

# **SAY Soccer Coaching Information**

Within this document there is basic field information per age group, tips, tricks, drills and several FREE online resources to help you plan practices and build your team's soccer skills!

## **U6-7 Field Basics:**

- Number of players on the field: 3 or 4 players (3v3) or (4v4)
- Size 3 soccer ball

## **U7-9 Field Basics:**

- Number of players on the field: 7 players (7v7) or 8 players (8v8) adjust as needed
- Size 4 soccer ball
- Formations: <https://quickstartsoccer.com/7v7-soccer-formations/>

## **U10 Field Basics:**

- Number of players on the field: 11 players (11v11) adjust as needed based on attendance
- Ages 10-11, size 4 soccer ball
- Ages 12 and up, size 5 soccer ball
- Formations: (there are many more, but here are a couple to get you started)
  - 3-4-3: <https://quickstartsoccer.com/3-4-3-formation/>
  - 4-2-3-1: <https://quickstartsoccer.com/4-2-3-1-formation/>

## **Key Points to focus on with ALL ages:**

- Touches on the ball
- Using both feet
- Passing to teammates (not playing beehive soccer)
- Shooting
- Moving the ball as a team
- Offsides (U12 and up)

## **Touches on the Ball:**

- [Toe Taps](#)
- [Tick Tocks](#)
- [Cone Dribbling](#)
  - Additional dribbling drills:
    - Zig zag between the cones
    - Using the right foot only
    - Using the left foot only
    - Using the inside of the feet only
    - Using the outside of the feet only
  - Dribbling from one cone to the other
- Make sure to use both feet for dribbling drills

## Passing:

- Fundamentals
  - Toes up, ankle locked when passing the ball
  - Look at the target before making a pass
  - Eyes UP when passing the ball to someone so you see where you want to go
- [Passing Drills:](#)
  - Cone Drills:
    - Stationary Line Passing: (2 people)
      - Set up cones 5 feet apart (distance differs depending upon age)
      - Players stand on opposite cones
      - Pass the ball to the person in front of you, let them settle it and pass it back
        - Can do one touch or two touch
        - Make sure to use both feet
    - Moving Line Passing: (4-6 people)
      - Set up cones 5 feet apart (distance differs depending upon age)
      - Players stand on opposite cones
      - Pass the ball to the person in front of you, and you follow your pass, running to the opposite line
  - Gate Passing
    - Place cones 2-3 feet apart on the field, creating small gates
    - Players can either work with a partner, or this can be something scattered around the field for dribbling and passing practice.
      - **Partner:** have the goal in between two people, standing 5 feet (adjust) from each side of the cone gate. Players need to focus on making a good pass to their partner, through the goal.
      - **Scattered:**
        - Option 1: Scatter cone gates throughout the field and have players dribble around. As they approach the gate, they can either dribble through the gate, with control. (Making sure to keep the ball close to them as they continue to dribble)
        - Option 2: With the cone gates still scattered, have half the players dribble with a ball, half the players without balls. When players are jogging around they are looking for gates to receive/give a pass through to a player without the ball. Once the player makes the pass through the gate to a person without a ball, the passer must jog and find another player to complete a gate pass with.
  - Wall Passing (can be done inside or outside, find a wall)
    - Put a target on the wall
    - Have players stand 5 feet away from the wall (distance differs depending upon age)
    - Have players aim for the target as they pass the ball to the wall

- This also works on first touch as the ball is returned to them. Work to control the ball in front of you, rather than it bouncing all over the place
- Soft first touch, don't just let the ball hit your foot.

### **Drills: PDF Files**

**Additional Online Resources:** Can be used for all ages

<https://www.sportsmomssurvivalguide.com/soccer-5-8-years-old/>

- Quick Finish
  - Focuses on dribbling with control, turning (and shooting if desired)
- Sharks and Minos
  - Focuses on dribbling with speed and control (into pressure) footwork and ball control
- Possession
  - Focuses on passing, looking for your target (teammates) and keeping control of the ball as an individual and team
- Cone Knock Down
  - Focuses on passing to a target, accuracy and learning to use power
- Steal the Bacon
  - Focuses on speed to the ball, control, and 1v1 situations
- Tricks and Turns Cone Drills
  - Focuses on dribbling, 1v1, making a move on a player and getting around them
- Changing Numbers
  - Focuses on 1v1 situations, 2v2 and so on
- Cone Sprints
  - Focuses on dribbling with speed and control

### **Running Activities:**

- Pinnie Game
  - Start with a 20x20 grid (depending on number of players) and the area shrinks as more people get out
  - Each player is given a pinnie and they tuck it in the back of their shorts like a tail.
  - Every player vs every player, trying to steal other players tails
  - Last person with a tail wins
    - Focus: running, conditioning
- Relay Races
  - Ladders are a great option for working on footwork as well as speed and agility
    - Focus: speed, agility, footwork.
      - Anytime you provide players with a relay race, they're thrilled about the competition!
      - Feel free to get creative: dribble the ball to this cone, do 5 jumping jacks and dribble back, etc.
- Lose Your Defender: <https://www.facebook.com/share/r/1BjoHmnqJb/?mibextid=wwXlfr>

### **Offsides:**

- Video explaining offsides: <https://www.youtube.com/watch?v=GePlbCsGniA>
- The offside rule mandates that during a move, an attacking player, when in the opposition half, must have at least two opposition players, including the goalkeeper, between him and the opposition goal when a pass is being played to him.

#### **Throw-Ins:**

- How to do a [throw in](#)
- A throw in happens when the ball is kicked out of bounds, on the sideline, by the opposing team.
- When throwing the ball in, a player must have both feet on the ground, and the ball must come from behind their head.

#### **Goalkeeper rules:**

- If you play back to your keeper, the keeper cannot pick it up. They can only use their feet.
- Goalkeepers can pick the ball up, with their hands, anywhere in the 18 yard box.
- When punting the ball, they can do so from anywhere inside the 18 yard box, but cannot go past the 18 yard line.

#### **General Rules:**

- Handball: when a player on the field, not the goalkeeper, touches the ball with their hands
- Tackling from the back is a NO-NO
  - Really emphasized with refs
- Goal kick
  - Has to leave the 18 or touched by an opposing player