

**Requirements****1 ball for each player****Cones****Bibs****Practice duration 45 to 60 minutes w/ frequent breaks****Session 1****Warm up****10 minutes**

Set up grid area (square) - approximately 20 x 20

Vary according to number of players

Free running with ball at feet in grid

Simple stretching with ball

Jumping over ball --- side to side and front to back

**Dribbling - Ball control****15 minutes**

In grid area

All players stationary with ball between feet lined up at side of grid

Alternate touches with the inside of both feet - stationary

Progress to crossing grid -- approx 20 yards

Stationary - Alternate touching ball with bottom of both feet

Players cross grid with ball between feet -- add STOP command - stop ball with bottom of foot

**\*\*Note as skill begins to develop this should become the warm up session****1 vs 1 to Goal****10 Minutes**

Gather players approximately 20 yards from goal

Have all balls together with coach

Call out 2 players - distribute ball - have them go toward goal

Attempt to match players up according to physical size and ability

This introduces the basic concept of offense and defense - player with ball (offense) trying to score and the player without ball (defense) trying to stop. Roles are reversed as possession changes

This should only last about 30 seconds before next group of 2 is released

**Scrimmage****10 Minutes**

Break group in half -- use bibs to distinguish teams

Small sided game with goals and no goalkeepers.

Re organize teams as necessary

**Session 2****Warm up - Ball Control**

In grid area

All players stationary with ball between feet lined up at side of grid

Alternate touches with the inside of both feet - stationary

Progress to crossing grid -- approx 20 yards

Stationary - Alternate touching ball with bottom of both feet

Players cross grid with ball between feet -- add STOP command - stop ball with bottom of foot

**Dribbling - Ball Control**

All players in grid with ball

Players dribble in defined grid area

Add voice commands

Stop -- Stop ball with bottom of foot

Turn -- Turn with the ball and reverse directions

Players outside of grid area

Players dribble with ball across grid and turn and return to the start line

Half of players on each side of grid - on command dribble across and stop

Half of players on each side of grid - on command dribble across and return

**1 vs 1 to Goal**

Gather players approximately 20 yards from goal  
Have all balls together with coach  
Call out 2 players - distribute ball - have them go toward goal  
Attempt to match players up according to physical size and ability  
This introduces the basic concept of offense and defense - player with ball (offense) trying to score and the player without ball (defense) trying to stop. Roles are reversed as possession changes  
This should only last about 30 seconds before next group of 2 is released

**Scrimmage****10 Minutes**

Break group in half -- use bibs to distinguish teams  
Small sided game with goals and no goalkeepers.  
Re organize teams as necessary

**Session 3****Warm up - Ball Control****15 Minutes**

In grid area  
All players stationary with ball between feet lined up at side of grid  
Alternate touches with the inside of both feet - stationary  
Progress to crossing grid -- approx 20 yards  
Stationary - Alternate touching ball with bottom of both feet  
Players cross grid with ball between feet -- add STOP command - stop ball with bottom of foot  
Have players vary speed -- tell them to slow down and speed up on command

**Dribbling Ball Control****15 Minutes**

All players in grid with ball  
Players dribble in defined grid area  
Add voice commands  
Stop -- Stop ball with bottom of foot  
Turn -- Turn with the ball and reverse directions

**1 vs 1 to Goal****10 Minutes**

Gather players approximately 20 yards from goal  
Have all balls together with coach  
Call out 2 players - distribute ball - have them go toward goal  
Attempt to match players up according to physical size and ability  
This introduces the basic concept of offense and defense - player with ball (offense) trying to score and the player without ball (defense) trying to stop. Roles are reversed as possession changes  
This should only last about 30 seconds before next group of 2 is released

**Scrimmage****15 Minutes**

Break group in half -- use bibs to distinguish teams  
Small sided game with goals and no goalkeepers.  
Re organize teams as necessary

## Session 4

### Warm up - Ball Control

20 Minutes

All players stationary with ball between feet lined up at side of grid  
Alternate touches with the inside of both feet - stationary  
Stationary - Alternate touching ball with bottom of both feet  
Players dribbling across Grid Area  
Add voice commands  
Stop -- Stop ball with bottom of foot  
Turn -- Turn with the ball and reverse directions  
Return to original starting place  
Knockout ---  
All players in grid area with balls  
One player with bib on at one corner - players dribble around grid  
and on command (use Team name) the player with the bib  
attempts to knock the balls out of the grid - when the ball is out the  
player should stay out -- Rotate Knockout player until everyone has a turn

### Go - To - Goal

10 Minutes

All players lined up behind goal area  
Coach with all balls  
Coach calls 1 player at a time and distributes ball approximately 10 -20 yards  
from goal - player called retrieves ball, turns and goes toward the goal and kicks it in the goal  
Rotate all players

### Go - To - Goal (vs Coach)

10 Minutes

All players lined up approximately 20 yards from goal with ball  
Coach calls 1 player and the player must dribble toward goal  
and score -- the coach plays very passive defense and only tries to hurry  
the player up - After player scores they stay behind goal  
Rotate all players

### Scrimmage

15 Minutes

Break group in half -- use bibs to distinguish teams  
Small sided game with goals and no goalkeepers.  
Re organize teams as necessary

## **Session 5**

### **Warm up - Ball Control**

**20 Minutes**

All players stationary with ball between feet lined up at side of grid  
Alternate touches with the inside of both feet - stationary  
Stationary - Alternate touching ball with bottom of both feet  
Players dribbling across Grid Area  
Add voice commands  
Stop -- Stop ball with bottom of foot  
Turn -- Turn with the ball and reverse directions

### **Follow the Coach (Leader)**

All players in grid with balls  
The coach moves around inside the grid with the players attempting to follow  
Allow players to become the leader with or without a ball

### **Knockout ---**

All players in grid area with balls  
One player with bib on at one corner - players dribble around grid  
and on command (use Team name) the player with the bib  
attempts to knock the balls out of the grid - when the ball is out the  
player should stay out -- Rotate Knockout player until everyone has a turn

### **Scrimmage**

**15 Minutes**

Break group in half -- use bibs to distinguish teams  
Small sided game with goals and no goalkeepers.  
Re organize teams as necessary

## **Session 6**

### **Warm up - Ball Control**

**20 Minutes**

All players stationary with ball between feet lined up at side of grid  
Alternate touches with the inside of both feet - stationary  
Stationary - Alternate touching ball with bottom of both feet  
Players dribbling across Grid Area  
Add voice commands  
Stop -- Stop ball with bottom of foot  
Turn -- Turn with the ball and reverse directions

### **Go - To- Goal**

**10 Minutes**

All players lined up behind goal area  
Coach with all balls  
Coach calls 1 player at a time and distributes ball approximately 10 -20 yards  
from goal - player called retrieves ball, turns and goes toward the goal and kicks it in the goal  
Rotate all players

### **Go - To - Goal (vs Coach)**

**10 Minutes**

All players lined up approximately 20 yards from goal with ball  
Coach calls 1 player and the player must dribble toward goal  
and score -- the coach plays very passive defense and only tries to hurry  
the player up - After player scores they stay behind goal  
Rotate all players

### **Scrimmage**

**15 Minutes**

Break group in half -- use bibs to distinguish teams  
Small sided game with goals and no goalkeepers.  
Re organize teams as necessary

## Session 7

### Warm up - Ball Control

15 Minutes

#### Knockout ---

All players in grid area with balls  
One player with bib on at one corner - players dribble around grid and on command (use Team name) the player with the bib attempts to knock the balls out of the grid - when the ball is out the player should stay out -- Rotate Knockout player until everyone has a turn

### Go - To- Goal

10 Minutes

All players lined up behind goal area  
Coach with all balls  
Coach calls 1 player at a time and distributes ball approximately 10 -20 yards from goal - player called retrieves ball, turns and goes toward the goal and kicks it in the goal  
Rotate all players

### Go - To - Goal (vs Coach)

10 Minutes

All players lined up approximately 20 yards from goal with ball  
Coach calls 1 player and the player must dribble toward goal and score -- the coach plays very passive defense and only tries to hurry the player up - After player scores they stay behind goal  
Rotate all players

### Scrimmage

15 Minutes

Break group in half -- use bibs to distinguish teams  
Small sided game with goals and no goalkeepers.  
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## Session 8

### Warm up - Ball Control

15 Minutes

All players stationary with ball between feet lined up at side of grid  
Alternate touches with the inside of both feet - stationary  
Stationary - Alternate touching ball with bottom of both feet  
Players dribbling across Grid Area  
Add voice commands  
Stop -- Stop ball with bottom of foot  
Turn -- Turn with the ball and reverse directions

### Introduction to Juggling (Kicking Ball with the laces - Power kick/Shooting)

All players with ball in hands  
Arms extended / waist high  
Drop ball and attempt to kick it back up to hands with laces  
After players can kick and catch the ball - attempt to have them kick ball 2 times before catching  
Proceed to having the players all punt the ball - with the laces) across field - retrieve ball and dribble back  
Move to goal area -- have players kick stationary ball on ground with laces into the goal

### 1 vs 1 to Goal

10 Minutes

Gather players approximately 20 yards from goal  
Have all balls together with coach  
Call out 2 players - distribute ball - have them go toward goal  
Attempt to match players up according to physical size and ability  
This introduces the basic concept of offense and defense - player with ball (offense) trying to score and the player without ball (defense) trying to stop. Roles are reversed as possession changes  
This should only last about 30 seconds before next group of 2 is released

**Scrimmage****15 Minutes**

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**Session 9****Warm up - Ball Control****15 Minutes**

All players stationary with ball between feet lined up at side of grid  
Alternate touches with the inside of both feet - stationary  
Stationary - Alternate touching ball with bottom of both feet  
Players dribbling across Grid Area  
Add voice commands  
Stop -- Stop ball with bottom of foot  
Turn -- Turn with the ball and reverse directions  
Return to original starting place

**Introduction to Juggling (Kicking Ball with the laces - Power kick/Shooting)**

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**1 vs 1 to Goal****10 Minutes**

Gather players approximately 20 yards from goal  
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**Scrimmage****15 Minutes**

Break group in half -- use bibs to distinguish teams  
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## Session 10

All players stationary with ball between feet lined up at side of grid  
Alternate touches with the inside of both feet - stationary  
Stationary - Alternate touching ball with bottom of both feet  
Players dribbling across Grid Area  
Add voice commands  
Stop -- Stop ball with bottom of foot  
Turn -- Turn with the ball and reverse directions  
Return to original starting place

### Knockout ---

All players in grid area with balls  
One player with bib on at one corner - players dribble around grid  
and on command (use Team name) the player with the bib  
attempts to knock the balls out of the grid - when the ball is out the  
player should stay out -- Rotate Knockout player until everyone has a turn

### Go - To- Goal

**10 Minutes**

All players lined up behind goal area  
Coach with all balls  
Coach calls 1 player at a time and distributes ball approximately 10 -20 yards  
from goal - player called retrieves ball, turns and goes toward the goal and kicks it in the goal  
Rotate all players

### Go - To - Goal (vs Coach)

**10 Minutes**

All players lined up approximately 20 yards from goal with ball  
Coach calls 1 player and the player must dribble toward goal  
and score -- the coach plays very passive defense and only tries to hurry  
the player up - After player scores they stay behind goal  
Rotate all players

### 1 vs 1 to Goal

**10 Minutes**

Gather players approximately 20 yards from goal  
Have all balls together with coach  
Call out 2 players - distribute ball - have them go toward goal  
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### Scrimmage

**15 Minutes**

Break group in half -- use bibs to distinguish teams  
Small sided game with goals and no goalkeepers.  
Re organize teams as necessary