



OUR PRIORITIES:

Our priorities need to move away from a Results-Oriented Model to a Player-Oriented Model.

WHAT DOES THAT MEAN?

- Less focus on untechnical play that produces results and greater focus on individual player development.
- Understand that our impact and preparation for most players will extend beyond the game of soccer.
- We must be prepared prior to practices to optimize the time, enjoyment, and player development that can occur during that time.
- We must do our best implement slant-wise coaching philosophies but this also means that we as coaches cannot sacrifice the development of the majority for that of a few. (This goes both ways for developmentally advanced players and at older ages developmentally behind players). Your sweet spot should be when an exercise challenges some more than others but still everyone.
- We must give the games back to the kids. Our moments for making a major impact on the players are made during practice sessions. The games are for the enjoyment of the kids.

As Coaches our FOCUS should be to use SOCCER to:

- Allow players to have fun and develop a passion for the game;
- To develop character, instill values, teach respect for authority and society;
- To develop confidence and a positive self-image and help youth reach their potential in life. The goal is to use soccer as the vehicle to achieve this mission;
- To create a training atmosphere in which players learn the developmentally appropriate skills to facilitate their advancement within the game.
- Encourage the progression of developmentally advanced players through any available resources (i.e. Classic, Tournaments, "Playing Up", ODP, etc.).

As Coaches we must REFRAIN from:

- Using negative or demeaning verbal/non-verbal language/actions toward players, parents, or referees;
- Encouraging player actions which do not encourage fair play and/or against the laws of the game (i.e. if they push you push them back);
- Sacrificing long-term player development for short-term team gain (i.e. playing a single player as keeper) or focusing too much on tactical which produces games results and too little on technical;
- Creating invisible boundaries at young ages which result in short term success but hinder long-term development.

Contacts:

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U8 Development Directives			
Begin season with U5/U6 Directives			
Technical	Physical	Psychological	Tactical
<ul style="list-style-type: none"> • U5/U6 Directives • Dribbling (head up) • Experiment w/ Dribbling Moves (pull backs, feints, inside/outside) • Introduce working with teammates (Partner Passing Exercises) • Shooting Concepts (Using laces, introduce shooting of rolling balls) • Equal time using dominant and non-dominant foot • Stationary Throw-ins • Introduce Juggling 	<ul style="list-style-type: none"> • U5/U6 Directives • Implement different running directions (back/sideways) • Introduce foot-eye and hand-eye coordination (i.e. juggling or bouncing/catching of the ball with different body parts) • Introduce agility (i.e. ladders, shuttle runs) 	<ul style="list-style-type: none"> • U5/U6 Directives • Working with Partners • Encouraging Others (High Fives) • Encouraging Sportsmanship • Encouraging Creativity • Working with Self-Esteem • Introduction to Communication 	<ul style="list-style-type: none"> • U5/U6 Directives • Basic Positions (i.e. front/back, concept of defenders v. forwards) • Concept of working with or problem solving with a teammate • Introduction of 1v1 Attacking and 2v1 Attacking • Introduction of "Open Space"

Season Performance Indicators

- Did the players enjoy it?
- Are the players excited?
- Did the players maximize touches on the ball?
- Did the players improve ball control?
- Can the players dribble the ball with their heads up?
- Can the players perform basic moves (pull-backs, inside-outside) using both feet?
- Did the players learn to work effectively in pairs?
- Do the players exhibit teamwork encouragement and sportsman?



MSYSA COACHING EDUCATION

TEAM MANAGEMENT

Before embarking on your coaching journey, there are some important things to think about!

Coaching Philosophy

Before you meet with your parents and your players is it important to think about your coaching philosophy.



When composing your philosophy for coaching players at these ages, you should first read through this entire manual. Pay particular attention to the MSYSA's age group philosophy, understanding your players and coaching your players. Other areas to consider include:

Soccer Beliefs: Why do you want to coach? What are your responsibilities to each player, the team, yourself and the community? What is a successful season?

Motivation: Why are you interested in coaching? What do you enjoy most about coaching? What do you like least about coaching?

Experiences: Past – Childhood, Coaching, Playing? Enriching or inhibiting?

Coaches Equipment

- Cones: Try to get different color and size cones (flat and tower).
- Pinnies: These will help you and the players differentiate between teams.
- Portable Goals: although not essential, it would be ideal if you could get a set of portable goals.
- Balls: Players should be required to bring a ball to practice, however, having some spare balls will help.
- Air Pump: It is guaranteed that players will show up to practice with flat soccer balls.
- First Aid Kit.
- Extra Water: Particularly on hot days.



MSYSA COACHING EDUCATION

TEAM MANAGEMENT

Important Team Roles

To help the season go smoothly, and to include different parents in the team dynamic, it is a good idea to ask for the following helpers. These positions are optional, however, the more help & organization the better!

- **Assistant Coach(s):** It is important to have an assistant coach (or 2) to help you during the season. These coaches can be very helpful during practice and games, especially at the younger age groups. Having an extra coach can help you with managing players during practice, dealing with injuries and substitutions on game day or even parent issues. Also, if you have to miss a training session or game, having another coach that the children are familiar with when your are not there is essential.
- **Schedule Coordinator:** Responsible for communicating and confirming any changes to the schedule.
- **Social Coordinator:** Organizing the snack schedule, birthday celebrations, end of season picnic, etc!

'TOP 10 SAFETY GUIDELINES' U.S. SOCCER FEDERATION



1. Proper use of equipment (shin guards, no jewelry, uniforms designed for climate).
2. Always SECURE GOALS and CHECK FOR STABILITY.
3. Always have a 2nd adult present - must make sure they are Risk Management Certified.
4. Proper fitting shoes, proper type of shoes for surface.
5. Check field for glass, holes, sharp objects.
6. Upkeep and monitoring of playing surfaces.
7. Avoid scheduling training during hottest periods of the day and when there is intense humidity.
8. Ice, ice bags and water supplies, frequent water breaks.
9. Exercises that decrease repetitions of dangerous encounters.
10. Always carry a First Aid Kit, emergency info and a phone.



PARENT MEETING

Parent Meeting

It is very important to recognize that each player comes with a parent(s) and that each family comes to soccer with a set of expectations about what they want their experience to be like. Effective and early communication with your teams parent group will hopefully lay out expectations and make your role as the coach more enjoyable. We recommend inviting the parents to attend the first scheduled practice, both for a meeting and then to watch the training session.



Parent Meeting Topics should include:

1. Coach introduction and philosophy. It is important in this first meeting to outline your experiences (playing & / or coaching) and what you are going to be like as a coach both in games and practices (philosophy).



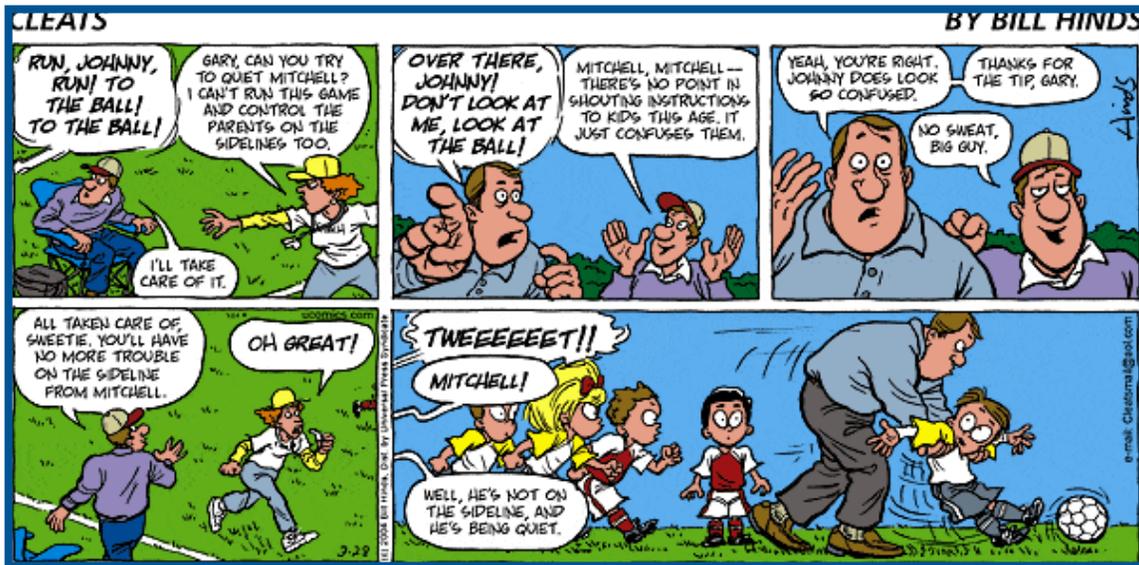
2. What can parents expect from players and the game at your specific age group? Each age group has its own nuances and will look nothing like what the professionals look like on TV! For helpful information review the 'understanding your players', 'coaching your players' and 'game day coaching' sub-sections.
3. What is the structure for practice and games at your club, and why? For instance; what will be the duration of each practice and why? what is the format of the small sided game on the weekend and why? What techniques and tactics will you be working on and why? Etc.



MSYSA COACHING EDUCATION

PARENT MEETING

4. Players Information: Medical Information, previous experience on other teams, family situation, etc
5. Parent Information: Emergency contact info.
6. Players and parents are responsible for appropriate dress, shin guards, ball and water.
7. Snack Schedule! At these ages the snack can mean more to the player than playing!
8. Parent guidelines: Outline any boundaries you might have for them during training and games as well as what you expect from them on the sideline. Hopefully this will stop any potential problems on the side line. For instance, coaching from the sideline - it is vital that parents understand that the player is there to play, you are there to coach and they are there to offer support!



9. Referees guidelines: within the guidelines you outline to your parent group it is vital to outline that nobody but the coach should address the referee. Remember the referee out on the field is a child, that they will make mistakes and the game is not a world cup final.





MSYSA COACHING EDUCATION

CARE AND PREVENTION

EMERGENCY ACTION PLANNING

Have and know how to use the following:

- First Aide Kit
- Ice and plastic bags for emergency use.
- Team safety and information cards.
- Stay calm and reassure the player.

Do the primary survey ABC's:

- A = Airway
- B = Breathing
- C = Circulation

For Airway and Circulation:

- If the player is not breathing - begin rescue breathing (only if CPR certified)
- If the player has no pulse - start CPR (only if CPR certified)
- If necessary, send someone to call 911

COMMON INJURIES

- **Cuts and Abrasions:** To reduce the risk of infection ALWAYS wear protective gloves and wash your hands before and after contact. Protect yourself and the player. To treat, clean wound and surrounding area, wiping away from the wound. To stop the bleeding, place a sterile dressing over the wound and apply direct pressure. Elevate if necessary. If severe call 911.
- **Nose Bleed:** Place the player in a sitting position with the head forward. Apply pressure to just below the bridge of the nose. Use ice when necessary. If you suspect a head or neck injury do not try to control the bleeding. Instead, stabilize the head and call 911.
- **Bruises/Contusions:** A crushing injury to a muscle or tendon caused by an outside force, which causes hemorrhaging to surrounding tissue. To treat, apply ice.
- **Dislocation:** The joint will have a marked deformity with intense pain. If a player can walk immobilize the joint and immediately transport them to hospital. If the player is unable to walk then call 911.
- **Fractures:** If a body part does not have a normal appearance or function then suspect a fracture. DO NOT move the player, keep them warm and comfortable, then call 911.
- **Concussion:** Usually due to a clash of heads (although this can be caused in different ways). Player will show signs of possible dizziness, headache, disorientation.



MSYSA COACHING EDUCATION

CARE AND PREVENTION

- **Sprains & Strains:** These are frequent injuries in soccer. A sprain is the stretching or tearing of the ligament beyond its normal limits. A strain is a tear to the muscle or tendon, commonly called a 'pull'. To treat use R.I.C.E; Rest, Ice, Compression and Elevation.

INJURY PREVENTION

There are many precautions you can take as a coach to reduce the risk of injury to your players:

- Proper use of equipment; proper fitting & type of shoe, shin guards, no jewelry, uniforms, etc.
- Upkeep and monitoring of playing service.
- Avoid scheduling training during the hottest periods of the day and when there is intense humidity.
- Adhere to age group recommendations practice and game durations.
- Ample water supply and breaks to give player rest.
- Full rehabilitation of an injury prior to returning to play, determined by a physician.
- Recommended a physical exam by a physician prior to participating.

HEAT ILLNESS

- **Heat Cramps:** Are a brief severe cramps in the muscles of the leg, arm or abdomen that may occur during or after vigorous exercise in extreme heat. Lack of drinking fluids is a common cause. To treat, place players in a cool place where they can rest and rehydrate.
- **Heat Exhaustion:** The players body is having trouble keeping itself cool. This condition can come on very suddenly. The player's temperature is raised and they may feel sick or dizzy. The player is still sweating and the skin feels clammy. To treat, call 911, place in a cool place, loosen clothing, rest and rehydrate.
- **Heat Stroke:** The most severe form of heat illness; a life threatening emergency, that requires immediate medical attention. Body temperature is high, skin is hot, red and dry, sweating mechanism is blocked, pulse is rapid and strong, and player may lose consciousness. To treat, call 911 immediately, get player into a cool area, cool the players body with spray or dousing with water, and loosen clothing.

SUMMARY

It is important to be prepared for all eventualities! Follow these general guidelines:

- Always err on the side of caution.
- Be First Aid and CPR certified.
- Record the incident and note all actions you took and how the injury occurred.
- Follow up with a phone call to check on the players condition.

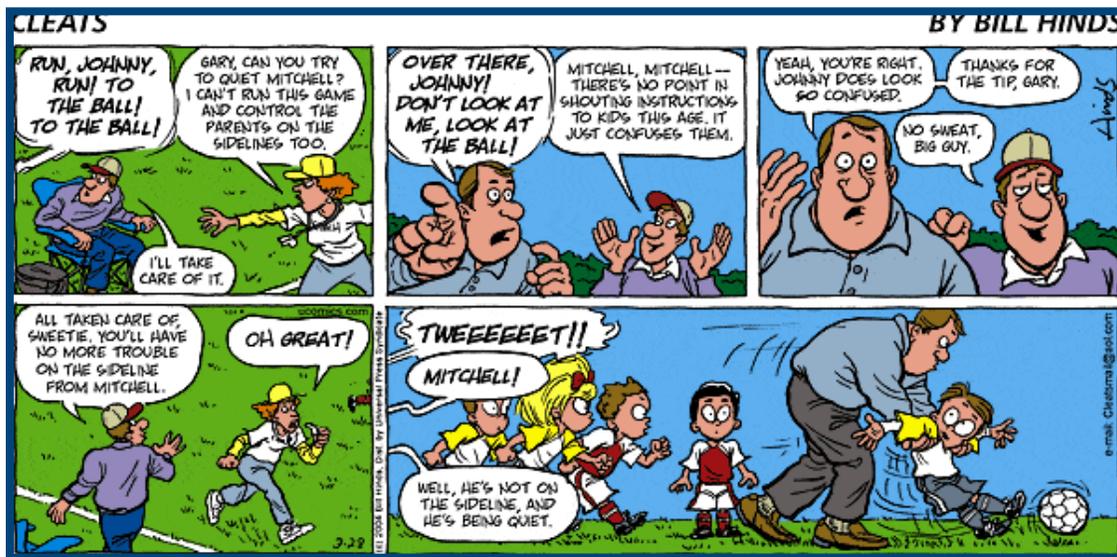


MSYSA COACHING EDUCATION

UNDERSTANDING YOUR PLAYERS

Before starting to coach we believe it is important to get an understanding of the players you will be coaching. Below are some key elements to consider.

Why does a U7 & U8 child play soccer? These reasons are very similar to the U6 age group; including sibling(s) play, parents sign them up to play and friends are playing. In addition to these reasons, and one important to highlight, players will choose to play soccer if they had an enjoyable previous soccer experience.



Why do children enjoy playing? All children who participate at these ages are looking for the same basic outcome; they want to have FUN, have success, make friends and show their parents what they can do!

Why do children stop playing soccer? The continuing themes here is soccer is not fun and they are not playing with friends. Some new elements include parents have had a bad experience with a coach and / or soccer organization, the players are constantly failing and they spend more time watch (sit out) than playing.

What are the Physical Characteristics of an under eight soccer player?

1. The Skeletal System continues to grow.
2. Genders are very similar in size and weight, which allows them to play co-ed soccer.
3. They have increased control over their body mechanics; balance has improved.
4. Improved but still immature eye, hand, and foot coordination.
5. They have poor temperature regulation.
6. Their cardiovascular system has improved but is still no where near as efficient as an adult.
7. They still have high energy levels but only for short periods of time.



MSYSA COACHING EDUCATION

UNDERSTANDING YOUR PLAYERS

What are the Cognitive Characteristics of an under eight player?

1. Players at these ages have an increased ability to share.
2. No concerns for team concepts, however, players are becoming increasingly focused on me and a friend.
3. They are beginning to understand the concept of space and time.
4. They want to be accepted.
5. Limited ability to execute more than one task at a time.
6. Still prefer playing to watching.
7. Parents are still the biggest influence.
8. Need constant positive reinforcement and praise.
9. Fear of failure – they have easily bruised ego's.

What can players deal with emotionally?



1. Players are looking to establish relationships, there focus is no longer just on themselves.
2. They are becoming increasingly concerned with the concept of friends.
3. Although players do not identify with the idea of team, they are looking for acceptance from peers and coaches.
4. Players are easily hurt by negative comments, which transfers into a great need for positive feedback.



MSYSA COACHING EDUCATION

COACHING YOUR PLAYERS

In order to effectively coach your players, we must take the lessons learned in the 'understanding your players' section of the curriculum and apply them in the following way.

Welcome your players to practice. Simply asking players 'how's it going today', giving them a high five or smiling at them as they enter the practice area will create a welcoming and safe environment for players.

Are you a facilitator or coach? As we move up through the ages there is more of a transition from facilitating practices and games to actual coaching. At these ages we should facilitate practices and games for players, while being able to teach soccer techniques and basic tactics (these are outlined in the 'what to teach your players' section).

Keeping soccer FUN! Soccer will conform to a traditional soccer calendar at these ages, where practices and games are on separate days. Our goal as a coach should be to balance teaching with fun. Fun for these players is more than just goofy games, it includes actively participating in all games / scrimmages, playing with their friends and learning new appropriate level skills.

SHORT and SWEET. Players at these ages still have very short attention spans. Be aware that when addressing players before activities and games you only have their attention for seconds rather than minutes. Therefore it is key to keep activity explanations, team talks and wrap ups short and succinct. Providing a demonstration while talking will help you keep your players engaged for longer periods.

Allowing players to EXPERIMENT. To encourage experiential learning and self development we must strive to provide an environment where the players have no fear of failure. Activities you use during practice should allow for fun and success, yet be challenging. The most important element is that players feel comfortable to try new things and do not fear making mistakes. Players do not fulfill their potential without being able to try, fail and ultimately find their own success.

Winning vs. Development. It is our contention that development in a fun learning environment is more important than winning games. Do not make sacrifices development for results. Players will forget about the result of the game shortly after it is over but will always remember whether they have had fun or not!

Duration - 1 Hour. Although the duration of the practice has increased since U6, players will still require lots of short breaks throughout.

Soccer Contacts. It is not uncommon to have two practices and one game per week in a soccer season.



MSYSA COACHING EDUCATION

COACHING YOUR PLAYERS

Another important element to consider is what not to do when coaching! We must try to remove the following:

FEAR - We must create an environment where players can experiment and fail. Allow players to make mistakes and fail is an important part of learning.

SHOUTING, SARCASM and NEGATIVITY - Remember the old adage 'try to catch them being good'!



OVER COACHING & LECTURING. Remember the Chinese proverb

I HEAR - I FORGET - Don't spend too much time introducing activities....

I SEE - I REMEMBER - Briefly demonstrate what you want them to do....

I DO - I UNDERSTAND - Have them try the activity and then make rule changes / corrections....

Lack of SUCCESS - Pushing players into activities and games that do not fit within the age group capabilities or level of the players will cause frustration, decrease motivation and affect the fun that players have.

Finally, remember the old adage 'if you're having fun, the players will be having fun'. If there are smiles on the players' faces and they are enthusiastic during activities and games, you must be doing something right!



MSYSA COACHING EDUCATION

COACHING YOUR OWN CHILD

Either you volunteered to coach the team or you received 'The Call'!! Whatever the circumstances, you are now coaching your own child and this dynamic can have many pitfalls. Below are helpful guidelines:

FIRST, get their input

Before making the commitment it is important to keep your child involved in the decision-making process. Asking them their thoughts on the situation is key. Also, have them help with a list of positive and negative aspects that may come up with you being the team's coach. It is healthier to clarify things early, rather than two months into a long, emotional season.

Set boundaries

Explain that when you step out of the car and onto the field that you put your coaches hat on and they put their soccer player hat on, and when leaving the field you both take your hats off to become parent / child again. Highlight that you will treat them fairly and like the other players as well the opposite perspective that your child should treat you like one of their teachers.

Separating home from the field

Don't over-practice, or over-coach, with your child at home. Since you are the parent, and the coach, this could lead to your child feeling a bit overwhelmed and confused. Another dynamic to think about is the car ride. This can quite easily become an extension of a practice or game. Keep the discussions in the car light hearted and don't try to coach. Remember the most powerful words a parent can say to a young player 'I enjoyed watching you play today'!





MSYSA COACHING EDUCATION

COACHING YOUR OWN CHILD

Keep things fair and equal at all times

The ability to make fair and honest decisions when dealing with your children and other team members will strengthen the respect that your child will have for you, as well as the rest of the team. Tony DiCicco, Olympic Gold Medal & Women's World Cup winning coach who also coached his own children at the youth level says "You must also recognize that you're likely to be harder on your own child than you are on the other players and deal with it accordingly".

Tell the truth

Be open and honest with other parents when dealing with team issues, even if they involve your own child. There will always be disagreements between kids, or feelings of jealousy because you are the coach. Just remember to always handle those situations quickly, and with open communication. However, these conversations should be kept from your child. Talking about other players or their parents around your child places them in a complicated situation and may negatively impact their relationships.

Spread the praise around

Give your child praise, but avoid showing preferential treatment like giving extra playing time or special duties to your child. Conversely, avoid diminishing your child's playing time or giving less one-on-one time in an effort to show that you are not playing favorites, as your child will begin to feel unfairly treated. It's a tough balance, but one that a coach/parent needs to be aware of. This is especially true with pre-teen kids. DiCicco says "Don't be afraid to praise your child. If you let your daughter know when things aren't happening the way they should, then make sure you hit the high notes as well".

Learn to take a step back

If ever in doubt about how to treat a situation involving your son or daughter on the field, think of what you would do if you were dealing with a child other than your own. This could be an effective tool to help manage these situations. Additionally, an assistant coach may offer another possible solution for keeping the parent-child dynamic from creating tension. Have the assistant handle coaching communication with your child when one-on-one chats are called for.

Look at the game through the children's eyes

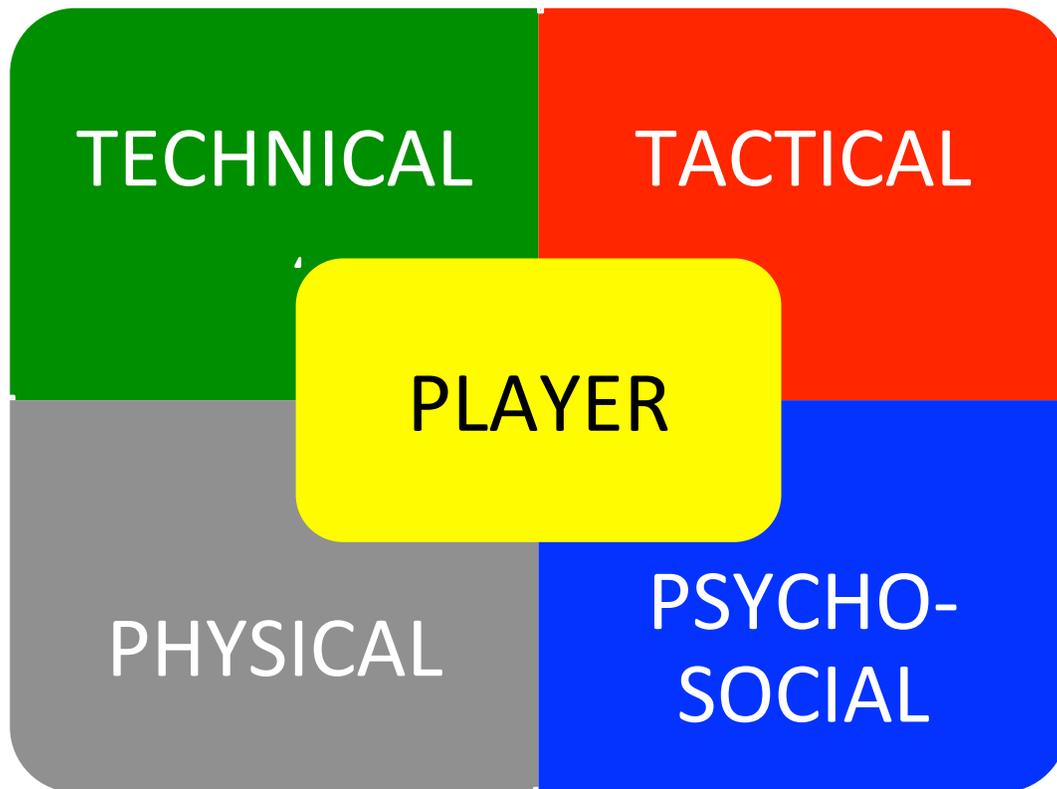
This will remind you that the most important contribution you can make is to help the kids have fun and not to treat 6-year-olds like 16-year-olds.

Make it FUN! Make coaching fun and enjoy your time with your child!



WHAT TO TEACH YOUR PLAYERS

When identifying what areas of the game we are going to teach our players we must take into consideration the age group characteristics as well as the four components of the game; psycho-social, physical, technical and tactical. It is important to remember that these components are not independent of each other but connected and correlate constantly.



Physical Component

At seven and eight coordination, balance and agility are developing rapidly. However, when considering the game of soccer, players still need lots of development in these areas. Activities used in practice, particularly in the warm up phase, should include movements that allow repetition in these areas with and without the ball.

Psycho-Social Component

Players are now beginning to learn how to share and recognize that they have teammates. This aspect should be worked on and developed during training and games. Players should be continually praised and rewarded for trying to use this concept.



WHAT TO TEACH YOUR PLAYERS

Technical Component

Due to the physical and psycho-social changes in the age group we can start to expand on techniques implemented at the U6 ages. The player to ball ratio can now be expanded to 2:1, which will allow us to introduce passing and receiving techniques. However, the primary focus should still be on mastering individual techniques. Below are the recommended technical areas:

1. Dribbling and Changing Direction.
2. Running with the Ball.
3. Moves and Fakes:
 - Step & Double Step Fake.
 - Scissor & Double Scissor Move.
 - Cutting.
4. Turns:
 - Pull Back.
 - Inside Hook.
 - Outside Hook.
5. Shielding.
6. Passing the ball over short distances.
7. Receiving the ball.
8. Finishing with Laces.

Tactical Component

With a ratio of two players to one ball and the improvement in awareness of teammates at these ages we can start to introduce some basic tactical concepts. Below are the tactical areas we should look to cover:

1. When to dribble to beat a player.
2. When to dribble to keep the ball.
3. When to shield to protect the ball.
4. When to dribble, pass or shoot.
5. How and where to support a teammate with the ball.

Please note, the tactical concepts highlighted above should not take precedence over the importance of technique proficiency. **Without technique, there is no tactics!**

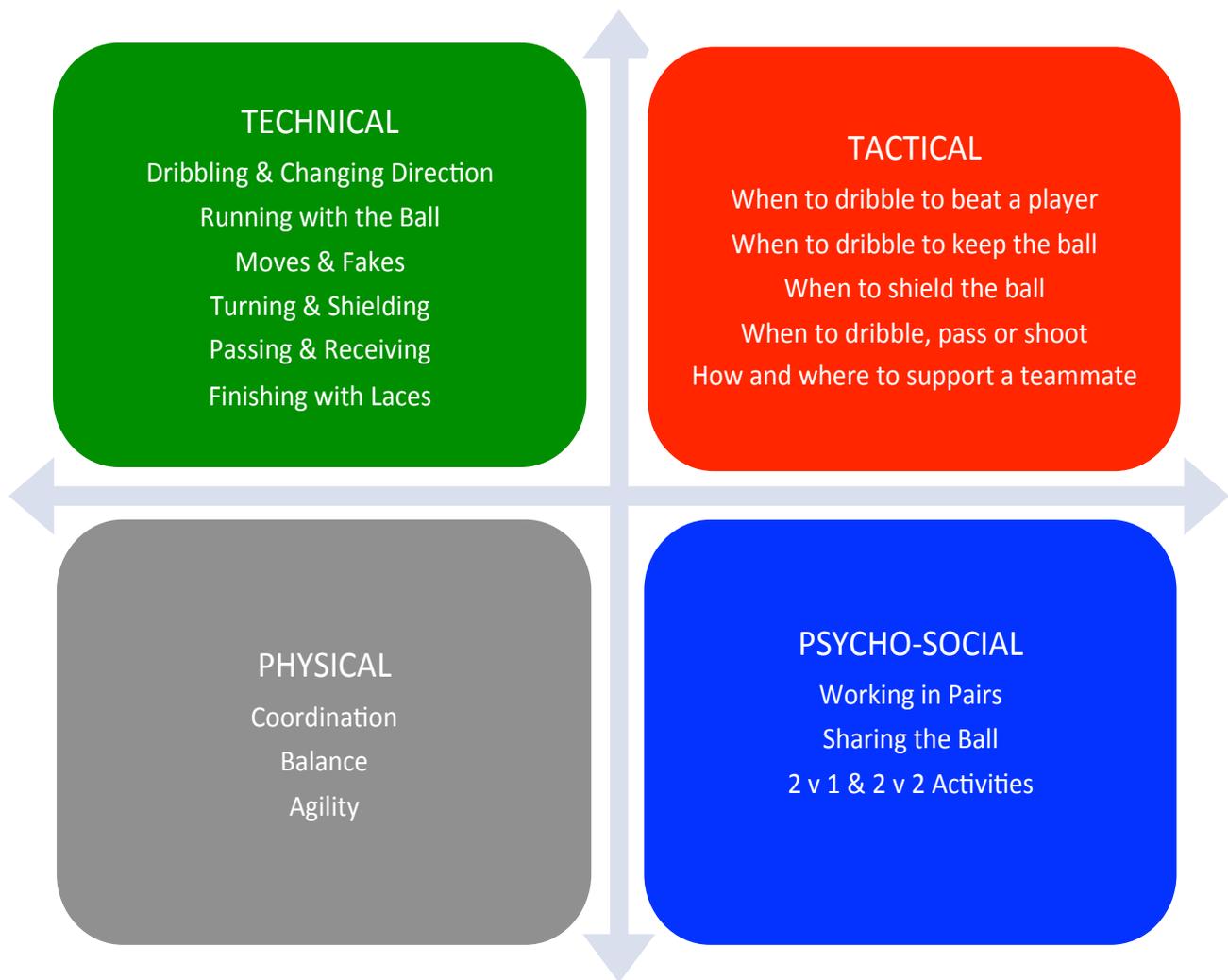


MSYSA COACHING EDUCATION

WHAT TO TEACH YOUR PLAYERS

Summary

In summary, the age appropriate topics we should look to incorporate into our practices and games are:



We must understand that the four component are inter-connected, players cannot complete one effectively without the other. These concepts are the cornerstone for developing players and what we should look to integrate all four components into everything we teach. We should also understand that the elements within these components can and should be introduced at different age groups and stages of the season. Please refer to the 'Training Blocks' section for more detail about this concept.



TRAINING BLOCKS & PRACTICE THEMES

Training blocks is an expression of the relationship between learning and time spent on a topic or theme. Research in the education field has found that block scheduling enables teachers to be more focused on what they are teaching, especially with more intense subjects which require students to gain a more in-depth knowledge.

In soccer, we have found that the more time we spend on a theme continuously, the more learning takes place in all four components of the game. This is because working in blocks of themes allow players to make a deeper connection with the topic and their implementation to the game. As long as practices remain fresh and fun, players' learning and retention of the information given will increase.

The underlying objective when implementing training blocks is to have a progression of themes that make sense to the age group and part of the season. In the following pages you will see a progression of themes from the fall of U7 to the spring of U8, that coincide with the player characteristics at each age.

U7 - PRACTICE THEMES

In the U7 age group we are trying to transition and expand on the concepts worked on in the spring of U6. Our focus during that age group was with a player to ball ratio of 1 to 1. Our primary focus in this season will be to continue with this ratio and start to introduce concepts and activities that include 2 players and 1 ball.

The two themes we will concentrate on are Dribbling to Keep Possession and Dribbling to Penetrate. Within each topic there are multiple techniques and tactics that we can cover (see below).

Dribbling to Keep Possession

- Dribbling technique - Primary
- Turning with the ball - Primary
- Shielding the ball - Primary
- Decision, when to keep possession - Primary
- Passing Techniques - Secondary
- Receiving Techniques - Secondary
- Support from a teammate; when and where?

Dribbling to Penetrate

- Running with the ball - Primary
- Dribbling - Primary
- Moves to beat an opponent - Primary
- Decision when, when to penetrate - Primary
- Passing Technique - Secondary
- Shooting Techniques - Secondary
- Receiving Technique - Secondary
- Support from a teammate; when and where?



U7 - TRAINING BLOCKS & PRACTICE THEMES

U7 - FALL TRAINING BLOCKS

Weeks	Practice 1	Practice 2
1 to 8	<p>Dribbling to Keep Possession Techniques: Dribbling, Turning & Shielding Tactical: When to Turn, Shield & Keep Possession</p>	<p>Dribbling to Penetrate Techniques: Dribbling, Running w/ball & Moves Tactical: When & how to beat an opponent.</p>

U7 - SPRING TRAINING BLOCKS

Weeks	Practice 1	Practice 2
1, 3, 5 & 7	<p>Dribbling to Keep Possession Technical: Dribbling & Turning. Introduce Passing & Receiving. Tactical: Decision of the player in possession and supporting your teammates.</p>	<p>Dribbling to Penetrate Technical: Dribbling, Running w/ball & Moves. Introduce Passing & Receiving. Tactical: Decision to penetrate with a pass or dribble, and supporting your teammate.</p>
2, 4, 6 & 8	<p>Dribbling to Keep Possession Technical: Dribbling & Shielding with Passing & Receiving. Tactical: Decision to protect the ball and supporting your teammates from behind.</p>	<p>Dribbling to Penetrate Technical: Dribbling, Running w/ball & Moves. Introduce Finishing. Tactical: Decision to penetrate on the dribble or shoot, and supporting your teammate.</p>

NOTES:

1. Within your team there will be a difference in ability level and it is the job of the coach to incorporate challenges for each level of player.
2. In the lesson plan progression we will vary the activities used to teach these themes as well as the pressure players are under.
3. As a coach you should expect players to increase the mastery and speed at which they execute the skills and decisions outlined in the blocks.



U8 - TRAINING BLOCKS & PRACTICE THEMES

U8 - PRACTICE THEMES

In the U8 age group we are trying to transition and expand on the concepts worked on in the spring of U7. Our primary focus during that age group was dribbling and decisions in possession. Our primary focus in this season will continue to be on individual techniques, while introducing passing, receiving and support from a teammate.

The four themes we will concentrate on are Dribbling to Keep Possession, Dribbling to Penetrate, Keeping Possession and Dribbling to Finish. Within each topic there are multiple techniques and tactics that we can cover (highlighted below). Some are targeted as primary focuses for the training session, while others will be worked on as a byproduct of the activities we use.

Dribbling to Keep Possession

- Dribbling technique - Primary
- Turning with the ball - Primary
- Shielding the ball - Primary
- When to keep possession - Primary
- Passing Techniques - Secondary
- Receiving Techniques - Secondary
- Support from a teammate - Primary

Dribbling to Penetrate

- Running with the ball - Primary
- Dribbling - Primary
- Moves to beat an opponent - Primary
- When to penetrate - Primary
- Passing Technique - Secondary
- Shooting Techniques - Secondary
- Receiving Technique - Secondary
- Support from a teammate - Primary

Keeping Possession

- Passing Techniques - Primary
- Receiving Techniques - Primary
- Dribbling technique - Secondary
- Turning with the ball - Secondary
- Shielding the ball - Secondary
- When to keep possession - Primary
- Support from a teammate - Primary

Dribbling to Finish

- Finishing with Laces - Primary
- Finishing with Inside of the Foot - Primary
- Dribbling technique - Primary
- Moves to beat an opponent - Primary
- Receiving Techniques - Secondary
- When to penetrate - Primary
- Support from a teammate - Primary



U8 - TRAINING BLOCKS & PRACTICE THEMES

U8 - FALL TRAINING BLOCKS

Weeks	Practice 1	Practice 2
1 to 4	<p>Dribbling to Keep Possession</p> <p>Technical: Dribbling, Turning & Shielding. Secondary Techniques: Passing & Receiving. Tactical: Decision in Possession. Secondary Tactical: Support from teammates.</p>	<p>Dribbling to Penetrate</p> <p>Technical: Dribbling, Running w/ball & Moves. Introduce Passing & Receiving. Tactical: Decision to penetrate with a pass or dribble, and supporting your teammate.</p>
5	<p>Keeping Possession</p> <p>Technical: Dribbling, Turning, Passing & Receiving. Tactical: Decision in Possession & Support.</p>	<p>Dribbling to Finish</p> <p>Technical: Dribbling, Running w/ball, Moves & Finishing. Tactical: Decision in Possession & Support.</p>
6	<p>Dribbling to Keep Possession</p> <p>Technical: Dribbling, Turning & Shielding. Secondary Techniques: Passing & Receiving. Tactical: Decision in Possession. Secondary Tactical: Support from teammates.</p>	<p>Dribbling to Finish</p> <p>Technical: Dribbling, Running w/ball, Moves & Finishing. Tactical: Decision in Possession & Support.</p>
7	<p>Keeping Possession</p> <p>Technical: Dribbling, Turning, Passing & Receiving. Tactical: Decision in Possession & Support.</p>	<p>Dribbling to Finish</p> <p>Technical: Dribbling, Running w/ball, Moves & Finishing. Tactical: Decision in Possession & Support.</p>
8	<p>Dribbling to Keep Possession</p> <p>Technical: Dribbling, Turning & Shielding. Secondary Techniques: Passing & Receiving. Tactical: Decision in Possession. Secondary Tactical: Support from teammates.</p>	<p>Dribbling to Finish</p> <p>Technical: Dribbling, Running w/ball, Moves & Finishing. Tactical: Decision in Possession & Support.</p>

NOTES:

1. Finishing: Some players will struggle with the technique of striking the ball and will often use their toes.
2. Passing: Some players will find it difficult to point their toes up and keep the heel down as well as the mechanics of turning their leg to open their foot up to strike the ball with the inside of the foot.
3. With both, coaches should continue to stress the angle of the foot to strike the ball and body mechanics.



U8 - TRAINING BLOCKS & PRACTICE THEMES

U8 - SPRING TRAINING BLOCKS

Weeks	Practice 1	Practice 2
1, 3, 5 and 7	<p>Dribbling to Keep Possession</p> <p>Technical: Dribbling, Turning & Shielding. Secondary Techniques: Passing & Receiving. Tactical: Decision in Possession. Secondary Tactical: Support from teammates.</p>	<p>Dribbling to Penetrate</p> <p>Technical: Dribbling, Running w/ball & Moves. Introduce Passing & Receiving. Tactical: Decision to penetrate with a pass or dribble, and supporting your teammate.</p>
2, 4, 6 and 8	<p>Keeping Possession</p> <p>Technical: Dribbling, Turning, Passing & Receiving. Tactical: Decision in Possession & Support.</p>	<p>Dribbling to Finish</p> <p>Technical: Dribbling, Running w/ball, Moves & Finishing. Tactical: Decision in Possession & Support.</p>

NOTES:

1. With these blocks we are starting to put a little more emphasis on the players decision on the ball to either penetrate or keep possession.
2. We are also starting to put more thought into the players around the ball and how they support the player in possession.
3. HOWEVER, we must notice that technique is still the primary focus at these ages and this should remain our main emphasis.



MSYSA COACHING EDUCATION

PRACTICE DAY

In this section we will look at the organization and implementation of a lesson plan. In order to keep the interest of our players, we must ensure that our practices are planned, organized, flow from simple to complex and there is little downtime between activities.

To help with the planning phase of the practice we have designed a lesson plan for each week of the season, these can be found in the lesson plan section. The activities used in these lesson plans will allow you to work on the technical, tactical, physical and psycho-social components of the game, while making the practice fun and free flowing. The progression can be summarized as follows:

Activity 1 - Warm Up

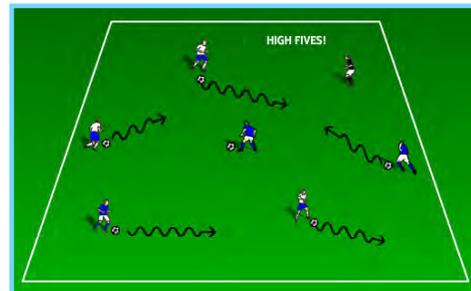
Here we will introduce movements and techniques based on the theme of the training session. Activities in the section may start with no ball, however, one will be added to ensure we are using our time efficiently.

Activity 1 - Warm Up - Greeting Game

Organization: Area is 20 x 20 yards. Players move freely around the area (no ball to start), waiting for the coach to give greeting commands, which players then execute. Greetings include; shake hands, high fives, low fives, bump shoulder to shoulder, chest bumps, etc. Progress to players dribbling the ball which completing the tasks.

Coaching Points:

- Dribbling Technique.
- Introduce turning with the sole of the foot, inside of the foot and outside of the foot.



Activity 2 - Fun Based Game

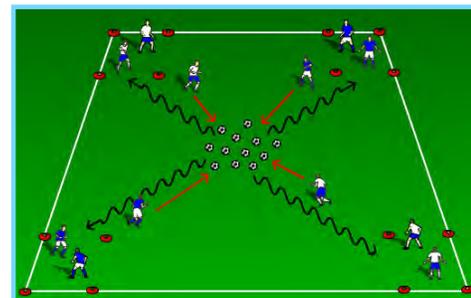
Our goal in this activity is to maximize technical repetitions in a fun game environment. We will also look to challenge players tactically by having them solve a problem based on the theme of the practice.

Activity 2 - Bedrock Barbecue

Organization: Area is 20 x 20 yards. Split players into groups of 3 and place a group in each corner. All balls are placed in the center. Aim of the game is for each group (one player at a time) to seal as many soccer balls from the center as possible. First team back wins. Have players complete a designated turn to retrieve the ball.

Next progression is to play for 2 minutes. Once balls are gone from the center, groups can steal from other teams. Groups are not allowed to defend their soccer balls. Group with the most balls at the end wins.

Coaching Points: Same as above. Dribbling & Turning Techniques.





MSYSA COACHING EDUCATION

PRACTICE DAY

Activity 3 - Competitive Directional Game

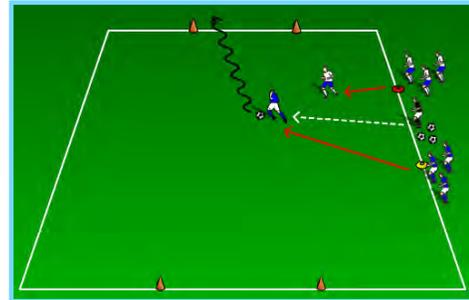
In this activity we will look to expand on the tactical challenges by adding direction and defenders.

Activity 3 - Boss of the Balls

Organization: Area is 20 x 20 yards with two goals. Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through the either goal. Once players understand the concept, progress to teams defending and attacking one goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning technique under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.



Activity 4 - Small Sided Game

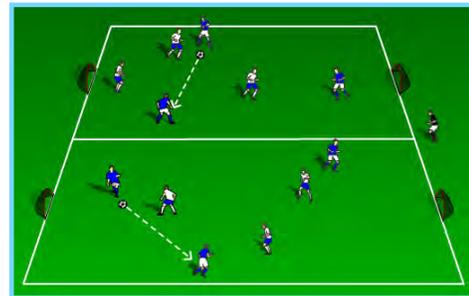
We always end the practice with a game of soccer and encourage free play.

Activity 4 - Scrimmage

Organization: Area is 20 x 30 yards with small goals. Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.



NOTE: Always have back up activity, one that the players are familiar with and enjoy. Sometimes players do not respond well to new activities and its important to always have a 'go to' activity!

Field organization will also help you to reduce downtime for the players. We suggest getting to the practice site at least 10 minutes before training, which will allow you to check for any potential safety issues and address the playing area. When laying out the practice grid, we suggest setting up the biggest area first and then work inwards. At these ages the grid size will remain similar and the only transitioning you will need is to add or remove cones. This can and should be done while players are having a water break.

Remember, players at these ages want to enjoy practice by being challenged and having fun. The points outlined above as well as the lesson plans provided should help you to achieve that goal in every practice!

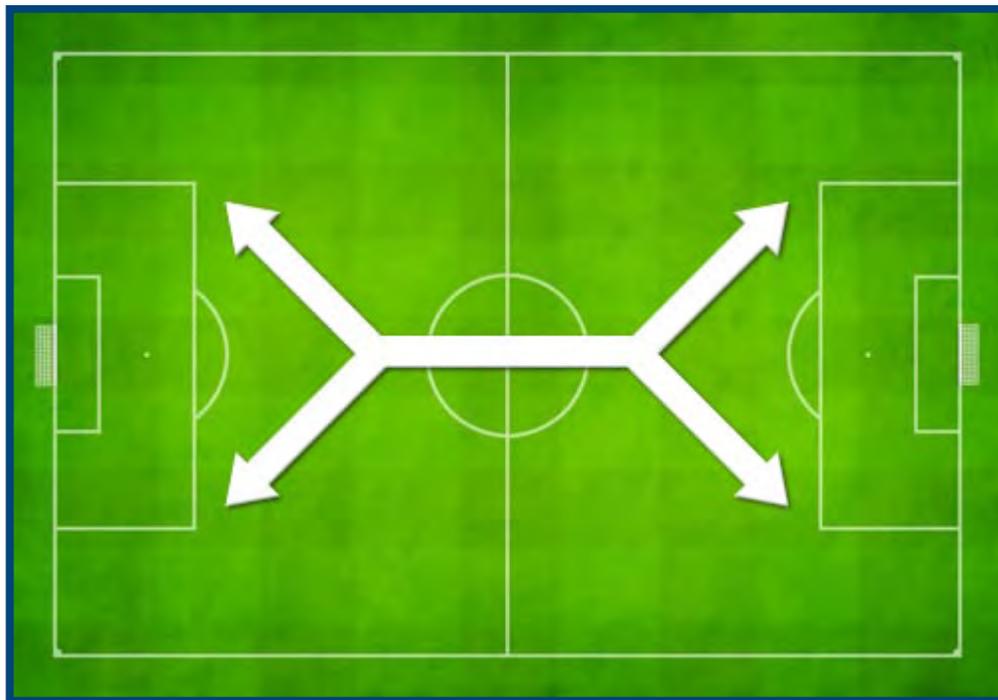


MSYSA COACHING EDUCATION

PRACTICE DAY

Will we see improvements in the game on the weekend? Although the answer to this question is YES, please be patient as this aspect only improve over time. From U6 to U7 the players focus will still be on one task at a time, which will either be dribbling the ball or trying to win it back. As players progress through the U7 into U8, there focus will start to shift from the ball and towards a (one) teammate. This aspect will again improve as you move through the U8 age group.

Game Day Tactics: As an age group we can summarize that the players will be able to understand more tactical concepts than at U6. For instance, they should be able to comprehend moving forward, backwards, right and left, with and without the ball. This is outlined in the diagram below.



Additionally, we should also challenge our players with the concept of 'finding the most space'. This can be with and without the ball, either dribbling to find space OR moving away from a defender(s) to find the most space to support your teammate.

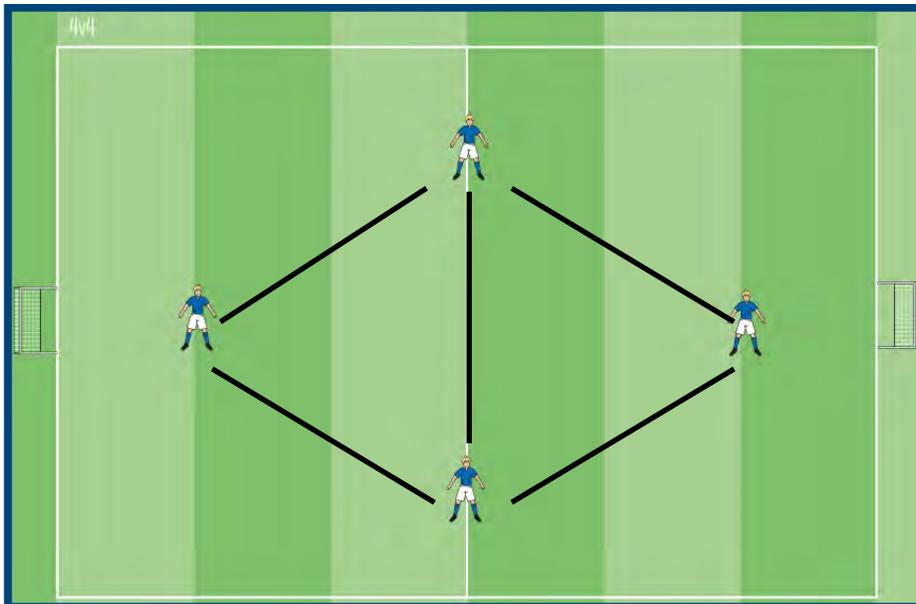
Player Positions: This is an area we need to be patient with. Players will need time to transition from U6 'Bee Hive' soccer and we will see grow with every season they play. An area which will help with this concept is the formation we choose to play and how you relate players positions to this shape.



MSYSA COACHING EDUCATION

PRACTICE DAY

The Game - 4 v 4 Format of Play: The game at these ages per the U.S. Soccer Player Development Initiatives is 4 v 4. Usually one coach will be allowed on the field to help facilitate the game for the players, however, this will depend on the league or club. It is important the the coach on the field allows the players to play and only get involved if the ball needs to be restarted. The assistant(s) coach should be in charge of substitutes and keeping them organized. Try to play all players 50% of the time. Finally, be encouraging and provide lots of positive reinforcement!



As you can see from the diagram, we have placed the players into two triangles / diamond shape. This shape(s) will allow you to help your players understand positioning, spacing and aid their decisions in possession.

Pre Game Talk: The pre-game should consist of the coach greeting players to the field and taking them through a dynamic warm up with the ball. The warm up is used to prepare players for the game both physically and mentally, however, at these ages it should consist of having players move around with the soccer ball and having fun! Use activities found in the lesson plans section of the curriculum for the warm up.

Post Game Talk: This usually entails snack time for the players, do not try to impart any words of wisdom to the players on how the game went or the result! AT U7 and U8 players will care (briefly) about the result but soon forget and will be more concerned with what snack they are getting. **Give everyone a high five and a good job!**



MSYSA COACHING EDUCATION

PRACTICE ACTIVITY BREAKDOWN - U7 FALL

<p>Week 1, Lesson 1 - Dribbling to Keep Possession Activity 1: Greeting Game Activity 2: Bedrock Barbecue Activity 3: Boss of the Balls - 1 v 1 Turning to End Line Activity 4: 3 v 3 Scrimmage</p>	<p>Week 1, Lesson 2 - Dribbling to Penetrate Activity 1: Identifiers Activity 2: Dog and Master Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>
<p>Week 2, Lesson 1 - Dribbling to Keep Possession Activity 1: I can do this, can you? Activity 2: Around the World Activity 3: Boss of the Balls - 1 v 1 Turning to End Line Activity 4: 3 v 3 Scrimmage</p>	<p>Week 2, Lesson 2 - Dribbling to Penetrate Activity 1: Coaches Challenge Activity 2: Follow the Leader Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>
<p>Week 3, Lesson 1 - Dribbling to Keep Possession Activity 1: Red Light, Green Light Activity 2: Knockout Activity 3: Boss of the Balls - 1 v 1 Turning to End Line Activity 4: 3 v 3 Scrimmage</p>	<p>Week 3, Lesson 2 - Dribbling to Penetrate Activity 1: Tag Activity 2: Mr. Freeze Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>
<p>Week 4, Lesson 1 - Dribbling to Keep Possession Activity 1: Smash and Grab Activity 2: Follow the Leader Activity 3: Boss of the Balls - 1 v 1 Turning to End Line Activity 4: 3 v 3 Scrimmage</p>	<p>Week 4, Lesson 2 - Dribbling to Penetrate Activity 1: Relay Racing Activity 2: 1 v 1 Crab Soccer Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>
<p>Week 5, Lesson 1 - Dribbling to Keep Possession Activity 1: Circle Ball Mastery Activity 2: Team Knockout Activity 3: Boss of the Balls - 1 v 1 Turning to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 5, Lesson 2 - Dribbling to Penetrate Activity 1: Zen Master Activity 2: Speedy Gonzales Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>
<p>Week 6, Lesson 1 - Dribbling to Keep Possession Activity 1: Bedrock Barbecue Activity 2: 1 v 1 Battling Game Activity 3: Boss of the Balls - 1 v 1 Turning to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 6, Lesson 2 - Dribbling to Penetrate Activity 1: Four Corners Activity 2: Mr. Freeze Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>
<p>Week 7, Lesson 1 - Dribbling to Keep Possession Activity 1: Tag Activity 2: Knockout Activity 3: Boss of the Balls - 1 v 1 Turning to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 7, Lesson 2 - Dribbling to Penetrate Activity 1: Chase Activity 2: Grabs on the Beach Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>
<p>Week 8, Lesson 1 - Dribbling to Keep Possession Activity 1: Ball Retrieval Activity 2: Chase Activity 3: Boss of the Balls - 1 v 1 Turning to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 8, Lesson 2 - Dribbling to Penetrate Activity 1: Speed Way Activity 2: Sharks & Minnows Activity 3: Boss of the Balls - 1 v 1 to End Lines Activity 4: 3 v 3 Scrimmage</p>



MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 1 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

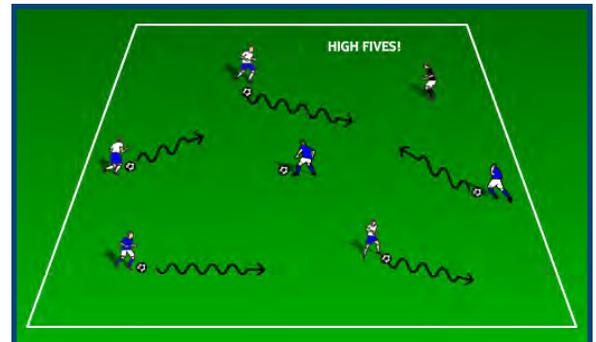
Activity 1 - Greeting Game

Area: 20 x 20 yards.

Organization: Players move freely around the area (no ball to start), waiting for the coach to give greeting commands, which players then execute. Greetings include; shake hands, high fives, low fives, bump shoulder to shoulder, chest bumps, etc. Progress to players dribbling the ball which completing the tasks.

Coaching Points:

- Dribbling Technique.
- Introduce turning with the sole of the foot.



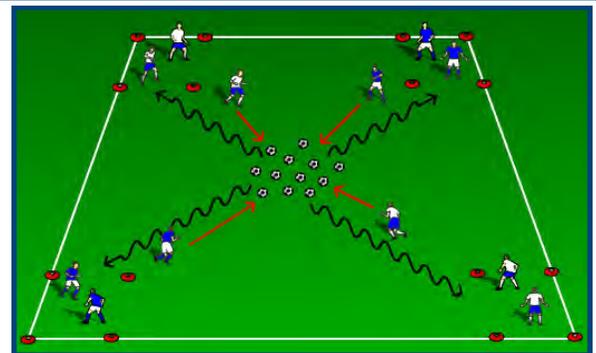
Activity 2 - Bedrock Barbecue

Area: 20 x 20 yards.

Organization: Split players into groups of 3 and place a group in each corner. All balls are placed in the center. Aim of the game is for each group (one player at a time) to steal as many soccer balls from the center as possible. First team back wins. Have players complete a designated turn to retrieve the ball.

Progression: Play for 2 minutes. Once balls are gone from the center, groups can steal from other teams. Groups are not allowed to defend their soccer balls. Group with the most balls at the end wins.

Coaching Points: Same as above. Dribbling & Turning Techniques.



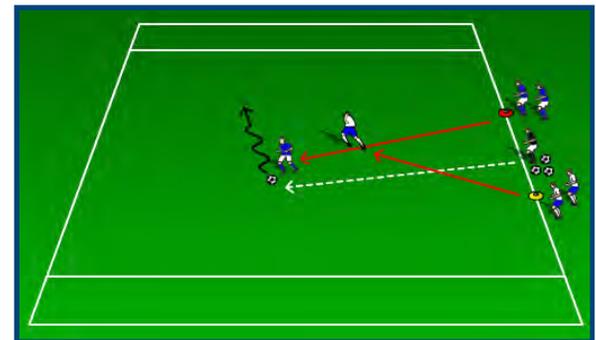
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning technique under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.



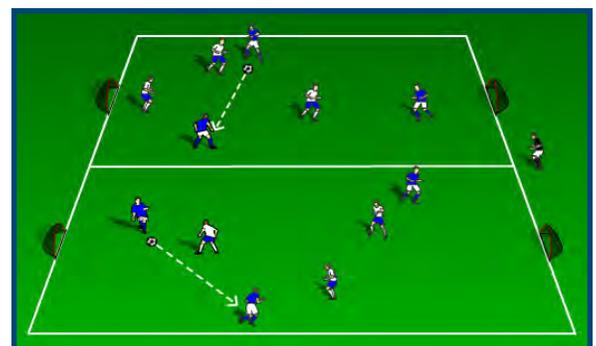
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

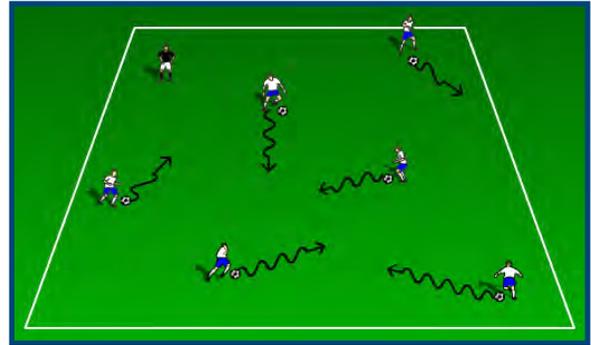
Activity - Identifiers

Area: 20 x 15 yards.

Organization: All players run around the area randomly. The coach then calls out an identifier, which could be a group of players or an individual. Who can tag the most players in a minute? The identifiers could be colors of a vest, color of clothing, etc. Once players are used to the activity introduce the ball.

Coaching Points

- Dribbling Technique.
- Running w/ball Technique.
- Introduce the Pull Back.



Activity - Dog and Master

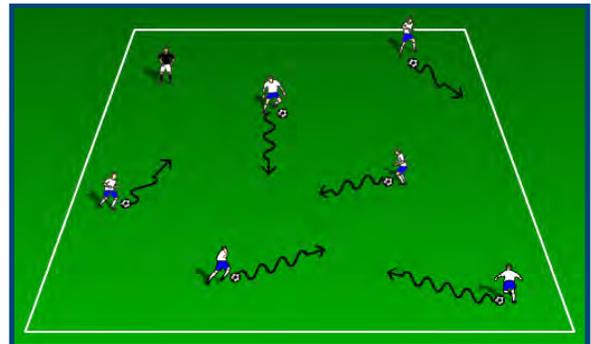
Area: 20 x 15 yards.

Organization: Each player (master) dribbles with their ball (dog). The coach calls out various commands: Keep him on a short leash (dribble keeping the ball close), the dog runs away and is then caught by their master, master strokes his dog with their foot, walkers swap their dogs.

Progression: Add a dogcatcher. Player who tries to steal balls.

Coaching Points

- Dribbling Technique.
- Running w/ball Technique.
- Introduce the Pull Back.



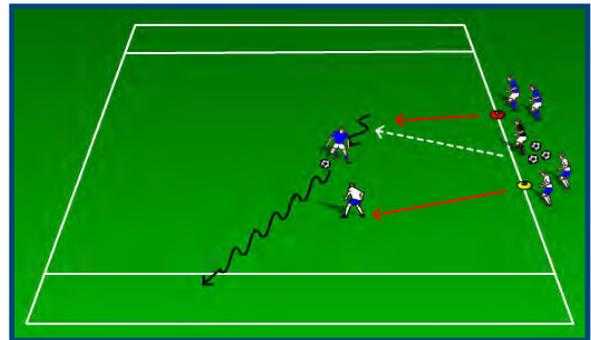
Activity 3 - Boss of the Balls - 1 v 1 to End Zones

Area: 20 x 15 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Step Fake - can you use the step fake to beat the defender?
- Running w/ball - can you explode after beating defender?



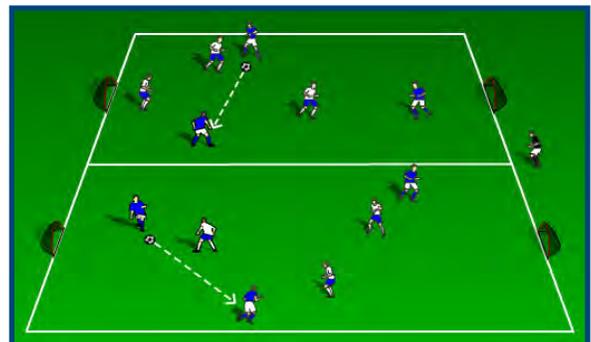
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 2 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - I can do this, can you?

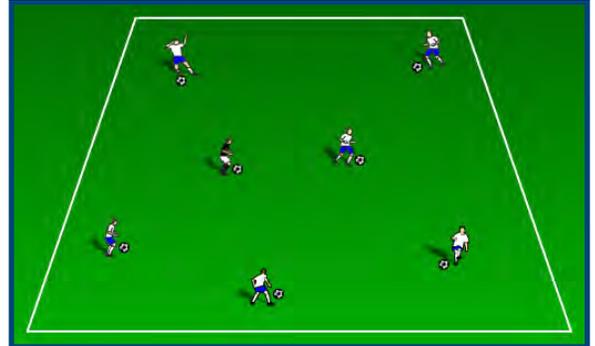
Area: 20 x 20 yards.

Organization: Players are challenged to do what the coach can do!
Some recommendations include:

- Dribble.
- Change Direction.
- Turn.

Coaching Points:

- Dribbling Technique.
- Introduce turning with the sole of the foot - Pull Back Turn.



Activity 2 - Around the world

Area: 20 x 20 yards.

Organization: Label each side of the area a country's name. Players start to dribble freely around the area, when the coach says a country's name, all the players dribble to that side of the area. Once players are used to the game, call out multiple countries and see which players can dribble to all designated signs quickest.

Coaching Points:

- Dribbling Technique.
- Pull Back Turn.
- Running w/ball after turning and to cover ground quickly.



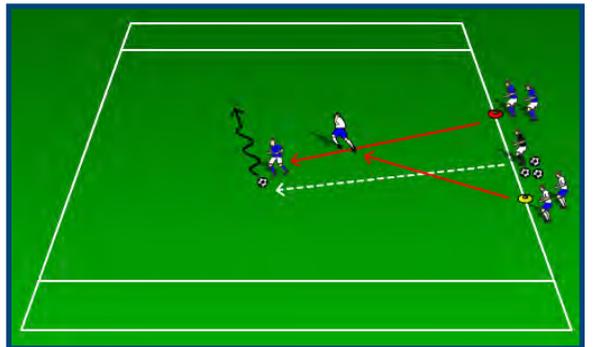
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning technique under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.



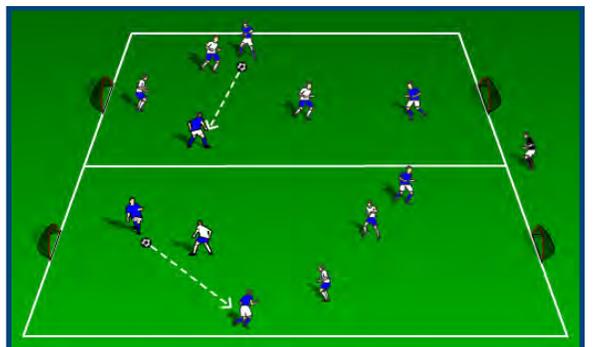
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





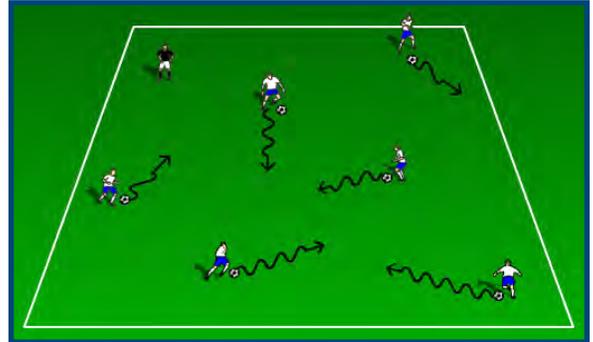
Activity 1 - Free Dribble

Area: 20 x 15 yards.

Organization: All players dribble around the area randomly. The coach then call a command; STOP (players stop the ball with the sole of the foot), GO (players dribble), FAKE (players do a step fake), SWAP (players swap soccer balls with a teammate), STEAL (coach tries to steal players soccer balls).

Coaching Points:

- Dribbling Technique.
- Running with the Ball Technique.
- Move: Step Fake.



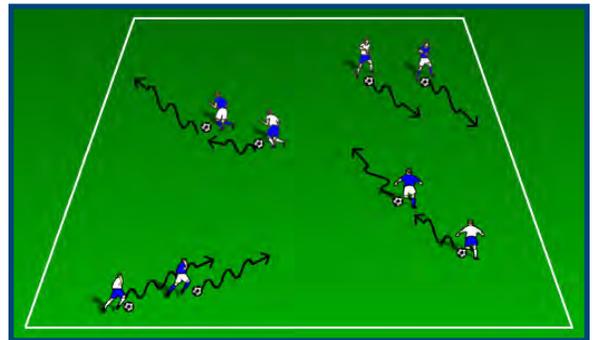
Activity 2 - Follow the Leader

Area: 20 x 15 yards.

Organization: Place players into pairs, each player has a soccer ball. Players take it in turns to be the leader, their partner follows and does whatever their teammate does. Players should be encouraged to be creative.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move: Step Fake.



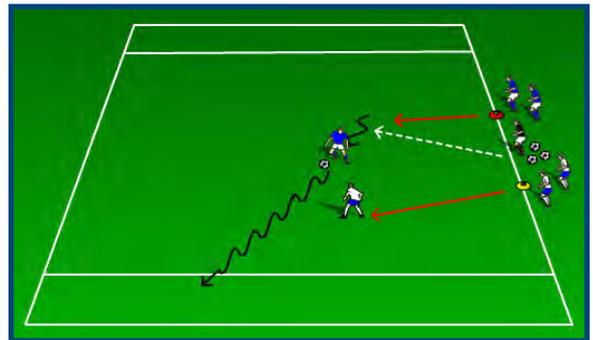
Activity 3 - Boss of the Balls - 1 v 1 to End Zones

Area: 20 x 15 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Step Fake - can you use the step fake to beat the defender?
- Running w/ball - can you explode after beating defender?



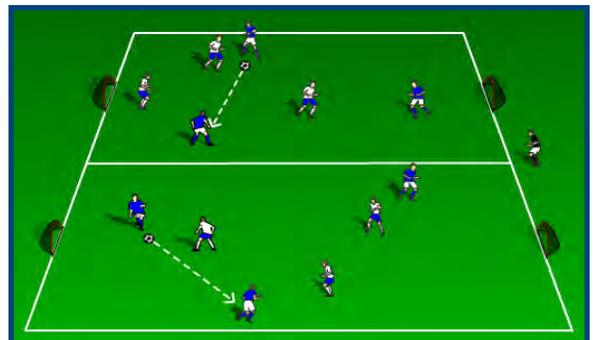
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 3 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Red Light, Green Light

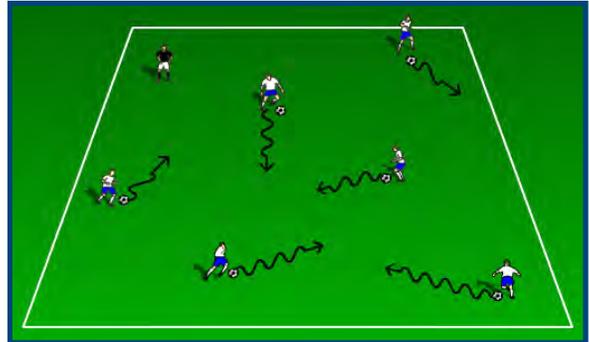
Area: 20 x 20 yards.

Description: Each player has a ball. Commands:

- Red Light = Stop. Introduce stopping the ball with the inside & sole.
- Green Light = Go.
- Yellow Light = Toes taps, sit on ball, etc.
- Monster Truck = Coach tries to steal players soccer balls.
- Crash = Players fall to the ground & pretend to be hurt.

Coaching Points

- Dribbling Technique.
- Pull Back Technique.



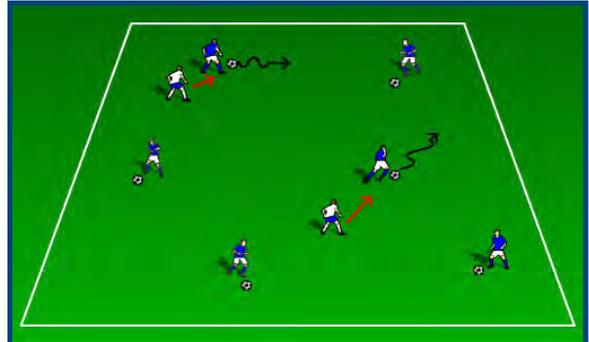
Activity 2 - Knockout

Area: 10 x 10 yards.

Organization: Designate two players as knockout players, who's job is to knock players soccer balls out of the grid. Players who are knocked out must retrieve their ball, complete a task (10 toe taps, 10 chops, etc) and then reenter the game. Play for 1 minute, then rotate the two knockout players.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Pull Back - can you turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



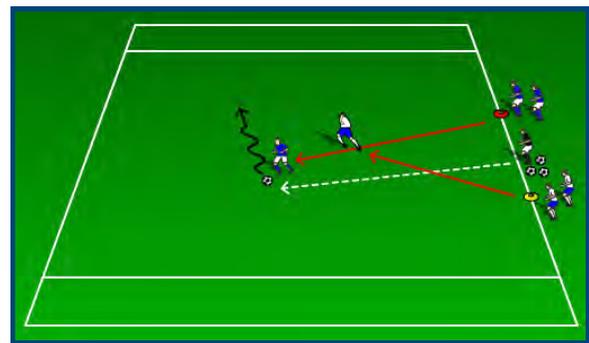
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning technique under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.



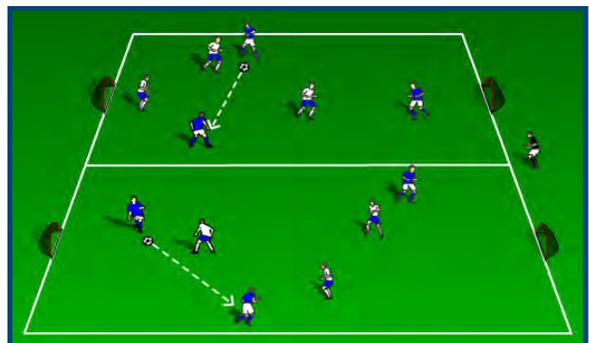
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 3 - PRACTICE 2

DRIBBLING TO PENETRATE

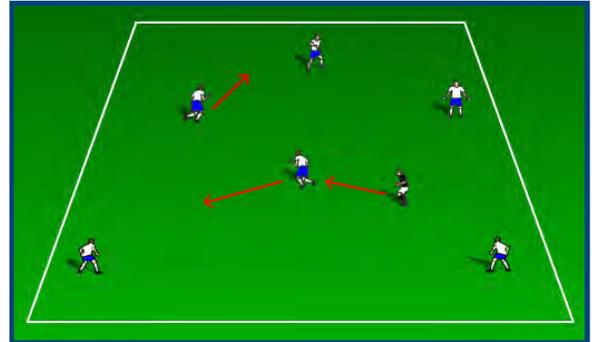
Activity 1 - Tag

Area: 20 x 20 yards.

Organization: From a team of 8 players have 2 be taggers. Objective is for the taggers to tag players. Players who are tagged must stand with their legs open. Teammates can unfreeze these players by crawling through player's legs. Continue for a specific time limit or until all players are frozen.

Coaching Points:

- Dribbling Technique.
- Running with the Ball Technique.
- Move: Step Fake.



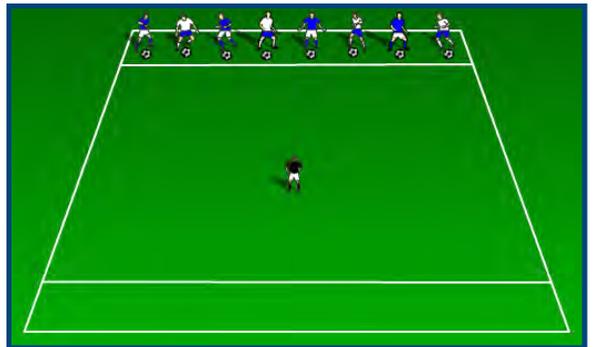
Activity 2 - Mr Freeze

Area: 20 x 15 with 3 yard safe zones.

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move: Step Fake.



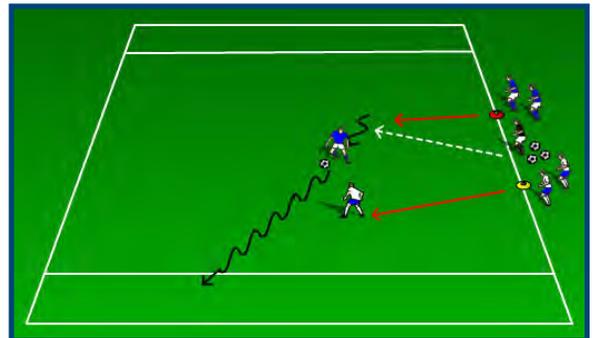
Activity 3 - Boss of the Balls - 1 v 1 to End Zones

Area: 20 x 15 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Step Fake - can you use the step fake to beat the defender?
- Running w/ball - can you explode after beating defender?



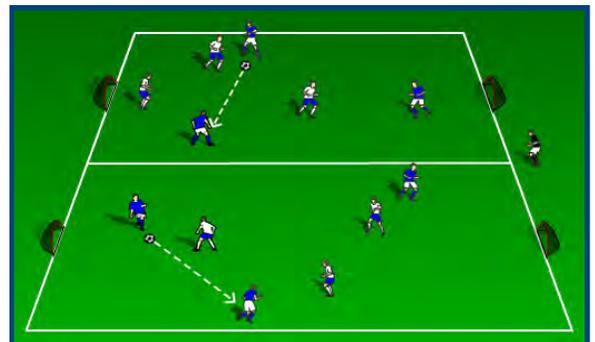
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 4 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Smash and Grab

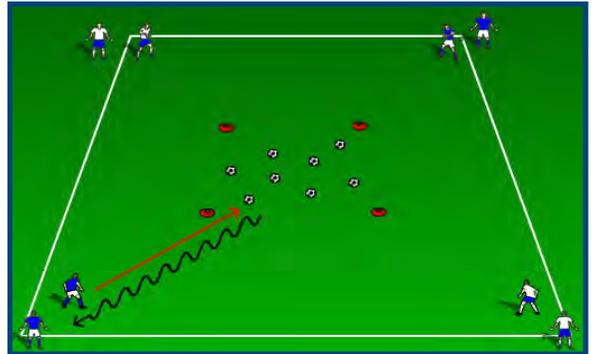
Area: 20 x 20 yards with a 10 x 10 area in the center.

Organization: Split players into 4 teams. One by one do the following:

1. Retrieve ball in any way.
2. Retrieve the ball with the Pull Back Turn.
3. Play continues until all balls are back in the center.
4. Players go when teammate touches ball, this way players have to avoid each other in the center of the grid.

Coaching Points

- Dribbling Technique.
- Pull Back Technique.



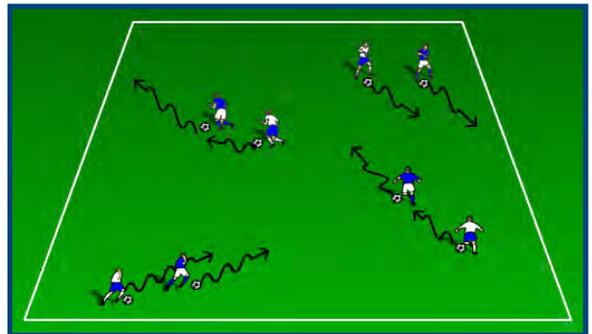
Activity 2 - Follow the leader

Area: 20 x 20 yards.

Organization: Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Pull Back - can you turn sharply to change direction?



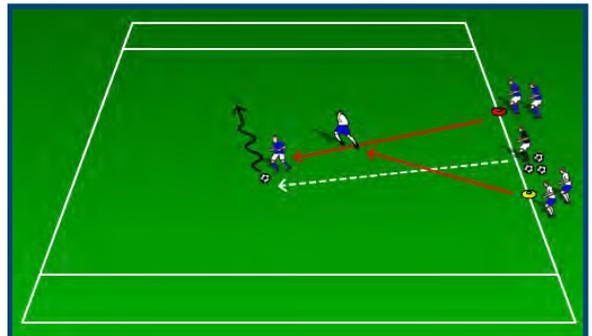
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning technique under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.



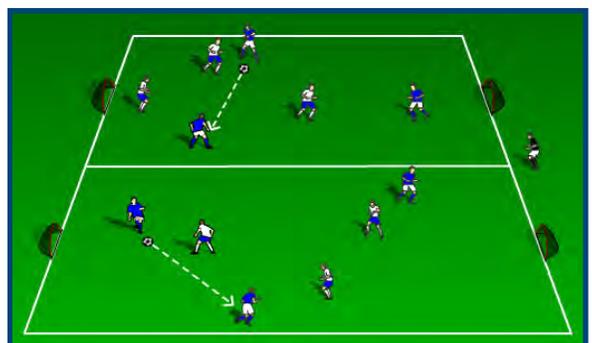
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 4 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Relay Race

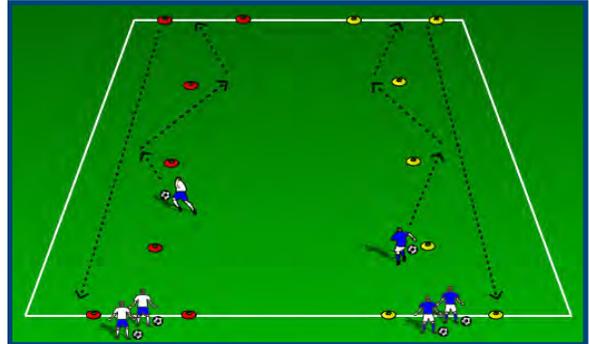
Area: 10 x 20 yards per group.

Organization: Place players into teams (no more than 3 players), each player has a ball.

1. Player dribbles through the cones and back to group.
2. Same but players complete a step fake at each cone.
3. Fun - Dribble with a partner, attached by a vest.

Coaching Points:

- Dribbling Technique - through the cones.
- Running with the Ball Technique - on the way back.
- Move: Step Fake.



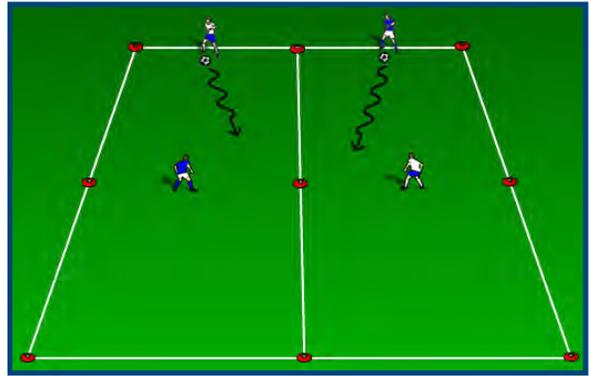
Activity 2 - Crab Soccer

Area: 10 x 20 yards per group.

Organization: Split players into groups of three. Place one player in a crab like position (on hands and feet, facing upward) in the center of the grid and the others on an end line. Play for 1 minute. Players receive a point for dribbling past the crab and get to the other side of the grid. If they do a step fake to beat the crab they get 5 points. Rotate crab after each game.

Coaching Points:

- Dribbling - keep the ball close when getting close to the crab.
- Step Fake - can you use the move to fake the crab?
- Running w/ball - when you beat the crab, explode towards the line.



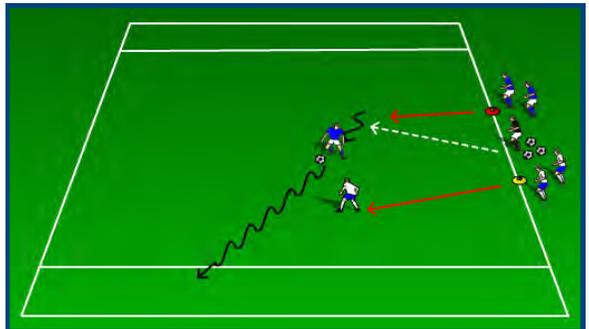
Activity 3 - Boss of the Balls - 1 v 1 to End Zones

Area: 20 x 15 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Step Fake - can you use the step fake to beat the defender?
- Running w/ball - can you explode after beating defender?



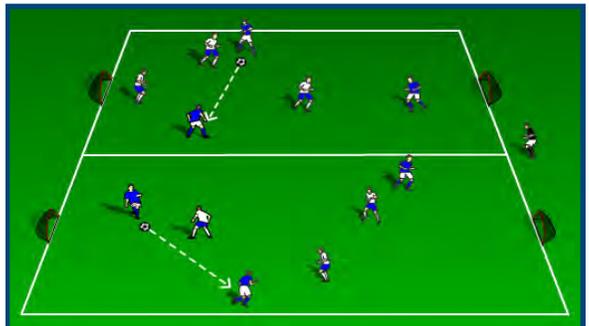
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Windows

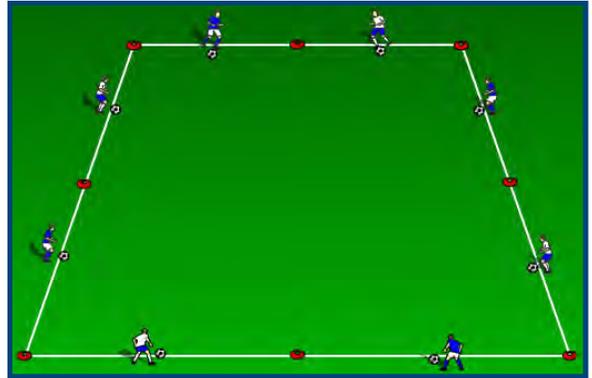
Area: 20 x 20 yards.

Organization: Each player has a ball and finds a space between two cones. While on the spot players complete ball mastery activities (toe taps, chops) before the coach gives commands.

1. Across – players dribble across the window & find a new space.
2. ZigZag – Same but use the inside & outside of the foot to zig-zag.
3. Dribble Right / Left – players dribble around the window.

Coaching Points

- Dribbling Technique.
- Introduce the inside and outside hook to players.
-



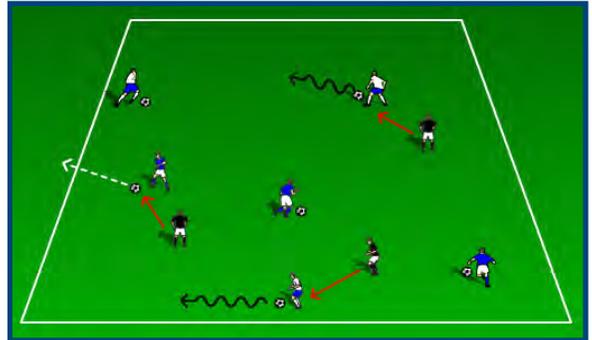
Activity 2 - Team Knock Out

Area: 10 x 15 yards.

Organization: Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player's soccer ball out of the grid. If a player's ball is knocked out, they do a ball mastery activity before re-entering. Player for 1 minute then rotate defending team.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



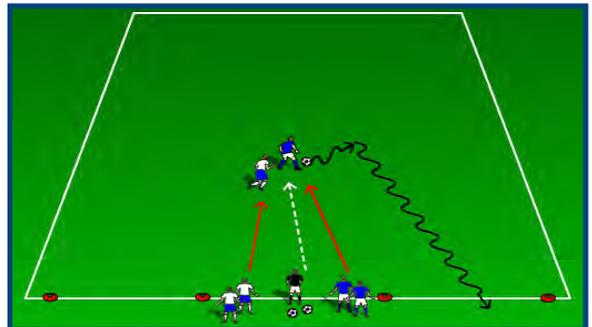
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two coned goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground as quickly as possible to lose def.



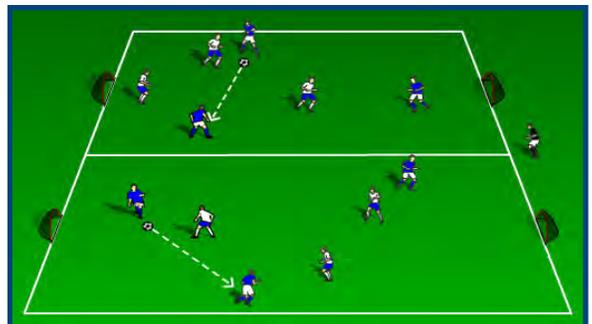
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

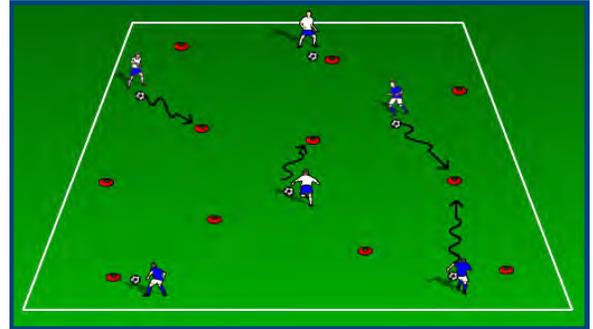
Activity 1 - Zen Master

Area: 20 x 20 yards with random cones spread around the area.

Organization: Players dribble around the area freely. When coach shouts 'Zen Master' players dribble to a cone and complete a skill; Toe Taps, Chops, Pull Push, etc. Introduce scissor move.

Coaching Points:

- Dribbling Technique - through the cones.
- Running with the Ball Technique - out of the cones.
- Move: Scissor.



Activity 2 - Speedy Gonzales Relay

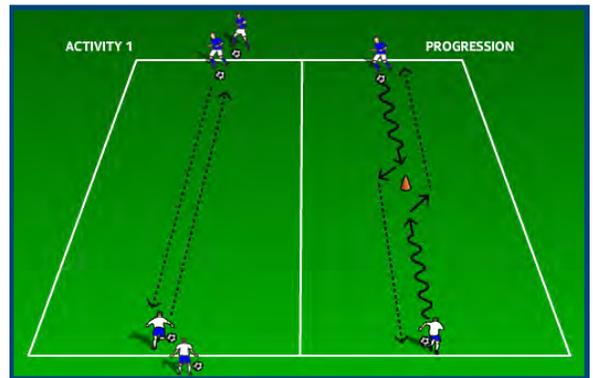
Area: 10 x 20 per group.

Organization: Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.

Progression: Add a cone half way down the grid, players should complete a scissor move and then continue to the opposite side.

Coaching Points:

- Dribbling - keep the ball close when approaching the cone (defender).
- Scissor - can you do the move before the cone (defender)?
- Running w/ball - explode out of the move.



Activity 3 - Boss of the Balls - 1 v 1 to Small Goals

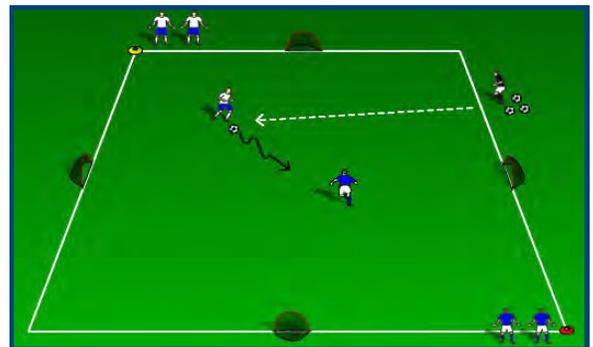
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one diagonally facing each other. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by scoring into a goal.

Progression: Players can only score in 2 goals opposite their team.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Scissor - can you use the scissor to beat the defender?
- Running w/ball - can you explode after beating defender?
- Finishing / Passing - accuracy to hit a target.



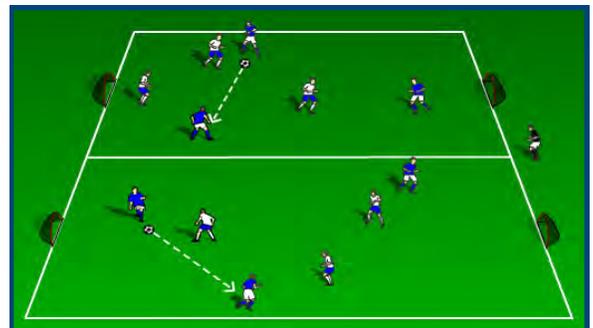
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

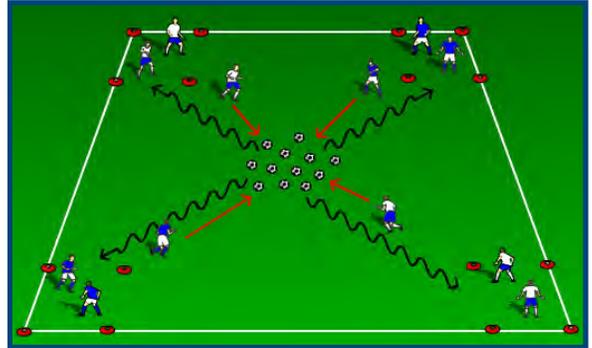
Activity 1 - Bedrock Barbecue

Area: 20 x 20 yards.

Organization: Split players into groups of 3 and place a group in each corner. All balls are placed in the center. Aim of the game is for each group (one player at a time) to seal as many soccer balls from the center as possible. First team back wins. Have players complete a designated turn to retrieve the ball.

Progression: Play for 2 minutes. Once balls are gone from the center, groups can steal from other teams. Groups are not allowed to defend their soccer balls. Group with the most balls at the end wins.

Coaching Points: Dribbling & Turning with inside / outside hook.



Activity 2 - 1 v 1 Battles

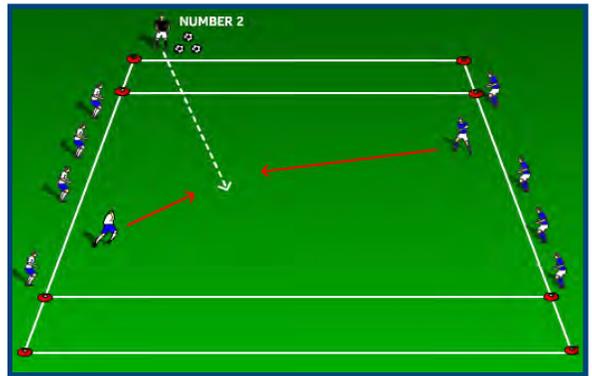
Area: 10 x 20 yards with two 3 yard end zones.

Organization: Split players into two teams, number them and place one on each side of the grid, as shown. Coach has all the soccer balls.

Coach shouts a number and plays a ball into the area. Player scores by retrieving the ball and dribbling across an end-line.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning under pressure - can you turn away from defenders?
- Shielding the ball - place your body in-between the defender and ball.
- Accelerate (run with the ball) after you use turn.



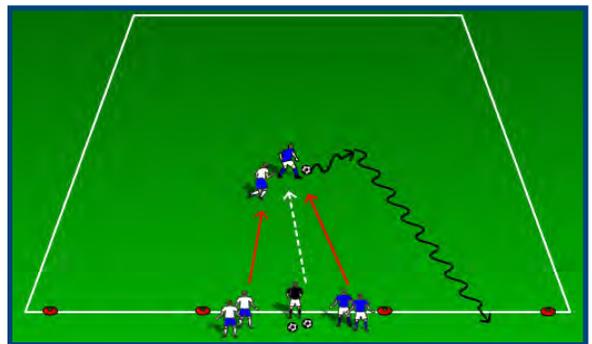
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two coned goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground as quickly as possible to lose def.



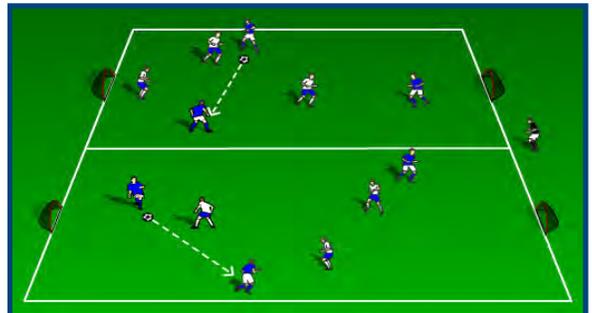
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 2

DRIBBLING TO PENETRATE

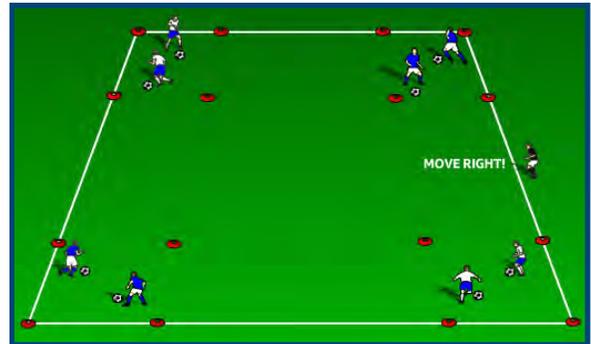
Activity 1 - Four Corners

Area: 20 x 20 yards.

Organization: Split players into 4 teams and place a team in each corner. Players should dribble in their designated corner and wait for the switch command. Switch right = players change and dribble to the corner square on their right. Other commands include switch left, cross over, etc. Do two commands to challenge players!

Coaching Points

- Dribbling Technique - keep the ball close in tight spaces.
- Running with the Ball Technique - cover ground quickly.



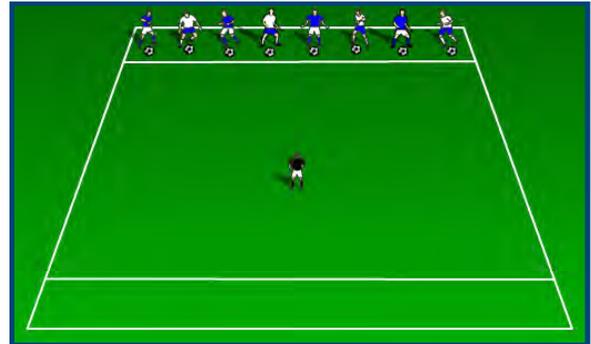
Activity 2 - Mr. Freeze

Area: 20 x 20 with 3 yard safe zones.

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Scissor - use move to beat Mr. Freeze.
- Running w/ball - explode after moves and when space opens.



Activity 3 - Boss of the Balls - 1 v 1 to Small Goals

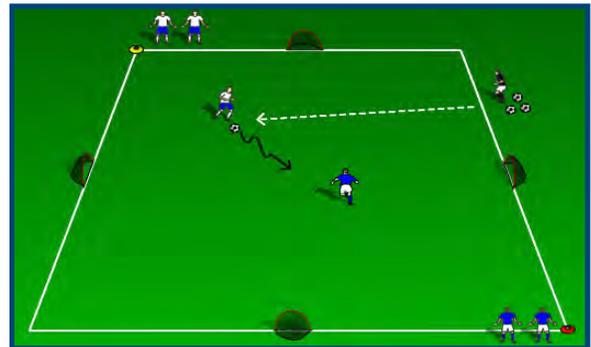
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one diagonally facing each other. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by scoring into a goal.

Progression: Players can only score in 2 goals opposite their team.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Scissor - can you use the scissor to beat the defender?
- Running w/ball - can you explode after beating defender?
- Finishing / Passing - accuracy to hit a target.



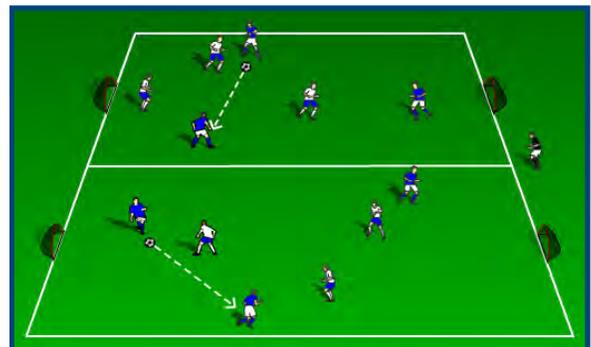
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 7 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

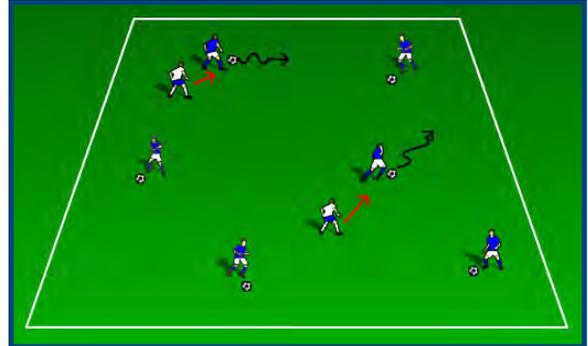
Activity 1 - Freeze Tag

Area: 20 x 20 yards.

Organization: From a team of 8 players have 2 be taggers. Objective is for the taggers to tag players. Players who are tagged must freeze and stand with their legs open. Teammates can be unfrozen by players crawling through player's legs. Continue for a specific time limit or until all players are frozen.

Coaching Points

- Dribbling Technique.
- Inside / outside turns to change direction and dribble away from pressure.



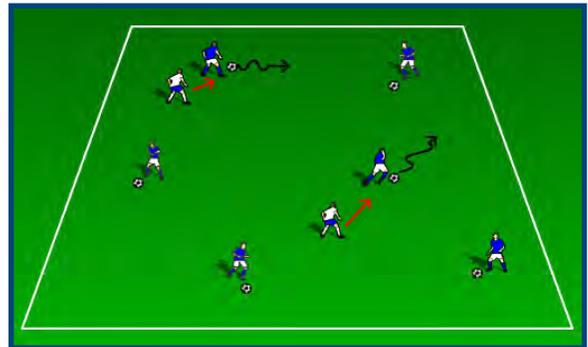
Activity 2 - Knockout

Area: 10 x 10 yards.

Organization: Designate two players as knockout players, who's job is to knock players soccer balls out of the grid. Players who are knocked out must retrieve their ball, complete a task (10 toe taps, 10 chops, etc) and then reenter the game. Play for 1 minute, then rotate the two knockout players.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Inside / outside turns - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



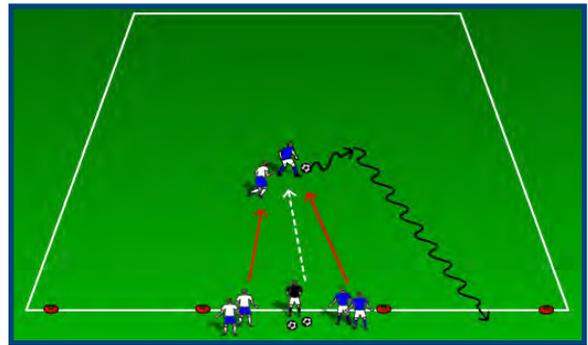
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two coned goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground as quickly as possible to lose def.



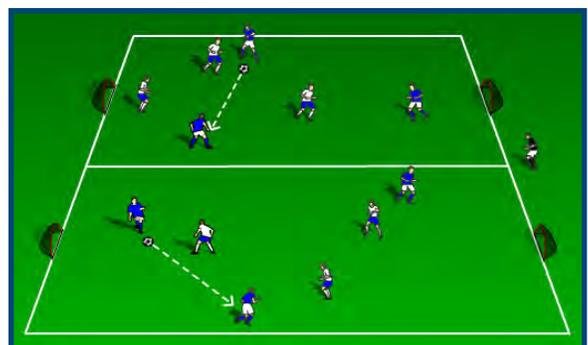
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 7 - PRACTICE 2

DRIBBLING TO PENETRATE

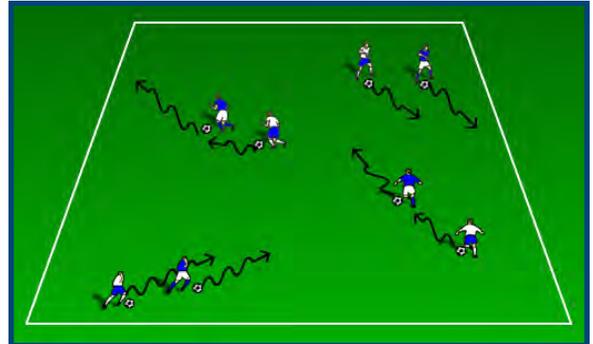
Activity 1 - Chase

Area: 20 x 20 yards.

Organization: Place players in pairs, both have a ball. Designate one cop and one robber. Start players back to back. Upon the command 'GO', the robber tries to lose the cop. When the coach shouts 'STOP' players should freeze. Robber picks up the ball and stands with legs open facing the cop. The cop tries to pass through the robbers legs. Losing player does a fun punishment.

Coaching Points

- Dribbling and changing direction.
- Running w/ball - cover ground quickly.



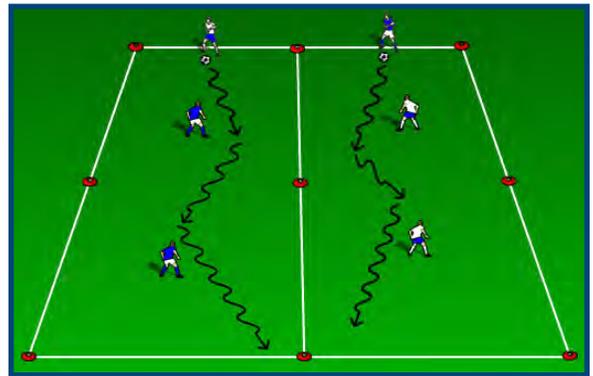
Activity 2 - Crab on the Beach

Area: 10 x 20 yards per group.

Organization: Split players into groups of three. Place two players in a crab like position as shown. The other player goes to the oppositions grid and plays against the other team. Players get a point for dribble from one end line to the other without having their ball stolen by a crab. Play for 1 minute and see which team wins. Rotate crabs and continue. Give extra points for a scissor.

Coaching Points

- Dribbling - keep the ball close when approaching crabs.
- Scissor - use move to fake and beat the crabs.
- Running w/ball - explode after moves and when space opens.



Activity 3 - Boss of the Balls - 1 v 1 to Small Goals

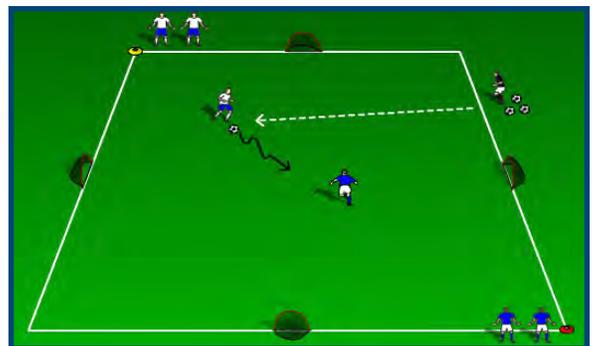
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one diagonally facing each other. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by scoring into a goal.

Progression: Players can only score in 2 goals opposite their team.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Scissor - can you use the scissor to beat the defender?
- Running w/ball - can you explode after beating defender?
- Finishing / Passing - accuracy to hit a target.



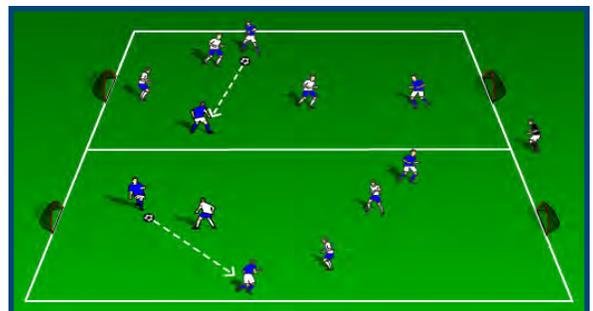
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 8 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Ball Retrieval

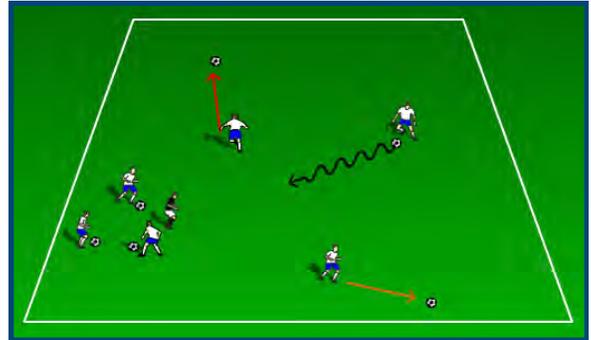
Area: 20 x 20 yards.

Organization: Each player has a ball. One at a time they hand the ball to the coach who throws the ball away and gives players commands:

- Use an inside hook to turn with the ball and dribble back.
- Use an outside hook to turn with the ball and dribble back.
- Make a zigzag (inside and outside of foot) when dribbling back.
- Chop the ball back (knock ball between insides of both feet).

Coaching Points

- Dribbling and changing direction.
- Inside & outside hook - use turns to change direction quickly.



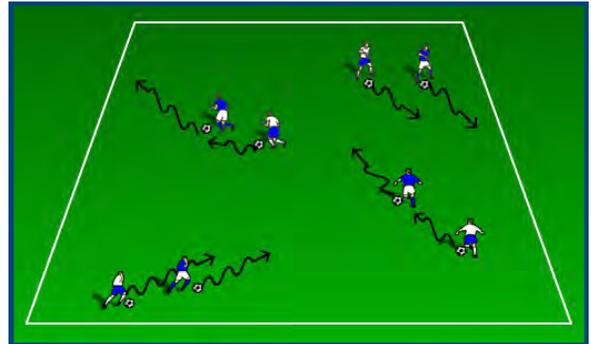
Activity 2 - Chase

Area: 20 x 20 yards.

Organization: Place players in pairs, both have a ball. Designate one cop and one robber. Start players back to back. Upon the command 'GO', the robber tries to lose the cop. When the coach shouts 'STOP' players should freeze. Robber picks up the ball and stands with legs open facing the cop. The cop tries to pass through the robbers legs. Losing player does a fun punishment.

Coaching Points

- Dribbling and changing direction.
- Inside & outside hook - use turns to change direction quickly.



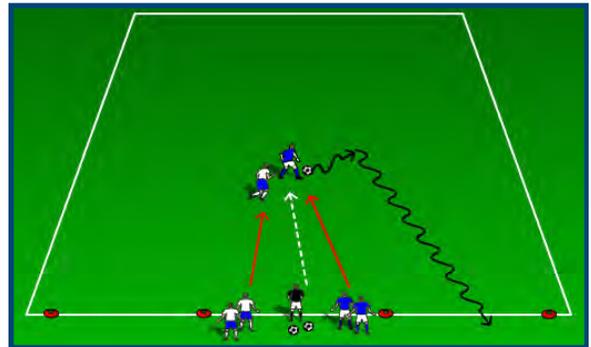
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two coned goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground as quickly as possible to lose def.



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

FALL: WEEK 8 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Speed Way

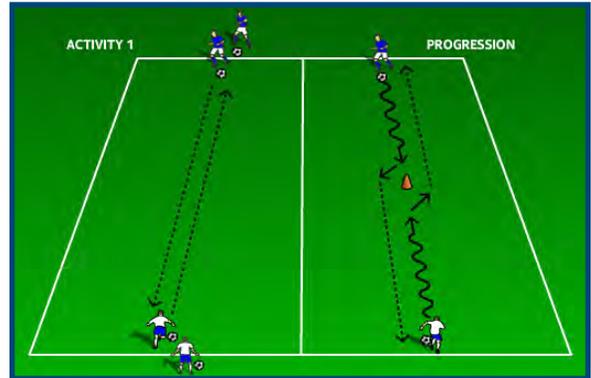
Area: 20 x 20 yards.

Organization: Each player has a ball. Players dribble to the opposite line on command. Start players on opposite sides of the grid. Who is going to win the speed way???

Progression: Place a cone in the middle. Players do a scissor at cone.

Coaching Points:

- Running w/ball - cover ground as quickly as possible.
- Dribbling Technique - keep the ball close as you dribble toward cone.
- Scissor - complete the move before the cone (defender).
- Accelerate out of the scissor.



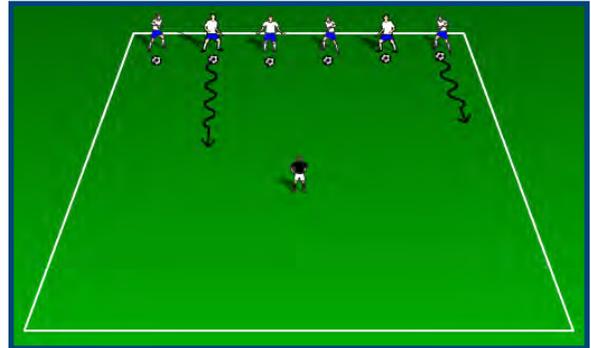
Activity 2 - Sharks and Minnows

Area: 20x 20 yards.

Organization: Place players on one end line with soccer balls. The coach starts in the center as the shark. When the coach shouts "MINNOWS ARE YOU READY" the players try to get across the area. If the coach steals their ball they become a shark as well. Continue until one player remains.

Coaching Points

- Dribbling - keep the ball close when approaching the shark!
- Scissor - use move to fake and beat the shark.
- Running w/ball - explode after moves and when space opens.



Activity 3 - Boss of the Balls - 1 v 1 to Small Goals

Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one diagonally facing each other. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by scoring into a goal.

Progression: Players can only score in 2 goals opposite their team.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Scissor - can you use the scissor to beat the defender?
- Running w/ball - can you explode after beating defender?
- Finishing / Passing - accuracy to hit a target.



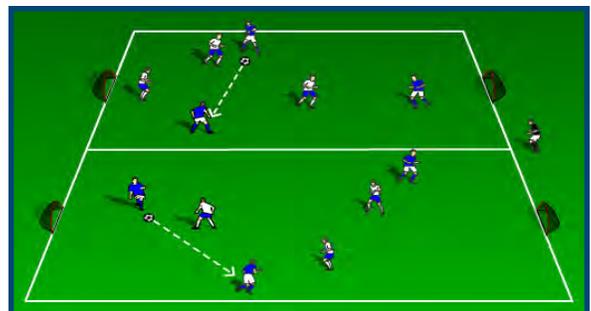
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

PRACTICE ACTIVITY BREAKDOWN - U7 SPRING

<p>Week 1, Lesson 1 - Dribbling to Keep Possession w/passing Activity 1: Free Dribbling Activity 2: Gate Dribbling with Turns Activity 3: Boss of the Balls - 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 1, Lesson 2 - Dribbling to Penetrate w/passing Activity 1: Follow the leader Activity 2: Mr. Freeze Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 2, Lesson 1 - Dribbling to Keep Possession w/shielding Activity 1: Steal Shield Activity 2: Gate Dribbling with Bandits Activity 3: Boss of the Balls - 1 v 1 to reverse goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 2, Lesson 2 - Dribbling to Penetrate w/finishing Activity 1: Name Game Activity 2: Chase Finishing Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 3, Lesson 1 - Dribbling to Keep Possession w/passing Activity 1: Chain Gang Activity 2: Knockout Activity 3: Boss of the Balls - 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 3, Lesson 2 - Dribbling to Penetrate w/passing Activity 1: Relay Racing Activity 2: 1 v 1 Crab Soccer Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 4, Lesson 1 - Dribbling to Keep Possession w/shielding Activity 1: Red Light, Green Light Activity 2: Team Knockout Activity 3: Boss of the Balls - 1 v 1 to reverse goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 4, Lesson 2 - Dribbling to Penetrate w/finishing Activity 1: Clean Your Room Activity 2: Cops and Robbers Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 5, Lesson 1 - Dribbling to Keep Possession w/passing Activity 1: Around the World Activity 2: Gate Dribbling with Bandits Activity 3: Boss of the Balls - 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 5, Lesson 2 - Dribbling to Penetrate w/passing Activity 1: Zen Master Activity 2: Crabs on the Beach Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 6, Lesson 1 - Dribbling to Keep Possession w/shielding Activity 1: Follow the Leader Activity 2: Freeze Tag Activity 3: Boss of the Balls - 1 v 1 to reverse goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 6, Lesson 2 - Dribbling to Penetrate w/finishing Activity 1: Clean Your Room Activity 2: Ball Tag Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 7, Lesson 1 - Dribbling to Keep Possession w/passing Activity 1: Zen Master Activity 2: Bedrock Barbecue Activity 3: Boss of the Balls - 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 7, Lesson 2 - Dribbling to Penetrate w/passing Activity 1: Speedy Gonzales Activity 2: Mr. Freeze Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 8, Lesson 1 - Dribbling to Keep Possession w/shielding Activity 1: Shield Steal Activity 2: Knockout Activity 3: Boss of the Balls - 1 v 1 to reverse goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 8, Lesson 2 - Dribbling to Penetrate w/finishing Activity 1: Ball Tag Activity 2: Chase Finishing Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to goal Activity 4: 3 v 3 Scrimmage</p>



Activity 1 - Free Dribble

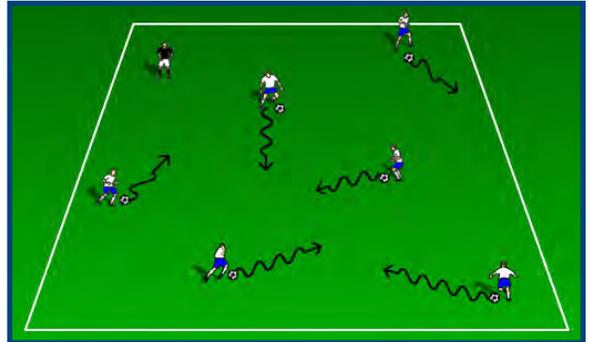
Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely.

Progression: Introduce turning with the inside & outside of the foot as well as review the pull back. Add pressure from a coach or player to make players use the turns.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Turning - have players accelerate after the turn.



Activity 2 - Gate Dribbling

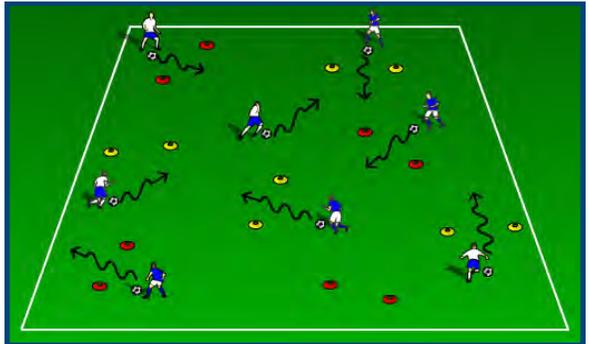
Area: 20 x 20 yards with small gates scattered around the area.

Organization: Complete the following:

1. How many gates can you dribble through in 1 minute.
2. Designate players to a specific color gate. How many in 1 minute.
3. Dribble through a gate & then turn back through. How many in 1 min.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Turning - have players accelerate after the turn.
- Running w/ball - cover ground quickly in-between gates & after turn.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

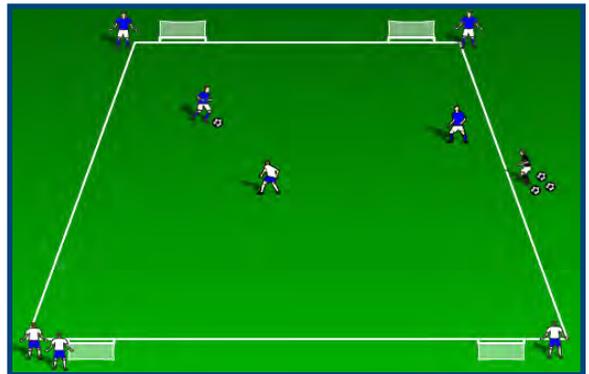
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - provide a passing option.



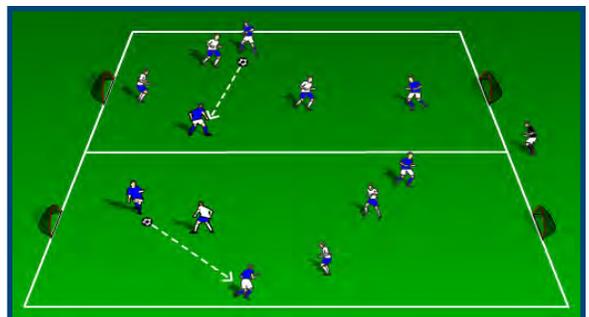
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

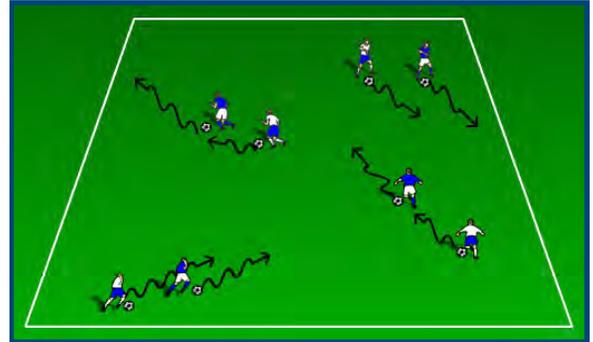
Activity 1 - Follow the Leader

Area: 20 x 20 yards.

Organization: Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Moves - can you use the step fake & scissor to lose players?



Activity 2 - Mr Freeze

Area: 20 x 20 yards with 3 yard safe zones.

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

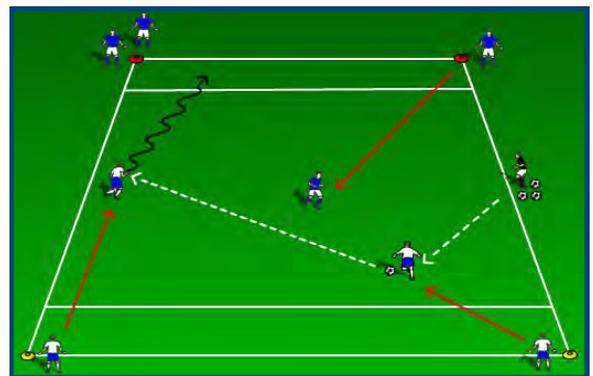
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



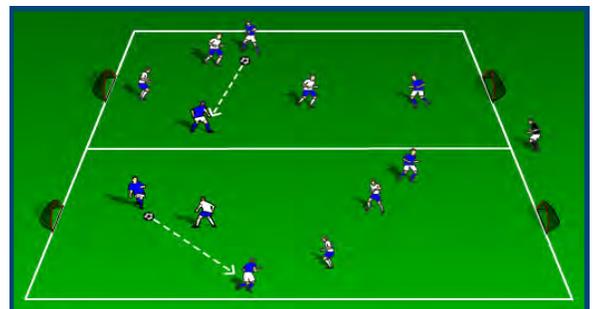
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

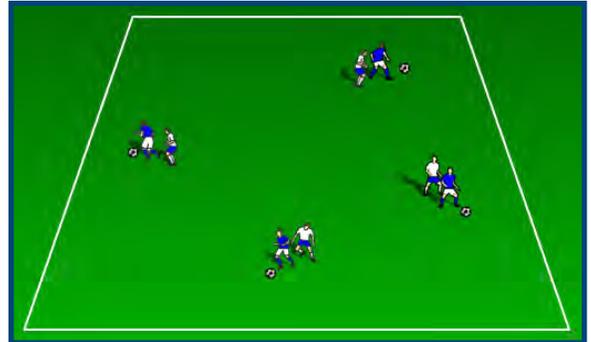
Activity 1 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into pairs, one player with the ball. Start one player with the ball and play for 30 seconds. Player who has the ball at the end of the time wins. Rotate who starts with the ball and continue.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



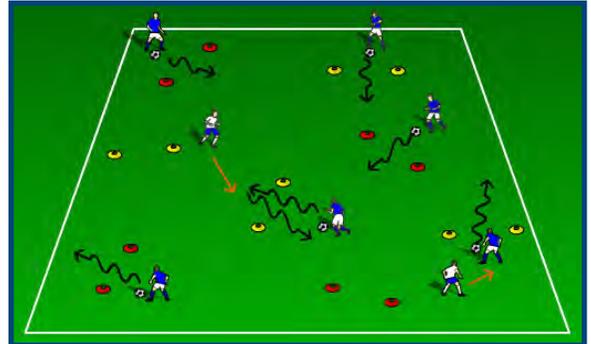
Activity 2 - Gate Dribbling with Bandits

Area: 20 x 20 yards with small gates scattered around the area.

Organization: Select 2 bandits, who do not have soccer balls, everybody else does. When a bandit steals a ball, that player then becomes the bandit.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



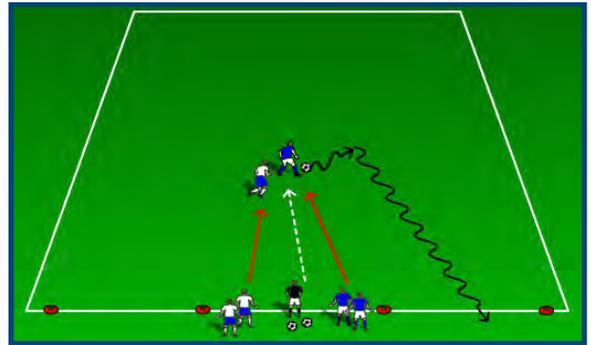
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two dribbling goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground quickly to lose the defender.



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 2

DRIBBLING TO PENETRATE

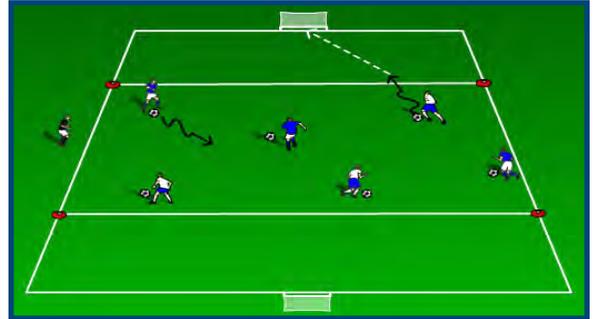
Activity 2 - Name Game

Area: 20 x 20 yards with a 10 yard zone in the middle and two goals.

Organization: Players start by dribbling inside the center area. When the coach shouts their name players dribble towards the nearest goal and finish. Introduce moves for players to execute before scoring.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor before scoring.
- Finishing - strike the ball with your laces.



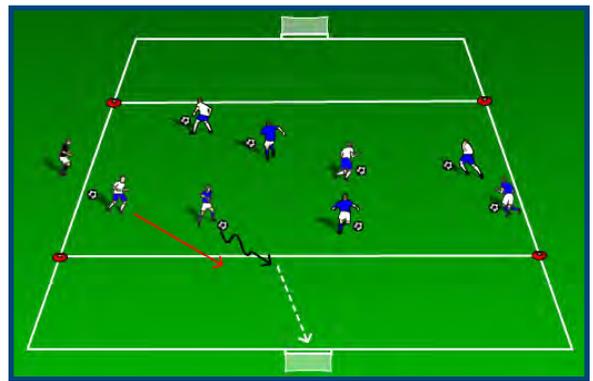
Activity 2 - Follow the Leader Finishing

Area: 20 x 20 yards.

Organization: Place players in pairs and number them. Designate a leader in each pair (rotate after each turn). Players start by the leader dribbling around the area and their partner following. When coach shouts a number, the leader tries to score a goal and their partner chases and tries to stop them.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - use moves to beat the defender when in front of you.
- Finishing - strike the ball with your laces. Can you finish early?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

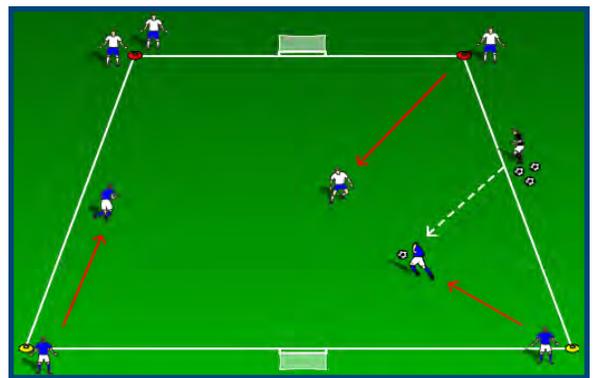
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



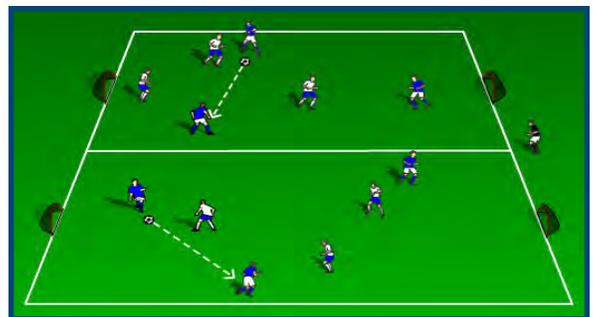
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





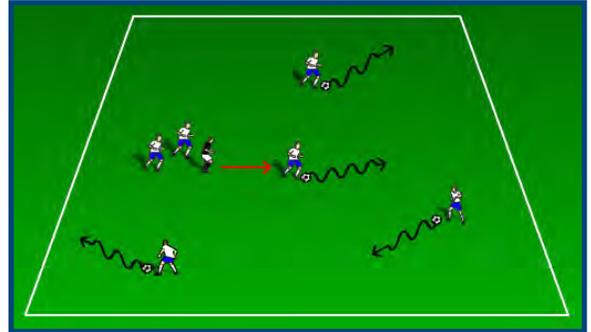
Activity 1 - Chain Gang

Area: 20 x 20 yards.

Organization: Each player has a ball and dribbles around the area. When the coach tags a player they join the coach in the chain, without the ball. Continue until one player remains.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Turning - go through pull back, inside & outside hooks.
- Running w/ball - cover ground quickly to exploit space and get away from coach.



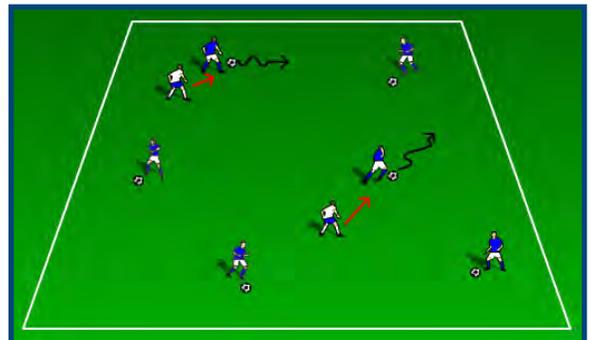
Activity 2 - Knockout

Area: 10 x 10 yards.

Organization: Designate two players as knockout players, who's job is to knock players soccer balls out of the grid. Players who are knocked out must retrieve their ball, complete a task (10 toe taps, 10 chops, etc) and then reenter the game. Play for 1 minute, then rotate the two knockout players.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

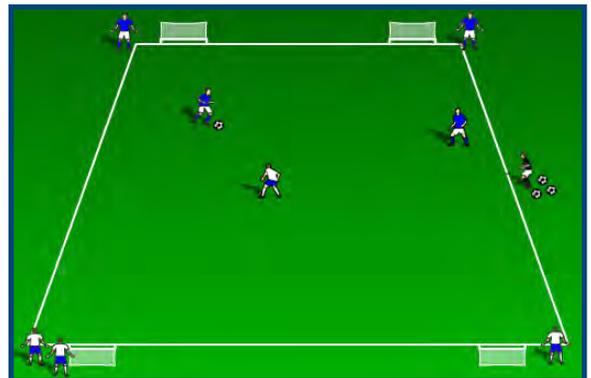
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - provide a passing option.



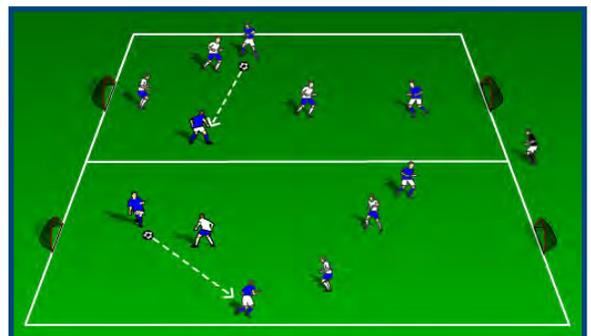
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 3 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Relay Race

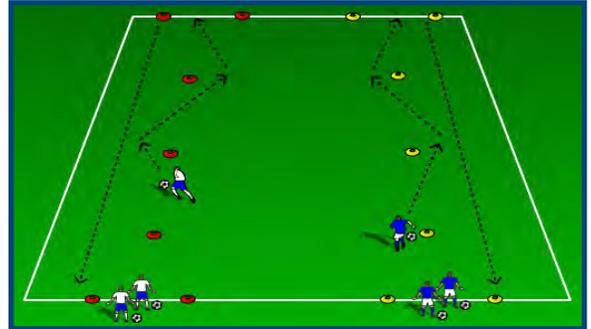
Area: 20 x 5 yards per team.

Organization: Place players into teams of no more than three players.

1. Player dribble individually to the end gate and back.
2. Same as above but do a move in the gate at the end before dribbling back.
3. Dribble with a partner, attached by a vest.

Coaching Points

- Dribbling - use the inside & outside to slalom through cones.
- Moves - step fake and scissor.



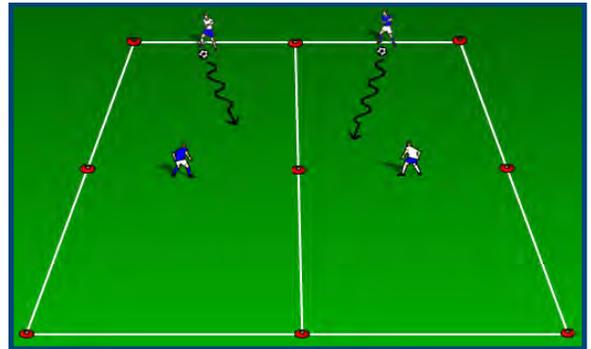
Activity 2 - 1 v 1 Crab Soccer

Area: 10 x 20 with a goal at one end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Running w/ball - explode out of the moves.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

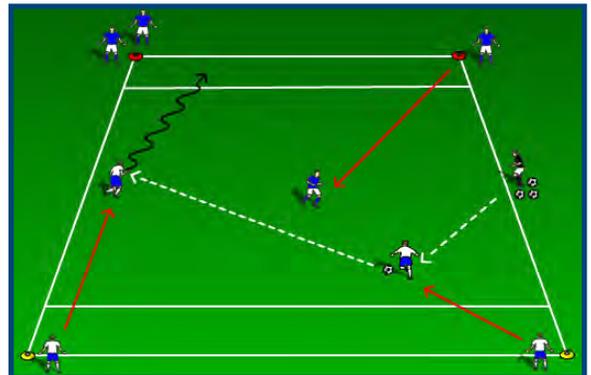
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



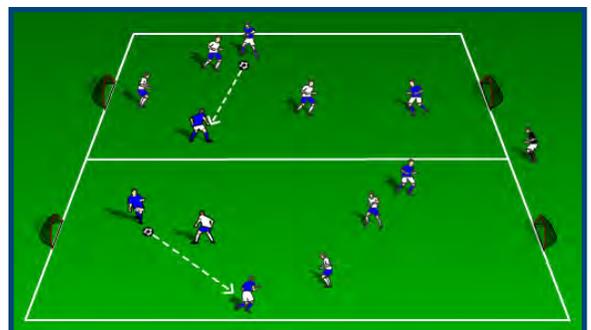
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Red Light, Green Light

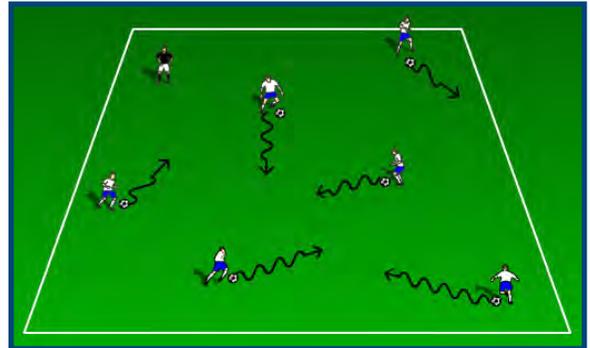
Area: 20 x 20 yards.

Organization: Each player has a ball.

- Red Light = Stop. Introduce stopping the ball with the inside & sole.
- Green Light = Go.
- Yellow Light = Designate a turn.
- Monster Truck = Coach tries to steal players soccer balls.
- Crash = Players fall to the ground & pretend to be hurt.

Coaching Points

- Dribbling Technique.
- Inside & Outside Hooks and Pull Back Turning Techniques.



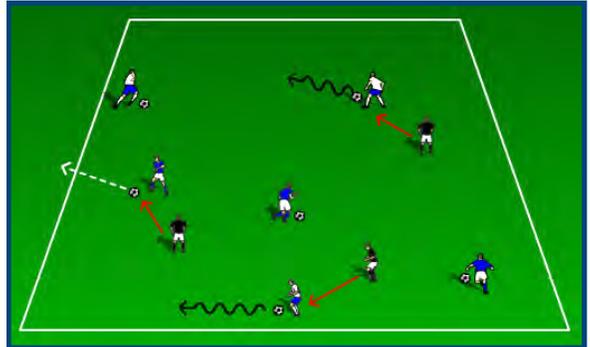
Activity 2 - Team Knockout

Area: 10 x 15 yards.

Organization: Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player's soccer ball out of the grid. If a player's ball is knocked out, they do a ball mastery activity before re-entering. Player for 1 minute then rotate defending team.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



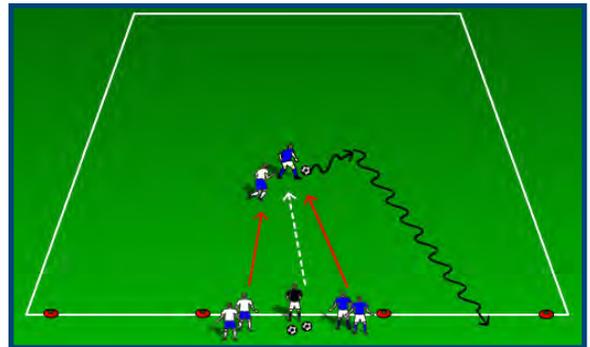
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two dribbling goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground quickly to lose the defender.



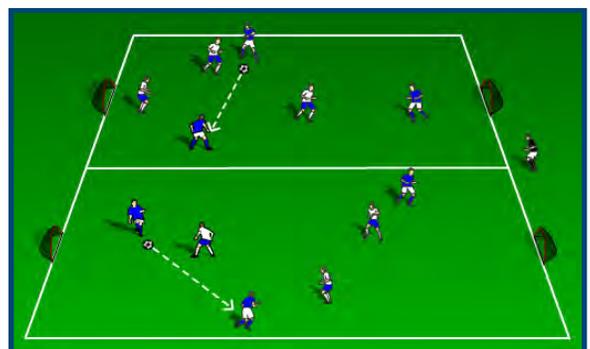
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 2

DRIBBLING TO PENETRATE

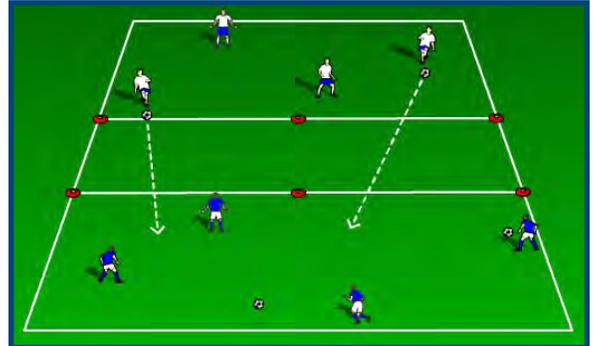
Activity 1 - Clean Your Room

Area: 20 x 20 yards with a 5 yard zone in the middle, which players cannot enter.

Organization: Split players into two teams. Each player has a ball. Play for 1 minute. Objective is for each team to get rid of all the soccer balls in their half of the grid. Team with the least soccer balls in their half wins.

Coaching Points:

- Striking the ball with the laces - Try to strike the ball so it does not stop in the center area and land in your oppositions half.



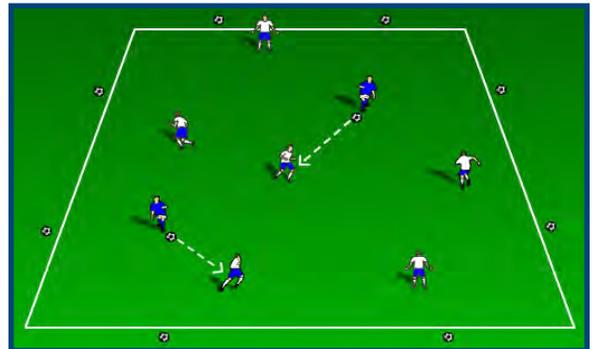
Activity 2 - Cops and Robbers

Area: 20 x 20 yards.

Organization: Two players have soccer balls (cops). The rest of the soccer balls are spread out around the area. The cops catch the robbers by hitting them below the knee with the soccer ball. Once a robber is caught they become a cop.

Coaching Points:

- Dribbling - try to get as close to the robbers before shooting.
- Finishing - strike the middle of the ball with your laces. Keep the ball low by keeping your body over the ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

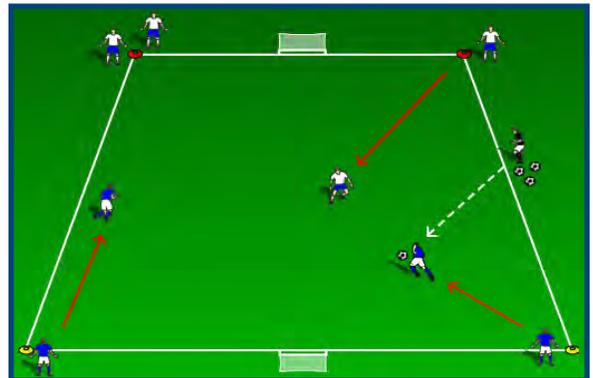
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



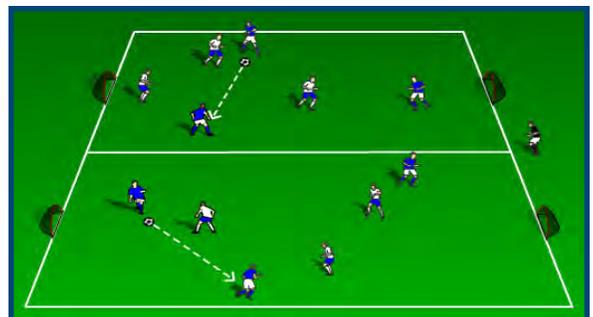
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





Activity 1 - Around the World.

Area: 20 x 20 yards.

Organization: Name each line a major city a country. Players must dribble around the area randomly. On the coaches command the players must dribble around a city/cone and back into the grid.

Progression: players must use a designated turn to change direction.

Coaching Points

- Dribbling - keep the ball close as your dribble around the area.
- Turning - Inside & Outside Hook and Pull Back.



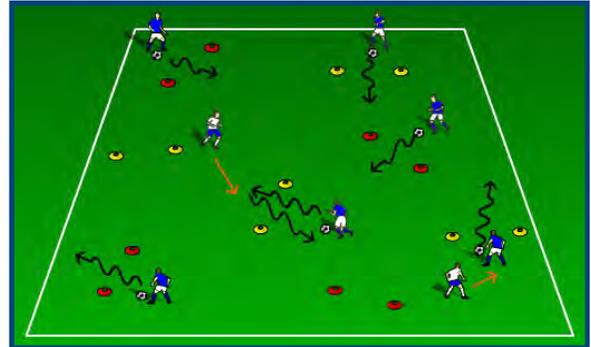
Activity 2 - Gate Dribbling with Bandits

Area: 20 x 20 yards with small gates scattered around the area.

Organization: Select 2 bandits, who do not have soccer balls, everybody else does. When a bandit steals a ball, that player then becomes the bandit.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

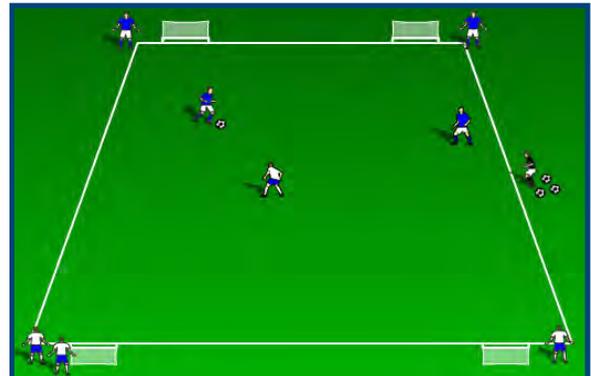
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - provide a passing option.



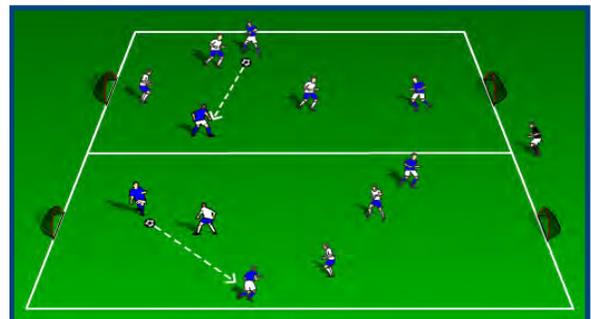
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

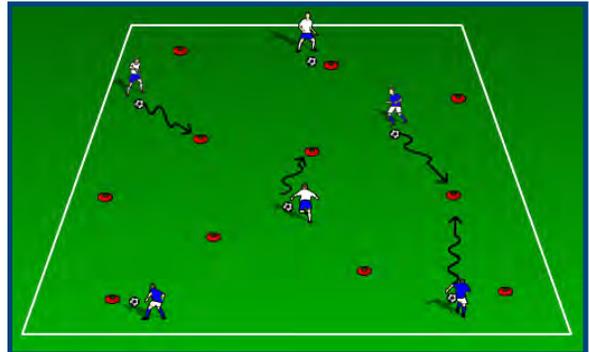
Activity 1 - Zen Master

Area: 20 x 20 yards with random cones spread around the area.

Organization: Players dribble around the area freely. When coach shouts 'Zen Master' players dribble to a cone and complete a skill; Toe Taps, Chops, Pull Push, etc. Introduce Step Fake & Scissor to be executed at the cones.

Coaching Points

- Dribbling - use the inside & outside to slalom through cones.
- Ball Mastery - stay balanced as you execute skills.
- Moves - step fake and scissor.



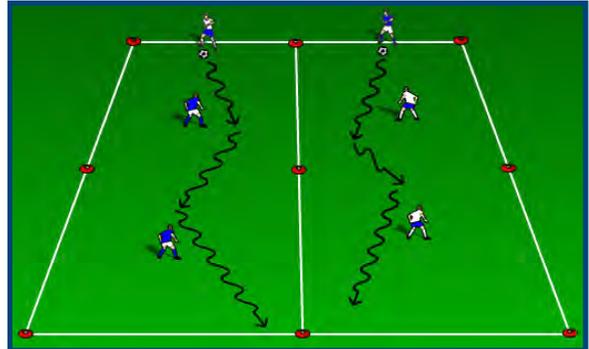
Activity 2 - Crabs on the Beach

Area: 10 x 20 yards per group.

Organization: Split players into groups of three. Place two player in a crab like position as shown. One player from each group goes into the opposite area. Players have 1 minute to score as many goals as possible. Players score a point by getting to the opposite side of the grid without having their ball stolen. If players do a move to beat the defender they get 5 points.

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

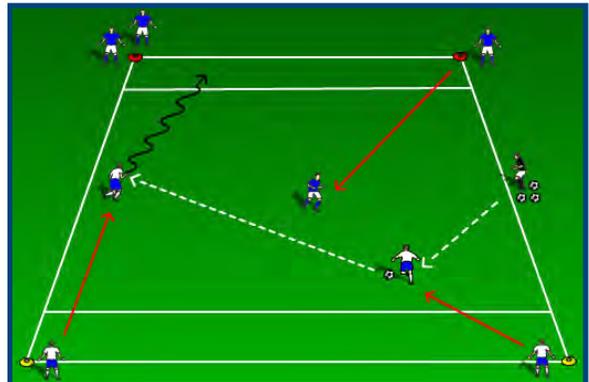
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



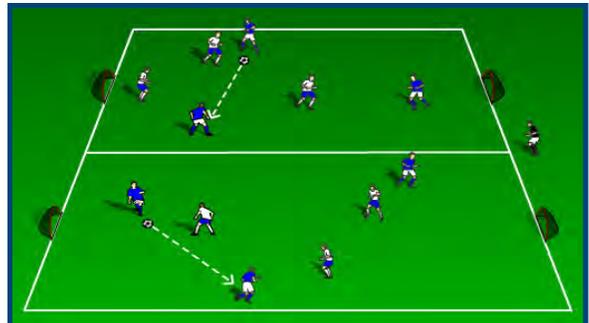
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

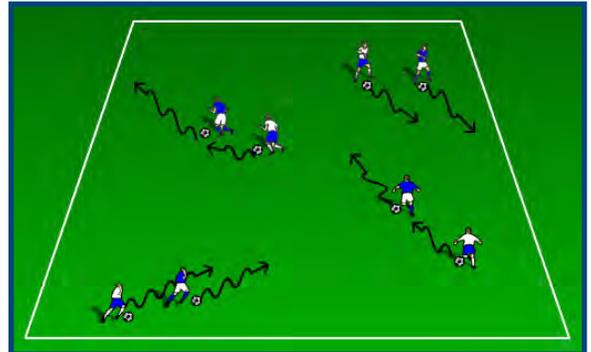
Activity 1 - Follow the Leader

Area: 20 x 20 yards.

Organization: Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Turning - can you turn sharply to change direction?



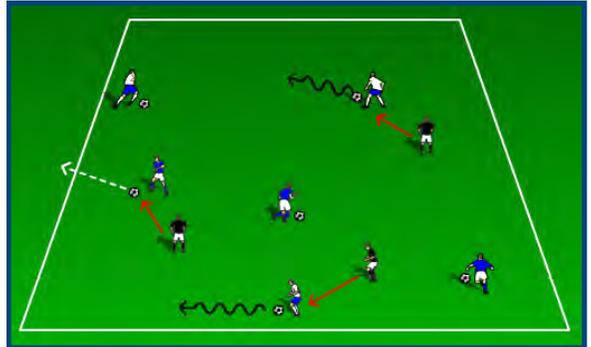
Activity 2 - Freeze Tag

Area: 20 x 20 yards.

Organization: Designate two players as Mr. Freeze. Objective is for Mr. Freeze to kick the players ball out of the grid. When this happens players must stand still with their legs open. Teammates can unfreeze these players by passing the ball through their legs. Continue for a specific time limit or until all players are froze.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Pull Back, Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



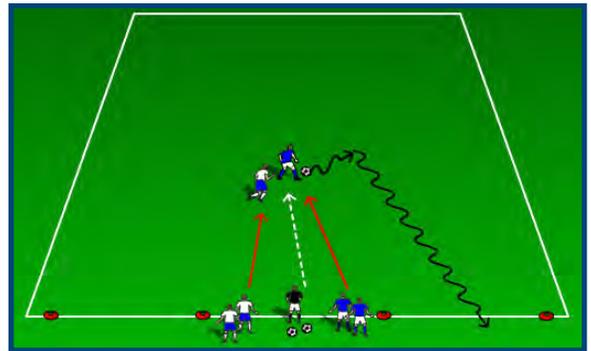
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two dribbling goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground quickly to lose the defender.



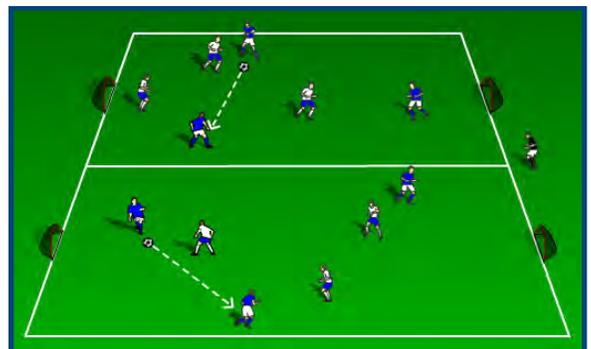
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 2

DRIBBLING TO PENETRATE

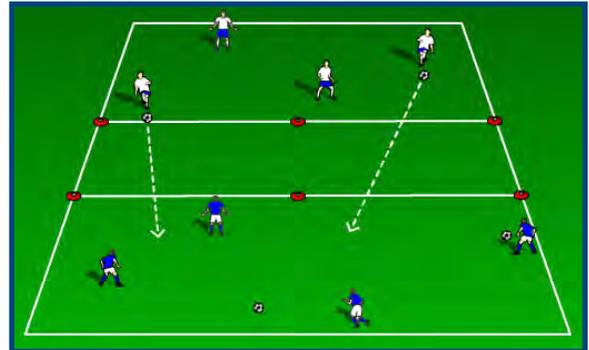
Activity 1 - Clean Your Room

Area: 20 x 20 yards with a 5 yard zone in the middle, which players cannot enter.

Organization: Split players into two teams. Each player has a ball. Play for 1 minute. Objective is for each team to get rid of all the soccer balls in their half of the grid. Team with the least soccer balls in their half wins.

Coaching Points:

- Striking the ball with the laces - Try to strike the ball so it does not stop in the center area and land in your oppositions half.



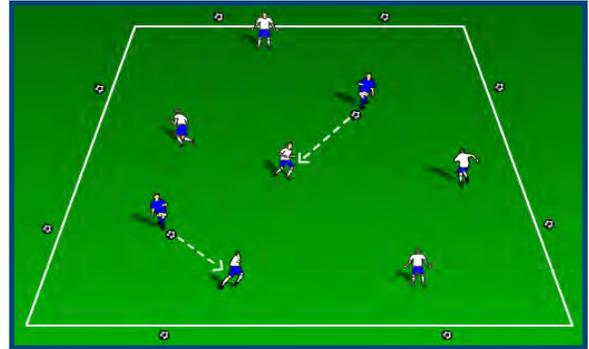
Activity 2 - Ball Tag

Area: 20 x 20 yards.

Organization: Designate two taggers. Objective is for the taggers to hit either the players ball or feet with their ball. Players who are tagged must stand with their legs open. Teammates can unfreeze these players by passing the ball through their legs. Continue for a specific time limit or until all players are frozen.

Coaching Points:

- Dribbling - try to get as close to the robbers before shooting.
- Finishing - strike the middle of the ball with your laces. Keep the ball low by keeping your body over the ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

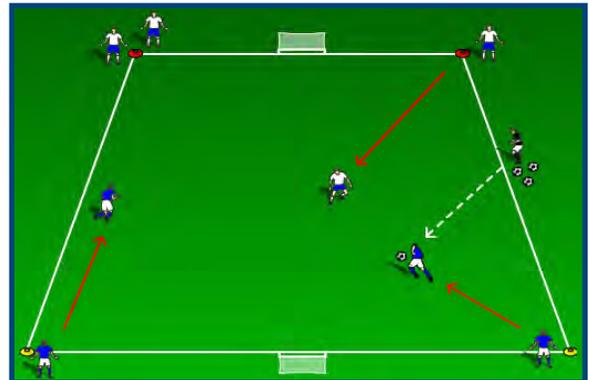
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



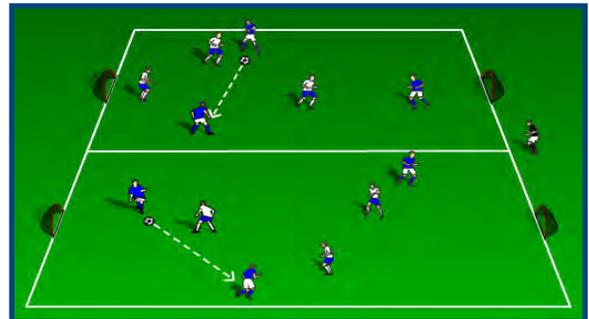
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

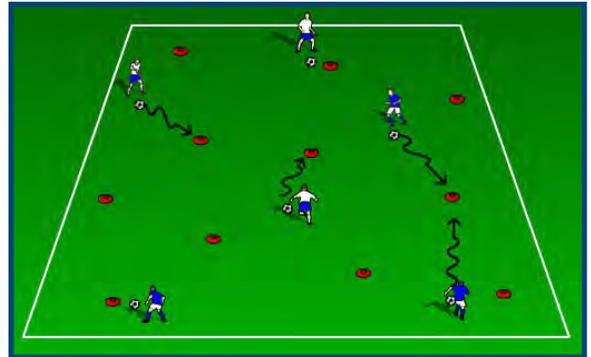
Activity 1 - Zen Master

Area: 20 x 20 yards with random cones spread around the area.

Organization: The area is 20 x 20 yards with random cones spread around the area. Players dribble around the area freely. When coach shouts 'Zen Master' players dribble to a cone and complete a skill; Toe Taps, Chops, Pull Push, etc. Introduce Pull Back, Inside & Outside Hook turns at the cones.

Coaching Points

- Dribbling - keep the ball close as your dribble around the area.
- Turning - Inside & Outside Hook and Pull Back.



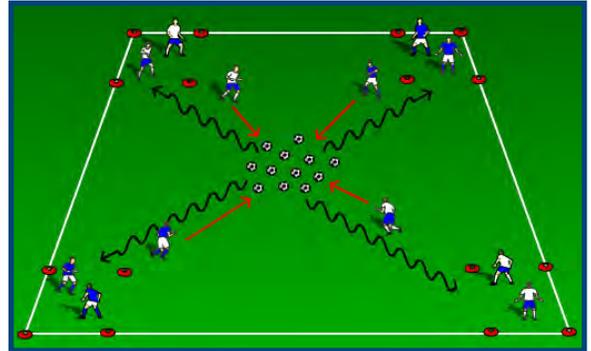
Activity 2 - Bedrock Barbecue

Area: 20 x 20 yards.

Organization: Split players into groups of 3 and place a group in each corner. All balls are placed in the center. Aim of the game is for each group (one player at a time) to seal as many soccer balls from the center as possible. First team back wins. Have players complete a designated turn to retrieve the ball.

Progression: Play for 2 minutes. Once balls are gone, groups can steal from other teams. Groups are not allowed to defend their soccer balls.

Coaching Points: Same as above.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

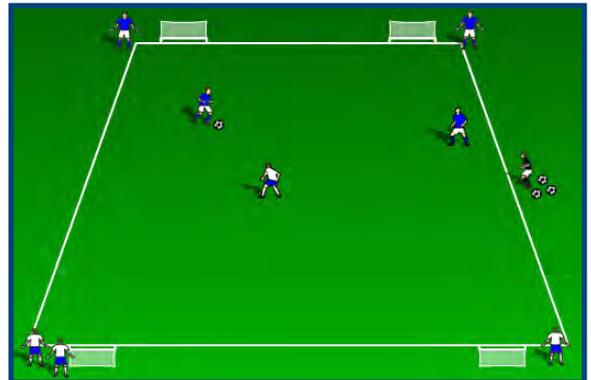
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - provide a passing option.



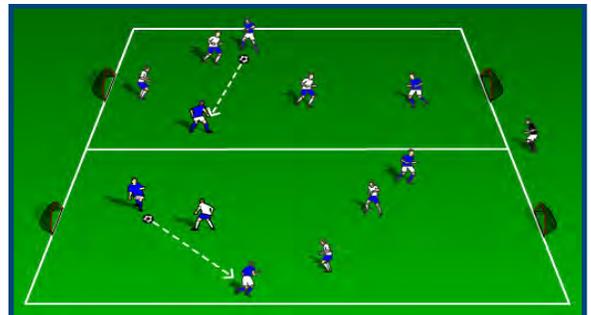
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Speedy Gonzales

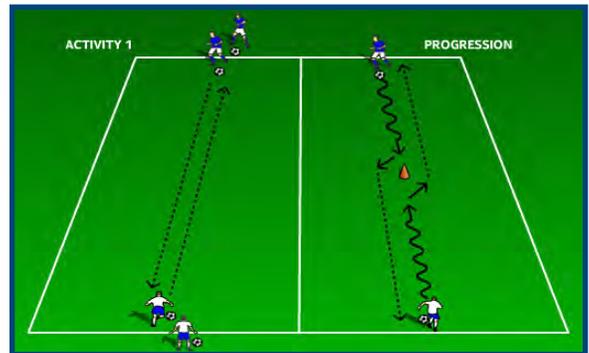
Area: 5 x 20 yards per group.

Organization: Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.

Progression: Add a cone half way down the grid, players should complete a step fake and then continue to the opposite side.

Coaching Points

- Running w/ball - push the ball out of your feet but still in control.
- Moves - step fake and scissor.



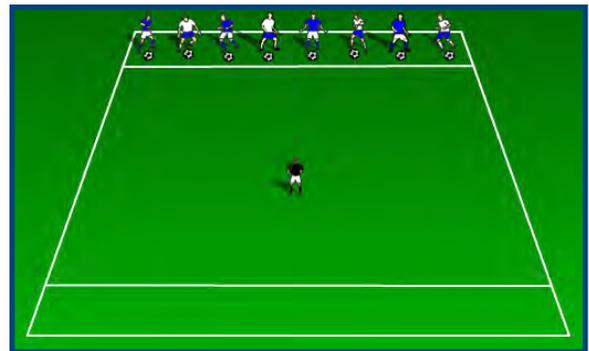
Activity 2 - Mr Freeze

Area: 20 x 20

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points:

- Dribbling - keep the ball close when approaching defenders.
- Moves - can you use the step fake & scissor to beat frozen players?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

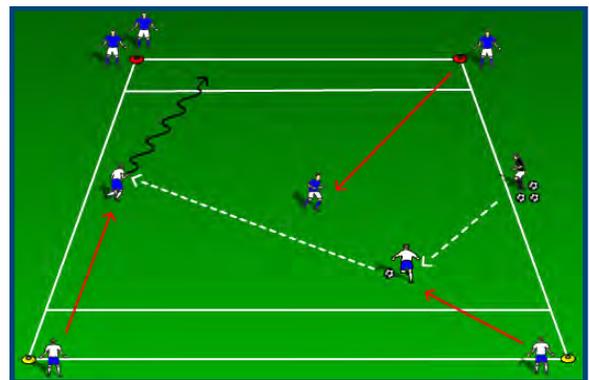
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



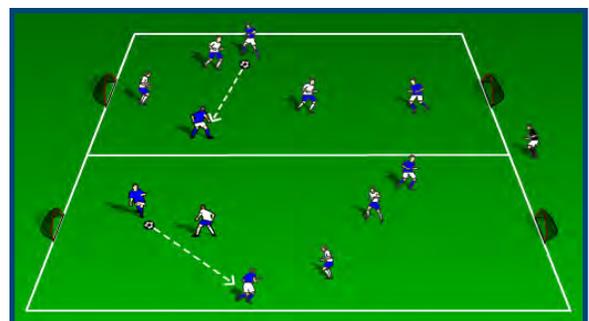
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 8 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

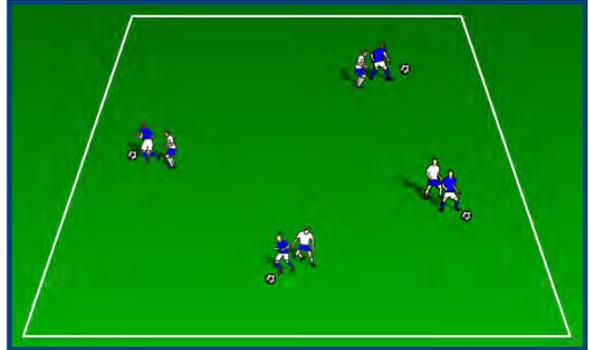
Activity 1 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into pairs, one player with the ball. Start one player with the ball and play for 30 seconds. Player who has the ball at the end of the time wins. Rotate who starts with the ball and continue.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



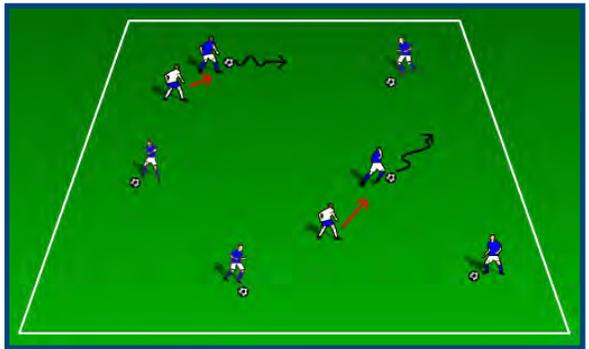
Activity 2 - Knockout

Area: 10 x 10 yards.

Organization: Designate two players as knockout players, who's job is to knock players soccer balls out of the grid. Players who are knocked out must retrieve their ball, complete a task (10 toe taps, 10 chops, etc) and then reenter the game. Play for 1 minute, then rotate the two knockout players.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



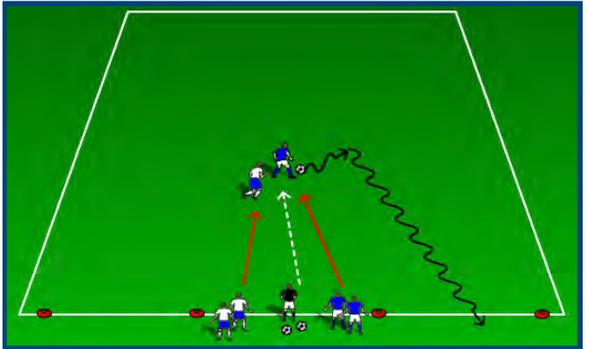
Activity 3 - Boss of the Balls - 1 v 1 Turning Game

Area: 20 x 20 yards with two dribbling goals on one end line.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling through a coned goal.

Coaching Points:

- Dribbling technique under pressure - can we dribble out of pressure?
- Turning - can you turn away from defenders?
- Shielding - place your body in-between the defender and ball.
- Running w/ball - cover ground quickly to lose the defender.



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U7 BOYS & GIRLS

SPRING: WEEK 8 - PRACTICE 2

DRIBBLING TO PENETRATE

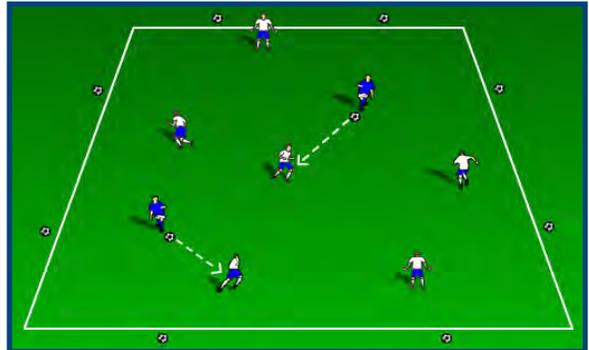
Activity 1 - Ball Tag

Area: 20 x 20 yards.

Organization: Designate two taggers. Objective is for the taggers to hit either the players ball or feet with their ball. Players who are tagged must stand with their legs open. Teammates can unfreeze these players by passing the ball through their legs. Continue for a specific time limit or until all players are frozen.

Coaching Points:

- Dribbling - try to get as close to the robbers before shooting.
- Finishing - strike the middle of the ball with your laces. Keep the ball low by keeping your body over the ball.



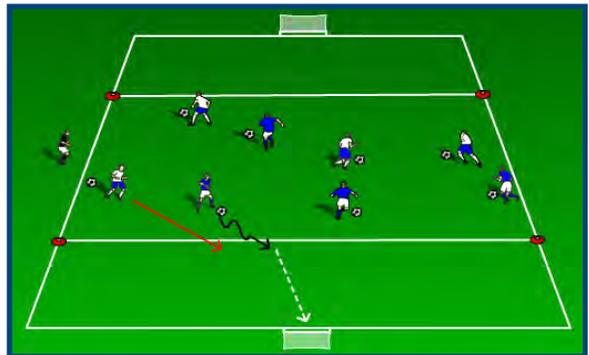
Activity 2 - Follow the Leader Finishing

Area: 20 x 20 yards.

Organization: Place players in pairs and number them. Designate a leader in each pair (rotate after each turn). Players start by the leader dribbling around the area and their partner following. When coach shouts a number, the leader tries to score a goal and their partner chases and tries to stop them.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Finishing - strike the ball with your laces. Can you finish early?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to Goal

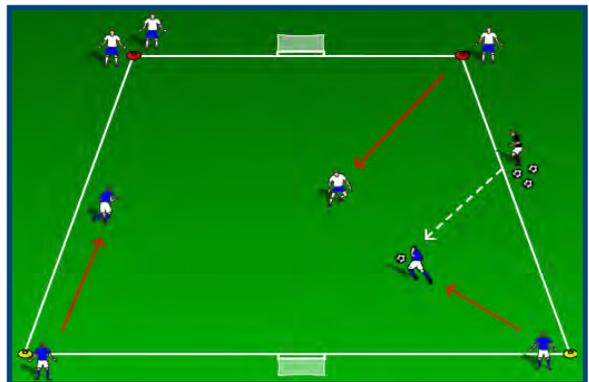
Area: 20 x 20 yards with two goals

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by passing into the goal.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Moves - can you use moves to unbalance and beat the defender?
- Running w/ball - can you explode after beating defender?
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball, give a passing option.



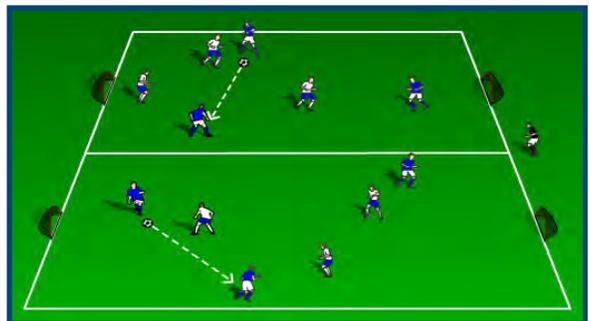
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

PRACTICE ACTIVITY BREAKDOWN - U8 FALL

<p>Week 1, Lesson 1 - Dribbling to Keep Possession Activity 1: Free Dribbling Activity 2: Knockout Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 1, Lesson 2 - Dribbling to Penetrate Activity 1: MLS Moves Activity 2: 1 v 1 Crab Soccer Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 2, Lesson 1 - Dribbling to Keep Possession Activity 1: MLS Turns Activity 2: Hospital Tag Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 2, Lesson 2 - Dribbling to Finish Activity 1: Clean Your Room Activity 2: 1 v 1 Crab Finishing Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 3, Lesson 1 - Dribbling to Keep Possession Activity 1: Team Shield Activity 2: Team Knockout Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 3, Lesson 2 - Dribbling to Penetrate Activity 1: Moving Targets Activity 2: Cops & Robbers Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 4, Lesson 1 - Dribbling to Keep Possession Activity 1: Smash and Grab Activity 2: Freeze Tag Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 4, Lesson 2 - Dribbling to Finish Activity 1: Doctor, Doctor Activity 2: Shooting Game Activity 3: Boss of the Balls - 1 v 1 to 2 v 1 to goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 5, Lesson 1 - Keeping Possession Activity 1: Topple the Coconuts Activity 2: Gate Passing Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 5, Lesson 2 - Dribbling to Penetrate Activity 1: Free Dribbling Activity 2: Mr. Freeze Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 6, Lesson 1 - Dribbling to Keep Possession Activity 1: Four Corners Activity 2: Team Freeze Tag Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 6, Lesson 2 - Dribbling to Finish Activity 1: Cowboys & Indians Activity 2: Chase Finishing Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 7, Lesson 1 - Keeping Possession Activity 1: Paint the Field Activity 2: Pac Man Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 7, Lesson 2 - Dribbling to Penetrate Activity 1: Speedy Gonzales Activity 2: Cross the River Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to end zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 8, Lesson 1 - Dribbling to Keep Possession Activity 1: Relay Races Activity 2: Freeze Tag Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to four goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 8, Lesson 2 - Dribbling to Finish Activity 1: Moving Targets Activity 2: MLS Breakaway Activity 3: Boss of the Balls - 1 v 1 to 2 v 2 to goal Activity 4: 3 v 3 Scrimmage</p>



MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 1 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Free Dribble

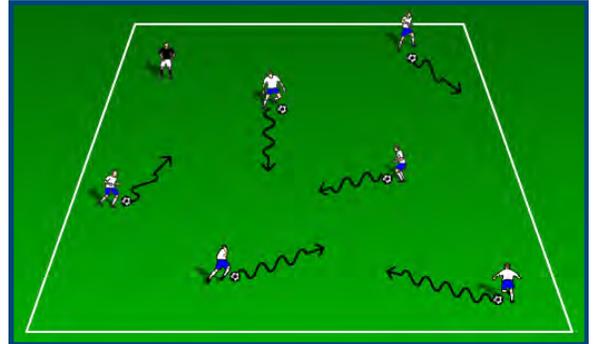
Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely.

Progression: Review turning techniques; inside & outside hook and the pull back. Add pressure from a coach or player to make players use the turns.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Turning - have players accelerate after the turn.



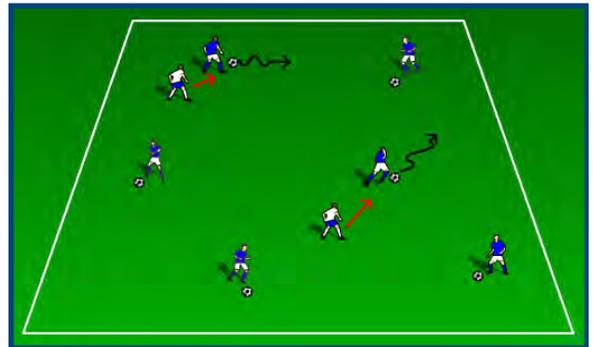
Activity 2 - Knockout

Area: 10 x 10 yards.

Organization: Designate two players as knockout players, who's job is to knock players soccer balls out of the grid. Players who are knocked out must retrieve their ball, complete a task (10 toe taps, 10 chops, etc) and then reenter the game. Play for 1 minute, then rotate the two knockout players.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

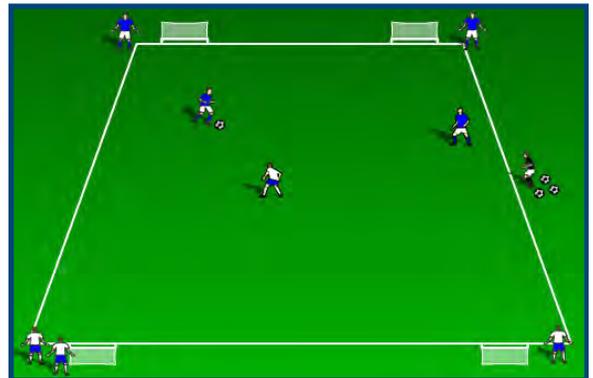
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball & give an option.



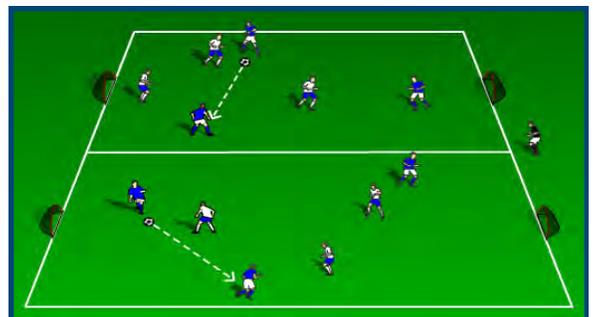
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

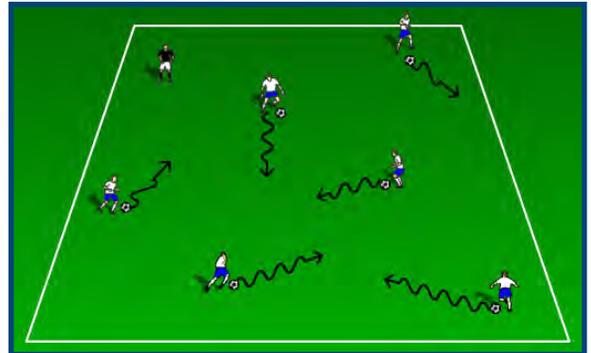
Activity 1 - MLS Moves

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Objective is to review all moves and add ball mastery techniques. Label each move and ball mastery technique an MLS team. As players are dribbling shout an MLS team, players must follow the command with a technique.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Ball Mastery - Toe Taps and Chops (w/inside of the feet).
- Moves - review step fake and scissor.



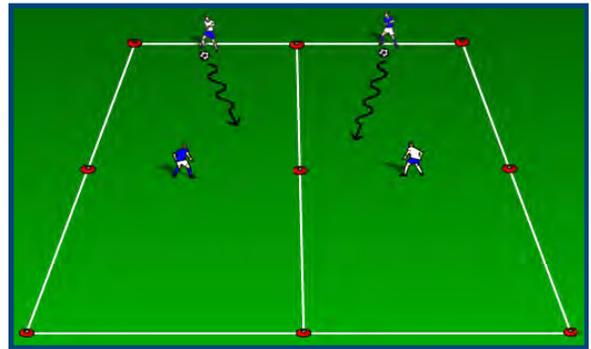
Activity 2 - 1 v 1 Crab Soccer

Area: 10 x 20 yards with a goal at one end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Running w/ball - explode out of the moves.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

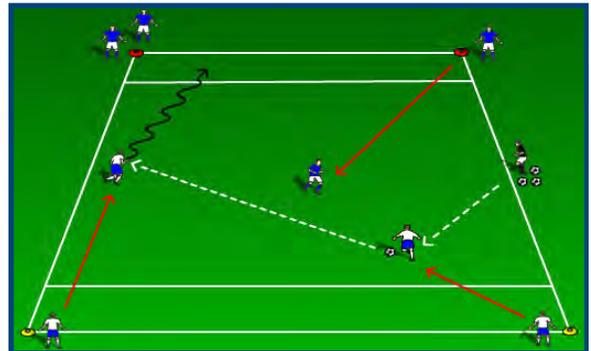
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - can you provide a passing option?



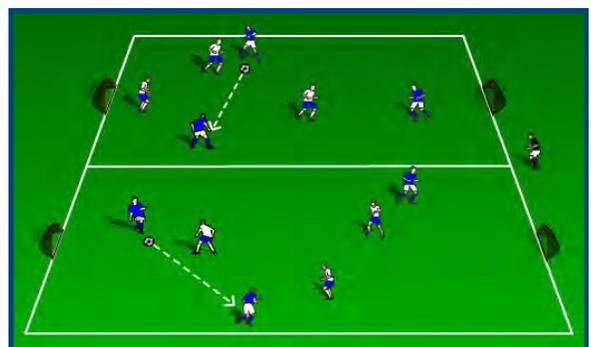
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 2 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

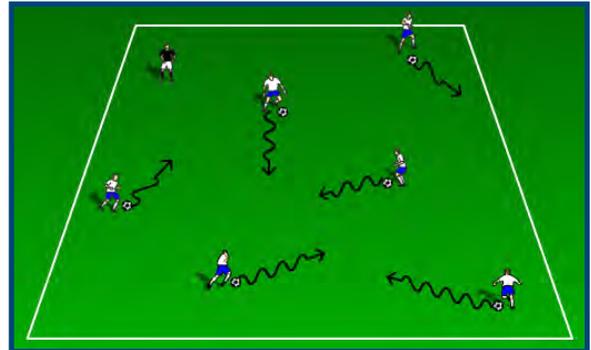
Activity 1 - MLS Turns

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Objective is to review all turns and add ball mastery techniques. Label each turn and ball mastery technique an MLS team. As players are dribbling shout an MLS team, players must follow the command with a technique.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Ball Mastery - Toe Taps and Chops (w/inside of the feet)
- Turning - quality of turn and acceleration after the turn.



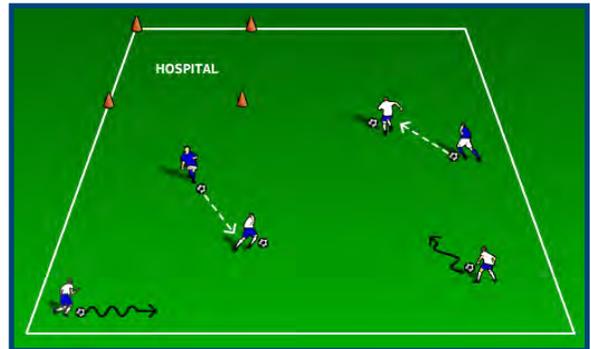
Activity 2 - Hospital Tag

Area: 20 x 20 yards with a 5 yard hospital.

Organization: Designate 2 taggers. Players who are tagged must hold that part of the body as they continue to dribble. If a player is tagged 3 times, they go to the hospital and complete a ball mastery task before returning to the game. Rotate taggers after 1 minute.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

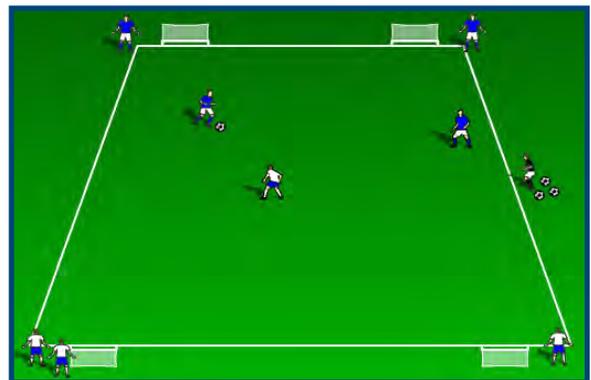
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball & give an option.



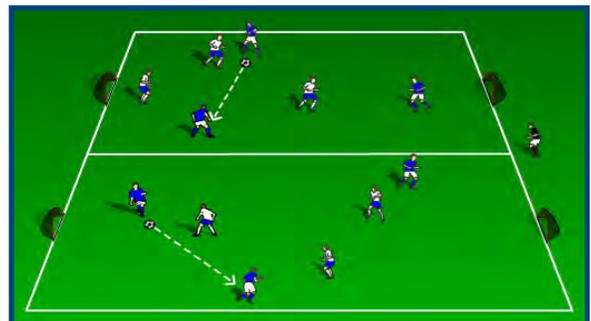
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 2 - PRACTICE 2

DRIBBLING TO PENETRATE

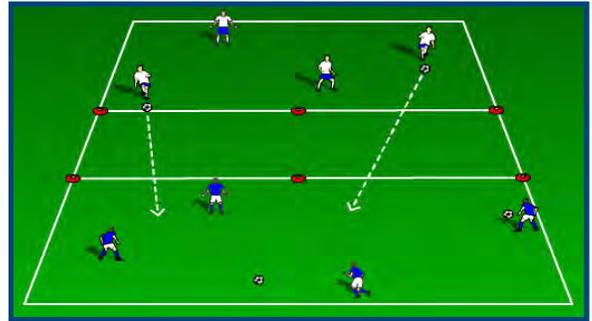
Activity 1 - Clean Your Room

Area: 20 x 20 yards with a 5 yard zone in the middle, which players cannot enter.

Organization: Split players into two teams. Each player has a ball. Play for 1 minute. Objective is for each team to get rid of all the soccer balls in their half of the grid. Team with the least soccer balls in their half wins.

Coaching Points:

- Striking the ball with the laces - Try to strike the ball so it does not stop in the center area and land in your oppositions half.



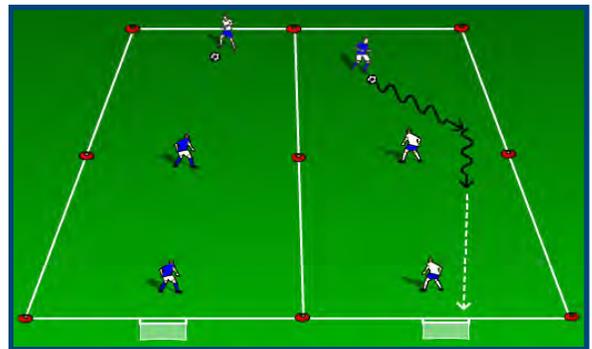
Activity 2 - 1 v 1 Crab Soccer Finishing

Area: 10 x 20 with a goal at one end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake / scissor and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Finishing Technique.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

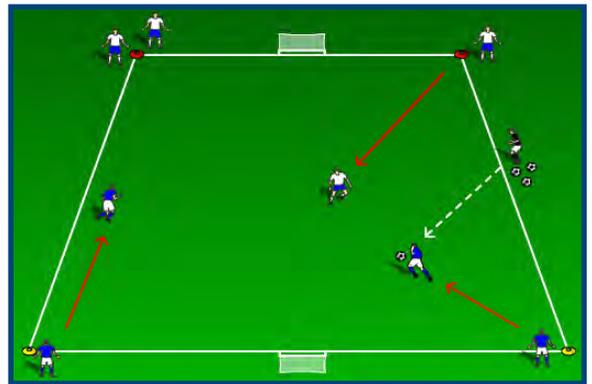
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- Finishing Technique.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - can you provide a passing option?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 3 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

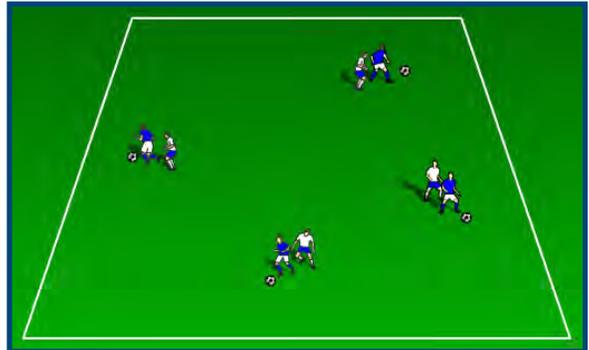
Activity 1 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into pairs, one player with the ball. Start one player with the ball and play for 30 seconds. Player who has the ball at the end of the time wins. Rotate who starts with the ball and continue.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



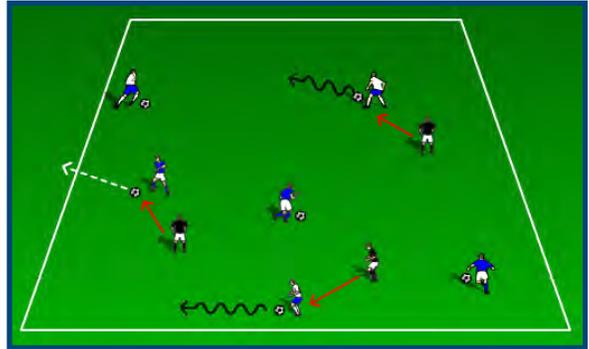
Activity 2 - Team Knockout

Area: 10 x 10 yards.

Organization: Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player's soccer ball out of the grid. If a player's ball is knocked out, they do a ball mastery activity before re-entering. Player for 1 minute then rotate defending team.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

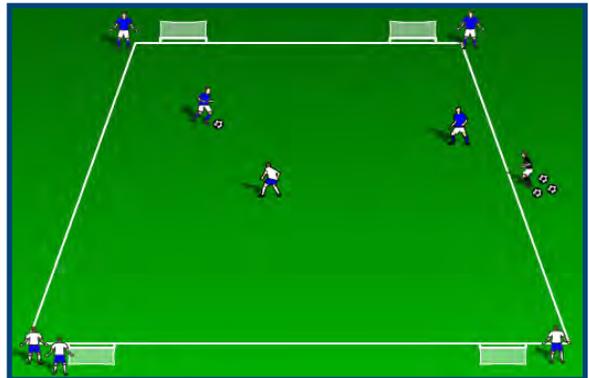
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball & give an option.



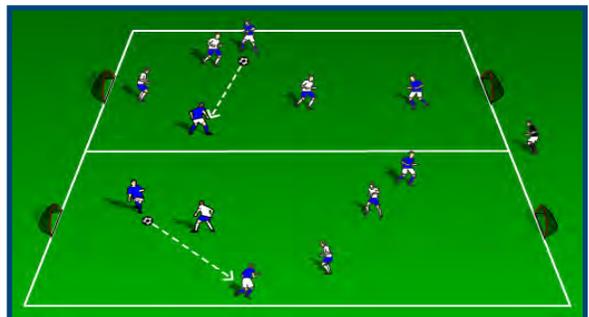
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 3 - PRACTICE 2

DRIBBLING TO PENETRATE

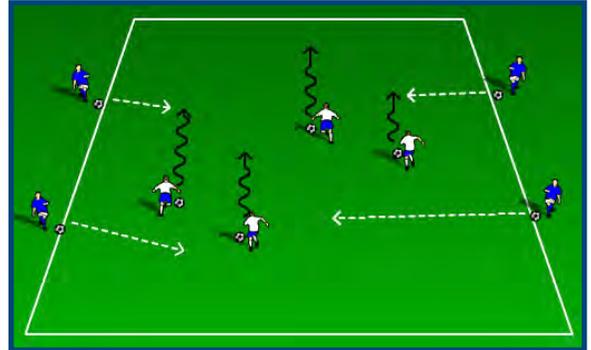
Activity 1 - Moving Targets

Area: 20 x 20 yards.

Organization: Place players into two teams, one is the passing team, the other dribbling. Set up players as shown. Passing team has to hit the dribbling players ball or feet and must get to 10 points to win the game. Dribbling team has to do 6 dribbling lengths of the field. Then switch.

Coaching Points:

- Dribbling - Close touches in tight spaces.
- Running with the Ball - Big touches & cover ground quickly.
- Passing Technique.



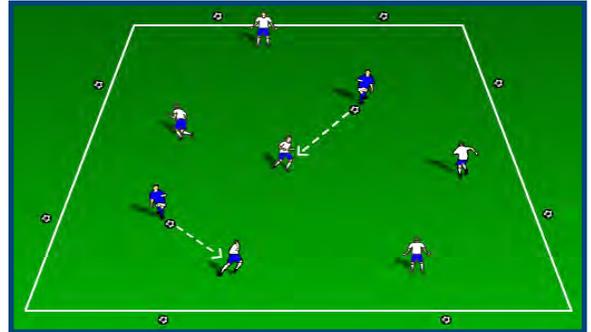
Activity 2 - Cops and Robbers

Area: 20 x 20 yards.

Organization: Two players have soccer balls (cops). The rest of the soccer balls are spread out around the area. The cops catch the robbers by hitting them below the knee with the soccer ball. Once a robber is caught they become a cop.

Coaching Points:

- Dribbling - try to get as close to the robbers before shooting.
- Passing Technique - accuracy!



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

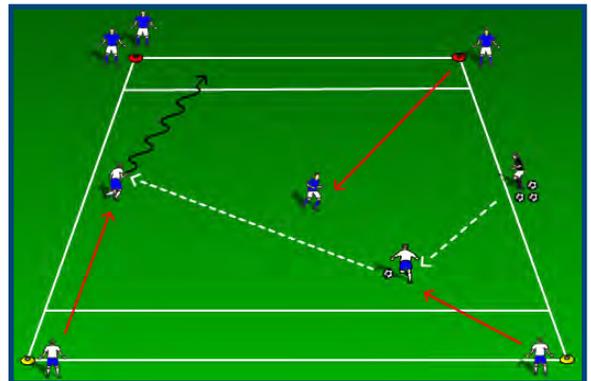
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - can you provide a passing option?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 4 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Smash and Grab

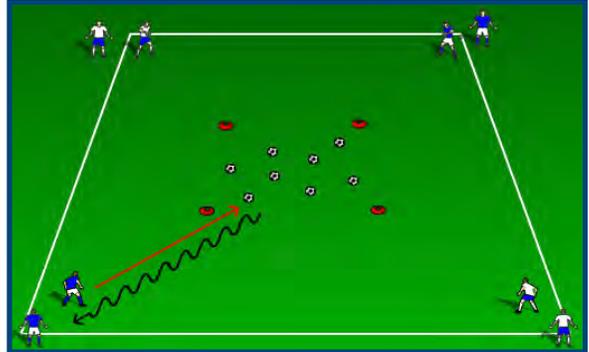
Area: 20 x 20 yards with a 10 x 10 area in the center.

Organization: Split players into 4 teams. One by one do the following:

1. Retrieve ball in any way.
2. Retrieve the ball with the Pull Back Turn.
3. Play continues until all balls are back in the center.
4. Next players goes when teammate touches ball.

Coaching Points

- Dribbling Technique.
- Inside & Outside Hook Turns and Pull Back Technique.



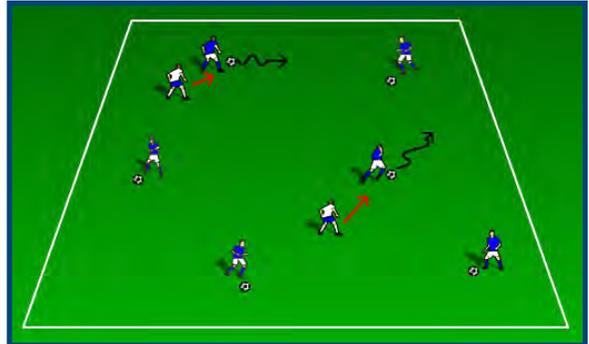
Activity 2 - Freeze Tag

Area: 20 x 20 yards.

Organization: Designate two players as Mr. Freeze. Objective is for Mr. Freeze to kick the players ball out of the grid. When this happens players must stand still with their legs open. Teammates can unfreeze these players by passing the ball through their legs. Continue for a specific time limit or until all players are froze.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Pull Back, Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 Turning Game

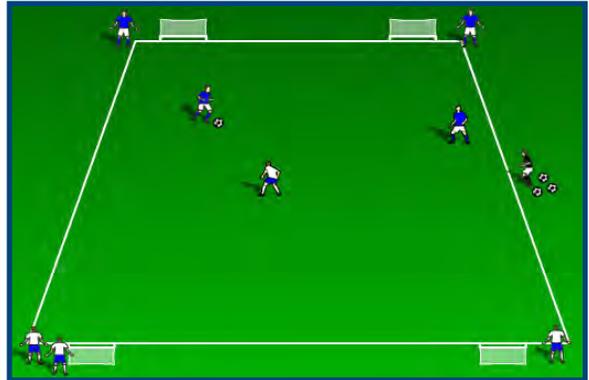
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning - use turns to change direction and away from pressure.
- Shielding the ball - place your body in-between the defender and ball.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - don't crowd the player w/ball & provide an option.



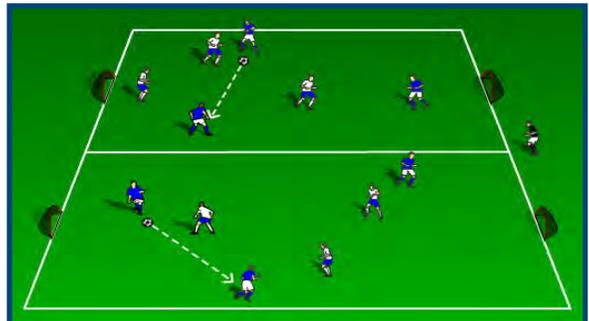
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 4 - PRACTICE 2

DRIBBLING TO PENETRATE

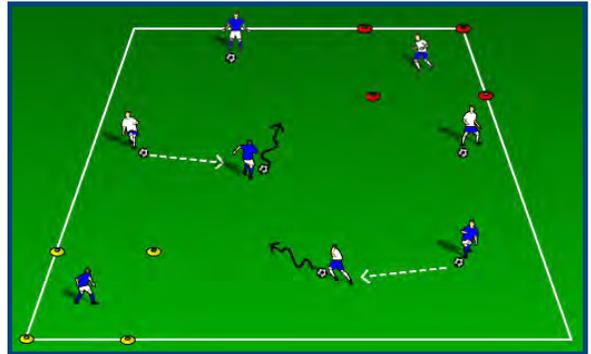
Activity 1 - Doctor, Doctor

Area: 20 x 20 with two 5 yard hospitals in each corner.

Organization: Split players into two teams, each team must designate a doctor who starts in the hospital. Each player has a ball (except the doctor) and is trying to hit the other team's feet or ball with their ball. If a player is tagged they sit on their ball and pretend to be injured. The doctor can come out of the hospital to tag and rescue them. The game is over when one team, including the doctor, has been hit with the ball.

Coaching Points:

- Striking the ball with the laces.
- Dribbling Technique - get close to the player before passing.



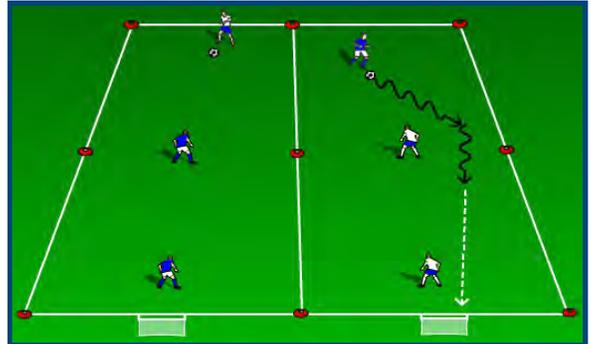
Activity 2 - 1 v 1 Crab Soccer to Goal

Area: 10 x 20 per group with a goal at the end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Running w/ball - explode out of the moves.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

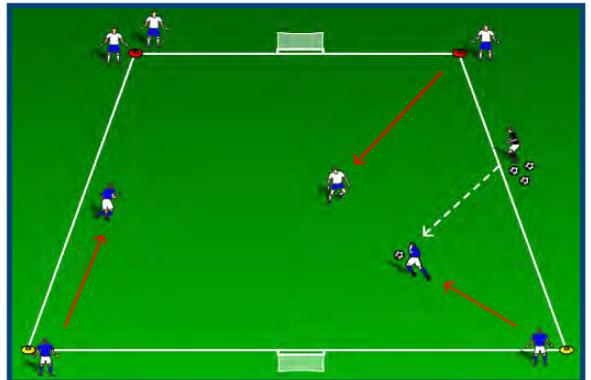
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- Finishing Technique.
- 2 v 1 - Decision - pass or dribble? Where is the defender?
- 2 v 1 - Support - can you provide a passing option?



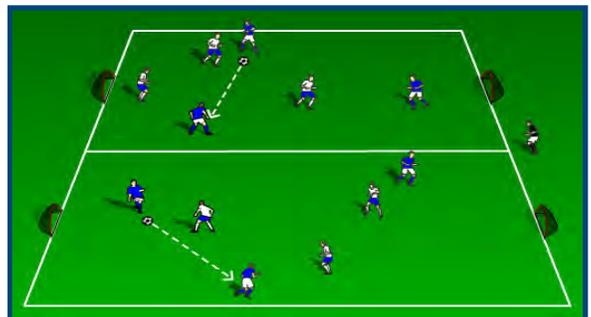
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Topple the Coconuts

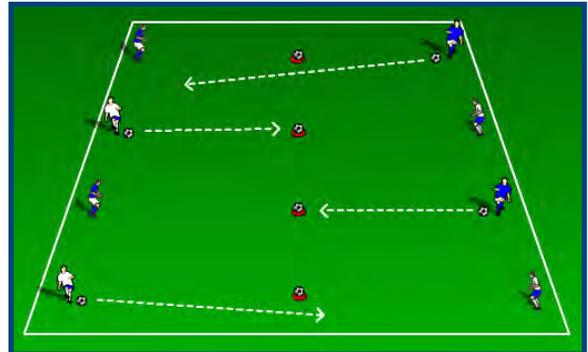
Area: 10 x 10 yards with a cone placed in the center.

Organization: Place players into pairs. Place one ball on the center cone and the other ball with the players. Players take it in turns trying to knock the ball of the cone by passing.

Progression: To make the game more difficult move the players away from the cones.

Coaching Points

- Passing Technique.



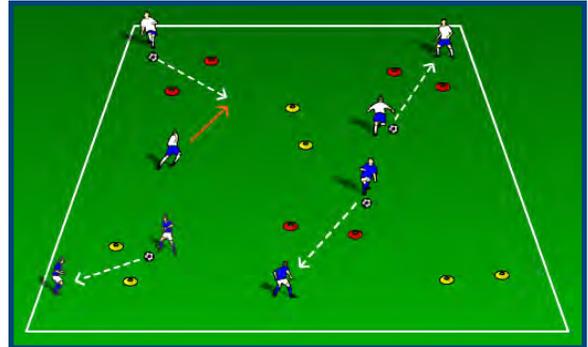
Activity 2 - Gate Passing

Area: 30 x 20 yards with small gates placed randomly inside the area.

Organization: Place players into pairs, one ball between two. Players start at one gate, passing back and forth without moving. Progress to players passing and moving around the area. How many gates can you get through in 1 minute?

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - Can you take the ball in the direction you want to go?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 2 Turning Game

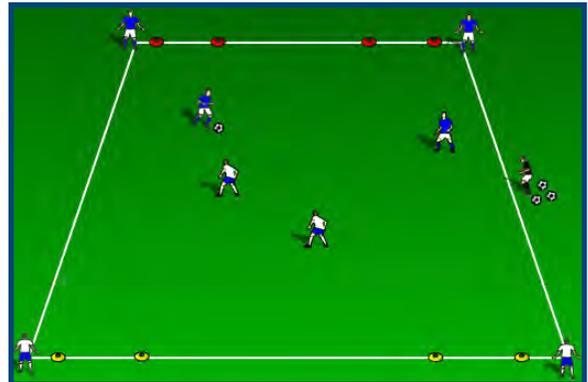
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- When to turn and shield the ball?
- Passing technique - quality of pass?
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



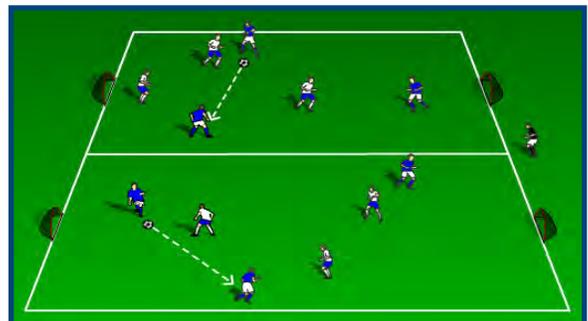
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

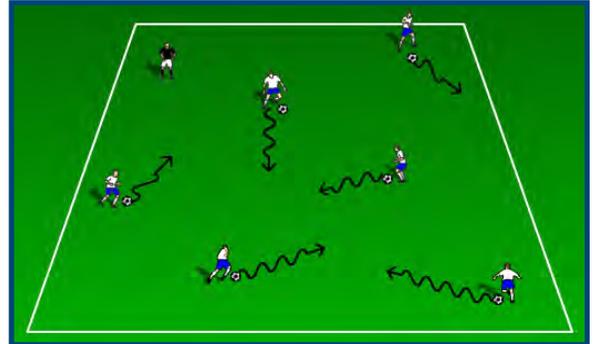
Activity 1 - Free Dribble

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Introduce ball mastery and moves for players to do as they dribble around the area.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Moves - review scissor and step fake.



Activity 2 - Mr Freeze

Area: 20 x 20 with two 3 yard safe zones.

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 2 to End Zones

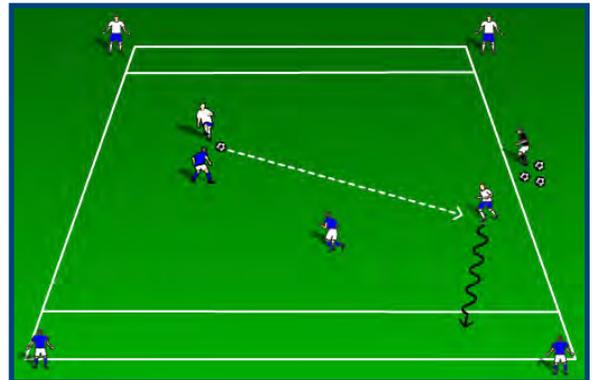
Area: 20 x 20 yards with two end zones.

Organization: Area is 20 x 20 yards with two end zones. Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



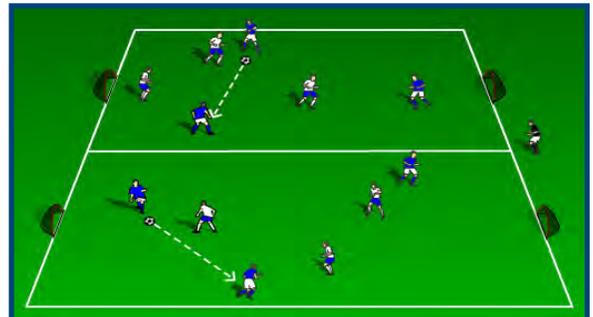
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

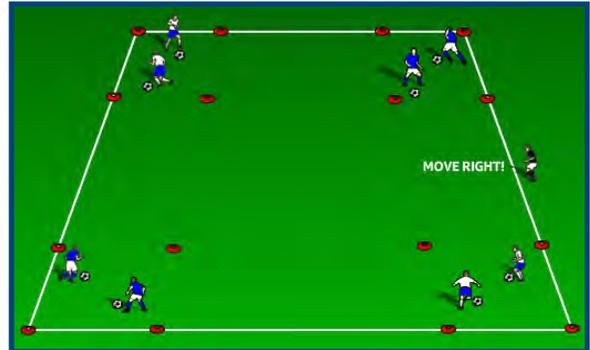
Activity 1 - Four Corners

Area: 20 x 20 yards.

Organization: Split players into 4 teams and place a team in each corner. Players should dribble in their designated corner and wait for the switch command. Switch right = players change and dribble to the corner square on their right. Other commands include switch left, cross over, etc. Do two commands to challenge players!

Coaching Points

- Dribbling Technique - keep the ball close in tight spaces.
- Turning Techniques - use turns to change direction quickly.
- Running with the Ball Technique - cover ground quickly.



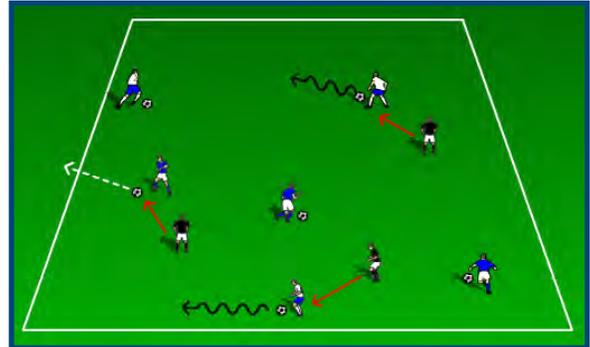
Activity 2 - Team Freeze Tag

Area: 20 x 20 yards.

Organization: Split players into three teams. Objective is for the Freeze team to kick the other two teams ball out of the grid. When this happens players must stand still with their legs open. Teammates can unfreeze these players by passing the ball through their legs. Play for 1 minute or until all players are froze.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Pull Back, Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 2 Turning Game

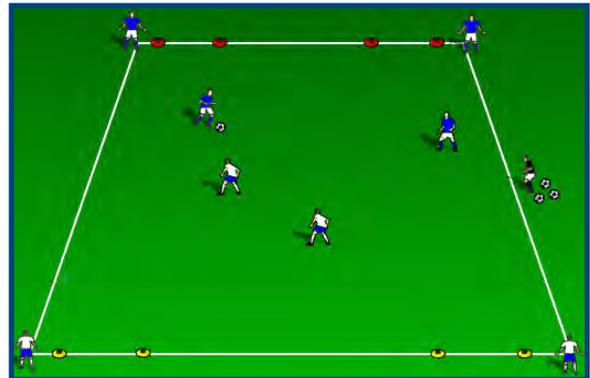
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- When to turn and shield the ball?
- Passing technique - quality of pass?
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



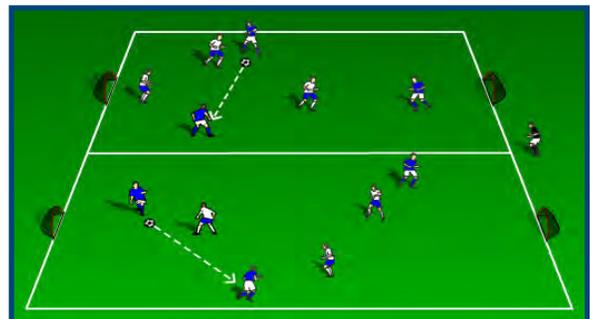
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 6 - PRACTICE 2

DRIBBLING TO PENETRATE

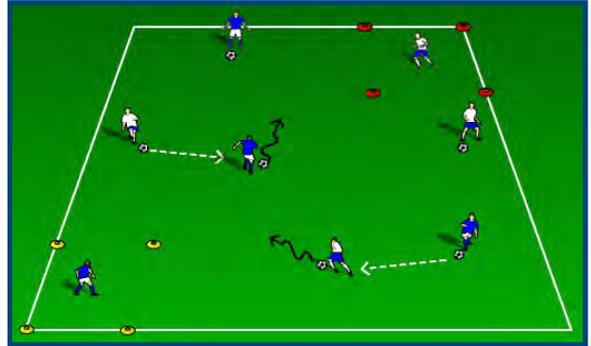
Activity 1 - Doctor, Doctor

Area: 20 x 20 with two 5 yard hospitals in each corner.

Organization: Split players into two teams, each team must designate a doctor who starts in the hospital. Each player has a ball (except the doctor) and is trying to hit the other team's feet or ball with their ball. If a player is tagged they sit on their ball and pretend to be injured. The doctor can come out of the hospital to tag and rescue them. The game is over when one team, including the doctor, has been hit with the ball.

Coaching Points:

- Striking the ball with the laces.
- Dribbling Technique - get close to the player before passing.



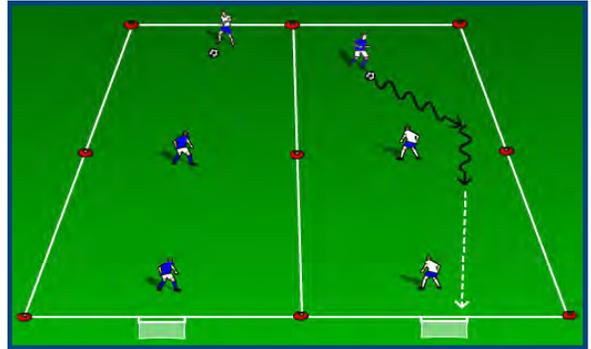
Activity 2 - 1 v 1 Crab Soccer to Goal

Area: 10 x 20 per group with a goal at the end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Running w/ball - explode out of the moves.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

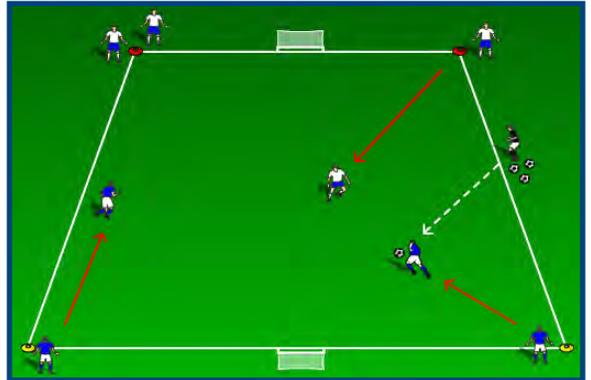
Area: Area is 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- Finishing Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



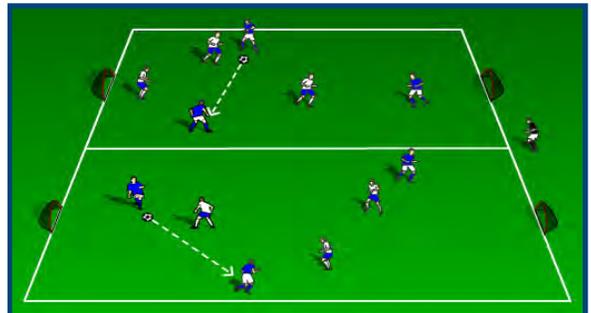
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 7 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Painting the Field

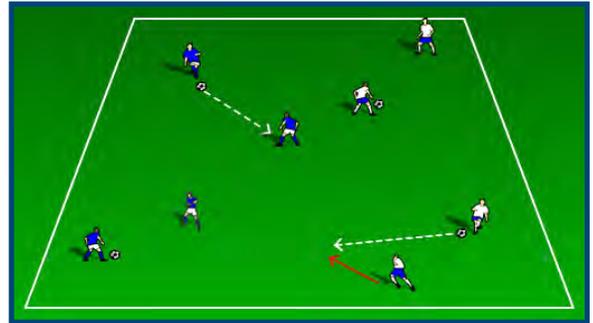
Area: 20 x 30 yards.

Organization: Place players into pairs, one ball between two. Imagine the ball is a paint brush. Can you paint the whole field by passing and moving with your teammate?

Progression: Add two defenders who are trying to steal the soccer balls. When ball a ball is stolen the players switch roles.

Coaching Points

- Passing Technique - pass to feet or space?
- Receiving Technique - can you take the ball where you want to go?



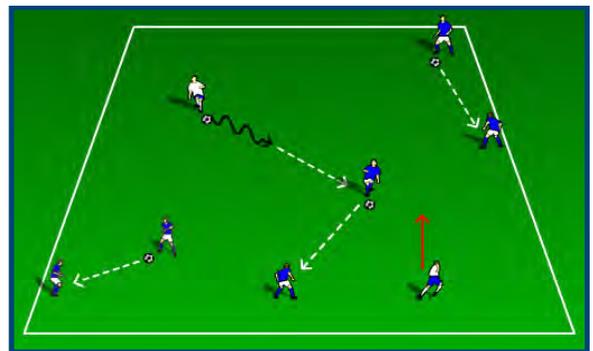
Activity 2 - Pac Man

Area: 20 x 30 yards.

Organization: Place players into pairs, one ball between two. Designate one pair as pac man, their job is to hit the other teams ball or feet with their soccer ball. If a team is hit, they join the pac man team. Continue until all teams have been tagged.

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - can you take the ball where you want to go?
- Dribbling and Turning - get close to the players before passing.
- Support - can you support your teammate in a good position?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 2 Turning Game

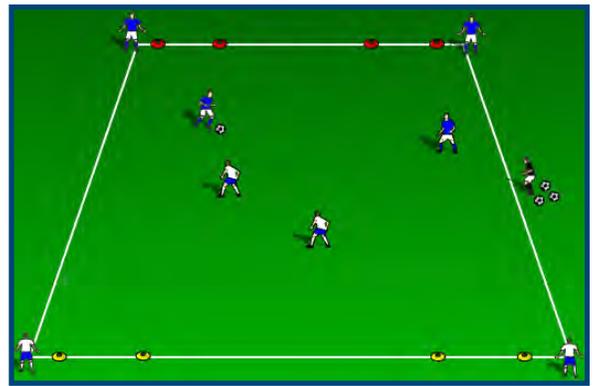
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- When to turn and shield the ball?
- Passing technique - quality of pass?
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



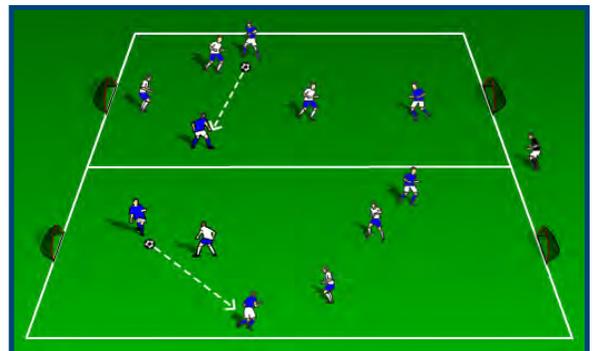
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

FALL: WEEK 7 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 2 - Speedy Gonzales Relay

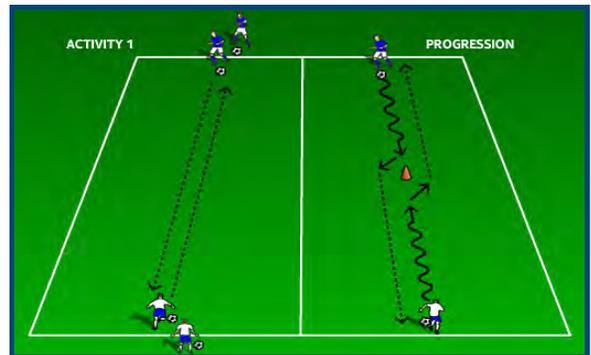
Area: 10 x 20 yards per group.

Organization: Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.

Progression: Add a cone, players complete a move at the cone.

Coaching Points:

- Dribbling - keep the ball close when approaching the cone (defender).
- Scissor & Step Fake - can you do the move before the cone?
- Running w/ball - explode out of the move.



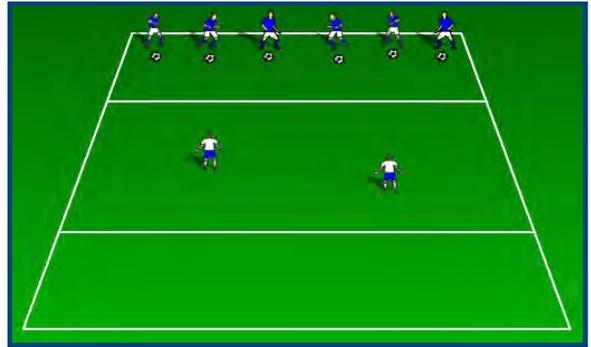
Activity 2 - Cross the River

Area: 20 x 20 with a 10 yard zone in the center.

Organization: Place two players in the middle zone (river) and the rest on the end line. When the coach says 'cross the river' the players must try to get across the area without having their ball stolen. If their ball is stolen they join the defenders in the river. Continue until one player remains.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 2 to End Zones

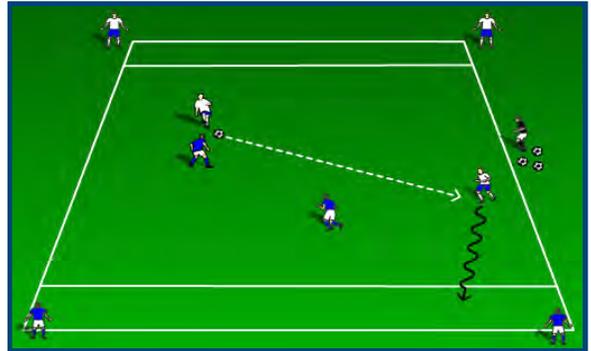
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





Activity 1 - Relay Race

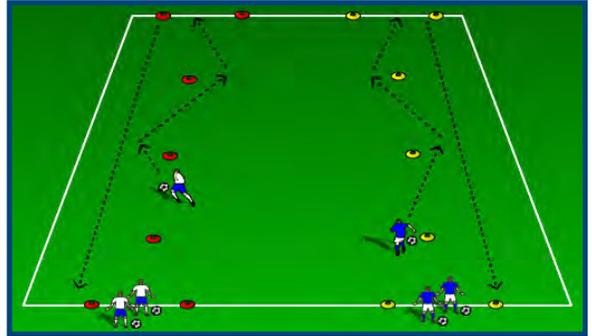
Area: 20 x 5 yards per team.

Organization: Place players into teams of no more than three players.

1. Player dribble individually to the end gate and back.
2. Same as above but do a designated turn in the gate at the end.
3. Dribble with a partner, attached by a vest.

Coaching Points

- Dribbling - use the inside & outside to slalom through cones.
- Turns - inside and outside hook and pull back.



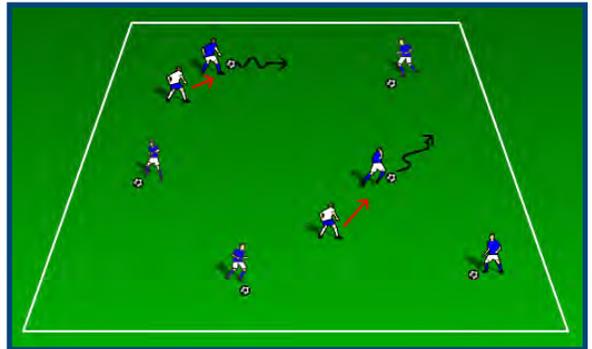
Activity 2 - Freeze Tag

Area: 20 x 20 yards.

Organization: Designate two players as Mr. Freeze. Objective is for Mr. Freeze to kick the players ball out of the grid. When this happens players must stand still with their legs open. Teammates can unfreeze these players by passing the ball through their legs. Continue for a specific time limit or until all players are froze.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Pull Back, Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 2 Turning Game

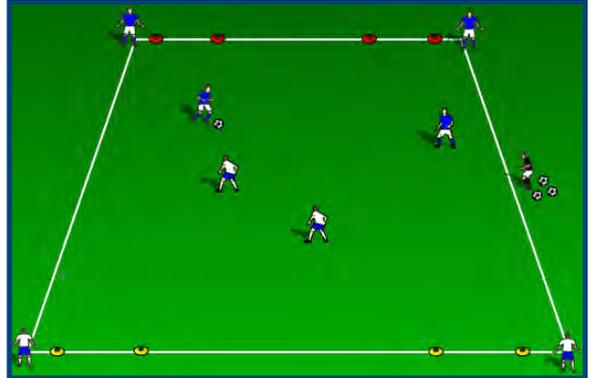
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and the first two players in line play 1 v 1. Teams attack and defend one set of goals.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- When to turn and shield the ball?
- Passing technique - quality of pass?
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



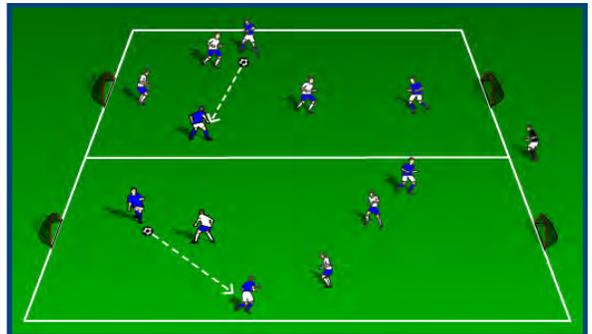
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





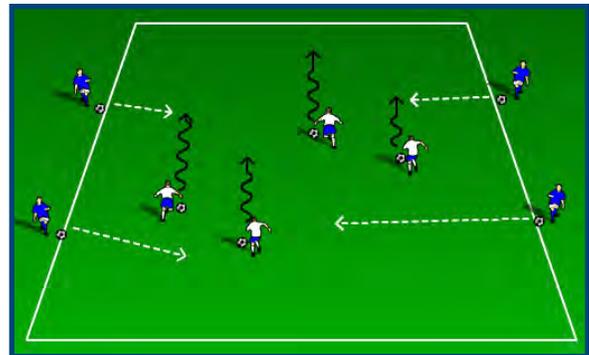
Activity 1 - Moving Targets

Area: 20 x 20 yards.

Organization: Place players into two teams, one is the passing team, the other dribbling. Set up players as shown. Passing team has to hit the dribbling players ball or feet and must get to 10 points to win the game. Dribbling team has to do 6 dribbling lengths of the field. Then switch.

Coaching Points:

- Dribbling - Close touches in tight spaces.
- Running with the Ball - Big touches & cover ground quickly.
- Striking the ball with the laces.



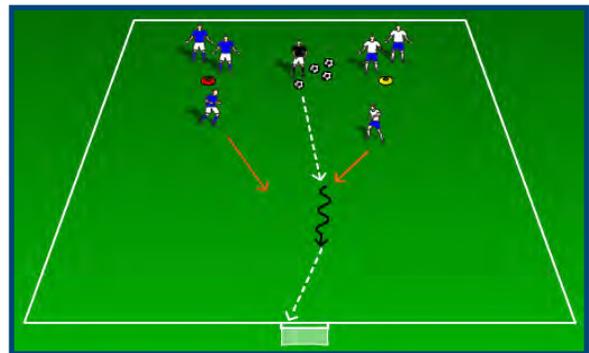
Activity 2 - MLS Shootout

Area: 20 x 20 yards with a goal at one end.

Organization: Split players into two teams. Place each team either side of the coach. Coach has all the soccer balls. When the coach passes a ball into the area, the first two players in line run to get the ball and try to finish. Keep the game moving quickly.

Coaching Points:

- Running w/ball - can you cover ground quickly and get to goal?
- Finishing - strike the ball with the laces early.



Activity 3 - Boss of the Balls - 1 v 1 to 2 v 1 to End Zones

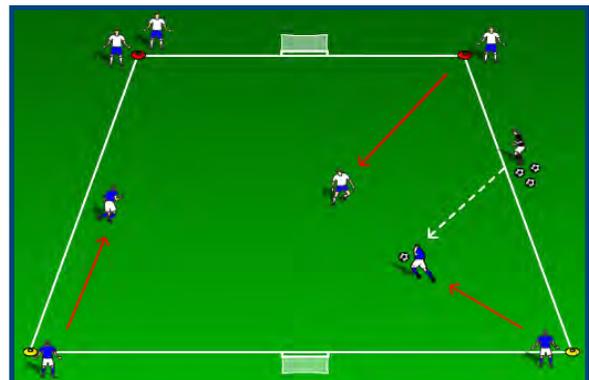
Area: Area is 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by dribbling into their end zone.

Progression: Play 2 v 1 and finish playing 2 v 2.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- Finishing Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option?



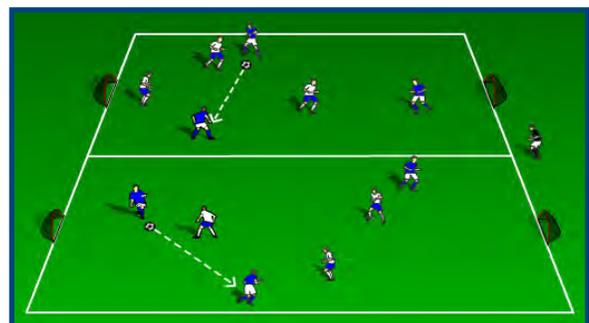
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

PRACTICE ACTIVITY BREAKDOWN - U8 SPRING

<p>Week 1, Lesson 1 - Dribbling to Keep Possession Activity 1: MLS Turns Activity 2: Team Steal Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 1, Lesson 2 - Dribbling to Penetrate Activity 1: Coaches Challenge Activity 2: Mr. Freeze Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to End Zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 2, Lesson 1 - Keeping Possession Activity 1: Topple the Coconuts Activity 2: Passers vs. Dribblers Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 2, Lesson 2 - Dribbling to Finish Activity 1: Name Game Finishing Activity 2: Chase Finishing Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to Goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 3, Lesson 1 - Dribbling to Keep Possession Activity 1: Smash and Grab Activity 2: Hospital Tag Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 3, Lesson 2 - Dribbling to Penetrate Activity 1: MLS Moves Activity 2: Crab Soccer Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to End Zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 4, Lesson 1 - Keeping Possession Activity 1: Paint the Field Activity 2: Passing Bandits Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to Four Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 4, Lesson 2 - Dribbling to Finish Activity 1: Clean your room! Activity 2: MLS Breakaway Activity 3: Boss of the Balls - 2 v 1 to 2 v 2 to Goal Activity 4: 3 v 3 Scrimmage</p>
<p>Week 5, Lesson 1 - Dribbling to Keep Possession Activity 1: Team Shield Activity 2: Team Knockout Activity 3: Boss of the Balls - 3 v 2 Goal & Counter Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 5, Lesson 2 - Dribbling to Penetrate Activity 1: Speedy Gonzales Activity 2: Cross the River Activity 3: Boss of the Balls - 3 v 2 to End Zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 6, Lesson 1 - Keeping Possession Activity 1: Gate Passing Activity 2: Partner Strike Out Activity 3: Boss of the Balls - 3 v 2 Goal & Counter Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 6, Lesson 2 - Dribbling to Finish Activity 1: Moving Targets Activity 2: Crab Finishing Activity 3: Boss of the Balls - 3 v 2 Goal & Counter Goals Activity 4: 3 v 3 Scrimmage</p>
<p>Week 7, Lesson 1 - Dribbling to Keep Possession Activity 1: Turning Diamond Activity 2: Inverted Goals 1 v 1 Game Activity 3: Boss of the Balls - 3 v 2 Goal & Counter Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 7, Lesson 2 - Dribbling to Penetrate Activity 1: Follow the Leader Activity 2: 1 v 1 to End Zones Activity 3: Boss of the Balls - 3 v 2 to End Zones Activity 4: 3 v 3 Scrimmage</p>
<p>Week 8, Lesson 1 - Keeping Possession Activity 1: Criss Cross Passing Activity 2: 3 v 1 Possession Activity 3: Boss of the Balls - 3 v 2 Goal & Counter Goals Activity 4: 3 v 3 Scrimmage</p>	<p>Week 8, Lesson 2 - Dribbling to Finish Activity 1: Dribbling & Moves to Finish Activity 2: 1 v 1 to Big Goals Activity 3: Boss of the Balls - 3 v 2 Goal & Counter Goals Activity 4: 3 v 3 Scrimmage</p>



MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 1 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

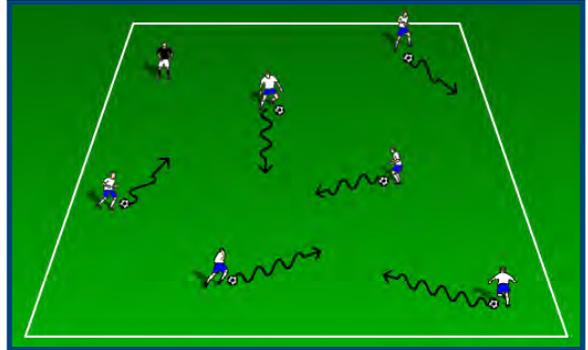
Activity 1 - MLS Turns

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Objective is to review all turns and add ball mastery techniques. Label each turn and ball mastery technique an MLS team. As players are dribbling shout an MLS team, players must follow the command with a technique.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Ball Mastery - Toe Taps and Chops (w/inside of the feet)
- Turning - quality of turn and acceleration after the turn.



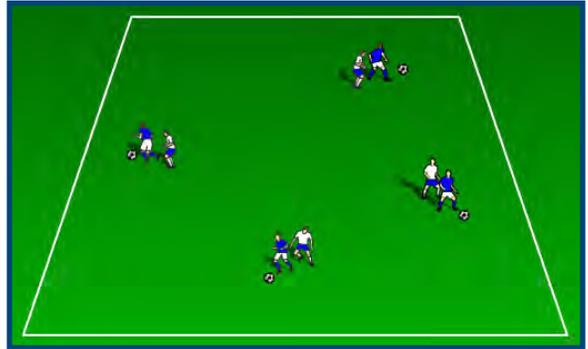
Activity 2 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into pairs, one player with the ball. Start one player with the ball and play for 30 seconds. Player who has the ball at the end of the time wins. Rotate who starts with the ball and continue.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 Turning Game

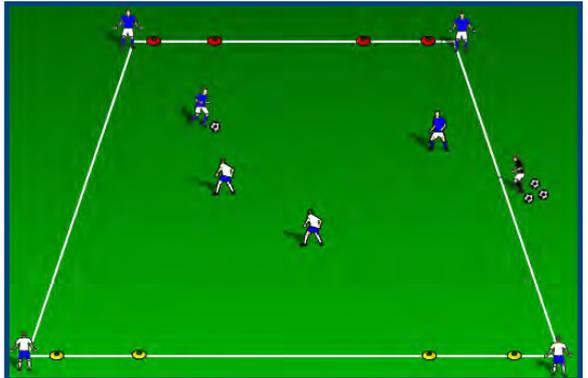
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team, which sends two players, the other team sends one.

Progression: Play 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - provide a support option. Where's the def?



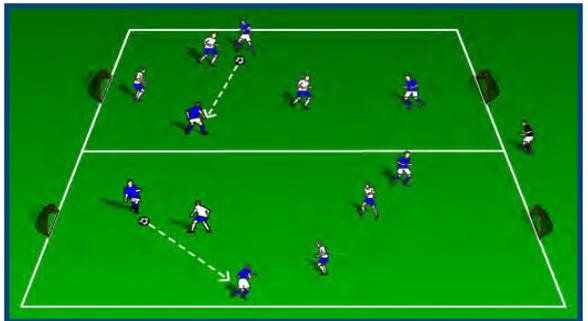
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 1 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Coaches Challenge

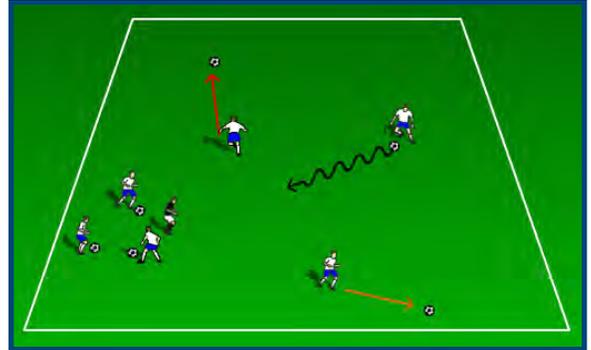
Area: 20 x 20 yards.

Organization: Each player has a ball. One at a time they hand the ball to the coach who throws the ball away and gives players commands:

- Do a step fake while dribbling back.
- Do a scissors move while dribbling back.
- Make a zigzag (inside and outside of foot) when dribbling back.
- Chop the ball back (knock ball between insides of both feet).

Coaching Points

- Dribbling and changing direction.
- Inside & outside hook - use turns to change direction quickly.



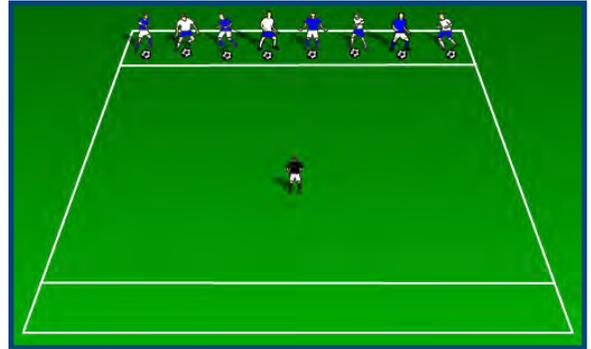
Activity 2 - Mr Freeze

Area: 20 x 20 with two 3 yard safe zones.

Organization: Place all players with a soccer ball in one safe area. The coach is Mr. Freeze and stands in the center of the grid. Player's are attempting to dribble across to the opposite safe zone, if player's area tagged they must freeze in that position. Players who are frozen can tag players dribbling from the spot. Continue until all players are frozen.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 End Zone Game

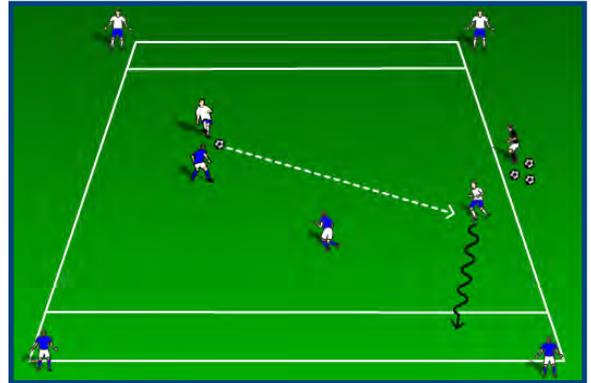
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the attacking team, who sends in two players. The defending team sends one to create a 2 v 1 game.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option? Where are the defenders and your teammates?



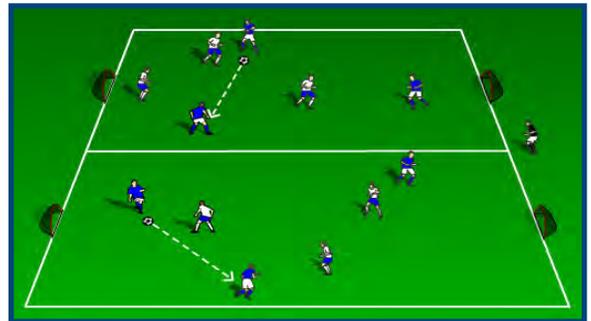
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Topple the Coconuts

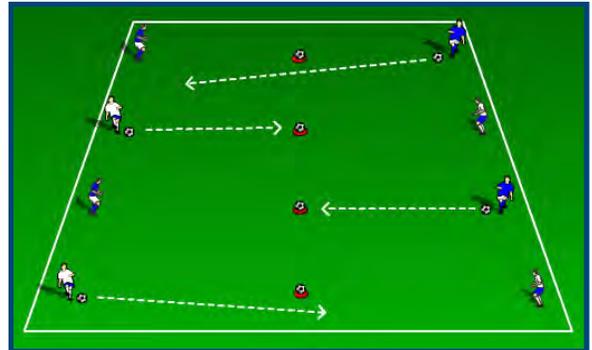
Area: 10 x 10 yards with a cone placed in the center.

Organization: Place players into pairs. Place one ball on the center cone and the other ball with the players. Players take it in turns trying to knock the ball of the cone by passing.

Progression: To make the game more difficult move the players away from the cones.

Coaching Points

- Passing Technique.



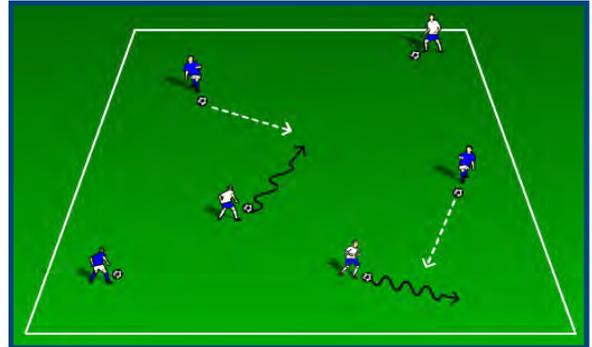
Activity 2 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into two teams, each player has a ball. One team is dribbling and their objective is not to get hit. One team is the passers and their objective is to pass their balls and hit the dribblers ball or feet. When a dribbler has been hit they stand still. They can be freed by a teammate tagging them. Play until all dribblers are caught.

Coaching Points:

- Passing Technique.
- Dribbling - keep the ball close under pressure.
- Turning - turn away from pressure to protect the ball & keep the ball.



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 Turning Game

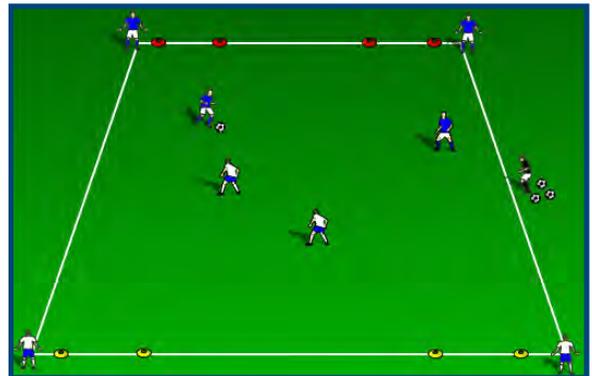
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team, which sends two players, the other team sends one.

Progression: Play 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - provide a support option. Where's the def?



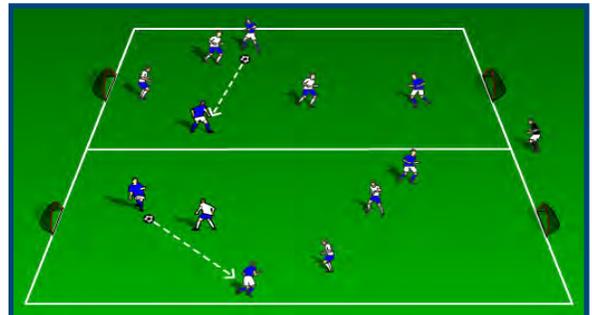
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 2 - PRACTICE 2

DRIBBLING TO FINISH

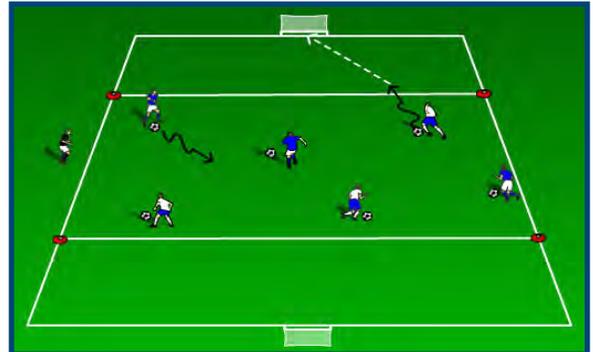
Activity 1 - Name Game

Area: 20 x 20 yards with a 10 yard zone in the middle and two goals.

Organization: Players start by dribbling inside the center area. When the coach shouts their name players dribble towards the nearest goal and finish. Introduce moves for players to execute before scoring.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor before scoring.
- Finishing - strike the ball with your laces.



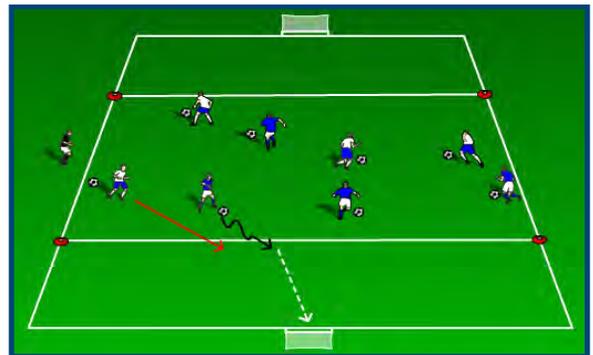
Activity 2 - Follow the Leader Finishing

Area: 20 x 20 yards.

Organization: Place players in pairs and number them. Designate a leader in each pair (rotate after each turn). Start with the leader dribbling and their partner following. When coach says a number, the leader goes to goal and their partner chases and tries to stop them.

Coaching Points:

- Dribbling - keep the ball close in tight spaces.
- Running w/ball - push the ball further & cover ground quickly.
- Move - use moves to beat the defender when in front of you.
- Finishing - strike the ball with your laces. Can you finish early?



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 End Zone Game

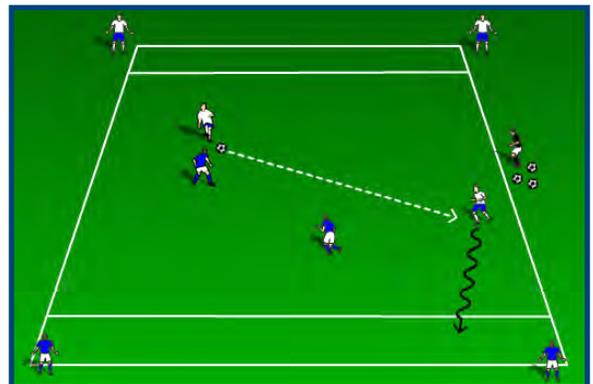
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the attacking team, who sends in two players. The defending team sends one to create a 2 v 1 game.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option? Where are the defenders and your teammates?



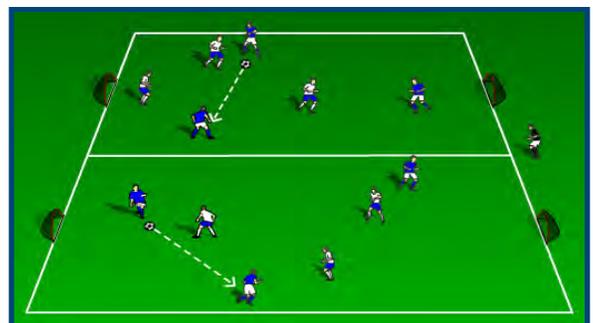
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 3 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

Activity 1 - Smash and Grab

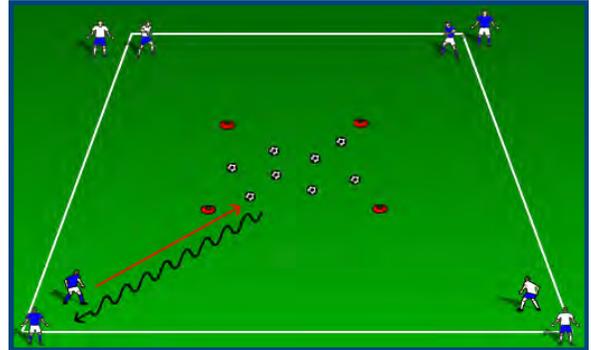
Area: 20 x 20 yards with a 10 x 10 area in the center.

Organization: Split players into 4 teams. One by one do the following:

1. Retrieve ball in any way.
2. Retrieve the ball with the Pull Back Turn.
3. Play continues until all balls are back in the center.
4. Players go when teammate touches ball, this way players have to avoid each other in the center of the grid.

Coaching Points

- Dribbling Technique.
- Pull Back Technique.



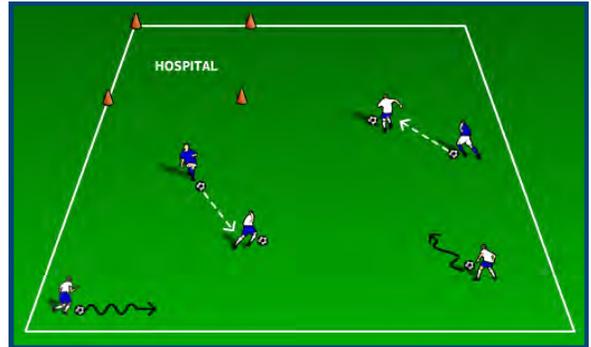
Activity 2 - Hospital Tag

Area: 20 x 20 yards with a 5 yard hospital.

Organization: Designate 2 taggers. Players who are tagged must hold that part of the body as they continue to dribble. If a player is tagged 3 times, they go to the hospital and complete a ball mastery task before returning to the game. Rotate taggers after 1 minute.

Coaching Points

- Dribbling under pressure - can we dribble out of pressure?
- Turning - turn away from pressure and protect the ball?
- Shielding - place your body in-between the defender and the ball.



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 Turning Game

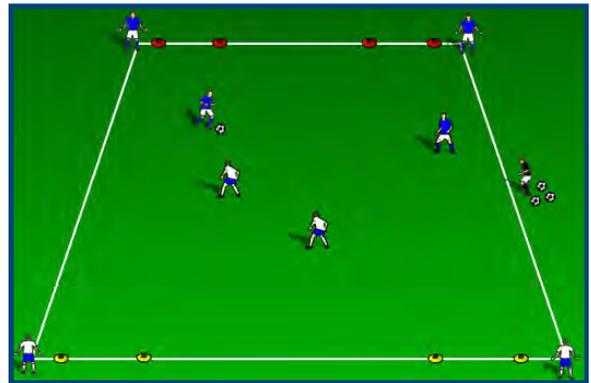
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team, which sends two players, the other team sends one.

Progression: Play 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - provide a support option. Where's the def?



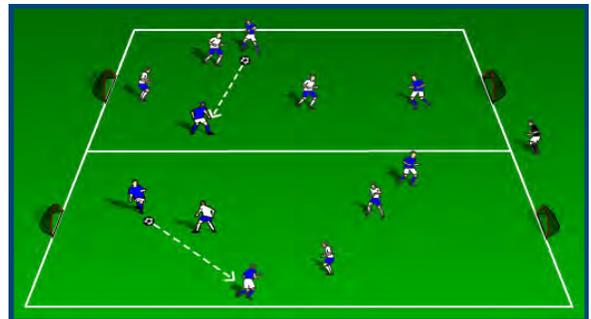
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 3 - PRACTICE 2

DRIBBLING TO PENETRATE

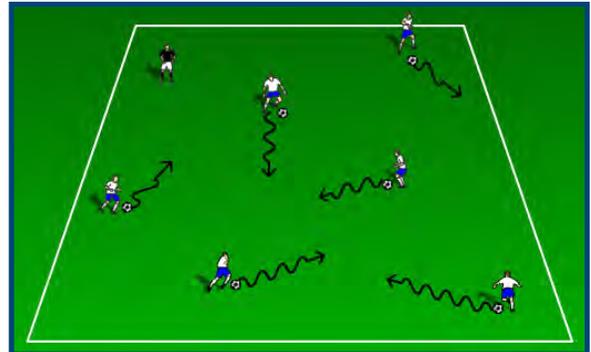
Activity 1 - MLS Moves

Area: 20 x 20 yards.

Organization: All players have a soccer ball and are dribbling around the area freely. Objective is to review all moves and add ball mastery techniques. Label each move and ball mastery technique an MLS team. As players are dribbling shout an MLS team, players must follow the command with a technique.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Ball Mastery - Toe Taps and Chops (w/inside of the feet).
- Moves - review step fake and scissor.



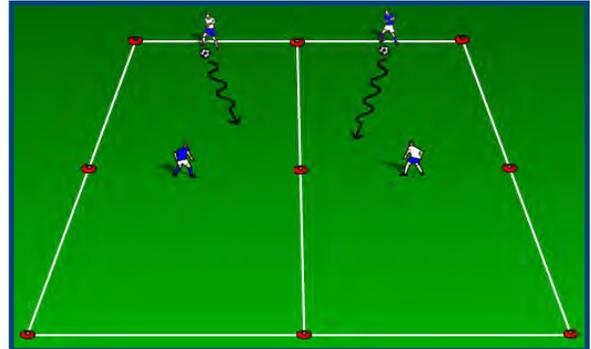
Activity 2 - 1 v 1 Crab Soccer

Area: 10 x 20 yards with a goal at one end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Running w/ball - explode out of the moves.



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 End Zone Game

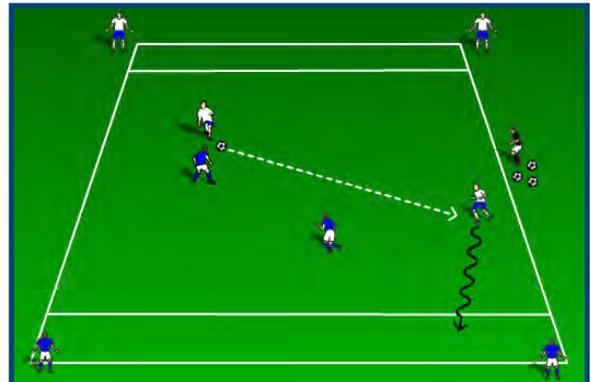
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the attacking team, who sends in two players. The defending team sends one to create a 2 v 1 game.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option? Where are the defenders and your teammates?



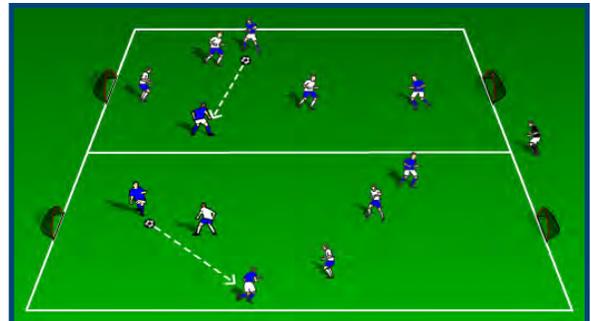
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 1

KEEPING POSSESSION

Activity 1 - Painting the Field

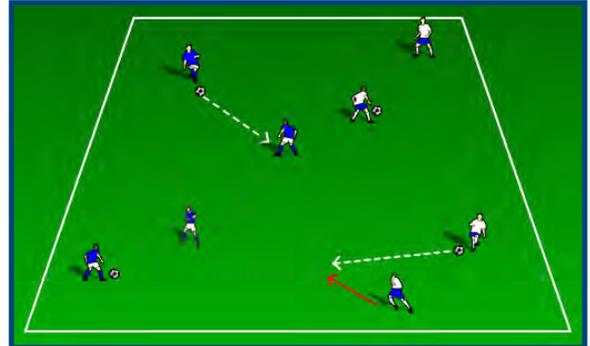
Area: 20 x 30 yards.

Organization: Place players into pairs, one ball between two. Imagine the ball is a paint brush. Can you paint the whole field by passing and moving with your teammate?

Progression: Add two defenders who are trying to steal the soccer balls. When ball a ball is stolen the players switch roles.

Coaching Points

- Passing Technique - pass to feet or space?
- Receiving Technique - can you take the ball where you want to go?



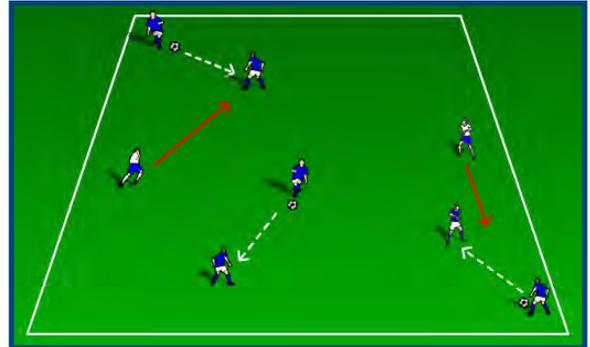
Activity 2 - Passing Bandits

Area: 20 x 20 yards.

Organization: Place players into pairs, designate one pair to be the bandits. Players are trying to pass and move around the area. The bandits job is to steal one soccer ball. When that happens the bandits switch roles and the pair that had their ball stolen become the bandits. Play for a time limit, bandits at the end of the game lose.

Coaching Points:

- Passing Technique.
- Dribbling - keep the ball close under pressure.
- Turning - turn away from pressure to protect the ball & keep the ball.



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 Turning Game

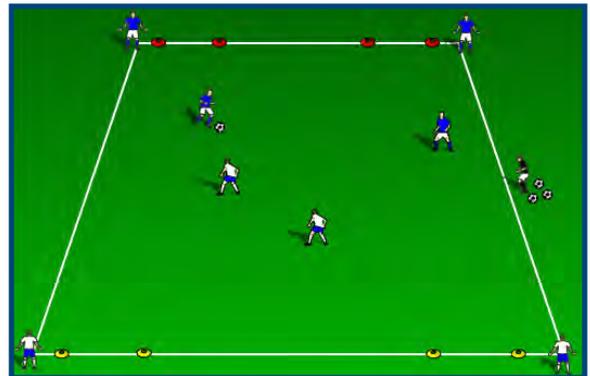
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team, which sends two players, the other team sends one.

Progression: Play 2 v 2.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - provide a support option. Where's the def?



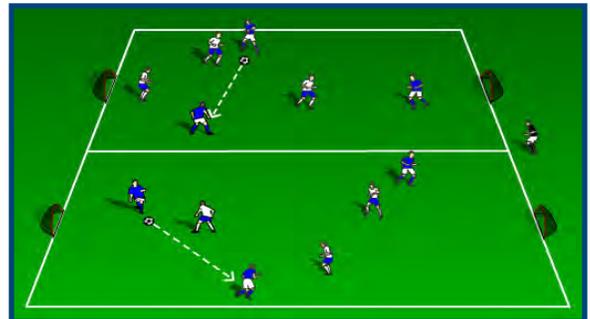
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 4 - PRACTICE 2

DRIBBLING TO FINISH

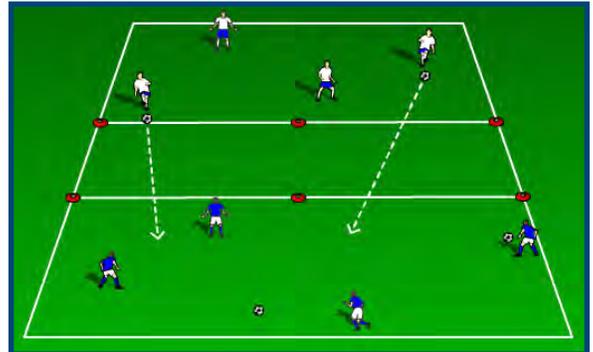
Activity 1 - Clean Your Room

Area: 20 x 20 yards with a 5 yard zone in the middle, which players cannot enter.

Organization: Split players into two teams. Each player has a ball. Play for 1 minute. Objective is for each team to get rid of all the soccer balls in their half of the grid. Team with the least soccer balls in their half wins.

Coaching Points:

- Striking the ball with the laces - Try to strike the ball so it does not stop in the center area and land in your oppositions half.



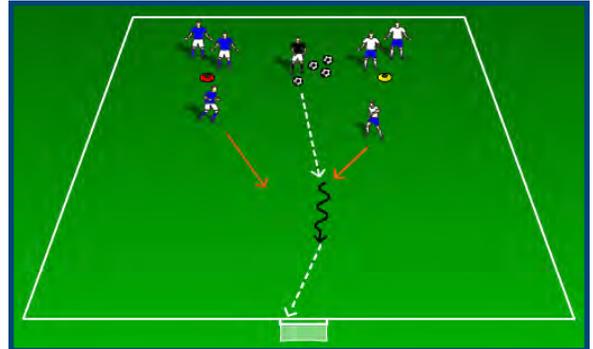
Activity 2 - MLS Shootout

Area: 20 x 20 yards with a goal at one end.

Organization: Split players into two teams. Place each team either side of the coach. Coach has all the soccer balls. When the coach passes a ball into the area, the first two players in line run to get the ball and try to finish. Keep the game moving quickly.

Coaching Points:

- Running w/ball - can you cover ground quickly and get to goal?
- Finishing - strike the ball with the laces early.



Activity 3 - Boss of the Balls - 2 v 1 to 2 v 2 End Zone Game

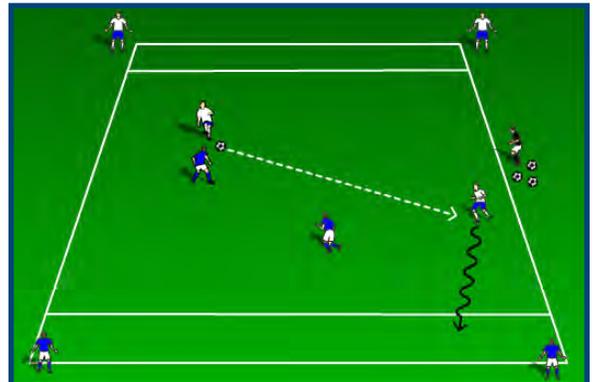
Area: 20 x 20 yards with two end zones.

Organization: Place players into two teams, one at each side of the coach. Coach plays the ball into the attacking team, who sends in two players. The defending team sends one to create a 2 v 1 game.

Progression: Play 2 v 1.

Coaching Points:

- Dribbling, Running with the Ball & Moves.
- Passing & Receiving Technique.
- 2 v 1 & 2 v 2 - Decision - pass or dribble? Where is the defender?
- 2 v 1 & 2 v 2 - Support - can you provide a passing option? Where are the defenders and your teammates?



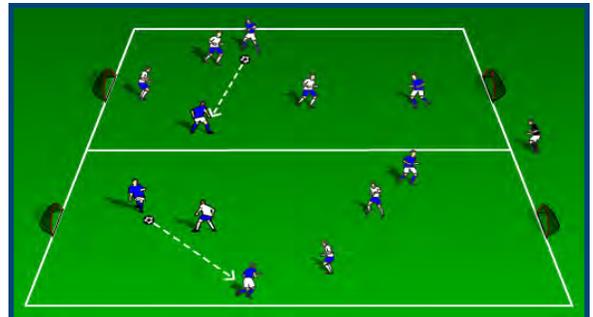
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 5 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

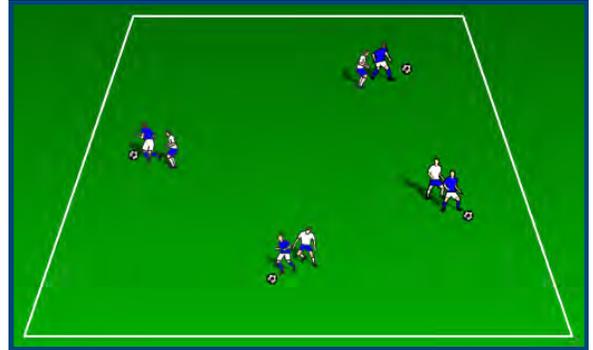
Activity 1 - Steal Shield

Area: 20 x 20 yards.

Organization: Place players into pairs, one player with the ball. Start one player with the ball and play for 30 seconds. Player who has the ball at the end of the time wins. Rotate who starts with the ball and continue.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Shielding - put body in between defender and the ball.
- Turning - turn away from pressure to protect the ball & keep the ball.
- Running w/ball - explode out of turns and away from pressure.



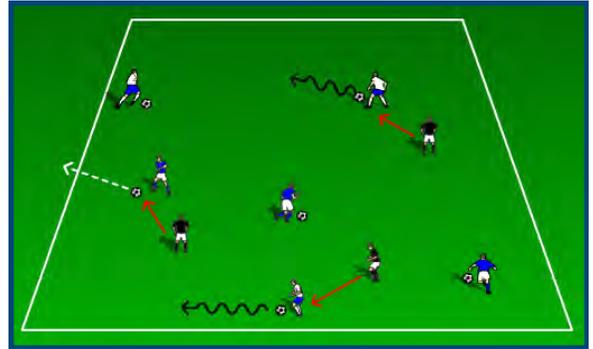
Activity 2 - Team Knockout

Area: 10 x 10 yards.

Organization: Split group into three teams. One team defends while the other two try to keep their soccer balls. Defending team wins a point for knocking a player's soccer ball out of the grid. If a player's ball is knocked out, they do a ball mastery activity before re-entering. Player for 1 minute then rotate defending team.

Coaching Points

- Dribbling - keep the ball close when under pressure.
- Inside & Outside Hook - can you turn away from pressure?
- Shielding - place your body in-between the defender and ball.



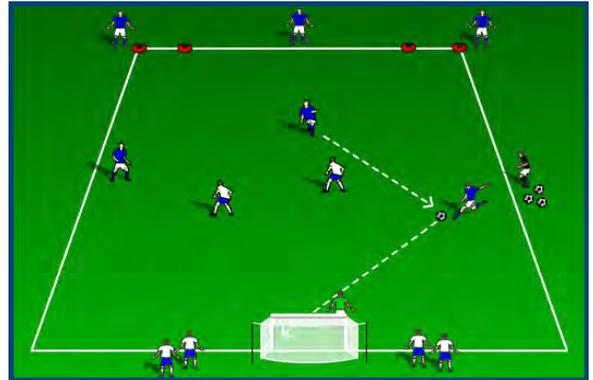
Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- Decision - pass, dribble or shoot? Where are the defenders?
- Support - provide a support option when off the ball. Where are the defenders & your teammates?



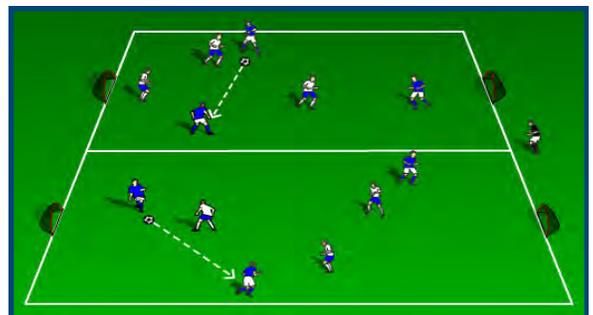
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 5 - PRACTICE 2

DRIBBLING TO PENETRATE

Activity 1 - Speedy Gonzales Relay

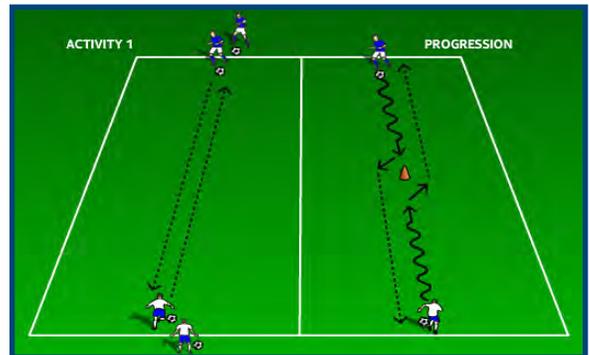
Area: 10 x 20 yards per group.

Organization: Split players into groups of at least 3. Each player needs a soccer ball. Place one player on one end line and two on the opposite end line. Each player's has to dribble one leg of the relay each. Continue.

Progression: Add a cone, players complete a move at the cone.

Coaching Points:

- Dribbling - keep the ball close when approaching the cone (defender).
- Scissor & Step Fake - can you do the move before the cone?
- Running w/ball - explode out of the move.



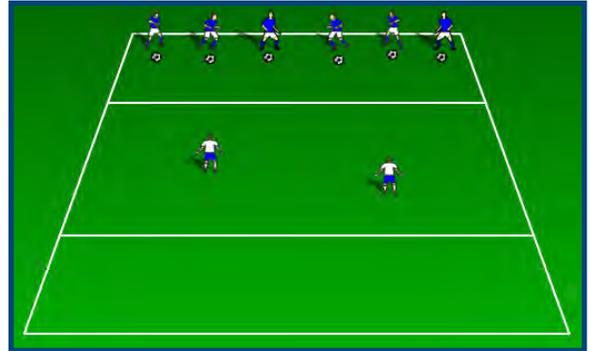
Activity 2 - Cross the River

Area: 20 x 20 with a 10 yard zone in the center.

Organization: Place two players in the middle zone (river) and the rest on the end line. When the coach says 'cross the river' the players must try to get across the area without having their ball stolen. If there ball is stolen they join the defenders in the river. Continue until one player remains.

Coaching Points:

- Dribbling - keep the ball close.
- Running w/ball - push the ball further & cover ground quickly.
- Move - can you use the step fake & scissor to beat frozen players?



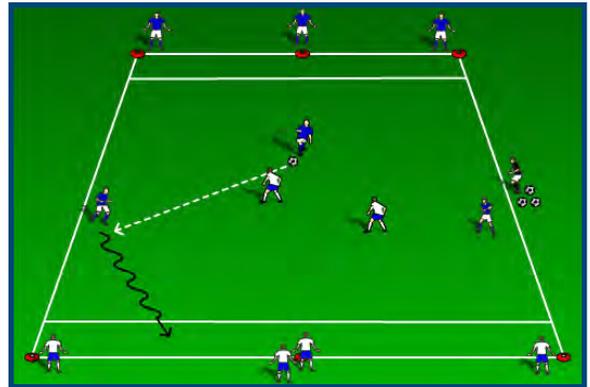
Activity 3 - Boss of the Balls - 3 v 2 to End Zones

Area: 20 x 20 yards with 3 yard end zones.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team who sends three players. The defending team sends two, which creates a 3 v 2 game. Players dribble into the end zone to score a goal.

Coaching Points:

- Dribbling, Running with the Ball and Move - technique with pressure.
- Passing & Receiving - Technique under pressure.
- Decision - pass or dribble? Where is the defender?
- Support - can you provide a passing option? Where are the def and your teammates?



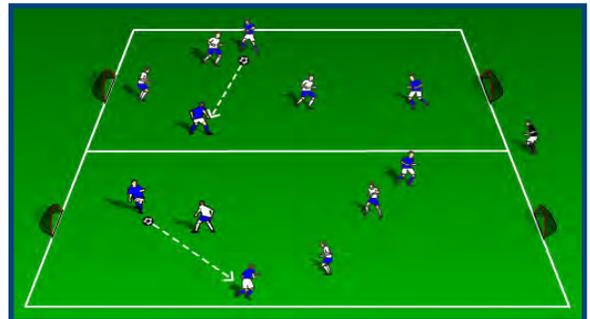
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 1

KEEPING POSSESSION

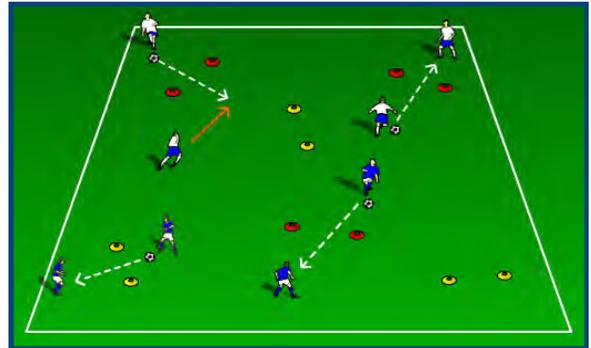
Activity 1 - Gate Passing

Area: 30 x 20 yards with small gates place randomly inside the area.

Organization: Place players into pairs, one ball between two. Players start at one gate, passing back and forth without moving. Progress to players passing and moving around the area. How many gates can you get through in 1 minute?

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - Can you take the ball in the direction you want to go?



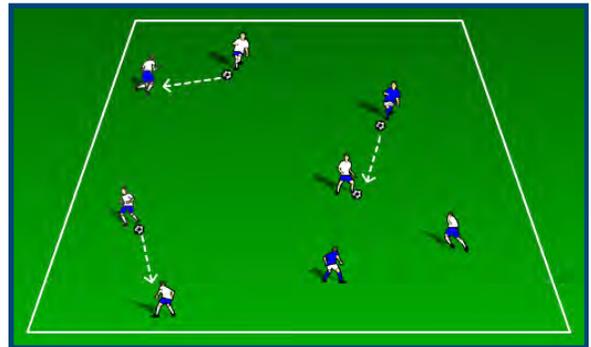
Activity 2 - Partner Strike Out

Area: 20 x 20 yards.

Organization: Place players into pairs, one ball per pair. Designate two players as strikers, who's job is to knock hit players feet or soccer ball. Players who tagged with the ball then turn into strikers and help tag players with their ball. Play until one team remains.

Coaching Points

- Passing Technique.
- Receiving Technique.
- Movement off the ball to support your teammate.



Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

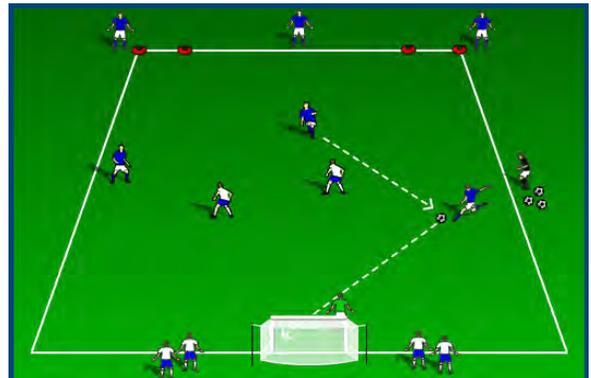
Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Ways to Score? Teams can score by passing into a goal or by getting 4 consecutive passes. Encourage keeping the ball!

Coaching Points:

- All technique under pressure.
- Decision - pass, dribble or shoot? Where are the defenders?
- Support - provide a support option when off the ball. Where are the defenders & your teammates?



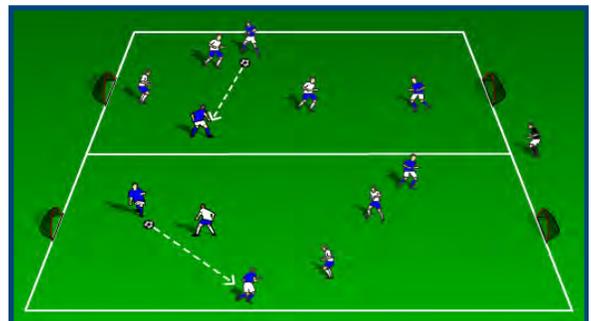
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 2

DRIBBLING TO FINISH

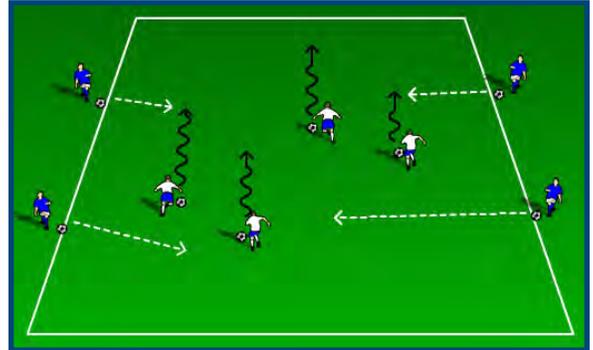
Activity 1 - Moving Targets

Area: 20 x 20 yards.

Organization: Split players into two teams. One is placed on an end line and is looking to dribble across the grid without getting hit. The other is the passing team and they are trying to hit the dribblers feet or below the knee. Play for one minute. Teams gain a point by dribbling across the grid without getting hit or hitting a player with a pass.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Running with the Ball Technique.
- Striking the ball with the laces technique.



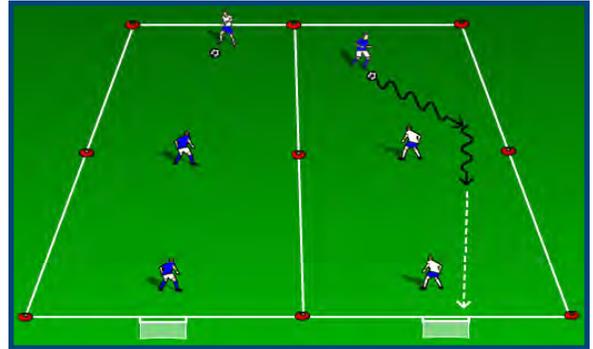
Activity 2 - 1 v 1 Crab Soccer Finishing

Area: 10 x 20 with a goal at one end.

Organization: Split players into groups of three. Place one player in goal, one player as a crab in the center of the grid and one player attacking. Attacking player is trying to score as many goals as possible in 45 seconds., rotate positions. 1 point for a goal and 5 points for a step fake / scissor and a goal

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake & scissor to beat defender (crab)?
- Finishing Technique.



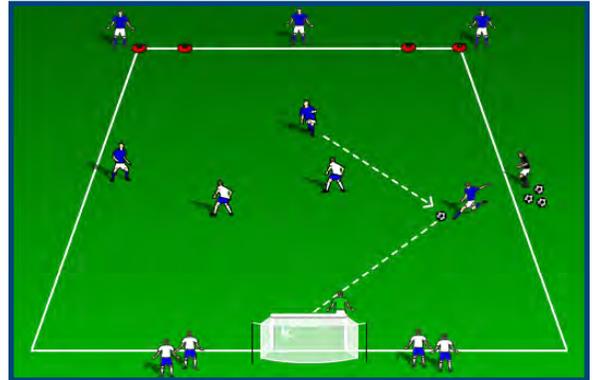
Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Coaching Points:

- Dribbling, Running with the Ball and Move - technique with pressure.
- Passing & Receiving - Technique under pressure.
- Finishing Technique - Distance from goal? Where is the GK?
- Decision - pass or dribble? Where is the defender?
- Support - can you provide a passing option? Where are the defenders and your teammates?



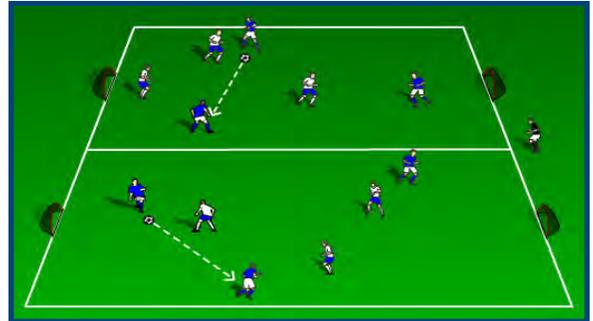
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 1

DRIBBLING TO KEEP POSSESSION

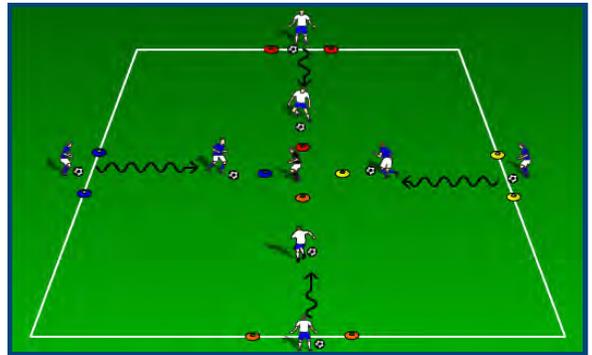
Activity 1 - Diamond Turning

Area: 20 x 20 yards with a 5 yard diamond in the center.

Organization: Place players into pairs, one ball per pair. First player in line dribbles towards the diamond, turns and passes back to their teammate. Run through Pull Back, Inside Hook and Outside Hook.

Coaching Points:

- Dribbling - keep the ball close under pressure.
- Turning Techniques.
- Running w/ball - explode out of turns.
- Passing Technique.
- Receiving the Ball Technique.



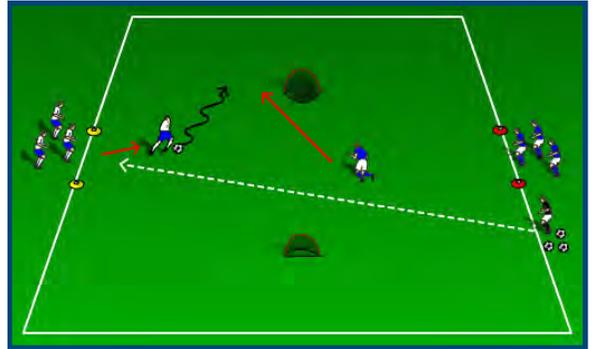
Activity 2 - 1 v 1 to Inverted Goals.

Area: 20 x 20 yards with two goals in the center facing outward.

Organization: Split group into two teams. Place a team at either side of the area. Coach players to the attacking team. Play 1 v 1 until a goal is scored or ball runs out of bounds. Players should switch sides after each turn.

Coaching Points

- Receiving Technique - can you take it in the direction of a goal?
- Dribbling - keep the ball close when under pressure.
- Use turns to change direction and keep possession.
- Shielding - place your body in-between the defender and ball.



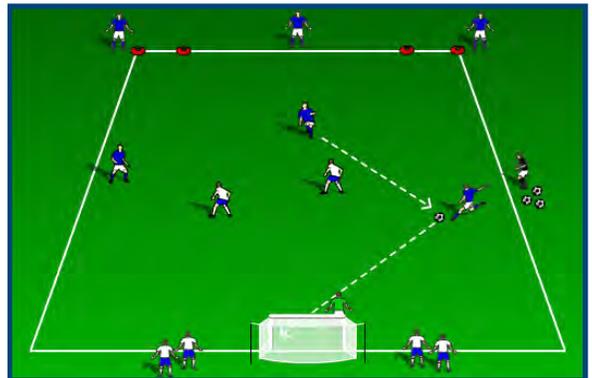
Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Coaching Points:

- Dribbling under pressure - can we dribble out of pressure?
- Turning / Shielding - turn away from def & use body to protect the ball
- Passing & Receiving Technique.
- Decision - pass, dribble or shoot? Where are the defenders?
- Support - provide a support option when off the ball. Where are the defenders & your teammates?



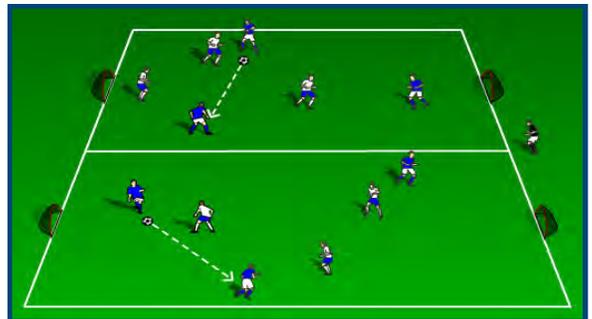
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

U8 BOYS & GIRLS

SPRING: WEEK 7 - PRACTICE 2

DRIBBLING TO PENETRATE

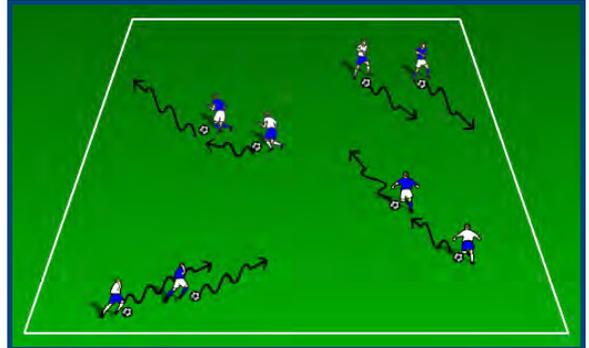
Activity 1 - Follow the Leader

Area: 20 x 20 yards.

Organization: Place players in pairs, one with a ball and the other without. Start players back to back. Upon the command 'GO', the player without the ball tries to lose their teammate who is dribbling after them. When the coach shouts 'FREEZE' players stop. If the teammates are within 5 steps the dribbling player wins, if not the leading player wins. Losing player does a fun punishment.

Coaching Points

- Dribbling - can we dribble w/our heads up and quickly?
- Moves - can you use the step fake & scissor to lose players?



Activity 3 - Boss of the Balls - 1 v 1 to End Zones

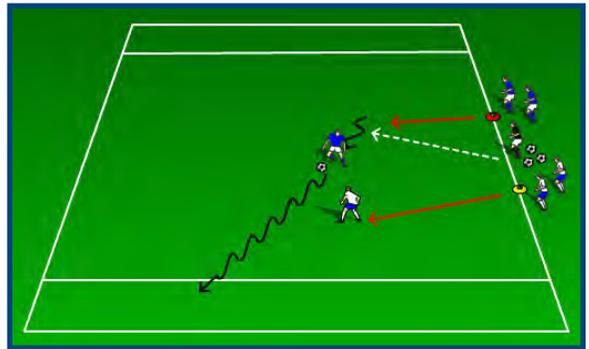
Area: 20 x 20 yards with four goals.

Organization: Place players into two teams, one diagonally facing each other. Coach plays the ball into the grid and the first two players in line play 1 v 1. Players score by scoring into a goal.

Progression: Players can only score in 2 goals opposite their team.

Coaching Points:

- Dribbling under pressure - can we keep the ball close while dribbling?
- Scissor - can you use the scissor to beat the defender?
- Running w/ball - can you explode after beating defender?
- Finishing / Passing - accuracy to hit a target.



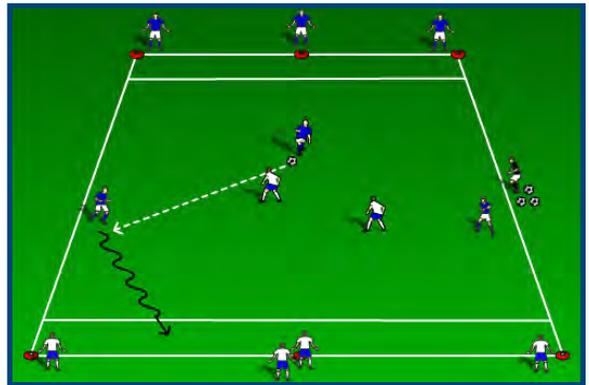
Activity 3 - Boss of the Balls - 3 v 2 to End Zones

Area: 20 x 20 yards with 3 yard end zones.

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the attacking team who sends three players. The defending team sends two, which creates a 3 v 2 game. Players dribble into the end zone to score a goal.

Coaching Points:

- Dribbling, Running with the Ball and Move - technique with pressure.
- Passing & Receiving - Technique under pressure.
- Decision - pass or dribble? Where is the defender?
- Support - can you provide a passing option? Where are the def and your teammates?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





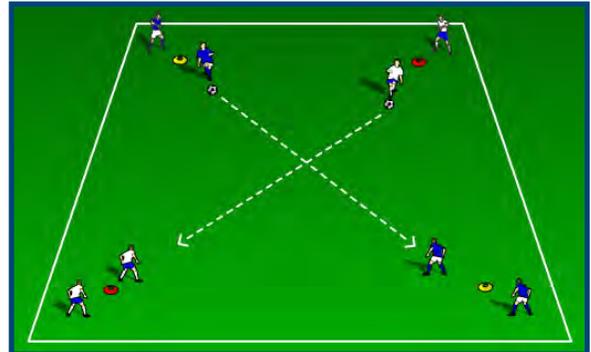
Activity 1 - Criss Cross Passing

Area: 15 x 15 yards.

Organization: Place players into groups of three or four, one ball per group. Place players as shown. Players pass back and forth within their group. After passing players should follow their pass to the back of the opposite line. Continue. Add fun activities if the ball hits!

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - Can you take the ball in the direction you want to go?
- Eyes up before you pass. Where is the other ball?



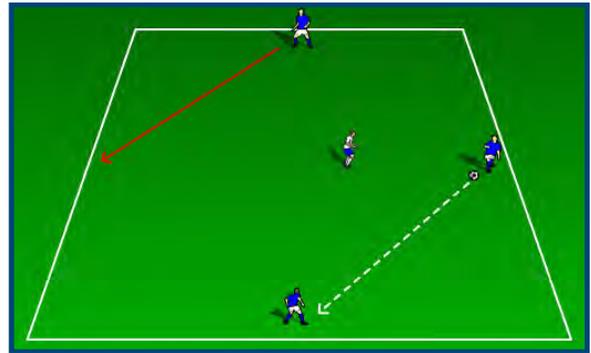
Activity 2 - Partner Strike Out

Area: 15 x 15 yards.

Organization: Place players groups of 4. One grid per group. Designate one player as the defender. Play 3 v 1. Five consecutive passes gets the attacking team a point. The defender must win the ball to get a point. First team to get 3 points wins, rotate defender.

Coaching Points

- Passing & Receiving Technique.
- Movement off the ball to support your teammate.
- Can you keep a triangle shape and always give the player with the ball 2 options.



Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

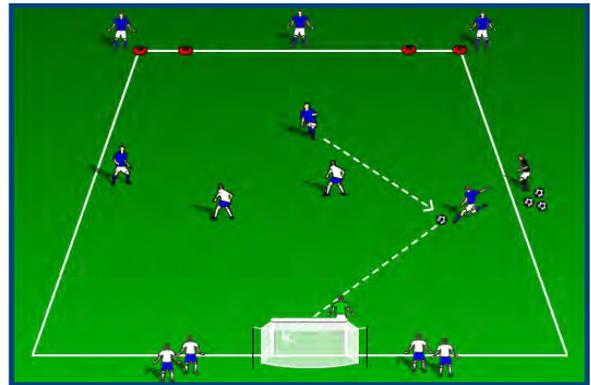
Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Ways to Score? Teams can score by passing into a goal or by getting 4 consecutive passes. Encourage keeping the ball!

Coaching Points:

- All technique under pressure.
- Decision - pass, dribble or shoot? Where are the defenders?
- Support - provide a support option when off the ball. Where are the defenders & your teammates?



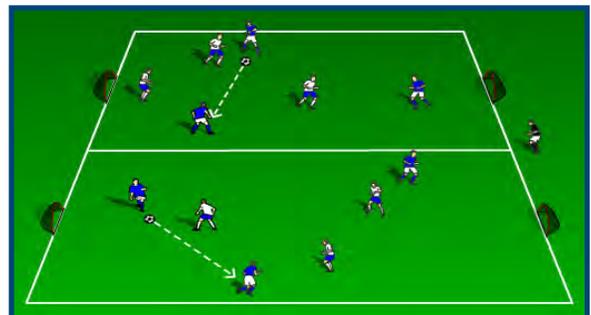
Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





Activity 1 - Finishing

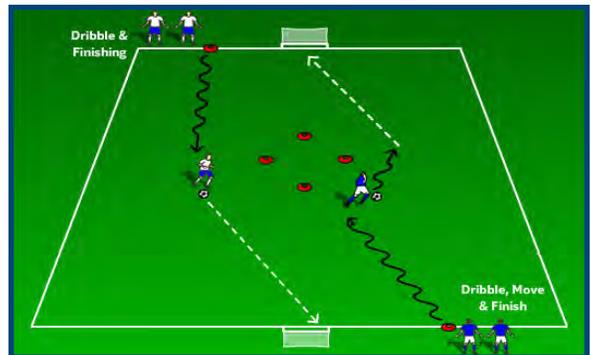
Area: 20 x 20 yards with goals and a 5 yard diamond in the center.

Organization: Split players into two teams. Place a team on each end line as shown.

1. Dribble and finish.
2. Dribble into diamond of cones, do a move and then finish.
3. Competition between groups. First to 10 goals wins.

Coaching Points:

- Dribbling - use inside, outside and sole to manipulate the ball.
- Striking the ball with the laces technique.
- Moves & Fakes - Run through Step Fake, Scissor and Inside Cut.



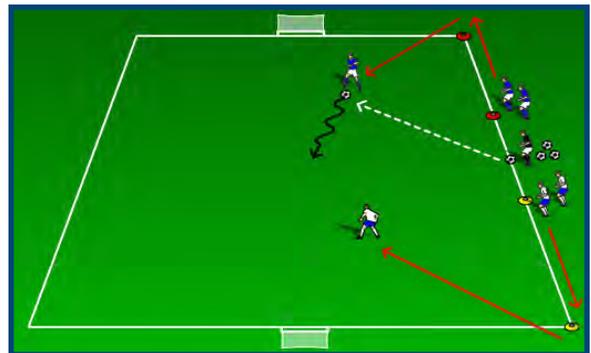
Activity 2 - 1 v 1 to Goal

Area: 20 x 20 with two goals.

Organization: Split players into two teams. Place a team either side of the coach. When coach says 'go', first two players in line run around the end line cone and into the grid to play 1 v 1. Make into a competition.

Coaching Points:

- Dribbling - keep the ball close as you approach defender (crab).
- Move - can you use the step fake, scissor or inside cut to beat defender?
- Running with the ball - can you explode out of your move?
- Finishing Technique.



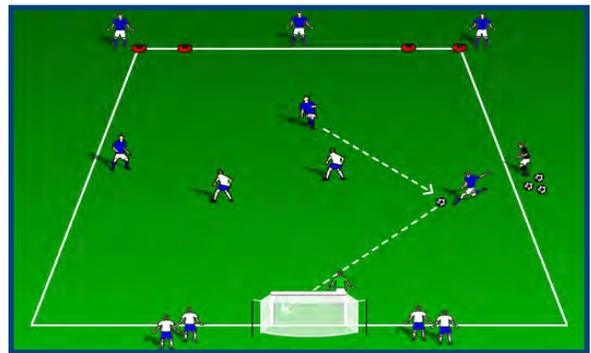
Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Coaching Points:

- Dribbling, Running with the Ball and Move - technique with pressure.
- Passing & Receiving - Technique under pressure.
- Finishing Technique - Distance from goal? Where is the GK?
- Decision - pass or dribble? Where is the defender?
- Support - can you provide a passing option?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.





MSYSA COACHING EDUCATION

DRIBBLING TECHNIQUE

Dribbling is the technique used by players to maneuver the ball through tight areas where defenders are trying to steal the ball. When dribbling, players should keep the ball within one step of their foot, so they have total control and if required can stop the ball, turn with the ball, do a move with the ball, pass the ball or shoot the ball. Without control over the ball, players cannot execute any of these actions.

Best Used

- In tight spaces with defenders around them.
- To cover ground.
- Go past an opponent.
- Set the player for a pass to teammate or a shot on goal.
- To relieve pressure.

Technical Breakdown

- **Dribbling can be executed with different surfaces of the feet: inside, outside, laces and sole.**
 - Laces - Used to dribble in a straight line. Point the toes of the kicking foot down and slightly inward.
 - Inside - Used to change direction. Ball moves across the body.
 - Outside - Used to change direction. Ball moves away from the body.
 - Sole - Used to change direction. You can use this surface to manipulate the ball in most directions.
- **Close Control.** Players should push the ball no further than one step away from your body. Rhythm should be; touch, step, touch, step, touch, step, etc.
- **Athletic stance with knees bent.** Players need to be balanced when dribbling and should have their feet roughly shoulder width apart with their knees slightly bent. Body weight should be slightly leaning forward.
- **Ball should remain on the ground when dribbling.** Players should strike the center of the ball and have their kicking foot knee over the ball when they strike it.
- **Vision, eyes up when dribbling.** Players should have their eyes up to see options when dribbling. This can either be done when they are in total control or in-between touches of the ball.

Common Mistakes

- **Loss of control.** Players are pushing the ball to far away from their body and start to reach for the ball.
- **Lack of vision.** Players who are no comfortable with the ball at their feet with tend to look only at the ball and cannot get their eyes off the ball to see options.
- **Unbalanced.** Players are stood upright and do not bend their knees. Easily knocked off the ball.



MSYSA COACHING EDUCATION

RUNNING WITH THE BALL TECHNIQUE

Running with the ball is different than dribbling because it is a technique used to cover ground quickly and exploit open space, while still having control over the ball.

Best Used

- To cover ground quickly.
- When there is a lot of space in front of a player.
- To relieve pressure.
- To attack space.
- After beating a defender and exploiting space behind the defender.

Technical Breakdown

- Player should be facing in the direction they intend to go; hips and shoulders facing fwd.
- Players usually use their strongest foot but it is recommended to use the foot furthest from a defender.
- Use the outside of the laces to strike the ball. Point the toes of the kicking foot down and slightly inward.
- Bend you knees, every time you strike the ball the knee of your kicking foot should be over the ball.
- Strike the center of the ball.
- A players body weight should be forward with knees bent as you run.
- Relax your body while on the ball, be natural.
- The ball should be pushed 2 to 3 feet in front of the player, this will depend on the speed of the player. Players must be sure to still have control of the ball.
- Cover ground as quickly as possible in-between touches.
- Players should look to get their eyes off the ball in-between touches to see options available.

Common Mistakes

- Ball gets caught underneath the players feet and they cannot move at full speed.
- Player shows the defender to much of the ball.
- Players concentrate solely on the ball and limit vision in possession.
- Players are not balanced and do not have a good athletic posture while running.



SHIELDING TECHNIQUE

Shielding is the technique used by players to protect the ball from a defender.



Best Used

- To protect the ball and keep possession.
- To waste time.

Technical Breakdown

- The attacking player should place their body in-between the ball and the defender.
- The attacker should make themselves as big as possible by positioning their body sideways, use their arm to feel for the defender and their further foot to manipulate the ball.
- Players should bend the knee of their non-kicking foot and lower their center of gravity to remain balanced and strong.
- Use the sole of the foot to manipulate the ball from side to side.
- After protecting the ball try to create separation from the defender by moving forwards and off them.
- Attackers should use their body and the sole of the foot to role the defender if they try to win the ball.

Common Mistakes

- Ball is shown to the defender and allows them to steal, because:
 - Body is square instead of sideways on.
 - Player is upright and hasn't lowered their center of gravity, so the ball is too close to the body.
 - Arm is not extended to feel defender and keep distance.
- Player is not balanced and fails to stay strong in possession.
- Player doesn't recognize / feel that the defender is trying to come around the side to steal the ball.



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TURNING TECHNIQUE

Turning techniques are used to change direction and / or turn away from the pressure of defenders. There are many ways to turn with the ball, however, in the recreational curriculum we will highlight the six basic techniques. Also, we will outline certain age specific turns based on the characteristics of the players in each age group. At U8, we have identified the PULL BACK, INSIDE HOOK AND OUTSIDE HOOK.

Best Used

- To turn away from danger.
- To change direction.
- Change the point of attack.
- Beat defenders.
- Relieve pressure.
- Keep possession.

Technical Breakdown - characteristics needed for all turns.....

- Close control when dribbling. The ball must be under control to turn effectively.
- Players should assess the line of the ball when approaching the ball to turn.
- Players should recognize where pressure is coming from. This can be done by looking and feeling.
- Look at the ball as you execute the turn.
- Deception! Fake to shoot or pass by exaggerating one of these movements before turning.
- Turn away from pressure. Move your body in-between the ball and the defender as you turn.
- Balance. You must remain balanced while turning, bend your knees and control your body.
- Accelerate out of the turn. This will ensure that you lose defenders.

Common Mistakes

- Exposing the ball to the defender:
 - Ball is not under control before you try to turn.
 - Player turns into the path of the defender.
 - Ball does not move 180.
- No deception. Defender easily reads that the player is about to turn and steals the ball.
- Player is not balanced when turning, which allows the defender to win the ball.
- Player fails to accelerate after turning and allows the defender to recover back into a good position.

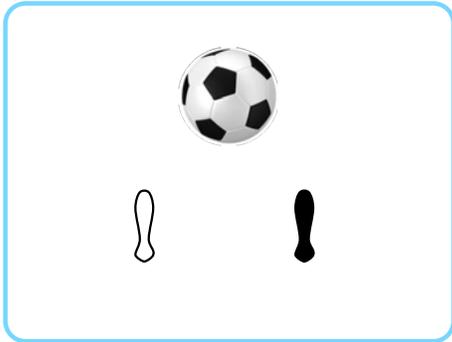
On the next few pages we will describe in detail the three turns outlined for this age group.



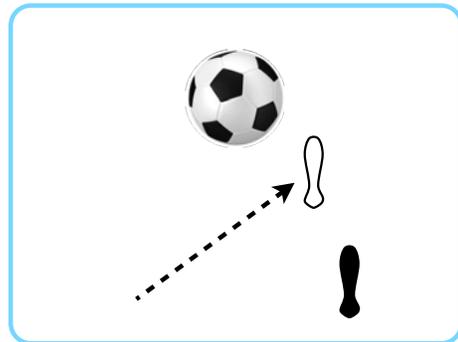
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INSIDE HOOK TURN

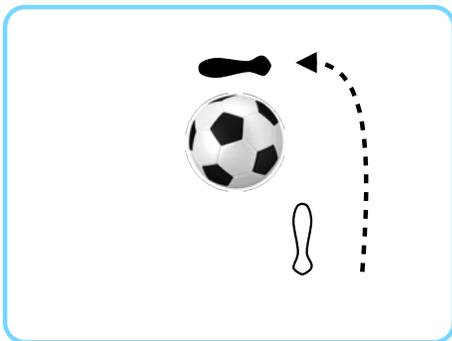
STEP 1: The ball should be directly in front of the player as they dribble and before executing the turn.



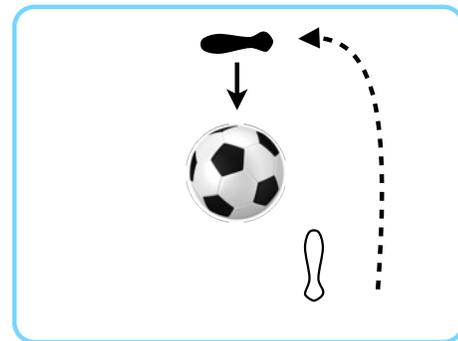
STEP 2: The player's non-kicking foot should step across the front of the ball.



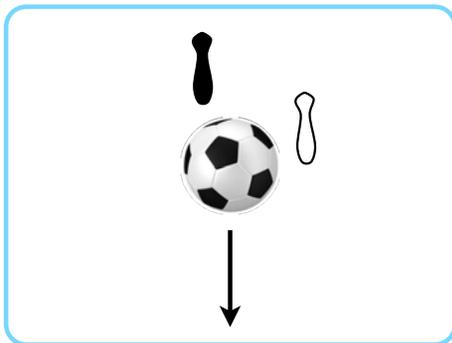
STEP 3: The player's kicking foot should reach around the outside of the ball.



STEP 4: In the same motion as step 3, the player should strike the front of the soccer ball with the inside of the foot.



STEP 5: As the player strikes the front of the ball with the inside of the foot, they should turn 180 degrees.



STEP 6: After the player turns 180, they should accelerate away from the defender and into space.



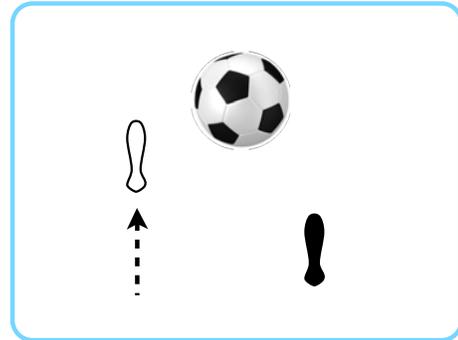
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OUTSIDE HOOK TURN

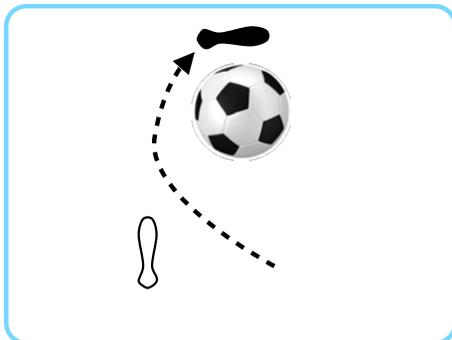
STEP 1: The ball should be directly in front of the player as they dribble and before executing the turn.



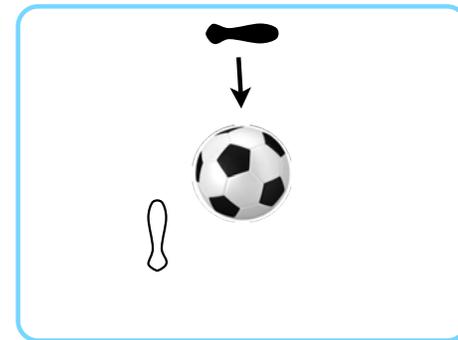
STEP 2: The player's non-kicking foot should step to the outside of the ball.



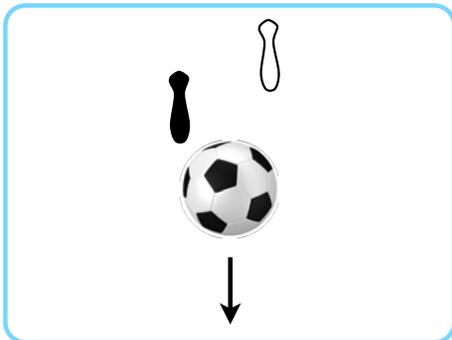
STEP 3: The player's kicking foot should reach around and slightly over the ball.



STEP 4: In the same motion as step 3, the player should strike the front of the soccer ball.



STEP 5: As the player strikes the front of the ball, they should turn their bodies 180 degrees.

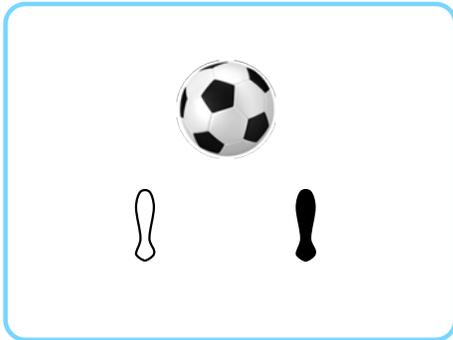


STEP 6: After the player turns 180, they should accelerate away from the defender and into space.

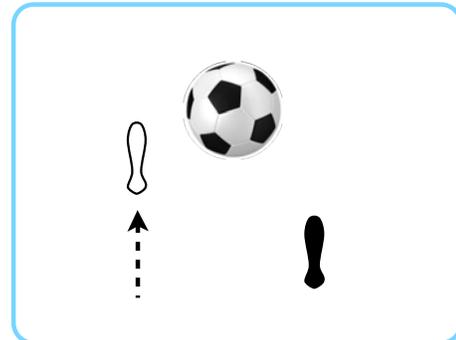


PULL BACK TURN

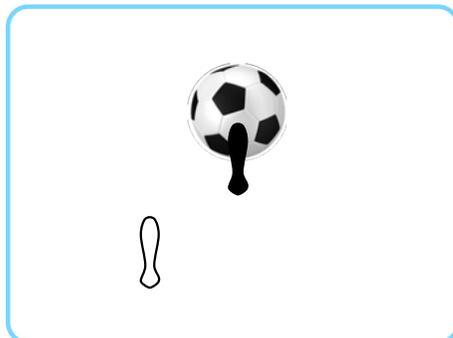
STEP 1: The ball should be directly in front of the player as they dribble and before executing the turn.



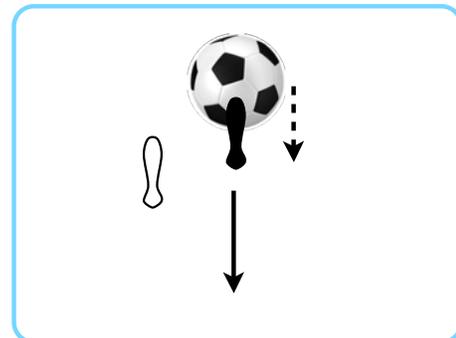
STEP 2: The player's non-kicking foot should step to the outside of the ball.



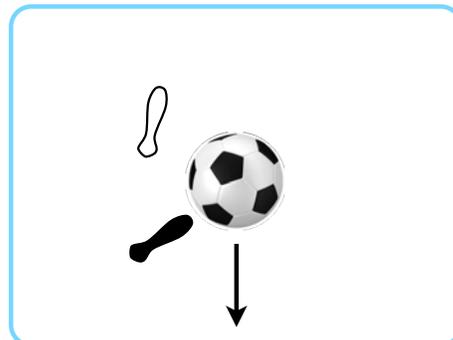
STEP 3: The player should place the sole of the turning foot on top of the ball.



STEP 4: Quickly after placing their foot on the ball the player should pull the ball backward.



STEP 5: The player's turning foot should come off the ball and step back, allowing the ball to run backward.



STEP 6: After allowing the ball to run backward, the player should turn and accelerate away.





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MOVES AND FAKES TECHNIQUES

Moves and fakes are used to beat an opponent, relieve pressure from a defender and create space and time. There are lots of moves and fakes that can be used to do this, however, in the recreational curriculum we will highlight the basic techniques. Also, we will outline certain age specific moves and fakes based on the characteristics of the players in each age group. At U8, we have identified the STEP FAKE, SCISSORS MOVE & INSIDE CUT as appropriate for this age group.

Best Used

- One vs. one battles with a defender.
- During 2 v 1 situations.
- To change direction with deception.
- To set up a pass or shot on goal.

Technical Breakdown - characteristics needed for all moves and fakes.....

- Close control when dribbling. The ball must be under control to manipulate the ball.
- Deception. Players must use their body to over exaggerate movements in order to fake out a defender.
- Change in speed. Once the fake or move has been completed, a change of pace and acceleration is important to exploit the space created and not allow the defender to recover.
- Balance. It is important to bend your knees and open your stance in order to remain balanced throughout the move or fake and then allow you to explode.
- Players must come out of the move or fake diagonally and in opposite direction of the fake.
- Game speed. Try to complete the fake or move at game speed, which will not allow defenders to read what the attacker is trying to do. Completing the movements slowly will allow defenders to telegraph what the attacker is doing and adjust accordingly.

Common Mistakes

- Player does not have total control of the ball, which allows the defender to step in and steal the ball.
- The move or fake is completed too close to the defender, which results in the defender winning the ball.
- No deception. Defender easily reads what the player is trying to do and steals the ball.
- Player fails to accelerate after turning and allows the defender to recover back into a good position.
- Player comes out of the move too straight or in the direction of the fake, which allows the defender to win the ball.

On the next few pages we will describe in detail the three moves and fakes outlined for this age group.



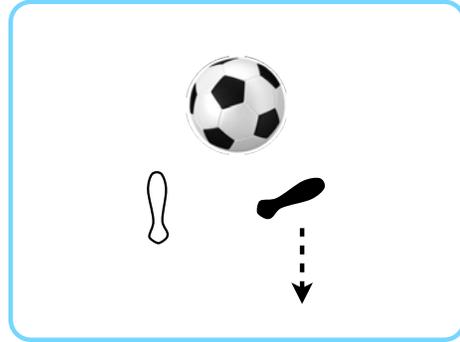
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INSIDE CUT MOVE

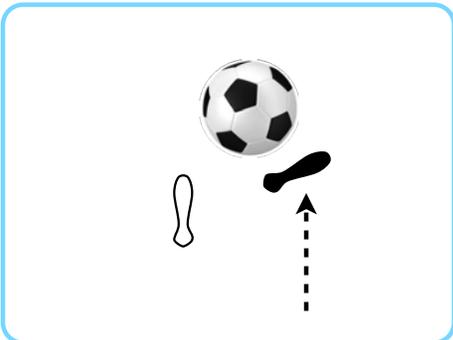
STEP 1: The ball should be directly in front of the player as they dribble and before executing the move.



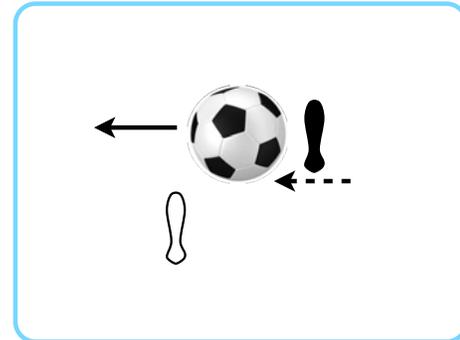
STEP 2: The players kicking foot should move back to show that they are about to pass or shoot the ball.



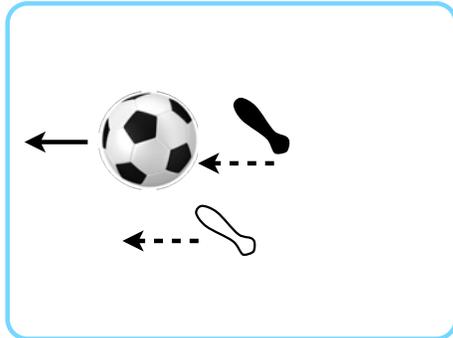
STEP 3: As the players foot moves forward they should either show their inside of the foot to pass or laces to shoot



STEP 4: As the foot approaches the ball, move it to the side and strike it directly across the body.



STEP 5: In the same motion as STEP 4, step down with the kicking foot and swivel your non-kicking foot.



STEP 6: Accelerate after the ball and into the space beating the defender.



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STEP FAKE

STEP 1: The ball should be directly in front of the player as they dribble and before executing the move.



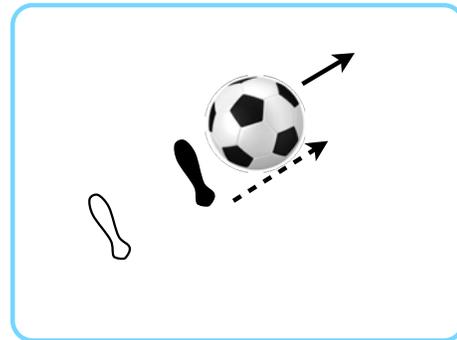
STEP 2: The player's non-kicking foot should step to the outside of the ball, bend their knee and drop their shoulder.



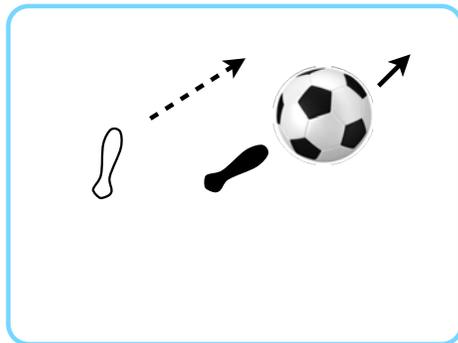
STEP 3: The player's kicking foot should come to the inside of the ball, while doing this fake to pass or shoot.



STEP 4: After faking, push the ball out diagonally with the outside of the kicking foot.



STEP 5: In the same motion as STEP 4, turn your non-kicking foot and body to accelerate out into the space.



STEP 6: Explode into the space leaving the defender behind you.



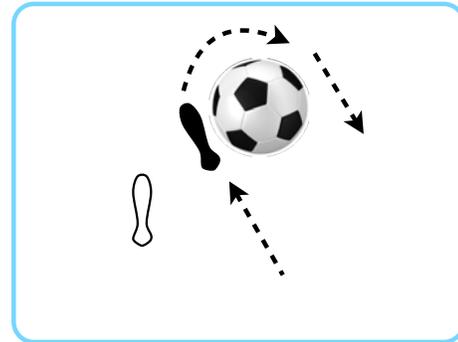
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SCISSORS MOVE

STEP 1: The ball should be directly in front of the player as they dribble and before executing the move.



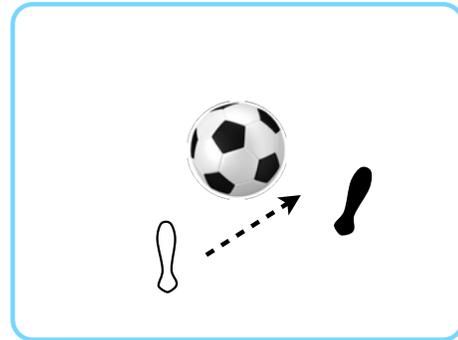
STEP 2: The player's non-kicking foot (black) should circle the ball (inside to outside).



STEP 3: When the player's non-kicking foot (black) steps down, they should bend their knee and drop their shoulder.



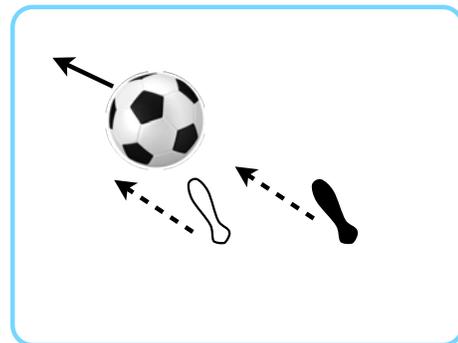
STEP 4: After the player's non-kicking foot steps down, the kicking foot should come to the inside of the ball.



STEP 5: In the same motion as Step 4, the kicking foot should push the ball diagonally past the defender.



STEP 6: As the ball is pushed, both feet should swivel and the player should accelerate with the ball.





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FINISHING TECHNIQUE - STRIKING THE BALL WITH THE LACES

Finishing is the technique used by players to put the ball in the back of the net! There are many ways a player can finish the ball, however, at these ages we are looking to work on striking the ball with the laces.

Best Used

- Passing over distance.
- Shooting.
- Clearing the ball defensively.
- Switching the point of attack.
- Free kicks or restarts.

Technical Breakdown

- Approach the ball at an angle, roughly 45 degrees.
- Step into the ball placing your non-kicking foot in line and at the side of the ball. The distance from the ball will depend on the height of the player.
- Point the toes of your non-kicking foot towards the target.
- Bend the knees of your non-kicking foot in order to remain balanced.
- Lean slightly forward, so your body is over the ball.
- Strike the center of the ball with the laces by pointing your toes down and slightly outward.
- Lock the ankle of your kicking foot. This can be done by pushing your toes to the sole of your shoe.
- After striking the ball the kicking foot should step through the ball towards the target.
- After striking the hips and shoulders of the players should also be lined up with the target.

Common Mistakes

- Non-kicking foot is placed too far away from the ball, resulting in the player striking the inside of the ball and slicing it.
- Non-kicking foot is placed too close to the ball, resulting in the player striking the outside side of the ball and dragging the ball across their body.
- Non-kicking foot is placed behind the ball, which results in the player striking the bottom of the ball.
- Follow through is not towards the target, which turns the hips and shoulders.
- Player strikes the wrong part of the soccer ball.
- Player strikes the ball with the wrong surface of the foot.



PASSING TECHNIQUE - INSIDE OF THE FOOT

Passing the ball is the technique of moving the ball effectively between two players. There are many techniques to pass the ball, however, at the U8 age group we are looking to introduce the concept of passing with the inside of the foot.

Best Used

- Accurate passing over most distances.
- Shooting over short distances.
- Linking the ball during possession.
- Quick free kicks, corners and goal kicks.

Technical Breakdown

- Before passing the ball you must get your eyes up and see your target.
- Approach the ball at a slight angle. If you are passing with the right foot, approach from the left and vice versa.
- Place your non-passing foot to the side of the ball.
- Point the toes of your non-passing foot towards your target.
- Bend the knees of the non-passing foot in order to keep your balance.
- Open your passing foot to the ball, making sure the inside of the foot will make contact with the ball.
- Lock the ankle of your passing foot by point your toes upward and keeping your heel down.
- Eyes on the ball as you pass.
- Pass by striking through the center of the ball.
- After striking the ball, follow through with your passing foot towards your target.
- The hips and shoulders should face the target after passing the ball.

Common Mistakes

- Players foot is not completely open, which affects the accuracy of the pass.
- Toes of the non-passing foot do not point at the target, which affects the accuracy of the pass.
- Toes of the passing foot are pointing down, which affects the contact with the ball and accuracy.
- Ankle of the passing foot is not locked, which affects power and accuracy.
- Follow through is across the body instead of towards the target, which affects accuracy.
- Ball is not struck through the center, which can make the ball rise.
- Hips and shoulders are not facing the target after the pass, which can affect accuracy.



RECEIVING TECHNIQUE - INSIDE OF THE FOOT

Receiving the ball is a technique used to control the ball when it is passed to a player on the ground. We use the term receiving rather than trapping because it implies controlling the ball rather than stopping the ball. At the U8 age group we recommend encouraging players to receive the ball with the inside of their foot, as this is the simplest technique that can be used to control the ball. Advanced players in this age group should be asked to receive the ball away from pressure.

Best Used

- Control the ball following a pass from a teammate.
- Intercept the ball following a pass for the opposition.
- Receive the ball in a stationary position.
- Receive the ball while moving.

Technical Breakdown

- Player should be ready to receive the ball OR 'on toes'.
- Player's hips and shoulders should be ideally square to the ball as it arrives.
- Use the inside of the foot to control the ball. Open your foot square to the ball.
- Receiving foot should have its toes pointed up and its heel down (slightly off the ground).
- Try to have a soft touch on the ball as it hits the receiving foot. Withdraw your foot as the ball hits it, this should take the pace off the ball.

Common Mistakes

- Player is not ready to receive the ball, flat footed as the ball comes into the player.
- Player is sideways on as the ball comes into them, which allows the ball to run past them.
- Player's foot shape is incorrect, causing the ball to bounce off them in a different direction.
- Player has their foot too far off the ground, which allows the ball to run underneath their foot.
- Player does not accept / cushion / withdraw their foot as the ball hits it, which makes the ball bounce off the foot.