

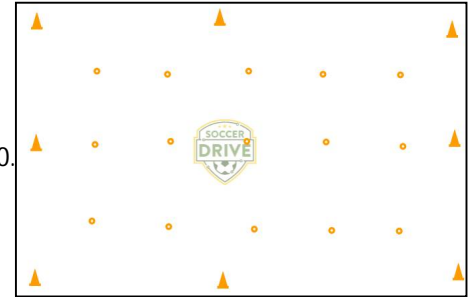


**12U/14U/16U Divisions
Skills Development Program – Week 4**

Warm Up – Stretch – 2 minutes

Station #A: Toe Taps/Dribbling - Set up cones in large square form...60 - 75 yards apart. Have players go to an empty space.

1. Have players do regular toe taps with hands behind their neck – set of 50 – 3 times.
2. Have players do side to side toe taps – set of 50 – 3 times.
3. Have players do backward and forward toe taps – 5 back and 5 forward - 5 times.
4. Have players do side rolls – set of 30 – 5 times
5. Have players do tic tocs – set of 30. Have players do tic tocs while moving forward – 30.
6. Have players do pac mans – set of 50 – 3 times.
7. Have players do pull backs – set of 30 – 3 times.
8. Line up players behind markers – 5 at a time – they use inside cuts or outside cuts. They dribble around markers on the way up and on the way back.
9. Line up players behind markers – 5 at a time – have them practice scissor kicks and or step throughs as they approach each marker. They do this on the way up and on way back.



Training Session during Week = 12 mins – move to next station – water break (2 mins)

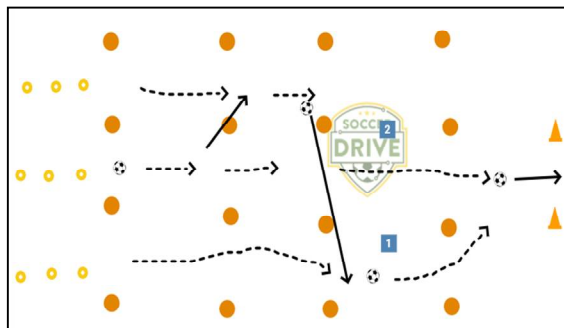
Saturday = 9 Min 1st Half, Water Break, 9 Mins 2nd Half – 20 mins total

Saturday Competition = 1st Scrimmage Game: Please see Scrimmage Game Guidelines – Pg. 3

Take Away – controlling ball, using all surfaces of the ball, conditioning

Station #B: Passing Lanes - Set up 3 lanes using orange markers. Have players line up behind each of the 3 lanes. Set up a goal at end of perimeter. Pick 2 defenders.

1. Have 1st set of 3 players begin drill. They start dribbling forward making sure to stay in their lane. As defenders attack, they pass to a player on either side. Defenders try to gain possession and offense tries to score a goal while passing back and forth but remaining in their lane.
2. If defenders gain possession or offense loses the ball...that trio of players goes to the end of the line. Next set of 3 players begin the attack.
3. Objective is to teach players to stay in their space and provide passing lanes/zones.
4. Switch out the defenders after a few minutes to rotate players.



Training Session during Week = 12 mins – move to next station – water break (2 mins)

Saturday = 9 Min Training, (2 min) Water Break, 9 mins Competition – 20 mins total

Saturday Competition:

How many goals can a trio players score?

How many times can the defenders win possession?

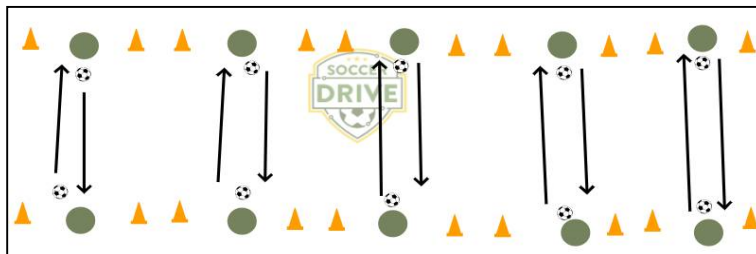
Take Away – Passing with purpose, change of direction, awareness, conditioning



12U/14U/16U Divisions
Skills Development Program – Week 4

Station C: Throw ins + Goalie Drill - Set up goal gates using cones about 14 feet apart. Set up goal gates on opposite side about 30 feet away directly across. Set up at least 5 goal gates on each side.

1. **Refresher - Practice Throw Ins** – Have players stand on one end of gates, have opposite player go to the other side. Players throw ball in to player across. Player picks up the ball thrown at them and does the same thing. (Keep feet down, over their heads)
2. **Goalie Drill** - Have players stand in middle of gates, one on each side. One player starts with soccer ball and rolls it to the other side goalie. That player blocks the soccer ball by picking it up or deflecting it. Then that same goalie now rolls it back to the other side in an attempt to score a goal. They go back and forth.
3. Teach players to bend down and grab soccer ball while blocking it.
4. As players progress...have players throw soccer ball harder to make it more intense to stop the goal.
5. To make it harder...players can move forward and throw it closer to score a goal.
6. **Advanced** - Now have players each with a soccer ball and have them both roll soccer ball at the same time



Training Session during Week = 12 mins – move to next station – 2 min. water break

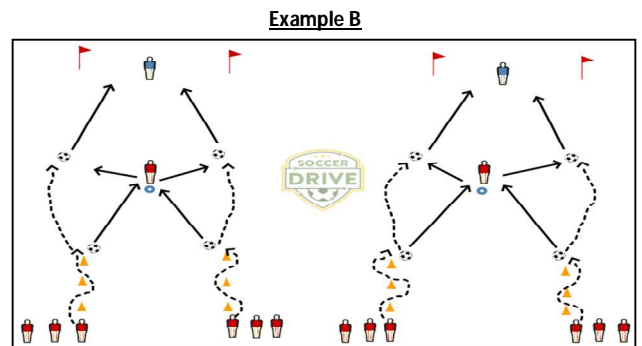
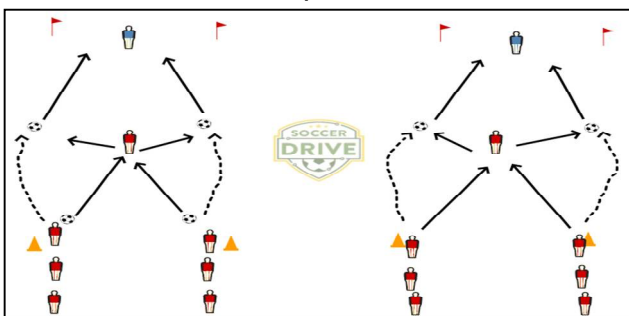
Saturday = 9 Min Training, Water Break, 9 mins Competition – 20 mins total

Saturday Competition = 2nd Scrimmage Game: Please see Scrimmage Game Guidelines – Pg. 3

Take Away – How to properly throw ball in, learning to be a goalie.

Station D: Shooting/Goalie Drill - Set up 2 Goals using flags about 21 feet apart. Set up 2 lines of 3 cones about 50 feet in front of goals. Put one blue marker in center of area between goal and cones set up.

1. **(Example A)** Have 3 players per line of cones. Have 1 player by the blue marker. Put 1 player in each goal area as the goalie. Have the 1st player on one of the lines per goal start by passing to the center player. The center player touches soccer ball at an angle towards the goal. The player that passed the ball in runs to receive the pass and takes a shot on goal.
2. Then the 2nd line of players per goal passes the ball into the center player who then touches the ball at an angle towards the goal. The player that passed the ball into the center player runs to receive the pass and takes a shot on goal.
3. Keep doing this back and forth until all players from the lines have taken a shot and rotate the center player. **(Note – players taking shots must retrieve their own balls and return to the opposite line.) (Switch Goalies to give others a try)**
4. **(Example B) Advanced**– players must dribble through the cones before they pass the ball to the center player. Then do the same as above.



Training Session during Week = 12 mins – move to next station – 2 min. water break

Saturday = 9 Min Training, 2 min Water Break, 9 min Competition – 20 mins total

Saturday Competition Suggestions:

Solo - Each player keeps track of their own score. How many times can they can score a goal.

Team – Have them compete one side vs the other side.

Take Away – Dribbling, Awareness, Shooting



All Divisions Skills Development Program – Week 4

Station “A” + Station “C” Changes: (Saturdays Only)

On Saturdays only - Station A + Station C- will now be a scrimmage quadrant where you will divide your own team into 2 teams and have them play a soccer game.

The other Stations (B and D) on Saturday will remain the same with drills previously outlined.

- We will set up 2 Goals (one on each side of Station A) + (Station C will use yellow sticks as goal)
- Divide your team into 2 even squads (try to balance new players with seasoned players).
- Use pinnies for half the team to help players identify who is on their squad.
- We will provide you with pinnies (shirts) for half your team. Pick them up at the tent when you pick up your Award Pins for Saturdays.
- Please collect pinnies from players and bring to the tent when you are done on Saturday.
- **Important - Please make sure to have kids apply sanitizer before, at halftime and after the game on Station A and Station C.**
- You will be the referee of the game. This is just for fun so don't worry about being a perfect referee. Just make it fun and safe for the kids.
- Throw ins will be allowed for 10U/12U/14U/16U Divisions. - 8U and below will just kick the ball in from where the ball went out of bounds or coach can just throw/drop it in.
- Goalies will be allowed for 10U/12U/14U/16U Divisions. - 8U and below do not use goalies.
- Goalie gloves can be used but make sure **they are not shared.**
- Schoolyard/6U/8U Divisions - Station A + Station C - Scrimmage Total Time = 13 mins **(6 Min 1st Half, Water Break, 6 Mins 2nd Half)**
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- 10U Division - Station A + Station C - Scrimmage Total Time = 16 mins **(8 Min 1st Half, Water Break, 7 Mins 2nd Half)**
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- 12U/14U/16U Division - Station A + Station C - Scrimmage Total Time = 20 mins **(9 Min 1st Half, Water Break, 9 Mins 2nd Half)**

Important Reminder:

During the week training sessions (Tues or Thurs) all 4 stations (A, B, C, D) will be used for skills development/drills as before.