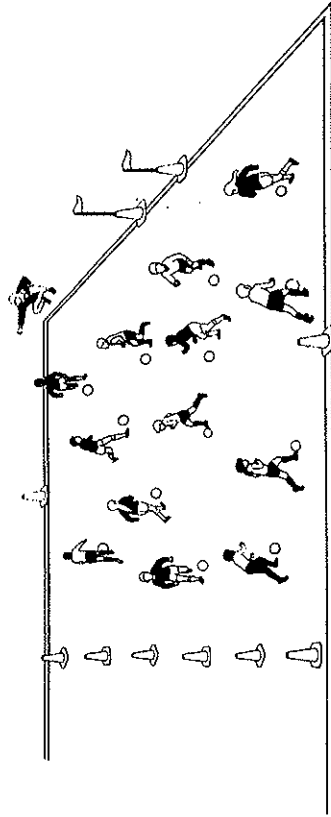


## Square Dance

### Objective

To start practice in a lively way with a fun warm-up that introduces and develops the fundamentals of dribbling.



### Organization

- Mark a square approximately 15 yards by 15 yards, depending on numbers.
- Each player should have a ball.
- If not, use the "Change Soccer" principle: half the players inside the square each with a ball, half outside without a ball. Trade places on shout "Change!"
- Three instructions are given to the players inside the square:

"STOP" Put foot on top of ball quickly and freeze — like a statue!

"GO" Move right or left with the ball, fast, for three or four yards.

"TURN" Turn 180 degrees quickly with the ball and move three or four yards.

### Teaching points

- Encourage players to keep the ball close to their feet.
- Occasionally insist on using left foot only or right foot only.
- Encourage players to keep their heads up while playing.
- See how many different ways they can turn with the ball.
- When introducing the instructions, do so one at a time with practice in between to avoid giving players too much at once.
- Later, incorporate your own ideas.

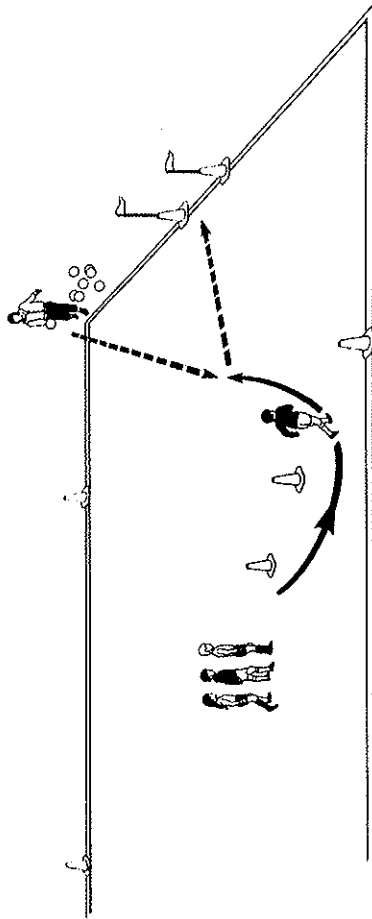
### Target

- Stay in the area with the ball.
- No contact with other players or with other balls.

## The Corner Shot

### Objective

To develop accurate passing and shooting with both feet, and gain a simple understanding of corner kicks.



### Teaching points

- As they become better, narrow the goal or deliver quicker passes.
- Point out that most shots in illustration will be taken left-footed. When practice is switched, they will be predominantly right-footed.
- Total concentration — head down, with eye on the ball.
- Encourage accuracy rather than stressing power shooting.
- Use inside of foot, like a hockey stick.
- Encourage players to strive to become "two-footed."

### Target

- To record the number of the team's scoring attempts that succeed in 20 shots, and keep score for each practice.

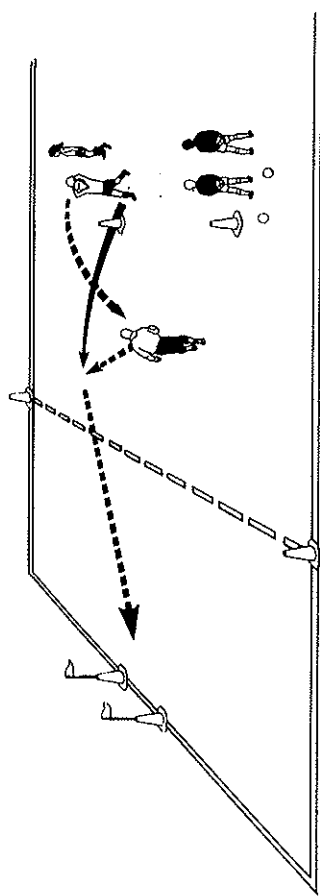
### Organization

- Place balls at corners of playing area.
- Coach rolls ball by foot or by hand.
- Coach shouts "Go!" — player at first cone must go around second cone.
- Coach rolls ball as player comes around second cone.
- Shooting player goes behind goal to retrieve next shot, then returns to end of line.
- No goalkeepers, so players practice accurate kicking.
- Change players and cones to opposite side.
- Progression — players take corner kick themselves with simple rotation of players, but this is more difficult, so let them master the simpler practice first.

## Mack I

### Objective

To develop passing and shooting skills with both feet and to teach the proper techniques for throw-ins.



### Organization

- Two marker cones placed five yards in from each sideline 15 yards from the goal.
- No goalkeeper and goals may be narrowed.
- First player on right "throws-in" to coach, who rolls ball for a first-time, right-footed shot.
- Player retrieves ball, then goes to back of the left line.
- First player at left marker cone does same exercise but shoots with left foot, retrieves ball and goes to back of the right line.

### Teaching points

- No goalkeeper, so players don't sacrifice accuracy for power and poor technique.
- Encourage careful, accurate shooting.
- For weaker players, roll ball closer to goal.
- As all players improve, roll ball at 90-degree angle or greater, or move cones back to force more power in shot without losing accuracy.
- Don't change practice conditions too soon. Each team should try beating its "record".

### Target

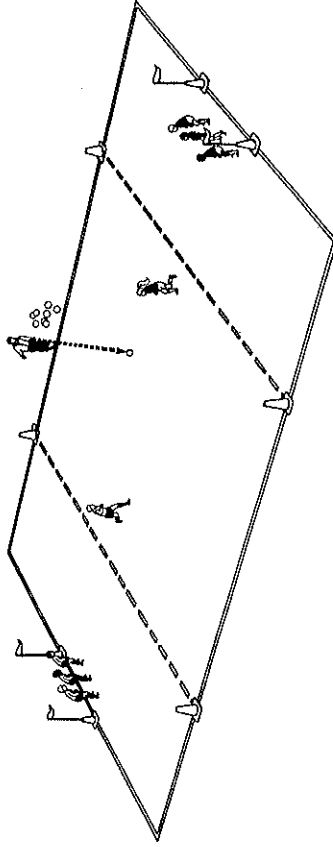
- How many of 20 shots by the "team" are successful — record results for future competition.

*Mack I and Mack II are named after John McKenzie, who helped develop both practices.*

## The Numbers Game

### Objective

To develop good attacking and defending skills in a "fun game" practice and to use 1 vs 1 and 2 vs 2 as the learning situation.



### Organization

- Use the 3-a-side Micro Soccer field.
- Widen the goals.
- All players start on goal line.
- Each player on each team is given a number.
- Coach calls out number . . . e.g. "three" . . . and rolls the ball into play.
- The two opposing number "three" players leave the goal line immediately and compete for possession for a maximum of 20 seconds.
- Coach keeps the balls by him and rolls another ball into play if one is kicked out.
- Call two numbers — "one" and "three" — to create 2 vs 2.
- Remaining players defend goal, without

using hands, and must stay within one yard of goal line.

- If one player fails to respond to the number, a penalty is called — a free shot at open goal from half-way line, to keep players on their toes and make it fun.

### Teaching points

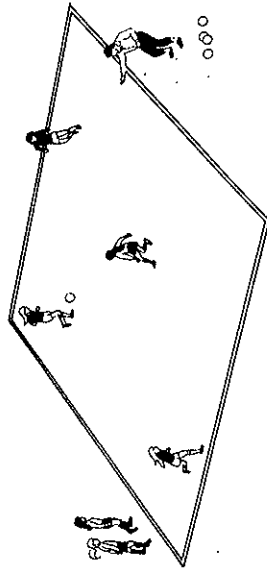
- If organization is working, let them play, enjoy the game and learn by trial and error.
- Encourage attackers to take on opponents and *Go for Goal!*
- Defenders should stay on their feet as long as possible, rather than slide-tackling.
- Defenders must run back even when beaten.

### Target

- To outscore opposing team.

## Game One

A 3 vs 1 game to develop passing and support



### Game Rules

- Three attacking players against one defending player inside an area 10 yards by 10 yards.
- Attacking team tries to keep possession as long as possible.
- Defending team has one player inside the area, and two players outside.
- Attacking team loses possession if the ball goes outside the area or if the defending player makes a tackle or intercepts a pass.
- At loss of possession, defending player is immediately replaced by a teammate.
- Game is over when all defending players have been in the area.
- Number of successful passes accumulated during the three phases is noted.
- Attacking team and defending team change roles.
- Winning team is one with greater number of passes.
- Overall winner is team which first achieves five wins.

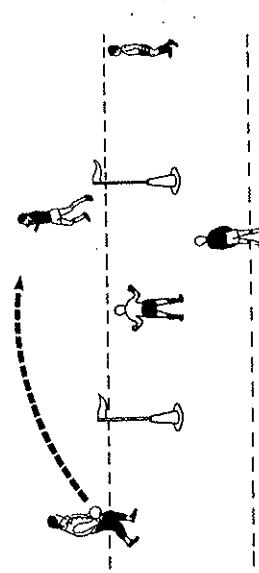
NOTE: The coach should have several balls to replace ones kicked out of area.

### Player Objectives for Attacking Trio

- Player in possession: to achieve pace, accuracy and timing of pass.
- Supporting players: to time runs to support the player with the ball, and to provide the correct supporting angles.
- All players on offense: to use all available space in the area.

## Game Three

A game to develop heading technique



### Game Rules

- Set up game with four players.
- Goal is three yards wide and distance between goal and dotted lines is four yards: dimensions may be varied according to age/ability level of players.
- One team competes against the other, alternating as either "Heading team" or "Goalkeeping team."
- Coach serves ball GENTLY from four yards in the air alternately to players who must HEAD BALL from BEHIND respective lines and try to score.
- Goalkeeper is changed after 10 "head shots."
- After 20 serves (10 to each player), teams change.
- Winning team is one to score more goals.

NOTE: The coach dictates the quality and variation of the service.

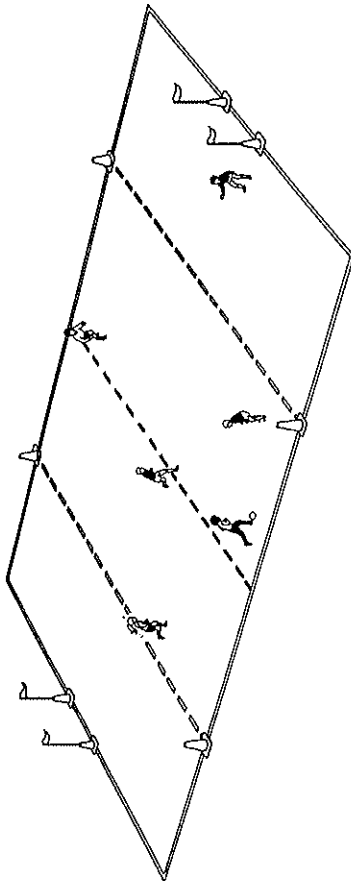
### Player Objectives

- To be light on feet and adjust to line of ball.
- To look at ball at all times and "throw the eyes" towards it.
- To head ball down towards the goal.

## Micro Soccer

### Objective

To give each player plenty of opportunity to kick the ball in a 3 vs 3 game and to gain a fundamental understanding of the game of soccer.



### Organization

- Field size 20 x 30 yards.
- Six-yard "boxes" within which designated goalkeeper may handle — marked by cones or lines.
- Center line marked by cones/lines.
- Each player takes a turn in goal, for three minutes.
- When ball goes out of play, game is re-started by:
  - **Sideline** — throw-in (or pass-in)
  - **Endline** — goal kick or corner kick depending on which player last touched ball.
- After a goal re-start with either goal kick or center kick (if center — opponents must retreat to own six-yard line).

- In practice with numbers greater than six, either have two 3 vs 3, or if less than 12, have separate practice operating and rotate players in and out of the 3 vs 3 game.

### Coaching Points

- Encourage at least one player to go fully wide on goal kicks or when goalkeeper has ball in hands.
- Encourage goalkeeper to move off line to support attacks or to intercept through balls.
- Encourage players to pass, dribble and communicate with each other.
- On throw-ins, encourage non-throwing attacker to look for a forward shooting chance — and not to go too close to thrower.

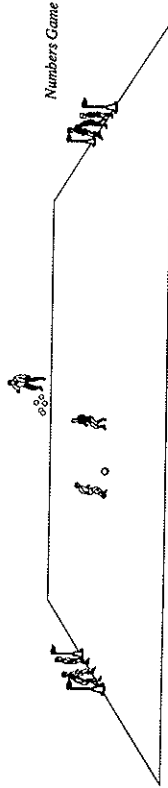
### Challenge

- To outscore opposition.

## The Numbers Game & Noah's Lark

### Objectives

To develop good basic 1 vs 1 defending; to develop skilful 2 vs 2 defending (Noah's Lark).



Numbers Game

### Organization

#### NUMBERS GAME

- Mark an area 30 x 20 yards.
- Goals approximately 5 yards apart.
- Divide teams evenly (e.g., 4 vs 4).
- Players on each team given a number, 1 - 4.
- Coach has supply of balls, calls a number (e.g., "three") rolls in a ball with the "threes" coming out to play 1 vs 1.
- Goals scored below knee height.
- Ball can be played back to "goalkeepers" who must play it back "one touch."
- Each pair competes for approximately 20 seconds. If ball goes out of play, coach can roll in another.
- "Goalkeepers" must defend collectively and must stay on goal line (otherwise penalty given — 6 yards from goal).
- No handling by "goalkeepers."
- With large numbers (e.g., 12 - 16) organize two practise fields (assistant coach).

#### NOAH'S LARK

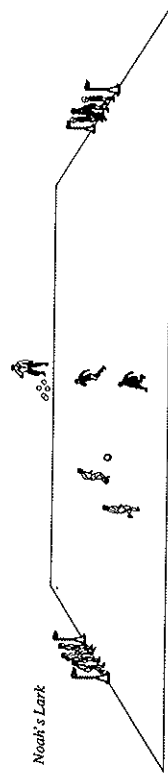
- Organization as Numbers Game with pairs.
- Numbers given (12 players / 6 pairs easily occupied in one area).
- Other rules as Numbers Game.

### Coaching Points

- Discourage defenders in 1 vs 1 from diving into challenge (and being easily beaten).
- Encourage defender to move in early and quickly to "close down" attackers and then to be patient, controlled and balanced.
- Encourage "hustling" defender to half turn and "channel" attacker away from shooting position.
- In Noah's Lark encourage good communication — who is to challenge the ball? Which way should the attacker with the ball be sent?

### Challenge

- To outthrust and outscore the opposition.



Noah's Lark