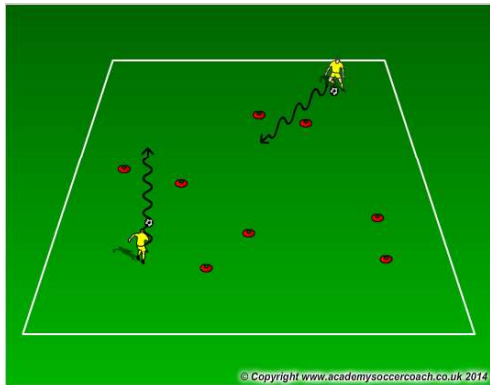
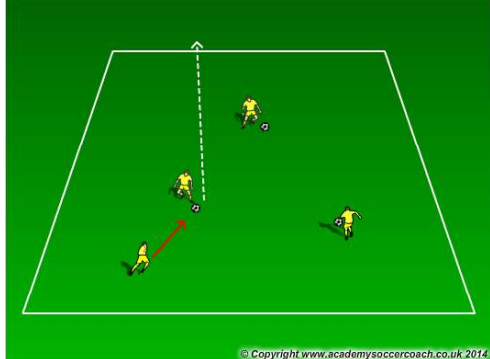






Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

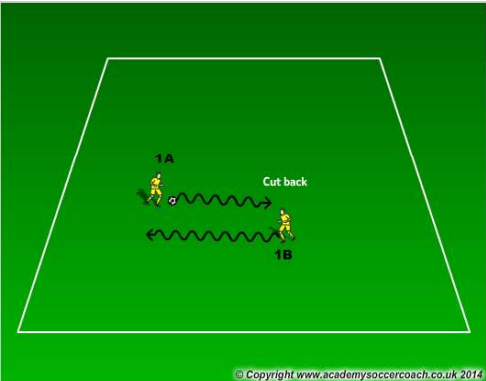
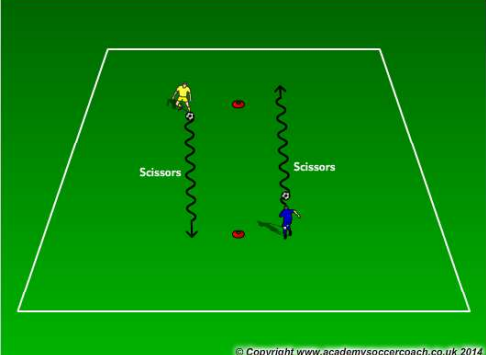


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> GATE RACE (10-15min) Set up several gates within a grid. Kids dribble around and coach randomly points to a gate. All the kids dribble through that gate. Kids try not to be last through the gate and try not to hit other balls or players</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Touch -Balance -Movement -Vision <p>Progression</p> <ul style="list-style-type: none"> -Only using left foot/right foot -Only using inside/ outside/ bottom -When you say "turn" they need to turn and go the opposite direction -Keep body between cone and ball 	<ul style="list-style-type: none"> -Keep ball close to cone -Slow down if needed -Use all parts of your foot <p>Discovery Question:</p> <ul style="list-style-type: none"> -What happened when you went faster? -How did you get through the gate without losing control of the ball?
<p><u>Activity 2</u> KNOCK OUT (10-15min) Every player dribbling a ball. Try to kick other players' balls off the field. If your ball stops rolling or is kicked out, then you must do two juggles before you return to the game.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Keep ball rolling -Shielding -Work on moves (scissors, cutbacks, change of pace...) -Eyes up <p>Progression</p> <ul style="list-style-type: none"> -Some kids without ball 	<ul style="list-style-type: none"> -Body between ball and other players -Controlling ball with various parts of foot -Use of field/space <p>Discovery Question:</p> <ul style="list-style-type: none"> -How did you protect your ball? -What move worked well?
<p><u>Activity 3</u> 1v1 (15-20min) Kids play 1v1 toward cones that are about 15 yards apart. No guarding of cone</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Keep ball close -Balance during contact -Proper use of long and short dribbling -Experiment with moves <p>Progression</p> <ul style="list-style-type: none"> -Move cones further away or closer -Tell kids they can go to either cone 	<ul style="list-style-type: none"> -Use all parts of your foot -Keep head up so you can see the cone -Be creative, don't be afraid to fail <p>Discovery Question:</p> <ul style="list-style-type: none"> -How did you protect the ball? -When did you use long dribbles? short dribbles?
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: At this age kids are starting to understand width. Spreading out is a concept they will start grasping.</p> <p>HOMEWORK Pick an object (like tree) dribble around it 10 times with both feet. Then 10 using only right foot, left foot.</p>



Lesson Plan Form

Coach: Session date: Team/Age: U10s

Theme: Session 2: Dribbling-cutbacks and scissors

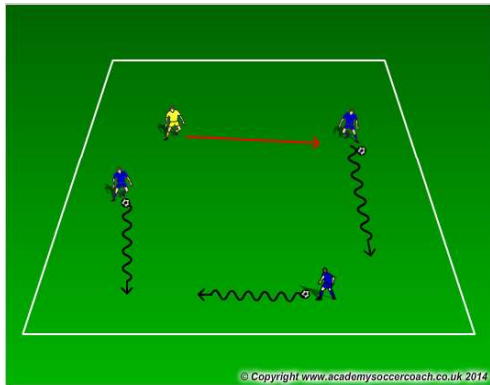
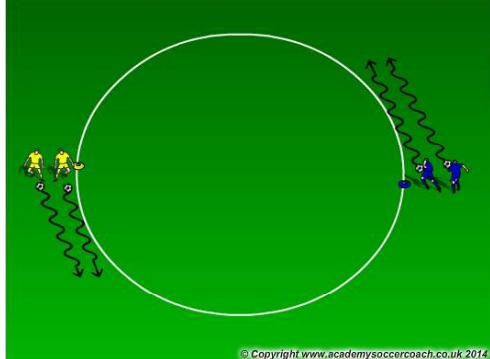


Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> CUT BACKS (10-15min) Demonstrate inside of foot cutback. Practice within same grid</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>-Technique: planting foot, body balance -Quick step after cut back</p> <p>Progression: -Demonstrate other cutbacks: There are 3 main cutbacks: inside of foot, outside of foot, and behind planted foot. This is a foundational skill for more advanced ball control. -Have kids dribble toward a cone that is a defender and then they do a cutback</p>	<p>-Slow and correct is better than fast and wrong -Explode after making cutback -"Wrap" the kicking foot around the ball</p> <p>DISCOVERY QUESTION: -When would a cutback be useful -Why is it important to make a quick first step?</p>
<p><u>Activity 2</u> SCISSORS (a.k.a. STEP OVER) (10-15min) Have kids standing with a stationary ball and demonstrate inside and outside scissors. Progress to everyone going in the same direction and running slowly while executing the move.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>-Technique -Change of speed -Vary type of cutback</p> <p>Progression: -Pairs of kids with a row of cones between them. Kids dribble down one side and do a scissors turn the corner and dribble down the other side and do scissors with opposite foot. Both kids can go at once.</p>	<p>-Quick step after scissors -Step over from inside to outside or outside to inside -Head up -Lean with body to "sell" the move</p> <p>Discovery Question: -How might you use this in a game? -Why do we change speed?</p>
<p><u>Activity 3</u> 2v2 EITHER END ZONE: (15-20min) Make a grid that has two endzones. Kids can score by dribbling into any endzone</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>-Decision making on when to cutback (forward isn't always best choice) -Trying various cutbacks and experimenting -Changing speed</p> <p>Progression: -One team goes one direction other team other direction -All touch ball</p>	<p>-Proper technique -Looking for open space -Decision making</p> <p>DISCOVERY QUESTION: -When did you change direction? -How did you decide if you would pass or dribble? -How did you decide the type of cutback to use</p>
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: Encourage experimenting with the ball. Trying silly things are completed things help them learn their limits and also push them to work to get it correct.</p> <p>HOMEWORK: Practice cutbacks and scissors</p>



Lesson Plan Form

Coach: Session date: Team/Age: U10s

Theme: Session 3: Dribbling

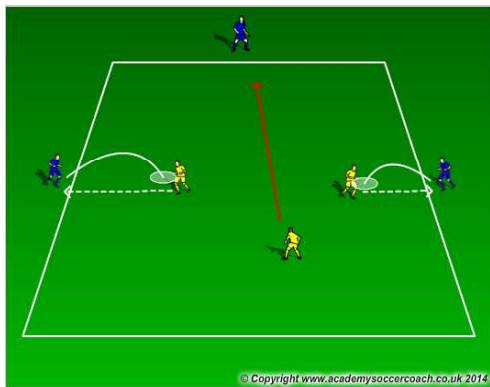
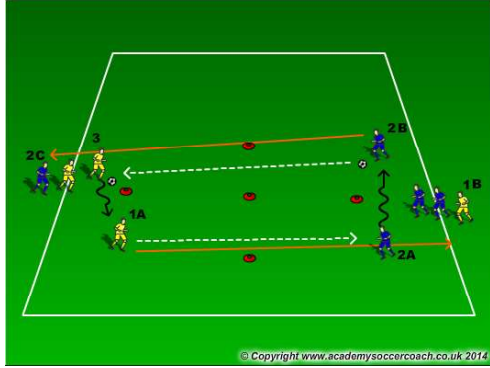
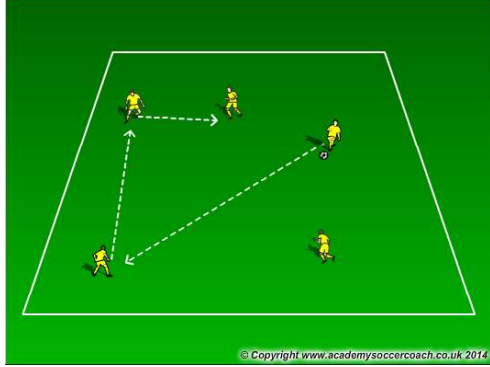

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> SHARK TANK (10-15min) Kids dribble in a grid or circle. One person is it and tries to tag dribblers. Coach appoints shark and gives command to start.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Vision -Spatial awareness -Keep ball close <p>Progression:</p> <ul style="list-style-type: none"> -To make it easier for dribblers have two sharks. They must hold a penny between them and therefore run together. Which ever shark tags someone they become a dribbler -Create a "safe beach" just outside the circle or grid. Only one kid in there at a time and when a kids enters the other must leave 	<ul style="list-style-type: none"> -Use arms for balance and to protect ball -Keep head up and scan -Don't be afraid to try something -Change pace <p>Discovery Question:</p> <ul style="list-style-type: none"> -What did you have to do to keep the shark from you? -When did you keep the ball close to you?
<p><u>Activity 2</u> BIG CIRCLE DRIBBLE: (10-15min) Use center circle or create circle about same size. Two teams. Teams start at opposite points of the circle. On go kids dribble in the same direction trying to catch someone from other team. They can't go into the circle</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Quick turn -Change of pace -Ball control: touch, pace -Head up <p>Progression:</p> <ul style="list-style-type: none"> -Specify type of dribbling allowed -When you say turn kids need to do a cutback and go opposite direction. -Give command of leave ball and then player has to sprint around and get another ball 	<ul style="list-style-type: none"> - Don't panic -Knees bent helps to change direction -Keep looking ahead <p>Discovery Question:</p> <ul style="list-style-type: none"> -How did you turn the other direction? -How did you feel when the other team was close behind you? When you were close behind them?
<p><u>Activity 3</u> 3v3 EITHER END ZONE: (15-20min) Make a grid that has two endzones. Kids can score by dribbling into any endzone</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Decision making on when to cutback (forward isn't always best choice) -Trying various cutbacks and scissors -Changing speed 	<ul style="list-style-type: none"> -Slow and correct is better than fast and wrong -Explode after making cutback or scissors <p>DISCOVERY QUESTION:</p> <ul style="list-style-type: none"> -When would a cutback be useful -Why is it important to make a quick first step?
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER:</p> <p>Use kids to demonstrate proper form and technique. Kids love to show they can do it.</p> <p>HOMEWORK:</p> <p>Juggling, try to touch the ball with both feet, both thighs and head before it hits the ground</p>



Lesson Plan Form

Coach: Session date: Team/Age: U10s

Theme: Session 4: Passing and Receiving 1


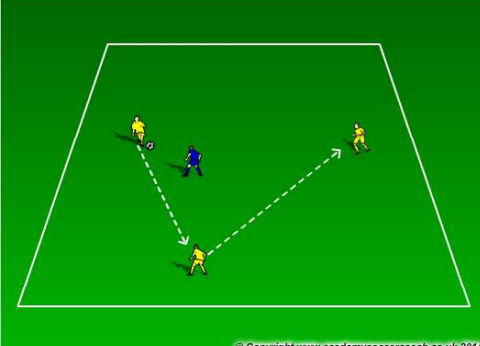
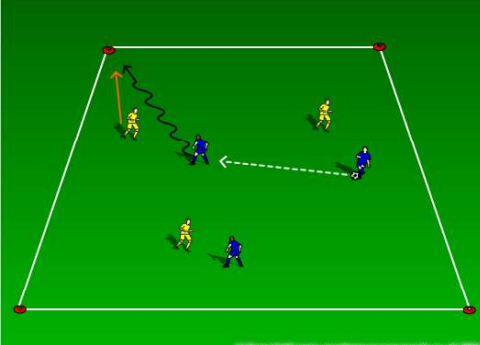

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> BUBBLE PASSING (10-15) Players outside of grid have ball and they toss the ball to players inside the grid who control and pass back. Player then moves to receive another ball. Tell players to pretend the ball is a bubble and they need to control it gently so it doesn't pop.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<p>Teamwork/ communication -Touch -Use of appropriate body part</p> <p>Progression: -Add cones that they need to avoid. -Give them 40 seconds and see how bubbles they can catch</p>	<p>Go to the ball and then relax as ball makes contact -Appropriate foot and portion of foot when passing -Being ready to receive</p> <p>Discovery Questions: -What part of your body worked well? -How did you decide what part of your body to use?</p>
<p><u>Activity 2</u> THREE IN A LINE (10-15min) 2 lines of 3 kids face each other about 15 yds apart. 1 cone in between lines and another cone on both sides of center cone about 2 yards away. Kids pass through one set of cones. Other side receives and passes through other set of cones. After pass kids run to back of other line.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<p>-Movement before and after the pass -First touch -Technique</p> <p>Progression: -If needed start with one gate -Make a center "wall" about 1-2 yards wide of several cones. Then a gate on either side of the wall. -Limit to two touch</p>	<p>-First touch needs to prepare you to pass -Stay on your toes when receiving -Ankle locked, inside of foot pass, keep ball on the ground -Quick first step after pass</p> <p>Discovery Question: -Which foot and what part of the foot did you use to receive the ball? -Why do you want to prepare the ball to the side of you when passing?</p>
<p><u>Activity 3</u> 5v0 (15-20min) Five kids in a grid. Must keep ball moving.</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<p>-Technique -Moving to space -Vision and decision making</p> <p>Progression: -Change it to 4v1 -Play 1 touch -After a kid passes them must run and touch a cone -Play with two balls -Put pennies on 2 of the kids. Ball must alternate between penny and non-penny kid</p>	<p>-Keep moving: don't stand and wait for pass, don't stand after pass. -Use all parts of the foot -Prepare ball for pass -Look up and think ahead about what to do with the ball before it comes to you</p> <p>Discovery Question: -How did you decide who to pass it to? -When did you use the outside of your foot? Inside?</p>
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p>© Copyright www.academysoccercoach.co.uk 2014</p>	<p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: Try to use only 1 or 2 freezes during this section. The rest of the comments can be made in the flow of the game.</p> <p>HOMEWORK: Toss the ball in the air and touch the ground then control the ball before it touches the ground. 20 times.</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> GATE PASSING: (10-15min) Set up numerous small goal with cones about 1-2 yards apart. Kids partner up and have one ball between them. They dribble around and then pass to their partner through a gate. Then dribble and pass into another gate.</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Technique while light running -Preparing ball for pass -Quality passing <p>Progression:</p> <ul style="list-style-type: none"> -See how many they can get in 30 seconds -Only inside foot, only outside, only left, etc... 	<ul style="list-style-type: none"> -Non-kicking foot is key in this activity -Bouncing ball means kicking foot is too low. -Keeping the ball on the ground makes it easier to receive -Proper pace to get through the gate <p>Discover Question:</p> <ul style="list-style-type: none"> -What did you have to do after making a pass? After receiving a pass? -What were the easiest balls to control?
<p><u>Activity 2</u> 3v1 KEEP AWAY (10-15min) 3 Players in a grid pass to one another and keep it away from a 4th player who is the defender. If the 4th player kicks it out of the grid they changes places with the player who last touched the ball</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Moving to open space -Passes that can be easily received -Passes to where players are going not to where they are. -First touch on receiving (preparing ball for dribble or next pass) <p>Progression:</p> <ul style="list-style-type: none"> -Play 3v0 so kids have a chance to pass and move without pressure -Defender can only hop or move as a crab -Limit touches 	<ul style="list-style-type: none"> -Triangles: Key to creating options -Move after pass to create options -Try not to stop the ball dead when receiving, direct it to a space you want to go -If there is an open space pass to it so player can run onto ball <p>Discover Question:</p> <ul style="list-style-type: none"> -What did you have to do when you were without the ball? -How did you decide when to pass?
<p><u>Activity 3</u> 4 CORNER GOALS (15-20min) Set up a grid with a cone at each corner. Each corner cone is a goal. Play 3v3 and teams can go to any of the 4 goals.</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Movement to space & playing ball to space -Changing direction -Triangles <p>Progression</p> <ul style="list-style-type: none"> -Play 3v2 or 3v1 -Limit touches -Limit cone options 	<ul style="list-style-type: none"> -Changing direction is a good option -Keep moving. If you stand still you are easy to defend -Options are not always in front of you. -First touch of ball needs purpose <p>Discover Question:</p> <ul style="list-style-type: none"> -When did you have to change the goal you were going to? -How did you get open and ready to receive a pass?
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p><small>© Copyright www.acadmysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Understanding why each kid participates will help you make the training useful and appropriate for them. Ask kids why they play soccer? What do they like best? Least?</p> <p>HOMEWORK: Dribble around yard and after 4-5 dribbles pick the ball up and throw it behind you then go control it.</p>




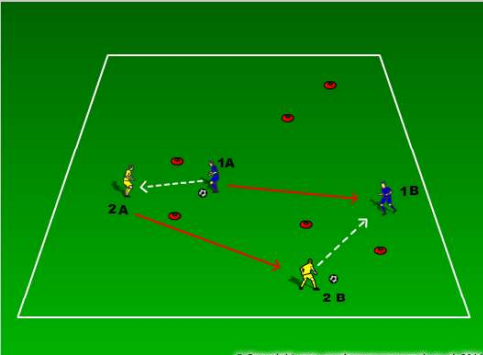
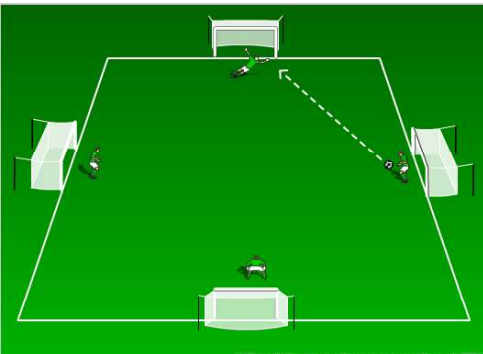

South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> BALL NASTICS: (10-15min) Pairs. Kids do various activities as you instruct with the ball (using hands is fine). Pair tick-tocks, Over under (back to back and pass ball over head then pass ball over head then pass left to right), have them walk with the ball wedged between backs</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Body movement -Controlling ball while body is off balance, twisted etc... <p>Progression:</p> <ul style="list-style-type: none"> -One hand catching -Each person have a ball and circle it around leg, waist, head, figure 8 around legs 	<ul style="list-style-type: none"> -Finger tips -Watch the ball the entire time -Don't give teammate the ball make them take it.
<p><u>Activity 2</u> BOWLING GATE PASSING (10-15min) Set up various 1-2 yard gates around a grid. Partners have one ball and bowl the ball between the gates to other partner. Then move to another gate</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Receiving technique -Bowling technique -Movement -"Bank" <p>Progression:</p> <p>Bowl with weak hand</p>	<ul style="list-style-type: none"> -Get feet and body behind ball. Stay off knees. Don't spread feet. -Bring the ball to the "Bank" (ball at chest with arms at either side of ball going vertical, hands at top and elbows toward ground) -Bend knees and get low to bowl the ball. Try not to have it bounce <p>Discovery Question:</p> <ul style="list-style-type: none"> -Why is bowling a good way to distribute the ball -Why do we bring the ball to the "bank?"
<p><u>Activity 3</u> 4 GOAL & 4 GOALKEEPERS (15-20min) Set up 4 goals about 20 yards apart from each other. Keeper in each goal. Keeper tries to bowl ball into any of the other 3 goals. Keeper makes save and tries to bowl into any of the goals. Play to a certain number of points.</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Bowling technique -Low ball technique -Angle play and movement -Proper stance <p>Progression</p> <ul style="list-style-type: none"> -Balls can be thrown in the air 	<ul style="list-style-type: none"> -Always protect near post -Stay off the line -Stance: legs shoulder width apart, legs bent, leaning forward, hands and arms like playing piano <p>Discovery Question:</p> <ul style="list-style-type: none"> -Why is it important to protect the near post -After a save did you bowl the ball quickly or wait? Why?
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p><small>© Copyright www.academysoccercoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER:</p> <p>How are you teaching the kids to handle tough situations? Talk with them about expectations when they loose, when they win.</p> <p>HOMEWORK:</p> <p>Do any of the ball nastics</p>



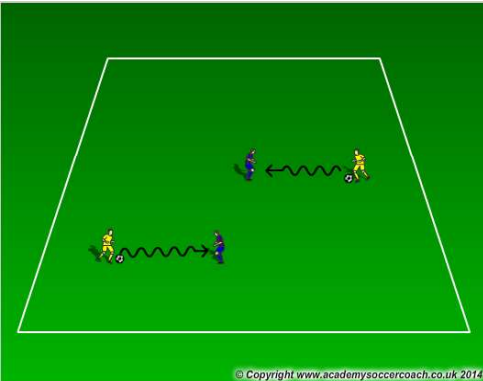
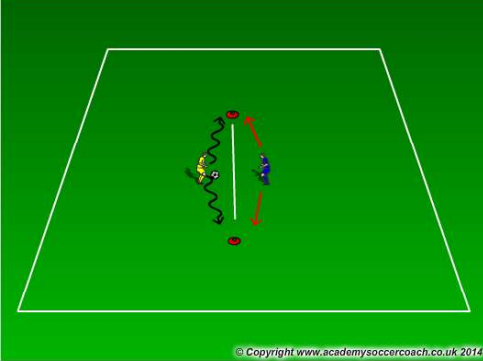
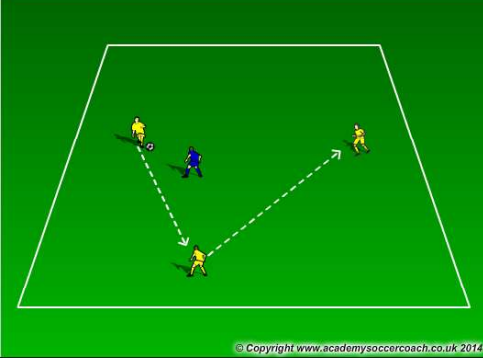

South East Soccer Club



Lesson Plan Form

Coach: Session date: Team/Age: U10s

Theme: Session 7: Defending

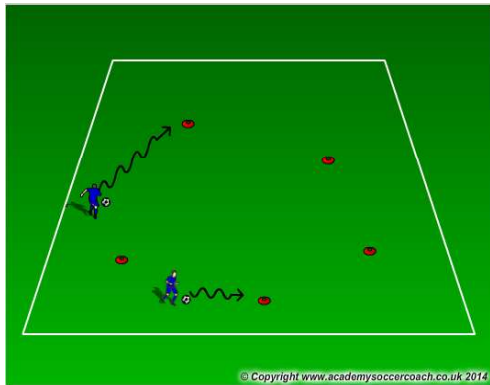
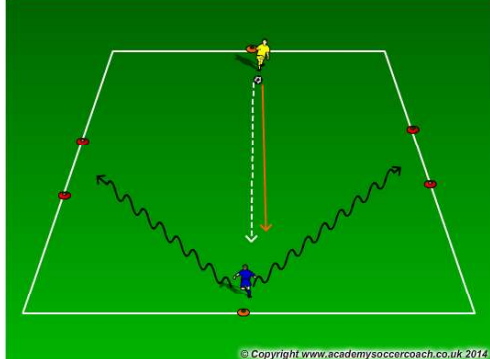
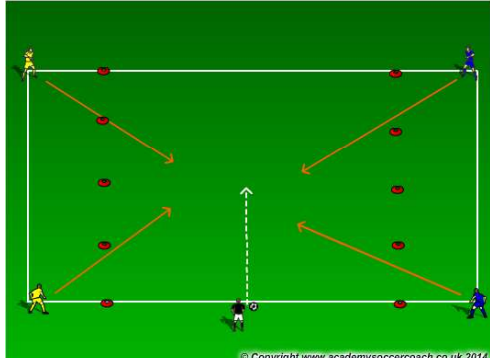

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> 1V1 BASIC DEFENDING (10-15min) Start with all kids dribbling in a grid. Then teach them proper stance for defending. Then have half kids with ball and half defend. Dribblers dribble and defenders just work on stance and staying in front of ball</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>-Stance -1st principle of defense: Pressure on the ball.</p> <p>Progression: -Start with dribblers only walking. Then increase to light jog -On command say "switch." Defenders must find new dribbler to defend against.</p>	<p>-Stance: feet shoulder width apart, on toes, knees bent, 1 foot slightly in front of other, hands out for balance. -Keep about 1 yrd away -Eyes on ball not on dribbler</p> <p>Discovery Question: -Why do you need to keep your eyes on the ball and not the player? -Why do you need to keep on your toes? -When would you try and win the ball?</p>
<p><u>Activity 2</u> CONE KNOCK OVER (10-15min) 2 players face each other with 2 cones about 15-20 yds apart. 1 player w/ ball tries to fake out other player and knock over cone. Each player starts on their own side of the line.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>-Focus on ball -Stance -Reaction</p> <p>Progression: -Defender can only cross line to defend cone once they are within 2 yard. -Attacker can change direction and go toward other cone</p>	<p>-Keep on your toes and feet moving -Move to get in front of attacker before crossing line -Win the ball when it's off the attackers foot</p> <p>Discovery Question: -What did you do as an attacker to try and fake out the defender?</p>
<p><u>Activity 3</u> 3v1 KEEP AWAY (15-20min) 3 Players in a grid pass to one another and keep it away from a 4th player who is the defender. If the 4th player kicks it out of the grid they changes places with the player who last touched the ball</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>-Pressure ball -"D's" of defending: Close attacker down, slow down attacker, get down, stay down -Decision making</p> <p>Progression: -Play 2v1 if defender is having trouble</p>	<p>-Push defender to one side or another -Cut off option -Quick movement when ball is passed -Close space when ball is off attackers foot.</p> <p>Discovery Question: -When did you slow down the attacker vs close them down? -How did you take away options?</p>
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<p>- Have fun - Point out any of the above objectives to kids as they are playing</p>	<p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: Are you presenting kids with problems to solve or answers to remember. Soccer is a problem solving game.</p> <p>HOMEWORK: Try dribbling only backwards with the ball</p>



Lesson Plan Form

Coach: Session date: Team/Age: U10s

Theme: Session 8: 1v1

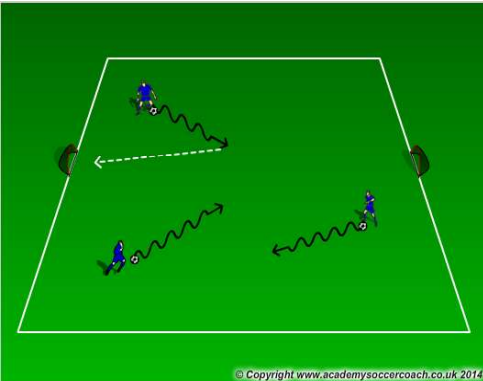
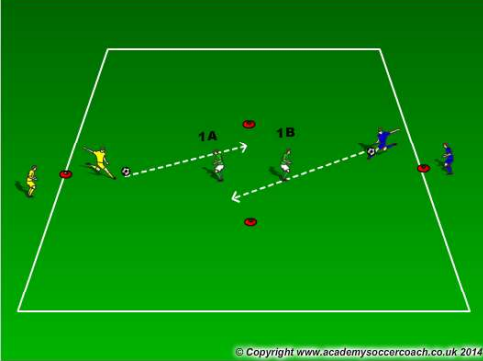
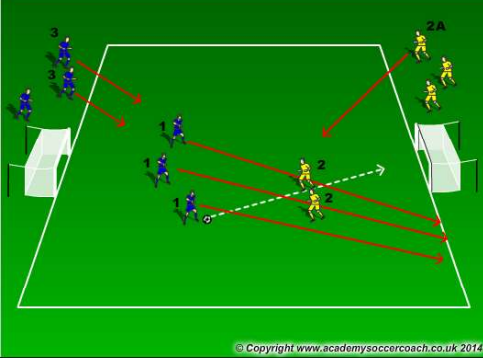

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> CONE DRIBBLE (10-15min) Put cones randomly in the grid. Kids dribble around and have them execute a move as they get close to a cone.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Review of moves -Creativity -Ball control <p>Progression:</p> <ul style="list-style-type: none"> -When you say "down" kids need to sit down and get back up quickly then execute a move (say "jump" and do the same) -Specify type of move or type of dribble. -Tell them to do something creative when going to each cone (anything is acceptable--this is how new moves and creativity is developed) 	<ul style="list-style-type: none"> -Scissors, cutbacks, change speed, feint -Use all parts of the foot -"Sell" the move by using head, shoulders and body. <p>Discovery Question:</p> <ul style="list-style-type: none"> -What is the hardest move for you to do? Easiest?
<p><u>Activity 2</u> 1v1 TO LATERAL GOALS (10-15min) Grid with two goals on sides. Players at their end-line and one side has balls. Player passes to opposite side player who has to run through gate to get ball. Players then play 1v1 and they can attack either goal. Switch lines after ball goes out of grid</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Use of various moves -Keeping ball close -Decision making <p>Progression</p> <ul style="list-style-type: none"> -Attacker must dribble through goal -Attacker can play ball back to next teammate who can't dribble but can play ball in a give and go fashion 	<ul style="list-style-type: none"> -Keep attacking -Change of speed and "selling" of move -Changing direction and attacking other goal <p>Discovery Question:</p> <ul style="list-style-type: none"> -What move worked well? -How did you decide what goal to go toward?
<p><u>Activity 3</u> 4 CORNERS TO ENDZONE: (15-20min) 20x25 grid with end zones players of the same team are placed by the corner cones of the End Zone they are defending. Game starts when coach serves ball into the field. 1st player at each cone comes out and teams try and get ball into other endzone.</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> -Decision making: When to pass when to dribble -Player without ball's roll -Technique <p>Progression:</p> <ul style="list-style-type: none"> -2v1 if 2v2 is difficult -Defenders need to walk -Defenders get in crab position -Time limit (give them 10 seconds) 	<ul style="list-style-type: none"> Use outside of foot when dribbling for speed -Be creative, take chances -Keep wide -Head up, ball close <p>Discovery Question:</p> <ul style="list-style-type: none"> -When you didn't have the ball how did you help the person with the ball?
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p><small>© Copyright www.academyfootballcoach.co.uk 2014</small></p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER:</p> <p>Are you reacting appropriately to bad calls during the game? What are your expectation of the kids when there is a bad call? Most of the refs are youths or teens and are still on a learning curve. They need to be supported and encouraged even if they made a mistake or blew a call.</p> <p>HOMEWORK: Cutbacks and scissors</p>



Lesson Plan Form

Coach: Session date: Team/Age: U10s

Theme: Session 9: Shooting



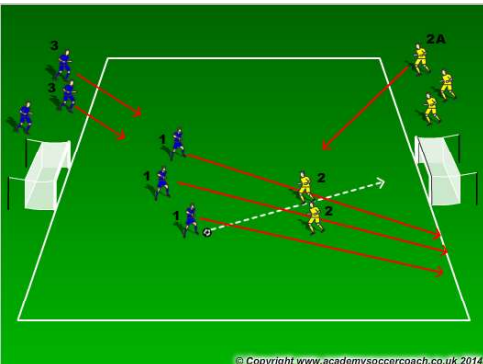

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> NUMBER SHOOTING (10-15min) Two goals (Puggs are ok) set up about 30 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player takes a shot at the nearest goal.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Technique -Ball control -Vision <p>Progression -Call more than one number</p>	<ul style="list-style-type: none"> -Body over ball -Keep head down -Strike with laces -Use both feet <p>Discovery Question -How did you keep the ball low? -What did you do to make a quick shot?</p>
<p><u>Activity 2</u> BEAT THE KEEPER (10-15min) Two cones about 6 yds apart making a goal. Players on either side of goal about 20 yards away. Players take one touch and shoot through goal. Follow shot and go to other line.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Power vs Accuracy -Shooting toward corners -Follow shot for rebounds <p>Progression: -After shooting player becomes keeper and faces shot from other side. Then that shooter switches out and keeper goes to end of line -Shooter stands with legs apart and person behind them passes ball through the shooter's legs. Shooter must one touch on goal</p>	<ul style="list-style-type: none"> -Keep shots on goal: first priority -Keep knee and shoulders over ball -Look for rebounds, follow shot -Technique first power will come second <p>Discovery Question: -What do you do different when shooting for power vs shooting for accuracy? -When would you shoot for power? Accuracy?</p>
<p><u>Activity 3</u> 3v2 SHORT FIELD (15-20min) 2 goals about 30 yards apart. Kids equally behind both goals. One side starts with ball and 3 players attacking other side has 2 defenders. Once ball is shot or cleared 3 attackers go off. 2 defenders become attackers with the addition of 1 attacker 2 new defenders come out</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Quick shooting -Shots on goal -Power vs Accuracy <p>Progression: -Can start 2v1 for more shooting</p>	<ul style="list-style-type: none"> -Take the shot when it is open -Use appropriate foot -Shots on goal first priority -Attackers always ready for rebound <p>Discovery Question -When did you choose accuracy over power? -What made a good shot?</p>
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: You have been successful if the kids enjoy soccer more at the end of the season than at the beginning.</p> <p>HOMEWORK: Sit on the ground and try juggling with your feet while remaining seated.</p>



Lesson Plan Form

Coach: Session date: Team/Age:

Theme:

Stage	Organization (Diagram+Rules)	Objectives	Key Coaching Points
<p><u>Activity 1</u> MOVING GOAL (10-15min) Coaches or coach and player hold a penny between them and form a goal and jog. Players dribble ball in grid. When goal stops players shoot at goal and then run to other side and recover. They continue to dribble. Coaches jog again and then stop.</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Movement -Technique -Ball control 	<ul style="list-style-type: none"> -Keep head up looking for chance to score -Accuracy -Keep shots low -Use appropriate foot <p>Discovery Question</p> <ul style="list-style-type: none"> -What did you have to do when dribbling? -What did you have to be aware of when shooting?
<p><u>Activity 2</u> MOVING BALL SHOOTING (10-15min) Two lines near the top of the 18. Coach in goal with all balls. Coach serves ball on ground to one line. First person run through a gate and shoot on goal. Serve other line before shot is taken by first line (rapid service)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Proper technique -Appropriate foot -Timing of run <p>Progression:</p> <ul style="list-style-type: none"> -Move gate to create different shooting angles. -Put cones near posts and kids try and hit cones -Limit to one touch -Serve bouncing balls 	<ul style="list-style-type: none"> -Keep foot up and hit center of ball -Pick your spot on goal then focus on the ball -Follow shot -Use both instep and inside depending upon position and pace of ball <p>Discovery Question</p> <ul style="list-style-type: none"> -When did you need to use the inside of your foot? -How did you approach the ball to keep it low?
<p><u>Activity 3</u> 3v2 SHORT FIELD(15-20min) 2 goals about 30 yards apart. Kids equally behind both goals. One side starts with ball and 3 players attacking other side has 2 defenders. Once ball is shot or cleared 3 attackers go off. 2 defenders become attackers with the addition of 1 attacker 2 new defenders come out</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> -Quick shooting -Shots on goal -Power vs Accuracy <p>Progression:</p> <ul style="list-style-type: none"> -Can start 2v1 for more shooting 	<ul style="list-style-type: none"> -Take the shot when it is open -Use appropriate foot -Shots on goal first priority -Attackers always ready for rebound <p>Discovery Question</p> <ul style="list-style-type: none"> -When did you choose accuracy over power? -What made a good shot?
<p><u>Final Game</u> 7v7 with goalkeeper. (20-25min)</p>	 <p>© Copyright www.academyfootballcoach.co.uk 2014</p>	<ul style="list-style-type: none"> - Have fun - Point out any of the above objectives to kids as they are playing 	<ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: 80% of nation team players played multiple sports through high school. Encourage your kids to do the same.</p> <p>HOMEWORK: Create a goal or use an object to shoot into. 20 times each foot</p>