

Documents

	Document Title	Category	Document Date	Document Type	Action Type
1.	Possession w/a Purpose U17 Girls				
2.	Defending in a Back 4 U17 Girls				
3.	Speed of Play U16 Girls				
4.	Crossing and Finishing U16 Girls				
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11.	Attacking 1v1/Creative Play U14 Girls				
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13.	1v1, 2v2 Defending U14 Girls				

Session Topic: Possession with Purpose
Coach Name: Scott Juniper **Age Group: Girls 91's**



	<u>ACTIVITY & ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<ul style="list-style-type: none"> • 5v2 possession in 10x10 grids • 2 in the middle hold bibs • Player that gets a touch switches with player who made the mistake • Progress from unlimited touches to two-touch to one-touch 	<ul style="list-style-type: none"> • Awareness of both defenders • Quick decisions • Play away from pressure • Disguise your passes
	<ul style="list-style-type: none"> • 8v8+2 • Full width x 40 yards, 10 yard end zones • Possession game • 7 passes is a goal, possession in end zone is worth 2 • Cannot score in same end zone twice unless there is a change of possession 	<ul style="list-style-type: none"> • Movement and support • Awareness of all defenders • Awareness of space • Decisions to possess or penetrate • Be thoughtful and do not force passes • Be prepared to play short and long
	<ul style="list-style-type: none"> • 8v8+2, full width x 40 yards • 10x10 boxes in corners, half way line • Possess in any box • Possess in two boxes diagonally opposite • Possess in two boxes on one side of half way line without crossing line (if the ball crosses line start again.) 	<ul style="list-style-type: none"> • As above but now the decision to possess versus forcing possession in the smaller area becomes more important • When to relieve pressure and cross the half-way line
<p><u>COOL DOWN</u></p>	<ul style="list-style-type: none"> • 9v9 scrimmage • Half field 	<ul style="list-style-type: none"> • Coach within the game • Challenge players decisions to possess vs. penetrate
<ul style="list-style-type: none"> • Jog and stretch 		

Session Topic: Defending in a back 4
 Coach Name: Allison Gibson Age Group: 1991's



WARM-UP	DIAGRAMS	ACTIVITY & ORGANIZATION	PHASE 1	PHASE 2	PHASE 3: THE GAME
	<p>8 Groups of 2</p> <ul style="list-style-type: none"> - all groups have a ball except one - the group w/out the ball must try and take ball from a group w/ ball - change places after winning posses. 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> - Communication between the 2 working as defenders - Working together to "trap" a an offensive group 	<p>PHASE 1</p>	<p>6 v 6 to 3 Goals</p> <ul style="list-style-type: none"> - 4-2 formation - Play obvious offsides 	<ul style="list-style-type: none"> - Back 4 work together to prevent passes behind (to goal) - Communication - Step, drop, hold, slide - Tracking runs
	<p>PHASE 2</p>	<p>10 v 5</p> <ul style="list-style-type: none"> - Back 4 working together w/ one midfielder to dispossess the offense 	<p>PHASE 3: THE GAME</p>	<p>9 v 9 + GK'S</p> <ul style="list-style-type: none"> - 4-3-2 formation - No other restrictions 	<ul style="list-style-type: none"> - Patience, communication w/ midfielder and other backs - Deny balls in behind - Track runs
		<ul style="list-style-type: none"> - Coaching all of the above points - Encouraging players to read the game and anticipate play. 			

Session Topic: Speed of play
 Coach Name: Platini Soaf Age Group: 1992's



<p>WARM-UP: 15 min</p>	<p>ACTIVITY & ORGANIZATION</p> <p>16 Players 2 GK two groups of 9, area 20x15. 9 players on the outside of the area with balls at their feet and 8 inside the area. Players inside the area receive the ball and pass to the players outside the area, alternate groups every minute.</p>	<p>KEY COACHING POINTS</p> <p><i>Progression:</i> Receive and pass with all surface of the body (Both feet, thigh, Chest, then heading)</p> <p><i>Emphasis:</i> Speed of play, alternate feet, look over your shoulder before checking</p>
<p>PHASE 1 Station training exercise.</p> <p>PHASE 2 Position game 8v8</p>	<p>18 Players see attachment. Area 20x30</p> <p>16 players, two areas, each area 20 yards. Both teams of 8 in each area. Players restricted to two touches, 4 players from one area go into the opponent area in an attempt to win possession. 6 passes = 1 point, first team to 4 points wins the game</p>	<p><i>Emphasis:</i> Ball speed, Technical speed, attack free space at speed, Take good positions away from the ball.</p> <p><i>Emphasis:</i> Ball speed, speed of thought, First touch away from pressure, take good positions away from the ball.</p>
<p>PHASE 3: THE GAME- 5v5 + 5. 1 neutral</p>	<p>5 Vs. 5 with a neutral player. One team attack West and the other East, third team behind the goal of the team attacking west. Two full size goals. When a goal the West team always goes off. 1 point given when a goal is scored the team with the most goals at the end of five minutes wins.</p>	<p><i>Emphasis:</i> Ball speed, quick reaction in time of transition. Speed of play.</p>



Regional Camp 2007 – 1992 Girls Crossing & Finishing – Lauren Orlando

(Activities should be developmentally appropriate.)



<p>WARM-UP</p> <p>➤ → 15 yds → 1</p> <p>Progress to</p> <p>➤ → 30-40 yds → 2</p> <p>All depending on the skill and technique of the players that you are working with</p>	<p>ACTIVITY & ORGANIZATION</p> <ul style="list-style-type: none"> > Ball between two, 15 yards apart, gradually increasing to 30-40 yards apart toward the end of the exercise > Passing with inside of foot, outside of foot, bending the ball > Chipping > Bend the ball on the ground > Drive the ball below the waist and try for one bounce into feet > Drive ball with laces in the air (chest to head high) to feet > Bend balls in the air to feet 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> > Quality passing > When you receive the ball, take two touches, one to collect the ball and the other to serve it back to your partner > Techniques of using different parts of the feet to pass, chip, drive and bend the ball
<p>PHASE 1</p> <p>30 yds</p>	<p>FINISHING:</p> <ul style="list-style-type: none"> > Balls on opposite sides at each goal > Player #1 passes to player #3 who takes a shot on goal > Player #4 passes to player #2 who takes a shot on goal > Players #2 and #3 take a quality first touch and then finish > Two touch, one to collect and one to finish > Rotate lines by following your pass or shot 	<ul style="list-style-type: none"> > Take two touches, one to collect the ball and the other to finish > Take peak and see where the GK is at before you receive the ball > Encourage to use different finishing techniques (pass, chip, drive, bend) > Try for all shots on target – make the keeper make saves!
<p>PHASE 2</p> <p>18 yd box</p>	<p>CROSSING AND FINISHING:</p> <ul style="list-style-type: none"> > Player #1 takes a shot from the top of the box and then runs to the group of balls on the outside of the box to put a cross in > After player #1 takes a shot, player #2 gives a leading pass to player #3 who then takes a touch and shoots > Players #2 and #3 then make near and far post runs for the cross from player #1 > After 10-15 minutes, switch balls to the opposite side of the 18 yard box 	<ul style="list-style-type: none"> > All shots on target > Encourage players to take a touch if they can't finish it first time > Use different finishing techniques (pass, chip, drive, bend) when taking shots, don't shoot it just to shoot it > Take a peak and be aware of where GK is before taking the shot > Explain timing of runs on crosses, don't get in too early and make sure there is a near post and far post runner
<p>PHASE 3: THE GAME</p> <p>45 yds</p> <p>35 yds</p> <p>Team 1 vs. Team 2</p>	<p>6 v 6 PLUS 6 ON THE OUTSIDE:</p> <ul style="list-style-type: none"> > Three teams of 6 > 35x45 yard grid with two goals > 6 v 6 inside the grid > Players on the outside next to the goals have one touch and the players crossing the ball have unlimited (you can make a touch limit on the crossers if the game is too slow) > If the ball goes out then it is the opposite teams ball > First team to score a goal stays on and the team on the outside comes in to play > If a goal hasn't been scored in a long time then the team that won last stays on 	<ul style="list-style-type: none"> > All shots on target > Encourage players to take a touch if they can't finish it first time > Use different finishing techniques (pass, chip, drive, bend) when taking shots, don't shoot just to shoot > Take a peak and be aware of where GK is before taking the shot > Play quickly and look for key moments to get a shot off > Try and get as many shots and crosses off as possible, but make them quality shots and crosses
<p>COOL DOWN</p> <p>➤ = Team 3</p>		



Regional Camp 2007 – 1992 Girls Individual and Group Defending – Joey Hoffman



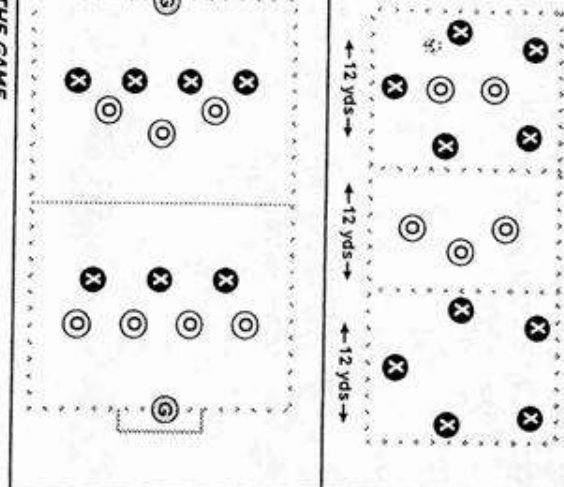
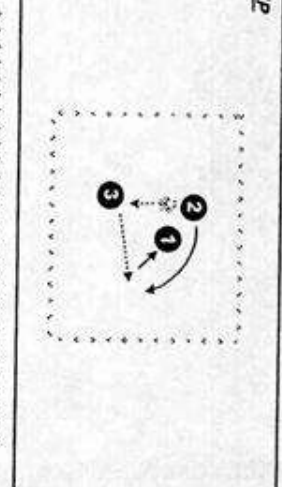
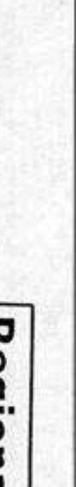
(Activities should be developmentally appropriate.)

WARM-UP		ACTIVITY & ORGANIZATION	KEY COACHING POINTS
<p style="text-align: center;">PHASE 1</p>	<p>Passing and moving Every couple of passes the player passing the ball will defend 1 v 1 against the player receiving the ball The attackers starts at 50%</p>	<p>Speed of run Timing of run Angle of run Forcing the attacker one direction Footwork</p>	
<p style="text-align: center;">PHASE 2</p>	<p>1 v 1: X passes to O Defender must step to the attacker quickly and bend their run, otherwise they will be scored on Points go to the defender only if they win the ball or force the attacker out of bounds Set up fields next to each other 1 minute game Move the goal from the side to the middle and then use the end line that the attacker must dribble across</p> <p>3 v 2: One of the defenders becomes the goal When the defending team wins the ball, the defender who is off the field steps on The defending team now has a player step off the field</p>	<p>Speed of run Timing of run Angle of run Forcing the attacker away from goal (go for the ball when you know you can win it)</p> <p>Distance between the 1st and 2nd defender Concentrate on the changing of 1st and 2nd defender</p>	
<p style="text-align: center;">PHASE 3: THE GAME</p>	<p>Play 9 v 9 with each team playing a 3-3-2 or Play 8 v 8 with each team playing a 3-2-2</p>	<p>Use freeze method within game to correct a couple of times Concentrating on breakdowns with the 1st or 2nd defender Also, coach within the game</p>	
<p style="text-align: center;">COOL DOWN</p>			

Regional Camp 2007 - 1992 Girls

Combination Play in Attacking Third - Mike Smith

(Activities should be developmentally appropriate.)

WARM-UP	ACTIVITY & ORGANIZATION	
<p>PHASE 1</p> 	<p>3 PLAYERS PER AREA PASSING</p> <p>ON CUE, ONE ACTS AS DEFENDER OTHER TWO COMBINE:</p> <ul style="list-style-type: none"> > Wall Pass (1 passes to 2 then defends, 3 acts as wall) > Take Over (1 passes to 2 then defends, 2 runs at 3 and the execute Take over) > Over Lap (1 passes to 2, 2 attacks defender 3, 1 over laps) > Third man run 	<p>SVSV5:</p> <ul style="list-style-type: none"> > coach plays in balls from half way line > teams score by successfully completing 5 passes then playing to the other end in air > Defending team in middle can send in 2 defenders (if ball is kicked out, teams change places). First team to 10 > 1 player from far grid can check into middle for support (look to get out so another can come) > must play to checking player in the middle before you can switch the ball
<p>PHASE 2</p> 	<p>7V7 GAME DIVIDED INTO TWO HALFS 4V3 IN EACH HALF</p> <p>A PLAYER CAN ONLY CROSS INTO THE ATTACKING HALF BY:</p> <ul style="list-style-type: none"> > Completing an overlapping run on the ball > By communicating and completing a third man run > By making a wall pass with one of the 3 forwards > Last step is to let a player dribble over half way at a defender to create a wall passing opportunity. 	<ul style="list-style-type: none"> > Look at the timing of runs on and off the ball. > Can a team create a numbers up situation? > Encourage finishing of wall pass combinations. > Look at verbal and visual communication > Use the goalkeepers feet to keep numbers up when in possession in the defensive half
<p>PHASE 3: THE GAME</p> 	<p>8V8 WITH KEEPERS TO TWO GOALS:</p> <ul style="list-style-type: none"> > One team in 4:3:1 the other will play a 3:3:2 with the wide defenders or fullbacks encouraged to overlap and the center midfielder player looking for a wall pass, overlap or third man run opportunity. 	<ul style="list-style-type: none"> > Create space by finding width and depth > Create 45 degree angles > Two attackers play close, third gives balance > Timing > Eye contact and body cues > Has the training session had an effect on the way players are playing? > What decisions are being made that are appropriate?
<p>COOL DOWN</p>	<ul style="list-style-type: none"> > Jog with some arrhythmic movement and stretch as a group 	<ul style="list-style-type: none"> > reduce heart rate > static stretching

Session Topic: Team defending
 Coach Name: Kat Mertz Age Group: 1993's



WARM-UP	ACTIVITY & ORGANIZATION		KEY COACHING POINTS
	<p>Groups of 2, 15 yds apart. Player w/ ball passes to partner & closes space. Partner dribbles fwd, cutting side to side. Receiving partner lets ball go past her making making her turn & then dribble at the defender.</p>	<p>Speed & angle of approach. Body position. Quick footwork. Distance from attacker-arm's length away. Knowing when to tackle.</p>	
<p>PHASE 1</p>	<p>Team score by dribbling over opponents endline. After team scores, they are played a ball from their own team mate. 4v4 – two grids</p>	<p>High player make play predictable. Condense the space w/ any negative passes. Weakside defender provides cover & anticipates any switched balls to cut off. When attacking player goes back or puts head down, defending team high pressures</p>	
<p>PHASE 2</p>	<p>7v7 – 6 small goal game Team scores by passing through gates Team scores by dribbling through gates. 55yds x 40yds</p>	<p>Pressure on the ball. Make play predictable. Condense space & field. Player cover from first defender. Release to put pressure on the ball if player can arrive the same time or before the ball.</p>	
<p>PHASE 3: THE GAME</p>	<p>7v7 to big goals – 2 zones. 4 defenders & 3 attackers in each zone. Player who passes ball into opponents zone can make it 4v4. 2) No zones – players are free to move around field.</p>	<p>Same as above</p>	

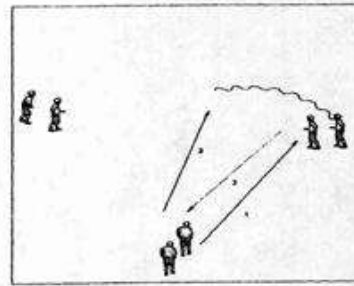
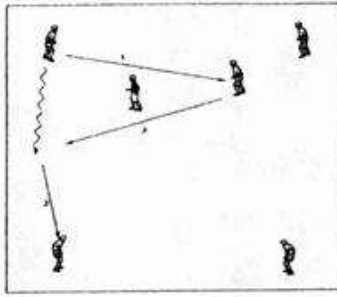
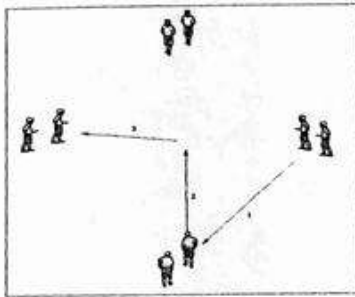
Session Topic: Crossing and Finishing
 Coach Name: Dominique Hoecherl
 Age Group: 1993 Girls



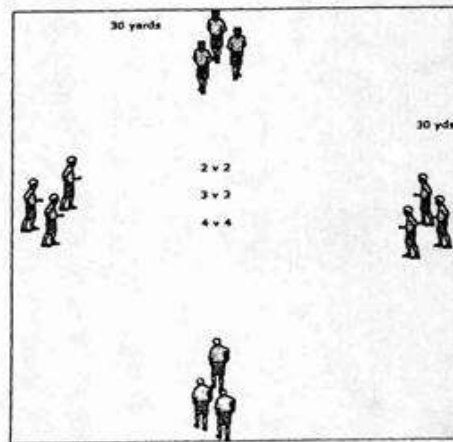
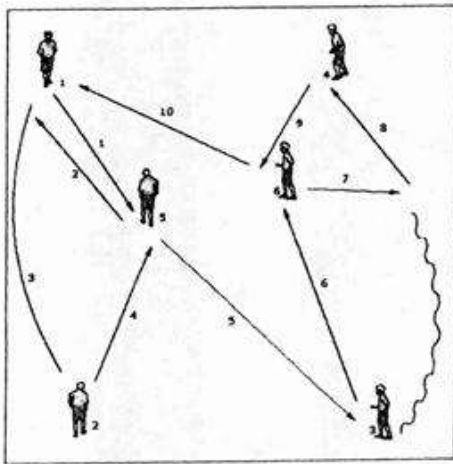
DIAGRAMS		ACTIVITY & ORGANIZATION	KEY COACHING POINTS
<p>WARM-UP</p>		<p>SHORT/SHORT/LONG VARIATIONS IN 4'S</p> <ul style="list-style-type: none"> Balls on the ground with the inside of the foot. Long ball in the air with two touches, then one touch depending on level of players. 	<ul style="list-style-type: none"> Technique of striking the ball with the inside of the foot, toe above heel. Angle of first touch when striking a long ball must be diagonal. Technique of striking a long ball in the air.
<p>PHASE 1</p>		<p>PATTERN PLAY WIDE TO GOAL</p> <ul style="list-style-type: none"> Ball starts in the middle then played outside to the widest player. Player completes a wall pass with player on the corner of the 18 yd. box. Ball is crossed to a runner in the box. Players at the top of the box complete near and far post runs. Introduce an overlap pattern. Alternate sides/mix up players. 	<ul style="list-style-type: none"> Firm passes with pace. Timing of runs, going away from the ball first so players aren't standing the box as ball is served. Attitude to win ball in the box off the serve. Near post run arrives at the GK as ball is served. Framing and winning the ball when ball bounces around GK, don't stop!
<p>PHASE 2</p>		<p>ADDING PRESSURE WITH DEFENDERS</p> <ul style="list-style-type: none"> Add two defenders. One defender stays in the box and defends the runners, one starts at the six and when the ball touches the wide player she can go defend and play 2v1 wide. Game: Players have 10 tries to get 3 goals with the defensive pressure. If defenders give a corner that ball is not counted in the 10 tries. Players not involved can keep it alive by playing 1 touch if it comes to them. Make it competitive and challenging. 	<ul style="list-style-type: none"> Wide players now must make decisions on how to get the serve off (1v1, wall pass, overlap, etc.). Players in the box are now challenging for balls, demand the attitude to win the ball. Coach over the play, let the game flow.
<p>PHASE 3: THE GAME</p>		<p>7V7 WITH GOALKEEPERS</p> <ul style="list-style-type: none"> Size of fields will vary depending on number of players. 	<ul style="list-style-type: none"> Ask the players to get the ball wide, demand runs in the box. Encourage players, create excitement for players.
<p>COOL DOWN</p>			

Jason Goodson/ Combination Play- Additional Session Plans

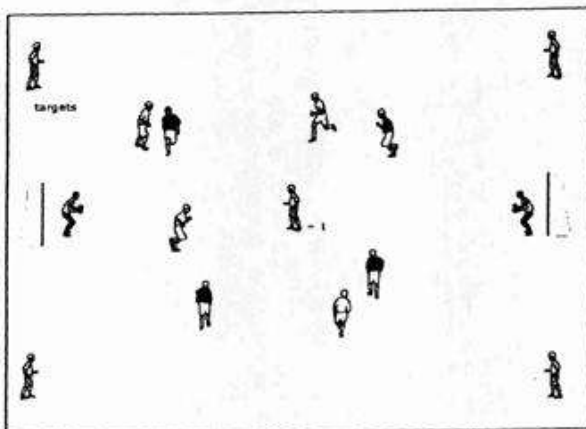
PHASE 1:



PHASE 2:



PHASE 3:



Session Topic: Combination play
 Coach Name: Jason Goodson

Age Group: 1993's



<u>WARM-UP</u>	<u>DIAGRAMS</u>	<u>ACTIVITY & ORGANIZATION</u>			<u>KEY COACHING POINTS</u>
<u>PHASE 1</u>	<ol style="list-style-type: none"> 1) 1 Player/long w/ a ball @ the 2 designated starting positions 2) Pass the ball w/ hands to the right & switch w/ team mate 3) 1-2's w/ lateral pass w variations 4) Wall passes with a change of position 	<ol style="list-style-type: none"> 1) Wall passes in a diamond 2) Wall player moves in direction in which the ball circulates 3) 1-2's in a large square w/ passive defending 4) Combining with a third man 			<p>Coordinate timing of movement w/ partner Pass cleanly w/ inside of foot Keep the ball on the floor Look for smooth tempo</p>
<u>PHASE 2</u>	<ol style="list-style-type: none"> 1) 1 touch passing w/ multiple methods of combination play 2) After passing sequence, movement is as follows: x1-x2, x2-x5, x5-x3, x3-x4, x4-x6, x1-x4, 3) 2v2 to 4v4 in grid w/ a set of teammates on opposing sides 4) Players can ? with any teammates inside or outside of grid to maintain possession 5) Escape the grid by playing a teammate outside the grid 	<p>Inside players defend then show @ the next cone for a wall pass-check await for a wall pass. Play passes to the correct foot depending on body shape of team mate & position of defender. Match realistic</p>			<p>Movement off the ball must occur before ball arrives to defender. Read intentions of your team mate on the ball. Don't be predictable. Easiest way to buy time is to pretend to play ball in tight space. Play ball before defender arrives. Look to receive ball in space. Look beyond initial defender when making decision.</p>
<u>PHASE 3: THE GAME</u>				<p>4v4+1 w/ targets-inside 2 penalty boxes. Targets limited to 1 touch-limited to 2 touch but must release w/ in 1 second of receiving. Players are allowed to pass but not dribble forward. 7v7 to goal.</p>	<p>Ball control and possession is always a priority. Don't be cautious or afraid to make mistakes. Look to play where you have numerical advantage.</p>

Session Topic: Attacking 1v1/Creative Play
 Coach Name: Amanda Schmutz Age Group: 94 Girls



WARM-UP

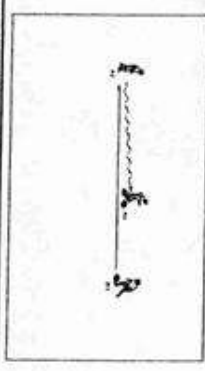
ACTIVITY & ORGANIZATION

- Ball with each player dribbling
- Introduce different surfaces
- Introduce 2-3 different moves
- Keep players confined to area to get comfortable with traffic

KEY COACHING POINTS

- Comfort with different surfaces
- Movement of body/ball
- Set up defenders
- Change of pace
- Awareness/vision

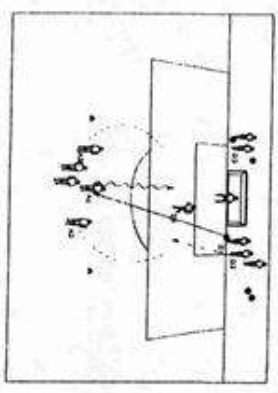
PHASE 1



- 1v1 Line soccer
- D1 plays A1, A1 dribbles to get past D1

- Encourage taking on at speed
- Correct distance/pace to try moves
- Acceleration past defender

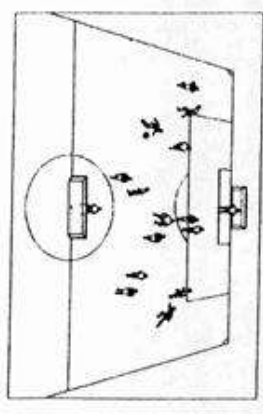
PHASE 2



- Defenders at sides of goals with balls and serves to attackers 35 yards out
- A1 dribbles to beat D1
- A2 joins play, if A2 is played in D2 joins and A3 joins play.
- Continue to build numbers until ball is out of play.

- Attack space
- Recognize chances to set up defenders and get in behind them
- Decision making when to play make and when to dribble
- Attacking shape and options as more players join allowing for players to create 1v1 opportunities or play-make
- Finish chances created

PHASE 3: THE GAME



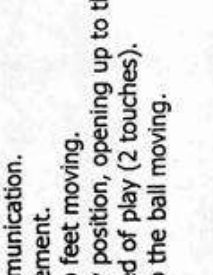
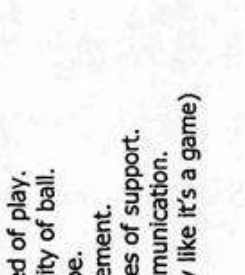
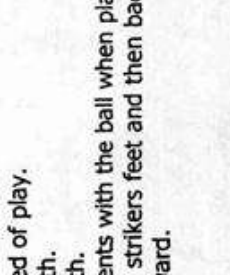
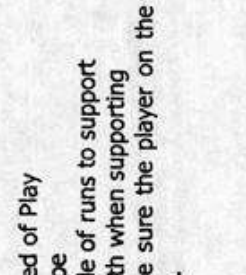
- 8v8 with GK's
- Play to large goals
- No restrictions

- Encourage taking players on when appropriate
- Attacking shape allowing for combination play or space to dribble
- Finishing chances created



Coach Name: Nathan Williams

Session topic: switching point of attack
Age Group: 1994's

<p><u>Nathan Williams</u> <u>WARM-UP</u></p> 	<p><u>ACTIVITY & ORGANIZATION</u></p> <p>Three teams of Five. 5v5+5. (3 x Six minute games) *Each time a pass is made the player must change direction and accelerate to get out of the square. *Back peddle then get-out. 5v5+5 (30x30yard area).</p>	<p><u>KEY COACHING POINTS</u></p> <p>Communication. Movement. Keep feet moving. Body position, opening up to the field. Speed of play (2 touches). Keep the ball moving.</p>
<p><u>PHASE 1: switching play</u></p> 	<p>Four groups of four. Line up like a back four. *Right back starts w/ball and plays into the sweeper. The stopper then drops in to create a back four. The sweeper then plays the ball into the center back who then plays the left back. The left back will then dribble out towards the cone, turn & play back inside and follow the sequence out the other side. **When the sweeper receives the ball, he misses the stopper and plays the left back. 4 groups of 4 (4 zones 15x50).</p>	<p>Speed of play. Quality of ball. Shape. Movement. Angles of support. Communication. (Play like it's a game)</p>
<p><u>PHASE 2</u></p> 	<p>8v8 4 goals - Dribble through the goal to score. Both teams to line up in a 3,3,2 (50x40 yard area w/four goals).</p>	<p>Speed of play. Depth. Width. Patients with the ball when playing forward. Play strikers feet and then back through mid-field and forward.</p>
<p><u>PHASE 3: THE GAME</u></p> 	<p>8v8 - Channel to Channel before going to goal. Team must switch the ball from channel to channel before going to goal and scoring.</p>	<p>Speed of Play Shape Angle of runs to support Depth when supporting Make sure the player on the ball can always see our feet.</p>

Session Topic: 1 vs 1, 2 vs 2 Defending
Coach Name: Peter Showler

Age Group: 94 Girls



WARM-UP	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
<p>PHASE 1</p>	<p>1 vs 1 to the endline</p> <p>Coach plays the ball to one side One player comes out from each side Play 1 vs 1 Player dribbles over the opposite endline to score First team to # wins</p>	<p>Groups of 2 players, 1 ball</p> <ul style="list-style-type: none"> Players are 15 yards apart 1st player plays the ball to the 2nd and then closes her down 2nd player dribbles forward 	<ul style="list-style-type: none"> Stress closing the attacker down (Pressure) Focus on the stance of the defender Focus on the footwork of the defender Delaying their progress Force them one direction
<p>PHASE 2</p>	<p>1 vs 1, 2 vs 2 to two goals</p> <ul style="list-style-type: none"> Start off 1 vs 1 Next player in line (2nd def) blocks one of the goals, and communicates w/ 1st player Move to 2 vs 2 when you feel they are ready 	<ul style="list-style-type: none"> Review of pressure and cover Develop good communication When to track and when to pass player along to teammate (in 2 vs 2) 	<ul style="list-style-type: none"> Stress closing the attacker down Delaying their progress Force them one direction Win the ball
<p>PHASE 3</p>	<p>5 vs 5 to full size goals</p> <ul style="list-style-type: none"> Play 5 vs 5 with goalkeepers Regular soccer rules Make substitutions regularly Let them play without interruption for the last 10-15 minutes 	<ul style="list-style-type: none"> Point out the 1 vs 1, 2 vs 2 situations within the game Review above 	
<p>COOL DOWN</p>			