

Vilonia Soccer Coaching Manual



3/22/09

Practices

Coaches should try and have at least one practice during the week. Practices should last at least an hour. The fields by the pavilion are available to practice on at any time or coaches are welcome to have practices at their homes or other locations.

Practices should be structured and organized and follow the same format each week.

Warm up

The practice should start with a structured stretching and warm up period. Players should line up in a straight line, a full arms length apart from each other facing the coach. The coach should then lead them through various stretching exercises. The exercises should stretch out the quadriceps, hamstrings, groin and Achilles. In addition general warm up exercise such as jumping jacks, windmills, etc. The stretching/warm up can then be followed by a quick lap around the field (which give the coach time to set up the first drill). The stretching/warm up routine should be done the same way at each practice and before games.

Equipment

Small disk style cones are available at the park for use during practice and a game ball will be provided for each team to use during practice and for the games. Each child should be encouraged to bring at least one ball of the appropriate size for their age group, but any ball is better than no ball and if the player has more than one ball encourage them to bring it. Each player will need to have a ball to practice with.

Teaching the Basics

The first and most important thing to focus on is the proper way to kick the ball. The ball should be kicked with either the side of the foot or with the laces. The child's natural tendency is to kick the ball with their toe. While this feels natural to them and while they may claim to be able to "kick the ball really hard" this is not the proper technique. Kicking the ball with the side of the foot will give the player better control and also will not hurt as it will when they kick the ball with their toes.

The coach should be able to demonstrate the proper technique. When striking the ball you should stand slightly to the side of the ball opposite their kicking foot about 2 paces back. In one quick movement you should approach the ball, plant your non kicking foot along side the ball with the toe pointing in the direction of where you want the ball to go. You then strike the ball by turning your foot and hitting the ball dead center with the inside of the foot.

Initially the player may try and position themselves off to the side of the ball and swing their leg much like a golfer swinging at a golf ball which is incorrect.

To practice, have the player's line up a cross from each other and repeatedly kick the ball back and forth while you observe and instruct.

Barefoot practice

At most practices you will have the kids wearing their soccer shoes and shin guards (mandatory). But occasionally you may want to hold a “Barefoot” practice. The world’s best players all perfected their game playing barefoot as a child. Playing barefoot will force the kids to start kicking the ball the proper way and will increase their natural touch and sense of where the ball is. During barefoot practices no player should be wearing shoes or shin guards. You should perform the same kinds of drills in the barefoot practice as you do in regular practices.

In addition you should encourage the parents of the plays to practice with the players at home barefoot.

Drills

The following pages contain detailed instructions for drill you can conduct in practices for each age level.

The older age groups should start with the drills for the younger age groups and then progress to the more complicated drill for their age groups.



United States Youth Soccer Association

Practice Plan

Name: Matthew Callahan	Date: 2004
Age Group: U10	Theme: Foot Coordination & Speed

Activity	Coaching Points
<p>1st Activity (warm-up) <i>Island Game</i></p> <p>Use disc cones to set up small islands (small squares) in a large playing area. Have everyone dribble around in the area. On the coaches signal everyone must dribble with speed to an island; however, only two people are allowed per island. The player (or two) who does not get to an island scores one minus point. Play to see who has the least minus points. Progressions: Start game without balls and then add them.</p>	<ul style="list-style-type: none"> When dribbling for speed the players do not have to dribble the ball as close Their should be about five or six steps in between each touch of the ball
<p>2nd Activity <i>Ball Stealing</i></p> <p>Split the team into two groups and give one group red vests and one group blue vests. Give one of the teams balls to dribble. Those players try to dribble inside the area without losing possession of their ball to the other team. The objective is to see which team, red or blue, has the most balls at the end. Players from the same team can work together to steal balls or to keep possession (passing???). Progressions: Rotate who starts with the balls.</p>	<ul style="list-style-type: none"> When someone is trying to stop their ball from being taken away, can they keep their body between the ball and the defender? If you are going to lose your ball can you find a teammate to give your ball to?
<p>3rd Activity <i>Everyone vs. Everyone</i></p> <p>Set up several small gates in the playing area. Give half to three-quarters of the team a ball. Players with a ball try to dribble/shoot through as many of the small gates as they can. Players without a ball try to steal a ball from someone who has one and then they try to score. Play multiple games and allow everyone to have a chance to beat their own score. Progressions: Define how goals are scored - by dribbling or shooting.</p>	<ul style="list-style-type: none"> Don't tell the players that they can't dribble through the same gate twice, see if anyone is creative and dribbles through the same gate back and forth As soon as players go through a gate they should look up to find an open gate and then go for it!
<p>4th Activity <i>Edge of the World</i></p> <p>Each player gets a ball and stands on one sideline of an area. The objective is for everyone to pass his or her ball so that it stops as close to the other sideline as possible. If the ball goes past the sideline it falls off the edge of the world. Players gets points for getting their ball within one yard (distance depends upon ability) of the line without going over. Progressions: Players play ball with laces, inside of foot, etc.</p>	<ul style="list-style-type: none"> Instead of having a line you could also have an end zone in which the players try to get their ball to stop.
<p>5th Activity (the game) <i>Outta There</i></p> <p>In a 25 x 15 yard grid with a goal at each end, play 1v1. The coach stands on the touchline with a supply of balls and a small line of players on each side. The coach plays a ball in and the first person from each line plays 1v1. If a player scores they stay on and the other person leaves. A ball is immediately played back into the game. If the ball goes out of bounds both players are "outta there." This should be a very fast paced game. Progressions: Start with 1v1 and progress to 2v2.</p>	<ul style="list-style-type: none"> This game should be very fast paced As soon as the ball goes out of bounds throw another ball in immediately The coach is the master of the balls, look to see for players that aren't having a lot of success and distribute the ball straight to them Vary how balls are distributed into the playing area

Scrimmage 3v3 or 4v4



LESSON PLAN



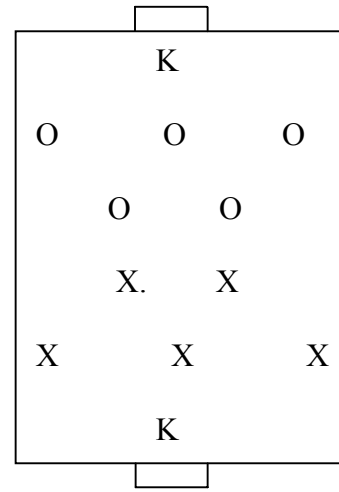
Age: U-10

Activity	Description	Diagram	Purpose/Coaching Points
1. Bursts	All players dribbling in small grid, on "go" they must dribble to outer disk (1 to a disk). Reduce # of disks to make it competitive		Warm-up Big 1 st touch, smaller touches as one approaches disk
2. Zone dribbling	All dribbling in #'d zone called by coach, when coach calls new #, all dribble there as quickly as possible		Using outside of foot or instep, toe down when running with ball
3. 3 v 1 changing zones	One of the three gets out and dribbles to other zone, creating new 3 v 1, repeat		Recognizing when to run with ball
4. Line soccer	2 teams, each lined up at an end line. Assign each player a #. Call # or #s, play ball into ear		Taking players on

5.



6 v 6

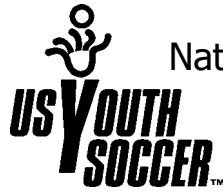
1 – strict man to man, no forward passes in front half, score by dribbling over end line
2 – free play to goal



1 – to create situations to run with ball & beat defenders
2 – to encourage implementation of day's focus in the game

Lesson Plan

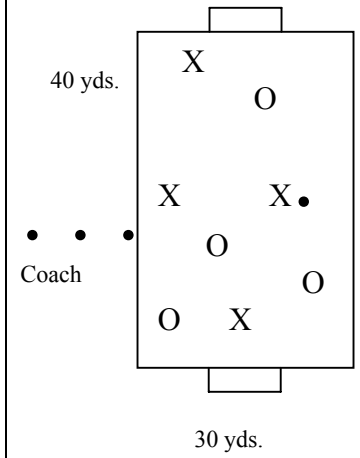

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 WARM-UP Beginner Juggling</p> <p>One ball per player.</p>	<p>Each player sitting down holds a ball over his or her shoelaces.</p> <ul style="list-style-type: none"> • Strike the ball and catch. • Now twice and catch. • Now thrice and catch. • Work up to a total of five kicks. • Try both feet. 		<ul style="list-style-type: none"> • Eyes on the ball. • Bend at the waist. • Bend the knee of the kicking leg. • Toe of the kicking foot out. • Drive the knee of the kicking leg to the chest.
<p>2 PAIR JUGGLING GAME Cooperative - Competitive</p> <p>The players should divide themselves into pairs. One ball per pair.</p>	<p>Try to keep the ball off the ground using feet only. Two bounces between touches allowed. Score a point for seven consecutive touches. Alternate touches between the partners. See if you can get up to ten touches!</p>		<ul style="list-style-type: none"> • Eyes on the ball. • Get into position early. • Lift the ball with "laces." • Use arms for balance.

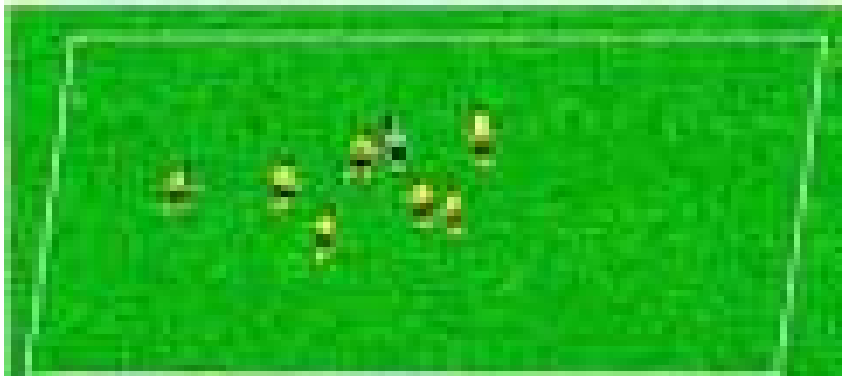
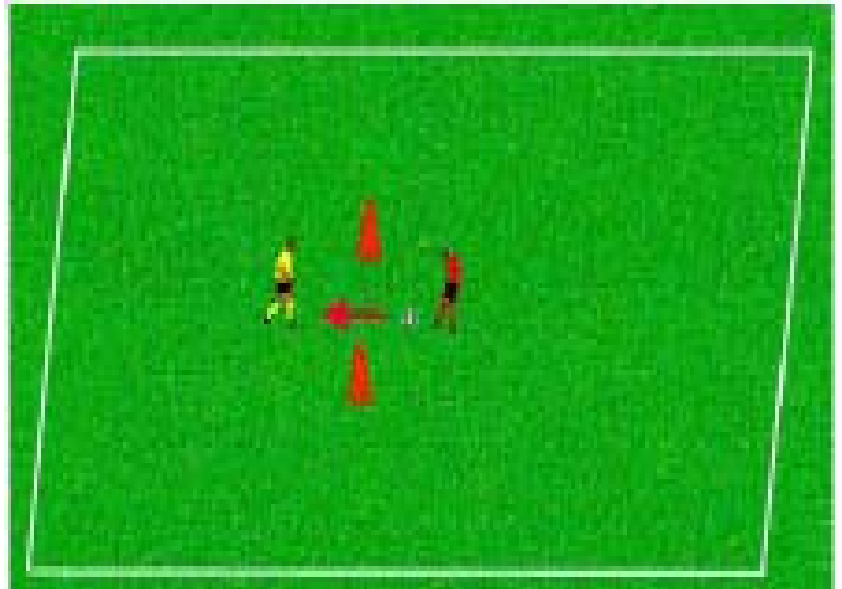


Lesson Plan

3 VOLLEY GAME Cooperative - Competitive			
Set up 15 yard X 15 yard grids. Two players and one ball in each grid.	Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.	<p>A square grid measuring 15 yards by 15 yards. In the top-left corner, there is a small circle representing a ball and an 'X' representing a player. The grid is labeled '15 yds.' on the right and bottom sides.</p>	<ul style="list-style-type: none"> • Get in “line of flight” quick. • Ready, balanced to receive. • Choose “platform”/surface. • Withdraw surface. • Scoop/”spoon” ball with foot.
4 GAELIC FOOTBALL			
Mark out a 20-yard X 20 yard grid with a 5-yard end zone at each end.	5v1 (or 4v2) play volley-catch-volley. Volley ball from the hands so it can be caught by a teammate. If the defender intercepts the ball a point is scored. Try to play into the end zones for a point.	<p>A square grid measuring 20 yards by 20 yards, with 5-yard end zones at the top and bottom. The grid is divided into three horizontal sections: a 5-yard top end zone, a 10-yard middle section, and a 5-yard bottom end zone. Player positions are marked with 'X' and 'O'. In the top end zone, there are two 'X's. In the middle section, there is one 'O' and one 'X' on the right side. In the bottom end zone, there is one 'X' on the right side. The grid is labeled '5 yds.' on the left and bottom sides, and '20 yds.' at the bottom.</p>	<ul style="list-style-type: none"> • Move to the ball. • Support quickly. • Move to open space.

Lesson Plan

5 THE GAME			
<p>4v4 to goal. Use a playing area of 40 yards X 30 yards with each goal 6 yards wide.</p>	<p>The coach is the ‘Boss of the Balls’; toss a new ball in after a goal or when the ball goes out of play. Bonus point if control leads to possession or a goal.</p>		<ul style="list-style-type: none"> • Look. • Move to open space. • Choose surface quickly.
6 COOLDOWN			
<p>Each player with a ball.</p>	<p>Strike the ball up using foot, allow it to bounce and then strike it again. Go until you are able to go through this series until ten consecutive times. Now try striking the ball two times (using any surface except the hands) allow it to bounce once, try to get to five consecutive touches before allowing it to bounce. Get a drink and stretch.</p>		<p>Go and try it at home.</p>

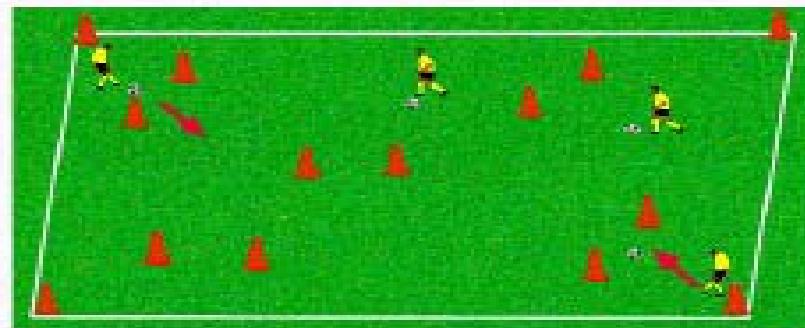
Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-Up			
<p><i>Retrieval Activity in Pairs-getting them to work together</i></p>	<p>Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball the ball back to the coach. The coach walks around while the players dribble the ball back to them.</p>		
2 1st Activity-“Pong”			
<p>This is a simple game.</p>	<p>. Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground, and must go thru the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the more they closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!</p>		

3 Gates Passing

All players have a ball inside a playing area.

Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

Variations: a) **Players work in pairs and must pass through a gate to their teammate who is on the other side.**



4 3rd Activity-“Gates”

Divide into two teams of 3-4 players each.

Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.

At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.



5 Final Activity-The Match

Coach has a supply of balls to keep match flowing.


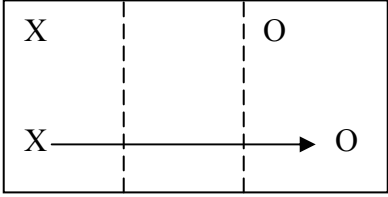
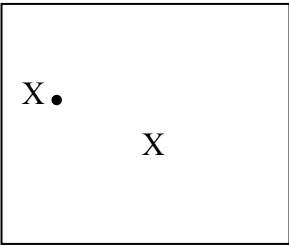
“CELEBRATE”

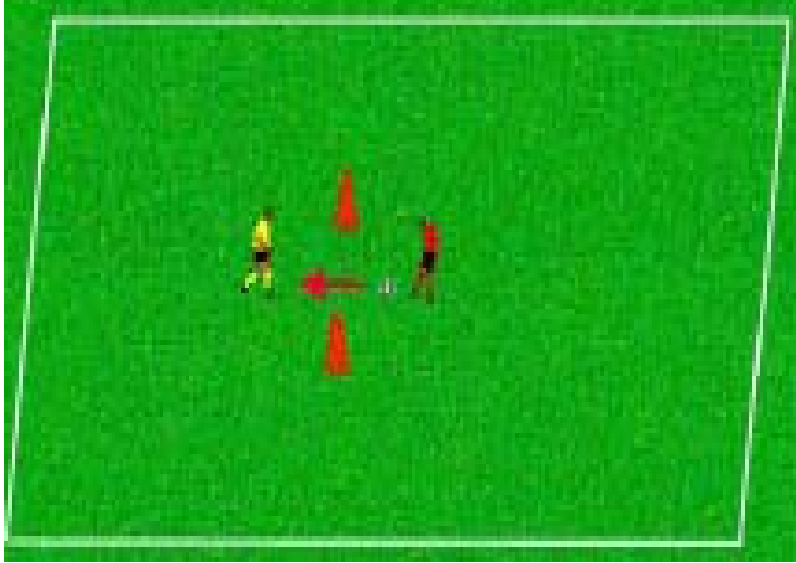
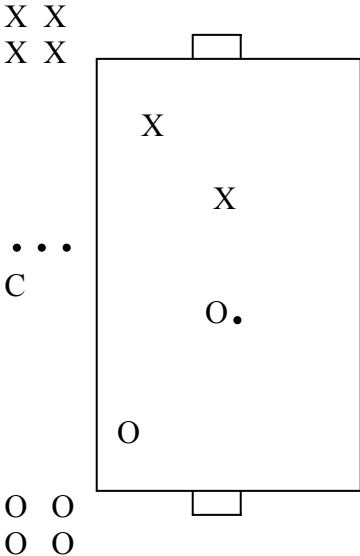




Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1 Juggling with a Partner			
	Two players compete against other pairs to keep the ball up in the air using as many touches as needed in 3-minute period.		-Move to get behind and in line with ball. -Select the surface quickly.
2 Soccer Newcomb			
Use a size 3 ball not too inflated	20 x 15 (one yd. "dead space" for net). 2 teams of 2 play toss-receive-catch over the net. If caught = 1 point - if the ball hits the ground no point - toss it over. Allow 1 bounce. Partner helps catch/control.	 <p style="text-align: center;">20 yds.</p>	-Move quickly to get behind and in line with flight of ball -Select surface early -"Withdraw" on contact
3 Volley Game Cooperative – Competitive			
Set up 15 x 15 yard grids. Two players and one ball in each grid.	Two players freely passing a ball inside the grid. Try to keep the ball in the air. The ball may not bounce more than twice before it is played. Count the passes inside the grid each pass is a point. Go for thirty seconds. Try to get more points than other pairs.	 <p style="text-align: center;">15 yds.</p>	<ul style="list-style-type: none"> • Get in "line of flight" quickly. • Ready, balanced to receive. • Choose body surface. • Withdraw surface. • Scoop/"spoon" ball with foot.

<p>4 Pong</p>			
<p>This is a simple game.</p>	<p>Two players play against each other and share a ball. They place two cones anywhere from 2-8 yards apart. They choose! Players pass back and forth to each other. The rules are that the ball must never stop, must always stay on the ground and must go through the two cones without touching them. Whenever this is violated the other person receives a point. Because of the rule that the ball must never stop, players have to play 1-2 touch. The closer the two cones are the closer the pairs are probably going to be. The farther apart they are, the more they will have to move laterally and look more like the old arcade “pong” game. Play for time and see who can become the PONG Champ!</p>		
<p>5 2v2 Get Outta There</p>			
<p>X & O = players C = coach . = ball</p>	<ol style="list-style-type: none"> coach as boss of the balls coach passes ball onto field to start play two players from each team play until a goal is scored or the ball goes out of bounds out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball goal is scored, two players who scored stay on and two new players from the other team play against them 	<p>X X X X</p>  <p>... C O O O O</p>	<ol style="list-style-type: none"> see ball through bottom of eyes keep ball rolling first try to solve game by dribbling player w/o ball find big, easy spot to receive a pass



Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Gate Dribbling</p>	<ul style="list-style-type: none"> a. every player with a ball b. one more gate than the number of players c. must dribble through free gate d. 1 point for each gate e. play again, improve by 1 point 		<ul style="list-style-type: none"> a. see ball through bottom of eyes b. keep ball rolling c. use foot brake d. different surfaces
2			
<p>Stop & Go</p>	<ul style="list-style-type: none"> a. every player dribbling a ball b. on whistle, players stop ball and then go with speed c. coach demonstrates stop & go, and players try to copy d. players invent their own stop & go e. coach observes, and choose players to demonstrate their stop & go for others to copy 		<ul style="list-style-type: none"> a. see ball through bottom of eyes b. speed up after stop c. change of direction d. different surfaces

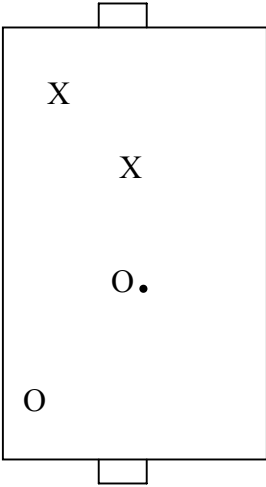




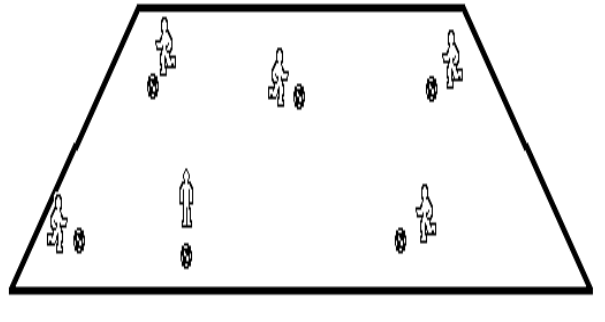
Lesson Plan

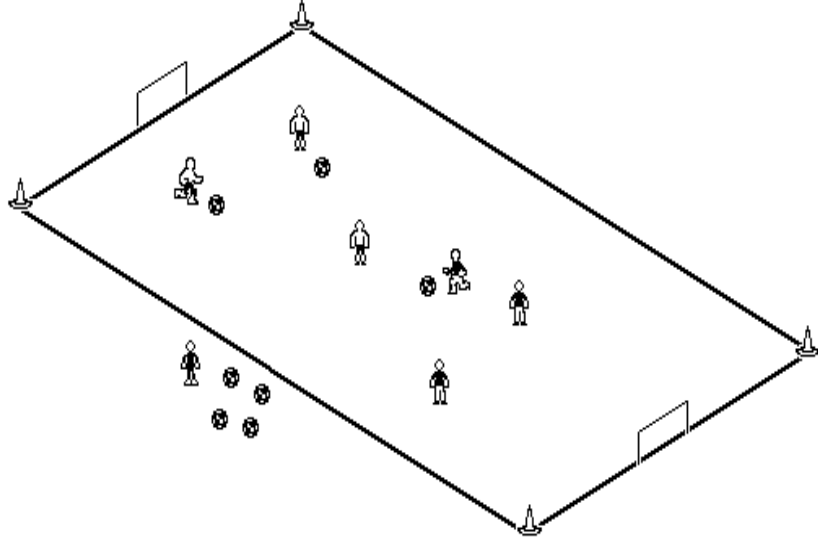
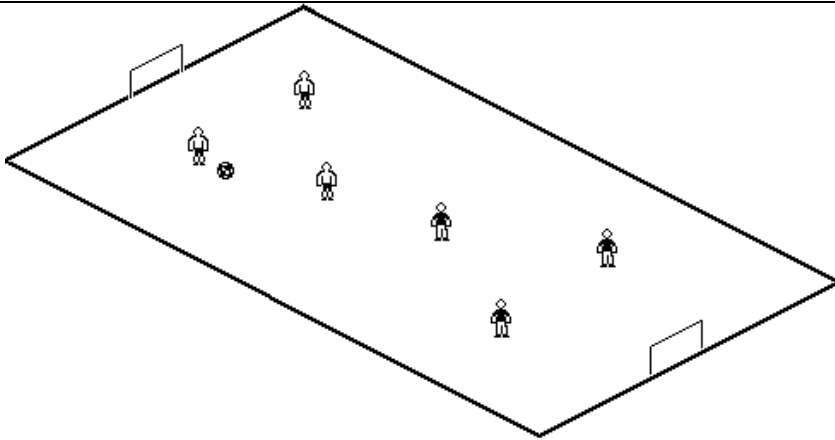
3			
Pac-Man	<ul style="list-style-type: none"> a. two or three players are “it” to start, and have balls b. if you are “it”, try to dribble and hit others with passes below the knees c. players who are not “it” may run and jump to avoid being hit d. if you are hit with a pass, you become “it” too 	<pre> X X IT. X X X X X IT. X X X IT. </pre>	<ul style="list-style-type: none"> a. keep ball rolling b. eyes up to find space and who is “it” c. change direction and speed d. fake passes
4			
Knockout	<ul style="list-style-type: none"> a. every player dribbling a ball b. try to kick other players’ balls off the field c. if your ball is stops rolling or is kicked out, then you must do two juggles before you return to the game 	<pre> X. X. X. X. X. </pre>	<ul style="list-style-type: none"> a. keep ball rolling b. body between ball and other players c. see ball through the bottom of your eyes



Lesson Plan

5				
<p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p>	<ol style="list-style-type: none"> a. coach as boss of the balls b. coach passes ball onto field to start play c. two players from each team play until a goal is scored or the ball goes out of bounds d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball e. goal is scored, 2 who scored stay on, and two new players from the other team play against them 	<p>X X</p> <p>X X</p> <p>• • •</p> <p>C</p> <p>O O</p> <p>O O</p>		<ol style="list-style-type: none"> a. see ball through bottom of eyes b. keep ball rolling c. first try to solve game by dribbling d. player w/o ball find big, easy spot to receive a pass



Activity Name	Description	Diagram	Purpose/Coaching Points
1 BALL MASTER			
<p>Each player should have a ball.</p>	<p>The players dribble to the coach and hand him/her the ball. The coach tosses away the ball and the players retrieve the ball and dribble it back to the coach. The coach can give a different dribbling challenge to the players when he/she tosses out the ball.</p>		<ul style="list-style-type: none"> ▪ Listening skills ▪ Problem solving ▪ Dynamic dribbling
2 SHADOW DRIBBLE			
<p>Each player has a ball and follows the coach.</p>	<p>The coach dribbles a ball him/herself and the players follow while dribbling their ball. The coach does both dribbling moves and goofy things for the children to mimic. Include here not only dribbling basics, but also tumbling, balance and rhythmic exercises.</p>		<ul style="list-style-type: none"> ▪ Dribbling & movement enhancement ▪ Decision making
3 KNEE TAG			
<p>In a 10 x 15 yard grid each player has a ball.</p>	<p>The kids dribble and try to tag others on the knee to collect a point for each tag.</p>		<ul style="list-style-type: none"> ▪ Physical fitness components ▪ Dribbling & shielding skills ▪ Vision

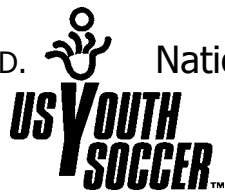
4 BALLS GALORE			
<p>Divide the players into two groups.</p>	<p>Play on a normal U6 game field with goals. Play a normal 3v3 game with the exception of playing with more than one ball. The coach can add in more soccer balls as he/she sees fit. Gradually take out balls until the game is left with only one ball and then move directly into the match in activity number five below.</p>		<ul style="list-style-type: none"> ▪ All techniques for the age group occur ▪ Vision ▪ Some teamwork ▪ Lots of 1v1 situations ▪ Problem solving
5 3 VS. 3			
<p>2 goals 1 ball No goalkeepers</p>	<p>Play a 3-on-3 match according to US Youth Soccer modified rules for the U6 age group.</p>		<ul style="list-style-type: none"> ▪ Summation of all challenges for the players. ▪ Stay out of their way and let them PLAY!



Lesson Plan


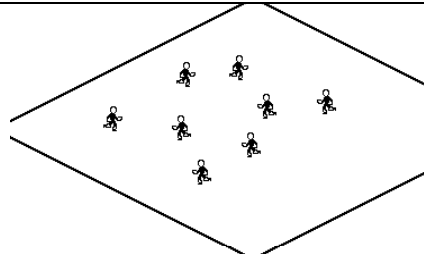
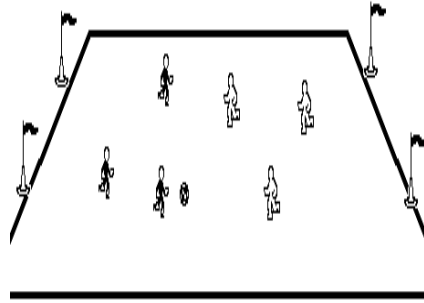


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>I can do something can you?</p>	<p>The coach begins the activity by saying “I can do something can you?” and demonstrating a physical activity such as jumping jacks. The children then do the same. The coach demonstrates several other physical activities such as: skips, one-legged bounces; star jumps, rolls, etc. After demonstrating several times the coach asked the children, “what can you do?” and takes their suggestions.</p>		<p>Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves.</p>
<p>2</p> <p>Snake in the Grass</p>	<p>In an area 15 yds x 15 yds, two children begin by being “snakes” by lying on their stomachs. The other children’s starting position is with their hands touching the “snakes.” On the command “snake in the grass” the children try to stay away from the snake while the snake slithers around trying to catch a child. When any child is caught he/she becomes an additional snake. The activity continues until every one is a snake.</p>		<p>The children move in all directions trying to avoid the snakes. Once snakes, the children try to work together to create more snakes.</p>



Lesson Plan

Age: U6

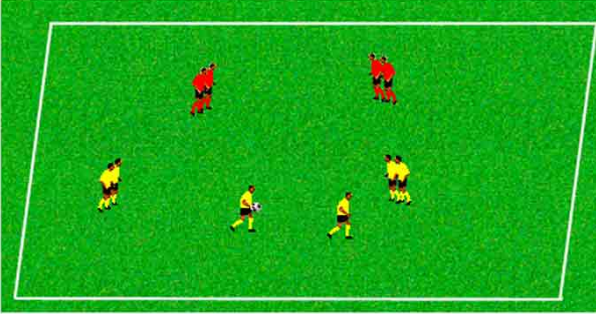
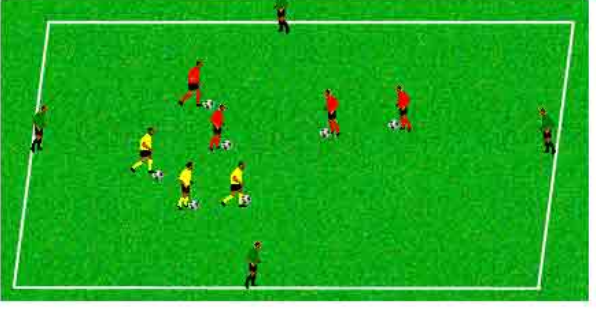
3			
Find the Coach	The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, “find the coach” the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes.		This activity becomes “chase and flee” quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target.
4			
Everyone is it	In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds.		The children must be aware of their surroundings and make decisions about where to go and where to avoid.
5			
3v3	The activity ends playing 3v3.		This is free play.

Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: U6

Topic: Dribbling-Changing Direction

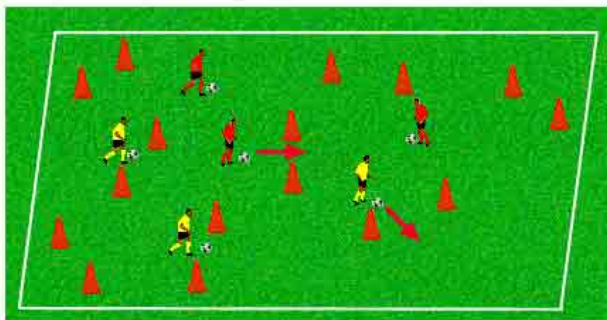
Activity Name	Diagram	Purpose/Coaching Points
<p>Warm-Up “Elbow Tag”</p> <p>Players partner up with someone. One pair is split at first. The pair that is split, one person is it, the other is not it. The “it” person tries to tag the person that is free. The “free” person can be safe if the hook up with one of the two partners that are hooked together at the elbows. At that moment, the person on the opposite end has to release and run.</p>		<ul style="list-style-type: none">-warming up-change of direction-can they think ahead-cooperation-FUN
<p>Match Related “School of Fish”</p> <p>All players have a ball. Four people that may be coaches and/or parents each go on a side of the square. The parents/coaches are instructed to raise their arms and when the players get close to them, put their arm down in which another parent/coach may raise their arm up. The players are instructed to dribble towards the arm that is up.</p>		<ul style="list-style-type: none">-Dribbling w/head up-Dribbling and changing direction--Keep the ball a “legs length” away.

Match Related

“Gates”

Make gates inside the grid about 3 yards apart. You can even let the players do it for you. You make at least one more gate than the amount of players. Players are instructed to dribble through as many gates as possible.

After several rounds-Add gate blockers in which players/coaches run/walk and simply block a gate. The player arriving at that gate has to go to a new one.



- Dribbling w/head up
- Dribbling and changing direction
- Can they change direction quickly and go to a new gate?

Match Condition

Game

4v4



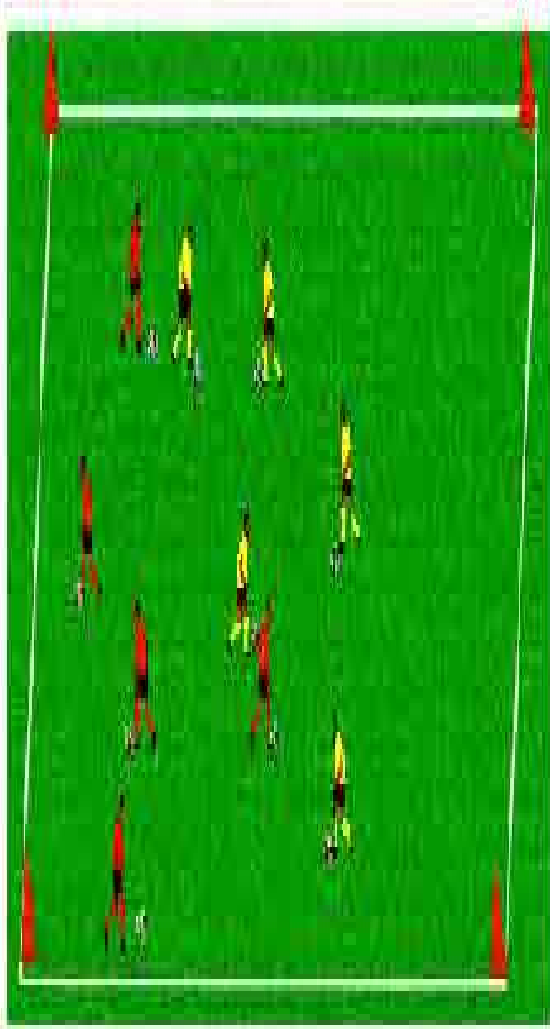
- Encourage them to be brave and to dribble.





Lesson Plan



Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>“Rehearsal”</p>	<ul style="list-style-type: none"> • Have 2 players stand 2-3 steps on either side of the ball. • On command both players should squarely step to address and block the ball. 		<ul style="list-style-type: none"> • Players rehearse safely a “block” tackle. • Inside of foot to ball. • Get weight into the tackle. • Do not stretch or go to ground.
2			
<p>1 vs. 1 “Faced Up”</p>	<ul style="list-style-type: none"> • 1 vs. 1 to goal. • Coach serves ball to slightly favor one player. • If you have 10+ players use 2 grids. 	<p>10x12</p>	<ul style="list-style-type: none"> • Close to the ball. • Maintain a good distance to tackle and recover. • Get body behind tackle. • Tackle without crossing feet.
3			
<p>1 vs. 1 “From Recovery”</p>	<ul style="list-style-type: none"> • 1 vs. 1 to goal. (As above but...) • Players attack goal they start at. • Defender must recover goal side. 	<p>10x12</p>	<ul style="list-style-type: none"> • Recover goal side. • Do not tackle from behind. • Face up to opponent. • Tackle firmly with closest foot.
4			
<p>2 vs. 2 “Decisions”</p>	<ul style="list-style-type: none"> • 2 vs. 2 to goal. • Restarts are passed in. • Play 3-4 minute sets with good rest. 	<p>15x20</p>	<ul style="list-style-type: none"> • Defender not on ball must be ready to close. • Close as ball is traveling. • Ensure proper tackling technique.
5			
<p>6 vs. 6 “The Game”</p>	<ul style="list-style-type: none"> • 6 vs. 6 including keepers. • No conditions on play. • Be prepared to stop 2-3 times in 15 minutes to review topic. 	<p>40x50</p>	<ul style="list-style-type: none"> • All tackles should be made from the front. • Avoid going to ground. • Tackle with either foot as situation demands. • Do not reach; stay compact.

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1. WARM-UP</p> <p>All players should have a ball and dribble around the grid. On the coach's command the players pick up and toss the ball in the air and then receive the ball with different parts of their body.</p>	<p>VARIATIONS:</p> <ol style="list-style-type: none"> 1) Players pick up the ball only using their feet, strike the ball up high and then bring the ball under control. The coach should guide the players on using different receiving surfaces. 2) Everyone watch one player, the playmaker. When that player picks up the ball everyone else has to also. They may receive the ball however they wish. This variation gets them to dribble with their head up more. 3) Same as number two, but now all players must receive in the same fashion as the playmaker. 		<p>To improve receiving balls out of the air.</p> <ol style="list-style-type: none"> 1. Keep your eye on the ball. 2. Maintain body balance.

Lesson Plan

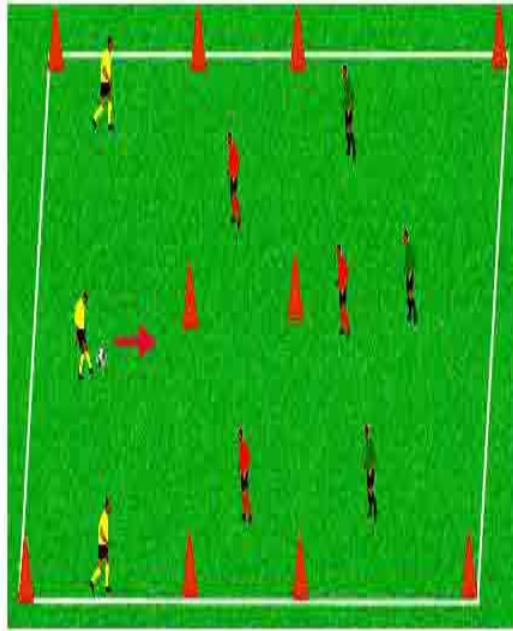
<h2>2. RECEIVING UNDER PRESSURE</h2>			
<p>Six to eight players needed. If using six players then four of the players take a spot on the corners of a 15 x 15 yard grid. Two players go inside the grid and will be playing 1v1. Two of the corner players have a ball. One player in the middle is designated the attacking player to start.</p>	<p>That player makes a run to a corner player to receive a ball that has been tossed by the corner player. The first touch is FREE. A point is scored when an inside player receives a ball and passes the ball to a corner player who doesn't have a ball. If that is successful then the attacking player runs to the corner player who has the second ball and repeats. If the defending player wins the ball, then that player becomes the attacker. Rotate the players after 1-2 minutes.</p>		<p>To improve receiving balls out of the air.</p> <ol style="list-style-type: none"> 1. Get in line with the flight of the ball. 2. Select the receiving surface early. 3. Keep your eye on the ball. 4. Maintain body balance.
<h2>3. 3v3v3 RECEIVING</h2>			
<p>30 x 20 grid. Form three teams of three. Divide the grid into thirds. The two teams in the final thirds of the grid try to score against the team in the middle third. A point is scored against the team in the middle third when a ball is played over or through their third in the air to one of the players in the opposite final third.</p>	<p>The receiving player must take the ball out of the air, no bounce, and then pass to a teammate in less than two touches. If the ball goes out-of-bounds or the team in the middle third wins the ball, the team responsible for the error goes into the middle third. The team with the most points wins.</p>		<p>To improve receiving balls out of the air.</p> <ol style="list-style-type: none"> 1. Proper first touch and the importance of cushioning the ball. 2. First touch sets up the second touch of the ball. 3. Get in line with the flight of the ball. 4. Select the receiving surface early. 5. Keep your eye on the ball. 6. Maintain body balance.

Lesson Plan

4. 3v3v3 RECEIVING

The same set up as number three above.

Now allow one player from the middle third team to go into the final third after the ball has been played to apply pressure on the receiver.



To improve receiving balls out of the air.

1. Take a touch (preferably the first one) away from pressure.
2. Proper first touch and the importance of cushioning the ball.
3. First touch sets up the second touch of the ball.
4. Get in line with the flight of the ball.
5. Select the receiving surface early.
6. Keep your eye on the ball.
7. Maintain body balance.

5. 5v5-7v7 ON A NARROW FIELD

The field is narrow so that throw-ins occur and players have to receive balls out of the air more often.

Long more direct passes may also be used due to the field being more narrow than usual.



Observe the players to see if they are executing or attempting to execute all of the coaching points made earlier in the training session.