

Training - Weeks 1 & 5

Central Arkansas Soccer Club

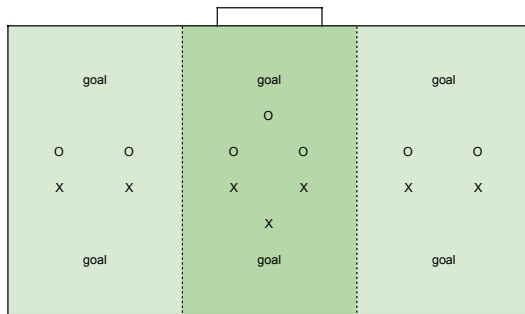
Play-Practice-Play

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

Play

~15m

Small Sided Arrival Games



Objective

Arrival Game - *routine* that is also *fun*, both motivates and reduces performance anxiety

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

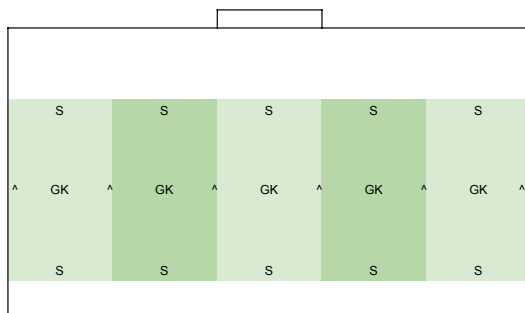
u14 - do similar but top of 18 to half line

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

Practice

~10m

Techniques - Shooting & Keeping



Objective

Shooters work on striking ball through past GK to each other, take turns (3m ea)

Strike ball on inside of laces (power) or inside of foot (placement)

Garnify it, points for scoring. Score must be head height or below

Setup

Setup a line of cone-goals w/ players in groups of 3 as shown

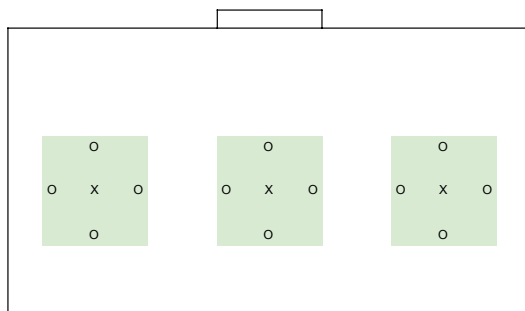
Shooters spaced 8-20yd from GK depending on age / ability

Variation: see if you can chip the ball over the keeper for points

Practice

~10m

Rondos - 4v1s



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)

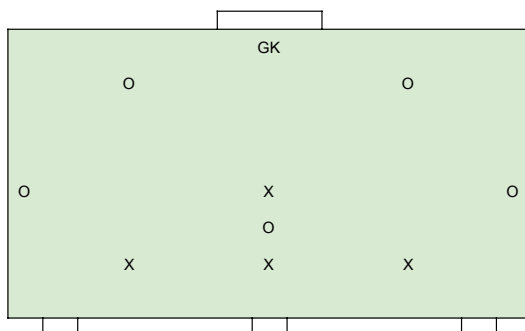
4 attackers on perimeter as shown

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)

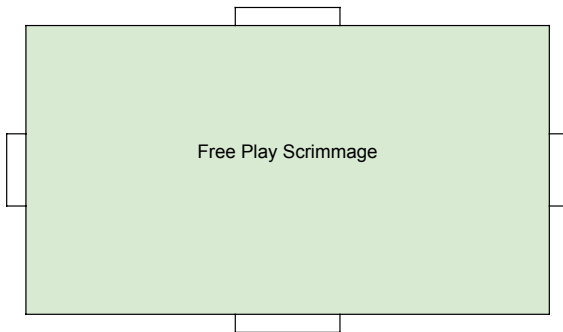
Defending team is naturally working on the opposite defending phase (buildout) or (finishing)

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?