

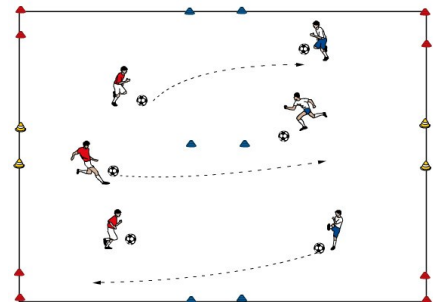


# Andover Soccer Association --- U8/U9 --- Week 4

**1) Paint the Field**---In pairs, players move around the grid and pass their ball back and forth in the area defined. At first have each pair in their own grid. You explain to them that their ball is actually a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by passing (kicking) their soccer balls all over the 20x25 yard grid. Progressively build this so that players go from moving slowly in their own grid to having multiple pairs in the same grid moving at a faster pace. *Variation 1:* Have players use opposite foot. (8 minutes)

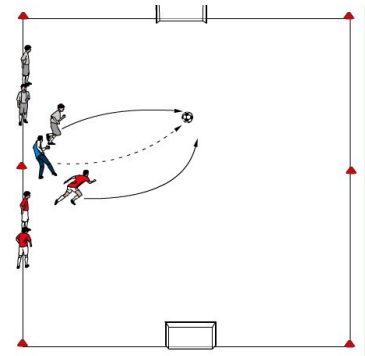
**2) Doctor-Doctor**---Using the same field space as above, break team into 2 groups. Send each team into their own hospital (at opposite corners of the grid). Select a doctor for each team. The doctor will be able to unfreeze (cure) their own players if they are frozen (injured) by the other team. Each team tries to freeze the other team by kicking their own soccer balls and hitting either the other team's soccer balls or someone on the other team below the knee. If a player gets frozen, they must stay where they are, hold their soccer ball above their head and yell out "Doctor-Doctor". The doctors do not have a ball and their role is to rush to the aid of their teammates to unfreeze them, by simply touching them, so they can continue playing. The Doctor is always safe (cannot be frozen) if standing in their hospital, but once they leave the hospital and enter the open grid, they can be frozen by the other team. When a Doctor is frozen, the game is over. (8 minutes)

**3) Clean Your Backyard**---Break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Place three small (3yd) goals at the far end of each side of the field. Have both teams shoot balls at the other team's goals in an attempt to score through any one of the 3 small goals (below knee height). Players can only enter the buffer zone to retrieve a ball that has stopped inside. Otherwise they cannot enter the buffer zone or go into the other team's half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense, though no hands allowed.



Options: Shots with laces are awarded 2 points. *Variation 1:* Allow teams to defend with hands as well. *Variation 2:* Take out the buffer zone and play a normal game except with 3 goals at each end. Use same field space as above. (8 minutes)

**4) Get Outta' There with Numbers**--- Place two small (2 yard) goals at the end of a field 15 x 10 yards. The coach stands at the halfway line with all of the soccer balls. Half of the players are lined up on his left side and half of the players are lined up on his right side in different colored bibs. The players on each team are assigned numbers (1-4 or 1-5, depending on the total number of players) The coach then calls out a number, kicks a ball onto the field and the player assigned that number on each team enters the field to play 1v1. If the ball goes in the goal or out of bounds, the coach yells "get outta there", calls out a new number and plays the next ball into the field immediately for the next 1v1 dual. *Variation 2:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 3:* Coach can set up particular match-ups and call out more than one number at a time for 2 vs. 2 or 3 vs. 3 competitions. (8 minutes)



**5) Small Sided Scrimmage**---In a 20yd x 25yd field, play a 4v4 match. Set up two fields with a 5 yd space between them in order to keep the majority of your team playing. (30 minutes)



# Andover Soccer Association --- U10/U12 --- Week 4

**Objective/Purpose:** This session will help players to recognize how small group shape and team shape positively impacts the quality of the team's play.

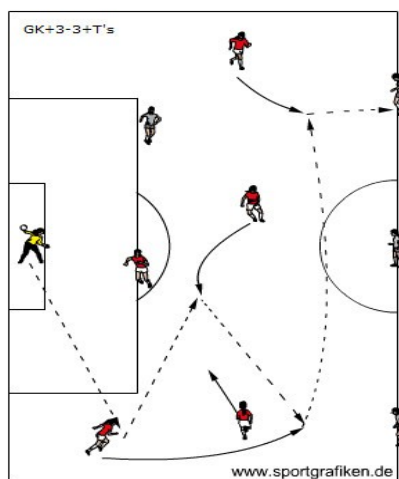
## Coaching Points:

- Clean up technique of passing and receiving
- Intelligent movement
- Head up; preparing to receive the ball
- 1<sup>st</sup> touch to be positive (move forward)
- Surveying the area, looking for target early; anticipation; passing accuracy and pace
- Correct positioning relative to their assigned position on the field (right midfielder, central back, etc.)
- Timing, angle and distance of support; keeping appropriate individual and group shape
- Playing in the direction that you are facing
- Communication by supporting players (“dribble”, “wide”, “square”, “play it back”, etc.)
- Maintain the integrity of group and team attacking shape while playing under the pressure of the Game.
- Coach their attacking shape as it relates to the thirds or halves of the field
- Teach the goalkeeper to coach the team shape from his/her vantage point

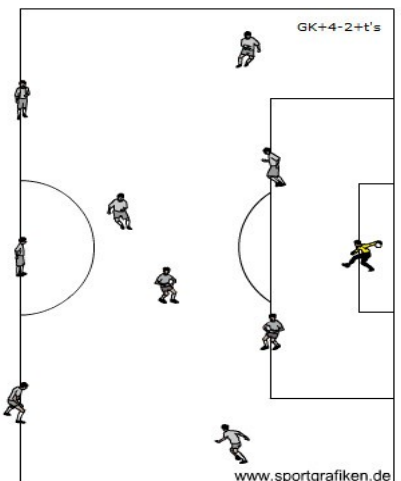
**1) Inter-passing in 6+1 goalkeeper** - - On one half of the regulation soccer field, organize one group of players into a formation (3-3 or 4-2) in front of their goal and ask them to pass and move from the goal to the midfield. Make sure the goalkeeper is in the goal so that he/she can be involved in the play. Place extra players as targets past the half line. Begin to develop patterns of play and rhythm of play.

**(20 minutes)**

**Sample Pattern...**Keeper plays ball wide to the outside back; the outside back combines with the central midfielder for a wall pass and by-passing the outside midfielder (overlap); the outside back changes the point of attack the opposite outside midfielder; outside midfielder plays the ball one of the targets. When the ball reaches the target player, the goalkeeper, who is focused on play throughout the activity yells,

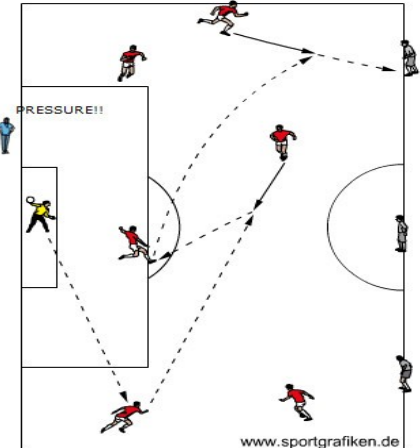


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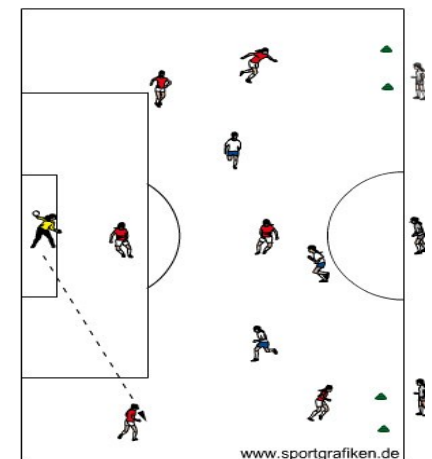


“**RECOVER!**” alerting all field players to recover defensively with appropriate recovery runs. At this point, one of the target players at midfield serves a long ball into the goalkeeper or penalty area and the pattern play begins again. Complete many repetitions of the same pattern. (Present other patterns of play to the team.)

**Version 2:** When the coach yells, “**PRESSURE!**” during the patterned play, the field players must play the ball back one layer (i.e. midfield to backs) and change the point of attack before they can move the ball forward again. **(15 minutes)**

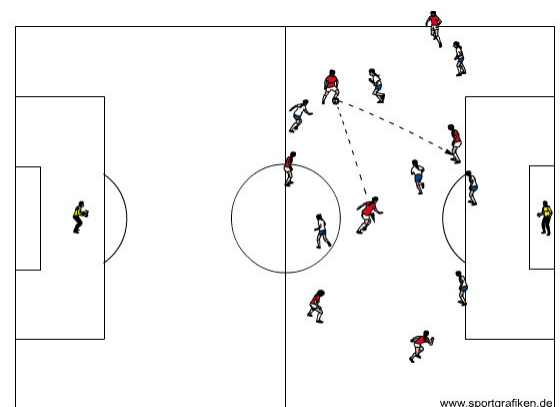


**Version 3:** Add 3 opponents to the mix to add live pressure. Once the opponents are added, eliminate verbal commands by the coach. The group playing out of the back must now play to **2 counter-attack goals** placed in wide positions at midfield. If they score, have an extra player serve a ball deep into the defensive area of the field to begin play again. If the opponents win the ball, they must attempt to dribble it over the touch line for 1 point or score a goal for 3 points. The attacking team gets 1 point for scoring on one of the 2 counter-attack goals. **(20 minutes)**



**Version 4:** Add more opponents to the mix.

**2) 6v6 or 7v7 with GK's** --In this game, in order to score the attacking team must be over the midline. During this activity the players will try to keep the integrity of their shape by creating good and effective angles of support, staying wide in the wings, also making penetrating runs, and treating the ball with lots of care when in possession.



**3) 8v8 or 9v9 Match** Field size appropriate to age and numbers. (80 yards x 55 yards for an 8v8). Play the game with goalkeepers. **(30 minutes)**

**Cool-Down - - 3-Player Juggling (5 minutes)** A can only juggle with his feet, B can only juggle with her thighs and C can only juggle with his head. Each player in the group has a max of 5 consecutive juggles. A, B and C must try to juggle as many times as possible as a group. If they drop the ball, they can start again. After a few minutes, change the juggling surfaces within each group.