

## MU Camps Weekly Program (Ages 11-12)

### Monday – Dribbling Turns and Beating Players 1v1

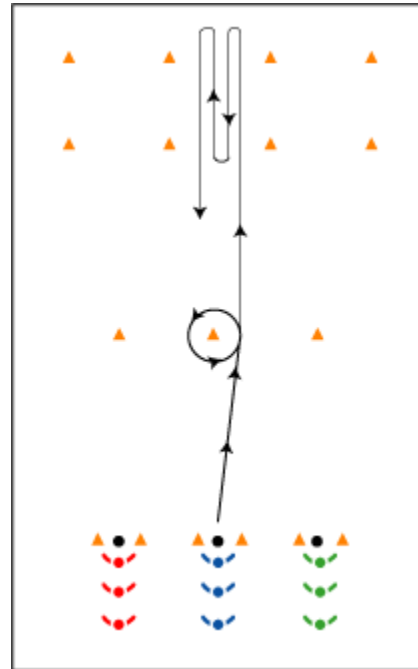
- Dribbling Turns
  - Step Over
  - Cryuff

#### Relay Races

Teams of 3 or 4 players with one ball. One central disk and turning box for each team (see diagram).

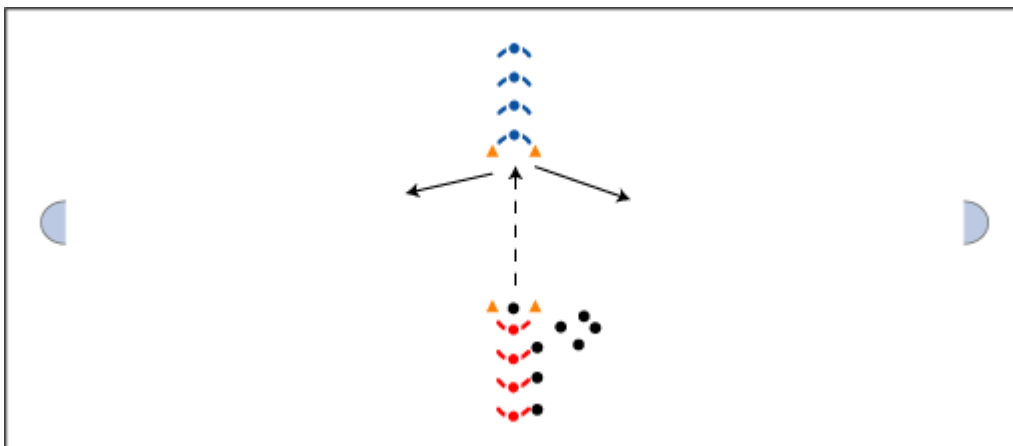
At the go signal, the first player from each team dribbles to the central disk and does a complete circle around the disk before heading to the turning box. At the turning box, the dribbler goes to the far line first, executes the specified turn, crosses the near line, executes the turn, goes back to the far line, executes a turn and then dribbles back to his/her team for the next player to go. If you have three teams, first place gets 3 points, second two points, etc. If you have 4 teams, first place gets 4 points, second place 3, etc.

*A fun and challenging activity for the players. Good way to break the ice as you can have teams get to know their teammates, give points for cheering and dancing, etc.*



#### One Way or Another

Red has all the soccer balls. First Red player plays a ball out to the first blue player. Blue can score on either Pugg goal for a point. Red defends blue only after blue touches the ball. Red can get bonus points for using specified turns that you have previously worked on.



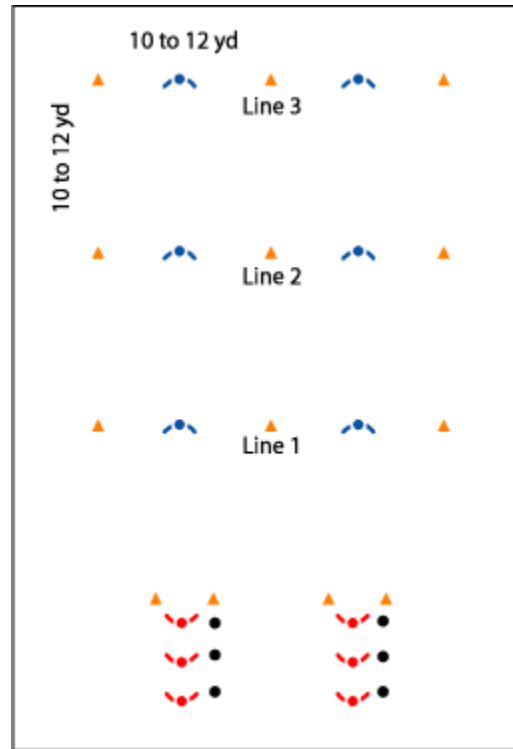
- Beating Players 1v1
  - Double Lunge

- Double Scissors
- Quick “L”

### 1v1 Ladder

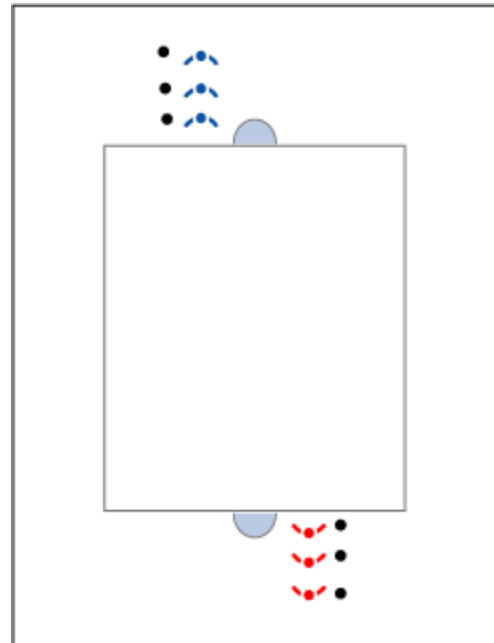
Divide players into two teams and set up the “ladder” (three lines) as in the diagram. Blue team defends first, red team attacks. If red dribblers can dribble across line 1, they get 1 point. If they can then dribble past the defender on line 2, they get 3 points, past line three is 6 points for a total of 10 if they make it through the entire ladder.

Defender can move off their line as soon as the attacker dribbles into the grid in front of them. Once a defender is beat, they cannot recover to try and stop the attacker. Rotate which defenders are at which line, then rotate teams.



### 1v1 Continuous

Set up roughly a 20x15 yd grid with a Pugg goal on each end line. First red player dribbles against first blue defender. If red scores, the next blue player in line immediately attacks the red player (who now becomes the defender). If the ball goes out of play, a new dribbler attacks a new defender. The new dribbler will be from the team that would have been awarded possession of the ball out of bounds.



# 1v1 Roadrunner

## Focus

- For attacking players to work on keeping up their pace as they dribble and take on defenders 1v1

## Field Set Up

- Two 20x12 yd grids setup side-by-side with a 5yd gap between them
- Start disk in the middle of each grid, 15 yds away from the attackers
- Half the balls begin with **Green**, the other half with **Red**

## Procedure 1v1 Roadrunner Variation

- Decide which team attacks and which team defends first in each grid - here **Green** is defending and **Blue** is attacking
- The first **Green** player (defender) comes out to the *Start Disk* and passes a ball to the first **Blue** player (attacker)
- After the pass, the defender cannot leave the *Start Disk* until the attacker touches the ball
- The attacker tries to dribble past the defender and cross the *Score Line* with the ball under control (as opposed to simply kicking the ball across the line from distance)
- The defender tries to clear the ball from the grid to stop the attack (note this is not a transition game where the defender tries to attack the attacker after winning the ball. The focus here is on the attacking play only)
- After the ball is out of the grid, the next defender comes out to the *Start Disk* to begin the next sequence
- Change attacking and defending roles after 5 minutes

## Competition

- +2 points for the attacking team each time an attacker can dribble the ball under control over the defender's *Score Line*
- Play a round-robin "tournament" with each team playing attack and defense against each of the other 3 teams

## Coaching Points







- A quality first touch by the attacker sets them up to accelerate quickly at the defenders
- Approach the defenders at speed with the ball under control using the outside of your foot - *keep your speed up!*
- Attackers should get their head up to see the space behind the oncoming defenders in order to see where they want to put the ball
- *Killer Touches* past the defenders (touches into the space beyond the defender, not straight at them or too much out to the side)

Defenders are either moving towards the attacker, standing still, or in the rare cases at this age group, jockeying the attackers by slowly retreating. In any case, the attacker has the advantage of speed in the direction that they are dribbling. If the attacker is able to push the ball into the space behind the defender, the attacker is able to continue moving forward at pace while the defender has to stop, turn around, and accelerate to match the attackers speed. By the time the defenders do this, the attacker is already gone.

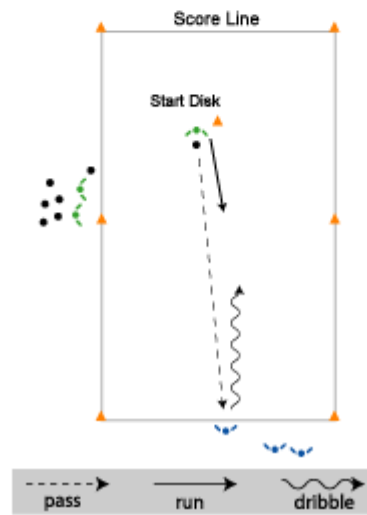
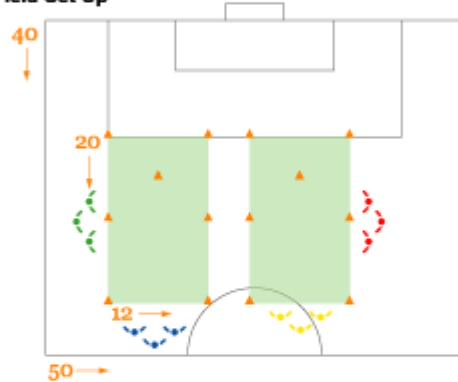
I use the term *Killer Touch* a lot with the young teams I coach. These touches "kill" defenders by getting the ball past them into the space behind them. I use the clock analogy often... if the dribbler is the center of a clock and the defender is at 12 o'clock, a *Killer Touch* is at 1:30. A 3 o'clock touch doesn't beat the defender, just gets away from the defender, and a 12 o'clock touch gives the ball away.

**Category** Beating Players 1v1  
**Exercise** Roadrunner & Find Space First  
**Age Group** U11+  
**# of Players** 10 - 18 (shown below with 12)

## Organization

- Green Team (3) 
- Blue Team (3) 
- Red Team (3) 
- Gold Team (3) 
- Marking Cones (14) 
- Soccer Balls (14) 

## Field Set Up



## 1v1 Find Space First

### Procedure 1v1 Find Space First

- Decide which team attacks and which team defends first in each grid
- All the soccer balls should now begin with the attacking team (Blue)
- The first defender Green and the first attacker Blue1 come out to the Start Disk, Blue2 has a ball ready to pass to Blue1

- ① Blue1 begins the exercise by pulling away from Green to create space in which Blue1 can receive a pass from Blue2
- ② Blue2 passes to Blue1
- ③ Blue1 tries to take Green on 1v1 and dribble across the Score Line

- Green cannot leave the start disk until Blue1 touches the ball
- After a successful or thwarted attack, Blue2 takes the place of Blue1 to receive a pass from Blue3
- Change attacking and defending roles after 5 minutes

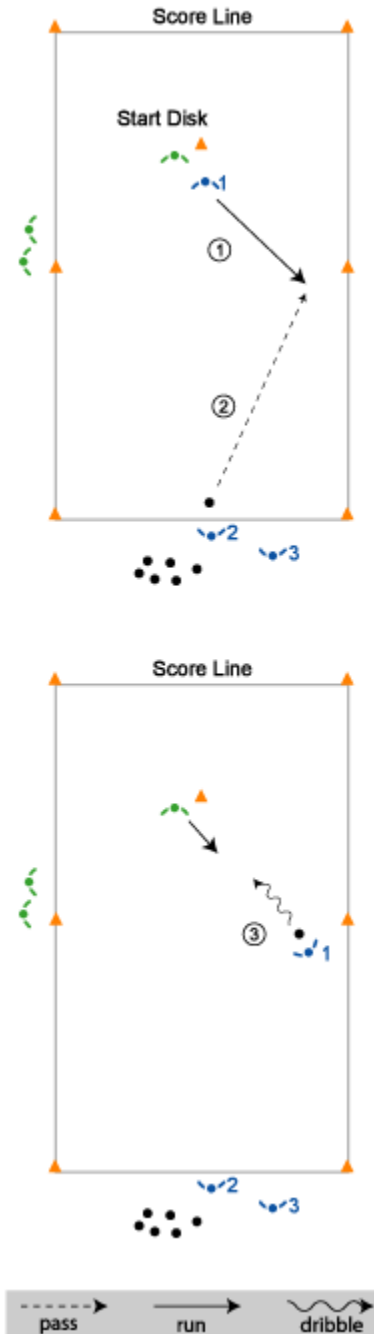
### Competition

- +2 points for the attacking team each time an attacker can dribble the ball under control over the defender's Score Line
- Play a round-robin "tournament" with each team playing attack and defense against each of the other 3 teams

### Coaching Points

- Blue1 needs to pull away from the defender quickly and demand the ball from Blue2 - it is good to encourage both verbal and visual communication here
- Better to pull away from the defender at an angle rather than straight towards the passer. This allows Blue1 to receive the pass on a half-turn across their body\*, facing not only the defender, but also the entire field of play (\* If Blue1 pulls away to the left, as in the diagram above, Blue1 should receive the ball "across their body" with the inside of their right foot)
- Once the attacker receives the ball, they should get their head up, see the defender and the space, be decisive, and attack the defender at pace

In this exercise, while still focusing on taking on defenders, you should look to encourage the players to find open space in preparation for a pass before running at defenders. Coaches should also look to introduce pulling away from defenders at angles, the half-turn body position when receiving a pass in situations like this, and the decisiveness to then accelerate and take on defenders.



## Tuesday – Passing and Receiving

- Fast Feet
  - Stop Taps
  - Outside In Taps
  - Step Over Taps
  - Cut Behind Taps

## Passing Technique

- Push Pass
- Instep Drive
- High Lofted Pass

## Bombers

### Focus

- Keeping possession of the ball with a focus on being aware of the field

### Organization

- Layout a 35x60 yard grid - field size determined by skill level, numbers, and age
- Divide you players into two teams of six (Green and Blue)
- You need three soccer balls, two of which (the bombs) look different than the third

### Procedure

- Decide which team attacks and which team defends first
- Attackers (**Green**) try to keep possession of the ball
- Defenders (**Blue**) play handball (throw the ball to their teammates) with the two soccer balls (the bombs) and try to hit the attackers' ball with a bomb
- Defender without a bomb cannot disrupt the attacking play
- Play for two minutes then switch roles

### Competition

- +1 point for 5 consecutive passes (without the defenders touching the ball or the ball going out of play) by an attacking team
- +1 point for the defending team each time they successfully bomb (hit) the attackers' ball

### Coaching Points

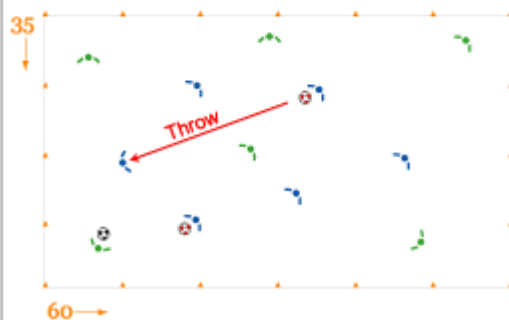
- *"See the field! See your teammates, the boundaries, the two bombs, the ball in possession, and the defenders without the bombs."*
- Attackers should look to play simple and quick whenever possible
- Attackers should look to draw the bombs into an area then get out of the area with a long pass, a series of shorter passes, or a speed dribble to another part of the field.
- Defenders need to work together to communicate and anticipate where their bombs are needed

**Category** Possession Play  
**Exercise** Bombers  
**Age Group** U09+  
**# of Players** 10 - 18 (shown here with 12)

### Organization

Green Team (3)   
Blue Team (3)   
Soccer Balls   
Marking Cones (24) 

### Organization



## 3v1

### Focus

- Keeping possession of the ball in a 3v1 situation

### Organization

- Three 14x10 grids in close proximity to one another
- Four teams of three players each in different color vests
- One ball per player

### Procedure

- Determine which of your four teams begins as defenders (**Blue** in this example)
- Send the other three teams (**Red, Green, and Gold**) to separate grids
- Teams in the grids choose one ball to use and place the extra soccer balls around the outside of the grid - this is so that in case the ball they are using is kicked out by a defender, the attacking team can quickly replace the ball with another to keep the activity flowing
- On the go signal, the three defenders each enter separate grids to try and dispossess the attacking team of the ball
- Attacking teams try to play keep away from the defenders
- If the defender wins the ball, they can try and keep the ball to waste the attacking team's time
- Play for one minute then change the defending team with one of the attacking teams
- When all the teams have had a turn as defenders, the cycle is complete

### Competition

- +1 point for 5 consecutive passes (without the defenders touching the ball or the ball going out of play) by an attacking team

### Coaching Points






- "The player on the ball should always have 2 passing options."
- "Make the grid big! Toes in bounds, heels out of bounds." Fig 1 shows the three attackers in a tight space. This makes things easier for the defenders. Fig 2 shows the attacking team making the grid big, more difficult for the defender
- "If you're not passing or receiving the ball, you are moving." In Fig 3, **Green1** is passing to **Green2**. If **Green3** stood still, **Green3** would not be an option for **Green2** as **Green3** would be standing directly behind the defender in the middle. **Green3** needs to move to offer another good passing option to **Green2**. Note that **Green3** should move as the ball is moving, not after **Green2** has already received the pass.

This is a lively and challenging exercise for the players. The competition of keeping points keeps the girls focused and energetic.

Note that I don't make these possession grids squares. I like the directionality of the rectangular spaces. Also, I would prefer to eventually have the girls go through this activity without finding themselves in corners (see the Gold team spacing in the Field Set Up diagram). If players find themselves along endlines rather than in corners, they will have a bit more freedom. However, using corners is good at the early stages of this development because it is easy for the girls to process. If player 1 is in one corner, players 2 and 3 need to get into adjacent corners and this will provide two options for the passer. Also, if player 1 passes to player 2, player 3 knows she needs to get into the other corner to be an option.

**Category** Possession Play  
**Exercise** 3v1  
**Age Group** U11+  
**# of Players** 12+

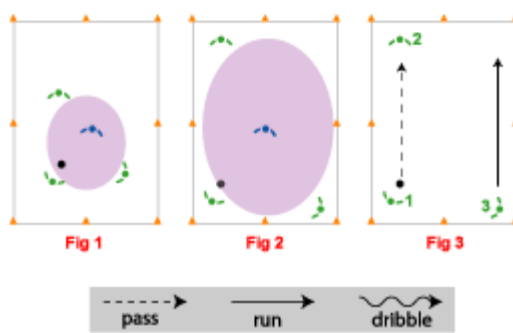
### Organization

Green Team (3)   
 Blue Team (3)   
 Red Team (3)   
 Gold Team (3)   
 Marking Cones (24) 

### Field Set Up



### Coaching Points



## Soccer Golf

Players play in groups of 3 or 4, each player with a ball. Players take turns picking out "holes" (the right goal post of the far goal, a tree off in the distance, a garbage can, etc). Players then take turns to see how many shots they will take to hit the target. Lowest score wins the hole.

## **Cannonball**

1 ball per player, 4 equal teams, a 10x10 - 15x15 yard square grid, a "Cannonball".

Each team (A, B, C, D) lines up on one of the lines of the square grid (Team A on one side, Team B on another side, etc). Place the "Cannonball" (a ball that does not look like everyone else's, that players will be able to distinguish from other soccer balls) in the center of the square. At the go signal, players attempt to pass their soccer ball to hit the "Cannonball" and propel it over the line of one of the other teams.

No one may enter the grid, so the coach walks around in the middle to kick soccer balls back to teams. If the "Cannonball" is rolling towards a team's line, the only way to stop it is for a player to pass a ball into it, no one can stop the "Cannonball" with their feet.

Players start with one ball, but after that they may use any ball that comes over their line or that is kicked back to them by the coach. You can also assign one player from each team as the Retriever. The Retriever has free reign to enter the grid and pass soccer balls back to his/her team.

If the ball goes over a team's line, the game is done. You can give 2 points to the team directly opposite from the team whose line the ball crossed, and give 1 point to the other 2 teams directly on either side on the team whose line the ball crossed.

**Variation:** Instead of the coach walking around in the middle of the grid or having a Retriever, players can pass at the "Cannonball" until you say "Reload!". At that time, all attempts to hit the "Cannonball" stop, and players may run into the grid to collect soccer balls. The players must use only their feet when collecting and must dribble a soccer ball back over their line. If players run into the grid and there are not enough soccer balls, they may attempt to steal a ball away from another team's player that found a ball. Once a player dribbles a ball back over his line, that ball is "safe" and cannot be taken. The game begins again when you yell "Fire Away!"

## **Receiving Turns**

- **Inside Arc Turn**
- **Outside Arc Turn**

Work in groups of three with one ball. Player in the middle works on Arc Turns.

## **Arc Turns to Goal**

Take the skill and have the players finish on goal.

## **5v5 Hit the Targets**

Space a number of disks along each team's endline. Balance soccer balls on the disks. Play 5v5 or 6v6 in the grid, but instead of going to goal, teams get goals for knocking the soccer balls off the disks on their opponent's end line.

## Wednesday – Shooting/Finishing

- Juggling Challenges
- Beating Players 1v1
  - Fake Shot Cut
  - Fake Shot Push
  - Fake Shot Stutter

### Shooting Progression

#### 1) Individual Sitting

Players begin by sitting on the ground, knees slightly bent, each player has their own ball.

Players then lean forward and practice hitting the ball out of their hands, up in the air, then catching it.

**Coaching Points:** Toe of the kicking foot pointed down, ankle locked and tight.  
Good contact with the laces (hard bone of the foot)  
Swing from the hip.  
Top or no spin on the soccer balls.

#### 2) Partner Sitting

Groups of 2, one ball.

Worker starts in the same position as the first drill, but this time, his/her partner drops the ball for them to kick.

Focus on good contact, and good technique from previous drill.

10 with each foot.

#### 3) Partner Standing

Groups of 2, one ball.

Player A sits on the ground, legs straight ahead of them, toes pointed to the sky.

Place the ball directly against this partner's shoe bottoms.

Player B then approaches the ball to shoot. This player can take a big wind-up still, and should make LIGHT contact with the ball!

**Coaching Points:** Plant foot beside the ball, toe pointed towards the target  
Knee and upper body over the ball at time of contact  
Good balance, the working player should be able to balance on their plant foot while the sitting player coaches them on the form (body not over the ball, plant foot not next to the ball, etc)  
10 with each foot.



# Ajax Rotation Shooting

## Focus

- Ball striking technique at goal and shot placement

## Field Set Up

- Starter, Passer, and Shooter cones for each team
  - Starter cone 6 yards from goal post
  - Passer cone 8 yards from endline
  - Shooter cone 4 yards from top of the penalty box

## Procedure 2-Touch Variation

- For each team, 1 player at the Passer cone, 1 player at the Shooter cone, and the rest of the team at the Starter cone
- All the balls for each team at the Starter cone

- 1 The **Green** Team starts with the first player at the Starter cone passing a ball to the player at the Passer cone. The player who just passed the ball to start the sequence follows their pass to become the next player at the Passer cone
- 2 The player at the Passer cone controls the pass, passes to the player at the Shooter cone, then follows their pass to become the next player at the Shooter cone
- 3 The player at the Shooter cone controls the pass, takes a shot on goal with their next touch, retrieves their ball and get in line at the Starter cone
- 4 **Blue** Team begins their sequence as soon as the **Green** player at the Shooter cone touches the ball

- After 5 minutes, call "half-time", and have the teams switch sides for the "second half"
- **GKs** rotate after 4 to 6 shots each

## Competition

- +1 point per team for a shot on target (on goal)
- +2 points per team for each goal
- Variation: -1 point for each shot over the net

## Coaching Points

- Concentrate on proper shooting technique; players should strike the middle of the ball with their laces, shooting toe pointed down, ankle firm and locked, upper body over the ball
- Good preparation touch by the shooters - a good touch will lead to a good shot
- Shooting players should get their heads up to see the target (the goal) after their prep touch

## Category

## Exercise

## Age Group

## # of Players






Shooting/Finishing

Rotation Shooting

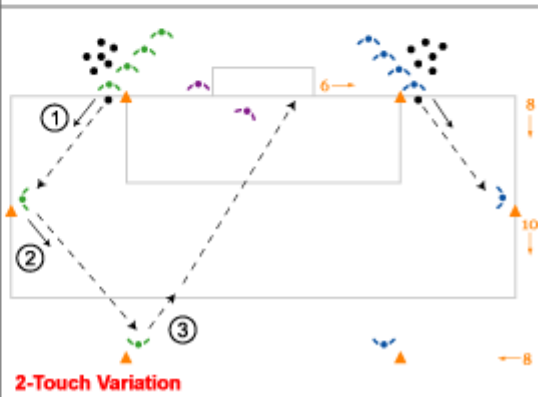
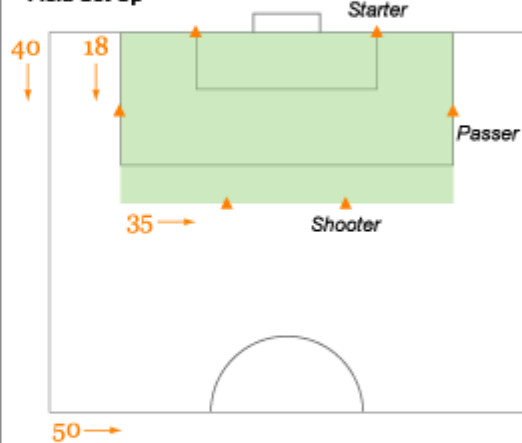
U9+

10 - 18 (shown below with 14)

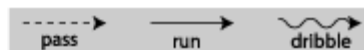
## Organization

- Green Team (3) 
- Blue Team (3) 
- Goalkeepers (2) 
- Marking Cones (6) 
- Soccer Balls (14) 

## Field Set Up



## 2-Touch Variation



## Ajax Rotation Shooting 2

### Procedure 1-Touch Variation

\* Same as 2-Touch Variation except...

- ② The player at the *Passer* cone controls the pass, passes slightly in front of the player at the *Shooter* cone, then follows their pass to become the next player at the *Shooter* cone.
- ③ The player at the *Shooter* cone attempts to shoot the ball first time (without controlling the ball first), retrieves their ball and get in line at the *Starter* cone.

### Coaching Points

- \* Good set up pass by the passer - pass should be in front of the shooter at a "usable" pace
- \* Shooter should attack the ball quickly, as in a game

Make sure to note to your shooters about the need to get to the ball quickly. Many times, young players will wait until the ball is in a better position for a shot. They will not have this time in game situations under pressure from defending players. Practice at game speed.

### Procedure 3-Touch Variation

\* Same as Rotation Shooting 2-Touch, except...

- ② The player at the *Passer* cone controls the pass, passes to the player at the *Shooter* cone, then follows their pass to become the next player at the *Shooter* cone
- ③ The player at the *Shooter* cone controls the ball in one direction (1st touch), fakes a shot and cuts the ball in the opposite direction (2nd touch), and then shoots on goal (3rd touch)

### Coaching Points

- \* Realistic wind up and fake shot after shooter's initial touch
- \* The cut after the fake should be in a direction, and at a distance, to allow the shooter to shoot with their following touch

You will note that young players try and shoot these shots as hard as they can using huge leg swings. It is very difficult to get exactly the right timing to make solid contact when the ball is rolling at speed across the player's body. Add in the fact that players should be taught to make these runs at speed to lose marking defenders in the box, and large leg swings become almost an impossibility. The larger surface of the inside of the foot provides a larger sweet spot for good contact while allowing for more control at speed. *Close to goal, it's all about control.*

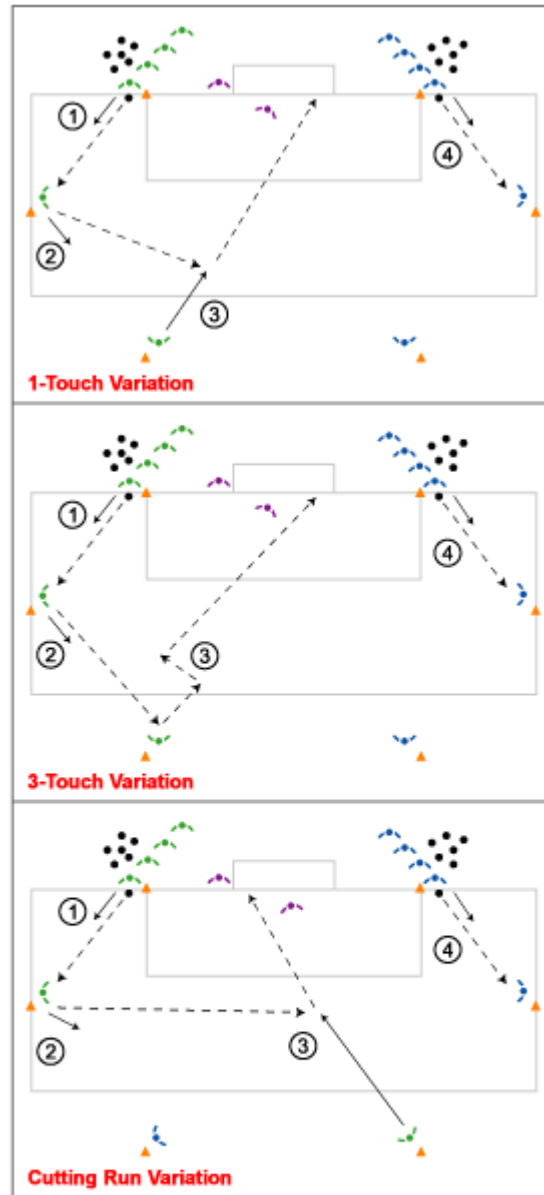
### Procedure Cutting Run Variation

\* Same as Rotation Shooting 2-Touch, except...

- ② The player at the *Passer* cone controls the pass from the starting player and then plays a square (lateral) ball across the face of the goal about 8 to 10 yards out from the GK
- ③ The shooter "cuts" towards goal and tries to finish the cross first time (with one touch)

### Coaching Points

- \* Shooting players make a cutting run towards goal and need to attack (get to) the ball quickly
- \* More often then not, these shots are redirections with the inside of the foot rather than full swings



If I only taught one move to young players, it would be the fake shot. It is so easy to do, yet so effective when properly executed. It is human nature to flinch or shy away when about to be hit by something, and if you can get a defender to "freeze" because of your fake shot, you will gain that split second needed to create space and get off a shot on goal. Players can also use a push with the outside of their faking foot instead of a cut back with the inside of their foot after the fake shot.

## 2v2 Shooting Wars

Two teams (blue and green) of four players play against each other.

Each team chooses 2 players to begin, the other 2 team members are retrievers, and supply soccer balls.

Players on the blue team pass the ball around their grid, and look for a shooting opportunity, their opponents (green) play as goalkeepers.

After blue shoots, they immediately become the goalkeepers and green becomes the shooters.

Play for 2 minutes, then the shooters become retrievers, and vice versa.

This game should be played at a high pace, and is very enjoyable for young players.



## Thursday – Heading

- Aerial Ball Control
  - Thigh Control
  - Laces Control

### Heading Progression

**1.** Worker on their stomach, Server kneeling 3 to 4 feet in front of their partner

Worker arches their back, Server serves underhand and Worker heads the ball back to the Server's hands

**2.** Worker in the "crab" position, hands and feet are the only body parts touching the ground, pelvis in the air

Server is standing 3 yards away and serves underhand, trying to lob the ball onto the Worker's chest

Worker crunches their stomach, pelvis lowering, and snaps forward to head the ball back into the Server's hands

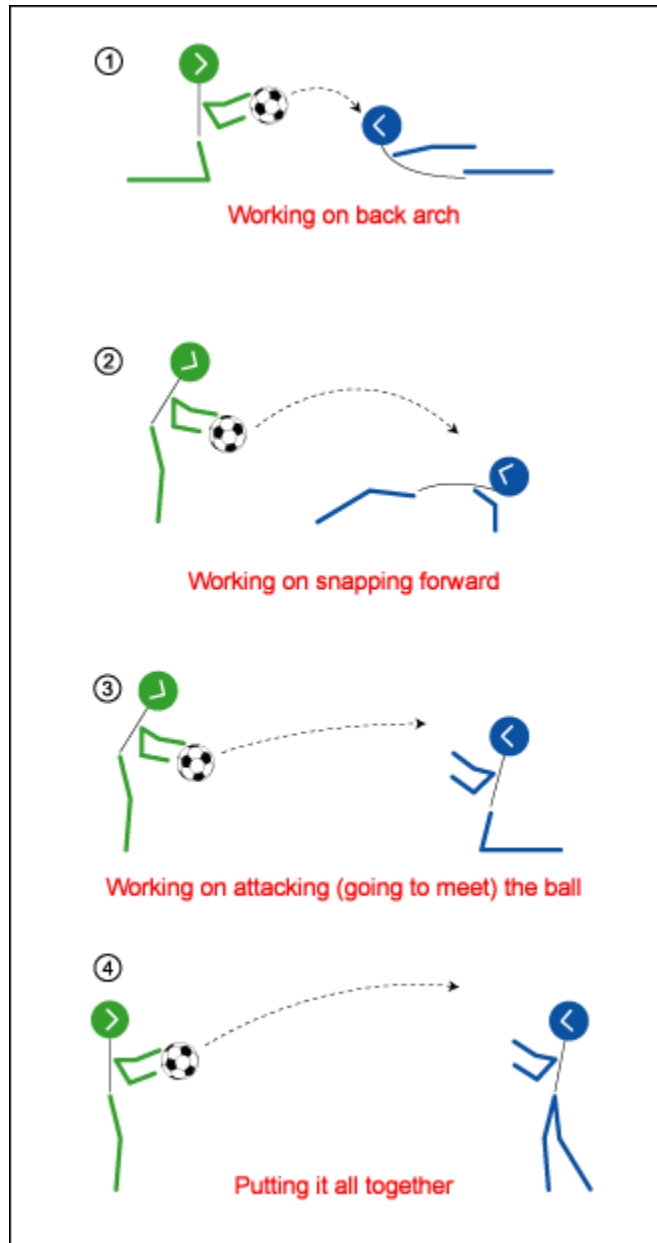
**3.** Worker on their knees, back arched, chin tucked down a bit

Server stands 4 to 5 yards away and serves the ball underhand to their partner's head

Worker dives forward to head the ball, landing on their hands and stomach, face looking forward (not in the dirt)

**4.** Both partners standing

Server serves to Worker, Worker gets their back arched as the ball travels, and then snaps forward to head the ball back into their partner's hands



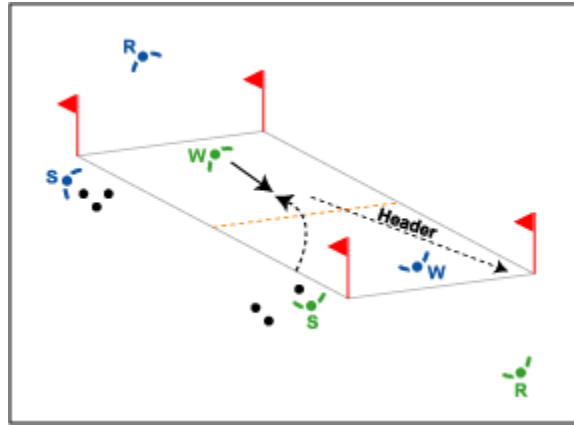
## Heading Wars

Divide into teams of 3, two teams play against each other (A and B). Set up two 8-yard goals, 6 - 8 yards apart with a midline (see below)

Each team designates 1 server (S), 1 retriever (R), & 1 worker (W). The blue server serves to the blue worker who heads and tries to score on green worker who is playing goalkeeper. As soon as blue worker heads the ball, he/she must retreat and play goalkeeper. Green server then serves the ball to green worker who now tries to score of blue worker.

The retrievers must be active and constantly supply their servers with soccer balls to keep the game moving. Rotate header to retriever & retriever to thrower.

This is a very fun and competitive game that your players will love!



## 4v4 Handball

Play 4v4 (or 5v5) handball on a small sided soccer field with regulation goals. Teams may only score by throwing a ball to a teammate and that teammate heading through the goal. If you have more than 5v5, play with two soccer balls in play.