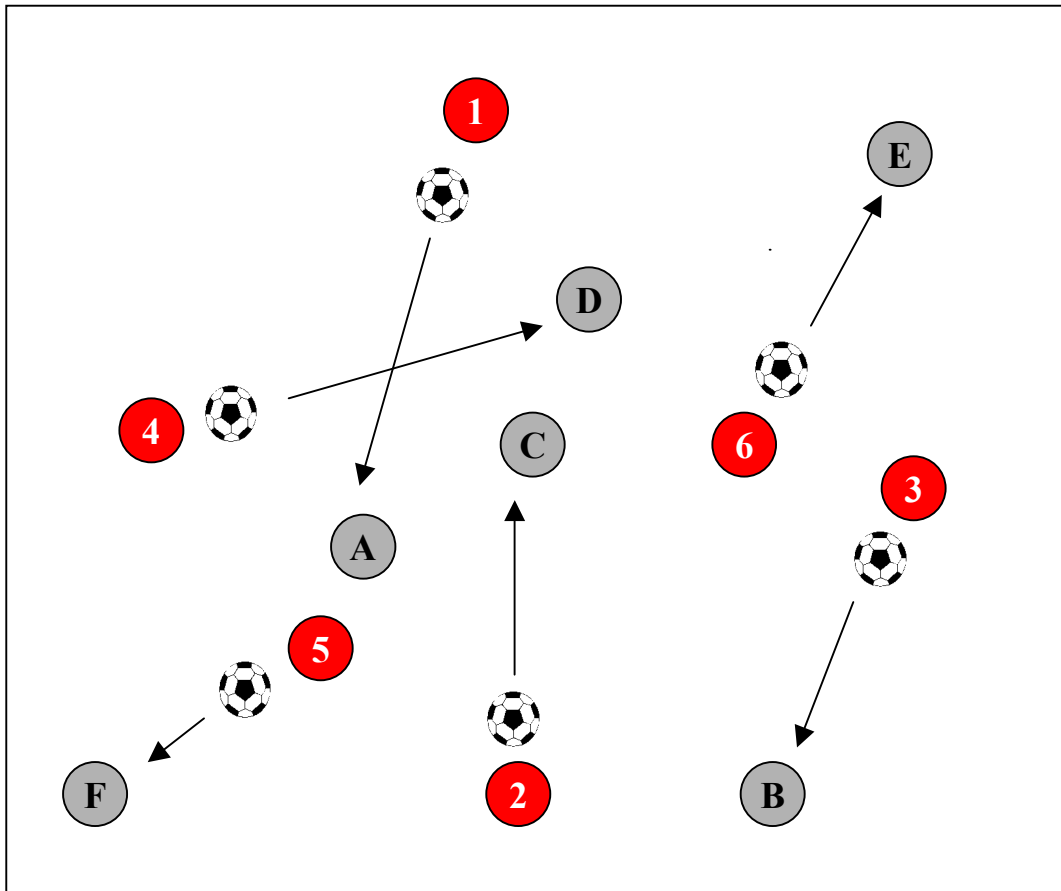
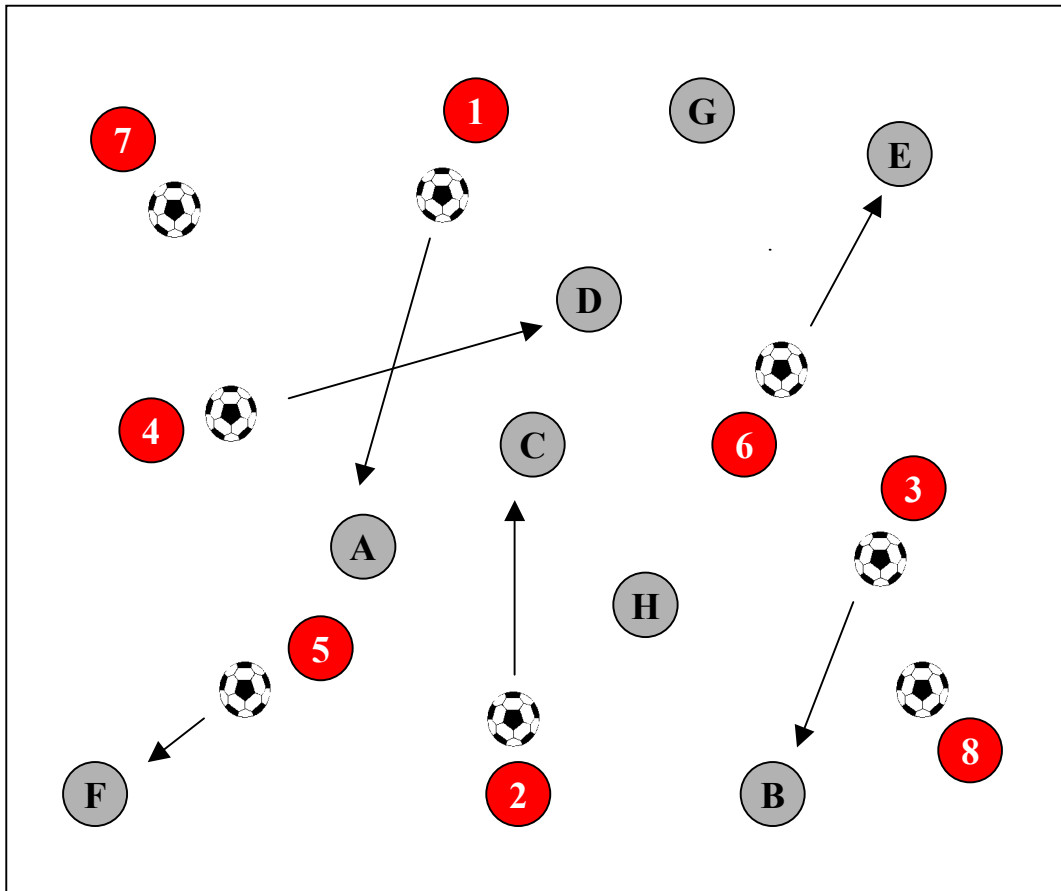


# PASSING AND MOVING GAME



1. Two teams one with a ball each, one without. The players without a ball work around the area avoiding the players with a ball each. Those with a ball must pass the ball to a player without a ball, hitting them below knee height. Ensure it is below knee height to avoid injury situations. Once they are hit they are out or give each player three chances to prolong the game.
2. Time how long it takes each team to get all the players out to make it **competitive**. Have several games with the first team to win five games the winner (depending on time).
3. This is designed to practice passing in terms of **accuracy, timing and weight of pass**. The players also practice **dribbling and turning** with the ball to get in position to pass it, and it is quite intense so some **fitness** work is involved.
4. For those being chased they need to know where the opponents with the ball are so they are looking in front, to the side, and behind them (awareness)
5. If there aren't enough in one group add two groups together to make maybe 16 players and two teams of 8 playing.
6. Explain to the players the key points they are practicing so they realize it is not just an excuse to play around. (Wayne Harrison)

# PASSING AND MOVING GAME

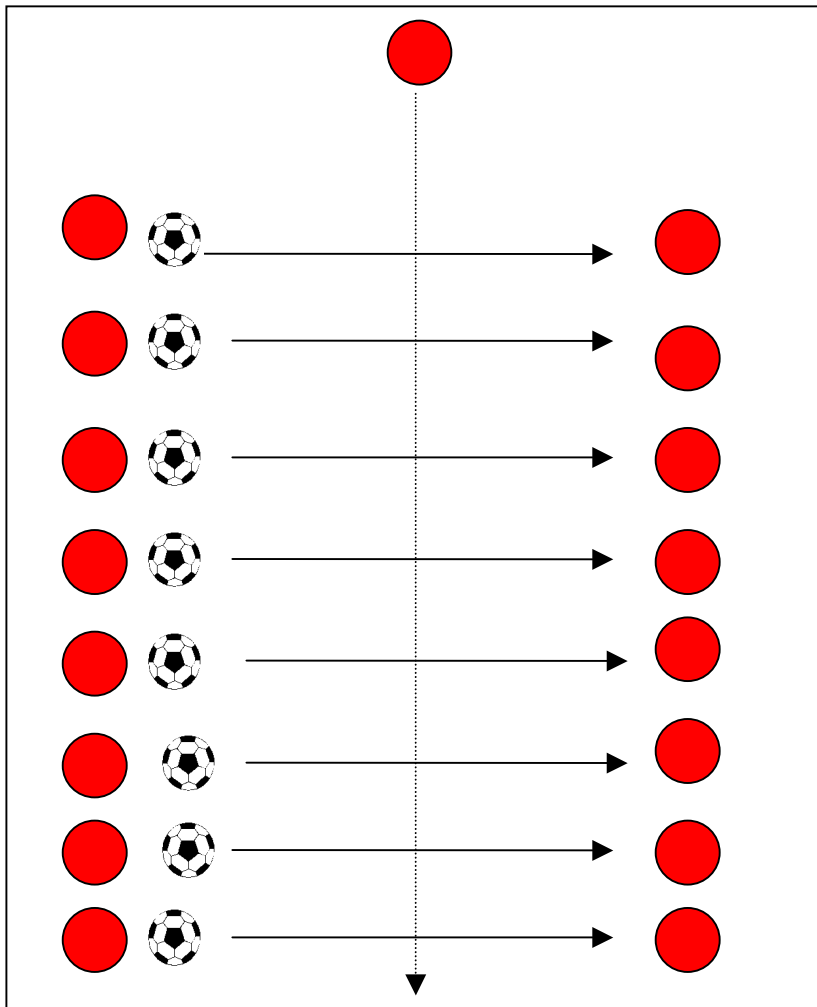


## 7. Coaching Points -

For those with a ball this is designed to practice a) passing; in terms of accuracy, timing and weight of pass, b) dribbling and turning with the ball to get in position to pass it, c) team work, if a player is without a ball having missed someone with their own ball they can work a position with another player to hit someone d) **Awareness of players positions** to pass to and hit below the knee e) Anaerobic fitness work.

8. For those without a ball they practice a) **Awareness of space to move** to, awareness of all the players without a ball teaching them to look over their shoulders to see defenders, b) agility avoiding being hit by the ball, c) fitness, d) mobility.

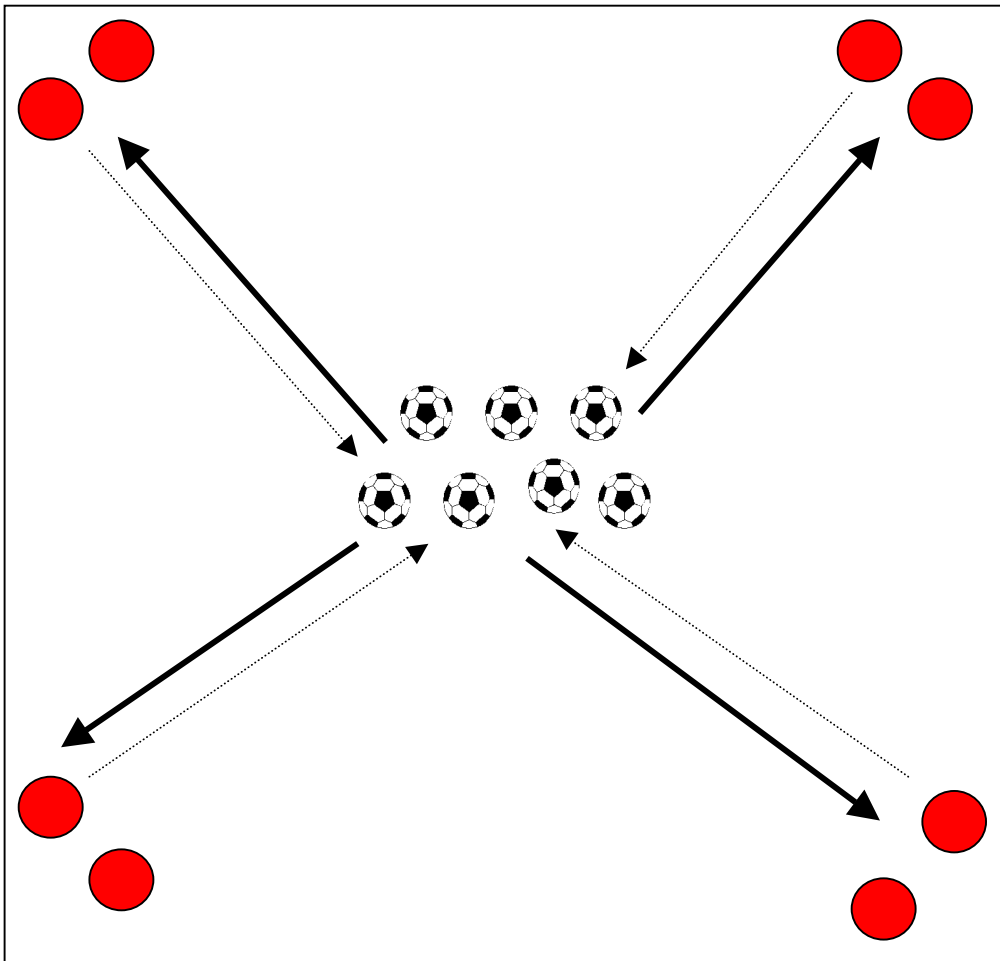
# PASSING GAME



1. Players in two's must pass the ball to each other across a designated distance. They must try to hit the player who runs through the middle below the knee with their pass. If they miss the ball must go to the feet of their teammate opposite to show it was an accurate pass. If the pass is not accurate or the receiver miss controls it they must do 5 push ups.
2. Each player must do two runs up and down so each player trying to hit them gets a chance to pass.
3. Coaching Points – a) Quality of Passing, accuracy, weight and timing, b) Control.
4. Make it competitive - Count the number of times each player gets hit by the ball below the knee and have the player who was hit the least number of times the winner.

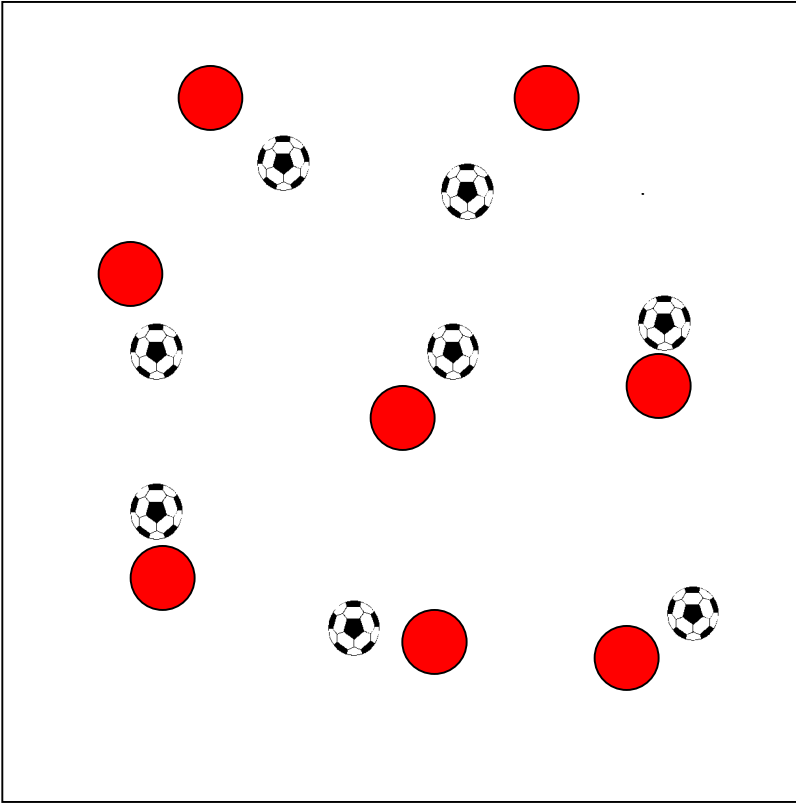
(Wayne Harrison)

## EXTRA SESSION RELEVANT TO DIFFERENT THEMES

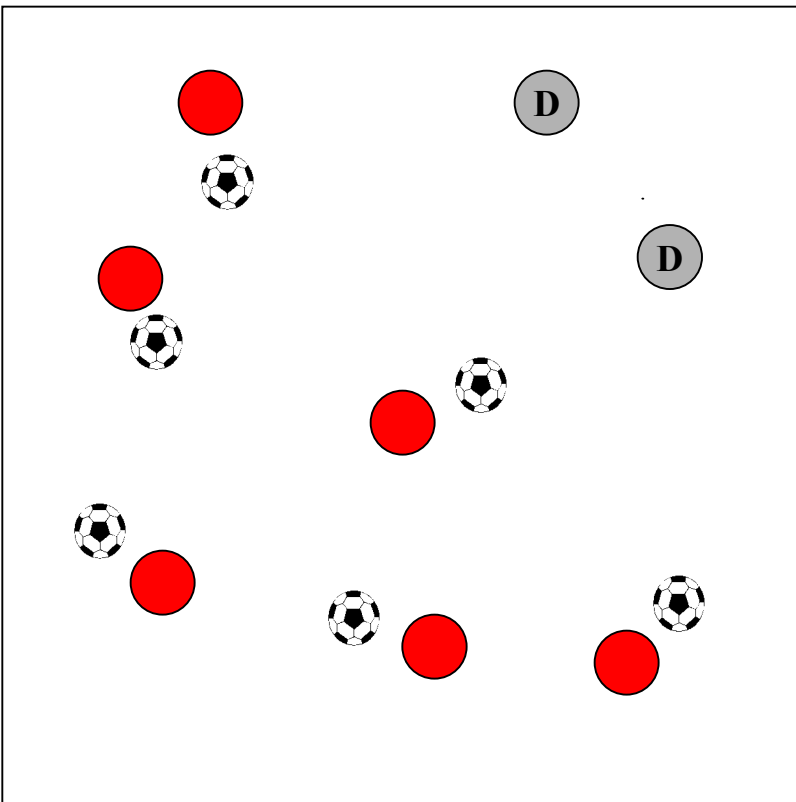


1. On the coaches command one player from each group must run and get a ball from the middle and take it back to their group then the next player does the same until the first group to get 3 balls back are the winners. Have them carry the ball back to practice the movement first then they must use their feet.
2. When there are no balls left to take from the middle they can steal them from other groups. You can apply this to **dribbling**, **running with the ball**, or **passing and moving** (where you allow the player once they get the ball to pass it back not run it back).
3. Also good for **speed work** , **fitness** and **control** (when they get back to their group and have to stop the ball dead with good control).
4. Do several games and have the first team to win 2 or 3 individual games as the winners (depending how long it takes).

# DRIBBLING PRACTICES



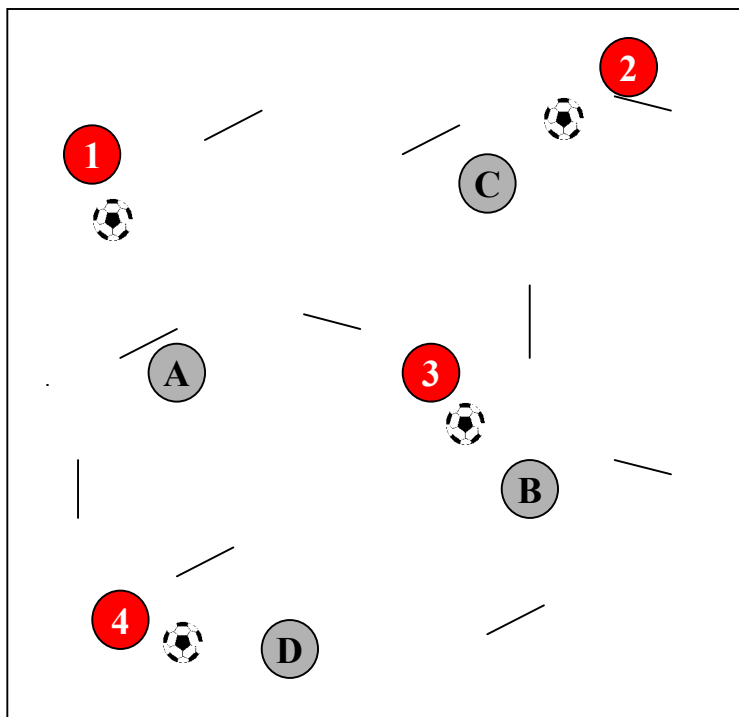
1. Ball each **dribbling** and **turning** between each other. Slowly to begin, get them to spread out and use the area for space. Coach act as passive defender. Stop and **stretch** often. Teach the kids good habits of **warm up**.
2. Commands can be - a) "stop" (players stand still with their foot on the ball). b) "Change" ( stop their own ball and go and get someone else's and continue dribbling). c) "Turn" (they have to change direction). d) "Foot / butt" (control with foot or sit on ball) see who is last to react.



3. **Games to play**  
A) Two teams to prepare for the scrimmage, pick two players to be defenders. All other players a ball each they must protect their soccer balls, the defenders try to kick all the balls out the area. Each pair has a go at defending.  
B) Ball each they must protect their own ball and kick out someone else's. Each player has three chances until the last player is left. When your ball is kicked out you can't kick another ball (Wayne Harrison)

### 1 v 1

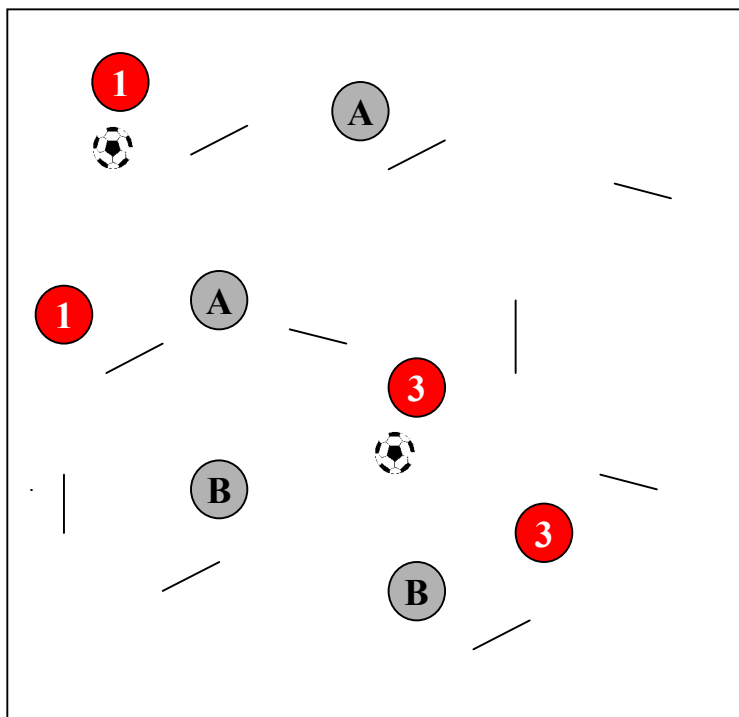
A 1 3 B 2 C D 4



1. 1 v 1's with ten goals to score in. This is an intensive workout where each player must try to keep possession of the ball and at the same time score by dribbling through a goal. They work for two minutes and count the number of goals they score through the various goals.
2. Each player tries to gain possession of the ball. Once their time is up they get a chance to recover whilst the other group go.

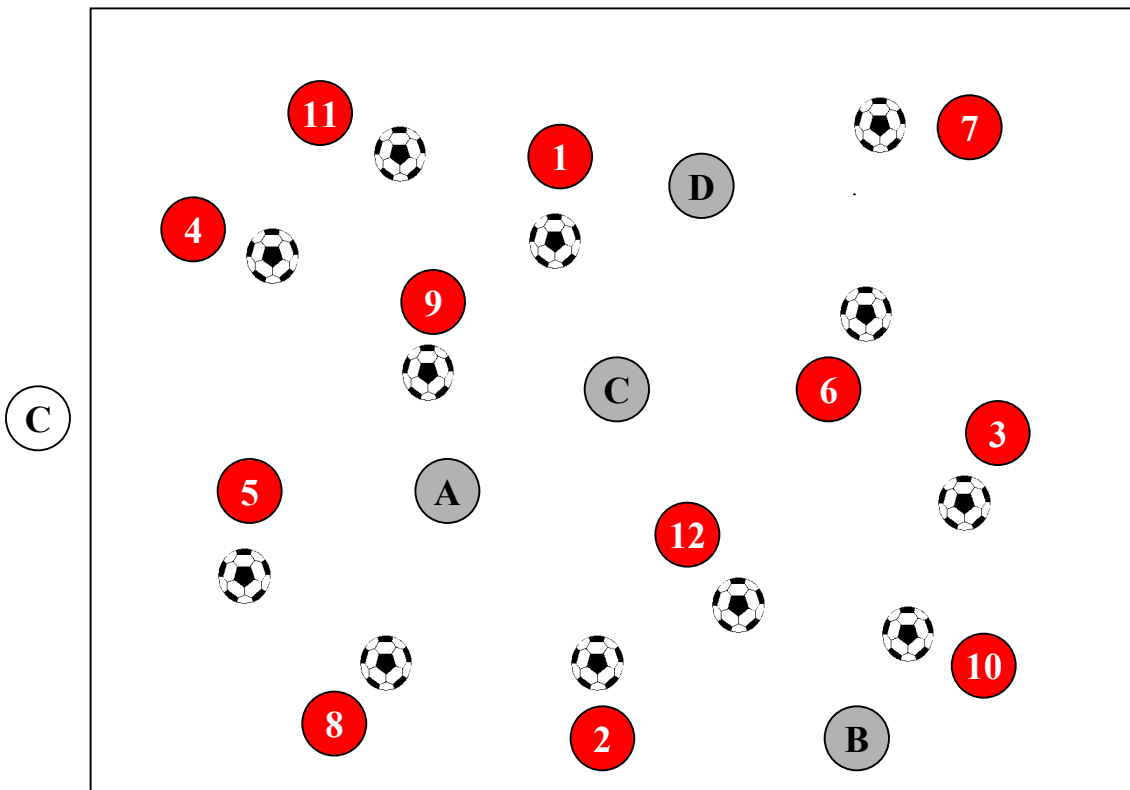
### 2 v 2

2 2 4 4 C C D D



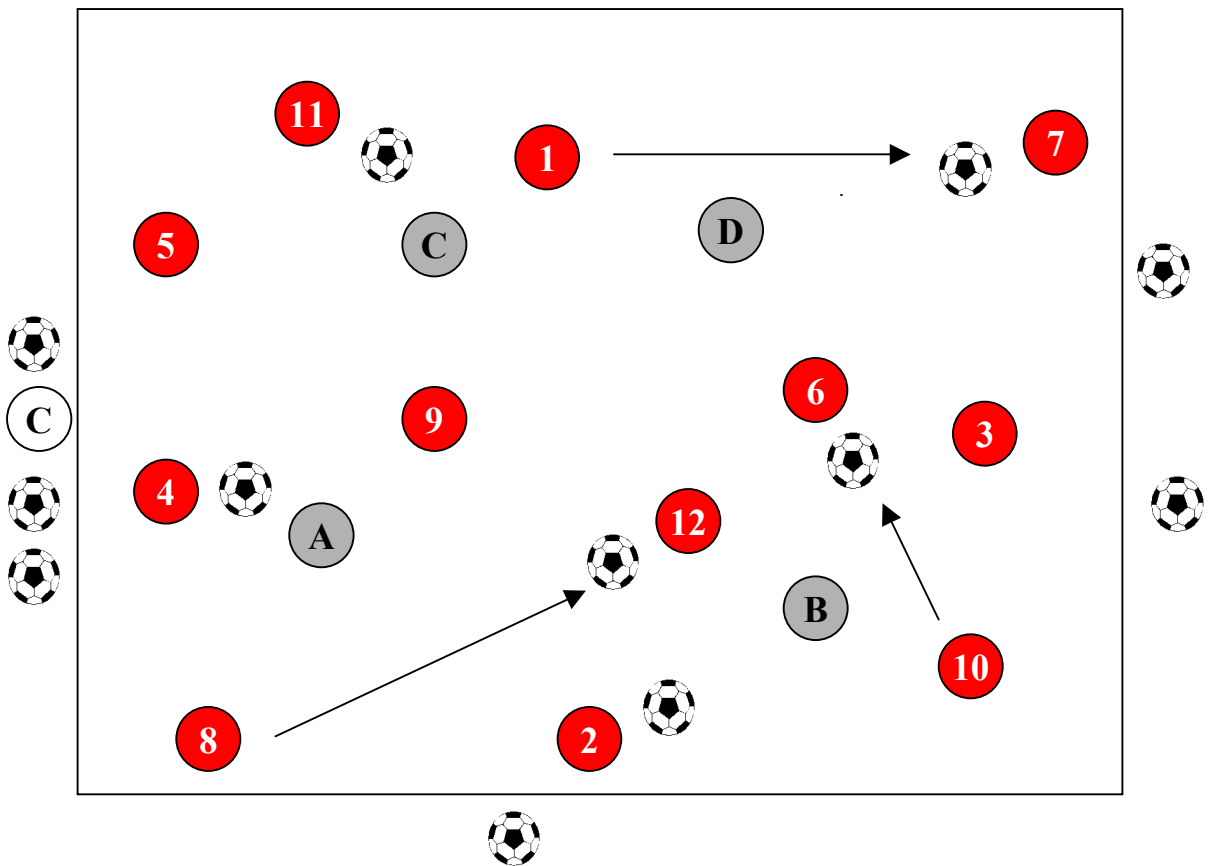
1. Two games of 2 v 2 at the same time. (1)'s play against (A)'s and (3)'s play against (B)'s. Rotate.
2. Same idea scoring through the goals but players can pass through them to their teammate and that counts as a goal as well as dribbling through them.
3. Introducing passing, support play, switching play, 1 – 2's, crossovers etc as well as when and where to dribble.
4. Can finish with 4 v 4 possession game.

# KICK OUT GAME



1. There are 16 players in this session, 12 with a ball, 4 without. The 4 without have to try and win a ball off a player with a ball and kick it out the area. If a player has their soccer ball kicked out then they can join in with the other players helping them keep possession by passing and support play.
2. To make this competitive rotate the players so different groups of 4 work together, time each group to see who does the best.
3. To decrease the time it takes if the defenders can win a ball and pass it to the coach (who is constantly moving around outside the area) for example 4 times out of the 12 balls won, then the clock stops. This represents winning the ball and keeping possession in a game rather than kicking it out of play and losing possession again in a game. It may be the first 4 balls the defenders win.
4. The session develops from an individual 1 v 1 attacking / defending work out to a passing and support situation. You can work on the defenders by encouraging them to work as a team, maybe in 2's for instance to have a better chance of winning the soccer balls. The defenders can pass the ball around between themselves until one can find the coach with a pass. Attackers during this time can try to win it back before it goes out the area.

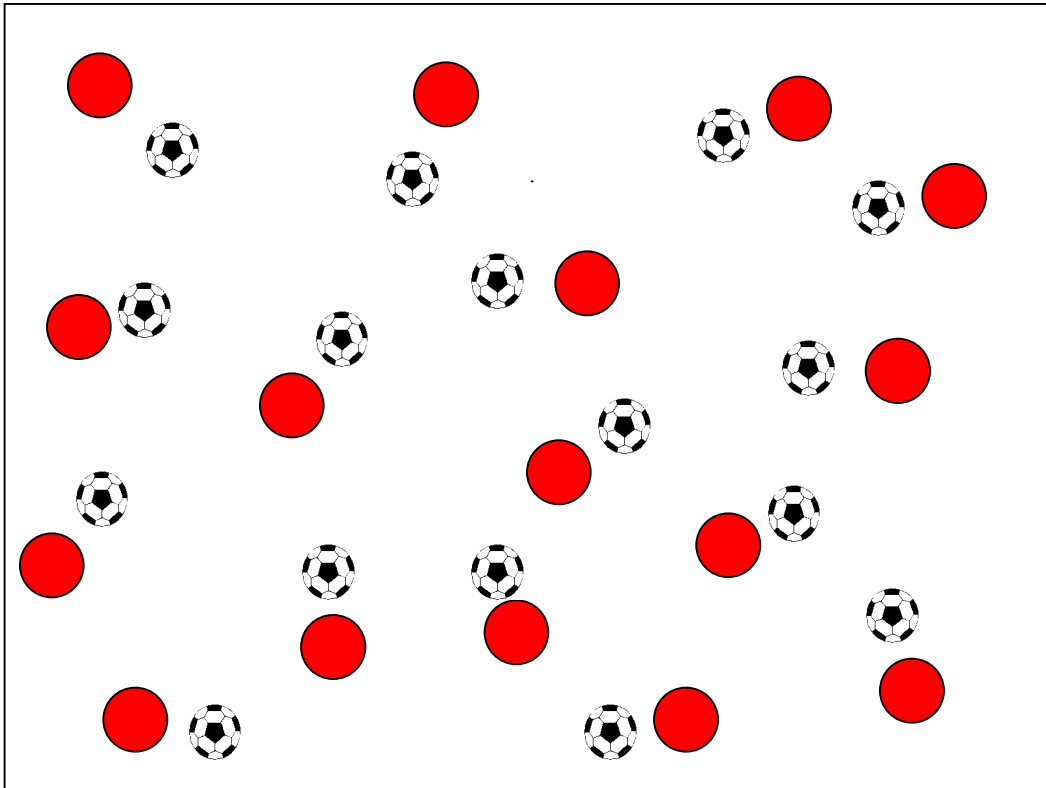
(Wayne Harrison)



1. This is showing the progression of the session where the defenders have won 6 balls and got 3 to the coach thus maintaining possession if it were likened to a game situation.
2. The reward for them getting the soccer balls to the coach and keeping possession and working as a team to win them is that it may take a lot less time to have to work in the session.
3. **Coaching Points**  
**Attackers with the ball** – a) Dribbling and turning practice, b) Shielding, c) Moving and support play, d) Quality of passing, e) **Awareness of positions** of both sets of players.  
**Defenders without the ball** – a) Practicing defensive pressurizing skills, b) Team work (in 2's) to win the ball using supporting defensive skills – Angle / Distance / Communication, c) Maintaining possession after winning the ball, d) **Awareness of the player to pass to** (the coach or a team mate to get it to the coach), e) Quality of the pass once they win the ball.
4. The essence of this game is it is fun and competitive for the players but it also provides a situation where they are learning important skills.

(Wayne Harrison)

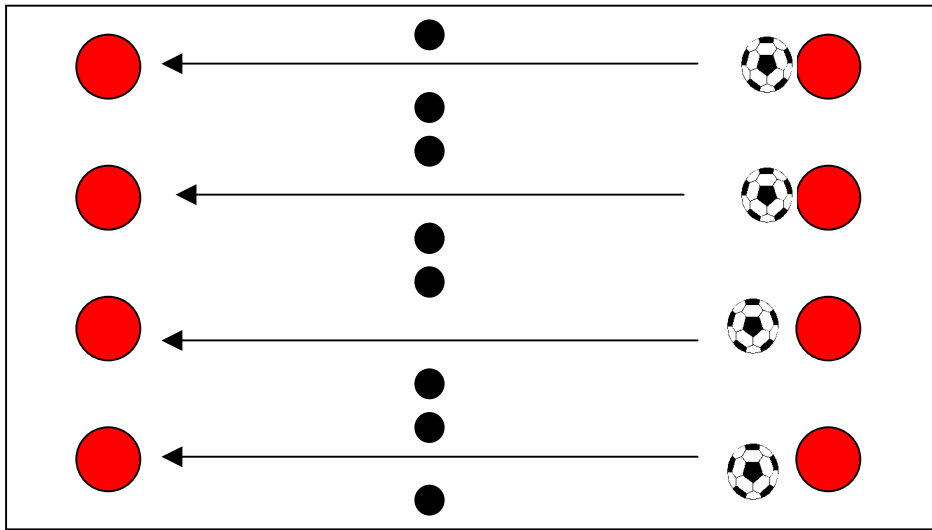
## KICK OUT GAME WITH A BALL EACH



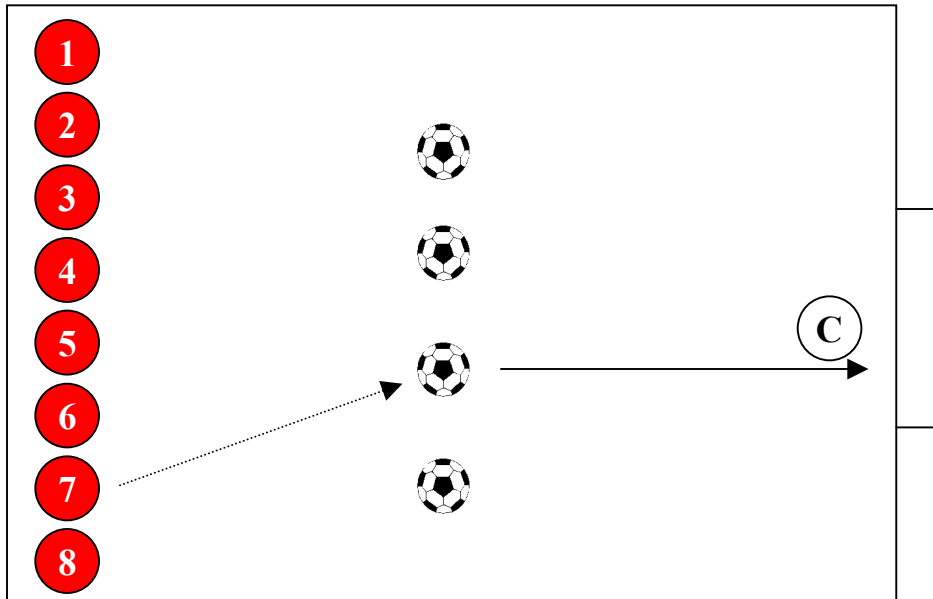
1. Each player has a ball to play with. They must protect their own soccer ball but at the same time try to kick someone else's ball out the area. When your ball is kicked out you cannot kick anyone else's ball out. You can vary the game by allowing them chances, maybe up to three each before they are ultimately out of the game. When they are out have them juggle the ball to keep practicing skills.
2. Play until the last player is left with their own ball still and everyone else's ball has been kicked out. This player is the winner.
3. Variations can be you have three areas of play they can work in. They start in one then if they are kicked out they go to the next and so on, this way they get two chances but also you can have two winners in each group with an overall winner at the end. Or you can just decrease the area they are playing in to make it harder as there is less space to work in.
4. **Coaching Points** – a) Dribbling and Turning, b) Shielding, c) Tackling, d) **Awareness of where other players are** whilst maintaining possession of the ball ensuring players are looking around away from their own ball, e) Anaerobic Fitness work.
5. A practice that is fun but ensures relevant skills are practiced by the players. (Wayne Harrison)

# SHOOTING AT GOAL

WARM UP As always with a ball each and stretching.



1. In two's shooting through the coned empty goals to each other. Looking for **accuracy and good technique**. Have the players count the number of goals they score. Have a few rounds adding up scores each time.
2. If you have the upright cones have them shooting to knock over the cones. Do it alternately per player each side and count which team knocks the most cones over (**competitive**). Ensure players are all organized properly behind an end line so they all shoot from the same distance.

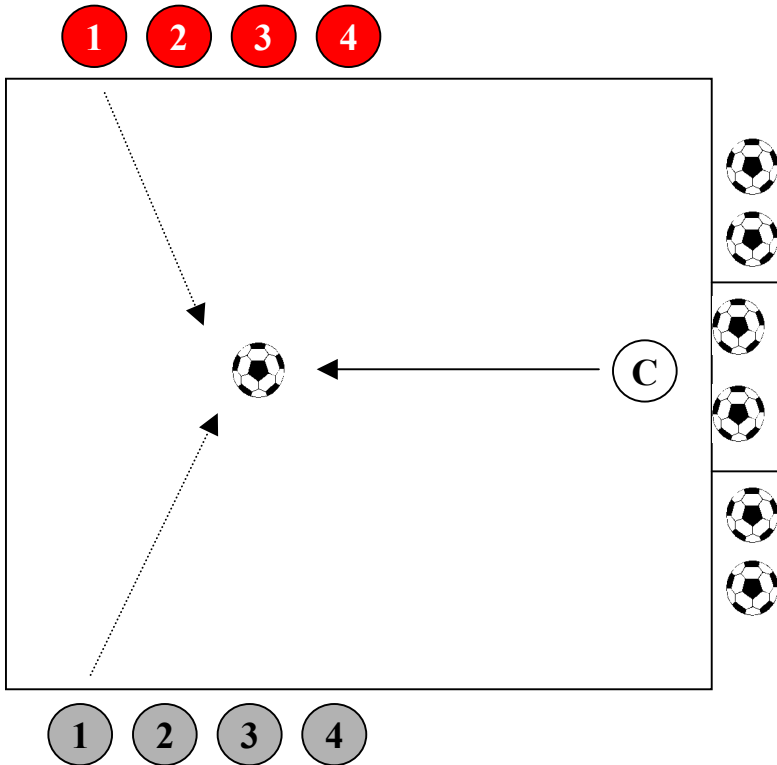


Call a number to run and shoot at goal. Have the ball static so it's easy to shoot with. You can make it competitive by having two teams and keeping scores. Players choose which ball to shoot with. **Develop** – Call **two** numbers out, who can get there first to shoot the ball?

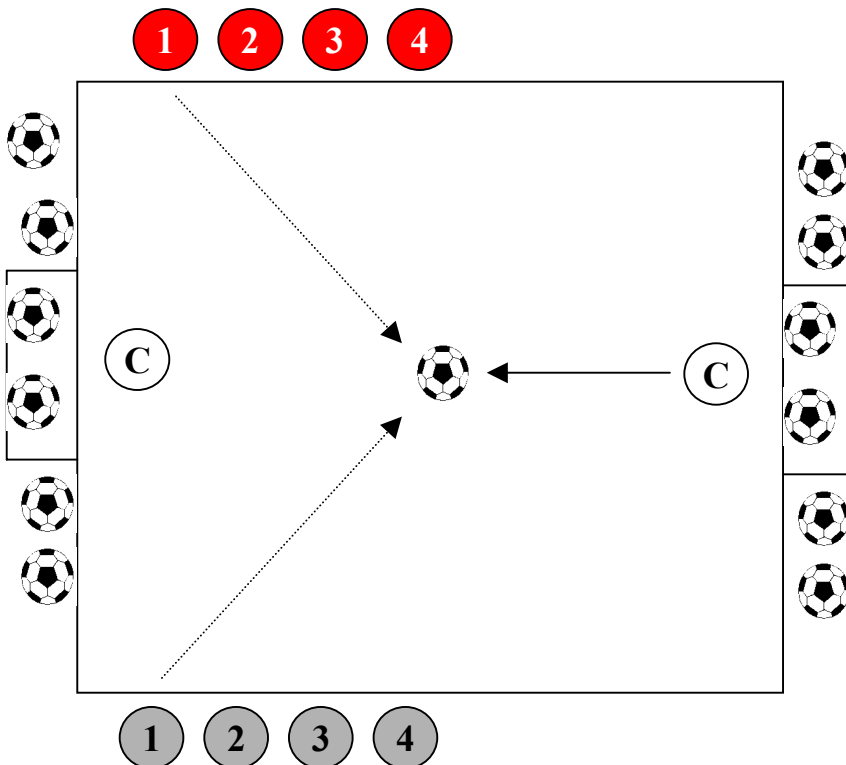
(Wayne Harrison)

# OPEN PLAY DAY

WARM UP As usual.



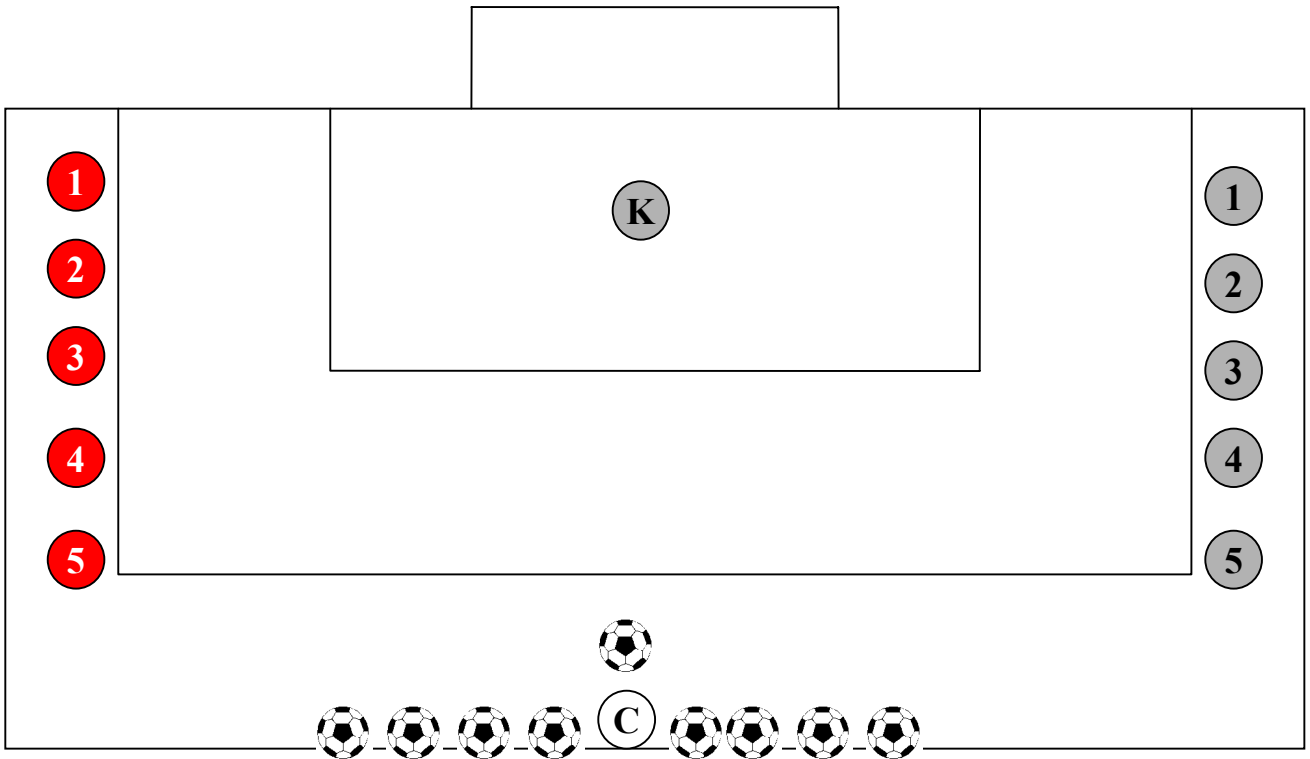
1. On existing field, number players off and have a competitive game with two teams. Calling numbers out to create 1 v 1's, 2 v 2's, 3 v 3's etc.
2. Make it competitive by keeping score, The coach can be the keeper and serve the ball calling the number (have plenty of balls handy so it's fairly continuous).
3. Ensure players keep behind each line to start.
4. If you have two coaches use both goals and have each team attacking a different goal as in a game.



5. You can have a couple of games such as the first team to score five goals is the winner.
6. Build the exercise eventually into a 4 v 4 game or 5 v 5 if that is the numbers you are working with.

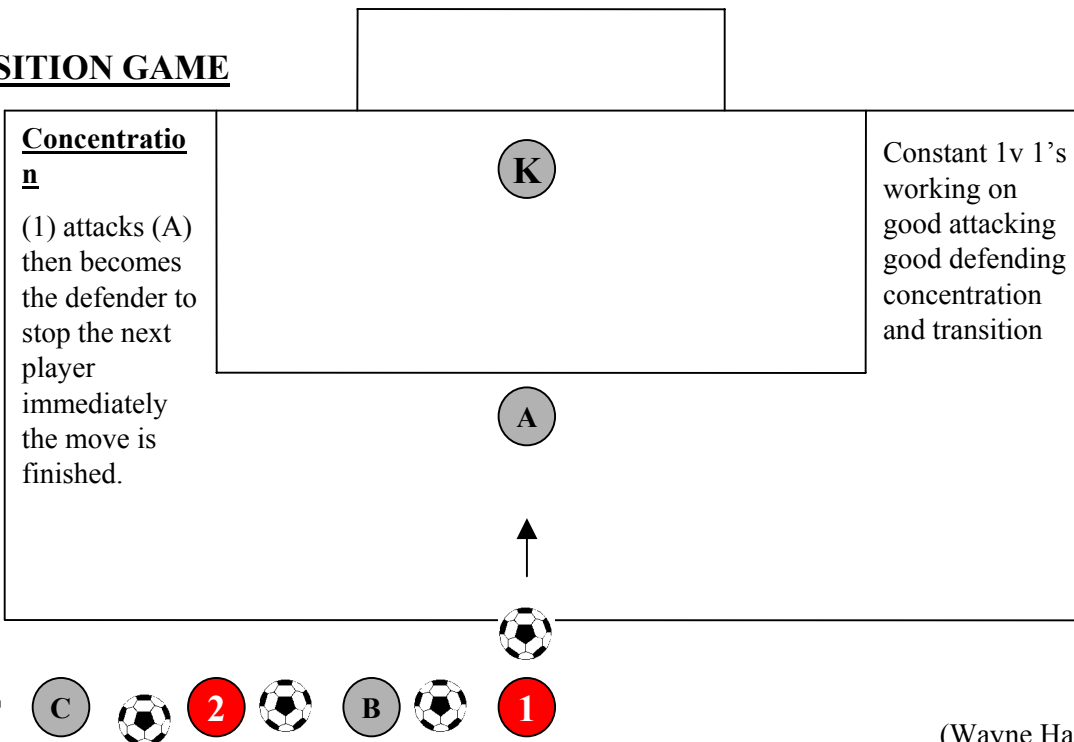
(Wayne Harrison)

# 1 v 1's , 2 v 2's etc QUICK DECISIONS FINISHING SESSION

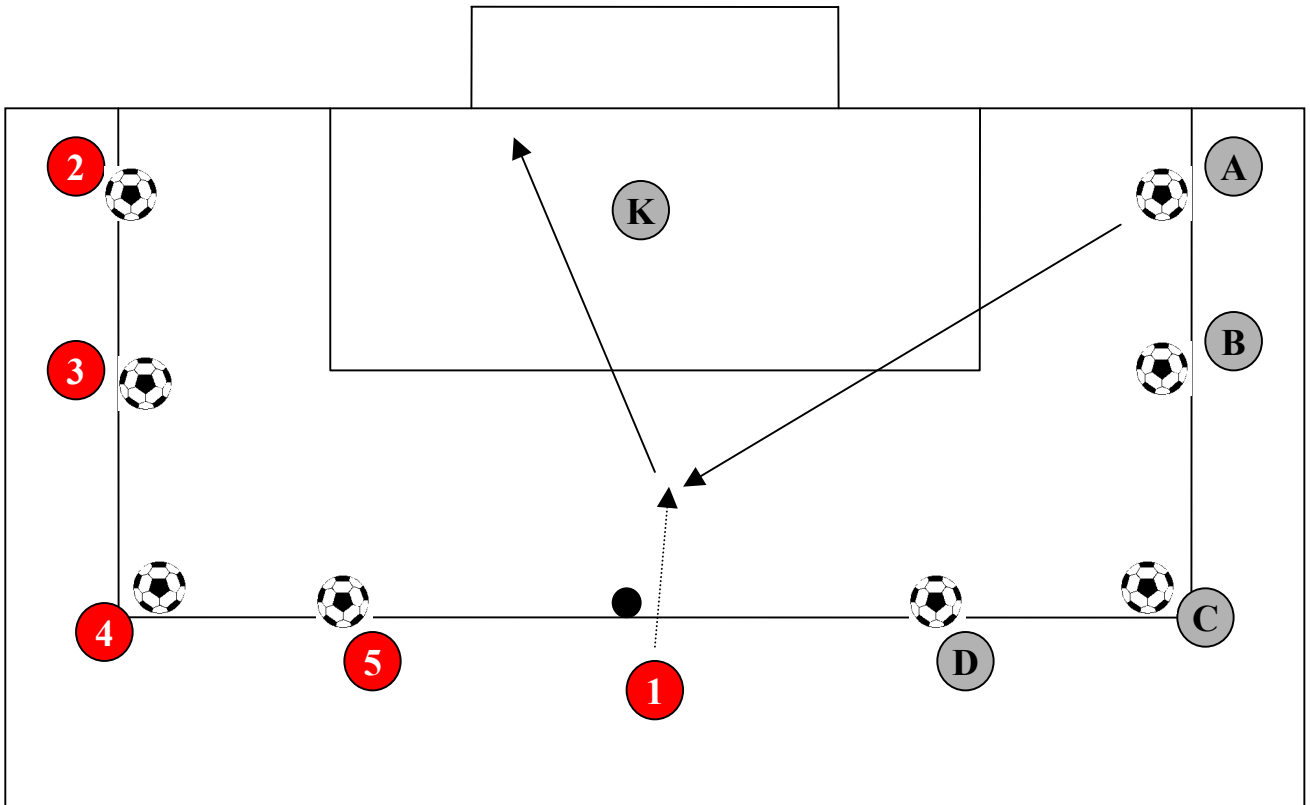


1. Players are numbered off to create 1 v 1's, 2 v 2's up to 5 v 5's occasionally. Coach calls a number and passes the ball in and the players called react quickly to try to get first to the ball and score a goal. Count the number of goals scored to make it competitive. Have a constant supply of balls to keep the game flowing and the work rate high. Develops quick decision making and concentration of the players .

## TRANSITION GAME



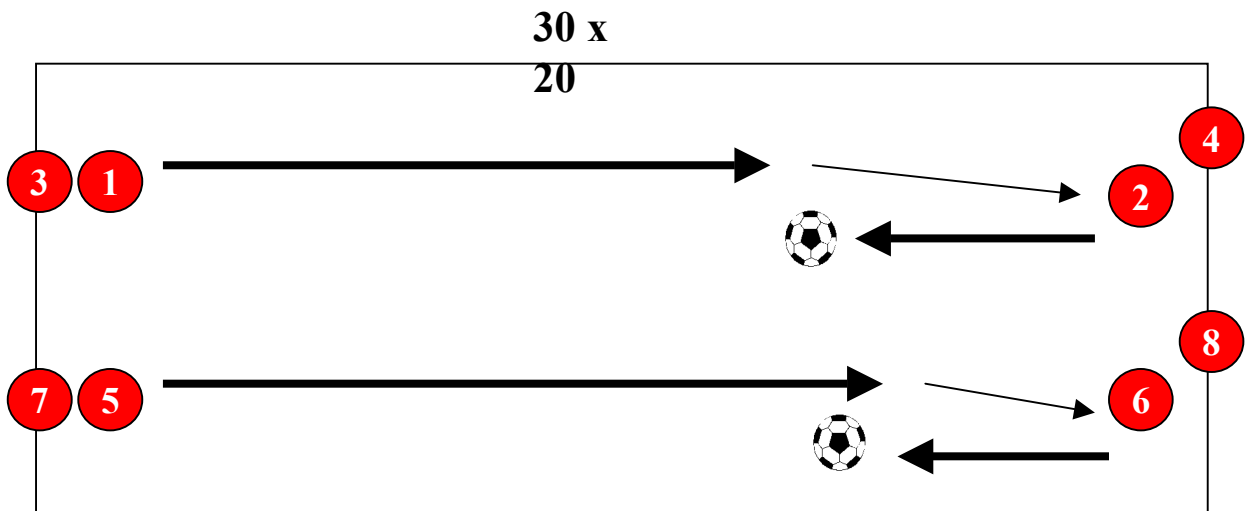
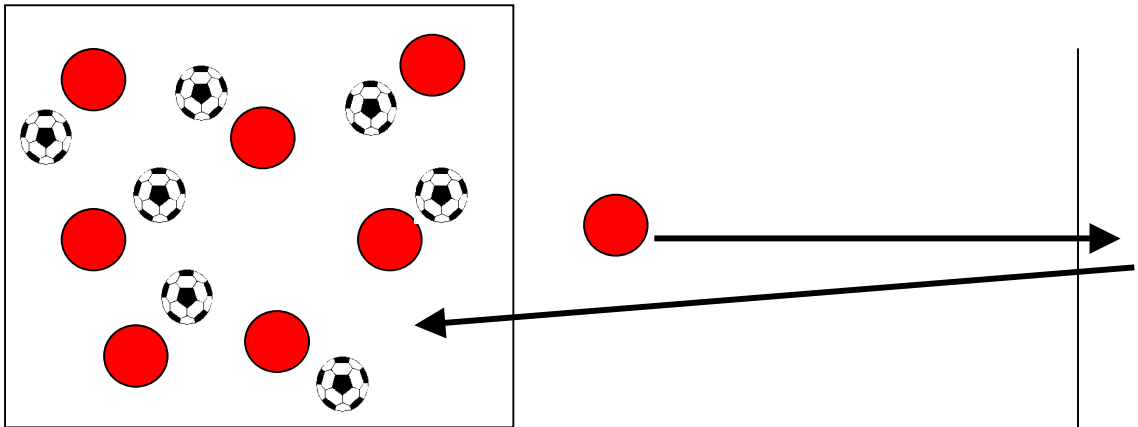
## ONE TOUCH FINISHING UNDER PRESSURE



1. Each player has eight shots on goal with **one touch** finishes. Once they have shot they must sprint back around the cone and receive the next pass to shoot. This is quite intensive for a short period and concentration is vital as the player gets more tired with every shot. **Accuracy** is vital here.
2. Pass in sequence around the penalty area until all shots are taken then rotate the players around so number two is next and so on. To prevent too many standing around use two groups and have the players pass twice each per group.
3. Players can vary the service of the ball to make the shoot more difficult (for instance the four side players can create volleying situations), or have some passes requiring the striker to receive and turn allowing two touches working particularly on the first touch (the four edge of the box players for instance).

# RUNNING WITH THE BALL

**WARM UP** Ball each dribbling around as previous sessions doing stretching etc. On command pick a player to run with the ball to the other end of the field, turn, and bring it back and carry on dribbling, have all players do this as an introduction to running with the ball. **Show them** what to do rather than telling them.

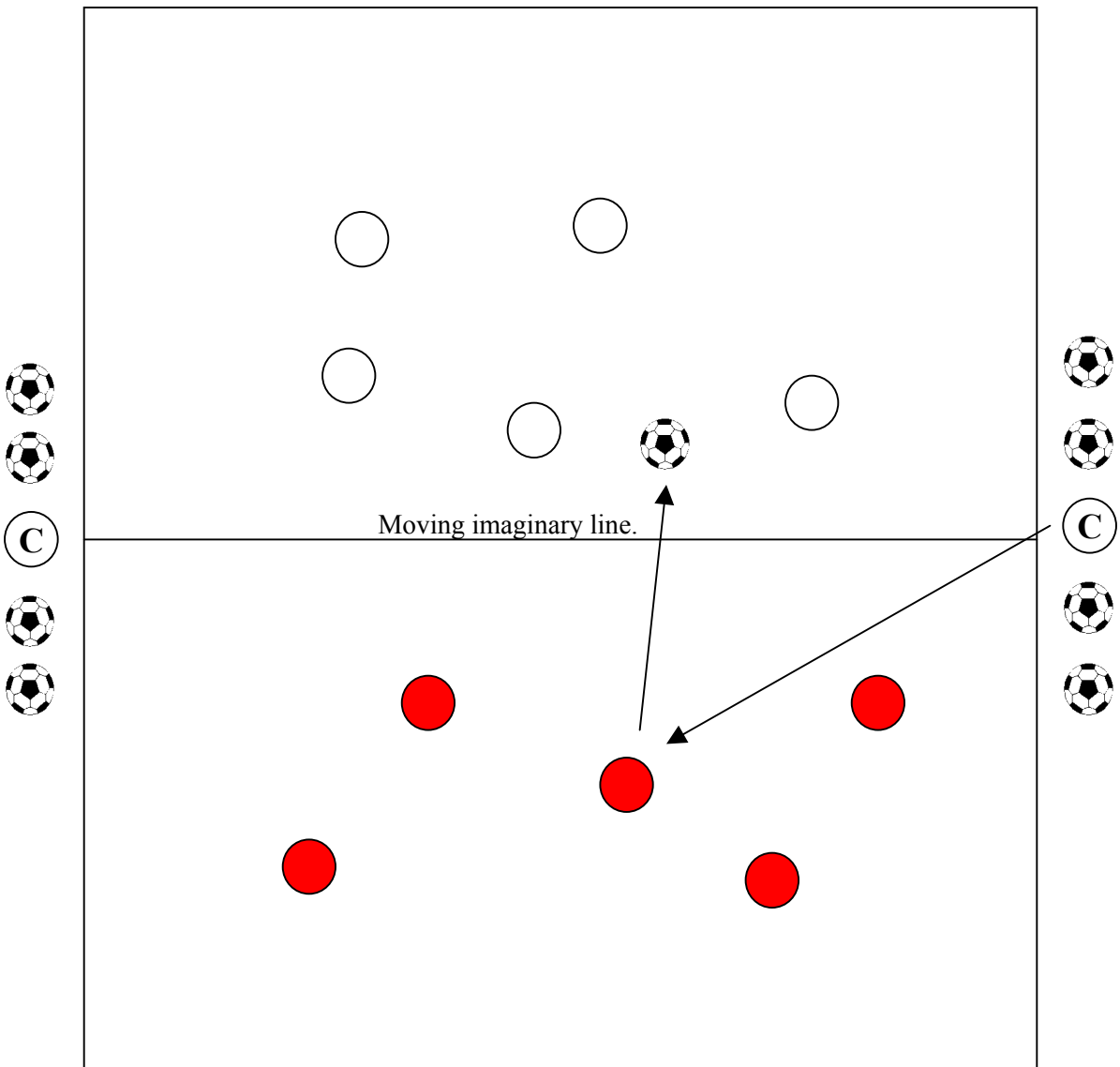


1. **Coaching Points** – a) **Head Up** – look forward b) **Good first touch** out of feet, 3-4 touches maximum not dribbling. c) **Run in a straight line**, the quickest route. d) **Running Style**, use the front foot to control the ball using the laces. e) **Quality Pass**. Try to get some of this in where you can .
2. (1) runs with the ball and passes from 5 yards to (2) who takes the ball using a good first touch. Can do a crossover play.
3. Make it **competitive** and have a **RELAY RACE**. It can be 2 groups of four or four groups of two (or five and two).

(Wayne Harrison)

# HEADING GAME

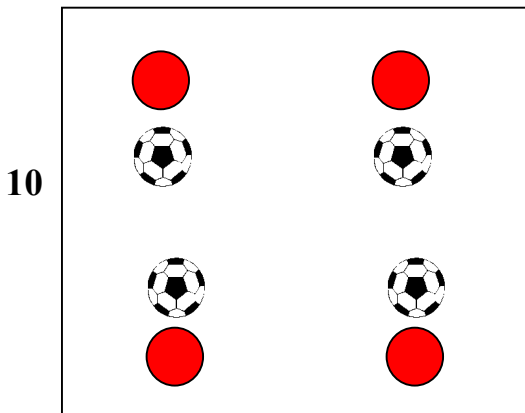
12 yards x 36 yards



1. The coach feeds either team who head the ball past the imaginary net (ie the line of the coaches).
2. The other team then attempt to head the ball back past the imaginary line. If the ball hits the ground past the line before the player heads it back the coaches move to this mark. Throw to each team in turn.
3. If the ball is headed straight out the coaches go to where the ball was headed.

# HEADING TECHNIQUE

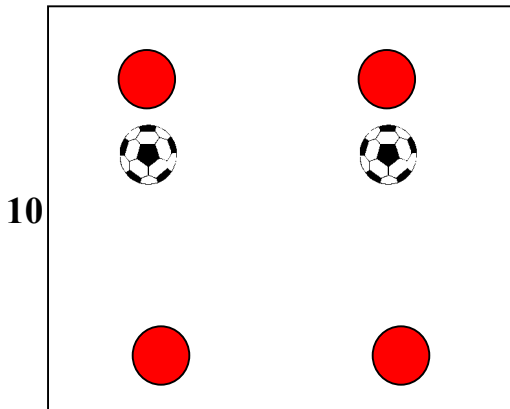
1. 10



1) **Ball each**. A) eyes open, use forehead, head the ball into the air and catch the ball. B) head the ball as high as possible. C) Try 2 headers, one small then one big.

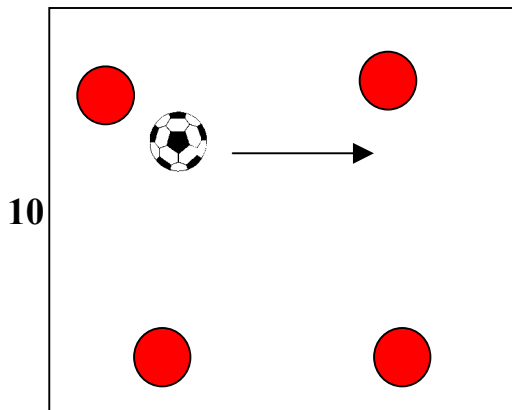
2) **In 2's** (ball between 2) A) throw ball up and head to partner. Show stance ie arch back, step into header, power from hips. B) **Attacking headers**, head to feet of partner, try to score past them. C) **Defensive headers**, head over partner to score (maybe 5 yards apart). D) **On knees** diving headers.

2. 10



3) **Develop 2 v 2** – serve own partner to head the ball. Other players try to head back first time and use the power of their header. (other team can serve you to help get power on the header).

3. 10

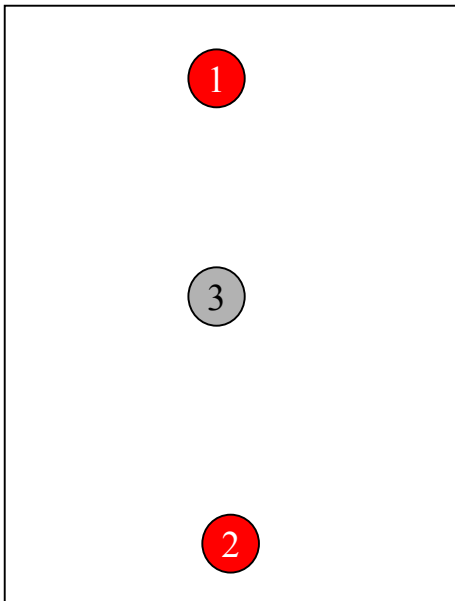


4) **4 v 4 game** – Throw –Head – Catch. (use 20 x 10 grid). Players work in sequence to get the ball over the end line.

(Wayne Harrison)

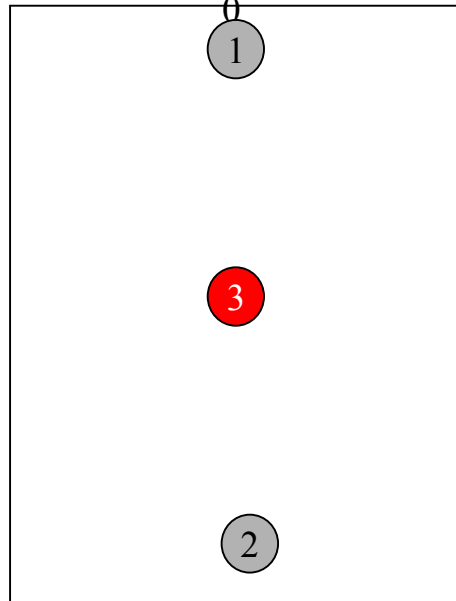
# DEFENSIVE AND ATTACKING HEADING PRACTICES

10



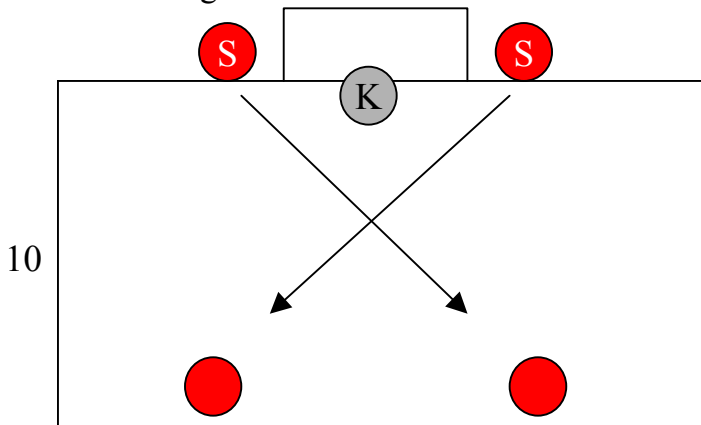
20

1



1. (3) serves the ball to (1) who heads the ball over the top to (2). Rotate the players. Develop – Throw the ball short so the player has to move and meet the ball and consequently get more power on the header.
2. Change above by heading past the middle player with an attacking downward header.

1. (2) throws the ball over the middle player (3) and (1) must meet the ball with a defensive header. Middle player can close down the player heading the ball to put them under pressure.
2. Change above by heading past the middle player with an attacking downward header.



Attacking headers on goal.  
Work on keeping the headers low which makes it more difficult for the keeper.

Player must move onto the ball to gain power from the momentum of the movement.