

# NORTHSHORE YOUTH SOCCER ASSOCIATION

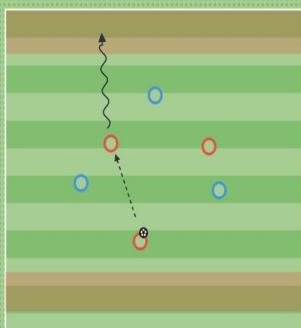


## U9 & U10 PLAYING 7 A-SIDE

**TOPIC - 1 v 1 - To Penetrate**

**DURATION - 75 Minutes**

### 1st PLAY PHASE



**OBJECTIVE - Introduction to session topic.**

#### ORGANIZATION

**Field Size:** 30x20 yards for 3v3 with 5yrd end zones.  
**Duration:** 20 minutes. Include two short breaks. Make sure to rotate teams after each break.

Players score a point by dribbling into end zone.  
 - Split end zone into thirds. Middle third worth 2 points /  
 Two outside thirds worth 1 point.

Allow "Free Play". Try not to coach during this time.  
 Ask guided questions about their play during the breaks.

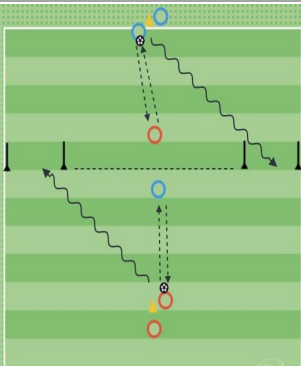
#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Take up space; Praise good dribbling moves that avoid or bypass the defenders

**Guided Questions** - When do you take up space? ;  
 What two things can you change so you can avoid /bypass an opponent?

**Answer** - When open space available ; Direction and speed

### PRACTICE PHASE



**OBJECTIVE - Introduce skill moves to get in-behind defender.**

#### ORGANIZATION

**Field Size:** 20x30yds, 3yrd gates at the 15yrd mark.  
**Duration:** 35 minutes

Attacker starts by playing a 1-2 with defender. The attacker must try to dribble through either of the gates to score a point. If defender wins the ball, they may dribble past the opponent end line to score a point.

- Focus on awareness of space and a change of direction if gate is not available.  
 - Add a goal on end lines, which becomes unlocked once attacker dribbles through gate.

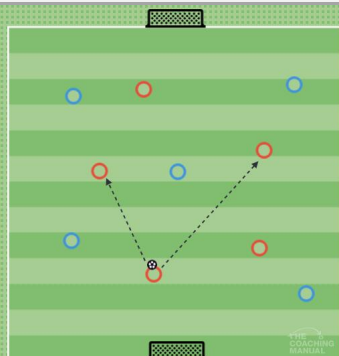
#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - First touch ; Escape touch ; Feint/Fakes

**Guided Questions** - How do you dribble slower or faster? ; Why do you use feint or fakes?

**Answers** - Smaller touches / longer touches ;  
 To destabilize defender and open up space to penetrate.

### 2nd PLAY PHASE



**OBJECTIVE - Practice applying skill moves within larger game.**

#### ORGANIZATION

**Field Size:** 40x30 yards with two goals.  
**Duration:** 20 minutes Include a 5 minute 'Halftime'

Play 5v5/6v6

Use the laws of the game according to NYSA.

Coach within the flow of the game. Try not to stop their play.

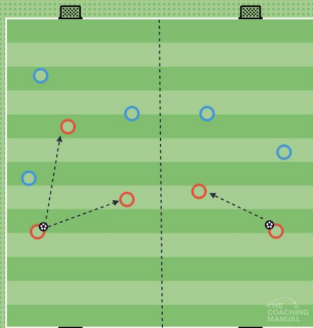
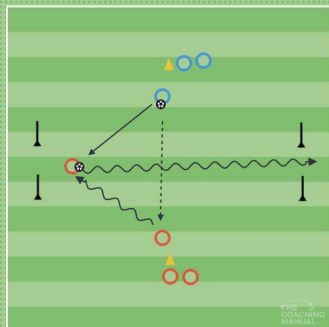
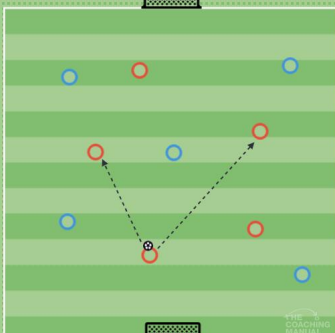
#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Praise good dribbling moves and quality first touches

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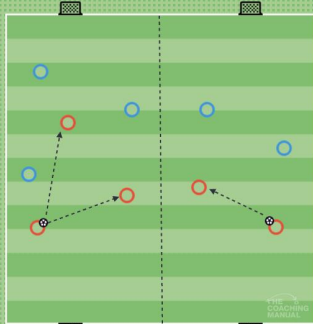
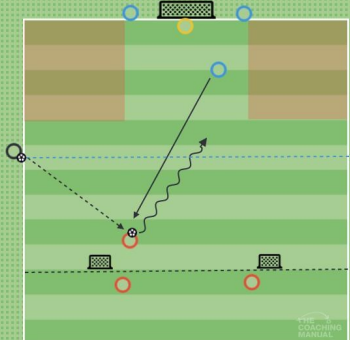
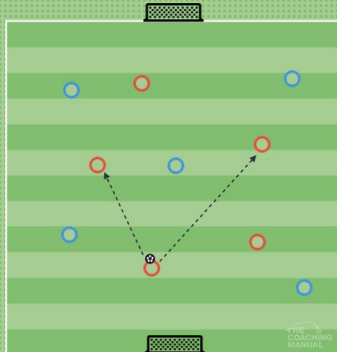
## U9 & U10 PLAYING 7 A-SIDE

TOPIC - Shielding and Turning		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	<b>OBJECTIVE - Introduce session topic.</b>		
	<b>ORGANIZATION</b>  Field Size: 20x30 yards for 2v2 and 30x20 yards for 3v3 with two small goals. Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break.  Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.	<b>KEY WORDS &amp; GUIDED QUESTIONS</b>  Key Words - Protect ball ; Turn away from pressure  Guided Questions - When do you turn away from pressure? How can you escape when shielding the ball from defender?  Answer - When you cannot bypass the opponent ; Using a double movement e.g. fake or skill/trick move.	
<div>PRACTICE PHASE</div> 	<b>OBJECTIVE - Recognize when to shield ball and how to escape pressure.</b>		
	<b>ORGANIZATION</b>  Field Size: 20x15 with 2 gates; 3yards wide one gate on each side of square field. Duration: 35 minutes  Defender plays pass across to the Attacking team. Attacking team may dribble through either of the gates to score. If defender wins the ball, they must also dribble through a gate to gain a point. - 10 points if attacker stays on the ball for 10 seconds before scoring - Introduce 2v2 for progression	<b>KEY WORDS &amp; GUIDED QUESTIONS</b>  Key Words - Shielding the ball from opponent; escape touch  Guided Questions - Where do you position your body so ball is far from opponent? ; What direction will your escape touch move ball?  Answers - In between ball and opponent ; Away from pressure and toward an open space or goal	
<div>2nd PLAY PHASE</div> 	<b>OBJECTIVE - Practice applying shielding and turning skills within larger game.</b>		
	<b>ORGANIZATION</b>  Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’  Play 5v5/6v6  Use the laws of the game according to NYSA.  Coach within the flow of the game. Try not to stop their play.	<b>KEY WORDS &amp; GUIDED QUESTIONS</b>  Key Words - Praise good turns and escape touches with the ball. Praise players who pass ball away from shielding situation. Encourage players when they turn away from pressure.	

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## U9 & U10 PLAYING 7 A-SIDE

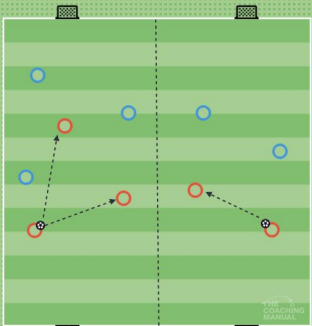
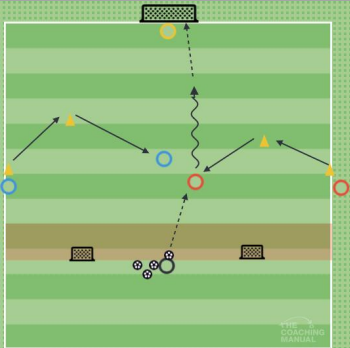
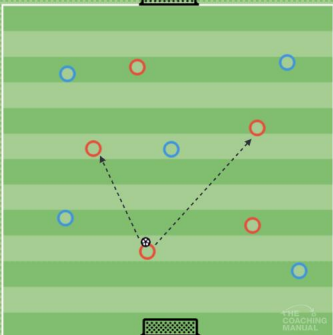
TOPIC - 1 v 1 - Deny Penetration		DURATION - 75 Minutes			
<div>1st PLAY PHASE</div> 		<div>OBJECTIVE - Introduce session topic.</div> <div>ORGANIZATION</div> <p>Field Size: 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals. Duration: 20 minutes. Include two short breaks. Make sure to 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>		<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p>Key Words - Pressure , Cover</p> <p>Guided Questions - Who should provide pressure on ball carrier? What is your job as the first defender?</p> <p>Answers - The closest player to the ball ; delay the attack of opponent by forcing ball sideways or backward</p>	
<div>PRACTICE PHASE</div> 		<div>OBJECTIVE - Introduce pressure, surfer stance, tackling, and counter attack.</div> <div>ORGANIZATION</div> <p>Field Size: 20x15yds, 1 main goal, 2 counter goals Duration: 35 minutes</p> <p>Ball passed to attacker, with defender closing down quickly. Defender, jockeys attacker until they are in their own half. Once in defensive half, defender may steal ball if possible and counter on small goals or force attacker into corner areas of the field away from goal. Attacker aims to find space to shoot or get beyond defender.</p> <p>- Pressure quickly, arched run, choppy feet, bend knees for low center of gravity. / Patience</p>		<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p>Key Words - Pressure, Surfer Stance, Delay, Block Tackle</p> <p>Guided Questions - How do you apply pressure to ball carrier? ; When should you try to make a tackle? ; After a steal, what should you do?</p> <p>Answers - Quickly and under control ; When opponent makes mistake or eyes look down at the ball ; Try to counter attack to score a goal</p>	
<div>2nd PLAY PHASE</div> 		<div>OBJECTIVE - Practice applying individual defending concepts.</div> <div>ORGANIZATION</div> <p>Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’</p> <p>Play 5v5/6v6</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>		<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p>Key Words - Praise players for quick pressure on ball, praise players for clean tackles on ball, encourage teams to get into a compact shape when applying pressure on ball carrier</p>	



# NORTHSHORE YOUTH SOCCER ASSOCIATION



## U9 & U10 PLAYING 7 A-SIDE

TOPIC - 1 v 1 Defending from Behind		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	<b>OBJECTIVE</b> —Introduce session topic.		
	<b>ORGANIZATION</b> <p><b>Field Size:</b> 20x30 yards for 2v2 and 30x20 yards for 3v3 with two small goals. <b>Duration:</b> 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>	<b>KEY WORDS &amp; GUIDED QUESTIONS</b> <p><b>Key Words</b> – Tight to opponent, Goal-Side</p> <p><b>Guided Questions</b> - What does it mean to be goal side of opponent? ; Why should you be close or tight to an opponent?</p> <p><b>Answer</b> - In between the opponent and your defending goal ; To prevent the attacker from turning to face your defending goal AND apply immediate pressure when ball arrives to opponent.</p>	
<div>PRACTICE PHASE</div> 	<b>OBJECTIVE</b> - Introduce defending from behind situation.		
	<b>ORGANIZATION</b> <p><b>Field Size:</b> 20x20 yards with a main goal and a 5 yard end zone with 2 counter goals. <b>Duration:</b> 35 minutes</p> <p>Players split into attacking team and defending team placed on opposite sides. To start both will run around the cone (attacker cone is closer) and enter into the playing area. The attacking player will receives a pass from the coach and try to turn to score. The defending player will try to win the ball and counter into the end zone and score on one of the small goals.</p>	<b>KEY WORDS &amp; GUIDED QUESTIONS</b> <p><b>Key Words</b> - Close Space, Delay Attack, Tackle</p> <p><b>Guided Questions</b> - Which direction must ball carrier go to delay their attack? ; When you close space you move quickly and what? ; When do you make tackle on ball?</p> <p><b>Answer</b> - Toward sideline or away from defending goal ; Under control so to keep attacker in front of you ; When a mistake is made or eyes of ball carrier go down to ball.</p>	
<div>2nd PLAY PHASE</div> 	<b>OBJECTIVE</b> - Practice application of defending from behind concepts.		
	<b>ORGANIZATION</b> <p><b>Field Size:</b> 40x30 yards with two goals. <b>Duration:</b> 20 minutes Include a 5 minute ‘Halftime’</p> <p>Play 5v5/6v6</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>	<b>KEY WORDS &amp; GUIDED QUESTIONS</b> <p><b>Key Words</b> - Praise good closing of space by defending team, praise player for well timed steals of ball, encourage players to counter attack in forward direction as soon as possible.</p>	

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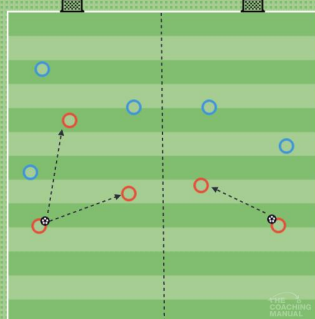


## U9 & U10 PLAYING 7 A-SIDE

**TOPIC - Short Range Passing and First Touch**

**DURATION - 75 Minutes**

### 1st PLAY PHASE



**OBJECTIVE - Introduce session topic.**

#### ORGANIZATION

**Field Size:** 20x30 yards for 2v2 and 30x20 yards for 3v3 with two small goals.

**Duration:** 20 minutes. Include two short breaks. Make sure to rotate teams after each break.

Allow "Free Play". Try not to coach during this time. Ask guided questions about their play during the breaks.

#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Inside/outside/laces passing, Receiving pass

**Guided Questions** - What surface of your foot do you use to make 1)Accurate 2)Disguised 3)Longer passes? ; Where do you put your body so that you are able to block ball with your feet? What is the purpose of your first touch?

**Answer - 1)** Inside **2)** Outside **3)** Laces ; In path of rolling ball ; Bring ball under your control and set up for dribbling or passing

### PRACTICE PHASE



**OBJECTIVE - Introduce passing and receiving concepts.**

#### ORGANIZATION

**Field Size:** 20x15 yards; Two small goals and an end line. Center cone placed 10yards from defender.

**Duration:** 35 minutes

Defender plays a pass into Attacker A, who has moved away from center cone to receive. Attacker A, plays a pass to Attacker B at the top of the grid. Once Attacker B receives the ball, the game is live, with Attackers A and B creating 2v1 against the defender with the aim of scoring on either of the small goals / gates. \*If defender wins the ball, they may dribble through the end line.\*

- Add a defender on the middle cone to create 2v2

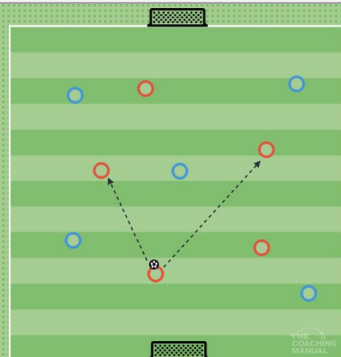
#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Communication: Eye Contact, Voice, Movement ; Accurate Pass

**Guided Questions** - When do you pass the ball? How do you show your teammate where the open space is? How do you disguise your pass from defender?

**Answer** - When teammate is in space and ready to receive; Movement into space ; Use outside of foot

### 2nd PLAY PHASE



**OBJECTIVE - Practice application of passing and receiving concepts.**

#### ORGANIZATION

**Field Size:** 40x30 yards with two goals.

**Duration:** 20 minutes Include a 5 minute 'Halftime'

Play 5v5/6v6

Use the laws of the game according to NYSA.

Coach within the flow of the game. Try not to stop their play.

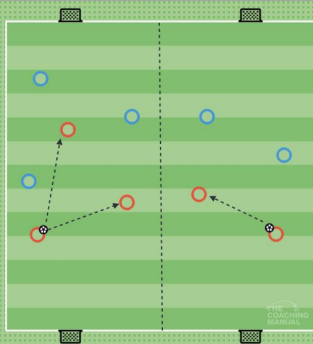
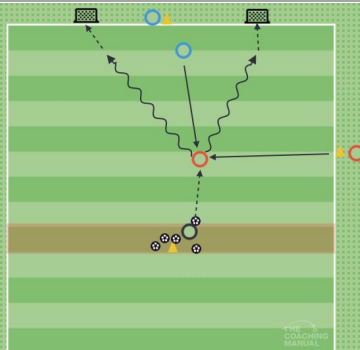
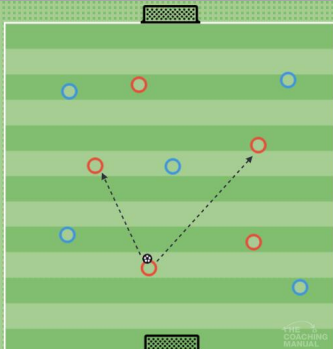
#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Praise players for successful passes, praise players for off-the-ball movement, praise players for quality receiving touches.

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## U9 & U10 PLAYING 7 A-SIDE

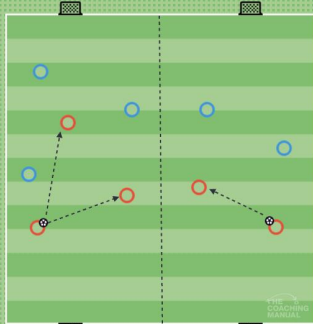

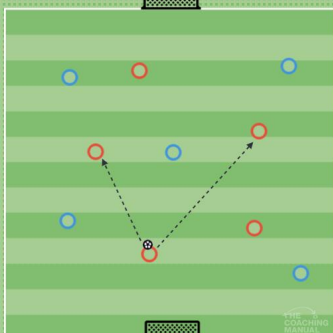
TOPIC - Receiving to Turn		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	<b>OBJECTIVE - Introduce session topic.</b>		
	<div>ORGANIZATION</div> <p><b>Field Size:</b> 20x30 yards for 2v2 and 30x20 yards for 3v3 with two small goals.</p> <p><b>Duration: 20 minutes.</b> Include two short breaks. Make 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>	<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p><b>Key Words</b> - Body Shape, First Touch</p> <p><b>Guided Questions</b> - How do you know where the defenders are positioned? ; Where does your first touch take you?</p> <p><b>Answer</b> - Have body open to field, Look ; Away from defender or into open space.</p>	
<div>PRACTICE PHASE</div> 	<b>OBJECTIVE - Practice receiving ball in different body positions.</b>		
	<div>ORGANIZATION</div> <p><b>Field Size:</b> 20x15 yards; Two small goals 3 yard end zone. Balls placed at the top of the grid.</p> <p><b>Duration: 35 minutes</b></p> <p>Attacker races out to receive a ball from the coach / teammate, turns, and attacks either of the two small goals/gates. If Defender wins the ball, they may dribble into the end zone to score a point. Progress to 2v1 / 2v2.</p> <ul style="list-style-type: none"><li>- Begin by playing pass into coach and receiving it back</li><li>- Vary the first touch e.g. inside/outside foot , drag back etc.</li></ul>	<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p><b>Key Words</b> - Body Shape, Head Check, Escape Touch</p> <p><b>Guided Questions</b> - What three corners of the field must you be able to see when you receive a pass? ; Do you need to turn every time you receive the ball? ; How do you know where defenders are around you?</p> <p><b>Answer</b> - Two attacking corners and one defending corner ; Look over shoulder.</p>	
<div>2nd PLAY PHASE</div> 	<b>OBJECTIVE - Application of receiving to turn with ball.</b>		
	<div>ORGANIZATION</div> <p><b>Field Size:</b> 40x30 yards with two goals.</p> <p><b>Duration: 20 minutes</b> Include a 5 minute ‘Halftime’</p> <p>Play 5v5/6v6</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>	<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p><b>Key Words</b> - Praise players for proper receiving body shape, praise players for turning when appropriate, encourage players to turn and bypass an opponent with one touch</p>	



# NORTHSHORE YOUTH SOCCER ASSOCIATION



## U9 & U10 PLAYING 7 A-SIDE

TOPIC - Inside of the Foot		DURATION - 75 Minutes		
<div>1st PLAY PHASE</div> 		<div>OBJECTIVE - Introduce session topic.</div> <div>ORGANIZATION</div> <p>Field Size: 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals. Duration: 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>		<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p>Key Words - Finishing Plays</p> <p>Guided Questions - What surface on your foot allows for an accurate shot on goal?</p> <p>Answers - Inside of your foot: Passing technique to finish on goal.</p>
<div>PRACTICE PHASE</div> 		<div>OBJECTIVE -Practice finishing using the inside of the foot</div> <div>ORGANIZATION</div> <p>Field Size: 15 x20 yards, 3yrd gates, two small side goals Duration: 35 minutes</p> <p>Defender plays pass across to the Attacking team. Attacking team may dribble through either of the gates before looking to score on goal. If defender wins the ball, they must also dribble through a gate to gain a point.</p> <ul style="list-style-type: none"><li>- Finish on goal must be with the inside of the foot</li><li>- Create 2v1 by adding another attacking player. A pass must be played through gate before finishing on goal.</li><li>- Introduce Goal Keepers into the game</li></ul>		<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p>Key Words - Accurate finishing, Standing leg, Hips, Inside of foot</p> <p>Guided Questions - Where does your standing leg point when you are finishing? ; Where do you shoot the ball?</p> <p>Answer– At my target, the goal ; To open side of goal, To the corner of goal, Away from goal keeper,</p>
<div>2nd PLAY PHASE</div> 		<div>OBJECTIVE - Application of accurate finishing during a game situation.</div> <div>ORGANIZATION</div> <p>Field Size: 40x30 yards with two goals. Duration: 20 minutes Include a 5 minute ‘Halftime’</p> <p>Play 5v5/6v6</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>		<div>KEY WORDS &amp; GUIDED QUESTIONS</div> <p>Key Words - Praise players for good finishing around the goal, praise players for accurate shots from a longer distance, encourage players that get rebounded shots and are able to score.</p>

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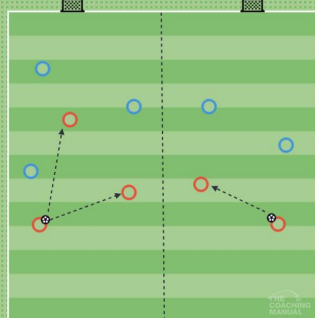


## U9 & U10 PLAYING 7 A-SIDE

**TOPIC - Striking with the Instep**

**DURATION - 75 Minutes**

### 1st PLAY PHASE



**OBJECTIVE - Introduce shooting.**

#### ORGANIZATION

**Field Size:** 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals.

**Duration:** 20 minutes. Include two short breaks. Make sure to rotate teams after each break.

Allow "Free Play". Try not to coach during this time. Ask guided questions about their play during the breaks.

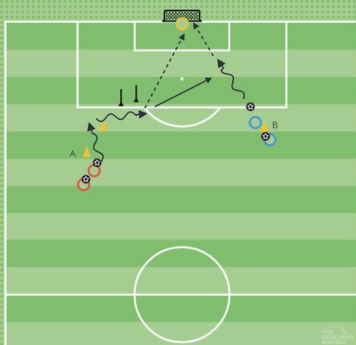
#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Laces ball striking, Finishing plays with shots on goal,

**Guided Questions** - What surface of your foot gives you the most accuracy in your shot?

**Answer** - Using the inside / instep of the foot

### PRACTICE PHASE



**OBJECTIVE - Practice striking with the instep when finishing**

#### ORGANIZATION

**Field Size:** 25x20 yards. 1 main goal, 3 cone slalom

**Duration:** 35 minutes

(7min rounds before switching groups)

First player from group A slalom dribbles through cones before cutting inside and taking a shot at goal. Player A then becomes a defender against Player B. Once player A's shot has been taken, the first player in group B speed dribbles into box before finishing on goal.

\* Bonus point if goal is scored for group B players.\*

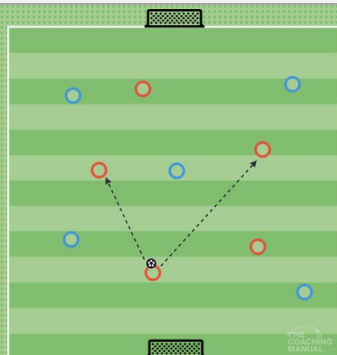
#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Set up touch, Standing Foot, Hip Direction, Exposing Laces to Ball

**Guided Questions** - When do you take a chance and shoot on goal? How can you avoid the opponents so you have a clear shot on the goal?

**Answer** - When there is an opening in defense ; Move ball to a different position to avoid defenders

### 2nd PLAY PHASE



**OBJECTIVE - Application of accurate shooting techniques.**

#### ORGANIZATION

**Field Size:** 40x30 yards with two goals.

**Duration:** 20 minutes Include a 5 minute 'Halftime'

Play 5v5/6v6

Use the laws of the game according to NYSA.

Coach within the flow of the game. Try not to stop their play.

#### KEY WORDS & GUIDED QUESTIONS

**Key Words** - Praise quality shots on goal, praise goals, encourage players to set up teammates to score goals through passing