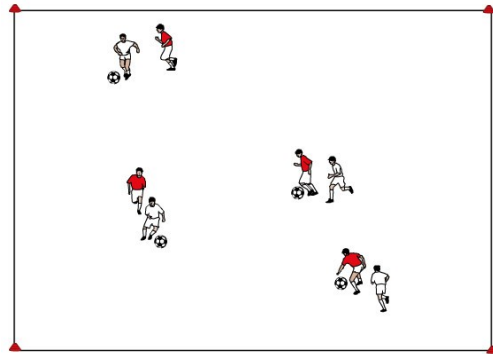




## Andover Soccer Association --- U8/U9 --- Week 5

1) **Tag**---In a 15x20 yard space, every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. *Version 2:* Players must tag other players on their knees. (8 minutes)

2) **Shield-Steal**---In a 20x25 yard space, two players (partners) with one ball. One player starts with the ball and, on the coach's command, her partner tries to steal the ball from her. Play 30-45 second matches. Whoever has the ball at the end of the time allotment, receives a point. Play many matches. If ball goes out of bounds, one of the players must get it back into play quickly. ***Coaching points:*** Show shielding technique with body sideways on to opponent, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. (8 minutes)



3) **Gates**---Set up many pairs of cones (with roughly 2 yards in between pairs) all around the field (same size as previous activity). These pairs serve as gates or small mini-goals. Players each have a ball and must dribble through the gate in order to score. Players must count how many goals they score; when playing a second time, ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, introduce a rule to protect against this. (8 minutes)

4) **Gates with Bandits**---Same game as above, but add 2 or more bandits (without soccer balls) who try to steal soccer balls from the other players. If bandits are successful and steal soccer balls, they are no longer bandits. Players who lose their soccer balls become bandits! Play multiple 1-2 minute games. Play is continuous for the 1-2 minute period. Players who have possession of a soccer ball at the end of time are awarded a point. (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 5

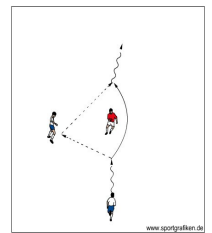
**Objectives:** To help players to recognize combination play with two to three players, as well as movement off the ball from the 3<sup>rd</sup> and 4<sup>th</sup> players.

## **Coaching Points:**

- Intelligent movement off the ball
- Head up, preparing body to receive the ball (ball across body to see all options)
- Surveying the area, looking for target early, anticipation
- Passing accuracy and pace
- Keeping appropriate individual and group shape
- Playing in the direction you are facing
- Looking for timing of runs into receive ball from neutral players
- Communication (asking for ball)
- Inside player receiving ball across body to see all options if possible
- Players reading each other to see who is making the run in to get ball
- Movement of the other two players off the ball

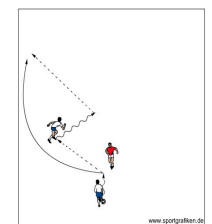
## ***Wall pass:***

- First attacker runs right at the defender with the ball
- The second attacker sets up level with or slightly ahead of the defender, turned sideways, shoulders pointed to the goals
- When the first attacker is close to-but still out of tackling range of-the defender, he/she must read cues from the defender
- If the defender is attending more to the first attacker, then the first attacker should pass the ball to the wall player's (2<sup>nd</sup> attacker) front foot
- The 2<sup>nd</sup> attacker plays the ball with one touch into the space behind the defender and into the running path of the first attacker
- The 1<sup>st</sup> attacker sprints to receive the ball preferably in the natural flow of her run.



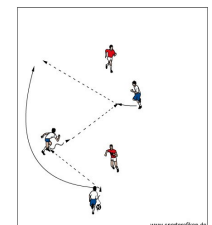
## ***Two players Overlap:***

- The first attacker plays the ball to the second attacker who dribbles in a direction away from the overlapping space
- The second attacker dribbles to create overlapping space and the first attacker then becomes the player who overlaps. The ball is played into the running path of the first attacker



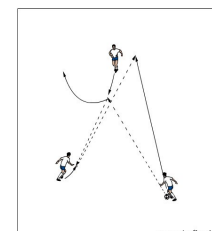
## ***Three players Overlap:***

- The first attacker plays the ball to the second attacker who dribbles in a direction away from the overlapping space
- The second attacker dribbles to create overlapping space and connects with a third attacker who receives the ball and plays it into the running path of the first attacker who had made the overlap run



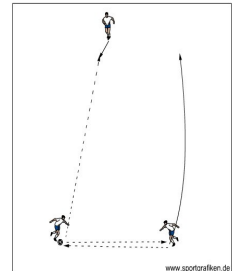
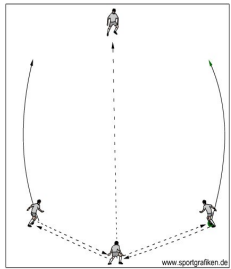
## ***Up-Back-Through:***

- A central forward, with back to goal, checks on a slight angle toward the center midfielder.
- The center midfielder passes to the forward; the forward one touches the ball back to the center midfielder; the center midfielder plays a one touch through ball into the space created by the central forward to a third player



### 1) **Short-short-long**

Players pass the ball within their group. Two of the players position themselves about 5-10 yards apart and pass the ball back and forth to each other (short passes), while the third player (long player) drifts about 20-25 yards away. After 4-5 short passes, the long player calls for the ball. The ball is played into the long player. The player that played the ball into the long player stays home, while the other player joins the long player. They begin to (short) pass to each other until the new “long” player calls for the ball. The activity continues in this manner for 2-3 minutes to develop a smooth rhythm in the passing sequence. Players consistently keep themselves and the ball moving. (Develop a triangle shape) **(10 minutes)**

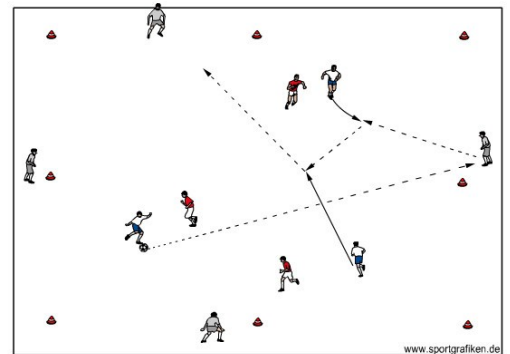


**Groups of 4:** Same setup as above, but three players make short passes to each other, while one player is away. When the ball is played long, the passer stays home and the other two players join the “long” player. (Develop a ‘kite’ type shape) **(10 minutes)**

### 2) **3v3 plus 4 Neutrals**

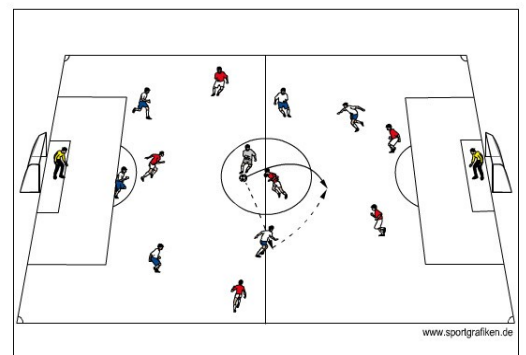
In a grid 35yds x 25yds, three players are in Red and three players are in Blue inside of the grid, with the four neutral players positioned on the four sides (free movement up and down the sidelines). Red team tries to keep possession and can use neutral players on the outside. To get points, the team in possession must find neutral players on outside and neutral player must find that player back or another one on the same team to get a point. First team to 10 points wins. Blue does the same when they have possession of the ball.

**Version 2:** Neutral player tries to play it back to another player on the team (besides the one who passed it to them) to get a point. Neutral player on outside should not force the ball into a third player, important to keep possession, so can play it back to the person who passed it to them (they just do not get a point, but do maintain possession). **Note:** Must find one Target player to get a point, then to get the next point, must find another target player **(20 minutes)**



### 3) **7v7 plus Neutral to Goals with Goalkeepers**

In a field approximately 60 yards long by 50 yards wide play 7v7 to big goals, with goalkeepers, and position one neutral player on the field. Play a regular game...the one neutral player always plays with the attacking team (team in possession of the ball). This activity will stimulate combination play and movement off the ball. **(20 minutes)**



### 4) **8v8 Scrimmage**

Depending upon numbers, space will change and numbers may change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers. **(25 minutes)**

**5) Cool-down (5 minutes)**

***Groups of 3:*** One player is the server and has the ball in their hands and the other two are ready to juggle. Server says 2 and 2 which means the server tosses the ball to the first player who has to juggle the ball two times before getting it to the next player who has to juggle the ball twice and get it back to the server (ball should not touch the ground). Server can change numbers of juggles to 1 and 1, 1 and 5, 3 and 4, 4 and 2, etc.