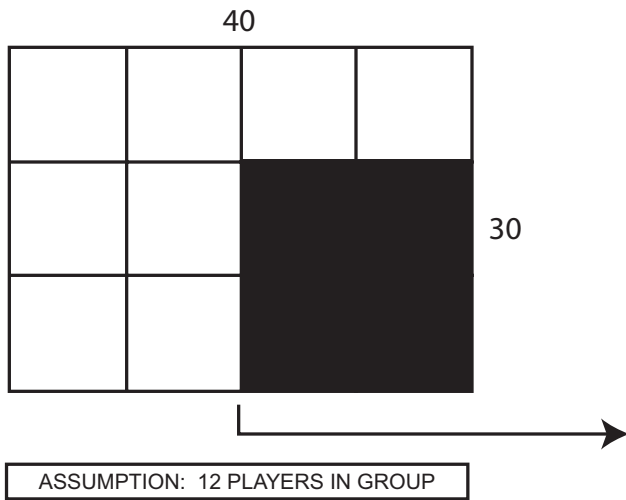
1. All players must go through 1 other area before getting to the final area.
2. Have 1 ball per team—game ends when everyone is in the area with their feet on the ball.

Key Coaching Points

1. Tell the players not to bunch up as they run.
2. Look for the quickest route.

URNS & BURNS - Running With Ball/Passing

Strike Out



Purpose

To develop passing accuracy over a short distance.

Organization

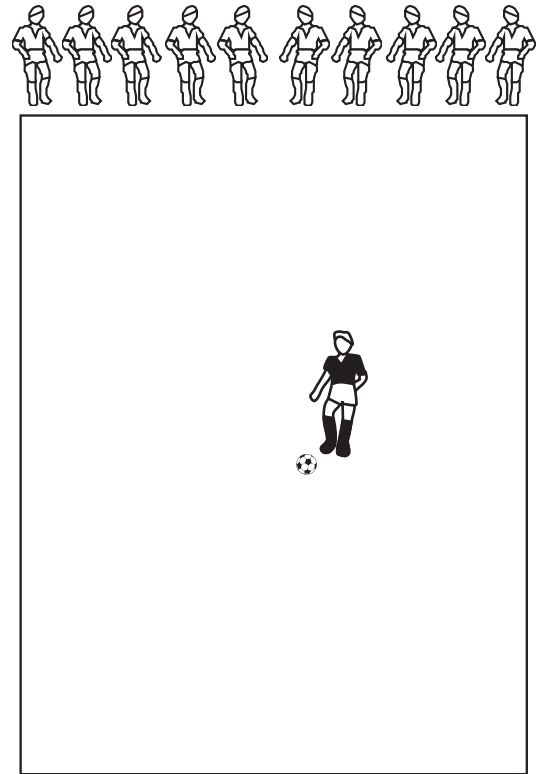
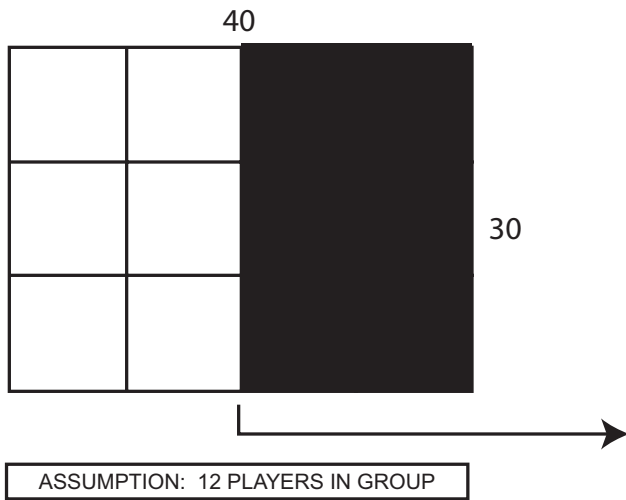
Set out a 20 x 20 yard area. One defender starts in the area with a ball. The remaining players are randomly spaced in the area without balls.

Game Objective

The dark player must strike his ball to hit the light player on or below the knee. When a light player is hit, he too becomes a dark player. One ball per defender. Encourage the dark player to dribble as close as possible to the light target player before striking the ball.

Key Coaching Points

1. Head over the ball.
2. Strike the ball with the inside of the foot.
3. Keep the ball on the ground.
4. Time your pass so that it hits the light player.



Purpose

To develop passing skills such as correct pace, accuracy and timing.

Organization

Set out a 20 x 30 yard area. One defender starts in the area with a ball. The remaining players start on one endline without balls.

Game Objective

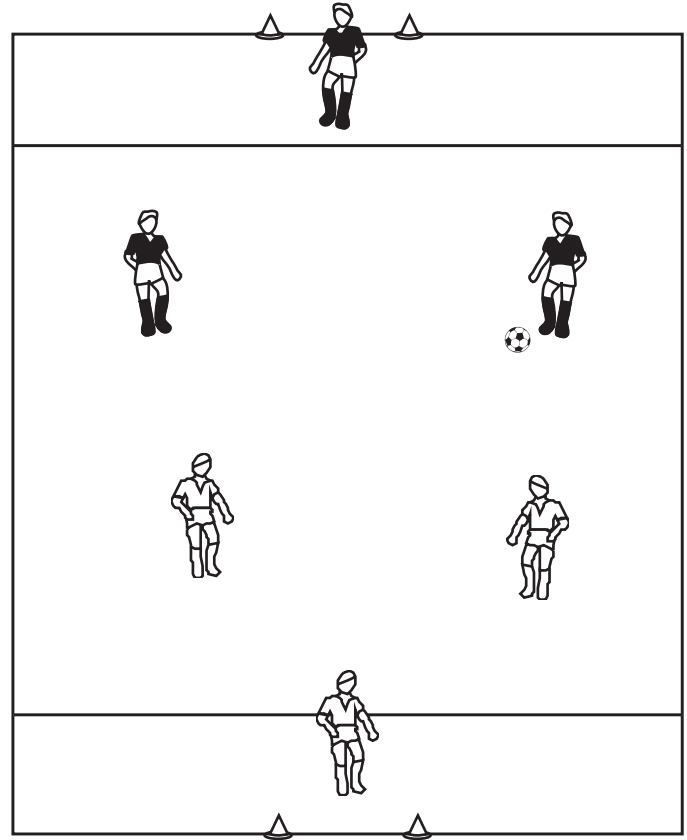
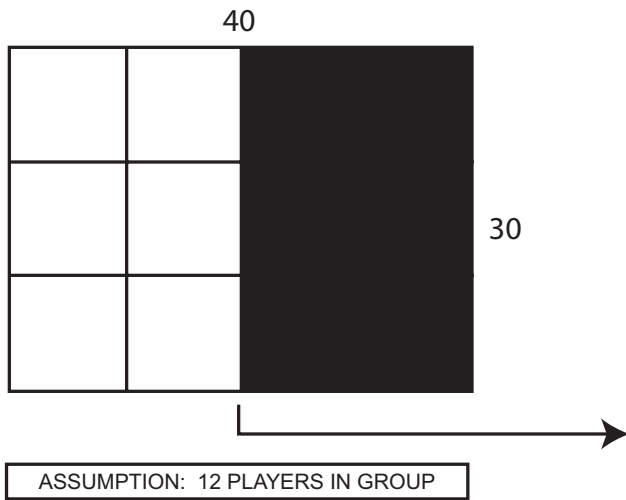
The dark player must strike his ball to hit the light player on or below the knee as they run across the area. When a light player is hit, he too becomes a dark player.

Key Coaching Points

1. Strike through the midline of the ball.
2. Follow through at the target.
3. Try to pass the ball in front of the runner so that she arrives at the same time.
4. Reinforce the need for:
 - a) good pace on the ball so the runner can't dodge
 - b) good accuracy
 - c) good timing so the runner and ball arrive at the same time

WORLD CUP 21 - Passing & Control

Pass And Move



Purpose

To develop passing and control.

Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the end line. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. A team must make at least 2 passes before they can shoot on goal. Award 3 points for every pass; 5 points for every goal; first team to 21 wins.

Progressions

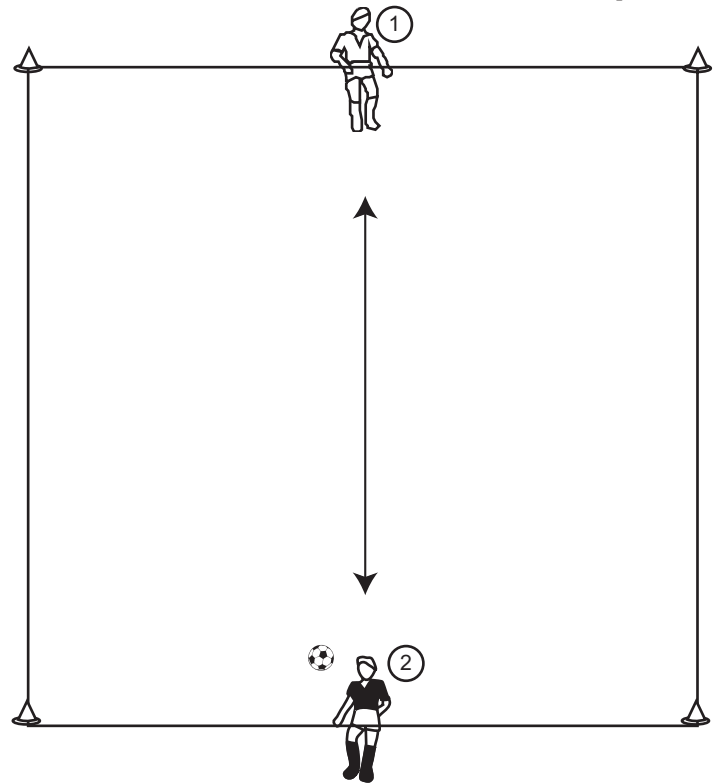
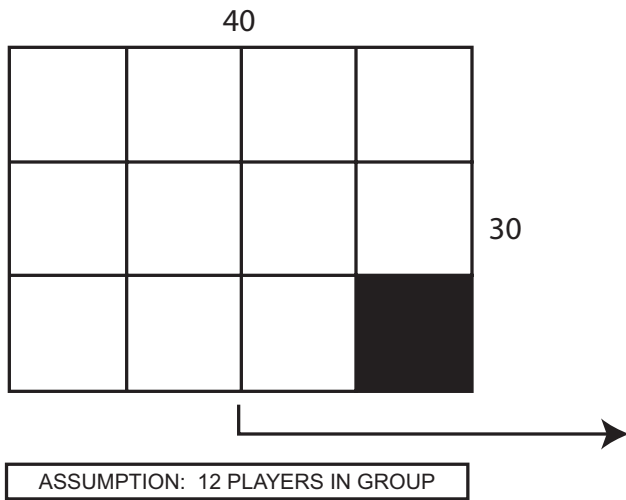
Allow the players to pick scores for different skills.

Key Coaching Points

1. When receiving the ball, control it into space.
2. Keep all passes on the ground.
3. When you don't have the ball, get into a position to receive the ball.

SKILLZBUILDER - Passing & Control

World Cup Control



Purpose

To develop receiving the ball.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 passes the ball across the area to player dark player #2 who must control the ball with the inside of his foot. Dark player #2 then passes the ball back across the area. Light player #1 repeats the practice. The object of the game is to roll the ball over the end line without the opposing player stopping it. To score a goal, the ball must travel below waist height. Each player should pick his favorite national team and represent that country. The first country to score 5 goals, wins the World Cup.

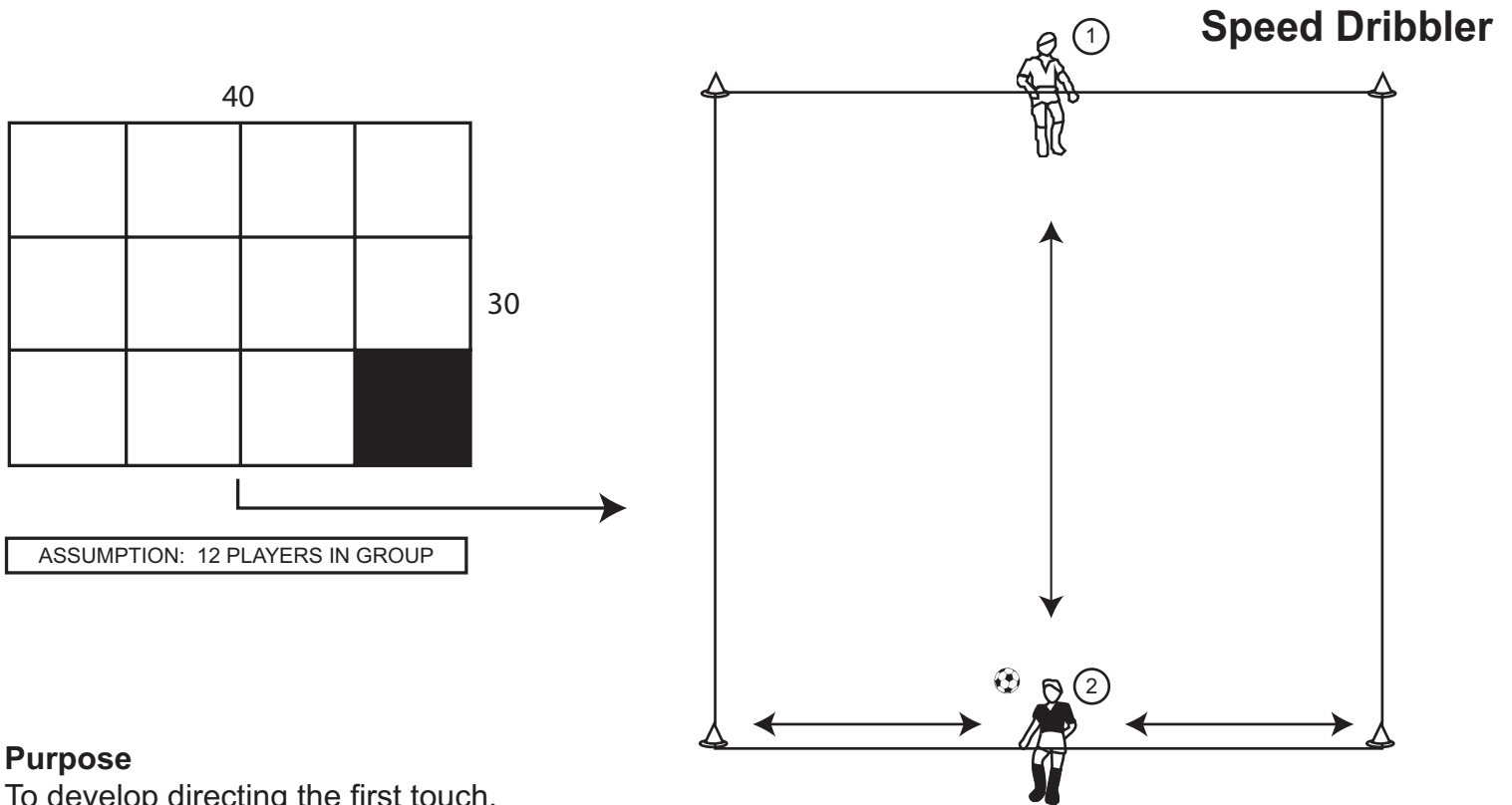
Progressions

If you pass the ball back first time and score, you get 2 goals.

Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.

SKILLZBUILDER - Passing & Control



Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 passes the ball across the area to dark player #2 who must control the ball with his foot angling the ball left or right. He must then dribble to the disc he is facing. Dark player #2 repeats the practice from the starting point.

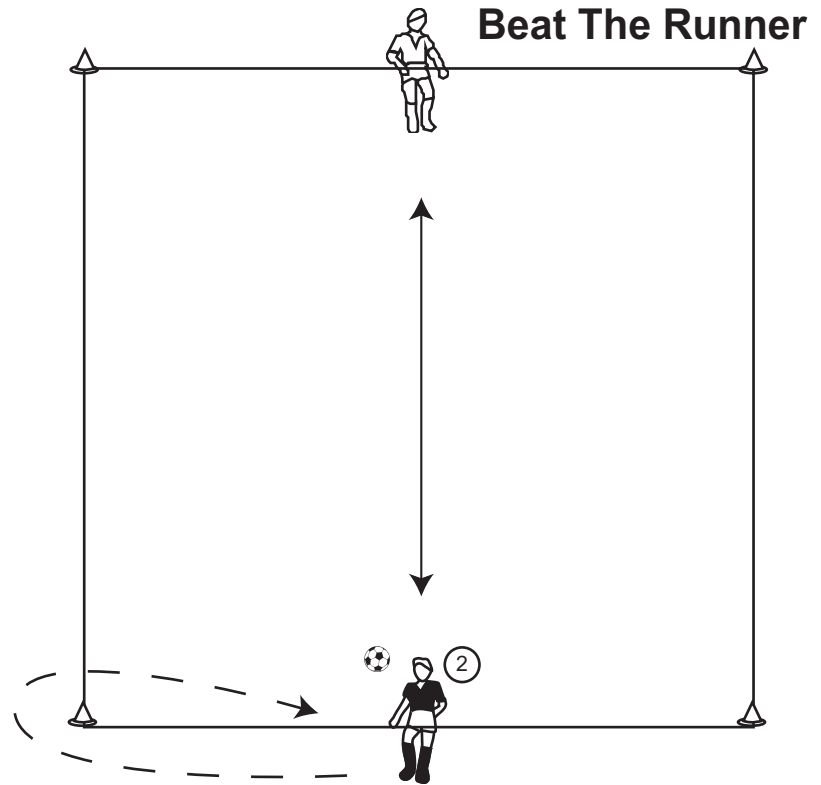
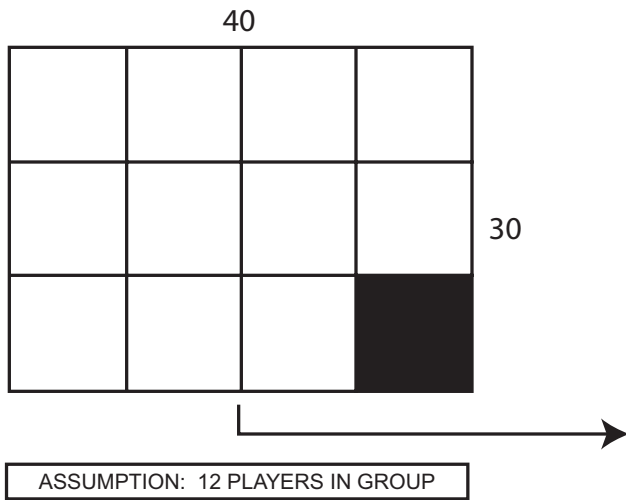
Progressions

Light Player #1 can put pressure on dark player #2 by trying to steal the ball before he can reach the disc. Light player #1 cannot move until dark player #2 has made his first touch.

Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.
3. Try to make a baby pass towards the cone using the inside or outside of your foot.

SKILLZBUILDER - Passing & Control



Purpose

To develop passing with pace, timing and accuracy.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Dark player #2 passes the ball across the area to light player #1. Dark player #2 then runs immediately around the cone and back to his starting position. Light player #1 must control the ball, then pass it back using the inside of his foot, attempting to pass the ball over the far end line before dark player #2 gets back in position. A goal if the ball goes over the end line traveling along the ground. Repeat and rotate.

Progressions

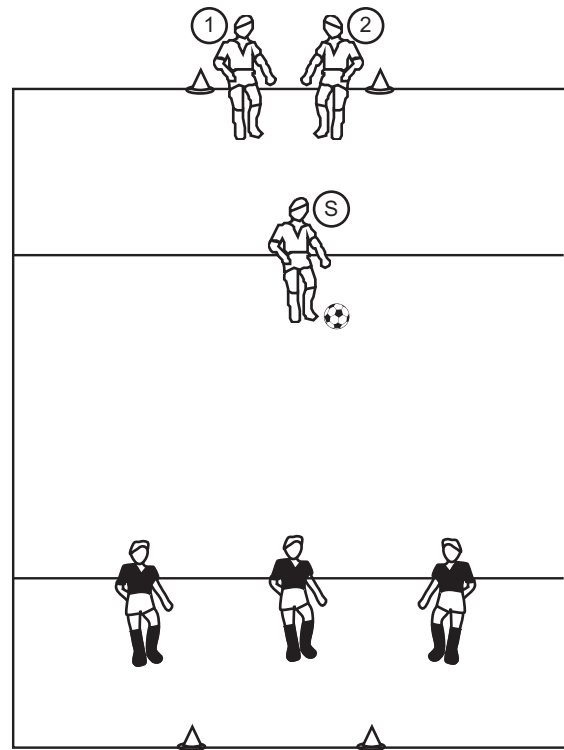
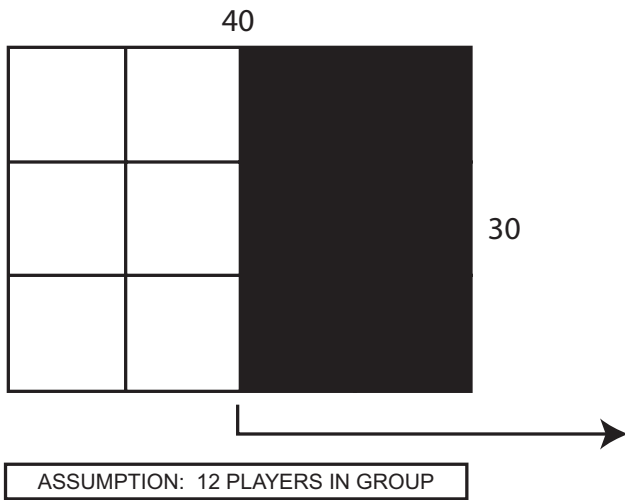
Move the cones in 3 yards. Now the receiving player is allowed to pass it back through the cones first time.

Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.
3. Your pass should always start your run.
4. Be in a position ready to pass back first time.

BACKYARD SOCCER - Passing & Control

Attack & Defense



Purpose

To develop passing & control in a small sided game.

Organization

Set out a 20 x 30 yard area. One ball per group. Groups of six. Play 3 v 1 with 1 defender and 2 goalkeepers. Position as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

The light player serverpasses the ball to any dark player. The dark players must pass the ball at least once before shooting at goal from the area furthest from the goal at the top of the diagram. The server is the lone outfield defender. Light players #1 and #2 play in goal. They can defend the goal but they cannot use their hands. If the defender wins the ball, he must pass the ball back to one of the goalkeepers before his team can attack. Repeat in the opposite direction.

Progressions

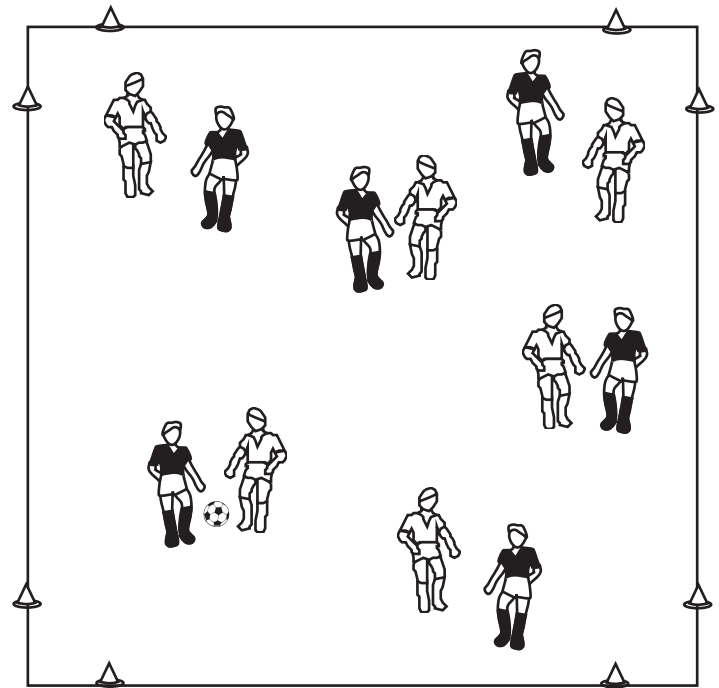
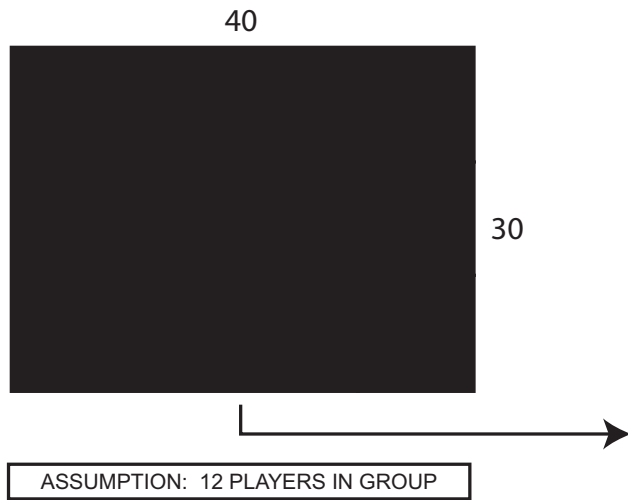
1. Play 1 goalkeeper, 2 defenders.

Key Coaching Points

1. Try to pass the ball to feet.
2. When attacking, move up in support.
3. When you lose possession, react quickly.

THE BIG GAME - Passing & Control

Tony Chestnut's Big Game



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 40 x 30 yard area. Play 6 v 6. Station goals angled into the area in the corners of the grid. 1 ball per practice.

Game Objective

The object of the game is to try to pass the ball between your team players and score in any of the 4 goals. Players should be encouraged to spread out and find space throughout the practice.

Progressions

1. Players can score only in 2 goals at diagonals from each other.
2. Players can score only in 2 goals at one end.

Key Coaching Points

1. Encourage players to pass then move into space.
2. If a defender is in front of you, pass or dribble to a different goal.
3. Try not to bunch around the ball.

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Seven

Daily Topic: Shooting

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

0:45-0:55 Break (competitions/quizzes)

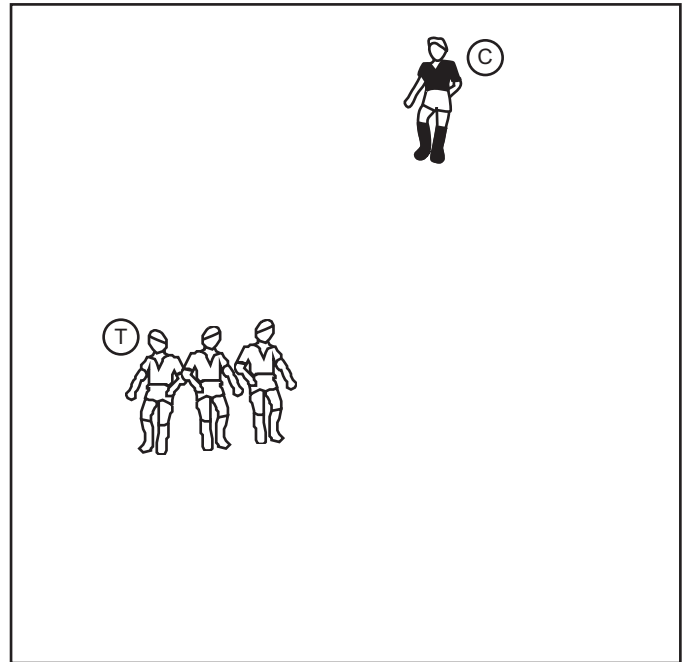
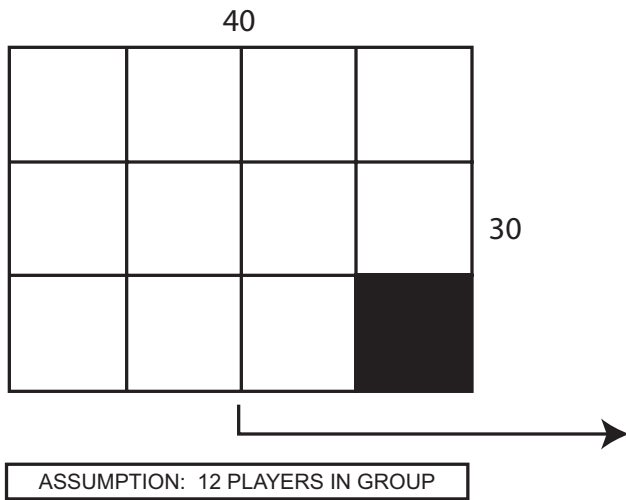
0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed

Circle Of Doom



Purpose

To develop turning skills and changing direction—keeping head up.

Organization

Set out a 10 x 10 yard area. Groups of 4. 3 players make a circle linking arms or holding hands. Repeat in 2 other areas for a total of 12 players.

Game Objective

The object of the game is for the dark catcher to attempt to run around the group of 3 linked players to tag the target player. The linked players attempt to prevent the catcher from reaching the target player by moving around so that the target player remains at the furthest point from the catcher. If the target player is tagged, he changes places with the catcher. Repeat and rotate.

Progressions

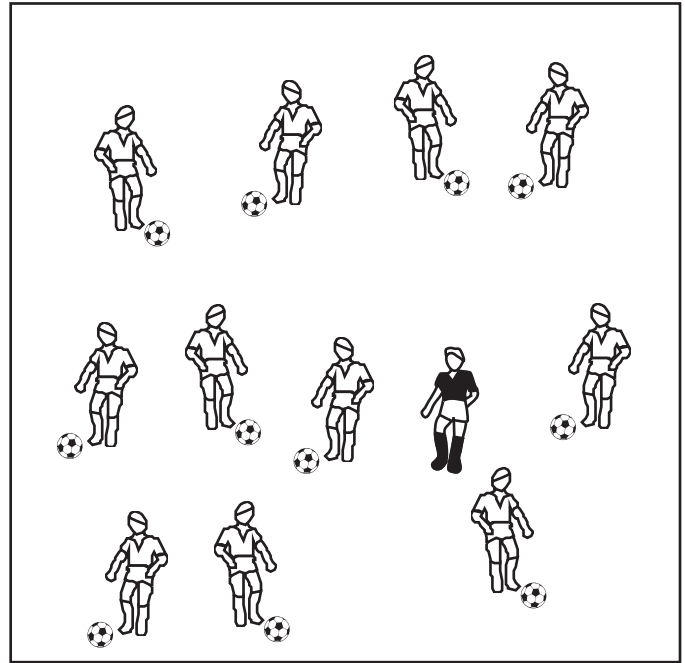
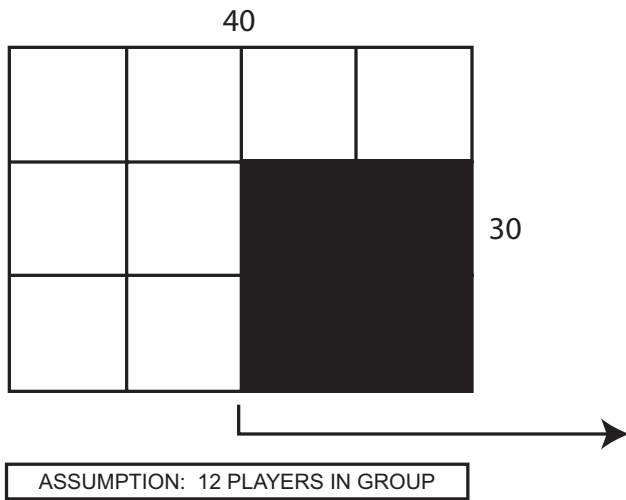
Introduce a ball. The catcher must dribble his ball while trying to tag the target player.

Key Coaching Points

1. Work as a team to avoid the catcher.
2. Catchers should fake and move quickly to reach the target player.

URNS & BURNS - Dribbling

Terminator



Purpose

To develop turning and running with the ball.

Organization

Set out a 20 x 20 yard area. One ball per player except for the lone dark catcher/terminator. All players must stay within the confines of the area.

Game Objective

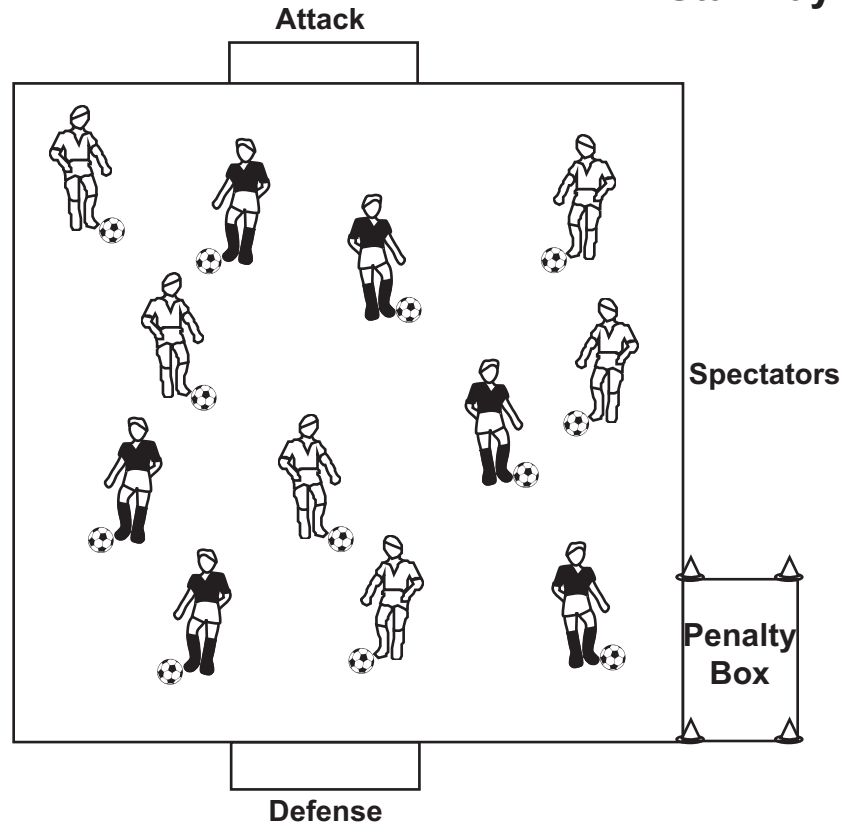
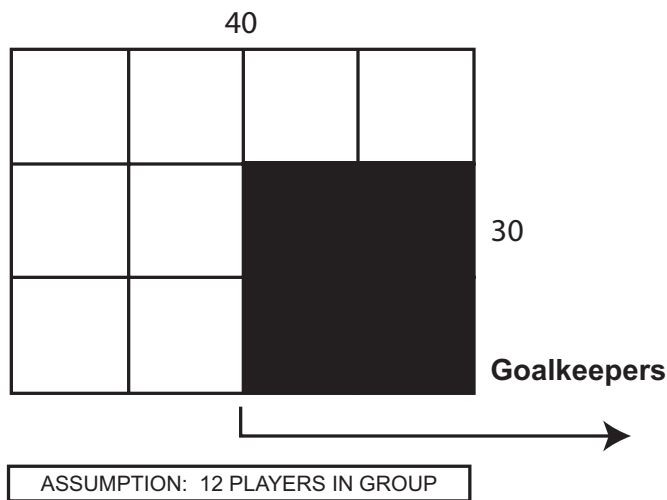
The light players are chased by the (dark player) terminator. Any light player, who either a.) dribbles outside the box or b.) has their ball kicked outside the box by the terminator, becomes a dark player catcher. Play until only one light player remains.

Key Coaching Points

1. Keep the ball close to your body.
2. Try to look up and around between touches.
3. Use your body to shield the ball from the defenders.
4. Turn away from danger.

URNS & BURNS - Ball Familiarity

All Star Day



Purpose

To develop fast feet and turns.

Organization

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area. All players assume identity of an MLS player.

Game Objective

Players dribble around the area using the inside and outside of both feet. On the command "scissors!," players perform a scissors fake. Players react to the coach's direction commands of "attack!," "defense!," "spectators!," or "goalkeepers!" by running the ball to those lines as shown in the diagram.

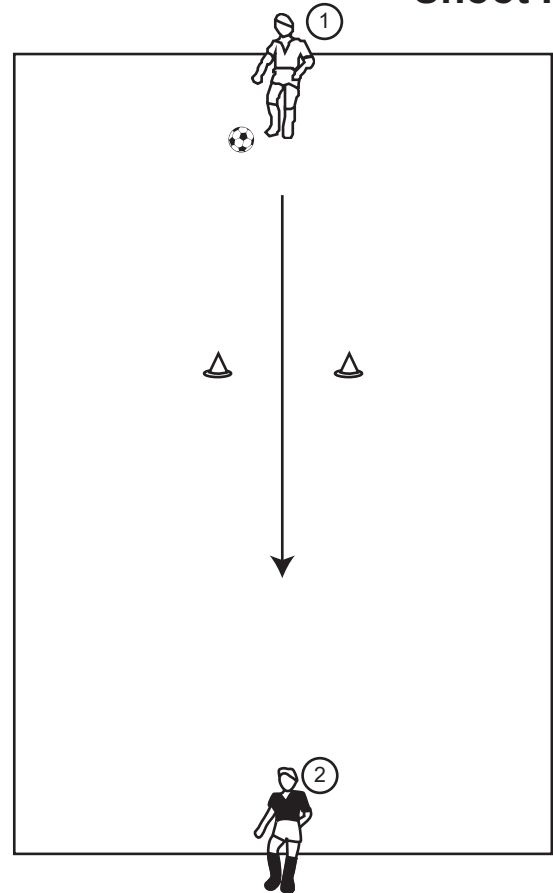
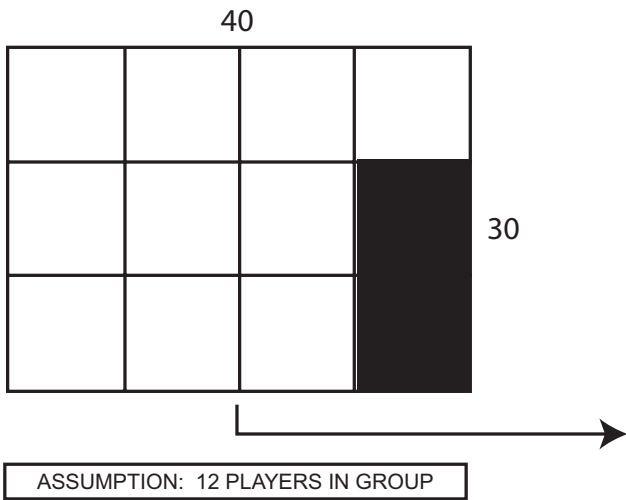
Progressions

1. If coach shouts out a number, the players must get in a group of that number. All players who do not find a group, must go to the penalty box and do the two turns.
2. If a coach shouts out a side of the field, all the players must run to that side of the field (e.g., attack, defense, goalkeeper, spectator).

Key Coaching Points

1. Player must hop momentarily off the supporting leg when performing the sole turn.
2. Use the scissors fake to make space.
3. Accelerate out of the turn.

Shoot In 2's



Purpose

To develop the basic mechanics and techniques of shooting.

Organization

Set out a 10 x 20 yard area. Group in pairs. One ball per pair. Place 2 discs in the center of the area approximately 3 yards apart. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 takes 3 steps back from the ball and shoots the ball across the area to dark player #2. The goal is to strike the ball between the discs without the ball touching either disc. Dark player #2 repeats the practice from the other side.

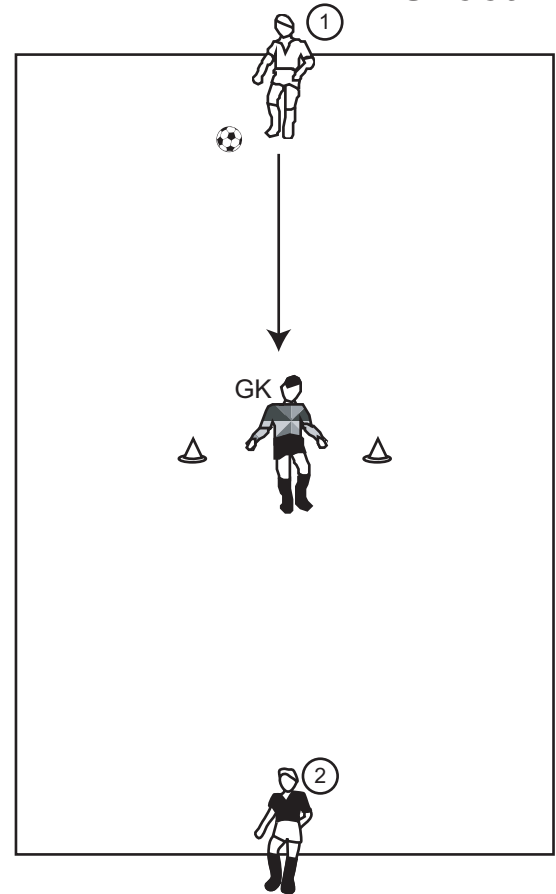
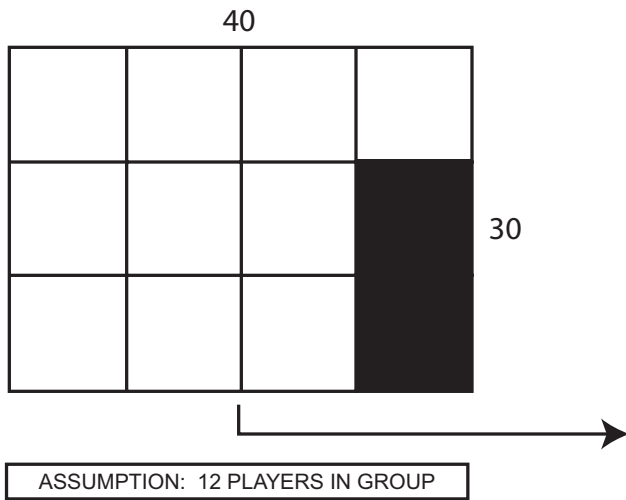
Progressions

1. Progress to two touches.
2. Make the goal narrower.
3. Progress to rolling the ball to partner, striking the ball first time.

Key Coaching Points

1. A slightly angled approach to the ball.
2. Place the non kicking foot alongside the ball and 8-10 inches to the side of the ball.
3. Look at the ball and keep your knee over the ball.

Shoot In 3's



Purpose

To encourage players to shoot low and to the corners.

Organization

Set out a 10 x 20 yard area. Group in threes. One ball per group. Place 2 discs in the center of the area approximately 5 yards apart. Repeat in 3 other areas for a total of 12 players.

Game Objective

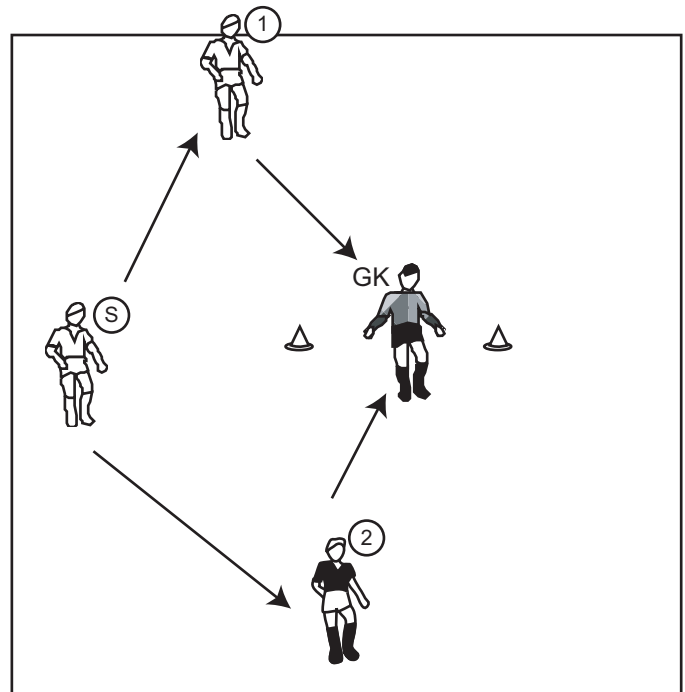
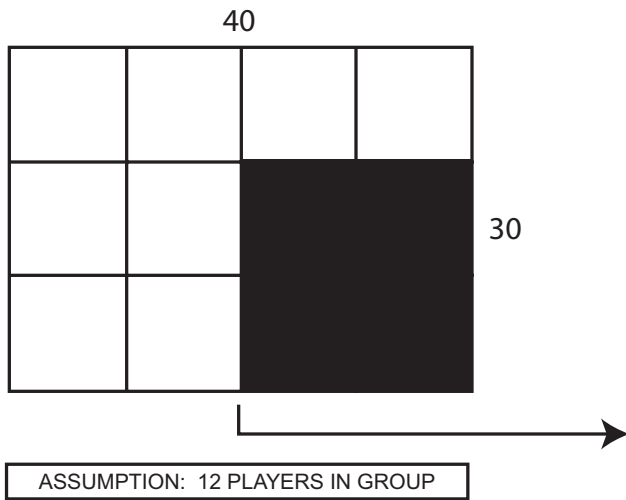
Light player #1 shoots the ball at the goal attempting to beat the goalkeeper by directing the ball low and to the corners. If light player scores, Dark player #2 should move into line with the ball to receive it on the other side. If the goalkeeper saves the ball then he turns and serves the ball to dark player, who repeats the practice. The ball must be struck from a stationary position.

Progressions

1. Pass the ball forward to yourself and shoot.
2. Push the ball to the side to create a new shooting angle.

Key Coaching Points

1. Strike the ball with the laces.
2. The non striking knee should be slightly bent but braced.
3. Head over the ball.
4. Select the target area.



Purpose

To develop receiving the ball and shooting.

Organization

Set out a 20 x 20 yard area. Groups of four. Two balls per group. One server stationed on the side of the goal. Repeat in two other areas for a total of 12 players.

Game Objective

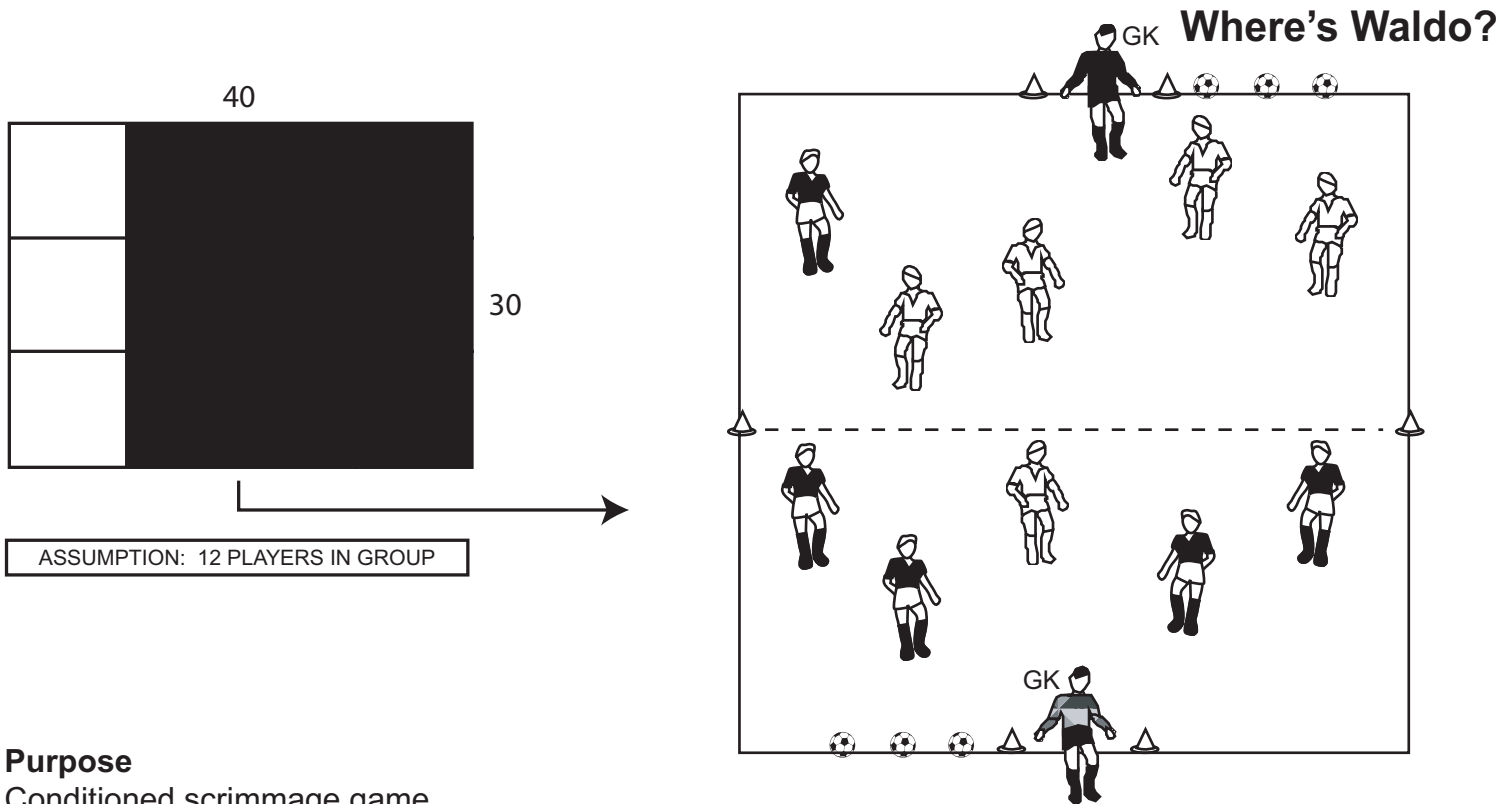
The server plays the ball to light player #1 who controls the ball in front with his first touch and shoots on goal. The server then plays the ball to dark player #1 who repeats the practice. Rotate positions.

Progressions

1. Server throws the ball in.
2. Attacker has only 3 touches to score.

Key Coaching Points

1. Knee and body over the ball.
2. Strike the ball with the laces.
3. Keep the ball low and directed to the corners.
4. Follow through at the target.



Purpose

Conditioned scrimmage game.

Organization

Set out a 30 x 30 yard area. Create a halfway line using discs. Store soccer balls behind each goal. Play 4 v1 in each half with a goalkeeper.

Game Objective

The light team's goalkeeper serves the ball to any of his dark teammates in his half. They must get a shot on the goal in the opposite field. The lone light player of the dark team in that area is a defender trying to block the shot. The lone Light player in the opposite area is the cherry picker, following in on the goalkeeper for rebounds. Repeat in the opposite direction.

Progressions

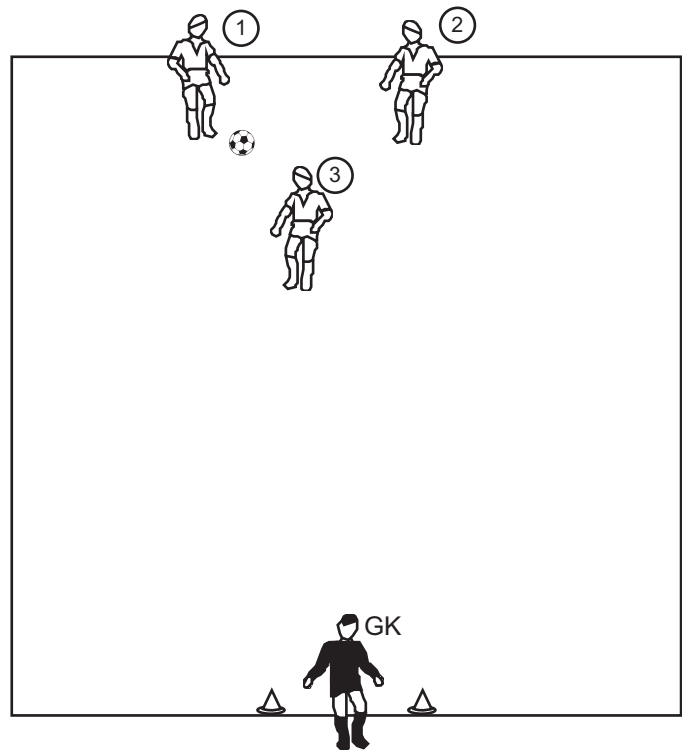
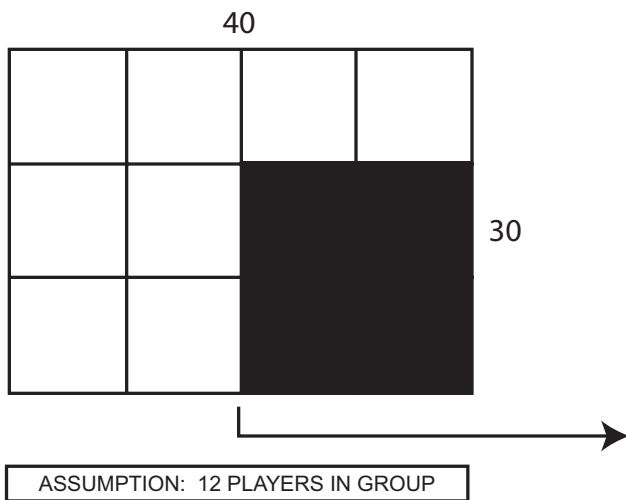
Take away the halfway line and progress to a full field game of 6 v 6.

Key Coaching Points

1. As soon as an opportunity for a shot arises it needs to be taken.
2. Shooting is as much an attitude and instinct as it is a technique.
3. Follow in for rebounds.

BACKYARD SOCCER - Shooting

3 Goals And In



Purpose

To develop shooting and finishing.

Organization

Set out a 20 x 20 yard area. Groups of 4. 1 ball per group. Position players as shown in the diagram. Repeat in 2 other areas for a total of 12 players.

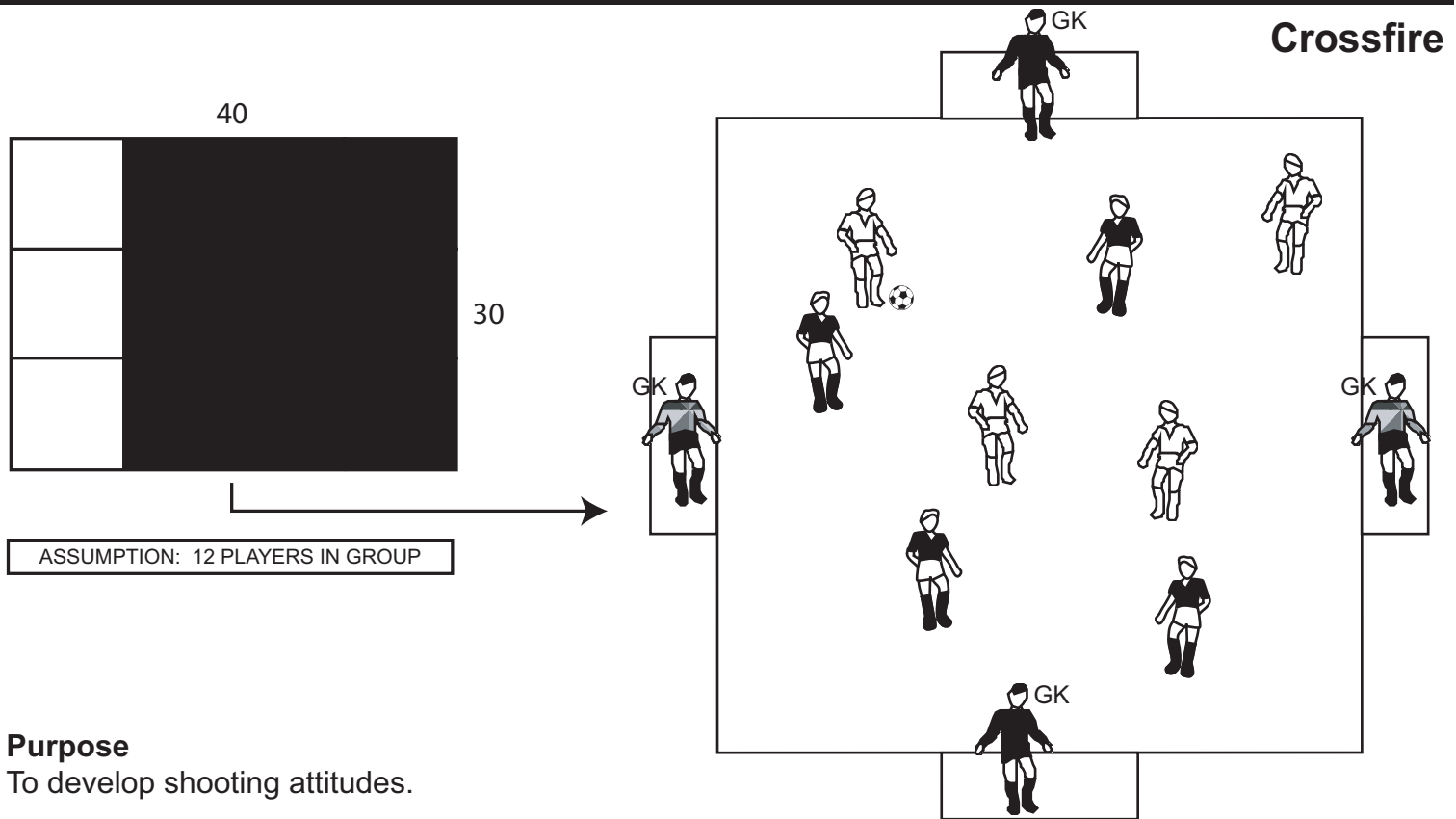
Game Objective

Light players 1, 2 and 3 compete against each other to score goals. The first player to score 3 goals is the winner. The winner then gets to choose who goes into goal next.

Key Coaching Points

1. Take shots early and keep them low.
2. Follow in for rebounds.
3. Challenge for every ball.
4. Shoot to the corners and away from the goalkeeper.

THE BIG GAME - Shooting



Purpose

To develop shooting attitudes.

Organization

Set out a 30 x 30 yard area with goals on each side of the area. Position 4 players from each team randomly within the area. Place a goalkeeper in each of the goals.

Game Objective

The dark team can score in the goals to the left and right of the diagram, while the light team can score in the goals at either the top or bottom of the diagram.

Progressions

Make the goals 5 yards wide and play with no goalkeepers in a 6 v 6 within the area.

Key Coaching Points

1. Develop a shoot first, pass second, attitude towards goal scoring.
2. Follow up on goalkeepers to maximize rebound scoring chances

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Eight

Daily Topic: Shooting

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:40 World Cup 21 (small-sided games to reinforce the daily theme)

0:40-0:55 Skillzbuilders (skills and techniques based upon the theme of the day)

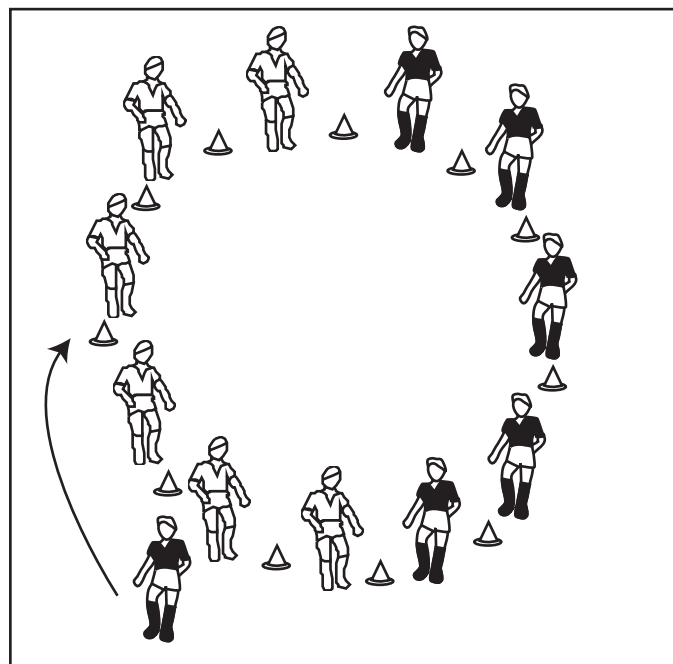
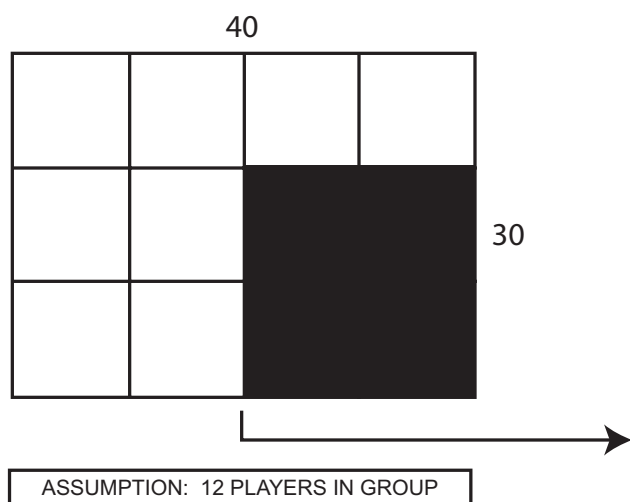
0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCKER-ROBICS - Running With The Ball

Beat The Clock



Purpose

To develop directional dribbling.

Organization

Set out a circle of 11 discs in 20 x 20 yard area. Station one player in the gate made by 2 discs. One player remains outside to act as the initial beat the clock runner.

Game Objective

A dark player runs around the outside of the circle. When he tags someone, the two players run around the circle in opposite directions. The first player back to the vacant gate fills the spot. The other player runs on and repeats the practice.

Progressions

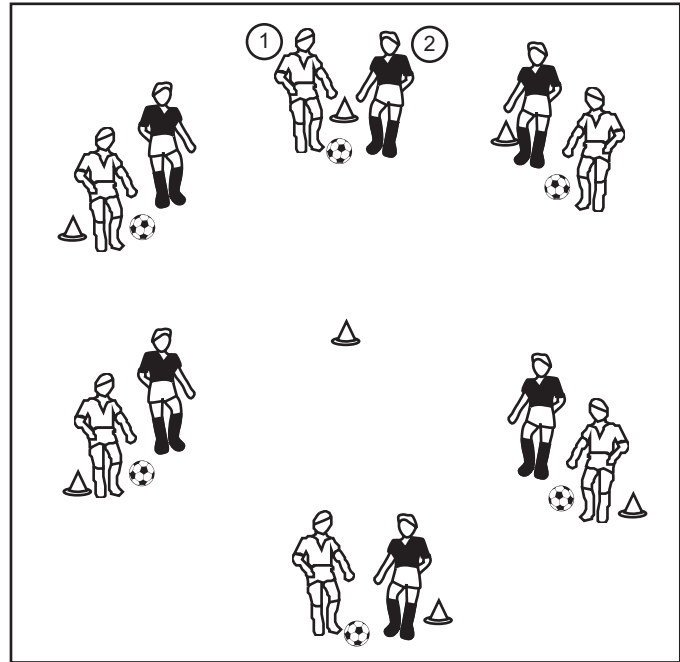
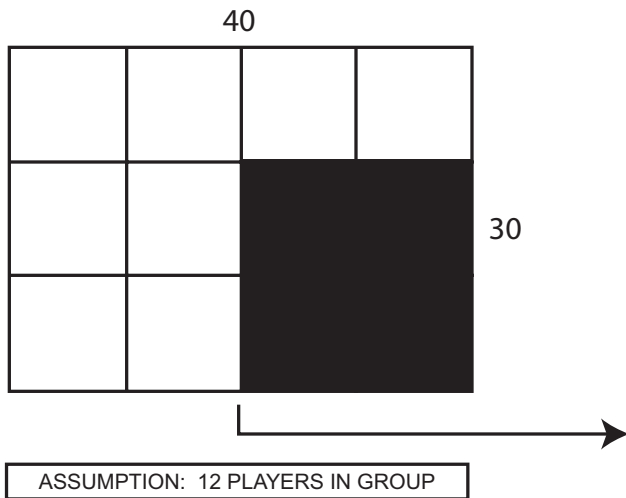
1. Introduce a ball.
2. Have more than 1 tagger/runner on the outside.

Key Coaching Points

1. Keep the ball within 2-3 feet between touches.
2. Look up between touches to get a better sense of direction and to avoid the other runner as he comes around.

URNS & BURNS - Running With The Ball

There And Back



Purpose

To develop the ability to look up and around and change direction.

Organization

Set out a circle of 12 discs in a 20 x 20 yard area. Group in pairs. One ball per pair. Station each pair at every other disc. Number the players #1 and #2. Place a disc in the center of the circle.

Game Objective

On the command "one" each light player #1 must dribble toward the disc in the center of the circle, around the cone, and back to his partner. Repeat for dark player #2.

Progressions

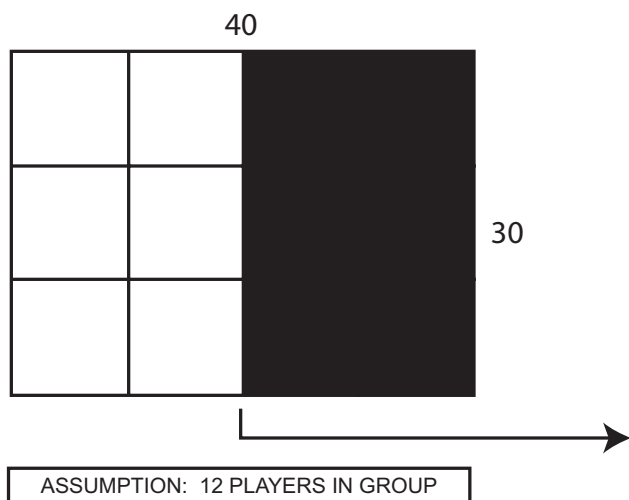
1. Dribble to the middle cone and then to the person on your right.
2. Players must shout the name of the person they intend to dribble to before they reach the center disc.

Key Coaching Points

1. Use the inside of the foot to hook the ball around the disc when turning.
2. Accelerate out of the turn.

WORLD CUP 21 - Attacking

Big “S” Game (Shoot, Save or Score)



Purpose

To develop attacking play.

Organization

Set out a 20 x 30 yard area and make an endzone 5 yards wide from the endline. Mark out a 10 yard goal. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

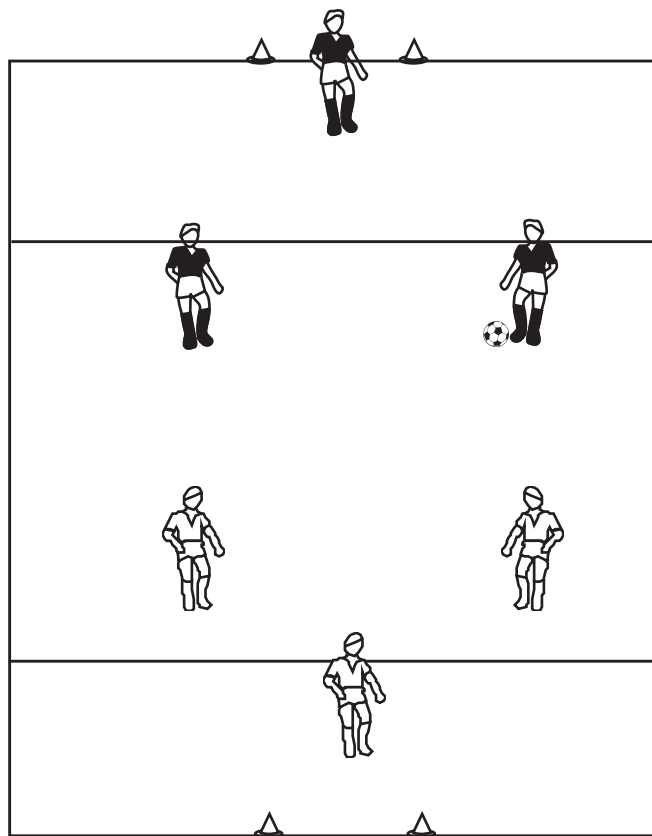
Play 3 v 3. Each team can elect 2 goalkeepers. These players are allowed to use their hands in the defensive endzone. They must also go forward as an outfield player during attacks on the opposing goal. Shot = 1 point; shot on target = 3 points; save = 1 point; 5 points for every goal. First team to 21 wins.

Progressions

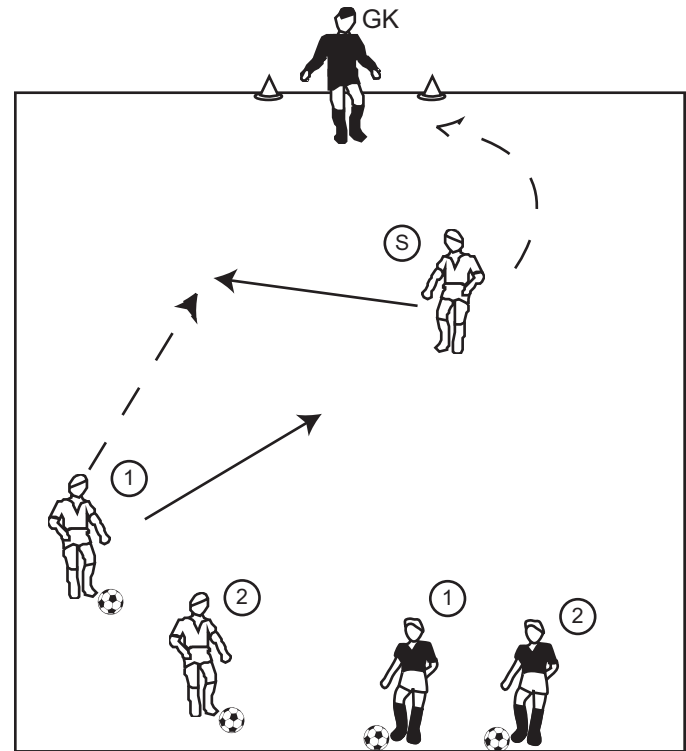
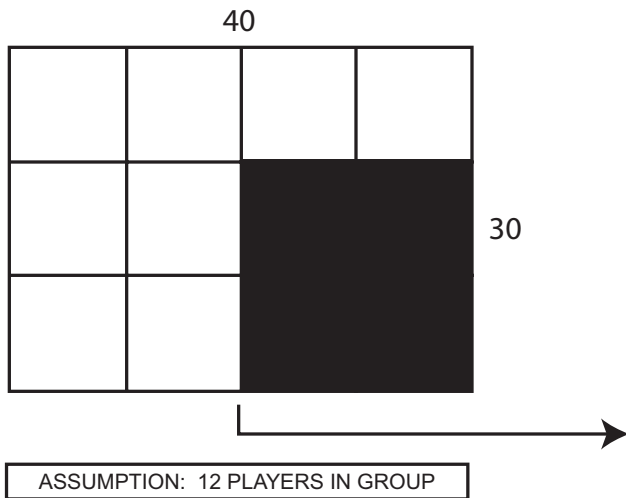
Allow the players to pick scores for different skills.

Key Coaching Points

1. Try to shoot at every opportunity.
2. Keep shots low and away from the keeper.
3. Follow in for rebounds and deflections.



Shoot & Rebound



Purpose

To develop striking the moving ball and finishing.

Organization

Set out a 20 x 20 yard area. Groups of six. Four balls per group. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

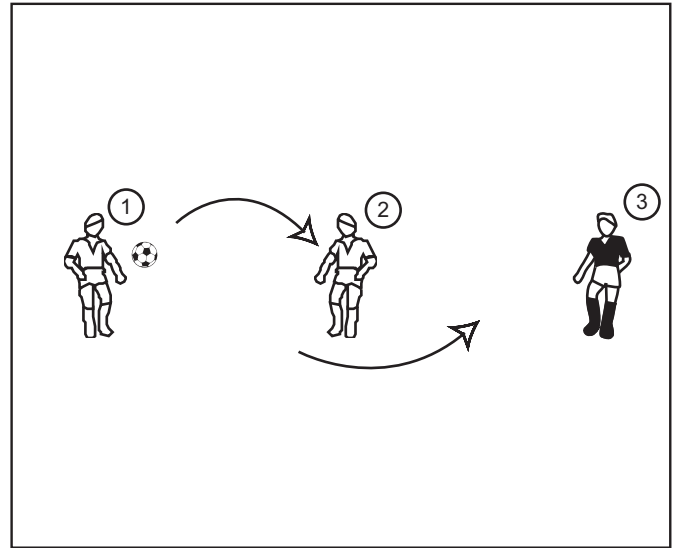
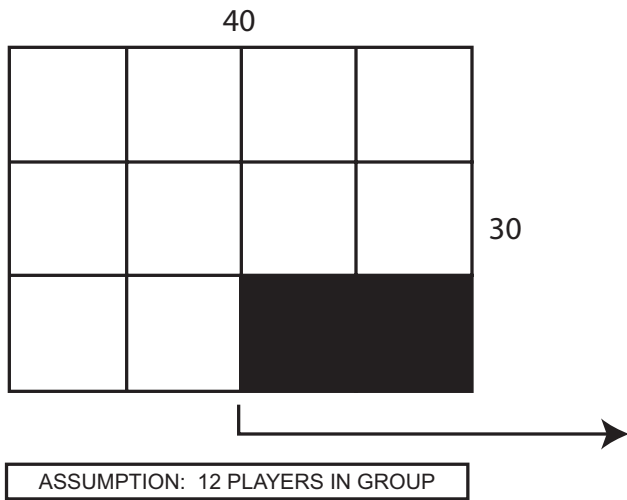
Light player #1 passes the ball to the server (S) who passes the ball back into the path of Light player #1. Light player #1 shoots low and to the far post. The Server (S) turns and runs to the area at the far post to pick up any rebounds or shots wide of the target. The Server (S) becomes the goalkeeper. Light player #1 becomes the server, and the goalkeeper fetches the ball. Goalkeeper then goes to back of line. Repeat the practice and rotate positions. Save = 5 points; rebound = 3 points; goal = 5 points; shot on target = 3 points.

Progressions

Make dark player #1 a defender.

Key Coaching Points

1. Concentrate on accuracy.
2. Strike through the middle top-half of the ball.
3. Aim for the far post.



Purpose

To develop shooting on the turn.

Organization

Set out a 20 x 10 yard area. Group in 3's. 3 balls per group. Repeat in 3 other areas for a total of 12 players.

Game Objective

Light player #1 rolls the ball to light player #2 who turns and tries to shoot past dark player #3. Light player #2 is allowed only 3 touches to score. See how many times a player scores in 3 serves.

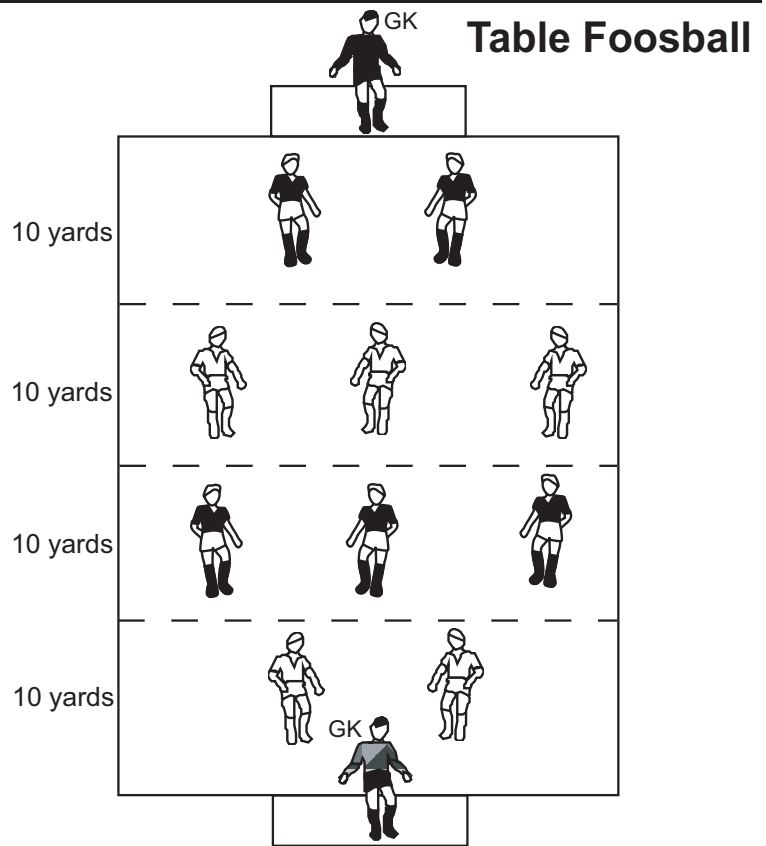
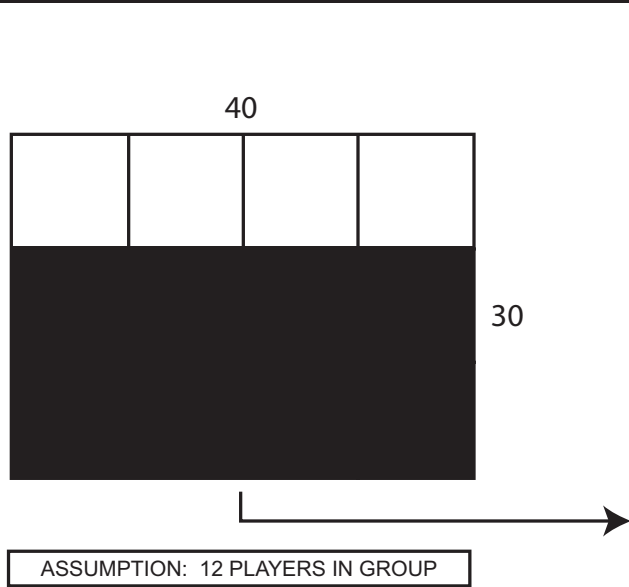
Progressions

Light player #1 now serves the ball with a throw in.

Key Coaching Points

1. The receiver's first touch should be slightly angled to the side.
2. Withdraw the controlling surface on impact.
3. Try to turn and shoot in one movement.

BACKYARD SOCCER - Shooting



Purpose

To develop passing, shooting and control.

Organization

Set out a 40 x 20 yard area. Position players in groups of 3 and 2 in the zones as shown in the diagram. Players must stay in their respective areas. Goalkeepers can throw or kick the ball into any area.

Game Objective

The object of the game is for defenders (groups of 2) to pass to attackers (groups of 3) who attempt to shoot on goal. If a defensive player blocks the path to goal, the player in possession should pass the ball to a teammate in a better scoring position. Change positions after a period of time or after a goal is scored by either team.

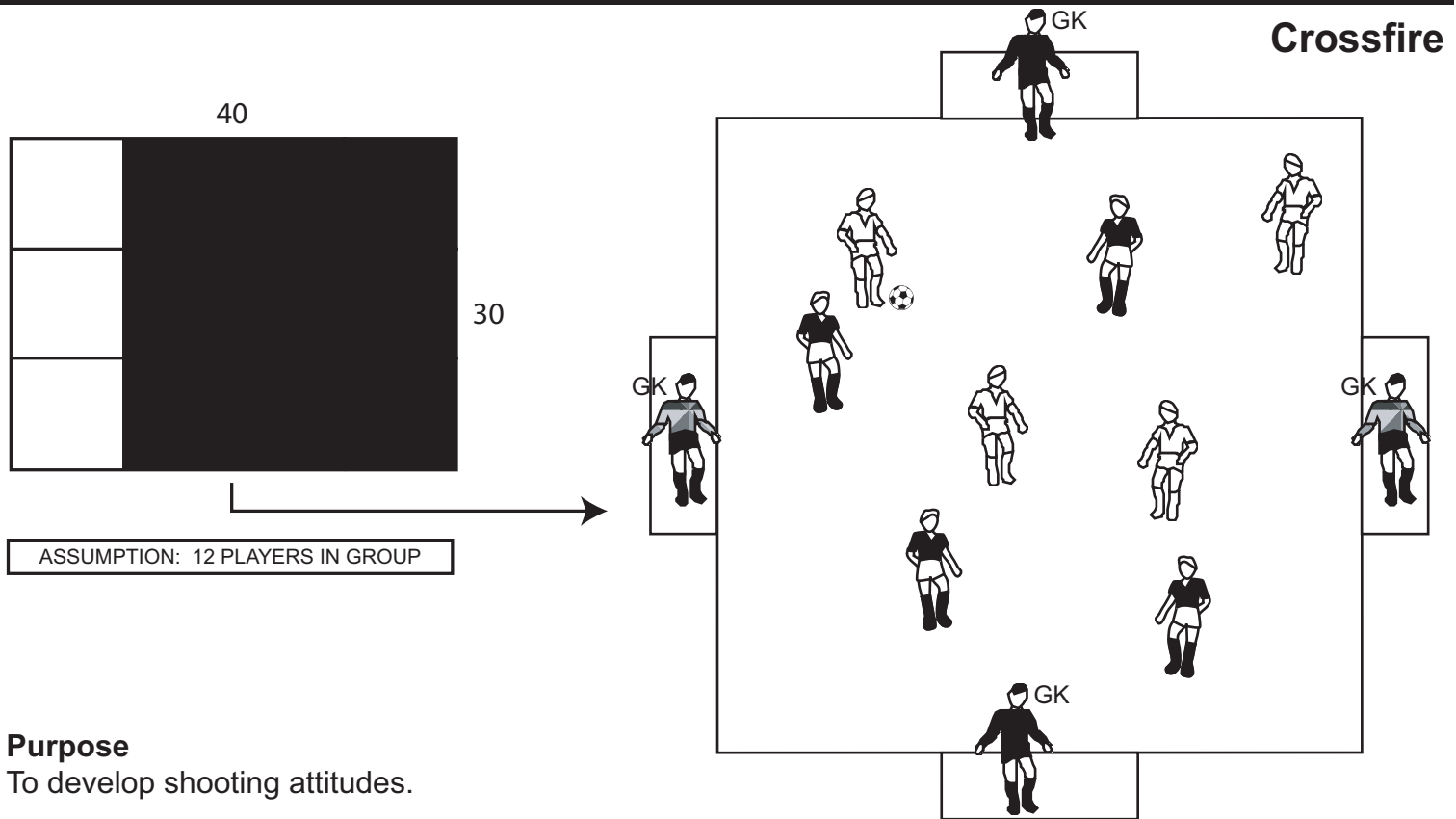
Progressions

1. Add more balls for younger players.
2. Make it 2 touch for older players.

Key Coaching Points

1. Try to pass to a player you can see, maybe pass it sideways if a defender is blocking his goal.
2. Use the inside of your foot for shot passes in your area.
3. Try to pass the ball in front of a teammate so they can pass or shoot with their 1st touch.

THE BIG GAME - Shooting



Purpose

To develop shooting attitudes.

Organization

Set out a 30 x 30 yard area with goals on each side of the area. Position 4 players from each team randomly within the area. Place a goalkeeper in each of the goals.

Game Objective

The dark team can score in the goals to the left and right of the diagram, while the light team can score in the goals at either the top or bottom of the diagram.

Progressions

Make the goals 5 yards wide and play with no goalkeepers in a 6 v 6 within the area.

Key Coaching Points

1. Develop a shoot first, pass second, attitude towards goal scoring.
2. Follow up on goalkeepers to maximize rebound scoring chances

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Nine

Daily Topic: Defending & Heading

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

0:45-0:55 Break (competitions/quizzes)

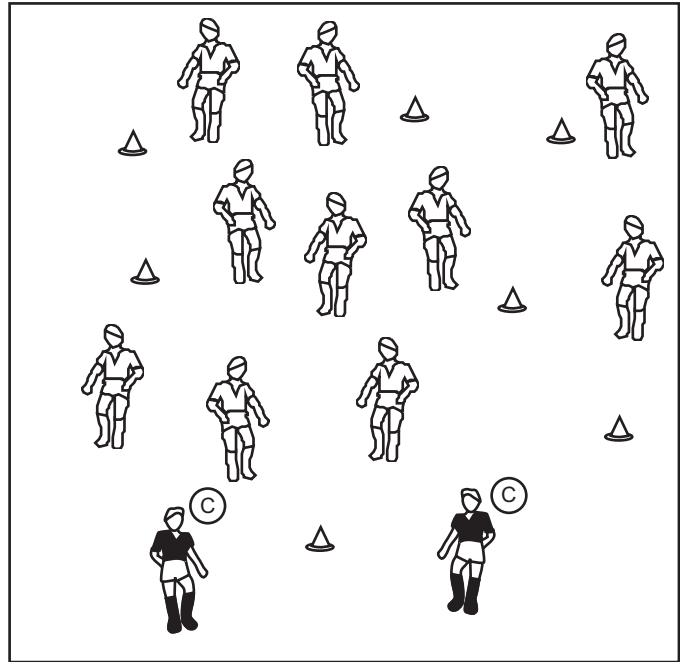
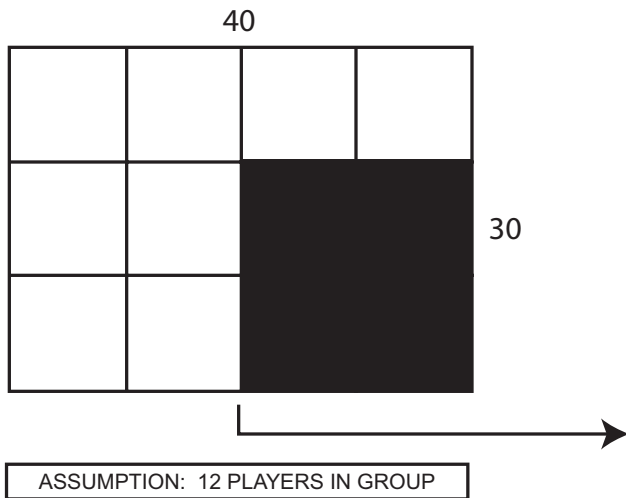
0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Defending

Desert Island Discs



Purpose

Change of speed and movement, agility, turns, feints and fakes.

Organization

Set out a 20 x 20 yard area with 7 cones scattered across the area. Groups of 12 which consist of 2 catchers and 10 runners.

Game Objective

The object of the game is for the light players to run around the area to avoid being tagged by either catcher (dark players). Runners may run to safety by placing 1 foot on one of the 7 discs in the area. When a light player runs to a disc that is occupied, the player occupying the disc must move off the disc and look for another disc to occupy. If a player is tagged by a catcher, the 2 players exchange roles.

Progressions

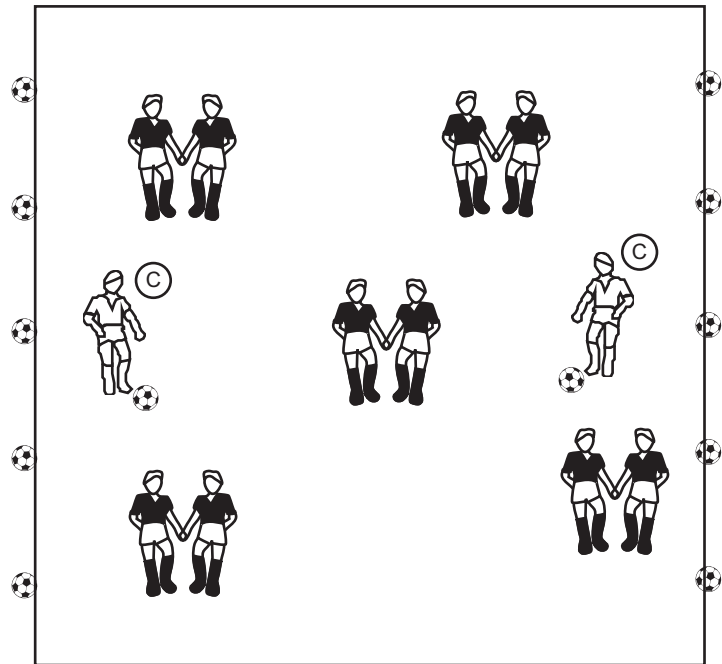
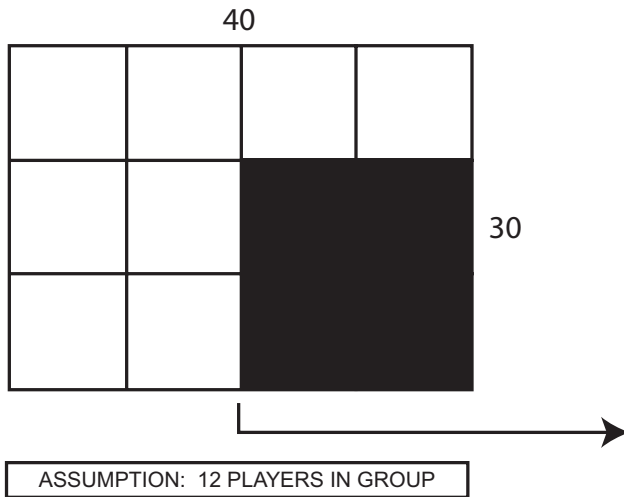
Introduce a ball so that players must dribble around the area.

Key Coaching Points

1. As a catcher approaches, pretend to go one way then go the other.
2. Try to trick the catchers by jogging, then sprint off as they get closer.

URNS & BURNS - Dribbling

Double Team/Jailbreak



Purpose

Passing skills and changing direction.

Organization

Set out a 20 x 20 yard area with 2 players with a ball and 5 pairs holding hands. Place the other balls around the outside of the area.

Game Objective

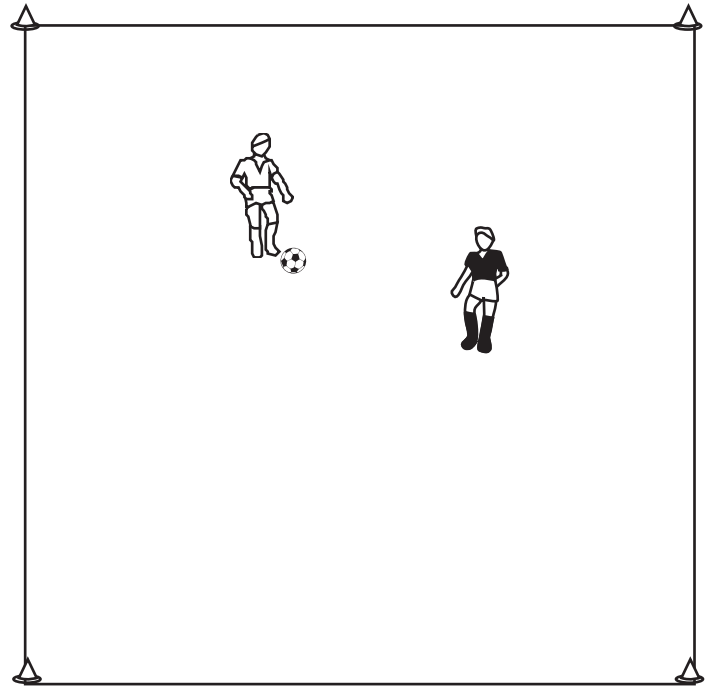
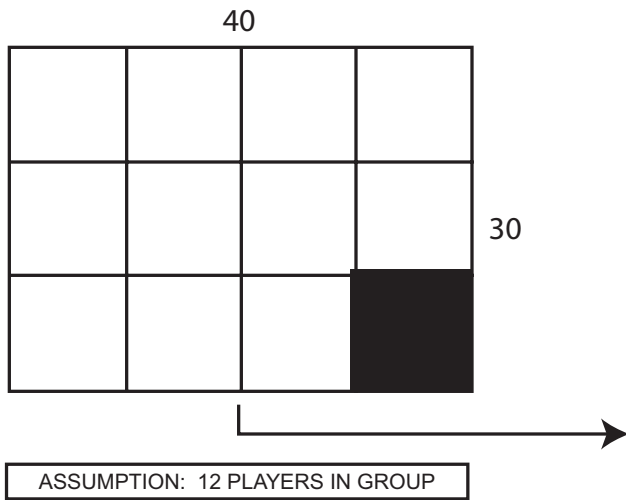
The 2 catchers with a ball start by moving around the area in an attempt to catch the escaped jailbreakers (dark players). If the 2 players pass their ball and hit the jailbreakers on or below the knee, they have caught them. Once caught, the jailbreakers become catchers. Game ends when all players are catchers.

Progressions

Jailbreakers play individually, rather than in pairs.

Key Coaching Points

1. Look at using the inside of the foot to pass the ball.
2. Try to pass the ball in front of the runner so it hits him as he moves into the space.
3. Dribbling using all parts of the foot.



Purpose

To develop tackling techniques.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

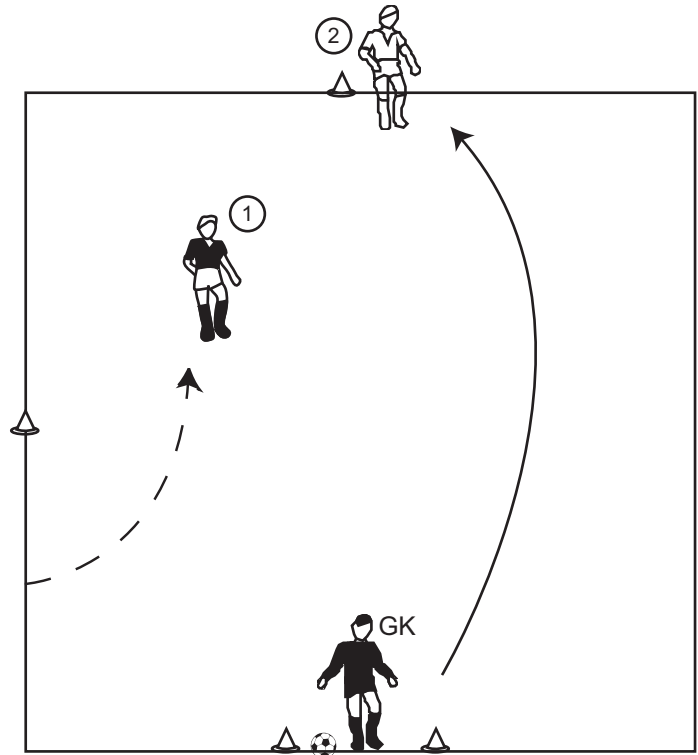
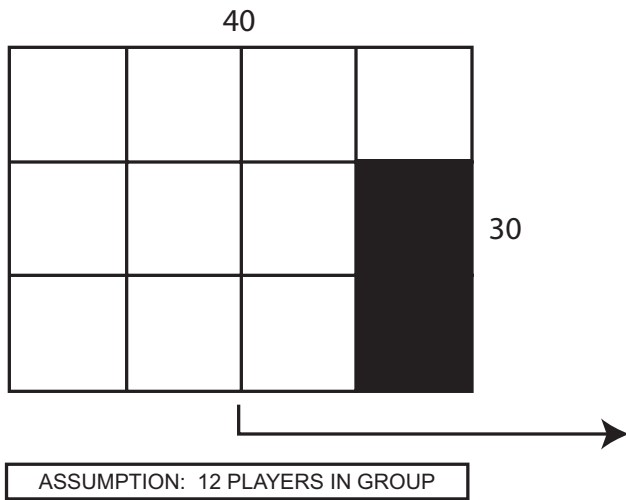
Light player is in possession of the ball. The light player attempts to dribble his ball over the end line. The dark defender must attempt to tackle the light player before he gets over the line. If the defender wins the ball, he takes it the other way.

Key Coaching Points

1. Shadow the attacker.
2. Be patient.
3. Watch the ball.
4. Select the correct moment to tackle.

SKILLZBUILDER - Defending

Defending 1 On 1 With A Goalkeeper



Purpose

To develop defensive positioning and posture.

Organization

Set out a 10 x 20 yard area. Group in 3's. 1 ball per group. 1 goal on the endline. Repeat in 3 other areas for a total of 12 players.

Game Objective

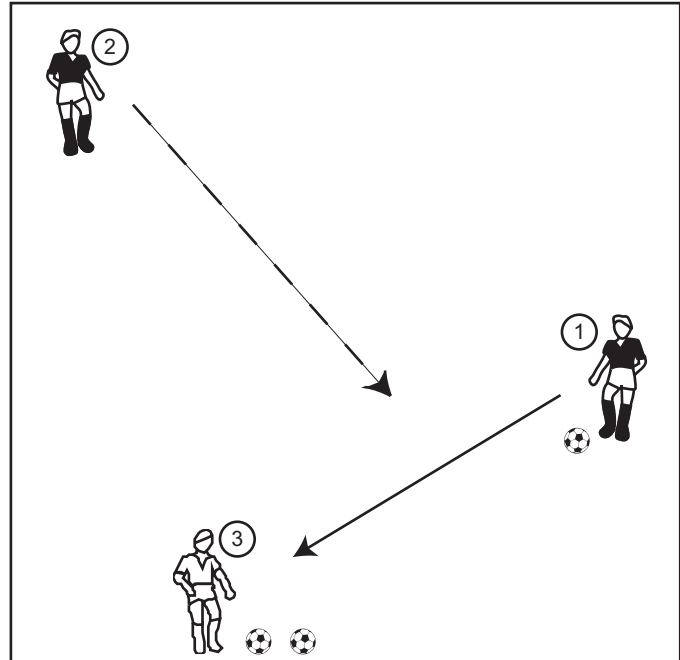
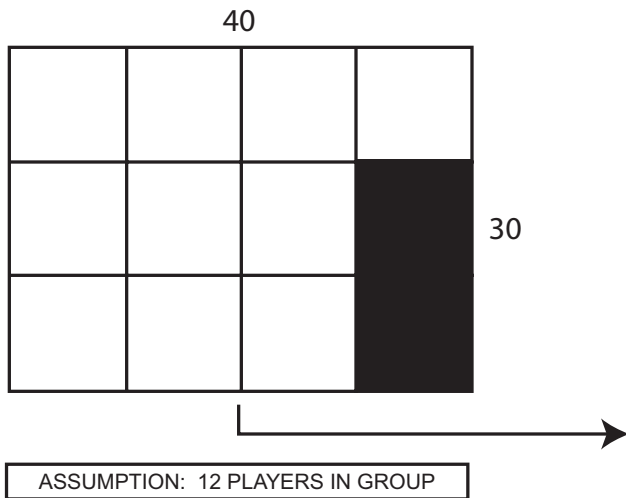
Goalkeeper passes to light player #2, who must attempt to dribble the ball past dark player #1 and score a goal. Dark player #1 assumes a sideways position and blocks the path to the goal. If the defender wins the ball, he should try to dribble over the end line. Rotate positions.

Progressions

Allow the Light player to shoot as soon as he receives the ball. The dark player must close down the space to the ball and get into line between the attacker and the goal as quickly as possible.

Key Coaching Points

1. The defender should make a curved run to the ball, coming down the line between ball and goal.
2. The defender assumes a sideways position, legs are bent.
3. Can the defender fake to get the ball to force the attacker one way?
4. The defender should always stay between the attacker and the goal, angling him to the corners.



Purpose

To develop the role of the second defender.

Organization

Set out a 10 x 20 yard area. Groups of 3. 3 balls per group. Dark player #1 has a ball; the other 2 balls are placed on discs on the end line. Repeat in 3 other areas for a total of 12 players.

Game Objective

Dark player #1 passes the ball to light player #3, who must advance the ball to the opposite end line without being dispossessed of it by dark players #1 or #2. Dark player #1 moves in to assume the correct defending position, forcing light player #3 in the direction of dark player #2 by blocking the right side of the attacker. Dark players #1 & #2 combine to win the ball. If the defenders win the ball, have them attempt to knock a ball off a cone.

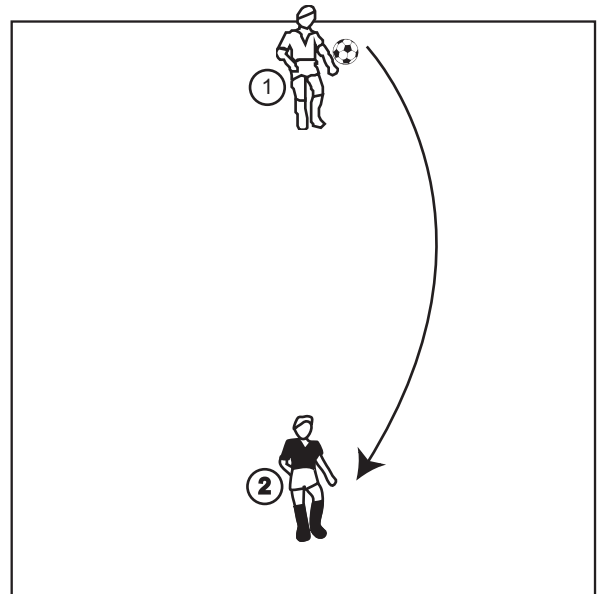
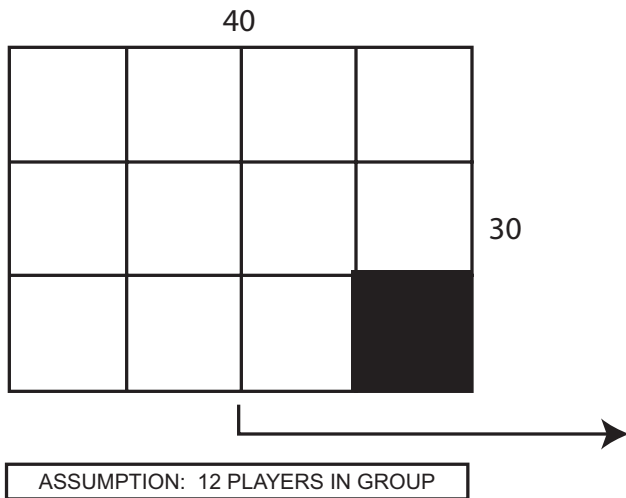
Progressions

1. Both defenders start on the same side of the area.
2. Progress to 2 v 2.

Key Coaching Points

1. Defenders assume the sideways position.
2. First defender should stop the attacker moving forward.
3. The second defender covers the open space.
4. Stay on your feet! Don't dive in.

Heading In Pairs



Purpose

To develop basic heading techniques.

Organization

Set out a 10 x 10 yard. Group in pairs. One ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 and dark player #2 stand approximately 5 yards apart. Light player #1 holds the ball with both hands in front of him. He brings the ball to his forehead and heads the ball out of his own hands to dark player #2. Repeat in the opposite direction.

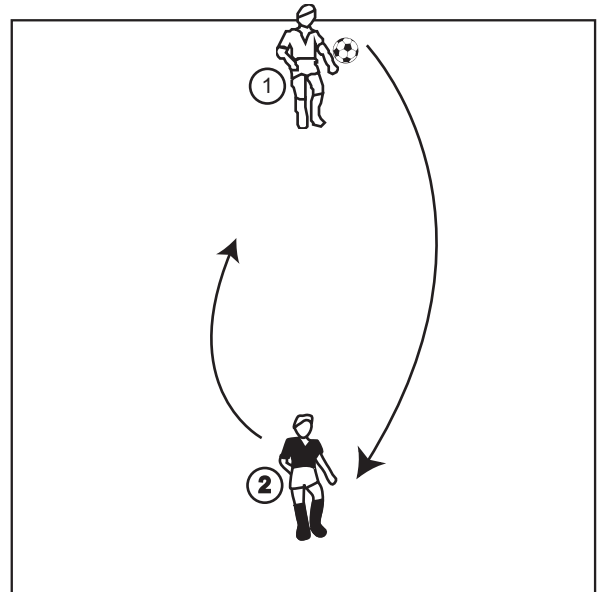
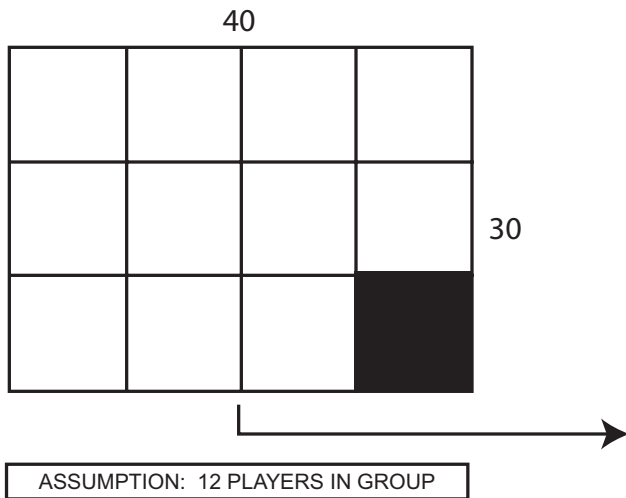
Progressions

Light player #1 tosses the ball out in front of himself so that he can head the ball to dark player #2.

Key Coaching Points

1. Make contact with the ball on the forehead.
2. Bend backwards with the upper body and spring forward through the ball.

Serve And Head



Purpose

To develop the ability to head the ball.

Organization

Set out a 10 x 10 yard area. Group in pairs. 1 ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

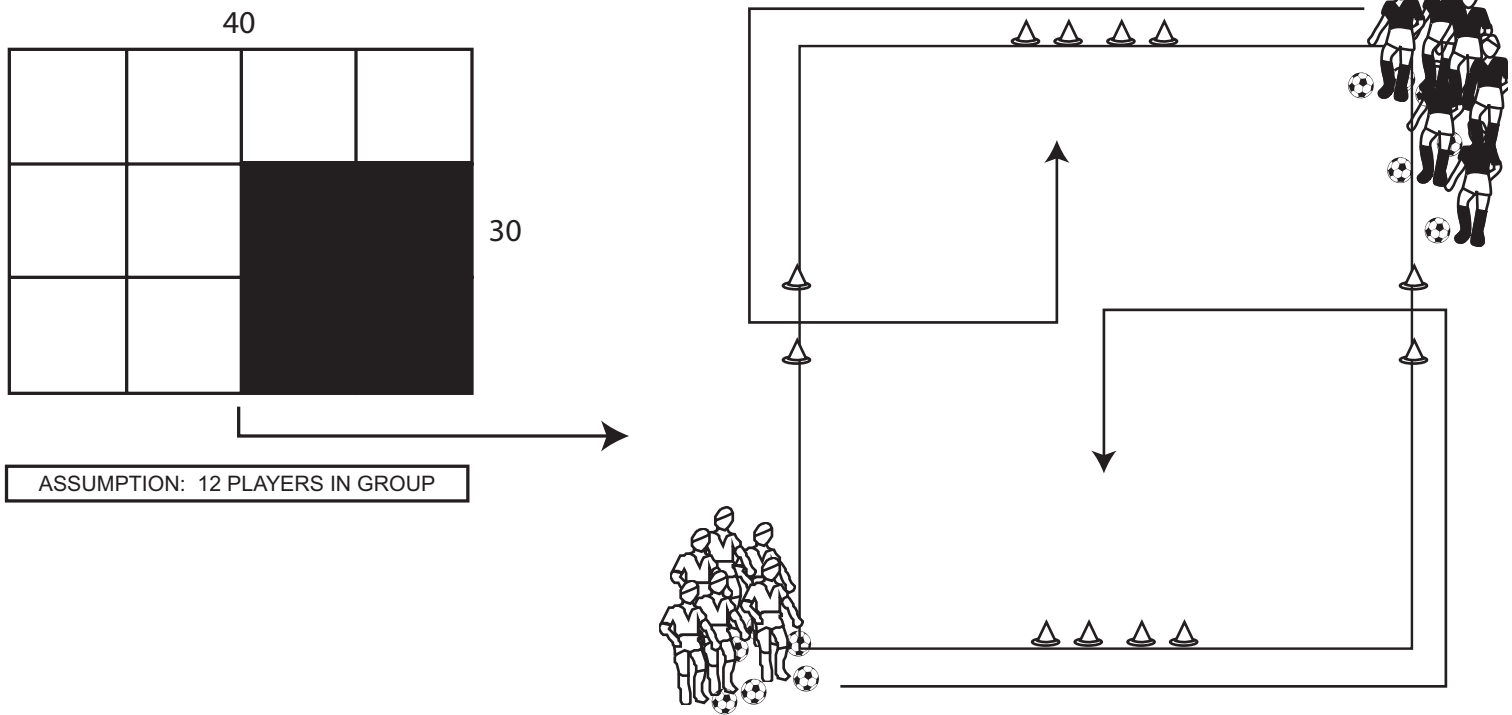
Light player #1 and dark player #2 stand approximately 5 yards apart. Light player #1 serves the ball underhand and with both hands to dark player #2. Dark player #2 attempts to head the ball back into the hands of light player #1. As the practice progresses the players move further apart. Repeat in opposite direction.

Progressions

1. Encourage players to head down to the feet of the server to control.
2. Serve the ball above the head to encourage players to leap for the ball.

Key Coaching Points

1. Eyes open and mouth closed.
2. Make contact with the ball on the forehead.
3. Tense the neck muscles on impact.
4. Attack the ball.



Purpose

To develop defensive pressure in shooting situations.

Organization

Set out a 20 x 20 yard area. Position 2 teams of 6 players in opposite corners of the grid. Number the players from 1 to 6. 1 ball per player. Position cones as shown in the diagram.

Game Objective

The coach calls out a number from 1 to 6. The numbered player from each team dribbles around the area (as shown on the diagram) and enters the area through the side gate. The first ball to cross the line is used while the other ball is discarded. The two players compete to score a goal by knocking down the opponents cones. The player not in possession is charged to defend his goal and force the player out of play or to give up possession.

Progressions

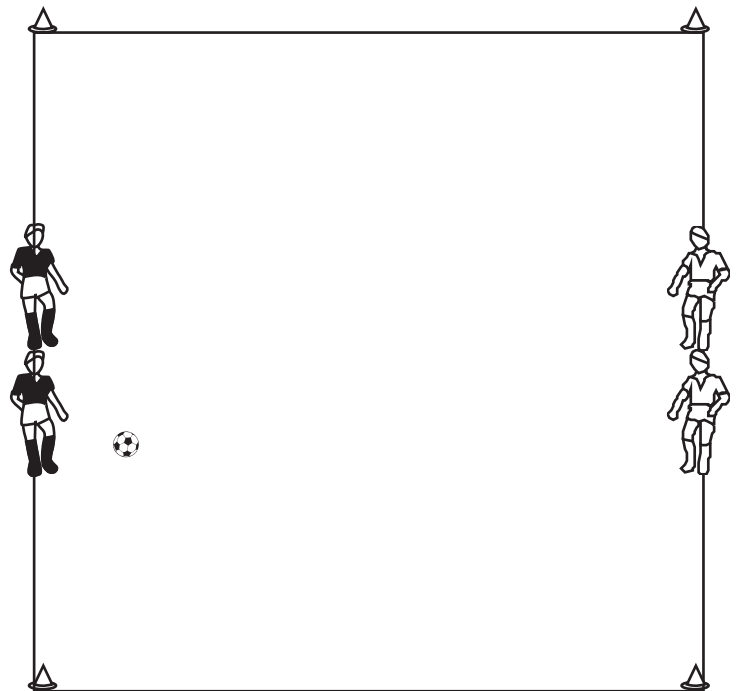
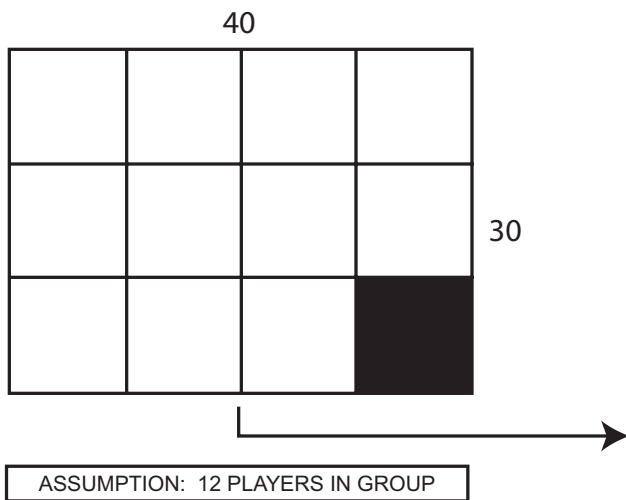
Coach now serves 1 ball into the area.

Key Coaching Points

1. Move to the ball, but slow down as you approach the attacker.
2. Assume a sideways position 2 - 3 yards before establishing position.
3. Try to force the attacker away from goal, towards the flanks.

BACKYARD SOCCER - Heading

World Cup Headers



Purpose

To develop attacking and defensive headers.

Organization

Set out a 10 x 10 yard area. Groups of 4 players are paired and stationed on the sides of the area as shown in the diagram. Each team takes on the identity of a World Cup Team.

Game Objective

The object of the game is to head the ball past the opposing team and over the opposing goal line. The player in possession serves the ball to his teammate to head towards the opposing goal line. The defending team must attempt to stop the ball from crossing their end line without using their hands. Once the ball has been stopped, the receiving player picks the ball up and serves the ball to his partner to repeat in the opposite direction.

Progressions

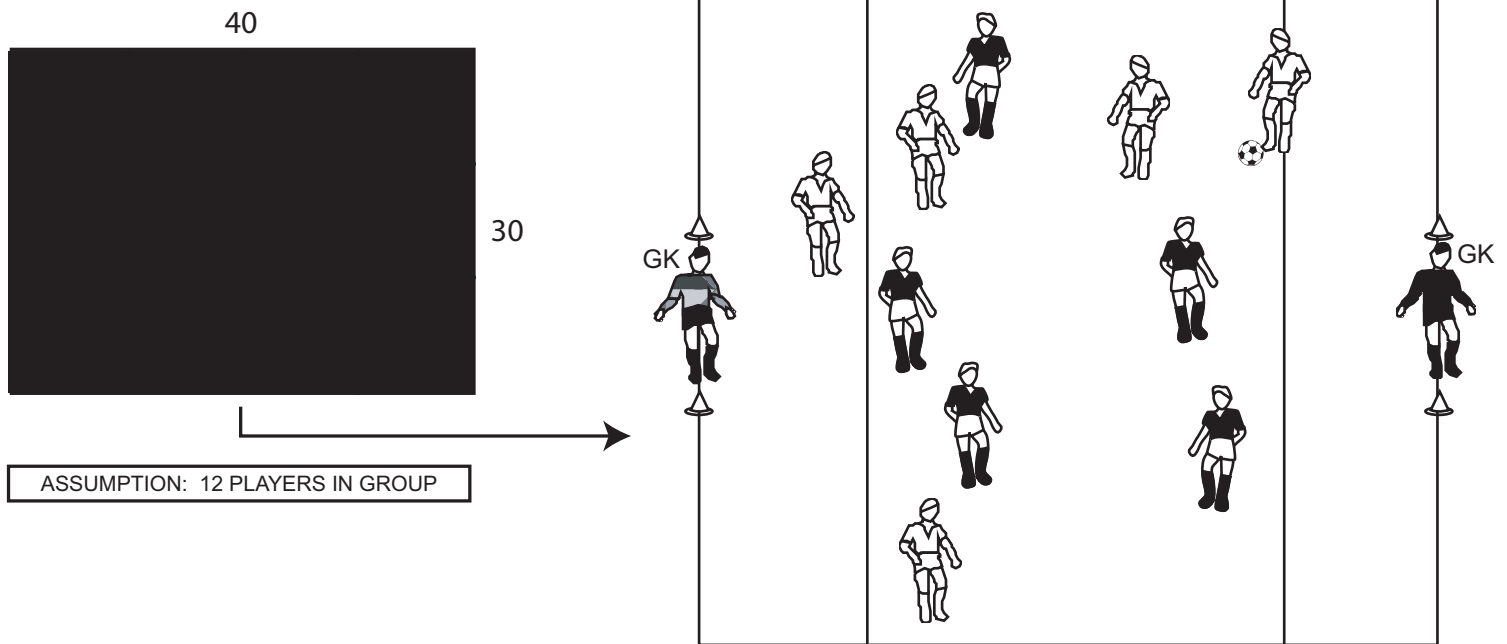
1. If a team heads the ball straight back and scores, the teams gets 2 points.

Key Coaching Points

1. To aim for the goal, turn your shoulders to face the target.
2. Head the ball down toward the corners.
3. Use diving headers for more power.

THE BIG GAME - Open Play

MLS Big Match Shootout



Purpose

To develop soccer skills and team play.

Organization

Set out a 40 x 30 yard area. Use discs to establish lines across the field 10 yards in from the goal line. Play 5 v 5, plus 2 goalkeepers.

Game Objective

The object of the game is to score in the opposing goal. If a player shoots from beyond the 10 yard line and scores, 2 goals count instead of 1. Players should restart the game in dead ball situations as they would in a regular game (i.e., throw-ins, corner kicks, free kicks, etc.). Allow goalkeepers to throw or kick the ball into the field of play.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Ten

Daily Topic: Defending & Heading

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

0:45-0:55 Break (competitions/quizzes)

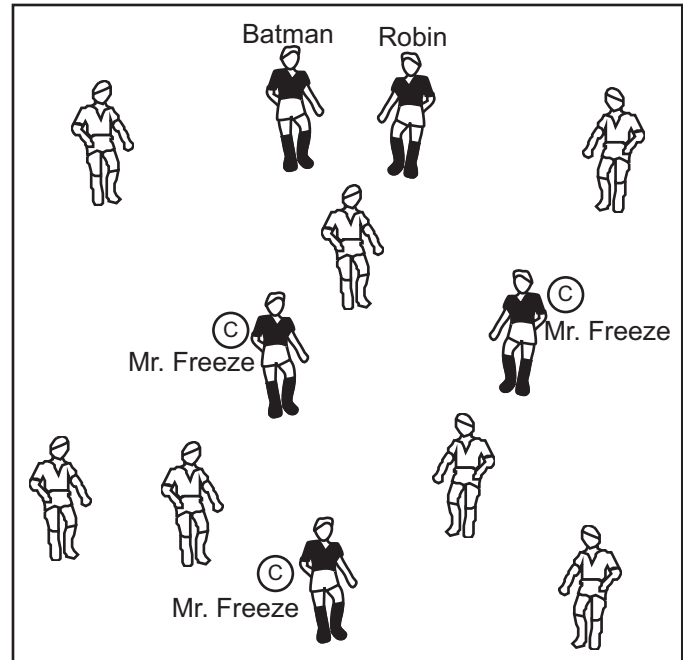
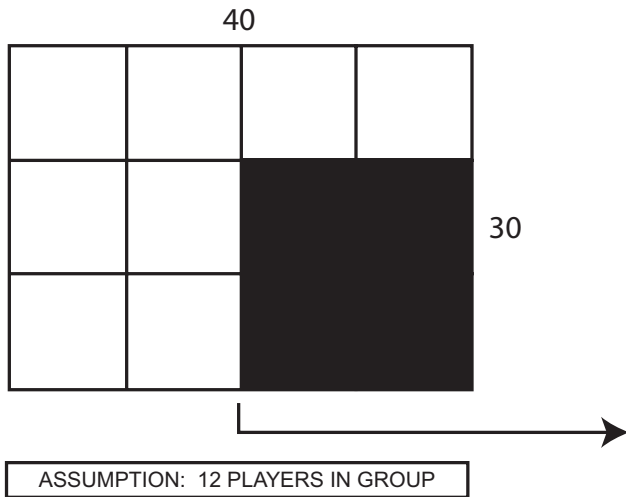
0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed

The Return of Batman & Robin



Purpose

To get players used to pressure without a ball, develop communication and teamwork.

Organization

Set out a 20 x 20 yard area. Groups of 12 which consists of 3 catchers (Mr. Freeze), 2 release players (Batman & Robin), and the remaining 7 players who are runners.

Game Objective

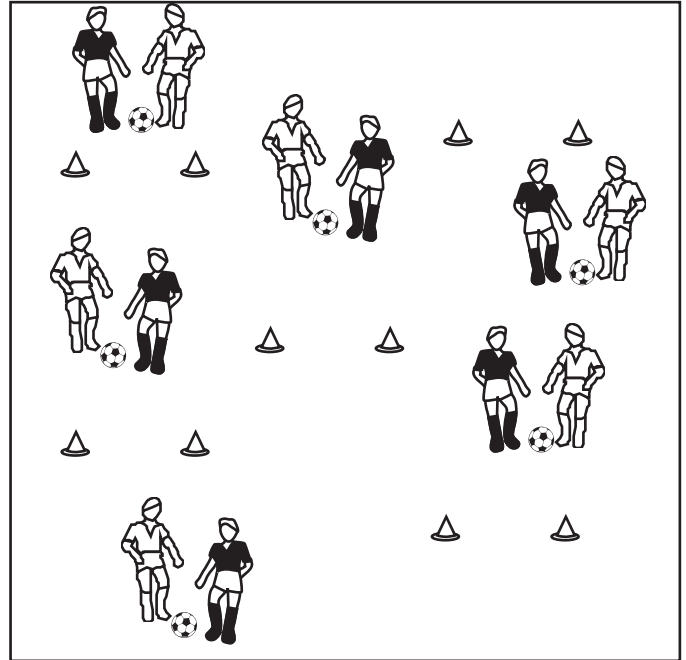
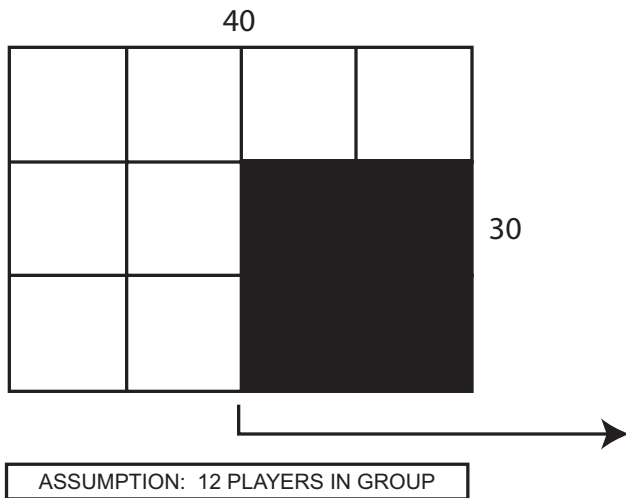
The object of the game is for the runners to avoid being tagged by the catchers. If a player is tagged by a catcher, he “freezes” at the point where he was tagged. The only way a frozen player can be “thawed” is if Batman and Robin encircle him by linking hands. Once released, the runner is back in play. Repeat and rotate roles.

Progressions

1. Give a ball to each catcher. Catchers may now play their ball to hit runners on or below the knee to “freeze” them.

Key Coaching Points

1. Run with head up.
2. Change speed and direction.
3. Look out for Batman & Robin to “thaw” you.



Purpose

To develop dribbling, passing accuracy and weight.

Organization

Set out a 20 x 20 yard area. Set out gates randomly by spacing two discs two yards apart. Group in pairs, take turns to pass. 1 ball between 2 players.

Game Objective

The object of the game is to dribble to each of the gates in the area. Once a pair reaches a gate, they must play the ball between the cones 3 times back and forth before moving onto the next gate. If another ball is struck, or a disc is displaced as the pair dribble around the area and pass through the gates, count 1 penalty point. Score 3 points for each gate successfully completed.

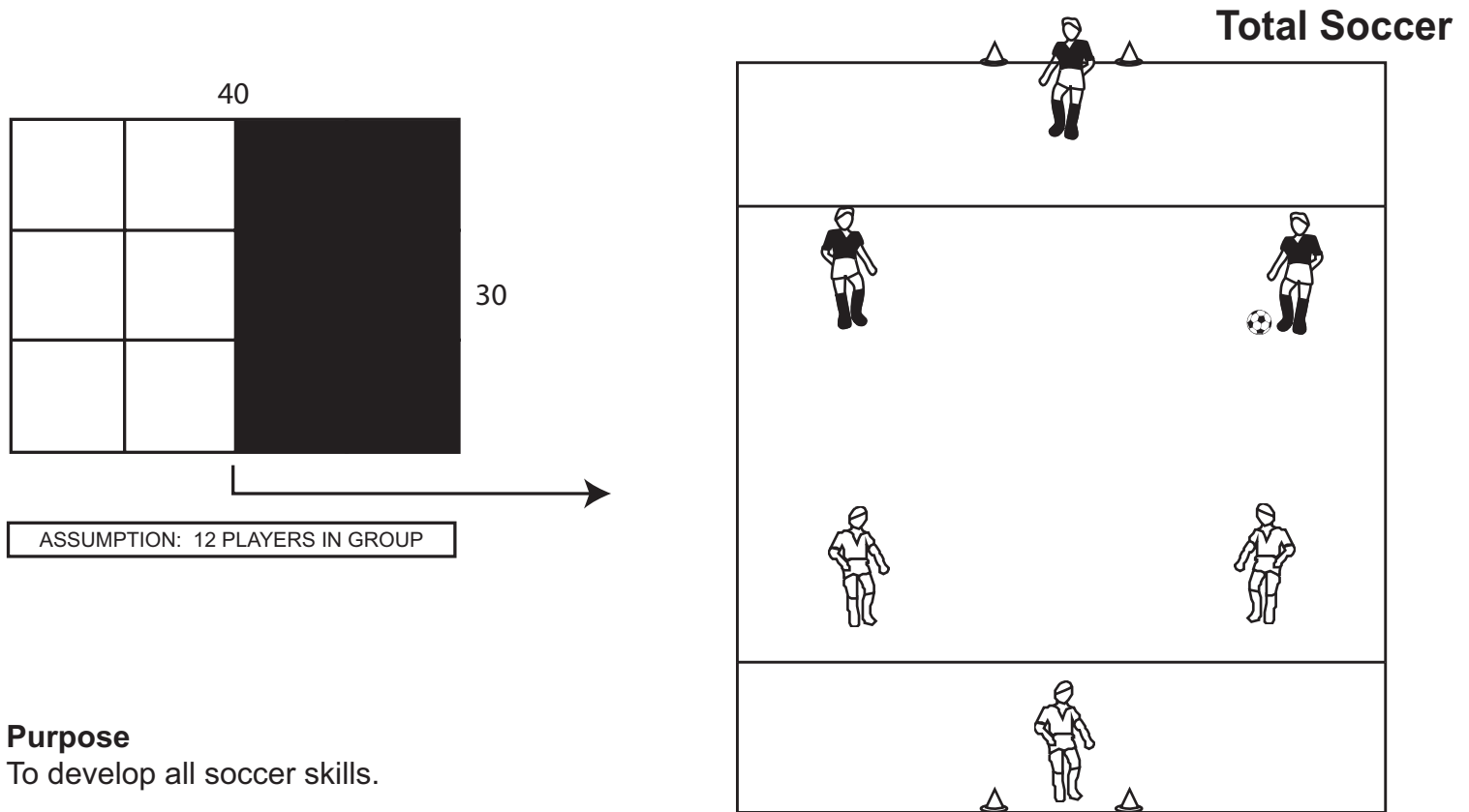
Progressions

1. Must do a fake before going to the next goal.
2. Do a takeover (where players exchange ball) before moving on.
3. Put a pair of defenders in to attempt to steal balls.

Key Coaching Points

1. Player with the ball should move to another goal quickly.
2. Turn and move to open goals.
3. Look up as you move to another goal.

WORLD CUP 21 - All Around Play



Purpose

To develop all soccer skills.

Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the endline. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

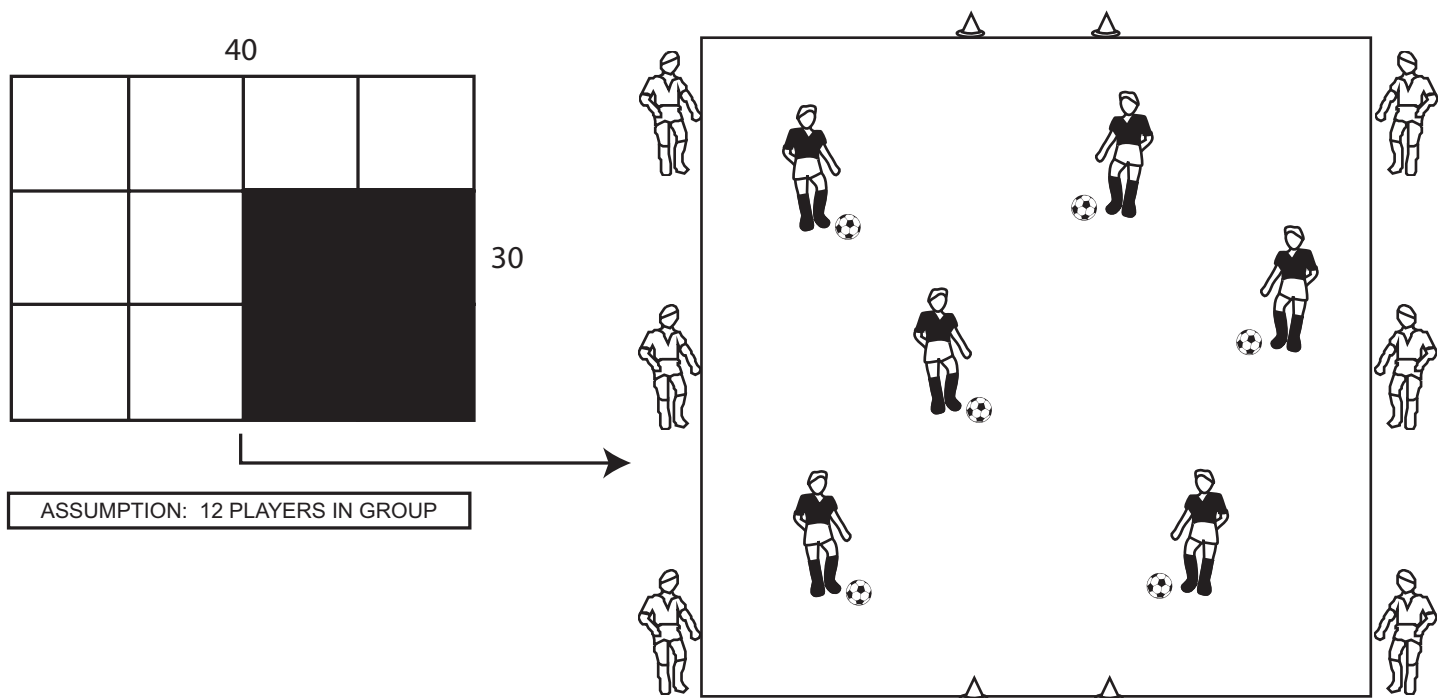
Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. Select scores for various soccer skills demonstrated.

Progressions

Vary the skills rewarded.

Key Coaching Points

1. In attack, try to spread out and give the ball carrier support.
2. In defense, try to get between the ball and the goal.
3. React quickly when there is a change in possession.



Purpose

To develop defending, passing, shielding and turning skills.

Organization

Set out a 20 x 20 yard area. Position 6 players each with a ball inside the area and 6 players on the sides of the area as shown in the diagram.

Game Objective

The dark players each have a ball. On the coaches command, the light team runs into the area and attempts to kick the balls out of the area. If a dark player gets his ball kicked out, he can help his other team members by finding space to receive a pass. Time how long it takes to have all the balls kicked out. If a player does a turn with the ball when pressured by a defender, that adds another 5 seconds onto the time.

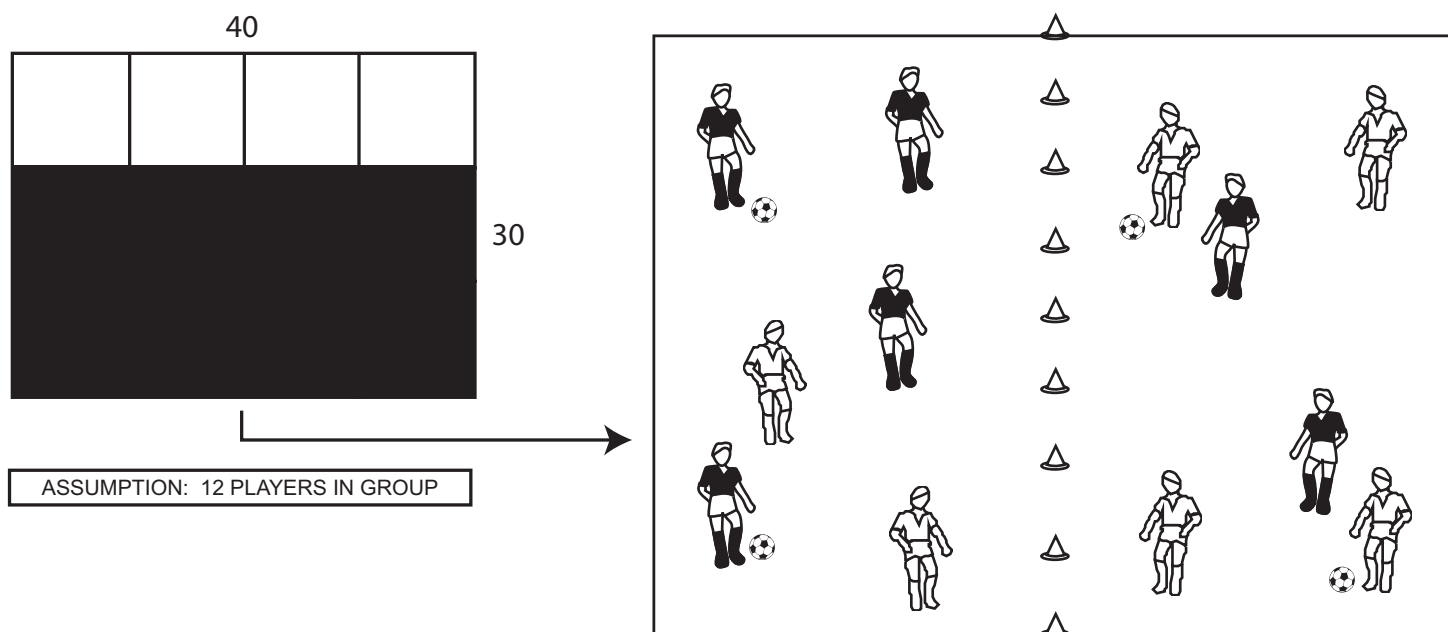
Progressions

The defenders must win the ball and dribble it out through a goal. Change the groups into 4 defenders and 8 attackers with only 4 balls.

Key Coaching Points

1. Shield the ball by getting your body between the defender and the ball.
2. Turn away from the defender into space.
3. Don't kick the ball away.

Clear The Decks



Purpose

To encourage defensive clearances.

Organization

Set out a 40 x 20 yard area in two 20 x 20 yard grids. Position 6 players in each of the grids in a 4 v 2 with 2 balls per group.

Game Objective

The object of the game is for the 4 players in possession to clear the balls in their area into the area on the opposite side. The 2 opposing players within each area must attempt to prevent ball clearances being made. When the coach calls out, "Freeze!," the team with the least number of balls in their area, wins.

Progressions

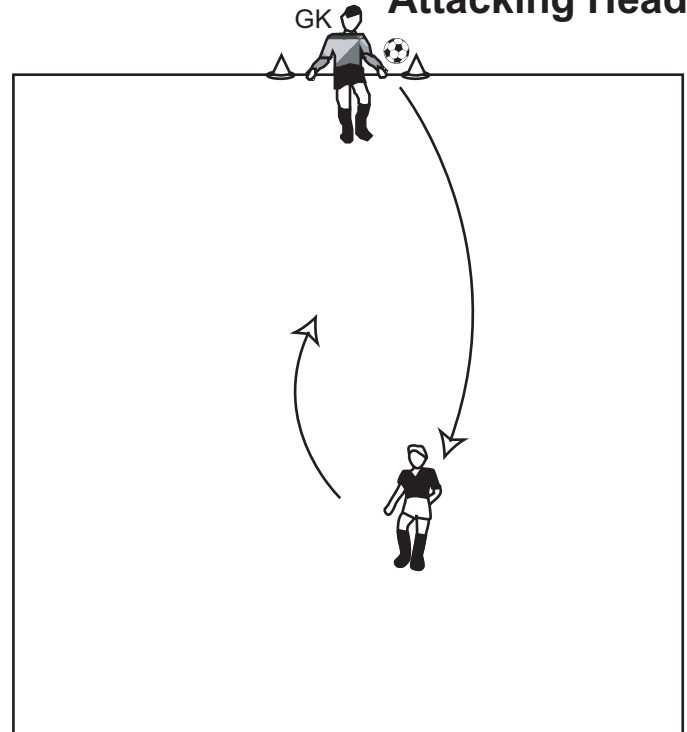
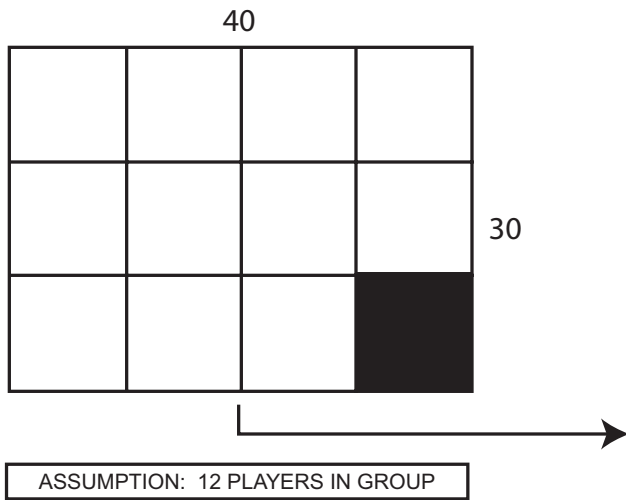
1. Reduce to 1 ball per area.
2. Add goals at the ends of the area. Reward teams for the accuracy of their defensive clearances.
3. The coach feeds additional balls into the area when balls go out of play.

Key Coaching Points

Game 1 - Clear The Decks: Correct use of instep with toe pointed out and ankle stiff. Strike the middle of the ball and follow through.

Game 2 - Wimbledon: Try to score quickly if attacking. Defenders should try to get the ball to their attacker's feet.

Attacking Headers



Purpose

To develop the ability to head the ball on goal.

Organization

Set out a 10 x 10 yard area. Group in pairs. 1 ball per pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

The light goalkeeper serves the ball underhand and with both hands in front of player. Dark player runs in and heads the ball towards goal. He should look up to head the ball downwards and towards the corners. Rotate positions.

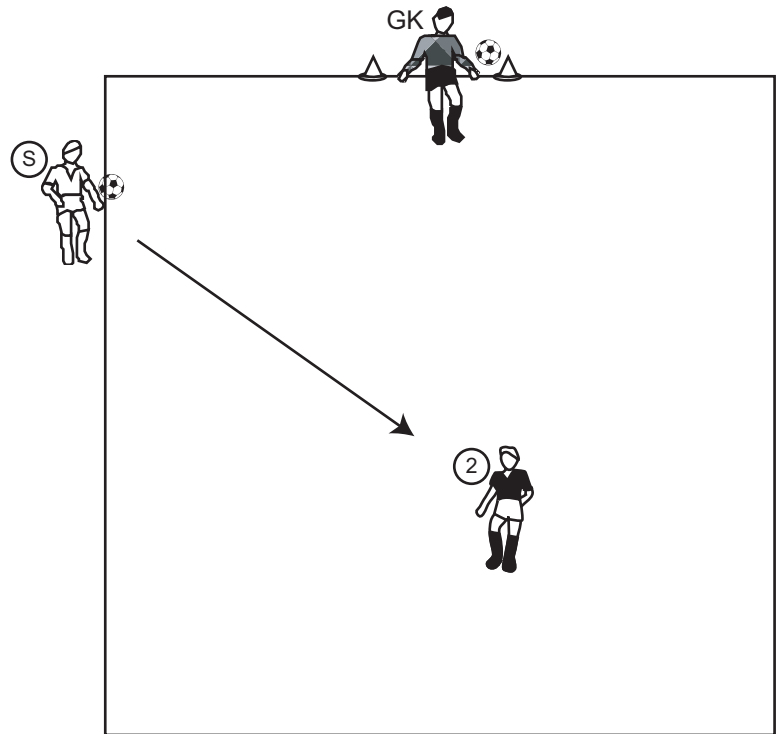
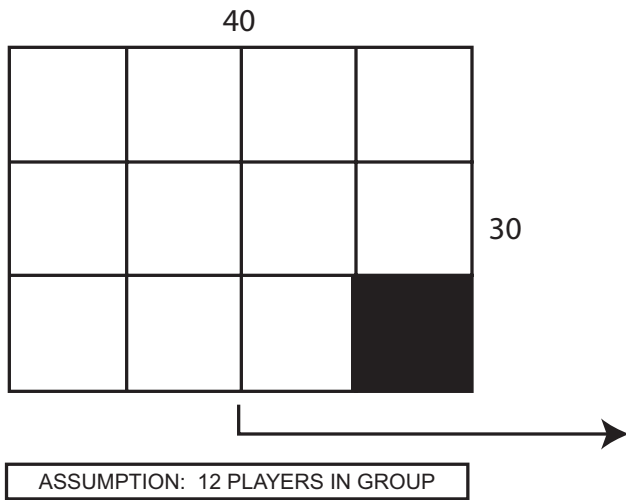
Progressions

Serve the ball high or low to encourage the player to dive or leap to meet the ball.

Key Coaching Points

1. Make contact with the ball with the forehead.
2. Use the upper body to produce power.
3. Keep your eyes on the ball and your head up.

Headers & Crosses



Purpose

To develop heading from crosses.

Organization

Set out a 10 x 10 yard area. Group in 3's. One ball per group. Repeat in 3 other areas for a total of 12 players.

Game Objective

Server serves the ball underhand and with both hands to the space between goalkeeper and dark player #2. Dark player #2 attacks the crossed ball and tries to score on goal.

Progressions

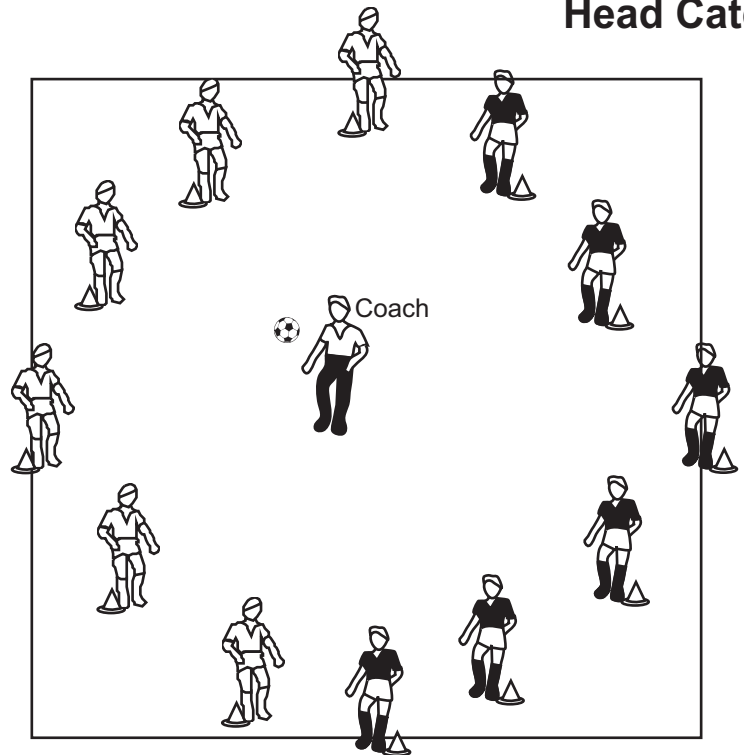
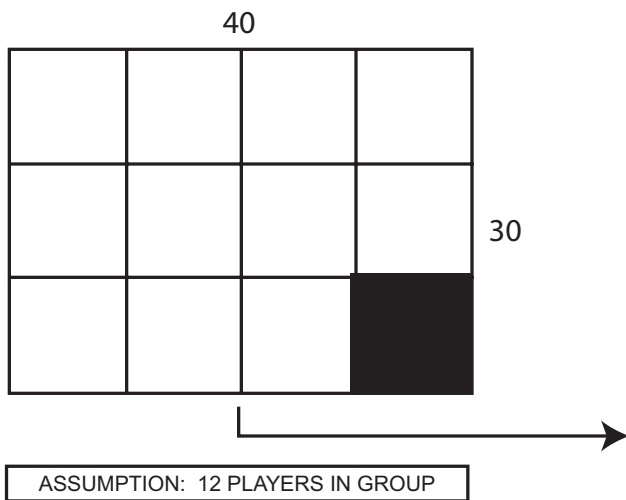
Serve the ball high or low to encourage the player to dive or leap to meet the ball.

Key Coaching Points

1. Head the ball down on goal away from the keeper.
2. Approach the ball so you are facing it head on.
3. Redirect the ball towards the goal.

BACKYARD SOCCER - Heading

Head Catch



Purpose

To practice heading techniques in a game.

Organization

Set out discs in a circle in a 10 x 10 yard. Position the players as shown in the diagram. The coach serves the ball from the center of the circle.

Game Objective

The coach tosses the ball underhand and with both hands to any player in the circle. If the coach says “head it,” the player must catch the ball. If the coach says “catch it,” the player must head the ball back to the coach. If the player makes the wrong choice, he must run around the circle back to his original position.

Progressions

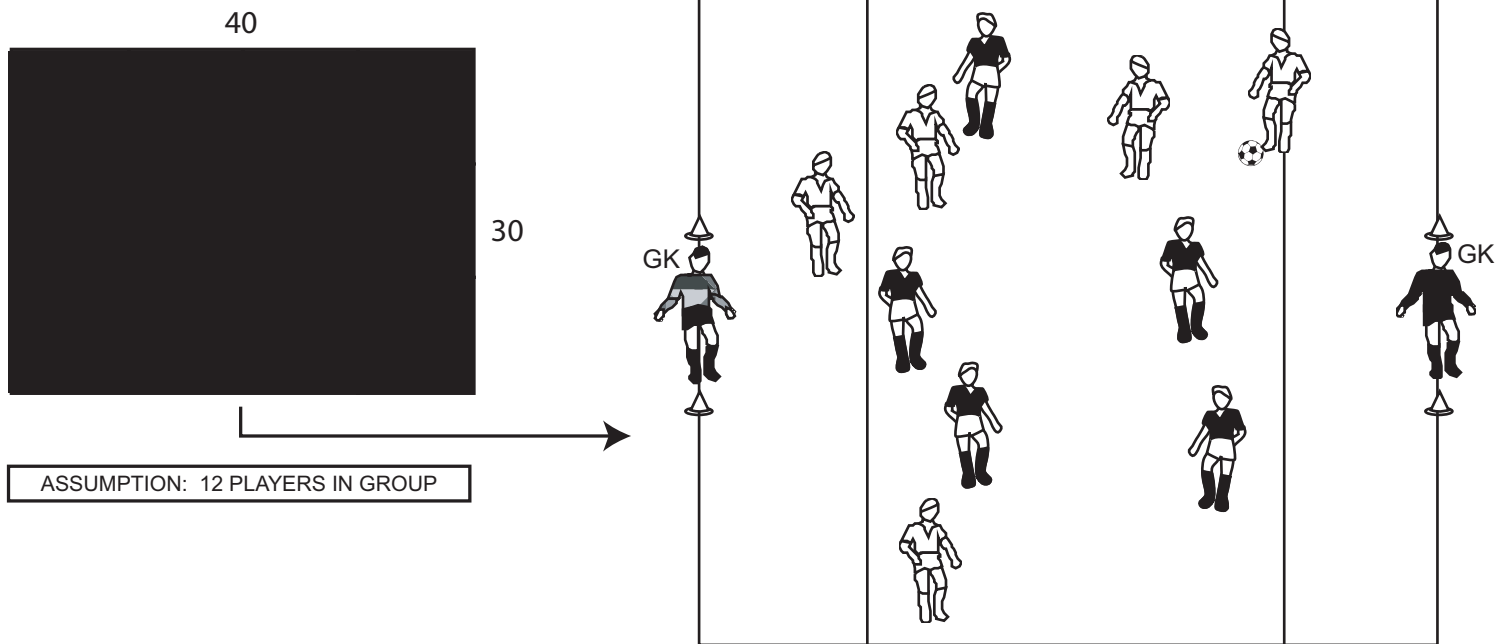
The same game can be played with the commands “thigh” and “foot.” The coach must serve the ball higher in the air.

Key Coaching Points

1. Head the ball with the forehead back into the arms of the coach.
2. Keep your eyes on the ball and head up at all times.

THE BIG GAME - Open Play

MLS Big Match Shootout



Purpose

To develop soccer skills and team play.

Organization

Set out a 40 x 30 yard area. Use discs to establish lines across the field 10 yards in from the goal line. Play 5 v 5, plus 2 goalkeepers.

Game Objective

The object of the game is to score in the opposing goal. If a player shoots from beyond the 10 yard line and scores, 2 goals count instead of 1. Players should restart the game in dead ball situations as they would in a regular game (i.e., throw-ins, corner kicks, free kicks, etc.). Allow goalkeepers to throw or kick the ball into the field of play.

Key Coaching Points

1. Try not to bunch up around the ball.
2. Try to pass to someone in a better position than you.
3. Shoot at the goal whenever you have the chance.
4. Try to get between the ball and your goal when defending.

10-Week Self-Help Booklet Series

Coaches' Edition



**THE OFFICIAL CAMP AND CLINIC
OF MAJOR LEAGUE SOCCER**



Activity Breaks

MLS Camps

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10-WEEK SELF-HELP BOOKLET SERIES

Activity Breaks

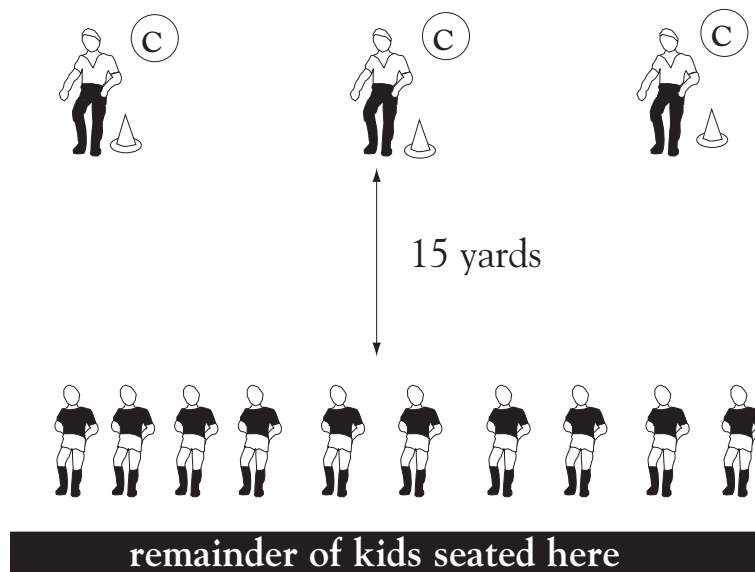
Each session has an activity break which lasts for 10 minutes. Breaks should incorporate either jokes, true stories, quizzes or competitions.

Jokes are listed at the conclusion of this segment on activity breaks.

The quiz and competition formats are designed to encourage active participation. Quizzes follow what we refer to as the “Run-around” format. Competitions follow what we refer to as the “Opportunity knocks” format.

Quiz Format

All quiz related activities should use the "run-around" format. The activity break leader selects a number of participants from the group (approximately 10). The leader asks the questions. The other coaches serve as answer stations approximately 15 yards from the starting point (alternatively use discs to mark out stations). Upon hearing the question and the coach's command, “Go,” participants run to the appropriate station which promotes their elected answer. Upon hearing the coaches command, “Run around now,” participants have 5 seconds to change station if they so choose. All those who get the question wrong return to the main group. Add the number of participants that are removed. Game continues.



Note: For every quiz question you must create at least 2 alternative answers which are incorrect answers! For instance, for Soccer Trivia question 12 on the next page (ball size?), you might list the incorrect alternative answers as 10 or 20. The correct answer is listed in brackets at the end of the question.

10-WEEK SELF-HELP BOOKLET SERIES

Activity Breaks

Competition Format

All competition activities should follow the “opportunity knocks” format. The activity break leader draws a number of competitors from the audience. The competitors are lined up in front of the large group. As the activity break leader walks behind each individual participant, he or she raises their hand above the competitors head in order to draw applause from the audience. As this is taking place, one other coach from the group is measuring the applause using a "clapometer" (from elbow to hand - horizontal to past vertical). The individual who receives the loudest applause wins the competition.

Sample Quizzes

Soccer Trivia Quiz

- 1 What female player scored more goals than anyone in US history?
(Mia Hamm)
- 2 What is the name given to the player whose position is in the goal?
(Goalkeeper)
- 3 What part of the body do players use to dribble the ball? (Feet)
- 4 Who won the World cup in 2006? (Italy)
- 5 What color cards can players be given in a soccer game? (Yellow & Red)
- 6 What is the full name of MLS team in Kansas?
(Kansas City Wizards)
- 7 What color is the home jersey of the USA Men's National Team? (White)
- 8 What country does MLS team Toronto FC come from? (Canada)
- 9 What name is give to the person in charge of making sure the rules are not broken in a soccer game? (A referee)
- 10 What is the name of the team in LA that David Beckham and Landon Donovan play for as of 2007? (Galaxy)
- 11 What do the letters in MLS stand for? (Major League Soccer)
- 12 What is soccer called in Europe? (Football)

10-WEEK SELF-HELP BOOKLET SERIES

Activity Breaks

Cartoon Quiz

- 1 In Dragon Tales, what phrase do the children use to transport themselves to Dragon land? (I wish, I wish with all my heart to fly with dragons in a land apart)
- 2 Maya & Miguel own a parrot named Paco. What is Paco's favorite saying? (Pretty Bird)
- 3 Caillou has a neighbour called Paul Hinkle. What color is his tooth? (Gold)
- 4 In Dragon Tales, what is the name of the forest made of plants that actually roar and growl? (Dandelion Forest)
- 5 What is the name of our three Cyber Chase heroes? (Inez, Matt and Jackie)
- 6 Where did Curious George live before the man in the yellow hat found him? (Africa)
- 7 What is SpongeBob's pet name? (Gary the Snail)
- 8 In Arthur, who is the youngest member of the Read family? (Baby Kate)
- 9 In Berenstain Bears, what is Mother Bear's special skill? (She is a champion quilt maker)
- 10 What is the name of the illness that SpongeBob has when he has bubbles coming out of his pores? (The Suds)
- 11 On Scooby Doo, who is Scooby's nephew? (Scrappy Doo)
- 12 What is the name of Arthur's best friend? (Buster)
- 13 Where does Sponge Bob live? (Under a pineapple under a tree)
- 14 In the tv show Arthur, what phrase does Wyatt use to transform into Super Why? (The Power to Read)
- 15 Can anyone tell me the name of Clifford the Dog's kind owner? (Emily Elizabeth)

Sample Intelligence Test

Tell your players that they are undergoing the very same intelligence test that all coaches go through in order to coach them:

How do you spell shop? - repeat 5 times quickly - what do you do when you come to a green light?

(Kids will say stop. The answer is go.)

10-WEEK SELF-HELP BOOKLET SERIES

Activity Breaks

How many legs does a donkey have? How many legs does a donkey have if he lifts one leg up in the air? (Kids will say three, the answer is four)

How can you take one away from nine and get ten? (Use Roman numerals - $IX - I = X$)
What starts with an "E," ends in an "E" and has one letter in it? (An envelope)

How many months have 28 days in them? (All of them)

What is the longest word in the world? (Smiles - because there is a mile between the two "s"s)

If all the letters of the alphabet were invited to a tea party, what letters would be late? (The letters U, V, W, X, Y, Z because they all come after "T")

Pronounce the following spelling S-I-L-K - repeat 5 times quickly - What do cows drink? (Water)

Pronounce the following spellings:

M-a-c-d-o-n-a-l-d-s

M-a-c-g-r-e-g-o-r

M-a-c-d-o-u-g-a-l

M-a-c-h-i-n-e (kids will say mac-hine, not machine)

I bet you I can get you to say the number nineteen in the next minute! Ask a camper to answer your math questions as quickly as possible: What's $1+1$ (2), $2+2$ (4), $4+4$ (8), $8+8$ (16), $16+4$ (20), $20+20$ (40), $40+40$ (80), $80+10$ (90). Ahhhhh . . . I told you I'd get you to say it!

(Hopefully they will say, "you said nineteen, not ninety" - then you've got them)

Sample Competitions

Dress Like An MLS Player Competition

(Players dress up in team uniforms, wigs etc.)

Fan Crazy Day Competition (Face Paints)

(Players paint their faces with their favorite team colors.)

10-WEEK SELF-HELP BOOKLET SERIES

Activity Breaks

Jokes

Here are a selection of kids jokes that you can use during the course of the activity break:

- 1 What kind of trains carry bubble gum? (Chew-chew trains)
- 2 What kind of coat does a house wear? (A coat of paint)
- 3 Why didn't the orange cross the road? (Because it ran out of juice)
- 4 When is the best time to take a trip? (In the fall)
- 5 How did the barber get to the shop so quickly? (He took a short-cut)
- 6 Do cows give milk? (No you have to take it from them).
- 7 Why can't elephants go swimming at the beach? (Because they can't keep their trunks up)
- 8 What is the difference between the earth and the sea? (One is dirt-y and the other is tide-y)
- 9 What cat lives in the ocean? (An octo-puss)
- 10 What happens when it rains cats and dogs? (You step into a poodle)
- 11 Where do sneakers dance? (At the football)
- 12 Where do cows dance? (At the meatball)
- 13 Where do snowflakes dance? (At the snowball)
- 14 What did the 1000 Island dressing say to the refrigerator door? (Close the door, I'm dressing)
- 15 What is a cat's favorite play? (Ro-meow and Juliet)
- 16 How do robins stay in shape? (They do worm-ups)
- 17 What is gray, has four legs and a trunk? (A mouse going on vacation)
- 18 What always goes up but never comes down? (Your age)
- 19 Why don't fish play tennis? (Because they're afraid that they might get caught in the net)
- 20 Why is a baseball team like a pancake? (Because they both need a good batter)
- 21 What did the little light bulb say to its mother? (I wuv you watts and watts)
- 22 What did the bald man say when he got a comb for his birthday?
(Thank you. I'll never part with it)
- 23 If a man smashed a clock, could he be accused of killing time? (Not if the clock struck first)

10-Week Self-Help Booklet Series

Coaches' Edition



**THE OFFICIAL CAMP AND CLINIC
OF MAJOR LEAGUE SOCCER**



Safety Checklist

MLS Camps

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10-WEEK SELF-HELP BOOKLET SERIES

Safety Checklist

1. Attend a safety/first-aid clinic if one is made available through your organization.
2. Teach players about injury prevention and safety around goal posts.
3. Don't leave children unattended on the field before, during or after practice.
4. Inspect game and practice areas for unsafe conditions such as glass, rocks, metal, holes, sprinkler heads or any other dangerous object which might lead to injury.
5. Check goal posts. There should be no hooks or protruding fastening devices on the uprights or crossbar of goals. Check goal nets for holes or loose tie-downs.
6. Make sure players are allowed rest and fluids at practices and games.
7. Ensure proper warm-ups prior to practices and games.
8. Ensure players wear appropriate equipment including shinguards.
9. Maintain a simple first-aid kit and have it at all games and practices.
10. Know where the nearest telephone is and know the emergency number to call, if needed. Have change for the phone.
11. Have medical release forms at all games and practices.
12. Seek medical help for all but minor injuries.

Basic First Aid

Recommended First Aid Procedures:

1. Be aware of where the nearest phone is to your field location.
2. Check that 911 is the emergency number in the area where you are coaching; if not, write down the number for the nearest hospital.
3. If you are in any doubt as to whether or not a child is seriously injured, call for assistance IMMEDIATELY—it is better to be safe than sorry.
4. Do not try to play the role of doctor—leave the medical care of the players at camp to the local experts.

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Safety Checklist

Basic soccer injuries include:

SPRAINS

Injuries involving the ligaments and joints

Management of Sprains: (P. I. E. R.)

Pressure: Compression wrap (elastic ace bandage) wrapping distal to proximal, tight but not so tight as to cut off circulation or increase pain. This will control swelling.

Ice: Ice packs applied for twenty minutes every hour for the first twenty-four hours, then a minimum of three to four times per day for the next 48 to 72 hours. This will help to control pain.

Elevation: Elevate the injured limb above the heart if possible. This will also help to control swelling.

Rest: Rest until you have been advised by a qualified professional as to how severe the injury is and what steps need to be taken in order to return to activity. Pain is a good guide for most injuries.

HEAT RELATED AILMENTS

These include heat exhaustion and heat stroke. Avoid such ailments by:

Acclimatization - *Getting your kids in condition*

Get your players in "condition" by getting them used to working in heat. Start with light exercise and gradually increase workout time and clothing to full uniform over a five-day period. Consider five minute breaks for every twenty of workout.

Water Replacement - *Major Ingredient of Sweat*

What goes out as sweat must be put back in as a fluid replacement. Since sweat helps to keep our body temperature from becoming excessive, it is good to sweat to minimize body temperature rise. Re-hydrating the body of fluid lost is one of the best ways of ensuring a continued type of performance and safety. Re-hydration must be encouraged, fluid replacement made available to make up for the fluid in lost sweat.

10-WEEK SELF-HELP BOOKLET SERIES

Safety Checklist

Salt Replacement - *The Other Ingredient of Sweat*

Along with water, when one sweats one loses electrolytes and body salts, primarily sodium chloride. In re-hydrating the athlete with the water lost, we must replenish the lost salts as well. All Sport has been formulated to supply those body salts in their proper ratios with respect to water and re-hydration. If you drink water, however, make certain you use the proper ratio of water to salt tablets in order to keep the concentrations in balance. It is easier to stick to All Sport and have the properly prepared physiologically sound fluid replacement for your needs. No salt tablets should be used if one is drinking All Sport.

Danger Symptoms - *Keep a Sharp Lookout*

They say an ounce of prevention is worth a pound of cure. A coach or trainer who is on the lookout for the danger signs will not only catch a situation before it becomes dangerous, but will also recognize that something must be corrected if it is producing such dangerous conditions. He then takes steps to correct the situation. Watch out for Muscle Cramps, Heat Exhaustion, Heat Stroke, Heat Fatigue, and Sloppy Coordination. They spell danger.

Proper Dress - *Every Little Bit Helps*

If you practice good performance habits, you will cut down on dangerous incidents. When an emergency occurs, however, be prepared to handle it with professional efficiency. Have a telephone handy. Give quick, effective treatment on the spot by cooling the body, removing clothing, and apply cold application such as a sponge, towel, or bath in cold water or ice. Transport to a hospital immediately, while applying the cold application. Give the doctor the background information so that he can quickly anticipate what must be done.

10-Week Self-Help Booklet Series

Coaches' Edition



TM
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Forms & Evaluations

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10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 1

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Netbusters - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 2

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

World Cup 21 - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 3

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Netbusters - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 4

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

World Cup 21 - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 5

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Netbusters - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 6

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

World Cup 21 - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 7

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Netbusters - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 8

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

World Cup 21 - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 9

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Netbusters - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Log Book - Week 10

Soccer-Robics - Positives _____

Concerns _____

Turns & Burns - Positives _____

Concerns _____

World Cup 21 - Positives _____

Concerns _____

Skillzbuilders - Positives _____

Concerns _____

Activity Break - Positives _____

Concerns _____

Backyard Soccer - Positives _____

Concerns _____

The Big Game - Positives _____

Concerns _____

10-WEEK SELF-HELP BOOKLET SERIES

Player Assessment

Place a numerical score in each topic

Excellent - 5
Good - 3
Improving - 1

Sessions 1 & 2 - Ball Awareness

			Changes direction using turns
			Looks up and around between touches
			Uses both feet when playing the ball
			Has the ball under control when running
			Keeps the ball out in front, not under foot
			Confident in possession of the ball

Excellent - 5
Good - 3
Improving - 1

Sessions 7 & 8-Shooting

			Tries to use laces
			Hits the target area
			Tries to aim for the corners
			Keeps the ball low
			Can shoot while running
			Follows in for rebounds

Sessions 3 & 4 -Dribbling

			Use of inside/outside hook turn
			Uses different parts of the feet to dribble
			Change of pace
			Change of direction
			Attempts to move body to fake
			Keeps the ball close between touches

Sessions 9 & 10 -Defending & Heading

			Watches the ball and the attacker
			Attempts to win the ball off other players
			Gets between the ball and the goal
			Uses the forehead to head the ball
			Keeps the eyes open
			Extends the neck when heading

Sessions 5 & 6 -Passing & Control

			Uses inside of foot over short distances
			Correct placement of standing foot
			Bends knee during inside of foot pass
			Moves towards the ball to control
			Presents the correct controlling surface
			Stops the ball from bouncing off self

Assessment by S.A.F.E. Theme

			Attempts to learn MLS player skills
			Shows an appreciation for self & others
			Understands that soccer is fun first!
			Understands the game & how it is played

PLAYER RATING SCORE

Total of all
numerical scores
from above

P
L
A
Y

S.
A.
F.
E.

PLAYING S.A.F.E.SM

Play.Soccer.Awareness.Fun. Education

Play: The best teacher of the game
is the game itself

Soccer: Ball Work - Dribbling -
Passing & Control - Shooting -
Tackling - Heading

Awareness: Teamwork -
Sportsmanship - Goal Setting -
Health & Safety

Fun: Activity Breaks - Talent
Competitions - Quizzes - Backyard
Homework - Assignments

Education: Attacking - Defending -
Types of Possession - Decision
Making



Homework/Tips

MONDAY: How quickly can you run the ball
over 30 paces?

TUESDAY: How quickly can you dribble
around 5 cones or objects, 2 paces apart?

WEDNESDAY: Put a sweater on the
ground. How far from the sweater can you
get and still pass the ball over it?

THURSDAY: With a partner, make a goal
and take turns to shoot penalty shots. Best
out of 5 wins!

FRIDAY: How many keep ups can you do
using feet, thighs and head? Let the ball
bounce between each touch, then no
bounces!

10-WEEK SELF-HELP BOOKLET SERIES

Coach's Evaluation

COACHES: Please complete and return to your soccer organization

1. How easy was the program to follow? (Please circle one)

Not at all

Somewhat

Very Much

1

2

3

4

5

Comments _____

2. Did the curriculum cover those areas of the game that you felt needed to be addressed?
(Please circle one)

Not at all

Somewhat

Very Much

1

2

3

4

5

Comments _____

3. How successful have you been in meeting your objectives throughout the season?
(Please circle one)

Not at all

Somewhat

Very Much

1

2

3

4

5

Comments _____

4. Were your equipment needs met? (Please circle one)

Not at all

Somewhat

Very Much

1

2

3

4

5

Comments _____

10-WEEK SELF-HELP BOOKLET SERIES

Parents' Evaluation

PARENTS: Please complete and return to your child's coach

1. Was your child enthusiastic and motivated to participate in this program? (circle one)

Not at all

1

2

Somewhat

3

4

Very Much

5

Comments _____

2. Did your child learn and develop soccer skills and a greater understanding of the game? (circle one)

Not at all

1

2

Somewhat

3

4

Very Much

5

Comments _____

3. How well did the coach achieve his/her objectives during the season? (circle one)

Not at all

1

2

Somewhat

3

4

Very Much

5

Comments _____

4. Please list the best aspects (positives) and least favorite aspects (concerns) about your child's involvement in the program:

Positives _____

Concerns _____

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Player Information Record

Player's Name _____

Parent's/Guardian's Name(s) _____

Address _____

City, State, Zip _____

Home Phone (with area code) _____

Parent's Work Phone(s) _____

E-Mail Address _____

Previous Playing Experience _____

Player's Allergies _____

Current Medications _____

Family Doctor _____

Doctor's Phone # _____

Hospital _____

10-WEEK SELF-HELP BOOKLET SERIES

Attendance Register

[illegible]