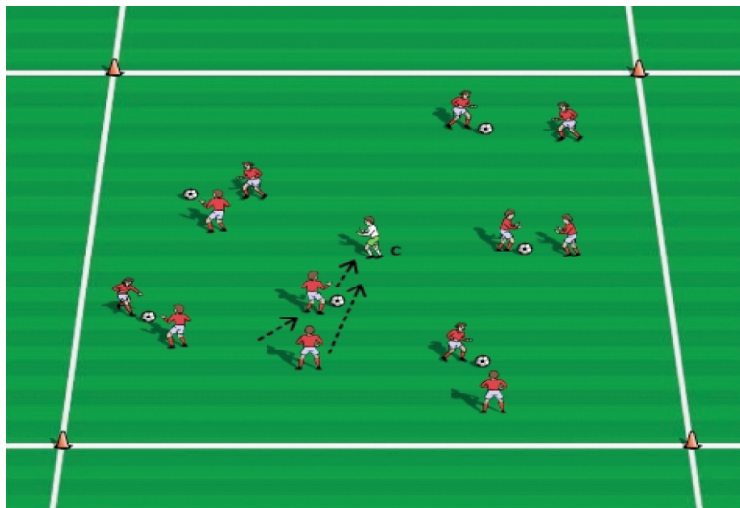


## TRAINING ACTIVITY 1



### Set-up:

Players are arranged in pairs with one ball. The coach is positioned in the center of the grid as shown.

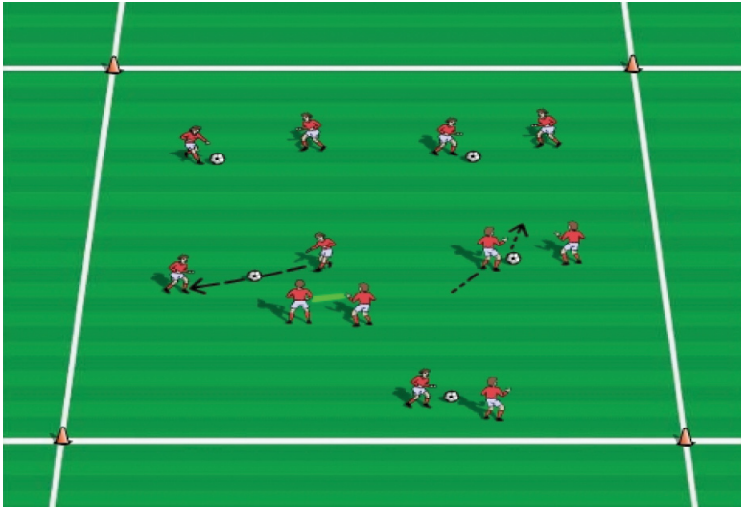
### Instructions:

Players must bring their ball to the coach. The coach kicks or throw the ball anywhere inside the grid and calls out the method players must use to bring the ball back to the coach (e.g.) 5 toe touches each before bringing it back, two turns each before bringing it back etc. Repeat for each pair of players.

### Key Points:

1. Fun!
2. Close control
3. Eye contact/communication

## TRAINING ACTIVITY 2



Set- up:

Players are arranged in pairs with one ball. Two players are “it” and must hold a vest between them.

Instructions:

The “it” must attempt to tag any player in possession of a ball. Players must move around the playing area dribbling and passing their ball with their partner. Players that are tagged become “it”. Switch the “it” after each round of play.

Key Points:

1. Keep the ball moving
2. See the ball/see the players
3. Eye contact /communication
4. Accuracy, Pace, and weight of pass
5. Part of foot and ball

### GAME TIME: LET'S PLAY SOCCER!

## TRAINING ACTIVITY 1



Set-up: See diagram

Instructions:

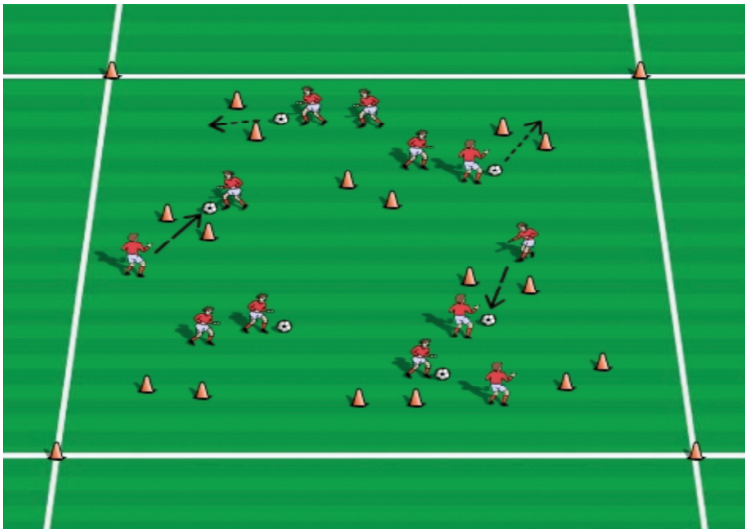
Two players should line up facing each other. One starts with the ball while the other player stands with his legs spread apart. The player with the ball attempts to pass it on the ground through his partner's legs to score a goal. The other player then attempts to do the same through the first player's legs. Keep track of points and play to a specified score. As the players become more successful, make them back up so the passes are longer.

Notes: Allow players to earn "double points" when they score a goal using their non-dominant foot.

Key Points:

1. Keep the ball moving
2. Eye contact /communication
3. Accuracy, Pace, & weight of pass

## TRAINING ACTIVITY 2



### Set-up:

Players are arranged in pairs with one ball as shown. 8-10 gates are created using cones and placed randomly inside the playing area as shown.

### Instructions:

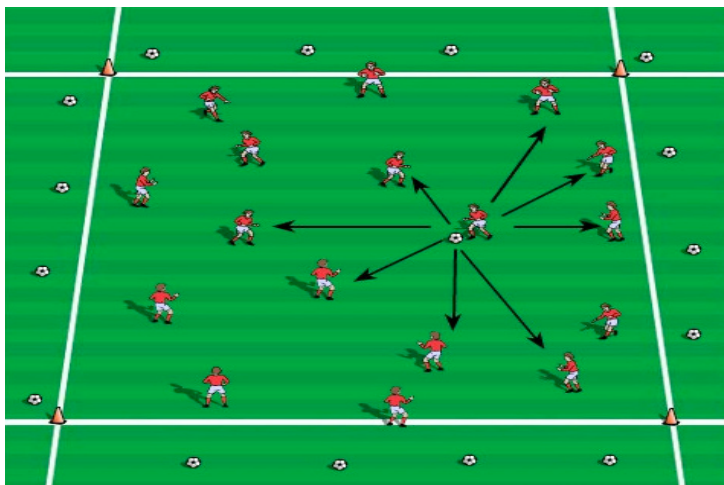
Players move with their partner around the playing area attempting to dribble and pass through as many gates as possible in the assigned time. Games can vary in length anywhere from 30 seconds to a few minutes. Encourage each pair to beat their previous games score – try to beat your last score by one!

### Key Points:

1. Accuracy, Pace, & weight of pass
2. Eye contact /communication
3. Part of foot & ball
4. First touch control

## GAME TIME: LET'S PLAY SOCCER!

## TRAINING ACTIVITY 1



### Set-up:

Grid size should be approximately 20 x 20 yards. One player starts with a ball. The rest of the players are randomly spread out within the grid. All the rest of the balls are placed around the outside of the grid.

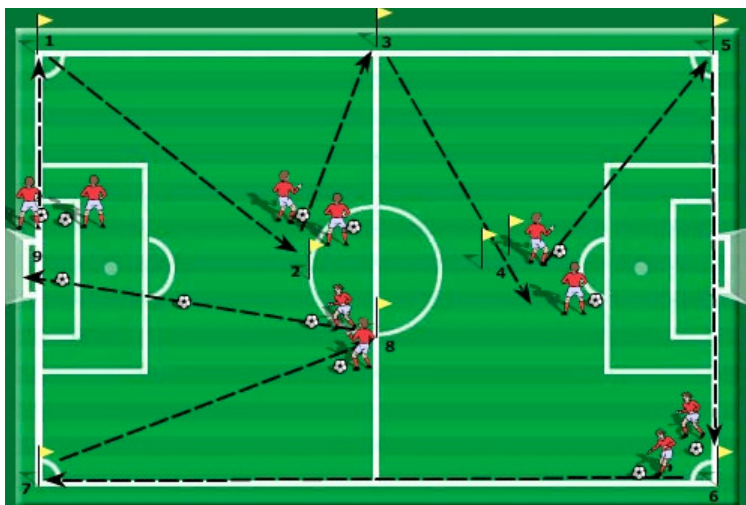
### Instructions:

Player with ball (the ghost) starts by running with the ball at the rest of the players (Pac-Man). After a player has been hit by the ball below the waist they proceed to the outside of the grid and grab a ball. The player must first work on a specific skill before reentering the grid. Example being ball taps or juggling. The last Pac-Man left is the winner.

### Key Points:

1. Keep close control of the ball
2. Eyes up seeing ball and men
3. Be deceptive and utilize the inside and outside of the feet changing direction quickly
4. Attack players with the ball

## TRAINING ACTIVITY 2



Set-up:

Two players form a group. Each player has a ball. Coach utilizes various objects as designated holes (goal posts, cones, garbage can, flags, side of the net, etc.) over the entire field.

Instructions:

Each player sees how many times it takes him to kick the ball and hit the hole with the ball. Each contact on the ball counts as a stroke. The player with the lowest stroke average per hole receives one point. The player with the most points wins. A variation is to count total strokes to determine the winner. Make the last hole a challenge (Example-hitting the cross bar).

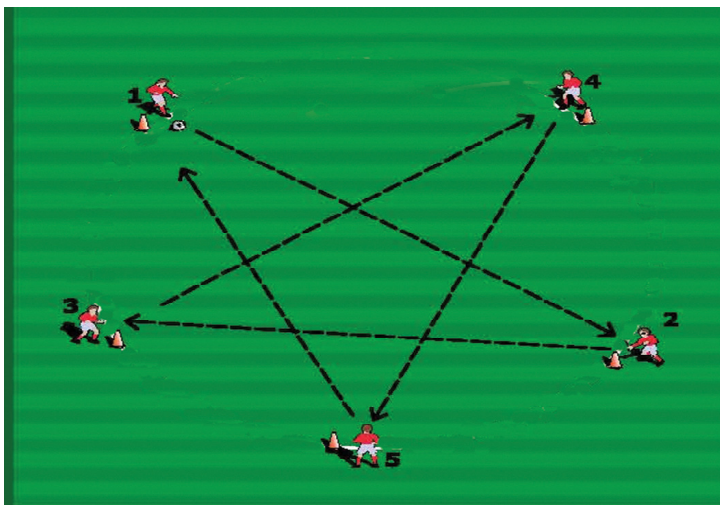
Key Points:

1. Communication between teammates
2. Accuracy of passing

### GAME TIME: LET'S PLAY SOCCER!

Week Three - SHOOTING

## TRAINING ACTIVITY 1



Set-up: See diagram

Instructions:

Players stand in a circle. Player with ball calls name of any other player and passes them the ball. Player receiving the ball scores a point if he can receive the pass with first touch control.

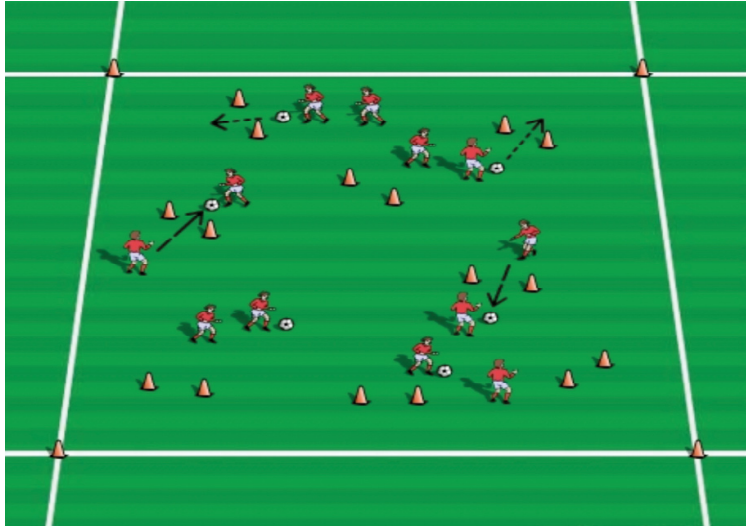
Note: Allow players to earn “double points” when they receive ball using their non-dominant foot.

Key Points:

1. First touch control
2. Eye contact /communication
3. Part of foot & ball
4. Accuracy, Pace, & weight of pass



## TRAINING ACTIVITY 2



### Set-up:

Players are arranged in pairs with one ball as shown. 8-10 gates are created using cones and placed randomly inside the playing area as shown.

### Instructions:

Players move with their partner around the playing area attempting to dribble and pass through as many gates as possible in the assigned time. Games can vary in length anywhere from 30 seconds to a few minutes. Encourage each pair to beat their previous games score – try to beat your last score by one!

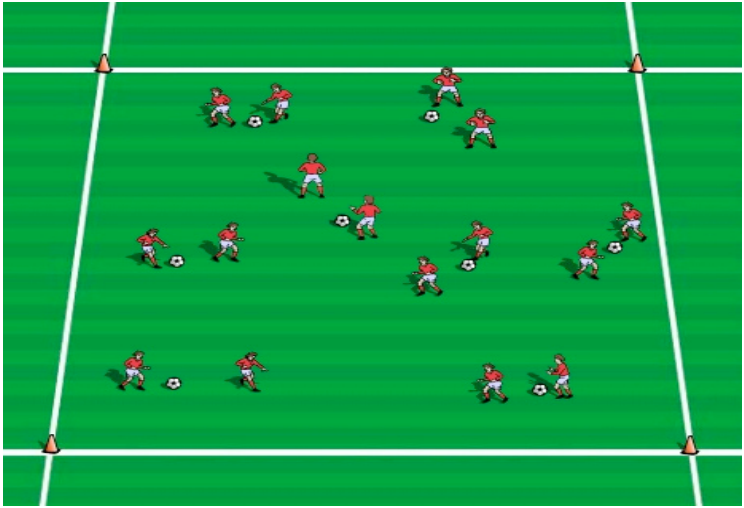
### Key Points:

1. First touch control
2. Eye contact /communication
3. Part of foot & ball
4. Accuracy, Pace, & weight of pass

## GAME TIME: LET'S PLAY SOCCER!



## TRAINING ACTIVITY 1



### Set-up:

Players need to be in groups of twos. Each group will have one ball per group of two. Grid size should be approximately 20 x 20 yards.

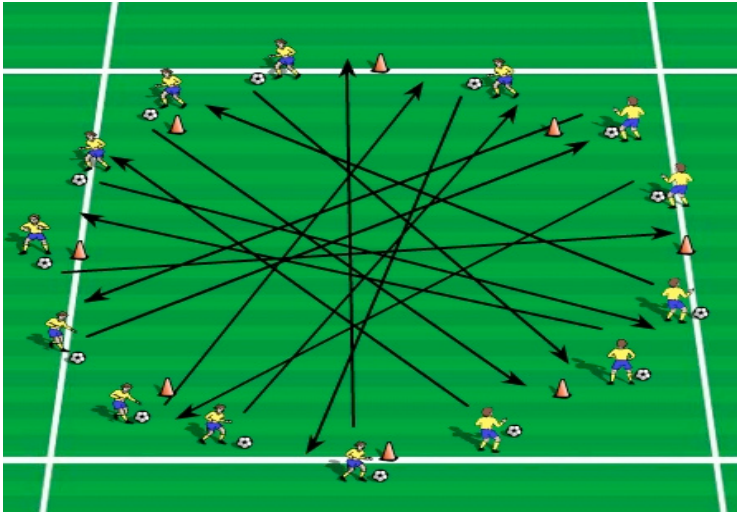
### Instructions:

The player with the ball will dribble while following the player without the ball. The player dribbling will try and maintain a close distance between him and his partner. The player without the ball leads by walking fast. As coach feels they are technical enough, the leader may start jogging slowly, increasing the difficulty for the playing following dribbling. Allow players to switch.

### Key Points:

1. Keep close control of the ball
2. Eyes up seeing ball and man
3. Utilize the outside and inside of the foot to cut the ball

## TRAINING ACTIVITY 2



### Set-up:

Each player needs a ball. Grid size should be approximately 20 yards in circumference. Ideally, use the center circle or cones to make the circle.

### Instructions:

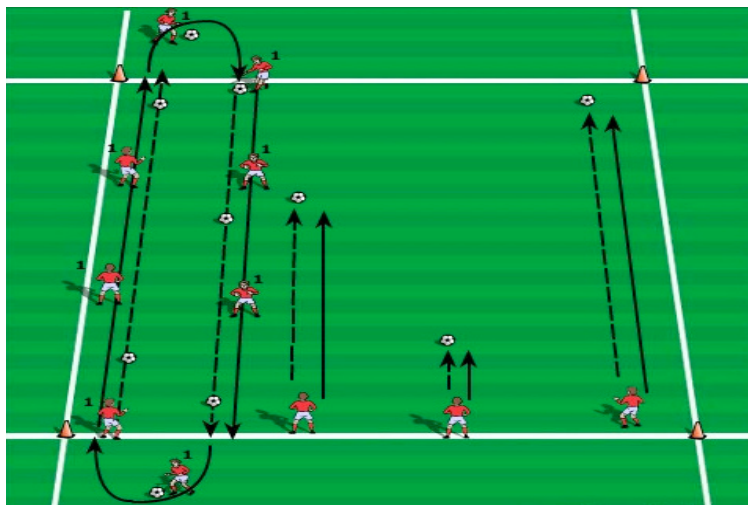
All players start off by dribbling around the circle in the same direction. Upon the coaches whistle all players dribble their ball directly across the circle to the opposite side. The coach needs to change direction constantly. When coach says to cut the ball all players will cut the ball through their legs and head in the opposite direction around the circle.

### Key Points:

1. Keep close control of the ball
2. Eyes up seeing ball and men
3. Keep arms out for balance and shielding

**GAME TIME: LET'S PLAY SOCCER!**

## TRAINING ACTIVITY 1



### Set-up:

Players are in a grided area 15 yards wide by 7 –15 yards in length, depending on technical efficiency of the players. Each player must have a ball.

### Instructions:

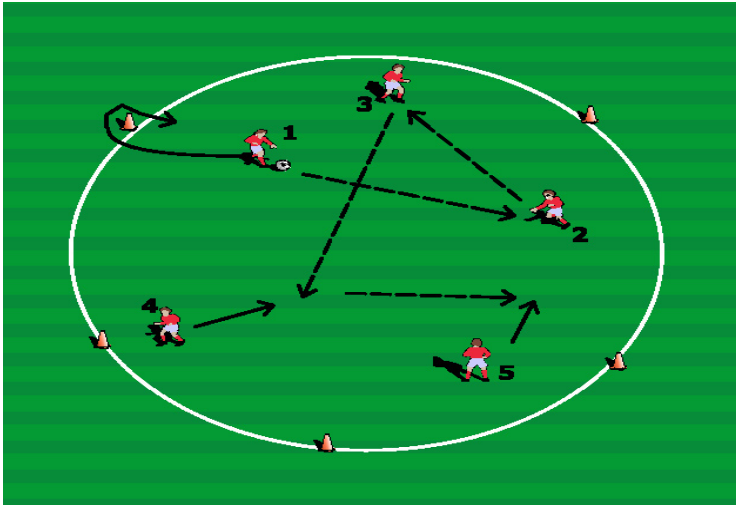
Players are to self pass. The players, as example #1 illustrates should pass a ball to the other end of the grid. If the ball is not properly weighted then the ball and the player fall over the “cliff” (end line). If the ball is not hit strong enough, the player will be required to self pass once again to himself. The proper weighted pass should arrive within a yard of the cliff as the player is arriving. The player then controls the ball turns around and repeats the exercise. Vary the length of the grid as it will change the difficulty of the exercise. Have players use various parts of the foot (inside, outside, laces).

### Key Points

1. Accuracy of passing
2. Decision making
3. Weight of passes

# TRAINING ACTIVITY 2

## Week Six - PASSING



Set-up:  
Pass & Move ~ Passing by Numbers

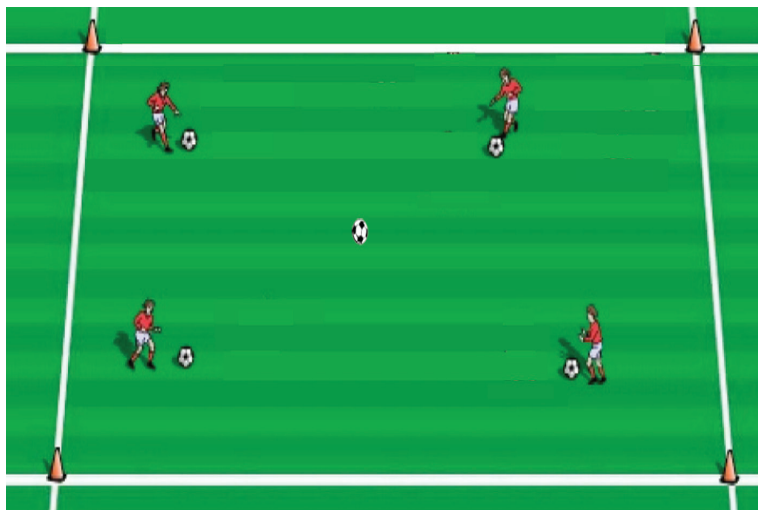
Instructions:  
Pass in sequence & Move. Player 1 passes to Player 2, P2 passes to P3, & so on. P5 passes to P1. Progression - Add 2nd & 3rd ball. How many balls can we keep?

Key Points:

1. Pace & weight of pass
2. Accuracy of pass
3. Body behind the ball
4. Attack the ball
5. 1st touch control
6. Head up (Awareness)
7. Near support in front & behind (Distance & Angles)

**GAME TIME: LET'S PLAY SOCCER!**

## TRAINING ACTIVITY 1



Set-up: See diagram

Instructions:

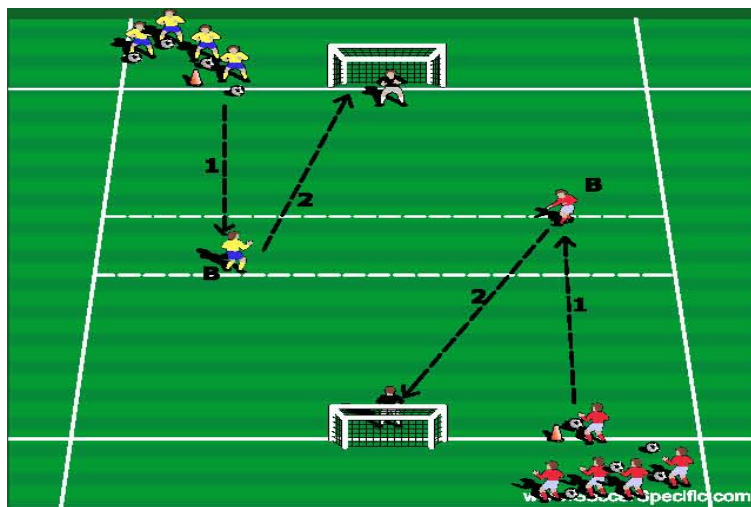
Using cones, set up a small area (measuring 5-10 yards square, depending on the level of your players). Have two teammates start on one side of the square, and two opponents on the other. Place a ball in the middle of the area (use a distinctly-coloured ball if possible), and have each player start with a ball as well.

When you say “Go!”, players attempt to knock the target ball across their opponents’ boundary line by passing or shooting their balls into the target ball. They can collect any balls from the area that have stopped rolling and bring them back out of the square to try hitting the target ball again. Play until one of the teams has won, switch sides, and play again.

Key Points:

1. See the ball
2. Eye on ball/Head down
3. Part of foot and ball

## TRAINING ACTIVITY 2



### Set-up:

Two groups of players are positioned at either end of a 30 yard grid as shown. A “target” player (B) is positioned in the central channel as shown.

### Instructions:

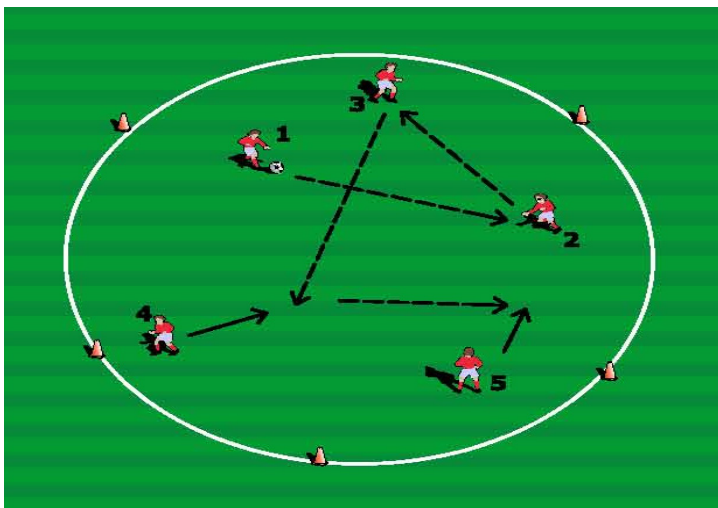
Player (A) passes to (B). Player (B) must control the ball with 1-touch and shoot with the second touch into the goal he/she is facing. Player (A) follows his pass and gets ready to receive from next player in line. Red work to one goal and the yellows work to the other. The ball must be received and shot from within the 5 yard wide central zone.

### Key Points:

1. Firm initial pass. Player (B) should perform an “opposite” movement / check away prior to receiving the pass.
2. Quality of first-touch to receive ball

**GAME TIME: LET'S PLAY SOCCER!**

## TRAINING ACTIVITY 1



Set up:  
Pass and Control - Passing by Numbers

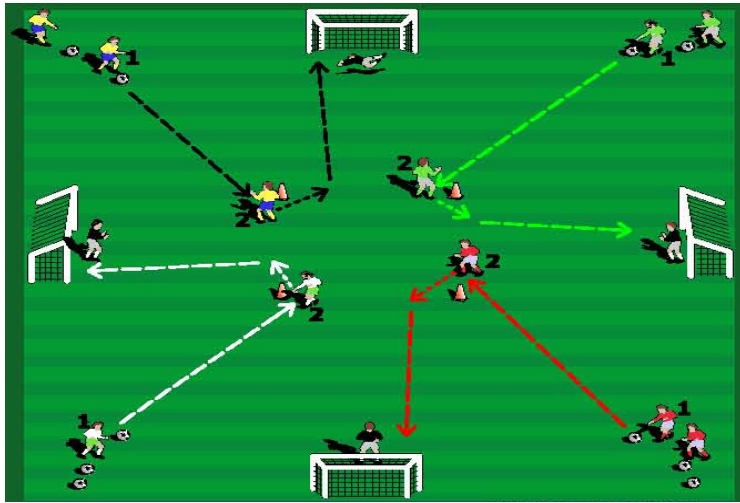
Instructions:  
Pass in sequence and Move. Player 1 passes to Player 2, P2 passes to P3, and so on. P5 passes to P1.  
Progression - Add 2nd and 3rd ball. How many balls can we keep?

Key Points:

1. First touch control
2. Accuracy of pass
3. Body behind the ball
4. Attack the ball
5. Pace and weight of pass
6. Head up (Awareness)
7. Near support in front and behind (Distance & Angles)



# TRAINING ACTIVITY 2



Set-up:  
4 Goal Pass, Control, and Shoot 2

Instructions:

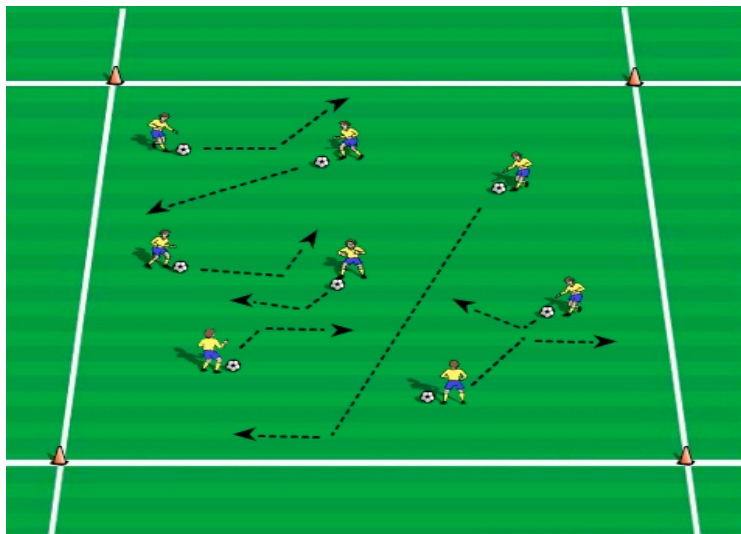
Player 1 in each group passes to Player 2. Player 2 controls the ball with a touch across the face of the cone and runs around the other side of the cone to shoot at goal. Passer become the shooter. Repeats as soon as Player 1 gets the shot off. Progress and work the left side.

Key Points:

1. Message in the pass
2. Weight of the pass
3. First touch control
4. Eye on ball/Head down
5. Part of foot and ball
6. Follow through

## GAME TIME: LET'S PLAY SOCCER!

## TRAINING ACTIVITY 1



### Set-up:

Each player dribbles their ball throughout a 15 x 20 yard gridded area. Structure grid size smaller or larger based on the number of players present. Ideally you want players to have spaces available to run into as the exercise progresses.

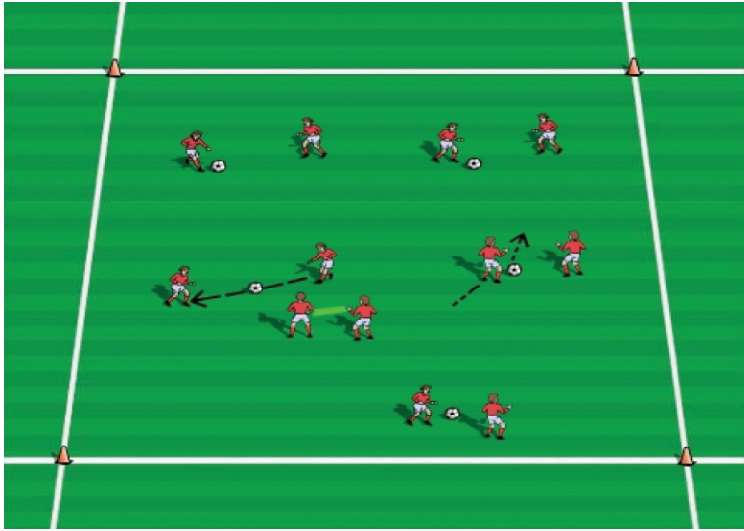
### Instructions:

Players try to tag the other players within the grid. Once tagged, that player holds that area of the body tagged while dribbling the ball yet still attempting to tag others. As the player is tagged a second time, they must continue dribbling while holding both tagged areas. When the player is tagged a third time, they move to the outside of the grid and completes an exercise before rejoining the group. Example: 5 juggles or ball taps.

### Key Points:

1. Try to sneak up on other players.
2. Keep the ball tight to the foot
3. Eyes up seeing ball
4. Avoid running into each other

## TRAINING ACTIVITY 2



Set- up:

Players are arranged in pairs with one ball. Two players are “it” and must hold a vest between them.

Instructions:

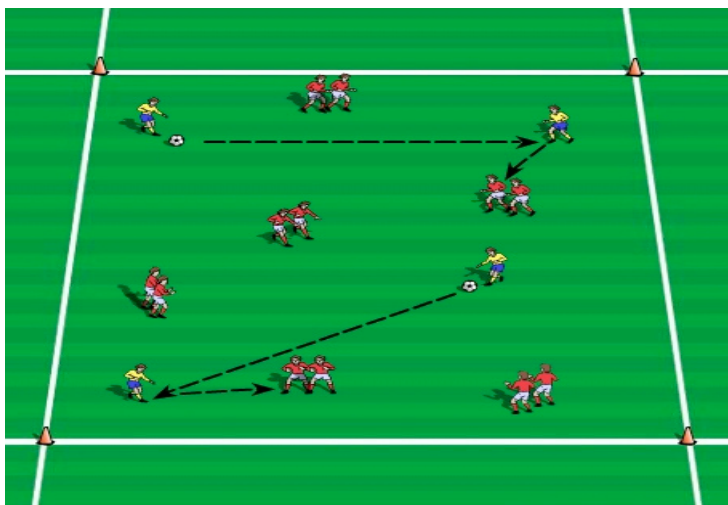
The “it” must attempt to tag any player in possession of a ball. Players must move around the playing area dribbling and passing their ball with their partner. Players that are tagged become “it”. Switch the “it” after each round of play.

Key Points:

1. Keep the ball moving
2. See the ball/see the players
3. Eye contact /communication
4. Accuracy, Pace, and weight of pass
5. Part of foot and ball

### GAME TIME: LET'S PLAY SOCCER!

## TRAINING ACTIVITY 1



### Set-up:

Appoint two groups of two players to be it. These players will have one ball between each group. All other players interlock elbows moving as a pair, without balls. Grid size should be approximately 20 x 20 yards.

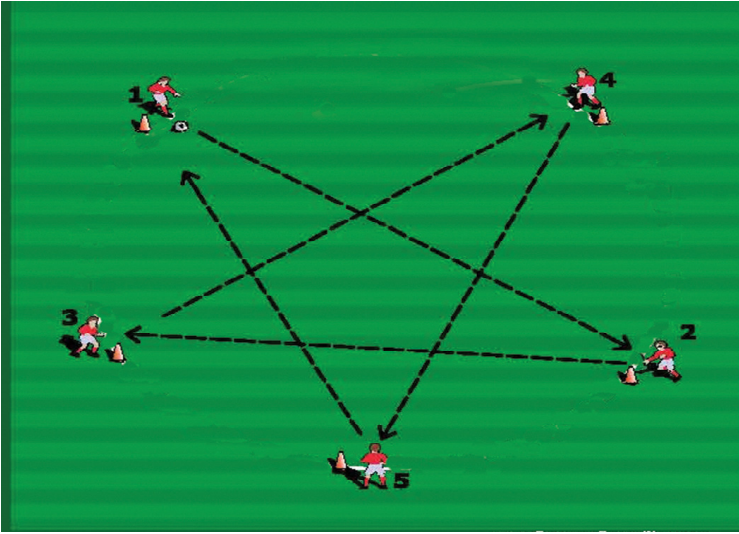
### Instructions:

Each group will dribble around the grid trying to get close to the double headed snakes. Players will pass the ball from varying distances within the grid and try and hit the double headed snake below the knees. The snake catchers must hit the double headed snake off of a one time pass. Once a team has been hit, those players must do 10 ball taps outside the grid before reentering the game. Switch players so everyone has a chance to be the snake catcher.

### Key Points:

1. Keep close control of the ball
2. Eyes up seeing ball and men
3. Contact on the ball

# TRAINING ACTIVITY 2



Set-up: See diagram.

Instructions:

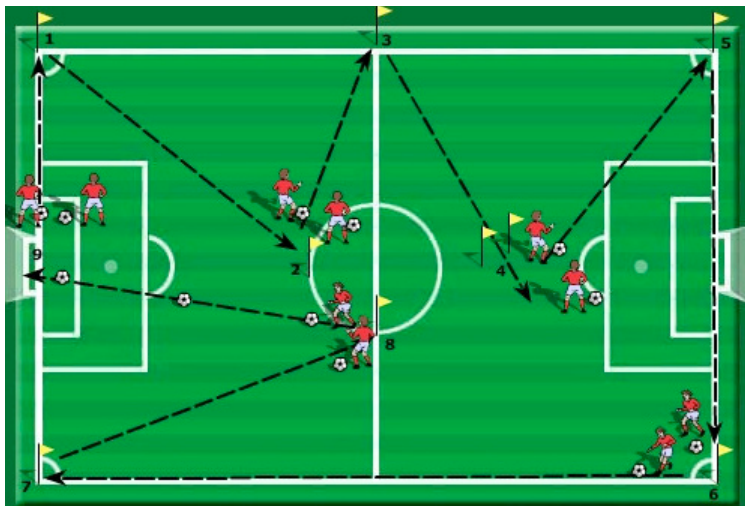
Pass in sequence. Player 1 passes to Player 2, P2 passes to P3, & so on. P5 passes to P1. Progression - Add 2nd & 3rd ball. How many balls can we keep?

Key Points:

1. Pace & weight of pass
2. Accuracy of pass
- 3 Body behind the ball
4. Attack the ball
5. First touch control
6. Head up (Awareness)

## GAME TIME: LET'S PLAY SOCCER!

## TRAINING ACTIVITY 1



### Set-up:

Two players form a group. Each player has a ball. Coach utilizes various objects as designated holes (goal posts, cones, garbage can, flags, side of the net, etc.) over the entire field.

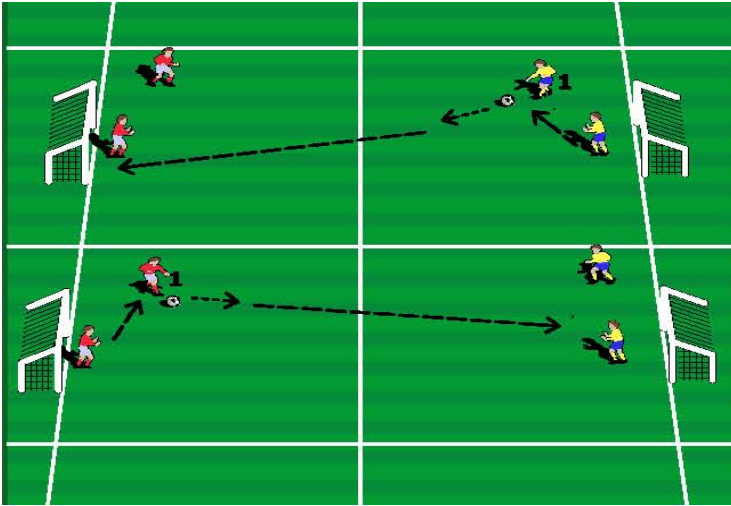
### Instructions:

Each player sees how many times it takes him to kick the ball and hit the hole with the ball. Each contact on the ball counts as a stroke. The player with the lowest stroke average per hole receives one point. The player with the most points wins. A variation is to count total strokes to determine the winner. Make the last hole a challenge (Example-hitting the cross bar).

### Key Points:

1. Communication between teammates
2. Accuracy of passing
3. Concentration
4. Weight of passes

# TRAINING ACTIVITY 2



Set up:  
“Striking the Ball” - Shooting 2v2 Strikers

## Instructions:

Goalkeeper initiates play by passing to Player 1. Player 1 opens up on first touch and shoots at goal. Goals can only be scored from your own half of the working area. Rotate Goalkeepers regularly.

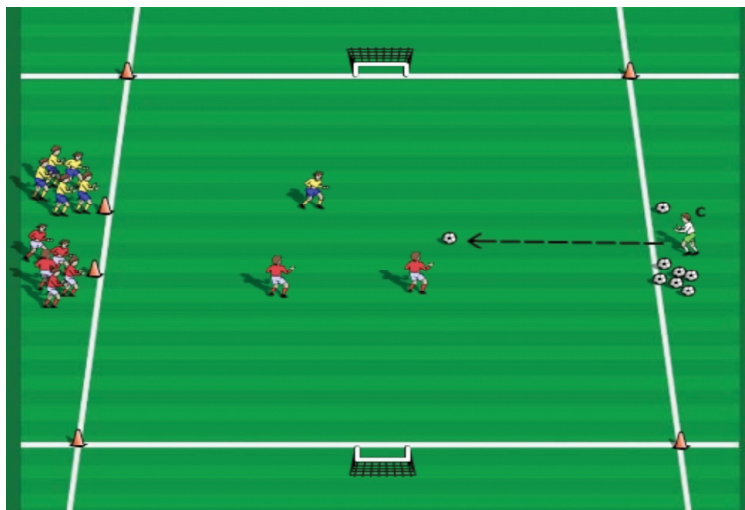
## Key Points:

1. First touch control
2. See target
3. Eye on ball/Head down
4. Part of ball
5. Part of foot
6. Follow through

**GAME TIME: LET'S PLAY SOCCER!**



## TRAINING ACTIVITY 1



### Set Up:

Two teams are organized as shown. A supply of balls is placed next to the coach as shown. Mini goals are placed at each end of the playing area.

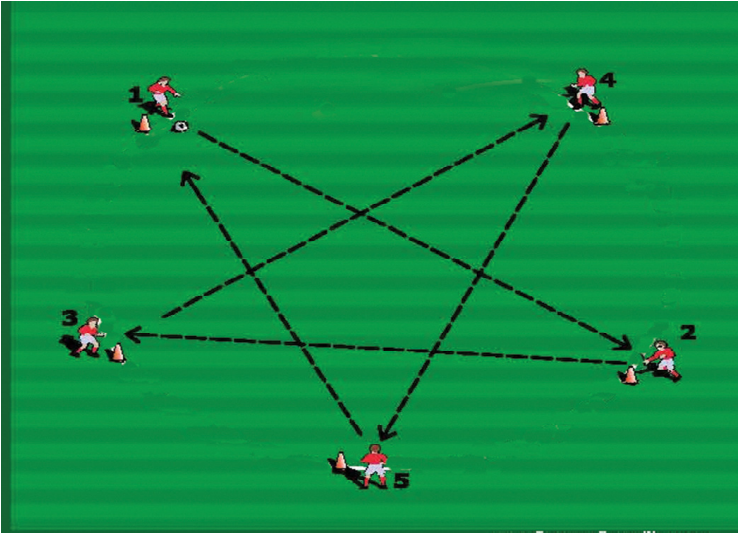
### Instructions:

The coach serves a ball into the playing area and calls out a color – red or yellow. If the coach calls “red” two red players must run into the grid with 1 yellow – this creates a 2v1 situation. The red players act as attackers and the yellow player acts as the defender. The red attackers must attempt to score in their opponent’s mini goal. Play is continuous for a designated period of time or for a predetermined number of goals.

### Progressions:

1. Increase numbers to 2v2
2. Increase numbers to 3v3
3. Final phase 4v4

# TRAINING ACTIVITY 2



Set-up: See diagram

Instructions:

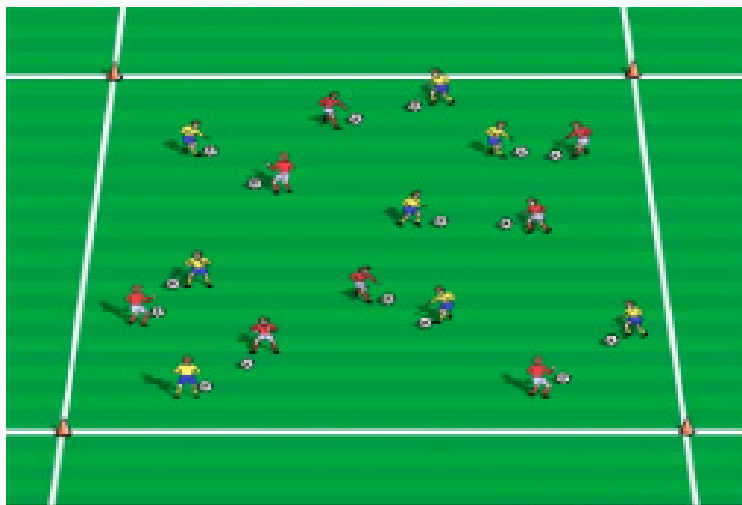
Pass in sequence. Player 1 passes to Player 2, P2 passes to P3, & so on. P5 passes to P1. Progression - Add 2nd & 3rd ball. How many balls can we keep?

Key Points:

1. Pace & weight of pass
2. Accuracy of pass
- 3 Body behind the ball
4. Attack the ball
5. 1st touch control
6. Head up (Awareness)

## GAME TIME: LET'S PLAY SOCCER!

## TRAINING ACTIVITY 1



**Set Up:**  
All players have a ball in a 20 x 20 yard grid.

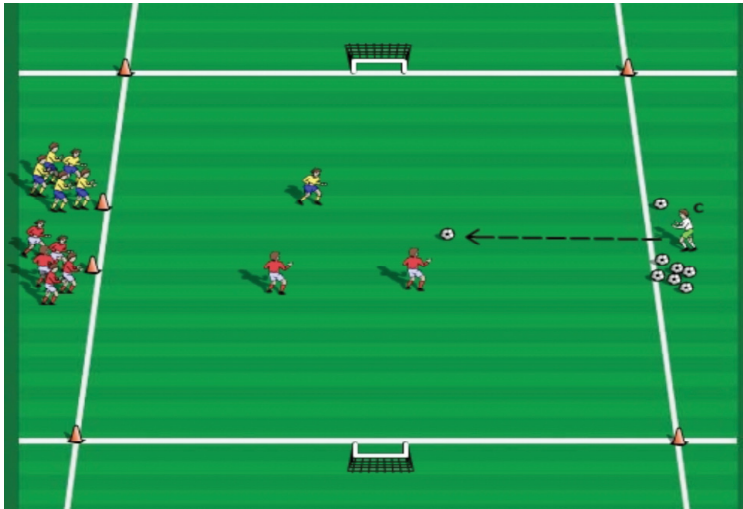
**Instructions:**  
Coach has players dribbling randomly in a grided space. As players come within a yard of another player they must put on a move putting the ball in the opposite direction. Player must turn and explode away from the opposing player while in control of their ball.

**Key Points:**

1. Improve vision and field awareness
2. Decision making with the ball
3. Cutting
4. Moves
5. Speed dribbling
6. Body control
7. Quick acceleration

## TRAINING ACTIVITY 2

# Week Thirteen - DRIBBLING



### Set Up:

Two teams are organized as shown. A supply of balls is placed next to the coach as shown. Mini goals are placed at each end of the playing area.

### Instructions:

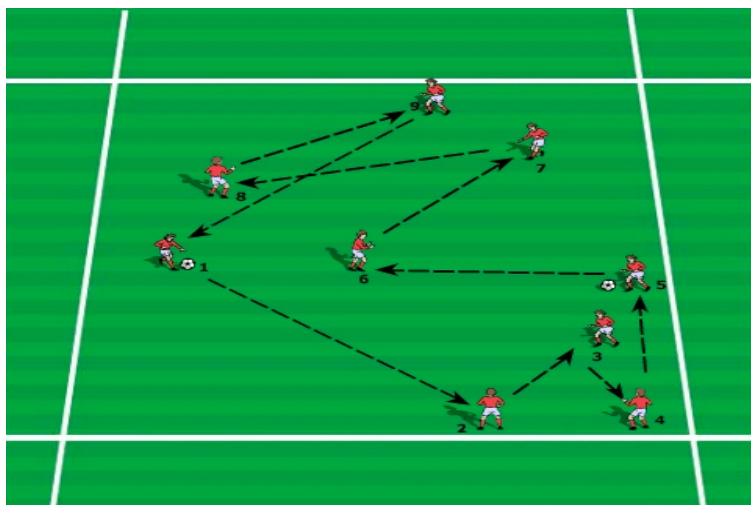
The coach serves a ball into the playing area and calls out a color – red or yellow. If the coach calls “red” two red players must run into the grid with 1 yellow – this creates a 2v1 situation. The red players act as attackers and the yellow player acts as the defender. The red attackers must attempt to score in their opponent’s mini goal. Play is continuous for a designated period of time or for a predetermined number of goals.

### Progressions:

1. Increase numbers to 2v2
2. Increase numbers to 3v3
3. Final phase 4v4

**GAME TIME: LET'S PLAY SOCCER!**

## TRAINING ACTIVITY 1



### Set-up:

Players are to be numbered 1- 18 or however many players you have on your squad. Two or three balls are adequate depending on the player's skill level. Players randomly spread out while remembering their numerical order.

### Instructions:

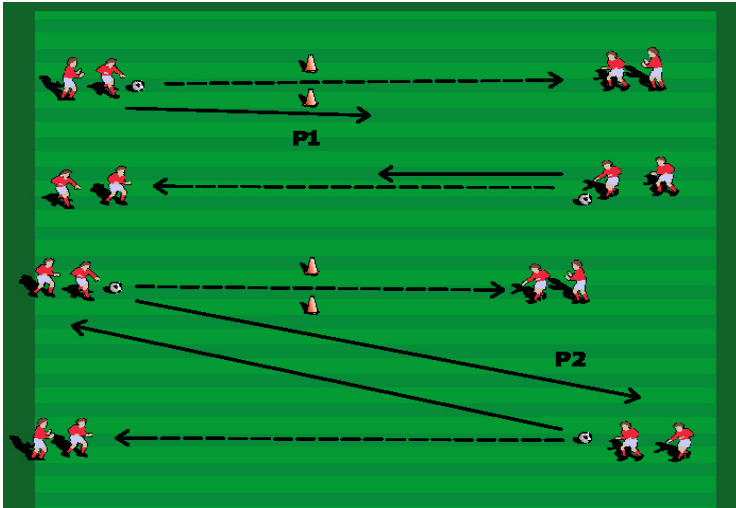
Players #1 and #5 start off with the ball. The ball is passed from player to player based on the next sequential number. One may start this exercise off in the player's hands in order to insure the exercise doesn't break down. A coach may add more balls evenly spaced within the team. Add touch limitations to the exercise to increase the difficulty. Remember that one touch is to enhance a teams ability to pass, two touches restriction emphasizes a players preparation touch and passing, three touches emphasizes receiving, passing and dribbling.

### Key Points:

1. Communication between teammates
2. Timing of runs

# TRAINING ACTIVITY 2

## Week Fourteen - Passing



Set-up: See Diagram

Instructions:

P1 -Pass and Follow. Option to use target to highlight accuracy and/or create competition (e.g. How many goals can each group score in 2 minutes?)

P2 -Pass Straight and Move Diagonally. Again, target is optional.

Variations/Progressions:

- 1) Tighten area and progress to 1-touch.
- 2) Use same set up to introduce set-ups, take-overs, and/or wall passes.

Key Points:

1. Accuracy/Pace/Weight of pass
2. Attack the ball, Body behind the ball
3. 1st touch control

## GAME TIME: LET'S PLAY SOCCER!

## TRAINING ACTIVITY 1



Set-up: See diagram

Instructions:

Using cones, set up a small area (measuring 5-10 yards square, depending on the level of your players). Have two teammates start on one side of the square, and two opponents on the other. Place a ball in the middle of the area (use a distinctly-coloured ball if possible), and have each player start with a ball as well.

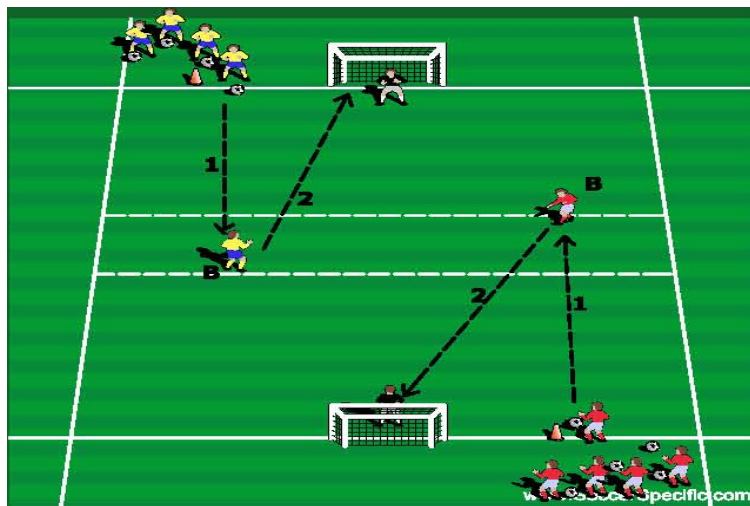
When you say “Go!”, players attempt to knock the target ball across their opponents’ boundary line by passing or shooting their balls into the target ball. They can collect any balls from the area that have stopped rolling and bring them back out of the square to try hitting the target ball again. Play until one of the teams has won, switch sides, and play again.

Key Points:

1. See the ball
2. Eye on ball/Head down
3. Part of foot and ball



## TRAINING ACTIVITY 2



### Set-up:

Two groups of players are positioned at either end of a 30 yard grid as shown. A “target” player (B) is positioned in the central channel as shown.

### Instructions:

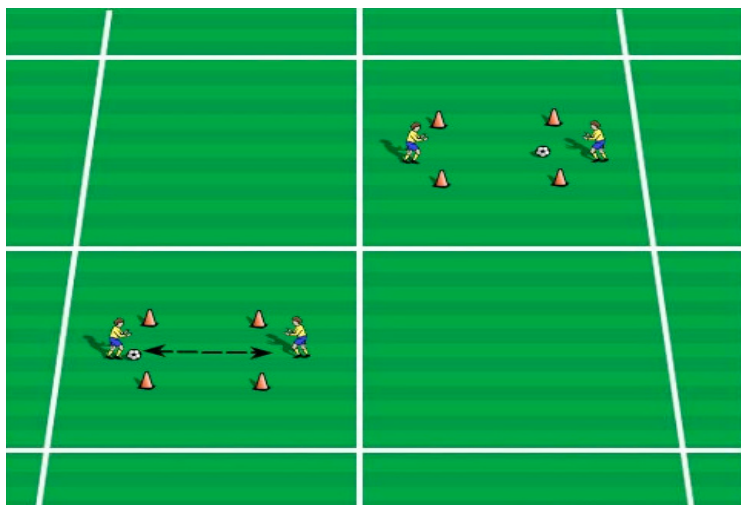
Player (A) passes to (B). Player (B) must control the ball with 1-touch and shoot with the second touch into the goal he/she is facing. Player (A) follows his pass and gets ready to receive from next player in line. Red work to one goal and the yellows work to the other. The ball must be received and shot from within the 5 yard wide central zone.

### Key Points:

1. Firm initial pass. Player (B) should perform an “opposite” movement / check away prior to receiving the pass.
2. Quality of first-touch to receive ball

**GAME TIME: LET'S PLAY SOCCER!**

## TRAINING ACTIVITY 1



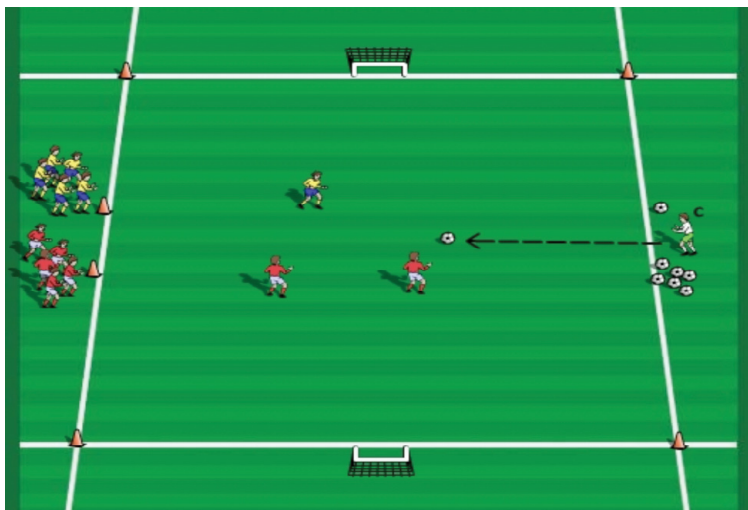
**Set-up:**  
 10 x 10 yard grid with 4 cones positioned as shown. The cones are placed to create a square in the middle of the grid. Players work in pairs with one ball. Repeat setup to accommodate the entire team.

**Instructions:**  
 Players must try to play the ball back and forth through the middle of the square using one-touch passing. Each pass must be along the ground. Points are awarded for each successful pass that travels through the middle of the grid. Players attempt to get as many passes as possible in the designated time.

**Key Points:**

1. Players should try to develop a rhythm with their passing.
2. Accuracy and weight of the pass are equally important.
3. Strike through the middle of the ball with the inside of the foot.

## TRAINING ACTIVITY 2



### Set Up:

Two teams are organized as shown. A supply of balls is placed next to the coach as shown. Mini goals are placed at each end of the playing area.

### Instructions:

The coach serves a ball into the playing area and calls out a color – red or yellow. If the coach calls “red” two red players must run into the grid with 1 yellow – this creates a 2v1 situation. The red players act as attackers and the yellow player acts as the defender. The red attackers must attempt to score in their opponent’s mini goal. Play is continuous for a designated period of time or for a predetermined number of goals.

### Progressions:

1. Increase numbers to 2v2
2. Increase numbers to 3v3
3. Final phase 4v4

**GAME TIME: LET’S PLAY SOCCER!**