

Documents

	Document Title	Category	Document Date	Document Type	Action Type
1.	U16/U17 Defending, "Back to Basics", Gregg Murphy				
2.	U16/U17 Crossing and Finishing, Amanda Schmutz				
3.	U15/U16 Possession, Dan Tobias				
4.	U15/U16 Penetration, Tracy Nelson				
5.	U15/U16 Wide Play in the Attack, Rich Manning				
6.	U17 Back Third to the Middle Third, Tom Turner				
7.	U15 Finding and Combing with Strikers, Tom Turner				
8.	U18 Heading for Attack, John Thomas				
9.	U15 Possession, John Thomas				



SESSION TOPIC: *Defending, "Back to Basics"* U14/U17
 COACH: *Gregg Murphy* AGE GROUP:



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		<ul style="list-style-type: none"> • 2 groups of 8 • Group of 4 pass and move / stretch • Pass to partner and close down • 1v1 to end lines • Stretch 	<ul style="list-style-type: none"> ✓ Closing speed ✓ Angle of run ✓ Posture
P H A S E 1		<ul style="list-style-type: none"> • 2 groups of 8 • 1v1 - defending two gates (face up) • Defender plays ball out to attacker and closes down • Attacker scores by dribbling under control thru one of the gates • Defender wins points by winning ball or destroying play • Same as above but attacker has back to goal 	<ul style="list-style-type: none"> ✓ All above ✓ Closing speed, angle of pressure, posture ✓ Pressure on ball - Patience vs. win (balance) ✓ Risk vs. safety ✓ "Engage" ✓ Communication ✓ No turn
P H A S E 2		<ul style="list-style-type: none"> • 2v2, 3v3, #ers down defending • Coach plays ball to attackers who try to score • Defenders travel out while ball is traveling • Defenders win ball and transition to coach • Coach restarts new attack • Offsides • Transition to goal 	<ul style="list-style-type: none"> ✓ All of the above ✓ Pressure, cover, balance ✓ Take looks ✓ Defend from inside to out ✓ Square on defending - when, where, why? ✓ Communication!
T H E G A M E		<ul style="list-style-type: none"> • 8 v 8 w/gk's to goals (also can play to targets) • Shape teams in a 3-3-2 • Play across field - set up "compact zone" 	<ul style="list-style-type: none"> ✓ Let play go and coach the game ✓ Weak side defending ✓ Compactness in defending AND in attack
	COOL DOWN	<ul style="list-style-type: none"> • Jog & Stretch 	



SESSION TOPIC: *Crossing & Finishing* 016/017
 COACH: *Amanda Schmutz* AGE GROUP:



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		SHORT TO LONG PASSING IN PAIRS <ul style="list-style-type: none"> • Long Passing Technique • Driven balls- below waist • Bending balls on ground and in air • Flighted • Chipped 	<ul style="list-style-type: none"> ✓ Work on angle of approach to ball. ✓ Distance of plant foot to ball. ✓ Surface of ball played. ✓ Surface of foot played.
P H A S E 1		<ul style="list-style-type: none"> • X1 plays a give and go with X2. X1 takes a first time shot on goal. Following shot X1 and X2 make runs into the box for a shot on goal from a cross from X3. X1 and X2 have 2 touches between them to shoot. If GK makes a save that rebounds then X1 and X2 have 2 more touches to shoot again. Once shot is complete X1 and X2 receive and shoot a cross from X4. 	<ul style="list-style-type: none"> ✓ Quality of Crossed Ball ✓ Split GK Last Defender ✓ 6 yd. line Near/Far post ✓ Lock into box-time cross ✓ Quality and Timing of Near/Far Post Runs ✓ Communicate to organize ✓ Recycle runs ✓ Contact with Cross ✓ NP Striker- must get across face. Dive/Lunge for ball. If beyond near post let ball run and frame goal ✓ FP Striker- Header/ Chest & Volley/Volley/Lunge
P H A S E 2		<ul style="list-style-type: none"> • Same as Above Vary Service and Add Defenders. 	<ul style="list-style-type: none"> ✓ Service Variation ✓ Bent-early cross (between 30-18), pulled away from GK between GK and CB. ✓ Driven Low/Passed in - beyond 18 yd. line, attack 6 yd. line ✓ Chipped to back post- attack 6 yd. line ✓ Add defenders on runners, add defenders on servers
T H E G A M E		6 V 6 Game or 8 V 8 Game <ul style="list-style-type: none"> • 50 X 40 Area- 2 Goals • Arched Flank Channel • 1 v 1 in flank channel, 1 player allowed in on attacking team to create 2 v 1. 	<ul style="list-style-type: none"> ✓ Encourage quality and number of crosses from the flank channel. ✓ Encourage different types of service from different areas of the channel. ✓ Proper timing of Near and Far post runs during run of play. ✓ Quality of contact of cross- type of finish for service.
	COOL DOWN	<ul style="list-style-type: none"> • Jog & Stretch 	



SESSION TOPIC: *Possession* 015/016
 COACH: *Dan Tobias* AGE GROUP:



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		<ul style="list-style-type: none"> • Groups of 3 or 4: passing and receiving • Vary the passing distance • 2-3 rounds (2 minutes each) • No touch limit; 3 touch; 2 touch 	<ul style="list-style-type: none"> ✓ Head up ✓ 1st touch quality ✓ Passing quality ✓ Verbal and visual communication
P H A S E 1		<ul style="list-style-type: none"> • 6 v. 6 in possession quadrants • Area is approximately 40x40 yards with 20x20 yard quadrants) • No more than 3 passes in each quadrant • 3 rounds (4 minutes): no touch limit; 3 touch; 2 touch • Pass or dribble in to start and re-start 	<ul style="list-style-type: none"> ✓ Early survey/head up ✓ Think ahead/check your shoulders-build good habits ✓ Quality angles of support ✓ Changing the point of attack ✓ Spacing awareness-spreading the defense
P H A S E 2		<ul style="list-style-type: none"> • 8 v. 8 on 4 goals-add 1 neutral player if necessary • Width of full field by 3 sections (20x60 yards) • Formation/shape-coach's choice • 2-3 rounds (10-12 minutes); pass or dribble for re-starts; offside awareness • 1 touch finishing is 2 points • Touch limits in each third will change for each round--From back to front for each team-unlimited/ 3/2; 3/unlimited/2; & 2/3/unlimited 	<ul style="list-style-type: none"> ✓ Passes that take defensive players out of the game ✓ Final passing to finish! ✓ Changing the point of attack ✓ 1st touch preparation & fakes ✓ Numbers and/or down decisions ✓ Combination play-especially finding the 3rd player ✓ Communication-giving and receiving good information ✓ Praise the possession
T H E G A M E		<ul style="list-style-type: none"> • 11 v. 11 full field (no limits) • Formation/shape-coach's choice • 30-40 minutes 	<ul style="list-style-type: none"> ✓ Re-emphasize the most pertinent points above ✓ Sharing the ball/ball movement-keep it moving ✓ Support off the ball-early recognition ✓ Transition to attack--it's up and/or down decisions ✓ 1 touch vs. multiple/extra touch decisions ✓ Changing the point of attack ✓ Final 3rd possession-combining/final passing to finish ✓ Praising possession and avoiding interceptions/counters ✓ Best defense: possession.
	COOL DOWN	<ul style="list-style-type: none"> • Jog & Stretch 	



SESSION TOPIC: *Penetration* 015/016
 COACH: *Tracy Nelson* AGE GROUP:



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		<ul style="list-style-type: none"> • 3 color bibs • 4v4 +2 • Area approx. 30x40 • Play to targets • Low pressure defending • Introduce various forms of combination play 	<ul style="list-style-type: none"> ✓ Awareness of space ✓ Awareness to penetrate ✓ Tactical consideration in combining ✓ Quality of runs ✓ Angle of runs ✓ Position of ball ✓ Communication
P H A S E 1		<ul style="list-style-type: none"> • Two vs. two to targets • Area approx. 25x35 • Team that scores keeps possession • Target players switch play when they receive the ball 	<ul style="list-style-type: none"> ✓ Tactical opportunities ✓ Opportunities to penetrate (group) ✓ Technical application ✓ Shape and support
P H A S E 2		<ul style="list-style-type: none"> • 3v3 or 4v4 to goal (with targets) • Area approx. 25x35 • Must play ball into target before team can score 	<ul style="list-style-type: none"> ✓ Tactical opportunities ✓ Opportunities to penetrate (group) ✓ Technical application ✓ Shape and support
T H E G A M E		<ul style="list-style-type: none"> • 7v7 or 8v8 with GK's • Area approx. 30x40 • Two seven minute halves with 1 minute rest 	<ul style="list-style-type: none"> ✓ Tactical opportunities ✓ Opportunities to penetrate (individual and group) ✓ Technical application ✓ Shape and support
	COOL DOWN	<ul style="list-style-type: none"> • Jog & Stretch 	



SESSION TOPIC: *Wide Play in the Attack* 01/17/16
 COACH: *Rich Manning* AGE GROUP:



	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
W A R M U P		WINDOWS STYLE WARM UP Group 1 on the outside - split into sides 30 yds. Apart Group 2 on the inside with balls <ul style="list-style-type: none"> • Dribble and pass to outside player - get it back • Pass - get it back - fake and hit other side • Pass - overlap - get it back - hit other side • Incorporate tossing and heading, etc. 	<ul style="list-style-type: none"> ✓ Get good warm up - will be hitting long balls ✓ Encourage seeing other side early ✓ Review basics of overlapping <ul style="list-style-type: none"> • "Hold" • Accelerate and get around teammate • Play good ball into space
P H A S E 1		TARGET KEEP AWAY <ul style="list-style-type: none"> • Use field 50 x 44 (width of penalty box) - extend channels out to touch lines and targets at ends • 7 vs. 7 in game + 2 neutral targets on end line • Part A - Teams must have an overlapping run then play neutral target and get it back in order to score. If they score, team tries to go in other direction. • Part B - Extend game out to channels. Teams must get ball out to either channel before finding a target for point. 	Part A <ul style="list-style-type: none"> ✓ Add neutrals in middle if players struggle ✓ Make sure players are using overlap correctly <ul style="list-style-type: none"> • Hard runs and use words ("hold") • Player with ball - "face up" • Make defense honor dribble Part B <ul style="list-style-type: none"> ✓ Don't assign players to channels - let them figure it out ✓ Encourage early reading, good long passes and overlaps
P H A S E 2		ADD BIG GOALS <ul style="list-style-type: none"> • Put 'keepers in the nets and play. • Start with same rules, as Part B above • Ball must go out to either channel in order to score goals. 	<ul style="list-style-type: none"> ✓ As above, if game is not progressing well, put two neutrals in middle of field to help the offenses. ✓ Check for overlapping and good wing play. ✓ Positively reinforce good reading and passes out to the channels. ✓ If play goes well, remove all restrictions and see if you still get good wing play.
T H E G A M E		CROSSING CHALLENGE <ul style="list-style-type: none"> • Team vs. 'keepers format • Team is divided into 5 lines (see diagram) • 2 runners, 2 crossers, 1 passer • 3 lines in middle rotate • Ball is played wide and crossed to 2 runners • Goal = 1 pt.; Header = 2 pts. Diving header = 3 pts. • Team must get 40 points in 5 minutes 	<ul style="list-style-type: none"> ✓ Keep track of score and time - Yell out updates ✓ See if players cross and finish well under pressure ✓ Check competitiveness of group
	COOL DOWN	<ul style="list-style-type: none"> • Jog & Stretch 	

Author: Tom Turner



National Youth License
Lesson Plan



Topic: Back Third to Middle Third

Age: U17

Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-Up			
Juggling	Juggle on the move first individually and then in pairs.		<ul style="list-style-type: none"> • Mental focus • Increase blood flow • Cooperation
2 Activity #2: General Possession			
Numbers 3 v 3 + 2	Space: 35 x 25 yards Scoring: Highest number of consecutive passes Time: 10-15 minutes		
3 or....5 v (3 + 2)	Space: 35 x 25 yards Scoring: Highest number of consecutive passes Time: 10-15 minutes		<p>Coaching Points:</p> <ul style="list-style-type: none"> Patience in attack! Maintain shape and circulate the ball quickly. Change speed of attack when opportunity to penetrate arises. Involve back players in attack, but maintain defensive team balance

Author: Tom Turner



National Youth License
Lesson Plan



Topic: Back Third to Middle Third

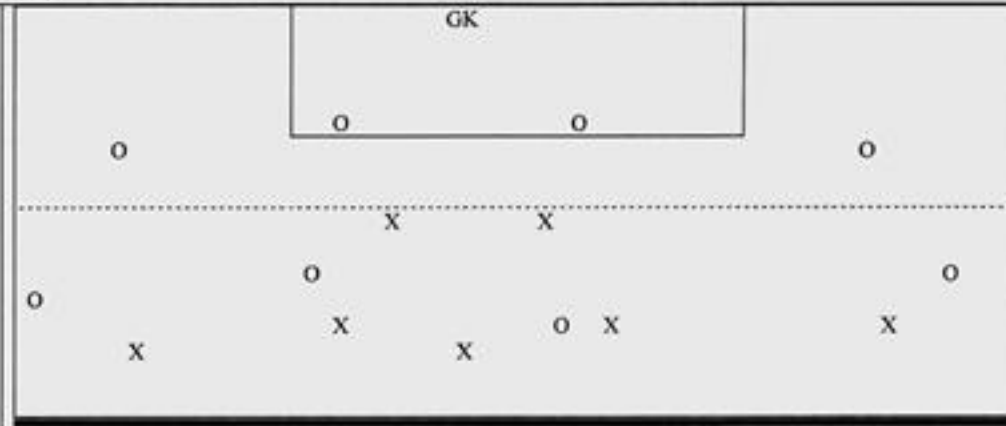
Age: U17

4 Activity #4: Playing in two thirds

Special Rules:

1. No press zone in back 25 yards (logistical adjustment).
2. Attackers (X) score by dribbling over half-way line.
3. Defenders (O) score in the regular goal.
4. Additional players may be used as targets at half-way for X's: Passing goals vs. dribbling goals.
5. Teammates may be "played" in, but not ahead of the ball (pass leads run to keep space alive).

Numbers:
4 v 2 in D/3 and
4 v 5 or
4 v 6 in M/3



5 Activity #5: 11v11

Regulation pitch.

Play by FIFA Laws of the Game



Coaching Points: As above

Cool-Down & Drink Water

Author: Tom Turner

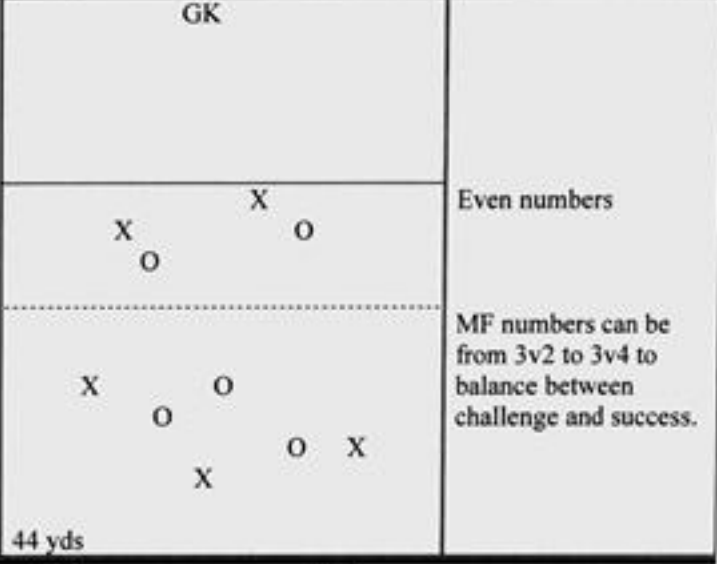


National Youth License
Lesson Plan



Topic: Finding & combining w/strikers

Age: U15

Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-up: Players responsibility.			
			Expect the players to take charge of themselves.
2 Activity #2			
<p>Organization: Playing Rules: X/T starts each build up. X/T can pass to the strikers (on the ground), but not on the first ball. 4/5 passes to X/T from O = goal. Play rounds to two or three goals. 2 corners = goal - Don't take corners!</p>	<p>18 yds</p> <p>~10-15 yds</p> <p>~20-25 yds</p> <p>44 yds</p>	<p>GK</p>  <p>Even numbers</p> <p>MF numbers can be from 3v2 to 3v4 to balance between challenge and success.</p>	<p>Coaching Points</p> <p>Vision and patience to pick out the strikers.</p> <p>Strikers create space to show for balls to feet, or make diagonal runs into channels.</p> <p>Develop combination ideas.</p> <p>Attack with speed, but recycle as necessary when attack stalls.</p>
<p>Balls on the ground to the strikers trigger the end of the build-up and the beginning of the attack.</p> <p>Midfield players can/should combine with strikers.</p> <p>Play out each attack to its natural conclusion</p> <p>Maintain midfield balance in attack.</p>			

Author: Tom Turner



National Youth License
Lesson Plan



Topic: Finding & combining w/strikers

Age: U15

3 Activity #3			
<p>Organization: General organizational rules, as Activity #2 above.</p>	<p>~24 yds</p> <div style="text-align: center;"> </div>		<p>Defenders should not be restricted to playing on the midfield zone. In the building-up area, play between 4v3 and 4v5, as necessary, to balance success and challenge. Be careful of "requiring" balls be played to forwards; allowing midfielders to get forward as the game dictates should open up natural options to the strikers.</p>
	<p>~30 yds</p> <div style="text-align: center;"> </div>	<p>Offside inside final area</p> <p>No offside in build-up area</p>	
4 Activity #4: 11v11			
<p>Regulation pitch</p>	<p>Add a "no press" zone at 20yds from half way to develop more frequent possession in the back/midfield. No press rule applies to GK possessions and outbound throw-ins.</p>		<p>Play by FIFA Laws of the Game.</p>
5 Cool-Down			
	<p>Rhythmic exercises at a slow pace. Static stretching exercises.</p>	<p>Rehydrate!</p>	<p>Lower the heart rate to below 100 beats per minute.</p>

Author: John Thomas




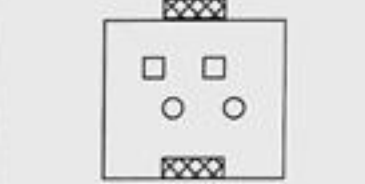
Coaches Connection

Lesson Plan



Topic Heading for Attack

Age: U18

Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
Set up a 25-x-35 yard grid	Half of team on outside of grid (half of those players need a ball), and the other half moving on the inside <ul style="list-style-type: none"> Players on the inside show for a ball, receive a pass, and then head the ball back to the outside player Stretch then switch inside/outside players		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist Direct ball down and with force
2. 2v2 HEADING FOR GOAL			
Players organize themselves to Play 2v2 in a 14-x-10 yard grid	<ul style="list-style-type: none"> Players are restricted to their own half Play starts with one person tossing ball up and heading to their partner who must either attempt to score on a header or head the ball back to their teammate who then must either score or pass back... When defense wins ball they score Play to three goals		<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist Direct ball down and with force
3. 4v4 TO GOALS			

Author: John Thomas



Coaches Connection

Lesson Plan







Topic Heading for Attack

Age: U18

<p>Now the players organize themselves to play 4v4 (no GK) in a 36-x-44 yard area</p>	<ul style="list-style-type: none"> Teams throw the ball to teammates who must head ball to another teammate that can then catch the ball Defenders not allowed in own 6 yard box and cannot disrupt thrown balls, only headed balls <p>First team to five goals wins</p>	<p style="text-align: center;">4v4</p>	<ul style="list-style-type: none"> Read the flight of the ball Keep eye on the ball Get in the line of flight of the ball Time jump to hit ball at highest point Lock neck and keep upper body rigid Thrust forward from waist Direct ball down and with force
<p>4. SCRIMMAGE</p>			
<p>The players organize themselves into two teams of four, including a goalkeeper on each team.</p>	<ul style="list-style-type: none"> 8v8 + GK game No restrictions on players 	<p style="text-align: center;">8v8</p>	<p>Observe to see if players are using correct technique,</p>
<p>5. COOL-DOWN</p>			
<p>Juggle in pairs.</p>	<p>25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.</p>	<p>X. X</p>	<p>Recap the key points of executing finishing</p>



Activity Name	Description	Diagram	Purpose/Coaching Points
1. WARM-UP			
Ball between three players – moving and passing	Ball between three players – moving and passing		<ul style="list-style-type: none"> Players constantly moving Supporting players at an appropriate distance from 1st attacker
2. 4v4 POSSESSION			
<p>Players organize themselves into groups of four. Play 4v4 in a 35-x-35 yard area with five cones placed in the area</p>	<ul style="list-style-type: none"> Teams score by passing the ball to knock over a cone The play continues with the coach picking up the cone First team to five goals wins <p>Progressions: Limit touches. Have different colored cones that are worth more points.</p>		<ul style="list-style-type: none"> Players in good supporting positions Decision making: safety versus risk Communication
3. 4v4 PLAY			

<p>Now the players organize themselves to play 4v4 in a 25-x-35 yard area</p>	<ul style="list-style-type: none"> Teams score by dribbling under control across the other teams end line The objective is to pass the ball around until a team has an opportunity to penetrate by dribbling <p>Progressions: Teams can score points by completing a certain number of consecutive passes or by dribbling across the line.</p>		<ul style="list-style-type: none"> Possess the ball to look for an opportunity to score Players in good supporting positions Decision making: safety versus risk Communication Good team shape
<p>4. SCRIMMAGE</p>			
<p>The players organize themselves into two teams of four, including a goalkeeper on each team.</p>	<ul style="list-style-type: none"> 4v4 +GK game No restrictions on players 		<ul style="list-style-type: none"> Observe to see if players are providing good support Observe to see if the team possess the ball well and with a purpose
<p>5. COOL-DOWN</p>			
<p>Juggle in pairs.</p>	<p>25 touches between partners and then stretch. Finish with individual juggling. Stretch and replenish fluids.</p>	<p>X . X</p>	<p>Recap the key points of executing the role of the covering defender.</p>