

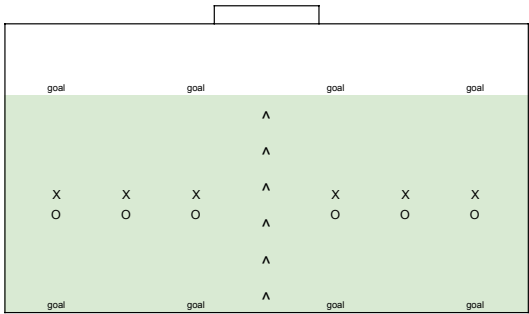
Training - Weeks 3 & 7

Central Arkansas Soccer Club

Play-Practice-Play

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

PlaySmall Sided Arrival Games



Objective

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

Part 1 - play 1v1 for 5-7 mins

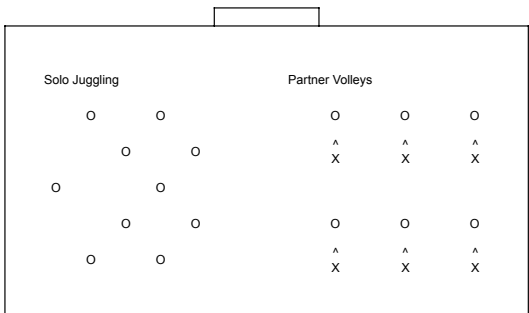
Part 2 - combine the players to play 3v3 or 4v4 to double goals (called 4-Goal-Game)

Setup

Drop a cone line to split the field in half to create 2 fields

Each field has 2 cone goals to score in on each end

PracticeTechniques - Juggling & Volleys



Objectives

Free Juggle: any legal part of the body, self compete, as many touches as possible

Down Juggle: 1-3 touches, control the ball down with [side, top, bottom] of foot into a dribble

Partner Volleys: partners take turns tossing ball to one another in air to feet, pass back in air

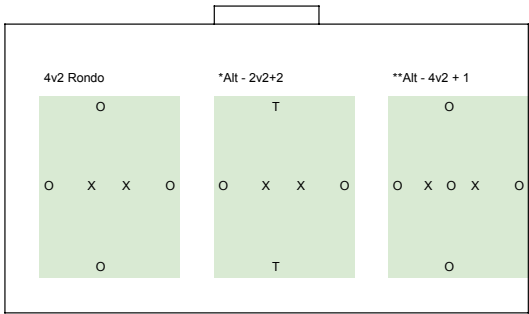
2 Techniques: Inside of foot (toe out) and top of foot (toe down) [Play Video](#)

Setup

Juggling - Give each kid a cone and have them spread out a bit and put it down

Volleys - Give each partner a cone, volley over the cone to each other

PracticeRondo - 4v2



Objective

4 attackers keep ball away from 2 defenders, defender win ball and dribble OUT of the box

Attacker who lost ball goes into middle

Setup

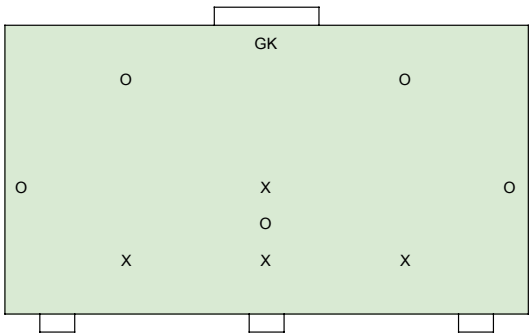
~15x10

Variations

\*Could play this in pairs (2 red, 2 blue, 2 gray) and pair goes in if lose ball

\*\*Advance this into a position play by adding an attacker in the middle with the defenders

Play20m+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)

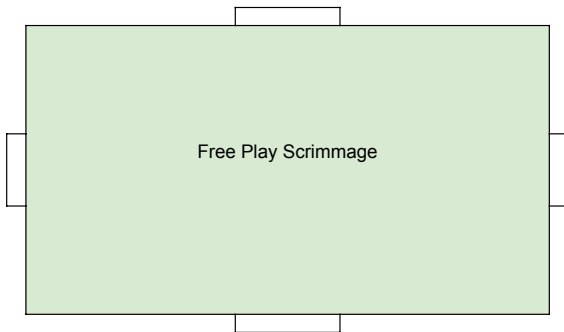
Defending team is naturally working on the phase (buildout) or (finishing)

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, choose meaningful times to address individual or team

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?