



**P.L.A.Y.S.**  
**Player Development Program**

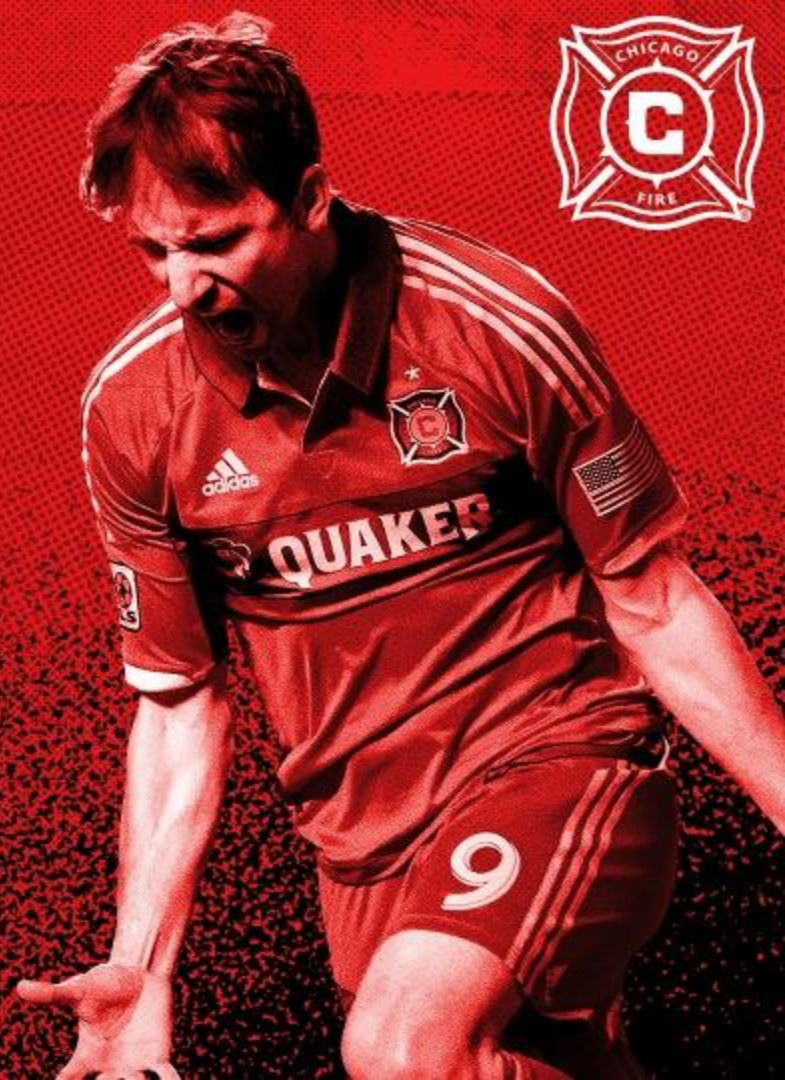


**Paul Cadwell**



# P.L.A.Y.S. Program

- The Chicago Fire Foundation P.L.A.Y.S. Program is committed to enhancing the academic performance and development of key social and emotional (SEL) skills of elementary school students through a sports based curriculum
- P.L.A.Y.S began in 2013, and has seen over 27,136 hours of soccer played by both boys and girls in 3rd-5th grade in eight Academy for Urban School Leadership Schools throughout Chicago.
- For more information, [click here](#)





# P.L.A.Y.S. Player Development Program



Week	Session 1	Session 2	Session 3	Player Education
Week 1	Moves to Beat an Opponent	Dribbling to Find Space	Dribbling Games	Game Preparation
Week 2	Passing & Receiving	Technical Passing	Passing & Movement	Nutrition
Week 3	Developing First Touch	First Touch Control	Touch & Technique	Bullying
Week 4	Turning with the Ball	Turning to Attack	Turning to Shoot	Hydration
Week 5	Maintaining Possession	Combination Play	Retaining Possession	Health Tracker
Week 6	Defending in Pairs	Defending from Midfield	Marking Opponents	First Aid
Week 7	Attacking From Midfield	Attacking From Wide Areas	Breaking Forward	Goalpost Safety
Week 8	Shielding the Ball	Combination Play (Inc. Finishing)	Possession Build Up Play	Health & Fitness
Week 9	Developing Awareness	Communication & Technique	Communication & Awareness	Internet Safety
Week 10	Dribbling & Finishing	Dribbling to Shoot	Shooting & Finishing	Soccer Homework





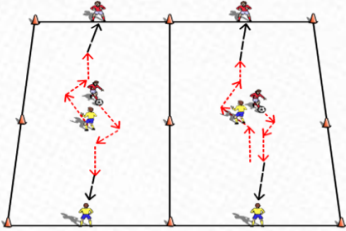
# Week 1: Dribbling







## Week 1 // Session 1 // Moves to Beat an Opponent

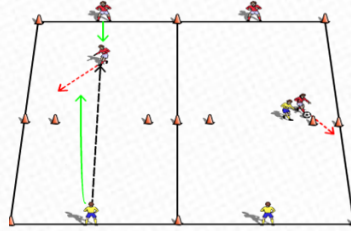


In a 30x30 yard area, the field is split into two 15x30 yard zones. Players start unopposed dribbling into the middle and performing a turn to move into space, thus teaching them moves to beat opponent. Once completed, the players pass to the waiting at the opposite end and play is continued.

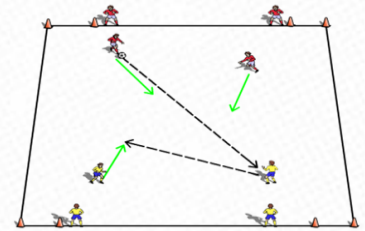
[Moves to Change Direction \(1\)](#)

[Moves to Change Direction \(2\)](#)

[Moves to Change Direction \(3\)](#)



The field is kept the same as the previous activity. Play is initiated by the yellow player who passes to red. Red has to control and dribble through one of the 'goals' to their left or right. The yellow player follows their pass and becomes the defender, trying to win possession of the ball. Players rotate between defense and attack. Are the players able to change their speed and direction with the ball? Do they have their heads up looking for space?

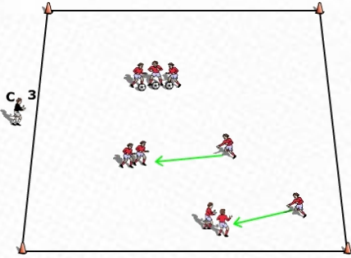


The middle line is removed and play is reverted into the 30x20 yard area. There are two goals setup in the corners of the field two for red to attack and two for yellow to attack. Red initiates play by passing into yellow. Players now have three decisions to make - pass, dribble or shoot. Think about how the players move off the ball to support their team-mate in possession. Are they creating options? Is there good communication between the players?

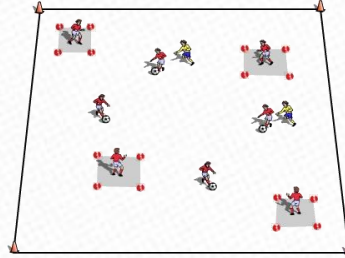




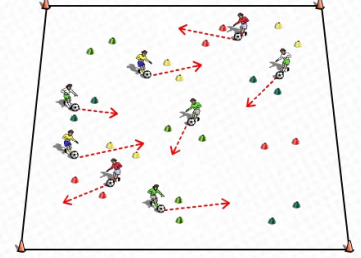
## Week 1 // Session 2 // Dribbling to Find Space



Create a 30x30 yard area, with all players dribbling a ball within. The coach shouts out a number (i.e. 3!) and the players have to dribble to find a group to make that number. In-between shouting numbers, players can be shown a basic move to introduce basic turning, dribbling and feint techniques. Can players stay alert and make the groups quickly? Last group can be given a consequence to perform for being last.



Use the area above with four or five boxes within the area. Players in this zone are safe. The rest of the players have a ball. The two yellow defenders try to regain possession of the ball. The reds can pass into the boxes and replace a static player at any time. Yellows are not allowed in the boxes. Play is continuous. Rotate the defenders to avoid fatigue. Red players should always be on the move and connecting.

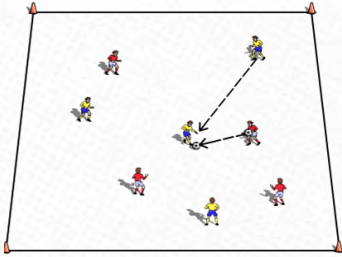


In the same area create a series of gates. Give the players a set time limit to get through as many gates as possible. Condition the exercise that players must go through a specific color of gates, perform a specific turn etc. Ensure that players are keeping the ball close and looking to move into space with the ball. Emphasis should be on lots of close touches and moving into space.



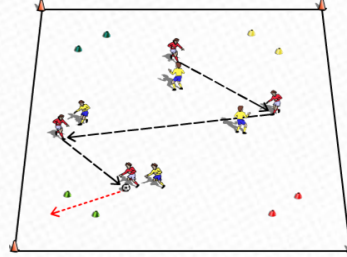


## Week 1 // Session 3 // Dribbling Games



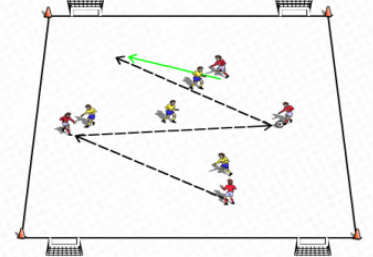
Players play in a 20x30yard area. One team tries to keep possession of the ball on the ground. The other has the ball in their hands. The players with ball in hand try to strike the opponents ball. If they are successful, teams rotate roles. Play is continuous.

- Can players act quickly to get the oppositions ball?
- Are players looking to be creative when the defending team are looking to regain possession?
- Communication, Cooperation, Coordination



Players play in a 30x40 yard area with scattered gates. The gates [target goals] are set up across the field. Red and yellow compete for possession and score by dribbling through the gates. To vary the activity, players can than be told to complete a pass through the gate to score.

- Can players find the empty gate and work with each other to score?
- Are players changing speed and direction when they have the ball?



Players play in a 30x40 yard area. There are two goals setup in the corners of the field two for red to attack and two for yellow to attack. Red initiate play by passing into yellow. Players now have three decisions to make - pass, dribble or shoot. Players have options. It is important that players make the right decisions.

- Do players recognize the appropriate times to pass, dribble or shoot?
- Progress to free game - let them play and figure out what is best for each situation.





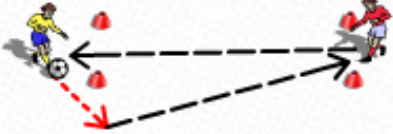
## **Week 2: Passing**





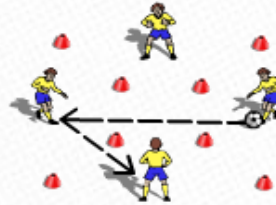


## Week 2 // Session 1 // Passing & Receiving



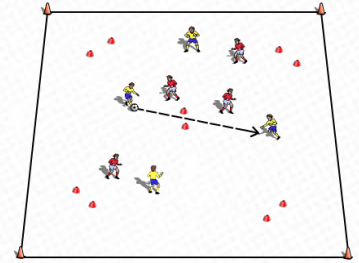
The players must take a touch to the side and then pass through the middle of the two cones. If one of the players makes a mistake then the other player gets a point and restarts the practice. The players must use both feet and various parts of the foot to control the ball and make the pass.

- Do players take a positive first touch?
- Can they control and pass quickly?
- Are they positioning their body to keep control of the ball?



Each player goes outside the cones with one player on the left, right, top and bottom lines of the square. The game is played for three sets of three minutes. The aim is for the players to pass continuously with one-touch. Players must pass through the gates in front, to the left or to the right. If they hit a cone, they get a penalty point.

- Can players play quick passes?
- Can they make quick decisions?
- Who has the fewest penalty points?



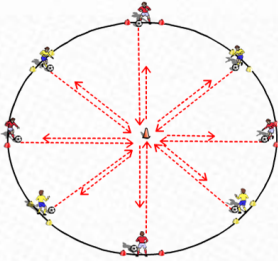
Use two teams, each consisting of four players. Teams try to keep possession and score "goals" by passing the ball through the gates to a team mate. Teams must score through a different gate for each point so they are not allowed to make quick one-two wall passes through the same gate. Encourage the players to remain patient.

- Do the two teams work effectively together?
- Can they create passing channels to retain possession?



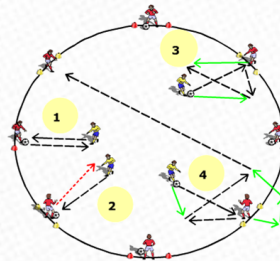


## Week 2 // Session 2 // Technical Passing



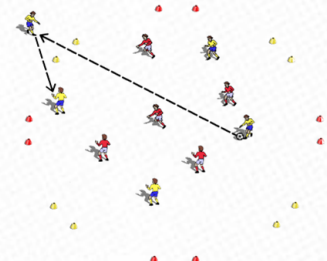
Players dribble in and out of the outer circle performing the Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used.

- Are players looking for space as they move around the area?
- Are they using disguise to keep control of the ball?



Players are organized with one group on the outside and one in the middle;

1. Players receive the ball and pass back to the feeder (vary serves)
  2. Players inside the circle pass to outer players, who then dribble in
  3. Players play a quick one-two to release the outside player
  4. Players play a quick one-two and the outer player plays a long ball
- They should play a long ball
  - Open body when receiving ball
  - Connect with team-mates

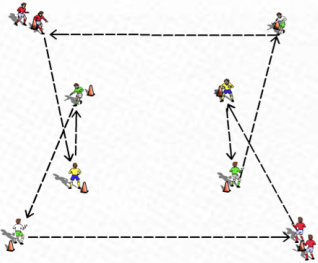


Players are split into two teams. Teams play against each other by retaining possession of the ball through passing. Teams compete for a set time period. The team who pass through the most gates win. Players should be encouraged to move into space and create angles of support for their team-mates.

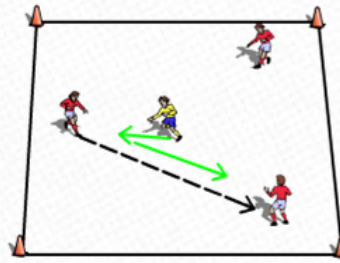
- Players should be encouraged to use both feet, show changes of direction and speed, awareness of the gates
- Use of imagination & creativity



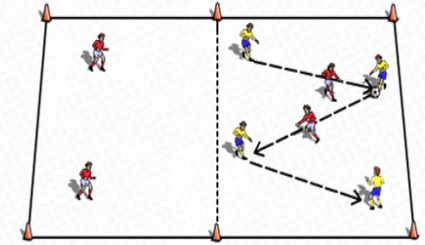
## Week 2 // Session 3 // Passing & Movement



Players are positioned on the markers as shown. In this diagram, the ball follows the sequence of passing from red to yellow, yellow to green, green to white and then white to red on the other side. Additional players should be placed equally behind the Red's starting position. Use two balls to start with. Players should pass quickly and follow their pass. Ankle should be firm. Begin with two touches, one to control, one to pass.



Setup the exercise in a 10x10 yard box. One player acts as the defender and the other three players look to retain possession. The attackers score by completing five passes. The defender scores by knocking the ball out of the box. The defender can also get a bonus point for intercepting and controlling the ball. Attackers are forced to play two-touch. Rotate Defenders. Attackers should be thinking about their body shape and off the ball movement.



Setup two 15x20 yard areas side by side. Two reds go in as defenders and try to win the ball back from the yellows. When in possession, the teams can score by completing 5 consecutive passes. It is important that two different players go in to win possession back and not always the same players. Look at positioning of the static players and ask them to create angles. Can the attackers move the ball quickly and can the defenders win back possession.



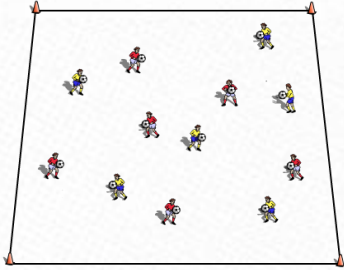


## Week 3: Control

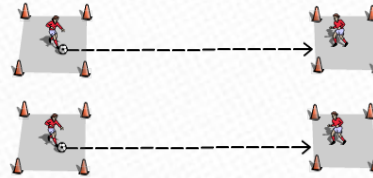




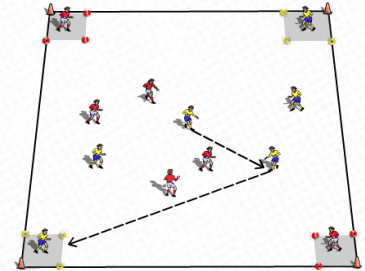
## Week 3 // Session 1 // Developing First Touch



Get your players to jog around the area with a ball each. (i) Throw the ball into the air and jump to catch the ball; (ii) Throw the ball into the air and control with their foot and then dribble; (iii) Throw the ball into the air and control on the thigh to the ground and then dribble; (iv) Throw the ball into the air and control with the chest to the ground and then dribble (v) Throw the ball into the air and control with a turn into space and then dribble.



Stand a pair of players 20 yards apart and mark a two-yard square at each end. Players take it in turns to hit driven passes to each other. The player receiving must control the ball, making sure it stays inside their square, with their first touch before hitting a driven pass back with their second. Progress the exercise with players playing lofted passes into the control zones. Ensure players are raising their controlling foot to meet the ball and maintaining balance

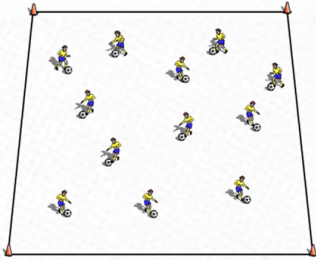


Mark out a 30-yard square and play 4v4 with an additional four "target" players - two for each team in diagonally opposite corners. Each target player is restricted to a two-yard square. Teams score when they hit a lofted or driven pass to one of their target players, who controls it within the target zone and then passes to a team mate with their second touch. Players can continually rotate within the boxes taking a good first touch into space and connecting with a team-mate

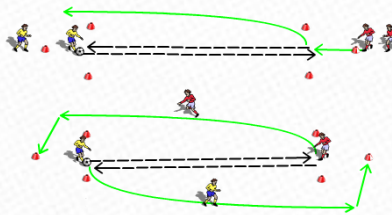




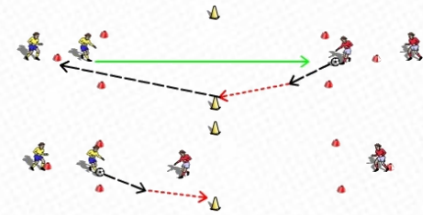
## Week 3 // Session 2 // First Touch Control



Create a 30x25 yard area, all players should have a ball. Players with a ball each dribble freely inside the defined playing area. Coach provides instruction on various conditioned movements with the ball as follows. a) inside-inside; b) inside-outside; c) turn-in; d) turn-out; f) change g) toe-taps. Players perform the conditioned activity for a set-time before moving freely again. Encourage players to take lots of touches.



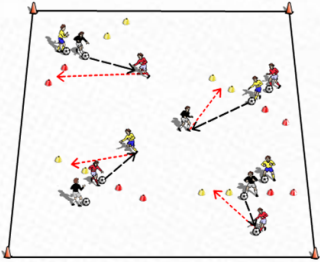
Setup two triangle's about 15yards apart. Players work in fours. The first player passes to the other group whose player receives inside the triangle. Upon receiving the pass, the players cushion's the ball and then use their second touch to pass back to the other player. After passing they make a run to join the other group. Use inside of back foot if ball is played across players body. Cushion upon impact. Look up to receive. Move into space.



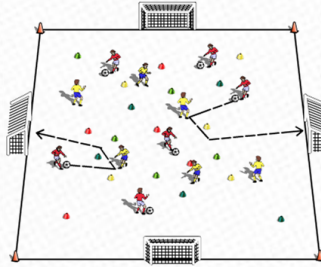
Place two large cones midway between the triangles. Now, the player passing long continues their run and provides passive pressure to the player receiving the ball. This forces the receiving player to take a positive first touch out into space past the defender and make a quick pass in before they repeat the process and follow their pass. On toes ready to receive the ball. Balanced. Positive first touch. Move quickly into the open space.



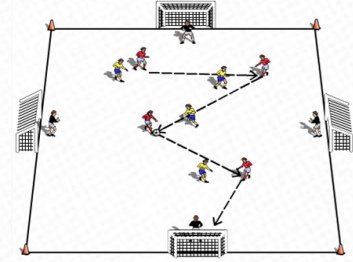
## Week 3 // Session 3 // Touch & Technique



Create a 30x30 yard area, players place four markers down (two different colors). One player goes between the gates and feeds out to a partner. The one who is facing the gate receives the ball and moves in the direction dictated by the player passing the ball who shouts a color. Progression, player takes first touch away from gate indicated and second touch towards gate indicated. How quickly do players react and body shape to receive



In the same 30x30 yard area, add four goals and four different colored markers. Players in pairs one ball between 2. Yellow passes to partner (Red) and shouts a color. The player receiving ball must take his 1st touch towards the color of marker shouted. Progress to controlling to color and shooting at goal. Players should be looking over their shoulder and use their upper body for balance and protection. How are they receiving the ball?



Now, Players are in three teams of 4. Teams shoot in opposite goals (i.e. Reds up and down, Yellows left and right). When the team have possession, they can use the extra goalkeepers as wingers/wide players. The wide players must remain in goal and cannot score. Rotate groups every 3-5 minutes. Encourage quick play, quickness of attack and transition, change of pace, keeping ball in possession and creating angles of support.



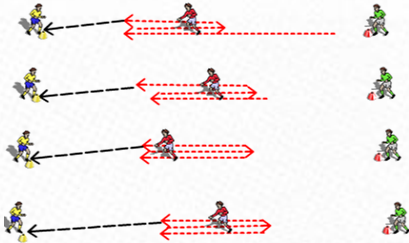


## Week 4: Turns

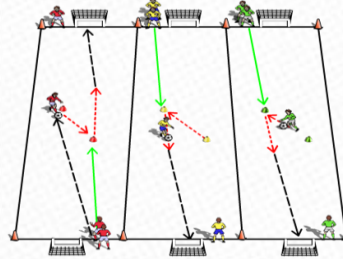




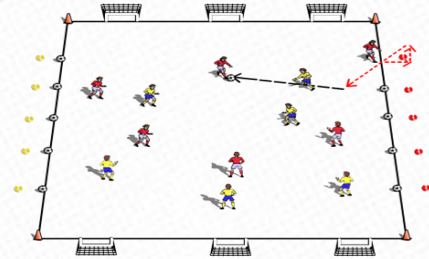
## Week 4 // Session 1 // Turning with the Ball



Players stand 30 yards apart and work in groups of 3. Two players move around the area at the same time. In the middle of their run they perform a series of turns (Cryuff, Inside Cut, Outside Cut, etc.) then continue on to play a pass to the next player. Play is continuous. Encourage players to take soft touches, lift head for awareness and control speed of movement. They should be trying to change speed and direction as fast as possible.



Create channels measuring 15x30 yards. Ball is passed towards the far away player in center player who passes follows his pass and takes over this role. Player controlling pass takes touch towards player and performs a turn. The player then dribbles toward opposite goal and shoots. They will then join opposite group. Play now starts end that goal was scored. Players should use quick, sharp change of direction. Low and accurate shooting.

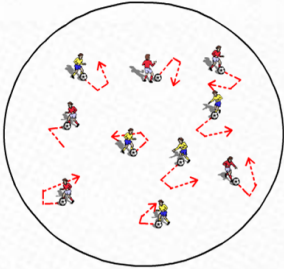


Remove the channels and play 6v6 on one large field. Place 5 balls down either side of the field and an additional cone 5 yards behind the ball. Players play until the ball goes out of play or a goal is scored. When this occurs, players dribble round an outside cone performing a turn of their choice and bring the ball back into play. Play is continuous. Encourage width of play. Changes of speed and direction. Awareness of space. Close control.

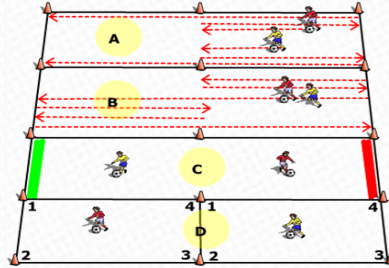




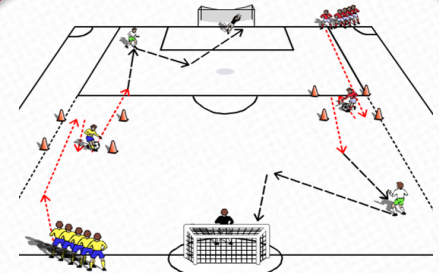
## Week 4 // Session 2 // Turning to Attack



Players dribble around area performing Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus more on Cryuff Turn in preparation of following skills practice. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used. Players should shield ball from opponent. Technique of skill. Disguise. Take ball away with opposite foot they turn with.



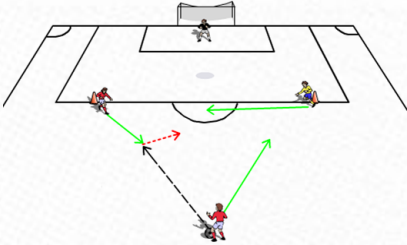
Players perform a number of turning activities which include; (a) Dribble & Turn (b) Dribble & Turn Passive Pressure (c) React, Dribble & Turn - players react to the call turn and race. (d) Dribble to numbers - Players dribble to combine numbers. We want to encourage the players to look over their shoulder and shield the ball from their opponent. Fake to strike the ball then hook ball back and behind standing leg. Turn Quickly. Accelerate away.



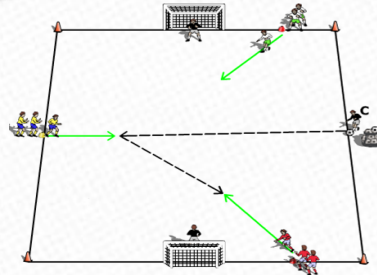
Players take it in turns to drive forward with a ball into the box and perform two turns. They must use both feet when performing different turns. After performing two turns, players then drive out the box and shoot at goal. The development is then progressed by playing a one-two with a target player. Players should exaggerate the movement to kick the ball. Turn body slightly inwards before tapping ball behind standing leg.



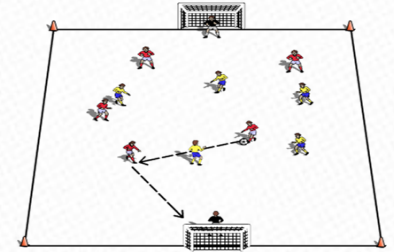
## Week 4 // Session 3 // Turning to Shoot



The player passes to a forward of their choice. The non-receiving player reacts quickly to defend the 2 v 1. To encourage the starting player to think about a good supporting run, the player passes back to a forward of their choice and must run back to get onside before joining his team mate for a 2v1. The non-receiving player becomes the defender. Off the ball movement. Move into space. Decision making. Decision making.



The coach passes across to the middle player who passes to a teammate of his choice and a 2 v 1 commences. The 2 players attack the goal facing the player who receives the pass. After each practice the defender becomes the new passing player for the next turn. Quick decisions/passes. Make runs for support. Use off the ball movement to draw away defenders. Use of imagination & creativity. Get the shot off quickly. Don't ball watch.



Play a game and look for situations where players can use a 2 v 1 against a defender. To do this the players must support passes, makes runs off the ball and look for one-tuos and overlaps. To get more 2 v 1 situations you can limit the number of defensive players allowed in the final third of the pitch. The emphasis is on the 2v1's in the final third. Support the ball. Decision making. Choice of passes from team-mates support & movement.





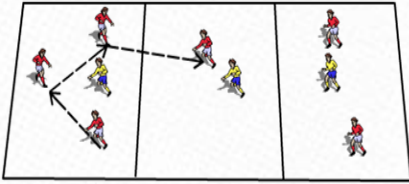
## Week 5: Possession



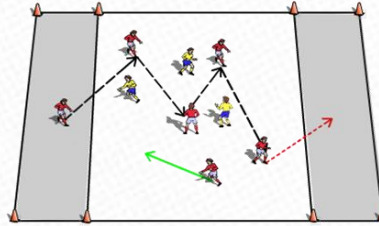




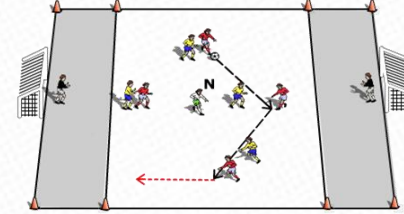
## Week 5 // Session 1 // Maintaining Possession



The ball starts in the bottom zone with a 3v1 situation. The passers must complete at least three passes and then one passer dribbles the ball into the middle zone to create a 2v1 situation. In the middle, the two passers have to combine to beat the defender and, again, one of the passers dribbles into the next zone to create a 3v1. The practice continues but in the reverse direction. Players need to be constantly open.



Use six players as passers and three players as defenders, as in the middle picture. The passing team tries to keep possession of the ball by working it from one safe zone to the other. The passing team cannot be tackled in the safe zones. When receiving a pass from the safe zone, the team cannot pass back. It must be positive and head towards the opposite end zone to score a point. Players should be looking to open their body to receive, and connect quickly.



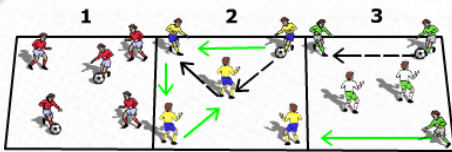
**Game 1:** Team A is leading 1-0 and cannot score a goal until team B scores. Team A can use either goalkeeper and the neutral player to keep possession of the ball. If team B regains possession, it can score in either goal. If successful, the rules are reversed and team B is now winning 1-0. Goalkeepers are not allowed to be tackled inside their zones.

**Game 2:** Play a small-sided game and use a neutral player, who plays for the team in possession. 10 passes = 1 point



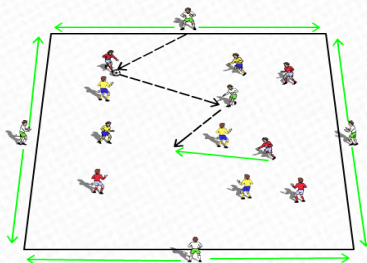


## Week 5 // Session 2 // Combination Play

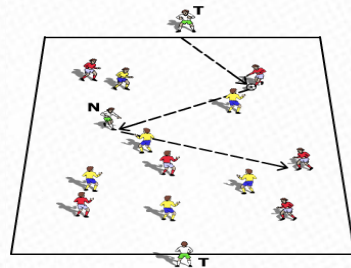


- 1) Two Balls Players Pass & Move looking to use space.
- 2) One/Two Balls Players to keep one player central at all times
- 3) 3v2 Possession. Players must switch corners to offer support

Players are split into two teams. In their teams, they have two soccer balls. They perform a number of passing and moving exercises. 1) Pass & Move; 2) Run into a Take-Over; 3) Pass and Pressure the ball; 4) Three Pass Combination play. Ensure to incorporate dynamic stretching into this phase. Perform stretching exercises between the passing activities. Keep the tempo high and the ball is always moving.



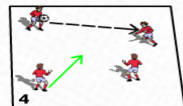
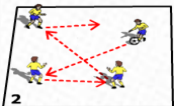
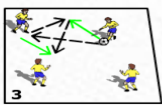
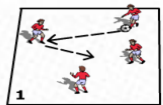
Players remain in their three teams, One group, white have four players on the outside with one in the middle. Yellow and Red compete against each other for possession. When they are in possession, they red or yellow team may use the outside players to maintain possession of the ball. 10 Passes = 1 Point. Progress to passes to target players do not count and the 10 passes must be accumulated in the middle of the area.



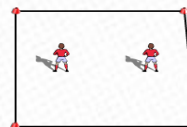
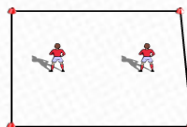
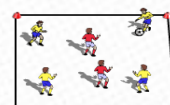
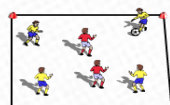
Players are organized in two teams with two target players and a neutral player in the middle. Both teams look to maintain possession and get a point for each time they successfully build up the play and pass to the target players. Apply two touch rule. To encourage combinations, play must go through the neutral. Encourage good movement off the ball and for players to find space to receive and re-direct play. Keep the tempo high



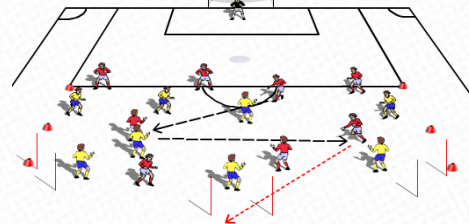
## Week 5 // Session 3 // Retaining Possession



Players are split into four groups of four. In their teams, they have one ball. They perform a number of passing and moving exercises, progressing to keep-away, i.e. 1) Pass & Move Quickly; 2) Run into a Take-Over; 3) Combination Passing; 4) Juggle and Pass. Ensure to incorporate dynamic stretching into this phase. Keep the tempo high and think about the players body position when receiving the ball.



Players are split into two groups of 4v4. Yellow start with possession and two reds go in to try and regain possession in a 4v2 situation. If red win the ball, they switch back on their team-mates and two yellows go in to hunt the ball. Points are scored by the number of passes each team manages to make. 10 passes = 1 point. Ensure players are looking to open their hips and always be facing inwards and players should be creating angles of support



Players are organized in two teams with three target goals setup and one large goal. Reds defend the large goal. Their objective is to dribble through one of the three gates. If they do, yellow must transition quickly to defend the big goal and red begin to attack. Yellow then attack the target goals. Play is continuous. Are the players able to penetrate the opposition through possession and recognize the moments to recover/attack weak side and support



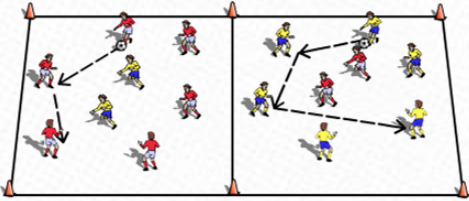


## **Week 6: Defending**

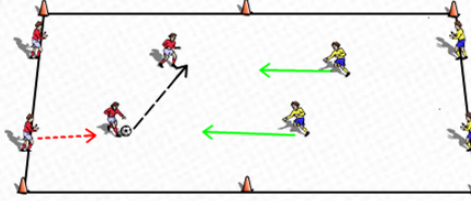




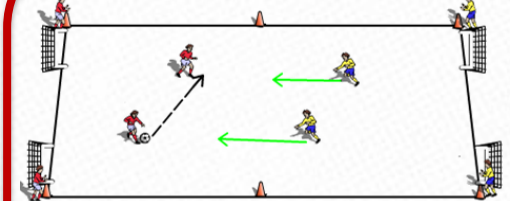
## Week 6 // Session 1 // Defending in Pairs



Players start by playing a 6v2 possession game. First defender puts pressure and channels. Second defender directs and supports/covers. If the defenders do not succeed, the attacking players must use a minimum of 2 touches. You can work players in pairs throughout for a set time period. Incorporate dynamic stretching as the activity progresses. Players should be communicating to try and find a way to regain possession.



Mark out two channels with 4 players on each side. To start the drill, one of the players begins by dribbling in. In the beginning the attacking players must pass the ball between each other a couple of times before they try and go past the defenders. They should try to penetrate the opposition end line whilst remaining onside at all times. How are the defenders positioning themselves in relation to the opposition to the attackers? Pressure and cover.

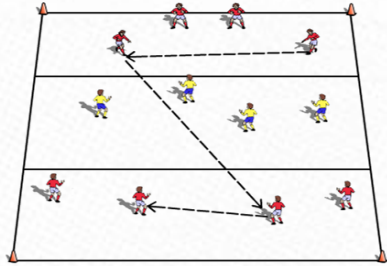


Add four goals (two on each end to the previous activity. Now play is continuous and teams play to goals on each others end lines. If the other team win possession then they attack the opponents goal. One team starts and their opposition comes in to defend as before. Now players have the option to shoot on target goals as well as pass or dribble to penetrate. Defenders must look to prevent the attacks and look to regain possession quickly.

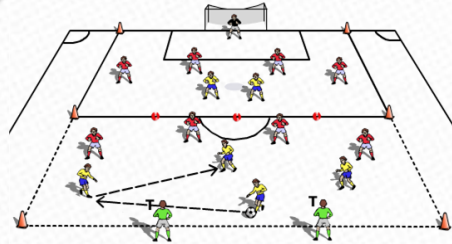




## Week 6 // Session 2 // Defending From Midfield



Now divide the area into a three zones (i.e. 3x 10x30yard areas) and have a team of four players in each zone. The players in the middle are the midfielders - the focus is on them and their positioning. Players on the outside should switch the play quickly and see how quickly the others can react. Look at how they close the ball down and offer support, cover and balance. Where are the players in the middle zone positioned?



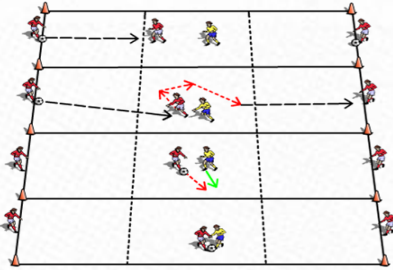
Play starts in the midfield in a 5v4 situation. They must attempt to play the ball to the strikers and try to score. Defensive unit must attempt to deny any penetration into the strikers. If defending players win possession they then must hit one of the target players quickly. One of the target players can move forward to assist the strikers. Target players act as holding midfielders. How do the defenders move in relation to the ball.



Play on a full half field with three target goals along the halfway line. Players are setup to play in this particular formation although players are allowed to move freely in and out of their positions. The only condition being that they go back into their area after the play breaks down ( i.e. when a goal is scored). Players should be encouraged to play freely. The defenders need to show the attackers away from danger and press quickly when opposition have the ball.

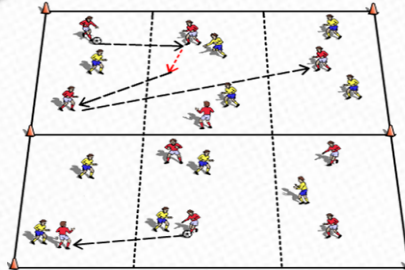


## Week 6 // Session 3 // Marking Opponents

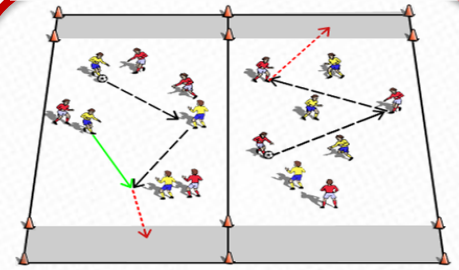


In a 30x10 grid play 2v2 target zone. The players on the outside act as servers and targets. The players on the inside start in the middle third. One player receives from his partner and the objective is to turn and pass to the target player at the other end. The process is then reversed. Players are rotated so all get to practice marking.

Coaching Points: Moving to apply pressure. Don't let receiving player turn to attack.



Bring two grids together and increase the numbers to 2v2 in the middle and 2 targets at each end. Increase this again by allowing one of the outsiders to join in after the first pass to make 3v3 in the middle. Now they will develop marking and covering. Players must move quickly into position. Player position between opponent and your goal. Close to opponent. Deny Space & Time. Are the players ready to intercept the ball but don't commit unless they're sure.



Increase the pitch size to allow for a 4v4 game with end zones. There are no goals or keepers so the team in possession must try to achieve penetration into the opponent's end zone. It is vital that players are looking to block the runs and stop their team-mates from getting into that end zone area. Are the players concentrating when they are in possession? Are they working as a unit? Communication. Always on toes..



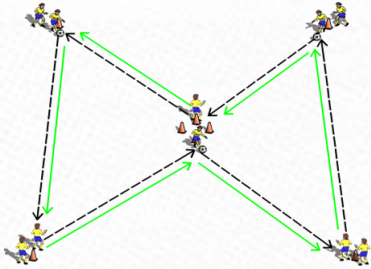


## Week 7: Attacking

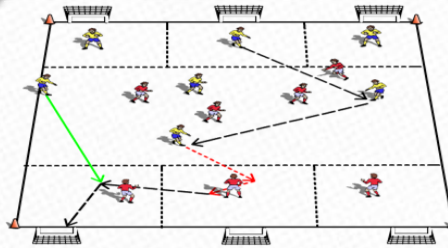




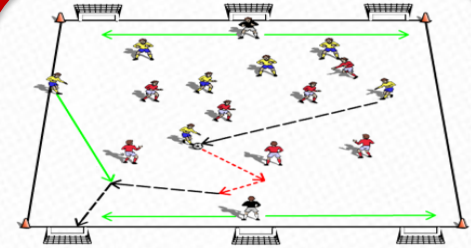
## Week 7 // Session 1 // Attacking From Midfield



Players are organized around the box as shown. They pass and follow their pass. Start with two soccer balls and try to build up to four working simultaneously. Be sure to work the players both ways so it emphasizes using both the dominant and weaker foot. We want a good warmup focused on technique and incorporate dynamic stretching. The quality of the passing also has to be emphasized. Make sure players are taking a positive first touch



Organize the players in two teams. One set of players play a 4v4 in the central zone and three act as defenders in front of three mini goals. The idea is that players will encounter a 1v1 situation before scoring, however they can pass into another zone to an advancing teammate. Quick transitions are required. Keep the intensity high. How can the players influence the intensity of the game? Do players angle their run and create supportive opportunities?

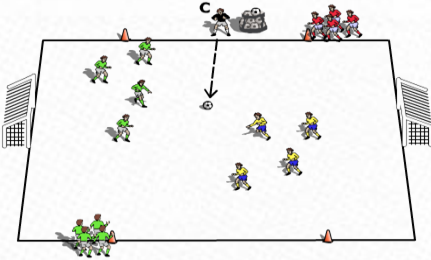


Now remove the end zone boxes and place the goalkeepers in front of the three goals. Goalkeepers have to shift with the play. The game is now 7v7 on the field with the objective remaining the same to score in one of the three mini goals. Intensity is the key and we want to see the players moving quickly in support and in transition. Can the players move the ball to find space both in the wide areas and centrally? Are they looking to combine?

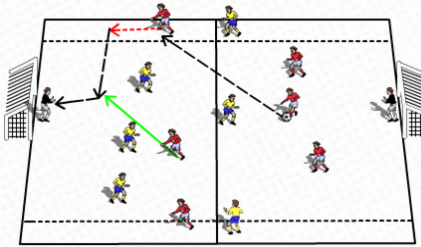




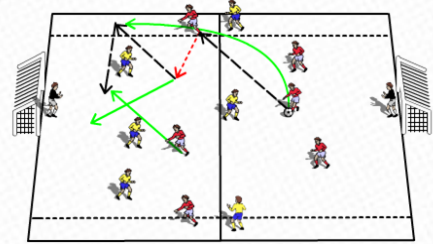
## Week 7 // Session 2 // Attacking From Wide Areas



Players are split into four groups. Each team is given a different color. When the coach shouts two colors, they come in and play. Coach feeds the ball and dictates the tempo of the activity. Play is continuous. We are looking to see if players can identify and recognize where the space is and where to play the ball quickly. Are players looking for space as they move around the area? Are they using disguise to keep control of the ball?



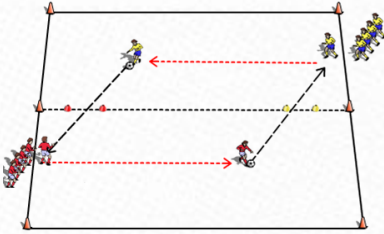
Players are now in two teams. The objective is to get the ball into the wide channels and have the player cross into the advancing players. Players need to transition quickly from attack to defense and react to where the space is on the field. The wingers should always be dropping back to the halfway line on each team. Does the supporting players angle their run and create supportive opportunities for his team-mate? Are the players communicating going forward?



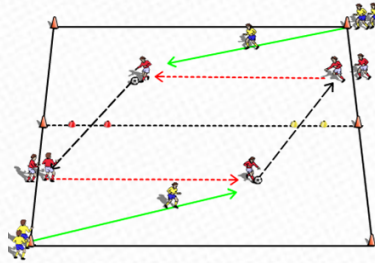
Same as the previous activity but now the player who passes out makes an overlapping run. The player who receives the ball dribbles into the middle area and plays normally within the game. Does the supporting player make runs for support and use their off the ball movement to draw away defenders? Players should be using imagination & creativity to find ways to beat the opposition defense. Shots have to be quick and players can't ball watch.



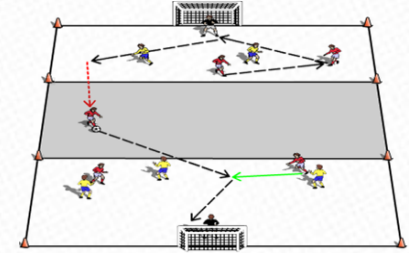
## Week 7 // Session 3 // Breaking Forward



Setup a 30x40 yard area. Players should be split into two teams, starting diagonally opposite. First player dribbles and passes through the markers to another player second player, who repeats the drill on the opposite side. Once a player has completed a pass they join the second line. Introduce a second ball once the players get into a rhythm. Good first touch forward. Use the space. Laces to push ball forward. Focus on speed.



Teams are split. One team works with the ball (attacking fullback) and the other works without it by making a recovery run (defensive fullback). Reds, repeat the previous exercise but now yellows give chase as though they have lost possession and are trying to recover the ball from the opposition. Start out with passive pressure and progress to asking players to challenge for the ball. Alternate groups so players do not become fatigued..



Split the playing area into 3 zones. Play with a keeper and three defenders in each end-zone, leave the middle free. After 3 passes, one of the defenders can dribble to the middle zone but can only take two touches before making a pass to one of the attackers. When the other team recovers possession, the defender returns and the process repeats itself. Encourage quick decisions (i.e. Is there space to play into?). Head up. Run forward quickly.



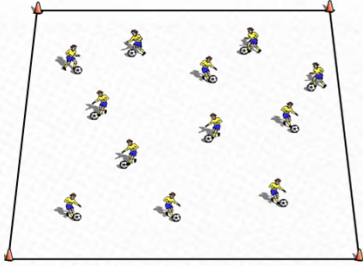


# **Week 8: Ball Retention & Movement**

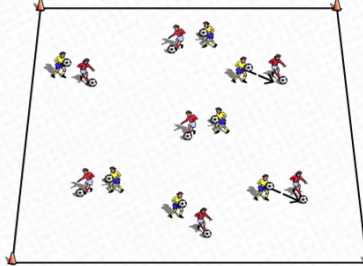




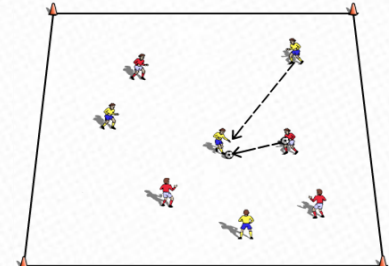
## Week 8 // Session 1 // Shielding the Ball



Players dribble around area performing Inside Cut, Outside Cut, Slap Cut Step Over & Turn and Cryuff Turn. Focus on moving into space and dribbling to penetrate. Area size depends on numbers. Show picture where the move can be executed on the pitch. Ask players where moves can be used. Now, play king of the ring. Players are asked to kick each others soccer ball out of the box whilst maintaining possession of their own.



One player has a ball in their hand, the other with a ball at their feet. The objective is for the player with the ball in hand to hit the ball on the ground. The player in possession of the ball on the ground must shield the ball and protect it to maintain possession. Progress to the player trying to actively win the ball using their feet only. Players compete with each defender recording the number of times they win possession. Ensure the group are all competing.

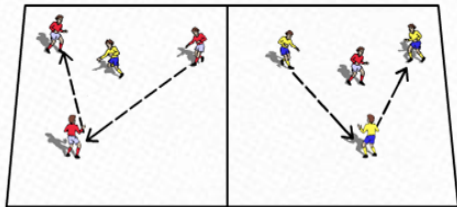


Players play in a 20x30yard area. One team tries to keep possession of the ball on the ground. The other has the ball in their hands. The players with ball in hand try to strike the opponents ball. If they are successful, teams rotate roles. Emphasis is on using the shielding technique to maintain the teams possession of the ball. Players should be moving constantly to support the play and create a passing channel. How do players movement affect the play?

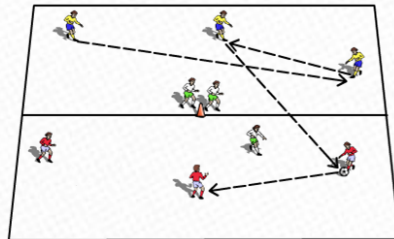




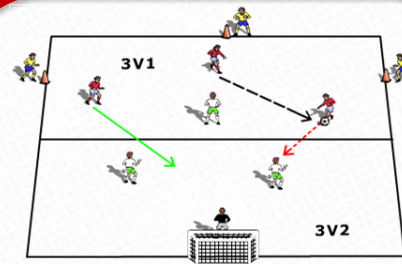
## Week 8 // Session 2 // Possession Build Up Play



Players are organized in groups of four and play 3v1 keep away. The main objective is getting the players comfortable on the ball and look at the off the ball movement. Are the players moving off the ball? Are they comfortable on the ball? Do they take a good first touch? Incorporate dynamic stretching. Are players looking for space as they move around the area? Are they using disguise to keep control of the ball?



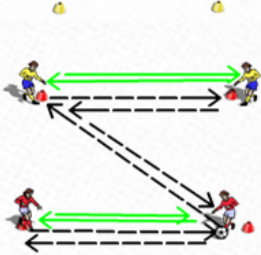
The team in possession must make three successful passes in a 3v1 situation, before playing the ball across to the opposite side. The practice works as a continuous game with the teams gaining a point for each successful completion of the three passes. The team in the middle tries to win possession. If successful, they replace the team that lost the ball. Are the players connecting well communicating with each other?



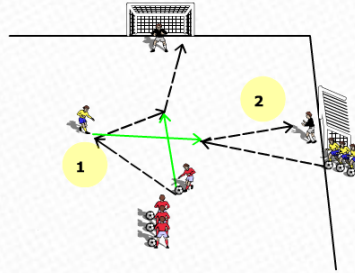
Now the players are comfortable keeping the ball, can they go forward to attack the opponents goal? In this practice the pitch is split into two zones. The first zone is 3v1 and the team must make three successful passes before breaking forward into the 2nd zone and facing a 3v2 situation to score. Does the supporting player make runs for support and use their off the ball movement to draw away defenders? Use of imagination & creativity.



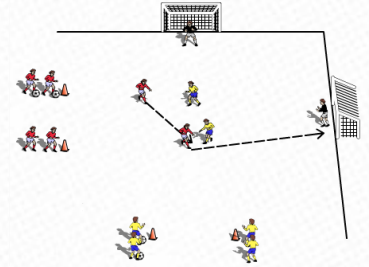
## Week 8 // Session 3 // Combination Play (Inc. Finishing)



Players work in groups of four with one on each corner of the box. They play a one-two and then play to the other pair (shown as red and yellow). After making the pass the players rotate positions and await the next ball. Incorporate driven passes and increase distance by adding two cones for one pair to move back to. Look for the timing, weight and accuracy of the pass. Are players able to receive and pass?



Players should be split into two teams, One group (red) start facing goal one and the other (yellow) start next to goal two. The first player plays a quick one-two as shown in diagram 1. after passing back, the receiving player runs and shoots towards the other goal. A yellow passes in for the shot. Players constantly rotate positions. Are players taking a positive first touch and shooting quickly? Can the players hit the target with power and accuracy?



Players are organized in two teams. They take it in turns to attack and defend the two goals that were setup from the previous activity. The idea is that the players will attack quickly and then make a quick transition into defense. Players have to think about where to position themselves. Play is continuous. Can players transition quickly from attack to defense? Are players lifting their heads to scan the field? Are they hitting the target?





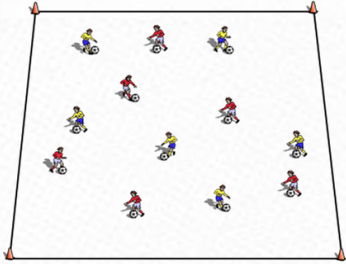
# Week 9: Communication & Awareness



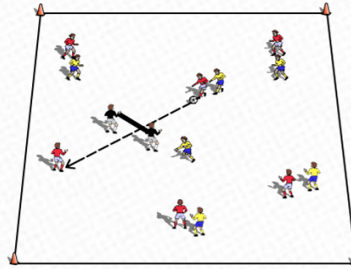




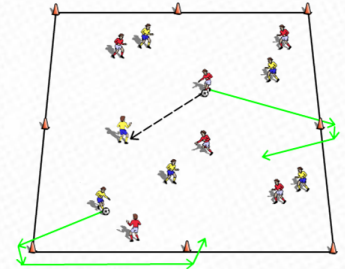
## Week 9 // Session 1 // Developing Awareness



Setup a 20x20 box. Players will develop a comfort level on the ball while moving and changing directions. Every time a player tags another player on the shin they will receive a point. Every time a player gets tagged they subtract a point. Players need to develop an eye for getting in and landing a tag, while at the same time they must explode away from that area so they won't be tagged. Play is continuous.



Two players hold a pinnie between them. They hold the pinnie tight with one arm forming a goal. The players are allowed to walk at a steady pace changing directions on a whim, making it a bit of a challenge for both teams to score. Divide the players into two equal teams. Change goal posts every three minutes. Only one ball is needed. Teams play against each other and must pass to someone else before they can score again.

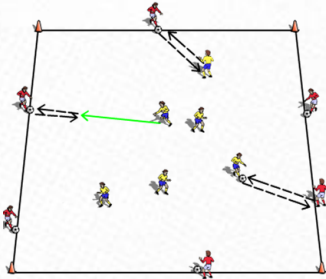


Use a 20x20 yard area with players in equal teams. After players have made a pass they must immediately turn and find the nearest cone and touch it before getting involved in the next play. To progress the activity you can limit the number of touches and then you can get the players to move out to one cone and re-enter the grid at another cone. Red passes to yellow, then yellow passes to red. Players should always be moving. Play is continuous.

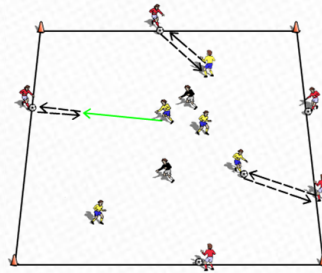




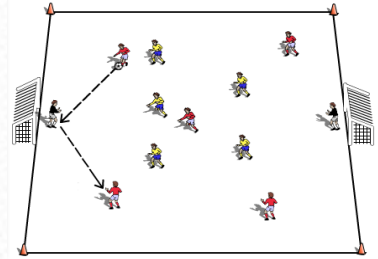
## Week 9 // Session 2 // Communication & Technique



The central players continually move around inside the area and receive passes from the outside players. While doing so they have various calls to work to. The first is that players must call their teammates name when receiving the ball. The second is 'man on' meaning they have to receive and pass quickly. They then have the command set, which will see a 1-2 from the side player and finally 'time' meaning they should turn and dribble.



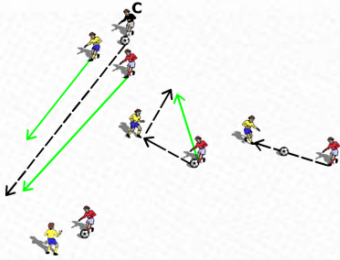
One pair now becomes the defenders. They apply pressure and challenge the receiving players for the ball. Now the information has to be accurate from the players feeding the ball in. It is important that the players are always moving and finding the space/creating the angles. Rotate players regularly to avoid fatigue. Defenders should work together. Are they communicating to work together? Are players passing and receiving correctly?



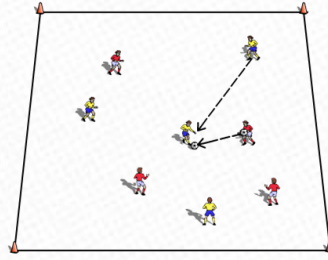
Players are now split into two teams. One team looks to maintain possession, whilst the other tries to score in either of the two goals. Rotate teams after 5mins. The team keeping possession should communicate well to sustain the prolonged pressure and the attacking team should be trying to score as quickly as possible. Encourage quick decisions, changes of speed and direction combined with communication to find opportunities to score.



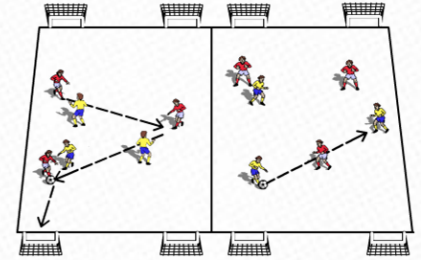
## Week 9 // Session 3 // Communication & Awareness



Players stay in their pairs from the previous activity. To begin with, players are asked to keep the ball off the ground using various body parts. This progresses to the coach kicking the ball away and getting players to bring the ball back in a particular way. There is no field restrictions. Players must find the coach. To progress, then throw the ball away and give the players a number. They must make that number of passes before returning



Players play in a 20x30yard area. One team tries to keep possession of the ball on the ground. The other has the ball in their hands. The players with ball in hand try to strike the opponents ball. If they are successful, teams rotate roles. Are the players communicating to identify the potential problems and defenders? Are they offering each other good, quality information to ensure that the players are able to retain possession?



Players play in a 20x30yard area. The players play two simultaneous games to ensure maximum participation. The game is designed to get them thinking about scoring in two different goals and encourage interaction. Can players see the problems [defenders] and find a solution [goals]? Emphasize the underlying message from the entire session: Communication, Cooperation and Coordination. Make sure players are working together.



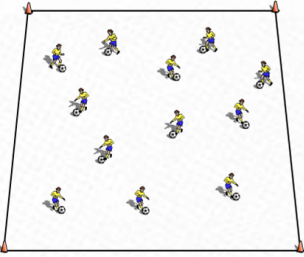


# **Week 10: Shooting & Finishing**





## Week 10 // Session 1 // Dribbling & Finishing

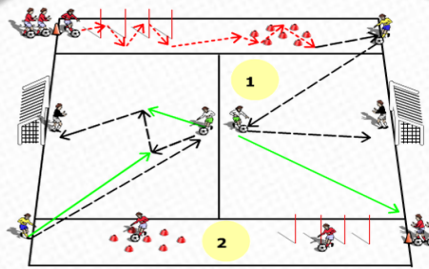


Players are organized in a 20x20 yard area. Each player has a ball. Players move the ball around the grid performing a number of moves such as the inside-cut, outside-cut, step-over, etc. Players should have their head up and be changing both their speed and direction when dribbling.

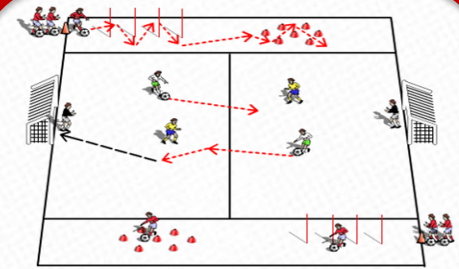
[Moves to Change Direction \(1\)](#)

[Moves to Change Direction \(2\)](#)

[Moves to Change Direction \(3\)](#)



Players work simultaneously. Red players dribble down the channel at the side of the pitch. They slalom through the poles, then use quick feet through the crazy cones before passing to Yellow at the far end of the channel. They pass quickly to White who shoots on goal. Vary this 1) Shoot on goal; 2) Combine before shooting on goal. Players rotate positions. Try to introduce as many balls as possible to keep the session flowing.

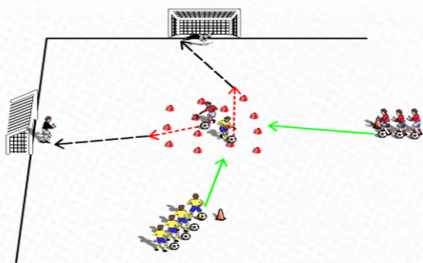


After the white player has shot at goal, you or an assistant coach should pass them a second ball. The white player then turns and dribbles into the opponent's half of the pitch. Now, the yellow player from each team must react and defend in a 1v1 situation, and stop the player from scoring. Ensure the exercise is kept at a high intensity. Is the supporting player looking to move into space? Are the pairs able to play quickly and shoot?





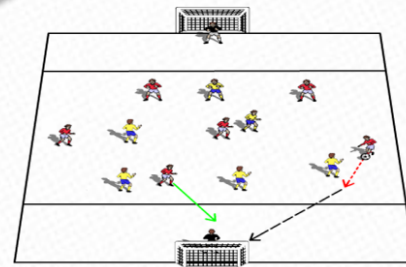
## Week 10 // Session 2 // Dribbling to Shoot



Players each dribble a ball on to the pitch. They try to use close control and quick footwork to go in and out of the cones then take a shot at their respective goal. Players collect their ball and repeat. Are the players keeping the ball close to them? Are they taking soft touches? We want them to be getting on the ball and moving at pace whilst also looking to finish. Are they able to shoot on target and score?



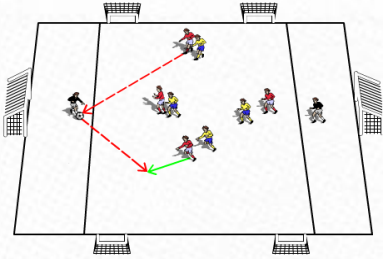
Play on a 40x30 yard field. In one half, mark out a 10 yard square area and have a goal at the opposite end. Players play a 4v2 and on command, they dribble the ball out of the area and towards the halfway line. They should bring the wide players into play and make a quick attack using the channels. One player advances to create the overload. Can the players play quickly to release the attacker and create a goal-scoring opportunity?



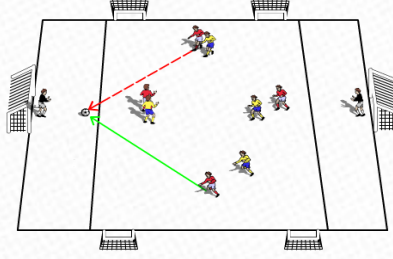
Play in a 60x40 yard area. There are two end zones 15 yards from goal. In the first half, players must dribble into the end zone before they can shoot. Emphasis will be on using the wide players to get in behind the opposition defense. In the second half, shots must come from distance. End the session with free play. Are the players looking to take a player on and get in on goal? Award 2 points for scoring from wide areas or beyond the line.



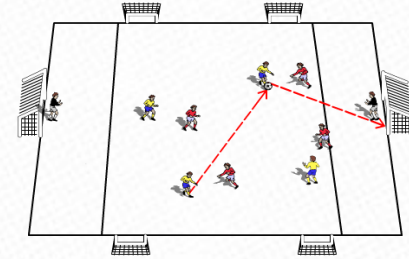
## Week 10 // Session 3 // Shooting & Finishing



Play a small-sided game with no designated goalkeepers. Have two neutral players in the wide areas. Neutral players always play with the team in possession and can use the full length of the field. Players aim to score in either one of the oppositions two wide goals by utilizing the 'numbers up advantage. Players must move quickly and think of the angles of support and how to score by creating a numbers up situation.



Setup a 50x30 yard field with end zones. The game is played mainly in the central zone. Players look to find an opening and make a pass into their opponent's end zone. When they pass to a team-mate inside the area, they must finish with their first touch. The end zone is the 'last man'. Enforce the rule and see if the players can come up with creative ways to beat the offside trap. Keep play continuous and ensure the tempo is kept high.

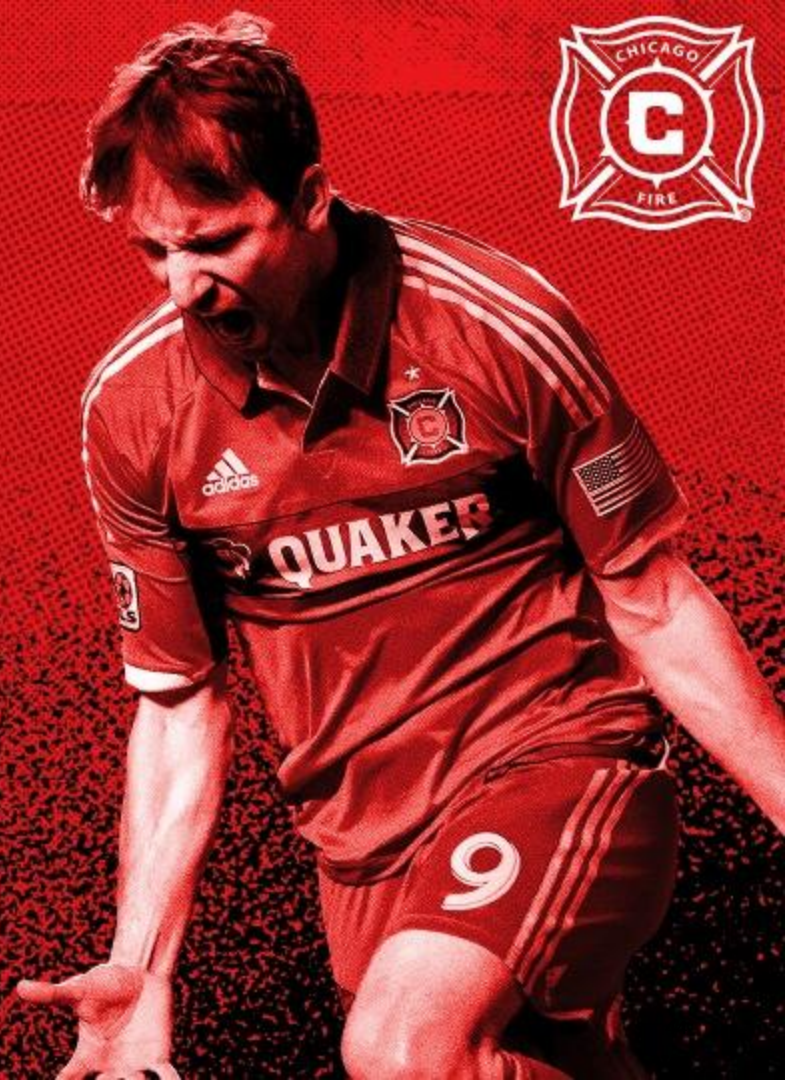


On a 50x30 Yard Field, players adapt the previous activity but now they can only shoot from outside the area. This challenges them to find quick solutions and find space to get shots on target from distance. Off the ball movement is important. The emphasis is place on creating angles and our speed of play to get the opportunities to shoot on goal - Importance is placed on hitting the target. Can players move the ball quickly and find shooting angles?



# Player Education

- At Chicago Fire Soccer Club, we actively encourage our players to be role models on and off the field.
- Keeping yourself in top condition off the field is just as important as what you do on it.
- Players should review the supplementary documents and see how much you can implement into their daily lifestyle







## Week 1 // Game Preparation

Proper nutrition can help delay or minimize fatigue, helping a soccer player to perform better for longer, leading to improved results for both the individual and the team.

1. Be fully prepared with the correct foods and drinks before leaving for training or competitive matches. Leave nothing to chance.
2. When travelling away, check the availability of food or the frequency of food stops with the team management and supplement with suitable food snacks where necessary.
3. Take a supply of portable, high carbohydrate foods e.g. cereal bars, fruit, sandwiches, boiled sweets, jelly confectionary, sports drinks.
4. Ensure that you are properly hydrated. Always travel with an adequate supply of fluids, ideally in the form of still sports drinks (Lucozade Sport, Powerade, Gatorade etc). Travel to matches with at least 1.5 litres (or 3 X 500 ml bottles) of drink and consume at least 500 ml two to three hours prior to kick off.
5. Make sure that you don't get too hungry that you end up just eating what is available rather than something more suitable that will meet your requirements.
6. Try to consume small quantities of food frequently rather than large quantities of food all at once.
7. Have a high carbohydrate snack as soon as possible after matches and training.

Suitable foods for travelling include;

- Sandwiches, rolls, French sticks, bagels
- Jaffa cakes, fruit cake, sponge cake
- Cereal bars, muesli bars, low fat energy bars, etc.
- Fresh fruit – grapes, pears, bananas, dates, apples, orange fruits
- Canned fruit with flip top openers – mango is an ideal half time fruit
- Low fat milk shakes, Low fat yoghurt
- Boiled sweets and jellied confectionary
- Sports drinks, water, squash, liquid meal supplements, soft drinks (avoid fizzy soft drinks as these may lead to indigestion.)
- Fresh, canned and dried fruit are all excellent travel foods for soccer players

### Player Checklist

- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Soccer Cleats | <input type="checkbox"/> Team Jersey  |
| <input type="checkbox"/> Shin Guards   | <input type="checkbox"/> Team Shorts  |
| <input type="checkbox"/> Gameday Bag   | <input type="checkbox"/> Team Socks   |
| <input type="checkbox"/> Soccer Ball   | <input type="checkbox"/> Water Bottle |







## Week 2 // Nutrition

You should always look to take care of what you put into your body. The following advice has been designed to make sure you have the right information before taking your weekly meals and give you choices on creating a healthy, balanced diet.

### Snacks

When having snacks you should always look to have a fruit, vegetable, or whole grain as a snack. This provides nutrients are essential for growth and learning. It also helps you stay focused in school and during after school activities because it will keep your energy levels up. Some things you should try as snacks are;

- Whole-wheat pretzels with spicy mustard
- String cheese and whole wheat crackers
- Rice cakes with peanut butter and raisins
- Fruits and vegetables
- Plain popcorn and raisins
- Low-fat, chewy granola bar

### Balanced Diet

Choosing from all five food groups will increase your chance of making sure you get all the nutrients that are needed for a healthy, balanced diet. It also helps you keep your intake of substances like fat and salt at moderate and healthy levels. You should;

- Make your plate as colorful as possible
- Try new vegetables and fruits
- Don't eat the same meal more than once a week
- Substitute a crunchy vegetable for chips and lunches

### Healthy Breakfast

Eating a healthy breakfast helps you to refuel your body, control weight and prevent you from eating unhealthy snacks mid-morning. For breakfast you should try eating;

- Non-sugary cereal (ready to eat or hot, instant types) with fruit and yoghurt or milk
- Toasted bagel or English muffin with peanut butter or low-fat cheese and a piece of fruit
- Toasted waffle topped with fruit and yoghurt
- Fruit-filled breakfast bar and yoghurt
- Milk, fruit and yoghurt blended for a breakfast shake



## Week 3 // Bullying

Bullying is repeated aggressive behavior that can be physical, verbal, or relational. Boys frequently bully using physical threats and actions, while girls are more likely to engage in verbal or relationship bullying. The results are similar:

- You are made to feel hurt, angry, afraid, helpless, hopeless, isolated, ashamed, and even guilty that the bullying is somehow your fault. You may even feel suicidal.
- Your physical health is likely to suffer, and you are at a greater risk of developing mental health problems such as depression, anxiety, low self-esteem, or adult onset PTSD (post-traumatic stress disorder).
- You're more likely to miss, skip, or drop out of school to avoid being bullied.

The most damaging aspect of bullying is its repetition. Bullies are often relentless, bullying over and over again for long periods of time. You may live in constant fear of where and when the bully will strike next, what they'll do, and how far they'll go.

### Types of Bullying

#### PHYSICAL BULLYING

- Hitting, kicking, or pushing someone...or even just threatening to do it.
- Stealing, hiding, or ruining someone's things
- Hazing, harassment, humiliation. Making someone do things he or she doesn't want to do.

#### VERBAL BULLYING

- Name-calling
- Teasing, taunting
- Insulting or otherwise verbally abusing someone

#### RELATIONSHIP BULLYING

- Refusing to talk to someone
- Excluding someone from groups or activities
- Spreading lies or rumors about someone
- Hazing, harassment, humiliation. Making someone do things he or she doesn't want to do





# Player Education

## Why would someone bully you?

Research shows that about 25 percent of kids experience bullying, so you're not alone. While there are many reasons why bullies may be targeting you, the main reasons are usually your physical appearance or social standing within your peer group.

If you are being bullied, remember;

- **Don't blame yourself. It is not your fault. No matter what someone says or does, you should not be ashamed of who you are or what you feel.**
- **Be proud of who you are. Despite what a bully says, there are many wonderful things about you. Keep those in mind instead of the messages you hear from bullies.**
- **Get help. Talk to a parent, teacher, counselor, or other trusted adult. Seeing a counselor does not mean there is something wrong with you.**
- **Learn to deal with stress. Finding ways to relieve stress can make you more resilient so you won't feel overwhelmed by bullying. Exercise, meditation, positive self-talk, muscle relaxation, and breathing exercises are all good ways to manage the stress from bullying.**





## Week 4 // Hydration

**By staying away from sweetened drinks, you will reduce your risk of developing type 2 diabetes, lose or maintain your current weight and reduce the risk of developing cavities. You should;**

- **Choose water or low-calorie drinks**
- **Carry a water bottle**
- **Don't keep sugar-sweetened drinks in the fridge**
- **Serve water with meals**
- **Add slices of lemon, lime or cucumber to your water**
- **Add a splash of 100% juice to plain sparkling water for a refreshing, low calorie drink**
- **Choose the small size of a sugar-sweetened beverage**







## Week 5 // Health Tracker

You can do this with your family. Decide on what goal you want to work on for a week. Fill in the names of your family members. Use checkmarks to show who met the goal for each day of the week. Choose one of the following goals and fill it in the box below;

- |                  |  |                                       |
|------------------|--|---------------------------------------|
| <b>Nutrition</b> | • Did you eat a healthy snack?               | • Did you eat from all 5 food groups? |
|                  | • Did you eat a healthy breakfast            | • Did you resist sweetened drinks?    |
| <b>Activity</b>  | • Did you get one hour of physical activity? | • Did you try a different sport?      |
| <b>Safety</b>    | • Did you wear protective gear when needed?  | • Did you buckle up?                  |
| <b>Sleep</b>     | • Did you have a healthy amount of sleep?    |                                       |

Daily Goal						
Name						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Notes:





## Week 6 // First Aid

The success of injury healing can be boosted by appropriate and timely action particularly in the early stages of an injury. The inflammatory reaction is something which should be treated immediately.

Tissue injury often involves damage to small blood vessels resulting in bleeding at the site of injury.

This bleeding leads to 4 main signs of inflammation;

1. Heat
2. Redness
3. Pain
4. Swelling







# Player Education

To boost the healing processes of an injury follow the PRICE Protocol;

## Protect

Protect the injured tissue from undue stress. Take body weight away from injured area. For more serious injuries use bandaging or splinting applied by a qualified 1st aider. Complete immobilization isn't usually required or desirable.

## Rest

Rest reduces any unnecessary blood flow to the injured area, ensures protection and optimizes healing. Use crutches, slings or sitting/lying down. Rest should begin immediately after the injury and for 3-5 days following - depending on the severity. Complete rest isn't necessary but movements need to be controlled.

## Ice

Apply ice immediately following an acute musculoskeletal injury. Use crushed or chipped ice, frozen gel pack or a bag of frozen peas. Ice can burn so place a damp towel between the skin and the ice pack. Ice therapy should be applied for 20mins and no longer every 3-4 hours. Check the skin every 5 minutes - if skin becomes white stop using ice and use cold, damp towel instead. Ice will help limit bleeding and reduce the accumulation of unnecessary blood protein.

## Compression

Apply a compression bandage such as Tubigrip to limit the unnecessary accumulation of inflammatory fluid and ultimately over production of scar tissue. Apply compression as soon as possible following the injury and continue for the first 72 hours.

## Elevation

Elevate the injured area as soon as possible following injury and for the first 72 hours. Elevation will lower the blood pressure and therefore limit bleeding encourages drainage of fluid through the lymphatic system.



## Week 7 // Goalpost Safety

The safety of all players is paramount while participating in any form of football. Recently the number of serious injuries and fatalities involving goalposts has risen due to inappropriate use of goalposts. We are committed to working to ensure that the dangers on goalposts are minimized and have studied best practice from around the world in producing this set of guidelines.

### Check It

- Make sure that the goalposts are in good condition and properly constructed.
- NEVER use homemade goals - they do not have the required safety feature.

### Secure It

- Goalposts regardless of size should be anchored securely to the ground.
- Portable goals must be pinned or weighted down to prevent any movement.
- Portable goals should be removed when not in use and stored securely.

### Test It

- Before use, responsible adults should make sure that the goalposts are stable.
- If the posts are unstable do not continue with their use until they have been stabilized and retested.
- If you are unsure of the safety of the goalposts you should seek professional help in further testing.

### Respect It

- Respect your equipment.

**Under no circumstances will anyone be allowed to climb, swing or play on goalpost!**







## Week 8 // Health & Fitness

The more physical activity you do will help you develop your basic skills ensuring that you also build a stronger heart and lungs. As you get older, it will help you lose or maintain weight, prevent injuries, energizes your body and improves your mood. As with anything new, before starting on any physical activity, you should;

- Start out slow and talk to your doctor before starting out anything new
- Try a new activity with family and friends to increase variety
- Try an alternative physical activity - don't just stick to soccer!
- If your using games consoles, use games that get you up and moving
- Cut back sedentary activity time by 30mins per day
- Record your favorite shows, then you can fast forward through commercials
- If you are watching live TV, get active during the commercials

### Getting the Right Amount of Sleep

Getting a healthy amount of sleep will help you to feel energized and alert. It will also help reduce stress, reduce the risk of heart disease, depression and strokes. It also helps to improve your memory meaning if you get enough sleep, school exams will become easier! The recommended amount of sleep for people is;

• Infants	16hours
• Babies & Toddlers	14hours
• Children (3-6years)	12hours
• Children (6-9years)	10hours
• Children (9-12years)	9hours
• Teenagers	9hours
• Adults	8hours

Looking for a fun way to get everyone active? See the next page for a fun and interactive game to try with your family and friends.



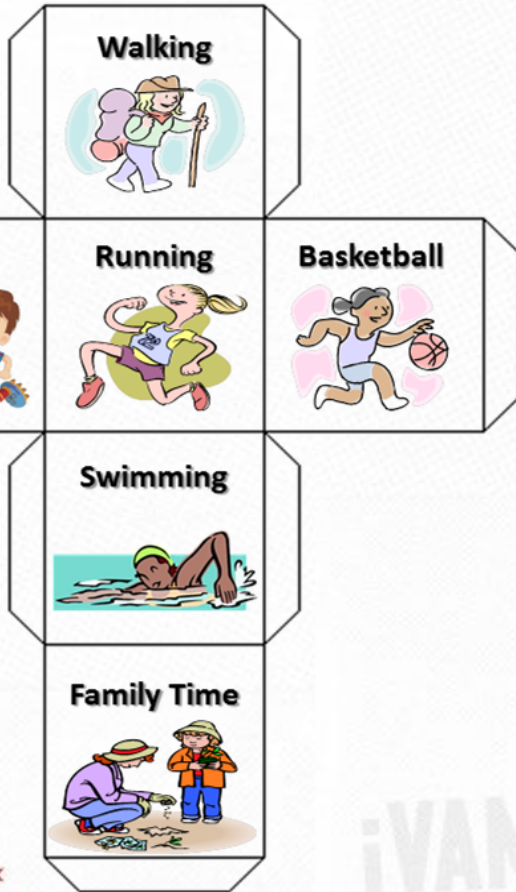
# Player Education

## Get Moving

Try this fun, interactive game with family and friends;

- Cut out the cube outlines.
- Fold the cut out on all the black lines and glue or tape the tabs to form a cube.
- Have one person roll the activity cube once.
- The movement that it lands on is the activity everyone has to do.

Have Fun!!!







## Week 9 // Internet Safety

You and your friends probably use the internet every day - but do you know about the dangers lurking in cyberspace? To try and help you enjoy the internet safely, then please consider the following points;

### Protect your personal details

Never give out any personal details online (such as your full name, email, home address, school name or phone number).

### Protect your email address

Use a free email service such as gmail or yahoo, and don't use your name or any other identifiable information.

### Tell someone

Always tell a trusted adult if you are worried or uncomfortable about someone or something online.

### Don't meet them in person

It's easy to forget that someone is still a stranger even though you've been chatting to them online and they feel like a good friend.

### Don't be a victim of "phishing"

Phishing is when an ID thief sends you an email or IM pretending to be your bank, or an online service like Paypal.

### Happy for all to see your profile?

Don't post anything in public that you don't want your parents, teacher, boss, college tutor, or boyfriend or girlfriend to see.

### Always report cybercrime

If you come across dangerous or criminal activity online, or you suspect someone is a predator or criminal, you should tell a trusted adult and the police.

### Think before you click...

Before posting something online, think twice. Many cyberwars start with a careless message.





## Week 10 // Soccer Homework

For the players at Chicago Fire Juniors West, this home training program has been designed to ensure players are being challenged to develop their skills off the field, at home, enabling them to become more technically proficient and better all-round soccer players.

### Right Foot Juggling

5    10    15    20    25    50    100

### Left Foot Juggling

5    10    15    20    25    50    100

### Alternate Foot Juggling

5    10    15    20    25    50    100

### Headers

5    10    15    20    25    50    100



## Instructions

- Players should complete each of the names activities on the left.
- After they can do the number of juggles as described, they can cross that number off.
- If a player gets more than the number shown, please write it in when submitting the scores to your coach.
- Players should attempt each of the activities once per day to ensure they are getting touches on the ball.