

NORTHSHORE YOUTH SOCCER ASSOCIATION

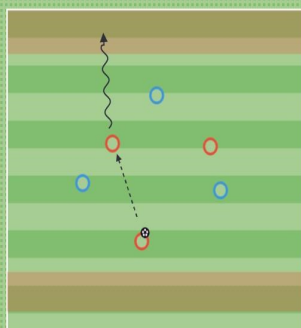


U9 & U10 PLAYING 7 A-SIDE

TOPIC - 1 v 1 - To Penetrate

DURATION - 75 Minutes

1st PLAY PHASE



OBJECTIVE - Introduce 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.

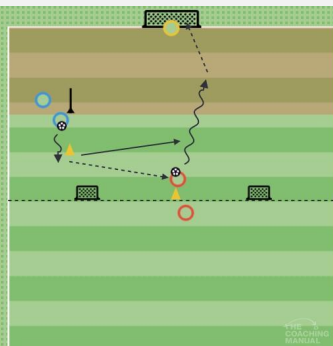
KEY WORDS & GUIDED QUESTIONS

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 - Practice using dribbling to create scoring opportunity.

ORGANIZATION

Field Size: 25x15 yards. 1 main goal, 2 counter goals.
8 yard scoring zone
Duration: 35 minutes

Defender dribbles to yellow cone 5 yards away and passes to attacker before entering the field. Attacker aims to attack the scoring zone quickly in order to shoot. If defender wins the ball, they may score on either of the counter goals.
 - 1point for goals scored in 8yard red zone / 3points for goals scored after skill move is used to beat defender
 * Have defenders pass and defend from opposite side*

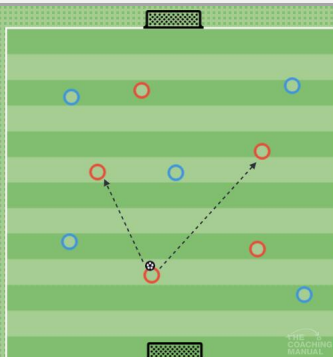
KEY WORDS & GUIDED QUESTIONS

Key Words - Quality of the first touch ; Escape touch sets up next move

Guided Questions: How do you create space to dribble and get your shot at goal?

Answers: Positive first touch away from defender ; Faint or fake to create space and unbalance defender.

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.

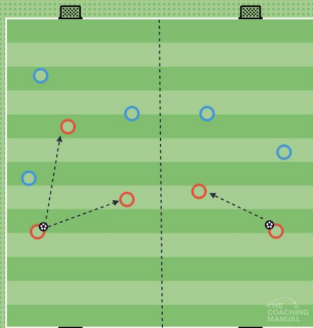

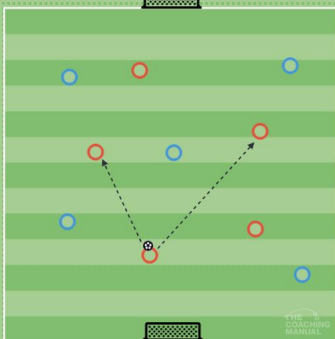
KEY WORDS & GUIDED QUESTIONS

Key Words - Encourage movements to get beyond the defender and praise quality first touch.

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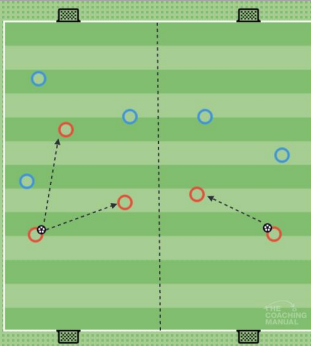
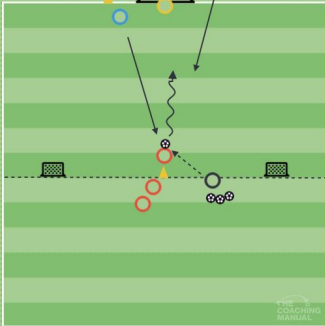
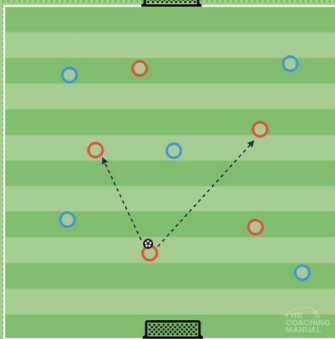
U9 & U10 PLAYING 7 A-SIDE

TOPIC - Shielding and Turning		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce session topic.		
	<div>ORGANIZATION</div> <p>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.</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 & GUIDED QUESTIONS</div> <p>Key Words - Protect ball, Turn away from pressure</p> <p>Guided Questions: When do you turn away from pressure? ; How can you escape when shielding the ball from defender?</p> <p>Answer: When you cannot bypass the opponent ; Using a double movement e.g. fake or skill/trick move.</p>	
<div>PRACTICE PHASE</div> 	OBJECTIVE - Practice shielding the ball		
	<div>ORGANIZATION</div> <p>Field Size: 20x15 yards with 2 mini goals, Coach placed on end line. Balls start with attacking team. Duration: 35 minutes</p> <p>Attacker starts with a 1-2 pass with coach. Defender must run around the back of the mini goal to enter game field. Attacker can score in either goal. Defender may also score on goals when ball is won.</p> <p>* 3 points if ball is protected for 10 seconds before scoring. *Replace coach with attacking player. May be used to relieve pressure.</p>	<div>KEY WORDS & GUIDED QUESTIONS</div> <p>Key Words—Shielding the ball from opponent, Escape touch away from defender</p> <p>Guided Questions: Where do place your body so you protect ball from defender?</p> <p>Answer: In between ball and defender</p>	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Practice applying shielding and turning skills within larger game.		
	<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 & GUIDED QUESTIONS</div> <p>Key Words - Praise good turns and escape touches with the ball. Praise players who pass ball away from shielding situation. Encourage players to attack space when they turn away from pressure.</p>	

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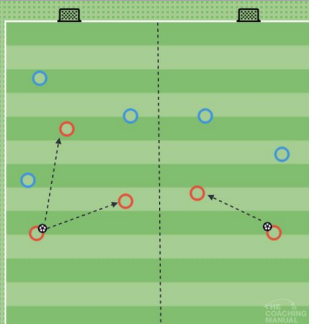
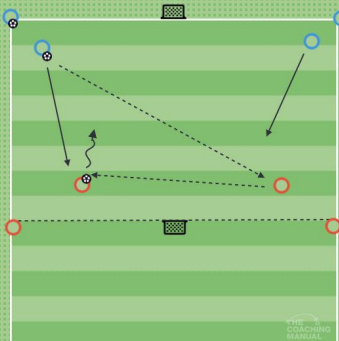
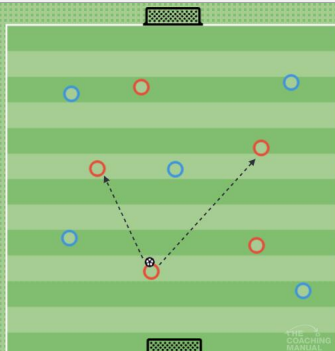
U9 & U10 PLAYING 7 A-SIDE

TOPIC - 1 v 2 - Pressure / Cover		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce session topic.		
	ORGANIZATION <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>	KEY WORDS & GUIDED QUESTIONS <p>Key Words– Pressure, Cover</p> <p>Guided Questions: Who should provide pressure on ball carrier? ; How does your team create two lines of defense?</p> <p>Answers: Player closest to ball carrier. One player closer to ball and one player closer to defending goal</p>	
<div>PRACTICE PHASE</div> 	OBJECTIVE - Practice Pressure and Cover		
	ORGANIZATION <p>Field Size: 15x20 yards. 1 main goal, 2 counter goals Duration: 35 minutes</p> <p>Coach passes to attacker with first defender providing immediate pressure. Second defender to run around goal before entering field and providing 2nd defender coverage and correct angle of support. Attackers score on main goal. Defenders score on the counter goals if ball is won. * Bonus point for attacking team if a shot is scored or a successful dribble is made between the two defenders.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words—Pressure, Delay, Cover, Tackle, Counter-Attack</p> <p>Guided Questions: When do you apply pressure to ball carrier? ; How many lines of defense should be created by defending team? ; What happens to team shape when your team gains possession of the ball?</p> <p>Answers: As soon as possible ; Two lines of defense ; Expand team shape to create counter attacking opportunity</p>	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Apply Pressure and Cover Concepts in game play		
	ORGANIZATION <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>	KEY WORDS & GUIDED QUESTIONS <p>Key Words - Praise players for applying pressure on ball carrier, Praise players for providing support to defending teammates, Encourage teams to expand team shape after gaining possession of the ball.</p>	

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U9 & U10 PLAYING 7 A-SIDE

TOPIC - 2 v 2 Pressure / Cover		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE —Introduce session topic.		
	<div>ORGANIZATION</div> <p>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.</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 & GUIDED QUESTIONS</div> <p>Key Words– Pressure, Cover, Balance of Team Shape</p> <p>Guided Questions: What is the defending job of the cover defender / 2nd Defender?</p> <p>Answer: Delay ball carrier if they pass the 1st defender. Apply pressure to teammate of opposition.</p>	
<div>PRACTICE PHASE</div> 	OBJECTIVE - Practice Pressure and Cover Concepts		
	<div>ORGANIZATION</div> <p>Field Size: 15x20 yards. Two small goals. Players placed in corners of field Duration: 35 Minutes</p> <p>Defending team play a pass out to the attacking team, with two defenders applying quick pressure. Attacking team must make at least 1 pass before being able to score. If defending team win the ball they may score on opponents goal. * bonus point if attacking team are able to pass successfully between the two defenders.</p>	<div>KEY WORDS & GUIDED QUESTIONS</div> <p>Key Words— Pressure, Cover , Recovery Movement of Pressure Defender, Tackling</p> <p>Guided Questions: What direction should the pressure defender force the ball carrier and WHY?</p> <p>Answers: Toward the cover defender or towards touchline away from goal. ; Will cause more pressure on ball carrier and make ball carrier more predictable.</p>	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Apply Pressure and Cover Concepts in game play		
	<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 & GUIDED QUESTIONS</div> <p>Key Words— Praise cover defender for good depth space to pressure defender, praise teams that expand team shape in transition to attack.</p>	

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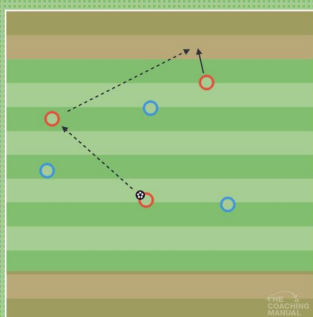


U9 & U10 PLAYING 7 A-SIDE

TOPIC - Movement to Support

DURATION - 75 Minutes

1st PLAY PHASE



OBJECTIVE - Introduce 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 passing to a teammate in the end zone. Progress to players needing to time their run to receive the pass in the end zone.

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

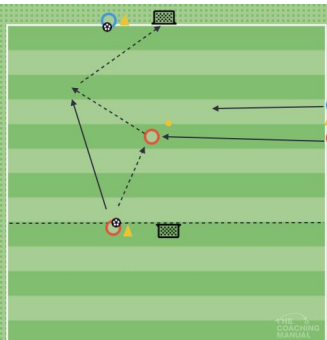
KEY WORDS & GUIDED QUESTIONS

Key Words— Receiver of pass, Open space

Guided Questions: How can you show you are available to receive a pass? ; What do you need around you for you to be open?

Answers: Move into an open space ; Open channel between you and the ball carrier.

PRACTICE PHASE



OBJECTIVE - Practice Movement to Support Teammates

ORGANIZATION

Field Size: 15x20 yards. Two small goals. Players placed to the side of their goal and on the half way mark.
Duration: 35 Minutes

Start with a race between players placed at half way to the marker in the middle of the field. Winning team will immediately begin attack by receiving a pass from their teammate. Aim is to take advantage of 2v1 to score on opponents goal.
- Add 2nd defender after 8 seconds to encourage quick support by attacking team. Progress to 3v2 if needed.

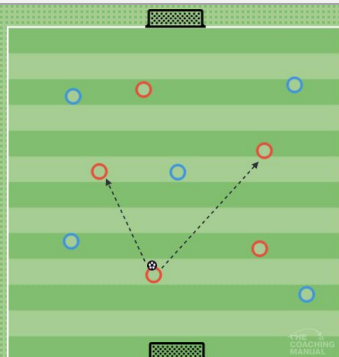
KEY WORDS & GUIDED QUESTIONS

Key Words—Positive body shape, Support ahead of ball / support behind ball

Guided Questions: When do you provide support ahead of ball? ; When do you support behind the ball carrier? ; When do you move into space behind defender?

Answers: When ball carrier is able to take first touch forward ; When ball carrier cannot play forward ; When defender is up close to you.

2nd PLAY PHASE



OBJECTIVE - Apply movement to support during game play

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.

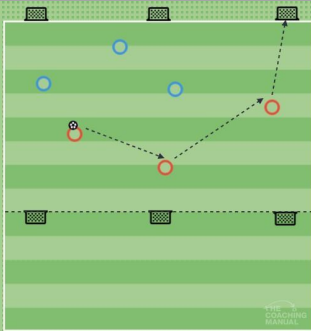
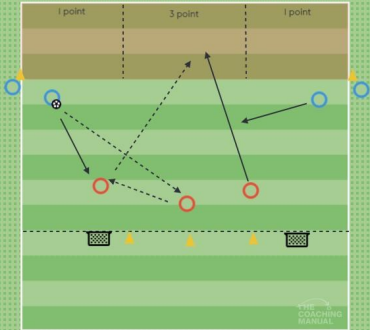
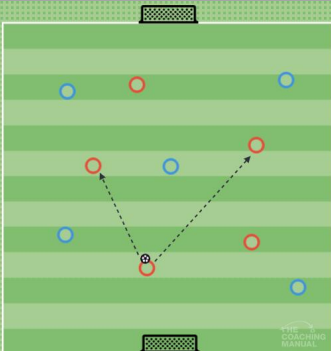
KEY WORDS & GUIDED QUESTIONS

Key Words—Praise players who expand team shape by movement ; Praise players who receive ball with a positive body shape.

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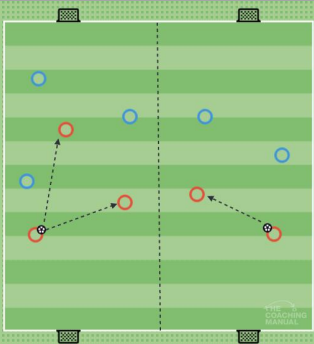
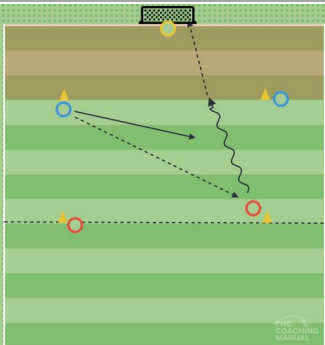
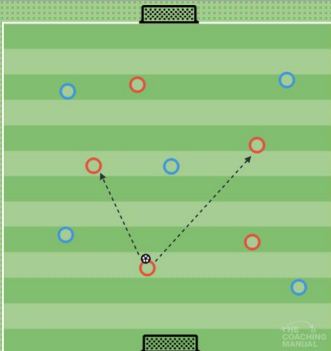
U9 & U10 PLAYING 7 A-SIDE

TOPIC - Playing Away From Pressure		DURATION - 75 Minutes	
<div>1st PLAY PHASE</div> 	OBJECTIVE - Introduce session topic.		
	ORGANIZATION <p>Field Size: 30x20 yards. 3v3 with 3 goals/gates per team Duration: 20 minutes. Include two short breaks. Make sure to rotate teams after each break.</p> <p>Players score a point by scoring on any of the three available goals. Bonus point if players score by finding a teammate in free space.</p> <p>Allow “Free Play”. Try not to coach during this time. Ask guided questions about their play during the breaks.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words— Moving ball sideways or backwards, Relieve pressure on ball carrier</p> <p>Guided Questions: When do you move ball either sideways or backwards? ; How can you relieve pressure on ball carrier?</p> <p>Answers: When ball carrier cannot play in a positive direction ; Provide options away from defensive pressure</p>	
<div>PRACTICE PHASE</div> 	OBJECTIVE - Practice playing away from pressure		
	ORGANIZATION <p>Field Size: 30x20 yards. 5 yard end zone split into 1/3s, 2 counter goals. Duration: 35 minutes</p> <p>Play starts with defender who plays a pass out to attacking team. Teams play 3v2 in favor of attacking team. Attackers aim to score by dribbling / passing to a teammate in the end zone. Defender may score on counter goals if ball is won.</p> <p>- Adjust so attacker have to make 3 passes before they can score.</p>	KEY WORDS & GUIDED QUESTIONS <p>Key Words—Support Movement, Positive Body Shape, Awareness</p> <p>Guided Questions: How can you create more space for your teammate? ; What are 3 ways of communicating that you are available to receive a pass?</p> <p>Answers: Move away from teammate to open their space and your space ; Eye contact, movement, voice.</p>	
<div>2nd PLAY PHASE</div> 	OBJECTIVE - Apply playing away from pressure in game play		
	ORGANIZATION <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>	KEY WORDS & GUIDED QUESTIONS <p>Key Words—Praise players for movement to support their teammate.</p>	

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U9 & U10 PLAYING 7 A-SIDE

TOPIC - 1 v 2 Against Defender and Goalkeeper		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 & GUIDED QUESTIONS</div> <p>Key Words – Shooting window, Accurate shots, Create space</p> <p>Guided Questions: When can you shoot on goal? ; If defender is in front of you, what must you do in order to take a successful shot on goal?</p> <p>Answer: When I have a clear window / space between myself and goal ; Use a fake / skill to create space to shoot.</p>
<div>PRACTICE PHASE</div> 		<div>OBJECTIVE -Practice finishing against a defender and goalkeeper</div> <div>ORGANIZATION</div> <p>Field Size: 15x20 yards. 1 main goal and GK Duration: 35 minutes</p> <p>Defender to play pass into the attacking team. Attacker aims to attack space quickly, beating the defender and scoring against the goalkeeper in the main goal. If defender wins ball they may score by dribbling through attackers end line.</p> <ul style="list-style-type: none">- 3point for goals scored in 8yard red zone- 1points for goals scored outside the red zone. <p>*make sure to alternate sides of defensive pass*</p>		<div>KEY WORDS & GUIDED QUESTIONS</div> <p>Key Words —Set up touch, Protecting ball after beating defender, Finishing in corners of goal</p> <p>Guided Questions: As soon as you pass the defender, where do you touch ball so you are now protecting the ball? ; Which foot do you shoot with? Where do you shoot?</p> <p>Answers: In a space where I can put my body between the ball and defender. ; Which ever foot is closest to ball. ; In the corners</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 & GUIDED QUESTIONS</div> <p>Key Words - Praise players for good finishing around the goal. Praise players for use of skill to create shooting window when faced with defender. Encourage players to collect rebounded shots as another way to score.</p>

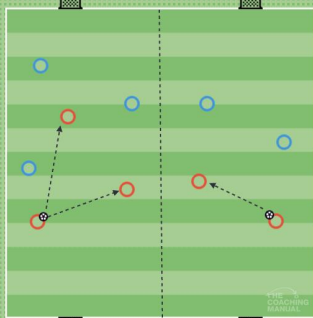
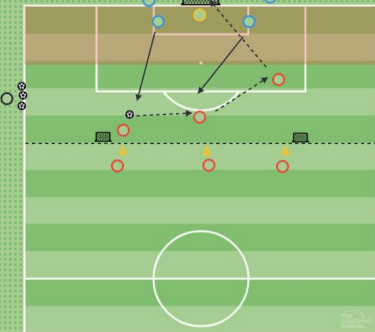
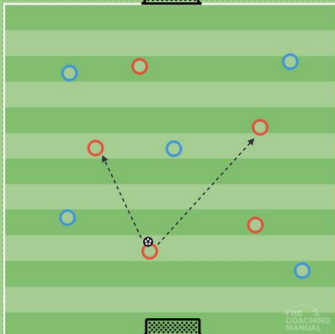
NORTHSHORE YOUTH SOCCER ASSOCIATION



U9 & U10 PLAYING 7 A-SIDE

TOPIC - 3 v 2 Goal / Counter Goal

DURATION - 75 Minutes

<div>1st PLAY PHASE</div> 	<div>OBJECTIVE - Introduce Session Topic</div> <table><tr><th>ORGANIZATION</th><th>KEY WORDS & GUIDED QUESTIONS</th></tr><tr><td><p>Field Size: 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals.</p><p>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></td><td><p>Key Words– Combination plays to create scoring opportunities, Finishing using Accuracy and varying techniques</p><p>Guided Questions: How can we break down defenders to score? ; What parts of the foot can be used to score?</p><p>Answer: Combination plays to bypass defenders ; Inside / Instep, Laces and outside of foot.</p></td></tr></table>		ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	<p>Field Size: 20x15 yards for 2v2 and 30x20 yards for 3v3 with two small goals.</p> <p>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>	<p>Key Words– Combination plays to create scoring opportunities, Finishing using Accuracy and varying techniques</p> <p>Guided Questions: How can we break down defenders to score? ; What parts of the foot can be used to score?</p> <p>Answer: Combination plays to bypass defenders ; Inside / Instep, Laces and outside of foot.</p>
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<div>PRACTICE PHASE</div> 	<div>OBJECTIVE - Practice finishing techniques in 3 v 2 scenario</div> <table><tr><th>ORGANIZATION</th><th>KEY WORDS & GUIDED QUESTIONS</th></tr><tr><td><p>Field Size: 25x20 yards. 1 main goal, 2 counter goals.</p><p>Duration: 35 minutes</p><p>Coach begins play with pass into the attacking team. Teams play 3v2 with attacking team aiming to score on the big goal. If defenders win ball they may score on either of the counter goals.</p><ul style="list-style-type: none">- 1point for goals scored in 8yard red zone- 3points for goals scored outside the red zone.<p>*make easier by playing 3v1 to give attackers greater success*</p></td><td><p>Key Words - Set up touch, Standing Foot, Hip Direction, Exposing Laces to Ball</p><p>Guided Questions: When do you take a chance and shoot the ball? ; How can you avoid the opponents to have a clear shot on the goal?</p><p>Answer - When there is an opening in defense ; Move ball to a different position with pass or dribble to avoid defenders</p></td></tr></table>		ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	<p>Field Size: 25x20 yards. 1 main goal, 2 counter goals.</p> <p>Duration: 35 minutes</p> <p>Coach begins play with pass into the attacking team. Teams play 3v2 with attacking team aiming to score on the big goal. If defenders win ball they may score on either of the counter goals.</p> <ul style="list-style-type: none">- 1point for goals scored in 8yard red zone- 3points for goals scored outside the red zone. <p>*make easier by playing 3v1 to give attackers greater success*</p>	<p>Key Words - Set up touch, Standing Foot, Hip Direction, Exposing Laces to Ball</p> <p>Guided Questions: When do you take a chance and shoot the ball? ; How can you avoid the opponents to have a clear shot on the goal?</p> <p>Answer - When there is an opening in defense ; Move ball to a different position with pass or dribble to avoid defenders</p>
ORGANIZATION	KEY WORDS & GUIDED QUESTIONS					
<p>Field Size: 25x20 yards. 1 main goal, 2 counter goals.</p> <p>Duration: 35 minutes</p> <p>Coach begins play with pass into the attacking team. Teams play 3v2 with attacking team aiming to score on the big goal. If defenders win ball they may score on either of the counter goals.</p> <ul style="list-style-type: none">- 1point for goals scored in 8yard red zone- 3points for goals scored outside the red zone. <p>*make easier by playing 3v1 to give attackers greater success*</p>	<p>Key Words - Set up touch, Standing Foot, Hip Direction, Exposing Laces to Ball</p> <p>Guided Questions: When do you take a chance and shoot the ball? ; How can you avoid the opponents to have a clear shot on the goal?</p> <p>Answer - When there is an opening in defense ; Move ball to a different position with pass or dribble to avoid defenders</p>					
<div>2nd PLAY PHASE</div> 	<div>OBJECTIVE - Application of accurate shooting techniques.</div> <table><tr><th>ORGANIZATION</th><th>KEY WORDS & GUIDED QUESTIONS</th></tr><tr><td><p>Field Size: 40x30 yards with two goals.</p><p>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></td><td><p>Key Words - Praise quality shots on goal, praise goals, encourage players to set up teammates to score goals through passing</p></td></tr></table>		ORGANIZATION	KEY WORDS & GUIDED QUESTIONS	<p>Field Size: 40x30 yards with two goals.</p> <p>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>	<p>Key Words - Praise quality shots on goal, praise goals, encourage players to set up teammates to score goals through passing</p>
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