

# Queen Anne Soccer Club

Age Group: U8/U9 Equipment: Balls/Bibs/Makers/Cones

## Week 1

Theme: *Dribbling*

Key: X = Player

o = Marker

20 = yards

→ = pass

-----> = movement

### Warm-Up: Players Name Game 10-15mins

**Aim:** Players move around the grid with the ball at their feet, when a call is made the players must produce the stretch that is related to the call.

**Setup:** Make a grid 20x20 using markers, have all the kids with balls dribbling inside the grid.

**Calls:** *David Beckham:* Pick up ball above head and bring down towards foot and pretend to kick. Do with both feet then carry on dribbling

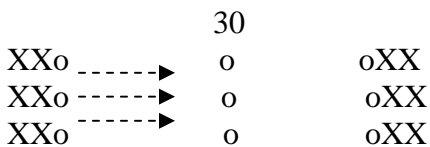
*Kasey Keller:* Pick up ball above head and begin to skip around the grid.

*Ronaldinho:* Stop ball and stand over it with legs apart and jump facing different directions.

*John Terry:* Pick up ball above head and pretend to jump and head the ball

**Tips:** Don't have the kids running round in circles, make them run in different directions. Have players call the name of the player back to you.

### Basic Dribbling and Turning: Centre Dribble 10-15mins



**Aim:** Players dribble ball to marker in the centre in relays, both sides go at the same time, players turn at marker and dribble back.

**Technique:** Ball close to feet

Head Up

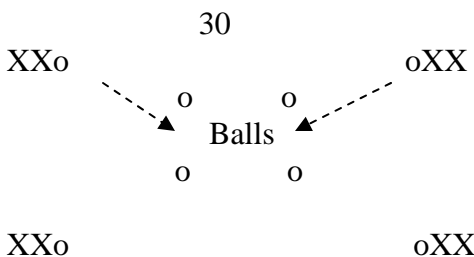
Inside and Outside Hook turn / Back drag turn (*foot onto of the ball drag it back behind you and turn around*)

Accelerate once turned

**Progression:** Different turns (Cryuff)

Time limits / races

### Dribbling Game: Robin Hood 10-15mins



**Aim:** Take balls from the centre in relays back to their base. Most balls win.

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**Technique:** Ball close to feet, accelerate with ball, head up and use different turns.

**Progressions:** Dribbling backwards

Have kids steal balls from other bases once all the balls from the middle are gone.

**SCRIMMAGE: 10 -15 mins**

## Queen Anne Soccer Club

Age Group: U8/U9 Equipment: Balls/Bibs/Makers/Cones

### Week 2

Theme: *Passing*

Key: X = Player

o = Marker

20 = yards

→ = pass

----> = movement

### Warm-Up: Ten Steps To Heaven 10-15mins

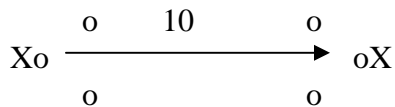
**Aim:** Players move around the grid with the ball at their feet, when a call is made the players must produce the skill that is related to the call.

**Setup:** Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

**Calls:** *Number 1:* Go for a run (jog around the grid), *2:* Sole of the shoe (toe-taps), *3:* Stop with the knee, *4:* On the floor (lie down), *5:* Staying alive (toe taps whilst doing the bee gees/ Saturday night fever dance and singing).

**Tips:** Don't have the kids running round in circles; make them run in different directions. Have players call the number and instruction back to you.

### Basic Passing and Control: Passing Lines 10-15mins



**Aim:** players must pass back and forth through the markers.

**Technique:** Use inside of foot (greatest surface area) and a locked ankle

Pass the ball using enough power to reach their partner but not to much that they cant control it.

Accurate passes between the markers

On your toes to receive the pass

Use inside of foot to control the ball

Communication

**Progression:** Time limits/ races

Increase distance of pass

Have players follow the pass

Use opposite foot

Reduce size of goals by bringing markers closer together

Join up with another pair to pass and follow

### Passing Game: Gate Passing 10-15mins

**Setup:** 30x30 square with markers, with small gates within the grid (similar size to what the players have been passing through).

**Aim:** Players must dribble around the square to the gates and make as many passes as possible.

**Technique:** Same as the passing drill

**Progression:** Make gates smaller

Use weaker foot

Players must make two passes through the gate

Once three passes have been made players must split and find new partners

### SCRIMMAGE: 10-15mins

# Queen Anne Soccer Club

Age Group: U8/U9 Equipment: Balls/Bibs/Makers/Cones

## Week 3

Theme: *Shooting*

Key: X = Player

o = Marker

20 = yards

→ = pass

----> = movement

### Warm-Up: Traffic Lights 10-15mins

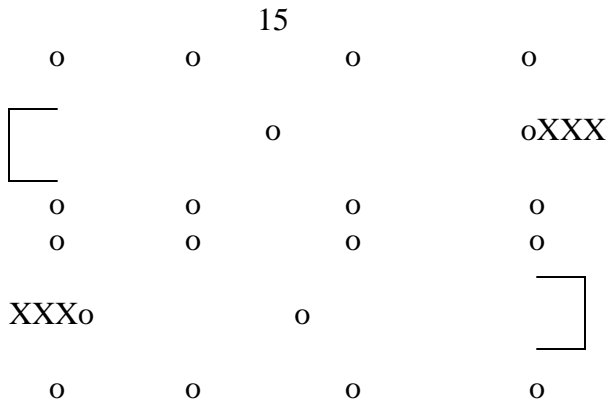
**Aim:** Players move around the grid with the ball at their feet, markers are held up.

**Setup:** Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

**Cones:** *Red* – Stop, *Yellow* – Slow down and turn, *Green* – Accelerate into space

**Tips:** Get kids to look up, make sure that they understand to slow down before turning and stopping.

### Basic Shooting: Shooting Alley 10-15mins



**Aim:** Players dribble ball to the marker and shoot towards goal collect their ball then join the next line. Start with no goalies!

**Technique:** Standing foot next to the ball

Shoot with the laces (laces for aces)

Head and knee over the ball

Shoot at the corners

Kick through the centre of the ball

The Mickey Mouse technique: Stand on Mickey's ear and kick him in the nose as not to hurt him.

**Progression:** Add goalies

Shoot with opposite foot

Place cones in the corners to get kids to shoot into the corners

Scoring system with corners worth more than the middle of the goal



**Queen Anne Soccer Club**

**Age Group:** U8/U9 **Equipment:** Balls/Bibs/Makers/Cones

**Week 4**

**Theme:** *Control*

**Key:** X = Player

o = Marker

20 = yards

→ = pass

----> = movement

**Warm-Up: Ten Steps To Heaven 10-15mins**

**Aim:** Players move around the grid with the ball at their feet, when a call is made the players must produce the skill that is related to the call.

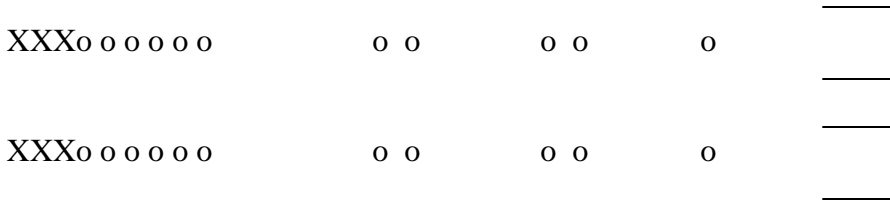
**Setup:** Make a grid 20x20 using markers have all the kids with balls dribbling inside the grid.

**Calls:** Continue from week 2.

6 – Do a trick (scissors), 7 – Up in heaven (throw ball up and head it), 8 – Pass to a mate (find a partner and swap balls), 9 – Mine o’ mine (keep ball and kick everyone else’s out of the grid), 10 – Start again!

**Tips:** Have players call the number and instruction back to you.

**Control: Alleys Alley 20-25mins**



**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.

**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

Skills: Rolling foot over the ball, side to side.

**Progression:** Make slalom markers closer together

Time limits / races

Give points for completing each section and scoring

**SCRIMMAGE: 10-15 mins**

**Queen Anne Soccer Club**  
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**Week 5**

**Theme: Passing and Moving**

**Key: X = Player**

o = Marker

20 = yards

————→ = pass

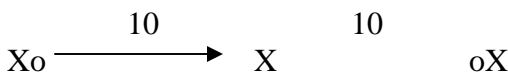
-----→ = movement

**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.

**Passing and Moving: Pass and Run 10-15mins**



**Aim:** Players from the outside and pass to the middle person who turns and passes to the opposite outside player.

**Technique:** Passing and control technique

Players on their toes

Communication

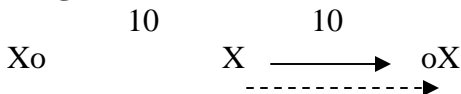
Players turning with wide low body position

Try to turn in one movement with ball on the inside of the foot

Before passing get ball out of feet

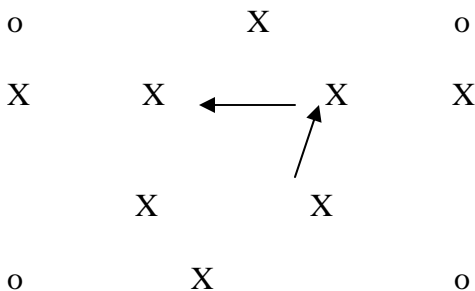
Outside players to control the ball to one side of their marker before passing

**Progression:**



Middle player passes to outside player who holds onto the ball, the middle player runs around the back of the player holding the ball. Once round them the outside player will return the ball into the path of the middle player, who will make a pass to the opposite outside player. Encourage communication!

**Passing and Moving Game: 3 v 1 Keep Away 10-15mins**



## **Queen Anne Soccer Club**

**Age Group:** U8/U9 **Equipment:** Balls/Bibs/Makers/Cones

**Aim:** Players in two teams, one team inside the grid and one on the outside. Players are numbered inside the grid. Players must pass and move in sequence. Switch outside and inside teams.

**Technique:** Passing and dribbling technique

Communication

On your toes

Be aware of the numbers before and after your own

**Progression:** Players must pass then run around the outside team member who has the same number as theirs.

Players must switch with the same numbered person on the outside once they have passed it.

**SCRIMMAGE: 10-15 mins**

**Queen Anne Soccer Club**  
**Age Group: U8/U9 Equipment: Balls/Bibs/Makers/Cones**

**Week 6**

**Theme: Passing and Shooting**

**Key:** X = Player  
 o = Marker  
 20 = yards  
 ———▶ = pass  
 - - - -▶ = movement

**Warm-Up: Hand Ball 10-15mins**

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

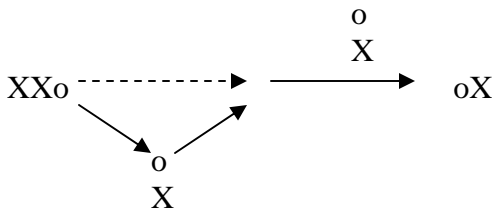
**Aim:** To keep ball between your team and advance up the field only using your hands.

**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

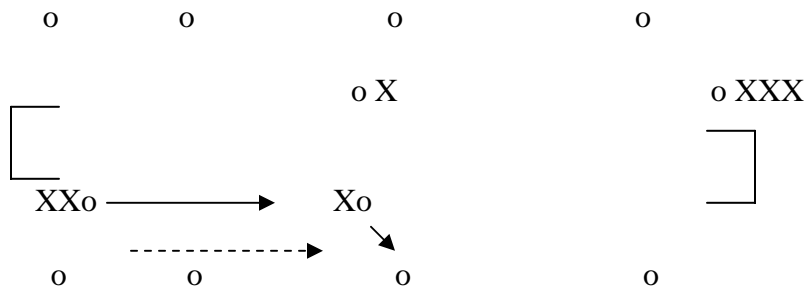
Communicate

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

**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

**SCRIMMAGE: 10 -15 mins**

**Queen Anne Soccer Club**  
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**Week 7**

**Theme: Wall Passing**

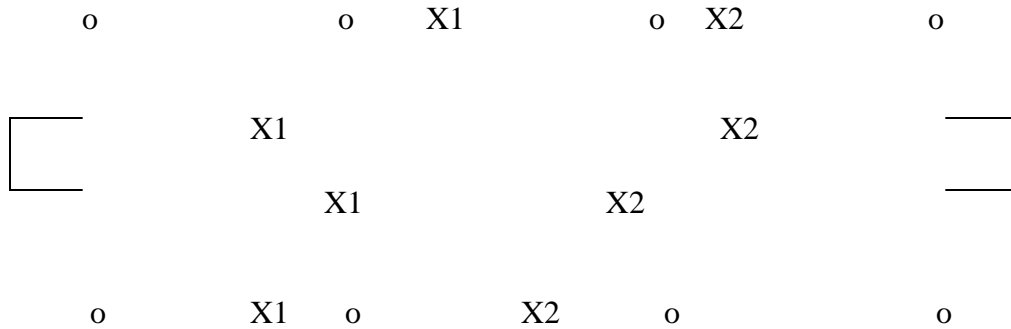
**Key: X = Player**  
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**Warm-Up: Hand Ball 10-15mins**

**Give and Go passing 10-15mins**

Advancing from last week add a defender in to pressure, not tackle the players in the line.  
 Get the stationary passers to play to the space not the player  
 Also draw the defender in to create the space behind the defender.  
 Then ask the defender to intercept the ball  
 Players must use fakes to show players they will pass left then go right or go right then pass left.

**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

**SCRIMMAGE: 10-15 mins**