



# **Royal Oak Football Club Recreational Program Development**

**Purpose: To give coaches a framework to develop youth players in accordance with the ROFC Style of play.**

# Session Guidelines:

Players should be encouraged to play and get as many reps as possible. Be conscious that every time we stop the game or are transitioning to a new topic we are preventing reps and game time. Be sure that coaching is clear and concise, and allow the game to be the teacher, with the coach being a reinforcer of good habits.

## **Anatomy of a Session:**

**1. Start with one of the activities from the 'Warm up - Play' section. These should be laid out prior to training so player instinctively start to come to practice and lead their own game environment. These games allow for fun and creative games and enhance leadership skills. 10 to 15 Minutes**

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**2. Secondly add one of the activities from the 'Warm up - Technical' section. These activities are designed to maximize reps and create a quality environment for a coach to intervene if needed. 15 to 25 Minutes**

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**3. Choose one of the sessions listed in section 3. Be aware they are listed in a way that allows the topics to flow from the beginning of the season to the end of the season, instead of jumping from topic to topic. 15-25 minutes**

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**4. End with a game of soccer in which the players are allowed to play freely. A coach might coach the topic of the session in the flow of the game, but stopping the game should be limited. 15-25 minutes**



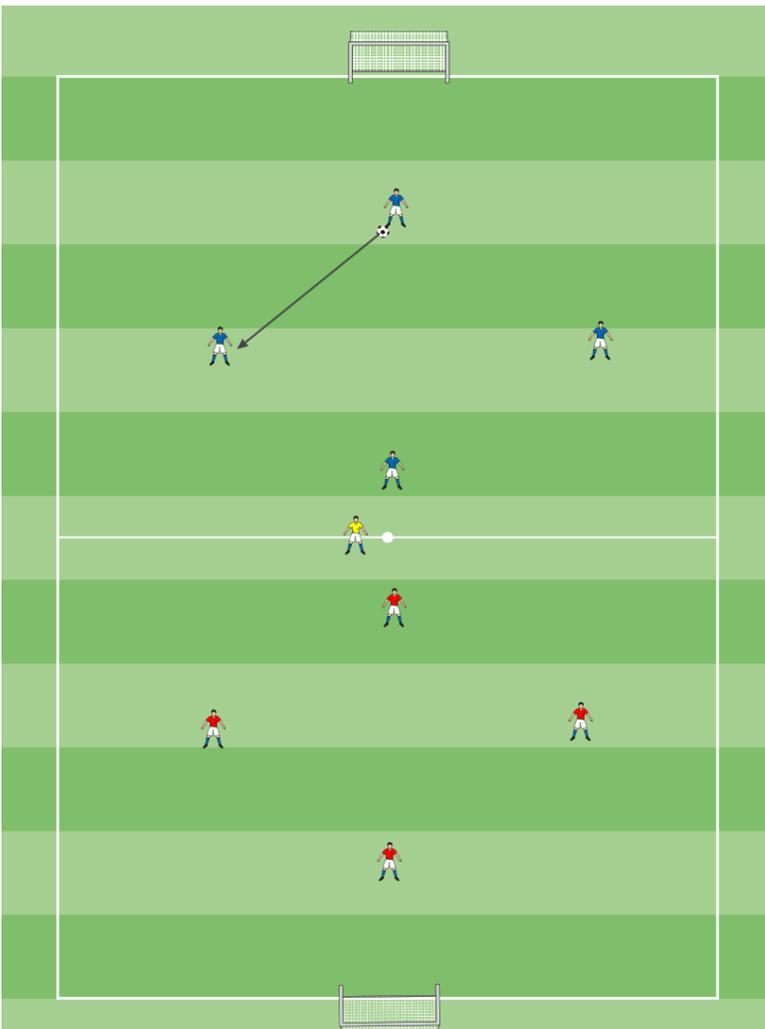
# **Royal Oak Football Club**

## **Section 1**

**Warm Up - Play**

# 1. Warm Up - Play

**When Players arrive at training encourage them to start playing a game on their own as soon as they arrive. As your training sessions progress you will find that players will come to practice excited to play. This also gives players a chance to formulate their own games and encourages leadership and creativity.**



## Simple 4v4 Game

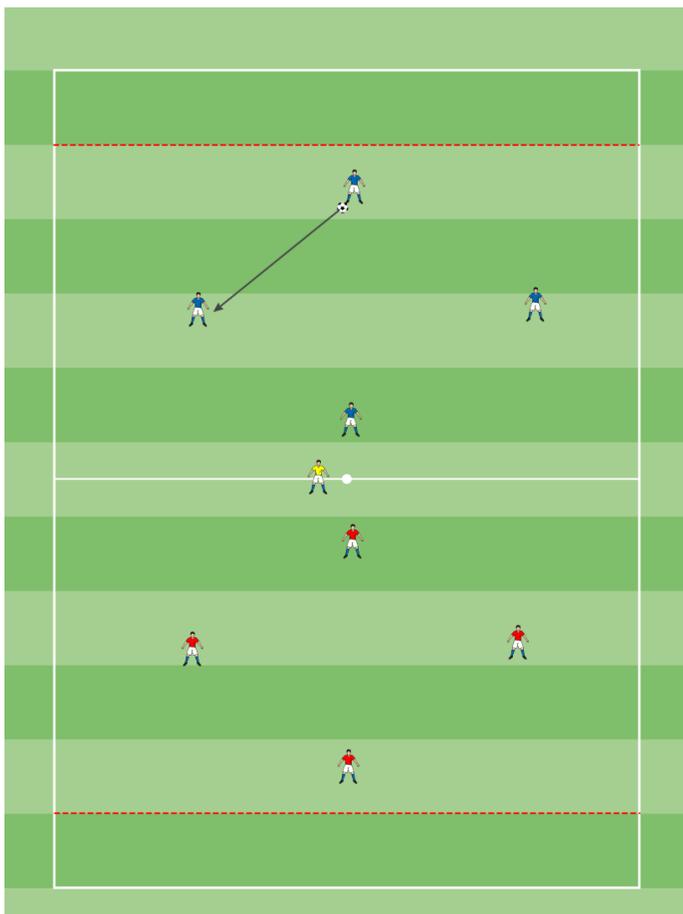
Objective: To allow free play and creativity, and encourage players to take risks and learn in an open environment.

Layout: Set up a small field and lay out different colored vests on the ground prior to practice. Allow the players to set up their own game, create their own teams, and enjoy playing.

\*Add neutral players if needed

### Purpose:

1. Players take initiative in setting up the game and learn valuable leadership skills
2. Players will naturally be organized and ready to begin training, instead of standing and waiting for a coach
3. Players will enjoy coming to practice because they like playing the game and being with their friends
4. Encourage players to keep score, but ensure the environment is one that encourage creativity and fun.



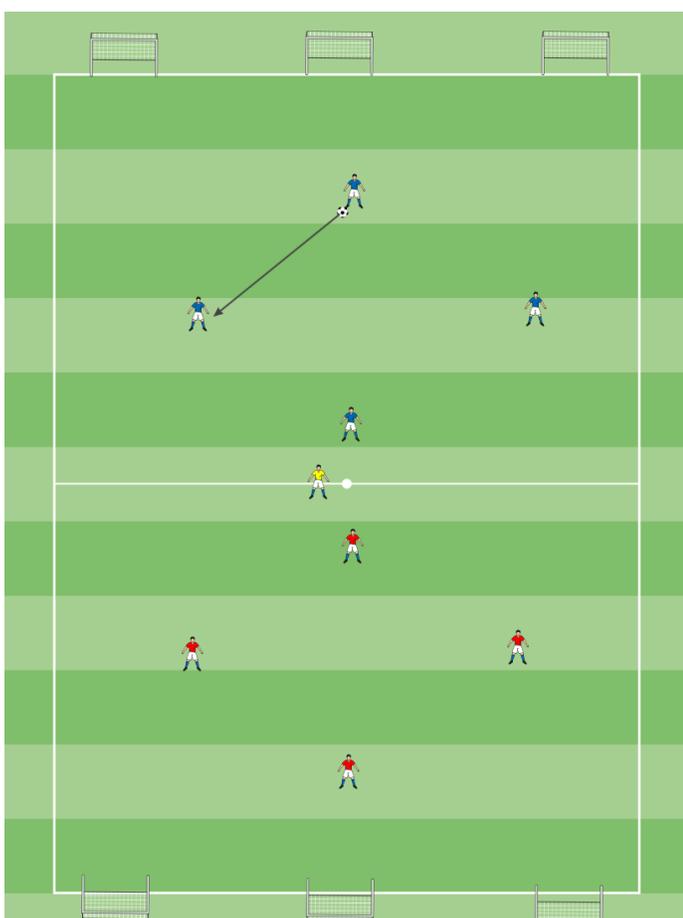
### Simple 4v4 Game to End-zones

**Objective:** To allow free play and creativity, and encourage players to take risks and learn in an open environment.

**Layout:** Players must get to the end-zone to score a point

**Variations:**

1. Players must dribble into the end zone under control.
2. Players must pass into the end zone to score a point.
3. Place two target players in the end zone so that players can play a target for a point, and keep possession in order to go the other way to score another point.
4. You can only pass backwards - to go forwards you must dribble
5. Each player must take 2 or 3 touches prior to getting rid of the ball.



### Simple 4v4 Game to 3 Goals

**Objective:** To allow free play and creativity, and encourage players to take risks and learn in an open environment.

**Layout:** Players must find different ways to score goals, and are encourage to find a solution to solve the problems

**Variations:**

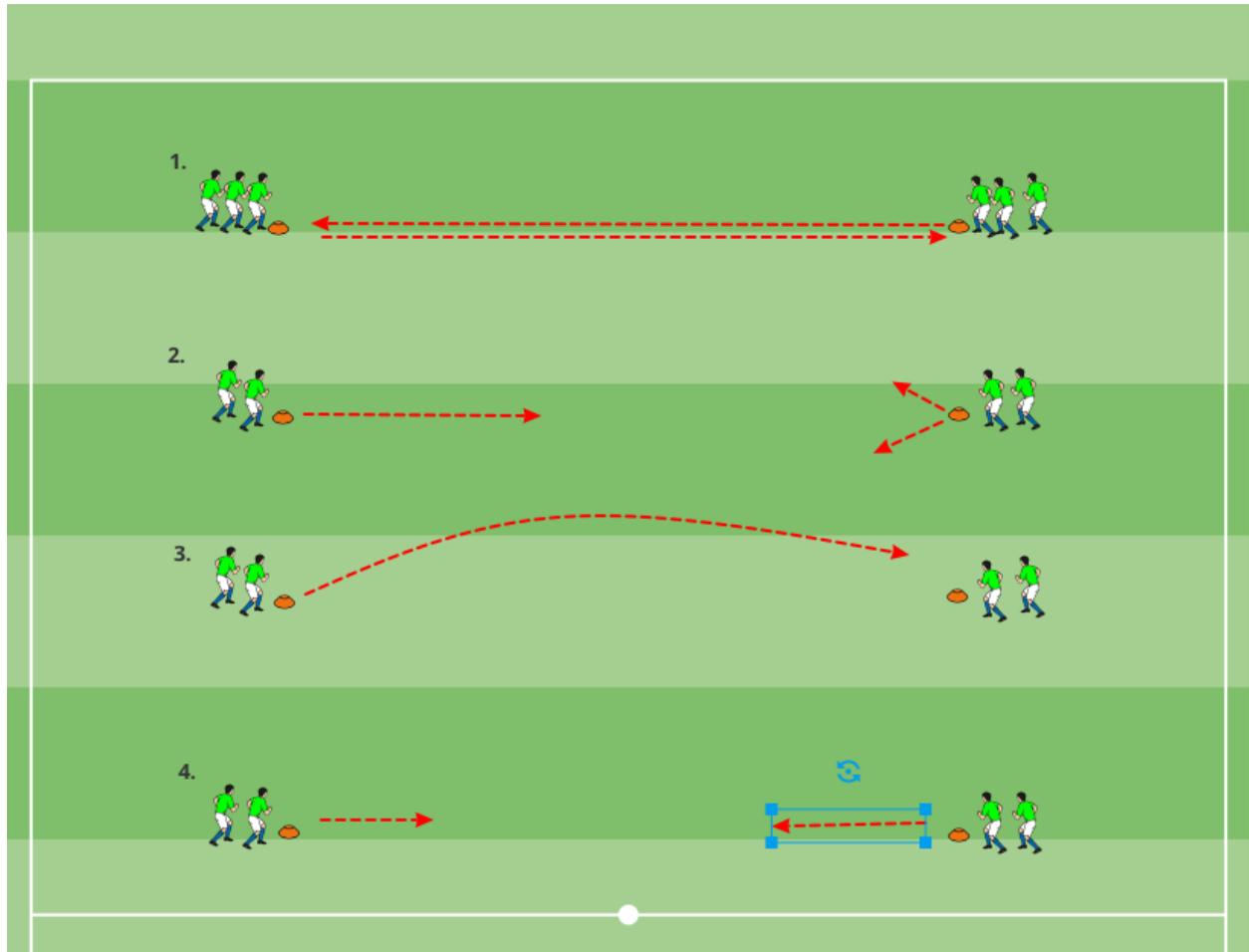
1. Players must dribble through the goals. (use cones for goals)
2. Players can only score from their attacking half of the field
3. All players on the attacking team must be in the attacking half before they are allowed to score a goal



# Royal Oak Football Club Section 2

## Warm Up - Technical

## 2. Warm Up - Technical



Warm up - Technical.

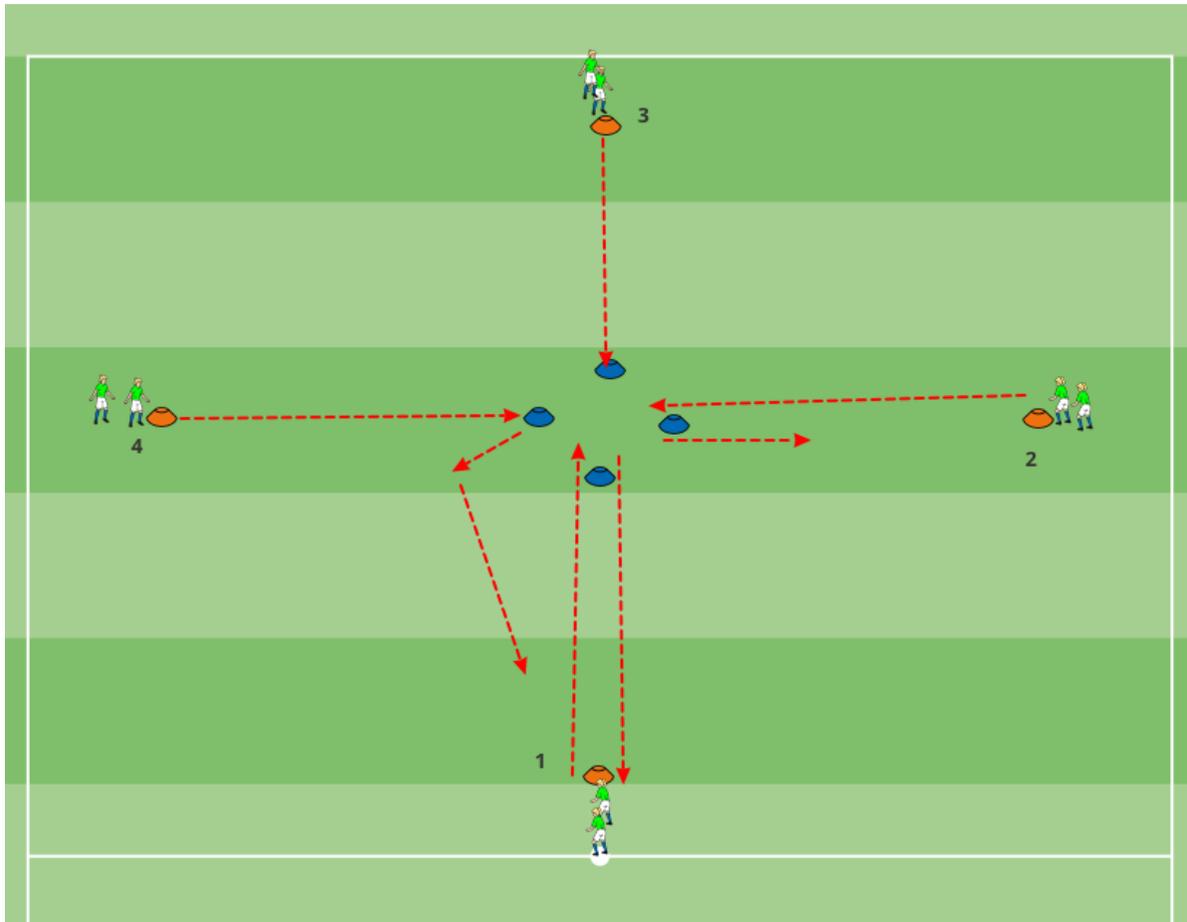
Dribbling and Receiving

Purpose: To provide players with as many reps as possible with a technical focus and maximize the effectiveness of the coach for all players. These are intended to be options, and you can pick one or all of them to work on the technical skills as related to your training goal.

Variations:

1. 1 ball between the two lines - Simply dribble to the far line and give them the ball, then go to the end of the line.
2. Dribble half way and pass to the next line - Be aware of how we pass when on the move, and also the first touch must go somewhere when receiving
3. Throw in from one line, the other must receive a bouncing ball or a ball in the air and dribble back to the other line.
4. A ball starts in each line, dribble to the middle and make a move and continue to the next line. You may also advance to 1v1 shadow defending. One line will be encouraged to dribble at the other player who will defend as a normal 1v1. Encourage the defender to simply shadow the attacker and force them one way instead of stealing the ball. Then let them continue to the next line.

# Warm Up - Technical



Warm up - Technical.

Turning

Purpose: To provide players with as many reps as possible with a technical focus and maximize the effectiveness of the coach for all players. Each number is intended to be worked on one at a time with the whole group (ie. Every cone should do #1 at the same time). Each line should have a ball.

Variations:

1. Dribble to the cone where players must turn around the cone and dribble back. Work on turning with the inside and outside of each foot as well as dribbling.
2. Dribble to the cone where players must turn around the cone and pass back to the line. This will make sure players get their head up and pass accurately after turning
3. Players will dribble straight at the cone, this time they will not go around the cone, but execute a turn to get away from the opponent (cone). Advise the players to complete a 'pullback' or a 'Cruyff' Turn. Pay attention to the players keeping their head up before executing the turn.
4. Players will dribble to the cone and cut away from the opponent (cone) and then proceed to dribble to their right (or left). All lines must work in unison to make sure the activity runs smoothly. Focus on turning and keeping the ball safely away from the opponent.

Example: <https://www.youtube.com/watch?v=TLxTzkezKCI>

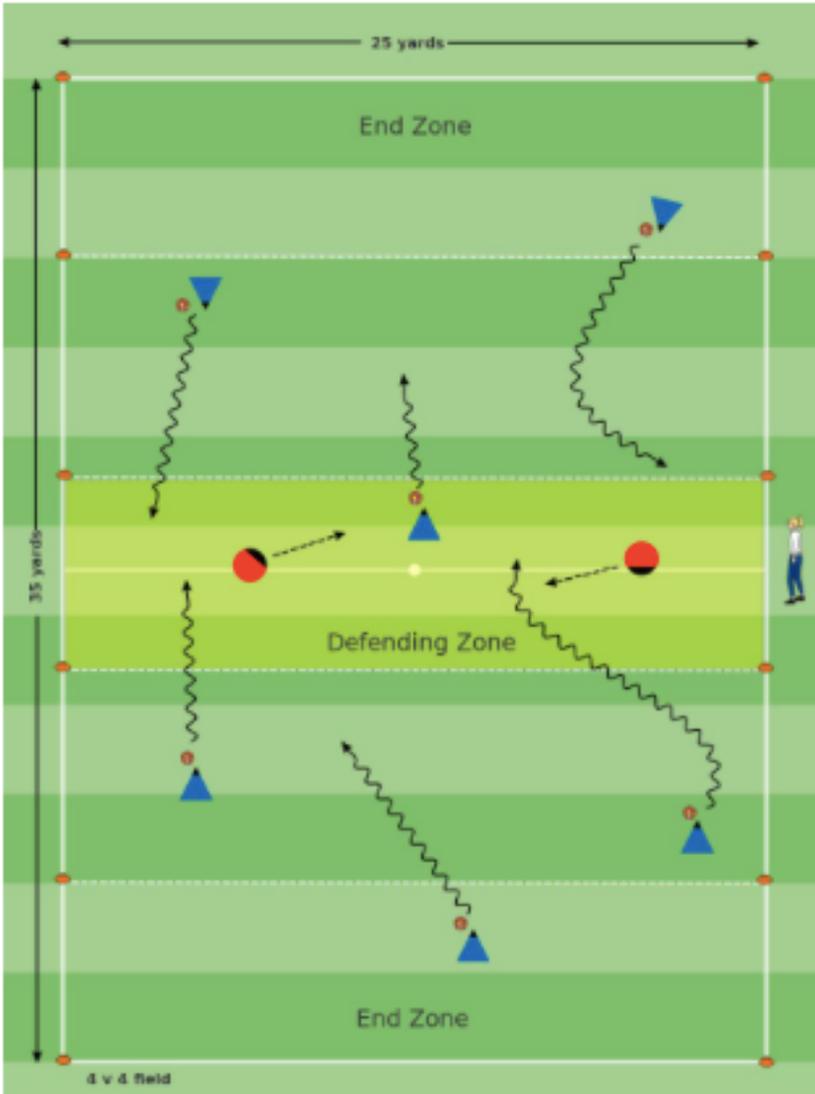


# **Royal Oak Football Club**

## **Section 3**

### **Sessions**

# 1. Session - Dribbling



## Sharks and Minnows

**Set Up:** Each player starts with a ball in the end zone, with one shark in the middle 'defending zone'. Players must dribble through the defending zone to the far end zone without the 'shark' (defender) kicking their ball out of bounds. If they lose their ball, they become a 'shark'. Last person to make it through is the winner.

### Objective

To dribble past opponents

### Guided Questions

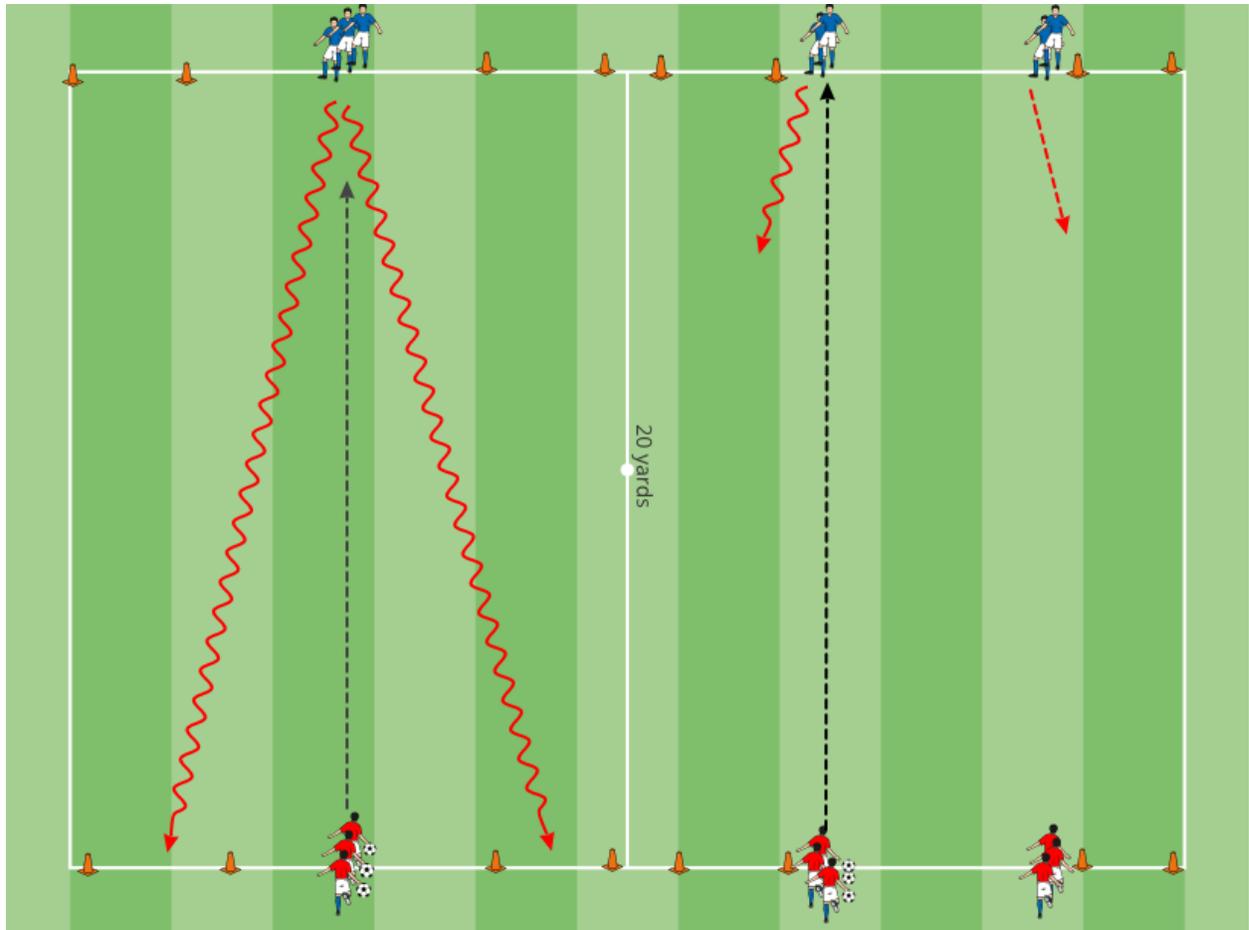
- 1) How do you keep the ball close?
- 2) How do you dribble faster?
- 3) What's the difference between dribbling forward and dribbling to the side?

Let the players answer the questions

Start to plan the answers to the guided questions:

- If I ask a player how do you dribble faster, what response am I looking for?
- If they don't know the answer what should my response be?
- What is the appropriate action?

## 2. Session - Dribbling and Passing



**Set up:** Have two lines directly across from each other, with balls in one line. There should be 2 goals on the end lines near the corners of the field. One line will pass to the other line, once they receive the ball they will go 1v1 to the opposite goals. If the defender steals the ball they may dribble through the opponents goals for a point. After 3 minutes, switch the offense and defense. Keep Score. Advance to a 2v1 or 2v2 if necessary (right side of the diagram)

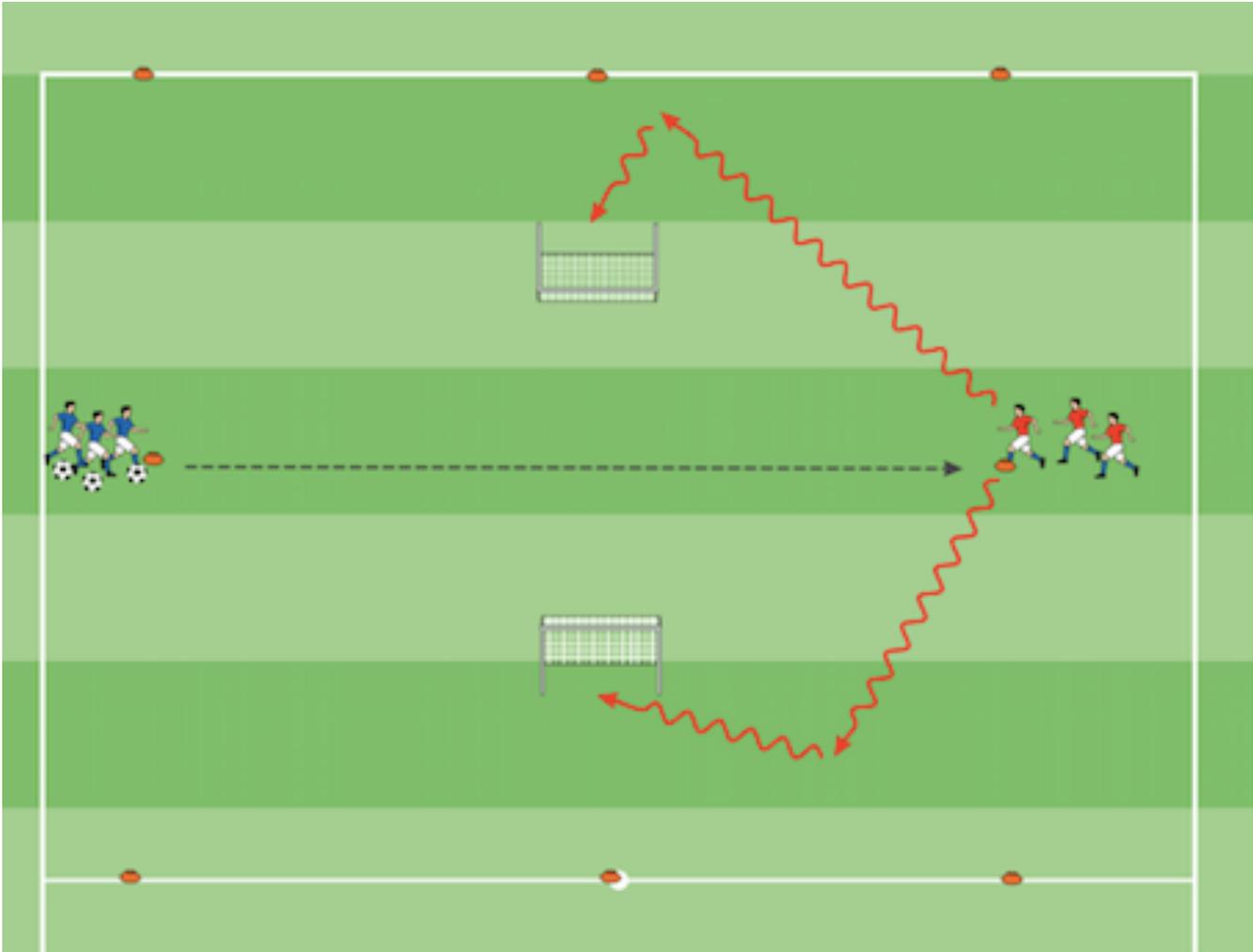
### **Objective**

To pass or dribble past opponents and create chances

### **Guided Questions**

- 1) How should the attackers position themselves in order to cover the field evenly?
- 2) What are the ball carrier's options?
- 3) When should attackers dribble?
- 4) And when should they pass?

### 3. Session - Dribbling and Turning

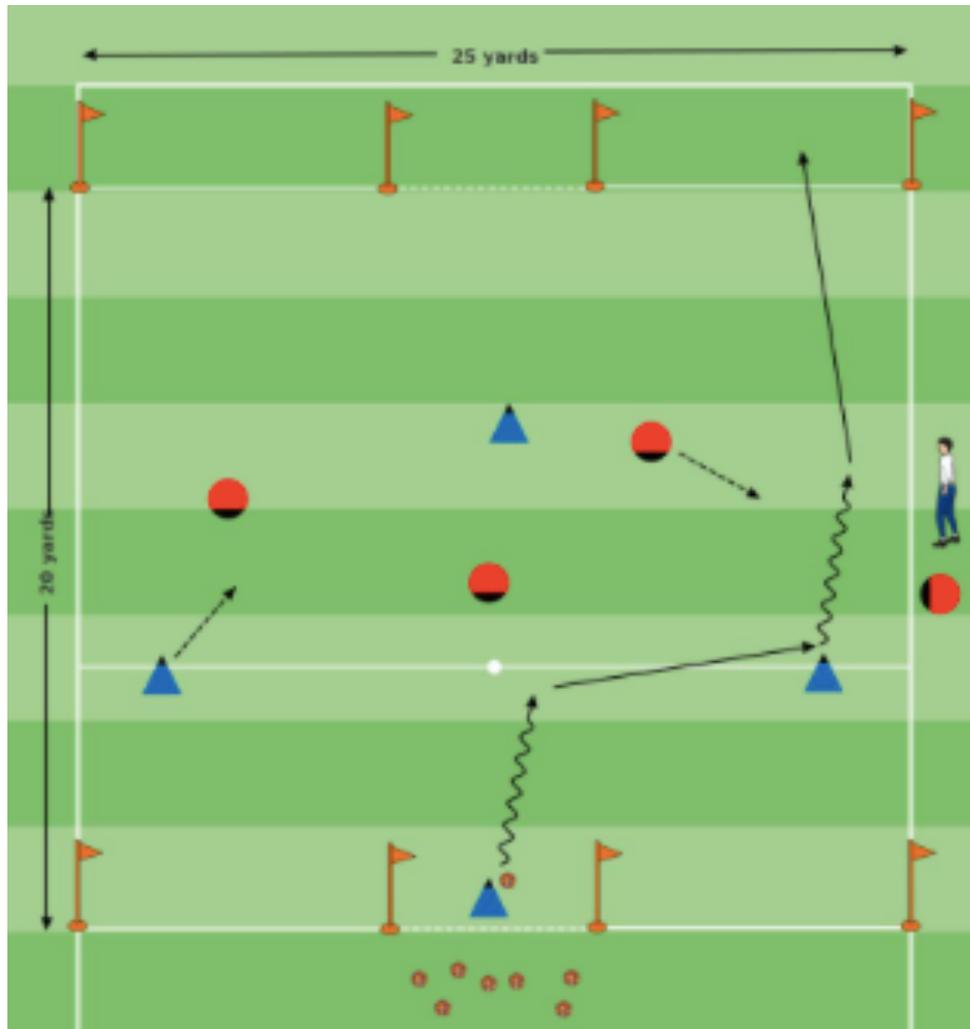


**Set up:** Start with 2 lines directly across from each other, and the balls in one line. This activity is similar to session #2 which a different goal placement. One line will pass to the other, and then it is a 1v1 to goal. Players must go around and score in the outside of the goal. Advance to a 2v1 or 2v2 if needed.

**Objective:** To dribble and use turns to score in the goal.

**Guided Questions:** 1) What are the ball carriers options? 2) What if that goal is blocked by a defender? 3) if playing with 2 attackers, how should the other attacker position themselves to be open?

## 4. When to Pass, When to Dribble



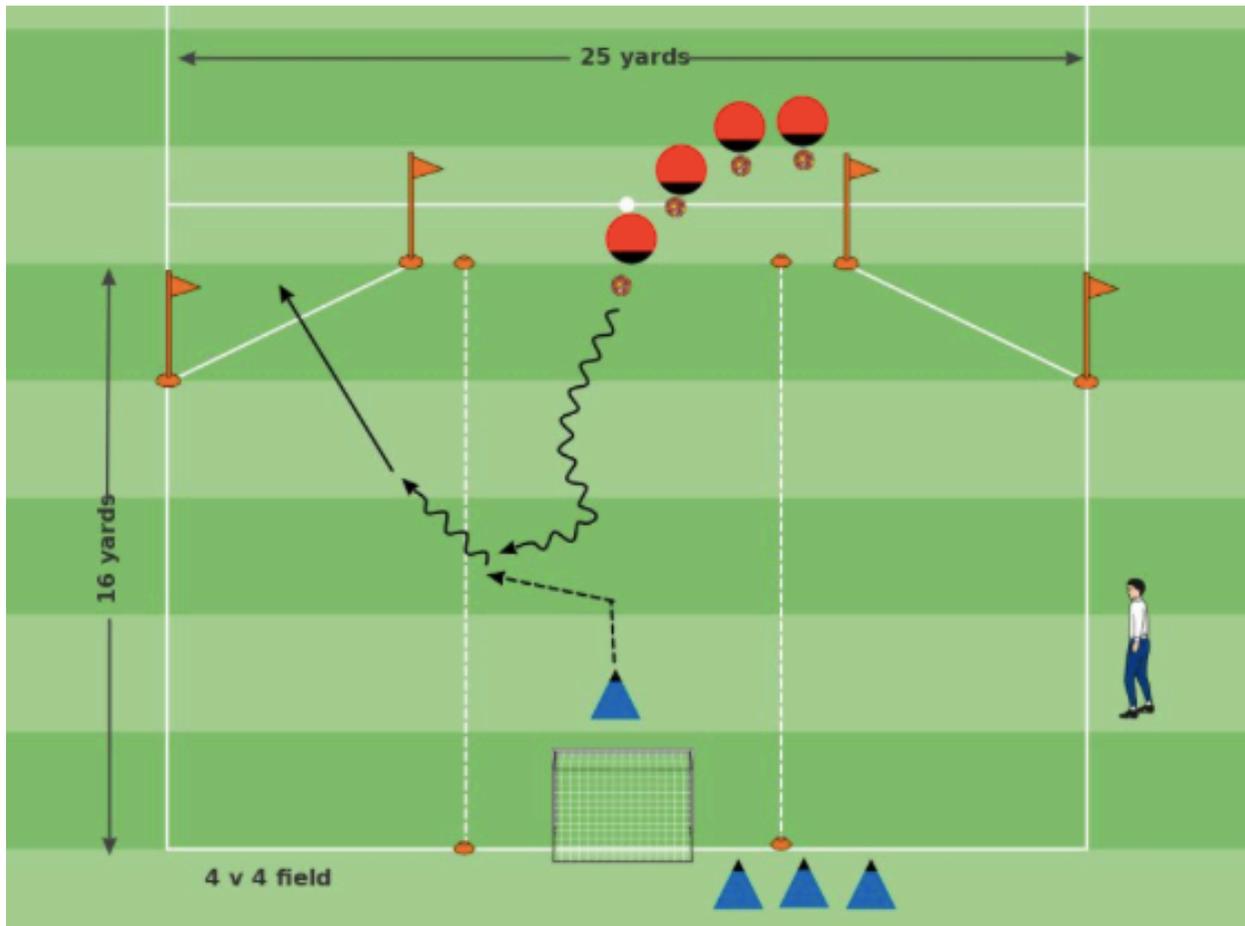
**Set up:** Mark out a 20 x 25-yard field with two goal lines on each endline. Divide players into two teams of four. Teams play 4 v 3 on two goal lines each and score by dribbling or passing past the goal line. The attackers have eight balls to attack with. If a ball goes out or a goal is scored, they start a new attack from their endline. Each defender sits out two attacks. After eight attacks, teams switch roles. Which team scores more goals?

**Objective:** To understand when to pass and when to dribble to advance forward.

### Guided Questions

1) How should the attackers position themselves in order to cover the field evenly? 2) What are the ball carrier's options? 3) When should attackers dribble? 4) And when should they pass?

## 5. Defending - 1v1



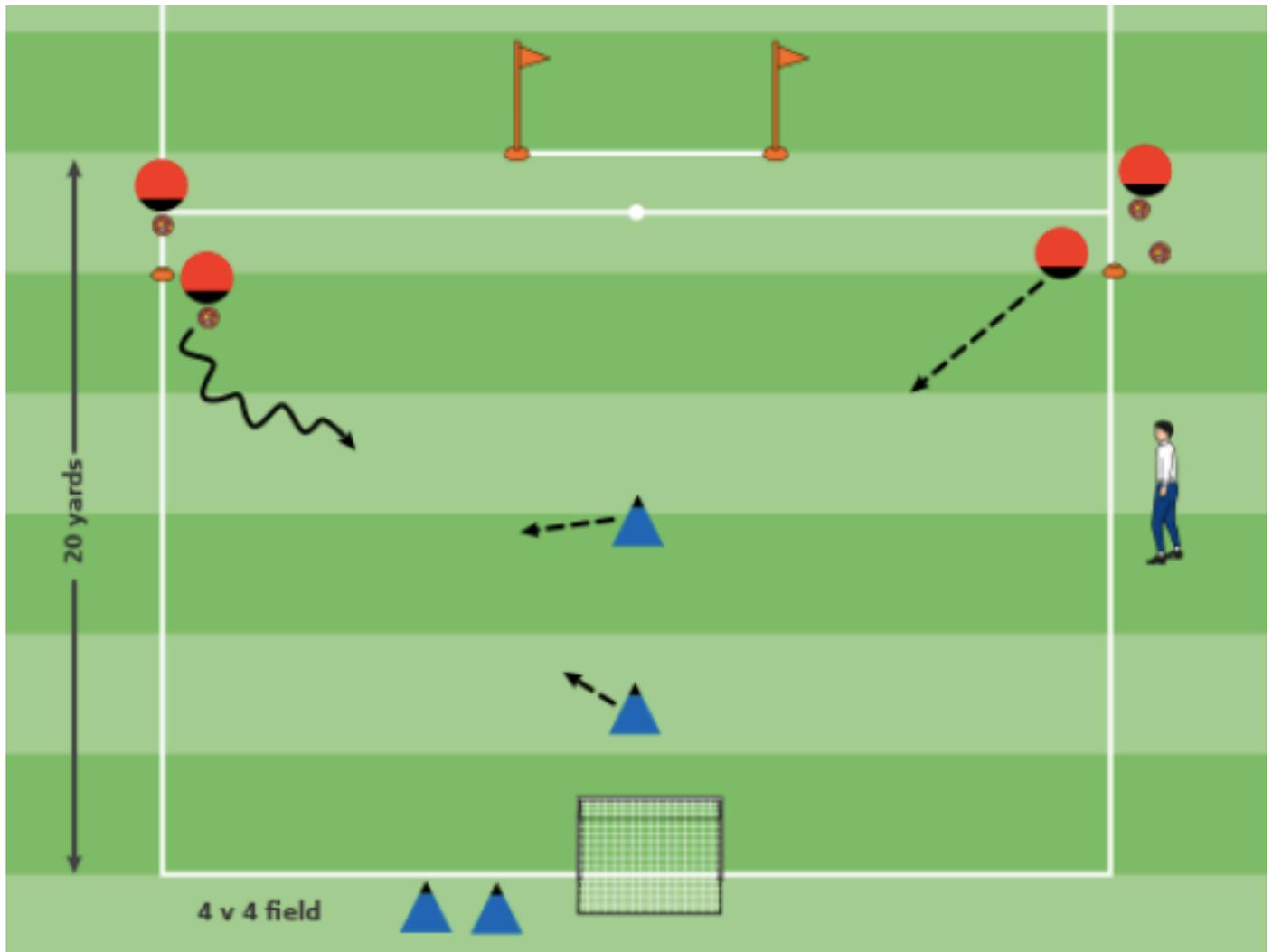
**Organization:** Mark out two diagonal goal lines 16 yards from a small goal. Assign attackers (Red) and defenders (Blue) to starting positions as shown. The first attacker runs onto the field for the 1 v 1. The defender anticipates the attacker, blocks the path to the goal and looks for a chance to steal the ball. Play continues until a goal is scored. Afterward, the next attacker starts.

**Objective:** To prevent the opponent from scoring.

### Guided Questions

1) How can you keep the attacker from scoring? 2) What's a good moment to steal the ball? 3) What should your body shape look like? 4) How should you approach the ball (speed, rounded run, shorten steps, body angle)

## 6. Defending - 2v2



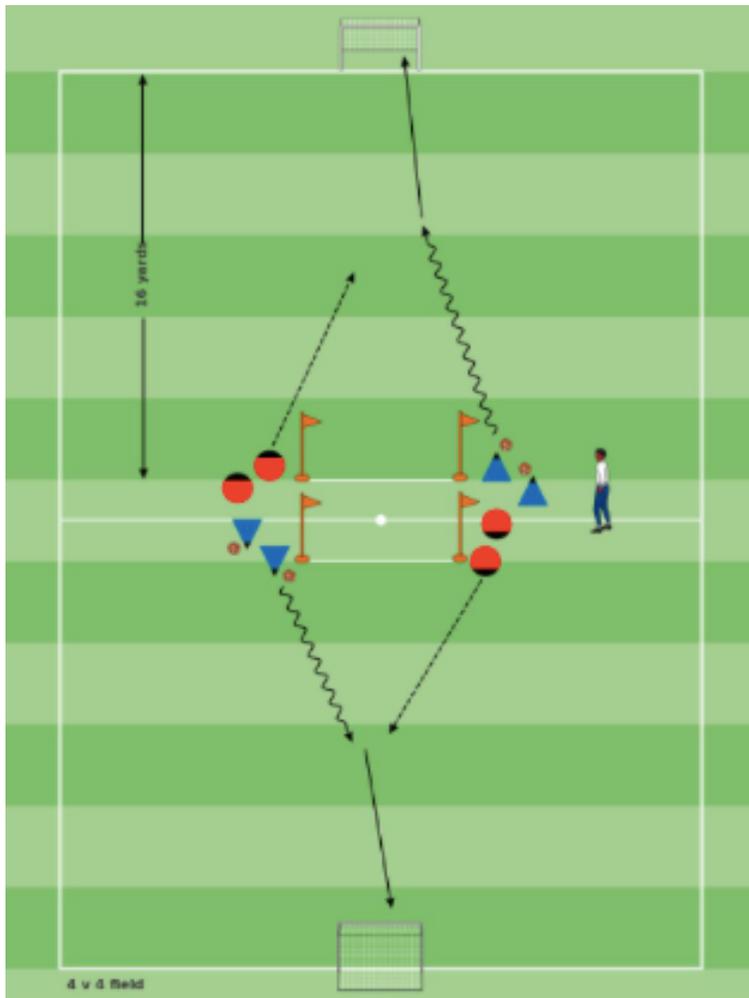
**Organization:** Set up a small goal and a goal line 20 yards apart and 25 yards wide. Assign attackers (Red) and defenders (Blue) to starting positions as shown. At the coach's signal, the attackers run onto the field to play 2 v 2. Both defenders are waiting for the attackers in front of the goal. Blue scores on the goal line. Play continues until a goal is scored. Afterward, the next group starts. Adjust the position of the 2nd defender for a more complex activity (start from behind the opponents and has to recover)

**Objective:** To prevent the opponent from scoring.

### Guided Questions

1) What's the job of the defender in front of the goal? 2) What's the job of the other defender?

# 7. Attacking - 1v1 Finishing



## Organization

Set up one small goal and one goal line about 16 yards apart. Two groups of four (attackers and defenders) start at positions behind the goal line. As soon as the first attacker starts dribbling forward, the race begins. The defender tries to win the ball and score on the goal line.

## Objective

To score goals.

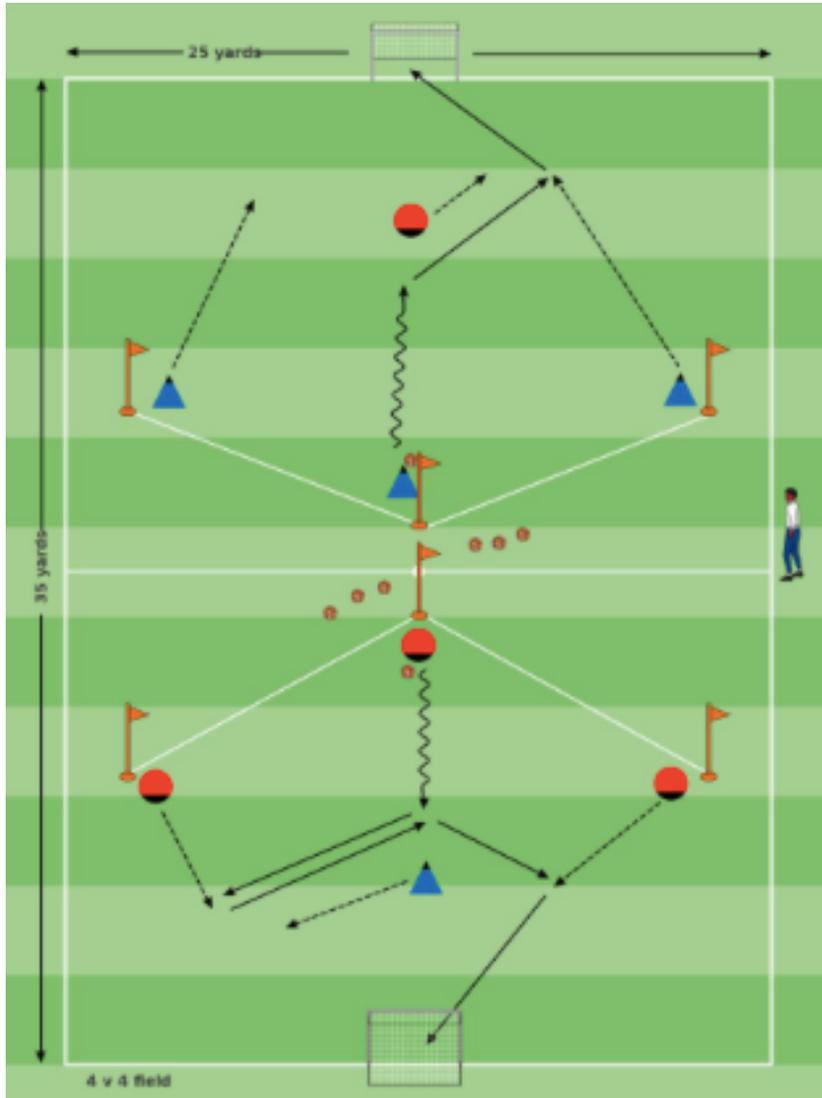
## Guided Questions

1) What should attackers do when the path to the goal is open? 2) How close to the goal do they need to get before shooting? 3) What should they do if the defender catches up to them?

Take time to think about other set up options for this activity:

- Different starting positions?
- Different defensive starting positions?
- What does this do to the first touch, timing, body position, etc?

## 8. Attacking - Finishing with Multiple Players



### Organization

Divide a regular 4 v 4 field (35 x 25 yards) into two fields, each with one mini goal and two diagonal goal lines. Divide players into two groups of four. Choose one defender from each group. Teams play 3 v 1. Each attack begins with the attackers at their starting positions. The defenders counterattack on the goal lines. Each team gets four balls/attacks. Which team scores more goals? Afterward, choose new defenders.

### Objective

To create chances and score goals.

### Guided Questions

1) How can the attackers make the most of their advantage? 2) When should you shoot? 3) When should you pass?

How can we encourage players to associate this with the bigger game?

- What position would you be in the game?
- Timing of runs?
- When would you do this in the game?

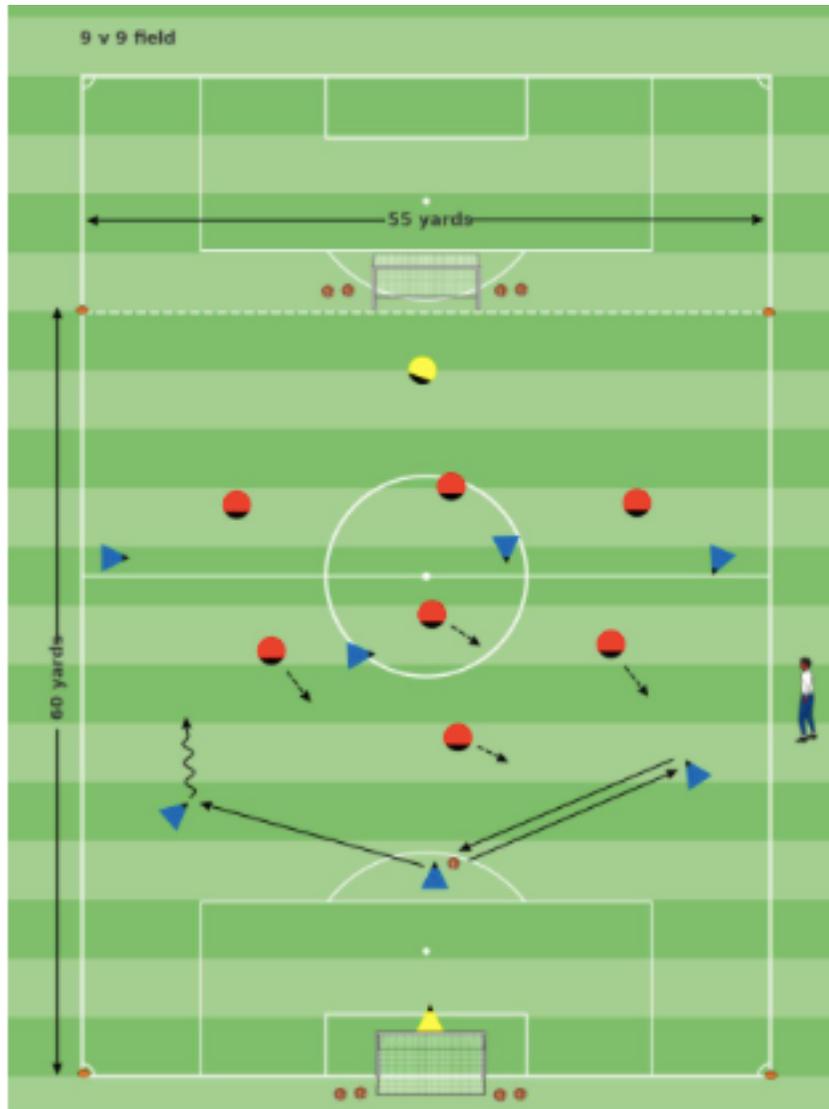


# **Royal Oak Football Club**

## **Section 4**

### **Final Game**

# 1. Play the Game!



**Objective:** To let the players play the game, but also to allow the coach to see what skills have been picked up and what still need to be worked on next session. Let the game flow naturally but highlight points from the session.

**Organization:** Make sure that the field dimensions are appropriate for the game. Can you put the players in a formation that will bring out your topic of the day?

## Guided Questions

**Make sure to come up with your own guided questions from the session. (Ex.)**

- 1) How do you create the space you need to build a solid attack?
- 2) How do you take advantage of a 2 v 1 when you've got the ball?
- 3) What should your teammate do?
- 4) How should players receive the ball?

Topic:

# Royal Oak FC

## Session Plan

1.

Activity Organization:

Technical Focus:

Guided Questions and Answers:

2.

Activity Organization:

Technical Focus:

Guided Questions and Answers:

3.

Activity Organization:

Technical Focus:

Guided Questions and Answers:

4.

Activity Organization:

Technical Focus:

Guided Questions and Answers: