

# NORTHSHORE YOUTH SOCCER ASSOCIATION



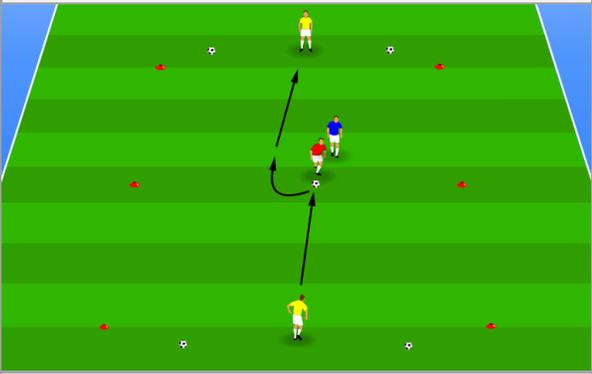
## U7 & U8 PLAYING 4 A-SIDE

TOPIC - 1v1 - TO PENETRATE		DURATION - 60 Minutes	
<p><b>1st PLAY PHASE</b></p>	<p><b>END ZONE GAME</b></p> <p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 20x15 yards.</p> <p>Play 2v2 for 20 minutes. To score, a player must dribble into the end zone under control.</p> <p>Include 2 short breaks. Make sure to rotate teams after each break. Allow <b>“FREE PLAY”</b>. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>		<p><b>KEY WORDS &amp; GUIDED QUESTIONS</b></p> <p><b>Key Words:</b> Use all surfaces of the foot (inside/outside/laces/sole). Change direction &amp; speed</p> <p><b>Guided Questions:</b> What surface can you use to change direction? To change speed?</p> <p><b>Answers:</b> Outside, inside, laces, sole</p>
	<p><b>PRACTICE PHASE</b></p>	<p><b>1V1 TO 2 GATES</b></p> <p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 15x15 yards, with 4 gates.</p> <p>The player with the ball attempts to dribble through one of the opponents two gates. If the opponent is able to win the ball, they now try to score by dribbling through either of the other two gates. Make sure each player receives several opportunities to dribble against an opponent.</p>	
<p><b>2nd PLAY PHASE</b></p>		<p><b>4V4 GAME</b></p> <p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>	

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## U7 & U8 PLAYING 4 A-SIDE

TOPIC - SHEILDING AND TURNING		DURATION - 60 Minutes	
<p><b>1st PLAY PHASE</b></p> 	<p><b>OBJECTIVE - 2V2 FREE PLAY</b></p>		
<p><b>PRACTICE PHASE</b></p> 	<p><b>DRIBBLING THROUGH THE GATES</b></p>		
<p><b>2nd PLAY PHASE</b></p> 	<p><b>4V4 GAME</b></p>		
<p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 20x15 yards.</p> <p>Play 2v2 for 20 minutes. To score, pass to a teammate who is in the end zone.</p> <p>Include 2 short breaks. Make sure to rotate teams after each break. Allow <b>“FREE PLAY”</b>. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>	<p><b>KEY WORDS &amp; GUIDED QUESTIONS</b></p> <p><b>Key Words:</b> Head up, always scanning field for space/ teammates/ defenders. First touch away from pressure or into space.</p> <p><b>Guided Questions:</b> How do you know where space is? Where teammates and defenders are?</p> <p><b>Answer:</b> Head-up/ use eyes to scan field.</p>		
<p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 20x15 yards,</p> <p>Have 2 target players (1 at each end) and 2 players inside the area. Target players can move anywhere on the end line. Players inside the area play 1v1 and attempt to receive from a target player to turn and play to opposite target player for 1 point. Players inside the area can also use the target players to play back and create space to receive and turn. Game lasts for 45-60 seconds then rotate roles of players. Progress to 2v2 inside the area.</p>	<p><b>KEY WORDS &amp; GUIDED QUESTIONS</b></p> <p><b>Key Words:</b> Look to create space with inventive movement. Receive at appropriate angle to play forward.</p> <p><b>Guided Question:</b> When receiving under pressure, what should you do?</p> <p><b>Answer:</b> Turn away from defender, change speed, keep body between ball and defender while turning.</p>		
<p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>	<p><b>KEY WORDS &amp; GUIDED QUESTIONS</b></p> <p><b>Key Words:</b> Receive ball on half turn (sideways). Try to use different surfaces of foot to receive. Keeping body between ball and defender.</p> <p><b>Guided Question:</b> How can you create more space for yourself before receiving ball.</p> <p><b>Answer:</b> Change direction &amp; speed of run. Take defender away slowly, then sprint towards ball.</p>		

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## U7 & U8 PLAYING 4 A-SIDE

TOPIC - 1V1 - DENY PENETRATION

DURATION - 60 Minutes

1st PLAY PHASE		2V2 - FREE PLAY	
	ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	
	<p><b>Field Size:</b> 20x15 yards with two small goals.</p> <p>Play 2v2 for 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>	<p><b>Key Words:</b> Keep body between ball and goal (goal side), keeping attacker in front of you. Sideways-on, weight on back foot.</p> <p><b>Guided Questions:</b> What’s the easiest way to win the ball?</p> <p><b>Answer:</b> Being in the correct spot, wait for attacker to make a mistake.</p>	
PRACTICE PHASE		1V1 - GOAL /COUNTER GOALS	
	ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	
	<p><b>Field Size:</b> 20x15 yards.</p> <p>Coach plays ball to attacker, who attempts to score on goal. If the defender wins ball, they attempt counter and score on the opponent’s goal.</p>	<p><b>Key Words:</b> Goal side, sideways-on, knees bent, weight on back foot. Keep attacker in front</p> <p><b>Guided Questions:</b> Where do we position our body, in-between what and what?</p> <p><b>Answer:</b> Ball and goal</p>	
2nd PLAY PHASE		4V4 GAME	
	ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	
	<p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>	<p><b>Key Words:</b> Apply pressure quickly and under control. Angle of approach when applying pressure can limit the attacker’s options.</p> <p><b>Guided Questions:</b> Where do you want the attacker with the ball to go?</p> <p><b>Answer:</b> Backwards or to the side.</p>	

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## U7 & U8 PLAYING 4 A-SIDE

TOPIC - 1V2 - PRESSURE/COVER

DURATION - 60 Minutes

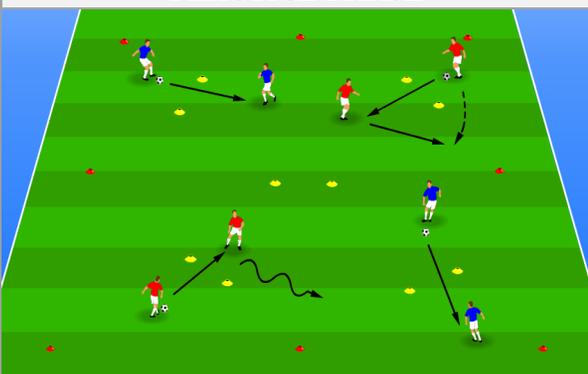
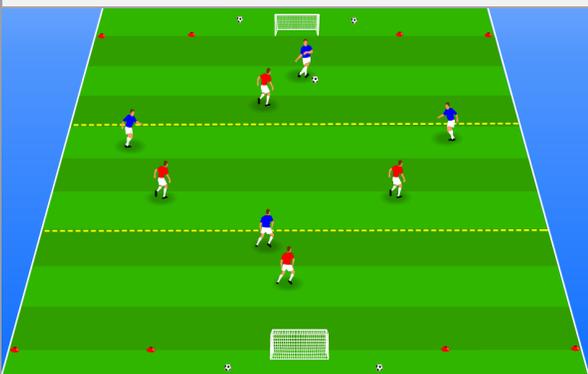
1st PLAY PHASE		2V2 - FREE PLAY	
	<p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 20x15 yards with two small goals.</p> <p>Play 2v2 for 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>		<p><b>KEY WORDS &amp; GUIDED QUESTIONS</b></p> <p><b>Key Words:</b> 1<sup>st</sup> defender angle approach when applying pressure. Angle body away from goal. 2<sup>nd</sup> defender covers 1<sup>st</sup> defender, ball-side &amp; goal-side (about 5 yards away).</p> <p><b>Guided Questions:</b> Who is the first defender?</p> <p><b>Answer:</b> Player closest to the ball.</p>
	<p><b>PRACTICE PHASE</b></p>		<p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 20x15 yards.</p> <p><b>1 Attacker vs. 2 Defenders.</b></p> <p>Coach plays the ball to the attacker, who attempts to score on the opponent’s end line. Defenders attempt to pressure and give support. If the two defenders gain possession of the ball, they attempt to score on either of the two goals in front of them.</p>
	<p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>		<p><b>KEY WORDS &amp; GUIDED QUESTIONS</b></p> <p><b>Key Words:</b> Apply pressure sideways-on, attempt to force attacker away from goal, to their weak foot, towards sideline or backward. Communication between teammates.</p> <p><b>Guided Questions:</b> How do you force an attacker away from goal, to weak foot, etc.?</p> <p><b>Answer:</b> Body shape, staying sideways-on, angle away from goal.</p>
	<p><b>2nd PLAY PHASE</b></p>		<p><b>ORGANIZATION</b></p> <p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>

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## U7 & U8 PLAYING 4 A-SIDE

<b>TOPIC - FIRST TOUCH/SHORT RANGE PASSES</b>	<b>DURATION - 60 Minutes</b>
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<b>1st PLAY PHASE</b>	<b>OBJECTIVE - 2V2 END ZONE GAME</b>	
	<b>ORGANIZATION</b>	<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 20x15 yards.</p> <p>Play 2v2 for 20 minutes. To score, pass to a teammate who is in the end zone.</p> <p>Include 2 short breaks. Make sure to rotate teams after each break. Allow <b>“FREE PLAY”</b>. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>	<p><b>Key Words:</b> Inside of foot passes. Locked ankle, toe pointed up.</p> <p><b>Guided Question:</b> What part of the foot is most accurate for passing?</p> <p><b>Answer:</b> Inside.</p>
<b>PRACTICE PHASE</b>	<b>PASSING THROUGH GATES</b>	
	<b>ORGANIZATION</b>	<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 25x25 yards. 6-8 gates, each gate 2-3 yards wide.</p> <p>Working in pairs, players pass through a gate for a point. Cannot pass through same gate twice in a row.</p> <p>To create more pressure add one or two defenders. If a defender wins a ball, he or she must pass the ball outside the playing area. The two players need to chase their ball down and do <b>10 “Hat Dances”</b> together before re-entering the area. The defenders cannot work together to attack a team of two.</p>	<p><b>Key Words:</b> Inside of foot first touch. First touch keep ball moving. Weight of pass. Communication (verbal &amp; non-verbal)</p> <p><b>Guided Question:</b> How does your partner know when and where to pass?</p> <p><b>Answer:</b> Communicating, eye contact, body shape (passes in front of teammate or to their feet, not behind).</p>
<b>2nd PLAY PHASE</b>	<b>4V4 GAME</b>	
	<b>ORGANIZATION</b>	<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>	<p><b>Key Words:</b> Inside of foot passes. Weight of pass. First touch keeps ball moving, setting up next pass or dribble.</p> <p><b>Guided Questions:</b> When do you pass to space? When do you pass into space?</p> <p><b>Answers:</b> When teammate is checking towards ball, play to feet. When teammate is running into space or behind defenders, play into space.</p>

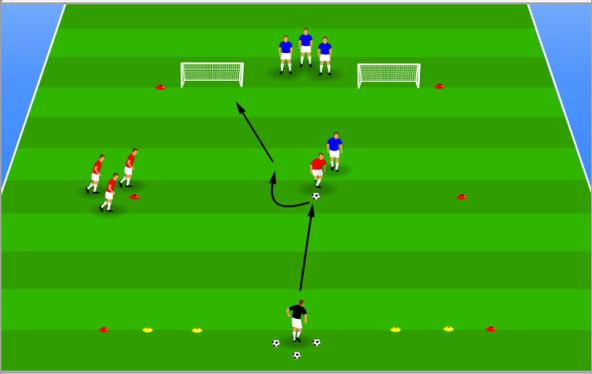
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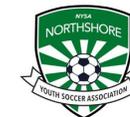
## U7 & U8 PLAYING 4 A-SIDE

TOPIC - RECEIVING TO TURN

DURATION - 60 Minutes

1st PLAY PHASE		2V2 - FREE PLAY	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 20x15 yards with two small goals.</p> <p>Play 2v2 for 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>		<p><b>Key Words:</b> keep ball close to body when under pressure.</p> <p><b>Guided Questions:</b> When under pressure take small touches or big touches?</p> <p><b>Answer:</b> small touches (encourage using outside &amp; sole)</p>
PRACTICE PHASE		1V1 - GOAL /COUNTER GOALS	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 20x15 yards.</p> <p>Coach passes when attacker checks-in towards ball. Attacker attempts to turn and score by dribbling through either of the two gates. If defender gains possession, they attempt to score on either counter goal.</p>		<p><b>Key Words:</b> ball close to body. Body between ball and defender. Use both feet to be unpredictable.</p> <p><b>Guided Questions:</b> Turn into or away from pressure?</p> <p><b>Answer:</b> Away</p>
2nd PLAY PHASE		4V4 GAME	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>		<p><b>Key Words:</b> Body sideways-on between ball and defender. Use outside/inside/sole to change to direction quickly. Keep low, knees bent. Explode with speed after turning.</p> <p><b>Guided Question:</b> How can you get away from a defender after turning into space/ away from pressure?</p> <p><b>Answer:</b> Explode, Burst of speed</p>

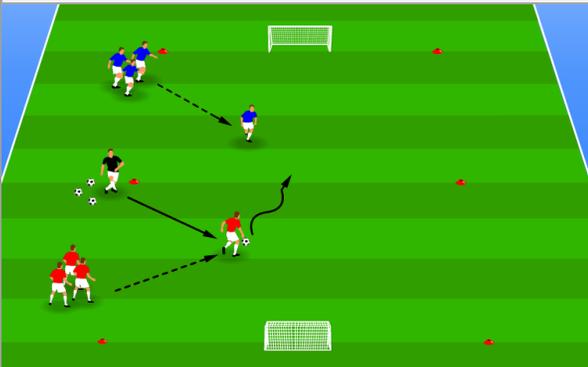
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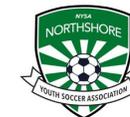
## U7 & U8 PLAYING 4 A-SIDE

TOPIC - INSIDE OF THE FOOT

DURATION - 60 Minutes

1st PLAY PHASE		2V2 - FREE PLAY	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 20x15 yards with two small goals.</p> <p>Play 2v2 for 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>		<p><b>Key Words:</b> Ankle locked, toe pointed up and out. Chest over ball, head down, follow through with kicking foot.</p> <p><b>Guided Question:</b> What part of the foot is most accurate?</p> <p><b>Answer:</b> Inside.</p>
PRACTICE PHASE		1V1 TO GOAL	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 20x15 yards</p> <p>The coach passes the ball in front of the attacker who tries to create a shooting opportunity with the inside of the foot. If the attacker scores, they must immediately run around their goal and get ready to defend the new attacker from the opposing team. The player that gets scored on quickly leaves the field and rejoins their team in line. Progress to 2v2 to goal.</p>		<p><b>Key Words:</b> Quality “set up” touch. Plant foot pointed at target. Quickly strike ball after set up touch. Set up touch should put ball slightly in front and off to the side. Attack ball, swing thru.</p> <p><b>Guided Question:</b> What surface can you use for a “set up” touch?</p> <p><b>Answer:</b> outside/laces/inside/sole (all)</p>
2nd PLAY PHASE		4V4 GAME	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>		<p><b>Key Words:</b> Use inside of the foot for accuracy. Use both feet. Shoot quickly.</p> <p><b>Guided Question:</b> Do you have to beat a player in order to shoot?</p> <p><b>Answer:</b> No, always scan field with eyes to look for quick shooting chances.</p>

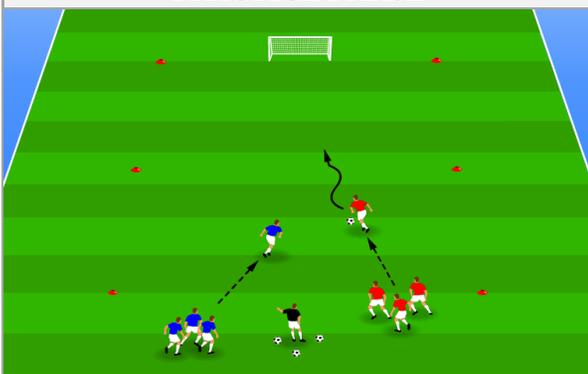
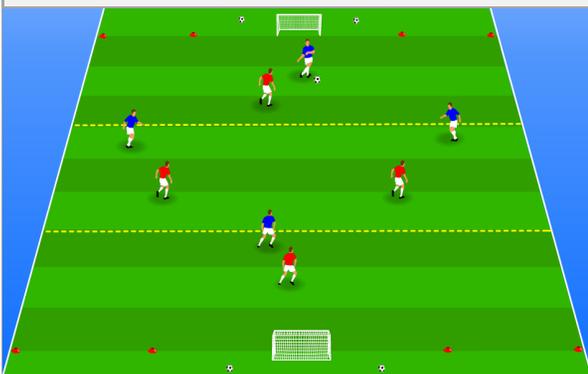
# NORTHSHORE YOUTH SOCCER ASSOCIATION



## U7 & U8 PLAYING 4 A-SIDE

TOPIC - BREAKAWAYS

DURATION - 60 Minutes

1st PLAY PHASE		2V2 - FREE PLAY	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 20x15 yards with two small goals.</p> <p>Play 2v2 for 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Allow “<b>Free Play</b>”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>		<p><b>Key Words:</b> Bigger touches when dribbling for speed. Use laces/pinky toe (big toe down and in) to push ball ahead.</p> <p><b>Guided Question:</b> What surface of the foot is best for dribbling with speed?</p> <p><b>Answer:</b> Laces/pinky toe</p>
PRACTICE PHASE		1V1 TO GOAL	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 20x15 yards</p> <p>Designate one line attacker and one line defenders. Have defender line start a couple yards behind so they are chasing the attacker.</p>		<p><b>Key Words:</b> Bigger touches to dribble faster (laces/pinky toe). Look to shoot before defender recovers. Keep ball moving and away from defender</p> <p><b>Guided Question:</b> What part of the foot should you finish with for accuracy?</p> <p><b>Answer:</b> Inside</p>
2nd PLAY PHASE		4V4 GAME	
	<b>ORGANIZATION</b>		<b>KEY WORDS &amp; GUIDED QUESTIONS</b>
	<p><b>Field Size:</b> 35x25 yards with two small goals.</p> <p>Play 4v4 for 20 minutes. Include a 5 minute “halftime”.</p> <p>Use the laws of the game according to NYSA.</p> <p>Coach within the flow of the game. Try not to stop their play.</p>		<p><b>Key Words:</b> Read where defender is or where they are pressuring from. Keep ball moving. Keep body between ball and defender. Look to shot before defender recovers goal side.</p> <p><b>Guided Question:</b> How can you identify where pressure is coming from?</p> <p><b>Answer:</b> Head check/ scan the field with eyes.</p>