ASA Spring 2013 Curriculum: Practice Session Matrix

	U10	U12	U14	U16	Session Topic	ID	#
	♦	♦	♦		Passing 1 - Support (Movement off the Ball)	SKL	01
		♦	♦	♦	Passing 2 - Penetration Behind the Defense	SKL	02
	♦	o	o	o	Passing 3 - Wall Passes, Takeovers	SKL	03
	♦	♦	♦	♦	Passing 4 - Striking and Receiving Lofted Balls	SKL	04
	♦		♦	♦	Passing 5 - Support (Movement off the Ball 2)	SKL	05
	♦	♦	o		Dribbling 1 - Possession (Ball Control)	SKL	06
	♦	♦	♦	♦	Dribbling 2 - Penetration (Individual Attacking)	SKL	07
	♦	♦	♦	♦	Dribbling 3 - First Touch	SKL	08
	o	o	♦	♦	Dribbling 4- Moves, Creativity and Deception	SKL	09
	♦	♦			Finishing 1 - Striking the Ball	SKL	10
	♦	♦	♦	♦	Finishing 2 - Finishing from Combination Play	SKL	11
			o	♦	Finishing 3 - Striking Volleys	SKL	12
	♦	♦	♦	♦	Receiving Aerial Balls (incl Heading)	SKL	13
	f				Heading and Ball Control Basics (Fall Season Only)	SKL	14
	f				Passing 0 - Pass and Receive Basics (Fall Season Only)	SKL	15
Technical	10	9	9	9	Based on 9 week practice schedule (10 week for U16 / U18)		
	♦	♦	o	o	Tactics 1 - Team Shape on Offense	TAC	01
	♦	♦	♦	♦	Tactics 2 - Team Shape on Defense	TAC	02
	♦	♦	♦	♦	Tactics 3 - Switching the Point of Attack	TAC	03
	o	o			Restarts 1 (Cover ALL) (Fall Season Only)	TAC	04
			♦	♦	Restarts 2 - Corner Kicks and Direct/Indirect	TAC	05
				♦	Advanced Formation Roles (4-4-2)	TAC	06
Tactics	3	3	3	4	Based on 9 week practice schedule (10 week for U16 / U18)		
	♦				Defense 1 - Individual Defending (Pressure)	DEF	01
	♦	♦	♦		Defense 2 - 1st and 2nd Defender (Pressure and Cover)	DEF	02
	♦	♦	♦	♦	Defense 3 - Small Groups (Pressure, Cover and Balance)	DEF	03
		♦	♦	♦	Defense 4 - Winning the Ball Back Early	DEF	04
		o	o	♦	Defense 5 - Aerial Play and Tackling	DEF	05
				♦	Defense 6 - Offsides Trap / Playing a High Line	DEF	06
Defense	3	3	3	4	Based on 9 week practice schedule (10 week for U16 / U18)		
	♦	♦	♦		GK 1 - Handling and Distribution	GK	01
	♦	♦	♦	o	GK 2 - Footwork and Proper Diving Technique	GK	02
	o	♦	♦	♦	GK 3 - Handling the Breakaway	GK	03
		o	o	♦	GK 4 - Positional - Sweeper/Keeper	GK	04
			o	♦	GK 5 - Handling Long Range Shots and Lofted Balls	GK	05
				o	GK 6 - Set Pieces	GK	06
GK	2	3	3	3	Based on 9 week practice schedule (10 week for U16 / U18)		
Season	18	18	18	20			

U10 Session List / Sequence -- DRAFT ** Spring Travel 2013

	U10	Session Topic	ID	#	
	1	Dribbling 1 - Possession (Ball Control)	SKL	06	
Combined	2	Defense 1 - Individual Defending (Pressure)	DEF	01	
	3	Passing 1 - Support (Movement off the Ball)	SKL	01	
Combined	4	GK 1 - Handling and Distribution	GK	01	*Game 1*
	5	Passing 3 - Wall Passes, Takeovers	SKL	03	
Combined	6	Tactics 1 - Team Shape on Offense	TAC	01	*Game 2*
	7	Finishing 1 - Striking the Ball	SKL	10	
Combined	8	Defense 2 - 1st and 2nd Defender (Pressure and Cover)	DEF	02	*Game 3*
	9	Dribbling 3 - First Touch	SKL	08	
Combined	10	Tactics 2 - Team Shape on Defense	TAC	02	*Game 4*
	11	Passing 4 - Striking and Receiving Lofted Balls	SKL	04	
Combined	12	GK 2 - Footwork and Proper Diving Technique	GK	02	*Game 5*
	13	Dribbling 2 - Penetration (Individual Attacking)	SKL	07	
Combined	14	Defense 3 - Small Groups (Pressure, Cover and Balance)	DEF	03	*Game 6*
	15	Receiving Aerial Balls (incl Heading)	SKL	13	
Combined	16	Tactics 3 - Switching the Point of Attack	TAC	03	*Game 7*
	17	Passing 5 - Support (Movement off the Ball 2)	SKL	05	
Combined	18	Finishing 2 - Finishing from Combination Play	SKL	11	*Game 8*

*** Coaches: Please note that the sequence and schedule is subject to change. Please check the Coach Resources area on our website weekly for revised schedule, session guide sheets, and up-to-date session plans.*

U12 Session List / Sequence -- DRAFT ** Spring Travel 2013

	U12	Session Topic	ID	#	
	1	Dribbling 1 - Possession (Ball Control)	SKL	06	
Combined	2	Defense 2 - 1st and 2nd Defender (Pressure and Cover)	DEF	02	
	3	Passing 1 - Support (Movement off the Ball)	SKL	01	
Combined	4	Tactics 1 - Team Shape on Offense	TAC	01	*Game 1*
	5	Finishing 1 - Striking the Ball	SKL	10	
Combined	6	GK 1 - Handling and Distribution	GK	01	*Game 2*
	7	Passing 2 - Penetration Behind the Defense	SKL	02	
Combined	8	Defense 3 - Small Groups (Pressure, Cover and Balance)	DEF	03	*Game 3*
	9	Dribbling 2 - Penetration (Individual Attacking)	SKL	07	
Combined	10	GK 2 - Footwork and Proper Diving Technique	GK	02	*Game 4*
	11	Finishing 2 - Finishing from Combination Play	SKL	11	
Combined	12	Tactics 2 - Team Shape on Defense	TAC	02	*Game 5*
	13	Passing 4 - Striking and Receiving Lofted Balls	SKL	04	
Combined	14	Defense 4 - Winning the Ball Back Early	DEF	04	*Game 6*
	15	Dribbling 3 - First Touch	SKL	08	
Combined	16	GK 3 - Handling the Breakaway	GK	03	*Game 7*
	17	Tactics 3 - Switching the Point of Attack	TAC	03	
Combined	18	Receiving Aerial Balls (incl Heading)	SKL	13	*Game 8*

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U14 Session List / Sequence -- DRAFT ** Spring Travel 2013

	U14	Session Topic	ID	#	
	1	Dribbling 2 - Penetration (Individual Attacking)	SKL	07	
Combined	2	Defense 2 - 1st and 2nd Defender (Pressure and Cover)	DEF	02	
	3	Passing 1 - Support (Movement off the Ball)	SKL	01	
Combined	4	Tactics 2 - Team Shape on Defense	TAC	02	*Game 1*
	5	Finishing 2 - Finishing from Combination Play	SKL	11	
Combined	6	GK 1 - Handling and Distribution	GK	01	*Game 2*
	7	Defense 3 - Small Groups (Pressure, Cover and Balance)	DEF	03	
Combined	8	Dribbling 3 - First Touch	SKL	08	*Game 3*
	9	Restarts 2 - Corner Kicks and Direct/Indirect	TAC	05	
Combined	10	Defense 4 - Winning the Ball Back Early	DEF	04	*Game 4*
	11	GK 2 - Footwork and Proper Diving Technique	GK	02	
Combined	12	Passing 2 - Penetration Behind the Defense	SKL	02	*Game 5*
	13	Passing 4 - Striking and Receiving Lofted Balls	SKL	04	
Combined	14	GK 3 - Handling the Breakaway	GK	03	*Game 6*
	15	Receiving Aerial Balls (incl Heading)	SKL	13	
Combined	16	Tactics 3 - Switching the Point of Attack	TAC	03	*Game 7*
	17	Dribbling 4- Moves, Creativity and Deception	SKL	09	
Combined	18	Passing 5 - Support (Movement off the Ball 2)	SKL	05	*Game 8*

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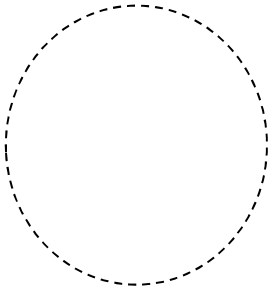
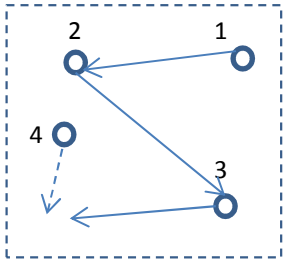
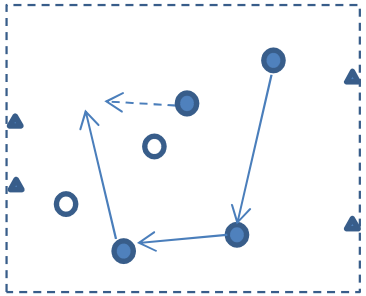
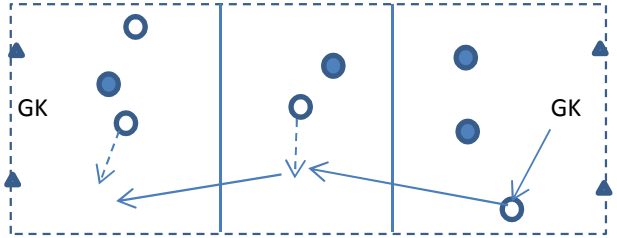
TOPIC: Session Plan Symbols AGE- U10/U12/U14 Session ID: Symbols / Legend

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time:		player movement ball movement	1 2 3
Small Sided Activity Time:	 field / grid note dimensions!	dribbling ball in air	1 2 3
Expanded Small Sided Activity Time:	shot cones goals players movement emphasis "target" , coach or N neutral player(s)	end zones	1 2 3
Scrimmage Time:	6 v 6 incl GKs Formation: 3-2 v 3-2		Reinforce Coaching Points from Session!

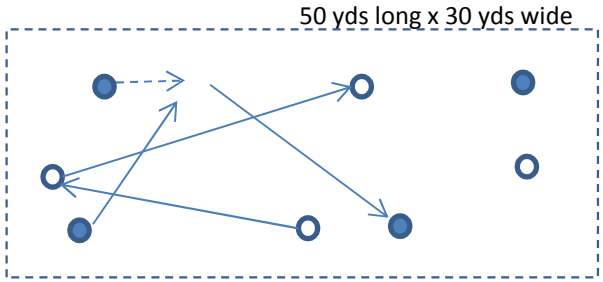
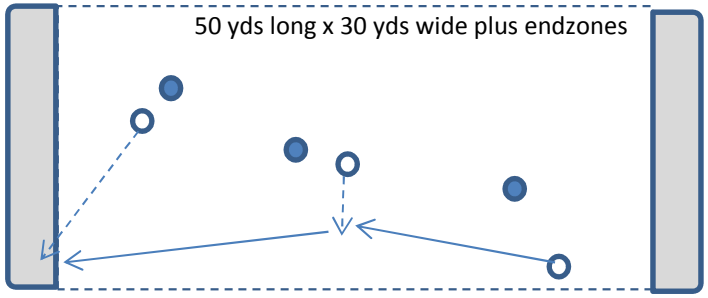
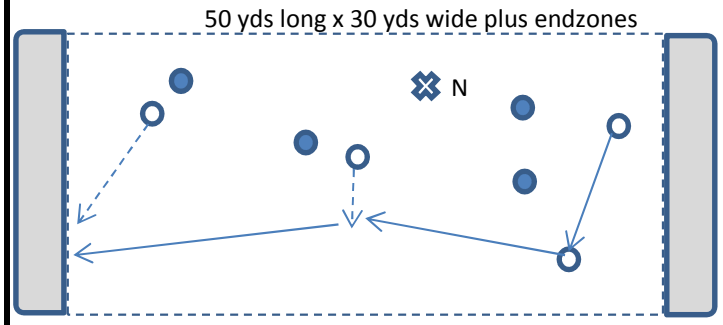
TOPIC- Passing 1 - Support (Movement off ball) AGE- U10/U12/U14 Session ID: ASA SKL 01

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time: **15 min**	 15 yds x 15 yds 4 or 5 players in grid	Numbers passing in sequence (1 passes to 2, 2 passes to 3, etc) After passing player runs to touch one of the cones defining the grid. After a few minutes progress to touching two, then three cones after pass.	1 Technical: body position when passing, good directional first touch, weight and accuracy of the pass 2 Movement off the ball - supporting angles and proper recv'g body position to take pass across body 3 Player recognition of being an available target/option - communicate
Small Sided Activity Time: **20 min**	 30 x 30 grid small goal target for offense large goal target for defense	4 v 2, no GK 4 players must make 4 passes min.- each player must touch ball before team can shoot score on ground only **Progression: 2 touch**	1 Technical: passing and receiving, and how it effects possession 2 Angles of support and effective distance from teammate (runs) 3 Illustrate good supporting runs - stress mobility as well as shape (wide and deep)
Expanded Small Sided Activity Time: **25 min**	50 x 30, divide into 3 "zones" 	4 v 4 + GKs, 3 zones, large goals Players must stay in their zone, creating a numbers up situation in the attacking third for the offense. Long, narrow field will place emphasis on penetration **Progression: limit to 2 touch**	1 Technical: passing and receiving, and how it effects possession Weight and accuracy of pass. 2 Penetration: QUICK! Possession is the priority 3 Support and mobility - make a good supporting run 4 Width - upon recognition get wide 5 Improvisation - be creative
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2	*Scrimmages should be run on half field*	Reinforce Coaching Points from Session! - Focus on <u>Penetration</u> immediately after transition

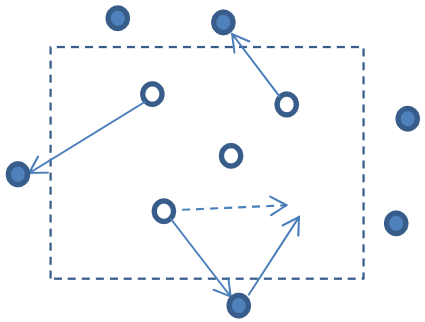
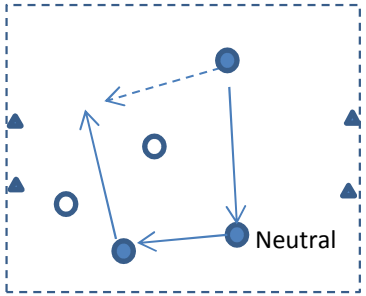
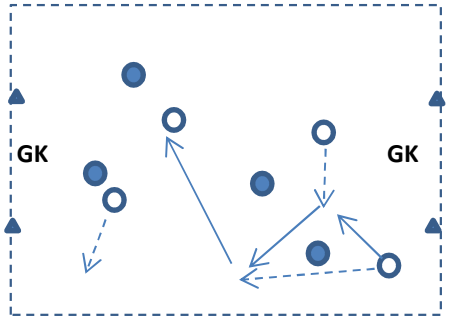
TOPIC- Passing 2 - Penetration AGE- U10/U12/U14 Session ID: ASA SKL 02

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time: **15 min**		Combination passing - 4 players in yellow bibs, Adjacent grid 4 players in blue bibs working the same activity Move to support after pass - "Make it look like soccer" One or two touch - ball does not stop moving!	1 Technical: body position when passing, good directional first touch, weight and accuracy of the pass 2 Movement off the ball - supporting angles and proper recv'g body position 3 Angles of support and effective distance from teammate (runs) 4 Player recognition of being an available target/option
Small Sided Activity Time: **20 min**		3 v 3 to endzones Look for opportunities to penetrate (penetration beyond defender - generally forward). Discuss risk vs safety, and where on the field these are considerations Must RECEIVE ball in endzone to score	1 Technical: passing and receiving, and how it effects possession Weight and accuracy of pass. 2 Penetration: QUICK! Possession is the priority 3 Support and mobility - make a good supporting run 4 Width - upon recognition get wide 5 Improvisation - be creative
Expanded Small Sided Activity Time: **25 min**		4 v 4 plus neutral to endzones More options for penetrating passes - encourage quick decisions! Neutral player limited to one or two touch Must RECEIVE ball in endzone to score	1 Same points from above - more discussion on risk vs safety (see top sheet)
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2		Reinforce Coaching Points from Session! - Focus on <u>Penetration</u> immediately after transition

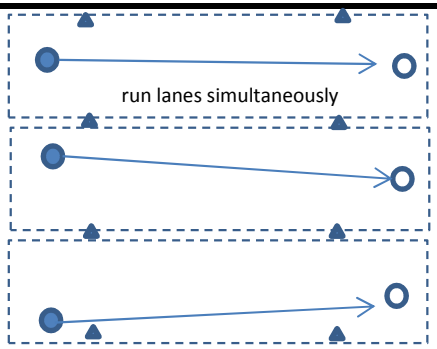
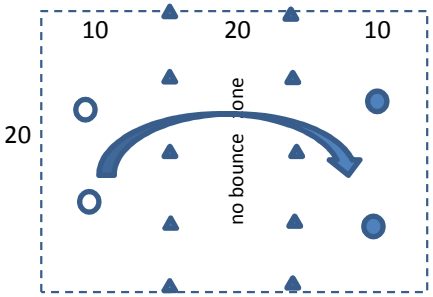
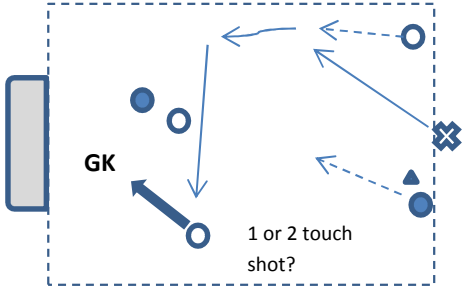
TOPIC- Passing 3 - Wall Passes and Takeovers AGE- U10/U12/U14 Session ID: ASA SKL 03

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time: **15 min**	 Dutch Square: Half the players in and half out of the 30 x30 grid. Start with out players with ball - serve to players inside.	Players to look for opportunities to create wall passes and other passing combinations. Demonstrate a wall pass for the newer players (one touch return pass Emphasize this drill to be done at GAME SPEED	1 Stress good techniques for passing and receiving: (see top sheet for passing and receiving coaching points) 2 Verbal and eye contact - communicate! 3 Discuss patience and timing of passes
Small Sided Activity Time: **20 min**	 30 x 30 grid 2 v 2 plus neutral player	Assist players in recognizing when combine passes with teammates. Demonstrate wall pass, take over, and overlaps (see top sheet) Insist on good technique	1 Receive ball while moving and make directional first touch 2 Verbal and eye contact - communicate! Head up and check shoulders 3 Discuss patience and timing of passes
Expanded Small Sided Activity Time: **25 min**	 45 x 30 grid 3 v 3 or 4 v 4 plus neutral player (opt'l) with GKs	Emphasize awareness during this activity. Freeze method may be useful in illustrating how effective runs are made and what players are to look for in creating attacking opportunities. **Progression: limit to 2 touch**	1 Demonstrate disguise and deception when making pass - don't "broadcast" 2 Receive ball while moving and make directional first touch 3 Verbal and eye contact - communicate! 4 Head up and check shoulders - know who is moving to receive pass
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2		Reinforce Coaching Points from Session! - Focus on <u>quick vs rushed</u> passing decisions

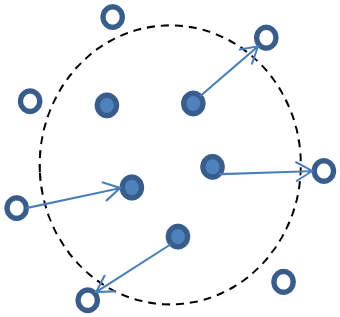
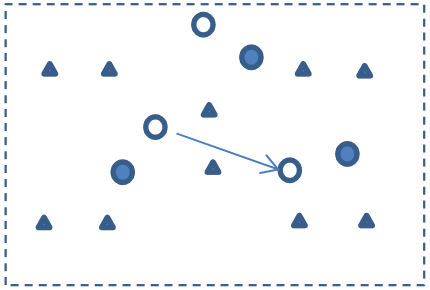
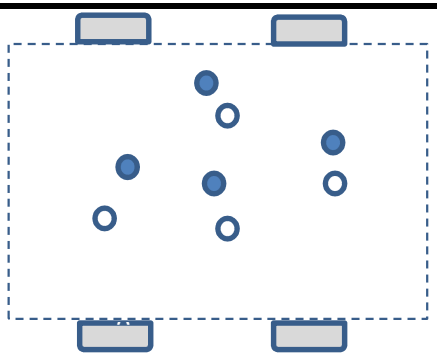
TOPIC- Striking and Receiving Lofted Balls | AGE- U10/U12/U14 | Session ID: ASA SKL 04

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		10 x 40 lanes Pairs - pass to partner in "box" at other end of lane - control within box! Accuracy comes from good technique	Improve ball striking - shape of foot, striking area of foot (insole or laces) Strike the ball while it's moving - Head down and focus on ball at moment of contact. **Progression:** Other Foot!	1 Emphasize good body position and follow through. 2 Shape of feet - lock ankle of kicking foot, plant foot - toe pointed toward target 3 Lofted (or driven) balls are PASSES - use verbal / eye contact communication
Small Sided Activity Time: **20 min**		2 v 2 soccer tennis Team A serves to Team B with drop kick or dead ball kick limited bounces allowed in end zone	Opportunity to get players comfortable with controlling aerial balls. Receiving player must control with limited bounces allowed (1, 2 or 3), and then return ball in air to opposing zone. Point scored when control is lost or too many bounces	1 Reinforce technical points from above 2 Soft first touch to control - use all parts of body 3 Team communication - verbal 4 Good opportunity to discuss the benefits of juggling at home / with friends
Expanded Small Sided Activity Time: **25 min**		3 v 2 wing play Half -field simulation w/ GK Coach serves ball to start - defender moves on kick >> rotate players and switch sides	Coach starts play by passing to wing player who then dribbles toward corner and crosses. (Decision - lofted or driven) Discuss early vs late crosses Emphasize one touch to finish or pass to teammate in box	1 Attackers in box - move to create space and always be ready to receive 2 Quality of service - on target / good pace 3 Encourage creativity as players try to make space or take shot
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2		Reinforce Coaching Points from Session!

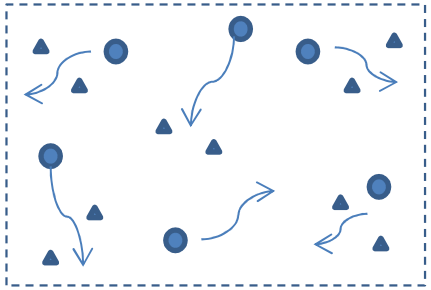
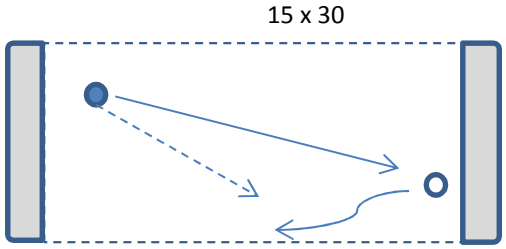
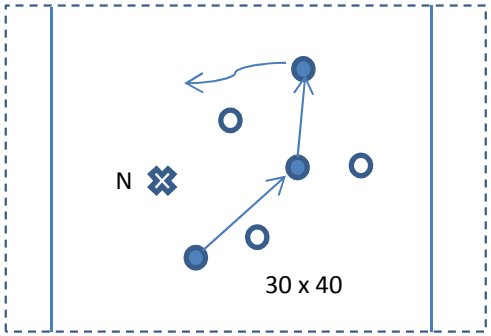
TOPIC- Passing 5 - Support (Movement off the Ball 2) AGE- U10/U12 Session ID: ASA SKL 05

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		Dutch Circle - half the players in / half on the circle Inside player receives ball, controls and moves, passes to different outside plyr	Emphasize that this drill needs to be done at "game speed" - high work rate Demonstrate that a pass on the ground is easier to control and saves time! Switch after 3 minutes, repeat or use variation (head ball, body, etc)	1 Quality first touch - directional 2 Head up - be aware of players and space 3 Communication: verbal / eye contact
Small Sided Activity Time: **20 min**		3 v 3, 5 goal game Point for a completed pass through a goal to a teammate	2 minute intervals - aerobic maintain triangle shape - don't "hide behind defenders. Move to support after making pass! Point out "space" and passing options	1 Quality first touch - directional 2 Head up - be aware of players and space 3 Communication: verbal / eye contact - be ready to receive ball! 4 Encourage creativity!
Expanded Small Sided Activity Time: **25 min**		4 v 4 to two goals each end Field should be wider than length - emphasize width of shape	Emphasize width and depth of shape (passing options - move defenders) Decision-making - Pass or dribble? Penetrating passes - quick runs **Progression** - Add Neutral Player	1 Recognize and use space - pass and move to space (mobility) 2 Maintain shape to support the play (width and depth) 3 Quality passing on ground - Be aware of pace on ball
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2		Call offsides during all scrimmages!	Reinforce Coaching Points from Session!

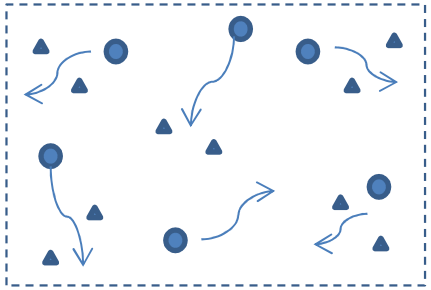
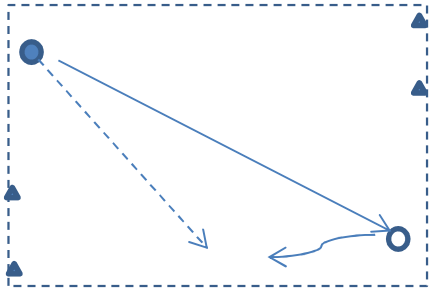
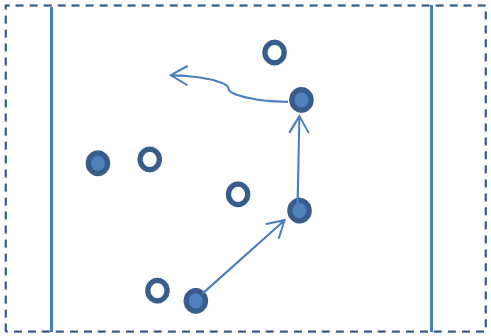
TOPIC- Dribbling 1- Possession AGE- U10/U12 Session ID: ASA SKL 06

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		**Dribble in Grid through gates** Any sequence - not through same gate twice - keep count! Add knockout - 10 toe taps to re-enter	Players will need to be aware of who/what is around them, esp during knockout phase Player accellerate after passing a gate, alternate speed to next gate	1 Keep the ball close and under control 2 Use all surfaces of BOTH feet 3 Keep head up (clarify "up")- check shoulders- be aware of movement and space 4 Change speed and direction
Small Sided Activity Time: **20 min**		**1 v 1 to end zones** D Player passes to O player, then defends goal zone O Player must dribble through end zone to score	Change speed and direction, protect ball (demonstrate shielding) Demonstrate moves - get defender moving, then move across his direction. See top sheet for descriptions. Emphasize possession rather than reckless penetration	1 Keep the ball close and under control 2 Change speed and direction to advantage 3 Protect the ball - shield if necessary then turn (Demonstrate shield!)
Expanded Small Sided Activity Time: **25 min**		**3 v 3 plus neutral** to end zones Must dribble into end zone to score (variation: can only pass laterally or back, emphasizes forward dribbling)	Movemement without the ball is essential - once player has passed move immediately! Move to give player with the ball options; be ready to receive ball; communicate!	1 Decision - pass vs dribble 2 Recognize space - pass and move to space 3 Transition - react quickly, all players play D, play O 4 Shield to protect ball
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2			Reinforce Coaching Points from Session!

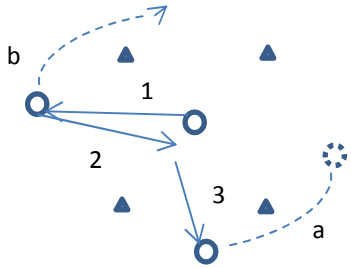
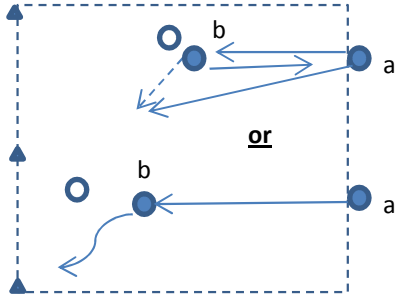
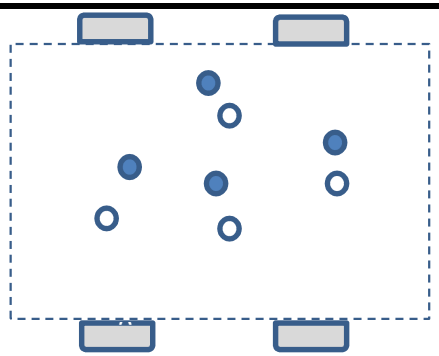
TOPIC- Dribbling 2 - Individual Attacking (Penetration) AGE- U10 / U12 Session ID: ASA SKL 07

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		**Dribble in Grid through gates** Any sequence - not through same gate twice - keep count! Add knockout - 10 toe taps to re-enter	Players will need to be aware of who/what is around them, esp during knockout phase Dribble with both feet, all surfaces Progression - outside of foot only, left foot only, left then right, etc	1 Keep the ball close and under control 2 Use all surfaces of BOTH feet, change speed and direction 3 Keep head up - look around and be aware of movement / space
Small Sided Activity Time: **20 min**		**1 v 1 to two goals** (corner goals) D Player passes to O player, then defends goals O Player: Dribble thru = 3 pass thru = 1	Change speed and direction, protect ball (demonstrate shielding) Demonstrate moves - get defender moving, then move across his direction. See top sheet for descriptions. Player must perform a "move" before scoring	1 Keep the ball close and under control 2 Change speed and direction to advantage - try moves! 3 Protect the ball - shield if necessary then turn
Expanded Small Sided Activity Time: **25 min**		**4 v 4 to end zones** **Progression:** Only pass laterally or backward! Must dribble into end zone to score	Movemement without the ball is essential - once player makes a pass they need to make supporting run immediately! Move to give player with the ball options; be ready to receive ball; communicate!	1 Decision - pass vs dribble 2 Recognize options, verbal and eye contact with target player 3 Transition - react quickly, all players play defense, all players play offense
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2			Reinforce Coaching Points from Session!

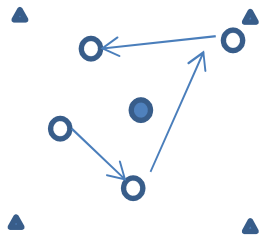
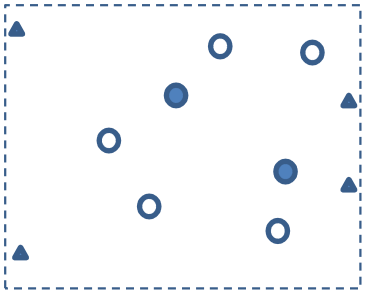
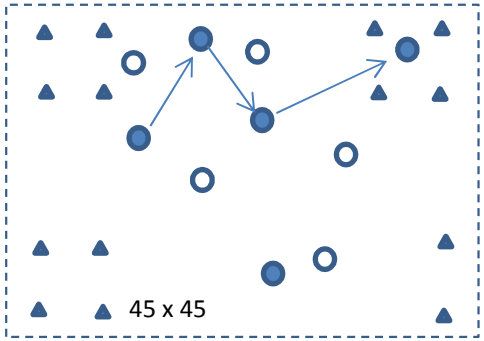
TOPIC- Dribbling 3 - First Touch | AGE- U10/U12/U14 | Session ID: ASA SKL 08

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		6 x 6 square 1 player in grid, 2 players outside 60 seconds, rotate **Progression -** One Touch passing	Outside player passes to player inside box, who receives and passes to next outside player. After pass, player outside box runs to new position and preps to receive. Develop quick recognition of passing option - good first touch sets up good delivery of next pass	1 Technical: body position when receiving, good directional first touch, take ball across body (demonstrate) 2 Players need to be ready to receive ball - on toes, knees slightly bent, balanced 3 Head up - check for player position for next pass
Small Sided Activity Time: **20 min**		20 x 30 grid 2 v 1, receive and turn to dribble or "b" works give and go combination with return pass to "a". Dribble over line under control = goal	Receiving player to make decision to turn and dribble or pass back to "a" . Both require good first touch and need to be directional. Do not "stop" ball! Player "a" does not advance past line to support	1 Technical: passing and receiving, and how it affects possession 2 Directional first touch away from pressure, or quick return pass 3 Players need to check shoulders to know where defender is ("Can I turn?")
Expanded Small Sided Activity Time: **25 min**		5 v 2 (or 3) to two goals each end 30 x 40 Field should be wider than length - emphasize width of shape	Numbers up game will increase passing and receiving opportunities while still incorporating pressure. **Progression: limit to 2 touch**	1 Technical: passing and receiving, and how it effects possession 2 Weight and accuracy of pass affects quality of first touch 3 Directional first touch away from pressure, or quick return pass
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2		Reinforce Coaching Points from Session! - Focus on Directional first touch under control

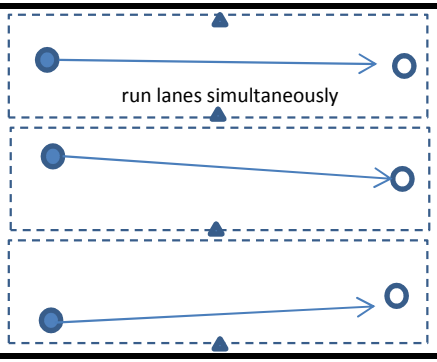
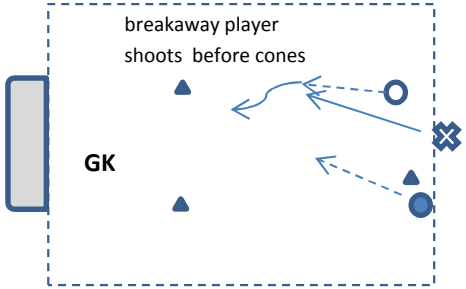
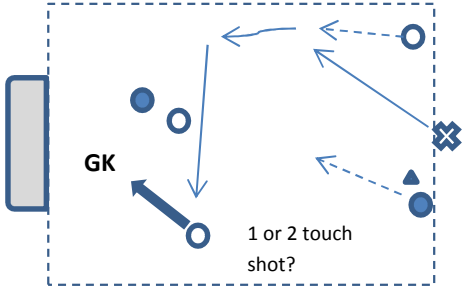
TOPIC- Moves, Creativity and Deception | AGE- U10/U12 | Session ID: ASA SKL 09

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)			Objectives	Coaching Points
Technical Warm Up Time: **15 min**		15 x 15 grid Smaller for older players	**Rondo (or Tiki-Taka)** Groups of 4 or 5 players - one touch passing. After 5 minutes add a defender. Rotate defender when a player loses ball	Good passing is the key - it sets up the next player's ability to deliver another quality pass. Emphasize quick play and encourage creativity! Groups can be larger or smaller, but no less than 3 passing and one defender	1 Quality one touch - set up next player with quick, well weighted pass 2 Eye contact and verbal communication 3 Be on balls of toes and balanced- ready to receive ball 4 Attempt to deceive the defender with feints and neutral body position prior to pass. Don't broadcast!
Small Sided Activity Time: **20 min**			30 x 30 grid 5 v 2 keepaway (can be 4 v 2) Add goals at each end after 5 minutes, after which numbers up team will need 4 passes before shot	Encourage players to dribble out of trouble using moves demonstrated before activity. Encourage the players to feint pass to move the defense away from intended target player Coach can give points for creativity!	1 Check shoulders - be aware of player movement and available space. 2 Change of direction and speed when dribbling 3 Communication - verbal and eye contact 3 Progression - minimum 3 or 4 touch
Expanded Small Sided Activity Time: **25 min**			5 v 5 "Four Corners" 45 x 45 with 6 x 6 grid "goals" in corners Dribble into goal is 1 point Receive pass in goal is 5 points	Each team plays to all four goals - multi-directional aspect will challenge players to react and adapt quickly to the constantly changing situation. Keep the ball moving - continue play after scoring. Don't Stop!	1 Remind players to check shoulders and be aware of player movement and opportunities 2 React quickly on recognition of transition 3 Encourage creativity and deception - multi-directional aspect
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2			Reinforce Coaching Points from Session!

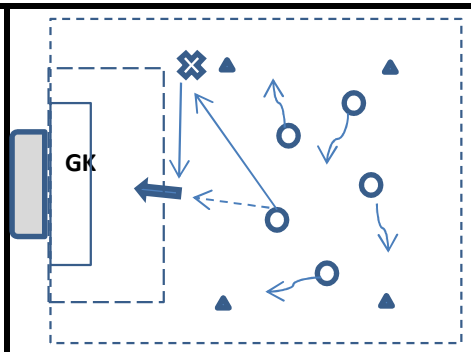
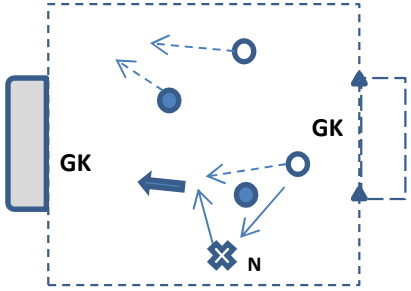
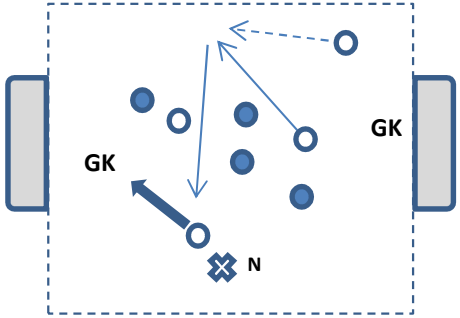
TOPIC- Finishing 1 - Striking the Ball AGE- U10/U12/U14 Session ID: ASA SKL 10

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		10 x 30 lanes Pairs - shoot through cones to partner Develop power and accuracy through development of "clean" strikes	Improve ball striking - shape of foot, striking area of foot (insole or laces) Strike the ball while it's moving - Head down and focus on ball at moment of contact. **Progression:** Other Foot!	1 Emphasize good body position - head over ball (Toe-Knee-Chest_nut) 2 Shape of feet - lock ankle of kicking foot, plant foot - toe pointed toward target 3 Power generated through good contact and follow through - NOT wild leg swinging
Small Sided Activity Time: **20 min**		1 v 1 breakaway Half -field simulation w/ GK Coach serves ball to start - defender moves on kick	Develop shot while dribbling at speed. Decision on when to shoot based on closing defender & GK. Attacker needs to check shoulders and be aware of approaching defender and maneuver for shot. **Progression:** Other Foot!	1 Reinforce technical points from above 2 Aim shot to far post - decide on high or low shot 3 Head up - awareness, then head down on ball to focus 4 Discuss "quick" vs "rushed" shot
Expanded Small Sided Activity Time: **25 min**		3 v 2 wing play Half -field simulation w/ GK Coach serves ball to start - defender moves on kick >> rotate players and switch sides	Coach starts play by passing to wing player who then dribbles toward corner and crosses. Discuss early vs late crosses Emphasize one or two touches to finish	1 Attackers in box - move to create space and always be ready to receive 2 Quality of service - on target / good pace 3 Encourage creativity as players try to make space or take shot
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2			Reinforce Coaching Points from Session!

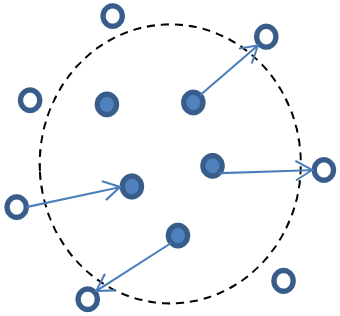
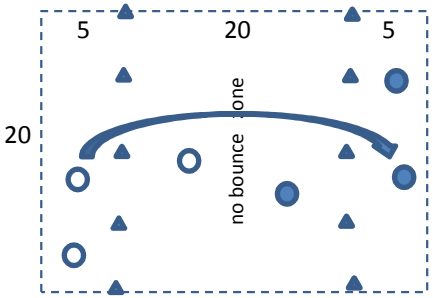
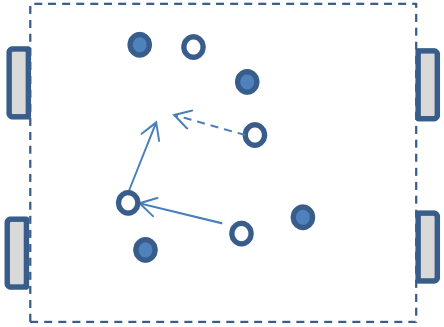
TOPIC- Finishing 2 - Finishing from Combination Play AGE- U10/U12/U14 Session ID: ASA SKL 11

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		20 x 20 grid outside of penalty box Players are numbered and dribble inside box - when their # is called they complete a wall pass with target and shoot (2 touch max)	*Can be run with or without GK - tell your players to "explode" out of the grid to make the wall pass.* Improve ball striking - shape of foot, striking area of foot (insole or laces) Strike the ball while it's moving - Head down and focus on ball at moment of contact. **Progression:** Other Foot!	1 Emphasize good body position - head over ball (Toe-Knee-Chest_nut) 2 Shape of feet - lock ankle of kicking foot, plant foot - toe pointed toward target 3 Power generated through good contact and follow through - NOT wild leg swinging
Small Sided Activity Time: **20 min**		2 v 2 plus neutral 30 long x 40 wide w/ GKs Full size goals each end if possible or use cones / flags Neutral can't shoot, two touch max	Develop quick shot with minimal touches under pressure. Emphasize combination play! (wall pass, takeover, etc) Variation - set up cones on wing for "safe zone" - (no defenders) to encourage quality crossing.	1 Reinforce technical points from above 2 Aim shot to far post - decide on high or low shot 3 Head up - awareness, then head down on ball to focus 4 Discuss "quick" vs "rushed" shot
Expanded Small Sided Activity Time: **25 min**		4 v 4 plus neutral 40 long x 40 wide w/ GKs Full size goals each end if possible or use cones / flags Neutral can't shoot, two touch max	Develop quick shot with minimal touches under pressure and in a complex environment Discuss early vs late crosses **Progression** - two touches to pass, one touch to finish	1 Attackers in box - move to create space and always be ready to receive 2 Quality of service - on target / good pace 3 Encourage creativity as players try to make space or take shot 4 Emphasize shot accuracy over power
Scrimmage **30 min**	6 v 6 incl GKs Formation: 2-3 v 2-3			Reinforce Coaching Points from Session!

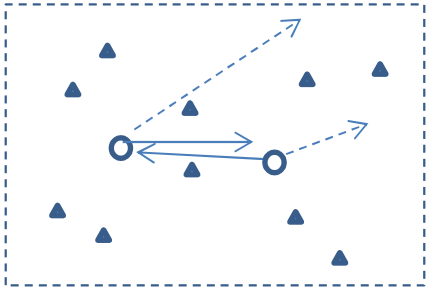
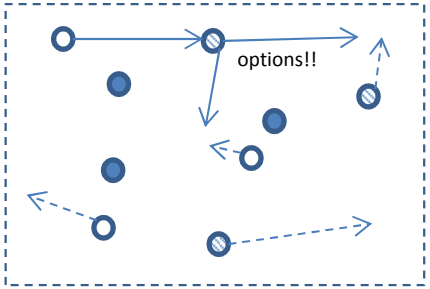
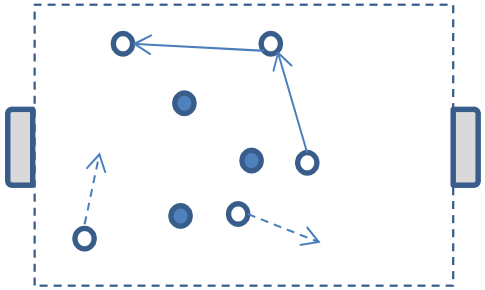
TOPIC- Receiving and Controlling Aerial Balls AGE- U12/U14 Session ID: ASA SKL 13

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		Dutch Circle - half the players in / half on the circle each with ball Inside player receives ball in air (tossed), controls and moves to pass to available outside player	Emphasize that this drill needs to be done at game speed - high work rate! Hand toss from "outside" player will dictate body part used by inside player to control ball - vary! Switch inside and outside players, repeat with variations	1 Emphasize good body position and quality first touch (directional). 2 Head up - be aware of player movement and space. 3 use verbal / eye contact communication
Small Sided Activity Time: **20 min**		4 v 2, 3 zone keepaway 30 x 20 2 defenders in middle zone attempt to intercept lofted pass. Receivers in end zones must keep ball under control & in bounds	Serving and receiving lofted pass in tight spaces will require good technique at both ends. Focus on receiver. If younger players have difficulty serving aerial pass, have them throw the ball to opposite end zone. **Progression:** receiving player must one-touch pass to teammate in end zone.	1 Player receiving ball should get in line with flight of ball early. 2 Relaxed and balanced posture, on balls of feet, knees bent 3 Soft first touch to control - use all parts of body 4 Good opportunity to discuss the benefits of juggling at home / with friends
Expanded Small Sided Activity Time: **25 min**		4 v 4 or 5 v 5 Team handball- no GK w/ two goals each end Players pass with hands - two steps allowed when receiving, Score with head ball only!	Playing to two goals will encourage use of width and decrease traffic in front of goals. If ball touches ground, then team loses possession. Progression: Any body part except feet to score.	1 Use proper heading technique - see session guide. 2 Quality of service - on target / good pace 3 Advanced / older players: add a variation where they must receive a pass with body before handling.
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2			Reinforce Coaching Points from Session!

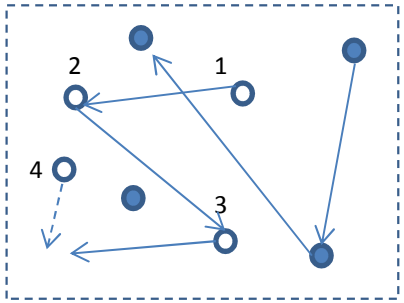
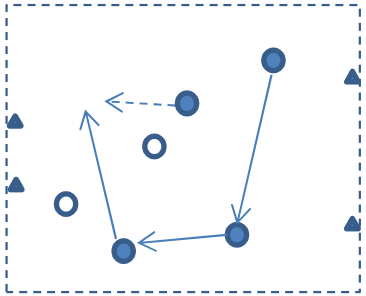
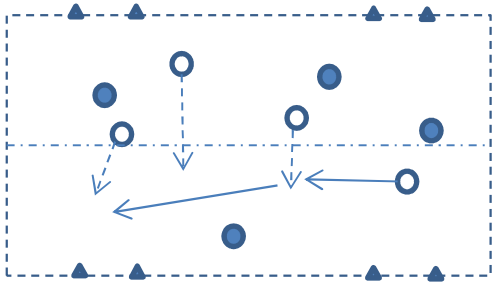
TOPIC- Passing and Receiving Basics | AGE- U10/U12/U14 | Session ID: ASA SKL 15

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		Pairs gate passing with one touch return pass through cone gates on field After passes move to a different gate - count passes made in 60 seconds	Players working in pairs will naturally be forced to keep their heads up and communicate to get to their next gate. Emphasize the usefulness in a game situation of a quick return pass if under close pressure!	1 Quality first touch - directional 2 Head up - be aware of players and space 3 Communication: verbal / eye contact 4 Players without ball need to move to receive ball. This is SUPPORT
Small Sided Activity Time: **20 min**		Team keep-away 3 teams of 3 or 4 in grid - no goals Team A and B play keep-away from C until C wins ball - rotate team combos	Movement without the ball is key for the possession teams to be successful in this drill. Point out that they will need to move to space and not "hide" behind defense player to offer a passing option. Movement must be quick so ball carrier has at least two passing options!	1 Quality first touch - directional 2 Head up - be aware of players and space 3 Communication: verbal / eye contact - be ready to receive ball! 4
Expanded Small Sided Activity Time: **25 min**		Numbers Up - 6 v 3, 6 v 4, 5 v 2, etc Adjust the size of field Numbers up team must pass 3/4 times before shot, defending team may shoot anytime	Emphasizes the necessity to move into open space and anticipate defensive movement. Resist the urge to coach defensive points during this session. The defense will realize on their own the value of filling passing lanes.	1 Recognize and use space - pass and move to space (stress mobility) Movement without ball is SUPPORT 2 Offense - use as much space as possible to open the defense - width and depth 3 Quality passing - on ground! Be aware of pace on ball ("weight")
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2		Reinforce Coaching Points from Session!

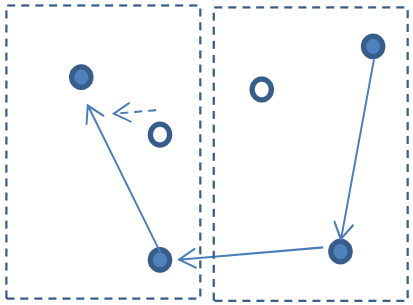
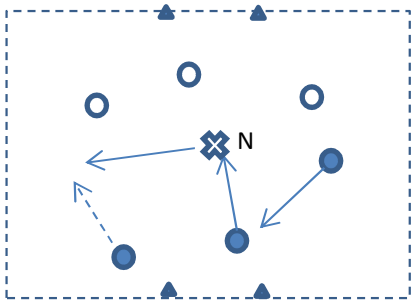
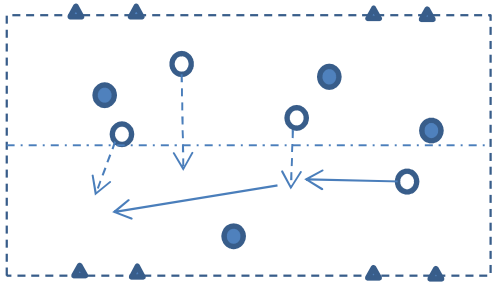
TOPIC- Tactics 1 - Team Shape on Offense | AGE- U10/U12/U14 | Session ID: ASA TAC 01

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		30 yds x 30 yds Teams of 4 in grid (can be two or three teams if you have 3 colors of pinnies)	Team passing - each team of 4 with a ball. Pass in and among the other team(s). Progression: must "split" the other team to complete a pass. Progression: two touch.	1 Technical: body position when passing, good directional first touch, weight and accuracy of the pass 2 Movement off the ball - supporting angles and proper recv'g body position to take pass across body 3 Player recognition of being an available target/option - communicate
Small Sided Activity Time: **20 min**		30 x 30 grid small goal target for offense large goal target for defense	4 v 2, no GK 4 players must make 4 passes min.- each player must touch ball before team can shoot score on ground only **Progression: 2 touch**	1 Stress keeping diamond, or "kite" shape when on attack. Tell players to get wide and make the field as large as possible while still giving ball carrier passing options. 2 Illustrate good supporting runs - stress mobility as well as shape (wide and deep) (angles of support)
Expanded Small Sided Activity Time: **25 min**	45 x 35, wider than long, two goals each end 		4 v 4 , no GKs Place cones to simulate "halves" All 4 players on a team MUST be in the attacking half for team to score Progression: 3 pass minimum before shooting.	1 Technical: passing and receiving, and how it effects possession Weight and accuracy of pass. 2 Stress keeping diamond, or "kite" shape when on attack. Tell players to expand team shape on attack. 3 Width - upon recognition get wide
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2	*Scrimmages should be run on half field*	Reinforce Coaching Points from Session! - Focus on <u>Team Shape (width and depth)</u> Make the field large on attack!

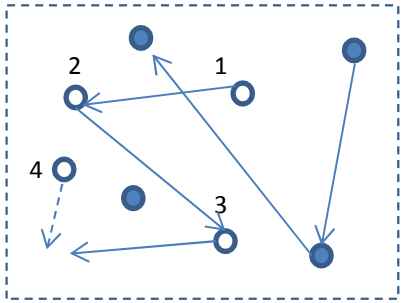
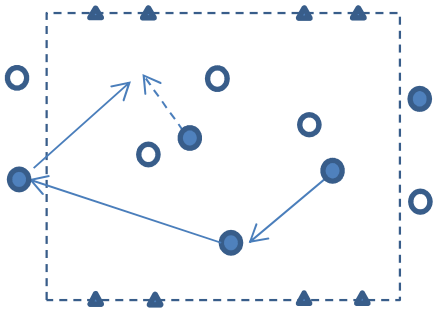
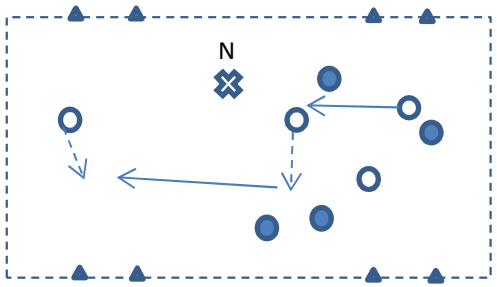
TOPIC- Tactics 2 - Team Shape on Defense AGE- U10/U12/U14 Session ID: ASA TAC 02

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time: **15 min**	 > 2 grids adjacent 15 x 15 > 2 v 1 in each grid, Attackers must complete 2 passes then pass into adjacent grid. > Progression: 3 v 2, 4 v 2 (adjust area)	Defense is numbers down in each grid, and must work together to win the ball back. Defender in grid with ball must pressure ball carrier while closing passing lane, while second defender must track the players in his grid and be ready to react.	1 First and second defender principles - pressure and cover (review) 2 Stress good defensive body posture- knees bent, on balls of feet, balanced 3 Emphasize the awareness of passing lanes on defense and ANTICIPATE attacker's passes
Small Sided Activity Time: **20 min**	 30 x 30 grid 3 v 3 + neutral single goals each end wide field will emphasize mobility for defense	Neutral player cannot dribble forward Attacking team with neutral will require defenders to react quickly and get organized on defensive transition - stress communication!	1 Stress defender awareness of attackers' options - passing lanes, players making runs, etc, as a first step toward anticipating the play. Occasionally freeze play and ask defenders "Where's the danger?" 2 Recognition of these factors will inform defender actions!
Expanded Small Sided Activity Time: **25 min**	45 x 35, wider than long, two goals each end 	4 v 4 , no GKs Place cones to simulate "halves" All 4 players on a team MUST be in the attacking half for team to score. TRY AND CALL OFFSIDES - REWARD YOUR DEFENDERS! **Progression:** add attacking neutral player **Progression:** 3 pass minimum before shooting.	1 Keep defensive principles in mind when using toaches' toolbox 2 Stress that the defense needs to recover behind ball quickly in transition- everyone plays defense! 3 Look for angles of recovery and team shape - organize quickly!
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2	*Scrimmages should be run on half field*	Reinforce Coaching Points from Session!

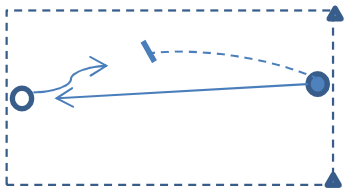
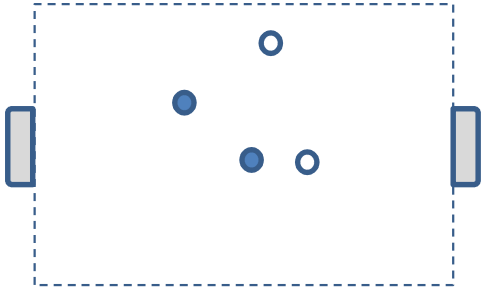
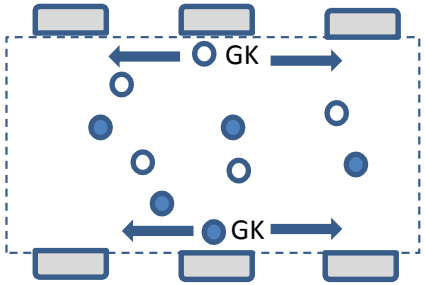
TOPIC- Tactics 3 - Switching the Point of Attack AGE- U10/U12/U14 Session ID: ASA TAC 03

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		40 yds x 30 yds Teams of 4 in grid (can be two or three teams if you have 3 colors of pinnies)	Team passing - each team of 4 with a ball. Pass in and among the other team(s). **Progression:** must "split" the other team to complete a pass. **Progression:** two touch.	1 Technical: body position when passing, good directional first touch, weight and accuracy of the pass 2 Movement off the ball - supporting angles and proper recv'g body position to take pass across body 3 Player recognition of being an available target/option - communicate
Small Sided Activity Time: **20 min**		40 yds x 30 yds 3 v 3 plus "outside" players (1 each team, each side) Outside players do not defend other outside player	Possession game - 4 passes before shot, and one outside player must touch the ball! When team loses possession all team members must do a "roll" **Progression:** Score only on one touch from outside player	1 Reinforce good technique - points from first activity. 2 Encourage simple passes and stress possession as the priority 3 Illustrate good supporting runs - stress mobility as well as shape (width!)
Expanded Small Sided Activity Time: **25 min**	45 x 35, wider than long, two goals each end 		4 v 4 + neutral, no GKs Place cones to simulate "halves" Neutral player cannot dribble forward Progression: 3 pass minimum before shooting.	1 Technical: passing and receiving, and how it effects possession Weight and accuracy of pass. 2 When a player in possession finds himself in trouble - encourage him to switch the ball ("change fields") 3 Width - upon recognition get wide
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2	*Scrimmages should be run on half field*	Reinforce Coaching Points from Session! - Focus on Team Shape (width and depth) Make the field large on attack!

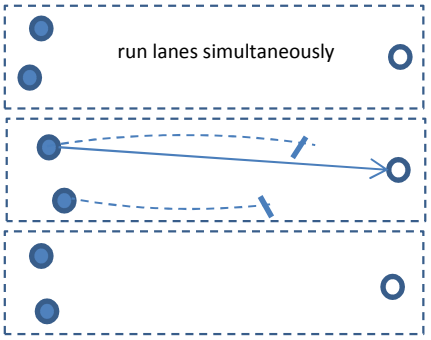
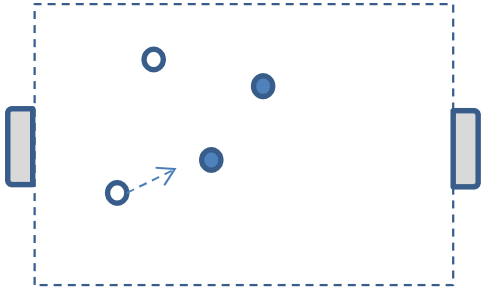
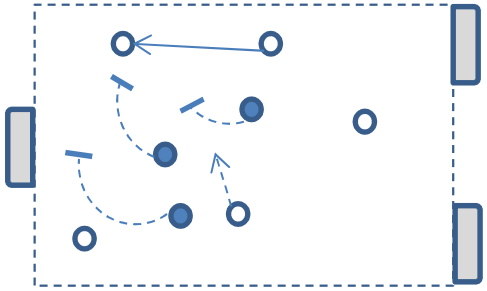
TOPIC- Defending 1 - Individual Defending (Pressure) AGE- U10/U12 Session ID: ASA DEF 01

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**	 10 x 20	1 v 1 - Pressure Pairs - Player 1 sends pass to partner, then presses defensively Switch after 20-30 seconds, goal or ball out of bounds	Work in a confined area - encourage ball carrier to challenge defender but focus on defense - not dribbling! Immediate pressure - close if attacker turns and shields Patience! Don't over commit	1 Speed and Angle of approach to player with the ball 2 Good defensive stance: - weight on balls of feet - knees bent, good balance - one foot slightly forward (poke tackle with front foot!) 3 Distance from player w/ ball
Small Sided Activity Time: **20 min**		2 v 2 to single goals 3 touch minimum for players with ball (emphasizes control allowing defense to apply pressure)	Coaches will need to review proper 1 v 1, 2 v 1, 2 v 2 defending technique as well as body positioning, approach, and zonal vs man coverage (Top sheet) Patience! Don't over commit	1 Emphasize proper positioning for 1st and 2nd defenders 2 Communication - cover player TELLS first defender what to do 3 "Hold" "Push right/Left" "get ball"
Expanded Small Sided Activity Time: **25 min**	 	4 v 4 w/ GKs Three goals each end - field wider than length (lateral movement is increased)	Work on points above in dynamic setting. Players will need to quickly recognize what's happening and react. Patience! Don't over commit	1 Transition from Offense to Defense - be aware of shape as a team 2 Watch passing lanes! 3 Quick pressure on ball will force attacker's eyes down 4 Good defensive stance
	Pre-Scrimmage Demonstration: Penalties. Cover what is and what is not a penalty or foul. Cover indirect/direct free kicks.		Explain player roles on defense (wall options) and offense (set plays).	Cover physical play, clean challenges and sportsmanship.
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2			Reinforce Coaching Points from Session!

TOPIC- Defending 2 - Roles of First and Second Defend AGE- U10/U12/U14 Session ID: ASA DEF 02

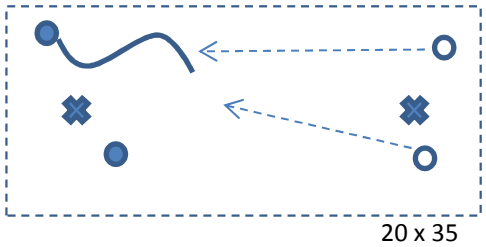
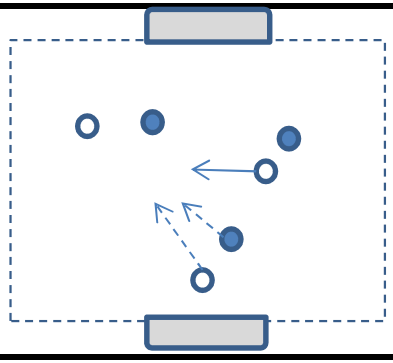
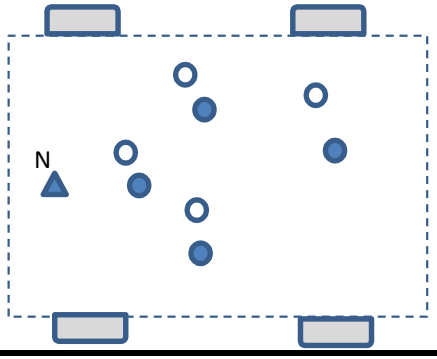
Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		Deliver and Defend in Lanes 2 defenders v 1 offense player Defense passes to offense and tries to prevent penetration	Work on the fundamentals of getting into a good defensive posture quickly. Curved runs, fast approach then slow as they near player. On balls of feet with knees bent - ready to react! One foot slightly forward - tackle with this foot.	1 Approach fast, arrive slow 2 Defensive posture - - on balls of feet, knees bent, one foot slightly forward 3 Verbal communication - "I have ball!" "Push him outside / inside"
Small Sided Activity Time: **20 min**		2 v 2 to small goals	First and second defenders have specific roles: first defender pressures the ball to force offensive players head down and decrease his vision. Second defender is in supporting position approximately 30° behind First and toward second offensive player.	1 First and Second Defender roles 2 Communication! Cover when to switch 3 Good defensive approach and posture - contain and delay! 4 PATIENCE on defense is critical
Expanded Small Sided Activity Time: **25 min**		Numbers Down- 6 v 4, 5 v 3, etc Adjust the size of field Numbers up team must pass 3/4 times before shot, defending team may shoot anytime (emulate outlet pass- 2 goals)	Emphasize defending passing lanes first, then the ball carrier. Tell your players to "curve" their runs to fill passing lanes as they pressure the ball. In order to do this there MUST be communication between defenders and an awareness of where the offensive players are AND where they are moving to.	1 Curve runs to fill passing lanes DELAY 2 Defensive posture when pressing the ball - low, on balls of feet 3 Emphasize the importance of "work rate" on defense, as well as anticipating ball movement 4 Body position to goal side of threat - defend "danger zone"!
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2		*"Defense is 50% physical and 90% mental."* *- Bob Hazelwood*	Reinforce Coaching Points from Session!

TOPIC- Defending 3 - Defending in Small Groups AGE- U10/U12/U14 Session ID: ASA DEF 03

Teach defense like you mean it! Soccer is a physical game.

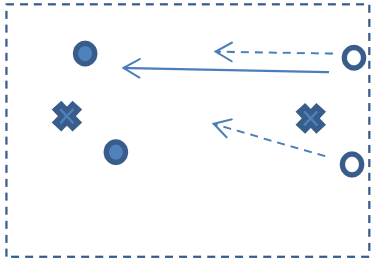
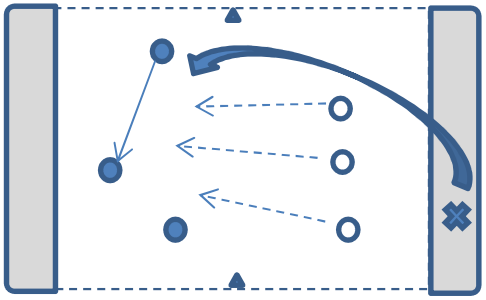
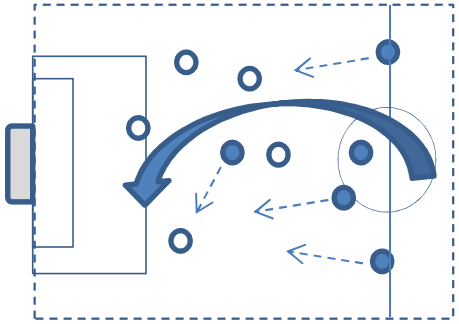
Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)	Objectives	Coaching Points
Technical Warm Up Time: **15 min**	 2 v 2 with "target" goal (ball on a cone is good) 20 x 35	Ball is delivered from defenders to to attackers. Defenders approach and defend using good shape and communication Progression: 2 v 2 plus 1	1 Technical - fast approach, slow arrival. Defensive posture: knees bent, on balls of feet, one foot slightly ahead. Curved approach run! 2 First and second defender roles: First defender pressures, second defender provides cover (show positioning) 3 Communicate: second defender TELLS the first defender to "get ball", then "push right"/"push left"
Small Sided Activity Time: **20 min**	 30 yds long x 40 yds wide (wider field)	3 v 3 to single large goals (6 yds) Field is wider than long, req'g defenders toward flanks and provide balance 1 point for goal, 5 points if defenders are "split" by a pass, 10 points if ball is dribbled into goal.	1 Reinforce roles of 1st, 2nd defender, (and 3rd defender if situation presents) Shape - compress/compactness 2 Introduce concepts of when to pressure/ delay (1st def), and cover and balance by 2nd and 3rd defender. Visual cue for 1st def - ball carrier head up or down? 3 Technical - communication by second defender to first defender
Expanded Small Sided Activity Time: **25 min**	 40 yds long x 50 yds wide (wider field)	4 v 4 + 1 to two large goals (6 yds) (5 v 4), formation - 3-1+1 Field is wider than long, req'g defenders to shift toward flanks and provide balance 1 point for goal, 5 points if defenders are "split" by a pass, 10 points if ball is dribbled into goal.	1 Focus on roles of 3rd defender - shift toward ball on flank, provide BALANCE by squeezing toward center and watch for offensive player movement - deny passing lanes - compactness 2 Patience and discipline on defense - decide on who is the least threat 3 Technical - 1st def approach and body, 2nd def communicates with 1st def to maintain good compact shape
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2	*Closest to ball is the 1st defender* *Second closest is the 2nd defender, there may be multiple 2nd defenders!*	Reinforce Coaching Points from Session!

TOPIC- Defending 4 - Winning the Ball Back Early | AGE- U10/U12/U14 | Session ID: ASA DEF 04

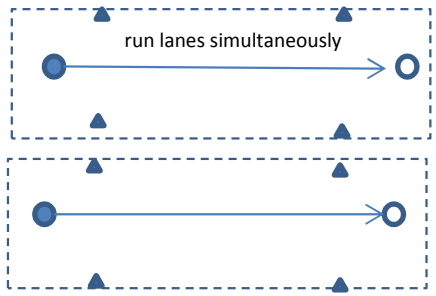
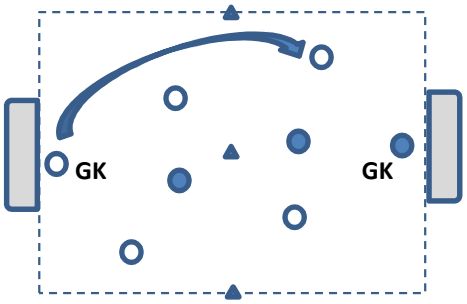
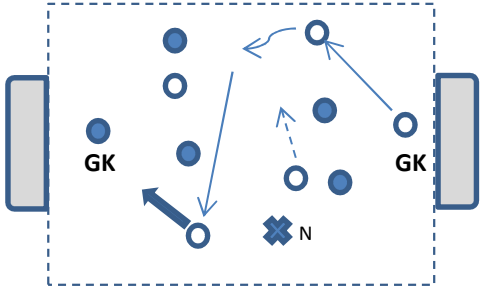
Teach defense like you mean it! Soccer is a physical game.

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**	 20 x 35	2 v 2 with "target" goal (ball on a cone is good)	Ball is delivered from defenders to to attackers. Defenders approach and defend using good shape and communication Attackers must knock ball off cone to score.	1 Technical - fast approach, slow arrival. Curved approach run! 2 Review first and second defender roles (pressure and cover) - defenders must work together! 3 Emphasize that the cover player needs to be aware of passing lanes - don't get "split"
Small Sided Activity Time: **20 min**		3 v 3 with endzones 30 yds x 40 yds wide (narrow field) Coach serves ball deep to attacking team. Each team starts in own half.	Coach to serve ball in air - will require attacker to control ball quickly, and give D chance to press. Encourage aggressive defensive play - win ball back quickly! 1 point for goal, 5 points if defense wins ball back in attackers' zone	1 Communication between defenders is crucial. First defender needs to pressure ball carrier closely to force his eyes down and take away passing options. Cover players need to read the pressure and deny outlet pass. 2 If attackers control, then defense will need to recover and defend endzone
Expanded Small Sided Activity Time: **25 min**		4 v 4 or 5 v 5 Half field simulation- expanded version of small-sided activity. Coach serves ball to start. Vary direction and depth of service. Attackers score by dribbling over half	Coach serving ball to various parts of defensive area. Discuss when defense should attack (press) and when it's more appropriate to delay and cover. Deep ball or difficult to control balls will be good opportunities to press. Cover players deny outlet!	1 Focus on roles of 3rd defender - shift toward ball on flank, provide BALANCE by squeezing toward center anc watch for offensive player movement - deny passing lanes - compactness 2 Once pressure player is identified cover players need to react to deny passing lanes / outlet options
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2	*Closest to ball is the 1st defender* *Second closest is the 2nd defender,* *Third defender provides "balance"*	Reinforce Coaching Points from Session!

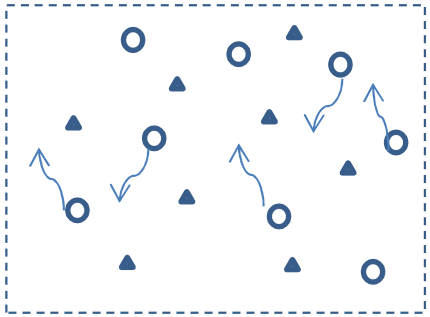
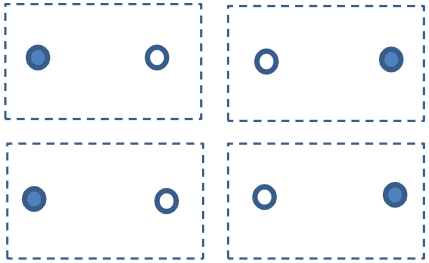
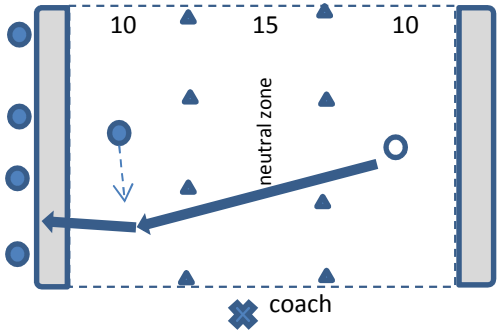
TOPIC: GK 1 - Handling and Distribution | AGE- U10/U12/U14 | Session ID: ASA GK 01

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		8 x 20 lanes Pairs - throw and catch with partner. Alternate throws and rolls to partner Progress to punt and catch - short then longer distances.	*All players should participate in GK sessions. Players should all be familiar with basic GK concepts.* **Progression:** Keepers can try and "score" on each other using cones as goals. Adjust size of lanes as needed.	1 Catching basics: ball above waist use "W" shape, below waist pinkies together (see session notes) 2 Body posture - prepare to receive ball before it arrives! On balls of feet, knees bent, relaxed and balanced. 3 Quick footwork required to get into position - don't reach for ball!
Small Sided Activity Time: **20 min**		4 v 2 plus GKs 30 x 45 long GK starts with ball - 1 point for throw to player in own half, 5 points for throw to player in attacking half	Numbers up team always on attack - rotate 2 defensive players frequently. GK should try and recover quickly after shot and distribute to available player. Possession is the priority, while looking for penetration opportunity.	1 Reinforce catching/ shot stopping basics from above. 2 GK can generate quick counter-attack from good distribution, but don't force a throw to covered player. 3 Usually distribution to side opposite shot origin will be more open for distribution to teammate.
Expanded Small Sided Activity Time: **25 min**		4 v 4 plus GKs with neutral 40 x 45 wide If possible use two full-size goals, otherwise use poles or cones for second goal.	Normal small-sided scrimmage. Once GK has possession he should look to distribute quickly. If no options for penetration roll to players wide. Encourage shooting from all over field - generate as many touches for GKs as possible.	1 GK throws: Roll is preferred for short distribution as ball can be brought under control quickly. Overhand throw - review session notes for technical points. 2 Make sure GKs are getting into the ready position before the shot is taken, and are properly positioned relative to the net.
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2		Reinforce Coaching Points from Session! FOCUS ON KEEPERS!

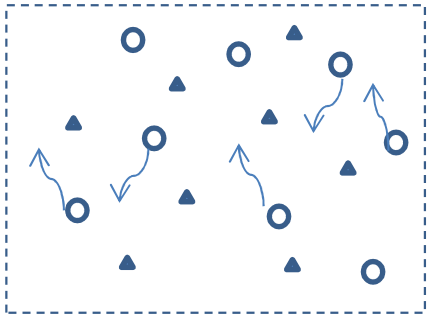
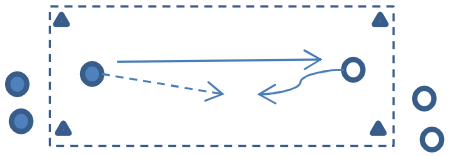
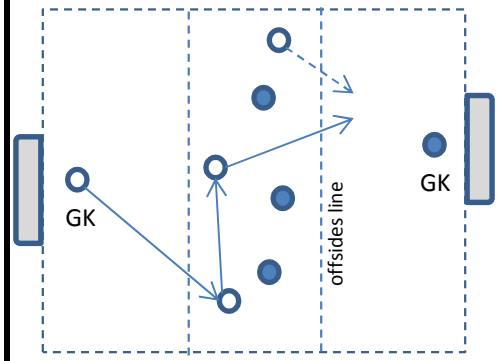
TOPIC: GK 2 - Footwork and Proper Diving Technique AGE- U10/U12/U14 Session ID: ASA GK 02

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		Each player with a ball, move within grid performing various activities. Can add cones to grid- tell players not to step on the cones! (add'l footwork)	Three progressions: Self toss and catch, - Yell "Keeper!" Bounce and catch while moving, tell players to shuffle or skip Punch juggle - Count reps, (contest) *All players should participate in GK sessions. Players should all be familiar with basic GK concepts.*	1 Coaches will need to demonstrate the proper techniques! (see Session Guide) 2 Body posture - prepare to receive ball before it arrives! On balls of feet, knees bent, relaxed and balanced. 3 Focus on ball, but be aware of player movement around you.
Small Sided Activity Time: **20 min**		Players in pairs with one ball, about 8-10 feet apart. Players deliver ball to partner to one side then the other.	**First Progression** - both players seated on ground facing each other. (Focus on where and how body should contact ground) **Second Progression** - both players kneeling upright facing each other. **Third Progression** - standing (Collapse dive). Do not land on stomach, chest or arms	1 Reinforce catching/ shot stopping basics from above. 2 Land on side / shoulder blade, NOT chest or stomach, or arms. Do not use hands to break the fall! 3 Do not point fingers at ball - no jammed fingers!
Expanded Small Sided Activity Time: **25 min**		1 v 1 Goalie Wars variation 35 x 20 wide (adjust as needed) GK toss or roll to opponent's end zone. Ball must bounce at least once before end zone to score	When catching the ball, the hands always lead, keeping the body moving forward. When the GK cannot catch the ball with his hands instruct him to punch / parry the ball wide Encourage GKs to be creative and disguise direction of throws.	1 Work on handling and throwing technical points, as well as proper diving. 2 Quick recovery and anticipation of opponent's throw. 3 Get the players comfortable going to ground. Most will be afraid that it will hurt, but will find that when done correctly it does not!
Scrimmage **30 min**	6 v 6 incl GKs Formation: 3-2 v 3-2			Reinforce Coaching Points from Session! FOCUS ON KEEPERS!

TOPIC: GK 3 - Handling the Breakaway | AGE- U10/U12/U14 | Session ID: ASA GK 03

Amesbury Soccer Association, 2013

Stage	Organization (Diagram and Rules)		Objectives	Coaching Points
Technical Warm Up Time: **15 min**		Each player with a ball, move within grid performing various activities. Can add cones to grid- instruct players to avoid the cones! (add'l footwork)	Three progressions: <u>Self toss and catch</u>, - Yell "Keeper!" <u>Bounce and catch while moving</u>, tell players to shuffle or skip <u>Dribble and Smother -</u> Players dribble in space until coach signals then players collapse dive and cover ball. *About 5 minutes for each activity*	1 Coaches will need to demonstrate the proper techniques! (see Session Guide) 2 "W" catch, scoop catch, collapse dive, communication and awareness 3 Focus on ball, but be aware of player movement around you.
Small Sided Activity Time: **20 min**	 run lanes simultaneously	8 x 25 lanes GK serves ball to attacker and closes quickly. Attacker attempts to dribble past or shoot (on ground). Players rotate ends.	1 v 1 breakaway simulation Prohibit contact between keepers and field players. *All players should participate in GK sessions. Players should all be familiar with basic GK concepts.*	1 Quick approach by GK in "ready" position 2 Land on side / shoulder , NOT chest or stomach, or arms. GKs do not use hands to break the fall when going to ground. 3 Hands down and out to the side, palms facing ball - no jammed fingers!
Expanded Small Sided Activity Time: **25 min**		4 v 4 incl GKs zone game 45 long x 35 wide (adjust as needed) Players must stay in their zone until pass from teammate - 1 attacker can then enter attacking zone - no defenders!	<u>Breakaway / Through-Pass Game</u> GK starts with ball and distributes to teammate in center zone. Team must try and find "breakout" pass into attacking zone. Attacker can't enter the zone until ball does - call OFFSIDES. Only one attacker allowed in attacking third!	1 Review handling and throwing technical points, as well as proper diving. 2 GKs need to anticipate play and be aggressive. Attack the breakaway player and cut down his angle quickly! 3 Get the players comfortable going to ground. Most will be afraid that it will hurt, but will find that when done correctly it does not!
Scrimmage **30 min**	6 v 6 incl GKs	Formation: 3-2 v 3-2		Reinforce Coaching Points from Session! FOCUS ON KEEPERS!