

Training - Weeks 2 & 6

Central Arkansas Soccer Club

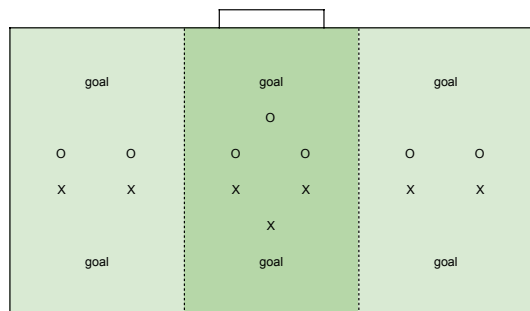
Play-Practice-Play

u10(60m), u12(75m), u14(90m)

Play

~15m

Small Sided Arrival Games



Objective

Arrival Game - *routine* that is also *fun*, both motivates and eases nerves

Play (2v2 or 3v3 for u10) (2v2 to 4v4 for u12) (2v2 to 5v5 for u14)

Adjust numbers slightly to accomodate for variations or level

Setup

u10 & u12 - two cone lines to split the field in third as shown

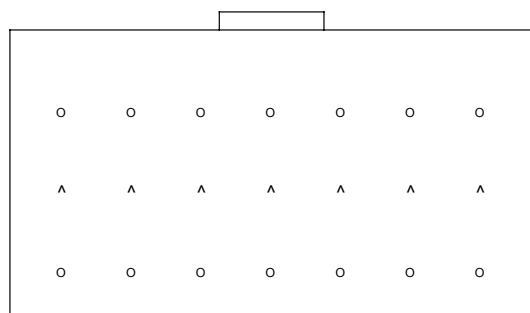
u14 - do similar but top of 18 to half line

Adjust goal distance to what feels right, start bigger if in doubt

Practice

~10m

Techniques - Dribbling



If uncertain about any of this let me know, could also do your own dribbling game here

Objectives

Turning - dribble to cone, turn, go back (3 different cuts - inside, outside, bottom)

[Play Video](#)

Pattern - pattern dribble to cone and back (all surfaces of foot, vary pattern)

[Play Video](#)

Feints - dribble to cone, all players feint to their left and go around cone to right

[Play Video](#)

After some reps, have players feint to the right and go around cone to left (always end up at partners cone)

Setup

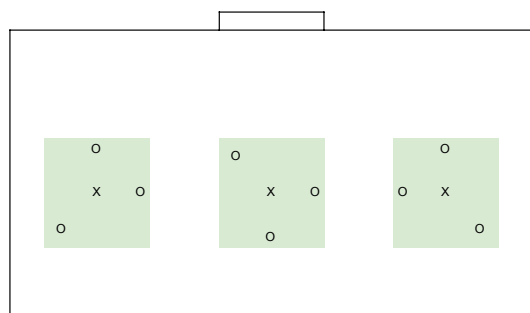
1 ball per payer, spread cones 6-10 yards apart as shown

Players get into pairs, each with ball, facing one another, each with ball ~10 yd from cone

Practice

~10m

Rondos - 3v1s



Objective

Attackers keep ball away from defender

Defender win ball and dribble OUT of the box

Attacker who lost ball goes into middle

Setup

10x10 boxes (4 cones)

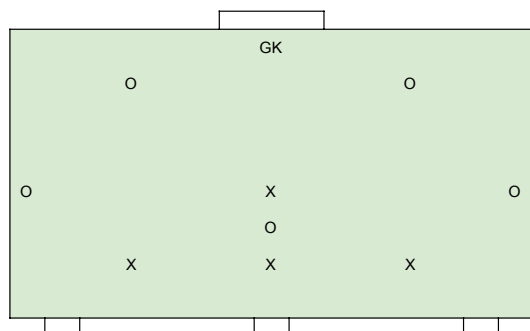
4 attackers on perimeter as shown

1 defender in middle as shown

Play

20m+

Game Phase into Scrimmage



Objective 1

Start ball w GK to work on the phase of Attacking to Buildout (A1)

Start ball at halfway to work on phase of Attacking to Finish (A2)

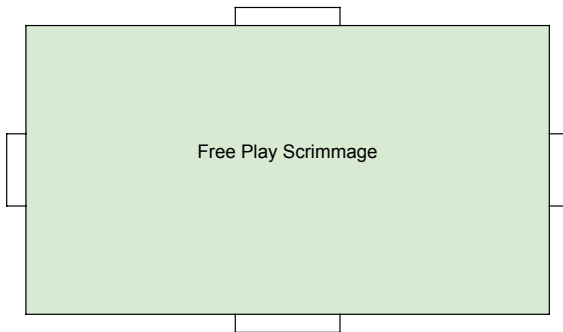
Defending team is naturally working on the phase (buildout) or (finishing)

Setup

Half Field. Counter goals at half way line.

Have players in positions (either 1 or 2 lines of your regular size system)

U10 ~ 4v2 up to 6v4 u12 ~ 5v4 up to 7v5 u14 ~ 6v5 up to 8v7



Objective 2

Even the teams and scrimmage!

Observe, praise, look for patterns of issues, guide players towards solutions

Setup Options

Keep same setup as before, regular big goal to small goals at half

Regular big goal to big cone goal at half

Across the field side to side big cone goals

Tips & Reflection

Helpful Tips

When transitioning between activities, have kids do the cleanup and give them a quick water break while you set up the next

You don't have to be talking the entire time, take time to observe, construct meaningful feedback into short and simple

Spend most of your time finding good things to positively reinforce, kids will try to repeat things they have been praise for

Avoid wasting time commenting on technical mistakes that players KNOW they did, instead RECOGNIZE and praise the decision if it was correct,

and take times to ask them what they might do differently and guide them to a solution if needed

Look for patterns of issues that you can take a brief moment to address with either an individual to the side or team as a whole

Simplify instructions as much as possible avoid lengthy lectures

Reflection

Overall how did the session go?

Were kids engaged, did they have fun?

How smoothly was I able to transition from one activity to another

What can I change for next time to improve?