



ACADEMY

REVOLUTION ACADEMY SESSION PLAN



**4 v 4**

**COACHING GUIDE**

**GRASSROOTS DEVELOPMENT**

**EDUCATE . CONNECT . INSPIRE**

NEW ENGLAND REVOLUTION



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## BRAND PILLARS

The Revolution Academy is founded on three pillars that guide our direction, philosophy, vision, and definition of success:

**EDUCATE      CONNECT      INSPIRE**

## VISION

To teach and develop players in a safe environment that is challenging, professional and fun, creating a connection with the player and to the club, inspiring them to be the best player they can be.



# COACHING PHILOSOPHY

**PLAYER  
CENTERED**

**DEVELOPMENT  
BASED**

**EXPERIENCE  
DRIVEN**

## LEARNING CULTURE

1. **Player-centered** environment meeting the players learning needs.
2. **Safe** environment role modelling positive behavior
3. Active learning through **collaboration** and **adaptation** based on the needs of the players.
4. **Passion** that inspires players to have fun, develop and love the game.
5. **Growth mindset** through continuous coach development
6. **Enjoyable, inspirational**, and **positive** experience.



## U6 FIVE HELPFUL TIPS

- 1** – U6 players are ego-centric, they do not want to share the ball, encourage dribbling and creativity with their own ball.
- 2** – U6 players are not interested in passing or positions so focus on spreading out supporting player with ball by giving them space.
- 3** – U6 players have incredible imaginations, use fun games to promote enjoyable experience. Try games without balls first if players need help understanding a game.
- 4** – The ball will go out of play a lot, its okay, just have a large supply of balls during games and get another ball in play quickly
- 5** – U6 players love it when the coach joins in! Relax and have fun, if you are energetic and into it the players will respond



# ELEMENTS OF A GRASSROOTS SESSION

## Organized

Reviews session plan, exercises are set up in advance and easy to transition between.

## Game-Like

Exercises are game realistic and reflect the objective of the session.

## Repetitions

Keeps players engaged by maximizing the appropriate number of repetitions.

## Challenging

Manages the exercise to find the right balance between too easy and too difficult.

## CHECK AND ADAPT BASED ON THE 4 ELEMENTS BEFORE UTILIZING THE COACHING TOOLKIT

## Coaching

Communicates clear and concise coaching points using a variety of methods from toolkit

## Enthusiasm

Demonstrates positive energy and enthusiasm with players.



# U6 TRAINING

## U6 "Me and My Ball"

- ✓ Build comfort with the ball.
- ✓ Develop confidence to win the ball.
- ✓ Learn purpose, direction, & rules of the game.

## TRAINING B.L.O.C.K.S.

**B. Bed-In** the skill of the day.

Drilling, shooting, and  
skill games in the gym

**L. Learn** the new technical tools to enhance the skill.

**O. Orientate** the skill within the game.

**C. Challenge** the skill with a specific problem.

**K. Knowledge** Check for in-game knowledge of the skill.

**S. Solve** Can the players solve the problem.



# SESSION TOPICS & OBJECTIVES

- 1** **Topic** **Dribbling to advance the ball.**  
**Objective** Learn how to dribble the ball and keep it close
- 2** **Topic** **Taking on an opponent to advance the ball**  
**Objective** Learn how to get past an opponent
- 3** **Topic** **Shooting to score goals**  
**Objective** Learn how to strike the ball and score goals
- 4** **Topic** **Win the ball back**  
**Objective** Learn how to win the ball off an attacker
- 5** **Topic** **Escape pressure to keep the ball**  
**Objective** Learn how to escape pressure
- 6** **Topic** **Dribbling to advance the ball**  
**Objective** Improve how to keep the ball close
- 7** **Topic** **Taking on an opponent to advance the ball**  
**Objective** Improve how to dribble past an opponent
- 8** **Topic** **Shooting to score goals**  
**Objective** Improve how to strike the ball and score goals
- 9** **Topic** **Dribbling to protect the ball.**  
**Objective** Learn how to use different surfaces of the foot
- 10** **Topic** **Taking on an opponent with a skill move**  
**Objective** Learn a basic 1v1 move



## Week 1

## Dribbling to advance the ball

**OBJECTIVE** | Learn how to dribble and keep the ball close.

### COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space, and teammate
3. Dribble into open space

### GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?

### KEY WORDS

Keep it close, Drive, Take Space, Pick head up

### PLAYER ACTIONS


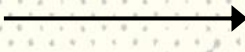
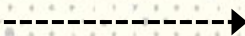
Dribbling

### TECHNICAL TOOLS

**Block 1:** Keep the ball close;

**Block 2:** Different Surfaces

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 



# 4 v 4

*Play to discover*

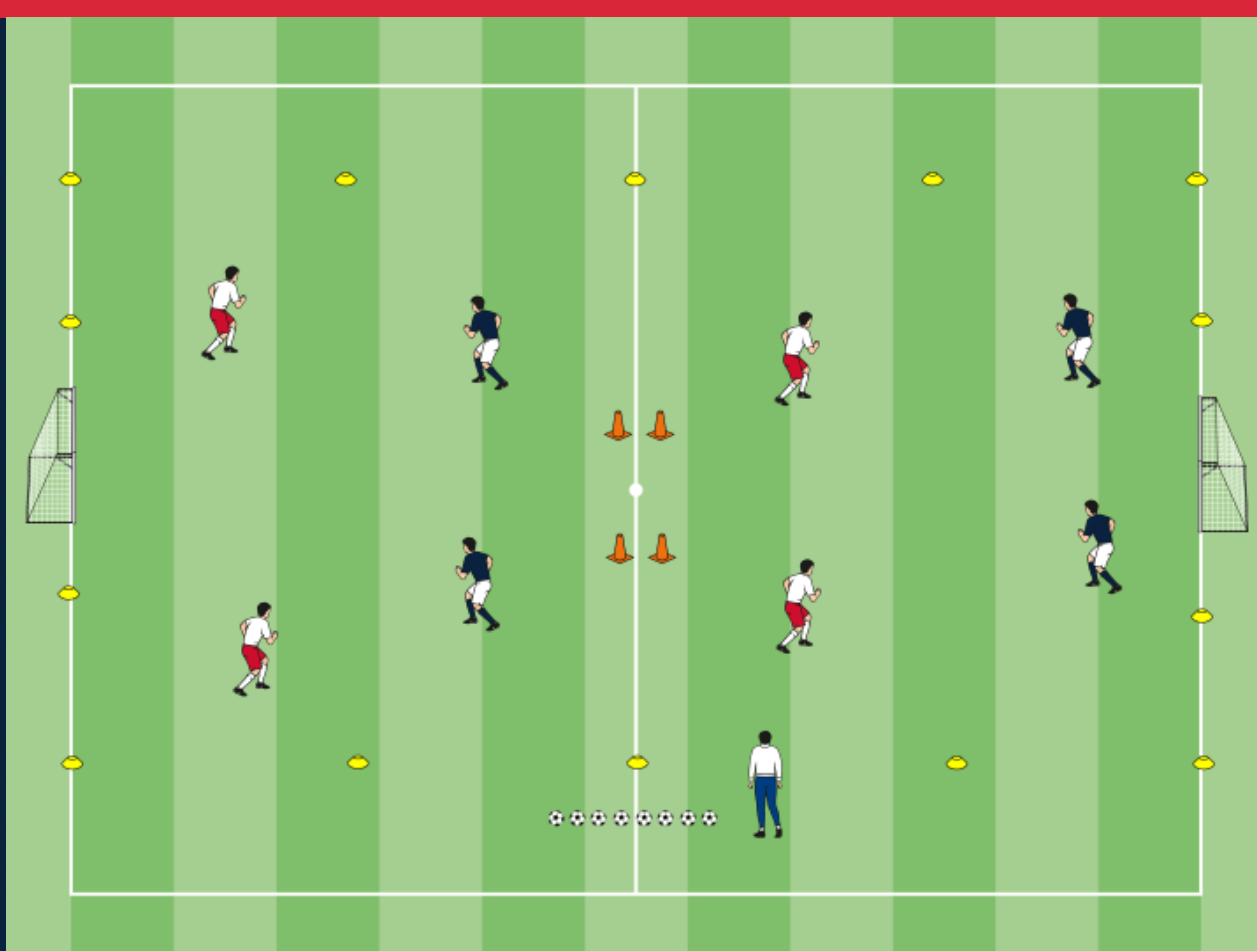
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Dribbling  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Players play 1v1 to 2v2 games on two fields as players arrive. Rotate players after 3 minutes.

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

Make fields smaller, Play 4v4

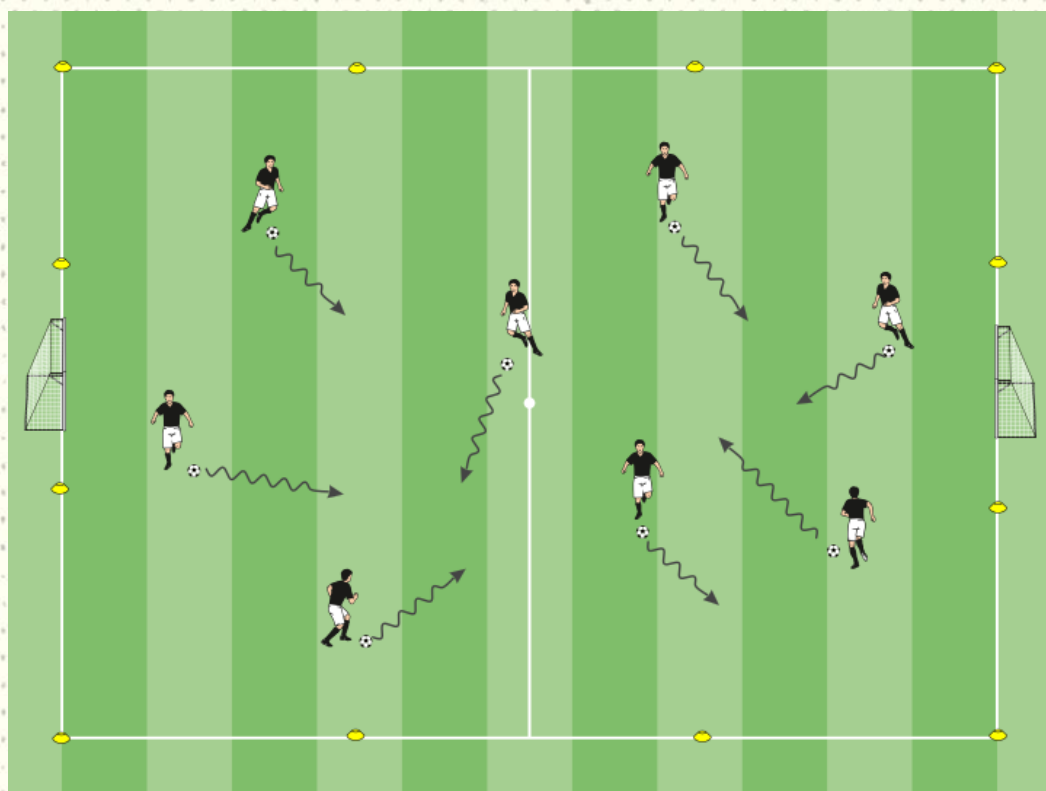


## Week 1

## Dribbling to advance the ball

### PHASE 2 – TRAFFIC LIGHTS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yard grid

#### DESCRIPTION

Players with a ball each in area dribbling.

Red light = stop ball with sole of foot, Yellow light = pull back turn, Green light = dribble ball

Highway = dribble at speed, Traffic Circle = double inside cut, Carwash = sole roles x 10

Gas fill up = dribble ball around cone

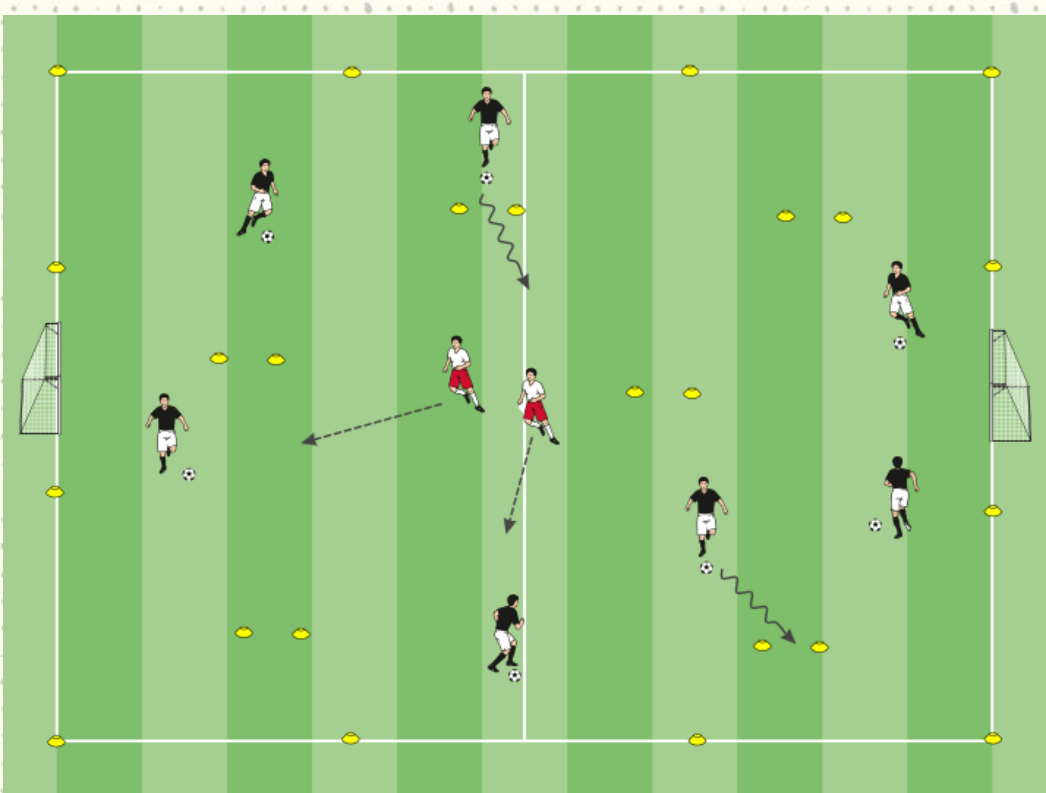
Crazy Driver = big toe, little toe zig zag with ball

#### MORE CHALLENGING

Add 1 police officer to try to steal ball

### PHASE 3 – RACE-TRACK DRIVING | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yard grid with 3 yard gates

#### DESCRIPTION

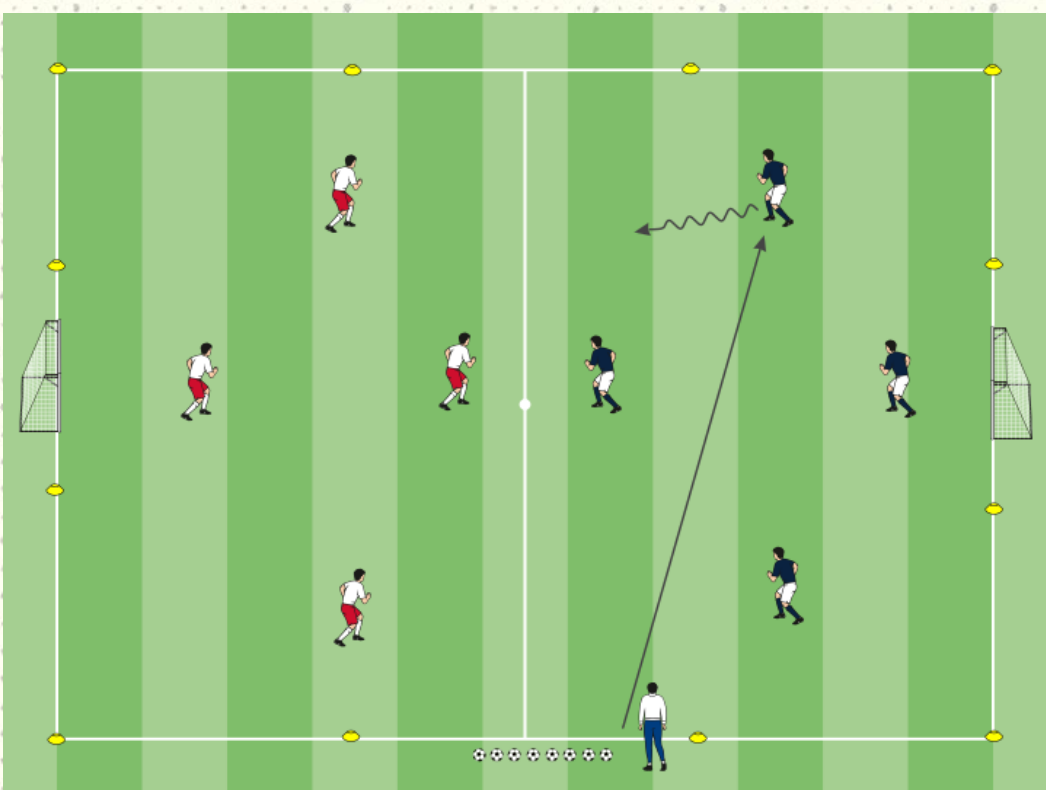
Place small gates on field. Race cars now need to drive through gates with ball under control, how many gates can you dribble through in 1 minute? beware of the police officers (defenders) keep ball close and under control. If players lose ball, 10 toe taps to get back in the game!

#### MORE CHALLENGING

Add more defenders

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 2 Taking on opponent to advance the ball

**OBJECTIVE** | Learn how to get past an opponent.

### COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

### GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?

### KEY WORDS

Keep it close, Drive, Take Space, Pick head up

### PLAYER ACTIONS


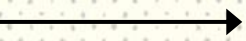
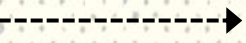
Take on opponent

### TECHNICAL TOOLS

**Block 1:** Run past opponent;

**Block 2:** Accelerate, Basic 1v1 moves

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 



# 4 v 4

*Play to discover*

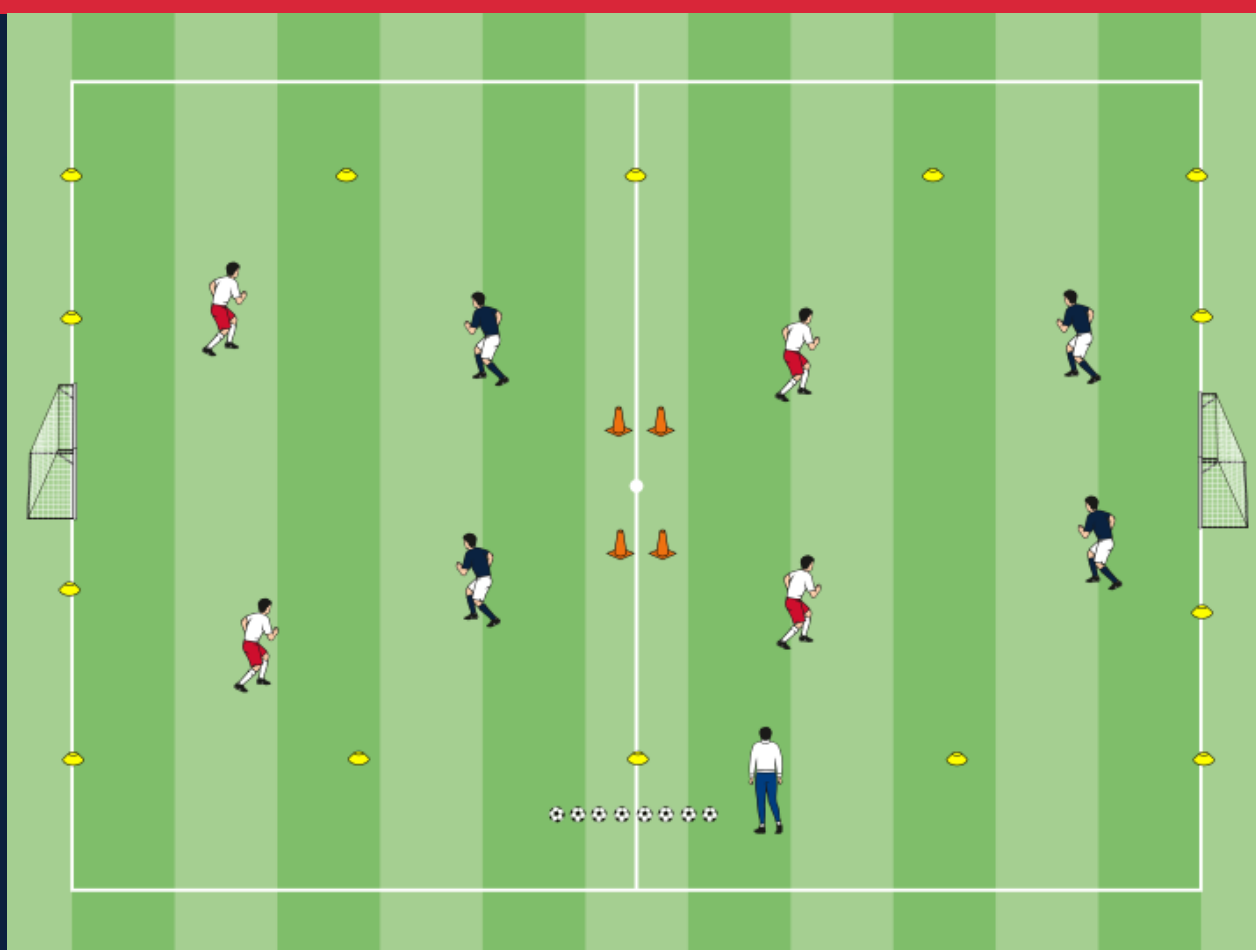
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Taking on opponent  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Players play 1v1 to 2v2 games on two fields as players arrive. Rotate players after 3 minutes.

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

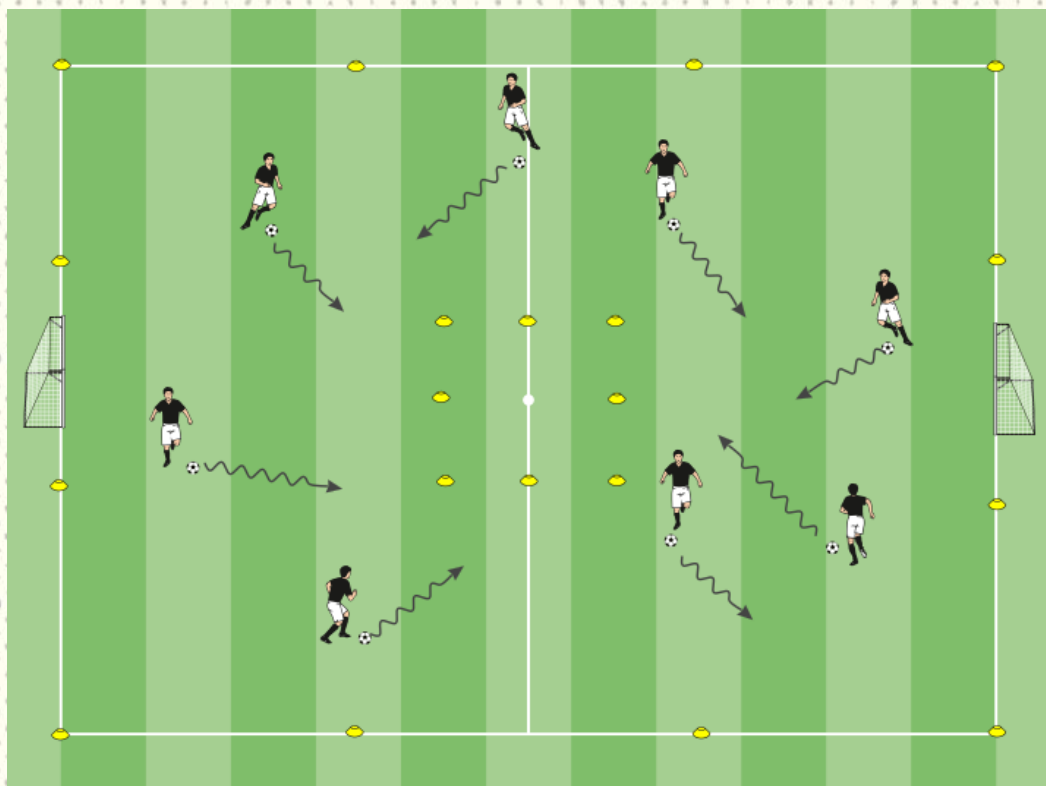
Make fields smaller, Play 4v4



## Week 2 Taking on opponent to advance the ball

### PHASE 2 – PIRATE SHIP | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards

#### DESCRIPTION

Players are pirates, coach is captain, Player's dribble making sure they do not splash into the ocean.

"Captains Coming" Foot on ball shout Aye Aye Captain.

"Climb the rigging" 10 sole taps

"Scrub the decks" 10 tik tocks

"Albatross overhead" Dribble ball to center to hide

"Fire cannons" Shoot ball at Captain

"Bow or Stern" = Dribble to one end of the ship stopping ball on the line.

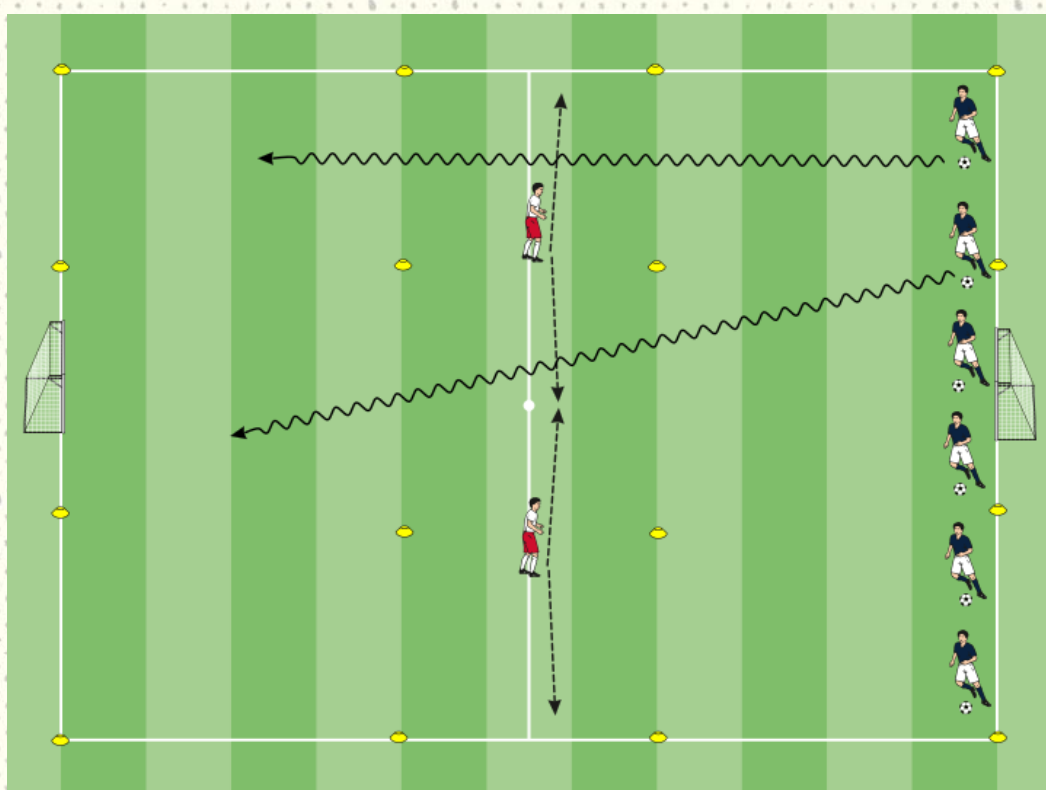
"High/Low Winds" Dribble fast/slow

#### MORE CHALLENGING

Pirates from another ship try to steal ball

### PHASE 3 – SHARKS AND MINNOWS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards, 5 yard middle zone

#### DESCRIPTION

Minnows start with ball on end line and dribble across grid avoiding the sharks who can steal their ball. If you have your ball stolen, you become a shark.

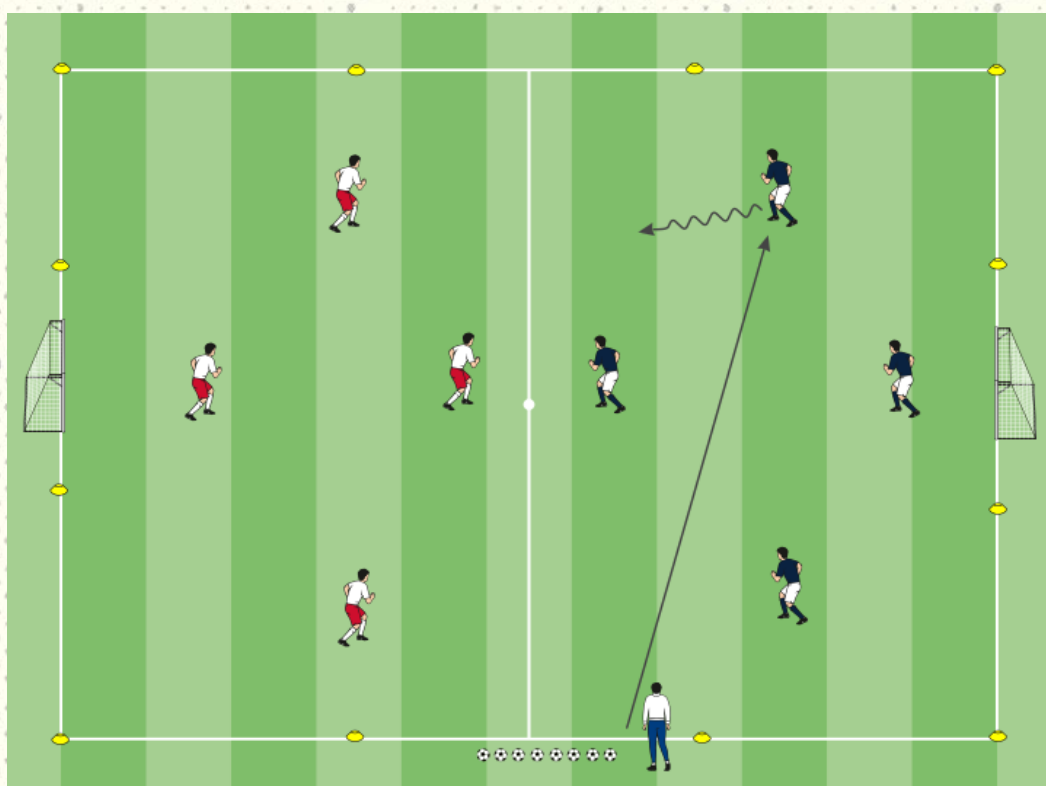
#### MORE CHALLENGING

Add more sharks

Point for scoring on goal after dribbling past shark

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 3 Shooting to score goals

**OBJECTIVE** | Learn how to strike the ball and score goals

### COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

### GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?



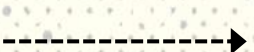
### KEY WORDS

Look at Goal, Hit it hard, Be confident

### PLAYER ACTIONS

Shooting

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Kick the ball to the goal;

**Block 2:** Organize feet, Find corners



# 4 v 4

*Play to discover*

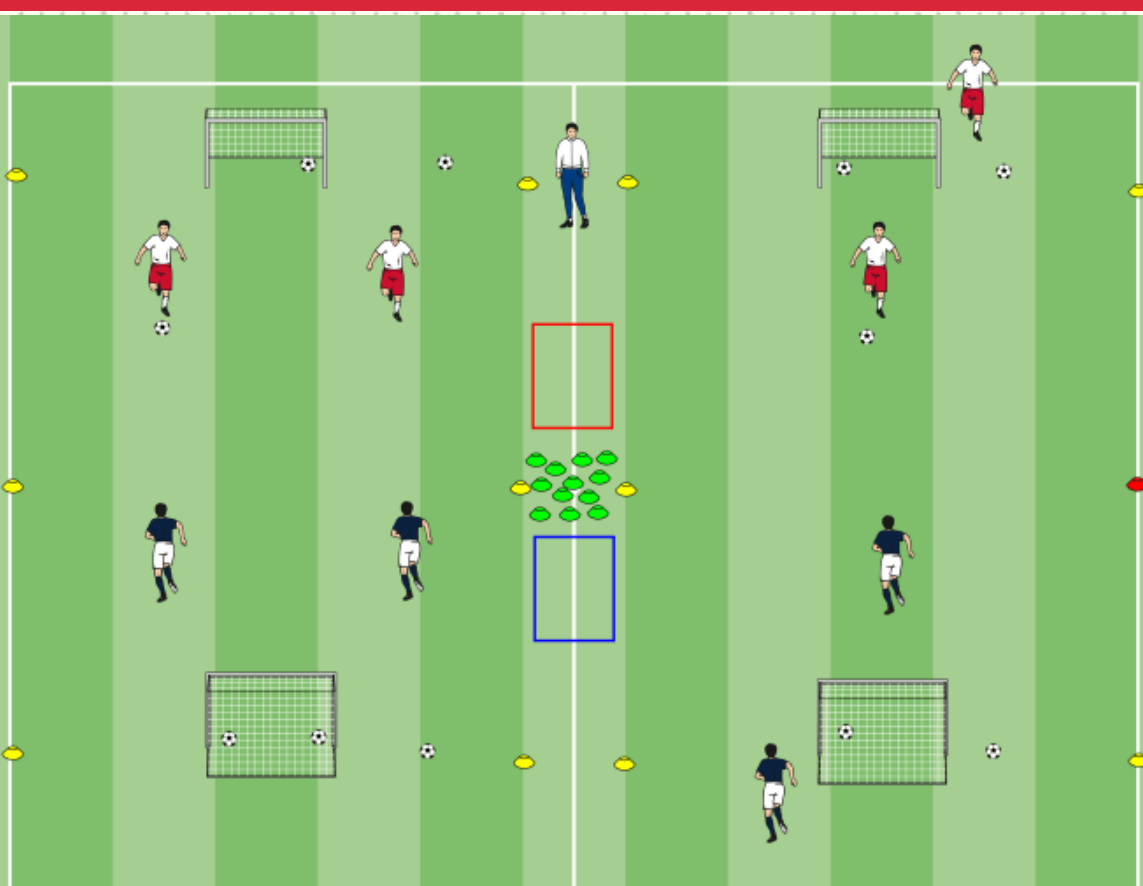
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Shooting  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Play 1v1 on each field. If a player scores a goal they put in a coin in their team's bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. Rotate players on each field. Start with large supply of balls in between fields. Talk about 1v1 attacking, looking up, finding space and shooting!

### MORE CHALLENGING

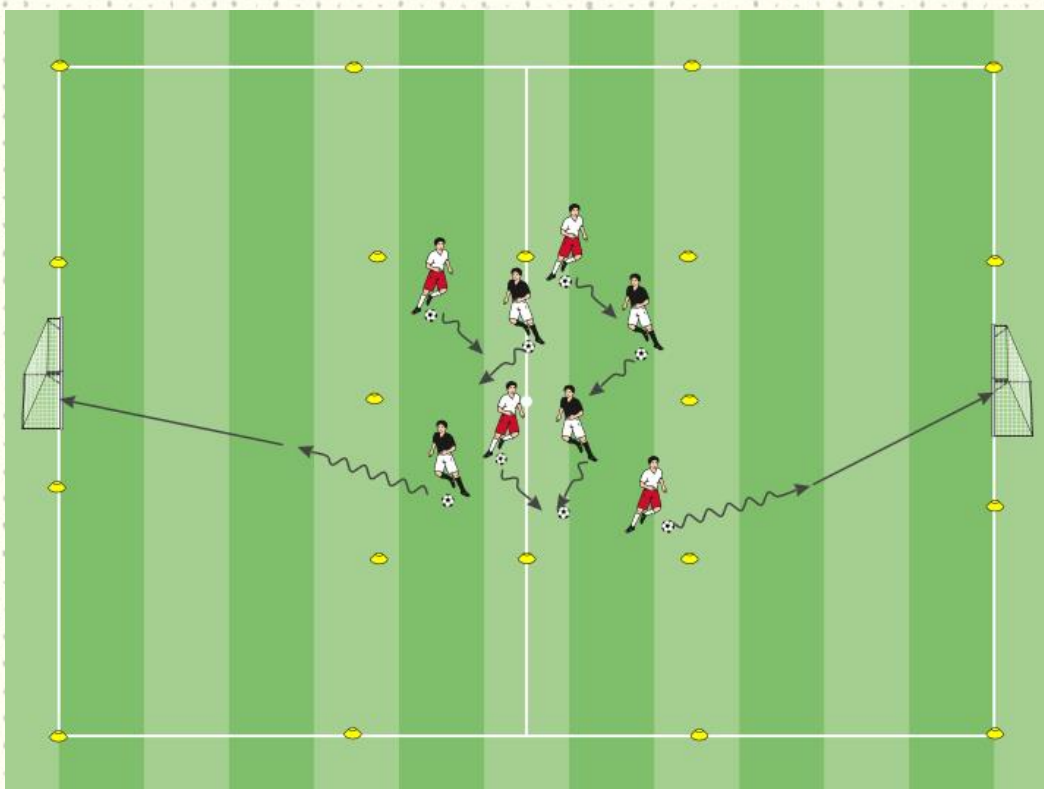
Play 2v2



## Week 3 Shooting to score goals

### PHASE 2 – GOALS GOALS GOALS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards, 15x15 grid in center

#### DESCRIPTION

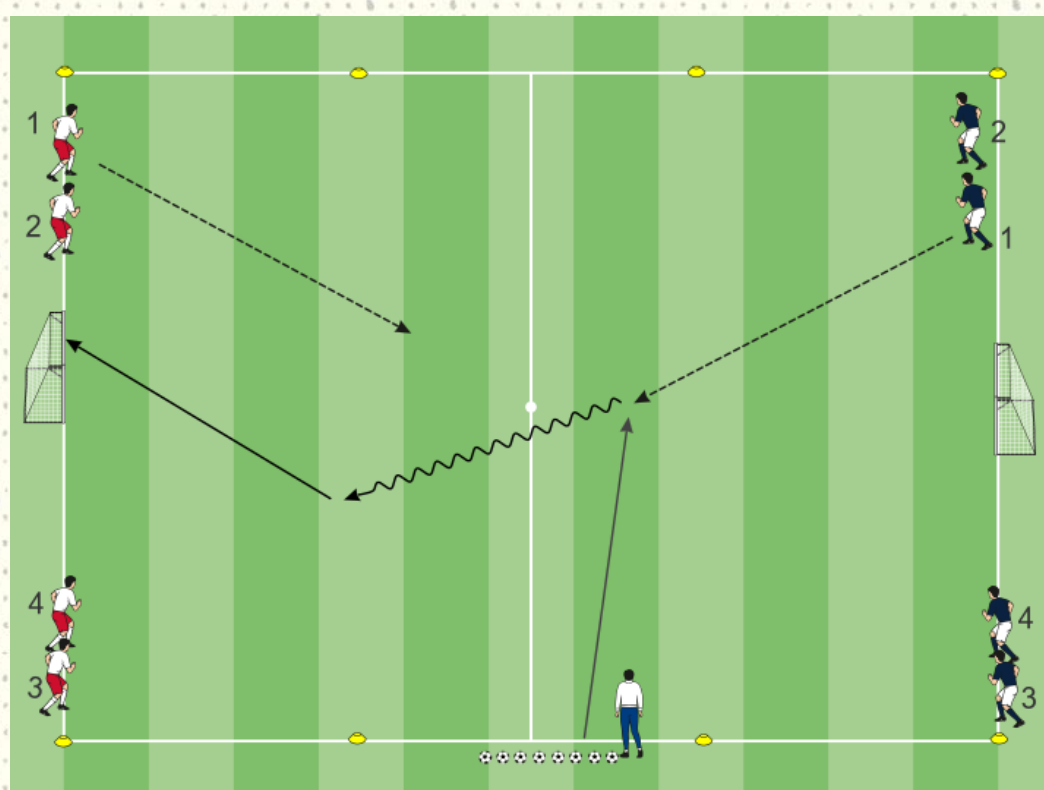
Split into two teams. Players are numbered on team. Play Traffic light game (Red Stop, Green Go, Yellow Pull Back) and when coach calls #1, both #1 players dribble to score on goal as quick as possible as shown while rest of team stops and cheers them on!

#### MORE CHALLENGING

Call out two numbers at a time  
Give a time limit count down to score

### PHASE 3 – NUMBERS GAME | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

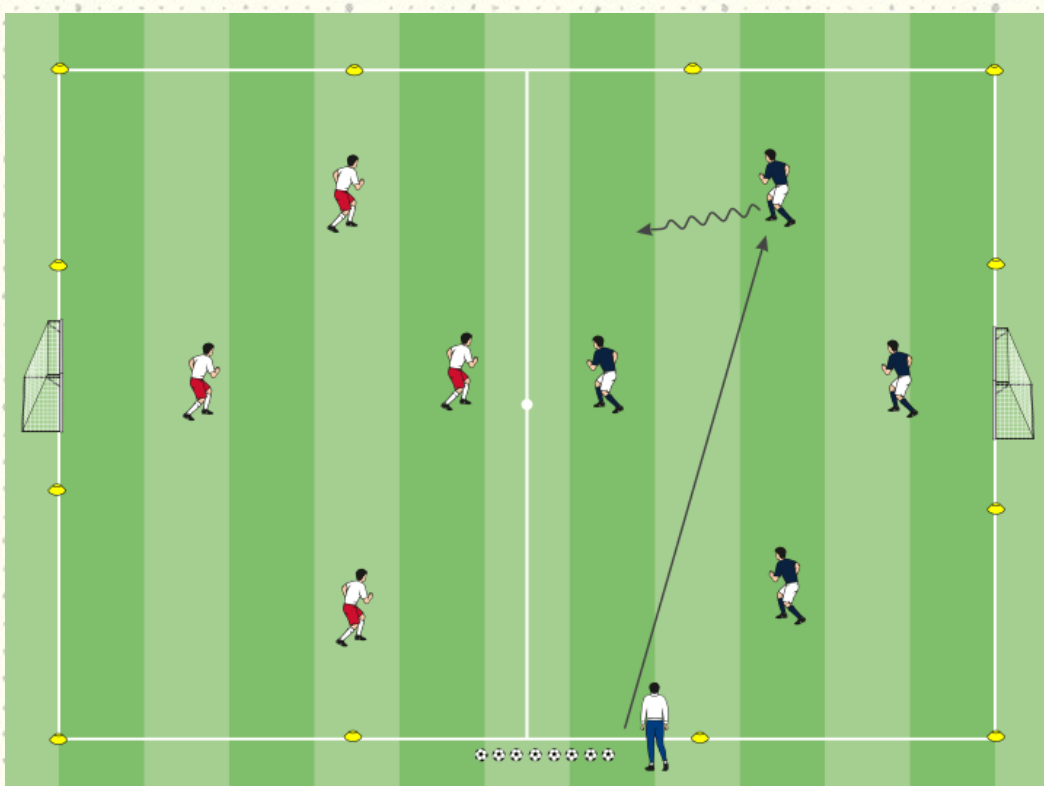
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal.

#### MORE CHALLENGING

Call out 2 numbers for 2v2.

### PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game  
Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 4 Win the ball back

**OBJECTIVE** | Learn how to win the ball off an attacker

### COACHING POINTS

1. Start fast, end slow, shorten strides.
2. Start tall, end small, balance low to the ground.
3. Approach on an angle to force play inside or outside.

### GUIDED QUESTIONS

1. How fast should we approach the ball?
2. What should our body shape look like as we approach?
3. How close should we get before trying to win the ball?


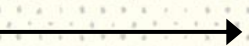

### KEY WORDS

Get close, Communicate

### PLAYER ACTIONS

Pressure

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Run to the ball;

**Block 2:** Approach run, Show in, Show out



# 4 v 4

*Play to discover*

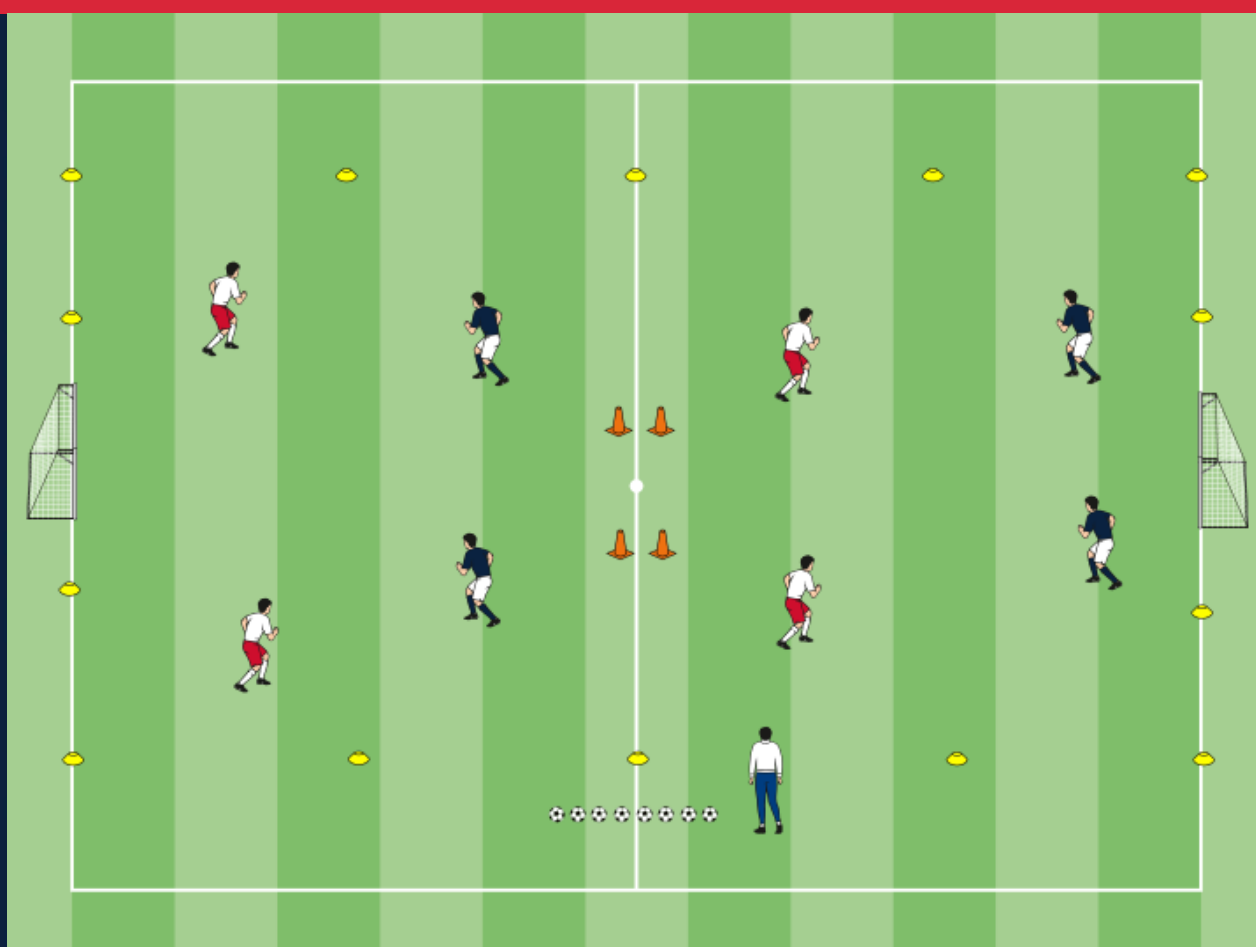
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Pressure  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Players play 2v2 games on two fields. Rotate players after 3 minutes

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

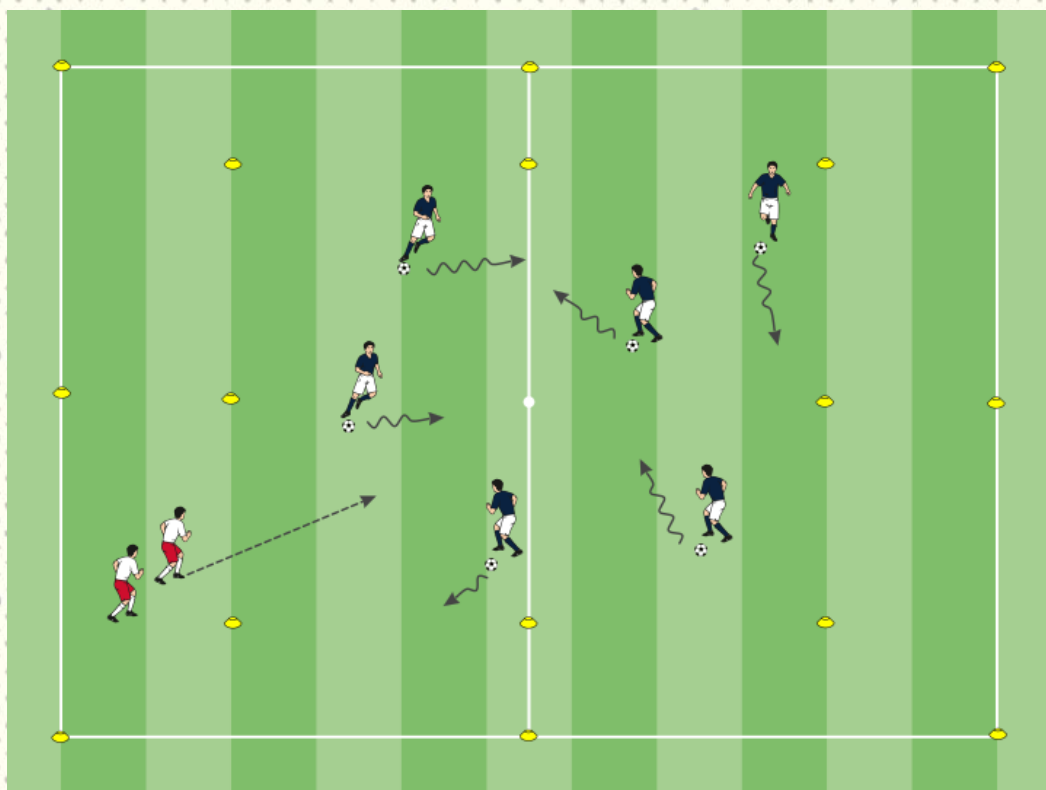
Make fields smaller



## Week 4 Win the ball back

### PHASE 2 – KNOCKOUT | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 X 20 grid

#### DESCRIPTION

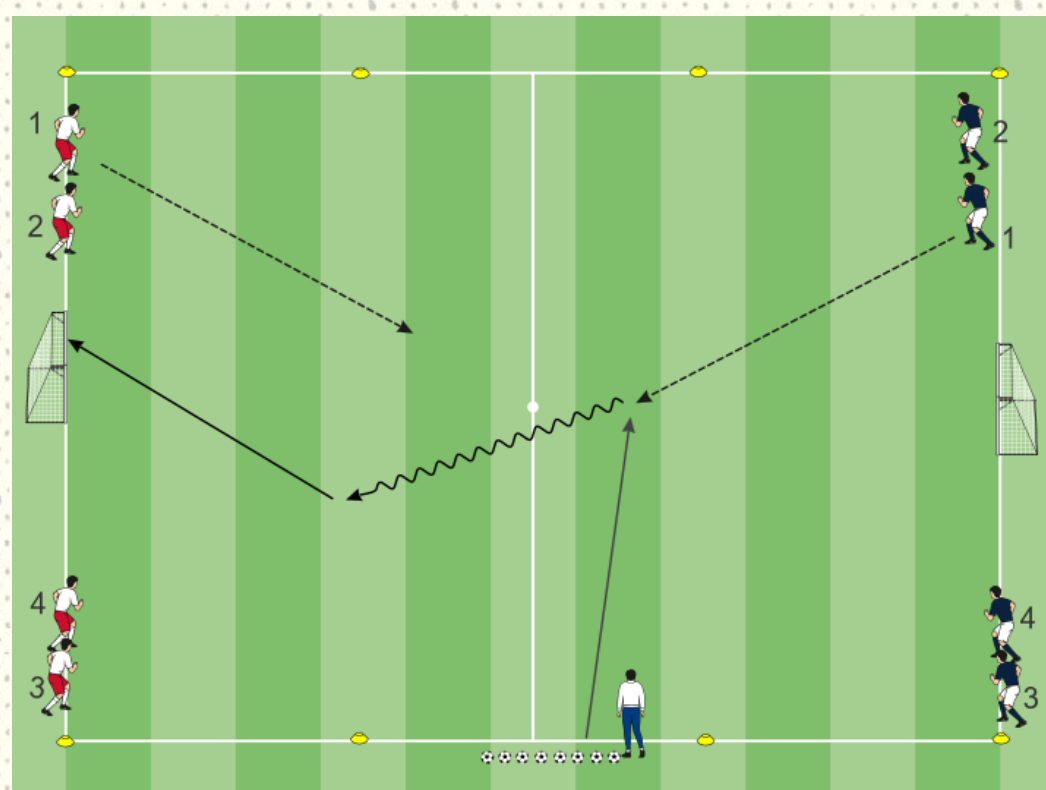
Players in blue try to protect their own ball while the red player/s attempt to steal blue players ball and dribble it out of the grid. If a player's ball is knocked out, give a ball mastery task to get back in (10 sole taps). Red team attempt to clear all balls out of the grid. In specified time. Encourage defenders to work together and pressure player with ball by getting low and using toe to poke/steal ball.

#### MORE CHALLENGING

Add more defenders.

### PHASE 3 – NUMBERS GAME | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

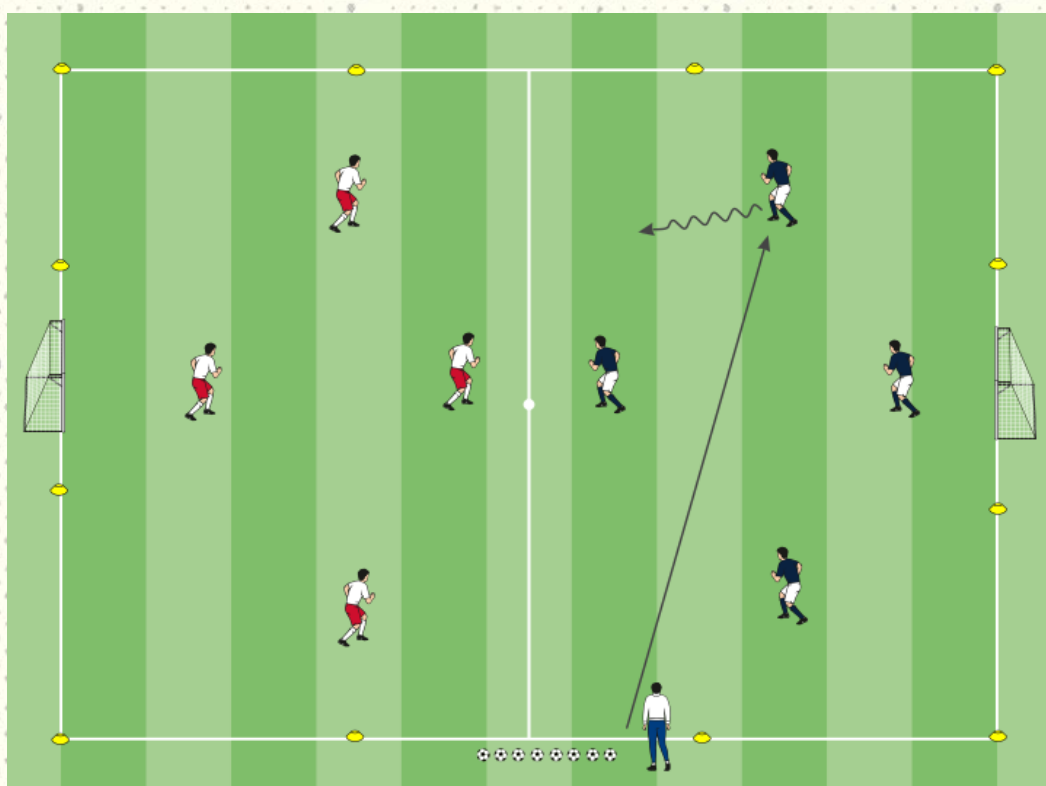
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal. Focus on defender, close space, get low, keep eye on ball, steal the ball!

#### MORE CHALLENGING

Call out 2 numbers for 2v2.

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 5      Escape Pressure to keep the ball

**OBJECTIVE** | Learn how to escape pressure

### COACHING POINTS

1. Keep your body in between opponent and the ball
2. Accelerate through the escape move
3. Drive into open space after you escape pressure

### GUIDED QUESTIONS

1. When is a good time to use an escape move? Why?
2. How can I gain space after using an escape move?
3. What foot should I use to perform this escape move?

### KEY WORDS

Protect, Drive, Take Space, Pick head up

### PLAYER ACTIONS


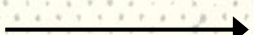
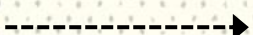
Escape Pressure

### TECHNICAL TOOLS

**Block 1:** Shield;

**Block 2:** Accelerate, Basic escape moves

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 



# 4 v 4

*Play to discover*

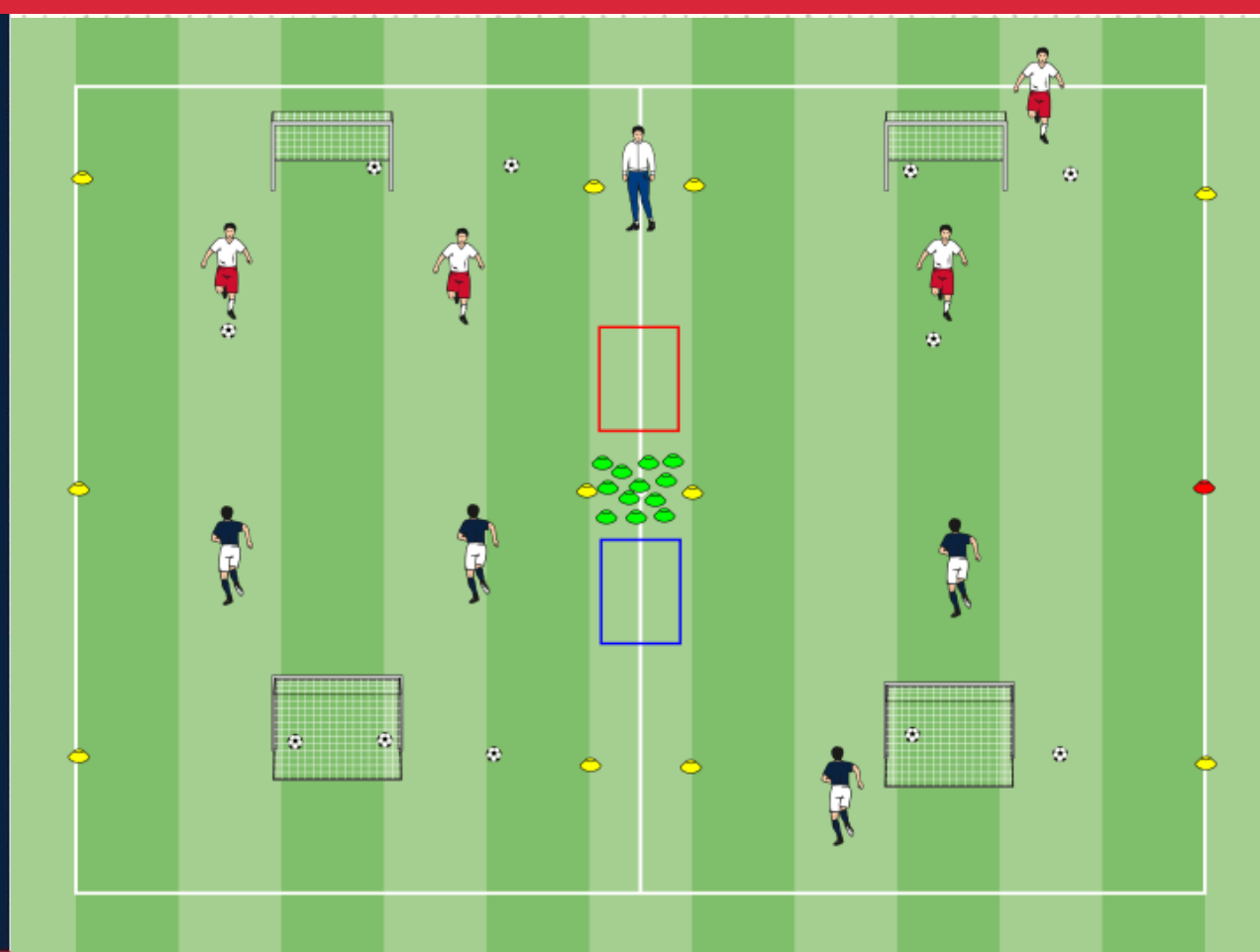
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Escape Pressure  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Play 1v1 on each field. If a player scores a goal, they put in a coin in their team's bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. Rotate players on each field. Start with large supply of balls in between fields. Talk about 1v1 attacking, looking up, finding space and shooting!

### MORE CHALLENGING

Play 2v2

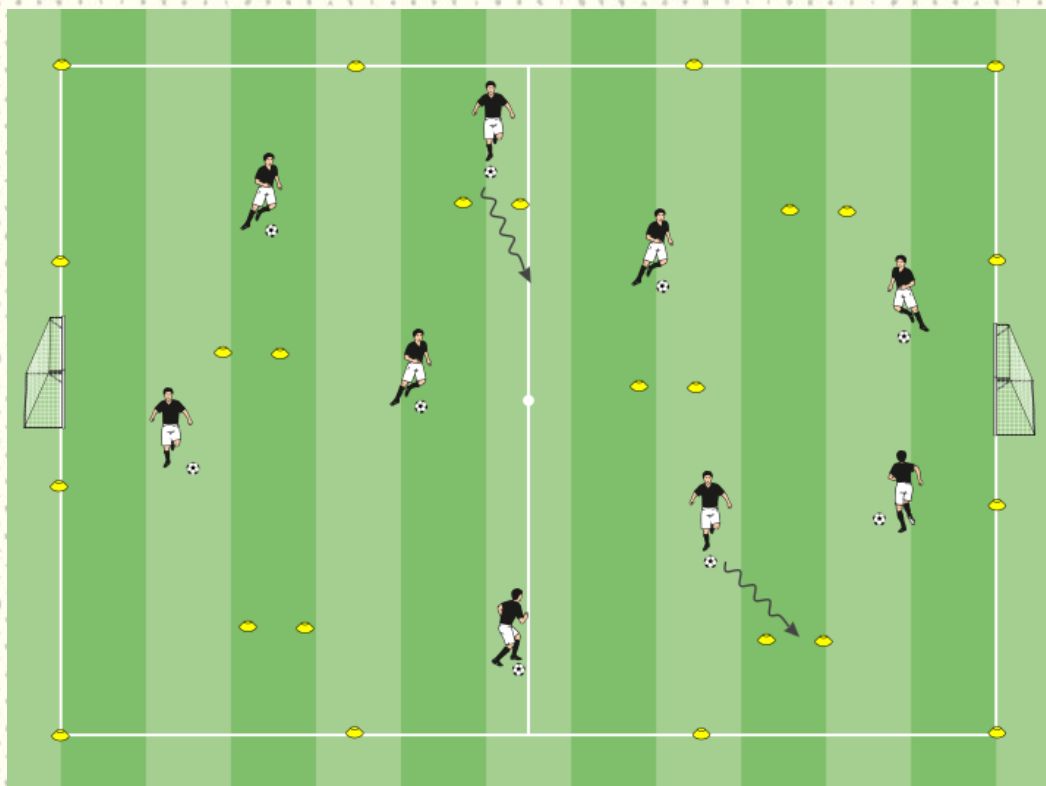


## Week 5

## Escape Pressure to keep the ball

### PHASE 2 – BODY PARTS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards, 3-yard gates

#### DESCRIPTION

Players with ball each in area dribbling. Coach calls out body part, players must stop ball and place body part on ball. Head, knee, elbow, butt, foot.....have fun with it and be silly! "Put your hand on the ball" tell the players to say, "No coach, we don't use our hands in soccer".

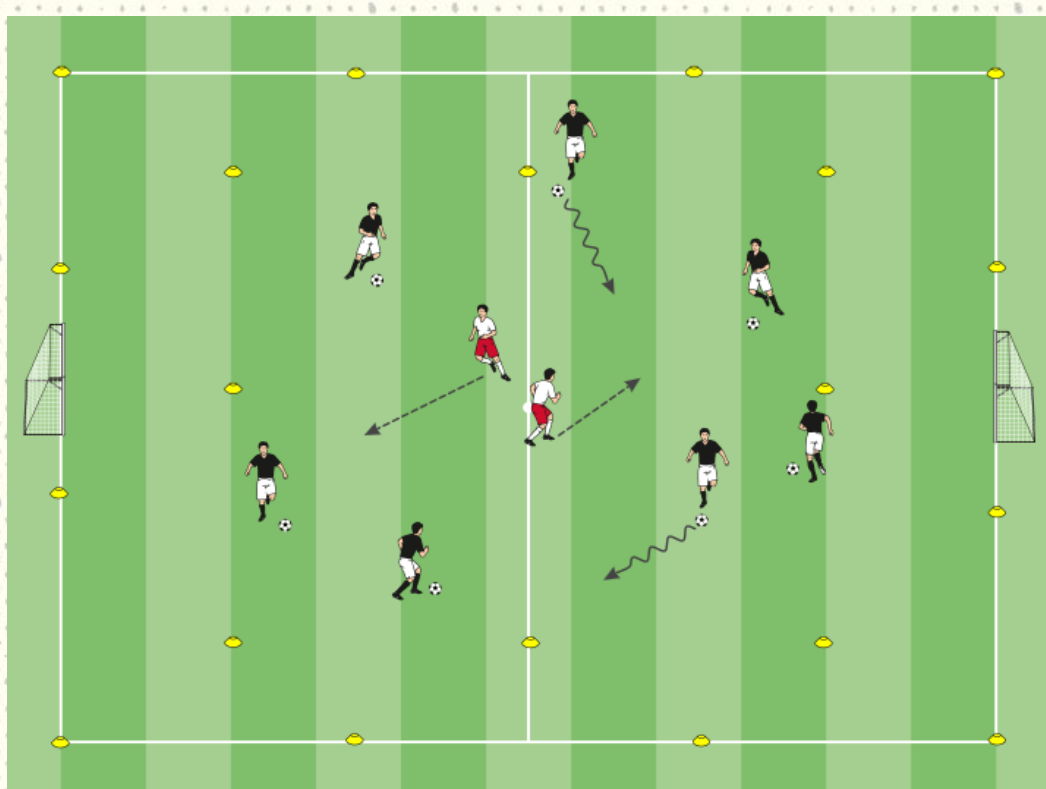
Demonstrate a change of direction move. Continue with body parts but now add a point for every gate a player dribbles in and out of using a pull back or step on turn.

#### MORE CHALLENGING

Add a defender to steal balls, 10 sole taps if you are caught

### PHASE 3 – MUD MONSTERS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards

#### DESCRIPTION

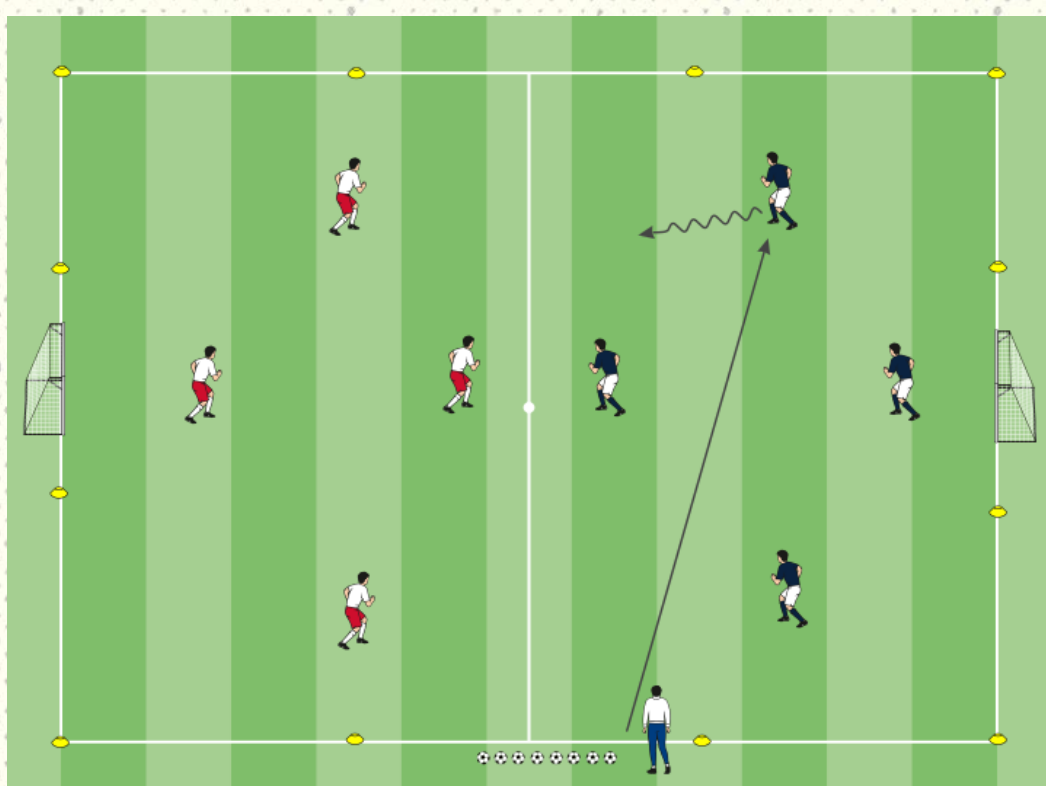
Blue players dribble away from the mud monsters (red players) who can tag with their hands. Once tagged blue player puts their ball above their head and open feet apart so another player can rescue them by dribbling the ball through their legs. Start with red players dribbling too to make it easier for blue players to avoid tag.

#### MORE CHALLENGING

Add more mud monsters

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



Week 6

Dribbling to advance the ball

**OBJECTIVE** | Improve how to keep the ball close

## COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space, and teammate
3. Dribble into open space

## GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?

## KEY WORDS

Keep it close, Drive, Take Space, Pick head up

## PLAYER ACTIONS



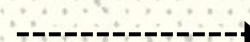
Dribble, Change speed, 1v1 moves

## TECHNICAL TOOLS

**Block 1:** Keep the ball close

**Block 2:** Different Surfaces

## SESSION KEY

Dribble   
 Pass / Shot   
 Movement 



**4 v 4**

*Play to discover*

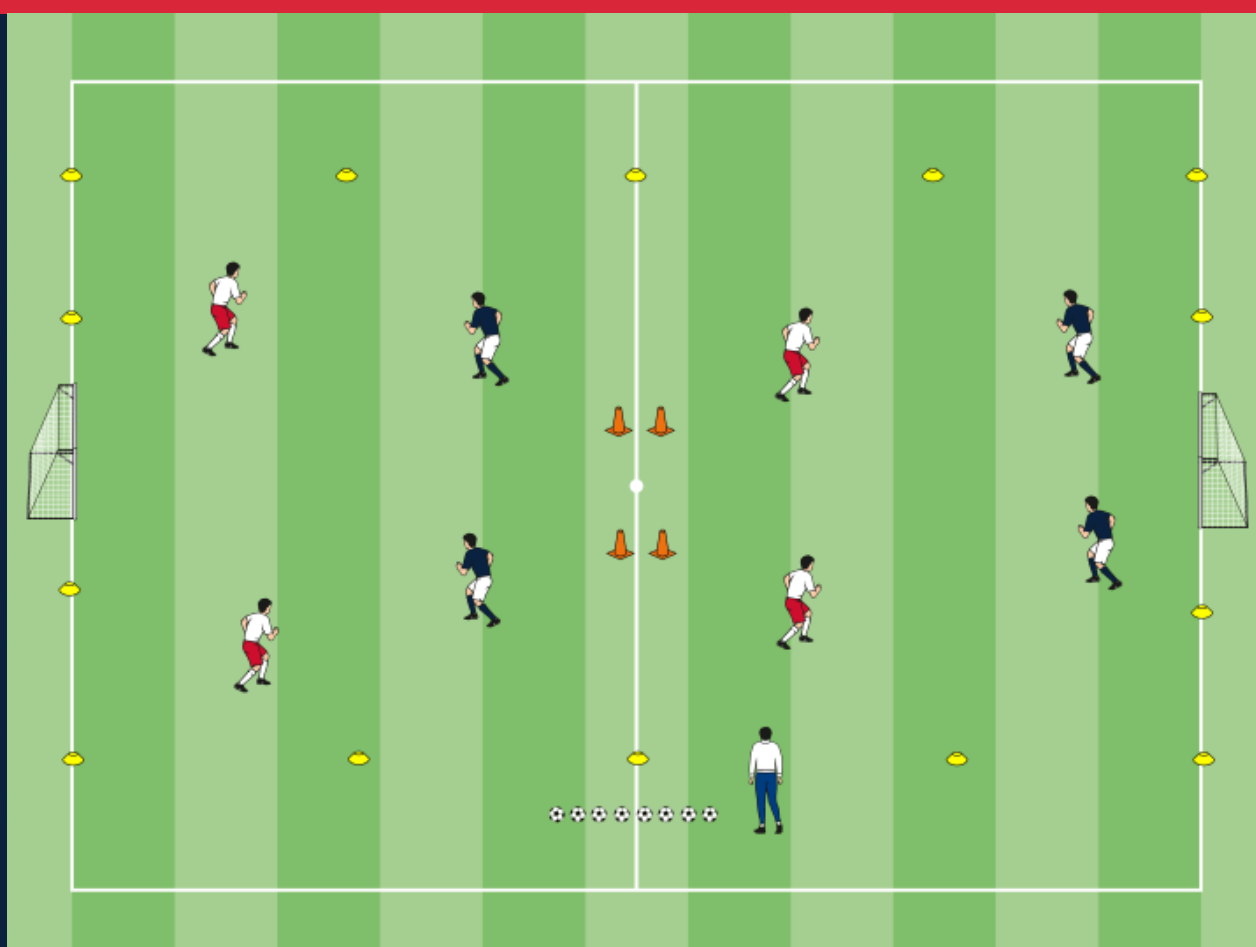
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Dribbling  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



## AREA

20 x 15-yard fields (x2)

## DESCRIPTION

Players play 2v2 games on two fields. Rotate players after 3 minutes

## SCORING

Score on mini goal for 1 point

## MORE CHALLENGING

Make fields smaller

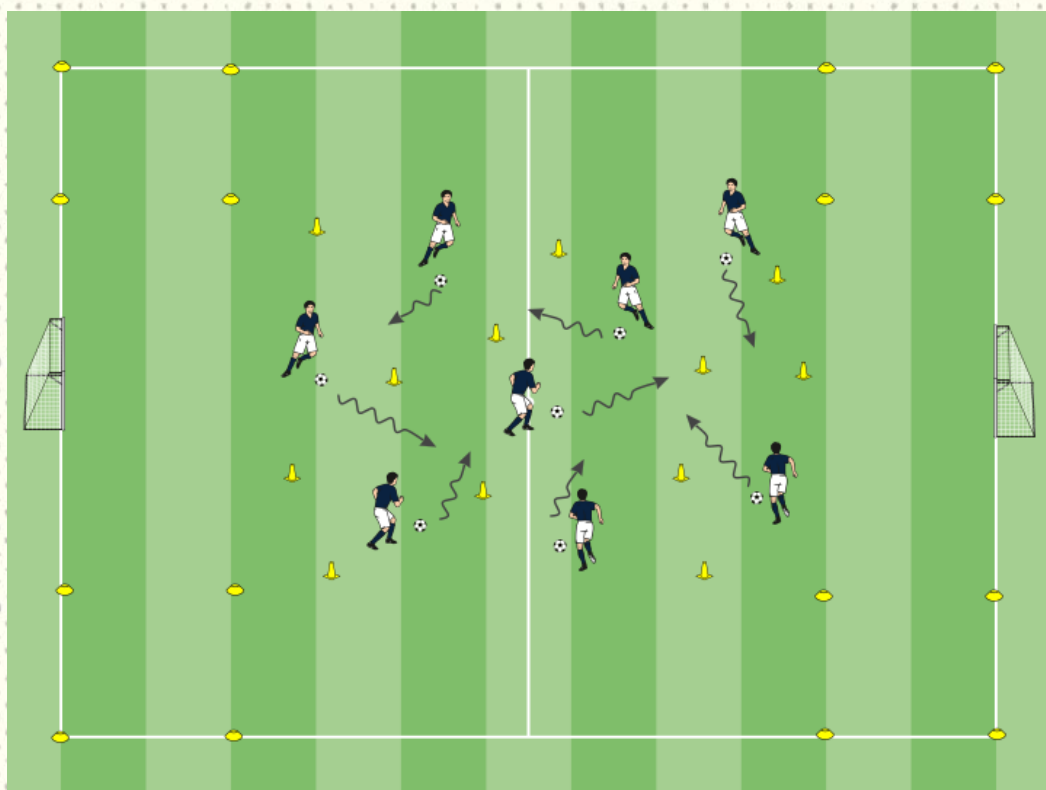


## Week 6

## Dribbling to advance the ball

### PHASE 2 – COACH SAYS | 15 MINS

### 4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards, 5x5 squares in corners, scattered cones as shown

#### DESCRIPTION

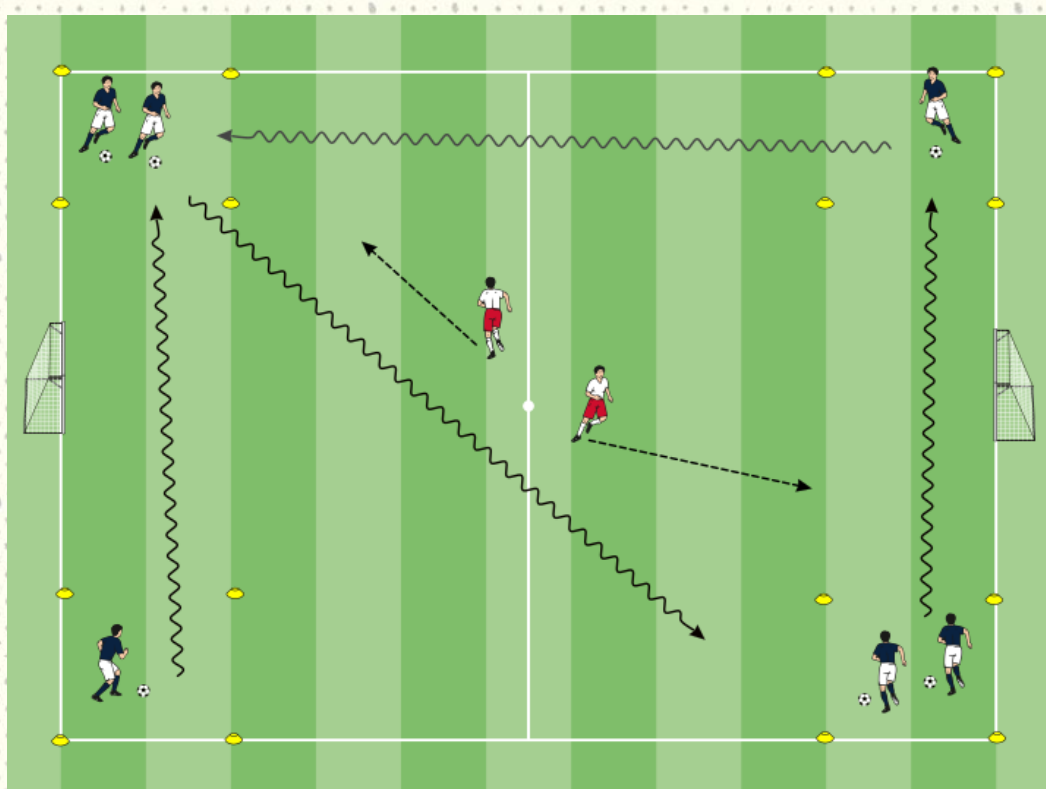
Simon "Coach" says. Give instructions to players that include fun creative ideas, Coach says put knee on ball, Coach says do 10 soles taps....try to trick players by missing out coach says. Ask players favorite restaurants, name each corner square a restaurant....Simon says go to Subway! Players dribble to Subway square.

#### MORE CHALLENGING

Add multiple restaurant stops, race to get back to middle

### PHASE 3 – ISLAND HOPPPING | 15 MINS

### 4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards with 5x5 squares in each corner

#### DESCRIPTION

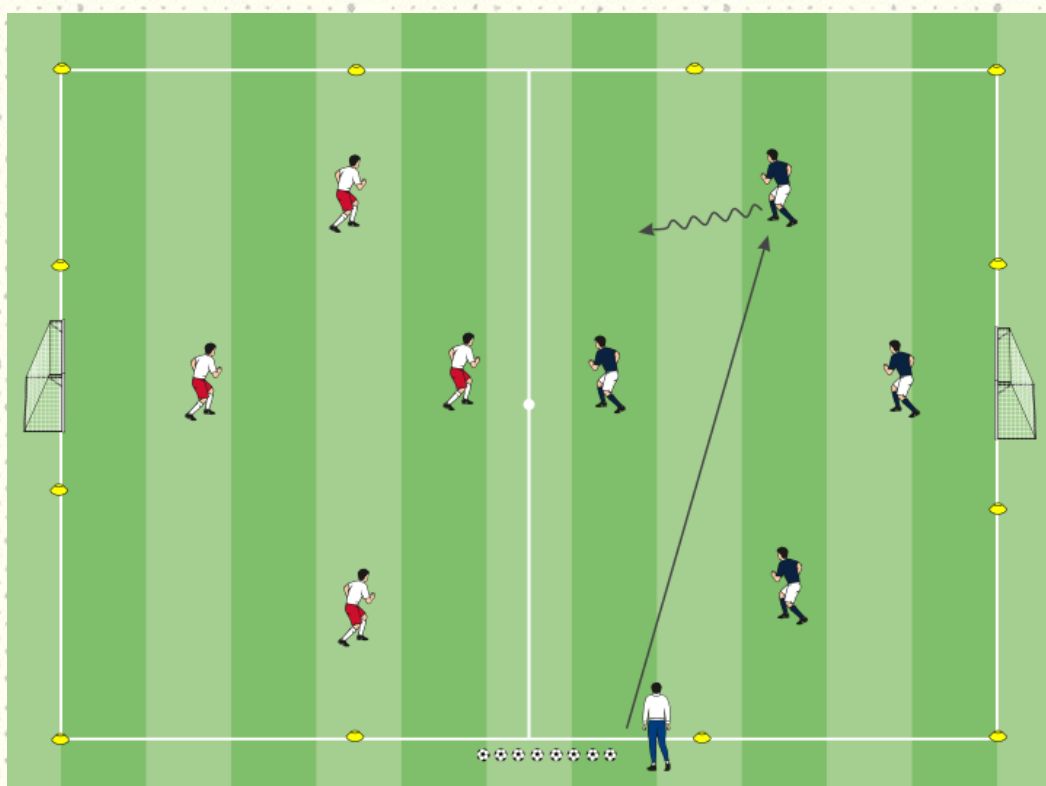
Players with ball attempt to hop from Island to Island avoiding the pirates who can start with or without a ball of their own based on the group to increase/lower difficulty. If a player loses their ball to a Pirate, they must perform a ball mastery move to get back into the game. 1 point for every island visited.

#### MORE CHALLENGING

Add more pirates  
After (2x) Islands, go to opposite goal and score for 3 points! Pirates can defend

### PHASE 4 –GAME | 15 MINS

### 6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game  
Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 7 Taking on an opponent to advance the ball

**OBJECTIVE** | Improve how to dribble past an opponent

### COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

### GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


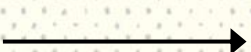

### KEY WORDS

Keep it close, Drive, Take Space, Pick head up

### PLAYER ACTIONS

Take on opponent

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

### TECHNICAL TOOLS

**Block 1:** Run past opponent;

**Block 2:** Accelerate, Basic 1v1 moves



# 4 v 4

*Play to discover*

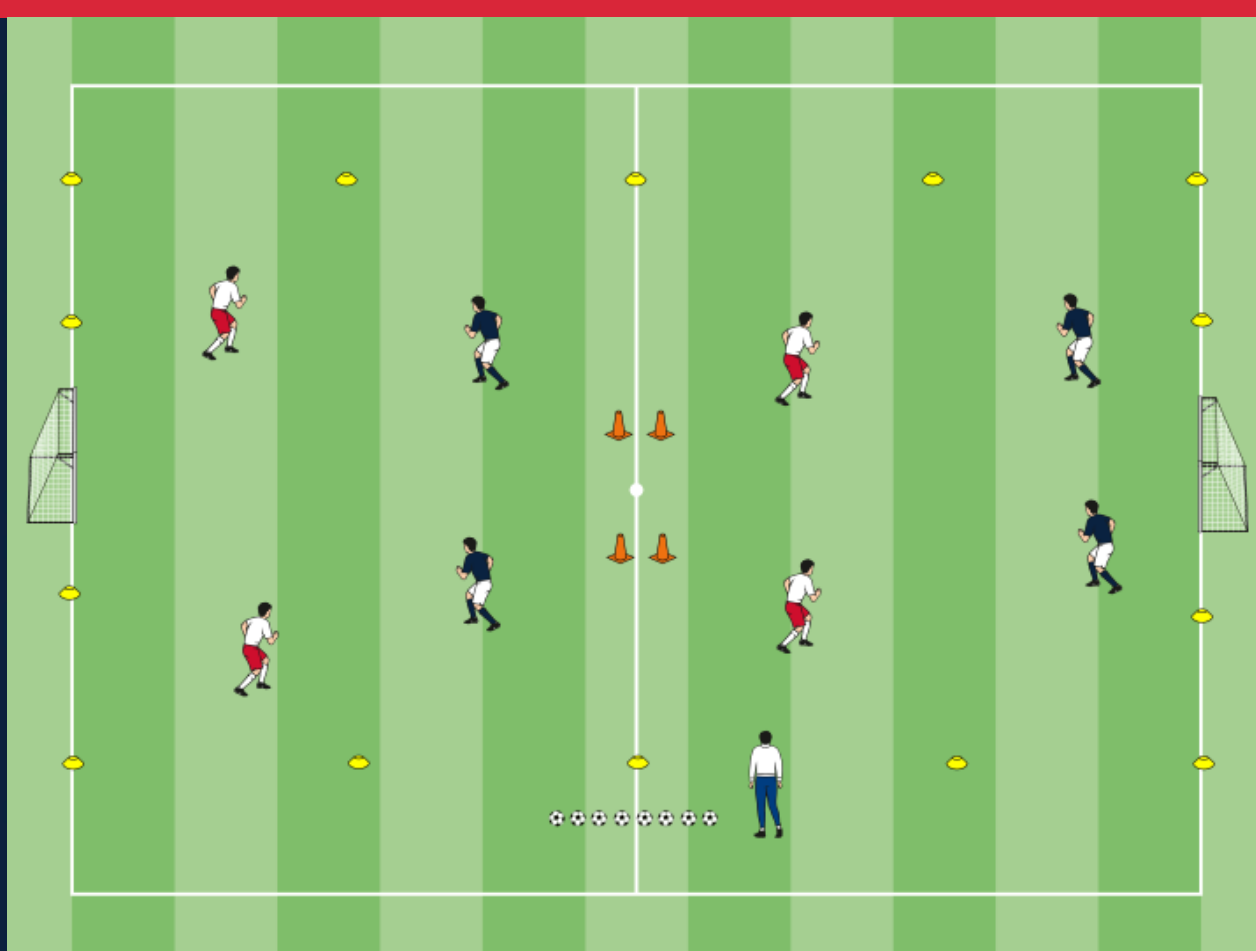
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Taking on Opponent  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Players play 2v2 games on two fields. Rotate players after 3 minutes

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

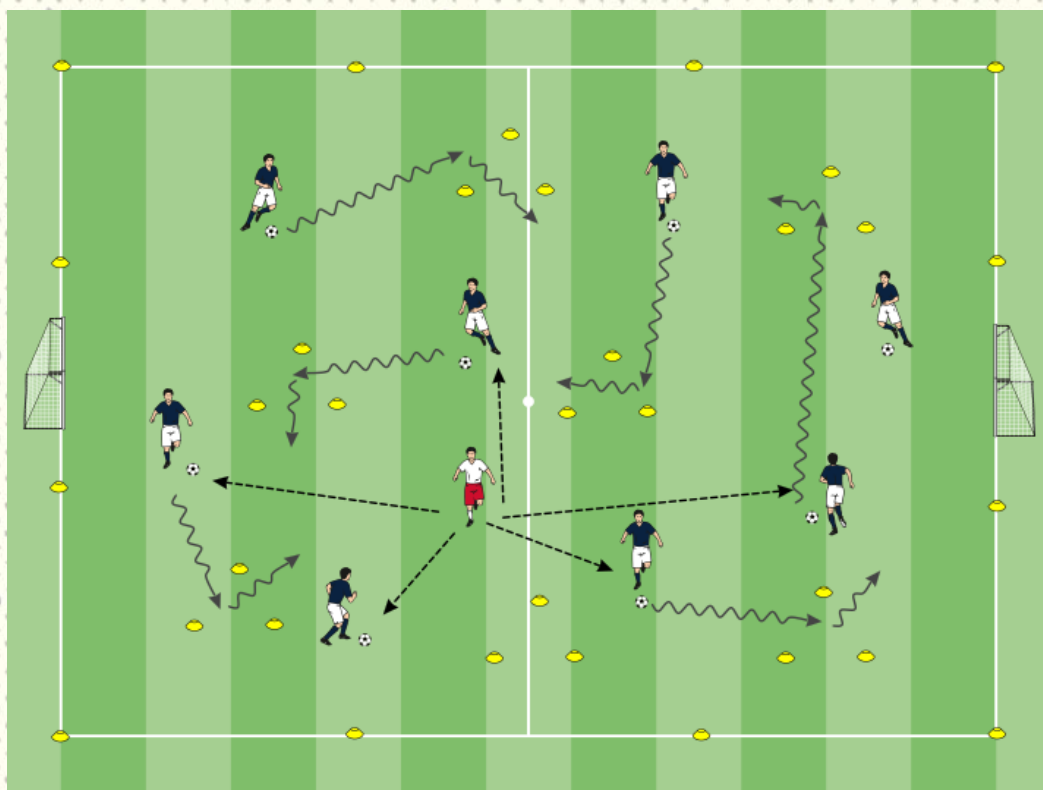
Make fields smaller



# Week 7 Taking on an opponent to advance the ball

## PHASE 2 DOG CATCHER— | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



### AREA

15 x 20 yards, Small triangles of cones

### DESCRIPTION

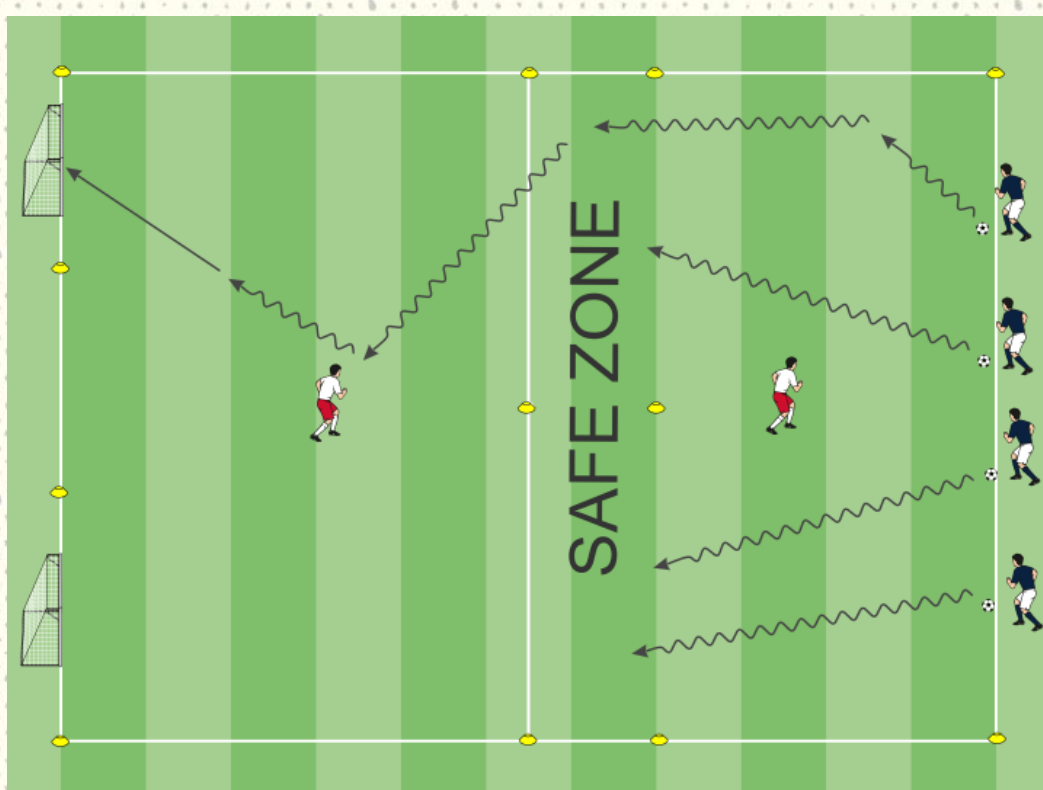
Coach is the dog catcher and players are walking their favorite dog, ask the players if they have a dog, what type it is. Keep dog on a tight leash! 1 point for every time you go through the dog park (yellow triangle) making sure to give your dog a treat! Coach can chase the dogs and if they catch one, they become a dog catcher too. The dog park is safe but beware of the dog catcher when you leave the park!

### MORE CHALLENGING

Add more dog catchers. After 3 points try to score on goal.

## PHASE 3 – GAUNTLET | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



### AREA

20 x 25 yards

### DESCRIPTION

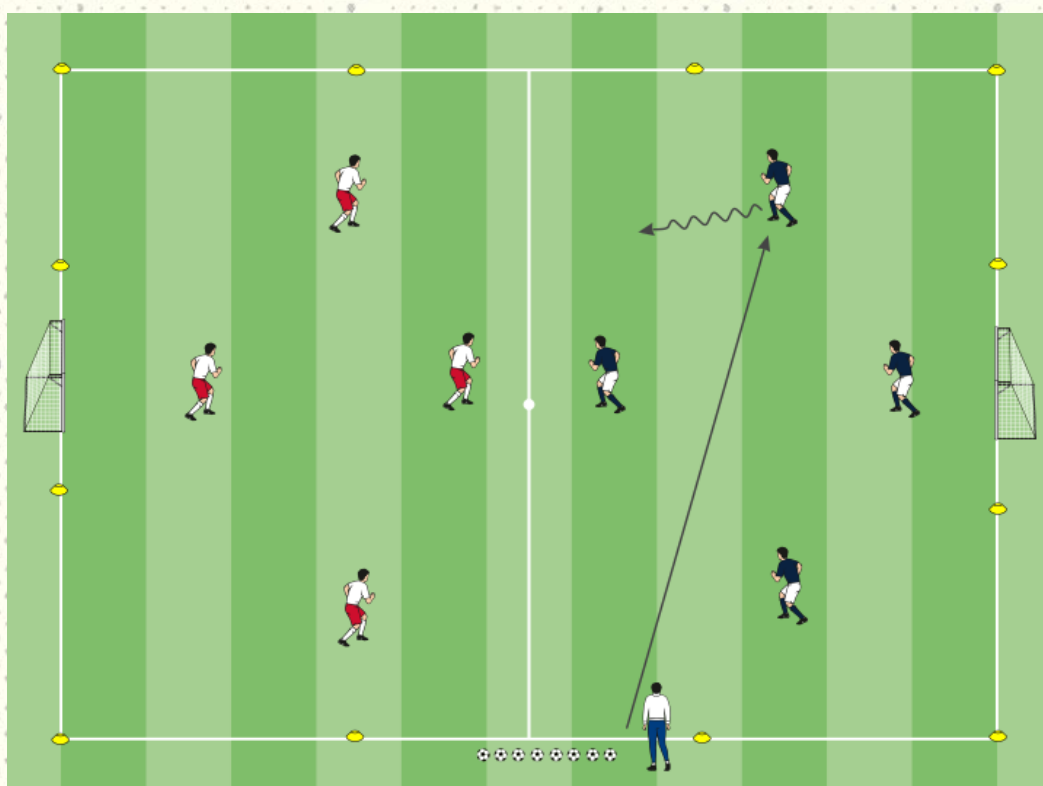
On “Go” blue players attempt to get past first gauntlet, dribbling and stopping ball in safe zone (red defenders tries to win ball and dribble out of grid, if ball goes out blue player starts again. Next phase is to beat next defender and score on goal. If you score OR your ball is dribbled out, start back at beginning. After a completed round, red and blue team switch.

### MORE CHALLENGING

Add more defenders. Start with 1 and increase.

## PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



### AREA

20 x 30 yards

### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

### MORE CHALLENGING

Make field smaller



## Week 8 Shooting to score goals

**OBJECTIVE** | Improve how to strike the ball and score goals

### COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

### GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?

### KEY WORDS

Look at Goal, Hit it hard, Be confident

### PLAYER ACTIONS




Shooting

### TECHNICAL TOOLS

**Block 1:** Kick the ball to the goal;

**Block 2:** Organize feet, Find corners

### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 



# 4 v 4

*Play to discover*

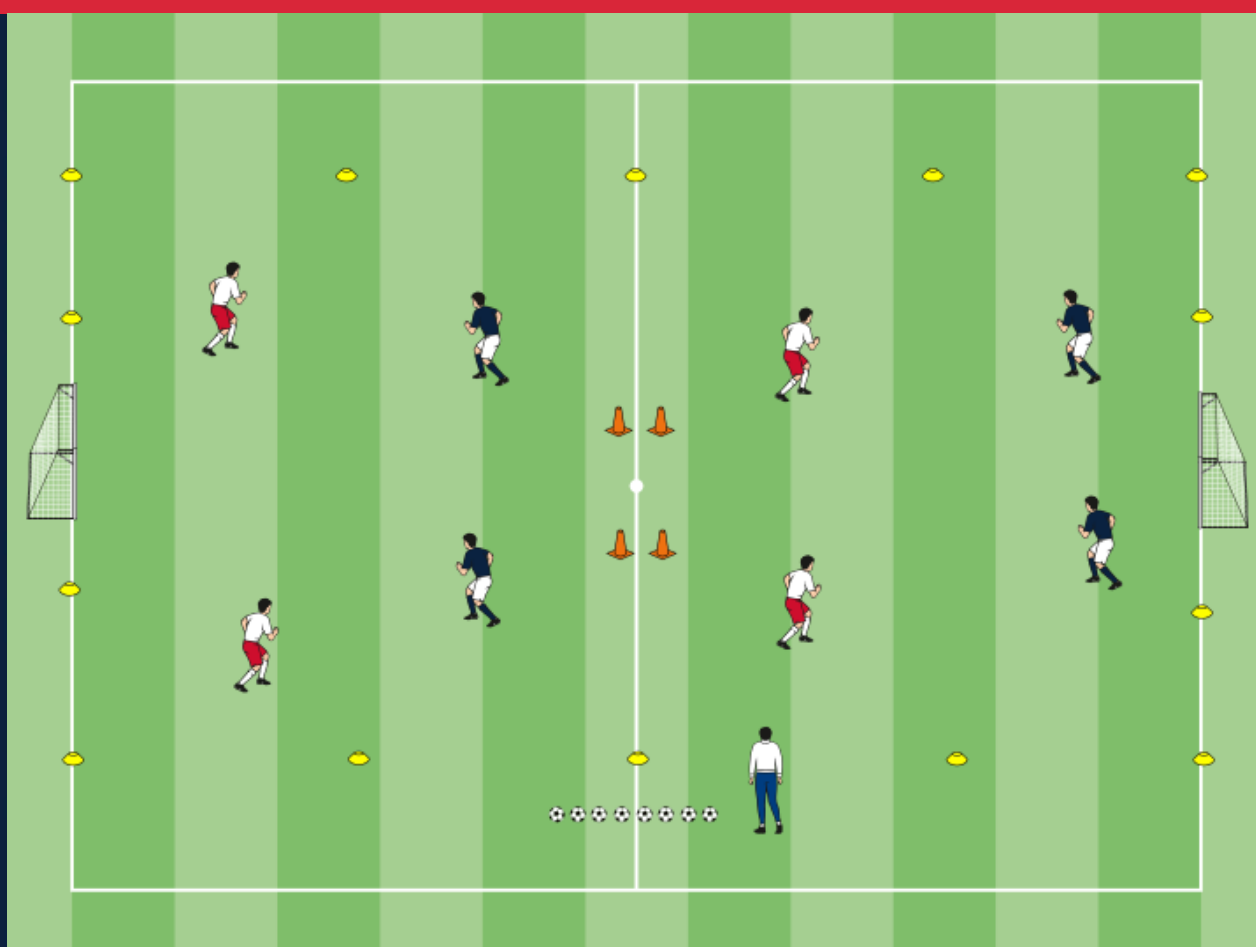
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Shooting  
Block 1

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 15-yard fields (x2)

### DESCRIPTION

Players play 2v2 games on two fields. Rotate players after 3 minutes

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

Make fields smaller

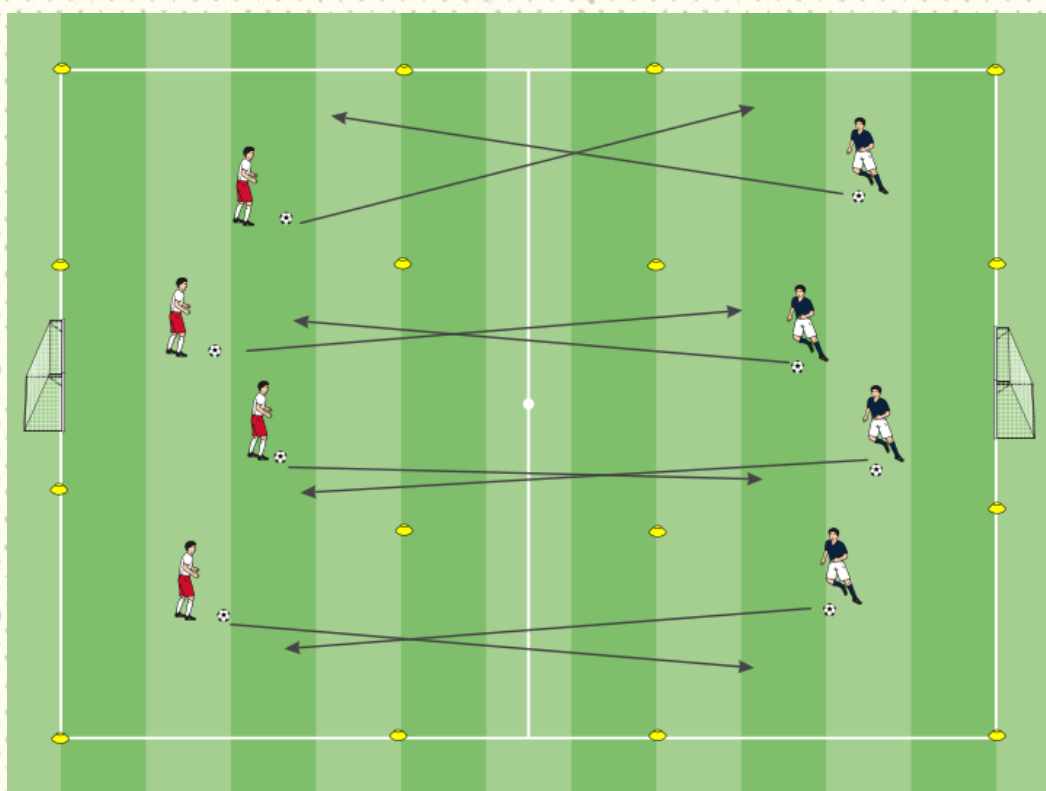


## Week 8

## Shooting to score goals

### PHASE 2 CLEAN YOUR ROOM – | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yard grid with 5 yard middle channel

#### DESCRIPTION

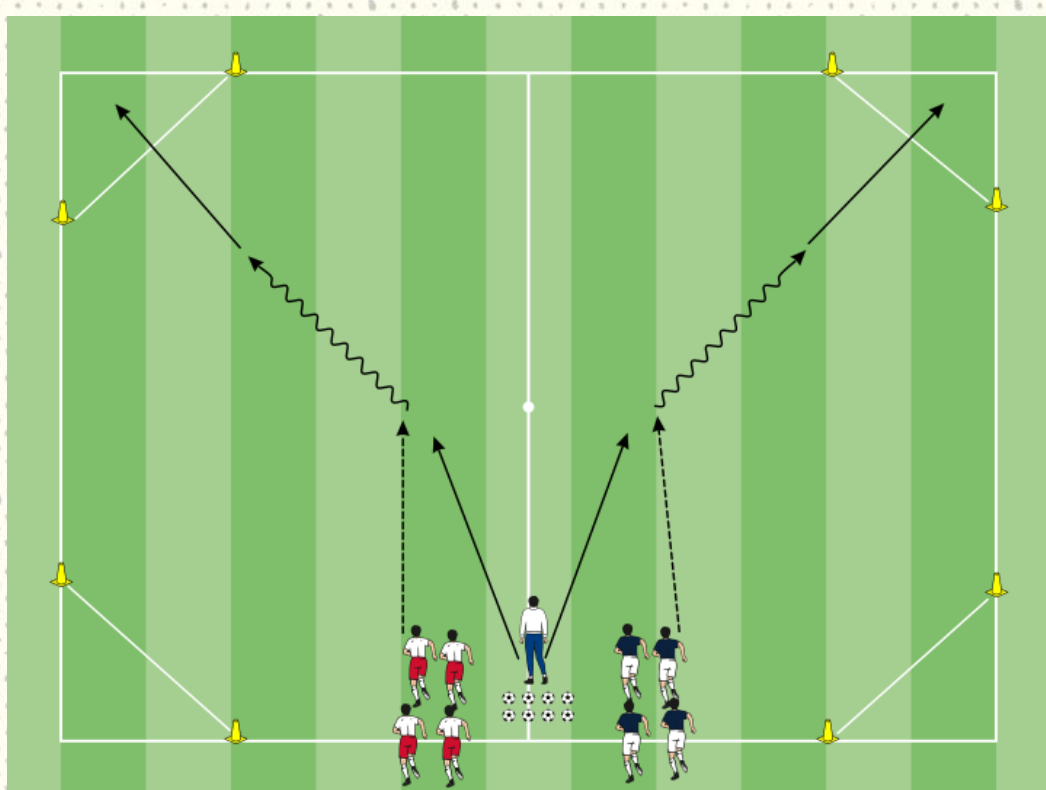
Its time to clean your room and get rid of all the stinky laundry! When coach says “clean your room” each team tries to get as much dirty laundry into their opponent's room as possible by shooting the ball into the opposing teams’ room. Players can not shoot the ball from the middle channel to prevent injuries. Coach can move balls out of this area. Team with least laundry in room wins.

#### MORE CHALLENGING

Add ball mastery sole taps before shooting ball across grid

### PHASE 3 RACE TO SCORE – | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

20 x 15 yards, 4 goals in corners marked with cones

#### DESCRIPTION

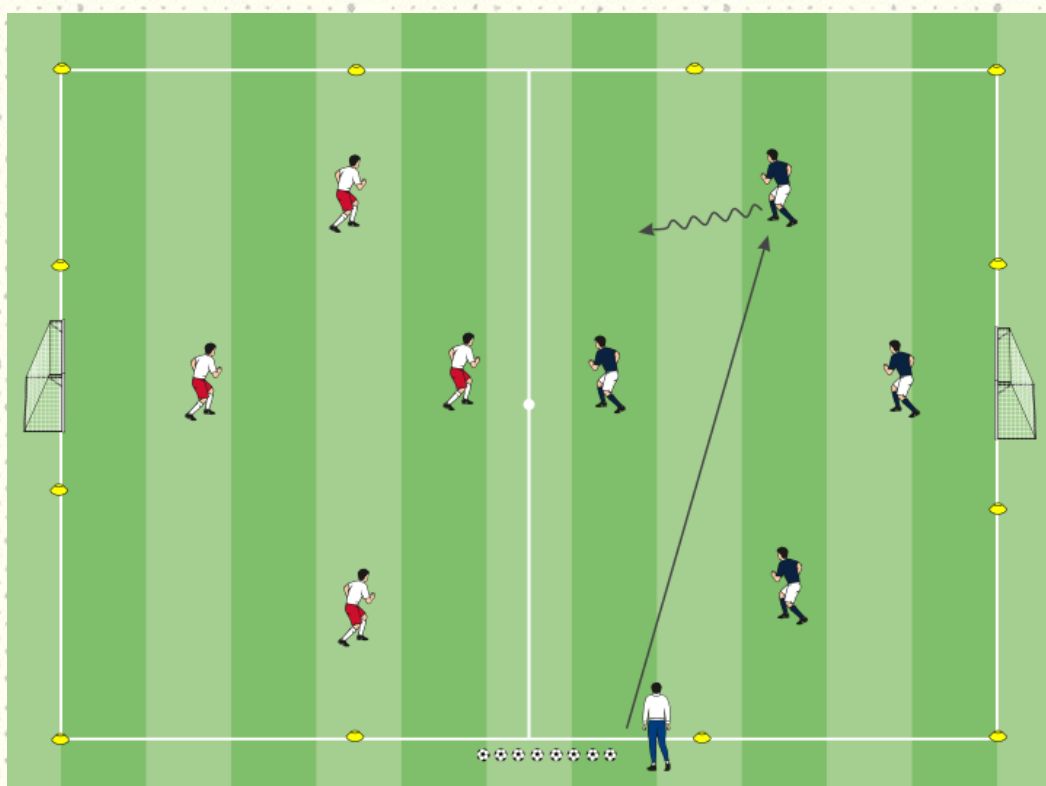
Split into two teams and line up side by side with large supply of balls. Pass 2 balls into grid, 1 red & 1 blue player race to score first on any of 4 goals. Collect ball and join back of line. Add variations, identify only 2 out of 4 goals to score on, change entry pass, 4 players go at same time

#### MORE CHALLENGING

1 ball, players go 1v1 to goal, move to 2v2.

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 9

## Dribbling to protect the ball

**OBJECTIVE** | Learn how to use different surfaces of the foot

### COACHING POINTS

1. Toe down, use laces to dribble
2. Head up to see opponent, space and teammate
3. Dribble into open space

### GUIDED QUESTIONS

1. Where should we keep ball when dribbling? Why?
2. How can you find open space?
3. How should you dribble into space?

### KEY WORDS

Keep it close, Drive, Take Space, Pick head up


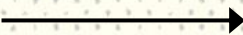

### PLAYER ACTIONS

Dribble, Change speed, 1v1 moves

### TECHNICAL TOOLS

**Block 1:** Keep the ball close; **Block 2:** Different Surfaces;  
**Block 3:** Accelerate, Ready position

### SESSION KEY

Dribble   
Pass / Shot   
Movement 



# 4 v 4

*Play to discover*

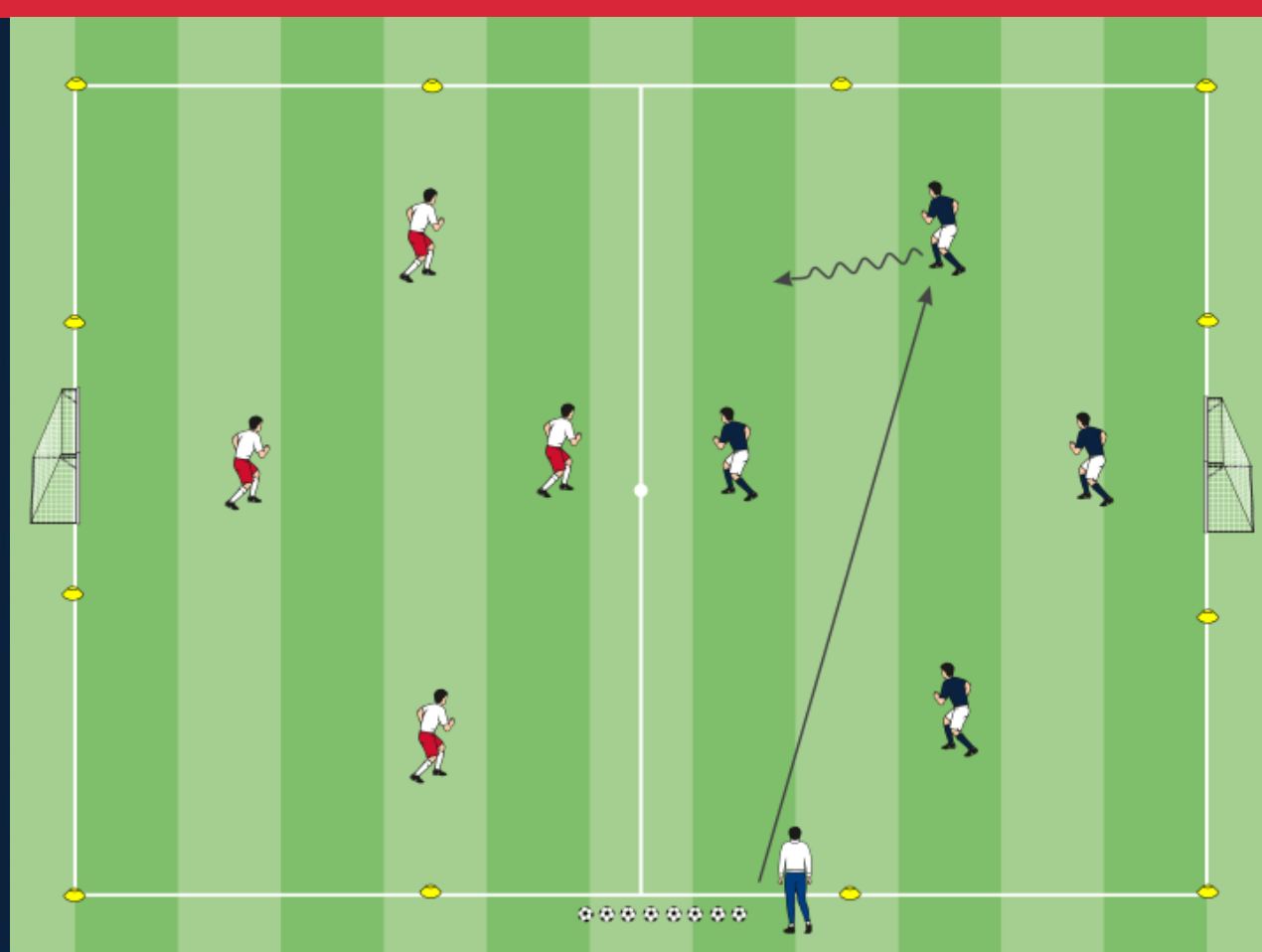
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Dribbling  
Block 2

**PHASE 1 – PLAY | 15 MINS**

**3 MINUTES PLAY | 1 MINUTE REST**



### AREA

20 x 30 yard field

### DESCRIPTION

Players play 1v1, 2v2, 3v3, 4v4 as they arrive with the focus on passing. Encourage players to take on opponents by dribbling into space.

### SCORING

Score on mini goal for 1 point

### MORE CHALLENGING

Make fields smaller

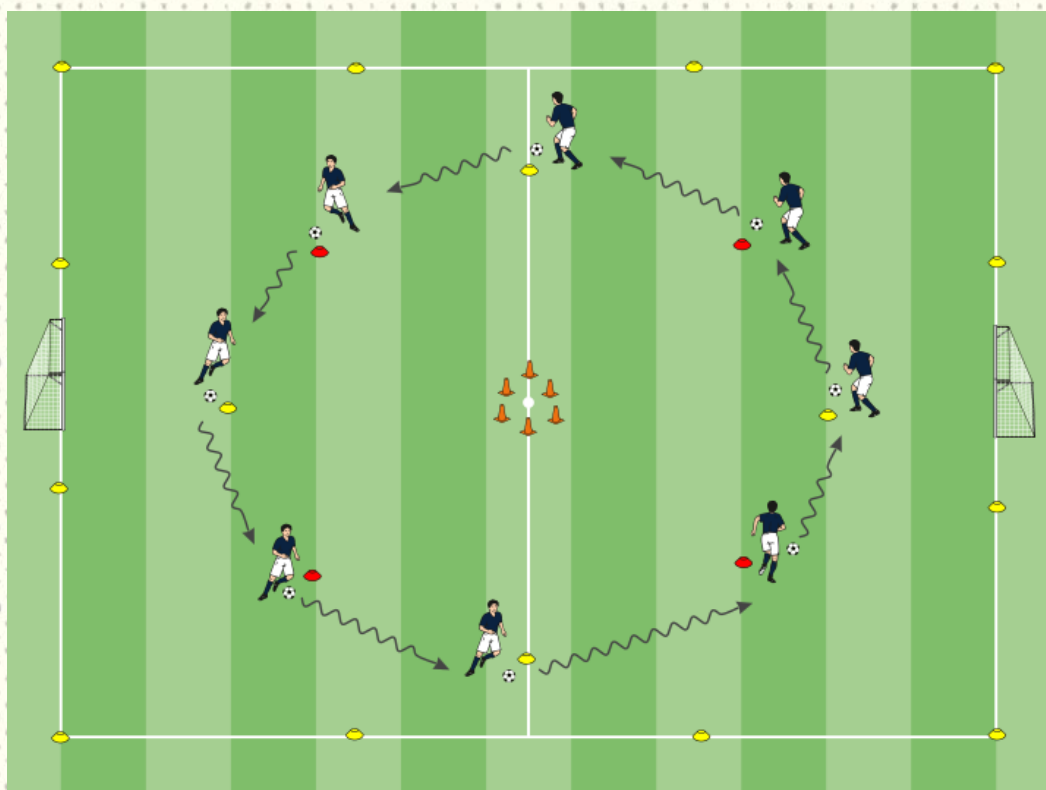


## Week 9

## Dribbling to protect the ball

### PHASE 2 CIRCLE SOCCER GAME – 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

Circle of cones alternate colors in center of field

#### DESCRIPTION

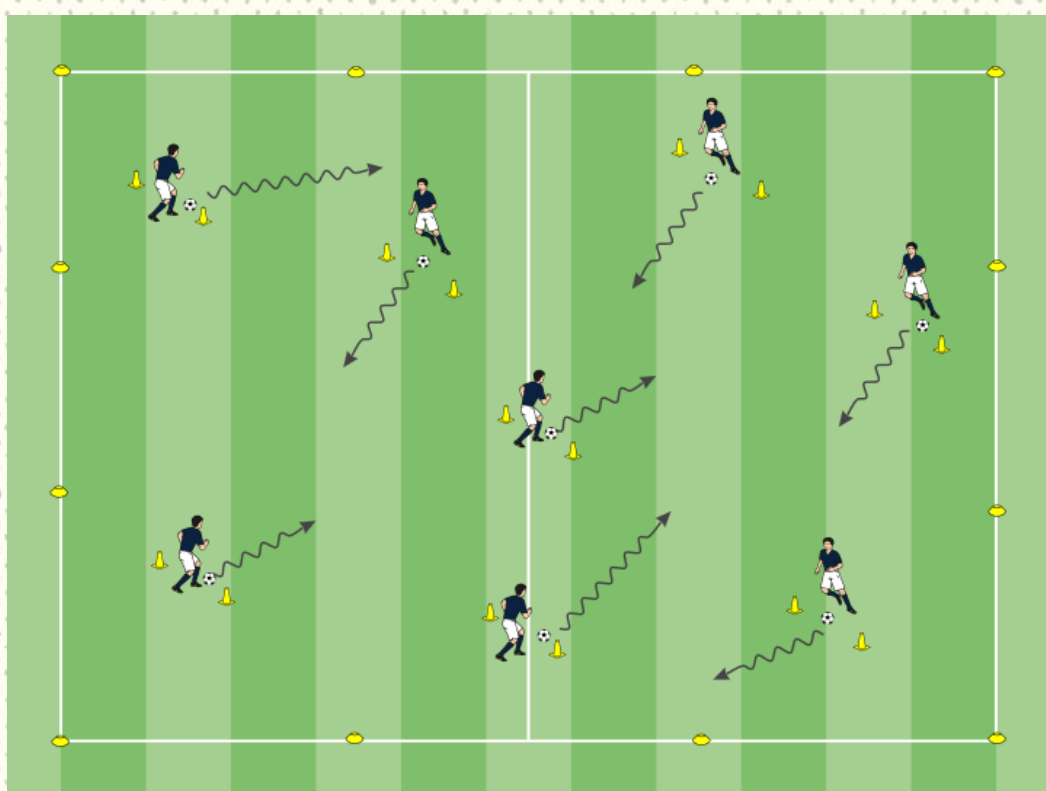
Players start without a ball and run around the circle back to their cone. Add change of direction. Then add ball each working on dribbling with close control and change of direction moves (pull backs) adding races back to cone. 1<sup>st</sup> back gets to shoot first to knock over cones for a point.

#### MORE CHALLENGING

Add multiple change of directions

### PHASE 3 SURFACES OF THE FOOT – 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards, 3 yard gates

#### DESCRIPTION

Players with their own ball start in a gate. Coach asks them to place different body parts (knee, toe, foot, back, head....make it fun) on the ball before saying "GO" and they then dribble to open gate. Now ask players to do same using different surfaces of foot. Progress to then dribbling in area using all surfaces of foot.

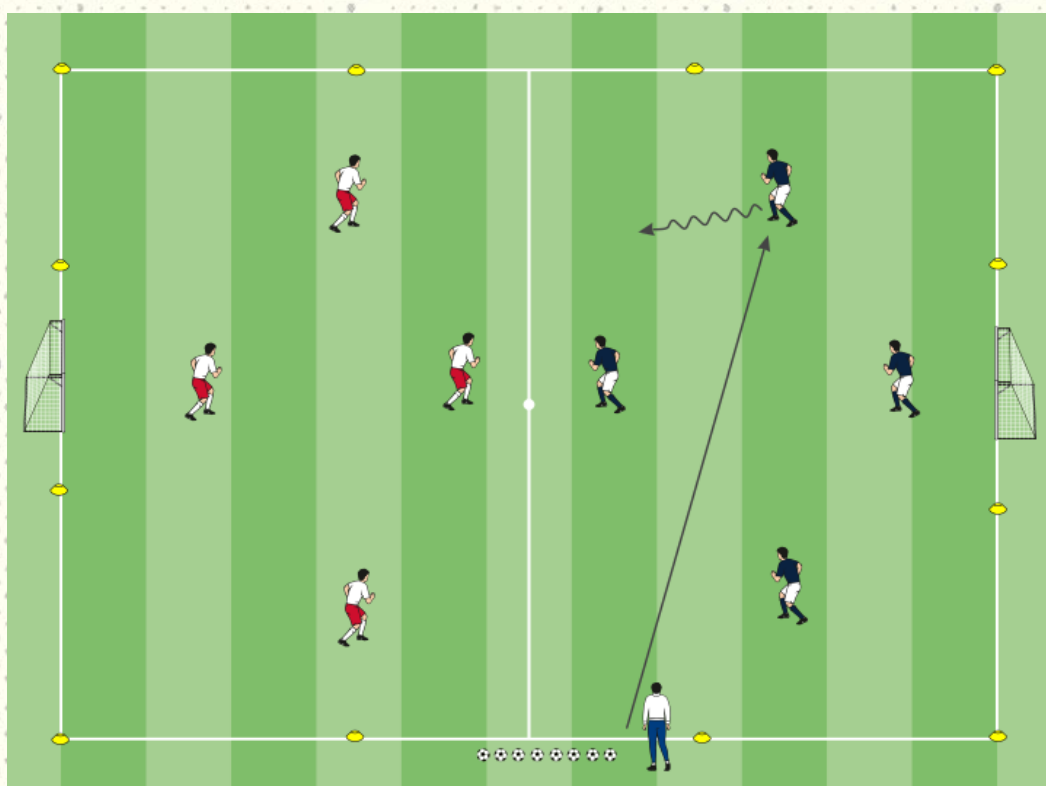
#### MORE CHALLENGING

Remove gate/s

Add defender to steal balls.

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller



## Week 10 Taking on an opponent with a skill move

### OBJECTIVE | Learn a basic 1v1 move

#### COACHING POINTS

1. Check shoulders to scan the field
2. Keep your body in between opponent and the ball
3. Accelerate through the 1v1 move

#### GUIDED QUESTIONS

1. When should we take an opponent on 1v1?
2. How can you find open space?
3. How can we protect the ball when doing a 1v1 move?


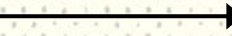
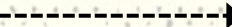
#### KEY WORDS

Keep it close, Drive, Take Space, Pick head up

#### PLAYER ACTIONS

Take on opponent

#### SESSION KEY

Dribble   
 Pass / Shot   
 Movement 

#### TECHNICAL TOOLS

**Block 1:** Run past opponent; **Block 2:** Accelerate, Basic 1v1 moves; **Block 3:** Shield, Scan, Correct foot



# 4 v 4

*Play to discover*

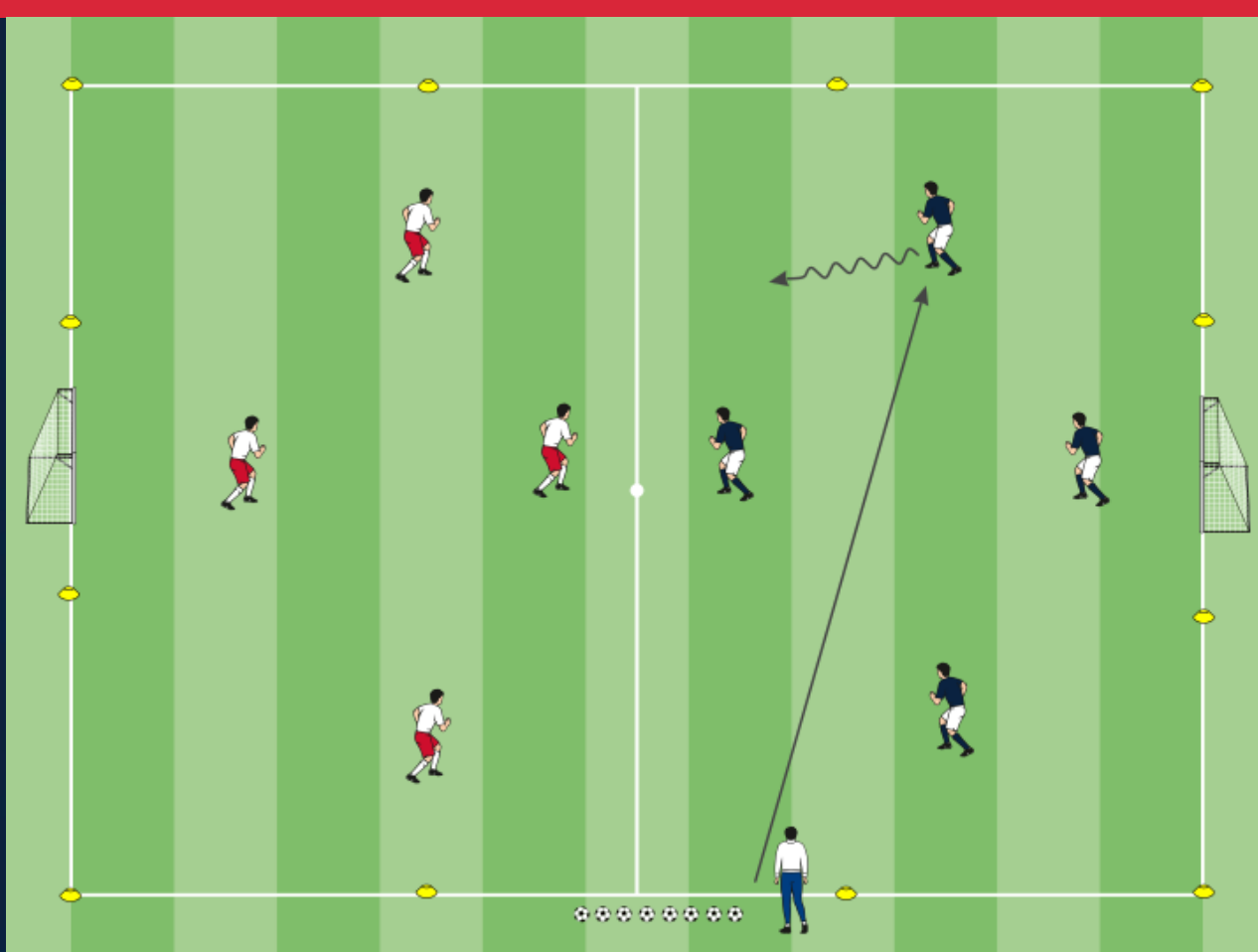
Me and my ball

Learn fundamentals,  
purpose, direction &  
rules of the game

Taking on Opponent  
Block 2

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



#### AREA

20 x 30 yard field

#### DESCRIPTION

Players play 1v1, 2v2, 3v3, 4v4 as they arrive with the focus on passing. Encourage players to take on opponents by dribbling into space.

#### SCORING

Score on mini goal for 1 point

#### MORE CHALLENGING

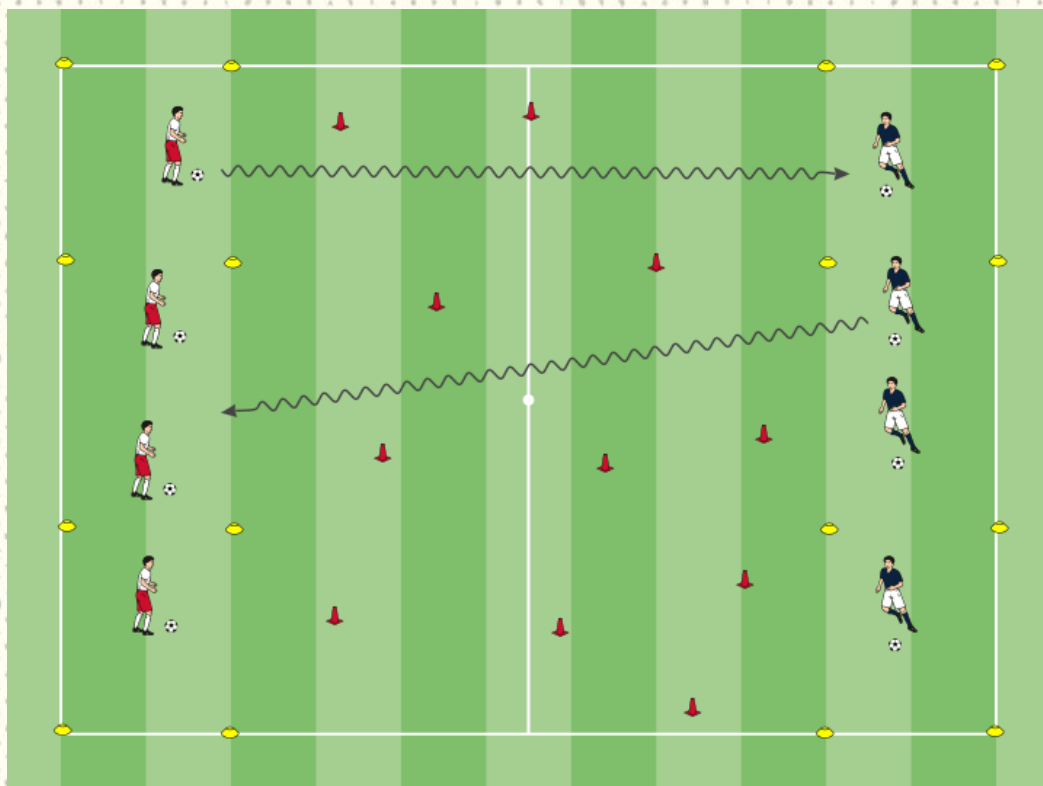
Make fields smaller



## Week 10 Taking on an opponent with a skill move

### PHASE 2 TRAFFIC LIGHT END ZONE – 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards, 5-yard end zones, scattered cones

#### DESCRIPTION

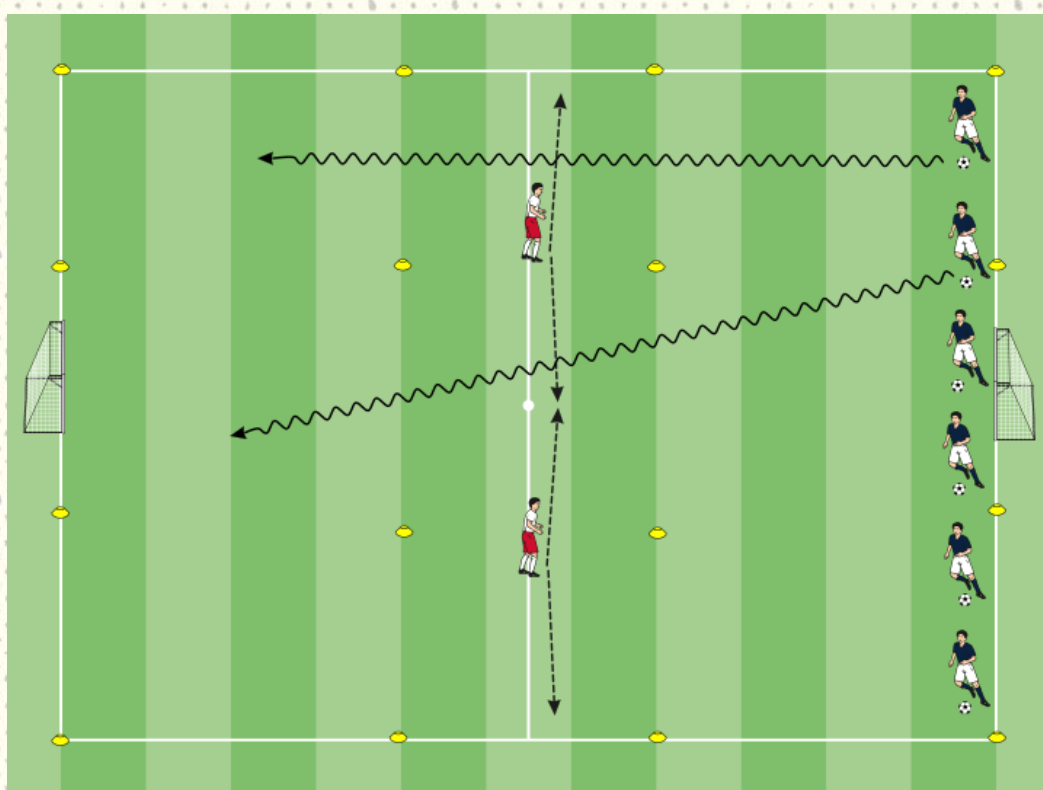
Split into 2 teams, players with a ball each in end zone. Play traffic lights (red stop, green go, yellow slow) with players dribbling to opposite end zone and stopping. Progress to now practice dribbling to a cone and using a fake and take to move ball past cone. Speed up after moving into open space, experiment with changing speed, keeping head up and finding open space.

#### MORE CHALLENGING

Add coach as bumper car trying to bump players out of the grid. Add players as bumper cars.

### PHASE 3 –BUMPER CARS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



#### AREA

15 x 20 yards with 5-yard middle zone.

#### DESCRIPTION

Players with ball on end line with their “cars” the ball. Practice without any pressure first, drive slowly and then change speed through the middle zone and stop ball on opposite end line with a squish.....don’t go off track!

SLOW | FAST | SLOW

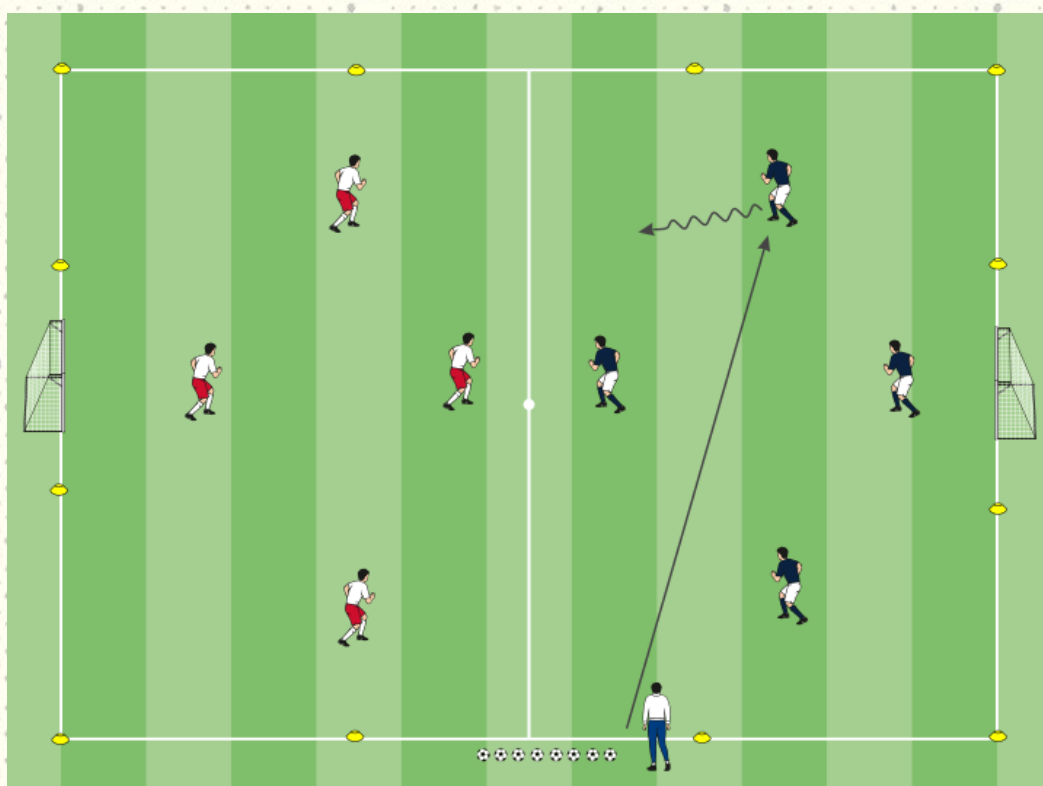
Now introduce two bumper cars (coach can play too!) who try to bump the other cars out with their car/ball or cause a “Crash”. Blue players try to avoid crash and get to other side unscathed!

#### MORE CHALLENGING

Add more bumper cars, score on goal after crossing

### PHASE 4 –GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



#### AREA

20 x 30 yards

#### DESCRIPTION

Play 4v4 game

Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

#### MORE CHALLENGING

Make field smaller





ACADEMY

AGE: 10/11 / 12 / 13 / 14 / 15 / 16 / 17 / 18 / 19 / 20 / 21 / 22 / 23 / 24 / 25 / 26 / 27 / 28 / 29 / 30 / 31 / 32 / 33 / 34 / 35 / 36 / 37 / 38 / 39 / 40 / 41 / 42 / 43 / 44 / 45 / 46 / 47 / 48 / 49 / 50 / 51 / 52 / 53 / 54 / 55 / 56 / 57 / 58 / 59 / 60 / 61 / 62 / 63 / 64 / 65 / 66 / 67 / 68 / 69 / 70 / 71 / 72 / 73 / 74 / 75 / 76 / 77 / 78 / 79 / 80 / 81 / 82 / 83 / 84 / 85 / 86 / 87 / 88 / 89 / 90 / 91 / 92 / 93 / 94 / 95 / 96 / 97 / 98 / 99 / 100

# AGES AND STAGES

## Social Development

- Play in ways that include fantasy and imagination.
- Imitate coach and friends behaviors.
- Players can be impulsive, sometimes demanding.

## Emotional Development

- They enjoy movement and being active.
- Seek positive praise and support.
- Emotions are linked to desires (likes/dislikes).

## Language Development

- Basic vocabulary.
- Can understand basic analogies "hop like a bunny rabbit"
- They understand more than they can verbalize.

## Cognitive Development

- Eager to learn and learn quickly.
- Easily distracted.
- They ask lots of questions.

## Physical Development

- Develop fundamental movements.
- No concept of pace or fatigue. (They play at full capacity).
- Have the capacity to tumble, spin, and roll.



# TEACHING TOOLS

## PLAYER ACTIONS

**WHAT YOU WOULD LIKE THE PLAYERS  
TO DO BASED ON SESSION TOPIC.  
EXAMPLE  
"Pass or dribble forward"**

## TECHNICAL TOOLS

**WAYS IN WHICH TO PERFORM OR  
ENHANCE PLAYER ACTIONS.**

## COACHING POINTS

**HOW TO HELP & GUIDE PLAYES TO  
PERFORM THE PLAYER ACTIONS.  
EXAMPLE FOR DRIBBLING "LARGER  
TOUCHES TO ACCELERATE INTO SPACE"**

## GUIDED QUESTIONS

**QUESTIONS SHOULD BE PREMEDITATED  
TO SEEK UNDERSTANDING FROM THE  
PLAYERS. THEY MUST BE RELEVANT TO  
THE SESSION TOPIC AND SIMPLE FOR  
THIS AGE.  
EXAMPLE FOR DRIBBLING "HOW DO YOU  
KNOW WHERE THE OPEN SPACE IS  
WHEN DRIBBLING?"**



# PLAYERS NEED TO HAVE FUN!

## BELOW ARE ACTIONS AND TECHNICAL TOOLKITS.

### TECHNICAL TOOLS

#### PLAYER ACTIONS



Each team should teach **block 1** before teaching **block 2**. Teach **block 2** when you feel the *majority* of the team is ready to progress or *individually* should you have high performers within the team.



# COACHING



- Learn players names
- Get to know players
- Ask about their day / hobbies
- Take knee, get to their level
- Laughter is a sign a session is going well

- Keep a supply of balls
- Entry Pass to different players in game
- DEMONSTRATE!
- High five at beginning and end of session
- No laps, lines or lectures!





# SESSION STRUCTURE

## SKILL DEVELOPMENT

Teaching skills by breaking down the mechanics of the technique, gradually increasing pressure and applying the skill into specific game related situations.

### PHASE 1

WARM UP

### PHASE 2

TECHNICAL  
COMPETITION

### PHASE 3

TECHNICAL  
RELATED GAME

### PHASE 4

GAME

**OR**

## PLAY-PRACTICE-PLAY

A Grassroots developed philosophy designed around a player-centered approach to coaching. The concept of *Play-Practice-Play* is to allow young players to experience the game and game-like situations as much as possible.

### PLAY

SMALL-SIDED  
GAMES  
1v1, 2v2, 3v3, 4v4

### PRACTICE

DELIBERATE  
PRACTICE GAME-  
LIKE ACTIVITIES

### PLAY

GAME RELATED  
PLAY IN  
4v4 TO 7v7