



USYS ACTIVITY GUIDE

COVID EDITION

June, 2020

US Youth Soccer has compiled a collection of useful resources that can help you and your players begin to engage in physical soccer activity. These activities are designed to limit contact, and you can select which are most appropriate for you based on your local return to activity guidelines. These activities are good examples to follow while taking proper physical distancing into consideration. Physical activity plays a huge part in the development of a child. Exercise, along with a balanced diet, can provide the foundation for a healthy, active life.

Thank you to all of the USYS State Associations who participated in this collaboration.

Please be aware and follow all Federal, State and Local guidelines and requirements before engaging in any physical activity. The safety and security of our soccer community is, and always will be, our highest priority!

We hope you enjoy these activities and please reach out if you have any suggestions, comments or questions. For more information, go to <https://www.usyouthsoccer.org/coaching-resources/>

We are Youth Soccer!

4 v 4



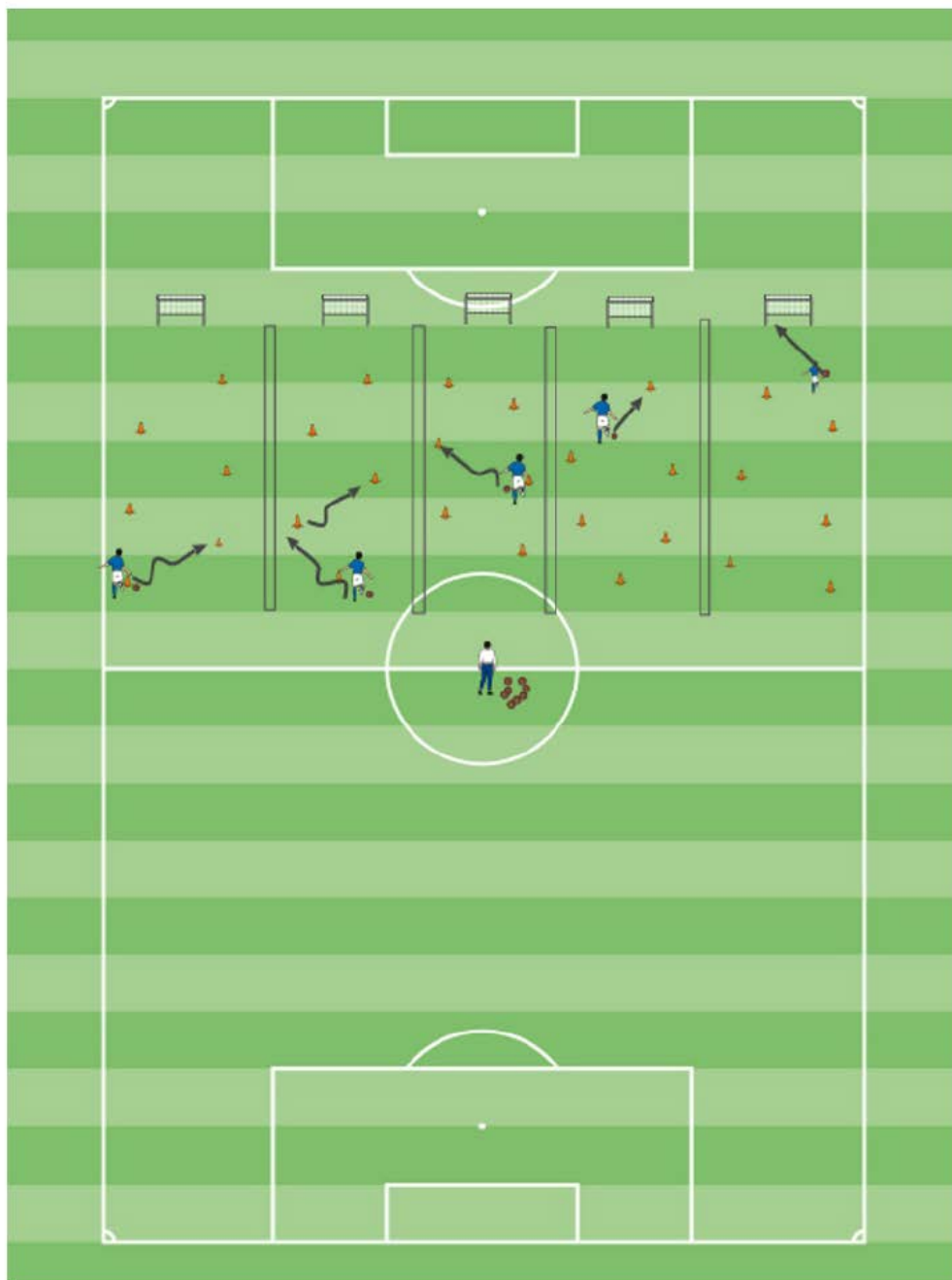
4v4 Dribble Through Cones and Shoot (U6-U8)

Terry
Babatunde
Eguae Ed. D.

Objective: Dribbling and Shooting

Player Actions: Shoot, Pass/dribble

Key Qualities: Read game/make decisions, Optimal technique, Optimal physical



Organization: 4v4 dribble and shoot. 1. Each player with a ball in a grid with a mini goal. 2. Players dribble thru each cone and shoot on mini goal. 3. Switch players between grids

Notes: Make a competition out of it - First player to shoot on mini-goal, Encourage close control, players to look up when dribbling, etc.

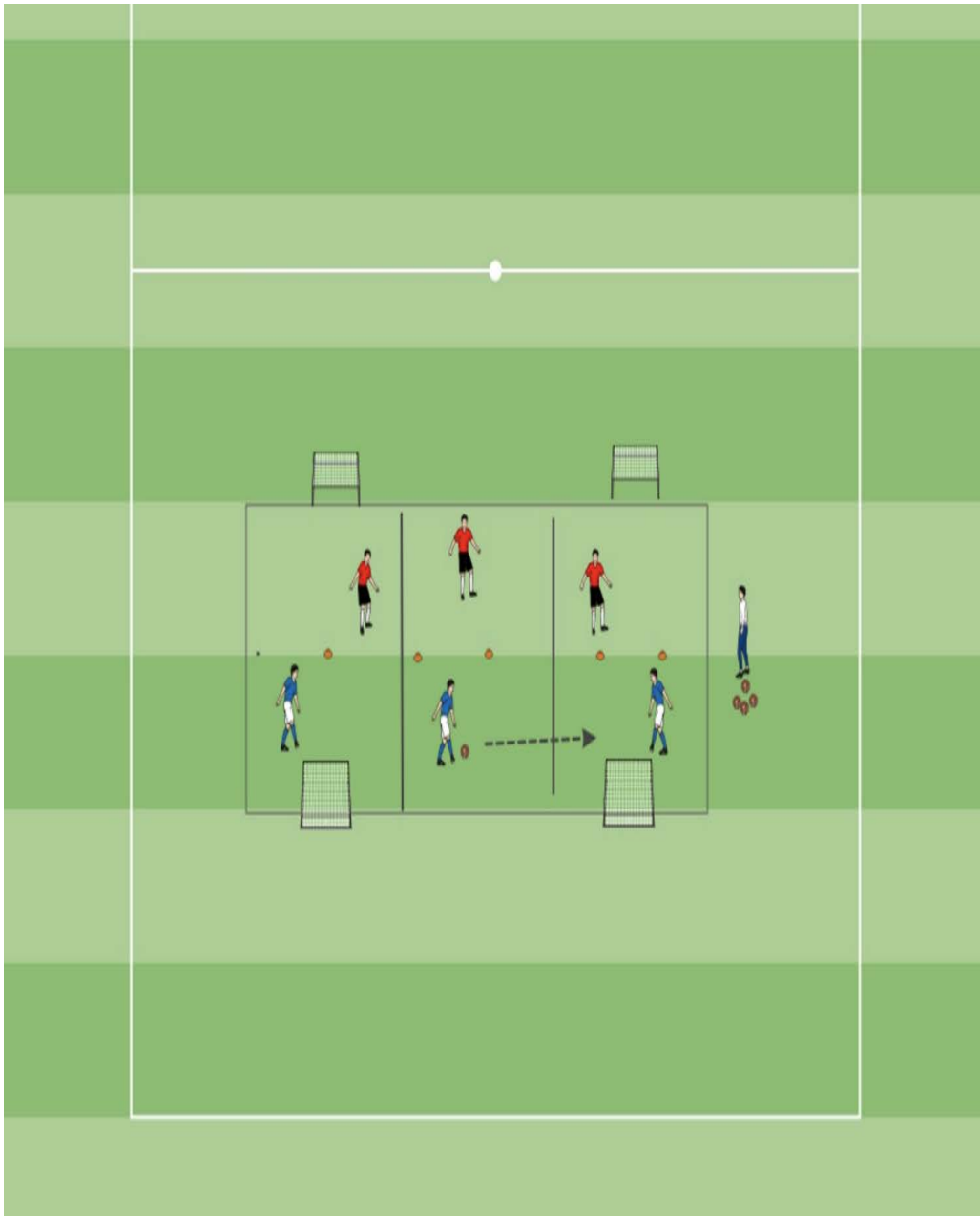
4v4 Four (4) Goal Game (U6-U8)

Objective: Pass and Shoot

Player Actions: Shoot, Pass/dribble, Spread Out

Key Qualities: Read game/make decisions, Optimal technical, Initiative

Terry
Babatunde
Eguae Ed. D.



Organization: Four (4) goal game. 1. 3v3 in a small grid of 20-25 yards wide and 10-15 yards long. Each player in a quad separated by cones. 2. Each team attacks two goals and defends two goals. Play for a few min (3-4 mins) before water break

Notes: Players can not leave the quad. Teams with the most goals wins. Encourages passing and shooting.

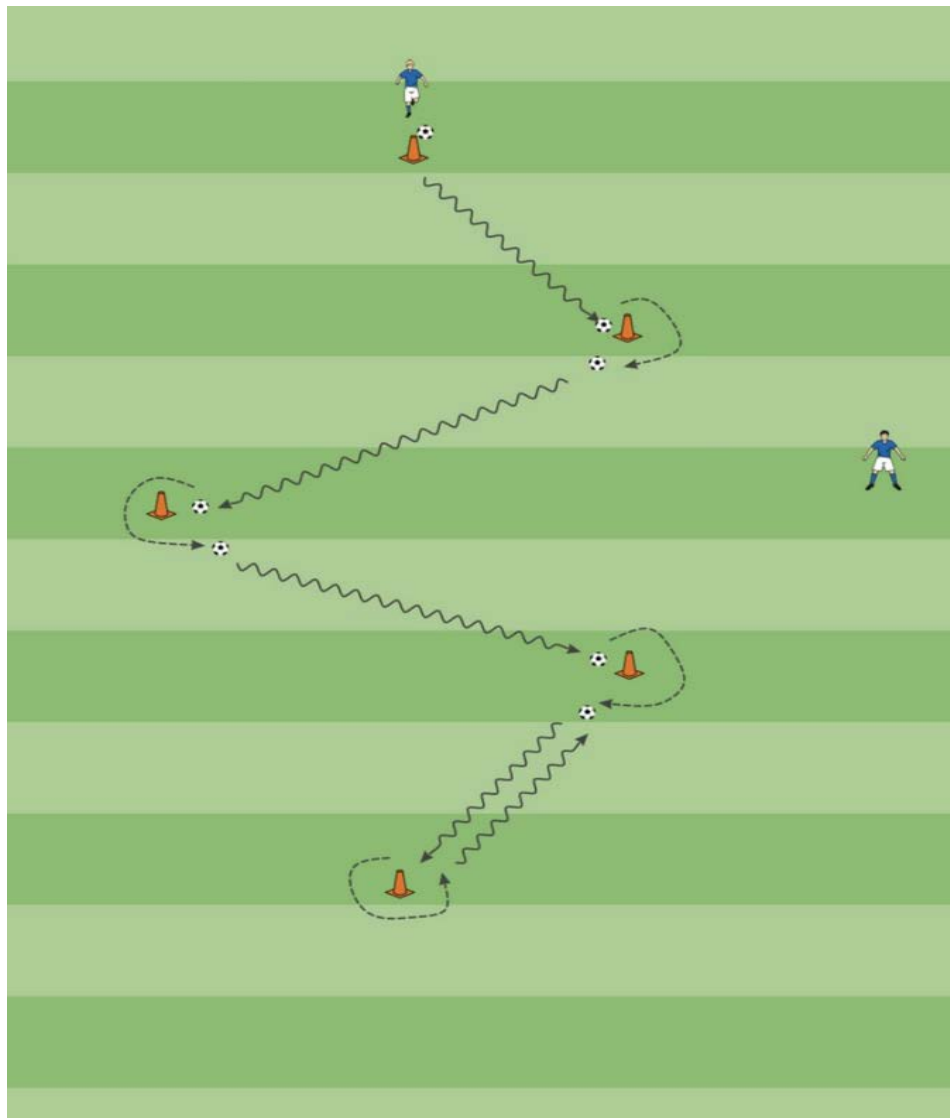
4v4 Dribbling Control (U6)

Emma
Greenwood

Objective: Improve ability to dribble and stop ball under control

Player Actions: Pass/dribble

Key Qualities: Focus



Organization: Players in pairs, one working one resting and keeping score of reps. Cones set up in a zig-zag pattern. 4 balls needed, player dribbles from 1st cone to 2nd cone stops ball dead and rounds the cone to collect ball 2 and repeat between cones 2&3 and 3&4. Player collects ball at cone 4 and dribbles towards final cone, drops ball dead and rounds cone to collect same ball. Repeats the same pattern in reverse.

Notes: Small touches, knees bent during turn, quick feet, control.

4v4 Hit the Cone (U6)

Mark
Godwin

Objective: To hit the cone and knock it over with your ball

Player Actions: Pass/dribble, Shoot

Key Qualities: Read game/make decisions, Focus, Optimal technical



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Organization: 15x25 area. Inside the area set up tall cones randomly spaces throughout. Have the players dribble around and try to knock down as many cones as they can. Each time they knock down a cone, they are awarded with one point. (Have the kids set up the cones upright again after each successful hit, players at this age will like to use their laces to hit the ball. It is very difficult for them to use a push pass.)

Notes: Spread the cones as far apart as possible to maintain social distancing. Use at least 3 times as many cones to players so that will help keep players from going to the same cone. Enforce the rule that 2 players cannot go to the same cone at the same time.

4v4 Physical Distance Training Session: Dribbling (U6) - Instructions on Next Page



Activity One

Objective: Improve the player's ability to maneuver the ball with different surfaces of the foot

Player Actions: Dribble Forward

Key Words: Outside, Inside, Laces & Bottom

Notes: To allow for ease of learning, introduce the 4 surfaces 1 surface at a time then layer in 1 at a time. Challenge the players to perform this "really hard task." Once they realize they can complete the challenge they will be ready for the next surface.

Activity Two

Objective: Improve the player's ability to maneuver the ball with different surfaces of the foot

Player Actions: Dribble Forward

Key Words: Outside, Inside, Laces & Bottom

Notes: Movement education is an important part of the development process. This game can help the coach identify and improve the player's coordination, agility and balance.

Activity Three

Objective: Move the Ball Forward

Player Actions: Dribble Forward

Key Words: Laces (to go forward), Bottom of the foot (to stop), Outside/Little toe or inside/big toe (to turn)

Notes: Adjust the speed of calling out lights by the player's ability to respond with the action.

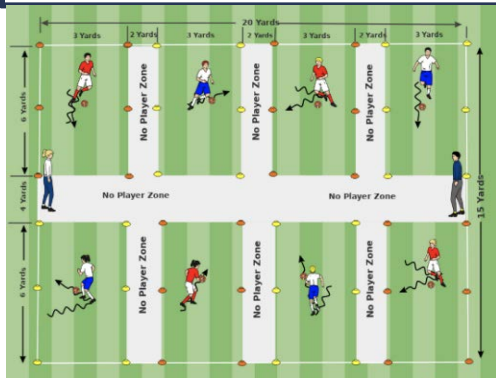
Goal: Improve the technique of dribbling a soccer ball

Skill Acquisition: Dribbling: Surface of the foot and ball, quality of touch

4v4 Physical Distance Training Session: Dribbling (U6)

Activity 1: 4 Surfaces Dribbling

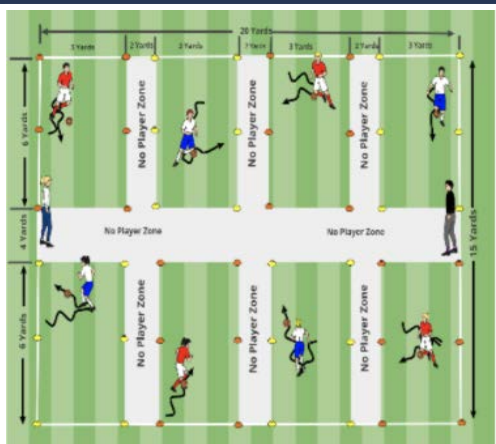
15 min. -10 intervals- 1 min. play + 30 sec. rest



Organization: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players try to use the following 4 surfaces in 1 fluid motion & in order: Outside of the foot (pinky toe), inside of the foot (big toe), laces & bottom (sole). Once they have stopped it with the bottom of their foot, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing.

Activity 2: Body Part Dribbling

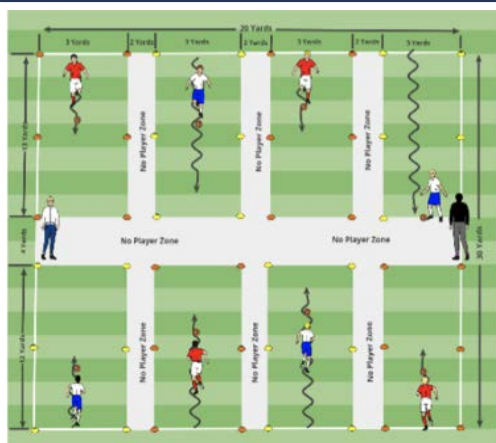
15 min. -6 intervals- 2 min. play + 30 sec. rest



Organization: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Within their grid, the players perform the 4 surfaces from the activity above. When the coach calls out a body part (foot, elbow, hand, etc., avoid body parts above chest high) the players race to touch that body part to their soccer ball. The 1st player to complete the task wins 1 point. Coach should vary the body parts and can call out 2 body parts to see how the players solve the problem. Once a player gets to 10 points, they win the round. Coach can start a new round with all scores going back to zero. In the picture, the coach has called out knee. Some players will take longer than others to complete the task.

Activity 3: Red Light/Green Light (in lanes)

14 min. -7 intervals- 90 sec. play + 30 sec. rest



Organization: In a 20W x 30L field, set up 3W x 13L lanes with a minimum of 2 yards between each lane & a 4 yard "no player zone" in the middle. Each player start with a soccer ball & plays in their own lane; working toward the central zone. If the ball goes out, quickly retrieve it and come back to your space. When the coach calls out "**GREEN LIGHT,**" the players dribble their soccer ball as fast as they can toward the center zone. When the coach calls out, "**RED LIGHT,**" the players must stop their soccer ball and put their big toe on top of it. Any player who does not stop their ball must return to the end line where they started and begin playing again. The 1st player to dribble to the end of their lane and stop their soccer ball on the line wins the round. **VARIATION: YELLOW LIGHT** - dribble slow, **BLUE LIGHT** - toe taps on the ball or **PURPLE LIGHT** - hop on 1 foot around the ball.



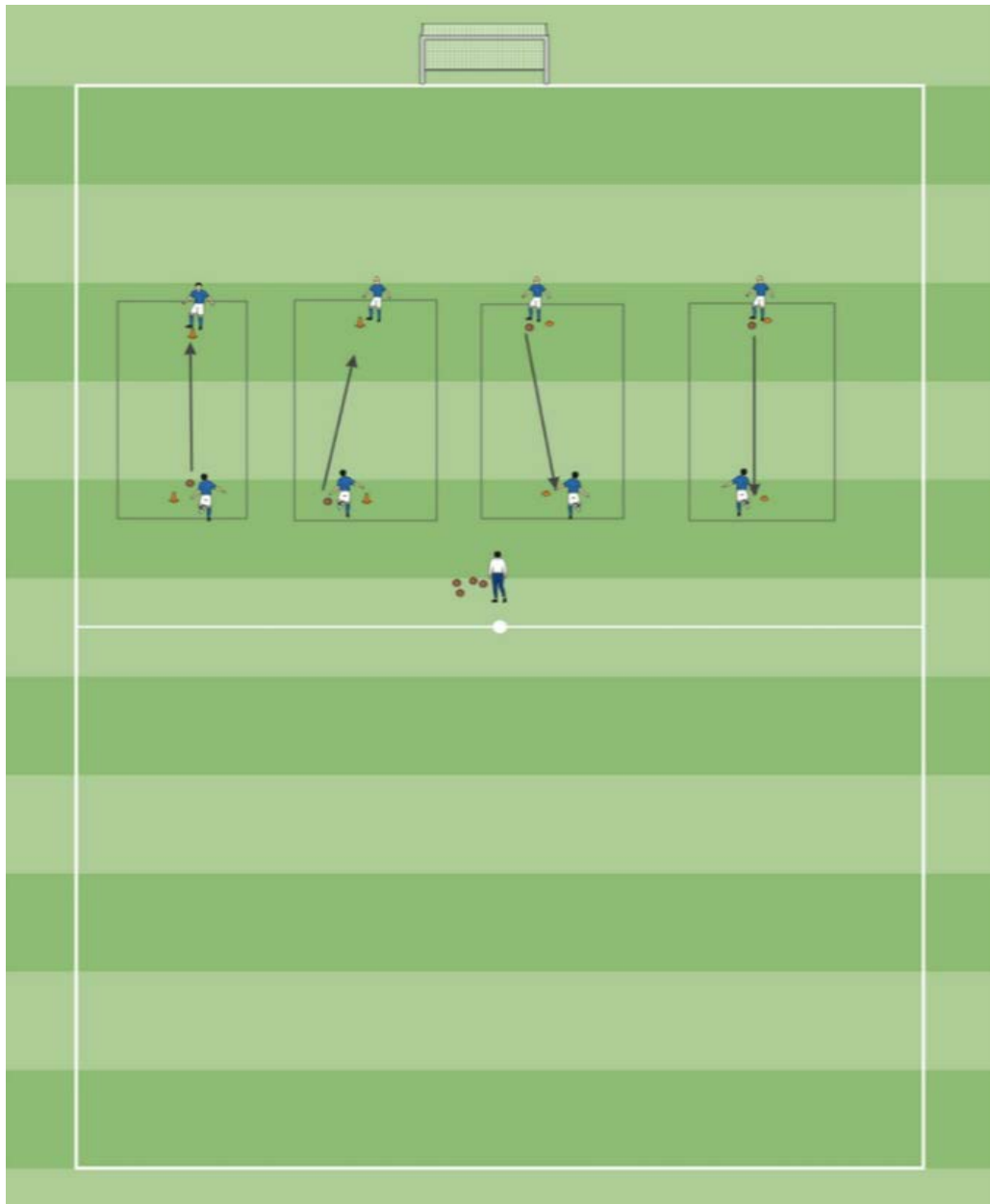
4v4 Passing and Target (U7-U8)

Objective: Improve Accurate Passing and Passing Technique

Player Actions: Pass/dribble

Key Qualities: Read game/make decisions, Optimal technical, Focus

Terry
Babatunde
Eguae Ed. D.



Organization: Players in pairs across from each other separated by two cones that are 10-15 yards apart and 5 yards wide. In one group, players pass to each other, then move the ball around the cone and pass back to their partner and the other group try to hit their partner cones.

Notes: Count how many times you hit the cone. Players will be moved between groups/grids. 4 Players work on passing and receiving.

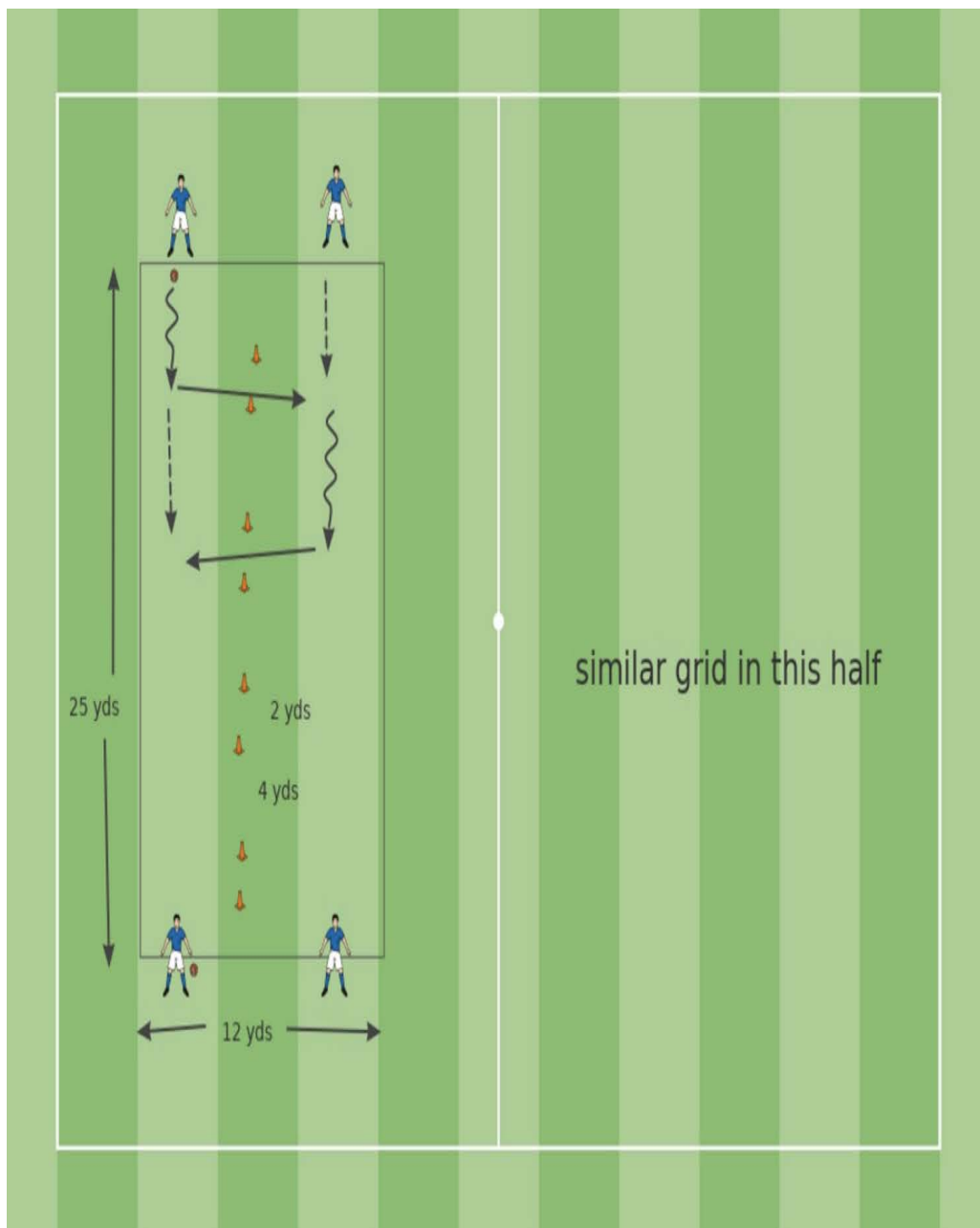
4v4 Social Distancing the Gates Game (U7-U8)

Jacob
Daniel

Objective: Work on dribbling and passing while maintaining social distance

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: Two grids of 26 by 12 yds. 4 players in each grid positioned as shown at both ends. One pair starts by dribbling into grid and passing to each other through the 2 yard gates. When they get to the other end, they turn and repeat skills as they return to their original position. The second pair does the same thing when the first pair is done.

Notes: Can vary kind of passes. Can progress to contest to see which pair completes their round fastest.

4v4 Cone to Cone (U7-U8)

Mark
Godwin

Objective: Players get a point for each cone they can touch with their right hand

Player Actions: Pass/dribble, Spread out

Key Qualities: Read game/make decisions, Focus, Optimal technical



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Organization: No marked area is needed. Setup lots of tall cones in random order. Players do not need a ball to start with. Coach gives players different commands. E.G. Players start at a cone, they get a point for each cone they can touch with their right hand. Some other variations. 1. You get a point for running around a cone once. 2. You get a point for each time you go around a cone backwards.

Notes: Spread cones as far apart as possible to maintain social distancing. Use at least 3 times as many cones as players so that will help keep players from going to the same cone. Enforce the rule that 2 players cannot go to the same cone at the same time. The coach must wear a mask and not touch players. Maintain distances!

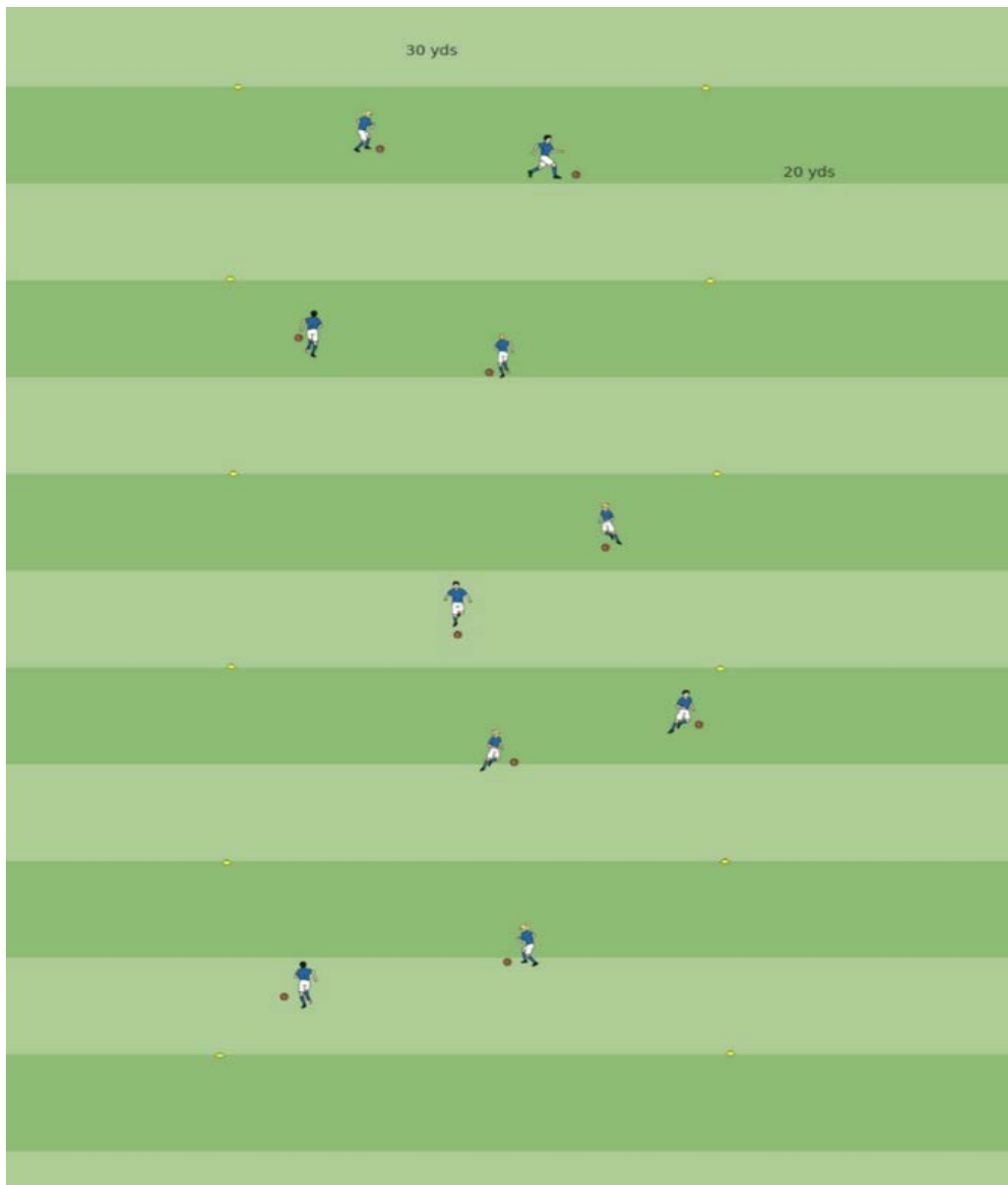
4v4 Follow the Leader (U7-U8)

Gary
Williamson

Objective: Improve dribbling, Turning

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: Mark with cones 30 x 20 yd field space. Two players per area. 8 Players = 4 separate areas.
1. Leader holds ball in hands. Shadow follows dribbling ball at feet. Maintain distance 6 feet. 2. Change places. 3. Leader dribbles ball with feet. Shadow dribbles following 6 feet away. IF CONTACT IS PERMITTED 4. Cat and Mouse (Tom and Jerry) Cat tags mouse with hand, both have ball at feet, change roles.

Notes: Start slow walking, jog, full speed. Change pace slow then quick.

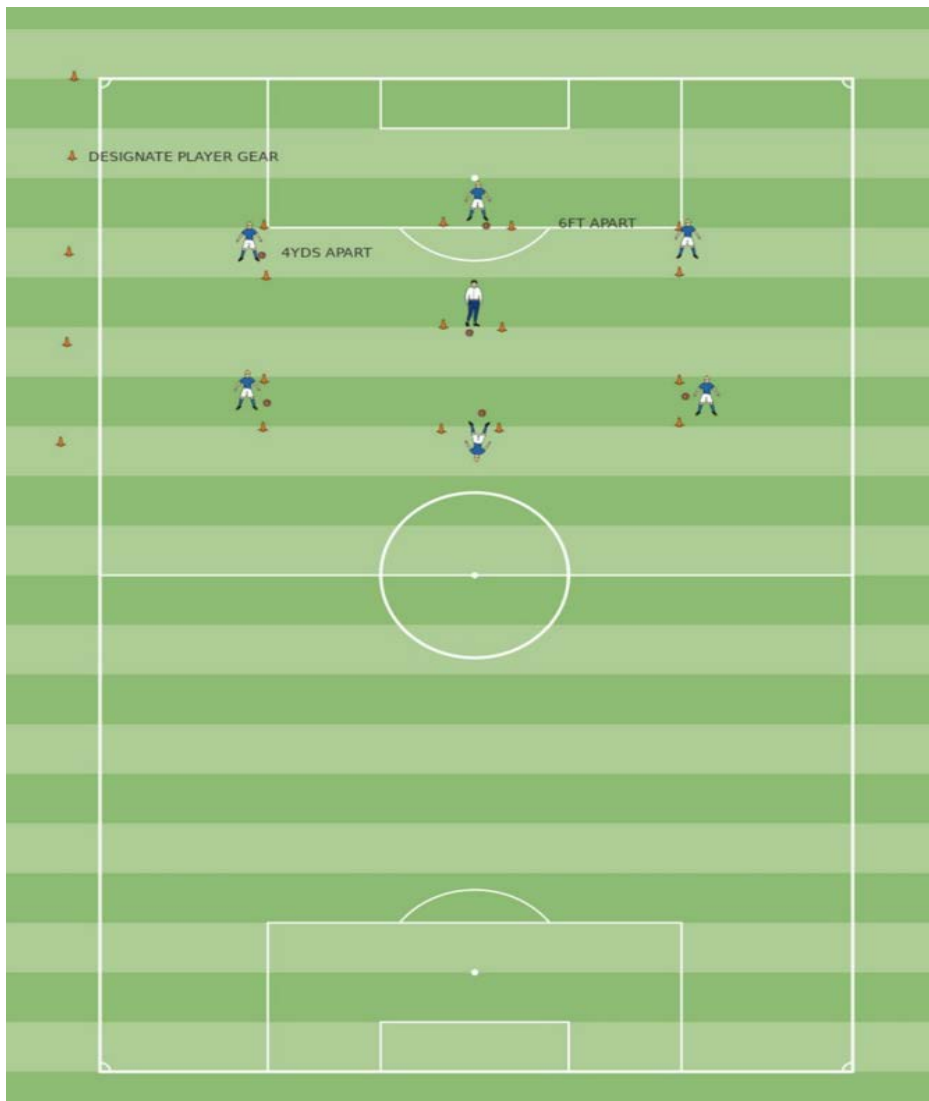
4v4 I Can Do This, Can You? (U7-U8)

Bryan
Thorp

Objective: Individual Skill Development

Player Actions: Pass/dribble

Key Qualities: Initiative



Organization: Pre-session PPP- sanitize all equipment. Refrain from contact during greetings. Set cones to designate where players can leave equipment Establish a pair of cones 4 yds apart for each player and one for yourself. Each player must utilize their own individual ball. Post-session PPP- do not allow players to contact each other nor contact the equipment. Coach collects and sanitizes cones.

Notes: Engage and Empower. Get them excited about being active-reinvigorates the love to play!

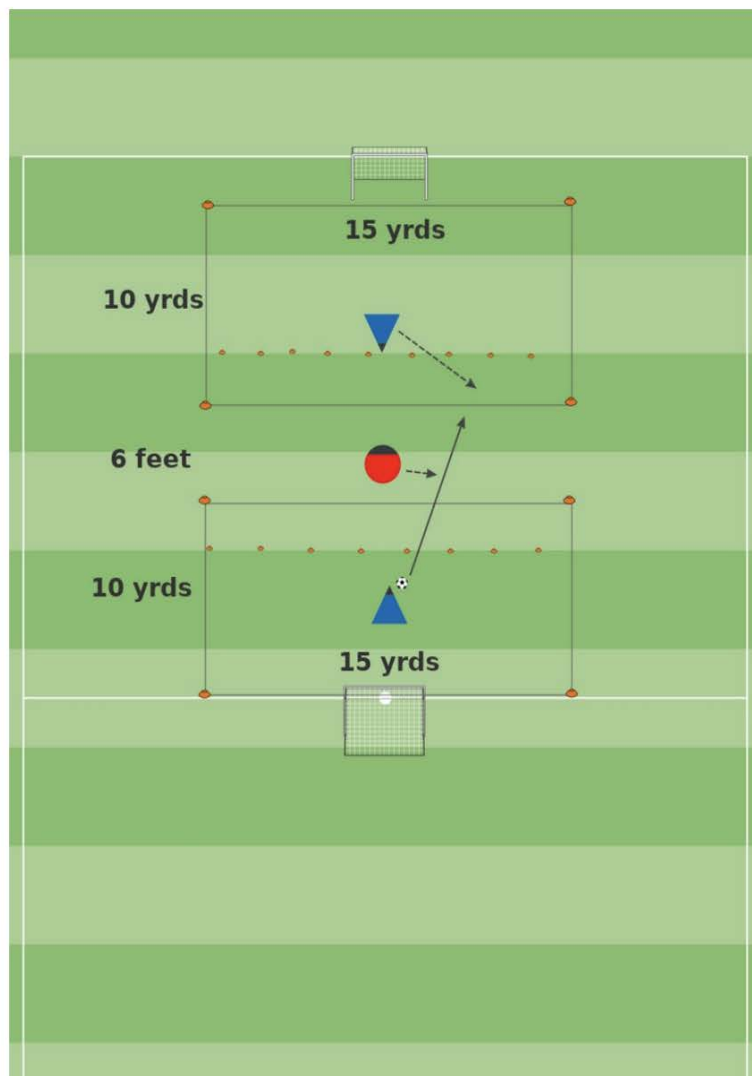
4v4 2v1 for the 4v4 Game Model (U7-U8)

Auke
Wiersma

Objective: Improve the players ability to move off the ball and to find and create openings

Player Actions: Spread out, Pass options

Key Qualities: Read game/make decisions, Initiative, Optimal technical



Organization: Create two 10 x 15 rectangles with a 6 feet space in between. This space is occupied by the defender. The attacking blue players pass the ball back and forward to generate points. When the defender wins the ball, he/she can score on the small goal. The spaces between the squares are 6 feet wide. The attackers are not allowed past the cone line (social distancing requirement). Rotation of players: defender moves to the right side of the field. Attacker 1 moves into the defensive position. Attacker 2 takes the spot of attacker 1 by moving to the opposite side of the field by walking over on the left side of the field. Once attacker 2 is in position, the defender moves to the attacker 2 spot.

Notes: 1st progression: 2 vs. 1 to 2 vs. 1 2nd progression: 2 vs. 2 to 3 vs. 2 3rd progression: 3 vs. 2 to 3 vs. 3 Adding individual squares/rectangles for the individual player.

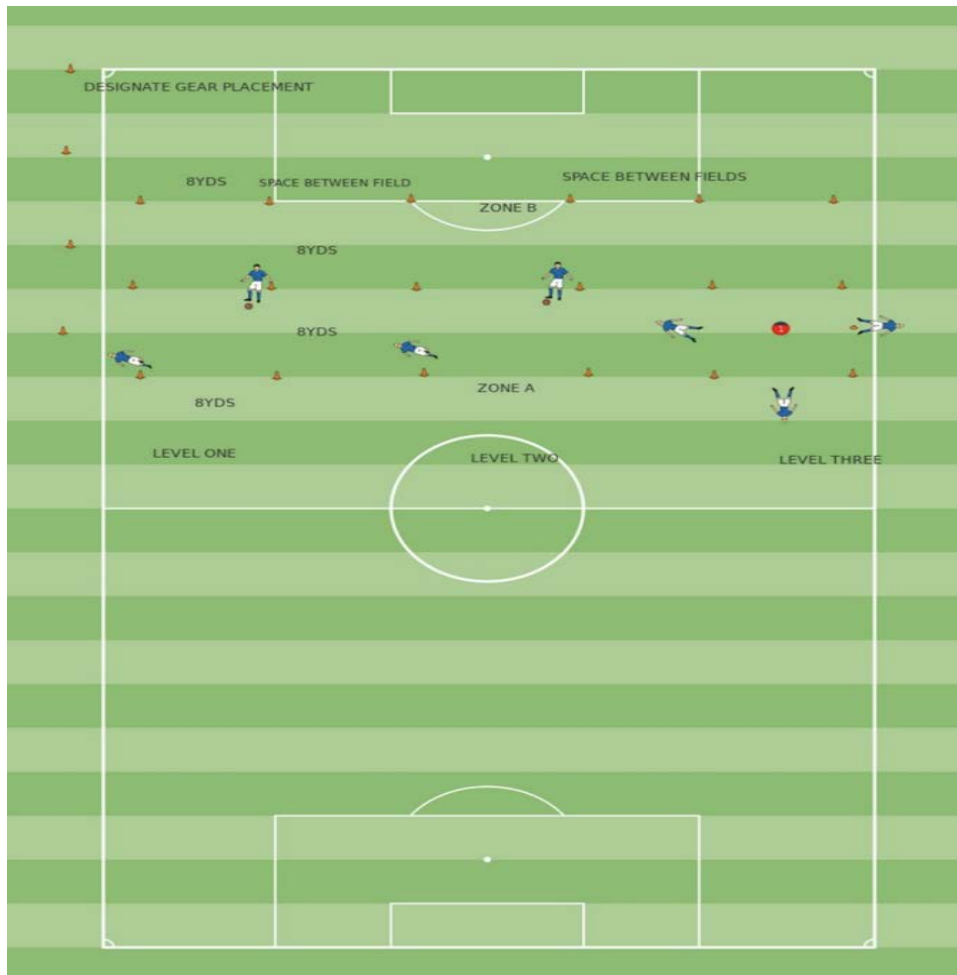
4v4 Share the Ball (U7-U8)

Bryan
Thorpe

Objective: Passing and Movement

Player Actions: Pass options

Key Qualities: Read game/make decisions



Organization: Pre-session PPP- sanitize all equipment. Refrain from contact during greetings. Set cones to designate where players can leave equipment. ESTABLISH CHANNELS - 8X16 YARDS WITH AT LEAST 6 FT BETWEEN CHANNELS.

Notes: LEVEL ONE- TWO PLAYERS, ONE BALL- HOW MANY PASSES IN 30 SECONDS? CAN YOU PASS AND DRAW LETTERS IN THE GRID, EX. LETTER "W", USE TIME AND SHAPE TO INCREASE PASSING REP'S LEVEL TWO-TWO PLAYERS ONE BALL INVOLVE ZONE B- CAN YOU DO TWO SHORT PASSES IN ZONE A, THEN ONE LONG PASS INTO ZONE B? REPEAT. THREE SHORTS PASSES, ONE LONG? LEVEL THREE- THREE PLAYERS PLAY KEEP AWAY - ATTACKING PLAYERS ARE ON THE OUTSIDE OF THE GRID, MUST MOVE, AND PASS THROUGH GRID TO KEEP POSSESSION. ALTERNATE AFTER 1MIN/ 90SEC Post-session PPP- do not allow players to contact each other nor contact the equipment. The coach collects and sanitizes cones. WHEN SWITCHING DEFENDERS- DO NOT SHARE VESTS-SUPPLY A NEW VEST FOR EACH.

4v4 Physical Distance Training Session: Dribbling + Shooting (U8) - Instructions on Next Page



Activity One

Objective: Improve the player's ability to maneuver the ball with different surfaces of the foot

Player Actions: Dribble Forward

Key Words: Outside, Inside, Laces, Bottom, Toe & Heel

Notes: To allow for ease of learning, introduce the 6 surfaces -2 surfaces at a time then layer in 1 at a time. Challenge the players to perform this "really hard task." Once they realize they can complete the challenge they will be ready for the next surface.

Activity Two

Objective: Improve the player's ability to maneuver the ball with different surfaces of the foot

Player Actions: Dribble Forward

Key Words: Find the next cone, speed up, turn

Notes: If you call out more numbered cones, the players may take longer to complete the task. Adjust the rest time if work time takes longer than expected.

Activity Three

Objective: Move the Ball Forward

Player Actions: Dribble Forward

Key Words: Look for space, Try something new, Go for goal

Notes: Remember to keep players a safe distance apart even when collecting their soccer ball.

Goal: Improve the technique of dribbling a soccer ball.

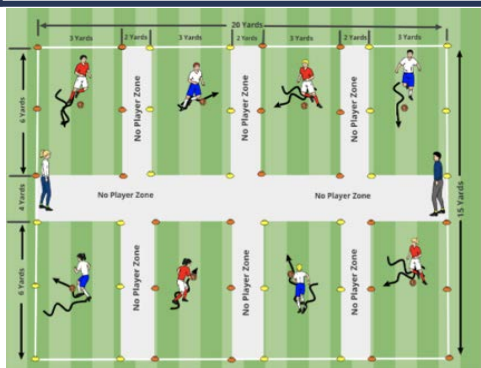
Skill Acquisition:

Dribbling: Surface of the foot and ball, quality of touch. **Shooting:** Surface of the foot and ball, Pace and accuracy.

4v4 Physical Distance Training Session: Dribbling (U8)

Activity 1: 4 Surfaces Dribbling

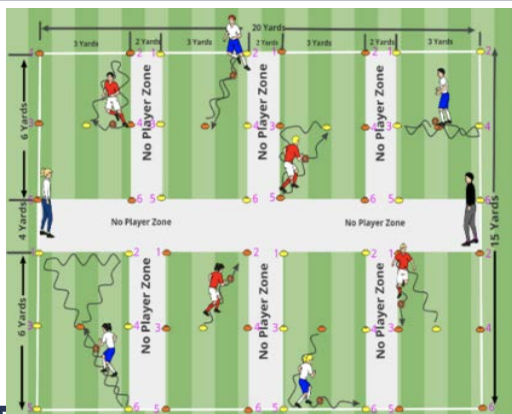
15 min. -10 intervals- 1 min. play + 30 sec. rest



Organization: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. The players try to use the following 6 surfaces in 1 fluid motion & in order: Outside of the foot (pink toe), inside of the foot (big toe), laces, bottom (sole), toe & heel. Once they have turned with their heel, try to repeat the pattern with their other foot. Once the players understand the pattern, try to do it faster; still in the limited space. Remember to account for minimum space requirements for social distancing.

Activity 2: Body Part Dribbling

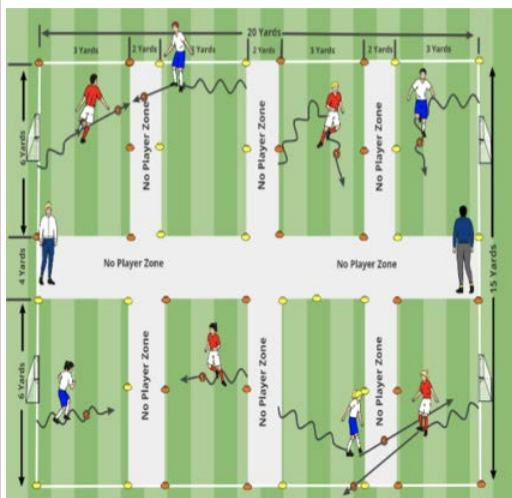
15 min. -15 intervals- 30 sec. play + 30 sec. rest



Organization: Within a 15W x 20L field, set up 3W x 6L grids with a minimum of 2 yards between each grid. Each player has a soccer ball and must remain in their own grid. If the ball goes out, quickly retrieve it and come back to your space. Within each grid, place 1 cone in the center & number the cones on the perimeter; if you have 4 cones, numbers 1-4. The players start & end at the center cone. The coach will call out a number, all players must dribble to the cone which corresponds to the number then back to their center cone. If the coach calls out multiple numbers, the players will dribble to each numbered cone, in order, then back to their center cone. The first player to stop their soccer ball at their center cone wins a point.

Activity 3: Red Light/Green Light (in lanes)

15 min. -12 intervals- 30 sec. play + 45 sec. rest



Organization: In a 20W x 30L field, set up 3W x 13L lanes with 2 small goals on each end line (as shown in the picture.) A minimum of 2 yards between each lane. Each player starts with a soccer ball & plays in their own lane. If the ball goes out, quickly retrieve it and come back to your space. Players from 2 lanes are playing against each other. 1 player is attacking a small goal. Their opponent is defending the small goal. The attacking player must dribble & find an opening to shoot & score. The opponent will dribble toward them & can only block the shots with their soccer ball (pass their soccer ball to hit the shooter's ball.) If the shooter's ball is hit, a goal is scored or both balls leave the lanes, the game over, play again. The attacker gets 4 rounds to score then, switch sides & roles. Dribbling, passing and/or shooting must come from your own lane.



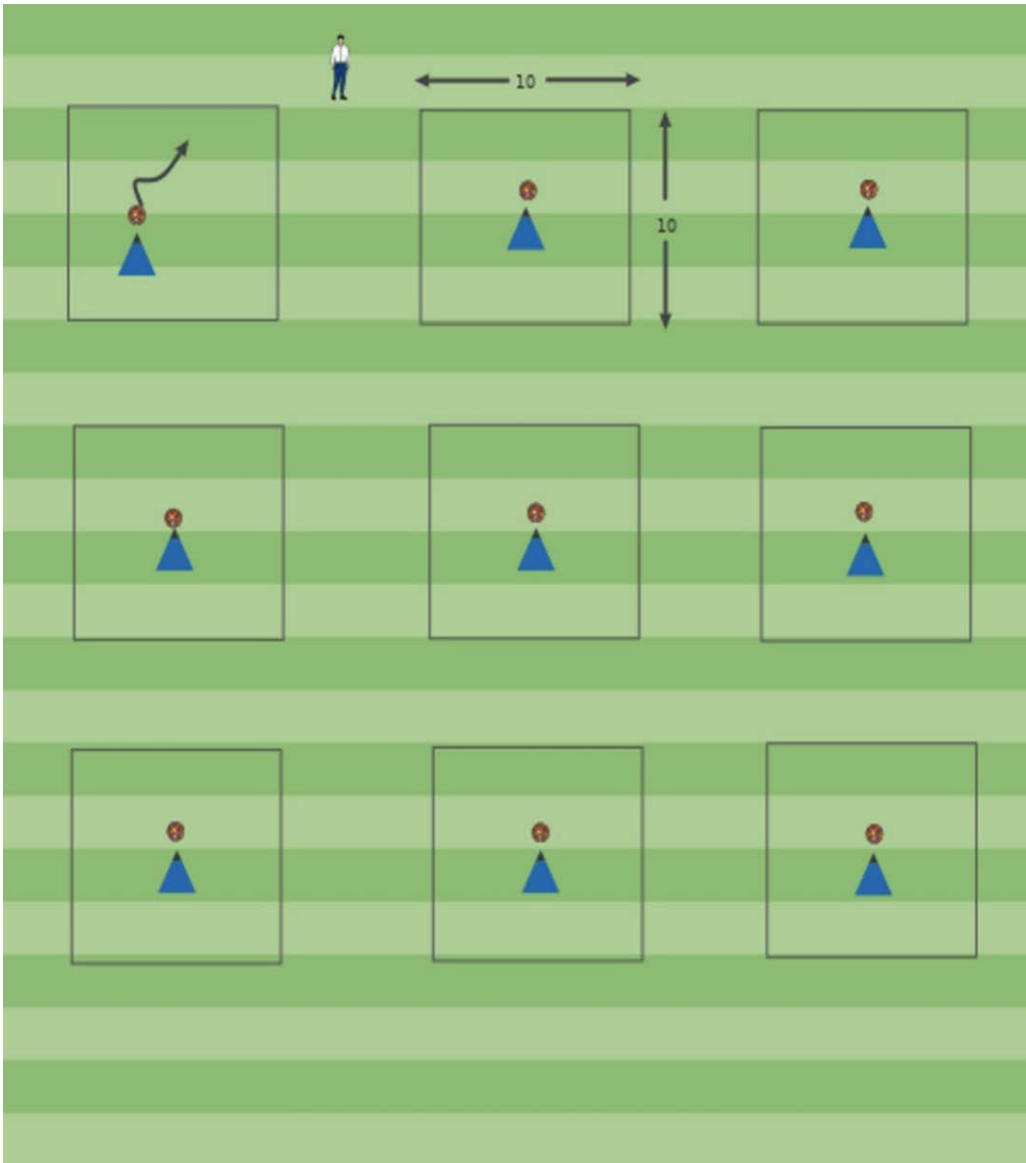
4v4 Arizona Return to Play Phase

Christopher
Blundell

Objective: Work on dribbling while maintaining social distance

Player Actions: Dribbling

Key Qualities: Optimal technical



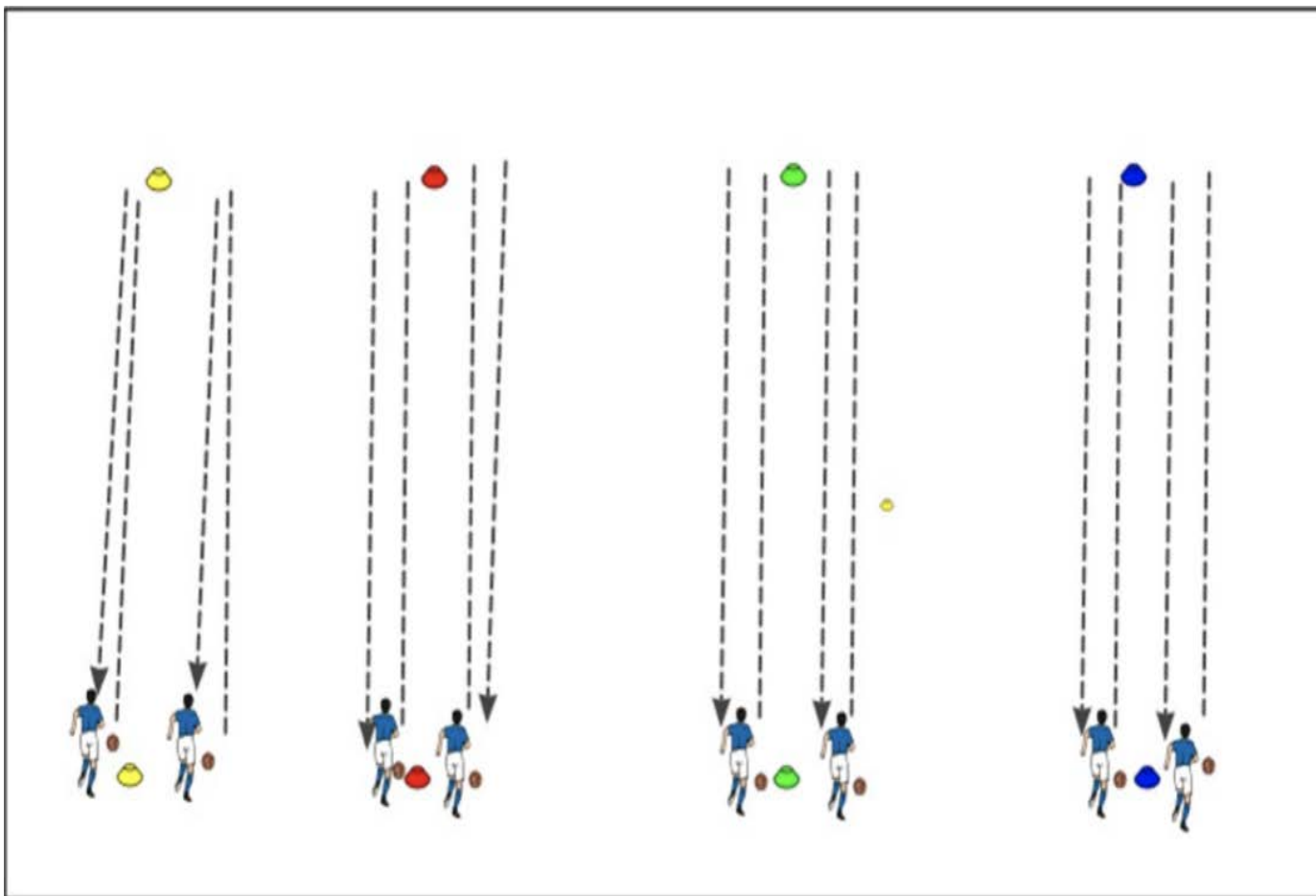
Notes: NO physical contact. This includes: Drills that involve players or coaches within 10 feet of each other. No high fives. No knuckles. For soccer, no more than 30 participants per field. This includes players, coaches, and spectators. Every participant (player or coach) must maintain a distance of 10 feet from one another during any drill or exercise. No use of scrimmage vests/pinnies. Practice times should be set to maximize social distancing and limit the number of people in a single area to 30 or less. Recommend a minimum of 30 minutes between the end time of one session and the start time of the next. If youth need supervision while waiting for pickup, adults should be at least six (6) feet apart. All exercises are technical i.e. various dribbling moves, coordination movements with and without the ball.

4v4 Colorado Ball Races

Objective: Work on dribbling while maintaining social distance and speed

Player Actions: Dribbling

Key Qualities: Optimal technical



Notes: Ball Races is a competition between two players. The players are given rules for the race and compete to see who can complete the race first. They start at one cone and race to the opposite cone and back. Coaches can use their imagination to set the rules of what the player must do in the race. Examples such as right foot only, left foot only, roll the ball with bottom of the foot, or simply dribble down and back. Coaches could have several races going on at the same time. Winners move to the left for the next race and losers move to the right. Distance between cones can be determined by coach.

7 v 7



7v7 Physical Distance Training Session (U9-U10) - Instructions on Next Page



Activity One

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Head up, Surface, Big touch

Notes: 1. To look where you go with the ball. 2. We want to use the laces portion of the foot. 3. Want to run fast and get to the other side quickly

Activity Two

Objective: To dribble the ball forward and turning with the ball

Player Actions: Dribble the ball forward

Key Words: Control, Slow down, Shoulder

Notes: 1. Push the ball in front of you with the laces. 2. Slow down before you execute the turn. 3. Get in the habit of knowing where the defenders are.

Activity Three

Objective: To dribble the ball forward and turning with the ball

Player Actions: Dribble the ball forward

Key Words: Touches, Acceleration

Notes: 1. The number of touches is determined by the space and the speed we need to get to the other side. 2. Accelerate with the ball after each turn.

Goal: Improve the techniques of running with the ball and turning.

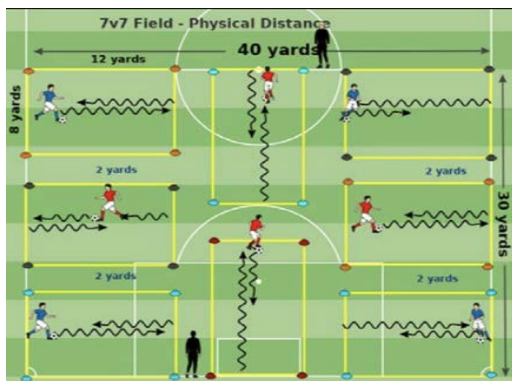
Skill Acquisition: Running with the ball: Head up and eyes on the ball, Surface of the foot to use, surface of

the ball to strike, Distance of touch. **Turning:** Position of the non-kicking foot, Surface of the foot, Surface of the ball to strike, pivot, and accelerate.

7v7 Physical Distance Training Session (U9-U10)

Activity 1: Running With the Ball

12 min. -12 intervals- 40 sec. play + 20 sec. rest

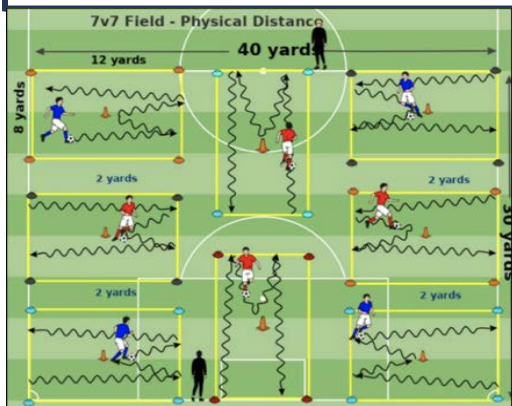


Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side of the grid and back. Player should perform the following technical tasks:

1. Run to the other side; stop the ball, run back. Three Intervals. **2.** Run to the other side, turn using two touches with the inside of the foot. Three Intervals **3.** Run to the other side, turn using two touches with the outside of the foot. Three Intervals. **4.** Run to the other side, turn using the sole of the foot. Three Intervals.

Activity 2: 3 Turns

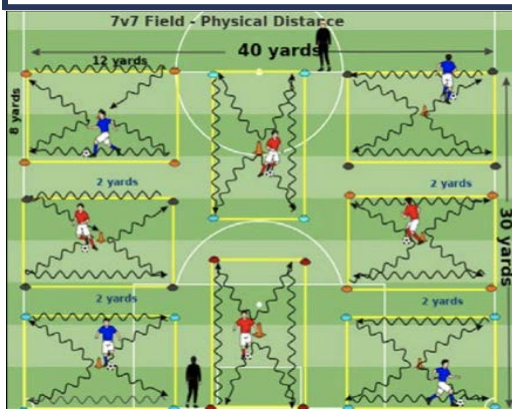
15 min. -15 intervals- 45 sec. play + 15 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run to the other side, turn and dribble to the central cone, turn and go to the end line, turn and run with the ball to the start line. Player should perform the following technical tasks: **1.** Turn using the inside of the foot (inside cut). Five Intervals. **2.** Turn using the outside of the foot (out of the foot hook). Five Intervals. **3.** Turn using the sole of the foot. Five Intervals.

Activity 3: 6 Turns

18 min. -18 intervals- 45 sec. play + 15 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will run with the ball and turn. Player should perform the following technical tasks: **1.** Turn alternating the inside of the foot and the outside of the foot (inside cut). Six Intervals. **2.** Turn alternating the outside of the foot and the sole of the foot (out of the foot hook). Six Intervals. **3.** Turn alternating all 3 surfaces. Six Intervals.

7v7 Physical Distance Training Session (U9-U10) - Instructions on Next Page



Activity One

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Head up, Surface

Notes: 1. To look where you go with the ball. 2. To go straight use the laces, to change direction the outside or the inside of the foot and the sole to stop the ball

Activity Two

Objective: To dribble the ball forward and beat an opponent

Player Actions: Dribble the ball forward

Key Words: Control, Surface, Long Touch

Notes: 1. Use the inside of the outside of the foot. 2. Gives room to accelerate. 3. Control the ball with smaller touches and stop it.

Activity Three

Objective: To dribble the ball forward and beat an opponent

Player Actions: Dribble the ball forward

Key Words: Control, Fake, Accelerate

Notes: 1. Smaller touches. 2. The fake throws the defender out one way 3. Accelerate as soon as we are past the defender (cone)

Goal: Improve the techniques of dribbling to beat an opponent.

Skill Acquisition: Dribbling: Head up and eyes on the ball, Surface of the foot to use, surface of the ball to strike, Distance of touch, Change of direction, Balance and Acceleration (Change of pace) after the defender is beaten.

7v7 Physical Distance Training Session (U9-U10)

Activity 1: Ball Mastery

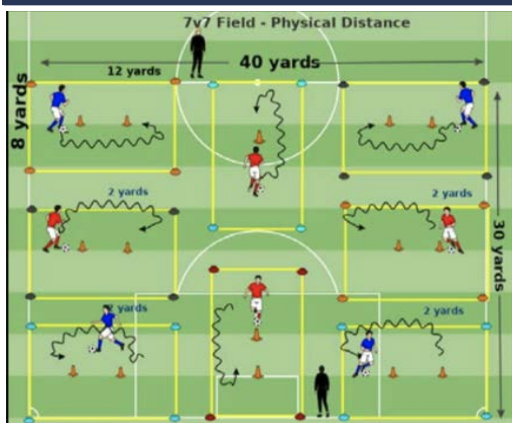
10 min. -10 intervals- 40 sec. play + 20 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will dribble it around performing the following tasks: **1.** Dribble using the inside and outside of the right foot. Four Intervals. **2.** Dribble using the inside and outside of the left foot. Four Intervals. **3.** Dribble using 3 laces touches, 6 inside of both feet touches and stopping the ball. Two Intervals.

Activity 2: Fake & Accelerate

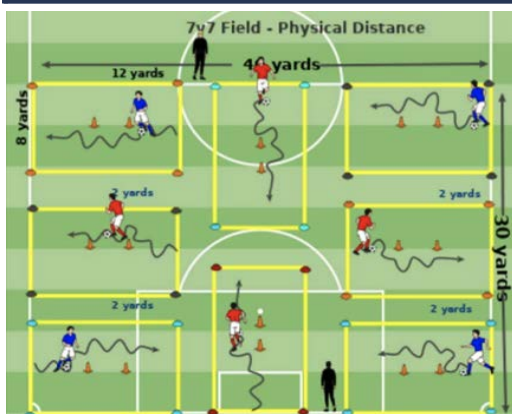
16 min. -16 intervals- 45 sec. play + 15 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will stand about two yards from the cone; dribble the ball around to get in front of the other cone. Player should perform the following technical tasks: **1.** Touch and accelerate to the other cone. Four Intervals. **2.** Touch with inside right, touch with the inside left and accelerate to the other cone. Four Intervals. **3.** Circle take with right foot take with the outside of the left foot (Scissor). Four Intervals. **4.** Circle take with left foot take with the outside of the right foot (Scissor). Four Intervals.

Activity 3: Beat the Cone

18 min. -19 intervals- 45 sec. play + 15 sec. rest



Organization: In a half field (30Wx40L), create seven or eight 12Wx8L grids. The player with the ball will dribble around the cone in the middle and go to the other side. Player should perform the following technical tasks: **1.** Inside and outside of one foot. Four Intervals. **2.** Touch with inside right, touch with inside left. Four Intervals. **3.** Fake and take. Five Intervals. **4.** Circle take. Five Intervals.

7v7 Physical Distance Training Session (U9-U10) - Instructions on Next Page



Activity One

Objective: To improve the technique of passing and receiving the ball

Player Actions: Pass the ball forward

Key Words: Standing foot, Ankle, Position to receive

Notes: 1. Standing foot 6 inches to the side of the ball pointing to the target. 2. Lock ankle by curling toes up. 3. Strike in the middle of the ball. 4. Get in line with the ball when receiving

Activity Two

Objective: To improve the technique of passing and receiving the ball

Player Actions: Pass the ball forward

Key Words: On the ball, Surfaces, Balance, Contact

Notes: 1. Eyes on the ball to see the direction of the ball and to get behind it. 2. Use outside or inside of the foot for first touch. 3. Keep head still to keep balance. 4. make contact with the middle of the ball.

Activity Three

Objective: To improve the technique of passing and receiving the ball

Player Actions: Pass the ball forward

Key Words: On the ball, Surfaces, Balance, Contact

Notes: 1. Eyes on the ball to see the direction of the ball and to get behind it. 2. Use outside or inside of the foot for first touch. 3. Keep head still to keep balance. 4. make contact with the middle of the ball.

Goal: Improve the techniques of passing and receiving the soccer ball.

Skill Acquisition: Passing: Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the foot to strike with, Surface of the ball to strike, Eyes on the ball, Head still and follow through. **Receiving:** Get in line with the flight of the ball, Eyes on the ball, Head still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction.

7v7 Physical Distance Training Session (U9-U10)

Activity 1: The Basics

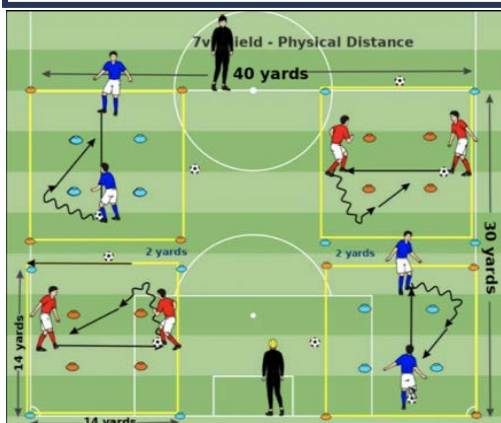
12 min. -3 intervals- 3 min. play + 1 min. rest



Organization: In a half field (30Wx40L), create four 14Wx14L grids, with a 10x10 central square. Place two players in opposite sides of the central square about 12 yards apart and pass the ball between the cones. The players will perform the following tasks: **1.** Pass with one foot and receive with the same foot. One Interval. **2.** Pass with one foot and receive with the other foot. One Interval. **3.** Pass with one foot, and receive the ball with a directional first touch past the cone by you. One Interval.

Activity 2: Straight and Diagonal

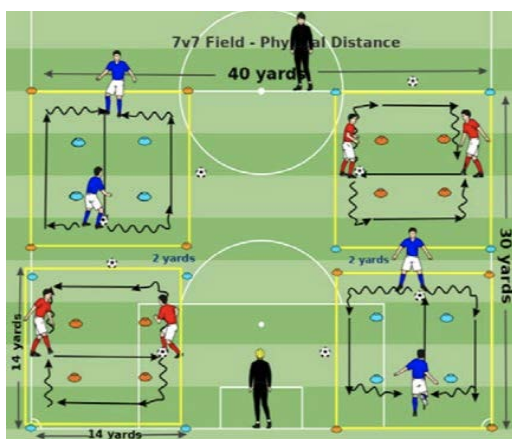
18 min. -6 intervals- 2.5 min. play + 30 sec. rest



Organization: In a half field (30Wx40L), create four 14Wx14L grids, with a 10x10 central square. Place two players on opposite sides of the central square about 12 yards apart. One player passes straight; the receiver uses a directional first touch toward the right or the left of the cones and passes diagonally to the other player. Players will switch roles every interval. The players will perform the following tasks: **1.** Receive and pass with the inside of same foot. Two Intervals. **2.** Receive with the inside of one foot and pass with the other foot. Two Intervals. **3.** Receive with the outside of the foot and pass with the inside of the same foot. Two Intervals.

Activity 3: Figure 8

20 min. -4 intervals- 4 min. play + 1 min. rest



Organization: In a half field (30Wx40L), create four 14Wx14L grids, with a 10x10 central square. Place two players on opposite sides of the square about 12 yards apart. One player passes the ball pass between the cones. The receiver uses a directional first touch toward the right or the left of the cones, and passes back to the supporting players waiting outside of the same cone (see diagram). The new receiver will first touch the ball toward the middle of the cones and pass the ball. Players will switch roles every interval. The players will perform the following tasks: **1.** Receive and pass with the inside of same foot. Two Intervals. **2.** Receive with the inside of one foot and pass with the other foot. Two Intervals. **3.** Receive with the outside of the foot and pass with the inside of the same foot. Two Intervals.

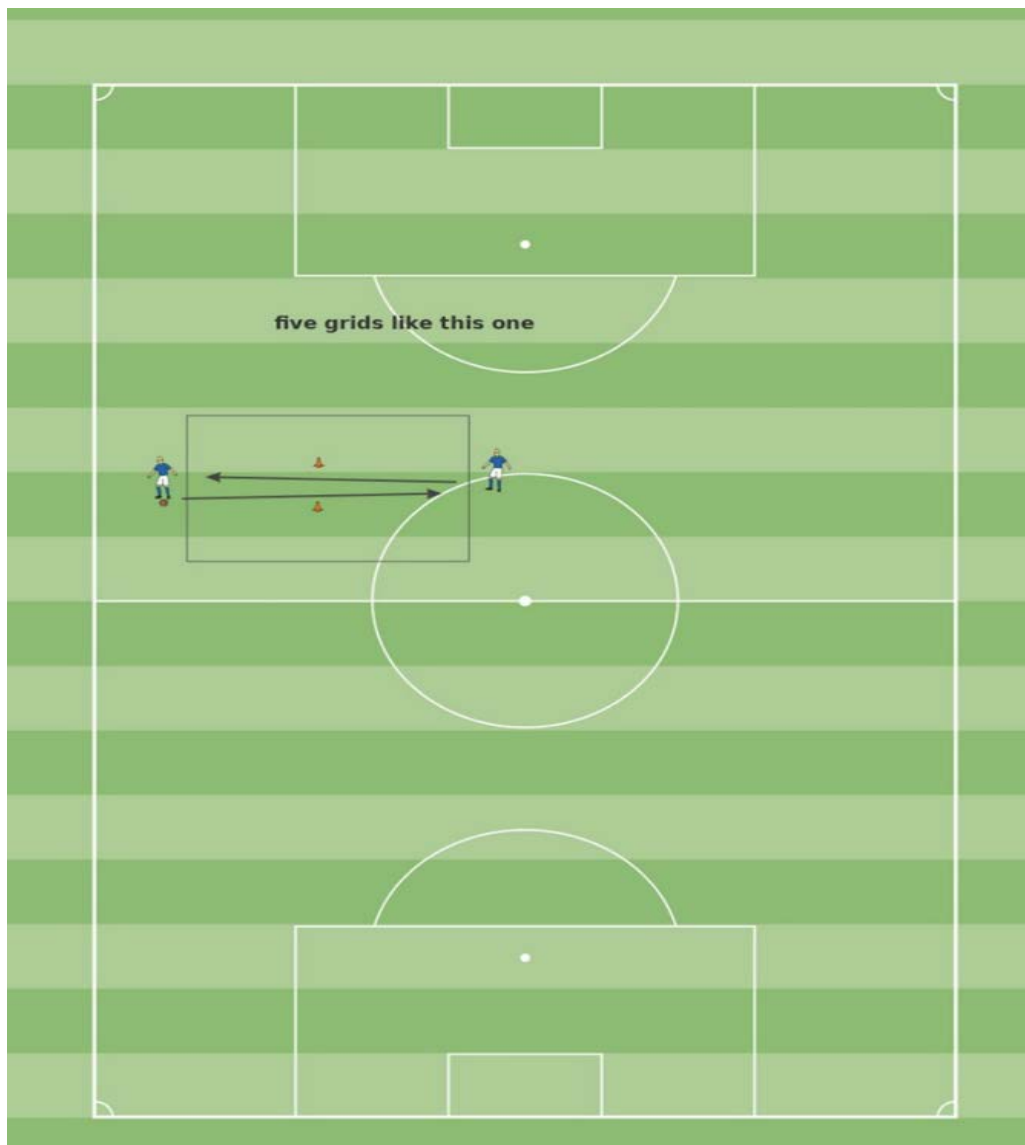
7v7 Social Distancing 1v1 Passing Contest (U9-U10)

Jacob
Daniel

Objective: Improve passing and receiving

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: 10 players divided into pairs, each pair in a 10 by 15 yards grid. Players pass to each other through a gate which is 2-3 yards wide. if one player misses the gate, the other player gets a point first to get 10 points is the winner. passes must be on the ground. If a pass was made in the air, no one gets a point and receiver restarts passing sequence players cannot enter the grid but can move laterally outside the grid with good players can make it one touch passing, with intermediate players make it two touch max.

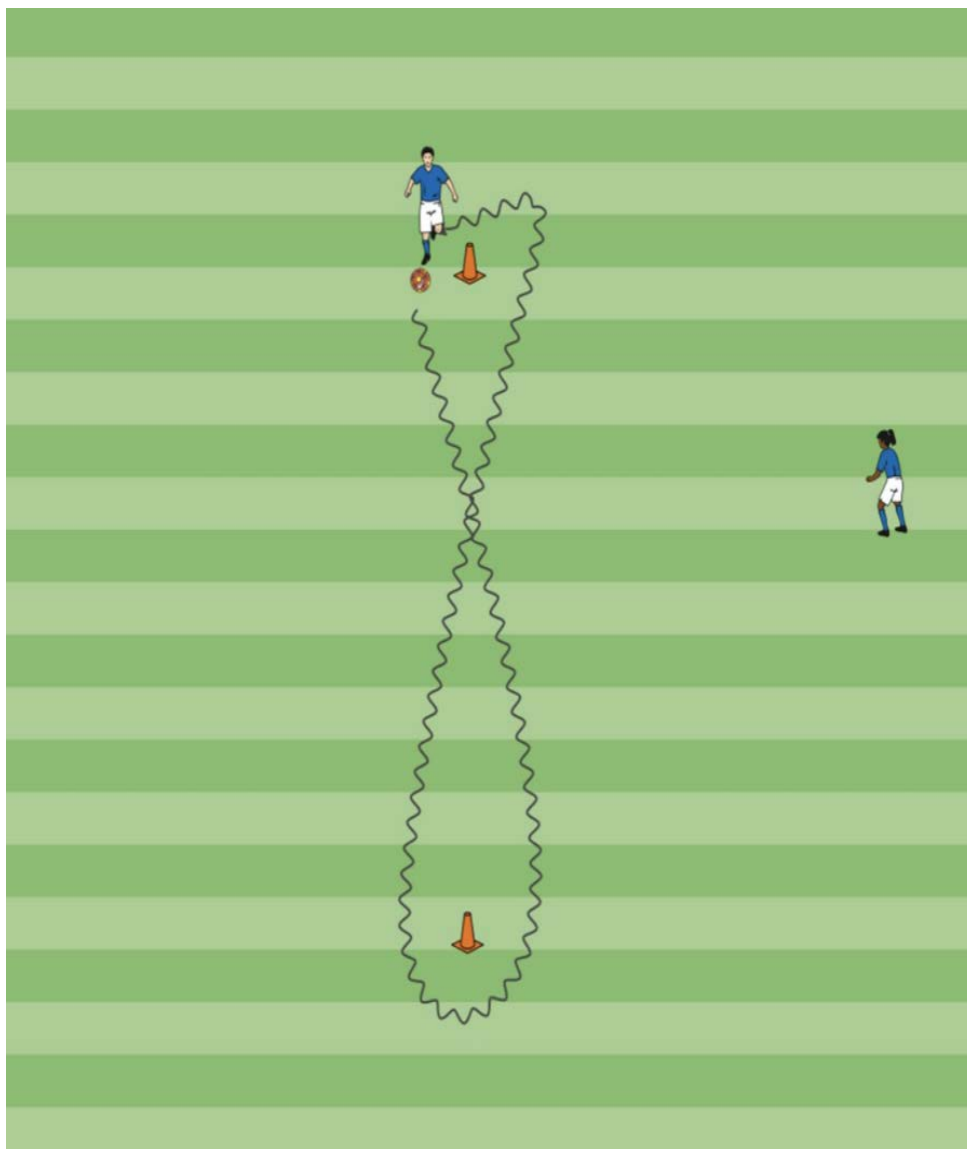
7v7 Figure 8 Dribbling (U9-U10)

Kevin
Laux

Objective: Improve ability to dribble and turn quickly using multiple surfaces of the foot

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: Setup 2 cones 8-15 yards apart. One player starts with a ball on a cone while the other stands 2-3 yards away to count the number of successful turns around each cone. On the coach's prompt the player with the ball begins dribbling in a figure 8 around the cones trying to see how many they can turn around. Take turns and try to beat the previous score.

Notes: Require the use of a specific surface or foot: left foot only, right foot only, etc.

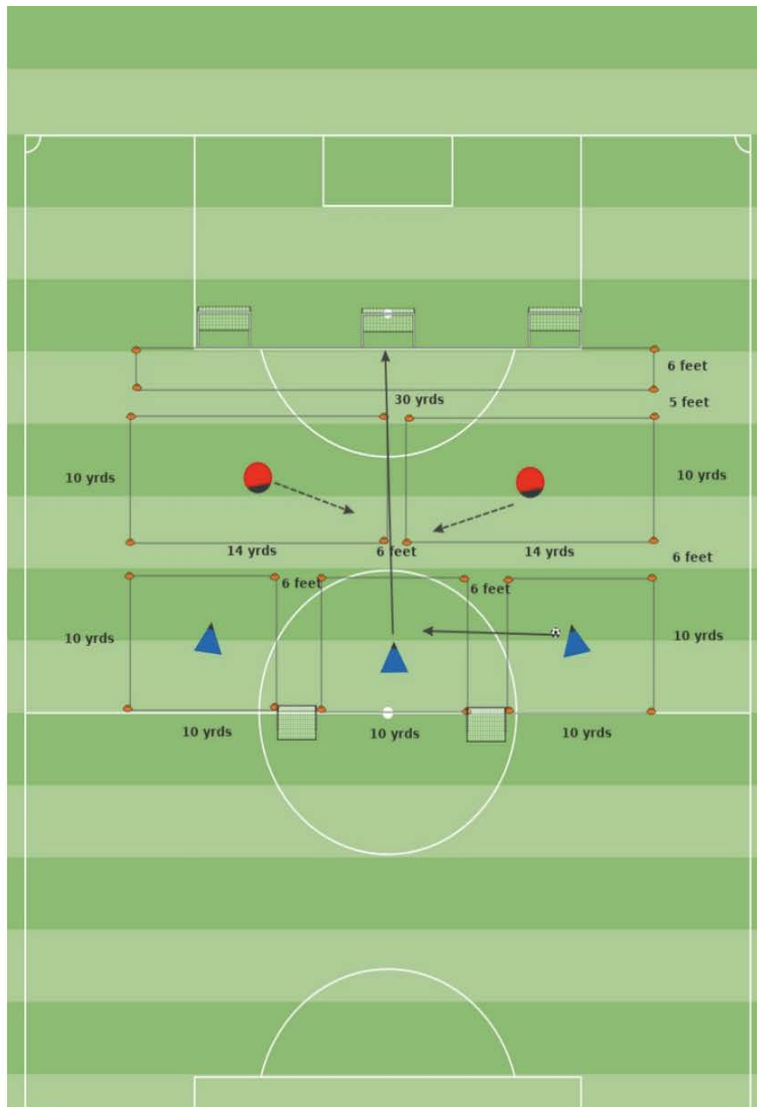
7v7 3 vs.2 For The 7 vs. 7 Game Model (U9-U10)

Auke
Wiersma

Objective: Improving the players' ability to create and find openings

Player Actions: Pass options, Change points, Spread out

Key Qualities: Read game/make decisions, Initiative, Responsibility



Organization: Create three 10 x 10 squares for the attacking team and two 10 x 15 rectangles for the defenders. The three attacking players pass the ball together trying to create an opening so they can score on the goals on the opposite side. When the defenders win the ball they can score on the counter goals. Between each square/rectangle is 6 feet in accordance with the social distancing rules.

Rotation: Defender 1 steps out of his/her rectangle. Now all other players move one square/rectangle clockwise. The waiting player becomes an attacker in the open square

Notes: Progression to more challenging: 3 vs. 2 to a 3 vs. 3 Change to less challenging: 3 vs. 2 to 3 vs. 1 or 2 vs. 1 Adding or taking away individual squares, rectangles for the players

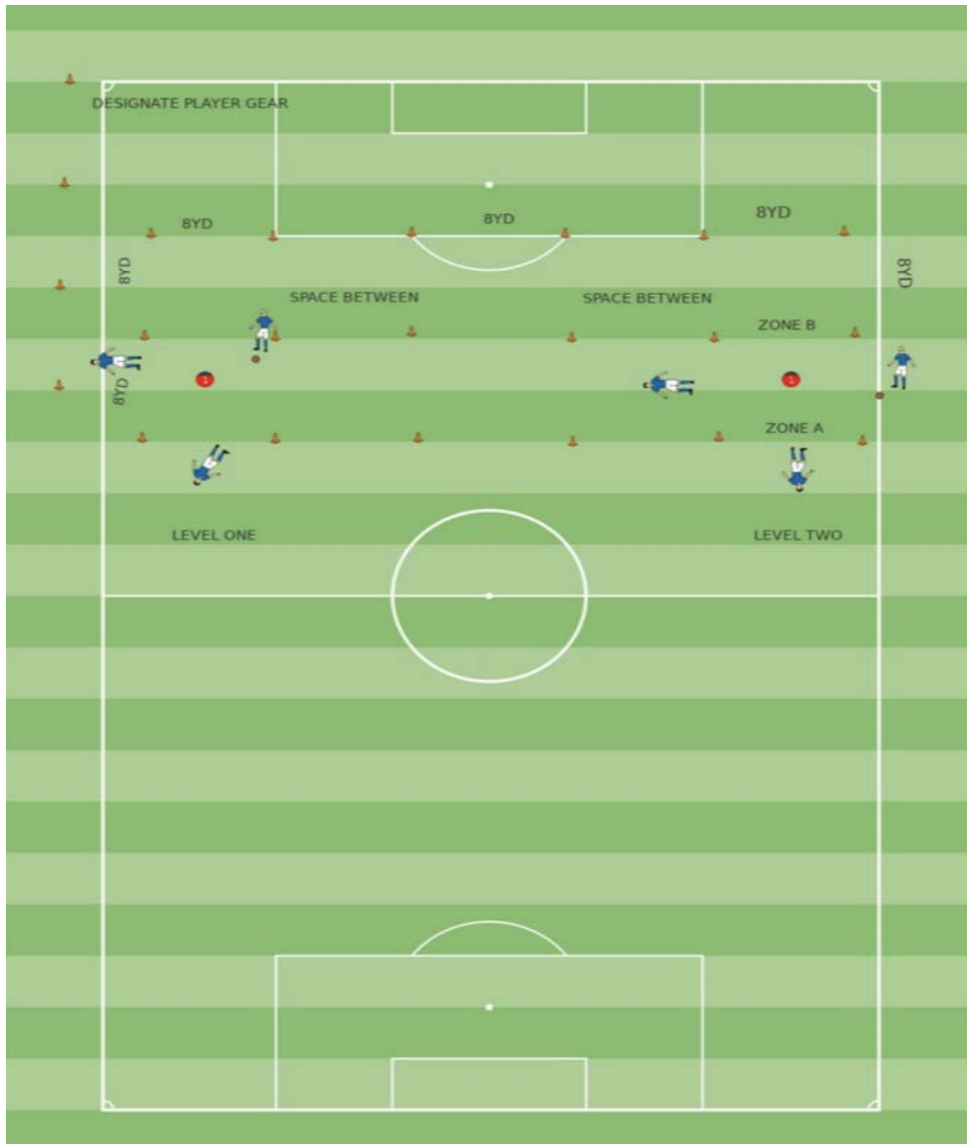
7v7 Share The Ball Advanced (U9-U10)

Bryan
Thorp

Objective: Passing and Moving

Player Actions: Support

Key Qualities: Read game/make decisions



Organization: Pre-session PPP- sanitize all equipment Refrain from contact during greetings. Set cones to designate where players can leave equipment. ESTABLISH CHANNELS - 8X16 YARDS WITH AT LEAST 6 FT BETWEEN CHANNELS. LEVEL ONE- THREE PLAYERS PLAY KEEP AWAY - ATTACKING PLAYERS ARE ON THE OUTSIDE OF THE GRID, MUST MOVE, AND PASS THROUGH GRID TO KEEP POSSESSION. ALTERNATE AFTER 90SEC LEVEL TWO-THREE PLAYERS, TWO ZONES- NEED THREE PASSES BEFORE MOVING THE GAME TO ZONE B Post-session PPP- do not allow players to contact each other nor contact the equipment The coach collects and sanitizes cones.

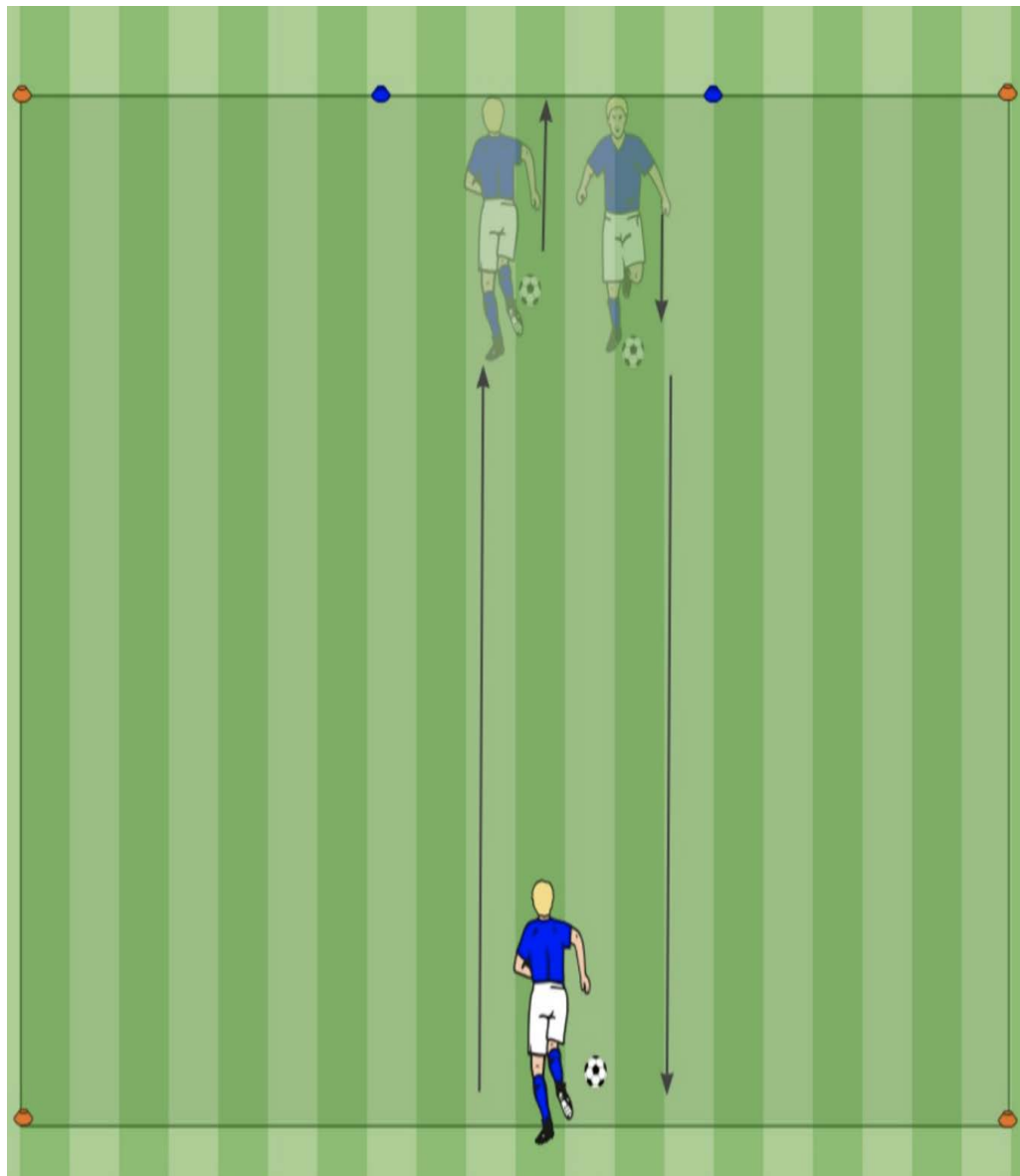
7v7 Turning with the Ball - COVID 19 (U9-U10)

Adam
Howarth

Objective: To dribble the ball forward and turn using 5 different turns

Player Actions: Pass/dribble, Change pace, Change point

Key Qualities: Optimal technical, Optimal physical



Organization: 1. Dribble the ball forward as quickly as you can and head to line between the cones 2. When you reach the cone-turn quickly with the ball 3. Turn and return to the starting point Turns - 1. Stop Turn; 2. Inside Hook; 3. Outside Hook; 4. Stepover Turn; 5. Cruyff Turn.

Notes: Turning with the ball; Dribbling the ball forward with different speeds; Use both legs and all surfaces of both feet; Quick change of direction. Turns - 1. Stop Turn; 2. Inside Hook; 3. Outside Hook; 4. Stepover Turn; 5. Cruyff Turn Can use this as a part of a competitive relay race.

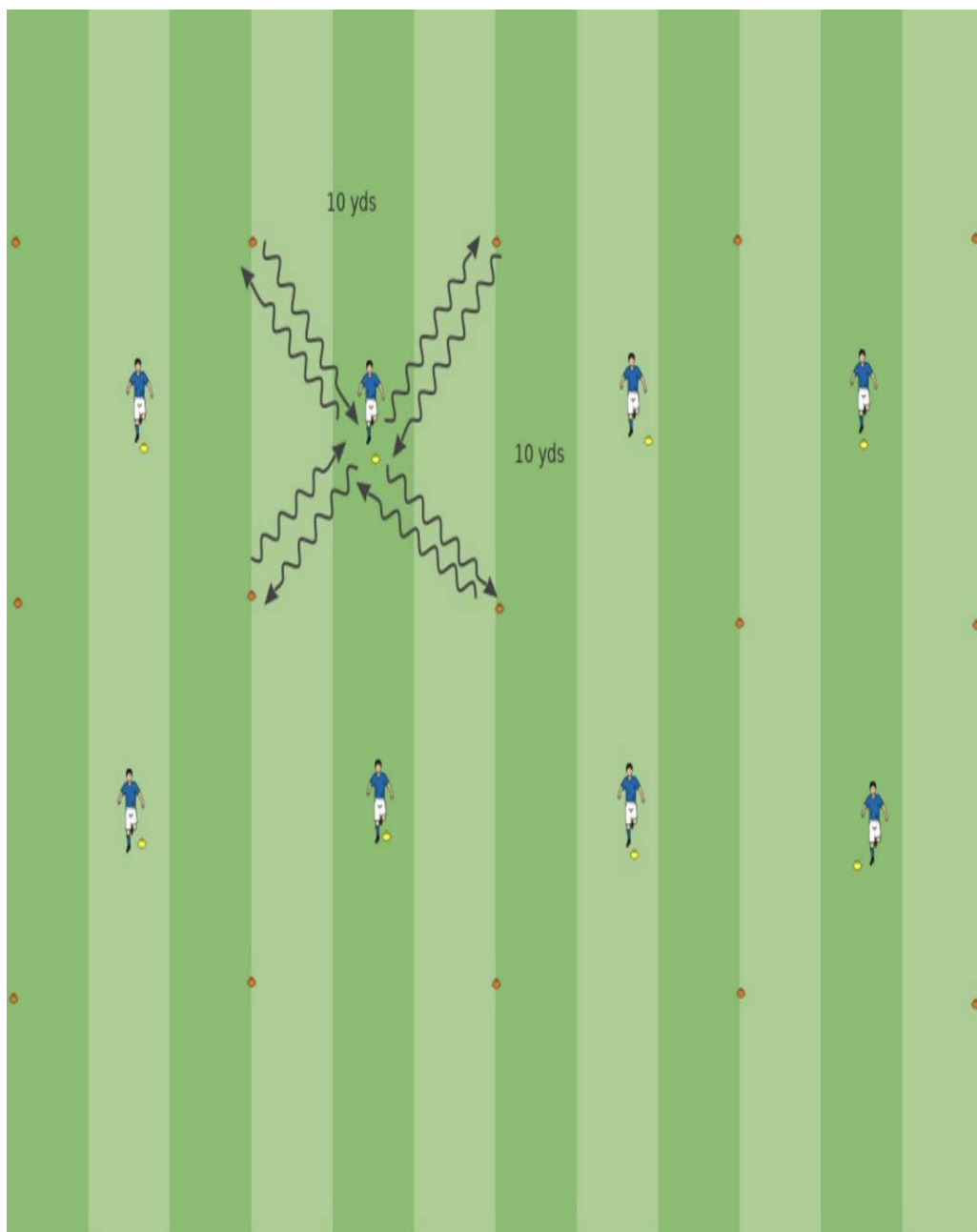
7v7 Turns with the Ball (U9-U10)

Gary
Williamson

Objective: Learn/practice six turns

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: Mark out field space with 10 x 10 yd squares. One square per player. One Ball Per Player. Turn with the ball at the corner and in the middle of the square 7 Turns Total. Go Two Times on the right foot. Two times left foot. Six Turns Total.

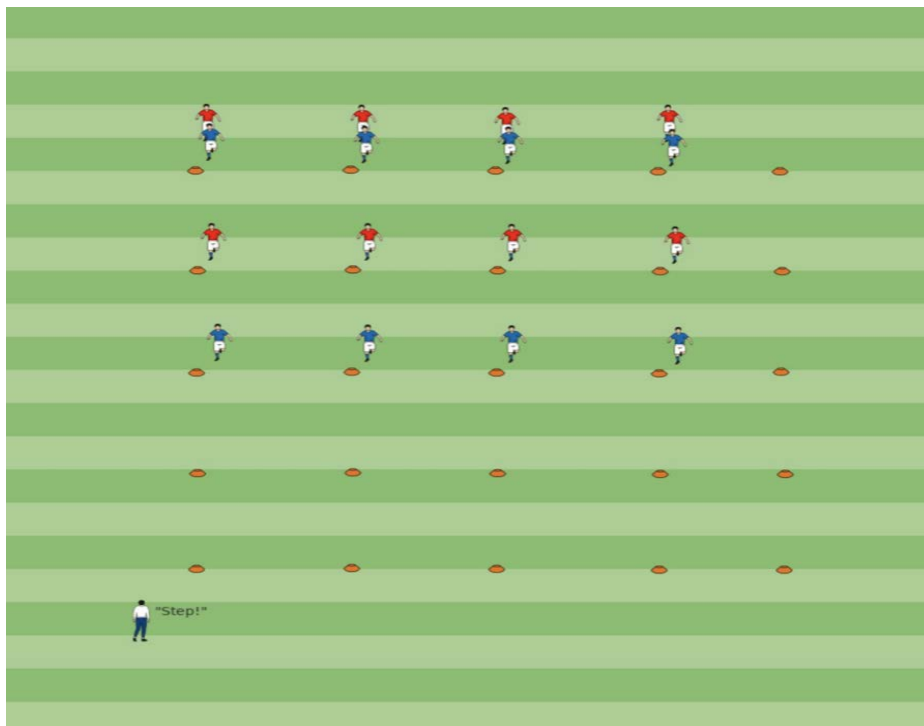
7v7 Team Defense Install (U10)

Skyler
Bell

Objective: Improving the players' ability to defend individually as part of a line/team

Player Actions: Pressure, Cover, Balance, Move as a unit, Stay compact

Key Qualities: Read game/make decisions



Organization: Cones in 5 columns and 5 rows. Columns are 5 yards apart. Rows are 7 yards apart. Players should be in 4 lines, 4 players to a line, leaving one column of cones without players (depending on the next activity in the training, you may only need 4 columns of cones so that you have a line of players behind each cone. You may also want to have players alternate colors in each line, as depicted in the graphic, but that is to make a subsequent activity easier and is not necessary for this activity). On a signal from the coach, the first player in each line (4 players total) closes down the cone in front of them. When signaled again, the players close down the next cone, and the next, and the next, until all players have gone through the grid. Repeat as needed, then progress to having each player on a cone, shifting, stepping, or dropping depending on the cues given as coaches play the ball back and forth in front of the group.

Notes: Closing technique: start with large steps, then when getting closer "chop" the steps to slow down and maintain foot ground contact to allow for changing directions. "Your last step forward is your first step back." Deny penetration and as much of one side of the field as possible (make play predictable). Weight is balanced to slightly on the front foot ("stay shifty"). Step/drop/shift: players must leave together, travel together, and arrive together. Communication/leadership. The time to move is when the ball is between players, and stop once the ball is received. When the coach takes a forward touch to prepare for the long ball, players must immediately drop on the half turn. When the coach takes a touch backward and turns away, players step, but always be ready to change direction. Coach should establish a lexicon

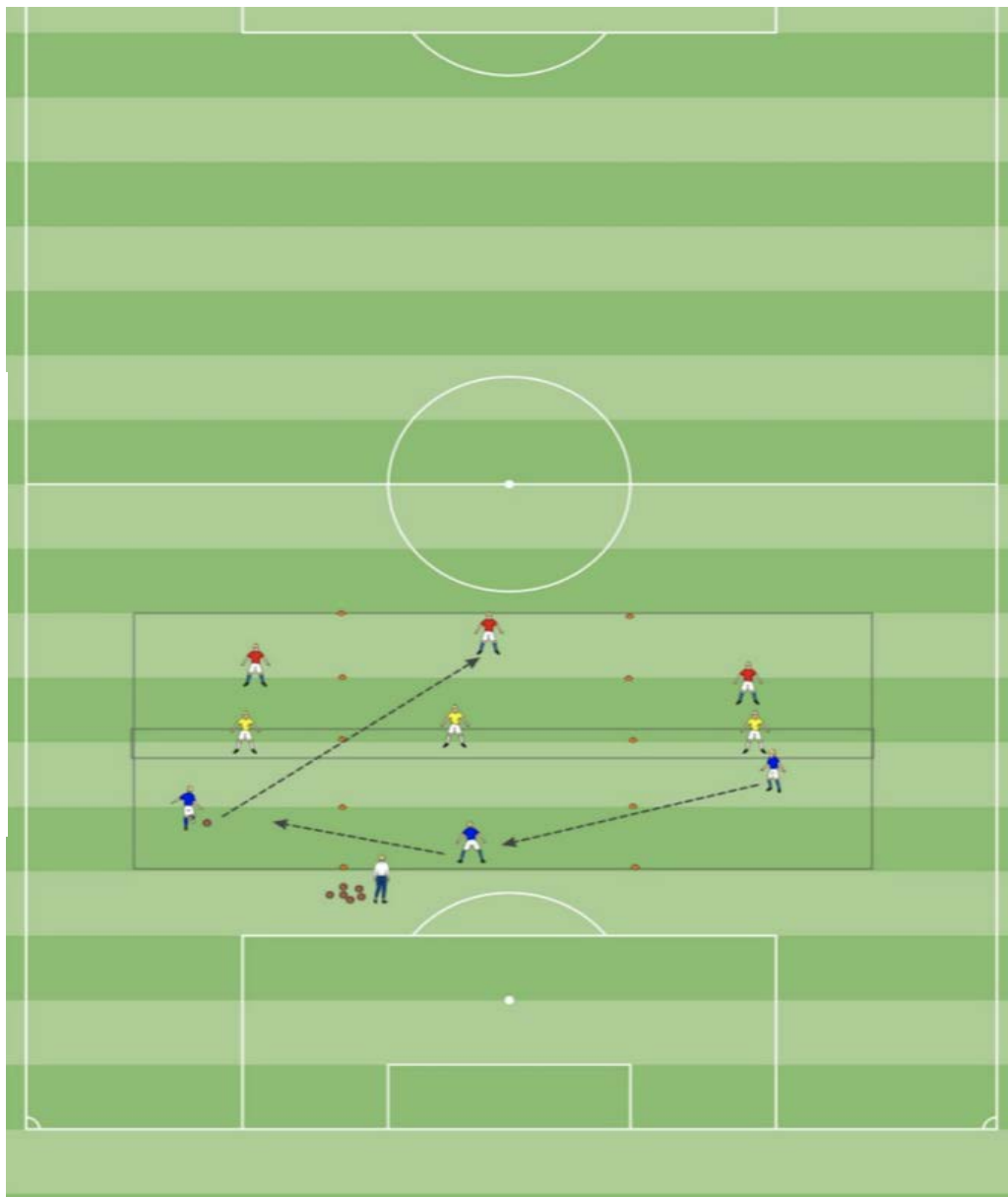
7v7 3v3v3 in Quads (U9-U11)

Objective: Defending, Pressure, and Cover

Player Actions: Protect goal, Get compact, Pressure/cover/balance

Key Qualities: Read game/make decisions, Focus, Initiative

Terry
Babatunde
Eguaeje, Ed.D.



Organization: 3v3v3 with quads 1. Players in three (3) groups of 3 (Red, Blue, Yellow) in a 25-30 yards by 15-20 yards grid with a 3-5 yard zone in the middle 2. Each player stay in their quads. Reds and Blues passing to each other. 3. Yellows try to intersect passes and gets points.

Notes: 4. Group (Blue) can pass to each other but gets extra points if they can pass across the mid-zone to Red. 5. Encourage defenders to be compact and stay compact, Pressure, and Cover 6. PROGRESSION - Goalkeepers can be in the middle zone to intersect passes

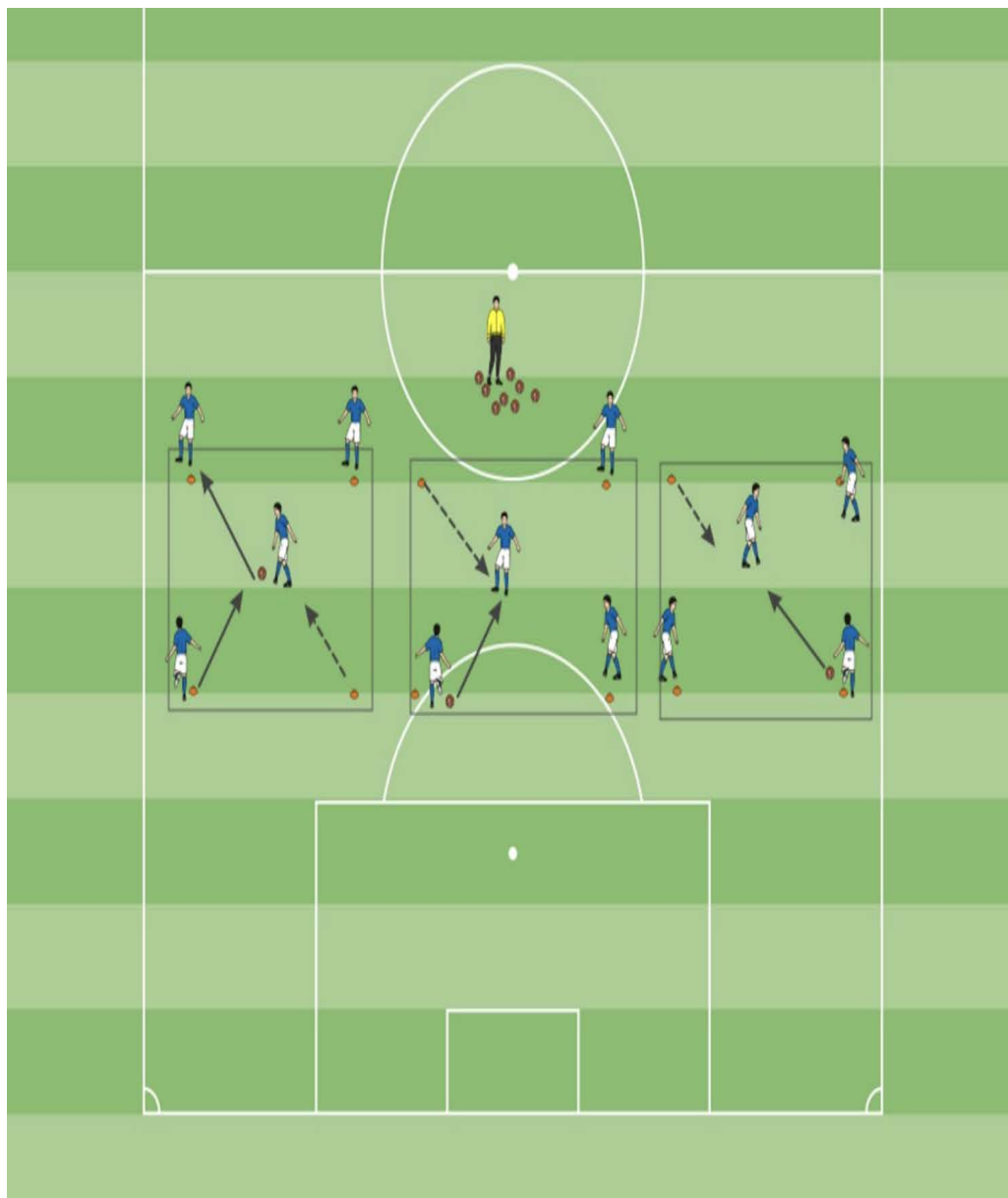
7v7 4v0 Shadow Play (U9-U11)

Objective: Passing and Movements

Player Actions: Pass options, Pass/dribble

Key Qualities: Optimal technical, Optimal physical, Initiative

Terry
Babatunde
Eguae, Ed.D.



Organization: 4V0 Shadow Play 1. Groups of four (4) players besides a cone in a square (create as many groups as needed). 15 yards by 15 yards. 2. A player leaves the cone into the center of the square to receive a pass and then passes to the player on either cones

Notes: 3. The player in the middle after passing the ball, takes the spot of the player that he/she receives the ball from 4. Another player (not involved in the sequence) checks into the center of the square to receive a pass and repeat the sequence 5. Encourage passing and movement

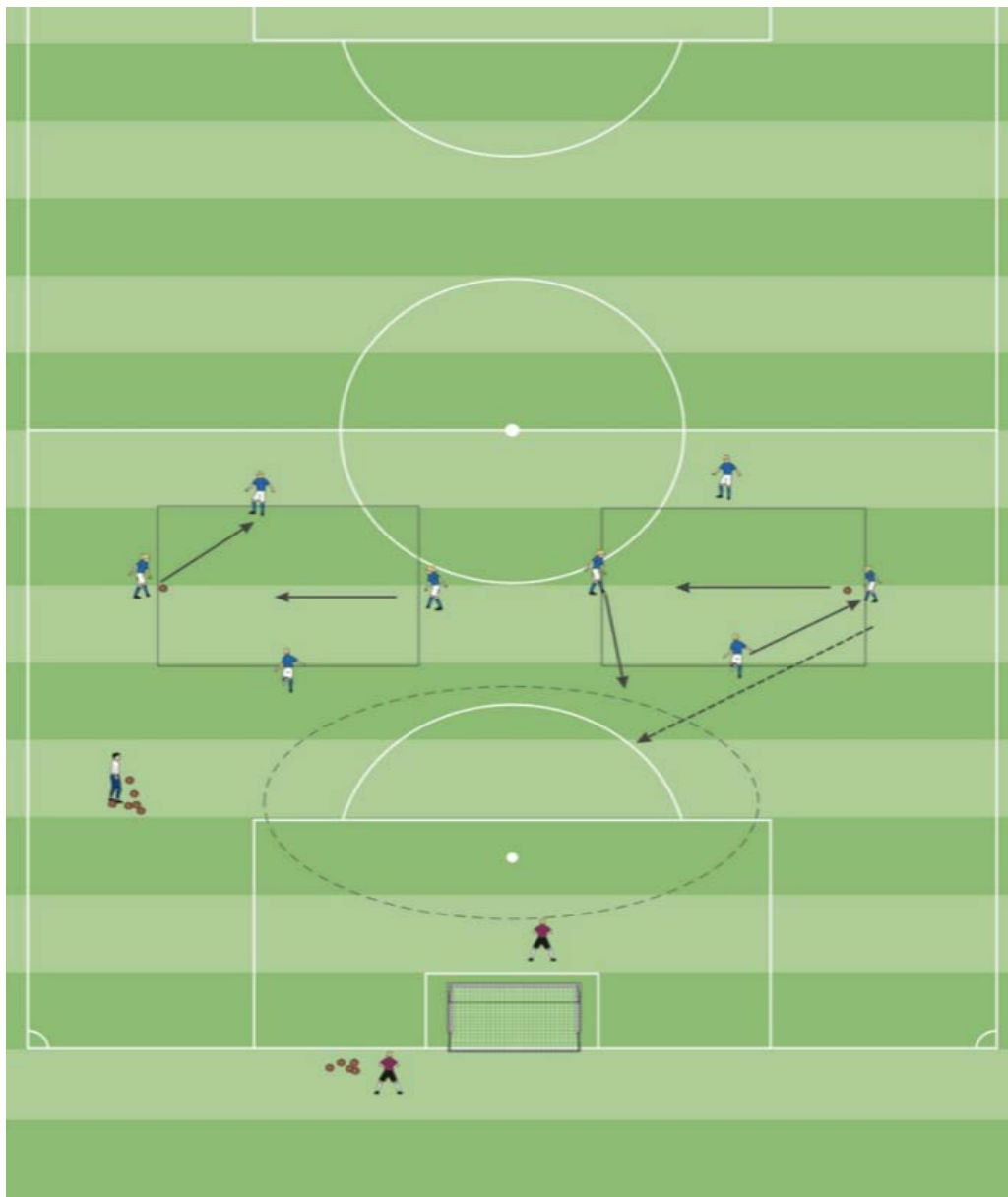
7v7 4v0 With Goalkeeper To Goal (U9-U11)

Objective: Passing, Movements, and Shooting

Player Actions: Pass/dribble, Shoot, Support

Key Qualities: Read game/make decisions, Optimal technical, Optimal physical

Terry
Babatunde
Eguaoje, Ed.D.



Organization: 4V0 shadow play With Goalkeeper to Goal 1. Players in groups of four (4) outside the goal area 2. After a few passes, players take turns taking shots on goal with goalkeeper

Notes: 3. Players rotate positions after each shot Players keep counts of goals scored. 4. Encourage passes, movements, and shooting/finishing

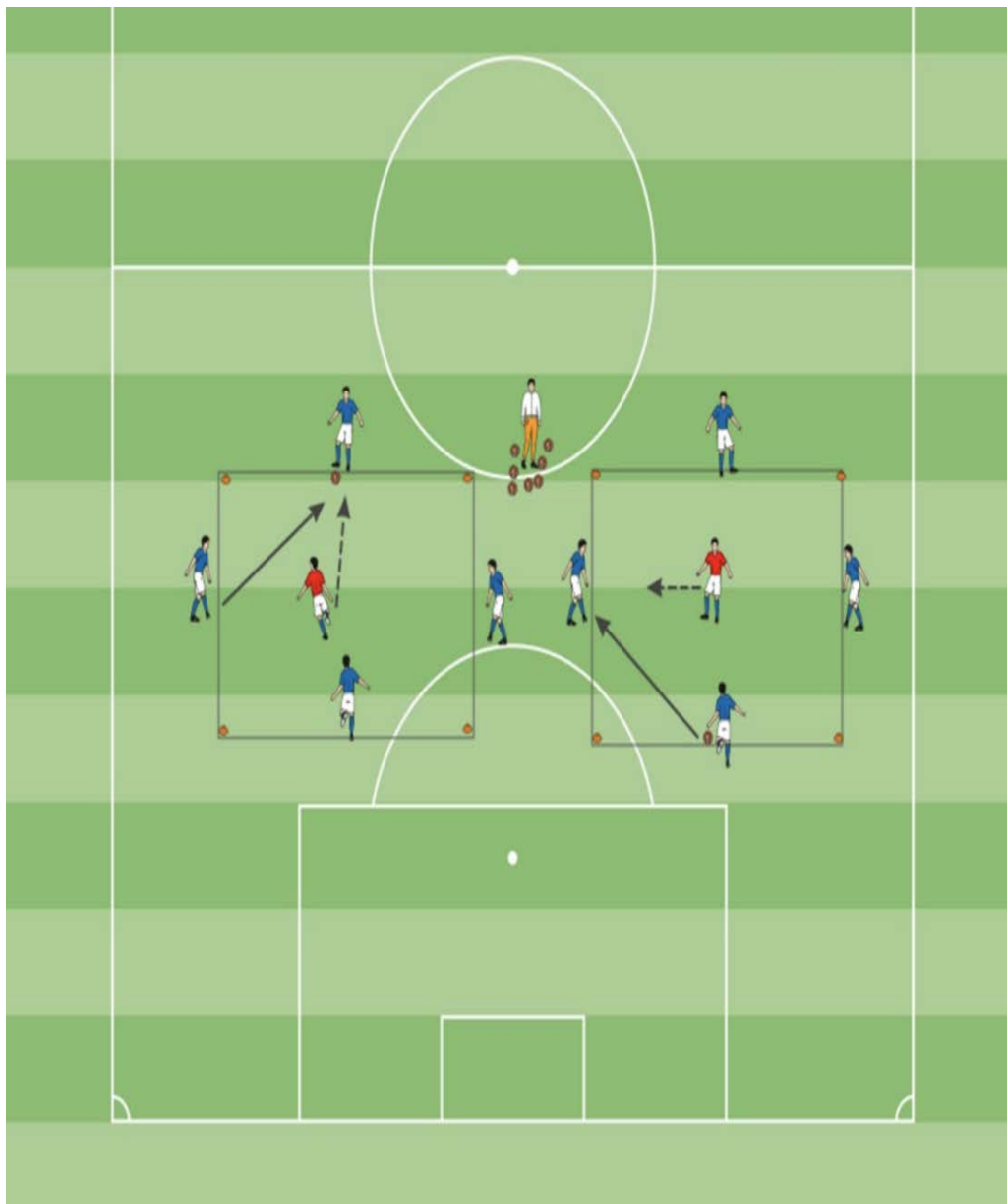
7v7 4v1 (U9-U11)

Objective: Passing, Movements, 1v1, 2v1, Dribbling, and Communication

Player Actions: Pass Options, Pass/dribble, 1v1, 2v1

Key Qualities: Read game/make decisions, Optimal technical, Focus

Terry
Babatunde
Eguaeje, Ed.D.



Organization: 4V1 in a grid 1. Players in groups of 5 in a grid - with one in the middle trying to win the ball
2. The player in the middle leaves the middle if he/she touches the ball or intersects a pass 3. Rotate positions after few minutes (2-3 mins), if no intersection

Notes: 4. Encourage passing, support, 1v1, 2v1, Dribble, and Communication

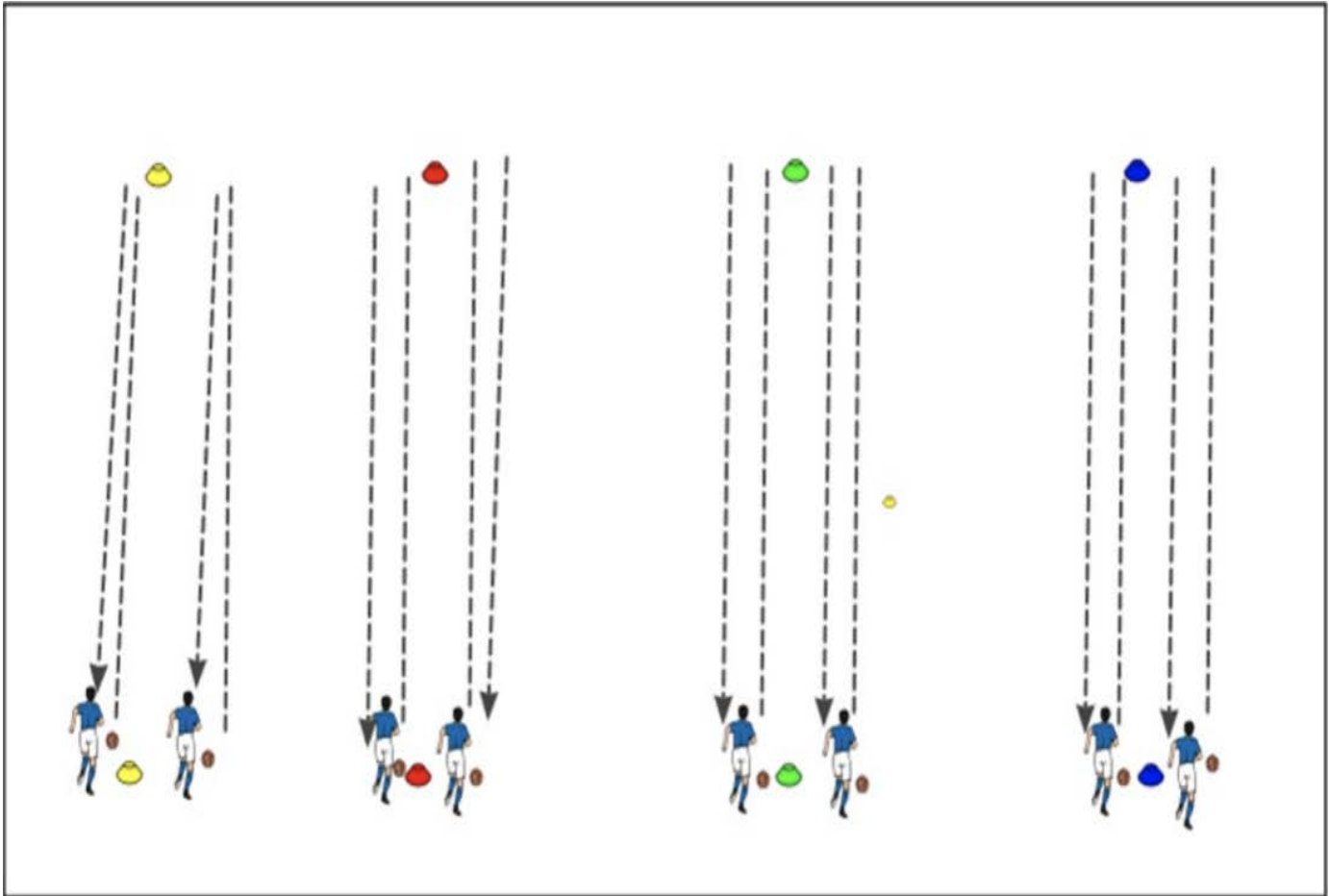
7v7 Colorado Ball Races

Michael
Freitag

Objective: Work on dribbling while maintaining social distance and speed

Player Actions: Dribbling

Key Qualities: Optimal technical, Focus



Notes: Ball Races is a competition between two players. The players are given rules for the race and compete to see who can complete the race first. They start at one cone and race to the opposite cone and back. Coaches can use their imagination to set the rules of what the player must do in the race. Examples such as right foot only, left foot only, roll the ball with bottom of the foot, or simply dribble down and back. Coaches could have several races going on at the same time. Winners move to the left for the next race and losers move to the right. Distance between cones can be determined by coach.

9 v 9



9v9 Physical Distance Training Session (U11-U12) - Instructions on Next Page



Activity One

Objective: To improve the technique of turning with the ball

Player Actions: Dribble the ball forward

Key Words: Head up, Control, Surface

Notes: 1. Keep head up to see direction. 2. Take smaller touches before turning. 3. Use the inside or the outside of the foot to turn around the cone.

Activity Two

Objective: To improve the technique of turning with the ball

Player Actions: Dribble the ball forward

Key Words: Control, Slow down, Shoulder

Notes: 1. Push the ball in front of you with the laces. 2. Slow down before you execute the turn. 3. Get in the habit of knowing where the defenders are.

Activity Three

Objective: To improve the technique of turning with the ball

Player Actions: Dribble the ball forward

Key Words: Small touches

Notes: 1. Small touches to control the ball before the turn. 2. Accelerate with the ball right after each turn.

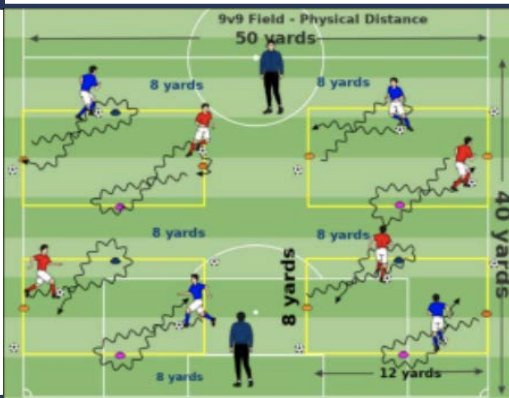
Goal: Improve the techniques of turning with the ball.

Skill Acquisition: Turning with the ball: Head up and eyes on the ball, Surface of the foot to use, Surface of the ball to strike, Distance of touch, Position of non-kicking foot, Surface of the foot, Surface of the ball to strike, Pivot and accelerate.

9v9 Physical Distance Training Session (U11-U12)

Activity 1: Figure 8

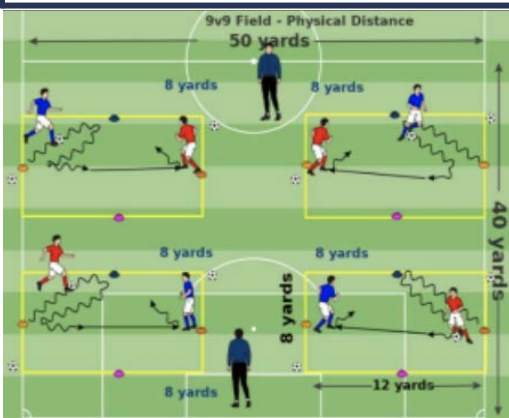
12 min. -6 intervals- 1.5 min. play + 30 sec. rest



Organization: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble the ball making a figure 8 between two cones. Player should perform the following technical tasks: **1.** Turn around the cone using the inside of the foot. Two Intervals. **2.** Turn around the cone using the outside of the foot. Two Intervals. **3.** Turn around one cone using the inside of the foot and the other cone using the outside of the foot. Three Intervals

Activity 2: Two Turns and Pass

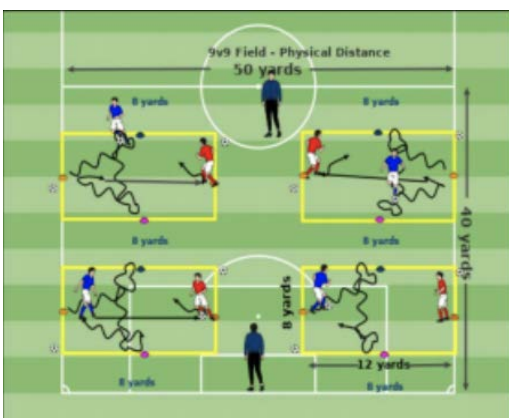
15 min. -3 intervals- 5 min. play + 1 min. rest



Organization: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks: **1.** Turn using the inside of the foot (inside cut) and pass the ball. One Interval. **2.** Turn using the outside of the foot (out of the foot hook) and pass the ball. One Interval. **3.** Turn using the sole of the foot (Drag back) and pass the ball. One Interval.

Activity 3: Double Cuts or Double Hooks

18 min. -3 intervals- 5 min. play + 1 min. rest



Organization: In a half field (30Wx40L), create four 12Wx8L grids as shown in the diagram. The player with the ball will dribble to the dark cone and perform a turn, dribble back perform the same turn and pass the ball to the other player. Player will perform the following technical tasks: **1.** Turn using a double cut with the inside of the foot) and pass the ball. One Interval. **2.** Turn using a double hook with the outside of the foot and pass the ball. One Interval. **3.** Turn using a double cut at one cone and a double hook at the other cone. One Interval.

9v9 Physical Distance Training Session (U11-U12) - Instructions on Next Page



Activity One

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Look up, Surface

Notes: 1. Keep head up to see direction. 2. Use laces to go straight 3. Use the inside or the outside of the foot to turn around the cone.

Activity Two

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Control, Fake, Acceleration

Notes: 1. Take smaller touches for control. 2. Accelerate after passing the defender (cone)

Activity Three

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Commit, Fake

Notes: 1. Dribble straight at the defender. 2. A fake throws the defender out of the way

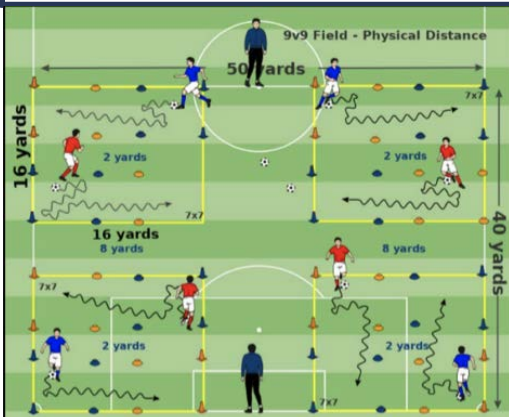
Goal: Improve the techniques of dribbling to beat at opponent

Skill Acquisition: Dribbling: Head up and eyes on the ball, Surface of the foot to use, Surface of the ball to strike, Distance of touch, Changes of direction, balance and acceleration (change of pace) after a defender is beaten

9v9 Physical Distance Training Session (U11-U12)

Activity 1: Ball Mastery

12 min. -4 intervals- 2 min. play + 1 min. rest



Organization: In a half field (50Wx40L), create four 16x16 yard grids. Each grid has four 7x7 yard squares with a 2 yard space in between squares as shown in the diagram. Place two players with a ball inside one of the small squares. The player with the ball will dribble it around performing the following tasks: **1.** Inside-outside-inside-outside-Inside-outside-stop, switch square. One Interval. **2.** Inside - outside- laces-laces -inside-inside-roll, switch square. One Interval. **3.** Inside -outside- laces-laces -inside-inside-roll, switch square. One Interval. **4.** Inside -outside- laces-laces -inside-inside-roll-circle take, switch foot. One Interval.

Activity 2: 1v1 Race

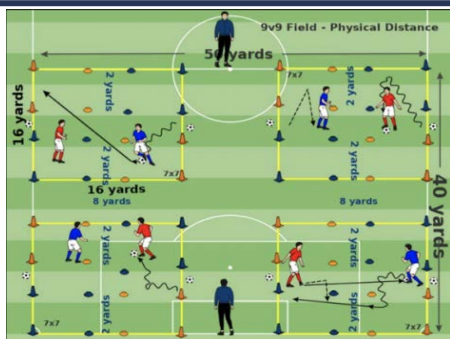
16 min. -16 intervals- 40 sec. play + 20 sec. rest



Organization: To dribble the ball forward. **PLAYER ACTIONS:** Dribble the ball forward. **ORGANIZATION:** In a half field (50Wx40L), create four 16x16 yard grids. Each grid has four 7x7 yard squares with a 2 yard space in between squares as shown in the diagram. Both dribblers are at one end of the grid. One player will say GO!. They will perform a move at the cone, go to the end line and come back performing the same move at the cone again. The player who gets back first wins the race. The player with the ball will dribble it around performing the following tasks: 1. Inside and outside of one foot. Four Intervals. 2. Touch with inside right, touch with inside left. Four Intervals. 3. Fake and take. Five Intervals. 4. Circle take. Five Intervals.

Activity 3: Dribble and Score

16 min. -8 intervals- 1.5 min. play + 30 sec. rest



Organization: In a half field (50Wx40L), create two 7Wx16L yard lanes with a 2Wx16L yard zone in between the two lanes. The defender will pass the ball to the dribbler. The dribbler will receive, lose the defenders and score in any of the two goals. No one is allowed to cross the neutral 2 yard zone.



9v9 Physical Distance Training Session (U11-U12) - Instructions on Next Page



Activity One

Objective: To improve the technique of passing and receiving the ball

Player Actions: Pass the ball forward

Key Words: Position to receive, Surface, First touch, Strike the ball

Notes: 1. Get in line with the ball. 2. Use the inside of the foot. 3. Direct the first touch right in front to step into the pass. 4. Strike in the middle of the ball

Activity Two

Objective: To improve the technique of passing and receiving the ball

Player Actions: Pass the ball forward

Key Words: First touch, Control, Follow through

Notes: 1. First touch directed towards the direction of the next pass. 2. Use the inside of the foot. 3. Follow through to transfer power to the ball

Activity Three

Objective: To improve the technique of passing and receiving the ball

Player Actions: Pass the ball forward

Key Words: Opening and Possess

Notes: 1. Pass the ball forward if there is an opening. 2. Keep possession when the defender is in front of it by passing to another attacker

Goal: Improve the techniques of passing and receiving the soccer ball

Skill Acquisition: Passing: Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. **Receiving:** Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction.

9v9 Physical Distance Training Session (U11-U12)

Activity 1: Receive, Pass, and Move 1

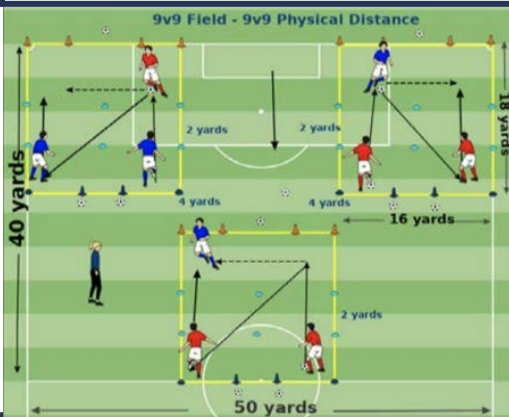
12 min. -6 intervals- 1.5 min. play + 30 sec. rest



Organization: In a half field (50Wx40L), create three 16Wx18L yard grids as shown in the diagram. Divide the grid with a central 2 yard neutral zone. Place a receiver in one end and two passers with a soccer ball each in the opposite end. The activity starts with one pass to the receiver controlling and passing the ball back, then moving to support the other passer to receive and pass the ball back. Switch players every interval.

Activity 2: Receive, Pass, and Move 2

16 min. -6 intervals- 1.5 min. play + 1 min. rest



Organization: In a half field (50Wx40L), create three 16Wx18L yard grids as shown in the diagram. Divide the grid with a central 2 yard neutral zone. Place a receiver at one end and two passers with a soccer ball each at the opposite end. The activity starts with one pass to the receiver controlling and passing the ball back diagonal to the other player, then moving to support passer to receive and pass diagonally to the other side. Switch players every interval.

Activity 3: Keep Away

18 min. -12 intervals- 1 min. play + 30 sec. rest



Organization: In a half field (50Wx40L), create three 16Wx18L yard grids with two cone goals at one end and one at the other end as shown in the diagram. Divide the grid with a central 2 yard neutral zone. The defender starts the activity by passing to one of the attackers. The attacker tries to score by passing the ball through one of the cone goals. If the defender intercepts the ball, he/she can score in the opposite central goal. Both players must stay in their grid. Switch defenders every interval.

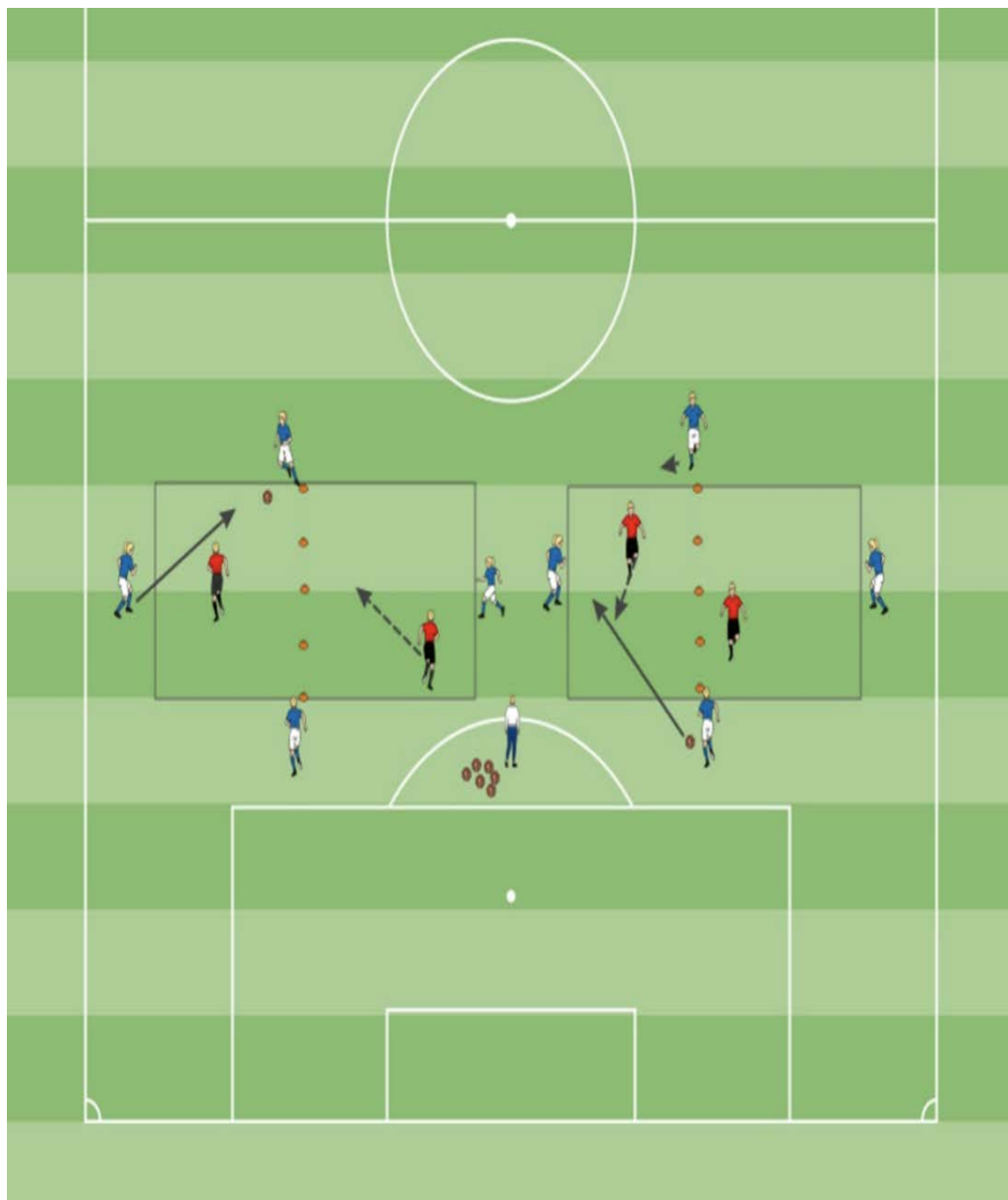
9v9 4v2 Possession Game (U11-U12)

Terry
Babatunde
Eguaoje, Ed.D.

Objective: Passing, Support, 1v1, 2v1, Dribbling, Body position, and Communication

Player Actions: Pass Options, Pass/dribble, 1v1, 2v1

Key Qualities: Read game/make decisions, Optimal technical, Focus



Organization: 4v2 Possession Game 1. Two (2) groups of 6 players 2. Two defenders stay in their zone and try to prevent splitting 3. Rotate players after few minutes (2-3 mins) or after intersection by the defenders 4.

Encourage passing, receiving, Body position, and support.

Notes: Make a competition out of it. Make it 4v1 if it is too difficult for the attackers Make it 4v3 if it is too easy

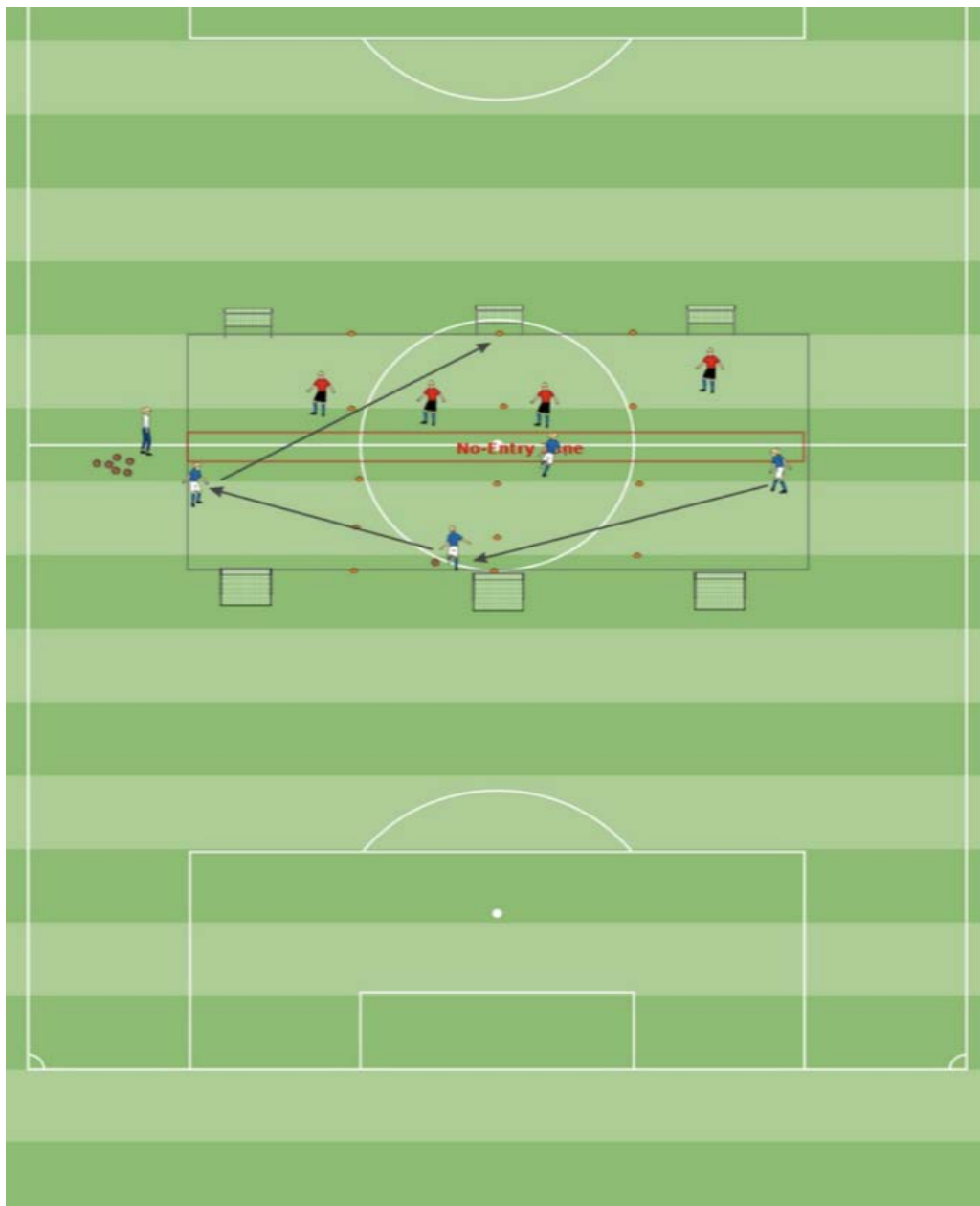
9v9 4v4 on a 6 Goal Game (U11-U12)

Objective: Improve defensive shape, Pressure, Cover, Balance

Player Actions: Protect goal, Get compact, Pressure/Cover/Balance

Key Qualities: Read game/make decisions, Focus, Initiative

Terry
Babatunde
Eguaoje, Ed.D.



Organization: 4v4 on a 6 Goal Game 1. Two teams in a 20-25 yards by 30-35 yards with a 5 yards no-entry zone at the middle 2. Each player stays in the quad and passes the ball among themselves until they can shoot on goal 3. Encourage defensive shape Team with most goal wins

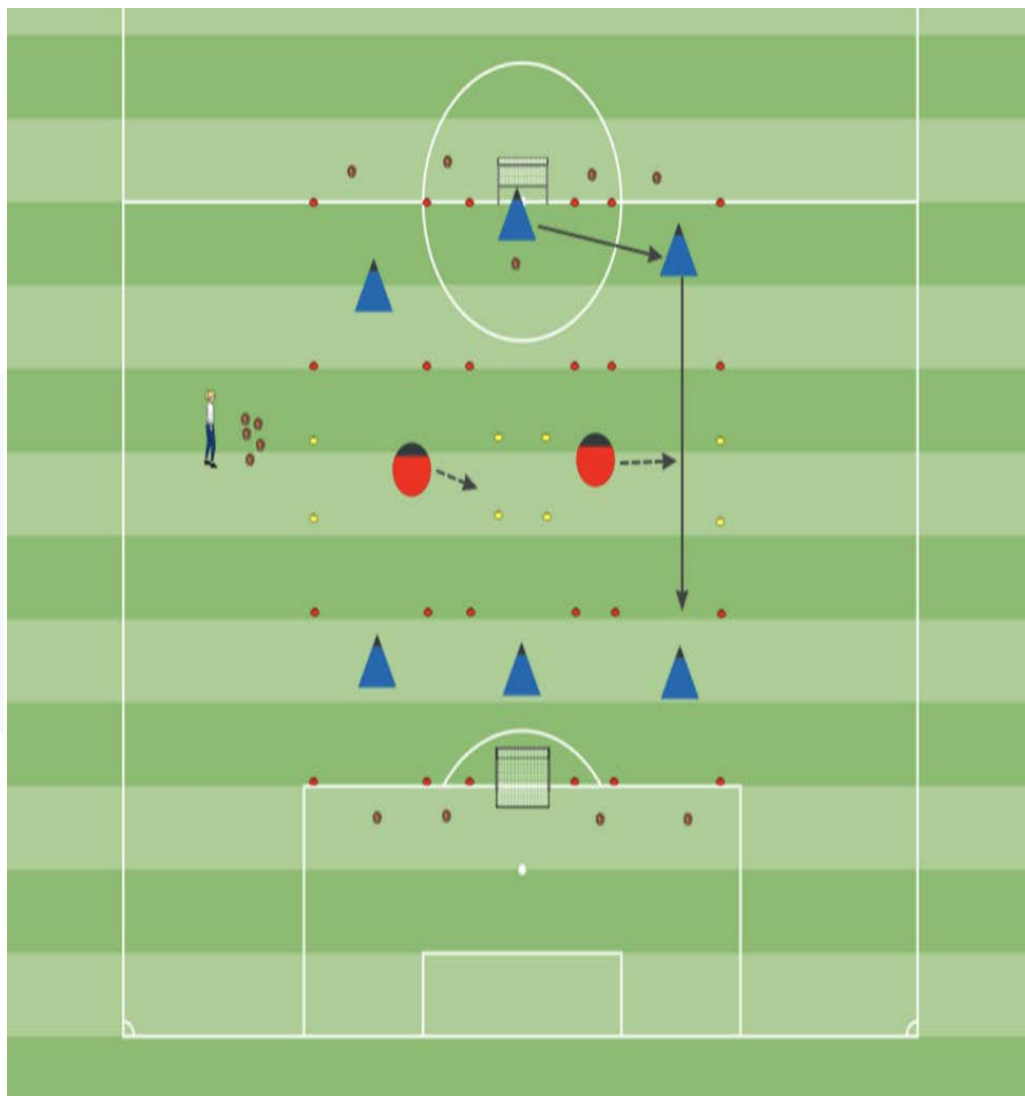
Notes: Progression: add goalkeepers

9v9 Passing and Receiving (U11-U12)

Objective: Improve players' passing and receiving

Player Actions: Pass/dribble, Movement

Key Qualities: Read game/make decisions, Speed of play



Organization: Set up 3 grids to create a lane. Walk out 3 yards and set up 2 grids to create a middle lane, then walk out 3 more yards and set 3 more grids to create a 3rd lane. Size of grids should vary based on fitness and level of the players
How to Play: Triangles are trying to keep possession by passing the ball to create passing lanes to pass through the yellow grid to the triangles in the furthest grid. Circles are trying to win the ball and find score in the mini goals. Triangles can defend the goals. Variations:

1. Limit touches/time on the ball for triangles
2. Limit time for circles to shoot once ball is won, to encourage quick transition
3. Triangles must find splits in order to pass to triangles on the opposite side

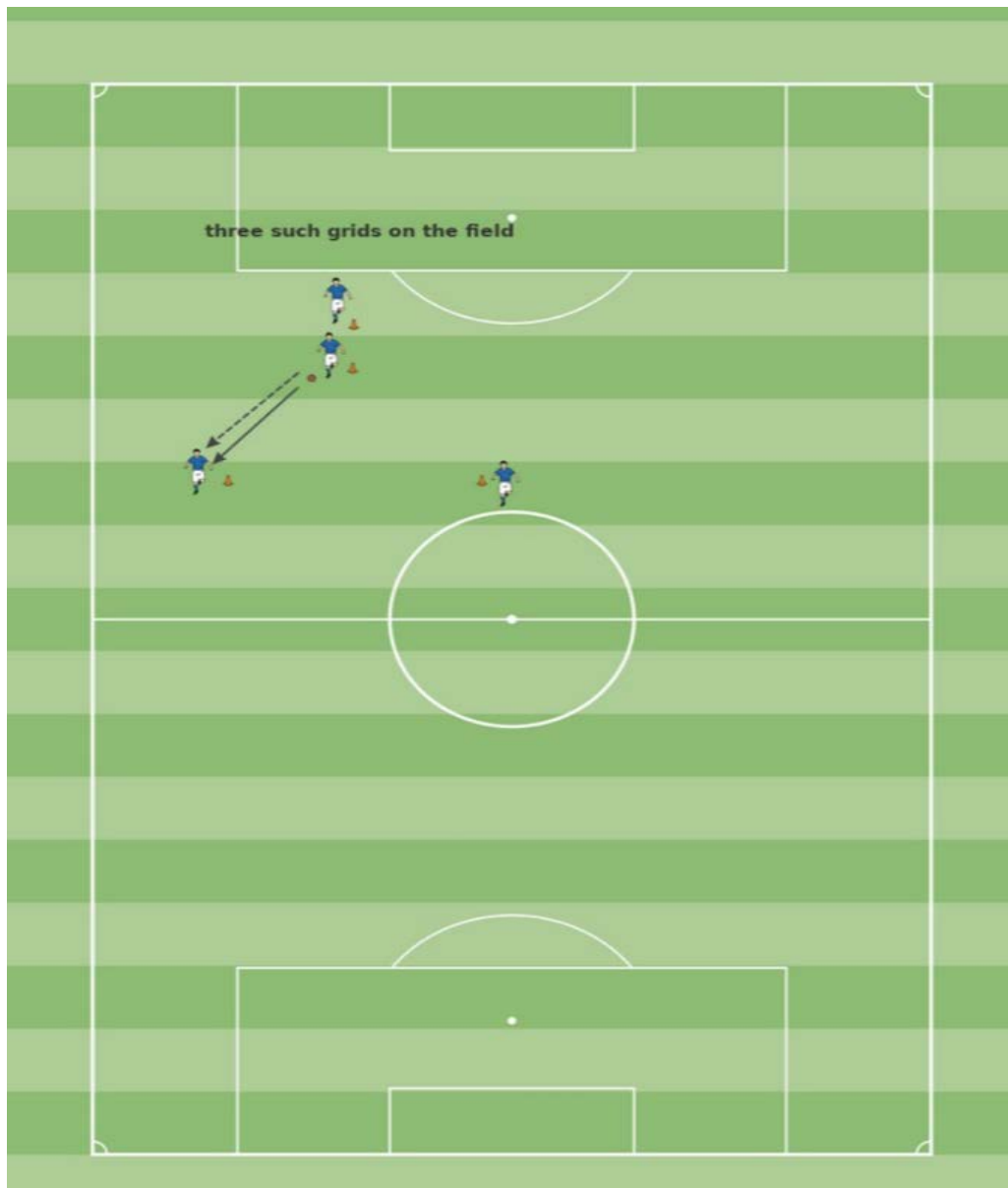
9v9 Social Distancing Pass and Follow (U11-U12)

Jacob
Daniel

Objective: Improve passing and receiving

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: 12 players divided into 3 groups of 4. Each group lined up as shown in a triangle 15 yards sides and one cone 6 yards away, sequence starts where there are two cones, first player passes and follows pass to new corner, next player passes and follows pass to next corner. players go counterclockwise first and later go clockwise, can vary the types of passes and types of control. progress to contest to see which team finishes one round the quickest, a round is when the first passer returns to his starting spot. can vary by dribbling halfway and passing.

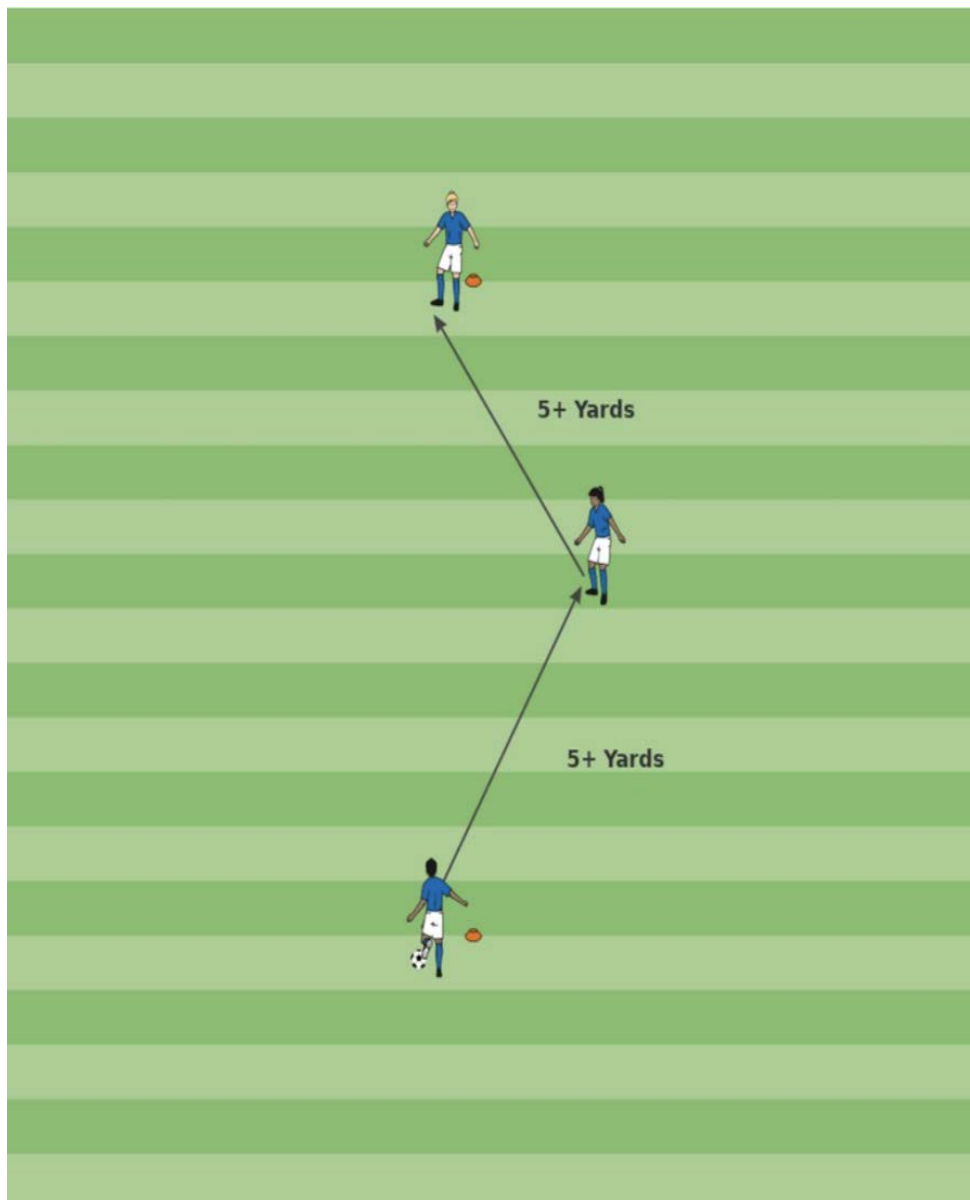
9v9 Open Up Passing (U11-U12)

Kevin
Laux

Objective: Improve ability to receive and pass

Player Actions: Pass/dribble

Key Qualities: Optimal technical



Organization: Place 2 cones a minimum of 12 yards apart. One player stands on each cone with another player in the middle offset to Attacking form a triangle One player on a cone starts with the ball and passes to the player in the middle who receives with their far foot, receives & turns/opens their body toward the other player then passes to that player. Repeat of a set number of repetitions or timeframe.

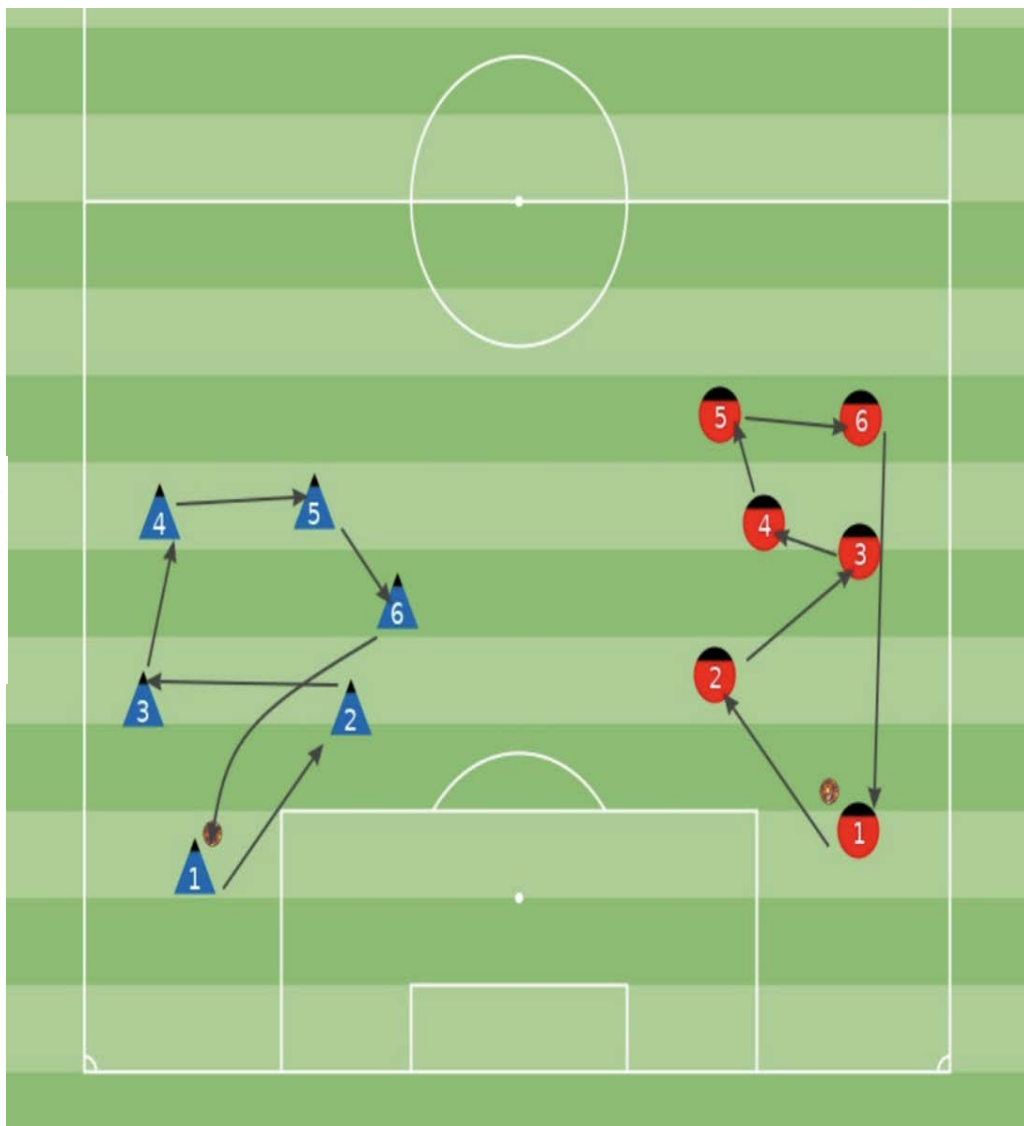
9v9 Numbered Passing (U11-U12)

Skyler
Bell

Objective: Improve ability to receive and pass

Player Actions: Pass/dribble, Spread out, Create passing options

Key Qualities: Optimal technical



Organization: Groups of 4-7 players, with each player given a number. Players pass in number order. The image here is of the 2 major issues you'll have: either they will be in a circle or they won't have put any thought into moving into the line of sight of the player before them. The groups don't even need to have their own space, but can go invade the space of other groups. They should work to vary the distances between players so some passes are longer, some are shorter. RULES: 1) ball cannot stop moving. 2) players cannot remain in the same spot. Keep moving! (side shuffle, back peddle, run forward, etc) ADD AS YOU PROGRESS: 3) use opposite foot from your last pass. 4) no turning* (this is the most important rule, as it forces the players to know which way they want to play and make their run facing that way, as well as the next player must be aware and make their run into the line of sight of their teammate). 5) no talking (make them LOOK)

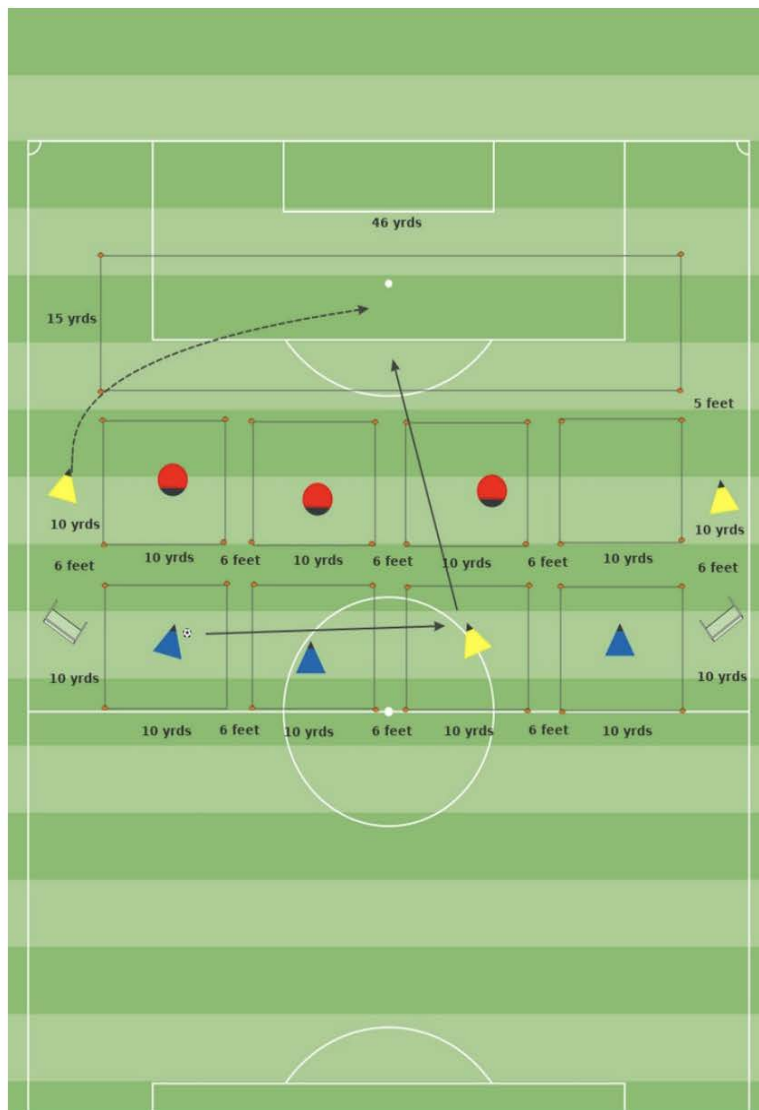
9v9 3 vs. 3 + 3 Game Model (U11-U12)

Auke
Wiersma

Objective: To improve the players' ability to create opening and to pass forward

Player Actions: Spread out, Pass options, Support

Key Qualities: Read game/ make decisions, initiative, Focus



Organization: Create eight 10 x 10 squares and one larger end zone. Form three teams, of which two are attacking and one is defending. One of the teams is neutral (yellow). The attacking team tries to find the neutral player on the opposite side of the field. These players need to find the correct moment to move into the end zone. Both players cannot be in that zone. The attacking team scores by successfully passing a ball deep and being received by the player in the end zone. When the defenders win the ball they can score on the small counter goals. Between the squares is the required 6 feet distance. Defensive players are allowed to move from square to square but no two players in one square are allowed. Rotation of the teams using social distancing: The neutral team lines up with 6 feet between the players in the end zone. Then the defending team takes the neutral positions, the attacking team takes the defending positions and then the waiting team leaves the endzone and takes the attacking squares.

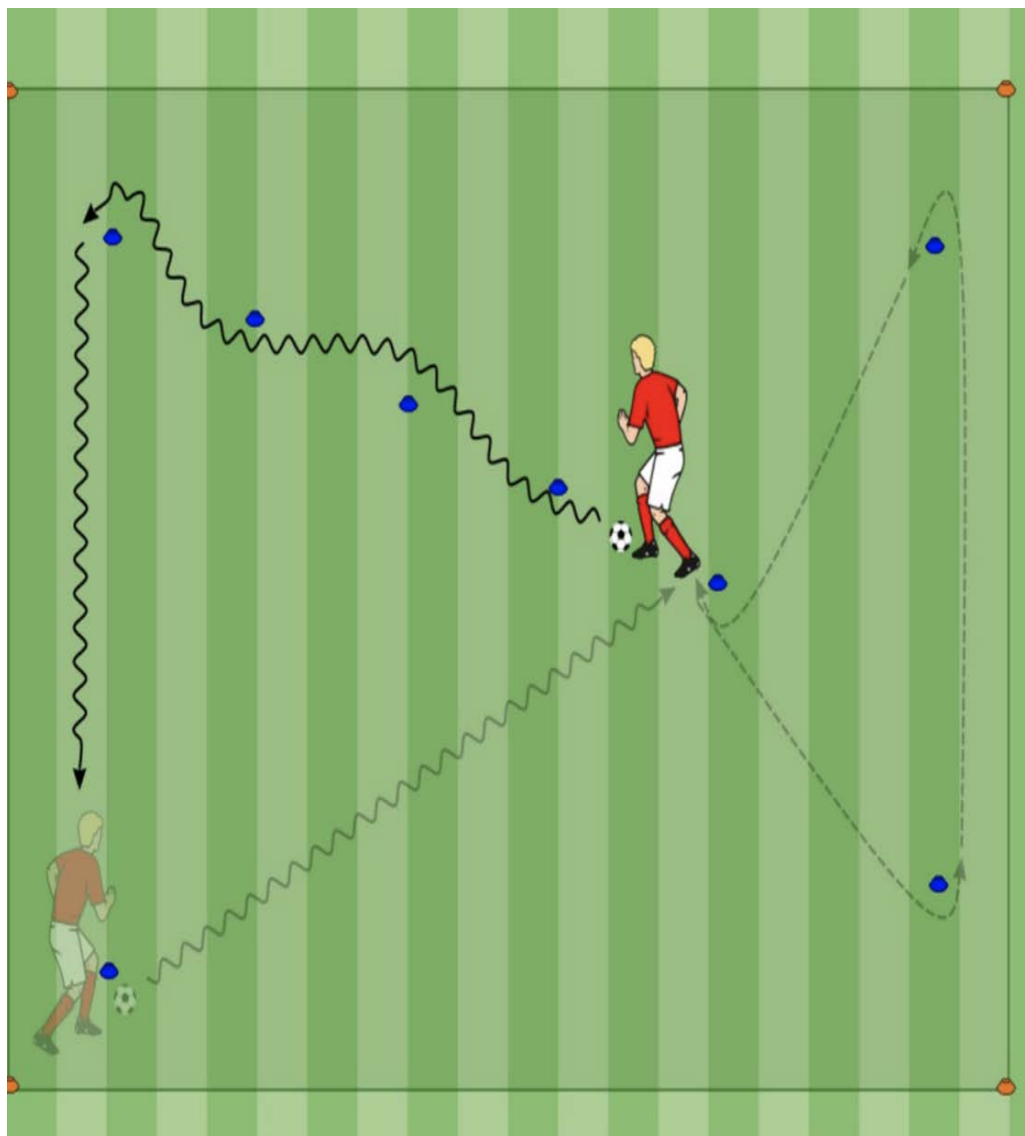
9v9 Running Forward With / Without The Ball (U11-U12)

Adam
Howarth

Objective: To dribble the ball forward

Player Actions: Pass/dribble, Change pace

Key Qualities: Optimal technical, Optimal physical



Organization: 1. Dribble the ball forward as quickly as possible and leave the ball at center cone 2. Run as quickly as possible around the other 2 cones and back to the ball 3. Dribble forward between the cones and back to the starting point as quickly as possible

Notes: Running with and without the ball; Dribbling the ball forward with different speeds; Use both legs and all surfaces of both feet; Quick change of directions and speeds. Skill acquisition - Motor Development - PsychoSocial development (could be used in relay competition)

11 v 11



11v11 Physical Distance Training Session (U13+) - Instructions on Next Page



Activity One

Objective: To improve the technique of turning with the ball

Player Actions: Dribble the ball forward

Key Words: Control, Surface

Notes: 1. Take smaller touches before turning. 3. Use the inside or the outside of the foot to turn around the cone.

Activity Two

Objective: To dribble the ball forward and turning with the ball

Player Actions: Dribble the ball forward

Key Words: Control, Slow down, Accelerate

Notes: 1. Push the ball in front of you with the laces. 2. Slow down before you execute the turn. 3. Accelerate after each turn

Activity Three

Objective: To dribble the ball forward and turning with the ball

Player Actions: Dribble the ball forward

Key Words: Control, Slow down, Fake, Accelerate

Notes: 1. Push the ball in front of you with your laces. 2. Small touches to control the ball before the turn. 3. Accelerate with the ball right after each turn.

Goal: Improve the techniques of turning with the ball.

Skill Acquisition: Turning with the ball: Head up and eyes on the ball, Surface of the foot to use, Surface of the ball to strike, Distance of touch, Position of non-kicking foot, Surface of the foot, Surface of the ball to strike, Pivot and accelerate.

11v11 Physical Distance Training Session (U13+)

Activity 1: 1o Turns

12 min. -4 intervals- 2 min. play + 1 min. rest



Organization: In a half field (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The players will dribble across the neutral zone and perform the same turn 10 times. Players should perform the following technical tasks: **1.** Turn using the inside of the foot (Cut). One Interval. **2.** Turn using the outside of the foot (Hook). One Interval. **3.** Turn using a cut at one side and the hook at the other side. One Interval. **4.** Turn using the drag back. One Interval.

Activity 2: RWB and Turning

16 min. -16 intervals- 45 sec. play + 15 sec. rest



Organization: In a half field (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The player will race to get to the other side dribbling across the neutral zone and performing a turn, then perform the same turn at the other side of the neutral zone, to dribble to the other side of the grid. Player should perform the following turns: **1.** Turn using the inside of the foot (Cut). Four Intervals. **2.** Turn using the outside of the foot (Hook). Four Intervals. **3.** Turn using a cut at one side and the hook at the other side. Four Intervals. **4.** Turn using the drag back. Four Intervals.

Activity 3: 1v1 Turning and Score

16 min. -8 intervals- 1.5 min. play + 30 sec. rest



Organization: In a half field (70Wx60L), create four 10Wx16L grids with a 2-yard vertical and horizontal neutral zone as shown in the diagram. The Defender will pass the ball to the dribbler to start the game. The dribbler needs to cross the neutral zone and perform a turn in the second box. After the turn, the dibbler can score in either of the two yellow goals. If the defender gets the ball, he/she can score after performing a turn.

11v11 Physical Distance Training Session (U13+) - Instructions on Next Page



Activity One

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Look up, Surface

Notes: 1. Look up to see direction. 2. Use laces to go straight. 3. Use the inside or the outside of the foot to change direction and the sole to stop the ball

Activity Two

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Control, Fake, Accelerate

Notes: 1. Smaller touches. 2. Fake to throw the defender. 3. Accelerate after passing the defender

Activity Three

Objective: To dribble the ball forward

Player Actions: Dribble the ball forward

Key Words: Commit, Fake, Score

Notes: 1. Dribble straight at the defender. 2. Fake to throw the defender out of the way. 3. When you have an opening, shoot on one of the three goals.

Goal: Improve the techniques of dribbling to beat an opponent.

Skill Acquisition: Dribbling: Head up and eyes on the ball, Surface of the foot to use, Surface of the ball to strike, Distance of touch, Changes of direction, balance and acceleration (change of pace) after a defender is beaten

11v11 Physical Distance Training Session (U13+)

Activity 1: Ball Mastery

12 min. -4 intervals- 2 min. play + 1 min. rest



Organization: In a half field (70Wx60L), create four 12x12L grids with a 1-yard zone in the middle as shown in the diagram. Place two players with a ball inside one of the small squares. The player with the ball will dribble it around performing the following tasks: **1.** Inside-outside-inside-outside-Inside-outside-stop, switch square. One Interval. **2.** Inside -outside- laces-laces -inside-inside-roll, switch square. One Interval. **3.** Inside -outside- laces-laces -inside-inside-roll, switch square. One Interval. **4.** Inside -outside- laces-laces - inside-inside-roll-circle take, switch foot. One Interval.

Activity 2: Receive, Dribble, and Pass

16 min. -8 intervals- 1.5 min. play + 30 sec. rest



Organization: In a half field (70Wx60L), create four 12Wx12L grids with a central cone in the middle of the 1-yard zone as shown in the diagram. The player with the ball passes to the dribbler. The dribbler goes diagonally towards the central cone, executes a 1v1 move and passes the ball to the other player when he/she gets to the other corner. The players perform the following 1v1 moves: **1.** Inside and outside of one foot. Four Intervals. **2.** Touch with inside right, touch with inside left. Four Intervals. **3.** Fake and take. Five Intervals. **4.** Circle take. Five Intervals.

Activity 3: 1v1 Fake and Score

16 min. -8 intervals- 1.5 min. play + 30 sec. rest



Organization: In a half field (70Wx60L), create four 12Wx12L grids with a 1-yard zone in the middle as shown in the diagram. The defender will pass the ball to the dribbler. The dribbler will receive the ball, dribble forward to commit the defender, fake him/her and score in any of the three goals. No one is allowed to cross the neutral 1-yard zone.

11v11 Physical Distance Training Session (U13+) - Instructions on Next Page



Activity One

Objective: Improve the ability of the two defenders to pressure and cover

Player Actions: Protect the goal, Pressure and Cover

Key Words: Pressure, Switch, Cover

Notes: 1. Pressure fast enough to get there as the ball arrives at the opponent's foot. 2. Cover right behind the pressing defender closing down any passing lanes. 3. Switch positions when the ball goes from one attacker to the other

Activity Two

Objective: Improve the ability of the two defenders to pressure and cover

Player Actions: Protect the goal, Pressure and Cover

Key Words: Angle, Body position, Cover

Notes: 1. Close of cut down the passing lane to goal at an angle. 2. Sideways on body positioning. 3. Cover right behind the pressing defender closing down any passing lanes

Activity Three

Objective: Improve the ability of the two defenders to pressure and cover

Player Actions: Protect the goal, Pressure and Cover

Key Words: Block the pass, Press, Switch, Help

Notes: 1. Need to be in from of the ball sideways on to block the pass forward. 2. Closest to the defender presses the ball. 3. Switch as soon as the ball is passed to another attacker. 4. Help the pressing defender by providing cover behind him/her and cutting the passing lanes.

Goal: Improve the defending - Pressure and Cover

Skill Acquisition: **Pressure:** Angle and speed of approach, Distance, Body position, Tackle choice (poke or block), **Cover:** Distance, Body position.

11v11 Physical Distance Training Session (U13+)

Activity 1: Pressure and Cover

1

12 min. -6 intervals- 1.5 min. play + 30 sec. rest

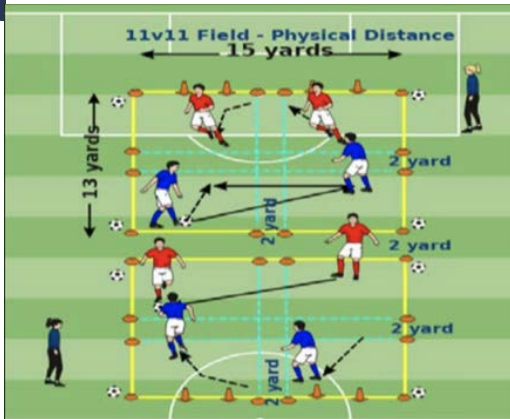


Organization: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. Place 2 defenders and two attackers in the grid. The attackers will inter-pass using two or three touches to give the defenders a chance to move to pressure the ball, cover, and switch places. Change roles every interval.

Activity 2: Pressure and Cover

2

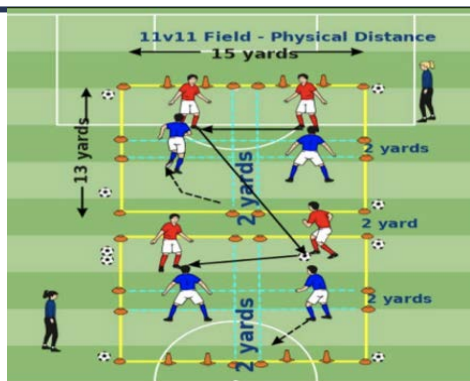
16 min. -8 intervals- 1.5 min. play + 30 sec. rest



Organization: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. Place 2 defenders and two attackers in the grid. The attackers will try to score in either of the two goals. Defenders protect the goal by getting in front of the ball and pressing and try to intercept any passes to either goal. Change roles every interval.

Activity 3: 2v2 + 2v2 to Four Small Goals

16 min. -8 intervals- 1.5 min. play + 30 sec. rest



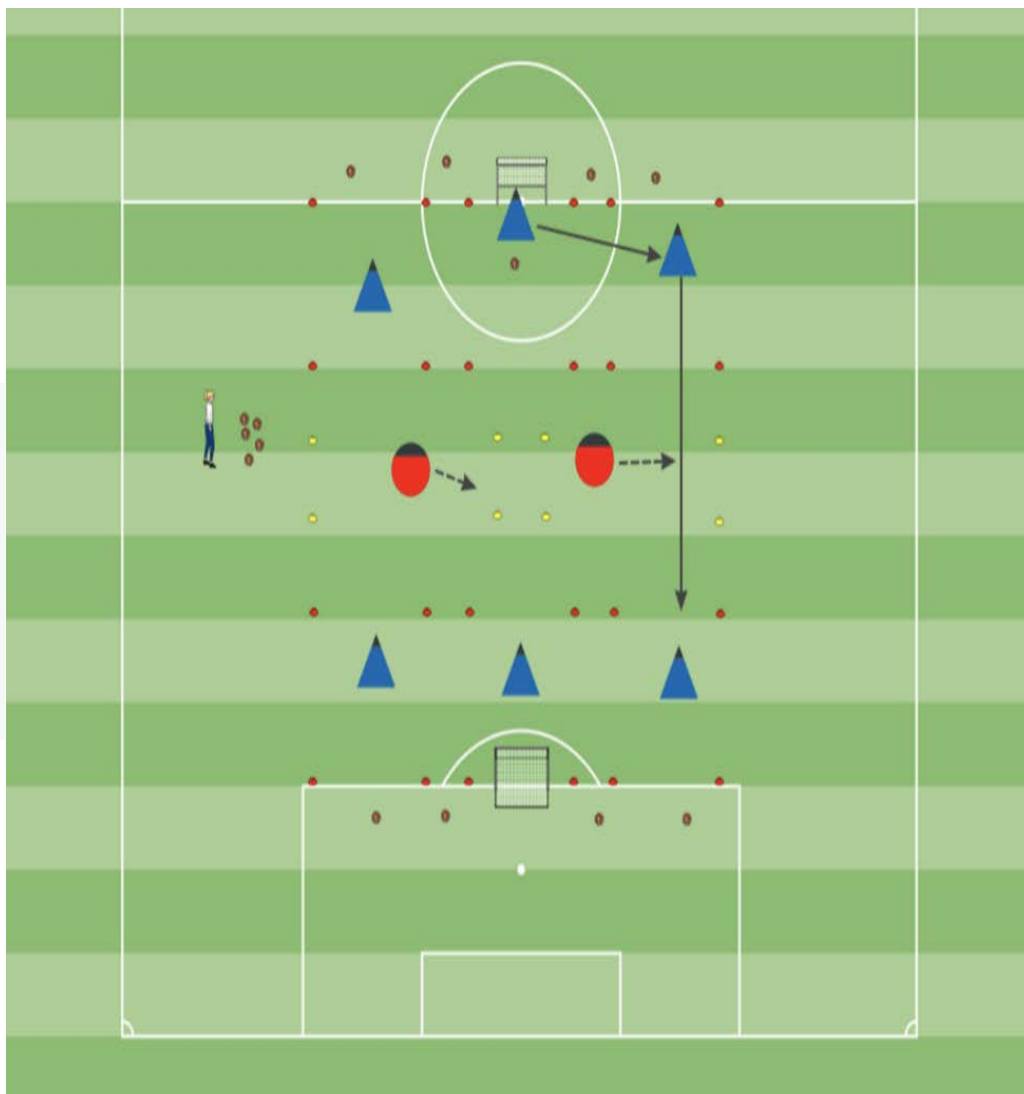
Organization: In the attacking half, create two-15Wx13L yard grids with two 2-yard goals at one end and a vertical and horizontal 2-yard neutral zone as shown in the diagram. The red and Blue teams are trying to get the ball to their front players to score in the opponent's goal. Defenders protect the goal by pressing, getting in front of the ball and trying to intercept any passes to goals. Change roles every interval.

11v11 Passing and Receiving (U13+)

Objective: Improve players' passing and receiving

Player Actions: Pass/dribble, Movement

Key Qualities: Read game/make decisions, Speed of play



Organization: Set up 3 grids to create a lane. Walk out 3 yards and set up 2 grids to create a middle lane, then walk out 3 more yards and set 3 more grids to create a 3rd lane. Size of grids should vary based on fitness and level of the players. How to Play: Triangles are trying to keep possession by passing the ball to create passing lanes to pass through the yellow grid to the triangles in the furthest grid. Circles are trying to win the ball and find score in the mini goals. Triangles can defend the goals. Variations:

1. Limit touches/time on the ball for triangles
2. Limit time for circles to shoot once ball is won, to encourage quick transition
3. Triangles must find splits in order to pass to triangles on the opposite side

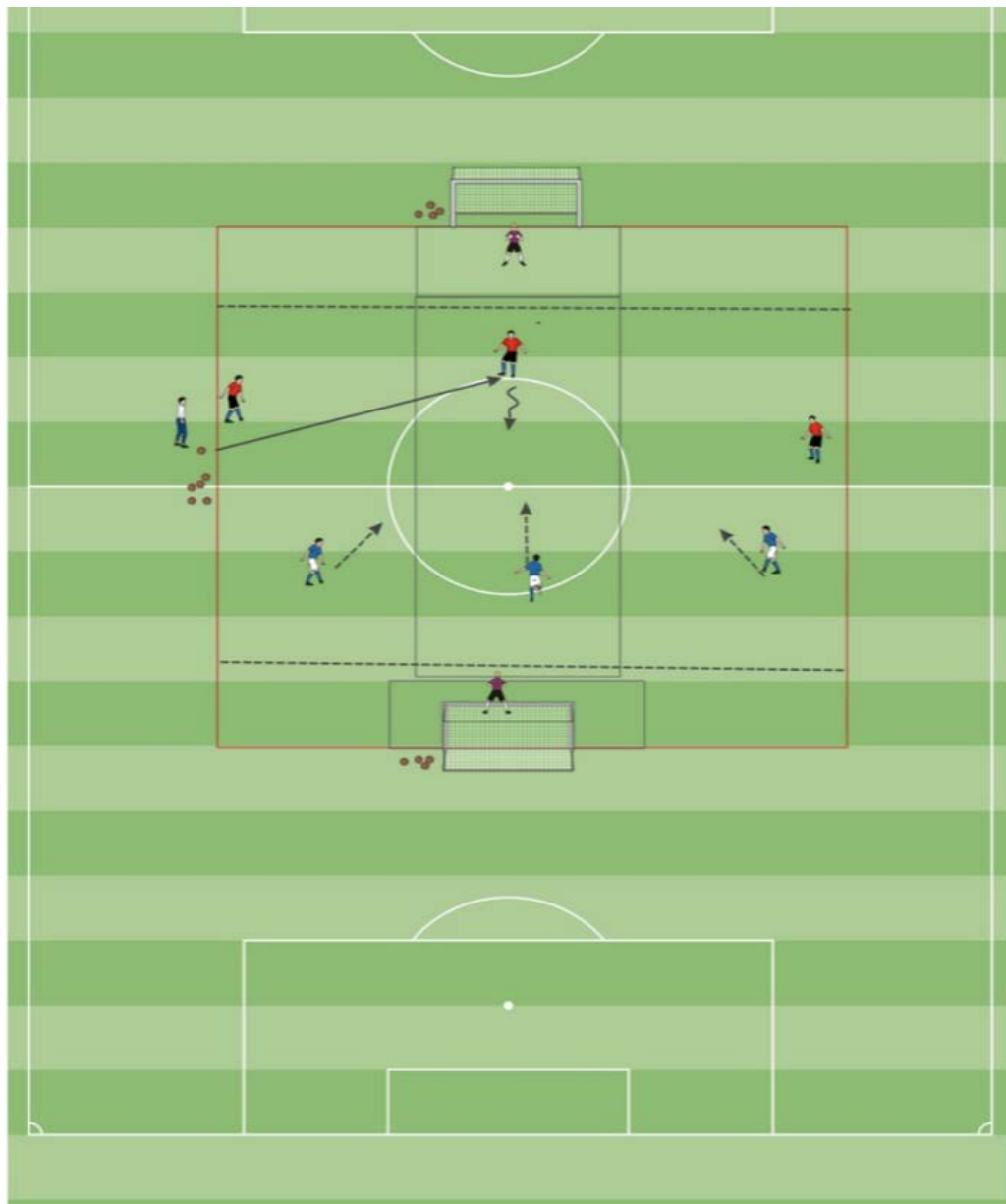
11v11 4v4 With Goalkeeper (U13+)

Terry
Babatunde
Eguaoje, Ed.D.

Objective: Attacking principles

Player Actions: Pass/dribble, Spread out, Support

Key Qualities: Read game/make decisions, Initiative, Focus



Organization: 4v4 with Goalkeepers 1. Two teams Blues and Reds in a grid of 40 by 30 yards with quads. 2. Players must stay in their quads. 3. Team with the most goals win 4. Encourage Attacking Principles - Penetration, width, support, movement, etc.

Notes: This could also be used to teach defensive principles.

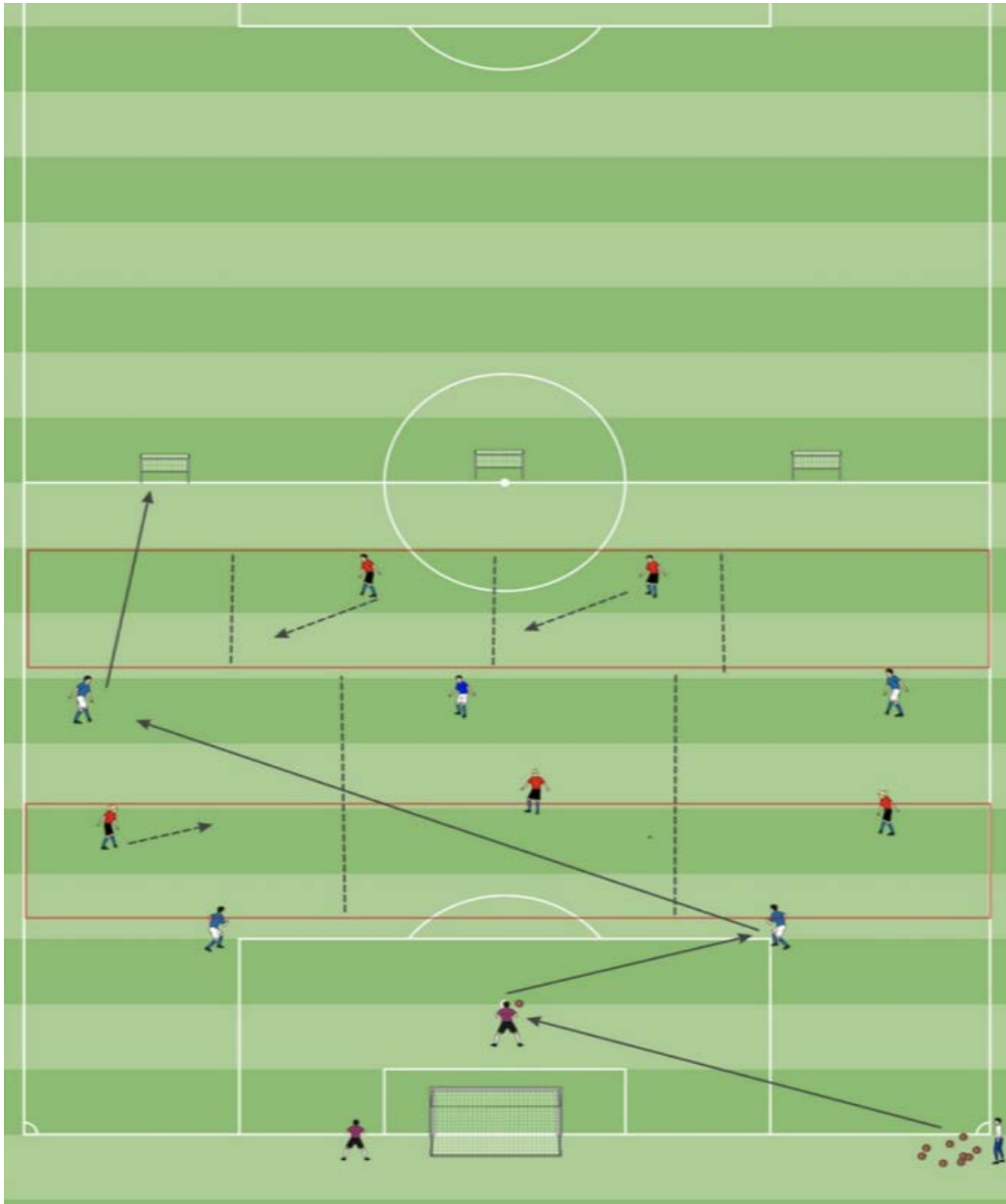
11v11 6v5 On a Half Pitch (U13+)

Objective: Pressure, Cover, Balance, Stay compact, Remain compact

Player Actions: Protect goal, Get compact, Pressure/Cover/Balance

Key Qualities: Read game/make decisions, Initiative, Focus

Terry
Babatunde
Eguaoje, Ed.D.



Organization: 6v5 on a half pitch play to 3-goals and one big goal with goalkeeper 1. Each player stays in a quad. Players can move to empty quad 2. Coach restarts each play. 3. Team with the most goals wins. 4. Encourage defensive principles

Notes: You can use this to also teach attacking principles.

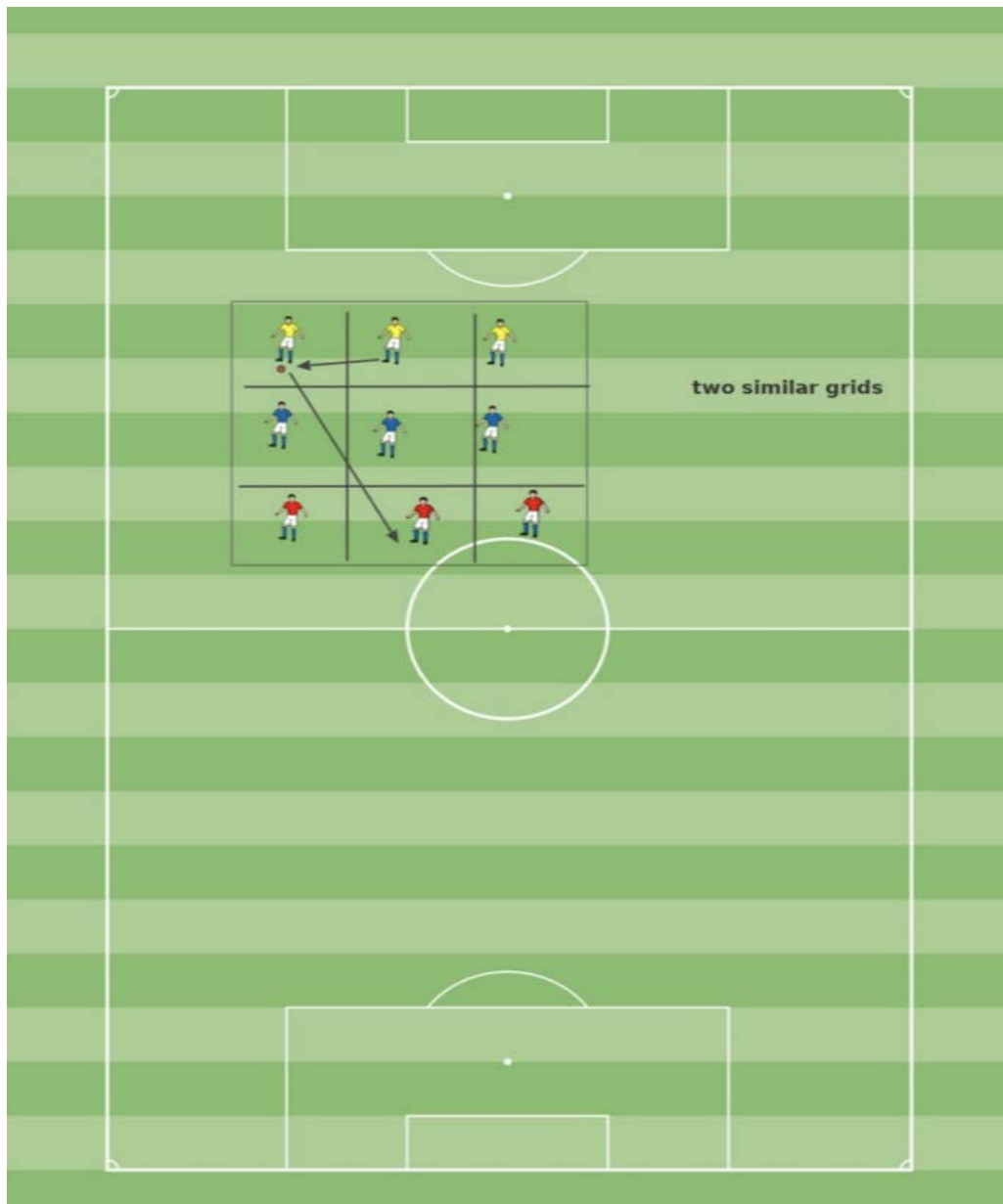
11v11 Social Distancing 6v3 End to End (U13+)

Jacob
Daniel

Objective: Improve passing and receiving

Player Actions: Pass/dribble, Change point

Key Qualities: Read game/make decisions, Optimal technical



Organization: Divide 18 players into 2 groups of 9. Each of the 9 players are positioned in 9 grids of 8 by 8 yards and must stay in their own grid. each group of 9 further divided into 3 teams of 3. the yellows and reds try to keep possession and score a point if they split the blues with a pass from one end to the other, if blue intercept, they switch with the team that lost the ball. can progress to one touch or to a maximum of 5 passes before the split pass must be made

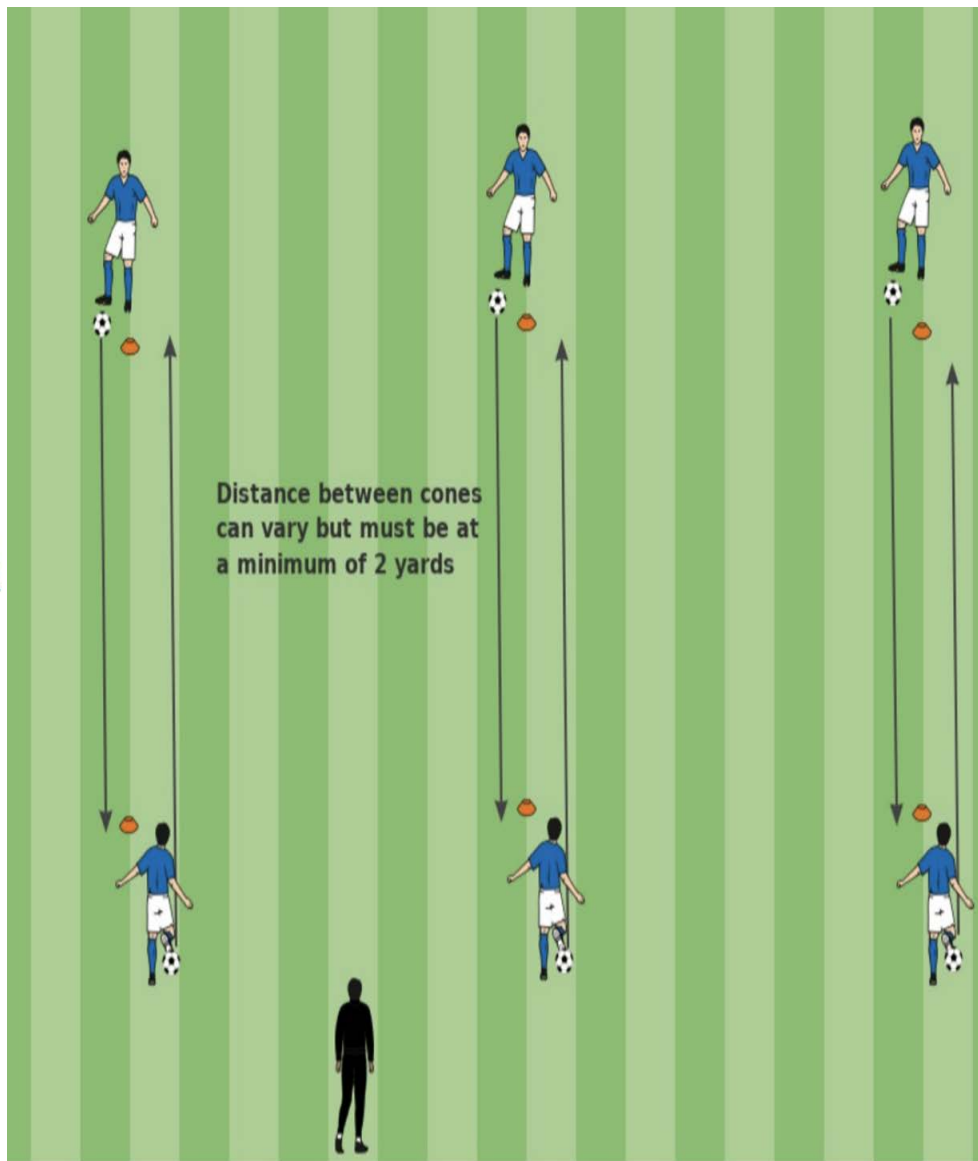
11v11 Partner Passing With 2 Soccer Balls (U13+)

Kevin
Laux

Objective: Improve passing techniques and reading of cues

Player Actions: Pass/dribble

Key Qualities: Read game/make decisions, Optimal technical



Organization: Setup cones a min. of 2 yds apart to begin with (social distancing). Move cones further apart based on skill level of players - more skill = more distance. Partner players up with a ball per player on each set as shown. When each player is ready, they pass the ball on the outside of the cones using the same foot (right foot on the right side of the cones, and left foot on the left side.). Immediately after each pass, they move to receive the other ball on the opposite side of their cone, prepare the ball for the next pass with their first touch, and return the pass on the outside of the cones when their partner is ready to do the same

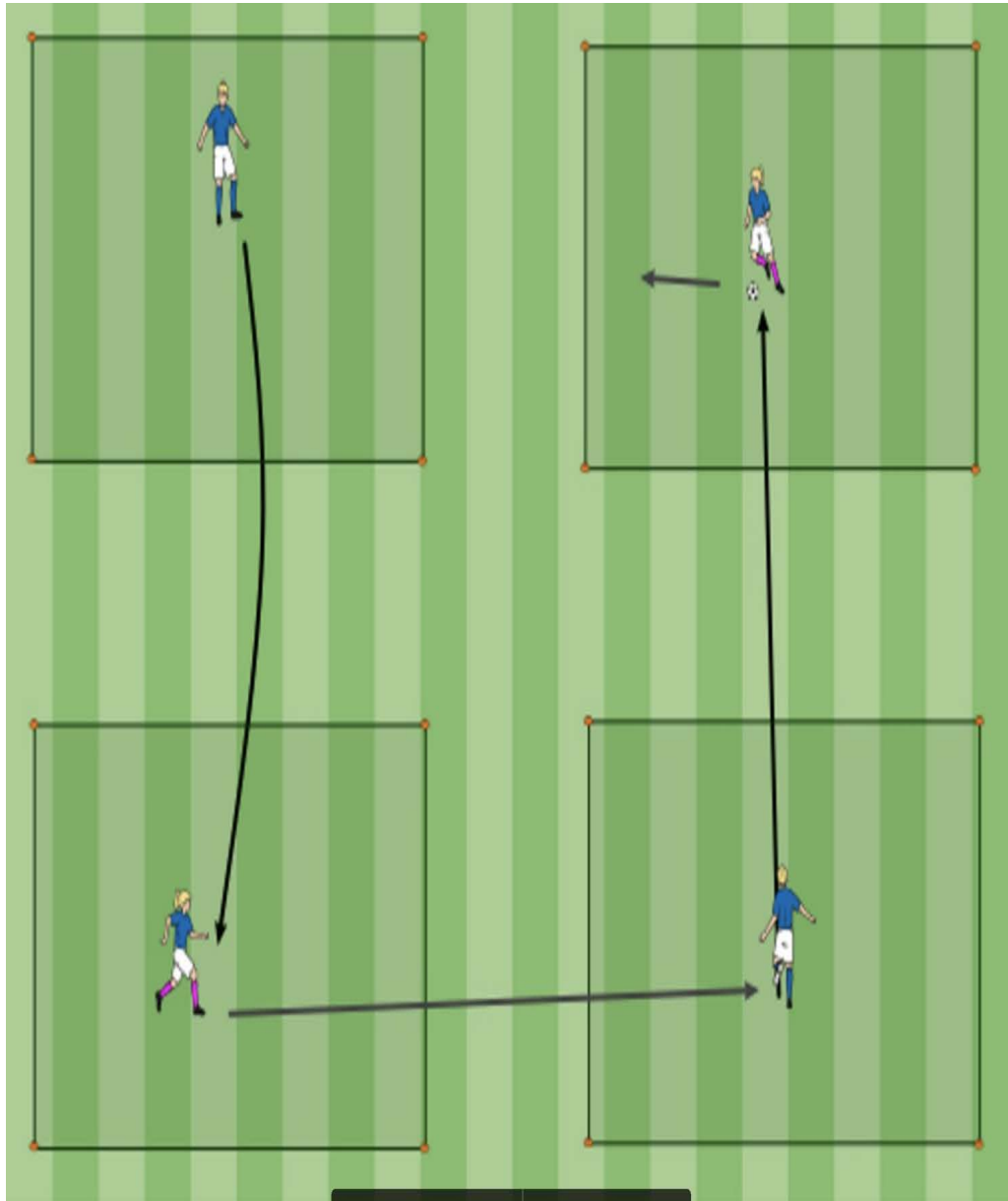
11v11 Passing in Grids (U13+)

Adam
Howarth

Objective: Improve quality of short passing

Player Actions: Pass/dribble, Pass options, Change point

Key Qualities: Optimal technical, Optimal physical



Organization: Players begin in grids and work to move the ball to another grid. To improve cognitive development-add a second ball (progression) Following the second ball - players will then move into the next grid after they pass.

Notes: Key Factors in the Session Quality of first touch out of the feet Quality and weight of the pass Shape of body to pass and receive Speed and quality of movement to pass and move over to next grid

11v11 7 vs. 3 Game Model (U13+)

Auke
Wiersman

Objective: Improving the players' ability to create openings and playing the ball forward

Player Actions: Pass/dribble, Spread Out, Change point

Key Qualities: Read game/make decisions, Initiative, Responsibility



Organization: Create eight 10 x 10 squares. Six for the attacking team on the outside and two for the defending team in the middle. Also create two circles. Inside circle is for an attacking player and the circle around it is for a defending player. The attacking team scores points by passing the ball from one top side back to the other side. The defending team can score on the counter goals. Between squares is the 6 feet distance in accordance to the social distancing rules. The large circle in the middle has a diameter of 5 yards. Inside that circle is a circle with a diameter of 2.5 yards. Rotation: The defenders line up with 6 feet apart on the right side of the field. Now attacking team 1 rotates to the defensive squares, attacking team 2 walks over on the left side to take attacker team's 1 squares. The defensive team becomes the attacking 2 team.

Notes: Progression to more challenging: 7 vs. 4 by adding a defender in the middle circle. Now you divide the circle in half. Change to less challenging: 7 vs. 3 to 7 vs. 2 taking away the defender in the circle.

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