



GRASSROOTS SOCCER

GETTING THE MOST OUT OF THE NEW SEASON

AGES 9-12+

7v7 / 9v9 / 11v11

SESSION PLAN PACK





At the grassroots level, children learn and develop to their full potential through game-like experiences in an enjoyable environment that supports individual growth.

GETTING PLAYERS READY TO PLAY

Each week, think about how you can make it slightly harder for the players by increasing the complexity of an activity.

Respect each child as an individual and adapt the session or challenge to meet their ability level.
Throughout the season try to pair or group players together for different outcomes so that their individual needs are met more often.

Warm-ups for our young players should be engaging, enjoyable and active.
Start with small sided games and incorporate stretches within them.

Always end with a game/scrimmage. Allow players the opportunity to execute the session objectives.

Allow players the opportunity to learn through guided discovery, using key words and guided questions.

Stick to one session topic (for example scoring goals to allow players the opportunity to execute the desired task

All sessions should be as close to the game as possible. Ensure all activities are fun and include the ball.



Age Group Characteristic – U8

- Seeks out adult approval, eager to show skills.
- Beginning to develop some physical confidence.
- Lack sense of pace – unable to manage physical output.
- Can't stand still – second nature physical movements like twitching, scratching and blinking are very present
- Boys and girls are still quite similar in physical and psychological development
- Attention span is a little longer than the U-6 age group, however, still very short. Keep instructions short and precise and always demonstrate. (A picture paints a thousand words) If you are unable to, have a higher-level kid demonstrate.
- Starting to developing playmates
- More into imitation of soccer stars (Ronaldo, Messi, Morgan)
- Still very sensitive – Dislikes personal failure in front of peers.
- Prefer playing to watching – Avoid lines and keep them busy.
- Beginning to develop motor memories – by attempting and repeating fundamental technical skills they are training their bodies to remember certain movements
- Wide range of abilities between children at this age

Age Group Characteristic – U10

- Lengthened attention span – They can hold still long enough for a short explanation
- More inclined toward wanting to play rather than being told to play
- Psychologically becoming more confident
- Some are becoming serious about their play
- Starting to demonstrate increased self-responsibility.
- Team oriented – Enjoy the uniforms and team association.
- Boys and girls beginning to develop separately
- Players are becoming more set on rules
- Developing the pace factor – thinking ahead
- Motor skills are becoming much more refined
- Players are like sponges – full of eagerness, ready to learn.

Age Group Characteristic – U12

- Better able to deal with flighted balls, due to developed motor skills.
- Children are maturing at different rates, therefore, being adaptable to abilities is important.
- Can sequence thoughts and actions to perform more complex tasks.
- Start to use creativity to meet the demands of the game
- Should be able to simultaneously run, strike the ball and think
- Important psychosocial implications for a child entering puberty (Be aware of the disparity between boys & girls)
- Popularity influences self-esteem very heavily at this age.
- Inclusion is important
- Improved coordination, be aware that this may vary due to growth spurts.
- Significant physical, phyco-social differences exist between boys and girls.
- Strength and power becoming factors in players performance
- Players look for more responsibility, allow them to help with set-up etc.
- Peer evaluation is a constant and egos are very sensitive

Age Group Characteristic – U14

- The more advanced U-14 players are able to execute the full range of skills, but most others are still developing previously taught skills and are now being exposed to additional skills
- Important psychosocial implications for a child entering puberty – early or late
- Popularity influences self-esteem
- Tests limits - a know-it-all attitude
- Tend to be quite self-critical and may need regular positive reinforcement
- Bodies are going through physical changes that affect personal appearance
- There will be significant differences in physical maturation rates between individuals
- Rapid growth spurts may have an affect on technical ability, be patient and positive

CREATE PASSING
OPTIONS

FIND OPENINGS

PASS OR DRIBBLE
FORWARD

FUN

WEEK 1 – ATTACKING
Improve building up from own half

CREATE OPENINGS

CREATE 2V1 OR 1V1

DEVELOPMENT

CREATIVITY



PLAY 1 - Improve Building-Up in Own Half (All play levels)

ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

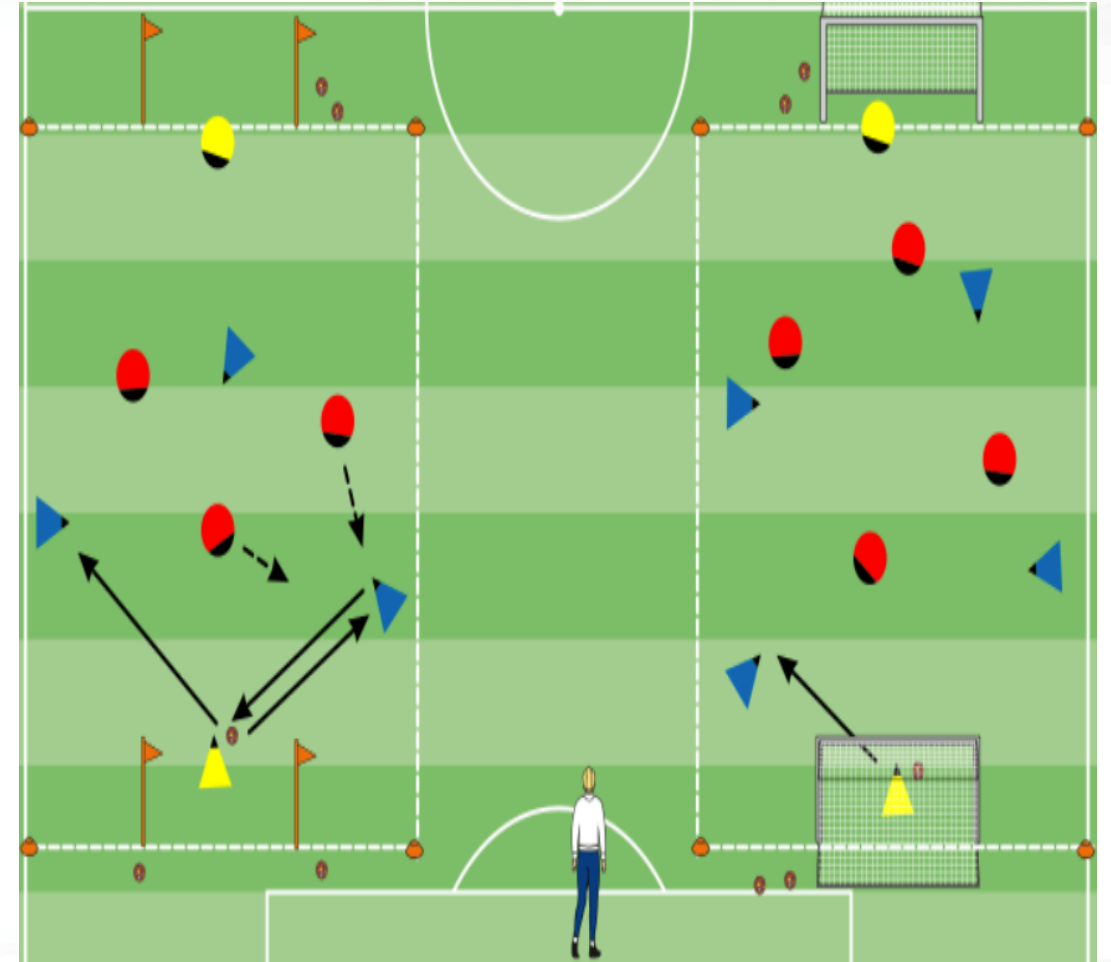
Allow players to play freely introducing key words

PLAYER ACTIONS

-Pass/dribble -Spread out -Pass options

KEY WORDS

Use space, hips open, pass, dribble



ORGANIZATION

2 vs 1

Mark out two 42 x 18-yard fields, each with build-out lines and two mini goals. Choose eight attackers (Blue) and four defenders (Red) and position them as shown. The first attacker on each field dribbles forward and tries to get the ball past the defender to the second attacker. Play continues until a goal is scored. The attackers rotate counterclockwise. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except on a 24 x 12-yard field.

Less challenging;

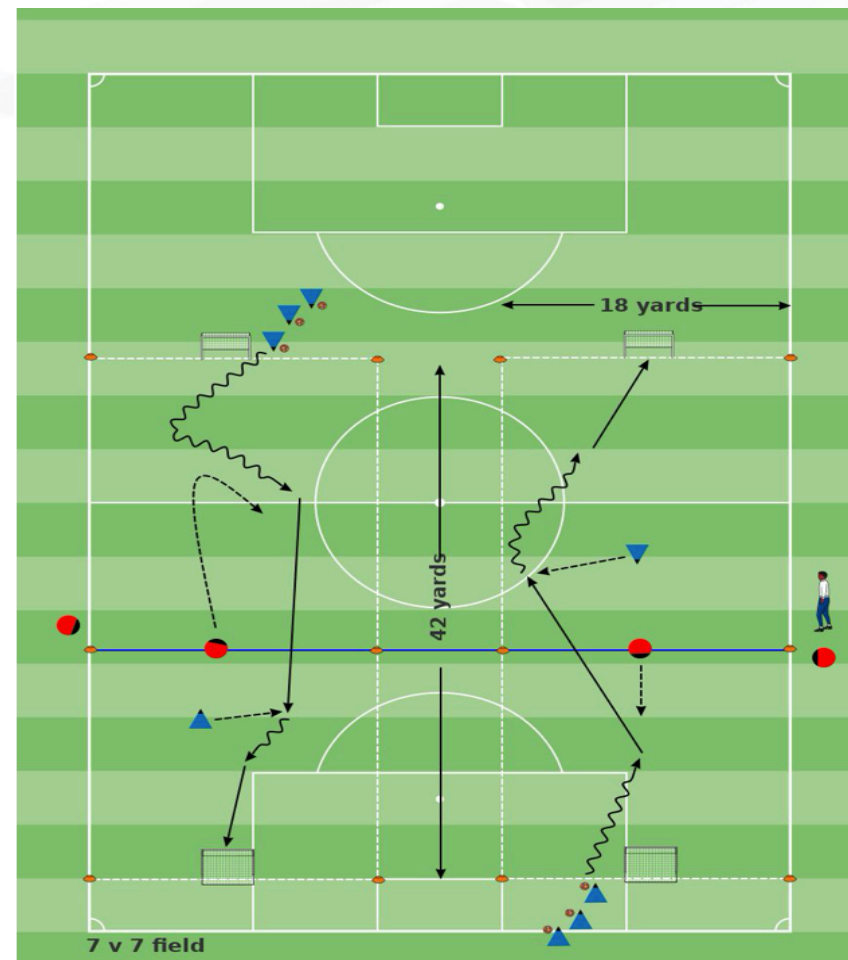
Same as Core Activity, except players play 3 v 1.

PLAYER ACTIONS

Pass/dribble, Spread out, Pass options

KEY WORDS

Pass, dribble, get open, call for the ball



ORGANIZATION

Mark out two 24 x 20-yard fields with end zones. Choose four defenders (Red) and 12 attackers (Blue) and position them as shown. Player A passes to B, who dribbles onto the field to join C attack 2 v 1 on the end zone. The defender tries to win the ball and score on the goal line. Afterward, the attackers rotate counterclockwise. Play for 30 minutes with two breaks and rotate the defenders.

COMPLEXITY

More challenging;

Same as Core Activity, except the fields are just 12 yards wide.

Less challenging;

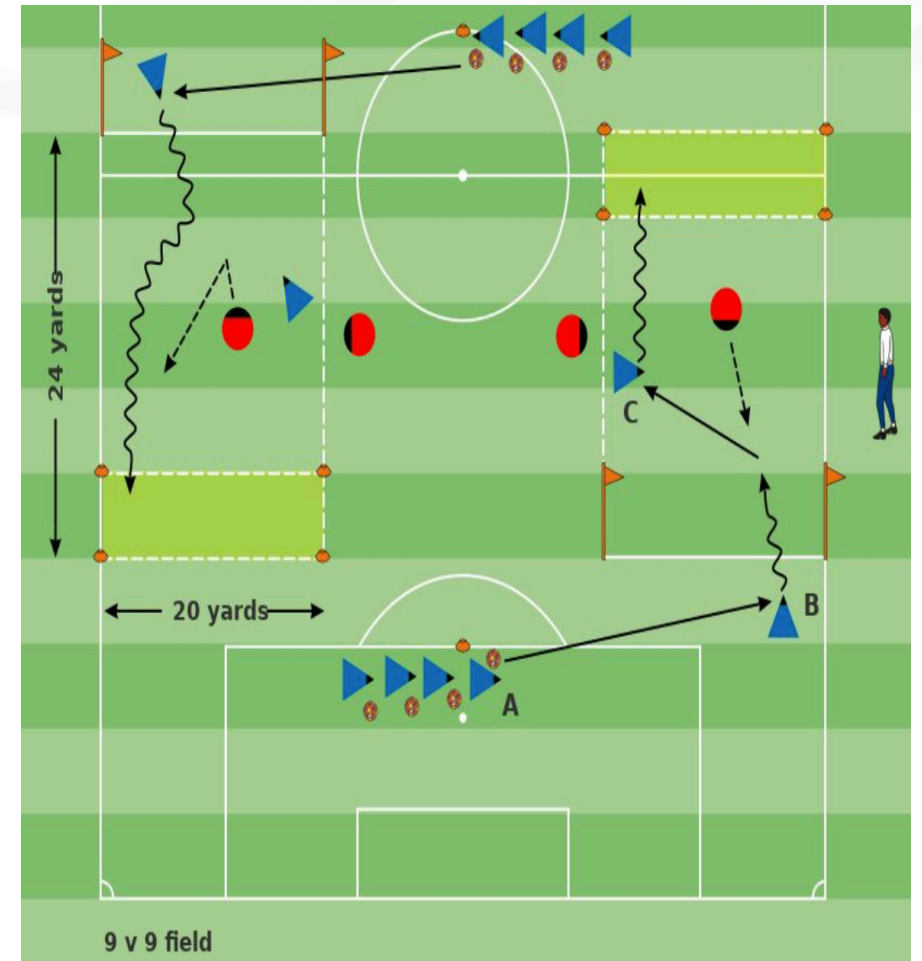
Same as core activity, except the defender has to stay inside 5-yard zone in the center

PLAYER ACTIONS

Pass/dribble • Spread out • Pass options

KEY WORDS

Pass, dribble, hips open



ORGANIZATION

4v2 - Mark out two 54 x 44-yard fields. Ball starts with the GK who can play to two attackers who try to build from their half to move into the midfield and finish on one of the mini goals with the help of the central midfielder. The defenders try to win the ball and score on the attackers' large goal. Rotate attackers and defenders after each round. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except the field is just 30 yards wide.

Less challenging;

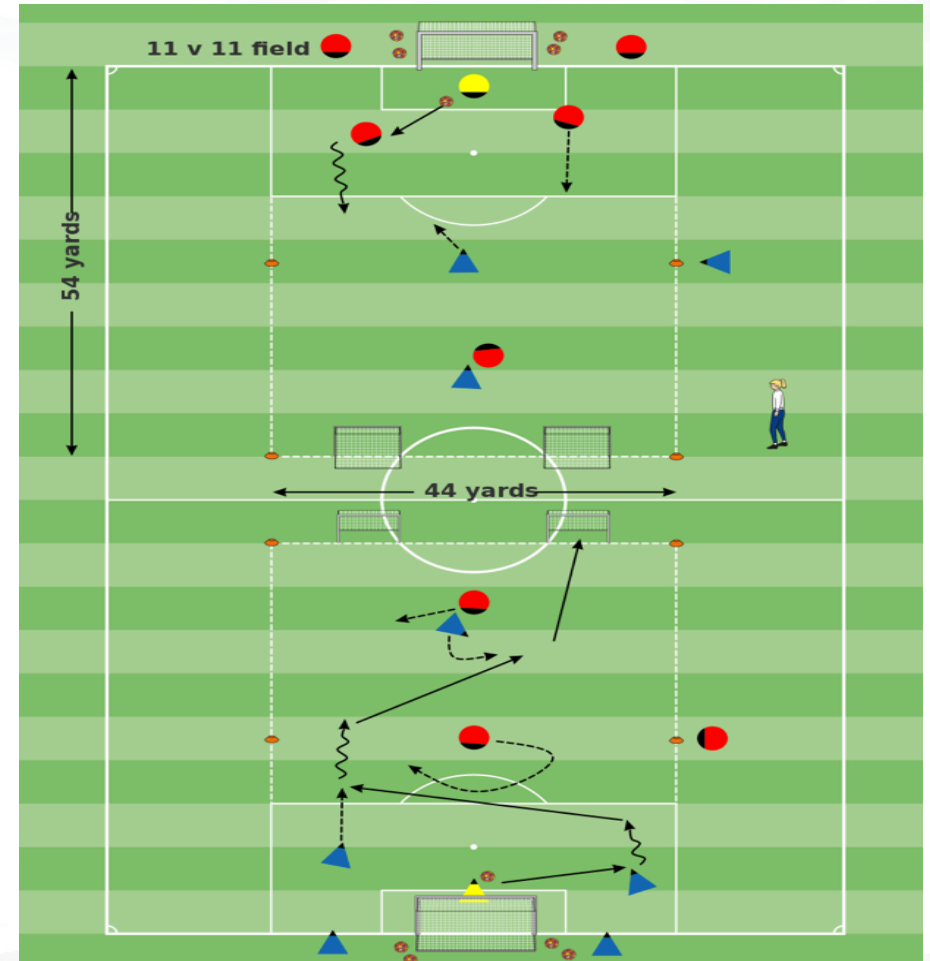
Same as Core Activity, except teams play 3 v 1 (no midfielders), and attackers must shoot from outside of marked end zones. (10 yards from goal)

PLAYER ACTIONS

Pass/dribble • Spread out • Pass options

KEY WORDS

Pass, dribble, get open



PLAY 2 - Improve Building-Up in Own Half (All play levels)

ORGANIZATION

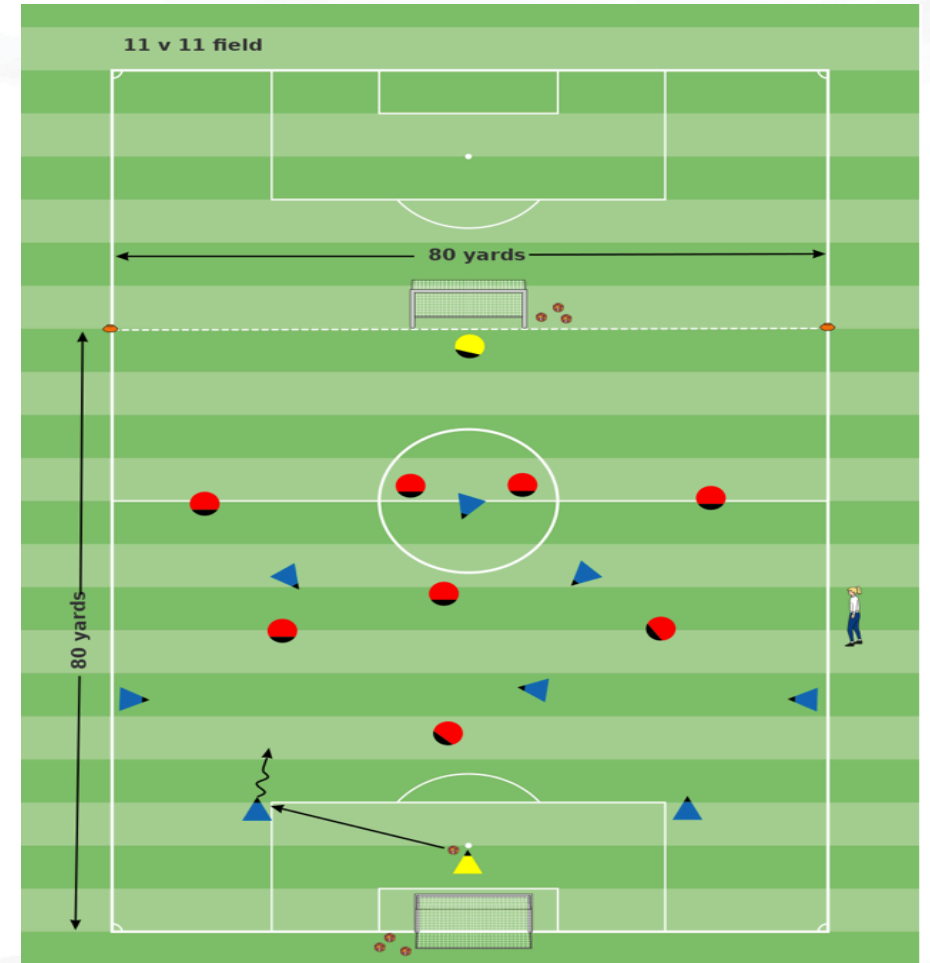
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

Pass/dribble, Spread out, Pass options

KEY WORDS

Use space, hips open, pass, dribble, get open



MAKE IT COMPACT

CLOSE THE OPENINGS

FUN

PRESSURE, COVER, BALANCE

WEEK 2 – DEFENDING

Improve preventing opponent
from building up from our own half

DEVELOPMENT

STAY INVOLVED

KEEP THE OPENINGS CLOSED

KEEP IT COMPACT

CREATIVITY



PLAY 1 – Improve preventing opponent building-Up in Own Half (All play levels)

ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

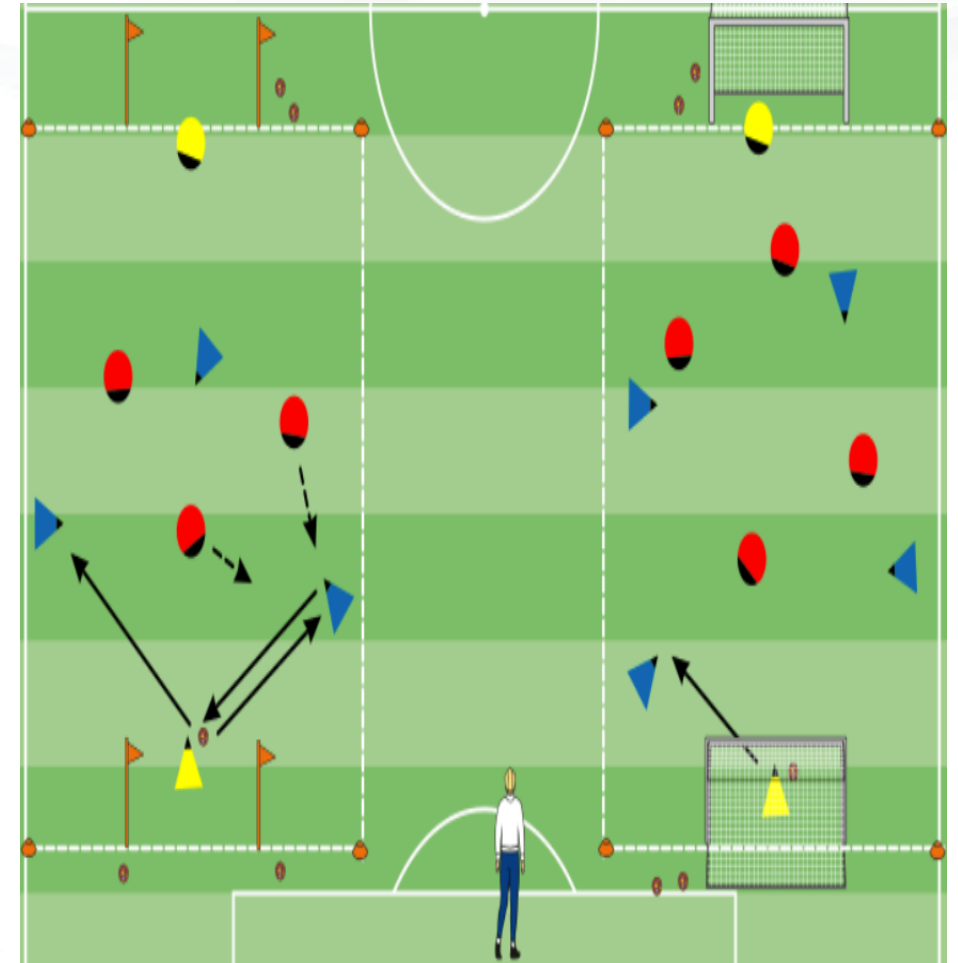
Allow players to play freely introducing key words

PLAYER ACTIONS

Pressure/cover/balance, Stay compact, Mark player/area

KEY WORDS

Stay compact, move with the ball



ORGANIZATION

Mark out two 20 x 12-yard fields. Assign attackers and defenders to starting positions as shown. Play begins with a pass to the first attacker. Players play 1 v 2 on the endlines (dribble across to score). Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as core activity, except the second defender starts from the other endline and the first attacker dribbles onto the field.

Less challenging;

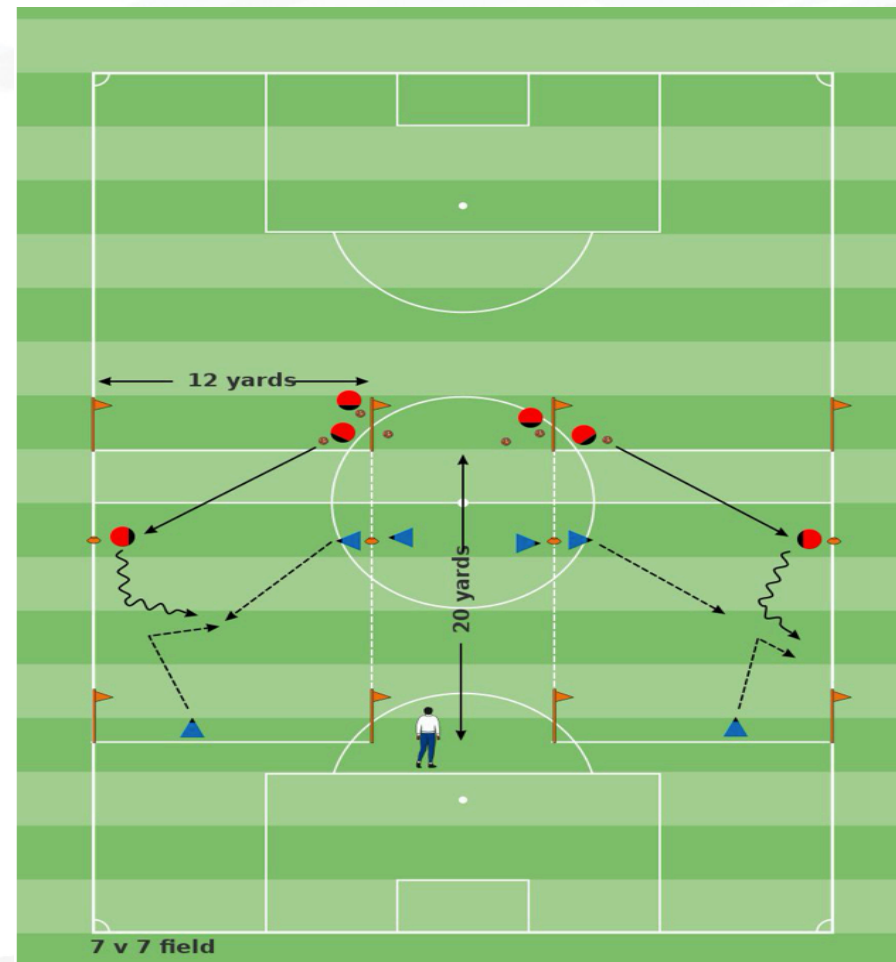
Same as core activity, except both defenders start out on the endline. Play for 30 minutes with two breaks.

PLAYER ACTIONS

Outnumber • Steal • Pressure/cover/balance

KEY WORDS

Close the attacker down, attack the ball, pressure and cover



ORGANIZATION

Mark out two 24 x 15-yard fields, each with two end zones. Divide players into two teams and have them line up in pairs by the end zones. The defenders pass the ball to the attackers, and then they play 2 v 2. Players attack on the end zones (dribble or pass into teammate's path to score). The offside rule goes into effect at the centerline. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except the fields are 20 yards wide

Less challenging;

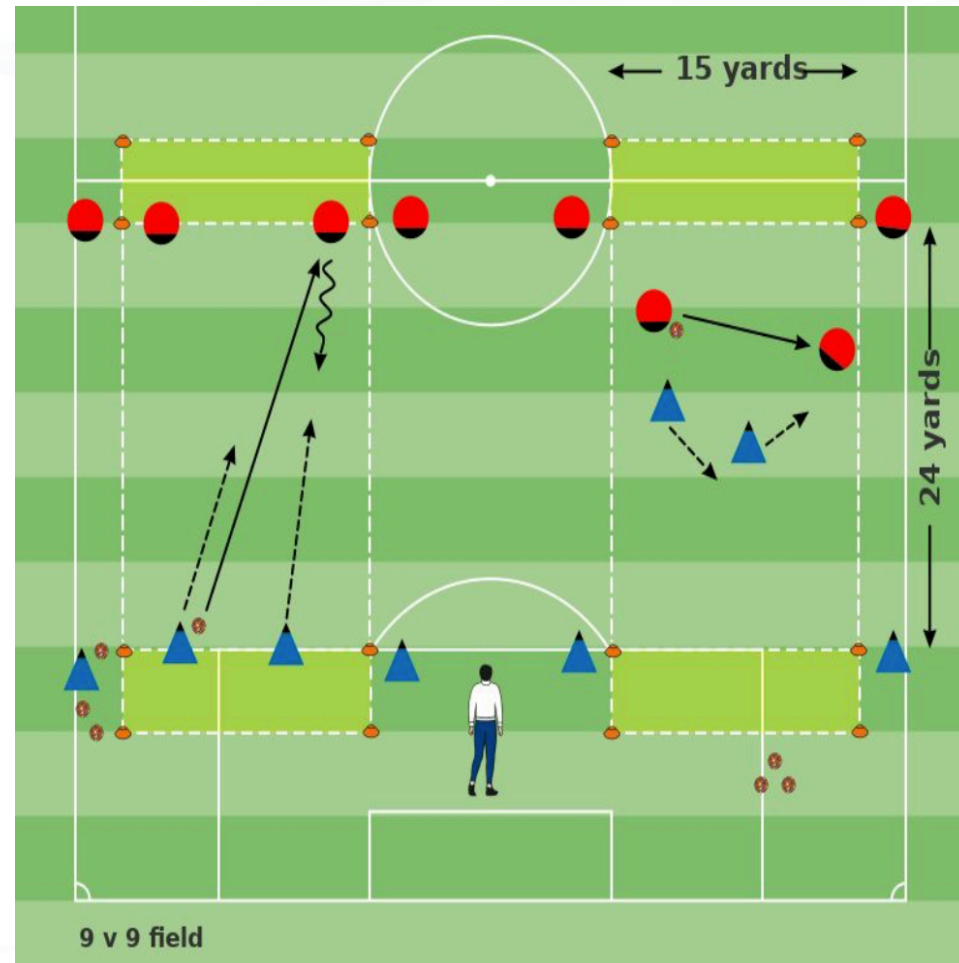
Same as Core Activity, except the fields are only 10 yards wide.

PLAYER ACTIONS

Pressure/cover/balance, stay compact, steal

KEY WORDS

Push up, pressure, cover, move with the ball, attack the ball



ORGANIZATION

For every 5 attackers and 4 defenders, mark out a 24 x 44-yard field with an end zone and three mini goals. The attackers can score by dribbling or completing a pass into the end zone. The defenders form a flat four and try to keep the attackers from breaking through. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except the field is 60 yards wide

Less challenging;

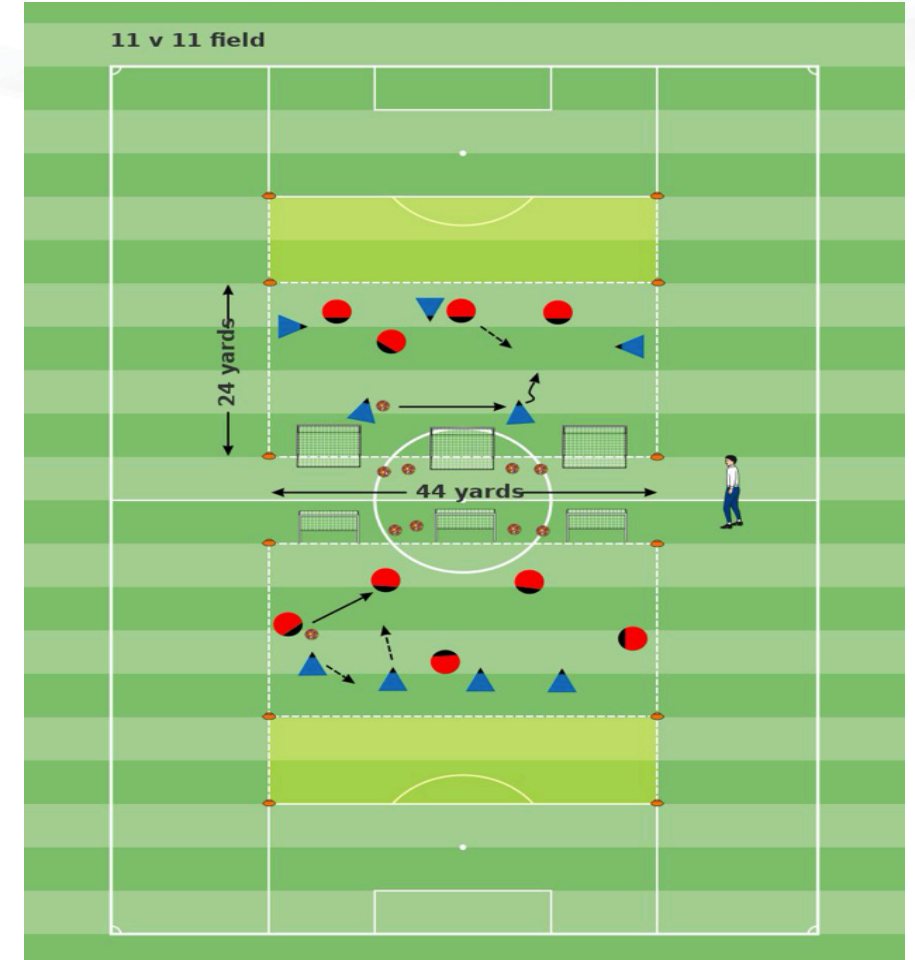
Same as Core Activity, except teams play 4 v 4, and the defenders have to pass to the target player to score.

PLAYER ACTIONS

Pressure/cover/balance, Stay compact, Mark player/area

KEY WORDS

Stay compact, move with the ball



PLAY 2 - Improve preventing opponent building-Up in Own Half (All play levels)

ORGANIZATION

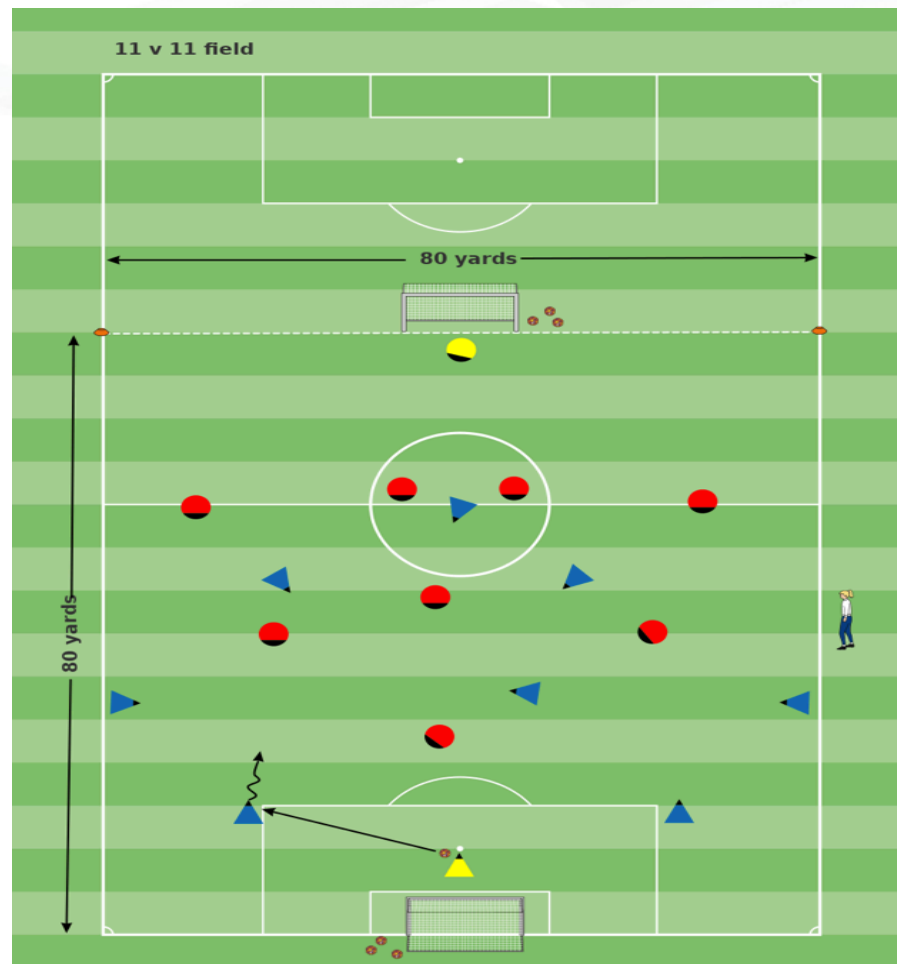
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

Pressure/cover/balance, Stay compact, Mark player/area

KEY WORDS

Stay compact, move with the ball



CHANGE THE PACE/RHYTHM

PASS OR DRIBBLE FORWARD

CREATE OPENINGS

SWITCH POSITIONS

FUN

WEEK 3 – ATTACKING
Improve building up in opponent's
half in order to create chances

CREATIVITY

CREATE 2V1 OR 1V1

DEVELOPMENT

CHANGE POINT OF ATTACK



PLAY 1 - Improve Building-Up in opponent half in order to create chances (All play levels)

ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

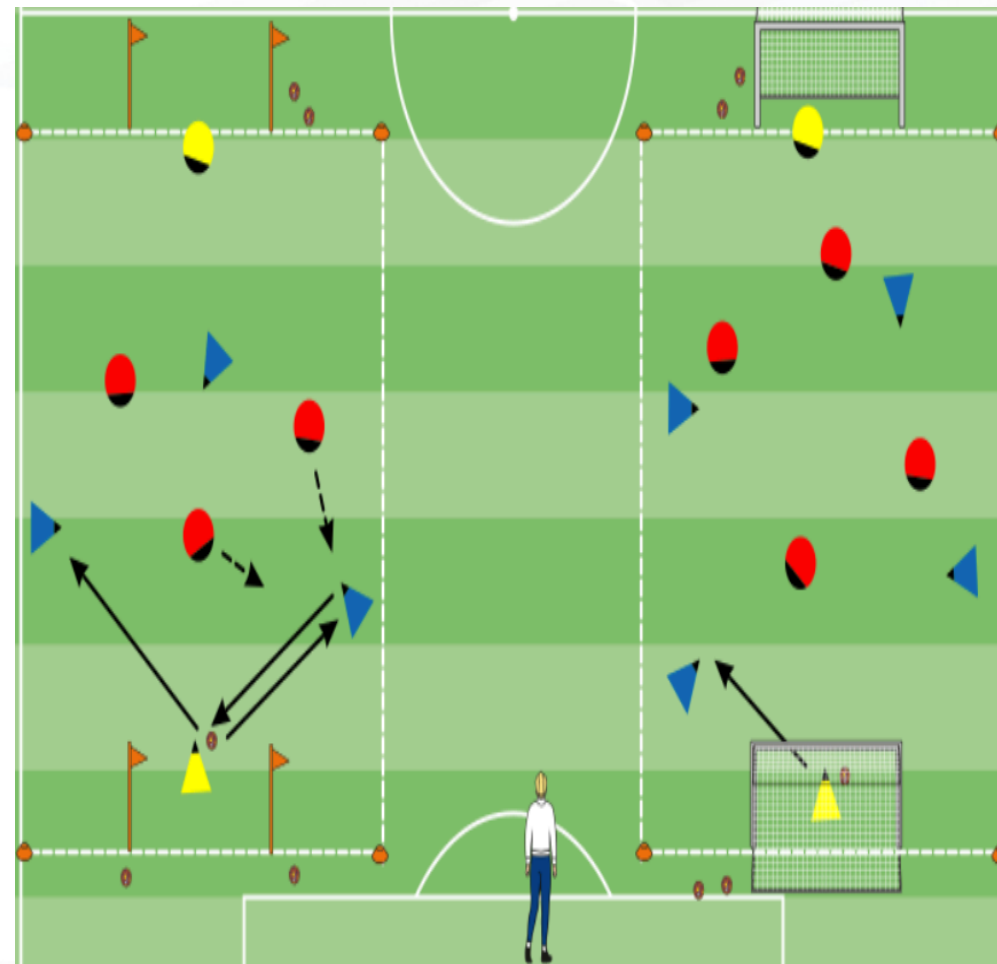
Allow players to play freely introducing key words

PLAYER ACTIONS

Pass/dribble, 2v1/1v1, change pace

KEY WORDS

Opening, take him/her on, go!, pass/dribble



ORGANIZATION

Teams play 3 v 2 + GK on a 24 x 24-yard field with a standard goal and two small goals. Blue (attacking team) dribbles or passes in. Red starts from the top of the box and tries to win the ball and score on the small goals. All players (including the keeper) rotate every 2–3 minutes. Play for 30 minutes with two to three breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 4 v 3 + GK on half of a standard 7v7 field. All players (including the keeper) rotate every 2–3 minutes.

Less challenging;

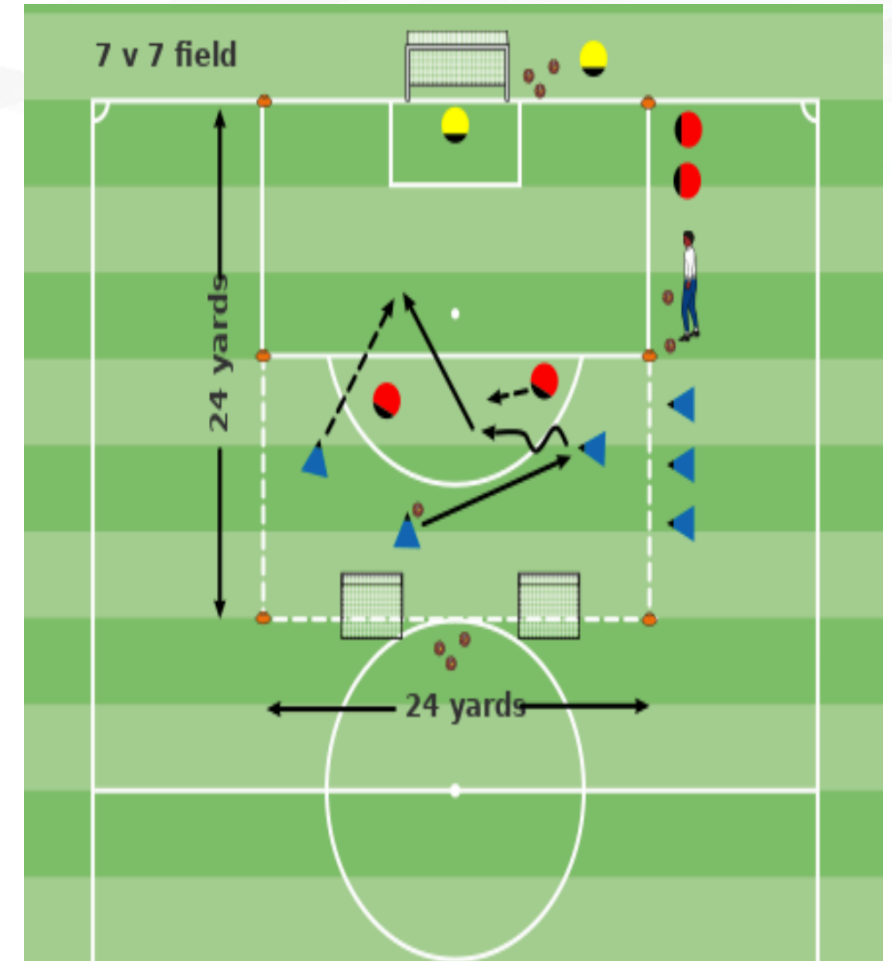
Same as Core Activity, except teams play 2 v 1 + GK. All players (including the keeper) rotate every 2–3 minutes. If space is available, set-up two activities.

PLAYER ACTIONS

Pass/dribble, spread out, 2v1/1v1

KEY WORDS

Opening, take opponents on, head up, pass/dribble, go!



PRACTICE - 9v9 Attacking- Improve Building-Up in opponent half in order to create chances

ORGANIZATION

Mark out a 40 x 50-yard field with two goals per team. Teams play 6 v 4. The attackers (Blue) must dribble or pass on the ground to score. The defenders can only score on ground balls. After a goal, Blue starts a new attack. Use kick-ins for restarts. Play for 30 minutes with two to three breaks. Rotate players every three minutes.

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 6 v 5.

Less challenging;

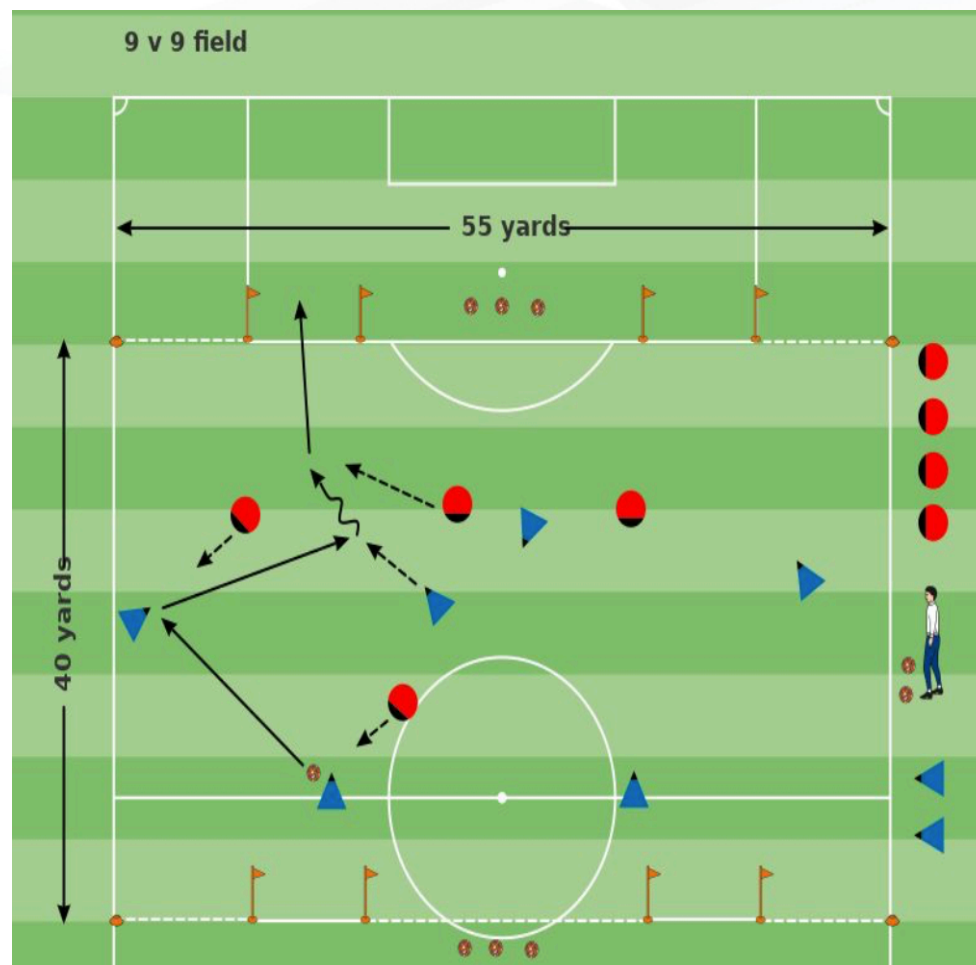
Same as Core Activity, except teams play 6 v 3 and can only score on ground balls.

PLAYER ACTIONS

Support, 2v1/1v1, change point

KEY WORDS

Take opponents on, support, switch it



PRACTICE - 11v11 Attacking - Improve Building-Up in opponent half in order to create chances

ORGANIZATION

Mark out a 60 x 80-yard field with one full-sized to two counter goals. Play 6 v 5 + GK in favor of blue team (one blue start the play). If opponent wins ball they score in counter goals. First to five goals, then switch sides and reset. Play for 30 minutes with two to three breaks. Rotate players every few minutes so that all players play.

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 6 v 6 + GK. One extra blue player can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

Less challenging;

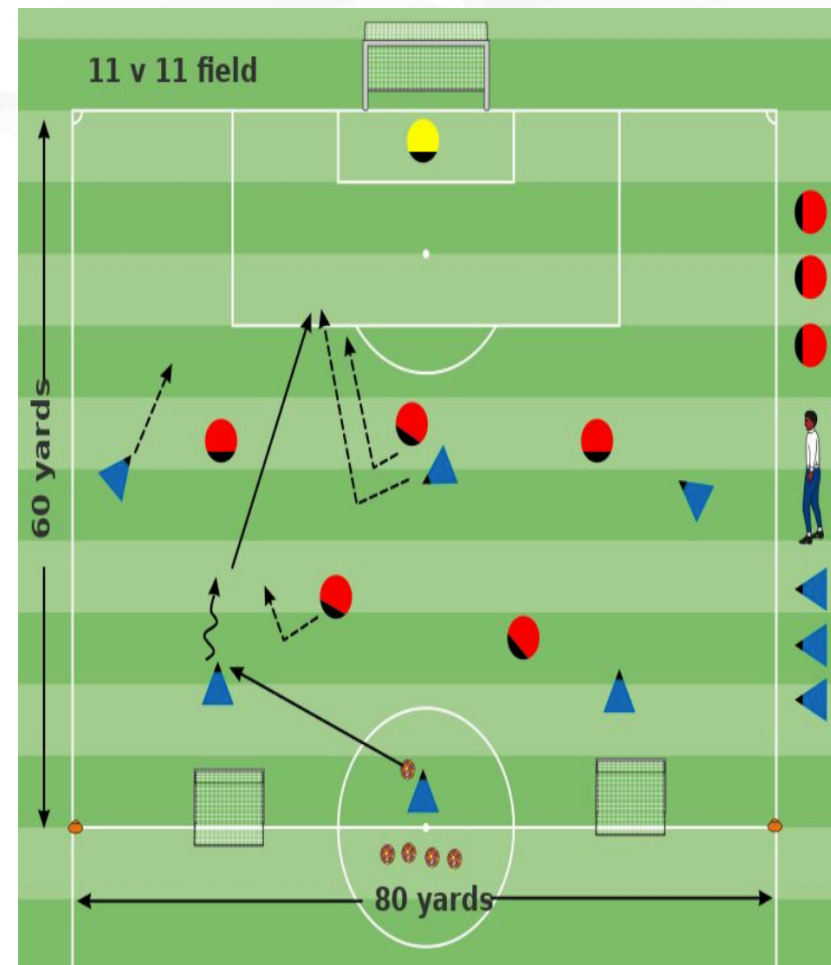
Same as Core Activity, except teams play 6 v 4 + GK. Two extra blue players can start beside the extra balls and pass the ball in to start the play. Rotate players every few minutes so that all players play.

PLAYER ACTIONS

Pass/dribble, 2v1/1v1, change pace

KEY WORDS

Opening, take him/her on, go!, pass/dribble



PLAY 2 - Improve Building-Up in opponent half in order to create chances (All play levels)

ORGANIZATION

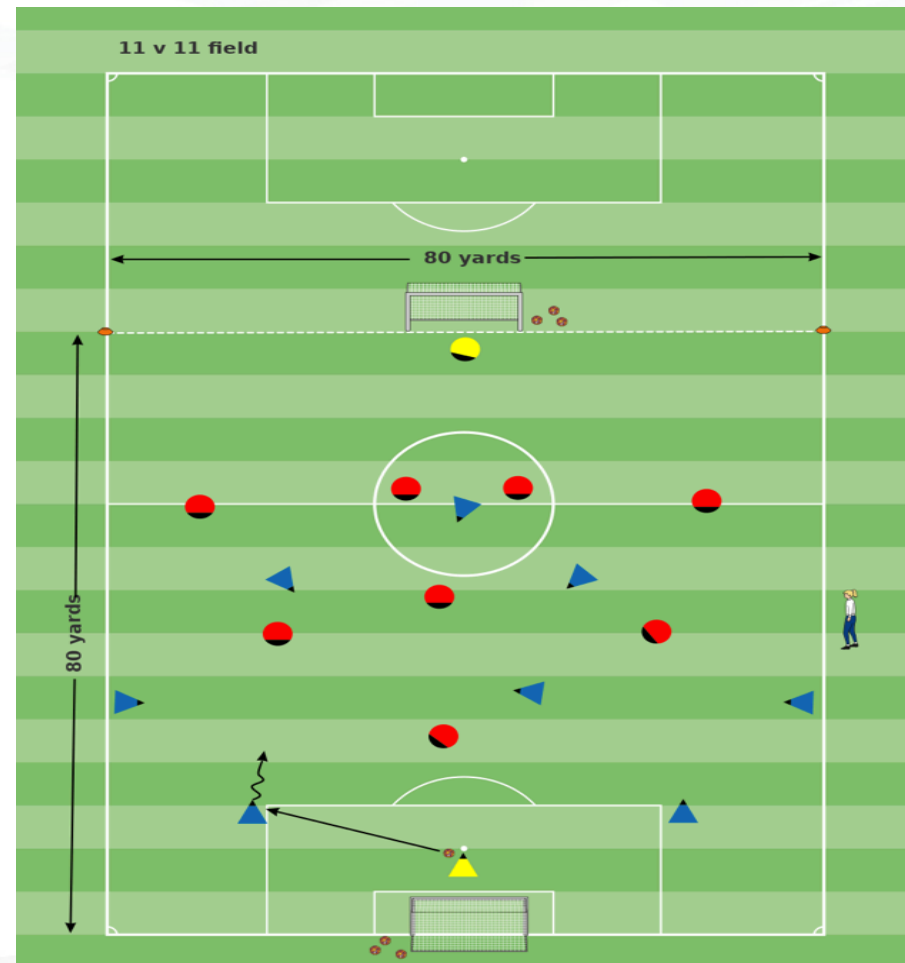
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

Pass/dribble, 2v1/1v1, change pace

KEY WORDS

Opening, take him/her on, go!, pass/dribble



MARK THE PLAYER, MARK THE AREA

KEEP IT COMPACT

MAKE IT COMPACT

FUN

WEEK 4 – DEFENDING

Improve preventing opponent from building up and creating chances in opponent half

STEAL THE BALL

STAY INVOLVED

CREATIVITY

DEVELOPMENT

KEEP THE OPENINGS
CLOSED



PLAY 1 – Improve preventing opponent from building up in opponent half (All play levels)

ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

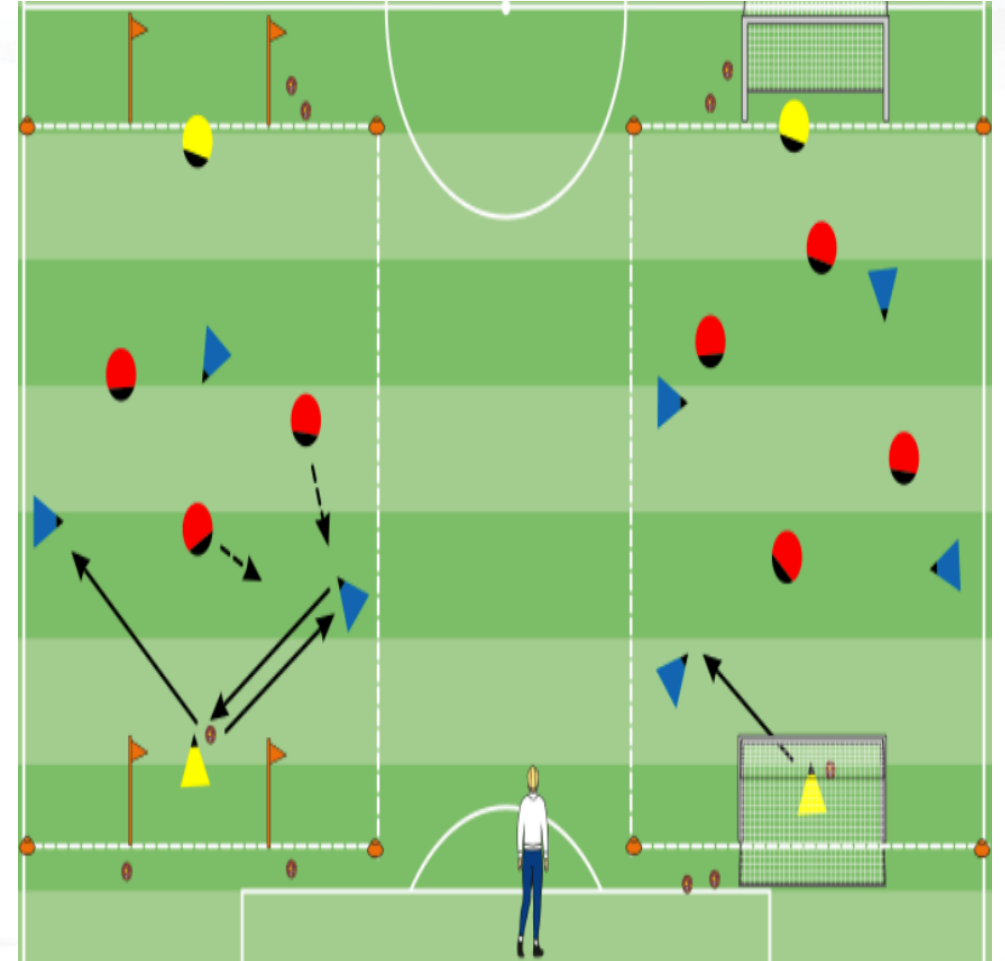
Allow players to play freely introducing key words

PLAYER ACTIONS

Steal, get compact, pressure/cover/balance

KEY WORDS

Attack the ball, immediate pressure, force their heads down



ORGANIZATION

Mark out two fields as shown. Three attackers (Red) and three defenders (Blue) play on each field. Each 1 v 1 begins with a pass from the goalkeeper. As soon as the pass is played, the defender runs out from behind the goal (build-out) line and tries to win the ball and counterattack on the standard goal. Players rotate after each round. Red's goalkeeper moves onto the field, the field player goes off and the extra player rotates into goal. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as core activity, except the goal lines are extended to 10 yards.

Less challenging;

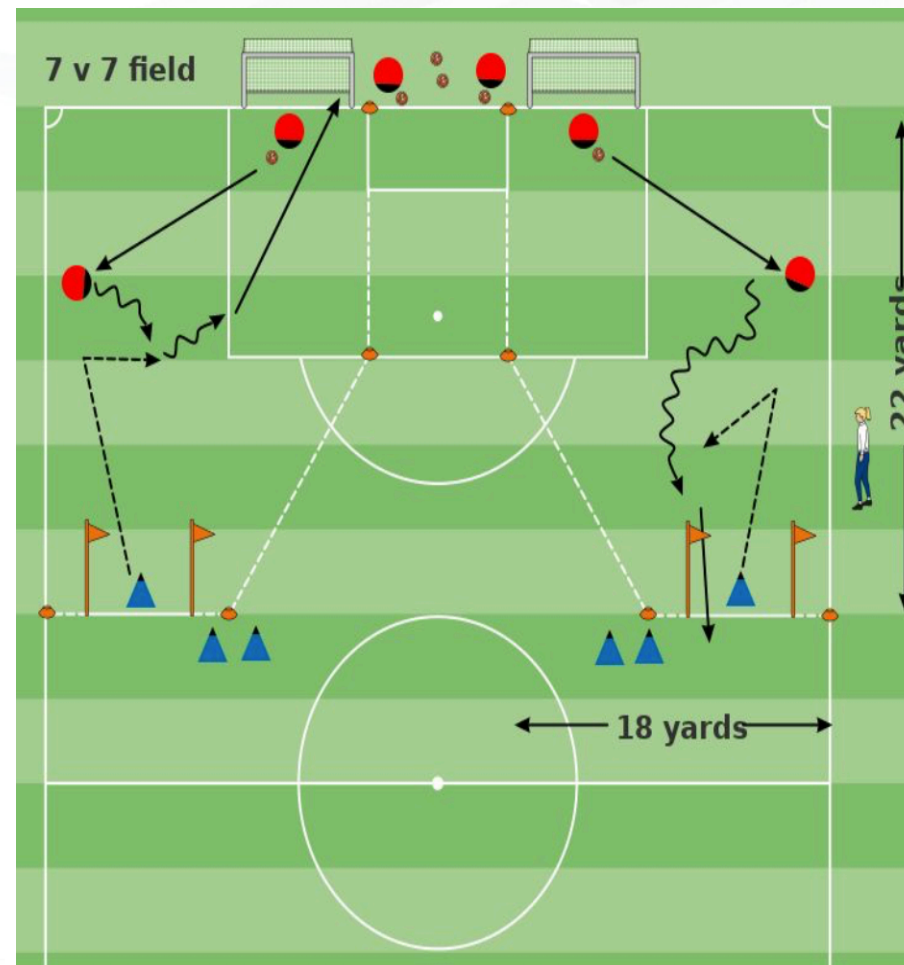
Same as core activity, except the attacker has to dribble across the goal line to score.

PLAYER ACTIONS

Steal, get compact, pressure/cover/balance

KEY WORDS

Attack the ball, immediate pressure, force their heads down



ORGANIZATION

Mark out a 40 x 20-yard field. Red (1-1-2; one defender and two midfielders) vs Blue (1-2-1; two midfielders and one central forward). Red starts outside of the box except GK who begins play feet or hands. Rotate players every 2- 3 repetitions and between teams. Option to set-up a 2nd field.

COMPLEXITY

More challenging;

Same as Core Activity, except both teams add a midfielder.

Less challenging;

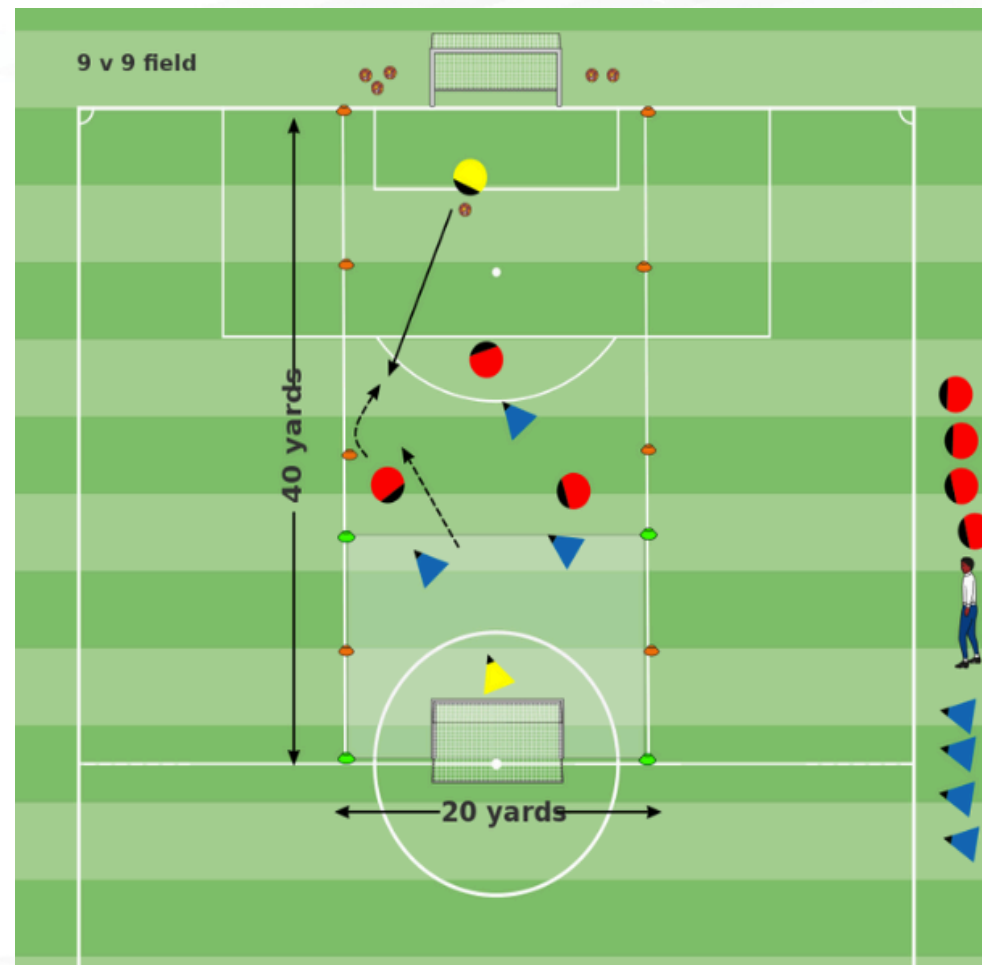
Same as Core Activity, except Blue adds a midfielder.
Option to add another goalkeeper for Red to rotate.

PLAYER ACTIONS

Protect goal, steal, get compact

KEY WORDS

Block the pass, steal the ball, get tight.



ORGANIZATION

Mark out a 42 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and assign each team to a goal. The coach calls out the game (1 v 2, 2 v 3 or 3 v 4) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. Then a new round begins. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except both teams are equal: Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

Less challenging;

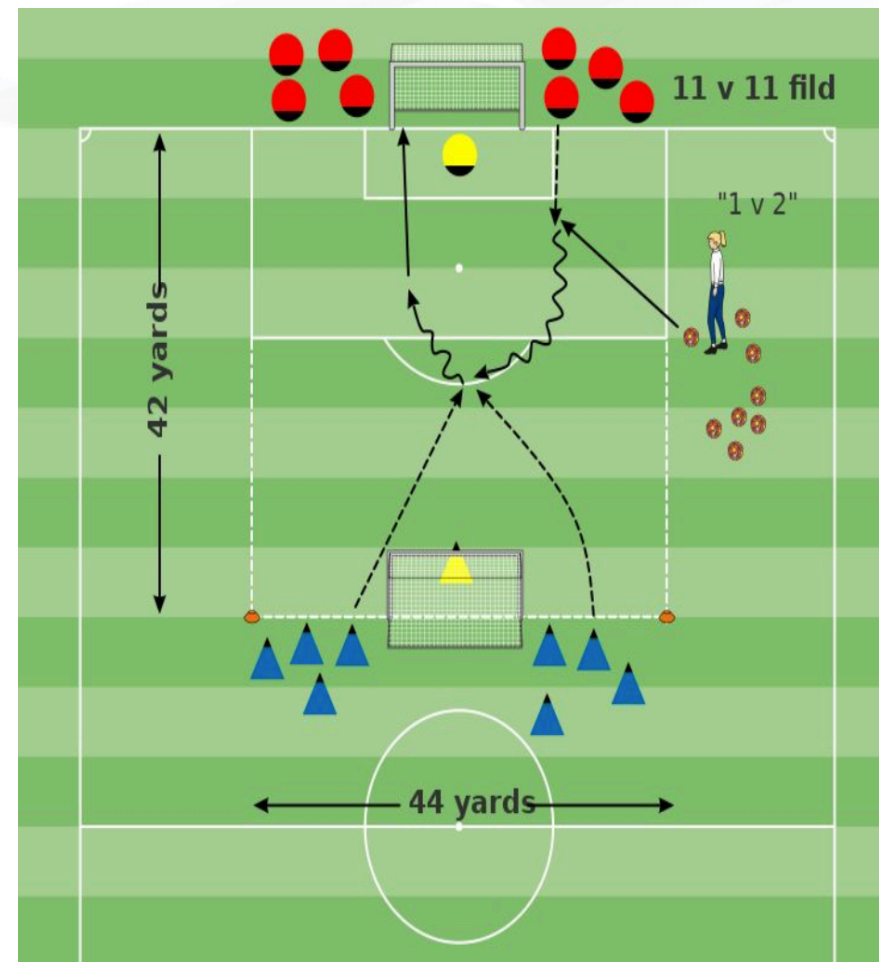
Same as Core Activity, except the field is only 30 yards wide

PLAYER ACTIONS

Steal, pressure/cover/balance, outnumber

KEY WORDS

Outnumber the opponent, pressure, cover, work together



PLAY 2 - Improve preventing opponent from building up in opponent half (All play levels)

ORGANIZATION

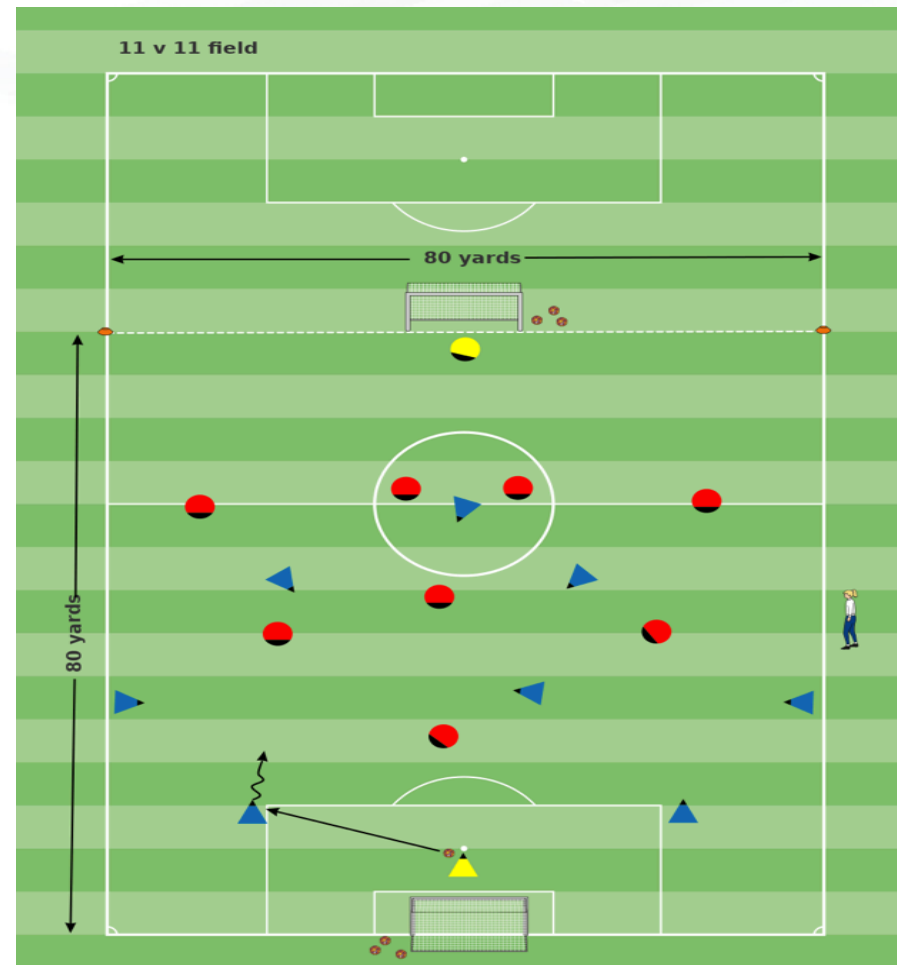
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

Steal, pressure/cover/balance, outnumber

KEY WORDS

Outnumber the opponent, pressure, cover, work together



AUTONOMY

PROGRESSION

GAME LIKE

FULL POTENTIAL

FUN

WEEK 5 – GAMES WEEK
Allow players to execute tasks from
previous weeks and individual
observation

CREATIVITY

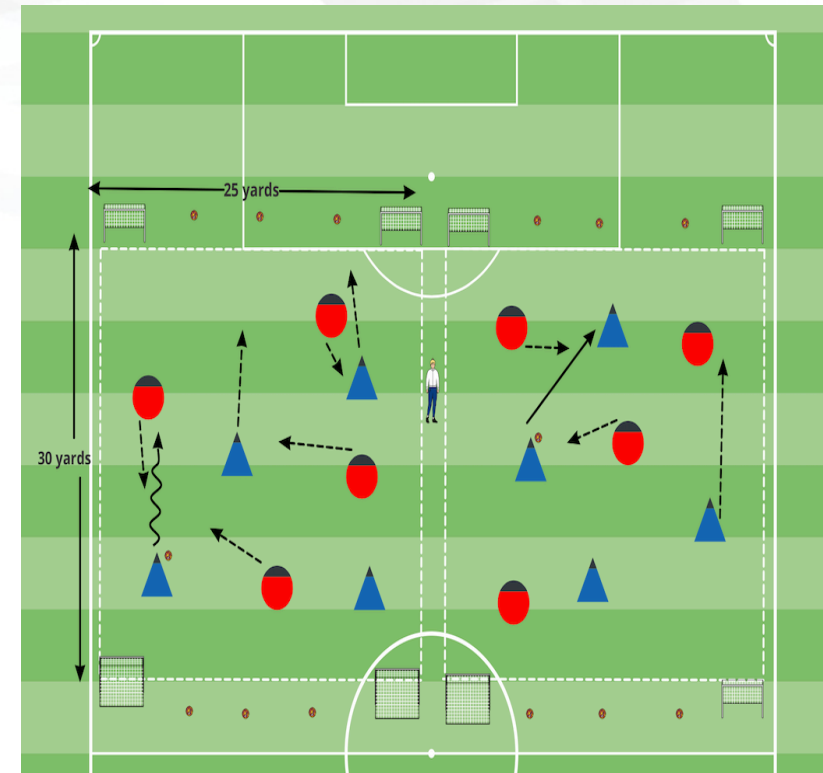
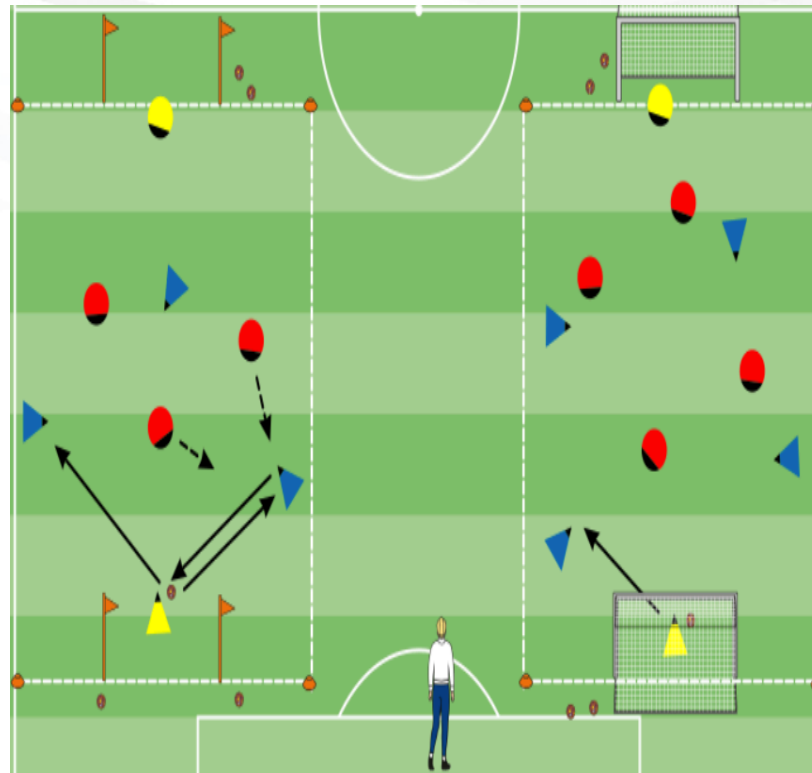
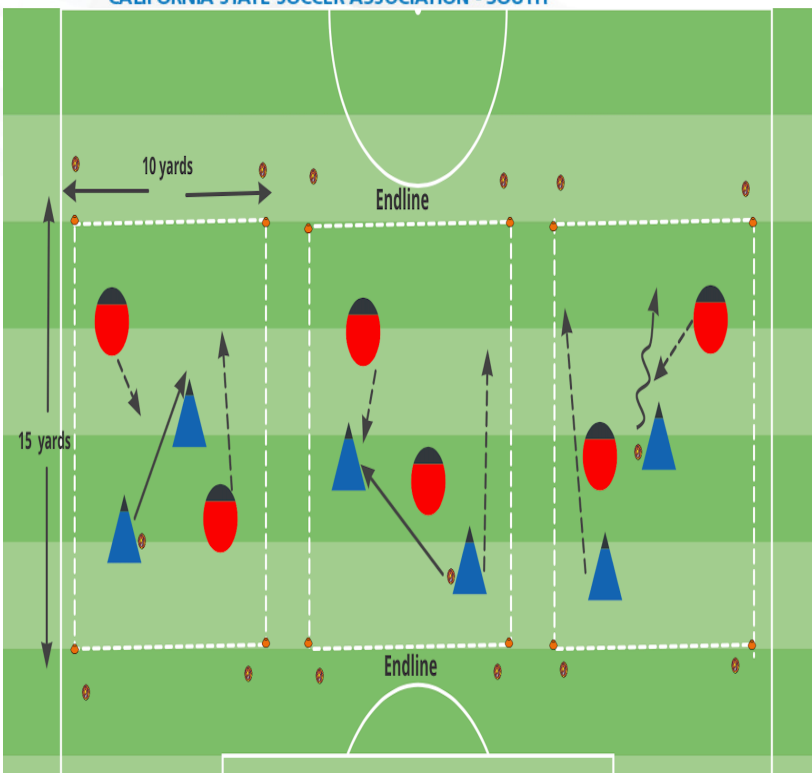
GAME-LIKE EXPERIENCES

DECISION-MAKING

DEVELOPMENT

INVOLVEMENT





1) Mark out three or four (depending on numbers) 10 x 15-yard fields. Play 2v2 in each field, to score the players must dribble past the endline. Play for 4 x 3 minutes with a 1-minute break. Switch opposition each round. Allow players to play freely, use as an opportunity to see where players are individually at, based off previous weeks objectives

2) Mark out two or three (depending on numbers) 15 x 20-yard fields. Play 3v3 on each field, to score players go to the goal. Play for 3 x 4 minutes with a 1-minute break after each game. Switch opposition each round. Allow players to play freely, use as an opportunity to see where players are individually at, based off previous weeks objectives (Some individual interactions if needed)

3) Mark out one or two (depending on numbers) 25 x 30-yard fields. Play 4v4, to score players can go to either goal, the number of passes made before each goal represents the number of points gained. Play for 3 x 5 minutes with a 1-minute break. Switch opposition each round.

4) Finish with small sided game 4v4, 7v7, 9v9 (Depending on # of players)

SHOOT

CHANGE THE PACE/RHYTHUM

SUPPORT THE ATTACK

FIND OPENINGS

WEEK 6 – ATTACKING
Improve scoring goals

FUN

CREATIVITY

CREATE PASSING OPTIONS

DEVELOPMENT

CREATE 2V1 OR 1V1



PLAY 1 – Attacking - Improve scoring goals (All play levels)

ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

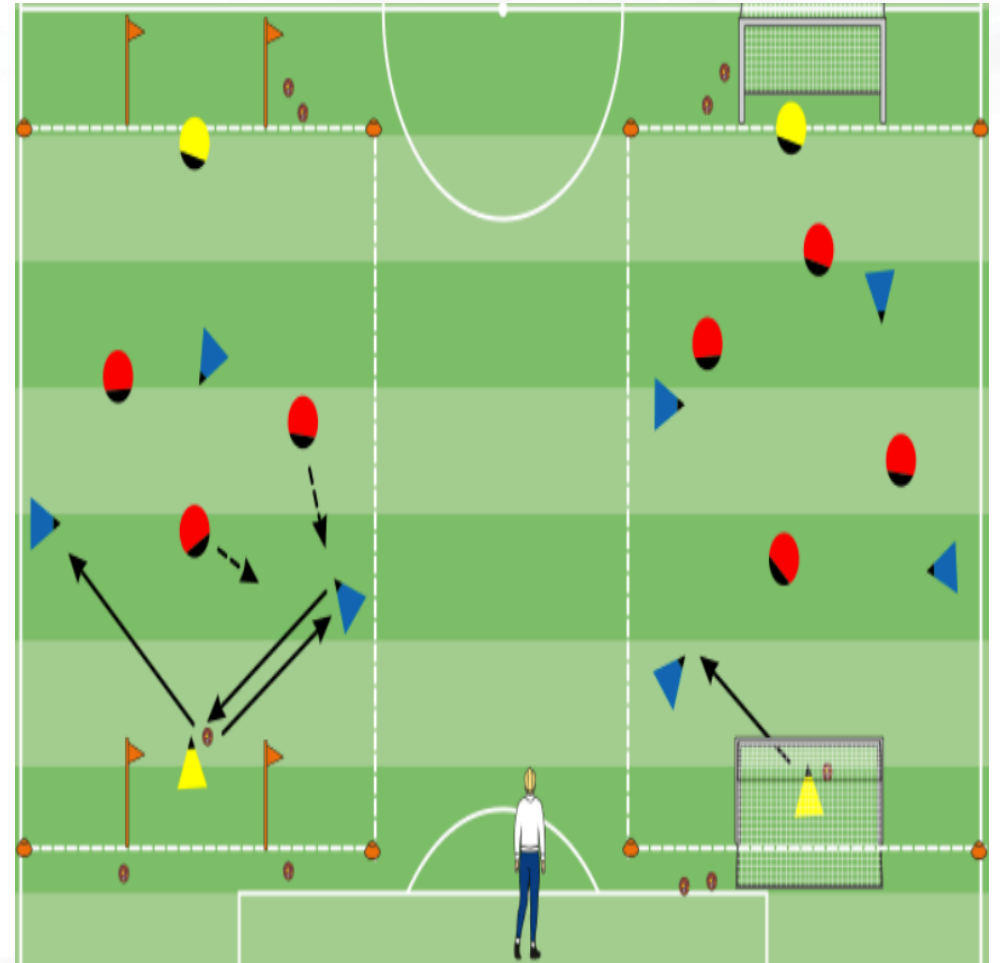
Allow players to play freely introducing key words

PLAYER ACTIONS

2v1/1v1 • Shoot

KEY WORDS

shoot, pass, dribble, take opponents on



ORGANIZATION

Mark out two 24 x 24-yard fields, each with two goals with goalkeepers. Divide players into four teams of three and assign two to each field. Teams play 1 v 1 + GKs. Play 30-second rounds. After each round, the goalkeeper moves onto the field, the field players go off and the extra players rotate into the goals. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except on a 24 x 16-yard field.

Less challenging;

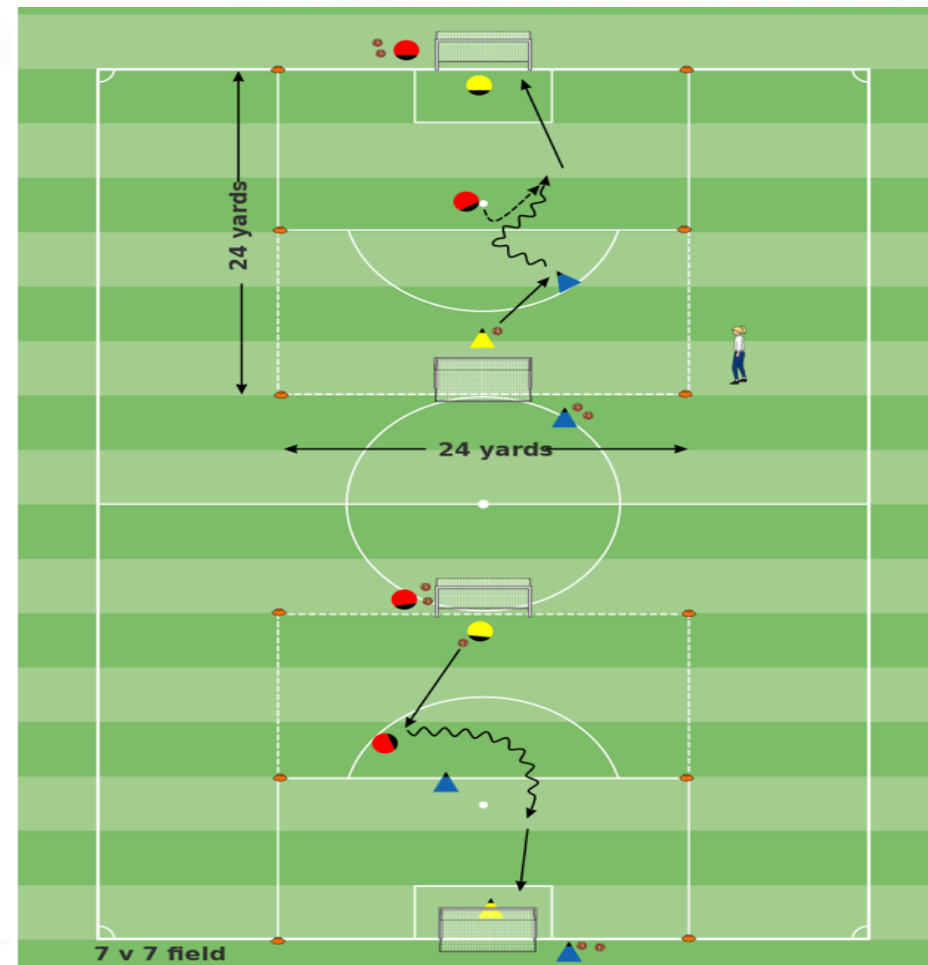
Same as Core Activity, except on a 16 x 24-yard field.

PLAYER ACTIONS

2v1/1v1, shoot

KEY WORDS

Dribble, pass, take opponents on, shoot



ORGANIZATION

Mark out two 32 x 36-yard fields. Assign attackers and defenders to starting positions as shown. Players play 2 v 1 + 1 (second defender runs in from behind). Play begins as soon as the ball starts moving forward and continues until a goal is scored. The defenders try to win the ball and score on the goal line. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except the field is just 20 yards wide

Less challenging;

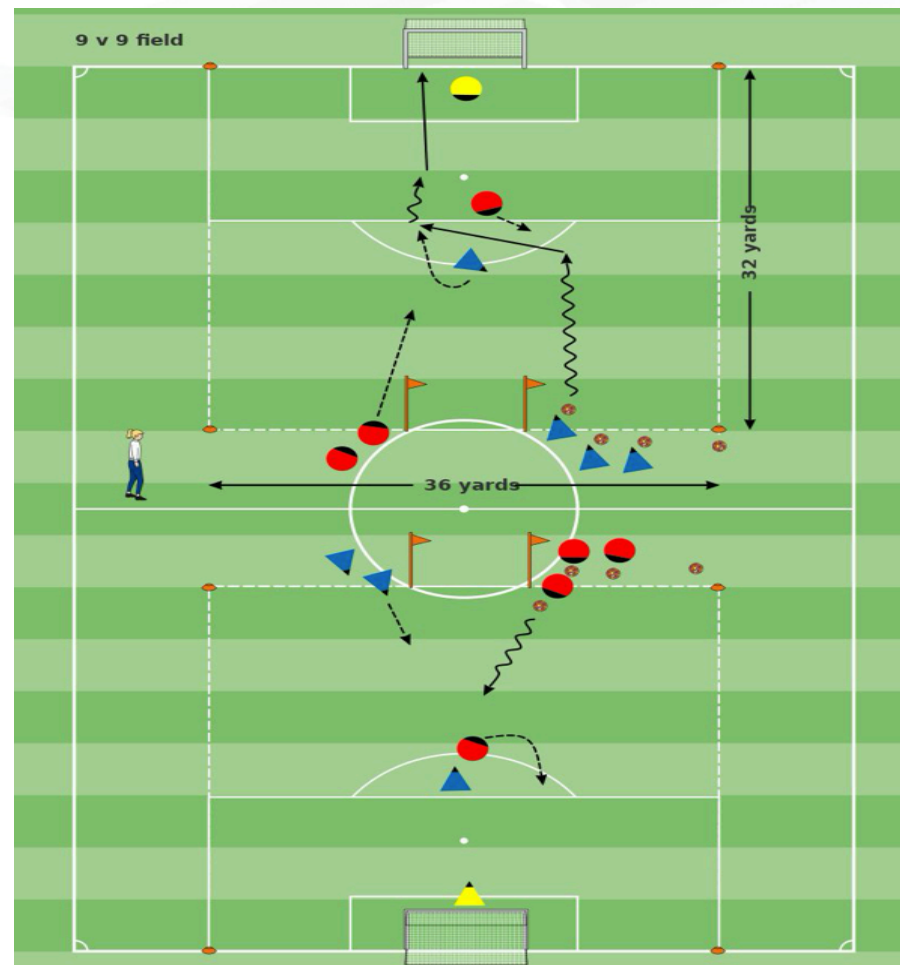
Same as Core Activity, except without the second defender.

PLAYER ACTIONS

2v1/1v1 • Pass/dribble • Shoot

KEY WORDS

Pass, dribble, take opponents on, shoot



ORGANIZATION

Mark out a 36 x 44-yard field with goals and goalkeepers. Choose eight attackers (Blue) and eight defenders (Red) and position them as shown. The coach calls out the game (2 v 1, 3 v 2 or 4 v 3) and then plays the ball in to Blue. The appropriate number of players run onto the field and play until a goal is scored by either team. If a round ends too quickly, play in a second ball. Then break off the attack and start a new round. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging:

Same as Core Activity, except both teams are equal:
Options are 1 v 1, 2 v 2, 3 v 3 or 4 v 4.

Less challenging:

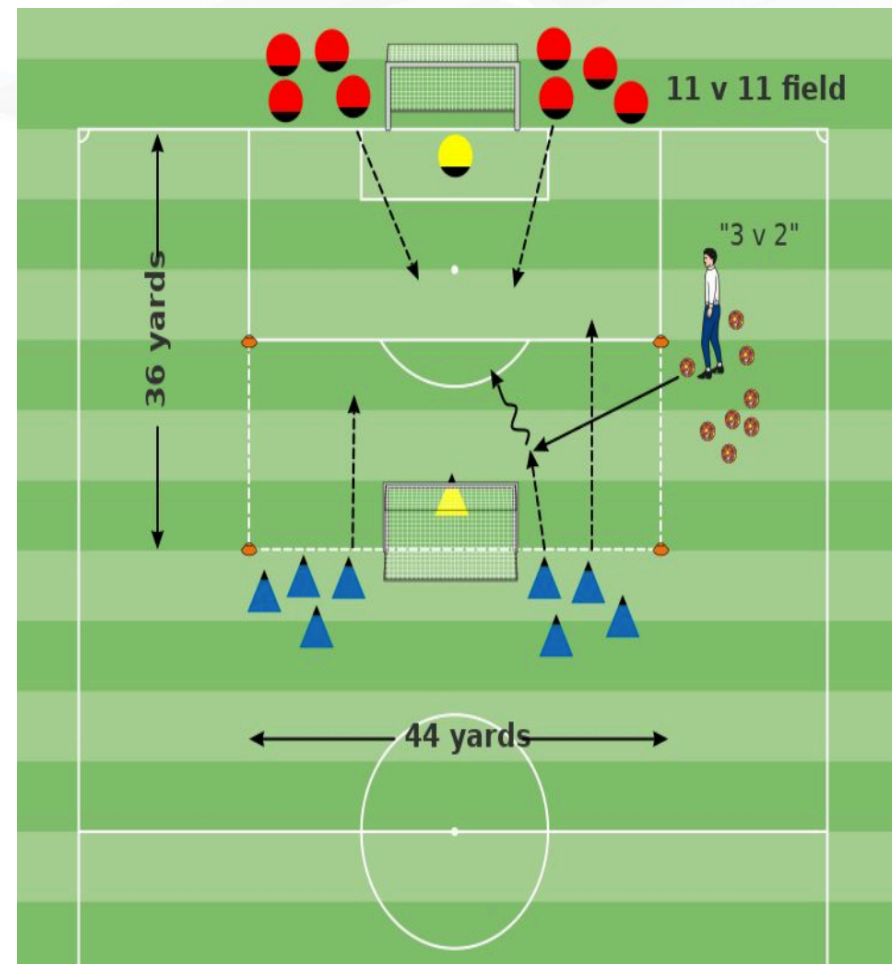
Same as Core Activity, except the attackers play two-up:
Options are 3 v 1, 4 v 2 or 5 v 3.

PLAYER ACTIONS

2v1/1v1 • Shoot

KEY WORDS

shoot, pass, dribble, take opponents on



PLAY 2 – Attacking - Improve scoring goals (All play levels)

ORGANIZATION

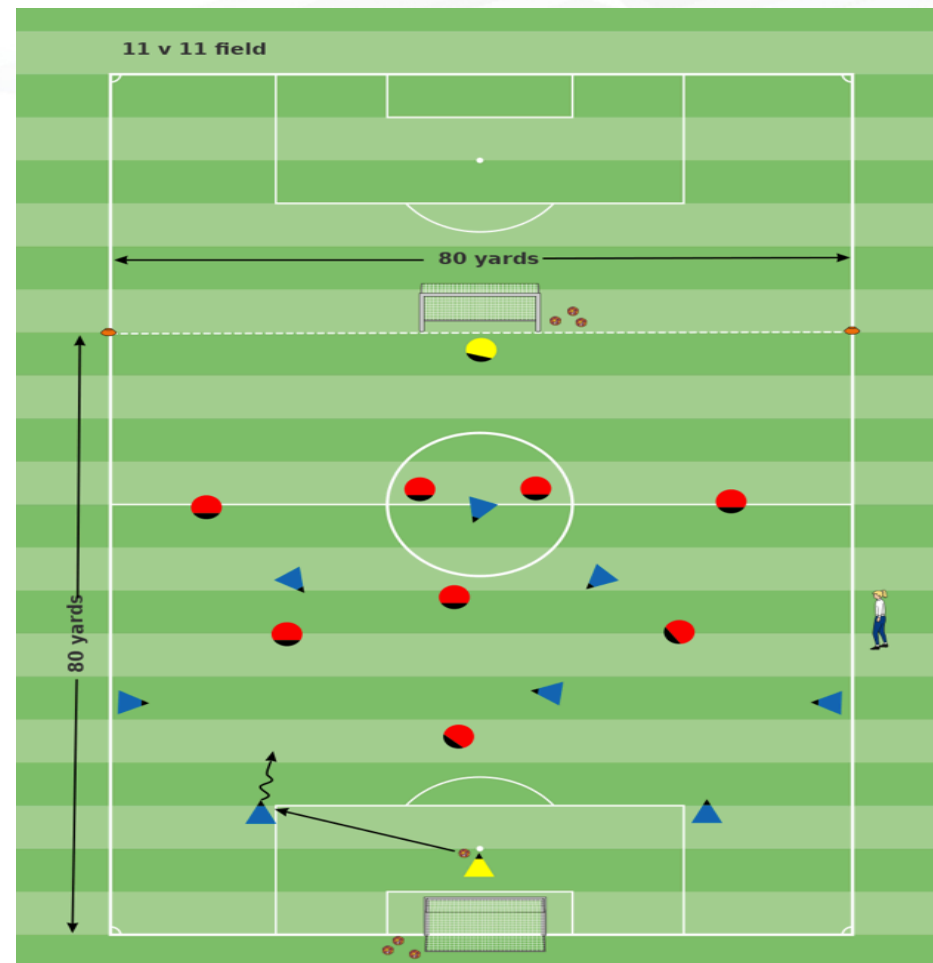
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

2v1/1v1 • Shoot

KEY WORDS

shoot, pass, dribble, take opponents on



KEEP IT COMPACT

STEAL THE BALL

OUTNUMBER THE OPPONENT

KEEP THE OPENINGS CLOSED

FUN

WEEK 7 – DEFENDING
Improve preventing the opponent from
scoring

STAY INVOLVED

MARK THE PLAYER, MARK THE AREA

DEVELOPMENT

MAKE IT COMPACT

PRESSURE, COVER, BALANCE



PLAY 1 – Improve preventing opponent from scoring (All play levels)

ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

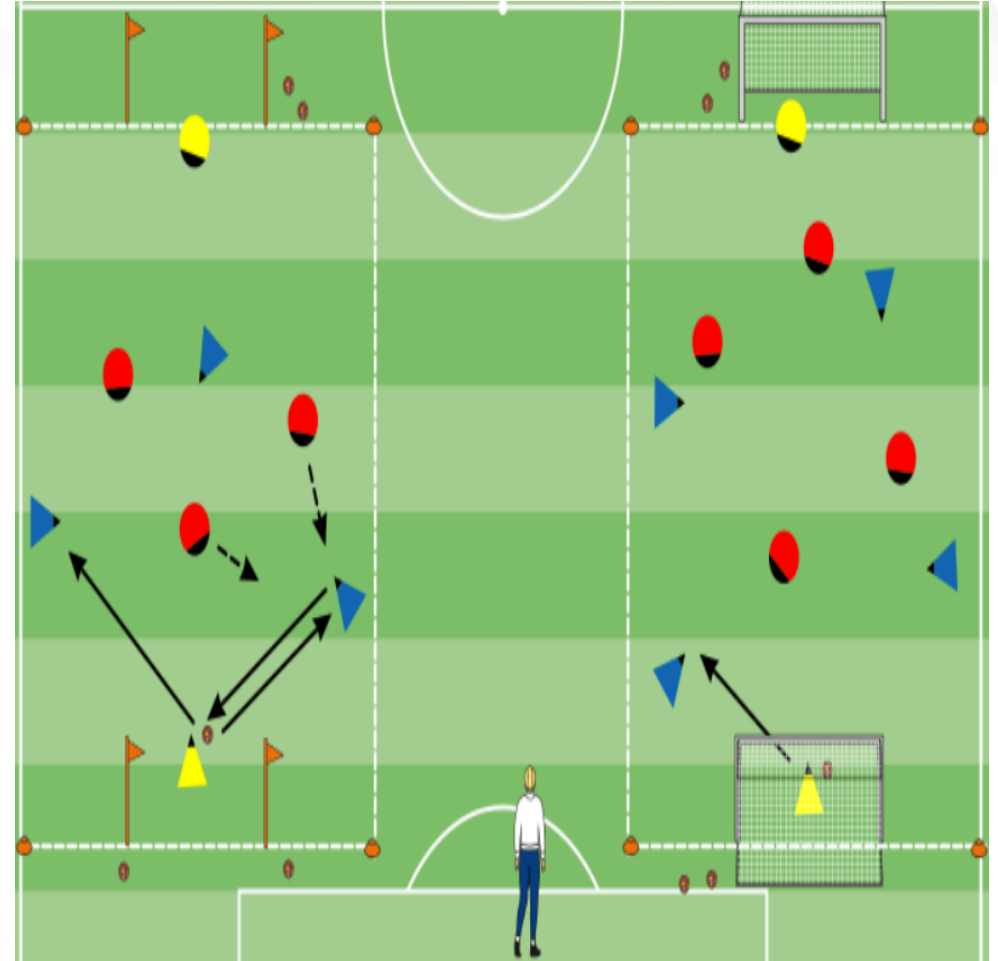
Allow players to play freely introducing key words

PLAYER ACTIONS

Steal, get compact, pressure/cover/balance

KEY WORDS

Attack the ball, immediate pressure, force their heads down



ORGANIZATION

Mark out two fields as shown. Assign attackers and defenders to starting positions as shown. Play begins when the first attacker receives the ball. The first defender runs out from the endline, following the ball, and tries to stop the attacker from scoring. Play continues until a goal is scored by either player. Players (including Red's goalkeeper) rotate after each round. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except the first defender runs in from the wing.

Less challenging;

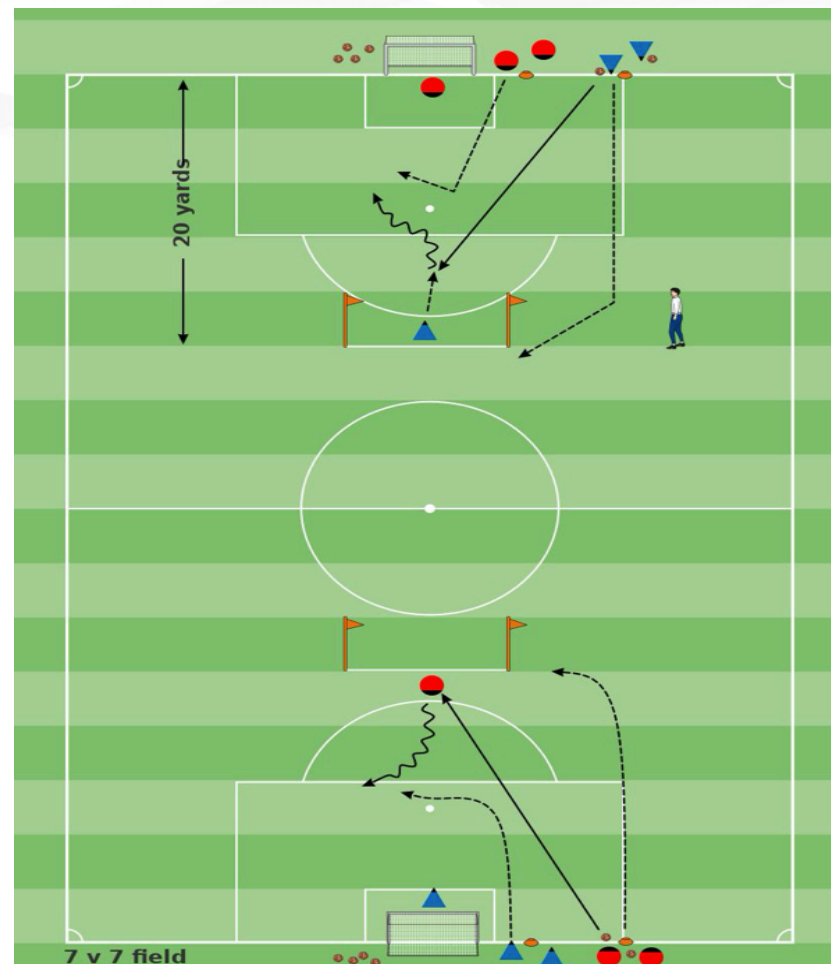
Same as Core Activity, except players (attackers) line up on the wing.

PLAYER ACTIONS

Protect goal • Get compact • Stay compact

KEY WORDS

Defend the goal, step to the ball



ORGANIZATION

Mark out two 28 x 36-yard fields, each with one goal and two goal lines. Position four attackers, three defenders and one goalkeeper on each field as shown. The central attacker starts the 1 v 1 with a pass to either teammate, then runs to that player's position. The defender reacts by running forward and trying to stop the receiver from scoring. Defender dribbles across goal lines to score. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except the central attacker chooses a wing attacker (by calling the name), who dribbles onto the field for the 1 v 1.

Less challenging;

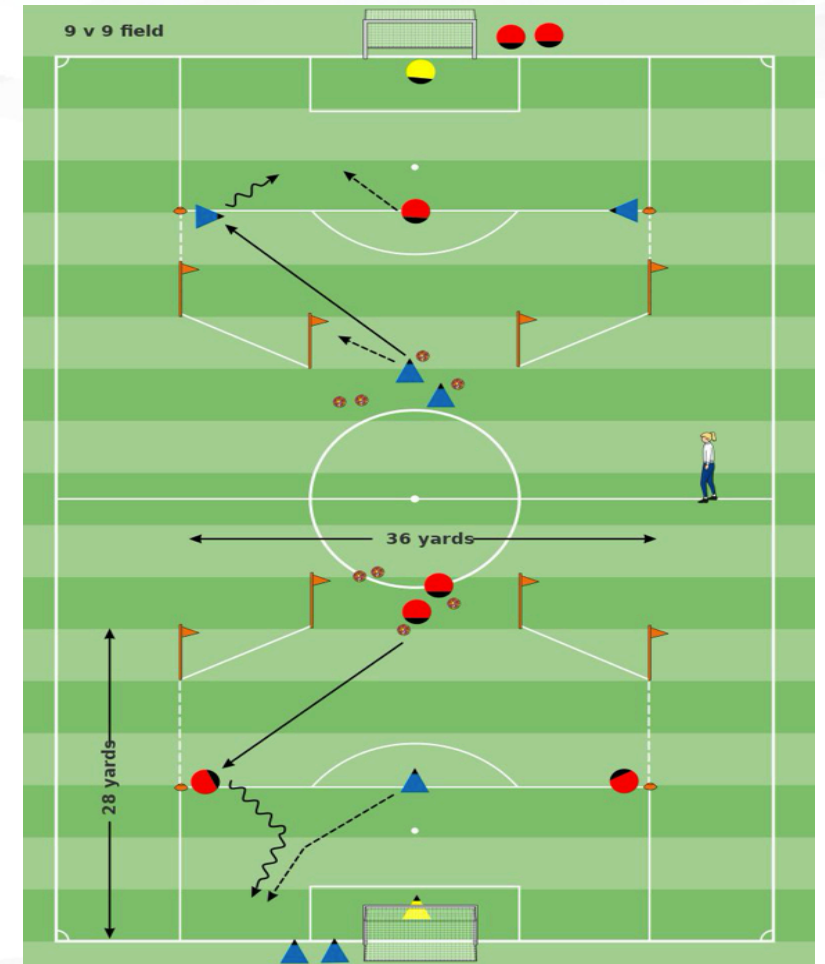
Same as Core Activity, except there is only one wing attacker. Make sure players stay in their assigned positions.

PLAYER ACTIONS

Protect goal, steal

KEY WORDS

Defend the goal



ORGANIZATION

Mark out two 42 x 44-yard fields. Divide players into two teams and position them as shown. Play begins with a pass from A to B. As soon as the pass is played, C runs in to help D. If the defenders win the ball, they counterattack on the goal line, Player A runs in to help B, and teams play 2 v 2 until a goal is scored. Afterward, A rotates to B's position and C rotates to D's. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 2 v 2 (Player A dribbles onto the field).

Less challenging;

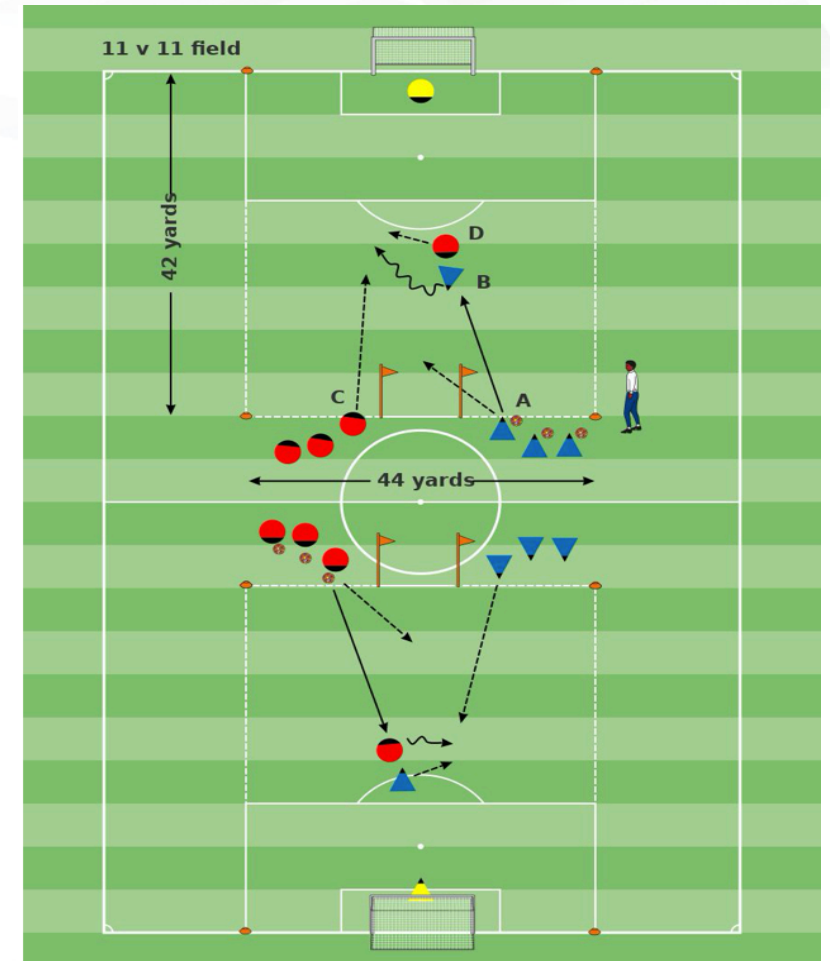
Same as Core Activity, except teams play 1 v 2, and Player A stays out of the game after the opening pass, even if the defenders win the ball.

PLAYER ACTIONS

Outnumber, stay involved, steal

KEY WORDS

Close opponents down, defend the goal, pressure the ball



PLAY 2 - Improve preventing opponent from scoring (All play levels)

ORGANIZATION

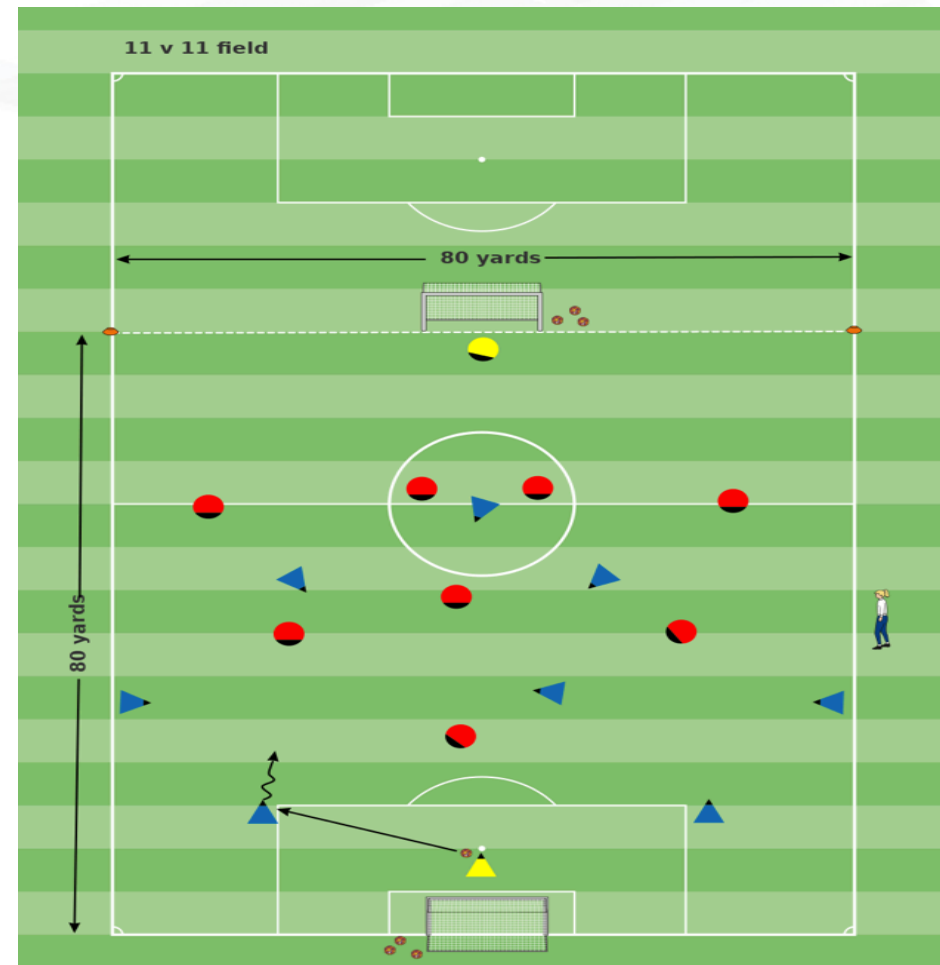
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

Outnumber, stay involved, steal

KEY WORDS

Close opponents down, defend the goal, pressure the ball



SHOOT

CHANGE THE PACE/RHYTHUM

SUPPORT THE ATTACK

FIND OPENINGS

WEEK 8 – ATTACKING
Improve scoring goals

FUN

CREATIVITY

CREATE PASSING OPTIONS

DEVELOPMENT

CREATE 2V1 OR 1V1



PLAY 1 – Attacking - Improve scoring goals (All play levels)

ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

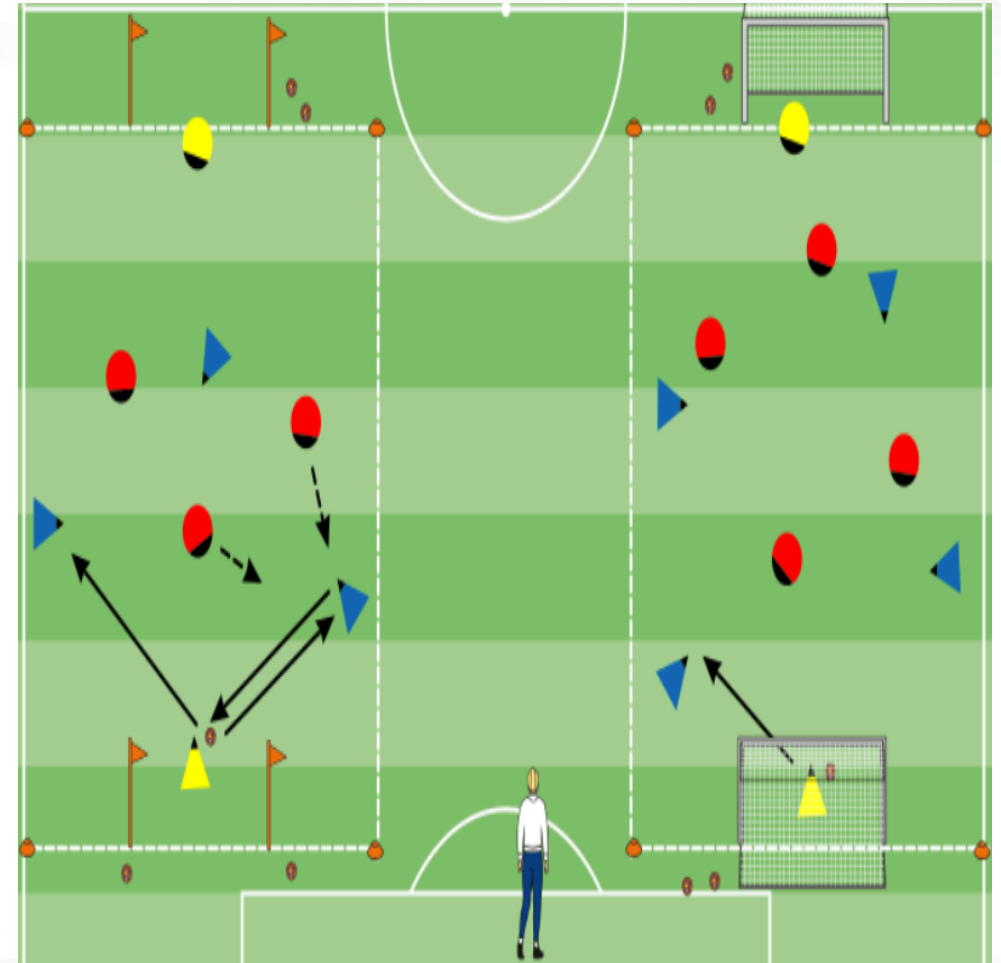
Allow players to play freely introducing key words

PLAYER ACTIONS

2v1/1v1 • Shoot

KEY WORDS

shoot, pass, dribble, take opponents on



ORGANIZATION

Mark out a 22 x 24 yard field with one goal with goalkeeper and two mini goals. Assign attackers (Blue) and defenders (Red) to starting positions as shown. Players play 2 v 1 until a goal is scored. The defender tries to win the ball and score on the mini goals. Afterward, the next defender starts. Play for 30 minutes with two breaks. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

COMPLEXITY

More challenging:

Same as Core Activity, except players play 3 v 2. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

Less challenging:

Same as Core Activity, except players play 3 v 1. Rotate players after every few minutes so that everyone gets opportunities to attack/defend/play keeper.

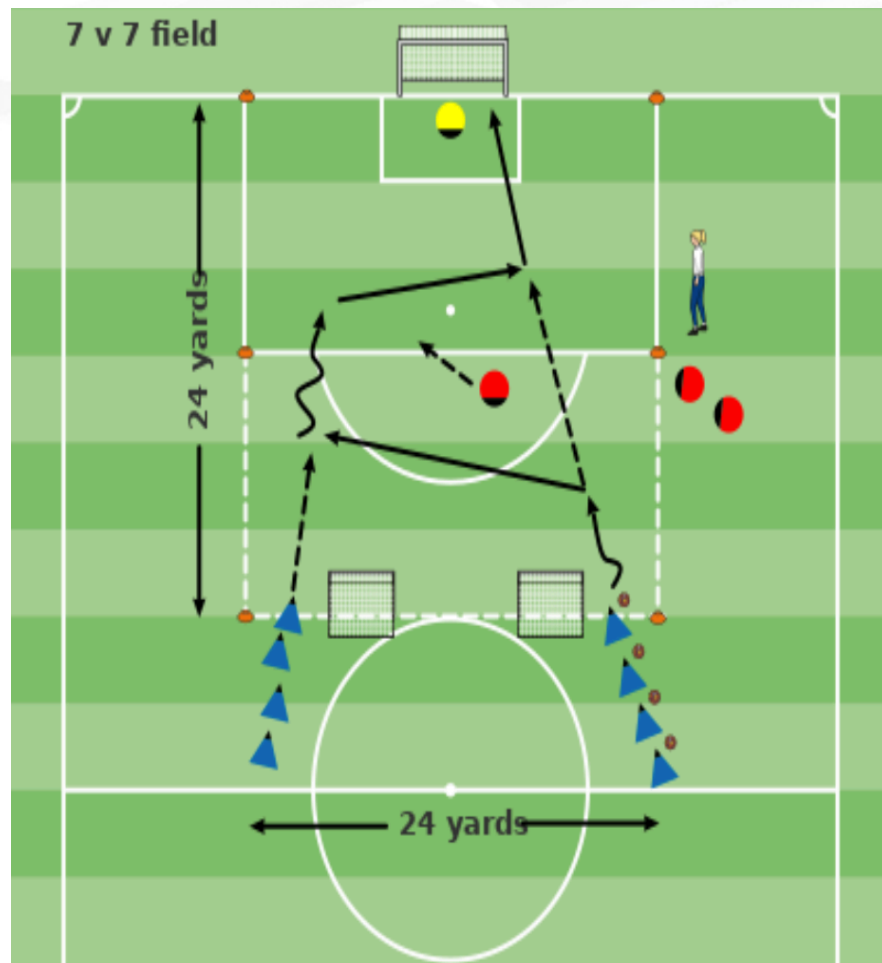
PLAYER ACTIONS

2v1/1v1, shoot

KEY WORDS

Dribble, pass, take opponents on, shoot

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ORGANIZATION

Mark out two fields as shown. Assign five attackers, two defenders and one goalkeeper to each field. Teams play 5 v 2 + GK. Free play: Attackers begin in their starting positions and try to finish on the goal as quickly as possible. The defenders counterattack by passing through the goal lines. Which team scores more goals in three minutes? Afterward, choose new defenders. Play for 30 minutes with two breaks. Start here at the Core Activity and decide if it's too or less challenging

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 4 v 3 with two defenders in the middle and one midfielder in the backfield. The red midfielder makes a recovery one once the play begins.

Less challenging;

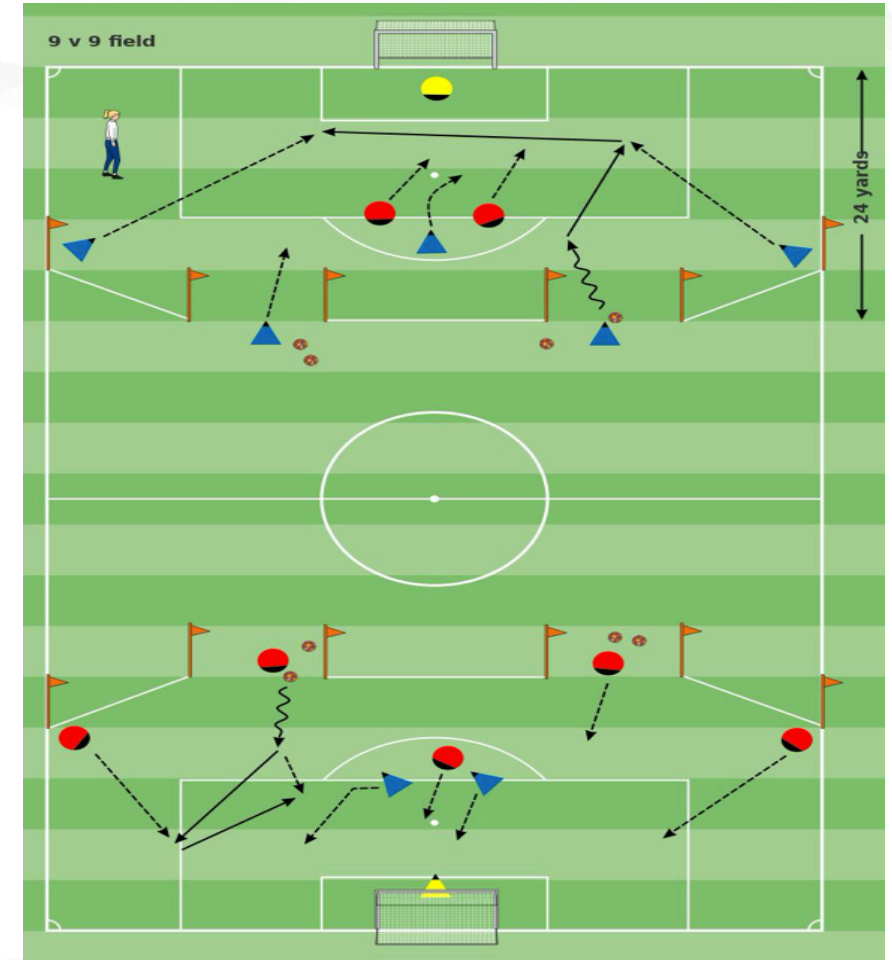
Same as Core Activity, except with one defender in the middle and one in the backfield

PLAYER ACTIONS

2v1/1v1 • Pass/dribble • Shoot

KEY WORDS

Pass, dribble, take opponents on, shoot



ORGANIZATION

Mark out a 48 x 80-yard field with goals and goalkeepers. Divide players into teams of 11 and 7 (Blue and Red). Blue attacks in a 1-4-3-3 formation, and Red defends in a 1-4-2 positioned deep around the penalty box. If Red wins the ball, they counterattack on Blue's goal. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 10 v 8.

Less challenging;

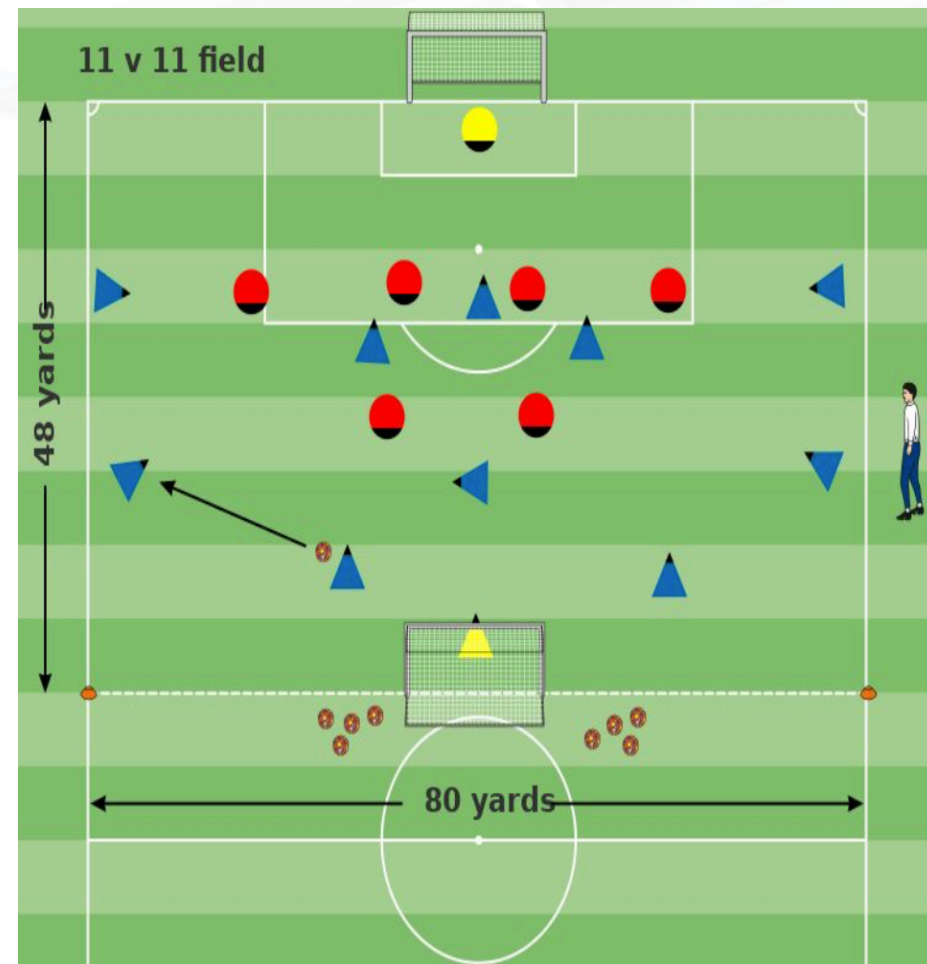
Same as Core Activity, except teams play 10 v 6, and if Red wins the ball, they can also score by playing a pass or flighted ball to a target player.

PLAYER ACTIONS

Shoot • 2v1/1v1

KEY WORDS

Shoot, pass, dribble, take opponents on, get in the box



PLAY 2 – Attacking - Improve scoring goals (All play levels)

ORGANIZATION

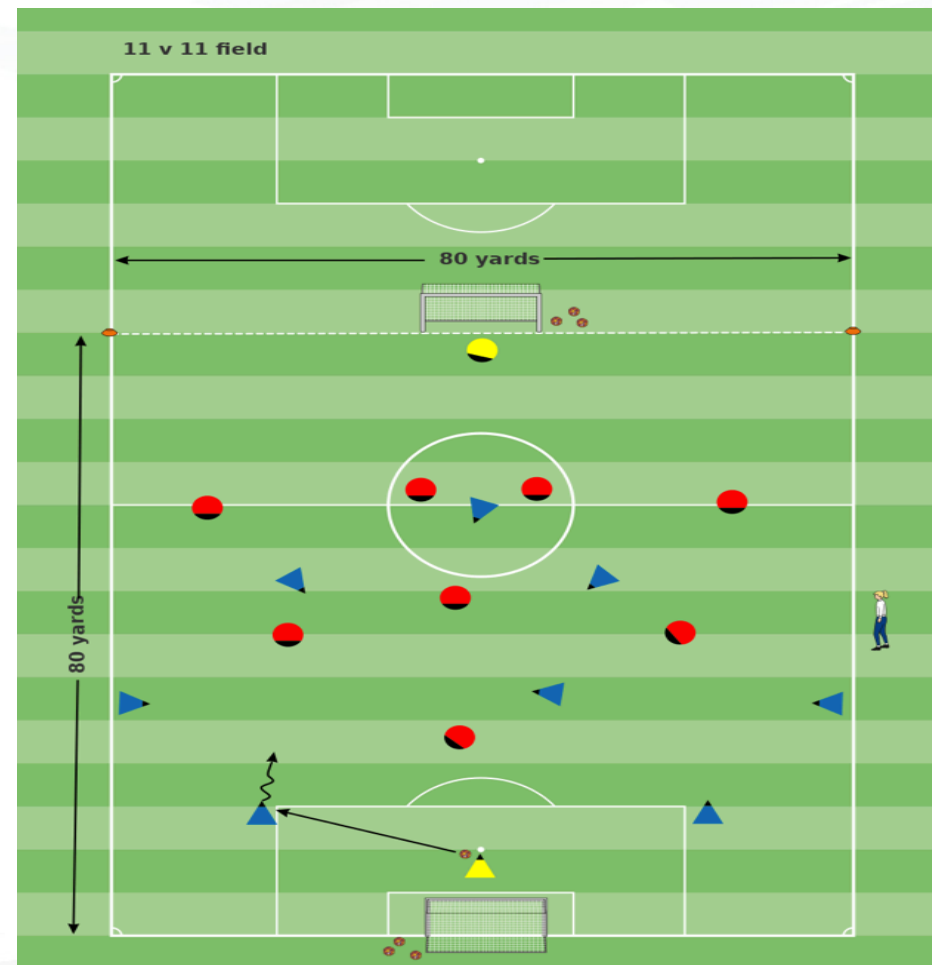
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

2v1/1v1 • Shoot

KEY WORDS

shoot, pass, dribble, take opponents on, get in the box



KEEP IT COMPACT

STEAL THE BALL

OUTNUMBER THE OPPONENT

KEEP THE OPENINGS CLOSED

FUN

WEEK 7 – DEFENDING
Improve preventing the opponent from
scoring

STAY INVOLVED

MARK THE PLAYER, MARK THE AREA

DEVELOPMENT

MAKE IT COMPACT

PRESSURE, COVER, BALANCE



ORGANIZATION

Mark out two fields. (Field size dependent on age group)

Free play:

Field 1: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

Field 2: Teams play 2v2/3v3 or 4v4 (Depending on age group and number of players.)

*Only use GK's if needed (11v11)

Play Phase should last for 20-30 minutes including two to three breaks.

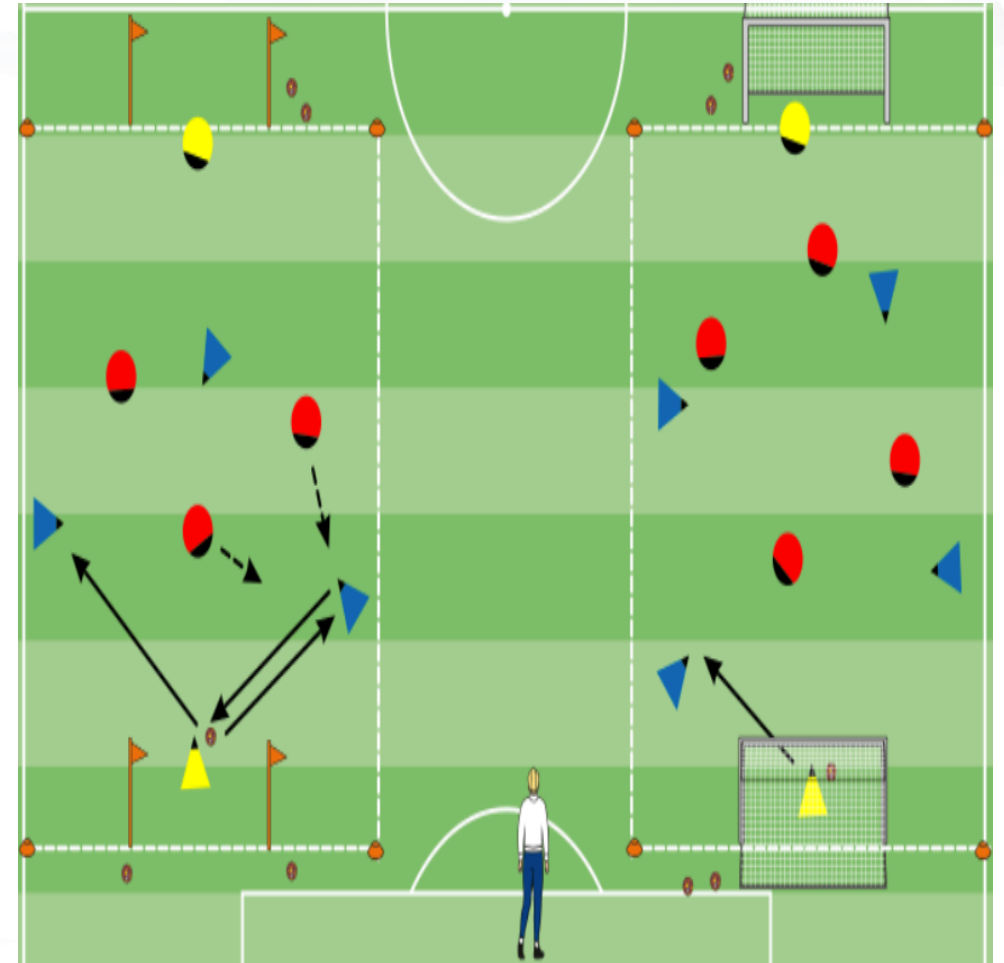
Allow players to play freely introducing key words

PLAYER ACTIONS

Steal, get compact, pressure/cover/balance

KEY WORDS

Attack the ball, immediate pressure, force their heads down



ORGANIZATION

Mark out a 24 x 24-yard field with one goal with goalkeeper and two mini goals. Assign attackers (Red) and defenders (Blue) to starting positions as shown. Teams play 3 v 2. The defenders start out on the 18-yard-line. If they win the ball, they counterattack on the mini goals. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except the defenders start out much closer to the attackers, and the field is extended to about 32 yards wide.

Less challenging;

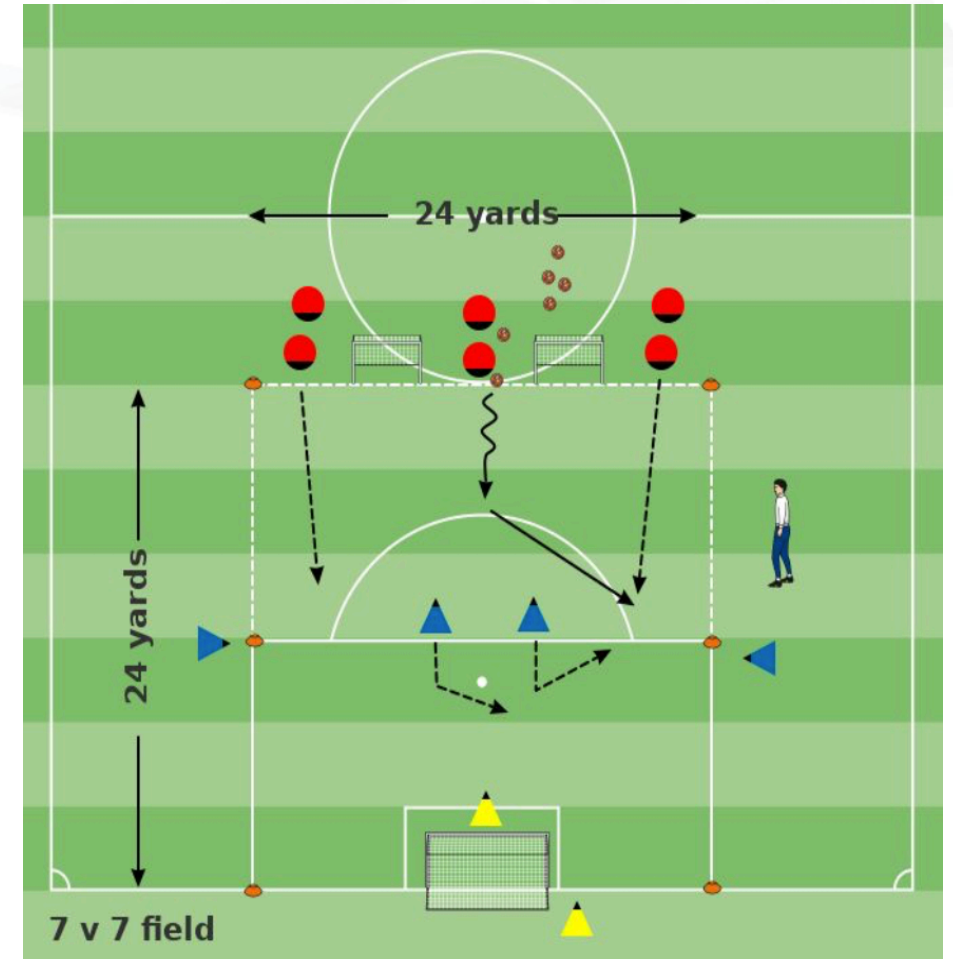
Same as Core Activity, except teams play 2 v 2.

PLAYER ACTIONS

Protect goal • Get compact • Stay compact

KEY WORDS

Stay compact, move with the ball, defend the goal



ORGANIZATION

Mark out a 28 x 36-yard field. Choose seven attackers (Red), eight defenders (Blue) and one goalkeeper. Divide the defenders into two groups of four. Teams play 5 + 2 v 5 on one standard goal and two small goals. Outside players are not allowed to dribble into the box. Red always starts with the ball. Play four-minute rounds. Switch defenders after each round. Play for 30 minutes with two breaks

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 7 v 5. The field is also 10 yards wider, and the outside players are now inside the field.

Less challenging;

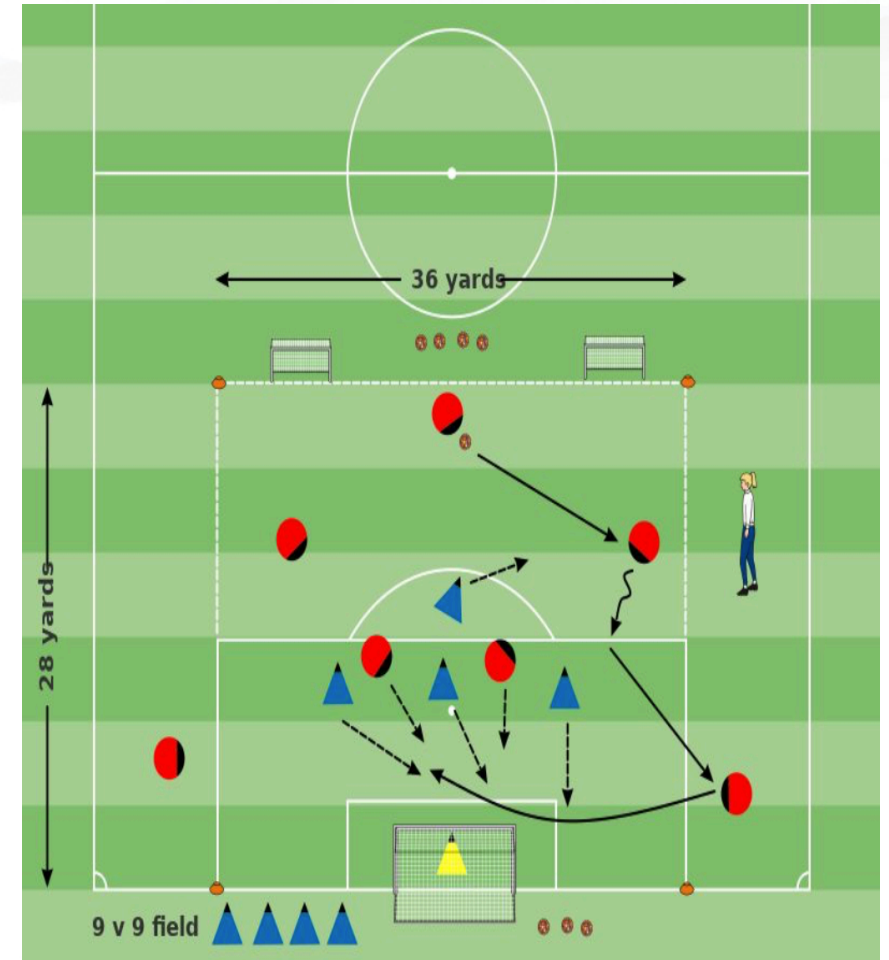
Same as Core Activity, except teams play 5 + 2 v 6. Switch out three defenders after each round

PLAYER ACTIONS

Mark player/area • Get compact • Protect goal

KEY WORDS

Stay compact, defend the player, defend the goal



ORGANIZATION

Mark out two 42 x 44-yard fields. Divide players into two teams and position them as shown. Play begins with a pass from A to B. As soon as the pass is played, C runs in to help D. If the defenders win the ball, they counterattack on the goal line, Player A runs in to help B, and teams play 2 v 2 until a goal is scored. Afterward, A rotates to B's position and C rotates to D's. Play for 30 minutes with two breaks.

COMPLEXITY

More challenging;

Same as Core Activity, except teams play 2 v 2 (Player A dribbles onto the field).

Less challenging;

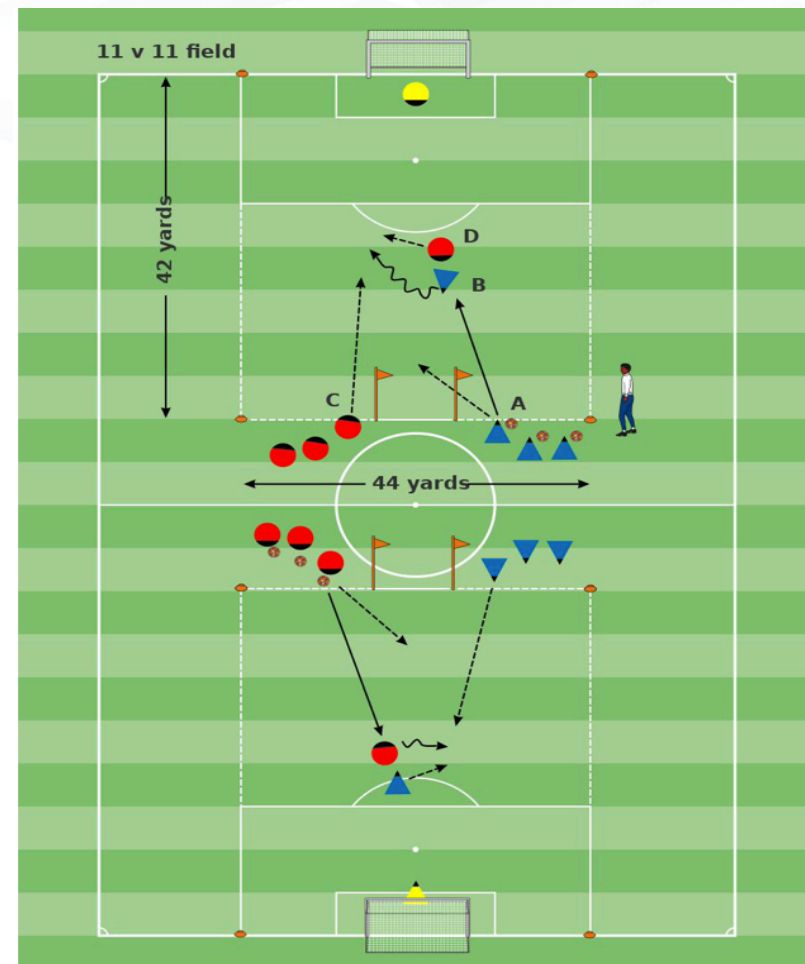
Same as Core Activity, except teams play 1 v 2, and Player A stays out of the game after the opening pass, even if the defenders win the ball.

PLAYER ACTIONS

Outnumber, stay involved, steal

KEY WORDS

Close opponents down, defend the goal, pressure the ball



PLAY 2 - Improve preventing opponent from scoring – Session 2 (All play levels)

ORGANIZATION

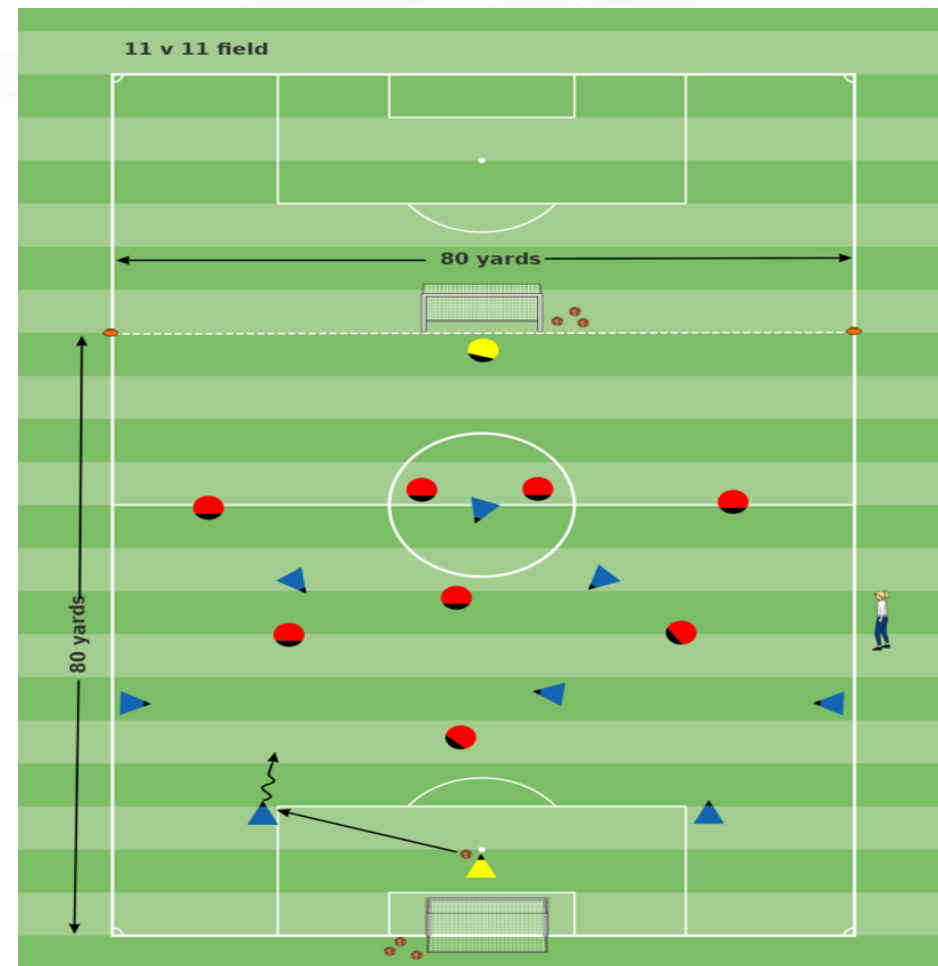
Mark one field. (Field size dependent on age group)
Make sure you have communicated a formation with your players.
Play according to the Laws of the Game and standards of play.
Play 2 Phase should last for 20-30 minutes including one break for half time to provide the players with instructions.

PLAYER ACTIONS

Stay compact, defend the player, defend the goal

KEY WORDS

Stay compact, defend the player, defend the goal



AUTONOMY

PROGRESSION

GAME LIKE

FULL POTENTIAL

FUN

WEEK 10 – GAMES WEEK
Allow players to execute tasks from previous weeks and individual observation

CREATIVITY

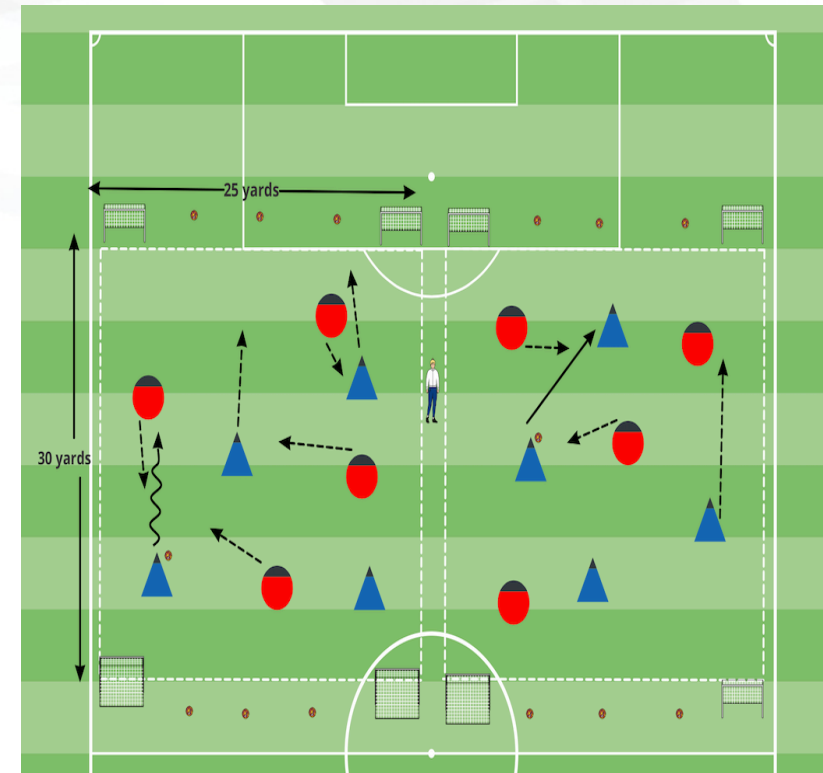
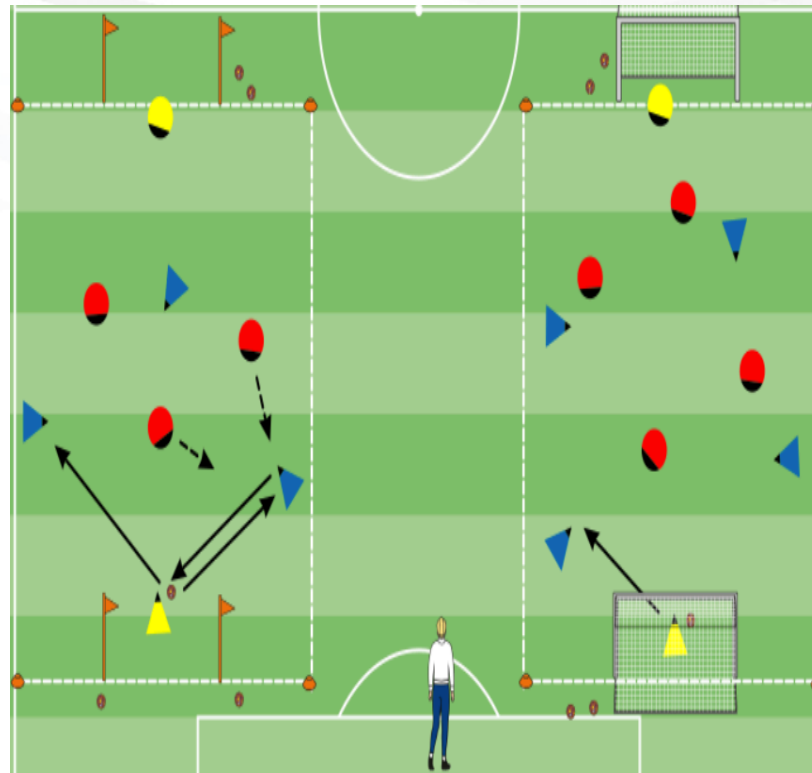
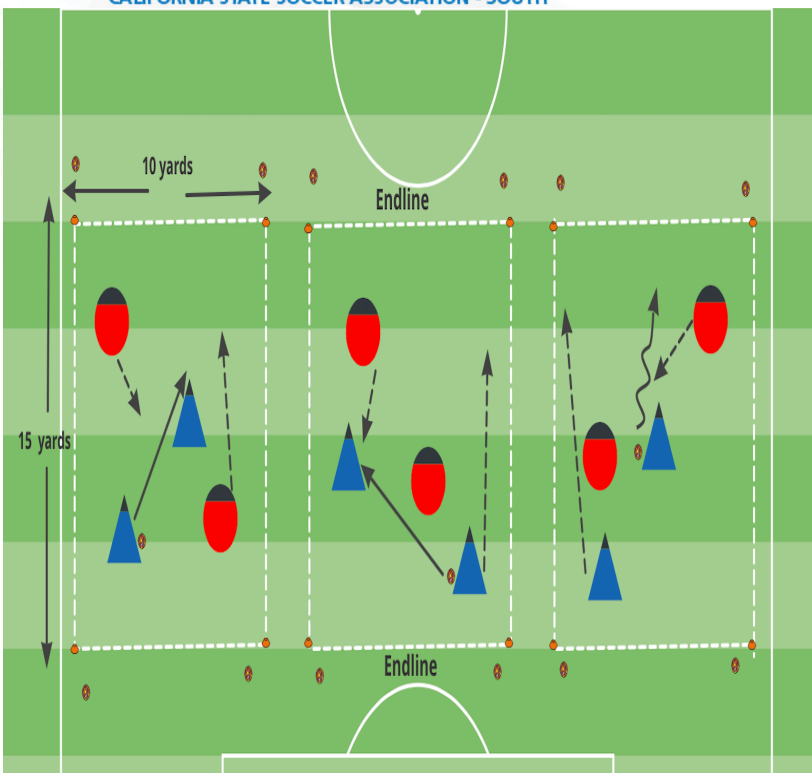
GAME-LIKE EXPERIENCES

DECISION-MAKING

DEVELOPMENT

INVOLVEMENT





1) Mark out three or four (depending on numbers) 10 x 15-yard fields. Play 2v2 in each field, to score the players must dribble past the endline. Play for 4 x 3 minutes with a 1-minute break. Switch opposition each round. Allow players to play freely, use as an opportunity to see where players are individually at, based off previous weeks objectives

2) Mark out two or three (depending on numbers) 15 x 20-yard fields. Play 3v3 on each field, to score players go to the goal. Play for 3 x 4 minutes with a 1-minute break after each game. Switch opposition each round. Allow players to play freely, use as an opportunity to see where players are individually at, based off previous weeks objectives (Some individual interactions if needed)

3) Mark out one or two (depending on numbers) 25 x 30-yard fields. Play 4v4, to score players can go to either goal, the number of passes made before each goal represents the number of points gained. Play for 3 x 5 minutes with a 1-minute break. Switch opposition each round.

4) Finish with small sided game 4v4, 7v7, 9v9 (Depending on # of players)



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