



Cainhoy Athletic Soccer Club

Technical Training Manual



INTRODUCTION

To the Coaches, Assistants, and Trainers of Cainhoy Athletic Soccer Club:

This manual is the guide for Cainhoy Athletic Soccer Club's technical training program at the developmental level. The program is designed to cover all fundamental elements and skills of the game. Through this program, our club will work to enhance the technical development of our young players. Each skill module will contain two sets of exercises and activities. One set will be a simple arrangement for use with players aged under 10, and the second set will contain more complex exercises and activities for use with players a little more advanced or at the U11/12 age bracket. At these ages we make no distinction between boys and girls and the drills can be used with either gender.

As there are many activities and exercises listed with each skill set, this is not a definitive training manual. This is simply an outline, and coaches are expected to use their discretion in adjusting the training based on player needs and individual/group skill level. The most important aspect of training at this age is to get as many touches on the ball as possible and repeat the drills until movement and skill on the ball is automatic and second nature. We would like to thank Allison Shiner for her work on this manual, drawing material from her experience and many sources including SCYSA coaching education.

We are including our mission and values on the next page so that each of us remember what our organization is established to achieve and remember our mission includes this phrase

“We will provide ... quality coaching”

And our core values includes “Players are developed to their fullest potential”

Thank you for your time, effort and dedication to those in our care

Cainhoy Athletic Soccer Club
December 2009





MISSION STATEMENT and CLUB VALUES

“Cainhoy Athletic Soccer Club is a nonprofit organization whose mission is to increase youth fitness and embrace diversity through community and cooperation. We will provide facilities and quality coaching without prejudice to our entire constituency, allowing our youth to develop physically, socially, and emotionally through the game of soccer, with special emphasis on sportsmanship.”

Cainhoy Athletic Soccer Club is organized as a nonprofit corporation under South Carolina law to operate exclusively for charitable and educational purposes without regard to race, creed, color, sex or national or ethnic origin. The Club is organized to develop and promote the growth of and appreciation for, the game of soccer by providing opportunities for the youth of the Cainhoy Peninsular (and all surrounding areas) to participate in organized programs of soccer by instilling the following values:

- **Fair Play** – Players, coaches and parents will be encouraged to demonstrate Fair Play in every game and every practice and behavior contrary to Fair Play will not be tolerated
- **Club** – Create a club atmosphere that encompasses more than high quality soccer but also embraces a culture where family and community is valued. Service to others is part of the process
- **Player Development** – Players are developed to their fullest potential
- **Parental Responsibilities** – Parents will support their players and coaches, establish with the coach a philosophy and direction compatible with the aspirations of the players, parents, coaches and club
- **Diversity** – Every player and their family shall have an equal opportunity to participate on Cainhoy Athletic teams regardless of race, creed, national origin, or domicile
- **Accessibility** – Make participation accessible to all on the basis of capacity by every appropriate means; every child will have the opportunity to try out and play regardless of economic background through full or partial scholarships as deemed necessary through a ‘needs based’ self-assessment.





ENDORSEMENTS

“The Cainhoy Youth Soccer Training Manual is a comprehensive tool that will assist in the development of young players.”

Bob Winch

The Citadel
Head Coach
NCAA Division One
Southern Conference

“Technical training is the foundation that all soccer players need to enjoy the game more, and advance to higher levels. Spending one on one time w/ a soccer ball, and as they get more comfortable adding more pressure is the best time spent for a young soccer player. Athleticism and Tactics will come as they learn the game, but nothing can replace early technical development. All of the tactics and strategy aren't worth a thing to a player if they can't control the ball.”

Jeff Peacock

Cainhoy Athletic Coach/Technical Trainer
Assistant Men's Soccer Coach – College of Charleston
NCAA Div 1 May 1994 — November 1999
Assistant Director - Ralph Lundy Soccer Academy
June 1989 — November 1999
Assistant Soccer Coach - The Citadel
August 1990 — May 1994



Dribbling

This section includes the techniques of dribbling with regards to possession, screening, speed, and beating an opponent.

Primary coaching areas:

- Body mechanics
- Agility and balance
- Contact surface of foot
- Changing direction and speed
- Setting up the defender
- Deception
- Protecting the ball
- Vision

Application to the game:

Use of multiple foot surfaces, control of ball

Training sessions may involve:

Warm-up: Coerver Drills (Pull/Pass, Turn, Cruyff)

1v1 with screening

1v2 attacking on the dribble

4v4/ 5v5

Activities for U10:

Gate Dribbling

Knockout/Gauntlet

Under Pressure

Activities for U12:

Island

2v2/Out of the Box

Pirates of the Pugg



Cainhoy Athletic Soccer Club



Technical Training Lesson Plan

Skill: *Dribbling*

Age: *U10*

Activity	Description	Key Points
Coerver Drills	<ul style="list-style-type: none">-Warm-up activity-Each player with a ball-Players practice pulling the ball back, pushing with instep, rolling the ball, turning, and the Cruyff move	Field vision Ball control Turning away from opponent
1v1 w/screening	<ul style="list-style-type: none">-Players pair up-Use varying foot surfaces to dribble under pressure-Players switch between trying to retain possession and attacking	Ball Control Stopping/Starting while retaining control
1v2 attacking on the dribble	<ul style="list-style-type: none">-Players group into 3's-One player is offense, tries to retain control while eluding defenders-Players switch offense/defense	Ball Control Stopping/Starting while retaining control
Gate Dribbling	<ul style="list-style-type: none">-Create gates, one more per # of players-Every player has a ball-Players must dribble through a free gate	Ball in constant motion Field vision Stopping/Starting while retaining control



Cainho Athletic Soccer Club

Technical Training Lesson Plan

Skill: *Dribbling*

Age: *U10*

Activity	Description	Key Points
Knockout	<ul style="list-style-type: none"> -Create a box, sized according to number of players, all players have a ball -Player's must continuously dribble their balls, while also trying to knock their opponents' balls out of the box -If player's ball is knocked out, player is out -Last player in possession of their ball wins 	<ul style="list-style-type: none"> Field vision Ball control
Gauntlet	<ul style="list-style-type: none"> -One player is defender, others are each in possession of a ball, fanned out across an end line -Player's dribble at speed toward other line, avoiding defender -If defender wins an attacker's ball, that attacker joins in as a defender in the next round -Last attacker to make it through wins 	<ul style="list-style-type: none"> Ball Control Stopping/Starting while retaining control
Under Pressure	<ul style="list-style-type: none"> -Create a circle w/ cones, players line up around the circle, each in possession of a ball -Players begin by dribbling around outside of circle -Coach yells out commands "jog, full speed, cut, cross" -jog and full speed: players continue around circle at that pace; cut: players turn and dribble the other direction, cross: players dribble across circle, avoiding other players 	<ul style="list-style-type: none"> Stopping/Starting while retaining control Ball control at varying speeds Control under pressure
4v4/5v5	<ul style="list-style-type: none"> -Dribbling in game situations 	<ul style="list-style-type: none"> Ball control Ball in constant motion Field vision Stopping/Starting while retaining control





Activity	Description	Key Points
Coerver Drills	<ul style="list-style-type: none"> -Warm-up activity -Each player with a ball -Players practice pulling the ball back, pushing with instep, rolling the ball, turning, and the Cruyff move 	<ul style="list-style-type: none"> Field Vision Ball Control Turning away from opponent
1v1 w/screening	<ul style="list-style-type: none"> -Players pair up -Use varying foot surfaces to dribble under pressure -Players switch between trying to retain possession and attacking 	<ul style="list-style-type: none"> Ball Control Stopping/Starting while retaining control
1v2 attacking on the dribble	<ul style="list-style-type: none"> -Players group into 3's -One player is offense, tries to retain control while eluding defenders -Players switch offense/defense 	<ul style="list-style-type: none"> Ball Control Stopping/Starting while retaining control
Island	<ul style="list-style-type: none"> -Create squares(islands) within a larger playing grid -Every player has a ball, begin by dribbling freely around grid -On coach's signal, players dribble with speed towards island, and stop -Only two players allowed per island 	<ul style="list-style-type: none"> Ball in constant motion Ball control at varying speeds





Cainho Athletic Soccer Club

Technical Training Lesson Plan

Skill: *Dribbling*

Age: *U12*

Activity	Description	Key Points
Out of the Box	<ul style="list-style-type: none"> -Create a grid large enough for 2v2 game play, split players into 2 teams -Teams line up on sideline, coach stands on sideline w/ the balls -Coach passes ball into playing field, 2 players from each team play 2v2 until a goal is made or ball goes out of bounds -Out of bounds:2 new teams come on with ball, Goal: Team scored stays, new team on 	<p style="text-align: center;">Ball Control Stopping/Starting while retaining control</p>
Pirates of the Pugg	<ul style="list-style-type: none"> -Create a circle about the size of a center circle, around a small goal -Most players w/a ball, about a third without (pirates) -Pirates try to win the ball, once they win ball, they turn to score on goal -If pirate scores with player's ball, that player becomes a pirate as well -Last person in possession of their ball wins 	<p style="text-align: center;">Ball Control Control under pressure Field Vision</p>
4v4/5v5	<p style="text-align: center;">-Dribbling in game situations</p>	<p style="text-align: center;">Ball control Ball in constant motion Field vision Stopping/Starting while retaining control</p>



Passing

This section includes the techniques of short and long distance passing. This involves passing with the inside of the foot, outside, chipping, and instep drives.

Primary coaching areas:

- Body mechanics
- Balance
- Weight of pass
- Accuracy
- Disguise
- Vision

Application to the game:

Selection, weight, timing of pass

Training sessions may involve:

Warm-up:

Pong /Triangle Passing

3v1 or 4v2

4v4/ 5v5

Activities for U10:

Pass and Move

Gates Passing

Guard the Castle

Three to Score

Activities for U12:

Wall Passing

Four Corners

Split the Defenders

Five to Score



Cainho Athletic Soccer Club

Technical Training Lesson Plan

Skill: *Passing*

Age: *U10*

Activity	Description	Key Points
Pong	<ul style="list-style-type: none"> -Warm-up activity -Players pair up, make a gate with cones between the pair about 2 yds apart -Players pass back and forth, using one or two touches -Rules: ball must never stop, all passes must be on the ground, ball must go through cones w/o hitting them -If a player breaks a rule, the other player receives a point 	<ul style="list-style-type: none"> Passing accuracy Passing with multiple foot surfaces Controlled first-touch
Pass and Move	<ul style="list-style-type: none"> -Make a circle about the size of center circle, half of players on outside, half on inside -Players inside pass to an outside player, receive the ball back, then move to pass to an outside player on the other side -Groups are switched out about every 5 minutes 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Controlled first-touch
3v1	<ul style="list-style-type: none"> -Players in groups of four -One player is defense, other three are offense -Offense gives controlled passes to each other, defender tries to intercept passes 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Field vision Moving/Passing to open space
Gate Passing	<ul style="list-style-type: none"> -Similar to gate dribbling drill, create gates, pair up players, every pair has a ball -Players must make a controlled pass through a gate, then run to another open gate -Coaches may place a few defenders in the mix, to make the activity more difficult 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Field vision Moving/Passing to open space



Cainhoy Athletic Soccer Club

Technical Training Lesson Plan

Skill: *Passing*

Age: *U10*

Activity	Description	Key Points
Guard the Castle	<ul style="list-style-type: none">-Make a grid large enough for four players, a ball is balanced on a disc cone in the center (the castle)-One player is the defender of "the castle", and tries to intercept passes-The other three players pass around the defender, trying to knock over the castle with a pass	Proper weight, timing, accuracy of passes Field vision Moving/Passing to open space
Three to Score	<ul style="list-style-type: none">-Grid created, players are put into teams, 4v4/5v5, no goals, one ball-Teams compete to gain possession, keep other team from completing passes-Teams must make three consecutive passes to each other to score a point	Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Field Vision Moving/Passing to open space
4v4/5v5	-Passing in game situations	Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Field vision Moving/Passing to open space





Skill: *Passing*

Age: *U12*

Activity	Description	Key Points
Triangle Passing	<ul style="list-style-type: none"> -Warm-up activity -Put players into groups of three, one ball -Players practice passing using various weight and foot surfaces -Players should be constantly moving, passing to their teammate and running to open space 	<ul style="list-style-type: none"> Proper weight and accuracy of passes Passing with multiple foot surfaces Moving/Passing to open space
4v2	<ul style="list-style-type: none"> -Players are put into groups of six, four on offense, two on defense -Offense tries to complete passes to their teammates, while defense tries to intercept the passes -Players take turns playing offense/defense 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Field Vision Moving/Passing to open space
Wall Passing	<ul style="list-style-type: none"> -Set up four cones in a square, put players into groups of five -One player on each cone, one player in the center -Inside player passes to corner player, runs to player as if they are a defender -Corner player passes along side of grid to other corner, switches places with inside player - Play is repeated 	<ul style="list-style-type: none"> Moving/Passing to open space Field Vision Proper weight, timing, accuracy of passes
Four Corners	<ul style="list-style-type: none"> -Create a grid, with four smaller grids in each corner -Split players into two teams -Teams pass among their team, points are scored by passing to a teammate standing in one of the "four corners" -Teams can not score in the same corner twice in a row, or stand in the corners waiting for passes 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Field vision Moving/Passing to open space





Skill: *Passing*

Age: *U12*

Activity	Description	Key Points
Split the Defenders	<ul style="list-style-type: none"> -Make a grid, three teams of two per grid -Two teams on outside of grid, one team on inside -The outside teams work together to pass between the two defenders (split), if pass is completed a point is scored -If the pass is intercepted, the outside team who made the mistake switches with the inside team 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Field vision Moving/Passing to open space
Five to Score	<ul style="list-style-type: none"> -Grid created, players are put into teams, 4v4/5v5, no goals, one ball -Teams compete to gain possession, keep other team from completing passes -Teams must make five consecutive passes to each other to score a point 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Field Vision Moving/Passing to open space
4v4/5v5	<ul style="list-style-type: none"> -Passing in game situations 	<ul style="list-style-type: none"> Proper weight, timing, accuracy of passes Passing with multiple foot surfaces Field vision Moving/Passing to open space



Receiving

This section includes the techniques for receiving the ball on the ground and in the air, using various surfaces of the body.

Primary coaching areas:

- Body mechanics
- Body position and balance
- Getting into the line of flight of the ball
- Selecting and presenting control surface
- Relaxing and withdrawing control surface
- Importance of first touch
- Vision

Application to the game:

First touch, taking the ball away from pressure

Training sessions may involve:

Warm-up: Toss and Control (foot, thigh, chest)

Receiving Square/Line

1v1/1v2/2v2 (Four goal game)

4v4/5v5

Activities for U10:

Volley Game

Speed of Play

Activities for U12:

NC Triangle Drill

In the Grid



Activity	Description	Key Points
Toss and Control	<ul style="list-style-type: none"> -Warm-up activity -Players work individually, each have their own ball -Players toss the ball in the air to themselves, work on receiving and controlling the ball with first their feet, then their thigh, then chest 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface
Receiving Square	<ul style="list-style-type: none"> -Make a grid, split players into two teams, half with balls -Player w/o ball runs to player on outside, player w/ball underhand tosses to inside player -Player on inside receives ball w/designated part of their body, passes back, runs to another outside player 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface
Receiving Line	<ul style="list-style-type: none"> -Lines of players facing each other -Passer using throw-in technique, passes ball to player in opposite line -Run towards player to simulate pressure, but do not take ball away, run to back of other line -Receiving player brings ball down dribbles to other line, leaves ball for first player in that line 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface Importance of first touch
Volley Game	<ul style="list-style-type: none"> -Make grids, pair up players, a pair per grid, one ball per pair -Players pass and volley the ball in the grid -The ball may not bounce more than twice before it is played -Each pass is a point 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface



Activity	Description	Key Points
Speed of Play	<ul style="list-style-type: none"> -Divide team into two even teams, number players 1 - # -Player 1 starts and passes to next highest # (2), player 2 passes to next highest # (3), etc. -Each time ball is intercepted by opposing team, the number order starts over -Must make one numeric cycle to gain a point -Coaches may switch order: even passing to odd #'s only, reverse numeric order, etc., to make play more difficult 	<ul style="list-style-type: none"> Selecting and presenting control surface Importance of first touch
Four Goal Game	<ul style="list-style-type: none"> -Make a grid, two goals on one goal line, two goals on the goal line facing, split players into two teams -Start game with 2 on 2, one pair passes ball in to other pair -Receiving pair quickly attack either goal facing them, while original pair defends -Original pair try to win possession, attack goals facing their starting position -Goal is scored, pairs switch off 	<ul style="list-style-type: none"> Selecting and presenting control surface Importance of first touch
4v4/5v5	<ul style="list-style-type: none"> -Receiving in game situations 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface Importance of first touch





Activity	Description	Key Points
Toss and Control	<ul style="list-style-type: none"> -Warm-up activity -Players work individually, each have their own ball -Players toss the ball in the air to themselves, work on receiving and controlling the ball with first their feet, then their thigh, then chest 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface
Receiving Square	<ul style="list-style-type: none"> -Make a grid, split players into two teams, half with balls -Player w/o ball runs to player on outside, player w/ball underhand tosses to inside player -Player on inside receives ball w/designated part of their body, passes back, runs to another outside player 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface
Receiving Line	<ul style="list-style-type: none"> -Lines of players facing each other -Passer using throw-in technique, passes ball to player in opposite line -Run towards player to simulate pressure, but do not take ball away, run to back of other line -Receiving player brings ball down dribbles to other line, leaves ball for first player in that line 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface





Activity	Description	Key Points
NC Triangle Drill	<p>Players in groups of threes, one ball, cones set up in a long diamond shape</p> <ul style="list-style-type: none"> -Two players on one end of grid on first cone, first player goes on bending run around outside cone, calls for ball, receives pass from player 2 -Player 1 one touches it to player 3 who is waiting on far cone, receives the pass, drops it at the cone, starts on bending run to outside cone on his right -Player 2 picks up dropped ball, passes to player 3 who receives and passes it back to cone where drill began -Player 2 starts on bending run, play proceeds in this manner 	<ul style="list-style-type: none"> Selecting and presenting control surface Relaxing and withdrawing control surface Importance of first touch
In the Grid	<ul style="list-style-type: none"> -Two grids, w/goals about 2 yds behind each of them -Ball is served to active player, who is about 5yds behind grids -W/first touch player puts ball into either grid, runs to catch it, looks at his target, and attempts to shoot (with one touch) through one of the goals, before the ball leaves the grid 	<ul style="list-style-type: none"> Getting into flight of the ball Selecting and presenting control surface Relaxing and withdrawing control surface
Four Goal Game	<ul style="list-style-type: none"> -Make a grid, two goals on one goal line, two goals on the goal line facing, split players into two teams -Start game with 2 on 2, one pair passes ball in to other pair -Receiving pair quickly attack either goal facing them, while original pair defends -Original pair try to win possession, attack goals facing their starting position -Goal is scored, pairs switch off 	<ul style="list-style-type: none"> Selecting and presenting control surface Importance of first touch



Shooting

This section includes the techniques for shooting and finishing. This involves using various foot surfaces to drive, bending the ball, and first touches.

Primary coaching areas:

- Body mechanics and control of body
- Body position and balance
- Quality of preparation touch
- Contact surface
- Vision and anticipation
- Accuracy

Application to the game:

Choice of foot surface, placement vs. power, positioning to gain advantage

Training sessions may involve:

Warm-up: Pass and Shoot, Cones and Shoot

1v1/2v2

4v4/5v5

Activities for U10:

1v1v1

3v2 Finishing

Goal Line Knockout

Activities for U12:

Rapid Fire

World Cup

Polish Shooting Drill

Cainhoy Athletic Soccer Club



Technical Training Lesson Plan

Skill: Shooting

Age: U10

Activity	Description	Key Points
Cones and Shoot	<ul style="list-style-type: none"> -Warm-up activity -Two lines of cones, as in typical cone dribbling drill, line of players behind each -Players run through, back pedal through, and shuttle through cones -Coach serves player a ball at the end, player takes a touch to control, shoots on goal 	<ul style="list-style-type: none"> Body mechanics and control Body position and balance Contact Surface
Pass and Shoot	<ul style="list-style-type: none"> -Warm-up activity -Players divided into two lines, make sure there is enough distance between goal and the lines -One line passes the ball out about halfway between goal and lines, player from other line runs out, traps and shoots on goal -Players switch lines 	<ul style="list-style-type: none"> Body position and balance Quality of preparation touch Contact surface
1v1	<ul style="list-style-type: none"> -Make a goal with cones, split players into two teams -One team lines up to the side of goal (defenders), other team lines up at top of box(attackers) -First person in defensive line passes out to first person in offensive line, and follows the pass to close in on attacker -Attacker has a limited time to score on goal, all rebounds live, defender tries to knock ball out of playing area 	<ul style="list-style-type: none"> Accuracy and placement Quality of preparation touch Contact surface Vision and anticipation
1v1v1	<ul style="list-style-type: none"> -Players divided into three teams, coach/server has supply of balls on outside of grid -Coach/server puts ball into play, one player from each team runs to meet and win the ball -The other two players try to defend or win possession so they can score -Players are changed after a goal or certain amount of time 	<ul style="list-style-type: none"> Accuracy and placement Quality of preparation touch Contact surface Vision and anticipation



Activity	Description	Key Points
3v2 Finishing	<ul style="list-style-type: none"> -Players split into two teams (defenders/attackers), with a goalkeeper -Defenders stand in two lines just behind the goal, attackers stand in three lines a few yards beyond top of what would be penalty area -Ball is chipped into play by a coach/server, the front players in all five lines run out to meet it -Attackers attempt to score, defense attempts to clear the ball -Play continues until goal is scored, ball leaves the area, or goalkeeper gains possession 	<ul style="list-style-type: none"> Body mechanics and control Body position and balance Contact Surface Accuracy and placement
Goal Line Knockout	<ul style="list-style-type: none"> -Players split into teams of 4 or 5 -Played just like a regular 4v4 or 5v5 game, except a line of cones is set up along the each team's goal line -Object is to knock over all the opponent's cones to win -If no tall cones are available, disc cones with balls balanced on top will suit 	<ul style="list-style-type: none"> Accuracy and placement Quality of preparation touch Contact surface
4v4/5v5	<ul style="list-style-type: none"> -Shooting in game situations 	<ul style="list-style-type: none"> Body mechanics and control Body position and balance Quality of preparation touch Contact surface Vision and anticipation





Activity	Description	Key Points
Cones and Shoot	<ul style="list-style-type: none"> -Warm-up activity -Two lines of cones, as in typical cone dribbling drill, line of players behind each -Players run through, back pedal through, and shuttle through cones -Coach serves player a ball at the end, player takes a touch to control, shoots on goal 	<ul style="list-style-type: none"> Body mechanics and control Position and balance Contact Surface
Pass and Shoot	<ul style="list-style-type: none"> -Warm-up activity -Players divided into two lines, make sure there is enough distance between goal and the lines -One line passes the ball out about halfway between goal and lines, player from other line runs out, traps and shoots on goal -Players switch lines 	<ul style="list-style-type: none"> Body position and balance Quality of preparation touch Contact surface
2v2	<ul style="list-style-type: none"> -Make a goal with cones, split players into two teams -One team lines up to the sides of goal (defenders), other team lines up at top of box(attackers) -First person in defensive line passes out to first person in offensive line, and a defender from each line follows the pass to close in on attacker -Attacker has a limited time to score on goal, all rebounds live, defenders try to knock ball out of playing area 	<ul style="list-style-type: none"> Quality of preparation touch Contact surface Accuracy and placement
Polish Shooting Drill	<ul style="list-style-type: none"> -Set up goal and four lines, two on either goal post, one across from each of those -Ball is volleyed from one goalpost to line diagonally across, first player in that line settles, passes to player at non-starting goalpost, that player settles and crosses it to diagonal line -First person in that line settles the ball, takes a shot on goal -Play continues in this manner, players rotate lines 	<ul style="list-style-type: none"> Accuracy Quality of preparation touch Contact surface Vision and anticipation





Activity	Description	Key Points
Rapid Fire	<ul style="list-style-type: none"> -Players split into two teams, each player with a ball, each end of grid with goal and goalkeeper -Players dribble around, when player's name is called by centrally located server, ball is passed to the server, and the server passes it off in any direction -Player must catch up to the ball and shoot it in as few touches as necessary -Every few seconds a player should be shooting 	<ul style="list-style-type: none"> Quality of preparation touch Contact Surface Accuracy and placement
World Cup	<ul style="list-style-type: none"> -Players split into groups of three, with a goalkeeper -All players start off in the box, ball is served in by a coach/server, teams compete to score a goal -Team that scores a goal, leaves playing field, play continues this way until only one team left on -Last team left has to sit out for one round 	<ul style="list-style-type: none"> Accuracy and placement Quality of preparation touch Contact surface
4v4/5v5	<ul style="list-style-type: none"> -Shooting in game situations 	<ul style="list-style-type: none"> Body mechanics and control Body position and balance Quality of preparation touch Contact surface Vision and anticipation



Heading

This section includes the basic techniques for heading. This involves the differences in heading for attack (passing and shooting) and defense (clearing).

Primary coaching areas:

- Body mechanics
- Reading the flight of the ball
- Body in the line of flight
- Area of contact
- Use of upper body and legs to generate power
- Foot positioning
- Timing of jump

Application to the game:

Defense-height for time, width for safety, power for distance

Attack-direct or deflect ball to target

Training sessions may involve:

Warm-up: Partner Head Juggling

Multiple Goal Heading

4v4/5v5

Activities for U10:

Heading Wars

Throw/Head/Catch

Activities for U12:

Heading for Glory (offensive heading)

Clear Your Lines (defensive heading)

Cainhoy Athletic Soccer Club



Technical Training Lesson Plan

Skill: *Heading*

Age: *U10*

Activity	Description	Key Points
Partner Head Juggling	<ul style="list-style-type: none">-Warm-up activity-Players are divided into pairs, each pair with a ball-Players attempt to pass back and forth to each other using their heads-U10 players may catch the ball, throw it to themselves, and head it back to their partner, if necessary	Body mechanics and control Body in the line of flight Area of contact
Heading Wars	<ul style="list-style-type: none">-Players divided into pairs, place goals about 4yds away from each other-One partner tosses the ball in the air to the other partner to attempt a goal, while server must defend the goal-Players take turns heading and defending	Body mechanics Heading for attack Body in the line of flight Area of contact
Multiple Goal Heading	<ul style="list-style-type: none">-Make 4 goals in a large grid, for each goal there is an attacker, goalkeeper, server to one side, and a chaser behind-A ball is tossed or kicked by the server to the attacking player who attempts to score on a header.-Five serves and players switch roles	Heading for attack Body mechanics Area of contact Timing of jump

Cainhoy Athletic Soccer Club



Technical Training Lesson Plan

Skill: *Heading*

Age: *U10*

Activity	Description	Key Points
Throw/Head/Catch	<ul style="list-style-type: none">-Divide players into two teams of five to seven players each, large enough area for play, with two goals, no goalkeepers-Play starts with a underhand throw by attacking team, receiver attempts to head to teammate who must catch it before it hits the ground, or its a turnover-Receiver can take 3 steps and must throw to the next player w/in 5 seconds, who heads it to another player, who catches it, and throws for it for a teammate to head-All shots must be from headers	Heading for attack/defense Area of contact Timing of jump
4v4/5v5	-Heading in a game situation	Heading for attack/defense Body mechanics Area of contact Timing of jump



Cainhoy Athletic Soccer Club



Technical Training Lesson Plan

Skill: *Heading*

Age: *U12*

Activity	Description	Key Points
Partner Head Juggling	<ul style="list-style-type: none"> -Warm-up activity -Players are divided into pairs, each pair with a ball -Players attempt to pass back and forth to each other using their heads 	<ul style="list-style-type: none"> Body mechanics and control Body in the line of flight Area of contact
Multiple Goal Heading	<ul style="list-style-type: none"> -Make 4 goals in a large grid, for each goal there is an attacker, goalkeeper, server to one side, and a chaser behind -A ball is tossed or kicked by the server to the attacking player who attempts to score on a header -Five serves and players switch roles 	<ul style="list-style-type: none"> Heading for attack Body mechanics Area of contact Timing of jump
Heading for Glory	<ul style="list-style-type: none"> -Divide players into two player teams, set up a goal, with a neutral keeper -Teams compete to see who can score more goals on headers during a set time frame -One team member stands behind the goal w/ a ball at their feet, while his partner is stationed about 9 yds in front of the goal -Goalie must have at least one foot touching the goal line at the start of every play -To begin, the server chips ball over crossbar, as their teammate rushes into the playing area, the runner attempts to score w/a first time header -The play is dead when a serve fails to clear the crossbar, touches the ground, or is contacted more than once w/ any body part except for the shooter's head 	<ul style="list-style-type: none"> Heading for attack Body mechanics Area of contact Timing of jump



Cainhoy Athletic Soccer Club



Technical Training Lesson Plan

Skill: *Heading*

Age: *U12*

Activity	Description	Key Points
Clear Your Lines	-Three players stand on the goal line, outside penalty area other players each have a ball -Players with a ball try to score with a shot about 4ft high -Defenders on the goal line try to head the ball out of the penalty area w/o it bouncing -If one of them succeeds, then players change positions	Body mechanics Heading for defense Area of contact Timing of jump
4v4/5v5	-Heading in a game situation	Heading for attack/defense Body mechanics Area of contact Timing of jump



Goalkeeping

This section involves the techniques for shot stopping and distribution of the ball.

Primary coaching areas:

- Handling
- Footwork
- Stance
- Balance and weight transfer
- Diving
- Deflection
- Distribution with the hands, distribution with the feet
- Communication

Application to the game:

Defense-height for time, width for safety, power for distance

Attack-direct or deflect ball to target

Training sessions may involve:

Warm-up: Seated to Standing Drill

Reaction Drill

4v4/5v5 with a keeper

Activities for U10:

Diving Speed

Keeper's Nest 3v1

Post to Post

Activities for U12:

Over and Under

Left, Right, Center

Catch 22



Cainho Athletic Soccer Club

Technical Training Lesson Plan

Skill: Goalkeeping

Age: U10

Activity	Description	Key Points
Seated to Standing	<ul style="list-style-type: none"> -Warm-up activity -Keepers are divided into pairs, each pair with a ball -Both keepers start out seated, rolling ball to sides, so partner has to stretch for it -Keepers rise to their knees and practice diving and catching back and forth -Keepers then rise to standing position, and continue to practice their diving and throws 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Balance and weight transfer
Reaction Drill	<ul style="list-style-type: none"> -Players divided into pairs, each pair with ball -First keeper stands in goal, with back to server -Play begins when keeper hikes the ball to the server -Keeper quickly turns to defend a shot taken by the server 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Balance and weight transfer
Diving Speed	<ul style="list-style-type: none"> -Divide players into groups of four, set up a triangle w/cones about 12 yds apart -Three players stand on the outside with balls, one keeper starts on first cone -First player rolls ball to opposite cone, keeper must dive for ball, return it to first player, and stay on that cone -Second player rolls it to third cone, and keeper must dive, return to second player stay on that cone -Play continues, keepers are switched out 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Balance and weight transfer Distribution



Activity	Description	Key Points
Keeper's Nest, 3v1	<ul style="list-style-type: none"> -Similar to Diving Speed, but this drill has an emphasis on scoring and speed -Divide players into groups of four, one ball per group -Place three cones in a triangle about 10 yds apart, one player is the keeper, other three are shooters -The three shooters try to possess the ball and score goals by getting the keeper out of position, and passing through the triangle -If the keeper intercepts the ball, last player who played the ball becomes the new keeper 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Weight transfer Deflection
Post to Post	<ul style="list-style-type: none"> -Players divided into threes, each group with a ball -Play begins with one player and the keeper passing the ball back and forth at chest level -On coach's or player's command, second player will take a shot on the opposite post -Keeper must stop passing on near post, and try to block the far post shot 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Weight transfer Deflection
4v4/5v5 w/keeper	<ul style="list-style-type: none"> -Goalkeeping in a game situation. 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Weight transfer Deflection Communication



Cainhoy Athletic Soccer Club



Technical Training Lesson Plan

Skill: Goalkeeping

Age: U12

Activity	Description	Key Points
Seated to Standing	<ul style="list-style-type: none"> -Warm-up activity -Keepers are divided into pairs, each pair with a ball -Both keepers start out seated, rolling ball to sides, so partner has to stretch for it -Keepers rise to their knees and practice diving and catching back and forth -Keepers then rise to standing position, and continue to practice their diving and throws 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Balance and weight transfer
Reaction Drill	<ul style="list-style-type: none"> -Players divided into pairs, each pair with ball -First keeper stands in goal, with back to server -Play begins when keeper hikes the ball to the server -Keeper quickly turns to defend a shot taken by the server 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Balance and weight transfer
Keeper's Nest, 3v1	<ul style="list-style-type: none"> -Similar to Diving Speed, but this drill has an emphasis on scoring and speed -Divide players into groups of four, one ball per group -Place three cones in a triangle about 10 yds apart, one player is the keeper, other three are shooters -The three shooters try to possess the ball and score goals by getting the keeper out of position, and passing through the triangle -If the keeper intercepts the ball, last player who played the ball becomes the new keeper 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Weight transfer Deflection





Activity	Description	Key Points
Left, Right, Center	<ul style="list-style-type: none"> -One goalkeeper is in the net, six to eight shooters are at the top of the box -When a shooter steps up they must call out left, right, or center and push their ball to that direction before taking a shot on goal -After hearing the shooter's direction, the keeper must adjust their positioning and angle on the ball accordingly, then block the shot -Coaches may have shooters stop calling their shots at any time 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Weight transfer Deflection
Catch 22	<ul style="list-style-type: none"> -Divide players into groups of two-four -Make a grid and place one goal along the shorter goal line, and one goal a few yards down the long goal line (goals should make almost a corner) -A keeper is placed in charge of both goals -An attacker dribbles down the wing, and can shoot on either goal -Keeper must protect both near post and far post -A second attacker may be placed in to cover rebounds 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Weight transfer Deflection
4v4/5v5 w/keeper	<ul style="list-style-type: none"> -Goalkeeping in a game situation. 	<ul style="list-style-type: none"> Handling Footwork Stance Diving Weight transfer Deflection Communication

