



Practice session #1: **YOUTH DEVELOPMENT PROGRAM**

POSSESSION: Ball Control

METHODOLOGY

- *Learning to use various parts of their feet*
- *Learning how to stop it and start it again*
- *Learning to change direction with the ball*

Warm up: (10 minutes)

Footwork:

- Rolling the ball forward, back and forth, using the bottom of their foot. Change feet.
- Rolling the ball forward, side to side, using the bottom of their foot. Change feet.
- Push the ball forward using instep and collecting it with bottom of foot. Change feet.
- Push ball to the outside and collect with inside of foot. Alternating feet.

Activity 1: (15 minutes)

Set up: Each player w/ a ball. (grid 20 x 20)

- Dribbling listening to commands from coach
- Dribbling follow the leader. (designated player; sits on ball, holds # up w/ 1 hand)

Activity 2: (15 minutes)

Set up: 2 vs 2 (grid 10 x 10)

- Keep away. Dribble to stay away from defenders.
- Team mate is there to help if you need it.
- Variation: Can make this directional by dribbling to a line to score.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to not lose ball in the dribble.
 - Dribble staying away, or getting away from defenders.
 - Dribble keeping possession.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

Practice session #2:

YOUTH DEVELOPMENT PROGRAM

POSSESSION: Passing and Receiving

METHODOLOGY

- *Learning to use various parts of their feet to pass*
- *Learning how to clean ball up while receiving*
- *Learning to put pace on your pass*

Warm up: (10 minutes)

Footwork:

- Rolling the ball forward, back and forth, using the bottom of their foot. Change feet.
- Rolling the ball forward, side to side, using the bottom of their foot. Change feet.
- Push the ball forward using instep and collecting it with bottom of foot. Change feet.
- Push ball to the outside and collect with inside of foot. Alternating feet.

Activity 1: (15 minutes)

Set up: 2 balls per grid. At least 1 player at each corner of grid. (grid 15 x 15)

- Pass to corner on your right and follow your pass. (Same to left)
- Variations; inside of foot, instep, outside of foot.

Activity 2: (15 minutes)

Set up: Partners line up 5 yards apart from each other. Work in area 20 yards long.

- Pass it back and forth to your partner as you move forward up the grid.
- Left side use left foot, right side use right foot. Come back to original position.
- Variation: Pass after taking control touches, two touch passing, one touch passing.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to pass to your team mate.
 - Pass with proper pace to get it to your team mate.
 - Receive the ball clean to maintain possession.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

Practice session #3:

YOUTH DEVELOPMENT PROGRAM

POSSESSION: Shooting

METHODOLOGY

- *Striking the ball with power*
- *Strike the ball with instep*
- *Shoot with accuracy*

Warm up: (10 minutes)

Footwork:

- Push the ball forward using instep and collecting it with bottom of foot. Change feet.
- Push ball to the outside and collect with inside of foot. Alternating feet.
- Sitting on the ground throwing ball up to each foot one kick at a time.
- Sitting on ground juggling as many times as you can.

Activity 1: (15 minutes)

Set up: Partners w/ a ball per pair.

- Kick a stationary ball to your partner 10 yards away, 20 yards away, 30 yards away.
- Strike a moving ball to your partner 10 yards away, 20 yards away, 30 yards away

Activity 2: (15 minutes)

Set up: 2 vs 1 to goal (grid 20 x 10)

- Dribble and shoot on goal.
- Team mate is there to help if you need it.
- Try to get your shot off as soon as possible.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to shoot on target.
 - Shoot with proper pace to get it into the goal.
 - Shoot with accuracy.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

Practice session #4:

YOUTH DEVELOPMENT PROGRAM

DEFENDING: 1 v 1

METHODOLOGY

- *Identify defending space*
- *Demonstrate how to close (delay and force advancement)*
- *Define when to challenge (win possession)*

Warm up: (10 minutes)

Footwork:

- Push the ball forward using instep and collecting it with bottom of foot. Change feet.
- Dribbling forward using the inside and outside of same foot.
- Dribbling cutting the ball at 90 degree angles.
- Dribbling in a confined area avoiding teammates.

Activity 1: (15 minutes)

Set up: Partners w/ a ball per pair. (working in 20 x 10 yard distances)

- Player w/ ball dribbles while defender backtracks keeping constant distance.
- Player w/ ball serpentine as defender learns to adjust keeping distance
- Defender learns to challenge only when the ball is separated from the attacking player

Activity 2: (15 minutes)

Set up: 1 vs 1 to a line (10' x 15' grid)

- Attacking player tries to dribble to the opposite line under control.
- Defender tries to delay and force attacking player out of bounds.
- Defender attempts to separate the ball from the attacking player gaining possession.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to defend the target.
 - Be patient and prevent forward advancement towards goal.
 - Not only separate but gain possession and begin an attack.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

POSSESSION: Putting it all together

METHODOLOGY

- *Focus on dribbling for possession*
- *Focus on receiving the ball and clean it up*
- *Focus on shooting with accuracy and pace*

Warm up: (10 minutes)

Introduce Rules;

- Throw-ins, corner kicks, goal kicks, kick off, free kicks

Footwork:

- Push the ball forward using instep and collecting it with bottom of foot. Change feet.
- Push ball to the outside and collect with inside of foot. Alternating feet.
- 8 cones spaced 1 yard apart. Serpentine: alternating feet; right foot only, left foot only.

Activity 1: (30 minutes)

Set up: 3 teams of 3 players. (grid 20 x 20)

- Team 1 & 2 play keep away against team 3.
- After 2 minutes, another team becomes the defending team. Count how many times the defending team gains possession of the ball.

Activity 2: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to shoot on target.
- Focus on receiving the ball and cleaning it up.
- Focus on dribbling for possession. Do not play kick ball.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

Practice session #6:

YOUTH DEVELOPMENT PROGRAM

POSSESSION: Possession while penetrating

METHODOLOGY

- *Recognizing spatial awareness and advance into open space*
- *Ability to use entire body to protect space and get past defender(s)*
- *Use visual cues to make instantaneous decisions to get past defender(s)*

Warm up: (10 minutes)

Footwork:

- Rolling ball back and forth with both feet in various directions.
- Pendulum, pushing ball forward w/ one foot and collecting it w/ same.
- Pendulum, pushing ball forward w/ one foot and collecting it w/ opposite.
- Using outside of foot, play ball perpendicular and penetrate forward.
- Rake and penetrate forward with opposite foot.

Activity 1: (15 minutes)

- Each player w/ ball dribbling in confined space. (grid 20 x 20)
 - o Do not collide into another player.
 - o Find open space and dribble into it.
- Dribbling following coach's commands to: turn, penetrate, etc.

Activity 2: (15 minutes)

1 v 1

- Area=10' x 10'
- Defender starts at one end, attackers at other.
- Attackers start with the ball and try to dribble to defenders line staying in the grid.
 - Objective is to keep possession while penetrating.
 - This is a directional exercise to teach spatial awareness.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to be dangerous at all times.
 - Dangerous on the dribble.
 - Dangerous with a pass.
 - Making decisions to maintain possession.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

POSSESSION: Dribbling for control

METHODOLOGY

- *Dribbling with different parts of the foot*
- *Learning to spin turn and change direction*
- *Keeping the ball close enough to be able to change direction*

Warm up: (10 minutes)

Footwork:

- Pendulum, pushing ball forward w/ one foot and collecting it w/ same.
- Pendulum, pushing ball forward w/ one foot and collecting it w/ opposite.
- Pendulum spin turn with outside of foot and begin again facing other way
- Pendulum spin turn with inside of foot and begin again facing other way

Activity 1: (15 minutes) “Dribbling”

Set up: Each player w/ a ball. 7 cones placed 1 yard apart.

(No more than 4 kids per line)

- Dribbling through cones using right foot on rt. side and left foot on left side.
- Dribbling through cones using only inside/outside of one foot (serpentine).

Activity 2: (15 minutes) “Keep-away”

Set up: Player “A” has the ball and tries to dribble freely keeping possession.

Player “B” tries to win the ball and then tries to keep it from player “A”

Area = 20’ x 20’

- Forwards start by shielding the ball.
- Each bout lasts 1 1/2 minutes. After three bouts change partners.
 - Objective is to keep possession.
 - This is a non-directional exercise to teach ball control.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to not lose ball in the dribble.
 - Spin turn to get out of trouble.
 - Dribble away from defenders.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

Practice session #8:

YOUTH DEVELOPMENT PROGRAM

POSSESSION: Dribbling for speed

METHODOLOGY

- *Dribbling with one foot using instep*
- *Learning to stride through the ball at speed, not kicking it*
- *Learning how far ahead to push ball*

Warm up: (10 minutes)

Footwork:

- Pendulum, pushing ball forward w/ one foot and collecting it w/ same.
- Pendulum, pushing ball forward w/ one foot and collecting it w/ opposite.
- Pendulum rake ball across body w/ right foot into left; left foot into right, alternating.
- Pendulum rake ball and take away with outside of same foot; repeat alternating feet.

Activity 1: (15 minutes)

Set up: Each player w/ a ball. Distance is 30 yards apart.

- Dribbling as fast as you can using one foot
- Dribbling by striding through the ball using your instep

Activity 2: (15 minutes)

- Area=10' x 20'
- Attacker and defender starts at same end. Defender starts 2 steps behind attacker.
- Attackers start with the ball and try to dribble to defenders line staying in the grid.
 - Objective is to keep possession moving with speed.
 - This is a directional exercise to teach spatial awareness and control.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to not lose ball in the dribble.
 - Dribble with foot furthest from defender.
 - Dribble away from defenders with speed.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

Practice session #9:

YOUTH DEVELOPMENT PROGRAM

ATTACKING: 1 v 1

METHODOLOGY

- *Identify open space behind or next to the defender*
- *Learn how to make fakes and get past the defender*
- *Change speed to get past the defender*

Warm up: (15 minutes)

Footwork:

- Juggling the ball. Let the ball bounce on the ground in between touches.
- Dribbling forward using the inside and outside of same foot.
- Dribbling cutting the ball at 90 degree angles.
- Dribbling races. Set up a couple cones along the path so players must navigate going forward.

Activity 1: (15 minutes)

Set up: Partners w/ a ball per pair. (working in 20 x 10 yard grid)

- Player w/ ball dribbles at the defender in an effort to get past him.
- Player w/ ball attacks to one side of the defender, never directly at him.
- Dribbling player learns to use fakes to get around the defender.
- Attacking player tries to dribble to the opposite line under control.
- If the defender gains possession, play stops and next group goes.

Activity 2: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to attack the target.
 - Go towards the goal as fast as you can when there is open space.
 - Do not force going forward. If a defender is standing in the way see if you can dribble around him, or else you will need to pass the ball to another player so they can try.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4

Practice session #10:

YOUTH DEVELOPMENT PROGRAM

ATTACKING: 3(2) v 1

METHODOLOGY

- *Identify open space behind the defender*
- *Learn to recognize if the defender is marking you or your teammate*
- *Learn to make the decision whether to pass or keep it and dribble*

Warm up: (15 minutes)

Footwork:

- Juggling the ball. Try to juggle the ball multiple times before it hits the ground.
- Dribbling forward using the inside and outside of same foot.
- Dribbling cutting the ball at 90 degree angles.
- Dribbling races. Straight ahead dribbling for speed and control

Activity 1: (10 minutes)

Set up: Partners w/ a ball per pair. (working in 20 x 20 yard grid)

- Player w/ ball dribbles and then finds partner and passes to them.
- Teammate receives the pass, dribbles a little and passes back to teammate.
- Players learn to pass while moving to an open teammate.
- Teammates need to remain at least 5 yards apart from each other.

Activity 2: (15 minutes)

Set up: 1 vs 1 to a line (20' x 10' grid)

- 2 or 3 attacking players try to dribble to the other line, passing and dribbling.
- The player with the ball must recognize if they should dribble (a defender is not blocking their path) or pass (a defender is blocking their dribbling path).
- If a pass is made, the new dribbler tries to get to the other line as fast as they can.
- Passing accuracy is important.

Activity 3: (20 - 30 minutes)

4 v 4 (6 v 6) Scrimmage

- To goal. No restrictions.
- Focus is on ability to recognize when the pass or dribble is appropriate.
 - Try not to bunch up. Pass the ball if you are covered.
 - Dribble the ball if you are uncovered.
 - When passing, make sure you pass to your teammate and not the defender.

Playing Priorities

1. Win ball back
2. Maintain possession
3. Move it forward
4. Score
5. Help teammates succeed in #1 thru #4