



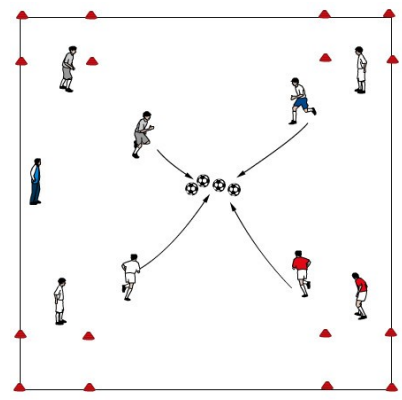
Andover Soccer Association --- U8/U9 --- Week 3

1) Ball Tag---Similar to other tag games except players try to tag others with their soccer ball, by kicking it at another player's feet or ball. Have them keep count of how many times they kick their soccer ball and tag another person. **Options:** If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they can be awarded 50 or 100 points etc. Game is played in a 20x25 yard field.(8 minutes)

2) Team Ball Tag---Using the same field space as above, split into two teams. One team (*the Taggers*) is trying to tag the players on the other team by kicking their soccer ball at them below their knee or on their soccer ball. They keep track of how many times they tag the other team; after each game the coach can help them add up their numbers. Then the other team gets a chance to do the same thing. In each game, only one team is designated as the *Taggers*. The other team is trying to keep away and shield their soccer balls. *Variation 1:* Can only have the teams tag the other team's soccer balls. (8 minutes)

3) Soccer Marbles---Players are in pairs, each with a ball. One player plays out their ball (using the inside of the foot) and the partner passes their own ball in an attempt to strike the ball their partner played out. Players should keep track of how many times they hit their partner's ball. *Variation 1:* Once players understand this game, make it fast paced by having the players take turn at trying to hit each other's ball without ever stopping. If player 2 misses player 1's ball, then player 1 immediately runs to their own ball and tries to hit player 2's ball (player 2 does not get to touch his ball after missing player 1's ball). After player 1 has a chance, then player 2 immediately tries to hit player 1's ball right back. etc. etc. This game is continuous and players should keep score. Hint: If 2 balls are very close to each other a player should kick their ball hard at the other ball so when they hit it, it is more difficult for the other to hit their ball back. *Variation 2:* Three players start the game in a triangle, ten giant steps apart. They take turns trying to hit another player's ball. Number one goes first and so on. They keep score, and the first to ten points wins. If they hit two balls with one shot, they get two points. (8 minutes)

4) Capture the Balls---Same field size as previously used, set up three or four "home bases" (squares) with cones roughly 2-3 yards apart. Organize the players into 3-4 teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach's command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each others' home bases. Play multiple 2 minute games. When time is up, the Coach counts the number of soccer balls in each base to determine a winner. Coach allows each team 1 minute to make up a new team strategy before playing again. (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 3

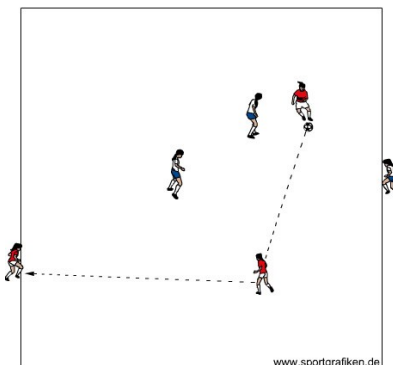
Objectives: To help players recognize when to penetrate by dribbling, passing and/or shooting.

Coaching Points:

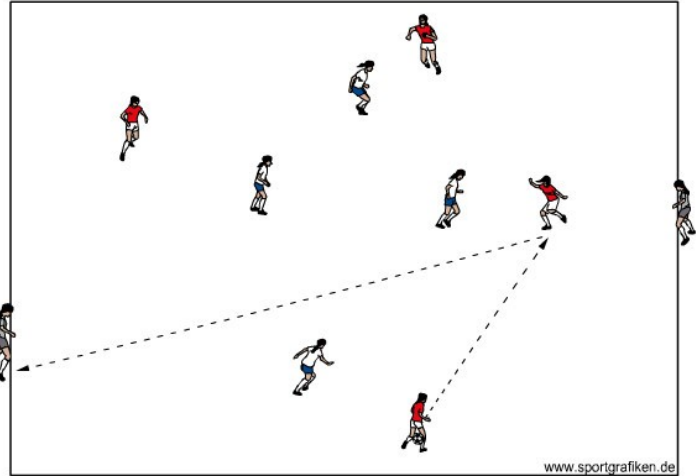
- Reinforce dribbling technique – all parts of foot / keep ball close / on toes / push vs. kick
- Reinforce passing technique – inside of the foot - ankle locked / toe up-heel down / hit middle part of inside of foot / follow through-land on kicking foot / plant foot next to ball and facing where you want the ball to go // outside of the foot – ankle locked / front part on the outside part of foot
- Reinforce shooting technique – ankle of shooting foot locked with toe pointed down / plant foot next to the ball / land on kicking foot / head down / lean over ball as you kick / strike through the middle of the ball (encourage players to always keep ball low when using the laces for this activity)
- Get player with the ball to penetrate on the dribble or the pass to the target player on the outside as quickly as possible by checking to ball, checking over shoulder, opening hips up to the field
- To combine, make defender commit to person with the ball
- Explode into space on the dribble if defender doesn't commit
- Encourage finding the end line/target as quickly as possible (whether attacking on the dribble or combining with teammate)
- Stress first look is always to penetrate
- The decision becomes...can the player with the ball penetrate on the dribble, with a pass or a shot?
- Reinforce positive decision making opportunities (seeing space to dribble for self, finding the best penetrating pass forward, or taking a shot for self, etc.).

1) Colors Warm-Up - - Half of the players in red pennies, half in blue. Teams playing together in a 40 x 30 yard grid passing in the sequence: blue-blue-red-red-blue-blue-red-red etc. etc. The ball can never stop moving, the players can never stop moving, and the ball cannot leave the grid. Coach can limit touch, mandate which foot to pass with or which part of foot to pass with. When players can do first sequence adequately and without frequent errors, change the sequence to blue-blue-blue-red-red-red-blue-blue-blue etc. etc. Stress communication and technical passing points throughout. **(15 minutes)**

2) 2v2+2 - - In a 20x20 yard grid, two teams look to play to a target player on opposite sides of the grid. If they play to the target and receive the ball back, they look to switch directions and play to the other target player. If they just play to one target it counts as 1 point. If they play to two consecutive targets without losing possession it counts as 3 points. Target players must constantly move along their line to show for the ball. Every three minutes matches and then rotate the players. **(15 minutes)**



3) 4v4 + 2 Targets - - In a 50x40 yard grid. 4 red versus 4 y blue with Targets on opposite end lines. In order to get a point, team must find the Target, look to get the ball back (either the same player who played the ball to the Target or another player moving off the ball) and then dribble across end line. **Version 2:** Team must look to find a Target, get the ball back and attack the opposite end and try to get the ball to the other target. Two points if a player finds the Target in one long penetrating pass and one point if a player finds the Target through shorter combinations. **Version 3:** If a player finds the Target, someone other than the original passer must get the ball back and maintain possession of it. Important: Want players to capitalize on finding target and maintaining possession. **(20 minutes)**



4) 6v6 to 8v8 Scrimmage - - Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. **(30 minutes)**

5) Cool-down - - **Groups of 5 heading challenge.** One player in the middle, four players circle around them. Player in the middle tosses ball to player on the outside who heads in back to player in the middle. Player in the middle then heads to next player on the outside, who then heads it back to player in the middle and so on. Give player in the middle multiple chances to get the ball all the way around the circle, and then switch up players to ensure everyone gets a chance to be the middle player. Finish cool-down with static stretching of major muscle groups. **(10 minutes)**