

Mt. Lebanon Soccer Association



Practice Sessions Guide

Thank you for coaching. The following activities are designed to aid you in coaching your players. While there are numerous resources to help you coach, you can use each of the following pages as a individual practice sessions. Try to avoid lines in your practice and be flexible and adjust the recommended field size and number of players for each activity to meet your team's needs. Make the goals larger to increase scoring or add more attackers or defenders depending on the lesson. It is recommended that you end practice with a scrimmage and focus on the lessons/themes of the day.

Try to get your players as many touches as possible and encourage them to practice 15 minutes each day on their own by juggling or hitting a ball off of a wall.

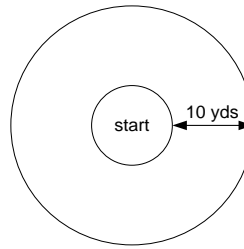
The more fun your players have the more they will enjoy themselves and the more they will want to play and practice. It will also be more fun for you. Thank you again.

**Mt. Lebanon Soccer Association
Eight Session Training**

Session One - Dribbling (1)

1. Warm Up (5 to 10 minutes)

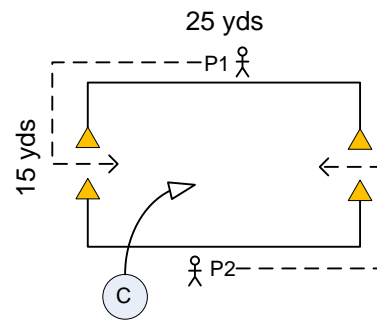
Players dribble within a 10-yard circle. On command they race to the perimeter of the larger outside circle (about 10 yards distance). First one to reach the circle wins. Repeat.



Water Break

2. 1 v. 1 Line Soccer (15 to 20 minutes)

Field: 25 yards by 15 yards. Players run around cones and enter field thru gates/goals. Coach serves ball in. Player who wins ball becomes attacker. Other player defends. Score by passing thru the goal. Dispossession goes the other way.

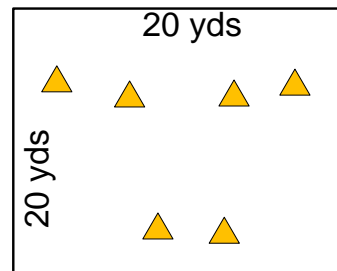


Water Break

3. Match Related Activity (15 to 20 minutes)

Field: 20 yard square. Set up 3 gates (one more than the number of defenders). One attacker with a ball attempts to dribble thru gates while 2 defenders attempt to tackle. Attacker uses moves/fakes to get through gates.

Progression: Have 2 attackers who work together with passing and add defenders.



Water Break

4. Scrimmage (15 to 20 minutes+)

Water Break

5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.

Coaching Points:

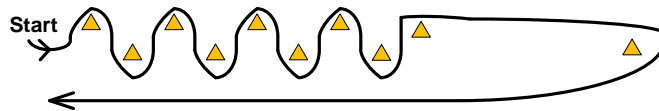
- Keep your head up so you can see the opponents and teammates
- Keep the ball close to your feet at slower speeds with small, regular touches
- At higher speeds keep ball farther out and run to it
- Keep your body between the ball and your opponent
- Use moves
- Think about when to dribble (when you're not marked or when you're in the opponent's half of the field).
- Use different parts of your foot
- Practice dribbling with your weaker foot
- Don't dribble in your own penalty area - risky business.
- Change pace and direction
- Use fakes - both shoulder and foot

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Session Two – Dribbling (2)

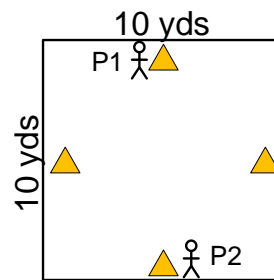
1. Warm Up (5 to 10 minutes)

Relay Race Set up two identical relay courses with 7 to 9 serpentine cones and one end cone. Two equal teams. On coach's mark, kids dribble around cones, sprint dribbling ball to distant cone, turn the corner and sprint dribbling back with their balls. First team done wins.



2. 1 v. 1 Ball Handling (15 to 20 minutes)

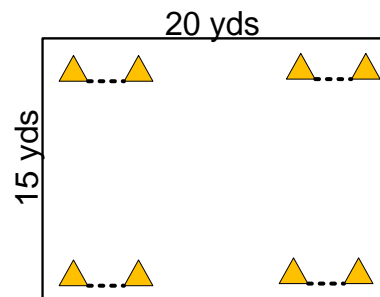
Field: 10 yard square for each pair. Place 4 cones one at the center of each side. Players are positioned on the line. Player 1 passes to Player 2. When Player 2 touches the ball, Player 1 tries to win the ball. Player 2 tries to dribble to one of the 3 unmarked cones. If Player 2 succeeds, switch roles. If Player 1 wins ball, Player 2 becomes defender.



Water Break

3. Match Condition; 4 v. 4 (15 to 20 minutes)

Field: 20 yards by 15 yard grid for each equal teams. Place 4 goals. Players use one ball. Teams score by dribbling through one of the 4 gates. Scoring team retains possession but may not score on the same goal again.



Water Break

4. Scrimmage (15 to 20 minutes+)

Water Break

5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.

Coaching Points:

- Keep your head up so you can see the opponents and teammates
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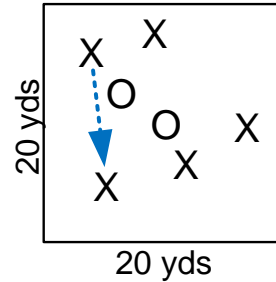
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Session Three – Passing (1)

1. Warm Up (5 to 10 minutes)

Field: 20 yards square. 5 players vs 2 players. One ball.
Five players pass to each other as the two chaser players try to steal the ball. Player who loses the ball becomes a chaser.

Progression: Limit touches. Add another ball and more players.

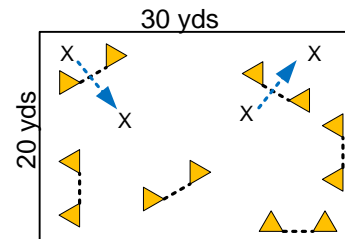


Water Break

2. 1 v. 1 Cone Goal (15 to 20 minutes)

Field: 20 yds by 30 yds. Several sets of cones 2 yds wide. Teams of 2 players each with 1 ball. Players move around passing the ball to each other thru the goals. First team to 10 goals wins.

Progression: Most goals after 5 minutes wins. Add 2 defenders, not to tackle, just to block goals.



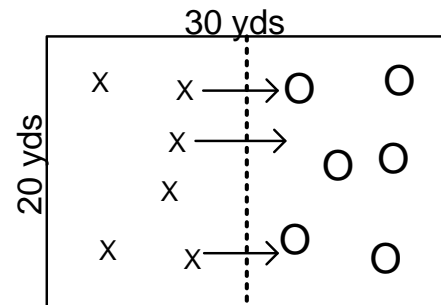
Water Break

3. Match Condition; 6 v. 6 (15 to 20 minutes)

Field: 20 yards by 30 yards. Two teams of 6. Each team on different sides of the field. Team A passes the ball to Team B. Team A sends 3 players in the opposing area to defend 6 v 3. Five consecutive passes without an interception scores a point. If defenders win ball, they immediately pass to their end and other team sends in 3 defenders.

Water Break

4. Scrimmage (15 to 20 minutes+)



5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.

Coaching Points

- Head up and look around to find teammates for passing options
- Receive the ball across the body on the outside foot
- Point toe of plant foot in the direction you want the ball to go
- Strike ball in the middle with side of the foot
- Plant foot should be 6 inches to the side of the ball
- Move into position to receive pass
- Use fakes to check away and then check to the ball
- Please ready to receive pass and move to the ball when receiving pass
- Create space by moving away from the ball after a pass
- Play the ball the way you are facing to keep possession

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Session Four – Passing (2)

1. Warm Up (5 to 10 minutes)

Field: 20 yards square. All players. Half have balls. Players move around the grid. At the coach's command players with ball pass to players without a ball.

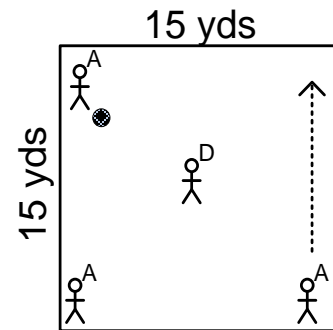
Progression: Limit touches.

Water Break

2. 1 v. 1 Cone Goal (15 to 20 minutes)

Field: 15 yard square Groups of 4, 3 attackers and 1 defender. Play 3 v 1 keep-away. The goal is to pass the ball around the outside of the square playing keep-away from the lone defender. Attackers move from corner to corner of the square to receive the pass. If the defender wins the ball, he switches with player who gave up ball.

Progression: Players move away from corners and play freely in the area.



Water Break

3. Match Condition; 6 v. 6 (15 to 20 minutes)

Field: 30 yards by 40 yards divided into thirds with goalies. Station players 2 v 1 defensive area, 2 v 2 in midfield and 1 v 2 in the attacking area. Players must stay in their area. The team in possession plays the ball and maintains possession within their area. The object of the game is to penetrate the next area with a pass. The ball must go through consecutive areas before shooting.

Progression: After playing the ball forward, the passer can enter the next area to support the play.

Water Break

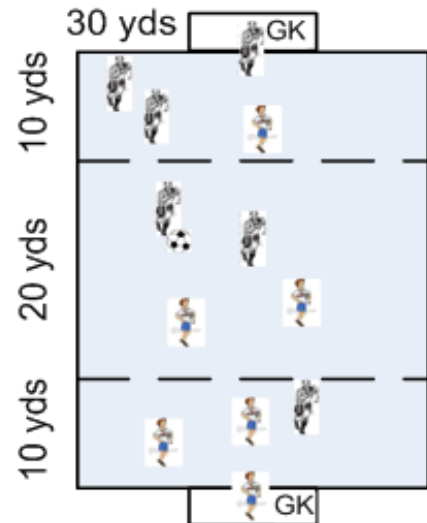
4. Scrimmage (15 to 20 minutes+)

5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.

Coaching Points

- Head up and look around to find teammates for passing options
- Receive the ball across the body on the outside foot
- Point toe of plant foot in the direction you want the ball to go
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- Plant foot should be 6 inches to the side of the ball
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- Use fakes to check away and then check to the ball
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Session Five – Receiving

1. Warm Up (5 to 10 minutes)

Field: 20 yards square. Players move around tossing their ball in the air and try to control it with inside, outside and instep of the foot, chest, thigh, etc. before it lands. Players dribble around controlling and repeat.

Progression: Coach calls out which body part with which to catch the ball including weak foot. Encourage different heights.

Have players fake in opposite direction before their first touch.

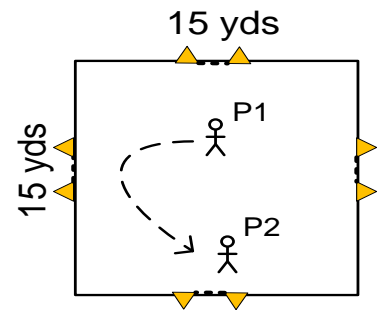
Have players try to flick the ball with their foot to their hands.

Water Break

2. 1 v. 1 Cone Goal (15 to 20 minutes)

Field: 15 yards square. 2 yard goals on all four lines

Player 1 tossed a high ball or bouncing ball to Player 2. Player 1 defends after Player 2's first touch. Player 2 received ball tries to score on any goal except the one to their back. If Player 1 wins ball, restart and switch roles.

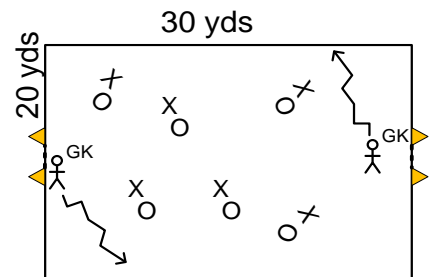


Water Break

3. Match Condition; Moving Goalies (15 to 20 minutes)

Field: 20 yards by 30 yards with goals. Equal teams with goalies. Goalies can move all over the field and use their hands to get ball. Goalies then play a ball in the air or bouncing to teammates. Players can pass to goalies.

Progression: Add second goalie per team.



Water Break

4. Scrimmage (15 to 20 minutes+)

5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.

Coaching Points

- Keep eye on ball at moment of contact
- Soften the first touch
- Come and meet the ball
- Get ball to feet as quickly as possible
- Keep knee low for thigh trapping
- Avoid sole of the foot traps
- Receive the ball across the body on the outside foot
- Arch the back when receiving a chest ball
- Keep ball moving with first touch
- Get ball from out of the feet with first touch

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Session Six – Shooting

1. Warm Up (5 to 10 minutes)

Field: 20 yards square. Each player has a ball. Players move around dropping the ball to their feet and striking the ball so it goes above their head. The less spin on the ball the better. It means the ankle is locked.

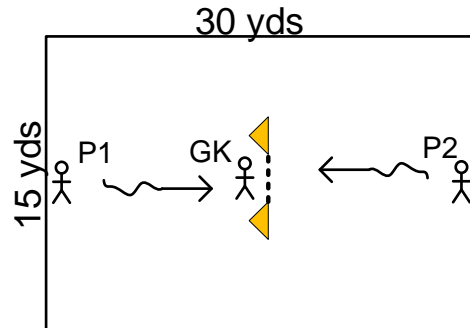
Progression: Coach calls out which foot to use.

Water Break

2. 1 v 1 Back to Back Goal (15 to 20 minutes)

Field: 15 yards by 30 yards with a goal with goalie at center. Player 1 dribbles 10 yards toward goal and takes shot alternates position. Goalie turnaround. Player 2 does the same.

Progression: Add a defender – Player A shoots then defends.



Water Break

3. Match Condition; World Cup (15 to 20 minutes)

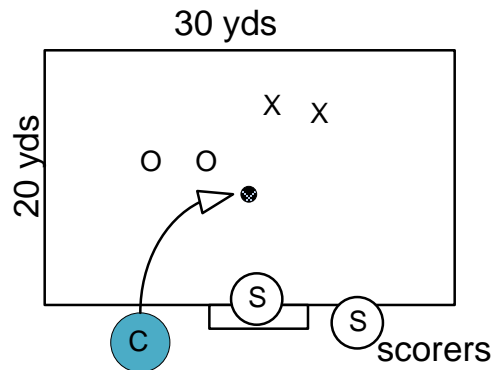
Field: 20 yards by 30 yards with one goal. Players pair up. Coaches one or two balls from endline beside goal. As teams score they sit out or play goalie. Last team to score is eliminated. All remaining teams play again and repeat until one team wins.

Water Break

4. Scrimmage (15 to 20 minutes+)

5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.



Coaching Points

- Ball at 1 o'clock for right foot shot and 11 o'clock for left foot
- Large steps to small steps and fast to slow. Keep eye on ball at moment of contact
- Body over ball with the head down looking at the ball
- Strike the ball with laces
- Follow through with a couple of steps after the strike
- Lock ankle
- Strike the ball through the middle
- Use a fence to have players shoot
- Land on opposite foot

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Session Seven – Defense

1. Warm Up (5 to 10 minutes)

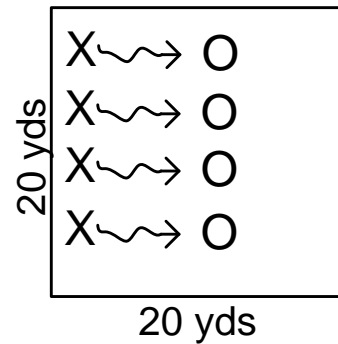
Field: 20 yards square. Each player has a ball. Players dribble around. Players try to kick each other's ball out of the grid. A player is out if his ball is kicked out and returns when the game restarts.

Water Break

2. 1 v 1 Shadow Play (15 to 20 minutes)

Field: 20 yards square. Players pair up on one side of the field with one ball per pair. One player dribbles at the other in a jog. The player without the ball interposes his/her body between the opponent and the opposite side. When they reach the opposite end of the field reverse roles.

Progression: Have defenders start at middle of field and run to the attacker. Allow defenders to tackle and control back. Roles reverse.



Water Break

3. Match Condition (15 to 20 minutes)

Field: 20 yards by 30 yards with goals but no goalies. Equal teams but with one neutral player who plays with the team that has the ball. Each player, except the neutral player is assigned a player to man make with one.

Water Break

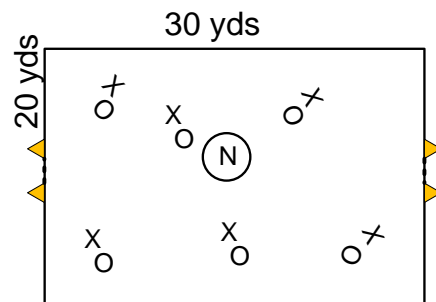
4. Scrimmage (15 to 20 minutes+)

5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.

Coaching Points

- Deny, Delay, Destroy – deny the attacker the ball by jumping the pass, delay the attacker until help arrives, destroy the play by tackling at the right time
- Run quickly to the attacking player and slow down for the last 2 to 3 yards so the player does not get by you.
- For the last few yards go in sideways and low.
- Force the attacker to the sideline or to additional defenders
- Wait for the attacker to make a mistake before attempting a tackle
- Lock ankle and knee when attempting a tackle use whole body
- Keep feet moving
- When attacker switches feet turn with the ball
- If attacker has his back to defender, be very tight to his back (no turn)
- Clear ball up and away to sides.
- Force to attacker's weak foot usually the left
- Defenders should be on the balls of their feet
- Get between the attacker and the goal
- The closer the attacker is to the defender's goal the closer the defender should be to the attacker.
- Man/woman nearest the ball is the first defender.



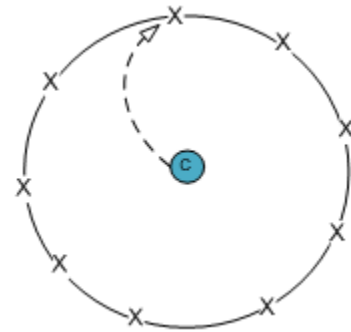
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Session Eight – Heading

1. Warm Up (5 to 10 minutes)

Players in a circle around coach/server. Server moves around, softly tosses ball to players' head. As ball is in the air the server calls out "head it" or "catch it" and the player must do the opposite. A mistake receives a point. The idea is to have the least points.

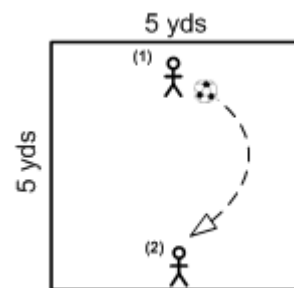
Progression: Increase number of servers.



Water Break

2. 1 v 1 Heading Wars (15 to 20 minutes)

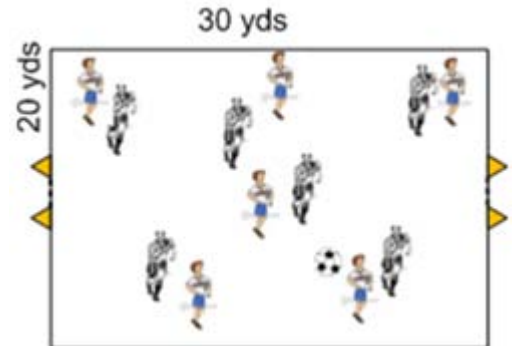
Field: 5 yards square. Multiple pairs of players defend their own endline four yards from each other. Player 1 tosses the ball into the air to Player 2 who attempts to head the ball over the endline while Player 1 defends. Take turns heading and defending. Winner is first player who wins twice. Rotate players down the line for multiple games.



Water Break

3. Match Condition Hand Ball(15 to 20 minutes)

Field: 20 yards by 30 yards with goals, but not goalies. The objective is to head the ball into the opposition's goal. Players use their hands to pass teammates, but an extra point is rewarded if a player heads the ball to a teammate. If the ball hits the ground, it is turned over to the other team. Players catching the ball can take 3 steps and within 5 seconds must throw it to another player. All shots must be from headers. Defenders are not allowed inside the area in front of the goal and cannot block any throws, but they can intercept the ball.



Water Break

4. Scrimmage (15 to 20 minutes+)

5. Cool Down (5 to 10 minutes)

Loosening and stretching. Demonstration by players of moves taught that day. Review of coaching points.

Coaching Points

- Use the forehead to head the ball.
- Keep the eyes open.
- Keep the mouth shut for safety.
- Shoulders and back should be firm with muscles tense to create a solid upper body
- Players can create a "frame" with their arms. This allows them to create a safe zone around them and also makes it easier for them to judge the flight of the ball.
- Attacking players should head the ball down towards the goal and defending players should head the ball up and away.(To get the ball down attacking players will have to jump to get over the ball.)
- Attacking players can get more momentum by executing the header from the side.

**Mt. Lebanon Soccer Association
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Additional Activities**

Passing (2)

1. Warm Up (5 to 10 minutes)

Players in a circle around coach/server. Server moves around, softly tosses ball to players' head. As ball is in the air the server calls out "head it" or "catch it" and the player must do the opposite. A mistake receives a point. The idea is to have the least points.

Progression: Increase number of servers.

Water Break

2. 1 v 1 Heading Wars (15 to 20 minutes)

Multiple pairs of players defend a small goal four yards from each other. Player A tosses the ball into the air to Player B who attempts to head the ball into the goal while Player A defends goal. Take turns heading and defending. Winner is first player who wins twice. Rotate players down the line for multiple games.

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Additional Activities**

Warm Up Freeze Tag

Field: 25 yard square. All but one player has a ball. Players dribble around player without the ball is “it” and chases other players as they dribble. Once a player is touched by the chaser, he/she is froze and cannot move until a player with a ball kicks a ball between his/her legs.

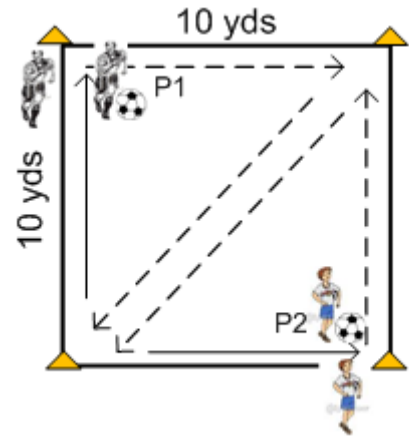
Progression: Make more than one player it.

Dribbling Relay

Field: 10 yard square. Cones on four corners. Player dribble to the cone, does a turn, sprint dribbles to the cone across the grid, turns and makes a pass to teammate at the first turn. Player 2 does the same as player 1 did.

Coaching points

- Speed away from the cones—slow down towards the cone
- Get low—have a wide stance
- Get the ball out of your feet
- Be on your toes to receive the ball
- When receiving the pass make first touch toward the second cone



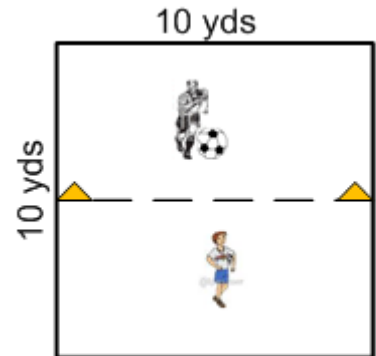
Dribbling Mirrors

Field: 10 yard square. Groups in pairs one ball per pair. Position one player on each side of an imaginary line made by the cones. Player 1 starts with ball. Neither player is allowed to cross the imaginary line. Player 1 tries to dribble to either of the cones before the defender touches the same cone.

Progression: Use feints, fakes, or tricks to deceive the opponent.

Coaching points

- Close control
- Head up whenever possible
- Change of pace in change of direction
- Encourage feints, fakes, and dummies

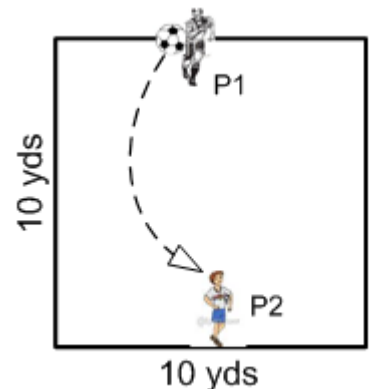


Receiving

Field: 10 yard square. Groups in pairs with one ball. Position 1 player on each endline. Player 1 underarm serves the ball to Player 2 at varying heights. Player 2 must control the ball with his/her first touch using his/her head, chest, thigh or top of the foot.

Coaching points

- Move into line with the ball
- Select the controlling surface early
- Relax and withdraw the controlling surface on impact

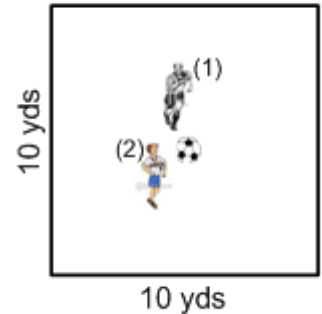


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Additional Activities**

Defending Block Tackle

Field: 10 yard square. Groups in pairs. One ball per pair. Players 1 and 2 stand on opposite side one pace away from the ball. On the coach's command both players take one step forward and block tackle with the inside of their foot.

Progression: Increase the distance from the ball.



Coaching points

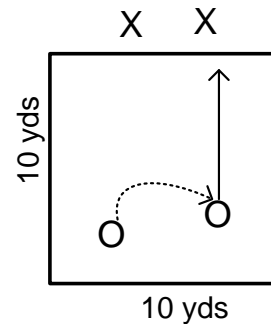
- Get your body behind the ball
- The non-striking foot should be directly alongside the ball
- The knee should be over the ball

Heading

Field: 10 yard square. Positions 2 players on each endline. One ball. One of the players throws the ball to his partner to head past the other team. The defending team tries to stop the ball going over the line without using their hands. Defending team then becomes attackers.

Coaching points

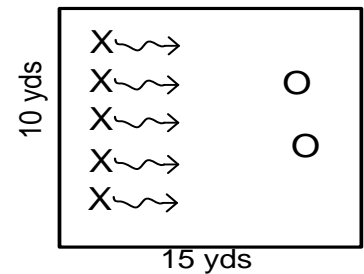
- To aim for the goal, turn shoulders to face the target
- Head the ball down toward the center
- Use diving headers for more power



Dribbling Sharks and Minnows

Field: 10 yards by 15 yards. Two players (sharks) stand inside the grid without a ball. The others (minnows) line up along one endline each with a ball. On the coach's command the minnows try to dribble safely past the sharks to the other side of the grid. Any minnow whose ball is stolen or kicked out becomes a shark. Repeat until all of the players have become sharks.

Progression: If a shark steals a ball and dribbles it out of the grid, the shark and the minnow switch roles.



Coaching points

- Keep ball close when being pressured
- Recognize open space to speed past defenders

Passing Pass and Move

Field: 5 yards square. Two cones two to three yards apart. Player 1 passes to Player 2 who moves/dribble the ball to opposite cone. Player 1 moves to the opposite cone. Player 2 passes the Player 1. Player 1 pulls the ball the opposite cone. Repeat.

Progression: Reverse the flow to use other foot.

Coaching points

- Pull the ball by dragging the foot across the top of the ball
- Use first touch in direction of opposite cone
- Plant foot on pass

