

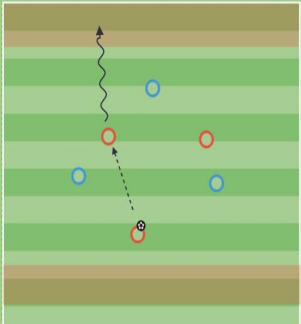
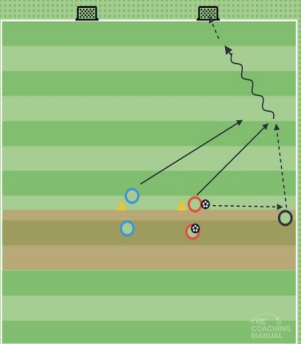
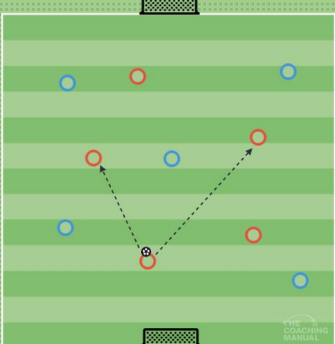
NORTHSHORE YOUTH SOCCER ASSOCIATION



U9 & U10 PLAYING 7 A-SIDE

TOPIC - 1 v 1 - Dribbling to Penetrate

DURATION - 75 Minutes

<p>1st PLAY PHASE</p> 	<p>OBJECTIVE - Introduce session topic.</p> <p>ORGANIZATION</p> <p>Field Size: 30x20 yards for 3v3 with 5yrd end zones. Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Players score a point by dribbling into end zone. - Split end zone into thirds. Middle third worth 2 points / Two outside thirds worth 1 point.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p> <p>KEY WORDS & GUIDED QUESTIONS</p> <p>Key Words—Take up space ; Praise good dribbling moves that avoid or bypass the defenders</p> <p>Guided Questions: What direction does defender move that opens space up for you? ; What size of touch should you take when you see defender moving away from you?</p> <p>Answer: Away from you ; A larger touch to increase speed of dribbling</p>
<p>PRACTICE PHASE</p> 	<p>OBJECTIVE - Practice dribbling to penetrate at quick speed.</p> <p>ORGANIZATION</p> <p>Field Size: 25x15 yards. 2 small goals Duration: 35 minutes (Alternate side of attack at half time) Defenders and attackers start 5 yards apart. Attacker begins by playing a pass out to the coach who then passes down the line. Attacker aims to receive the pass and score on either of the two small goals. If defender wins the ball they aim to dribble back to the starting end zone. * 1 point for goal scored * 3 points for goal scored after use of skill to beat defender</p> <p>KEY WORDS & GUIDED QUESTIONS</p> <p>Key Words - Quality of the first touch ; Change of direction and pace</p> <p>Guided Questions: When would you need to perform a move or change of direction?</p> <p>Answers: When defender has closed down the space to deny a forward option</p>
<p>2nd PLAY PHASE</p> 	<p>OBJECTIVE - Practice applying dribbling to penetrate within a game.</p> <p>ORGANIZATION</p> <p>Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’</p> <p>Play 5v5/6v6</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p> <p>KEY WORDS & GUIDED QUESTIONS</p> <p>Key Words - Encourage movements to get beyond the defender and praise quality first touches. Praise players who make choice to move ball away from defensive pressure.</p>

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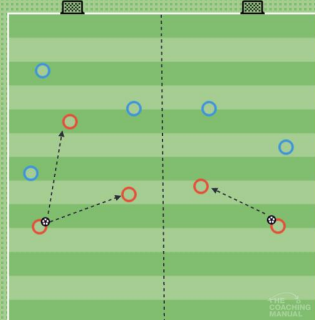


U9 & U10 PLAYING 7 A-SIDE

TOPIC - Shielding and Turning with the Ball

DURATION - 75 Minutes

1st PLAY PHASE



OBJECTIVE - Introduce session topic.

ORGANIZATION

Field Size: 20x30 yards for 2v2 and 30x20 yards for 3v3 with two small goals.

Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break.

Allow "Free Play". Try not to coach during this time. Ask guided questions about their play during the breaks.

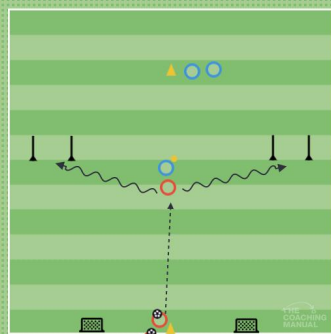
KEY WORDS & GUIDED QUESTIONS

Key Words - Protect ball ; Turn away from pressure

Guided Questions: When do you turn away from pressure? How can you escape when shielding the ball from defender?

Answer: When you cannot bypass the opponent ; Using a double movement e.g. fake or skill/trick move.

PRACTICE PHASE



OBJECTIVE - Practice turning and shielding the ball

ORGANIZATION

Field Size: 20x15 yards with 2 wide gates and 2 small counter goals

Duration: 35 minutes

Play starts with pass into the feet of the attacker. Attacker aims to shield the ball and turn to create space to dribble through the wide gates to score. If defender wins the ball they may score on either of the counter goals.

* Bonus point if attacker is able to create space and score using a turn or skill move.

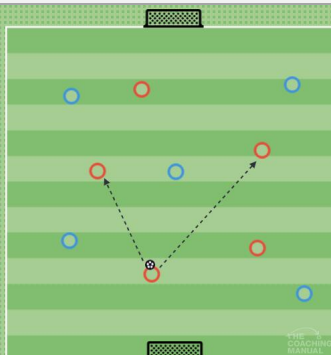
KEY WORDS & GUIDED QUESTIONS

Key Words—Shielding the ball from opponent ; Escape touch away from defender,

Guided Questions: How can you position your body so you can see defender and where the ball is coming from?

Answer: Sideways, I am able to view the ball and glance over shoulder at defender making sure I keep myself between the ball and defender

2nd PLAY PHASE



OBJECTIVE - Practice applying turns during game play

ORGANIZATION

Field Size: 40x30 yards with two goals.

Duration: 20 minutes Include a 5 minute 'Halftime'

Play 5v5/6v6

Use the laws of the game according to NYSA.

Coach within the flow of the game. Try not to stop their play.

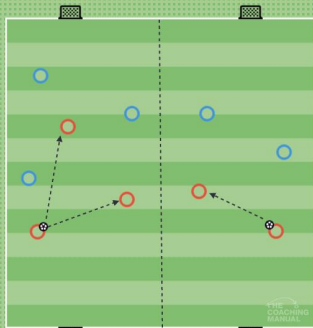
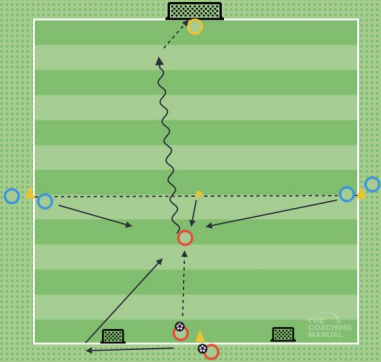
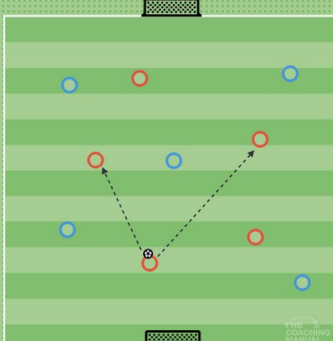
KEY WORDS & GUIDED QUESTIONS

Key Words - Praise good turns and escape touches with the ball. Praise players who pass ball away from pressure to supporting teammate. Encourage players to attack space when they turn away from pressure.

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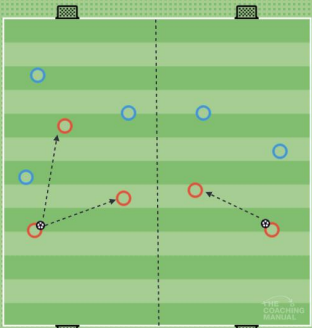
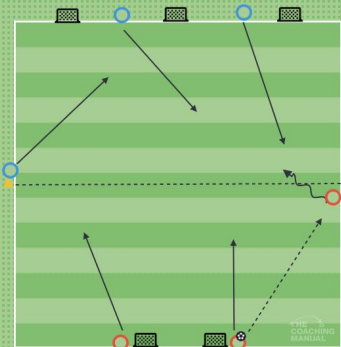
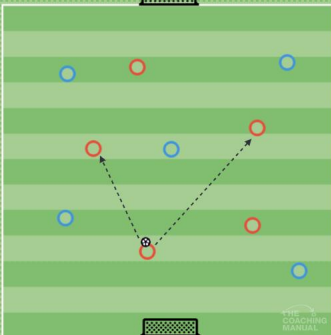
U9 & U10 PLAYING 7 A-SIDE

TOPIC - 2 v 2 - Pressure / Cover		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce session topic.		
	ORGANIZATION Field Size: 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals. Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break. Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.	KEY WORDS & GUIDED QUESTIONS Key Words– Pressure , Cover Guided Questions: Who should provide pressure on ball carrier? How does your team create two lines of defense? When are you defending? Answers: Player closest to ball carrier. One player closer to ball and one player closer to defending goal	
<div>PRACTICE PHASE</div> 	OBJECTIVE - Practice Pressure and Cover		
	ORGANIZATION Field Size: 15x20 yards. 1 main goal, 2 counter goals Duration: 35 minutes Play starts with pass into the feet of the attacker. The second attacker must run around small goal before joining the attack. Defenders must decide who is to put pressure on first attacker and who will provide cover. Attackers aim to score on big goal. If defenders win the ball, they may score on either of the small goals. * Bonus point for defenders if they are able to combine before scoring.	KEY WORDS & GUIDED QUESTIONS Key Words—Pressure, Delay, Cover, Tackle, Counter-Attack Guided Questions: Which direction should you force the ball? ; If the ball leaves player closest to you, where do you transition so you can regroup as cover defender? Answers: Sideways toward my teammate or away from our goal, in a position closer to our goal to create two lines of defense.	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Apply Pressure and Cover Concepts in game play		
	ORGANIZATION Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’ Play 5v5/6v6 Use the laws of the game according to NYSA. Coach within the flow of the game. Try not to stop their play.	KEY WORDS & GUIDED QUESTIONS Key Words - Praise players for applying pressure on ball carrier, Praise players for providing support to defending teammates, Encourage teams to expand team shape after gaining possession of the ball.	

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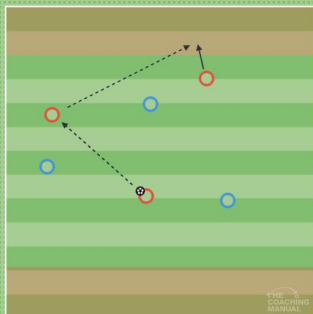
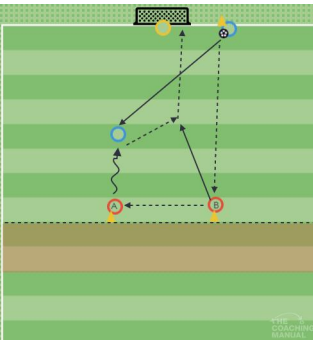
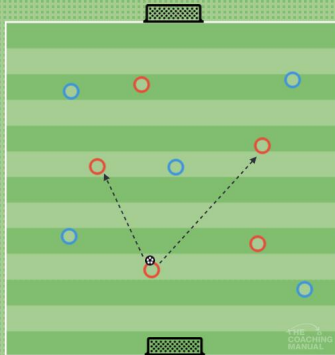
U9 & U10 PLAYING 7 A-SIDE

TOPIC - Pressure, Cover, Balance		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE —Introduce session topic.		
	ORGANIZATION <p>Field Size: 20x30 yards for 2v2 and 30x20 yards for 3v3 with two small goals.</p> <p>Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words— Pressure, Cover, Balance</p> <p>Guided Questions: What is the defending job of the balance defender / 3rd Defender?</p> <p>Answer: Keep compact shape of team to cut off all passing lanes for the attacking opposition.</p>	
<div>PRACTICE PHASE</div> 	OBJECTIVE - Practice Pressure, Cover and Balance Concepts		
	ORGANIZATION <p>Field Size: 30x20 yards. 5 small goals / gates. (3 on defensive end / 2 on attacking end)</p> <p>Duration: 35 minutes</p> <p>Game starts with a pass into the feet of the wide attacker, with attackers aiming to score on any of the three goals. Defenders to apply immediate pressure. 1st defender pressure, 2nd defender cover, 3rd defender balance team shape. If defenders win the ball they score on either of the counter goals. To challenge defenders further, add 4th attacker.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words— Pressure, Cover , Balance, Move the ball</p> <p>Guided Questions: When you are furthest from the ball, how do you balance your teams shape? ; Who must you be able to see to prevent a through pass?</p> <p>Answers: Stay compact with team to apply more pressure on ball carrier. ; Must be able to see the wide attacking player.</p>	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Apply Pressure, Cover and Balance Concepts in game play		
	ORGANIZATION <p>Field Size: 40x30 yards with two goals.</p> <p>Duration: 20 minutes Include a 5 minute ‘Halftime’</p> <p>Play 5v5/6v6</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words— Praise cover defender for good depth space to pressure defender, praise 3rd defender for proper balance of team on defense</p>	

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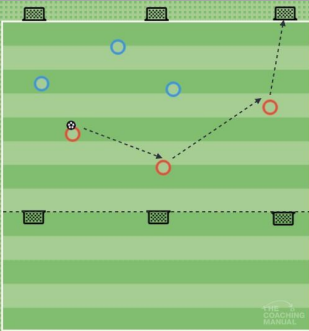
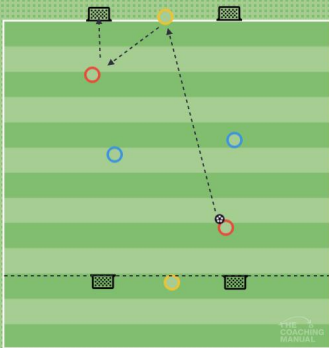
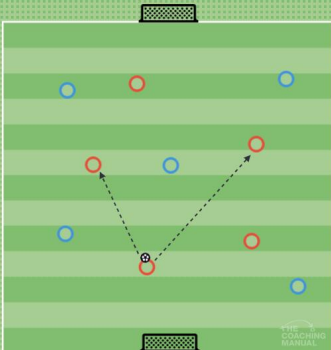
U9 & U10 PLAYING 7 A-SIDE

TOPIC - 2 v 1 Combination Play		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce session topic.		
	ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	
<div>PRACTICE PHASE</div> 	Field Size: 30x20 yards for 3v3 with 5yrd end zones. Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break.		
	Players score a point by passing to a teammate in the end zone. Progress to players needing to time their run to receive the pass in the end zone.		
<div>2nd PLAY PHASE</div> 	Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.		
	OBJECTIVE - Practice Combination Play		
	ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	
	Field Size: 15x20 yards. 1 main goal and counter end zone. Duration: 35 Minutes Play starts with defender playing a pass to attacker B, who passes to Attacker A. Attacker A dribbles towards defender with aim to draw in defender and combine pass with Attacker B to get around defender and finish with a shot on goal. If defender wins the ball they may dribble into the end zone. - Bonus points if players can score by using an overlap.		
	OBJECTIVE - Applying combinations during game play		
	ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	
	Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’		
	Play 5v5/6v6 Use the laws of the game according to NYSA. Coach within the flow of the game. Try not to stop their play.		
	Key Words— Receiver of pass, Open space		
	Guided Questions: How can you show you are available to receive a pass? What do you need around you for you to be open?		
	Answers: Move into an open space ; Open channel between you and the ball carrier.		
	Key Words—Positive body shape, Support of ball carrier, commit the defender		
	Guided Questions: When would you use a give and go? ; When could you fake a pass and dribble?		
	Answers: When defender commits to pressure straight and there is space behind. ; When defender commits to cutting out a pass		
	Key Words—Praise players who are able to use wall pass combinations to bypass defenders.		

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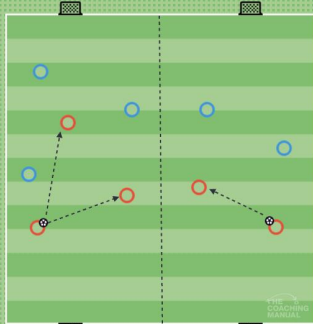
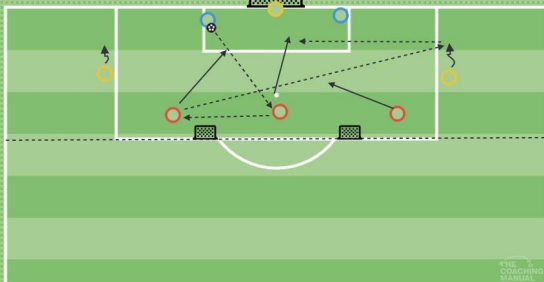
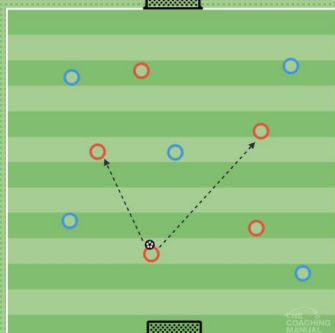
U9 & U10 PLAYING 7 A-SIDE

TOPIC - 2 v 2 Combination Play		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce session topic.		
	ORGANIZATION <p>Field Size: 30x20 yards. 3v3 with 3 goals/gates per team Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Players score a point by scoring on any of the three available goals. Bonus point if players score by finding a teammate in free space.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words– Moving ball sideways or backwards ; Relieve pressure on ball carrier</p> <p>Guided Questions: When do you move ball either sideways or backwards? ; How can you relieve pressure on ball carrier?</p> <p>Answers: When ball carrier cannot play in a positive direction ; Provide options away from defensive pressure</p>	
<div>PRACTICE PHASE</div> 	OBJECTIVE - Practice Combination Play		
	ORGANIZATION <p>Field Size: 15x20 yards. 4 small goals, 3 teams of 2 Duration: 35 minutes</p> <p>Players play 2v2 with 2 target players placed between the goals. Teams score by passing into target player, receiving the ball back and finishing on either of the two designated goals.</p> <ul style="list-style-type: none">- Start by playing without goals and dribbling across end line after receiving ball from target player.- Make combinations easier by adding an extra neutral player in the play field.	KEY WORDS & GUIDED QUESTIONS <p>Key Words—Support Movement, Positive Body Shape, Awareness</p> <p>Guided Questions: Where can you place yourself to support the ball carrier? ; If a pass to a team mate is not available what can you do?</p> <p>Answers: Alongside, Infront or behind ; Keep possession of the ball, with movement / dribble until an option is available.</p>	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Applying combinations during game play		
	ORGANIZATION <p>Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’</p> <p>Play 5v5/6v6</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words—Praise players for movement to support their teammate. Praise combinations e.g. 1-2s to bypass defenders.</p>	

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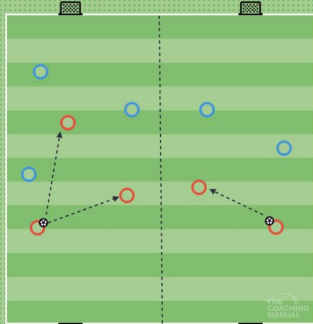
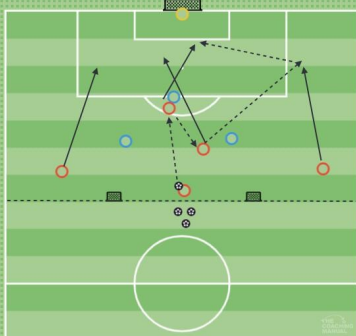
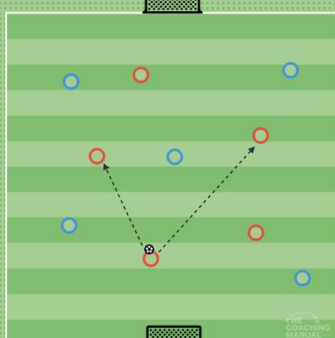
U9 & U10 PLAYING 7 A-SIDE

TOPIC - Crossing and Finishing		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce session topic.		
	ORGANIZATION Field Size: 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals. Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break. Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.	KEY WORDS & GUIDED QUESTIONS Key Words– Quality service. Accurate finishing, Guided Questions: Where can you play a pass to allow you to create crossing opportunities? If defender is in front of you, what must you do in order to attack the cross? Answer: To a teammate who is in a wide area. ; Adjust your movement to get in front of the defender.	
<div>PRACTICE PHASE</div> 	OBJECTIVE -Practice finishing from wide areas		
	ORGANIZATION Field Size: 25x20 yards. 1 main goal and GK, 2 counter goals Duration: 35 minutes (Alternate wide players after 2mins) Play begins with defenders who pass to one of the three attacking players. Attackers must make at least 2 passes before finding a wide target player with a pass. The wide target player will take a touch down the line before making a cross into the box for attackers to finish. Defenders may counter on small goals. - Make easier by playing 3v1	KEY WORDS & GUIDED QUESTIONS Key Words—Quality service, Accurate finishing, Timing of runs Guided Questions: What does the crosser need to do before crossing? ; How should attackers approach the crossed ball? Answers: Glance up to see position of attackers, and opposition, first touch out of your feet to prepare for cross ; Angle run into the line of the crossed ball, not across it.	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Applying finishing from wide areas during a game play		
	ORGANIZATION Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’ Play 5v5/6v6 Use the laws of the game according to NYSA. Coach within the flow of the game. Try not to stop their play.	KEY WORDS & GUIDED QUESTIONS Key Words - Praise players providing width in their team shape. Praise players who provide quality crosses from wide areas. Praise good finishing and accurate shots around the goal	

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U9 & U10 PLAYING 7 A-SIDE

TOPIC - 5 v 3 Goal / Counter Goal		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce Session Topic		
	ORGANIZATION Field Size: 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals. Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break. Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.	KEY WORDS & GUIDED QUESTIONS Key Words – Combination play, Positive play, Switch Play, Accurate finishing, Guided Questions: When is it best to use combinations? ; When would you switch play? Answer: When attackers out number the defenders ; When defenders deny the opportunity to play forward.	
<div>PRACTICE PHASE</div> 	OBJECTIVE - 5v3 with counter goals		
	ORGANIZATION Field Size: 35x25 yards. 1 main goal, 2 counter goals. Duration: 35 minutes Play starts with coach who plays a pass to the attacking team defender. Attackers to play 5v3 looking to combine to bypass defenders and score on main goal. If defenders win the ball, they may score on either of the counter goals. - Restart play if ball goes out of play - 1 point for goal scored / 3 Points for goals scored from crosses	KEY WORDS & GUIDED QUESTIONS Key Words — Combination Play, Quality service, Movement of support, Speed of play Guided Questions: When would be a good time to speed up your play? Is it a good idea to send all attacking players forward? Answer: When you have free space on the dribble / Defenders have been drawn in creating space to combine ; No, there needs to be a player providing cover.	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Applying practice topic in game play.		
	ORGANIZATION Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’ Play 5v5/6v6 Use the laws of the game according to NYSA. Coach within the flow of the game. Try not to stop their play.	KEY WORDS & GUIDED QUESTIONS Key Words —Praise players for team shape, Praise players making successful decisions, Praise players for combinations that result in a goal scored.	