

A PRACTICE FORMAT

Coach's objective for the practice: (Know what you want to accomplish before the practice begins)

Fundamental Skills Drills: Try to minimize "standing in line" time. Have players moving their feet at all times during drills.

Stretching: This is a good habit to develop at an early age, even though it is more important for older players.

Skill Development (choose a particular skill to work on)

Tactical Skill/Practice the new skill (using 2 vs. 2 or 3 vs. 3, reinforce the new skill in short sided game related situations)

Game Related Exercise/Putting it together

Offense vs. Defense/Short Side

Very little time should be spent playing full-team scrimmages. Players touch the ball more in short-sided games.

Cool Down Stretch

COACHING RESOURCES

On the following pages, you will find a few drills that you can use at a practice. Be aware that there is a multitude of soccer information available to everyone now.

Clinics:

The Club provides at least one clinic for coaches each year. Additional clinics can be arranged by contacting CVYSC's Director of Coaching. Work through your age level coordinator. Keep your eyes open for clinics given by the state organization (EPYSA) and by other local clubs.

Books:

The Intramural Development Coordinator will provide Coaching books written by Waiters and Howe that are directed toward the training of specific age groups.

If you want to find books or videos to buy for yourself, check out www.reedswain.com for a complete listing of available soccer related books that interest you. Reedswain is located in nearby Sinking Spring, PA.

Websites:

Visit the CVYSC website on the Internet for a complete list of useful coaching drills. This list will be expanded frequently and can be added to by sending an email to the Webmaster. You can find the club website at <http://www.cvyisc.org>.

Another informative website for coaches, field players and goalkeepers is found at www.finesoccer.com.

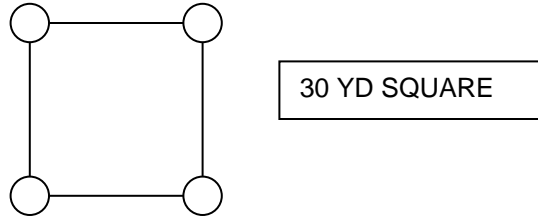
www. fifa.com

Laws of the Game.

SOCCER DRILLS FOR YOUTH

DRIBBLE IN THE BOX

Mark off a box 30 yards x 30 yards with your cones. The entire team dribbles in the box at the same time. This will work on ball skills and conditioning while at the same time allowing the players to get used to handling the ball in a crowded condition. You can make this into a shooting drill by just assigning a number to each player. When the Coach calls the number of a player they will take one or two touches on the ball then strike it toward the goal. Add the goalie for some practice.



GUARD YOUR BALL

Using the 30 yard x 30 yard box have the players shield their ball while attempting to kick other balls out of the square. If a player can reach his/her ball before it stops rolling then they are still alive. The object is to learn ball control and shielding skills. If they cannot get to the ball before it stops rolling they can go to the sideline to juggle or practice another skill. NOT JUST STANDING AROUND.

DRIBBLE TO SAFETY

Using the 30 yard x 30 yard box add a 5 yard x 30 yard area to two sides. Choose three to four players to stand in the middle of the box with balls. The rest of the team, each with a ball, should stand in the two safe areas you just laid out. The object is to dribble from one safe zone to the other without getting hit by the players in the middle. The players in the middle will attempt to hit the other players, below the waist with the ball. Players may not be hit in the safe area. This is only done with the feet. Players may not pick up the ball with their hands. When a player is hit they should go to the sideline and juggle until the drill is finished. The last player is the winner. This teaches ball skill and reaction skills.



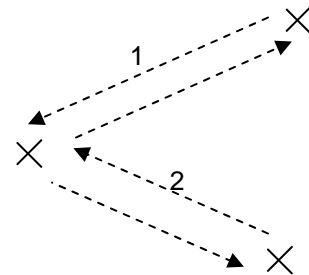
REINFORCING FUNDAMENTALS

Divide the players into groups of three. The purpose of the exercises is to reinforce individual fundamental skills with fellow players. Space the players 10 yards from each other in the shape of a triangle. Two of the three players will have a ball. Players will alternate passing to the player without the ball. That player will one touch or two touch the ball back to the original passer (determined by the coach). Encourage the players to trap the ball inside or outside of their position and to move to the oncoming ball, not stand still. This will give the coach a chance to instruct the players on the importance of preparing for the ball. Have them on their toes to receive the ball. Players should always be moving their feet when not playing the ball.

Use the same setup to reinforce:

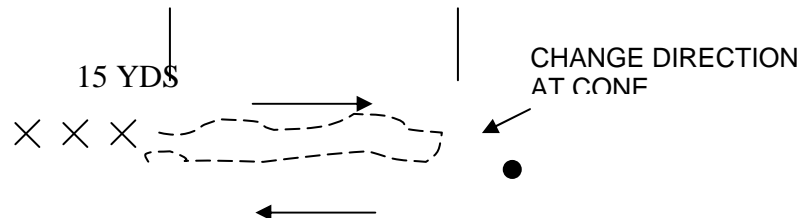
- thigh to foot move
- chest to foot move
- head balls

The passers lob the ball with their hands.



CHANGING DIRECTIONS

To teach the players how to change direction with the ball, have the players break into groups of three to four. Place a cone 15 yards in front of the players. The players are to dribble to the cone, perform a change of direction move and pass the ball back to the next player.



Variation: After the players become proficient enough with the move, begin the drill with a player instead of the cone, 15 yards out. Have the player with the ball dribble to the defender. The defender will offer a token defense. The ball handler will see this as a challenge and perform a change of direction move, then pass the ball back to the next player. The player who was the ball handler remains to become the defender and the defender runs to the end of the line for his/her turn at the move.

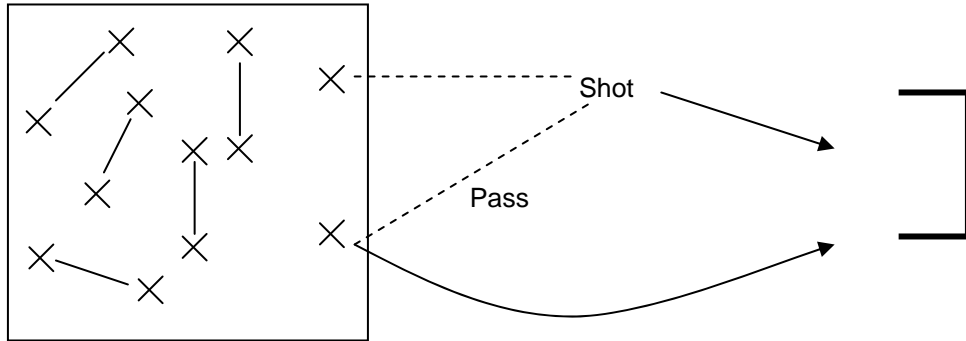
REINFORCING DRILLS

Allow the players to play 1 vs 1, 2 vs 2 or 3 vs 3 to reinforce new concepts. This places them into a small game related atmosphere with a limited number of players. This will allow more touches on the ball by each player, while encouraging them to use the new move. Create a field 30 yards x 30 yards with cone goals spaced 6 feet apart. Teams can

score only after players make the move and the ball must be on the ground. This forces the players to use touch passes and to concentrate, while reinforcing the move.

PASS AND SHOOT

Using the 30 yard x 30 yard box have the players pick a partner to pass with. Place the entire team in the box at the same time. The players should move around in the box creating short 5 to 10 yard passes. All at the same time. The coach should call out the name of a player. With their partner attempt one crossing pass out of the box and shoot on the goal. Have the passer run toward the opposite post of the pass to shoot the ball in case his/her partner misses the shot wide. This allows the players to pass in a congested area. Create a pass and move to the ball, shoot on the goal and follow a shot.



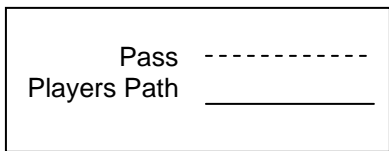
DANCING FEET

With a partner standing approximately 5 yards apart have the players dancing on their toes and one touching the ball to each other. See which team can make the most passes without stopping. Use the inside of the foot for a time, then have the players use only the outside of the foot.

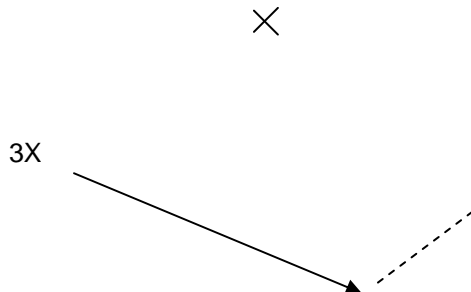


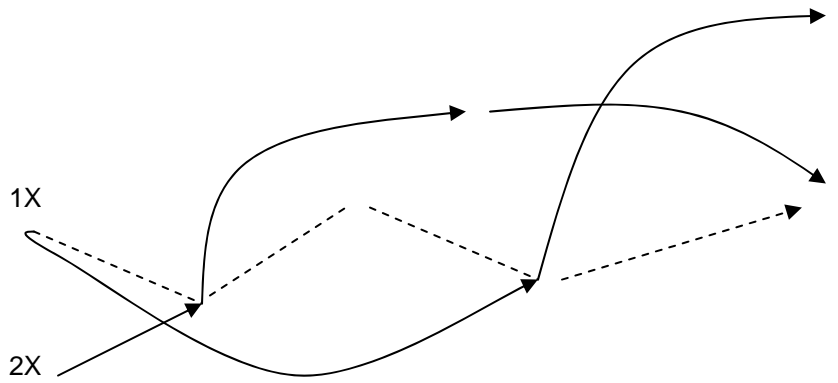
THREE MAN WEAVE

Separate three cones 15 to 20 yards apart. For younger players the distance should be less. Have the team divide into three equal groups behind each cone. The ball should begin in the middle. The player in the middle should pass the ball and run behind the person to whom they passed. This process should be followed all the way down the field. Pass, then run behind the player. Begin the drill by having the players passing slowly and trotting to the next space. Have the team run the length of the field and job back to the end of the line. Players should switch lines after each turn. This drill teaches passing skills, moving without the ball. As the players become more advanced have them talk during the passing.



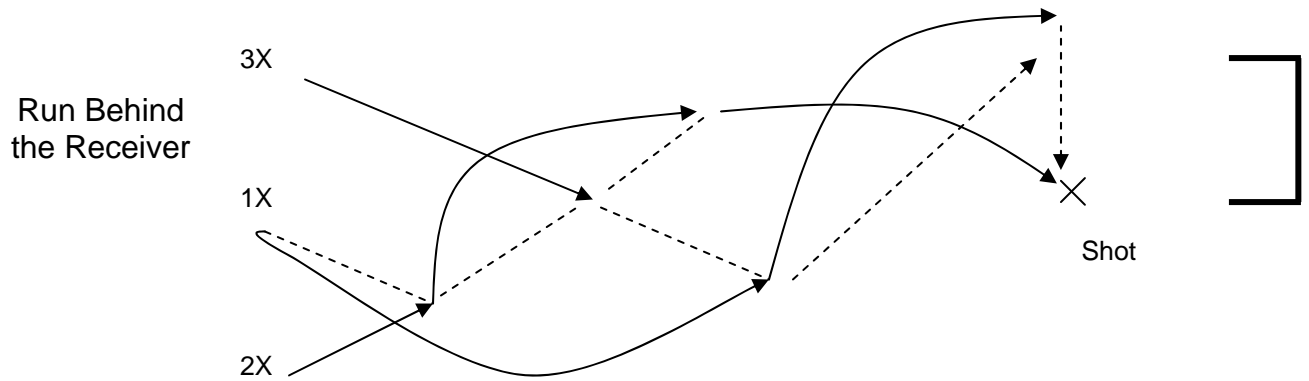
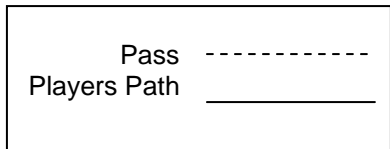
Run Behind the Receiver





THREE MAN WEAVE WITH A SHOT

After the players become familiar with the passing aspect of the drill have the player receive a pass then cross it for a shot on goal. You can add a goalie for this drill. Encourage the players, as they get better at this to shoot for the corners of the goal.



BASIC SKILL DRILLS

1. FIGURE EIGHTS 3 TO 5 MINUTES
 Each player should have a ball. Just using the inside of the foot have players touch the ball four times with the right foot in a circle. Then four times with the left foot. This should make a figure eight. Do the same thing with the left foot.

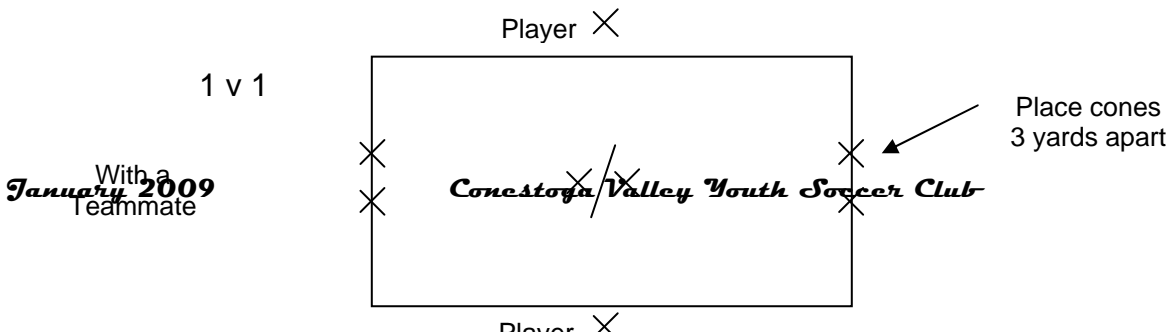
2. STEPS 1 TO 2 MINUTES
 With the ball at the players feet have them jump step the ball. Then move in a circular motion around the ball at the same time.

3. LOVE TOUCHES 1 TO 2 MINUTES
 Keeping the ball on the ground and between the feet have the players touch the ball alternately with each foot.

4. PARTNER KICKS 2 TO 3 MINUTES EACH
 With a partner, have one player lightly toss the ball to the foot of the other. The player receiving the ball will attempt to touch kick the ball back to the partner. The purpose is to practice kicking technique. Keep the body over the ball and follow through on the kick.

5. PARTNER CHEST TRAP 2 TO 3 MINUTES EACH
 With a partner, have one player lightly toss the ball to the chest of the other. The receiving player should settle the ball and short pass it back. Repeat until the coach tells the players to switch. If the players are good enough tell them to try it without allowing the ball to touch the field.

6. CHANGE OF DIRECTION 1 TO 2 MINUTES
 Each player should have a ball.
 - a. STEP OVER MOVE
 - b. TOUCH ROLL MOVE
 - c. TOE DIG
 Using the 30 yard x 30 yard box choose one move and give the players time to practice it during each practice. Create one on one or two on two games where they must use a move. Players may be placed on the sidelines for passing support.



PUTTING IT ALL TOGETHER

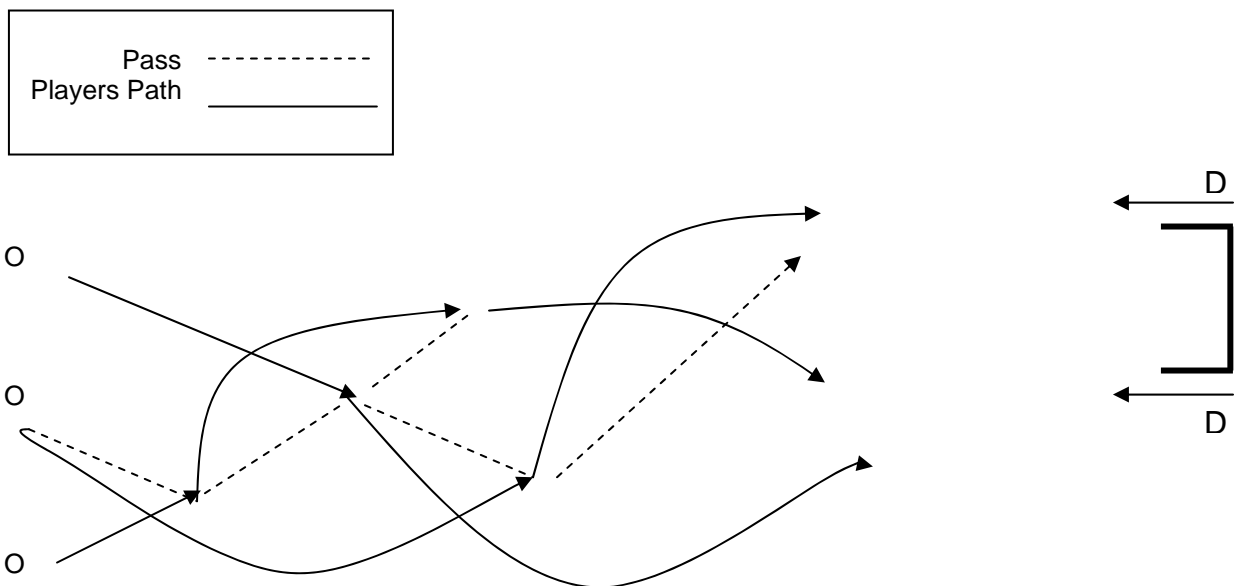
THREE V TWO:

15 TO 20 MINUTES

Place two players on each post of the goal. They will be defenders. Forty to fifty yards out place three cones for three lines. Use a goalie. Encourage the first player with the ball to pass the ball and run behind the player he/she passed to. After the first pass the defenders may move off of the post to defend the ball. Have one player yell "I've got the ball". The other player should move to intercept the pass but not over commit. The offensive players should move the ball down the field using short passes. Once challenged they should attempt to spread out the defense, make a good pass, and shoot on goal. Encourage the players to make two touch or three touch passes.

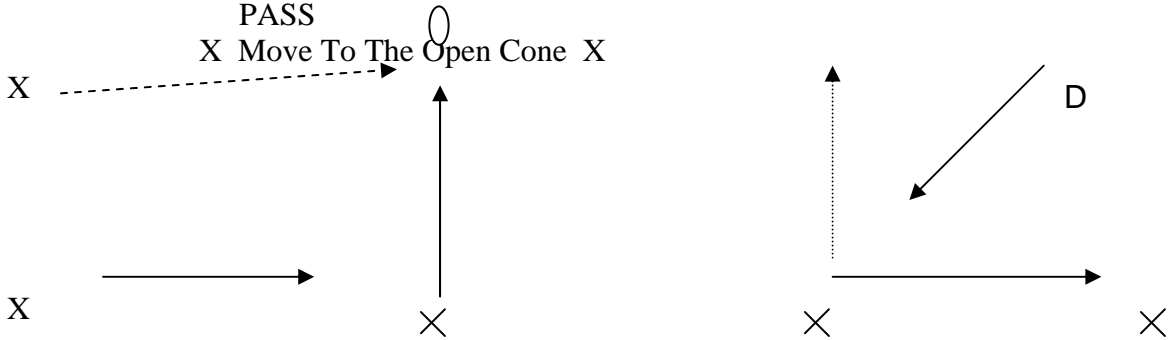
After each drill switch the defenders by having the outside wings stay at the post of the goal.

YOU CAN ADD VARIATIONS AFTER YOU FEEL THE PLAYERS HAVE COMMAND OF THE DRILL.



FOUR CORNERS

Set up four cones 10 yards apart from each other forming a square. Place three players in each square at a cone. This will teach the players to move to an open space. Begin the exercise at an end. The player must move to the open cone to receive a pass. When the players have the idea add a fourth player to become a defender. The players must create a keep away situation by staying in the square and moving to the space. The defender must challenge the ball or the offensive players should pass until challenged.



Move To The New Space
Pass To Either Player. Choose

The Best Option.

POST TO POST

Divide the team in two, each one having a keeper. Half the team will stand at the net at each post. Place a cone 20 to 25 yards from each post. The player touching the post may step into the goal with the keeper but his/her outside hand must be on the post at all times. They may deflect the ball with any part of their body as long as the one hand stays on the post.

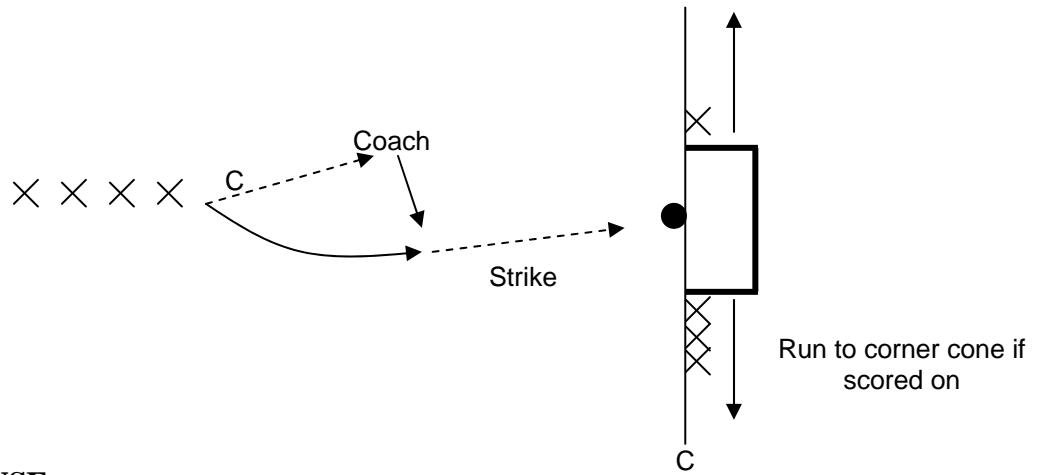
The other half of the team will stand 20 to 25 yards from the goal with the coach standing 15 yards out centered in the goal facing the players. The players will pass the ball to the coach who will set the pass up for a right footed shot or a left footed shot. All shots are one touch no dribbles. **IF THE BALL GOES INTO THE NET ALL OF THE PLAYERS AT THE POST (NOT THE GOALIE) WILL SPRINT TO THE CONE AND BACK.** At the same time the other half of the team is still maintaining the shooting but only at the goalie.

After the group has each taken one shot, switch sides and repeat. Keep score of the goals scored. Repeat as many times as you think necessary.

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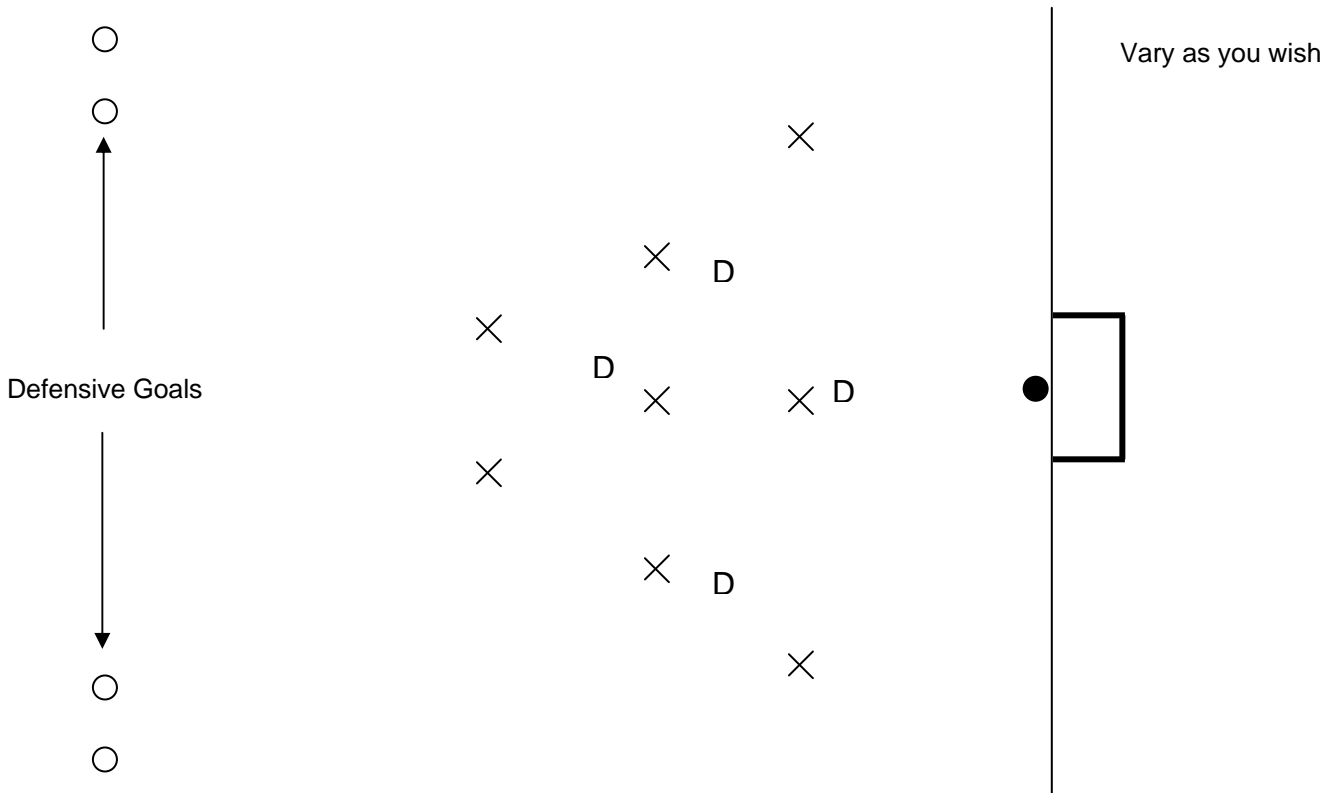


Run to corner cone if scored on



OFFENSE VS DEFENSE

Instead of just scrimmaging divide the team into defensive and offensive groups. Remember to use the setting that you wish to use in game situations. Suggestions: Use a goalie and three to four defenders. Allow the offense to attempt to score on the net. Set cones up at three quarter field. If the defenders can dribble the ball through the cones then it becomes a defensive goal. Switch the players around allowing them to try all of the positions.



MORE DRILLS TO DEVELOP SKILLS:

Brazilians or South Americans

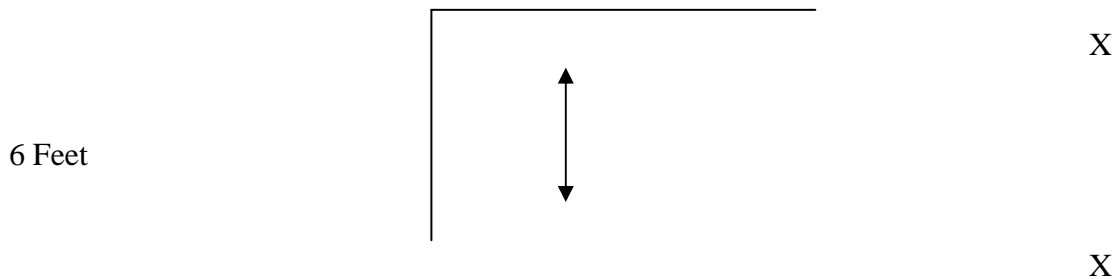
Players: 2 per group with 1 ball

The players will stand approximately 6 feet from each other. One player will lob the ball to their partner's foot, they will touch the ball back. Emphasize locking the foot in a downward position and following through with the kick. *Only a light touch back to the partner.* Try this with the instep (laces). Then try it with the inside of the foot.

Purpose: This will reinforce the proper technique for striking the ball and following through.

Additional drills: Add a thigh to foot drill
 Add a chest to foot drill
 Add a head drill

Once the players have begun to master the concept, have the team line up on a sideline with their partner on the playing field with the ball. Now work the drill while moving across the field.



Increasing Communications and Practicing Fundamentals.

Players: 3 per group with two balls

Have the group form a line separating each player by 10 to 12 feet. (Older players may need more space). The players on each end have a ball and the third player is in the middle. On the whistle, the player in the middle calls for the ball saying "BALL". At that command one player will pass the ball. The player in the middle moves toward the ball and one touches it back, turns, and calls for the other ball and repeats the process.

Variations: You can use one ball and have the player in the middle call for the ball and now have the passer tell the receiver to "TURN". The receiver controls the ball then passes to the other player. The passer may also call "MAN ON" – the receiver returns the ball to the passer. Now the players are using 3 commands.

GAME RELATED SCENARIOS

Perimeter Passing Game: play the game 25 to 30 minutes

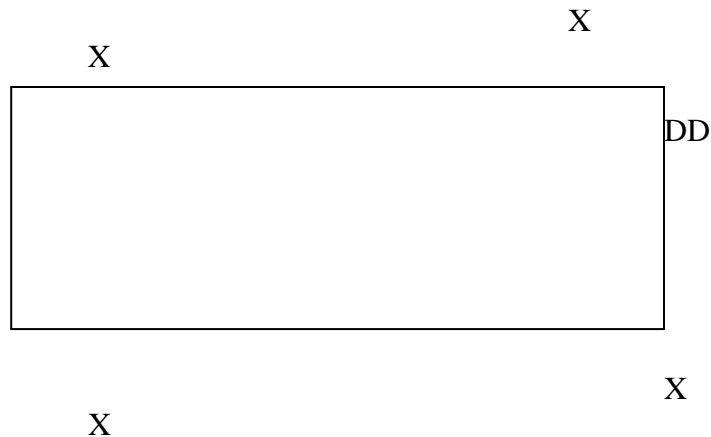
Divide the team into teams of three or four players each (you need three teams)

Mark off an area about 30 by 40 yards. The younger players might need a small space. Station two teams around the perimeter with the third team in the middle.

The perimeter players are the attacking players while the players in the middle are the defending players. The perimeter players may run along the sideline but not into the middle. Also, the defending players must stay in the middle.

The game is played by passing the ball between the perimeter players. The players in the middle must intercept the ball. Scoring is done as follows. The coach can determine how many consecutive passes need to be made for an attacking point. Defense gets a point every time they steal the ball. At the beginning the defense will dominate the game. However, as the players catch on, the attackers will begin to take control of the game and it will become very competitive.

Encourage the defenders to work together. Talk between players will help them on the playing field.



Short Sided Soccer With an all time attacker:

Divide the team into two, keeping one player as an extra. If you have even numbers then the coach can join in the fun.

Designate a player as the all time offensive player. That means whoever has the ball the defense will always be one player down. This encourages the players to cover space and players. It also helps them to concentrate on the entire game. Scoring is done using cones placed 5 feet apart. The ball must roll through the cones on the ground, causing the players to concentrate on ball control.

40 YDS



COACHING CLINICS

RED ROSE COACHES CLINIC

Contact person:

This clinic is held sometime in March at F&M College. There is reimbursement money available for coaches who wish to attend.

Cost: Approximately \$5.00

EPYSA (Eastern Pennsylvania Youth Soccer Association)

Offers a coaches clinic through various LANCO Clubs.

For Information call: 215-657-7727

C.V.Y.S.C. (Conestoga Valley Youth Soccer Club)

Offers a coaches clinic twice per year in August and March before the first scheduled practice. This is held at the High School **and coaches are strongly recommended and encouraged to attend.**

Schedule is as follows:

U6/U8 Coaches: March and August at CVHS soccer fields (Date / Time to be determined).

U8/U10 coaches: March and August at CVHS soccer fields (Date Time to be determined).

All Intramural coaches are strongly encouraged to attend.

Instruction for new and experienced coaches will be provided by a USSF A licensed coach.

An E license course will be provided or made accessible by the CVYSC. All current and future Travel team coaches are encouraged to attend this course.