



# Brampton Soccer Club

## Coach Handbook

### Stages 4 - 7

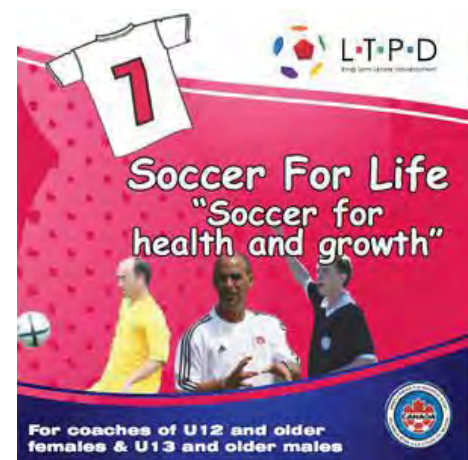
### Soccer For Life

### U12 & Older Females

### U13 & Older Males



May 2017





## Soccer For Life

Coach, Soccer For Life practices should follow the principles of more playing, more activity. Players enjoy playing, they learn best from playing. You may have heard the saying "the game is the best teacher".

By preparing your practice plan to incorporate small-sided games you will see a happier, more active, better performing player who will be eager and excited to attend the next practice or game.

Social activities are an important part of creating a team, be creative with your team and have some fun away from the soccer field.

### Practice Focus

Coach, the above chart indicates how your practice sessions should be structured for players in the Soccer For Life development stage. Practice duration should range between 75 and 90 minutes.



**Warm up** - Getting the players prepared to practice and play, mentally and physically. Incorporate various dynamic stretches.

**Small-sided Game 1** - Two teams e.g. 5v5 play with direction and targets. Let them play!

**Technical** - Pick a technical or tactical theme e.g. passing, receiving, shooting, defending, midfield play etc. and pick an exercise where lots of repetition can occur. Coach the players using a variety of teaching styles.

**Small-sided Game 2** - Here is an opportunity for the players to apply what you have just practiced with them. No interference from the coach - just let them play!

**Cool Down** - The players have a chance to cool down, stretch and review the key points from practice.

## Role of the Soccer For Life Coach

- Provide simple teaching points to help your players learn.
- Encourage skill development through games and other activities.
- Provide lots of activity to help contribute to an active lifestyle.
- Set goals that are challenging but realistic.



The Soccer for Life development stage is the seventh stage of soccer development that our players go through. These players could be newcomers to the game or have many years of experience. Coaches should encourage the mastering of new skills and also maintain or improve skills that players may already have.

This stage requires a fun and challenging environment to keep them interested and active in soccer. These recreational and competitive players will enjoy and benefit from exciting and stimulating practices and games.

Players in this recreational and competitive stream can still move over and be a part of the excellence stream and vice-versa.

*Make sport a positive, fun place to be!*





## Four-Corner Approach

The gradual progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. The "four-corner" approach places the player at the center of the development process with soccer experiences that meet the four key needs of the player.



## Soccer For Life Coaches' Tips

- ☐ Focus on having fun, in addition to stress release and fitness discipline.
- ☐ Basic tactics are sufficient to enjoy the game at a recreational level. More advanced tactics are required for a competitive level.
- ☐ Follow appropriate guidelines in the areas of endurance, strength and flexibility training.
- ☐ Offer encouragement and support to help your players be the best they can be.
- ☐ Instill the importance of fair play and being a good sport.
- ☐ Playing situations work best for teaching tactical understanding and building game sense.
- ☐ Small-sided games are a great way to teach technical and tactical skills.
- ☐ Teach basic principles of play, teach simple tactics.
- ☐ During games everyone should play equal time.



*"Consider and respect differences in player development during this stage"*

## Model For Soccer For Life Coach



## Game — Practice - Season

**GAME :** At this stage teams will play 11v 11 on full-size fields, full-size goals, using a size 5 ball. Each half will be a maximum of 45 minutes.

**PRACTICE:** Recommended time, 75-90 minutes.

**SEASON:** Year-round play with appropriate rest and recovery periods.



## Soccer for Life



### STAGE 7: Soccer for Life

#### 13 and up Female and Male

#### “SOCCER FOR HEALTH & GRASSROOTS GROWTH”

At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness. They might be youth players who decide not to pursue high performance, or they might be top players from senior clubs, colleges, universities, and semi-professional teams who enjoy competition but do not intend to play at the international level. They might also be complete newcomers to the game who discover an interest in soccer in late adolescence or adult life. Players at all levels should have opportunities to become active in soccer coaching, officiating and administration. The recruitment and retention of players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.

#### Youth Players

Many youth players pursue the dream of representing Canada; others play for simple enjoyment of the game, the camaraderie of being on a team, and the health benefits that the sport provides. LTPD seeks to provide opportunities for youth players to continue in the game, even if they do not pursue high-performance play.

#### Competitive and High-Performance Players

Many players with senior clubs, colleges, universities and semi-professional teams enjoy competition but do not intend to play at the international level. Along with thousands of adults playing in various competitive divisions, they deserve opportunities to continue playing at an appropriate level that sustains their passion for the beautiful game.

#### Newcomers

Soccer attracts newcomers of all ages who want to enjoy a team sport while learning new skills and improving their health and wellness.

Opportunities should exist to encourage these latecomers to learn and play the game, regardless of their skill level or ability.

#### Player Retention

After they retire from playing, soccer players of all abilities (including senior club, high-performance and professional) should be encouraged to pursue careers as soccer coaches, mentors, referees, administrators or sport science specialists. Soccer and its governing bodies benefit when players are formally encouraged and retained within the fabric of the game.

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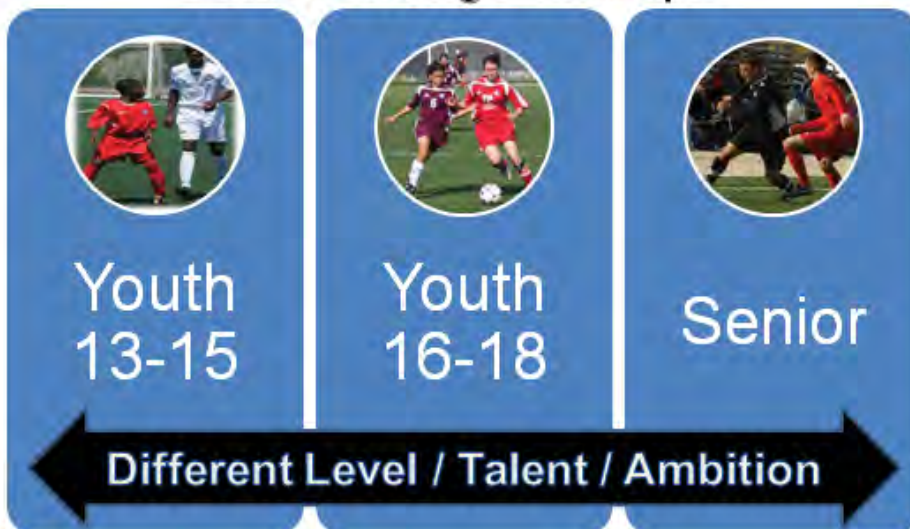
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## Player characteristics and training recommendations

### Soccer Players in S4L Stage Who Are They?

#### Different Age Groups



### Aims Per Age Category / Phase

AGE	AIM	CONTENT
12-16 year match is a mean to develop the player	To develop game maturity (11v11)	Team tasks, tasks per line, individual tasks
16-18 year match is the aim	To develop competition maturity	Content of the session based on match analysis
18 and up competition is the aim	To develop optimal maturity in top level football	Specialisation, multifunctional influencing

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## Player Characteristics 13-15 year olds

- Huge difference in growth rates of players in this stage.



## Player Characteristics 13-15 year olds

- Onset of physical maturity
- Girls on average ahead of boys



- Potential for loss of coordination during this phase.
- Loss in technical ability – players may seem to be getting worse



## STAGE 4: Training to Train

### U11-U15 Female / U12-U16 Male

#### “IDENTIFYING THE ELITE PLAYER”

4

At this stage, elite soccer groups express interest in recruiting talented youth players. Care must be taken to recognize and protect the long-term interests of each player. Risks and issues can be avoided by ensuring that the development model remains “player centred.”

The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence. Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.

<b>Where:</b>	Sports Schools, select programs (regional, provincial, national), NTC, Clubs, Sport schools.
<b>Why:</b>	Player development, talent identification and talent development.
<b>Who:</b>	Club head coaches & team coaches, Provincial & National team coaches.
<b>Coaching:</b>	CSA B Preparatory License, Provincial B License, National B and A License.

- **Physical** – Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.
- **Technical** – Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.
- **Tactical** – Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and competitive matches.
- **Mental** – Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.

#### Game Structure:

Game Format	Squad Size	Game duration	Ball Size	FIELD SIZES		GOAL SIZES no larger than
				Min/Max width	Min/Max length	
8 v 8	Ideal 11/Max 14	2 x 30 min.	4	42 to 55m	60 to 75m	6f/1.83m X 18f/5.49m
9 v 9	Ideal 12/Max 16	2 x 35 min.	4/5	42 to 55m	60 to 75m	6f/1.83m X 18f/5.49m
11 v 11	Ideal 16/Max 18	2 x 35 min.	5	FIFA reg.	FIFA reg.	8f/2.44m X 24f/7.32m

The Canadian Soccer Association highly recommends that no 11 a-side soccer be played before U13.

**Recommended training times:** 60 to 75 minutes.

**Season Length:** As players progress through this stage, they move towards year-round play that includes appropriate rest and recovery periods.

#### Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- First experience in the select programs: regional, provincial and national.

**Other Sports & Activities**  
Soccer is the primary sport, but complimentary sports are encouraged which support movement and athleticism suitable for soccer (e.g. track & field).

# 5

## STAGE 5: Training to Compete

U15-U19 Female / U16-U20 Male

### “DEVELOPING THE INTERNATIONAL PLAYER”

Athletes who are now proficient at performing basic and soccer-specific skills are working to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.

Fulfillment of each player’s potential depends on their own efforts, the support of teammates, and the unselfish guidance of the coach. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to their limit. Players must have a sound understanding of soccer principles and concepts, and they should show emotional stability when confronted with pressure situations.



<b>Where:</b>	Select programs (provincial, national), NTC, Clubs, semi-pro teams, pro-teams.
<b>Why:</b>	Player development and talent identification for late developers.
<b>Who:</b>	Club head coaches & team coaches, Provincial & National team coaches, pro team coaches, university coaches.
<b>Coaching:</b>	CSA National B and A License.

- **Physical** – Further develop flexibility, correct warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest and recovery.
- **Technical** – Refinement of core skills and position specific-skills; continued development of advanced techniques and skills.
- **Tactical** – Decision-making tactical awareness, game appreciation, game analysis, match coaching, productivity, competitive proficiency.
- **Mental** – Increased player concentration, responsibility, discipline, accountability, goal setting, self-confidence, self-motivation, will to win, mental toughness, competitive mentality in practice and games; satisfy player’s urge for competition; importance of being educated in the game (watch games on TV and National team games).

#### Game Structure:

Game Format	Squad Size	Game duration	Ball Size	FIELD SIZES		GOAL SIZES no larger than
				Min/Max width	Min/Max length	
11 v 11	Ideal 16/Max 18	2 x 40 min.	5	FIFA reg.	FIFA reg.	8f/2.44m X 24f/7.32m
11 v 11	Ideal 16/Max 18	2 x 45 min.	5	FIFA reg.	FIFA reg.	8f/2.44m X 24f/7.32m

**Recommended training times:** 75 to 90 minutes.

**Season Length:** Year-round play that includes appropriate rest and recovery periods.

#### Recommendations:

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- Players should play regularly in highly competitive professional and international match play.







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## 1. INTRODUCTION

The BSC would like to welcome all coaches to the Club House League Program for U13 and up Age Group. These ages represent the **SOCCER FOR LIFE** Stage in a player's development as per Canada Soccer and Ontario Soccer .... **Long Term Player Development framework (LTPD)**.

The Soccer for Life development stage is the seventh stage of soccer development that our players go through. These players could be newcomers to the game or have many years of experience. Coaches should encourage the mastering of new skills and also maintain or improve skills that players may already have.

This stage requires a fun and challenging environment to keep them interested and active in soccer. These recreational and competitive players will enjoy and benefit from exciting and stimulating practices and games.



L-T-P-D  
long term player development



**The purpose of this manual is to assist coaches with their preparation for the upcoming House League Season. This document is to be used as a reference guide during the season.**

Remember: **"It's all about the Players"**





## 2. BRAMPTON YOUTH SOCCER CLUB COACHING PHILOSOPHY

The Brampton Soccer Club are firm believers in the Ontario Soccer's Long Term Player Development (LTPD) framework (LTPD) and as such, our approach to player development at this age represents the start of the ***Soccer for Life Stream*** of a child's soccer journey.

The Brampton Soccer Club strives to make every child's soccer experience a positive one. We are here for the children and their development as soccer players – hopefully for life. We strongly recommend that our coaches follow a **Player-Centred** coaching philosophy. Player centered coaching allows the player to make decisions within the practice session and/or game.

We encourage each of you to empower your players to become assured decision-makers during your sessions. As soccer is a game based on making decisions it's important that you as the coach, allow your players to practice and develop the decisions that they make. Initially, many young players decisions will be unsuccessful but only through support, time and patience, will our young players develop the skill to make better decisions.

At these vital development stages, success as a coach is not based on wins and loses and whether or not you win the game, rather success is measured based on how many players return to enjoy the game the following year and the new skills they acquire. In fact, the Brampton Soccer Club does not keep track of results at this age so if you find your team in a game where it is dominating the other team please rotate your players more often to avoid a lopsided result.

We recommend that this philosophy as well as your own coaching philosophy be communicated to the parents at the start of the season. We suggest that after your first practice, hold a parents meeting and discuss your philosophy with the parents along with any goals you may have for the season.

Remember, at the **Soccer for Life** age groups the practice methodology should follow the principles of more playing, more activity. Players enjoy playing, they learn best from playing. You may have heard the saying "the game is the best teacher".







### 3. THE ROLE OF THE COACH

#### 1. As a FACILITATOR:

*(Reason for facilitator is that most parent/coaches have not been exposed to a soccer environment).*

The Objectives should be:

- Provide simple teaching points to help players learn.
- Encourage skill development through games and other activities.
- Players need to receive positive feedback from the coach.
- Provide lots of activity to help contribute to an active lifestyle
- Set goals that are challenging but realistic.

#### 2. As a Positive Role Model:

- Demonstrate respect for team members, opponents, referees, parents, spectators, and opposing coaches. To have a responsibility to the game itself.
- As one who understands whom they are coaching
- Each child matures and develops at his/her own pace.
- Treat each child as an individual. Not all children participate for the same reasons.





## 4. Coaching a U13 and up Player

Practice / game day organization is one of the most important attributes of a successful coach. This aspect can make or break a season in the eyes of the player and parent. A coach's ability to move through a well thought out and fun practice without players standing around is a very important attribute at the U13 and up level. **Use of Small Sided games is 50% of the practice.**

To alleviate the stress for our Coaches, the BYSC have outlined below the breakdown of how a typical practice should look at this age as well as an overview of the practice objectives.

The Chart to the right indicates how your practice sessions should be structured for players in the **Soccer for Life** stage of development. Practice duration should range between 75 and 90 minutes.

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**Warm-up** – Getting the players prepared to practice or play, mentally and physically. Use dynamic stretches.

**Small Sided Game 1** – Two teams (i.e. 5v5) play with direction and targets. Let them Play.

**Technical** – pick a technical or tactical theme (i.e. passing, receiving, shooting, defending, etc) and pick an exercise where lots of repetition will occur. Coach the players using a variety of teaching styles

**Small Sided Game 2** – Here is an opportunity for the players to apply what you have just practiced with them. No interference from the coach – let them play!

**Cool Down** – The players have a chance to cool down, stretch and review the key points

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Finally, helpful questions to ask yourself when planning a practice session

- ? Is there a theme for the session
- ? are the activities progressive?
- ? are all of the players involved in the activities?
- ? is creativity and decision making being used?
- ? are the spaces being used appropriate?
- ? are there implications for the game?
- ? Are the players having fun?



## 5. PARENTS – What to Expect!

Parents have a huge influence on their child's development as a soccer player. Make sure you explain to the parents that the feedback they give to players, referees and coaches during and after the practices/games is positive. To ensure this is the case, please share these thoughts with the parents:

- **Support your child** – encourage your child and the whole team. Encourage them to work hard to improve their skills while emphasizing good sportsmanship. “Hard work and enjoyment is more important than victory”
- **Always be positive** – be a good role model and applaud good play from both teams
- **Reinforce positive behaviour** – nobody likes to make mistakes and if your child does remember it is all part of developing the player. Always point out the child's efforts and focus on the good things they do.
- **Don't be a sideline Coach** – Coaches and referees at the club are volunteers and are parents just like you. They help make your child's experience a positive one. Please refrain from coaching or refereeing from the sideline.

### **SUGGESTION – Hold a Parent Orientation Meeting – First Evening**

All coaches are encouraged to establish effective lines of communication with team parents early in the season by holding a parent orientation meeting. This may take the form of a casual, informal discussion for about 10 mins after the first evening of playing. If a meeting is impossible, the following information could be put into a letter to parents/players, but a face-to-face meeting is preferable. The purpose of the meeting is:

- Enables parents to understand the objectives and goals of the program.
- Enables parents to become acquainted with you, the coach.
- Inform parents about the nature (and inherent risks) of the sport.
- Inform parents of your expectations of them and of their children.
- Enables you to address any concerns of the parents.
- Establishes clear lines of communication between you, parents, and players.
- Allow you to obtain parental support (assistant coaches, team parents, etc.)

**Be prepared and be organized to conduct the meeting efficiently!**





## 6. Survival Trick and Tips for Coaching U13 and up

1. Focus on having Fun, in addition to stress release and fitness discipline
2. Basic Tactics are sufficient to enjoy the game at the recreational level. More advanced tactics are required for a competitive level
3. Use allot of small sided games – let the game be the teacher
4. Keep informative positive, brief and concise
5. Instil the importance of fair play and being a good sport
6. Playing situations work best for teaching tactical understanding and building game sense
7. Create themes for your practices (i.e. 1v1 defending, passing, shooting) and have all your activities that evening focus on the theme
8. Set appropriate challenges for players to figure out solutions....Dont tell them...ask questions and see if they can solve the “Soccer Problem”
9. Use coaching Key Factors to teach players
10. Don't be afraid to ask for help – Ask for a coach to assist you, 2 coaches are better

***“Unlike other sports, where the coach is responsible for picking the right tactics during the game, soccer truly is a “Player’s Game” – the coach can try to set the strategy, but the players have to make the decisions on the field. That is why it is so important to let them learn by playing.”***

**Thorsten Damm**  
Heidelberg University - Germany



# **Brampton Soccer Club**

## **(Coaching Curriculum Soccer for Life)**

### **U13 & U14 Training Program: Training Objectives and Player Development**

#### **Training Objectives:**

- 1. Continue to foster a love for the game.**
- 2. Refine technical skills through functional training and game like conditions.**
- 3. Introduce more advanced elements of individual and small group tactics and team play.**
- 4. Build aerobic base and strength.**

#### **Technical**

Individual technical skills training to address strengths and weaknesses: passing, dribbling, shooting, controlling

Technical/tactical functional training to develop consistency in performing skills/techniques: passing, dribbling, controlling under competitive game conditions.

Passing/Possession, higher levels of ball control through SSG competitive conditions and at high intensity practice activities

Technical Functional Training: develop basic patterns of play and technical skills in game related phase of play or shadow play activities (5 V 0, 6 V 3, 7 V 5)

Goalkeepers: far post play, low, med & high diving, parrying over the crossbar & around the post; punching & catching crosses; half volley (drop kick); distribution (throwing and kicking)

#### **Tactical**

Read and understand the game-positional awareness in relation to ball and opposition.

Implement more advanced concepts of attack/defense.

Defending: pressure, cover, balance, and introduce zonal and small group defending.

Attacking: Implement concepts of width and depth. Movement off of the ball: types and timing of runs

(recognition and use of space/run into space effectively.) Passing/possession: support play (angles/ distances)

Technical/Tactical Functional Training: combination of technical skills in game related phase of play activities (5 V 3, 6 V 4, 7 V 5)

#### **Game related**

Implement team principles and systems of play (4-4-2, 3-4-3, 4-3-3)

Play 11 V 11 / Different positions

Half-time analysis and team adjustments

Refine set plays for throw ins, free kicks, corner and goal kicks.



### **Physical**

Emphasis on general and balanced physical conditioning. Fitness related activities should, as much as possible, include a ball and technical repetitions.  
Soccer specific physical conditioning e.g. stamina, power, speed, strength, suppleness.  
Core stability and development  
ACL injury prevention

### **Psychological**

Working as a team player.  
Learning roles and responsibilities  
Goal setting (short and medium term)  
Imagery (practicing and improving technique and self-confidence  
Understanding the role and link between practice and game performance  
Continued positive reinforcement  
Emotional control  
Balanced performance oriented, competitive and winning mentality  
Sportsmanship: winning and losing gracefully





## Typical Practice Plan Sessions

### **Soccer For Life**

U12 & Older Females

U13 & Older Males

### **Warm-Up's**

### **Intro-Small Sided Games (SSG's)**

### **Technical / Tactical Activities**

### **Finishing-Small Sided games (SSG's)**

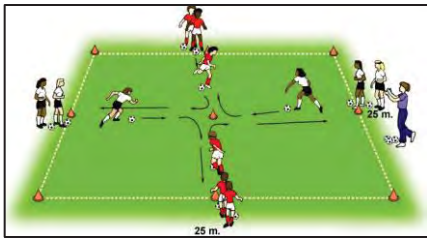
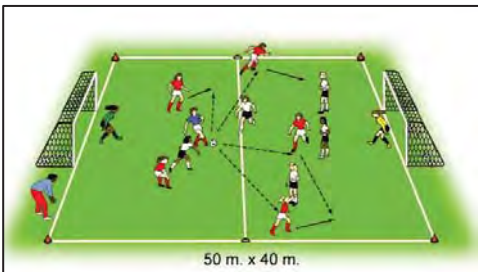
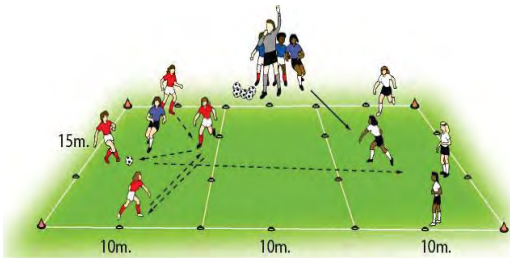
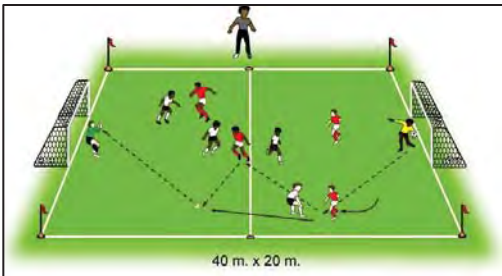
Practice / game day organization is one of the most important attributes of a successful coach. This aspect can make or break a season in the eyes of the player and parent. A coach's ability to move through a well thought out and fun practice without players standing around is a very important attribute at this level. It reduces the amount of time players have to misbehave and lose focus.

To alleviate the stress for our Coaches, the BYSC have outlined below the breakdown of how a typical practice should look at this age as well as an overview of the practice objectives.

**We have incorporated some sample session plans for your consideration for the summer. Finally, helpful questions to ask yourself when planning a practice session**

- 1) Are the activities fun?
- 2) Are the activities organized?
- 3) Are all of the players involved in the activities?
- 4) Are the players having fun?
- 5) Are the spaces being used appropriate?
- 6) Is creativity and decision making being used?
- 7) Is the coach's feedback appropriate?

## Example of a “Soccer For Life” session

Phase	Time	Activity Name	Coaching Points
<b>Warm up/Agility</b>  Four groups of 3 players working in a 25x25m area as shown. <ul style="list-style-type: none"> <li>A ball per player.</li> <li>Nine markers breaking the area down into four quarters.</li> </ul>	10-12 mins		Carry out the exercises at a jogging pace. <ul style="list-style-type: none"> <li>Exaggerate the movements.</li> <li>Work in both directions so that each player gets to work with both feet.</li> </ul>
<b>Break</b>	2 min		Hydration/rest
<b>Small Sided Games</b>  Two teams of 6 including the GKs, plus 1 neutral player. <ul style="list-style-type: none"> <li>Neutral player always plays for the team in possession.</li> <li>Playing field of 50x40m.</li> <li>All soccer balls in the goals.</li> <li>Play starts with the GK.</li> </ul>	10 mins		Accurate passes with good ball speed. <ul style="list-style-type: none"> <li>Open your body to the play when receiving a pass.</li> <li>Support in triangles – wide and deep.</li> <li>Don't support too close to the ball. Remember: distance = time.</li> <li>Be seen between players</li> </ul>
<b>Break</b>	2 min		Hydration/rest
<b>Technical/Tactical</b>  Set-up area 30x15m <ul style="list-style-type: none"> <li>Divide players into three groups of four and position them as shown.</li> <li>Central area is a “no go zone”.</li> <li>Play takes place in the end zones only.</li> <li>Teams must switch roles by going around coach.</li> </ul>	15 mins		Accurate passes with good ball speed. <ul style="list-style-type: none"> <li>Open your body to the play when receiving a pass.</li> <li>Support in triangles – wide and deep.</li> <li>Don't support too close to the ball. Remember: distance = time.</li> </ul>
<b>Break</b>	3 min		Hydration/rest
<b>Small sided Games</b>  Two teams of 5 including the GKs. <ul style="list-style-type: none"> <li>Playing field of 40x20m.</li> <li>One goal at each end.</li> </ul>	10 mins		Draw the defender by running at him and get it back behind the defender. <ul style="list-style-type: none"> <li>Disguise the pass (use outside of foot, open out and play back inside, etc)</li> <li>Work in triangles with support player</li> </ul>

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# Key Factors for Coaching Techniques

## The Soccer for Life Stage:

### Dribbling:

Ball close to body

Attack defender straight-on

Timing

Change of speed/Direction

### Passing:

Target (awareness)

Watch the ball

Part of the foot

Part of the ball

### Heading:

Eyes open and on the ball

Direction

Part of the head

Contact through the ball

### Receiving the Ball:

Body behind the ball

Decision-what next  
(what/how)

Move to the ball

Directional touch  
(cushioned surface)

### Shooting:

Watch the ball

Part of the foot

Part of the ball

Accuracy before power

### Support:

Angle of support (behind,  
in front, to side of ball)

Distance from ball

Timing of movement

Communication (Verbal &  
Body Language)

### 1v1 Defending:

Goal side/Ball side

Angle of approach

Speed of approach

### Group Defending:

Nearest player pressure  
the ball

Other players support first  
defender

Tight and Loose Marking

Compactness

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## Active for Life: Warm Up #1



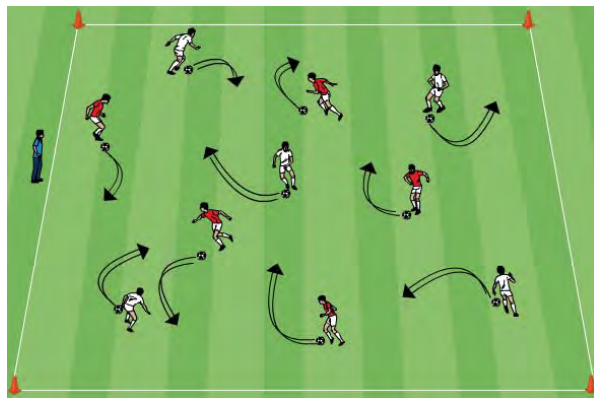
### Warm-Up:

### Dribbling and changing direction

15-20 minutes

#### Organization:

- Use markers to set up a 25x25m area.
- All players work inside the area at the same time.
- One ball per player when needed.



#### Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

#### Description:

1. Players jog around the area without a ball performing various dynamic movements such as heel flicks, high knee raises, forward skipping, sideways skipping, jockeying left and right,
2. Include various rhythmic exercises such as skip & groin stretch (inside to outside), skip & groin stretch (outside to inside), skip & kick, skip & upper body twist (left and right).
3. Players dribble a ball around the area and on the command of the coach perform various dribbling and turning moves: turn with the inside of the foot, turn with the outside of the foot, turn with the sole of the foot, step over, scissors, drag back, etc.
4. **Variations:** Ensure that players practice using both left and right foot (side) equally throughout the warm-up.

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## Active for Life: Warm Up #2

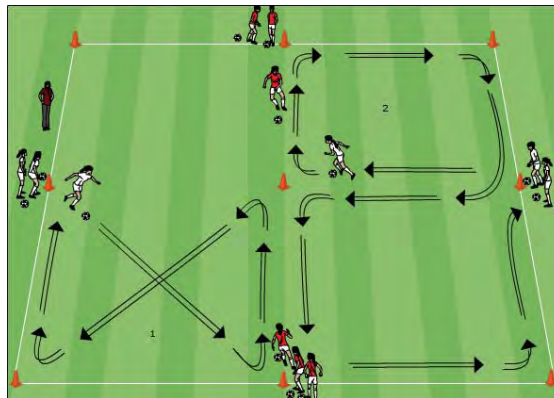
**Warm-Up:**

**Dribbling and changing direction**

**15 minutes**

### Organization:

- Four groups of 3 players working in a 20x20m area as shown.
- A ball per player.
- Six markers breaking the area down into four quarters.



### Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

### Description:

- 1 First player in each group dribble diagonally across the small square to his/her right and turns to the left using the left foot, just before the marker. Then turns to the left in the same manner and cuts diagonally across the square to the opposite marker turning to the right with the outside of the right foot, then dribbles back to the beginning. Then the next player performs the same action.
- 2 The first player dribbles the ball around the perimeter of the square to his/her right using the outside of the right foot to change direction. On returning to the starting point the begins the process again this time using the outside of the left foot to turn to the left repeating the process in the square to his/her left. This time when the player returns to the starting point the next player repeats the sequence.
- 3 **Progression:** Vary the turning technique being used with each repetition (inside of foot, step over, scissors, etc).

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## Active for Life: Warm Up #3

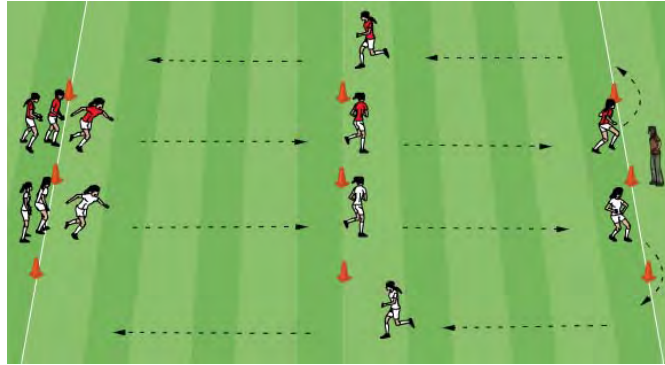
### Warm-Up:

### Dynamic Movement 1

15-20 minutes

#### Organization:

- Using markers set up two channels 20m in length, as shown
- Form two groups with one group in each channel
- Players carry out the dynamic movements as they move the length of the channel.
- Then jog back along the outside of the channel to the starting position



#### Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion
- Focus on balanced movement on each side of the body

#### Description:

1. Players carry out dynamic movements as they move along the length of the channel. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:
  - a. Jog
  - b. Jockey backwards (right & left)
  - c. Skipping forward
  - d. Skipping sideways
  - e. Heel flicks
  - f. High knee raises
  - g. skip & groin stretch (inside to outside)
  - h. skip & groin stretch (outside to inside)
  - i. skip & kick (left & right)
  - j. skip & upper body twist (right & left)
  - k. cross steps
  - l. wide steps

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## Active for Life: Warm Up #4

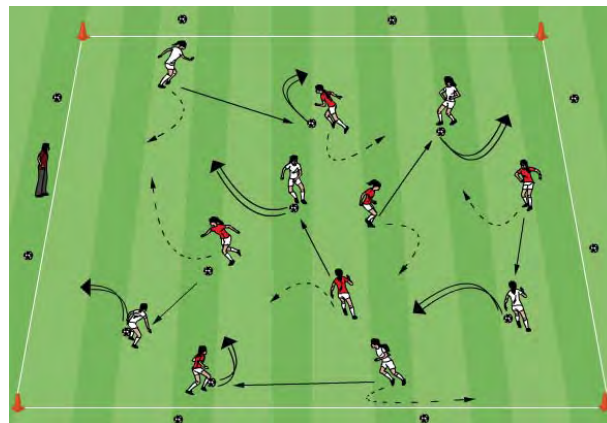
**Warm-Up:**

**Give a Pass; Get a Pass**

**15-20 minutes**

### Organization:

- Use markers to set up a 30m x 30m area.
- All players are involved, half with a ball and half without.
- Players jog around the area giving a pass or receiving a pass, as directed.
- Every 5<sup>th</sup> wall/double pass possession changes.



### Points to Stress:

- Carry out the exercise at a jogging pace, initially.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

### Description:

- Each player in possession of a ball dribbles the ball looking for a player without a ball to pass to. Players without a ball jog around the area looking to receive a pass and calling for a pass. The ball carrier must use a particular passing technique designated by the coach. The player without the ball must use a particular receiving technique and or turn.
  - Pass with inside of foot
  - Front foot pass
  - Pass with outside of foot
  - Double pass
  - Wall pass – inside foot
  - Wall pass – outside foot
  - Receive with inside of foot & turn inside.
  - Receive with inside of foot & turn outside.
  - Receive with outside of foot & turn outside.
  - One-touch straight back.
  - Open out, One-touch angled pass with inside foot.
  - One-touch flick pass off outside of foot.

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## Active for Life: Warm Up #5

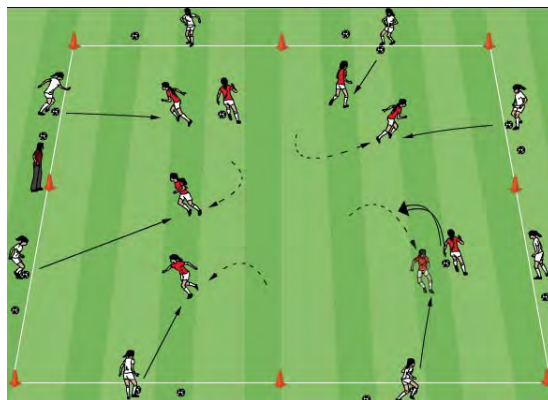
### Warm-Up:

### Windows Warm-Up

15-20 minutes

#### Organization:

- Use markers to set up a 25m x 25m area.
- Players are split into two groups, one group on the outside of the area, with a ball. The other group works inside the area.
- Coach asks players to perform various tasks.
- Switch roles after 1 minute.



#### Points to Stress:

- Carry out the exercise at a jogging pace.
- Focus on balanced movement on each side of the body
- Pass, dribble and receive the ball using both feet.
- Vary the direction moved when performing each turn, direction change, etc..

#### Description:

1. Server use feet to pass along the ground and a two handed, underarm throw when serving the ball in the air. Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server or turn and pass to a different server then look for a pass from yet another server. Upon the command of the coach the players change roles.
  - a. Control & pass back with inside of foot.
  - b. Control with outside foot & pass back.
  - c. Control with laces & pass back.
  - d. Control with thigh & pass back.
  - e. Control with chest & pass back.
  - f. Control with foot, turn & pass to another server.
  - g. Control with thigh, turn & pass to another server.
  - h. Control with chest, turn & pass to another server.

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## Active for Life: Warm Up #6

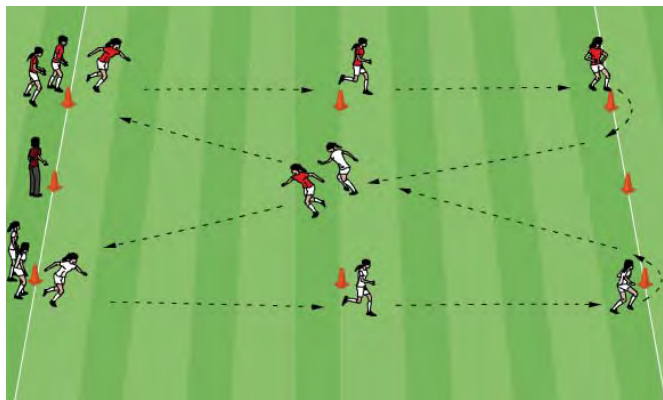
### Warm-Up:

### Dynamic Movement 2

15-20 minutes

#### Organization:

- Using marker set up a square as shown
- Form two groups with one group on adjacent corners.
- Players jog along the side & carry out the dynamic movements as they move diagonally across the square.



#### Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body.

#### Description:

1. Players carry out dynamic movements as they move diagonally across the square to a new starting position. Working with a partner from the other group players should try to coordinate the movements. Each pair carries out the exercises at 5m intervals. Repeat each exercise at least twice before moving on to the next. Example of exercises to use:
 

a. Jog	g. skip & groin stretch (inside to outside)
b. Jockey backwards (right & left)	h. skip & groin stretch (outside to inside)
c. Skipping forward	i. skip & kick (left & right)
d. Skipping sideways	j. skip & upper body twist (right & left)
e. Heel flicks	k. cross steps
f. High knee raises	l. wide steps

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## Active for Life: Warm Up #7

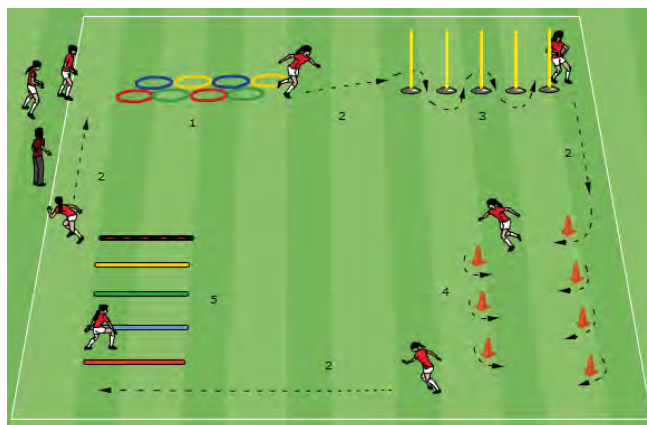
**Warm-Up:**

**General Movement**

**15-20 minutes**

### Organization:

- Set up an obstacle course inside a 25x25m. area, as shown.
- Repeat the exercises as necessary.



### Points to Stress:

- Carry out the exercises at a jogging pace, initially.
- Exaggerate the movements to get a full range of motion.
- Focus on balanced movement on each side of the body (ie, use of right and left leg alternately).

### Description:

- The players start at the first station and move in a clockwise direction around the course carrying out the exercises shown below:

- Step in each hoop with one foot only.
- Jog between stations.
- Zig-zag in and out of the poles.
- Run forward to, and around, the advanced cone, and backward to and around the rear cone.
- Sideway skipping between the sticks.

### Variations:

- Two footed jumps into each hoop.
- Skipping between stations.
- Zig-zag backwards through the flags poles.
- Run forward and do "step-over" at each marker.
- Run forward-use short steps between sticks.

**Progression:** Do the course in the reverse direction

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## Active for Life: Warm Up #8

Warm-Up:	Coordination and Movement with a ball	15-20 minutes
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<b>Organization:</b> <ul style="list-style-type: none"> <li>Four groups of 3 players working in a 25x25m area as shown.</li> <li>A ball per player.</li> <li>Nine markers breaking the area down into four quarters.</li> <li>Repeat exercises as necessary.</li> </ul>		<b>Points to Stress:</b> <ul style="list-style-type: none"> <li>Carry out the exercises at a jogging pace.</li> <li>Exaggerate the movements.</li> <li>Work in both directions so that each player gets to work with both feet.</li> </ul>
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### Description:

1. First player in each group dribbles towards the middle marker and turns to her/his right using the outside of the right foot. Then turns back using the outside of the left foot just before reaching the outside marker. The process is repeated until all the players reach their original starting point. Then the next player performs the same action. When all the players have gone through the cycle the process is repeated to the left using the outside of the left foot followed by the outside of the right foot.

#### Additional sequences:

- |  |  |
|--|--|
| a. To the right – Inside of left & inside of right           | e. To the right – Scissors/outside right & sole of foot turn.  |
| b. To the left – Inside of right & inside of left            | f. To the left – Scissors/outside of left & sole of foot turn. |
| c. To the right – Step over right foot & step over left foot | g. To the right – Circle inside of right & inside of left.     |
| d. To the left – Step over left foot & step over right foot. | h. To the left – Circle inside of left & inside of right.      |

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## Active for Life: Warm Up #9

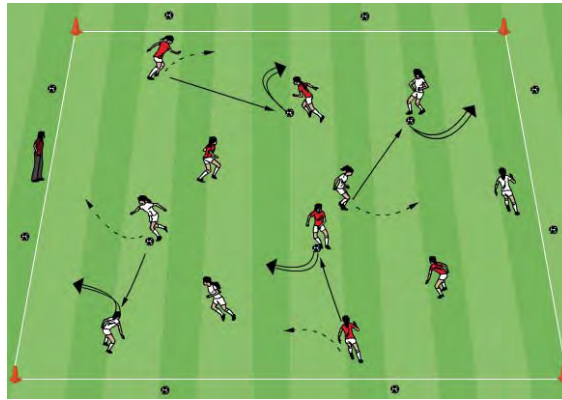
### Warm-Up:

### Coordination and Movement with a ball

15-20 minutes

#### Organization:

- Set up a 30x30m area as shown.
- Players work in groups of three.
- One ball per group.



#### Points to Stress:

- Carry out the exercises at a jogging pace.
- Exaggerate the movements.
- Work in both directions so that each player gets to work with both feet.

#### Description:

1. Players pass and support the pass as they move around the area. The coach asks them to perform various passing options as listed below.
  - a. Pass and look for space.
  - b. Pass with inside of right foot.
  - c. Pass with inside of left foot.
  - d. Pass with outside of left foot.
  - e. Pass with outside of right foot.
  - f. Short pass; long pass combination.
  - g. Receiving player turns with ball using inside of foot.
  - h. Receiving player turns with ball using inside of foot.
  - i. Receiving player lets ball run between legs and turns.

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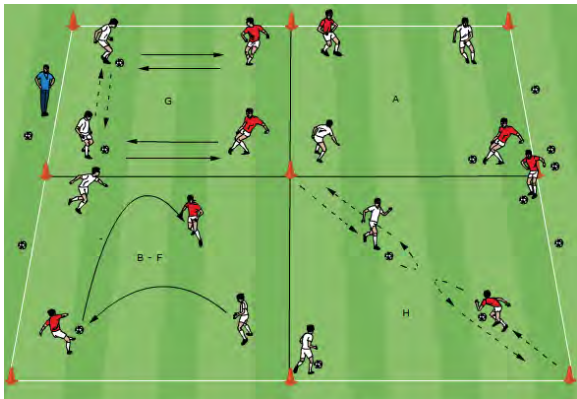






## Active for Life: Warm Up #10

Warm-Up:	Coordination and Movement with a ball	15-20 minutes
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<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>Set up a 20x20m area containing four 10x10m squares as shown.</li> <li>Players work in groups of four.</li> <li>One ball per group.</li> <li>Players are asked to execute techniques while moving in their square.</li> <li>Ball move in sequence from player 1 to 4.</li> </ul>		<p><b>Points to Stress:</b></p> <ul style="list-style-type: none"> <li>Carry out the exercises at a jogging pace.</li> <li>Exaggerate the movements.</li> <li>Work in both directions so that each player gets to work with both feet.</li> </ul>
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<p><b>Description:</b></p> <ol style="list-style-type: none"> <li>Players pass and move around their square. The coach asks them to perform various passing techniques as listed below. <ol style="list-style-type: none"> <li>One touch passing.</li> <li>Throw, volley, catch.</li> <li>Throw, knee, catch.</li> <li>Throw, thigh control-volley, catch</li> <li>Throw, chest control-volley, catch.</li> <li>Throw, instep control-volley, catch</li> <li>Side to side Movement – volley, knee, head.</li> <li>Dribble to middle, cut back to marker (inside &amp; outside foot). 2 players at a time.</li> </ol> </li> </ol>
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## Active for Life: GAG Intro-Game

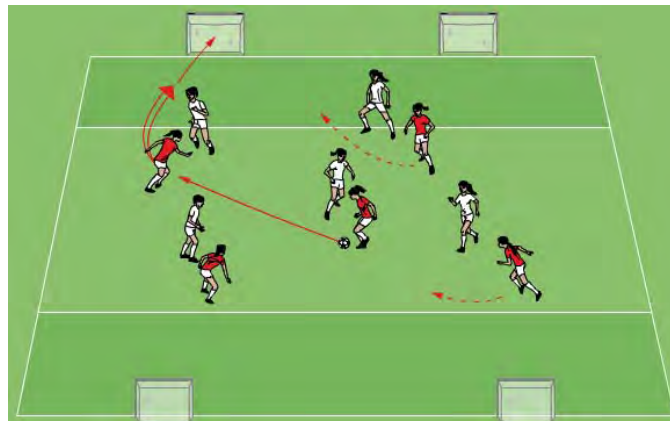
**Small-Sided-Game:**

**5v5 Dribbling Zone Game.**

**20 minutes**

### Organization:

- Two teams of 5
- Playing field of 50x30m.
- Markers to indicate the end zones 10m in from each end
- Two goals at each end
- End zones are “no-go zones” and can only be used when an attacking player dribbles past a defender to score in one of the goals.



### Coaching Points:

- If you have room, take a long first touch to take space quickly.
- Get head up to see what options you have.
- Be positive – Run at the defender if you can turn.
- Protect the ball by putting your body between it and the defender.
- Redirect the ball with the inside/outside of foot.

### Description:

- 1 Play begins with the coach playing the ball to the Red team who look to try and build play toward the opponents goal. In order to score, players must attempt to dribble past an opponent and into the end zone before shooting into one of the small goals. Normal rules of soccer with the exception that players must play within the middle zone until an opportunity arises to dribble past an opponent and into the opponent's end zone. The ball must be “kicked-in” when the ball goes out over the touch line.
- 2 **Variation:** Last 5-10 minutes, one defender can recover back into the end zone to protect the goals.

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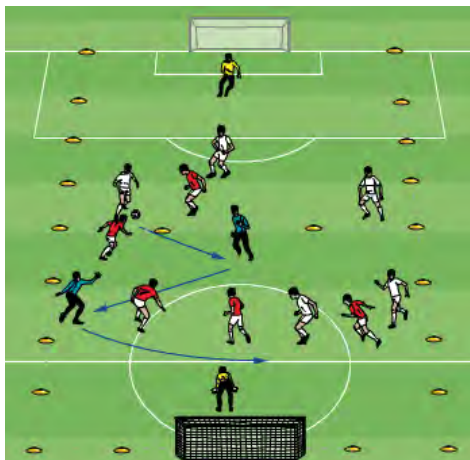
**Small-Sided-Game:**

**Passing & Receiving Game.**

**20- 30 minutes**

### Organization:

- Two teams of 6 including the GKs plus 2 neutral players.
- Playing field of 65x40m.
- One goal at each end.
- The 2 neutral players are always on the team in possession.



### Coaching Points:

- Get behind the ball to receive it.
- Receive the ball facing forward if possible
- Relax your controlling surface on contact.
- Keep the ball rolling & out of your feet.
- Look up to decide where to pass - Watch the ball when passing.
- Passing: Part of foot; part of ball.

### Description:

1. This game is designed to allow players in possession of the ball increased passing options in a competitive situation. This is accomplished by establishing an environment where there are always extra players to which the player on the ball can pass. Normal rules of soccer apply with the exception that the game must be restarted with a "kick-in" when the ball goes out over the touch line. Switch the neutral players every 5 minutes.
2. **Progression:** For the last 5-10 minutes limit the neutral players to a maximum of 2 touches each time they gain possession.
3. **Variation:** Can be played with fewer players on a smaller field (4v4+2, 5v5+2)

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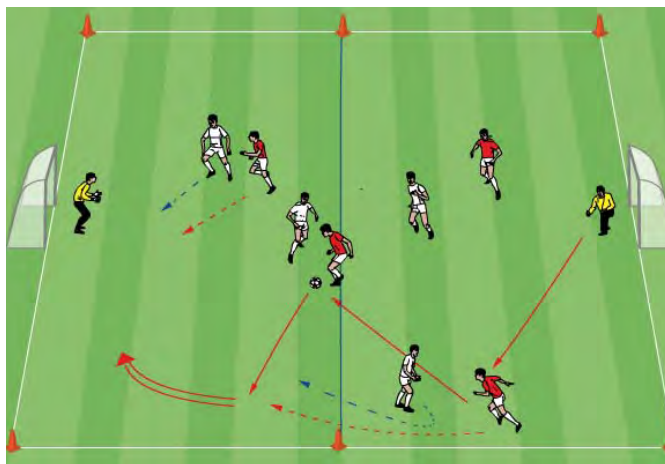
**Small-Sided-Game:**

**5v5 Passing & Receiving Game.**

**20-30 minutes**

### Organization:

- Two teams of 5 including the GKs.
- Playing field of 40x25m.
- One goal at each end.



### Coaching Points:

- If under pressure take your first touch into space away from the pressure.
- If no pressure, open up quickly on first touch and be set to pass on the second touch.
- Pass the ball to a teammate's foot furthest from the defender. Or into space for him/her to collect.
- Disguise the pass (use outside of foot, open out and play back inside, etc)

### Description:

1. Goals are scored in the normal way. When the ball crosses the goal line the play is always restarted with a GK's throw (no corner kicks or goal kicks). If the ball crosses the touch line the game is restarted with a "kick-in". Initially, the game is conditioned whereby players must have at least two touches each time they receive the ball. Players must now try to control the ball into space or protect it with their bodies each time they receive it. Playing the ball first time results in a free kick to the opposing team.
2. **Progression:** For the last 5-10 minutes, In the defending half of the field players are free to take as many touches as they wish.

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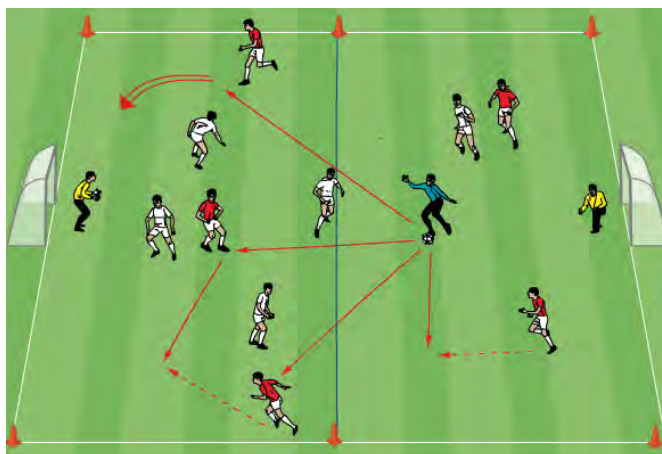
## Active for Life: GAG Intro-Game

### Small-Sided-Game: 6v6 Game with a Neutral Player – Passing/Support

20-30 minutes

#### Organization:

- Two teams of 6 including the GKs, plus 1 neutral player.
- Neutral player always plays for the team in possession.
- Playing field of 60x40m.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



#### Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.

#### Description:

1. The game begins when the GK rolls the ball out to one of her/his players. The team must then interpass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. **Emphasis** should be made of the importance of players using the additional player advantage to **create good supporting triangles around the ball**.
2. Switch the neutral player every 5-10 minutes.
3. **Progression:** For the last 5-10 minutes, the neutral player can only receive the ball in the defending half of the field in possession.

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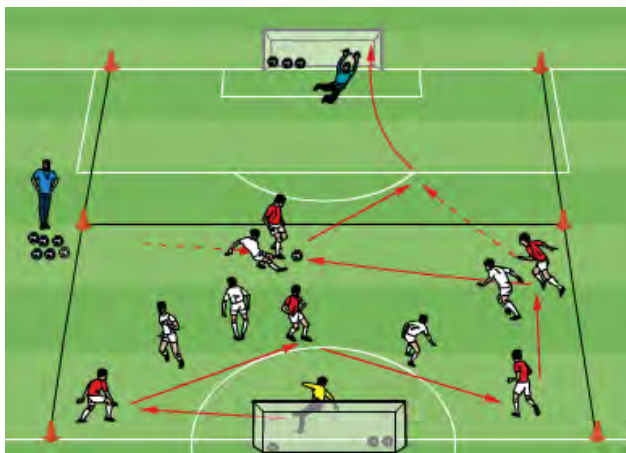
**Small-Sided-Game:**

**6v6 Game – Passing & Support #2**

**20-30 minutes**

### Organization:

- Two teams of 6 including the GKs.
- Half field long x 40m wide.
- One goal at each end.
- Soccer balls in the goals and some with the coach.
- Play starts with the GK.



### Coaching Points:

- Spread out wide & long.
- Open body position & see as much of the field as possible.
- Support in triangles
- Don't support too close to the ball. Remember: distance = time.
- Make sure you can be seen between players.
- Be composed & keep the ball moving.
- Pass should lead the through run.

### Description:

1. The game begins with the Red goalkeeper rolling the ball to one of his/her teammates, who must pass the ball to his/her teammates so that they can complete 3 consecutive passes. Once this is achieved they must try to keep passing until they can send a 'through ball' to a team member breaking into the other half of the field. This player must then try and score in the opposing team's goal. If the opposing players win the ball in the meantime, or they gain possession because the ball goes out of play, then they too must make 3 consecutive passes before send a 'through ball' into the opponents half of the field. Once the 'through player' touches the ball all the players can enter that half of the field. The attacking players can finish any rebounds and the defenders can gain possession and repeat the process in the opposite direction. If a goal is scored or the goalkeeper makes a save the ball is given to the defending team to begin the process again. All players must remain in one half until the through ball is played. Defenders must stay in one half until the 'through player' touches the ball. There are no off-sides, no corner kicks and throw-ins are replaced by kick-ins.

**Condition 1:** All players are limited to 3 touches with the exception of the through player who is 'free' until the shot is taken.

**Condition 2:** All players can enter the the other half of the field as soon as the through ball is played.

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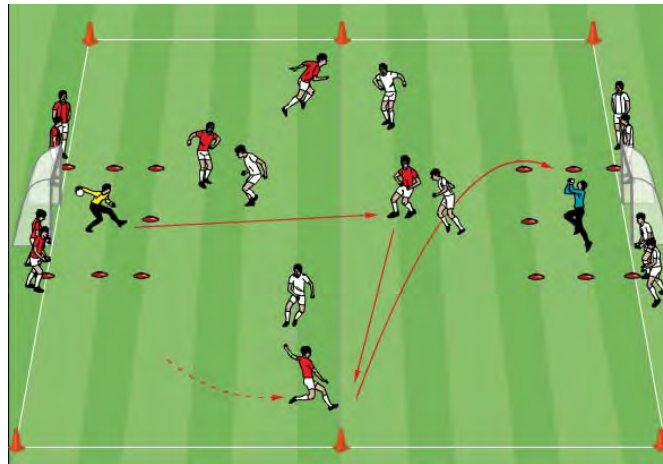
**Small-Sided-Game:**

**8v8 Game – Man to Man Defending Theme.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Teams are divided into two groups-one working and one resting.
- Resting groups to the side of their respective goals.
- Playing field of 40x30m.
- One goal at each end.
- Soccer balls in the goals.
- Play starts with the GK.



### Coaching Points:

- Close down the player on the ball quickly-as the ball travels.
- Watch their first touch, if it's good slow down and jockey. If it's poor, then win the ball.
- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create an opportunity to score by chipping the ball into the hands of the opposing Goalkeeper, inside the goal area. The white team must try and prevent the reds from scoring by closing down the attacking team quickly and winning the ball. They can then attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. After 2 minutes the groups switch and the process is continued. Keep a running score for both groups.
2. **Progression:** Goals are scored in the normal manner by putting the ball into the back of the net. Emphasis is still on closing down the player on the ball quickly and trying to win the ball back.

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## Active for Life: GAG Intro-Game

**Small-Sided-Game:**

**8v8 Game – Man to Man Defending Theme.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



### Coaching Points:

- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.
- Track (follow) your player when he/she makes a run.

### Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then inter-pass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the whites in the same manner. Both teams must play Man-to-Man when defending. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Progression:** How can you mark your player and still help a teammate marking a player with the ball?

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## Active for Life: GAG Intro-Game

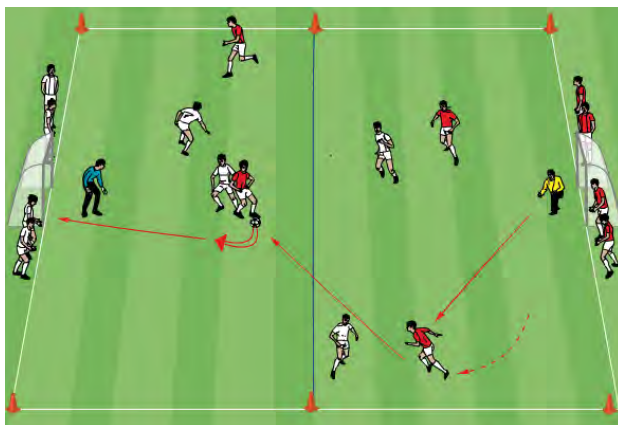
**Small-Sided-Game:**

**5v5 Finishing Game.**

**20-30 minutes**

### Organization:

- Two teams of 5 including the GKs
- Two groups of outfield players resting to the side of the goals.
- Playing field of 25x20m. to encourage finishing.
- One goal at each end.
- Goals can only be scored from anywhere on the field.
- All balls in the goals.



### Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

### Description:

1. This game is aimed at getting players to create and finish scoring opportunities around the goal. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get into a shooting position. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
  2. The resting players switch every 2-3 minutes.
- **Progression:** For the last 10-15 minutes Goals can only be scored from inside the opposing team's half of the field.

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## Active for Life: GAG Intro-Game

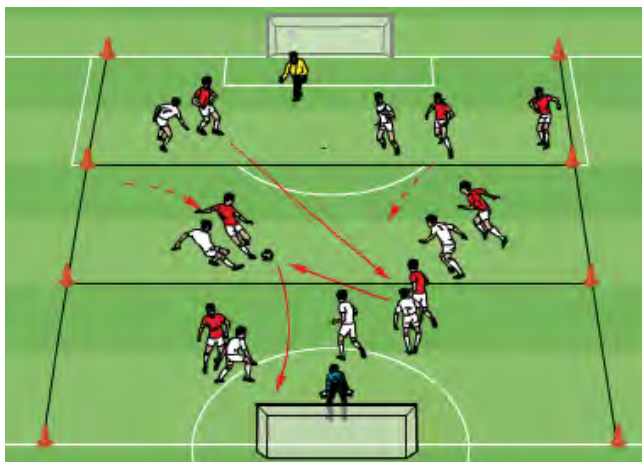
**Small-Sided-Game:**

**8v8 Distance Shooting Game.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 50x40m., divided into thirds.
- Each final third is 16m.
- Strikers restricted to A1/3.
- One goal at each end.
- Goals can only be scored directly from the middle third of the field or from rebounds in the A1/3.
- All balls in the goals.
- Play starts with the GK.



### Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then interpass in an effort to get a player into a shooting position in the middle third. Strikers must stay in the Attacking 1/3 of the field but they can only score from rebounds. All other players can roam freely when attacking. When defending each team must have three defenders in the defending 1/3. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of his/her players.
2. **Progression:** All restrictions are removed for the last 5-10 minutes but goals can only be scored as before.

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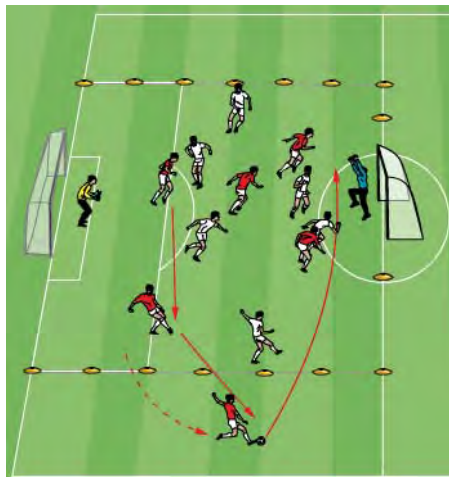
**Small-Sided-Game:**

**7v7 Game - Crossing Channels**

**20-30 minutes**

### Organization:

- Two teams of 7 including the GKs
- Use half a playing field.
- Markers to indicate crossing channel where only one player at a time can enter and be unchallenged.
- Player's cannot wait in the wing channel and can only have 3 touches in which they must pass or cross the ball.
- One goal at each end



### Coaching Points:

- Try to cross early to avoid the block
- If blocked, create  $\frac{1}{2}$  metre of space for the cross by using various dribbling techniques.
- Fake to pass go for cross.
- Fake to cross and pass.
- Be composed and protect the ball under pressure.

### Description:

1. This game is designed to get players accustomed to playing in tight areas and dribbling or combining with other players to create scoring opportunities. Initially these scoring opportunities must be created from the crossing zones by means of a cross or a pass to a teammate who must shoot with three touches or less. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line.
2. **Variation:** Scoring opportunities can be created from the crossing zones by means of a cross or a pass, **or**, from general build up play. To score a player must shoot with three touches or less. A goal from a cross or pass from the crossing channel is worth **2 Points**. A Goal from regular build up play is worth **1 Point**.

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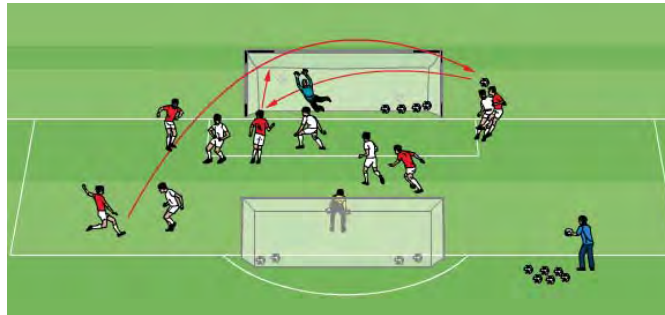
**Small-Sided-Game:**

**6v6 Game – Heading Home**

**15-20 minutes**

### Organization:

- Two teams of 6 including the GKs.
- Use the Penalty Area
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



### Coaching Points:

- Keep eyes on the ball.
- Get elbows up for balance & protection.
- Time jump to get to ball first.
- Clear space for attacking the ball by pulling away first.
- Head down at goal.
- Head up and away when defending/clearing.

### Description:

1. Each team must try to score in the opposing goal. Goals can only be scored with the head. The game starts with one goalkeeper serving the ball to a teammate who must try to head for goal, or head the ball on to another member of the team. They, in turn, try to head for goal. If the ball should hit the ground, or be played by any part of the body other than the head, then the opposing team is given a free throw. The game is then restarted by the nearest opposing player throwing the ball up and heading for goal or to a teammate. Goalkeepers can use their hands. Interceptions can only be made using the head.

**Progression 1:** A header can be followed by catching and throwing the ball, but a throw cannot be caught without giving possession to the opposing team.

**Progression 2:** A header is now followed by catching and volleying a pass to a teammate.

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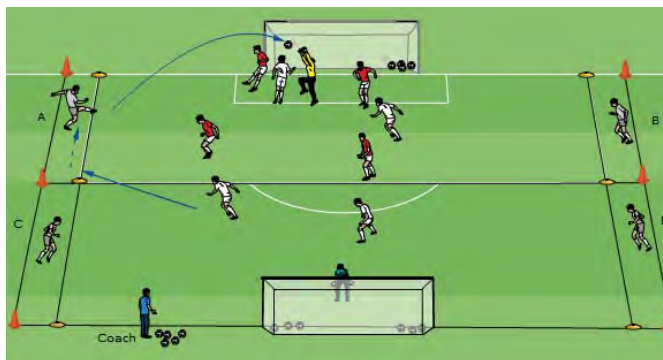
**Small Sided Game:**

**Goalkeeper Crossing Game**

**20-30 minutes**

### Organization:

- 2 Goalkeepers and 4 neutral players to cross the ball.
- Two teams of four
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



### Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball—good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

### Description:

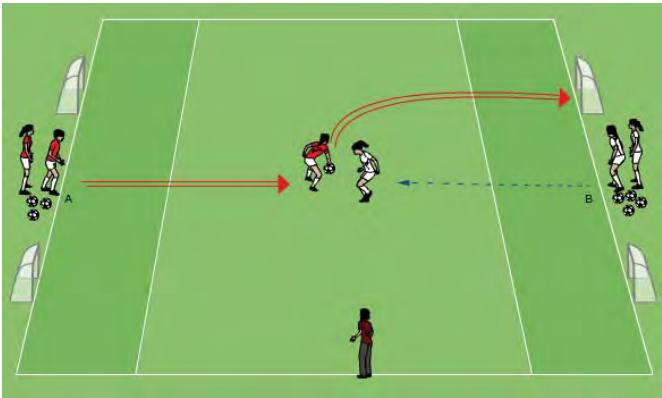
- 1 The action begins in this 4v4 game with the Goalkeeper serving the ball to one of his/her teammates and each team must try to play four consecutive passes in the middle area before passes the ball into one of the neutral players in the channel. The crossers can deliver crosses as in the Technical/Tactical Activity or interchange passes back into the middle. When play breaks down, restart with the Goalkeeper whose team was not in possession at the time.

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## Active for Life: GAG Activity

Technical/Tactical	Dribbling and finishing in 1v1 situations	15 minutes
<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>Two teams of three players in an area 20x10m.</li> <li>Two small goals at each end as shown.</li> <li>The attack alternates from each end.</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>Take a long touch to start to cover ground quickly.</li> <li>Attack one of the two goals to draw the defender across and then fake and go to the other goal.</li> <li>Use your body and/or feet to trick your opponent.</li> <li>Accelerate again when you go for the goal</li> </ul>
<p><b>Description:</b></p> <ol style="list-style-type: none"> <li>The action begins when the white attacker takes a touch forward and tries to score on one of the two goals at the opposite end of the playing area by dribbling the ball between the flags. The red player tries to prevent the white player scoring and, if possible, takes the ball off of the white player and scores in one of the goals at the other end of the field. Once the goal is scored both players go to the opposite end and switch roles (the white player goes to position B and the red to position A). Keep a total score for each team.</li> <li><b>Progression:</b> Change the starting positions so that the players start at opposite corners. Give 1 point for a goal scored in the goal that is unguarded and 2 points for a goal scored in the guarded goal.</li> </ol>		

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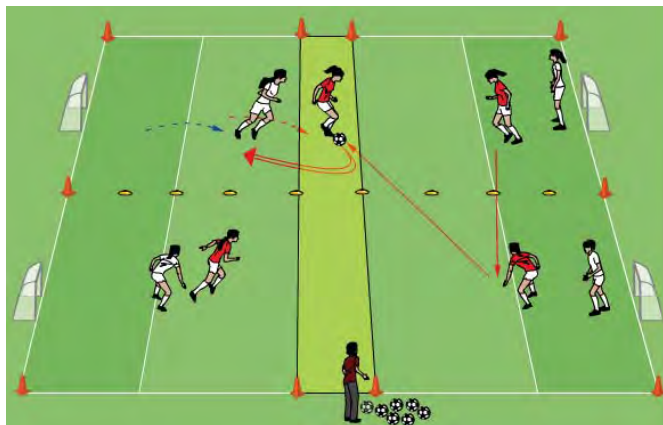
Technical/Tactical

Turning to Dribble

15 minutes

### Organization:

- Two teams of 4 players in an area 35mx20m with a 5m central channel.
- Defenders cannot enter the central channel.
- Two small goals at each end as shown.
- The attack alternates from each end.



### Coaching Points:

- Find space to turn by dropping off the defender into the central channel.
- Once turned attack the defender by running at her.
- Take the ball inside and as she moves with you cut back to the outside.
- Use your body and/or feet to trick your opponent.
- Accelerate when you go past the defender to the goal.

### Description:

1. Initially the game starts with four reds (two forwards and two defenders/servers) against two white defenders. The action begins when the coach plays the ball into the two red defenders/servers, who pass the ball to each other until one of the forwards drops into the central channel to receive the ball. The ball is immediately passed to the forward who must receive it on the half turn inside the channel in order to avoid being challenged. Once turned the forward must attempt to take on the defender and try and score in the small goal nearest to her. If a the white defenders win the ball, the red forwards become inactive and allow the white defenders/servers to pass the ball to each other until the previously inactive white forwards look to receive the ball and avoid pressure from the marking red defenders. The process is repeated as before with a white forward attempting to dribble and score. If a goal is scored or the ball goes out of play the coach plays another ball into the defenders of the team giving up the goal or forcing the ball out of play.
2. **Progression 1:** Forwards can now receive the ball in the attacking half and try and turn. If the defender is applying good pressure the forward may also touch the ball back into the central channel in order to relieve the pressure and get turned there. The emphasis is on getting turned and beating the opponent.
3. **Progression 2:** Forwards can decide to dribble at goal, or, combine with her partner on the other side of the markers in a 2v1 situation to create a scoring opportunity.

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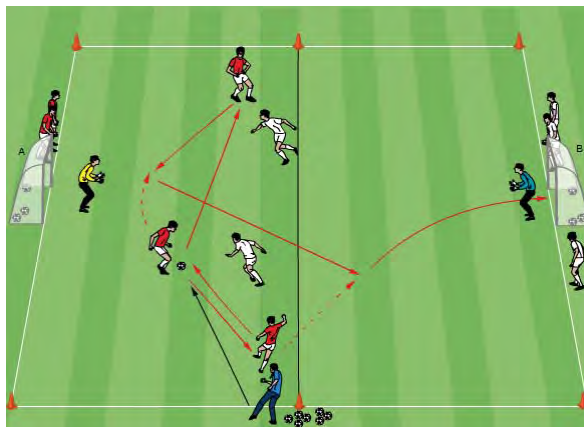
**Technical/Tactical:**

**3v2 toward goal**

**20 minutes**

### Organization:

- Use markers to set up a number of 35x15m areas as shown.
- Two teams of five plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with Coach serving a ball to 3 attacking players, in their own half.



### Coaching Points:

- Spread out as a group to create space.
- Open out as you receive the ball.
- Keep ball out of your feet & get head up to see passing opportunities.
- Pass into the space in front of teammate.
- Pass the ball firmly with inside/outside of foot.

### Description:

1. Three Red players begin the attack from their own end of the field as the coach rolls to the ball for one of them to control and build play towards goal (B) in order to score. At the same time two White players start on the halfway line and try and win the ball and score in goal A as soon as the Red team has one touch of the ball. The Red team must play three passes before they can enter the opposite half and score. When a goal is scored or a shot is taken, or the ball is knocked out of play, the process is repeated in the opposite direction, with three white players now attacking Goal A. Continue this rotation.

**Emphasis:** Commit the defender by dribbling the ball at the goal. If the defender blocks your progress pass to a teammate in a better position. As a group pass the ball until you get an opportunity to shoot enter the opposite half and shoot. Be patient and keep the ball moving.

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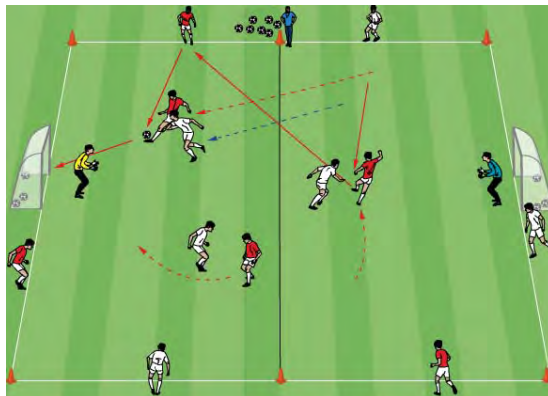
**Technical/Tactical:**

**Passing & Receiving Combinations**

**15-20 minutes**

### Organization:

- Use markers to set up a number of 35x20m areas as shown.
- Two teams of six plus a GK.
- Two goals
- Soccer balls in each goal.
- Play starts with GK.
- 3v3 on the field with 3 supporting players from each team outside.



### Coaching Points:

- Draw the defender by running at them with the ball.
- Pass the ball and look to get it back behind the defender.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Work in triangles with support players.

### Description:

1. 3 v 3 game takes place for intervals of 2 minutes. Resting players are positioned as shown and act as support players for their teammates for additional passing opportunities or combinations. Support players are limited to no more than three touches. Field players have as many touches as they need to create scoring opportunities and are encouraged to try various passing options (wall passes, overlaps, third man runs) to do so. Every two minutes the infield players switch with those on the outside and the game resumes as before. All restarts are from the nearest GK – no throw-ins, corner kicks or kick-offs. 1 point for a goal scored directly. 2 points for a goal scored following a combination play. Keep a running score for the game.

**Emphasis:** On wall passes, overlaps and third man runs.

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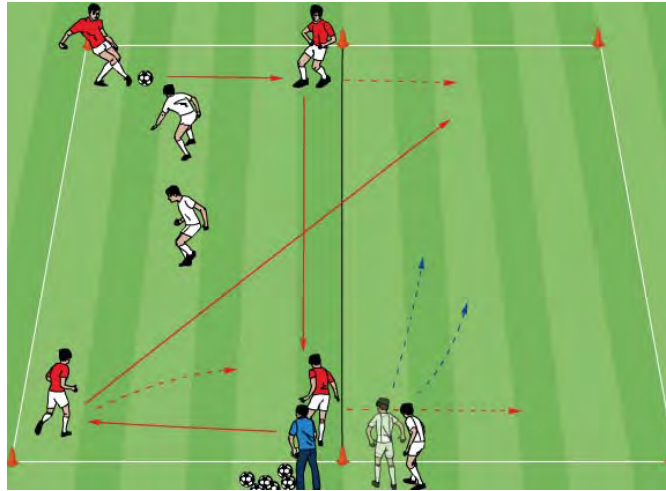
**Technical/Tactical:**

**Passing & Support – Square to Square**

**20 minutes**

### Organization:

- Set-up area 30x15m as shown.
- Divide players into groups of four and position them as shown.
- One group in possession against two opponent in one 15x15m square.
- One square vacant to begin with.



### Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.

### Description:

1. Two groups compete against one another as follows: Four red players v 2 white player in a one square, with two white players resting outside the square at the halfway line. The coach serves the ball to the red team and they must make at least three passes after which they can pass the ball into the next square for one of the group to run onto. If successful all four red players move into the next square and, again try to get at least three passes and play back into the original square. If the red team is successful the two defending white players steps out and two new defenders enter the next square attempting to win the ball. If the red team should pass the ball out of bounds, or the defender wins the ball, the coach serves the next ball into the other square to the white players and two of the reds become defenders, while the others rest outside the area. Every successful movement from one square to the next = 1 point. First team to 10 points is the winner.

**Progression 1:** Defenders must try and win the ball and pass it into the next square to the resting players and the whites then transition to retaining possession and the Reds become the defenders as before.

**Progression 2:** As above but 3v1 in one square, with fourth player in other square. Switch squares with a pass to the fourth player.

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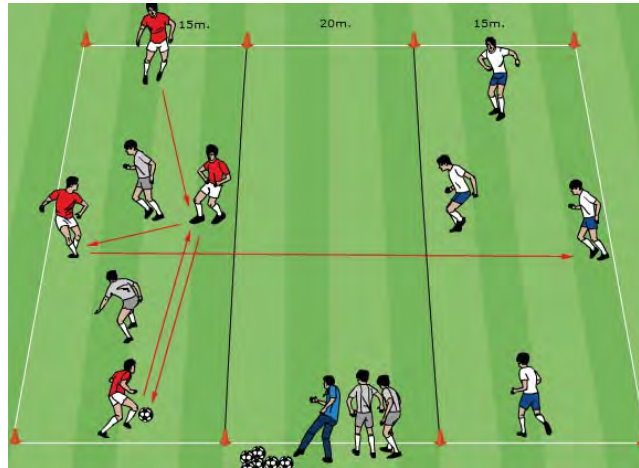
**Technical/Tactical:**

**Three Zone Game**

**20 minutes**

### Organization:

- Set-up area 50x15m as shown.
- Divide players into three groups of four and position them as shown.
- 15x20m Central area is a "no go zone".
- Play takes place in the end zones only.
- Teams must switch roles by going around coach.



### Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Don't support too close to the ball. Remember: distance = time.
- Be composed for the long pass-eye on the ball and strike through the middle.

### Description:

1. A team is placed in each end zone with one defending team positioned behind the coach. The play begins when the coach passes the ball into the red team in the end zone. Once the ball is touched by one of the red players, two grey defenders can enter the end zone and try and win the ball. The red team must play at least three consecutive passes and then pass the ball to the white team in the other end zone for 1 point, at which time the process is repeated by the white team while two new grey defenders try to win the ball. If a defending player knocks the ball out of the zone; or the ball is misplayed or in any other way leaves the zone; or the final pass misses the opposite end zone, then the team loses possession and switches places with the defending team. The Coach serves a new ball into the opposite end zone. When roles switch defenders cannot go into the other end zone without running around the coach. First team to 10 points is the winner. Repeat as necessary.
2. **Progression:** As above but the ball must not bounce in the "no go zone" or possession is lost and team switches with defenders.

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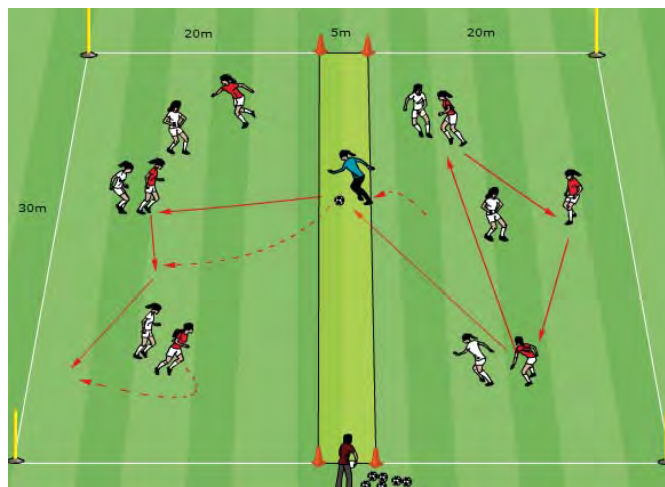
**Technical/Tactical:**

**Passing & Support**

**15-20 minutes**

### Organization:

- Two teams of 6 - 3 defender against 3 attackers in each half of the field. One neutral player.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



### Coaching Points:

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball.
- Pass the ball and move into a new position..

### Description:

1. Coach serves a ball into the red defenders who, along with the neutral player, must try to make three consecutive passes before passing to the neutral player as she moves into the central channel. Once there she cannot be challenged and can compose herself before playing into the Red forwards and helping them to score by running the ball over the end line. The ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. The neutral player may roam anywhere but in order to move the ball from defenders into the forwards of a team she must first receive a pass as she enters the middle channel. This is an opportunity for the neutral player to regain control and composure before beginning to attack the opposing defence. If the defending team should win possession then the play continues in the opposite direction. The neutral player is always on the side of the team in possession.

**Emphasis:** Be composed and efficient. Receive the ball facing the goal whenever possible. Create passing triangles with your teammates.

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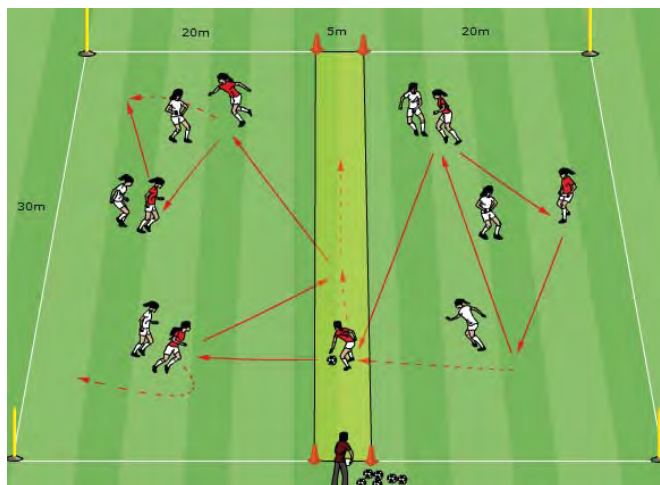
**Technical/Tactical:**

**Passing & Support #3b**

**15-20 minutes**

### Organization:

- Two teams of 6 - 3 defender against 3 attackers in each half of the field.
- Playing area is 45m x 30m with a 5m central channel as shown.
- A team scores by running the ball across the end line.
- Play begins with coach.



### Coaching Points:

- Find space and try to face the goal as you receive the ball.
- Be prepared to move to the ball.
- Create passing triangles with your teammates..
- Choose your technique.
- Be composed on the ball. Don't force things.
- Pass the ball and move into a new position..

### Description:

1. Coach serves a ball into the red defenders who must try make three passes before passing to one of the defenders as she moves into the central channel. Once there she composes herself before playing into the Red forwards and helping them to score but this time she can only support the forwards from inside the central channel and play probing passes and be used as an outlet if forwards cannot get turned. A before a goal is scored by running the ball across the end line and the ball must be under control in order for the goal to count. The members of the other team must try and prevent the reds from scoring and, if possible, win the ball and build the play in a similar fashion and attempt to score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the opposing team's defenders and play resumes. If the defending team should win possession then the play continues in the opposite direction. Should possession be lost when a player is in the central channel, she must drop back into her half and defend. Only one player is allowed in the central channel at any one time.

**Progression 1:** Player in the central channel is limited to three touches only before passing.

**Progression 2:** Player may move from central channel into attacking half but may be challenged when outside the channel. She may also drop back into the channel to avoid being challenged.

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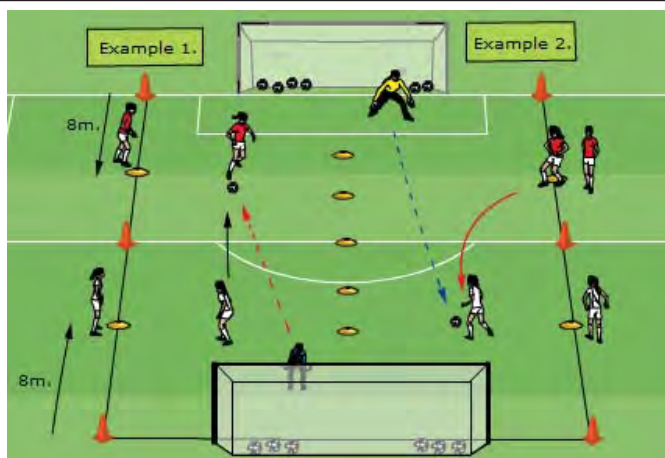
**Technical/Tactical:**

**1v1 defending #1**

**20-30 minutes**

### Organization:

- From one goal, set up an area 32m x 20m as shown, and divide it down the middle with flat markers.
- Divide players into two groups of four plus one Goalkeeper (two defenders and two attackers).
- 1v1 dual takes place on either side of the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



### Coaching Points:

- Take away the shot and close down quickly.
- If forward has a poor touch try and win the ball.
- If forward has a good touch jockey/contain her.
- Watch the ball not the forwards feet/body.
- Try to steer the forward to the outside but protect against a possible shot.
- Be aggressive but be patient.

### Description:

1. The blue Goalkeeper serves the ball to the Red player in the channel and in line with a marker 8m from the opposite goal line. As the ball travels the White defender, starting level with the marker 8m away from his/her goal line, closes the ball down and attempts to win the ball and score in the Red player's goal. The Red player must try and score in the White player's goal. If the ball goes out of play the defender gets 1 point (3 points = 1 goal). Switch player roles every six attempts. **Note:** the same action is being repeated on the other side of the markers but in the opposite direction and players are having to work predominantly with the other foot (ie; in example 1, Red attacker attacks on right side and defends on right side. In example 2, Red defender defends on left side and attacks on left side).
2. Once the cycle is completed repeat this process with the ball being played in from the opposite end. The roles will be reversed.
3. Have groups switch sides and repeat the process.
4. As the previous exercise but this time the red player starts on the 8m marker at the side of the playing area. The white player can shoot as soon as she receives the ball, or dribble in order to create a scoring opportunity. Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite end.

**Note:** This is a demanding exercise for the players working so please allow recovery time between each attack.

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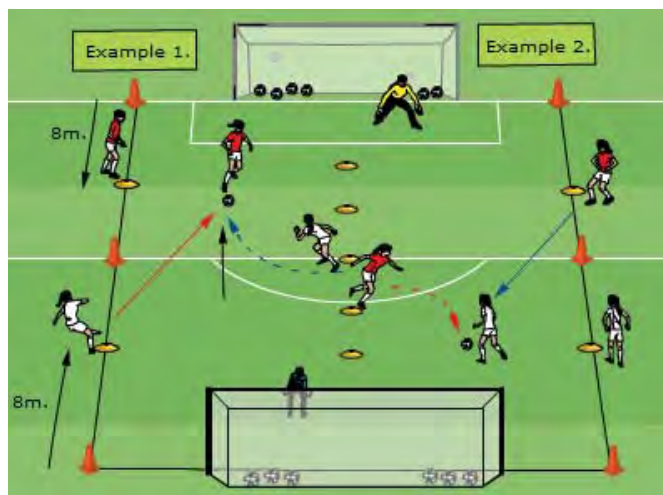
**Technical/Tactical:**

**1v1 Defending #2**

**20-30 minutes**

### Organization:

- From one goal, set up an area 32m x 20m as shown, and divide it down the middle with flat markers.
- Divide players into two groups of four plus one Goalkeeper (two defenders and two attackers).
- 1v1 dual takes place on either side of the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



### Coaching Points:

- Take away the shot and close down quickly.
- If forward has a poor touch try and win the ball.
- If forward has a good touch jockey/contain her.
- Watch the ball not the forwards feet/body.
- Try to steer the forward to the outside but protect against a possible shot.
- Be aggressive but be patient.

### Description:

1. As with the previous exercise but the server is the second defender from the 8m Marker, and defender is positioned at the central markers and at the halfway line, closer to the Attacker. As the ball travels the defender must take away the shot by curving her approach as she closes the ball down. Defender attempts to win the ball and score in the Red player's goal. The Red player must try and score in the White player's goal. If the ball goes out of play the defender gets 1 point (3 points = 1 goal). Switch player roles every six attempts. Once the cycle is completed repeat this process with the ball being played in from the opposite side. **Note:** the same action is being repeated on the other side of the markers but in the opposite direction and players are having to work predominantly with the other foot (ie; in example 1, Red attacker attacks on right side and defends on right side. In example 2, Red defender defends on left side and attacks on left side).
2. Once the cycle is completed repeat this process with the ball being played in from the opposite end. The roles will be reversed.
3. Have groups switch sides and repeat the process.
4. As with the previous exercise but the defender is positioned progressively closer to the Attacker. It is even more critical to get across to take away the shot as the ball is traveling.

**Note:** This is a demanding exercise for the players working so please allow recovery time between each attack.

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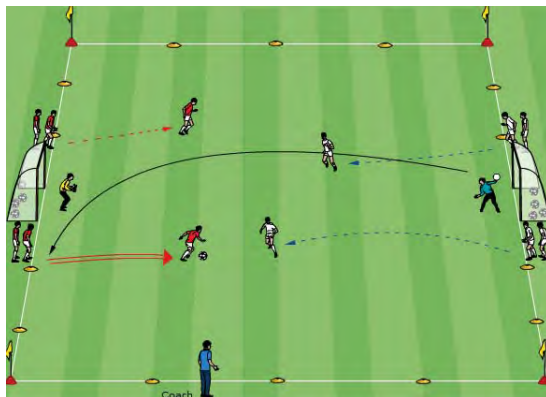
**Technical/Tactical:**

**2v2 defending (Tight & Loose Marking)**

**20 minutes**

### Organization:

- Set-up area 30x15m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals



### Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

### Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and a second teammate try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw two red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next two reds in line and the next two white players have to defend. This process continues in both directions.

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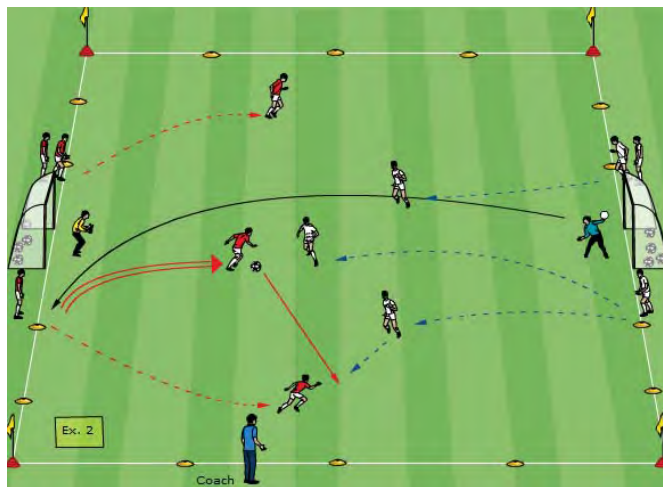
**Technical/Tactical:**

**3v3 Defending (Tight & Loose Marking)**

**15-20 minutes**

### Organization:

- Set-up area 30x20m as shown.
- Divide players into two equal groups and position them as shown.
- Two GKs.
- Two Goals
- All soccer balls in the goals.



### Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player your marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

### Description:

1. The play begins when the Goalkeeper throws the ball to one of the white players by the side of the opposite goal. That player and two other teammates try to combine and score against that Goalkeeper. As the ball is traveling from the Goalkeeper's throw three red players close down their opponents and try to prevent the white players from scoring. If they win the ball they may try and score in the white team's goal. When a goal is scored or the ball goes out of play the exercise restarts with the other Goalkeeper throwing the ball to the next three reds in line and the next three white players have to defend. This process continues in both directions.
2. **Progression:** Can progress to 4v4 by making the area 40x30m, if players are performing the man to man task well.

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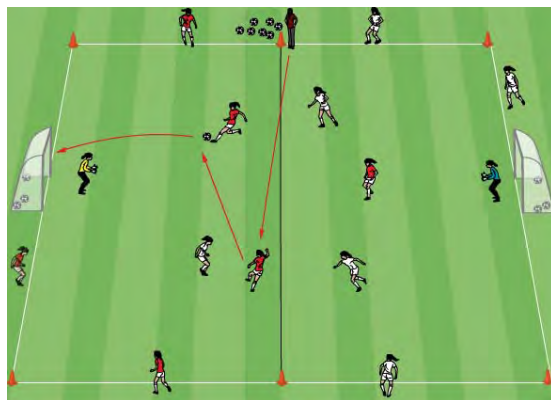
**Technical/Tactical:**

**Fox in the box 1**

**20 minutes**

### Organization:

- Use markers to set up a 30x20m area as shown.
- Two teams of six plus a GK.
- Two goals
- Three players from each team on the field. Three supporting players positioned outside area as shown.
- Play starts with coach.



### Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Have a touch if needed.
- Pass the ball low past keeper
- Be composed.

### Description:

1. Players are restricted to two strikers v one defender in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. Keep track of combined score.

**Emphasis:** Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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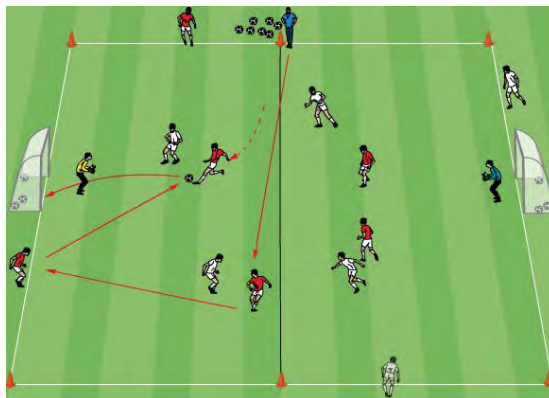
**Technical/Tactical:**

**Fox in the box 2**

**15 minutes**

### Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of six plus a GK.
- Two goals
- Four players from each team on the field. two supporting players positioned outside area as shown.
- Play starts with coach.



### Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Have a touch if needed.
- Pass the ball low past keeper
- Be composed.

### Description:

1. As in previous exercise but players are restricted to two strikers v two defenders in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. Keep track of combined score.

**Emphasis:** Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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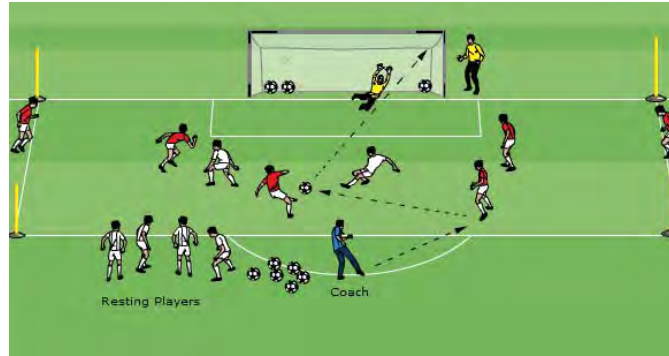
**Technical/Tactical:**

**Sharp Shooting.**

**15-20 minutes**

### Organization:

- Two teams of 6 plus GKs.
- Playing field is the penalty area as shown.
- 4v2 in designated playing area, plus two support players. Four players resting.
- GK's switch as teams switch roles.
- Play begins with coach.



### Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

### Description:

1. Coach serves a ball from the top of the penalty area to one of the red strikers who must try and score directly, or pass to a teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the other strikers. The support players are limited to a maximum of three touches in which to pass. The defenders must try and prevent the reds from scoring and, if possible, win the ball and run it out of the penalty area for a point (3 points = goal). Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the strikers again. Teams switch roles every two minutes. Players switch roles within the groups also. Gather all balls in the penalty arc before restarting the game. Keep track of combined score.

**Emphasis:** Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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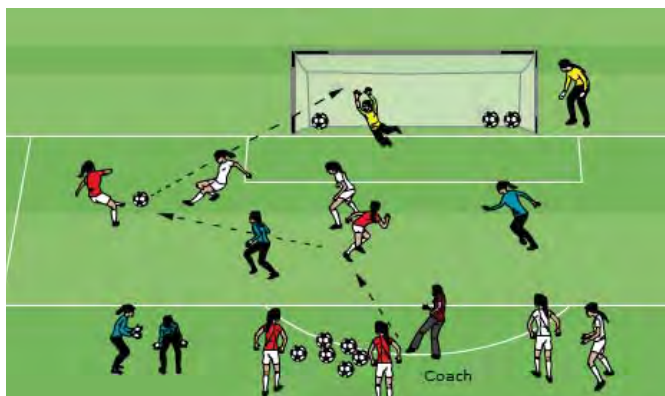
**Technical/Tactical:**

**Sharp Shooting #2**

**15-20 minutes**

### Organization:

- Three teams of 4 plus two GKs.
- Playing field is the penalty area as shown.
- 2v2v2 in designated playing area. two players from each team resting.
- GK's switch as teams switch roles.
- Play begins with coach.



### Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

### Description:

1. Coach serves a ball from the top of the penalty area to one of the red strikers who must try and score directly, or pass to their teammate to score. The members of the other two teams must try and prevent the reds from scoring and, if possible, win the ball and score themselves. Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the penalty area again. Teams switch roles every two minutes. Players switch roles with the resting players. Gather all balls in the penalty arc before restarting the game. Keep track of combined score.

**Emphasis:** Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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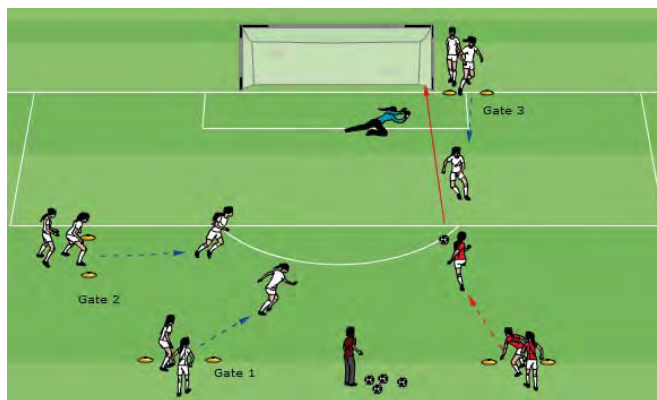
**Technical/Tactical:**

**Distance Shooting**

**20 minutes**

### Organization:

- Use the area as shown
- One group of 3 strikers and one group of 3 defenders.
- The group of defenders will defend from three different positions as the practice progresses.
- Goalkeeper.
- Play starts when the striker attacks goal.



### Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

### Description:

1. Players begin from two gates set up on either side of the coach, approximately 10m from edge of penalty area. Red striker dribbles toward goal and shots before reaching the edge of the box. One white defender attempts to prevent the shot and if possible, tries to win the ball and score himself/herself. After the shot the striker joins the line of defenders and the white defender joins the line of strikers and roles reverse. Strikers should also switch sides for the shot before progressing in order to practice with both feet.
2. **Progression:** As above but defender tries to prevent shot from the side.
3. **Progression:** As above but the defenders try to prevent the shot by coming from the side of the goal.

**Emphasis:** Be composed and efficient. Kick through the middle of the ball.

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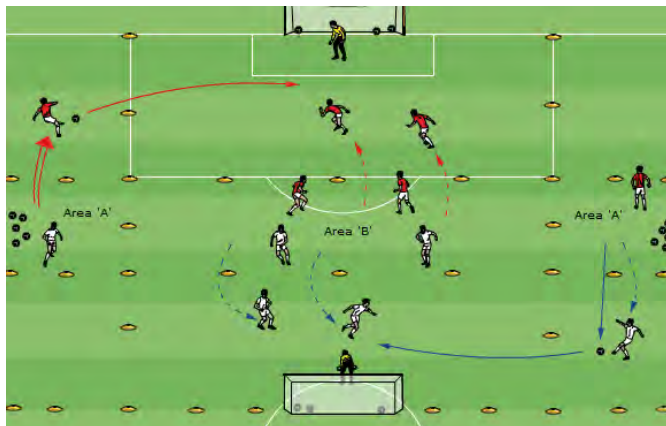
**Technical/Tactical:**

**Crossing from Wing Channels-1a**

**20 minutes**

### Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



### Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the area between the goal area & the penalty spot.

### Description:

- 1 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger pushes the ball forward and runs with it from point (a) into the end channel where he/she crosses the ball for two attackers running into the scoring zone from point (b). The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 2 As above but winger dribbles the ball at speed to the goal line and cuts it back along the ground for the central attackers.
- 3 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

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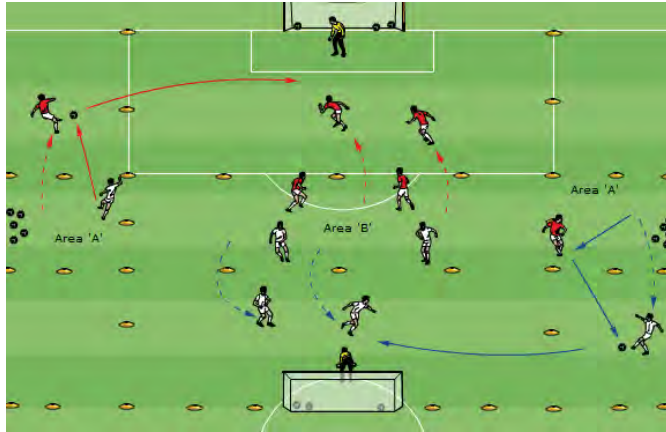
**Technical/Tactical:**

**Crossing from Wing Channels-1b**

**20 minutes**

### Organization:

- 2 Groups of six, plus two GKs working in a playing area of 42-45m long and the width of a regular field.
- Use markers along the edge of the penalty area and mark off a second penalty area at the other end of playing area as shown.
- A wing channel on each side of the penalty area.
- Each group attacks a goal at opposite ends.



### Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the area between the goal area & the penalty spot.
- Take a touch if needed.

### Description:

- 4 One winger attacks at a time in each group. Wingers must stay in the wing channel. The first winger has the ball passed to him/her by the partner in the same area 'A' and runs after it into the end channel where he/she crosses the ball for two attackers running into the scoring zone from area 'B'. The Winger should take a touch before crossing. The three players return to their starting position and the process is repeated by the winger on the other side, along with two new central attackers. Work on crossing the ball low across the face of the goal initially. After 10 crosses each the wingers switch with two central attackers and the practice continues. Once all players have been a winger for 10 crosses they can with the same crossing technique for another cycle or progress to a new crossing technique.
- 5 As above but winger plays a wall pass with his/her partner to come out of area 'A'. Try to cross first time but take a touch first if needed. It is better to end with a quality cross than hurry the execution and miss time it!
- 6 As above but the wingers now try to cross the ball in the air for the oncoming attackers to finish

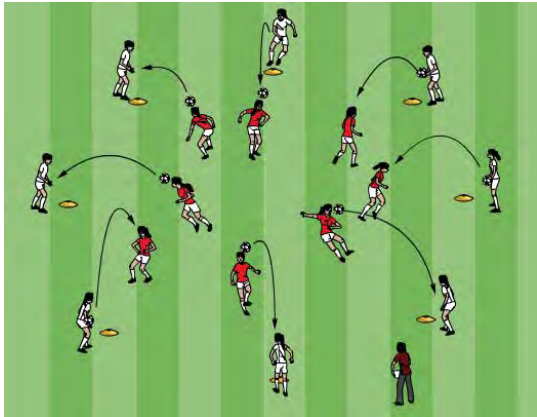
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## Active for Life: GAG Activity

Technical/Tactical:	General Heading Technique	15 minutes
<p><b>Organization:</b></p> <ul style="list-style-type: none"> <li>Set-up markers in a circle as shown with a radius of approx. 25m.</li> <li>Divide players into two equal groups. One group with a ball each stands by the markers. The other group without a ball working inside the circle.</li> <li>Each player works for one minute and switches roles</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>Keep your eyes on the ball.</li> <li>Make contact with the forehead.</li> <li>Lean back from the waist and use your arms to “pull your head onto the ball”.</li> <li>When jumping take off of one leg.</li> <li>Head through the ball to direct it.</li> </ul>
<p><b>Description:</b></p> <ol style="list-style-type: none"> <li>Server use a two handed, over-arm throw to bounce the ball initially when serving the ball in the air. Players without a ball jog around the area calling for the ball from the servers. The player receiving the ball must use a particular heading technique in passing the ball back to the server. Upon the command of the coach the players change roles. <ul style="list-style-type: none"> <li><b>From Bounced Serve:</b> <ol style="list-style-type: none"> <li>Run and head the ball forward to the server</li> <li>Run in curve and head ball sideways to the server.</li> <li>Jump to head the ball forward to the server.</li> <li>Jump and head the ball sideway to the server.</li> </ol> </li> <li><b>From Direct Underarm Serve:</b> <ol style="list-style-type: none"> <li>Run and head forward to server.</li> <li>Jump and head forward to server.</li> </ol> </li> </ul> </li> </ol>		

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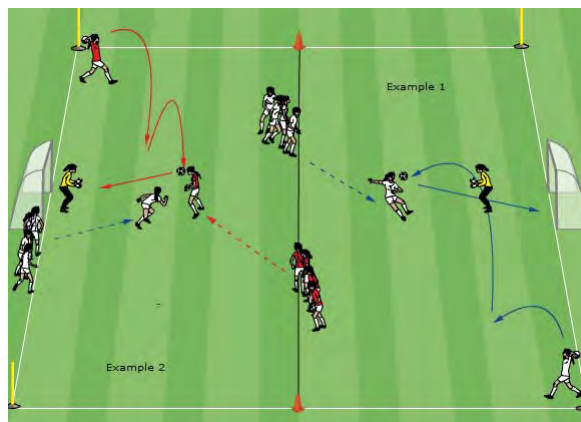
**Technical/Tactical:**

**Heading for Goal**

**15-20 minutes**

### Organization:

- Use markers to set up a 30x20m area as shown.
- Two Groups of five plus a server and a GK.
- Two goals
- Soccer balls with each server.



### Coaching Points:

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to "pull your head onto the ball".
- Attack the ball - take off of one leg.
- Head through the ball to direct it.

### Description:

1. The server serves the ball by bouncing it hard on the ground so that it goes high into the air. The first player times the run so as to meet the ball and direct it towards the goal with her/his head. She/he then returns to the back of her group as the GK plays the ball back to the server. The process is then repeated for each player in the group. Continue for as many repetitions as needed. Change the server at regular intervals. **Variation:** Use an underarm throw to serve the ball into the air without bouncing it.
2. As above, but a defending group is positioned by the goal, beyond the far post, and a little further from the server than the other group. The ball is served as before but this time the attacking group is put under some pressure by the players of the defending group. The attacking group tries to score a goal and the defending group tries to head clear for 1 point (3 points = goal). Switch the roles of the groups at regular intervals. **Variation:** Use an underarm throw to serve the ball into the air without bouncing it.

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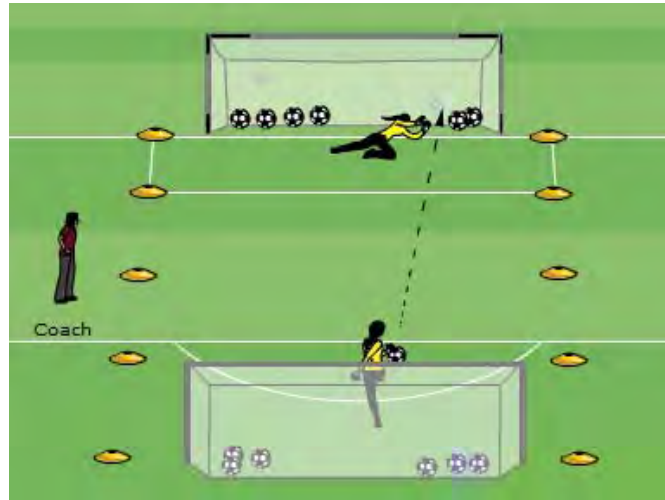
**Technical/Tactical:**

**Goalie Shootout #1**

**15-20 minutes**

### Organization:

- 2 Goalkeepers
- Playing area is 20m. x 20m. with one goal at each end.
- 1v1 dual takes place inside the markers as shown.
- Each player tries to win the 1v1 dual and score and then switches with his/her partner.



### Coaching Points:

- Correct starting position for shot-stopping
- Get behind the ball and use the largest surface available to make save
- If necessary deflect wide of goal
- Move feet quickly to get into position (quick short steps)
- Use proper throwing/kicking techniques and aim low

### Description:

1. Each Goalkeeper must try to score by throwing the ball past the other into the goal. The Goalkeepers take turns in trying to score, while the other attempts to save. Rebounds that cross the mid-point cannot be retrieved and result in a loss of turn.

### Conditions:

1. Rebounds must be retrieved before they cross the mid-point or the side lines otherwise it results in a loss of turn.
2. After saving the Goalkeeper rolls the ball forward and shoots for the opposing goal. The Goalkeepers now kick instead of throwing the ball.

**Note:** This is a demanding exercise for the players working so please allow recovery time between Competitions.

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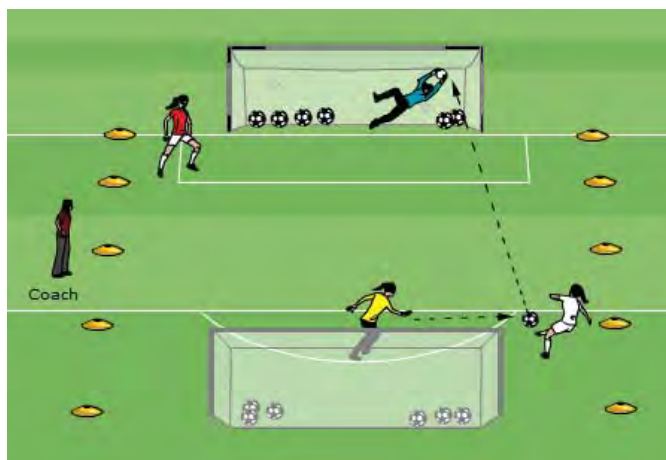
**Technical/Tactical:**

**Goalie Shootout #1**

**15-20 minutes**

### Organization:

- 2 teams consisting of 1 Goalkeeper and a Striker
- Playing area is 20m. x 20m. with one goal at each end.
- A dual takes place inside the markers as shown.



### Coaching Points:

- Correct starting position for shot-stopping
- Get behind the ball and use the largest surface available to make save
- If necessary deflect wide of goal
- Move feet quickly to get into position (quick short steps)
- Use proper throwing/kicking techniques and aim low
- Angle the rolled pass to the Striker

### Description:

1. Each striker must try to score past the opposing Goalkeeper. The game starts with a Goalkeeper rolling the ball to their Striker, who must shoot in two touches or less. If a goal is scored or the shot is saved the opposing Goalkeeper rolls the ball to her Striker who shoots in the opposite direction, and the process is repeated. Rebounds which cross the mid-point can be hit again by the same Striker.

### Conditions:

- Rebounds must be retrieved before they cross the mid-point or the side lines otherwise it results in a loss of turn.
- After saving the Goalkeeper can roll the ball for the Striker or try to score by throwing the ball.
- After saving the Goalkeeper can roll the ball for the Striker, or try to score by throwing the ball, or roll it forward and try to shoot herself.

**Note:** This is a demanding exercise for the players working so please allow recovery time between Competitions.

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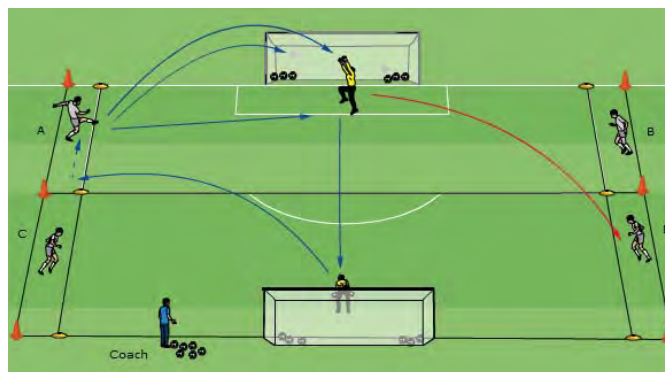
**Technical/Tactical:**

**Goalkeeper Dealing with Crosses-1a**

**20 minutes**

### Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.



### Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball- good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

### Description:

- 1 Goalkeeper 1 throws the ball to the goalkeeper in the opposite goal. He/she catches it and throws it to the crosser/server A. Crosser A has three touches in which to control and cross the ball for Goalkeeper 1. If the Goalkeeper catches the ball he/she distributes it to crosser D and the move progresses. If the cross doesn't land in the immediate area around the goalkeeper, or it goes behind, he/she must shout "away" and cover the goal. If this happens Goalkeeper 1 throws another ball to crosser D to re-run the move. On the next rotation the ball is thrown to crossers B and C respectively, so that the Goalkeepers get practice with crosses from the left and right.

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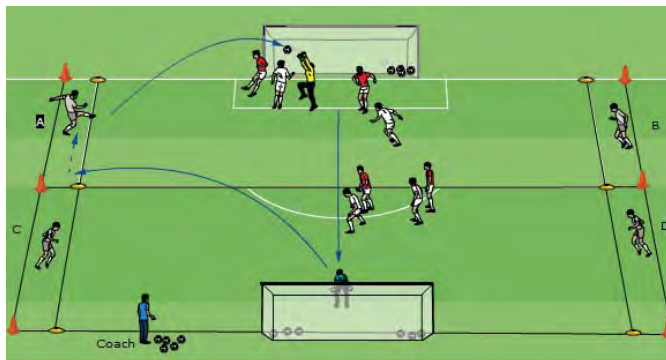
**Technical/Tactical:**

**Goalkeeper Dealing with Crosses-1b**

**20 minutes**

### Organization:

- 2 Goalkeepers and 4 players to cross the ball.
- Area the size of 2 penalty areas, with a 5m channel on each side, as shown.
- Crossing players positioned in the channels on each side as shown.
- Add 2 attackers and 2 defenders in each half.



### Coaching Points:

- Starting position approximately centre goal and a metre of the line.
- Body position opened up.
- Decide quickly whether to attack the ball or defend the goal.
- Shortest line to the ball-good timing. Take off of one leg.
- Be decisive. Catch or punch?
- Communicate.

### Description:

- 2 Same set up as with the previous session but now add 2 defenders and 2 attackers in each half of the playing area. Service and rotation as before but now the Goalkeeper has to stay focused on the ball while deciding whether he/she can negotiate an effective path to the ball. Each Goalkeeper must instruct defenders as to their body shape and marking positions. Defenders must protect the Goalkeeper, block attackers, defend the goal and communicate well with each other.

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## Active for Life: GAG Final-Game

**Small-Sided-Game:**

**8v8 Game – Dribbling Theme.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- Off-side in effect in each final third.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Players must attempt to dribble in the A1/3.



### Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack the defender by running at him/her and taking the space quickly.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create 1v1 opportunities in the Attacking Third resulting in scoring or crossing opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply with the exception of the offside rule being in effect on in the final third.
2. **Condition:** Players must attempt to beat an opponent by dribbling around them when they receive the ball inside the Attacking Third
3. **Progression:** For the last 5-10 minutes remove the Condition but encourage advanced players to take on players when there is an opportunity.

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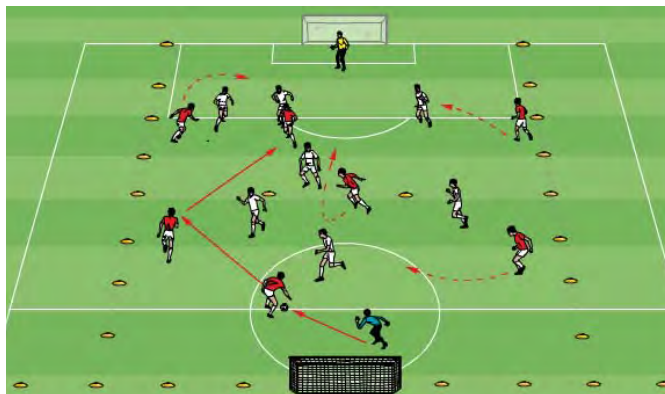
**Small-Sided-Game:**

**8v8 Game – Passing & Receiving Theme.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



### Coaching Points:

- If under pressure take your first touch into space away from the pressure.
- If no pressure, open up quickly on first touch and be set to pass on the second touch.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Keep the ball moving.
- Be composed.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply
2. **Condition:** Players must have a minimum of two touches before passing
3. **Progression:** For the last 10 minutes remove the Condition.

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## Active for Life: GAG Final-Game

**Small-Sided-Game:** 8v8 Game – Passing & Receiving Theme #2. **20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



### Coaching Points:

- If under pressure take your first touch into space away from the pressure.
- If no pressure, open up quickly on first touch and be set to pass on the second touch.
- Disguise the pass (use outside of foot, open out and play back inside, etc)
- Keep the ball moving.
- Be composed.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply
2. **Condition:** Players have no more than three touches before passing in their own half of the field, and are free of restrictions in the opposing half of the field.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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## Active for Life: GAG Final-Game

**Small-Sided-Game:**

**8v8 Game – Passing & Support Theme #1.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- Off-side lines in effect at the start of each final third.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



### Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Distance, angle & Timing of support.
- Keep the ball moving.
- Be composed.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply
2. **Condition:** Players can only be off-side in the final third. Markers indicate the off-side line at the beginning of each final third. This condition opens up more space in midfield as defenders cannot squeeze the play up to the halfway line.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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## Active for Life: GAG Final-Game

**Small-Sided-Game:**

**8v8 Game – Passing & Support Theme #2.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m.
- Off-side in effect at the halfway line.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



### Coaching Points:

- Accurate passes with good ball speed.
- Open your body to the play when receiving a pass.
- Support in triangles – wide and deep.
- Distance, angle & Timing of support.
- Be composed and keep the ball moving.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply
2. **Condition:** Players are limited to a maximum of 2 touches before passing or shooting, which support must come quickly if the team is retain the ball. It also encourages quicker but composed ball movement as players cannot keep the ball for too long.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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## Active for Life: GAG Final-Game

**Small-Sided-Game:**

**7v7 Game – Defending Theme.**

**20-30 minutes**

### Organization:

- Two teams of 7 including the GKs
- Playing field of 65x40m.
- One goal at each end.
- All soccer balls in the goals.
- Play starts with the GK.



### Coaching Points:

- 1v1 Coaching Points from Session 8.
- Tight marking near the ball; loose marking away from the ball.
- See player you're marking and the ball.
- 1½ jobs - Distance from player your marking vs. amount of space you can cover.

### Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then interpass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the whites in the same manner. Normal rules of soccer with the exception that the ball must be "kicked-in" when the ball goes out over the touch line. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Progression:** All conditions are removed for the last 5-10 minutes and a normal game of soccer is played.

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**Small-Sided-Game:**

**8v8 Game – Man to Man Defending Theme.**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing field of 70x44m, with a central zone approximately one third of the width of the field.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.



### Coaching Points:

- Marking position=Goal side: Ball side.
- See the player you're marking and the ball.
- Tight marking near the ball; loose marking away from the ball.
- Track (follow) your player when he/she makes a run.

### Description:

1. The game begins when the GK rolls the ball out to one of the white players. The whites then inter-pass in an effort to create scoring opportunities. The red team must try and win the ball so that they can attack and score on the whites in the same manner. Both teams must play Man-to-Man when defending. Any balls that go out of play behind the goal are restarted by the goalkeeper rolling the ball to one of her/his players. Defenders can score a point for their team if they force the ball out of play with a good challenge (3 points =1 goal).
2. **Condition:** As a rule of thumb can we get at least 2 players in the central zone when defending on a defensive line of 3?
3. **Progression:** For the last 10 minutes remove the central zone and try to apply the same man-to-man marking principles.

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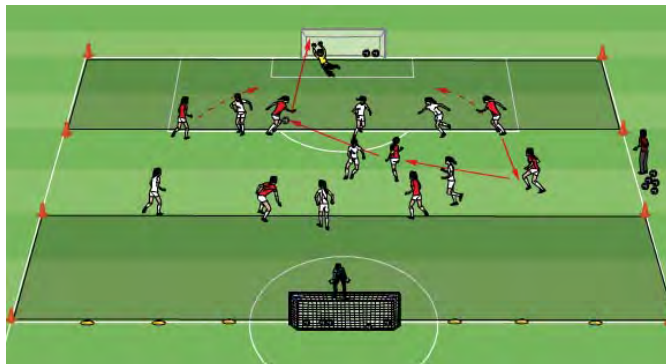
**Small-Sided-Game:**

**8v8 Game – Finishing in the Box Theme**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing area is half a field.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals.
- Play starts with the GK.
- Goals count if they are scored in the 16m end zone.
- Only one defender is allowed in the 16m zone at any one time.



### Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Pass the ball low past keeper
- Be composed.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. Goals count if they are scored from the 16m zone (ie; direct shot or rebound). The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply. Emphasis is on hitting the target with long range shots. If it doesn't score it can still lead to a goal from a rebound.
2. **Condition:** Goals can only be scored from inside the 16m zone and only one defender may enter the 16m zone at any one time. Attacking players may move anywhere as long as they are not off-side.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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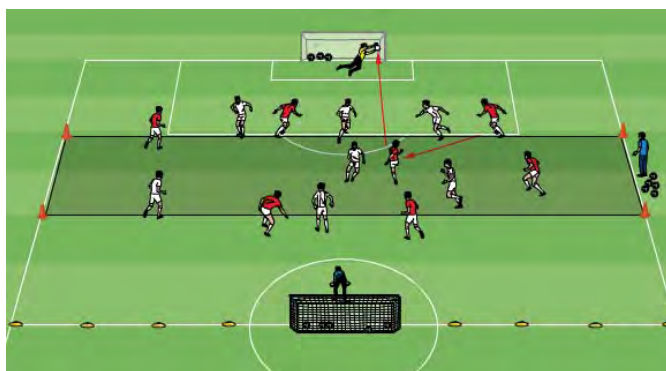
**Small-Sided-Game:**

**8v8 Game – Distance Shooting Theme**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing area is half a field with a central shooting zone, 16m from each goal line.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Goals count if they result from a shot from inside the middle zone.



### Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of the keeper

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. Goals count if they are the result of a shot from the middle third (ie; direct shot or rebound). The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply. Emphasis is on hitting the target with long range shots. If it doesn't score it can still lead to a goal from a rebound.
2. **Condition:** Goals scored directly from the middle zone count double, rebounds count as one.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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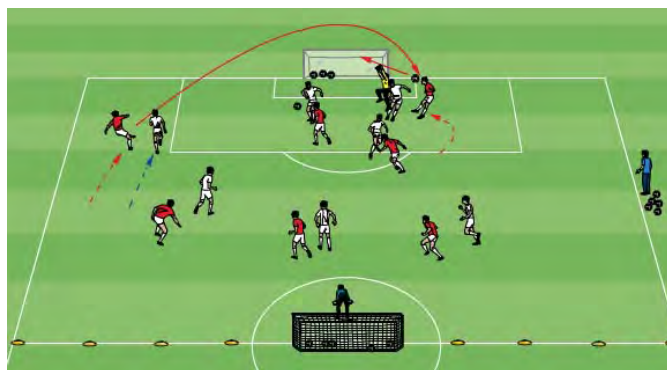
**Small-Sided-Game:**

**8v8 Game – Crossing Theme**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing area is half a field.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Emphasis on early crosses into the penalty area.



### Coaching Points:

- Take a long first touch to take space quickly.
- Touch the ball inside slightly to prepare to cross
- Take a big last step & watch ball as you kick it.
- Strike through the middle of the ball using the instep.
- Aim for the area between the goal area & the penalty spot.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply. Emphasis is on flank play and crossing early from wide positions.
2. **Condition:** Goals resulting from a cross are worth double.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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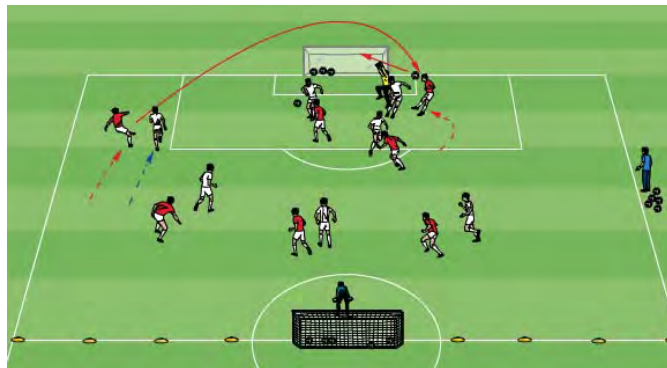
**Small-Sided-Game:**

**8v8 Game – Crossing & Heading Theme**

**20-30 minutes**

### Organization:

- Two teams of 8 including the GKs
- Playing area is half a field.
- Off-side in effect.
- One goal at each end.
- Soccer balls in the goals and with coach.
- Play starts with the GK.
- Emphasis on scoring from crosses



### Coaching Points:

- Keep your eyes on the ball.
- Make contact with the forehead.
- Lean back from the waist and use your arms to “pull your head onto the ball”.
- When jumping take off of one leg.
- Head through the ball & direct it toward goal.
- Time your run to arrive as the ball arrives.

### Description:

1. The game begins when the GK rolls the ball out to one of the red players. The reds then inter-pass in an effort to create scoring opportunities. The white team must try and win the ball so that they can attack and score on the reds in the same manner. Normal rules of soccer apply. Emphasis is on hitting the target with headers from crosses.
2. **Condition:** Headed goals resulting from a cross are worth double.
3. **Progression:** For the last 5-10 minutes remove the Condition.

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