

Queen Anne Soccer Club

Age Group: U12/U13/U14 Equipment: Balls/Bibs/Cones/Markers

Week 1

Theme: *Dribbling and Passing*

Key: X = Player

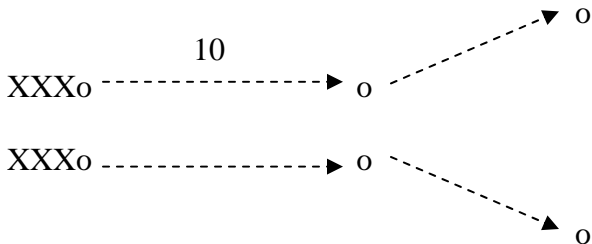
o = Marker

20 = yards

→ = pass

-----> = movement

Warm-Up: Dynamic Stretching 10-15mins



Use a 1 lap jog just to loosen up.

Perform stretches between the first two cones (10 yards) then jog around the cone on the diagonal and back round to the back of the line.

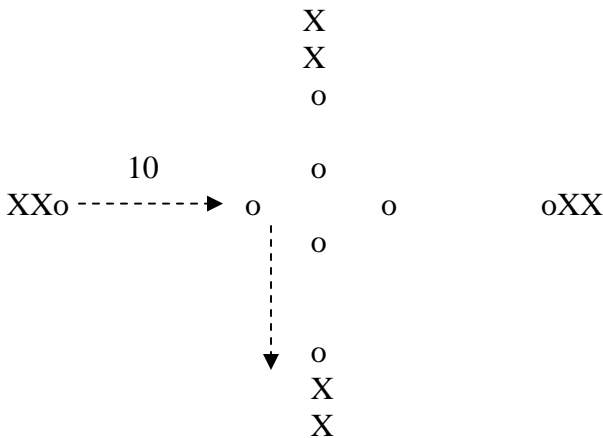
Have partners at going at the same time and speed, increases team cohesion.

Perform stretches twice then move onto the next one.

Perform static stretching for a few minutes when done just to loosen off further.

Stretches: Bum kicks, high knees, side to side, two left two right skips, morcambe and wise, grapevine, garden gate (in to out/out to in).

Basic Dribbling and Turning: Maze Dribble 10-15mins



Aim: Dribble ball into the middle of the maze, turn left/right and dribble to the next line of people.

Technique: Ball close to feet

Head Up

Turn Quickly

Accelerate when turned.

Avoid others and the cone (defender)

Progression: Go left/right, use different turns

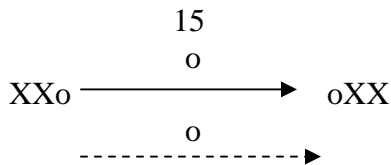
Time limits/races

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Punish hitting the cone
Dribble up to cone don't go around it,
Use tricks when reaching the cone (scissors).
Add defenders to kick away loose balls
Move cones closer together

Passing and Control: Gate Passing Relays 10-15mins



Aim: Pass the ball between the gates and follow the pass around the gate and join the back of the next line.

Technique: Use inside of foot (largest surface area)

Plant standing foot next to the ball

Head over the ball

Give pass good accuracy and weight (make sure it reaches the feet of the next

Person but is not too strong so they can't control it)

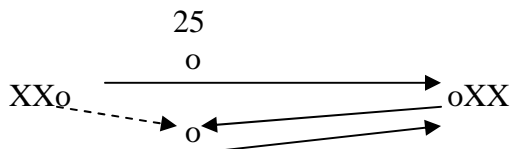
Control with the inside of the foot

Get it out of your feet

On your toes to receive the pass

Communicate

Progression:



Pass to partner and run to the marker receive the ball back from the partner then pass it back again. Get players to learn to receive pass whilst moving and produce angles.

Further progressions: Time limits / races

Use opposite feet

Ask player to receive the second pass on different angles

Add a defender

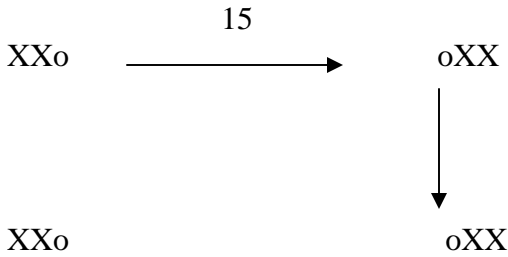
3v1 Keep Away

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OR

Passing: Passing Square 10-15mins



Aim: To pass ball around the square, once a player has passed it they move to the back of their line.

Technique: Use inside of foot (largest surface area)

Plant standing foot next to the ball

Head over the ball

Give pass good accuracy and weight (make sure it reaches the feet of the next Person but is not too strong so they can't control it)

Control with the inside of the foot

Get it out of your feet

On your toes to receive the pass

Open up body

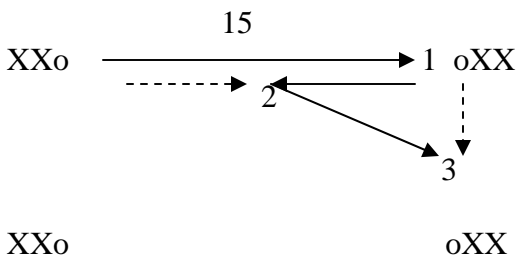
Communicate

Progression: Pass and follow

Change direction

Add a second ball

Further Progression: Pass back and through



Aim: Pass (1) goes to opposite player, passer then moves to the middle to receive the pass from the opposite player (2), the opposite player then moves forward to receive the ball back from the original passer (3).

Technique: Time run

Get ball out of feet

Play into space

SCRIMMAGE: 5-10mins

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Week 2

Theme: *Shooting and Control*

Key: X = Player

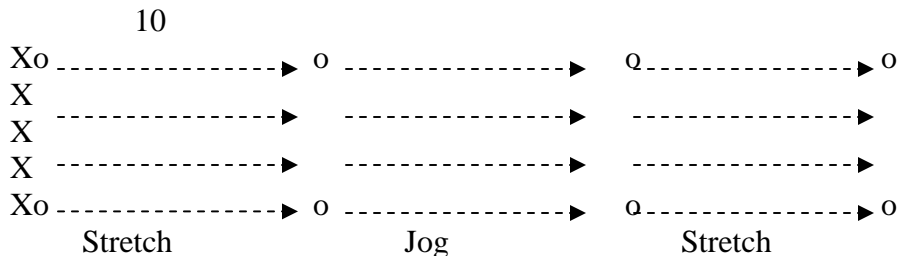
o = Marker

20 = yards

————▶ = pass

-----▶ = movement

Warm-Up: Dynamic Stretching 10-15mins



Use a 1 lap jog just to loosen up.

Perform stretches between the first two cones (10 yards) then jog around the cone on the diagonal and back round to the back of the line. To next set of cones then stretch between these cones and the last cones.

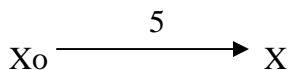
Once complete jog around the side of the grid to the start point and perform a new stretch

Have 4 players going at the same time and speed, increases team cohesion.

Perform static stretching for a few minutes when done just to loosen off further.

Stretches: Bum kicks, high knees, side to side, two left two right skips, morcambe and wise, grapevine, garden gate (in to out/out to in).

Basic Control: Full Body Control 10-15mins



Aim: One player stands on the marker and throws the ball underarm to their partner, who will control the ball so it lands at their feet and pass it back. Perform each move five times then swap throwers.

Technique: *Foot* - Use inside of foot

On toes ready to receive the ball

Get in line with the ball

Soft touch to bring the ball to your feet

Knee - Use thigh

Produce a bike ride motion to softly touch the ball

Do not go at the ball with your thigh

On your toes and get inline

Chest – Create a wide area by having the arms out like wings

Cushion the ball with the chest

Do not go at the ball

On your toes and get inline

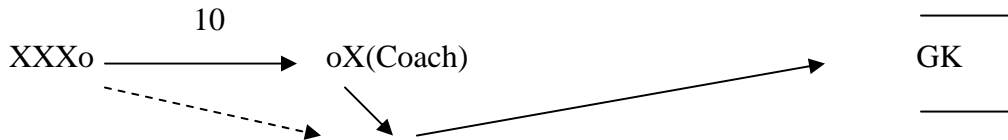
Progression: Add a marker in front of the person, who is controlling the ball, they must control the ball to one side of the marker before passing it back

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Further progression may be to get the thrower to call the side they want the ball to be taken too

Shooting: Give and Go Shooting 10-15mins



Aim: Players will pass to the coach who will distribute the ball either left or right depending on the dominant foot of the player. The player will then run onto the ball and shoot towards goal. Once shot they will collect their ball and make their way to the back of the line.

First start with no goalie! Place cones in the corner of the goal to make little corner goals as a point of reference for players to aim at.

Place a slalom along side the drill for players to dribble through once they have completed their shot before they join the back of the line

Technique: Place standing foot next to the ball

Use your laces (laces are for aces)

Head and knee over the ball

Strike the ball through the centre

Direction of your standing foot will determine the direction of the shot

Shoot into the corners

Look up before you shoot

Communicate which foot you want to shoot with

Make sure the pass is accurate and of a good weight

Progression: Add a goalie

Take the line to once side of the goal

Shoot with opposite foot

SCRIMMAGE: 10-15mins

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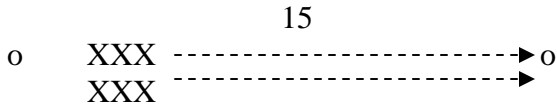
Age Group: U12/U13/U14 **Equipment:** Balls/Bibs/Cones/Markers

Week 3

Theme: 1v1 Dribbling /Dribbling to Shoot

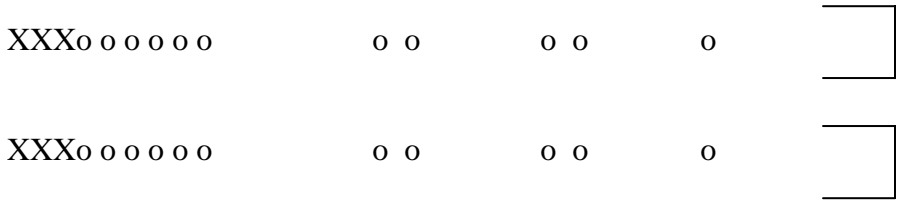
Key: X = Player
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Warm-Up: Dynamic Stretching 10-15mins



Aim: Have players in pairs running on the outside of the grid, between two markers have the players perform a stretch and between the next two markers jog. So each run around the square should consist of two of the same stretches and two jog sections.

Dribble to Shoot: Alleys Alley 10-15mins



Aim: Get players to first make their way around the marker cones without a ball to get used to the idea of the alley.
 When they have the hang of it players must dribble the ball around the slalom then shoot towards goal.
 This drill will improve the players perception of on the field speed and also get them to improve their shooting.

Technique: Close control around the slalom
 Ball close to feet
 Head up
 Speed up when gap increases
 Slow down and stop when reaching the next slalom
 Get players to do different skills when reaching the two marker slalom
Shooting Technique
 Need to get ball out of feet before shooting
 Add a goalie to get them too look up to shoot/aim for space where GK is not present
 Skills: Rolling foot over the ball, side to side.

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Progression: Make slalom markers closer together

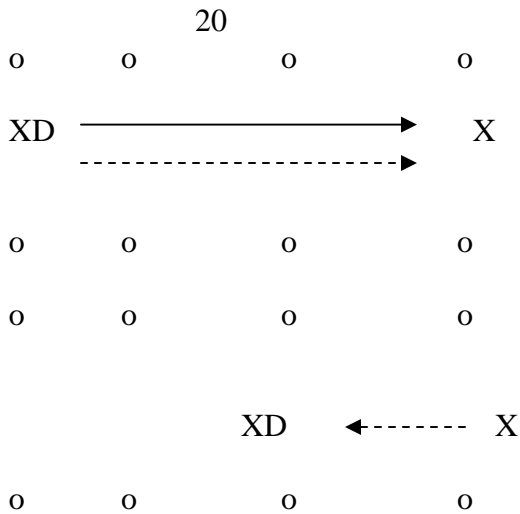
Time limits / races

Give points for completing each section and scoring

After first slalom have players go next markers on an angle

Place final marker cones at different angles to goals

1v1 Dribble 10-15mins



Aim: Defender (XD) will pass the ball to their partner (X) and follow the pass, player (X) will then dribble the ball forwards whilst the defender back tracks. Once they have reached the end then the player will jog back to their mark and start again. Do it five times then swap roles.

Technique: On your toes to receive the ball

Get ball out of the feet when controlling it

Dribble at a fast pace (try to make the defender fall backwards)

Once up towards defender try to beat them

Go in slow and spring out fast to surprise defender

Add tricks (scissors, Maradona)

Use fakes (trick left and go right)

Progression: 2v2 dribbling

Work on defensive skills (side on position, show attacker onto weaker foot)

SCRIMMAGE: 5-10mins

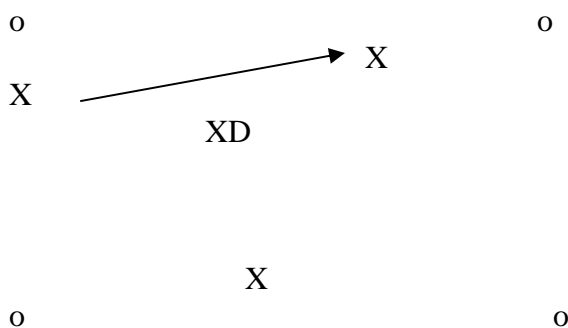
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Aim: Players can pass to the corners of the grid, they cannot pass diagonally. Once the pass has been made a player that is unable to receive the ball as they are diagonal from the passer must move to the free marker. The three outside players must keep the ball away from the middle defender.

Technique: Accurate and Good weight passes
Observation where to move next
Open up the body to play passes
Head up
Fake passing one way to fool defender

Progression: 3v1 Keep Away



Technique: Players must move into space
Learn to create angles/options
Wait till defender comes close
Fakes to trick defender
Open up the body
Go to defender then make a last minute pass to a team mate

Further Progression: 6v2 join groups and play the same game however try to get players to pass to split the defenders

SCRIMMAGE: 5-10mins

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Week 5

Theme: 3v1 to shoot / 1v1 receiving

Key: X = Player

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→ = pass

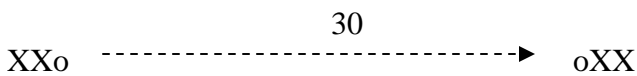
-----> = movement

Warm-Up: Lions Den 10-15mins

Setup: 20 x 20 grid, get players into pairs, pairs must find space in the grid and lie face down. Take one pair, one is the lion, one is the meat. The lion needs a pinny.

Aim: The meat must not get caught by the lion. To stop being the meat you can lay next to another pair and the player on the far side (not the middle player) will become the piece of meat. If caught the meat becomes the lion and the lion becomes the meat.

Running with the ball: Relays 5-10mins



Aim: Players must run the ball in relays

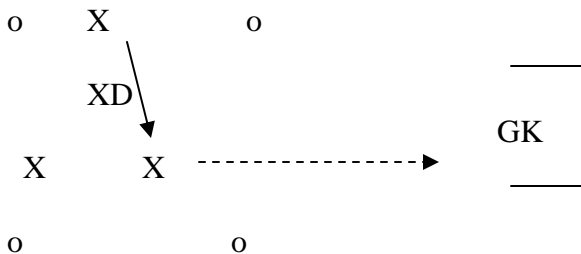
Technique: Different to dribbling

Use the outside of the foot to dribble the ball

Outside of the foot increases stride length

Head up

3v1 Running to Shoot 15-20mins



Aim: Players must play keep away from the defender (XD), when the opportunity arises to take the ball towards goal the players must move out of the grid and go to shoot on goal.

Technique: Passing technique

Open up the body

Create options

Running Technique

Shooting Technique

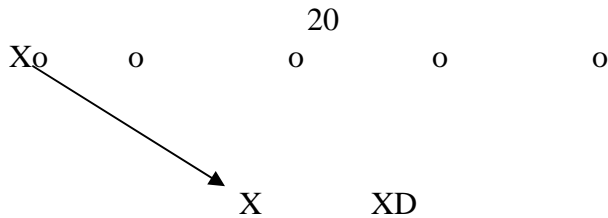
Progression: Have the defender chase down the striker.

Tip: Dependent on numbers set up another grid and goals facing the other direction, once a team has finished there run they can join the back of the queue on the next run.

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1v1 Receiving and Turning 10-15mins



Aim: Attackers receive a pass from the passers on the markers; they must turn the defender and dribble past them to run the ball through the end markers.

Technique: Create space by taking defender away

Communicate which passer you want the ball from

Look behind before receiving the pass

If you have space turn

If the defender is close get yourself between ball and defender (safe side)

Get low and balanced

Turn defender

If in a 1v1 situation face on: go in slow and spring out fast

Trick/fake defender

Progression: If in trouble get the attacker to pass back to the passers, the same ball will be in play. Get passers to communicate to the attacker of whereabouts of the defender. Add a goal and a goalie to have them shoot against.

SCRIMMAGE: 5-10mins

Queen Anne Soccer Club

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Week 6

Theme: *Passing and Shooting*

Key: X = Player

o = Marker

20 = yards

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-----> = movement

Warm-Up: Hand Ball 10-15mins

Setup: Using the field already setup up, split the players into two teams.

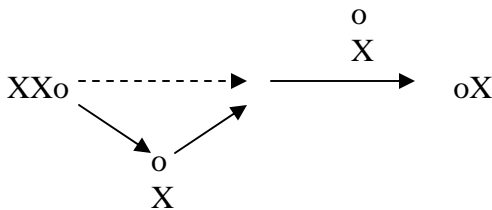
Aim: To keep ball between your team and advance up the field only using your hands.

Rules: You cannot tackle the person with the ball only block/intercept.

The person with the ball cannot move with the ball.

If the ball is dropped the ball is passed over to the other team

Passing Give and Go 10-15mins



Aim: To pass the ball to a stationary player X on the cone, make a run to receive the ball back. Then the next person goes the other way. The two people on the side must remain on the cone they do not move.

Technique: On toes to receive pass

Pass with accuracy

Time run, don't go too fast as ball will go behind you

The stationary passer must pass ball in front of running player

Communicate

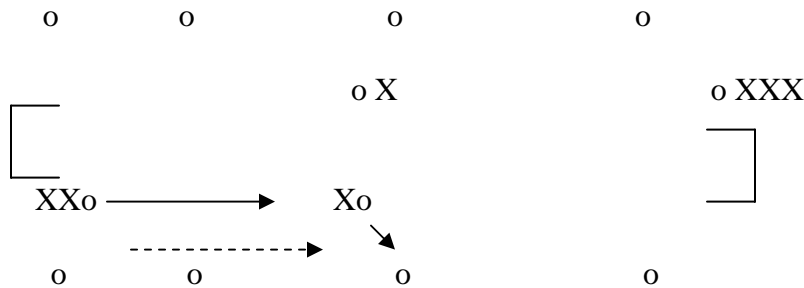
Add a defender to pressure (not tackle) to players on the end of the drill

Get players on the side to play to space not the player

Draw defender in and show how to create space

Have defender intercept ball and players can play either right or left.

Overlap to Shoot 10-15mins



Aim: Players must pass to player X from their line; this can be a coach to begin with. They will run around the player they passed to and receive the ball back, run to goal and shoot. Once they have shot they can join the next line

Technique: Pass and move

Run fast

Pass ball in front of runner

Take few touches before shooting preferably one

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Week 7

Theme: Wall *Passing*

Key: X = Player

o = Marker

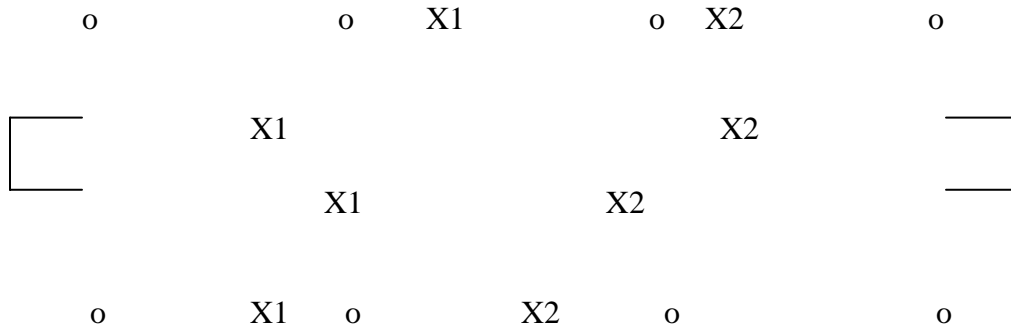
20 = yards

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-----> = movement

Warm-Up: Hand Ball 10-15mins

Wall Passing Scrimmage 10-15mins



Aim: Two teams scrimmaging

Players on the side can only move along the side

Player must play a wall pass/give and go before scoring.

Players on the side cannot tackle each other for the ball or intercept passes bound for the opposition players.

Technique: Pass and move

Communicate

Players on side must advance up and down line with advancing play

Quick passes

Try overlap passing too

WORLD CUP SCRIMMAGE

Play a world cup scrimmage using the wall passing scrimmage drill and o short matches.

With everyone playing everyone else in the whole tournament.