

OBYSA SOCCER RULES

NORTH CAROLINA HIGH SCHOOL ATHLETIC ASSOCIATION SOCCER RULES WILL GOVERN ALL PLAY WITH THE EXCEPTION OF LOCAL RULES PROVIDED HEREIN.

THE GAME

1. **Kindergarten Division:** The game shall be played with no more than six (6) players on the field (including the goalkeeper). A game may not be started with less than four (4) players on a team. If a team has less than four (4) eligible players at the scheduled time of the game, it shall be forfeited.
2. **Grades 1-2 Division:** The game shall be played with no more than eight (8) players on the field (including the goalkeeper). A game may not be started with less than five (5) players on a team. If a team has less than five (5) eligible players at the scheduled time of the game, it shall be forfeited.
3. **Grades 3-5 Division:** The game shall be played with no more than eight (8) players on the field (including the goal keeper). A game may not be started with less than five (5) players on a team. If a team has less than five (5) eligible players at the scheduled time of the game, it shall be forfeited.
4. **Grades 6-8 Division:** The game shall be played with no more than six (6) eligible players on the field. A game may not be started with less than four (4) eligible players on a team. If a team has less than four (4) eligible players at the schedule time of the game, it shall be forfeited. There must be at least 2 female players on the field at any given time during the game.
5. **Mandatory Substitution:** In the spirit of recreation play, each player must play at least one half of the game. There will be a mandatory substitution for all players on the bench at each quarter of the game. Players that come off the bench to enter the game at this point cannot be substituted for. However you may substitute for those players who have their required playing time for the first half. Coaches may freely substitute during the second half (third & fourth quarters). The clock will be stopped between the 3rd and the fourth quarter to allow those players that have not yet played half of the game an opportunity to enter the game.

POSITION OF PLAYERS

1. The team winning the coin toss shall have the option of: choosing which end of the field to defend or taking the kickoff.
2. Teams shall exchange goal lines after each half or between the 2nd and the 3rd period and each overtime period.

SUBSTITUTIONS

1. For the Kindergarten division only, substitutions will be made "on the fly".
2. In all other leagues substitutions may occur:
(Mandatory participation must be followed)
 - a. between periods
 - b. on a goal kick
 - c. when a goal is scored
 - d. when an injured player or players is attended to on the field
 - e. when a player is cautioned or disqualified.
 - f. the team in possession of the ball for a throw in may substitute.
 - g. have substitutions ready at half field before stoppage of play.
 - h. substitutions may not come onto the field until the player that they are replacing completely leaves the field.

GOALKEEPER CHANGE WITH FIELD PLAYER

The goalkeeper may change places with a player on the field at any time a substitution is allowed, provided the uniforms are legal. **A child should play goalkeeper for no more than ½ of a game.** Any time a goalkeeper is changed an official shall be notified. **Please limit goalkeeper changes to 1 per quarter if possible due to time constraints.**

PLAYER EQUIPMENT

1. **Illegal Equipment**
 - a. Hair control devices may be worn, if made of soft material and not for adornment. Items not worn specifically for hair control are excessive.
 - b. Players shall not wear jewelry with the exception of medical medals, which shall be taped inside the uniform if worn. Tape over an earring(s) will not be allowed.
 - c. Shin guards must be worn.
 - d. Mouthpieces should be worn.
 - e. No bandannas or hats.
 - f. Player's jerseys may not be altered.

DURATION OF GAME AND LENGTH OF PERIOD

1. **Length of Period:** In the event a game MUST be suspended because of conditions that make it impossible to continue play, the head referee shall declare it an official game if ONE complete half or more of the game has been played. The game may be rescheduled from the start or restarted from the suspension of play according to state association adaptation.
2. **Divisions/Game times:** Kindergarten will play four *10 minute quarters with a running clock*. There will be a 5 minute half time. Grades 1-2 will play *four 10 minute quarters* with a 5 minute half time. Grades 3-5 will play four *12 minute quarters* with a 5 minute half time. Grades 6-8 Division will play four *15 minute quarters* with a 5 minute half.
3. **Scoring:** Score will not be kept in Kindergarten league.
4. **Tie Games:** Tie games will be counted as 1 point toward the standings. No overtimes during regular season.
5. **Over-time during playoffs:** *Playoffs will only occur if schedules permit. If the game is tied at the end of regulation play one (1) – 10 minute sudden death overtime will be played in which the first team to score a goal will be declared the winner. A coin flip at the start of overtime will determine direction and kickoff. If no one scores at the end of the overtime period a penalty kick shoot-out will occur.*

OFFSIDE

In Kindergarten offside will not be called, except for intentional "cherry picking". In grades 1-2 Divisions; offside will only be called inside the penalty box and penalty box extended to the touchlines. Grades 3-5 and 6-8 will play with the standard offside regulations.

TIME OUT AND ON

In all leagues, except kindergarten, the clock shall be stopped for a penalty kick, following the scoring of a goal and when an official orders time-out. The clock will stop during mandatory substitution.

TEAM CONTACT POLICY

The following team contact policy will be effective, following the Parks and Recreation guidelines.

1. Coaches of kindergarten teams will not make more than two (2) contacts with players within a seven-day period, including games. In all other leagues, coaches will not make more than three (3) contacts with players on his/her team within a seven-day period.
2. Those contacts can be for practice sessions, games, or a combination of the two.
3. Each contact period will not exceed 1 ½ hour. Kindergarten will not exceed 1 hour.
4. Coaches are expected to make a contact with their team in the event the Board of Directors cancels games/practices due to inclement weather.

PENALTY: Coaches that violate the contact policy will be subject to suspension and dismissal as a coach of youth sports for the department

INCLEMENT WEATHER

The decision to call a game due to weather that has already been started will be the determination of the referee. If a game has completed 2 quarters and is called due to weather, the game will be determined to be complete and no make-up will be rescheduled.

If there is inclement weather forecasted, the board of directors will make a decision as to whether or not the games will be played. **Coaches** please call Kellie at 305-3320 or Diane 256-0588 for updates on field and weather conditions. Or check FaceBook or the website www.eteamz.com/obysa. Every attempt at a make-up date will be made.

MISCONDUCT

1. A player, coach or anyone on the bench shall be cautioned (yellow card) for:
 - a. Entering or leaving the field of play (except through the normal course of play) without the permission of an official.
 - b. Persistent infringement of any of the rules of the game.
 - c. Objected by word of mouth or action to any decision given by an official.
 - d. Any incidental use of vulgar or profane language.
 - e. Use of any tobacco products at the game site during the period of the jurisdiction of the officials.
 - f. Any use of video replays or communicating with other persons by the use of electrical or mechanical amplifying devices, headphones or megaphones during the game or any intervals to assist coaching.
 - g. Unsportsmanlike conduct; including, but not limited to:
 - i. Coaching outside the team area;
 - ii. Unnecessary delay (kicking, throwing the ball away of a free kick, etc.);
 - iii. Holding a shirt, shorts, etc.;
 - iv. Deliberate verbal tactics;
 - v. Encroachment;
 - vi. Intentional handball to stop an attack;
 - vii. Deliberate technical foul.
 - viii. **PENALTY:** A cautioned player shall be substituted for immediately and not return until the next legal substitution opportunity. An indirect free kick shall be awarded to the non-offending team from the spot of the ball, unless the game had been stopped for another reason calling for a different restart. NOTE: The National Federation disapproves of any form of taunting which is intended or designed to embarrass, ridicule or demean others under any circumstances, including on the basis of race, religion, gender, or national origin.
 - h. A player, coach, or bench personnel in the team area shall be disqualified (yellow & red card) and the number of players on the field SHALL NOT be reduced for:
 - i. Taunting
 - ii. A subsequent caution
 - iii. **PENALTY:** An indirect free kick shall be awarded to the non-offending team from the spot of the ball, unless the game had been stopped for another reason calling for a different restart.
 - i. A player, coach, or bench personnel in the team area shall be disqualified (red card) for:
 - i. Exhibiting violent conduct or committing serious foul play. Such as a player anywhere on the field (other than a goalkeeper within his/her own penalty area) intentionally handling a ball to prevent it from going into the goal; an intentional foul by a player against an opponent who is moving toward his/her offensive goal with an obvious opportunity to score; or spitting at another person.
 - ii. Using foul or abusive language;
 - iii. Leaving the team area to enter the field where a fight altercation is taking place unless summoned by an official.
 - iv. **PENALTY:** After the coach/player/bench personnel complies, the game shall be restarted by an indirect free kick from the spot of the ball, unless the game had been stopped for some reason calling for a different restart. NOTE: The rules committee strongly recommends that each state high school association adopt a policy wherein a disqualified player, disqualified under this article shall be barred from participating in the next contest.
 - j. A disqualified player cannot be replaced except as in Article h. NOTE: Disqualified coaches shall be omitted from participating in the next contest. Second offense will be removal from the team for remainder of the season/tournament.
 - k. Any player receiving three yellow cards during the season will be forced to miss their entire next game played. All yellow cards after that point will result in another game suspension.

PROCEDURES

1. Once a coach/coaches has/have been cautioned for dissent or objecting by word of mouth to any decision given by an official the next offense will result in the following
 - a. A subsequent offense will result in disqualification of the coach. An assistant coach or parks and recreation employee will assume coaching duties for the remainder of the game. Further punishment will be at the discretion of the Director of Parks and Recreation.
2. A team and coach area will be designated on each side of the field. This area will be marked by a solid line 2-yards back from the field and extend 10-yards on each side of the halfway line for a total distance of 20-yards. Coaches and team members will be restricted to the team area. Violation by the coaches will result in a caution. Second and subsequent violations will result in a penalty kick using the procedures stated above.

SPORTSMANSHIP

An integral part of soccer and any sport is sportsmanship and responsible behavior. The OBYSA Board of Directors asks that all concerned with youth activities judge themselves and each other on the following criteria: Respect for officials and opponents; pose; general attitude; conduct and behavior, general sportsmanship.

1. Unsportsmanlike conduct by players or coaches before during or after a game will not be tolerated. If a coach/player/bench personnel is removed by the referee or OBYSA Board of Directors because of bad conduct, that person will be required to immediately leave the facility and not return for the duration of the day/night activity.
2. Anyone under the influence of alcohol or drugs will not be allowed to participate in the program as a player, coach or bench personnel or allowed in the facility.
3. PENALTY: Infractions involving misconduct, alcoholic beverages, and/or illegal drugs will be handled by the discretion of the OBYSA Board of Directors. If the severity of the conduct is such that deems dismissal for the remainder of the season and/or tournament that will be the action taken.

Sportsmanship Oath For Coaches

As a Coach I Promise To:

- Focus on the kids having fun and receiving proper instruction about the game of soccer. I.E. an overly strong focus on winning will not be tolerated, nor will the intentional running up of the score.
- Encourage good sportsmanship by demonstrating positive support for volunteers, coaches, and officials at every event knowing that the best way to teach our highly impressionable children how to be good sports is to be one myself.
- Never take a cross tone or attitude with any of my players and to have an honest, reasonable, and realistic expectation of my team's athletic ability, level of skill, competitive attitude, and knowledge of the rules of the sport.
- Teach my players to work together as a team and to respect and value their opponents.
- Help my players enjoy the experience by placing their emotional and physical well-being ahead of my own personal desire to win.
- Remember, that making mistakes is part of the learning process and that each of us, kids, coaches, officials and volunteers are all still learning and I will remain calm when mistakes are made.

I will remember, if the kids aren't having fun, I'm missing the whole point

Sportsmanship Oath For Parents

As a Parent I Promise to;

- **Set a good example** - Use encouraging words, even when a player messes up. Cheer players from both teams. Compliment personal growth more than winning.
- **Let the coach be the coach** - Players hate it when parents coach from the wings, especially when their advice contradicts a coach's instructions.
- **Show respect for authority** - Even if the referees are having a rough day, model respect for their position.
- **Leave troubles at home** - Just for this hour, vow to forget the unfair boss, money troubles or any other personal issues.
- **Remember why you're here** - When you ask them, children say they play sports to compete, to learn new skills, to get physically fit and to have **FUN**.
- **Keep the game in perspective** - Even if you're hanging your hopes on a college scholarship, remember this is only one game, in one event, of one sport in an entire lifetime.

OBYSA Referee Observations

Listed here are just a few of the more complicated laws of soccer. The referee coordinator has agreed to help explain some of them with the intention that the knowledge may be passed on to your team and parents and help alleviate some screaming at the referee!

1. HANDLING THE SOCCER BALL:

As the soccer law is written, *intentional* handling is a penalty resulting in a direct kick for the opposing team. This means that if the ball accidentally bounces up and hits someone's hand, or if in the opinion of the referee, an advantage was not gained by the accidental handling, a penalty will NOT be called.

Also be aware, if the handling is done by a field player to prevent a goal, the law says that will result in an automatic red card. In this league, it is up to the discretion of the referee as to whether to issue the red card or substitute a yellow card if the player was instinctively reacting and/or protecting himself/herself.

2. OFFSIDE

Offside will be played in this league. However, because there is only one referee, please be aware that the angles on the field and the position the referee is in may not be ideal for making the very close offside calls. The referees will do the best they can to be in the correct position, but as you know, the game develops very quickly and referees do not always have time to react. Blatant cherry-picking will obviously not be allowed.

3. THROW-INS.

In order for a throw in to be legal, the player must have both feet on the ground and bring the ball completely overhead. If there is a twist to the throw it is ok as long as both arms were completely overhead. The referees in the lower age divisions may choose to award a second attempt, as we understand this is a learning league.

Please keep in mind the following points also:

1. The referee is human and cannot possibly see everything. He or she can only do the best job they can in any given circumstance. Once again soccer is a quick moving sport.
2. In every soccer law there is a clause that states: "in the opinion of the referee". Because all referees are human, we may interpret scenarios in different ways. You probably won't agree with every call the referee makes, but that does not give you the right to yell at the referee, who may have seen something different being at a different angle.
3. **Referees are learning too. Give them the benefit of the doubt.**



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

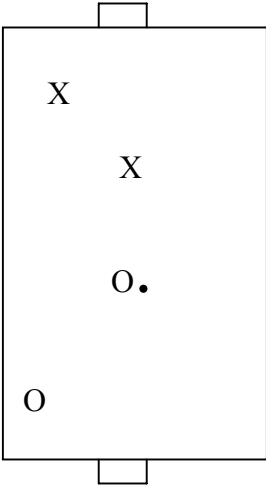


Lesson Plan

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




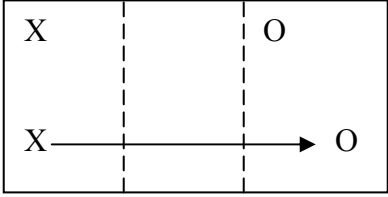
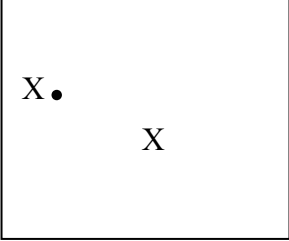
Lesson Plan

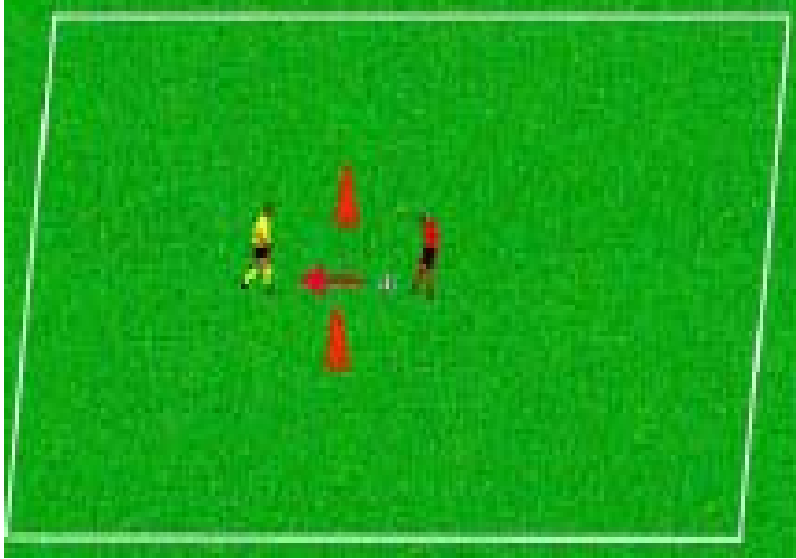
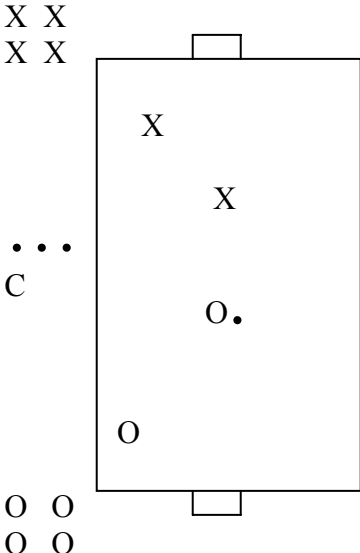
5				
<p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p>	<ol style="list-style-type: none"> a. coach as boss of the balls b. coach passes ball onto field to start play c. two players from each team play until a goal is scored or the ball goes out of bounds d. out of 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

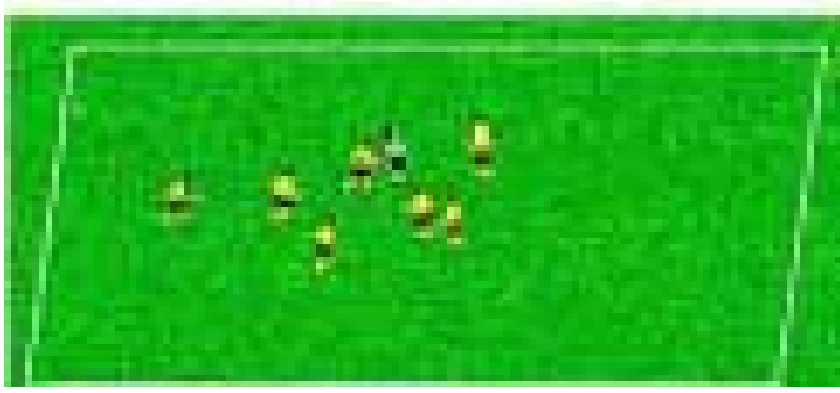
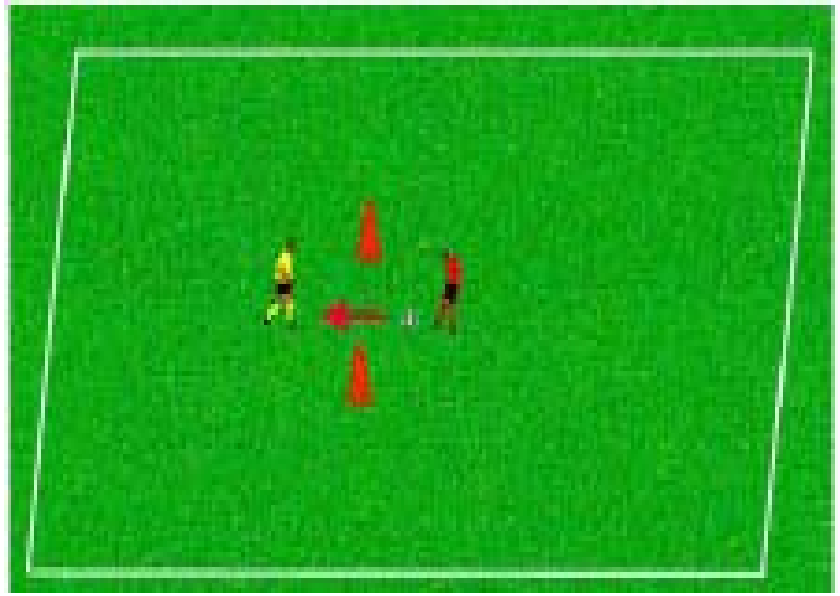


Lesson Plan



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: right;">15 yds.</p> <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: right;">15 yds.</p> <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

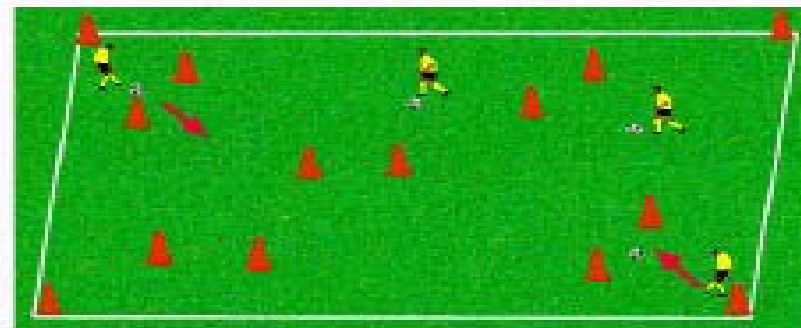
Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Warm-Up</p> <p><i>Retrieval Activity in Pairs-getting them to work together</i></p>	<p>Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) 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>		
<p>2 1st Activity-“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 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”



U8 Training Activities

Jeff Schellenberger
NCYSA Assistant Technical Director of
Coaching Education and Player Development

“Can you show me?”

Session One:

1. Fetch or Ball Retrieval in Pairs. Ball is handed to the coach.
 - a. Return ball with partner in any fashion, cooperation.
 - b. Can you both return the ball a different way.
 - c. Return the ball & each touch the ball 3 times.
 - d. Return the ball using your head, back, elbows, etc.
 - e. Return the ball with at least 3 passes.
 - f. Players pick a number
 - g. Coach can move after the toss. Be creative** Success = working together in a Partnership
2. HE, HO, HA
 - a. The players pass and move in half the field 20 x 30
 - b. “HE” coach calls and players each tap ball 5 times together
 - c. “HO” coach calls and players complete 5 short 1 touch passes
 - d. “HA” coach calls and players pass to a corner in 3 passes
3. Gate Maze in Pairs
 - a. How many passes can you complete through a gate with your hands, timed
 - b. How many passes can you complete through each gate with your hands, timed.
 - c. Continue but now use your feet.
 - d. Can you improve your number of passes by one.
 - e. Players most complete an X amount of passes before passing through a gate.
 - f. Add Gate Keepers (parents)
4. Corner Gates – Parents act as Gate Keepers in corner gates. The coach points at the corner & the gate opens (parent steps out). Coach points at gate again & the gate closes.
 - a. Multiple pairs play at the same time
 - b. Coach controls balls and only two pair play at a time.
5. The Game – “Boss of the Balls” Coach controls balls at midfield. Kids point to goal they will attach. Play ball after players are off field.
 - a. 2 vs. 2
 - b. 4 vs. 4

Session Two:

1. Hospital Tag. Players dribble and attempt to tag the other players. When a player is tagged he holds that spot. When he gets tag twice he holds both locations & dribbles his ball to the doctor (coach). The Doc gives the player a task to complete & then the player continues to play.
2. Hungry Hippo. Four corners/gates. Pairs or small groups in each corner. All balls are placed in the middle of the grid. Which corner has the most balls after a set time; 2 minutes.
 - a. Players collect balls and bring them to the corner anyway possible. Once all the balls are out of the middle, each group can go steal the other groups' balls. NO defending in corners.
 - b. Now use feet to collect the balls.
3. Team Knock Out. Team one players each have a ball. Team two is on the outside of the grid. On the coaches command Team two enters the grid and tries to knock team one balls away. Once a team one player loses a ball he may help a teammate keep possession of the remaining balls. Time team to see which team can maintain possession longest.
4. Four Goal Game. Place small goals in the four corners of a field. The pairs of players then try to score on each of the goals. Coach controls the balls.
 - a. Add defenders or gate keepers (parents) in a goal.
 - b. Make play directional, Team one scores on goals to right and team two scores on goals to left.
5. The Game 4 v 4 scrimmage. Coach controls the balls.

Other Activities:

- Freeze Tag – 2 teams, one team tags other team frozen. Round two add a ball to tagging team players.
- Elbow Tag – Pair up in a circle, spacing the size of the center circle. One person chases another & tags with a cone. Chased player can reach safety by joining a linked pair. Person on opposite side then must run.
- Knee Tag – dribble & tag other players' knees. How many knees in 45 seconds?
- Barbarians & Gladiators – both players dribble ball at opposing team & try to tap other teams balls with their foot. How many taps in 45 seconds?
- Team Knockout to Goal – same as team knockout but balls are kicked into a goal. When you get down to last ball, you have a game!

U8 Considerations:

- **ME & my buddy** pair training. Like to Play because it is FUN!
- Still single tasks at a time Limited team identity
- Still Flat out pace Want everybody to like them!
- **Catch them being Good!** Great need for approval from adults



Name: Chris Little

North Carolina Youth Soccer Association

Topic: U10 Dribbling



<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION “GET THEM” One player is “IT” – must try and hit other players by passing and hitting them below knee = become “IT” Players must retrieve ball from base and take to open base Variations -Left/right foot only -Different parts of foot – sole, outside/inside -Change direction to different base on command -Deception (step-over etc based on ability level)</p>	<p>KEY COACHING POINTS Comfortable with the ball <u>Change of Speed</u> <u>Change of Direction</u> Head Up <u>Deception</u></p>
<p>MATCH REFINED ACTIVITY</p>	<p>Running the Bases -Two taggers – tag by hitting players ball! -Cant be tagged in bases -Only 1 player allowed in base, if new player arrives old player must leave Progressions -Coach can close a base by standing in it -Use of both feet: different body parts -Before entering base – use deceptive move</p>	<p>Can they face opponent Center of Gravity – knees bent Head Up - Awareness</p>
<p>MATCH REFINED ACTIVITY</p>	<p>Stealing the Bacon Coach controls the balls and exercise from middle Call number – players play against each other Vary serves – middle & each team Start with individuals – i.e. #2 v #2 Quickly progress to play small groups – 2&3 v 2&3 Rewards If beat an opponent using move practiced – 2 goals! Time limit on each duel (speed of play)</p>	<p>Creativity Confidence Awareness of players (numbers up etc)</p>
<p>MATCH CONDITIONED GAME</p>	<p>Six Goal Game 3 v3 or 4v4 + GK (depending upon numbers) Can score on any of three goals (GK can move to any goal)</p>	<p>CREATIVITY Spacing in attack – HEIGHT WIDTH DEPTH Problem Solving – if goal is guarded?</p>
<p>COOL DOWN</p>		

Basic Defending for U10 Players and Teams

Jeff Schellenberger
Assistant Technical Director of Coaching and Player Development
North Carolina Youth Soccer Association

1. Set up:

Players' pair up – one ball between two
Space approximately 35x25
Pinnies
Pool Noodles or tall cones

2. Warm – Up Activity:

“The Surfer” – (face to face defending) Player 1 Dribbles while Player 2 Shadows from the front and is moving backwards. On Coaches command “surf” Players 1 stops ball & Player 2 assumes a “Surfer’s” stance toward Player1 (stance is side on, knees bent, center of gravity is lowered – like that of a surfer!). Continue and switch roles after a minute.
Same, but now Player 2 is asked to find his surfing moment(s).

3. Small Group Activity

“Save the Whales” - Set up – Grid 35x25, two teams, center box (pool) 5x5 with “whales” = noodles. Surfers' protect the whales' from the poachers (players with a ball) One or two Poacher Ships on the edge of the grid (safe area for poachers)
Poachers must dribble their ball into the “whale pool” & steal a whale (noodle). Poachers are “safe” while in the pool, but must return the noodle to their “Ship”. If a surfer steals the ball s(he) should dribble to the edge of the grid & then return to help protect the whales. If a whale has been captured, it can then be freed by this surfer’s effort and the whale (noodle) is returned un - contested to the pool. After 3 minutes, players switch roles

4. Expanded Activity

“Save the Whales”, part 2 – Now play is directional. Each team has a ball and they are protecting two wide “whale pools”. The teams’ “Ship” is located between the “pools” on respective ends of the field. Each team must try to dribble or pass to a teammate, their own ball into the opposing teams whale pool to steal a whale. Once they have grabbed a whale, they must carry the whale back to their own ship. Their own ball must be worked back & possessed in their own half by the time the whale makes it to their ship. Poachers can only take one whale at a time. Defending surfers protect their whales. When they steal the opponents’ ball, they can make an attempt for two whales. They must also work both balls back into their own half to receive credit for two captured whales.

5. The Game

Final activity. Coach controls the balls from midfield. The coach plays the ball in after a prior ball goes out of bounds. The ball should be played in at different field locations to place the defending team under different situations.

Coaching Points: Defensive, First Defender – the player pressuring the ball

Body Stance – surfer shape – side on – toward opponent
Angle toward the dribbler
Speed toward the dribbler
Space between defender & player in possession
Physical control of approach
Recognize moment to steal the ball



North Carolina Youth Soccer Association Director of Coaching Lesson Plan

Name: Chris Little

Topic: Improving First Touch & Short Passing



<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION Short Passing Exercise Drill starts with player 1 passing to player 2, who receives the ball, turns and passes to player 3. He/she controls the ball with one touch in the direction of the next channel and passes to player 4. The pattern continues. <u>After each pass the players advance a position.</u> i.e player 1 moves to player 2. When the ball reaches player 5 start another ball.</p> <p>Progression Player 2 passes back one touch to player one who passes to player 3. Player 3 lays the ball back to player 2 with one touch, player 2 passes one touch into space in next channel.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> • Quality/Weight of the pass • Open body position when receiving • Quality of preparation touch (1st touch) • Focus
<p>MATCH RELATED ACTIVITY</p>	<p>Three Team Possession Game White complete 3 passes then plan accurate pass through/over team in middle to grays. Two players from DEF team in middle are allowed to press when receiving team has had 1st touch! Must try to complete 3 passes then plan to pass to team in furthest end – pattern continues until DEF team wins ball. Team that loses possession becomes the DEF team in middle.</p> <p>Progression Touch restrictions</p>	<ul style="list-style-type: none"> • Support of Ball (angles/distance) • Quality/weight of passing • Decision making – when to play through pass • Quality of preparation touch (create space) • Communication
<p>MATCH RELATED ACTIVITY</p>	<p>Three Zone Game: Passing Through Midfield 9v9 + GK (adjust accordingly) DEF when in possession must play into MID. After pass 1 DEF can join in MID zone to create a 5 v 4. MID look to connect with FWDS in attacking 1/3. Two MID can enter then attacking zone to create a 4 v 3. The DEF team cannot play outside their designated zone.</p> <p>Progression Touch restrictions in each zone – speed of play</p>	<ul style="list-style-type: none"> • As Above • Awareness of Space • Decision Making – Safety v Risk • Spacing
<p>MATCH CONDITIONED GAME (Field as above)</p>	<p>9 v 9 Game (no restrictions) REWARD = 2 goals if score from combination play</p>	<p>Allow the players to play and be creative. Praise good ideas and creative solutions – don't punish them if they don't work!</p>



**North Carolina Youth Soccer Association
Director of Coaching Lesson Plan**

Topic: Improving First Touch & Short Passing



Name: Chris Little

COOL DOWN		

Keeper Training U12

Set Up: Penalty Area, 10 players – 5 green, 5 yellow each with a ball.

Starting Position: Feet, Hips & shoulder in a line, hands outside body with palms out.

1. **Bounce catch** with both hands while moving about. Check hand/arm shape: wrist open, elbows bent. Index & thumb of both hands should create a “W” or Diamond Shape.
 - a. Continue – check shape: How close can gk catch ball to ground.
 - b. Release ball high catch low.
 - c. Toss ball overhead, turn & catch low.
2. **Dynamic Stretching** while holding ball with both hands. Feet shoulder width.
 - a. Extend ball overhead, then bend & reach through legs.
 - b. Twist to side, hold; switch.
 - c. Reach to side with a slight twist to bounce catch.
 - d. Lean to side holding ball overhead.
 - e. Ball by outside right foot, take ball & reach high to left side. Place ball by left foot & then reach high to right side. Make an “X” with movement.
3. **Catching.** Look ball into hand. Catch with fingertips. Body acts like a spring.
 - a. Toss ball overhead with one hand, catch with opposite hand.
 - b. Same but catch ball low.
 - c. Same, but now two hand toss & catch with two hands.
4. **“Steam Shovel”**
 - a. Ball on ground; Elbows & fingertips together, bend & scoop ball like a steam shovel. Steam Shovel sounds optional!
 - b. Bowl ball through legs, turn & do the steam shovel. Concentrate on hands & arms coming together to make a barrier behind the ball.
5. **Steam Shovel Competition.** Partners about 2 - 3 yards apart. Attempt to Bowl ball through partners legs. Steam Shovel collection. Step into ball. Ball through partners legs = point for bowler.

*** “ Can you catch?” “Body Spring”; “Forward Motion”; Don’t Anchor to the ground, stay **DYNAMIC**. Teach the “Barrier”. ***

6. **Partners**, one ball. Gates spread out around PK Area.
 - a. Bowl ball through gates & catch – do the steam shovel. Use feet to frame the ball; shuffle behind the ball.
 - b. How many gates in 30 seconds.
 - c. Again, but can you increase the number of gates. Gks should point & communicate to move quicker.
 - d. One more time – follow through on bowl for quicker pace.

** **Fingertip** catching = contoured to the ball. Ball is not flat but your palm is. **

7. **Hand Ball:** Play in PK Area. Two Goals.
- a. Bowl ball & catch pass. A drop ball goes to other team GK.
 - b. Cone Half Way: Players can distribute anywhere but can only shoot from their own half.

* **Support** after distribution*

** A **Keeper** is a field player who can use their hands in a designated area. **

*** **Coach** your Keeper from inside the goal. Get their perspective! Allow the gk to make own decisions during game. *** Every U10 should get an opportunity to play in goal at least a half, even if it is during practice.



North Carolina Youth Soccer Association



Name: Andrew Donnery

Topic: Passing and Control

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> • 25 x 20 yds • 6 Balls • 6 white, 6 gray • Players with the ball pass then move into space ready to receive the ball. • Keep the players moving , swap roles after 3 mins • Play for about 10 - 15 mins 	<ul style="list-style-type: none"> • Accuracy of pass • Weight of pass • Disguise of pass • Timing of pass • Pass to feet • Pass to space • Control surface and body position
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> • 20 x 30 yds • 10 Balls (1 being used at a time) • 5 white, 2 gray • The white team tries to keep possession of the ball. • The two gray players try to get the ball. • If the gray get the ball they get a point. 	<ul style="list-style-type: none"> • Accuracy, weight, disguise & timing • Control surface • Control the ball to the safe side. • Don't pass to players who have no options.
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> • 20 x 30 yds • Possession, keep the ball 3 (white) v 3 (gray) using 2 neutral players (black) • Limit number of touches (1, 2, 3), then open up play. • Add restrictions on touches 	<ul style="list-style-type: none"> • Accuracy, Weight, Disguise & Timing • Type of pass – different surfaces. • Don't watch your pass. • Movement off the ball • Communication • Play the ball to the safe side of the man. • Move to the side and check. • Create space before you receive the ball.
<p>MATCH CONDITIONED GAME</p>	<ul style="list-style-type: none"> • 70 x 50 yds • 6 v 6 • Formation 2 defenders – 1 midfielder – 2 attackers and a goalkeeper • No restrictions on players • Field and teams are setup to aid session 	<ul style="list-style-type: none"> • Correct shape of team • Selection of passes – to feet or space • Keep possession - Speed of play
<p>COOL DOWN</p>	<p>Players jog, shake limbs, stretch and take on fluids</p>	

U12 Training Activities

Jeff Schellenberger
NCYSA Assistant Technical Director of
Coaching Education and Player Development
Compiled from National Youth License Course

Session One:

1. Sequence Passing. Two Groups/Teams of 5 -7. Number players off 1 to 2 to.... To 1. Player #1 and Player #3 or 4 should have a ball. Pass in sequence. Can have second ball be distinguishable from first ball, then you can ask the players to play that ball (#2) in the air, complete a take over, over lap or a give go give combination.
 - a. Take a ball away from each team and challenge teams to get possession of both balls = a point
 - b. Play with one ball for a possession game.
2. Possession Game. Two teams play possession in half field area. 3 to 5 passes = a point.
3. End Line Game. Teams play to end line. A point can be earned if they dribble and stop ball on end line or pass ball over end line.
 - a. When team scores they keep possession and turn and play in other direction.
 - b. Each team scores only on one end.
 - c. Add gks who can defend whole line.
4. Scrimmage 8 v8

Session Two:

1. Get the Ball Moving. Each player dribbling a ball
 - a. "Taps" players tap their ball X number of times.
 - b. "Up" players pick ball up and toss it, then ask the players to "take the bounce out of it". Control with inside or outside "sweeping" motion over ball.
 - c. "Down" players "hike" ball through their legs, turn & collect with feet ASAP.
 - d. "Tiny" touches, coach calls out a #, players complete # of quick touches.
 - e. Stretch – dynamic; big steps forward, big steps back ward, to the side.
2. Elbow Tag/ Slide Tag. Pair up in a circle, spacing the size of the center circle. One person chases another & tags with a cone. Chased player can reach safety by joining a linked pair. Person on opposite side then must run.

3. Pass and Move. Two Teams, one ball / team. 20 x 20 area.
 - a. “Paint the field”
 - b. “Keep the ball live” players should always “open up” to see the field so they can keep the ball “live”!
 - c. How many times can each member of the team touch the ball in 35 seconds.

4. Play 5 v 5 + 2. Add schemers to allow team in possession more success. Players should “open up” to field to provide support for teammates.

5. Play 6 v 6 no GKs

Other Activities:

- Get a Game Going. When the first players arrive for practice, have them organize a field & just have them play. Add the players as they arrive.
- Cyclone vs. ladder. Group dynamic game. Team A kicks a ball away. Team B collects the ball and forms a line. Team B then passes the ball over head, between legs to the end of their line. Team A consolidates as a group and one player runs around the outside of the group counting how many times they are able to get around before Team B accomplishes their task. Teams switch roles each time. Each lap around cyclone = a point. Play to 10.
- “Bull Dog” or Line passing with a twist! Two lines face each other about 8 to 12 yards apart. One ball, 2 to 4 players/line. Follow pass to the right. Begin with two touch passing. A players’ second touch should be the return pass, regardless of the touch or where the ball goes, both lines adjust their location & distance/spacing to the ball. Ex. – a bad pass means both lines move and adjust so the ball can be passed back, no waiting for the ball to be retrieved! Everybody moves to get behind or in front of the ball.
- Target Game Inside Out. Three teams; two in and one out. Teams on inside play a possession game. Players on the outside of the grid and moving support for the players on the inside. Outside players are allowed one touch passing. Switch roles.
- Counter Goal Game. Set up two wide goals opposite the one goal on a half field. Allow players to find width to get forward.

U12 Considerations:

- | | |
|---|---------------------------------|
| • “US” | Group Activities |
| • More TV, less structured play | Spend more time with friends |
| • Physical changes, beginning of pubescence | Flexibility training |
| • Developing values | Self esteem Influenced by peers |
| • Begin sustain complex coordination skills | Susceptible to peer pressure |
| • Begin to think in Abstract terms | Catch them being GOOD! |

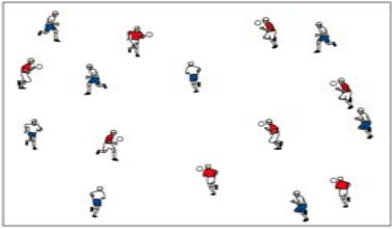
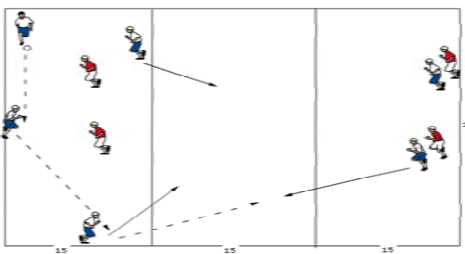
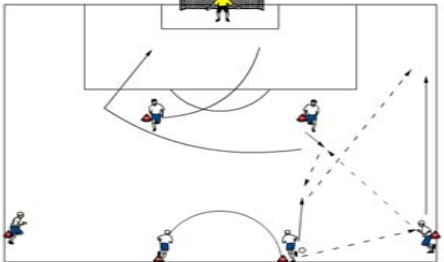
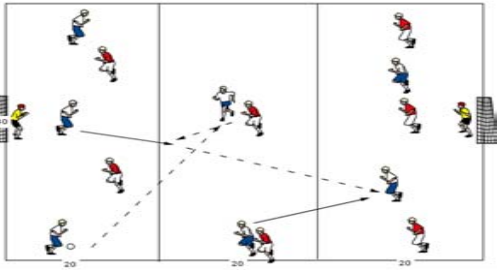


Name: Chris Little

North Carolina Youth Soccer Association Director of Coaching Lesson Plan

Topic: Possession with a Purpose – Middle 1/3 to Final 1/3



<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION Technical Warm Up</p> <p>- ½ players have balls: Serve to players =</p> <ul style="list-style-type: none"> • Head/Head/Catch • Volley/Volley/Catch • Thigh Volley/Thigh Volley/Catch • Chest Volley/Chest Volley/Catch <p>Signals: 1=sprint around cone 2=juggle comp 3=Get on partners back Groups of ???</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> • Fun = transition zone • Focus/concentration • Technical execution
<p>MATCH RELATED ACTIVITY</p> 	<p>4 v 2 to 3 v 1 to 4 v 2 Game</p> <p>- 4 v 2 – after 2 passes play into checking FWD - 2 players join FWD in mid 1/3 = 3 v 1 - 3 v 1 pass into final 1/3 to FWD – support = 4 v 2 Process starts again. - DEF in end zones must stay behind FWD's</p>	<ul style="list-style-type: none"> • Angles/Distance of Support • Decisions on Ball • Angles of check • Speed of Play • Vision – look forward • Visual cues – OPEN TO RECEIVE
<p>MATCH RELATED ACTIVITY</p> 	<p>Pattern Play – Middle to Final Third</p> <p>- 1 touch passing (add defenders when necessary) - Repeat patterns on each side</p> <p><i>Progressions</i></p> <p>- Forwards cross over</p> <p><i>Progressions</i></p> <p>- Pass goes into second forward-mid-wide</p> <p><i>Progressions</i></p> <p>Let players be creative – decide patterns</p>	<ul style="list-style-type: none"> • Weight of pass • Timing of runs • Visual Cues – OPEN TO RECEIVE • FWDS working with each other • SERVICE TO 2nd 6 YARD BOX!
<p>MATCH CONDITIONED GAME</p> 	<p>Game: Playing through the Thirds</p> <p>- 1 DEF can join MID; 1 MID can join FWD</p> <p><i>Progression = No Restrictions = Play</i></p>	<ul style="list-style-type: none"> • Quality of Movement • Timing • Visual Cues • Rhythm of Play
<p>COOL DOWN</p>		



Name: Chris Little

**North Carolina Youth Soccer Association
Director of Coaching Lesson Plan**

Topic: Possession with a Purpose – Middle 1/3 to Final 1/3



Jeffrey Talan, coach SC Heerenveen U13:



“Translating technique to the game”

Jeffrey Talan arrived at Heerenveen in 1995 as a player, where he experienced his greatest success. He reached the cup final with SC Heerenveen and played in the Champions League. He also played for the Dutch National Team 8 times and scored one goal. Talan feels at home in Heerenveen and continued to live there after his playing career ended. The technically gifted right-winger now coaches the SC Heerenveen U13 selection. He illustrates how he approaches technique training and what the important issues are. Functionality is a priority; the game is the eventual goal. Talan makes clear that this does not exclude the Coerver method.

By: Hans Slender

“After my playing career I immediately started coaching at SC Heerenveen. This is my third season as a coach. The first season I was Erik ten Voorde’s assistant at U13s, I am now in my second season as U13 coach. After my playing career I really wanted to work with youth players. For me the U13s seemed to be best age category to work with. It is also a great way to learn about the coaching profession. I think that a coach must start at the bottom and then slowly work his way up. Within this age group there is still much to be learned. They must

focus on technique. When you reach the higher age groups, then the story becomes more tactical. I must admit that this appeals to me as well. We work closely together with the U17s and I really enjoy this. However, at this moment my preference is with the technical aspect.”

Cooperation

SC Heerenveen is known for its success in educating players, as well as coaches. Hence the reason that head coach Gertjan Verbeek was promoted from within the club as Foppe de Haan’s replacement. Within the youth program the development of coaches is done very consciously: at SC Heerenveen we work in pairs. The coaches all assist each other. This is why I am so closely involved with the U17s. I assist Hans de Jong with the U17s and he assists me with the U13s. Furthermore I could be asked to give technique training to the first team squad from time to time.” The advantage of this working method lies within the intensive guidance, which the players receive during training. Furthermore the coaches can discuss and learn from each other.

Technique training

“The most important aspect of technique training is that it must be translated to the game. Juggling one thousand times



is great if you can do it, but eventually it must lead to better results in the game. The training must be related to a game, because that's where you use the technique. You start by learning the different techniques. For this I use different cut and turn exercises, including several well-known Wiel Coerver exercises. Afterwards you will translate these learned techniques into a game situation."

"Sometimes they provide solutions or alternatives that I didn't even think about"

Manchester United

When Jeffrey Talan first started coaching he went on a training internship at Manchester United under the supervision of René Meulenstein. "Our head coach Gertjan Verbeek thought it was good for me to follow Manchester's training sessions for a week. The idea behind this week is for us to gather ideas which we can then apply to our own training sessions. I wasn't able to observe all the teams, but focused primarily on the younger age groups (U12 and below). These kids were very skilful with the ball. They showed a lot of courage in their actions, whereby they constantly possessed great ball control, even when pressured by their opponent. I really enjoyed and appreciated this. Showing courage and using your technique to find solutions to difficult situations."

Performance

"When I returned to Heerenveen I gave a presentation to the other coaches. I gave an overview of the week's events and told my story. This was the first time we visited another club, but it was an amazing experience. From this experience we learned what a constructive education visiting clubs from other countries can be. We therefore have decided to do this more often. This could be at another top club in the United

Kingdom, but there are plenty of other countries whose clubs have excellent youth programs."

Practice

"At SC Heerenveen we have a technical plan which is used by all coaches. Within these technical guidelines specified by the club I develop my own practice sessions, which are mainly based on my experiences as a player. The Wiel Coerver exercises are frequently used by other coaches, but I have also used these as a player. As a coach I use exercises which I liked as a player. I cannot really remember how we used to train when I was this age, but I do remember that a lot of coaches chose not to use a ball as much as I would have liked. My players are not forced to run before practice. I prefer they start with a ball right away. The younger players need to have

PASSPORT

Jeffrey Talan

Date of birth: 29 September 1971

PLAYER:

1990-1992 FC Den Haag
 1992-1994 ADO Den Haag
 1994-1995 FC Den Haag
 1995-2003 SC Heerenveen

COACH:

2003-2004 Assistant coach SC Heerenveen U13
 2004-heden SC Heerenveen U13 coach

ADDITIONAL INFORMATION:

Jeffrey Talan played 8 caps for the Dutch National Team and scored 1 goal

as many ball contacts as possible, as this is the only way to learn ball control. Most players arrive at 4pm, even though practice doesn't start until 4:30pm. So they already play for half an hour before practice even starts. A warm-up without a



ball is therefore complete nonsense. Before a game we always dedicate one part of the warm-up to exercises without a ball, but never before practice.”

Practice planning

“I start the practice with a 20 minute technical session. After that I proceed with a theme, such as heading, passing and shooting or receiving. I always finish with a possession game. We do a lot of small sided games. Towards the end of the week we work with larger games, to prepare the players for the game. The previous coach, Erik at Voorde, told me that when you practice small things in the days leading up to the

“The players are usually aware of their own mistakes”

game, the players will think small during the game as well. So I practice small sided game at the beginning of the week (3:3 and 4:4), with frequent ball touches, short passing and shooting exercises and increase the numbers, possession, positioning and passing and shooting exercises throughout the week leading up to an 11:11 game on Friday.”

Guidance

“During these small sided games I am mainly concerned with stimulating good actions whereby the players use the learned techniques. When a player makes a cutting move, which he previously learned, it is my job to comment on it. I mainly coach in a positive manner. The players are usually aware of their own mistakes. I only say something when they make a mistake while doing something, which I believe to be a great

importance. For example, when they make the field too small. Technical mistakes do not have to be corrected, as the players know when they make a mistake. While teaching technique the guidance is much more detailed. You are dealing with things such as how to position your foot and overall stance. However, when making a cutting move you are also dealing with the reasoning behind your choices. Which move do you use in which situation? Are there any alternatives? For example, you are teaching them how to step over and turn toward the desired direction. You practice this with pressure (adding a defender), so that the players can practice it as if it were a game situation. At a given moment you can also ask the players which technique(s) they would use in order to get from a certain situation to a certain position. They then provide alternatives, which they have to execute. At first you guide them through the techniques and after a while you let them make their own choices. This will stimulate creativity. Sometimes they provide solutions or alternatives that I didn't even think about.”

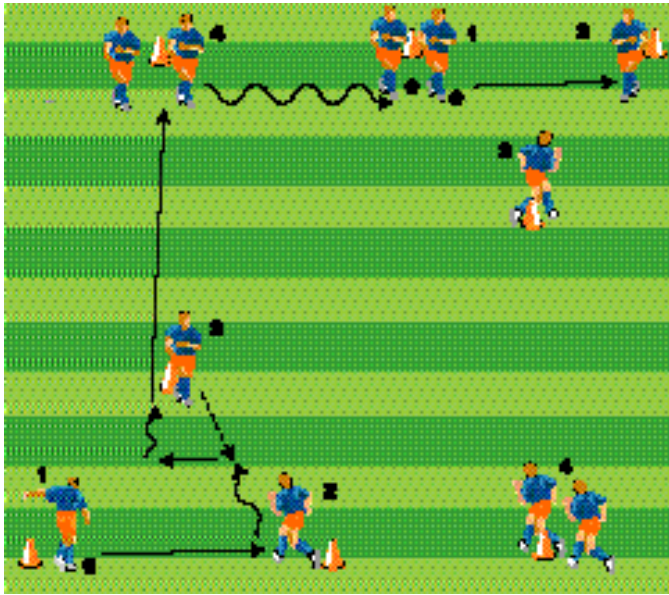
Passive resistance

“During technical exercises I often work with passive resistance. The defender gives the attacker the feeling he is being pressured into a certain direction. The attacker then has to find a solution by going in another direction. When practicing technical exercises you have to give the players the idea that they are turning away from someone, so that they are not just turning and moving freely across the field. I always start without resistance, letting them move freely and I gradually increase resistance by adding defenders. The U13s understand what passive resistance means, but I have only been working with them for a short amount of time, so they still have a lot to learn. One player may just walk up to the attacker; the other will immediately try to steal the ball. I therefore always explain what the reasoning behind practicing with resistance is. Providing a reason why will aid them in their development and understanding.”

Varying

“I work with technical exercises using cones and with exercises done from specific positions on the field. This depends on the moment and on what we are trying to accomplish. Within the smaller exercises we use cones as opponents, passive resistance from the defenders and sometimes even duel exercises. These exercises usually involve receiving, beating an opponent or making a cutting move after which the ball needs to be passed. I try to vary this as much as possible. As a coach I am also trying to develop myself within this. With the U13s you can still experiment with the exercises, as they are not very critical yet. As a player I used to be very creative and I am trying to do the same as a coach. I try to come up with new things. I do repeat the exercises that reciprocate positive reactions and are going well, especially when pertaining to important aspects. However, I also try to come up with new ways to train these aspects. As a coach you are never done, you are always trying to find new ways to train things.”

Duel 1 against 1 within passing and shooting exercise



Organization

- The ball is passed wide and controlled
- The player who receives the pass initiates the duel with the opponent and tries to beat him
- When he has space to give the pass, he will pass to the far player
- The receiving player takes the ball to the second group
- Everybody rotates one position

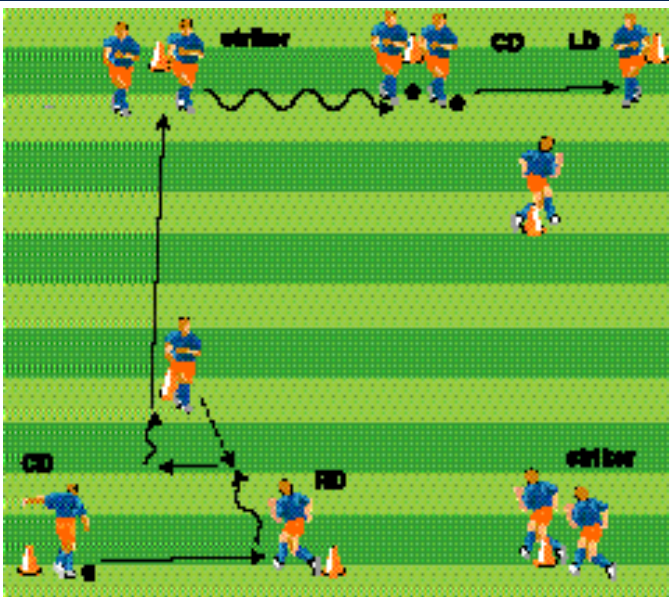
Coaching

- Receive the ball with the back foot
- Initiate duel and make an action
- Do not make too many actions

Details

- Execute exercise in two coupled organizations, right and left, depending on the number of players this can also be done in 1 or 3 organizations

Duel 1 against 1 within passing and shooting with positions



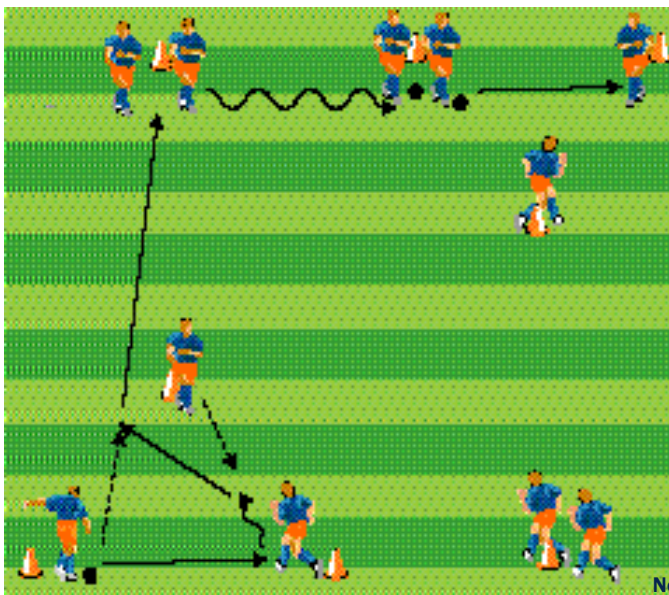
Organization

- The central defender passes to the back
- The back controls the ball and passes around his opponent to the striker
- The striker joins the other group, everybody rotates one position
- You can also leave the defender until he has won the ball from his opponent

Coaching

- By playing from their positions the players can translate it to the game
- The back cannot beat his opponent on the outside (imaginative sideline)
- The striker has to ask for the ball
- When the back can pass to the striker without beating his opponent he should do this

Duel 2 against 1 within passing and shooting exercise



Organization

- After the wide pass has been given, the defender can try to steal the ball
- The two attackers have to finish the 2 against 1 and pass to the farthest player
- This player takes the ball to the other group, whom execute the exercise on the other side
- All players rotate one position
- You can also leave the defender until he has stolen the ball from his opponent

Coaching

- Always look deep to see if the deepest player can be reached
- Accent on receiving and passing, less on actions

WAKE FOREST

Training the Goalkeeper with the Team:
Presented by: Wake Forest University Assistant Coach
Bobby Muuss

As coaches we all know how difficult it is to organize a training session using our goalkeepers as goalkeepers for the entire session. We are not all lucky enough to have goalkeeper coaches training our goalkeepers while we train the team. Today I am going to focus the session on training the goalkeeper with the team. Ways to keep your goalkeeper active in a training session while improving the field player's ability at the same time. I feel that when training a club team the more repetition for the goalkeeper the better. I hope you find this session useful. I this session should help the overall technique not only for the goalkeeper but for your entire team.

Warm-up 1

You have to make sure your team and goalkeepers are warmed up properly before he or she begins to do their session.

1. Have team in a square moving around without a ball.
2. A. Have the team break up into groups of two and play a tag game.
In groups of two, you need to tag your partner, when they get you, you must get them again.
(Add variations)

B. Play the same tag game but now everyone must shuffle. This way the goalkeepers are working on their footwork.

Notes:

Warm-up 2

Have the team in a square moving around with a ball. Goalkeepers without a ball and going around an receiving as many balls as they can from the field players.

- a. Balls played on the ground
 - b. Balls played in the air
 - c. Driven balls (open up the distance)
1. Have players play a ball into the goalkeeper then must sprint around the goalkeeper and the goalkeeper lays it off for them.

Notes:

Phase #1

Make sure everyone has a ball. Every player should be dribbling around in a grid. Goalkeepers should be bouncing and catching at their waste.

1. When I say play each player leaves their ball and finds another ball. Goalkeepers do the same but they need to scoop the ball with good technique.

Each player is now juggling the ball. Goalkeepers are still bouncing and catching.

2. When I say play each player plays the ball in the air, goalkeepers bounce the ball to the ground. Everyone needs to find another ball and begin to juggle that ball, goalkeepers need to catch the ball in the air and begin to bounce and catch again. (field players can not use there hands)
3. Make it a competition; the last person to get another ball has some fitness at the end of each set.

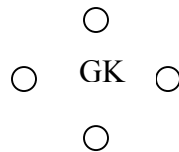
Notes:

Phase #2

Put the team in groups of four and one goalkeeper per four. Position the players around the goalkeeper about 8 yards apart. Give each field player a ball and a number. The coach calls out a number, the goalkeeper must find the player playing the ball and collect it. This is working on the goalkeepers quickness and technique as well as their concentration and conditioning

1. Have field players play balls on the ground. (Their feet should always be moving)
2. Have field players play balls in waste height.
3. Have field players play balls in the air.

Each time the goalkeeper misses a shot; they have to do 5 push-ups at the end. Each time the field player misses the target they must do 5 push-ups each at the end of the drill. (Add in numerous variations)



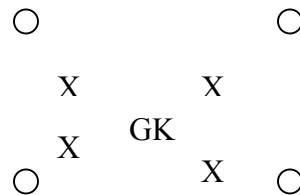
Notes:

Phase #3

The next part of the session we want to add in a simple 4 vs. 1 drill. Make a tight grid, based on the age of your players. The younger the child the bigger you want to make it, so they can get the passing down. Put the goalkeeper in the middle to start. He or she is not aloud to dive. We want them to get in the path of balls and trying to get their hands to make saves. No diving. If the goalkeeper wins the ball then the person he or she won the ball from goes in to middle. The goalkeeper on the outside must use their feet. Today goalkeepers must use their feet. Field players use only feet.

Coaches Points for the goalkeepers.

- Stay low
- Get body behind the ball
- Move feet quickly
- Close down space
- Get hands to the ball



Notes:

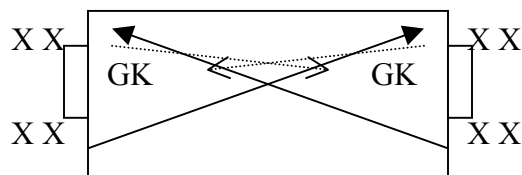
Phase #4

Towards the end of the session I like to go to goal. This will benefit the goalkeepers as well as the field players. To start you need two goals with at least two players on each post, half the balls with each goal. Ball gets played diagonal to the opposite goal to a field player. Player gets two touches, one to receive and other to strike a ball on goal. Players rotate goals.

1. Balls are players on the ground at goalkeeper (concentrate on players technique in striking balls. Make sure goalkeepers are set and getting body behind the ball.
2. Players start to pick the ball up off the ground and play balls at the goalkeepers.
3. Players go to goal to score

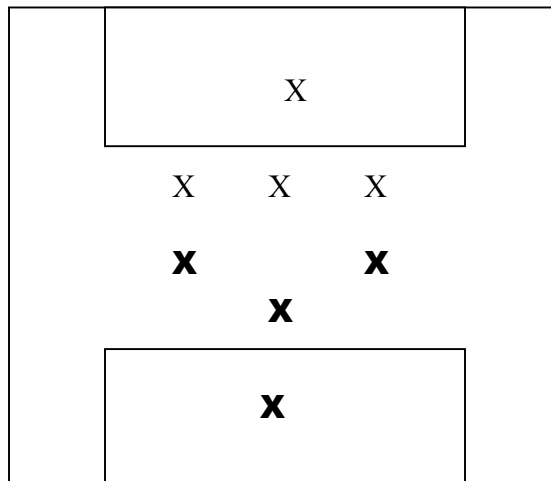
Use different variations on the serve to the opposite player.

Notes:



Phase #5

The final activity I like to end this session with is a simple game 4vs4 or bigger. You divide the team evenly. Each team has a goalkeeper. You add any restrictions you want for the teams. Make sure you concentrate on the goalkeeper's distribution. In small-sided games their distribution is key.



Notes:

I hope that this session was helpful and you can use it in preparing your team with your goalkeeper in mind.



North Carolina Youth Soccer Association



Name: NCYSA State Instructional Staff

Topic: How to Shoot/Finish with Accuracy

<p>TECHNICAL WARM UP</p>	<p>ORGANIZATION <u>Individual Shooting Warm Up</u> -Cone in middle of each goal -Players rotate through lines 1. Dribble to outside of flag – shoot on goal (Instep, aim for far half of goal) 2. Dribble to inside of flag – shoot on goal (Inside foot, aim for far side of goal)</p>	<p>KEY COACHING POINTS</p> <p>Quality of Preparation Touch</p> <p>Body mechanics & Control of Body</p> <p>Body Position and Balance (eye on ball)</p> <p>Contact Surface</p>
<p>SMALL SIDED ACTIVITIES</p>	<p><u>Series of Finishing Games</u> -Players rotate through lines 1. 1 v 1 to Goal -Attacking player must engage def to score 2. 2 v 1 to Goal -Players behind left goal attack -Players rotate from attacking to defending 3. 2 v 2 to Goal 4. 3 v 2 to Goal</p>	<p>Tactical Application to Game Situation</p> <p>-Choice of foot surface -Placement v Power -Accuracy</p> <p>Positioning to gain an advantage</p> <p>Aggressive & Positive Mentality</p>
<p>SMALL SIDED GAMES - DIRECTIONAL</p>	<p><u>4 v 4 + N Game</u> -First team to 2 goals wins -First time finish = 2 goals -Team that concedes 2 goals becomes neutrals</p>	<p>Vision & Anticipation</p> <p>Tactical Application to Game Situation</p> <p>-Choice of surface -Placement v Power -Positioning</p> <p>Quality of Preparation Touch</p>
<p>EXPANDED SMALL SIDED GAME (6 V 6)</p>		<p>Correct Shape of Team</p> <p>Movement</p> <p>Speed of Play</p>
<p>COOL DOWN</p>		



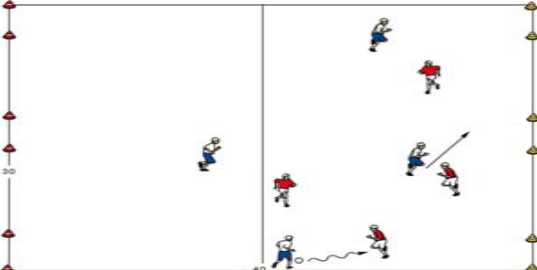
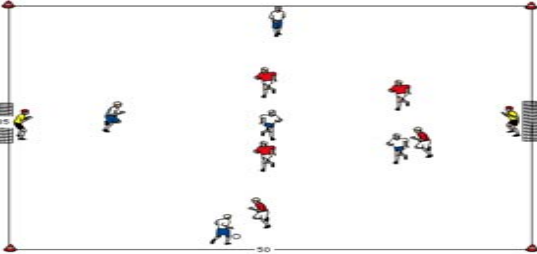


North Carolina Youth Soccer Association



Name: NCYSA State Instructional Staff

Topic: How & When to Dribble

<p>TECHNICAL WARM UP</p> 	<p>ORGANIZATION <u>Dribbling – Gate Game</u> -Every player has a ball -Encourage players to dribble through gates (time) <i>Progressions</i> 1. Use left/right foot 2. Different Surfaces of Foot (sole/inside/outside) <i>Changes of Direction/Speed Through Gates:</i> 1. Outside Foot/Inside Foot 2. Step Over (right/left) Allow players to be creative – try new moves</p>	<p>KEY COACHING POINTS <u>HOW</u> Head Up - Awareness Contact Surface of foot Body Mechanics – Agility and Balance Change of Direction and Speed Deception</p>
<p>SMALL NUMBER ACTIVITIES</p> 	<p><u>1 v 1 Dribbling Gate Game</u> -Play 1v1 for 1 min (switch players) -Score a point by dribbling through a gate <i>Progression</i> <u>2 v 2 Dribbling Gate Game</u> (Max. two groups per grid of 25 x 20) -Play 2 v 2 for 1 min (switch opponents) -Have three groups (4 players) in diff colors</p>	<p><u>WHEN</u> Setting Up Defender Protecting the Ball Tactical Application to Game -Awareness of Space/Gates/Teammates/Opponents</p>
<p>SMALL SIDED GAMES - DIRECTIONAL</p> 	<p><u>4 v 4 – Six Goal Game</u> -If team scores keep possession and attack opposite end -Utilize all players (neutral, transition another team on etc) <i>Progressions</i> -3 of 4 players must be in attacking half to score</p>	<p><u>WHERE</u> Tactical Application to Game -Risk v Safety – position on field -Awareness of Space/Teammates/Opponents Technical Execution -Change of Speed and Direction -Deception -Contact surface</p>
<p>EXPANDED SMALL SIDED GAME (6 V 6)</p> 	<p><u>Game: 5 v 5 + GK</u> <i>Possible Rewards for Game?</i> -If you can beat an opponent and score = 2 goals</p>	<p>Correct shape of team Decision to penetrate from dribble Speed of Play</p>
<p>COOL DOWN</p>	<p>Players jog and stretch at end of practice</p>	<p>Focus on major muscle groups</p>



North Carolina Youth Soccer Association



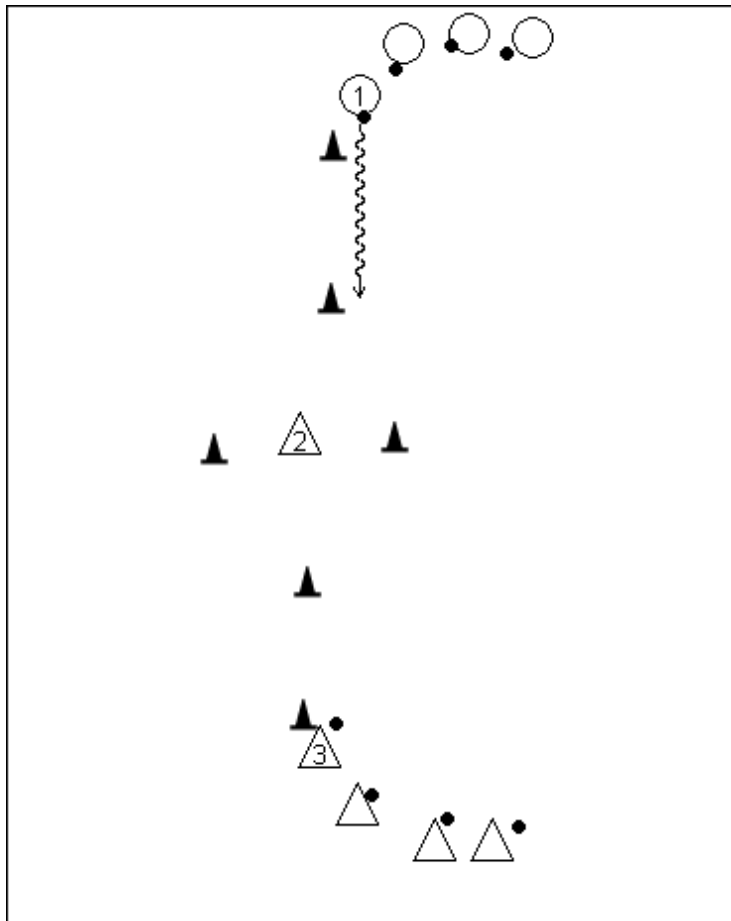
Name: NCYSA State Instructional Staff

Topic: How & When to Pass & Receive

<p>TECHNICAL WARM UP</p>	<p>ORGANIZATION Three Team Passing - Split players into three teams of 4 - Start in 1/2 grid (30x20) 1. Free Passing - pass/move (3 balls) 2. Passing within team 3. Passing within team – trying to split other teams</p> <p><i>Passing Variations</i> Left/right foot Instep/Low Driven</p> <p><i>Receiving Variations</i> Change Angle Front/back foot</p>	<p>KEY COACHING POINTS Accuracy of Pass Weight of Pass Pass to feet/space Use of Different Surfaces of Foot</p> <p>Selection of receiving surface Awareness of Space Body position</p>
<p>SMALL NUMBER ACTIVITIES</p>	<p>2 v 2 + Targets – Possession Game - 1 min games - Target players = 2 touch max</p>	<p>Disguise of Pass Body Position Correct Supporting Position</p> <p>Tactical Application - Awareness of Space/Teammates/Opponents</p> <p>Speed Of Play</p>
<p>SMALL SIDED GAMES - DIRECTIONAL</p>	<p>4 v 4 (+2) to Targets Score goal by playing to one target player and then the other in one possession then def become targets</p> <p><i>Progressions</i> Touch Limits</p>	<p>Accuracy and Quality of Pass Speed of Play Supporting Positions - penetration</p>
<p>EXPANDED SMALL SIDED GAME (6 V 6)</p>	<p>Game: 5 v 5 + GK</p>	<p>Safety v Risk Look for penetration first Selection of pass – to feet or space Speed of Play - Possession</p>
<p>COOL DOWN</p>	<p>Players jog and stretch at the end of practice</p>	<p>Focus on major muscle groups</p>

Breakaway Shooting Game

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Breakaway Shooting Game

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

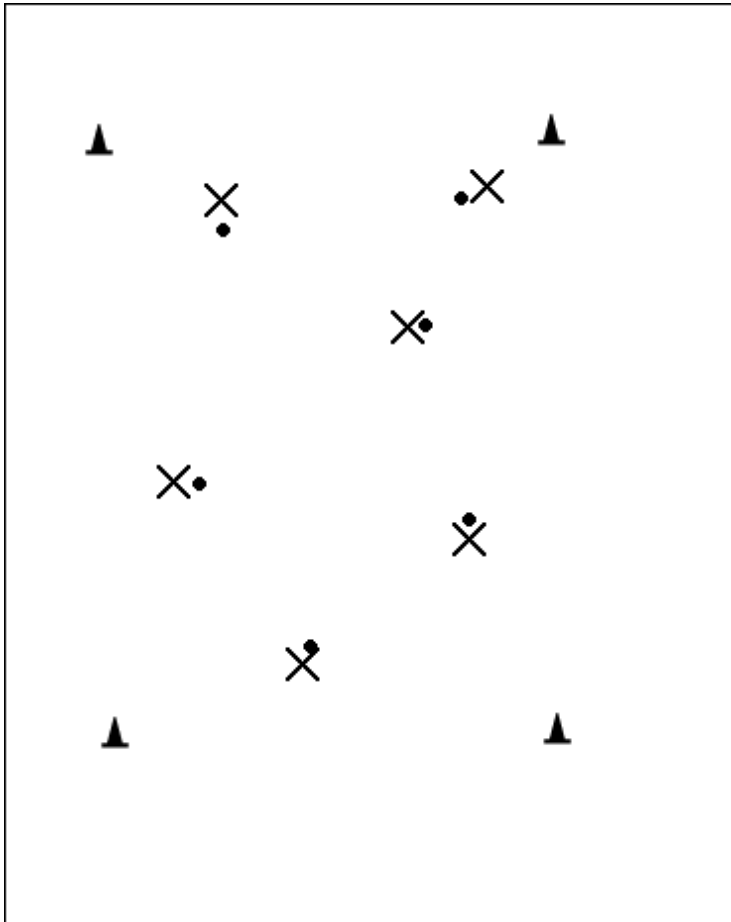
First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to shoot before the goalie gets set up. And the players that just shot realize they need to hustle to play goalie.

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NASCAR

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Nascar fun dribbling drill for younger players

Set up- 4 -12 players in an area. Each with a soccer ball.

Coach yells "Ladies and Gentleman, start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach yells "first gear" --- players dribble there soccer ball slowly.
Coach yells "second gear" --- players dribble a little faster.

"third gear"-a little faster
"fourth gear" - as fast as they can.

"third gear" to "second gear" to
"FOURTH GEAR" haha

If two players balls touch "CRASH" --
five push-ups outside circles

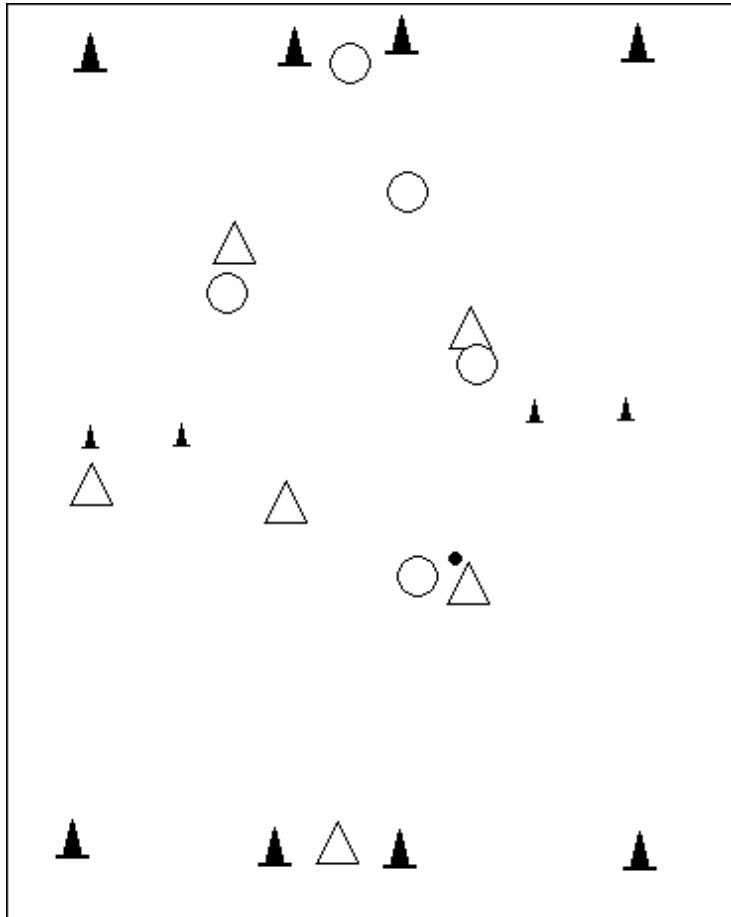
Coach can yell "reverse" everyone has to reverse their race car.

Coaching Soccer 101



Large Field- through gates

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Large Field-dribble through gates.

The Setup- regular sized field 6v6 or 8v8 field with two gates in the middle of the field.

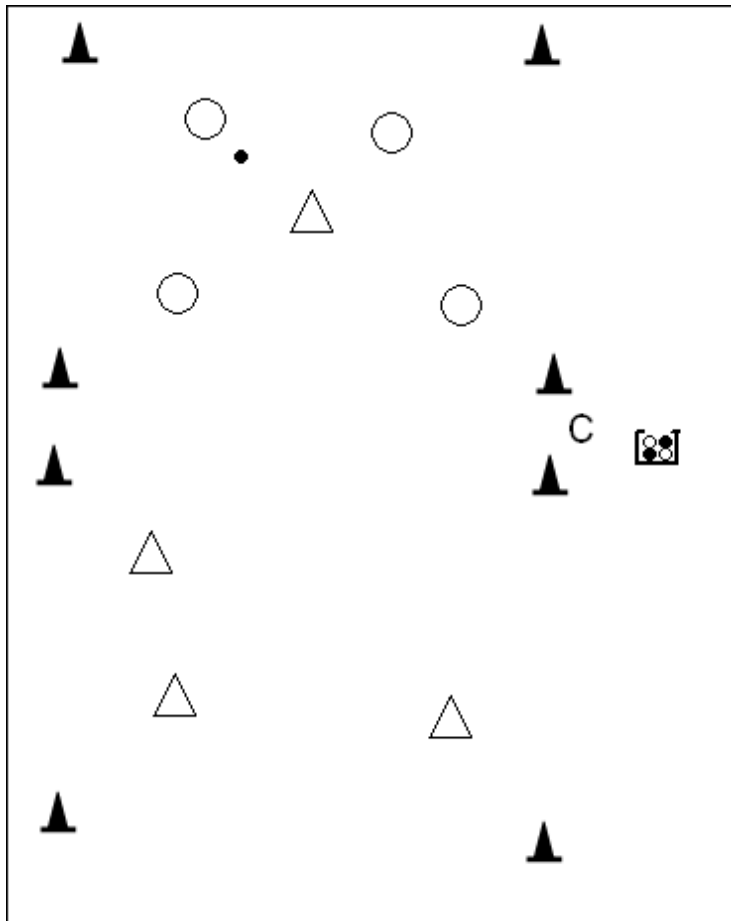
The game. A regular game but teams can score an extra point if they dribble the ball through a gate.

Variations. Teams get an extra point if they pass the ball through a gate to one of their teammates.

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THE BANK GAME

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THE BANK GAME- Passing with pressure

Setup - two teams of 4 or 5 players. Each in a 40 X 40 grid (adjustable).

The Game- the coach sends a soccer ball into O's teams grid. The opposing team sends 1 players to play as a defender. The O's try to connect 4 passes in a row without the defender stealing or kicking ball out of bounds. Each time a team accomplishes this, they can make 100 bucks. Once they make a hundred bucks, they have 2 choices. Go for another hundred bucks or bank the money. To bank the money, they have to send the soccer ball back into the opposing teams grid and **THEY** send a defender to try to steal the ball. If the ball goes out of bound or is stolen, the coach sends a ball into the others teams grid.

Progressions- send in more than 1 defender.

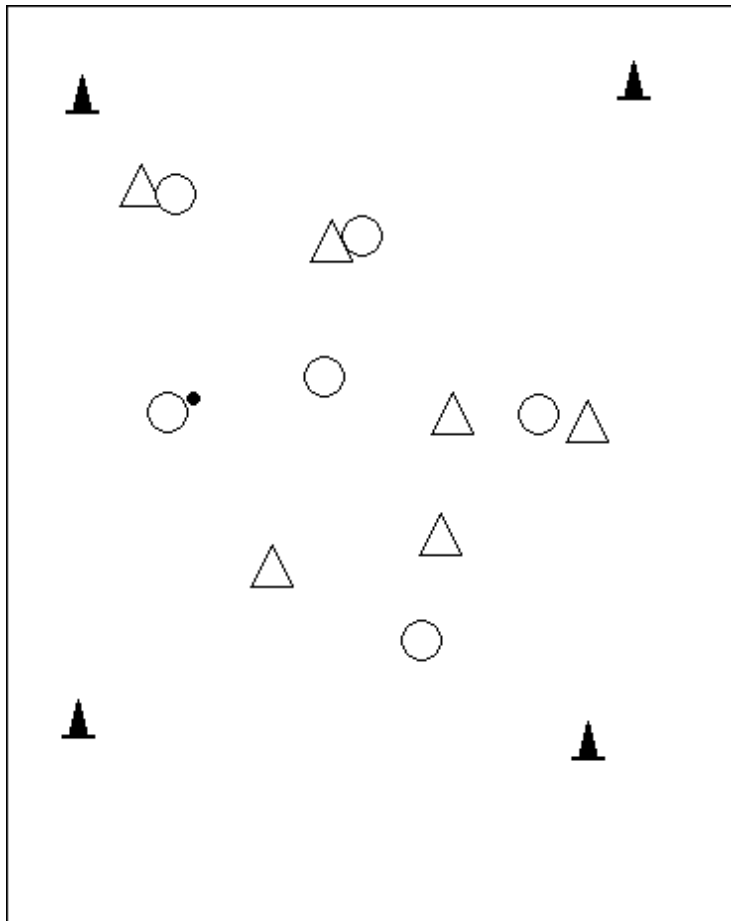
- make grids smaller

To make game easier- make grid larger and add a offensive player

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SPREAD OUT

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Spread Out

Set up- two teams in field with one soccerball.

The game- to teach the concept of spreading out- players play keep away by catching and throwing the ball with their hands. When a player has the ball, he cannot run, and tries to throw ball to team mate that is spread out.

At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins.

Progress to a soccer style game of keep away