

Kearney Soccer Academy

U7 – U10 Boys & Girls

Training

Training Session Outline

Technical vs. Tactical

Technical – Individual skills associated with player and ball

- Dribbling, passing technique, receiving the ball, defending, etc.

Tactical – Team oriented skills and tactics tailored towards a team

- Attacking with numbers, combinations, corners, set plays, etc.

1. Warm-up

- Approximately 10-15 minutes
- Physical (stretching) and Technical warm up with a ball
- Non pressure exercise
- Dynamic stretches limited static stretching
- Speed work – Quick feet

2. Main Session

- Approximately 15-30 minutes
- Technical work (Topic of the day)
 - i. Change of direction moves, attacking move, defensive shape
- Progressive methodology in teaching
(no pressure → light pressure → match competition)
Note: Focus is on skill mastery!
- 1 v 1; 2 v 1; 2v2; 3v3
- Multiple goals (more than 2 goals for field awareness and recognition)

3. Free Play

- Approximately 15-30 minutes
- Small sided 3 v 3; 4 v 4; 5 v 5
- Free play geared towards topic of the day
- End with the closest scenario of game simulation

Note: It is very important that coaches focus on the topic of the day during the warm up, main session, & free play! Our goal is to transition practicing skills to implementing skills.

Practice Time

- 5 - 7 years 45 min – 1 hour
- 8 - 12 years 60-70 min
- 12 - 14 years 60-75 min

Session #1

Focus: Changing Direction

Changes of Direction Moves

1. Drag Back
 - Stop the ball with the sole of the foot and drag it backwards to turn the opposite direction
2. Chop
 - Dribbling at an opponent. Chop the ball (at a 180 degrees) to the opposite direction
 - Teach your players to use both their inside and outside foot!
3. Cruyff turn
 - Faking a shot or pass, pull ball back behind standing leg with the inside of the foot

Pressure

Pressure is anything on the field that can take the ball away from you such as the opponent (other team), sidelines, and potentially the referee. The idea is use "Change of Direction" moves to get out of pressure and keep the ball.

Field Setup

Square 20 X 20 yds.

Drills

1. Warm up / Stretch
2. Set up "off-color" cones (from simple square cone color). Players are to dribble at cones & perform the desired move (drag back / chop / Cruyff). Set a time limit of 30 seconds. "Who can do the most?"
3. Split into two teams, 1 v 1 going towards goals. The focus should be on recognizing where the other team is positioned and how to navigate yourself to the goal while protecting the ball.
4. Evolve from 1 v 1 to 2 v 1, etc.

Session #2

Focus: Attacking the Goal/Opponent

Attacking Moves

1. Playing around the opponent
 - 90 degrees chop to get around an opponent
 - Use both your inside and outside foot
2. Playing behind the opponent
 - Space recognition behind an opponent, play the ball into space and use attack the goal
 - Teach your players to use both their inside and outside foot!
3. Playing backwards to get another attacker!
 - Recognize you can not take on more than 1 defender, change direction, bring in an additional attacking player

Attacking with Intelligence

Smart attacking starts with recognizing good times to attack and poor times to attack. Attack mode is fine but very difficult to maintain.

Field Setup

Square 20 X 20 yds., 4 goals (2 on each end of the field; NOT one goal on each side of the square).

Drills

1. Warm up / Stretch
2. Set up "off-color" cones (from simple square cone color). Players are to dribble at cones & perform the desired move (play around / play behind) the cone. Set a time limit of 30 seconds. "Who can do the most?"

Note: Stress that an attacking move cannot be performed close to the opponent. Attackers must anticipate attacking strategies.

3. Split into two teams, 1 v 1 going towards opposite goals (teams will be attacking the opponents 2 end goals). The focus should be on recognizing where the other team is positioned and how to navigate to the goal while protecting the ball.
4. Evolve from 1 v 1 to 2 v 1
5. Lastly, when an attacker does not feel comfortable attacking alone, they can pass the ball backwards to their teammates and 1 additional attacker can come into the field of play.

Session #3

Focus: Defending

Defending

Focus: Body positioning –Physical presence between ball and intended purpose (i.e., passing lanes, goal, dribbling area)

It is imperative that defenders are taught to be patient and protect their goal by not standing directly in front of it. Defensive attacking!

Body Positioning

Positioning is very important when defending for recover tactics. Defensive shape includes having one foot behind the other



Defending technique

1. Pressure the ball
2. Breaking down
 - Bend knees
 - Eye on ball
3. Pushing towards the sidelines/dangerous areas of the field
 - Sidelines are dangerous areas and another form of pressure. Defenders should push opposing attacking players into uncomfortable areas, which potentially result in possession change.
 - Opponents goal box is a dangerous area! If the opportunity arises, press towards goal box and opposing goalie.
4. Defensive cover
 - Recognize you can not take on more than 1 attacker, cover potential space towards goal & dangerous players

Field Setup

Square 20 X 20 yds, 4 goals (2 on each end of the field; NOT one goal on each side of the square.

Drills

1. Split players into 2 different teams. One team will be “defensive cones”. Players are to dribble at “player defensive cones” & defensive cones perform the desired move (break down/body positioning). Defensive cones are NOT allowed to touch the ball. You can switch teams so each team practices the skill.

Note: This is a time where the coach can focus on a couple of things: Attackers – change direction & Defensive shape.

2. Transition into having “active opponents” - Players dribble at each other and try to get as close to other players without touching them.
3. 2 cones, 2 balls. One ball sits on a cone. The other ball is active and used to attack the ball on the cone. The focus is not to allow the attacker to knock the stationary ball sitting on the cone.
4. Split into two teams, 1 v 1 going towards opposite goals (teams will be attacking the opponents 2 end goals). The focus should be on recognizing where the other team is positioned and how to navigate towards the goal while protecting the ball.
5. Evolve from 1 v 1 to 2 v 1 to 3 v 2 (2nd defender is covering 1st defender)

Session #4

Focus: Passing

Skill Mechanics

1. Planter foot
 - Point at your desired target
 - Not too close to the ball, yet not far away. Its individual but if a player is striking the ball poorly, look at their planter foot!
2. Locking your ankle
 - Solid connection with the ball. NO Noodle passes, we want hammer passes!
 - Teach your players to use both inside and outside foot!
3. Play the way you face. During active movements, pass the ball the way your hips are facing.
4. CONTROL, PREPARE, PASS
 - a. Control the ball, keep it close to your foot, Prepare it for the pass (i.e. planter foot), & Pass

Note: Try to teach your players to Control & Prepare each pass before they play the ball!

Field Setup

Square 20 X 20 yds., 4 goals (1 goal on each side of the square).

Drills

1. Warm up / Stretch
2. 2 team passing outlet. One team on the outside, other team is active in the middle. Inside players show to the outside, call for the ball, pass back. After they pass, move the inside of square, then find another open outside passer. Continue for a minute then switch.
3. Split into 2 teams. Coaches will play one ball into the middle of the field. Each team will try to pass the ball through 1 of the 4 goals on the outside of the square.
4. Evolve from 2 v 1 to 3 v 2 towards only 2 goals

Session #5

Focus: Receiving the Ball

Receiving the ball with all areas of the foot

1. Inside of foot
 - Cushion the ball
 - Turn the ball either across your body or keeping the ball in front of your foot.
2. Outside of foot
 - Turning to the outside
 - This technique is ideal to stray from pressure and open immediate space
3. Sole/Laces
 - Sometimes balls are played straight at your foot. Using your sole/laces are typical techniques that can be used to immediately control the ball.
 - Using this technique puts the ball in a sometimes-uncomfortable spot. This means immediately after this technique; a preparation touch needs to quickly follow.

Note: After receiving the ball, the next touch needs to be a “preparation touch”. Preparation touches are used for dribbling, passing, or ball protection. Preparation touches should be anticipated and made quickly.

Knowledge

Receiving the ball requires situational thought processing. Different techniques are needed in different areas on the field depending on where the sideline and opponent are situated.

Field Setup

Square 20 X 20 yds., 2 goals (1 on each end of the field).

Drills

1. Warm up / Stretch
2. 2 team passing outlet. One team on the outside, other team is active in the middle. Inside players show to the outside, call for the ball, pass back. This is a continuation of the previous week but FOCUS on receiving the ball! Continue for a minute then switch. You can work through each of the receiving techniques.
3. Split into 2 teams. Each player (on separate teams) will get a number. For example, team 1 has 4 players. Players will be numbered 1,2,3,4 and same for

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team 2, numbered 1,2,3,4. Number 1 is to pass to 2, 2 passes to 3, 3 passes to 4, etc.

The point of this game is for the players to constantly be moving and only able to pass to 1 person (1 to 2, 2 to 3, 3 to 4, then 4 to 1). Focus on receiving the ball, changing directions, and making solid passes to their teammates.

4. Once players grasp the concept, you can transition into having the two different teams mix together creating an additional barrier to move through.
5. Evolve from 2 v 1 to 3 v 2 towards only 2 goals
6. Game play.