

RESOURCE #1



**First Steps, First Kicks
Coaching 6 to 10 year-olds**

-

Canadian Soccer Association

TEACHING THE SKILLS

COACHING POINTS

RUNNING WITH THE BALL

- Keep the ball within playing distance
- Switch attention between ball and environment
- Balance
- Use both feet
- Use of all surfaces



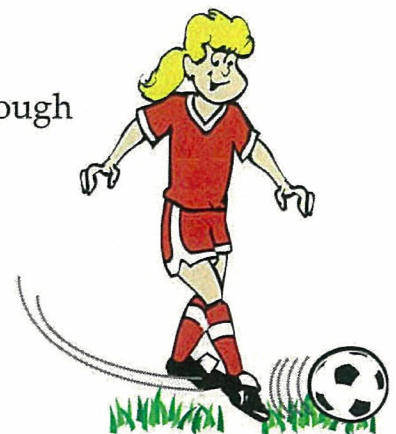
DRIBBLING

- Movement
- Protect the ball - keep away from defender
- Changing direction
- Changing speed
- Turning with the ball



PASSING

- Ball out in front at a comfortable distance (one step)
- Take a step and place non-kicking foot at a comfortable distance to the side of the ball
- Look at the ball when striking it
- Lock the ankle when you strike the ball
- Strike the ball in one motion and allow follow through
- Observe the accuracy
- Observe the pace / timing / weight
- Use both feet and different surfaces
- Observe where the child hits the ball



TEACHING THE SKILLS

COACHING POINTS

CONTROL

- Keep your eyes on the ball
- Get your body behind the ball as it moves towards you
- Attack the ball by moving to the ball
- First touch control should be just out in front within reach of your next step
- Head up - make a decision to dribble, pass or shoot



SHOOTING

- Ball out in front at a comfortable distance (one step)
- Take a step and place non-kicking foot at a comfortable distance to the side of the ball
- Look at the ball when striking it
- Strike the ball in one motion and follow through;
- Lock the ankle when striking the ball with the laces
- Use both feet
- Use different surfaces
- Observe where the child hits the ball



HEADING

- Keep your eyes on the ball
- Point of contact, flat part of the forehead
- Neck should stay relatively fixed
- Arms bent and tucked in for balance and protection
- Knees bent, lean back slightly and follow through on contact



SESSION No. 1 FOR U-8

Become a friend with the ball

Warm up and agility (10 minutes):

Organization: players have one ball each and are using their hands;

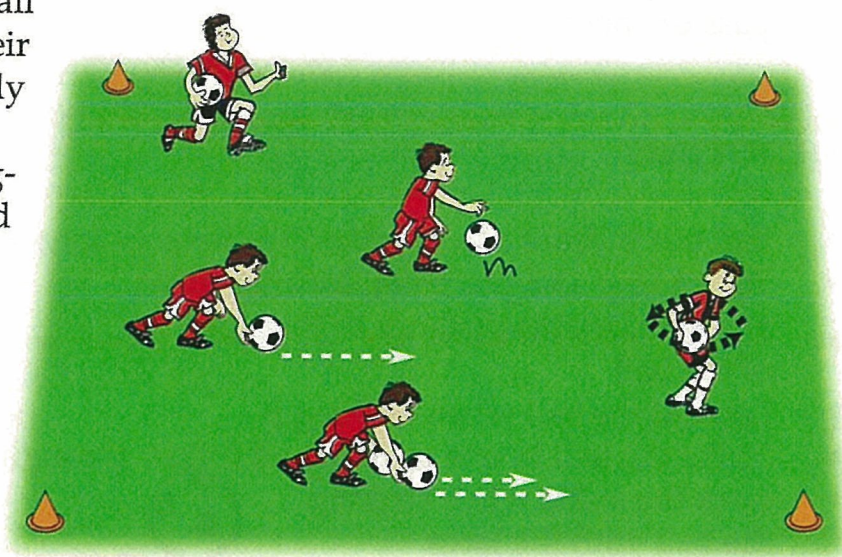
Players run forward holding the ball;

Players run forward while bouncing the ball;

Players run forward pushing the ball on the ground (rolling) with one hand; (repeat movements when possible running backward, side ways; bouncing the ball, hopping on one leg, etc...);

Players push the ball behind between their legs and quickly recover their ball;

Players stand bringing the ball around their waist;



Technical development (10 minutes)

Introduction to juggling the ball: One ball per player.

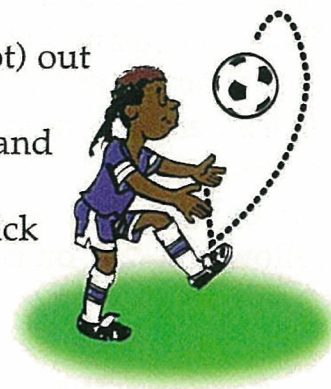
Play the ball out of hand in front and stop the ball using different methods.

Players kick the ball high (using left and right foot) out of their hands and try to catch the ball back.

Players kick ball high out of hand, let bounce and then kick high again.

The players kick the ball out of hand and then kick the ball on the volley-catch.

Progress until players are able to juggle with the ball without using their hands.



Relays (10 minutes)

Set up two or more teams for a relay game:

Player runs with the ball in hand to and around a marker 10m away.

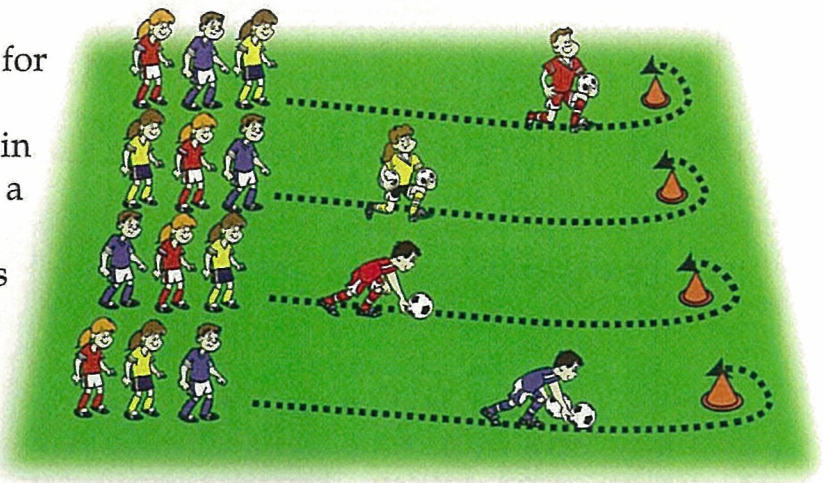
Player runs with two balls in arms to and around a marker 10m away.

Player rolls a ball on the ground to and around a marker 10m away.

Player rolls two balls on the ground to and around a marker 10m away.

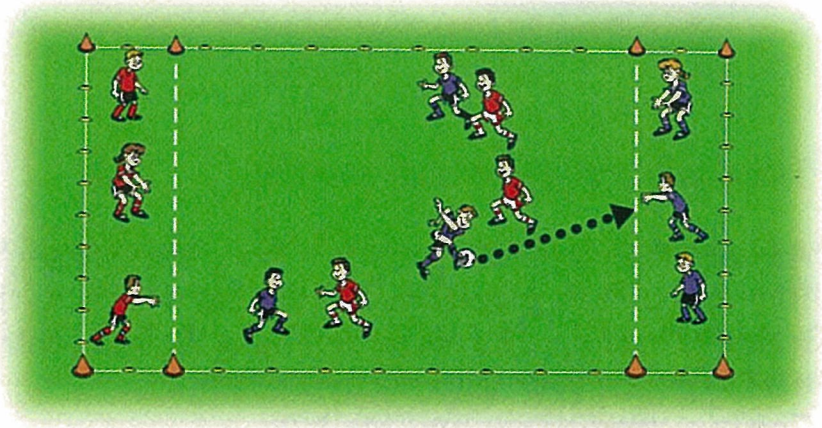
Player holds one ball between legs; runs to a marker 10m away, dribbles back.

* All exercises are repeated by each team member.



Related Game (10 minutes)

Game with no goals – two teams of 6 players opposing each other – set up a playing area of 20m x 30m. Three players inside the area, 3 players in the neutral zone serving as targets at one end of the field. The players must play the ball to their teammates outside the playing area, if the teammate catches the ball, it counts for a goal, if the ball goes outside of the neutral area, there is no goal (catching should be from a ball on the ground since children that young have difficulty kicking the ball in the air). Change targets and field players when a goal is scored or by keeping time.



Small-sided games (15 minutes)

2 vs 2 + 2 goalkeepers – follow the rules of mini-soccer.

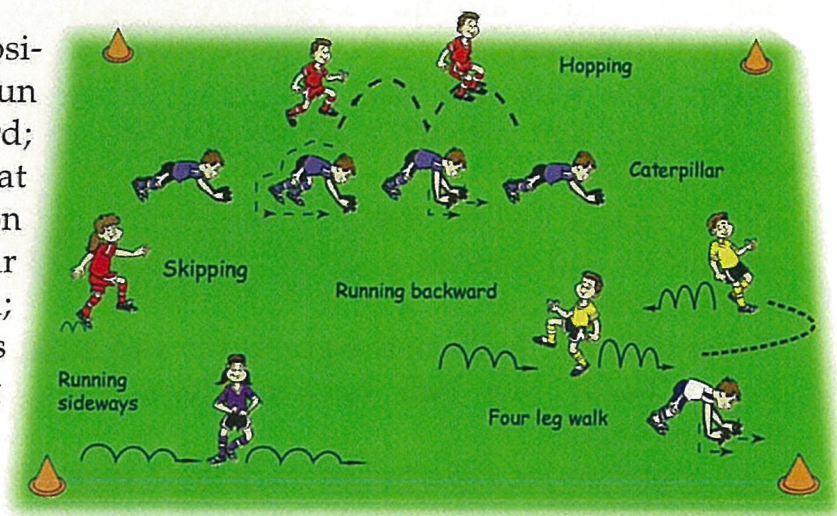
Let them play!

SESSION No. 2 FOR U-8

Passing

Warm up, agility and coordination work (10 minutes):

Organization: cones positioned 15 meters apart; run forward; run backward; hop on one leg; repeat with the other leg; hop on two legs; crab walk; four leg walk – face down; caterpillar walk; walk as if you were climbing mountains, etc...



Add ball juggling to your warm up whenever it is possible.

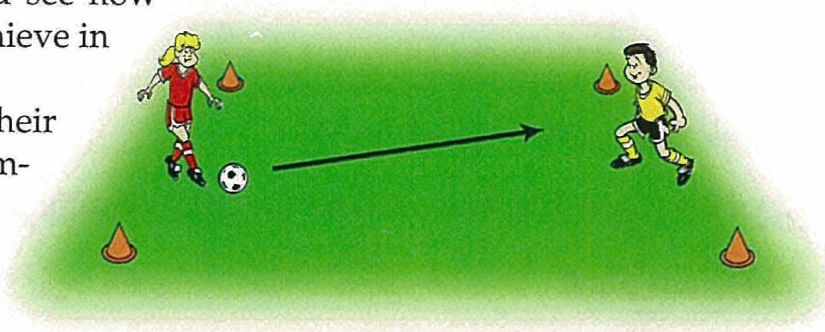
Refer to page 18 for the progression of learning to juggle the ball.

Technical development (10 minutes)

Arrange the players in pairs in a 5m x 10m rectangle or between two cones, 10m apart. Each player pushes the ball across to the other player with the inside of the foot. The player receiving the ball controls it with one touch and tries to pass it back with the next touch.

Create a competition and see how many passes they can achieve in 20 secs.

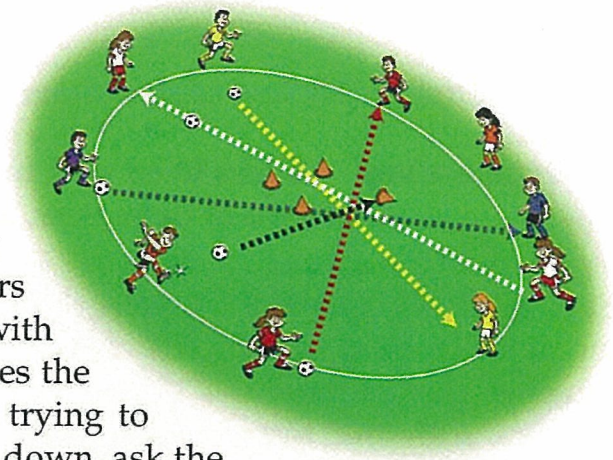
Repeat, trying to beat their own record or their teammates.



Fun Game (10 minutes)

Targets in middle.

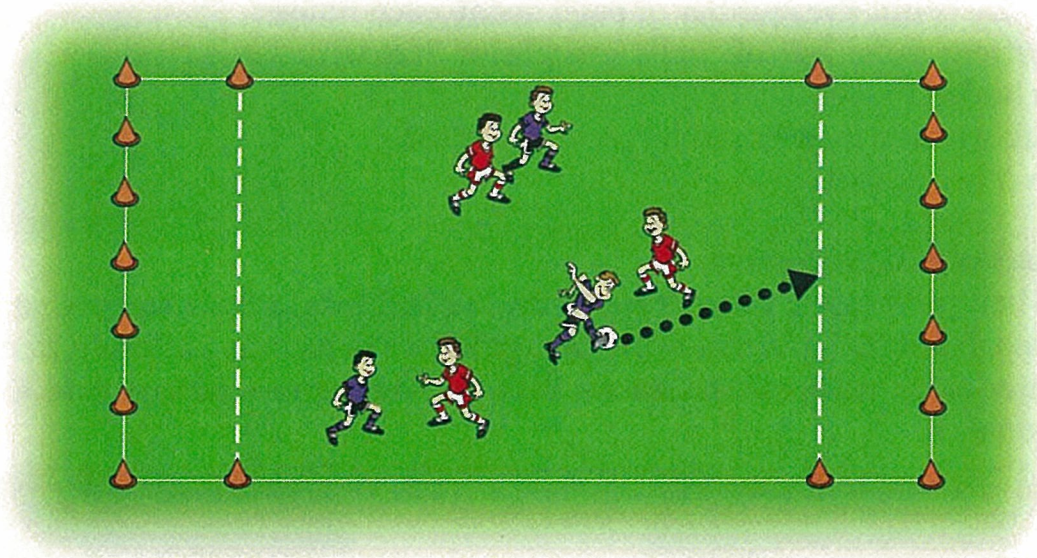
Create two 15m circles, same drill in each circle. Stand four large cones in a square in the middle of the circle which will serve as targets. You can start with one ball per player trying to hit the targets or in pairs. Players stand on opposite sides of the circle with one ball for each pair. Each pair passes the ball back and forth across the circle trying to knock the cones over. When a cone is down, ask the player who knocked the cone down to set it up.



Related Game (10 minutes)

Neutral zone with targets.

Set up a playing area with two neutral zones at each end with targets (cones), 5m or more away. Two teams are opposing each other. Team attempts to score a goal by hitting one of the targets inside the neutral area the team is attacking. The other team must defend and prevent the opposition from hitting the targets.



Small-sided games (15 minutes)

4 v 4 with two goals and goalkeepers

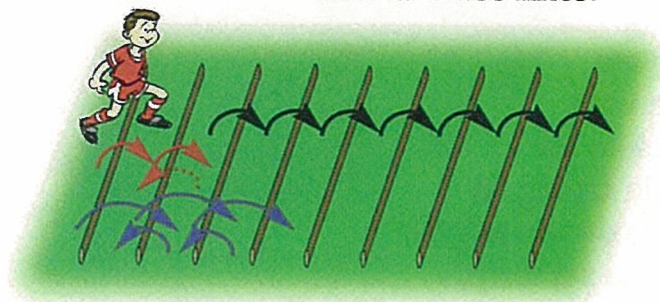
Let them play!

SESSION No. 5 FOR U-8

Dribbling

Warm up, agility and coordination work (10 minutes):

Organization: Sticks lined up 1 m (or less) apart. Players are divided into two to three lines.



- One step between each stick;
- Hop on both legs;
- Hop on one leg;
- Hop on the other leg;
- Move side ways between all sticks - zig zag;
- Two foot hop;
- Backward.

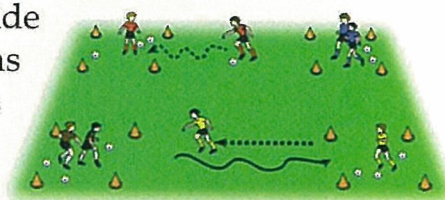
Use different patterns - jump over two and back up one, etc...

Technical development (10 minutes)

Set up four (4) houses by placing 4 cones in a square in each corner. Players are divided in four groups and are stationed inside a house. Place all the balls in the middle. On coach's signal, one player at one time runs out to get a ball and brings it back to the house (must stop the ball inside the house). When all balls are recovered, we count the number of balls inside each house.

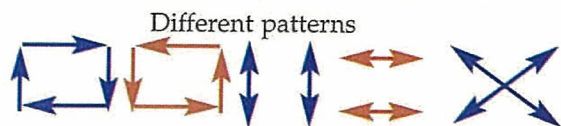
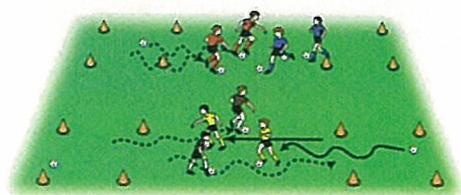


Variation: same but all balls are placed inside each house. Players try to bring as many balls as possible inside their house by picking the balls from other houses.



Variation and progression:

One ball per player; players run with the ball inside their respective house. On coach's signal, players must change house in a circle pattern – clockwise, counter clock wise; switch house with another team – facing, side to them, diagonal...



Players must dribble around a cone before returning home. Hoops can eventually be replaced by a defender. Cones can replace hoops.

Relays (10 minutes)

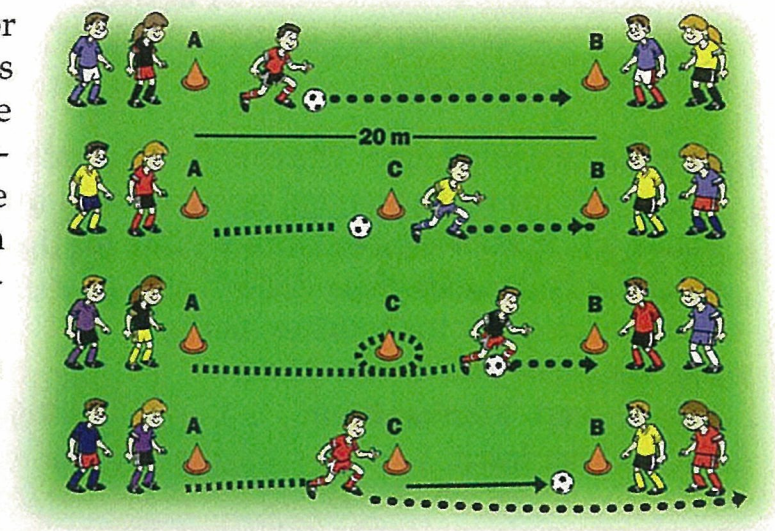
Players in teams of four or five divided into two lines facing each other with one ball behind cone (A). On signal, players commence race with the first team to finish and sit down being the winners.

Dribble to cone (B), leave the ball to partner who returns to cone (A).

Dribble to cone (C), leave the ball there and sprint to the back of the line (B). Player at cone (B) sprints and recovers the ball at cone (C) and dribbles to cone (A).

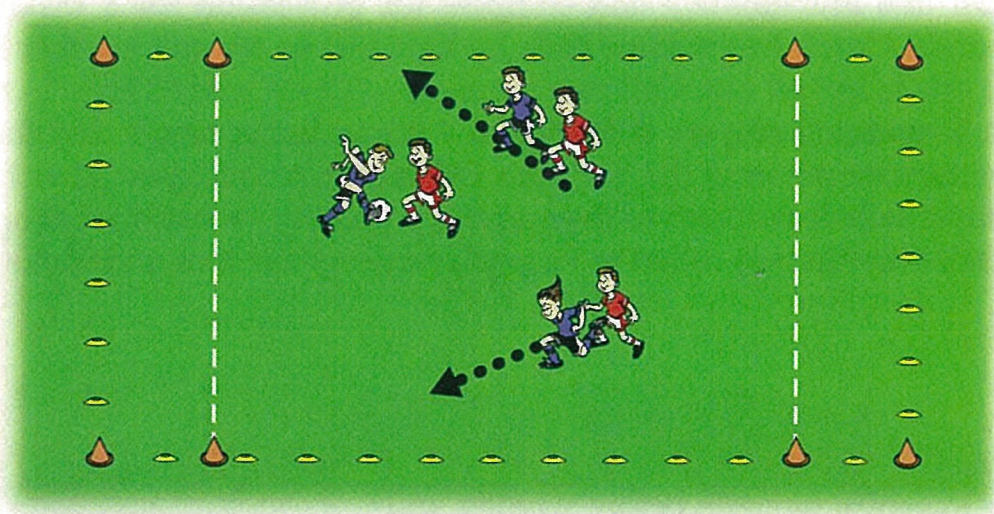
Dribble around cone (C) before dribbling to cone (B) and leaving the ball to next partner.

Dribble to cone (C), and pass to teammate standing at cone (B).



Related Game (10 minutes)

Game with no goals – two teams opposing each other – set up a playing area of about 20 m by 30m. The players must run with the ball past the line and stop the ball with the sole of one foot in order to score a goal.



Small-sided games (15 minutes)

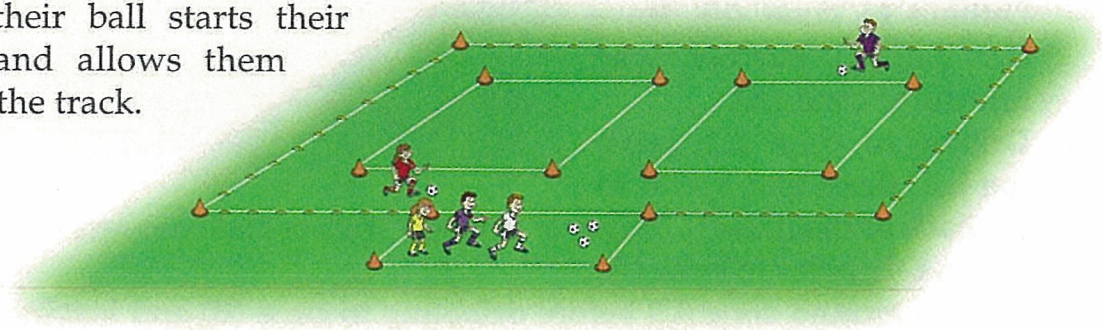
Two goals, 3 vs 3 without goalkeepers – Let them play!

SESSION No. 10 FOR U-8

Byte-size coaching session by Tony Waiters

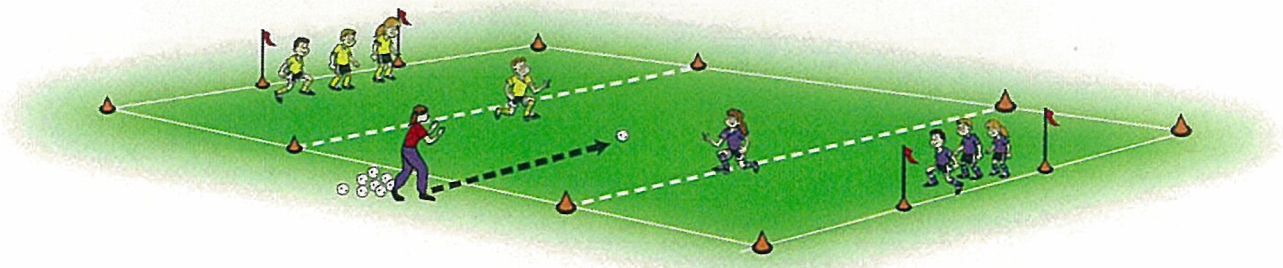
Indy 500

This is a cruising game. The cars (kids) need to race around the outside roads. They start from the pits and finish back in the pits. Four cones can mark the inside track, but do have marker disks for the outside so the children need to keep the ball under close control and stay on the road. If they do go off the road, three quick toe touches on the top of their ball starts their engine and allows them back on the track.



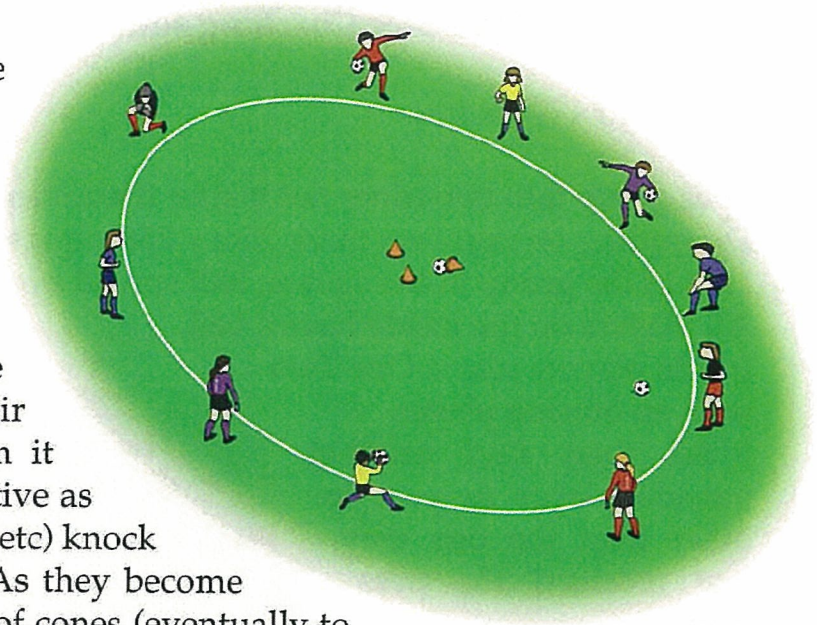
The Numbers Game

Use a 3-a-side Micro Soccer field. Widen the goal. Create two teams standing at opposite ends. All players start on their respective 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 some balls by him and so can roll 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 they must stay within one meter of the goal line. Goals only count below knee height. If one player fails to respond to the number, a penalty - a free shot at open goal from half-way line - is called to keep players on their toes and make it fun.



The GK circle Game

Make a circle. The distance will depend on the age of the players. Players partner up and go on opposite sides of the circle. Target cones are placed in the center. Initially, everyone is trying to knock the cones over (with their throw) as a "team". Then it can become more competitive as one pair tries to get 4 (or 5, etc) knock downs before the others. As they become better, reduce the number of cones (eventually to one). The reward for knocking over the single cone is that the successful thrower must put it back up on the center mark (players will get a laugh out of that!). Start with a rolled throw. Later use the over arm throw. Don't use size-4 or size-5 for younger players.



Micro soccer Jamboree

Allow the children to enjoy playing without any coaching.

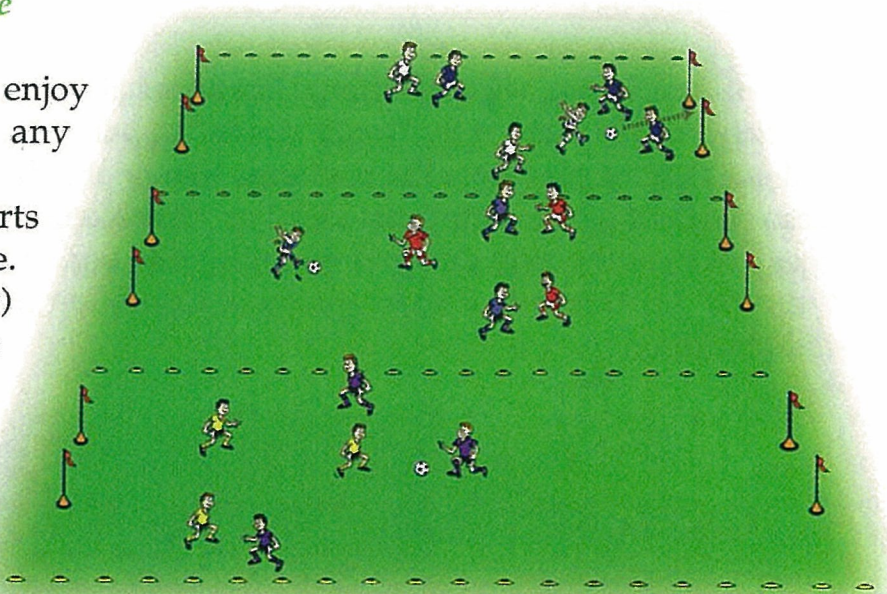
The time keeper starts the game for everyone.

Use 4 period (quarter) games, but make sure to organize the rotations for the next game to ensure equal time on the field and in goal;

Play 2 to 3 minute periods.

Maximum of 4 players on a team.

Switch GK - equal time. Teams work on a round-robin format.



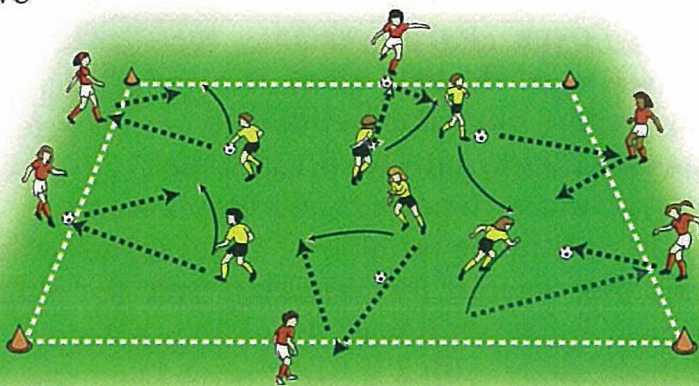
COACHES HAVE TO WORK HARD TO SAY... NOTHING!

SESSION No 10 FOR U-10

Byte-Size Coaching session by Tony Waiters

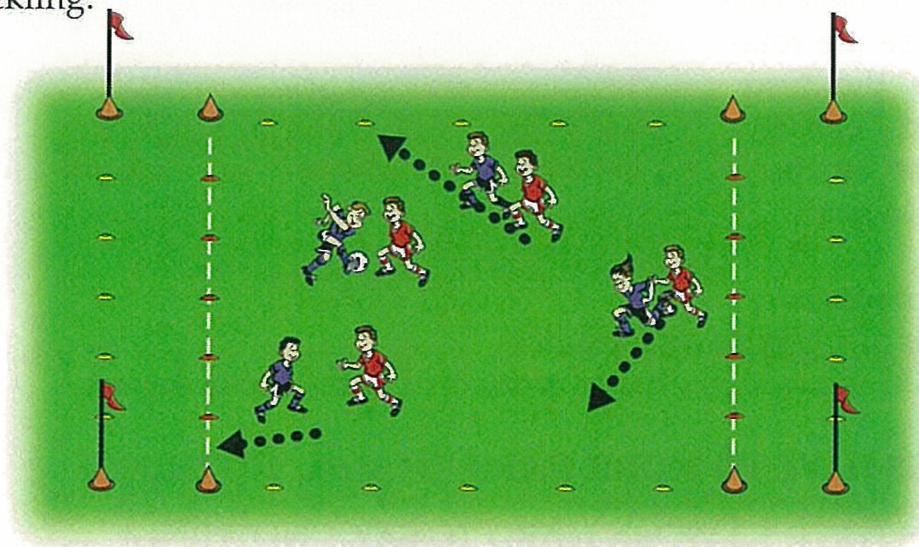
Inside out - Ones two

Split group into two (does not matter if numbers are odd).
Depending on numbers mark 25m x 25m square.
Half of the group in the square; half spread evenly on the outside.
All players on the inside have a ball.
Inside players play a One-Two with an outside player.
Must then find another outside player to pass to other than the one they just received the pass from.
After one minute outside players change with the inside players.



Zone game 4 vs 4

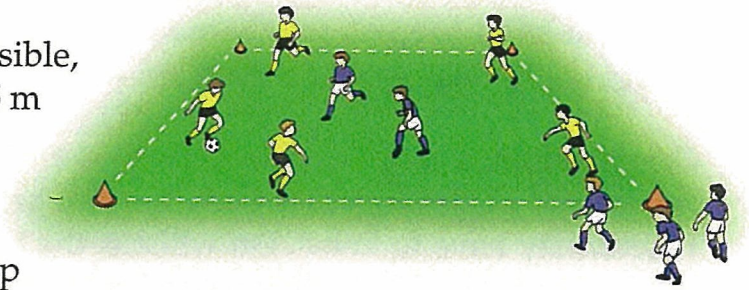
Area of 30m x 20m, with additional 5m zones at each end. Normal 3 vs 3 - but the only way to score is by "touch down" of ball with foot in the end zone. If ball goes out of play over the end zone line or at side of end zone, defending team re-starts game with "goal kick" or "dribble-in" from end line. If the ball goes out over the side line (not including the end zone) play is re-started by "pass-in" (or throw-in if coach prefers). Condition the game to disallow any slide tackling.



5 vs 2

Organization:

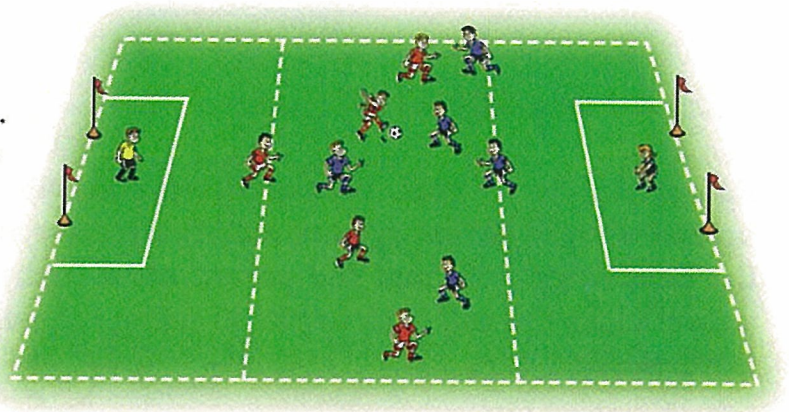
- Group of 10 whenever possible, split into two teams of 5.15 m x 15 m area.
- 5 vs 2 with other defenders waiting their turn.
- The "five" attempt to keep possession from the 2.
- As soon as the "five" make a mistake and lose the ball the two defenders change and the coach rolls in another ball.
- Defenders can change "on the fly" if the "five" are doing well and the defenders are getting tired.
- Coach keeps the time on the stopwatch and calls time out after 4 mistakes.
- Then the other five try to keep the ball for longer than their opponents.
- Coach keeps supply of balls to help continuity.
- If the players are finding the 5 vs 2 difficult consider making it 6 vs 2 and increasing the space.
- If they are finding it easy, decrease the space.



Super 6's

Organization:

- Use a 54 m x 45 m field.
- Goal sizes should be approximately 2m x 6m wide (be prepared to improvise or use what is available).
- Mark in two 16.5m lines (penalty area referred as PA) with coaching disks - if available, use corner flags to emphasize the PA.
- Put in a 10 m. handling box out from the goal and the end line.
- If available use two people - assistant coaches, parents - to act as linesmen, stationed on opposite sides of field to coach at the PA lines (with flag or handkerchief).
- "Offside" only occurs in the attacking third of the field. A player is offside only at the moment the ball is played forward and will only be offside if there is less than two opponents either level or between the receiving attacker and the goal line (Note: the goalkeeper is usually one of the two).
- Otherwise, normal rules of soccer.



EXERCISES WITH AN ADULT (PARENT)

Bring an adult (parent, family member) with you
Warm up, agility, and coordination work

Organization:

Parent and player together with one ball between them. Backs to each other. Parent may have to kneel. On whistle, the ball is passed by hand around the bodies ten times. The ball is passed from partner to partner in a figure-eight around their bodies. The ball is passed from partner to partner in a circling-motion by reaching back over their heads and then bending forward and reaching through their legs.



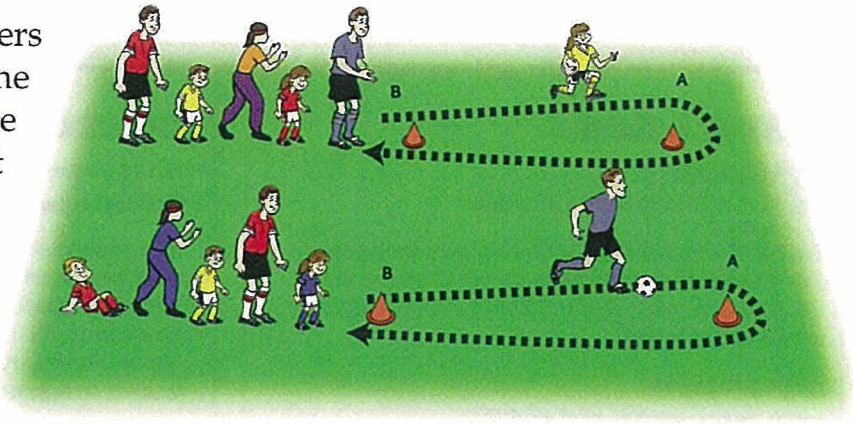
Technical development (10 minutes)

Parent stands in goal, between two cones 5 meters apart. Player stands opposite to the parent approximately 8 metres away. The player kicks/shoots the ball at the goal and the parent must make a save using feet only. The parent kicks the ball back to player using the same technique and the process is repeated.



Relays (10 minutes)

3 parents and 3 players standing in line at cone (B) make a team. Race begins with player at cone (B) with ball in hands. On whistle, he carries the ball around cone (A) and passes it to parent at the front of

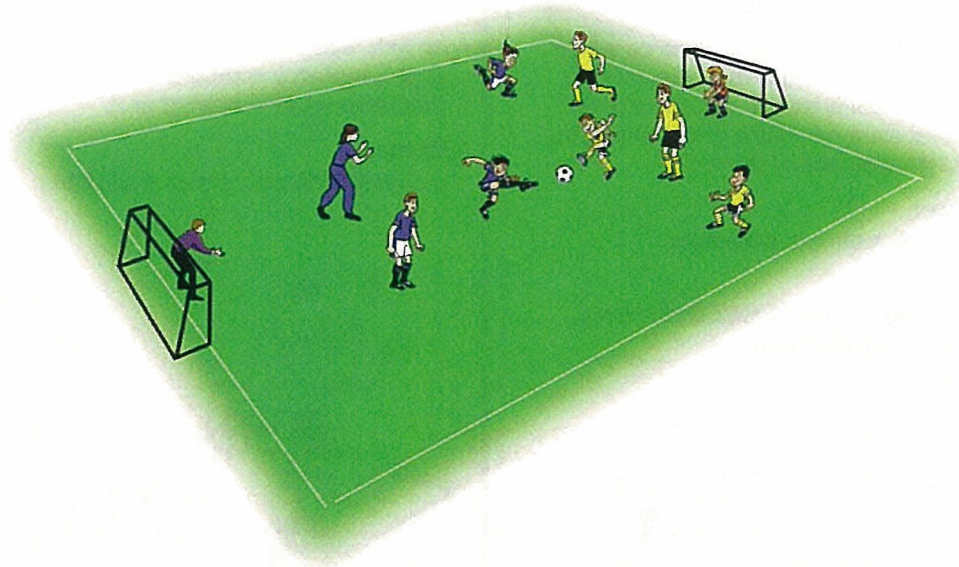


the line, then runs to the back of the line. Parent repeats the exercise, as do all the other players and parents.

First team to finish and sit down is the winner. Vary the requirements of each race: running with the ball on the ground to cone – dribble back and stop with the sole of the foot before next partner gets going, pass back, etc...

Related Games (10 minutes)

Two teams of a combination of parents and children. Normal game but parents can only touch the ball twice before passing to a teammate. Children are allowed as many touches as they want. Parents cannot score goals...



Small-sided games (15 minutes)

Two goals, with or without goalkeepers – **Let them play!**

MORE GAMES

4 GOAL GAME

- ◆ 6 to 12 players
- ◆ 30 m x 20 m to 40 m x 30 m area

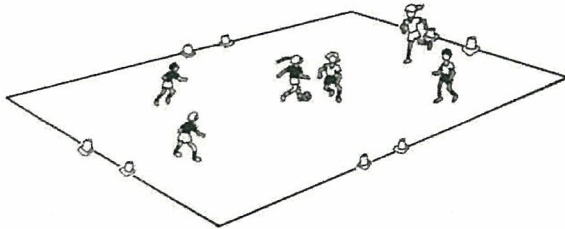
2 equal teams play against one another. There are no goalkeepers. Each team can score in any of the 4 goals. All restarts are "kick-ins" from where the ball leaves the field.

Progression:

Introduce 4 parents as goalkeepers.

Skills:

dribbling, shooting, passing, control, challenging, vision and awareness.



SCORE ON A GROWN-UP

- ◆ 6 to 12 players
- ◆ Mini-Soccer field

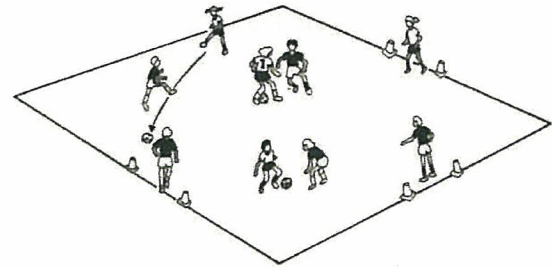
Players work in pairs with 1 ball between them. 3 to 6 goals are set up around the field with a parent acting as goalkeeper in each one. Parents serve the ball to the 2 players facing them to start the game. Players try to beat their partner to the ball and score against a parent. After 2 minutes of play, players attack a different goal.

Variation:

Change partners every 2 minutes.

Skills:

control, shooting, dribbling



LINE SOCCER

- ◆ 6 to 12 players
- ◆ 30 m x 20 m to 40 m x 30 m area

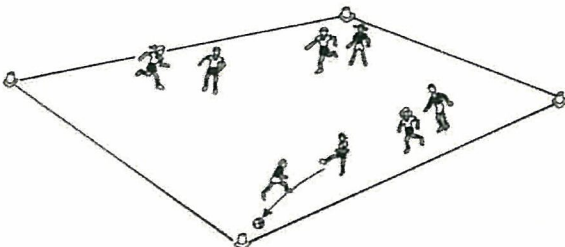
2 equal teams play against one another on a field where the goals are the 2 end lines. There are no goalkeepers. Each team attacks the opposite end line and tries to score by dribbling or shooting the ball across it. All restarts are by kick-ins.

Progression:

Add a parent to each team as goalkeeper.

Skills:

dribbling, shooting, passing, control, challenging, vision and awareness, team work



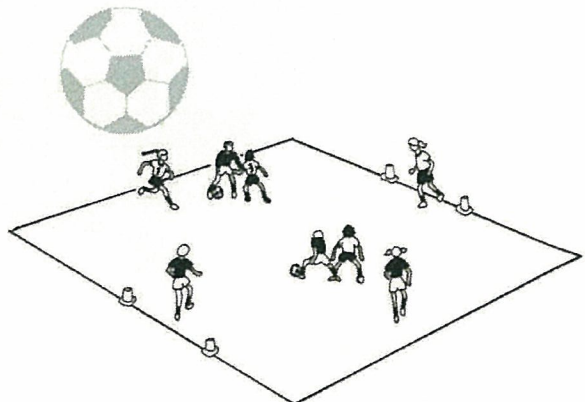
TRIOS

- ◆ 6 to 12 players
- ◆ Mini-Soccer field

As with "Score on a Grown-up" but with 3 players playing against one another. After 3 minutes of play, the players attack a different goal.

Skills:

shooting, dribbling, control, challenging



MORE GAMES

GOALIE GAME

- ◆ Teams of 1 to 3 players
- ◆ 5 m x 10 m to 10 m area

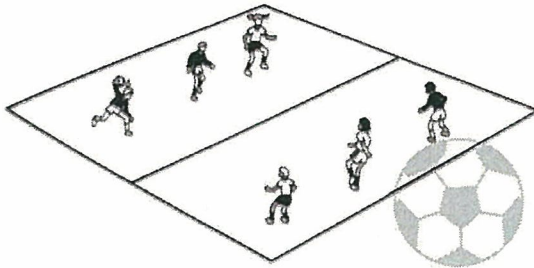
Each team must defend their goal line using any part of the body, including hands. Players can move anywhere in their own half of the field but must not cross the halfway line. A goal is scored when a player throws the ball over the opposing team's goal line.

Progression:

Players can score by kicking the ball across the opposite goal line.

Skills:

catching, shot stopping, kicking, agility, coordination



GOAL ALLEY

- ◆ 6 to 12 players
- ◆ 10 m x 15 m to 10 m x 30 m area

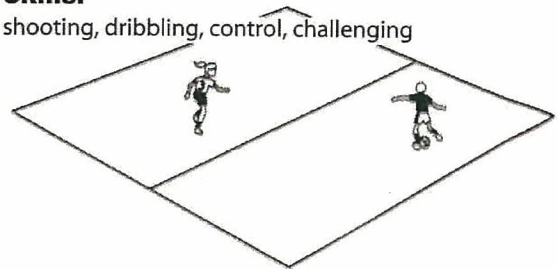
Players work in pairs with 1 ball between them. Each player defends his/her goal while trying to score on the opponent. Players have unlimited touches but must remain in their own half of the playing area. Hands cannot be used. Players try to block shots and control the ball to prevent a goal. Change partners after 5 minutes.

Progression:

If the ball rebounds across the halfway line or out over the side line when a save is being made, possession goes to the opponent.

Skills:

shooting, dribbling, control, challenging



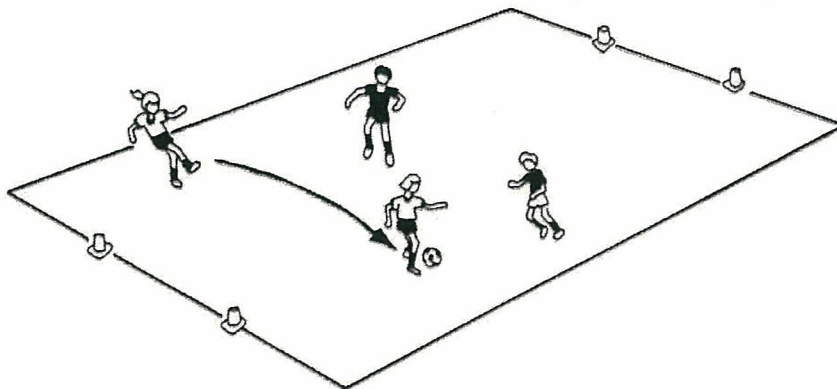
2 V 2

- ◆ 4 to 12 players
- ◆ 20 m x 20 m area

The normal rules of soccer apply except that kick-ins are taken instead of throw-ins and goal kicks are taken after goals are scored. After 5 minutes of play, change opponents by rotating teams.

Skills:

passing, dribbling, shooting, attacking, defending, challenging, vision and awareness, reading the game



3 V 3

- ◆ 6 to 12 players
- ◆ 30 m x 20 m area

The normal rules of soccer apply except that kick-ins are taken instead of throw-ins and goal kicks are taken after goals are scored. After 10 minutes of play, change opponents by rotating teams.

Skills:

passing, dribbling, shooting, attacking, defending, challenging, vision awareness, reading the game

RESOURCE #2



**Coaching 9, 10 and 11 Year Olds
by Bobby Howe & Tony Waiters**

In the 3-a-side game of *Micro Soccer*, simple rules are given (see *Micro Soccer* in WaitersWay Section). Included in each 3-man team is a Goalkeeper, who can also act as a Sweeper. Everyone gets to play in goal on a rotating basis.

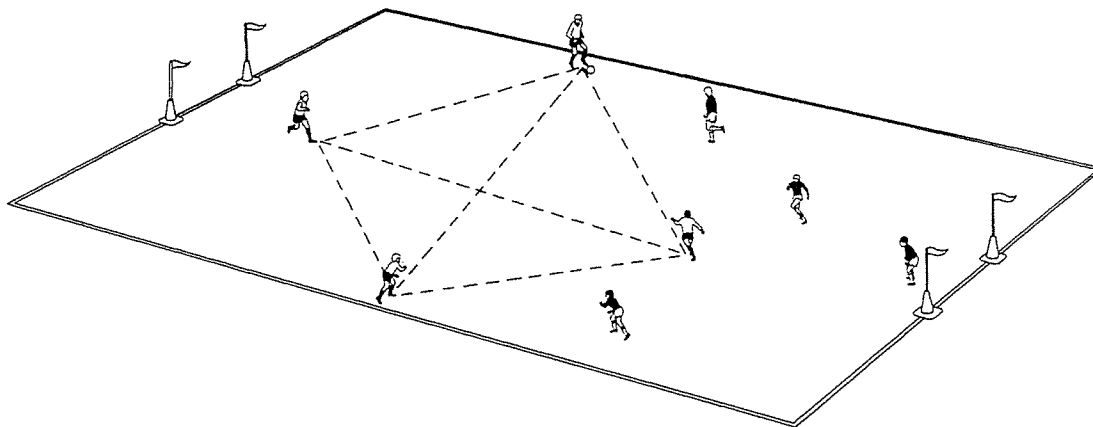
In reality, the first-year players find themselves in a 2 vs 2 situation with an additional player on each team — the goalkeeper. This is totally acceptable as 2 “field players” can combine easily together and have the knowledge they have a back supporting player (the goalkeeper) as insurance, should they lose possession of the ball.

As players become more accustomed to the game, encouragement can be given for the goalkeepers to become more involved other than just standing on the goal line. At first it may be no more than the goalkeeper moving a little way off the line to close down the shooting angle for the opposition. Later, the goalkeeper should participate more fully in the 3-player team by taking the role of “sweeper-keeper” — coming out of goal to negate an opposition attack, and/or to help initiate an attack for the team.

The development from goalkeeper to “sweeper-keeper” will take time — maybe as long as 3 years. Again, this is not a problem, and the development should not be forced by the coach — a little encouragement for goalkeepers to do a little bit more, but still allowing the game to be the main teacher.

The 3-a-side play is the base for player and team development — for the first three years. Not only will the game guarantee each child plenty of kicks of the ball and plenty of fun — but it gives each player a clearly defined and easily understood role within the team triangle. The triangle is the basic tactical consideration and configuration for all team play in soccer — even 11-a-side play.

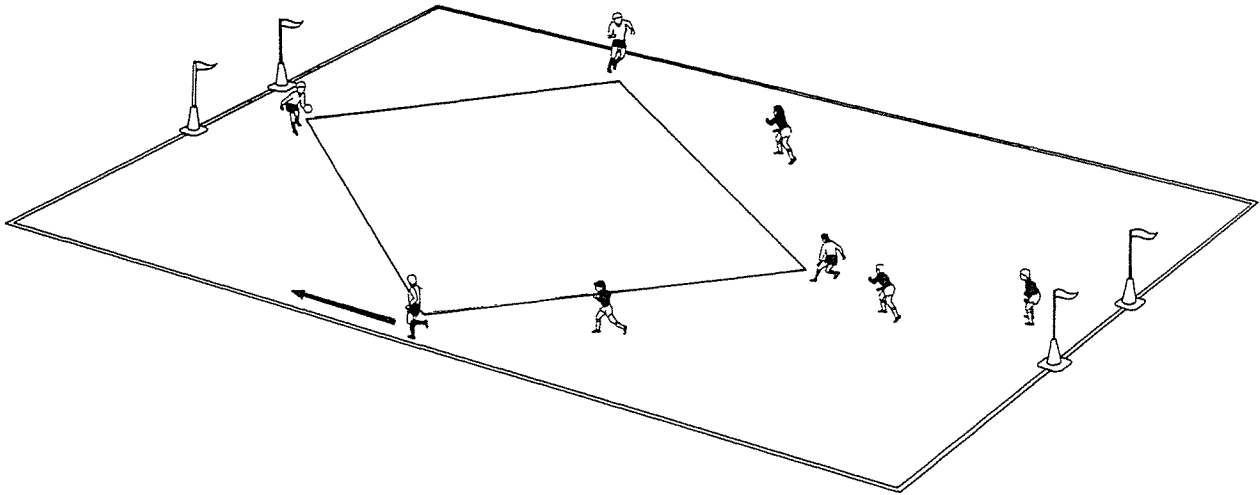
The logical progression from 3-a-side *Micro Soccer* is to the 4-a-side game. But don't think the progression has to be made too soon. Adding one player to a 3-a-side team does not merely add one more option. Three players can produce only one triangle. Four players produce not only the possibility of four different triangles, but also for those triangles to interchange to produce many permutations.



CAUTION SHOULD BE EXERCISED IN PROGRESSING TO 4-A-SIDE AS THE BASE DEVELOPMENT GAME.

- Professional players given a 4 vs 4 situation would take full advantage of an extra player (compared to 3 vs 3) by having that player in an advanced attacking position, and by doing so, open up many exciting possibilities. As well, it would force the opposition to fall back to mark the advanced attacker and the now more dangerous space created by the attacker in front of the goal. This produces a “diamond” and the attacking value of this shape could not be better termed.

A diamond shape creates valuable attacking possibilities.



The “extra” player acts as a “target man” for the goalkeeper with the ball, but the goalkeeper still retains the other options of passes (throws/kicks) to the wide-positioned players.

4-a-side requires more from the players in terms of:

- Communication
- Co-operation
- Awareness.

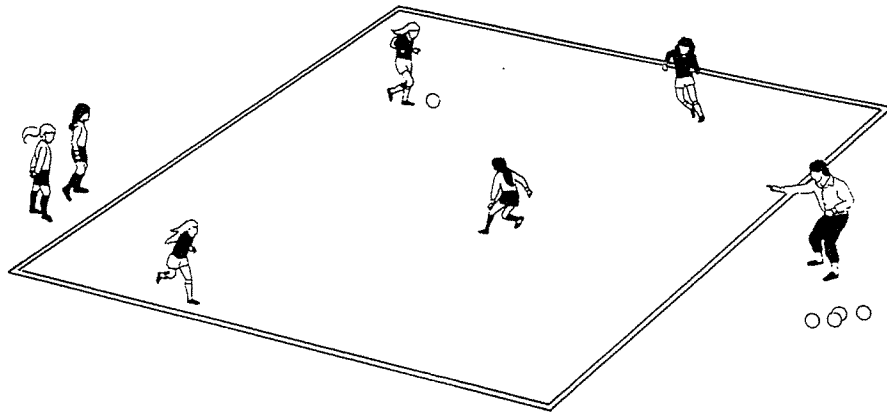
In *Micro Soccer*, the two attacking players (with the goalkeeper back) really need only be aware of one another to produce an effective attacking combination.

In 4-a-side play the three “field players” may find that two is company and three an exciting but more complicated crowd — requiring much more awareness.

It is at this time that the soccer concept known as **Third Man Running** begins to take on importance to young players. Third Man Running is probably the most important attacking concept in the game of soccer. Even professionals have difficulty in mastering and understanding the requirements — and defenders are often tricked by effective exploitation of the Third Man Running.

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.

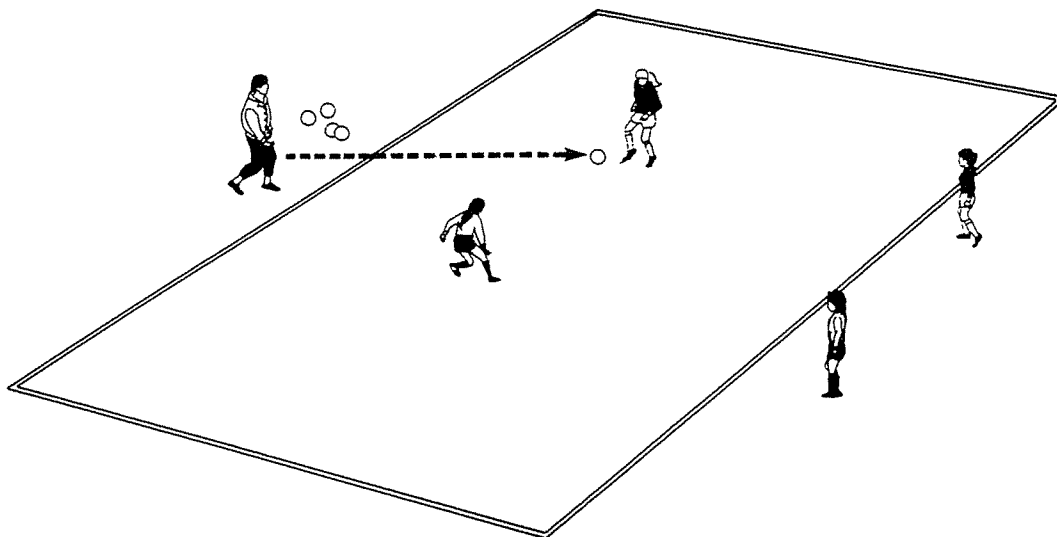
NOTE: The coach should have several balls to replace ones kicked out of area.

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 Four

A 1 vs 1 game to encourage defending



Game Rules

- Set up game in area 10 x 15 yards.
- Organize two teams of two or three players: one player from each team is in area.
- Coach plays ball to one player in area whose objective is to score by **PUTTING FOOT ON THE BALL ON THE LINE** behind opponent.
- Objective of defending player is to win ball and attack opposite line.
- Either player may slide tackle if necessary to prevent opponent from scoring.
- If ball goes out of bounds, coach immediately delivers another ball.
- Game ends with a “goal” or after one minute, whichever is sooner.
- Two new players enter game.
- Winning team is first to score five goals.

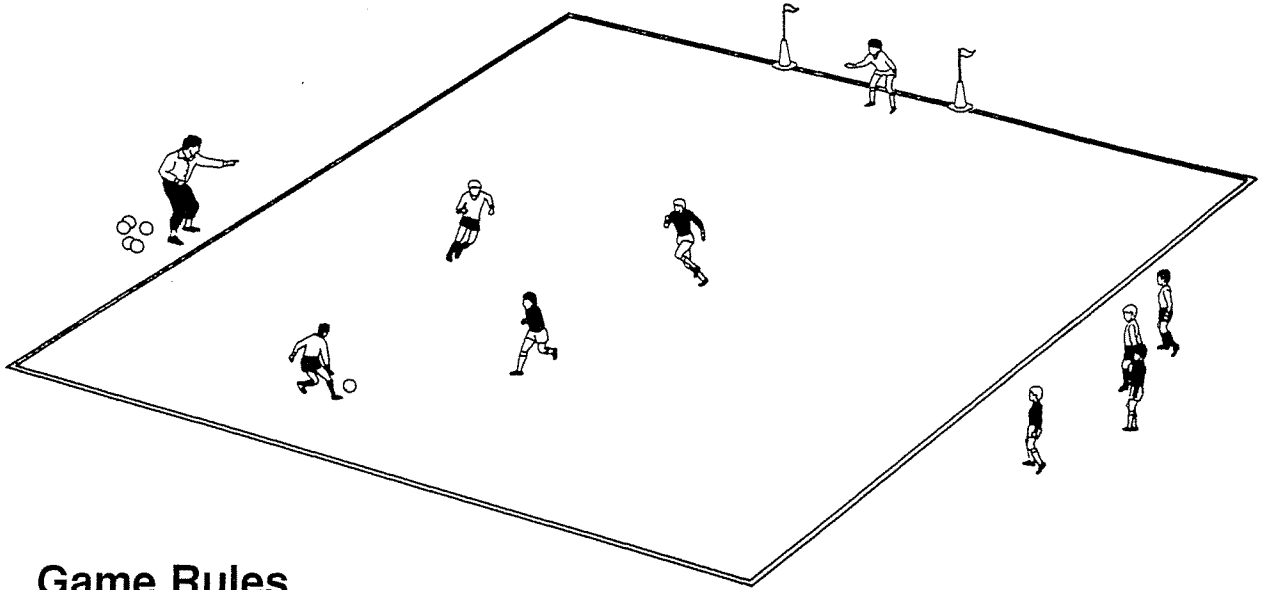
Player Objectives

- DEFENDER
- To defend patiently, delaying forward progress of opponent and ball.
 - To execute well-timed tackling.
- ATTACKER
- To maintain possession of ball under pressure.

NOTE: This is an excellent game for 1 vs 1 dribbling.

Game Five

A 2 vs 2 game to encourage players to create shooting positions



Game Rules

- 2 vs 2 (plus a goalkeeper) inside area 20 x 20 yards.
- Both teams try to score in same goal (six yards wide).
- When ball goes out of play, coach delivers another ball.
- If goalkeeper makes a save, ball goes to coach.
- After five balls are served, outfield players leave playing area, keeping score.
- Two more pairs enter area to compete, also keeping score.
- Score is ongoing and winner is team with more goals after 10 or 15 minutes.
- With large group of players (e.g. , 16) half of players play small-sided game (4 vs 4) and then change groups.

Player Objectives

PLAYER WITH THE BALL:

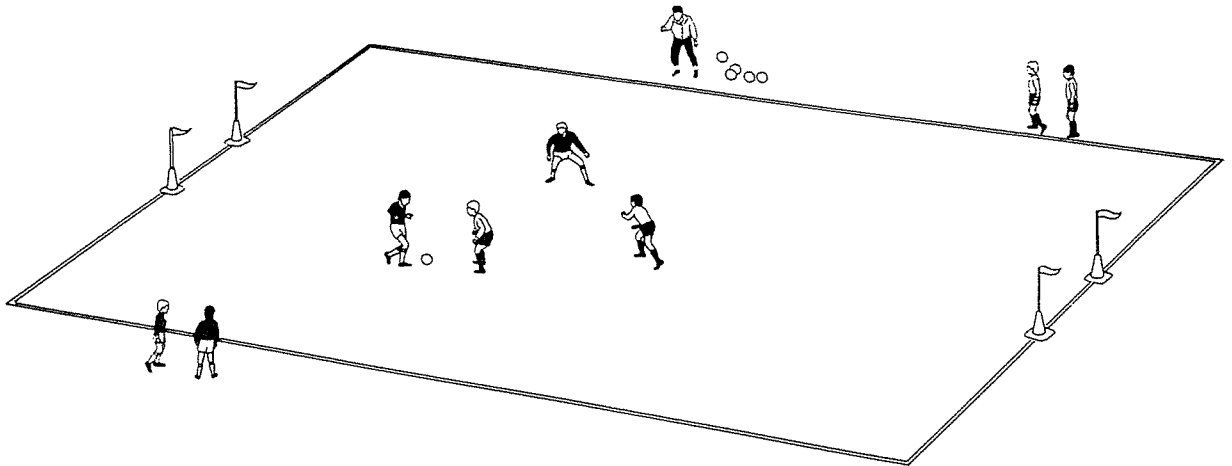
- To manipulate ball to avoid challenges and to open up shooting positions.
- To keep head up to observe teammate, opponents and goal.
- To shoot when opportunity is there.
- To change direction — turn with ball.
- To shield ball where necessary.
- To change pace.

PLAYER WITHOUT THE BALL:

- To provide support for teammate.

Game Nine

A 2 vs 2 game to practice simple defending



Game Rules

- Set up the game in an area 20 x 30 yards with goals (three yards wide) but no goalkeepers.
- Players get in pairs and start at opposite endlines.
- Play starts when coach, at halfway line, plays ball towards one team; one pair from each team enters game.
- Both teams compete to score goals.
- If ball goes out of bounds or goal is scored, coach re-starts game with pass towards one team.
- After two minutes, two more opposing pairs enter game.
- Winner is team with more goals after 10 – 20 minutes.

Player Objectives

DEFENDING PLAYERS:

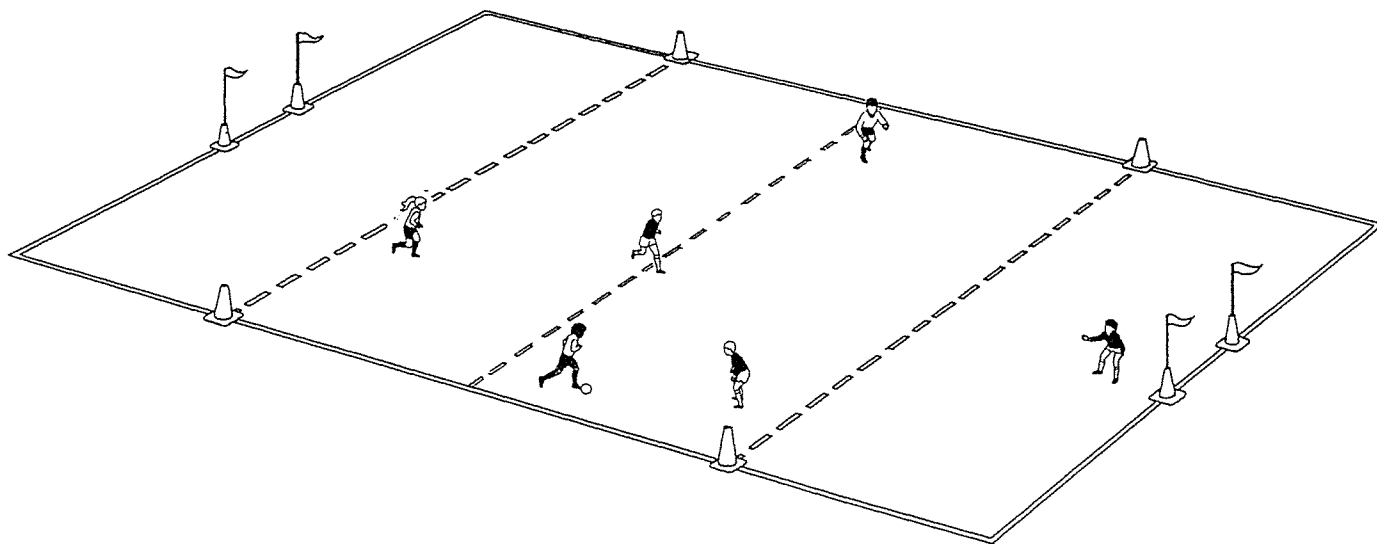
- To close down opponents quickly.
- To “jockey” opponent correctly.
- To time tackles.
- To use the correct tackling technique.
- To stay goalside of opponents.
- To provide defensive support.

NOTE: With a decreased area or an increased area, the game may be used for 1 vs 1 or 3 vs 3, respectively, with emphasis on correct defending.

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.

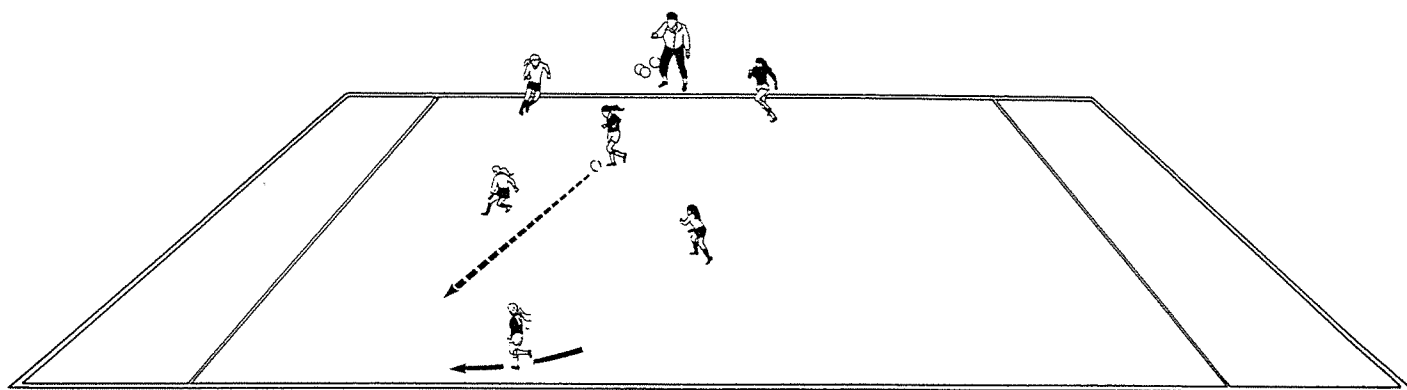
Challenge

- To outscore opposition.

The Zone Game

Objective

To develop combined offensive and defensive play in a 3 vs 3 game.



Organization

- Area 30 x 20 yards, with additional five yard zones at each end.
- Normal 3 vs 3 but the only way to score is by “touch down” of ball with foot in end zone.
- If ball goes out of play over end zone line or at side of end zone, game re-started by defending team with “goal kick” or “dribble-in” from endline.
- If ball goes out over side line (not including end zone) play is re-started by “pass-in” (or throw-in if coach prefers).
- Condition game to disallow any slide tackling.

Coaching Points

- The only way to score is by dribbling or passing into end zone — both methods should be encouraged.
- Player attempting to score should screen ball from opponent as he/she “touches down” — both to protect ball and player.
- Defending team must work collectively to stop “dribbler” and at same time avoid being “blindsided” by pass.

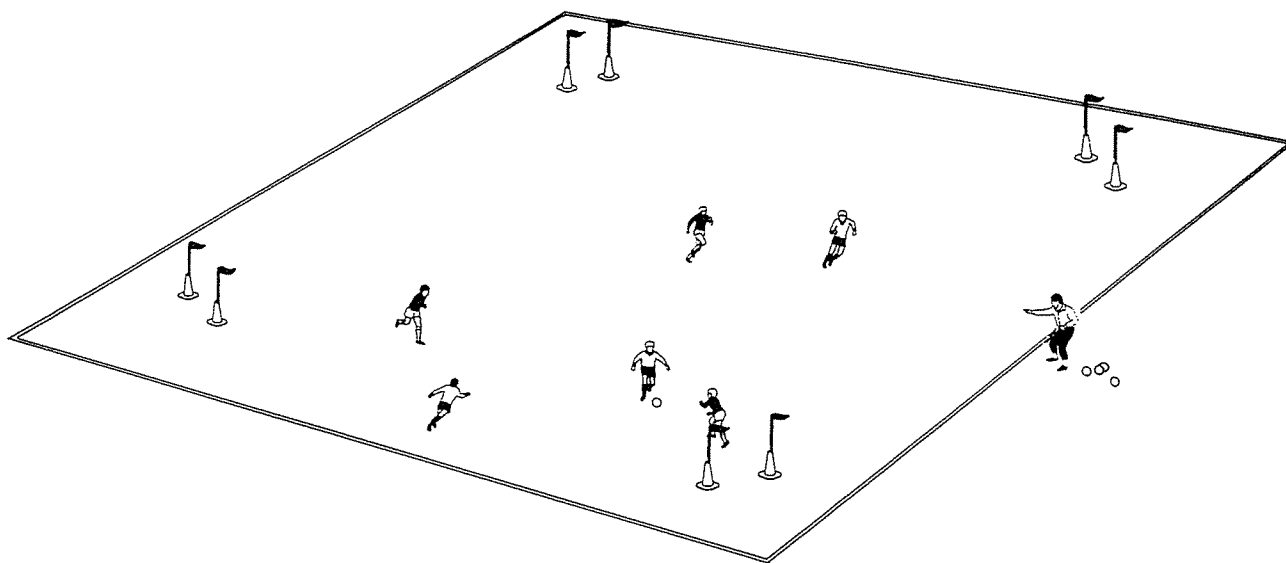
Challenge

- To outscore opposition.

The Four-Goal Game

Objective

To encourage “composure” on-the-ball, “awareness of teammates” and team cooperation.



Organization

- Area 30 x 30 yards.
- Four goals are set-up by cones or markers five yards out from each corner. Goals are one yard wide.
- Three players in possession combine to score in any of the four goals.
- They can only score through front of goal and may dribble or pass through goal and still maintain possession.
- When ball goes out of play, re-start with either a throw-in or pass-in.

Coaching Points

- Encourage players to “switch” the play by passing, as three defending players can quickly mark three out of the four goals.
- Encourage players to turn away with ball if one goal becomes “marked” by opponent.
- If attacking teams are not having success, consider giving them a further option. Let the team in possession also score a “goal” by getting four consecutive passes.

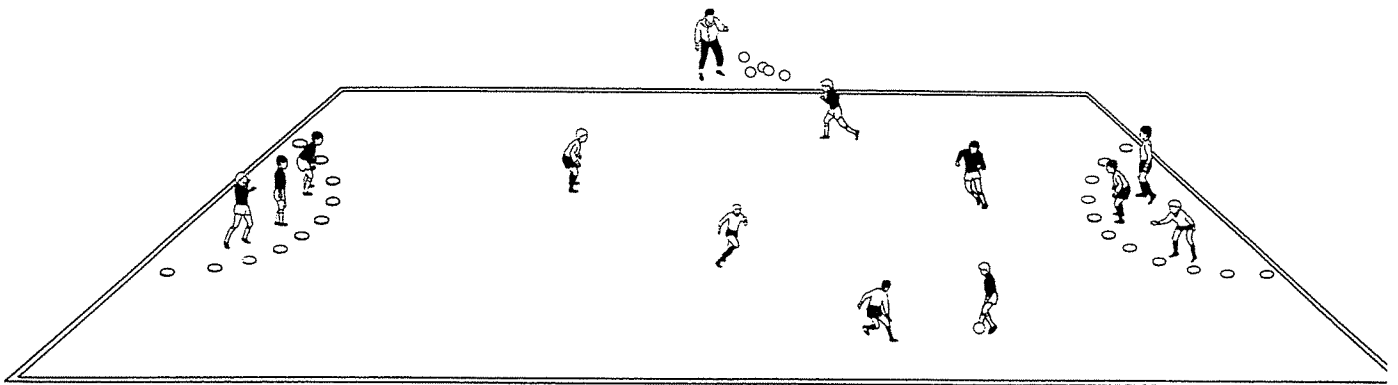
Challenge

- To outscore the opposition.
- (If the 4 Pass scoring rule is also being used, the **challenge** for the coach is to keep the score — and count the passes!).

Chip 'n Dale

Objective

To develop in a 3 vs 3 game, attacking cooperation and chipping techniques and good collective defending positions relative to attackers.



Organization

- Area 35 x 25 yards
- Mark $\frac{1}{2}$ circle zone at ends.
- 3 vs 3, with team in possession attempting to chip ball into hands of teammates in zone.
- To score, ball cannot bounce before reaching zone; ball must be caught by player in zone without catcher stepping outside.
- Coach serves balls, and changes players from zone to field every three or four minutes.

Coaching Points

- Attackers have to create angle or space to be able to chip successfully.
- Passing/dribbling/faking are methods to create opening for chipped “shot”.
- Defenders must send one man to hustle player with ball to prevent easy chip.
- Other defenders must correctly support hustler to prevent pass giving clear chance for attacker to chip.

Challenge

- To out hustle and outscore opposition.