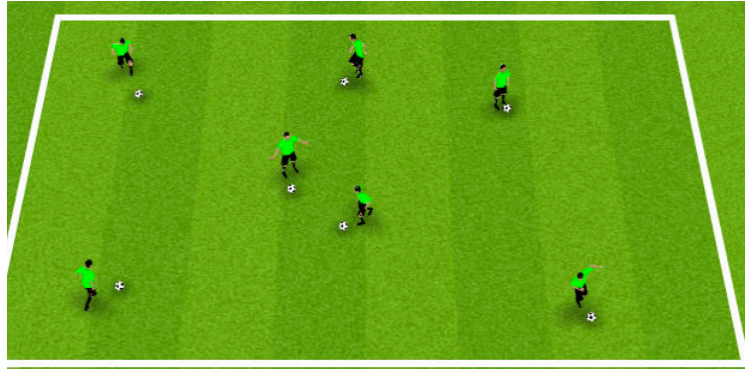




Week 1



### 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



## Lightning

### **Setup**

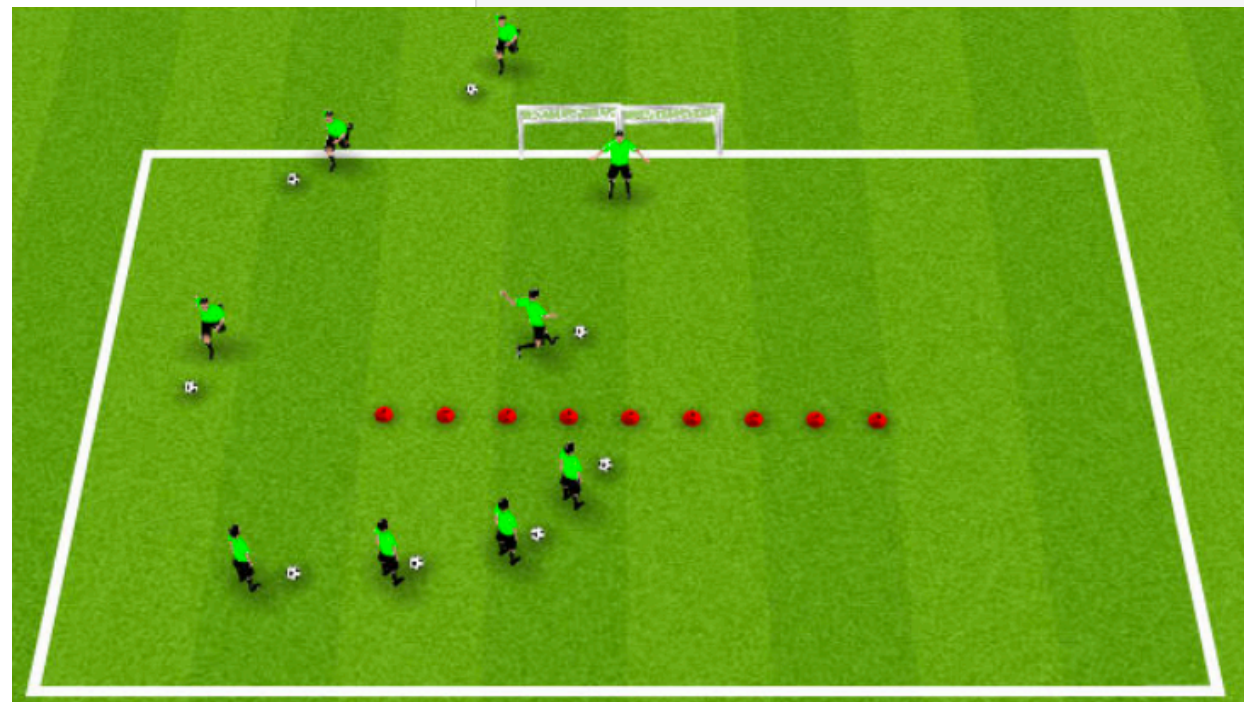
Place both Pug goals together on the end line  
Each player has a ball  
Each player takes a shot; and then goal in goal right away

### **Instructions**

If a player scores / he is safe and goes in goal  
If a player misses, and then gets scored on...he is OUT and must sit out until the next round begins

### **Coaching Points**

Planting foot near the ball pointed towards the target  
Toe pointed down  
Ankle Locked  
Strike through the middle of the ball



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

## 5v5

### 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 own Half

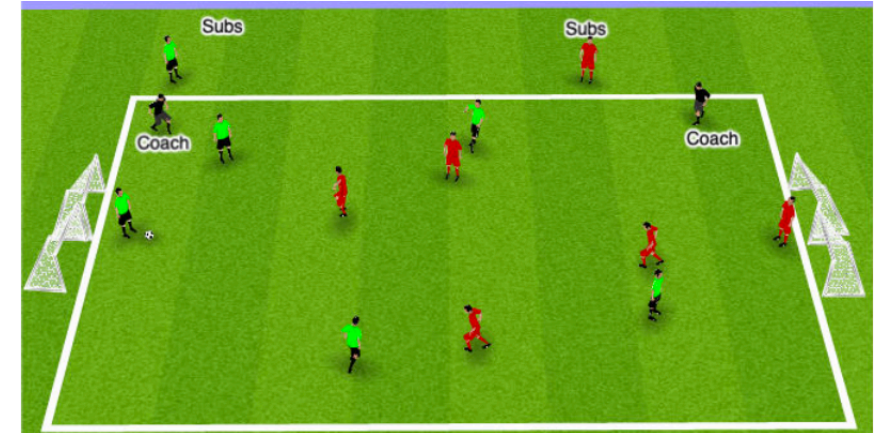
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# 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

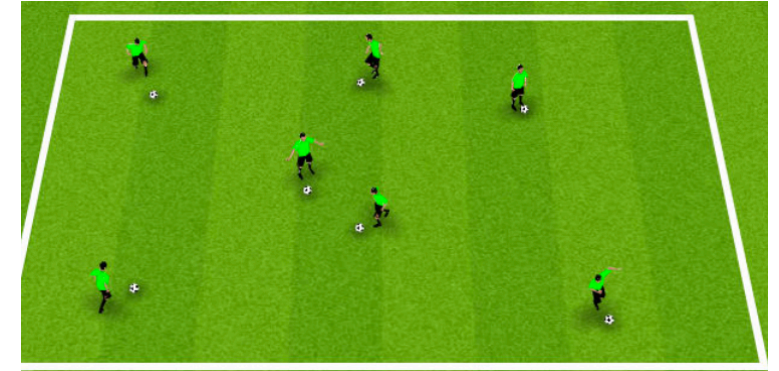
Drop: the ball to the ground

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

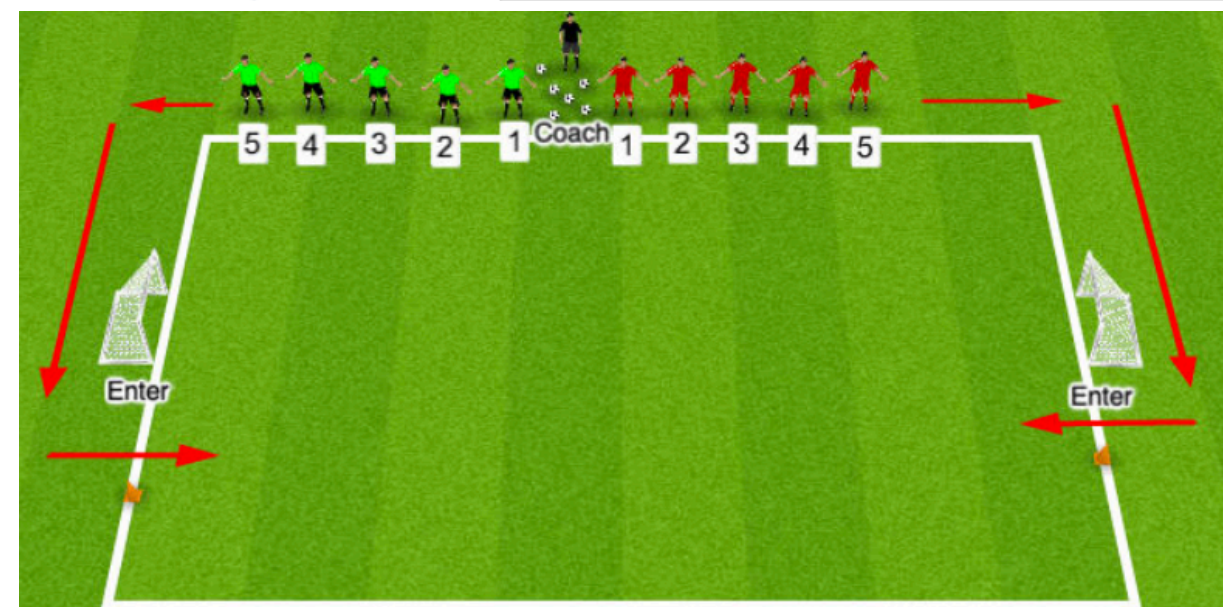
### Coaching Points

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



## 5v5

### 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 own Half

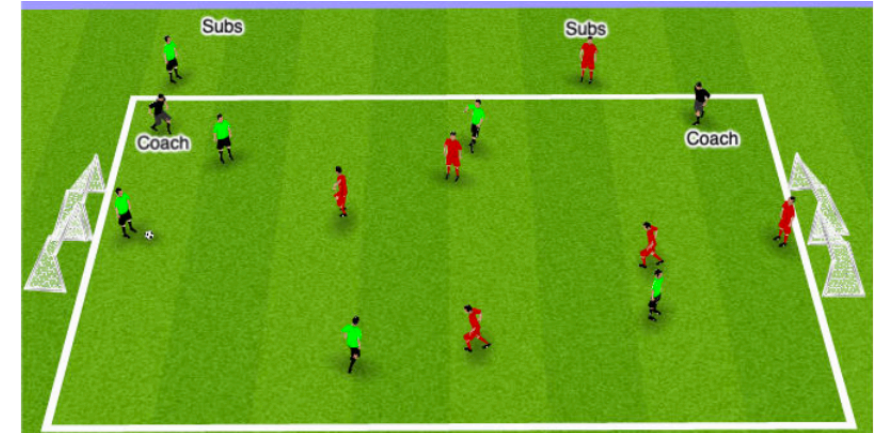
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# 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

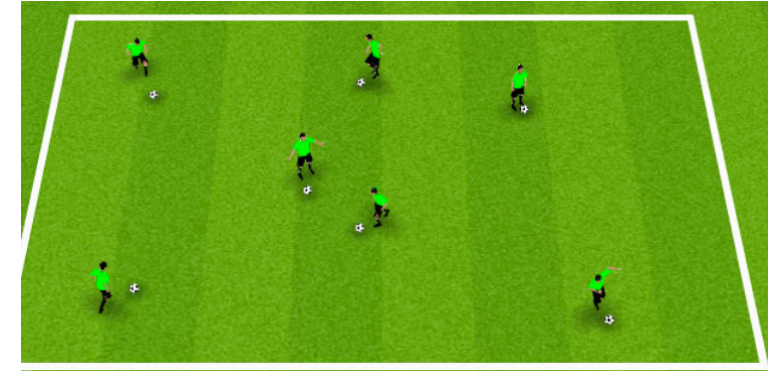
Drop: the ball to the ground

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



## 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

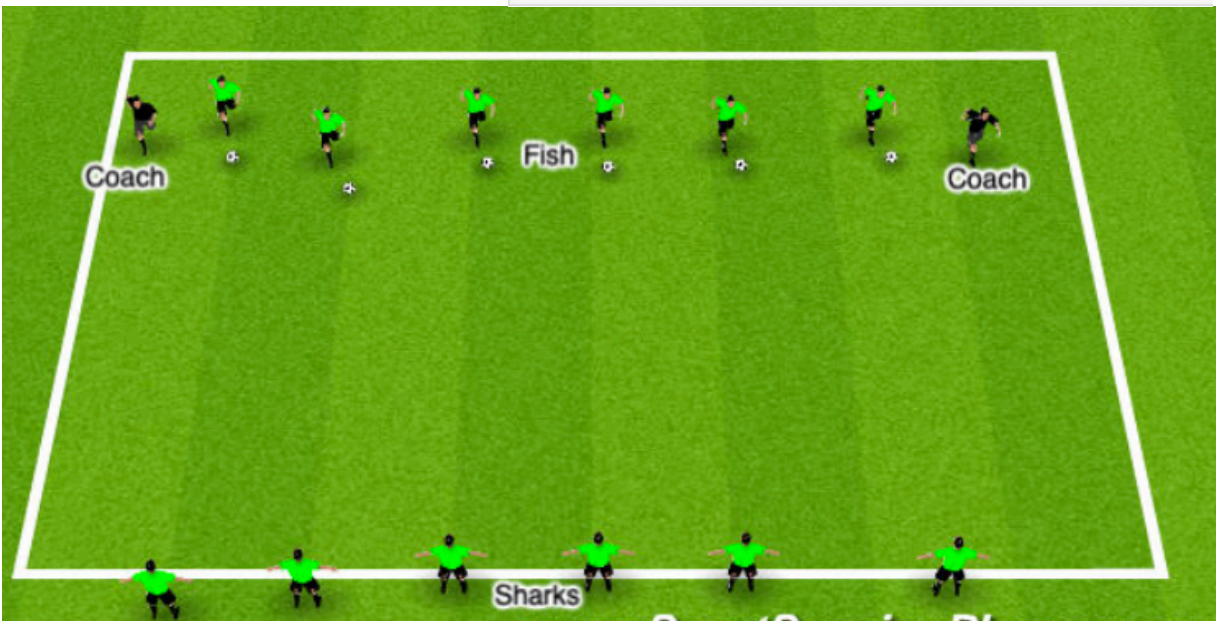
### **Coaching Points**

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 oppo

Accelerate (with the ball at your feet)



# Week 2:

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

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

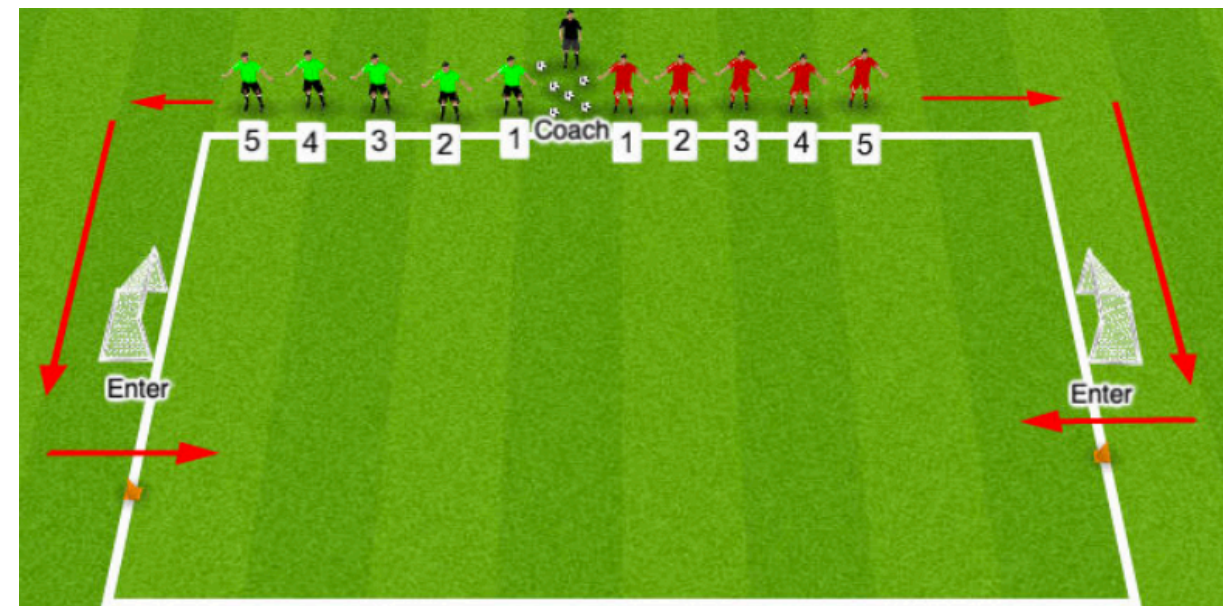
Players with the ball should keep it close  
Perform their "move/deak" at the right time  
Accelerate to goal to get away from the defender



# Week 2:

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

Technical Portion 2



## 5v5

### 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 own Half

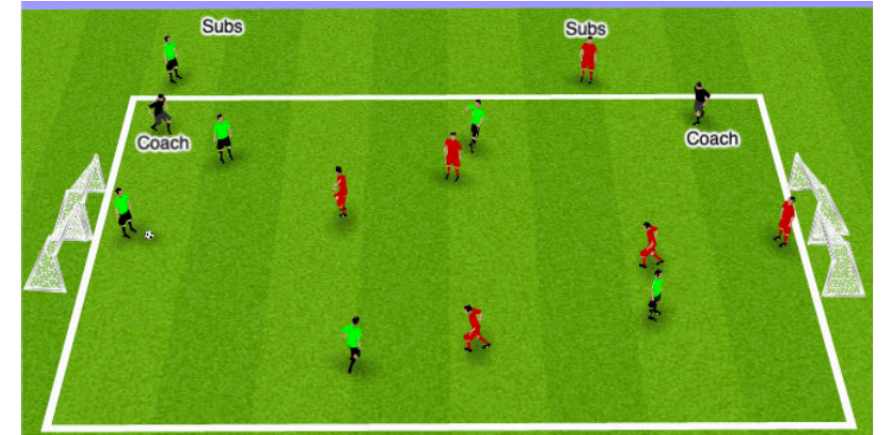
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



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

## Game Play



Week 3

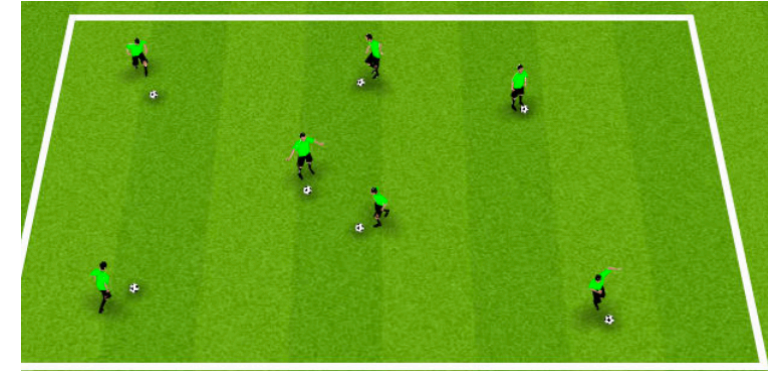


### Making Friends with the ball

**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



## 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

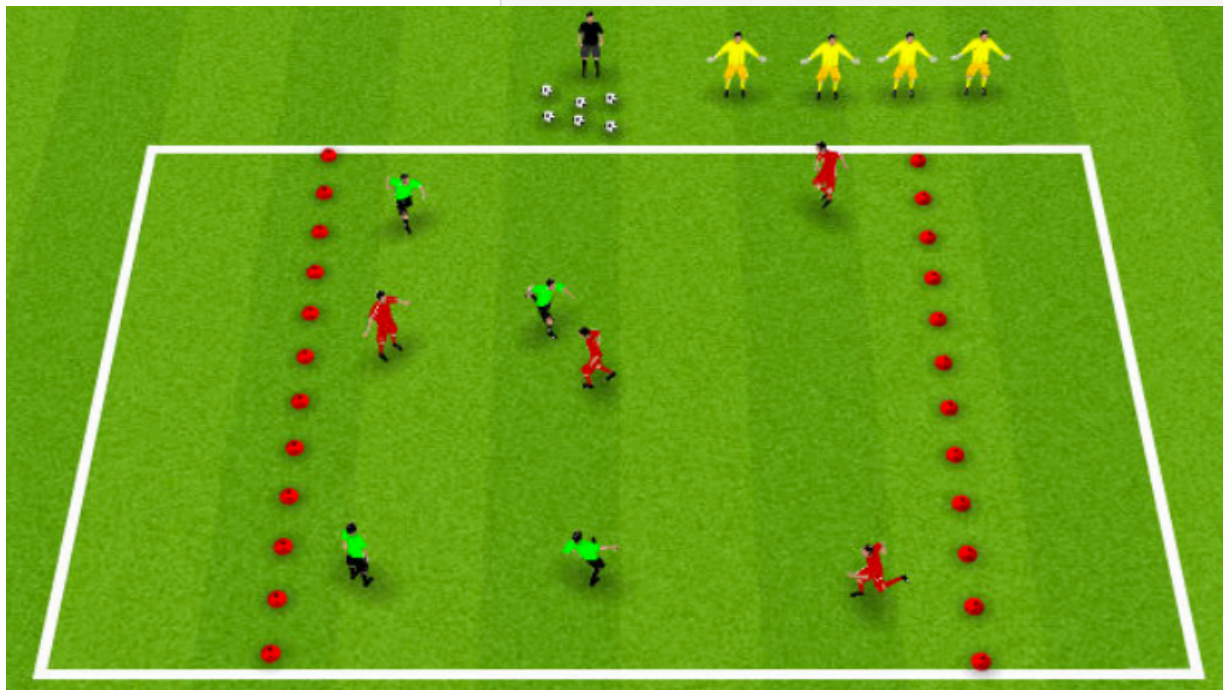
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### Coaching Points

Spread Out

Look for Opportunities to score

If you cannot score, find a pass



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

## Technical Portion



## 5v5

### 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 own Half

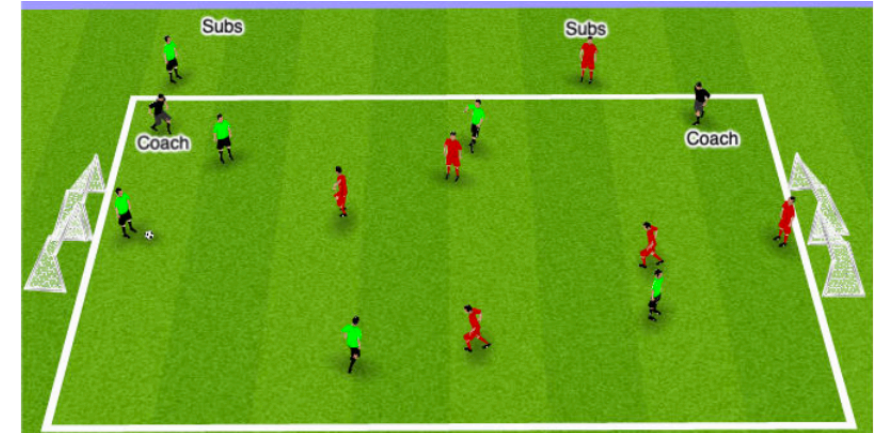
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# 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



## 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

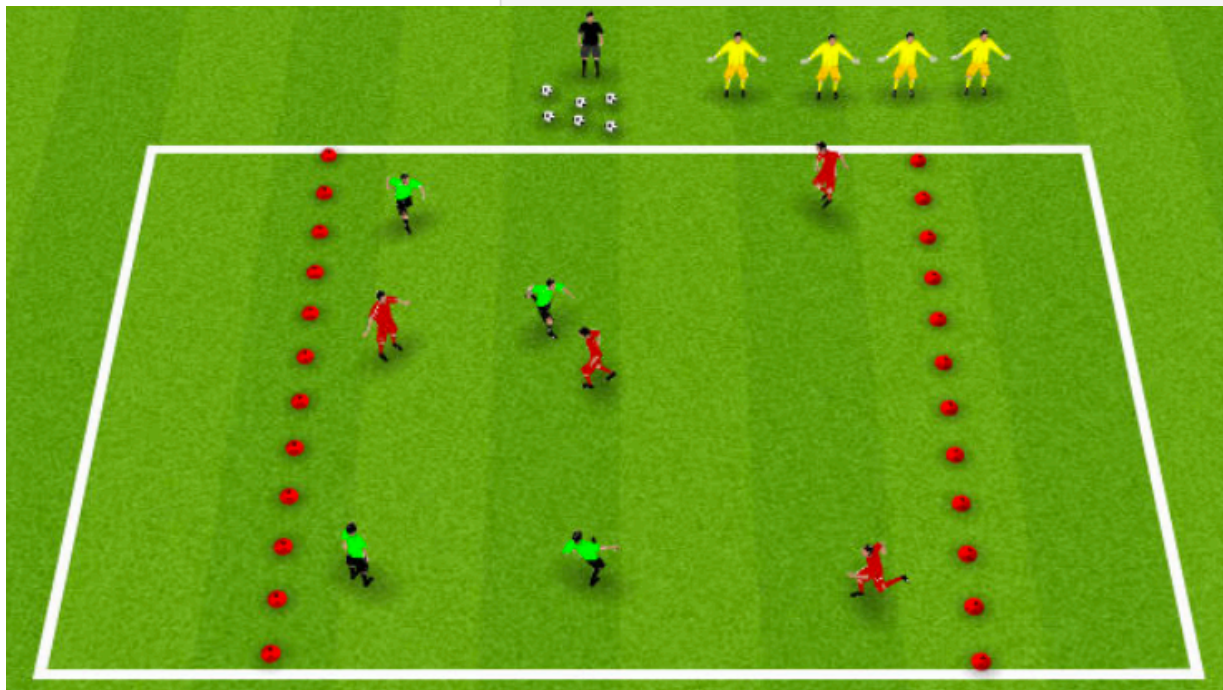
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### Coaching Points

Spread Out

Look for Opportunities to score

If you cannot score, find a pass



# Week 3:

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

Technical Portion 1





## 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

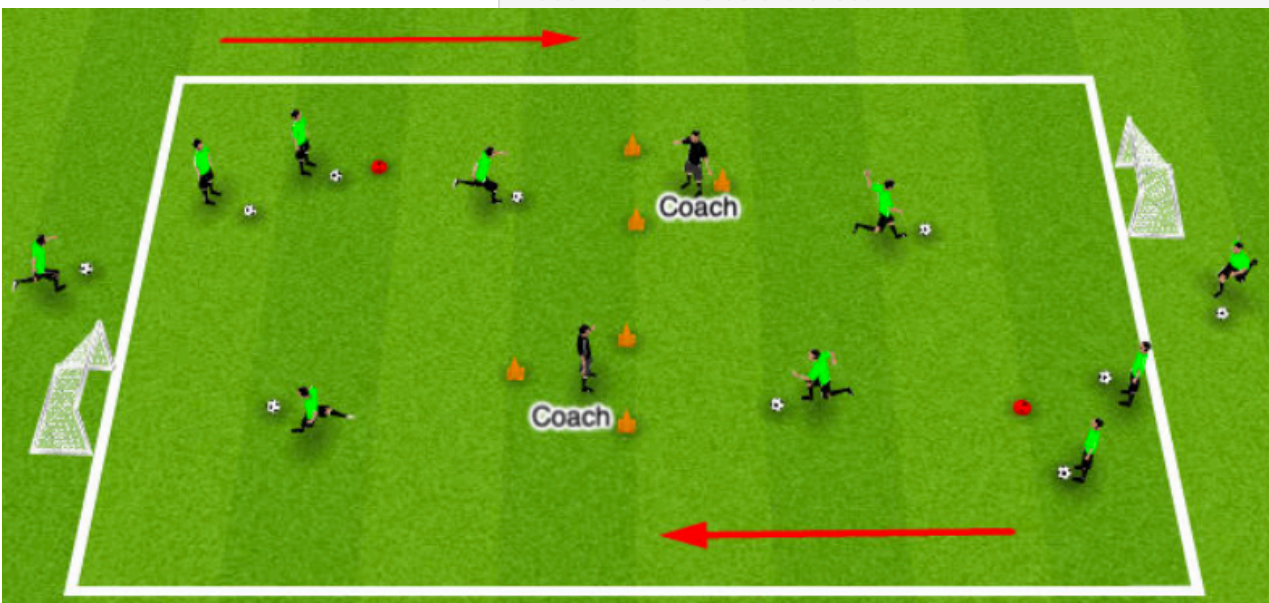
They will then gather the ball on the side that the coach decides and shoot on the goal

### **Coaching Points**

Close control (every step is a touch)

Head up

Pass with the inside of the foot



# Week 3:

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

Technical Portion 2



## 5v5

### 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 own Half

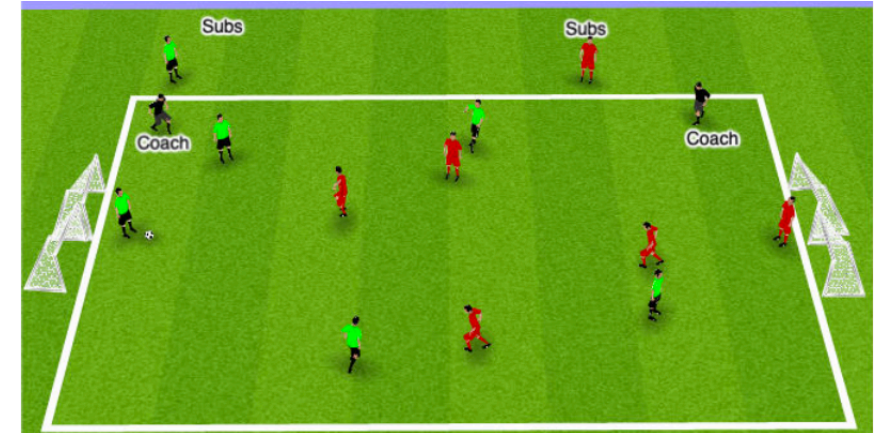
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# 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

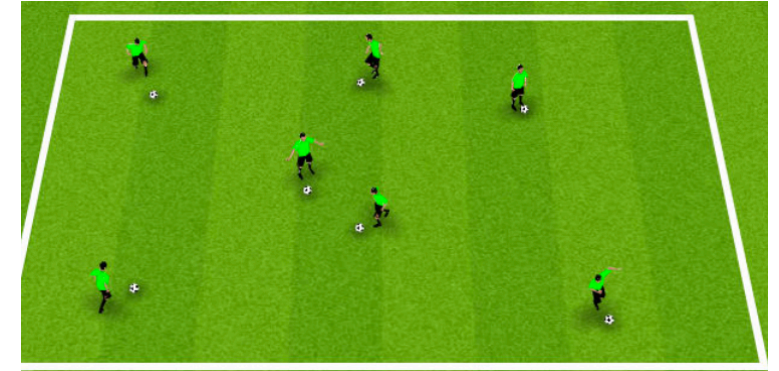
Drop: the ball to the ground

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



## #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

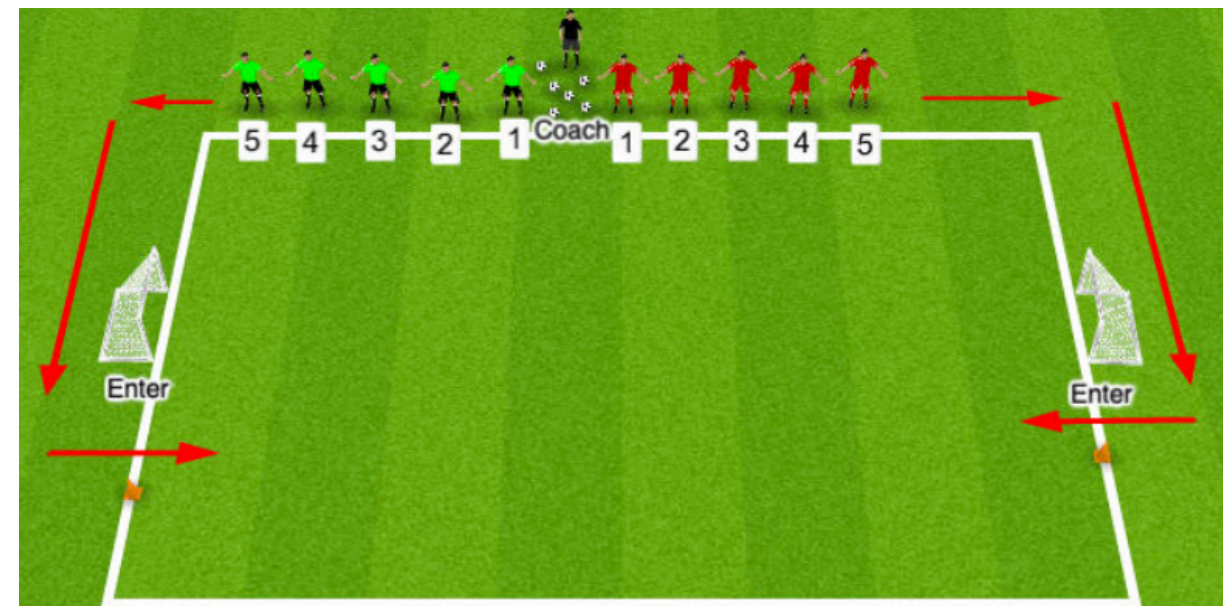
### Coaching Points

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 4:

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

## Technical Portion 1



## 5v5

### 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 own Half

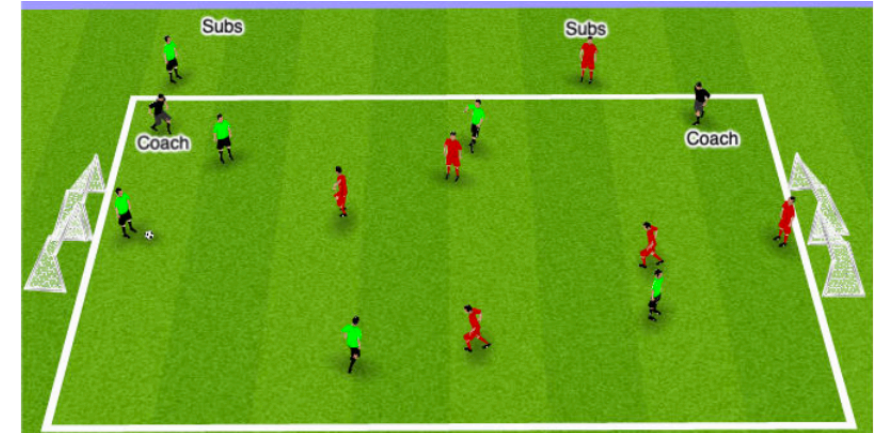
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



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

## Game Play





Week 5



## 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

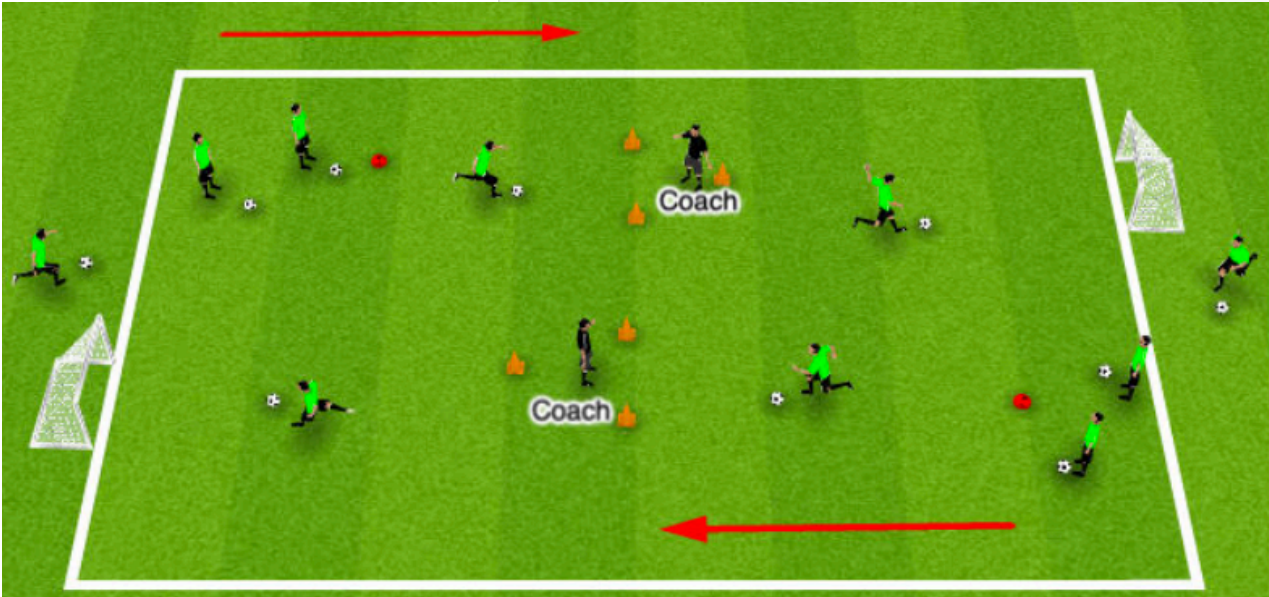
They will then gather the ball on the side that the coach decides and shoot on the goal

### **Coaching Points**

Close control (every step is a touch)

Head up

Pass with the inside of the foot



# Week 5:

Oct 17<sup>th</sup>

## Technical Portion 1

## 5v5

### 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 own Half

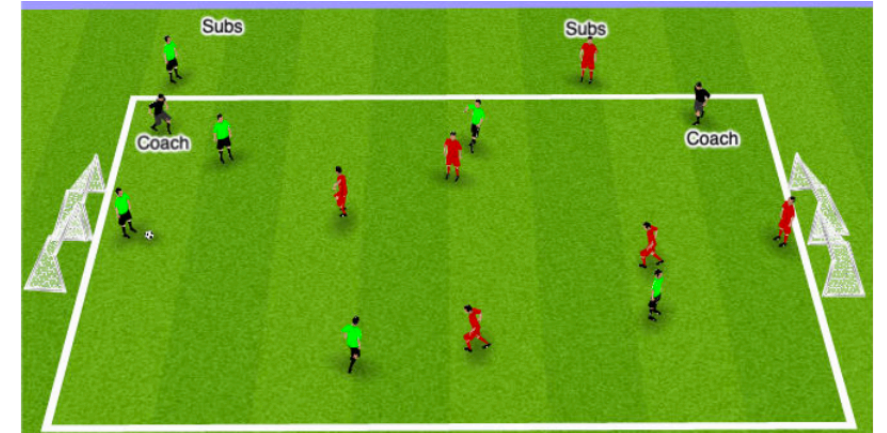
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# Week 5: Oct 17<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

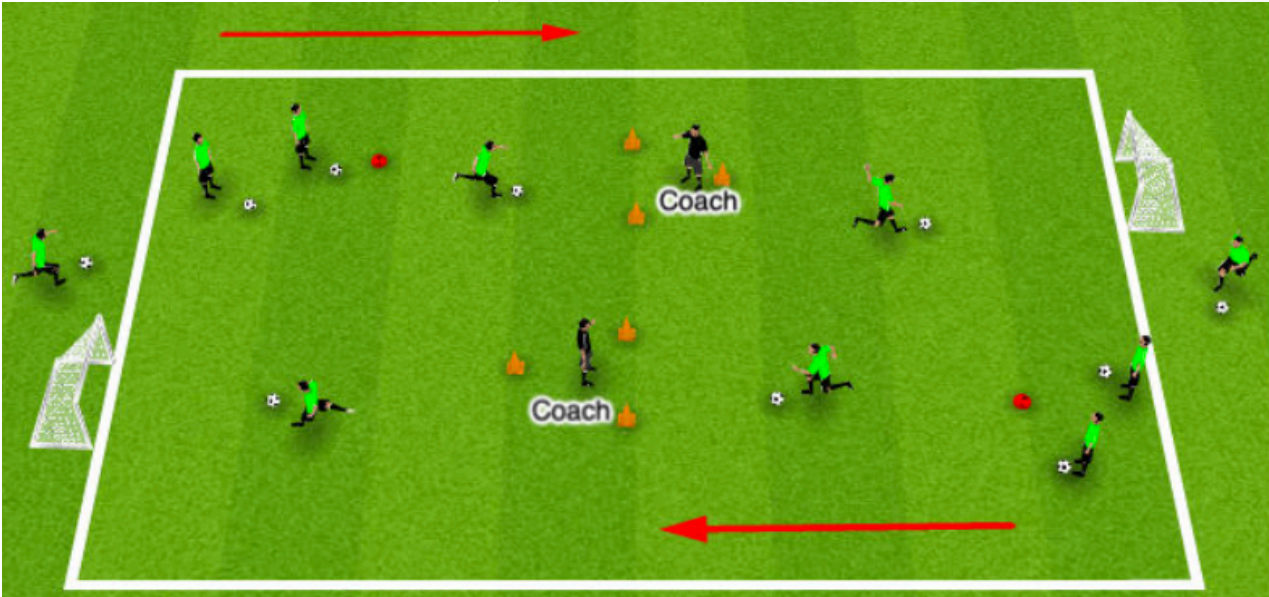
They will then gather the ball on the side that the coach decides and shoot on the goal

### **Coaching Points**

Close control (every step is a touch)

Head up

Pass with the inside of the foot



# Week 5:

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

Technical Portion 1

## 5v5

### 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 own Half

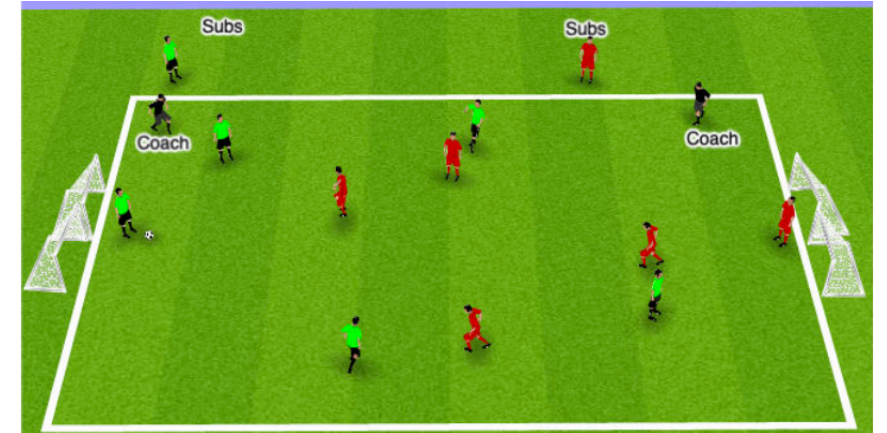
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



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

## Game Play



Week 6



## Lightning

### **Setup**

Place both Pug goals together on the end line  
Each player has a ball  
Each player takes a shot; and then goal in goal right away

### **Instructions**

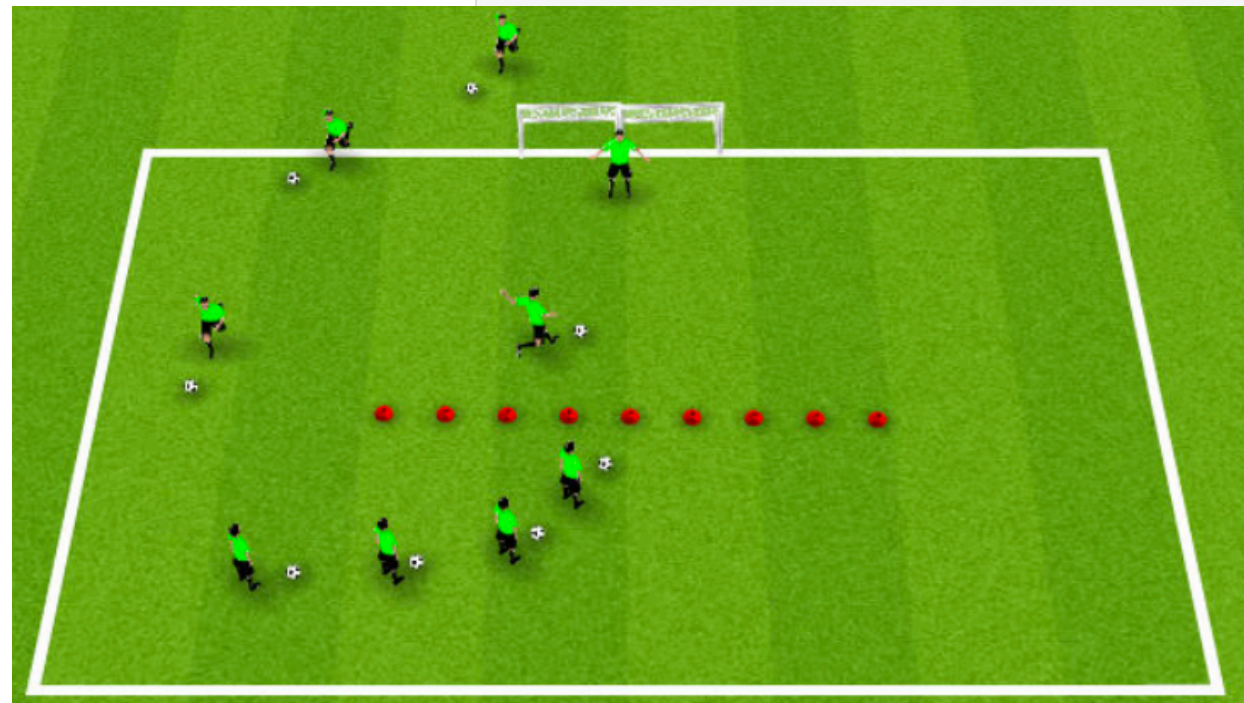
If a player scores / he is safe and goes in goal  
If a player misses, and then gets scored on...he is OUT and must sit out until the next round begins

### **Coaching Points**

Planting foot near the ball pointed towards the target  
Toe pointed down  
Ankle Locked  
Strike through the middle of the ball

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

## Technical Portion 1



## 5v5

### 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 own Half

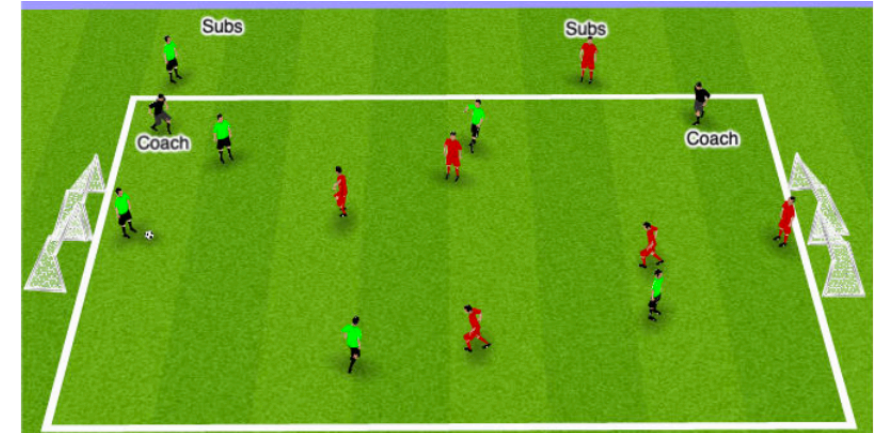
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



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

## Game Play





## Lightning

### Setup

Place both Pug goals together on the end line  
Each player has a ball  
Each player takes a shot; and then goal in goal right away

### Instructions

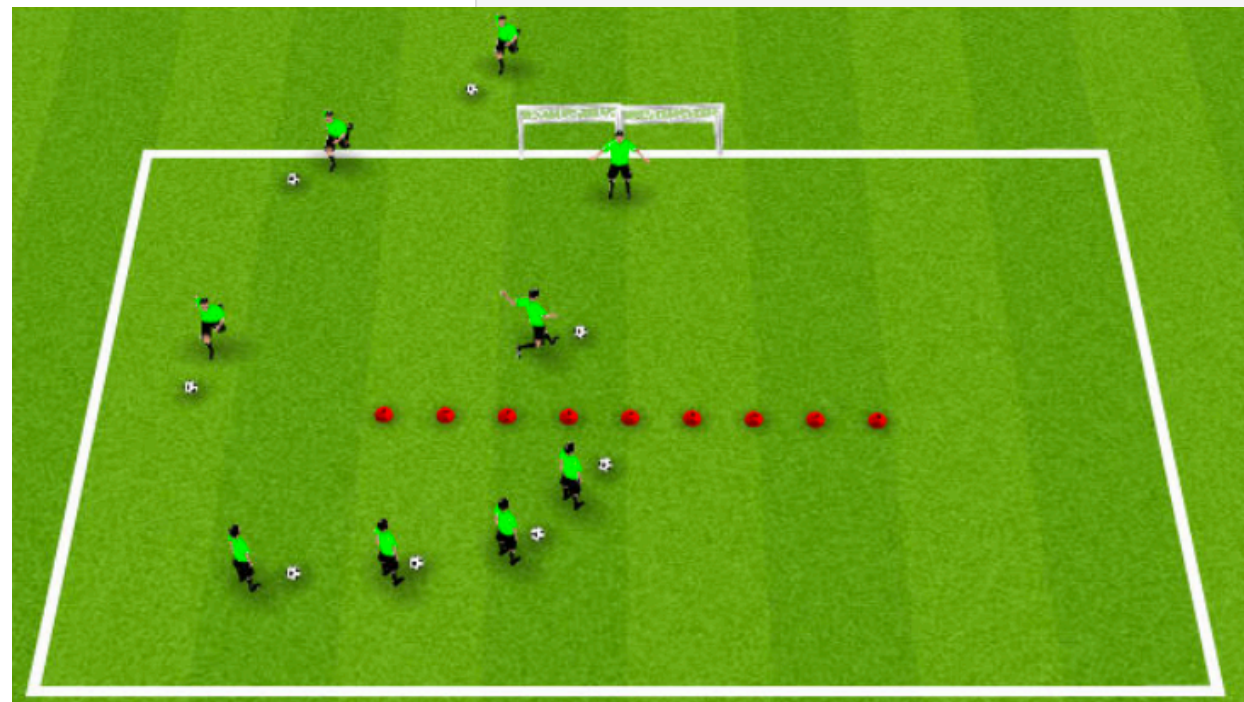
If a player scores / he is safe and goes in goal  
If a player misses, and then gets scored on...he is OUT and must sit out until the next round begins

### Coaching Points

Planting foot near the ball pointed towards the target  
Toe pointed down  
Ankle Locked  
Strike through the middle of the ball

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

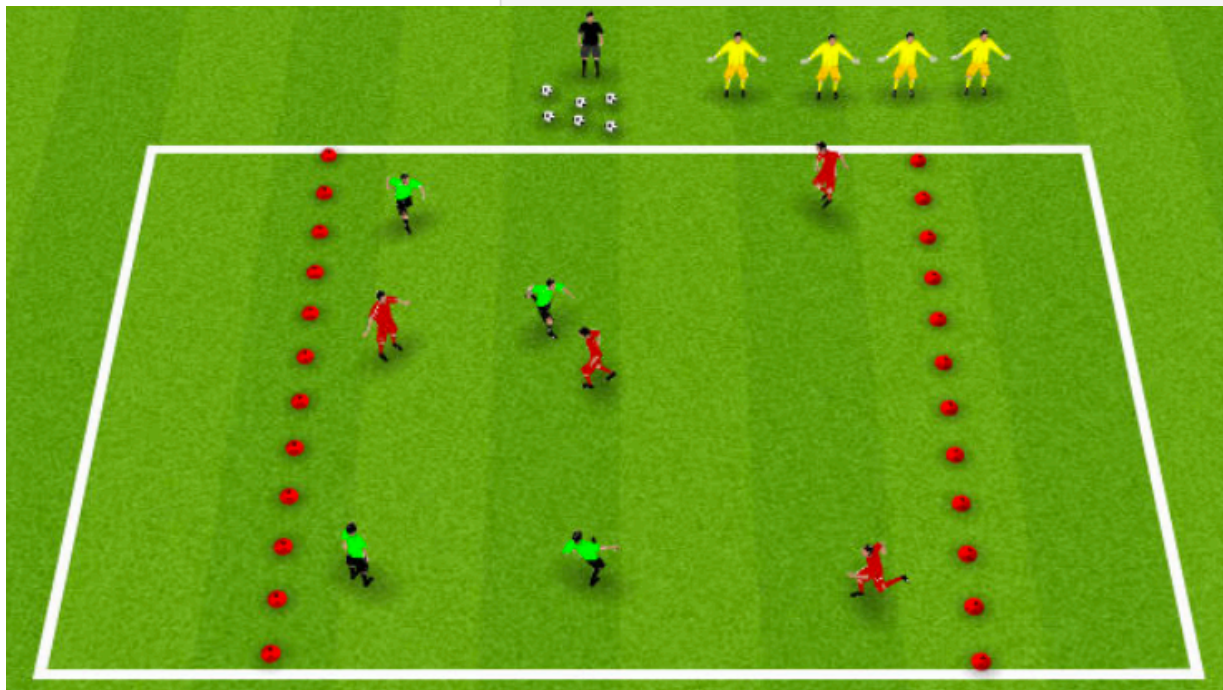
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### Coaching Points

Spread Out

Look for Opportunities to score

If you cannot score, find a pass



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

## Technical Portion 2

## 5v5

### 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 own Half

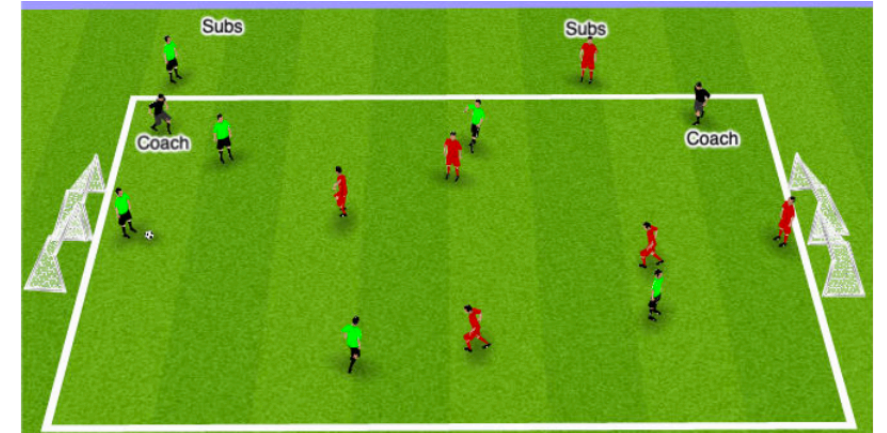
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# 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>



## Relay Races

### Setup

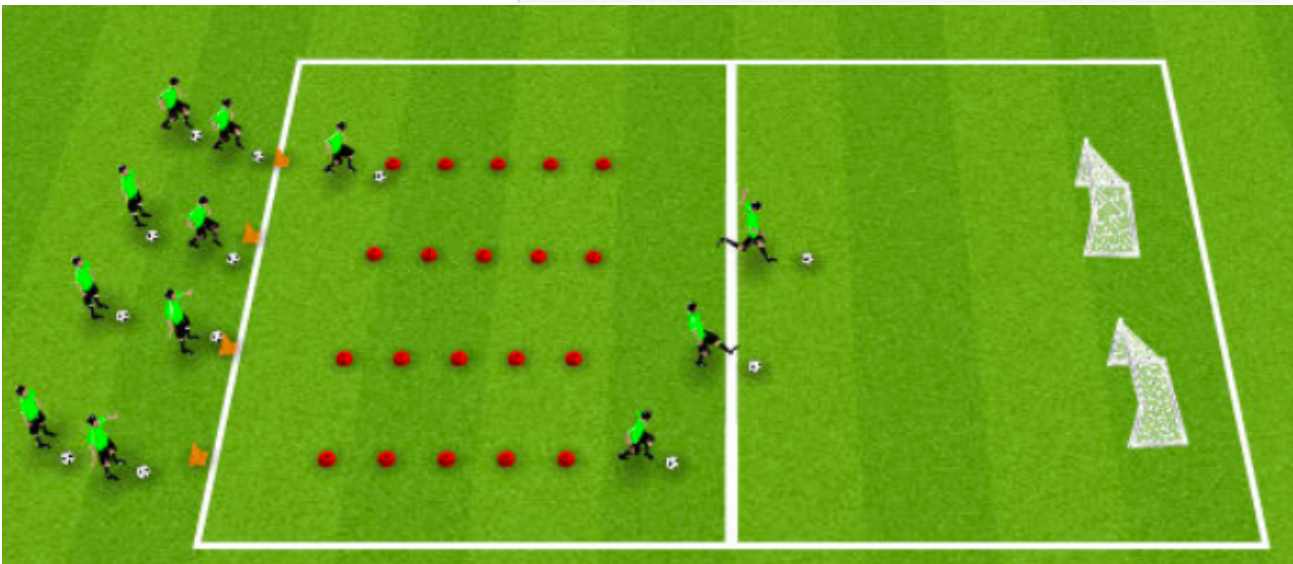
- Create 4 racing tracks
- Place 2 Pug goals at the end of your circuit
- Place a cone at the start line

### Instructions

- Players will travel through the race tracks that the coaches have built for them ONE player per team at a time
- Once they have come out of the track; they can finish with a shot on goal
- As soon as their teammate has taken their shot, the next player can start their race

### Coaching Points

- Close Control (Every Step is a touch) while travelling through the track
- Keep you head "up"
- It's a race, try to go fast while maintaining control (find the balance)



# Week 7:

Oct Oct 31st

Technical Portion

## 5v5

### 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 own Half

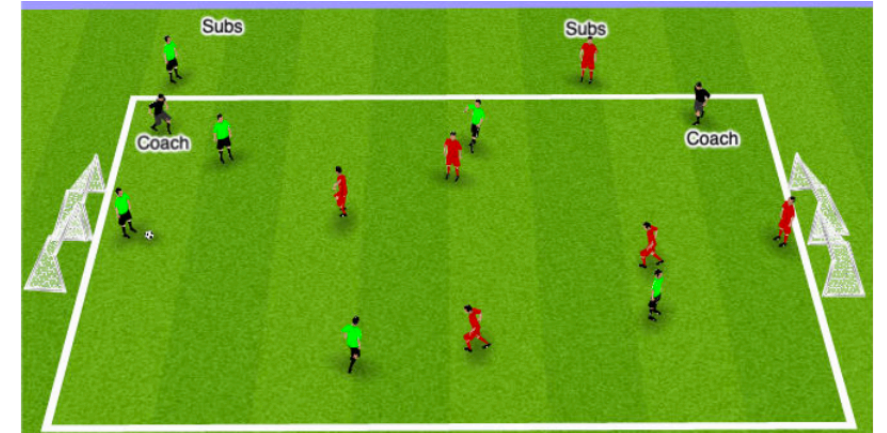
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# Week 7: Oct 31st

## Game Play



## Relay Races

### **Setup**

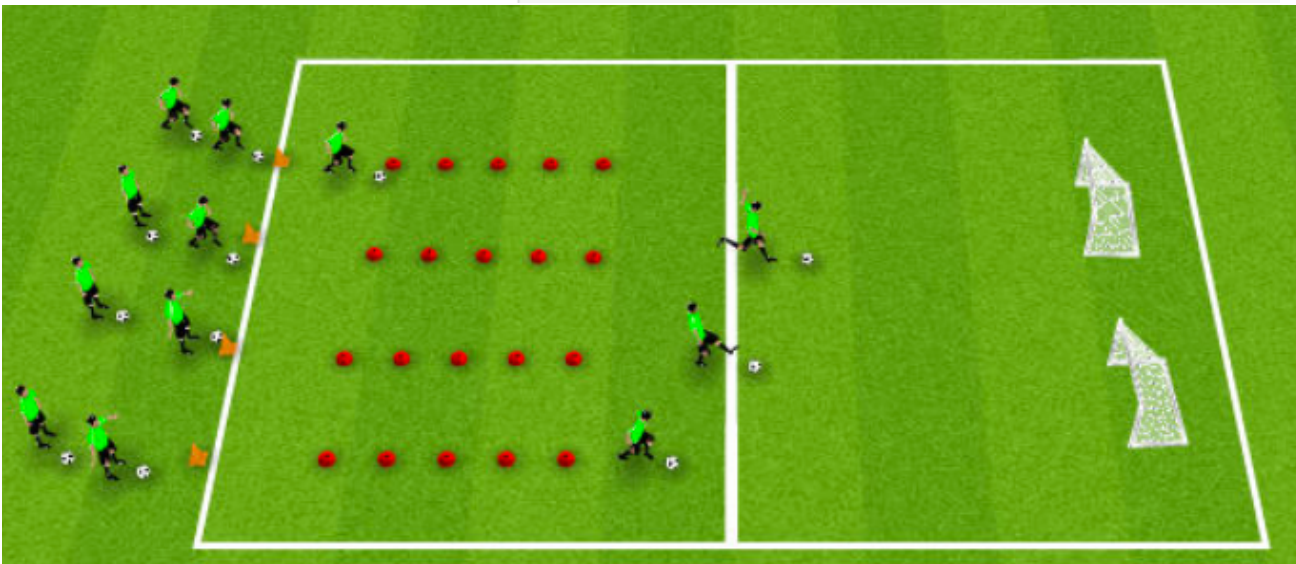
- Create 4 racing tracks
- Place 2 Pug goals at the end of your circuit
- Place a cone at the start line

### **Instructions**

- Players will travel through the race tracks that the coaches have built for them ONE player per team at a time
- Once they have come out of the track; they can finish with a shot on goal
- As soon as their teammate has taken their shot, the next player can start their race

### **Coaching Points**

- Close Control (Every Step is a touch) while travelling through the track
- Keep you head "up"
- It's a race, try to go fast while maintaining control (find the balance)



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

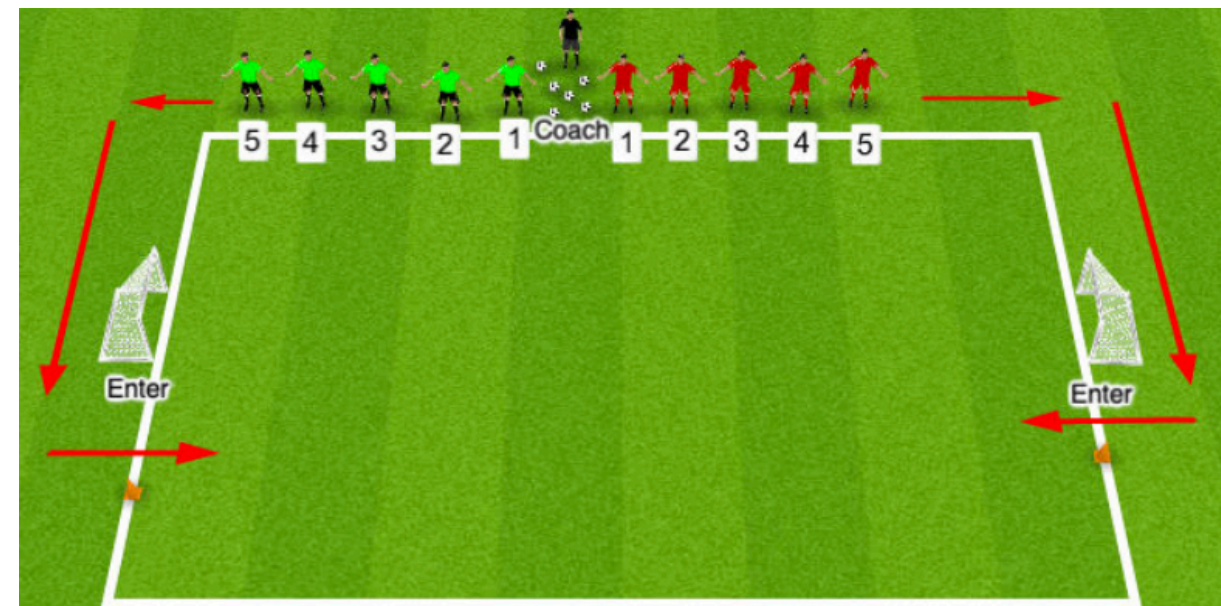
### Coaching Points

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 7:

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

Technical Portion 2





## 5v5

### 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 own Half

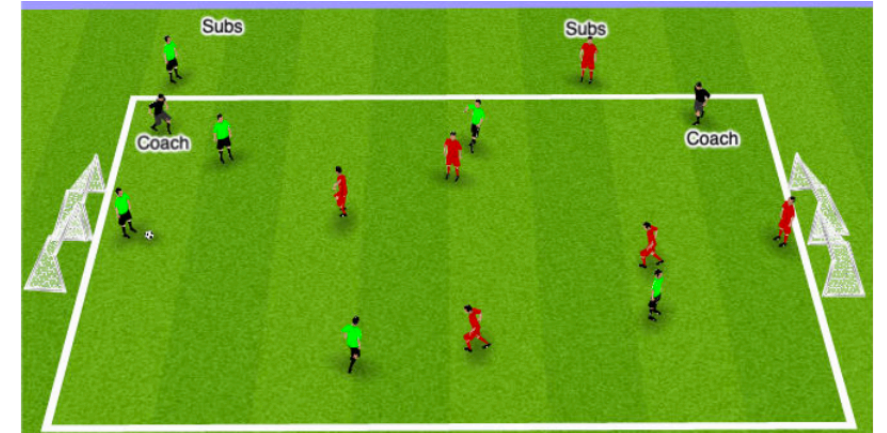
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# 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

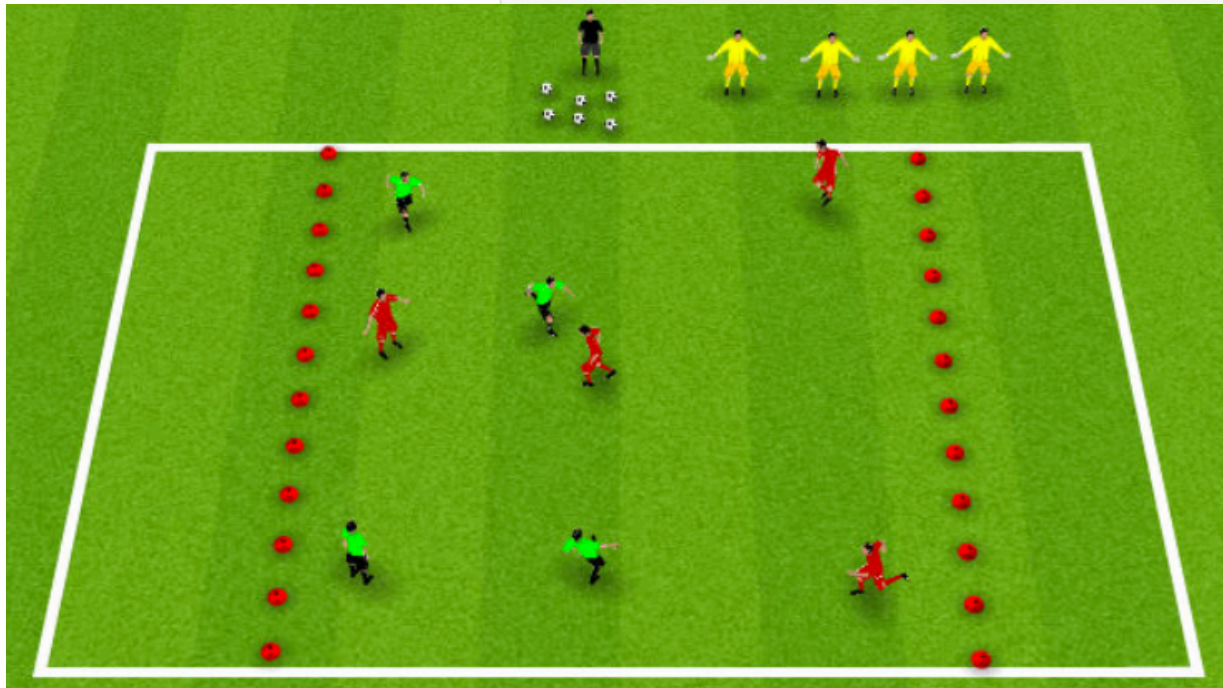
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### 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

## 5v5

### 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 own Half

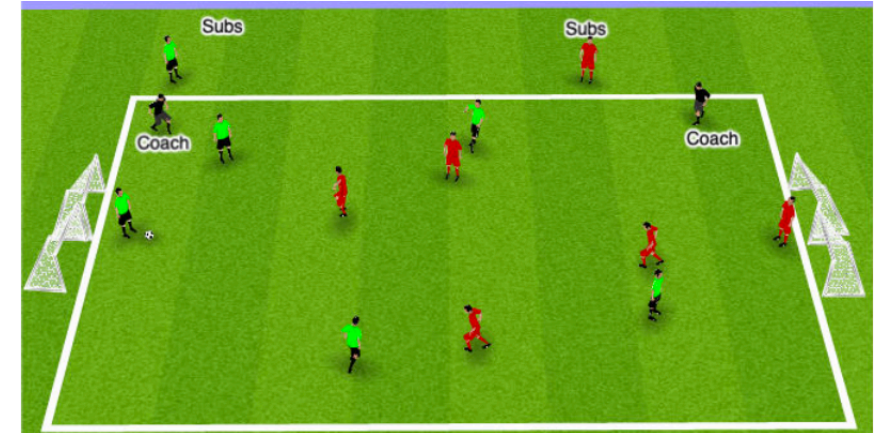
Restarts after a goal are from your OWN goal

\*The main item to keep in mind is the "FLOW" of the game...if the ball goes out, provide a ball for the players to "restart" right away

### Coaching Points

"Spread Out"

"Make a Diamond"



# 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

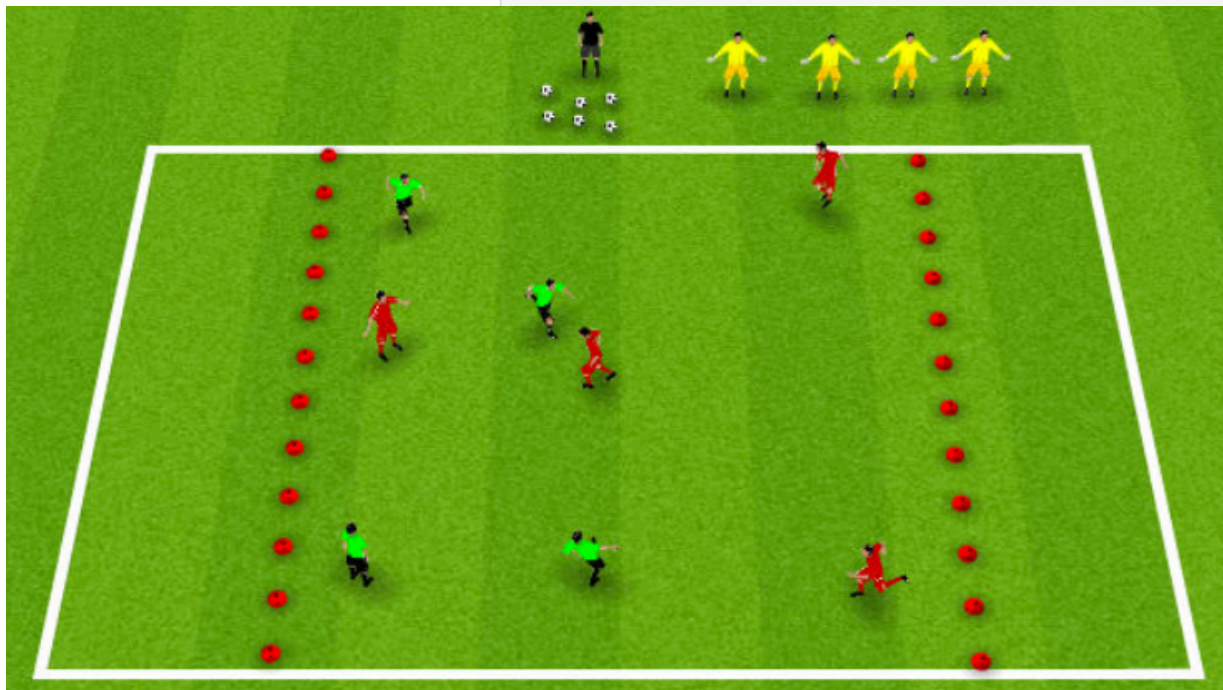
To score: dribble past the line into the endzone or pass into the endzone to a teammate

### 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

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

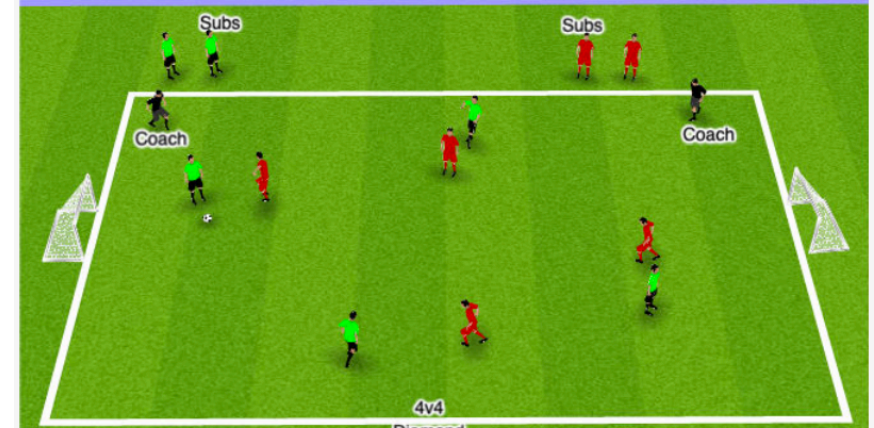
### Coaching Points

"Spread Out"

"Make a Diamond"

"Keep your head up"

"Stop" (when the ball goes out)



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

## Game Play