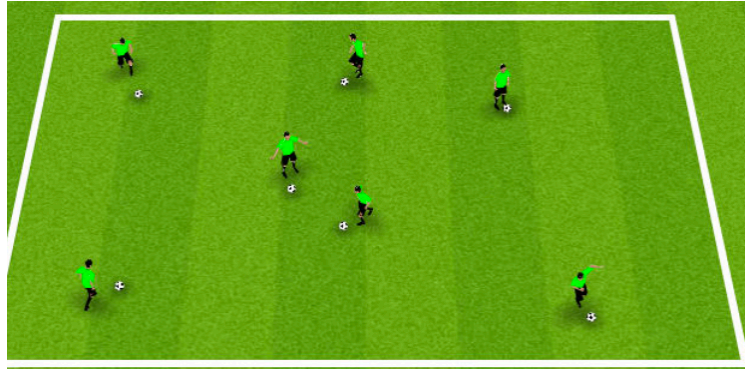




Week 1



### Making Friends with the ball

#### Setup

Within your area; every player has a ball

#### Instructions

You can call out a number of commands; jump, hop, down, etc and players try to complete the instructions  
You can also adopt "Red Light / Green Light" type activities with them

# Week 1: Sept 22<sup>nd</sup> & 24<sup>th</sup>

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Welcome Activity



## Bermuda Triangle

### Setup

In your area; setup 2 triangles just opposite the middle of one another  
Split your group up into 2 groups (one group at each starting cone)

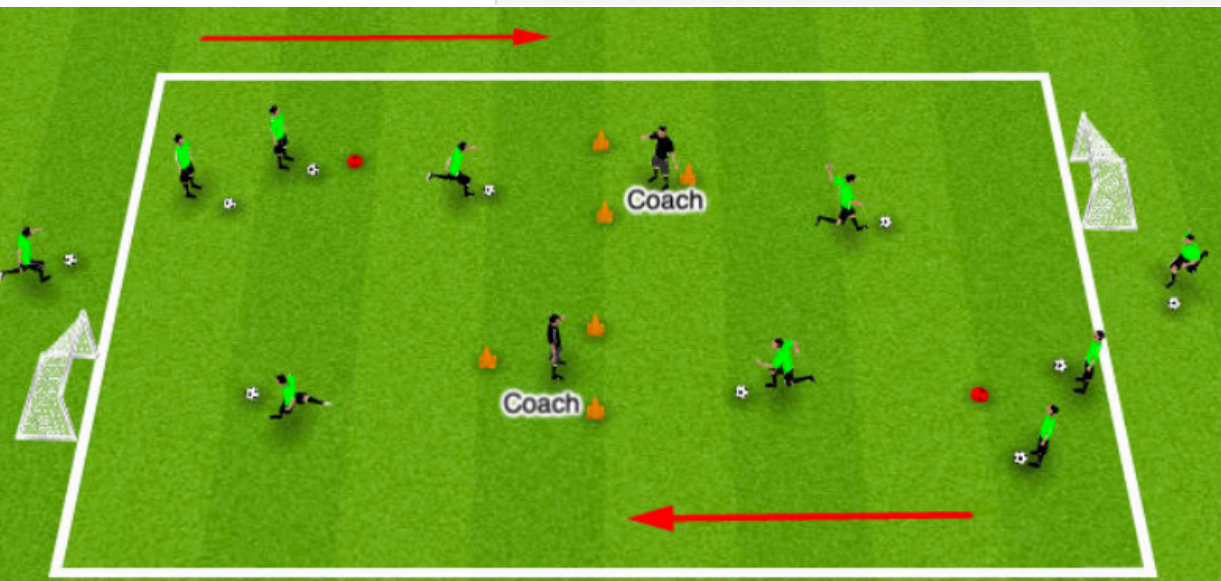
### Instructions

Players will dribble towards the Triangle or pass to the coach in the triangle  
U6: players will dribble very close to the triangle and give the ball to a coach  
U7: players will dribble and then pass to the coach in the triangle  
U8: players will pass the ball right away to the coach

They will then gather the ball on the side that the coach decides and shoot on the goal

### Coaching Points

Close control (every step is a touch)  
Head up  
Pass with the inside of the foot



Week 1:  
Sept 22<sup>nd</sup> & 24<sup>th</sup>  
Technical Portion 1



## #s Game

### **Setup**

Pair off all your players and give each pair a number from 1-6 (dependant on total #s)  
They will stand as close to the coach as possible on the sideline  
Coach will have ALL the balls at their feet  
There will be a cone setup beside the opposite side of each goal (the Entry point for players)

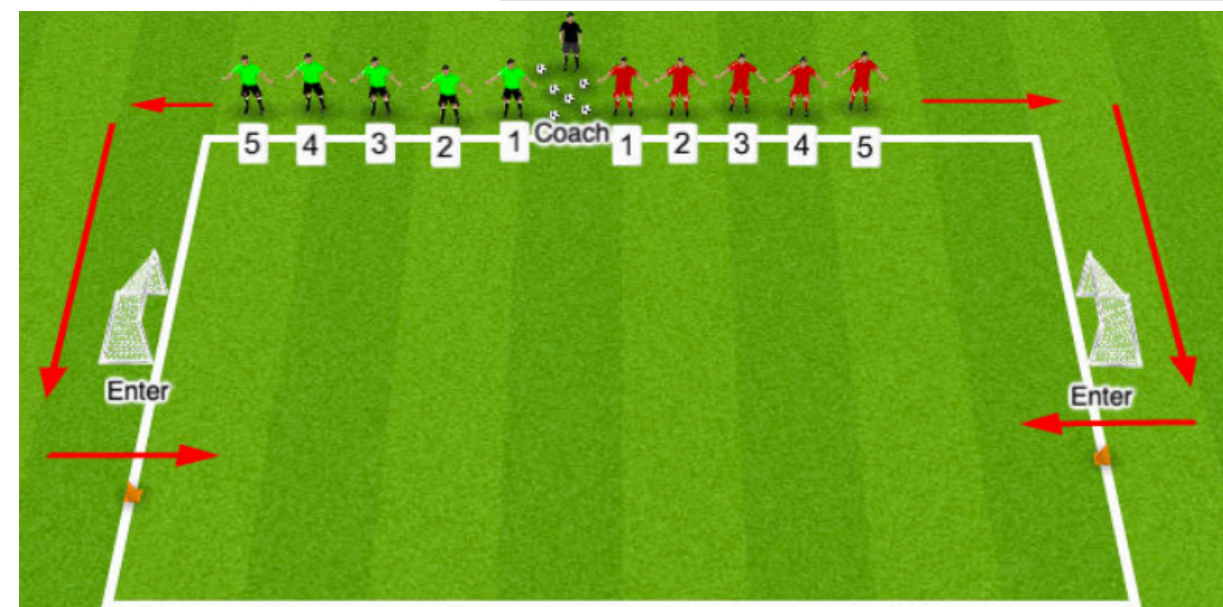
### **Instructions**

When hearing their number being called out by the coach; players will run around their corner, behind their goal and onto the field  
The coach will play a ball to ONE side (not in the middle)  
Players will then engage in 1v1 (u6s), 2v2 or 3v3 (u7 & U8)  
Play ends when a goal is scored or the coach says STOP  
Coach can send another ball in, if the ball goes out right away  
\*If the defender wins the ball back; they can also score

### **Coaching Points**

Players with the ball should keep it close  
Perform their "move/deak" at the right time  
Accelerate to goal to get away from the defender

# Week 1: Sept 22<sup>nd</sup> & 24<sup>th</sup> Technical Portion 2





## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

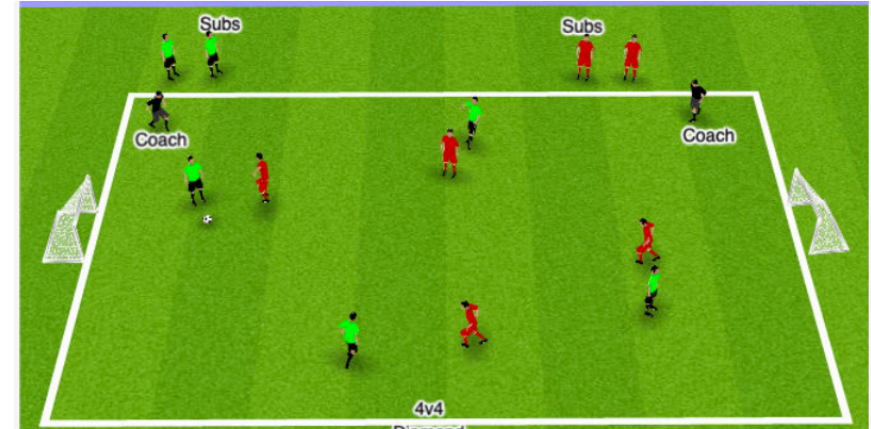
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 1: Sept 22<sup>nd</sup> & 24<sup>th</sup>

## Game Play



Week 2

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## Drop Tap Catch

### Setup

Within your area; every player has a ball

### Instructions

Ball starts in the players hands

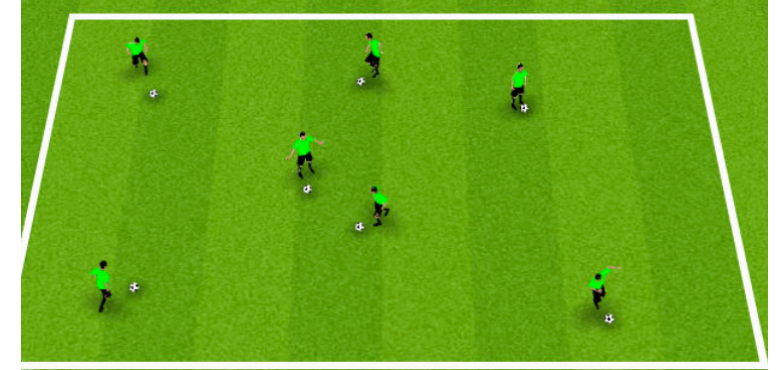
Drop: the ball to the ground

Tap: after the first bounce; players try to "tap" the ball back to their hands

Catch: player catch the ball & start again

### Progression

After a few weeks; players should be able to "tap" the ball 2-3 times in a row before having to catch it again



# Week 2: Sept 26th

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Welcome Activity



## #s Game

### Setup

Pair off all your players and give each pair a number from 1-6 (dependant on total #s)  
They will stand as close to the coach as possible on the sideline  
Coach will have ALL the balls at their feet  
There will be a cone setup beside the opposite side of each goal (the Entry point for players)

### Instructions

When hearing their number being called out by the coach; players will run around their corner, behind their goal and onto the field  
The coach will play a ball to ONE side (not in the middle)  
Players will then engage in 1v1 (u6s), 2v2 or 3v3 (u7 & U8)  
Play ends when a goal is scored or the coach says STOP  
Coach can send another ball in, if the ball goes out right away  
\*If the defender wins the ball back; they can also score

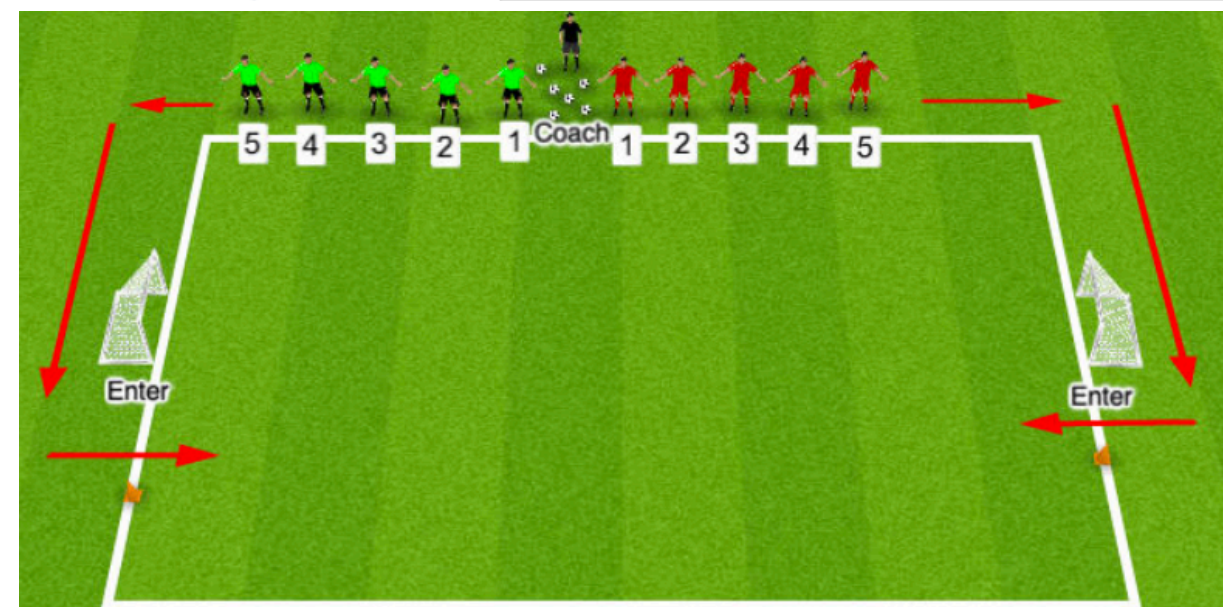
### Coaching Points

Players with the ball should keep it close  
Perform their "move/deak" at the right time  
Accelerate to goal to get away from the defender



# Week 2: Sept 26<sup>th</sup>

## Technical Portion





## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

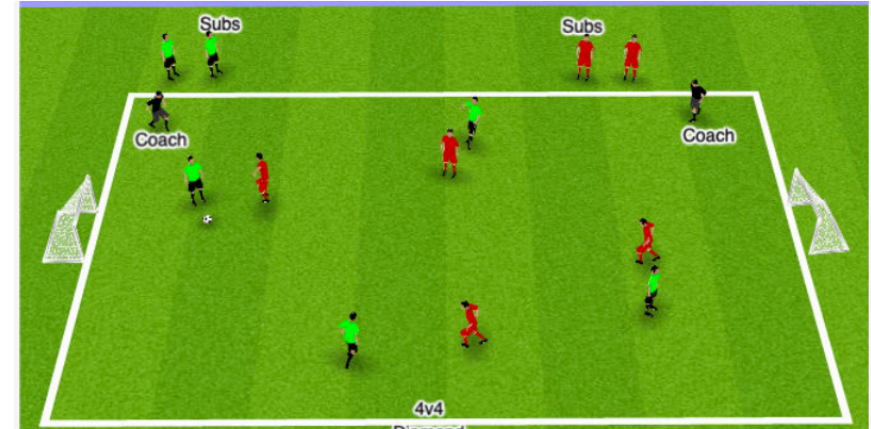
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 2: Sept 26<sup>th</sup>

## Game Play

## Drop Tap Catch

### Setup

Within your area; every player has a ball

### Instructions

Ball starts in the players hands

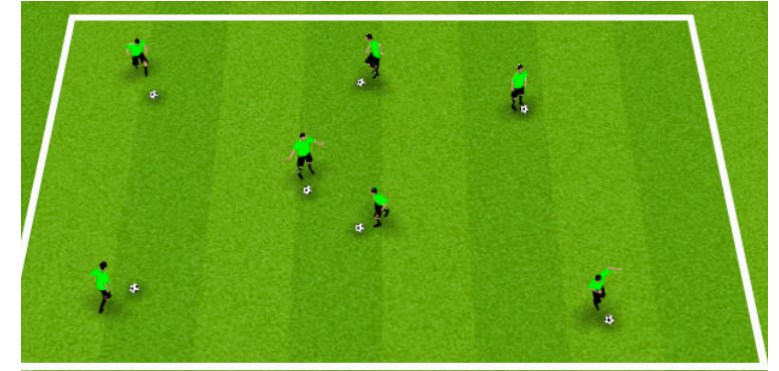
Drop: the ball to the ground

Tap: after the first bounce; players try to "tap" the ball back to their hands

Catch: player catch the ball & start again

### Progression

After a few weeks; players should be able to "tap" the ball 2-3 times in a row before having to catch it again



# Week 2 Sept 29<sup>th</sup> & Oct 1<sup>st</sup>

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Welcome Activity



## #s Game

### Setup

Pair off all your players and give each pair a number from 1-6 (dependant on total #s)  
They will stand as close to the coach as possible on the sideline  
Coach will have ALL the balls at their feet  
There will be a cone setup beside the opposite side of each goal (the Entry point for players)

### Instructions

When hearing their number being called out by the coach; players will run around their corner, behind their goal and onto the field  
The coach will play a ball to ONE side (not in the middle)  
Players will then engage in 1v1 (u6s), 2v2 or 3v3 (u7 & U8)  
Play ends when a goal is scored or the coach says STOP  
Coach can send another ball in, if the ball goes out right away  
\*If the defender wins the ball back; they can also score

### Coaching Points

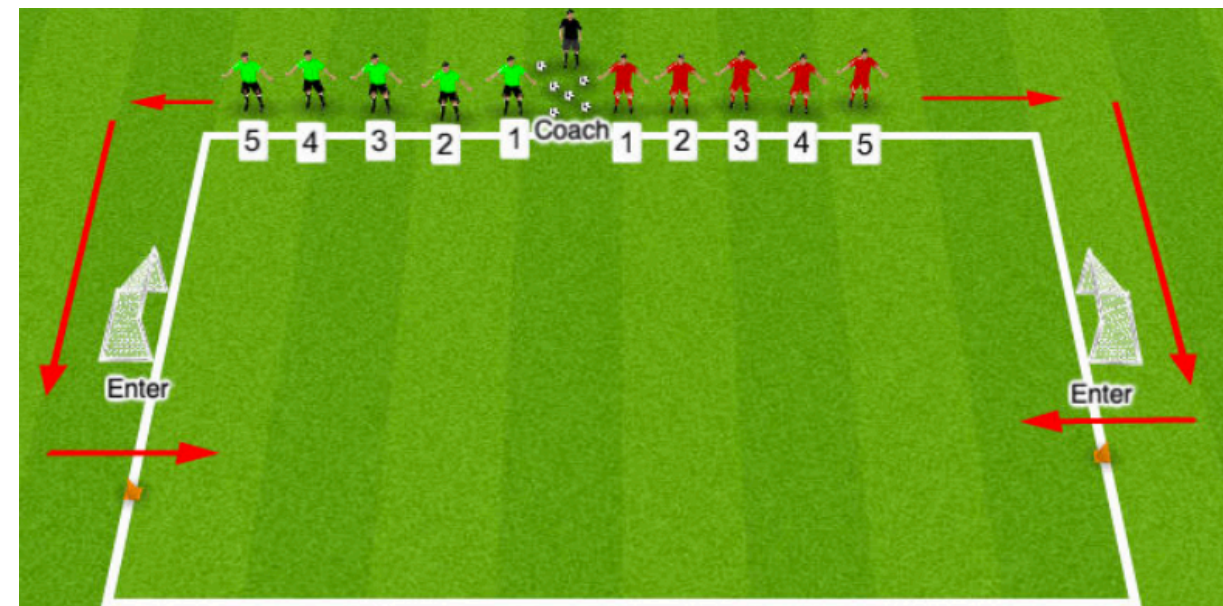
Players with the ball should keep it close  
Perform their "move/deak" at the right time  
Accelerate to goal to get away from the defender



# Week 2:

Sept 29<sup>th</sup> & Oct 1st

Technical Portion 1







## Clean Your Room

### Setup

Box in the middle of your area with all the Balls in it  
Corners of your area marked out; with players spread evenly between all 4

### Instructions

One player from each corner (a squirrel) runs to the middle and collects a ball (a nut) and brings it back to their corner (nest); next player goes when their teammate arrives

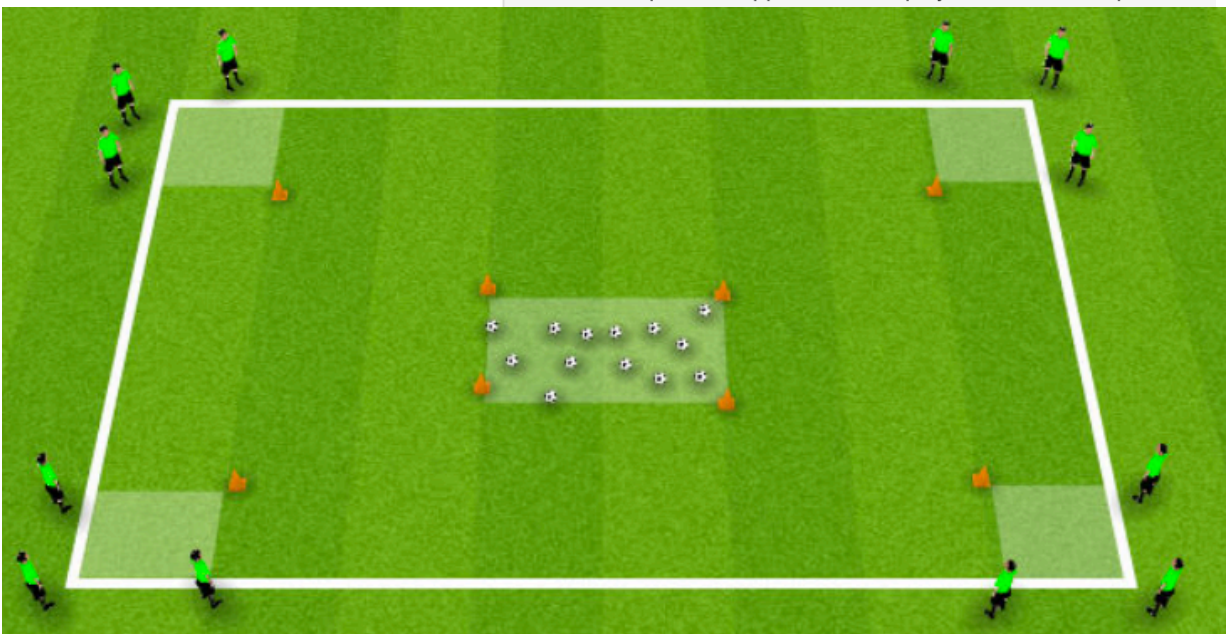
Progressions: they can use their hands at first, then progress to feet, then progress to specific turns

Once all Nuts are gone from the middle; count the nuts each team has gathered

Progressions: Once all nuts are out of middle; all squirrels can be free to gather 1 nut at a time from the other nets

### Progressions


This game turns into "Clean your room" at U7 & U8 by using the same concept; but in opposite order...players must clean up the mes



# Week 2:

Sept 29<sup>th</sup> & Oct 1st

## Technical Portion 2





## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

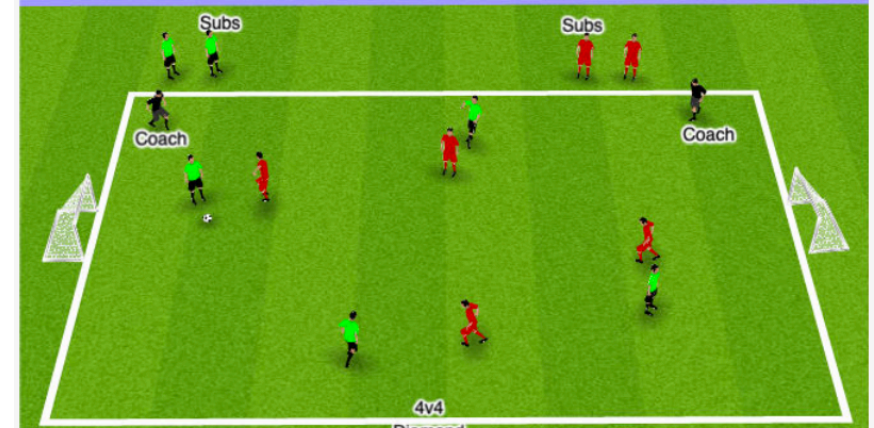
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 2: Sept 29<sup>th</sup> & Oct 1<sup>st</sup>

## Game Play



Week 3



### Making Friends with the ball

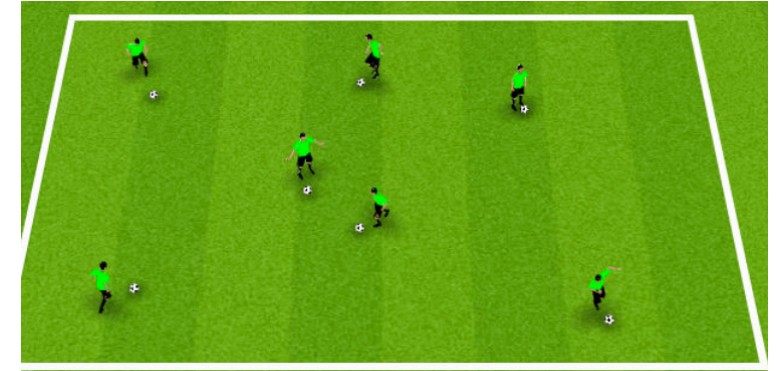
#### Setup

Within your area; every player has a ball

#### Instructions

You can call out a number of commands; jump, hop, down, etc and players try to complete the instructions

You can also adopt "Red Light / Green Light" type activities with them



# Week 3: Oct 3rd

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Welcome Activity



## Clean Your Room

### Setup

Box in the middle of your area with all the Balls in it  
Corners of your area marked out; with players spread evenly between all 4

### Instructions

One player from each corner (a squirrel) runs to the middle and collects a ball (a nut) and brings it back to their corner (nest); next player goes when their teammate arrives

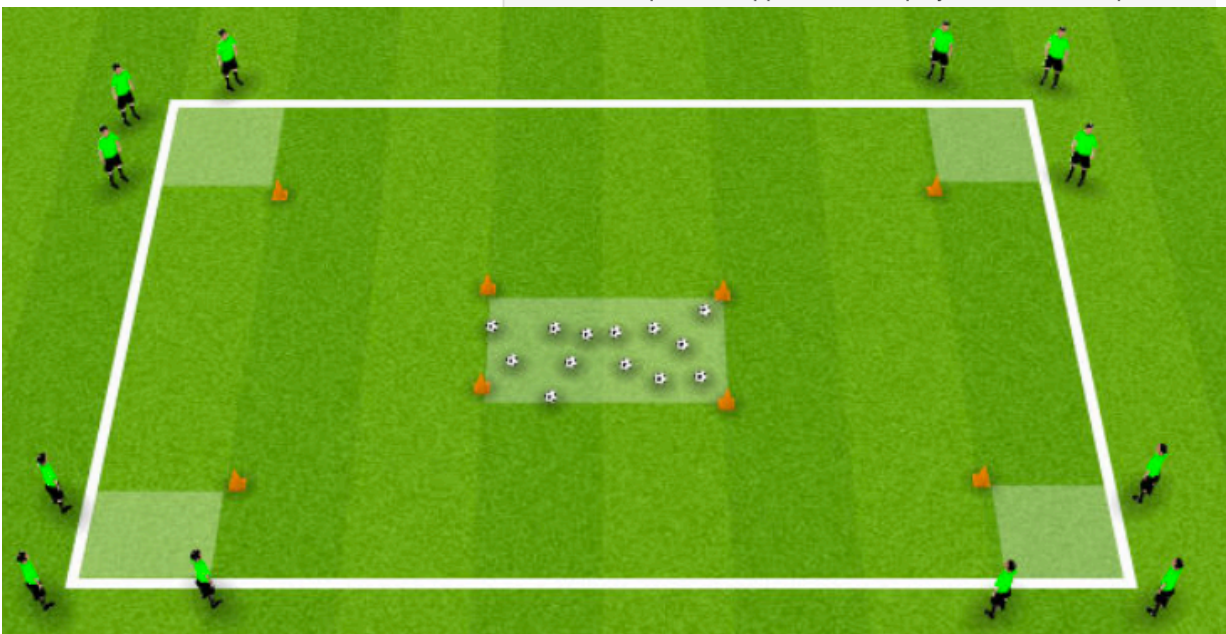
Progressions: they can use their hands at first, then progress to feet, then progress to specific turns

Once all Nuts are gone from the middle; count the nuts each team has gathered

Progressions: Once all nuts are out of middle; all squirrels can be free to gather 1 nut at a time from the other nets

### Progressions

This game turns into "Clean your room" at U7 & U8 by using the same concept; but in opposite order...players must clean up the mes



# Week 3: Oct 3<sup>rd</sup>

## Technical Portion





## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

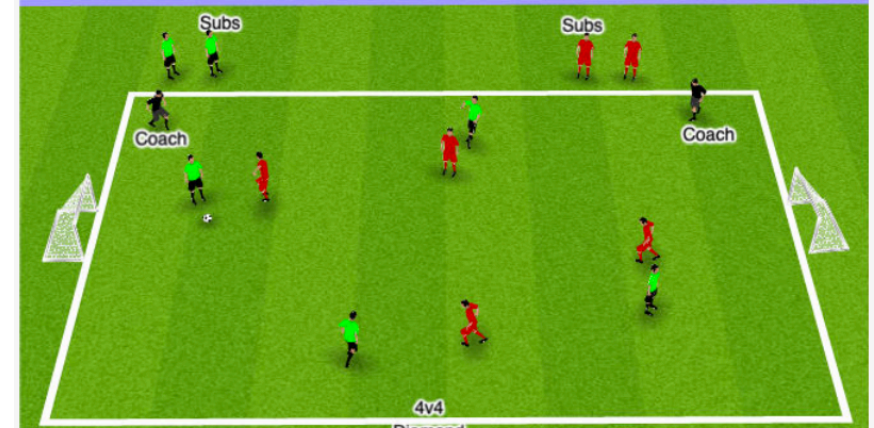
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 3: Oct 3<sup>rd</sup>

## Game Play

### Making Friends with the ball

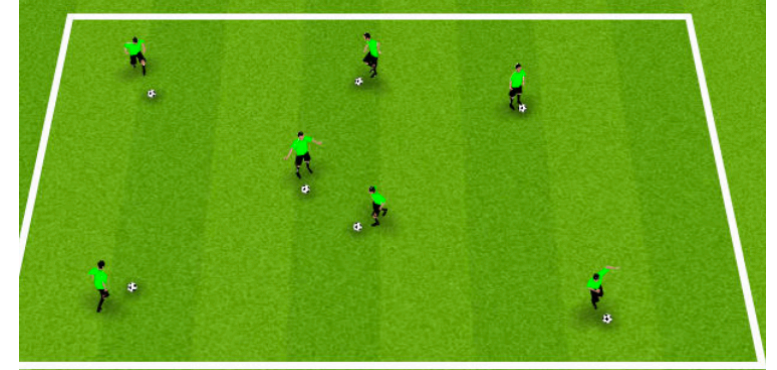
#### Setup

Within your area; every player has a ball

#### Instructions

You can call out a number of commands; jump, hop, down, etc and players try to complete the instructions

You can also adopt "Red Light / Green Light" type activities with them



# Week 3: Oct 6<sup>th</sup> & Oct 8<sup>th</sup>

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Welcome Activity



## Clean Your Room

### Setup

Box in the middle of your area with all the Balls in it  
Corners of your area marked out; with players spread evenly between all 4

### Instructions

One player from each corner (a squirrel) runs to the middle and collects a ball (a nut) and brings it back to their corner (nest); next player goes when their teammate arrives

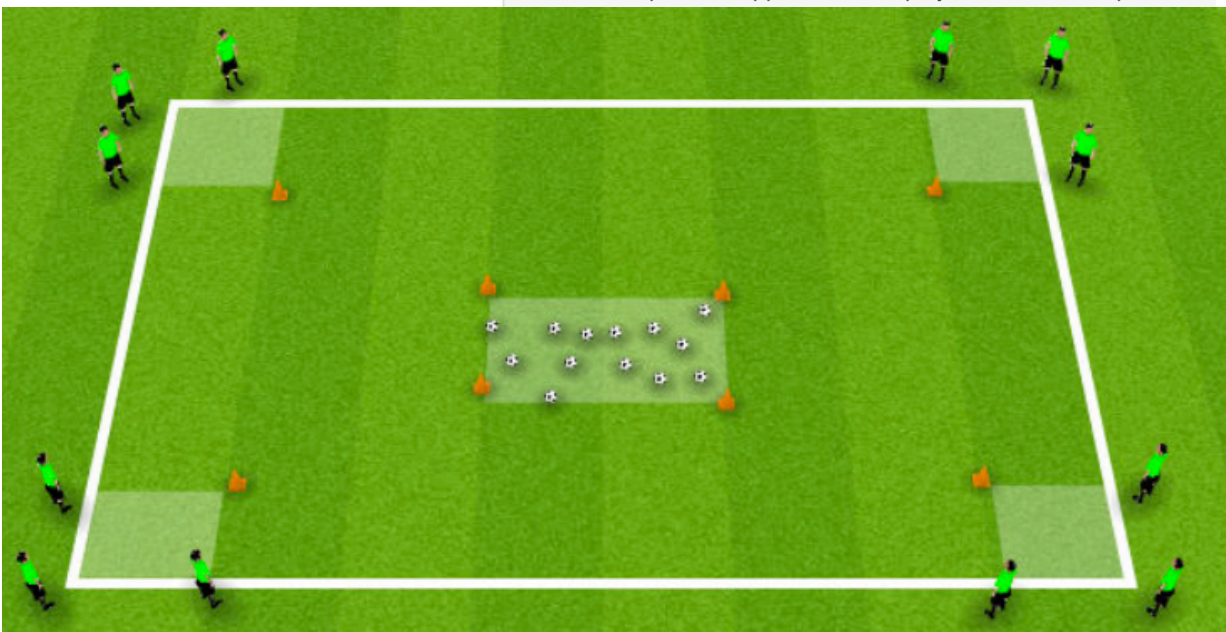
Progressions: they can use their hands at first, then progress to feet, then progress to specific turns

Once all Nuts are gone from the middle; count the nuts each team has gathered

Progressions: Once all nuts are out of middle; all squirrels can be free to gather 1 nut at a time from the other nets

### Progressions

This game turns into "Clean your room" at U7 & U8 by using the same concept; but in opposite order...players must clean up the mes



# Week 3:

Oct 6<sup>th</sup> & Oct 8<sup>th</sup>

Technical Portion 1







## Shark Attack

### Setup

Split the group in half

One half of the group has a ball at the feet while the other half are waiting on the opposing sideline

### Instructions

The players with the balls (Fish) must start to dribble towards the players without balls (Sharks)

For younger groups; the coaches can set the PACE by running along side the fish

When the Fish are close enough; a coach shouts "Shark Attack"

The Sharks try to collect the Fish's balls

The Fish try to turn (pull back, etc) and dribble Home where they are safe from the Sharks

Do this a few times and then switch roles

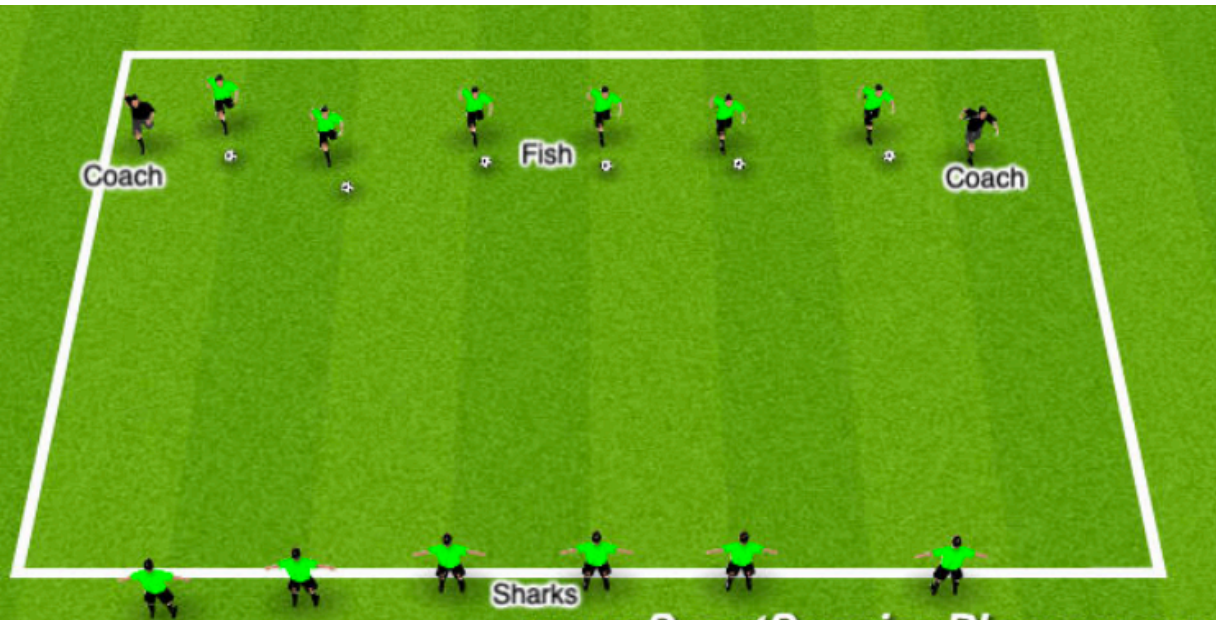
### Coaching Points

Keep the ball close (every step is a touch)

Keep your head up

While turning; be sure to push the ball out of your feet in the opposite direction

Accelerate (with the ball at your feet)



# Week 3:

Oct 6<sup>th</sup> & Oct 8<sup>th</sup>

Technical Portion 2





## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

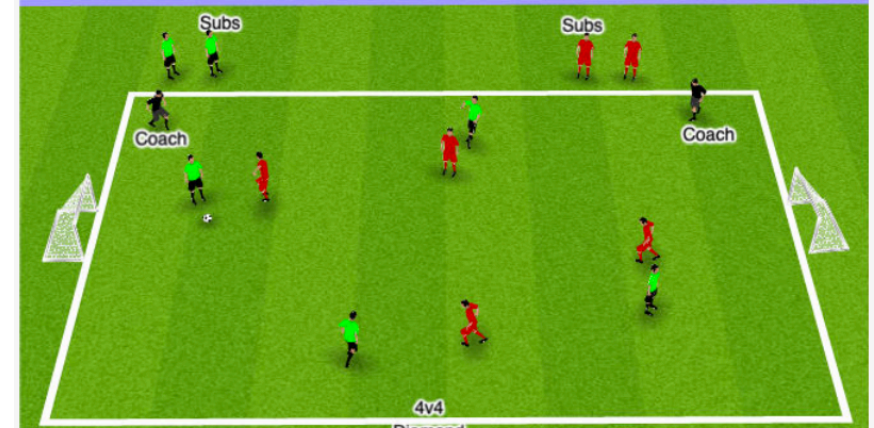
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 3: Oct 6<sup>th</sup> & Oct 8<sup>th</sup>

## Game Play



Week 4

## Drop Tap Catch

### Setup

Within your area; every player has a ball

### Instructions

Ball starts in the players hands

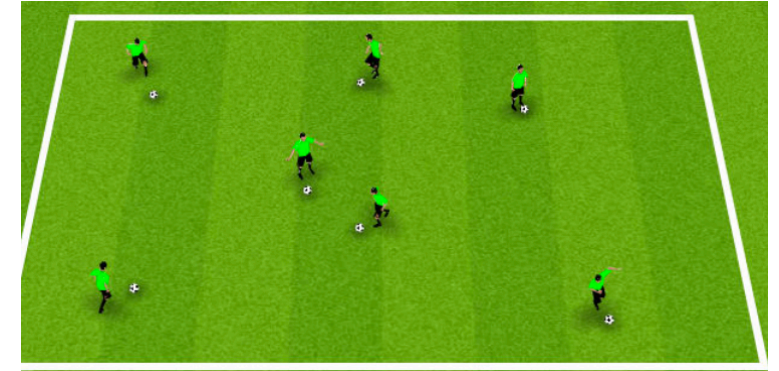
Drop: the ball to the ground

Tap: after the first bounce; players try to "tap" the ball back to their hands

Catch: player catch the ball & start again

### Progression

After a few weeks; players should be able to "tap" the ball 2-3 times in a row before having to catch it again



# Week 4 Oct 13<sup>th</sup> & Oct 15<sup>th</sup>

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Welcome Activity



## Shark Attack

### Setup

Split the group in half

One half of the group has a ball at the feet while the other half are waiting on the opposing sideline

### Instructions

The players with the balls (Fish) must start to dribble towards the players without balls (Sharks)

For younger groups; the coaches can set the PACE by running along side the fish

When the Fish are close enough; a coach shouts "Shark Attack"

The Sharks try to collect the Fish's balls

The Fish try to turn (pull back, etc) and dribble Home where they are safe from the Sharks

Do this a few times and then switch roles

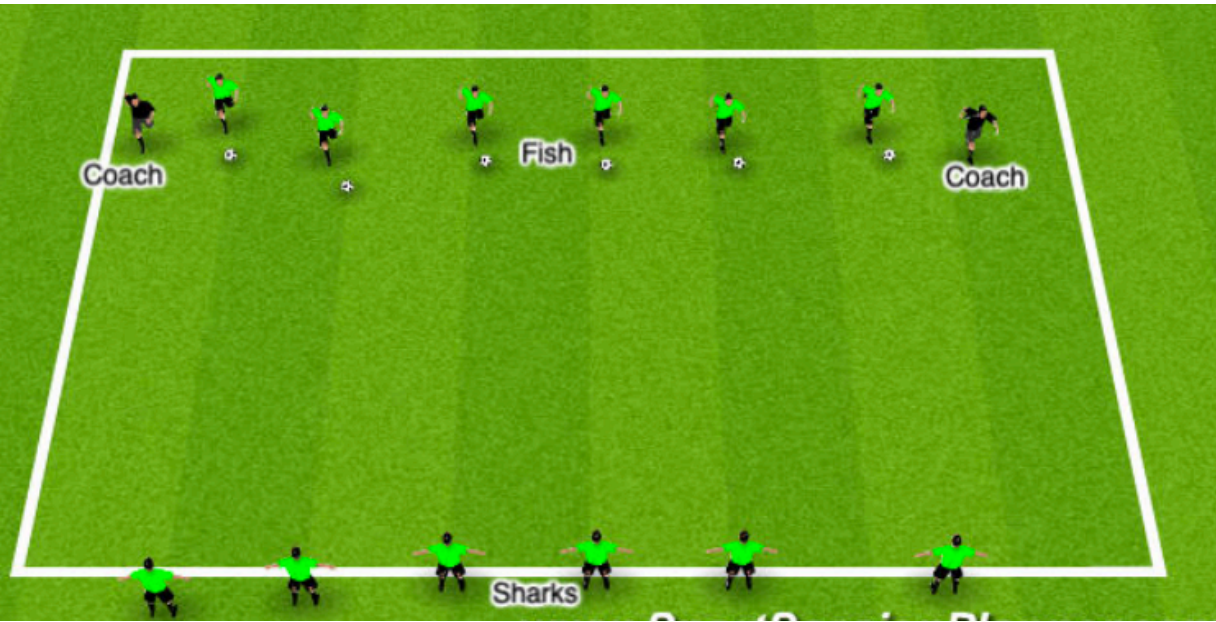
### Coaching Points

Keep the ball close (every step is a touch)

Keep your head up

While turning; be sure to push the ball out of your feet in the opposite direction

Accelerate (with the ball at your feet)



# Week 4:

Oct 13<sup>th</sup> & Oct 15<sup>th</sup>

Technical Portion 1



## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

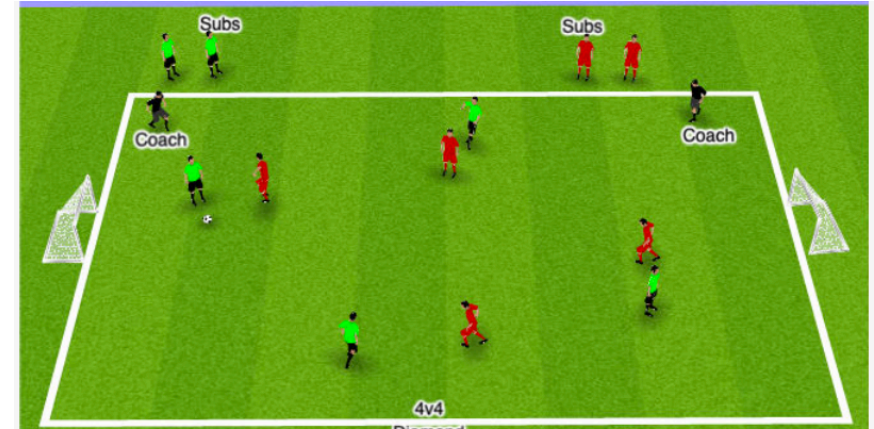
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 4: Oct 13<sup>th</sup> & 15<sup>th</sup>

## Game Play



Week 5



## Pirates of the Pug

### Setup

Mark out circle around your two pugs (who are back to back in the middle) in your area

Select 2-3 players who will start without balls (Pirates)

The rest of the players have balls at their feet (Cargo Ships)

### Instructions

The Cargo Ships are dribbling around the ocean

The Pirates are trying to steal the Cargo (balls) and put them into the pugs

The Cargo ships can try and steal back their cargo before it gets put into a pug

Once they loose their Cargo to a pug, they also become a pirate

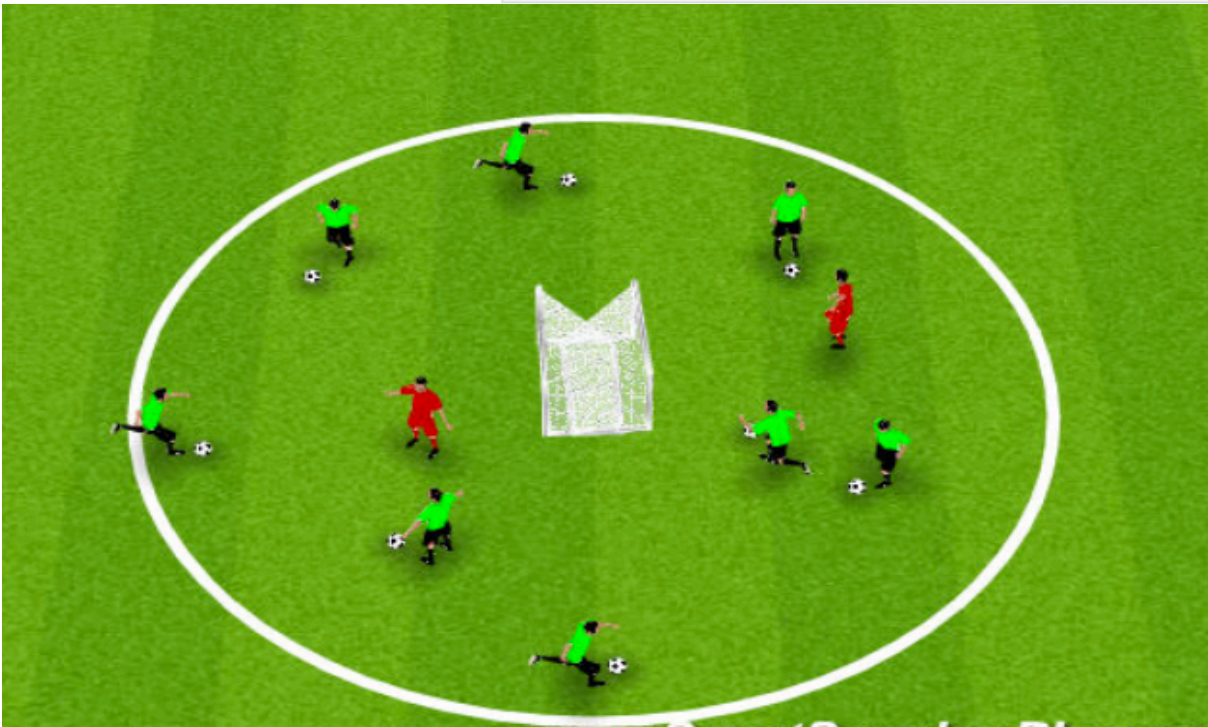
Last Cargo ship with their cargo wins

### Coaching Points

Keep the ball close (every step is a touch)

Keep your head up (to look out for pirates)

Accelerate (away from the pirates)



# Week 5:

Oct 17<sup>th</sup>

Technical Portion 1

## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

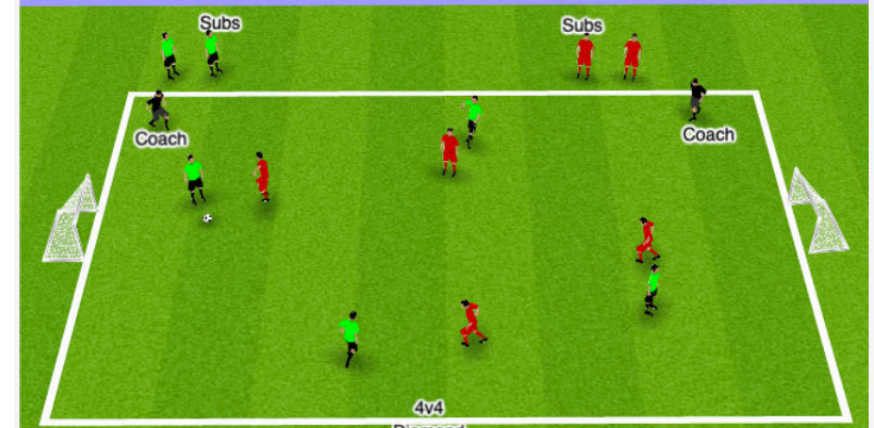
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 5: Oct 17<sup>th</sup>

## Game Play





## Pirates of the Pug

### Setup

Mark out circle around your two pugs (who are back to back in the middle) in your area

Select 2-3 players who will start without balls (Pirates)

The rest of the players have balls at their feet (Cargo Ships)

### Instructions

The Cargo Ships are dribbling around the ocean

The Pirates are trying to steal the Cargo (balls) and put them into the pugs

The Cargo ships can try and steal back their cargo before it gets put into a pug

Once they lose their Cargo to a pug, they also become a pirate

Last Cargo ship with their cargo wins

### Coaching Points

Keep the ball close (every step is a touch)

Keep your head up (to look out for pirates)

Accelerate (away from the pirates)



# Week 5:

Oct 20<sup>th</sup> & Oct 22<sup>nd</sup>

Technical Portion 1



## #s Game

### Setup

Pair off all your players and give each pair a number from 1-6 (dependant on total #s)  
They will stand as close to the coach as possible on the sideline  
Coach will have ALL the balls at their feet  
There will be a cone setup beside the opposite side of each goal (the Entry point for players)

### Instructions

When hearing their number being called out by the coach; players will run around their corner, behind their goal and onto the field  
The coach will play a ball to ONE side (not in the middle)  
Players will then engage in 1v1 (u6s), 2v2 or 3v3 (u7 & U8)  
Play ends when a goal is scored or the coach says STOP  
Coach can send another ball in, if the ball goes out right away  
\*If the defender wins the ball back; they can also score

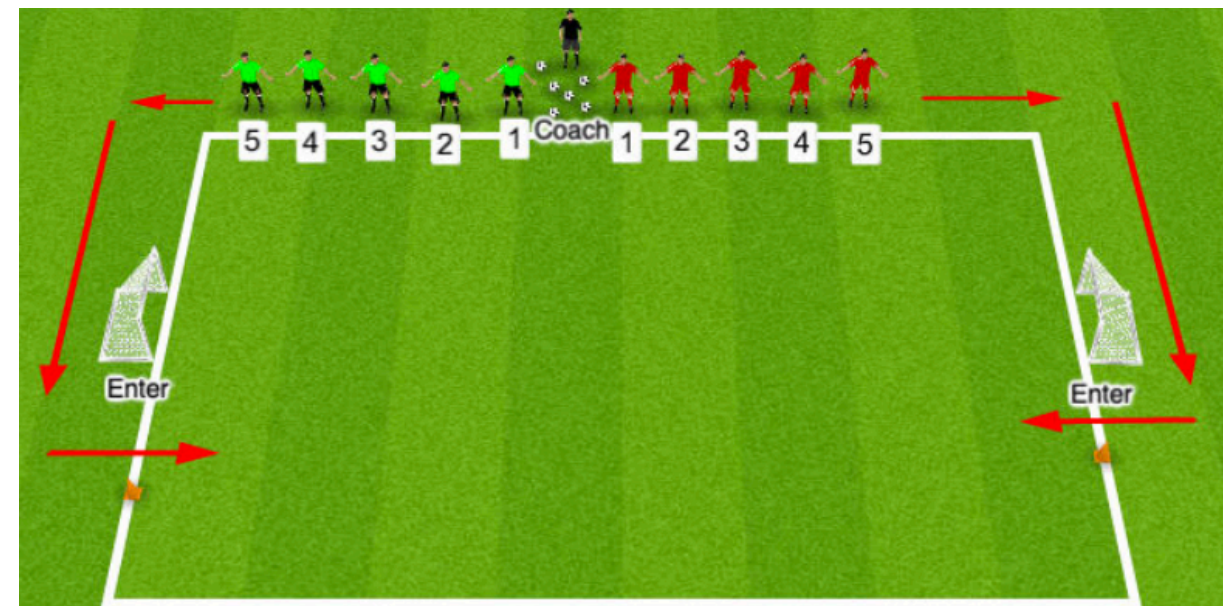
### Coaching Points

Players with the ball should keep it close  
Perform their "move/deak" at the right time  
Accelerate to goal to get away from the defender

# Week 5:

Oct 20<sup>th</sup> & Oct 22<sup>nd</sup>

## Technical Portion 2



## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

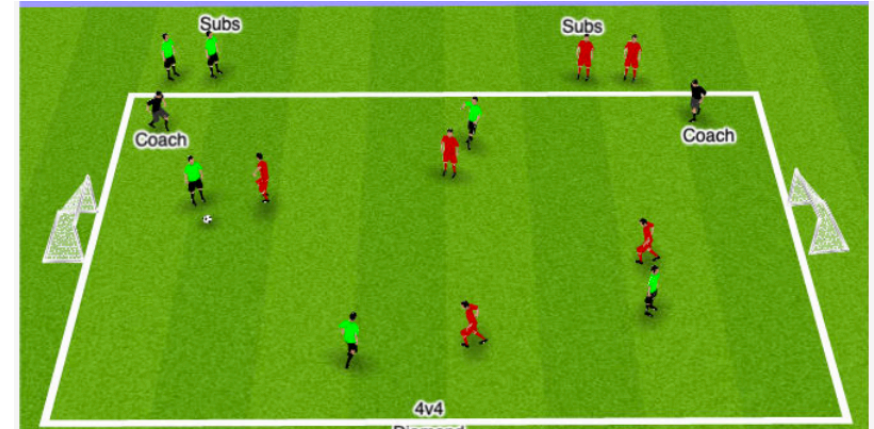
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 5: Oct 20<sup>th</sup> and Oct 22<sup>nd</sup>

## Game Play



Week 6





## Bermuda Triangle

### Setup

In your area; setup 2 triangles just opposite the middle of one another  
Split your group up into 2 groups (one group at each starting cone)

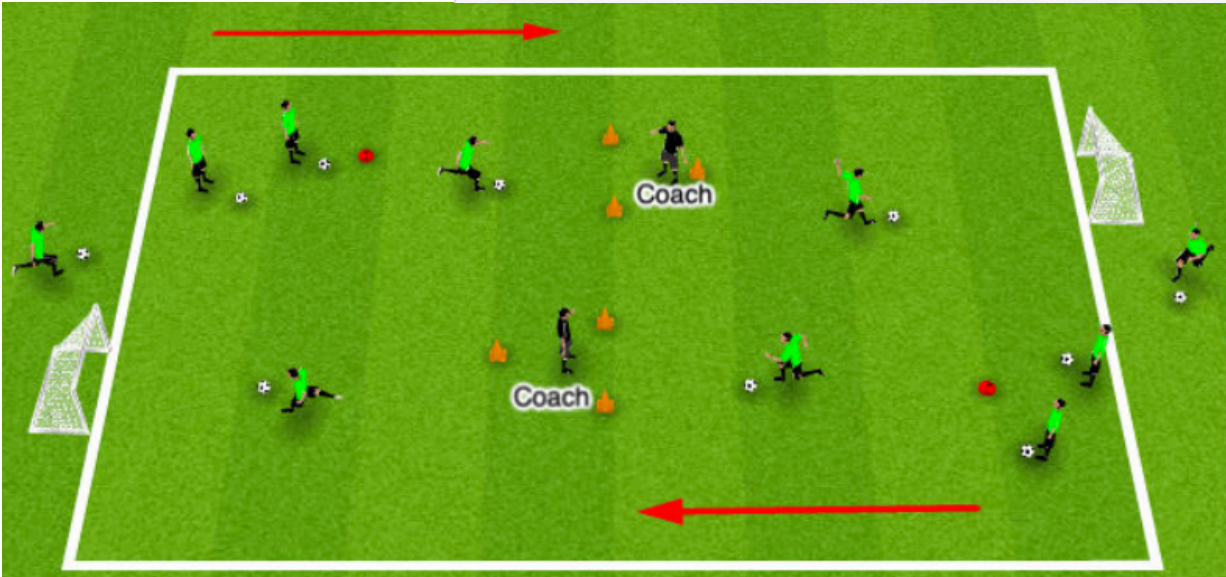
### Instructions

Players will dribble towards the Triangle or pass to the coach in the triangle  
U6: players will dribble very close to the triangle and give the ball to a coach  
U7: players will dribble and then pass to the coach in the triangle  
U8: players will pass the ball right away to the coach

They will then gather the ball on the side that the coach decides and shoot on the goal

### Coaching Points

Close control (every step is a touch)  
Head up  
Pass with the inside of the foot



Week 6:  
Oct 24<sup>th</sup>

Technical Portion 1

## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

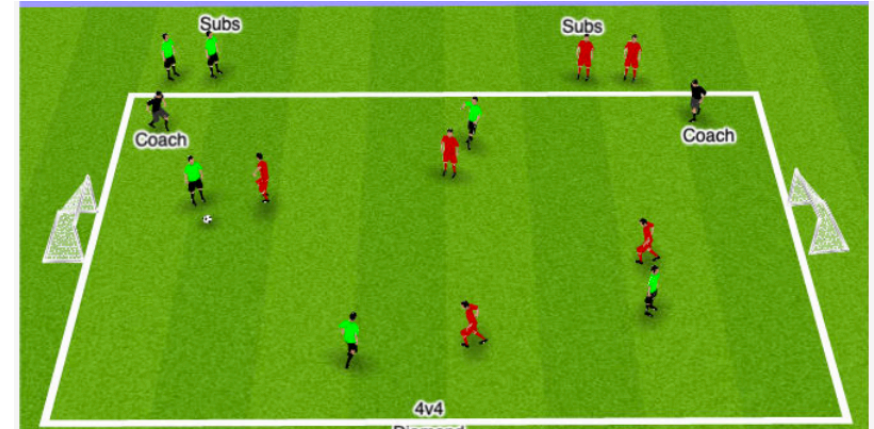
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 6: Oct 24<sup>th</sup>

## Game Play



## Bermuda Triangle

### Setup

In your area; setup 2 triangles just opposite the middle of one another  
Split your group up into 2 groups (one group at each starting cone)

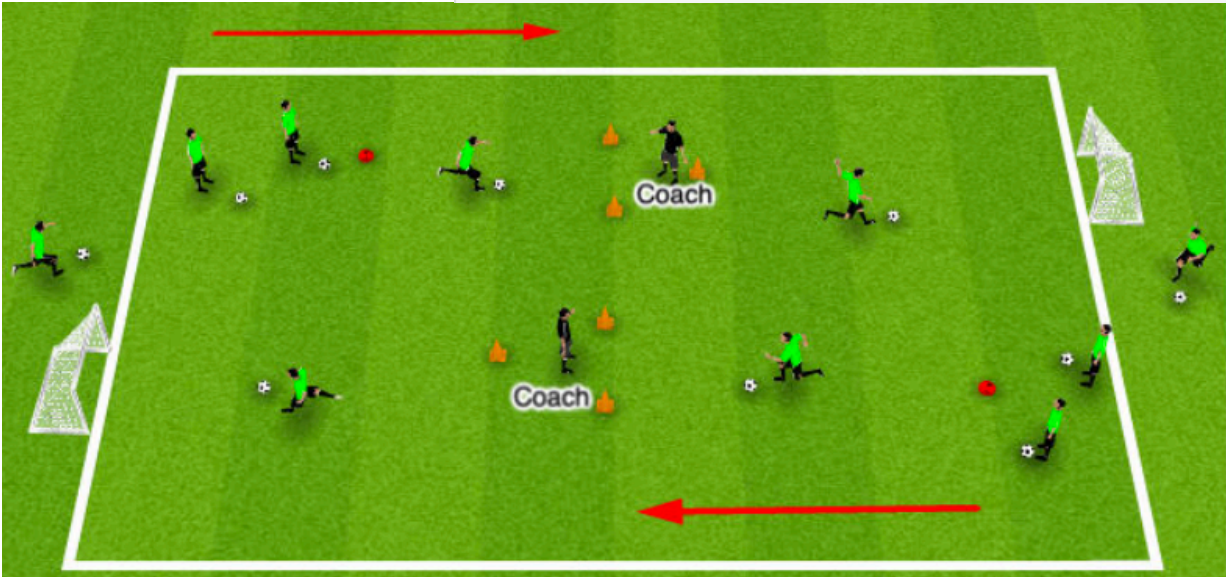
### Instructions

Players will dribble towards the Triangle or pass to the coach in the triangle  
U6: players will dribble very close to the triangle and give the ball to a coach  
U7: players will dribble and then pass to the coach in the triangle  
U8: players will pass the ball right away to the coach

They will then gather the ball on the side that the coach decides and shoot on the goal

### Coaching Points

Close control (every step is a touch)  
Head up  
Pass with the inside of the foot



# Week 6: Oct 27<sup>th</sup> & 29<sup>th</sup>

## Technical Portion 1





## Asteroids & Aliens

### Setup

Layout a "runway" through the middle of your area  
Start with the coaches & maybe 1-2 of the players along the outside of the runway with balls (asteroids) at their feet  
The rest of the players (Aliens) have to get across the runway to the other side without being hit by a ball

### Instructions

On the coaches "go" the aliens try to cross the asteroid field  
The players/coaches on the outside try to hit the players running through with an asteroid  
All balls ON THE GROUND  
If an Alien gets hit (below the knee), they join the Asteroids

### Coaching Points

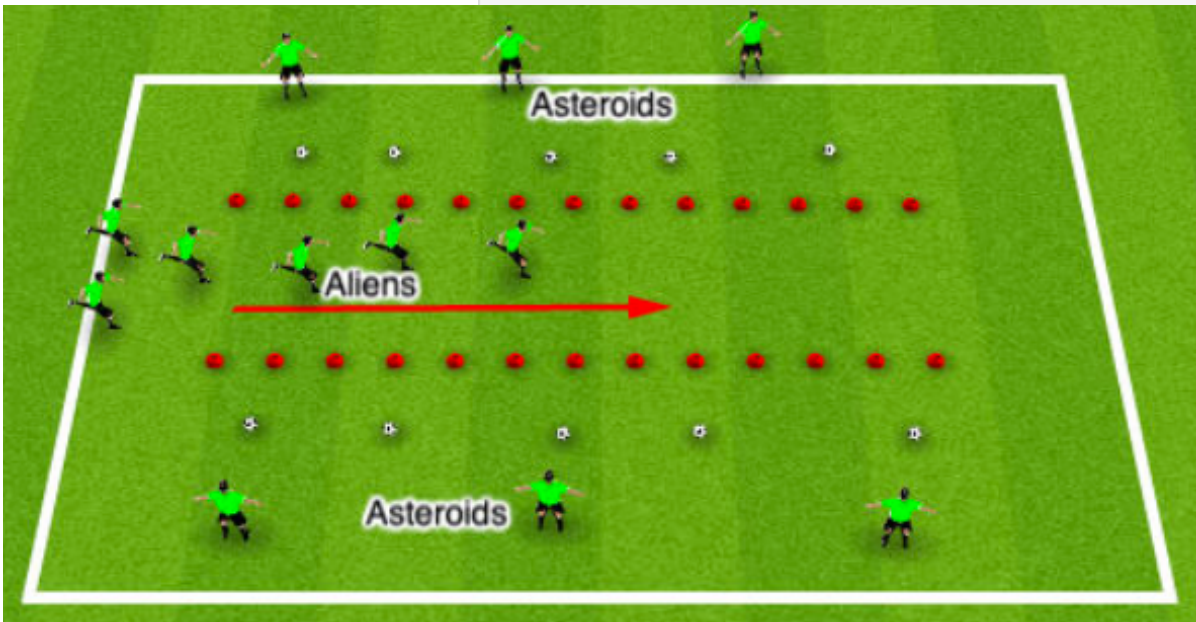
Inside of the foot passing  
Ball on the ground

### Progression

Aliens also have a ball at their feet

# Week 6: Oct 27<sup>th</sup> & 29<sup>th</sup>

## Technical Portion 2





## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

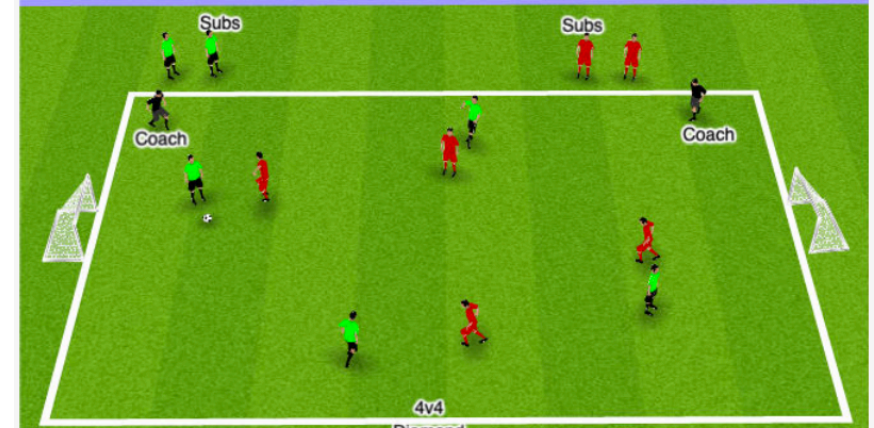
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 6: Oct 27<sup>th</sup> and Oct 29<sup>th</sup>

## Game Play



# Week 7

Players, Coaches, & Staff will dress up for the session on Oct 31<sup>st</sup>



## #s Game

### Setup

Pair off all your players and give each pair a number from 1-6 (dependant on total #s)  
They will stand as close to the coach as possible on the sideline  
Coach will have ALL the balls at their feet  
There will be a cone setup beside the opposite side of each goal (the Entry point for players)

### Instructions

When hearing their number being called out by the coach; players will run around their corner, behind their goal and onto the field  
The coach will play a ball to ONE side (not in the middle)  
Players will then engage in 1v1 (u6s), 2v2 or 3v3 (u7 & U8)  
Play ends when a goal is scored or the coach says STOP  
Coach can send another ball in, if the ball goes out right away  
\*If the defender wins the ball back; they can also score

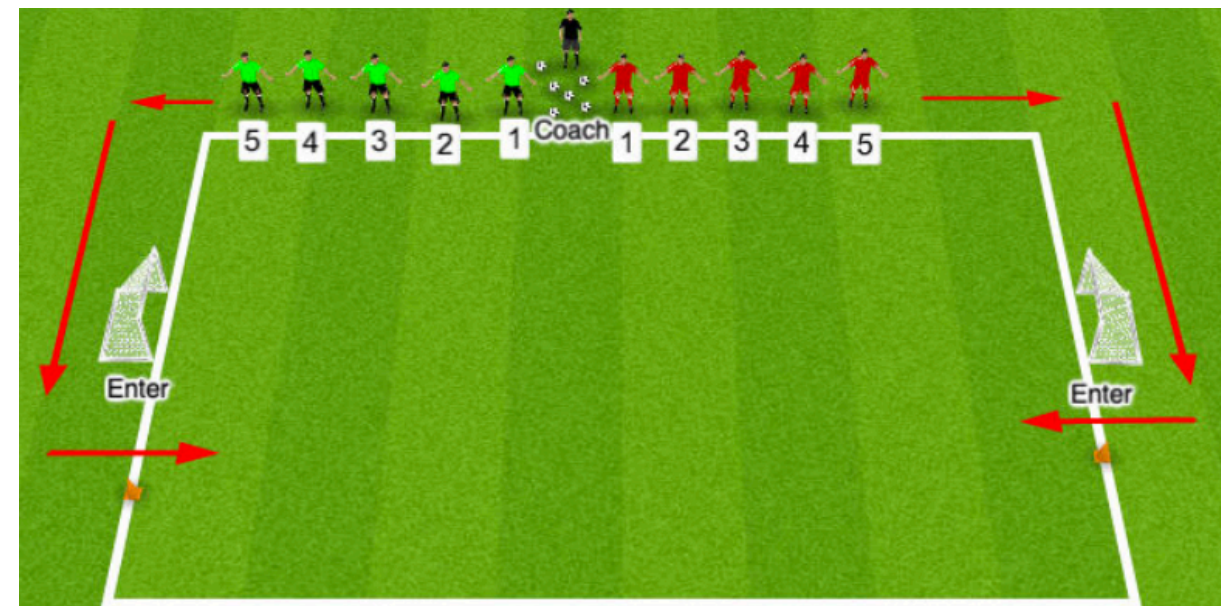
### Coaching Points

Players with the ball should keep it close  
Perform their "move/deak" at the right time  
Accelerate to goal to get away from the defender

# Week 7:

Oct Oct 31st

Technical Portion





## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, put another one in asap; no need for stopages

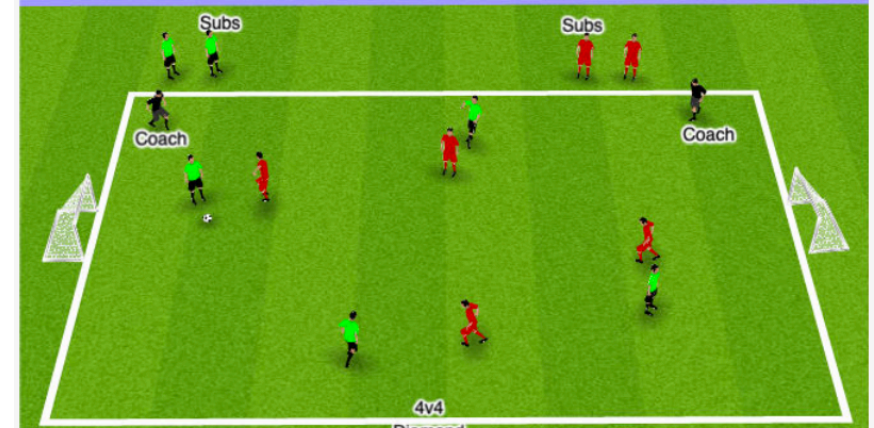
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 7: Oct 31st

## Game Play





## #s Game

### **Setup**

Pair off all your players and give each pair a number from 1-6 (dependant on total #s)  
They will stand as close to the coach as possible on the sideline  
Coach will have ALL the balls at their feet  
There will be a cone setup beside the opposite side of each goal (the Entry point for players)

### **Instructions**

When hearing their number being called out by the coach; players will run around their corner, behind their goal and onto the field  
The coach will play a ball to ONE side (not in the middle)  
Players will then engage in 1v1 (u6s), 2v2 or 3v3 (u7 & U8)  
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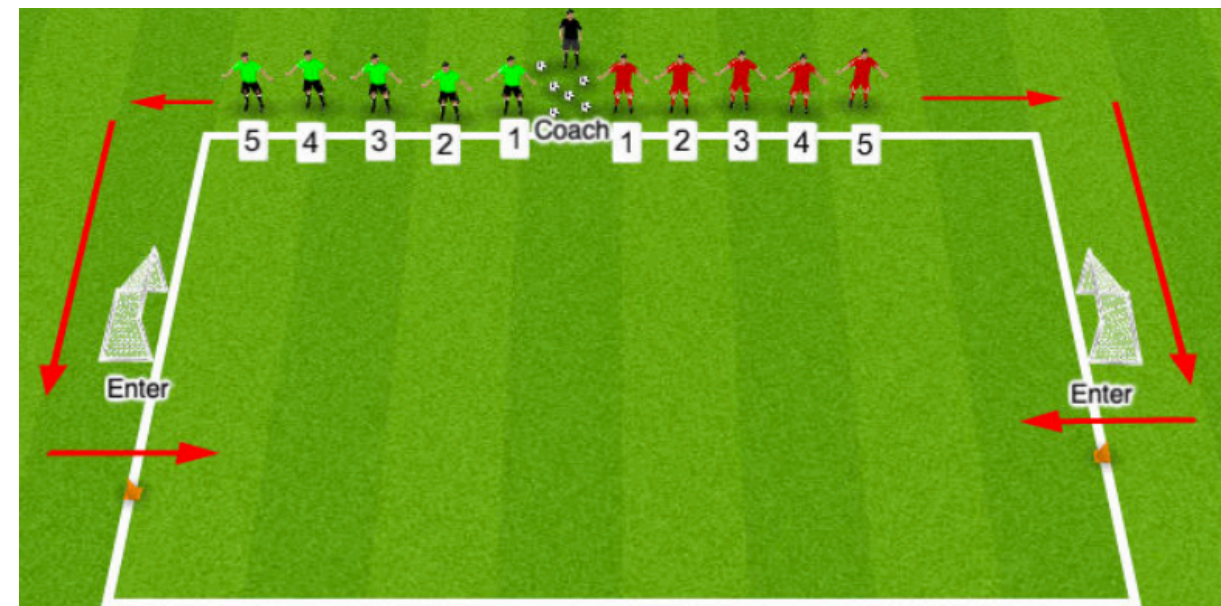
### **Coaching Points**

Players with the ball should keep it close  
Perform their "move/deak" at the right time  
Accelerate to goal to get away from the defender

# Week 7:

Oct Nov 3<sup>rd</sup> & Nov 5<sup>th</sup>

## Technical Portion 1





## Endzone Game

### Setup

Mark out an Endzone 7-8 yards off the endline on each side of your area

4v4 with a 3rd team waiting to come on (they can also be active at the back of the end zones)

### Instructions

Players play a regular game

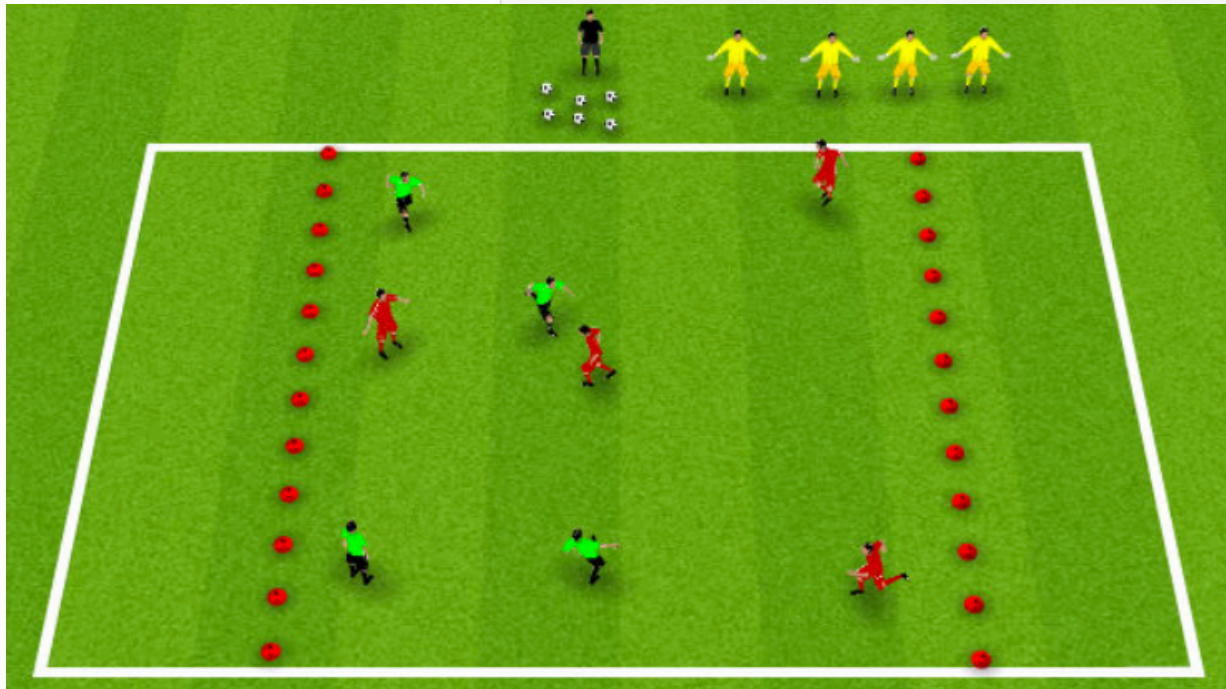
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### Coaching Points

Spread Out

Look for Opportunities to score

If you cannot score, find a pass



# Week 7:

Nov 3<sup>rd</sup> & Nov 5<sup>th</sup>

Technical Portion 2

## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

Kick Ins

"First Pass" is FREE (no defending allowed)

After a Goal is scored; opposing team retreats back to their goal

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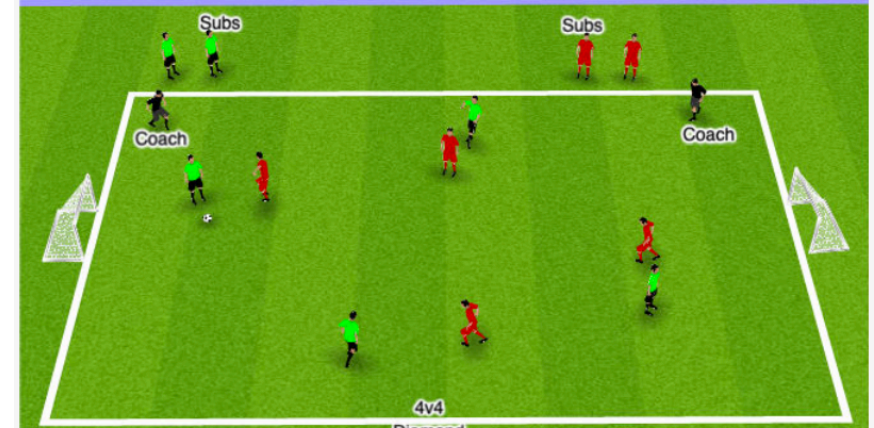
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 7: Nov 3<sup>rd</sup> & Nov 5<sup>th</sup>

## Game Play



Week 8





## Endzone Game

### Setup

Mark out an Endzone 7-8 yards off the endline on each side of your area

4v4 with a 3rd team waiting to come on (they can also be active at the back of the end zones)

### Instructions

Players play a regular game

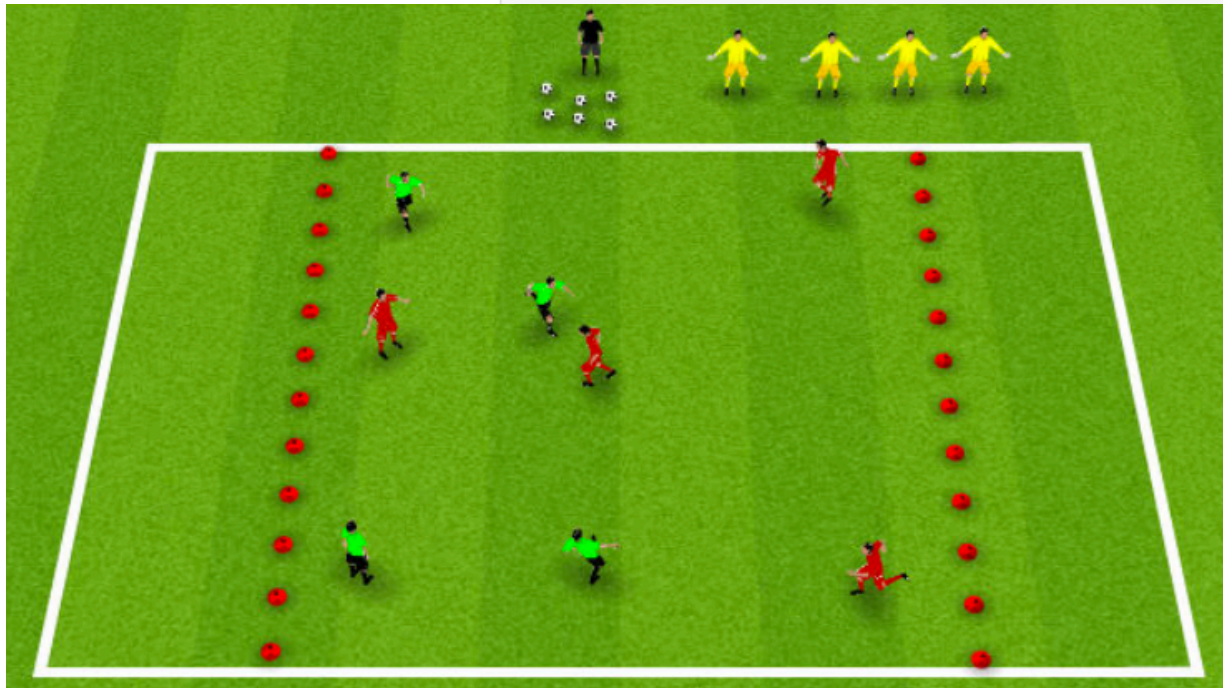
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### Coaching Points

Spread Out

Look for Opportunities to score

If you cannot score, find a pass



# Week 8:

Nov 7<sup>th</sup>

Technical Portion 1

## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

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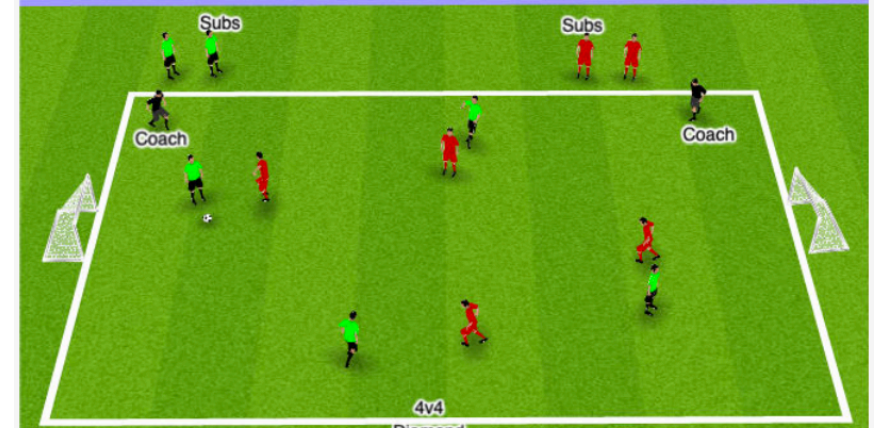
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 8: Nov 7<sup>th</sup>

## Game Play



## Endzone Game

### Setup

Mark out an Endzone 7-8 yards off the endline on each side of your area

4v4 with a 3rd team waiting to come on (they can also be active at the back of the end zones)

### Instructions

Players play a regular game

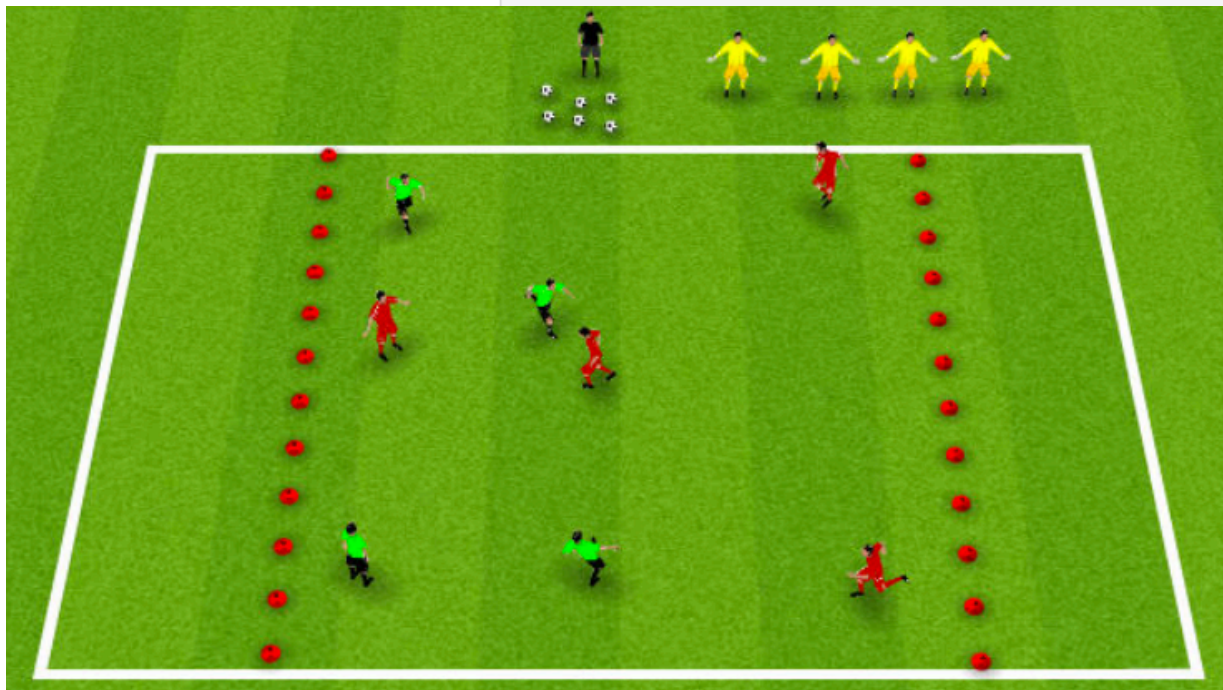
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### Coaching Points

Spread Out

Look for Opportunities to score

If you cannot score, find a pass



# Week 8:

Nov 10<sup>th</sup> & Nov 12<sup>th</sup>

Technical Portion 1



## 4v4

### Setup

Within your area, you will take 6 of your players (the other 6 players will go to another field to play)

4 vs 4 on the field and 2 subs on the sideline having water

Make a "Change" every 3-4 minutes

### Basic Rules

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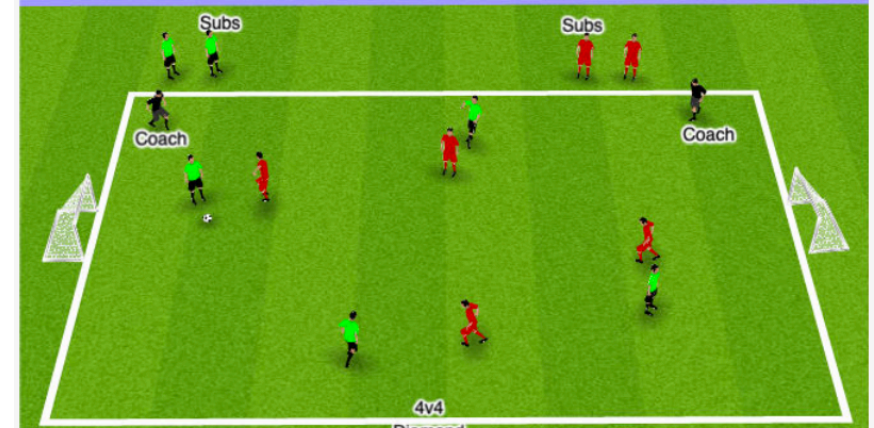
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



# Week 8: Nov 10<sup>th</sup> & Nov 12<sup>th</sup>

## Game Play