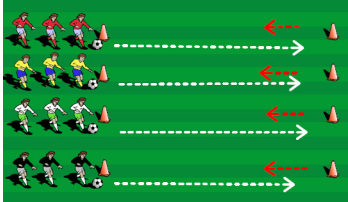
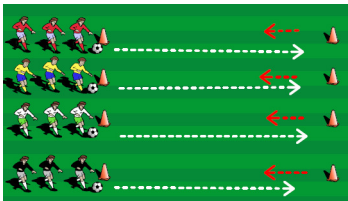
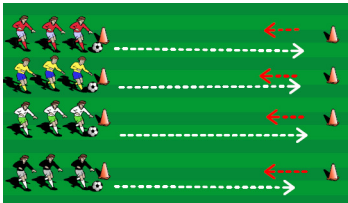
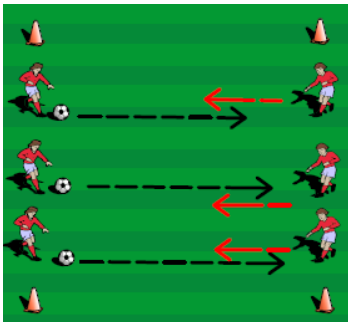
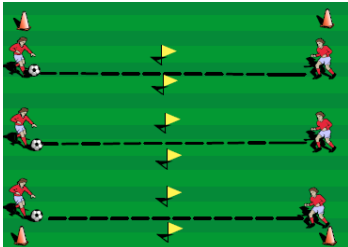
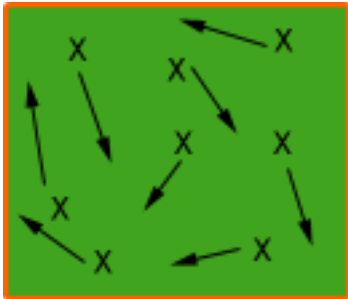


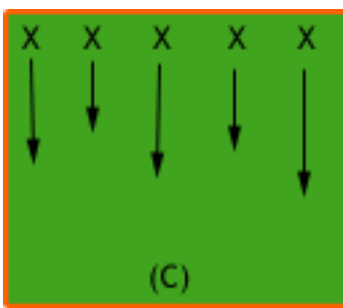
ORGANISATION		BASIC INSTRUCTION	
SKILL	See List	WARM-UP (10 MINS)	TOE-TAPS & BOXING
		- Each player must find a cone in grid - Perform toe taps: - Stationary - Around the world - Forwards/ Backwards Repeat with Boxing.	
COACHING POINTS		<u>Toe Taps</u> - Player places foot on top of the ball. - Toe points down heel up. - Player removes foot & replaces with other, using the same motion. <u>Boxing</u> - Player stands astride ball. - Use inside of the foot where big toe attaches to foot. - Pass ball from foot to foot always using the inside.	
SKILL	See List	WARM-UP / RECAP (15 MINS)	PROGRESSIONS
		- Have players dribble in an area. On coaches command have them perform: 10 x Toe-Taps 10 x Boxes - Skills practiced in previous weeks	
COACHING POINTS		As Above	

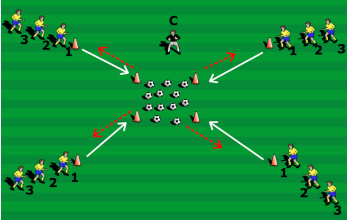
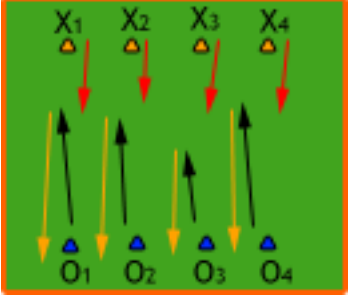
SKILL LIST		TURNS & DRIBBLE MOVES	
The list on the opposite side are skills that should be taught over the season. Depending on the proficiency of the group, you may be able to progress a number of skills during each session.		▪ Quick-Turn - players pulls ball back with one foot, turns the opposite way ▪ L-Turn - progression from Quick Turn. As they pull the ball back they knock the ball with the inside of the same foot behind standing foot ▪ Drag Back - player pulls ball back with one foot, turns the same way, shielding ball. ▪ Step-Over Turn - Player steps round the outside of the ball with right foot, then turns to the right. (Easy Teach TIP: Tell the players the ball is a train and their legs are the tunnel; the players step forward so the “train goes through the tunnel) ▪ Scissor Dribble Move - Players step right foot in-between ball and left foot, then round the front of the ball, forming a semi-circular movement; with body weight on the right foot, shoulder dipped, players take the ball away with the outside of their left foot ▪ Roll-Over - Players rolls the ball from right to left, by putting their right foot on top of the ball and ‘dragging’ it over to the other side.	
COACHING POINTS		▪ Use both feet (if specific foot is in explanation just use opposite when practicing both). ▪ When performing turns, make sure dribbling is in a straight line using laces. ▪ Break skills down to assist in learning process ▪ Use imagination to assist in learning process	

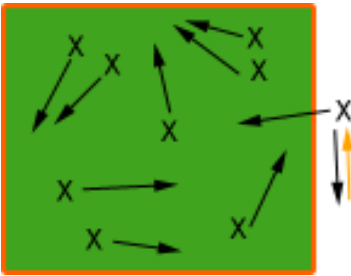
TECHNICAL	10 MINS	DRIBBLING	STRAIGHT LINE W/ LACES
		○ Group players in 3 or 4 ○ First Player dribbles out to cone, turns and dribbles back ○ Next player repeats	
		▪ Reinforce dribbling from previous game ○ Laces, toes pointing down. ○ Push ball out in front with small touches to keep control. ○ Frequently look up.	
TECHNICAL	10-15 MINS	DRIBBLING & TURN	STRAIGHT LINE W/ LACES
		○ Group players in 3 or 4 ○ First Player dribbles out to cone, performs QUICK TURN and dribbles back ○ Next player repeats ○ Teach new turn if proficiency shown with both feet	
		▪ Reinforce dribbling from previous game ○ Laces, toes pointing down. ○ Push ball out in front with small touches to keep control. ○ Frequently look up.	
TECHNICAL	10-15 MINS	DRIBBLING & TURN	STRAIGHT LINE W/ LACES
		○ Group players in 3 or 4 ○ RECAP - First Player dribbles out to cone, performs skills shown last week and dribbles back ○ Next player repeats ○ Teach new turn from list on page one	
		▪ Reinforce dribbling from previous game ○ Laces, toes pointing down. ○ Push ball out in front with small touches to keep control. ○ Frequently look up.	

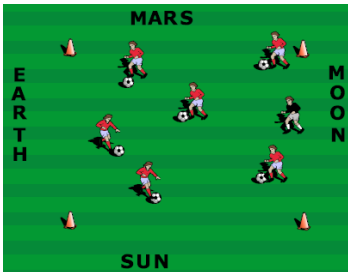
TECHNICAL	10-15 MINS	PASSING	IN PAIRS
		○ Group players in 2 approx. 5 yards apart ○ Teach players to pass with the inside of their foot ○ Use stronger foot only (work on non-dominant foot in future weeks)	
COACHING POINTS		▪ When passing: ▪ Inside of foot ▪ Guide ball with non-kicking foot being alongside ball and pointing to target.	
TECHNICAL	10-15 MINS	PASSING	IN PAIRS
		○ Group players in 2 approx. 5-8 yards apart ○ Set up cones as gates in middle ○ Teach players to pass with the inside of their foot, through the gates to team-mate ○ Use stronger foot only (work on non-dominant foot in future weeks)	
COACHING POINTS		▪ When passing: ▪ Inside of foot ▪ Guide ball with non-kicking foot being alongside ball and pointing to target.	
	10 MINS	WARM-UP GAME	BODY PARTS
		▪ All players have a ball each dribbling around grid. ▪ Coach calls out a part of the body, e.g. foot, head, shoulder etc. ▪ Player must stop ball and put that part of their body on the ball. ▪ Use combinations to make players do toe-taps and move quickly.	
COACHING POINTS		▪ Keep ball close to be able to control quickly.	

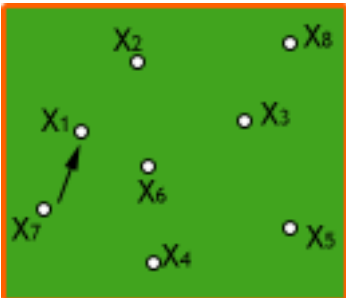
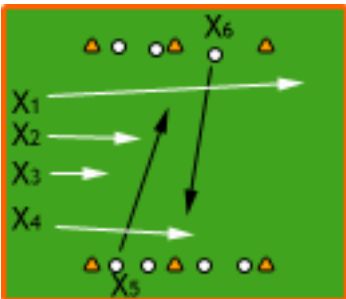
GAME #1:	15 MINS	DRIBBLING	SHARKS & MINNOWS
		- All players are at one end of grid with a ball - Coach (C) is the Shark. (C) Shouts "Go!" Players dribble across grid to end without getting tagged by (C). If they are tagged they become a Shark with (C). - Keep going until only one minnow remains.	
COACHING POINTS		- Reinforce dribble technique, and 'scissors'. - Make game fun - use 'JAWS' theme!	
GAME #2:	15 MINS	DRIBBLING	ICE AGE
		- Players on end of area with a ball each. They are "Scrat" from Ice Age movie, and their soccer ball is their acorn - In the center of the area are two or three coaches - they are "Diego" and "Mannie" (also from Ice Age Movie) - Object is for "Scrat" to dribble his 'acorn' over to the other side of the Ice without "Diego" or "Manny" stealing their acorn. - If their acorn is stolen they have to perform 5 toe-taps to get it back. "Diego" & "Mannie" must stay inside their 'gate' as per diagram	
COACHING POINTS		- Reinforce dribbling and scissors to beat the coaches. - Explode away with bigger touches after turn to get away from coaches. - PROGRESSION: - Let players be Diego and Mannie	

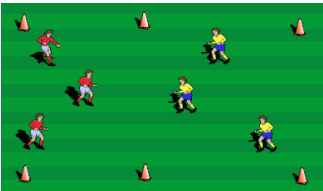
GAME #3:	10-15 MINS	DRIBBLING & TURNS	WHAT'S THE TIME MR. WOLF
		- All players have a ball each at end line. - Coach (C) is the Mr. Wolf at other end of area. - Players shout out "What's the time Mr. Wolf" - Coach responds with "...O'Clock" (choosing number between 1 & 12) - Whatever the time is, the players take that many small dribble touches forward. - If Coach responds "Dinner Time" then the players must turn and run back to the beginning line - If players make it to Mr. Wolf before he says 'Dinner Time' they get a point	
COACHING POINTS		- Reinforce dribbling -keep ball close and under control. - When turning tell players they must use quick-turn or L-turn. - Make it a story!	
GAME #4:	10-15 MINS	DRIBBLING (Technique)	RED LIGHT, GREEN LIGHT
		- Coach starts on one side of grid. - All Players with ball on opposite side - must try and dribble past (C) to win. - Coach calls out: - Red Light = Stop with sole - Green Light = Dribble (Laces) - Yellow Light = Toe-taps (Slow down) - Police/U-Turn = Quick-Turn & dribble to start line before (C) touches ball - Runaway Truck = Knockout	
COACHING POINTS		- Reinforce dribbling from previous game - Laces, toes pointing down. - Push ball out in front with small touches to keep control. - Frequently look up to know where (c) is and where other X's are.	

GAME #5:	10-15 MINS	DRIBBLING-TURNS	ROB THE CASTLE
		- All the balls in centre square of grid. - Players split into 4 equal teams - They are the 'Knights' - Coach is the 'King of the Castle' - Number the players in each team. - Coach calls out number. That number player from each team runs out gets ball, and dribbles back to their corner. Coach tries to 'tag' players to stop them stealing the soccer balls. Progress: Players have to dribble the ball back into the castle without being tagged.	
COACHING POINTS		- Reinforce dribbling from previous games. - Be fast to the ball & sprint out. - Slow down on approach to ball. - Execute quick-turn with sole of the foot. - Keep eyes on the ball and drag under body. - Turn away from ball and onto it then dribble away with the laces.	
GAME #6:	10-15 MINS	DRIBBLING & TURNS	RATS & RABBITS
		- Start by both teams (X = Rats, O = rabbits) dribbling ball towards each other and on Coach call "Go!" perform Quick-Turn and return to own base. - Both teams start at own base, (C) calls out team & that team dribbles towards other team. (C) Shouts "Go!" team dribbling must turn and get back safely before other team catches them wins ball and dribbles back over their line. - If you lose ball, join other team. PROGRESSION - Ask to perform different skill - L-Turn; Drag Back (if these have been taught in session)	
COACHING POINTS		- Reinforce dribbling from previous games. - Slow, closer control on approach to defender. During turn keep eyes on the ball, stay low & bend knees. - Explode away with bigger touches after turn to get away from defender.	

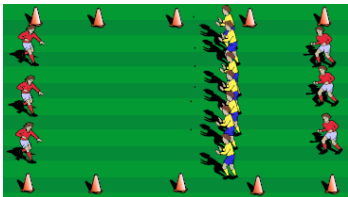
GAME #7:	10-15 MINS	DRIBBLING (Opposed)	KING OF THE RING
		- All players have a ball each dribbling around inside of the area. - All players try to kick out each other's soccer balls. - Players must try and protect their own ball. - Players knocked out must perform 2 "Quick-Turns" to return to the game. - Count how many balls you kick out - the one who knocks out most becomes KING!!	
COACHING POINTS		- Reinforce dribbling from previous games. - Use the outside and inside of the foot to change direction and avoid others. - Dribble ball with furthest foot from defender to help protect and shield the ball. - Use turns to help find extra space and get away from other players.	
GAME #8:	10-15 MINS	DRIBBLING & TURNS	TREASURE ISLAND
		- All players are at one end of grid. - All soccer balls are at the other end of grid - Treasure Island. - Coach (C) is the pirate who guards the treasure. (C) Shouts "Go!" Players run to end, get a ball (Treasure) and dribble back. - If (C) tags player, they become pirate. PROGRESSION - Ask to perform different skill - Quick Turn; L-Turn; Drag Back (if these have been taught in session) when retrieving ball.	
COACHING POINTS		- Reinforce dribbling from previous games. - Slow, closer control on approach to defender. - During turn keep eyes on the ball, stay low & bend knees. - Explode away with bigger touches after turn to get away from 'Pirate'.	

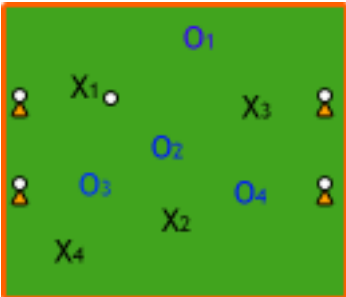
GAME #9:	10-15 MINS	DRIBBLING & TURNS	ALIEN ATTACK
		- All players have a ball each dribbling around inside of the area - Make area fairly large. - Name each side of area, as per diagram. - Coach (C) is the Alien. (C) calls out a side, and players must dribble to that side as quickly as possible before coach steals their ball. If stolen, the player becomes an alien with the coach. - PROGRESSION - As the players are running towards one side, call out another side so they have to change direction	
COACHING POINTS		- Reinforce dribbling from previous games. - Use the outside and inside of the foot to change direction and avoid others. - Use turns to help find extra space and get away from Aliens.	
GAME #10:	10-15 MINS	DRIBBLING & TURNS	COPS AND ROBBERS
		- Grid is split into 2 halves via cones. - Players split into 2 teams, One team with a ball each (Robbers), One team without (Cops). - Game lasts for 1 minute, the 'Cops' need to steal as many soccer balls as they can and dribble them into the 'Prison'. A Robber can steal the ball back at anytime, UNLESS it is in the prison. If the ball is in the 'Prison' the 'Robber has been captured and sits on the side until the game ends. - Switch roles (cops become the robbers, robbers become the cops).	
COACHING POINTS		- Reinforce dribbling from previous games. - Use turns to change direction.	

GAME #11:	10-15 MINS	PASSING	SOCCER MARBLES
		- All players have a ball each dribbling around grid. - Players must avoid the marble master (X7) who is trying to hit other player's ball with his/hers. - Players should be encouraged to perform a turn in order to protect their ball and move it out the path of the Marble Masters ball. Progress: All players can hit each other's; count how many times you hit someone's ball.	
COACHING POINTS		- Reinforce dribbling from previous games - When passing: - Inside of foot - Guide ball with non-kicking foot being alongside ball and pointing to target.	
GAME #12:	10-15 MINS	PASSING	COWBOYS & INDIANS
		- All balls lined up along both sides of the grid. - All players without the ball on one side of grid. - On (C) call all players run from one side of grid to other. - X5 & X6 must attempt to pass ball across area and hit other players below knee with ball. - If player gets hit then that player becomes a Cowboy on side of grid. - Last player to get hit wins.	
COACHING POINTS		- Reinforce passing & control technique previous games. - Reinforce Control not power.	

GAME #13:	10-15 MINS	Passing	PASS THE PARCEL
		▪ Split players into two teams. ▪ Set up grid with halfway line. ▪ One team on one half, the second team on the other half - cannot cross into other teams half. ▪ A soccer ball is passed from one side of the field to the other. ▪ Coach counts down from 30 to 0. When at zero the team with the ball loses a point. Both teams start with 10 points. ▪ Team with points left wins. IF BALL IS KICKED OUT OF AREA TOO OFTEN, DEDUCT POINT FROM TEAM.	
COACHING POINTS		▪ Non-kicking foot by side of ball. ▪ Lock ankle of passing foot. ▪ Heel down & toes up. ▪ Inside of foot strikes middle of the ball. ▪ Follow through the ball in the direction you want the ball to go. ▪ Eye on target and line body for accuracy.	
GAME #14:	10-15 MINS	PASSING	KNOCKOUT
		▪ Split group into pairs, with one ball per pair. ▪ Ball per pair in the middle - sit on top of a flat disc. ▪ Player passes the ball to team-mate trying to hit their ball in the middle. ▪ Then team-mate has a go. ▪ One point per 'hit'.	
COACHING POINTS		▪ Reinforce passing techniques from above.	

GAME #15:	10-15 MINS	DRIBBLING & TURNS	FREEZE TAG
		- Divide the team into two groups. - One group keeps a ball the other group runs free in the square. - Players with a ball can freeze the others by passing the ball against their ankles. - When the players are caught they stand with their feet open - The team without the balls can set each other free by crawling through each other's legs. - SWITCH ROLES	
COACHING POINTS		- Do not let players jump over the ball. They must evade the ball simply by changing direction and speed. - The coach should encourage players to use the correct technique when catching players.	
GAME #16:	10-15 MINS	SKILLS TEST	RAISE THE FLAG
		- Divide the team into two or three groups. Set up field with a lane for each team. Each lane has three sections. - First player from each team dribbles forward into first section and performs a quick turn. They should be facing their team-mate. They perform another quick turn, and dribble into section two. - At section two, they perform two drag-backs and dribble into section three - In section three the player performs 5 toe-taps, then dribbles to the end line. - At the end line they turn and pass the ball back to the next team-mate. Player one then sits down. - Player two repeats above. - The last player on each team must have a pinnie. When they receive the ball they perform the skills as above. When they get to the end line they wave the pinnie in the air and shout "Raise The Flag". - First team back gets a point - PROGRESSION - Use different skills at the sections.	
COACHING POINTS		Use correct skill techniques. Give bonus points for team that cheers loudest.	

GAME #17:	10-15 MINS	DRIBBLING & PASSING	BREAK THE CHAIN
		▪ Divide the team into two groups. ▪ One group becomes a chain in the middle of the area. ▪ The other group split, one in front of the 'chain' with a ball each, the other behind the chain. ▪ On coaches command the team with the balls try to pass the ball to their team-mate, without the chain getting it. ▪ The chain MUST hold hands, and stay linked. If they break then the ball remains in play. ▪ The team with the ball can dribble up to the chain but cannot go past it, the players behind the chain can move to create space and a passing channel. ▪ When chain get the ball they kick it out of the area - it cannot be retrieved. ▪ Play for 2 minutes or when all soccer balls are out of area ▪ SWITCH ROLES	
COACHING POINTS		▪ The coach should encourage players to use the correct technique when passing. ▪ Encourage team-work	
GAME #18:	10-15 MINS	DRIBBLING & TURNS	4v4 GATE GAME
		• Two teams of four players • Four gates • The player in possession must dribble through a gate to score	
COACHING POINTS		▪ Reinforce dribbling from previous games. ▪ Reinforce turns - During turn keep eyes on the ball, stay low & bend knees. ▪ Explode away with bigger touches after turn to get away from defender. ▪ Let them play, Do not keep score ▪ 3-minute games then switch teams/players	

SCRIMMAGE	15 MINS	4 v 4	
		- Split group into 2/4 teams depending on numbers. 2 teams play, one team rest OR set up two field so all four teams play. - No Goalkeepers - Do not add players - Do not keep score - Let the players play	
COACHING POINTS		- Try to keep players in area - Reinforce spreading out - Dribbling should be recommended - Allows plenty of touches for all players	
4v4 GAME #2:	10-15 MINS	SCRIMMAGE VARIATION #1	"ANY GOALKEEPER"
		- Two teams of four players - The nearest player[s] to the goal become the keeper[s] - No offside - If ball leaves play, the coach has a few re-start options 1-The coach passes a new ball onto the pitch 2-The players take a roll in 3-The players take a throw in 4-The players make a pass in 5-The players dribble in 5-minute games then switch teams/players	
COACHING POINTS		- Let the kids play - No score keeping	

4v4 GAME:	10-15 MINS	SCRIMMAGE VARIATION #3	"END-ZONE GAME"
		- Two teams of four players - the pitch has two end zones and two empty goals - a goal can only be scored from inside the end zones - no keepers - if ball leaves play, the coach has a few re-start options 1 -the coach passes a new ball onto the pitch 2 -the players take a roll in 3 -the players take a throw in 4 -the players make a pass in 5 - the players dribble in ▪ 5-minute games then switch teams/players	
COACHING POINTS		▪ Let the kids play ▪ No score keeping	

4v4 GAME #4:	10-15 MINS	SCRIMMAGE VARIATION #4	"ALL GOAL GAME"
		• Two teams of four players • (Use Goalkeeper's if you like - one in each goal) • No Offside • If ball leaves play, the coach has a few re-start options: 1 -the coach passes a new ball onto the pitch 2 -the players take a roll in 3 -the players take a throw in 4 -the players make a pass in 5 - the players dribble in 5-Minute games then switch teams/players/GKs The aim for both teams is to score in all four goals.	
COACHING POINTS		▪ Let the kids play ▪ No score keeping	