The RBSA Training Session Guide
Jacksonville, NC
2013
www.therbsa.net
U-10 / U-12 / U-14
The Campers are here to learn! Make it fun be exciting share the passion!
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
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
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
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
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
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
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
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

SUCCESS COMES IN CANS, NOT CANT'S.
Expectations for a Staff Member:

✓ Be early.
✓ Set up your activities before hand and between breaks.
✓SUPERVISE YOUR CAMPERS AT ALL TIMES>
✓ Be Prepared Prep the session before you start it—Either memorize or have a small cheat sheet. Only look at manual if you need reference.
✓ BE POSITIVE.
✓ DEMAND work through enthusiasm
✓ Be hard early and loosen up discipline as the week goes on.
✓ Bad behavior is unacceptable—Warn—Sit out—Let me know if you get to the third chance.
✓ Kids want to work and improve—push them to excel
✓ Be aware of heat
✓ Know your kids names.
✓ BE ENTHUASTIC!!!
✓ Give clear instructions.
✓ Modify to find success based on age level
✓ NEVER BELITTLE A KID.
✓ Make it fun.

HEAT HEAT HEAT

⇒ Be careful with the heat.
⇒ Plenty of Water breaks if it is really hot. 10 minutes work and five minute breaks
⇒ 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.
⇒ WHEN IN DOUBT HAVE THEM SIT OUT!

EXPECATIONS 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.
**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

**ACTIVE REST AND FILLER ACTIVITIES**

*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 game**
Theme—Individual Skill Session—Where players will be asked to get touches on the ball and explore the concept of space with a ball.

Start With Taps—Introduce 1 to 5
Make sure that you have a test where you write down how many Taps a player does in 20 seconds.
Also test them on the N-test for 20 seconds.

RECORD THE RESULTS
In a grid 30 yards by 30 yards—lay out some cones in the middle.
—dribble around and have player use the six different surfaces of the foot: Inside, outside, laces, heel, toes, and soles.
—When players dribble around when they get to a cone they change direction. Then they change pace.
—Progress to have them throw in a fake or feint then change direction and pace

Shielding (about 30 minutes)
- Ball on the ground in pairs and use the hand
- Ball on feet.
- 1v1 to one cone

Play escape the zombies
Grid size 40 yards long and 30 yards wide with a five yard end-zone—so the center grid is 30 by 30
Players in the safe zone have to dribble to get to the safe zone and protect your brains (the soccer ball) Zombies try to take your brain and get cured. To start zombies must say “Brains - Brains - Bring me Brains!” Play 20 minutes of 3 minute games 4 games with 2 minutes between

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.

Scrimmage 4 v 4
Active cool down with Juggling Stretch
Theme—1 verses 1 in possession of the ball. The goal of this is for players to identify 1 vs 1 situations and give innovative solutions to gain an advantage.

Start With Taps—Introduce 1 to 10

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. RECORD THE RESULTS

In a grid that is 30 yards by 30 yards set out different color cone gates about 1 or 2 yards across. Have at least two more goals than players. Have the players dribble through as many goals as possible in 60 seconds. See if players can beat their own record.

COACHING POINTS: after dribbling through the gate, look to see open space and find the next gate—no two players can go in the gate at the same time—use good dribbling technique—change the pace as you go through the gate. VARIATION: Have players do a fake or feint before they go through the gate.

PROGRESS TO PIRATES OF THE CARRIBIAN: In this game two or three players do not have balls. Players try to dribble through as many gates as possible. The Pirates run around and try and steal some treasure. If a player loses the ball they become a pirate—no steals back in this game—and have to steal some treasure. Rotate pirates after a minute or two—if it is too easy add more pirates. COACHING POINTS: Vision—see the open sea (space) and go away from the pirates—use change of direction, change of pace and fakes and feints to protect your gold.

1 VERSES 1 to Multiple goals: Use the same set up as you have—but only have 1 more gate or goal than there are pairs. Have the players pair up one is has the ball and the other is the defender. For 90 seconds, the attacker tries to score as many goals as possible. The defender tries to take the ball—if they do then they let the attacker get the ball back and play resumes—after one full round (both players attack and defend) they switch partners. COACHING POINTS: Change direction—pace—fakes and feints.

Progress to 1 verses 1 in a 15 yard by 15 yard Grid. Have enough grids for each pair to have a grid. One side is the defender side and the other side is the attacker—the attackers get three reps and the roles change. The objective is to dribble over the end line. Keep score for two rounds and then switch partners.
Grid size 20 yards long and 20 yards wide with two five yard goals at each corner. Divide your team into half. In the diagram, the red players serve the white player and goes to defend. The white player can score by dribbling through either goal. Once the sequence is complete, the white player joins the white line and the red player joins the red line at the opposite end. Then the white player serves to the red. Continuous play—keep score. COACHING POINTS: Change of Direction—Change of Pace—use fakes, feints, and deception.

AFTERNOON SESSION

Theme—Using the 1 verses 1 situation to create a passing lane or goal scoring opportunity

Start With Taps—Review—Then progress to Chicken—Form two lines and each player has a ball have them do the following moves, the objective of chicken is for a player to do a move and get as close to the other player doing the move: INSIDE 90° cuts, Outside 90° cuts—Single step-over take with the outside of the opposite foot, and any 180° cut

SWITCH-A-ROO: In a grid 30 by 30 or 40 by 40 players dribble around and once they hear a word (make it funny or no-sense word) they stop their ball and then go get another ball and start dribbling. Then progress to stop it with a body part and then you will go get a ball and start dribbling COACHING POINTS: Get your head up—accelerate to the other ball.

USE ONE THESE TWO EXERCISES: ABOUT 25 yards from goal set up a gate between two goals about 20 yards apart. The cones are about 18 yards from the goal in the center and about 8 yards apart. IN exercise 1 the defender in red dribbles to the cones and stops the ball—the white player gets the ball and accelerates to get by the defender to finish at either goal—switch roles—You can use the other option—where players interpass and the defender goes and touches either cone and the attacker dribbles to finish.
AFTERNOON SESSION

Theme—Using the 1 verses 1 situation to create a passing lane or goal scoring opportunity

JUGGLE: Have players look to see if they can start with the ball at their feet to lift it up. If not they can start with the ball in their hands.

2 V 2 TO TWO GOALS WITH A TARGETS: in A 25 by 20 yard long grid (the pic shows 3 v 3). Two reds attack and can use their target player to penetrate and score a goal. COACHING POINTS: take players on with a purpose—look for that penetrating pass—look to value the ball—if you win the ball quick transition into the attack

3 VERSES 3 + 1 TO GOALS: In a 35 long by 30 yard wide grid three verses three with a neutral player. Players look to attack and get every one in the attacking half in order to score.

SCRIMMAGE—play in a 30 wide by 40 long field and play 4 v 4 or 6 v 6 have two wide goals at the end and players may score at ether goal in the attacking half of the field.

3 v 3 plus 1 neutral.
To score all attackers must be in the attacking half.
Theme—Passing and Receiving that leads to combining to overcome an opponent.

Start With Taps—Introduce 11 to 15 review 1—10

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. **RECORD THE RESULTS**

INTRODUCE 3 of your dribbling

PASSING SQUARE— make the cones 10 yards by 10 yards. They pass 1 to 2, 2 controls and passes to 3 all players follow the pass. COACHING POINTS: good first touch—correct technique to pass the ball—good weight—accuracy of pass

Go both directions can add if they are advanced 1 to 3 3 to 2 and 2 to 4. pattern

TWO HEADED SHARK: In a larger grid 30 by 40 every player gets a partner and one ball is between the partners. One pair is called the two headed shark—they run around the grid and try to tag a player with the ball. The player with the ball can escape the feeding frenzy by passing the ball to their partner. If tagged, the player joins their partner to become another two headed shark. COACHING POINTS: Make the space big—pass away from the sharks—vision and awareness of the sharks.

KEEP-A-WAY: Play 3 v 1 in a big 15 by 15 grid and have the three players keep the ball away from the one player—start with the ball in the hands—show them how to move to get open and not to come too close. Change defenders after a minute. COACHING POINTS: Good first touch—good passing weight—good movement to support right and left (give a good passing angle).
4 VERSES 4 WITH 3 TARGET PLAYERS ON EACH END: For this age the grid in the center is 25 by 25 or 30 by 30 (DEPENDS UPON THE AGE) there is a five yard well at each end for the neutral players. The object of the game is for the team in possession to get the ball from one side to get to the other side of the grid. Only one player from the defending team may pressure the neutral players. Again if the team in possession plays a ball from one side to the other—they get a point. Neutrals may play across the grid, but no point is awarded. COACHING POINTS: Good movement to get open—play a good ball—keep possession and value the ball—weight of the pass—Make sure to be available.

CHAOS BALL MADNESS: Divide your team in to 1/3 Red, white, and green. The team with the ball attacks (Green) they dribble in the defenders in white try to steal the ball. The greens can either go 1 vs 1 or combine with a red to get a goal. Keep score for each team. Red goes to defenders—green to helpers—White to attackers. Encourage players to really look to combine when under pressure and if the whites aren’t pressuring (CLOSE) then they need to dribble.

Count the number of goals for each team.

SCRIMMAGE Divide in half and scrimmage

TUESDAY AM Session
Start With Taps—Introduce 11 to 15 review 1—10

NASCAR AND DRAG RACES:

Set up cones five yards apart. For DRAG RACERS the game is played on go the players dribble up to the far cone and cut it back 180° and race back to the start. You can make them use any 180 move. In NASCAR they dribble up and around the far cone and back. In this one you can make them do a certain number of laps.

REVIEW THE TECHNIQUE FOR STRIKING THE BALL WITH LACES: again in partners start with one partner behind the ball the player steps up and touches the ball with the laces progress to actually passing back and forth.

⇒ Plant foot beside the ball.
⇒ Knee over chest over the ball.
⇒ Strike the ball with laces toe pointed down and make sure the ankle is locked in place. (NO FLOPY ANKLES)
⇒ Step through the ball and land on striking foot—when actually passing

NEIGHBORS: In a grid of 40 by 40 the each player gets a partner with a ball between 2 players. The player with the ball dribbles around and on go they start by doing the action first with their neighbor.

◊ Ball Exchange—Take-over
◊ Wall pass
◊ FOR Overlap—put the neighbor on the outside of the grid—player passes to the player tells them to hold it and runs around them for the return pass.
2 VERSE 2 PLUS 3: In this game the grid is 30 yards long that includes two five yard wells, and is 15 to 20 yards wide depending upon age and success. The game is played for possession each team tries to combine to work the ball from one end to the other — for older players—limit the numbers of touches — Play for two minutes and they get a point for getting the ball across the grid and using combinations.

3 VERSES 3 PLUS TARGET TWO GOAL.
Grid is 25 by 25 and at each end there is a target player. The players seek to score at the wide goals via combinations. Like previous in the 2 v 2 version we are looking to have good combinations

SCRIMMAGE TO TWO GOALS AT EACH END.
Start With Taps—Introduce 16 to 20 review 1—15

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. RECORD THE RESULTS

DEFENSIVE RUNS: Set out lines of cones—put the ball on top for show—about 8 to 10 yards apart and enough for 1 cone for each player in line of 8 to 10. On command the players will bend their run at the ball and get in a good ready position (show the shoulder—balanced on the feet—feet moving) on the next go they go to the second cone while the next player goes to the first. Once at the end they jog back PROGRESS TO HAVING TWO PARALLEL CONES and explain the concept of cover.

1 VERSES 1 WITH OFFSET GRIDS: set a grid 15 long by 10 wide and have players pass the ball to the attacker and go out and defend. Have attackers stay as attackers for 5 minutes and defenders defend. Then switch. Make sure that there are no more than 4 to a grid if possible. Try and match skill as well. COACHING POINTS: Good approach—show the shoulder—be patient and let them show the ball—keep feet moving.

PROGRESS TO 2 VERSE 2 and 3 V 2 to goal.

8 ATTACKERS VERSES 4 DEFENDERS: In a 30 by 30 grid with four goals. The 8 attackers try to possess the ball. The defenders try to win the ball and score goals. COACHING POINTS: Work as a unit—close the space—show them to an area and make predictable.—look for the right opportunity and Pounce—transition.

SCRIMMAGE
Start With Taps—1—20

Make sure that you have a test where you write down how many

SHOW YOUR FAVORITE DRIBBLING MOVE.

Review Combination Play in Tunnels

TWO HEADED SHARK: In a larger grid 30 by 30 every player gets a partner and one ball is between the partners. One pair is called the two headed shark—they run around the grid and try to tag a player with the ball. The player with the ball can escape the feeding frenzy by passing the ball to their partner. If tagged, the player joins their partner to become another two headed shark. COACHING POINTS: Make the space big—pass away from the sharks—vision and awareness of the sharks.

GUARD THE CASTLE 3 VERSES 2: The grid is 20 by 20 with a 5 by 5 yard grid in the center. The objective is for the three players to play the ball around and look to hit a ball set on a cone in the center area. No player may go in the center area. COACHING POINTS: Move the ball quickly—determine when you can unbalance the defense—pass to open areas—play quickly—move to support

4 VERSES 4 TO 4 NEUTRALS IN THE CORNERS: In a 40 yard by 30 wide grid with 4 5 by 5 grids in the corners—players try to combine to keep possession. PROGRESSION IF IT GOES WELL—ADD GOALS 10 yards past the end line have players combine to get in.

SCRIMMAGE
Start With Taps—Review taps 1—20 and have a contest for each player to try and make up their own. Make sure that you have a test where you write down how many Taps a player does in 20 seconds. Also test them on the N-test for 20 seconds. **RECORD THE RESULTS**

**INTRODUCE HEADING.**

- Start with the ball in their hands—have them hold it out and strike it with their head—COACHING POINTS: Keep eyes open—look at the ball—hit the ball around the forehead—Be like a hammer to a nail you hit the ball and it won’t hurt as bad.
- Self Service they throw the ball up and head it to their partner. Partner throws the ball up and tries to head it back. PROGRESS AND SEE IF THE PARTNER CAN HEAD IT BACK.
- TABLES—Get in the crab position—server stands in front to serve underhanded—the player drops their but and comes forward to head the ball.
- Self Service they throw the ball up and head it to their partner. Partner throws the ball up and tries to head it back. PROGRESS AND SEE IF THE PARTNER CAN HEAD IT BACK.
- HEAD IT CATCH IT: In this game you do the opposite of what you are told. If the coach says “HEAD IT,” you catch it, and if they say “CATCH IT” the player heads it—great game to reduce the fear of heading.

IN PAIRS IN A 15 YARD LONG AND 10 YARD WIDE GIRD: Players serve to partner and they head it back and forth to try to score at the opposite end as the two defender may goal keep standing on the line.

DIRECTIONAL HEADING: Players form a triangle and players are to learn to flick balls and turn their body to directional head the ball to their partners. 1 serves and the ball is flicked to 3—2serves and the player turns and heads to 1—3 serves and the player turns and heads to 2. COACHING POINTS: When flicking the ball bend knees and hit with the fore head to flick—on directional turn torso and head the ball.

HEADING GAME: Two teams that look to score goals via heading. There are two zones to head from 1 point for inside the six and 2 points for outside the six. The rotation is a serves to b (on the white team) b head for goal and then rotates to the goal c. The 1 who was in the goal rotates to serve and 2 serves for 3 as red takes a shot. ROTATION HEAD—GOAL—SERVE—Line. Play to 21.

**SCRIMMAGE**
Start With Taps—Introduce 11 to 15 review 1—10

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. **RECORD THE RESULTS**

Introduce how Control an air ball with your chest and thigh.

- On the thigh, make sure that the ball hits the meaty part of the thigh and not the knee. When the ball contacts an imaginary button the leg drops to deaden the ball.
- On the Chest—have them as the ball leans back—give a little to deaden the ball so it will drop to the ground.
3 VERSE 3 PLUS 2 OR 3) DE-PENDING UPON THE SKILL LEVEL: In a grid 40 yards wide and 20 yards long off set the goals—play 3 v3 plus the neutrals. After a shot or loss of possession emphasize quick pressure on the ball and if the ball is one look to keep possession and combine. To score.

6 VERSES 6 OR 4 VERSES 4 WITH WALLS: In this game put the extra team mates around the grid and can be used as walls. The players on the side have two quick touches and the ones on the end line have one touch. The attackers may use their walls to create chances or maintain possession and on the loss of the ball, they must immediately transition to defense. On attack they look to create a scoring opportunity. Coaching Points: look for quick decisions in possession—encourage them to be positive and go to goal—quick change of roles to attack or defense—good immediate pressure on the ball.

SCRIMMAGE
Start With Taps and review them all

Make sure that you have a test where you write down how many Taps a player does in 20 seconds.

Also test them on the N-test for 20 seconds. RECORD THE RESULTS

Taps competition

Get warmed up

SCRIMMAGE

END YOUR SESSION AT 11:20, get water and head to the stands for the closing ceremony.

AT THE CLOSING CEREMONY:

♦ Thank the players

♦ Give your camper of the week and taps champions

♦ After the conclusion—give your campers t-shirts and evaluations. If there is any problem with sizes, please send them to Camp director

♦ After the campers depart make sure there is no trash—equipment is returned and stowed.