



ACADEMY



4 v 4

Coaching guide

Grassroots development

EDUCATE . CONNECT. INSPIRE

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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.

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?


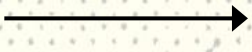
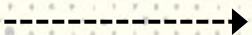
KEY WORDS

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

PLAYER ACTIONS

Dribbling

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 

TECHNICAL TOOLS

Block 1: Keep the ball close;

Block 2: Different Surfaces



4 v 4

Play to discover

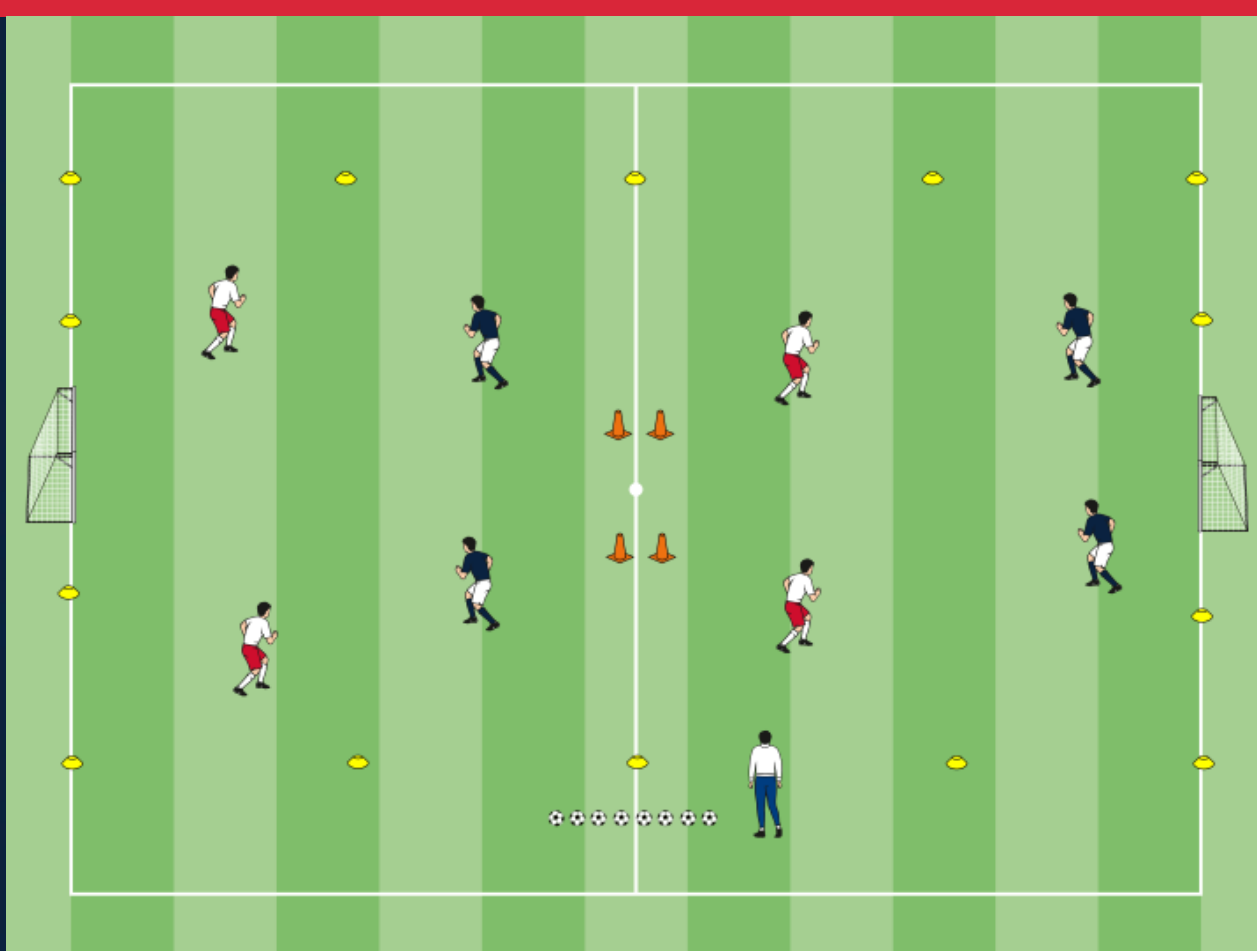
Me and my ball

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

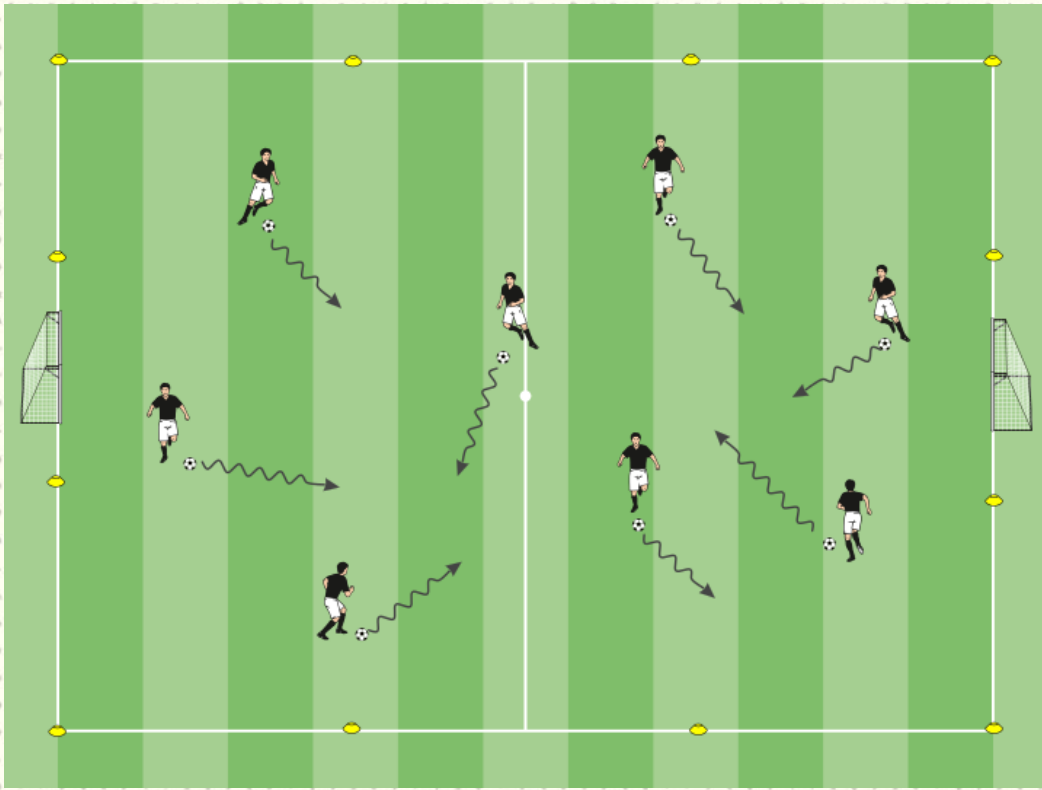
MORE CHALLENGING

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

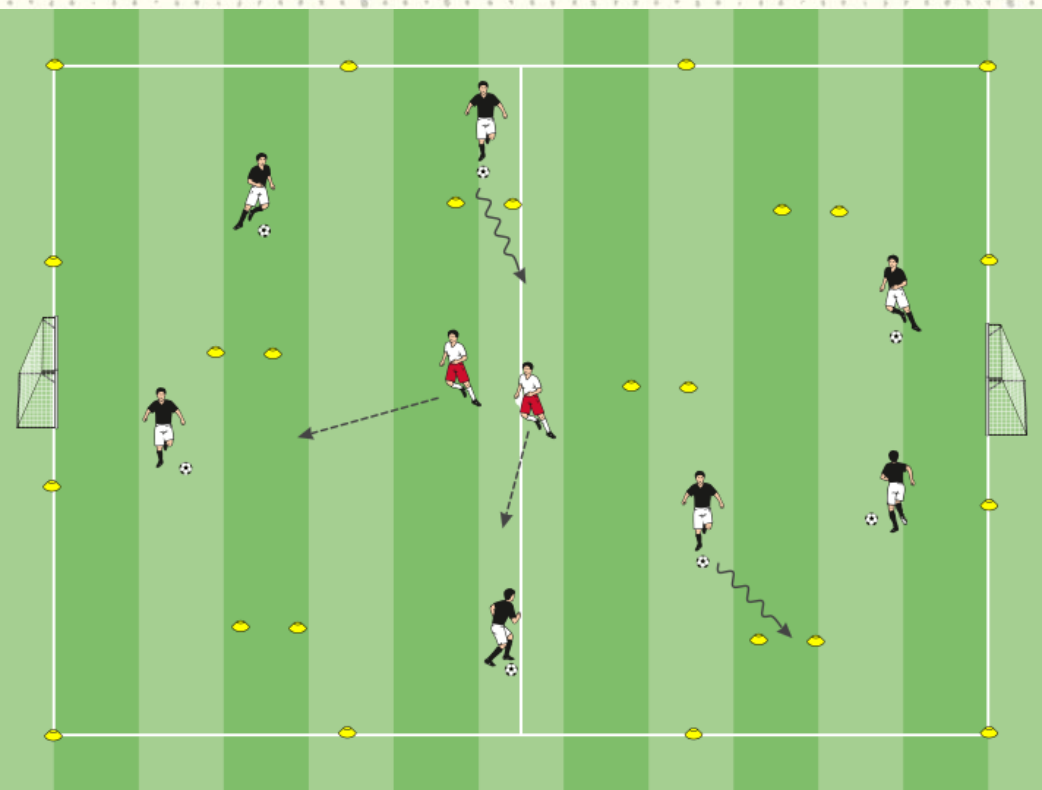
Players with a ball each in area dribbling.
 Red light = stop ball with sole of foot, Yellow light = pull back turn, Green light = dribble ball
 Highway = dribble at speed, Traffic Circle = double inside cut, Carwash = sole roles x 10
 Gas fill up = dribble ball around cone
 Crazy Driver = big toe, little 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

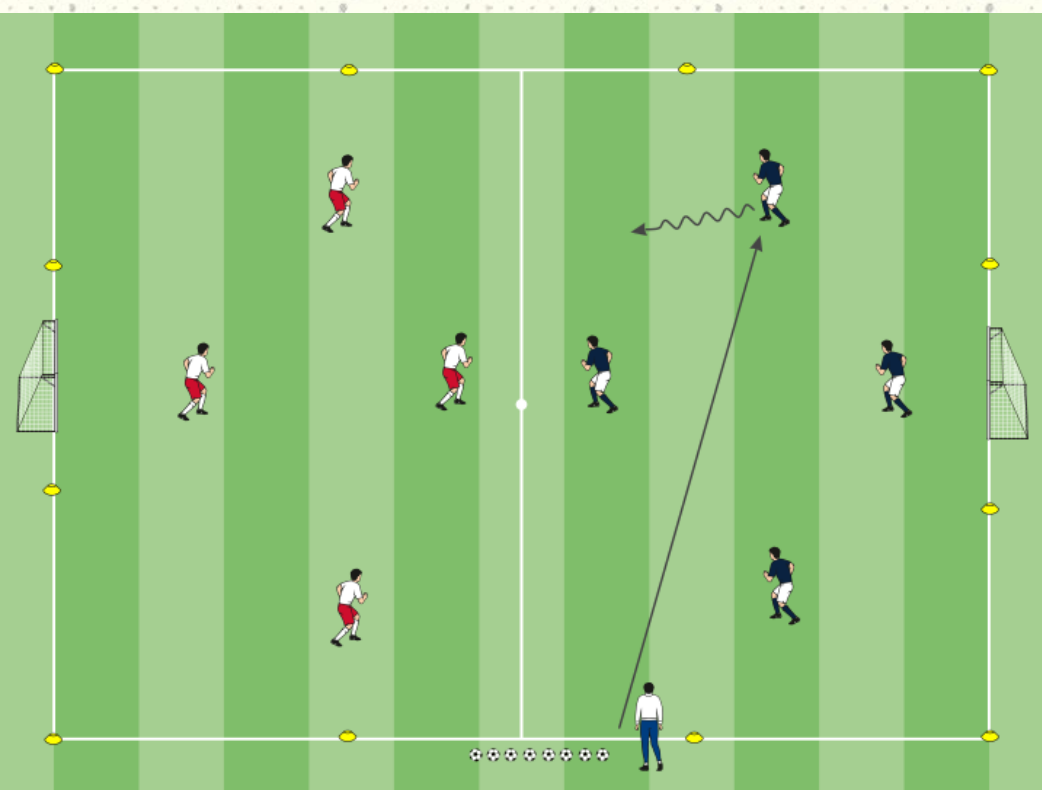
Place small gates on field. Race cars now need to drive through gates with ball under control, how many gates can you dribble through in 1 minute? beware of the police officers (defenders) keep ball close and under control. If players lose ball, 10 toe taps to get back in the game!

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



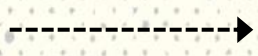
Take on opponent

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

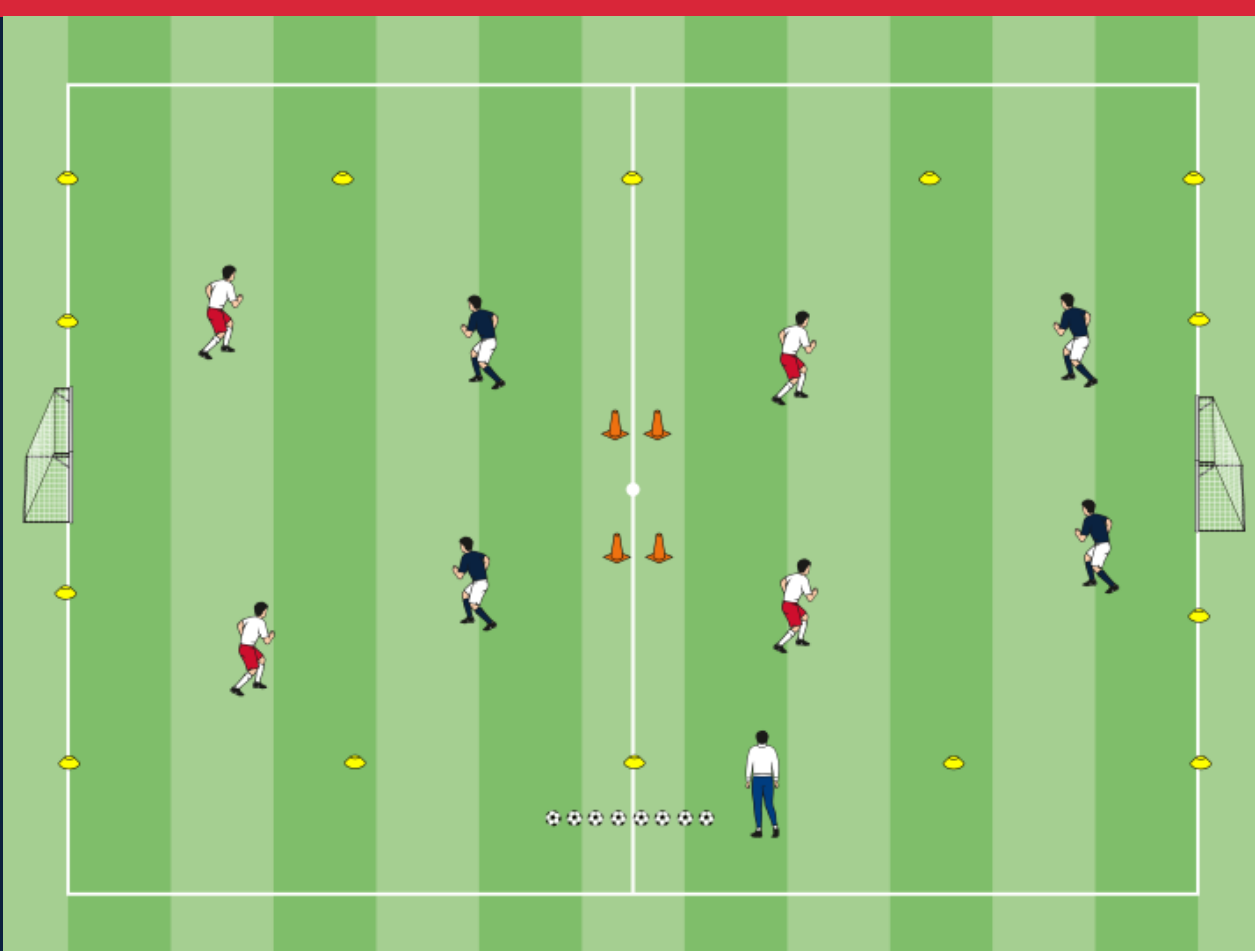
Me and my ball

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

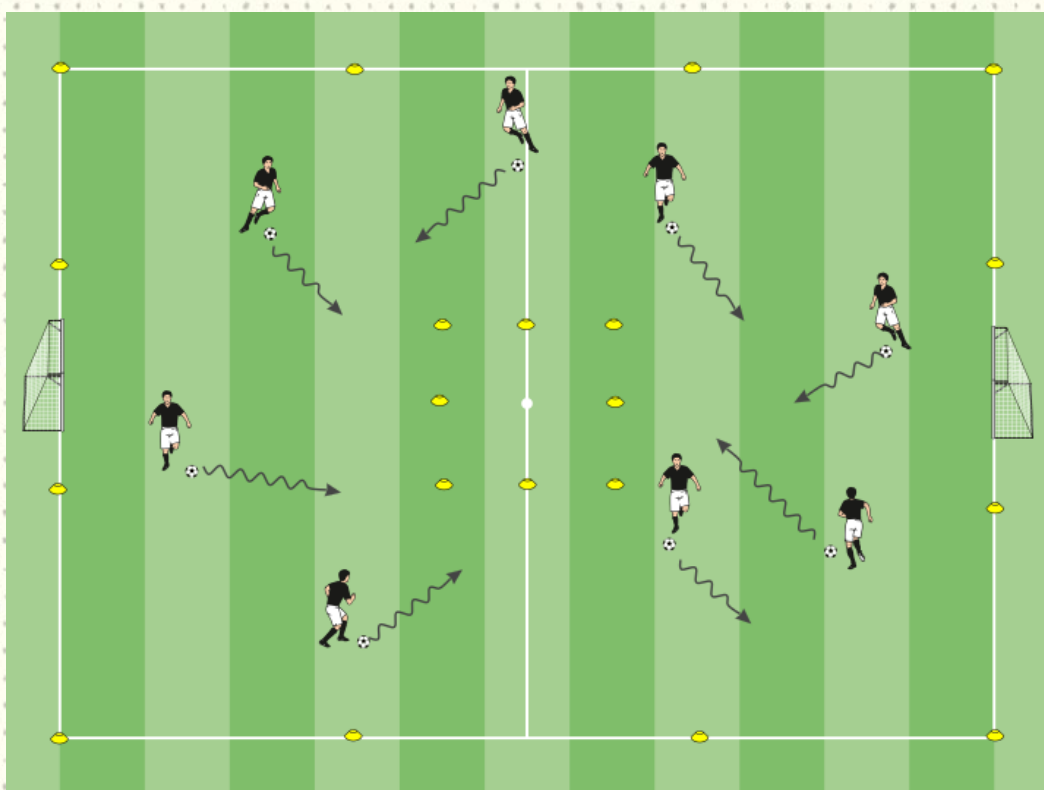
MORE CHALLENGING

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

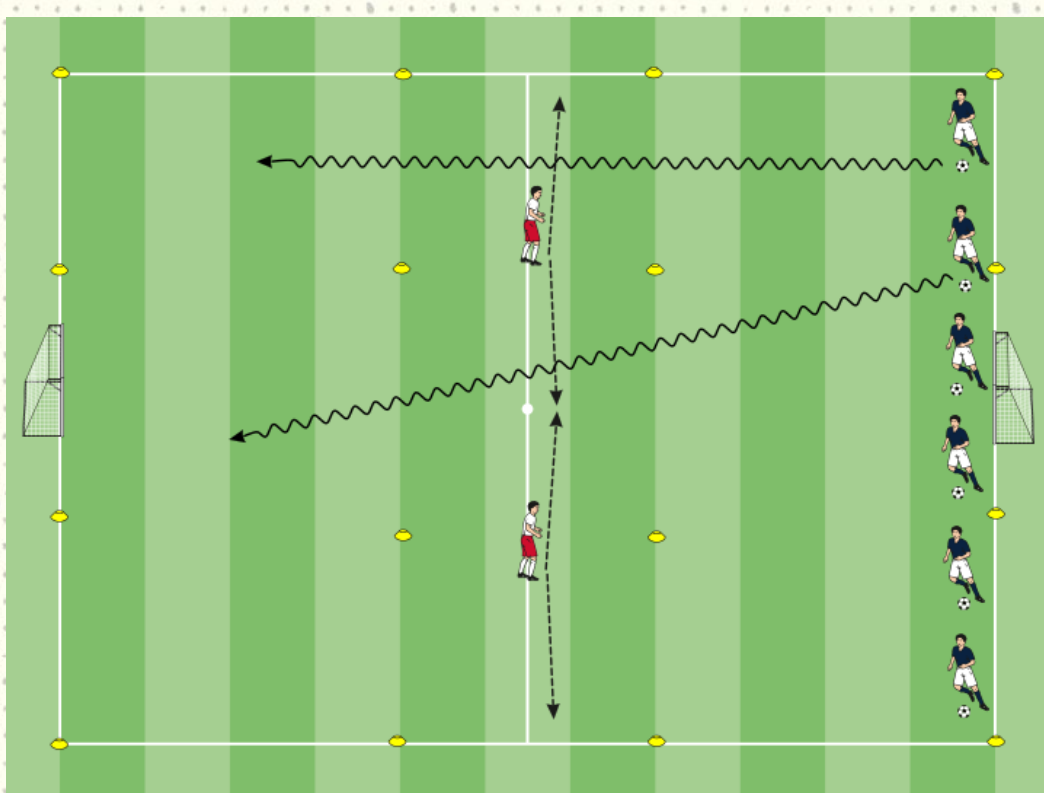
Players are pirates, coach is captain, Player's dribble making sure they do not splash into the ocean.
 "Captains Coming" Foot on ball shout Aye Aye Captain.
 "Climb the rigging" 10 sole taps
 "Scrub the decks" 10 tik tocks
 "Albatross overhead" Dribble ball to center to hide
 "Fire cannons" Shoot ball 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

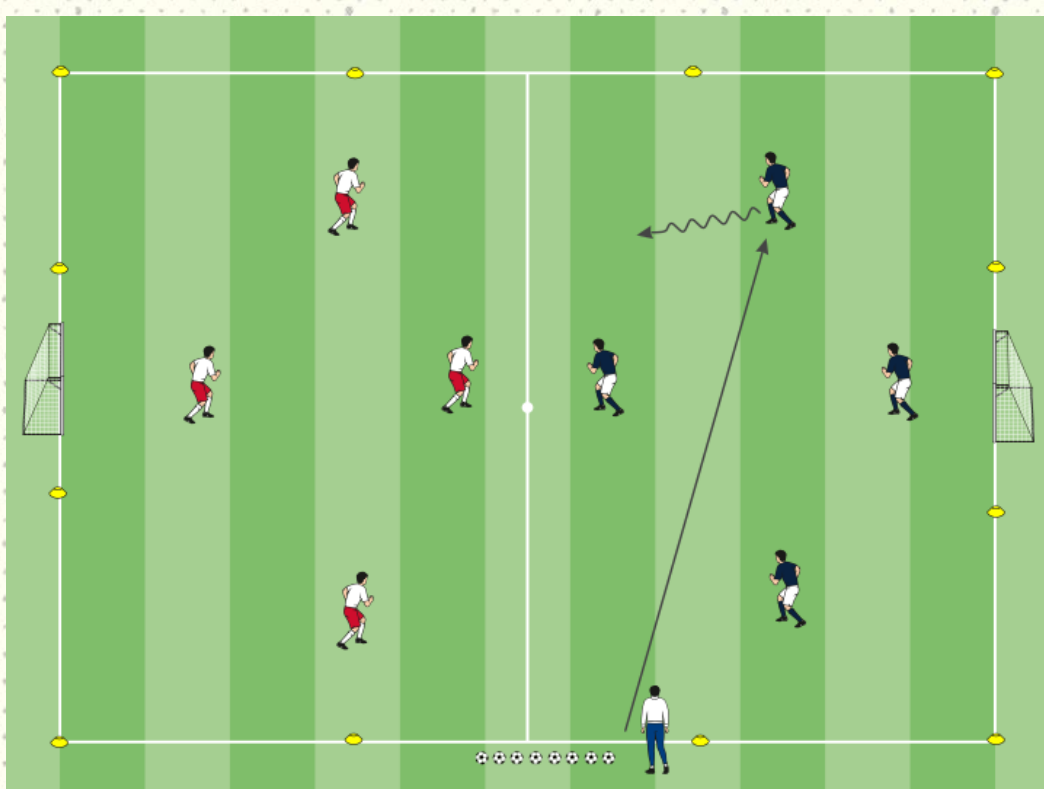
Minnows start with ball on end line and dribble across grid avoiding the sharks who can steal their ball. If you have your ball stolen, you become a shark.

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?


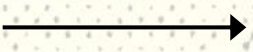
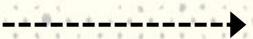
KEY WORDS

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

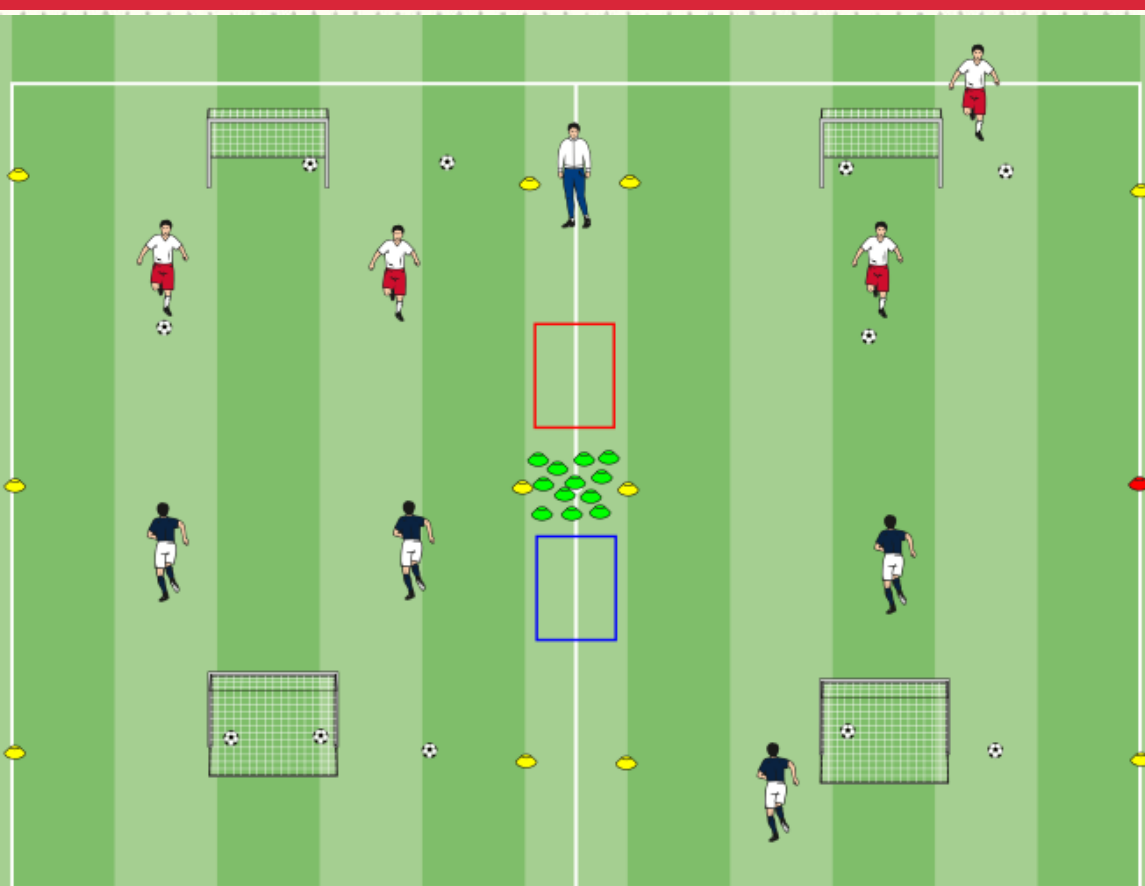
Me and my ball

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!

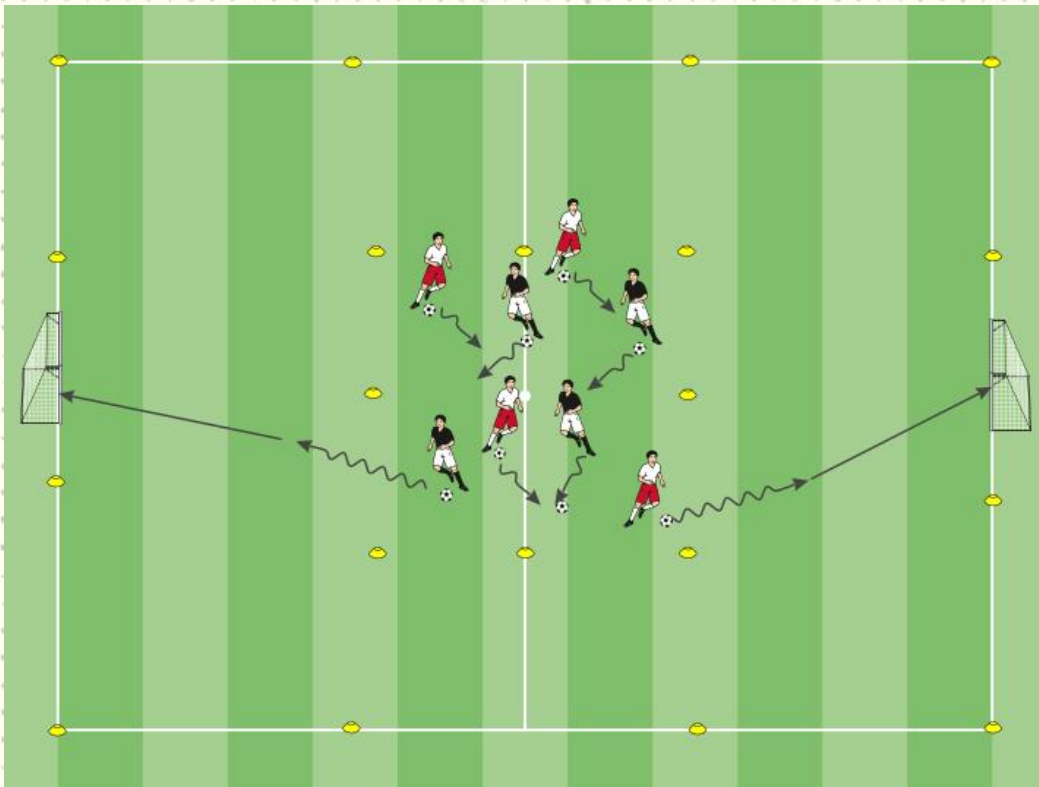
MORE CHALLENGING

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

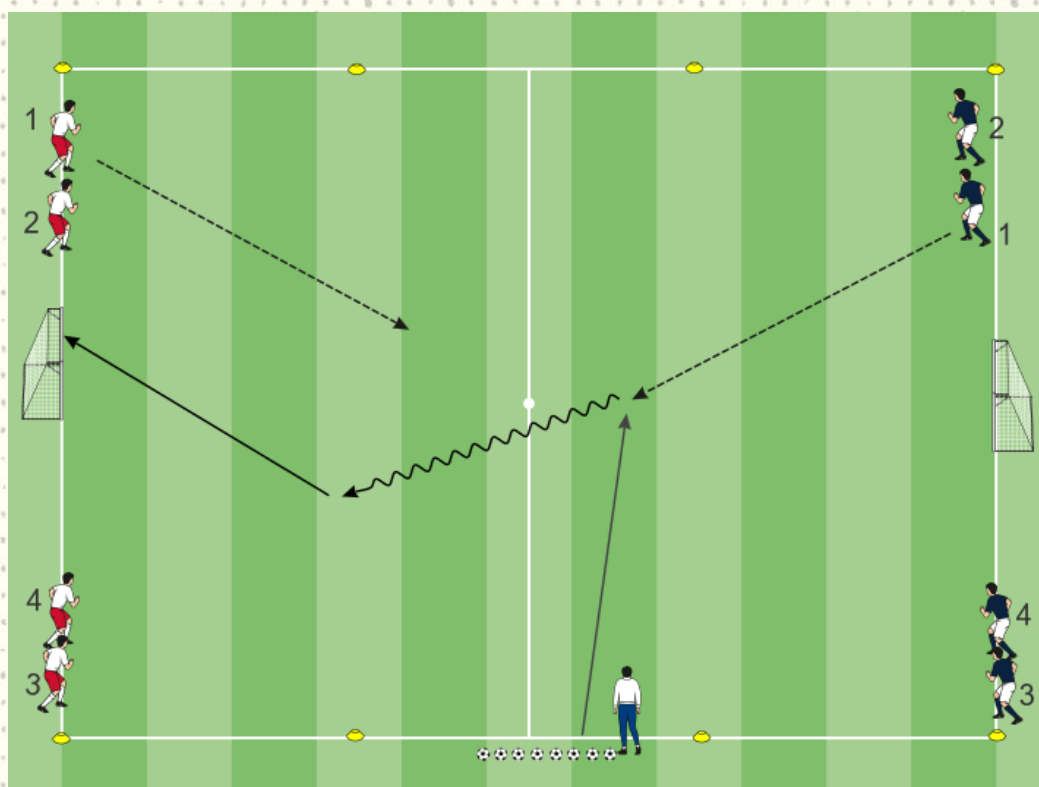
Split into two teams. Players are numbered on team. Play Traffic light game (Red Stop, Green Go, Yellow Pull Back) and when coach calls #1, both #1 players dribble to score on goal as quick as possible as shown while rest of team stops and cheers them on!

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

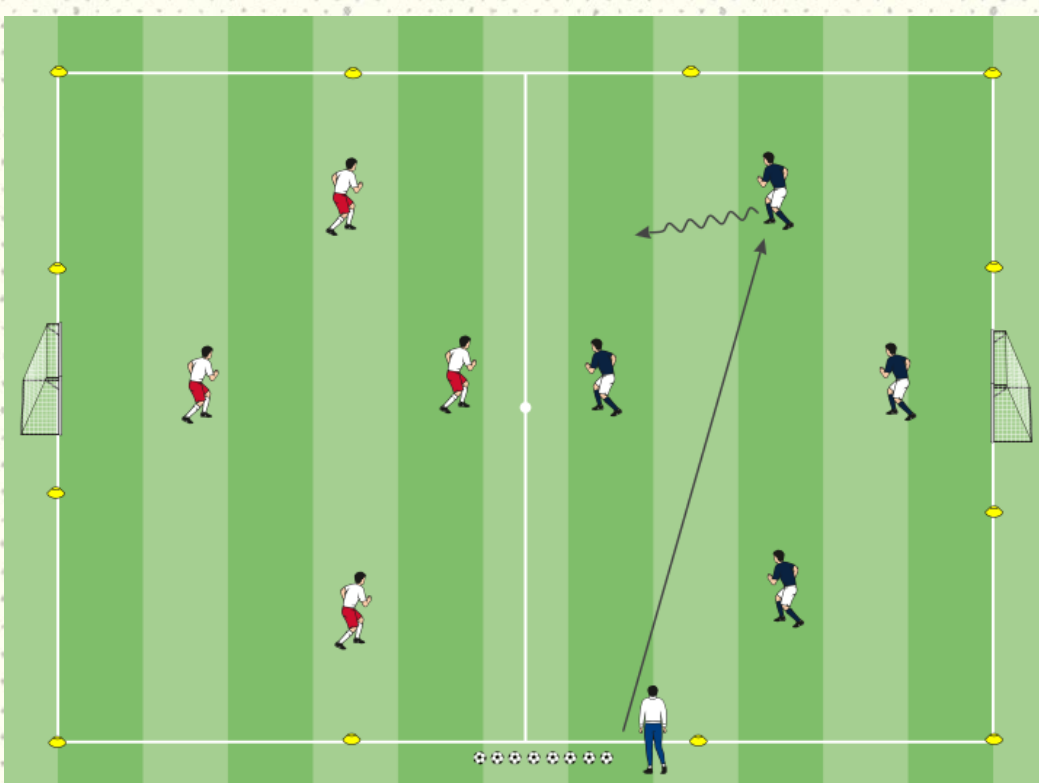
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal.

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?


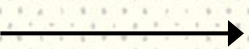
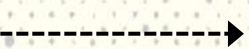
KEY WORDS

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

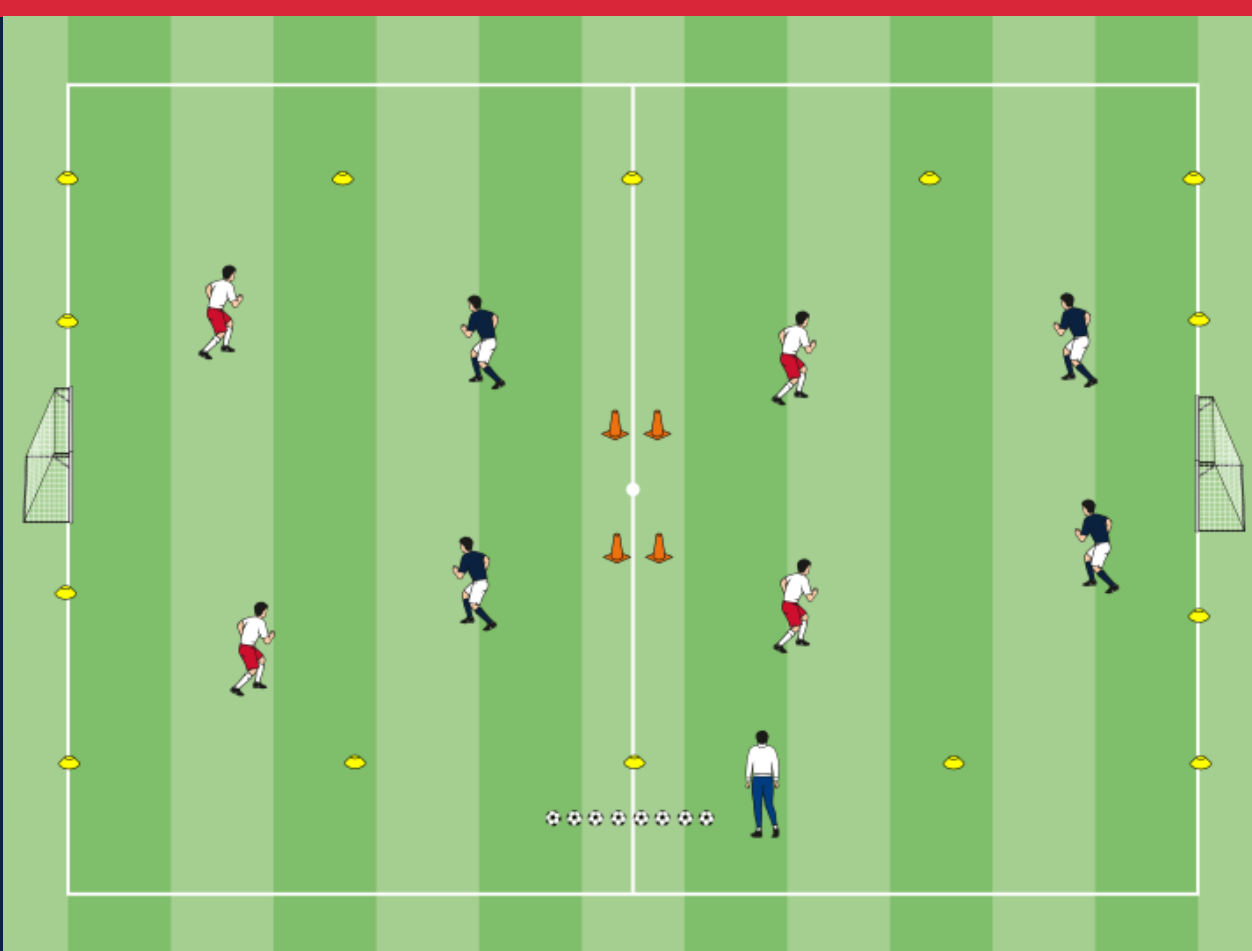
Me and my ball

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

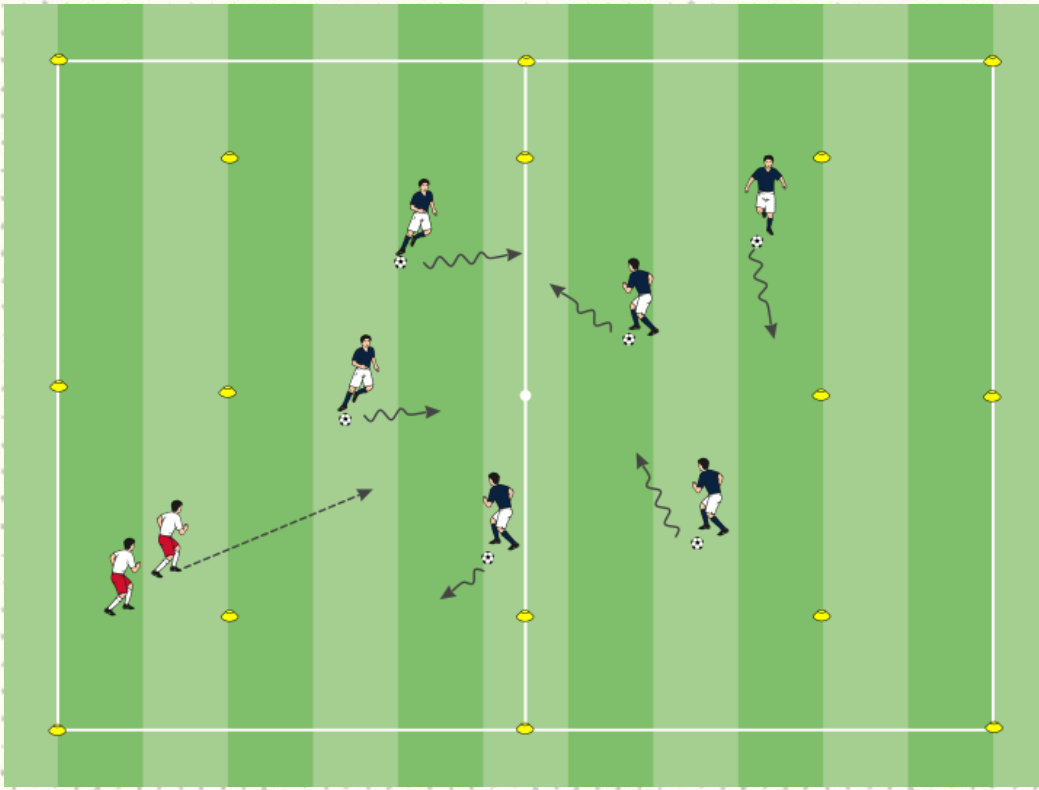
MORE CHALLENGING

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

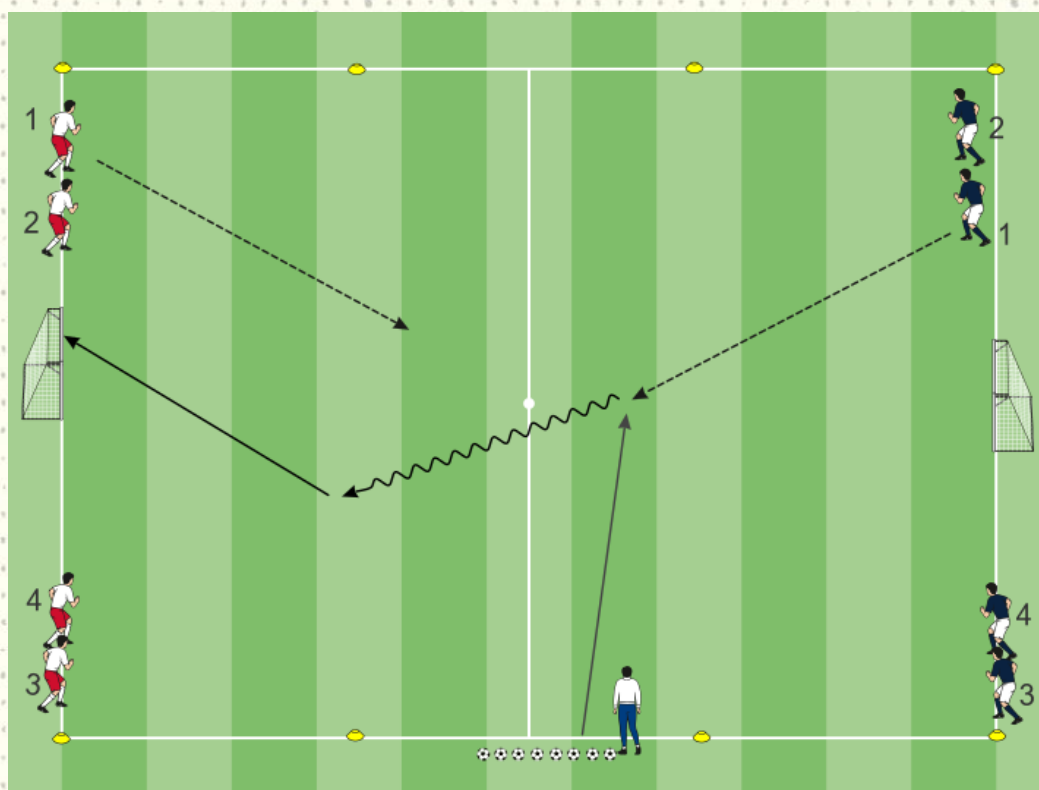
Players in blue try to protect their own ball while the red player/s attempt to steal blue players ball and dribble it out of the grid. If a player's ball is knocked out, give a ball mastery task to get back in (10 sole taps). Red team attempt to clear all balls out of the grid. In specified time. Encourage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

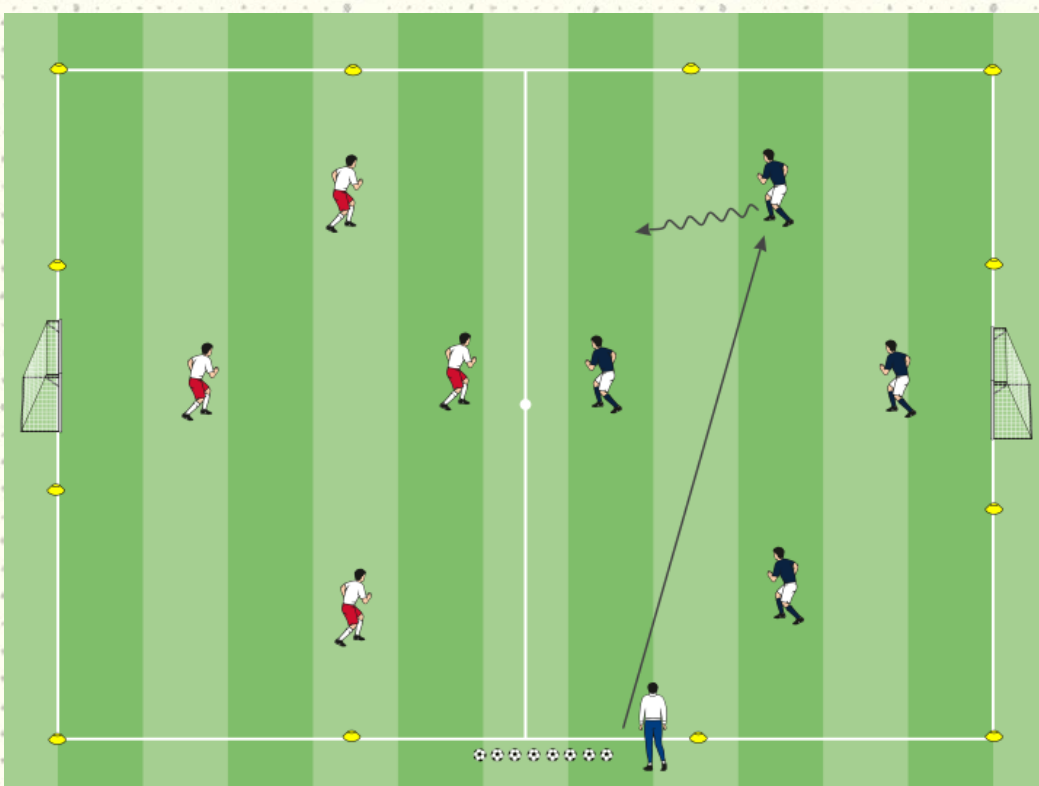
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal. Focus on defender, close space, get low, keep eye on ball, steal the ball!

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


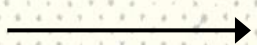

Escape Pressure

TECHNICAL TOOLS

Block 1: Shield;

Block 2: Accelerate, Basic escape moves

SESSION KEY

Dribble 
 Pass / Shot 
 Movement 



4 v 4

Play to discover

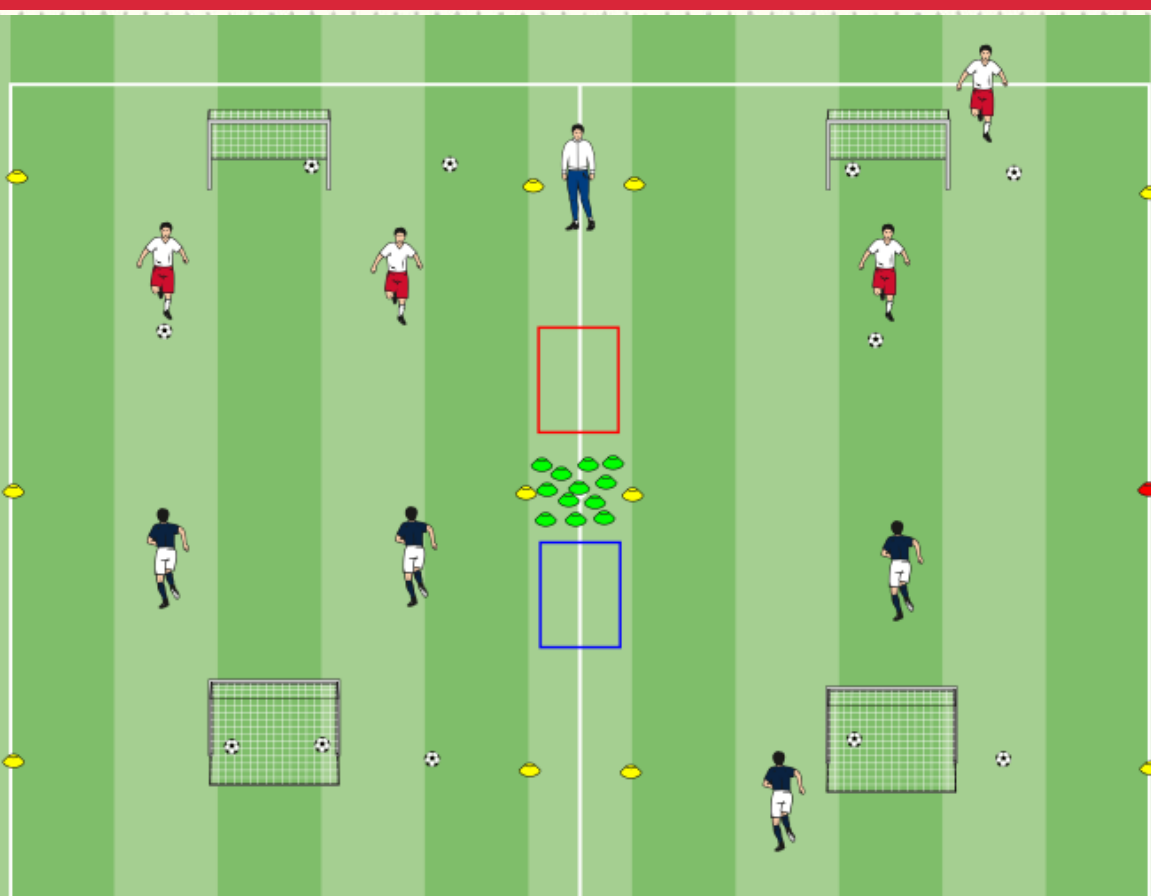
Me and my ball

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!

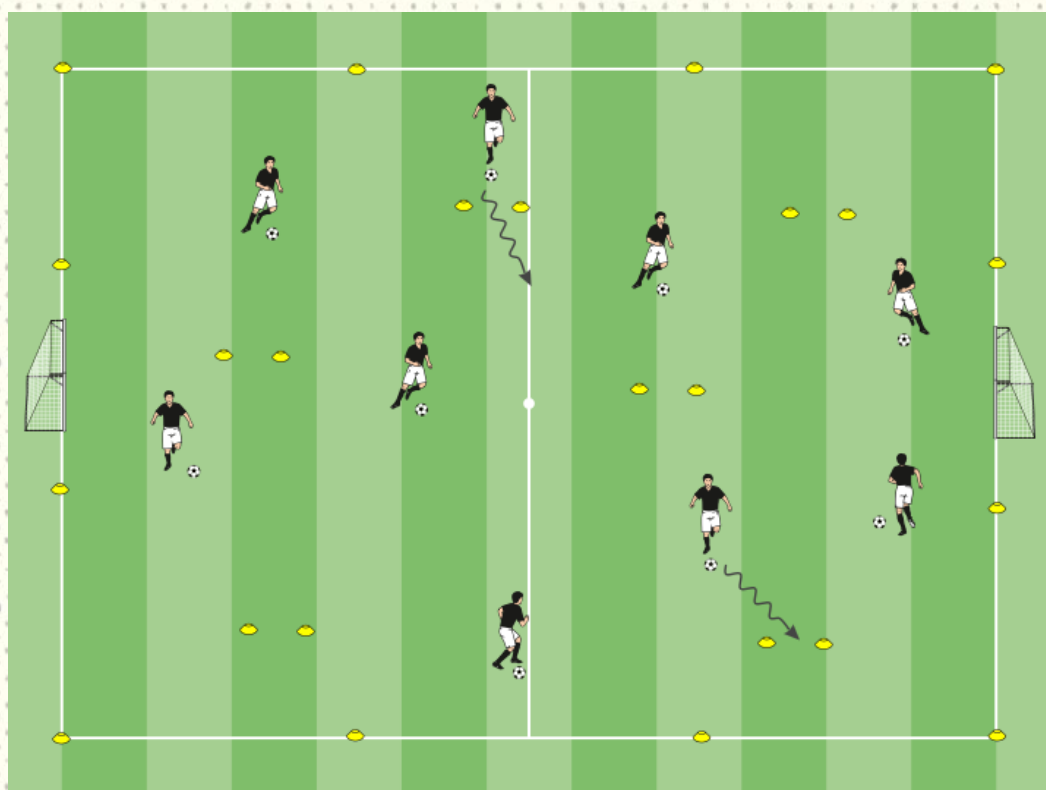
MORE CHALLENGING

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".

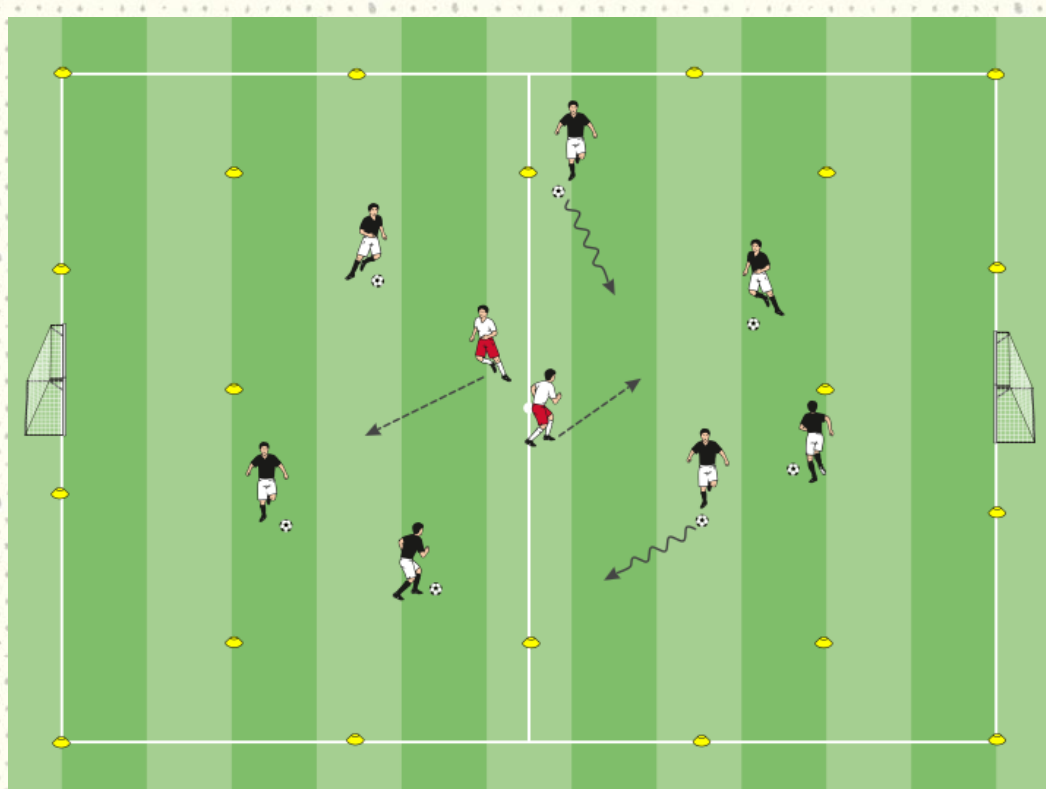
Demonstrate a change of direction move. Continue with body parts but now add a point for every gate a player dribbles in and out of using a pull back or step on turn.

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

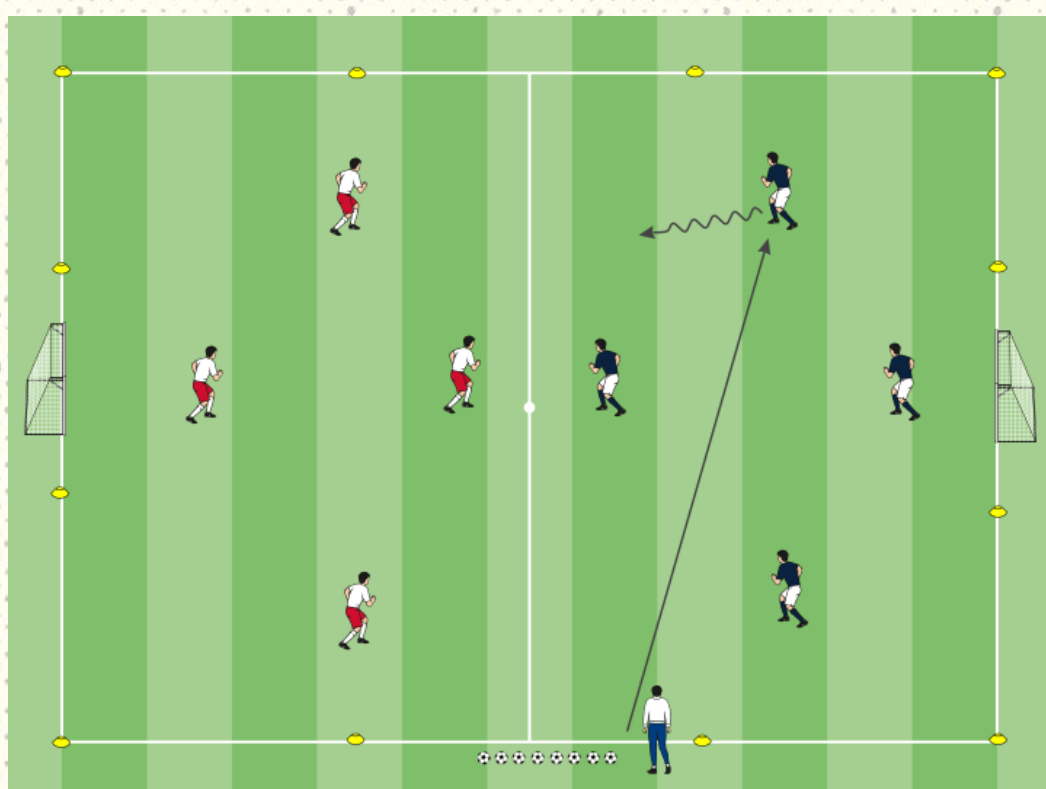
Blue players dribble away from the mud monsters (red players) who can tag with their hands. Once tagged blue player puts their ball above their head and open feet apart so another player can rescue them by dribbling the ball through their legs. Start with red players dribbling too to make it easier for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



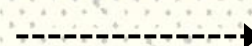
Dribble, Change speed, 1v1 moves

TECHNICAL TOOLS

Block 1: Keep the ball close

Block 2: Different Surfaces

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 



4 v 4

Play to discover

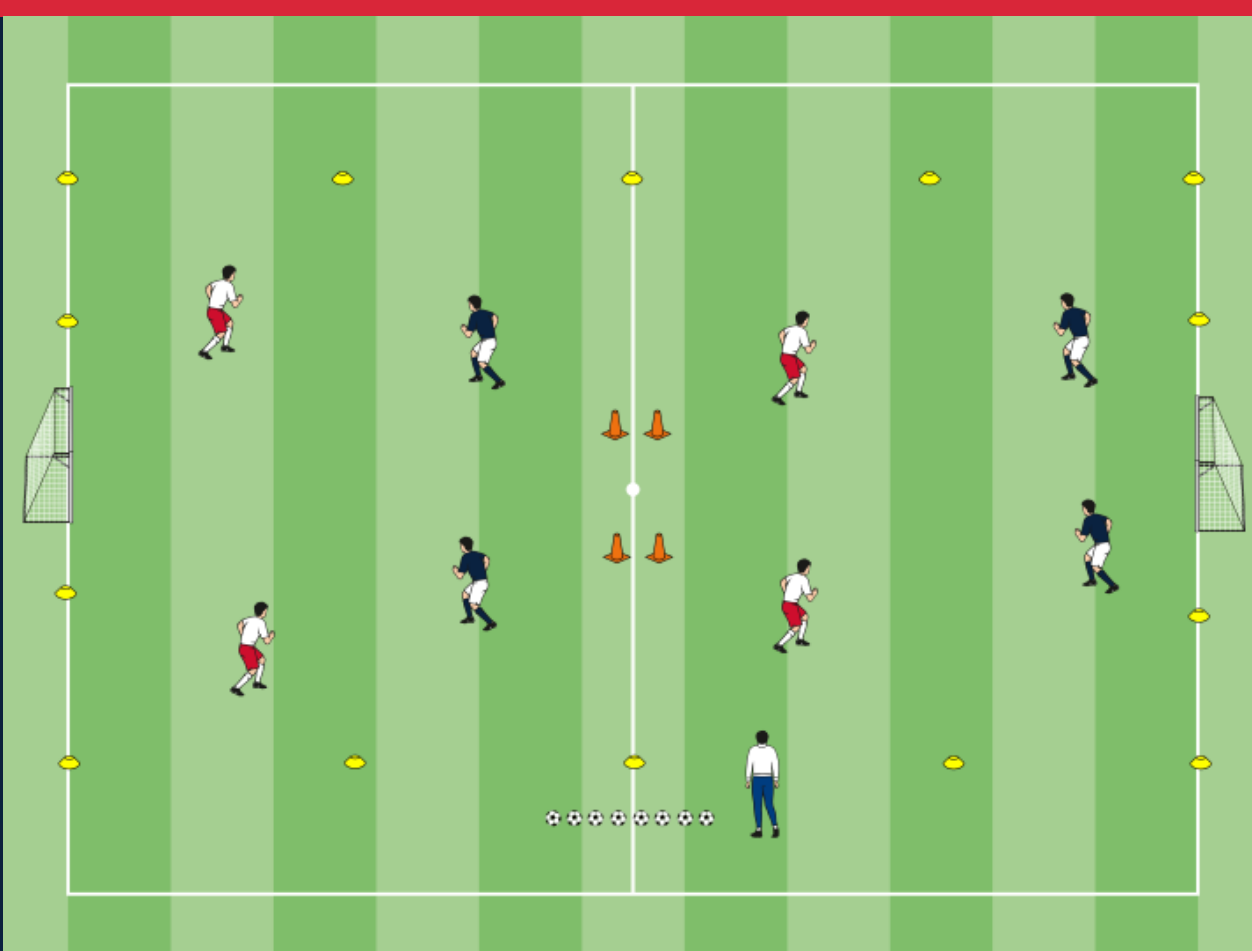
Me and my ball

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

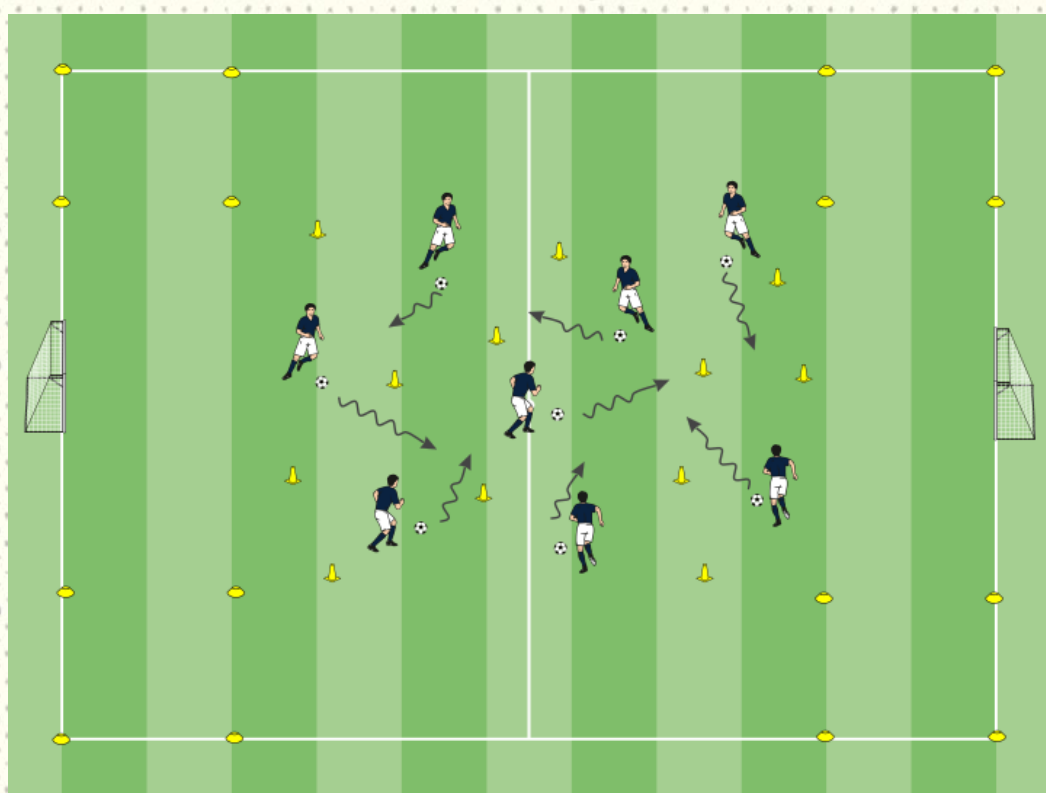
MORE CHALLENGING

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

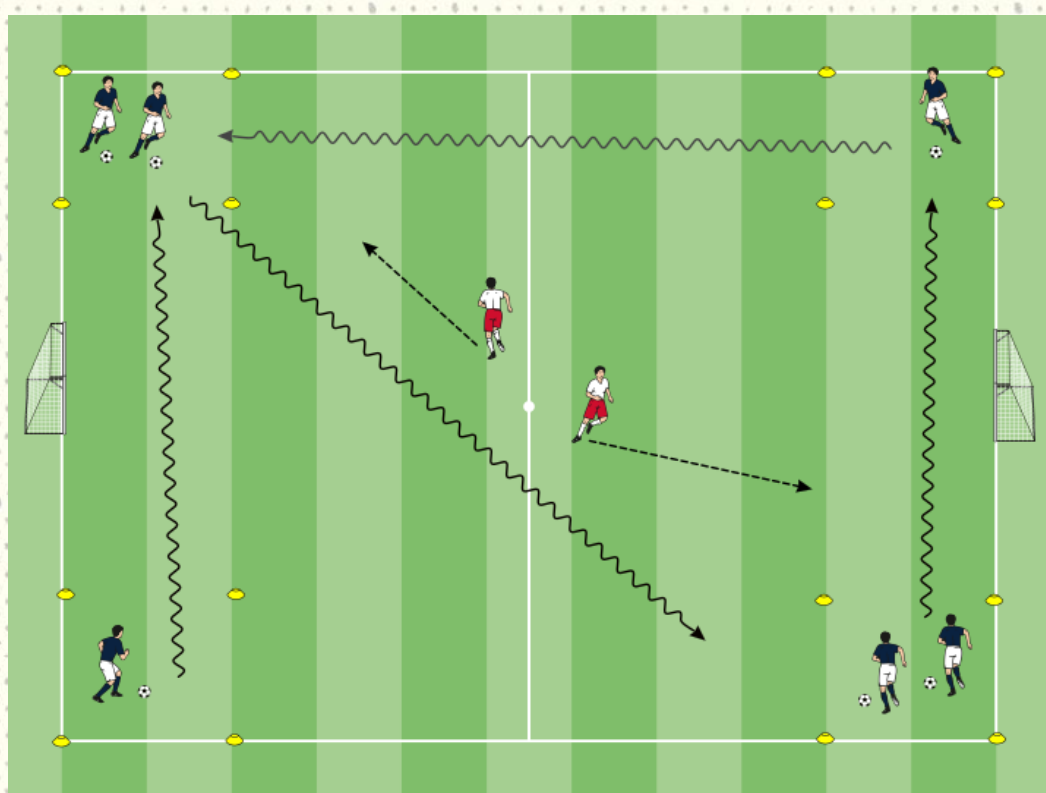
Simon “Coach” says. Give instructions to players that include fun creative ideas, Coach says put knee on ball, Coach says do 10 soles taps....try to trick players by missing out coach says. Ask players favorite restaurants, name each corner square a restaurant....Simon says go to Subway! Players dribble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

MORE CHALLENGING

Add multiple restaurant stops, race to get back to middle

PHASE 3 – ISLAND HOPPING | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yards with 5x5 squares in each corner

DESCRIPTION

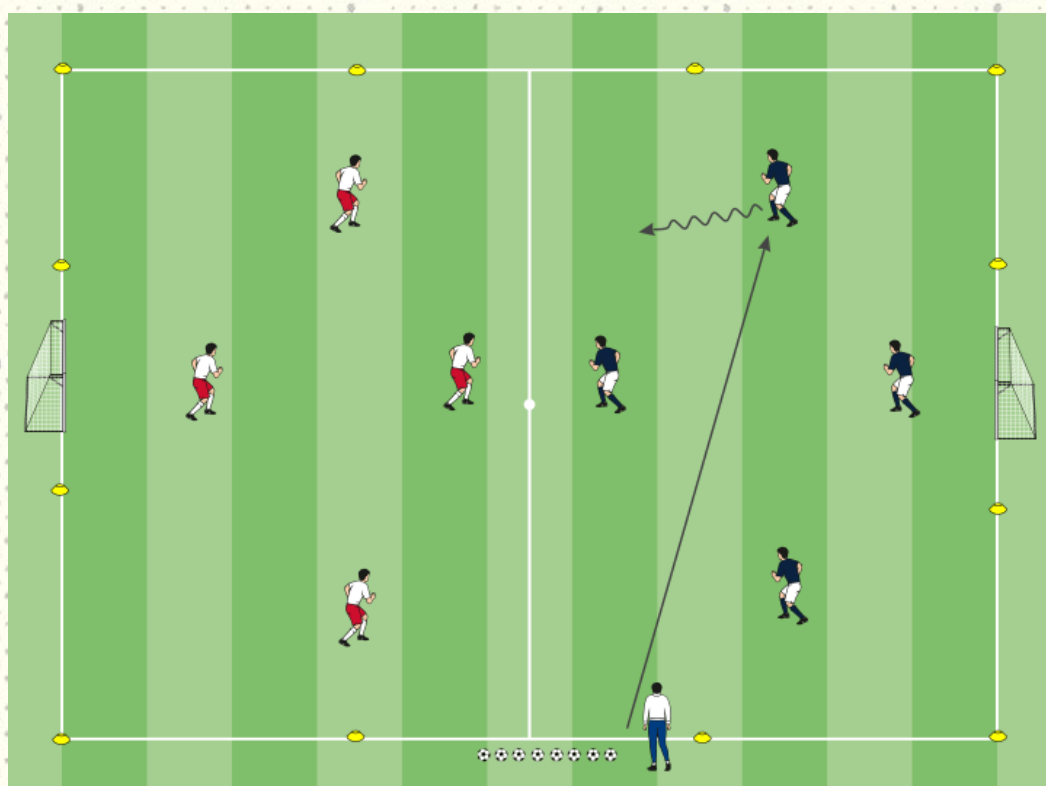
Players with ball attempt to hop from Island to Island avoiding the pirates who can start with or without a ball of their own based on the group to increase/lower difficulty. If a player loses their ball to a Pirate, they must perform a ball mastery move to get back into the game. 1 point for every island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


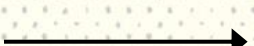

KEY WORDS

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

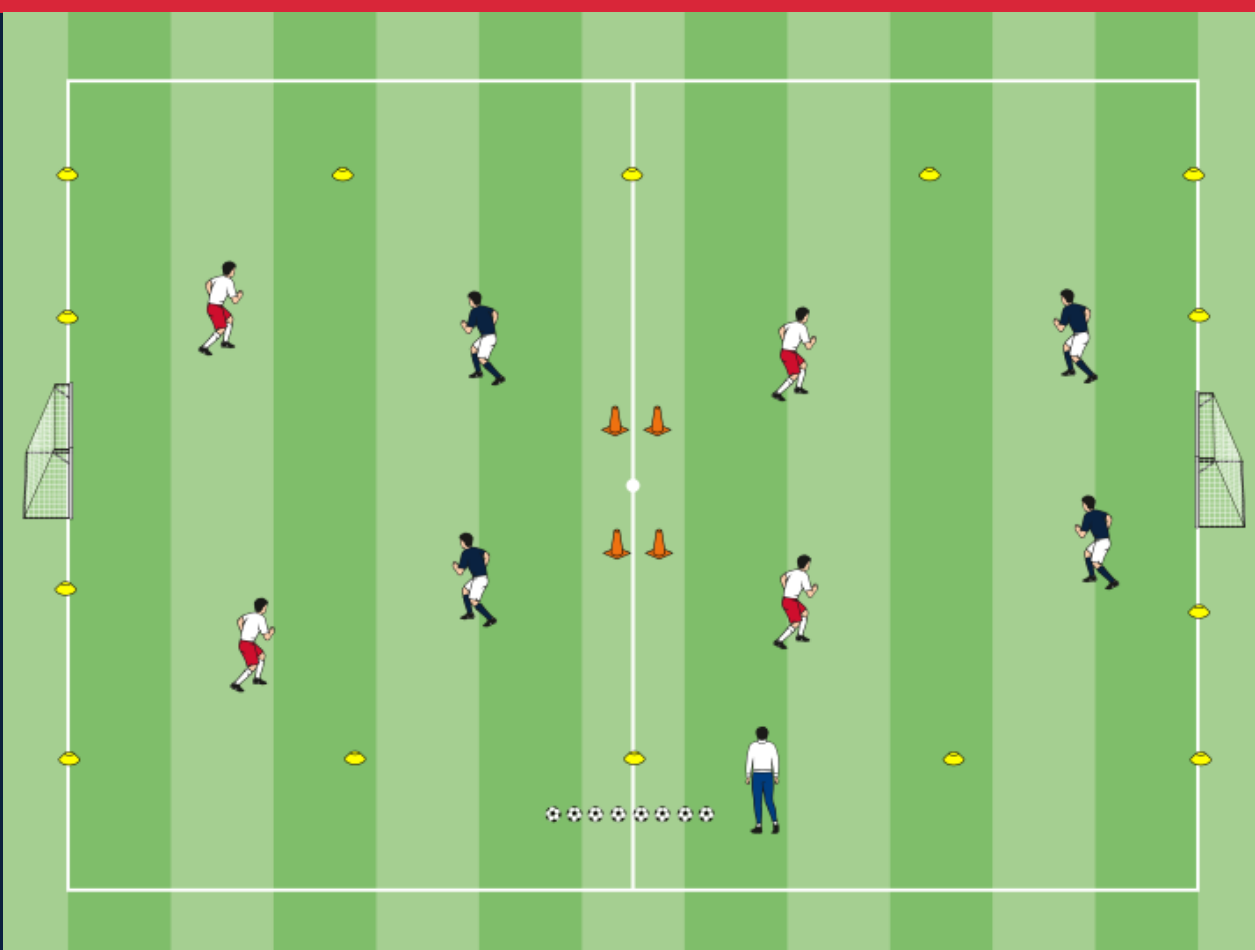
Me and my ball

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

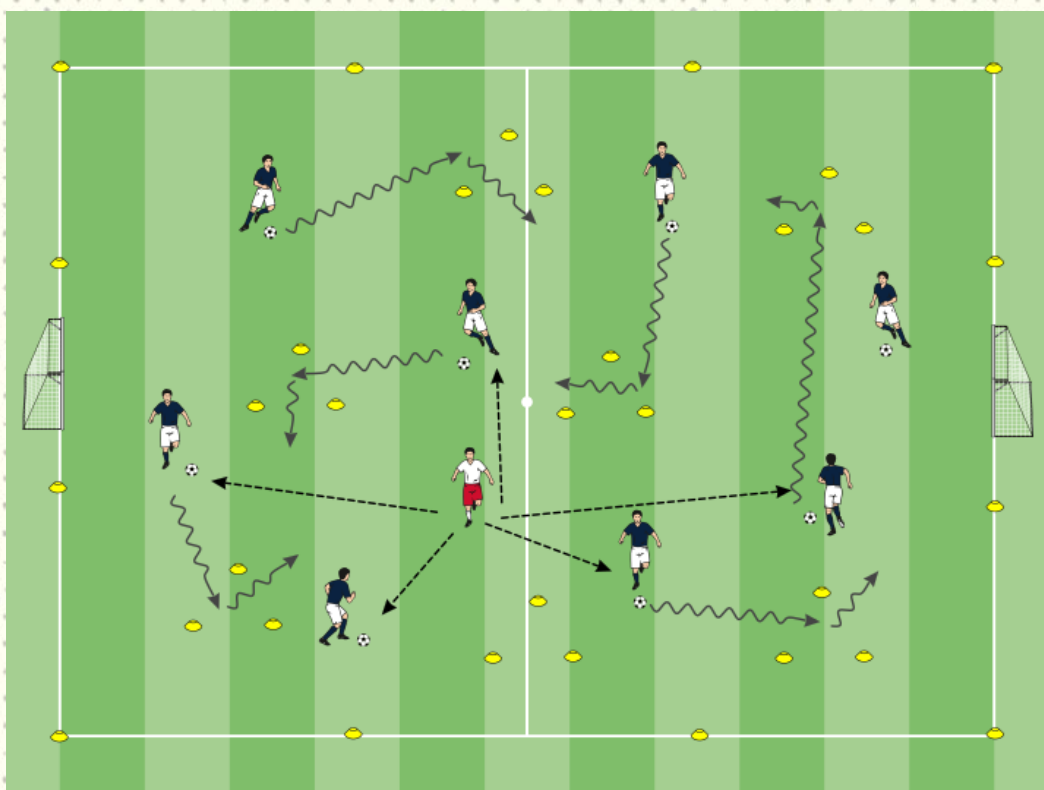
MORE CHALLENGING

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

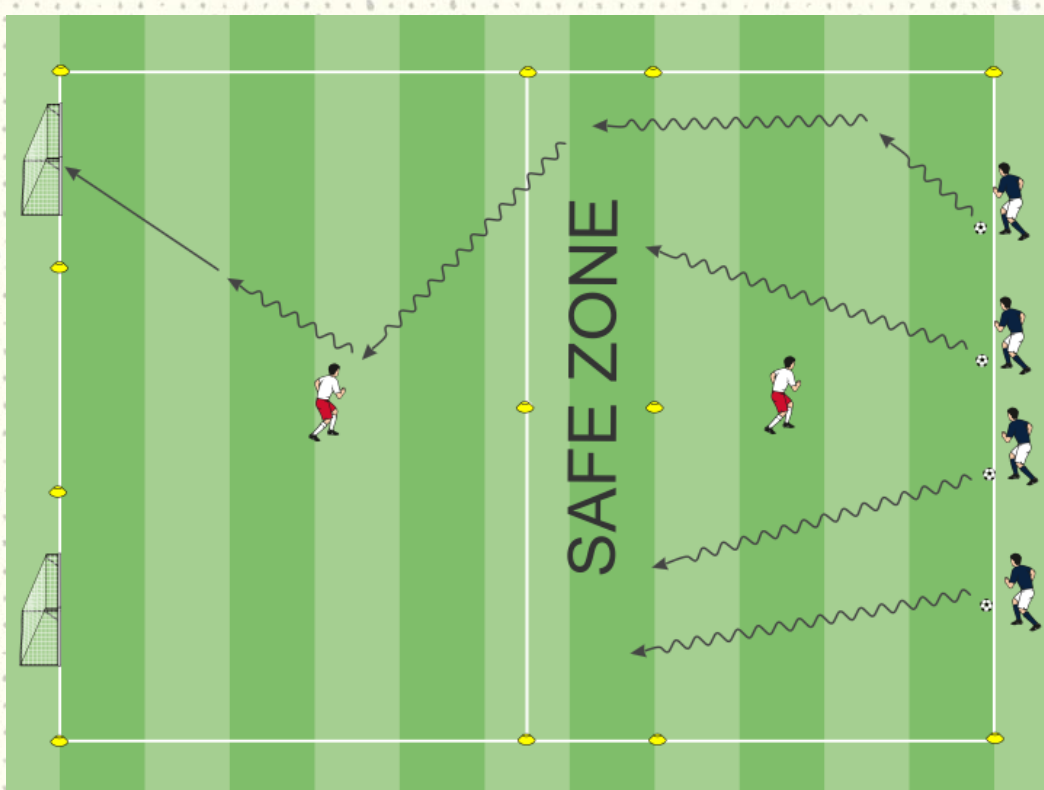
Coach is the dog catcher and players are walking their favorite dog, ask the players if they have a dog, what type it is. Keep dog on a tight leash! 1 point for every time you go through the dog park (yellow triangle) making sure to give your dog a treat! Coach can chase the dogs and if they catch one,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

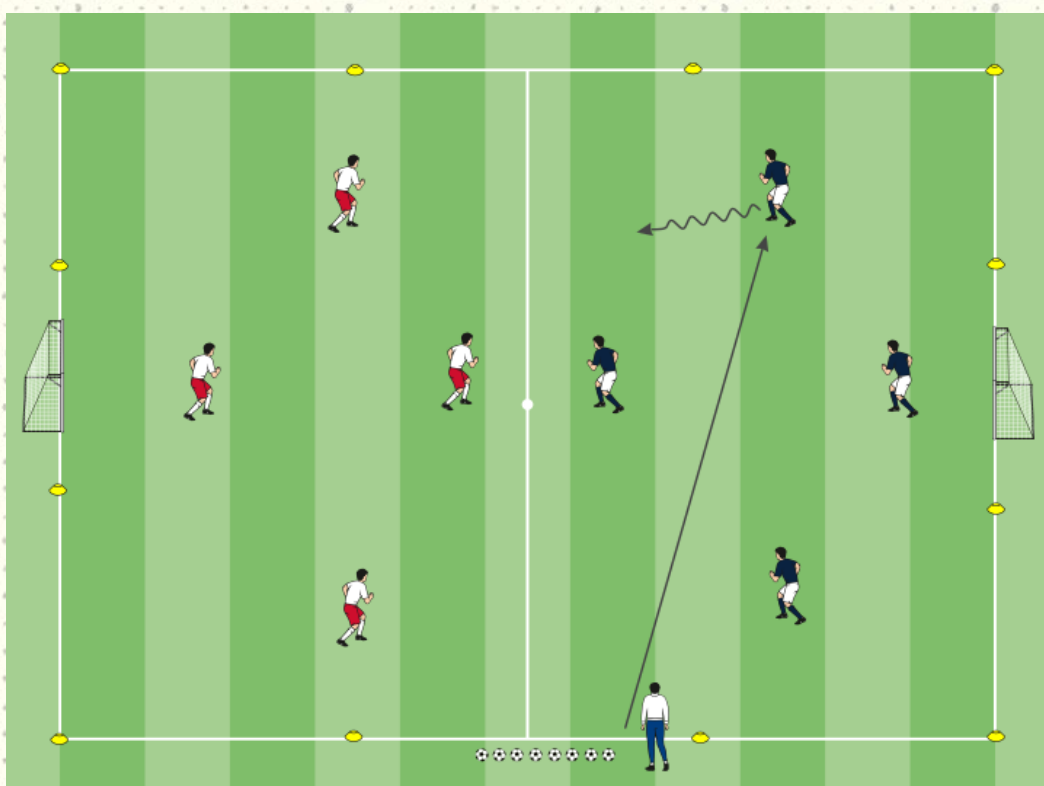
On "Go" blue players attempt to get past first gauntlet, dribbling and stopping ball in safe zone (if defenders try to win ball and dribble out of grid, if ball goes out blue player starts again. Next phase is to beat next defender and score on goal. If you score OR your ball is dribbled out, start back 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


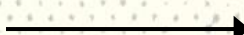

Shooting

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

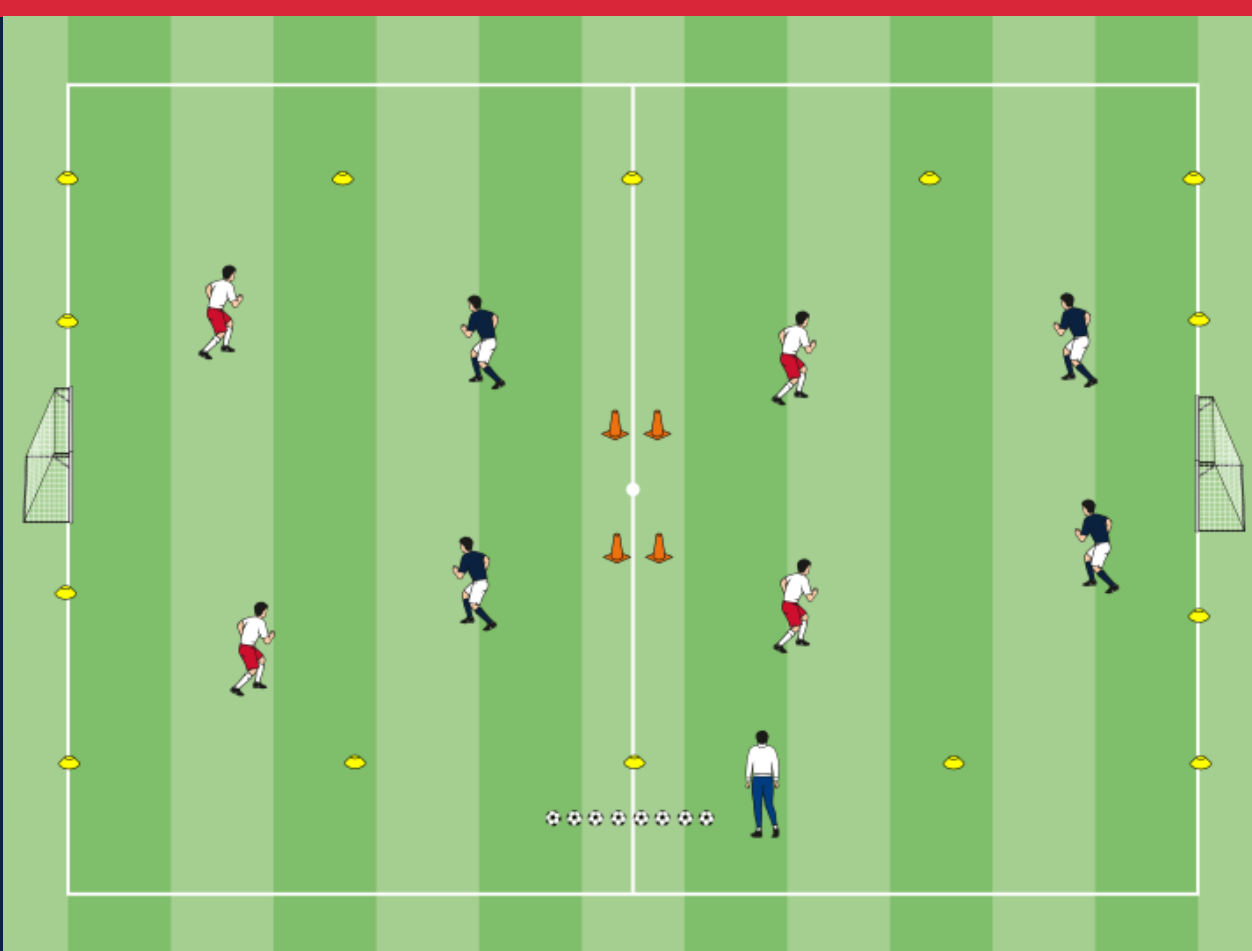
Me and my ball

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

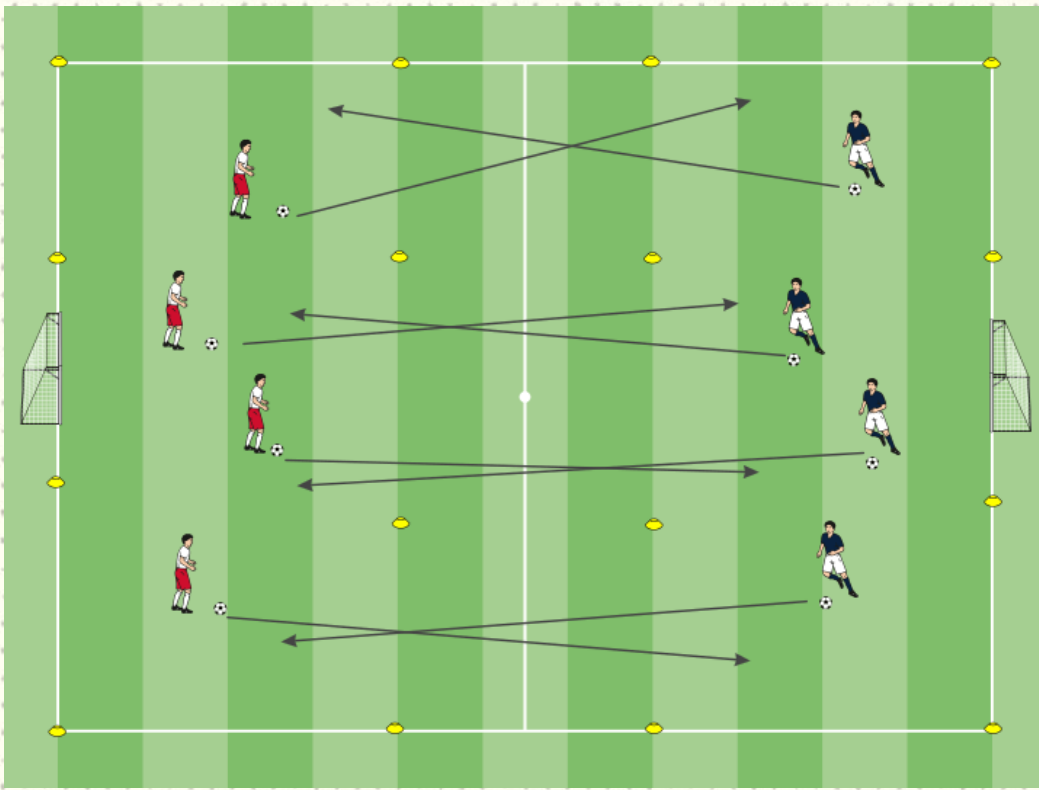
MORE CHALLENGING

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

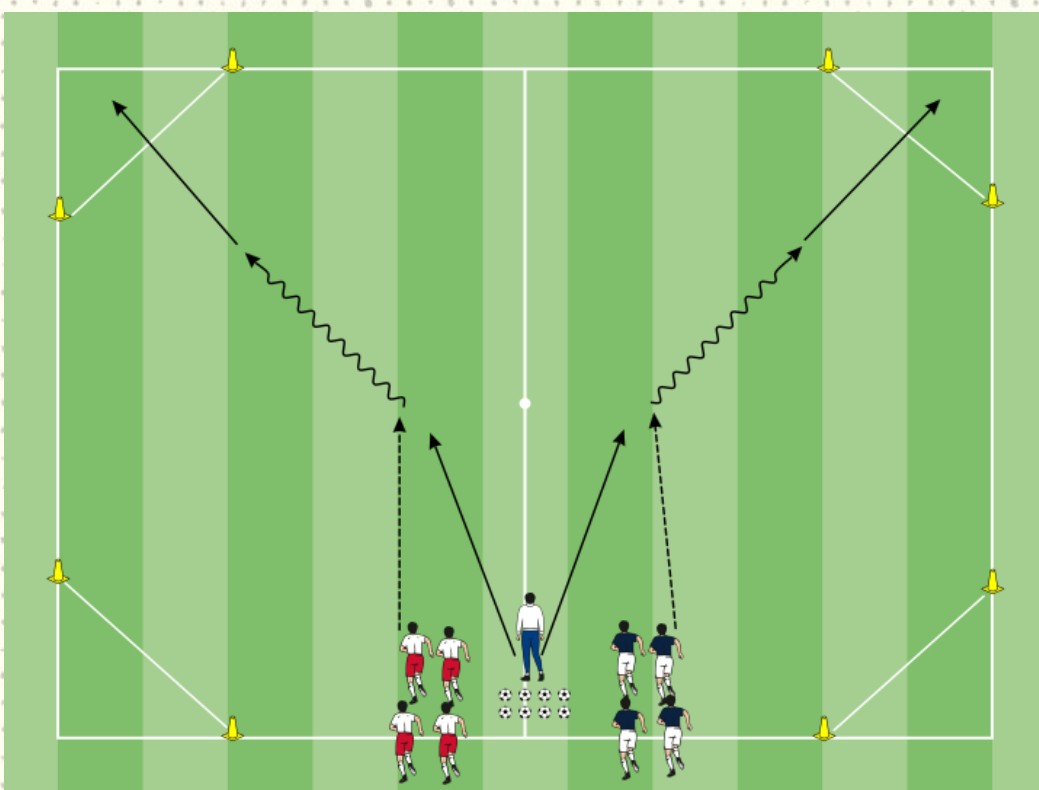
Its time to clean your room and get rid of all the stinky laundry! When coach says “clean your room” each team tries to get as much dirty laundry into their opponent's room as possible by shooting the ball into the opposing teams’ room. Players can not shoot the ball from the middle channel to prevent 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

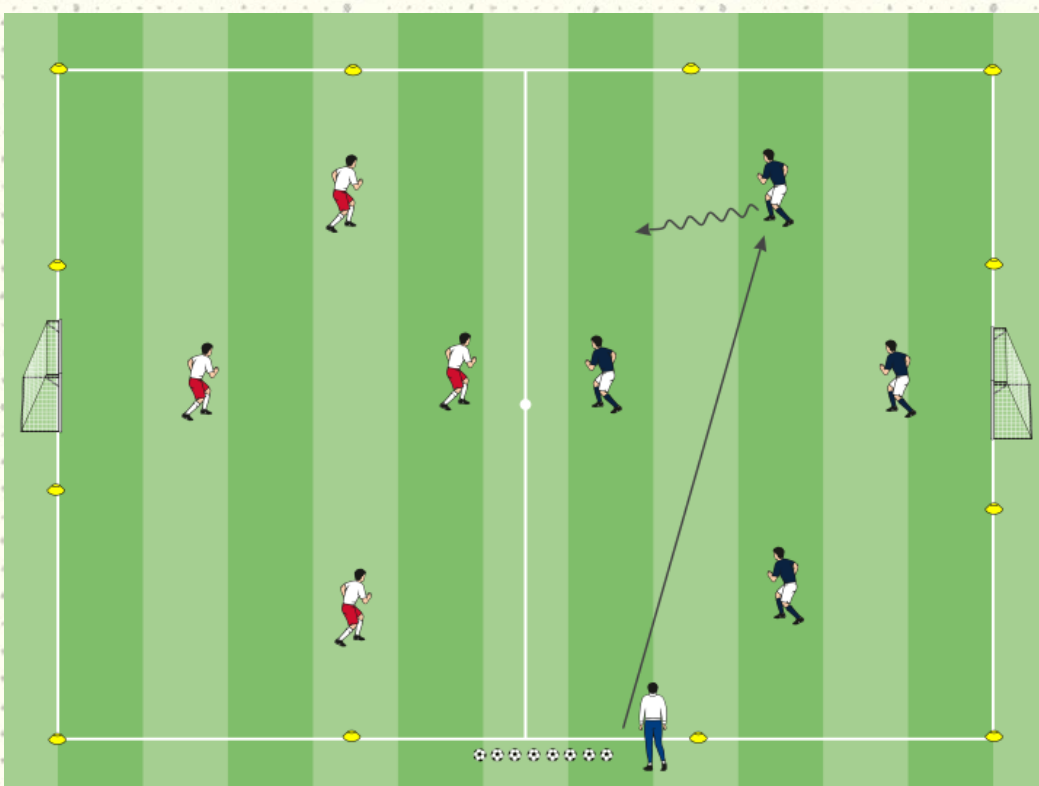
Split into two teams and line up side by side with large supply of balls. Pass 2 balls into grid, 1 red & 1 blue player race to score first on any of 4 goals. Collect ball and join back of line. Add variations, identify only 2 out of 4 goals to score on, change entry pass, 4 players go at same time

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

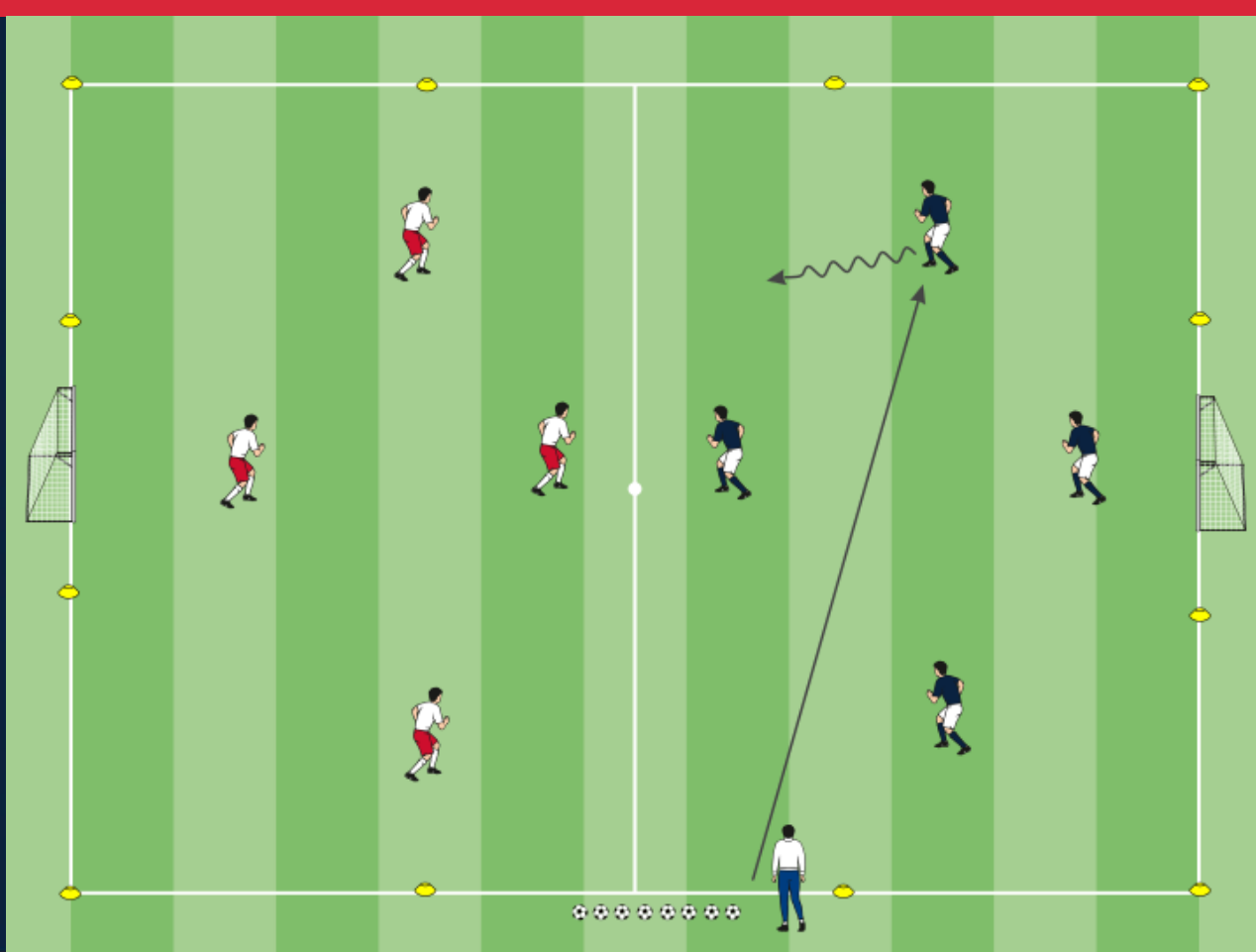
Me and my ball

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

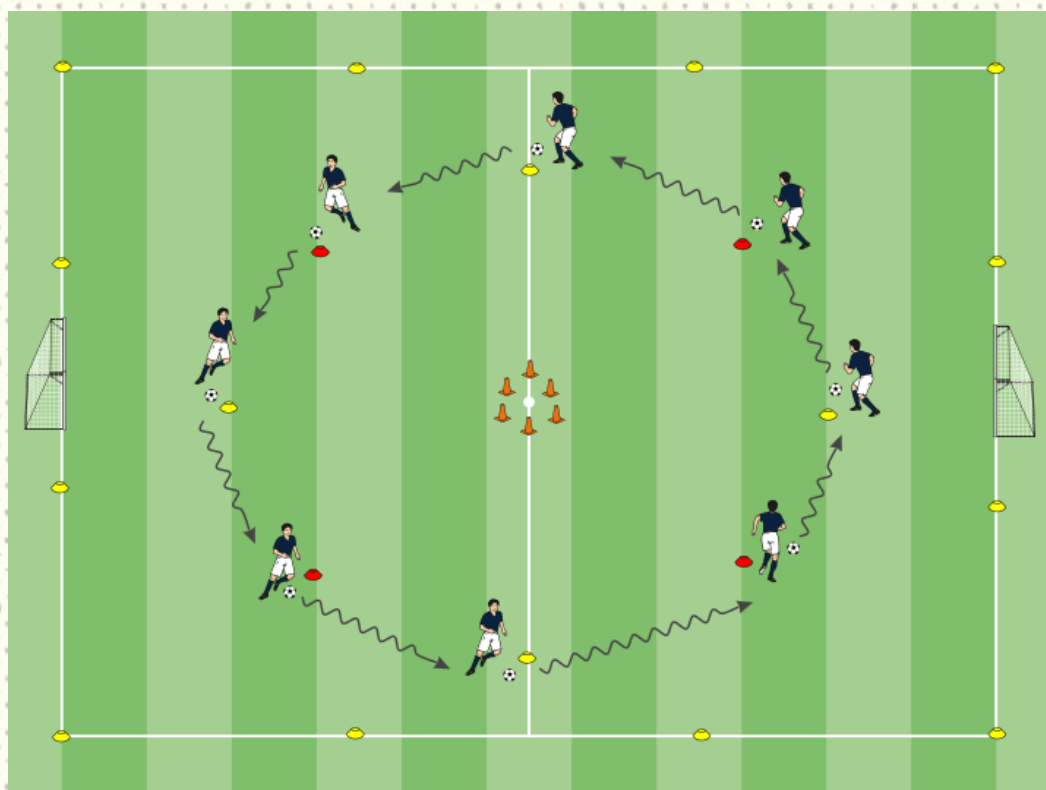
MORE CHALLENGING

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

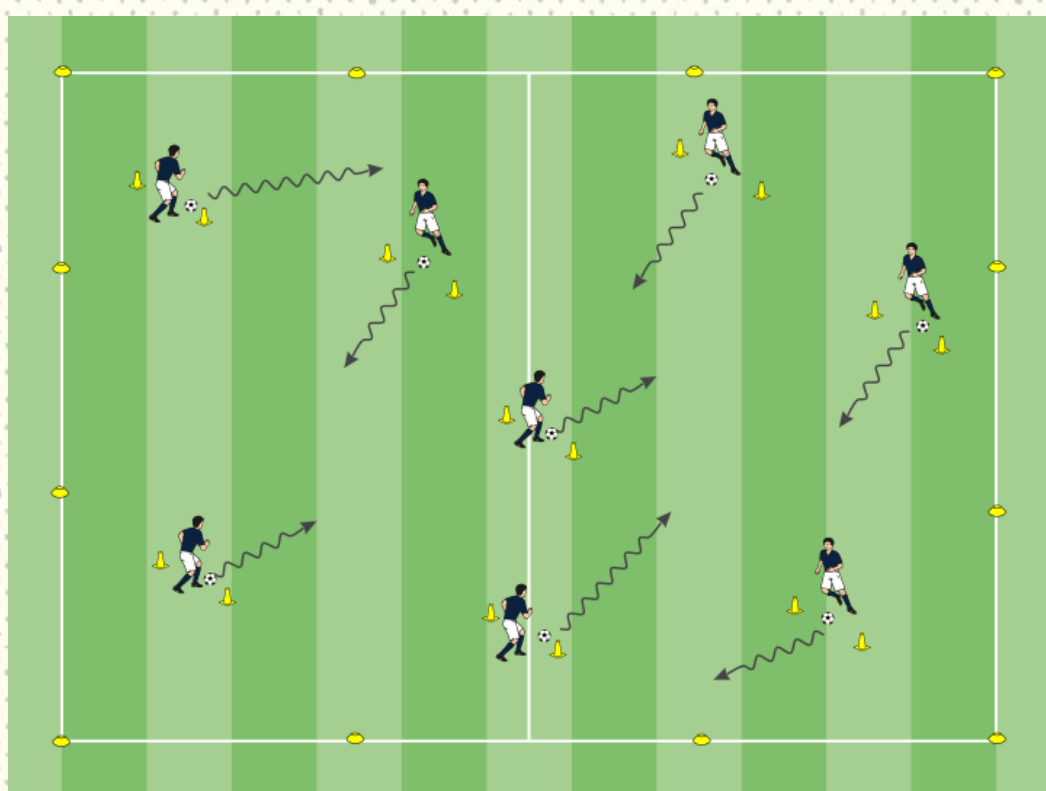
Players start without a ball and run around the circle back to their cone. Add change of direction. Then add ball each working on dribbling with close control and change of direction moves (pull backs) adding races back to cone. 1st back gets to shoot first to knock over cones for a point.

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.

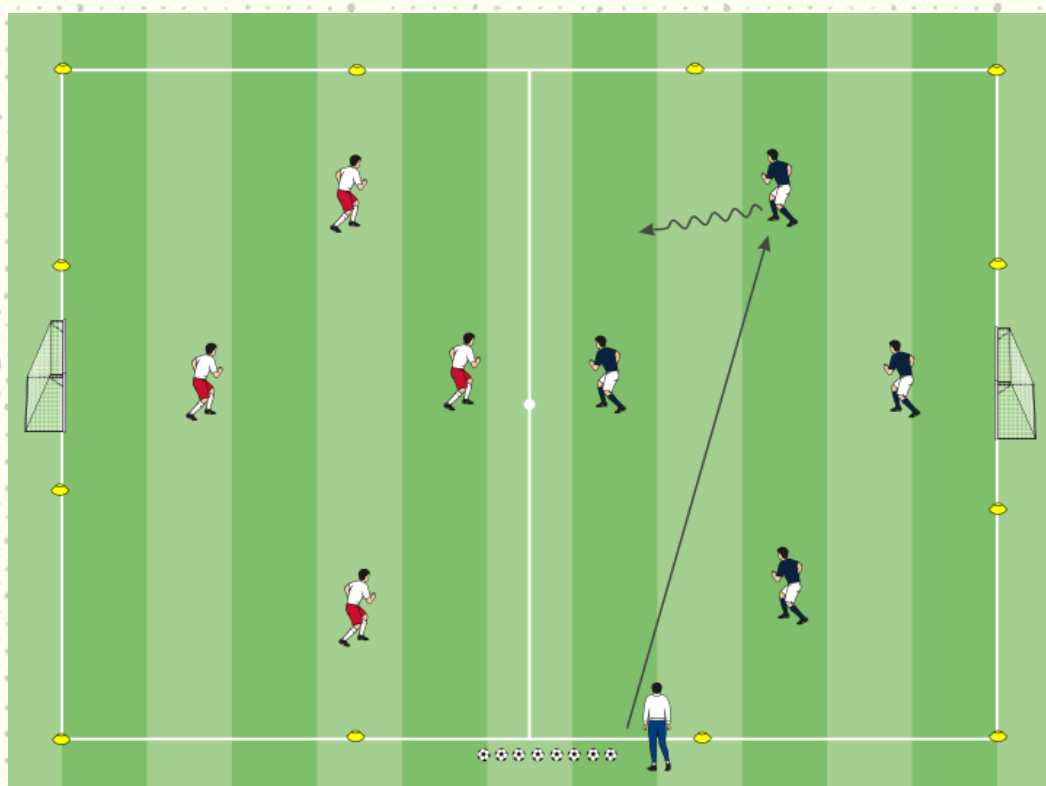
MORE CHALLENGING

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?


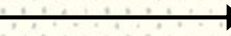
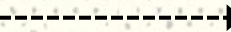
KEY WORDS

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

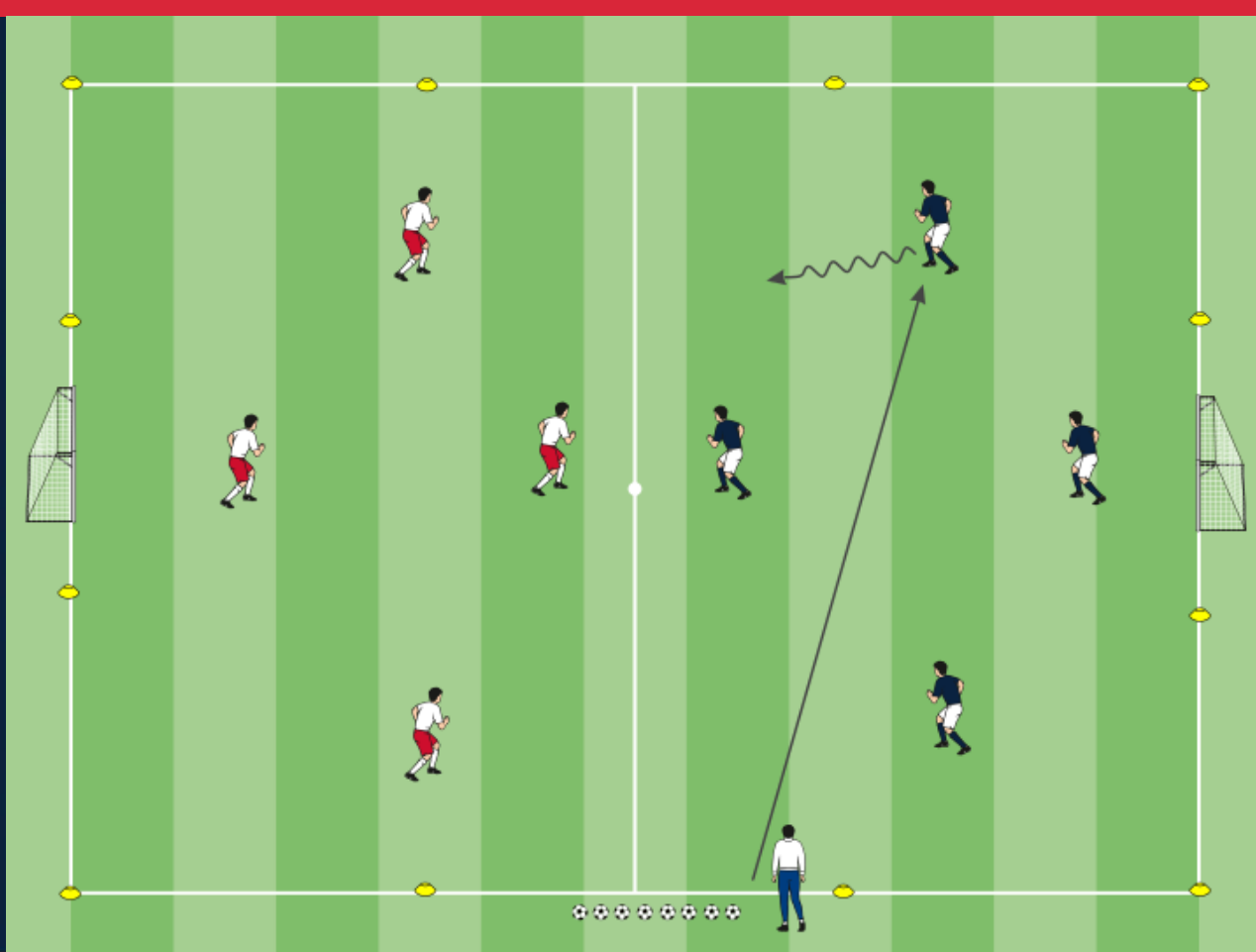
Me and my ball

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

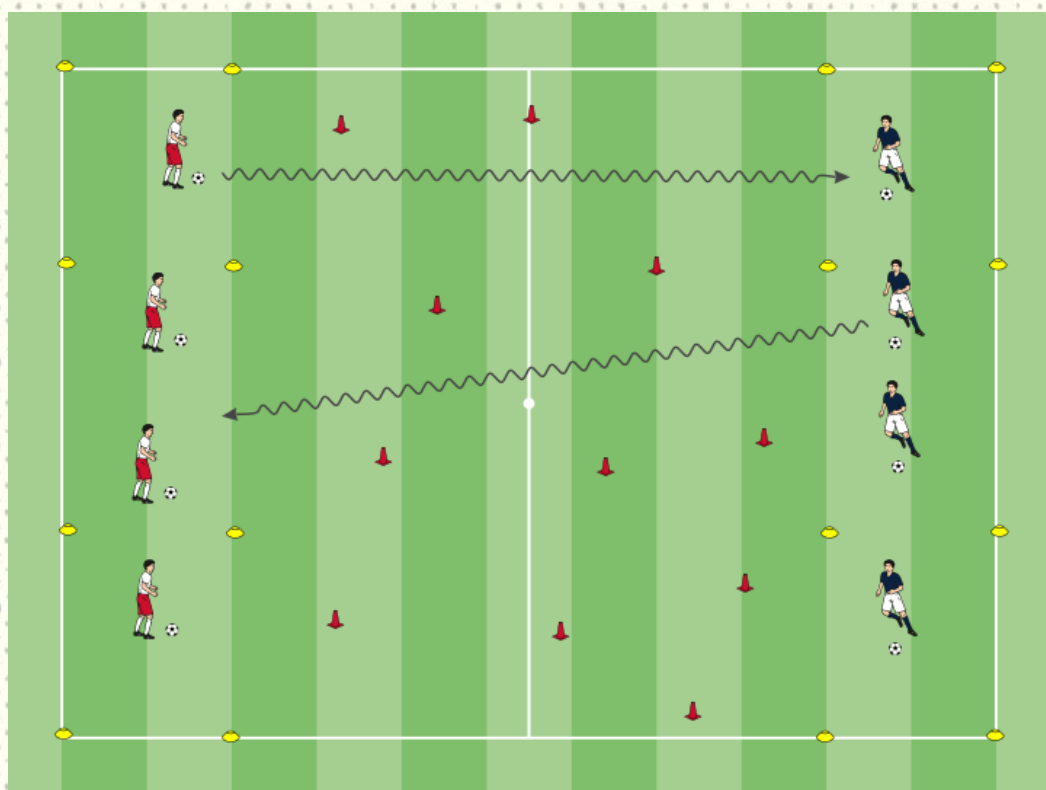
MORE CHALLENGING

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

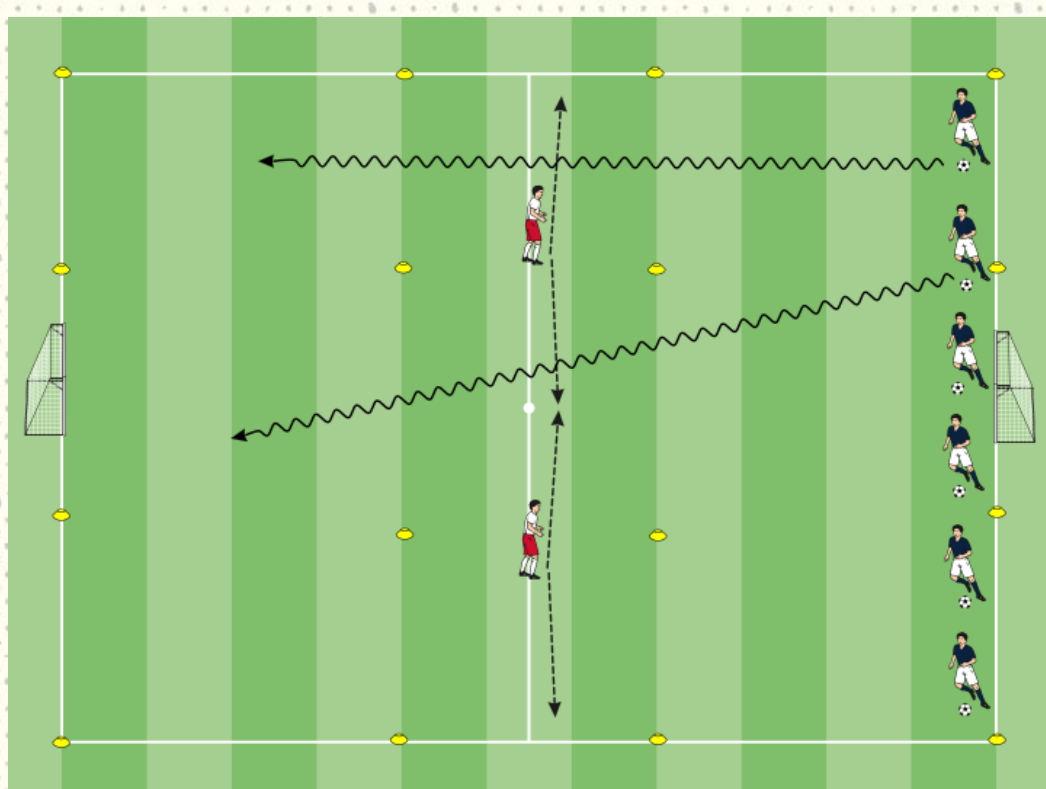
Split into 2 teams, players with a ball each in end zone. Play traffic lights (red stop, green go, yellow slow) with players dribbling to opposite end zone and stopping. Progress to now practice dribbling to a cone and using a fake and take to move ball past cone. Speed up after moving into open space,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

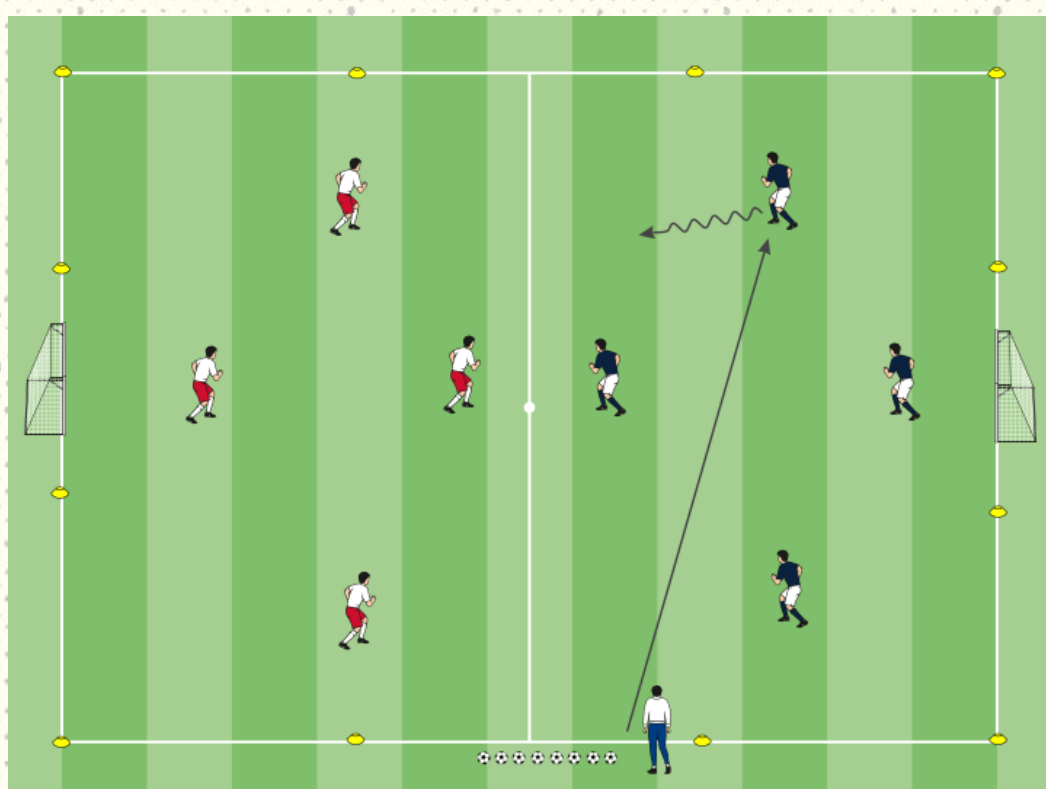
Now introduce two bumper cars (coach can play too!) who try to bump the other cars out with their car/ball or cause a "Crash". Blue players try to avoid crash and get to other side unscathed!

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

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.

19
core
yes
don't
&
119

AGE GROUP: U17-18 LEVEL: ADVANCED AREA OF FOCUS: DRIBBLING
GAME PROFILE: 1V1

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 PLAYERS 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?”

AGE GROUP: U13-14 | DATE: | TIME: | LOCATION: | TYPE: |

GAME PRINCIPLE: PENETRATION

PLAYERS NEED TO HAVE FUN! BELOW ARE ACTIONS AND TECHNICAL TOOLKITS.

TECHNICAL TOOLS

PLAYER ACTIONS



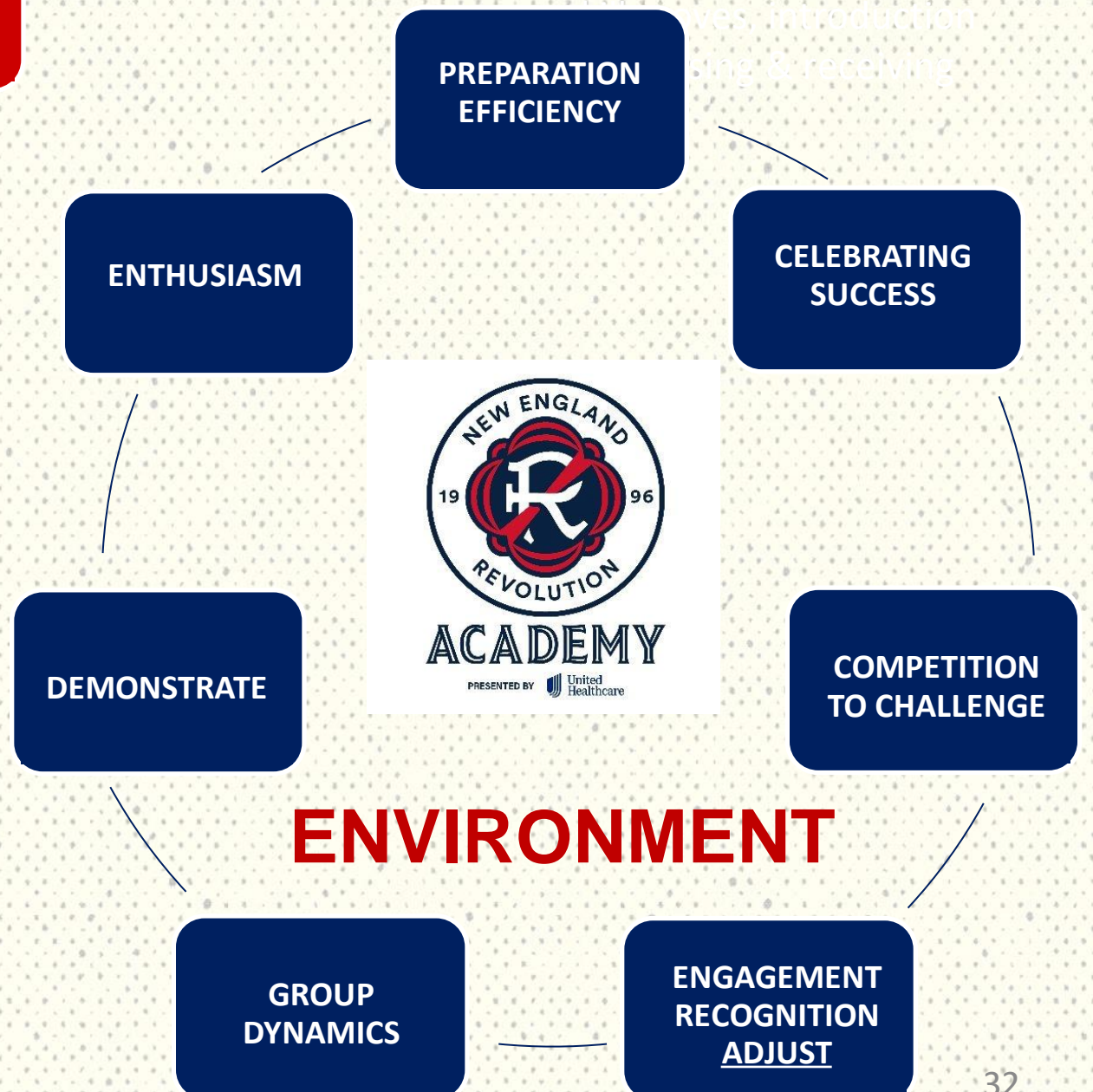
Each team should teach **block 1** before teaching **block 2**. Teach **block 2** when you feel the *majority* of the team is ready to progress or *individually* should you have high performers within the team.

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