

EGSA RECREATIONAL COACH HANDBOOK



2019 REVISION

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EGSA POLICIES

INCLEMENT WEATHER POLICY

EGSA's top priority is the safety of our players & coaches. In the event of inclement weather, EGSA will make every effort to notify families a minimum of 1 ½ hours before the scheduled start time of clinics/practices/games. In general, Little Kickers & U6 clinics/games will be cancelled if raining at all. Older age groups will be cancelled for heavy rain, standing water/snow on the fields, imminent severe weather conditions, and extreme cold/heat. We will try to hold practices and play games, if possible, but will err on the side of safety for our players and to keep our fields in good shape.

Sometimes, the weather changes quickly over the course of a game/practice/clinic. For games, the decision to terminate because of adverse weather rests with **the referee**. For clinics, the decision rests with the **professional trainers from Challenger Sports**.

For team practices, the decision rests with the **parent coach**.

With regards to thunderstorms, at the first sight of lightening or the first sound of thunder, coaches should instruct players to take shelter. Coaches and players must then wait 30 minutes from the last occurrence of lightning or thunder until the game or practice may resume. If conditions are determined to be unsafe for an indeterminate period of time, the decision may be made to dismiss the players for the remainder of the session.

Encourage your team families to sign up for EGSA's RainedOut Alert System on our website, www.egsasoccer.com.

REFEREE ABUSE POLICY

EGSA maintains a Zero-Tolerance Policy on Youth Referee Abuse. At no time is a coach, player, or parent permitted to engage in verbal abuse or negative criticism of a Youth Referee. The full policy, including examples of infractions and disciplinary actions, is available on the EGSA website.

It is important to remember that this is **YOUTH** soccer. If a referee makes a bad call during the game, everything will be ok. Please let it go. The only time the club asks you to intervene with the referee is to support him/her from harmful comments from spectators or if you see an unsafe situation unfolding on the field that is not being sufficiently addressed.

THE EGSA PLAYER PHILOSOPHY

Extensive research has clearly shown that **player burnout** has become an epidemic in youth sports for a variety of reasons. Among them, physical injury from **single-sport specialization** and the psychological demands from **game-time performance** are key contributors. Responding to this research, EGSA has adopted a philosophy emphasizing player development over games and winning.

The goal is simple: We want our players to *continue* playing soccer beyond their school years rather than dropping out when they are 10.

EGSA believes that the best way to develop skills and have fun is for players to spend a larger percentage of their time with a ball at their feet. We want our kids to be having fun ALL OF THE TIME, while learning the essential skills to develop into good soccer players.

In 2013, EGSA introduced *professional* training by *skilled* coaches into our program. These coaches understand what is required for our kids to grow as players, while in a fun, supportive environment under a *unified direction*. This not only raised the bar of instruction for our players, but it also established a **consistent soccer curriculum**.

In addition, our club supports all-around development of our young athletes and ***strongly encourages participation in multiple sports***. This not only reduces the risk of overuse injury, but builds players into better overall athletes.

EGSA PLAYER DEVELOPMENT

CURRICULUM*

Age Group	Expectations and Target Outcomes
Little Kickers Fundamental Soccer	Players focus on the fun of the game. FUNdamentals are taught through stories and games focusing on basic core & motor skills.
U6 Desire to Play	Players focus on ball familiarity and develop a passion for the game. Basic tactics, concepts, and character development are introduced.
U8/U10 Learn to Train	Players focus on technical proficiency in a competitive training environment. Small group tactics are introduced along with basic speed, agility, and quickness.
U12 Prepare to Compete	Players learn team tactics, perform under pressure and understand good match preparation as they begin to challenge themselves individually.
U14+ Achieve Your Goal	Players are able to perform correct techniques and cope with the physical demands of the game as players adapt to different match situations.

* Adapted from the Challenger Soccer Academy "Phases of Development"

THE ROLE OF A PARENT COACH

Parent coaches are an essential part of EGSA's Recreational Program and should be committed to their team for the duration of the season. As a coach, you are a role model for your team's players and will help to shape their love of the sport of soccer. You are also ambassadors of EGSA within our community. **Communication is the key to a successful program** and we ask that you send, at a minimum, a weekly email to your team reminding them about practices, games, special events (Fun Day, Picture Day, etc), and highlights. Coaching is a very rewarding volunteer experience and it does not take much of your time. Listed below are the specifics for each age group.

Per Soccer Rhode Island and US Youth Soccer, all EGSA Coaches need to successfully complete a background check. There are no exceptions to this rule!

U8/U10/U12 divisions: Parent Coaches are expected to hold a team practice each week that focuses on fun, teamwork, sportsmanship, and game play. You are encouraged to meet as team at the beginning and end of each team practice and game to set expectations, talk about goals, make announcements, foster parent communication, and encourage team spirit. In addition, parent coaches are encouraged to assist with the weekly Challenger Clinics, whenever possible. Please see the sample practices in this Handbook to assist you in planning your weekly team session. Time commitment: 2-3 hours/week, weekday and weekend.

Little Kicker division: Parent Coach Coordinators are expected to attend the Challenger Clinic with their groups each weekend. We want parent coaches to stand on the perimeter of the practice area and try to keep the kids in the practice area and focused as much as possible. You are encouraged to meet as a team at the beginning or end of the practice to make announcements, foster parent communication, and encourage team spirit. Time commitment: < 1 hour/week, weekend only

THE ROLE OF PROFESSIONAL TRAINERS

In contrast to parent coaches, the professional trainers are responsible for developing players' individual soccer skills. These sessions are run clinic-style and employ games and exercises that focus on foot skills, ball familiarity, and technique, all while having fun! Any support that Parent Coaches are able to provide at these weekly clinics are a bonus for the players, the professional trainers, and for you as a coach.

PARENT COACH CHECKLIST

★ GENERAL

- Make soccer a fun and positive experience for every player.
- Stress teamwork and sportsmanship, not winning.
- Be prepared for practices and games.
- Remind players and families about weekly practices & games
- Remind players to wear their shin guards/cleats to all practices and games, and to bring water and their soccer ball.

★ GAME TIME

- Have your team arrive 15-20 minutes before game time to warm up.
- If you are the “home team” coach, pay the referee before the game.
- Carry a team roster with family contact info in case of emergencies.
- Have ice or cold packs for minor injuries.
- Discourage unhealthy post game snacks.
- **Let every child play!** Each player must play at least 50% of each game.
- **Respect the referee.** These youth are learning to referee soccer just like the players are learning to play soccer. Please be patient with them.
Bring concerns about referees to EGSA, not to the referee at the game.
Email concerns to the EGSA Referee Director at referees@egsasoccer.com.

REFEREE PAYMENTS

EGSA uses a cash payment system for our youth referees. At the beginning of the season, EGSA will distribute referee payment envelopes to all recreational Parent Coaches. It is the responsibility of the **HOME TEAM COACH** to pay the referee before each game. If no referee shows, please hold onto the money and return to either the EGSA Recreational Director or the EGSA Referee Director. Please keep the payment envelopes in a safe place - EGSA is not responsible for lost or stolen referee payments. Below is a list of EGSA Referee payment amounts.

U6 Referee (\$12)

U8 Referee (\$16)

U10 Referee (\$20)

RULES OF THE GAME : U6

Game format

- 3 v 3 or 4 v 4
- Size 3 ball
- At coaches' discretion, teams may play with less players or share players.
- 4 quarters; 5 minutes each
- 2 minute break between quarters
- 5 minute break at half time

Substitutions

- At coaches' discretion, while trying to minimize disruption to flow of game

Game Rules

- No offsides
- All fouls result in an indirect kick (An **indirect kick** must be touched by another player before it can go into the goal – that is the kicker and a second player)
- No penalty kicks (PKs)
- No throw-ins
- No corner kicks
- No out of bounds on the sidelines (coaches encourage play within the sidelines)
- Endlines are out of bounds – goal kick awarded
- On a goal kick, the defending team must **retreat to the half way line and stay there** until the attacking team either, 1) brings the ball over the halfway line or, 2) after 15 seconds has passed. Violations of this rule that do not impact the play of the ball should not stop play.
- After a goal is scored, play is restarted with a kickoff at midfield.
- A team that is behind by 4 goals or is clearly overmatched has the option of putting an additional player on the field
- One coach from each team is allowed on field to help their team. All other coaches should assist from the sidelines.

Equipment

- Shin guards (required)
- Sneakers, cleats or tennis shoes

Scores and Standings

- No scores are recorded and no standings kept

Referees

- One center referee
- Keep game flowing - player safety top priority

RULES OF THE GAME: U8

Game format

- 5 v 5 (Four field players and a goalie)
- Size 3 ball
- If both coaches agree, teams can play with less players or share players. Each team must have the same number of players on the field.
- 4 quarters; 12 minutes each (referee can adjust quarter length, if necessary)
- 2 minutes break between quarters
- 5 minutes break at half time

Substitutions

- Anytime the ball is out of play

Game Rules

- No offsides
- Kickoff: opposing players must be 5 yards from the ball
- All fouls result in an indirect kick (An **indirect kick** must be touched by another player before it can go into the goal – that is the kicker and a second player)
- No penalty kicks (PKs)
- Throw-ins – second chances given for improper throw-ins
- Goal kicks and corner kicks awarded
- On a goal kick, the defending team must **retreat to the half way line and stay there** until the attacking team either, 1) brings the ball over the halfway line or, 2) after 15 seconds has passed. Violations of this rule will stop play and the goal kick shall be retaken.
- After a goal is scored, play is restarted with a kickoff at midfield.
- A team that is behind by 4 goals or is clearly overmatched has the option of putting an additional player on the field

Equipment

- Shin guards (required)
- Cleats

Scores and Standings

- No scores are recorded and no standings kept

Referees

- One center referee

RULES OF THE GAME: U10/U12

Game format

- 7 v 7 (May be modified depending up team sizes)
- Each team must have the same number of players on the field.
- Size 4 ball
- 2 halves; 25 minutes each
- 5 minutes break at half time

Substitutions

- On goal kicks, after goals, at halftime, injury resulting in stoppage of play
- On throw-ins for team with possession. If one team substitutes, other team may substitute players as well

Game Rules

- FIFA rules modified for youth play by USYSA
- No offsides enforced
- Slide tackling is NOT allowed – free kick awarded
- A team that is behind by 4 goals or is clearly overmatched has the option of putting an additional player on the field until lead is reduced to 2 goals.

Equipment

- Shin guards (required)
- Cleats

Scores and Standings

- No scores are recorded and no standings kept

Referees

- One center referee



COMMON INJURIES IN SOCCER

Concussions: Player will likely have suffered a blow to the head either from colliding heads, colliding head with opponent's elbow/shoulder/knee, or striking their head on the ground.

On Field Evaluation: A quick mental checklist

1. Determine if the athlete lost consciousness: Do they remember what happened?
2. Ask them simple questions: What is their name? What is the day of the week? How old are you? Do you know where you are?
3. Ask the athlete if they can feel their arms and legs. Can they move their toes and feet? Can they move their fingers and hands? **(If he/she cannot, DO NOT attempt to move them, call 911 immediately and just keep them awake and calm. They will need to have a neck collar and be taken to the hospital immediately!)**
4. Have the athlete focus on your fingertip 12-18 inches away and have them follow your fingers with their eyes only.
5. Have the athlete turn their head side-to-side and up-and-down. (If they start to get dizzy or start to see spots, they have failed the test.)

If the athlete fails any of these 5 tests, they should be held out of any athletic activity until they have been evaluated by a physician.

Ankle Sprains: Player typically "rolls" ankle from catching toe while changing directions or lands awkwardly on another player's foot. Sometimes a "pop" is heard or felt in more significant cases. Pain is usually immediate and intense.

On Field Evaluation: Quick Assessment

1. Athlete will typically complain of sharp pain more focused on the outside of the ankle and will not want to put weight on it. They will be thinking they broke it in

severe cases.

2. Palpate the lateral malleolus (outside ankle bone), then move your fingertips down towards the foot and they will likely feel sharp pain as you move off the bone.
3. Pain with turning foot inward, made worse by coach turning foot in.
4. Check for swelling or discoloration (which could be immediate in severe cases).
5. See if athlete can walk off the field under his own power or if he is struggling to put weight on it.

Ankle sprains can vary in severity to being sore for a couple of days to taking up to 3 months to get better! When trying to determine if the athlete can go back in the game, the athlete should be asked to run up and down the sidelines, followed by asked to do some cutting, hopping, bounding, and jumping successfully without limping or grimacing. Otherwise, athlete should be kept on the sidelines and then possibly seek x-rays to make sure there are no fractures (especially if athlete cannot put any weight on it).

Knee Sprains: These types of injuries occur from knees colliding with another player or it can occur when the athlete is trying to plant his/her leg to make a cut or change of direction. It can also happen with side tackling as well.

On Field Evaluation: Athlete will typically be in significant pain holding their knee with it partially bent.

1. Check to see if knee is aligned properly. If it is clearly deformed or crooked, DO NOT attempt to move the knee. Call 911 or carry athlete off the field and take him/her to the emergency room.
2. If in good alignment, make sure kneecap is in the proper location.
3. Palpate the outside and the inside of the knee. If there is tenderness on either side, there is increased possibility of MCL or LCL sprain.
4. If athlete can bend or straighten knee, then see if they can put weight on it and walk off the field. If unable to help athlete off the field by providing support (crutch).

Knee Injuries can be hard for coaches to specifically diagnose so don't get too involved in trying to figure out what is wrong. Generally, you are assessing if the athlete can put weight on his knee and get off the field or if they need help getting off the field. If they are unable to put weight on the leg, the knee swells, or they complain of the knee giving away/locking, then the athlete should seek professional consultation such as an orthopedic surgeon or a physical therapist for a full evaluation of the knee.

WEEKLY PRACTICE PLANS

The following pages contain drills for weekly practices. There is an hour of drills, so choose the 2 or 3 you like best to run at practice. The final 10-15 minutes of practice should be for scrimmage and gathering as a team to recap or give information. Throw in a team cheer for good measure!

U8 Spring Week 1

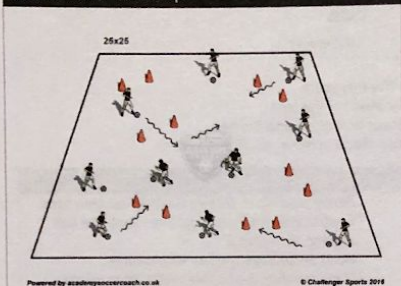


Organization: Challenger Sports Week: Spring - Week 1
 Age Group: U8s 60 Minutes
 Category: Recreation

Topic: Dribbling & Running With The Ball

Objective: To learn how to dribble & run with the ball at speed using different surfaces of the foot.

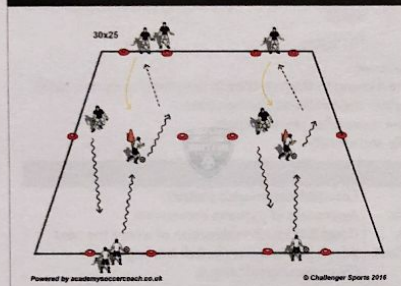
Session Part: Warm-up



Organization		Time:
Area:	25x25	10
Numbers:	10 Players	
1 player - 1 ball each. Set out multiple small gates within the area using tall cones. Players begin dribbling inside the area & through as many gates as possible. Players continue for a set time limit before having a short rest period before restarting. Coach introduces a points system for players to count how many gates they travel through.		

Progressions	Coaching Points
Perform ball mastery skills before passing through a gate - toe taps, tic tocs, side roles. Increase/decrease gate size - depending on success. Add a defender/gate keeper. Remove gates to increase players spacial awareness.	Acceleration through the gate and into space. Soft touches - close control. Awareness of open gates and other players. Use different surfaces of the foot; Inside, Outside, Laces, Sole.

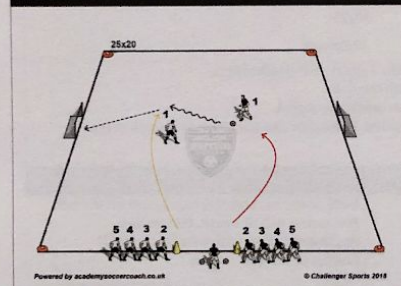
Session Part: Technical Fundamentals



Organization		Time:
Area:	30x25	15
Numbers:	10 Players	
4 equal groups of 5 players - 1 ball per player. Begin the activity without a ball with players performing a feint when they reach the cone. First player in each group travels towards the central tall cone at speed with the ball. Players perform a fake or move before the cone and move to the left/right before joining the line. The next players in each group repeat this process from each of the 4 groups.		

Progressions	Coaching Points
Introduce a pass after players perform a fake/move with 2 balls working at the same time in each group. Perform different fakes and moves. Element of competition between the 2 groups. Increase/decrease travelling distance to cone.	Soft touches/bigger touches depending on distance to the cone and available space. Head up for awareness. Use different surfaces of the foot. Low center of gravity when performing fakes.

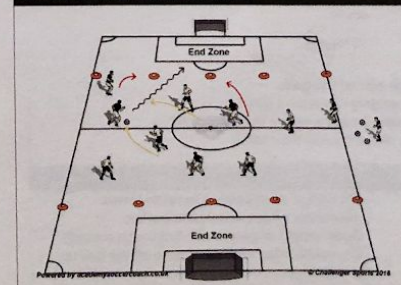
Session Part: Game Scenario



Organization		Time:
Area:	25x20	20
Numbers:	10 Players	
Players in 2 equal groups either side of coach numbered 1-5. Coach plays the ball into the center of the field and calls a number to play in a 1v1. Players must attempt to win the ball and dribble past their opponent. Players attempt to score in the opposing teams goal to score a point for their team. To score a point, players must pass the ball in the goal with the inside of the foot from short distance.		

Progressions	Coaching Points
Add a goalkeeper. Add additional players - 1v2, 2v1, 3v1. Introduce points system in favor of dribbling. Add additional goals or gates to run through.	Acceleration to win the ball. Low center of gravity when in a 1v1. Use of the body to put the defender off balance. Positive mind-set and confidence on the ball.

Session Part: Small Sided Game



Organization		Time:
Area:	40x30	15
Numbers:	10 Players	
5v5 - 2 end zones at each end of the field. To score a point, players must dribble across the opposing teams end zone line with the ball. Play restarts from the coach with the team who conceded looking to score in the opposite end zone. Encourage dribbling and running with the ball from both teams.		

Progressions	Coaching Points
Teams attack different end zones. Increase/decrease field and end zone size. Add goals and goalkeepers. End with free play.	Awareness of space and other players. Communication. Soft touches - close control when in tight spaces. Bigger touches when attacking large spaces. Quick decision making to capitalize.

U8 Spring Week 2



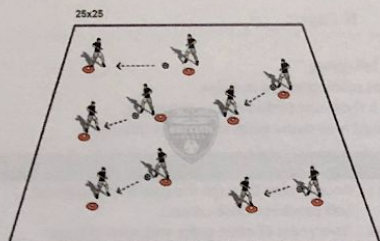
Organization: Challenger Sports
 Age Group: U8s
 Category: Recreation

Week: Spring - Week 2
 Minutes: 60

Topic: Passing & Receiving

Objective: To understand how to use different surfaces to receive the ball and pass with the inside of the foot.

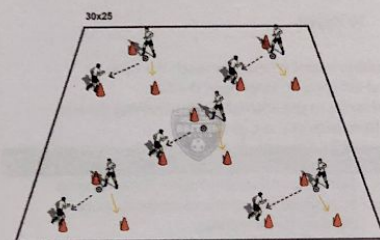
Session Part: Warm-up



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Organization		Time:
Area:	25x25	10
Numbers:	10 Players	
Players split into pairs - 1 ball between 2. Each pair will be set up between 2 disc cones 5-10 yards apart. Players will pass the ball back and forth using the inside of the foot. Players will receive with inside or outside of the foot before passing the ball. Players will progress to passing and moving within the area between different cones.		
Progressions	Coaching Points	
Increase/decrease distance of cones. Use of both feet. Set challenges - how many passes in 1 minute? 1 touch passing depending on success.	Ready position to receive the ball - on your toes. Control with the inside/outside - keep the ball moving at all times. Head up and eye contact with partner. Plant standing foot & lock ankle when passing.	

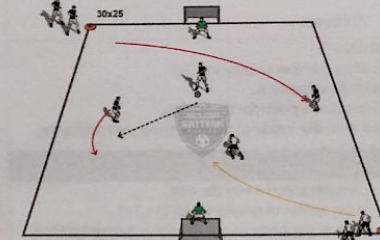
Session Part: Technical Fundamentals



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Organization		Time:
Area:	30x25	15
Numbers:	10 Players	
Players remain in pairs - 1 ball within a triangle of cones. Player with the ball passes to their partner before moving to the free cone in the triangle which is 5x5x5. Player who receives the ball will pass to their partner then move to the free cone. The practice continues with players always on the move after playing a pass. Encourage players to communicate both verbally and visually.		
Progressions	Coaching Points	
Increase/decrease dimension of the triangle. Limit touches - begin 3 touch, gradually decrease. Restrict players to specific foot to receive & pass. Set challenges - number of passes in a set time limit.	Communication with partner. Awareness of partners movement. Good first touch in direction of where the next pass is going- keep the ball moving. Clean passing technique.	

Session Part: Game Scenario



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Organization		Time:
Area:	30x25	20
Numbers:	10 Players	
Split players in 2 groups - 5 attackers - 3 defenders. 2 goals with goalkeepers. 3v1 in favor of the attacking team who begin with the ball. Attackers are set a time limit to beat the defender and score a goal. Attackers can use the goalkeeper for a pass if needed. Defenders can transition and score in the attackers goal if they steal the ball.		
Progressions	Coaching Points	
Increase/decrease overloads. Set amount of passes before scoring - start low, gradually increase as players improve. Decrease time limit to score. Attackers and defenders switch roles.	Body shape to receive & movement off the ball. Awareness of ball, space, teammates. Positive mind-set - can we play forward? Correct passing technique.	

Session Part: Small Sided Game



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Organization		Time:
Area:	40x30	15
Numbers:	10 Players	
6v4 with 2 goalkeepers. Goalkeepers have a healthy supply of soccer balls behind the goals. Team of 6 players aim to complete 5 passes before they can score a goal. Team of 4 players aim to steal the ball and complete 2 passes before they can score. Play always restarts with the goalkeepers rolling the ball out to their team.		
Progressions	Coaching Points	
Rotate team of 6 & 4. Limit amount of passes for team of 6. Increase/decrease number of passes needed. End with free play.	Encourage short passing to team-mates. Awareness of space and penetration. Good weight of passes and first touch control. Communication and movement off the ball to create angles to receive a pass.	

U8 Spring Week 3

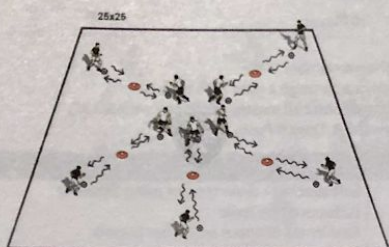


Organization: Challenger Sports Week: Spring - Week 3
 Age Group: U8s Minutes: 60
 Category: Recreation

Topic: Shielding & Turning

Objective: To recognize how to shield the ball & when to turn when under pressure.

Session Part: Warm-up

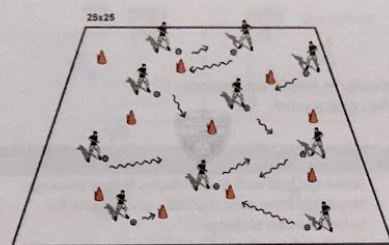


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Organization	Time: 10
Area:	25x25
Numbers:	10 Players
Players in pairs - 1 ball each with a cone in the center 5 yards apart. Players dribble towards the central cone and perform a turn before returning to starting position. Player must turn quickly before they get near to their partner/the cone. Turns; 1. Drag Back. 2. Inside Hook. 3. Outside Hook.	

Progressions	Coaching Points
Use of both feet to dribble and turn. 1 ball for each pair, player with the ball has a pinnie tucked into back of shorts that the player without the ball attempts to steal before they reach starting position after turning at the central cone.	Soft touches to dribble - close control. Sharp turns. Low center of gravity when turning. Use of upper body when turning. Sharp acceleration.

Session Part: Technical Fundamentals

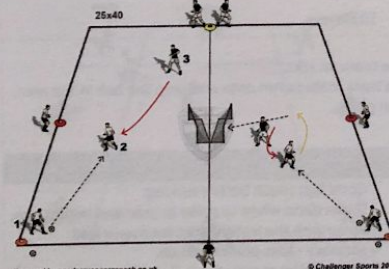


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Organization	Time: 15
Area:	25x25
Numbers:	10 Players
1 player - 1 ball each. 10 tall cones scattered around the area. Players begin the exercise dribbling inside the area in different directions. Coach calls "Shield" - players must find a tall cone each and shield the ball for 10 seconds. Players continue dribbling and wait for further calls to react to.	

Progressions	Coaching Points
Add defenders to replace the tall cones. Players shield the ball for 5 seconds. Increase/decrease area size depending on success of individuals within the group. Use of both feet.	Side on stance to shield. Low center of gravity - bent knees. Use of upper body to protect the ball. Keep the ball moving. Sharp turn away after set time limit to shield.

Session Part: Game Scenario



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Organization	Time: 20
Area:	25x40
Numbers:	10 Players
Players split into 2 team - attackers and defenders. 2 groups work simultaneously with 2 goals in the center of the playing area. Player 2 makes a movement towards player 1 who passes them the ball. Player 3 (defender) applies pressure to player 2 and a 1v1 situation begins. Player 2 attempts to score in the goal, player 3 attempts to steal and score also.	

Progressions	Coaching Points
Decrease distance between player 3 and 2. Set time limit to score within. Player 1 joins in to create 2v1. Add a goalkeeper.	Pressure the attackers quickly. Body shape & positioning to shield the ball. Low center of gravity - bent knees. Keep the ball moving and turn using upper body.

Session Part: Small Sided Game



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Organization	Time: 15
Area:	35x30
Numbers:	10 Players
5v5 with goalkeepers. 2v2 in each half of the field. To begin the game players are locked into their designated half of the field. Attackers must receive a pass from a team-mate with their back to the goal and attempt to turn or shield the ball from the defender before they can score.	

Progressions	Coaching Points
Set time limits for attackers to score before play overturns to the other team. Add a neutral player to support the attackers when they have their back to goal. End with free play.	Good first touch to shield the ball. Body shape and low center of gravity. Assess opportunity to turn the defender. Support play and teamwork.

U8 Spring Week 4

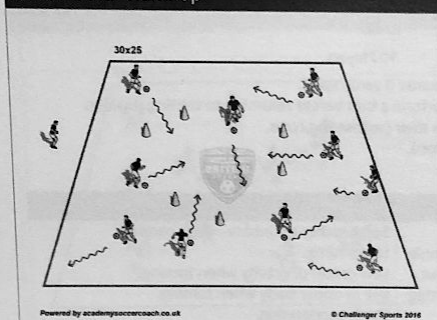


Organization: Challenger Sports Week: Spring - Week 4
 Age Group: U8s 60 Minutes
 Category: Recreation

Topic: Ball Striking & Accuracy

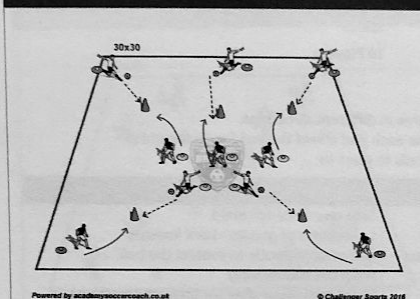
Objective: To introduce ball striking using the correct technique with accuracy.

Session Part: Warm-up



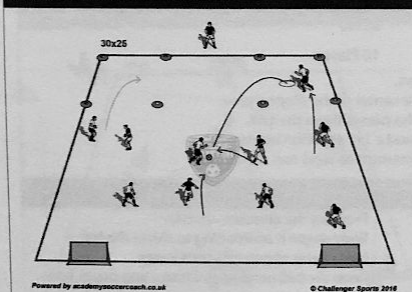
Organization		Time: 10
Area:	30x25	
Numbers:	10 Players	
1 player - 1 ball each. 3 gates set up in the playing area - all players are given a number 1-10. Coach calls two numbers - those players must accelerate through a gate with their ball. Players dribble their ball inside the playing area and perform ball mastery skills on coaches call; 1. Toe Taps moving forward. 2. Tic Tocs moving forward. 3. Drag & Push.		
Progressions		Coaching Points
Use of both feet. Add additional gates/numbers called. Increase/decrease gate sizes and area size. Add a defender to apply pressure.		Soft touches - close control using different surfaces of the foot. Awareness of space and other players. Sharp acceleration when required.

Session Part: Technical Fundamentals



Organization		Time: 15
Area:	30x30	
Numbers:	10 Players	
Players in pairs - 1 ball between 2. 1 tall cone placed 5-10 yards between 2 players. Players take it in turns to strike the ball with the instep/laces from a set distance. If a player knocks down the cone with their strike, they gain a point. Play first player to 3 points is the winner.		
Progressions		Coaching Points
Pairs move to different cones to strike the ball on the move. Increase striking distances. Introduce an element of competition between pairs.		Strike the ball with instep/laces, follow through. Head and knee over the ball - use of arms for balance when striking. Standing foot planted and pointed to the target. Lock the ankle/foot, toes pointed down.

Session Part: Game Scenario



Organization		Time: 20
Area:	30x25	
Numbers:	10 Players	
6v4 - 2 goals (no goalkeepers) 10x10 grids in either corner facing the goal that one team attacks. Team of 6 aim to strike the ball into either grid for a team mate to run onto and stop the ball in the area. Team of 4 aim to steal the ball and score in the open goals. Teams switch ends after 5 minutes.		
Progressions		Coaching Points
Increase/decrease the size of the grids. Introduce target players into the grids. Add a goalkeeper. Rotate players on each team.		Good first touch before striking. Understand when to strike in time and with space. Strike with the instep/laces for power and accuracy - toes pointed down. Head and knee over the ball.

Session Part: Small Sided Game



Organization		Time: 15
Area:	40x35	
Numbers:	10 Players	
5v5 game - 1 team begins the game without a goalkeeper. Encourage both teams to strike the ball at goal frequently. Limit players to 3 touch to promote quick decision making. Rotate which team has the goalkeeper.		
Progressions		Coaching Points
Add additional goals. Increase/decrease field size based on success. Both teams have no goalkeeper. End with free play.		Communication. Awareness of space to receive the ball. Quick decision making with a good first touch. Clean ball striking technique.

U8 Spring Week 5

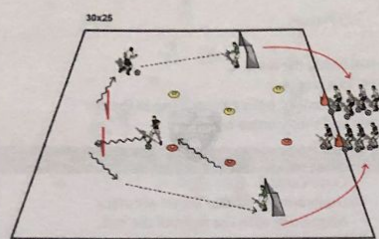


Organization: Challenger Sports Week: Spring - Week 5
 Age Group: U8s 60 Minutes
 Category: Recreation

Topic: Finishing & Scoring

Objective: To learn different finishing techniques when attempting to score goals.

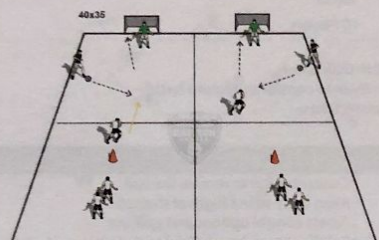
Session Part: Warm-up



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Organization		Time:
Area:	30x25	10
Numbers:	10 Players	
Players split into 2 equal groups - 1 goal either side of each group - 2 balls per group. Player at the front of each line dribbles in and out of cones until they turn left/right at the top cone. Coach introduces ball mastery skills in between cones for players to complete. Player dribbles through the gate (tall cones) and strike at goal. Goalkeeper collects the ball and joins the line - striker becomes goalkeeper.		
Progressions	Coaching Points	
Start without a goalkeeper to build confidence. Use of both feet. Difficulty of ball mastery in between cones. Alternate sides for ball striking approach.	Good touch in front and at an angle. Approach to the ball and position of the standing foot towards target. Knee and head over the ball. Follow through for power.	

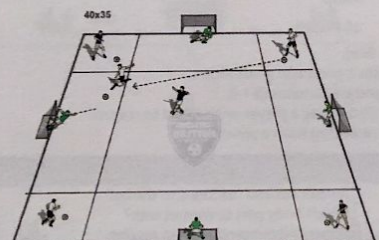
Session Part: Technical Fundamentals



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Organization		Time:
Area:	40x35	15
Numbers:	10 Players	
4 zones/2 fields working simultaneously with a goal and goalkeeper. Players at the tall cone begin without a ball. Feeders at the side have a healthy supply of balls. Player without the ball enters the feeders zone to control the ball and strike at goal. Player who strikes the ball then becomes the feeder. Feeder joins the back of the line - next 2 players continue the exercise.		
Progressions	Coaching Points	
Player starts with the ball, dribbles and plays a 1-2 wall pass with the feeder before striking at goal. Use of both feet. Element of competition for both groups. Introduce points system.	Approach the ball at angle. Placement of standing foot towards target. Strike the center of the ball. Follow through for power. Knee & head over the ball to support accuracy.	

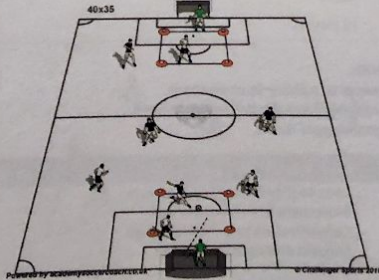
Session Part: Game Scenario



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Organization		Time:
Area:	40x35	20
Numbers:	10 Players	
4 goals with goalkeepers at each side of the field. 4 feeders with healthy supply of balls in each corner of the playing area. 2 players play 1v1 in the center of the field numbered 1 & 2. Number 1 receives the ball from a feeder and attempts to score in 1 of the 4 goals. If the defender steals the ball, they attack the opposite goal to where the attacker was trying to score.		
Progressions	Coaching Points	
Rotate who receives the ball after 1 minute. Rotate feeders with 1v1 players in the center. Rotate goalkeepers. Feeder can join in to make 2v1.	Movement to receive the ball. Good first touch to set up a quick strike. Awareness of space, defender and goalkeepers. Quick decision making - create half a yard.	

Session Part: Small Sided Game



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Organization		Time:
Area:	40x35	15
Numbers:	10 Players	
5v5 with goalkeepers. 5x5 grid stationed in the center of the goal 10-15 yards out from goal. 1 forward from each team is locked in the grid at either end of the field. If teams pass the ball into the player in the grid and they score additional points are awarded. Rotate the forward in the grid every 2 minutes.		
Progressions	Coaching Points	
5v5 free scrimmage. Limit to 2-3 touch. Additional points/goals awarded for good finishing techniques.	Movement off the ball to receive a pass. Good first touch to set up finishing opportunities. Quick decision making. Positive attitude and mind-set to scoring.	

U8 Spring Week 6



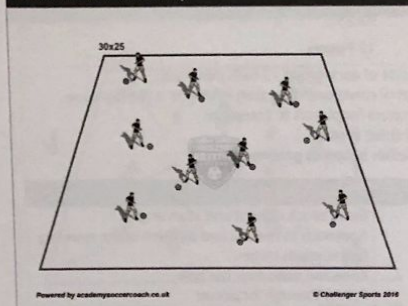
Organization: Challenger Sports
 Age Group: U8s
 Category: Recreation

Week: Spring - Week 6
 60 Minutes

Topic: Aerial Control

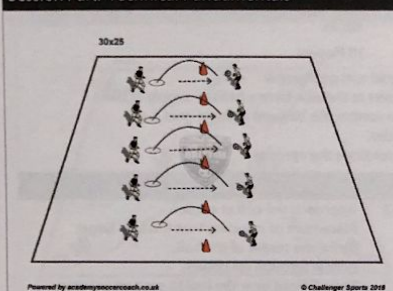
Objective: To gain an understanding of how to control aerial balls with a cushioned first touch.

Session Part: Warm-up



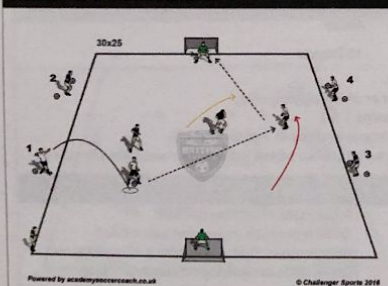
Organization		Time: 10
Area:	30x25	
Numbers:	10 Players	
1 player - 1 ball each. Players begin the warm up dribbling/running the ball inside the area. Coach introduces some ball mastery skills for players to execute. On coaches call, players pick up their ball & throw it head height before controlling in the air. Introduce players to controlling with the laces, instep and thigh with a bounce.		
Progressions		Coaching Points
Assign certain players to throw the ball. Increase height of the throws. Progress into no bounce. Add defenders to apply pressure.		Close control. Underarm throws for better accuracy. Align body with the flight of the ball. Assess control options and cushion the ball.

Session Part: Technical Fundamentals



Organization		Time: 15
Area:	30x25	
Numbers:	10 Players	
Players split into pairs - 1 ball between 2. Player begin 5 yards apart with 1 player with a ball in their hands. The server throws the ball under arm to their team mate to control and return back. Players control with the instep, laces, thigh and chest 5 times. Players switch roles and repeat the exercise.		
Progressions		Coaching Points
Increase height of the serves. Increase distance and speed of the serves. Challenge individuals. Introduce a points system. Servers apply pressure to the player controlling.		Concentration to receive the ball. Align body to the flight of the ball. Assess control options and execute. Soft first touch keeping the ball close.

Session Part: Game Scenario



Organization		Time: 20
Area:	30x25	
Numbers:	10 Players	
Players split into 2 teams - 2v2 in the center of the field. 2 players from each team either side of the field with 2 goals and goalkeepers. Players on the outside (servers) have 2 balls each and are numbered 1-4. Coach calls a number and that players performs a throw in to a player on the field to control. Teams play 2v2 for 2 minutes with the ball always restarting from a server.		
Progressions		Coaching Points
Build into 3v3 - 2 servers. Goalkeepers restart the play. Unopposed - opposed aerial control.		Awareness and reactions to the ball. Which body part to control with? Focus and concentration to receive. Support to the player with the ball.

Session Part: Small Sided Game



Organization		Time: 15
Area:	40x35	
Numbers:	10 Players	
5v5 game. 2 goals with goalkeepers and a healthy supply of balls. Game always restarts with a throw from the goalkeeper to a player in open space. Player controlling cannot be put under pressure until they have the ball under control. Points awarded for successful aerial control from goalkeepers throw.		
Progressions		Coaching Points
Unopposed - opposed control. Decrease field size to encourage softer touches. End with free play.		Look to play forward to attackers. Movement to receive the ball. Concentration to control the ball. Support and communication.

U8 Spring Week 7

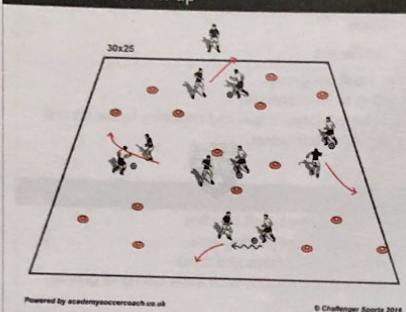


Organization: Challenger Sports Week: Spring - Week 7
 Age Group: U8s Minutes: 60
 Category: Recreation

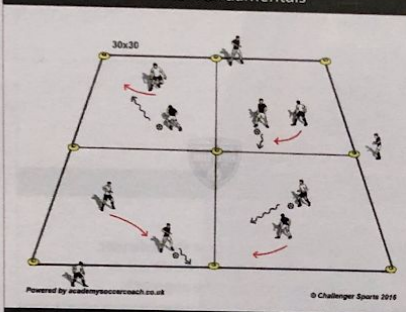
Topic: 1v1 Defending

Objective: To improve decision making when defending in a 1v1 situation.

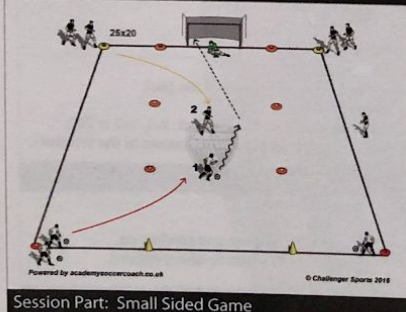
Session Part: Warm-up



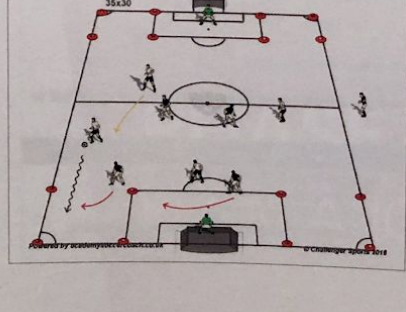
Session Part: Technical Fundamentals



Session Part: Game Scenario



Session Part: Small Sided Game



Organization		Time:
Area:	30x25	10
Numbers:	10 Players	
Players split into pairs - 1 ball between 2. 5 triangle/scoring zones created with disc cones inside the area. Players numbered 1 & 2, player 1 dribbles, player 2 defends/jockeys. Player 1 attempts to dribble the ball into the scoring zones to score a point. Player 2 attempts to steal the ball and dictate where the dribbler can/cannot move to in the area.		
Progressions		Coaching Points
Unopposed - opposed warm up. Increase/decrease scoring zone size. Add/limit the number of defenders. Add/remove certain scoring zones.		Pressure on the player with the ball. Side on stance - bent knees. Dictate where the dribbler can move. Remain patient and composed.
Organization		Time:
Area:	30x30	15
Numbers:	10 Players	
Players split into pairs/groups of 3 - 1 ball per group. 4 equal sized grids for each group to work within. Players aim to dribble the ball to the defenders end line and stop the ball. Defenders aim to delay the attacker and steal the ball. If defenders steal the ball they can transition and stop the ball on the attackers end line.		
Progressions		Coaching Points
Set time limit to score within. Increase/decrease grid sizes. Add goals. Add a second attacker/defender. Introduce points system.		Apply pressure on the ball. Side on stance - bent knees. Delay the attackers movement. Pinch/steal the ball when the opportunity is created and transition at speed.
Organization		Time:
Area:	25x20	20
Numbers:	10 Players	
Players split into 2 teams - 1 goal with a goalkeeper. Team 1 (attackers) begin with a ball each facing the goal. Team 2 (defenders) begin either side of the goal without a ball. Player 1 dribble the ball into the central zone marked with disc cones and aims to score. Player 2 applies pressure and attempts to steal the ball, and stop it in between the 2 tall cones.		
Progressions		Coaching Points
Set time limit for players to score within. Add a second attacker. Add a second defender. Increase/decrease central zone. Attackers and defenders switch roles.		Quick reaction to pressure the attacker. Low center of gravity - side on defensive stance. Push the attacker to the sides. Delay movements and attempt to steal the ball.
Organization		Time:
Area:	35x30	15
Numbers:	10 Players	
5v5 game with goalkeepers. 4 grids created in each corner of the field. Defenders aim to score points by forcing attacking players into the corners. Teams play a normal game attempting to score in opposing teams goal.		
Progressions		Coaching Points
Create overloads for teams - test defenders. Decrease grid sizes. End with free play.		Closest player applies pressure. Second defender provides cover. When to jockey/when to steal. Teamwork and communication.

U10 Spring Week 1

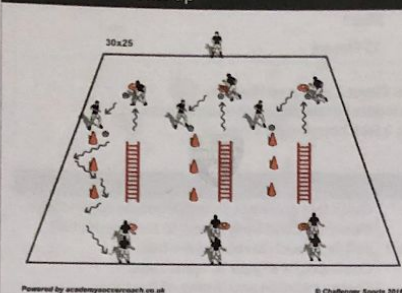


Organization: Challenger Sports Week: Spring - Week 1
 Age Group: U10s 60 Minutes
 Category: Recreation

Topic: Dribbling & Running With The Ball

Objective: To develop confidence when travelling with the ball.

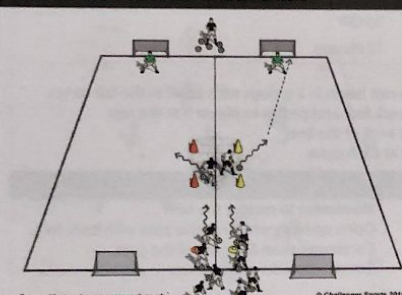
Session Part: Warm-up



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Organization		Time:
Area:	30x25	10
Numbers:	12 Players	
3 ladders, 3 tall cones to the side of the ladders, small cone after the ladder. Different footwork variations through the ladder and tall cones - ladder work with ball in hand. 1 - One foot through the ladder, dribble in and out of tall cones. 2 - Face sideways - two feet through the ladder, dribble through cones using inside of the foot only. 3 - Two feet through the ladder, dribble using outside of the foot only.		
Progressions	Coaching Points	
Perform ladder work facing forward not down. Add a ball into ladder work if possible. Encourage use of both feet for dribbling exercises. Perform a fake/turn at the small cone following ladder work.	Fast feet through the ladders. Emphasis on good technique. Close control of the ball, soft touches, head up. Use inside and outside of the foot. Knees bent and low center of gravity.	

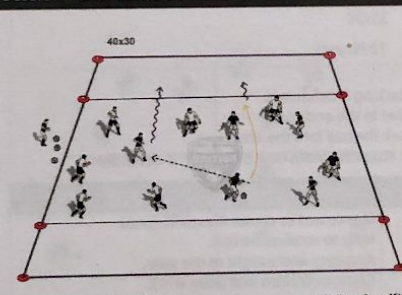
Session Part: Technical Fundamentals



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Organization		Time:
Area:	30x25	15
Numbers:	12 Players	
2 groups of 5 players with a soccer ball each. 2 goalkeepers - 1 in each goal at the top of the field. 1 player from each group dribbles towards two central cones (gate) at speed. The player performs a fake/trick through the gate before having a strike at goal.		
Progressions	Coaching Points	
First player to score receives a ball from coach at the top of the field. 2 players play 1v1 to bottom two goals - first player to score wins a point for their team. Rotate goalkeepers and groups switch sides.	Quick acceleration. Different fakes/tricks through the gate. Use both feet and different surfaces of the foot. Good first touch to build speed and momentum. Quick Transition/Reaction for 1v1.	

Session Part: Game Scenario



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Organization		Time:
Area:	40x30	20
Numbers:	12 Players	
2 teams of 6 each with an end zone at either end of the field. To score a point, players must dribble/run the ball into the end zone and stop the ball. 10 points = Dribbling/run with the ball into the end zone. 20 points = Perform a fake, trick or turn to beat a defender before entering the end zone.		
Progressions	Coaching Points	
Limit touches for all players. Overload teams (7v5 etc) to build confidence. Add neutral players to play with team in possession. Increase area size to create more space.	Head up - soft touches. Change direction at speed. Quick decision making - when to pass/dribble. Awareness of space and opponents.	

Session Part: Small Sided Game



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Organization		Time:
Area:	40x30	15
Numbers:	12 Players	
6v6 with two goals. 30x40 field divided into three zones with cones. Each player is assigned one of the three zones to play in. Players can dribble the ball into another zone. Players can only pass the ball to players in their own zone to encourage them to dribble.		
Progressions	Coaching Points	
Set min./max amount of touches for teams. Increase freedom out of zones for players. Overload teams to build confidence.	Positive attitude and confidence to dribble. Use of fakes/tricks to beat a defender. Support team mates in a zone to create an attack. Awareness of space and team mates.	

U10 Spring Week 2

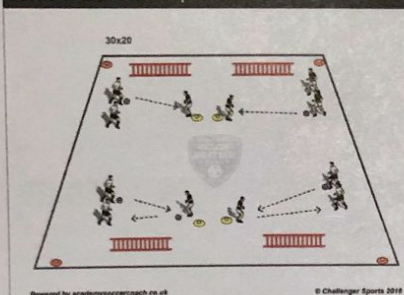


Organization: Challenger Sports Week: Spring - Week 2
 Age Group: U10s 60 Minutes
 Category: Recreation

Topic: Passing & Receiving

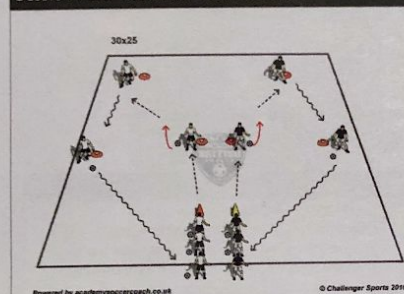
Objective: To develop passing & receiving the ball techniques in attacking areas.

Session Part: Warm-up



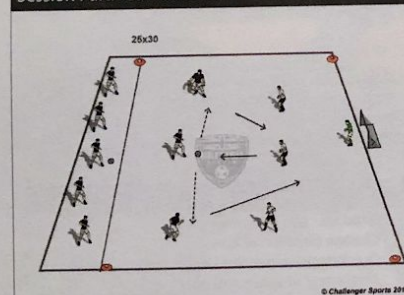
Organization		Time:	10
Area:	30x20		
Numbers:	12 Players		
Players in groups of 3 - 1 ball per group. Player 1 passes the ball to Player 2 at the disc cone. Player 2 passes to Player 3. The player who passes the ball works through the ladder before receiving another pass. Footwork through the ladder includes; 1 foot only, 2 feet, hopping on 1 foot.			
Progressions	Coaching Points		
One touch passing if possible. Increase the distance of passing. Only use a certain part of the foot to receive the ball for a set amount of time. e.g. - outside only.	Quick feet and smooth technique through ladder. Movement and body shape to receive the ball. Soft first touch to receive the ball. Good weight of pass to team mate. Communication and timing of the pass.		

Session Part: Technical Fundamentals



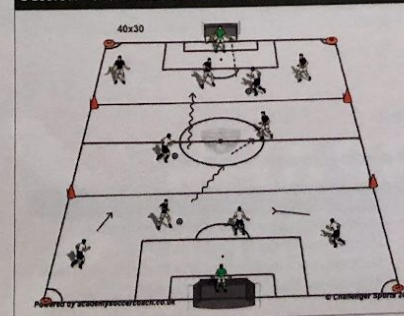
Organization		Time:	20
Area:	35x30		
Numbers:	12 Players		
2 equal groups working side by side. 1 player starts at each disc cone without a ball, the rest begin in 2 groups with a ball at the tall cones. Player 1 passes to player 2 who receives with the back foot and passes to player 3 at the top. Player 3 passes to Player 4 who then dribble to the back of the line. All players follow their pass and replace the player at each cone.			
Progressions	Coaching Points		
Increase area size and passing distances. Receive using the outside of the foot. One touch passing when & where possible. Change sides to encourage using both feet.	Movement to receive the ball. Open up body when receive pass with back foot. Communication & timing of the pass. Communication and awareness of team mates.		

Session Part: Game Scenario



Organization		Time:	15
Area:	25x30		
Numbers:	12 Players		
3v3 towards goal with a goalkeeper. Attacking team start in the end zone and begin attacking 3 defenders. If the attacking team score they go to the back of line in the end zone. If the defending team steal the ball, they aim to work the ball into the end zone. If the defending team are successful with this - the attacking team now become the defenders.			
Progressions	Coaching Points		
Increase area size. Increase overloads to develop confidence. Min./Max amount of passes before scoring. Set a time limit to make passes and score a goal.	Movement to create & exploit space. How to receive the ball. Accuracy and weight of the pass. Communication and team work.		

Session Part: Small Sided Game



Organization		Time:	15
Area:	50x30		
Numbers:	12 Players		
Field split into 3 equal sized zones. Players are free to move into any zone and attempt to pass through the all three zones. Team #1 Formation: GK-2-2-1 Team #2 Formation: GK-2-1-2 Switch team formations half way through the game to increase options and understanding.			
Progressions	Coaching Points		
Limit touches. Set amount of passes before being allowed to score. Add a neutral player to team in possession. End with free play and rotate goalkeepers.	Movement off the ball - passing angles. Support around, ahead and behind the ball. Good first touch and awareness of options. Communication & Teamwork.		

U10 Spring Week 3

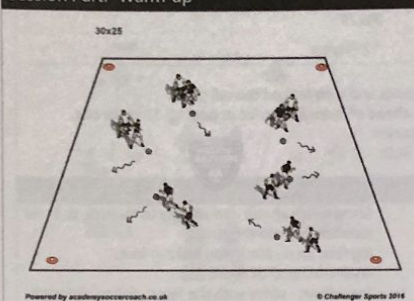


Organization: Challenger Sports Week: Spring - Week 3
 Age Group: U10s 60 Minutes
 Category: Recreation

Topic: Shielding & Turning

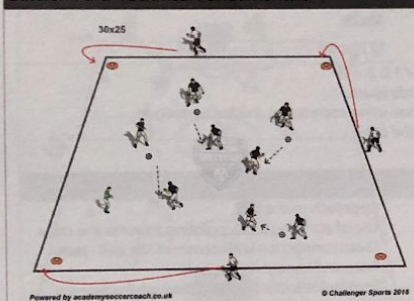
Objective: To understand how and when to shield the ball when under pressure.

Session Part: Warm-up



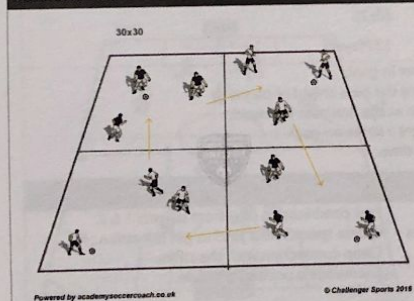
Organization		Time:
Area:	30x25	10
Numbers:	12 Players	
Players in pairs - 1 ball between 2. Players are numbered 1 and 2. Number 1 starts dribbling with the ball - Number 2 follows. Coach calls "Shield", player 1 uses their body to protect the ball from player 2 applying pressure. Players switch roles with player 2 now dribbling and player 1 following. Players protect the ball for 10 seconds.		
Progressions	Coaching Points	
Introduce turns for the dribbler to execute. 1. Pull Back. 2. Cruyff Turn. 3. Outside Hook Protect the ball for 10 seconds = 10 points. Defender steals it = 5 points. Alternate partners and decrease area size.	Low center of gravity - bend the knees. Move the ball using the sole, inside and outside. Use of the upper and lower body to keep you in between the defender and the ball.	

Session Part: Technical Fundamentals



Organization		Time:
Area:	30x25	20
Numbers:	12 Players	
Players in pairs in the center of the area - 1 ball between 2. One player in the middle is neutral and can play with any pair - 3 defenders around the outside. Players in middle will pass the ball in their groups and move around the area also using neutral player. On coaches commands defenders run around a cone and enter area to steal a ball. If the defender steals the ball they swap roles with player who lost it.		
Progressions	Coaching Points	
Player with the ball on coaches commands cannot pass the ball for set amount of time and must protect. Decrease area size to limit time and space. Alternate defenders and groups.	Awareness of when and where to shield. Low center of gravity - bend the knees. Body in between the ball and defender. Keep the ball moving and turn when needed.	

Session Part: Game Scenario



Organization		Time:
Area:	30x30	15
Numbers:	12 Players	
4 teams of 3 players numbered 1-3. 1 ball per team each assigned a zone. Players begin passing the ball in their zone - 1 or 2 touch. On coaches call of a number, that player travels clockwise into the next zone to steal the ball. Player in possession of the ball shields the ball from the defender when required to.		
Progressions	Coaching Points	
Change the direction players defend. Allow defenders to go to any zone. Introduce an element of competition; Protect the ball for 10 seconds = 10 points. Defender steals it = 5 points.	Correct body shape to shield/protect the ball Use team-mate if need too Team mates support angles Awareness of space Communication	

Session Part: Small Sided Game



Organization		Time:
Area:	50x40	15
Numbers:	12 Players	
6x6 game with Goalkeepers for each team. Field split into 4 zones with a 5x5 grid in the center of the field. Players are matched up in a 1v1 situation in each zone and in the center grid. Players look to shield and turn when required to and make decisions on a dribble, pass or shot. Rotate players zones - every player takes a turn in center grid.		
Progressions	Coaching Points	
Time limits for the ball in each zone. Add overloads in certain zones. Points awarded for successful shields. Free play to finish.	Look to receive on half turn if possible. Use of the body to shield the ball. Communication amongst team mates. Awareness of opponents.	

U10 Spring Week 4

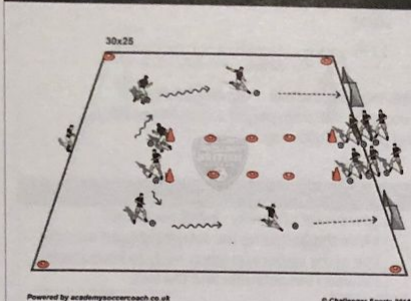


Organization: Challenger Sports Week: Spring - Week 4
 Age Group: U10s Minutes: 60
 Category: Recreation

Topic: Ball Striking and Accuracy

Objective: To develop good technique when striking the ball.

Session Part: Warm-up

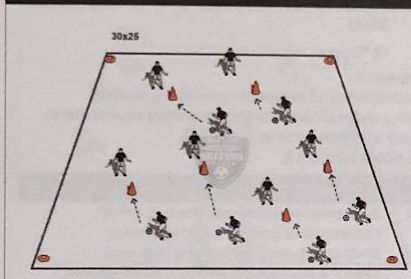


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Organization		Time:
Area:	30x25	10
Numbers:	12 Players	
1 Player - 1 Ball each split into 2 groups. First player in each group dribble through disc cones and turn around the tall cone. Once around the tall cone, players push the ball ahead of them and strike at goal 10-15 yards out. Players perform ball mastery skills through disc cones; 1. Toe Taps Forward. 2. Tic Tocs Forward. 3. Side Rolls.		
Progressions		Coaching Points
Add a goalkeeper in each goal. Groups switch sides. Encourage to use both feet. Add a passive defender - unopposed. Increase striking distance.		Good touch ahead and slightly to the side to build momentum into the strike. Big final step - plant non kicking foot. Knee and head over the ball. Toes down - strike with the laces - follow through.

Session Part: Technical Fundamentals

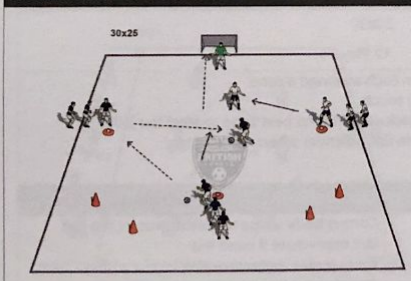


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Organization		Time:
Area:	30x25	20
Numbers:	12 Players	
Players in pairs - 1 ball between 2 - number player 1 & 2. Tall cone placed in the middle of the pair 5-10 yards apart. Player 1 begins attempting to knock down the cone using correct ball striking technique. Player 2 then takes their turn to strike the ball to the cone.		
Progressions		Coaching Points
Increase/decrease ball striking distance. Add a second tall cone if needed. Add a first touch in front before striking. Use of both feet.		Approach to the ball. Use of standing foot - pointing towards the cone. Clean connection with center of the ball - laces. Knee and head over the ball. Foot/ankle locked - follow through for power.

Session Part: Game Scenario



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Organization		Time:
Area:	30x25	15
Numbers:	12 Players	
Players are split into 3 equal groups - 1 goalkeeper in goal. Player 1 passes the ball left to player 2 who returns the pass ahead of player 1. Player 3 on the right becomes as defender as soon as the first pass is played. Players 1 & 2 attempt to play around player 3 to get a strike on goal. Players rotate positions - alternate left/right each time.		
Progressions		Coaching Points
Players decide which side to pass to first. Defender attempts to score in either of the 2 gates if they steal the ball. Add a second defender to make it 2v2. Set a time limit to get the strike off.		Fast combination play from players 1 & 2. Create space/half a yard to get the strike off. Clean connection with the strike. Encourage a positive attitude.

Session Part: Small Sided Game



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Organization		Time:
Area:	50x40	15
Numbers:	12 Players	
4v4 with 1 setter for each team at the side of the goal - 2 goalkeepers. Create an area in front of goal with cones that players cannot enter to encourage striking from distance. Players must make a minimum of 3 passes before striking at goal. Players can use the support players at the side of the goal to set the ball - these players cannot be tackled.		
Progressions		Coaching Points
No goalkeepers to increase striking opportunities. Remove support players from side of the goal. No set amount of passes before striking. Restrict number of players allowed in each half to enable more time and space to strike.		Create space for yourself and team mates. Encourage wall passes to move defenders. Strike as often as possible. Aim low and hard - difficult for goalkeeper.

U10 Spring Week 5

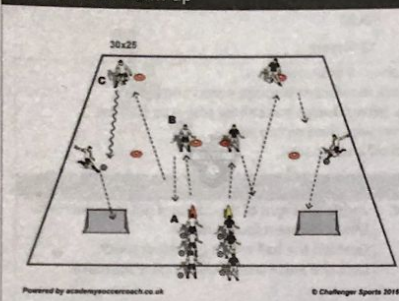


Organization: Challenger Sports Week: Spring - Week 5
 Age Group: U10s 60 Minutes
 Category: Recreation

Topic: Finishing & Scoring

Objective: To increase and develop goal scoring opportunities with team mates.

Session Part: Warm-up



Organization		Time: 10
Area:	30x25	
Numbers:	12 Players	
2 equal groups working side by side - healthy supply of balls. Player A passes the ball to player B who turns and passes to player C at the top cone. Player C dribbles towards goal and finishes in the open goal. Player A replaces player B, player B replaces player C as the goal scorer, player C joins back of the line. Exercise repeats once all players are set and ready.		
Progressions		Coaching Points
Combination play between players A and B. Add a goalkeeper. Add targets for players to aim for. Add a defender. Increase/decrease shooting distances.		Sharp passing and a good first touch. Dribble at speed to build momentum. Relax and raise your head before striking at goal. Hit the target.

Session Part: Technical Fundamentals



Organization		Time: 20
Area:	50x35	
Numbers:	12 Players	
2 equal groups split either side of the field A & B. 2 goalkeeper in the goals at either end - healthy supply of balls. Field A - 3 Players numbered 1-3 have 2 balls each on the outside and pass into forwards on coaches command to shoot. Forwards can combine before shooting at goal. Field B - 3 players in central zone are numbered 1-3, play the ball into a forward who turns and shoots.		
Progressions		Coaching Points
Players rotate roles - suppliers/forwards. Introduce points system and targets in the goal. Add a defender. Set a time limit to score within. Rotate goalkeepers.		Positive attitude to score goals. Good first touch or shoot first time if possible. Assess the goalkeepers position and stance. Composure and different types of shooting in front of goal.

Session Part: Game Scenario



Organization		Time: 15
Area:	50x35	
Numbers:	12 Players	
2 equal teams - 3v2 in each half of the field with 2 goalkeepers. Play begins with coach passing into one of the 3 forwards in each half of the field. Forwards attempt to shoot on goal quickly or combine before striking at goal. Central zone marked out (5x35) is for defenders to dribble the ball into if they steal it. Rotate forwards and defenders every 5 mins.		
Progressions		Coaching Points
Flip the overload - 2 forwards, 3 defenders. Decrease area size. Set time limits for forwards to score within. Introduce points system.		Positive attitude to scoring goals. Create space with a good first touch. Decision making with team mates. Get early shots off putting defenders and goalkeeper off balance.

Session Part: Small Sided Game



Organization		Time: 15
Area:	50x35	
Numbers:	12 Players	
2 equals teams of 4v4 - 2 goalkeepers with 2 neutral players in central zone. 2v2 in end zones in front of goal. Coach begins play passing into neutral players who then pass into attackers in either end zone. Neutral player who passes the ball can enter attacking zone to create a 3v2 overload. Game restarts with coach playing into 2nd neutral player who attacks the other end and repeats.		
Progressions		Coaching Points
If defenders steal the ball they play into the neutrals who then attack with their team at the other end. Set time limits for teams to score within before possession changes to the other team. Free play.		Decision making - 1v1 or combine to shoot. Good, positive first touch to create space. Assess goalkeepers position to then decide on goal scoring technique.

U10 Spring Week 6

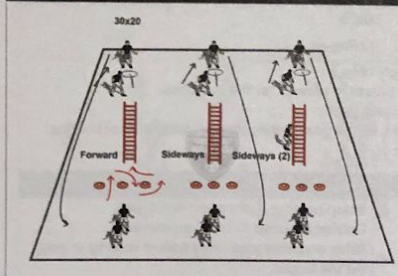


Organization: Challenger Sports Week: Spring - Week 6
 Age Group: U10s Minutes: 60
 Category: Recreation

Topic: Aerial Control

Objective: To improve controlling the ball over different surfaces and using different body parts.

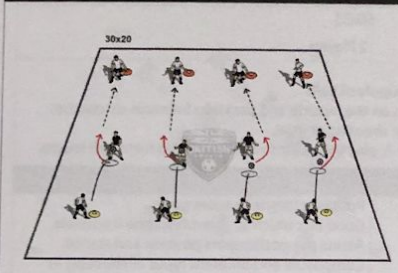
Session Part: Warm-up



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Organization		Time:	10
Area:	30x20		
Numbers:	12 Players		
3 equal groups of 4 players - 3 ladders - 3 sets of cones - 1 ball per group. First player in each group performs specific footwork movement through cones and ladder. Approaches the server with the ball in their hands. Server throws the ball for player to control. Player controls the ball and passes back to the server who then switch roles. Server rejoins the back of the line - next player sets off and repeats.			
Progressions		Coaching Points	
Change footwork movements through equipment. Types of control; 1. One bounce, inside volley. 2. No bounce, inside volley 3. No bounce, thigh, bounce, volley.		Judge the flight of the ball and get in line with it. Use of different foot surfaces. Cushion the ball with a good first touch. Lock the ankle when volleying for accuracy.	

Session Part: Technical Fundamentals

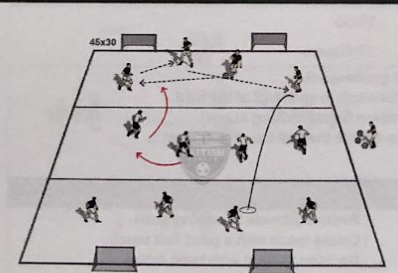


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Organization		Time:	15
Area:	30x20		
Numbers:	12 Players		
Players split into groups of 3 - 1 ball per group. Player 1 begins in the center of players 2 and 3 who are 20-25 yards apart. Player 1 approaches player 2 who serves the ball underarm to player 1. Player 1 controls, turns and passes to player 3. Player 2 then travels to player 3 at the other end and continues to exercise for 1 minute.			
Progressions		Coaching Points	
Rotate central player working for 1 minute. Introduce different surfaces to control the ball; 1. 1 bounce, half volley. 2. Thigh control, half volley. 3. Chest control, half volley.		Angle of approach to the ball. Adjust body position to flight of the ball. Cushion the ball with a good first touch. Aim to volley back into servers hands. Underarm serves from throwers important.	

Session Part: Game Scenario



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Organization		Time:	20
Area:	40x30		
Numbers:	12 Players		
3 equal teams of 4 players. 3 equal sized zones that each team is stationed in. Team in the middle are the defending team and work for 2 minutes. 1 player can enter the end zones. End zone teams must make 3 passes before attempting to transfer to team in the opposite end. Rotate the defending team every 2 minutes.			
Progressions		Coaching Points	
Add goals for defenders to score in. Increase/decrease amount of passes needed. Introduce points for successful control from the long ball and add an element of competition.		Long ball striking - good technique. Receiving player gets in line with flight of ball. Cushion the ball using required body parts. Assess passing options before receiving.	

Session Part: Small Sided Game



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Organization		Time:	15
Area:	50x40		
Numbers:	12 Players		
6v6 - 2 goalkeepers. 2 channels either side of the field which is out of bounds. If the ball goes out a player restarts the play with a throw in to improve aerial control. The coach will also play in additional soccer balls in the air - 2/3 balls playing at one time. Encourage long passing from defenders/goalkeepers into forwards to also improve aerial ball control.			
Progressions		Coaching Points	
Overload teams to create more time on the ball. Defenders/goalkeepers must play long ball. Add points for successful aerial control. Free play.		Assess aerial ball control options. Be aware of the next pass before receiving. Support from team mates when ball in travelling.	

U10 Spring Week 7



Organization: Challenger Sports Week: Spring - Week 7
 Age Group: U10s Minutes: 60
 Category: Recreation

Topic: 1v1 Defending

Objective: To perform the correct defensive stance and make it difficult to be beat in a 1v1 situation

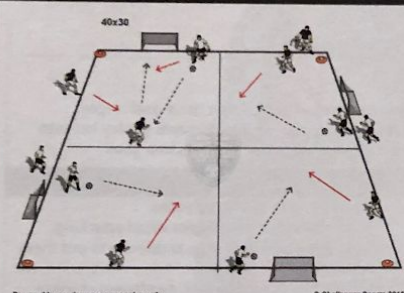
Session Part: Warm-up



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Organization		Time: 10
Area:	25x25	
Numbers:	12 Players	
2 equal groups of 6 players. Begin activity without a ball - gradually increase. Player 1 attacks the gate (tall cones) that player 2 is defending. If player 1 makes it through the gate without being tagged they join the back of the attacking line. If player 2 tags player 1 they switch roles.		
Progressions	Coaching Points	
Make the gate smaller - less space to move. Introduce a soccer ball. Players tucks pinnie into shorts. 2 groups working simultaneously if needed.	Defender closes down the attacker. Touch tight - side on stance. Body shape dictating direction attacker can go. Don't commit/dive in - stay on your feet.	

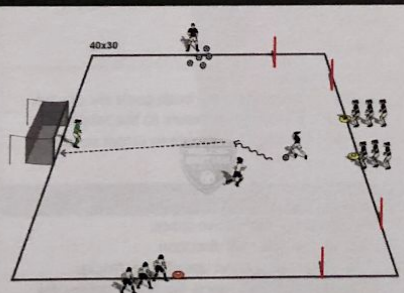
Session Part: Technical Fundamentals



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Organization		Time: 15
Area:	40x30	
Numbers:	12 Players	
Players are split into groups of 2, 3 or 4 and take a healthy supply of balls to their area. 1 goal in each area - groups split into attackers and defenders. Defenders begin at the side of the goal with a ball and pass to an attacker who moves to a position opposite the goal they are attempting to score in. Defender applies pressure and delays the attacker from scoring for 10 seconds to win a point.		
Progressions	Coaching Points	
Opposed exercise - defenders can steal the ball. Rotate groups and opponents. Add a second attacker to make a 2v1. Add goalkeepers. Extend distance for defenders to cover.	Pressure on the ball. Delay the attacker - side on stance, angled body position to the attackers weaker side. Deny penetration getting touch tight. Steal the ball with intent.	

Session Part: Game Scenario



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Organization		Time: 20
Area:	40x30	
Numbers:	12 Players	
2 equal groups - attack vs. defense - 1 large goal with goalkeeper - 2 gates at opposite end of the field. Coach passes the ball to the attacker who controls and is put under pressure by a defender. Attacker attempts to beat the defender and score past the goalkeeper. Defender attempts to steal the ball and transition to score in either of the small gates. Players switch roles - attacker becomes defender.		
Progressions	Coaching Points	
Introduce a second attacker to make a 2v1. Larger area size making it difficult for defenders. Time limit for both players to score. Points system favoring defenders.	Apply fast pressure on the ball. Slow down and delay the attacker. Side on stance dictating where the attacker moves.	

Session Part: Small Sided Game



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Organization		Time: 15
Area:	50x40	
Numbers:	12 Players	
6v6 - 2 goalkeepers. 2 end zones created for 1v1 between attacker and defender. If the defender steals the ball they are awarded 2 goals. Rotate positions every 5 minutes giving all players an opportunity to defend 1v1.		
Progressions	Coaching Points	
Build into 2v2 in the end zones. Set time limits for attackers to score. Add more points for good defending. Free play.	Pressure on the ball. Deny time and space on the ball. Delay the attacker and divert using body shape. Steal the ball where possible.	