



UK SOCCER ACADEMY

U7&8 Recreational Program Coach's Manual

www.24-7uksocceracademy.com



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Introduction

Dear Coach,

Welcome to a new season with Castro Valley Soccer Club. In this manual you will find the session plans to take you through the whole season, as well as technical guides to help you teach your players how to perform all the skills covered in the syllabus.

Each session focuses on one technical aspect of the game. To make things easier for the coaches, we have broken down the coaching points and separated them by theme (i.e. Coaching Points: Dribbling). We have also included web links to view every skill in real time. We will also be making this information available online for your players to access.

Every session plan consists of a 15 minute warm up, followed by a 15 minute topic, 15 minute progression and then 15 minutes of small sided games to finish.

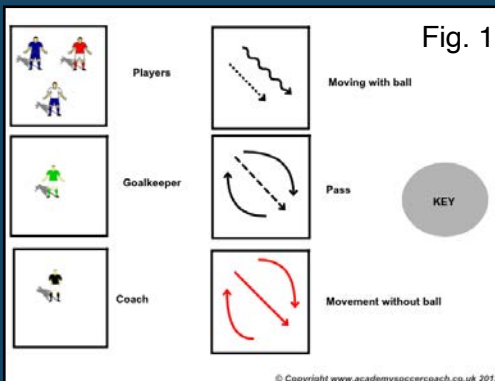


Fig. 1 shows the symbols used in the diagrams, which will make the diagrams in the sessions even easier to understand.

We are looking forward to working with you all this year and assisting in the development of the players within the program, allowing them to flourish in a fun and relaxed environment.

Sincerely,

Dan & Alex

Game Day Rules

FIFA Laws of The Game enforced with the following special rules...

- Scores not recorded.
- Field size is 20x30 yards, with a 6 foot arc around the goal, where only the GK can go.
- 5v5 (with GK) - Leaves 4v4 on field.
- Goalkeeper Arc (6 foot arc lined around goal) - Only the GK is allowed in the arc. If GK gets the ball, he must either roll the ball out, or put the ball down in the arc and pass out. NO PUNTING.
- If another player enters the arc, play is restarted with a goal kick (offensive player inside the arc), or a corner kick (defending player inside the arc).
- GK are allowed to leave the arc, but cannot handle the ball outside the arc.
- Goal Kicks - GK to take kicks from anywhere inside the Arc. GK can roll the ball out or place it on the floor and pass (NO PUNTS). A goal kick happens after the offensive team kicks the ball off the field, behind the opponent's goal. Opposition should stand five yards back from arc.
- Corner Kicks - Taken from the corner of the field. A corner kick occurs after the defending team kicks the ball behind their own goal. Opposition should stand five yards back from ball.
- Kick in's replace throw in's. Place ball on the ground and pass it in. Opposition cannot stand directly in front of passer (at least five yards back). A kick in happens after the ball goes out of bounds on the side of the field.
- Roll on/roll off substitutions during any stoppage.
- Offside rule is not enforced.

U7:

- 25 minute game (coaches can give two minute water break midway through if desired).
- 10 Minute rest before second game begins.
- Games to be started and finished by a horn - One referee will be there each weekend to oversee.

U8:

- One game with two 25 minute halves.
- Five minute half time.
- One referee for each game.

COACHES ARE EXPECTED TO WORK TOGETHER TO MAKE THE GAMES RUN SMOOTHLY FOR ALL IN ATTENDANCE TO ENJOY. 'HONOR THE GAME'

Syllabus Overview

Week #	Dates	Session One	Session Two
Week 1	Aug 4 - Aug 8	Basic Dribbling 1	Basic Dribbling 2
Week 2	Aug 11 - Aug 15	Basic Passing 1	Basic Passing 2
Week 3	Aug 18 - 22	Basic Shooting 1	Goalkeeping 1
Week 4	Aug 25 - Aug 29	Basic Turning 1	Basic Turning 2
Week 5	Sep 1 - Sep 5	Basic Receiving 1	Basic Passing 1
Week 6	Sep 8 - Sep 12	Basic Shooting 2	Small Sided Games
Week 7	Sep 15 - Sep 19	Basic Dribbling 3	Basic Dribbling 1
Week 8	Sep 22 - Sep 26	Basic Passing 2	Basic Receiving 1
Week 9	Sep 29 - Oct 3	Basic Shooting 1	Conditioned Games
Week 10	Oct 6 - Oct 10	Basic Turning 1	Basic Turning 2
Week 11	Oct 13 - Oct 17	Basic Dribbling 2	Basic Dribbling 3
Week 12	Oct 20 - Oct 24	Basic Shooting 2	Small Sided Games

* Any sessions rained out will be skipped and made up week commencing Oct 27.

Session Details

Basic Dribbling 1: King of The Ring, Relays, British Bulldog

Basic Dribbling 2: King of The Ring, Gate Game (With Defender), Relay (with Gates)

Basic Dribbling 3: King of The Ring, Moves (against Cones), 1v1's

Basic Passing 1: Cops & Robbers, Tin Can Alley, Gate Game (In Pairs)

Basic Passing 2: Cops & Robbers, Battleships, Pass in Numbers

Basic Receiving 1: Cops & Robbers, Pass in Pairs (pass & Follow), Circle Game

Basic Turning 1: Countryside, Turning in Pairs, Robin Hood

Basic Turning 2: Countryside, Gate Game (turns), 1v1's (inverted goals)

Basic Shooting 1: Breakout, Shooting in Threes, Alamo

Basic Shooting 2: Breakout, Two Line Shooting, Wembley Way

Basic Goalkeeping 1: Individual Technique, Ball Handling, Goalie Wars (adapted)

Conditioned Games 1: 1v1 (Four Goals), 2v2 (Four Goals), 3v3 (Four Goals)

Scrimmages: Coach Warm-Up, Small Sided games (3x15mins)

Dribbling (for session: Basic Dribbling 1&2)

The following coaching points should be used whenever a player is dribbling the ball.

- Keep ball close to feet
- Keep head up when moving
- Stay on toes
- Awareness of others
- Accelerate into open space
- Use various parts of foot:
 - inside,
 - outside,
 - sole,
 - laces

Skill	Coaching Points	Weblink
Inside of foot 	<ul style="list-style-type: none"> - Keep ball between feet - Rotate hips to help cut the ball back and forth - Angle inside of foot to point where you want ball to go - Push ball right with left foot and left with right foot. 	http://youtu.be/JzQv1Ocolzw
Outside of foot 	<ul style="list-style-type: none"> - Point toe down and slightly inward - Bend knees to help accelerate - Stay on toes, shifting body to side of ball - Use left foot when ball is on left and right when ball is on right. 	http://youtu.be/SvMr0HHdoXY http://youtu.be/rVamrTne6xE

Skill	Coaching Points	Weblink
<p>Soul of foot</p> 	<ul style="list-style-type: none"> - Bottom of the foot is placed on the ball - Drag ball towards center of body - Left foot to right side, right foot to left side - Can also use pull back technique to drag ball towards you 	<p>http://youtu.be/bvmW6aMukHM</p>
<p>Laces</p> 	<ul style="list-style-type: none"> - Point toe downwards - Push ball in front of you into space - Accelerate after every touch - Don't let ball get too far ahead of you. 	<p>http://youtu.be/SyEDrOIK6iE</p>
<p>One foot only</p> 	<ul style="list-style-type: none"> - Keep ball on one side of body - Choose part of foot that pushes ball away from defender and into space - Stay on toes 	<p>http://youtu.be/qyHxHcd328g</p>

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Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- 20x20 Grid
- players dribble the ball in the area.
- when the coach says 'Go', the players must try and kick each other's ball out while protecting their own.
- person with ball at the end wins.

Progression:

- make the grid smaller
- If no-one is attempting to kick other balls out, add a Defender.
- when ball is kicked out, players do ten toe taps to get back in.



Explanation:

- players must dribble the ball around the cones in their lane. Go to the end and then back through.
- use different parts of the feet (Inside, Outside, Soul, Laces)
- use both feet.

Progression:

- make it a competition.
- put cones closer together.



Explanation:

- 20x20 Grid
- blue (attackers), white (defenders)
- blue must dribble to the other end of the grid.
- white try to steal the ball and knock it out of the square.
- if defender steals the ball off the attacker then that attacker becomes a defender also.

Progression:

- make grid smaller or bigger depending on success
- add extra defender

Action Points/Notes:

15 Minutes to Scrimmage at the end.

Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- 20x20 Grid
- players dribble the ball in the area.
- when the coach says 'Go', the players must try and kick each other's ball out while protecting their own.
- person with ball at the end wins.

Progression:

- make the grid smaller
- If no-one is attempting to kick other balls out, add a Defender.
- when ball is kicked out, players do ten toe taps to get back in.

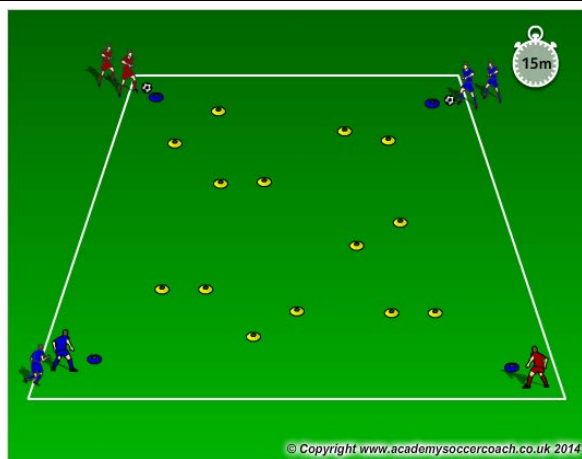


Explanation:

- players must dribble through the gates.
- coach selects a part of the foot (inside, outside, soul, laces)
- change part every few minutes
- instruct to use both feet
- players cannot go through the same gate twice in a row.
- players count the number of gates they go through.

Progression:

- add a defender, who has to tap attacker on the shoulder to get a point. Attacker must do 10 toe taps before continuing.



Explanation:

- blue team works against the red team
- one player per team starts with a ball.
- must dribble through 3 gates then tag partner on opposite side.

Progression:

- every time a player hits the cone with the ball, must do 10 toe taps before continuing.
- players must dribble through every set of cones before tagging their partner.



Action Points/Notes:

15 Minutes to Scrimmage at the end.

Feints and Disguises (for session: Basic Dribbling 3)

The following coaching points are used for all of the feints and disguises...

- Keep ball under close control
- Take positive touches toward opponent
- Run at defender at pace
- Get head up to see where space is
- Sell the 'fake'
- Push ball forward past opponent
- Move forward with the ball
- Accelerate past opponent out of move

Move	Coaching Points	Weblink
<p>Matthews</p> 	<ul style="list-style-type: none"> - keep ball between feet when dribbling - step to one side of the ball - bend knee and drop shoulder - bring other foot across to the side of ball, toe pointed down - push ball diagonally forward with outside of foot 	<p>http://youtu.be/SBX_YsezsTc</p> <p>http://youtu.be/nnXn_gwOtVM</p>
<p>Scissors</p> 	<ul style="list-style-type: none"> - take ball left or right foot - move foot around the ball, from the inside to the outside (clockwise with right, counter clockwise for left) - plant foot (that rotated round ball), bend knee, drop shoulder - bring opposite foot to the side of the ball and point toe down - use outside of foot and push past defender 	<p>http://youtu.be/eVYe9umVvk2M</p>

Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- 20x20 Grid
- players dribble the ball in the area.
- when the coach says 'Go', the players must try and kick each other's ball out while protecting their own.
- person with ball at the end wins.

Progression:

- make the grid smaller
- If no-one is attempting to kick other balls out, add a Defender.
- when ball is kicked out, players do ten toe taps to get back in.

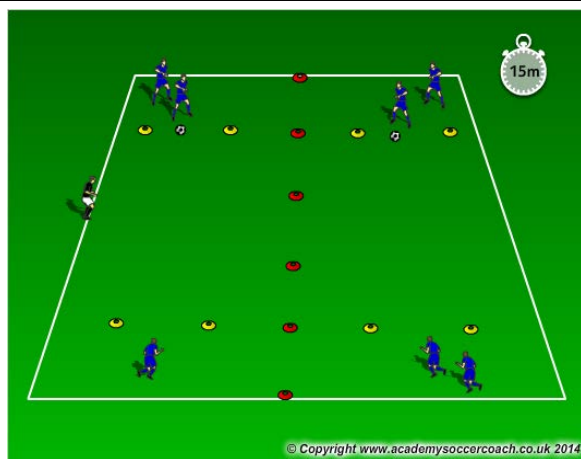


Explanation:

- split field in half
- place cone in the middle 5 yards away from either end.
- player starts with the ball, dribbles up to the cone, does a move past it, then dribbles to the other side.
- instruct players, which move to perform (Matthews, Scissors, etc).
- repeat on the way back.

Progression:

- increase pace of approach to the cone
- do moves on both right and left foot.



Explanation:

- take out tall cone from previous drill.
- player with ball dribbles towards partner.
- defender (player without the ball) moves after attacker's first touch.
- player must dribble the ball through the opposite gates.
- if defender steals the ball they try and dribble towards the other end.

Progression:

- rotate after each turn, so players start as both attackers and defenders
- drill starts with defender passing ball across to attacker.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

Passing (for session: Basic Passing 1&2)

the following coaching points should be used whenever a player passes the ball...

- Look up to see target before playing pass (usually after receiving)
- Step into pass from an angle where possible (from left when using right foot, right when using left foot).
- Eye on ball when making contact
- Hips facing towards target
- Arms out for balance

Skill	Coaching Points	Weblink
<p data-bbox="201 1213 269 1283">Push pass</p> 	<ul style="list-style-type: none"> - Plant non-kicking foot next to ball and point it towards target, so it looks - Use inside of foot to pass the ball - Heel down, toe up on kicking foot - Locked ankle on kicking foot - Kicking foot, follow through toward target (do not cross feet over) 	<p data-bbox="1026 1234 1412 1266">http://youtu.be/y8w-hee2xPM</p>

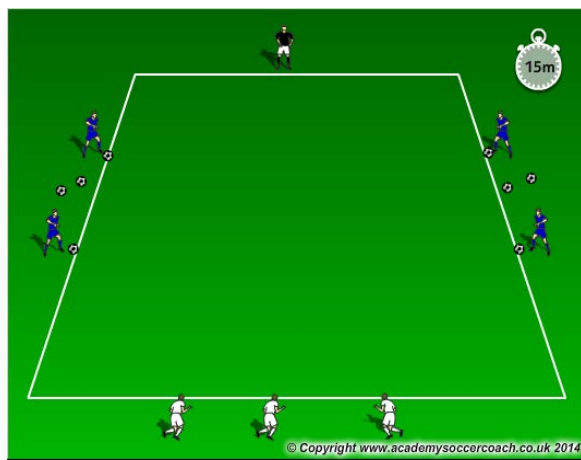
Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- 20x20 Grid.
- on coach's command, white team run to the other side (where coach is).
- blue team must stand behind the line and pass their ball, attempting to hit the white players below the knee.
- If white player is hit they join the blue team.
- play until only one white is left.
- when white make it to the other side, blue players collect the balls and get ready to go again.

Progression:

- make grid smaller
- blue players may only use non-preferred kicking foot.



Explanation:

- players in pairs, with 1 ball between 2.
- players take it in turns, trying to knock down the tall cone in the middle.
- point awarded if cone is knocked over.
- play for 1 minute against partner.
- switch partners and play somebody new.

Progression:

- increase distance.
- players may only use non-preferred kicking foot.



Explanation:

- players work in pairs to dribble around grid and pass ball through gates.
- one player starts with the ball and passes through gate to their partner.
- teammate controls and passes back through same gate.
- point for successful pass through gate.
- after complete a pass back and forth through gate, go to a new gate.

Progression:

- make it a competition. How many gates in 1 minute?
- make passes with non-preferred kicking foot.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

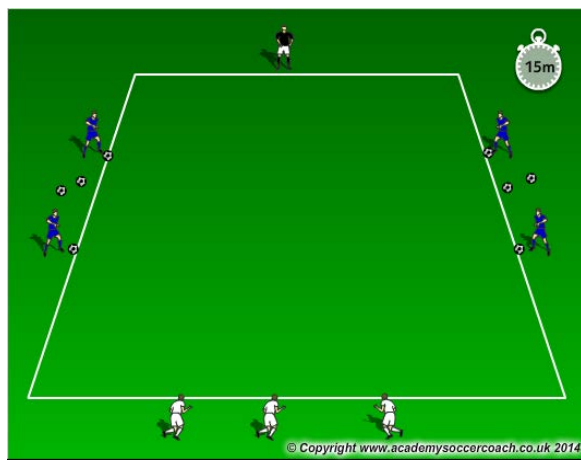
Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- 20x20 Grid.
- on coach's command, white team run to the other side (where coach is).
- blue team must stand behind the line and pass their ball, attempting to hit the white players below the knee.
- If white player is hit they join the blue team.
- play until only one white is left.
- when white make it to the other side, blue players collect the balls and get ready to go again.

Progression:

- make grid smaller
- blue players may only use non-preferred kicking foot.



Explanation:

- 15x15 Grid.
- split team in two.
- each player with a ball.
- one ball in the middle (preferably a different colour).
- players must stay behind their line and pass the ball, attempting to hit the ball in the center.
- each team is trying to knock the central ball past the opponent's line.
- players can go in and get any ball, but cannot touch the middle one and must dribble back behind line before passing again.

Progression:

- increase distance from central ball.
- force players to use non-preferred foot only.



Explanation:

- split field in half
- number players 1 thru 3.
- players must pass in number order.
- players always on the move.
- ball must always be moving.
- ball must stay in the grid.

Progression:

- coach calls out one number and one colour, that player goes into the opposite box to try and steal the ball.
- if attacking team can make 5 passes they get a point, if the defender steals the ball, that team get a point.
- during these progressions, team may pass in any order.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

Receiving (for session: Basic Receiving 1)

The following coaching points should be used whenever a player receives the ball.

- player should be on toes ready to control ball
- get body behind ball
- move towards ball
- eye on ball when taking touch
- adjust hips to face out of pressure
- take ball into space

Skill	Coaching Points	Weblink
<p>Inside of foot</p> 	<ul style="list-style-type: none"> - heel down, toe up (larger surface area) - locked ankle on kicking foot - feet no further than shoulder width apart - judge weight of pass and cushion ball - push it out of feet for next pass/shot/dribble 	<p>http://youtu.be/m30j6HXt8jQ</p> <p>http://youtu.be/YQkimZ9Dj1c</p>

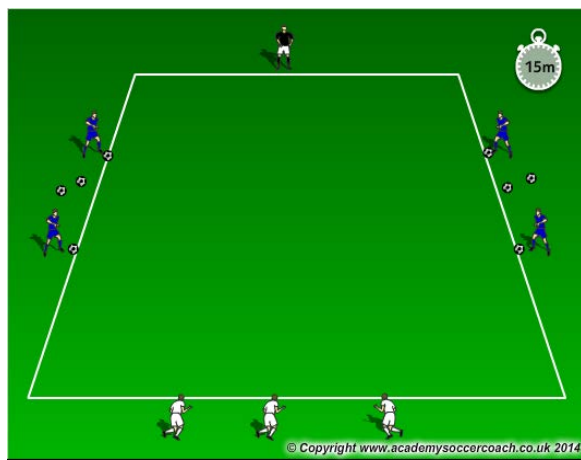
Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- 20x20 Grid.
- on coach's command, white team run to the other side (where coach is).
- blue team must stand behind the line and pass their ball, attempting to hit the white players below the knee.
- If white player is hit they join the blue team.
- play until only one white is left.
- when white make it to the other side, blue players collect the balls and get ready to go again.

Progression:

- make grid smaller
- blue players may only use non-preferred kicking foot.

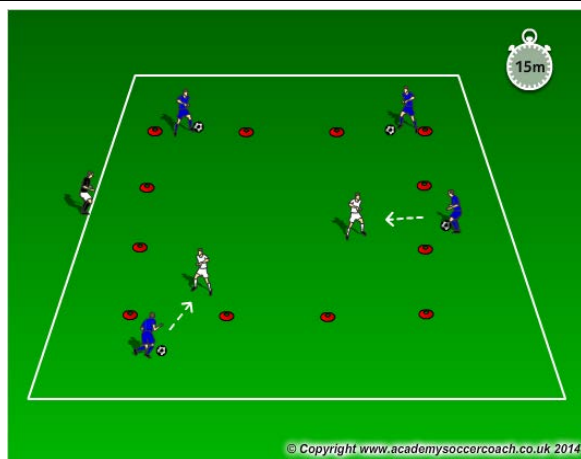


Explanation:

- split team into groups of three or four.
- players line up facing each other 10 yards apart.
- player passes the ball across,
- player receives ball, taking a touch and passes back.
- after pass, players join back of their own line.
- use both feet.

Progression:

- players now follow their pass and join back of opposite line.
- add conditions for receiving players.
 - control ball behind the cone and take first touch beyond cone.
 - receive with one foot and pass with other.
 - receive and pass with same foot.
 - pass with left foot only.
 - pass with right foot only.
- play against other team. First team to 10 passes wins.



Explanation:

- 20x20 Grid
- half of team on the inside (without ball)
- half the players on the outside (with ball).
- players on inside must receive the ball from the blue player, control the ball and pass it back to same player.
- switch players from outside to inside and vice-versa.

Progression:

- player on inside must control the ball then pass to somebody else on the outside without a ball.
- add a defender to the middle grid to win the ball from receiving player.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

Turning (for session: Basic Turning 1&2)

The following coaching points are used for all turns...

- Plant foot in correct position (see each turn below)
- Bend knee in order to allow leverage to accelerate out of turn
- Glance over shoulder to ensure turn is away from pressure
- Either fake (Pull back/Cruyff/Stepover), or stretch (inside/outside hook) to create space to evade defender
- Solid contact on the ball to get it out of feet
- Accelerate into space for next pass/shot/dribble
- Turn away from opponent (keep body between ball and defender)

Skill	Coaching Points	Weblink
<p>Pull back</p> 	<ul style="list-style-type: none"> - plant non kicking foot about eight inches to side of ball - place soul of the opposite foot on the ball and roll directly behind you - turn 180 degrees in direction of the ball (turn right when using right foot, left with left) 	<p>http://youtu.be/k66Hvv4YJ1E</p> <p>http://youtu.be/p1rcy1Gz1Nw</p>
<p>Inside hook</p> 	<ul style="list-style-type: none"> - plant closest foot to the side and behind the ball (approx 8 inches). - use the foot furthest from the ball to perform the turn. - pivot on non kicking foot, bringing opposite foot down in a chopping motion - take ball away with the inside of the foot. 	<p>http://youtu.be/Z_BAVnfX_y4</p>

Skill	Coaching Points	Weblink
<p data-bbox="199 453 305 520">Outside hook</p> 	<ul style="list-style-type: none"> - plant furthest foot to the side and behind the ball (approx shoulder distance). - use foot closest to ball to turn. - pivot on non kicking foot, bringing opposite foot down in a chopping motion. - take ball away with the outside of the foot. 	<p data-bbox="1027 470 1412 506">http://youtu.be/S_s060Vz5yk</p>



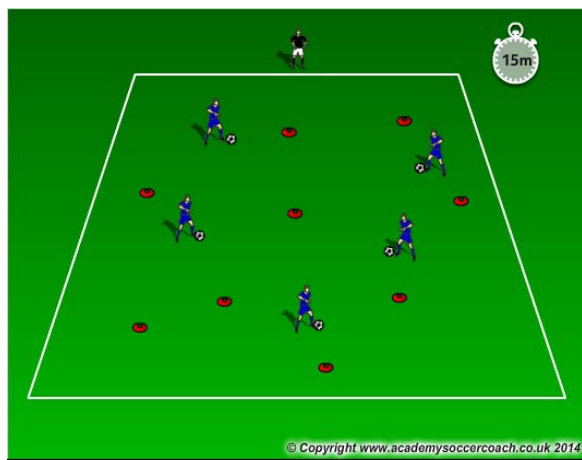
Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- each side of the grid will be given a name of a country.
- cones placed inside the grid randomly.
- players dribble inside the grid.
- coach calls out a country and players must dribble to that side.
- if player dribbles into a cone, they must perform five toe taps before continuing.

Progression:

- make it a competition. Players must make it to the side in under 5 seconds.
- last player to the side has to do 10 toe taps.
- players must get to line, turn and then continue dribbling inside grid.

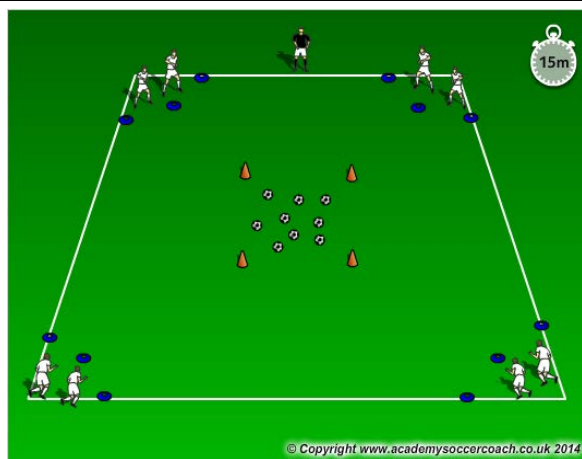


Explanation:

- players split up into four lines.
- players dribble towards the two cones in the middle and perform the designated turn
- players then dribble back to their partner.

Progression:

- perform turns with weaker foot.
- Introduce new turn (Cruyff and/or Stepover).



Explanation:

- place all the balls in the coned area in the middle of the grid.
- split the group into three or four teams depending on numbers.
- one player at a time from each group runs into the middle.
- player performs a turn on the ball, then dribbles back to his partner.
- partner does the same.
- continue until all the balls are gone.
- put balls back and repeat.

Progression:

- once all the balls are taken out of the middle, allow one player from each corner to go and 'steal' balls from other corners. Each ball in your corner at the end is a point.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

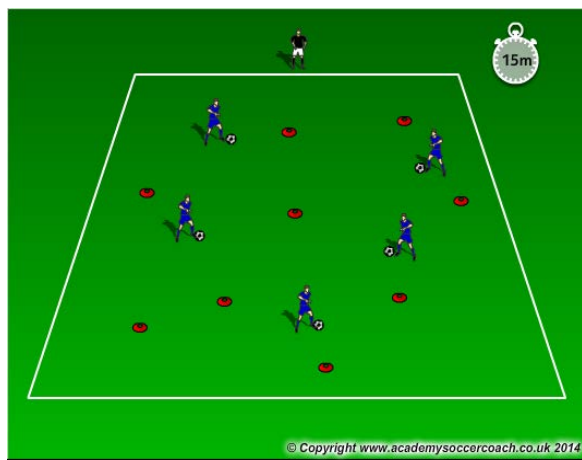
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Time available



Explanation:

- each side of the grid will be given a name of a country.
- cones placed inside the grid randomly.
- players dribble inside the grid.
- coach calls out a country and players must dribble to that side.
- if player dribbles into a cone, they must perform five toe taps before continuing.

Progression:

- make it a competition. Players must make it to the side in under 5 seconds.
- last player to the side has to do 10 toe taps.
- players must get to line, turn and then continue dribbling inside grid.



Explanation:

- 30x30 Grid
- spread out cones spacing them two yards apart inside the grid.
- players must practice their turns, by dribbling to a gate and turning.

Progression:

- make it a competition. How many turns in one minute?
- add a defender, who has to tag an attacker. Attacker must then do ten toe taps before continuing.
- attackers count how many gates they dribble through, while defenders count how many attackers they can tag.



Explanation:

- 20x20 Grid
- two goals facing towards the outside of the grid
- white player passes ball to blue player.
- blue player can look to score in either goal.
- If white wins ball they become the attacker.
- rotate, so players get to attempt being attacker and defender.

Progression:

- add two extra goals in the square.
 - play 1v1. Players can go anywhere in the square and score in any goal.
 - switch who plays against who.


Action Points/Notes:

15 Minutes to Scrimmage at the end.

Shooting (for session: Basic Shooting 1&2)

The following coaching points are used for all types of shots...

- Approach ball from an angle when possible
- Get arms out for increased balance
- Look up before connecting with ball, to see where target is
- Keep eye on the ball when making contact
- Try to shoot hard and low in corners

Skill	Coaching Points	Weblink
<p>Shooting for power</p> 	<ul style="list-style-type: none"> - plant non kicking foot about shoulder distance to side of ball, with toe pointing at target. - curl toes of kicking foot to lock ankle and point to the ground at an angle - strike through center of ball with laces - get weight behind ball by following through, landing on the kicking foot. 	<p>http://youtu.be/4vHArf61N0g</p> <p>http://youtu.be/i85YT_SFeD8</p>

Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- one GK (rotate every few minutes).
- players are given a number.
- players dribble inside the 15x15 Grid.
- when the coach calls out a number, that player dribbles out of the square to goal and shoots.
- player retrieves ball and goes back into the square to continue dribbling.

Progression:

- use weaker foot.
- shot must be taken in under 5 seconds after the coach has called out that number.
- shot must be taken from inside grid.
- call a second number, who would act as a defender.



Explanation:

- two shooters in blue.
- one goalkeeper in green
- each player starts approximately seven yards away at the red cone.
- one player shoots (after shot, they collect ball and return to cone).
- GK turns around for player shooting at other end.
- continue same pattern.
- rotate GK after a few minutes.

Progression:

- players strike a moving ball.
 - they start at the yellow cone (10 yards away from the goal),
 - dribble towards the red cone and shoots.
- use non-preferred foot.



Explanation:

- two lines going at the same time.
- players start at the red cone (10 yards away)
- dribble the ball towards the two yellow cones (7 yards away)
- players then shoot on goal
- players get ball and join the back of opposite line.
- rotate GK's

Progression:

- increase distance.
- make it a competition. First player to three goals wins.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

Coach

Session date

Team/Age Group

Theme

Time available



Explanation:

- one GK (rotate every few minutes).
- players are given a number.
- players dribble inside the 15x15 Grid.
- when the coach calls out a number, that player dribbles out of the square to goal and shoots.
- player retrieves ball and goes back into the square to continue dribbling.

Progression:

- use weaker foot.
- shot must be taken in under 5 seconds after the coach has called out that number.
- shot must be taken from inside grid.
- call a second number, who would act as a defender.



Explanation:

- players split up as shown.
- white plays to white. Blue plays to blue.
- cones set up 10 yards from goal.
- players play ball to teammate, who takes a touch out of feet and shoots on goal.
- change lines after shot.

Progression:

- use non-preferred foot.
- increase distance.



Explanation:

- coach stands beside goal with a collection of soccer balls.
- two teams of players starting 10 yards to the side of goal.
- two cones 10 yards out away from the goal.
- players in each team are given a number.
- coach calls a number and that player from each line runs down and around cone.
- coach will throw one ball in and the two players will compete 1v1 against each other.

Progression:

- call two numbers at the same time.

Action Points/Notes:


15 Minutes to Scrimmage at the end.

Goalkeeping (for session: Goalkeeping 1)

The following coaching points are used for all basic handling...

- Get into ready stance
 - feet slightly wider than shoulder width apart
 - Knees bent
 - Hips facing towards where ball is approaching from
 - Arms out with palms of hand facing where ball is approaching from
 - Stay on toes (DO NOT lean back on heels)
- Get body behind ball where possible
- Keep strong wrists whenever catching

Skill	Coaching Points	Weblink
Balls on the ground 	<ul style="list-style-type: none"> - Go down on one knee only - Knee should rotate to touch heel of opposite foot, creating a 'long barrier' - Use both hands to 'scoop' the ball up and into chest 	http://youtu.be/4lvdnRcQzus
Balls into chest 	<ul style="list-style-type: none"> - With body behind ball, scoop ball with both hands into chest - Absorb impact by arching back 	http://youtu.be/5EN75NmxdAk
Balls above head 	<ul style="list-style-type: none"> - Aim to retrieve ball at its highest point - Spring off foot and bring opposite knee up towards chest - Keeping eye on the ball and hands in 'W' shape, catch ball - Then smother ball into chest 	http://youtu.be/35Mfgm4lXD0

Skill	Coaching Points	Weblink
 <p data-bbox="201 636 305 701">Balls to the side</p> 	<ul style="list-style-type: none"> - Push off foot closest to side diving (right foot to dive right, left foot to dive left) - Reach arms out to that side, while watching ball. - Should land on side of body (DO NOT land on back or stomach) - If ball is on the floor, can use 'third hand technique' to save. <ul style="list-style-type: none"> - This is where you place one hand behind the ball, one above and use the ground as a third hand, to safely retrieve the ball (see lower pic). - If ball is higher, either push to side with palms of hand/fingertips, or catch ball. 	<p data-bbox="1036 579 1409 611">http://youtu.be/exgetruW8t8</p> <p data-bbox="1036 653 1414 684">http://youtu.be/YvgjZRn4VQk</p>

UK SOCCER ACADEMY

Coach

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Explanation:

- 20x20 Grid.
- players jog around the grid with a ball in their hands.
- work on:
 - throwing the ball in the air and catching.
 - bouncing the ball and catching.
 - throwing the ball to the side and diving on them.

Progression:

- take some balls out and players now throw to each other.



Explanation:

- players in pairs, 10 yards apart.
- each player is in between a set of cones (5 yards apart)
- players throw the ball at each other.
- focus on;
 - balls on the ground (one knee down)
 - balls into chest (scoop)
 - balls above head (W's)
 - balls to side (diving technique)

Progression:

- players can kick instead of throw to each other.
- make it a competition.



Explanation:

- one GK
- players split up into three groups.
- stand behind yellow cones (10 yards away from the goal).
- start from the left to right.
- one player dribbles up to red cone in front of them (7 yards away from goal) and shoots.
- player at front of next line then repeats, and so on.
- after shot, player joins back of next line.
- rotate GK every few minutes

Progression:

- make it a competition. 1st player to 3 goals.

Action Points/Notes:

15 Minutes to Scrimmage at the end.

Coach

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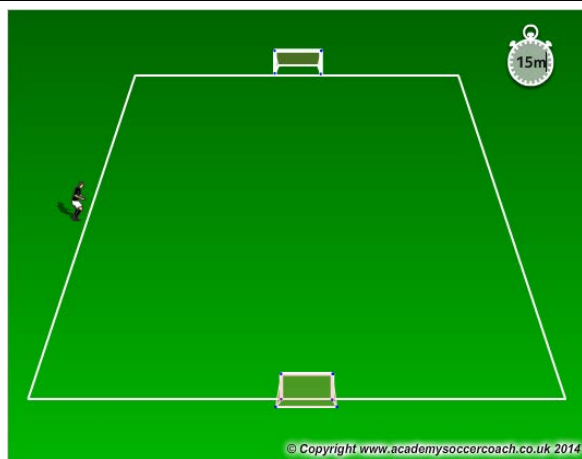
Explanation:

- coach can put on any warm up of their choice.
- May use one of the previous warm ups, or use time to focus on an area required by team.
- make it fun and keep all the players active



Explanation:

- play 5v5 against one of the other teams training.
- if there are extra players use as subs.
- same rules as game day.



Explanation:

- play 5v5 against one of the other teams training.
- if there are extra players use as subs.
- same rules as game day.

Action Points/Notes:

Four teams practicing at the same time. Play each team once. 15 minutes per game. Play using standard league rules.

Coach

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Explanation:

- four goals
- 1v1
- blue passes ball to white.
- white receives ball and attacks opponent's two goals.
- if blue steals ball, they look to attack opponent's two goals.
- change ends after each turn.

Progression:

- make it a competition. Attack vs Defense (first team to 5 Goals).



Explanation:

- four goals
- 2v2
- blue passes ball to white.
- white receives ball and attacks opponent's two goals.
- if blue steals ball, they look to attack opponent's two goals.
- change ends after each turn.

Progression:

- make it a competition. Attack vs Defense (first team to 5 Goals).



Explanation:

- 4 Goals
- blue passes ball to white.
- white receives ball and attacks opponent's two goals.
- if blue steals ball, they look to attack opponent's two goals.
- change ends after each turn.

Progression:

- make it a competition. Attack vs Defense (first team to 5 Goals).

Action Points/Notes:

15 Minutes to Scrimmage at the end.


Advanced Feints and Disguises:

The below moves are for players, who are comfortable with the previous moves covered...

Move	Coaching Points	Weblink
Reverse scissors	 <ul style="list-style-type: none"> - bring foot round the ball from the outside to the inside (clockwise with left foot, counter clockwise with right foot) - point toe down of the same foot - push ball forward with outside of foot 	http://youtu.be/7Ahsj9PKgNY
Double touch	 <ul style="list-style-type: none"> - keep ball in between feet - use inside of one foot to play a strong pass to opposite foot - ensure arch of foot is angled to push ball passed defender - pass should be strong enough to play off other foot and passed defender - use hips to sell fake - this is most effective, when both feet are off the floor at the same time 	http://youtu.be/XODZ10eDmDI http://youtu.be/HSLokSt6u-s
Inside-outside	 <ul style="list-style-type: none"> - use inside of one foot to move ball towards opposite foot - bend knee and drop shoulder - bring foot to opposite side of ball and point toe down - use outside of foot to push ball diagonally forward past opponent 	http://youtu.be/VixQdCYyPcQ
Jay-Jay	 <ul style="list-style-type: none"> - roll ball diagonally forward and across body with soul of foot - step opposite foot round the ball, so feet become criss-crossed <p>Progression...</p> <ul style="list-style-type: none"> - at this point in move, use inside of back foot to push ball past defender 	http://youtu.be/VixQdCYyPcQ

Advanced Turns:

The turns below, are for players, who are comfortable with the previous turns covered...

Skill	Coaching Points	Weblink
<p>Cruyff turn</p> 	<ul style="list-style-type: none"> - plant non kicking foot alongside ball, as if to pass or shoot. - fake to pass/shoot - bring kicking foot round ball, so that toes end up pointing towards each other at a right angle. - push ball between legs, using inside of foot - turn body to left when using right foot and right when using left foot. 	<p>http://youtu.be/lBVkuIRnIVg</p> <p>http://youtu.be/RFULtObRJzw</p>
<p>Stepover turn</p> 	<ul style="list-style-type: none"> - start with ball in between feet. - step one foot round ball, so that feet end up one in front of the other (as if walking a tight rope) - ball will now be beside outside of foot that stepped around the ball. - use opposite foot to take ball with inside of foot and turn (inside hook technique). 	<p>http://youtu.be/qvSOEMi0EBs</p>

Coach's Notes

