

# **RUNNIN' BULLDOGS**

## **SOCCKER ACADEMY**

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# **Resident Camp Coach's Manual 2010**

by

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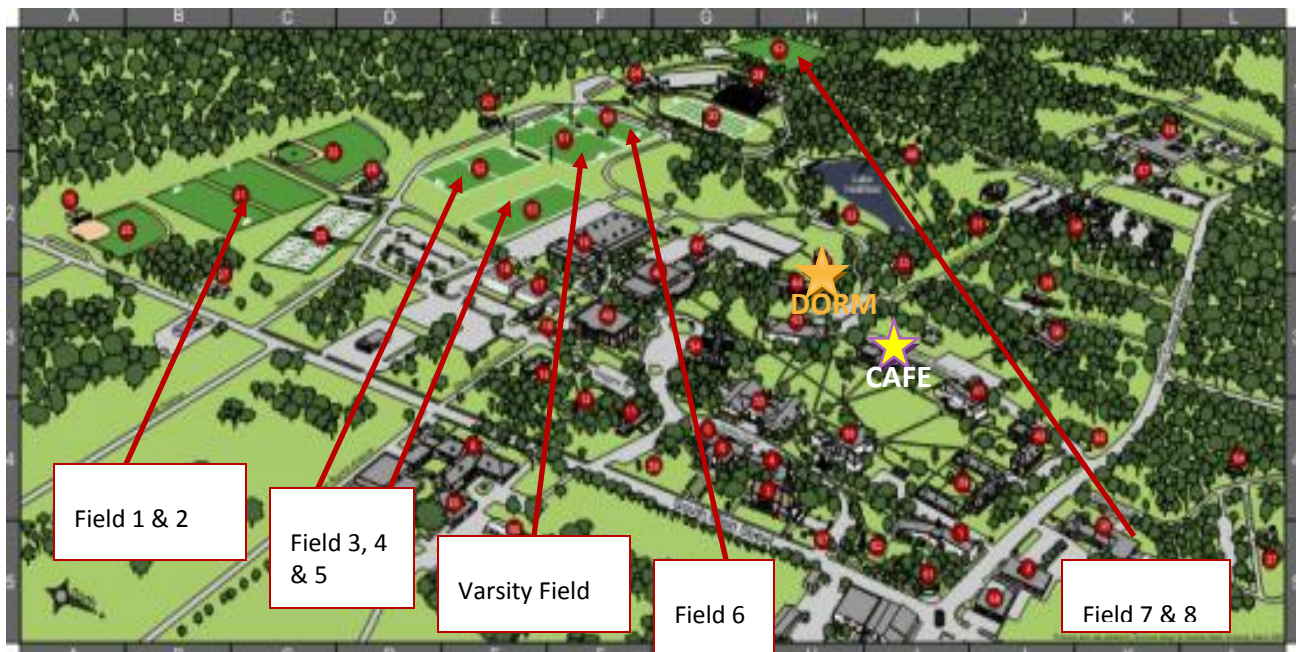
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## STAFF EXPECTATIONS AND RESPONSIBILITIES

This is the most important camp we have. You are the best asset I have to make sure that these players work hard and improve. I want you to challenge players to the next level. I expect of you:

- 🔔 Be enthusiastic
- 🔔 Be concerned for the welfare of your campers on the field and off.
  - Know the trainers #
  - Plenty of hydration.
  - Counsel your players on how to take care of themselves.
- 🔔 Be observant to any problems and let the camp director know.
- 🔔 Be prepared. We have all the sessions listed for you. All you have to do is follow the progression.
- 🔔 IF YOU ARE WORKING with a coach, make sure you coordinate any thing they want to work on. If you need to change the curriculum to suit the request of your team's coaches. DO IT. See me to let me know.
- 🔔 Get to know your players.
- 🔔 Get some note cards and write out what you are doing, so the players don't see you holding this manual.
- 🔔 EVALUATIONS are to be constructive and positive in tone. Give very few needs improvement, if you do make sure you put how to improve them self. On the other end, there are very, very few excellent.
- 🔔 Make sure you have good quality cool downs.
- 🔔 If you have a discipline problem, get them to me ASAP.
- 🔔 Check the schedule for where to go often.
- 🔔 BE PROMPT and have your session set up prior to the team arrival.
- 🔔 Staff Meeting will be at 8:00 am every day.
  - We will assign everyone their fields
  - handle issues you may have
  - go over sessions and give any explanations.
- 🔔 We will have the schedule for the nightly matches at noon.
- 🔔 If you have day campers, you will be assigned to take them swimming and stay with them.
- 🔔 You may be ask to do other tasks at the discretion of the Camp Director or his official designee.

## MAP OF THE FIELDS



Fields:

- Field 1** OFF LINE
- Field 2** Upper Field Located next to the Baseball field
- Field 3** GWU practice field
- Field 4** The field on the lower level of the LYCC to the left (FACING FROM LYCC)
- Field 5** The field on the lower level of the LYCC to the right (FACING FROM LYCC)
- Field 6** Little field next to the football stadium and varsity field.
- Field 7** Lower Practice football field next to the hill.
- Field 8** Lower Practice football field next to the road.

### **VARSITY FIELD**

**We will be in the Lutz Yelton Dorm the orange star. They have wireless wifi you will need to log on as a guest.**

## COACHES SCHEMA

<b>SUNDAY July 25</b>		EVENT	LOCATION	TIME
		Registration	Williams Observatory	2:00 to 4:00 pm
Meeting	Lutz Dorm	4:15 pm		
Dinner	Café	5:00 to 6:00 pm		
Matches	Check your game schedule	6:15 to 8:15 pm		
Cool Down	At your field	8:15 to 8:30 pm		
<b>Monday July 26</b>		EVENT	LOCATION	TIME
		Wake up	Dorm	6:00 am
		Resident Skill Session	The Rock	6:30 – 7:20 am
		Breakfast	Café	7:45 am
		Day camper session AM	Assigned Field	9:00 to 11:45 am
		Resident Session AM	Assigned Field	9:45 to 11:45 am
		LUNCH	Café	12:15 to 1:00
		Day Camper session pm	Assigned field	2:00 to 4:45 pm
		Resident camp session pm	Assigned field	2:30 to 4:45 pm
		NOTE FROM 4:30 to 4:45 do an extensive team cool down and stretch		4:30 to 4:45 pm
		Dinner	Café	5:00 to 6:00 pm
		Matches warm up	See Schedule	6:15 pm
		Matches	See Schedule	6:30 to 8:00 pm
		All Star Match	Varsity Field	8:00 to 8:45 pm
<b>Tuesday July 27</b>		EVENT	LOCATION	TIME
		Wake up	Dorm	6:00 am
		Resident Skill Session	The Rock	6:30 – 7:20 am
		Breakfast	Café	7:45 am
		Day camper session AM	Assigned Field	9:00 to 11:45 am
		Resident Session AM	Assigned Field	9:45 to 11:45 am
		LUNCH	Café	12:15 to 1:00
		Day Camper session pm	Assigned field	2:00 to 4:45 pm
		Resident camp session pm	Assigned field	2:30 to 4:45 pm
		NOTE FROM 4:30 to 4:45 do an extensive team cool down and stretch		4:30 to 4:45 pm
Dinner	Café	5:00 to 6:00 pm		

	Matches warm up	See Schedule	6:15 pm
	Matches	See Schedule	6:30 to 8:00 pm
	All Star Match	Varsity Field	8:00 to 8:45 pm
<b>Wednesday July 28</b>	<b>EVENT</b>	<b>LOCATION</b>	<b>TIME</b>
	Wake up	Dorm	6:00 am
	Resident Skill Session	The Rock	6:30 – 7:20 am
	Breakfast	Café	7:45 am
	Day camper session AM	Assigned Field	9:00 to 11:45 am
	Resident Session AM	Assigned Field	9:45 to 11:45 am
	LUNCH	Café	12:15 to 1:00
	Day Camper session pm	Assigned field	2:00 to 4:45 pm
	Resident camp session pm	Assigned field	2:30 to 4:45 pm
	NOTE FROM 4:30 to 4:45 do an extensive team cool down and stretch		4:30 to 4:45 pm
	Dinner	Café	5:00 to 6:00 pm
	Matches warm up	See Schedule	6:15 pm
	Matches	See Schedule	6:30 to 8:00 pm
	All Star Match	Varsity Field	8:00 to 8:45 pm
	<b>Thursday July 29</b>	<b>EVENT</b>	<b>LOCATION</b>
Wake up		Dorm	6:00 am
Resident Skill Session		The Rock	6:30 – 7:20 am
Breakfast		Café	7:45 am
Matches		Assigned Field	9:00 to 11:15am
Resident Session AM		Assigned Field	9:45 to 11:15 am
<b>Closing Ceremony – hand out evaluations and t-shirts</b>		<b>Varsity Field</b>	<b>11:30 am</b>
Depart	Dorm or Field	12:00	

## SESSIONS

This section sets out all of the sessions we will use for the week.

You can feel free to change the session at the request of your team's coach. If you do make sure you write it out and give the coach and myself a copy. At the end of the booklet, I have some blank planning sessions to utilize.

I want a copy so that we can keep a record of what we did for the team we are serving.

Make sure that each session is laid out

- 🏃 Technical warm up – about 15 to 20 minutes
- 🏃 SESSION THEME – About 75 to 80 minutes
- 🏃 Finishing session 20 minutes
- 🏃 Cool down – 10 to 15 minutes
- 🏃 Goal Keepers will return between 35 and 45 minutes left in the session

Remember if it isn't working modify the game or move on quickly to another activity

Make sure you keep to about a two hour and 15 minute time frame including a quality cool down and stretch.

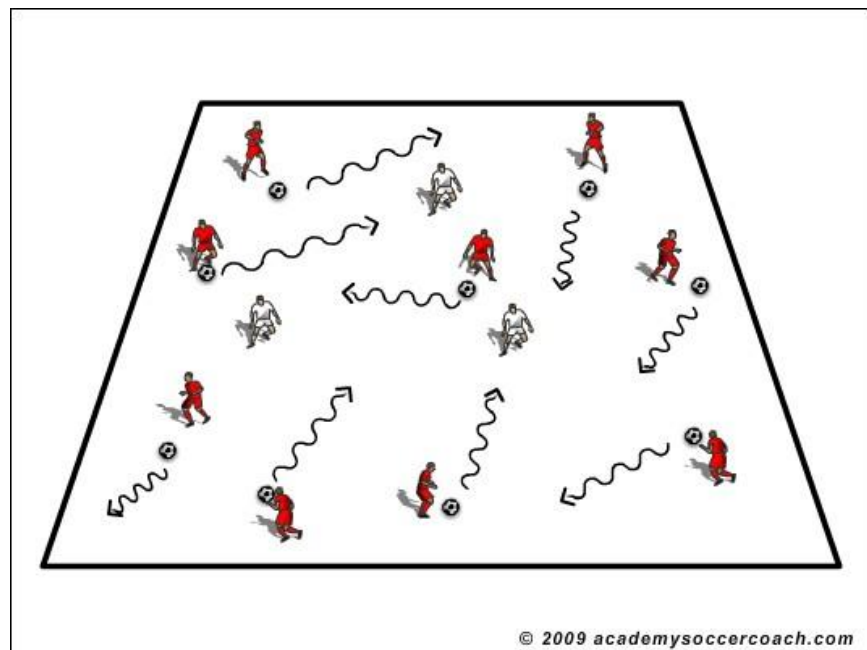
I want these players to get the fact that they need to take care of their bodies – Good Quality Cool down is the key.

## MONDAY AM SESSION 1: 1 VS 1 AND 2 VS 2

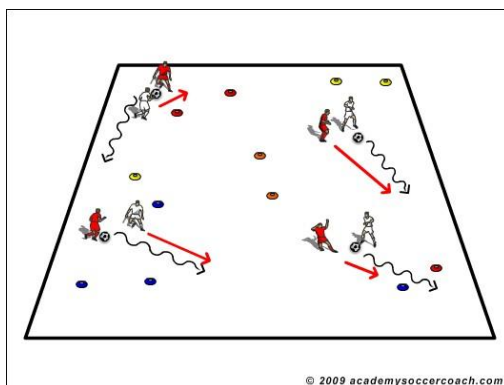
### WARM UP

- ☞ Set up: a big grid of 40 by 40 (depending upon your numbers will decrease the space) every player in the grid with a ball.
- ☞ Activity: every player with the ball upon the coach's command will change their pace, direction, and put in a fake or feint.
- ☞ Coaching points: really demand a good change of pace after you say go – then talk about changing direction – and using a fake or feint.
- ☞ VARIATION: call a move and then have them change pace to escape pressure.

- ☞ Set Up in the above grid 2/3 of the players have a ball and the other 1/3 without a ball and holding a bib.
- ☞ Activity: On "GO" – the players with out the ball try to take a ball away from a player in possession. If they do win the ball, they drop the bib and dribble off. And the player becomes a defender. Play a couple of games for two minutes..
- ☞ Coaching points – change of pace and direction – fake or feints. Dribble away from pressure



### MAIN SESSION

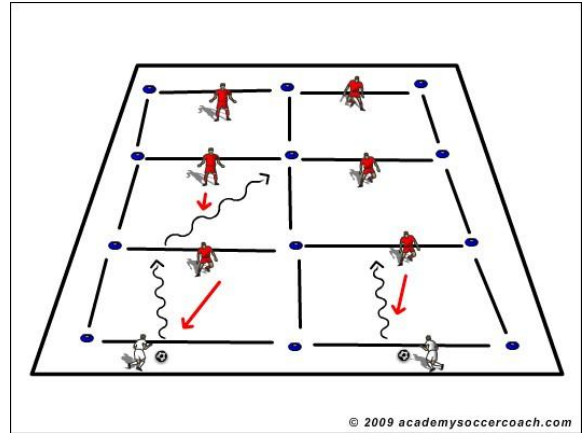


- ☞ Multiple goal game
- ☞ Set up: in the same 40 by 40 grid as above, have players in pairs with one ball between them. Give them each a cone and have them make a goal somewhere in the field.
- ☞ Activity: facing each other across the goal they created, the coach says go. They play 1 vs 1 through out the entire grid trying to score in any goal. After 90 seconds, they rest and the other player starts with the ball. If the defending player wins the ball, they become the attacker. Play a new person the next round. Play about two rounds.
- ☞ Coaching points: Change of direction and pace to elude defenders head up and get the defender behind you.

🏃 Gauntlet: Set up 3 consecutive 10 by 10 grids ( might want to put a channel in between of about a yard). A defender is in each of the grids. The attacker starts at the top of the grid.

🏃 Activity : attacking player attacks the first grid and tries to beat the defender to the channel. If so, they take on the next defender until they get out of the grid. Scoring goes as follows:

- 1 pt past first defender
- 2 pts past second defender
- 3 pts if they get out of the grid.
- Rotate defenders either in mass or the person who dribbles goes to the end of the line and the others move up.



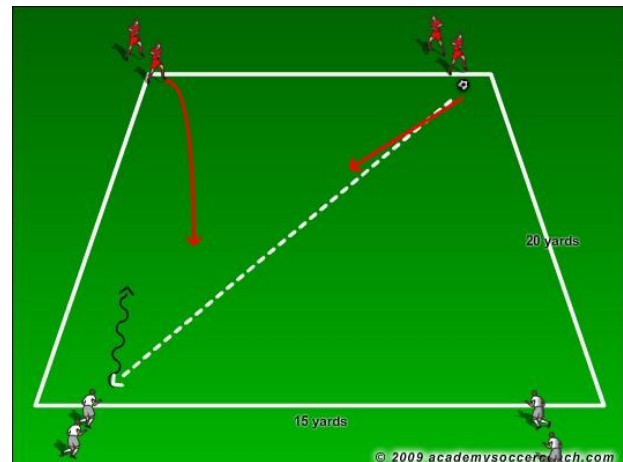
🏃 Coaching points: use guile and deception to get past defenders – good change of pace – good change of direction.

🏃 2 v 2

🏃 Set up: a 25 yard long by 20 yard wide grid with smaller numbers (25% of the team at the end of each of your grids, so if you have 20 players then there would be 5 at each end). A supply of balls

🏃 Activity: as the example red plays the ball in and goes to defend the white team attacks and tries to get the ball over the line. If they do, I would set up a goal and allow them a free finish.

🏃 Coaching points: good angles of support – are they looking to beat defenders 1 v1 when they are not in good shape or position – quick linking up – creative thought about how to interplay to overcome the defense.

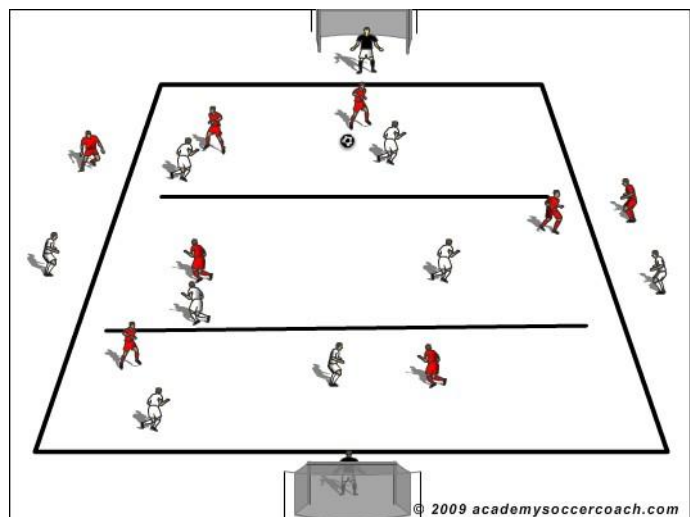


🏃 PROGRESSION: if the white player gets caught, they can play the ball back to the next white player in line and exit the grid and that player will replace him.

🏃 6 v 6 with outside men:

🏃 Set up: make your grid 60 yards long by 25 yards wide with three separate zones, with goals at each end. Place pairs of equal ability in each of the zones (best players vs best players). If you have extras, place them on the outside, but they may not be tackled, and are limited to two touch. They can be used to maintain possession or service in the final 1/3. Have goals about 8 yards off the end line and no one may go into there to finish.

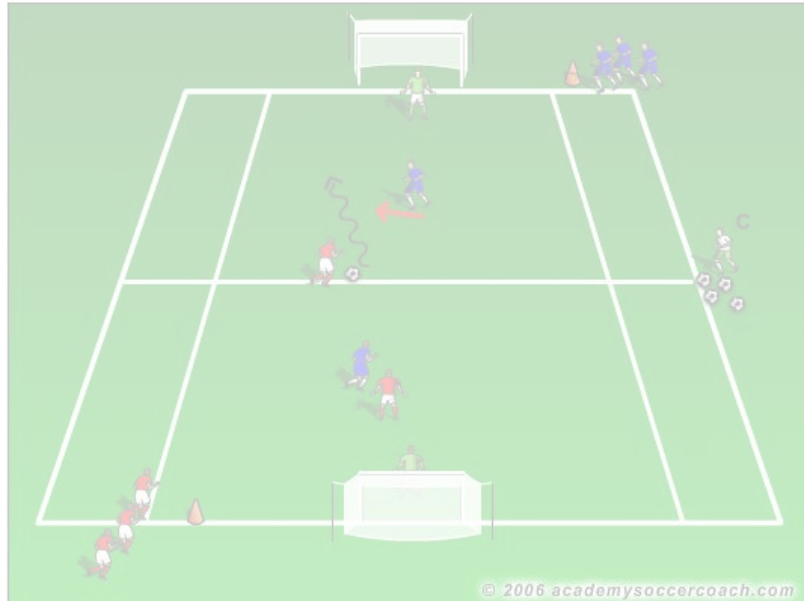
- At first all players are limited to staying in their on grid.



- As play progress allow one player to join in the attack to create an overload.
  - VARIATION COULD BE to have outside players when played a ball can step into the grid and the player who played the ball must exit to take their spot.
- 🦋 Coaching points: make good decision – movement off the ball – good supporting angles – look to penetrate – move to get open – can I beat this player and then shoot, or maintain possession.

## FINISHING SESSION

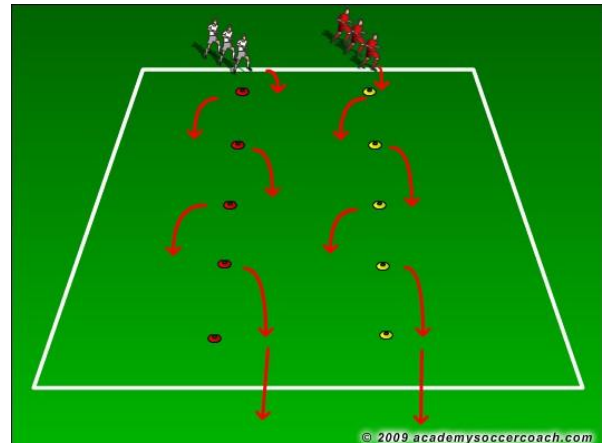
- 🦋 **SET UP:** grid with two goals at the end (Can be cones for the 1 v 1 end) grid is 25 yards long and 15 yards wide.
- 🦋 **Activity:**
- The red team defend 1v2 and then attack 1v1
  - The blue team defend 1v1 then attack 2v1
  - **Player Rotation**
  - Red team – defend / attack and then rest
  - Blue team – defend / attack / become forward then rest
  - The game is played for a set time period. And then they switch the red and blue team's role.
- 🦋 Coaching points: quick transition – look to finish – can I get a good shot – look for the open window. Don't hesitate – quality of being deceptive.



## MONDAY PM SESSION 2: DEFENDING

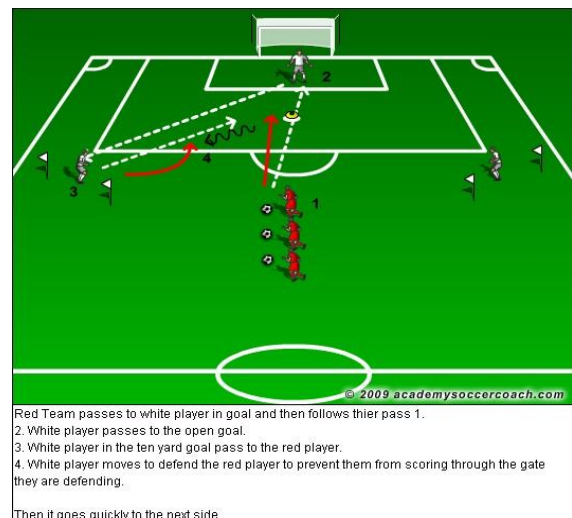
### WARM-UP

- 🏃 **Set up:** two or 4 lines of cones depending upon your numbers. Each cone needs to be about 8 yards apart with a line of 6 to 8 cones.
- 🏃 **Activity:** On "GO" (or any cue) Players run at cone and get in good defensive shape and jockey back a few steps. Then on the next "GO" they go to the next cone and the second player goes to the first cone. This continues until the players get to the end of the line, where they jog about 10 yards away and then they come back after each player is done.
- 🏃 **Coaching points:** make a bent run at the cone - show the shoulder - come under control - keep feet moving - and jockey back
  
- 🏃 **Set up:** Same as above
- 🏃 **Activity:** On "GO" (or any cue) Players run at cone and get in good defensive shape and the second player gets into good covering position. When the coach calls, "Switch," the first defender goes to cover and the covering defender goes to their cone. On "GO" they go to the next set of cones and the next pair goes.
- 🏃 **Coaching points:** make a bent run at the cone - show the shoulder - come under control - keep feet moving - call I've got ball to communicate who is the first defender and the second defender gets into good shape.



### MAIN SESSION

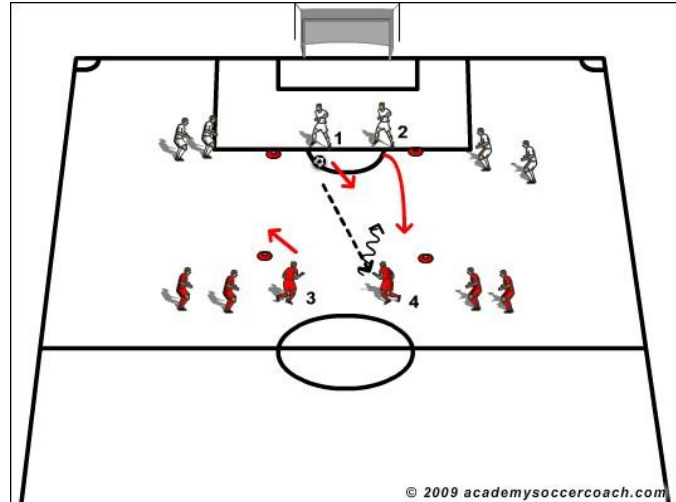
- 🏃 **Set Up:** Grid Size 50 yards wide and 30 yards long – flags are 10 yards
- 🏃 **Activity:**
  - Red Team passes to white player in goal and then follows their pass to the cone
  - White player target in the goal box passes to the open goal 3.
  - White player in the ten yard goal pass to the red player.
  - White player moves to defend the red player to prevent them from scoring through the gate by dribbling through the gate they are defending.
- 🏃 Then it goes quickly to the next side quickly. Switch the # 2 player after every two services. Keep score each team gets 5 minutes to attack. Winner gets a reward
- 🏃 **Coaching Points:** Good body shape – keep feet moving – good approach speed – be balanced – make them put their head down – when to challenge when to be patient – good body shape to make the play predictable.



🏃 **Set up:** 25 by 20 yard grid at the top of the box. Divide the teams in half.

🏃 **Activity:** Players 1 and 2 are defending the rest are in lines (may have to make two grids if you have a big group. 3 & 4 the red players are waiting to attack.

- Players 1 and 2 play to players 3 & 4 and go defend.
- 3 & 4 try to get the ball past the line to score a point. If they have the ball in possession past that line. If you can set it up, allow the attackers a free finish into the open goal.
- Let each team have five or so minutes to attack.



🏃 **Coaching points:** Good covering – when to switch – the second defender needs to be close to the first defender (never leave your wing man) in case they get beat. Travel as the ball travels to readjust. – If you get the chance to double team the right time.

🏃 **Active rest with this Set up:** – get players in groups of six. Red team is in one line with one ball the attackers are about 10 yards apart.

🏃 **Activity:** The white team gets into shape coach makes some adjustments.

- Make sure you point out that you need to make up ground as the ball travels.
- Get within touch distance.
- The coach says go and a red passes to another red and stops the ball.
- The white team adjusts its shape and the coach will make corrections.

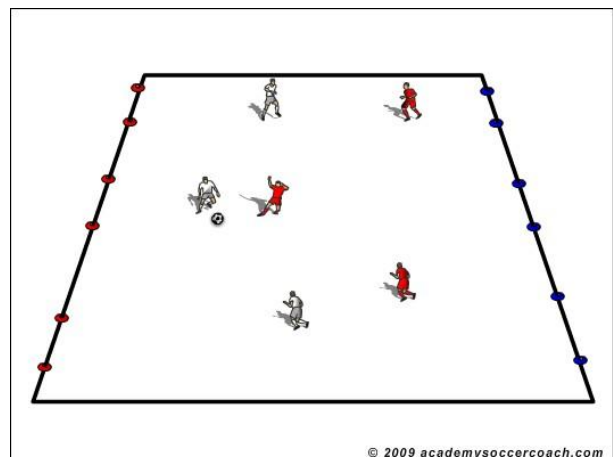
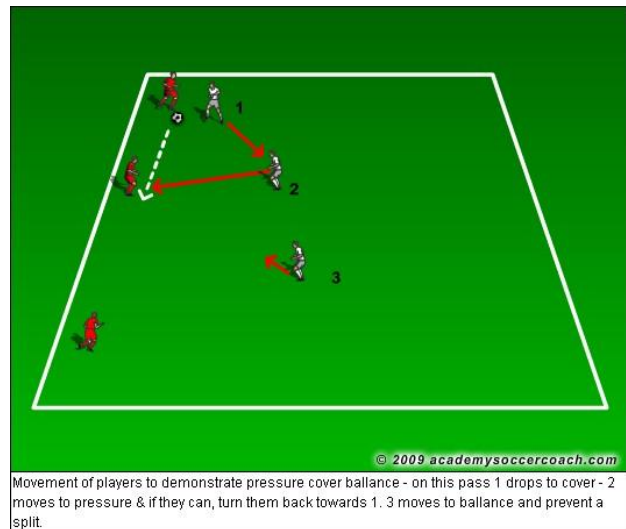
🏃 Repeat for a few reps and then have the red team defend.

🏃 **Coaching Points:** Travel as the ball travels – get into good body shape for the first defender – good covering distance – third defender looks to balance out and prevent splits.

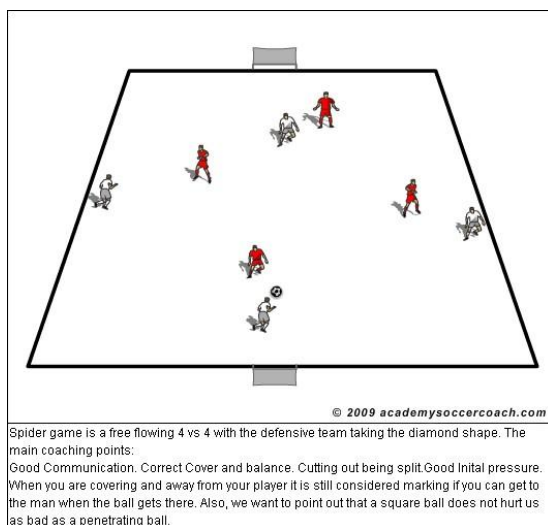
🏃 **Set up:** 35 yard long by 30 yard wide grid with three goals about a yard apart along the end line.

🏃 **Activity:**

- The red team play to the white team and goes to defend.
- The white team attacks and tries to score.
- If red team wins the ball they can attack.
- After a few minutes switch the service team

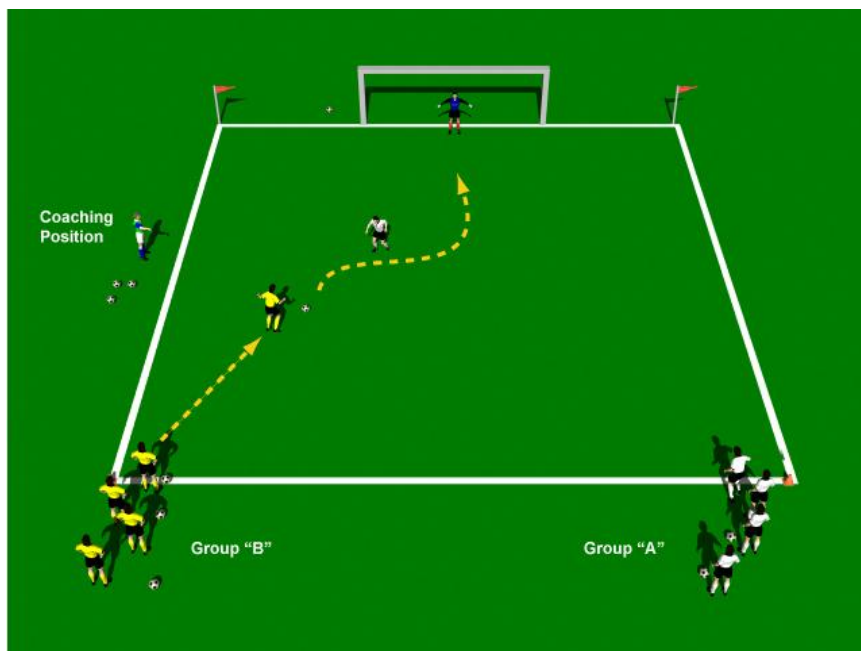


- Coaching points: keep compact – good communication – when to drop – if you are marking a player when to be close and when to be able to get there as the ball arrives. – look for situations to win the ball – be patient.
- Set up with a 35 yard long by 30 yard wide grid with small goals at the end – or if the GK's are back use them in two bigger goals. Two teams of 4 each.
- Activity: In this game we are looking for players to apply the defensive principles we set out before. The spider game is about moving and working as a unit. The first defender directs the play, the second gives cover the third drops to prevent a split, and the last defender looks to keep the balance and if the deepest attacker needs to be marked.
- Coaching points: good communication – when to challenge – when to double – can you make the play perdicible – good recovery runs.



## FINISHING ACTIVITY

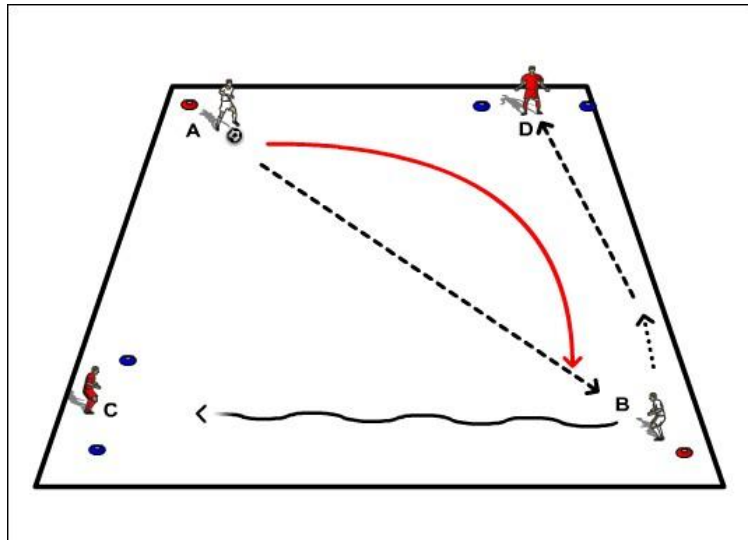
- This is a fun fast paced activity that can be moved quickly to a two v two situation or more.
- Set up: two teams at the corners on a 30 yard by 30 yard grid.
- The first player in group "A" dribbles the ball forward and shoots at goal. Immediately after shooting the ball he must defend against the first player in group "B". When the attack ends, the player from group "A" returns to his group and the player from group "B" now defends against the next player in group "A". This sequence is repeated throughout the drill.
  - Progress to a 2 v 2 situation and if the
  - defenders need a challenge move to 3 attackers vs two defenders.
- Coaching points: see the open door take the shot. Be tenacious – attack quick and make the defender adjust to your movements – follow up for a spill.



## TUESDAY AM SESSION 3: POSSESSION / PASSING AND RECEIVING

### WARM-UP

- 🏃 Gate game
- 🏃 Set up: set up a grid about 20 yards by 20 yards single cones in diagonal corners and two gates that are facing the receiver's gate. Balls are located at one single cone – the servers line.
- 🏃 Activity: player at the service line plays a ball across to the attacker at the opposite cone. They receive the ball and control towards one of the gates away from the pressure and try to dribble through the gate. Server becomes next attacker.



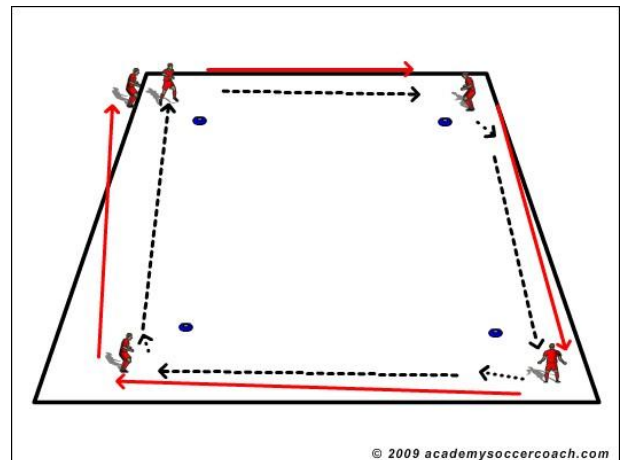
- Progress to having a player in each one of the gates.

Shorten the pass length from the server and the receiver will now control away from pressure and pass to the player in the gate and take their place.

- 🏃 Coaching points: good first touch away from pressure – if dribbling explode away from pressure – if passing a good first preparation touch and then a good quality delivery.

### 🏃 Passing Square

- 🏃 Set up: set up one or two grids about 20 yards by 20 yards make bigger or smaller dependant upon skill, age and focus. 2 players at the starting cone is a must – you might have to put two players at each cone.



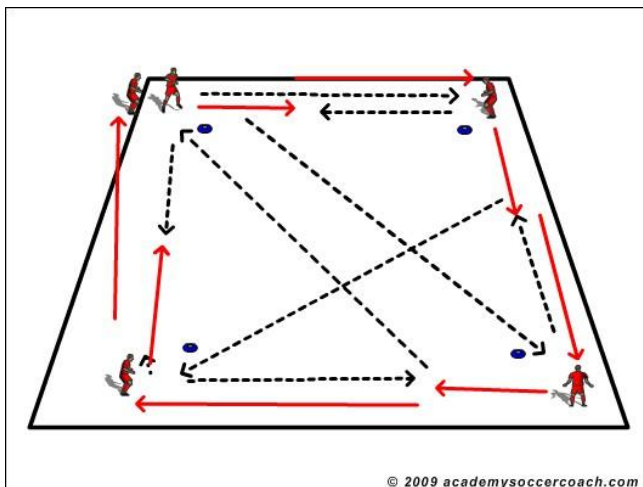
- 🏃 Activity: Passing square the first player passes to the next player and follows their pass. Who takes a

controlling touch and plays to the next player following their pass.

- The next progression is player plays ball across player lays back and then initial player plays a diagonal ball. That player lays back for the second player who hits a diagonal ball.

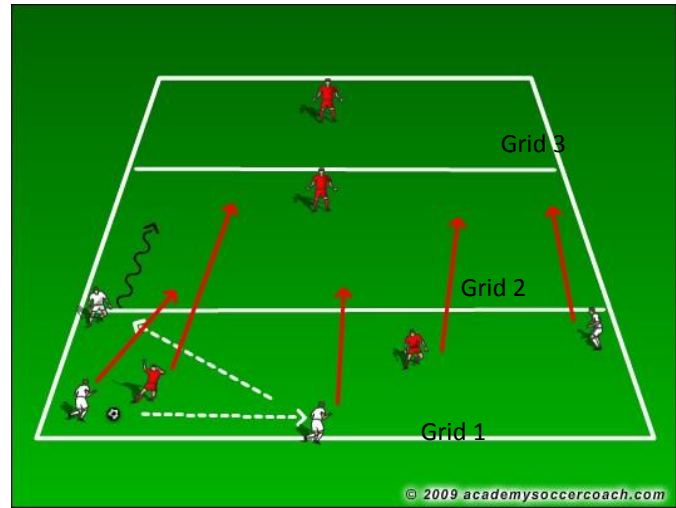
○ If you need to challenge add a second ball. But you will need to adjust the numbers on the corner to compensate. Feel free to add your own variation.

- 🏃 Coaching points are good quality of pass, good controlling touch.



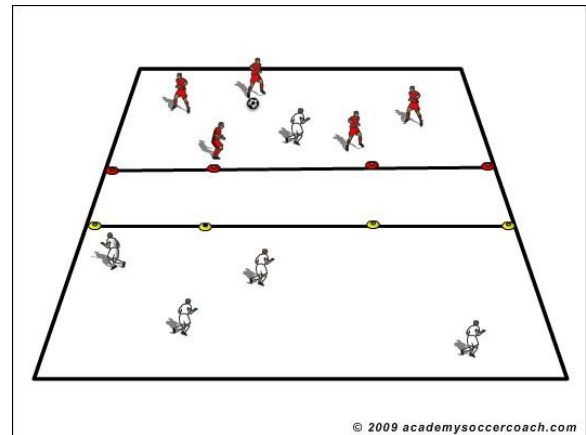
## MAIN SESSION

- 🏃 4 v 2 to 4 v 3 to 4 v 4 game
- 🏃 Set up: have three grids appropriate length and width - 25 wide by 20 yards long – bigger if you need success and smaller if you want to challenge. Two equal teams set up 4 attackers and two defenders in grid 1 – 1 defender in grid 2 – 1 defender in grid 3.



- 🏃 Activity: In grid 1, the 4 attackers play 4 v 2 in the first grid.
  - After 5 passes
  - Attackers progress to the second grid. Where they will now play 4 v 3. After 5 passes, they progress to the next grid.
  - In the final grid you play 4 v 4 where you will get 5 passes to score another point
    - Or you can put a goal 10 yards behind the line and after 5 passes they get to have a crack at goal.
- 🏃 Coaching points: Good quality of pass – movement off the ball – good first touch away from pressure – look to split the defenders – good tempo.

- 🏃 Across the River
- 🏃 **Set up:** set up two grids with a channel (river) between the grids.
- 🏃 **Activity:** Play starts with a coach giving possession to one of the teams. The defending team sends a player across. The attacking team tries to get 7 consecutive passes. If they do then they score a point and the defenders send another player across. Again, if they get 7 consecutive passes, attackers get a point and defenders get to send another player across the grid. If the defenders knock the ball out of play they get a ball served into their area, and they start the count at 1 pass. If they win the ball and pass it across the grid, they start their count at 3. Play to 10 points or if a team gets the entire other team in and completes 7 passes.



- 1 defender in – 2 or 1 touch dependant upon skill level of your group
- 2 defenders in – 2 or three touch dependant upon
- 🏃 **Coaching points:** good movement of the ball – Keep the ball moving – good movement to support – make a quality pass

🏃 3 color possession or 3 v 3 v 3 (4 v 4 v 4 or 5 v 5 v 5)

🏃 **Set up:** Depending upon the numbers will determine the size of the grid for 3 v 3 v 3 – grid size 40 by 40 yard grid – again increase size for success and decrease for challenge.

🏃 **Activity:** the players in the example to the right are playing 6 v 3 (red and white v green). They keep possession from the green. If the green wins the ball, then the team who lost the ball becomes defenders and the other two teams play against them

- **VARIATION:** have the two attacking teams must play to the alternate color – red has to play to a white.
- **Variation:** one team has 2 touch one team has unlimited.

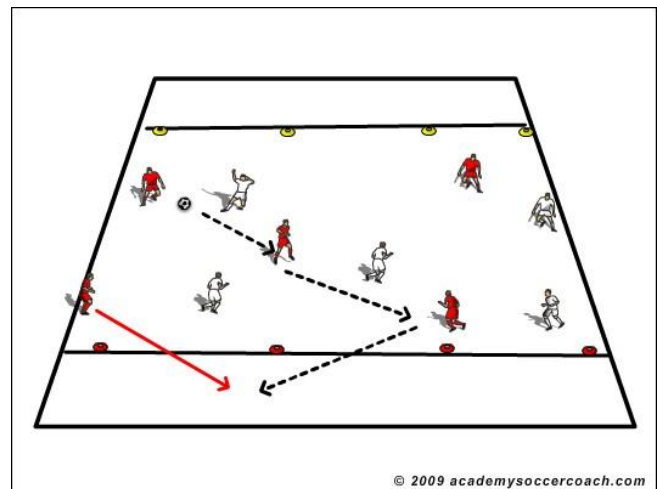
🏃 **Coaching points:** good quality passing – movement to support – no more than three short passes in an area – look to change the point of attack away from pressure – good controlling touch – look for ways to play quickly to readjust the defenders.

🏃 Attack the end zone

🏃 **Set up:** In a grid of 55 by 40 play 5 vs 5 Put 2-10 yard end zones at the end of the grid two teams and one ball

🏃 **Activity:** play the possession game first that when player get the requisite number of passes they can go to the end zone. Once they get in the end zone, they turn and attack the far end zone. Defenders may not follow players in the end zone.

🏃 **Coaching points:** looking for good support – look to penetrate – keep the ball moving – quality possession that weights risk v possession.



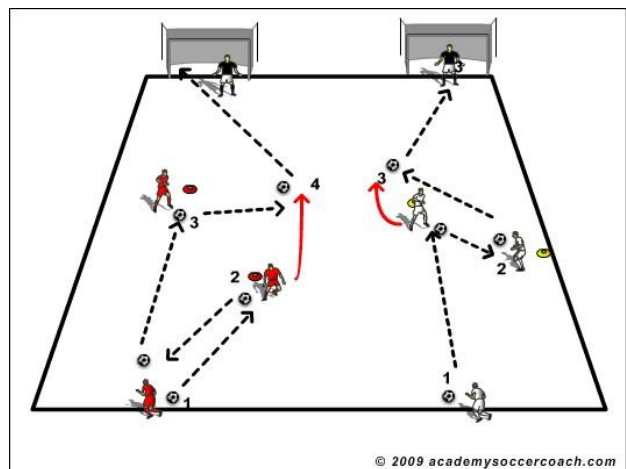
## FINISHING SESSION

🏃 Finishing Stations

🏃 **Set up:** See the diagram – put out cones first line 40 yards away from goal next cone 30 yards away and last cone 20 yards away.

🏃 **Activity:**

- First - one plays to 2 – 2 lays back to 1 – 1 plays to 3 – 3 sets the ball for 2 who finishes. (1 moves to 2; 2 goes to 3 & gets ball and returns to the end of the line)
- Second – 1 plays to 3 – 3 lays to 2 and spins out – 2 plays through to 3 to finish ( 1 to 2; 2 to 3 & 3 to the end of the line)



## TUESDAY PM SESSION 4: COMBINATION PLAY IN THE ATTACK

### WARM UP

- 🏃 Pass and Receive
- 🏃 **Set Up:** in a large grid – put players in pairs – and one ball between each pair.
- 🏃 **Activity:** players start by passing to their partner and telling them to turn they dribble off and find another open player – progress to tell them to then call man on and once the ball is returned they dribble off. Then allow players to make the decision. Progress to Neighbors combination play warm up

- 🏃 Neighbors
- 🏃 **Set up:** set up a large grid to suit your group – put players in pairs – and one ball per pair.
- 🏃 **Activity:** Partner with the ball dribbles around the grid. When coach says “GO”, players start with their player and perform the required combination. Then they perform this action with any other player with out a ball.

- **Wall pass**

- **Coaching Points:**
  - commit the defender - wall needs to show a direction – good delivery – passer holds a split second – the sprints to get the return pass – try to make the return pass 1 touch.

- **Ball Exchange or Take over**

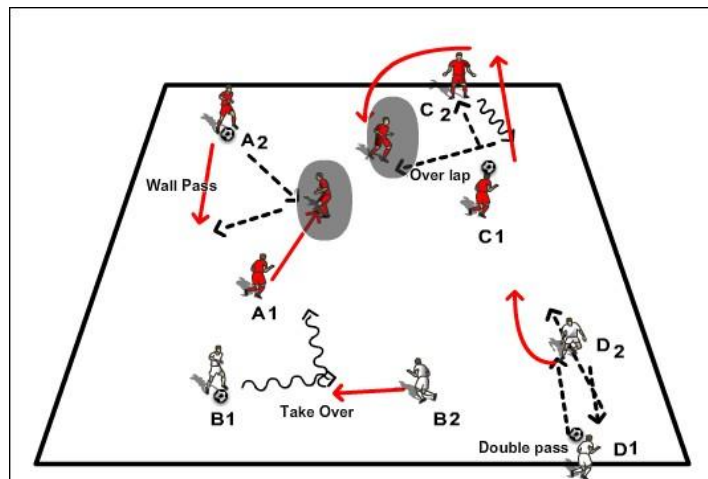
- **Coaching Points:** right to right or left to left – dribble at your partner – leave the ball and don’t take the extra touch or you will lose possession – once you get the ball turn behind the player with the ball.

- **Over lap – put the partner on the outside of the grid.**

- **Coaching points:** commit the defender – pass to player – player receives and dribbles inside – good communication telling the player to hold and when to pass – get around the player and a good return pass

- **Double Pass play in – man on – pass back – spin out and get a return pass.**

- **Coaching points:** good quality pass in – good return pass – spin so that you don’t lose sight of the defender – good return pass.

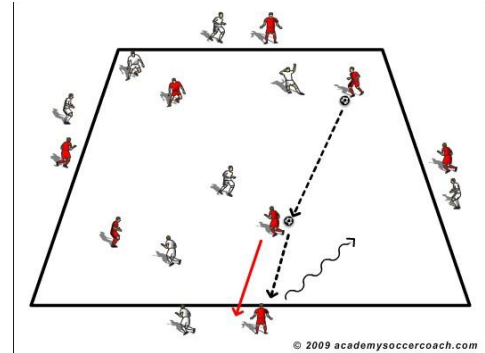


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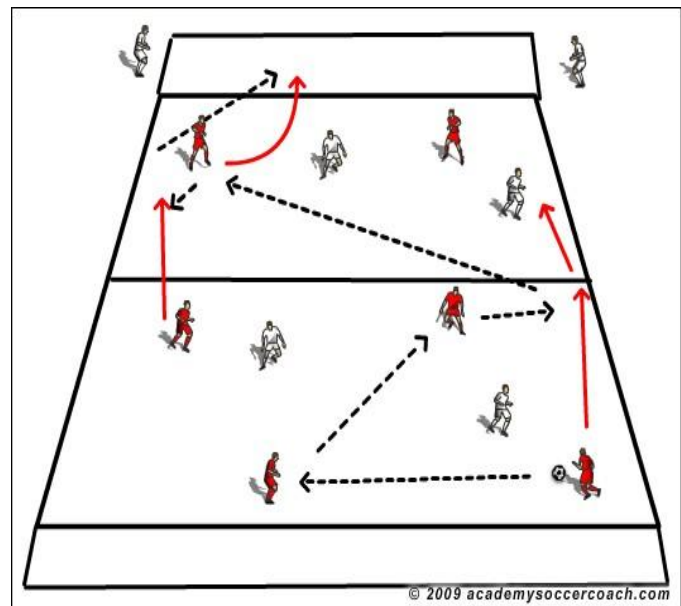
A = Group is wall pass - A1 checks and gets a good ball from A 2- A 2 holds and then sprints to get the return pass. A1 checks to the shaded area.  
 B = Take over B 1 dribbles at B 2 and then leaves the ball.  
 C = Over Lap C 2 is outside the grid - C1 pass the ball in and C2 collects and dribbles inside - C 1 runs around C2 telling them to hold the ball and then asks for the ball back C 2 delivers a ball into space.  
 D = Double Pass D 1 plays into D 2 and says man on - then D 2 gives the ball back (1 touch if possible) spins out facing the defender and gets a return ball into space.

## MAIN SESSION

- 🏃 4 + 4 v 4 + 4
- 🏃 **Set up:** in a 40 by 40 grid 4 players on the inside and 4 team mates on the outside. 4 defenders and 4 of their team mates on the outside.
- 🏃 **Activity:** the team in possess looks to maintain possession and utilize combination play. If they get stuck, then they can pass to an outside player and take their place. And play continues – every 10 passes or combination = 1 point and teams play to 20.
- 🏃 **Coaching points:** good body shape – look for combinations – quality passing.

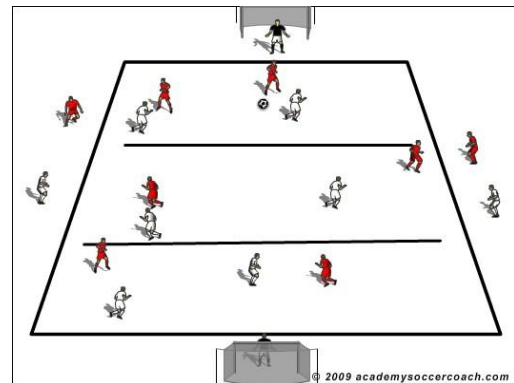


- 🏃 4 v 2 to 2 v 2 where 2 can join get into the end zone.
- 🏃 **Set Up:** one large grid 60 yards by 25 yards wide. Divide the grid in the middle and have two 5 yard endzones. The players are set up 4 v 2 in one grid with one ball. 2 v 2 in the second grid and two more of the defensive team waiting behind their own end zone.
- 🏃 **Activity:** the group of 4 v 2 play to get a good combination or 7 passes and then get to move the next grid. Once the ball goes into the next grid two of the attacking team join and again look to get a good combination or 7 passes to get into the end zone. If they do – two of the 4 step off and the white team that has two players waiting step on. They get a point for getting into the end zone.



- **Variation:** add small goals on the end line
- 🏃 **Coaching points:** Look for good combination play – stop play to show where they can combine – play quickly and look for combination play.

- 🏃 2 v 2 in grids
- 🏃 **Set Up:** 60 yard grid by 40 yard grid with three zones of 20 yard in length – two equal teams of 2 v 2 in each grid and if you have walls on each side walls can be neutral or on the same team.
- 🏃 **Activity:** players play 2 v 2 and look to get the ball into the next grid. They can use the outside players to get the ball into the grid. Play continues until ball gets in final 1/3 grid where team can have a shot – Use an open goal modified smaller goal or a field player if there isn't a goal keeper.
- **Variation:** ball is played to outside player and the dribble into the field to take the passers place.



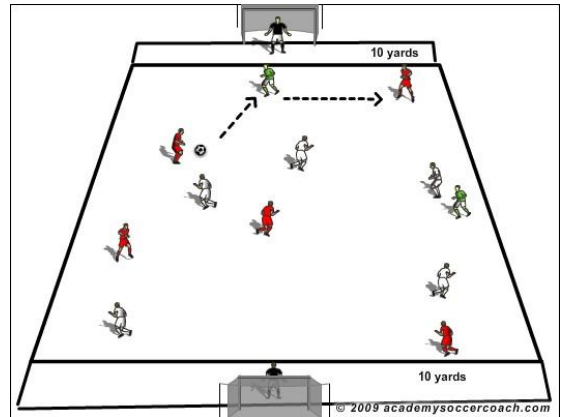
- **Variation:** outside players are neutral and can serve into next grid
- **Variation:** Attacking player is encouraged to create an overload situation.

🏃 **Coaching points:** look for ways to combine

🏃 **5 v 5 + 2**

🏃 **Set up:** grid is 60 yards long with 40 yards wide. With two end zones 10 yards long. There are 2 neutral players.

🏃 **Activity:** players play in the central area and look to combine to create a finishing opportunity. From inside the grid.



## FINISHING SESSION

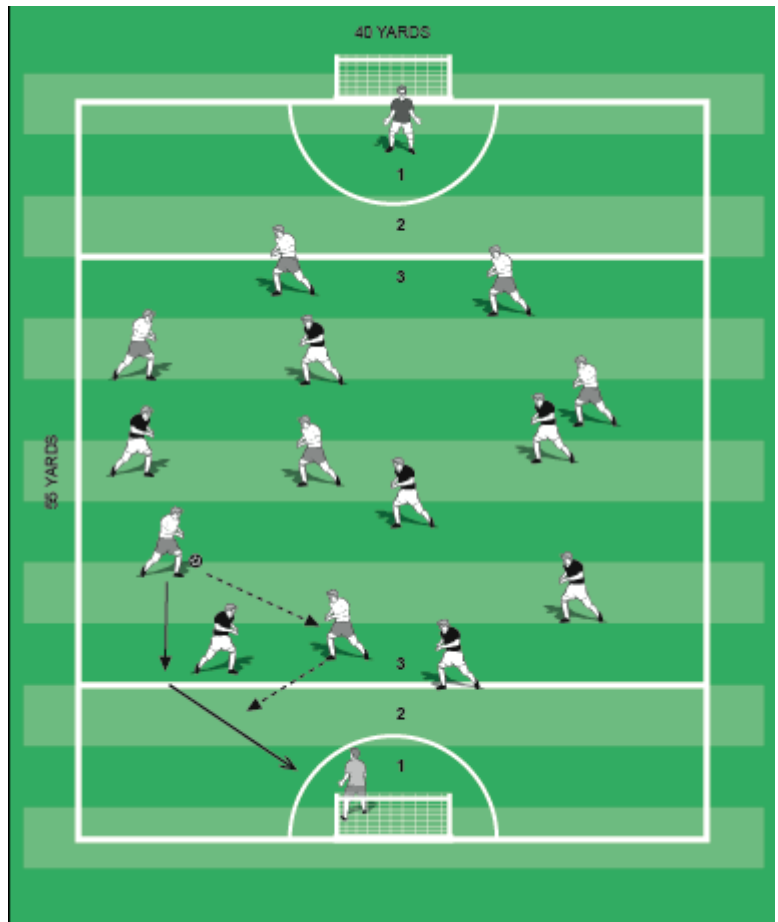
🏃 3 zone finishing

🏃 **Set up:** 2 teams – 6v6 to 9v9 + goalies

🏃 **Activity:** Classic Brazilian shooting game. The zone will be divided into 3 finishing zones.

- Zone 1: 1 point
- Zone 2: 2 points
- Zone 3: 3 points

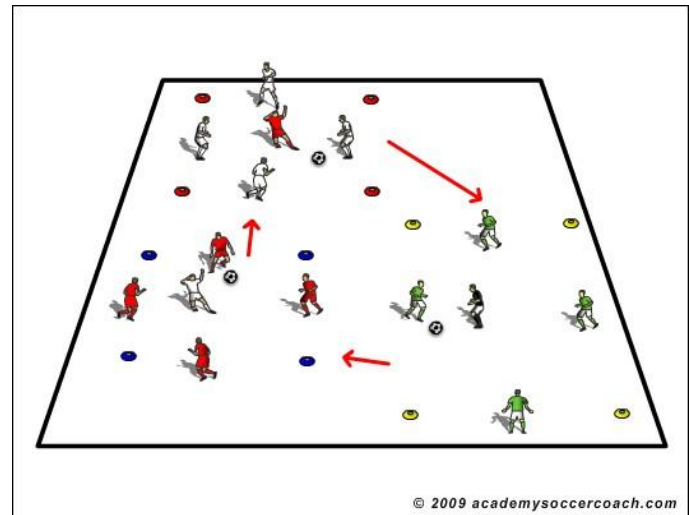
🏃 **Coaching Points:** - Fast Transition: midfield to the offensive sector - Unpredictable plays in the offensive quarter of the field - Shooting outside the box



## WEDNESDAY AM SESSION 5: CREATING WIDTH AND SPEED OF PLAY

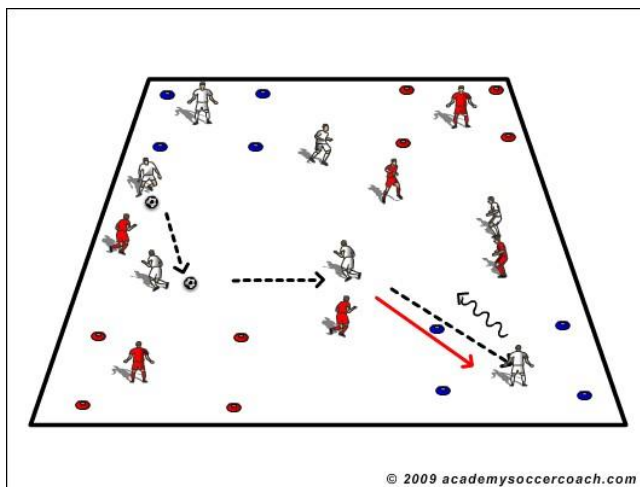
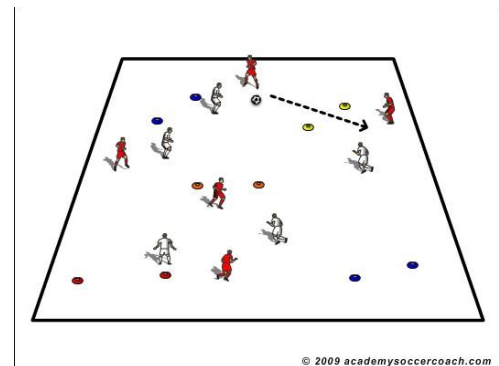
### WARM UP

- 🏃 4 v 1 in three different grids
- 🏃 **Set Up:** 3 different grids of different sizes with a ball in each. (10 by 10 – 20 by 20 – 10 by 20 grid)
- 🏃 **Activity:** each grid plays keep away and develop speed of play. After a few minutes, the coach yells switch and all players run clock wise to the next grid. The last player to that grid is the defender.
  - **1 touch**
  - **2 touch**
  - **1 touch next player two touch**
  - **Unlimited**
- 🏃 **Coaching points:** Quick play – speed of play



### MAIN SESSION

- 🏃 Multiple goal game
- 🏃 **Set up:** a large grid with multiple goals in it.
- 🏃 **Activity:** players play and score goals by passing or dribbling through the goals.
- 🏃 **Coaching Points:** Quick play – changing the point of attack – look to play away from pressure.



#### 🏃 Corner Game

🏃 **Set up:** Have the teams divided in half and 1 player of each team in corner grids that are diagonal from each other. The corner grids are 5 yards by 5 yards and the grid is 55 by 40 yards.

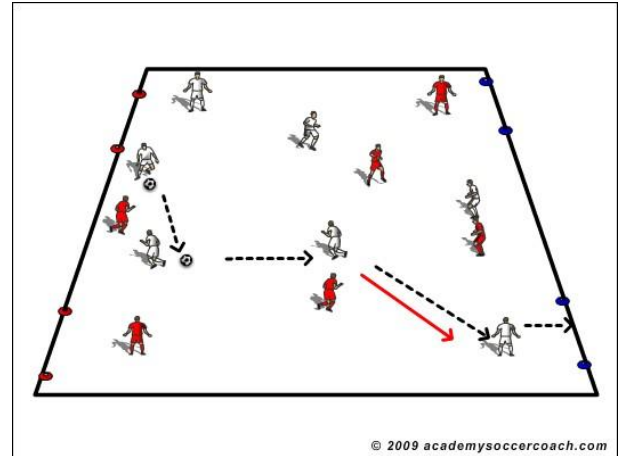
🏃 **Activity:** players inter play and try to get the ball to their team mates in the corners once the ball is passed in the player who passes the ball in changes place with the player in the corner.

○ **VARIATION:** have no players in the corner and the teams can score by getting a ball played into the area.

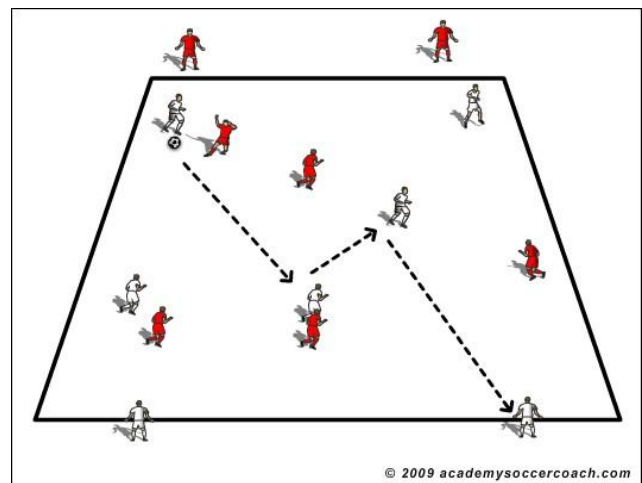
🏃 **Coaching points:** quick interplay – look for

good options – good movement – look to play the longest pass possible – play away from pressure.

- 🏃 Wide Goal Game
- 🏃 **Set up:** set up the same grid as above – but move the goals to the end line
- 🏃 **Activity:** the players play to the wide goals and try to score.
- 🏃 **Coaching points:** look to play quickly – change the point of attack – quick combinations.



- 🏃 Play to targets
- 🏃 **Set up:** divide team and half one red team and one white the teams are playing to their targets. The teams interplay and get the ball to their targets.
- 🏃 **Activity:** Teams interplay and get the ball to their target. If they do they score a point. Also they may use the opposition players for supporting players. They can lay the ball back and the opposition targets play two touch to maintain possession
- 🏃 **Coaching points:** look to play forward – play away from pressure – look for quick combinations to get an open passing lane.



## FINISHING ACTIVITY

- 🏃 Carolina Finishing
- 🏃 **Set up:** to one goal two wide lines of players (one on each side of the pitch) two players 25 yards at the top of the box; 3 attackers and 2 defenders in the box and a goal keeper.
- 🏃 **Activity:** Coach calls 1 or 2 and passes a ball to one of the wide players. On 1 the ball is passed towards the end line and the player serves in the box. On 2 the players are passed the ball to their feet and they take a touch and serve from deep. The attackers look to finish or set up other attackers. After this shot, they frame the goal and one of the players at the top of the box will shoot.



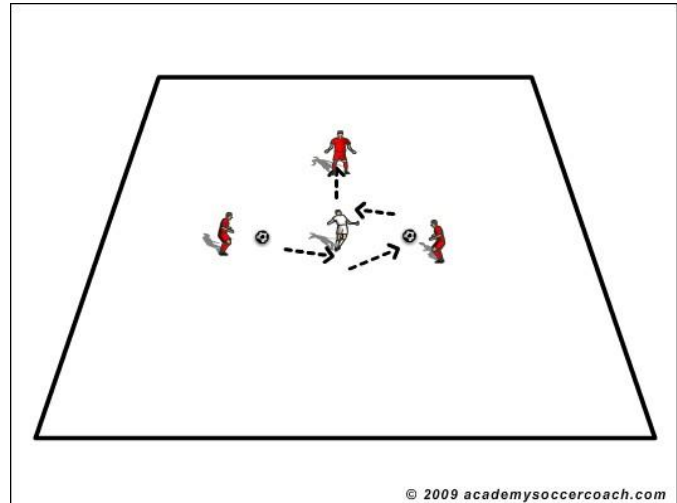
Coach passes to one of the wide players and yells 1 or 2 - 1 is to the corner and that player serves the ball - players take a shot shown as "A" coach then feed one of the highlighted players to have a shot show as "B". The coach switches sides.

- 🏃 **Coaching points:** Quality delivery – attack the ball – keep the ball in the area – get stuck in to finish – frame the goal – defenders clear the ball – good strike at the goal from distance – look for knock downs

## WEDNESDAY PM SESSION 6: HEADING AND TRANSITION

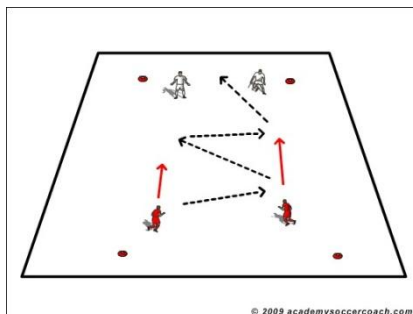
### WARM UP

- 🏃 Sitting headers as you move around
- 🏃 Heading in threes
- 🏃 **Set up:** in 4's two players with a ball 1 in the middle .
- 🏃 **Activity:** set up with three players on the outside two with a ball and one without. One player in the middle. Then have players head to the open player after the service.
- 🏃 **Coaching points:** flick with the fore head – on directional headers turn the torso and head the ball.



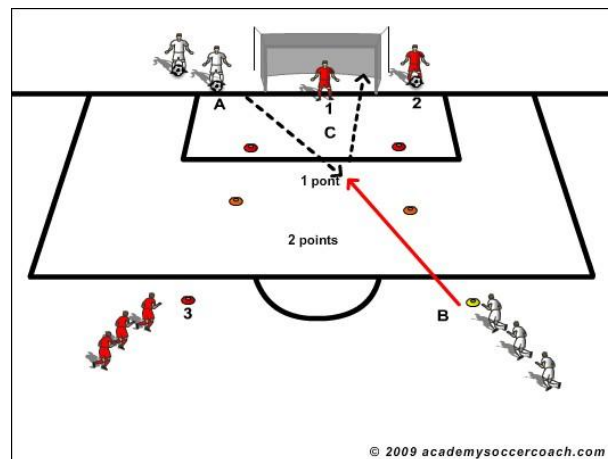
- 🏃 Line heading
- 🏃 **Set up:** Line players up in two or three equal lines. 1 ball.
- 🏃 **Activity:** The first player serves the ball and each player flicks it on until it reaches the back where they head it forward. First player catches the ball and lays it down – the last player sprints to the front. Winning team is the one who gets their first player back to the front.

### MAIN SESSION



- 🏃 Line Heading Attack the ball
- 🏃 **Set up:** a grid 10 to 15 yards long – width isn't an issue much – with an 8 yard wide gate at the end.
- 🏃 **Activity:** players head the ball back and forth and try to head the ball – below waist height past the two players at the opposite end the turn and sprint back to the goal and to defend – the two players get the ball and try to score.

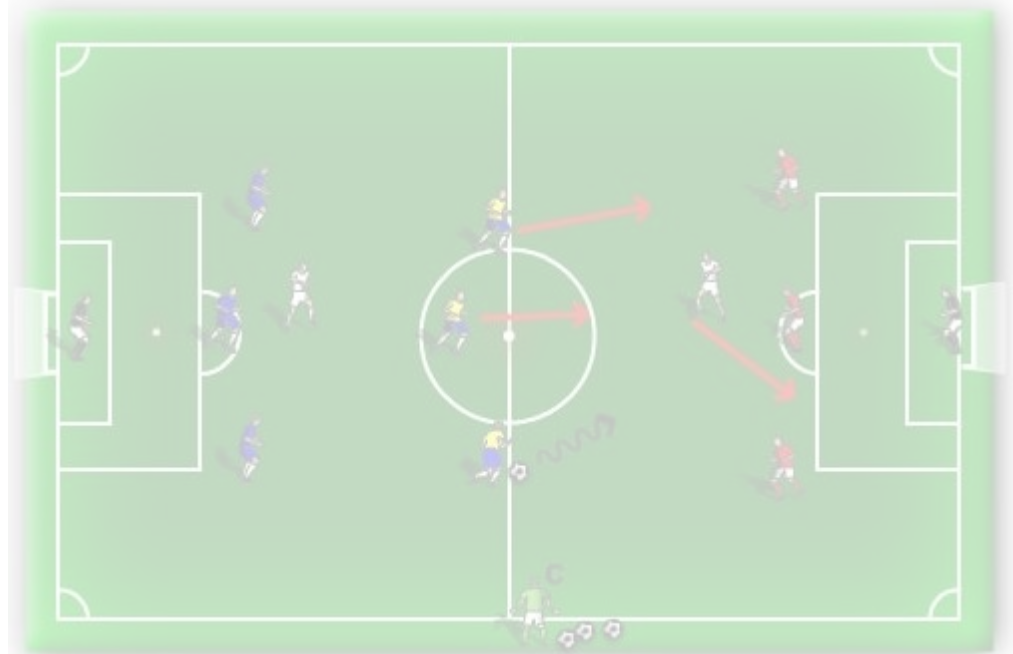
- 🏃 Heading game –
- 🏃 **Set up:** play to a goal with cones set up to point area one team has two servers on one post – the other team has a player in the goal and a server waiting.
- 🏃 **Activity:** player A serves for player B, who heads the ball towards goal and goes to be the goal keeper at position C – Player 1 who was the goal keeper then goes to serve and player serves to player 3. Player A goes to the back of the line and Player 2 goes to the back of the line after they serve



2

- 🏃 21
- 🏃 **Set up:** a large grid appropriate for your group 1 ball and two teams
- 🏃 **Activity:** teams play normal possession, but they get a point for every 1 touch pass. And the game is played to 21.
- 🏃 **Coaching points:** on loss of possession quick transition to defending.

- 🏃 Transition game
- 🏃 **Set up:**
  - Three groups of 3 players •
  - Two keepers
  - One group starts in the centre of the pitch and acts as the first attackers to – two forwards one at each end.



- 🏃 **Activity:** 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\***

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**FINISHING ACTIVITY**

- 🏃 Power and finesse challenge