

NORTHSHORE YOUTH SOCCER ASSOCIATION



U11-U12/9 A-SIDE TOPIC - 1v1 - TO PENETRATE



Goal - To improve the player's ability to take on their opponent and beat them.

Duration - 90 Minutes

1st PLAY PHASE



Objective - To focus on changing direction and speed.

Organization

Field Size - 30x20 yards for 3v3 with two small goals.

Play 3v3 or 4v4 for 15/20 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.

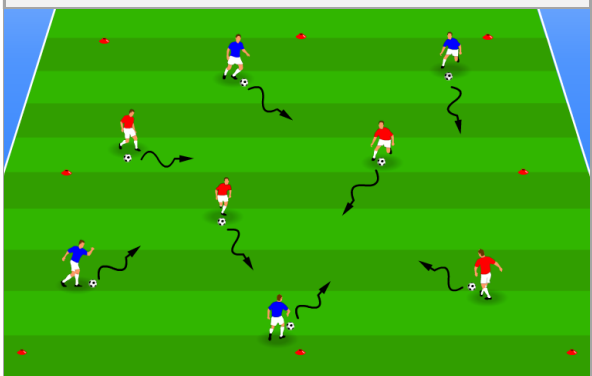
Key Words & Guided Questions

Key Words - Take up the space in front of you, change direction and speed.

Guided Questions - How do you keep the ball close to you? How do you dribble faster with the ball

Answers - Softer touches, By taking longer touches

PRACTICE PHASE



Objective - To focus on doing the techniques correctly.

Organization

Have everyone in the group with a ball dribbling around within a 20x20 yard playing area for 15 minutes. Work with the players on different techniques that enhance their individual footskills.

Continue with teaching one or two moves that relate to getting in behind an opponent.

Ball Skills - <https://youtu.be/UWcdcGCc9T0>
<https://youtu.be/VugZDdcKdKE>

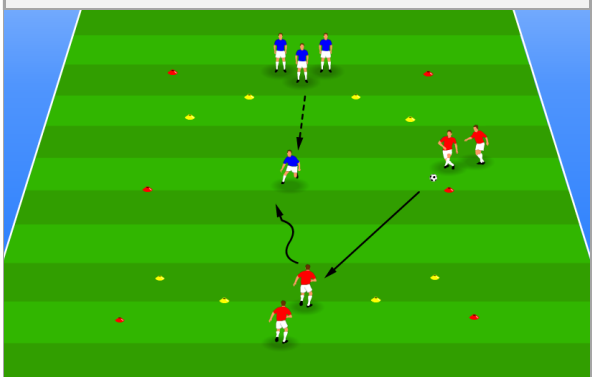
Key Words & Guided Questions

Key Words - Find space where there isn't anyone, head up, change direction and speed.

Guided Question - What's the difference between dribbling forward and dribbling to the side?

Answer - Using different parts of the feet.

PRACTICE PHASE



Objective - To work on getting in behind the opponent.

Organization

Field Size: 25x20 yard area with four gates inside each corner.

A player starts the activity by passing a ball to a teammate who attempts to dribble through one of the opponents two gates. If the defender is able to win the ball, they now counter towards the other two gates. Play 1v1, then 2v2 for 12 minutes each.

Make sure each player receives several opportunities to dribble against an opponent.

Key Words & Guided Questions

Key Words - Take up the space in front of you, change direction and speed, Look to get in behind.

Guided Question - How do you create space for yourself?

Answer - By getting the opponent to go a certain direction.

2nd PLAY PHASE



Objective - To know when to dribble, pass or shoot on goal.

Organization

Field Size - 45x35 yards with two goals.

Play 6v6/7v7 with keepers for 25 minutes. This includes a 5 minute "halftime".

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 - Dribble into space, change direction and speed, Look to get in behind, release the ball, Look to shoot.

Guided Question - What do you do when you find space?

Answer - Dribble or pass

NORTHSHORE YOUTH SOCCER ASSOCIATION



U11-U12/9 A-SIDE TOPIC - SHIELDING AND TURNING



Goal - To improve being able to turn with the ball under pressure.

Duration - 90 Minutes

1st PLAY PHASE



Objective - To give a head check before receiving the ball.

Duration - 15/20 Minutes

Organization

Field Size - 30x20 yards for 3v3 with two small goals.

Play 3v3 or 4v4 for 15 to 20 minutes. Include short breaks in between games. 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.

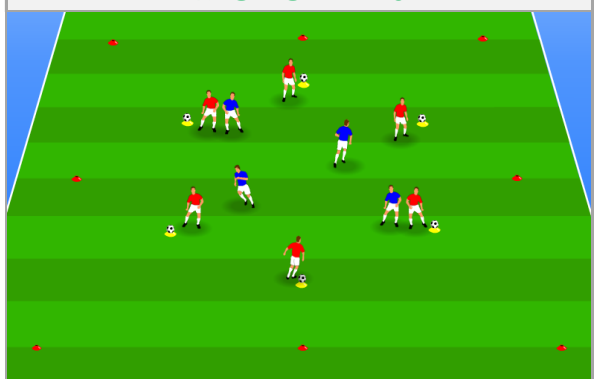
Key Words & Guided Questions

Key Words - Come to, turn, man on

Guided Question - How can you make sure the opponent isn't able to when the ball when you're shielding it?

Answer - Need to keep my body between the ball and the opponent.

PRACTICE PHASE



Objective - To work on shielding the ball correctly.

Duration - 15 Minutes

Organization

Mark out a 15 by 15 yard area. Place six balls on top of six cones in a pentagon shape.

In this activity, the players attempt to shield the ball while 4 players in the center attempt to knock one of the balls off from their cone. If they knock the ball off, they change places with that player who tries to displace someone else's ball.

Key Words & Guided Questions

Key Words - Keep your body between the ball and the opponent, Keep sideways on, Be strong on the ball.

Guided Question - How can you be successful in keeping possession of the ball.

Answer - By keeping my body between the ball and the opponent. Being strong on the ball.

PRACTICE PHASE



Objective - To turn away from the pressure and into space.

Duration - 20 Minutes

Organization

Split the group into two teams, one attacking and one defending. The attacking player will make a run up to the defender, give a high five and then turn to receive a pass from the coach. Once the high five is given, the defender is live. After receiving the ball, the attacker will try and turn on the defender and dribble through one of the two gates behind them to score. If the defender wins the ball, they can counter by shooting into one of the two goals in front of them. Switch the attackers and defenders after three rounds.

Key Words & Guided Questions

Key Words - Come to, head check, soft first touch, be strong on the ball, turn away for pressure, man on

Guided Question - How would you know if you should turn with the ball or shield it?

Answer - Look over your shoulder to see where the defender is. Communication from teammates, “Turn” or “Man on”

2nd PLAY PHASE



Objective - To know when to dribble, pass or shoot on goal.

Duration - 25 Minutes

Organization

Field Size - 45x35 yards with two goals.

Play 6v6/7v7 with keepers for 10 minutes each half. Include a 5 minute halftime.

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 - Come to, head check, soft first touch, be strong on the ball, turn away for pressure, man on

Guided Question - When passing to a teammate, how can you help them when they have pressure from behind.

Answer - Proper pace and accuracy of the pass. Playing it away from pressure. Communicating - “Turn”, “Man on”.

NORTHSHORE YOUTH SOCCER ASSOCIATION



U11-U12/9 A-SIDE TOPIC - 1v1 - DENY PENATRATION



Goal - To improve the player's ability to defend properly against the player with the ball.

Duration - 90 Minutes

1st PLAY PHASE



Objective - To pressure the ball quickly

Duration - 15/20 Minutes

Organization

Key Words & Guided Questions

Field Size - 30x20 yards for 3v3 with two small goals.

Play 3v3 or 4v4 for 15 to 20 minutes. Include short breaks in between games. Make sure to rotate teams after each break.

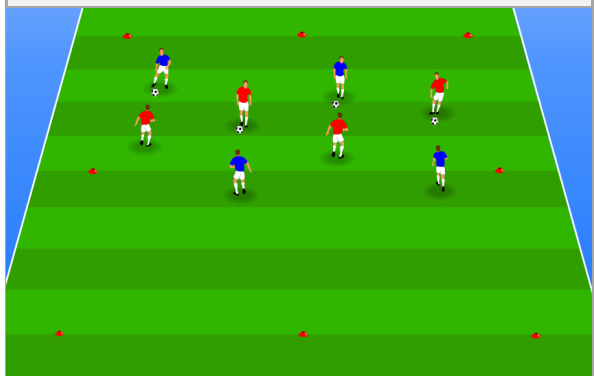
Allow "Free Play". Try not to coach during this time. Ask guided questions about their play during the breaks.

Key Words - Quickly close, Delay, Make the tackle, quickly counter.

Guided Question - How can you put pressure on the play receiving the ball ?

Answers - By closing down the space while the ball is traveling. Not when the player is taking their first touch.

PRACTICE PHASE



Objective - To work on doing the turning techniques correctly.

Duration - 15 Minutes

Organization

Key Words & Guided Questions

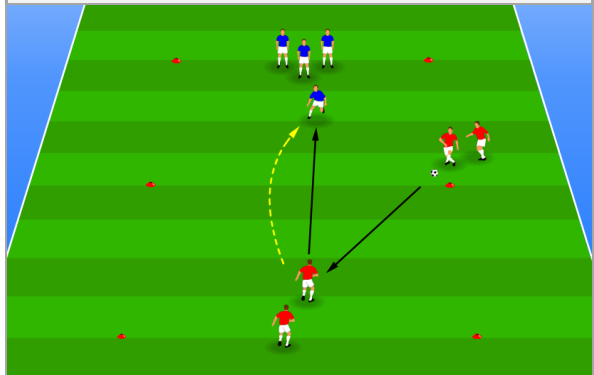
Each player will need to find a partner and a ball. Start on one side of the playing area. Have the player with the ball dribble towards the defending player. The defending player will shadow the player with the ball while moving backwards. Switch roles once the players reach the other side of the playing area.

Key Words - Delay (giving up space by dropping off)

Question - What are the two queues on when to make a tackle ?

Answer - When the opponent's head looks down at the ball and when they make a poor first touch.

PRACTICE PHASE



Objective - To close quickly, delay, make a tackle and counter.

Duration - 20 Minutes

Organization

Key Words & Guided Questions

Split the group into two teams and have the attacking team on end of the playing area. The defending team split between the two stations. The defending player will receive a pass from their teammate, make a one touch pass down to the attacker and then quickly pressure the ball. To score, the player in possession of the ball will need to dribble over the opponent's end line for a point. Switch the roles after several defending opportunities.

Key Words - Big feet (sprint), Little feet (get under control), "Surfer Stance" (delay), Make the tackle (block tackle using the inside of the foot)

Guided Question - How would you go about slowing down the player with the ball ?

Answer - Closing down quickly, delaying the opponent, attempting to make a tackle.

2nd PLAY PHASE



Objective - To give the opponent less time and space to play in.

Duration - 25 Minutes

Organization

Key Words & Guided Questions

Field Size - 45x35 yards with two goals.

Play 6v6/7v7 with keepers for 10 minutes each half. Include a 5 minute halftime.

Use the laws of the game according to NYSA.

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

Key Words - Quickly close, Delay, Make the tackle, quickly counter.

Guided Question - In what way could you make it more difficult for the team in possession of the ball?

Answer - By giving them less time and space to play in. Everyone moving towards the ball, getting compact as a team.

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U11-U12/9 A-SIDE

TOPIC - 1v1 - DEFENDING FROM BEHIND



Goal - To improve the defender's ability to pressure from behind.

Duration - 90 Minutes

1st PLAY PHASE



Objective - To pressure while the ball is traveling.

Duration - 15/20 Minutes

Organization

Key Words & Guided Questions

Field Size - 30x20 yards for 3v3 with two small goals.

Play 3v3 or 4v4 for 15 to 20 minutes. Include short breaks in between games. Make sure to rotate teams after each break.

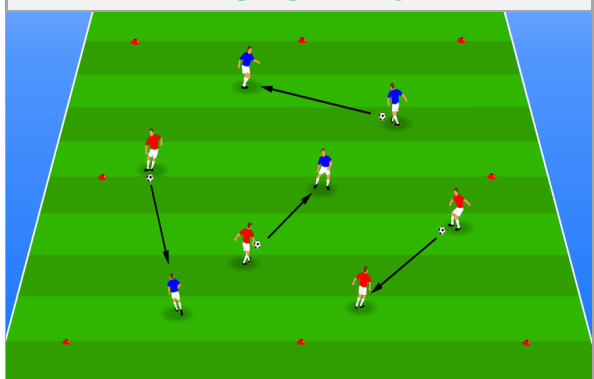
Allow **"Free Play"**. Try not to coach during this time. Ask guided questions about their play during the breaks.

Key Words - Quickly close, No turn, Double (when two defenders try and win the ball from behind)

Guided Question - How can you keep a player from turning with the ball?

Answers - By putting them under pressure, giving them no time and space to turn.

PRACTICE PHASE



Objective - To work on pressuring from behind correctly.

Duration - 15 Minutes

Organization

Key Words & Guided Questions

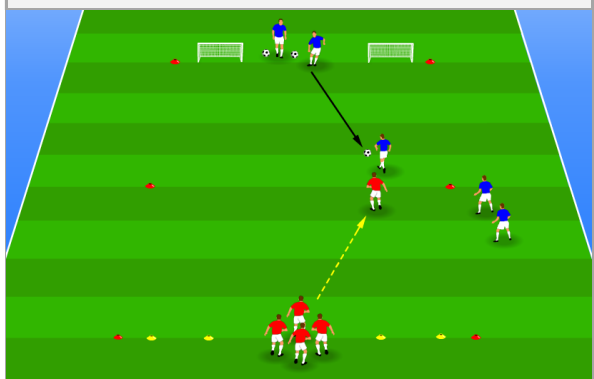
In groups of two, have the players one touch passing back and forth 5 yards apart. When the coach calls out **"defend"**, the player with the ball plays it just past their partner and close them down quickly. The player now with the ball will shield it and the defender will pressure from behind and not allow their partner to turn. Coach calls out **"release"** and the player without the ball goes and finds someone new with a ball and start one touch passing.

Key Words - Quickly close, Delay, "Surfer" stance, Look through their hip at the ball, No turn, Toe poke the ball away.

Guided Question - What would happen if you got too close to the player with the ball?

Answer - They could spin and get in behind.

PRACTICE PHASE



Objective - Deny the player with the ball a chance to turn

Duration - 20 Minutes

Organization

Key Words & Guided Questions

Split the group into two teams, have the defending team on one end of the playing area and the attacking team split between two stations. The attacking player will receive the ball from a teammate and try to turn on the defender. When the ball is traveling, the defender will quickly close and attempt to stop the attacker from turning and dribbling through one of the two gates. Switch the roles after several defending opportunities.

Key Words - Quickly close, Delay, "Surfer" stance, Look through their hip at the ball, No turn, Toe poke the ball away. Counter attack.

Guided Question - How can you put more pressure on the player receiving the ball?

Answer - By being physically pushing on the player without fouling.

2nd PLAY PHASE



Objective - To make the player shielding to go negative.

Duration - 25 Minutes

Organization

Key Words & Guided Questions

Field Size - 45x35 yards with two goals.

Play 6v6/7v7 with keepers for 10 minutes each half. Include a 5 minute halftime.

Use the laws of the game according to NYSA.

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

Key Words - Quickly close, Delay, "Surfer" stance, Look through their hip at the ball, No turn, Toe poke the ball away. Counter attack.

Guided Question - When is it a good time to "Double" up on the player with the ball?

Answer - When the player is shielding it.

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U11-U12/9 A-SIDE

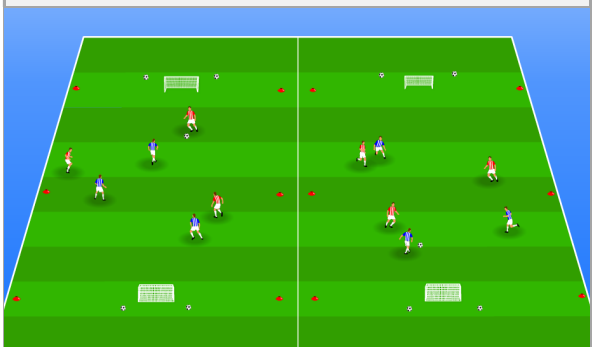
TOPIC - FIRST TOUCH/SHORT RANGE PASSING



Goal - To improve the players first touch and short range passes.

Duration - 90 Minutes

1st PLAY PHASE



Objective - Quality first touches and connecting passes.

Duration - 15/20 Minutes

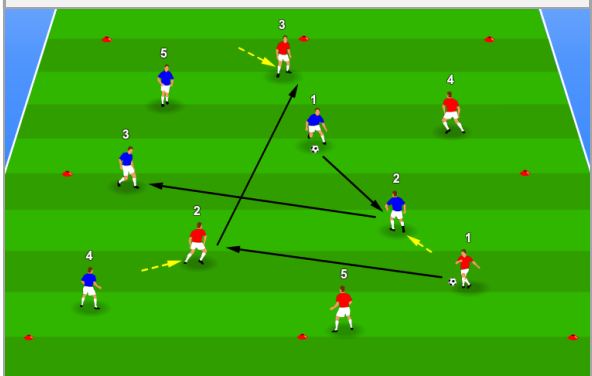
Organization

Field Size - 30x20 yards for 3v3 with two small goals.
Play 3v3 or 4v4 for 15 to 20 minutes. Include short breaks in between games. 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 - Soft first touch, Firm first touch, Put proper pace on the ball, Be accurate with your passes.
Guided Question - When would you make a stronger first touch on the ball ?
Answer - When I have the chance to take up the space in front of me.

PRACTICE PHASE



Objective - To focus on the players first touch .

Duration - 15 Minutes

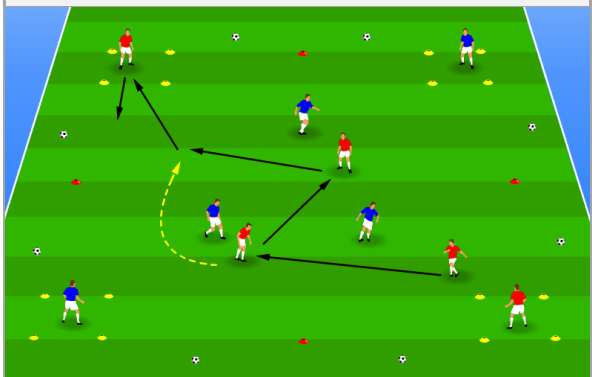
Organization

Number the two teams 1 through 5. Each team using one ball will move and pass in the number sequence. 1 to 2, 2 to 3, 3 to 4, 4 to 5 and 5 back to 1. Everything is done in a two touch.

Key Words & Guided Questions

Key Words - Soft first touch, Firm first touch, Take your touch away from pressure.
Guided Question - What decisions would you have to make when taking your first touch ?
Answer - Which part of the foot to receive the ball on. Where is there space I can get into.

PRACTICE PHASE



Objective - To make good decisions on and off the ball.

Duration - 20 Minutes

Organization

In a 25x25 yard playing area. Place a 4x4 yard box in each corner.
Have two players from each team start inside one of the four corner boxes. The remaining players will play 3v3 inside the playing area. The object of the game is to pass the ball to one of the two teammates in the corner boxes. If successful, the player inside the box dribbles out with the ball and the player who passed it enters into the box.

Key Words & Guided Questions

Key Words - Soft first touch, Take a firm first touch, Touch away from pressure, Put pace on the ball, Pass away from the pressure, Pass into space.
Guided Question - How can you help your teammate be successful when you're passing the ball ?
Answer - By passing the ball with the correct pace and accuracy.

2nd PLAY PHASE



Objective - To know when to dribble, pass or shoot on goal.

Duration - 25 Minutes

Organization

Field Size - 45x35 yards with two goals.
Play 6v6/7v7 with keepers for 10 minutes each half. Include a 5 minute halftime.
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 - Soft first touch, Take a firm first touch, Touch away from pressure, Put pace on the ball, Pass away from the pressure, Pass into space.
Guided Question - What is something you would need to think about before receiving the ball ?
Answer - Getting my head up, looking around and make the right decision with the ball.

NORTHSHORE YOUTH SOCCER ASSOCIATION



U11-U12/9 A-SIDE TOPIC - RECEIVING TO TURN



Goal - To improve being able to turn with the ball under pressure.

Duration - 90 Minutes

1st PLAY PHASE



Objective - To give a head check before receiving the ball.

Duration - 15/20 Minutes

Organization

Field Size - 30x20 yards for 3v3 with two small goals.

Play 3v3 or 4v4 for 15 to 20 minutes. Include short breaks in between games. 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.

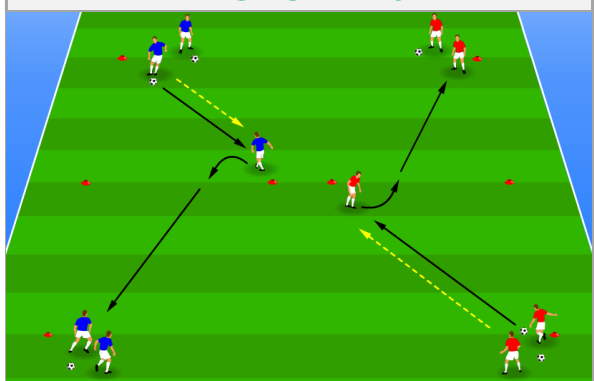
Key Words & Guided Questions

Key Words - Come to, turn, man on

Guided Question - How can you make sure the opponent isn't able to when the ball when you're shielding it?

Answer - Need to keep my body between the ball and the opponent.

PRACTICE PHASE



Objective - To work on turning with the ball correctly.

Duration - 15 Minutes

Organization

Have the group separate evenly to the corners of a 25 by 20 yard playing area. Start the activity by having a player run out around the cone and show for the ball, receive it, turn and pass it back to the line they started from. The player who passed the ball now follows their pass and repeats the process. After several chances of receiving and turning with the ball have the players switch to the other end.

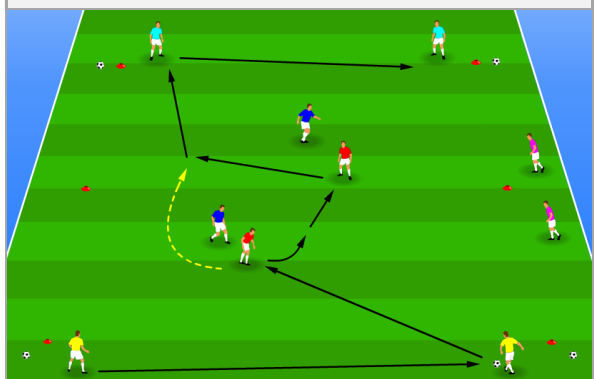
Key Words & Guided Questions

Key Words - Come to, head check, soft first touch

Guided Question - How can you keep the ball better control when receiving it.

Answer - By taking a softer first touch with either the inside or outside of the foot.

PRACTICE PHASE



Objective - To turn away from the pressure and into space.

Duration - 20 Minutes

Organization

Play 2v2 with two target players on each end of a 25 by 20 yard playing area. The two attacking players must try and receive the ball from a target player and successfully get the ball down to the other end for a point. If the defending pair win the ball they are now on the attack and try and play the ball into one of the target players in front of them. The target player will need to play the ball across to their partner who passes back into the attacking team. Play to two points and then rotate the players.

Key Words & Guided Questions

Key Words - Come to, head check, soft first touch, be strong on the ball, turn away for pressure, man on

Guided Question - How can you be successful in keeping possession of the ball.

Answer - By keeping my body between the ball and the opponent. Being strong on the ball. Turning away from pressure.

2nd PLAY PHASE



Objective - To know when to dribble, pass or shoot on goal.

Duration - 25 Minutes

Organization

Field Size - 45x35 yards with two goals.

Play 6v6/7v7 with keepers for 10 minutes each half. Include a 5 minute halftime.

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 - Come to, head check, soft first touch, be strong on the ball, turn away for pressure, man on

Guided Question - When passing to a teammate, how can you help them when they have pressure from behind.

Answer - Proper pace and accuracy of the pass. Playing it away from pressure. Communicating - "Turn", "Man on".

NORTHSHORE YOUTH SOCCER ASSOCIATION



U11-U12/9 A-SIDE

TOPIC - FINISHING - INSIDE OF THE FOOT



Goal - To consistency strike the ball using the inside of the foot on target.

Duration - 90 Minutes

1st PLAY PHASE



Objective - To encourage players to take the shot.

Duration - 15/20 Minutes

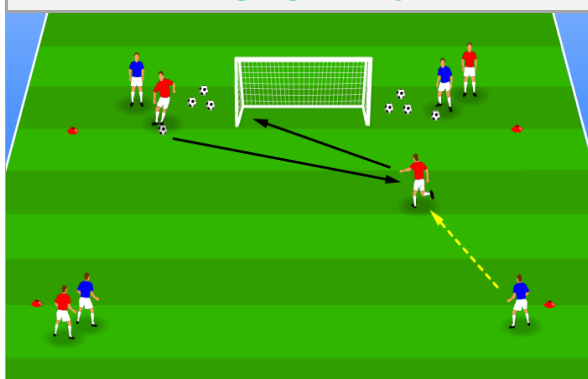
Organization

Field Size - 30x20 yards for 3v3 with two small goals.
Play 3v3 or 4v4 for 15 to 20 minutes. Include short breaks in between games. 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 - Take the shot, Look at the target, Pant foot towards the goal, lock your ankle, follow through your shot.
Guided Question - What should your pre-shot touch look like?
Answer - It should be positive and off to the side of the foot your shooting with.

PRACTICE PHASE



Objective - To strike the ball with accuracy (side netting).

Duration - 15 Minutes

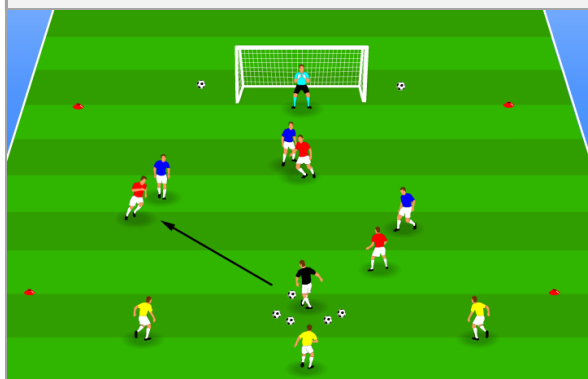
Organization

Split the team into four groups. Have two groups with balls by the goal post and the other two groups twelve yards out in front of the goal, creating "four corners". The server passes the ball across to the shooter who shoots the ball with the outside leg, inside of the foot. Everyone rotates to the right.
Make sure there is not a GK in goal during this activity.

Key Words & Guided Questions

Key Words - Take the shot, Look at your target, Pant foot towards the goal, lock your ankle, follow through your shot.
Guided Question - Why should you look up before shooting?
Answer - To pick out where you want the ball to go.

PRACTICE PHASE



Objective - Create and finish shooting opportunities.

Duration - 20 Minutes

Organization

Split the group into teams of three with a GK in goal. Have one team attacking, one team defending and the other teams collecting balls. The coach plays the ball into the attacking team who tries to score a goal. If the defending team wins the ball or the keeper makes a save and rolls it out to them, they must pass the ball back to the coach. Once the coach passes back to the defending team, they are now on the attack. The team that scores stays on to defend one of the teams waiting to play.

Key Words & Guided Questions

Key Words - Take the shot, Look at your target, Pant foot towards the goal, lock your ankle, follow through your shot.
Guided Question - Where should your plant foot be?
Answer - 8 to 12 inches beside the ball.

2nd PLAY PHASE



Objective - Create and finish shooting opportunities.

Duration - 25 Minutes

Organization

Field Size - 45x35 yards with two goals.
Play 6v6/7v7 with keepers for 10 minutes each half. Include a 5 minute halftime.
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 - Take the shot, Look at your target, Pant foot towards the goal, lock your ankle, follow through your shot.
Guided Question - When do you take the shot ?
Answer - Any chance you get in front of the goal.

NORTHSHORE YOUTH SOCCER ASSOCIATION



U11-U12/9 A-SIDE

TOPIC - FINISHING - STRIKING WITH THE INSTEP



Goal - To improve the players ability to finish with their laces in the final 1/3 of the field.

Duration - 90 Minutes

1st PLAY PHASE



Objective - To encourage players to shoot.

Duration - 15/20 Minutes

Organization

Key Words & Guided Questions

Field Size - 30x20 yards for 3v3 with two small goals.

Play 3v3 or 4v4 for 15 to 20 minutes. Include short breaks in between games. Make sure to rotate teams after each break.

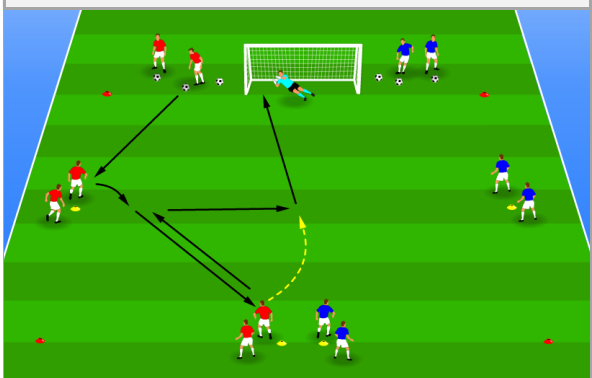
Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.

Key Words - Shoot, Look at your target, Pant foot towards the goal, lock your ankle, knee over ball, use your laces (instep), follow through your shot.

Guided Question - When you're 1v1, how can you unbalance the defender to create space for a shot?

Answer - By using a move or feint to deceive the opponent and create space for the shoot.

PRACTICE PHASE



Objective - To accurately strike the ball on target.

Duration - 15 Minutes

Organization

Key Words & Guided Questions

Players start at three stations and the rotation is for each player to follow their pass to occupy the next position. Make sure to alternate sides. After several chances on goal have the two groups switch sides.

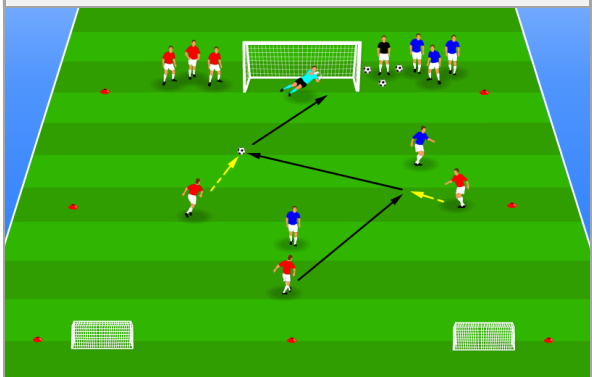
Activity - Have the players play a give and go or wall pass before taking a shot on goal.

Key Words - Take the shot, Look at your target, Pant foot towards the goal, lock your ankle, follow through your shot.

Guided Question - After you've created space, what should you be looking at?

Answer - Where I want to place the ball.

PRACTICE PHASE



Objective - To create and finish shooting opportunities.

Duration - 20 Minutes

Organization

Key Words & Guided Questions

The coach will roll or pass the ball out and three attacking players will run out, turn with the ball and attack the main goal. The coach will then call out “Go” and two defenders will come off their post and defend. If the defenders wins the ball they can score by shooting into one of the two target goals. After several opportunities have the two groups switch roles.

Key Words - Take the shot, Look at your target, Pant foot towards the goal, lock your ankle, follow through your shot.

Guided Question - What should you be looking for in order to penetrate?

Answer - Space to get into.

2nd PLAY PHASE



Objective - To create and finish shooting opportunities.

Duration - 25 Minutes

Organization

Key Words & Guided Questions

Field Size - 45x35 yards with two goals.

Play 6v6/7v7 with keepers for 10 minutes each half. Include a 5 minute halftime.

Use the laws of the game according to NYSA.

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

Key Words - Take the shot, Look at your target, Pant foot towards the goal, lock your ankle, follow through your shot.

Guided Question - When do you take the shot ?

Answer - Any chance you get in front of the goal.