RBSA CAMP SESSION PLANS
Jacksonville, NC
Session Schedule

Sunday:

3:30 to 5:50 Main Session 1 – individual in possession of the ball and basic ball handling.

Monday:

8:30 Set up your area
8:45 Start Getting Players together
9:00 Individual Skill work and Taps
9:30 Start Main Session 2 – 1 vs 1
10:45 Finishing activity
11:15 Scrimmage with the conditions of the session
12:00 LUNCH
1:15 Set up Session 3
1:30 Individual Skill work and taps
2:00 Start Main Session – Defending
3:30 Finishing Activity
4:00 Games
5:00 End

Tuesday:

8:30 Set up your area
8:45 Start Getting Players together
9:00 Individual Skill work and Taps
9:30 Start Main Session 4 – Passing and receiving
10:45 Finishing activity
11:15 Scrimmage with the conditions of the session
12:00 LUNCH
1:15 Set up Session
1:30 Individual Skill work and taps
2:00 Start Main Session 5 – Combination Play
4:00 Finishing Activity
4:30 End
6:00 Set up field
6:30 Matches
8:00 End
Wednesday

8:30  Set up your area
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Start Main Session 6 – Passing and receiving 2 controlling air balls.
10:45 Finishing activity
11:15 Scrimmage with the conditions of the session
12:00 LUNCH
1:15  Set up Session
1:30  Individual Skill work and taps
2:00  Start Main Session 7 – Possession and width.
3:30  Finishing Activity
4:00  Games
5:00  End

Thursday:

8:30  Set up your area
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Start Main Session 8 – Heading.
10:45 Finishing activity
11:15 Scrimmage with the conditions of the session
12:00 LUNCH
1:15  Set up Session
1:30  Individual Skill work and taps
2:00  Start Main Session 9 – Speed of play
4:00  Finishing Activity
4:30  End
6:00  Set up field
6:30  Matches
8:00  End

Friday:

8:30  Set up your area for games.
8:45  Start Getting Players together
9:00  Individual Skill work and Taps
9:30  Taps and Skill competition
10:00 Games
11:30 Camp Awards
12:00 Camp

**SCRIMMAGES ON TUESDAY AND THURSDAY**

- On Tuesday Night I want you on the field and giving plenty of positive instruction. Also make sure everyone plays different positions. BE POSITIVE AND VISIBLE.
- On Thursday Night be on the sideline and be vocal but allow players to play.

**EXPECTATIONS FOR EVALUATIONS**

- Be Positive
- Any criticism should be added with positive instruction of how to improve.
- VERY VERY VERY FEW 1’s
- Very Few 4’s
- Write how you enjoyed working with the player and give them a positive encouragement to return.
- Write neatly
- Make sure you have correct spelling of the names.
- Remember the sandwich method for criticism. Positive criticism positive. EXAMPLE: You do a great job with striking the ball, I’d like to see you use your left foot more and use the correct technique. I know that this will take you game to the next level.
- NO SNIDE REMARKS.
- Find the Positive and don’t let the best remark you have be – Hey you really were great at water breaks.

**HEAT HEAT HEAT**

- Be careful with the heat
- Plenty of Water breaks if it is really hot.
- If a player complains about heat get them into the shade and give them water. We haven’t had many problems but be careful.
- Make sure you take care of yourself.
- SUN SCREEN don’t get burned yourself.
ACTIVE REST AND FILLER

Fillers are activities you can use to as resting activities or to fill time during a water break. They are semi-active activities that are not too strenuous and have an element of fun.

- **Lifts** – Have players try to lift the ball up on their foot off the ground
  - Lift and catch have them lift the ball with their foot and catch
    - Behind the neck
    - On the other foot
    - Behind the leg
    - Fore head
- **Juggling**
  - Feet
  - Thigh
  - Head
  - Around the world – right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot.
  - High low
  - In pairs:
    - Build up serve counts as 1 then next player does 2 then back for 3 and up to 10 and back down.
    - Call it player serves in and calls a number 1 to 5 the player juggles that much and on the last touch serves it back calling a number.
- **Line heading ball** is served player by player to the back and then sent back to the front where it is repeated until the server gets back to the front.
- **Divide into two teams** A player serves the ball in from about 10 yards in the air – every player has to take a touch while in the air and last player brings it down and they go serve until the server gets back to the front.
- **Head it catch it** – serve the ball to a player and call head it (they must catch it) or catch it (they must head it).
**TAP MOVES**

1. Taps
2. Zap
3. Triangle
4. Pull Push with not taps
5. Croif 90
6. Croif 180
7. V (Pull pivot push)
8. Full Sole Roll
9. Garannicha
10. Garannicha Lift the ball juggle a set number and catch on foot and pull between the legs.
11. Heel Back Roll forward
12. Roll sideways and roll forward
13. Single Step-over
14. Single Step-over with a #2
15. Double Step-over
16. Inside - Outside of the same foot
17. Lifts
18. Across the body with the outside of the foot
19. Full sole roll step around pivot and catch
20. Heel roll step around heel roll
21. Twister with the toe
22. Croif 90 with a V
23. Out - In
24. Step-over with a V
25.  Step-over with a croif 90
SUNDAY - SESSION 1 – THEME: Dribbling and Individual Ball Control.

- Taps (about 30 minutes)
  - Taps
  - Tap with a zap
  - Triangle
  - Pull push with no taps
  - Croif 90
  - Croif 180
  - Pull pivot and push – Inside of the foot
  - Full sole roll
  - Garrincha
  - Garincha with a lift juggle 2 X’s catch it on the foot an pull between legs.

- Tunnels - 4 in a line (X1. X2. X3. X4) (15 minutes)
  - Inside right 90’s
  - Inside Left 90’s
  - Outside Right 90’s
  - Outside left 90’s

- Dribbling in a square. (20 Minutes)
  - Players dribble in a square emphasize:
    - Change of Pace
    - Change of Direction
    - Fake or Feint.
  - Put out cones in square and have them dribble slowly. Call out “Go” and the players dribble at a cone and then change direction and pace. Throw in a fake or feint. (see diagram)
  - Maybe encourage use of some of the tap moves.

- Shielding (about 30 minutes)
  - Ball on the ground in pairs and use the hands
  - Ball on feet.
  - 1v1 to one cone
  - Fox in the hen house. Chickens have the ball and dribble around a grid. The foxes – choose a number that is less than half try to steal an egg. The foxes become chickens and the chickens then become foxes.

- Juggle and cool down
MONDAY – SESSION 2 THEME: 1 V 1

- Warm up
  - Taps 1 to 15 add below
    - Heel back Roll forward
    - Roll sideways roll forward
    - Single stepover
    - Single step over with a zap
    - Double step over
  - Dribbling Moves – use partners or tunnels or grid
    - Pull pivot and push
    - Sole turn
    - Single Step-over
    - Foundation
    - Cut catch
    - 360 with inside and or outside of the foot
    - Drag across and cut forward
- In grid (figure 1) – use gate game
  - Use change of direction – pace – feint and fake. Divide players in half each pair has a ball. One is attacker the other is defender. They play 1 vs 1 in a grid appropriate to the age – for 12 to 16 players use 40 by 40 yard grid and then at least one gate per pair. They play 1 v1 and the attacker can attack any gate (20 Minutes).
- 1 V 1 Wide Goal Game – Player A dribbles in and player B goes in to defend him - player a scores two points for going past player and score in goal 1 and one point if he scores in goal 2. Set up players in equal lines and let them go against each other. Let every one on one team go then let the other team attack. Keep score for 3 rounds. Re-play and add

Figure 1 Gate Game

Figure 2 Wide Goal Game
variation both players start on the same end in between the goal they face the coach and he rolls the ball out and both players compete to get the ball and score with the same rules. (20 Minutes)

- Individual group games
  - Crab Soccer – U – 8 have a crab and players try to dribble across the grid to get away. Player use Change of pace and direction.
  - Beat then to the line. – Sharks and Minnows *(U – 12 and below Groups)* play with a grid and one shark – everyone else is a minnow. On go – players then dribble across the grid. The shark tries to win a ball – when he does the other players become sharks.
  - 1 v 1 v 1 – (U – 13 and above) set up three grids of 15 long by 10 wide with 5 yards in between. The players take on players and get to the safe zone in between and players can earn one point for each grid they accomplish.

- Finishing Activities
  - **U8 and U 10** Dribble at coach beat them and shoot then progress to 1 v 1 to a goal and finish with a goal in the middle and players play 1 v 1. Create a ½ chance and finish.
  - **U 12** 1 v 1 with goal in middle. 1 v 1 v 1 a ball is played in and the player who gets it tries to shoot – CP create half chance and shoot. Winner stays in and two new players go in.
  - **Older Group** 1 v 1 with goal in middle 1 v 1 v 1

- Scrimmage
  - U 8 up to 3 v 3 encourage 1 v 1 play micro soccer with rules that have players must finish in the attacking ½
  - U 10 4 v 4 with keepers and goals make them shoot in the attacking ½.
  - All above ages 4 v 4 with goal keepers encourage individual possession and may shoot from any distance.
MONDAY SESSION 3 – THEME: DEFENDING

- Warm-Up
  - Quick Tap review
  - Dribbling moves
    - Stanley Matthews
    - Double Matthews
    - Garrincha
    - Full sole roll take with outside of the foot (both feet)
  - Bent Runs at Cones – a single player goes when coach gives instruction and each player in his turn runs at the cone with a bent run and yells “I got ball.” As each player goes forward the next goes. (CP: Good body shape, show them the shoulder, low center of gravity, good balance.)
- In pairs one player plays the ball into partner and then the player bends run. Progress to player receiving the ball going forward and player must come up under control.
- 1 v 1 to lines in a 15 by 10 grid. Players play the ball in and go to defend. Divide the players into two teams (or if a large group 4 teams or more) and keep score. Then switch team.
- Keep Feet moving drill - Player A has the ball and Player B is a defender. Neither player may cross the line, and Player A could only score by dribbling through the end goals. The middle boundary is 8 yards long and the goals are 3 yards long. Player A uses fakes, feints, change of pace or change of direction to throw off player B. Player B may only tackle at the end. They must keep their feet moving.
- Play 2 v 1 in grid make sure the player uses good body shape.
- Figure 4 Run at cones
- Figure 5 line game
- Figure 6 pressure cover 2 v 2

FINISHING ACTIVITES

- Demonstrate in pairs covering defender. Players on the coaches command then defenders move to get into shape.
- Play 2 v 2 in a 15 by 10 yard grid use the same as the 1 v 1 game
- Can use 4 v 2 to demonstrate as well.
- 2 v 1 to goal
- 2 v 2 to goal
- Around the goal Finishing.

- Scrimmage full numbers
  - U – 8 6 v 6
  - U – 10 8 v 8
  - U – 12 8 v 8
  - Every one else 11 v 11

Figure 7 around the goal finishing
TUESDAY – SESSION 4 THEME: PASSING AND RECEIVING

- Warm-up
  - Taps Review 1 to 15
    - Across the body no taps in between
    - Full sole role step around pivot and catch it
    - Lifts
    - Inside Outside
    - Heel back roll forward step around heel back roll forward step around pivot and catch it.
  - Dribbling moves
    - Inside out side of the same foot
    - Croif 90
    - Croif 180
    - Sole turn
    - Stop with toe step across and take with out side of opposite foot.

- In pairs review passing with the inside of the foot.
  - Younger players may have to do this up close to the partners step up toe up heel down and touch the ball and make sure that the plant foot is pointing towards the partner.
  - Progress to lines for younger players stop and play back between gates. Emphasize receiving with the inside of the foot to cushion the ball to create a new passing angle. This will be accomplished by using the reverse technique for passing the ball. Use the outside of the foot with toe pointed inside..
  - Older players go to passing game between gates. Players pass the ball between two cones 2 yards apart. They must control the ball outside the gate and return the pass between the other players gate.

- AJAX Drill find a line and have players get a yard from it. Ball is played at pace. The player controls before the line and returns it. Have players get closer to the line and then challenge themselves.

- Keep your yard clean. Two grids set up with a space in between. The players try to get soccer balls and hit cones on the end line, while the other players on the other team want to receive the ball and knock down the opponents cones.

- Younger teams Buffalos and Indians. Make sure that all passes are below the waist.

- Bache Ball - Players are organised into pairs, each with a ball. Standing with her or his back to the field of play, the first player throws the ball over her or his head. The second player then kicks their ball from the starting point and tries to hit the ball that was thrown. Play alternates by kicks until one ball is hit. The players then change over and start again. Coaches should emphasise instep kicks for length and the side of the foot for accuracy. Make it a condition that in every other game only the left foot is allowed to be used.
• Square drill players at the corners are passed a ball then they receive and play in a pattern.
  o Square around the grid and follow the pass.
  o Square diagonal, square diagonal.
  o Play square lay back play to third player 1 to 2; 2 back to 1; 1 to 3; 3 back to 2; 2 to 4; lay back to 3; 3 to 5; 5 to the next corner.
• Four corner game. Divide players with in the four grids they interplay the ball and then follow a pattern where one passes to another in a corner and follows the passes.
• 3 v 1 in grid encourage players to move but be concerned with progress to 6 v 3 or above we have pressure but still want successful passing.
• Finishing Activity
• Scrimmage 3 v 3 – 4 v 4 up to 6 v 6.
Tuesday – Session 5 – Theme: Combination Play - Emphasize Commit the Defender

- Warm-up
  - Taps in a grid with four cones on the corners call out numbers and names of taps and then name the corners of the grid (Mickey, Donald, Goofy, and Pluto). After a few different moves, the coach calls one of the names and the players must dribble to that cone.
  - Dribbling Moves
    - Locomotion
    - Step around and cut back 180
    - Step across and take with outside of the foot take with inside of the foot.
    - 180 with inside of the foot
    - 180 with outside of the foot.
  - Neighbors game
    - Divide players in ½ in a grid they start each move with their partners.
      - Ball exchange or take over.
        - Player dribbles at partner and right to right or left to left they leave the ball for the other player.
        - Make sure that they communicate.
        - Player who takes the ball cuts right behind the player to make sure that they cut off their defender.
      - Wall pass
        - Player shows for the ball. The player opens his hips.
        - Player with the ball plays a good ball in to the front foot of checking player.
        - The passer holds for a split second to allow the ball to travel. Then sprints forward to receive.
        - The checking player returns the ball to the 1st player.
      - Double pass
        - Ball is played in and returned to the 1st player with a call of man on.
        - The receiver then spins out receiving a through ball to run onto.
  - Over lap – with this it is easier to put the partner on the outside of the grid.
    - Play ball in tell player to hold it.
    - The receiving player dribbles in to create space.
    - 1st player calls ball and the second player plays the ball for the player to run on to.
  - Tunnels with the above may be used to paint a picture as well.
- 2 v 1 in a grid.
  - U 10 have players dribble in commit the coach or a passive defender and execute the above. It may have to be a bit static to get success – defender at 50%.
  - U 12 and up play against a live defender. And play in a direction
• Goal in the middle put a goal in the middle of a grid – have two teams of 4 or 3 – then have an equal number of neutral players play possession if they complete a combination play they may take a shot. Or if they get ten passes they get a goal.
• 4 v 4 plus 1 the neutral player must be used in combination play every combination = 1 point.
• 4 v 4 get out
  o Make 3 equal grids of 25 long by 20 wide.
  o Players play unlimited and must complete a combination to get to the next grid.
  o Defenders are aligned 2 in grid 1; 1 in grid 2, and 1 in grid 3. Each time a team progresses the defenders increase. 4 v 2 in grid 1, 4 v 3 in grid 2, and 4 v 4 in grid 3.
  o Add goal 10 yards over end line and build in if they complete they get a chance to finish.
• Finishing Activity –
  o U8 play into player and they have and complete combination play and finish.
    ▪ Progress to adding a live defender.
  o U 10 and U 12 2 v 2 + 2 to goal
    ▪ 2 neutral players may not finish but try to use combination plays to spring attackers.
    ▪ Make a bigger grid 30 by 20 and increase if few attempts.
  o Older with new play above or try 2 v 1 + 1.
    ▪ Game is played with player dribbling in to commit the defender. The neutral player may assist by combining with attacking 2.
      ▪ Neutral player may never be offside
      ▪ 2 attackers may be offside.
    ▪ Once the defender gets with in touch distance, the second attacker enters.
    ▪ Encourage combination play.
  o Bogies in the Sky
• If you have time, play 4 v 4 and encourage combination play
WEDNESDAY – SESSION 6 THEME: PASSING AND RECEIVING 2 CONTROLLING AIR BALLS.

- Warm-up
  - Taps
    - Review 1st 20
    - Sole turn
    - Croif 90 with a V
    - Double full sole roll
    - Full sole roll forward
    - Full sole roll lift back player does a full sole roll and lifts with the inside of the opposite foot.
  - Dribbling moves
    - Review any of the above.
  - U 10 and below in line dive ball in pairs
    - Point plant foot at partner
    - Use laces
    - Knee over – chest over
    - Lock ankle
    - Strike the ball and land on plant foot
  - Touch Drill. Players touch the ball with their plant foot beside the ball. Touch the ball with the right hand for the right foot and left hand for left foot. This is for balance – this will give them the picture. Then players swing their foot through. Landing on striking foot.

- Move to lines where you have them strike the balls in pairs. Emphasize driving the ball. Also, make sure you go over –
  - Receiving the ball with the foot –
    - Roofs
    - Elevators
  - Thigh
  - Chest
  - you can reuse the goal game from Tuesday Morning (See Figure 8)
  - Large Passing Square (Figure 11).
  - Make smaller for younger players.
  - Knock it down. Set up a grid twenty by twenty then, a middle grid of 5 yards and then the other side is 20 by 20.
  - Players may not go beyond the neutral zone.
  - Players attempt to strike the ball and knock over the cones on the opposite teams side.
Players may pass from within the neutral zone.
Players then protect. Their cones by attempting to control the ball.
If a player goes into the neutral zone, they may be defended.
If a player has a ball taken away or their pass is controlled, they are out until their team knocks over a cone.

- Line pass like the set up in figure 12 two twenty by twenty grids with a 15 yard grid in the center. Two teams of four on either end or one team of 4 in the center area. Let’s call the teams in the end team 1 and team 2. Team 3 is in the center. Team 1 starts passing the ball and one member of team 3 enters the grid to make 4 v 1. After 3 to 7 passes (adjust for age and to create success) team 1 tries to pass to team 2 in the far grid. The remaining 3 players in the center try to cut off passing lanes. If successful a player from team 3 goes to challenge the players.

- FINISHING ACTIVITIES:
  - Divide into two teams – Set a cone 12 yards (Closer for younger players) a cone 20 yards from the goal and one 30 yards from the goal. Each team will attempt to score in 3 or less touches – also – They cannot pass the first cone.
    - Serve from last cone on ground turn and shoot
    - Air service and shoot.
    - Serve from front receive and shoot
    - Serve from the side
  - Shooting Circuit.

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**1v1 CIRCUIT**

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**Rotation of Players**
The players work off the coaches while
Station 1 goes first, then 2, then 3.
After playing at station 1 go and play each position at station 2.
Then go and play each position at station 3.

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• Scrimmage I will assign schedule
  o U8 6 v 6
  o U 10 8 v 8
  o U 12 8 v 8
  o Older 11 v 11
**Wednesday – Session 8 Theme: Possession and Width.**

- **Warm-up**
  - Review Taps
  - Review Dribbling moves
    - Loco motion
  - Technical work on turning – In 4’s two in the middle and one at each end. One player checks and the other passes the ball in they execute a turn
    - Inside of the foot
    - Outside of the foot
    - Croif
    - Dummy
    - Self pass

- **3 v 1**
  - 2 touch
  - 3 touch minimum

- **6 v 3 (or 3 v 3 + 3)**

- **Across the river** set up two three grids of about 30 by 20 with a five yard long grid in between (THE River).
  - Play is started with one team sending a defender across – this player tries to win the ball and pass it back to his team.
  - If they do so, then their team starts with three passes. If the other team loses the ball out of bounds the other team starts at 1.
  - After 7 or so players a new player enters the grid.
    - First 1 defender two touch Make 7 passes
    - 2 defenders 3 touch make 7 passes
    - 3 defenders 4 touch make 7 passes
    - 4 defenders unlimited no touch limits.
  - Keep score

- **Multiple Ideals**
  - Possession Game to targets – put target players at the end of the field and have players play into targets. Targets can play for their team by moving and opposing targets can support the team that is defending them
o 4 v 4 in a grid with 4 players on the outside to act neutral and play with team in possession.
o Multiple goal game set up multiple goals and players gain possession
o Wide goal game 2 wide goals are at each end
o Cannel Game
  ▪ Option 1 wide players on the flank may not be challenged and have unlimited touch.
  ▪ Option 2 only one defender is allowed in the wide area and this area is unlimited.

• FINISHING ACTIVITY
  o 4 v 4 two to goals with neutral players around the grid and on the end line. The coach serves a ball in and two teams try to finish as soon as possible. The Walls on the outside serve and keep the ball in play.
  o Over load game.

<table>
<thead>
<tr>
<th>Setup / rules</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two teams of four players</td>
</tr>
<tr>
<td>One goalkeepers</td>
</tr>
<tr>
<td>To start, the first player must dribble towards goal and try to score. The player is limited to three touches. Immediately after this ball has been played, two new players enter the pitch and attempt to score in a 2v1 situation. The series of attacks is as follows</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Blues</th>
<th>V</th>
<th>Reds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>V</td>
<td>Gk</td>
</tr>
<tr>
<td>1</td>
<td>v</td>
<td>2</td>
</tr>
<tr>
<td>3</td>
<td>v</td>
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</tr>
<tr>
<td>3</td>
<td>v</td>
<td>4</td>
</tr>
<tr>
<td>4</td>
<td>v</td>
<td>4</td>
</tr>
</tbody>
</table>

• after all the balls have been played, the score is counted and the teams rotate positions for the next game.
THURSDAY – SESSION 9 THEME: HEADING

- Warm-up
  - Taps review
  - Dribbling Moves review
- Hold the ball in the hands and player heads the ball – tell player head to ball and not bring the ball to the head.
  - For younger players have players get on hands and knees with ball on the ground. The players now strike the ball with their head to get where they are to strike the ball.
- Table Heading – player makes a table by assuming the crab position flatten their hips, and then the partner serves the ball and the player drops their hips tucking chin and heads the ball back.
- Remember use the analogy of the hammer and nail – which would you rather be – strike the ball.
- On the knees and lean back and come forward and head the ball
- Seated sit up and head the ball.
- Standing and then – for younger players self serve head back and forth.
- Serve the ball back and partner heads the ball back.
- Player stands with legs a little wider than shoulder length. One player serves and the header tries to score between his partners legs. If they do, they get a point. Each player takes 7 serves the loser does 5 star jumps.
- Sitting with the partner standing – the partner serves the ball and moves around. The sitting player keeps their feet off the ground and rotates their torso to head the ball.
- The figure 19 player 1 serves a ball to the working player who is the black dot. They turn their body to head the ball to player 2. Then player 2 serves and they turn and play the ball to player 1. Move player 2 to behind the working player, and 1 serves and the ball is flicked to player 2.
  - Remember when directional heading – have them turn their torso.
  - To flick bend your knees, get under the ball and hit it with the forehead to continue the direction.
- Head Juggling
- Relay - divide team into even numbers. Then the server serves the ball each player flicks the ball and when it reaches the end of the line the player catches it or if advanced head the ball back.
- Advanced activity just like the relay above, a player serves in from an area to players in a grid 10 yards by 10 yards, and each player heads the ball.
- Defensive Heading players in 3’s one serves one stands stationary and one behind the stationary player. The server gives an air ball just above the stationary player. The back player jumps heading the ball up for distance – width and then accuracy.
FINISHING ACTIVITY: Heading Game

Two teams Team A and Team B. Team A has two servers on the post. Team B has one server on the post and one goal keeper. Team A starts with player 1 runs in and player 2 serves the ball. Player 1 heads for goal and the goal keeper saves the ball or it goes in. Then Player 1 on team A goes into goal - team B’s goalkeepers goes to serve. The first player in team B runs in and the server servers the ball. That player heads for goal and after it they go to goal. After a player serves, they go to the end of their line cut in the field, by going around.

The heading player may not go past the last line of cones.

- Diving headers give a bonus point
- Behind the second line of cones 2 points.
- Behind the last line of cones 3 points.
- Play to 21 or less for younger players.

Figure 20 Heading game

Scrimmage with full team numbers for ages with no restrictions.
THURSDAY – SESSION 10 THEME: SPEED OF PLAY

- Warm-up
  - Taps really review all taps
  - Review dribbling moves
  - Review Combination Play.
    - Neighbors
    - Tunnels
    - In 3’s
- Across the river described earlier
- Multiple goal game described earlier
- Counter attack game – 2 ways to play
  - Put goals at each end with a mid line in the middle. When a team wins the ball they attack the goal at the far end. Meaning the teams go both ways always attacking the far goal – Transition is the key.
  - Counter attacking game in Figure 21 below

Counter Attacking Game

![Counter Attack Game Diagram](image)

**Set Up/Rules**
- Three groups of 3 players
- Two forwards
- Two keepers

One group starts in the centre of the pitch and acts as the first attackers.
The group attack a goal of their choice and use the forward to make a 4v3 situation.
After the attack, the defending team breaks out and attacks the opposite end.
The team that previously attacked, now rests and waits for their next turn.
The forwards continue to play for the attacking teams.
Therefore, the three groups work to the following sequence:

"Attack – Rest – Defend"

Figure 21 Counter attack game 2
• 5 v 5 + 5 in a grid where they play possession or to goal – neutral players look to combine with players on their team to stretch opponents and then change the point of attack quickly to keep the team moving.

• Finishing Activity
  o 4 v 4 with walls all around the goal
  o Carolina Finishing Figure 22 below

Each turn a player numbered serves - the three attackers try to score quickly then they move to frame the goal with each player moving to frame the goal - A1 and A3 move to just outside the posts and A2 gets into the center to screen the keeper or get a touch. The coach with a supply of balls lays the ball off for B1 or B2 to strike at the goal. The defenders move to the inside the posts to help the GK. After each play the coach directs the next server. Allow for players to get set it is not rapid fire. Do the entire service round and switch roles. Look for quick shots, knock downs and deflections.
FRIDAY MORNING FINAL SESSION

- Review taps
- Taps Completion
  - Oldest Group
    - Boys
    - Girls
  - U – 12 Group
    - Girls
    - Boys
  - U – 10 Group
    - Boys
    - Girls
  - U –8 and below
    - Boys
    - Girls
  - U – 6 Follow Sessions
- Scrimmages
UNDER 6
**SUNDAY**

Objective: By the end of the session, the players at the U-6 sessions will be able to:

1. Will be able to do 3 tap moves (taps – zaps – full sole roll).
2. Improve agility and body control
3. Be able to Juggle 1 time with the laces
4. Better understand and enact oral and visual commands.
5. Learn the players names and increase social interaction
6. Better understand how to manipulate the ball

<table>
<thead>
<tr>
<th>Activity</th>
<th>Objectives and variations</th>
</tr>
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<tbody>
<tr>
<td>Breakin the ice</td>
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<tr>
<td>Setup</td>
<td>Build a grid that is 15X20 yards using cones. Each of</td>
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<tr>
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<td>the players get inside the grid.</td>
</tr>
<tr>
<td>Instructions</td>
<td>Instructions</td>
</tr>
<tr>
<td></td>
<td>All the players run around randomly inside the grid.</td>
</tr>
<tr>
<td></td>
<td>The coach calls out various types of greetings, which</td>
</tr>
<tr>
<td></td>
<td>each players then has to carry out with others: shake</td>
</tr>
<tr>
<td></td>
<td>hands, high fives (one hand), high fives (other hand),</td>
</tr>
<tr>
<td></td>
<td>shoulder to shoulder, back to back, etc.</td>
</tr>
<tr>
<td>Progressions</td>
<td>Progressions: Add dribbling.</td>
</tr>
<tr>
<td></td>
<td>Variations</td>
</tr>
<tr>
<td></td>
<td>Add Dribbling</td>
</tr>
<tr>
<td>Coaching Points</td>
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</tr>
<tr>
<td></td>
<td>When dribbling, keep the ball close and don't run</td>
</tr>
<tr>
<td></td>
<td>into other players</td>
</tr>
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</table>

I Can Do Something With the Ball, Can You? (3-5 min): Lead this game first, saying, “I can do something with the ball (dribble with your left foot, kick as far as you can, etc.) can you?” and then the players have to mimic you. Then call the players up one at a time to the center to lead the activity.

Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves.

Do for 5 minutes and then progress. In addition – try to use do what I do in doing this activity. Do 3 sets but space them throughout the session.

Taps – zap – full sole roll

This activity becomes "chase and flee" quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target.

The coach has all the children close their eyes and while their eyes are...
closed the coach moves. On the command, "find the coach" the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes.

Body part dirbble – have players dribble around and call a body part where they will stop the ball with that body part.

To teach change of direction and pace in basic movement and body control.

Variation – have players at each cone. Two players start outside the grid and sprint to have a contest on who can touch the most people in 30 seconds. They change with two players and go thorough the entire group getting a chance to compete.

Variation – Have players sprint to a cone and then run all the way around the cone and sprint to another cone and do the same

**Build to using the ball**

Red light – yellow light – red light dribble
On the red players stop – on the yellow the dribble slow – on green they dribble fast in the grid – encourage players not to bump into each other and have an accident. Coach plays the Highway patrol and give tickets for accidents, Out of bounds, and light violations of one pushup.

Break
Scrimmage
DAY 1

Objective: By the end of the session, the players at the U-6 sessions will be able to:

1. Demonstrate a change of pace with out the ball
2. Demonstrate a change of pace with the ball
3. Change direction easily and quickly with out the ball.
4. Change their direction with the ball
5. Demonstrate how to shield the ball by making a big barrier and moving the ball.
6. Tap the ball between their feet without stopping for 20 seconds
7. Be able to execute a full sole role 4 reps without stopping
8. Be able to execute a triangle at least 4 reps without stopping
9. Be able to execute a zap at least 4 reps
10. Demonstrate creative thought to solve problems
11. Identify the inside of the foot – instep or laces – sole of the foot – outside of the foot

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<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Taps – zap – full sole roll – triangles</td>
<td>Do for 5 minutes and then progress. In addition – try to use do what I do in doing this activity. Do 3 sets but space them throughout the session.</td>
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</tbody>
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To teach change of direction and pace in basic movement and body control.

Variation – have players at each cone. Two players start outside the grid and sprint to have a contest on who can touch the most people in 30 seconds. They change with two players and go thorough the entire group getting a chance to compete.

Variation – Have players sprint to a cone and then run all the way around the cone and sprint to another cone and do the same.
Introduce the ball and changing pace

Variation: inside the triangle – players touch all three cones with their hands and then dribble the ball to another triangle.

Variation: do one of the tap moves and then change triangles as quick as you can – say full sole roll then they do that and exchange triangles.

BREAK for 5 minutes

Introduce Shielding with hands

This activity is to introduce shielding. Players need to learn to:
- Make a big barrier
- Good balance and center of gravity.
- Keep the ball moving
- Move their feet.
- Ball far away from partner

Introduce Shielding with feet

Same coaching points but moves

Basic movement and change of pace using the ball
Again this is basic movement to introduce a ball in this movement. Use the instructions below the diagram, but at first don’t use the ball. Then you can have the NOT IT have the ball and the IT free and try to take the ball. Remind when you use shielding and then change of direction and pace to get away.

Variation have two its and not its.

Coaching points:
- Shield to get away
- Use change of pace and direction

---

**Pirate (or Monster)**

A keepaway game. Coaching points: concentrate on the player’s close dribbling and screening techniques. Everybody inside a circle (centre circle is fine) with a ball. One player without a ball is the Pirate. Everybody starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle - now, the two players are Pirates and go after the others.....then three, then four. Finally only one player is left with a ball. He/she becomes the Pirate the next game.

**Variation**: Bomber. Just like above except the "IT" player has a ball and tries to roll/throw it at the other player’s and knock their ball out of the circle.
The Cat in the corners has soccer ball - on the call from the coach Cat to the corner, the Cat with soccer balls dribble to a new corner. The IT tries to take the ball from a Cat and they become an IT. Game proceeds until there is one player left.

VARIATION is to have more ITs and try to take the ball from the cat to become a cat.

VARIATION is to have players go in one direction.

BREAK

SCRIMMAGE

3 v 3 with no conditions on with a 10 yard goal.
**DAY 2**

Objective: By the end of the session, the players at the U-6 sessions will be able to:

1. Will be able to do 5 tap moves (taps – zaps – full sole roll – triangles – pull pivot push).
2. Improve agility and body control
3. Improve listening skills
4. Juggle 1 to two times.
5. Improve movement through balance and coordination.
6. Improve change of direction.
7. Strike a ball with the inside of the foot
8. Explore the space and avoid defenders.

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Taps – zap – full sole roll – triangles – Pull pivot push</td>
<td>Do for 5 minutes and then progress. In addition – try to use do what I do in doing this activity. Do 3 sets but space them throughout the session.</td>
</tr>
<tr>
<td>I Can Do Something With the Ball, Can You? (3-5 min): Lead this game first, saying, “I can do something with the ball (dribble with your left foot, kick as far as you can, etc.) can you?” and then the players have to mimic you. Then call the players up one at a time to the center to lead the activity.</td>
<td>Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves.</td>
</tr>
<tr>
<td>Off to the Zoo (3-5 min): This drill starts without a ball. Have the players gather randomly in an area, then call out an animal, and they must walk around mimicking that animal. After the players get the hang of it, add balls, and they must dribble while being an animal.</td>
<td></td>
</tr>
<tr>
<td>BREAK for 5 minutes</td>
<td></td>
</tr>
</tbody>
</table>
| Introduce Shielding with hands 3 to 5 minutes | This activity is to introduce shielding. Players need to learn to:  
- Make a big barrier  
- Good balance and center of gravity.  
- Keep the ball moving  
- Move their feet.  
- Ball far away from partner |
| Introduce Shielding with feet 3 to 5 minutes | Same coaching points but moves |
### Play to one goal

**Break**

The coach has all the children close their eyes and while their eyes are closed the coach moves. On the command, "find the coach" the children open their eyes and run to tag the coach. This progress from the coach staying still to the coach moving even after the children has opened their eyes.

- **Break**

<table>
<thead>
<tr>
<th>Play to one goal</th>
<th>Break</th>
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<tbody>
<tr>
<td><strong>Set up a goal 3 to 5 yards wide with no boundaries front to back.</strong>&lt;br&gt;<strong>Teaches shielding</strong>&lt;br&gt;<strong>Learning to turn</strong>&lt;br&gt;<strong>Taking players on</strong></td>
<td>This activity becomes &quot;chase and flee&quot; quickly. The children begin to run in a direction, and for a purpose. Later they will do the same with a soccer ball, but first they learn to run to a target.</td>
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</table>

<p>| <strong>In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds.</strong>&lt;br&gt;**Camp Town Races - Line up all the players on one end of the field. They each have a ball. On the whistle, they all dribble to opposite end, shoot ball into goal, get ball out of goal, and run back and finish with a shot on opposite goal. The first one to finish is the winner. Ask them &quot;Who is going to win the race?&quot; They all learn to say &quot;The player who can dribble it the straightest!&quot; A variation is to start half at one end and half on the other. This really teaches them to try to do it fast while maintaining possession. This drill really helps players deal with the balls that pop out of the bunch. | The children must be aware of their surroundings and make decisions about where to go and where to avoid. |</p>
<table>
<thead>
<tr>
<th>pass in pairs 1</th>
<th>Show how to pass a ball with the inside of the foot in pairs. Then have them pass through cones in a v to hit the farthest cone</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Who can do this and introduce juggling</td>
<td></td>
</tr>
<tr>
<td>SCRIMMAGE</td>
<td>3 v 3 with no goal to a U 6 goal.</td>
</tr>
</tbody>
</table>
**DAY 3**

Objective: By the end of the session, the players at the U-6 sessions will be able to:

1. Will be able to do 5 tap moves (taps – zaps – full sole roll – triangles – pull pivot push).
2. Improve agility and body control
3. Improve listening skills
4. Juggle 1 to two times.
5. Improve movement through balance and coordination.
6. Improve change of direction.
7. Strike a ball with the inside of the foot
8. Explore the space and avoid defenders.
9. Be able to control a ball and keep in 3 feet from their body.

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<tr>
<th>Activity</th>
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<tr>
<td>Setup</td>
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</tr>
<tr>
<td>Build a grid that is 15X20 yards using cones. Each of the players get inside the grid.</td>
<td>Build a grid that is 15X20 yards using cones. Each of the players get inside the grid.</td>
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<tr>
<td>Instructions</td>
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<tr>
<td>All the players run around randomly inside the grid. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.</td>
<td>All the players run around randomly inside the grid. The coach calls out various types of greetings, which each players then has to carry out with others: shake hands, high fives (one hand), high fives (other hand), shoulder to shoulder, back to back, etc.</td>
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<td>Progressions: Add dribbling</td>
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<td>Add Dribbling</td>
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<tr>
<td>Coaching Points</td>
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<tr>
<td>When dribbling, keep the ball close and don't run into other players</td>
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<tr>
<td>Taps – zap – full sole roll – triangles – Pull pivot push</td>
<td>Do for 5 minutes and then progress.</td>
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<tr>
<td>I Can Do Something With the Ball, Can You? Lead this game first, saying, “I can do something with the ball (dribble with your left foot, kick as far as you can, etc.) can you?” and then the players have to mimic you. Then call the players up one at a time to the center to lead the activity.</td>
<td>In addition – try to use do what I do in doing this activity. Do 3 sets but space them throughout the session.</td>
</tr>
<tr>
<td>Review passing with the inside the foot</td>
<td>Body movement from skipping to balancing on one leg. The important thing is to allow the children to explore how their body moves. Also Make sure that you use juggling</td>
</tr>
<tr>
<td>Break</td>
<td>Break</td>
</tr>
<tr>
<td>Activity</td>
<td>Description</td>
</tr>
<tr>
<td>----------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>Pass Boiling</strong></td>
<td>players line up and pass at 6 cones set up for bowling. Each child gets 2 shots to knock down his cones. Keep score and make multiple lanes.</td>
</tr>
<tr>
<td><strong>Ouch</strong></td>
<td>players dribble around the grid and then pass the ball to hit the coach below the knees. If the coach is hit, he yells ouch.</td>
</tr>
<tr>
<td><strong>Smash</strong></td>
<td>Large grid approximately 40X50 yards. Pair up each of the players and make sure each player has a ball. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.</td>
</tr>
</tbody>
</table>

**Instructions**

Instruct player 1 to pass his ball forward. After Player 1's ball stops moving, player 2 then passes their ball at player 1's ball in attempt to hit player 1's ball. If player 2 misses, then player 1 tries to hit player 2's ball from where it landed previously. Each time a player hits their opponents ball, they collect a point.

The first player to 5 wins that match.

**Variations**

- Alternate the groups and repeat.
- Limit players to passing with certain parts of the foot: inside, outside, instep

**Coaching Points**

- Make sure the players are striking the ball with the correct surface of the foot.
- Make sure the weight of the pass is good.
- Watch the plant foot to make sure it is pointing to its...
Chinese Soccer

Pass it to someone with out the ball. In smaller groups of 6 to 8 players two players with a ball dribble around and on the coach's command, they pass it to someone with out the ball. They control it and dribble on until the next command.

If you have it you can be tagged – again with smaller groups of 6 to 10. Two its and three players with a ball. Game is played if you have a ball players can tag you two times then you become an it. If you pass the ball to a team mate you are safe.
Scrimmage 3 v 3 to regulation goals for age – but put cones in the goal and if they hit the cones they get 2 goals instead of one – this is to work on accuracy.
Objective: By the end of the session, the players at the U-6 sessions will be able to:

1. Will be able to do 7 tap moves (taps – zaps – full sole roll – triangles – pull pivot push).
2. Improve agility and body control
3. Improve their ability to concentrate on more complex body movements
4. Introduced to heading the ball and know where to strike the ball with their head
5. Be able to get a minimum of 2 juggles
6. Know how to strike the ball with their laces.
7. Be able to better demonstrate getting the ball into open spaces and spread out to find space.
8. Be able to accurately pass a ball 5 to 10 yards.

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<td>In an area 20 yds x 20 yds, each child runs around trying to tag as many other children as possible while not being tagged themselves. Each bout lasts for 30 to 45 seconds.</td>
<td>The children must be aware of their surroundings and make decisions about where to go and where to avoid.</td>
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<tr>
<td>Taps – zap – full sole roll – triangles – Pull pivot push – Garrincha – sole turn.</td>
<td>Do for 5 minutes and then progress. In addition – try to use do what I do in doing this activity. Do 3 sets but space them throughout the session.</td>
</tr>
<tr>
<td>Cops and Robbers</td>
<td></td>
</tr>
<tr>
<td>Follow the leader</td>
<td>Do this activity in smaller lines of 3 or 4. Encourage all the players to do creative moves – change of pace they will do this while touching the ball.</td>
</tr>
<tr>
<td>CAN YOU DO THIS – make sure to emphasize Juggling the ball. And make sure to use some moves</td>
<td></td>
</tr>
<tr>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>Soccer Simon Says</td>
<td></td>
</tr>
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Smash

Setup
Set up a large grid approximately 40X50 yards. Pair up each of the players and make sure each player has a ball. The two partners should stand near to each other inside the grid but spread away from other groups of players when starting this drill.

Instructions
Instruct player 1 to pass his ball forward. After Player 1’s ball stops moving, player 2 then passes their ball at player 1’s ball in attempt to hit player 1’s ball. If player 2 misses, then player 1 tries to hit player 2’s ball from where it landed previously. Each time a player hits their opponents ball, they collect a point.

The first player to 5 wins that match.

Variations
- Alternate the groups and repeat.
- Limit players to passing with certain parts of the foot: inside, outside, instep

Coaching Points
- Make sure the players are striking the ball with the correct surface of the foot.
- Make sure the weight of the pass is good
- Watch the plant foot to make sure it is pointing to its target.

Clams and Crabs 3 v 3 game
Tell the story the clams protect their pearl from the crabs by keeping it away from the crabs. The crabs try to take the ball – then become clams.

Make the defenders get in the crab position
Encourage quick play.
<table>
<thead>
<tr>
<th>Break</th>
<th>Camp Town Races - Line up all the players on one end of the field. They each have a ball. On the whistle, they all dribble to opposite end, shoot ball into goal, get ball out of goal, and run back and finish with a shot on opposite goal. The first one to finish is the winner. Ask them &quot;Who is going to win the race?&quot; They all learn to say &quot;The player who can dribble it the straightest!&quot; A variation is to start half at one end and half on the other. This really teaches them to try to do it fast while maintaining possession. This drill really helps players deal with the balls that pop out of the bunch.</th>
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<td>© 2009 acadenysoccercoach.com</td>
</tr>
</tbody>
</table>
Break

Self Heading only

- have them hold the ball in their hands and show them where and how to strike the ball.
- Self toss the ball up and head the ball
- Coach gives a 1 foot toss to the head.

In the river on the bank

SCRIMMAGE 3 v 3
### DAY 5

**Objective:** By the end of the session, the players at the U-6 sessions will be able to:

1. Will be able to do 7 tap moves (taps – zaps – full sole roll – triangles – pull pivot push).
2. Improve agility and body control
3. Players will be able to juggle from their hands for a minimum of 2 juggles
4. To strike the ball with laces
5. To use visual and oral commands and respond to these cues
6. To improve accuracy in passing
7. Begin to understand to move away from the pack in scrimmage situations.

<table>
<thead>
<tr>
<th>Activity</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Cone Bouts</strong></td>
<td>Have players go and touch as many cones as possible in 1 minute.</td>
</tr>
<tr>
<td><strong>Taps – zap – full sole roll – triangles – Pull pivot push – Garrincha – sole turn.</strong></td>
<td>Do for 5 minutes and then progress. In addition – try to use do what I do in doing this activity. Do 3 sets but space them throughout the session.</td>
</tr>
<tr>
<td><strong>Ouch</strong></td>
<td>Ouch is where the players dribble around the grid and then pass the ball to hit the coach below the knees. If the coach is hit, he yells ouch.</td>
</tr>
<tr>
<td><strong>Break</strong></td>
<td>In this game, like pirates and monsters. You have half the players on the outside of the grid with a ball. The rest are inside the grid dribbling around. When the coach say’s go, the bombers try to hit the ball of the</td>
</tr>
</tbody>
</table>
players dribbling. If they do they join the bombers. When you are down to one – they win – have the teams switch.

Who can do this? Make sure to emphasize juggling and controlling balls out of the air.

Break
Scrimmage
Awards