

Gospel Projects / Eastern Shore SC Practice Plans

Topic

DRIBBLING - RUNNING WITH THE BALL

U10

Objectives
(5 W's)

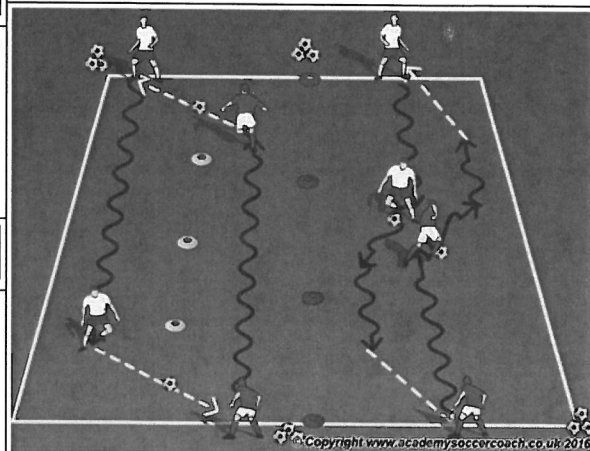
Who: Flank Players
What: Running with the ball to Penetrate
Where: In the central and flanks areas of the field
When: In possession of the ball with space to attack
Why: To penetrate the opponent's defense and create goal scoring opportunities

Organization

Duration Intensity

• Area: In a 20Wx30L yard grid divided into 2x10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left

Warm-up / Orientation



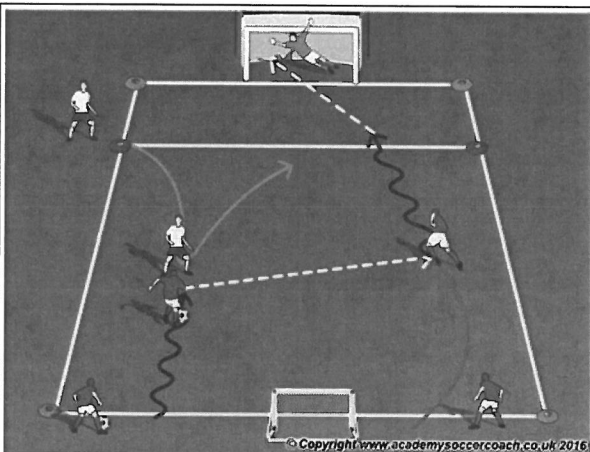
Coaching Points

Activity Time Rest Intervals

• What? Technique of Running with the Ball:

- ~ Push the ball forward with the laces. Big toe down. Distance of your touch
- ~ Each touch of the ball should push it a few steps ahead of the dribbler
- ~ Distance and pace of the touch matches the stride
- ~ The head is up and the eyes scan the field

Orientation 2v2 to Goal and Counter Goal



Organization

Duration Intensity

- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line.
- The attacker dribbles onto the field when the defender confronts the dribbler, he/she has the option to pass to the teammate or run with the ball into the scoring zone to beat the keeper. Goals from running with the ball into the zone are 10 pts.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create diagonal passing lanes: Who? Where? When? Why?

Organization

Duration Intensity

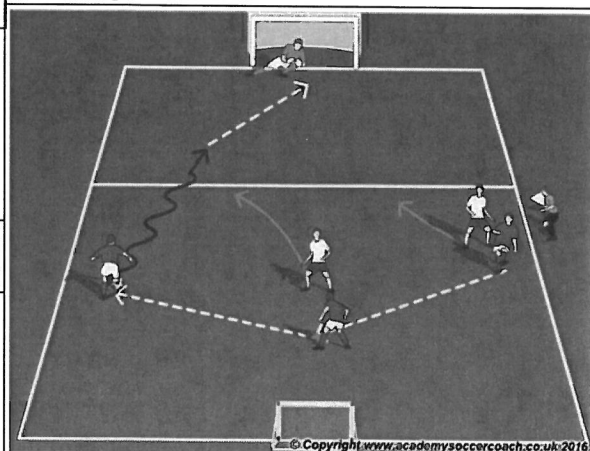
- Area: In a 20Wx30L yard grid with one goal inside a 8 yard scoring zone and a counter goal on the opposite end line
- The 3 attackers will play to penetrate the space and get into the scoring zone to score. The defenders score in the counter goals. All laws apply.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create diagonal passing lanes: Where? Why? - Triangulate: Where? When? Why?

Learning 3v3 to Goal and Counter Goal



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L field play 7v7. All FIFA laws apply. Encourage the players when to run with the ball.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play

Gospel Projects / Eastern Shore SC Practice Plans

Topic

DRIBBLING TO BEAT AN OPPONENT

U10

Objectives
(5 W's)

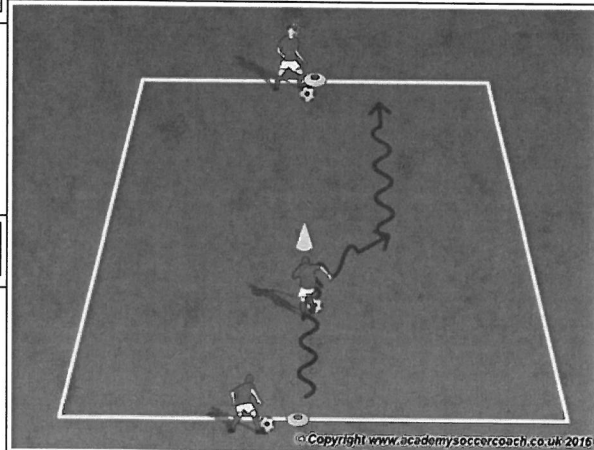
Who: Strikers and Midfielders
What: Dribbling, Receiving, Playing forward when possible, Create a 1v1
Where: In the attacking half
When: Confronted by one defender in the midfield or near the goal
Why: To penetrate the opponents defense and create goal scoring opportunities

Organization

Duration 12 mins Intensity Medium

Warm-up / Orientation Dribble the Cone

- Area: In 10Wx15L yard grid with 3 cones about 7 yards apart
- Place 2 players with a ball each at one cone and player at the opposite cone with a ball. On coach's command players will perform the moves below:
- ~Interval 1: Fake and Take ~ Interval 2: Circle and Take
- ~Interval 3: Double Fake and Take ~ Interval 4: Double Circle and Take



Coaching Points

Activity Time 2 mins Rest 1min Intervals 4

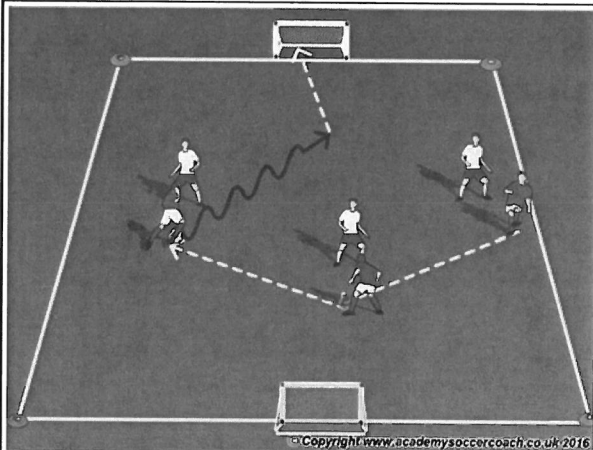
• What? Technique of Dribbling to Beat an Opponent

- ~ Keep the ball close
- ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
- ~ Change direction and get away from the opponent (cone) quickly

Orientation 3v3 Dribble into the Scoring Zone

Organization

Duration 15 mins Intensity Med-High



- Area: 20Wx30L yard field with two small goals
- Play to score in the opponent's goal.
- Points: If a players dribbles an opponents and scores is 10 points. Any other goal is 1 point.

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

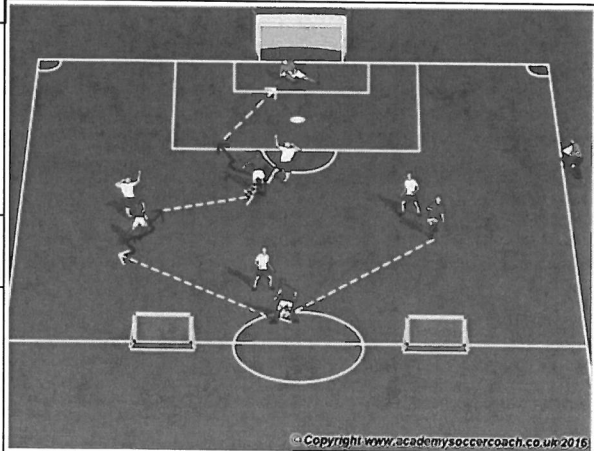
- **What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- **Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why?

Organization

Duration 18 mins Intensity Medium

Learning 4v5 to a Goals and Counter Goals

- Area: 40Wx30L yard field with a regular goal and 2 counter goals
- Red team scores in the regular goal and the White team scores in either of the 2 counter goals. All laws apply.



Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy
- **Team Tactical Attacking Principles** - Play forward when possible: Where? When? Why? - Create a 1v1 or 2v1: Where? When? Why? - Triangulate: Who? Where? Why?

Implementation

7v7 Duration 25 mins Formation R GK-2-3-1 v W GK-3-2-1 Activity Time 10 mins Rest 2.5 m Intervals 2

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play

Gospel Projects / Eastern Shore SC

Practice Plans

DRIBBLING TO SET UP A PASS

Topic

U10

Objectives
(5 W's)

Who: Strikers and Midfielders

What: Dribbling, Passing and Receiving, Spread out, Triangulate, Play forward when possible, Create 2v1 and diagonal passing lanes - **Where:** In the central and flank channels the attacking half

When: Dribbling at defenders near the opponent's box

Why: To improve penetration and create goal scoring opportunities

Organization

Duration

12 mins

Intensity

Medium

• Area: in a 15Wx20L with a cone in the middle of the grid. Set up the players as show in the diagram.

• **Pattern A:** The dribbler goes at the cone and performs a pass to his teammate

• **Pattern B:** The player with the ball will dribble toward the cone, his partner makes an overlap run and calls for a pass. The dribbler executes the pass to his team mate.

Coaching Points

Activity Time

2.5 mins

Rest

30 sec

Intervals

4

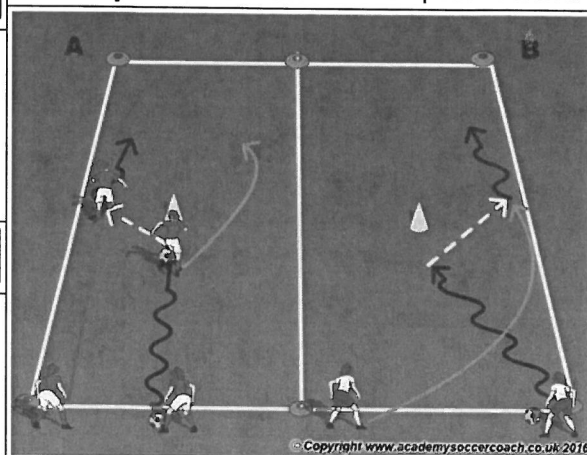
• **What? Technique of Dribbling to Set up a Pass:**

~ Keep the ball close, use the Laces to go forward, Inside/Outside/ sole to change direction

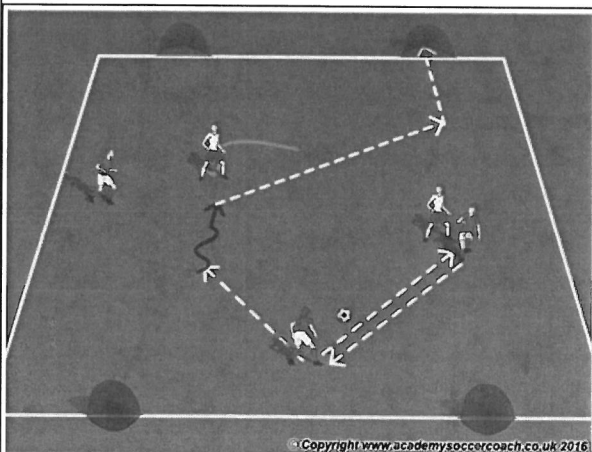
~ Commit the opponent (cone) prior to making the pass

~ Execute the pass with either the inside of the foot or the outside of the foot

Warm-up / Orientation Dribble - pass Patterns



Orientation 3v2 to Four Small Goals



Organization

Duration

20 mins

Intensity

Med-High

• Area: 20Wx30L yard field with two small goals.

• Play to score in either opponent's goals.

• Points: If a player passes off the dribble to a teammate and scores the goal is 10 points. Any other goal is 1 point.

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

4

• **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance

• **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: When? Where?

Organization

Duration

25 mins

Intensity

Medium

• Area: 40Wx30L yard field with a regular goal and 2 small counter goals

• Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time

10 mins

Rest

2.5 min

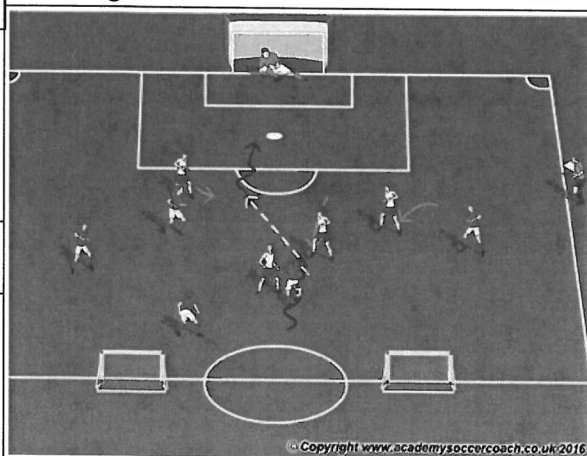
Intervals

2

• **What? Technique** - Dribbling to set up a pass ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance

• **Team Tactical Attacking Principles** - Spread Out: Who? Where? When? Why? Triangulate: Were? When? Why? Create a 2v1: Where? When? Why? Play forward when possible: Where, When? Why? Create Diagonal Passing lanes: Where? Why?

Learning 5v5 to a Goal and 2 Counter Goals



Implementation

7v7

Duration

30 mins

Formation

R GK-2-3-1 v W GK-3-2-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to dribble by the defenders.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play

Gospel Projects / Eastern Shore SC Practice Plans

Topic

PASSING BASICS 1

U10

**Objectives
(5 W's)**

Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is in possession of the ball
Why: To penetrate the opponent's defense

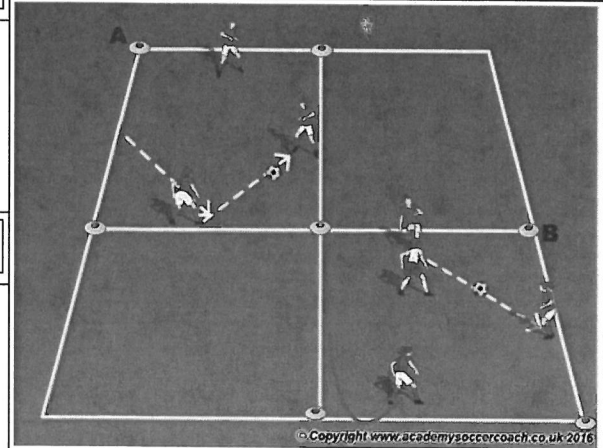
Organization

Duration Intensity

- Area: In a grid 10Wx15L yards
- Play 3v0 to teach the players how to support the player with the ball. After two intervals, add a defender and make the game a 3v1 keep away.

Warm-up / Orientation

3v0 to 3v1

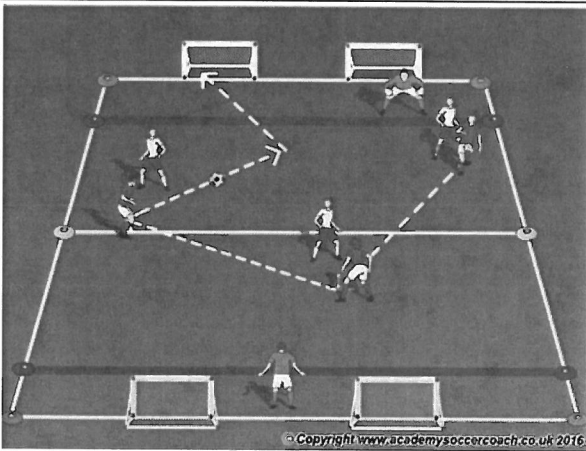


Coaching Points

Activity Time Rest Intervals

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

Orientation 4v4 to 4 Goals



Organization

Duration Intensity

- Area: In a 20Wx30L yard field with 2 small goals on each endline
- Play to score in the opponent's goal. The GK defends their team's 2 goals. When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

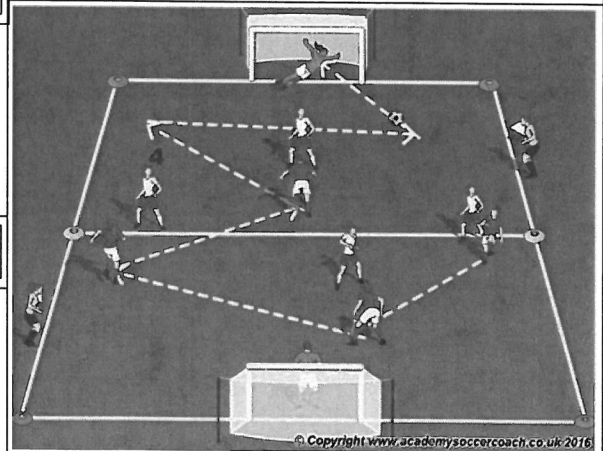
Organization

Duration Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

Learning

5v5 to Goal



Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play

Gospel Projects / Eastern Shore SC

Practice Plans

U10

Topic

PASSING BASICS 2

Objectives
(5 W's)

Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is building up the attack
Why: To penetrate the opponent's defense

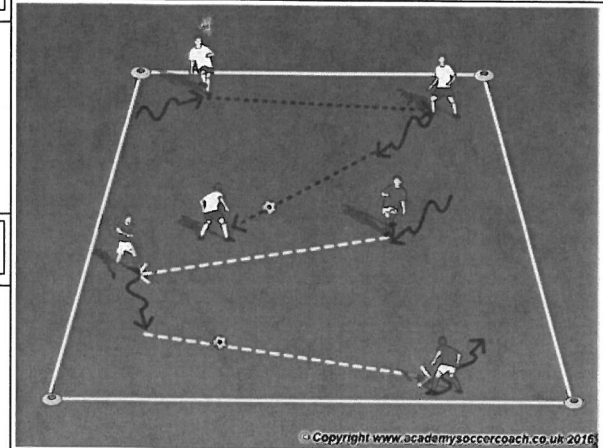
Organization

Duration 12 mins Intensity Med-High

Warm-up / Orientation

3v0 to 3v1

- Area: In a 20Wx30L yard field
- Divide the players into groups of 3 to pass the ball around the grid. The player, who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in minutes ~ 2: Pass through the other team ~ Which team makes the most passes?

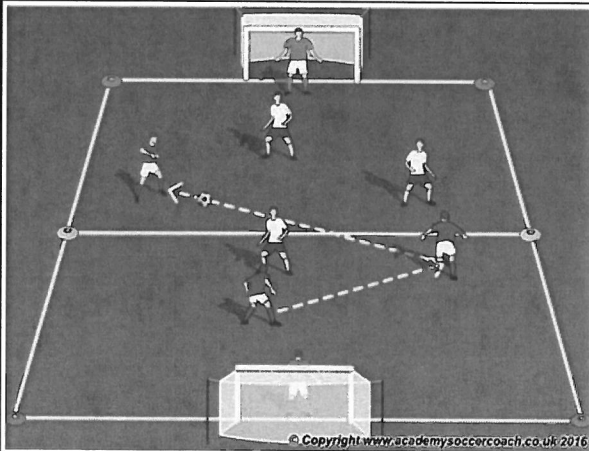


Coaching Points

Activity Time 3 mins Rest 1 min Intervals 3

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure.

Orientation 4v4 Total Soccer



Organization

Duration 15 mins Intensity Med-High

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal
 ~ When all members of the team have touched the ball and scored the goal is worth 100 points. All other goals are 1 point

Coaching Points

Activity Time 4 mins Rest 1 min Intervals 3

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

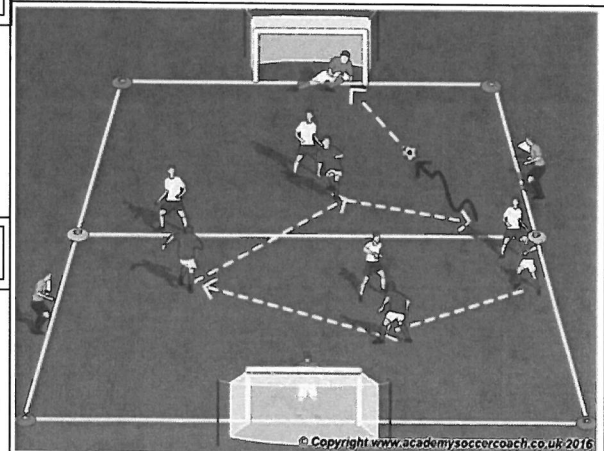
Organization

Duration 18 mins Intensity Medium

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

Learning

5v5 to Goal



Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Implementation

7v7 Duration 30 mins Formation R GK-2-3-1 v W GK-3-2-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play

Gospel Projects / Eastern Shore SC Practice Plans

U10

Topic

PASSING AND COMBINING

Objectives
(5 W's)

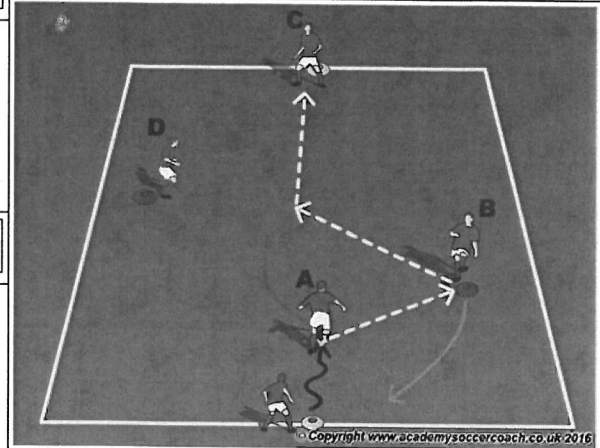
Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is building up the attack
Why: To penetrate the opponent's defense

Organization

Duration Intensity

• Area: In a 15Wx20L yard grid
 • Place 5 players as shown in the diagram. Player **A** dribbles and passes the ball to player **B**. Player **B** passes the ball back to player **A**. Player **A** passes forward to player **C**. After the forward pass, players switch positions. **C** plays with **D** the same pattern as **A** and **B**

Warm-up / Orientation Passing Pattern

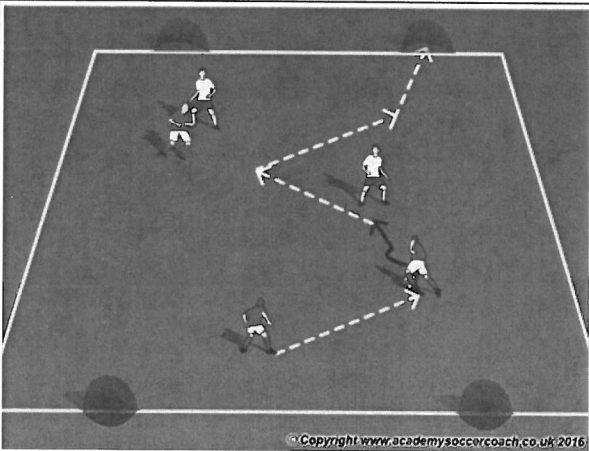


Coaching Points

Activity Time Rest Intervals

• **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle. ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure

Orientation 3v2 to 4 Goals



Organization

Duration Intensity

• Area: In a 20Wx30L yard field with 2 goals on each end line
 • Play to score in the opponent's goal
 ~ If a team has 3 or more passes among them and score the goal is a 100 points. All other goals are 1 point.

Coaching Points

Activity Time Rest Intervals

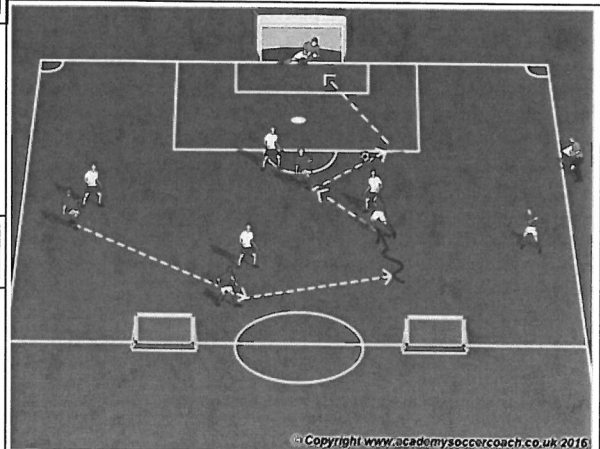
• **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
 • **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Create a 2v1: Where? When? Why?

Organization

Duration Intensity

• Area: In a 30Wx40L yard field with goals
 • Play to score in the opponent's goal. All laws apply.

Learning 4v5 to Goal and Counter Goals



Coaching Points

Activity Time Rest Intervals

• **What? Technique** - Passing, Receiving, Shooting
 • **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Play forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to combine with each other.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play

Gospel Projects / Eastern Shore SC Practice Plans

U10

Topic

DEFENDING 1 - PRESSURE AND COVER

**Objectives
(5 W's)**

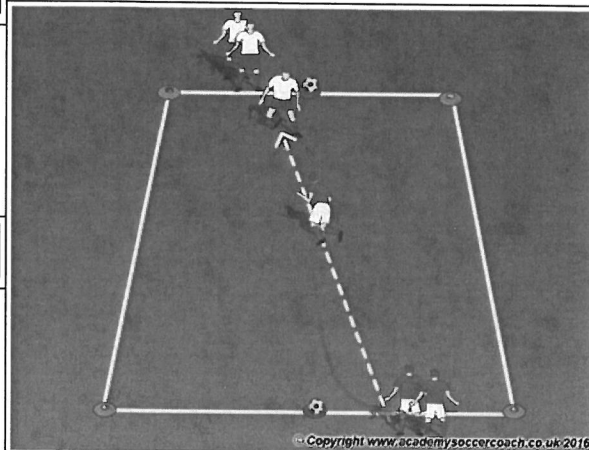
Who: All Players **What:** Speed angle and distance of approach, Body shape, Foot work , Type of tackles, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover
Where: In the central and flank channels of the defending half of field
When: As soon as you loss possession of the ball
Why: To deny penetration and shooting opportunities

Organization

Duration Intensity

Warm-up / Orientation 1v1 Defending

• Area: 10Wx15L yard grid with a central cone on each end line with a ball in the on the top of the cone. The defenders passes the soccer ball to the attacker. Now the defender will press the ball and delay the attacker. The attacker will dribble the ball and try to knock the ball of the cone.



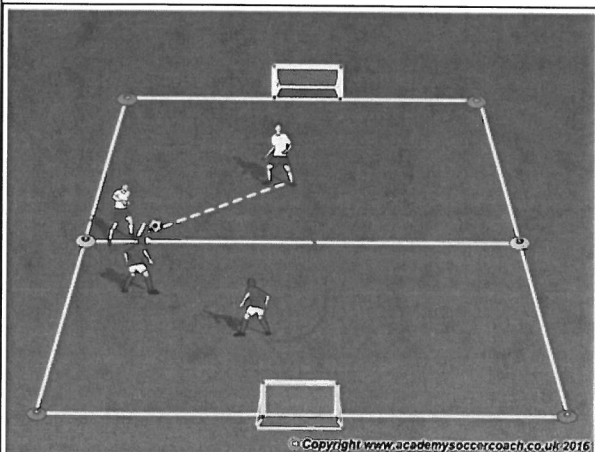
Coaching Points

Activity Time Rest Intervals

• What? Technique of Defending:

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet

Orientation 2v2 Defending to Small Goals



Organization

Duration Intensity

- Area: In a 15Wx20L yard grid with small goals
- When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. Can they win it back in 5-8 seconds? If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose or their points.

Coaching Points

Activity Time Rest Intervals

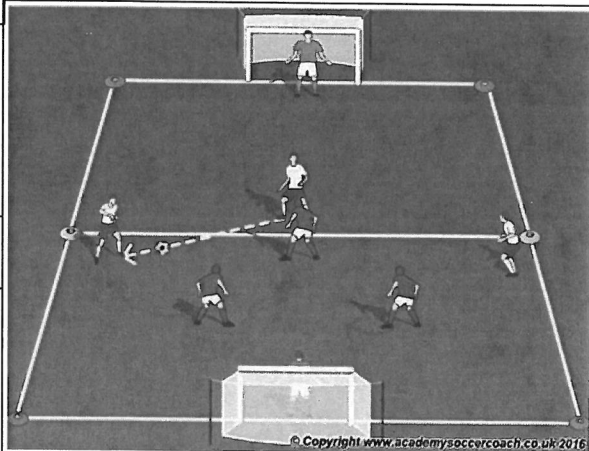
- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackles (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player with the ball: Who? When? Why? - Make it and keep it compact: Where? When? Why?

Organization

Duration Intensity

Learning 4v4 to Goals

- Area: In a 20Wx30L yard field with goals
- Play to scores in the opponent's goal. All laws apply. When a player loses the ball the team has to pressure and deny penetration, to win the ball back immediately. If the Red team plays for 2.5 minutes without giving up any goals they win the round, but if they give up a goal, they lose all their points.



Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackle (Poke or Block) - Angle , speed and distance of cover
- **Team Tactical Defending Principles** - Press the player/ball: Who? When? Why? - Make it and keep it compact: Where? When? - Outnumber the Opponent: Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

in a 40Wx60L field play 7v7. All FIFA laws apply. Encourage defenders to work together to regain the ball.

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.

Gospel Projects / Eastern Shore SC

Practice Plans

DEFENDING 2 - SMALL GROUP DEFENDING

U10

Topic

Objectives
(5 W's)

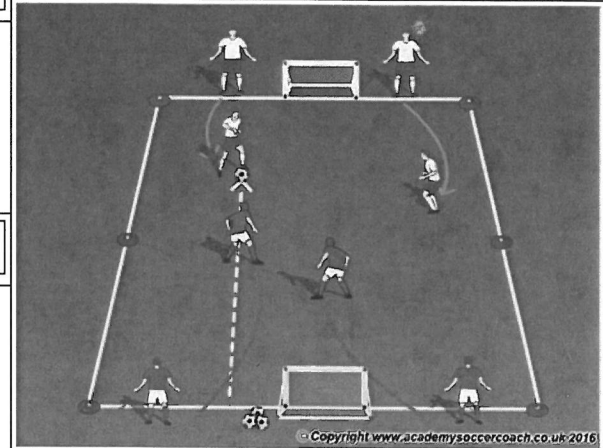
Who: All Players **What:** Speed angle and distance of approach, Body shape, Foot work, Type of tackle, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover, Pressure in the Hotzone **Where:** In the central and flank channels of the defensive half
When: When the opponent is close to your goal area
Why: To deny penetration and shooting opportunities

Organization

Duration Intensity

- Area: 15Wx20L yard grid with a small goals on each endline
- The defender will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover

Warm-up / Orientation 2v2 to Small Goals



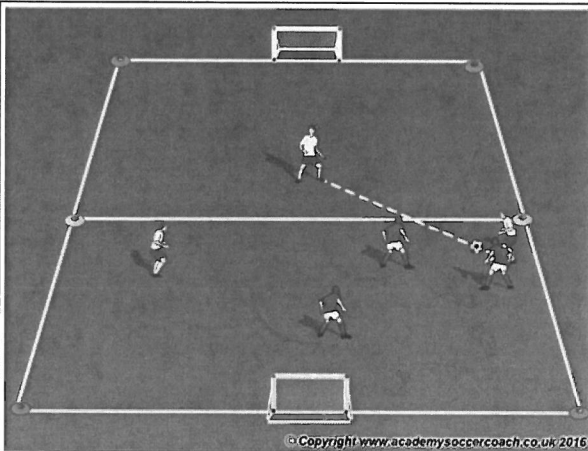
Coaching Points

Activity Time Rest Intervals

• What? Technique of Defending:

- ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
- ~ Foot work: Stand, balance and position of the feet
- ~ Angle/Distance of Cover, What does he/she say to the pressing defender?

Orientation 3v3 Defending to Small Goals



Organization

Duration Intensity

- Area: In a 20Wx30L yard grid with small goals
- When a Red player loses the ball the team has to defend to win the ball back immediately.

Coaching Points

Activity Time Rest Intervals

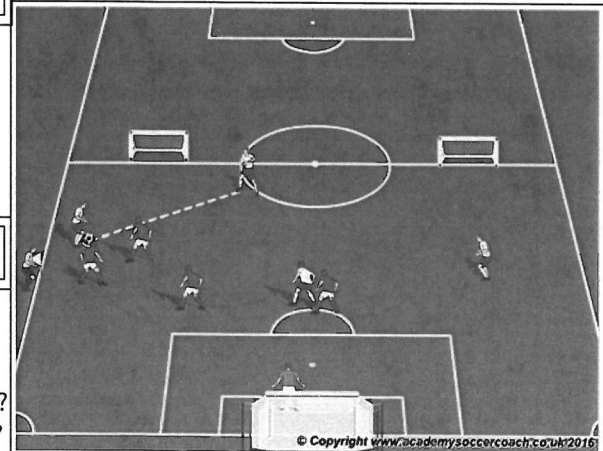
- **What? Technique of Defending** - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackles (Poke or Block) - Angle, speed and distance of cover
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Organization

Duration Intensity

- Area: In a 30Wx40L yard field with a regular goal and 2 counter goals
- Play to score in the opponent's goal. All laws apply.

Learning 5v4 to Goals



Coaching Points

Activity Time Rest Intervals

- **What? Technique of Defending** - Angle Speed and Distance of approach. Footwork. Tackle. Distance and angle of covering player.
- **Team Tactical Defending Principles** - Make It/Keep It Compact: Who? Where? When? Press: Who? Where? When? Out Number the Opponents/Cover: Who? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L field play 7v7. All FIFA Laws apply. Encourage defenders to work together to regain the ball

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.

Gospel Projects / Eastern Shore SC Practice Plans

U10

Topic

SHOOTING 1 - SHOOTING FROM DISTANCE

Objectives
(5 W's)

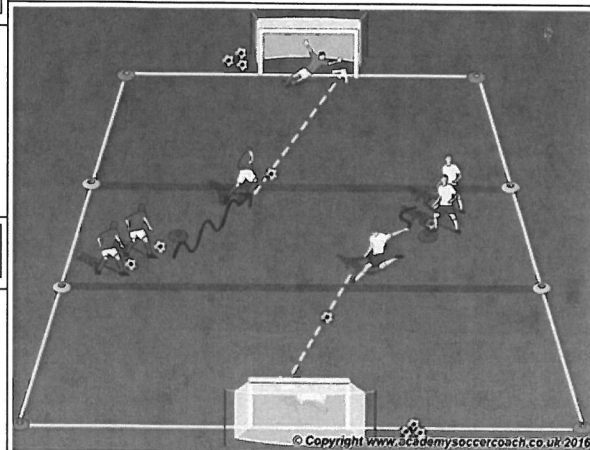
Who: Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
Where: In the attacking half of the field close to the goal area
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

Warm-up / Orientation Distance Shooting

• Area: In a 30Wx40L yard field with a 15 yard central zone & goals at each end line
 • Players line up in the central zone with a ball each. On coach's command the first player dribbles and shoots before dribbling out of the zone. The GK tries to stop the shot. As soon as the shot is taken the next player goes. Intervals ~ 1: How many goals in 3 minutes ~ 2: Improve by 2 ~ 3: Who many goals in 3 minutes?



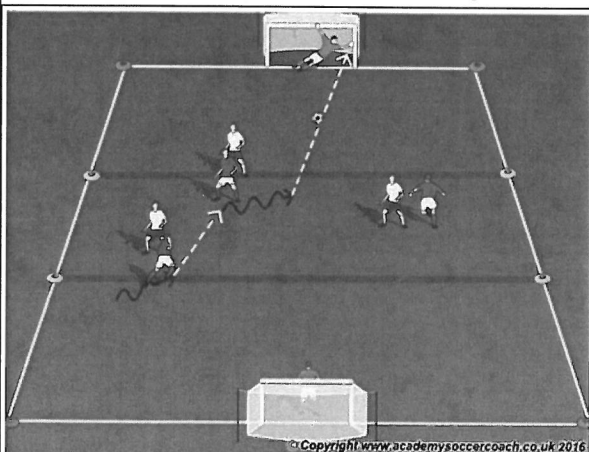
Coaching Points

Activity Time Rest Intervals

• What? Technique of Shooting:

~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
 ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

Orientation 4v4 - 3 Zone Shooting



Organization

Duration Intensity

• Area: In a 30Wx40L yard field with 15 yard central zone and goals at each end line
 • Play to score in the opponent's goal.
 ~ Scoring: A goal scored from the central zone is 100 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

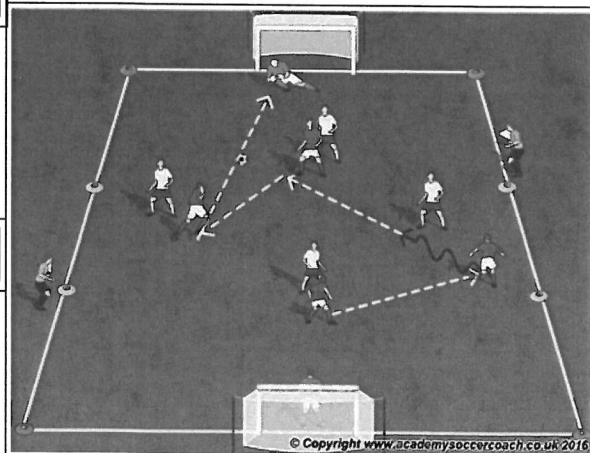
•What? Technique - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
•Team Tactical Attacking Principles - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration Intensity

Learning 5v5 to Goal

• Area: In a 30Wx40L yard field with goals
 • Play to score in the opponent's goal. Goals scored from distance (between the cones) are worth 10 points. All laws apply.



Coaching Points

Activity Time Rest Intervals

• What? Technique - Shooting and Receiving
• Team Tactical Attacking Principles - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/behind the defensive line: Who? When? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot from distance.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play

Gospel Projects / Eastern Shore SC Practice Plans

U10

Topic

SHOOTING 1 - SHOOTING AND FINISHING

**Objectives
(5 W's)**

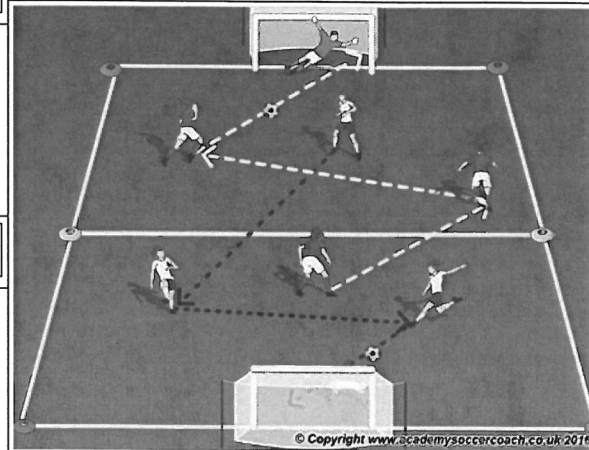
Who: Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
Where: In the attacking half of the field close to the goal area
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

Warm-up / Orientation Shooting

- Area: in a 20Wx30L yard field with a goal at each end line
- Groups have 3 minutes score as many goals on the goalkeeper at each end.
- ~ Interval 1: How many can you score? ~ Interval 2: Improved by 2
- ~ Interval 3: What team can score the most goals in 3 minutes?



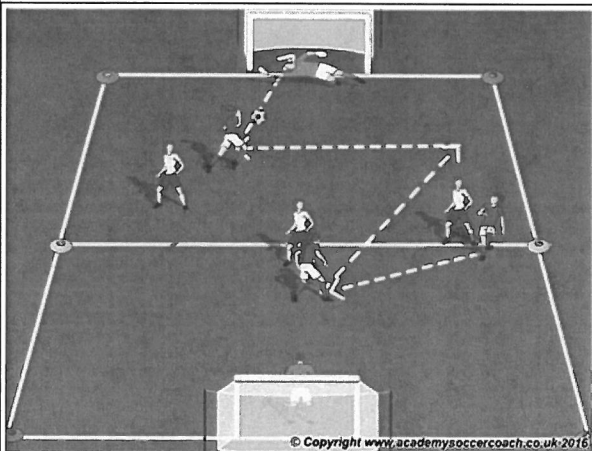
Coaching Points

Activity Time Rest Intervals

• What? Technique of Shooting:

- ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
- ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

Orientation 4v4 - 60 Seconds Game



Organization

Duration Intensity

- Area: In a 20Wx30L yard field with a goal on each end line
- Both teams are trying to score in the opponent's goal.
- ~ Scoring: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent's point away. Otherwise the game continues. The team who scores the last goal wins the game.

Coaching Points

Activity Time Rest Intervals

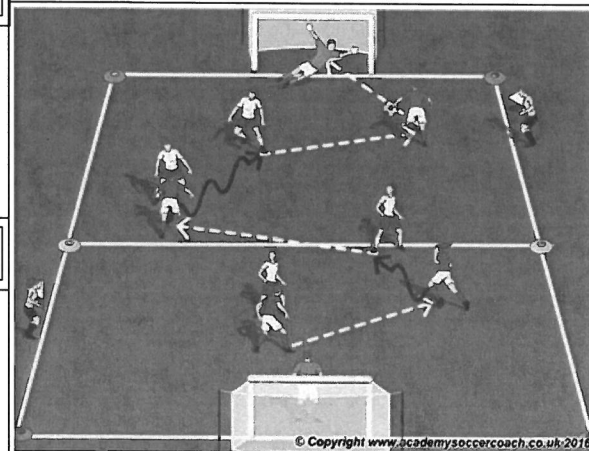
- **What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration Intensity

Learning 5v5 to Goal

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. Goals scored inside the attacking half are worth 10 points. All laws apply.



Coaching Points

Activity Time Rest Intervals

• What? Technique - Shooting and Receiving

- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/behind the defensive line: Who? When? Why?

Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play