

Practice Plan Manual



A Complete Practice Manual
for Beginner to Advanced coaches

U10-U12

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12 Year Plan

	Phase 1	Phase 2	Phase 3	Phase 4
U - 4	Dribbling - becoming familiar with the ball	Passing - inside and outside of foot	Shooting - accuracy and power	Control - stopping the ball - keeping it close
U - 6	Dribbling - becoming familiar with the ball	Passing - inside/outside of foot - movement	Shooting - accuracy and power	Control - stopping the ball - good first touch
U - 8	Dribbling - control, stopping, movement	Passing/Shooting - using the laces - communication Movement	Receiving/Control - with feet (inside/outside) - juggling	General Tactics - positions - offense - defense
U - 10	Dribbling - turning, fakes - 1 vs. 1	Passing/Shooting - 2 vs. 1 - crossing - switching the field	Receiving/Control - foot, thigh, chest, head - volleying	Group Tactics - give and go - overlaps - keeping possession
U - 12	Individual Skills - dribbling - passing - shooting	Receiving/Control - trapping - first touch - knowing where the ball is going	Group Tactics - offense and defense - getting open - support	Prep for U – 14/U -16 - work on individual strengths and weaknesses

	Phase 1	Phase 2	Phase 3	Phase 4
U - 14	Individual Skills - dribbling - passing - shooting - trapping - volleying	Offense - 1 vs. 1 (fakes) - 2 vs. 1 (wall pass, overlaps) - creating space - diagonal runs	Defense - shielding - support - forcing outside - jockeying	Group Tactics - 5 vs. 2 - 8 vs. 6 - 4 vs. 4 - 8 vs. 8 (movement, options)

	Phase 1	Phase 2	Phase 3	Phase 4
U – 16	Individual Skills - build strength and conditioning	Offense/Defense - creating space -target player -zone - man to man	Transition - from defense to offense - from offense to defense - communication - moving as a unit	Set Plays - corner kicks - goal kicks - free kicks - throw ins - penalty shots

U-10

Introduction

The under 10 groups is one of the most important, if not THE most important period in a soccer players personal development, being in the Golden Age of Learning. The goals of the Under 10 age group include introducing turns and fakes while dribbling, which can be taught using 1 on 1 situations. In passing and shooting, movement is taken to another level with the introduction of crossing and switching the field, as well as 2 on 1 play. Receiving and controlling the ball with the body (thigh, chest, head and foot) and volleying are skills the athletes should leave this group with. Finally, group tactics on and off the ball, such as give and go's, overlaps and keeping possession are the last fundamentals that the players should be on their way to mastering when they move into the Under 12 age group.

Characteristics

- Golden Age of Learning
- Displays strength
- Coordination is smooth
- Enjoys physical contact
- Enjoys team sports
- Attention span still improving
- Open to new ideas, understands basic tactical concepts
- Effective communication skills
- Likes to be recognized for their sport ability
- Openly serious and competitive
- Explanations must be brief, concise and answer "why"
- Capable of problem solving, move from concrete to abstract thinking
- Peer pressure starting to become a factor

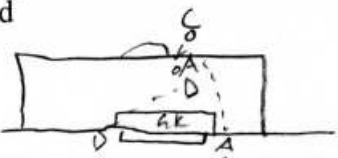
"Keep it simple., when you get too complex you forget the obvious."

-Al Maguire



U-10

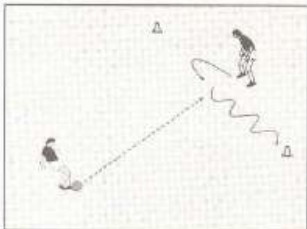
Phase 1: Dribbling

Activity	Coaching Points
<p>1st Activity(warm up) (15 min)</p> <ul style="list-style-type: none"> - Have players in partners pass the ball back and forth, while jogging around the field -Stretch -Have the players stay in their partners and work on some juggling between them 	<ul style="list-style-type: none"> -Warming up the players -They get lots of touches while moving with the ball
<p>1st Activity Turning (15 min)</p> <ul style="list-style-type: none"> -All the players will need their own ball and they will need to stay inside the 18 yd box. Demonstrate different turns with the inside and outside of foot, and pulling the ball back and have the players practice them with the ball at their feet, then put some of the balls to the side and have them pass it to each other and make a turn when they receive a pass. 	<ul style="list-style-type: none"> -Show them how to do it, then let them try it -watch them and help where needed -the players are in a confined space so remind them to keep their heads up -want the players to keep the ball in control before and after the turn
<p>3rd Activity The turn (15 min)</p> <ul style="list-style-type: none"> -Have the players make 2 lines, one on each post of the goal and have a keeper in net. Have the balls at the top of the circle on the 18 and the coach will be passing the ball. Designate one of the lines attackers and the other defenders. The players will both run toward the ball, and the coach will pass the ball to the attacker. The defender will get close behind the attacker and be between him and the goal. The attacker will receive the ball with their back to the goal and a defender behind them, they will want to turn on the defender and have a shot on goal. -At first just have the defenders work on position and not try to take the ball from the attacker and just let them turn, then have them defend 	<ul style="list-style-type: none"> -Players get to practice the turn with a defender on their back that doesn't defend against them allowing them to get comfortable with the turn -players also get to practice turning while being defended -want to remind players to keep the ball in best control possible

4 th Activity Versus (20 min)	
<p>-Have the players stay in their lines that were on the post and number themselves from one to however many players and remember their number. So each line will have a 1 and a 2.....and so on. Have the players line up on the goal line away from each post sitting with their backs to the field. Place a ball on the top of the 18 and have a keeper in net. Call out one of the numbers and that player number from each line has to get up and race for the ball to play 1v1. Whoever gets control first is offense and the other player is defense, they then play until the offense scores or the defense gets control of the ball or it goes out of bounds</p> <p>-call out more than one number to make it 2v2, or 3v3</p>	<p>-Players have to pay attention for their number</p> <p>-encourages players to go to the ball</p> <p>-can make it into a game, line vs line, to add some fun for players</p>
5 th Activity Mini Game (15 min)	
<p>-Split players into two teams</p> <p>-Normal scrimmage but the ball must stay on the ground, smaller nets with no keeper</p> <p>-must dribble ball through goal to score</p> <p>-also if a player has a successful turn on an opponent their team gets a point</p> <p>Cool Down(10min) – Have the players do a jog around the field and then gather to stretch and review the practice and upcoming events</p>	<p>-Keeping the ball on the ground will force the players to make short quick passes and to keep the ball in control. It will keep them from just kicking it up the field</p> <p>-Forcing them to dribble into the goal to score may encourage them to try and deke in order to score</p> <p>-offering a point for a successful turn will encourage players to try the skill</p>

Practice Plan

Age Group: U-10	Theme: Dribbling
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Activity	Coaching Points
1st Activity (warm-up) British Bulldog (10mins) <ul style="list-style-type: none"> Have all the kids line up with a ball on the far side of the 18 yard box One player starts in the middle as the “bull dog” When the middle calls “British Bulldog” everyone has to dribble the ball across with out getting their ball tapped out of the area Those that lose control of their ball join in the middle Who ever is the last one wins and are the new bulldog for the next round Stretch, run through a series of head to toe stretches with the players or have one of the players lead everyone through a set of stretches 	<ul style="list-style-type: none"> This works on ball control with adequate speed Encourage ball protection Be alert of other players, especially opponents Keep the ball close to feet Emphasize faking with head up
2nd Activity (15mins) <ul style="list-style-type: none"> Players are organized into pairs in the center of a 10 yard line One player acts as the dribbler and the other defender The defender starts with the ball and passes to the dribbler The dribbler fakes to dribble to one cone and then dribbles to the other cone Rotate roles 	<ul style="list-style-type: none"> Quick movements to fake / trick an opponent (using inside and outside of both feet) Bend knees to over emphasize movement Accelerate away from the defender using the laces
3rd Activity Driving School (15mins) <ul style="list-style-type: none"> Set up a 20m x 20m area marked by 4 cones Begin the drill by announcing that you are a driving instructor and the team has come for driving lessons Quick rules review: “GO” = dribbling with your head up. “STOP” = stop the ball by placing your foot on top. “SLOW” = dribble the ball slowly. “SPEED UP” = faster dribble, head up and don’t crash... “TURN RIGHT” = push the ball the R using the outside of the R foot. “TURN LEFT” = push the ball L using the outside of L foot If a crash does occur, the individual has to take a lap around the outside of the cones before entering into play again. 	<ul style="list-style-type: none"> Players need to maintain adequate control of their ball to avoid crash Quick touches on the ball Ensure quality turns using the outside of the foot (cutting)

Age Group:	Theme:
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4th Activity 1 vs. 1 with a shot (15mins)	<ul style="list-style-type: none"> • Keep the ball close and in control with a controlled shot • Become familiar with 1 vs 1 situation • Emphasizes ball control and quickness in turning, and faking
<ul style="list-style-type: none"> • Players will line up in 2 separate lines, one at the top, just on the far side of the 18 yrd. Box • Another line will be to the side of the net. • The players at the side of the net will have the ball and pass to the other line and then run out to play defense. • The player receiving the pass will dribble around the defender set up for a shot and shoot. • Players will then switch lines 	
5th Activity (the game) (20mins)	<ul style="list-style-type: none"> •
<ul style="list-style-type: none"> • Split the group into two teams with no goalies • There needs to be 2 nets set up on either side line facing inside between the 18 yrd. Box and the goal line • The object is play like a normal game, except no shooting • To score, a player must dribble the ball over the goal line and through the net with the ball under control. <p>Cool down (10 min). have players grab all of the equipment that is set up. Players should jog at a slow pace around the field two times Stretch Review key points of the practice</p>	

Practice Plan

Age Group: U-10

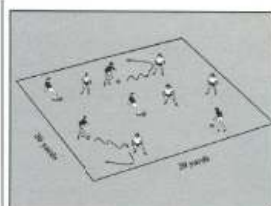
Theme: Dribbling

Activity

Coaching Points

1st Activity (warm-up) (15mins)

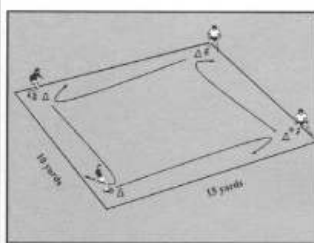
- Organize players into two equal groups in 20 x 20 yards area
- One group with a ball each and the other without
- Players in possession of a ball randomly move about the area
- When faced by a player without a ball the player should turn and accelerate into space
- No tackling allowed
- Switch roles



- Keep head up
- Avoid collisions
- Look for space to move into
- Turn at a safe distance from the defender
- On turning make sure the ball is moved out of the feet

2nd Activity (15mins)

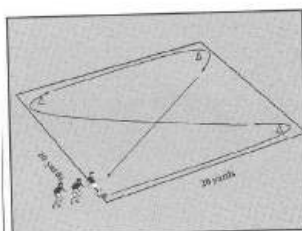
- Players are organized at a cone situated at each corner of a 10 x 15 yard area
- Each player to have a ball
- On the coaches command players dribble to any cone and back emphasizing the need for a quick & controlled turn
- First player back wins



- Fast movement on the ball
- Move the ball out from under the body
- Accelerate away after the turn has been made
- Emphasize the need to dribble with the ball close to the player to maintain control

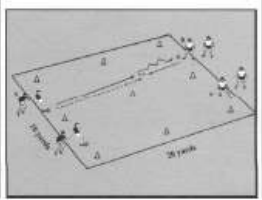
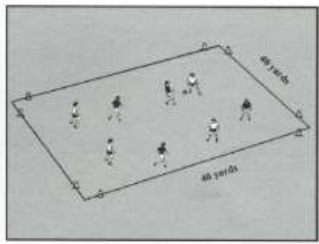
3rd Activity (15mins)

- Players are organized into one corner of 20 x 20 yards area
- Players complete a 'figure of eight' turns
- Players should be encouraged to perform a different style of turn at each cone



- Keep the ball close
- Use different surfaces of the foot to turn
- Accelerate away after turning (explode)

Age Group: U-10	Theme: Dribbling
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<p>4th Activity (15mins)</p> <ul style="list-style-type: none"> • Dark's pass to white's • White's move towards the pass, controls the ball and turns quickly • As soon as white's have touched the ball the dark's chase • White's accelerate away from the chasing dark's • Aim is for white's to get back to their starting position before dark's can make a tackle 	<ul style="list-style-type: none"> • Practice different types of turns • Position body to support the turn • Accelerate away from pressure
<p>5th Activity (the game) (20mins)</p> <ul style="list-style-type: none"> • 4 vs. 4 or up to 9 vs. 9 (depending on size of group) • Each team defends two goals each placed in the corner of the 40 x 40 yard area (ensure there is adequate space for turns to be practiced) • Each team attacks the opposite two goals 	<ul style="list-style-type: none"> ▪ Use turns to change direction of play ▪ Fake to shoot/pass before turning for greater effect ▪ Ensure there is space behind you in which to turn ▪ As soon as the turn has given the player space to work with, can the player either attack the goal or look to pass to someone in good position?

Phase 2: Passing/Shooting

Activity

Coaching Points

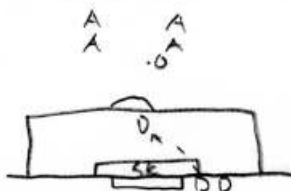
1st Activity Warm up (15min)

-have players in partners jog around the field while and passing the ball
 -stretch
 -have the players get in groups of 3-4 passing the ball around and following their pass, and taking the place of the person you just passed it to

-players are passing and moving
 -want players to be moving with the ball as well as moving without the ball to move to space so they can get the ball

2nd Activity 2v1 (15min)

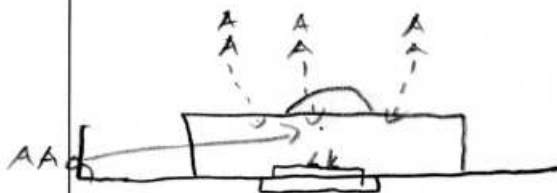
-have three lines, one at a post, and two outside the 18yd box. The line at the post in the defender and the other two are attackers. One of the attackers start with the ball and it is a 2v1 situation.



-have the players work on quick and firm passes
 -keep the attackers moving toward the goal
 -want to move with some speed

3rd Activity Crossing(15min)

-Have a line of players with balls at the corner to take some corner kicks, a goalie in net, and have three more spaced out and outside the 18. these lines are the attackers.
 -Have the three players from the lines run in toward the goal and the players at the corner cross it in and have the three attackers try to either one touch it on goal or control it make a pass and a shot
 -After a few corners, add one defensemen with the goalie then another to make it 3v2 on the corner



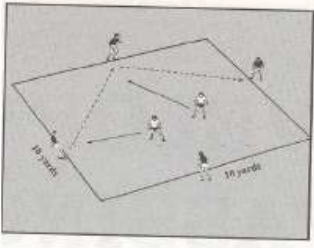
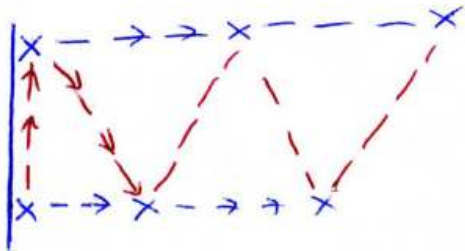
-players get to practice crossing the ball and receiving the cross in front of the net
 -tell players where the corners want to land away from the goalie but not too far out from the net

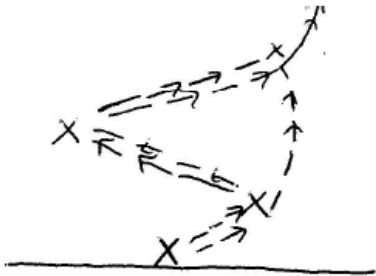
U-10

<p>4th Activity give,go, and cross (20min)</p> <p>-Have a line of players with balls toward the sideline, another in the middle of the field. Another line in front of the line with balls about 15 feet away facing them. The player with the ball passes it to the line in front of them who plays the ball toward the corner of the field. The player who first passed the ball, runs on to the pass then crosses the ball. The player in the middle line runs down the middle of the field to receive the cross and try to score on the keeper.</p> 	<ul style="list-style-type: none"> -Works on passing, moving and crossing -look for players in the middle to try to time their runs so they strike the ball in stride -more like a game situation with the one player streaking down the sideline and crossing it
<p>5th Activity mini game (20 min)</p> <p>-make two even teams and set up the nets so that only half of the field is used</p> <p>-take 4 players that will be on either team and put them on the sidelines of each half and each side. These players are part of the game but they must stay on the sidelines. They are on which ever team passes to them. The players cannot challenge them for the ball</p> <p>Cool Down (10min) Have the players do a slow lap, then gather and stretch and review the practice.</p>	<ul style="list-style-type: none"> -the players on the outside should be used by both teams, and they should cross the ball into the middle or make a pass -the players on the outside cannot be challenged so it forces players to mark their opponent -want players to work on crossing the ball

Practice Plan

Age Group: U10	Theme: Passing/Shooting
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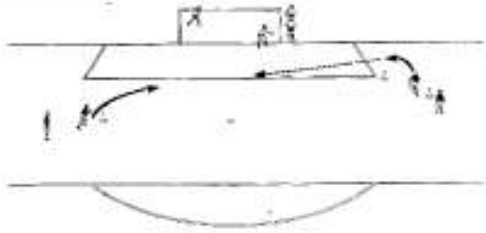

Activity	Coaching Points
1st Activity (warm-up) (15mins) <ul style="list-style-type: none"> Five minutes: good stretching focusing on major leg muscles and ligaments Ten minutes: small groups (four to six kids) stand in a circle passing ball around in order to warm up legs and get a feel for the ball – calling name Use a variety of holistic stretches emphasizing on major muscle groups including hamstring, quadriceps, neck and lower back 	<ul style="list-style-type: none"> Make sure that all the players know the importance of proper stretching techniques
2nd Activity (15mins) <ul style="list-style-type: none"> Four vs. two in a 10 x 10 yards area Dark's keep possession by playing the ball around and through the area The white player that wins (touches) the ball swaps position with the dark player that attempted the final pass 	<ul style="list-style-type: none"> Control the ball in direction you wish to pass with the mentality to “switch direction” to where the pass is going next (switch the field) Fake before passing in order to increase effectiveness & put the defender off balance
3rd Activity 2-Man Approach (10mins) <ul style="list-style-type: none"> Have the team divide into 2 groups. Both groups should line up behind the pylons. Players on the right begin with the ball and start by passing to the opposing line. Both players should approach the goal and pass the ball as many times as possible. Once they reach an acceptable distance from the net they may shoot on the goal The next group can start when the first group shoots the ball 	<ul style="list-style-type: none"> Players should focus on passing the ball in front of the receiving player in order to make a smooth transition Try to get at least 3 passes before the players kick the ball at the net Give and go

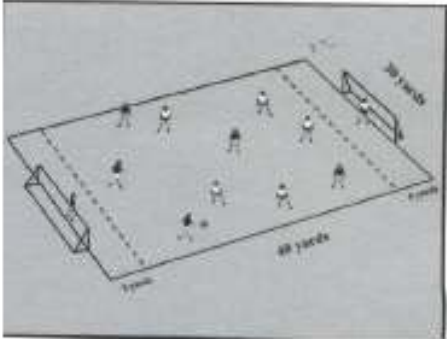
<p>4th Activity <i>3-Man Weave (10mins)</i></p> <ul style="list-style-type: none"> • Divide the team into 3 groups. The balls should all be in the middle line. The drill begins by the middle player passing the ball to the player in the line to the right. • After the pass the player should follow the ball and move to the right line. The player on the right who received the ball should pass the ball to the line on the far left. After the pass he should follow the ball to the line on the left. See Diagram: 	<ul style="list-style-type: none"> • This drill is very important because it forces the children to keep their heads up and to be aware of the other players • The drill is a little confusing to begin with but it becomes easier as it is used • This skill teaches many important aspects of the game; passing, receiving a pass; field awareness; and basic shooting • Overlaps
<p>5th Activity (Modified Scrimmage) <i>(10mins)</i></p> <ul style="list-style-type: none"> • Divide the group into 3 teams • In order to score a goal each team must pass the ball at least 5 times to 3 different people • When a team is scored on they leave the field and the third team comes onto the field <ul style="list-style-type: none"> • Have the whole group sit in a circle and stretch in a group. Ask the players questions and prompt them to ask questions also • Use this time for players to relate with each other and begin to understand what they learned 	<ul style="list-style-type: none"> ▪ Making the teams pass 3 or more times will give them a good opportunity to practice passing in a real game situation ▪ Since they must pass to 3 different people before each goal means that the frequency of each person touching the ball will increase ▪ Enforce the idea that a good pass must be accurate and quick, a slow pass will be easy to intercept ▪ Also enforce shorter passes to prevent easy steals <ul style="list-style-type: none"> ▪ A team will run more smoothly if all the players become more comfortable around each other. Use this time to talk to the team and ask what their expectations are.

Practice Plan

Age Group: U-10

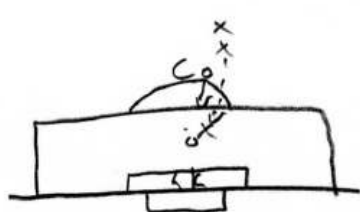
Theme: Passing / Shooting

Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> Split entire group into pairs and have them spread out across field Each pair has a ball and passes back and forth to each other at a close distance (3 m) As control become comfortable begin to move away from each other so the passes become longer and longer Once 20 m away, begin to attempt to lift the ball in the air or drive the ball hard and low to your partner to become familiar with a cross situation Vary the distance between partners when passing 	<ul style="list-style-type: none"> Basic passing, ensure that passes are crisp Focus on good control On increased distance, focus on accuracy of the cross Control with all parts of the body by the player receiving the pass
<p>2nd Activity Side kicks (Crossing) (15mins)</p> <ul style="list-style-type: none"> Split group into two even teams Crossing players start from rear cone – take ball forward and must cross over beyond second cone Goal keeper may not cheat to cover player receiving the cross or the crosser has the option to shoot Ball is crossed to teammate who moves from “far post area” to shoot. One or two touch Rotate positions 	<ul style="list-style-type: none"> Low ground cross easiest to convert than high ball, other than for heading Goalkeeper can intercept slow crosses Accuracy of shot more important than power Shooter at far cone should time run to “run on to the ball”. Not go too early Goalkeeper should move from near post across face of goal. “STAY BIG”
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Each team has two players. Teams attack and defend alternately In the middle zone (shooting zone) is a neutral player. The striker plays the ball low to middle, who plays a return pass so that the striker can shoot at the goal After 10 shots, players swap roles 	<ul style="list-style-type: none"> This is focusing mainly on a give and go situation from the top of the 18 yard box Quick give and go Accurate shot on net with good crisp passes

Age Group: U-10	Theme: Passing / Shooting
<p>4th Activity 2 vs.1 (15mins)</p> <ul style="list-style-type: none"> • Create 2 lines of forwards beginning 30 yards out from the goal • 1 defender passes the ball from the goal line to either of the attackers • 2 vs. 1 attempting to utilize your extra attacker to beat the defender and score on the goalie. 	<ul style="list-style-type: none"> • Quick passes • Give and go • Ensure that attackers are overlapping each other • If defender manages to drive player to the outside, encourage crossing • Defender should close down space quickly
<p>5th Activity (the game) (20mins)</p> <ul style="list-style-type: none"> • 5 vs. 5 plus goal keepers in an area 40 x 30 yards • Players not allowed into 10 yard end zone • Teams attempt to shoot on target • One point for scoring in the main goal and two points for scoring in the two smaller 'corner' goals • Can be inside the 10 yard end zone when the ball is crossed from the outside by a teammate; however ball must be volleyed or headed to count as a goal 	<ul style="list-style-type: none"> ▪ Teams combine / communicate to create space for shooting opportunities ▪ Shots away from the goal keepers into the corners ▪ Encourage crossing and volleying

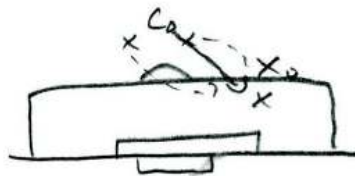
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Phase 3: Receiving/Control

Activity	Coaching Points
<p>1st Activity Warm up (15min)</p> <ul style="list-style-type: none"> -have the players jog around the field in partners, passing the ball -stretch -have the players in groups of 3-4 one touch passing between them 	<ul style="list-style-type: none"> -get the players warmed up -get lots of touches on the ball and keep it in control
<p>2nd Activity Ball control(15min)</p> <ul style="list-style-type: none"> -have the players get in partners with one ball between them -they are going to toss the ball to their partner and their partner is going have to control the ball by trapping it with their foot, chest or thigh -after they can trap it pretty well have the players try and trap the ball with their thigh or chest the try to volley pass it back to their partner 	<ul style="list-style-type: none"> -take the players through each different control techniques(trapping and controlling the ball with your foot, thigh, then chest) -adding the volley adds some difficulty and a challenge for the players
<p>3rd Activity Attacking Volley (15min)</p> <ul style="list-style-type: none"> -the coach will stand at the top of the half circle on top of the 18, the players will form a line in front of the coach. The player will hand the coach the ball who will throw it high over his shoulder the player will then have to run around the coach, and take a volley shot 	<ul style="list-style-type: none"> -players will have to shoot a bouncing ball -they get to practice their volleys at a target -want players to run on and one time the ball -want the players to contact the ball close to the ground so they do not shoot it over the net

4th Activity 1v1 (20min)

-have two players at a time lay face down at the top of the 18. The coach will be standing just behind them, he will throw the ball high in the air somewhere in the 18 and yell go. The players have to get up and race to the ball and control the bouncing ball. Whoever gets the ball is on offense and the other is defense. They will play until the offense dribbles the ball in the net or the defense gets control of the ball.



-players will have to control a high bouncing ball by using their feet, chest, or thigh
-the players will have to compete for the ball and keep it close in order to maintain control
-have the players work hard while they are playing

- 1 vs 1

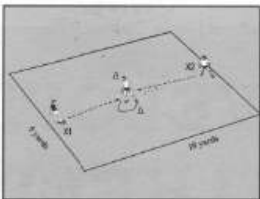
5th Activity (the game) Hand ball (20mins)

- Split group into two teams and set up a play area of 40 x 30 yards
- No goalies
- To move the ball down field ball is thrown to teammates and then caught
- When holding the ball you may only take 2 steps
- Once in a position to score, ball must be thrown to a teammate who either heads the ball into the net or uses his chest, or thigh, or volley with the foot
- If the ball touches the ground, last player to touch the ball, the ball is given to the other team

- Huge focus on Receiving the ball from the air on either your head, chest, thigh or foot
- Emphasize accurate volleying
- During play emphasize, give and go, and overlaps

Practice Plan

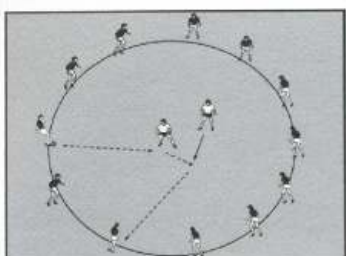
Age Group: U-10	Theme: Receiving / Control
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Activity	Coaching Points
1st Activity (warm-up) Quickfeet (15mins) <ul style="list-style-type: none"> Juggle ball individually for 5 min. (using all parts of body) Split group into partners with a ball between each pair One player tosses the ball to the other player The player receiving one touches the ball back (volley) trying to aim at other players chest First toss to feet (inside, laces, outside) Next toss to thigh where player will control the ball off the thigh and return it back with his foot (ball should stay in the air) Next toss to the chest, player will control with chest and return with foot Lastly toss to the head where player will head the ball back 	<ul style="list-style-type: none"> Develop complete control with all major parts of the body Accuracy on return pass (to the chest) Headers should be powerful Good control of the ball
2nd Activity (15mins) <ul style="list-style-type: none"> Group of three in line of 20 yards Player in the middle stands 10 yards between each other player X1 passes to the middle player (variety: air, ground, bouncing) Middle player controls the ball and passes back quickly turning to receive a pass from X2. Repeat cycle for 1 minute 	<ul style="list-style-type: none"> Ensure that ball is being controlled and the ball is not leaving 1 yard distance of players that are receiving Control the ball nice and close in a position to return the pass Quick turns to receive next pass
3rd Activity (15mins) <ul style="list-style-type: none"> Split group into partners each pair with one ball Players face each other 3 yards apart starting on the sideline so one partner has their back to the field That player begins to run backwards while other player follows with the ball maintaining a 3 yards distance Players pass the ball back and forth (one touch), player running backwards simply touches the ball softly back or even stops the ball Once they reach the other sideline, players return switching roles Progression: Player running forward throws the ball to the head of player running backwards, player running backwards returns the ball with their head to the players hands 	<ul style="list-style-type: none"> Focus on receiving the ball while moving Receiving the ball should be nice and cushioned for the person running backwards as to stop the ball for the other player to continue running on to it Headers should be powerful enough to return the ball to throwers hands

Age Group: U-10	Theme: Receiving / Control
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4th Activity (15mins)

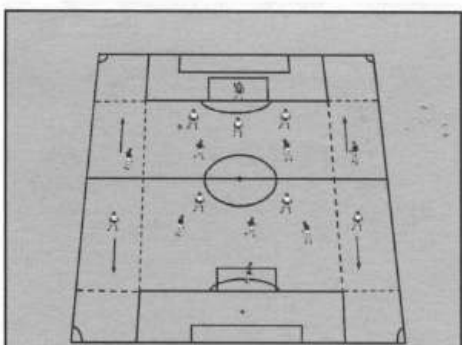
- Players form a circle approx 20 yards wide
- Two players work together in the center of the circle
- The ball is played from the outside
- The central player controls the ball using foot, thigh or chest, for their partner to pass to the outside



- Get in line with the ball
- Offer the controlling surface early
- 'Cushion' the ball to aid control
- Direct control to where your partner is in the circle

5th Activity (the game) (20mins)

- Game with wide players in an area of 40 x 30 yards
- Opponents not allowed to enter the wide channels
- Normal rules apply
- Players must control the ball before passing / shooting

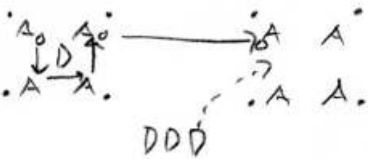


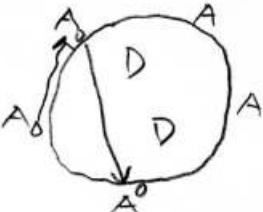
- Emphasize ball retention and need for a good first touch (control)
- Disguise control to increase effect
- Adjust body position early to aid control process
- Crossing and switching the field is encouraged to utilize all space

U-10

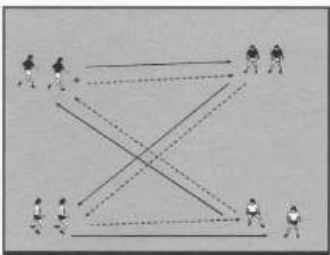

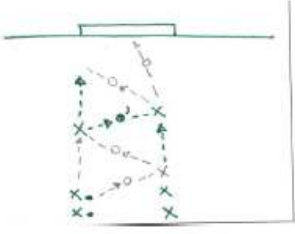
Phase 4: Group Tactics

Activity

<p>1st Activity Warm up (15min)</p> <ul style="list-style-type: none"> -players do a jog around the field in partners passing back and forth -stretch -have the players in groups of threes work on some juggling and work on keeping the ball in control 	<ul style="list-style-type: none"> -get the players warmed up -let them work on their touch of the ball be juggling
<p>2nd Activity Box drill (20min)</p> <ul style="list-style-type: none"> - have the players get in groups of 4 -make two squares about 15 feet apart -have a team go in each square - a ball will be played in and the team will have to make three passes then pass it to the other square -there will be another team on the side that will send in one defender to try and get the ball from the team in the square -if the defender gets the ball, then his team is in the square and the other team become the defenders 	<ul style="list-style-type: none"> -players will have to make passes in a confined space, they will want to make quick passes between them so the defender does not intercept the ball -players will need to keep their head up to see the defender -want defender to work hard -players will want to keep possession
<p>3rd Activity Attacking (15 min)</p> <ul style="list-style-type: none"> -2v1 situations, have two lines outside the top of the 18yd box and a line of defenders by one post and a keeper in net. Have the defender pass the ball to one of the attackers then begin to defend -the attackers will want to work on give and go's and the overlap 	<ul style="list-style-type: none"> -go over the give and go and the over lap with the players -the players will want to use speed in this drill because it is harder to defend against -play with offsides so the players don't allow themselves to do it in a game -players attacking will have to try different things to try and confuse the defender

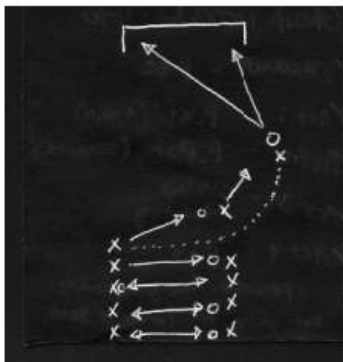
<p>4th Activity In the middle(15min)</p> <ul style="list-style-type: none"> -make a circle of about 7 players with 2 players in the middle (may need more than on if a larger group) the 5 players on the outside of the circle have the ball and they want to keep possession of the ball by moving around the circle and passing it to each other -the players in the middle want to take the ball away or intercept a pass. Whoever they take the ball from they change places 	<ul style="list-style-type: none"> -players want to keep possession because they don't want to be in the middle -players need to control and receive the pass or it could be taken away -players will have to work together to keep possession of the ball
<p>5th Activity Mini Game (20min) <i>KEEP AWAY</i></p> <ul style="list-style-type: none"> -modified scrimmage -split the players into two teams - the players are only allowed 3 touches on the ball - progression: play 2-touch - There are no goals. <p>Cool Down: (10min) Have the players jog the field with a couple of balls passing around. Gather and stretch, and review the practice</p>	<ul style="list-style-type: none"> -3 touch rule will force quick passes and for the players to move to receive the pass -players will have to talk and work together to pass and move up the field - give and goes - keep possession

Practice Plan

Age Group: U-10	Theme: Group Tactics
Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> Players are organized into four groups in 10 x 10 yards area The ball is passed as illustrated with the passing player following their pass 	<ul style="list-style-type: none"> Progressively build up the intensity Add more balls Reduce the number of touches allowed
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> Set up game with eight players in an area of 20 x 30 yards 2 vs. 2 within area; other four players each stand on corner area Play starts with one of corner players who passes ball to one team. Each team must pass at least twice before playing to one of corner target men. If opponents win ball, they do same. Successful wall pass scores 5 points (give and go) and other passes score 1 point Game is played 2 minutes then change players 	<ul style="list-style-type: none"> Achieve pace and accuracy in passing To recognize the give and go <ul style="list-style-type: none"> To execute the give and go
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Have the players line up in 2 lines facing the net One line has all the balls. Players move down the field, passing to each other, while moving, until close enough to shoot After your turn, switch lines 	<ul style="list-style-type: none"> Passing while moving Good first touch Become familiar with give and go

4th Activity Overlap shooting (15mins)

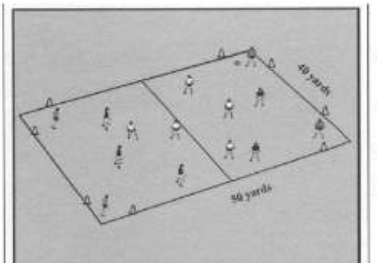
- Remain in the two lines facing the net.
- Players pass one ball back and forth between them
- When at the front of the line, player with the ball makes the pass to partner, then runs to make an overlap
- Player with the ball sends a through ball, and the player making the overlap takes a shot on net
- Player that made the pass, go to the net for rebounds



- If the through ball goes well to the outside of the pitch, encourage player instead of shooting, cross the ball to partner
- Focus on quick overlaps and quality through balls

5th Activity (the game) (20mins)

- Players are organized into two teams in area of 50 x 40 yards
- Four goals, one at each corner of the playing area
- Teams attempt to score in any goal



- Maintain shape as a unit by positioning into space
- Control away from the defender and build up speed
- Maintain possession until space appears
- Maintain possession through spreading out using the whole field (switching the field)

U-10

Conclusion

The improved ability to learn in this age group make it so exciting to watch. Improvements between entering this group to moving onto the U-12 group are tremendous. Turns and fakes should be part of the athletes' repertoire while dribbling and when put into a 1 on 1 situation. Players should be knowledgeable when put into a 2 on 1 situation on how to come out on the winning end by using crosses and switching the field. Receiving and controlling the ball with the body, rather than shying away from the ball, and waiting for the opportunity to control with the foot is a newfound talent. Group tactics are now introduced to improve the flow of the game.

Moving into the U-12 age group, these athletes are now set up to start working on their individual skills since the basics of the game are now well understood. Controlling a ball while in the air with the foot and first touch is demonstrated and the thought process which should coincide with this method, such as knowing where the ball is going. Basics of group tactics will be employed, an introduction to more advanced offensive and defensive tactics and movement off the ball. Finally, the athlete will be prepared for the more advanced groups which become much more competitive and divided.



U-12

Introduction

Building on the skills that the athletes have taken from the previous age groups, and on areas that will determine the level of play an athlete will participate in the future is important. Individual skills are fundamental to an athlete's success; dribbling, shooting and passing are key skills to be mastered. Trapping, first touch and the ability to put the ball on the field where you want it to go are extremely important in the age groups to follow. The under 12 player should also understand the group tactics of offence and defence, getting open for and supporting team-mates. Working on these skills and improving on weaknesses will make for a smooth transition into the older groups.

Characteristics

- Growing Stage begins, coordination and balance are affected greatly, however improving
- Moving into puberty
- Physical Proportions not balanced
- Improved endurance and strength
- Able to learn complex tasks
- Increased desire to learn
- Improved Self-Confidence
- Try to imitate idols
- Can perform a more specific task because has a better understanding of the game

**"Good, better, best. Never let it rest.
Until your good is better, and your
better is best."**

-Tim Duncan



Practice Plan

Age Group: U-12

Theme: Individual Skills - Dribbling

Activity

Coaching Points

1st Activity (warm-up) Name: Four corners (15mins)

- Set up a large square with four smaller squares at each corner
- Each smaller square should be made with different colored pylons or labeled so the players know which corner is which color
- Each player has a ball and dribbles around the larger square keeping the ball very close to them and every once in a while call out a color
- When a color is called all of the players must dribble with their ball into that particular colored square and then back out into the middle again



- **Stretch**, run through a series of head to toe stretches with the players or have one of the players lead everyone through a set of stretches

- ball should be kept very close to feet
- players should be on their toes
- players should touch the ball after every step
- use inside, outside and laces depending on intended direction
- head should be up
- when a color is called players should accelerate in the direction of the square and also on their way out of the square players should accelerate
- make sure players are changing pace and that they are always moving (no walking!)

2nd Activity Name: Red light Green light (10mins)

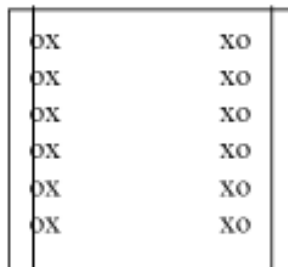
- Players all line up with a ball on one end of the field stand at the other end and have a red, green and yellow pinnie or pylon in your hand
- When you raise the green one players may dribble as fast as they can towards you keeping the ball in control
- When you raise the yellow one players must execute a skill of your choice ex) sit on the ball then continue to dribble
- When you raise the red one the players must stop immediately
- If players are out of control and the ball is not staying close to them send them back to the start line
- The goal is for the players to reach you



- ensure the ball is in control and they use their feet to stop the ball when you raise the red flag
- their heads must be up in order for them to see what color you have raised

2nd Activity Name: *Thieves (10mins)*

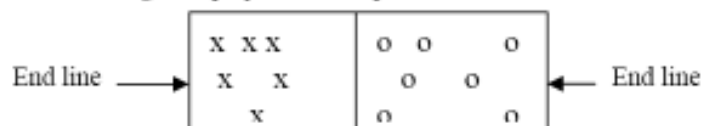
- o Split into two groups
- o Each line up on a line facing each other with the same amount of balls per team lined up on the line behind them
- o Specify an amount of time 2 or 3 mins for each team to get as many balls as possible on their line
- o Players will run to the other teams side and grab a soccer ball and dribble it back to their line where it must be stopped
- o Players are not allowed to defend they must let the other players take the soccer balls (the focus is on dribbling in control with speed)



- players should keep the ball close if they are out of control and just kicking and chasing, send them back to their side and the ball does not count
- players should focus on speed but the ball must be in control

4th Activity Name: *Modified Scrimmage (20mins)*

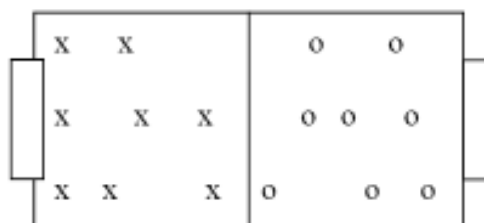
- o Split the group into two equal teams
- o Teams will play a regular soccer game against each other but to score a goal a player must stop the ball on the other teams end line



- this drill will ensure that players are not just shooting the ball wildly, it will force the players to keep the ball close and in control
- make sure players are getting open for their teammates

5th Activity (the game) Name: *Modified Scrimmage (25mins)*

- o split players into two teams make two small goals at each end
- o have the teams play a scrimmage against each other, but each player must have a minimum of five touches before they can pass or shoot the ball



- With the five touches minimum rule this will force the players to dribble
- Be aware that the ball might be taken away very easily because there will be pressure on the player who has to take at least five touches
- Encourage the players to shield the ball and get their five touches in if someone from the other team comes to pressure them
- Take a half time break, mix up the teams if needed

- o **Cool down** (10mins) have students grab all of the equipment that is set up (pylons, pinnies, soccer balls, etc)
- o Players should jog at a slow pace around the field two times
- o Sit down with the players while they are taking off their equipment and review the key points discussed

Practice Plan

Age Group: U-12

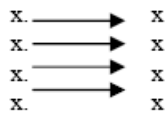
Theme: Individual skills - Passing for accuracy

Activity

Coaching Points

1st Activity (warm-up) *Name: Partner passing (15mins)*

- Have each player find a partner and one ball between them
- The partners should line up really close to each other and pass the ball back and forth one touch using the inside of their foot to push the ball
- On your command the players will slowly move back getting further away from their partner, increasing to a two touch pass

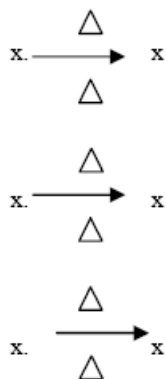


- **Stretch**, from head to toe

- Make sure the players are using the inside of their foot to pass to their partner, ankle should be locked
- All players should be on their toes ready for the pass
- Players should be using both feet to pass
- Make sure players have their eyes up to see their target

2nd Activity *Name: Passing between cones (10mins)*

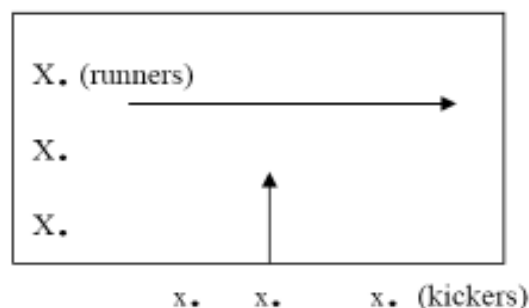
- players will get in partners again and each set of partners will have one ball and two pylons
- same as the last drill the players will start close together and slowly move farther apart passing the ball to each other
- this time they will have to get the ball through a set of cones on the way to their partner
- partners should keep track of how many time the balls goes through the set of cones



- Same points as above
- Using inside of foot, striking the middle of the ball, head up looking at target, on toes
- Motivate the players by having them keep track of how many passes were between the cones at different distances and for different amounts of time

3rd Activity *Name: Star Wars (15mins)*

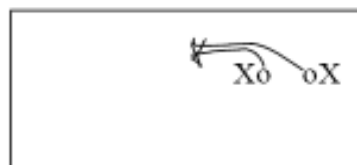
- This game is very similar to british bull dog
- You will have a large grid with all the players lined up with a ball on one of the ends
- Their goal is to get to the other end without getting hit below the waist by a ball
- Pick two or three players to stand outside of the grid and try to pass their soccer ball and hit the players dribbling to the other side below the waist
- If a player trying to dribble to the other side gets hit then they must become a shooter as well and go outside of the grid
- Once the shooters on the outside of the grid have passed their ball they must wait till all of the players have tried to reach the other side to go retrieve their soccer balls



- ensure that the players on the side are not being too silly and just wildly kick the ball at the players running by, they should focus on accuracy and proper passing technique
- make sure the runners are keeping the ball close to them and focusing on proper dribbling technique

4th Activity *Name: Marbles (15mins)*

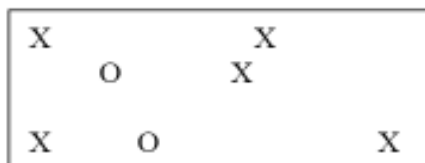
- have players get into pairs, each having a soccer ball
- the first player will stand with their back to the field and throw their ball over their head backwards
- the second player will have their ball at their feet and try to pass the ball and hit the other ball
- the players will keep alternating positions and keep track of how many hits they make



- Emphasize using the laces for longer passes and the inside of the foot for more accurate short passes
- You can have players switch partners after a couple of minutes as well

5th Activity (the game) *Name: Uneven scrimmage (25mins)*

- Divide the players into groups of seven and have them play 5 v 2
- The team that has 5 will count their passes and see how many they can get
- Switch the two players in the middle after one or two minutes
- If the two players gain possession they try to keep possession until the five players get it back again



- the five players should be moving and communicating lots
- the five players should also have their heads up knowing where their next pass will go before they get it, utilizing one touch passing
- the focus is not on defense so look more at the five players who are passing

Cool down (10mins) have players gather up all the equipment and do two laps around the field, review important points mentioned

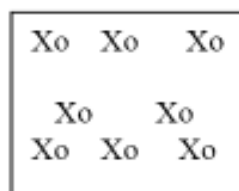
Practice Plan

Age Group: U-12	Theme: Individual skills - Shooting
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Activity

1st Activity (warm-up) (15mins)

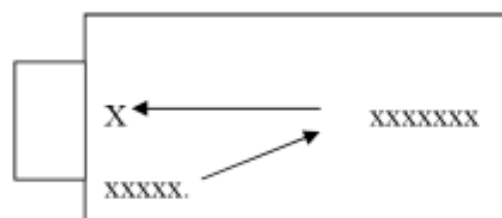
- have each player grab a ball and go inside a large grid
- the players must try to keep control of their ball and avoid it being kicked out of the square by other players while at the same time trying to kick other players balls out of the square



Stretch

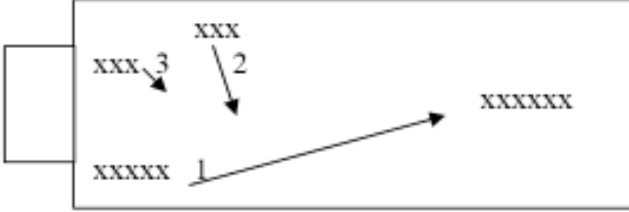
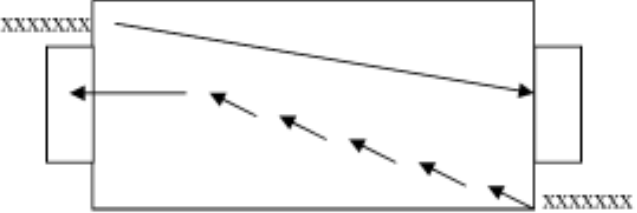
2nd Activity Name: two touch shooting (20mins)

- Have half of the players line up in the middle of the field facing one of the nets
- The other half of the players will line up beside one of the goal posts with all of the soccer balls
- The players with the balls will make a pass out to the line at half
- Once the other players half received the ball they may dribble in close to the 18 yard box and take a shot
- You can rotate in players who would like a chance at goal
- After the players have passed or taken a shot then they will rotate positions
- Once the players have all had a chance to dribble and shoot the shooting line can move up a lot closer and the players can do a one touch shot if they can or they can take two touches, but no dribbling



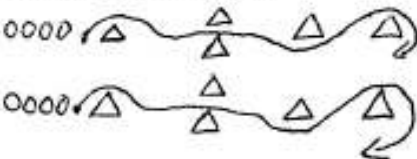
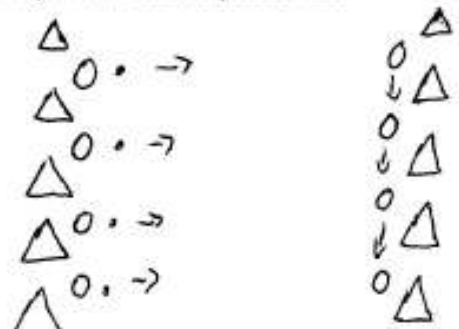
Coaching Points

- If no one is trying to kick other players balls out then you can assign a few players to be the ones that are trying to kick out other players balls and they would not have a soccer ball
- inform the players that they have three options when they get the ball the first should be to shoot, if that is not their then it is to dribble, and if they can't dribble then they should pass
- when taking the shot the players should dribble up and before the ball stops it should be shot
- the players should look up at the net then look down keep their eye on the ball, ankle locked stepping into the shot striking the ball in the center of the ball and with the laces of their cleats
- players should also make sure their knee is over the ball to keep the ball low and also to follow through and land past their planting foot to get some power

<p>3rd Activity <i>Name: Rapid fire (20mins)</i></p> <ul style="list-style-type: none"> ○ Have four lines, three of the lines will have balls and one line of players will not ○ After you have passed or shot from one of the lines then rotate clockwise to the next line ○ The line at half will receive a long pass from beside the goal which they can take a few touches and then shot, next they will run in a little further and get a shorter pass that should be shot first time, and then they will receive a throw from the line on the other side of the post for a shot with their head ○ You can start this drill without a goalie so that the players focus on accuracy and not power and then add in a goalie later  <p>1= long pass 2= short pass 3= throw for a header</p>	<ul style="list-style-type: none"> ▪ Make sure that the ball has not stopped rolling before the player shoots it ▪ Encourage the players who are passing to be on their toes and try to have the ball at the right spot before the players even get there, the player shooting does not want to be standing their waiting for the pass ▪ This should be a very up tempo drill ▪ Challenge the players to score all three goals this will give them good motivation
<p>4th Activity <i>Name: long/short (15mins)</i></p> <ul style="list-style-type: none"> ○ make two small nets facing each other and split the players into two lines one beside each goal ○ the first side will take a long range shot ○ then the other side will dribble up and take a close shot ○ the players will alternate back and forth between sides so that they have a chance to do a long shot and a close shot 	<ul style="list-style-type: none"> ▪ The long shot should be in the air because it is so far back and could also be more of a cross than a shot ▪ The close shot should be focused more on placement and accuracy rather than hitting it as hard as they can
<p>5th Activity (the game) <i>Name: Kings court(20mins)</i></p> <ul style="list-style-type: none"> ○ Split the group into three equal teams ○ Two teams will play at once and the winning team will get to stay on ○ The team that gets scored on will go off or after two minutes if no one has scored rotate the third team in and take one of the other teams off ○ The goal is to be the king of the court and stay on as long as possible <p>Cool down have the players gather up the equipment and run a few laps around the field review the important points discussed about shooting</p>	<ul style="list-style-type: none"> ▪ encourage the teams to take lots of shots because that is what was discussed today and also because the only way you can score is if you shot and in this game the other team goes off if you score

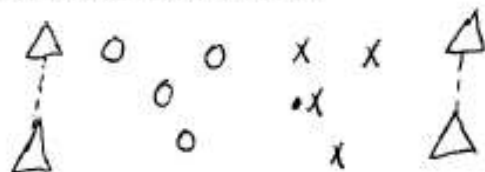
Phase 1 Practice Plan

Age Group: U-12 Theme: Individual Skills

Activity	Coaching Points
<p>1st Activity (warm-up) Name: Last Man Standing(15mins)</p> <ul style="list-style-type: none"> Using the 18 yard box as boundaries Each person is given a ball and must dribble inside the box protecting their ball while trying to knock out the other person ball. Repeat if game ends extremely quick. Stretch , run through a series of head to toe stretches with the players 	<ul style="list-style-type: none"> ball should be kept very close to feet head should be up player should be controlling their own ball while trying to knock other teammates ball away from him/her players should be moving around at all times to warm up the legs because it is a warm up exercise.
<p>2nd Activity Name: Relay Race (10mins)</p> <ul style="list-style-type: none"> Have 4 groups of players line up behind a set of cones. Explain rules of race. Cones are set up in different positions and a different skill must be used to pass each cone. If player loses control of ball the must begin from start First team to finish wins.  <p>• permissions: inside/outside touches (non-dominant)</p>	<ul style="list-style-type: none"> Make sure they are in control of the ball during the race. Heads up in order to know what skill is next to use Speed and dribbling skills warm up Allows some friendly competitive games
<p>3rd Activity Name: Multiply 1 vs1(10mins)</p> <ul style="list-style-type: none"> Split into two groups Each group lined up across from each other One group is given the balls and must try to beat the other person across from them, after an attempt other person tries the same thing. After 1 min one group stays where they are and the other group moves down one spot to play against a new defender/attacker. Player with the most points wins. 	<ul style="list-style-type: none"> Allows players to work on individual moves and creativity. Teaches players how to defend 1vs1 Also teaches players to beat someone 1vs1 If players are having trouble doing moves after the drill teach them some simple moves such as crossover, nutmeg, ect.

4th Activity Name: 4vs 4 across the line(20mins)

- o Split players up into groups of 4
- o Each group plays another group and plays 4vs 4
- o The object of the game is to dribble the ball across the line of the opponent's goal line.
- o If a point is scored other teams ball



- A larger scale of 1vs1 allows the use of other teammates.
- Make sure players are still using dribbling skills to beat their opponent.
- make sure players are getting open for their teammates
- Allows players to defend multiply players and work as a team.

5th Activity (the game) Name: Modified Scrimmage (25mins)

- o split players into two teams make two small goals at each end
- o have the teams play a scrimmage against each other, but each player must have a minimum of 4 touches before they can pass the ball

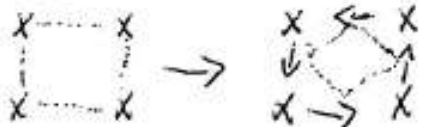
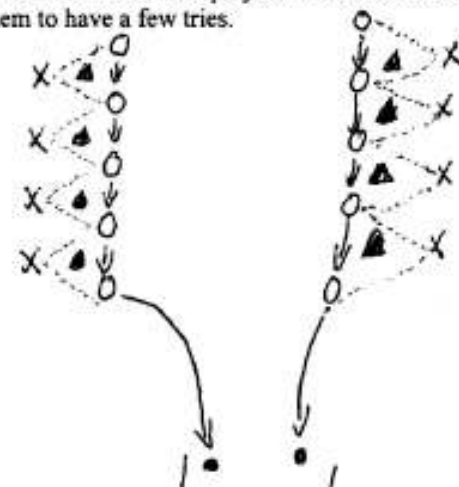


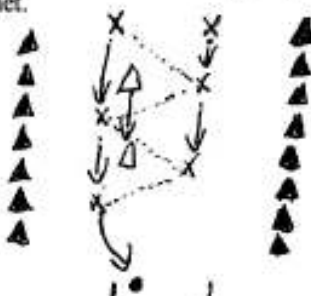
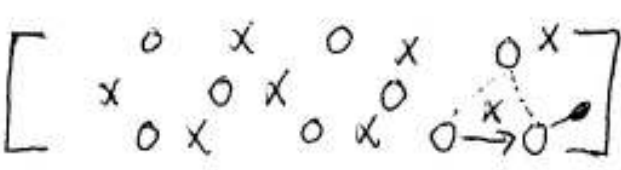
- With the 4 touches minimum rule this will force the players to dribble
- Allows the player to try and beat opponents 1vs1 due to the 4 touch rule.
- Make sure players shield the ball if they have no options and wait for a teammate to pass too, remembering the 4 touch rule.
- Mix up teams if uneven to allow better flow to the game.

- o **Cool down** (10mins) have players pick up balls and pylons,
- o Have one player lead a cool down stretch and other players follow his lead.

Phase 2 Practice Plan

Age Group: U-12 Theme: Individual Skills

Activity	Coaching Points
<p>1st Activity (warm-up) Name: <i>Beehive</i>(15mins)</p> <ul style="list-style-type: none"> Using the 18 yard box as boundaries Players get in pairs of 2 and go within the box passing to each other. Stretch , run through a series of head to toe stretches with the players 	<ul style="list-style-type: none"> Passes should be accurate head should be up Players should be moving around at all times to warm up the legs because it is a warm up exercise.
<p>2nd Activity Name: <i>Square One Touch</i>(10mins)</p> <ul style="list-style-type: none"> Have players get in groups of 4 and form a square Show players how to one touch with a demonstration After 5 min and players have a feel for the ball progress to a moving square. 	<ul style="list-style-type: none"> Make sure players are correctly one touching before moving onto the next activity. Watch for people 2 touching and show them the proper method. During the moving square make sure the passes are ahead of the person and not behind. Slow down the movement of the square if necessary.
<p>3rd Activity Name: <i>Give & Go</i>(10mins)</p> <ul style="list-style-type: none"> Get 4 volunteers for each group have them line up behind a pylon Have rest of players split up into to groups at the top of the pylons One person at a time will do one touches down the group of volunteers and at the end take a shot on net. After a few tries have players which with the volunteers and allow them to have a few tries. 	<ul style="list-style-type: none"> Make sure players are communicating on a one touch Make sure the players are one touching and not two touching. Watching to make sure the passes are ahead of the player in order to receive the ball correctly. After noticing major flaws do a massive correction on the problem if they frequently occurred in the drill.

<p>4th Activity <i>Name: Give & Go with Defender(20mins)</i></p> <ul style="list-style-type: none"> o Split the players into 2 groups o Have either a volunteer or an assistant coach defend and have the players use one touching to pass the defender and take a shot on net. 	<ul style="list-style-type: none"> ▪ Explain the importance of one touching and why it is used to beat a defender. ▪ Make sure players are communicating ▪ Make sure they are using one touch ▪ Correct any problems players are having during the drill ▪ Make sure the pass is ahead of the person before he gets to the ball.
<p>5th Activity (the game) <i>Name: Modified Scrimmage (25mins)</i></p> <ul style="list-style-type: none"> o split players into two teams make two small goals at each end o have the teams play a scrimmage against each other, but each player must one touch the ball into the net to score a point.  <ul style="list-style-type: none"> o Cool down (10mins) have players pick up balls and pylons, o Have one player lead a cool down stretch and other players follow his lead. 	<ul style="list-style-type: none"> ▪ Make sure players are getting open for one touches ▪ Make sure they are using their teammates correctly. ▪ If any players are having trouble doing one touching bring to side and give them a detailed breakdown to help them improve.

Activity

Coaching Points

1st Activity (warm-up) Name: Beehive (15mins)

- Using the 18 yard box as boundaries
- Players get a ball and within the box practice dribbling and control of the ball.
- Stretch, run through a series of head to toe stretches with the players

- Should have ball control throughout warm-up.
- head should be up
- Players should be moving around at all times to warm up the legs because it is a warm up exercise.

2nd Activity Name: Dribbling around cones (10mins)

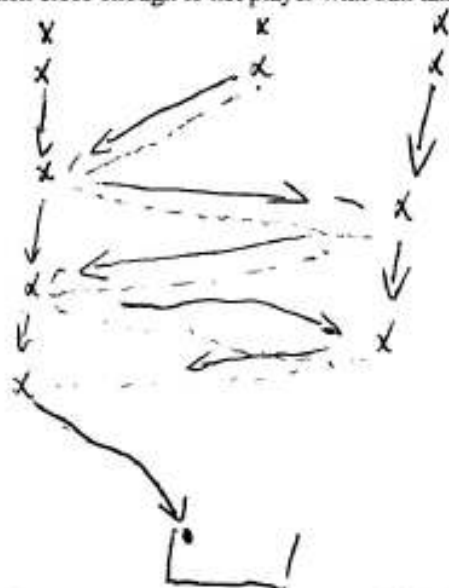
- Have players split up into 2 groups and have them go around the cones.
- After 5 min speed up pace to challenge players to have better ball control and technique.



- Players should have head up at all times
- Players should use both inside and outside of foot.
- Maintain control of ball in all situations.
- If individuals having difficulty help them with technical aspect of dribbling.

3rd Activity Name: The Weave (10mins)

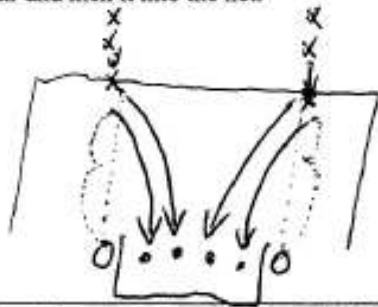
- Have 3 lines and divide the players among them and have all the balls in the middle line.
- Have the middle player pass the ball to one side and follow his pass then have the player that received the ball pass it to the other side and follow his pass and ect.
- When close enough to net player with ball takes shot.



- Make sure players are passing accurately
- Make sure players are following their pass
- If players are having difficulty passing ahead of the players give tips and techniques for passing to the individual.
- Focus on overlapping
- Shots should be low to the corners.

4th Activity *Name: (20mins)*

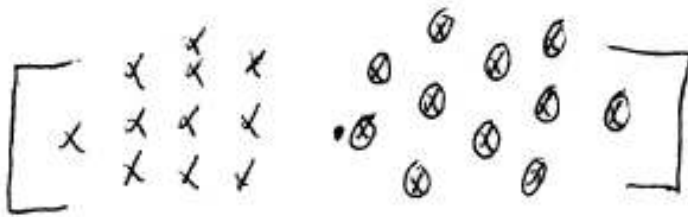
- o Have 2 lines with balls on the goal line
- o The coaches with the balls pass 1 ball out and the player must one time the ball into the net. After the first shot he must then get ready for a second pass from the coach which he must volley out of the air and kick it into the net.



- Make sure players have their laces down when kicking the ball and not using their toe.
- When volleying make sure player isn't getting under the ball but over the ball so the ball doesn't miss the net.
- If players are having difficulties on shooting help individuals with the problem and give them proper techniques to help improve shot.

5th Activity (the game) *Name: Modified Scrimmage (25mins)*

- o Have a scrimmage full field.



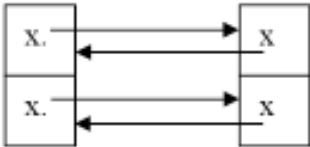
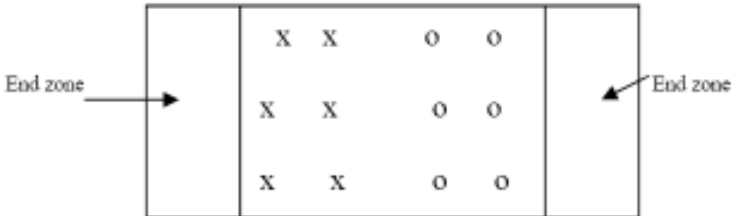
- o **Cool down** (10mins) have players pick up balls and pylons.
- o Have one player lead a cool down stretch and other players follow his lead.

- Make sure players are following all rules of the game.
- If noticeable help players that are having difficulty with certain aspects of the game.

Practice Plan

Age Group: U-12	Theme: Ball Control
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Activity	Coaching Points
1st Activity (warm-up) (15mins) <ul style="list-style-type: none"> ○ If there is enough balls have each player with a ball trying to juggle with all parts of their body Stretch	<ul style="list-style-type: none"> ▪ For the more advanced players get them to roll up the ball and alternate juggling between their right and left side ▪ For others they might need to pick up the ball and start with their knees ▪ Get players to keep track so they can see their own improvement
2nd Activity Name: Volleying (20mins) <ul style="list-style-type: none"> ○ players should be in partners with one ball between them ○ standing facing each other one partner will throw to the other partner and then the other partner will volley the ball back to their partner in the air ○ do 10 and then switch and the other partner throws ○ start with feet (left and right), then thighs (left and right) then chest, then head ○ next the partners will go through the same steps but will trap the ball by bringing it to the ground instead of volleying it back to their partner ○ the player will trap the ball and then pass it back on the ground ○ start with feet (left and right), then thighs (left and right) then chest, then head 	<ul style="list-style-type: none"> ▪ When volleying with their feet the players can use the laces or the side of the foot ▪ Players should be on their toes and get their body behind the ball instead of just reaching one body part, the players eye should stay on the ball ▪ When trapping the ball the players should make sure to cushion the ball only with a slight contact on the way to the ground

<p>3rd Activity <i>Name: box trap(15mins)</i></p> <ul style="list-style-type: none"> ○ Set up two rows of small boxes about 20 yards apart ○ Players will stand inside of the small box across from their partner who will also be inside a small box ○ One player will chip to their partner and their partner is trying to control the ball and bring it to the ground inside of the box ○ Every time a player is trying to control a ball and it goes outside of the box their partner will get a point ○ The partners will keep chipping and trapping the ball back and forth while keeping track of points 	<ul style="list-style-type: none"> ▪ players that are having problems can make the square a little bit larger ▪ remind players to be ready on their toes and get their entire body behind the ball and cushion the ball on the way to the ground
<p>4th Activity <i>Name: American football (30mins)</i></p> <ul style="list-style-type: none"> ○ Create a playing field and make the last 5 yards of each end an end zone ○ A touch down is scored by keeping possession and creating an opportunity to dribble into the end zone ○ If this is done with the ball under control and stopped in the end zone then a touch down is scored ○ Make two equal teams and send them to a side 	<ul style="list-style-type: none"> ▪ Make sure players are moving around getting open ▪ The key is to stay in control of the ball and get it into the end zone while still staying in control
<p>5th Activity (the game) <i>Name: Juggling (10mins)</i></p> <ul style="list-style-type: none"> ○ have each player grab a ball and juggle ○ get them to see how much they have improved since the beginning of practice <p>Cool down gather up equipment and review important point discussed about ball control</p>	<ul style="list-style-type: none"> ▪ This will be good for the players to see improvement in such a short time frame ▪ If some players haven't improve remind them that it does take time to develop ball control

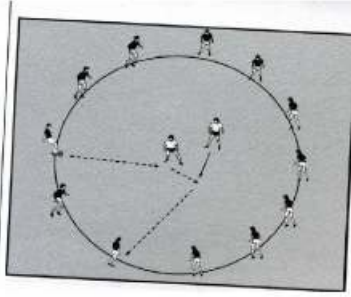
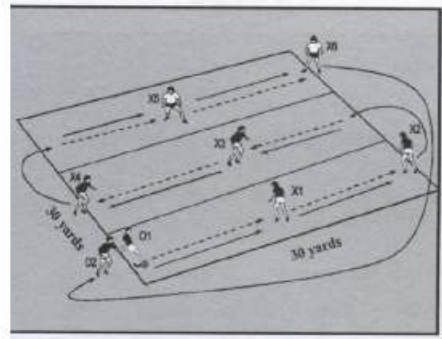
Practice Plan

Age Group: U-12

Theme: Receiving/Control

Activity

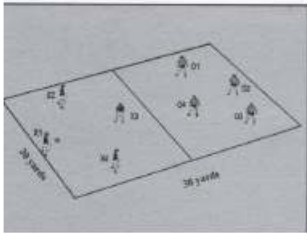
Coaching Points

<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> • Players form circle approx 10 yards wide • Two players work together in the center of the circle • The ball is played from the outside • The central player controls the ball for their partner to pass to outside 	<ul style="list-style-type: none"> • Get in line with the ball • Offer the controlling surface early • Cushion the ball to aid control
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> • See above instructions • This time, one of the players in the middle acts as a defender only defending the attacking player that is in the middle • The attacking player receives the pass and then passes back • Rotate roles after 1 minute 	<ul style="list-style-type: none"> ▪ Creating space for the attacker ▪ Defender staying touch tight ▪ A good first touch from the attacker and also knowing where the ball is going ▪ Shielding
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> • In area 30 x 30 yards, players are organized into set areas (see diagram) • Players transfer the ball along each channel as a 'chain' • Players pass and then follow the pass to next position 	<ul style="list-style-type: none"> ▪ Attempt to receive the ball with an open body (sideways on to play) ▪ Get into position to see both the passer and the next receiver (know where the ball is going) ▪ Control the ball with a flat surface ▪ Good first touch in the direction to where you want the ball to go

Age Group: U-12	Theme: Receiving/Control
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4th Activity (15mins)

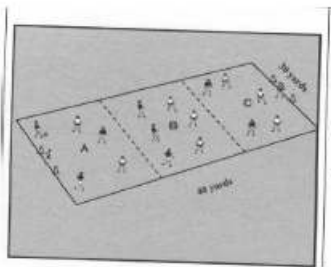
- Players organized into two teams separated by a half way line
- One team has possession of the ball and each player is given a number
- On the coaches command the respective numbered player/s enter their opponents area to try and win possession



- Control the ball away from the defender
- Decide when to control or first time pass
- 'Ready' position
- Get open to receive the ball early
- Support your pass

5th Activity (the game) (20mins)

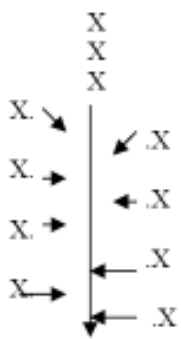
- Split a 40 x 30 yard area into thirds
- Players can only leave their designated area if they make the forward pass out of the area
- Following an attacking move players must return to their respective areas

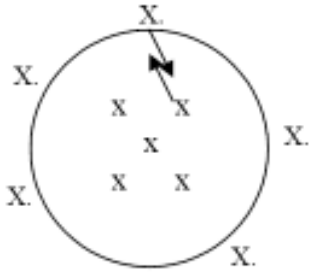
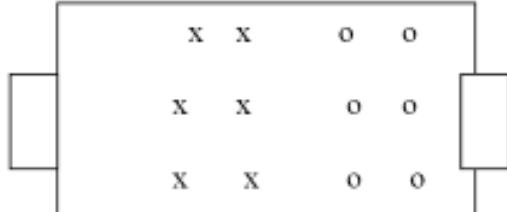
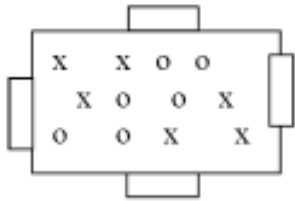


- Spread out to create space
- Control in direction you wish to lay
- Support other players (angled positioning)
- Decision making (time to take extra touch or a first time pass when under pressure)

Practice Plan

Age Group: U-12	Theme: Ball Control / Heading
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Activity	Coaching Points
1st Activity (warm-up) (15mins) <ul style="list-style-type: none"> ○ If there is enough balls have each player with a ball trying to juggle with all parts of their body ○ Players can juggle with a partner as well as in a larger group Stretch	<ul style="list-style-type: none"> ▪ For the more advanced players get them to roll up the ball and alternate juggling between their right and left side ▪ For others they might need to pick up the ball and start with their knees ▪ Get players to keep track so they can see their own improvement
2nd Activity Name: Gauntlet (20mins) <ul style="list-style-type: none"> ○ Have most of the players lined up staggered in two rows each with a ball in their hands ○ Have the rest of the players lined up in between the two rows without a ball ○ Players will go through the gauntlet and go to each player and volley the ball back to them then join the gauntlet as a thrower and one of the throwers will rotate in and volley back to the others ○ The first time through will be with the feet, then the thigh, then chest, then head 	

<p>3rd Activity <i>Name: Fireflies (15mins)</i></p> <ul style="list-style-type: none"> ○ Divide players in half, half of them will form a circle and have a ball in their hands and the other half will be inside the circle without a ball ○ The players inside the circle will run from player to player and receive a high throw that they will have to jump up and head back to the player 	<p>high enough for the players to jump to head them</p> <ul style="list-style-type: none"> ▪ Make sure players are not going to all of the players in a row make sure they are switching directions and going to different ends of the circle ▪ When heading players should use their entire body to get power instead of just pushing with their head ▪ Contact should be made on their forehead not on the top of their head and the players eyes should be open
<p>4th Activity <i>Name: Throw head catch (20mins)</i></p> <ul style="list-style-type: none"> ○ This game is played a lot like handball ○ two teams on a small soccer field ○ a team can move up the field only by playing the sequence, throw-head-catch ○ The player with the ball cannot move their feet and must throw it to another team member that must head it to another team member to catch it ○ If the ball is dropped it is the other teams ball ○ There is one goal at either end and a goal can be scored only by heading it in, there are no goalies 	<ul style="list-style-type: none"> ▪ It will take a while for players to get a hang of this game but once they do it is really fun and they will love it ▪ Make sure that the players without the ball are running to get open close to the player with the ball ▪ Remind the players they can't move when they have the ball, so the quicker they pass it the less likely they will be to get marked ▪ Make sure to be watching close so you can referee to avoid fights as to whose ball it is
<p>5th Activity (the game) <i>Name: four goal game(20mins)</i></p> <ul style="list-style-type: none"> ○ Set up four goals one on each side of the field ○ Have two teams and both teams can score on any of the four nets and defend any of the four nets  <ul style="list-style-type: none"> ○ Cool down have players gather equipment and run a few laps and review the important point mentioned 	<ul style="list-style-type: none"> ▪ Make sure players are keeping the ball in control and trying to head the ball as much as possible

Practice Plan

Age Group: U-12

Theme: Group Tactics

Activity

Coaching Points

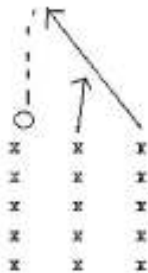
1st Activity (warm-up) Name: warm up (10mins)

- Have players in pair with a ball and lightly jog around the field twice while passing the ball back and forth
- Stretch
- Continue with stationary passing

- Players must jog the two laps without stopping in order to warm-up properly
- Make sure a proper stretch is done, especially all leg muscles
- Use both legs for passing so they are equally warmed up

2nd Activity Name: Basic to Getting Open (15mins)

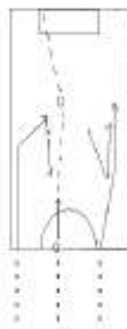
- Have three lines parallel about 15 feet away from each other and balls in either of the outside lines
- The middle line is for the defenders and the outside lines are offenders
- The object is for the person in the line without the balls must get open to receive the pass
- The offenders can execute the play how they wish just as long as the defender doesn't get the ball



- Make sure the players are communicating with each other
- Push that the passer keeps the ball on the ground for better control
- Defender is working on jockeying between the two offenders and must use peripheral vision
- Look for proper passing technique with the inside of the foot
- Stress how important it is to get open

3rd Activity Name: 3 on 2 (getting open) (15mins)

- Have players set up in three lines on the half line
- Have 2 defenders on the top of the 18 yard box
- The object is for the offenders to get passed the defenders and get a scoring opportunity on net



- Make sure the players on the sides are trying to get open, show them how to cut in/out
- If the defenders stick with the two wingers then tell the center man to dribble the ball through and take a shot
- Try to keep the ball on the ground as it is much easier to receive
- The best scoring opportunity would be a through ball up the middle as shown on the diagram
- The prepare the kids for a 3 on 2 game situation

Age Group: U-12	Theme: Group Tactics
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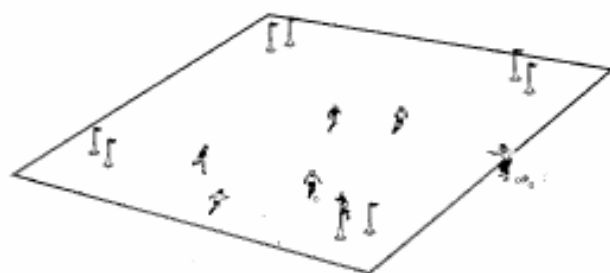
4th Activity Name: 3 on 3 (getting open) (15mins)

- Do the same drill as the 3rd one only this time a third defender is joining the defense
- Spread the defenders out evenly along the 18 yard box

- This drill prepares the kids for a more likely 3 on 3 game situation
- It is more challenging so they must use more teamwork than before
- The centre man will be more rushed this time so the wingers will most likely have to come back and give him a pass
- There will almost always be more than one pass in this drill
- Stress that everyone, especially the offense, must be moving and trying to get open at all times

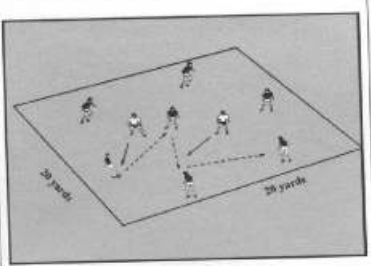
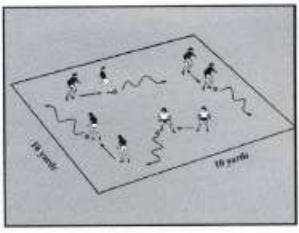
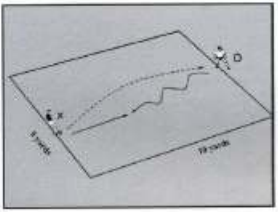
5th Activity (the game) (20mins)

- Four goals are set up by cones or markers five yards out from each corner. Goals are one yard wide in 30 x 30 yards area
- Three players in possession combine to score in any of the four goals
- They can only score through front of goal and may dribble or pass through goal and still maintain possession
- When ball goes out, re-start with either a throw-in or pass-in



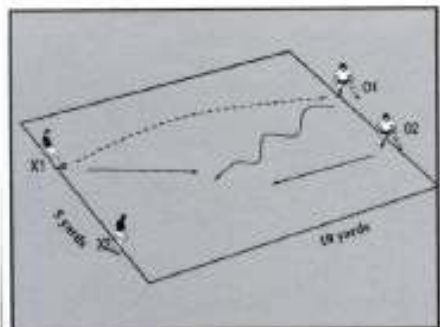
- Encourage players to “switch” the play by passing, as three defending players can quickly mark three out of the four goals
- Encourage players to turn away with ball if one goal becomes marked
- If attacking teams are not having success, consider giving them a further option. Let the team in possession also score a “goal” by getting five consecutive passes as to encourage getting open

Practice Plan

Age Group: U-12	Theme: Group Tactics (Offence/Defense)
Activity	Coaching Points
<p>1st Activity (warm-up) (15mins)</p> <ul style="list-style-type: none"> Dark pass the ball amongst themselves in 20 x 20 yards area Two white players attempt to close down passes & touch ball If white player touches ball, dark player last touching ball swaps roles with the white player 	<ul style="list-style-type: none"> Defender quickly closes down space Ensure defenders are sideways on position Stay alert and move quickly on toes
<p>2nd Activity (15mins)</p> <ul style="list-style-type: none"> Players organized into groups of two Front player dribbles ball and tries to lose other player who follows When the coach shouts stop, follower must be within touching distance of their partner Alternate roles 	<ul style="list-style-type: none"> Defending player keeps their eyes on ball Get "touch tight" to the player with ball Sideways on position Stay alert and move quickly on toes
<p>3rd Activity (15mins)</p> <ul style="list-style-type: none"> Group organized into pairs in 10 x 5 yard area X passes ball to O O tries to dribble past X and stop ball on end line (X cannot move until O has touched the ball) X tries to steal ball Alternate roles 	<ul style="list-style-type: none"> Defenders close down space between themselves and the attacker QUICKLY As they near attacker, get into a low & sideways position Don't give attacker room to work

4th Activity (15mins)

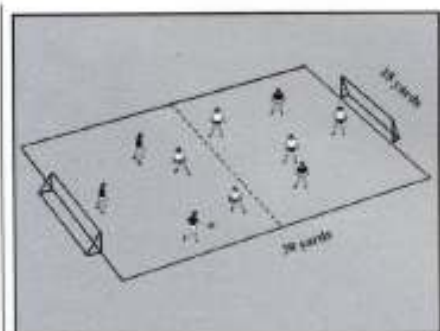
- Teams organized into pairs and play 2 vs. 2
- X1 passes to either O1 or O2 and then becomes active defender
- O players work together to beat defender X1
- Alternate attacking and defending roles



- Defender must be aware of both attackers positions
- Close down attackers quickly
- Angle body to push attacker to sideline (away from goal)
- Angle body to prevent a pass and dribbling path to the end line

5th Activity (the game) (20mins)

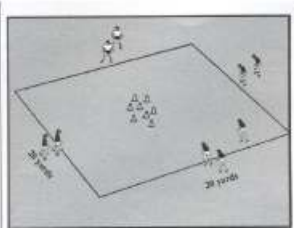
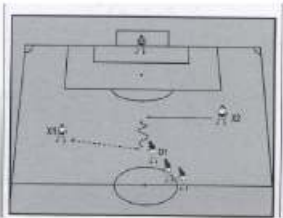
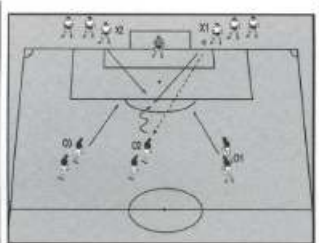
- Players organized into two teams of five
- Players cannot move into the attacking zone unless they make pass
- Passing player creates 3 vs. 2 situation in favor of attackers
- Defenders to close down space

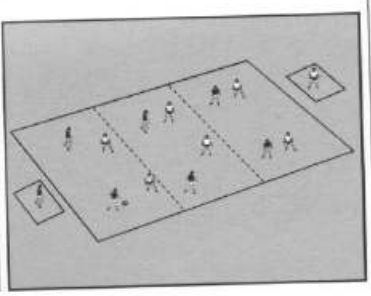
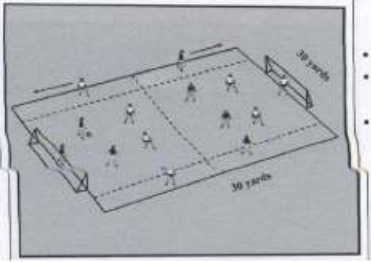


- Defenders get "touch tight"
- Low & angled body positions
- Attackers create space (check out and in) and defenders close down space
- Awareness of all attackers positions

Practice Plan

Age Group: U-12	Theme: Group Tactics (Offense/Defense)
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Activity		Coaching Points
1st Activity (warm-up) (10mins) <ul style="list-style-type: none"> Players organized into four equal groups in 20 x 20 yards area Eight colored cones placed two yards apart in the center of area Coach calls sequence of 4 colors. The players from each group run and touch each color in sequence 		<ul style="list-style-type: none"> Defender quickly closes down space Use long steps for speed and short steps for changing direction quickly Stay alert, move quickly on toes
2nd Activity (15mins) <ul style="list-style-type: none"> X1 feeds the ball from a sideways position to O1 X2 becomes an active defender when O1 controls the ball O1 attempts to dribble the ball past X2 and shoot at goal Rotate roles 		<ul style="list-style-type: none"> Defender close down space between themselves and attackers quickly Cut the angle between goal and attacker Jockey! Do NOT dive in Defenders alter body position to direct attacker that suits defending team
3rd Activity (15mins) <ul style="list-style-type: none"> X1 plays the ball to O1, O2 or O3 who work together to score goal X1 is helped by X2 to defend goal Rotate positions 		<ul style="list-style-type: none"> Defender uses long strides to cover space quickly then small steps to defend Be aware of other attacker positions Arms out for balance On toes to change direction quickly Sideways on position Communication with other defender Supporting defender to help close down the angles of attack

Age Group: U-12	Theme: Group Tactics (Offense/Defense)
<p>4th Activity (20mins)</p> <ul style="list-style-type: none"> • Players organized into 2 teams of 7 in area 40 x 30 yards • Three playing zones and players remain in their zones • Teams attempt to score by passing through each zone • Goal scored by passing the ball into the goalkeeper situated in a square 5 yards away from the end of playing area 	<ul style="list-style-type: none"> • Defenders get touch tight and remain with their own attacker • Attackers attempt to create space and get open • Defenders attempt to prevent attackers from turning to attack the next zone • Attackers show support after making a pass
<p>5th Activity (the game) (20mins)</p> <ul style="list-style-type: none"> • Players organized into 2 teams of 7 in area 30 x 30 yards • Attacking zone has two side areas where wingers are positioned • Wingers cannot be tackled • When wingers are fed the ball they feed the central players who attempt to score • Defenders remain with 'their' attacker 	<ul style="list-style-type: none"> ▪ Defenders get touch tight ▪ Attackers create own playing space ▪ Defenders focus on preventing turning ▪ Angle body to prevent passes / shots

U-12

Conclusion

Leaving the Under 12 age group, athletes should now be comfortable and more advanced when employing their individual skills. Ball control is a very important skill introduced during this period, and the ability to control a ball on the first touch and then place it where intended is involved in this capacity. The new knowledge of group tactics should be shown on the field in the athletes' game play in the areas of offence and defence, particularly movement off the ball. When all the information obtained from the previous age groups is brought together in the U12 setting, strengths and weaknesses of each individual should be pointed out constructively and worked on in order to prepare the athlete for a smooth transition into the U14 and U16 groups.

The skills presented earlier will now set the athletes up for the upcoming group, U14. During these years to come individual skill will now be emphasized more seriously. Offence and defence are two separate major groups which are taught, focusing on the movement and teamwork which are needed in these areas in order to be successful. Finally, group tactics in different settings (8v6, 5v2, 4v4, 8v8), and the movement patterns within them are emphasized.



KIDS AND HYDRATION: *Selecting Beverages for Active Kids*



When your child opens the refrigerator door or surveys the supermarket shelf to grab a drink to tote to soccer practice or for an afternoon of rollerblading or biking, what choices does he/she have?

The beverages that parents put in the fridge matter, especially when rehydrating active children. By the time most active children become thirsty, they have lost important fluids and electrolytes (sodium and potassium), and may already be dehydrated. So it's important to think about the most suitable beverages for active children before they drink.

How Much Do You Know About H₂O?

Water is an OK beverage, especially when nothing else is available. However, water has its limitations. It does not provide energy, which may be needed if a child is running and playing all day. Children will also stop drinking water before their fluid needs are met. Often this is because water lacks the taste appeal of a lightly flavoured beverage. If given a choice, kids will drink much more of a flavoured beverage than of a glass of water. As a result, recent studies have shown that if given water, kids may not drink enough to prevent dehydration.

Know The Score About Sports Drinks

A properly formulated sports drink is a good choice for active children -- whether it's for big brother after a soccer game or for little sister after playing in the yard all day -- because it supplies energy and electrolytes that encourage them to drink by "turning on" their thirst. Recently published research by Oded Bar-Or, M.D., a Professor of Pediatrics at McMaster University, indicates that during exercise, children stayed better hydrated when they drank a sports drink compared to drinking plain or flavoured water.

The reason: children voluntarily drank more of the sports drink, which contained carbohydrate and sodium. Ruth Carey, R.D., sports nutritionist and youth soccer coach, adds, "I've spent a lot of time on the sidelines of soccer games and parents, knowing my sports nutrition background, often ask my opinion on what kids should drink before, during and after activity. I tell them water is fine, but that I prefer to give my kids a flavoured sports drink like Gatorade because they drink more and stay better hydrated."

Somewhat surprising, sports drinks only contain half the sugar and calories of many other beverage choices, including fruit juices and regular soft drinks. Sports drinks also have less sodium than a glass of milk or a slice of bread.

The Juicy Story

Fruit juices are typically fine for children after the playing is over. They contain important vitamins. However, juice isn't always the best choice when rehydrating an active child before or during activity. The high sugar content in juice can slow fluid absorption and increase the chance of a stomachache. No kid wants to be side-lined because of a stomachache in the middle of his soccer game.

Carbonation: Forget the Fizz

Carbonated soft drinks, which are also high in sugar, are not appropriate during or after prolonged activity. The "fizz" in a carbonated beverage may cause a "burning" sensation in the mouth and may prevent your child from chugging enough fluids. Research shows that even a small amount of carbonation can also upset the stomach and cause a bloated feeling during exercise.

To keep kids cooled & fueled, follow these helpful tips:

- To help protect your children from the heat and dehydration, encourage them to drink fluids before, during and after sports and activities.
- Whether it's extremely hot or not, have your children drink on a schedule (approximately every 15 to 20 minutes during physical activity), because dehydration begins before they're thirsty.
- Make drinking fun by giving your child a squeeze bottle filled with a chilled beverage. To keep beverages chilled for game day or other outside activity: freeze half of the fluid in the squeeze bottle the day before the game, then add the rest of the fluid on game day.

FUELING THE YOUNG ATHLETE



Hockey, gymnastics, and soccer are but a few of the endless structured sport options for active children and adolescents. Participation in recreational or competitive sports at a young age helps develop skills, confidence, good health, and fitness, as well as helping to reduce chances of obesity and obesity-related health concerns.

Childhood and adolescence are critical periods for physical growth and development. While sport is healthful in so many ways, it's vital that young athletes consume enough dietary fuel for these extra energy demands. Furthermore, the timing of meals and/or snacks can be a challenge when active children are trying to schedule schooling, homework, plus physical training and competitive sessions. In addition, active children may be at greater risk than adults for exercise-induced dehydration. With careful planning athletic youngsters can learn to incorporate sound nutrition to meet these unique dietary demands. (Check out "Nutrition For Child And Adolescent Athletes", Sport Science Exchange #77 Volume 13 (2000), Number 2 from the Gatorade Sports Science Institute for more information).

A young athlete should strive towards consuming:

- Sufficient food energy (i.e. Calories) to support exercise needs, physical growth and development
- A high carbohydrate diet, since carbohydrate is the primary fuel source for all sports
- Ample protein to build and repair body tissues as well as support physical growth and development
- A moderate to low-fat diet to ensure readily available Calories from carbohydrates and lean proteins
- Loads of liquids required for all bodily functions and to prevent hyperthermia
- A varied diet to provide all essential vitamin and mineral needs
- Frequent meals and snacks to sustain optimal energy levels (Check out Gatorade Sports Science Institute "Research Proves It - A High Carbohydrate Diet is Essential" for more information.)

AMPLE ENERGY

Active children may need 500 to 1500 or more Calories more each day than their inactive peers. One way to meet this extra energy demand is to eat three meals and three or four snacks each day. And in some cases active youngsters may even need to divide their meals before and after training, rather than enjoying a complete "traditional" meal; as is often the case with early morning swimmers and after school gymnasts. However, throughout the course of the day the equivalent of three nutritionally balanced meals, along with three or four healthy snacks should be consumed.

Packing portable nutritious snacks and fluids into the training bag should be a habitual practice of every young athlete to maximize training and competition sessions. Occasional tracking of an athlete's diet is an effective way to assess their overall eating habits and shortcomings. (Check out Gatorade Sports Science Institute "Recovery Nutrition for High School Athletes" for more information).

HEALTHY CHOICES

Eating well is key to support every athlete's training program, including youth. When striving for personal best sport performances and good health, active children may need encouragement to eat wholesome foods such as fresh fruits, vegetables, and whole grains (e.g. brown rice, whole wheat pasta, whole grain breads, etc.).

Involving children in the process of menu planning, food selection, and meal preparation may increase the likelihood that they consume a nutritionally sound and varied diet. Consider the following nutritious menu examples:

BALANCED BREAKFASTS	LOADED LUNCHES	DESIGNER DINNERS	SUPERIOR SNACKS
✓ Scrambled Egg, Toast, Strawberries, Milk	✓ Whole Wheat Pita Sandwich with Turkey & Vegetables, Carrot Sticks, Milk & Granola Bar	✓ Whole Wheat Spaghetti with Meat Sauce, Salad, Milk & Fruit Cobbler	✓ Cheese & Crackers
✓ Peanut Butter or Cheese, Bagel, Banana, Vegetable Juice	✓ Multigrain Crackers, Sliced Cheese, Apple, Oatmeal Cookies, Milk or Juice	✓ Roast Chicken, Baked Potato, Steamed Vegetables & Rice Pudding, Milk or Juice	✓ Trail Mix
✓ Whole Grain Cereal, Milk, Blueberries, & Lean Ham or Turkey Bacon, Water	✓ Roast Beef Whole Wheat Sub, Fruit Salad, Yogurt, Fig Cookies, Juice or Water	✓ Stir-Fry Vegetables with Meat, Poultry or Tofu, Steamed Brown Rice & Angel Food Cake with Fruit, Milk	✓ Yogurt & Granola
			✓ Applesauce & Low-Fat Muffin
			✓ 1/2 to Full Sandwich
			✓ Banana or Corn Bread
			✓ Veggies & Dip
			✓ Homemade Pita Pizzas

MONITOR GROWTH

To ensure your active youngster is eating enough Calories (or energy) check their weight once a month or at least every few months. If an active child or adolescent fails to gain weight for several months it's possible that they are using too much energy exercising and have not been eating enough. A consultation with a dietitian and/or physician may also be necessary. (Check out "Nutrition For Child And Adolescent Athletes", Sport Science Exchange #77 Volume 13 (2000), Number 2 from the Gatorade Sports Science Institute for more information).

FORGETTING FLUIDS?

Consuming sufficient fluids is a common dietary challenge, especially for active children. They have a poor sense of thirst and often need to be reminded to drink. Children also sweat less than adults and therefore can easily over-heat. Sweating is how we cool off. Water is the best thirst quencher, however, many children will drink more when their beverage is flavoured. Regular sips of a sports drink or unsweetened, diluted juice during exercise may ensure young athletes are drinking sufficiently. (Check out Gatorade Sports Science Institute "Kids and Hydration: Selecting Beverages for Active Kids" for more information).

Being active in recreational and competitive sports helps children and teens develop lifelong healthy habits. Good nutrition not only supports physical activity, but it also enhances health and sport performances. Contact the Coaching Association of Canada for more information about how to find a sport dietitian/nutritionist to work with young and "older" athlete(s).

SNAC Sport Nutrition Advisory Committee
Comité consultatif sur la nutrition sportive

Coaching Association of Canada
(613) 235-5000



Additional Resources

- **www.soccercoachinginternational.com**
 - need to subscribe for a free membership to get full benefits
- **www.coachingsoccer101.com**
- **www.canadasoccer.com**
- **www.bcsoccer.net**
 - go to coaching clinics on the right hand side
 - then click coaching resources on the left side
- **www.footy4kids.co.uk**
 - EXCELLENT Website!!
- **www.albertasoccer.com**
- **www.sunnysouthsoccer.com**



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