



Grades 3-4 Session 3: Building out of the Back

Category: Tactical: Playing out from the back
Skill: U10

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Description

small sided games (10 mins)

Objective: activate players from the start by scrimmaging

Duration: 5-10 minutes

Description (rules, number of players, grid size, etc.):

*two small sided fields to play 2v2 or 3v3

*add players to game as they arrive

Key Points:

few if any - get them playing!



passing sequence (10 mins)

Objective: emphasize passing and receiving techniques, movement off the ball, playing within windows

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

*players in groups of 3-4. Each group in separate color. Each player numbered 1-3 or 1-4 in each group.

*pass in sequential order. After passing ball, work around a different cone before returning to field

*variation: combine with 3 passes before moving around cone

Key Points:

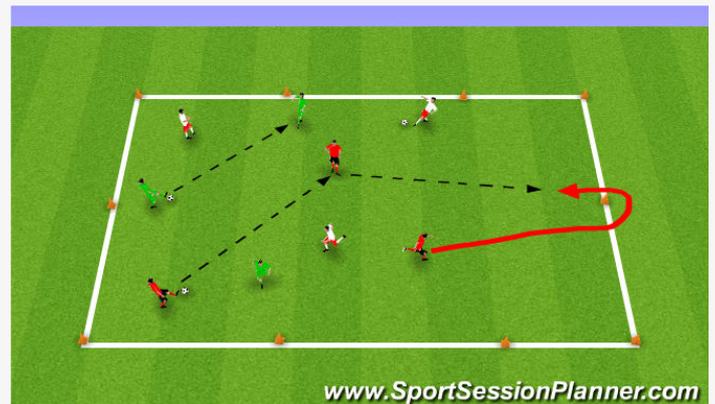
*balanced body shape in preparation of receiving pass

*first touch - across body with up-field foot and open up hips vs. different services with change of pace

*passing technique: inside foot pass (toe up, heel down, ankle locked, step in and snap thru), use of disguise

*1 touch passing: body over ball, step into your one touch

*off-ball movement: sideways and drift vs. explosive movement



bingo! (10 mins)

Objective: introduce and emphasize small-group attacking principles

Duration: 10 mins

Description (rules, number of players, grid size, etc.):

Two teams.

Coach plays ball into open space and calls number (Two!) and that number of players enters the field.

Objective: get ball back to coach.

Progression: coach calls color (Red!) to create numbers up scenario (e.g. 3v2 or 3v1).

Variation: Coach moves from original position (forces players to get head up).

Key Points:

"Drift" away (spread out) to create space for teammate or self.

Supporting angles - must be in a window, and within teammate's vision

Head up and on swivel to find windows to play through.

Play through windows quickly - before they close.

First touch - in direction of target or away from pressure

Passing technique to deliver firm, accurate passes (step in, hit through).

Creativity to create windows - use your move, add a burst of speed via dribble or quick pass.



Build Out Line (15 mins)

Objective: introduce build out line, and possession from defensive third to middle third

Duration: 15 minutes

Description (rules, number of players, grid size, etc.):

*organize team of 6 to defend large goal, and remaining players to defend small counter goals.

*play begins from goalkeeper, who must pass, roll, or throw to teammate (try some as goalkicks, and others from the goalkeeper's hands).

*2 opponents from other team try to defend counter goals. If they win possession - go score in big goal.

*Play with all restarts (goal kicks, corner kicks, throwins, etc.) until goal is scored. New play begins from goalkeeper.

*As success is achieved - add more defenders (6v2 moves to 6v3, then 6v4)

*Rotate rolls (either teams switch rolls, or switch players from one team to the next so everyone has a chance to defend the big goal and defend the small goals)

Key Points:

* team shape - create width and depth - spread out into space different than a teammate's. Use of triangles to illustrate good shape.

* play through windows - head up to find them when you have the ball. Movement into a window to receive a pass.

* proper passing technique

* transition - make shape big when goalkeeper has the ball vs. win ball back when possession is lost.



6v6 game (15 mins)

Objective: apply concepts and techniques from previous activities into full game

Duration: 10-15 mins

Description (rules, number of players, grid size, etc.):

two teams

full rules (throw-ins, build out line for Grades 3-4, corner kicks, etc.)

Key Points:

team shape - stay connected as the ball moves up and down the field, and to offer supporting options

finishing - crack a shot when the window is open and you're within range

decision-making - use of 1v1 moves in middle third and attacking third of field, but not in defensive third (risk vs. reward)





Grades 3-4 Session 4: Game Day Prep

Category: Tactical: Playing out from the back
Skill: U10

Pro-Club: Loudoun Soccer Club
Dan Raben, Leesburg, United States of America

Description

small sided games (10 mins)



Objective: activate players from the start by scrimmaging

Duration: 5-10 minutes

Description (rules, number of players, grid size, etc.):

*two small sided fields to play 2v2 or 3v3

*add players to game as they arrive

* play with regular restarts (throw-ins, goal kicks, corner kicks).

Key Points:

few if any - get them playing!

throw-ins (10 mins)



Objective: emphasize passing and receiving techniques, and throw-in technique

Duration: 10 minutes

Description (rules, number of players, grid size, etc.):

*players in two groups - one group forming a circle, and the other group inside it. Place a small square of cones (5x5 yards) inside the middle of the circle.

Activity:

1. players on the inside run through the square toward a teammate on the outside.

2. players on the outside throw the ball to a teammate on the inside.

3. player on inside receives the ball, and passes back to teammate on outside.

4. repeat process by running through square and finding a new open teammate.

Rotate roles every 2 minutes.

Progression: after inside player receives throw-in, dribble through square and pass to open outside player. Repeat by running through square and receiving ball from different outside player.

Key Points:

*throw-in technique: "lock" both feet on the ground. Both hands on the ball. Bring ball straight back behind head, and then release forward.

* throw-in strategy - release ball toward teammates' feet.

* showing for the ball - make eye contact with teammate on outside, call for the ball, and then check to it. Avoid standing/waiting for thrower.

* receiving the ball: get body balanced (on toes, feet shoulders' width, knees bent, weight forward), use

foot, thigh, chest, etc. to receive ball

* passing technique: connect back to thrower's feet - step in with placement foot, lock ankle (toe up, heel down) of kicking foot, hit through.

6v6 game (30 mins)



Objective: apply concepts and techniques from previous activities into full game

Duration: 30 mins

Description (rules, number of players, grid size, etc.):

two teams

full rules (throw-ins, build out line for Grades 3-4, corner kicks, etc.)

play four 7-minute quarters to replicate game

Key Points:

*team shape - stay connected as the ball moves up and down the field, and to offer supporting options

*transition - pushing up quickly to join the attack, dropping back quickly to defend goal

*finishing - crack a shot when the window is open and you're within range

* decision-making - possess from defensive third to middle third, use of 1v1 moves in middle third and final third.