



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OUTDOOR SOCCER GUIDEBOOK FOR COACHES



4/20/2015

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RULES

THE GAME is played for fun! No score or standings are kept. Everyone should play at least half of the game and players should be rotated, so that everyone plays on both offense and defense.

1. All players must play at least half of each game. This is an equal participation league!
2. Each team may have one practice a week outside of game times.
3. Team Sizes: Ages 4&5 5 players
 U6 5 players
 U8 7 players
 U10 7 players + goalie
 U12 11 players
4. Cleats may be worn. Only rubber cleats allowed. **Shin guards are mandatory!**
5. Jewelry: No jewelry may be worn. This includes bracelets, earrings, necklaces, barrettes, or hair twists with metal or plastic.
6. Casts: No casts, splints or braces will be allowed. Knee braces must be sufficiently padded and approved by the referee.
7. Games consist of 2 halves: 25 minute halves (U10 and U12)
 20 minute halves (U8) - approximately
 15 minute halves- sub every ~5 min (Ages 4&5/U6)
8. Substitutions are unlimited except and may be made, with the consent of the referee, at the following times:
 - (a.) Prior to the throw-in in your favor
 - (b.) Prior to a goal kick, by either team
 - (c.) After a goal, by either team
 - (d.) After an injury, by either team, when the referee stops play
 - (e.) Between quarters
9. A size 4 ball will be used for U10 & size 5 ball will be used for U12 grade level. All other levels will use size 3 ball.
10. The offside rule does apply for the U12 Grade Division. It will be introduced during the season for U10.
11. Standard free kicks will be used; only indirect kicks will be used for the younger grade levels.
12. No slide kicks.
13. Both yellow and red cards can be issued. In the chance of a red card, the player must not participate in a minimum of one game and must also attend the game

he/she is not playing in. Multiple game suspensions may occur due to repeated red card incidences and/or severity of the event.

14. Throw-ins will be used for U8 and up. Ages 4&5 and U6 will kick ball from spot where ball went out of bounds. Goal kicks and corner kicks will be used at all levels.
15. Penalty kicks will only be used in 11 & up.
16. No Heading until 11 & up. If done deliberately, will result in stoppage of play and change of possession.
17. Ages 4&5 and U6 will not have goalies. U8 will add goalies after the break week. Once goalie has hand/fingers on ball, it may not be kicked by opposing team.
18. The goalkeeper can handle the ball with their hands as long as one foot is in the goal box.
19. Goalkeepers may put the ball in play with either a kick or underhand roll or pass. The ball cannot pass mid-field in the air (if it rolls or bounces past the mid-line, that is fine) in U8 or U10. For U12 and up, the field is big enough to allow normal kicks from goalies.
20. Code of Conduct: The responsibilities of coaches, players, parents, and spectators are as follows:
 - **Players:** are expected to show a sportsman-like behavior
Teamwork and cooperation are essential. Group spirit, unselfishness, and self-sacrifice are necessary for best team performance. Treat your opponents as you yourself would like to be treated. Respect, rather than antagonize the officials; their decisions must be respected.
 - **Conduct of Coaches, Parents, and Spectators**
Players should be encouraged to play according to the rules regardless of the score. Players should be encouraged to play their best! Treat your opponents as you yourself would like to be treated. An official deserves fair treatment and encouragement; let them know about their good calls. Officials are human, thus subject to error and they interpret what is happening on the field from their view. The players view us as role models; therefore, we need to control our actions with this in mind.

SOCCER DICTIONARY

Center Kickoff: A game begins with one team kicking the ball from the center spot on the field. Players on both teams must be on their half of the field during the kickoff, and the opposing team players can't be in the center circle.

Direct Kick: A free kick aimed directly to score a goal.

Dribbling: Controlling and moving the ball with soft rapid touches while running. Using mainly the inside and outside of the foot.

Goal Kick: The defensive team gets to take a free kick from inside the goal area. This is obtained after the ball is ruled out of bounds along the end line.

Indirect Kick: When you take this free kick, another player from either team must touch the ball before a goal can be scored.

Marking: On defense, staying close to or guarding a player from the other team.

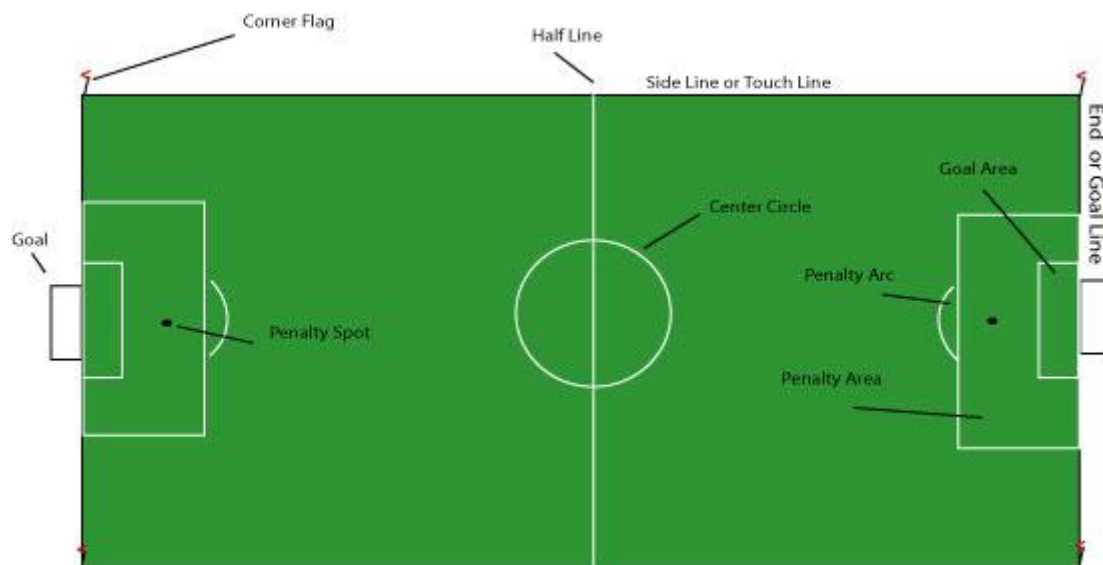
Offside: When the ball is passed to an offensive player near the goal and there are not at least two defenders, including the goalie, between the offensive player and the goal.

Shooting: Using the instep or the top of the foot to score a goal.

Tackling: When you tightly mark or challenge an opponent, trying to steal or win the ball from them.

Trapping: This is a technique of receiving an incoming ball and controlling it as quick as possible. The foot, chest, and thigh are the main part of the body for trapping.

Game Play: The game begins with one team in control of the ball at the centerline. At this time both teams start on their end of the field. Neither team can cross the centerline until the ball has been kicked by the offensive teams' center/forward. After the kickoff players can go anywhere on the field except into the goal box. As the game progresses each team is expected to move the ball toward the other team's goal and ultimately scoring a goal. Once a goal has been scored; the team who was scored upon starts play again with a kickoff from the centerline.



PLAYER POSITIONS

Forwards (Strikers): The forwards job is to keep the ball close to the opponent's goal and try to get good shot to score a goal. This position is the offensive "punch" of the team. These players will generally play closer to the other team's goal and take the majority of the shots for your team.

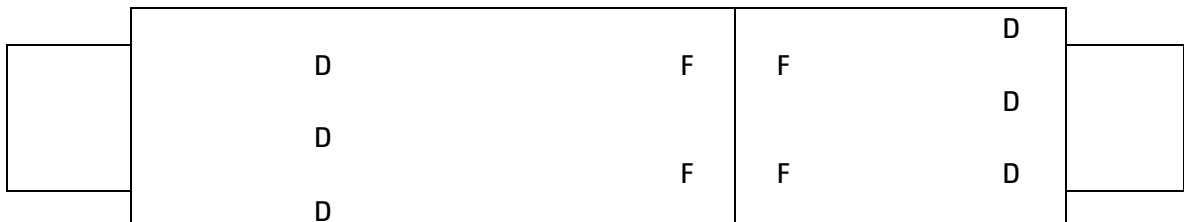
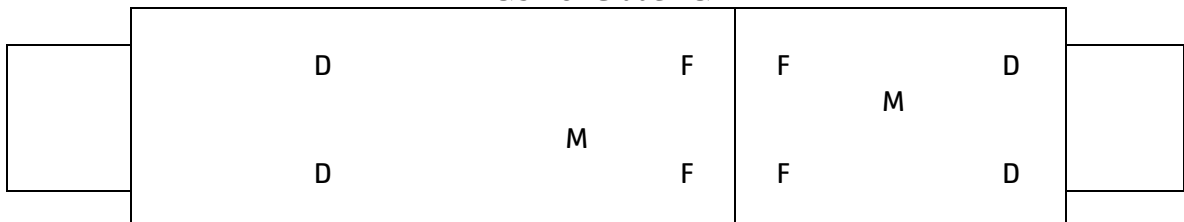
Defenders: The defenders main job is to keep their opponent's from scoring. These players play near their own team's goal and work together to steal the ball and advance it to their teammates. They also receive the ball from the goalkeeper.

Midfielders: These are the all-purpose players on the field who take shots and also help the defense steal the ball from their opponent. They also help move the ball between the defenders and forwards.

Goalkeeper: This is the only player who is allowed to touch the soccer ball with their hands. The goalkeeper's job is to grab the ball from going into the goal, then getting the ball to his defenders by an overhead pass, kick or an underhand roll.



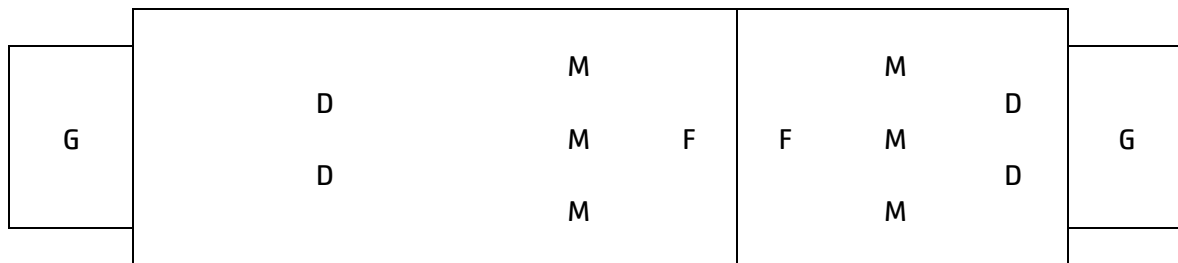
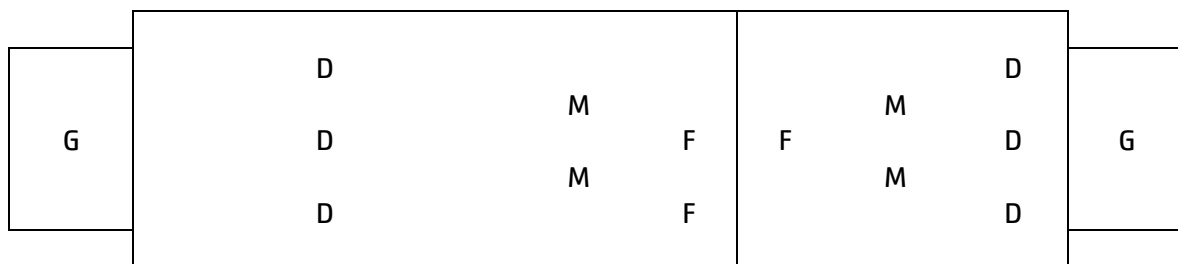
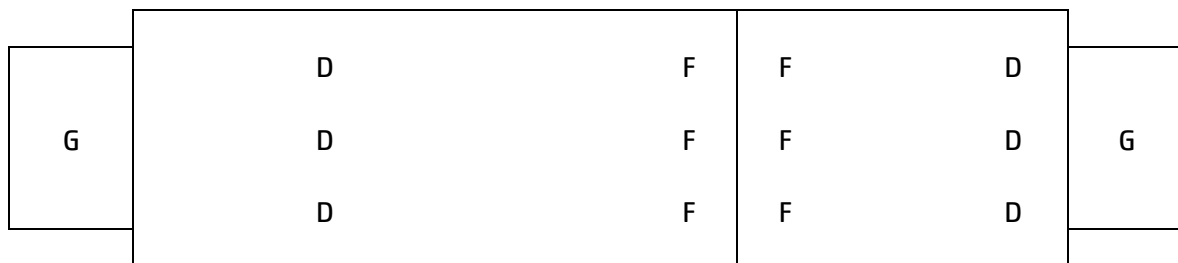
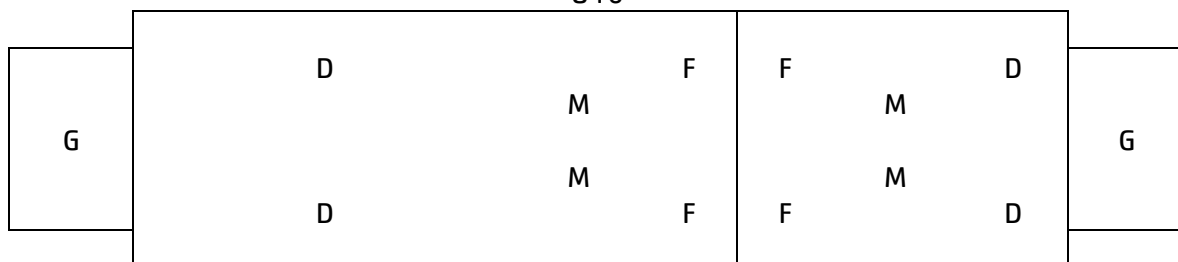
4K&5K or Grade 1&2





Grade 3-5

U10



Main Positions Key

F Forward/Attacker/Striker

M Mid-Fielder

D Fullback/Defender

G Goalie

FOULS

The free kick is awarded from the spot of the foul, except in the case where it took place in the opponent's penalty box. In that case a penalty kick can be awarded.

- Kicking an opponent
- Tripping
- Jumping into an opponent (like when you are going for a header)
- Charging into an opponent
- Pushing
- Tackling from behind
- Tackling an opponent and you make contact with the player prior to making contact with the ball.
- Holding
- Touching the ball with your hands (if you are not the goalkeeper)

Additional Training/Coaching material can be found at:

<http://soccerxpert.com/> (can choose drills for each age level and print/share)

<http://www.coachingsoccer101.com/drills.htm>

<http://soccerdrills.net/>

<http://www.saysoccer.org/coachingskillsanddrills.aspx>

http://www.footy4kids.co.uk/soccer_coaching_basics.htm

<http://files.leagueathletics.com/Text/Documents/4704/17505.pdf> (U6)

<http://files.leagueathletics.com/Text/Documents/4704/17506.pdf> (U8)

<http://files.leagueathletics.com/Text/Documents/4704/17507.pdf> (U9 & U10)

<http://files.leagueathletics.com/Text/Documents/4704/17508.pdf> (U11 & U12)

4K/5K (U6)

Week 1:

Focus: Listening to the Coach, Dribbling

- Teach the kids what you expect them to do when you blow the whistle (to get them to stop and listen to you).
- Ideas for Drills: 1-5
- Ideas for Games: a, b

Goal: Be able to maintain dribble

Week 2:

Focus: Dribbling

- Ideas for Drills: 1-11
- Ideas for Games: a-d

Goal: Be able to maintain a dribble using the proper technique

Week 3:

Focus: Passing

- Ideas for Passing Drills: 13-14
- Ideas for Passing Games: g, h

Goal: Be able to complete a pass to a partner

Week 4:

Focus: Passing/Trapping

- Ideas for Drills: 13-19
- Ideas for Games: g-j

Goal: Be able to pass to a moving partner

Week 5:

Focus: Receiving Passes/Spacing/Positioning

- Ideas for Drills: 20, 43, 44
- Ideas for Games: k,s

Goal: Be able to successfully receive a pass

Week 6:

Focus: Shooting

- Ideas for Drills: 26-28
- Ideas for Games: Turn the drills into games by adding a goal (ex: who can get to 10 fastest)

Goal: Be able to shoot the ball with the proper technique

Week 7:

Focus: Basic Defender Techniques

- Ideas for Drills: 31, 34
- Ideas for Games: n

Goal: Be able to shoot the ball accurately with the proper technique

Grades 1 & 2 (U8)

Week 1:

Focus: Listening to the Coach, Dribbling

- Teach the kids what you expect them to do when you blow the whistle (to get them to stop and listen to you).
- Ideas for Drills: 1-7
- Ideas for Games: a-e

Goal: Be able to maintain dribble

Week 2:

Focus: Dribbling

- Ideas for Drills: 1-10
- Ideas for Games: a-d

Goal: Be able to maintain dribble while being defended

Week 3:

Focus: Passing/Trapping

- Ideas for Passing Drills: 13-15
- Ideas for Passing Games: g-j

Goal: Be able to successfully pass the ball using proper technique

Week 4:

Focus: Receiving Passes/Spacing/Positioning

- Ideas for Drills: 18-21
- Ideas for Games: k

Goal: Be able to move to an open space to receive a pass

Week 5:

Focus: Spacing/Positioning

- Ideas for Drills: 22-24, 43-45
- Ideas for Games: s

Goal: Be able to shoot a ball with the proper technique

Week 6:

Focus: Shooting

- Ideas for Drills: 26-28
- Ideas for Games: l

Goal: Be able to shoot the ball accurately with the proper technique

Week 7:

Focus: Defending

- Ideas for Drills: 31-34
- Ideas for Games: n

Goal: Be able to maintain man to man coverage

Grades 3 & 4 (U10)

Week 1:

Focus: Listening to the Coach, Dribbling

- Teach the kids what you expect them to do when you blow the whistle (to get them to stop and listen to you).
- Ideas for Drills: 1-12
- Ideas for Games: a-f

Goal: Be able to maintain dribble

Week 2:

Focus: Passing/Trapping/Controlling the ball

- Ideas for Drills: 13-21
- Ideas for Games: g-j

Goal: Be able to display accuracy when passing by leading the receiver

Week 3:

Focus: Receiving Passes/Spacing/Positioning

- Ideas for Passing Drills: 22-25,43,44
- Ideas for Passing Games: k,s

Goal: Be able to use the entire field of play to get open

Week 4:

Focus: Shooting

- Ideas for Drills: 26-30
- Ideas for Games: l, m

Goal: Be able to accurately shoot the ball

Week 5:

Focus: Defending

- Ideas for Drills: 31-34
- Ideas for Games: n-p

Goal: Be able to maintain coverage while in the proper defensive position

Week 6:

Focus: Goalkeeping, Throw-ins, Corner Kicks, Goalie Kicks

- Ideas for Drills: 35-42
- Ideas for Games: q, r

Goal: Be able to block shots on goal and restart play

Week 7:

Focus: Offensive Tactics

- Ideas for Drills: 45, 46
- Ideas for Games: s-v

Goal: Be able to implement basic offensive strategies in game situations

Grades 5 & 6 (U12 & U15)

Week 1:

Focus: Listening to the Coach, Dribbling

- Teach the kids what you expect them to do when you blow the whistle (to get them to stop and listen to you).
- Ideas for Drills: 1-12
- Ideas for Games: a-f

Goal: Be able to maintain dribble against opponents

Week 2:

Focus: Passing/Trapping/Controlling the ball

- Ideas for Drills: 13-21
- Ideas for Games: h-j

Goal: Be able to display accuracy when passing by leading the receiver

Week 3:

Focus: Receiving Passes/Spacing/Positioning

- Ideas for Passing Drills: 22-25, 44
- Ideas for Passing Games: k, s

Goal: Be able to use the entire field of play to get open

Week 4:

Focus: Shooting

- Ideas for Drills: 27-30
- Ideas for Games: m

Goal: Be able to accurately shoot the ball

Week 5:

Focus: Defending

- Ideas for Drills: 31-33
- Ideas for Games: o, p

Goal: Be able to maintain coverage while in the proper defensive position

Week 6:

Focus: Goalkeeping

- Ideas for Drills: 34-39
- Ideas for Games: q

Goal: Be able to block shots on goal

Week 7:

Focus: Restarting Play and Tactics

- Ideas for Drills: 40-46
- Ideas for Games: s-v

Goal: Be able to display understanding of various tactics and strategies

Week 8:

Focus: Tactics

- Ideas for Drills: 40-46
- Ideas for Games: s-v

Goal: Be able to display understanding of using the entire field and moving without the ball

SOCCER DRILLS/GAMES REFERENCE

Dribbling

Drills:

1. Dribble Warm-Up-Either use the center circle of the field or build you a circle with cones. Each player needs to have a ball and start inside the circle. Have players dribble anyway they want inside the circle as long as they are using both feet for 2 minutes. Have the players juggle for 1 minute using feet only trying to alternate from right to left. Have players dribble with inside and outside of each foot with the following pattern: right foot - inside, outside, inside, outside then switch to left foot inside, outside, inside, outside and continue to switch feet. Do this for 2 minutes.
2. Greeting Game- All the players run around randomly inside the grid. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc. Progressions: Add dribbling.
3. Simon Says- Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a- GOTCHA. See who gets the least number of GOTCHA's.
4. Red Light, Green Light-With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.
5. Dribble Relay-The basic game is Team 'A' racing team 'B' by dribbling through a series of gates. If a player loses control and misses a gate they have to regain control and go through the gate. One variation is to have a small 'square' at the end. The children have to stop the ball in the square, then sprint back and high-five the next player before he/she can start. Another variation is to have several parents positioned at different places along the 'course' and have a different one hold up a number of fingers at random times during the race - and award points to the player that sees it and correctly yells out the number first. This encourages the children to play with their heads up.
6. Jam Packed Drill-To begin this drill, create a circle with disc cones that is approximately 20 yards in circumference. Make sure each player has a ball, and instruct them to line up around the outside of the circle. Have the players begin the soccer drill by dribbling around the outside of the circle all in the same direction. The coach should inform the players to listen for certain queues and perform those actions once the coach shouts the command. These commands are:

- JOG - players should dribble at a comfortable speed
- FULL SPEED - players should dribble at their top speed
- CUT - players should cut the ball in the other direction and travel in the other direction around the circle
- CROSS - all players should cut across the grid avoiding contact with other players or other player's balls.

7. Knockout- Instruct the players to protect their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. Players can only be "knocked out" 2 times where they do 5-10 pushups and get back in the game. On the 3rd time, they are out.

8. Speedway – Split groups into 2 "speed teams" of different wacky cars. All players have a car (ball) On Coach's command, A's dribble to B's area & B's dribble to A's area. 1st group with whole team across, scores a point.

Progression: Walking only

Jogging only

Running only

Use only 1 foot

Use other foot.

Add fun incentives- whole team must rev their engines (step on their balls) when across. Use imagination to vary these regularly.

9. Heads and Tails -20x30 area (the Jungle). All players are animals and need to stay inside the forest or trees. Can use different animals to vary speed (Cheetah, monkey and elephant.) Progression: On coach's command, "HEADS" – the players must stop the ball with their foot and then place their head on top of the ball. 'TAILS' indicates that the players must stop the ball with their foot and then sit on the ball

10. Dribble at the Cone-Position the players where 2 players are on one end line and 1 player is on the other end line. The first person in the group of 2 will start with the ball. This player will dribble at the cone; change the direction of the ball as he makes a move (fake) around the cone. After moving past the cone, the player should increase his speed to finish at the other side of the grid. He then lays the ball off to the other player who performs the same fake on the cone. Play continues until the coach introduces a new fake at the cone.

11. Shadow-Instruct players to pair up each player with a ball. The lead dribbler dribbles around inside the grid while the following dribbler attempts to mimic the lead dribbler's every move and keeping a good close distance. Change leaders after a minute.

12. Team Reaction Dribble Drill- From each of the four corners; place a flag about 7-10 yards from the corner cone. Each player should have a ball inside the grid. Instruct the players to dribble inside the grid using the entire grid. When the coach calls out a player's name, that player picks which of the four flags they want to dribble around and quickly dribbles around that flag. The entire team must also dribble with speed around the same flag as quickly as possible.

Games:

- a. Magic Spells – In an area 30 x20 yards, (Hogwarts) – if the ball goes out you lose your powers! (or use parents) All players (magicians) begin w/ a ball (wand). Players dribble around Hogwarts (field) waving wand (dribbling soccer ball) Progressions: Use only 1 foot (dribble only with left foot or only with right) Use other foot (opposite from above last go) or Use both feet.

Spells:

- Freeze (turn to stone) – stop dead still with foot on ball
- Lightning dribbles as fast as they can
- Snail- dribbles as slow as they can
- Secret Passage – Turn in opposite direction to go down secret passage.

- b. Tag- Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling while avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise such as 25 toe touches, 4 juggles, 25 foundation touches, or push-ups before rejoining the game.
- c. Frogger-Every player must be in the grid with a ball except for 2 players who will be the FROGS. All of the players will start on one side of the grid and try to make it to the other side. The two FROGS must hop and try to tag the other players as they try to get to the other side. When a player is tagged, they both become a frog. Play continues until only 2 players are left, who become the frogs for the next game.
- d. Pirate treasure Dribbling Game-Create a grid about 30X30. Set up about 10 tall cones (the treasure) along one side of the grid. On the opposite side have each player (the pirates) start with a ball. 2-3 players will start inside the grid with an alternate color jersey on. They are defending the treasure (tall cones) along the side of the grid. On the coach's command, the pirates attempt to dribble past the defenders in attempt to take the treasure. To take the treasure the players must knock down the cone with the ball. Once they have knocked down the cone they must pick up the

cone and take it back to their starting point while dribbling the ball. If the pirates lose the ball by the defenders, they must start back over at the original starting point

- e. Traffic Jam- Randomly place cones in the middle of the grid. Split the group into 4 even teams who start on the corners of the grid with 1 ball per group. On the coach's command, the first player from each line will race through the "Traffic Jam" (cones) in attempt to a cone or another player. Once the player makes it through the traffic jam instruct them to dribble with speed to the line they are facing and pass the ball to the first player in line. That player should immediately head towards the traffic jam with speed in attempt to get through the traffic jam first. After a while combine the two teams that are facing each other into one team. Next, have the players' race through the traffic jam to the cone on the opposite side of the grid, around that cone and back through the traffic jam. As each player finishes the race they must sit down to signify to the group that they have completed the race. The team that has all players sitting down first wins the game.
- f. 5v5 Dribbling game- Divide in to two teams of 5 field players and 1 goalkeeper. Create a goal on each goal line. Players play a 5v5 game with the restriction that the attacking player with the ball must first beat a defender before he can pass or shoot. This restriction will encourage attackers to dribble and take on defenders.

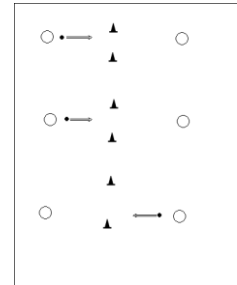
Passing

Drills:

- 13. Partner Pass- First, demonstrate the "inside of the foot" pass by kicking the ball to a student. Tell them watch which part of the foot you use to kick the ball; after kicking, have each student touch (on their foot) the part of the foot used. (If they don't touch the inside of the foot, demonstrate and introduce once again). Also introduce the "foot trap", performed by placing the foot onto the top of the ball as it moves toward you, in order to stop it (without using the hands). Once students understand where the inside of the foot is and what this type of pass is to be used for (for passing the ball to a teammate; ball stays close to the ground) Have them stand facing their partner, 5 to 7 yards apart. Player 1 passes the ball to partner using the inside of the foot pass. Player 2 will then receive the ball by trapping it, then move back a step and pass it back to their partner using once again the inside of the foot pass. Players are to stay stationary while kicking the ball.
- 14. Partner Pass and Move Warm-Up- Organize the players into groups of two with only one ball per group. Each group of two should only pass to their partner

while moving around the grid. Each player should be instructed to pass and receive with the inside of the foot.

15. Passing Through the Gates- Split group into pairs. Use cones to create gates about three yards apart. Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates without touching a cone. Players keep track of their own points. Play for 3-4 minutes.



Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two player

16. Soccer Ball Smash- Pair up each of the players and make sure each player has a ball. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill. Instruct player 1 to pass ball forward. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in attempt to hit player 1's ball. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously. Each time a player hits their opponent's ball, they collect a point. The first player to 5 wins that match.
17. One Touch Passing Drill- Set up two cones about 15 yards apart. Have partner pass you the ball, not too hard to start, you move to it slightly and make a one touch pass back. Partner takes two touches, and then passes you a good ball again. After a minute, switch with your partner. Repeat sets until comfortable. Once comfortable doing this with a not too fast pass, then you can increase the degree of difficulty on this exercise by having your partner pass you the ball harder. You can also have them pass you a ball that is bouncing a little bit and challenge yourself that way to hit a one touch pass back on the ground.

Games:

- g. Passing Name Game- Have your team form a circle. Start with one ball. To play the name game, the player with the ball passes to a player. Before the receiving player receives the pass, they must yell the name of the player they are going to pass to. Upon the next player receiving the ball, they must yell the name of the player they are going to pass to.
- h. Guard the castle- Organize the team into groups of four. One of the four players should wear an alternate jersey and be the designated defender (guarder of the castle). Take a ball and place it on the top of a disc cone in the middle of the grid, this will become the "castle." It will be up to the 3 attackers to pass the ball around the defender in the grid in attempt to knock down the castle with a pass. The castle is considered knocked down when the ball is knocked off the cone or the tall cone is knocked down with a pass.

- i. Hitters and Dodgers- With disk cones, outline a grid that is about 15X15 yards. You might want to make it a bit bigger or smaller depending on the age and number of kids you have. You will need to have a ball for each player; however, only 3 players start off with balls. The remaining balls should be placed outside the grid. The three players with balls are called the "hitters". The remaining players should start off scattered throughout the grid they are the "dodgers". Instruct the "hitters" to dribble inside the grid and attempt to pass the ball to any of the "dodgers" and hit them with the ball. The "dodgers" are attempting to avoid being hit by the "hitters". If a "dodger" is hit, he must collect a ball from the extra balls outside the grid and join the hitters. The last players standing win.

- j. Transformers -Coach sets players up as shown in diagram. Coach asks each group to choose a transformer. Transformers have to run to the area, dribble a ball back to its corner, pass it to their partner, and tag their partner. The next person then goes. If there are no balls left in the middle transformers are allowed to run to another corner and take their ball. Only one transformer from each group is allowed to be looking for a ball at any given time.



Progression: Coach becomes Megatron and tries to protect the balls in the middle. Megatron also runs and takes balls from the corners to return to the Megatron home. Coach then has someone (or more than one person become Megatron.)

Receiving/Trapping

Drills:

18. Wall Trap- Give each player a ball and have them line up facing the wall (about 3-5 feet away from it). Have them toss their ball at the wall and when it comes back, they have to trap it with their feet.
19. Partner Trap- Have the player's partner up and each pair will get 1 ball. Have them toss the ball to their partner at knee level, and have them trap it, going back and forth.
20. Receiving Drill- Setup two small grids 2 X 2 yards, 15 to 20 yards apart. The Drill- Players pass the ball back and forth and try to receive the ball and keep it in their grid. Players receive one point for keeping ball in the grid. Variations- Must receive ball within "2 touches"
21. Up in the Air- Give each player a ball, and have them spread out across the court. Have them toss their ball straight up into the air (about 5 feet) and try to trap it as quickly as possible.



22. Inside/Outside Drill- Divide the team in two. Place players in a 20 x 20 yd grid without a ball. Place an equal number of players on outside of the grid each with a ball. Inside players move around the grid freely, receive a ball from an outside player and return it as quickly as they can. Switch positions after a while.

Progression:

Return with one touch, then two touches,

Receive with outside of the foot, inside of the foot, left foot only...

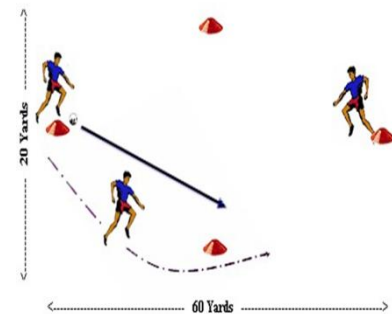
Receive balls out of the air.

Receive, turn and find a different target

23. North Carolina Triangle Passing Drill- Three players, one ball, four cones, grid size approximately 20 yards by 60 yards. Using four cones set up a grid 20 yards x 60 yards. Each cone will be in the center of a side of the grid, forming a diamond shape pattern.

Two players are at one end of grid on a cone. Player 1 takes off on a bending run (j-shaped) around the cone on one side. He calls for the ball and Player 2 passes the ball at or in front of the cone. Player 1 receives the football and with one touch knocks it to Player 3 who is waiting at the far cone. Player 3 receives the ball and drops it near the cone and takes off on his bending run around the cone to his right.

Player 2 takes the ball and upon the request (call for the ball) by Player 3, plays it at the cone Player 3 is running around (with a bending run). Player 3 receives the ball and with one touch knocks it to Player 2 who is waiting at the cone where the drill began. Player 2 receives the ball and drops it near the cone and takes off on his bending run around the cone to his right. The drill continues in that manner. Alternatives: Run the drill both clockwise and counter-clockwise



24. Moving off the Ball- Play 4v0 in a grid. As the ball is passed, all players but the receiver must move to different space. The first pass is no problem; it's making the next run on the next pass. This requires constant movement with momentary stoppages. One of the biggest problems is that someone has to start the movement, so the other players can find new space. It is tough concept for a player to move to space that currently is occupied by another player. You don't have many space options when in a fairly tight grid. To help the activity along, ask the receiver to get in several touches before making the next pass. Also, ask the passer to move off the pass quickly and not wait to see how it turns out. This should allow the players to get into a constant flow (for at least 5 seconds).

25. Trapping with Passive Opposition- Set up players into groups of three; one server, one receiver working on control and trapping, and one player as a passive defender. Server is 10 yards from the receiver and defender. The server plays a ball into the receiving player. The passive defender stands close enough to touch the receiving player and tries to distract the receiving player. The passive defender

should not attempt to win the ball at this point. The server should play to chest, thigh, or feed at specified by the coach. Serves to the chest and thigh should be thrown, and trapping with the feet should be served by the feet. After the ball is trapped and under control, play back to the server and repeat.

Games:

- k. Trapping Competition- To create a sense of urgency while trapping and to force players to race to a dropping ball and trap it while running, coaches can organize a trapping competition. A trapping competition involves lining up your team, with your coach in the middle holding the ball behind a starting line. Your coach tosses the ball in the air as high as he can, and then calls out the names of two players. As soon as these two players hear their names, they race to the dropping ball to see who can trap it first.

Shooting

Drills:

26. Instep Shooting Drill- Setup a grid that is 25x25 yards and place 3-4 tall cones in the middle of the grid. Divide the team into groups of 2. Partners stand on opposite sides of the grid facing each other. Each group of 2 needs a ball. Players get points by knocking over a cone by driving the ball to their partners' side of the grid. Any of the players on the side can return the ball by driving it with the instep of the foot while attempting to knock over a cone.
27. Shoot for Distance- Place x's or hoops at different distances (or just pick a spot the players can aim for) and have the players attempt to hit each distance. (This is not an accuracy drill; it is a drill to learn how to control the amount of force)
28. Shoot for Accuracy- Place cones at various spots around the court and have the players attempt to hit each one. This drill is to focus on putting the ball where they intend to.
29. Flag Shooting Drill- For every six to eight players, you will need a pair of flags or cones to serve as the goal, a pile of extra balls, a coach (or knowledgeable parent) to supervise and feed the extra balls when necessary. Two poles to mark the goal, flat cones to mark the starting positions about 5 yards from the goal to begin with. Have a pile of balls next to you. Serve a rolling or bouncing ball toward the first player. Coaching point: encourage the player to meet the ball rather than wait for it. The player has N touches to receive and shoot at the goal (ideally, N=two or even one). The player's shot should continue past the flags towards the other line. Coaching point: the player's first touch should direct the football to the side and a bit in front of them. The first player from the front of line 2 moves to receive the ball, two (or one) touches and returns a shot back through the goal, which is in turn received and shot by the next player in line 1.

Tip: Rather have them move quickly out of the way after their shot passes the flags, and move back to the end of their line in time for their next turn. Quickly! If a shot or attempt at receiving it goes astray, or is so poorly miss-hit that it doesn't effectively roll through the flags, the coach immediately serves another ball to the next player up to go after instead.

30. MacDaddy Drill- Divide up the team into 2 even teams. Team one lines up about six yards outside the left goal post. Team 2 lines up about 6 yards outside the right goal post. Place a cone somewhere around the 18 yard mark roughly even with the left post. Coach has a supply of balls (around 5) at his feet. On coaches signal the first player on team 1 makes a bending run from the end line around the cone on the 18.

Also on the signal the first player on team 2 makes a run behind the goal, around the left post and enters the goal area to be the goalie. As the player from team 1 rounds the cone and starts toward goal the coach plays a football and the player takes a 1st touch shot. As soon as the shot is taken the next player on each team starts their run so we end up with a new goalie and a new shooter taking a 1st touch shot.

Game ends when time expires OR coach runs out of soccer balls to play to the shooter. This means that if you shank a shot or kick it over the goal you have to chase down your ball and get it back to the coach in a hurry. I also allow the keeper to punt the ball out if they make a save. While this sounds like a line drill after the first 20 seconds it becomes a conditioning exercise as everyone is chasing down misplayed balls and getting back in line.. At the end of time the 2 teams switch roles and team 2 gets to shoot while team one defends.

- Variations: Run it from both sides to simulate right side and left side runs. (Hopefully encourage left foot and right foot shots.)
- Vary where the ball is served to simulate other option.
- Vary the cone placement and distance for age of team.

Games:

l. Transformer Goal Zone -Players are split into two groups and lined up at either side of the field facing a small goal. Each team will have 60 seconds to score as many goals as possible (to save the universe by sending their plasma ball into the enemy base) Players have two touches one to control and one to shoot. They collect their ball and return to the end of the group. This should be fun and fast flowing with lots of repetition. Progression: different feet, add goalies.

m. 1v1 Shootout- On a full size training goal, place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available. On the coach's



command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal. The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

Defending

Drills:

31. Ready Position- After introduction of basic steps (shuffle and crossover), do footwork mirroring. Coach or leader move back and forth with good footwork, varying speed and with quick changes of direction, players mirror the leader. Make sure players stay light on their toes, knees bent, and keep their shoulders square to the leader.

For beginners, here's a great demonstration of why keepers need to be on their toes. First, have the players stand lightly on their toes and tell them to jump as high as they can. They should easily be able to get off the ground. Then, tell them to put their weight on their heels and jump again. This time they won't go anywhere!

Do footwork mirroring again, but now the coach or leader will call "Shot!" every so often. When he does, keepers/defenders must instantly come to the ready position. Then keep moving. Then, the leader gets a ball and dribbles back and forth with the players tracking the ball; occasionally the leader fakes a shot and the keepers must come ready.

32. Shadow Drill- Set up cones in zig zag pattern. Have players partner up. 1 player is offense and one is defense. The defensive player needs to shadow the offensive player as they run and maneuver through the cones. Switch. After they run it a few times, add a ball (still just shadow, do not make attempts to win the ball).

33. 1v1 Drill- Split the team into two groups of defenders who start on both sides of the goal. Two attacking players are positioned outside the penalty area on both sides of the field, with a ball. On the coaches command the first defender from each line closes down the attacker (runs up and defends and tries to win the ball). You should focus on a fast, controlled approach while positioning their body between the ball and the middle of the goal. Let every player go 4-5 times or until they are comfortable with approaching the attacker.

Games:

- n. Follow the leader- Have player 1 run in different patterns and Player 2 needs to shadow them and follow their lead, all the while staying w/ them. Progress to having Player 2 stay between the leader and the goal.

- o. Create a grid that is 50 yards wide by 40 yards deep. Place a goal about 10 yards from the sideline on two of the diagonal corners. Place a goalkeeper in each of the goals. 15 yards from each goal create a 10 X 10 grid and set a cone on the opposite end lines as a starting point for the players. See diagram for field layout. Split the team into groups of 2 each partner group having the same jersey color. One of the teammates starts in line 1 where the other player starts in line 2 in the same order so they go at the same time.



- p. Begin with one set of partners as the defenders each in one of the two 10X10 grids in front of the goal. The attackers (partners) from line 1 and line 2 go at the same time on the coach's command. The attackers attempt to dribble through the grid directly in front of them and shoot on goal. If the attacking player successfully makes it through the grid and out the other side by dribbling, the attacker attempts to score a goal. The defenders attempt to deny they player from dribbling through the grid. If and only if both of the defender wins the ball, or the ball is knocked out the sides of the grid, do the attacking team become the defenders. If only one defender wins the ball and the other team makes it through the grid the defenders stay and continue defend the grid with the next group of partners. The pace of this drill must be very fast and encourage players to take advantage of an off balanced defender. The defender will have to transition quickly in order to get out of the middle.

Goalkeeping

Drills:

- 34. Mirroring with Saves-Players in groups of three (each group in front of a net, if possible). One keeper stands in front of net, or cones marking an 8-yard long line. Shooter stands 10 yards away with ball on the ground, third player stands behind shooter. Third player begins side-to-side footwork with the keeper mirroring. At a random point, shooter strikes ball at the keeper. Keeper, while moving, must time the shooter, come to the ready position, and make the save. Keeper gets three shots, then rotate positions. You can make this a competition to see who gets the most saves. Shooter should serve the ball within "footwork" distance of the keeper; do not allow dives. Similar coaching points to previous exercise.
- 35. Shots on Goal-Take shots on goal from 14-16 yards out and have keepers make saves using good footwork (no diving). For young keepers, you can stipulate that

shots must be below waist level, or even on the ground. Give each keeper one or two shots, then rotate keepers/shooters. Challenge the keepers as a group to see how many saves they can make. Encourage quick feet, and insist the keepers get all the way behind the ball -- no reaching out, and if they must, they should finish the motion by ending with the body behind the ball. Make sure keepers start on their toes before the shot comes; small "training bounces" will help.

36. Goalie Arc Drill- Scatter 10 to 12 soccer balls within the penalty area with the keeper in goal. The coach or server should move quickly from ball to ball and shoot the ball on target. Instruct the goalkeeper to shuffle along the goalkeeper's arc, which is an imaginary arc 2-6 yards from the goal, and stay positioned between the ball and the goal along the arc. After saving the shot, the keeper should reset and prepare for the next shot.

Coaching Points:

- The goalkeeper should keep their body positioned between the ball and the goal
- Keeper should never get caught on the goal line - they should stay 2-6 yards from goal at all times
- Keeper should shuffle along the arc while not crossing their feet
- Goalkeeper should move quickly
- Keeper should have good hands when catching the shot.

37. Side-to-Side - Start with the goalkeeper shuffling side to side from post to post in the goal, along the goal line. On the coaches command, the keeper should drop to the ground in a push-up position and quickly jump back to set position. The coach should toss a ball to the goalkeeper who should catch the ball and repeat. Continue for approximately 1 minute and rest.

38. Goalie Up Downs- Goalkeeper sits in the center of the goal about 3-5 yards from the goal line. The coach/server should stand about 8-10 yards from the keeper with a supply of balls. On the coach's command, the keeper should quickly stand, set their feet, get into ready position, and catch the ball that is tossed towards the goal by the coach. The keeper immediately returns the ball to the coach and returns to the seated position. Repeat this for 1 to 1 1/2 minutes.

39. Shooting Angles- Position 6-10 servers across the outer edge of the penalty area in front of the goal. Each server should start with a ball. The servers should push the ball to the left, right or straight at the goal then shoot. Instruct the goalkeeper to adjust their positioning according to the position of the ball. The goalkeeper should then set their feet and get into ready position and make the save. The goalkeeper should quickly set for the next shooter and repeat.

Games:

- q. Catch Me if you Can- Get the players into a large circle around you standing up. Have a ball in your hands and throw the ball gently at the players. If they catch the ball then they are OK and throw the ball back. If they drop the ball, they must go down on to one knee, if they drop the ball again both knees and if they drop the ball a third time then they sit down to catch the ball. If they drop a fourth time then they could either be out of the game or not depending on age of the players.

Restarting Play

Drills:

40. Throw-in Challenge- Make a sideline using cones or use an existing sideline on your practice field. Set up one cone in the field about one yard away. Set up a second cone two yards out (one yard behind the first) and then another one three yards out. Players line up on the sideline in a single file line facing the cones and each player has a ball. Each player takes a turn taking a throw-in and tries to hit the first cone. Players go to the end of the line after each try. After hitting the first cone a player then tries for the second cone when it is his turn again. Challenge players to be the first one to hit the third cone. There can be several lines of this going on at once, with only two or three players in each line.

Variations:

Make this a relay race. Each time a player on one team hits a cone, he can grab that cone and place it on top of the next cone and this becomes the target for the whole team until a player hits it. The first team to hit all of the cones wins. For an additional challenge, add more cones or space the cones further apart.

41. Throw-In Drill- Have players line up shoulder-to-shoulder (facing you) without a ball. On "Go" have them all pretend to make a throw-in while you watch. Comment & have them do it again. Be sure they drag the toe of their rear foot so hard they can hear it, that their hands go behind their head, & that they remain upright & follow through with both arms. Do these 5 consecutive times.

Next have them pair up, one ball per pair. Members of each pair face each other, 7-15 steps apart (depending on age). (There will be 2 lines facing each other shoulder-to-shoulder, about two steps apart). Start with the balls all on one side, so the players will first be throwing the same way. On "Go", the players with the ball all make a throw-in to their teammate while you watch for distance, side spin and to be sure they are dragging the rear foot (side spin is bad because it means they are using one arm too much.) Encourage high throw-ins that would go over an opponent's head; not a throw-in toward the ground. Have each player take about 5 throws.

42. Corner Kick Drill- Place one cone about 5 feet in front of right "goal post" and another cone about 10 in front of the right goal post. Have the players all take a kick from the right corner, and try to get it in between the 2 cones.

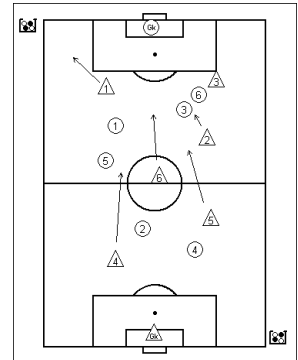
Progression: For older players you can introduce set plays and have them attempt to block the corner kick.

Games:

r. The Corner Kick Game

Set Up- regular 6v6 or 8v8 game with a bunch of soccer balls at the opposite corners.

The Game- when a team kicks the ball out of bounds on any line, the other team is awarded a corner kick.



Tactics/Positioning (Spacing)

Drills:

43. 3 v 1 Keep Away- Three players try to keep the ball away from one defender in a clearly defined grid. If an offensive player makes a mistake and loses the ball to the defender or if the ball goes out of the grid, he/she switches roles with the defender. COACHING POINTS: "Get open"--don't stand there and look at the backside of the defender. "Keep the ball moving"--pass away from the defender. "Support the pass"--are you in or moving into a position of support.

VARIATIONS: Easier-Make the grid larger, Require defender to gain possession of the ball. Add another offensive player (4v1). This variation also focuses more on passing technique than movement off the ball.

Harder-Require one or two touches, Make the grid smaller.

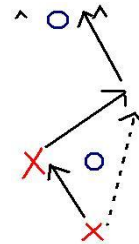
44. Perfect Distance- First you have to get them to acknowledge that space exists! One of the easiest ways to do this is to REALLY restrict space and let them feel what THAT is like. Try setting up a "field" that is about 20 x 10, complete with goals. Then play 6v6 (or some number that makes sense for your roster size). The idea is to make them operate in a VERY congested environment. After a couple minutes, stop them and ask if this is easy. It probably won't be. Ask why. They will probably pick up on the fact that it is crowded.

Now, have them form a circle holding hands. The circle should be about 5 yards max across. Drop hands and put your "super defender" in the center. You can even ask: "Who feels like a super defender today" and put that player in the middle. Give them a ball and ask the circle players to keep the ball away from the "super defender". The circle players basically cannot move because they are so close together. After a short time, stop them and ask the defender if it is easy or hard. It should be pretty easy for the defender. Now ask the circle players how they can make the defenders job harder. They should hit on the fact that if they had more space they could move the ball more easily. Have them take 2 big steps backwards and repeat. You should see a big improvement on the part of the circle players, and you should see the defender running much more. Have

them take 2 more steps backwards (the circle should be at least 10 yards in diameter now, maybe a bit more) and repeat. Should be even easier, and the defender should be getting dog-tired. Talk again about if it is easier or harder, and why. Now, ask the players to take 10 big steps backwards. The idea is to make the circle at least 30-40 yards in diameter. Now repeat with a fresh defender. The distances between the circle players should be right on the edge of the passing distance of the players, maybe a bit more. Yes, this is dirty pool, but you need to have them actually feel what is not enough, as well as what is too much distance. This should fail, mainly because the defender should be able to intercept the pass. If not, have them move back until it DOES happen. Now talk about what size circle worked best for the attackers (the circle players) and the defender. Ask the players to try to help their ball-carrying teammate out by getting, and staying at that "perfect distance".

Scrimmage on a "normal sized" field and freeze play when a good example of bunching occurs. Point out the "perfect distance" idea (not where the player is to stand) and let them move to where they think they can help the most. Resume play. Repeat as necessary. Also freeze play when you see a really GOOD example of support positioning, and point it out.

45. Give, Go and Shoot-The first player plays a pass to his teammate, makes a run and shoots on goal. A simple 'give and go'. Basic stuff but very important.



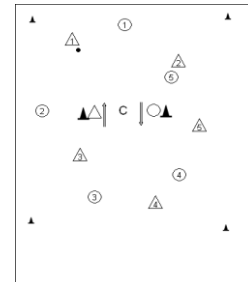
46. Crossing Drill- This drill will require the attacking third of the field with a full size goal and a goalkeeper. There should be a large supply of balls at the cone of player. Split the team up evenly among each of the four cones positioned near midfield as seen in the diagram. Player 1 plays a firm ball into the corner of the field for player 3 to run onto. As player 3 leaves his cone, player 4 also leaves his cone to put pressure on player 3, in attempt to deny the cross. Player 2 also leaves to defend player 1 on the cross. Player 3 crosses the ball into player 1 who attempts to finish on goal. Rotate players so that they play both offense and defense on all of the spots.

Games:

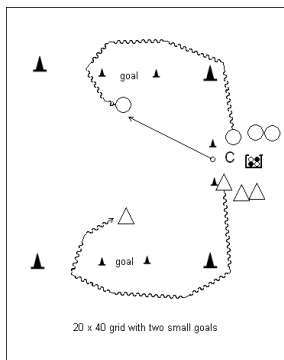
- s. 2 Team Keep Away- This game is much more fun than regular keep away or "Monkey in the Middle", set-up is easy, and there is constant movement & many touches. This is a great game that is a lot of fun. It teaches teamwork, passing, support, movement off the ball, defensive pressure, quick transitions from offense to defense, and is a good way to teach wall passes, "channeling" attackers to the side line, & talking. Set-up: Use cones or gym lines to outline a field about 20 steps wide x 30 steps long (smaller for U-6 and larger for U-14; adjust the size according to your teams age & ability and the number of players; it should be large enough so they can spread out to create space, but not too large.) Divide into 2 teams (if you have over 5 players per team an odd number is okay, otherwise the Coach or a spectator

plays). Have the teams start on opposite sides of the field. Give each team 1 ball for every 2 1/2 to 3 players (e.g., 5, 6 or 7 players per side get 2 balls, and 8 or 9 players get 3 balls). (It isn't as much fun if there are too many balls). If there are 4 per side, you can let one team start with 2 balls and the other team with one ball. On "Go", each team tries to keep their balls & steal the other team's balls. The team with the most balls at the end of 2 minutes wins. Play three 2-minute games. Tips: Players with the ball should work in pairs or 3's. If a player has a ball but no "support", he should call someone by name to come to support him. Encourage talking to teammates & to call teammates by name & to be specific (e.g., "John, support!" or "John, man on").

- t. **One Goal Soccer-** Set up a good size field with a "cone goal" in the middle. Have one coach OR one goal keeper in the middle who is playing for both teams. Split the players into two teams of 5-8 players on each. Each team is only allowed to score in only one direction. This forces them to swing the ball around to the outside, similar to switching fields.



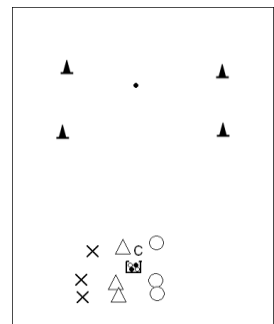
- u. **Get Out of Here-** This is a great game to work on all aspects of the game. It can be played 1v1, 2v2, or 3v3. And it can also be used to focus on offensive and defensive techniques and tactics. Even though there are lines, the game moves really quickly.



Form two lines of 3-5 players behind two cones. The Coach will be in the middle with lots of soccer balls. When the coach yells "go", the first players in each line sprints around the corner cones and around the goals and tries to be the first player into the playing area. The coach serves the ball to the first player into the playing area. From there, they just play a 1v1 small sided soccer game. If a goal is scored or the ball goes out of bounds, the coach yells "get out of here". The two players then have to sprint off the field

coming off by the coach so that they don't collide with the next two players. The coach yells "go" and the next two players go.

- v. **1v1v1 War-** Make three short lines of players are next to the coach. The coach punts a soccer ball into the field. The first player in each line sprints to the ball and tries to score on either goal while the two other players try to defend or steal ball back. While it seems like 2v1 would be an unfair advantage to the defenders, the extra goal evens that. Once a goal is scored, players hustle off to the outside and the coach punts another ball. Great drill for finishing and reversing the ball away from pressure.



SOCCER TEAM HUDDLE REFERENCE

***Team Huddles should be done by the YMCA staff each week after the practice session, but before the game.**

Practice #1 – (Key Idea: Four Core Values)

Age 4-5: Gather children into a circle. "This season we'll talk about four qualities of a good person and teammate. Number one is CARING. Can you tell me ways you show caring to others? Helping someone up when they fall? Good! Number two is HONESTY. What ways do you show honesty? How about if you tell someone if you played with their game or toy? That's honesty. Number three is RESPECT. Do you know what respect is? One thing that shows respect is listening to adults when they speak to you, like you're doing now. Number four is RESPONSIBILITY. One way to show you're responsible is to pick up after yourself. Don't wait for others to pick for you." Ask them to share ways they show the four values in other areas of their lives. "Good teammates show these values to each other. We'll talk more about these four values during the season."

Ages 6-7: Gather children into a circle with one ball. "Everyone hand the ball to the one next to you until it makes it around the whole circle." After the ball has gone around the circle one time, have it passed to your. "We play soccer to be more healthy and fit, but it also teaches us to become good teammates and good people. This season we will talk about four qualities of a good person and teammate: *caring, honesty, respect, and responsibility*. Our team needs to have all of these qualities in our practices and games. Let's pass the ball to each other and say one of the core values before you pass. This will help you remember to use all four of the qualities so we can work together."

Ages 8 & Up: Gather players into a circle. "Everyone hold hands. We're going to keep holding hands as a group, trying to keep the ball in our circle. We'll pass slowly and remember to hold hands at all times." Repeat for 10 passes. "Drop hands. If you were just passing, it would have been much easier. But when we think of working together as a team, it takes more effort. We need to put just as much effort into being a good teammates, with everyone doing their part. We'll talk about four qualities or values that help us be better players- caring, honesty, respect, and responsibility. These qualities are just as important as kicking and passing. Give me an example of each of the four values." List to their responses and discuss.

Practice #2 – (Key Idea: Responsibility)

Ages 4-5: Gather the children into a group. "I want us all to pretend we're eggs. Eggs have shells that can break. What would happen if we bumped into each other as eggs? Right. We would crack and break. Let's move around the field being eggs. Don't bump each other we'll break!" Continue for about one minute. "We were careful not to bump each other so our 'shells' wouldn't break! That was great! You were in charge of or 'responsible' for you moving. When we're careful of each other, we're responsible for our space and other players' space. This shows responsibility during practice and games."

Ages 6-7: Gather children into a group. "When you come to practice, you should do three things: (1) Be ready to play. (2) Learn and improve your skills and work with others. (3) Have fun. I'm going to give you a way to remember these three things. It's called a 'team motto.' Our team motto is 'Play hard, play fair, and have fun!' Let's say it together loudly. That's great. Be sure to remember our team motto and put it into practice."

Ages 8 & Up: Gather children into groups of two partners. "Everyone stand and balance on one foot." Wait while everyone gets his or her balance. "Now one of you offer your shoulder for your teammate to lean on. If you're leaning on your partner's shoulder, try to balance on one foot again...Change places. If you were leaning before, let your partner lean on your shoulder and stand on one foot." Wait until everyone has balanced with the help of a partner. "Now come back here. Wasn't it easier to balance when you were leaning on your partner? It works that way in soccer, too. When you help each other during practices and games, we work better as a team; each of you can contribute. Your teammates count on you to contribute to the team. That is being responsible to your team."

Practice #3 – (Key Idea: Honesty)

Ages 4-5: Gather children into a group near two cones about 10 feet apart. "Can you touch the ball with your hand in soccer? Even if it's an accident? Those of you who think it's okay to touch the ball stand by this cone. Those who think it's not okay, stand by this one." Wait for the children to choose. Then ask them why they chose the cone they did. "Touching the ball with your hand even if it's an accident is a foul. What should you do if that happens? Those of you who think you should just keep playing, stay at this cone; those of you who think you should raise your hand and give the ball to the other team, go stand by that cone." Wait for everyone to finish choosing. "It's important to be honest about fouls. If you touch the ball with your hand, even if nobody sees it, raise your hand and give the ball to the other team."

Ages 6-7: Gather children into a group near to cones about 10 feet apart. "What is a foul? Listen to their responses. Choose a player to help demonstrate responses (include hand balls, bumping players, and kicking or tripping.) "Should you admit to a foul if no official sees it? Those who think yes, stand at this cone. Those who think no, stand at this one." Wait for children to choose. "When you know you've fouled, you should raise your hand. You should never take unfair advantage of other players. Can you think of other ways honesty is practiced on the field?" Listen to responses and discuss. "All of those show honesty."

Ages 8 & Up: Gather children into a group. "Think about the rules in soccer. I am going to tell you a rule. Raise your hand if you think it's something you should let the official know happened." (Examples: hand ball, tripping, kicking the ball out of bounds, running into the goalie.) "You should let the official does not see it. Raising a hand or telling officials in an honest think to do when you break a rule, even if it's an accident. It's important to be honest when you break a rule in practice and in games. This will make you a better player and a better person."

Practice #4 – (Key Idea: Caring)

Ages 4-5: Gather children into a circle. Stand in the middle of the group with a ball. Pass to each child and give him or her a turn to pass back to you. "I am going to pass the ball. If a pass comes to you, pass the ball back to me." Work around the whole circle. Talk to the children about playing and learning when they come to practice. "Who had a turn to touch the ball?" Wait for their responses. "I made sure everyone had a chance to touch the ball. Raise your hand if it felt good to be able to have a turn. How would you have felt if you did not have a turn?" Listen to their responses. "We need to share the ball and take turns so everyone can learn and play. Sharing and taking turns shows you care."

Ages 6-7: Gather children into a group near the goal. Have a ball ready. Ask a child in the group to pass to you. Shoot at the goal and miss completely. Retrieve the ball and make a bad pass. "That shot wasn't very good, was it? How about that pass?...Those were mistakes?" Listen to their responses? "What could you say to make your teammate feel better?... What could you say to make her feel worse?" Listen to their responses. Have players change the non-supportive, negative comments to positive ones. "It's very important to forgive mistakes and be understanding of others, just as you would want them to be of you. Making mistakes is part of learning. Saying something that makes your teammates feel better shows you care about them."

Ages 8 & Up: Gather children into groups of two and give each group one ball. Players should dribble and pass the ball to each other, making sure to distribute the ball to their partners. "Each of you should say two good things about your partner's skills. Then come back to me in group. Begins." Wait for them to regroup. "What were some of the comments your teammates told you?" Listen to their responses. "What kind of value or quality is it when you go out of your way to say something good about a teammate's playing?" Listen to responses and encourage discussion as needed. "Caring is one of our core values. You show you care about your teammates when you encourage them."

Practice #5 – (Key Idea: Caring)

Ages 4-5: Gather children into a group about 10 feet from two cones that form a goal. "Let's pretend we're playing a soccer game. Watch what I do with the ball." Tell a child in the group you're passing to him. Make a bad pass. "That pass wasn't very good, was it? What would you say to me so that I don't feel bad about the pass?" As children respond, have each player who makes a supportive comment, encourage them to change their words to become more supportive; after they have change the words, have each of them take an open shot at the goal. "It's very important to support your teammates, especially when they make mistakes. Saying something that makes someone feel good shows you care."

Ages 6-7: Gather children into a circle. Stand in the middle of the circle with a ball. Choose two children to pass the ball with you. "We're going to work on our passing skills." Pass repeatedly to them and not the others. "Tell me how you felt to have only two players get the passes." Listen to their responses. "Sharing the ball and not distracting your teammates shows you care about them. What other things can you do to show you care about your teammates?" Their responses should include encouragement, positive comments for good play, forgiving players that make mistakes, and so on. "Good. Those are all ways you can show you care."

Ages 8 & Up: Gather children into group of two and give each group one ball. Players should dribble and pass the ball to each other, making sure to distribute the ball to each other, making sure to distribute the ball to their partners. "Each of you should say two good things about your partner's skills. Then come back to me in a group. Begin." Wait for them to regroup. "What were some of the comments your teammates told you?" Listen to their responses. "What kind of value or quality is it when your go out of your way to say something good about a teammate's playing?" Listen to responses and encourage discussion as needed. "Caring is one of our core values. You show you care about your teammates when you encourage them."

Practice #6 – (Key Idea: Responsibility)

Ages 4-5: Gather children into a circle. You're in the middle of the circle with a ball. You'll try to kick the ball out of the circle. The children will have two chances to keep the ball from escaping the circle. During one turn they'll use minimal effort, and during the second they'll use their maximum effort. "I am going to try to kick the ball out of the circle. Everyone work together to keep the ball in the circle. Pretend that you are snails that can't get to the ball fast enough." Begin to dribble and try to get the ball out of the circle, reminding players and snails move slowly. "This time move like busy bees that fly fast and keep moving." Repeat the activity encouraging the players to be "busy bees." "When you try to be like busy bees, you're being responsible to your teammates."

Ages 6-7: Gather children into a group near two cones about 10 feet apart. Choose two players to help role play. Set up a triangle of you and the two players. Let the children know you are role playing with them. All three of you take turns passing. When it's your turn, miss the pass and role play yourself as a player: "I couldn't get that pass! It was your fault—you made a bad pass!" Now as coach: "I want you to think about your players who make excuses and blame others for their mistakes. Stand at this cone if you think it's okay to make excuse when you make mistakes. Stand at this cone if you think you should try to learn and work harder to improve. Ask players about their choices. "Not making excuse is taking responsibility for yourself."

Ages 8 & up: Gather children into two groups; one group will spread out and dribble and pass to each other. The other group will be to one side, as if on the sidelines during a game; they should be silent for the first 30 seconds of activity. After 30 seconds, have them cheer and encourage on-field players; continue this activity for 30 more seconds. "When players are on the sidelines during a game, they should be encouraging their teammates, no matter what's happening in the game. This is being responsible to your team. It helps players keep trying hard even if they are losing or have made some mistakes. How did it feel when you were playing and the sideline players didn't encourage you? How about when they did encourage you?" Listen to both responses and have players compare feelings.

Practice #7 (Key Idea: Respect)

Ages 4-5: Gather children into a group. "I'm going to ask you some questions about things I notice on this team. Tell me if you agree. Do you try to learn new skills at practice? Do you work hard to improve your skills? Do you help your teammates? Do you follow directions? Do you feel good about yourselves when you play a good game?" Listen to responses following each question. "Think about players who will be your opponents. What qualities or things do they have to do? Are they the same as you?" Listen for "yes" or "no." "It's important to think of our opponents in the same way we think of ourselves. You respect yourself, and you should respect your opponents. They are a lot like you and are learning the same things."

Ages 6-7: Gather children into a group. "What have you learned about soccer this season?" Listen to their responses. "What does respect have to do with playing soccer or any sport? It takes many years to master the game of soccer, so soccer deserves your respect. Every year there are new skills to learn and improve on; every year you play, you'll get better. That's why you need to come back next year! What examples of players showing respect have you seen this soccer season?" Listen to their responses and discuss.

Ages 8 & Up: Gather children into two lines standing opposite each other about five feet apart. "I want each line to walk toward each other and give each person in the other line a high-five. Imagine that the other line is your opponent for a game. Show me how you would act toward an opponent and what you would say if it was the end of the game and we lost the game. Start." Assist children if necessary. Listen to responses some children provide to each other. "At the end of each game it is important to show respect for your opponent. We do this by slapping hands and saying something like 'good game,' even if we lose the game."

The 7 Components of a Practice

Take the time each week to plan out your practices!

Opening Circle

Take a few minutes to welcome your players to practice. Be sure to do the following:

- Devotion or Thought for the day
- Review of last game – what we learned and how we can grow
- Goal for today's practice – what skills will we be working on
- Overview of the flow of today's practice – roadmap of the next hour

Warm-up and Stretch

Spend at least 5 minutes exercising to raise your players' heart rates and warm their muscles. Warm-up can be anything from a quick game of tag to running a few laps to conditioning exercises. Never skip the warm-up and stretch section of practice!

Individual Skill Drills

This is a time for players to work on a skill and develop it as an individual player. You will find individual skill drills to incorporate into your practices in the next section. Allow your players adequate time in learning any new skill before asking them to apply it as a team.

Team Skill Games

This is the time for your team to come together and develop their skills as a functioning group of players. The team skill drills should build on the individual skill drills, providing natural progression from individually mastering a new skill to applying it as a team.

Scrimmage/Game

There is no better way to prepare for a game and to apply the skills learned throughout practice than to put them to action in a game-type situation. Always include a scrimmage in every practice – it gives your players a chance to develop their teamwork and will enhance their comfort in game situations.

Closing Huddle

Take just a few minutes at the end of practice to review the skills you worked on and evaluate the goals set at the beginning of practice. Encourage your players to continue to practice throughout the week with their friends and parents. Review all the necessary information for the upcoming game, including:

- Location
- What time to arrive
- Who is bringing the snack

Water Breaks

Whether it is hot or cold, be sure to allow your players to get water at any point during practice. Staying hydrated helps your players focus on the skills they're learning.

1 HOUR PRACTICE PLAN

Practice Date:

Time	Activity	The Plan for Today
:00	Opening Circle -overview of practice - set goals for practice	
:05	Warm-Up and Stretch	
:10	Individual Skill Drill	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:20	Water Break	
:25	Team Skill Games	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:40	Water Break	
:45	Scrimmage	
:60	Closing Huddle - review of practice - prepare for game	Next Game Date:_____ Location:_____ Snack:_____

HALF HOUR PRACTICE PLAN

Practice Date:

Time	Activity	The Plan for Today
:00	Opening Circle -overview of practice - set goals for practice	
:03	Warm-Up and Stretch	
:07	Individual Skill Drill	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:17	Team Skill Games	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
:27	Water Break - prepare for game	
:30	Game	
:57	Closing Huddle - review of practice	Next Game Date: _____ Location: _____ Snack: _____