

Documents

| | Document Title | Category | Document Date | Document Type | Action Type |
|-----|--|----------|---------------|---------------|-------------|
| 1. | U14/U15 Finishing, Jan Smisek | | | | |
| 2. | U14/U15 Heading, Jan Smisek | | | | |
| 3. | U13/U14 Attacking with Risk Taking, Allison Gibson | | | | |
| 4. | U13/U14 Small Group Defending, Platini Soaf | | | | |
| 5. | U14/U15 Passing and Support, Jan Smisek | | | | |
| 6. | U14 Attacking Speed of Play, John Madding | | | | |
| 7. | U13 1v1 and 2v2 Defending, Peter Showler | | | | |
| 8. | U14 Volleying Techniques, Tom Turner | | | | |
| 9. | U14 Covering Defender, John Thomas | | | | |
| 10. | U14 Passing, Tom Turner | | | | |
| 11. | U14 Passing for Possession, Danny Pedrag Jeftich | | | | |



SESSION TOPIC: *Finishing* 014 / 015
 COACH: *Jan Smisek* AGE GROUP:



| | DIAGRAMS | ACTIVITY & ORGANIZATION | KEY COACHING POINTS |
|---------------------------------|-----------|--|---|
| W A R M U P | | <ul style="list-style-type: none"> • Pairs or groups of 3, 1 ball • Pass and move with ball • Begin with short passes and gradually increase the distance • Use side foot, laces, outside of foot | <ul style="list-style-type: none"> ✓ Stretch at appropriate times during activity ✓ Introduce driven balls, lofted balls, bent balls ✓ Get used to using different surfaces of foot to strike ball ✓ Experiment |
| P H A S E 1 | | <ul style="list-style-type: none"> • Full-size goal with GK • One line of players with a ball each on endline between six yd box and edge of penalty area • Second line of players 5 yds behind "D" • A serves ball on ground into "D" • B must control ball inside "D" with one touch and shoot on second touch, switch lines | <ul style="list-style-type: none"> ✓ Quality of first touch to set up shot ✓ "Pace or Piece" your shot ✓ Experiment with bent balls, chipping keeper, etc. ✓ Create a competition, see how many goals can be scored in 10 minutes |
| P H A S E 2 | | <ul style="list-style-type: none"> • 3 v 2 to one full-size goal with GK • Two teams, one defends and one attacks, switch roles after 10 balls, keep score • Ball may be served from coach or from GK to attacking team • Attacking team in 3 lines 30 yds out from goal • Defending team starts from goalposts and scores on small, wide counter goals | <ul style="list-style-type: none"> ✓ Recognizing numbers up situations ✓ Using combination play and cutbacks to create scoring opportunities ✓ Decision-making and goal-scoring mentality |
| T H E G A M E | | <ul style="list-style-type: none"> • 4 v 4 to two full-size goals with GK's • Grid 20-25 yds long and width of penalty area • Create teams for a tournament • Each game is 2 minutes long or to two goals, whichever comes first | <ul style="list-style-type: none"> ✓ Decision-making and goal-scoring mentality |
| | COOL DOWN | <ul style="list-style-type: none"> • stretching and ball gymnastics | <ul style="list-style-type: none"> ✓ injury prevention and rejuvenation |



SESSION TOPIC: *Heading* 014/015
 COACH: *Jan Smisek* AGE GROUP:



| | DIAGRAMS | ACTIVITY & ORGANIZATION | KEY COACHING POINTS |
|---------------------------------|-----------|--|---|
| W A R M U P | | <ul style="list-style-type: none"> A series of grids 5x 10 yds, pairs, two per grid Player A tosses ball to B, A & B pass ball by heading until close enough to shoot by heading Players C & D stay on their line and defend it as GK's When goal is scored or ball is dropped, it is C & D's turn to attack | <ul style="list-style-type: none"> Controlling the ball by heading Correct mechanics for heading ball to score Play a small round robin tournament, each game two minutes |
| P H A S E 1 | | <ul style="list-style-type: none"> Groups of 4, two servers and two in the middle Players A & B jockey for position to head ball back to server Turn and do the same with the other server Begin by alternating A as header and B to bother her, change roles | <ul style="list-style-type: none"> Correct heading mechanics Challenging for air balls with another player Jockeying for position to win ball in air Variation: expand distance between servers to kick flighted balls to be headed |
| P H A S E 2 | | <ul style="list-style-type: none"> One full-size goal with GK, 2 teams in penalty area One team sets up to take corner kicks, the other to defend Serve 10 balls, keep score and then switch roles, repeat several times Create a line or counter goal for the defending team to clear the ball to.... | <ul style="list-style-type: none"> Attacking every ball Challenging air balls in a crowd DO NOT let the ball bounce!! |
| T H E G A M E | | <ul style="list-style-type: none"> Scrimmage on a short, wide field with 2 full-size goals and GK's to encourage crosses and lots of heading opportunities | <ul style="list-style-type: none"> Same as above |
| | COOL DOWN | <ul style="list-style-type: none"> stretching and ball gymnastics | <ul style="list-style-type: none"> injury prevention, rejuvenation, fun |



SESSION TOPIC: *Attacking with Risk Taking* 013/014
 COACH: *Allison Gibson* AGE GROUP:



| | DIAGRAMS | ACTIVITY & ORGANIZATION | KEY COACHING POINTS |
|---------------------------------|-----------|---|---|
| W A R M U P | | <ul style="list-style-type: none"> • Every player with a ball doing various 1v1 moves. | <ul style="list-style-type: none"> ✓ Acceleration after move ✓ Get behind defender ✓ Correct line ✓ Confidence and Courage |
| P H A S E 1 | | <ul style="list-style-type: none"> • A2 passes to A1 and supports • A1 takes on D • If A1 uses A2 for support, the defense releases another player; becomes 2v2 | <ul style="list-style-type: none"> ✓ Encourage taking on at speed ✓ Coach support player to give good angles but stay away ✓ Finish quickly within window of opportunity |
| P H A S E 2 | | <ul style="list-style-type: none"> • 2v2 Flying Changes • Coach starts first ball for 2v2 • If ball crosses an end line by goal or passes ball, 2 new players come on from that end w/ a ball and become attackers | <ul style="list-style-type: none"> ✓ Take on vs passing ✓ Face up quickly vs shielding ✓ Quick transition from def to off (good time to expose defense) |
| T H E G A M E | | <ul style="list-style-type: none"> • 8v8 + GKs • No Restrictions | <ul style="list-style-type: none"> ✓ Encourage taking on 1v1 when appropriate ✓ Remind supporting player to stay out of space in front of player in possession |
| | COOL DOWN | <ul style="list-style-type: none"> • Jog & Stretch | |



SESSION TOPIC: *Small Group Defending* 0131014
 COACH: *Platini Soaf* AGE GROUP:



| | DIAGRAMS | ACTIVITY & ORGANIZATION | KEY COACHING POINTS |
|---------------------------------|-----------|---|---|
| W A R M U P | | <ul style="list-style-type: none"> • 1 v 2 (2 defenders) • When coach says stop, two players w/out the ball do two push ups | <ul style="list-style-type: none"> ✓ defenders communicate on how to win the ball back ✓ Engage physically |
| P H A S E 1 | | <ul style="list-style-type: none"> • Basic 1 v 1 defensive principles • 1 v1 faced up • 1v1 back to pressure • 2 v1 | <ul style="list-style-type: none"> ✓ Angle and speed of approach ✓ Weight on toes ✓ Side on ✓ See the ball ✓ Force one direction |
| P H A S E 2 | | <ul style="list-style-type: none"> • 2 v 2 Defensive principles • Pressure / Cover • 2 v 2 to goal | <ul style="list-style-type: none"> ✓ Pressure / Cover ✓ Communication ✓ Force one way ✓ Cover player coaching pressuring player |
| T H E G A M E | | <ul style="list-style-type: none"> • 6 v 6 + Gks | <ul style="list-style-type: none"> ✓ Focus a lot on the communication piece ✓ Encourage physical contact |
| | COOL DOWN | <ul style="list-style-type: none"> • Jog & Stretch | |



SESSION TOPIC: *Passing & Support* 014 / 015
 COACH: *Jan Smisek* AGE GROUP:



| | DIAGRAMS | ACTIVITY & ORGANIZATION | KEY COACHING POINTS |
|---------------------------------|-----------|--|--|
| W A R M U P | | <ul style="list-style-type: none"> Give two players a pinnie, to hold in their hands, these players are "it" Give two players a ball each to hold in their hands - possession means they are "safe" from being tagged When you say "go", the players who are "it" can tag any of the players who don't have a ball, tagged players become "it" and are given the ball until they tag someone else. Players with the ball must try to toss the ball to a player who is about to be tagged, if that player catches the ball before getting tagged, they are safe and now help teammates. | <ul style="list-style-type: none"> ✓ Vision and awareness ✓ Movement ✓ Stop to stretch on occasion ✓ Variation: add another "it" and person with a ball ✓ Variation: put the ball on the ground and pass it instead of throwing |
| P H A S E 1 | | <ul style="list-style-type: none"> Use 1/4 field grid and all players Four cone goals, 5 yards wide, placed in from the corners of the grid Players can score by dribbling through the goals from either side and maintain possession Restart play from out of bounds with a kick-in. Variations: score by passing through the goal to a teammate who successfully controls the ball | <ul style="list-style-type: none"> ✓ Quality of pass ✓ Timing, angle, and distance of support ✓ Body shape-open to field ✓ Switching play ✓ Vision and awareness ✓ Decision-making |
| P H A S E 2 | | <ul style="list-style-type: none"> Use 1/2 field grid and all players Four goals, two regular with GK's and two small cone goals 5 yards wide on endlines Each team defends and attacks two goals Players can score by shooting on GK or by passing ball on ground through cones Restart with goalkicks from ends, throw-ins from sides | <ul style="list-style-type: none"> ✓ Quality of pass ✓ Timing, angle, and distance of support ✓ Body shape-open to field ✓ Switching play ✓ Vision and awareness ✓ Decision-making |
| T H E G A M E | | <ul style="list-style-type: none"> Scrimmage if time permits | <ul style="list-style-type: none"> ✓ All of the above |
| | COOL DOWN | <ul style="list-style-type: none"> stretching and ball gymnastics | <ul style="list-style-type: none"> ✓ Injury prevention, rejuvenation, fun |



SESSION TOPIC: *Attacking Speed of Play* 013104
 COACH: *John Madding* AGE GROUP:



| | DIAGRAMS | ACTIVITY & ORGANIZATION | KEY COACHING POINTS |
|---------------------------------|-----------|---|---|
| W A R M U P | | <ul style="list-style-type: none"> Teams break in to two groups. Players number themselves in sequence. Each group then passes in sequence. As the groups become more comfortable the coach adds balls (up to 3). | <ul style="list-style-type: none"> Quality of pass Body position when receiving-facing the field and the player to pass to Quality of first touch-in the direction of the next pass Awareness of players on the field- number below and above |
| P H A S E 1 | | <ul style="list-style-type: none"> 3v3+3. 15yd x 25yd space. 3 teams of 3 in different colors. 2 teams keep the ball from the third team. When possession is lost the team losing the ball becomes the defending team in the "middle." | <ul style="list-style-type: none"> Same as above Create proper angles of support Receive away from pressure Keep ball moving Know when to play 1st time or receive and play Quick transition when the ball is lost |
| P H A S E 2 | | <ul style="list-style-type: none"> 4v4+1. 25yd x 35yd space with 5 yard "end-zones" at both ends (depending on ability) 2 teams of 4 with one "magic player" playing for the team with the ball. | <ul style="list-style-type: none"> As above, but now have a direction to influence decisions Penetration to score or keep position (decision making) |
| T H E G A M E | | <ul style="list-style-type: none"> 9v9 including GK's Half Field (depending on ability level) | <ul style="list-style-type: none"> It all comes together Coach within the game Coach what you see |
| | COOL DOWN | <ul style="list-style-type: none"> Jog & Stretch | |

Session Topic: 1 vs 1, 2 vs 2 Defending
Coach Name: Peter Showler **Age Group: 94 Girls**



| <i>WARM-UP</i> | <u>DIAGRAMS</u> | <u>ACTIVITY & ORGANIZATION</u> | <u>KEY COACHING POINTS</u> |
|------------------|-----------------|---|--|
| <i>PHASE 1</i> | | <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> | <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 |
| <i>PHASE 2</i> | | <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) |
| <i>PHASE 3</i> | | <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 |
| <i>COOL DOWN</i> | | | |

Author: Tom Turner



National Youth Certificate

Lesson Plan



Topic: Volleying Techniques

Age: U-14

| Activity Name | Description | Diagram | Purpose/Coaching Points |
|----------------------------------|---|---------|---|
| <p>1</p> <p>Partner Practice</p> | <p>Divide the team into two colors. Players match up with an opponent and make a "field" with goals 1-4 yards wide. The field length is adjusted to the skill level of the players. Players alternate volleying back and forth to the opponent's goal. The games can feature full volleys, side volleys, half volleys and "falling" volleys. Play games for time (4-5 minutes) and rotate players after each round.</p> | | <p>The ball must bounce in front of the goal to count. The players are not goalkeepers (although they could be with bigger goals).</p> <p>Check for shoulder clearing Check for body rotation Check for lower leg extension Check for toe position and ball contact point</p> |
| <p>2</p> <p>Hand Toss</p> | <p>Assuming 18-player roster. Divide the squad into two teams and play 7v7 with four goals: Each team defends and attacks two goals, as shown. Field size ~70x50 yards</p> <p>Players cannot run with the ball and passes are made by volleying to teammates. When a ball hits the ground, it is either a turnover or a live ball (player's choice). Goals can be scored from 1) anywhere on the field; from 2) from the opponents half only. Goals scored without first catching the ball are worth three points. Players have five seconds to release the ball. Basketball rules for defending.</p> | | <p>Note: A bouncing ball provides additional volleying opportunities.</p> |

Author: Tom Turner



National Youth Certificate

Lesson Plan



Topic: Volleying Techniques

Age: U-14

| | | | |
|------------|--|--|---|
| 3 | | | |
| Final Game | <p>Because the number of volley repetitions is severely reduced in a regular soccer game, the following will not be as beneficial as the previous activity.</p> <p>Field size is ~60x50 yards with two goals and goalkeepers. Two players from each team are positioned in wide channels. These players do not defend against each other. The remaining players (6v6) are organized 3-1-2. Offside comes into effect inside the penalty area. A fullback defends the wide players. Wide players can cross the ball or dribble at goal. Regular goals count one; goal attempts from volleys count two; goals scored from volleys count three.</p> | | <p>Note: A bouncing ball provides additional volleying opportunities.</p> |

Author: John Thomas



Coaches Connection

Lesson Plan



Topic: COVERING DEFENDER

Age: U14

| Activity Name | Description | Diagram | Purpose/Coaching Points |
|---|---|---------|--|
| 1. WARM-UP Players organize themselves in groups of four. Two attackers and two defenders | <ul style="list-style-type: none"> Players in groups of four Two attackers stand in a line and pass ball back and forth between them When the ball is passed the defenders move to pressuring and covering positions Each time the ball is passed the defenders switch roles | | <ul style="list-style-type: none"> Proper angle of cover Proper distance – close enough to provide immediate pressure should the first defender be beaten, far enough away as to not be able to have the 1st and 2nd defenders beaten with one move Covering defender tracks supporting players |
| 2. 2v2+1 Players organize themselves into groups of two. Two attackers. Two defenders. One ball. | <ul style="list-style-type: none"> Team plays 2v2+1 in a 35-x-30 yard area Triangle is a neutral player who plays for both teams Teams try to complete 5 consecutive passes – get one point for doing so | | <ol style="list-style-type: none"> Disguise your time of passing. Supporting player also needs a good touch. The closer you take the ball to the defender, the better. Angle of support has to be correct. |
| 3. 5v5 ZONAL PLAY Now the players organize themselves Play 5v5 (4 field players and a GK) in a 50-x-74 yard area with 15 yard wide flank zones on each side | <ul style="list-style-type: none"> Play 4v3 to goal Team of four attacks goal After defending team wins ball they can score by passing to the target player | | <ul style="list-style-type: none"> Proper angle Proper distance Covering defender tracks supporting players Distance of cover will vary depending on the third of the field and the amount of pressure on the ball |
| 4. SCRIMMAGE | | | |

Author: John Thomas




Coaches Connection

Lesson Plan



Topic: COVERING DEFENDER

Age: U14

| | | | |
|---|--|--|--|
| The players organize themselves into two teams of eight, including a goalkeeper on each team. | <ul style="list-style-type: none">4v4 +GK gameNo restrictions on players |  | Observe to see if players are providing good cover |
| 5. COOL-DOWN | | | |
| Juggle in pairs. | 25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids. | X . X | Recap the key points of executing the role of the covering defender. |

Author: Tom Turner




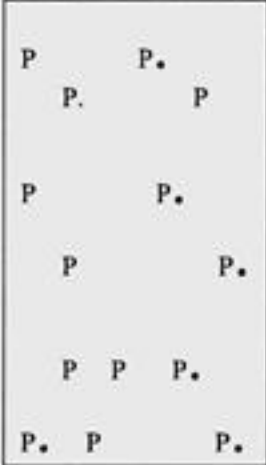
National Youth Certificate Course

Lesson Plan



Topic: Passing

Age: U14

| Activity Name | Description | Diagram | Purpose/Coaching Points |
|--|---|---|--|
| 1. FREE PLAY SCRIMMAGE | | | |
| <p>As players arrive, divide them into teams (blue or green) and let them scrimmage. The game can begin with four players and should not have goalkeepers.</p> | <p>When more than ten players are present, a second goal can be added to each side for each team to attack and defend, or a second small-sided game can be created.</p> |  | <p>Planning a practice is as much art as science! In teaching, there is nothing sacred about the sequence of activities, or the duration of activities, or the form of activities. Sometimes it is fun to just play; sometimes, it is fun to just have skills contests. Often, a balance between play and skill practice is the best way to develop technical expertise and tactical insight</p> |
| 2. PASSING VISION | | | |
| <p>The Logistics: Arrange for half as many balls as players, i.e., fourteen players and seven balls. For 14 players, the space would be approximately 45x35 yards.</p> | <p>Players either have a ball to dribble, and are looking to pass to someone; or they don't have a ball and are looking to receive a pass from a dribbler. When eye contact is made between two players, a run into space should indicate a pass is expected. In this way, the balls are exchanged between the players. On a signal (whistle) from the coach, those who have a ball should try to maintain possession for 10-15 seconds while those who don't have a ball try to recover one. Normal out of bounds rules apply.</p> |  | <p>Receiving touches and passing surface and quality can be addressed during the short breaks.</p> |

Author: Tom Turner



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Lesson Plan



Topic: Passing

Age: U14

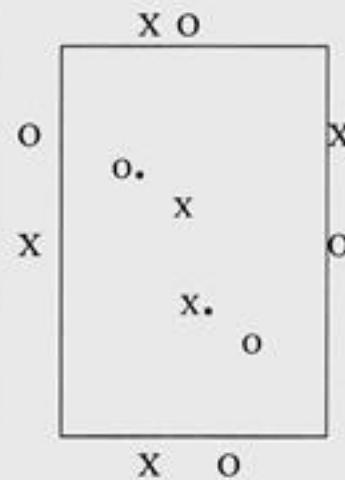
3. BUMPER

Groups of 6 or 8 players in a 20 to 25-yard square area. For groups of six, four players form "bumpers" on the outside of the box (one in the middle of each side) and two players start in the middle. For groups of eight, there are two groups of 1v1 inside the square.

Each pair inside the area has one ball and will play a separate 1v1 game. On the outside, two of the four players also have soccer balls.

The players inside the square compete against their immediate opponent (1v1) for 60 seconds. To score, the ball must be passed to a "bumper" who doesn't have a ball. When a goal is scored, the attacker runs to receive new ball from another "bumper." The defender cannot score points until they gain possession. Possession changes hands when the ball is passed to a "bumper" who already has a ball; when the ball is kicked or dribbled out of bounds; or when the defender wins possession from the attacker. At the end of the 60 seconds, the score is noted and carried over to the next round. The player who started as the defender in round #1 should begin round #2 as the attacker. The players should be in colored scrimmage vests (blue or green) so that individual and team scores can be maintained. "Bumpers" are always neutral.

This game can also be played as 3v3+6 (~25x25 yards) or 4v4+6 (~30x30 yards).



25 Yds. X 20 Yds.

Author: Tom Turner



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Lesson Plan



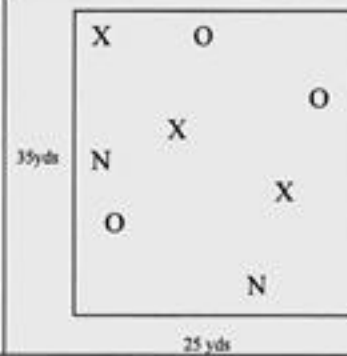
Topic: Passing

Age: U14

4. ATTACK THE LINE

3v3+2 (or 3v3+1) to lines. Area is 35x25 yards.

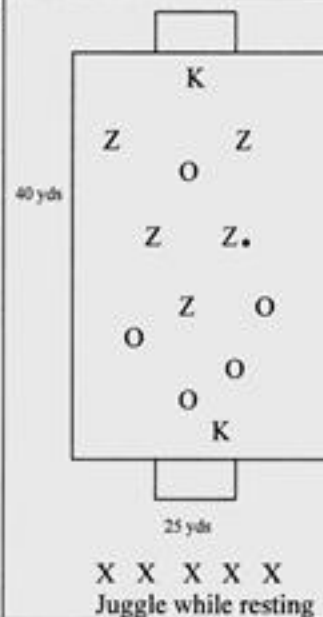
Dribble across the goal line in control. Players are limited to three touches and the ball must not stop. Play games to five goals.



5. 3 TEAM MATCH

Play a three-team 5v5 competition. The area is 40 x 25 yards. There will be three teams of four players and two "fixed" goalkeepers.

Two teams compete for five minutes, while the third retrieves the balls, or juggles, or plays 3v1 keep-a-way. Three points are awarded for a win and one for a tie. Points are also awarded for each goals scored. Winning teams stay on the field for two rounds before rotating out.



Cool Down and Stretch

The practice should conclude with some light jogging, sit-ups and push-ups, and a period of stretching.



| Activity Name | Description | Diagram | Purpose/Coaching Points |
|-------------------------------------|--|---------|---|
| 1 Warm-Up | | | |
| PASSING AND RECEIVING WITH MOBILITY | ALL THE PLAYERS IN A CONFINED AREA CIRCLE OR GRID, HALF WITH AND HALF WITHOUT THE BALL. PLAYERS WITH THE BALL DRIBBLE UNDER CONTROL AND PASS TO THE PLAYERS WITHOUT THE BALL. ALL THE PLAYERS ARE CONSTANLY MOVING AT DIFFERENT ANGLES AND DIFFERENT PACE. | | <ol style="list-style-type: none"> VISION FIRST TOUCH TIMING BODY POSITION COMMUNICATION |
| 2 Match Related | | | |
| TECHNICAL | 4 V 2 BASIC POSSESSION IN A 30 – 20 GRID WITH SOME RESTRICTIONS. TWO TOUCH POSSESSION; OFFENSE CAN NOT PLAY THE BALL TO THE SAME PLAYER CONSECUTIVELY. | | <ol style="list-style-type: none"> HEAD –UP SPEED OF PLAY CHANGING DIRECTION MOVEMENT BALL CONTROL |
| 3 Match Related | | | |
| PROGRESSION | CONTINUE POSSESSION 5 V 5 PLUS 2 NEUTRAL PLAYERS WHO PLAY WITH THE TEAM WHICH HAS THE BALL. OFFENSE HAS TWO TOUCH IN A 35 – 25 YD. GRID. | | <ol style="list-style-type: none"> MOVEMENT SUPPORT QUALITY OF THE FIRST TOUCH GOOD PACE |

Author: Danny Predrag Jeftich

Indiana Youth Soccer Association



National Lesson Plan



Topic: Passing for Possession

Age: U14

4 Match Related

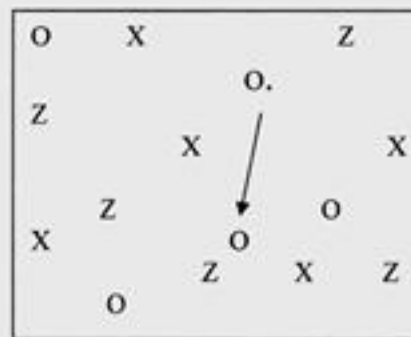
TACTICAL - TECHNICAL PROGRESSION

5 V 5 V 5 THREE TEAMS, THREE DIFFERENT COLORS PLAY POSSESSION GAME ON HALF FIELD. IT IS REALLY 10 V 5 TWO TOUCH ON OFFENSE. SEVEN COSECUTIVE PASSES EQUALS 1 GOAL.

X = red

O = blue

Z = yellow

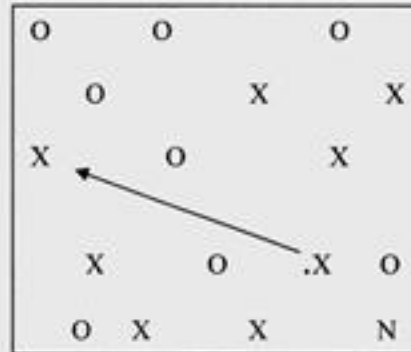


1. CONCENTRATION - FOCUS
2. VISION
3. PLAYING OUT OF PRESSURE
4. TALKING

5 Match Condition

THE GAME

PLAY 8 V 8 PLUS ONE NEUTRAL PLAYER WHO ALWAYS PLAYS WITH ATTACKING TEAM. ADD SECOND TARGET PLAYERS AT EACH END LINE. CONNECT WITH A TARGET PLAYER SWITCH AND BECOME A TARGET. ADD KEEPERS, NOW TARGET PLAYERS ARE FIELD PLAYERS. PLAY FULL FIELD. IF YOU HAVE 22 PLAYERS PLAY 11 V 11.



1. BALL CONTROL
2. COMBINATION PLAY
3. CREATIVITY
4. CONFIDENCE IN TAKING PLAYERS ON 1 V 1
5. TRANSITION
6. TEAMWORK
7. WORKETHIC

COOL-DOWN