



# Impact Soccer Curriculum

Under 8 (Advanced) / 10 /12



# IMPACT

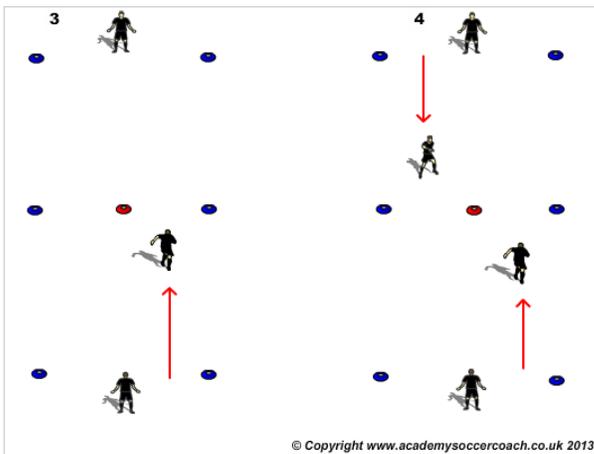
**Week:** Week 1  
**Theme:** Dribbling  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points:** Head up, Close control, Change of direction, speed, Execution of different movements.

**Warm Up**

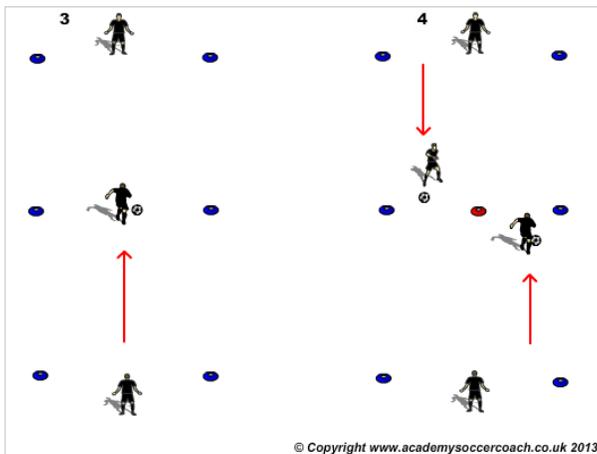
**Channel Warm-Up**

**Time 15**



### Warm Up Movements:

- Jog across the channel > Side shuffles, both directions
- Karaoke, both directions > High knees
- Heel kicks > Open the gate / Close the gate
- Lunge and twist to half, jog the rest > Calf stretch to half, flamingos to half
- Side lunges all the way across > Side shuffle and sprint at center
- Back pedal and sprint > Straight sprint



### 3 or 4 Player Dribbling:

**3 Player:** First player in line dribbles across the channel to the player across from them and leaves it for them to take.

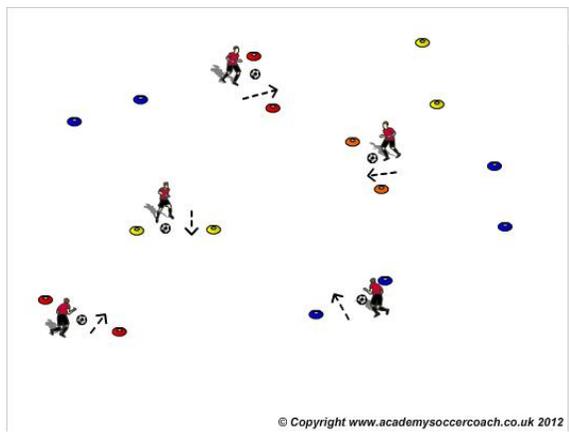
**4 Player:** Front two players dribble at the same time on either side of the center cone across the channel to the players across from them. They leave the ball for the waiting player.

-Work on all the different dribbling surfaces.

- Laces (small touches)
- Inside/Outside
- Soles of the feet
- Shuffles
- Roll across

# IMPACT

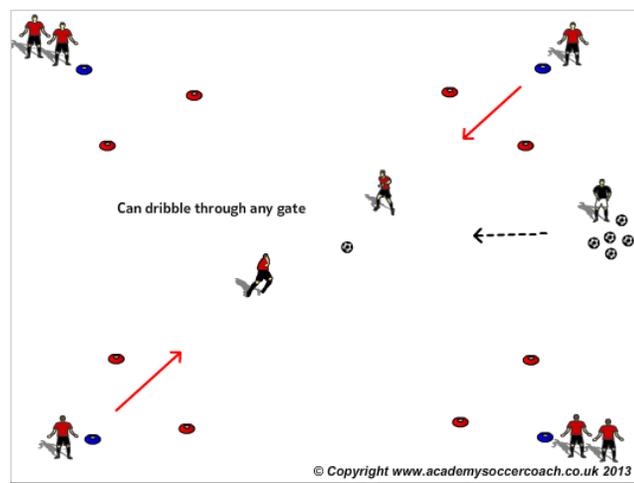
Skill Development w/ Progression	Gate Game	Time 15
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Players dribble through gates using different movement options (vary these based on ability levels):

- Straight dribble through the gates keeping close control
  - Left foot only, Right foot only
  - Shuffle through the gate
  - Roll with the sole through the gate
  - Inside of the foot shuffle dribble through.
  - Dribble through, perform turn back through gate.
  - Dribble through, cut back through gate.
- 1 minute per movement, 1-2 rounds each movement
  - Make the players silently count each time they get through a gate with the proper movement.
  - Encourage them to beat their scores each round.
  - Single out the top 2-4 players on a few rounds and do a playoff while the others watch.

Game Related Activity	1 v 1 to Four Goals	Time 15
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1v1 with four gates, circle of cones is the playing field, 2 players at a time on the field.

- Coach serves the ball into the center to 2 players waiting.
- Can dribble (with close control) through either side of any of the four gates.
- When a player scores, or the ball goes out of play two new players come on to the field and coach serves a new ball.
- 1v1 battles should last no more than 30 seconds
- 8 player maximum per circle, if more than 8 create two separate circles running simultaneously.
- If only one coach, they should stand above the two circles watching both and serving to both grids.

**Coaching Points:**

- Ball control
- Changing direction + Awareness of pressure.

Game Play	Small Sided Games	Time 15
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- Based on your numbers split the teams up and play to pug goals
- 4v4 is ideal on 1/3 of a field
- 5 should be your maximum number of players per 1/3 of a field
- If you have too many players for 4 or 5 a side, break the group into 3 teams, with the team that scores first staying on the field
- On half of a field 6 players per team is ideal, but there should be no more than 7 per team
- Make sure both teams are clearly designated with pinnies or red and black shirts

**Coaching points to emphasize during play:**

- Ball control
- Finding space on and off the ball (emphasize spreading out)
- Recognizing where the pressure is and evading it

# IMPACT

**Week:** Week 2 – Option 1 (Beginner)  
**Theme:** Running w/ the ball  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points:** Using laces to dribble-keeping the ball out in front of you, but under control-finding open space and running to it quickly

**Warm Up**

**Channel Warm Up**

**Time 15**

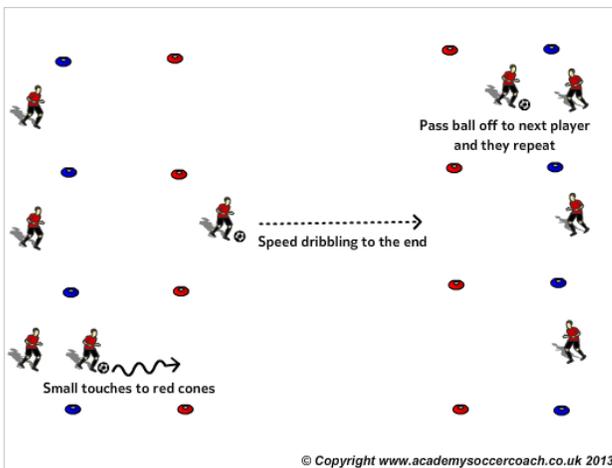
As per week one.

Coach can avoid variety and challenge the group with other fast feet activities.

**Skill Development**

**3 / 4 Player Dribbling**

**Time 10**



- Groups of 4 players, 2 at each end of the cone lane.  
 - Lane should be 25 yds. long and 5-8 yds. wide.  
 - There should be a cone of a different color 10 yds from the starting point at each end of the lane.

- Dribble to first cone using various dribbling techniques, then explode and run with the ball to the other side using big touches. Leave the ball for waiting player on other side.
- Small laces dribble to first cone.
- Small inside/outside touches to first cone.
- Shuffle with inside of the feet to first cone.
- Roll the ball forwards with the soles of the feet to first cone.
- Finish with full lane speed dribble (ignoring first cone).
- Coach should demonstrate the technique first.
- Build into a competition format. First team to complete 10 full lanes under control wins.

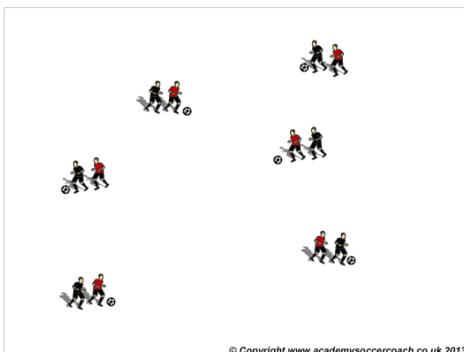
**Coaching Points**

- Taking small controlled touches to first cone
- Dribbling at speed w/the laces. Focus on exploding off the mark while keeping close control.

**Game Related Activity**

**1 Minute Chase**

**Time 10**



- Players in partners | 1 minute rounds | Use entire half of the field with no boundary lines.

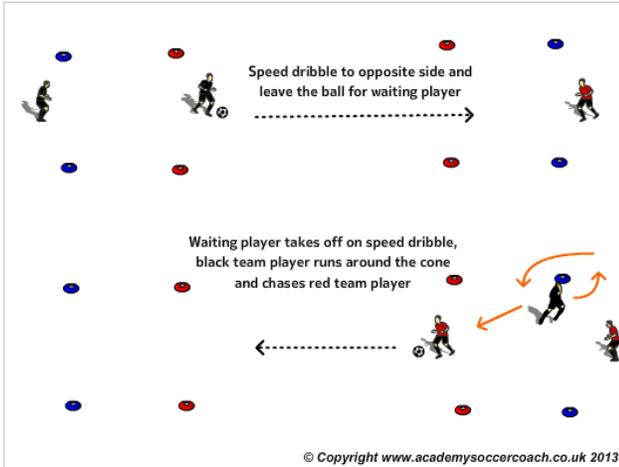
- Start w/ the ball stationary between the two players.
- On coaches shout, the two players battle to get the ball and the minute starts.
- Should focus on getting away from their chaser as quickly as possible using the appropriate touch and with close control of the ball.
- Player with the ball at the end of the minute wins.
- Switch partners each round and give a minute break between rounds.

**Coaching Points:**

- Ball control | Getting away from your defender | Aggression | Recognizing spaces

# IMPACT

Game Play	3 v 3 To Gates	
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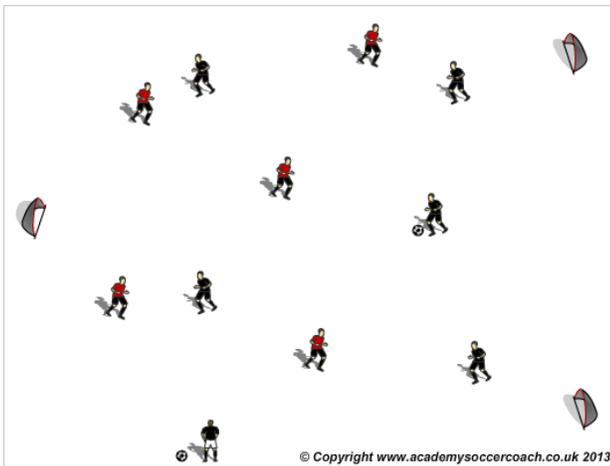
### 3v3 to 2 gates

- Pull the net across.
- Have two gates in front of the net and two gates on either side of the big goal.
- Players work in 3's to find the open gate and dribble through it to score.
- Players not working are in three lines just behind the gates.
- Once a goal is scored, goes out of play, or a minute has passed coach serves a new ball and the next groups come on.

### Coaching Points:

- Finding space on and off the ball (emphasize spreading out).
- Bursting into space. Focus on speed dribbling technique when applicable.
- Recognizing where the pressure is and evading it.

Game Play	5 v 5	Time 15
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### Scrimmage

- Play 5 v 5 or 6 v 6
- Use one pug on one side and two pug goals on the opposite end. (cones work if lack of goals)
- Switch directions each time a team scores two goals.

### Coaching Points:

- Attacking open space as quickly as possible.
- Using the proper dribbling technique.
- Finding space on and off the ball. (Emphasize spreading out)

# IMPACT

**Week:** Week 2 – Option 2 (Advanced)  
**Theme:** Running w/the Ball  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points:** Using laces to dribble-keeping the ball out in front of you, but under control-finding open space and running to it quickly

Warm Up

Channel Warm Up

Time 10

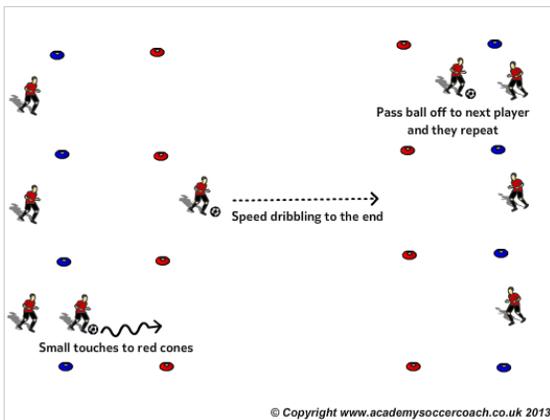
As per week one.

Coach can avoid variety and challenge the group with other fast feet activities.

Skill Development

4 Player Dribbling

Time 10



-Groups of 4 players, 2 at each end of the cone lane.  
 -Lane should be 25 yards long and 5-8 yards wide.  
 -There should be a cone of a different color 10 yards from the starting point at each end of the lane.

- Dribble to first cone using various dribbling techniques, then explode and run with the ball to the other side using big touches. Leave the ball for waiting player on other side.
  - Small laces dribble to first cone.
  - Small inside/outside touches to first cone.
  - Shuffle with inside of the feet to first cone.
  - Roll the ball forwards with the soles of the feet to first cone.
  - Finish with full lane speed dribble (ignoring first cone).
- Coach should demonstrate the technique first.
- Build into a competition format. Ex. First team to complete 10 full lanes under control wins.

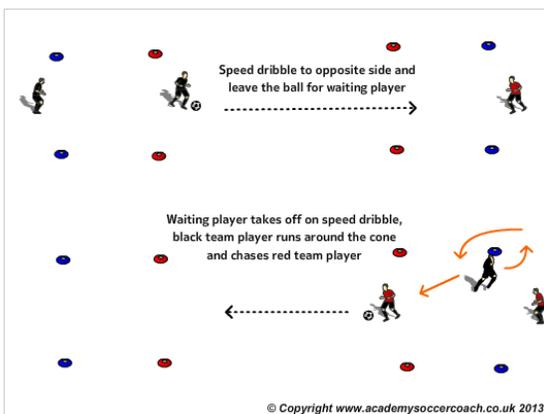
**Coaching Points**

- Taking small controlled touches to first cone
- Dribbling at speed w/the laces. Focus on exploding off the mark while keeping close control.

Skill Development

Chase the Dribbler

Time 15



Two lanes, 25 yards long and 10 yards wide.

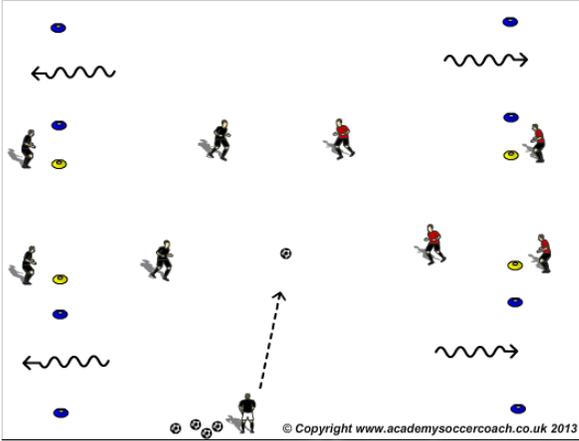
- One team on each side of the lane.
- 1 player from one team dribbles the ball to the opposite end to waiting player from the other team.
- Dribbling player leaves the ball for waiting player and runs around the cone.
- Waiting player explodes down the lane with the ball.
- Dribbling player then becomes the chasing player. After chasing successfully or unsuccessfully, that player goes to end of the line.
- Repeat this back and forth for a couple of minutes, give a break, and make your coaching points.
- Build into competition format with teams gaining a point for each safe journey down the lane. Take a point away for each time the dribbler is tagged.

**Coaching Points:**

- Speed dribbling with laces under control.
- Leaving the ball for waiting player with control.
- Awareness of pressure and how close their chaser is.

# IMPACT

Game Related Activity	2 v 2 To Gates	Time 10
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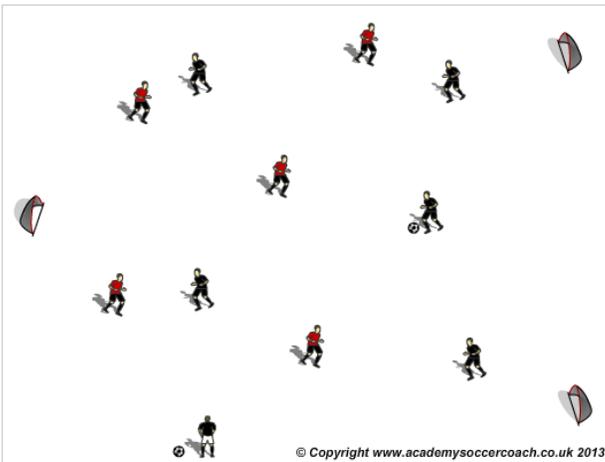
## 2 v 2 to 2 gates

- Have two gates at one end and two gates on the other (go boards to boards wide).
- Gates need to set far enough in front of the boards as to avoid kids smashing into them when trying to dribble through the gate.
- Players work in 2's to find the open gate and **dribble** through it to score.
- Players not working are in 2 lines just to the side of the gates.
- Once a goal is scored, goes out of play, or a minute has passed, coach serves in a new ball and the next group comes on.

### Coaching Points:

- Finding space on and off the ball (emphasize spreading out).
- Bursting into space. Focus on speed dribbling technique when applicable.
- Recognizing where the pressure is and evading it. (finding the open goal)

Game Play	5 v 5	Time 10
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- Play 5 v 5 or 6 v 6
- Use a pug on one end and two pug goals (or cone goals) on the opposite end.
- Switch directions each time a team scores two goals.

### Coaching Points:

- Attacking open space as quickly as possible.
- Keep the head up and scanning the field constantly.
- Using the proper dribbling technique.
- Finding space on and off the ball. (Emphasize spreading out)

# IMPACT

**Week:** Week 3  
**Theme:** 1 v 1 Skills  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points:** Approaching defender at speed (and with control), eyes up to see defender, slowing down slightly to make the move, proper distance from the defender, selling the move (dropping the shoulder/stepping hard), and accelerating away.

**Warm Up**

**Channel Warm Up**

**Time 10**

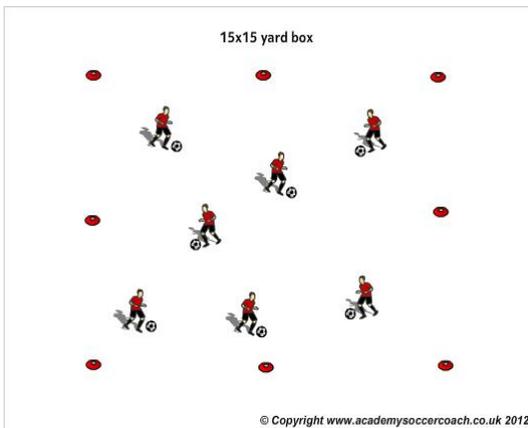
As per week one.

Coach can avoid variety and challenge the group with other fast feet activities.

**Skill Development**

**Dribbling Box**

**Time 15**



All the dribbling surfaces should be used and coach should demonstrate each one first.

- Start with 100 quick small touches in the box. Focus on getting players to move as quick as they can, taking touches every step, and using whatever skills they know.
- 50 shuffle dribbles moving through the box (forward, backward, sideways)
- 50 touches with the soles of the feet (forward, backward, sideways)
- 30 quick inside/outside touches with each foot.

Introduce the three 1v1 skills. Have them take 1- 2 minutes of practice for each one after the coach has demonstrated the movement to get familiar.

- Lean and Go: Lean and step one way, and push the ball the opposite way with the outside of the foot.
- Scissors: Move one foot around the ball and push the ball with the outside of the other foot.
- Inside/Outside (Matthews): Quick touch with the inside of the foot, followed by a quick outside touch that the player pushes away. **Ignore this skill for U10 coaches.**

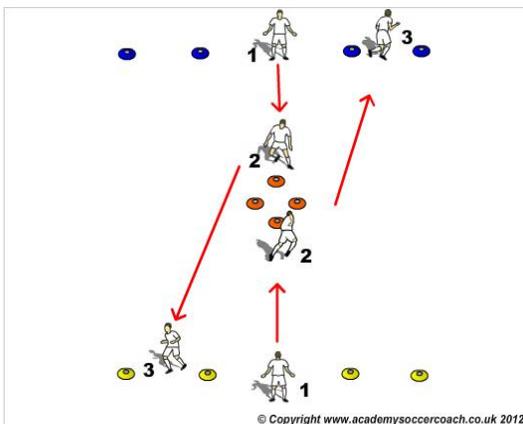
#### Coaching Points

- With the younger kids, focus more on the movement being right rather than the speed at which they do it.
- Taking small quick touches, staying on the toes and trying to touch the ball every step.
- Start showing a quick acceleration after the move.
- Wait to break down the skills in the next section.

**Game Related Activity**

**1 v 1 Skill Break Down**

**Time 15**



#### Setup:

- Field should be 20-25 yards long with the 4 orange cones (defender) in the exact middle of the drill.
- Gates should be about 5-8 yards apart and 3-4 yards wide.
- Create two lines of players (one between each set of gates on each end)
- Create two of these drills side by side if you have more than 4 players in each line.

#### 1v1 Skill Breakdown:

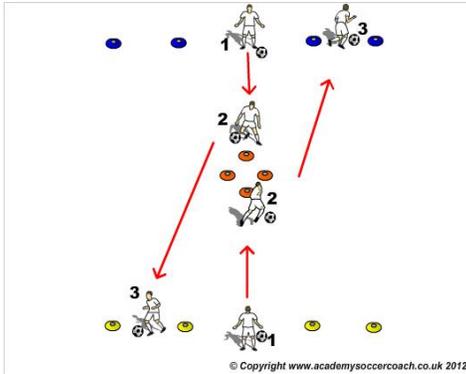
- Start with out the ball.
- Use the lean and go as the initial skill to breakdown.
- One player from each end runs to the center at the same time, execute the lean and go, and accelerate through the gate (see diagram)
- Make this a race, whoever gets through the gate first wins.
- Switch directions to go to the other gate after a few rounds going one way.

# IMPACT

## Coaching Points:

-Approaching the center at speed, eyes up to see defender, and slowing down slightly before the cones to make the move.

-Stepping hard with one foot, dropping the shoulder, and getting away as quick as possible.



## 1v1 Skills w/ the Ball (using same grid):

- Same as without the ball, but now focus on having the ball under control while doing the skills.
- Start with the lean and go, then move to the scissors, and finish with the inside/outside move.
- Be sure to work both directions.
- If your group is struggling, skip the inside/outside move. **U10 skip this.**
- If they are mastering the skill, make this a competition again by racing through the gates. **U10 skip this.**

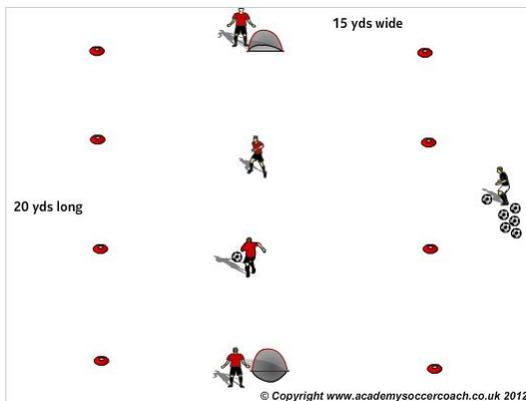
## Coaching Points:

-Repeat coaching points without the ball

-Distance. Be an arm and a bit more away from the center defender when executing the move.

-Emphasize pushing the ball away with the outside of the foot and accelerating quickly away with the ball.

Game Play	1v1 to Goal	Time 10
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## Setup:

- Set up one or two of these fields side by side depending on numbers.
- Can use pug goals or cones as goals.
- Should always be at least 5 yards longer than it is wide.
- Coach serves the ball in from the side and the players play a simple 1v1 to goal. Coach should play the ball to one player or the other NOT IN THE MIDDLE. You want the player to have to approach their defender on the dribble.
- Coach can also have one player pass to the other instead of serving it. Especially at older age groups.
- When the ball goes out, two new players come on.
- There should be no more than 3 to 4 players on each end waiting.

## Rules:

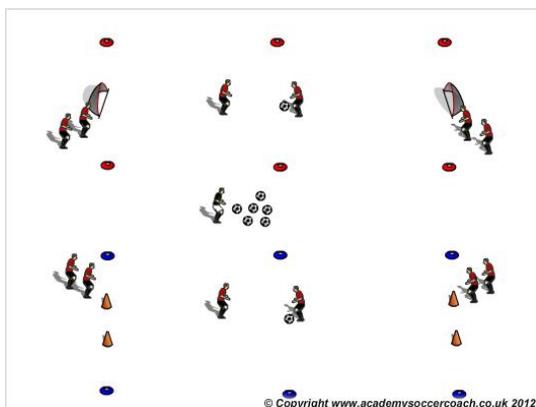
- Make it a rule that a player must execute one of the skills learned before shooting.
- Emphasize the coaching points as they go.
- Can make it a competition between teams. Make each line of players a team and the team with the most goals or even the most successful executed skills wins.
- After a while, feel free to open the play where anything goes.

## Coaching Points:

-Same for all age groups.

-Stay focused on the main coaching points. Distance from defender, dribbling quickly at the defender, selling the move (dropping the shoulder), and accelerating away once the skill has been done.

-Don't worry about the defending in this exercise.





Game Play	Open Play	Remainder
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- If extra time left feel free to play a small scrimmage. If this option is used, remember to stick to the coaching points for the day. Emphasize the players using 1v1 skills during the game. So far the emphasis over the past three weeks has been on ball control, running with the ball in space, and now 1v1's so please stick to that realm of coaching points.

# IMPACT

**Week:** Week 4  
**Theme:** 2v1's  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points:** Drawing the defender in and making a choice to beat them 1v1 or pass the ball off to a teammate in a better position, get head up to read where pressure is and recognizing where the spaces are, Doing these things quickly and without hesitation.

## Warm Up

## Channel Warm Up

Time 10

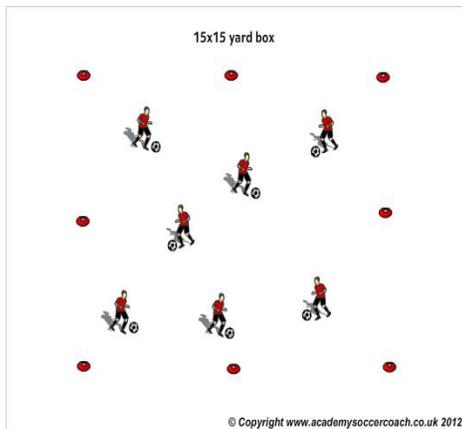
As per week one.

Coach can avoid variety and challenge the group with other fast feet activities.

## Skill Development

## Dribbling Box

Time 5-10



All the dribbling surfaces should be used and coach should demonstrate each one first. **Move through this quickly!**

- Start with 50 quick small touches in the box. Focus on getting players to move as quickly as they can, taking touches every step.
- 50 shuffle dribbles moving through the box (forward, backward, sideways)
- 30 touches with the soles of the feet (forward, backward, sideways)
- 25 quick inside/outside touches with each foot.
- **Use the area to review 1v1 skills from last week. Emphasize accelerating after the move. 15x's each move.**
- Lean and Go: Lean and step one way, and push the ball the opposite way with the outside of the foot.
- Scissors: Move one foot around the ball and push the ball with the outside of the other foot.
- Inside/Outside (Matthews): Quick touch with the inside of the foot, followed by a quick outside touch that the player pushes away.

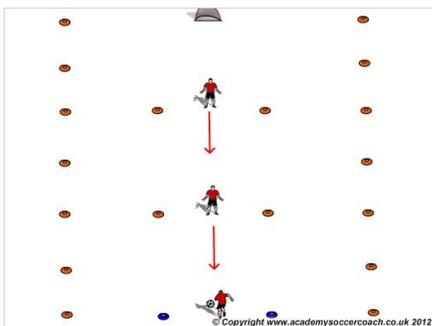
### Coaching Points:

- Controlling the ball.
- Taking small quick touches, staying on the toes and trying to touch the ball every step.
- Start showing a quick acceleration after 1v1 skills.

## Skill Development w/Progression (1)

## 1 v 1 Gauntlet

Time 10



### Setup:

- Field should be set up length wise from goal to half field net if you have the field space. Set the pug inside of the big goal.
- Can be set up going the width wise as well, but coach will have to size the lane to fit their respective space.
- The gauntlet lane should be between 12-15 yards wide no matter what and 25 yards long.

### The Gauntlet:

- Player starts between the blue cones with a ball.
- Must beat the first defender to get to the next box.
- Defender must stay on the line until player with the ball enters their square.
- If player beats the first defender, they must then try to beat the second defender in order to shoot on the goal.

# IMPACT

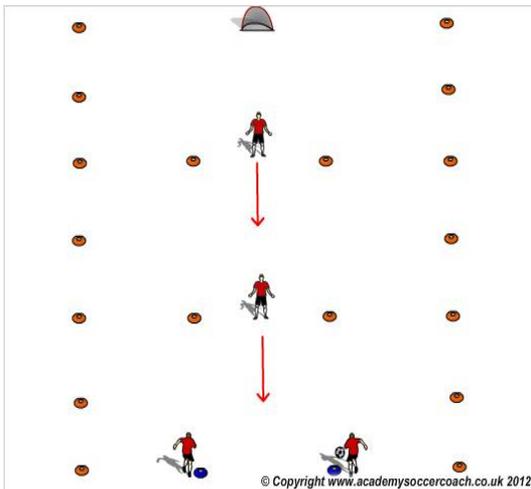
Continued

- Player must take on and beat the second defender before attempting to shoot. (no long range shots)
- Once the first defender has been beat, they may not chase the attacking players into the second box.
- Defenders must clear the ball outside of the lane.
- Rotate the defenders every so often.
- Move players through as quick as possible.

### Coaching Points:

- Approaching the defender at speed
- Eyes up to see defender
- Make your move to get past defender quickly and at the proper distance from the defender.
- Ball control

Skill Development w / Progression (2)	2v1 Gauntlet	Time 10
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### Setup:

- Same set up as 1v1, but have one line of players on each blue cone.
- One of the two players has the ball.

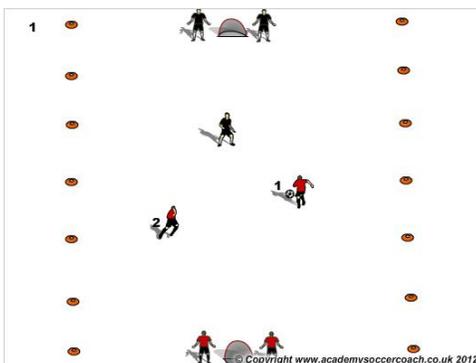
### 2v1 Gauntlet:

- The player with the ball dribbles at the defender and either takes them on 1v1 or uses their teammate to get past the defender.
- The players don't have to pass to each other if it's not on, but it should be encouraged in the appropriate situation.
- As in the 1v1, once the defender has been beat, they are not allowed to chase the attackers into the next box.
- Once the defender clears the ball outside of the lane the next group of two goes.
- Remember, defender must stay on their line until the ball enters their box.

### Coaching Points:

- Going at the defender at speed in order to commit them to the dribbler.
- Once defender has committed, encourage the attacker to making the decision to take on the defender 1v1 or use their teammate as quick as possible.
- Have proper distance from the defender (not too close, not too far)
- Teach the player without the ball to provide a good angle, either in front of or behind the defender.
- Don't worry about the defending in this exercise.

Game Related Activity	2 v 1 Transition	Time 10
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### Set up:

- Use the same lane as the gauntlet. (Can make bigger if necessary)
- Split group in half. Send one to each end of the lane
- Have them line up on either side of the goal.
- The two at the front of the line should have one ball ready between them.
- Coach has the rest of the soccer balls at the side.

### 2v1 Transition:

- Players 1 and 2 from the red team attack one player from the black team.
- If player 1 on red shoots the ball, whether it goes in the goal or not, he or she runs off of the field as quick as possible.
- At that moment, the black team defender runs off the field, Player 2 on red becomes the defender, and two new black team players attack player 2.
- This continues back and forth with the coach at the side feeding the ball in when it goes out of play on the sides.
- In the event that the defending player wins the ball and scores, that defender stays on the field and two new attackers from the other team come on.
- Make sure that the players first in line waiting at the goal have a ball ready to attack with.

# IMPACT



Continued...

**Coaching Points:**

- Working together to beat the defender.
- Making the decision to take on the defender or pass the ball to your teammate quickly.
- Moving off the ball.
- Don't worry about the defending portion of this drill! Focus on attacking play.

Game Play	Small Sided Game	Remaining Time
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Coach's choice of small sided game if time allows. No matter what you go with, remember to focus on the 1v1 and 2v1 coaching points. Encourage them to combine with their teammates to beat players and to take on defenders when applicable. Emphasize making quick decisions without hesitation.

# IMPACT

**Week:** Week 5  
**Theme:** Passing  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points: 3 player passing:** Eyes on your target, striking the ball through the equator (center of the ball), weight over the ball, hips square to the target, foot follows through to the target. **Triangle passing:** opening the body up as the ball comes in, receiving on the back foot, getting first touch out of the feet (not jumbled up under the feet)

## Warm Up

## Channel Warm Up

Time 10

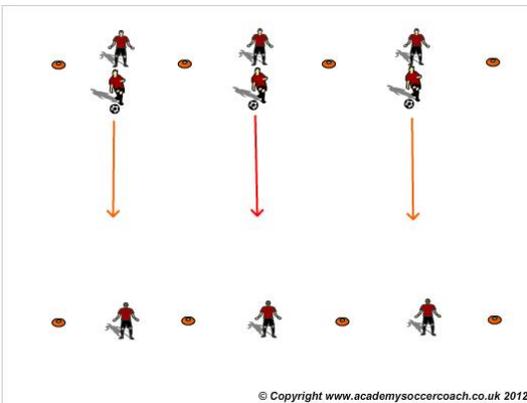
As per week one.

Coach can avoid variety and challenge the group with other fast feet activities.

## Skill Development

## 3 Player Passing

Time 15



### Setup:

- Use the Fifa warm-up setup for this drill
- Make sure the lane is at least 10-12 yards wide and that there are at least 8 yards between the cones.
- 3 to 4 players in one line

### 3 Player Passing:

- First player in line passes to the player across from them and follows their pass.
- This rotation continues on with each player following their pass.
- Begin with two touches for the first half and go to one touch for the second half.
- Once they have the hang of it, go to an elimination format where the group who makes a mistake first sits down. The last group standing wins.

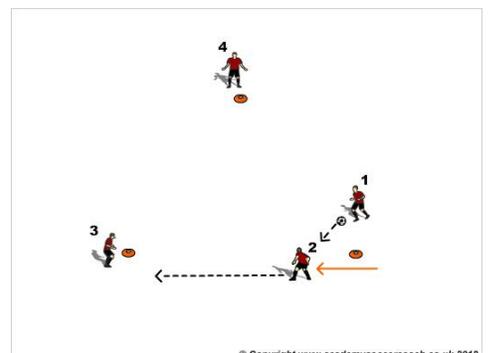
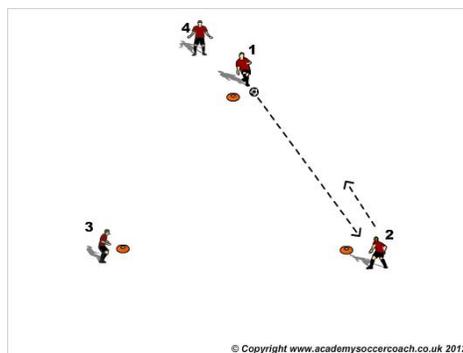
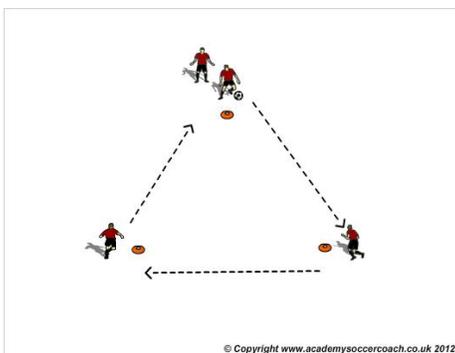
### Coaching Points

- Eyes on your target, striking the ball through the equator (center of the ball), weight over the ball, hips square to the target, foot follows through to the target.
- Taking a controlled first touch (on two touch) that has forward movement. No under the feet trapping.

## Skill Development w/Progression

## Triangle Passing

Time 15





**Setup:**

- Create 2 or 3 8 x 8 x 8 yard triangles depending on your numbers and space restrictions.
- There can be 6 players in the triangle (2 players at each point), but try and keep it to 4 especially for less advanced players.

**Triangle Passing:**

- The corner with 2 players starts with the ball.
- The players pass the ball around the **outside** of the triangle, focusing on playing a properly weighted pass that is on the ground.
- The player receiving the ball should receive the ball opened up and on their back foot (foot farthest from the ball)
- Players should create space for themselves by taking a few checking steps off the cone in order to receive the pass with proper space.
- Start with two touch going both left and right. If players are doing well, try one touch for fun and count how many times they get around the triangle with no mistakes.
- **Give and Go's / For U12 and U14 (and more advanced U10 groups)**
  - Try give and go's at each corner of the triangle (**shown in the bottom two pictures**).
  - Player 1 plays to player 2, player 2 passes back to player 1.
  - Player 2 moves to the side of the cone and player 1 gives a short leading pass in front of player 2.
  - Player 2 passes to player 3 and the cycle repeats

**Coaching Points:**

- Opening the body up as the ball comes in, receiving on the back foot, getting first touch out of the feet (not jumbled up under the feet).
- Playing a properly weighted pass (not too hard and not a slow roller). Keep body over ball.

Game Play	Scrimmage w/ Restrictions	Time 20
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**Play your scrimmage at the end, but progress through this set of restrictions.**

- **First 3-5 minutes: Free Play.** Stop the play and give a few examples of instances where you observed too much standing still, too much unsuccessful dribbling in traffic, and/or too much bunching around the ball.
- **Middle 5 minutes: 2 Touch Maximum.** Emphasize, before you begin, that players must move off the ball at all times and create angles for one another (reference the triangle). Standing square of each other, standing behind your defender, or playing without spreading out doesn't help the team move the ball.
- **Last 5 minutes: team must make 2-3 passes before shooting.** This can be altered based on how well the group is moving the ball around. Try this without the touch restrictions, but if play gets too sloppy go back to the 2 touch maximum. Continue emphasizing spacing, movement, and creating angles for each other.

# IMPACT

**Week:** Week 6  
**Theme:** Possession  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points:** Opening the body up to receive the ball (prepare to receive), getting first touch out of the feet, stay on the toes at all times, moving off the ball, creating angles for your teammate (not standing behind a defender or square to your teammates)

## Warm Up

## Channel Warm Up

Time 10

As per week one.

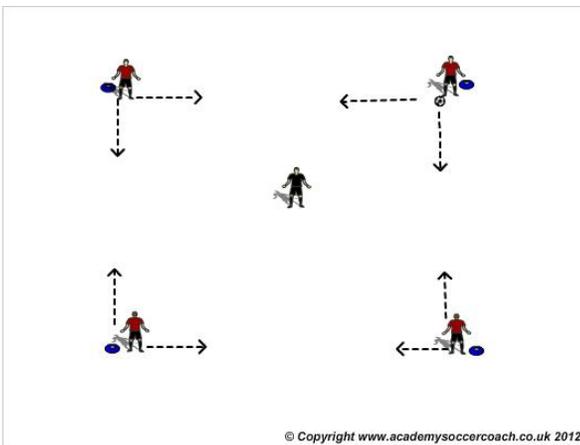
Coach can avoid variety and challenge the group with other fast feet activities.

## Skill Development

## 4v1 w/ Restrictions

Time 15

1



### Setup:

- 10 x 10 or 12 x 12 yard square
- One player on each cone.
- One player in the center as the defender (holding a pinnie, not wearing it)
- When the defender wins the ball, the person who made the mistake goes in the middle (takes the pinnie from previous defender).

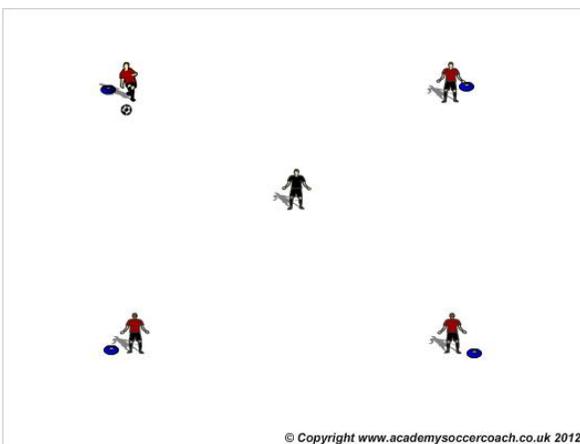
### Restrictions:

1. Each player must stay in front of their specific cone (can't move away from the cone)
  - Can only pass to the left or right of them, not across the grid.
  - Emphasize opening the body up as the ball comes so they always have the ability to play to either side.
  - Players must play 1 or 2 touch (1 touch to prepare 1 touch to pass). This will force them to prepare their feet and think ahead to their next pass.
2. Allow the players to move freely in the square
  - Emphasize supporting the ball and not standing still.
  - Still 2 touch maximum

### Coaching Points

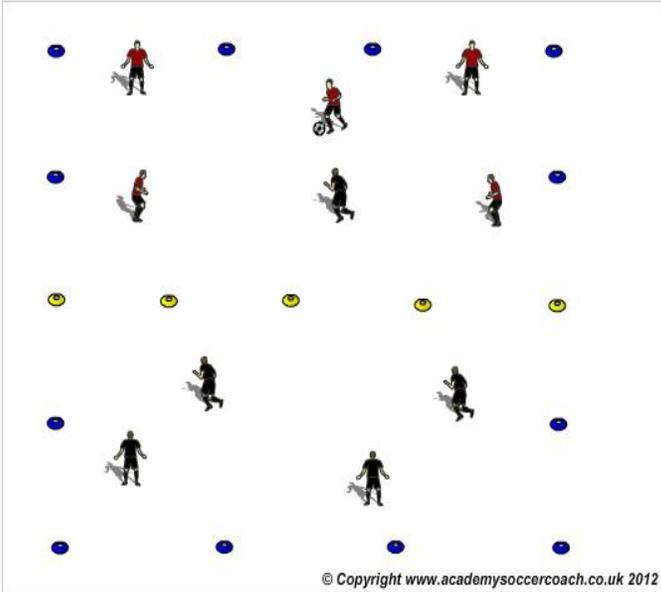
- Prepare the feet to receive (always on the toes)
- Keeping the body open to the field at all times (don't turn your back on your options)
- Getting the first touch out of the feet
- Keep the head up to identify where pressure is coming from
- Moving into supporting positions, creating good angles for your teammate (don't hide behind the defender)

2



# IMPACT

Skill Development w/Progression	Possession Tennis	Time 15
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## Setup

- Create a rectangular grid 15 x 25 yards or 20 x 30 depending on your space. (all cones should be the same color)
- Split the grid in half with small disks of a different color.
- Split the group into 2 teams.
- Can be teams of 4, 5, or 6 depending on your numbers. (**be sure to shrink the grid if you only have teams of 4**)

## Game Rules

- One team on each end of the rectangle.
- If the red team has the ball, they must keep the ball for 3 passes before they can pass the ball across to the black team for a point.
- Red would then send a defender to the black team's side and try to win the ball.
- Teams can also receive points if the defender wins the ball cleanly and returns it to their side.
- If the ball goes out of bounds on the defender, the group in possession retains the ball. If the possessing team kicks it out, the other team receives the ball from the coach.
- Each time the ball changes possession a new defender must be prepared to run into the grid.

## Progression

- If players get the hang of this quickly the coach can increase the amount of passes needed, make it 2 defenders instead of 1, or implement both if they are really advanced.

## Coaching Points

- Keeping the body open to the field at all times. (don't turn your back to the field)
- Constant awareness of pressure. (head up)
- Thinking quickly ahead to the next pass.
- Taking a controlled first touch out of the feet.
- Movement off the ball. Supporting your teammates at good angles.

Game Play	Scrimmage w/ Restrictions	Time 20
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-First 10 minutes: (2 touch maximum) teams can score by shooting into the pug goal for 1 point or by completing 4 passes as a team for 3 points. First team to 7 or more wins. (The amount needed to win can be changed at coach's discretion)

-Second 10 minutes: unlimited touch with the same scoring restrictions.

-Be sure to emphasize the coaching points for the day and nothing else! Keep the play focused on possession and movement!

# IMPACT

**Week:** Week 7  
**Theme:** Awareness  
**Equipment:** Balls, cones, pinnies and goals

**Coaching Points:** Anticipating when to leave your space to support the ball, Moving into supporting positions creating good angles for your teammate, Keeping the body open to the field at all times (don't turn your back on your options), Keeping the head up to see pressure and potential options, thinking quickly!

## Warm Up

### Channel Warm Up

Time 10

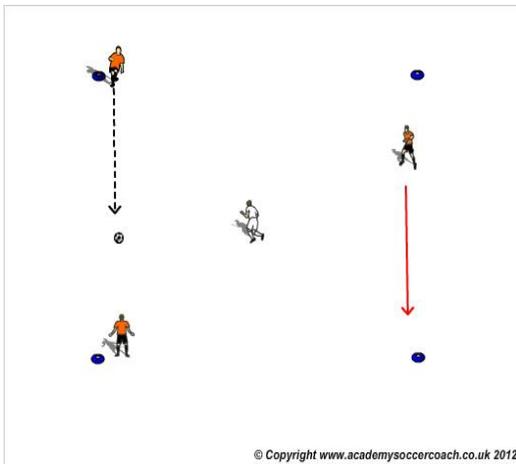
As per week one.

Coach can avoid variety and challenge the group with other fast feet activities.

## Skill Development

### 3v1 w / Open Cone

Time 15



#### Setup:

- 10 x 10 yard square
- 3 players standing in front of cones with one cone open.
- One player in the center as the defender (holding a pinnie, not wearing it)
- When the defender wins the ball, the person who made the mistake goes in the middle (takes the pinnie from previous defender).
- If numbers are off, coach should improvise by joining in to make numbers or make one box 4 v 1 (same as last week) and one box 3 v 1. If this happens have the players rotate between those boxes so everyone gets to try the 3 v 1.

#### Restrictions:

3. 3 players vs 1 defender
  - Players can only move to the open cone to support the ball.
  - Can only pass to the left or right of them, not across the grid. Players must play 1 or 2 touch.
  - Focus on anticipating the pass and leaving early to get to the open cone.
  - Focus on opening the body up as the ball comes so they always have the ability to play to either side.
4. Allow the players to move freely in the square
  - Emphasize timing of the support.
  - 2 touch max, but can switch to unlimited touch after a few minutes.

#### Coaching Points

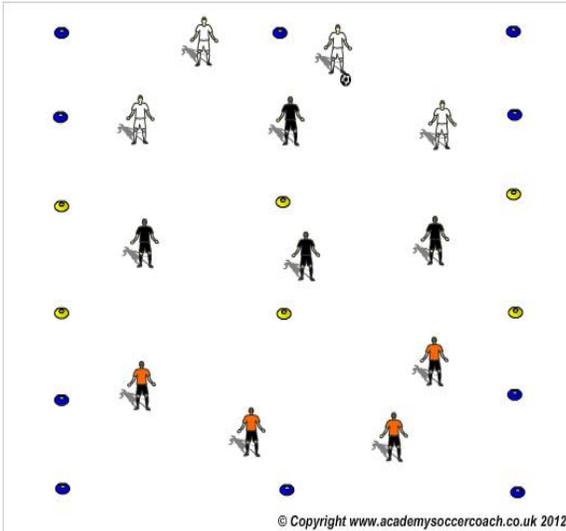
- Anticipating when to leave your space to support the ball and when to stay put to support the ball.
- Moving into supporting positions, creating good angles for your teammate (don't hide behind the defender)
- Prepare the feet to receive (always on the toes)
- Keeping the body open to the field at all times (don't turn your back on your options)
- Getting the first touch out of the feet
- Head up to identify where the defender is.

# IMPACT

Skill Development w/Progression

3 Team Possession Tennis

Time 20



#### Setup

- Create a rectangular grid 20 x 30 depending on your space. (all cones should be the same color except center channel)
- Create a center channel that's 5-8 yards wide and spans across the grid.
- Split the group into 3 teams. (Can be teams of 4 or 3 depending on your numbers.)

#### Game Rules

- One team on each end of the rectangle and one in the center channel. Center channel is the defensive team.
- If the white team has the ball, they must keep the ball for 3 passes (against the one black team defender) before they can try to pass the ball across to the orange team for a point.
- The 2 or 3 defensive players left standing in the center are not allowed to move but can try to stop passes from going across their channel by sticking their legs out or heading the ball.
- If the white team makes a successful pass to orange, the black team stays in the middle as the defensive team and sends a new defender to the orange team's area.
- The black defensive team can get a point if the chasing defender wins the ball cleanly and plays it across to the opposite side.
- If white loses the ball or kicks it out of bounds, they then become the defensive team in the center channel and the black team takes their place on the end.
- Each time the defensive team changes a new defender must be prepared to run into the grid.
- Defender may not enter the grid until the ball has been played in by the coach or has been successfully played across by a team.
- Coach must always be prepared to play a new ball in when the ball goes out of bounds or possession changes.

#### Coaching Points

- Movement off the ball. Supporting your teammates at proper angles.
- Use the whole grid.
- Keeping the body open to the field at all times. (don't turn your back to the field)
- Constant awareness of pressure. (head up)
- Thinking quickly ahead to the next pass.
- Taking a controlled first touch out of the feet.
- Communication!!!

Game Play

Scrimmage w/ Restrictions

Time 15

- First 10 minutes: (2 touch maximum) teams can score by shooting into the pug goal for 1 point or by completing 3 passes as a team for 3 points. First team to 7 or more wins. (The amount needed to win can be changed at coach's discretion)
- Second 10 minutes: unlimited touch with the same scoring restrictions.
- If any player just kicks the ball (boots the ball) without a pass or shot in mind, make them take a knee for 10 seconds while play continues. Emphasize settling the ball and keeping it on the ground!
- Be sure to emphasize the coaching points for the day and nothing else! Keep the play focused on possession and movement!



<b>Week:</b>	Week 8
<b>Theme:</b>	Coaches Choice
<b>Equipment:</b>	Balls, cones, pinnies and goals

#### Session Plan

Coaches can select activities from each week to round up the program.

Topics which you feel your group could do with more work on and / or themes which they really enjoyed should be revisited.

Should you have groups on the field of similar age you may work to organize a round robin scrimmage event to conclude.