

Weekly Activities - Ages 9 - 11

Theme: S.A.F.E.SM

Session: One

Daily Topic: Running With The Ball

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (unique movement activities designed to energize participants)

0:10-0:25 Turns & Burns (creative one-on-one moves to beat your opponent)

0:25-0:45 Skillzbuilder (games and activities designed to develop the daily themes which include running with the ball, dribbling, passing & control, shooting, defending and heading)

0:45-0:55 Net Buster (applications of the daily theme around a goal)

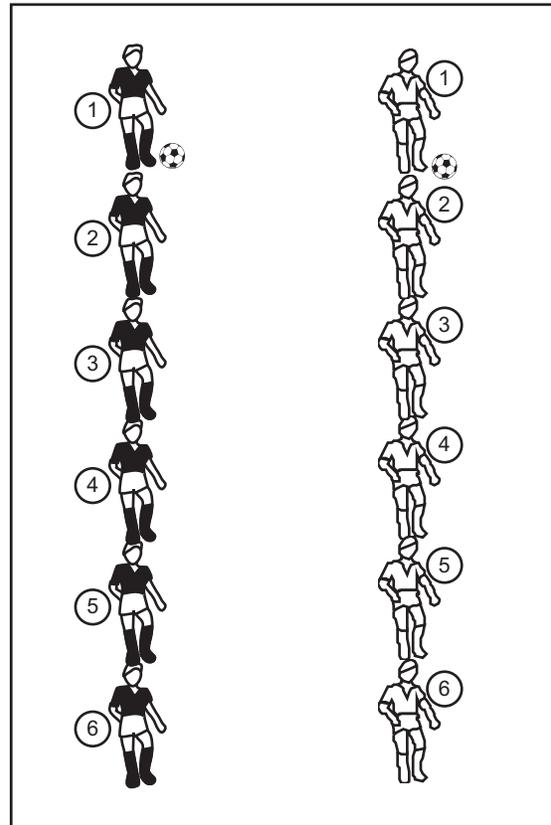
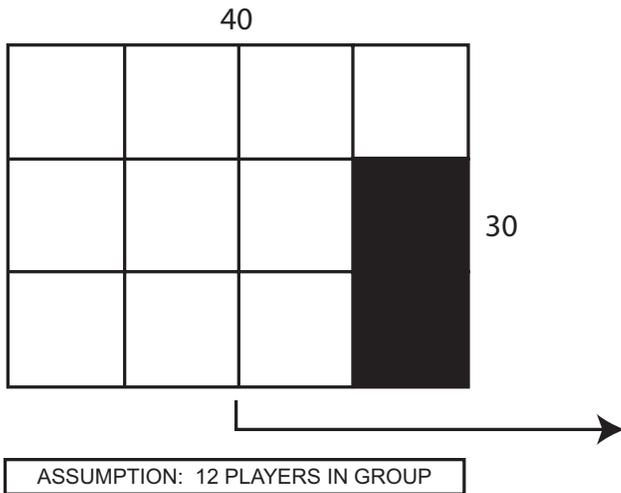
0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Back Yard Soccer (games based on a street game mentality)

1:15-1:30 MLS Play-Off (Small-sided conditioned games to open play)

SOCCER-ROBICS - Movement & Speed

Over, Under and In Between



Purpose

To enhance flexibility and to elevate heart rate.

Organization

Set out a 10 x 20 yard area. Position players as shown in the diagram, one ball between each team.

Game Objective

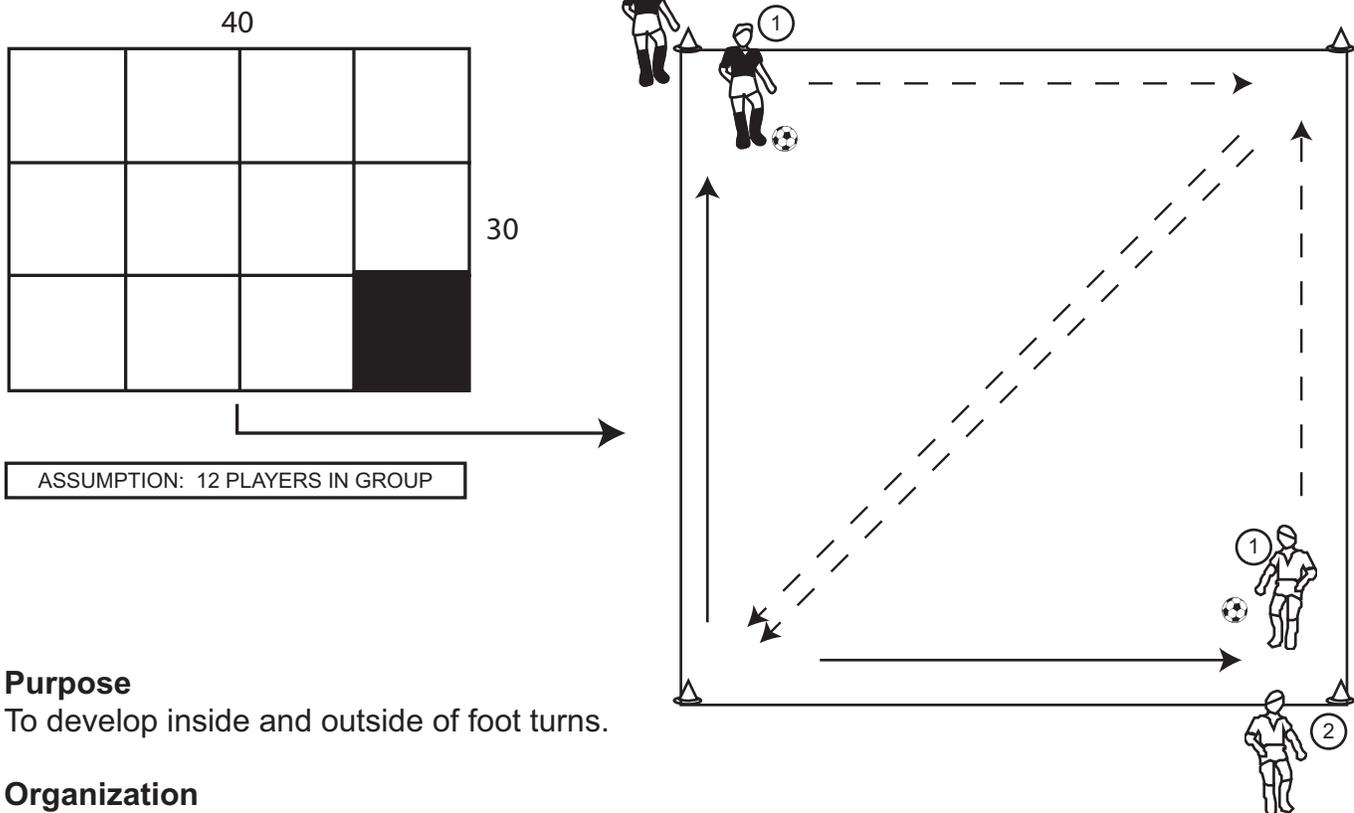
1. Dark player #1 passes the ball overhead to dark player #2 who passes the ball through his legs to dark player #3, who passes the ball overhead to dark player #4, etc. When the ball gets to the back of the line, the last player runs to the front and repeats the exercise.
2. Now dark player #1 rolls the ball through a tunnel of legs to dark player #6. Dark player #6 picks up the ball and runs to the front to repeat.
3. Dark player #1 runs in between players then sprints to front, then dark player #2 goes.
4. Leap frog.
5. As (No. 3, above), but hop on 1 leg up the line then back down on the other leg.

Key Coaching Points

1. In between each different race, you must stretch.
2. Looking for sharp, ballistic movements.
3. Assess anaerobic fitness with quick, short, rapid movements.
4. These games are all good practice for your soccer speed.

URNS & BURNS - Dribbling & Turns

Triangles



Purpose

To develop inside and outside of foot turns.

Organization

Set out a 10 x 10 yard area. Position 2 players in opposite corners of the area. Repeat in 2 other areas for a total of 12 players.

Game Objective

Dark player # 1 dribbles to the cone, does a turn, sprints to the next cone, turns and makes a pass. Follow the pass to force dark player #2 to get the ball out of his feet. Work both directions to use both feet.

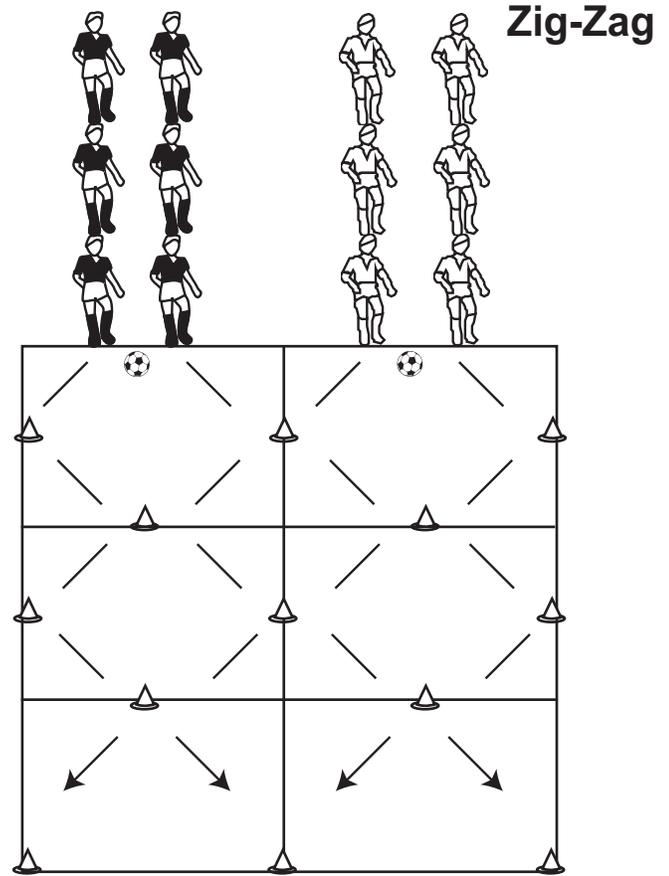
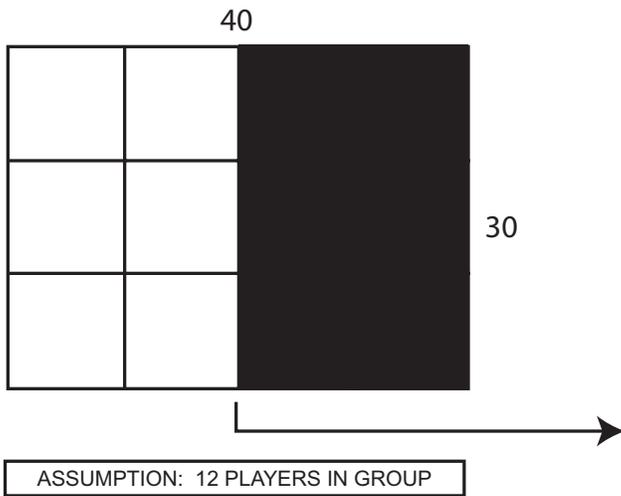
Progressions

Turns to use: Outside, Inside, Cruyff, Stop Turn, Rivelino, Step Over.

Key Coaching Points

1. Speed away from the cone—slow down towards the cone.
2. Get low—have a wide stance.
3. Get the ball out of your feet.
4. Be on your toes as you receive the ball.

TURNS & BURNS - Dribbling & Turns



Purpose

To develop turns with the inside and outside of the feet.

Organization

In a 20 x 30 yard area, set up the cones in a zig-zag formation. Groups of 6 are stationed on the end line. 1 ball per group.

Game Objective

The dribblers move up, then back down the cones performing inside and outside of the foot turns to get back to their team. Inside of the foot, chop on the way up—outside hook on the way down.

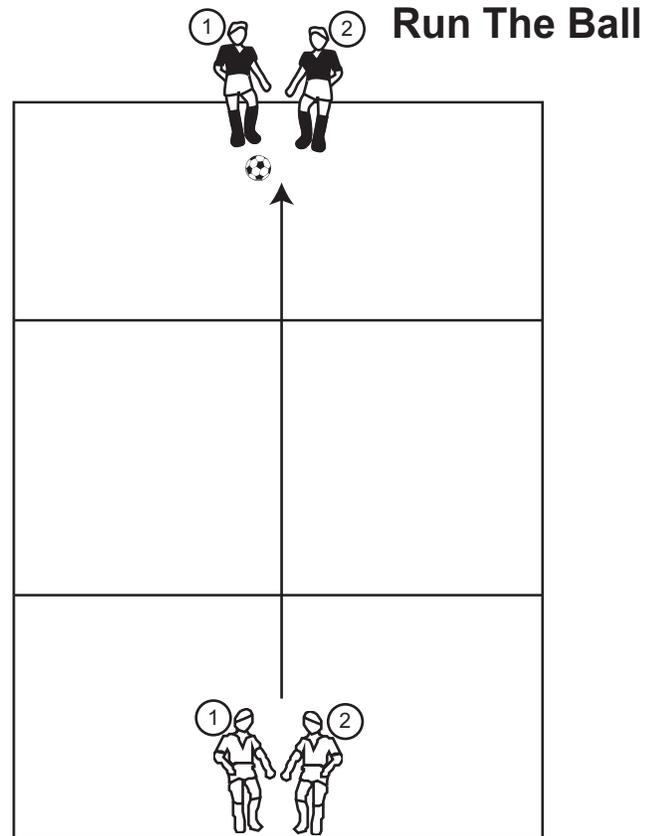
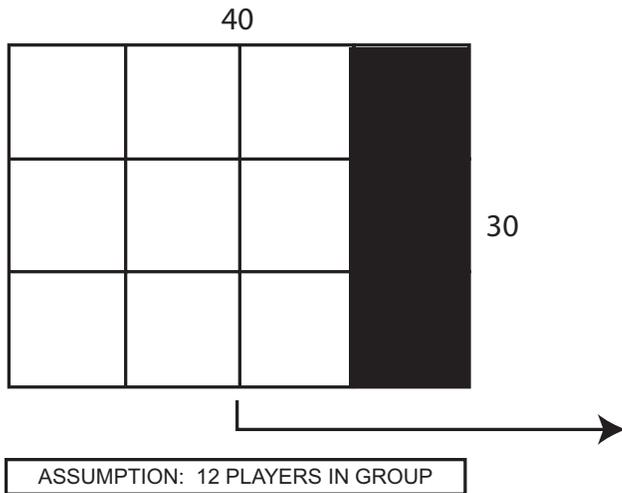
Progressions

Make it a race between the groups.

Key Coaching Points

1. Imagine each cone is a defender as you turn and say, "Want it—can't have it!"
2. Keep your body between the ball and the imaginary defender.
3. Stretch to reach the ball—don't run past the ball before you make the cut.
4. Try to keep the ball out and away from the body.

SKILLZBUILDER - Running With The Ball



Purpose

To develop first touch and quick acceleration with the ball.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids.
Group in fours. One ball per group. Repeat in two other areas for a total of 12 players.

Game Objective

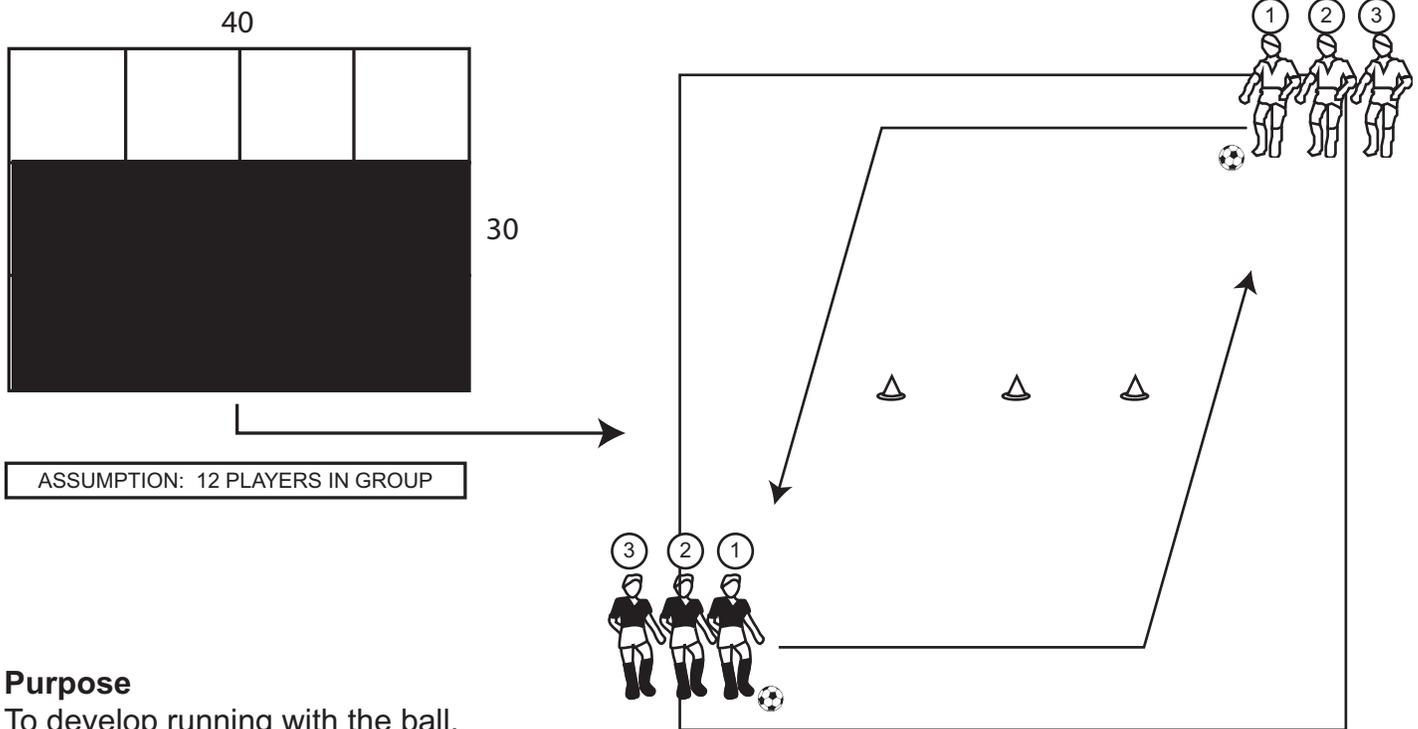
Light player #1 dribbles the ball to the second line, stopping the ball on the second line with the sole of the foot. Light player #1 then passes the ball to dark player #1 and follows his pass to join dark player #2 on the endline. Dark player #1 dribbles to the second line in the other direction and repeats the routine. Continue until players return to their original starting positions.

Key Coaching Points

1. The first touch should push the ball 2-3 feet in front of the receiver. Might need 2 touches at first: 1 to stop the ball or control the pass and 2 to get the ball out in front.
2. Head up between touches.
3. Cover the ground as quickly as possible.

SKILLZBUILDER - Running With The Ball

Run & Pass



Purpose

To develop running with the ball.

Organization

Set out a 40 x 20 yard area. Groups of 6. 2 teams of 3.

One ball per team. Position players as shown in the above diagram. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 runs the ball to the third disc. He then plays a diagonal ball across to dark player #2. dark player #1 has run to the third disc in tandem with light player #1 and made a diagonal pass to light player #2. Repeat.

Progressions

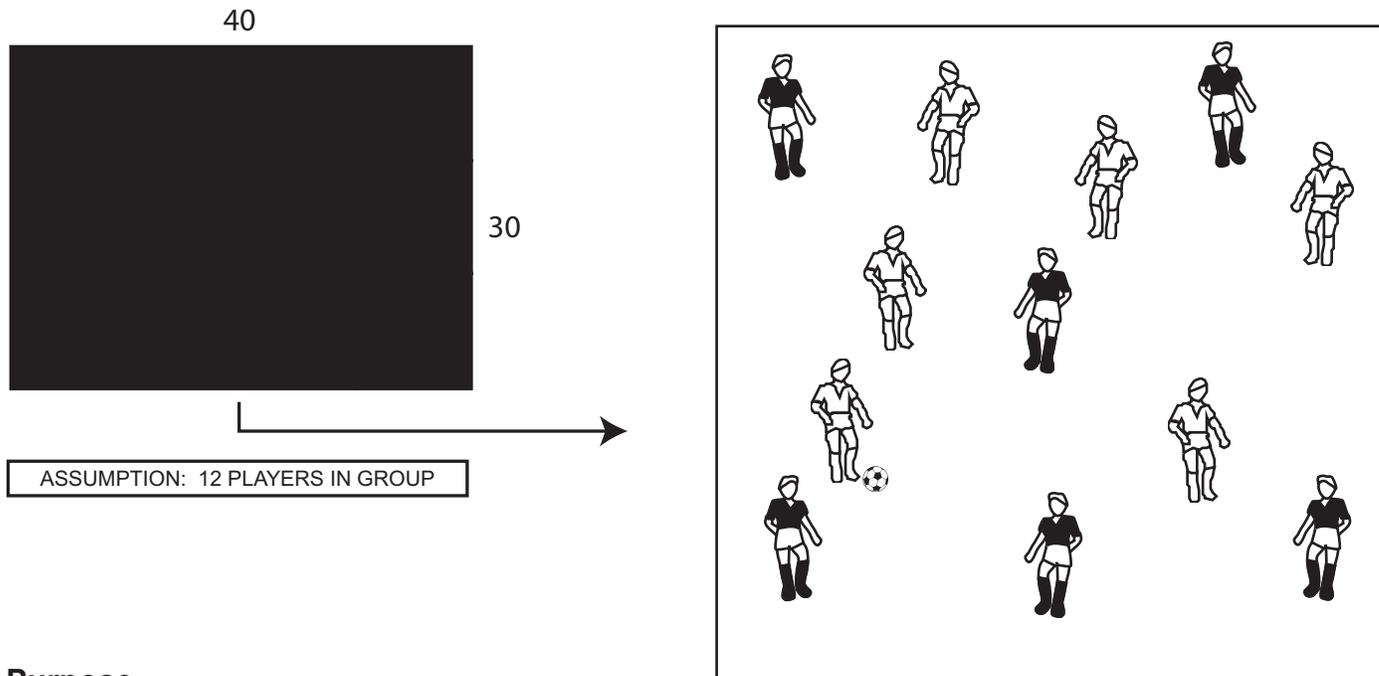
Introduce 1 ball only, and this time chase your pass across so you force the nearest player to get the ball out of his feet.

Key Coaching Points

1. Use the laces of the foot to make contact with the ball.
2. Pass using the outside of the foot.
3. Get the ball out in front of you so you can run after it.

NETBUSTER - Running With The Ball

Cobi Jones Speedstar



Purpose

To create both width and switching the point of attack and running with the ball.

Organization

Set out a 40 x 30 yard area. Station small goals (2 yards wide) in each corner of the area facing in towards the field of play. No goalkeeper, 6 v 6, one ball.

Game Objective

The light team must interplay to score by running the ball through any of the goals. The dark team attacks any of the goals once they get possession.

Progressions

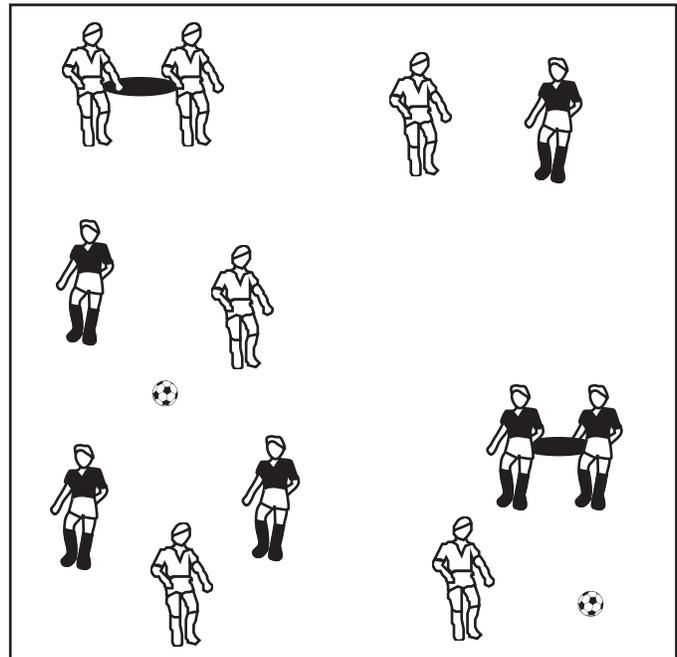
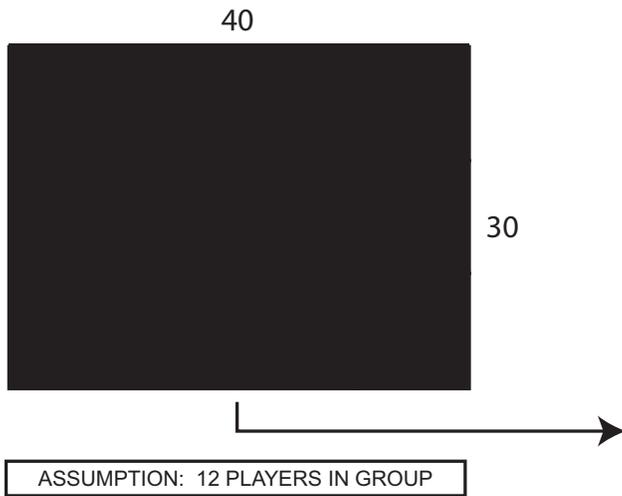
Change the direction of play so that teams can now attack only diagonally opposed goals. This will encourage players to switch the point of attack.

Key Coaching Points

1. Players should be creating space in the area so that teammates can exploit the space on the flanks.
2. Get the ball wide. Look to steal as much ground before switching the ball back to the center of the field.
3. Try to switch the point of attack.

BACKYARD SOCCER - Running With The Ball

L.A. Galaxy's Always Moving Goal



Purpose

To develop running with the ball and turning.

Organization

Set out a 40 x 30 yard area. Divide group into 2 teams then take 2 pairs out of each group and ask them to hold a shirt between them. The remaining 8 players play 4 v 4. There are 2 balls in play at once.

Game Objective

The players paired with shirts are floating goals. The teams can score only in their own goal. The "goals" must move around the area trying to get close to the ball. A goal is scored by a pass, header or shot in the goal. You can score from both the front and back sides of the goal.

Progressions

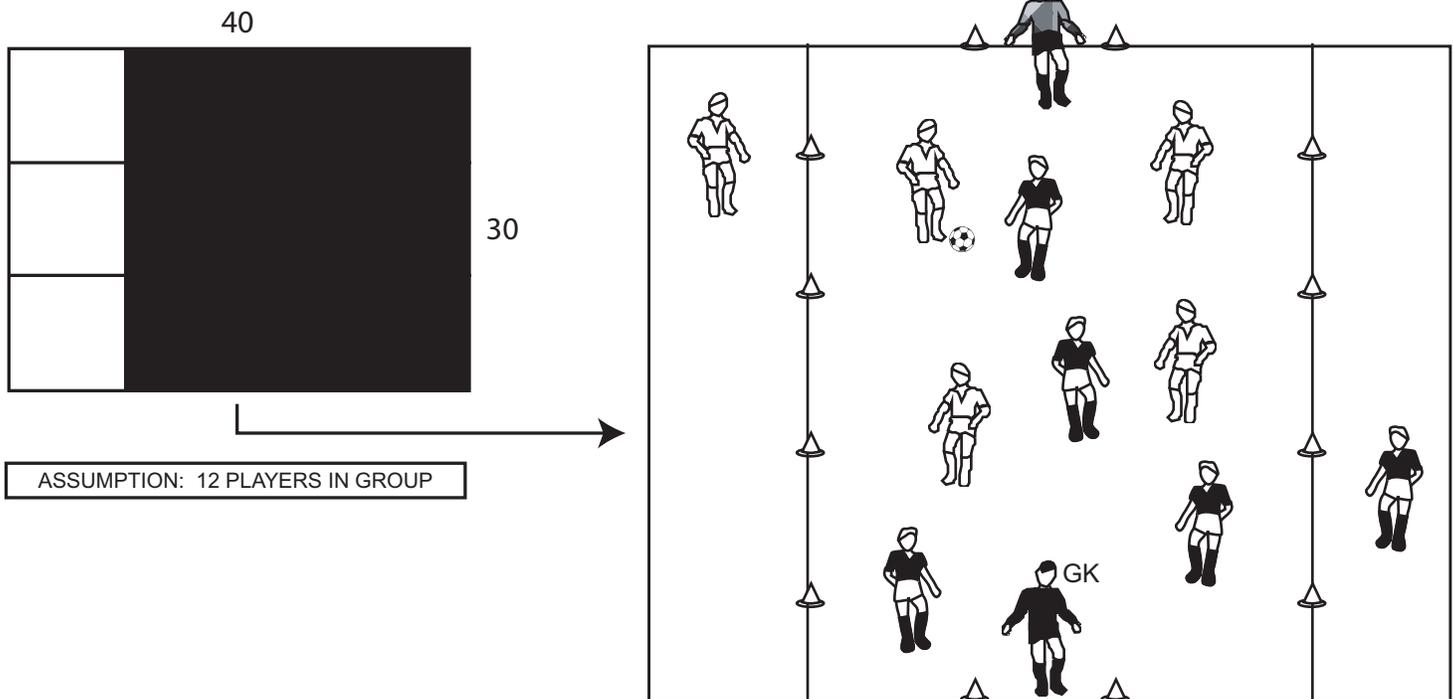
Develop to using only one ball.

Key Coaching Points

1. As you receive the ball, look up to see an open player and the goal.
2. Should you pass, dribble or shoot the ball?
3. Can you pass the ball to an open player near the goal?
4. Try to receive the ball standing sideways so you can see the whole field.

MLS PLAY OFF DAY - Running With The Ball

Wonder Wingers



Purpose

To develop width in attack, crossing and finishing.

Organization

Set out a 30 x 30 yard area with 5 yard channels along each sideline. Play 4 v 4 in the larger area with a goalkeeper. Station one player in each channel.

Game Objective

The object of the game is to get the ball to your wide player as quickly as possible. As soon as the wide player receives the ball he sprints the distance to the goal line and crosses the ball in towards the goal to his teammates who are attacking the near and far post.

Progressions

When the wide player receives the ball, the nearest defender may enter the channel one disc behind where the ball crossed the line. The defender pursues the wide player down the channel.

Key Coaching Points

1. Look to get the ball wide as quickly as possible.
2. Stagger the running of the attacking support players so as not to overshoot the cross.
3. The wide player must angle his body into the field of play as he crosses the ball.