



Kickers FC U8 - U15 Game Day Plans

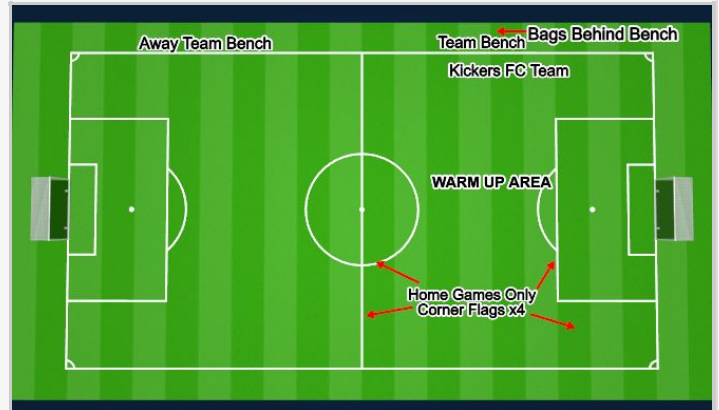
Category: Warm-ups
Difficulty: Moderate

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Team Bench Area

Kickers FC Team Bench Area

1. **Coaches Arrival: U8 - U10 45 mins before / U11 - U15 1hr before game time. Be First at the field to greet the players.**
2. Lay out Team Bench for all players to sit on while preparing for the games.
3. Team Bench Area make it look clean and tidy: Bags lined up behind the bench and nothing but soccer balls and water outside of bags.
4. Home Games Only: Corner flags set up on four corners of the field.
5. Welcome away team coaches to the Kickers FC Fields.
6. **No Parents allowed on Team side of the field only Coaching staff & Manager if needed.**



Coaches:

No Players arrive and they start to shoot on net right away.

Create good habits early this Spring for the players to succeed on the field.

Follow on with the Pre-Game Warm up session slides and create a good environment for success each and every game.

GK Warm Up

GK Pre-Game Warm Up - 10 - 15 mins

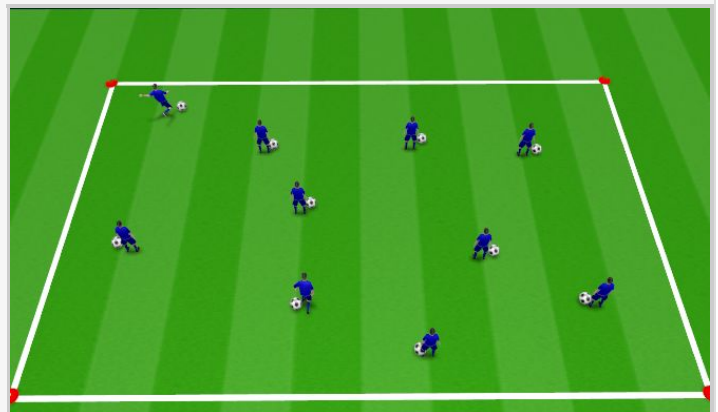
1. GK runs around small box bouncing and catching the ball. Bounce and catch the ball above the head.
2. Pass back and fore with GK coach. Get touches on the feet and play ball out in front.
3. GK Throws the ball back fore with GK coach.
4. GK lays on ground and catches - does a crunch then comes up and catches.
5. GK coach strikes balls from different distances to GK in net. GK coach not trying to score. Trying to move the GK around the goal area to save different shots.
6. Players added: Have players dribble at top of the box and GK shoots a name of players then they shoot at goal. Players rotate in shooting.
7. Have a good chat only with the GK about confidence, communication and awareness and being in charge of your back line.



Bounce Juggling

Each Player Has a Ball and is Juggling the Ball.

1. 1 Bounce in In between each touch
2. Try to Juggle as many as you can in a row without dropping it or letting it bounce twice.
3. Keep the ball below head level if possible
4. Soft Touches, striking with your laces to limit spin on the ball.
5. Knees bent, chest over the ball.



Technical Dribbling (20 mins)

Technical Warm Up: (8-10 Minutes) Cones 10 Yards Apart

Start with 2-4 groups of players on a set of cones, each group should have 3 - 4 players in each line (Maximize touches for everyone)

Part 1: Dribbling Part 5 Minutes

Start with two players dribbling in opposite directions (On the Right Side of the Cone), after they get about halfway to the next cone they pass the ball to the next person in line. The player that passes the ball must call the name of the player that is receiving the ball.

The player receiving the ball must take their touch forward to the transition into the dribble.

Dribble Progressions

Inside Outside Right Foot Only

Inside Outside Left Foot Only

Inside Outside Both Feet

Coaching Points:

Encourage players to dribble with their laces, toe pointed down pushing the ball forward with their laces.

Small Touches to control the ball better.

Dribble with your head up.

Part 2: Passing & Receiving: 5 Minutes

In the same groups 1 player starts by passing the ball to the other player at the opposite cone, they receive the ball and touch it to the other side of the cone and then pass it back to the next person in line. Players follow their pass by a quick sprint to the opposite cone.

Passing Progressions

Receive Across Body (Until they are proficient with this type of receiving the ball don't move on)

Sole Role Across Body

Coaching Points:

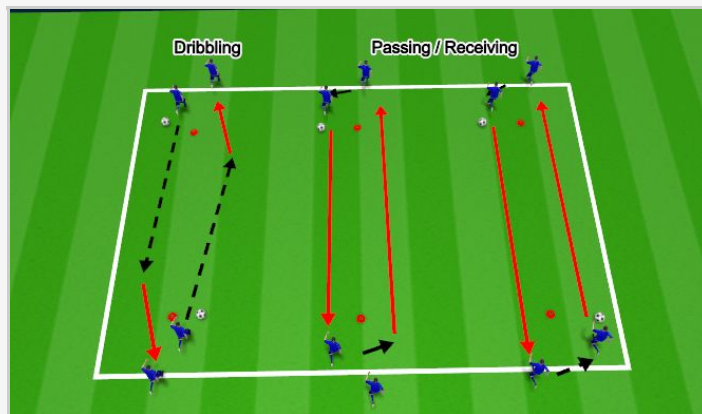
When passing, the plant foot and hips should face the player they are passing to use their instep (inside foot)

Passes Should be on the ground.

The ball should be hit in the middle to keep it on the ground with enough pace to challenge the receiver's first touch.

Part 2: Second Stage Passing Warm-Up (Optional)

Two balls, passing at the same time will challenge them to keep their focus and forces the player to pass quickly and move quickly to get in position to receive the incoming pass.



Technical Dribbling (Advanced) with Player Movement

This is another Progression which is optional to other Technical Warm Up.

Dribbling, Passing, and Movement: 20 Minutes (Optional)

Players dribble towards the middle cone on the right side, they dribble around it and pass back to the line where they started from. They then open up and receive the ball on their back foot which opens up to the other line where they pass the ball off, they follow their pass and go to the end of the line.

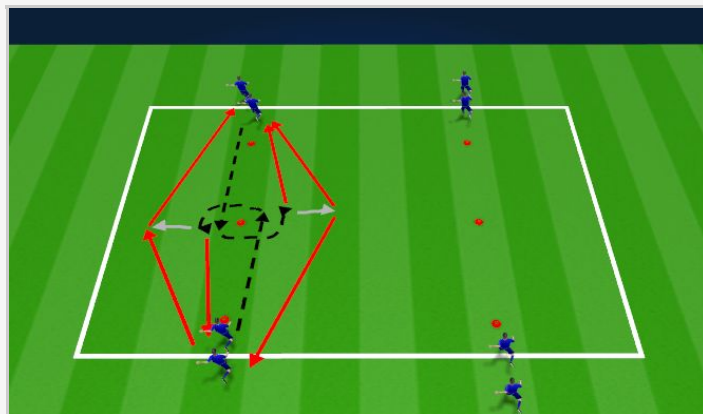
Dribbling Options

Instep Foot Turn Around the Cone

Outside of Foot Turn Around the Cone

Switch Directions to change which foot they dribble with, as well as the direction and foot they receive with.

10 Minutes on Each Side



6v2 Positional Rondo (10 mins)

Positional Rondo: (10 Minutes) 15 x 15 Grid

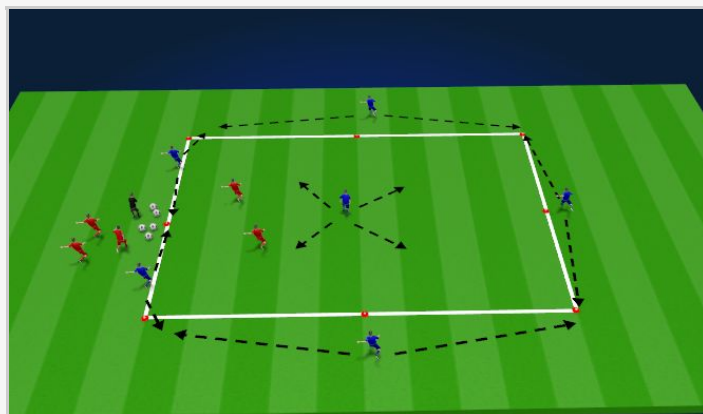
Ball starts with coach near the center backs, the game starts with two defenders and adds more after consecutive successful passes.

The goal is for the focus team to keep possession while more defenders are added. Once more defenders are added the focus players really have to keep their head up, create better angles, understand where is the pressure and where is the open space.

After 3 consecutive passes, add a new defender to increase the difficulty and limit the numerical advantages for the focus team.

Coaching Points:

- A,B,C's
 - Angle of Support
 - Body Position
 - Communication
 - 1,2,3's
 - 1 Play Through
 - 2 Play Around
 - 3 Keep the Ball
- Keep your shape and look for numerical advantages
Can we create the diamond when the ball is on the side of the field?
(Use the cones as a reference of the field to talk about shape and show how we can create numerical advantages depending on where the ball is)



Kickers FC Way

End of every Game - Field Layout for Teams

1. Face you opponent and clap for them win, lose or tie.
2. Come to middle of the field and clap for the spectators and thank them for coming.
3. Tidy up the side of the field before you leave.
4. Remember to collect **Corner flags** if it is a home game.
5. Leave the place better when you found it, all players and coaches help.
6. Coaches be the last to leave the fields and make sure all players are in cars on their way home.

