

## **Week 1 Training for U11 and up: Dribbling**

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

### Activity 1:

Gate dribbling:

Set up small gates around the field (more gates than kids) and see how many gates the kids can go through in a set amount of time (30 seconds is ideal). First couple times, go at 75% pace, then go full speed and have the kids keep count. Next set is with a run through the gate, then a turn around quickly back through that same gate.

Focuses:

1. Control
2. Speed
3. Head up, finding space

### Activity 2:

Slow to fast dribbling:

In a bigger space, have everyone with a ball. Coach will call slow, and the players will dribble at about 50% pace. When coach calls fast, players will dribble as fast as they can and change directions about every 5 yards. This will incorporate a lot of cuts and turns as well.

Focuses:

1. Change of pace
2. Positive first touch into space
3. Change of direction

Games:

Knockout:

All players must have one ball and stay in a set area. They are trying to control their ball while trying to kick other players' balls out of the area. Last one with a ball is the winner.

### Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

## **Week 2 Training for U11 and up: Passing and Receiving (on the ground)**

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

### Activity 1:

Square passing

Players will be in groups of three with one ball. Player with ball will have a player to their right and a player diagonal to them, with the cone to their left open on a 10 by 10 grid. Player will pass to their right, then move to their left. Next player who receives the ball will do the same thing. As the players get a rhythm, time players and see how many they can do in a set time. Change directions as well to focus on the other foot as well.

Focuses:

1. Good inside of the foot pass
2. Receiving touch into space in the direction players want to move toward
3. Move off the ball quickly

### Activity 2:

3v1 Keep Away

In the same small area, groups of 3 will try to keep away from 1. After defender takes the ball two times, change the defender in the middle. This will make sure all players work on the possession part of the activity and the defending part of the activity. Defenders should start at about 50% pace so attacking players can get the idea, then have defenders go 100% to make it game like

Focuses:

1. Receive the ball quickly and close enough to pass
2. Movement off the ball
3. Communication

### Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

## **Week 3 Training for U11 and up: Passing and Receiving(on the ground)**

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

### Activity 1:

Square touchwork with shooting

All players will be in a small area with one soccer ball per player. Just like the above warm up, focusing on touches and movement, with a little bit of fitness. Shooting can be tough to do with a lot of standing, but this will force kids to move even while it is not their turn to shoot. When coach calls a players name, they have 3 seconds to get out of the square and shoot.

Focuses:

1. Strike the ball with the laces.
2. Shooting with time pressure
3. Getting out of pressure then having a shot

### Activity 2:

Power/Finesse

Players will be in one line. Each player will have a ball, and a target player will serve a second ball after player shoots first ball. Player will take long shot from over 20 yards out to work on power. They will follow their shot and have a pass played to them to take a closer shot, working on finishing and finesse. Not every shot has to be super powerful, but it does need to force a save.

Focuses:

1. Power for first shot, following your shot
2. Putting some placement on the shot
3. Hitting a shot on the move

### Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

## **Week 4 Training for U11 and up: Turns and change of directions**

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

### Activity 1:

Cone turns in space:

All players will have a ball and cones will be laid around the field. Players will dribble in area and try a turn by the cone and accelerate. Pace starts slow to get turn down, then build up to full pace to make it tough. Turns to work on are pullbacks, stepovers, Cruyff turn, drag, scissors, etc.

Focuses:

1. Turn then accelerate to get away from defender.
2. Head up to find space after the turn.
3. Learning how close to the defender to do the turn.

### Activity 2:

1v1:

This is a build up from the U7-10 1v1. In this activity, players will be with a partner and a ball. Players will begin to pass back and forth to each other. When coach calls go, player who has the ball will be attacker and try to get by partner who does not have the ball. Defensive pressure should be high from the start. This will force quick reactions and decisions from the attackers. If there are goals available, eventually take this to goal to work on getting by a defender and then shooting.

Focuses:

1. Good first touch to be ready to move.
2. Quick reactions to realize when the turn should be made and when to go at a player
3. Taking chances to try turns out and see if they work when players are in attacking third

### Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

## **Week 5 Training for U11 and up: Dribbling**

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

### Activity 1:

Cone turns in circle:

All players will have a ball and cones will be laid around the field in a circle. Players will dribble in area and when coach calls go, all players will go to a cone and do a turn by the cone. Pace starts slow to get turn down, then build up to full pace to make it tough. Turns to work on are pullbacks, stepovers, Cruyff turn, drag, scissors, etc.

Focuses:

1. Turn then accelerate to get away from defender.
2. Head up to find space after the turn.
3. Learning how close to the defender to do the turn.

### Activity 2:

1v1:

This is a build up from the U7-10 1v1. In this activity, players will be with a partner and a ball. Players will begin to pass back and forth to each other. When coach calls go, player who has the ball will be attacker and try to get by partner who does not have the ball. Defensive pressure should be high from the start. This will force quick reactions and decisions from the attackers. If there are goals available, eventually take this to goal to work on getting by a defender and then shooting.

Focuses:

1. Good first touch to be ready to move.
2. Quick reactions to realize when the turn should be made and when to go at a player
3. Taking chances to try turns out and see if they work when players are in attacking third

### Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.

## **Week 6 Training for U11 and up: Trapping/Receiving**

Warm Up: Dribbling in small space with different parts of the feet.

Focus on dribbling in a set area using all parts of the foot.

1. Inside of the foot
2. Outside of the foot
3. Laces
4. Sole of the foot
5. Right foot only (all surfaces)
6. Left foot only (all surfaces)

Go about 3-5 minute sets and stretch in between. Warm up will take about 15 minutes and will be done at every session. Add tic tocs and toe taps as well to get quick touches in.

### Activity 1:

Individual receiving

Players will dribble in a small area, just like the warm up. When coach calls go, player will pick the ball up and toss the ball to themselves. Players must receive the ball and bring it down to ground as quickly as possible.

Focuses

1. Stay on your toes until you are about to take the touch
2. Meet the ball with that part of the body, then cushion the ball down and relax that part of the body
3. Ball should land right in front of your feet
4. Be ready for any touch, ball might not always go where you expect it to go.

### Activity 2:

Partner touches, progression to group touch work.

Players will start in groups of two with one ball. Each player will play a one touch ball in the air with the inside of the foot 20 times with each foot (40 total). Player serving the ball should be on a knee close to partner to ensure quality service.

After this is done, all partners with a ball will spread out in an area with the ball in their hands. All partners without the ball will then go in the area and see how many touches they can get in a set amount of time. Players must now go to all the other players with a ball instead of just to their partner. Go for about 45 seconds then switch roles of servers and receivers. Do a set with the feet, thighs, chest, and head.

### Scrimmage:

Most games will just be small sided, with ideal numbers being 5v5 or 4v4. Games should always focus on what was worked on for the day.