



MUSA REC Curriculum U10



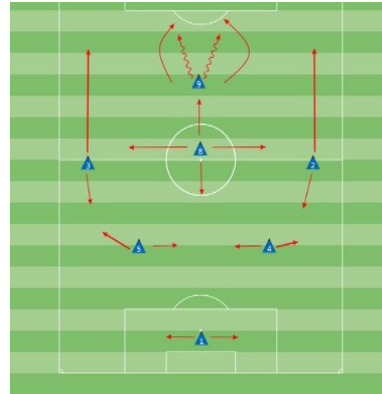


Rules – U10

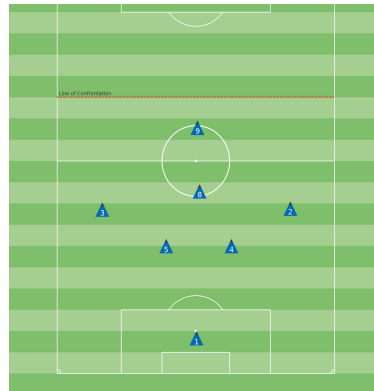
Game Model: 7v7
Field Size: 35x55 yards
Match length: 2-25 min halves
Referee: Referee

Ball Size: 4
Goalie: Yes
Heading: No
Punting: No
Offsides: Yes
Sliding: No

Restarts: Throw-ins



Attacking shape
1-2-3-1



Defending shape
1-2-3-1

Build Out: Team drops beyond midfield (defensive half) for opponents goal kicks or goal keepers possession

Substitutions/Playing time: Normal stoppages, 50% playing time for each player





Curriculum based on ages and stages

U9 – U10 (7v7, 5v5)		
Create players that start to recognize four pillars of the game (technical, tactical, physical, mental) within the four moments of the game. Emphasize technical ability in a small sided situation within a team setting. Start establishment of roles within the game.		
		Coaching Methodologies Play – Practice - Play • Guided Questioning • Constant
		Simple to Complex
		Progressive, Regressive, Progressive
		Principle of Game Model Individual Sectional
Technical	Tactical	Psychological
- 1v1 Attacking	- When to pass, when to dribble	- Have FUN
- Passing, movement, numbers up	- Combining numbers up	- Recognition of team success/fail
- Individual Defending	- Team shape, roles	- Teammate recognitions
- Use of both feet, ball striking	- Small sided defending	- Team Work, Hard Work
	<i>Respect, Discipline, Hardwork, Fun</i>	

First stage of development with tactics. Training should still focus on technical and touches, keep tactics to one and two players at a time rather than the whole team. Really focus on sharing in numbers. Patterns work well.

Practices shouldn't last more than one hour and a half, and can be shortened based on the attention span of this age. Practices should maximize movements and touches on the ball. Every session should include a GK.





Practice Day: _____ Time: _____ Field: _____

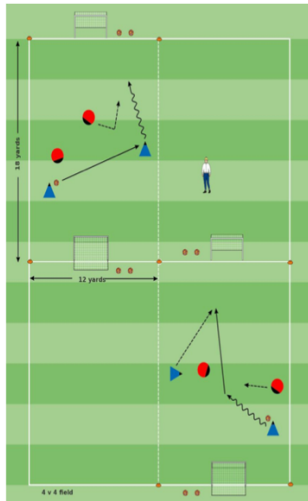
Season Plan

- Week 1: Dribbling – teaching them to move with the ball
Pass and Move – teaching them to pass to a teammate and then move to help
- Week 2: Build from the back – team building from defensive half
Defending – teaching them to defend the goal, defend player
- Week 3: Dribbling – teaching them to dribble around defenders
Midfield Play – team play in the middle of field
- Week 4: Scoring – teaching them scoring is fun
Defending up front – prevent opposition from building
- Week 5: Pass and Move – teaching them to pass to a teammate and then move to help
Dribbling and Passing – teaching them when to pass and when to dribble
- Week 6: Shape – teaching them shapes, triangles and diamonds,
Angles
Dribbling – teaching them to turn with the ball
- Week 7: Defending from the back – prevent opposition from scoring
Small sided games – 2v2, 3v3s
- Week 8: Scoring – teaching them scoring is fun
Build from the back – team building from defensive half





Dribbling



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents and create chances

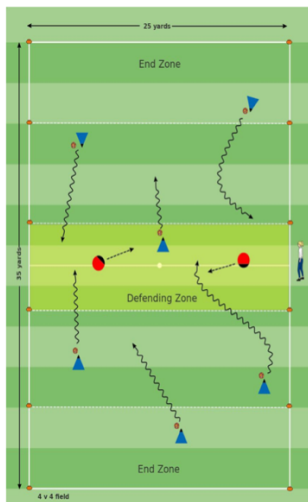
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play and rotate players between games. Play for 20 minutes with two to three breaks.

KEY WORDS: Opening, go forward, pass, dribble

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): Dribbling Game

OBJECTIVE: To dribble past opponents

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with a defending zone and two end zones. Players dribble back and forth into the end zones to earn points. Two defenders are stationed in the defending zone. They switch with the attackers when they win the ball, or every two minutes. Play for 20 minutes with two to three breaks.

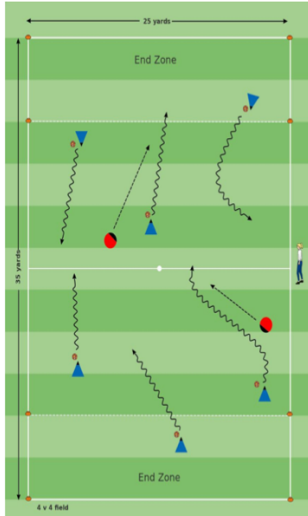
KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.





PRACTICE (More Challenging): Dribbling Game (Two free defenders)

OBJECTIVE: To dribble past opponents.

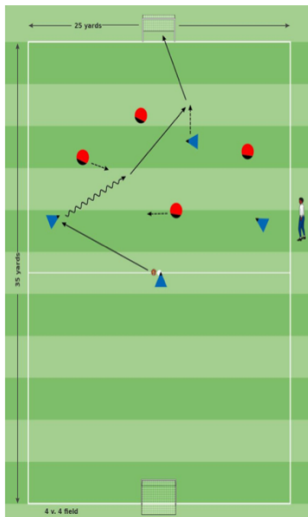
ORGANIZATION: Same as Core Activity, except the two defenders may defend anywhere but the end zones. They switch with the attackers when they win the ball, or every two minutes.

KEY WORDS: Opening, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you keep the ball close? 2) How do you dribble faster? 3) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Be gentle/soft with the ball. 2) Use hard touches. 3) You have to use a different part of the foot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase. Refer to the Training Session Manual.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Opening, pass, dribble, soft touches, hard touches

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening? 4) How do you keep the ball close? 5) How do you dribble faster? 6) What's the difference between dribbling forward and dribbling to the side?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Pass or dribble through it. 4) Be gentle/soft with the ball. 5) Use hard touches. 6) You have to use a different part of the foot.

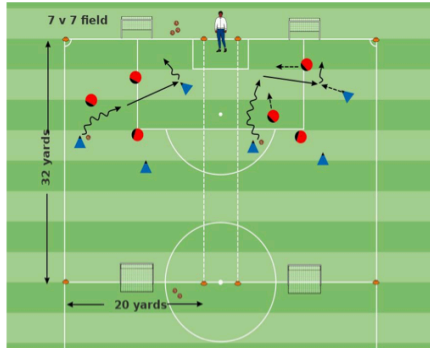
NOTES:

Notes: Fewer defenders makes it less challenging. Focus on using both feet. GK used in last phase of practice.





Pass and Move – teaching them to pass to a teammate and then move to help



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals.

ORGANIZATION: Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two to three breaks.

KEY WORDS: Opening, take opponents on, head up, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): 3 v 2

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

ORGANIZATION: Teams play 3 v 2 + GK on a 24 x 24 yard field with a standard goal and two small goals. Blue (attacking team) dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players (including the keeper) rotate every 2-3 minutes. Play for 30 minutes with two to three breaks.

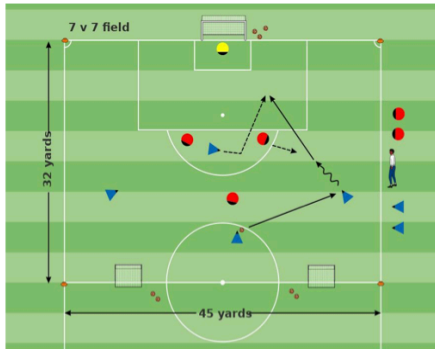
KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.





PRACTICE (More Challenging): 4 v 3

OBJECTIVE: To create 1 v 1s and 2 v 1s and pass or dribble forward.

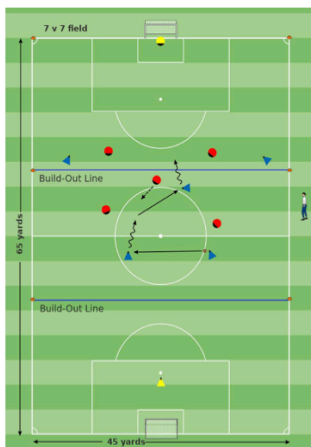
ORGANIZATION: Same as Core Activity, except teams play 4 v 3 + GK on half of a standard 7v7 field. All players (including the keeper) rotate every 2-3 minutes.

KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual.



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Opening, take opponents on, head up, pass/dribble, go!

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Make the opponent move.

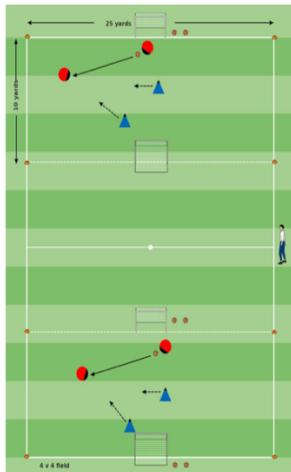
NOTES:

Notes: Receive across the body, find space before and after the pass is made





Defending – teaching them to defend the goal, defend player



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

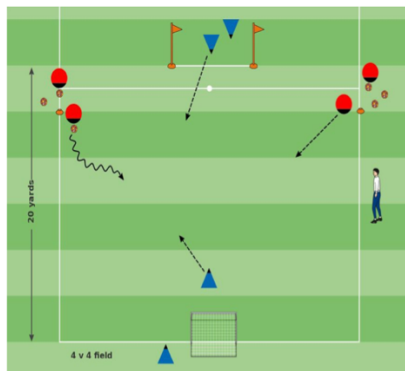
ORGANIZATION: Mark out two 10 x 25-yard fields, each with two small goals. Players are divided into pairs and take turns playing 2 v 2. Play for 20 minutes with two breaks. Rotate players between the fields.

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) Take a look at the field. What do you notice? 2) What does that mean for the attackers? 3) What do the defenders need to do to stop them?

ANSWERS: 1) It's a very short field. 2) They can immediately get to the goal and shoot. 3) Block the path to the goal and don't let them shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 2 v 2 with Recovering Defender

OBJECTIVE: To prevent the opponent from scoring.

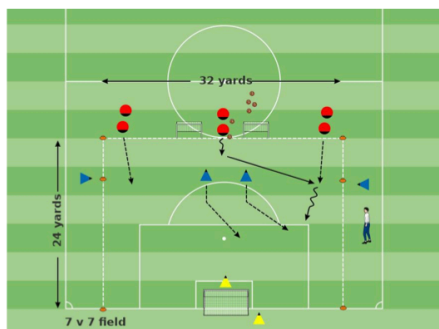
ORGANIZATION: Set up a small goal and a goal line 20 yards apart and 25 yards wide. Assign attackers (Red) and defenders (Blue) to starting positions as shown. At the coach's signal, the attackers run onto the field to play 2 v 2. One defender is waiting for the attackers in front of the goal; the other runs in behind them. Blue scores on the goal line. Play continues

KEY WORDS: Get compact, stay compact, protect the goal

GUIDED QUESTIONS: 1) What's the job of the defender in front of the goal? 2) What's the job of the other recovering defender?

ANSWERS: 1) Block the path to the goal, and keep the attackers from scoring. 2) Quickly run in, even the odds and make it compact. **NOTES:** Start here at the Core Activity after the first Play Phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity. Spend a total of 20 minutes in the Practice





PRACTICE (More Challenging): 3 v 2 on One Goal with GK and Two Mini Goals

OBJECTIVE: To prevent the opponent from scoring

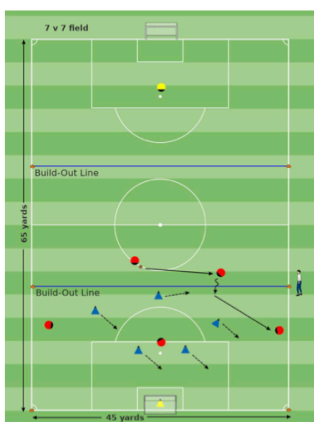
ORGANIZATION: Same as Core Activity, except the defenders start out much closer to the attackers, and the field is extended to about 32 yards wide.

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) How do you do a block tackle?

ANSWERS: 1) To protect the goal. 2) Block the direct path to the goal, force attackers outside, move to follow the ball and block shots. 3) Use same foot as attacker dribbling the ball, keep heel down and toe up with ankle locked.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS: 1 & 2) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

Notes: Teach them "goal side, ball side" Get between the ball and the goal first. GKs used in all parts of practice





Building for the back – Part 1



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack and move the ball forward

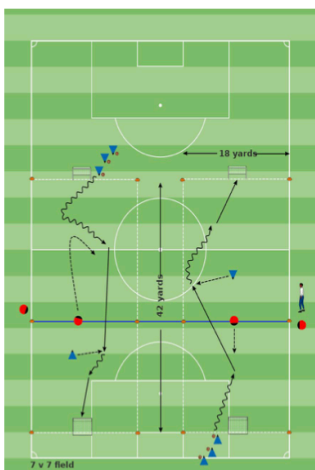
ORGANIZATION: Mark out two 24 x 24 yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, use space, get open

GUIDED QUESTIONS: 1) Attackers, where should you show for the pass from the goalkeeper? 2) Why? 3) How can you build the attack? 4) What's the advantage of involving the keeper?

ANSWERS: 1) On the wings. 2) So we can get away from the defenders and take the ball forward. 3) Pass or dribble forward. 4) It gives us an extra player.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

ORGANIZATION: Mark out two 42 x 18 yard fields, each with build-out lines and two mini goals. Choose eight attackers (Blue) and four defenders (Red) and position them as shown. The first attacker on each field dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The attackers rotate

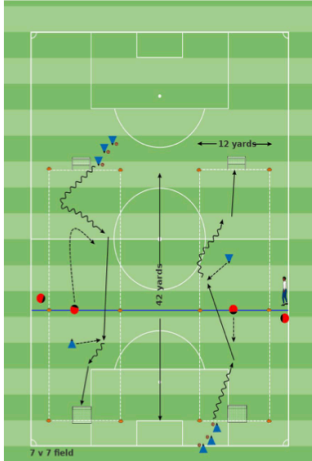
KEY WORDS: Pass, dribble, get open, call for the ball

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2. So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up to see where the receiver is and make eye contact. 4) Inside with heel down/toe up

NOTES:





PRACTICE (More Challenging): 2 v 1 Forward Passing

OBJECTIVE: To move the ball forward

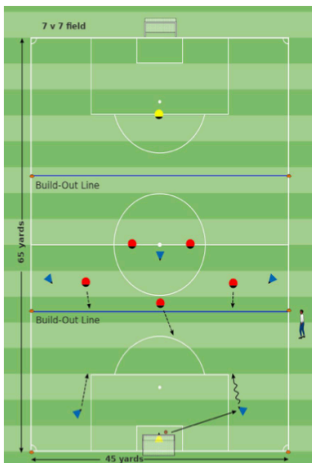
ORGANIZATION: Same as Core Activity, except the fields are just 12 yards wide.

KEY WORDS: Pass, dribble, get open, call for the ball

GUIDED QUESTIONS: 1) Where is the defender in this exercise? 2) So what does the attacker behind the build-out line need to do to be open? 3) What does the ball carrier need to do before passing? 4) What part of the foot should you use for a short pass?

ANSWERS: 1) Between the attackers. 2) Move left or right to get away from the defender. 3) Look up and see where the receiver is. 4) Inside with heel down/toe up

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack and move the ball forward

ORGANIZATION: Mark out a regular 7 v 7 field to be 65 X 45 yards with build-out lines. Divide players into two teams of six into a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Pass, dribble, use space, get open, call for the ball

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) When do you need to be open? 3) And when do you know you're open? 4) What's the advantage of involving the keeper? 5) What part of the foot should you use for a short pass?

ANSWERS: 1) By spreading out evenly over it and staying as wide as possible. 2) Always try to get open. 3) When there aren't any defenders between us and the ball; when we can see the ball. 4) It gives us an extra player to build the attack. 5) Inside with heel down/toe up

NOTES:

Notes: Can make the number of passes they make as the number of goals they score to encourage more passes. GKs used in last phase of practice





Building from back – Part 2



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To build a solid attack and move the ball forward

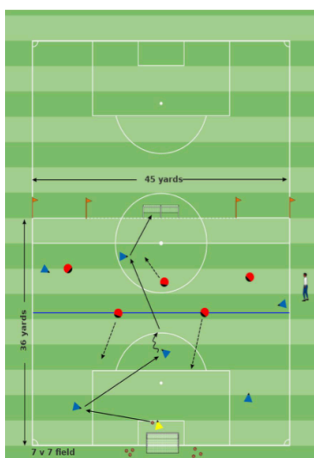
ORGANIZATION: Mark out two 24 x 24 yard fields. Divide players into four teams of three. Teams play 3 v 3 on goals with goalkeepers. Play for 30 minutes with two breaks.

KEY WORDS: Use the space, hips open, pass, dribble

GUIDED QUESTIONS: 1) Attackers, where should you show for the pass from the goalkeeper? 2) What if the defenders mark you on the wings? 3) How can you build the attack? 4) What's the advantage of involving the keeper in the build-up?

ANSWERS: 1) On the wings. 2) I need to move to get away from the defenders and get to where I can see as much of the field as possible. 3) Pass or dribble forward. 4) It gives us an extra player.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 7 v 5 on One Goal and Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward

ORGANIZATION: Mark out a 36 x 45 yard field as shown. Choose 7 Blue attackers and 5 Red defenders. Formations are 1-2-3-1 (Blue) against 3-2 (Red). Blue attacks on the goal in the middle or the goal lines on the wings. Red tries to win the ball and score on Blue's goal. Play is restarted by Blue's goalkeeper after interruptions. Play for 30 minutes with two breaks.

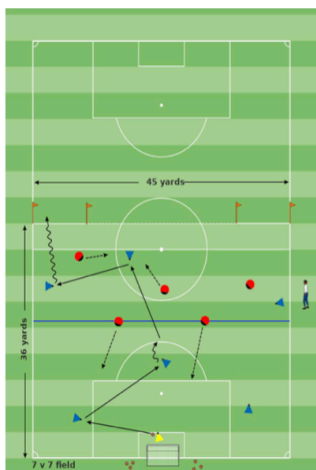
KEY WORDS: Use the space, hips open, switch the field

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

NOTES:





PRACTICE (More Challenging): 7 v 5 on Two Goal Lines

OBJECTIVE: Build a solid attack, switch the field and move the ball forward.

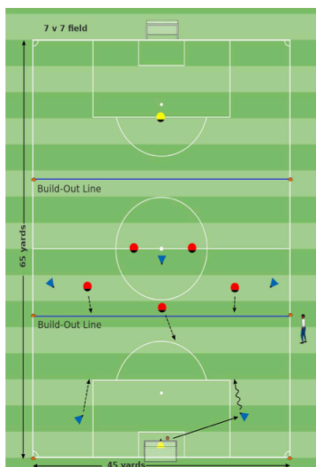
ORGANIZATION: Same as Core Activity, except Red only defends the two goal lines.

KEY WORDS: Use the space, hips open, switch the field

GUIDED QUESTIONS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

ANSWERS: 1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To build a solid attack, switch the field and move the ball forward..

ORGANIZATION: To build a solid attack, switch the field and move the ball forward..

KEY WORDS: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

GUIDED QUESTIONS: Use the space, hips open, switch the field

ANSWERS: 1) Attackers, how can you make the best use of the field? 2) How do you build the attack? 3) Where should your plant foot face? 4) What do you do when the opponent is keeping you from moving forward? 5) Once you've built the attack, what do you do next?

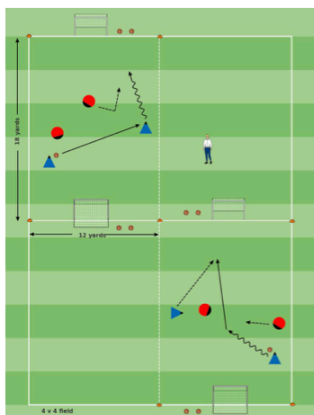
NOTES: 1) By spreading out evenly and staying as far apart as possible. 2) By playing safe passes to move the ball forward from the defense. 4) Towards the target. Switch to the other side. 5) Move forward and support the forwards.

Notes: Find spaces behind defenders to pass into





Dribbling – beating defenders



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble past opponents, move the ball forward and score goals.

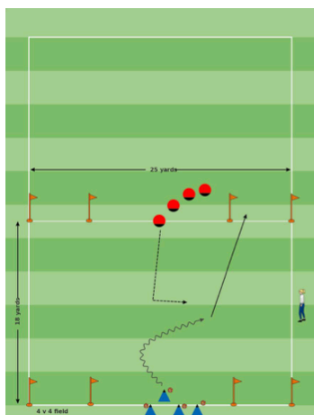
ORGANIZATION: Mark out two 18 x 12-yard fields, each with two mini goals. Players are divided into pairs and take turns playing 2 v 2. Free play. Play for 20 minutes with two breaks.

KEY WORDS: Look up, pass, dribble

GUIDED QUESTIONS: 1) What are your options when you have the ball? 2) When is it a good time to dribble? 3) And when should you pass?

ANSWERS: 1) Dribble, pass or shoot. 2) When there aren't any defenders near me and I have space. 3) When a defender is blocking my path and a teammate is open.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 on Goal Lines

OBJECTIVE: To pass or dribble past opponents and move the ball forward.

ORGANIZATION: Mark out an 18 x 25-yard field with two goal lines on each endline. Attackers (Blue) and defenders (Red) line up between the goal lines on opposite endlines. The first attacker dribbles onto the field and passes across one of the goal lines at the first opportunity. The first defender runs in and tries to stop the attacker from scoring. The

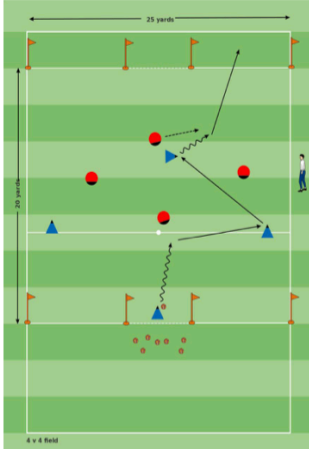
KEY WORDS: Pass, dribble

GUIDED QUESTIONS: 1) Attackers, what's the fastest and most reliable way to score? 2) What should you do if the defender blocks your path to the goal? 3) What kind of situation do you want to avoid?

ANSWERS: 1) Dribble toward a goal line and pass across before the defender reaches me. 2) Switch directions, dribble to the other goal and try to score on it. 3) 1 v 1s.

NOTES:





PRACTICE (More Challenging): 4 v 4 on Two Goal Lines Each

OBJECTIVE: To move the ball forward

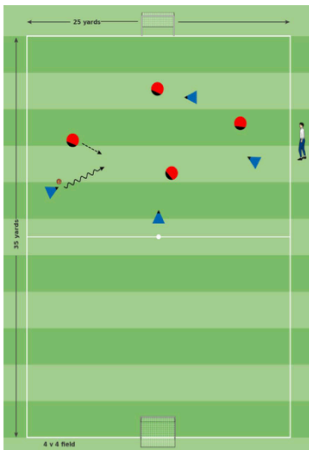
ORGANIZATION: Same as Core Activity, except teams play 4 v 4. The attackers have eight balls as above. Defenders do not rotate; teams switch roles after eight attacks.

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Dribble or pass. 3) When they have space. 4) When the defender is blocking their path and a teammate is open.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To pass or dribble past opponents, move the ball forward and create chances

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4, using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 minutes max).

KEY WORDS: Use space, be open, pass, dribble

GUIDED QUESTIONS: 1) How should the attackers position themselves in order to cover the field evenly? 2) How do you find an opening? 3) How do you create an opening? 4) What should you do if you see an opening? 5) When should attackers dribble? 6) And when should they pass?

ANSWERS: 1) They should spread out and create openings. 2) Look at the opponent's position. 3) Make the opponent move. 4) Pass or dribble through it. 5) When they have space. 6) When the defender is blocking their path and a teammate is open.

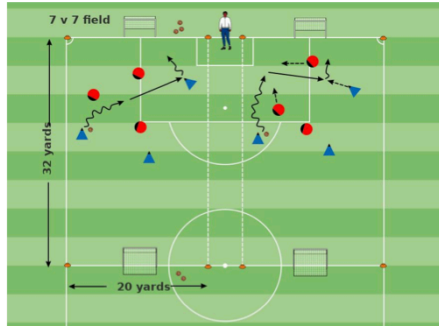
NOTES:

Notes: Encourage and reward creativity.... Really celebrate bold and fancy moves. Focus using both feet. GKs used in last phase of practice





Midfield Play



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To pass or dribble forward and score goals

ORGANIZATION: Mark out two 32 x 20 yard fields, each with two mini goals. Teams play 3 v 3. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Pass, dribble, take opponents on

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 3 v 1 on Double-Wide Goals

OBJECTIVE: To move the ball forward and score goals

ORGANIZATION: Mark out a 30 x 24 yard field. Place two youth goals side by side on each endline to create a double-wide goal. Choose nine attackers and three defenders and position them as shown. Teams play 3 v 1. The defender tries to win the ball and counterattack. Rotate attackers and defenders after each round. Play for 30 minutes with

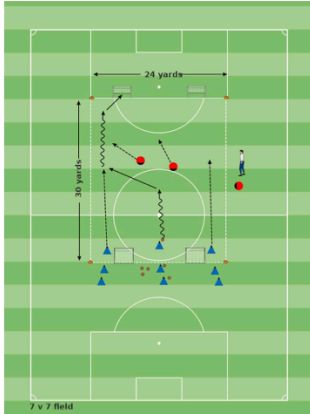
KEY WORDS: Use space, keep hips open, pass, dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle. The middle player has two passing options (left and right). The wing players have just one. 2) Dribble straight toward the defender's front foot, then pass off to a wing player. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

NOTES: Start here at the Core Activity. Spend a total of 30 minutes in Practice Phase.





PRACTICE (More Challenging): 3 v 2 Four Goal Game

OBJECTIVE: To move the ball forward and score goals

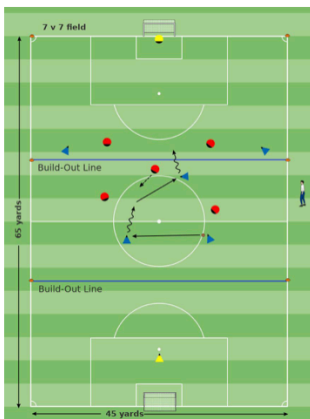
ORGANIZATION: Same as Core Activity, except players play 3 v 2 on two goals each.

KEY WORDS: Use space, keep hips open, pass, dribble

GUIDED QUESTIONS: 1) Which player should start out with the ball, and why? 2) What should the middle player do, dribble or pass? 3) What happens if the middle attacker dribbles to a defender on one side? 4) What should the wing players do?

ANSWERS: 1) Start out with the ball in the middle for more passing options. 2) Dribble straight toward the defender's front foot or between both to draw them in and then pass off to a wing player. 3) He/she can create a 2v1. 4) Spread out and create passing options by opening up wide to not let the defender mark them too closely.

NOTES: Start with the Core Activity and decide whether the level of challenge



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 7 v 7 field to be 65 X 45 yards with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Pass, dribble, take opponents on, use space, keep hips open

GUIDED QUESTIONS: 1) How do you find an opening? 2) What should you do if you see an opening? 3) How do you create an opening? 4) How do you create a 2 v 1 situation?

ANSWERS: 1) Look at the opponent's position. 2) Pass or dribble through it. 3) Spread out and create passing options by opening up wide to not let the defender mark them too closely. 4) Dribble straight toward the defender, then pass off to a teammate.

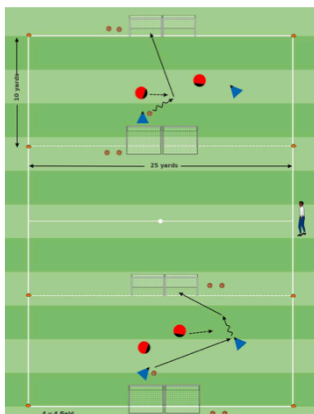
NOTES:

Notes: Pass when defender starts to step, dribble when there is space up the field. GKs used in last phase of practice





Scoring – teaching them scoring is fun



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To create chances and score goals.

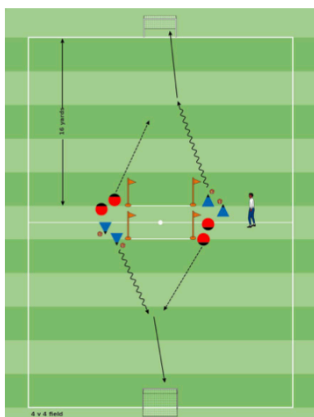
ORGANIZATION: Mark out two 25 x 10-yard fields, each with two double goals. If you don't have enough goals, use poles or cones to mark goals of the proper size. Players are divided into teams of two and take turns playing 2 v 2. Play for 20 minutes with two breaks.

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What should you do if you see an opening?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. Pass or dribble past an opponent. 3) Shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

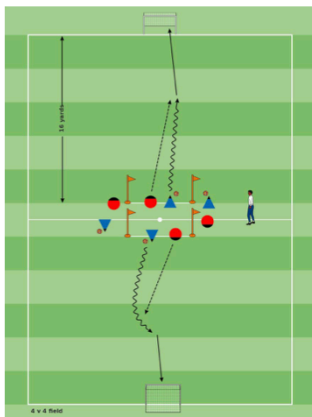
ORGANIZATION: Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line. Play for 20 minutes with two breaks.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot. **NOTES:** Start here at the core activity after the first play phase. If the challenge is too difficult, move to the Less Challenging Activity. If it's too easy, move to the More Challenging Activity.





PRACTICE (More Challenging): 1 v 1 Race to the Goal

OBJECTIVE: To score goals.

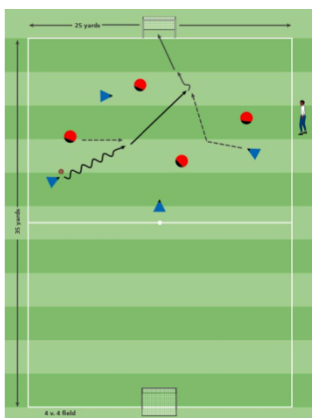
ORGANIZATION: Same as Core Activity, except attacker and defender start out side by side on the goal line.

KEY WORDS: Dribble, shoot

GUIDED QUESTIONS: 1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

ANSWERS: 1) Dribble toward it as quickly and directly as possible. 2) As close as necessary to be sure of scoring. 3) Cut across in front, block the defender's path and shoot.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Move to this More Challenging Activity if the Core Activity is too easy. Spend a total of 20 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To move the ball forward, create chances and score goals.

ORGANIZATION: Mark out a regular 4 v 4 field (35 x 25 yards) with two mini goals. Teams play 4 v 4 using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs). Play for 20 minutes including one "halftime" (5 min.).

KEY WORDS: Opening, dribble, pass, shoot

GUIDED QUESTIONS: 1) How do you find an opening? 2) How do you create an opening? 3) What do you do if you see an opening? 4) What should attackers do when the path to the goal is open? 5) How close do you need to be to shoot? 6) What should you do if the defender catches up to you?

ANSWERS: 1) Look at the opponent's position. 2) Make the opponent move. 3) Shoot, pass or dribble through it, depending on the game situation and your position on the field. 4) Dribble toward the goal quickly and directly 5) As close as necessary to be sure of scoring. 6) Cut across in front, block the defender's path and shoot.

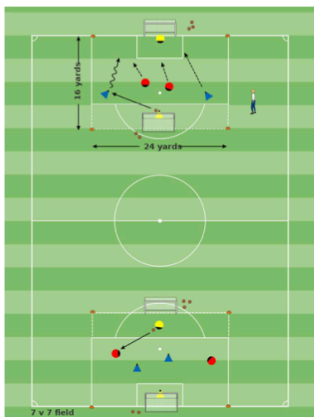
NOTES:

Notes: Lots and lots and lots of shots.... Passing into goal. GKs used in all parts of practice





Scoring – Part 2



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To score goals.

ORGANIZATION: Mark out two 16 x 24 yard fields. Teams play 3 v 3 on goals with goalkeepers. The attacking team's keeper can help build the attack and even score goals. Play for 30 minutes with two breaks.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) What is the number of players when the keeper joins the attack? 2) How can you take advantage of this situation?

ANSWERS: 1) A 3 v 2 with attackers outnumbering defenders. 2) Spread out and use both wings or our extra player; be brave and attack 1 v 1; shoot.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. If you do not have goals, use flags or cones.



PRACTICE (Core Activity): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

ORGANIZATION: Mark out two 24 x 24 yard fields, each with two goals with goalkeepers. Divide players into four teams of three and assign two to each field. Teams play 1 v 1 + GKs. Play 30-second rounds. After each round, the goalkeeper moves onto the field, the field players go off and the extra players rotate into the goals. Play for 30 minutes with two breaks.

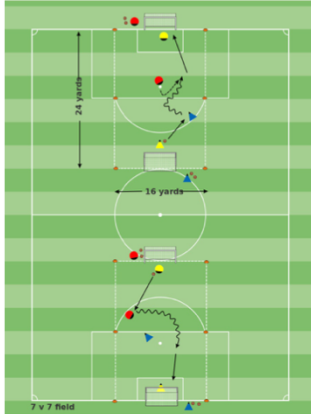
KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) What fakes do you know? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS: 1) Dribble quickly toward his/her front foot and break through on the open side, or fake a breakthrough on one side and then take the ball to the other side. 2) Shooting fake, step-over, lunge step, etc. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

NOTES: Start here at the Core Activity. If you do not have goals, use flags or cones.





PRACTICE (More Challenging): 1 v 1 on Two Goals with Goalkeepers

OBJECTIVE: To score goals.

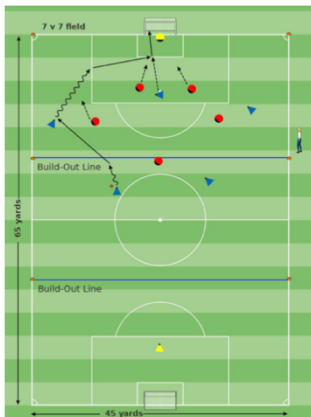
ORGANIZATION: Same as Core Activity, except on a 24 x 16yard field.

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS: 1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To score goals.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Dribble, pass, take opponents on, shoot

GUIDED QUESTIONS: 1) How do you beat a defender 1 v 1? 2) How can you fake the defender? 3) What do you need to do after you fake? 4) How much room do you need to shoot?

ANSWERS: 1) Dribble quickly toward his/her front foot and break through on the open side. 2) Step one way and then quickly go the other. 3) Accelerate past the defender as fast as possible and shoot. 4) The size of the ball. NOTES: If an uneven numbers of players are present, make sure that all players are on the field even if one team has more players.





Defending from the front

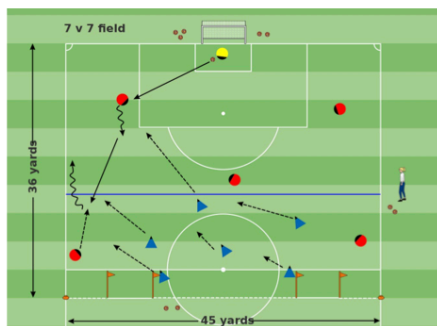


1ST PLAY PHASE: Intentional Free Play

EXERCISE RULES: Mark out two 24 x 16-yard fields. Divide players into four teams of three. Teams play 3 v 3 on 6-yard goal lines without goalkeepers. Free play, kick-ins. Play for 30 minutes with two to three breaks.

FOCUS TEAM OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other. Refer to the Training Session Manual.



PRACTICE (Core Activity): 6 v 5 + GK (Two Small Goals to Large Goal)

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

ORGANIZATION: Mark out a 36x45 yard field and include the build-out line. 6 blues (2-3-1) attack large goal vs. 6 reds (1-2-3) to two small goals. Mostly begin from red goal kick, but vary the restarts (from GK hands, throw-ins, play blue team attack, etc). Play for 30 minutes with 2-3 breaks.

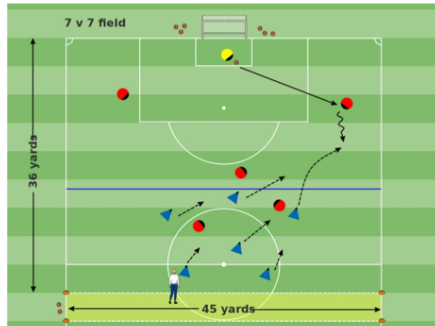
KEY WORDS: Hunt the ball, stay together, move together

GUIDED QUESTIONS: 1) Who should pressure the opponent with the ball? 2) When do you step to steal the ball? 3) How do you step to steal the ball? 4) Why do the other defenders need to get compact and stay connected?

ANSWERS: 1) The closest defender. 2) When the attacker's head is down, takes a bad touch, or makes a soft pass. 3) Fast approach (long steps) while the ball is moving, and then slow arrival (short steps) when close. 4) To keep openings closed and keep them closed by moving together.

NOTES: Start with the Core Activity after the first Play Phase. If it's too difficult, switch to the Less Challenging Activity. If it's too easy, switch to the More Challenging Activity. Spend a total of 30 minutes in the Practice Phase. Refer to the Training Session Manual/Coach's Toolkit.





PRACTICE (More Challenging): 6 v 5 +GK (End Zone to Large Goal)

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

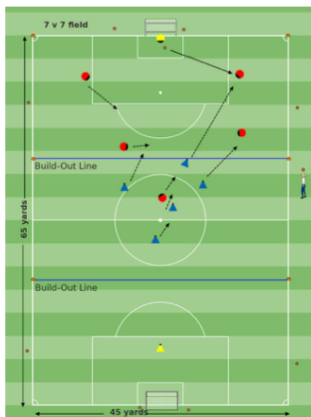
ORGANIZATION: Same as core activity, except use an end zone instead of goal lines for the Red team to score, and red must dribble into it or pass to the coach there to score. Be sure to vary the restarts so that the red team uses different options to try to build up.

KEY WORDS: Delay, force inside/outside, step, hold, slide

GUIDED QUESTIONS: 1) Where should the first defender try to force the opponent? 2) When do the other defenders hold position or drop back? 3) What do we do if the opponent tries to change the point of attack? 4) What can we say to help us prevent their build-up?

ANSWERS: 1) Towards our help defenders or to a weaker opponent (could be inside or outside). 2) When we do NOT get pressure on the ball. 3) Stay in a compact block and slide across together to keep the openings closed. 4) Be specific- "Delay, Force inside/outside, Step, Hold, Slide right/left"

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from building up, win the ball back and score.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Play 6v6 (Blue 1-1-3-1 vs Red 1-2-2-1). Play for "30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Hunt the ball, stay together, move together, force inside/outside

GUIDED QUESTIONS: Half-Time- Repeat all questions previously used as needed. End of Game- 1) How did you do in stealing the ball? Where and when should we move to do it? 2) Why is it important to focus as a team to get compact and stay compact? 3) How did you take initiative and confront the situation?

ANSWERS: Half-Time- Repeat all questions/answers previously used as needed. Players provide examples (specific communication, forming a compact block, forcing the opponent in a certain direction).

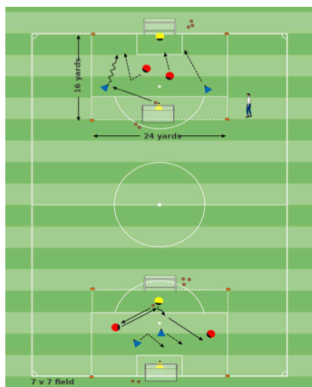
NOTES: Refer to the Training Session Manual and U.S. Soccer Coach's Tool Kit for the appropriate Teaching Actions during specific Teaching Moments (in flow and at "halftime"). Allow the players to play freely; observe to check for player's understanding on today's training session goal.

Notes: First player goes, team covers behind him.... The toughest part to this training session is keeping the whole team from going at the same time





Defending from the back



1ST PLAY PHASE: Intentional Free Play

OBJECTIVE: To prevent the opponent from scoring.

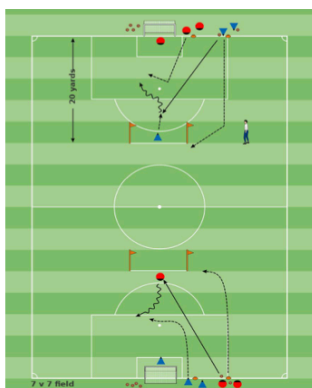
ORGANIZATION: Mark out two 16 x 24-yards fields with goals and goalkeepers. Teams play 3 v 3. The attacking team's keeper can help build the attack and even score goals. Free play, kick-ins. Play for 30 minutes with two breaks.

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) When the attackers' keeper helps build the attack, what kind of situation does that create? 2) Defenders, what's your top priority when you're outnumbered? 3) How do you do that?

ANSWERS: 1) The defenders are outnumbered. 2) To protect the goal. 3) Quickly get behind the ball, block the direct path to the goal, force attackers outside and block shots.

NOTES: First break: Coach asks questions, players continue playing to discover answers. Second break: Players share answers with coach and each other.



PRACTICE (Core Activity): 1 v 1 in Middle – Defender Facing Attacker

OBJECTIVE: To prevent the opponent from scoring.

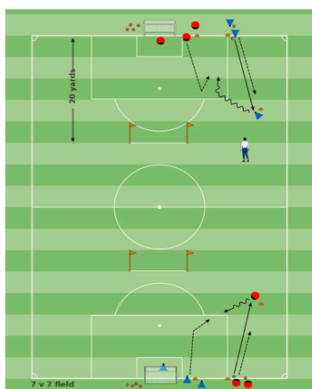
ORGANIZATION: Mark out two fields as shown. Assign attackers and defenders to starting positions as shown. Play begins when the first attacker receives the ball. The first defender runs out from the endline, following the ball, and tries to stop the attacker from scoring. Play continues until a goal is scored by either player. Players (including Red's goalkeeper)

KEY WORDS: Defend the goal, step to the ball

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this situation? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS: 1) To protect the goal. 2) Run out to the ball, stop the attacker as soon as possible and try to force them away from the goal. 3) They could play the ball past us. 4) Take long steps to get there and short steps as you get closer.

NOTES:



PRACTICE (Less Challenging): 1 v 1 on Wing – Defender Facing Attacker

OBJECTIVE: Same as Core Activity, except players line up on the wing.

ORGANIZATION: Same as Core Activity, except players line up on the wing.

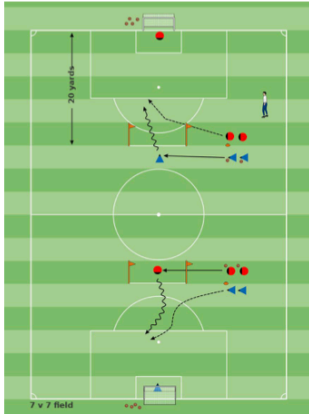
KEY WORDS: Defend the goal, step to the ball

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that? 3) Why is it dangerous to get too close to the attacker too soon? 4) How do you keep that from happening?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, stop the attacker as soon as possible and try to force them away from the goal. 3) They could play the ball past us. 4) Take long steps to get there and short steps as you get closer.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this Less Challenging Activity if the Core Activity is too difficult. Spend a total of 30 minutes in the Practice Phase.





PRACTICE (More Challenging): 1 v 1 in Middle - Defender Beside Attacker

OBJECTIVE: To prevent the opponent from scoring.

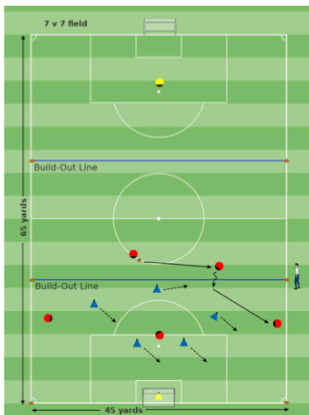
ORGANIZATION: Same as Core Activity, except the first defender runs in from the wing.

KEY WORDS: Defend the goal, step to the ball

GUIDED QUESTIONS: 1) Defenders, what's your top priority in this exercise? 2) How do you do that?

ANSWERS: 1) To defend the goal. 2) Run out after the ball, block the path to the goal and try to force the attacker away from the goal.

NOTES: Start with the Core Activity and decide whether the level of challenge is appropriate for the players. Switch to this More Challenging Activity if the Core Activity is too easy. Spend a total of 30 minutes in the Practice Phase.



2ND PLAY PHASE: The Game

OBJECTIVE: To prevent the opponent from scoring.

ORGANIZATION: Mark out a regular 7 v 7 field with build-out lines. Divide players into two teams of six. Each team plays a 1-2-3 formation. Play for 30 minutes including one "halftime" (5 min.) using the Laws of the Game (LOTG) and according to the standards of play found in the U.S. Soccer Player Development Initiatives (PDIs).

KEY WORDS: Stay compact, move with the ball, defend the goal

GUIDED QUESTIONS: 1) How many goals did the other team score? 2) How did they score them? 3) How could you have stopped them?

ANSWERS: 1. & 2.) General questions asked to focus players' attention on the principles they have learned. 3) Get compact and stay compact, block the direct path to the goal, force attackers outside, move to follow the ball and block shots.

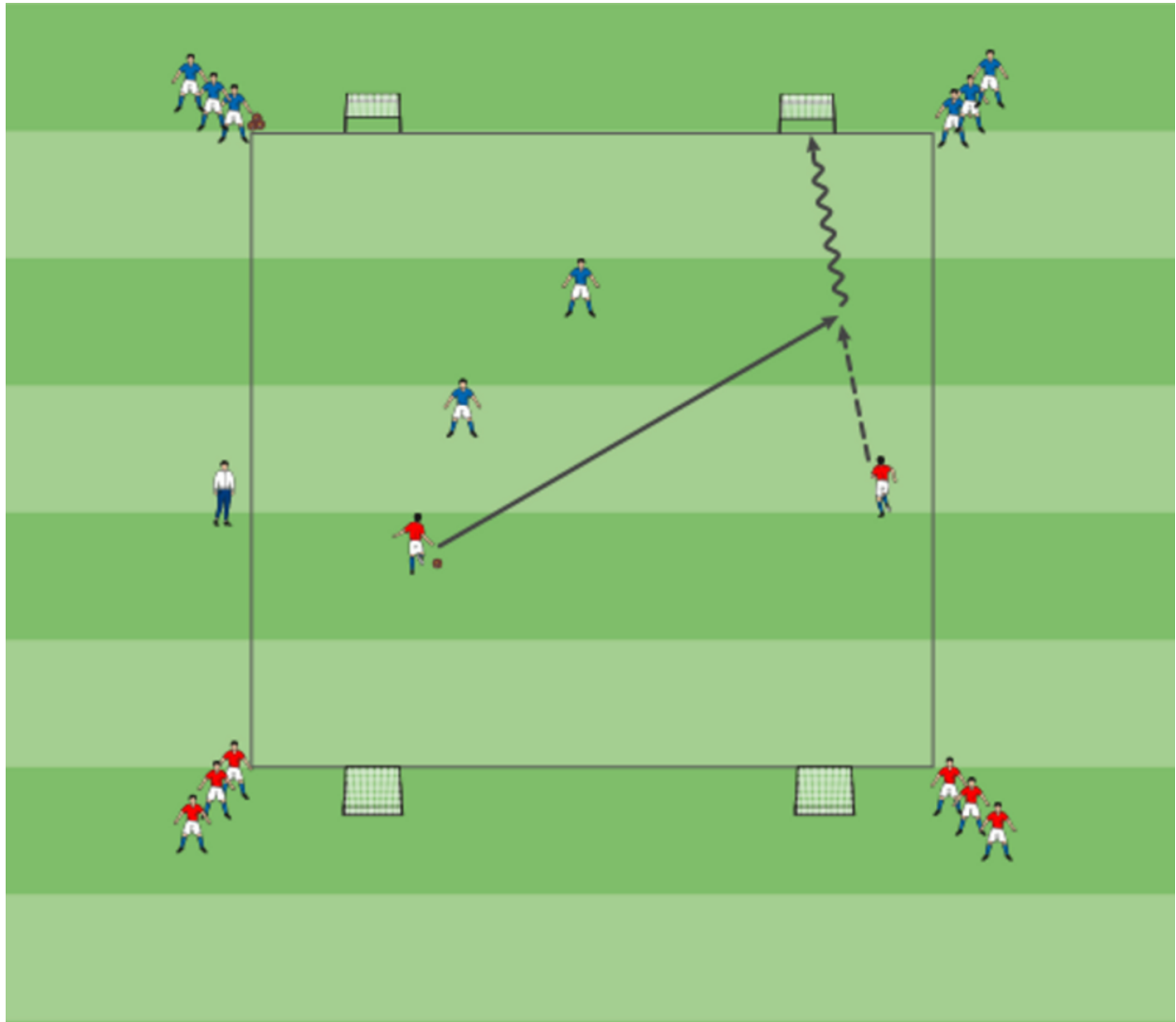
NOTES: Play according to the Laws of the Game and the standards of play found in the U.S. Soccer Player Development Initiatives.

Notes: Between ball and goal first. No goals allowed mentality



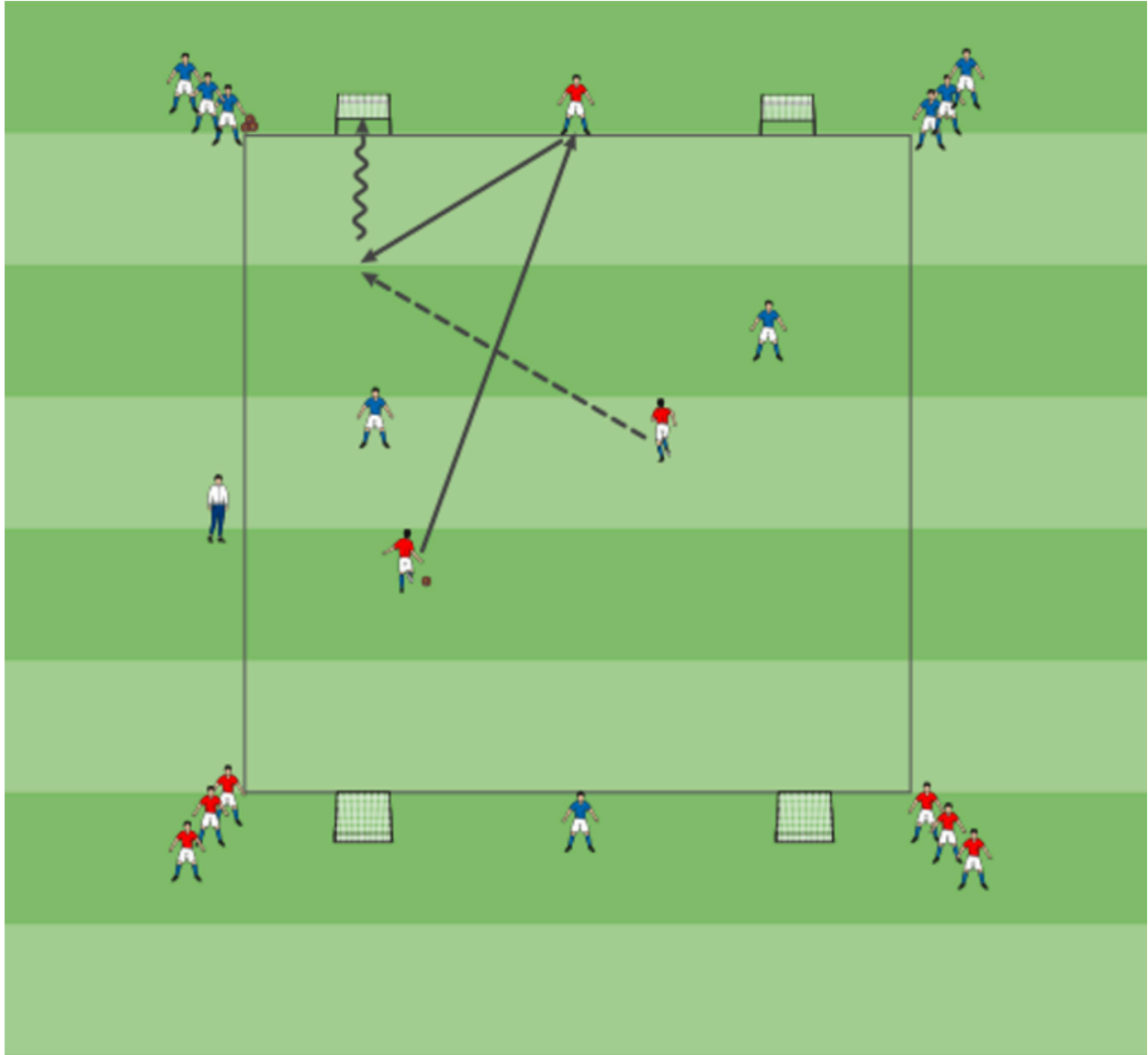


Small Sided Games



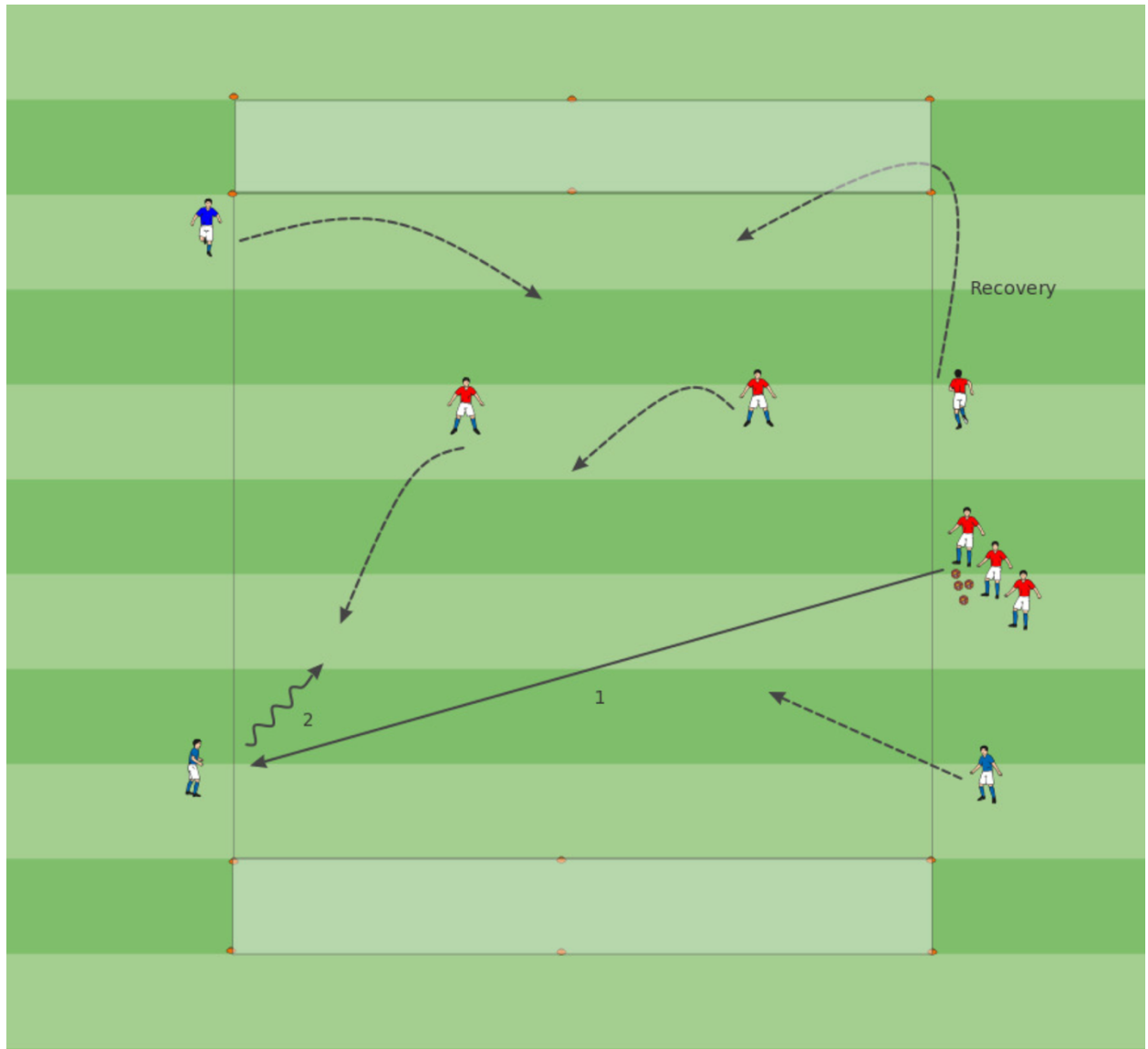
2v2 to 4 goals





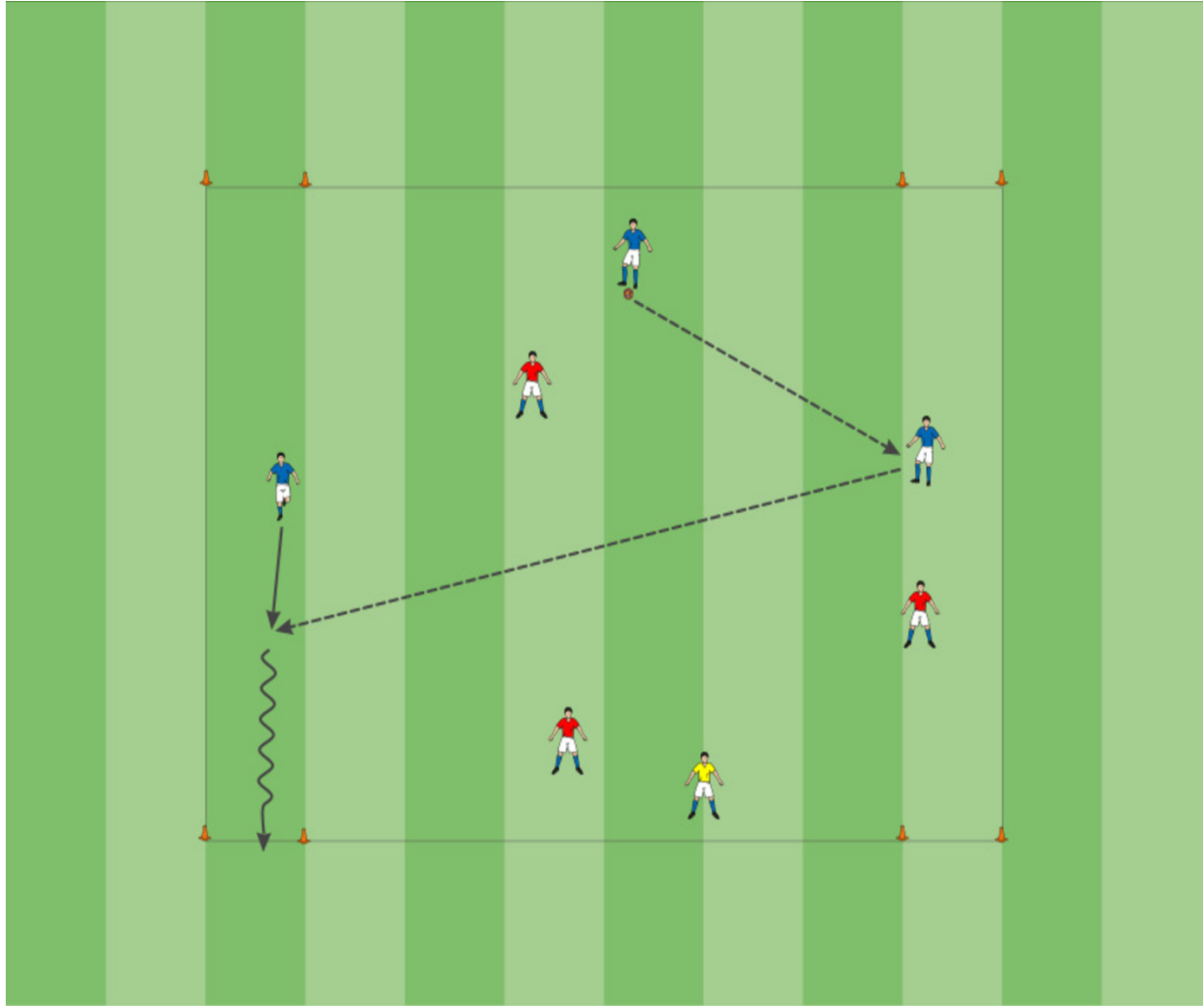
2v2 plus target to 4 goals





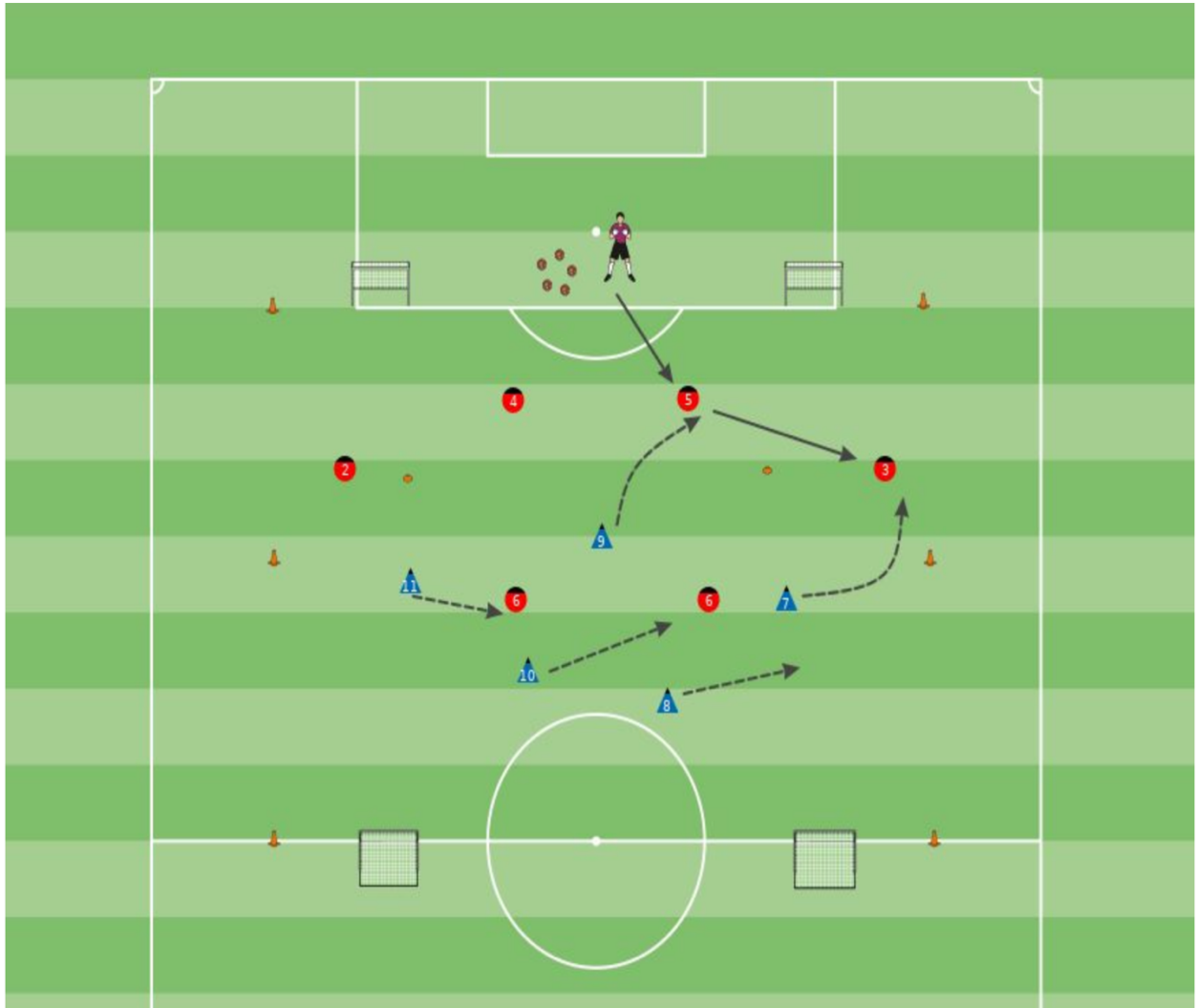
3v2 → 3v3 to Endzones





3v3 plus 1





5v5 plus GK

