

U11 PRACTICE PLANS, 2009-2010 COORDINATOR'S DOCUMENT

OVERVIEW

Each week coaches will be given practice plans. The program's 20 weekly practice plans deliver the U11 Long Term Player Development based curriculum found in the Richmond Development Centre's U11 Program Guide. The curriculum builds on the U10 program and in doing so, specifically recognises the impact of this being the first year of selected soccer. Like the U10 curriculum, regular goal-keeper sessions continue. Also, while a variety of activities continues there is a continued movement to repetition of core activities with variety provided *via* progressions.

The 20 practice plan is basically divided into two subsets of 10 sessions each. The organisation within the subsets is progressive (basic elements introduced first) and, as the second subset introduces progressions, the second subset is a progression from the first.

U11 PROGRAM FORMAT

The program is twice weekly having one week night practice session and a designated Saturday game day. At practice sessions, our professional coaches will be in attendance at the fields to assist in delivering the week's practice plan.

PRACTICE PLANS

Practice plans are attached. Doug Long will, after doing a final review of each plan, provide practice plans to the age group coordinator in batches of 3 or 4. Practice Plans must be provided to coaches (professional and volunteer) at least 48 hours in advance of the session. Volunteer coaches should be reminded to bring plans to each session. Professional coaches should bring a number of additional copies. Additionally, so that we can continually improve our practice plans, professional coaches are required to provide to Doug Long feed-back (what worked, what didn't work, what required modification etc.) on a regular basis.

ACKNOWLEDGMENTS

The content of the practice plans comes from a number of sources. The sources include the BCSA Grassroots Development "Coaches Handbook".



PRACTICE PLAN FOR U11 – SESSION 1
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Juggling - 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied <p>Additional Progression:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet same as above but increasing number of “keep-ups” (without hitting ground) 4. the above but adding thighs, chest and head
<p>2nd Activity Mirror Man – 20 minutes</p> <p>Coach has a ball and is facing players each of whom also have a ball. As the coach moves with the ball, so must the players as if looking in a mirror. Activities include:</p> <ul style="list-style-type: none"> • small passes between feet • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • drag ball backwards alternating between sole of dominant and non-dominant foot • roll ball side-ways using inside of dominant foot • roll ball side-ways using inside of non-dominant foot • roll ball side-ways with sole of dominant foot • roll ball side-ways with sole of non-dominant foot • turns: <ul style="list-style-type: none"> • sole • chop • cut 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • players must be light on feet and not planted • for most elements, players’ trunk always facing forward towards coach <p>Progression:</p> <ol style="list-style-type: none"> 1. roll ball side-ways using outside of dominant foot 2. roll ball side-ways using outside of non-dominant foot 3. roll ball forward with ball of dominant foot (with leg opened-up) 4. roll ball forward with ball of non-dominant foot (with leg opened-up) 5. add: <ul style="list-style-type: none"> • out-side take away (turn) • inside take away (turn)
<p>3rd Activity The Numbers Game – 20 min.</p> <ul style="list-style-type: none"> • group divided into two equal teams • teams 20 m apart in a row • each player on one team is given a number and each player on the other team is giving a corresponding number (so, for example, there are two number 1s and two number 2s etc) <p>Coach sends a ball in between the two teams (who are behind designated lines) and calls out the corresponding numbers from each team. The players play 1 v 1 attempting to get over each other’s goals line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • introduce all Progressions <p>Progression:</p> <ol style="list-style-type: none"> 1. call out different numbers to have different match-ups 2. introduce multiple balls and call out multiple names from one side so that there are multiple 1 v 1 games going on at same 3. introduce only one ball but call out multiple names so that 2 v. 2s and 3 v 3s are created
<p>4th Activity 3 v 3 Game / Goal Line - Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot.</p>	<p>Coaching Points:</p> <p>As the theme of this session is dribbling encourage dribbling even if it means losing possession.</p>

PRACTICE PLAN FOR U11 – SESSION 2
THEME: PASSING AND RECEIVING

Activity	Coaching Points
<p>1st Activity BALANCE AGILITY AND COORDINATION – 10 min</p> <p>Activity Progression:</p> <ol style="list-style-type: none"> single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence double foot – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot (backwards) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot one/two – players hop through cones on both feet (keeping feet together) – landing in the middle of each quad; however they do so in a two hops forward one back sequence single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad 	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p style="text-align: center;">x x x x x x</p> <p style="text-align: center;">x x x x x x</p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>2nd Activity Technical (Push Pass) Passing and Receiving – 15 minutes</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle as follows:</p> <p style="text-align: center;">x</p> <p style="text-align: center;">xP Px</p> <p style="text-align: center;">x</p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet push passing and trapping (inside of foot) with dominant foot push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace so as to permit observation and emphasis of correct technique make sure that feet are always moving head/eyes down when receiving and passing but otherwise head/eyes up calling for ball / communication observation and correction paramount continue introduction of Progressions 1 & 2 <p>Progression:</p> <ol style="list-style-type: none"> have first touch take the player somewhere / get ball out of feet add shooting with instep increase distance of pass reduce size of goal add shooting (passing with instep)
<p>3rd Activity Three Sided Keep Away – 15 minutes</p> <p>Divide the players into three teams. Using the whole area two teams play against the third team attempting to keep the ball away from the third team. When the third team wins possession, the team that gave the ball away becomes defenders and the third team that won possession teams up with the other team. Coach calls out who is playing whom.</p>	<p>Coaching Tips:</p> <ul style="list-style-type: none"> movement off the ball communication do not add Progression at this time <p>Progression:</p> <ol style="list-style-type: none"> players (rather than coach) figure out who is playing whom
<p>4th Activity 3 v 3 Game with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone goals do not count if other than “push pass” goals with non-dominant foot = 2



PRACTICE PLAN FOR U11 – SESSION 3
THEME: GOAL KEEPING

Activity	Coaching Points
<p>1st Activity – Juggling 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue with Progression 1 & 2 (but only if players using both dominant and non-dominant feet equally). Introduce Progression 3 <p>Additional Progression:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above but adding thighs, chest and head
<p>2nd Activity Goal-Keeper Exercises and Games – 15 min.</p> <p>Set-up: players pair-up about 5 m apart</p> <p>Skills:</p> <ul style="list-style-type: none"> • player rolls ball to partner • player rolls ball to partner’s left and right • player bounces ball to partner • player throws ball waist-height • player throws ball above head-height • player throws ball to left/right <p>Associated Games:</p> <ul style="list-style-type: none"> • partners throw the ball to each other, first pair to complete 10 successful catches, who then sits down and calls out “bingo” is the winner • one player sits and other player bounces ball high, player gets up onto feet and catches ball before ball bounces a second time. First player to catch 5 balls and call out “bingo” wins • player rolls ball between partner’s legs, partner turns and falls on ball, repeat process. First pair to 5 “saves” and calling out “bingo” is the winner 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • never too early to introduce communication! • body behind ball <i>via</i> foot movement • bring ball to chest for safety • catching above waist, “W” hand formation • below waist (“Basket Catches” - fingers down)
<p>3rd Activity Goal-Keeper Tunnels – 10 min.</p> <p>In a group of 12 players, 2 – 3 players are “it” and remaining players are holding balls in their hands. When tagged, player holds ball above head, stands still / “frozen”, legs in straddle position and shouts to be freed. To free a frozen player a player rolls their ball along the ground and through the legs; repeat when all are frozen with new chasers.</p>	
<p>4th Activity 2 + GK vs. 2 + GK – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line. One player is designated as a GK - switch frequently.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for GK’s feet moving all of the time • encourage GK to support play by moving off of goal-line when attacking



PRACTICE PLAN FOR U11 – SESSION 4
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue with Progression 1 & 2 (but only if players using both dominant and non-dominant feet equally). Introduce Progression 3 <p>Progression:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chests and head
<p>2nd Activity Regular Pace Scatter Dribble – 15 min.</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount <p>Progression:</p> <ol style="list-style-type: none"> 1. go to quicker, “regular” pace 2. introduce three basic (“sole”, “cut”, “chop”) turns 3. add stops and re-starts with change of pace 4. introduce “scissors” and “double “scissors” 5. introduce “single lunge” and “double lunge” 6. introduce “Puskas”
<p>3rd Activity Destroyers – 10 min.</p> <p>Approximately 20m x 30 m grid. In a group of 12 players, 2 to 3 players wearing pinnies are ‘destroyers’ and chase dribbling players. Destroyers attempt to win the ball and knock it outside the playing area; players retrieve balls and come back into grid and resume dribbling; have one minute time limit for each set. “Destroyer” who knocks out the most balls wins.</p>	
<p>4th Activity 3 v 3 Game / Goal Line - Remainder of Session</p> <p>Players score by stopping ball on goal line with sole of foot.</p>	<p>Coaching Points: as the theme of this session is dribbling, encourage dribbling even if it means losing possession.</p>

PRACTICE PLAN FOR U11 – SESSION 5
THEME: PASSING AND RECEIVING

Activity	Coaching Points
<p>1st Activity Terrible Twos – 10 min</p> <p>Players in groups of two with a ball</p> <p>Include (as time permits)</p> <ul style="list-style-type: none"> • “One / Two tag” • “Co-operation” • “Speed and Balance Battles” 	<p>One / Two Tag - group is divided into pairs. One player is “1” and the other “2”. Coach calls out 1 and 1 chases 2. When coach calls out 2, 2 chase 1. Etc. Progression, players to “zigzag” run, hop on one foot, run backwards, skip, “hop-scotch”, “carioca” or similar agility requiring movement while waiting for the coach’s call.</p> <p>“Cooperation” - players pair-up back-to-back whereby the ball is handed backwards to the one side by turning the trunk and alternating from side-to-side – change directions. Also, “Over” and “Under” whereby one partner passes ball between legs and the ball is returned over head – change directions</p> <p>“Speed and Balance Battles”</p> <ul style="list-style-type: none"> • “hand touches” – attacking player’s hands are under defender’s. Attacker scores if attacker manager to touch either one of the defender’s hands before defender moves hands. Keep score and alternate on coaches’ instructions • players take a crouching position face to face with their hands in front of the body, palms forward, they attempt to dislodge each other from the crouch position by pushing each others’ palms • players head-to-head in a push-up position but with only one arm supporting. One player is “attacking” and scores a point by touching (not slapping) the “defender’s” arm – attacker and defender constantly changing which arm is supporting. Keep score and alternate on coaches’ instructions
<p>2nd Activity Passing and Receiving – 10 minutes</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre> x xP Px x </pre> <p>Players are in front of xP and Px cones using them as reference points Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> • trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet • push passing and trapping (inside of foot) with dominant foot • push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • everything done at a very slow pace so as to permit observation and emphasis of correct technique • make sure that feet are always moving • head/eyes down when receiving and passing but otherwise head/eyes up • calling for ball / communication • observation and correction paramount <p>Progression:</p> <ol style="list-style-type: none"> 1. have first touch take the player somewhere / get ball out of feet 2. add shooting with instep 3. increase distance of pass 4. reduce size of goal
<p>3rd Activity “Home and Away” – 15 min.</p> <p>Divide 40 m x 20 m grid in half. Divide players into two teams of 4 – 6 players each. Ball is played into one half and one player from the other half / team attempts to win ball and pass the ball back into his/her own half. If successful, then one player from the other team then attempts to win ball . .</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • adjust grid size increasing for success • first touch, communication, movement off ball • defenders put immediate pressure on ball <p>Progression:</p> <ul style="list-style-type: none"> • add “second” and “third” defender • restrict touches • reduce grid size
<p>4th Activity 3 v 3 Game with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not tackle attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone • as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep • goals with non-dominant foot = 2



PRACTICE PLAN FOR U11 – SESSION 6
THEME: ATTACKING

Activity	Coaching Points
<p>1st Activity BALANCE AGILITY AND COORDINATION – 10 min.</p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence double foot – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot (backwards) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot one/two – players hop through cones on both feet (keeping feet together) – landing in the middle of each quad; however they do so in a two hops forward one back sequence single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad 	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p style="text-align: center;">x x x x x x</p> <p style="text-align: center;">x x x x x x</p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>2nd Activity One vs. One - 10 min.</p> <p>Divide into 10m square grids / place players in pairs. Activities:</p> <ul style="list-style-type: none"> technical review scissors and double scissors keep ball away from partner for 30 seconds then switch roles head-on. Attacking player takes defender head-on. If attacking player gets by defender, he score 1 and then and then attacks again. If not successful, then no score and defender becomes attacker. Play first to 5. 	<p>Coaching Points:</p> <ol style="list-style-type: none"> take time to make sure that “scissors” are performed correctly have attackers attack defender directly and with pace <p>Progression:</p>
<p>3rd Activity Shooting – 10 min.</p> <p>Cone (x) 5 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p style="text-align: center;">x</p> <p style="text-align: center;">xP Px</p> <p style="text-align: center;">x</p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players shoot ball through cone goal in the following progression:</p> <ol style="list-style-type: none"> static ball – side of foot static ball – laces (instep) moving ball (from partner) – side of foot moving ball (from partner) - laces (instep) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> make sure player’s heads are up except at the moment that they are trapping or shooting use both dominant and non-dominant foot <p>Progression:</p>
<p>4th Activity Game – Remainder of Session</p> <p>2 + GK vs. 2 + GK with 4m wide goals</p> <p>Place 4 m wide goals at each end of field. Divide field into a defending and attacking half. After a goal is scored, the opposition must return to their defending half and can not check attacking players until the attacking players have crossed the half-way line. One player is designated as a GK - switch frequently</p>	<p>Coaching Points:</p> <p>Since this session’s theme is attacking encourage 1 v 1 (particularly if a scissor or double scissor) and shooting. The goals are purposely wide so as to encourage shooting by success. Make sure GKs are alternated frequently</p>



PRACTICE PLAN FOR U11 – SESSION 7
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue with Progression 1 & 2 (but only if players using both dominant and non-dominant feet equally). Introduce Progression 3 <p>Progression:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chests and head
<p>2nd Activity Regular Pace Scatter Dribble – 10 minutes</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • everything done at a very slow pace (players will want to go faster) so as to permit observation and emphasis of correct technique • observation and correction paramount • continue introduction of Progression 1 & 2 – proper technique for turns is paramount <p>Progression:</p> <ol style="list-style-type: none"> 1. go to quicker, “regular” pace 2. introduce three basic (“sole”, “cut”, “chop”) turns 3. add stops and re-starts with change of pace 4. introduce “scissors” and “double “scissors” 5. introduce “single lunge” and “double lunge 6. introduce “Puskas”
<p>3rd Activity Cat and Mouse – 10 minutes</p> <p>In a group of 12 players, a “cat” stands in middle of grid. “Mice” attempt to dribble past “cat”. Any mice who lose their ball to the cat now join the middle to become another cat</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • encourage “mice” to attack with speed
<p>4th Activity 3 v 3 Game / Goal Line – Remainder of Session</p> <p>Players score by stopping ball on goal line with sole of foot.</p>	<p>Coaching Points:</p> <p>As the theme of this session is dribbling, even if it means losing possession.</p>

PRACTICE PLAN FOR U11 – SESSION 8
THEME: AIR TO GROUND

Activity	Coaching Points
<p>1st Activity Juggling – 5 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 5. ball is kept-up (without hitting ground) with dominant foot 6. ball is kept-up (without hitting ground) with non-dominant foot 7. ball is kept-up (without hitting ground) alternating feet 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • players start when they arrive • players should be at Progression 5 (left). Players must be made to understand that if they are not at that level, they need to do this on their own • players will tend towards dominant foot so as to be successful; encourage non-dominant and risk taking <p>Additional Progression:</p> <ol style="list-style-type: none"> 1. same as above but increasing number of “keep-ups” (without hitting ground – make a competition) 2. same as above, but add thighs 3. same as above, but add chest and head 4. “keep-ups” in pairs or other groupings 5. “keep-ups” in pairs or other groupings but moving across field (make a race of it – if ball drops must start over)
<p>2nd Activity Balance, Agility, Coordination – 15 min.</p> <ol style="list-style-type: none"> 1. single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones 2. single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence 3. single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence 4. double foot with ¼ (90 degree) twist (right side) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad. Players twist ¼ (90 degrees) back and forth for each quad 5. double foot with ¼ (90 degree) twist (left side) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad of cones. Players twist ¼ (90 degrees) back and forth for each quad 6. lunges – players place one foot in middle of quad of cones, and shifting weight, one the outside of the next quad 7. hop-scotch 8. carioca 	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <pre style="text-align: center;"> x x x x x x x x x x x x </pre> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>3rd Activity Technical in the Air (warm-up) – 15 min.</p> <p>Players divided into groups of two. A throws ball (under hand) to B who:</p> <ul style="list-style-type: none"> • using side of foot, brings bounced ball to ground and passes back on ground • using side of foot, half-volleys bounced ball back into A’s hands • using instep, half-volleys bounced ball back • using side of foot, full –volleys ball back into A’s hands • using instep, full –volleys ball back into A’s hands • using thigh, brings ball to ground and passes back on ground • using right thigh, “passes” ball to left foot full volleying with instep back into A’s hands • chest – using sequences set-out above • heading – both defensive (ball arcs) and attacking (ball struck down) and jumping • elevator trap 	<p>Coaching Points</p> <ul style="list-style-type: none"> • accurate throwing is necessary for success of this activity • pay attention to technique! • as returns will often miss the target, have additional balls (or even better a fence) available
<p>4th Activity Dutch Piggies – 20 min.</p> <p>Create a grid having three areas Team A Team B Team C Create 3 teams of 4 or 5 per team Team A attempts to get ball to Team C Team B can initially send one player into Team A’s grid so as to pressure ball If a Team B member steals ball from Team A, then Team B is out of the middle and Team A is in the middle. etc</p>	<p>Coaching Points - size of grids essential to purpose; if coaching point is to keep possession by keeping ball on ground, make middle area wide but short in length. If coaching point is to bring ball from air to ground, then, make middle area narrow but long in length. If players are not being successful, add to area of end zones,</p> <ul style="list-style-type: none"> • defender closes down quickly and defenders communicate <p>Progression</p> <ol style="list-style-type: none"> 1. add second and third defenders 2. put conditions on number of touches that must be made before ball can be passed to the other team
<p>5th Activity Game – Remainder 3 v3 or 4 v4 but when ball goes out of bounds, it is lobbed back into field</p>	<p>Vary height of return of ball into field</p>



PRACTICE PLAN FOR U11 – SESSION 9
THEME: PASSING AND RECEIVING

Activity	Coaching Points
<p>1st Activity Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue with Progression 1 & 2 (but only if players using both dominant and non-dominant feet equally) and introduction of Progression 3 <p>Progressions:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. add keep-ups with thighs, chests and head
<p>2nd Activity Gate Passing – 15 min.</p> <p>Divide into groups of two Set-up four cones x x x x Players are on either side of cones, 5m away Pass through the 3 goals created by the 4 cones but can not pass back through the same goal</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> • focus on correct technique • both feet • emphasize communication <p>Progression</p> <ol style="list-style-type: none"> 1. push passes – trapping with one foot and passing with other 2. trap with inside of foot and pass with inside of same foot 3. trap with outside of foot and pass with inside of same foot 4. “shooting” with instep
<p>3rd Activity 2 v 2 + 1 with Targets (Passing)</p> <p>Divide into groups of 7 Set-up small field 15m x 20m with four goals (see below “x x”) 2 v 2 + 1 in middle and targets (players X(3) and Y(3) below) behind goal line</p> <pre> Y(3) x x x x X(1) X(2) +1 Y(1) Y(2) x x x x X(3) </pre> <p>To score, must pass (pass must be at least 5m) through one of the goals to the player who is the target (who is shuffling back and forth between the two goals)</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> • targets must be very responsive to switches • limit touches so as to encourage passing <p>Progression</p> <ol style="list-style-type: none"> 1.
<p>4th Activity 3 v 3 Game / with Goals – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. Players score by push passing the ball through the goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone • as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep • goals with non-dominant foot = 2



PRACTICE PLAN FOR U11 – SESSION 10
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Balance, Agility, Coordination – 15 min.</p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (right) lateral – same as 2 above but players are sideways to cones single foot hop (left) lateral – same as 3 above but players are sideways to cones double foot hop lateral – same as above but players are sideways to cones 	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <pre style="text-align: center;"> x x x x x x x x x x x x </pre> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>2nd Activity Dribbling Lines / Turns and Fakes – 15 min</p> <p>Maximum of 4 players line up behind a cone; another cone placed 8 m away. Players start by simply dribbling to cone and then (sole, cut, chop) turning and then passing to next player.</p> <p>Develop:</p> <ul style="list-style-type: none"> dribble with inside of both feet dribble with “laces” / instep of both feet add touches with outside of both feet stops and re-starts with change of pace sole turns cut turns chop turns scissor and double scissor 	<p>Coaching Points:</p> <ul style="list-style-type: none"> dribbling done slowly and technically, turns initially done slowly but speed increases with proficiency pay attention to passes as well / communication <p>Progression:</p> <p>Combine turns and fakes – have player do a fake before the cone and then a turn at the cone</p> <ol style="list-style-type: none"> introduce inside and outside “take-aways” introduce “scissors” and “double-scissors” introduce “single lunge” and “double lunge” introduce “Puskas” introduce “Pull Back V” introduce “Pull Back L”
<p>3rd Activity The Numbers Game - 15 min.</p> <ul style="list-style-type: none"> group divided into two equal teams teams 20 m apart in a row each player on one team is given a number and each player on the other team is giving a corresponding number (so, for example, there are two number 1s) <p>Coach sends a ball in between the two teams (who are behind designated lines and calls out the corresponding numbers from each team / they challenge for the ball and play 1 v 1.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> introduce all Progressions <p>Progression:</p> <ol style="list-style-type: none"> call out different characters to have different match-ups introduce multiple balls and call out multiple names from one side so that there are multiple 1 v 1 games going on <p>introduce only one ball but call out multiple names so that 2 v. 2 or 3 v. 3 are created</p>
<p>4th Activity 3 v 3 Game / Goal Line – Remainder of Session</p> <p>Divide field into a defending and attacking half. Players score by stopping ball on goal line with sole of foot. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points: have players make at least one pass to one another after goal is scored (and opposition in defending zone) but, as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession</p>



PRACTICE PLAN FOR U11 – SESSION 11
THEME: ATTACKING

Activity	Coaching Points
<p>1st Activity Juggling – 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> player drops ball from hands and with dominant foot flicks back into hands player drops ball from hands and with non-dominant foot and flicks back into hands player bounces ball and with dominant foot flicks back into hands player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> player progressions will be varied continue with Progression 1, 2 , 3 & 4 (by making a competition of the activity but make sure that players using both feet) <p>Progression:</p> <ol style="list-style-type: none"> ball is kept-up (without hitting ground) with dominant foot ball is kept-up (without hitting ground) with non-dominant ball is kept-up (without hitting ground) alternating feet same as above but increasing number of “keep-ups” (without hitting ground) <p>the above, but adding keep-ups with thighs, chest and head</p>
<p>2nd Activity One vs. One - 10 min.</p> <p>Divide into 10m square grids / place players in pairs. Activities:</p> <ul style="list-style-type: none"> technical review scissors, double scissors and lunges introduced earlier keep ball away from partner for 30 seconds then switch roles head-on. Attacking player takes defender head-on. If attacking player gets by defender, he score 1 and then and then attacks again. If not successful, then no score and defender becomes attacker. Play first to 5. 	<p>Coaching Points:</p> <ol style="list-style-type: none"> take time to make sure that “scissors” and “lunges” are performed correctly have have attackers attack defender directly and with pace <p>Progression</p>
<p>3rd Activity Shooting – 10 min.</p> <p>Cone (x) 5 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre> x xP Px x </pre> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players shoot ball through cone goal in the following progression:</p> <ol style="list-style-type: none"> static ball – side of foot static ball – laces (instep) moving ball (from partner) – side of foot moving ball (from partner) - laces (instep) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> make sure player’s heads are up except at the moment that they are trapping or shooting use both dominant and non-dominant foot <p>Progression:</p>
<p>4th Activity 2 + GK v 2 + GK with Goals - Remainder of Session</p> <p>4m wide goals</p> <p>Divide field into a defending and attacking half</p> <p>After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Point:</p> <p>Since this session’s theme is attacking encourage 1 v 1 (particularly if a scissor or a lunge) and shooting. The goals are purposely wide so as to encourage shooting by success</p> <p>Make sure GKs are alternated frequently</p>



PRACTICE PLAN FOR U11 – SESSION 12
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Juggling 10 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue with Progression 1 & 2 (but only if players using both dominant and non-dominant feet equally) and continue introduction of Progression 3 <p>Progressions:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chest and head
<p>2nd Activity Dribbling Lines / Turns and Fakes – 15 min.</p> <p>Maximum of 4 players line up behind a cone; another cone placed 8 m away. Players start by simply dribbling to cone and then (sole, cut, chop) turning and then passing to next player.</p> <p>Develop:</p> <ul style="list-style-type: none"> • dribble with inside of both feet • dribble with “laces” / instep of both feet • add touches with outside of both feet • stops and re-starts with change of pace • sole turns • cut turns • chop turns • scissor and double scissor 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • dribbling done slowly and technically, turns initially done slowly but speed increases with proficiency • pay attention to passes as well / communication <p>Progression:</p> <p>Combine turns and fakes – have player do a fake before the cone and then a turn at the cone</p> <ol style="list-style-type: none"> 1. introduce inside and outside “take-aways” 2. introduce “scissors” and “double-scissors” 3. introduce “single lunge” and “double lunge” 4. introduce “Puskas” 5. introduce “Pull Back V” 6. introduce “Pull Back L”
<p>3rd Activity The Numbers Game - 20 min.</p> <ul style="list-style-type: none"> • group divided into two equal teams • teams 20 m apart in a row • each player on one team is given a number and each player on the other team is giving a corresponding number (so, for example, there are two number 1s) <p>Coach sends a ball in between the two teams (who are behind designated lines) and calls out the corresponding numbers from each team. The players play 1 v 1 attempting to get over each other’s goals line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • introduce all Progressions <p>Progression:</p> <ol style="list-style-type: none"> 6. call out different numbers to have different match-ups 7. introduce multiple balls and call out multiple names from one side so that there are multiple 1 v 1 games going on at same <p>introduce only one ball but call out multiple names so that 2 v. 2s and 3 v 3s are created</p>
<p>4th Activity 3 v 3 Game / Goal Line – Remainder of Session</p> <p>Players score by stopping ball on goal line with sole of foot.</p>	<p>Coaching Points: as the theme of this session is dribbling encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U11 – SESSION 13
THEME: PASSING, SHOOTING AND RECEIVING

Activity	Coaching Points
<p>1st Activity BALANCE AGILITY AND COORDINATION – 10 min.</p> <p>Activity Progression:</p> <ol style="list-style-type: none"> single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence double foot – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot (backwards) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot one/two – players hop through cones on both feet (keeping feet together) – landing in the middle of each quad; however they do so in a two hops forward one back sequence single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad 	<p>General Note: at this age, make sure that players have a water break between activities</p> <p>Cone (x) set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p align="center"> x x x x x x x x x x x x </p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>2nd Activity Technical Passing, Shooting and Receiving - 10 min.</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <p align="center"> x xP Px x </p> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet push passing and trapping (inside of foot) with dominant foot push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace so as to permit observation and emphasis of correct technique make sure that feet are always moving head/eyes down when receiving and passing but otherwise head/eyes up calling for ball / communication observation and correction paramount continue with Progression 1 & 2. If 4m apart is being achieved at a high percentage, then add Progressions 3 & 4 <p>Progression:</p> <ol style="list-style-type: none"> have first touch take the player somewhere / get ball out of feet add shooting with instep increase distance of pass reduce size of goal
<p>3rd Activity 3 Sided Keep Away</p> <p>Divide the players into three teams. Using the whole area two teams play against the third team attempting to keep the ball away from the third team. When the third team wins possession, the team that gave the ball away become defenders and the third team that won possession teams up with the other team. Coach calls out who is playing whom.</p>	<p>Coaching Tips:</p> <ul style="list-style-type: none"> movement off the ball communication do not add Progression at this time <p>Progression:</p> <ul style="list-style-type: none"> players (rather than coach) figure out who is playing whom
<p>4th Activity Game – Remainder of Session</p> <p>Divide field into a defending and attacking half. Add a wide, 4m goal. After a goal is scored, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line.</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> have players make at least one pass to one another after goal is scored (and opposition in defending zone) but. As the theme of this session is passing, encourage passing to continue in attacking zone as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep goals with non-dominant foot = 2

PRACTICE PLAN FOR U11 – SESSION 14
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity (warm-up) Juggling 7.5 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue with Progression 1, 2 & 3. Introduce Progression 4 by making a competition of the activity but make sure that players using both feet <p>Progressions</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. the above, but adding keep-ups with thighs, chest and head
<p>2nd Activity Regular Pace Scatter Dribble – 10 min.</p> <ul style="list-style-type: none"> • dribble with inside of dominant foot • dribble with inside of non-dominant foot • dribble with “laces” of dominant foot • dribble with “laces” of non-dominant foot • combine above • drag ball backwards with sole of dominant foot • drag ball backwards with sole of non-dominant foot • touch top of ball with sole of foot, alternate feet (“tap dances”) • touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount • continue with Progression 1 & 2 – proper technique for turns is paramount . Introduce Progression 4 <p>Progression:</p> <ol style="list-style-type: none"> 1. go to quicker, “regular” pace 2. introduce three basic (“sole”, “cut”, “chop”) turns 3. add stops and re-starts with change of pace 4. introduce “scissors” and “double “scissors” 5. introduce “single lunge” and “double lunge 6. introduce “Puskas”
<p>3rd Activity Mig Alley – 10 min.</p> <p>Each Grid 8m x 25m</p> <p>CA BD</p> <p>Divide into groups of 4 A serves ball to B B attacks A, once sequence is over , then C v D, etc</p>	<p>Progression</p> <ol style="list-style-type: none"> 1. so as to get defending principles in order start by passive defending 2. end passive defending / defender attempts to win ball <p>Coaching Points Attacking</p> <ul style="list-style-type: none"> • have players make use of most recently practiced fakes • encourage players to directly attack defender <p>Coaching Points Defending</p> <ul style="list-style-type: none"> • B must close down quickly and ideal if stops A from turning • emphasize B’s patience and channelling or steering A • B must keep eye on ball and keep feet moving • when “block tackling” keep ankle locked, bend knee and lean into attacker
<p>4th Activity 3 v 3 / Goal Line – Remainder of Session</p> <p>Players score by stopping ball on goal line with sole of foot.</p>	<p>Coaching Points: as the theme of this session is dribbling encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U11 / SESSION 15
THEME: GOAL KEEPING

Activity	Coaching Points
<p>1st Activity (warm-up) One / Two Tag – 5 min.</p> <p>Players are in paired-up. One player is designated as “1” and the other “2”. The players designated as “1” chase the player designated as “2”. When the coach calls out “2” then “2” chases “1” etc.</p>	<p>General Note: make sure that players have a water break between activities.</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • watch for decision-making and running style (looking for quick steps) • introduce elements of Progression 1 & Progression 2 <p>Progression:</p> <ol style="list-style-type: none"> 1. ask players to “zig-zag” run, hop on one foot, run backwards, skip, “hop-scotch” or similar agility requiring movement while waiting for the coach’s call. 2. introduce change of pace
<p>2nd Activity Goal-Keeper Tunnels – 10 min.</p> <p>In a group of 12 players, 2 – 3 players are “it” and remaining players are holding balls in their hands. When tagged, player holds ball above head, stands still / “frozen”, legs in straddle position and shouts to be freed. To free a frozen player a player rolls their ball along the ground and through the legs; repeat when all are frozen with new chasers.</p>	
<p>3rd Activity Goal-Keeper Exercises – 15 min.</p> <ul style="list-style-type: none"> • players partner-up in twos and move around the grid rolling throwing the ball to each other (emphasize hands slightly behind the ball with fingers spread when catching and scoop ball into chest for safety) • with a partner 5 metres apart throw the ball to each other, first pair to complete 10 successful catches, who then sits down and calls out “bingo” is the winner • one player sits and other player bounces ball high, player gets up onto feet and catches ball before ball bounces a second time. First player to catch 5 balls and call out “bingo” wins • player rolls ball between partner’s legs, partner turns and falls on ball, repeat process. First pair to 5 “saves” and calling out “bingo” is the winner 	
<p>4th Activity 2 + GK vs. 2 + GK</p> <p>Place 4 m wide goals at each end of field. Divide field into a defending and attacking half. After a goal is scored, the opposition must return to their defending half and can not check attacking players until the attacking players have crossed the half-way line. One player is designated as a GK - switch frequently.</p>	<p>Coaching Tips:</p> <ul style="list-style-type: none"> • watch for GK’s feet moving all of the time • encourage GK to support play by moving off of goal-line when attacking



PRACTICE PLAN FOR U11 – SESSION 16
THEME: ATTACKING

Activity	Coaching Points
<p>1st Activity BALANCE AGILITY AND COORDINATION – 10 min.</p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence double foot – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot (backwards) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad double foot one/two – players hop through cones on both feet (keeping feet together) – landing in the middle of each quad; however they do so in a two hops forward one back sequence single foot hop (right) – players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (left) – players hop through cones on right foot only jumping and landing in the middle of each quad 	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p align="center">x x x x x x</p> <p align="center">x x x x x x</p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>2nd Activity One vs. One - 10 min.</p> <p>Divide into 10m square grids / place players in pairs. Activities:</p> <ul style="list-style-type: none"> technical review scissors and double scissors keep ball away from partner for 30 seconds then switch roles head-on. Attacking player takes defender head-on. If attacking player gets by defender, he score 1 and then and then attacks again. If not successful, then no score and defender becomes attacker. Play first to 5. 	<p>Coaching Points:</p> <ol style="list-style-type: none"> take time to make sure that “scissors” are performed correctly have have attackers attack defender directly and with pace <p>Progression:</p>
<p>3rd Activity St. Louis Shooting – 15 min.</p> <p>Players line-up in two lines beside G—O—A—L. Player (1) runs around cone X(1) and receives ball from P(2) and takes a first time shot. P(1) then moves to the end of P(2) line. P(2) does same from his/her side. Etc.</p> <p>P(5) P(6) P(3) P(4) P(1) G---O---A---L P(2)</p> <p>X(1) X(2)</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> look for proper technique (head down, knee over the ball when using instep, non-kicking foot planted beside ball) insist on calling for ball insist on accurate and proper weighted passes to attackers <p>Progression:</p> <ol style="list-style-type: none"> side-foot “passes” into goal side-foot “passes” into designated ½ of goal instep shots on goal instep shots into designated ½ of goal change of pace as player “rounds” cones
<p>4th Activity Game – Remainder of Session</p> <p>2 + GK vs. 2 + GK with 4m wide goals</p> <p>Place 4 m wide goals at each end of field. Divide field into a defending and attacking half. After a goal is scored, the opposition must return to their defending half and can not check attacking players until the attacking players have crossed the half-way line. One player is designated as a GK - switch frequently</p>	<p>Coaching Points:</p> <p>Since this session’s theme is attacking encourage 1 v 1 (particularly if a scissor or double scissor) and shooting. The goals are purposely wide so as to encourage shooting by success. Make sure GKs are alternated frequently</p>



PRACTICE PLAN FOR U11 – SESSION 17
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity Juggling – 7.5 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> 1. player drops ball from hands and with dominant foot flicks back into hands 2. player drops ball from hands and with non-dominant foot and flicks back into hands 3. player bounces ball and with dominant foot flicks back into hands 4. player bounces ball and with non-dominant foot flicks ball back into hands 	<p>General Note: at this age, make sure that players have a water break between activities</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> • player progressions will be varied • continue with Progression 1, 2, 3 & 4 (by making a competition of the activity but make sure that players using both feet) <p>Progression:</p> <ol style="list-style-type: none"> 1. ball is kept-up (without hitting ground) with dominant foot 2. ball is kept-up (without hitting ground) with non-dominant 3. ball is kept-up (without hitting ground) alternating feet 4. same as above but increasing number of “keep-ups” (without hitting ground) 5. add keep-ups with thighs, chest and head
<p>2nd Activity Dribbling Lines / Turns and Fakes – 15 min.</p> <p>Maximum of 4 players line up behind a cone; another cone placed 8 m away. Players start by simply dribbling to cone and then (sole, cut, chop) turning and then passing to next player.</p> <p>Develop:</p> <ul style="list-style-type: none"> • dribble with inside of both feet • dribble with “laces” / instep of both feet • add touches with outside of both feet • stops and re-starts with change of pace • sole turns • cut turns • chop turns <p>scissor and double scissor</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • dribbling done slowly and technically, turns initially done slowly but speed increases with proficiency • pay attention to passes as well / communication <p>Progression:</p> <p>Combine turns and fakes – have player do a fake before the cone and then a turn at the cone</p> <ol style="list-style-type: none"> 1. introduce inside and outside “take-aways” 2. introduce “scissors” and “double-scissors” 3. introduce “single lunge” and “double lunge” 4. introduce “Puskas” 5. introduce “Pull Back V” 6. introduce “Pull Back L”
<p>3rd Activity The Numbers Game - 20 min.</p> <ul style="list-style-type: none"> • group divided into two equal teams • teams 20 m apart in a row • each player on one team is given a number and each player on the other team is giving a corresponding number (so, for example, there are two number 1s) <p>Coach sends a ball in between the two teams (who are behind designated lines) and calls out the corresponding numbers from each team. The players play 1 v 1 attempting to get over each other’s goals line.</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> • introduce all Progressions <p>Progression:</p> <ol style="list-style-type: none"> 1. call out different numbers to have different match-ups 2. introduce multiple balls and call out multiple names from one side so that there are multiple 1 v 1 games going on at same <p>introduce only one ball but call out multiple names so that 2 v. 2s and 3 v 3s are created</p>
<p>4th Activity 3 v 3 Game / Goal Line - Remainder of Session</p> <p>Players score by stopping ball on goal line with sole of foot.</p>	<p>Coaching Points: as the theme of this session is dribbling encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U11 – SESSION 18
THEME: PASSING AND TRAPPING

Activity	Coaching Points
<p>1st Activity Juggling 7.5 min.</p> <p>Progressions :</p> <ol style="list-style-type: none"> player drops ball from hands and with dominant foot flicks back into hands player drops ball from hands and with non-dominant foot and flicks back into hands player bounces ball and with dominant foot flicks back into hands player bounces ball and with non-dominant foot flicks ball back into hands 	<p>Coaching Points:</p> <ul style="list-style-type: none"> player progressions will be varied continue with Progression 1, 2, 3 & 4 (by making a competition of the activity but make sure that players using both feet) <p>Progression:</p> <ol style="list-style-type: none"> ball is kept-up (without hitting ground) with dominant foot ball is kept-up (without hitting ground) with non-dominant ball is kept-up (without hitting ground) alternating feet same as above but increasing number of “keep-ups” (without hitting ground) the above, but adding keep-ups with thighs, chest and
<p>2nd Activity Gate Passing – 10 min</p> <p>Two players Set-up four cones x x x x players are on either side of cones, 5m away pass through the 3 goals created by the 4 cones but can not pass back through the same goal</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> focus on correct technique both feet emphasize communication <p>Progression</p> <ol style="list-style-type: none"> push passes – trapping with one foot and passing with other trap with inside of foot and pass with inside of same foot trap with outside of foot and pass with inside of same foot “shooting” with instep
<p>3rd Activity 2 v 2 + 1 with Targets</p> <p>Divide into groups of 7 Set-up small field 15m x 20m with four goals (see below “x x”) 2 v 2 + 1 in middle and targets (players X(3) and Y(3) below) behind goal line</p> <pre> Y(3) x x x x X(1) X(2) +1 Y(1) Y(2) x x x x X(3) </pre> <p>To score, must pass (pass must be at least 5m) through one of the goals to the player who is the target (who is shuffling back and forth between the two goals)</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> targets must be very responsive to switches <p>Progression</p>
<p>4th Activity 3 v 3 Game with Goals – Remainder of Session</p> <p>Add a wide, 4m goal.</p>	<p>Coaching Points</p> <ul style="list-style-type: none"> As the theme of this session is passing, encourage passing to continue in attacking zone as shooting with instep introduced, goals can be scored by both “push” passes and shots with instep goals with non-dominant foot = 2



PRACTICE PLAN FOR U11 – SESSION 19
THEME: DRIBBLING

Activity	Coaching Points
<p>1st Activity BALANCE AGILITY AND COORDINATION – 10 min.</p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones single foot hop (right) – forward 2 back 1 players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (left) – forward 2 back 1 players hop through cones on right foot only jumping and landing in the middle of each quad single foot hop (right) lateral – same as 2 above but players are sideways to cones single foot hop (left) lateral – same as 3 above but players are sideways to cones double foot hop lateral – same as above but players are sideways to cones 	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <p style="text-align: center;">x x x x x x</p> <p style="text-align: center;">x x x x x x</p> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>2nd Activity Regular Pace Scatter Dribble – 10 min.</p> <ul style="list-style-type: none"> dribble with inside of dominant foot dribble with inside of non-dominant foot dribble with “laces” of dominant foot dribble with “laces” of non-dominant foot combine above drag ball backwards with sole of dominant foot drag ball backwards with sole of non-dominant foot touch top of ball with sole of foot, alternate feet (“tap dances”) touch top of ball with sole of foot, alternate feet pivoting around ball (“tap dances” – “around the world”) 	<p>Coaching Points:</p> <ul style="list-style-type: none"> although we now have moved to a faster (non-walking) pace emphasis remains on correct technique - observation and correction paramount continue with Progression 1 – 4. Introduce Progression 5 <p>Progression:</p> <ol style="list-style-type: none"> go to quicker, “regular” pace introduce three basic (“sole”, “cut”, “chop”) turns add stops and re-starts with change of pace introduce “scissors” and “double “scissors” introduce “single lunge” and “double lunge introduce “Puskas”
<p>3rd Activity Mig Alley – 15 min.</p> <p>Each Grid 8m x 25m</p> <p>CA BD</p> <p>Divide into groups of 4 A serves ball to B B attacks A, once sequence is over , then C v D, etc</p>	<p>Progression</p> <ol style="list-style-type: none"> so as to get defending principles in order start by passive defending end passive defending / defender attempts to win ball <p>Coaching Points Attacking</p> <ul style="list-style-type: none"> have players make use of most recently practiced fakes encourage players to directly attack defender <p>Coaching Points Defending</p> <ul style="list-style-type: none"> B must close down quickly and ideal if stops A from turning emphasize B’s patience and channelling or steering A B must keep eye on ball and keep feet moving when “block tackling” keep ankle locked, bend knee and lean into attacker
<p>4th Activity 3 v 3 Game / Goal Line – Remainder of Session</p> <p>Players score by stopping ball on goal line with sole of foot.</p>	<p>Coaching Points: as the theme of this session is dribbling, in the attacking zone, encourage dribbling even if it means losing possession.</p>



PRACTICE PLAN FOR U11 – SESSION 20
THEME: PASSING AND RECEIVING

Activity	Coaching Points
<p>1st Activity (warm-up) BALANCE AGILITY AND COORDINATION Exercises – 10 min.</p> <p>Exercise Progression:</p> <ol style="list-style-type: none"> single step: players simply run forward through the cones placing left then right foot in middle of each quad of cones single lateral step (right): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence single lateral step (left): players are sideways to cones and move through the cones in a 1,2 – 1,2 – 1,2 sequence double foot with ¼ (90 degree) twist (right side) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad. Players twist ¼ (90 degrees) back and forth for each quad double foot with ¼ (90 degree) twist (right side) – players hop through cones on both feet (keeping feet together) landing in the middle of each quad. Players twist ¼ (90 degrees) back and forth for each quad hop-scotch 	<p>Cone (x)set-up:</p> <p>Two parallel rows of cones ½ m from each other with 6 cones in each row and each cone ½ m apart as follows:</p> <pre style="text-align: center;"> x x x x x x x x x x x x </pre> <p>Note: if the coach has access to a training “ladder” then use training ladder rather than cones.</p>
<p>2nd Activity Technical Passing, Shooting and Receiving - 10 min.</p> <p>Set-up cone (x) 4 m apart with 1 m goal in middle. Players (P) in front of each of the two cones 4 m apart as follows:</p> <pre style="text-align: center;"> x xP Px x </pre> <p>Players are in front of xP and Px cones using them as reference points</p> <p>Players push pass through the cone goal as follows.</p> <ul style="list-style-type: none"> trapping (inside of foot) and push passing with other foot – alternate trapping and passing feet push passing and trapping (inside of foot) with dominant foot push passing and trapping (inside of foot) with non-dominant foot 	<p>Coaching Points:</p> <ul style="list-style-type: none"> everything done at a very slow pace so as to permit observation and emphasis of correct technique make sure that feet are always moving head/eyes down when receiving and passing but otherwise head/eyes up calling for ball / communication observation and correction paramount continue with Progression 1 & 2. If 4m apart is being achieved at a high percentage, then add Progressions 3 & 4 <p>Progression:</p> <ol style="list-style-type: none"> first touch take the player somewhere / get ball out of feet add shooting with instep increase distance of pass reduce size of goal
<p>3rd Activity Four Corners – 10 min.</p> <p>Four cones in a 10 metre square / one ball and three players Each of the three players on one cone leaving one cone free Players push pass along line and other players must move to open cone so that player with ball always has two options</p>	<p>Coaching Points:</p> <ul style="list-style-type: none"> emphasize weight of pass (not too hard not too soft) and, as always, communication players pass along lines (and not diagonally) players use both feet <p>Progression: once players can use both feet, then opening-up (or letting ball come across body is next progression)</p>
<p>4th Activity 2 + GK v. 2 + GK Game – Remainder of Session</p> <p>4m wide goals Divide field into a defending and attacking half After a goal, the opposition must return to their defending half and can not check attacking players until attacking players have crossed half-way line</p>	<p>Coaching Points:</p> <p>Since this session’s theme is passing emphasize passing by encouraging players to make several passes before they pass the half-way line.</p> <p>Also, since shooting is also a theme, the goals are purposely wide so as to encourage shooting by success</p> <p>Make sure GKs are alternated frequently</p>