



# **U8/U9 FUTSAL DEVELOPMENT PROGRAM**

## **Club Coaches Curriculum**





### **Mission Statement**

***"To raise the general standard and understanding of soccer and, to improve the technique of developing players and coaches, enabling all participants to reach their desired goals."***

## **NSSDC U8/U9 Futsal Development Program**

In partnership with NVFC the NSSDC is pleased to offer the Futsal Development Program for all U8/U9 players and coaches.

### **What it means to you as a coach of the team and also you as parent of each player**

In each age group from U8 to U9 the club will have several teams playing within the House leagues. During the season the club and their Technical Director see it as an advantage to offer it's players and coaches the ability to work with a professional coach. This is where the NSSDC can offer its services as mentor and teacher to the coaches and its players.

### **How does it work?**

- The NSSDC will provide each club team coach an official program curriculum guide which will be delivered both electronically and on the NSSDC website in the form of easy to understand lesson plans.
- The club team coaches will also be offered an on field coaching clinic to prepare them for the program where they will receive a hard copy of the manual.
- Players and Coaches will receive 10 futsal sessions over the course of the season which will be run by the NSSDC staff coaches with the emphasis on player and coach development
- Coaches will also receive 10 additional soccer sessions included in the manual which they can use over the course of the season at their regular team training
- During the course of the program there will be a series of on field coaches clinics to further develop the club coaches in specific areas.

# Curriculum Outline

## Curriculum Introduction

The curriculum for this program contains a seasonal plan for the year where the emphasis is on using both Futsal and Soccer as a tool to develop the basic fundamental techniques used in soccer. All activities are age appropriate and follow the LTPD model as set by the CSA. All exercises can be adapted based on the ability of the players.

## Table of Season objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>• Develop basic motor skills               <ul style="list-style-type: none"> <li>○ Walking</li> <li>○ Running</li> <li>○ Turning</li> <li>○ Jumping</li> <li>○ Tumbling</li> <li>○ Hoping</li> <li>○ Skipping</li> <li>○ Throwing</li> <li>○ Catching</li> </ul> </li> <li>• Develop ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>• Enjoyment/Fun</li> <li>• Build self esteem</li> <li>• Create positive environment</li> <li>• Develop group interaction skills</li> <li>• Develop good sportsmanship and fair play</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>• Ball Familiarity</li> <li>• Juggling with all parts of the foot</li> <li>• Dribbling using all parts of the foot</li> <li>• Feinting and turning</li> <li>• Shielding</li> <li>• Passing</li> <li>• 1<sup>st</sup> touch</li> <li>• Shooting and Volley Techniques</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>• Basic Game understanding</li> <li>• Basic principles of 1v1, 2v2, 3v3 and 4v4</li> <li>• Awareness of when to dribble and when to pass</li> <li>• Basic concepts of support play</li> <li>• Awareness of space on and off the ball</li> <li>• Taking shooting opportunities when presented</li> </ul>

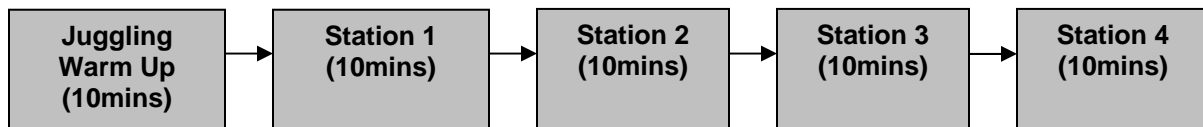
## Curriculum Session Breakdown

The season is broken up into a total of 20 sessions, 1 session each week alternating between Futsal and Soccer. All Futsal sessions will operate at Parkgate Gym and will be run by NSSDC's Professional Staff (we do encourage club coaches to get involved in the sessions as this will help with their coaching development). All Soccer sessions will be run by the team coach at their regular practice time scheduled for their team.

<b>FUTSAL SESSION 1</b>	<b>Dribbling, Feinting and 1v1</b>
<b>SOCCER SESSION 1</b>	<b>Dribbling, Feinting and 1v1</b>
<b>FUTSAL SESSION 2</b>	<b>Dribbling, Feinting and 1v1</b>
<b>SOCCER SESSION 2</b>	<b>Dribbling, Feinting and 1v1</b>
<b>FUTSAL SESSION 3</b>	<b>Dribbling, Feinting and 1v1</b>
<b>SOCCER SESSION 3</b>	<b>Dribbling, Feinting and 1v1</b>
<b>FUTSAL SESSION 4</b>	<b>Passing and Receiving 2v1</b>
<b>SOCCER SESSION 4</b>	<b>Passing and Receiving 2v2</b>
<b>FUTSAL SESSION 5</b>	<b>Jamboree</b>
<b>SOCCER SESSION 5</b>	<b>Jamboree</b>
<b>FUTSAL SESSION 6</b>	<b>Passing and Receiving 2v2</b>
<b>SOCCER SESSION 6</b>	<b>Passing and Support</b>
<b>FUTSAL SESSION 7</b>	<b>Passing and Support</b>
<b>SOCCER SESSION 7</b>	<b>Passing and Support</b>
<b>FUTSAL SESSION 8</b>	<b>Shooting</b>
<b>SOCCER SESSION 8</b>	<b>Shooting</b>
<b>FUTSAL SESSION 9</b>	<b>Shooting</b>
<b>SOCCER SESSION 9</b>	<b>Crossing and finishing</b>
<b>FUTSAL SESSION 10</b>	<b>Jamboree</b>
<b>SOCCER SESSION 10</b>	<b>Jamboree</b>

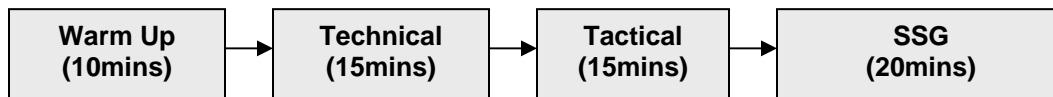
## Futsal Session Format

All sessions are 1 Hour and teams will rotate through a series of Stations



## Soccer Session Format

All sessions are 1 Hour and are based around a theme and follow the following progression:



# Futsal

## What is Futsal?

The term Futsal is an abbreviation of “futebol de salao” (Portuguese) or Futbol Sala” (Spanish) which translated means “indoor soccer” just like soccer is an abbreviation of association football.

Futsal was developed in South America, and some say it originated in Montevideo, Uruguay and others in Sao Paolo, Brazil. However it has developed into a very popular game both in South America and Europe over the years, and has been used as a tool to develop good soccer technique in young players to allow them to become more confident on the ball. When you look at countries like Brazil, Argentina, Portugal and Spain where Futsal is a big part of their culture you can see the success Futsal has had in developing technically proficient players.

The game of Futsal is played with 2 teams of 5 players including a goalkeeper, and is played on a court similar to the size of a basketball court. The ball is smaller in size and is weighted so the bounce is reduced. The rules are closer to soccer than the British and American versions of indoor soccer as there are no walls, and if the ball leaves the boundaries of the court possession is handed over to the other team.

## Futsal the Benefits for Soccer Development

1. Futsal is played with a small number of players, which allows players to have more touches on the ball which helps players to become more comfortable on the ball
2. The Futsal ball with its reduced bounce allows players to get good control of the ball without it bouncing away, which gives players a greater confidence on the ball and encourages players to be more creative on the ball.
3. The Futsal ball also encourages players to pass over short distances and keep the ball on the ground as it is harder to just kick the ball in the air down field. This will help to develop good habits in players at an early age.
4. Futsal is played in a small area on a fast gym surface, which will help players to improve their quickness of thought, which will allow players to make better decisions when under high pressure situations or in tight spaces in games
5. Futsal rules are closer to soccer, as there are no walls, if the ball goes out of play possession is lost, this encourages good habits as players will try to keep possession of the ball rather than take the easy option to play off the walls, or kick the ball down field knowing the ball will remain in play.
6. Being in the gym creates a fun environment for young players and keeps them out of the cold, wet weather during the winter months, which will help players to remain interested in soccer and develop a passion for the sport.

## **Coaching Clinics**

Coaching clinics will be organised for the Club coaches and run by the NSSDC and BCSA, all clinics will be conducted on field or in the class room. Coaches taking part in these sessions will be used as players and therefore need to bring suitable clothing and equipment. A full clinic program schedule will be sent to all coaches via the club, which will outline dates, times, location, topic and clinic presenter.

### **Further Development**

All club coaches are encouraged to attend any additional courses, seminars or clinics that will further enhance their overall development. In addition to this coaches are always welcome to come and observe the training sessions at:

- NSSDC Player Development Program

For information on the dates and times for the above program please visit the NSSDC website [www.nssdc.net](http://www.nssdc.net)



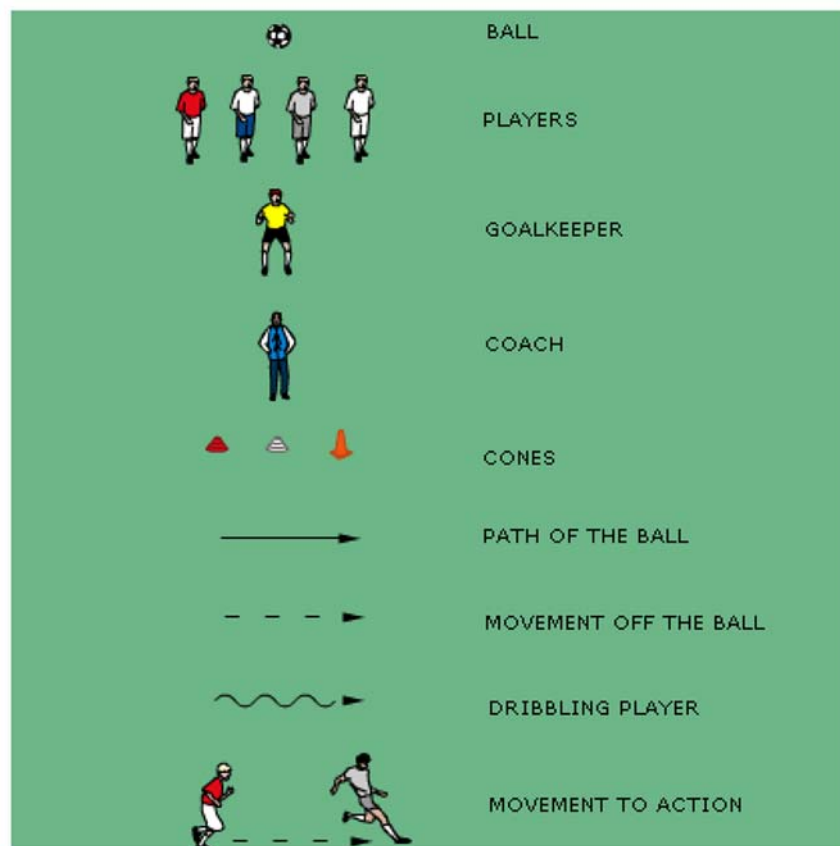
## **The Sessions**

## How the Sessions work?

Each Session plan is to be used as a guide and concentrates on a particular topic. It is up to the coach to look at adapting the session's suitability to the conditions, age and ability of the players.

NSSDC staff coaches will run each station outlined in each of the Futsal sessions, club coaches are encouraged to rotate from station to station with their team and provide assistance to the NSSDC Coach. The Soccer sessions are designed for the club coach to follow at their regular team practice.

### Notation Legend



## FUTSAL WARM UP

At the start of each Futsal session players will perform a 10 minute ball juggling warm up before moving onto the 1<sup>st</sup> exercise. For the ball juggling warm up the **regular size 3 balls** will be used and each player will need a ball. Below is a table which outlines the progressions for each juggling warm up session all exercises are performed in a 15x15d grid:

<b>FUTSAL WARM UP 1</b>	<ul style="list-style-type: none"> <li>• Players move around the grid throwing ball above head height and catching the ball</li> <li>• As above players clap before catching ball</li> <li>• Players bounce ball and catch while moving around grid.</li> <li>• As above player clap when ball hits ground</li> <li>• Players throw ball from hand to hand while moving around the grid (again introduce clap)</li> <li>• Players throw ball in the air and as the ball bounces they quickly step over the ball</li> <li>• As above players now try to catch ball after stepping over the ball</li> <li>• Throw ball in the air allow the ball to bounce and quickly run under the ball</li> <li>• As above players now turn and catch ball after running under the ball</li> </ul>
<b>FUTSAL WARM UP 2</b>	<ul style="list-style-type: none"> <li>• Players move around the grid throwing ball above head height and catching the ball</li> <li>• As above players clap before catching ball</li> <li>• Players bounce ball and catch while moving around grid.</li> <li>• As above player clap when ball hits ground</li> <li>• Players throw ball from hand to hand while moving around the grid (again introduce clap)</li> <li>• Players throw ball in the air and as the ball bounces they quickly step over the ball</li> <li>• As above players now try to catch ball after stepping over the ball</li> <li>• Throw ball in the air allow the ball to bounce and quickly run under the ball</li> <li>• As above players now turn and catch ball after running under the ball</li> </ul>
<b>FUTSAL WARM UP 3</b>	<ul style="list-style-type: none"> <li>• Players throw ball in the air let the ball bounce and kick ball into hands using laces (right foot then left foot)</li> <li>• As above players clap before they catch the ball</li> <li>• Players now attempt to kick the ball twice letting the ball bounce in between each attempt using only the right foot and then catch</li> <li>• As above left foot</li> <li>• As above on off the right foot one off the left</li> </ul>
<b>FUTSAL WARM UP 4</b>	<ul style="list-style-type: none"> <li>• Players throw ball in the air let the ball bounce and kick ball into hands using laces (right foot then left foot)</li> <li>• As above players clap before they catch the ball</li> <li>• Players now attempt to kick the ball twice letting the ball bounce in between each attempt using only the right foot and then catch</li> <li>• As above left foot as above on off the right foot one off the left</li> </ul>
<b>FUTSAL WARM UP 5</b>	<b>Follow Warm up as shown in Session Plan</b>

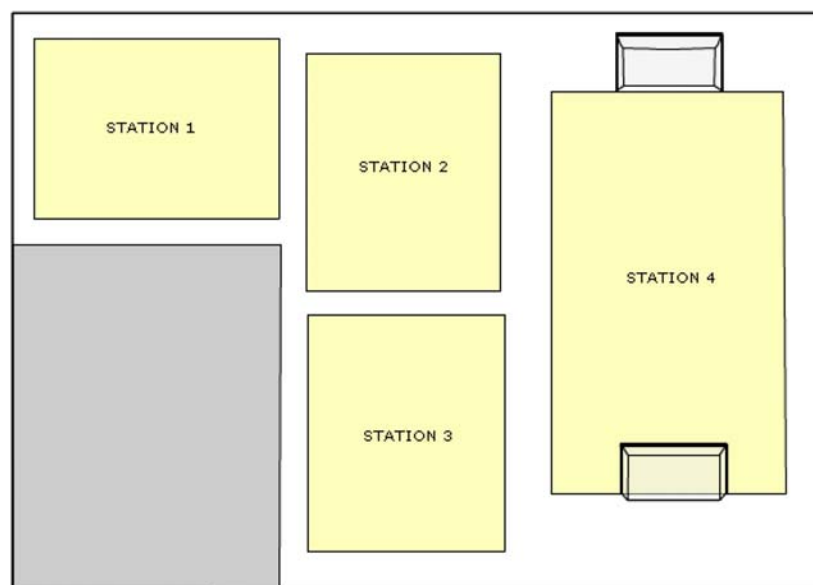
<b>FUTSAL WARM UP 6</b>	<ul style="list-style-type: none"> <li>• Players throw ball in the air let the ball bounce and kick ball into hands using laces (right foot then left foot)</li> <li>• As above use inside of foot</li> <li>• As above use sole of foot to bounce into hands</li> <li>• As above use outside of foot</li> <li>• Can players perform combinations for example, bounce, laces, bounce, inside catch</li> <li>• Players see how many times they can continuously juggle using their feet allowing only one bounce</li> </ul>
<b>FUTSAL WARM UP 7</b>	<ul style="list-style-type: none"> <li>• Players throw ball in the air let the ball bounce and kick ball into hands using laces (right foot then left foot)</li> <li>• As above use inside of foot</li> <li>• As above use sole of foot to bounce into hands</li> <li>• As above use outside of foot</li> <li>• Can players perform combinations for example, bounce, laces, bounce, inside catch</li> <li>• Players see how many times they can continuously juggle using their feet allowing only one bounce</li> </ul>
<b>FUTSAL WARM UP 8</b>	<ul style="list-style-type: none"> <li>• Players see how many times they can continuously juggle using only their laces on the right foot allowing only one bounce between juggles</li> <li>• As above left foot</li> <li>• As above both feet</li> <li>• As above using inside of right foot only (continue progression using sole and outside of feet)</li> <li>• Players can use all parts of the foot but can't use the same part twice</li> </ul>
<b>FUTSAL WARM UP 9</b>	<ul style="list-style-type: none"> <li>• Players see how many times they can continuously juggle using only their laces on the right foot allowing only one bounce between juggles</li> <li>• As above left foot</li> <li>• As above both feet</li> <li>• As above using inside of right foot only (continue progression using sole and outside of feet)</li> <li>• Players can use all parts of the foot but can't use the same part twice</li> </ul>
<b>FUTSAL WARM UP 10</b>	<b>Follow Warm up as shown in Session Plan</b>

## Futsal Session Procedure for Club Coaches

- Read and familiarise yourself with all sessions contained within this document.
- Arrive 10-5 mins early to meet with the co-ordinator who will meet you by the entrance to the gym
- Club Coaches and Players please wait to enter the gym until all the stations have been set up and the previous group has exited the gym. At this point the co-ordinator will assign your team to a station and NSSDC Coach
- The NSSDC coach will then conduct the Juggling Warm up with the players and then move into the exercise assigned to that station
- The co-ordinator will signal when teams rotate to the next station
- At the last station the NSSDC coach will de-brief players to see if session objectives have been met

## Parkgate Gym set up for Futsal Program

Below is a diagram which shows the layout of the Gym for the Futsal program:



## **Futsal Rules for Games (Station 4)**

- Games will be 10min in Length and played straight through with no half time
- 5 aside – (1gk 4 Outfield Players)
- Game will start with a drop ball
- If a goal is scored restart from centre as in regular soccer
- If ball goes out off the sides a Kick in will be played from the side, defending team must give 3 Meters
- Corner kicks are awarded when a defending player touches the ball past their own goal line, defending team must give 3 Meters
- If an attacking player plays the ball past the goal line the goalkeeper starts the play from their hands but cannot play the ball across the half way line.
- Free kicks are awarded for foul play, same rules as in Soccer except No sliding Tackles are allowed, the defending team must give 3 Meters and can form a wall.
- Any player that commits 5 fouls in one game is sin binned for 2 mins
- Any restart must be taken within 5 seconds
- A pass back to the GK cannot be picked up by the GK and they must play the ball with there feet
- Penalty kicks are awarded for any fouls committed inside the penalty area.
- Unlimited flying substitutes

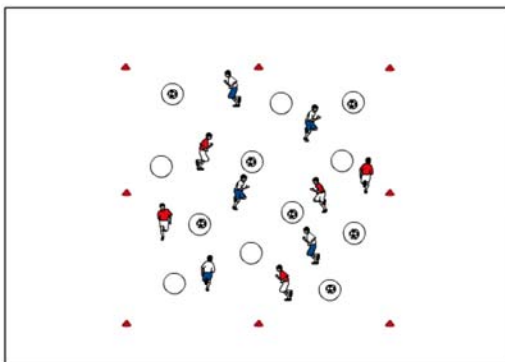
## FUTSAL SESSION 1

### Dribbling, Feinting and 1v1

#### Table of objectives

Physical	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
Psychological & Social	<ul style="list-style-type: none"> <li>Integration of players</li> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
Technical	<ul style="list-style-type: none"> <li>Dribbling, turning, shielding, feints,</li> </ul>
Tactical	<ul style="list-style-type: none"> <li>Basic Principles of 1v1</li> <li>Awareness of Space</li> </ul>

#### Station 1

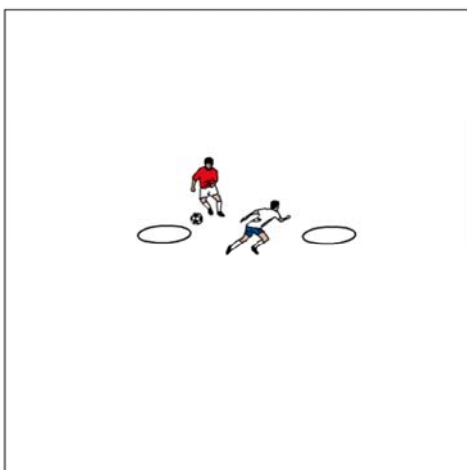


##### Organisation

Set up a 20x20yd grid with 12 rings placed inside the grid some with a **regular size 3 soccer ball** in the middle of 7 or 8 of the rings and others without (See Diagram). Players move inside the grid picking up balls using their hands, and placing them into empty rings. Vary exercise by adding different movements for example:

- Players hop or jump around grid
- Players bounce ball while moving around the grid
- Players throw ball and catch while moving around the grid
- Players Throw ball from hand to hand while moving through the grid
- Players dribble ball with their feet

#### Station 2



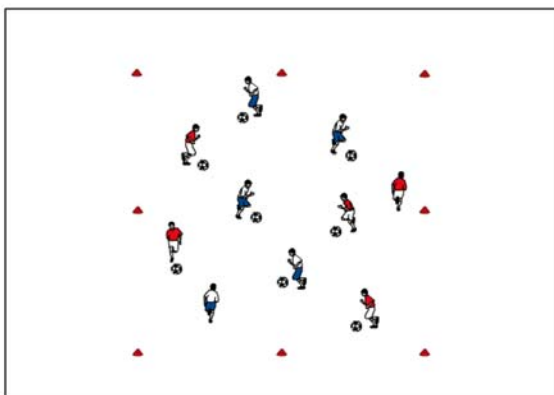
##### Organisation

Set up rings as shown in the diagram about 3-4yds apart. Players get into pairs with a ball between each pair. The ball is placed between the 2 rings with each player opposite each other between the 2 rings (see diagram). The aim of the exercise is for the attacker to move the ball to one of the 2 rings and the defenders job is to try to put their foot into the ring 1<sup>st</sup> before the attacker gets there. Players compete for 1min player that wins moves up the ladder.

##### Progression

- Attacking players can move ball as part of the disguise
- Both players have a ball

### Station 3

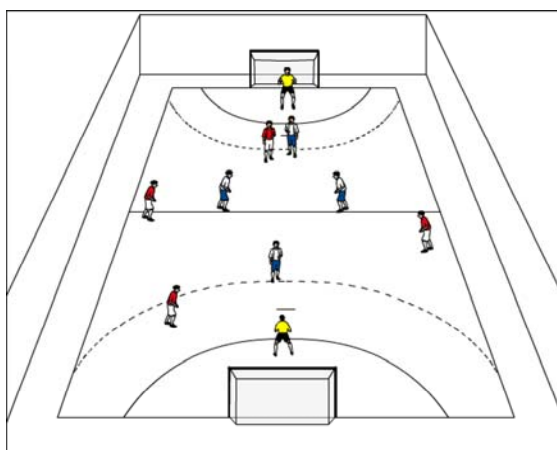


#### Organisation

Set up a 15x15yd grid each player with a ball, players perform the following exercises:

- Inside Taps
- Jog on the ball
- Roll ball across body and tap with inside of other foot
- Push ball forward with laces and roll back with sole
- Dribble using inside/outside right foot
- Dribble using inside/outside left foot
- Dribble using insides of both feet
- Dribble using outside of both feet
- Dribble using sole of both feet
- Free to use all parts of both feet

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to dribble and take on defenders in 1v1 situations

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**  
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**  
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**  
Use tricks or feints
- **What do we do once we have unbalanced the defender?**  
Quickly change direction and accelerate past the defender.

#### Coaching Points

- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available



## SOCCKER SESSION 1

### Dribbling, Feinting 1v1

#### Table of objectives

Physical	<ul style="list-style-type: none"><li>Basic motor skill development through drills and games</li><li>ABC's through drills and games</li></ul>
Psychological & Social	<ul style="list-style-type: none"><li>Integration of players</li><li>Enjoyment/Fun</li><li>Build self esteem</li><li>Create positive environment</li></ul>
Technical	<ul style="list-style-type: none"><li>Dribbling, turning, shielding, feints, Shooting</li></ul>
Tactical	<ul style="list-style-type: none"><li>Basic Principles of 1v1</li><li>Awareness of space</li></ul>

#### WARM UP



##### Organisation

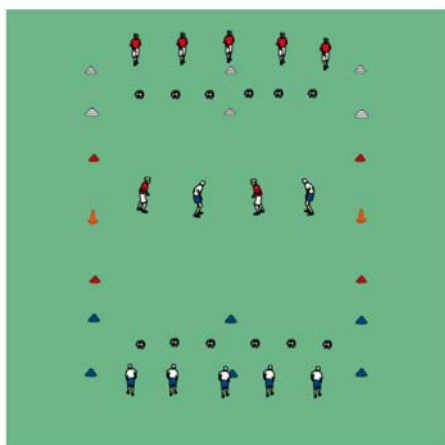
Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Half the cones should be up-right and the others on there side. Split the players into 2 teams. The aim of the game is for one team to run around and knock over the up-right cones while the team's job is to put the cones back up the right way. After 1 min teams switch roles.

##### Progressions

Players dribble a ball

Team knocking down the cones can only do so by kicking their ball onto the cone

#### TECHNICAL EXERCISE



##### Organisation

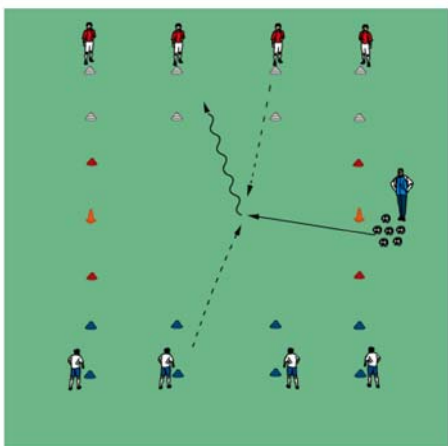
Set up a 30x20yd field with 2 end zones of 5yds each (see diagram). Place half the balls in one end zone and half the balls in the other. Each team selects 2 players to be the defenders. Teams line up on opposite sides of the field and the defenders position themselves between the 2 end zones (see diagram). On the coaches command the teams run across to the opposite end zone pick up a ball and attempt to carry the ball back to their end zone without being tagged by the defenders, if tagged the ball is replaced and they must try again. The team with the most balls in there end zone after a set time is the winner

##### Progressions

Players now have to dribble ball across, defenders must also dribble a ball

Players must dribble the ball past the defenders who are now attempt to touch the ball with their feet

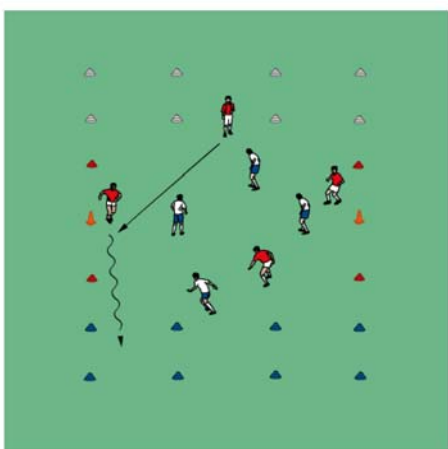
## TACTICAL EXERCISE



### Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to creating a 1v1 with the emphasis is to dribble the ball into the end zone.

## SSG



### Organisation

Set up a field with 2 end zones as shown in the diagram. Players play a 3v3 or 4v4 game with the objective to dribble the ball into the end zone to score.

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**  
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**  
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**  
Use tricks or feints
- **What do we do once we have unbalanced the defender?**  
Quickly change direction and accelerate past the defender.

### Coaching Points

- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

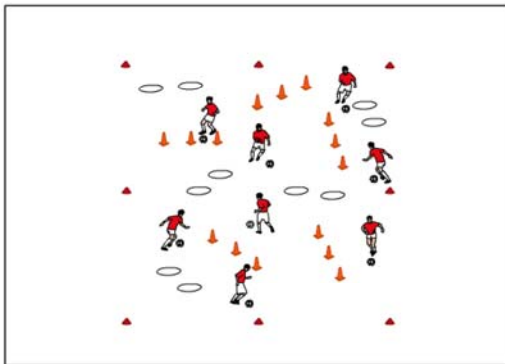
## FUTSAL SESSION 2

### Dribbling, Feinting and 1v1

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>Dribbling, turning, shielding, feints,</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Basic Principles of 1v1</li> <li>Awareness of Space</li> </ul>

#### Station 1



##### Organisation

Set up a 20x20yd grid with rings and cones inside as shown in the diagram. Players dribble inside the grid and dribble in a figure 8 around the rings, and slalom through the cones.

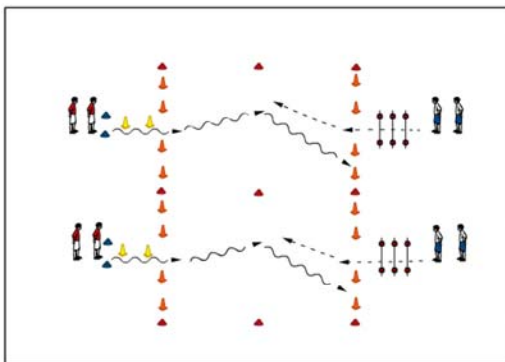
##### Progression

Dribble Using:

- Right foot only
- Left foot only
- Inside of both feet only
- Outside of both feet only

Jump from one ring to the other holding the ball between feet, and through the cones roll with the sole across the body and tap with inside of other foot.

#### Station 2



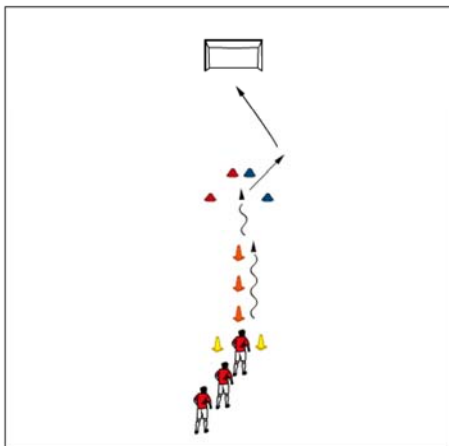
##### Organisation

Set up area as shown in the diagram. Split group into teams and have them line up as shown in the diagram. Attacker starts by dribbling through the 2 cones, while the Defender performs exercise through agility ladder. Players compete in a 1v1 and attempt to dribble through either of the 2 gates to score.

##### Progression

- Vary exercises through cones and Agility ladder
- Players passes into partner after dribbling through the cones and becomes the defender

### Station 3



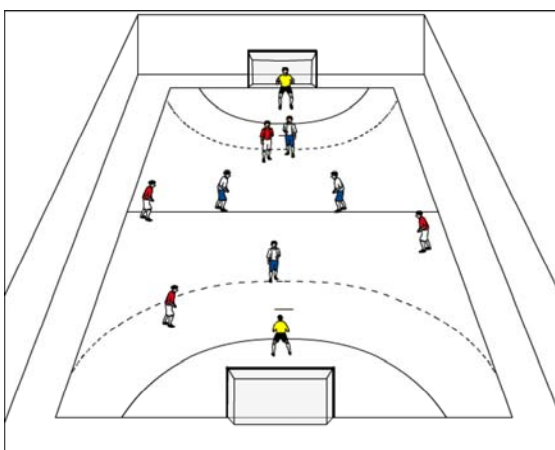
#### Organisation

Set up area as shown in diagram, 4 players maximum per station. Players take turns to dribble through cones, take a touch through the triangle and shoot on goal.

#### Progression

- Vary dribbling techniques through cones
- Players perform a feint inside the triangle before shooting on goal

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to dribble and take on defenders in 1v1 situations

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**  
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**  
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**  
Use tricks or feints
- **What do we do once we have unbalanced the defender?**  
Quickly change direction and accelerate past the defender.

#### Coaching Points

- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

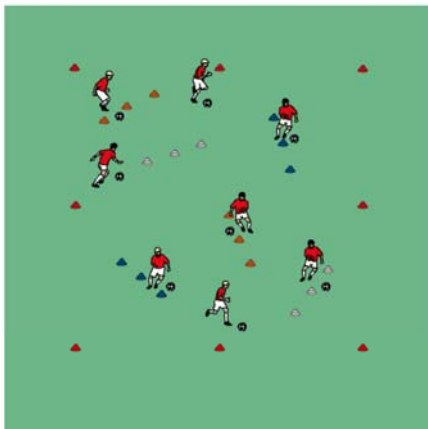
## SOCCKER SESSION 2

### Dribbling, Feinting, 1v1

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>Ball familiarity</li> <li>Dribbling, turning, shielding, feints</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Basic Principles of 1v1</li> </ul>

#### WARM UP

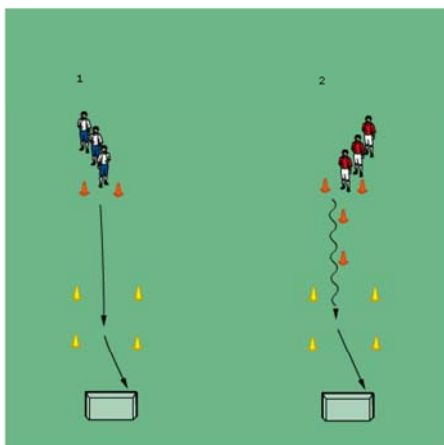


#### Organisation

Set up a 20x20yd grid with a series of lines of 3 cones within the grid (See Diagram). Players dribble through the cones using the following exercises:

- Inside of both feet
- Inside outside of right ft
- Inside outside Left ft
- Outside both feet
- Roll with sole of the foot

#### TECHNICAL EXERCISE



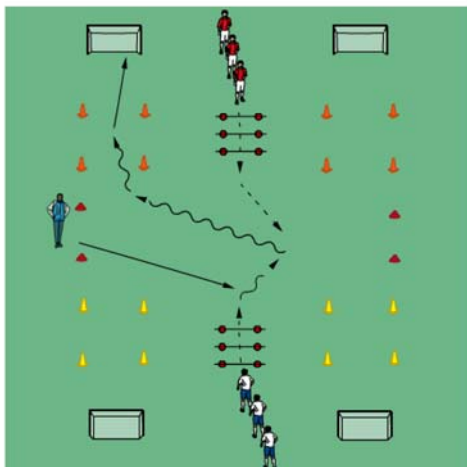
#### Organisation

Set up area as shown in the 1<sup>st</sup> diagram and split group into 2 or 3 teams. Players Dribble the ball into the Square to shoot on goal, goals only count that have been struck from inside the Square. Develop into a competition which team can score the most goals in 1 min

#### Progression

- Make square smaller for less time to shoot
- Introduce cones for players to dribble through see diagram 2

## TACTICAL EXERCISE



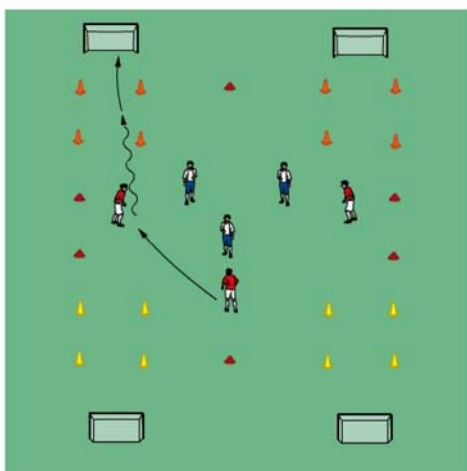
### Organisation

Set up area as shown in the diagram and split group into 2 teams. On the coaches command the 1<sup>st</sup> 2 players perform an exercise through the ladder, the 1<sup>st</sup> player though the ladder will receive a pass from the coach. The players now play a 1v1 with the objective to dribble into one of the 2 squares to shoot, goals only count that have been struck from inside the Square. The first team to 10 is the winner.

### Progression

- Vary exercises through the ladder

## SSG



### Organisation

Set up a field as shown in the diagram. Players play a 3v3 or 4v4 game with the objective to dribble into one of the 2 squares to shoot, goals only count that have been struck from inside the Square

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**  
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**  
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**  
Use tricks or feints
- **What do we do once we have unbalanced the defender?**  
Quickly change direction and accelerate past the defender and take shooting opportunity.

### Coaching Points

- On balls of feet
- Knees bent, Body over ball
- Head up
- Keep ball under control and close to feet
- Use body feints and deceptive foot movements to loose defender
- Accelerate past the defender keeping control of the ball
- Quality of Shoot

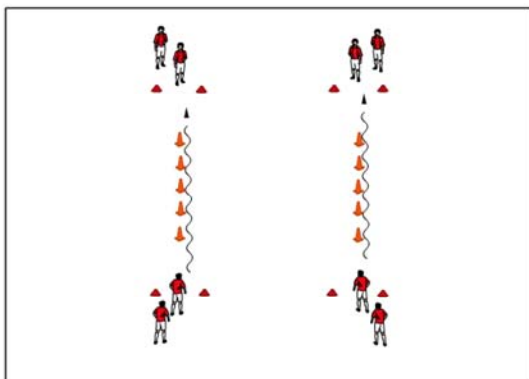
## FUTSAL SESSION 3

### Dribbling, Feinting and 1v1

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>Dribbling, turning, shielding, feints,</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Basic Principles of 1v1</li> <li>Awareness of Space</li> </ul>

#### Station 1



##### Organisation

Set up area as shown in diagram, and divide players into groups of 2 or 3. Players dribble through cones and leave ball for the next players to take, the exercise continues in this fashion

##### Progression

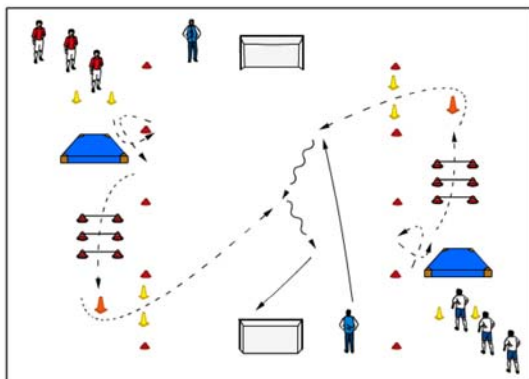
Dribble Using:

- Right foot only
- Left foot only
- Inside of both feet only
- Outside of both feet only

Player passes the ball after dribbling through cones

Introduce competition by having relay races 1<sup>st</sup> team to finish wins

#### Station 2



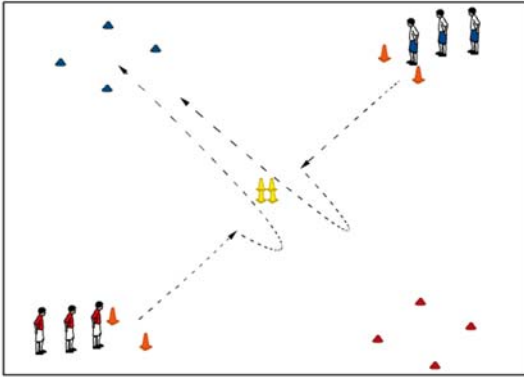
##### Organisation

Set up area as shown in the diagram. Split group into 2 teams and have them line up as shown in the diagram. On the coaches command the 1st player in each team, performs a somersault, then moves onto an agility exercise through ladder, around the cone and through the gate to enter the field. The 1<sup>st</sup> player to enter the field becomes the attacker and receives a ball from the coach, the other player becomes the defender creating a 1v1, 1<sup>st</sup> player to score gets a point for their team.

##### Progression

- Vary exercises over the mat and through the Agility ladder
- Player has to combine with coach to score

### Station 3



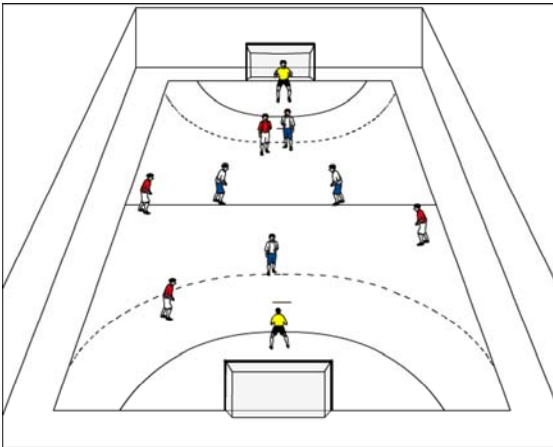
#### Organisation

Set up area as shown in diagram, and split players into 2 teams. 1st player in each line jogs to the central cones and the coach will call out a colour red or blue, on hearing the colour players race to the same colour square, 1<sup>st</sup> player to get to the square gets a point for their team.

#### Progression

- Players run to opposite colour from what the coach calls
- Each player has a ball
- Without a ball turn into tag game, where one player is the tagger the other the runner, as players jog into the center the runner try's to get to one of the 2 squares without being tagged by the tagger
- Remove central cones, introduce ball and turn into a 1v1 with attacker and defender

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to dribble and take on defenders in 1v1 situations

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**  
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**  
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**  
Use tricks or feints
- **What do we do once we have unbalanced the defender?**  
Quickly change direction and accelerate past the defender.

#### Coaching Points

- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available



## SOCCKER SESSION 3

### Dribbling, Feinting 1v1

#### Table of objectives

Physical	<ul style="list-style-type: none"><li>• Basic motor skill development through drills and games</li><li>• ABC's through drills and games</li></ul>
Psychological & Social	<ul style="list-style-type: none"><li>• Enjoyment/Fun</li><li>• Build self esteem</li><li>• Create positive environment</li></ul>
Technical	<ul style="list-style-type: none"><li>• Dribbling, turning, shielding, feints</li></ul>
Tactical	<ul style="list-style-type: none"><li>• 1v1</li></ul>

#### WARM UP

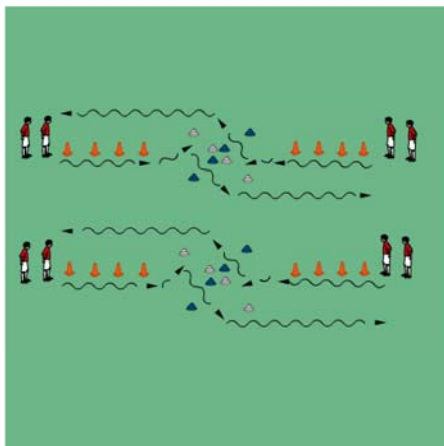


##### Organisation

Set up a 20x20yd grid with small triangles marked inside (See Diagram) each player with a ball, dribble inside the grid and look to enter through the side of a triangle leaving through a different side. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

#### TECHNICAL EXERCISE



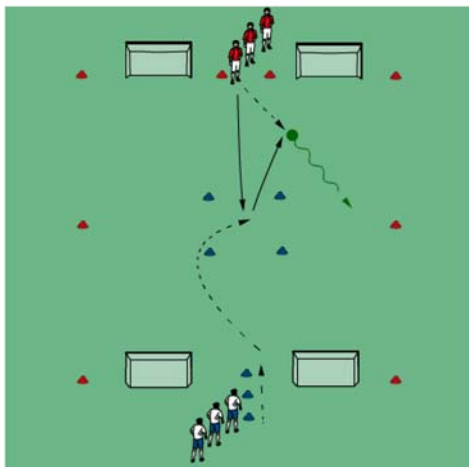
##### Organisation

Set up 2 rows of cones as shown in the diagram. Split players into 2 groups with equal amounts of players either side of each line of cones (see Diagram). Players dribble through the cones on reaching the centre the player will fake towards the white cones and exit through the blue

##### Progression

- Players can only use a certain part of their foot
- Players pass to the next player in line
- Introduce competition 1<sup>st</sup> team through the cones wins.

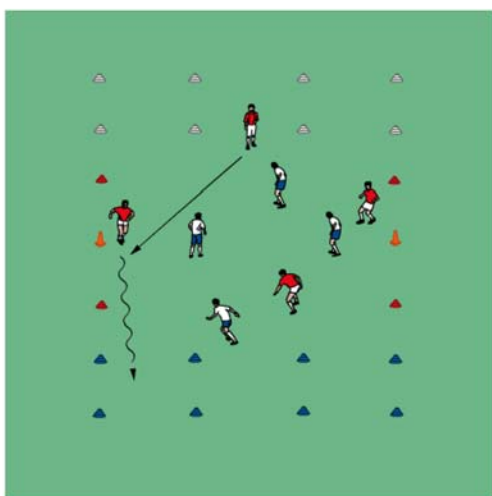
## TACTICAL EXERCISE



### Organisation

Set up area as shown in the diagram and split players into 2 teams. On the coaches command the 1<sup>st</sup> player performs exercise through the cones and then will run around the outside of the left corner or the right corner of the blue square (in the diagram the player has chosen to go to the left) At this point the 1st player from the other team passes a ball into the blue square, the player entering the blue square receives the ball and passes the ball back to the player and players now compete 1v1

## SSG



### Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 4v4 game and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zone.

### Progression

- On Scoring players keep possession and turn and attempt to attack the opposite end zone

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- What do you need to think about when dribbling the ball?**  
Be on toes, knees bent, head up, keep ball close and under control.
- Why do we need to keep are head up in 1v1 situations?**  
To observe the defender, and look at the space available behind.
- What can we do to try to unbalance the defender in 1v1 situations?**  
Use tricks or feints
- What do we do once we have unbalanced the defender?**  
Quickly change direction and accelerate past the defender.

### Coaching Points

- On balls of feet (on Front Studs)
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

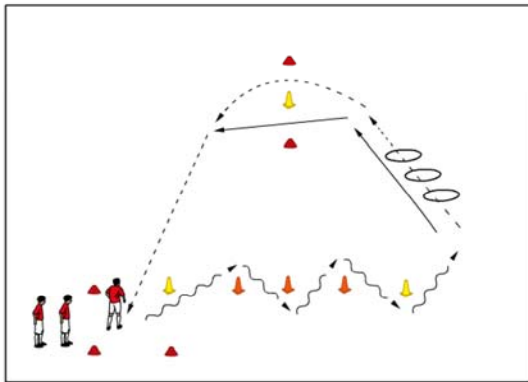
## FUTSAL SESSION 4

### Passing and Receiving 2v1

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>Passing and receiving</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>Basic Principles of 2v1</li> </ul>

#### Station 1



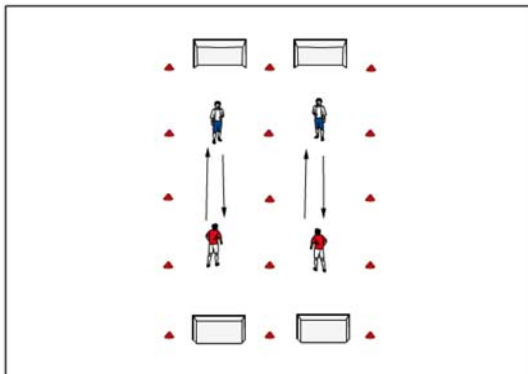
##### Organisation

Set up area as shown in diagram, and have players line up as shown in the diagram. 1<sup>st</sup> player dribbles through cones, kicks ball to the side of the rings and hops through the rings, passes the ball through the inside of the cone and runs around the outside and then passes into the next player in line who receives the ball in the square, the exercise continues in this fashion. Maximum 3-4 players per exercise

##### Progression

- Vary agility exercises through the rings
- To add more pressure introduce a 2<sup>nd</sup> ball
- Adjust exercise to work on Left foot

#### Station 2



##### Organisation

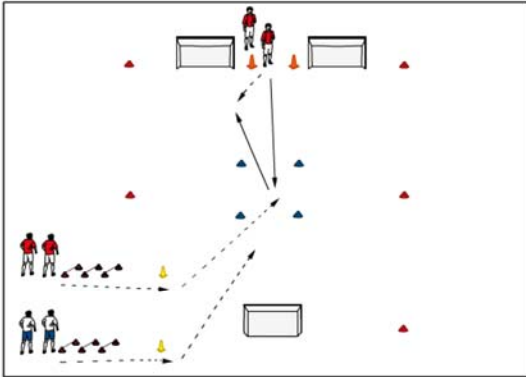
Set up area as shown in the diagram and split players into pairs. Exercise starts with players passing back and forth 2 touch then introduce the following:

- Receive with sole pass with inside
- Receive with inside pass with inside
- Receive with inside pass with inside of other foot
- Receive with outside pass with inside
- 1 touch passing

##### Progression

- Once comfortable with the passing, players pass back and forth and on coaches command players compete and play a 1v1 and attempt to score in one of the small goals

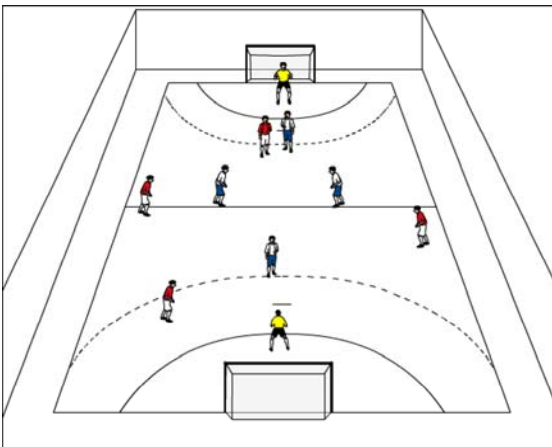
### Station 3



#### Organisation

Set up area as shown in diagram, and split players into 2 teams who line up as shown in the diagram. On the coaches command the 1<sup>st</sup> player in each line at the bottom of the diagram perform and exercise through the agility ladder and run into the blue square where the attacker will receive a pass off their team mate, on receiving the pass they pass back to their team mate to create a 2v1 against the defender, attacking the single goal. If the defender wins the ball they then look to attack the 2 goals.

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to pass and use their team mates.
- Encourage players to provide good support to the player on the ball

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do we need to think about when receiving the ball?**  
Be on toes, move into line with the ball, select receiving surface, create space on 1<sup>st</sup> touch, head up.
- **What do we need to think about when passing the ball?**  
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**  
Take up good supporting positions, and make runs
- **What type of forward pass is best?**  
Penetrating pass into space which eliminates defenders.

#### Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1<sup>st</sup> touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other players

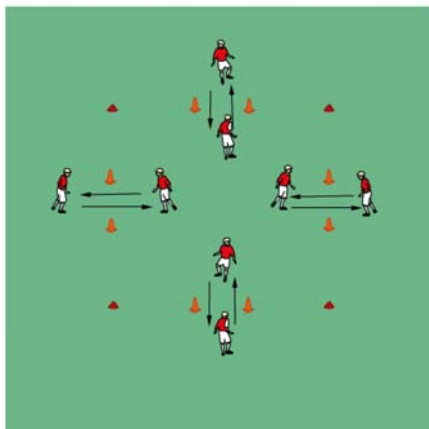
## SOCCER SESSION 4

### Passing and Receiving 2v2

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>Passing, Receiving, Shooting</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>2v1, 2v2</li> <li>Support and movement off the ball</li> </ul>

#### WARM UP



#### Organisation

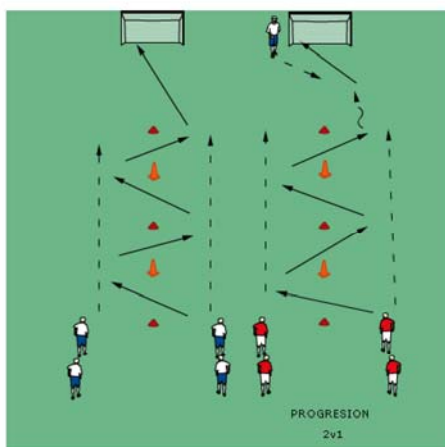
Set up a 20x20yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- Receive using inside of the foot
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- Receive using Sole of the foot
- 1 touch passing

#### Progression

After making a pass players on the inside move to receive a ball from another player on the outside

#### TECHNICAL EXERCISE



#### Organisation

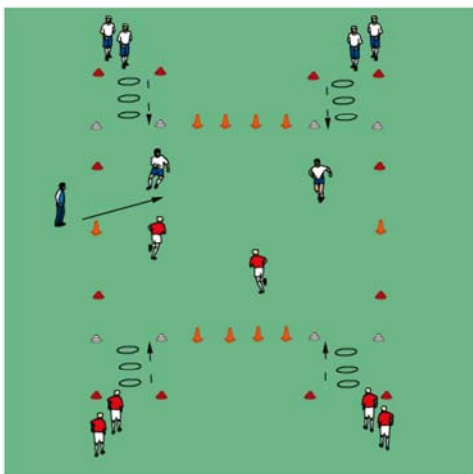
Set up a line of cones about 3yds apart (See diagram) with a goal at the end. In pairs players line up as shown in the diagram and perform the following exercises Followed by a shot on goal:

- 2 touch passing using inside of foot
- 1 touch passing using inside of foot
- 2 touch passing using outside foot
- 1 touch passing using outside foot

#### Progression

- See second diagram introduce a defender who defends the goal on after the final pass creating a 2v1

## TACTICAL EXERCISE



### Organisation

Set up an area as shown in the diagram, split players into 2 teams and have them line up as shown in the diagram. On the coaches command the 1<sup>st</sup> player in each line performs an exercise through the agility hoops, the 1<sup>st</sup> player through will receive the ball and players will play a 2v2. The aim of the game is for each team to knock over the other teams cones with the ball. Once a cone has been knocked over the player must pick up the cone and place it with their teams set of cones. The team with the most cones at the end is the winner.

### Progression

- Vary exercises through agility hoops

## SSG



### Organisation

Set up a 35x25yd field with 2 end zones placing an equal amount of tall cones in each end zone (See Diagram). The aim of the game is for each team to knock over the other teams cones with the ball. Once a cone has been knocked over the player must pick up the cone and place it with their teams set of cones. The team with the most cones at the end is the winner.

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do we need to think about when receiving the ball?**  
Be on toes, move into line with the ball, select receiving surface, create space on 1<sup>st</sup> touch, head up.
- **What do we need to think about when passing the ball?**  
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**  
Take up good supporting positions, and make runs
- **What type of forward pass is best?**  
Penetrating pass into space which eliminates defenders.

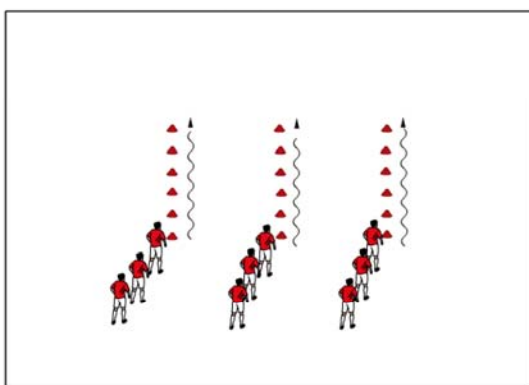
### Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1<sup>st</sup> touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other player

## FUTSAL SESSION 5

### Jamboree

#### Warm up



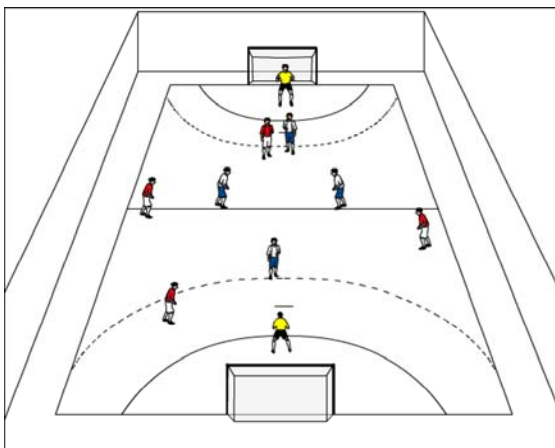
#### Organisation

Set up a series of cones as shown in the diagram. Players dribble through the cones using the following techniques:

- Right foot only
- Left foot only
- Inside of both feet
- Outside of both feet
- Roll with the sole across body and tap with inside of other foot
- Inside right foot, outside left foot, inside left foot outside right foot and so on

Finish with fast feet through cones

#### Jamboree



#### Organisation

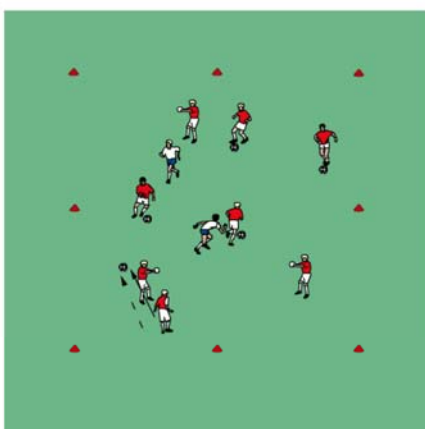
Set up 2 Futsal courts in the gym and have each team play each other at least once. Normal Futsal rules apply and allow players to play free from instruction



## SOCCKER SESSION 5

### Jamboree

#### Warm up



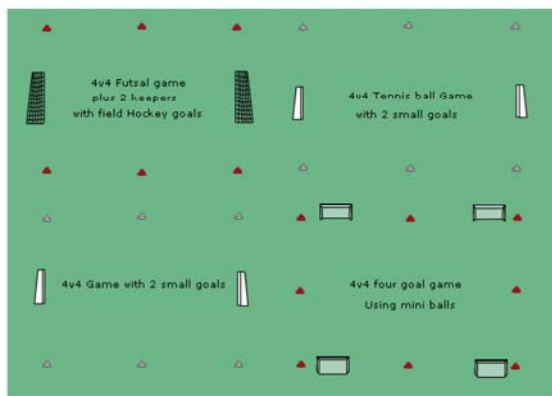
#### Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid, The coach selects 1 or 2 Taggers that wear the bibs. The rest of the group run around the grid trying to avoid the taggers. If they happen to get tagged they are frozen and must hold their hands above their head, open their legs and cry for help. The only way to be rescued is by one of your team mates to crawl under your legs.

#### Progression

Players dribble ball around the grid avoiding the taggers. If tagged, To be rescued a player must pass the ball under your legs.

#### Jamboree



#### Organisation

Set up a series of fields with different objectives as shown in the diagram. Split team into teams of 3 or 4. Each team should play each other at least once and should have had chance to play on each field type.

Allow players to play with little or no instruction.

Rules are as follows:

1. Ball goes out KICK IN
2. Any Foul play an In-direct free kick is awarded.
3. Goal scored restart from centre of field

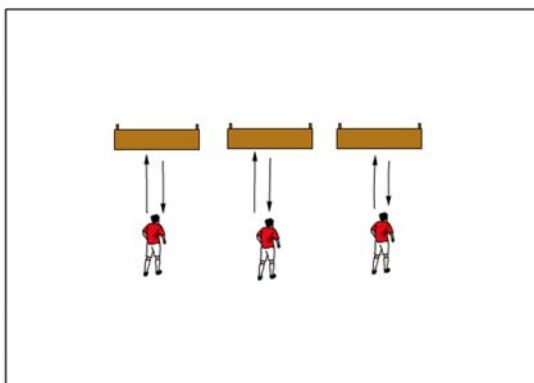
## FUTSAL SESSION 6

### Passing and Receiving 2v2

#### Table of objectives

Physical	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
Psychological & Social	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
Technical	<ul style="list-style-type: none"> <li>Passing and receiving</li> </ul>
Tactical	<ul style="list-style-type: none"> <li>Basic Principles of 2v2</li> </ul>

#### Station 1

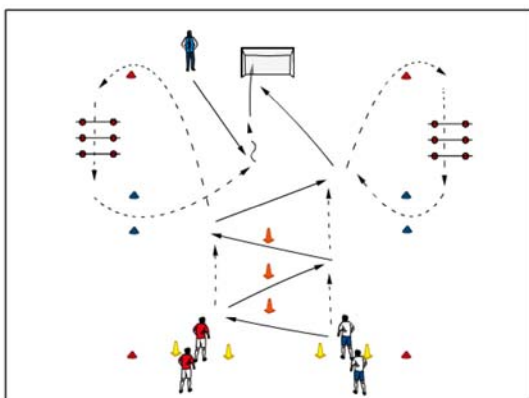


##### Organisation

Set up a series of benches laid on there side (if benches not available use a wall) and have 1 – 2 players per bench. Each player has a ball, **use regular size 3 soccer balls for this exercise**. Players pass the ball off the bench using the following techniques

- Receive with the inside pass with the inside of the same foot
- Receive with the inside of one foot and pass with the inside of the other
- Receive with the outside and pass with the inside
- Receive with the sole pass with the inside
- 1 touch passing right foot
- 1 touch passing left foot
- 1 touch passing alternating feet

#### Station 2



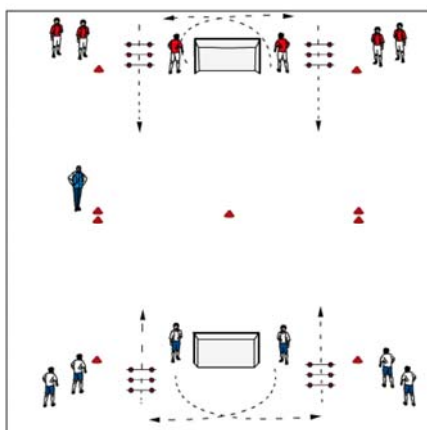
##### Organisation

Set up area as shown in the diagram and split players into pairs. Exercise starts with players passing back and forth 2 touch through the cones and ending with a shot, after the shot has been taken both player run and perform an exercise through the agility ladder and proceed to run through the gate to re enter the field. The 1<sup>st</sup> player to enter the field will receive a pass from the coach, and the other player will become the defender creating a 1v1.

##### Progression

- Players pass with one touch through the cones
- Players perform crossover runs through the cones
- Players perform overlap runs through the cones
- Vary Agility ladder exercises

### Station 3



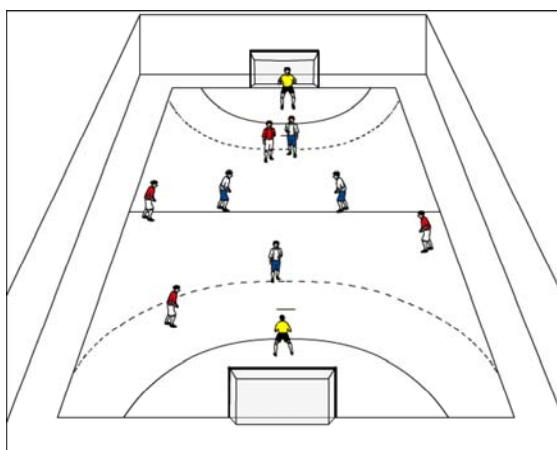
#### Organisation

Set up area as shown in diagram, and split players into 2 teams who line up as in the diagram. On the coaches command the 1<sup>st</sup> player in each line runs around the goal and through the agility ladder, 1<sup>st</sup> player to enter the field will receive a pass from the coach creating a 2v2.

#### Progression

- Vary exercises through the agility ladders

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to pass and use their team mates.
- Encourage players to provide good support to the player on the ball

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do we need to think about when receiving the ball?**  
Be on toes, move into line with the ball, select receiving surface, create space on 1<sup>st</sup> touch, head up.
- **What do we need to think about when passing the ball?**  
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**  
Take up good supporting positions, and make runs
- **What type of forward pass is best?**  
Penetrating pass into space which eliminates defenders.

#### Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1<sup>st</sup> touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other players

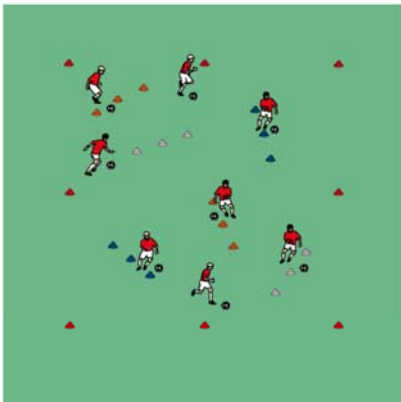
## SOCCKER SESSION 6

### Passing and Support

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>Passing and Receiving</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>3v1, 3v2</li> <li>Passing and Support</li> </ul>

#### WARM UP

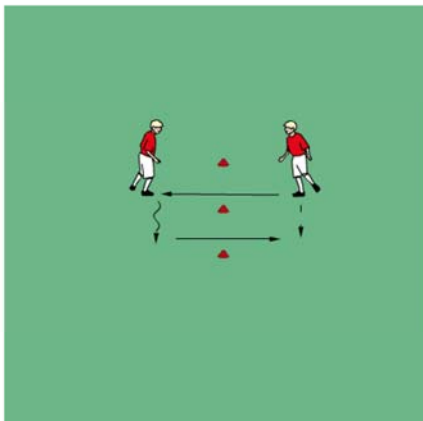


#### Organisation

Set up a 20x20yd grid with a series of lines of 3 cones within the grid (See Diagram). Players dribble through the cones using the following exercises:

- Inside of both feet
- Inside outside of right ft
- Inside outside Left ft
- Outside both feet
- Roll with sole of the foot

#### TECHNICAL EXERCISE

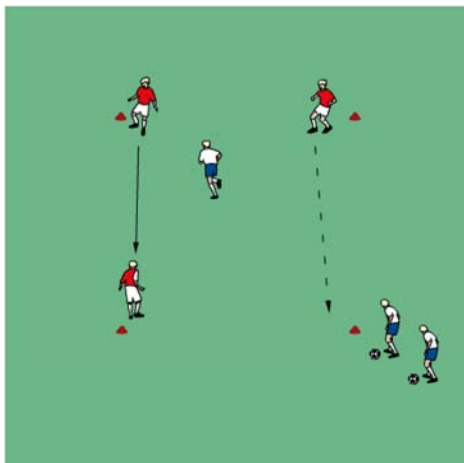


#### Organisation

Set up a series of lines of 3 cones Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the cones and perform the following exercises

- Receive using inside of one foot and pass with inside of the other foot
- Receive using inside of one foot and pass with outside of the same foot.
- Receive using outside of the foot
- Receive using Sole of the foot

## TACTICAL EXERCISE



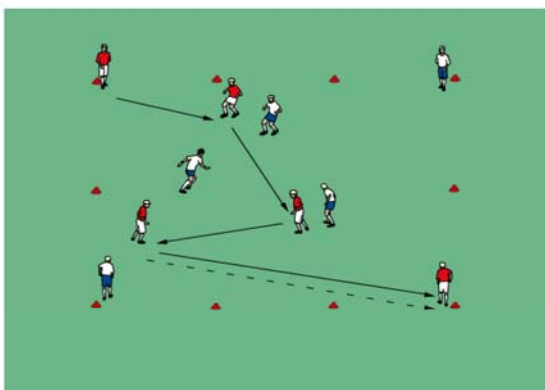
### Organisation

Set up an 8x8yd grid, split players into 2 groups of 3 with 1 group as the attackers and the other group as the defenders. The drill starts by the defender passing the ball into the attackers. The attackers attempt to keep possession and prevent the defender from winning the ball. Once the attackers have made 10 passes or the defender wins the ball a new defender is introduced.

### Progression

- Introduce a second defender making it 3v2

## SSG



### Organisation

Set up a 30x20yd grid, split players into 2 teams of 5. 2 players from each team stand on opposite corners of the grid acting as Target players (See Diagram). Players play a 3v3 inside the grid and attempt to pass to one of the 2 target players to score. The player who passes to the target player switches with the target player. The ball must be now played to the opposite target player. If possession is lost and regained the ball can be passed to either of the target players.

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do we need to think about when receiving the ball?**  
Be on toes, move into line with the ball, select receiving surface, create space on 1<sup>st</sup> touch, head up.
- **What do we need to think about when passing the ball?**  
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**  
Take up good supporting positions, and make runs
- **When in possession of the ball what direction are we looking to pass the ball 1st?**  
Forward.
- **What type of forward pass is best?**  
Penetrating pass into space which eliminates defenders.

### Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1<sup>st</sup> touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball

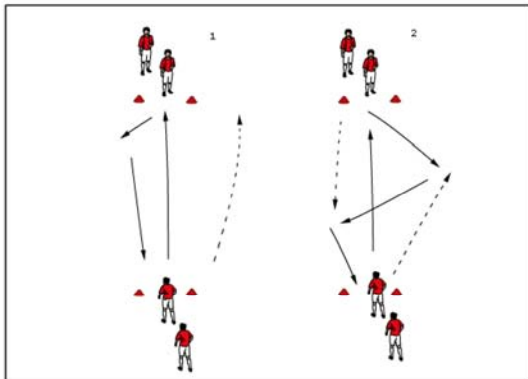
## FUTSAL SESSION 7

### Passing and Support

#### Table of objectives

Physical	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
Psychological & Social	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
Technical	<ul style="list-style-type: none"> <li>Passing and receiving</li> </ul>
Tactical	<ul style="list-style-type: none"> <li>3v1, 3v2</li> <li>Passing and Support</li> </ul>

#### Station 1



##### Organisation

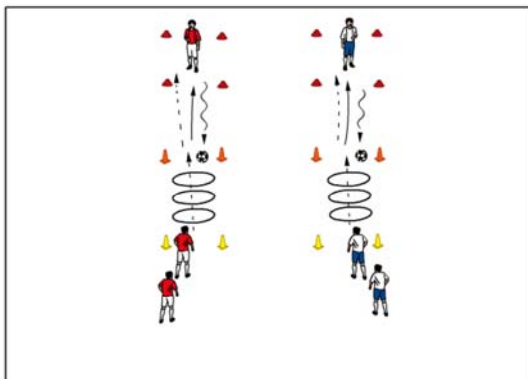
Set up area as shown in the diagram and split players into groups of 4 to 6. Player passes to the next player in line and follows pass using the various techniques outlined below

- Receive with the inside pass with the inside of the same foot
- Receive with the inside of one foot and pass with the inside of the other
- Receive with the outside and pass with the inside
- Receive with the sole pass with the inside
- 1 touch passing right foot
- 1 touch passing left foot
- 1 touch passing alternating feet

##### Progression

- Introduce wall pass see diagram 2

#### Station 2



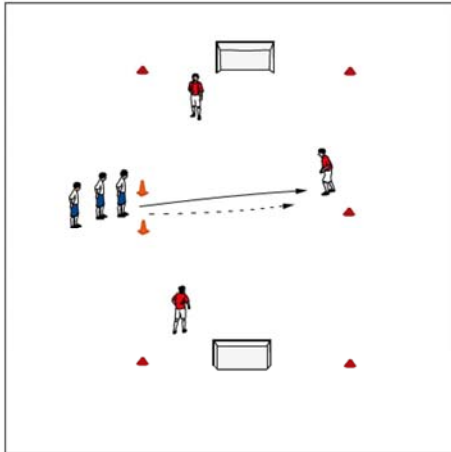
##### Organisation

Set up area as shown in the diagram and split players into teams of no more than 4. Exercise starts with the 1<sup>st</sup> player in each line hopping through the hoops and then hop beside the ball to make a pass to the player in the square. The player receiving the pass dribbles the ball back for the next player, while the player who made the pass moves into the square to receive the next pass.

##### Progression

- Hop on the right leg and pass with the left
- Introduce competition how many passes can each team make in a minute

### Station 3



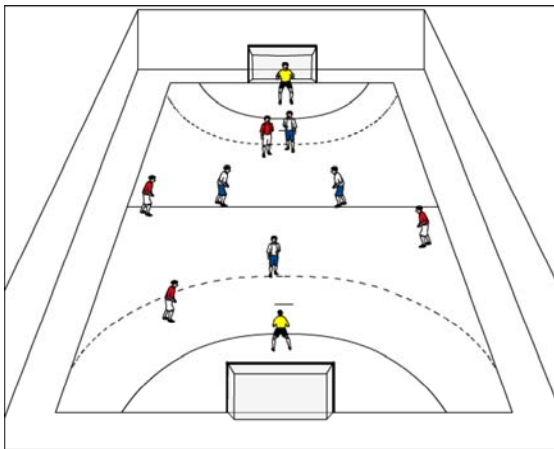
#### Organisation

Set up area as shown in diagram, and split players into 2 teams of 3. One team will be the attackers the other the defenders. The attackers line up on the field, and the 1<sup>st</sup> player from the defending team passes the ball to one of the attackers and enters the field to try and win the ball creating a 3v1. Once the attackers have made 4 passes they can shoot on either goal to score a point, if the defender wins the ball they too can look to score on either goal to score a point.

#### Progression

- Goals can only be scored over the halfway line
- Introduce 2<sup>nd</sup> defender

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to pass and use their team mates.
- Encourage players to provide good support to the player on the ball

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do we need to think about when receiving the ball?**  
Be on toes, move into line with the ball, select receiving surface, create space on 1<sup>st</sup> touch, head up.
- **What do we need to think about when passing the ball?**  
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**  
Take up good supporting positions, and make runs
- **What type of forward pass is best?**  
Penetrating pass into space which eliminates defenders.

#### Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1<sup>st</sup> touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other players



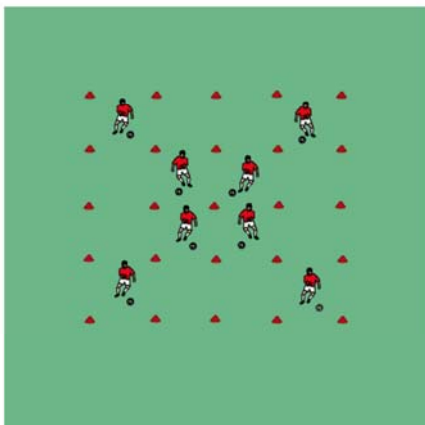
## SOCCKER SESSION 7

### Passing and Support

#### Table of objectives

Physical	<ul style="list-style-type: none"><li>Basic motor skill development through drills and games</li><li>ABC's through drills and games</li></ul>
Psychological & Social	<ul style="list-style-type: none"><li>Enjoyment/Fun</li><li>Build self esteem</li><li>Create positive environment</li></ul>
Technical	<ul style="list-style-type: none"><li>Passing and Receiving</li></ul>
Tactical	<ul style="list-style-type: none"><li>Passing and support</li></ul>

#### WARM UP

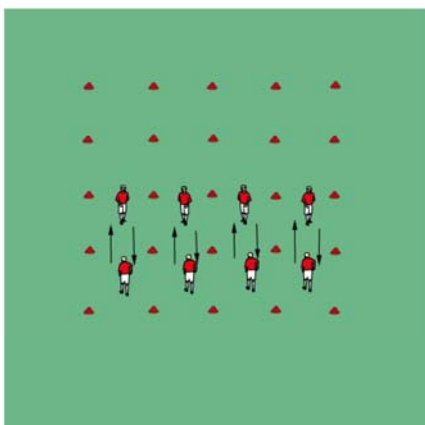


#### Organisation

Set up a series of 5x5yd squares (see Diagram). Each player has a ball and a square each. Players perform the following exercises.

- Tap ball side to side with the inside of each foot.
- Same as above after 3 taps turn using the sole of the foot
- After 3 taps turn using the inside of the foot
- Jog on the ball
- Using the sole roll the ball from foot to foot
- Same as above but slightly move the ball outside before rolling the ball to the other foot.
- Roll the ball across the body using the sole and then tap the ball with the inside of the other foot.
- Players are free to dribble any where in the grid and always look to find an empty square.

#### TECHNICAL EXERCISE



#### Organisation

Using the same set up as the warm up players get into pairs with a ball between 2 and organise themselves as shown in the diagram. Players perform the following actions:

- Receive using inside of the foot
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- 1 touch passing

#### Progression

- Introduce movement a player must touch one of the 4 cones in their square after making a pass.
- Players now pass and move in the area but can't occupy the same square as another player

## TACTICAL EXERCISE



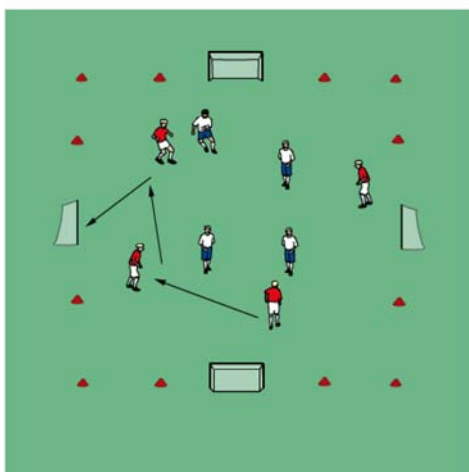
### Organisation

Set up a 12x12yd grid with 4 small goals placed on the outside (See Diagram). Split the group into 2 teams one team as the attackers and the other as the defenders. The attackers start with the ball and attempt to make 3 passes while one defender attempts to steel the ball. Once the attackers have made 3 passes they can shoot in any of the 4 goals. If the defender wins the ball they also can score in either of the 4 goals.

### Progressions

- Introduce another defender
- Increase the number of passes the Attackers have to make before they can shoot.

## SSG



### Organisation

Set up a 30x30yd field with 4 small goals (see Diagram). Players play a 4v4 game one team can score on one set of goals opposite each other and the other team can score on the other 2 goals.

### Progression

- After a goal is scored players now attack the other 2 goals
- Players have to make 3 passes before they can score

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do we need to think about when receiving the ball?**  
Be on toes, move into line with the ball, select receiving surface, create space on 1<sup>st</sup> touch, head up.
- **What do we need to think about when passing the ball?**  
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**  
Take up good supporting positions, and make runs

### Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1<sup>st</sup> touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball

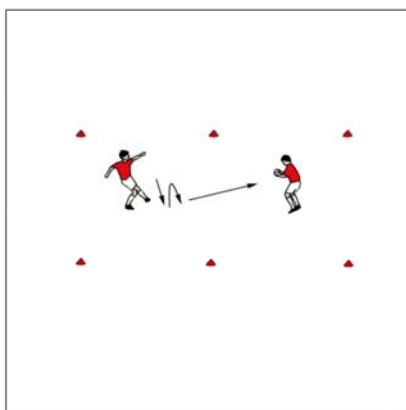
## FUTSAL SESSION 8

### Shooting

#### Table of objectives

Physical	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
Psychological & Social	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
Technical	<ul style="list-style-type: none"> <li>Shooting and volley techniques</li> </ul>
Tactical	<ul style="list-style-type: none"> <li>Recognising when to shoot</li> </ul>

#### Station 1

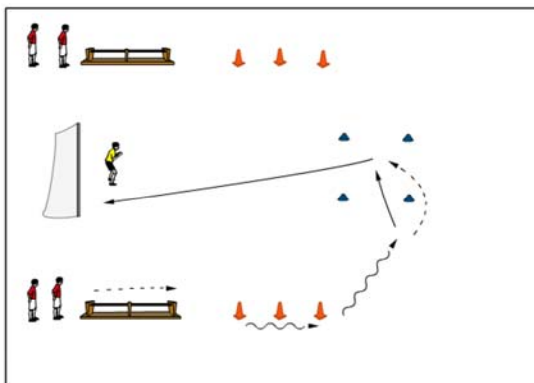


##### Organisation

Set up area as shown in the diagram and split players into pairs with a **regular size 3 ball** between 2. Players pass the ball back and forth using the following techniques:

- Bounce the ball back and forth using hands
- As above players touch the ground on the bounce before catching
- As above players touch the floor on the bounce and clap before catching
- Pass the ball with feet along the ground
- Drop the ball from hands, let bounce and volley ball to partner

#### Station 2



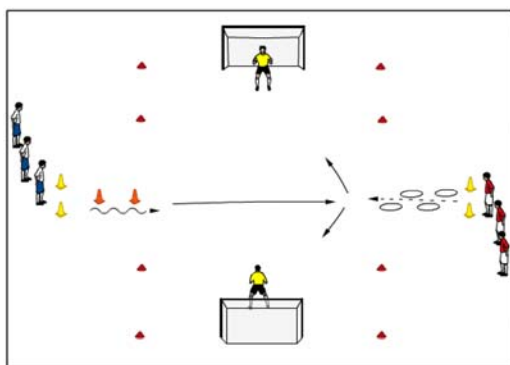
##### Organisation

Set up area as shown in the diagram and split players into to groups each player has a ball. Exercise starts with the 1<sup>st</sup> player balancing across the bench holding the ball, then dribbles through cones, passes ball into the square and runs around the outside of the cone to shoot on goal.

##### Progression

- After player shoots coach lays another ball off for a 2<sup>nd</sup> shot on goal
- As above using the **regular size 3 balls** coach bounces a ball in for player to volley after shot

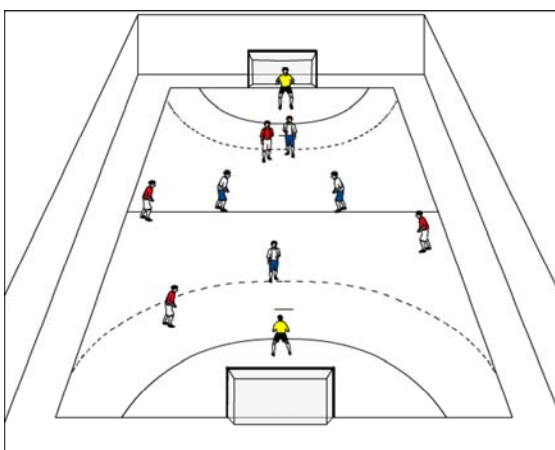
### Station 3



#### Organisation

Set up area as shown in diagram, and split players into 2 groups and one group has the balls. Exercise starts with the player with the ball dribbling through the cones while the opposite player hops from leg to leg through the rings. The player with the ball passes into the opposite player and applies pressure, the player receiving the ball takes their 1<sup>st</sup> touch towards one of the 2 goals and shoots.

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to shoot on goal when opportunity arises

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do we need to do before we shoot?**  
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**  
Accuracy.
- **When do we look to shoot in a game situation?**  
When the space is available do so.
- **Once a shot has been taken what is our next action?**  
To follow up the shot for possible rebounds.

#### Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:  
*Can I create a shooting opportunity as an individual*  
*Can I pass to a player in a shooting position*  
*Can I combine to create a shooting opportunity*

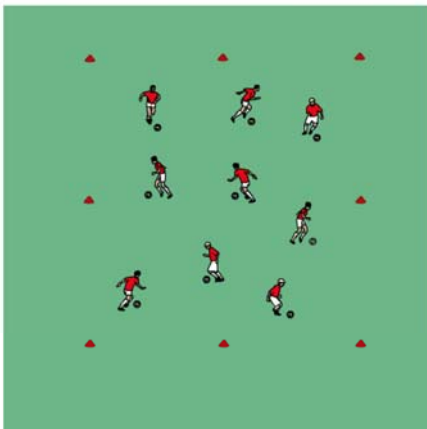
## SOCCKER SESSION 8

### Shooting

#### Table of objectives

<b>Physical</b>	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
<b>Psychological &amp; Social</b>	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
<b>Technical</b>	<ul style="list-style-type: none"> <li>Juggling, Shooting</li> </ul>
<b>Tactical</b>	<ul style="list-style-type: none"> <li>1v1, 2v2, 4v4</li> <li>Recognising the moment to shoot</li> </ul>

#### WARM UP



##### Organisation

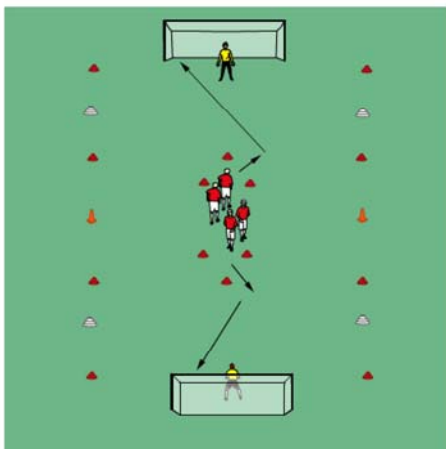
Set up a 20x20yd grid, each player with a ball. Players move around the grid and serve to themselves and perform the following juggling exercises catching the ball each time:

- Laces of both feet
- Inside of both feet
- Outside of both feet

##### Progression

Have players perform 2 or more juggles before catching the ball, introduce combinations for example laces, thigh, catch.

#### TECHNICAL EXERCISE



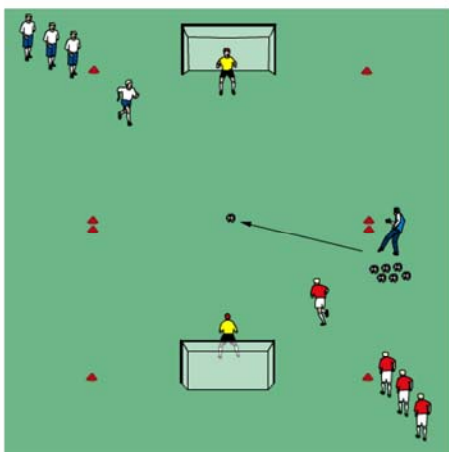
##### Organisation

Set up a 30x20yd field with a small triangle marked by cones 10yds from each goal(See Diagram).split players into 2 groups and have players line up behind one of the triangles with ball each. Players in turn line their ball between the 2 cones and have one touch set up their shot through one of the sides of the triangle and then must shoot on their second touch

##### Progression

Players perform feint towards one side of the triangle and then take ball through other side before shooting

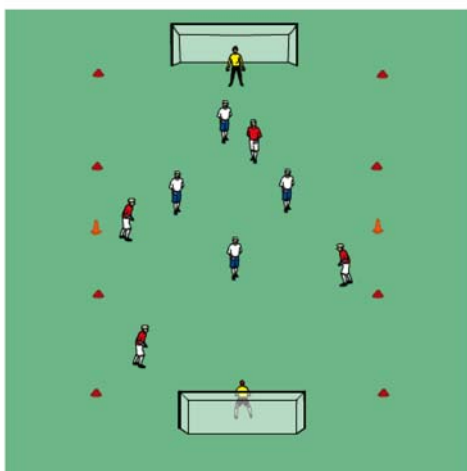
## TACTICAL EXERCISE



### Organisation

Set up a 30x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins. Call out 2 numbers at a time.

## SSG



### Organisation

Set up a 30x20yd grid with 2 goals. Players play a 4v4 game with goalkeepers. Players are encouraged to shoot at every opportunity.

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What do we need to do before we shoot?**  
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**  
Accuracy.
- **When do we look to shoot in a game situation?**  
When the space is available do so.
- **Once a shot has been taken what is our next action?**  
To follow up the shot for possible rebounds.

### Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:  
*Can I create a shooting opportunity as an individual*  
*Can I pass to a player in a shooting position*  
*Can I combine to create a shooting opportunity*

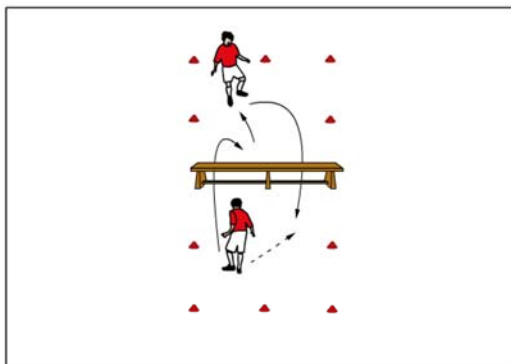
## FUTSAL SESSION 9

### Shooting

#### Table of objectives

Physical	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
Psychological & Social	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
Technical	<ul style="list-style-type: none"> <li>Shooting</li> </ul>
Tactical	<ul style="list-style-type: none"> <li>Recognising when to shoot</li> </ul>

#### Station 1



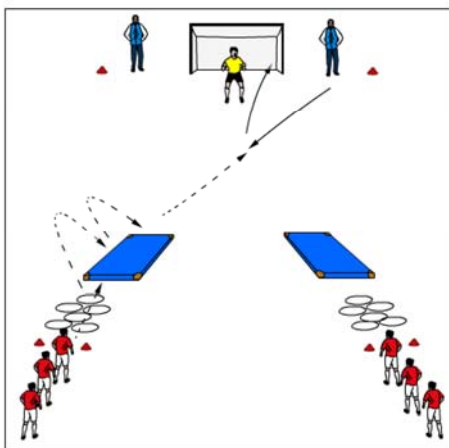
##### Organisation

Set up area as shown in the diagram and split players into pairs with a **regular size 3 ball** between 2. Players volley ball over the bench to each other allowing maximum of 2 bounces

##### Progression

- Allow only one bounce
- Players see how many successful volley to each other they can make in a row

#### Station 2



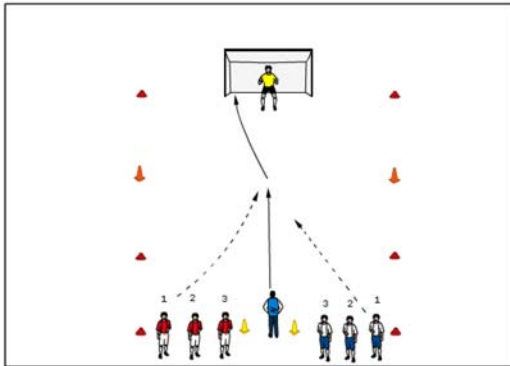
##### Organisation

Set up area as shown in the diagram and split players into 2 groups Exercise starts with the 1<sup>st</sup> player performing hop scotch through the rings followed by a somersault over the mat, the player receives a pass from the coach a shoots on goal.

##### Progression

- Using the **regular size 3 balls** coach bounces a ball in for player to volley
- Introduce competition by having both lines go at the same time

### Station 3



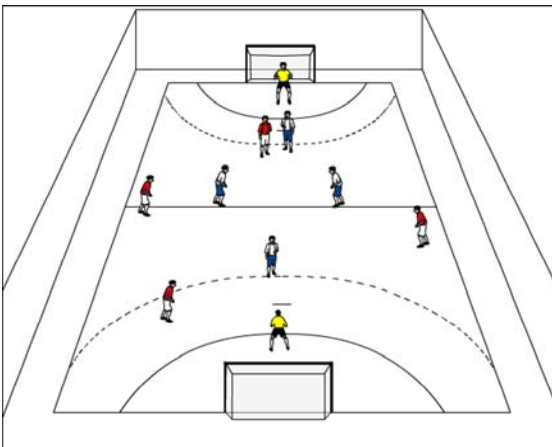
#### Organisation

Set up area as shown in diagram, and split players into 2 teams and have each team line up facing away from goal, giving each player a number as shown in the diagram. Exercise starts with the coach calling out a number and passing the ball towards the goal. The 2 players turn and compete for the ball and try to score before the ball passes the line marked by the tall cones.

#### Progression

- Players start from a seated position and can't use hands to stand up
- Players start from a lying position

### Station 4



#### Organisation

Set up a Futsal court using cones and goals. Split group into 2 teams and play Futsal

#### Game Focus

- Encourage players to shoot on goal when opportunity arises

## COOL DOWN : Gentle Jog followed by Static Stretching

#### Possible Questions for the Group

- **What do we need to do before we shoot?**  
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**  
Accuracy.
- **When do we look to shoot in a game situation?**  
When the space is available do so.
- **Once a shot has been taken what is our next action?**  
To follow up the shot for possible rebounds.

#### Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:  
*Can I create a shooting opportunity as an individual*  
*Can I pass to a player in a shooting position*  
*Can I combine to create a shooting opportunity*

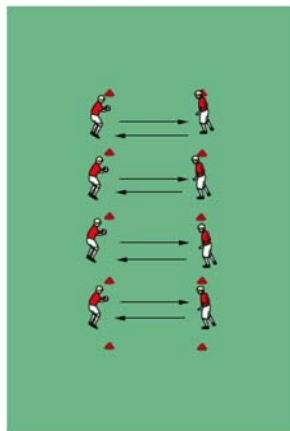
## SOCCKER SESSION 9

### Crossing and finishing

#### Table of objectives

Physical	<ul style="list-style-type: none"> <li>Basic motor skill development through drills and games</li> <li>ABC's through drills and games</li> </ul>
Psychological & Social	<ul style="list-style-type: none"> <li>Enjoyment/Fun</li> <li>Build self esteem</li> <li>Create positive environment</li> </ul>
Technical	<ul style="list-style-type: none"> <li>Crossing, Shooting, Volley Techniques</li> </ul>
Tactical	<ul style="list-style-type: none"> <li>1v1</li> <li>Crossing and Finishing</li> </ul>

#### WARM UP

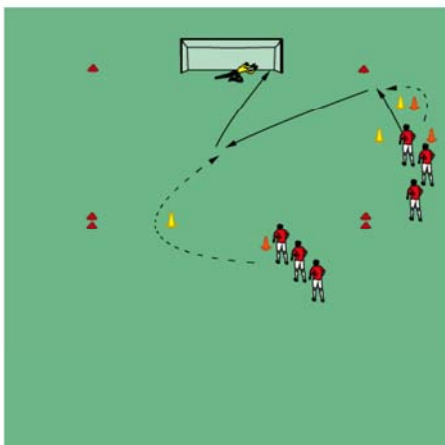


#### Organisation

Set up a series of 3x5yd grids. Split players into pairs with one ball between two. Players perform the following passing and volley techniques (on volley players serve themselves and volley to partner)

- 2 touch passing
- 1 touch passing
- Inside foot volley
- Instep volley
- Half Volley

#### TECHNICAL EXERCISE 1



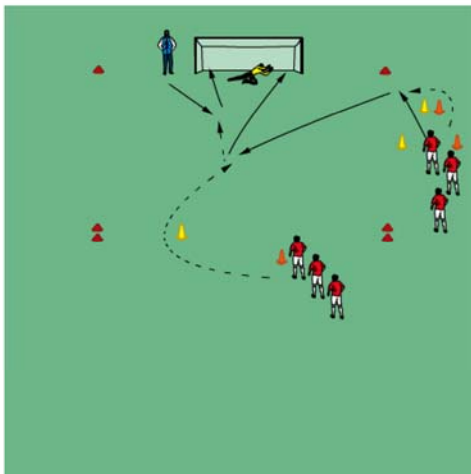
#### Organisation

Set up an area as shown in the diagram, divide players into 2 groups and have them line up as shown in the diagram. Players lined up on the side each have a ball and place the ball between the orange and yellow cones. The player then touches the ball through the yellow cones, runs through the orange cones and crosses the ball into the striker to finish (See Diagram). Players switch lines.

#### Progression

Run same exercise on the left.

## TECHNICAL EXERCISE 2



### Organisation

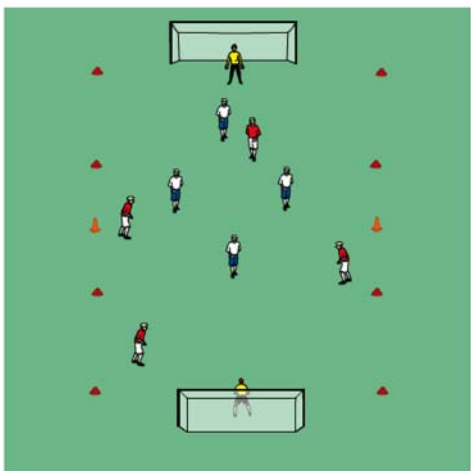
As in previous exercise except for the coach passes another ball into the striker after the striker has finished off the cross

### Progression

Coach serves a ball for a volley after the striker has finished off the cross

Again switch to left side

## SSG



### Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

### Progression

- Players volley ball into the net.
- Players volley ball to each other

## COOL DOWN : Gentle Jog followed by Static Stretching

### Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**  
Look up to see strikers position
- **What is the best area to cross the ball?**  
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**  
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**  
Accuracy.

### Coaching Points

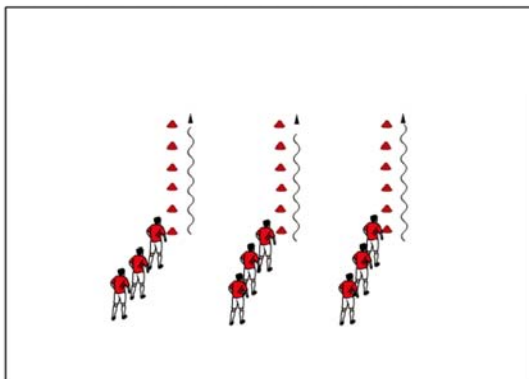
- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish



## FUTSAL SESSION 10

### Jamboree

#### Warm up



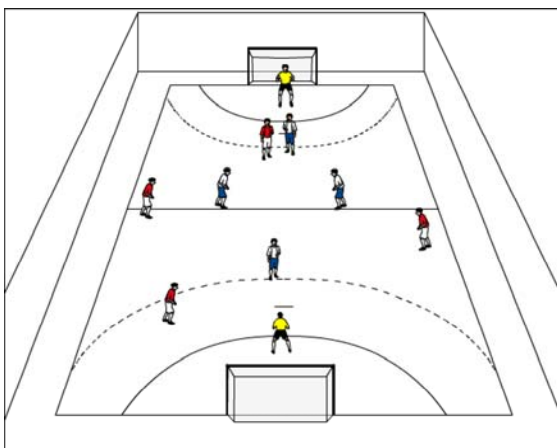
#### Organisation

Set up a series of cones as shown in the diagram. Players dribble through the cones using the following techniques:

- Right foot only
- Left foot only
- Inside of both feet
- Outside of both feet
- Roll with the sole across body and tap with inside of other foot
- Inside right foot, outside left foot, inside left foot outside right foot and so on

Finish with fast feet through cones

#### Jamboree



#### Organisation

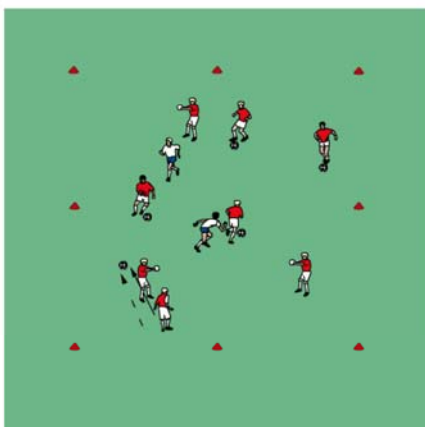
Set up 2 Futsal courts in the gym and have each team play each other at least once. Normal Futsal rules apply and allow players to play free from instruction



## SOCCER SESSION 10

### Jamboree

#### Warm up



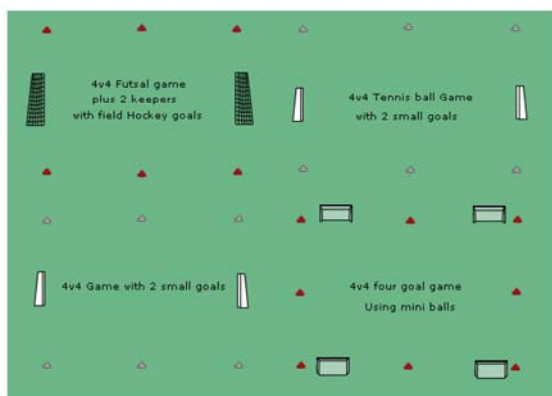
#### Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid, The coach selects 1 or 2 Taggers that wear the bibs. The rest of the group run around the grid trying to avoid the taggers. If they happen to get tagged they are frozen and must hold their hands above their head, open their legs and cry for help. The only way to be rescued is by one of your team mates to crawl under your legs.

#### Progression

Players dribble ball around the grid avoiding the taggers. If tagged, To be rescued a player must pass the ball under your legs.

#### Jamboree



#### Organisation

Set up a series of fields with different objectives as shown in the diagram. Split team into teams of 3 or 4. Each team should play each other at least once and should have had chance to play on each field type.

Allow players to play with little or no instruction.

Rules are as follows:

4. Ball goes out KICK IN
5. Any Foul play an In-direct free kick is awarded.
6. Goal scored restart from centre of field

