



Revolution Academy
Coaching Beginners
Development Program



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INTRODUCTION	E-MAIL : revolutionacademy@revolutionsoccer.net
<i>PATHWAY TO SUCCESS</i>	TEL: 508-384-9206

Soccer Coaches,

Welcome to our club and we thank you for volunteering your time and effort for the youth in town. We value each and every coach that is willing to dedicate so much for the community.

Some of our coaches have played soccer to a high level and some haven't kicked a ball but this development program is designed to take all coaches to the next level. The guide will run through what we will be working on through out the season and how we are going to achieve our goals.

The sessions are to be followed with guidance from the New England Revolution Academy coach that will be at your group practice. The coach will be able to help adapt your session for the players you have. They are there to help develop you as a coach, they are your tool to progress – Use them!

We look forward to seeing you on the fields.

New England Revolution Academy



SEASON GOALS	E-MAIL : revolutionacademy@revolutionsoccer.net
<i>PATHWAY TO SUCCESS</i>	TEL: 508-384-9206

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take.

- To create a positive and fun atmosphere where players can learn and develop at their own pace.
- To improve the basic motor skills that are used in soccer: Running, Jumping, Kicking etc.
- To create players that are comfortable with the ball at their feet.
- To give each player a positive and successful experience each session.



COACHING BEGINNERS SEASON PLAN**E-MAIL :** revolutionacademy@revolutionsoccer.net*PATHWAY TO SUCCESS***TEL:** 508-384-9206

1. Running with the Ball
2. Close Dribbling
3. Speed Dribbling
4. Turning with the Ball
5. Running with the Ball
6. Close Dribbling
7. Speed Dribbling
8. Turning with the Ball



COACHING BEGINNERS SESSION PLAN	E-MAIL : revolutionacademy@revolutionsoccer.net
<i>PATHWAY TO SUCCESS</i>	TEL: 508-384-9206

Each session will follow the same format. The format is designed to get the player into game situations right from the start of the practice. There are 4 phases that the session will go through, progressively getting more challenging and competitive:

1. Energy Release (10 minutes)
2. Low Pressure (10 minutes)
3. High Pressure (10 minutes)
4. Game (30 minutes)

Each session will last 60 minutes and the timings are only recommendations.

IMPORTANT:

Keep explanations short.

Keep the players active.

NO LAPS! NO LINES! NO LECTURES!



Session Key	E-MAIL : revolutionacademy@revolutionsoccer.net
	TEL: 508-384-9206

Players



Ball



Cones



Goal



Pass



Dribble



Shot



Run





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 1 – RUNNING WITH THE BALL

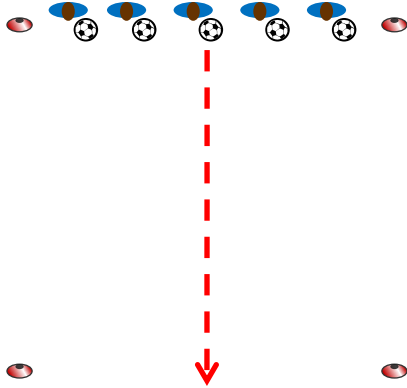
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Running with the Ball

TEL: 508-384-9206

Phase 1

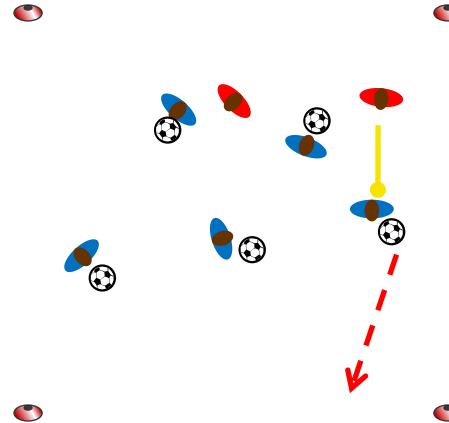


Description: Each side of the grid is named after a juice, allow the players to pick. (Orange, Apple, Grape, Pineapple). All the players lineup on 1 side of the grid. No balls to start. When the coach shouts "Apple" all the players run to that side of the grid.

Progression:

- 1- Introduce Ball
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

Phase 2

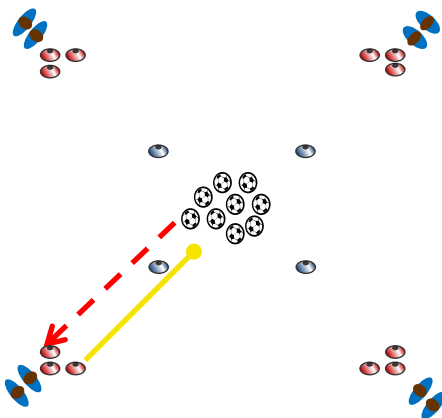


Description: Designate 2 Catchers "farmers" and the rest are foxes with pinnies as tails. No balls to start. On the coach's command, the farmers must chase the foxes and pull their tail out. When they have been pulled out, they become a farmer as well.

Progression:

- 1- Introduce balls for the foxes
- 2- Introduce balls to the farmers

Phase 3

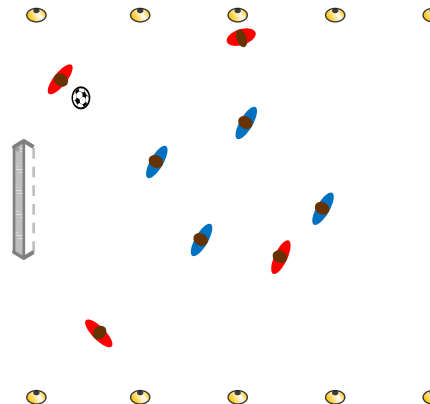


Description: Separate the group into 4 teams. Each placed at a corner of the grid. When the coach shouts "Go", the first player from each team sprints in to collect a ball and dribbles it back to their team and then the next player goes. The team with the most balls wins.

Progression:

- 1- Players can steal from other teams
- 2- All players run at the same time

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

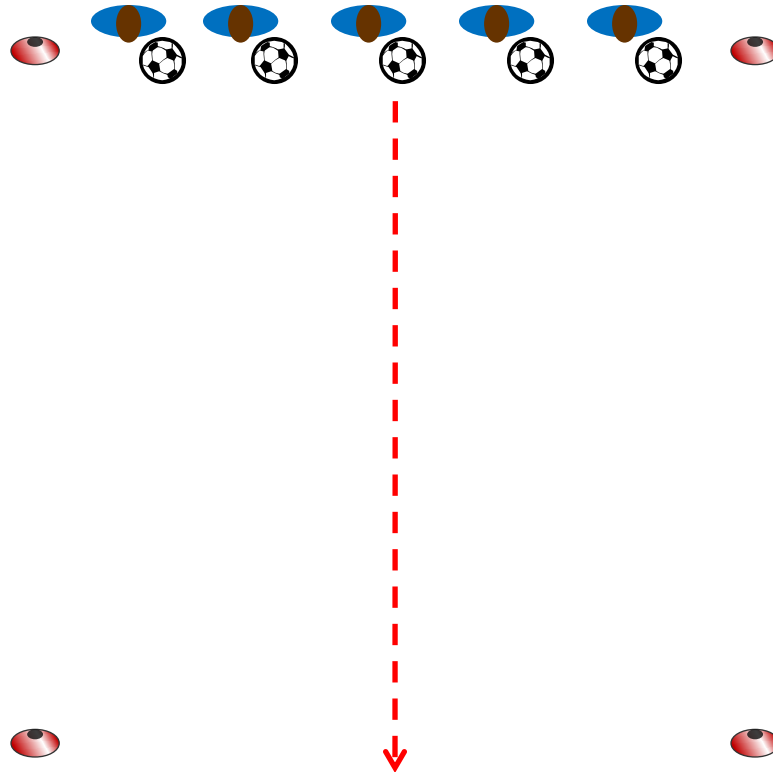
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>Juice Box</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Each side of the grid is named after a juice, allow the players to pick. (Orange, Apple, Grape, Pineapple). All the players lineup on 1 side of the grid. No balls to start. When the coach shouts “Apple” all the players run to that side of the grid.

Progression:

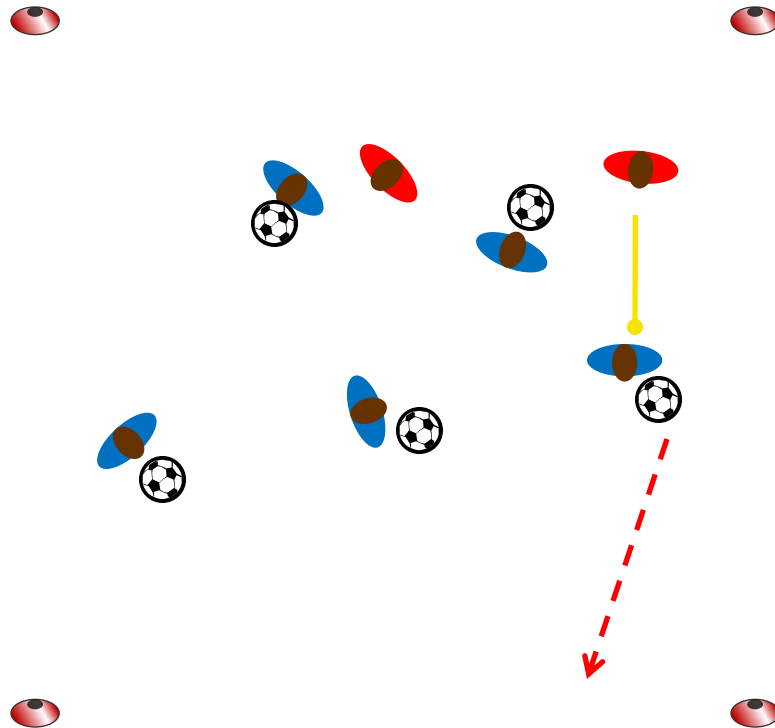
- 1- Introduce Ball
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t crash!



Session Topic	<i>Foxes and Farmers</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each, pinnies.

Description: Designate 2 Catchers “farmers” and the rest are foxes with pinnies as tails. No balls to start. On the coaches command, the farmers must chase the foxes and pull their tail out. When they have been pulled out, they become a farmer as well.

Progression:

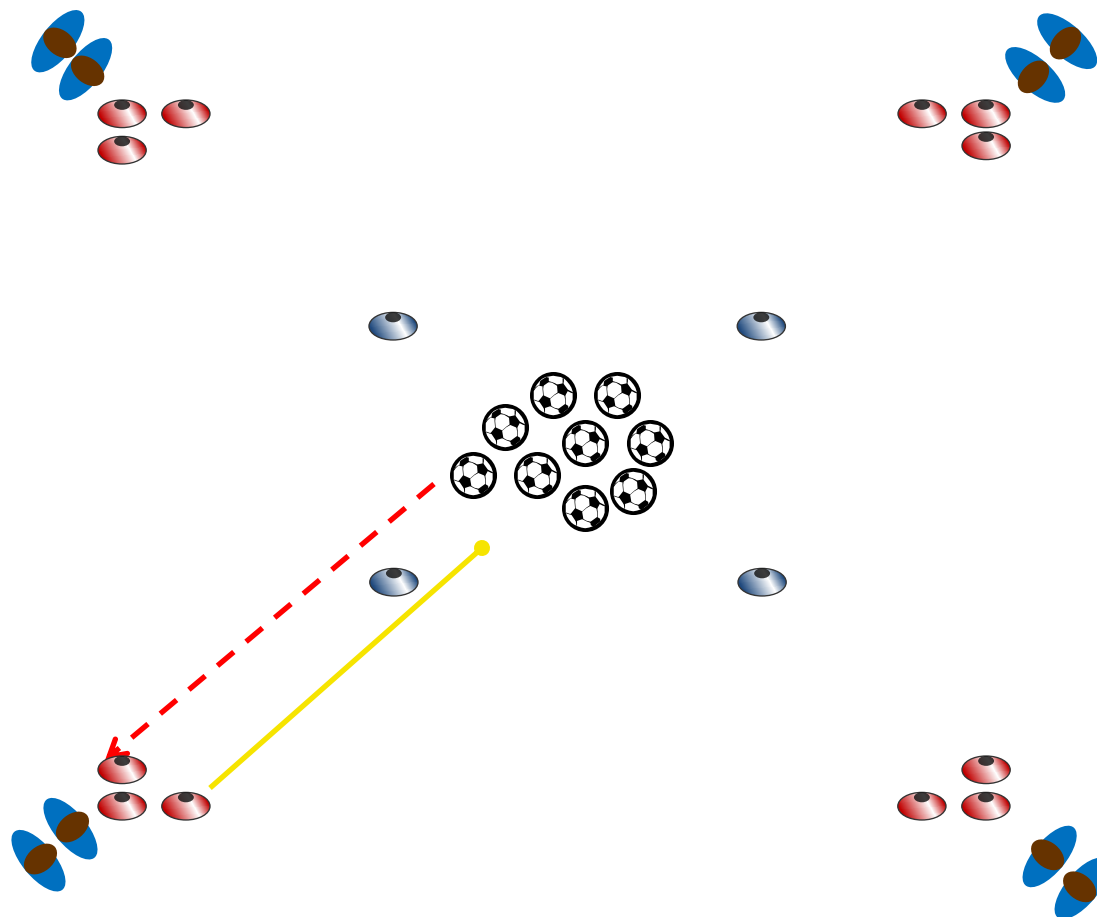
- 1- Introduce balls for the foxes
- 2- Introduce balls to the farmers

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t get caught



Session Topic	<i>Shrek</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red + blue cones, 1 ball each.

Description: Separate the group into 4 teams. Each placed at a corner of the grid. When the coach shouts “Go”, the first player from each team sprints in to collect a ball and dribbles it back to their team and then the next player goes. The team with the most balls wins

Progression:

1- Players can steal from other teams

2- All players run at the same time

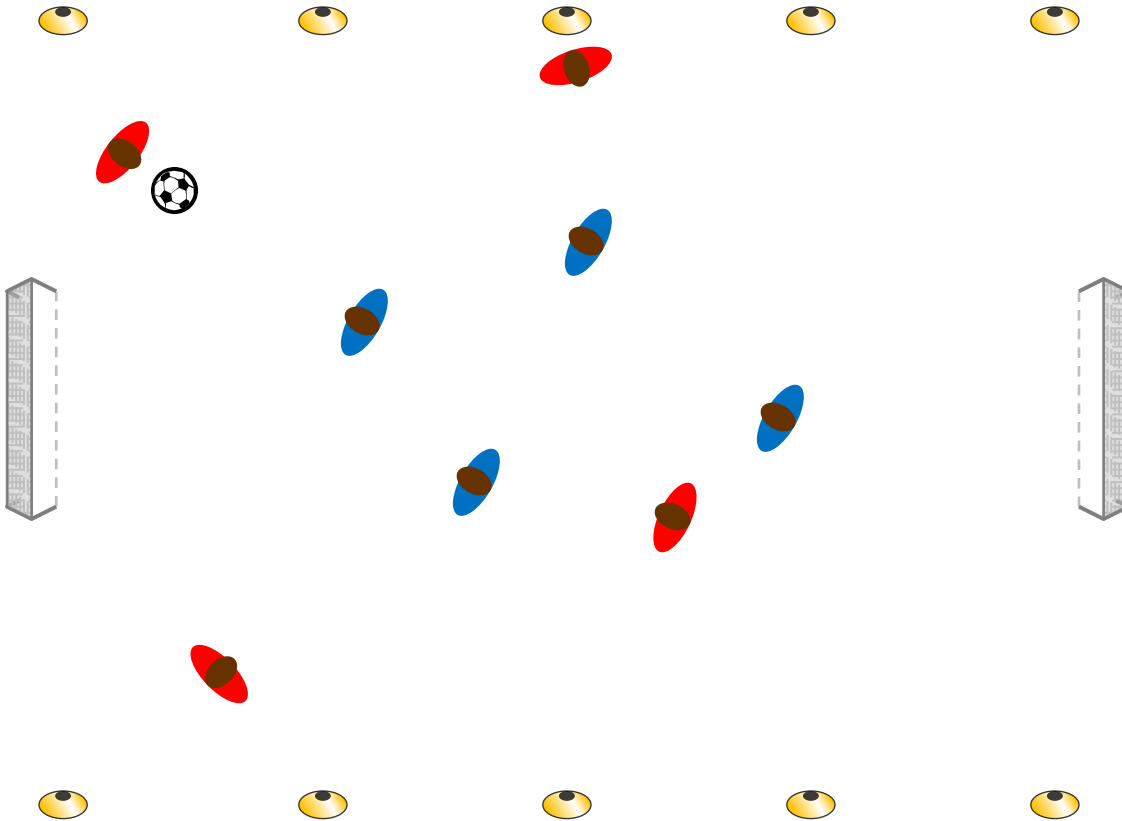
Coaches Phrases:

1- Be quick and keep the ball under control

2 – What can you see – who has the most balls, steal a ball from there!



Session Topic	<i>3v3/4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 2 – CLOSE CONTROL DRIBBLING

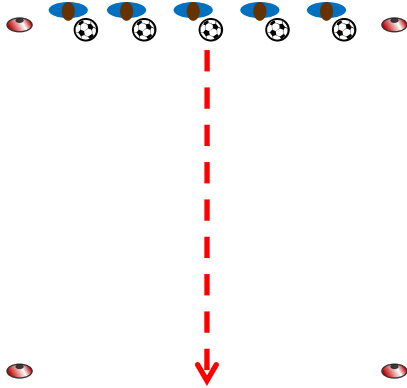
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Running with the Ball

TEL: 508-384-9206

Phase 1

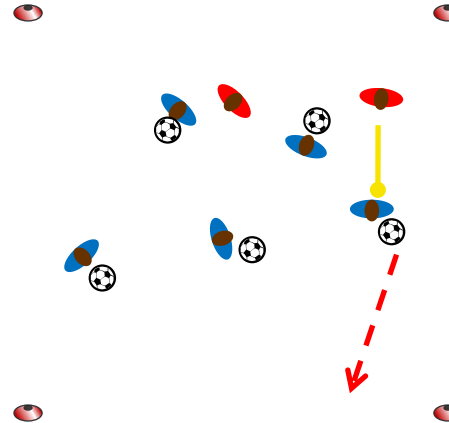


Description: Each side of the grid is named after a juice, allow the players to pick. (Orange, Apple, Grape, Pineapple). All the players lineup on 1 side of the grid. No balls to start. When the coach shouts "Apple" all the players run to that side of the grid.

Progression:

- 1- Introduce Ball
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

Phase 2

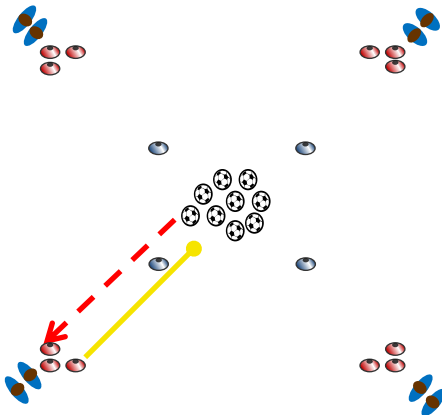


Description: Designate 2 Catchers "farmers" and the rest are foxes with pinnies as tails. No balls to start. On the coach's command, the farmers must chase the foxes and pull their tail out. When they have been pulled out, they become a farmer as well.

Progression:

- 1- Introduce balls for the foxes
- 2- Introduce balls to the farmers

Phase 3

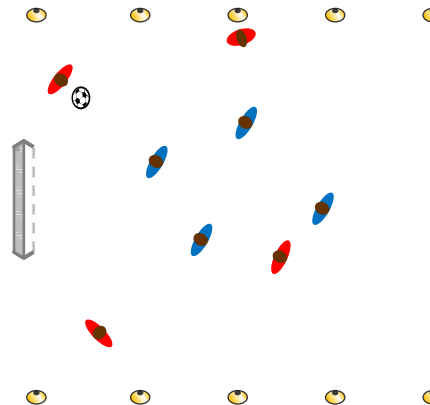


Description: Separate the group into 4 teams. Each placed at a corner of the grid. When the coach shouts "Go", the first player from each team sprints in to collect a ball and dribbles it back to their team and then the next player goes. The team with the most balls wins.

Progression:

- 1- Players can steal from other teams
- 2- All players run at the same time

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

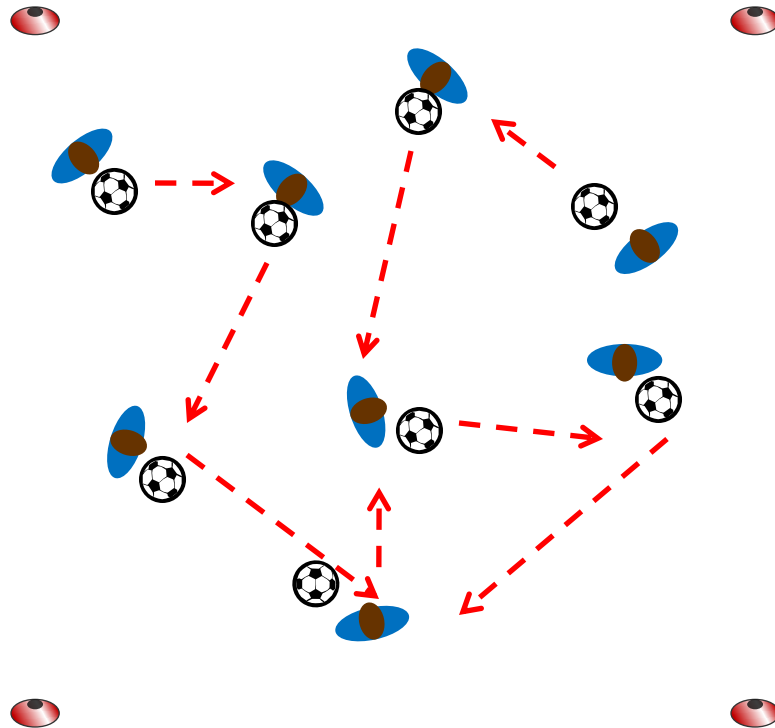
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>Tag Count</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Each player has a ball and must attempt to take another player whilst avoiding being tagged themselves.

Progression:

1- Make it a competition, how many times can you tag someone. Play for 90 seconds.

2- Still a competition, How many times can you tag someone minus how many time you got tagged. Play for 90 seconds.

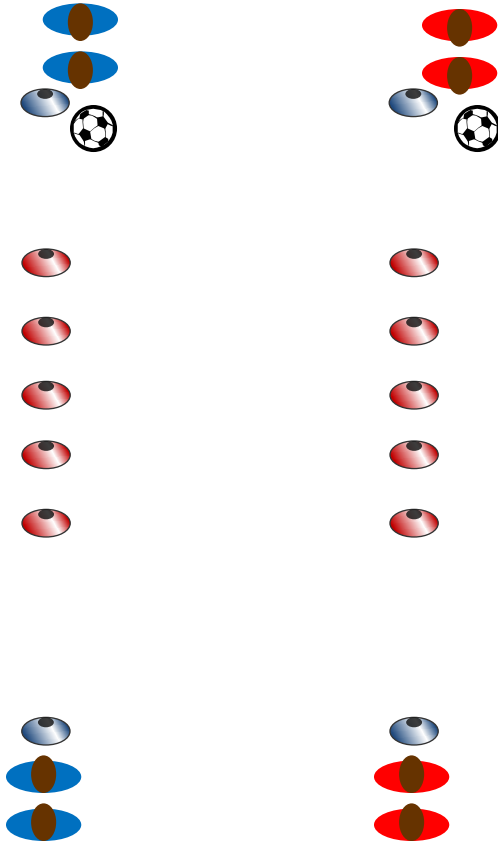
Coaches Phrases:

1- Keep the ball close – take care of it.

2- What can you see? – Look up so you don't get caught!



Session Topic	<i>Relay Race</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 2 blue cones 10 yards apart with 5 red cones in between, create 2 or 3.

Equipment: 4 blue and 10 red cones, 1 ball per grid.

Description: Players are separated into teams of 3 or 4. Each team has their own grid as shown. Players must dribble through the red cones and join their teammates at the other side. On arrival the ball switches players and the team mate dribbles back up through the red cones and so on.

Progression:

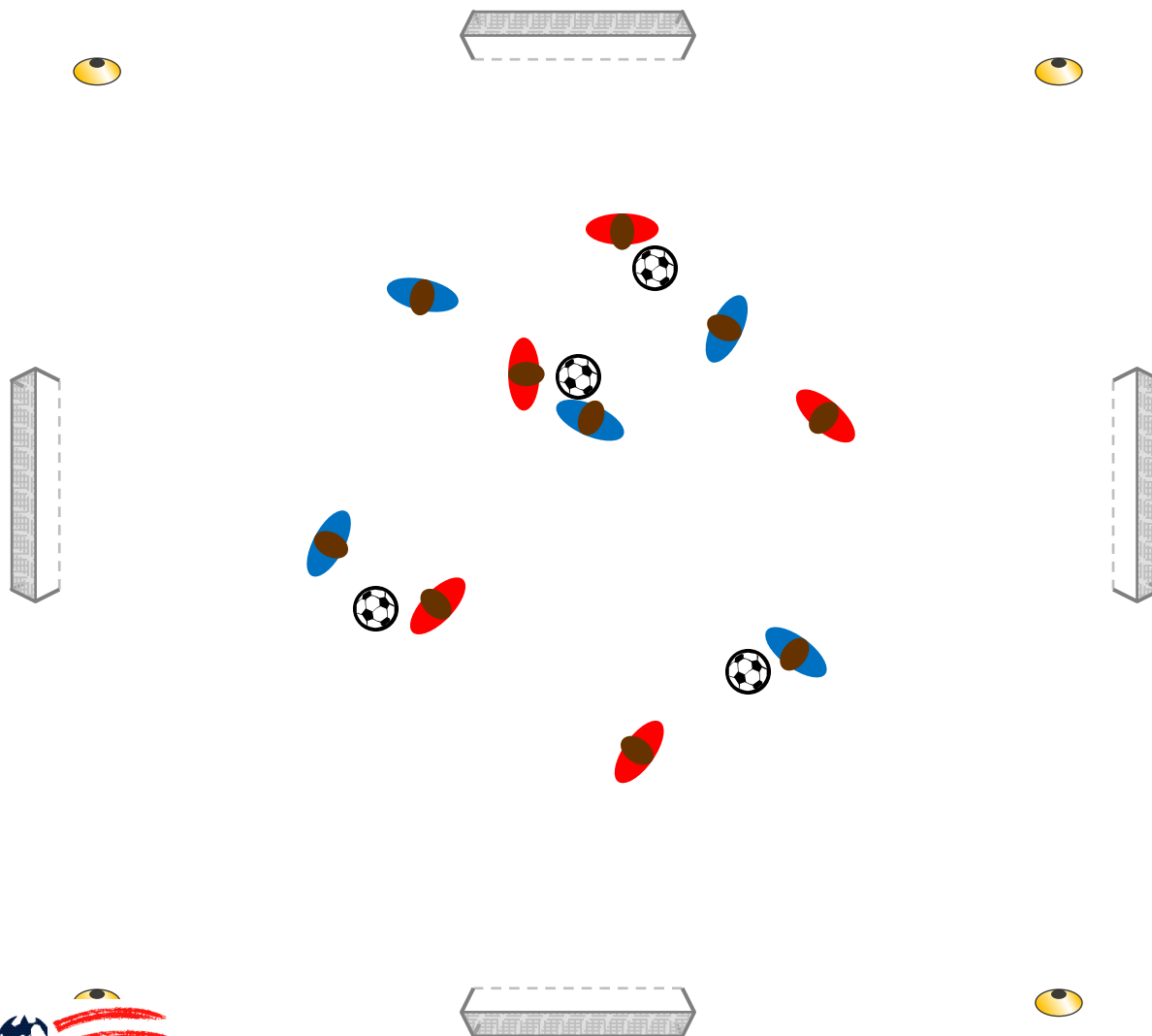
- 1- Make it a team competition, the first team to get all the players to complete 1 run wins.
- 2- Use other foot (practice then make it a competition)

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Avoid the cones



Session Topic	<i>Multi Ball</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL : 508-384-9206



Area: 40x22 (30x22) yard grid

Equipment: 4 yellow cones, 4 goals (represented by cones will work) 4 balls. 2 sets of pinnies

Description: Separate the team into 2 teams. Each team will begin with 2 balls each. The teams must try to score in any of the 4 goals. As soon as they score they must leave their ball in the net and hunt for a different ball. The players without a ball must try to take one off an opponent or take one of the balls that have been scored of the net.

Progression:

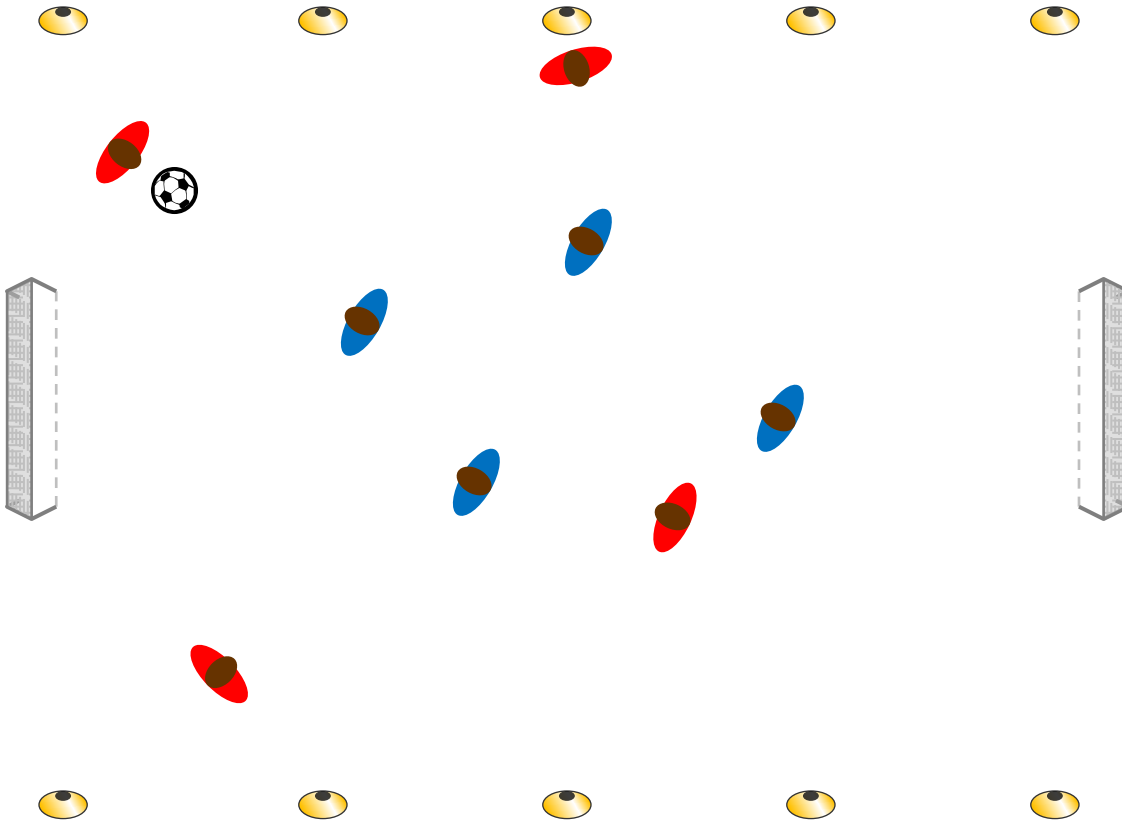
1- Increase or reduce the number of balls to make it easier or more challenging.

Coaches Phrases:

- 1- Be positive and involved!
- 2- Don't just kick the ball, try to take care of it to get closer to a goal



Session Topic	<i>3v3/4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 3 – SPEED DRIBBLING

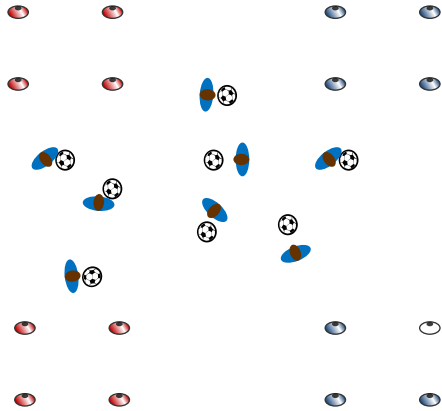
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Speed Dribble

TEL: 508-384-9206

Phase 1

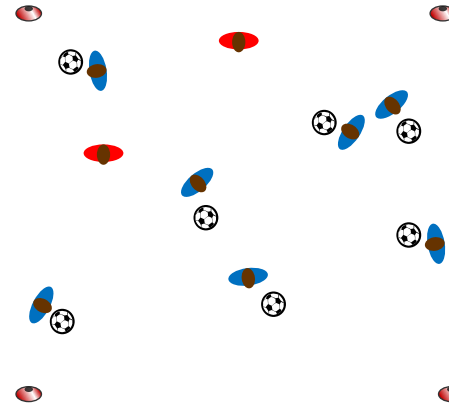


Description: Each box within the grid is named after a different cartoon and allow the players to decide. All players must dribble the ball under control until the coach shouts the name of a cartoon “Sponge Bob!”, all the players must speed dribble to that box.

Progression:

- 1- Players should perform toe taps or tick tocks while in the box.
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

Phase 2

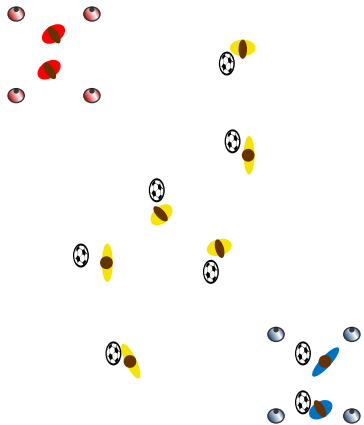


Description: Designate 2-3 catchers, these catches will hold on to a pinnie “the flag”. Everyone else is a player with a ball. When the game begins, these catchers must try to tag a player, when caught, the player must give the catcher their ball and take the pinnie... they are now the catcher.

Progression:

- 1- The catcher must now also have a ball
- 2- Make the grid larger or smaller to make it easier for the dribbler or harder.

Phase 3

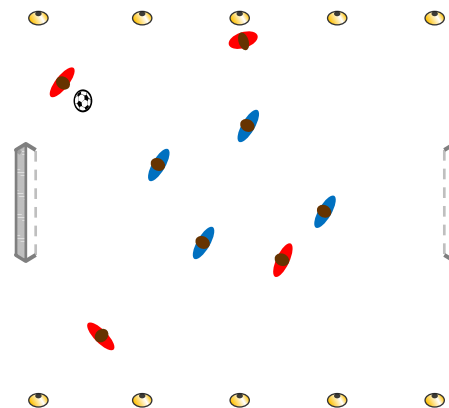


Description: Designate 2 robbers (no ball) , 2 cops , and the rest are players . The robbers job is to steal the players balls. As soon as a robber touches a ball, that player is frozen and must stand with their legs open and the robber will take that ball back to the red safe house. The cops role is to save the players from all getting caught and catch the robbers. A cop can pass their ball through a frozen players legs to save them, the player can then go and retrieve their ball from the red safe house. If a cop tags a robber they must go to the blue jail. The robber can be saved by another robber tagging them. If all the players lose their ball the robbers win. If all the robbers caught and go to jail the cops win.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t get caught or to chase the robbers or to save a player.

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

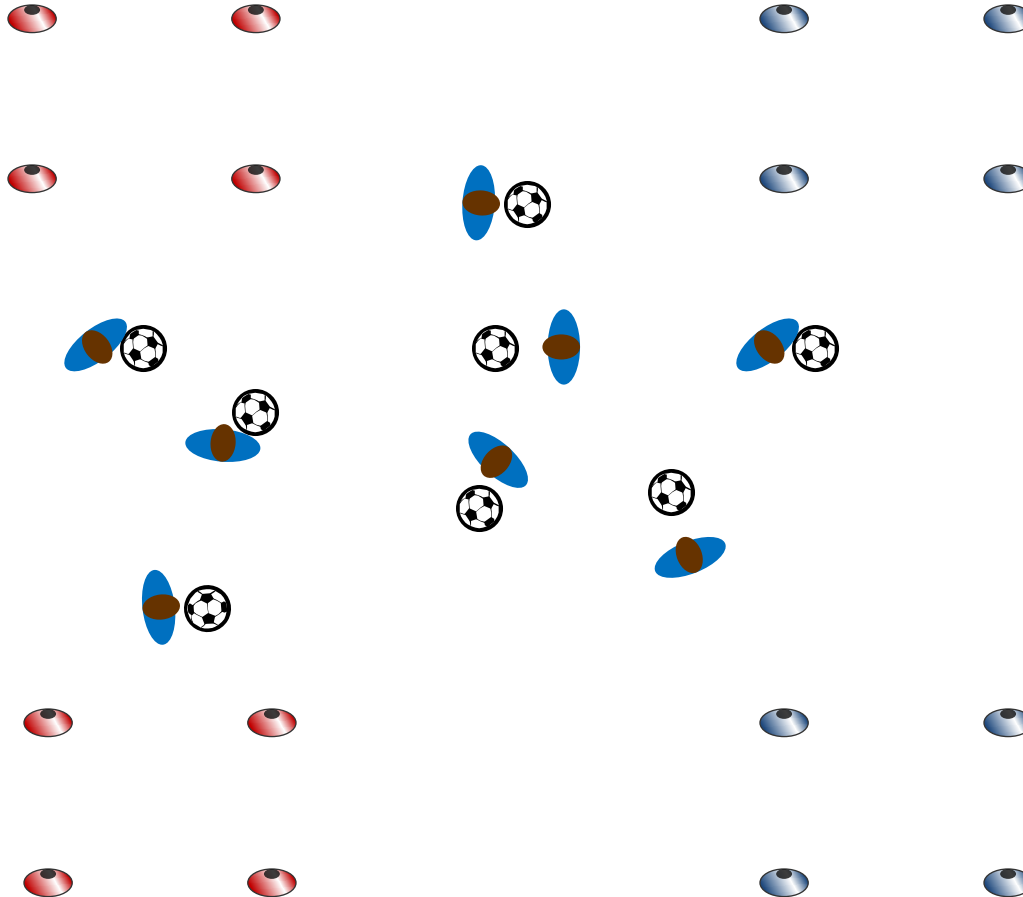
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don’t correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>Cartoons</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL : 508-384-9206



Area: 16x16 yard grid with 4 5x5 boxes in each corner.

Equipment: 8 red and 8 blue cones, 1 ball each.

Description: Each box within the grid is named after a different cartoon and allow the players to decide. All players must dribble the ball under control until the coach shouts the name of a cartoon “Sponge Bob!”, all the players must speed dribble to that box.

Progression:

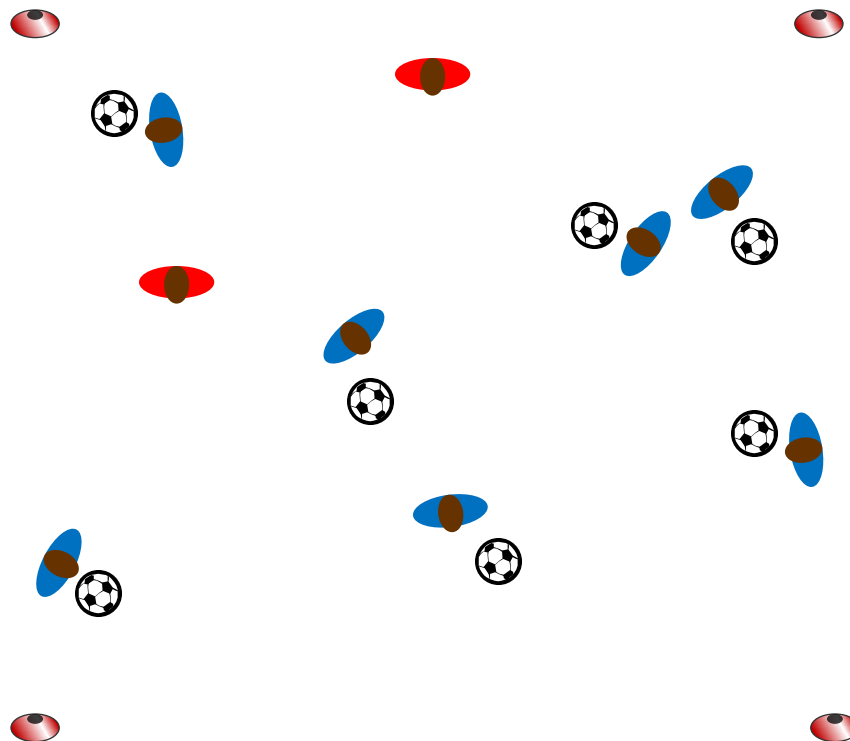
- 1- Players should perform toe taps or tick tocks while in the box.
- 2- Use other foot
- 3- As the players are dribbling, call another name to force them to change direction.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don’t crash!



Session Topic	<i>Flag Tag</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>2 – Low Pressure</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each, pinnies.

Description: Designate 2-3 catchers, these catches will hold on to a pinnie “the flag”. Everyone else is a player with a ball. When the game begins, these catchers must try to tag a player, when caught, the player must give the catcher their ball and take the pinnie... they are now the catcher.

Progression:

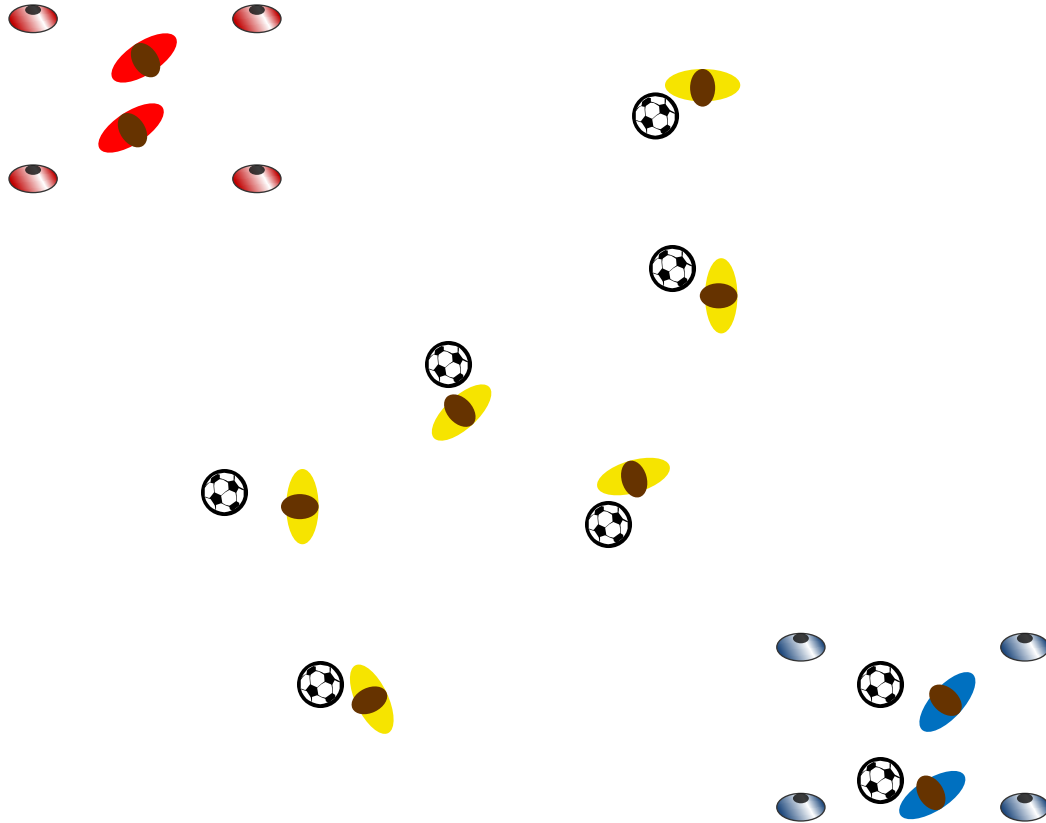
- 1- The catcher must now also have a ball
- 2- Make the grid larger or smaller to make it easier for the dribbler or harder.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Don’t get caught!



Session Topic	<i>Cops and Robbers</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red and 4 blue cones, 1 ball each, 3 colors of pinnies

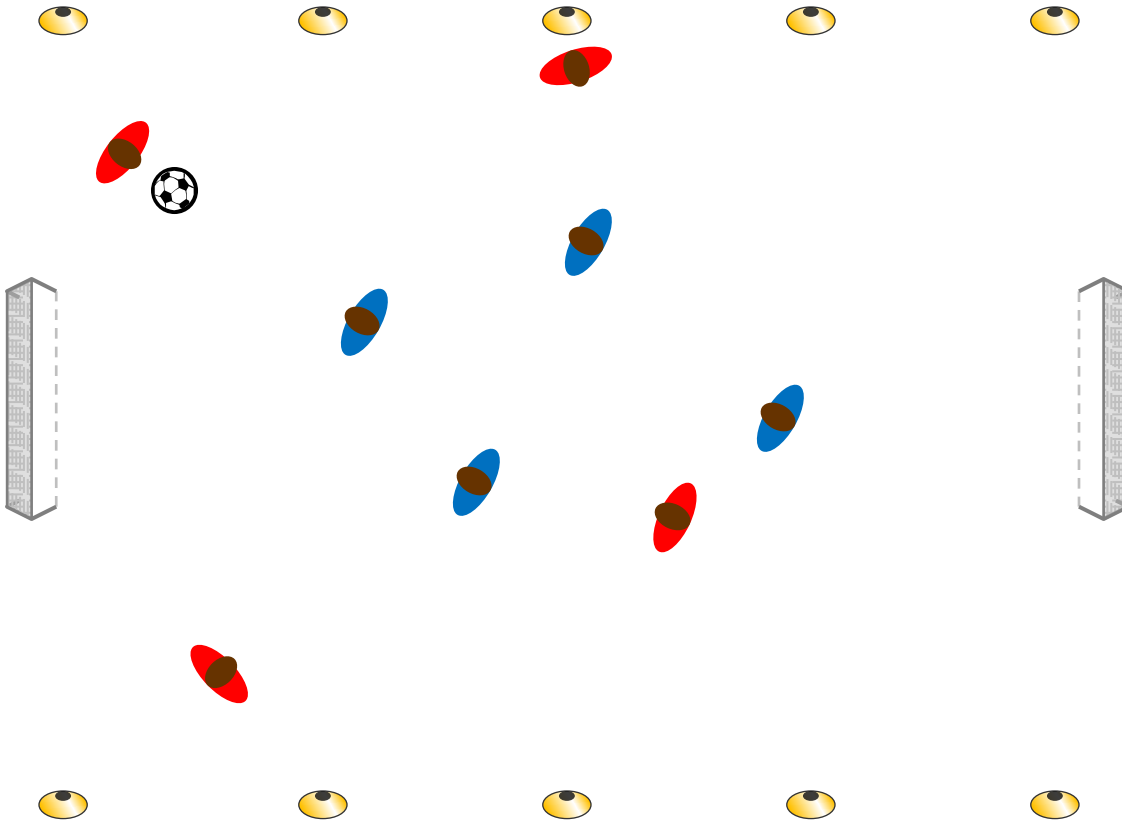
Description: Designate 2 robbers (no ball) , 2 cops , and the rest are players . The robbers job is to steal the players balls. As soon as a robber touches a ball, that player is frozen and must stand with their legs open and the robber will take that ball back to the red safe house. The cops role is to save the players from all getting caught and catch the robbers. A cop can pass their ball through a frozen players legs to save them, the player can then go and retrieve their ball from the red safe house. If a cop tags a robber they must go to the blue jail. The robber can be saved by another robber tagging them. If all the players lose their ball the robbers win. If all the robbers a caught and go to jail the cops win.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you don't get caught or to chase the robbers or to save a player.



Session Topic	<i>3v3/4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 4 – TURNING WITH THE BALL

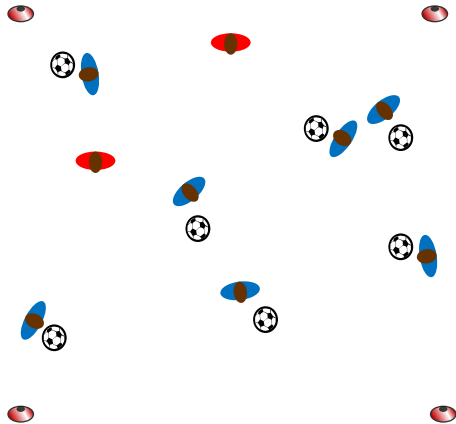
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Turning with the Ball

TEL: 508-384-9206

Phase 1

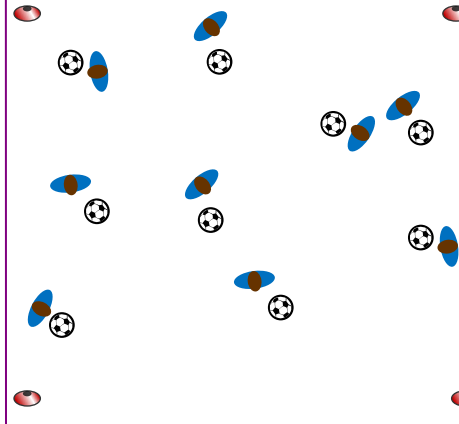


Description: Designate 2-3 catchers. Start without a ball. The catchers must try to tag the players. If successful, the player must stand frozen and stand with their legs open making a tunnel. To be saved another player must crawl through the frozen players legs. Play for 90 seconds then change the catchers.

Progression:

- 1- Introduce Ball, to save someone, the player must pass the ball through their legs.
- 2- Make the grid smaller or larger to make it harder or easier for the players.

Phase 2

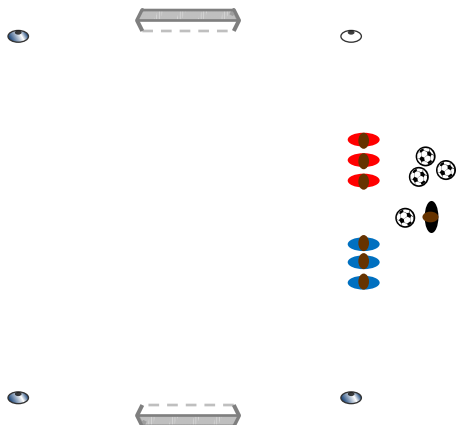


Description: Each player dribbles in the grid. Players must listen to the commands of the coach and react accordingly. Players will perform a series of control movements in a fun car game.

Progression:

- Green Light = Go
- Tractor = Slow dribble
- Family Car = Medium dribble
- Race Car = Speed dribble
- Red Light = Stop
- Car Wash = Step on ball with the sole of the foot and roll it back and forth
- Bumpy Road = Step one foot on the ball, change feet repeatedly.
- Bumper Cars = Kick your ball against another car and bump it.

Phase 3

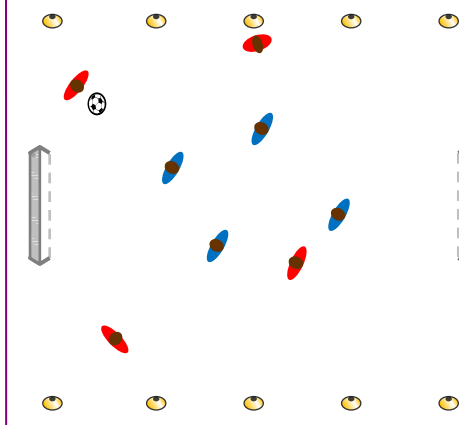


Description: Create 2 teams of 3 or 4. On the side line, the teams line up face to face as shown. The coach plays the ball into the middle and the first 2 players play 1v1 and try to score and the next 2 go. Players can score in either goal.

Progression:

- 1- Coach can play a lofted ball out
- 2- Players must perform a turn before scoring
- 3- Players must score in their opponents goal only.

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

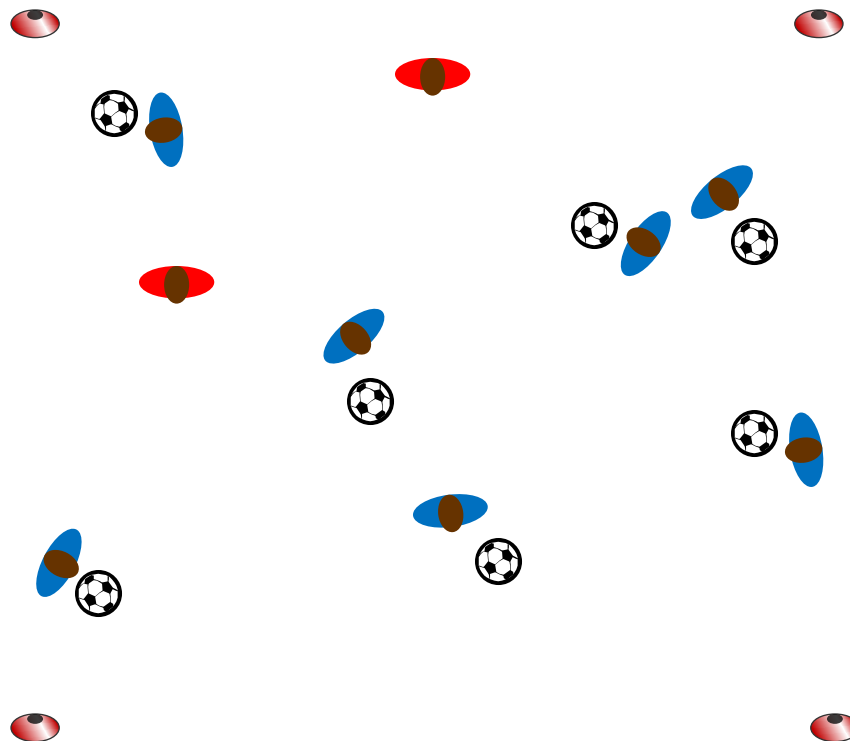
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>Freeze Tag</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Designate 2-3 catchers. Start without a ball. The catchers must try to tag the players. If successful, the player must stand frozen and stand with their legs open making a tunnel. To be saved another player must crawl through the frozen players legs. Play for 90 seconds then change the catchers.

Progression:

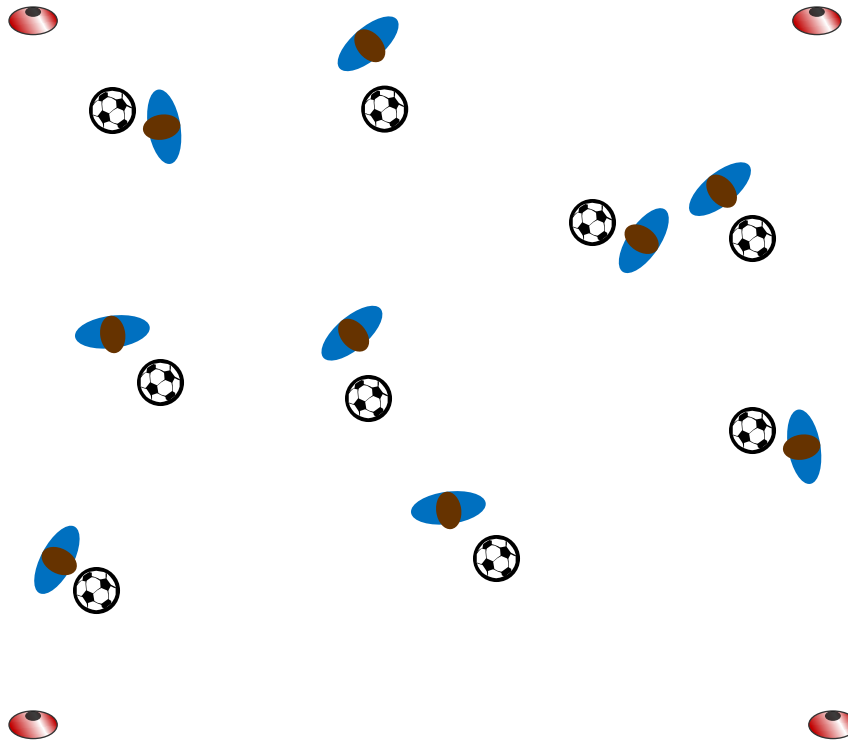
- 1- Introduce Ball, to save someone, the player must pass the ball through their legs.
- 2- Make the grid smaller or larger to make it harder or easier for the players.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Don't get caught.



Session Topic	<i>Red Light/Green Light</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL : 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Each player dribbles in the grid. Players must listen to the commands of the coach and react accordingly. Players will perform a series of control movements in a fun car game.

Progression:

Green Light = Go

Tractor = Slow dribble

Family Car = Medium dribble

Race Car = Speed dribble

Red Light = Stop

Car Wash = Step on ball with the sole of the foot and roll it back and forth

Bumpy Road = Step one foot on the ball, change feet repeatedly.

Bumper Cars = Kick your ball against another car and bump it.

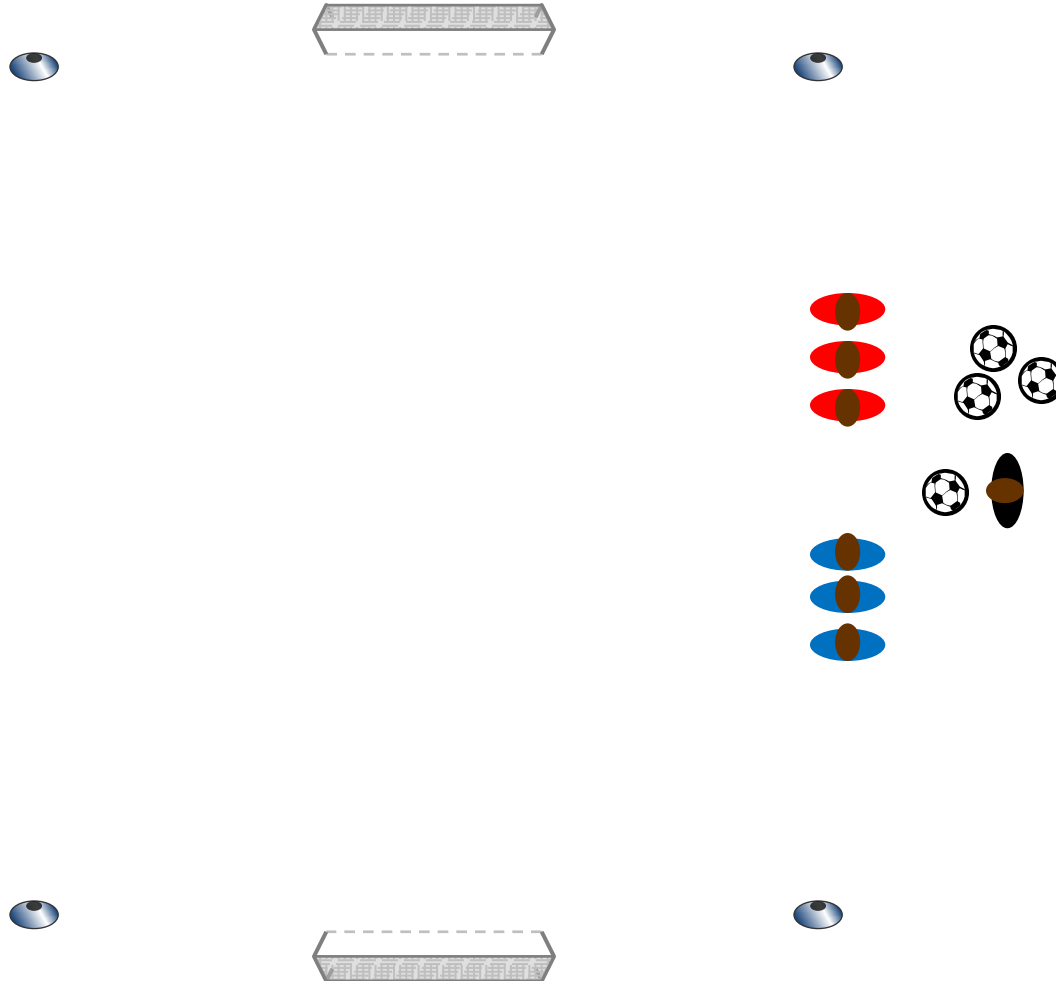
Coaches Phrases:

1- Take care of the ball.

2- Don't crash your car!



Session Topic	<i>1v1 Goals</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 22x20 yard grid

Equipment: 4 blue cones, 4 balls, 2 sets of pinnies.

Description: Create 2 teams of 3 or 4. On the side line, the teams line up face to face as shown. The coach plays the ball into the middles and the first 2 players play 1v1 and try to score and the next 2 go. Players can score in either goal.

Progression:

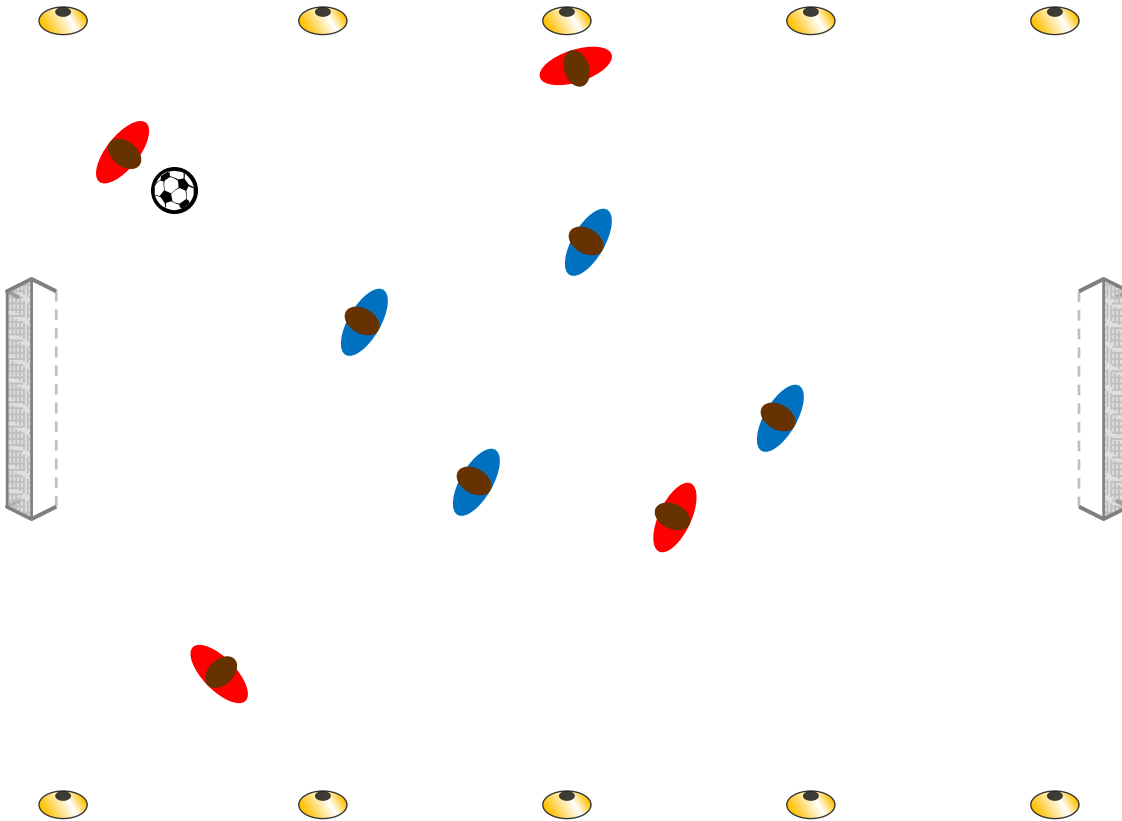
- 1- Coach can play a lofted ball out
- 2- Players must perform a turn before scoring
- 3 – Players must score in their opponents goal only.

Coaches Phrases:

- 1- Be quick and positive.
- 2- Be creative



Session Topic	<i>3v3/4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 5 – RUNNING WITH THE BALL

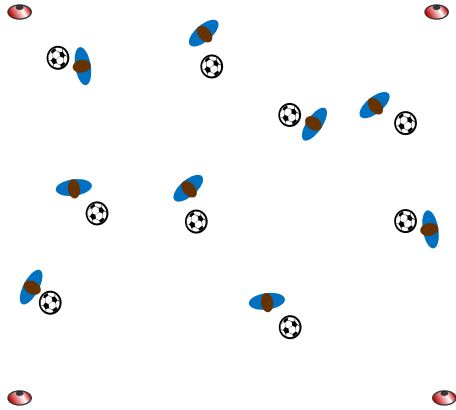
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Running with the Ball

TEL: 508-384-9206

Phase 1

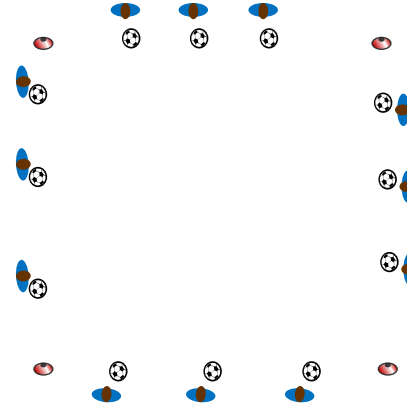


Description: Each player has a ball which will act as a paint brush. The players must dribble the ball all around the area "painting" the field. Encourage the players to use their imagination, change colors and paint shapes.

Progression:

- 1- Use other foot.
- 2- Use different parts of the foot
- 3- On the shout "change" players can change paint brushes "balls" with someone else.

Phase 2



Description: Players surround the outside of the grid. When the coach shouts a command the players will dribble across the box avoiding the players around them.

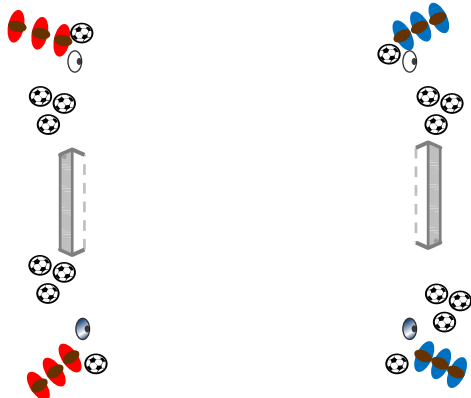
Commands:

- Fly – Players go quickly but carefully
- Sail – Players go slowly but not walking

Progression:

- 1- Use other foot
- 2- As the players are dribbling, call a direction (left, right, back) to force them to change direction.

Phase 3

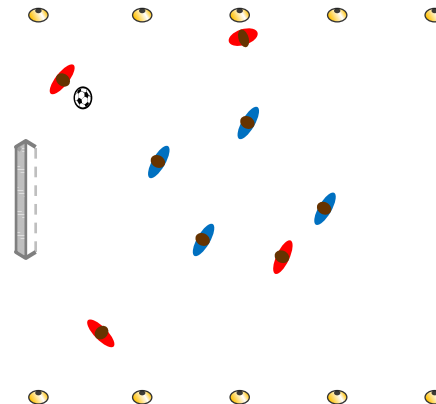


Description: Separate the players into 2 teams. Each player is given a number between 1 and 6. The coach will shout out a number, that player will run into the field and shoot in the opponent's goal.

Progression:

- 1-Use other foot
- 2- Make it a race
- 3- Call 2 numbers

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

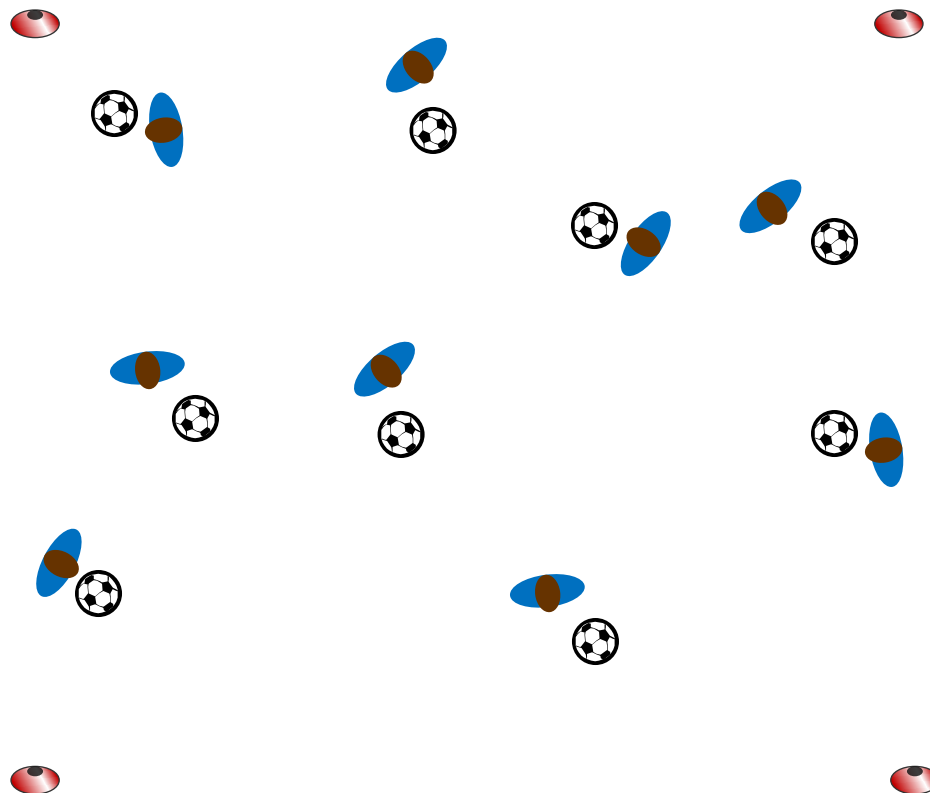
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>Paint the field</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Each player has a ball which will act as a paint brush. The players must dribble the ball all around the area “painting” the field. Encourage the players to use their imagination, change colors and paint shapes.

Progression:

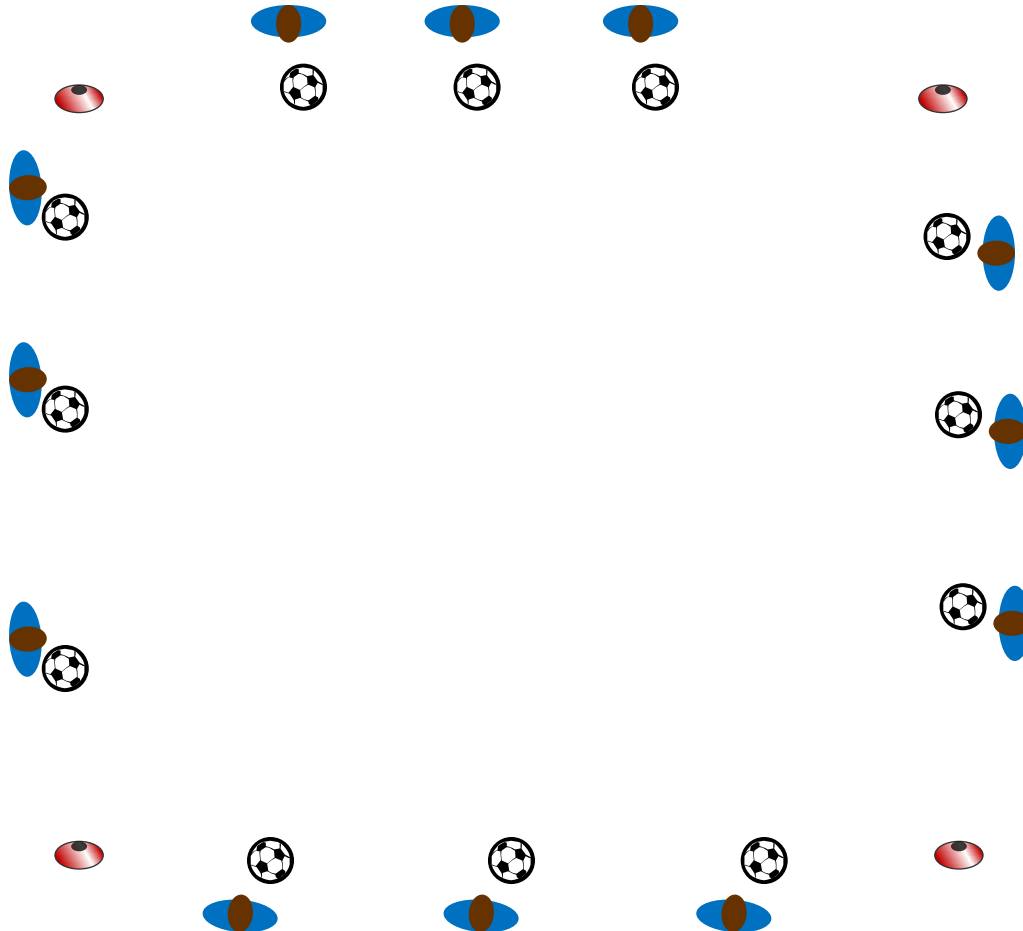
- 1- Use other foot.
- 2- Use different parts of the foot
- 3- On the shout “change” players can change paint brushes “balls” with someone else.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- Be creative and free to move around the grid.



Session Topic	<i>Around the World</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Players surround the outside of the grid. When the coach shouts a command the players will dribble across the box avoiding the players around them.
Commands:

Fly – Players go quickly but carefully

Sail – Players go slowly but not walking

Progression:

1- Use other foot

2- As the players are dribbling, call a direction (left, right, back) to force them to change direction.

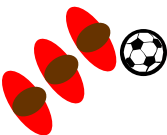
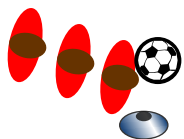
Coaches Phrases:

1- Keep the ball close – take care of it

2- What can you see? – Look up so you don't crash!



Session Topic	<i>Numbered Shooting</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 22x16 yard grid

Equipment: 4 blue cones, 1 ball each.

Description: Separate the players into 2 teams. Each player is given a number between 1 and 6. The coach will shout out a number, that player will run into the field and shoot in the opponent's goal.

Progression:

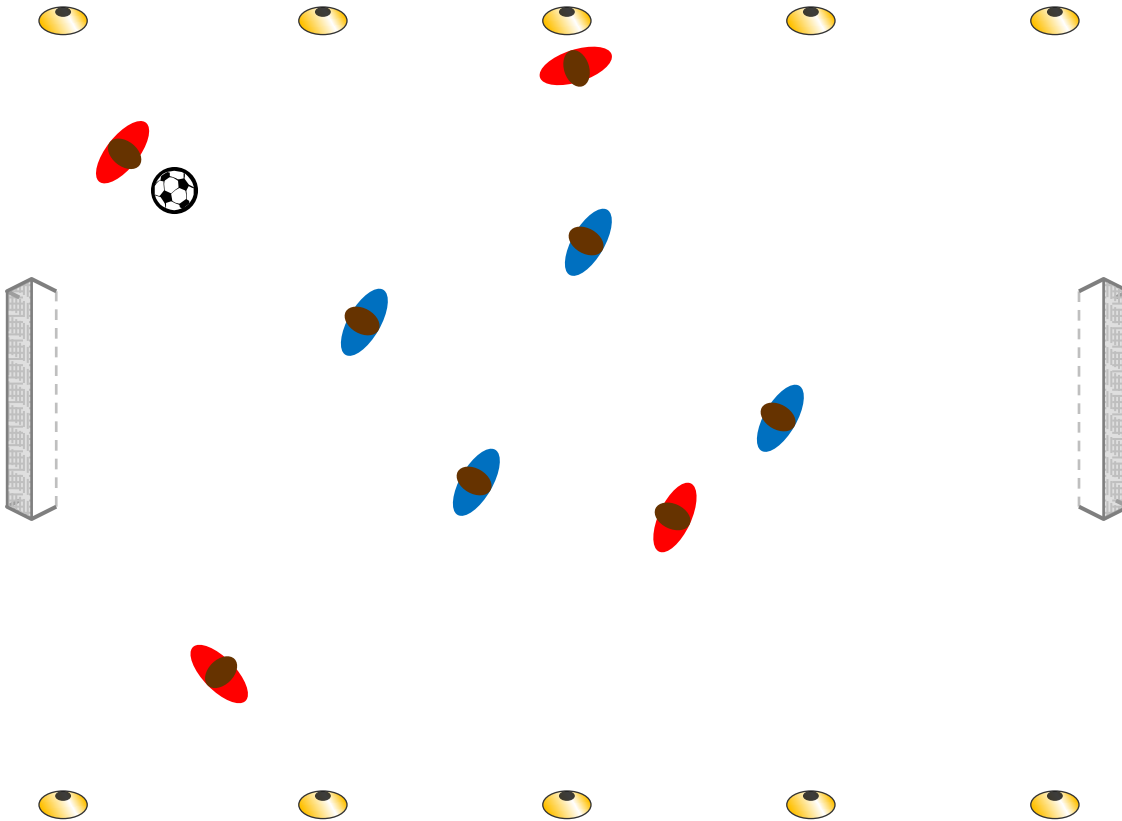
- 1-Use other foot
- 2- Make it a race
- 3- Call 2 numbers

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – choose to move the ball away from pressure so you have a clear shot.



Session Topic	<i>3v3/4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 6 – CLOSE CONTROL DRIBBLING

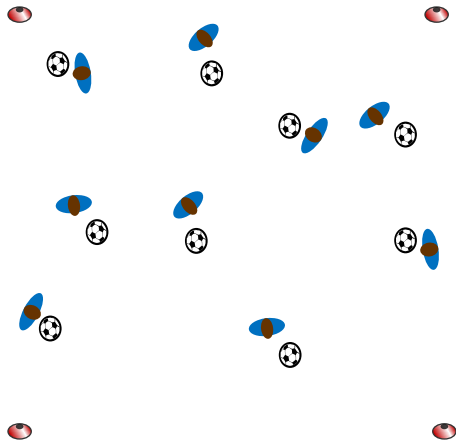
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Close Control Dribbling

TEL: 508-384-9206

Phase 1

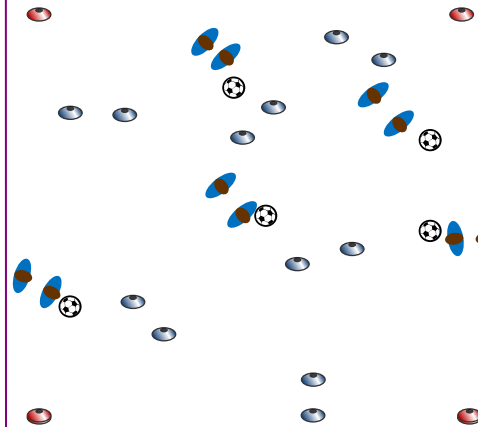


Description: Each player dribbles their ball in the grid. The coach will call out a part of the body, the players must stop the ball with that body part.

Progression:

- 1- The player must shout "NO!" if the coach commands "Hand!"
- 2- Use other foot
- 3- Use different parts of the foot to move the ball

Phase 2

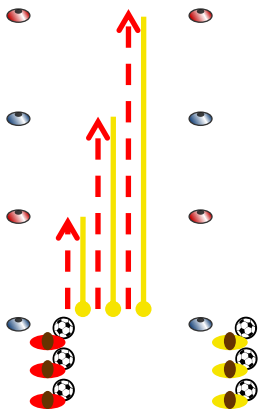


Description: Separate players into pairs. 1 player has a ball in the front and the player at the back just follows. Every time the players get to a gate they must pass the ball through and the roles reverse.

Progression:

- 1- Complete 3 passes at every gate.
- 2- Give a ball to each player and the players just dribble through as many gates in 90 seconds

Phase 3

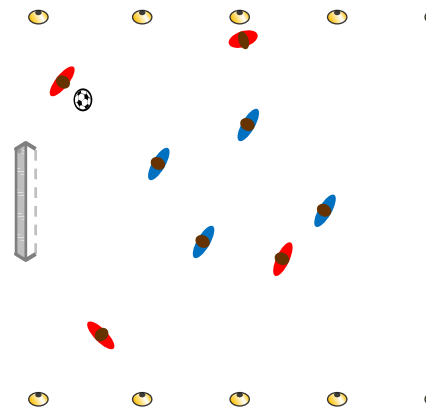


Description: Players are separated into groups of 3. The first player must dribble their ball to the first cone, the second player to the second cone and the 3 third player to the third cone. The players must then bring the balls back to complete the round by the first player collecting the furthest ball, the second player retrieving the middle ball and the last player collecting the closest ball.

Progression:

- 1- Use the opposite foot
- 2- Use different parts of the foot.
- 3- Make it a competition and a RACE

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

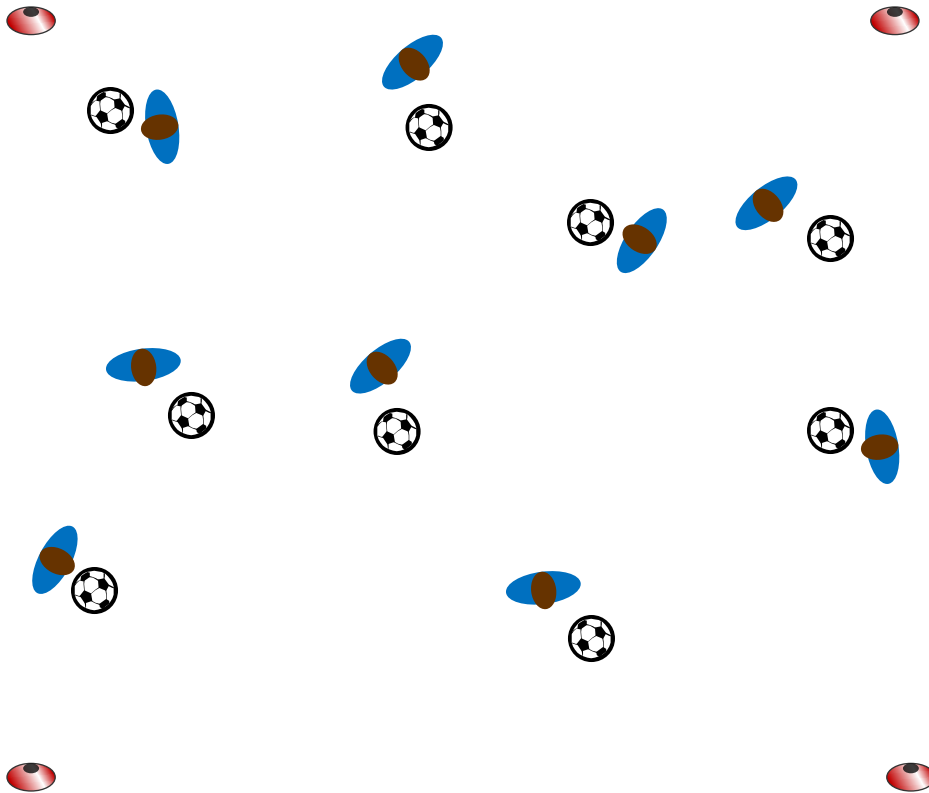
Coaches Phrases:

Be positive.
Talk rarely.
Don't correct position or decision making.
Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>Body Ball</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Each player dribbles their ball in the grid. The coach will call out a part of the body, the players must stop the ball with that body part.

Progression:

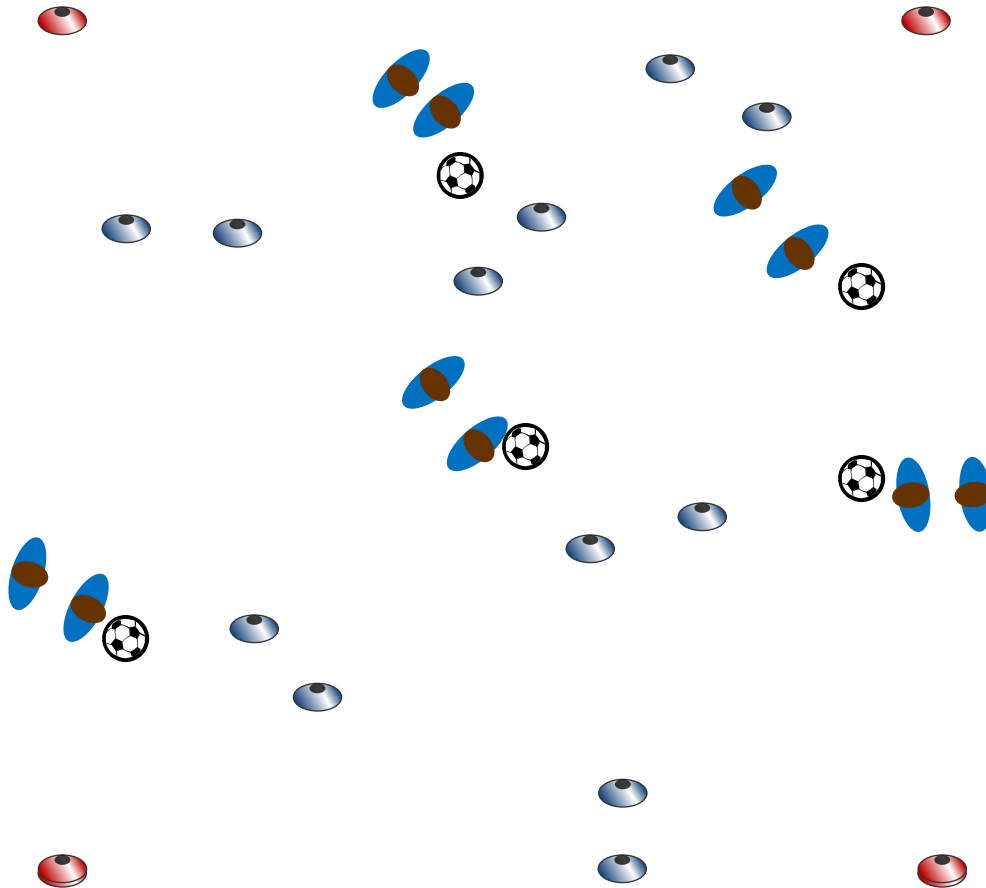
- 1- The player must shout “NO!” if the coach commands “Hand!”
- 2- Use other foot
- 3- Use different parts of the foot to move the ball

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up to see if you can find space.



Session Topic	<i>Follow the Leader</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red and 12 blue cones, 1 ball per pair.

Description: Separate players into pairs. 1 player has a ball in the front and the player at the back just follows. Every time the players get to a gate they must pass the ball through and the roles reverse.

Progression:

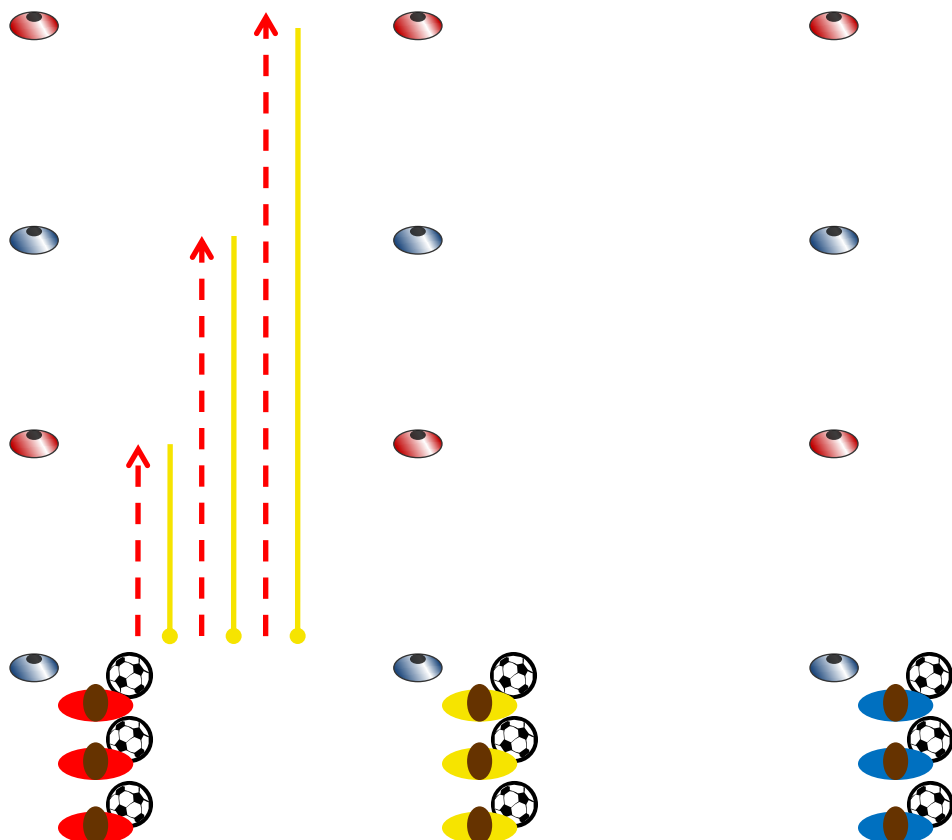
- 1- Complete 3 passes at every gate.
- 2- Give a ball to each player and the players just dribble through as many gates in 90 seconds

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up so you can identify open gates.



Session Topic	<i>Revs Relay</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 8 red and 8 blue cones, 1 ball each, 3 sets of pinnies.

Description: Players are separated into groups of 3. The first player must dribble their ball to the first cone, the second player to the second cone and the third player to the third cone. The players must then bring the balls back to complete the round by the first player collecting the furthest ball, the second player retrieving the middle ball and the last player collecting the closest ball.

Progression:

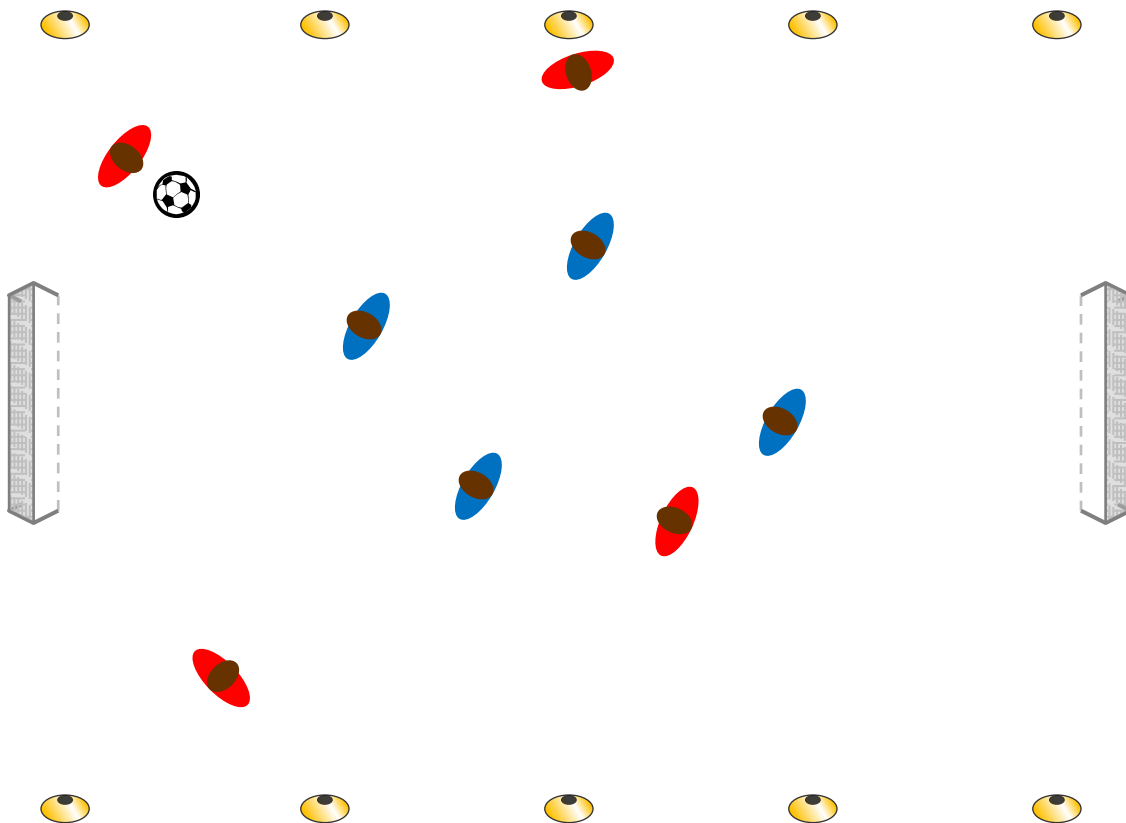
- 1- Use the opposite foot
- 2- Use different parts of the foot.
- 3- Make it a competition and a RACE

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Look up and stop the ball dead next to the cone



Session Topic	<i>4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 7 – SPEED DRIBBLING

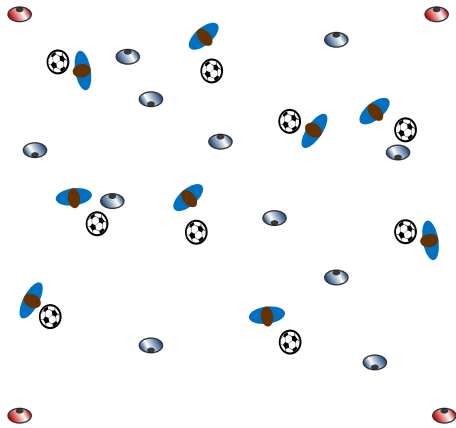
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Speed Dribbling

TEL: 508-384-9206

Phase 1

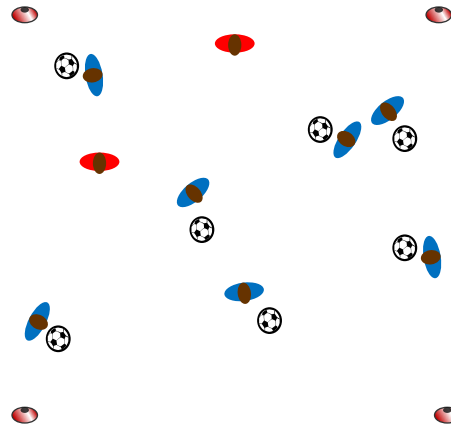


Description: Players begin with no ball and run around grid flipping over the “cups and saucers”.

Progression:

- 1- Introduce Ball
- 2- Use other foot
- 3- Create 2 teams, the cups and the saucers. The cups must make all the cones look like , and the saucers like .

Phase 2

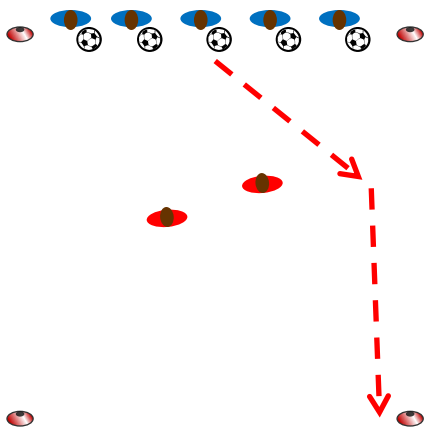


Description: Designate 2-3 players to be catchers. The players must dribble around the grid. When the coach shouts “GO FISH” the catchers will enter the box and kick the players' balls away. The catchers stop when the coach shouts “RUN”. If a player's ball is kicked away, the player retrieves it and performs 5 toe taps before returning into the grid.

Progression:

- 1- Use both feet
- 2- Introduce more catchers

Phase 3

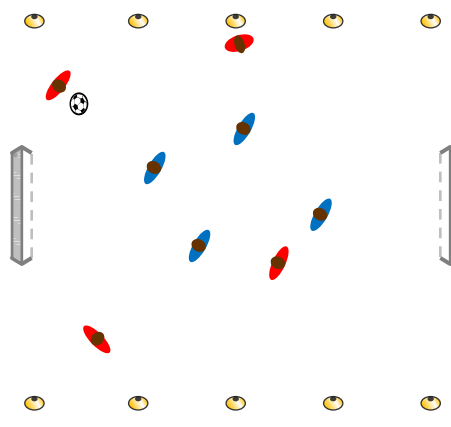


Description: Designate 2 players to become the catchers, these players will be the sharks. The other players line up on one side of the grid, these players are “Nemo”. Nemo must try to dribble from one side of the ocean to the other then stop. The sharks must try to kick their ball out the grid. If successful that player simply gets their ball and remains a Nemo. Change to sharks after 5 runs.

Progression:

- 1- Increase the number of Sharks.
- 2- Make it a competition to see who gets caught the least amount of times.
- 3- Make it a competition, if you get caught, you become another shark.

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

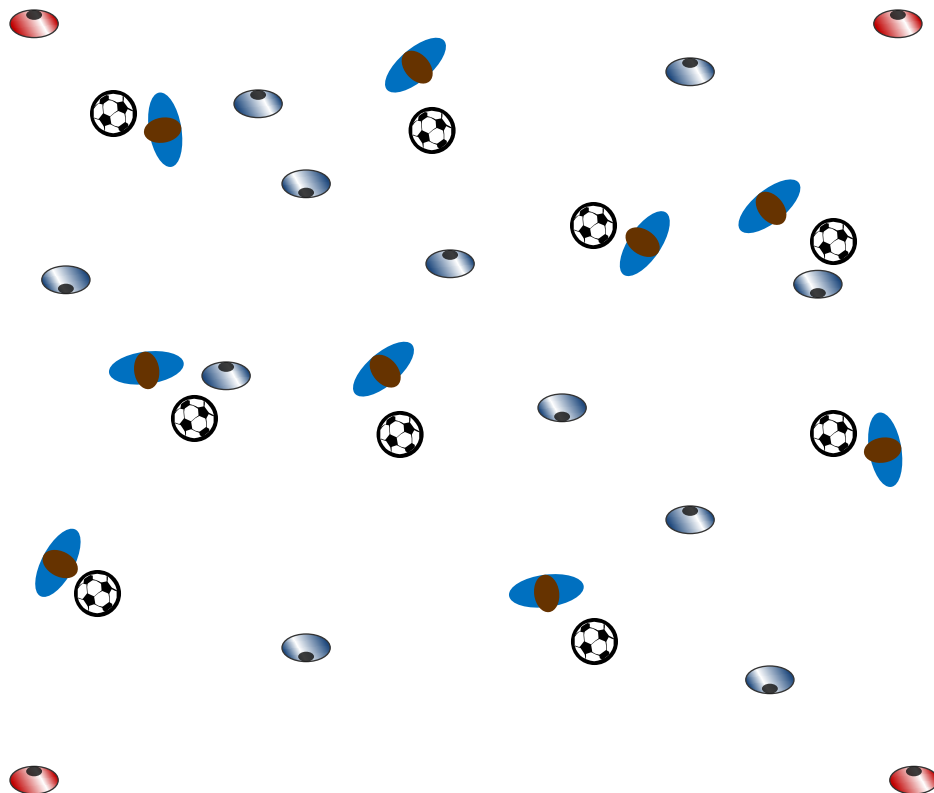
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>Cups and Saucers</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Players begin with no ball and run around grid flipping over the “cups and saucers”.

Progression:

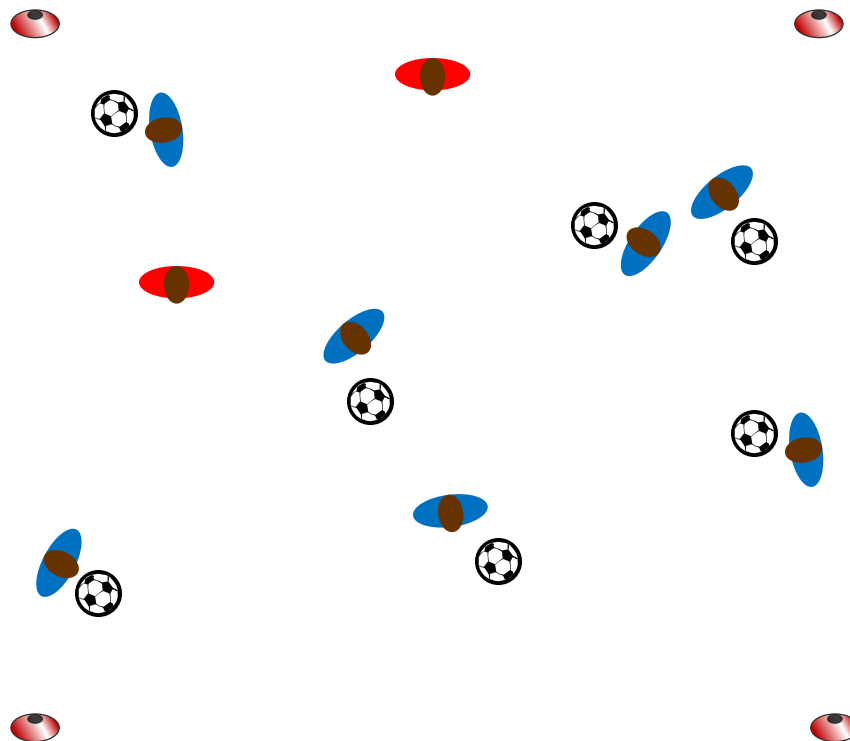
- 1- Introduce Ball
- 2- Use other foot
- 3- Create 2 teams, the cups and the saucers. The cups must make all the cones look like , and the saucers like .

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – react quickly and maneuver the ball to the cone you need to flip



Session Topic	<i>Go Fish</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Designate 2-3 players to be catchers. The players must dribble around the grid. When the coach shouts “GO FISH” the catchers will enter the box and kick the players' balls away. The catchers stop when the coach shouts “RUN”. If a player’s ball is kicked away, the player retrieves it and performs 5 toe taps before returning into the grid.

Progression:

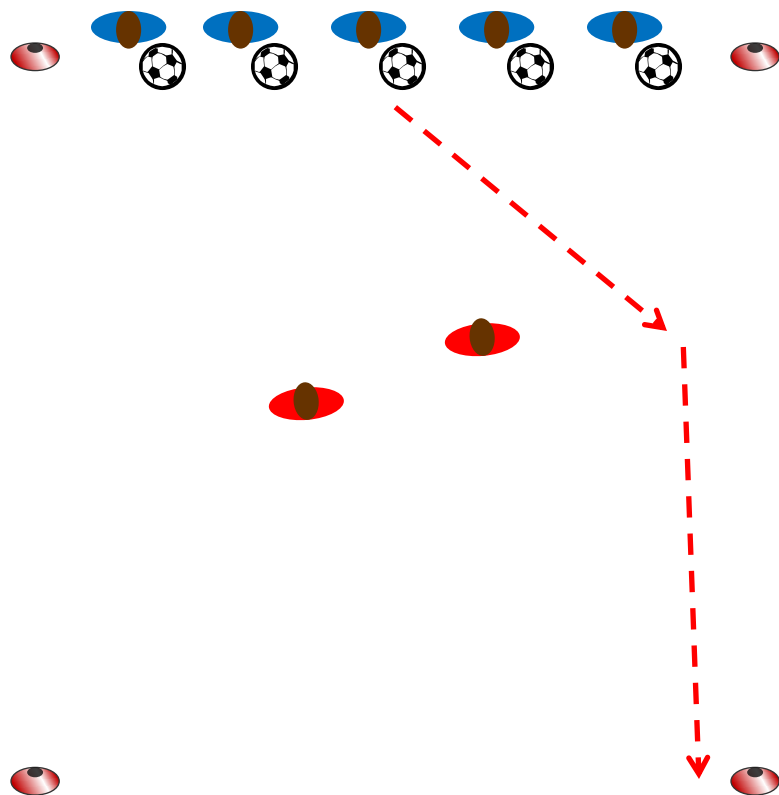
- 1- Use both feet
- 2- Introduce more catchers

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – protect the ball as the catchers try to kick it out.



Session Topic	<i>Finding Nemo</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Designate 2 players to become the catchers, these players will be the sharks. The other players line up on one side of the grid, these players are “Nemo”. Nemo must try to dribble from one side of the ocean to the other then stop. The sharks must try to kick their ball out the grid. If successful that player simply gets their ball and remains a Nemo. Change to sharks after 5 runs.

Progression:

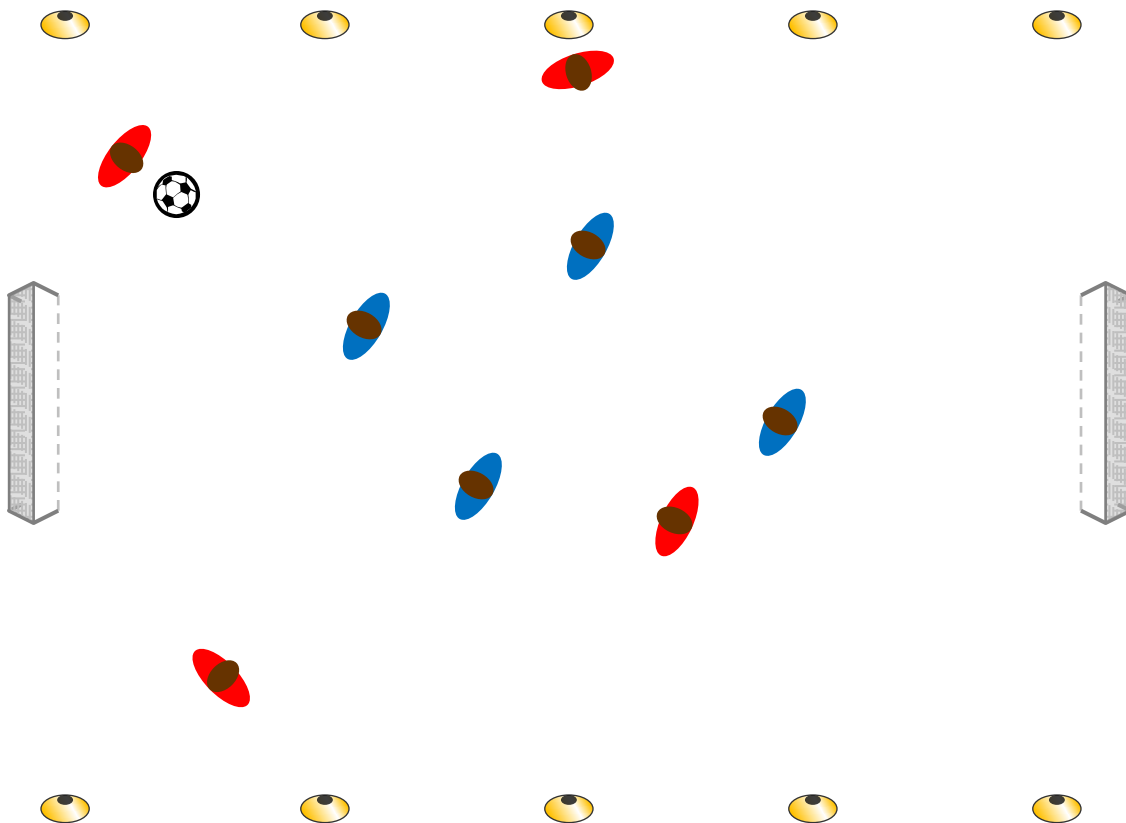
- 1- Increase the number of Sharks.
- 2- Make it a competition to see who gets caught the least amount of times.
- 3- Make it a competition, if you get caught, you become another shark.

Coaches Phrases:

- 1- Keep the ball close – take care of it
- 2- What can you see? – Avoid the on coming shark



Session Topic	<i>4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!





COACHING BEGINNERS DEVELOPMENT PROGRAM

SESSION 8 – TURNING WITH THE BALL

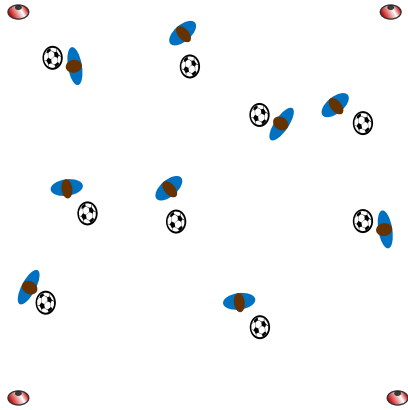
SESSION OVERVIEW

E-MAIL : revolutionacademy@revolutionsoccer.net

Turning with the Ball

TEL: 508-384-9206

Phase 1

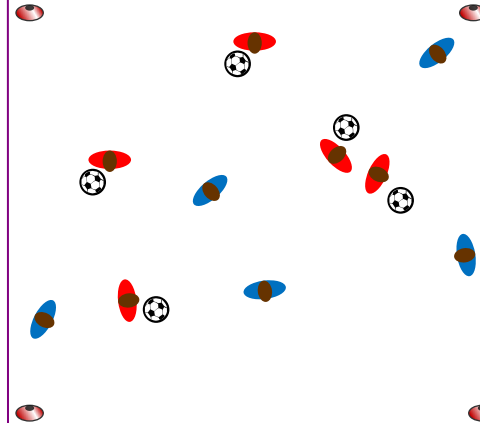


Description: Players must react to the coach's commands while dribbling around the grid. The coach will call out a number from 1 through 10. Players will perform the skill and continue dribbling.

Progression:

- 1 = Run - with the ball
- 2 = Shoe - tap ball with sole of foot
- 3 = Knee - tap ball with knee
- 4 = Score - shoot at the goal
- 5 = Dive - dive like a goalie
- 6 = Tricks - perform a soccer trick
- 7 = Heaven - throw ball above head and control it on ground
- 8 = Mate - change balls with a friend
- 9 = Mine - protect your ball but kick everyone else's away
- 10 = Do it all again! - at home

Phase 2

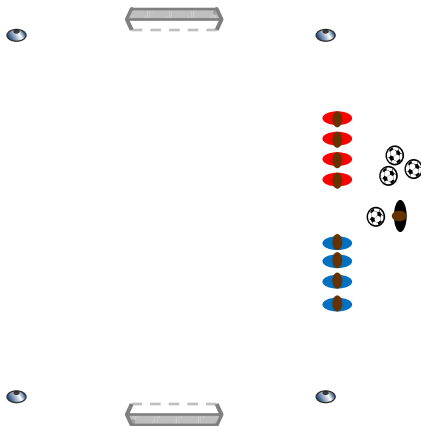


Description: Create 2 teams, one with a ball each the other without. The group with the ball will try and tag the opposition by passing the ball on the ground and hitting the opposition below the knee. The ball must stay on the ground at all times. Players struck by the ball must stand with their legs open and wait for a teammate to crawl through and free them. Continue for 90 seconds and switch roles.

Progression:

- 1- All players must have balls and both teams can shoot. If a player is hit the must remain frozen.

Phase 3

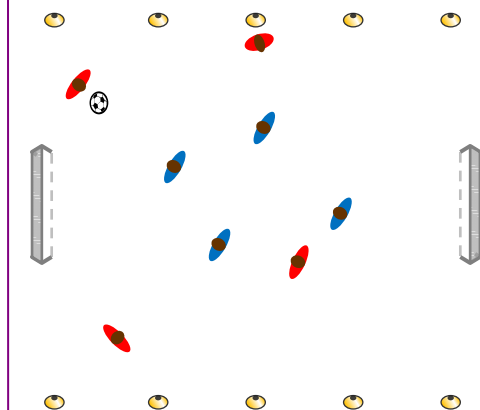


Description: Create 2 teams of 4. on the side line, the teams line up face to face as shown. The coach plays the ball into the middles and the first 2 players from each team play creating a 2v2 and try to score and the next 2 go. Players can score in either goal.

Progression:

- 1- Coach can play a lofted ball out
- 2- Players must perform a turn before scoring
- 3 – Players must score in their opponents goal only.

Phase 4



Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

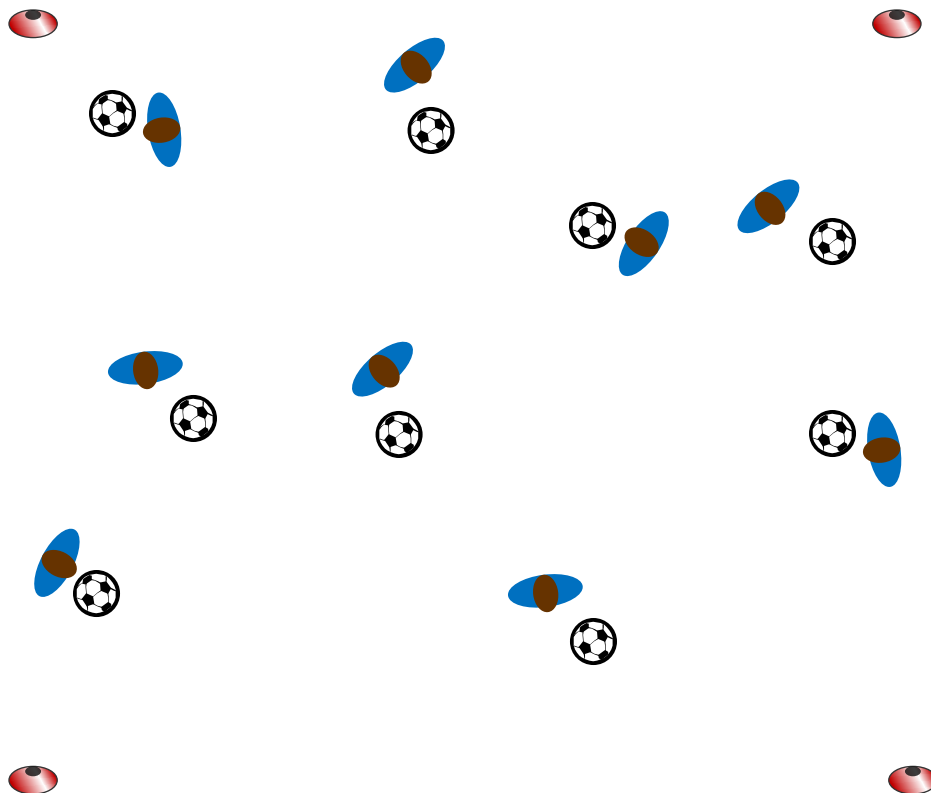
Coaches Phrases:

- Be positive.
- Talk rarely.
- Don't correct position or decision making.
- Encourage to dribble, dribble, dribble.

Cheer when the opposition score!



Session Topic	<i>10 Steps to Soccer</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 1 ball each.

Description: Players must react to the coach's commands while dribbling around the grid. The coach will call out a number from 1 through 10. Players will perform the skill and continue dribbling.

Progression:

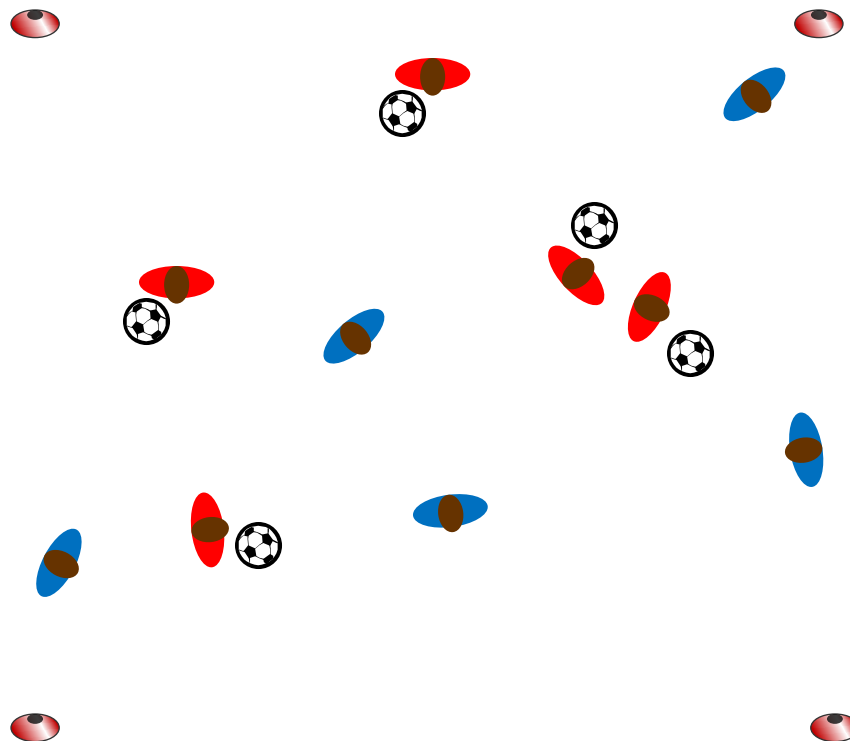
- 1 = Run - with the ball
- 2 = Shoe - tap ball with sole of foot
- 3 = Knee - tap ball with knee
- 4 = Score - shoot at the goal
- 5 = Dive - dive like a goalie
- 6 = Tricks - perform a soccer trick
- 7 = Heaven - throw ball above head and control it on ground
- 8 = Mate - change balls with a friend
- 9 = Mine - protect your ball but kick everyone else's away
- 10 = Do it all again! - at home

Coaches Phrases:

1- Keep the ball close and respond quickly!



Session Topic	<i>Soccer Dodge ball</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 16x16 yard grid

Equipment: 4 red cones, 5 balls, 2 groups

Description: Create 2 teams, one with a ball each the other without. The group with the ball will try and tag the opposition by passing the ball on the ground and hitting the opposition below the knee. The ball must stay on the ground at all times. Players struck by the ball must stand with their legs open and wait for a teammate to crawl through and free them. Continue for 90 seconds and switch roles.

Progression:

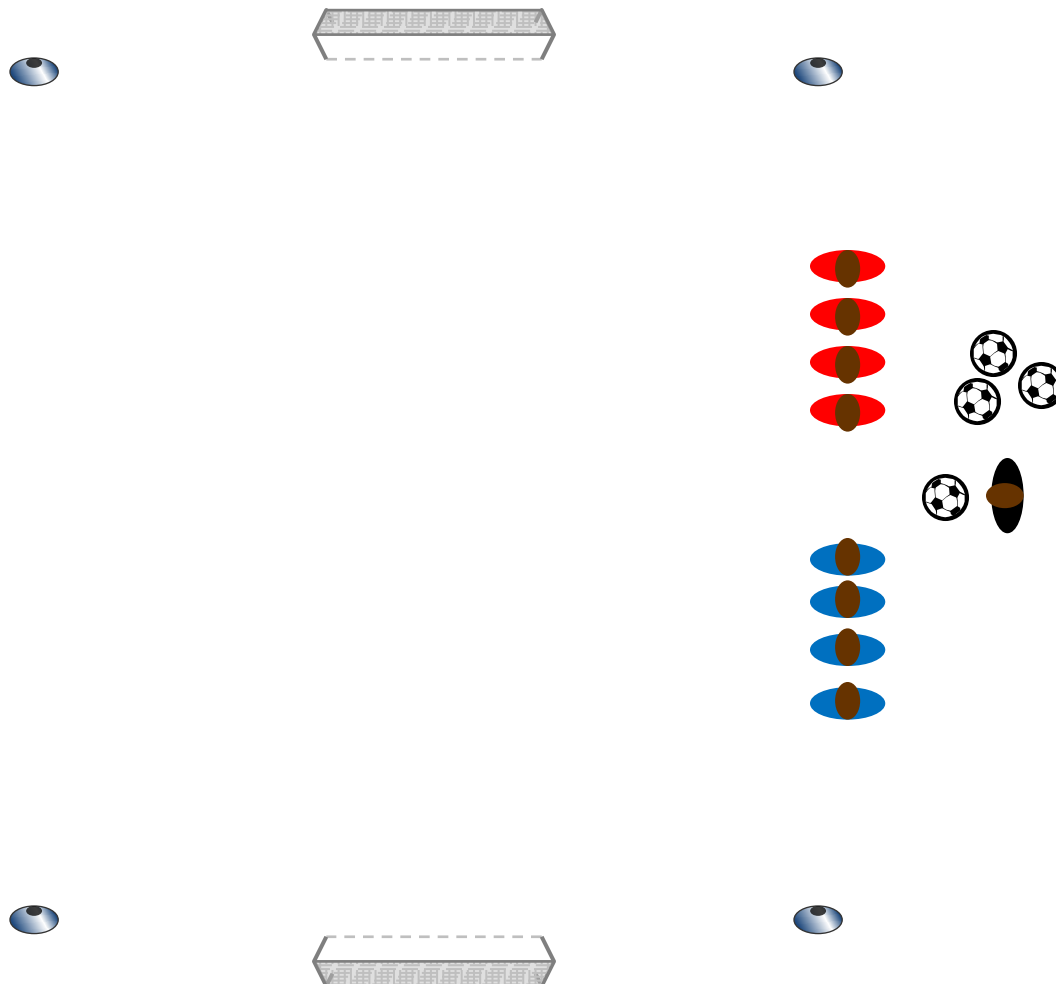
1- All players must have balls and both teams can shoot. If a player is hit they must remain frozen.

Coaches Phrases:

1- Keep the ball close – take care of it.
2- What can you see? – Judge the pace of the ball.



Session Topic	<i>2v2 Goals</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>1 – Related Warm-Up</i>	TEL: 508-384-9206



Area: 22x20 yard grid

Equipment: 4 blue cones, 4 balls, 2 sets of pinnies.

Description: Create 2 teams of 4. on the sideline, the teams line up face to face as shown. The coach plays the ball into the middles and the first 2 players from each team play creating a 2v2 and try to score and the next 2 go. Players can score in either goal.

Progression:

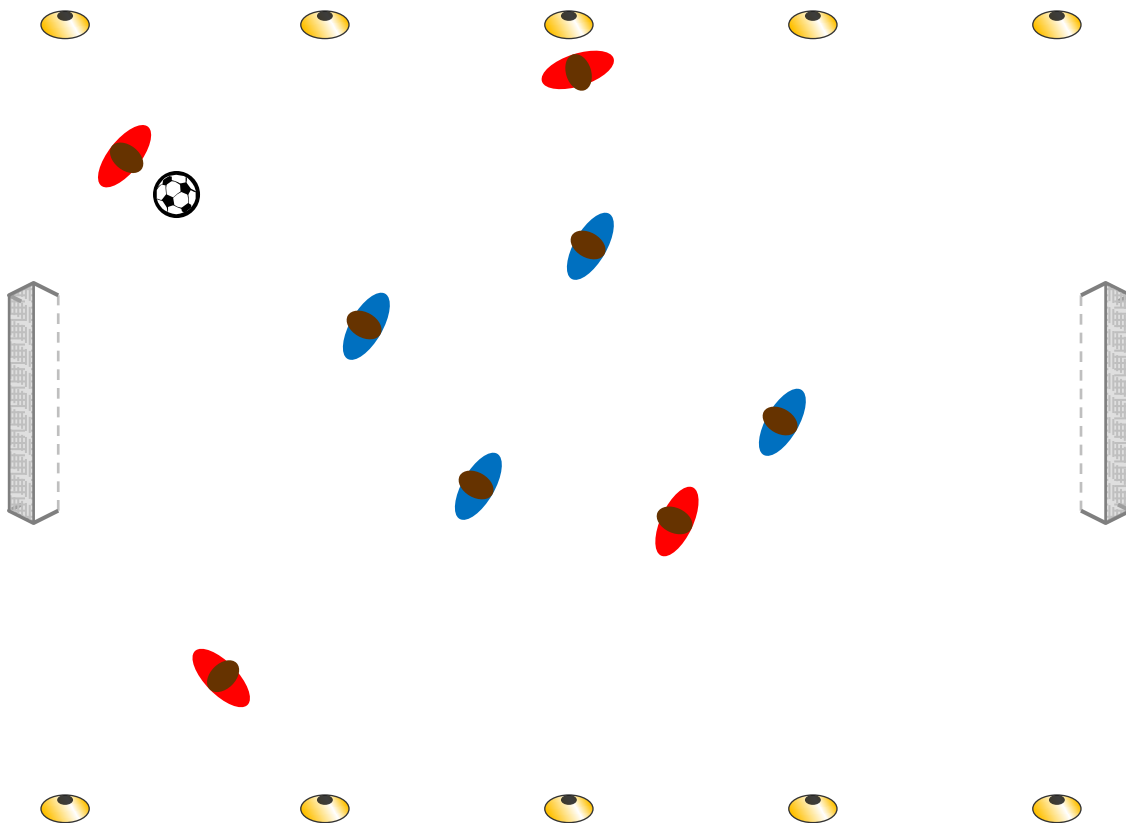
- 1- Coach can play a lofted ball out
- 2- Players must perform a turn before scoring
- 3 – Players must score in their opponents goal only.

Coaches Phrases:

- 1- Be quick and positive.
- 2- Be creative



Session Topic	<i>4v4 Game</i>	E-MAIL : revolutionacademy@revolutionsoccer.net
Session Phase	<i>4 - Game</i>	TEL: 508-384-9206



Area: 40x22 yard field

Equipment: 10 yellow cones, 1 ball.

Description: Games will be played either 3v3 for U6 and 4v4 for U7. This is a regular soccer game.

Coaches Phrases:

Be positive.

Talk rarely.

Don't correct position or decision making.

Encourage to dribble, dribble, dribble.

Cheer when the opposition score!

