



COACHING U7-U9

Complete Session Plans For U7-U9 Teams



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Coach's Portfolio

Trainer Information

Name of Coach:

Club:

Age Group:

Position at Club (Title):

Number of Years with Club:

Describe in a few sentences your Coaching Philosophy

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Where do you see yourself in five years?

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Contents

Soccer Coaching Goals

The role of the coach

Aim of the coach's portfolio

Long Term Development Model

Coaches Roles and Responsibility

Stage 2 – U7 – U9 Session Plans

Soccer Coaching Goals

We intend to provide an environment in which players, parents, and coaches are proud to be associated with the game of Soccer. We believe in open communication and try to ensure that everyone has fun, works hard and enjoys each season. The object is to provide the coaches with an extremely positive experience while building strong soccer players and playing soccer.

For the players, the environment will be challenging, motivating, and fun. It will require a serious commitment on their part and their parents must be prepared to support their child's commitment. The goal is to prepare our players for the future, both on and off the field. We teach them the critical fundamentals of soccer. Ball handling skills, passing, and positioning on the field is stressed over and over again, as these techniques are critical for success in all levels of play. Equally, if not more importantly, we reinforce non-soccer specific skills such as communication, teamwork, time management, responsibility, discipline and respect for all players. The goal is to grow each of our players both as individuals and as soccer players.

Our belief is that solid, committed players who benefit from positive coaching, an atmosphere of respect and teamwork, and strong support, will ultimately result in a successful training program. It is our belief that with strong commitments from our coaches the success of our training program will continue to develop and grow.

Yours in soccer,

A handwritten signature in black ink. The first part of the signature is a large, stylized 'A' that encloses the letters 'AL'. To the right of this, the name 'Donnery' is written in a cursive script.

Andrew Donnery

The Role of the Coach

Coaches need to conduct themselves first as teachers and second as soccer coaches. Nothing positive will come of your efforts if you produce world-class players who do not know how to conduct themselves as successful human beings. In this regard, you need to expect coaches to conduct themselves as positive role models and display appropriate behavior. Coaches need to recognize they are dealing in an important way with young people and cannot overlook the impact they have on player's lives.

Coaches are responsible for the conduct of the team on and off the field when the team is together and part of a club event. We insist our players on the teams we train be polite, well behaved, and respectful. Players and parents can expect honesty, communication, consistency, and reliability from the Coach.

Coaches who have been responsible for helping develop numerous states, regional, and national caliber players, many of whom receive college scholarships and play on top college and national team have raved about the portfolio. This portfolio will enable you to give players the tools and skills to enable them to become as good as their ability; desire, commitment, and effort take them.

The portfolio Coaches are responsible to create an environment where players can play quality soccer. The soccer we play will be taken very seriously. We recognize there are things more important in life than soccer. In terms of priority, family and school work come first. However, if the coaches see players are not willing to put your soccer above other recreational activities during the season, it may affect their playtime.

The coach along with the club's coaching staff is responsible for player selection, player positioning (line-up), player participation (playing time), team direction and team strategy. Playing time will be determined by a player's work ethic (during practices and games), attendance at practice and games, timeliness, general progress, attitude and ability. The coach will make this determination.

It is important for players and parents to understand that soccer is a player's game. Once players reach a certain level of skill, maturity, and experience, they become more important to the team's success than the Coach.

Aim of the coach's portfolio

The coach's portfolio is designed for the career professional who is interested in educating themselves in the development of the game of soccer. The coaches gain valuable on the job training and experience. You will benefit having access to the portfolio and an extensive support network and receive considerable assessments on their way to helping you succeed in your coaching career.

This portfolio helps track and evaluate your coaching season and also helps you constantly re-assess and evaluate your coaching career.

Objective

To help you prepare, organize and for you to be able to critical evaluate your training sessions

For you to successfully understand the need for different development focuses at each group

To help you understand the role of the coach within the club environment

To help you operate effectively using a wide array of talents, for dealing with club officials, parents and players

To help you become a better coach by helping with time management, session preparation and organizational help

To create a portfolio of experience that can be used to help you continue your professional development

Long Term Development Model

The Club Development Plan aims to provide the overall strategic framework for the development of our players, parents, coaches & club. Successful clubs have a well defined organizational structure, detailed player and coach development programs, and excellent administration.

The Club Development Plan covers the following areas:

- Structured program for player development (Long Term Development Model)
- Evaluation of players within your club
- Coach Education
- Parent Education
- Recruitment of players and coaches

The following are important elements of the Long Term Development Model:

Age Group & Soccer Age - Players are typically organized by chronological age, however it is essential to consider their soccer age (soccer competence). This is generally regarded as ranging from +/- 2 years of the chronological age.

Player & Coach Assessment - Often it is assumed that players and coaches have attained the skills and knowledge to progress to the next level or age group. Regular assessment with developmental objectives is extremely important in ensuring that players and coaches receive the correct level of instruction and support.

Developmental Focus – The long term development model identifies 5 areas for player development – technical, tactical, social, psychological and physical. Coaching plans should clearly incorporate all 5, with a change in emphasis at each stage.

Coaching Time - The level of coaching exposure players receive correlates significantly to their success in soccer. The long term development model provides recommendations for minimum and maximum coaching hours at each stage of development. Equally important to the players' development is the quality of coaching.

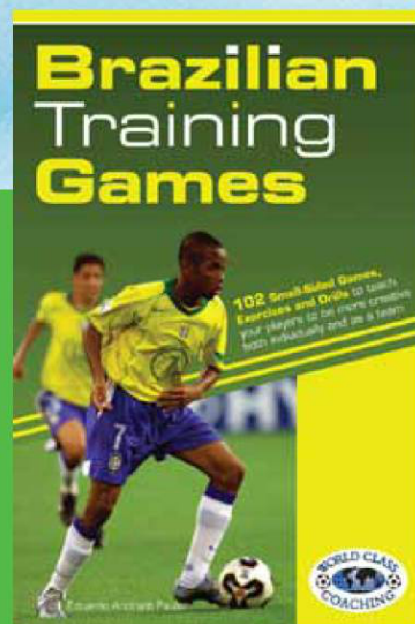
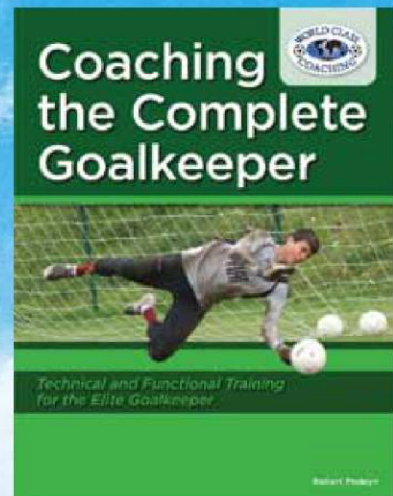
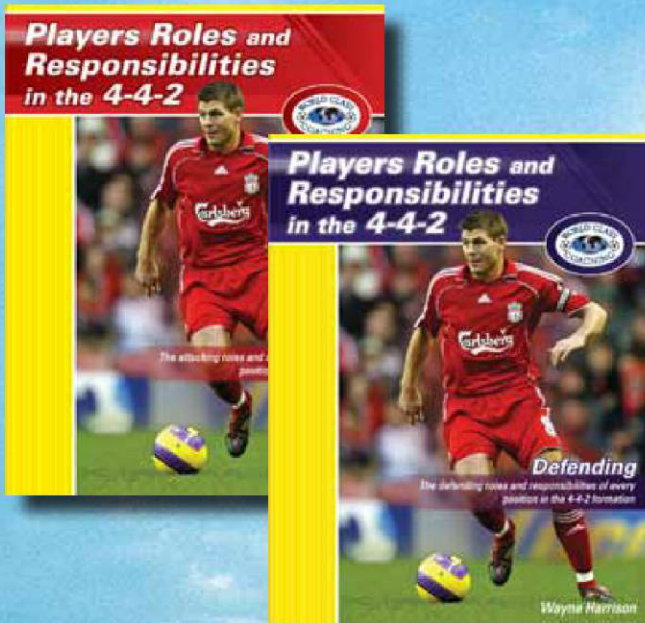
Training Format - Small sided game formats are extremely effective in developing ball skill and game awareness, as players have increased opportunity to have contact with the ball. In stages 4 and 5 the training format enables coaches to introduce small sided games and phases of play, without the pressures of 11 v 11.

Players Per Session - To determine the appropriate number of players participating in a training session, a coach must consider the players' stage of development (attentiveness, ability to follow instructions, etc.), organizational considerations, and the focus on individual and team play.

Specialist Training - As players progress through the developmental stages, the need to focus on specific aspects of the game increases. Position training such as goal-keeping becomes important at stage 3, and rotating players through positions is important in stages 1 to 3

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4 Stage Long Term Player Development Model

Development Focus	Stage 1	Stage 2	Stage 3	Stage 4
Age Group	U5 - U6	U7 - U9	U10 - U13	U14 - U18
Soccer Age (Development)	2 years + or -	2 years + or -	2 years + or -	2 years + or -
Coaching Time Annually	40 - 90 hours	100 - 200 hours	150 - 500 hours	150 - 720 hours
Developmental Focus	1. Social - 60% 2. Technical - 30% 3. Psychological - 5% 4. Physical - 5% 5. Tactical - 0%	1. Technical - 60% 2. Social - 15% 3. Physical - 15% 4. Tactical - 5% 5. Psychological - 5%	1. Technical - 45% 2. Tactical - 25% 3. Physical - 10% 4. Psychological - 10% 5. Social - 10%	1. Tactical - 35% 2. Psychological - 20% 3. Technical - 20% 4. Physical - 20% 5. Social - 5%
Specialist Training	General	All Position Training	Specific Position Training	Groups, Units, Whole Team
Players Per Session	12	12 to 15	14 to 18	18 - 22
Training Format	1 v 1 to 3 v 3	1 v 1 to 6 v 6	4 v 4 to 9 v 9	4 v 4 to 11 v 11
Player Assessment	2 per year	3 per year	4 per year	8 per year
Coach Assessment	2 per year	2 per year	2 per year	2 per year
Coach Certification (Minimum)	Youth Module	Youth Module	E/D License	C+ License



The Continuum of Development

Areas of Player Development Focus

Technical	Soccer Psychology	Soccer Physiology	Soccer Sociology	Tactical
Soccer Intelligence	Confidence	Strength	Roles & Responsibility	Principles of Defending/Attacking
Technique (Ball Manipulation)	Concentration	Speed & Reaction	Coach/Parent/Player Relationship Interaction	Defending as a Team, Unit & Individual
Skill Acquisition	Commitment	Movement Skills	Ethics	Attacking as a Team, Unit & Individual
Teamwork	Communication	Physical Maturity Stage	Morals	Systems of Play
Understanding	Mental Control	Power	Previous Opportunity	Patterns of Play
	Player Expectations	Agility	Self Concept	Movements On & Off the Ball
	Routine	Speed Endurance	Team Cohesion	Creating & Exploiting Space
	Anxiety	Fatigue	People Skills	Set Plays
	Resilience			
	Thinking Clearly Under Pressure			

Coaches Roles and Responsibilities

Coaches Portfolio – to update and complete practice attendance, session plans and critique, match evaluations, coaches meetings, club meetings, coach assessment, issues and problems etc

Coach/Role of the coach – to attend/complete practice attendance of players, player evaluations, team evaluations, curriculum, substitute coaches – procedure, professional

Coaches will have their sessions evaluated per month by their mentor/doc – coach will receive a detailed evaluation and a copy will be kept on file

Weekly Progress Meetings with Mentor/DOC – location will be announced by mentor/doc

Coach will bring the following to the meeting:

Session plans they have conducted plus notes on how the session went

Player Evaluations

Practice attendance of players

Match Evaluations (if applicable)

Any other information regarding issues/problems or questions they have

Coaches will bring their coaches practice assessment by the Region DOC

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Session plans they have conducted plus notes on how the session went

Player Evaluations

Practice attendance of players

Match Evaluations (if applicable)

Any other information regarding issues/problems or questions they have

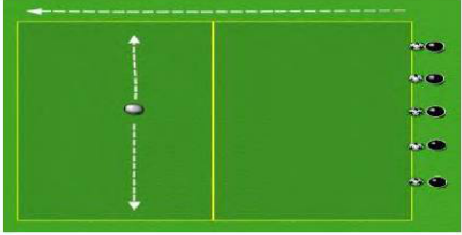
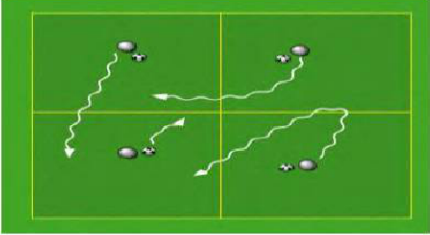
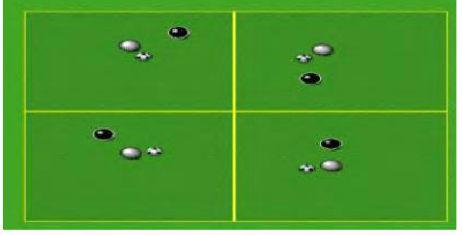
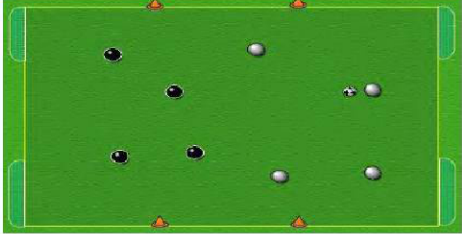
Coaching practice assessment by the Mentor/DOC

Stage 2 U7 – U9

Session Plans

Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN:	001	TOPIC	Dribbling 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Farmer Giles	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yards Everyone has a ball besides the “farmer” Players with ball have to dribble across without the farmer tagging them		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
12 min	SESSION 2	Ping	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yards area (10 yd grids). Everyone has a ball in their own grid. Players have to keep control of their ball and kick their opponents ball out. Must have your ball close to you when kicking opponents ball out. If your ball is kicked on return juggle for 2-5 times.		Decision making Movement education Repetition in ball touches Awareness Water break after activity.	
12 min	SESSION 3	1 v 1 Keep ball	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yards (10 yd grids). One player has a ball, one without in their own grid Players have to keep control of their ball and not let their partner get it. If partner gets it, they keep it. Play for 20 seconds, when coach stops player with the ball gets a point. Change partners after 1 minute		Decision making Movement education Repetition in ball touches Awareness	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

Was the area used appropriate for age and number of players?

If no, what would you do different and why?

Were you properly prepared for the session? Yes No

If no, what would you different and why?

What approach and coaching style worked with this group?




Did you feel this session improved your players, and how?

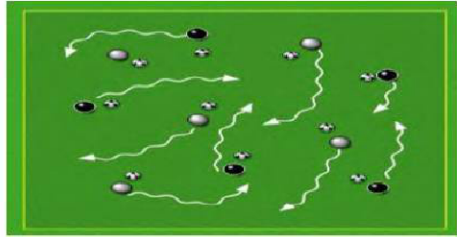
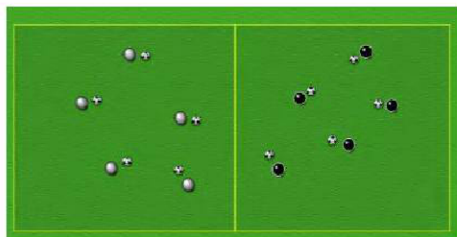

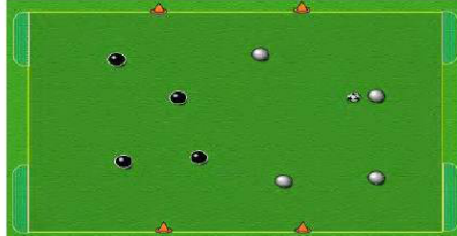
Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN:	002	TOPIC	Dribbling 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Freestyle 1	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>30 x 30 yards. Every player has a ball</p> <p>Coach calls out, dribble, with left/right, stop, turn (different types of turns), dribble into space and stop</p>		<p>Decision making Movement education Repetition in ball touches Awareness</p>	
12 min	SESSION 2	Freestyle 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>2 Squares of 30 x 30 yards. Every player has a ball.</p> <p>Coach calls out the following</p> <ol style="list-style-type: none"> 1 – Switch boxes with your ball 2 – Switch boxes without your ball 3 – Juggle 4 – Dribble 		<p>Decision making Movement education Repetition in ball touches Awareness</p> <p>Water break after activity.</p>	
12 min	SESSION 3	Last player back	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>30 x 30 yards. Every player has a ball</p> <p>Coach calls out the following:</p> <ol style="list-style-type: none"> 1 – Players have to leave their ball and run around one of the cones and back again <p>While the players are running coach moves one of the balls out of the big square into the little square. The last player back moves into the little square and juggles with the ball. Keep going till there is one player left</p>		<p>Decision making Movement education Repetition in ball touches Awareness</p>	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams.</p> <p>Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35</p>		<p>Let the kids play. 4 x 5 minute games with water breaks in between games.</p>	

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What approach and coaching style worked with this group?

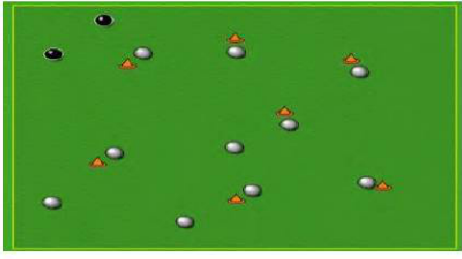
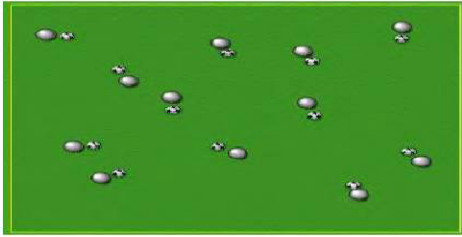
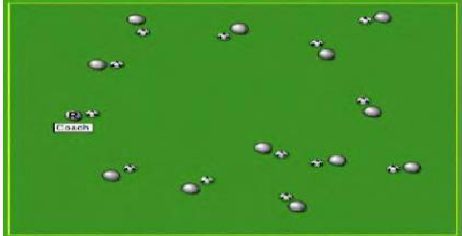
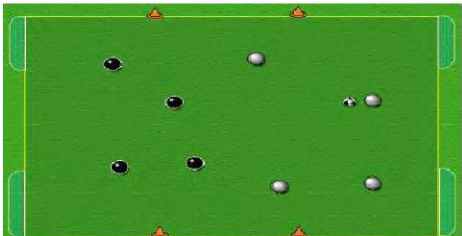
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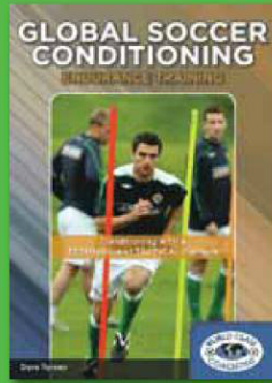
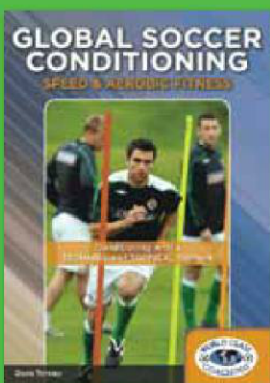
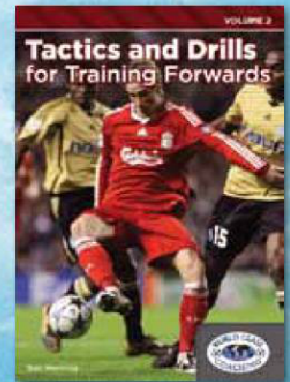
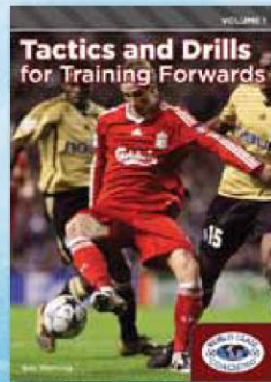
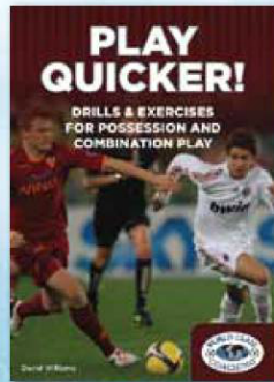
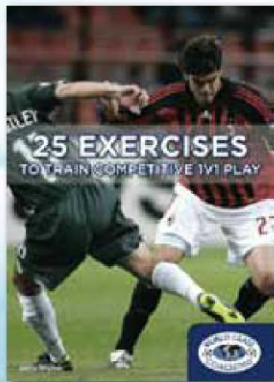
For this session what modifications would you add (if any)?

PLAN:	003	TOPIC	Agility, Balance and Coordination 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Cone tag	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30 area. Cones are setup as in diagram. 2 taggers. Players can avoid being tagged if they are on a cone (they are safe). Only one player is allowed on a cone at a time. If a player runs to the cone you are on you must leave. Keep switching roles. Progression: Add a ball for non taggers.		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
12 min	SESSION 2	Dribbling tag	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30 area. All players with a ball, players dribble around the area. On the coach's call, players must try and tag as many players as possible with their ball under control. Repeat and have them beat their previous score. Progression: Split into teams, same rules but tag other team.		Decision making Movement education Repetition in ball touches Awareness Water break after activity.	
12 min	SESSION 3	Targetball	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30 area. All players with a ball, coach also has a ball. On the coach's call, coach kicks the ball and players try to hit the ball. First player to 3 wins. Progression: Split into teams, same rules first team to 3.		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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What approach and coaching style worked with this group?


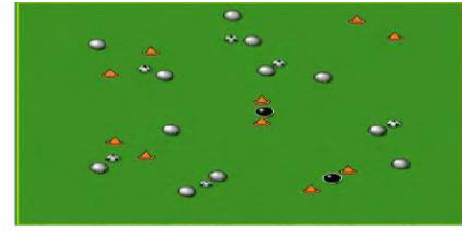

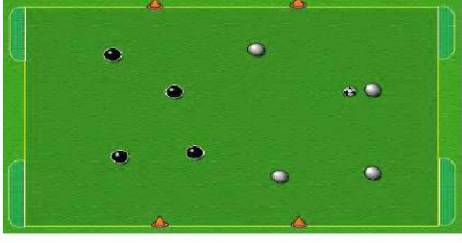
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Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	004	TOPIC	Passing 1
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Goalcone	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30. Players in pairs. To score a point, pass the ball through the cones. You are not allowed to play through the same cone twice in succession. Competition, how many can each pair do in a set time		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement Timing of pass Accuracy of pass Disguise Communication
12 min	SESSION 2	Goalcone with defenders	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30. Players in pairs. 2 players are now defenders. The defenders can stop the players passing through the gate. Defenders have to move once they have attempted to stop a pass. Same rules as above		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement Timing and Accuracy of pass Disguise Communication Water break after activity.
12 min	SESSION 3	Goalcone game	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 25. Two teams of four. When the teams are in possession of the ball they score a goal by passing to a teammate through the cones. If the defending team gains possession they keep the ball and try to do the same.		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement Timing and Accuracy of pass Disguise Communication
24 min	SESSION 4	4 v 4 Game	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.

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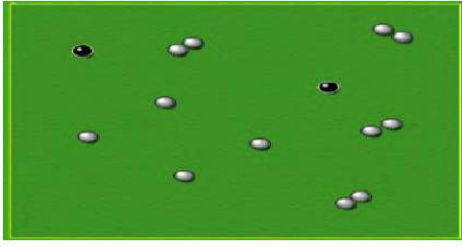
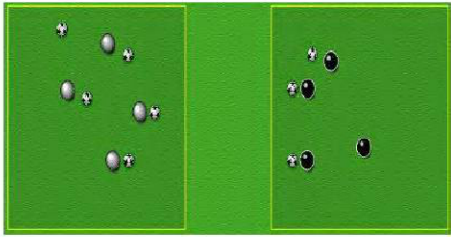

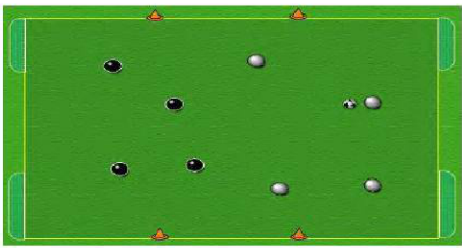
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Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	005	TOPIC	Shooting 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Pair tag	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30. 4 sets of pairs. Two players as the taggers and four free players to begin with. In order not to be tagged the free players have to join onto a pair. When this happens the player on the opposite side becomes free and has to join another pair.		Movement education Repetition in ball touches Working on balance and eye – foot coordination Decision making	
12 min	SESSION 2	Finishing warm up	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Two boxes 30 x 25 yards & a 5 yd neutral zone between them. On the coaches call the players have to strike the ball into their opponent's area. Players are restricted to staying in their area. After 3 mins the team with the least amount of balls in their area is the winner.		Movement education Repetition in ball touches Working on balance and eye – foot coordination Decision making Water break after activity.	
12 min	SESSION 3	Functional shooting	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 25 area with a goal in the middle. Each team has a set side to defend. The team that is defending has to have someone cover the goal. Once the team shoots and the ball goes over the other side teams move over. Score a goal by scoring through the goal. If the defending team gains possession they switch sides and attack the other side of the goal.		Proper technique of striking a ball Body position Angle of approach to ball Position of contact with foot and ball	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

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Were you properly prepared for the session? Yes No

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What approach and coaching style worked with this group?


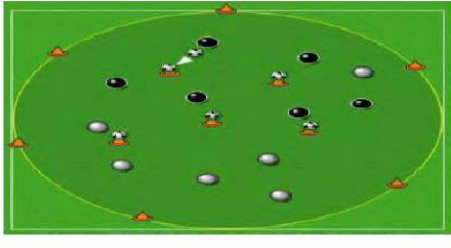
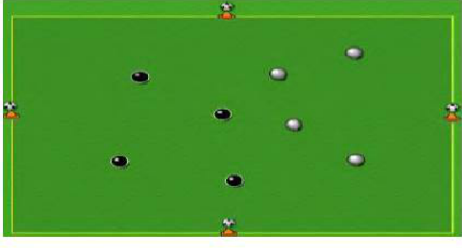
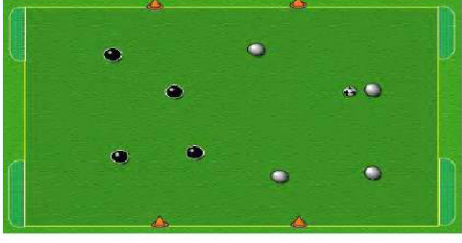
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	006	TOPIC	Passing 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Pass and move	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30 yard area with circle in the middle. Middle set of cones. 6 with balls and 6 without. Players dribble the ball and pass to the outside. Progression: Once they pass, they keep moving on the outside, once they pass the run around a cone etc		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement Timing of pass Accuracy of pass Disguise Communication 	
12 min	SESSION 2	Ball hit	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30 yard area with two teams of 6. Team in possession has to keep ball and try to knock the balls off the cones. Coach resets the balls when they are knocked off. Play for 3 mins then rotate teams.		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement Timing and Accuracy of pass Disguise Communication Water break after activity. 	
12 min	SESSION 3	4 v 4 directional game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
35 x 25 yards with two teams. After three passes the team has the opportunity to knock a ball off the cone to get a point. Progression: Have one team play top to bottom and another play side to side.		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement and support Timing and Accuracy of pass Disguise Communication 	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		<ul style="list-style-type: none"> Let the kids play. 4 x 5 minute games with water breaks in between games. 	

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What approach and coaching style worked with this group?

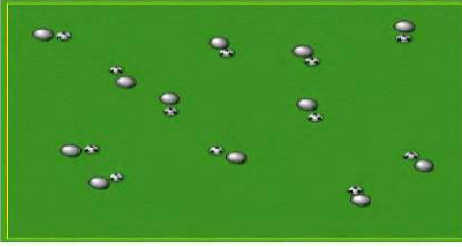
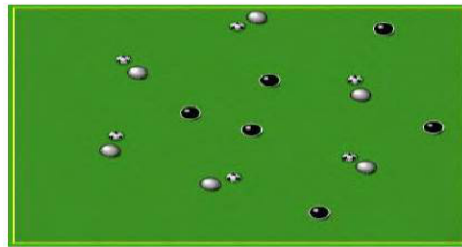
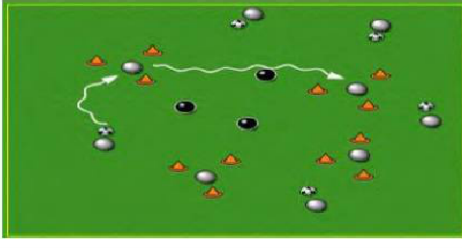
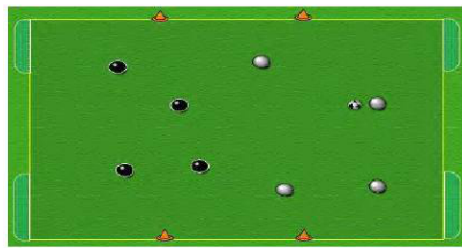
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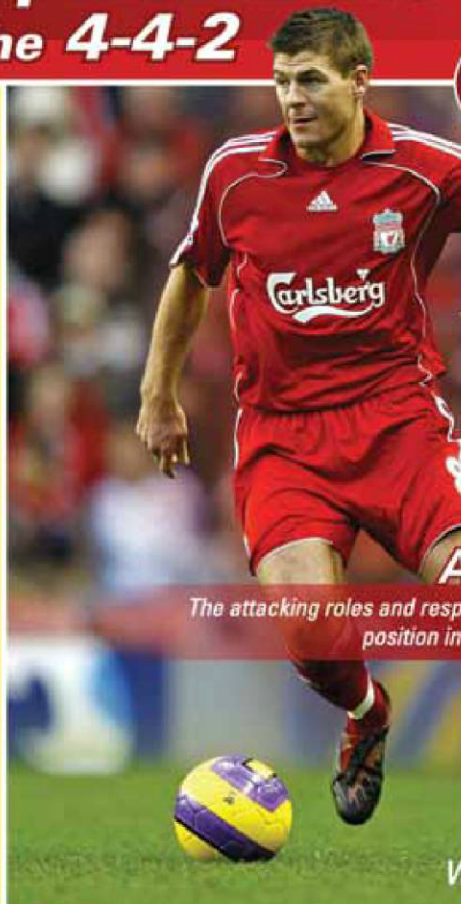
For this session what modifications would you add (if any)?

PLAN:	007	TOPIC	Dribbling 3
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Technical warm up	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30 area. All players with a ball. Players dribble around the area, introduce turning with the ball, different types of turns. Get the players to show you different turns		Close control Change of pace and direction Awareness of other players and space Coordination
12 min	SESSION 2	Skill 1 v 1	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30 yard area. Each player has a partner. 1 ball between 2. Players have to keep their ball for 1 minute. The player with the ball when the time is up wins. Players should dribble and try to keep possession. Switch partners and rotate players		Close control Good balance and coordination Be aware of the defender and the space around you Turning and shielding options to keep possession Water break after activity.
12 min	SESSION 3	Skill – base game	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30 area with 4 triangle gate areas. 3 defenders and 9 attackers to begin with (5 attackers start with balls and 4 attackers start in the triangle gates). Players dribble then pass to a player in the gate. On receiving the ball player then dribbles to another gate and passes ball off (when they pass they stay in the gate). While the players are dribbling out of the gated areas the defenders can tackle them. If they get the ball the switch roles.		Close control Good balance and coordination First touch away from pressure Awareness of defenders, attackers and space Awareness to receive the pass
24 min	SESSION 4	4 v 4 Game	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.

World Class Coaching Resources

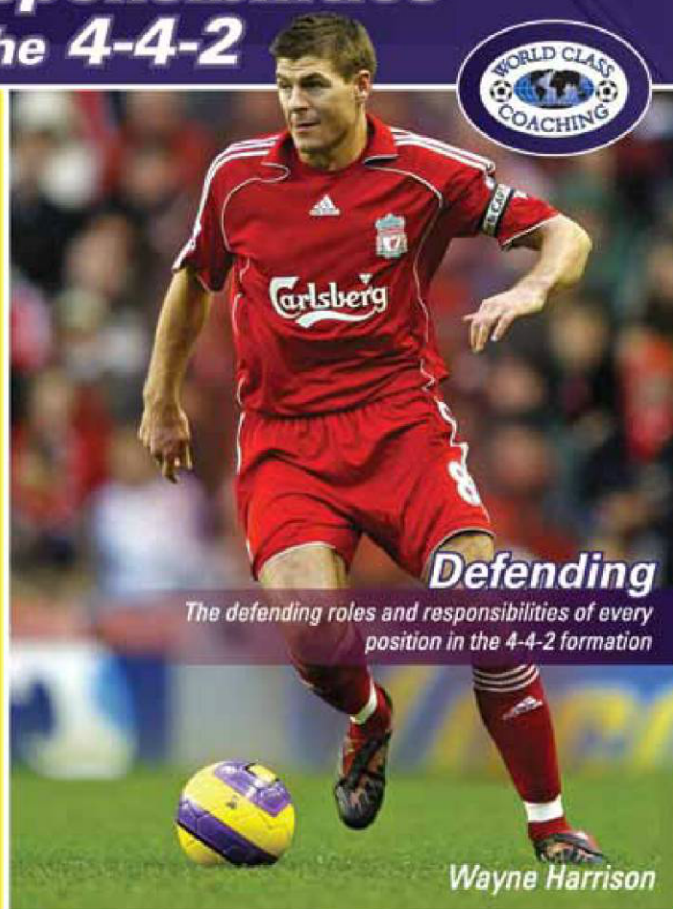
Players Roles and Responsibilities in the 4-4-2



The attacking roles and responsibilities of every position in the 4-4-2 formation

GREAT BOOKS
AVAILABLE NOW!

Players Roles and Responsibilities in the 4-4-2



Defending

The defending roles and responsibilities of every position in the 4-4-2 formation

Wayne Harrison

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call 913-583-0030 or visit WorldClassCoaching.com



Session Review Form

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What approach and coaching style worked with this group?

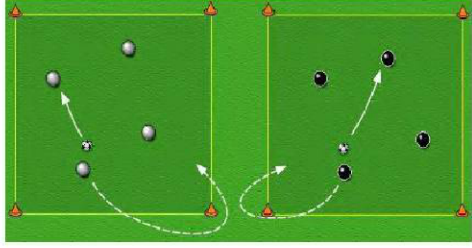
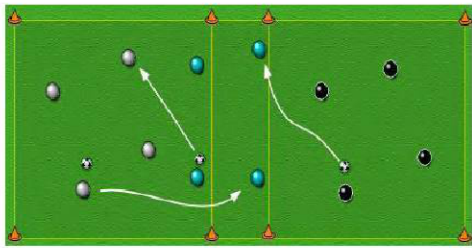
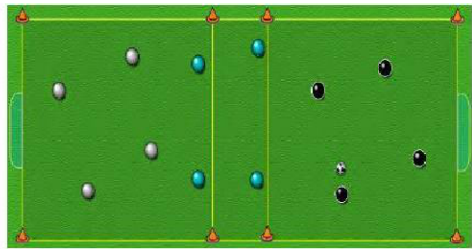
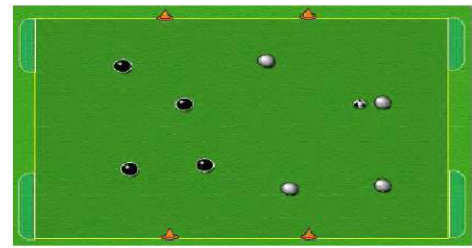
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Which parts of the session in your opinion, worked and why?

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PLAN:	008	TOPIC	Pass and move 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Technical Practice	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>20 x 20 yard area. 4 players in each square. Pass the ball to a teammate and run around a cone. Once you run around the cone and come back into the square you can now receive another pass.</p> <p>Progression: Have to run around two cones</p>		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement Timing of pass Accuracy of pass Communication 	
12 min	SESSION 2	Technical Practice 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>45 x 20 yard area. 12 players split into 3 teams of 4. Players can take 2-3 touches (change if players need help). If the coach calls "normal" you pass to your teammates, if the coach calls "opposite" you cannot pass the ball to someone on your team.</p>		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Support & Movement Timing of pass Accuracy of pass Communication Water break after activity. 	
12 min	SESSION 3	Skill game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>4 v 4 v 4. One team starts in the middle, if they gain possession they try to score. The team that gives up possession goes in the middle (after their team shoots). The two teams in possession gain a goal if they keep possession for 10 passes.</p>		<ul style="list-style-type: none"> Using the full field Pass and move Communication Game intelligence 	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
<p>4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams.</p> <p>Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35</p>		<p>Let the kids play. 4 x 5 minute games with water breaks in between games.</p>	

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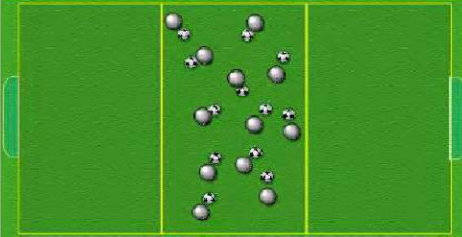
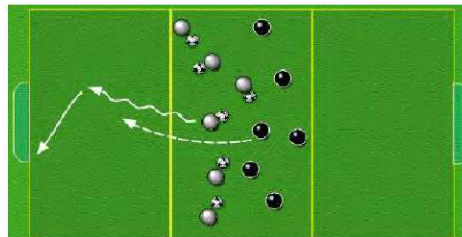
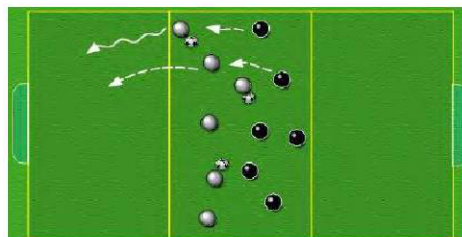
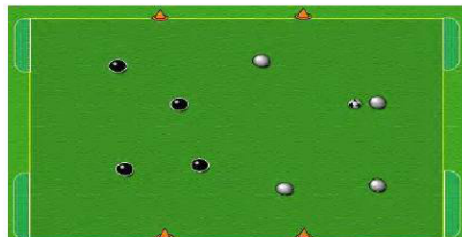
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Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	009	TOPIC	Shooting 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Technical Practice	
ORGANIZATION	TECHNIQUE	KEY POINTS	
45 x 20 yards, split into three areas of 15 x 20. All players in the middle area with a ball. Players are numbered 1-12. Odd numbers go to the left and even numbers go to the right. Coach calls a number, the players has to dribble then shoot. After shooting collect your ball and return to the middle.		Technique of striking a ball Approach angle to the ball Hit the target. Accuracy Disguise Watch the goalkeeper (if applicable)	
12 min	SESSION 2	Skill	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Same field setup as above. 6 players with a ball and a partner without a ball. Players are numbered 1 – 6. On the coach's call, the player dribbles and shoot while being pursued by the defender (partner without the ball). The defender has to sit down after the coach calls their partners number before they defend. Rotate players, defenders become the attackers		Technique of striking a ball Approach angle to the ball Hit the target. Accuracy Disguise Beware of defender Water break after activity.	
12 min	SESSION 3	Skill	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Same field setup as above. Now the attackers are in pairs (with opposition defenders in pairs). Groups are now numbered 1-3. The defender has to sit down after the coach calls their partners number before they defend. Rotate players, defenders become the attackers. Progression: Defenders no longer sit down before defending.		Technique of striking a ball Approach angle to the ball Hit the target. Accuracy & Disguise Support and movement of 2 nd attacker Beware of defender	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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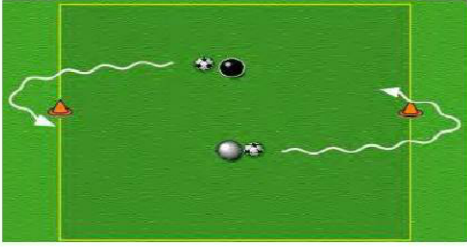
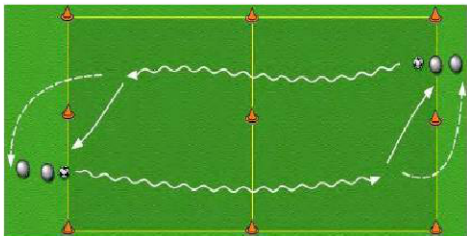
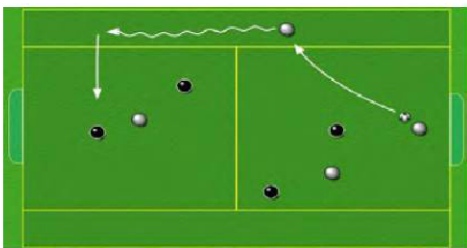
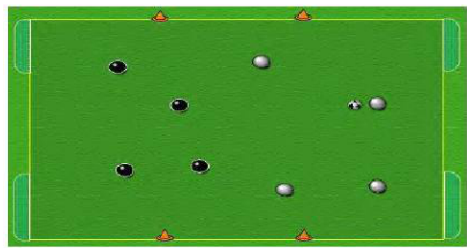
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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN:	010	TOPIC	Running with the ball 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Technical Practice 1	
ORGANIZATION	TECHNIQUE	KEY POINTS	
15 x 15 yard area with two cones as setup. Both players have a ball and on the coaches command they have to run with the ball around the cones and try to catch their partner. Progression: The coach calls change and the players now go in the opposite direction.		Head up Body position Control of the ball while running Keep ball out in front of you Control ball in your stride	
12 min	SESSION 2	Technical Practice 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
15 x 30. Players run with the ball as quickly as possible, pass it off to the person standing across from them and then run around and wait for the next pass. Progression: After the player passes the ball off they chase the player they passed it to.		Good first touch forwards Move as quickly as possible with ball under control Good pass Vision Water break after activity.	
12 min	SESSION 3	Running with the ball game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
35 x 25 with 5 yard channel at the side. Teams are encouraged to release players into the channel (attackers only in the channel) to quickly run with the ball and cross it.		Keep the ball until you can get someone in the channel Good first touch forwards Move as quickly as possible with ball under control Good pass Vision	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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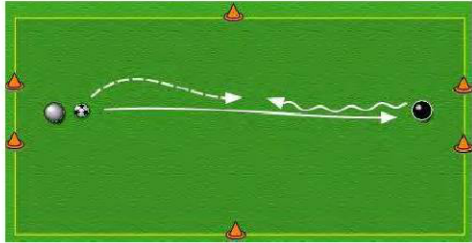
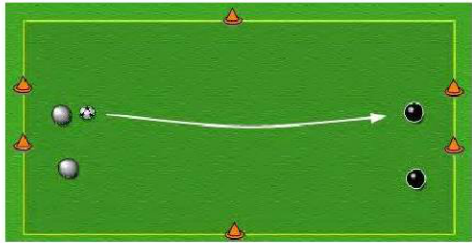

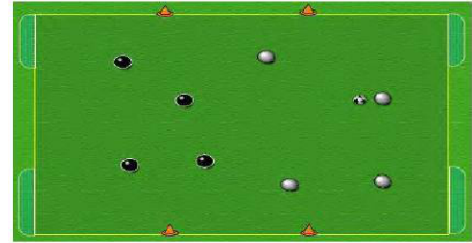
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For this session what modifications would you add (if any)?

Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN:	011	TOPIC	Defending 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Skill Practice 1 v 1	
ORGANIZATION	TECHNIQUE	KEY POINTS	
10 x 20 yard area. Session starts by defender passing the ball to the attacker. Defender has to wait for the attacker to take a touch before they can defend. Attacker has to score in the coned goal behind, if the defender gains possession they score in the goal behind the attacker.		Patience at times Touch Tight Force attacker to look down Pressure at times	
12 min	SESSION 2	Skill Practice 2 v 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yard area. Session starts by defenders passing the ball to the attacker. Defenders wait for the attacker to take a touch before they can defend. Attackers have to score in the coned goal behind, if the defenders gain possession they score in the goal behind the attacker		Patience at times, Touch Tight. Force attacker to look down Pressure at times, Body position, angles & distances, go in low, Support, cover & balance, recovery runs, tracking runs, communication Water break after activity.	
12 min	SESSION 3	Skill Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 - 35 x 25. Teams defend two goals at a time. Have the team decide when to defend areas and when to be patient. Variation: On the coaches call, the goals you defend change (rotate clockwise for example).this will keep the defenders thinking and have them become aware.		Patience at times, Touch Tight. Force attacker to look down Pressure at times, Body position, angles & distances, go in low, Support, cover & balance, recovery runs, tracking runs, communication	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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PLAN:	012	TOPIC	Ball Manipulation 1
KEY: Ball Lane Movement without Ball Run with Ball			

12 min	SESSION 1	Technical Practice	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Two areas of 30 x 20. 6 players in each area. Each player has a number 2-7. Players dribble around the square, on the coach's call of a number (2 for example) the 2's have to find each other and switch balls. Progression: Send two players at the same time, or gray 2, gray 2 as to find black 2 and then come back.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making	
12 min	SESSION 2	Skill Practice	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Two areas of 30 x 20. With a 5 yard no man's land in between. 6 players in each area. Each player has a number 2-7. Players dribble around the square, on the coach's call of a number (2 for example) the 2's have to find each other and switch balls. There are three defenders in the middle that try to stop the players getting across. Switch roles after 3 mins.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making. Water break after activity.	
12 min	SESSION 3	Skill Practice	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yards. 3 players in each box with a defender in the middle. Players do a skill and then pass the ball to their team mates. The attackers now move around the box creating space. The player with the ball is not allowed to pass until they do a move/turn etc. If the defender gets the ball the player that gives the ball to them becomes the defender.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility, Decision making.	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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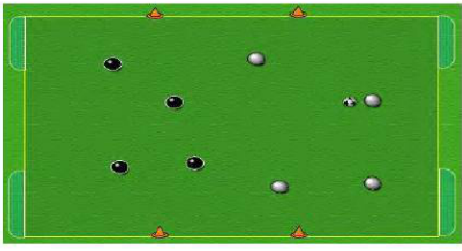
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Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN:	013	TOPIC	Ball Manipulation 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Technical Practice	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area of 30 x 20. 1 Player without a ball (tagger). The outside area is the safe area. Players begin by dribbling around the inside area. Players can leave the inside area and dribble out through the gate. To re-enter they must come through a different gate.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making Ball familiarization	
12 min	SESSION 2	Advanced Technical Practice	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Same setup as above. Players can now travel through inside gates. Variation: High level players must dribble through 2 blue cones (smaller gap) and outside gate. Mid level players must dribble through 2 outside gates. Lower level players must dribble through 1 red gate.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making Ball familiarization	
12 min	SESSION 3	Multi Touch	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30. Four working groups per square. Each player has a ball in their square. They move around and dribble. Move the players through juggling, right then left, switching with a partner. Decrease number of balls then - players can also pass to another player in another area. Variation: Follow pass		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making, social interaction Ball familiarization	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

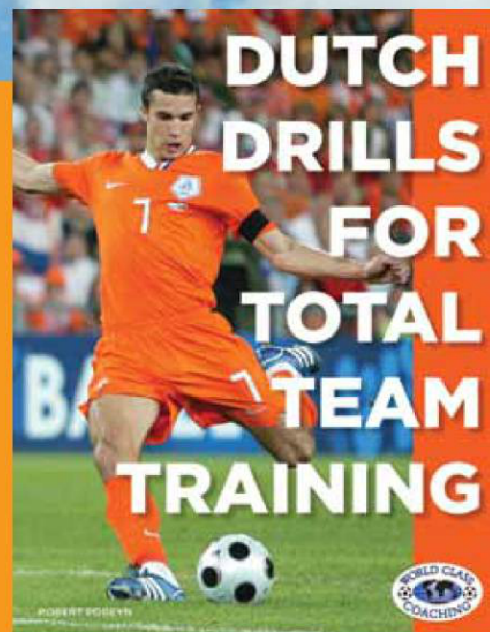
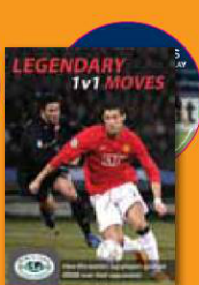
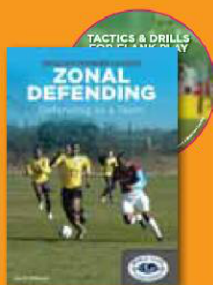
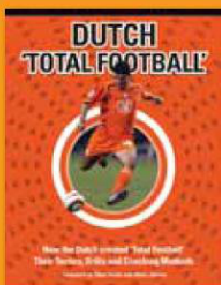
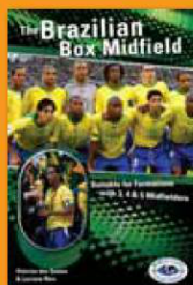
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Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

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If no, what would you do different and why?

Were you properly prepared for the session? Yes No

If no, what would you different and why?




What approach and coaching style worked with this group?


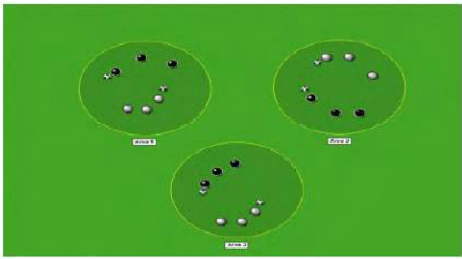
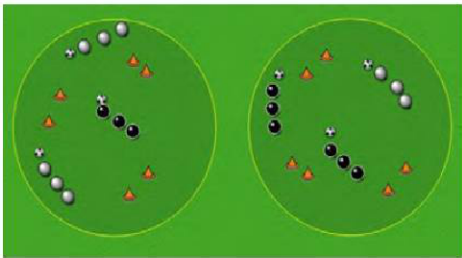
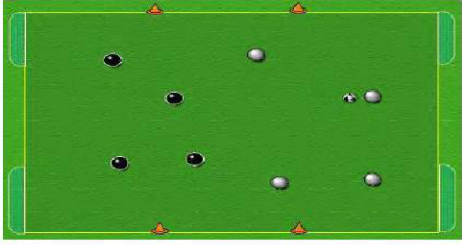
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	014	TOPIC	Agility, Balance and Coordination 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	ConeMove	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area of 30 x 30 yards with 6 different stations. Players explore different ways of moving over cones at different stations. Station 1 Hop on one leg, 2 Bunny Hops, 3 Skip, 4 Hop left to right leg, 5 Skip Backwards, 6 Freestyle, players decide		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
12 min	SESSION 2	LeaderBall	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area of 30 x30 with three circle areas (10 x 10 yard circle). Players in area 1 use hands, area 2 use feet, area 3 use hands and feet. One player is the leader (with the ball) and they move around the area followed by their group . On the word change, ball is passed to another member of the group.		Decision making Movement education Repetition in ball touches Awareness Water break after activity.	
12 min	SESSION 3	LeaderBall 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area 30 x 30 with two circles. Players now move around the area passing between the gates. Introduce movement exercise after two successful passes through different gates. Example: Each player has to leap frog over their teammates. Each player has to crawl through the legs of all their teammates etc.		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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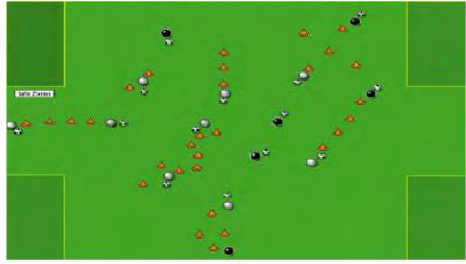


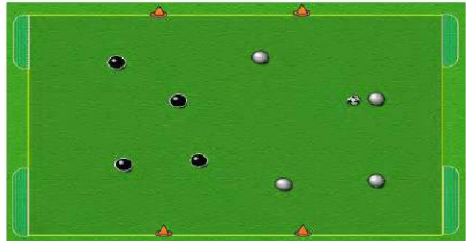
Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN: 015 TOPIC Agility, Balance and Coordination 3

KEY: —————> Ball Lane - - - - -> Movement without Ball > Run with Ball

12 min	SESSION 1	Swamp Explore	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area of 30 x 30. Players move freely around the "swamp" exploring different ways of moving in and around the coned areas. Coach encourages the players to try different movement methods, jumping, hopping skipping etc.		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
12 min	SESSION 2	Swamp Explore – Follow the leader	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Same setup as above. Players now get into pairs and play follow the leader. The leader takes their partner on a journey, they follower must do the same movements as the leader. Change roles after 3 mins.		Decision making Movement education Repetition in ball touches Awareness Water break after activity.	
12 min	SESSION 3	Pass and Move	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area of 30 x 30. Groups of 3, play 2 v 1. Players start playing handball. If they have a successful wall pass/one two they get two points. Move to playing with feet if the players feel comfortable		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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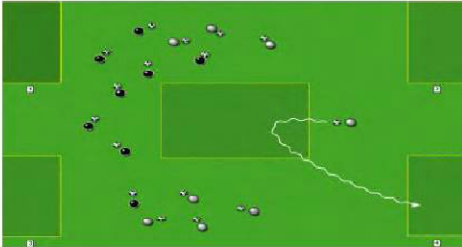

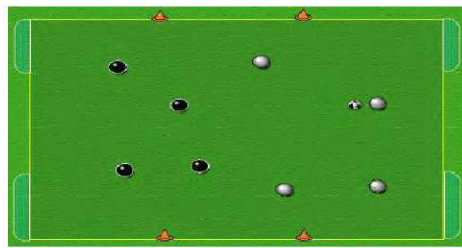
Did you feel this session improved your players, and how?

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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	016	TOPIC	Dribbling 4
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Caribbean Pirates 1	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30 Area. All players begin by moving freely around the area. Players follow coach's directions (or a player). 1 – Salute captain, raise hand and balance on one leg, 2 – Scrub the decks, imitate washing the floor with the ball, 3 – Raise the sails, move around with ball and swing your arms, 4 – Row the lifeboat, move the ball backwards. Variation: Each numbered area can be a skill area, 1 – keep ups, 2 – back heel etc.		<ul style="list-style-type: none"> Close control Change of pace and direction Awareness of other players and space Coordination
12 min	SESSION 2	Caribbean Pirates 2	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30 Area. Players now have to do a turn in the middle boxed area "Treasure Chest". 3 points for a turn in the treasure chest area and 1 point for a turn in the numbered area.		<ul style="list-style-type: none"> Close control Good balance and coordination Be aware of the other players and the space around you Turning and shielding options to keep possession <p>Water break after activity.</p>
12 min	SESSION 3	Caribbean Pirates 3	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	30 x 30 Area. Ship in the middle with 2 treasure chest areas. 1 for each team. Players may leave the "ship" and venture to the island to grab the "orange coned treasure". Once they pick up the coned treasure they must bring it back to the treasure chest on the heads while dribbling. Variation: Add pirates around the island (pinned players).		<ul style="list-style-type: none"> Close control Good balance and coordination First touch away from pressure Awareness of other players and space Acceleration when needed
24 min	SESSION 4	4 v 4 Game	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		<ul style="list-style-type: none"> Let the kids play. 4 x 5 minute games with water breaks in between games.

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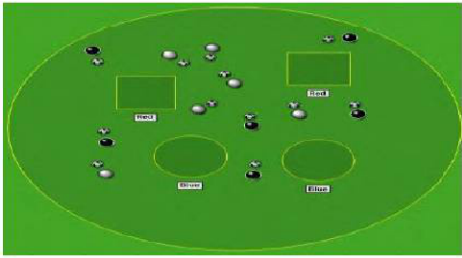

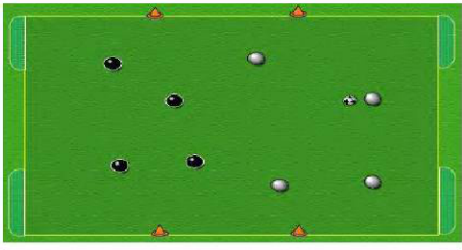
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	017	TOPIC	Agility, Balance and Coordination 4
KEY: —————> Ball Lane - - - - -> Movement without Ball ~~~~~> Run with Ball			

12 min	SESSION 1	Circle of Skill	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area of 30 x 30 with circle inside. 6 groups of 2 or 3. Area 1: Slalom with the ball, 2: Slalom without the ball, 3: Pass ball to end of cones and then collect and dribble back, 4: Hop on one leg to end of tunnel then change legs and hop back, 5: Hop in and out of cones, 6: Pass the ball over your head to your teammate, teammate then passes it under their legs and so on.		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
12 min	SESSION 2	Circle of Shapes	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area of 30 x 30 with circle inside. Players dribble and move freely around the circle. Red = square and Blue = circle. If the coach holds up a blue pinnie/cone the players have to dribble to one of the blue circles. Once they enter the circle they can stop and free. Variation: Keep the game moving no stopping in the area, do a turn and exit.		Decision making Movement education Repetition in ball touches Awareness Water break after activity.	
12 min	SESSION 3	The Zoo	
ORGANIZATION	TECHNIQUE	KEY POINTS	
30 x 30 area with 10 x 30 yard strips. On the coach's command the players must hop across to the city to retrieve the "escaped animals" (balls). The players then dribble through the "streets" (cones) to place the animals back in the zoo. 1 st team with all animals in the zoo wins. Variation: Change movement of players – skip, bunny hopping.		Decision making Movement education Repetition in ball touches Working on balance and eye – foot coordination	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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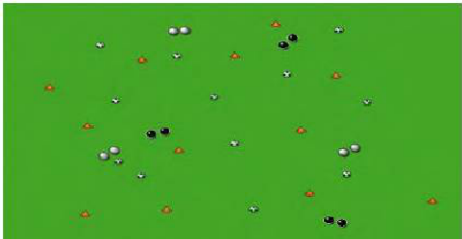
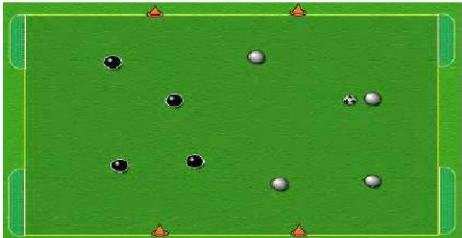
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Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

Focus: Technical 60%, Social 15%, Physical 15%, Tactical 5%, Psychological 5%

PLAN:	018	TOPIC	Ball Manipulation 3
KEY:			

12 min	SESSION 1	ConeBall	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	35 x 25 area. 12 balls and 12 cones spaced around area. Players move around area without a ball, as they approach a cone they change direction, on approaching a ball they find a way of getting over it.		Movement education, Agility, Balance & Coordination Decision making Ball familiarization
12 min	SESSION 2	ConeBall 2	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	35 x 25 area. 12 balls and 12 cones spaced around area. Players move around area without a ball. They move in the following order – cone – ball – cone. As they approach a cone they change direction, on approaching a ball they pick up the ball juggle for 3 touches and then leave the ball and move on.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making Ball familiarization
12 min	SESSION 3	ConeBall 3	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	Same setup as above. Players start with a partner holding hands. One pair starts off with a ball and tries to hit the other pairs below their knee. On being hit the pair go and find another ball and start to try to hit the other pairs without balls. The last pair without a ball wins.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making, social interaction Ball familiarization
24 min	SESSION 4	4 v 4 Game	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.

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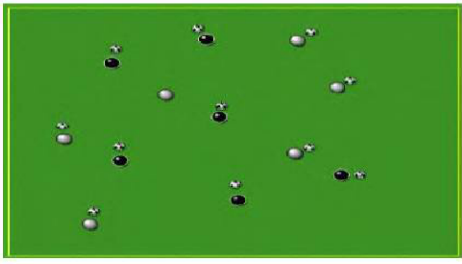

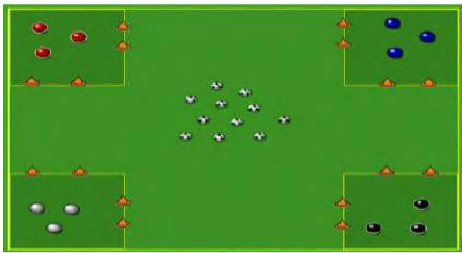
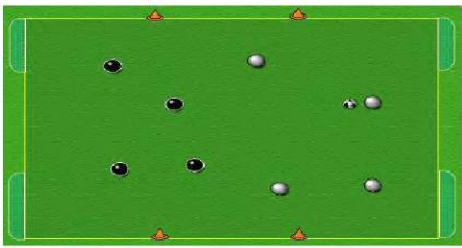
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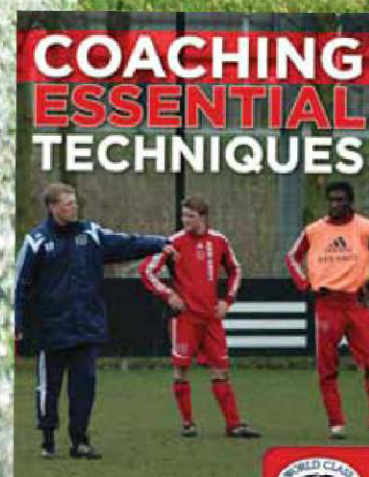
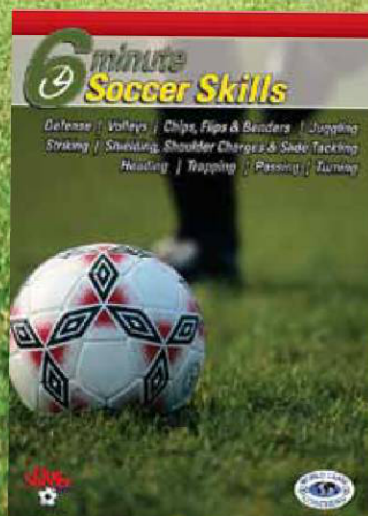
Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	019	TOPIC	Ball Manipulation 4
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	MoveTime
	ORGANIZATION	TECHNIQUE
	30 x 30 area. All players with a ball. Players move around the area practicing different moves. Allow the players to show you what skills they know. Variation: Add a player with a different color pinnie. On arriving at this player, they players have to do a "special move".	
		KEY POINTS
		Movement education, Agility, Balance & Coordination Decision making Ball familiarization
12 min	SESSION 2	Castles
	ORGANIZATION	TECHNIQUE
	30 x 30 Area. Players are placed into four groups. 1 player puts on a pinnie. The player with the pinnie runs to the balls collects 1 and brings it back. The player takes the pinnie off and the next player puts it on and retrieves a ball. After the balls are gone in the middle, you are allowed to steal from the other teams. Variation: Multiple players going at once and allow players to defend.	
		KEY POINTS
		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making Ball familiarization
12 min	SESSION 3	Castles 2
	ORGANIZATION	TECHNIQUE
	Same setup as above. After players pick the ball up from the middle or other teams square, they must try to pass the ball through one of their team's gates at the edge of their square. Every ball that goes through the gate they receive 2 points. Balls not going through the gates they receive 1.	
		KEY POINTS
		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making, social interaction Ball familiarization
24 min	SESSION 4	4 v 4 Game
	ORGANIZATION	TECHNIQUE
	4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35	
		KEY POINTS
		Let the kids play. 4 x 5 minute games with water breaks in between games.

Checkout these Books and DVDs that Focus on the Technical Side of the Game



Defending in the 4-3-3

This DVD breaks down the 4-3-3 from a defensive standpoint and looks at the defensive responsibilities of the back four, midfield three and the three attackers. It explains the roles of each unit and shows exercises you can use to train your team to understand the defensive responsibilities that are important when playing the 4-3-3 formation.



Visit WORLDCLASSCOACHING.COM

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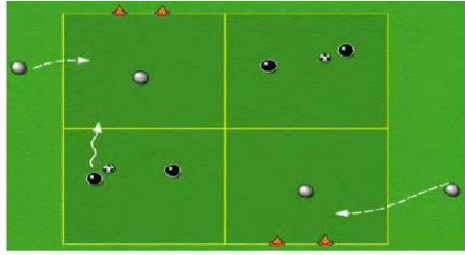
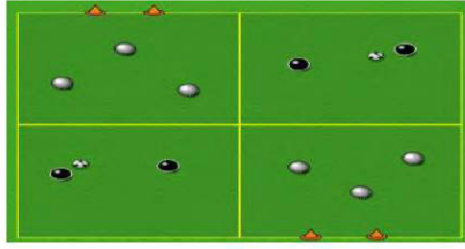
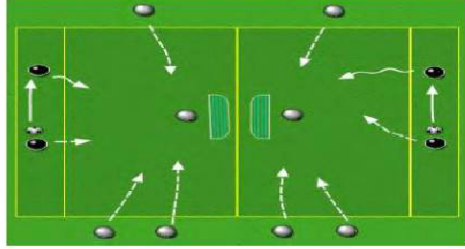
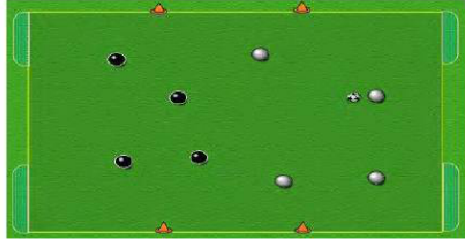
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Did you feel you were tested as a coach during the session?

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For this session what modifications would you add (if any)?

PLAN:	020	TOPIC	Defending 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Skill Practice 1 v 2 then 2 v 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area 20 x 20. Each 2 v 2 group works in a 10 x 20 yard area as shown. Black team starts with the ball and must try to score between the coned goals. Once the black team crosses the half way line the other gray player can join the defense. Add multiple grids for other players.		Patience at times Touch Tight Force attacker to look down Pressure at times	
12 min	SESSION 2	Skill Practice 3 v 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area 20 x 20. Same setup as above. Now the black team play against 3 defenders. Switch roles after 3 mins. Variation: Add a competition to increase they player's involvement.		Patience at times, Touch Tight. Force attacker to look down Pressure at times, Body position, angles & distances, go in low, Support, cover & balance, recovery runs, tracking runs, communication Water break after activity.	
12 min	SESSION 3	4 v 2 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Area 35 x 25. Setup as shown. 2 Groups of 2 Black attackers vs. 4 Gray defenders. 3 defenders enter the game once the black team leaves their attacking area. Switch roles after 3 mins.		Patience at times, Touch Tight. Force attacker to look down Pressure at times, Body position, angles & distances, go in low, Support, cover & balance, recovery runs, tracking runs, communication	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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If no, what would you different and why?




What approach and coaching style worked with this group?

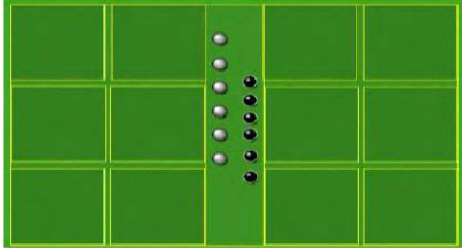
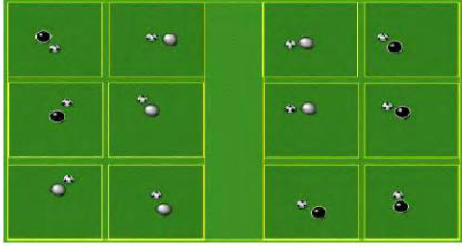
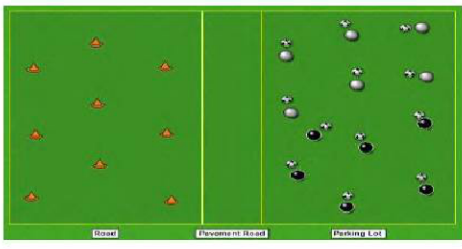
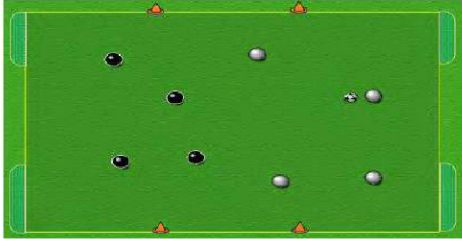
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	021	TOPIC	Ball Manipulation 5
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Drag Back 1	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>35 x 25 area with a 5 x 25 area in the middle. The group of 12 players should be allowed to setup the session as shown. Players start by moving around the area using different methods of movement. Variation: When the coach shouts stop you have to be in your own square.</p>			<p>Movement education, Agility, Balance & Coordination Decision making Ball familiarization</p>
12 min	SESSION 2	Drag Back 2	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>Same setup as above, now the players have their own square with a ball. Players dribble around and leave their ball in a square and take another ball. Variation: Only allowed to leave your ball in a square that is empty. How many squares can you drop balls in? Have to do a skill before you leave your ball</p>			<p>Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making Ball familiarization</p>
12 min	SESSION 3	Cars	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>35 x 25 area with a 5 x 25 area in the middle. Coach calls out Red – Stop, Amber – Slow Down, Green – go anywhere. If the players decide to go across onto the road they must avoid the potholes.</p>			<p>Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making, social interaction Ball familiarization</p>
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION		TECHNIQUE	KEY POINTS
<p>4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35</p>			<p>Let the kids play. 4 x 5 minute games with water breaks in between games.</p>

Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

Was the area used appropriate for age and number of players?

If no, what would you do different and why?

Were you properly prepared for the session? Yes No

If no, what would you different and why?




What approach and coaching style worked with this group?

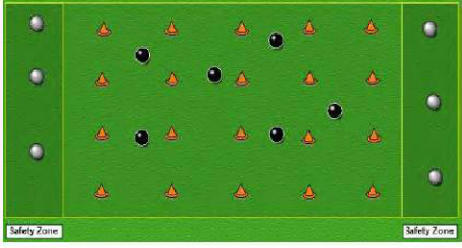
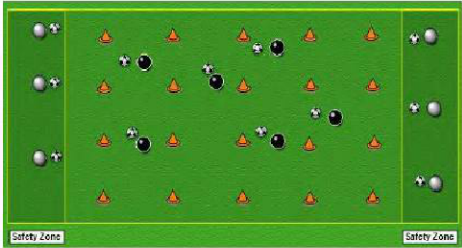
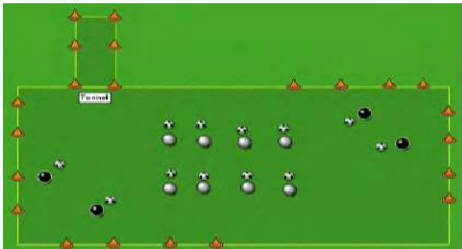
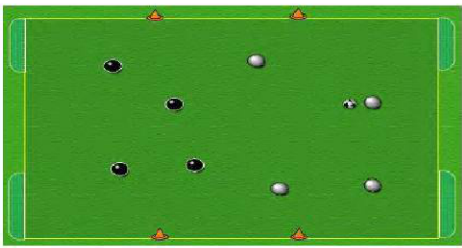
Did you feel this session improved your players, and how?

Did you feel you were tested as a coach during the session?

Which parts of the session in your opinion, worked and why?

For this session what modifications would you add (if any)?

PLAN:	022	TOPIC	Ball Manipulation 6
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	CrossRoads 1	
ORGANIZATION	TECHNIQUE	KEY POINTS	
25 x 35 rectangle. The gray team must try to cross the road (through the cones) and get to the other sidewalk (safe zone). If they are tagged by the black team they have to go back to the place they started. If they get across they get 1 point for their team. Change roles after 3 mins.		Movement education, Agility, Balance & Coordination Decision making Space familiarization	
12 min	SESSION 2	CrossRoads2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Same setup as above, now the players have balls. Begin with players carrying the ball then move to dribbling once they become comfortable. Variation: Players work in two's trying to cross with one ball. If they have the ball they can't be tagged, they get a point when both players get across.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making, social interaction Ball familiarization	
12 min	SESSION 3	Break Out	
ORGANIZATION	TECHNIQUE	KEY POINTS	
25 x 35 rectangle. 8 players with balls in the middle and 4 guards close to the gates with balls. The middle players have to dribble through a gate and escape. The black players have to tag the players before they get through the gate. If they are tagged the re-enter through the tunnel.		Movement education, Repetition in ball touches, balance and eye – foot coordination, Agility Decision making, social interaction Ball familiarization	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

Session Review Form

Date: _____ Time: _____ Age Group: _____ Location: _____

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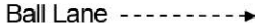

What approach and coaching style worked with this group?

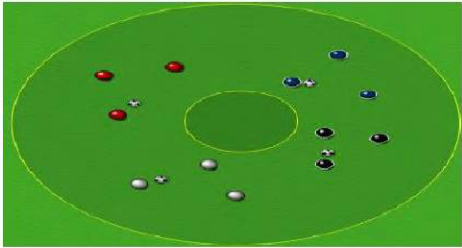
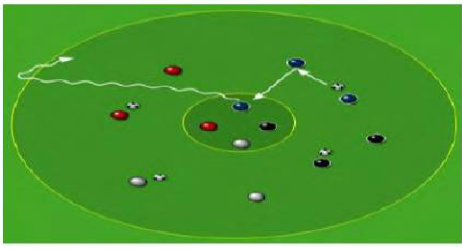
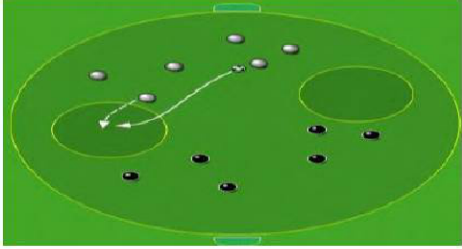
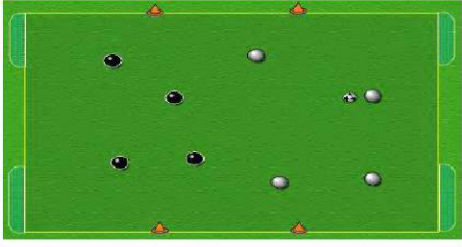
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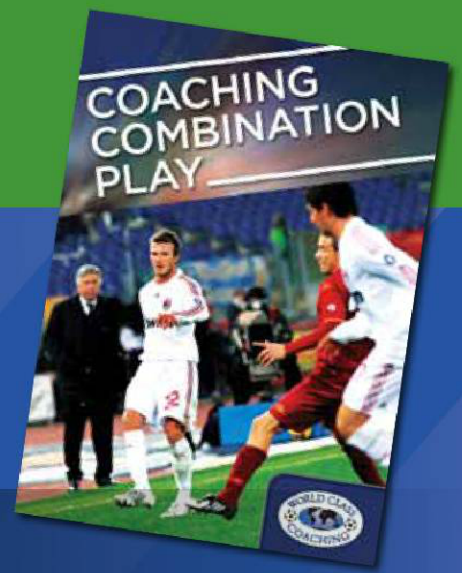
For this session what modifications would you add (if any)?

PLAN:	023	TOPIC	Passing and Turning 1
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Doughnut 1	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	<p>30 x 30 yard area with circle inside. 4 groups of 3 with a ball each. Players move around the circle passing in their groups.</p> <p>Variation: On receiving the pass the player enters the middle circle and turns out in another direction. Their team then follows them.</p>		<ul style="list-style-type: none"> Selection of pass Preparation of the pass Movement Timing of pass Accuracy of pass Disguise Communication
12 min	SESSION 2	Doughnut 2	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	<p>Same setup as above. To receive a pass you have to have one of your players in the middle circle. On receiving the pass they turn and leave the circle and dribble to the outside of the big circle. Their team then follows. The next player enters the middle circle to receive the pass.</p>		<ul style="list-style-type: none"> Selection of pass, Preparation of the pass, Movement, Timing and Accuracy of pass, Disguise, Communication. Awareness, Correct technique. Body shape. Control surface. Accelerate out of the turn. Selection of pass <p><i>Water break after activity</i></p>
12 min	SESSION 3	Doughnut 3	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	<p>Same setup as above, now play to goals. Before players are allowed to score they have to get one of their teammates into the circle and turn out.</p>		<p>Same as above.</p> <p>Have players understand they now have to play and move for each other.</p>
24 min	SESSION 4	4 v 4 Game	
	ORGANIZATION	TECHNIQUE	KEY POINTS
	<p>4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams.</p> <p>Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35</p>		<p>Let the kids play. 4 x 5 minute games with water breaks in between games.</p>

Coaching Combination Play

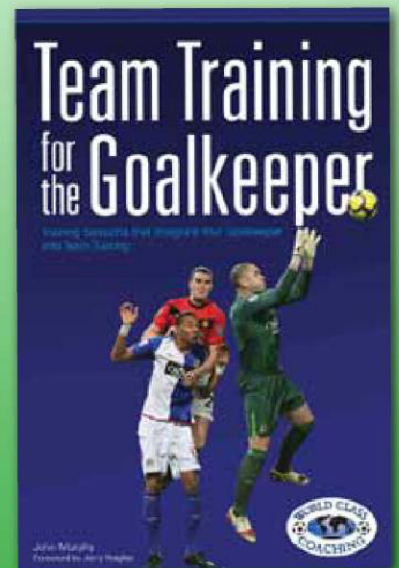
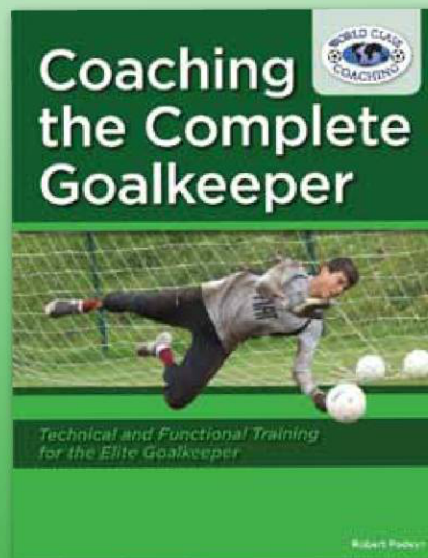
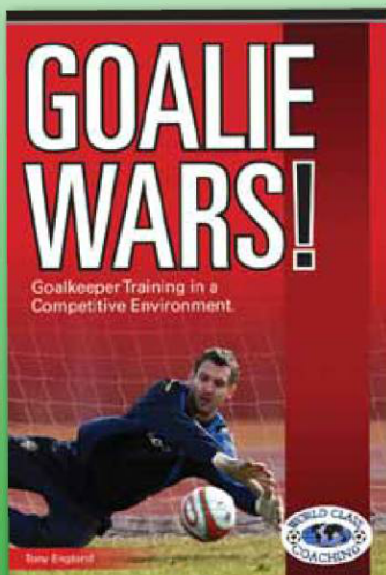
Coaching Combination Play will show you how to coach your team creative and effective passing combinations that will turn possession into goals. Exercises show how two players can effectively beat one defender with give-and-go's and overlaps. The double-pass, and working with target players is also included. The DVD then progresses to third man runs and small-sided games up to 6 v 6.



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Goalkeeper Training Books



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Session Review Form

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Did the session achieve its objectives? Yes No

If no, what would you do differently and why?

Was the area used appropriate for age and number of players?

If no, what would you do different and why?

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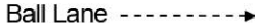

What approach and coaching style worked with this group?

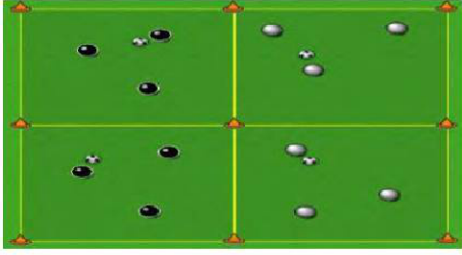
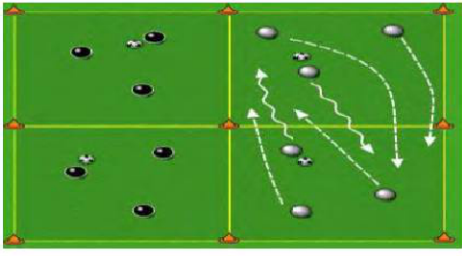
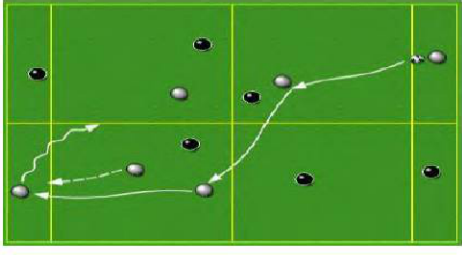
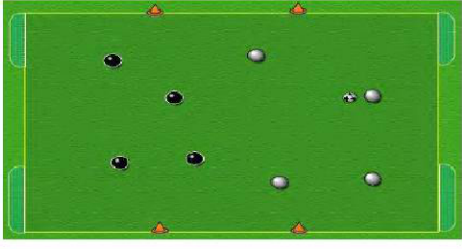
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For this session what modifications would you add (if any)?

PLAN:	024	TOPIC	Passing and Turning 2
KEY:  Ball Lane  Movement without Ball  Run with Ball			

12 min	SESSION 1	Team Passing 1	
ORGANIZATION	TECHNIQUE	KEY POINTS	
20 x 20 yard area. Each group of 3 has a 10 x 10 area to work in. Players begin by practicing passing with their teammates and trying to stay in their area. Variation: Two touch passing, once you pass jog around a corner.		Selection of pass Preparation of the pass Movement Timing of pass Accuracy of pass Disguise Communication	
12 min	SESSION 2	Team Passing 2	
ORGANIZATION	TECHNIQUE	KEY POINTS	
Same setup as above. Each team now has to be aware of the coach's call. Team Switch – change boxes with the same color team. Opposite Switch – changes boxes with the opposing team. Clock wise – changes space with the team next to you in a clockwise order.		Selection of pass, Preparation of the pass, Movement, Timing and Accuracy of pass, Disguise, Communication. Awareness, Correct technique. Body shape. Control surface. Accelerate out of the turn. Selection of pass Water break after activity	
12 min	SESSION 3	Team Passing 3	
ORGANIZATION	TECHNIQUE	KEY POINTS	
35 x 25 yard area. 2 teams. Ball starts with one of the targets, can the teams get the ball by passing through the middle area to the other target. Once the target receives the ball they dribble out and another player takes their place.		Same as above. Have players understand they now have to play and move for each other.	
24 min	SESSION 4	4 v 4 Game	
ORGANIZATION	TECHNIQUE	KEY POINTS	
4 v 4 – no GK – 35 x 25. Rotate teams and player positions on teams. Progression 1: Add goalkeepers (if age applicable) and go to two goals (normal game setup). Progression 2: Small sided game training layout: U7 - 4 v 4 no GK – 35 x 25. U8 – 4 v 4 no GK – 40 x 30. U9 – 6 v 6 including GK – 45 x 35		Let the kids play. 4 x 5 minute games with water breaks in between games.	

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