



# Coaches Handbook

PO Box 2323, Morehead City, NC 28557

[www.ssl-nc.com](http://www.ssl-nc.com)

*ver. 2/2010*

## **Volunteer Eligibility**

All volunteers MUST complete the on-line Risk Management form and be APPROVED before being allowed to volunteer in any capacity, per NCYSA requirement. Visit the SSL website for the current link for Risk Management. Any person wishing to become a volunteer with the League, must first contact the Area Commissioner and then complete the Risk Management on-line form. After background check has been completed and approved by NCYSA, Area Commissioner will be notified of approval and then volunteer may participate with players.

## **Practices**

Practices shall begin no sooner than 3 weeks prior to the first scheduled game. Fall season games begin the weekend after Labor Day. Spring Season games TBA.

Practice times:

- U6 – 45-60 minutes 2 times a week
- U8 - 60 minutes 2 times a week
- U10 –60-75 minutes 2 times a week
- U12 - 90 minutes 2 times a week

Practice times should not exceed the above for each specific age group. Practices are defined as any organized instruction or soccer play while a coach and/or asst. coach is present on the field.

All practices times/days will be scheduled through SSL Commissioners not Parks and Rec.

SSL players, coaches, parents, spectators, and visitors must comply with all Carteret County Parks & Recreation Park Policies and Procedures at all times. A list of these Policies and Procedures can be found on the CCP&R website [www.ccparksrec.com](http://www.ccparksrec.com).

## **For a complete list of rules and guidelines, please see the Seashore Soccer League General Policies & Playing Rules handbook.**

### **LEADER'S CODE OF CONDUCT**

The purpose of the Seashore Soccer League (SSL) is to provide youth soccer players the opportunity to develop soccer skills through a high level of competition. As a leader in the SSL - as coach, assistant coach, manager, or trainer - I understand the importance of the role I play in the lives of my players, and I accept the great responsibility this places on me. In carrying out these responsibilities, I accept the following code of conduct:

- I will promote growth and development in a positive and supportive manner. I will nurture good sportsmanship and fair play by teaching and personally demonstrating my commitment to these virtues.
- I will teach and demonstrate respect for the Rules of Soccer. I will insist on the highest respect for soccer officials by players, parents, and fans. I understand that disagreement is contrary to the Rules of Soccer and that criticism of officials could destroy the game. I will abide by SSL's policies, procedures, and rules.
- As a head coach, I understand I am responsible for the behavior of my team's assistants, parents, and fans at all games.
- I will respect the players on my team and on other teams. I understand that soccer is merely a game, and that players and coaches on other teams are my opponents, not my enemies. I

will teach my team to appreciate how the variety and diversity of players in our Association makes the league richer and more rewarding.

- I will do my best to keep all players, parents, and spectators at least 3 yards off the sideline of the playing field.
- I will inform parents and spectators that no one is allowed behind the goal line at any time for the safety of everyone.

### **Coach's Keys to a Successful Practice:**

- Are the activities appropriate for your age group?
- Are your rules simple to understand?
- Do you have a plan of what you are going to do at practices?
- Are the players dynamic (moving)?
- Are the players making decisions?
- Avoid players standing in lines
- Does the practice flow from simple activities to complex activities? (no pressure from a defender progressing to game like pressure...start with a warm-up and end with a game)

### **Coach Responsibilities:**

- Provide proper instruction.
- Get coaches training provided by SSL.
- Communicate with parents "sideline etiquette" and Code of Conduct
- Provide proper practicing equipment
- Provide supervision of practice and games
- Attempt to make every child's experience an enjoyable one

### **Coach's Keys to an Enjoyable Season** (adopted from CFSA website)

#### ***Preseason Parent-Coach Meeting***

- discuss philosophy
- discuss team goals
- discuss parental expectations (transportation, communication, sportsmanship)
- obtain medical info on all players

#### ***Develop an Emergency Action Plan***

- Is there a cell phone available at practices?
- Do you know the direct phone number to the nearest medical emergency center?
- Can an ambulance reach the field?
- What do you do if something happens to the coach at practice?
- Do you know specific directions to your field for emergency personnel?

#### ***Equipment Needs***

- Do you have balls, practice jerseys, cones, air pump and first aid kit?

#### ***Ensure the practice/game area is safe***

- Is there debris (glass, metal, rocks) on the field?
- Are the goals properly anchored so they won't tip?

## DID YOU KNOW?

75% of all children drop out of organized sports before the age of 14!?!?

Biggest Reasons that Boys and Girls **Participate** in Soccer:

- To have FUN!
- To stay in shape
- For the excitement of competition
- To improve skills
- To get exercise
- To go to a higher level of competition
- To do something I am good at
- To play as part of a team
- For the spirit of the team
- To win

Biggest Reasons that Boys and Girls **Drop out** of Soccer

- I was no longer interested
- It was no long FUN
- I was tired of playing and practicing
- I wanted to participate in other activities
- It conflicted with other sports
- Practices and games were boring
- My coach was a poor teacher
- Sport required too much time
- Coach only played his/her favorites
- I did not like the coach
- There was too much pressure
- I never felt like I belonged to the team
- Too much emphasis on winning

You, the Coach, have the ability to make a child's experience with soccer an enjoyable one! Remember...this is recreational soccer. Winning isn't everything! Children perceive winning and losing by how we, the coaches and parents, react to it!

## **ECSA Rec. – East Carolina Soccer Association**

*Definition: Recreation level play with other clubs in the Carteret, Craven and Onslow County areas. Half of season games to be played at a home field in Carteret County, if possible. The other half will be away games not to exceed a 50 mile distance from the team's practicing field.*

Any team, player and/or coach who falls under ECSA will still be under the direction of this SSL General Policy and Playing Rules book. Any ECSA rule that conflicts with SSL rule, ECSA rule will have priority.

Follow SSL rules and policies under NCYSA (North Carolina Youth Soccer Association) authority.

Recreation soccer is defined by three principles:

- Every player should have an equal opportunity to participate in every game.
- The formation of teams follows an open or controlled registration policy where every player is accepted and assigned a team by a random process that is evaluated to ensure a balanced level of play.
- The philosophy of player participation is that the competition be held in a low-stress, high-fun environment.

To be specific, recreation teams do not hold tryouts, use open drafts, use invitations or any like process to roster players selectively on the basis of talent or ability, and do not cut players.

-Each local association governs its own recreation program to meet its individual needs within its own bylaws and rules and the bylaws and rules of affiliated organizations such as NCYSA, USYSA, and/or FIFA.

-Local association members can determine how the state recreation program is run by input through the Recreation Council – NCYSA.

Please visit the ECSA website for a complete list of rules and policies associated with ECSA Recreation level of play. [www.ecsa-nc.com](http://www.ecsa-nc.com)

## **Challenge (with ECSA scheduling league)**

*Definition: Challenge level of play is the next step above recreation play. Players are more experienced and can tolerate a higher level of competition. This level of play will be with other clubs in the Craven and Onslow County areas. Half of season games to be played at a home field in Carteret County, if possible.*

Any team, player and/or coach who falls under ECSA will still be under the direction of this SSL General Policy and Playing Rules book. Any ECSA rule that conflicts with SSL rule, ECSA rule will have priority.

Follow SSL rules and policies under NCYSA (North Carolina Youth Soccer Association) authority.

Please visit the NCYSA website for a complete list of rules and policies associated with the Challenge level of play. [www.ncsoccer.org](http://www.ncsoccer.org)

## **CLASSIC LEVEL OF PLAY THROUGH NCYSA**

Seashore Soccer League offers the classic level of play to advanced players and teams wishing to participate in the State's highest level of soccer, giving you the opportunity to play other clubs across Eastern North Carolina. Players are selected through an advertised tryout. Tryouts are posted on the SSL website [www.ssl-nc.com](http://www.ssl-nc.com) throughout the year and advertised in the newspaper. Players are graded on skill, speed, game comprehension and attitude by the team's coaches. Classic players retain roster rights from Sept. 1<sup>st</sup> through Aug. 31<sup>st</sup>. Players on U14 and younger teams are expected to commit to both a Fall and Spring season. Players on U15 and up teams only compete for one season; however teams often participate in tournaments in the off season. Fees in Classic vary from team to team. The fee is based on how many games a team plays and what equipment is needed. Players provide their own uniforms. Half of team's games are usually home in Carteret County leaving four or five games to travel to other clubs in Eastern North Carolina.

Please visit the NCYSA website for a complete list of rules and policies associated with the Classic level of play. [www.ncsoccer.org](http://www.ncsoccer.org)

**Any coach wishing to move up to a higher level of play must first contact the Commissioner for that level and/or the Vice President in charge of ECSA Rec., Challenge, and Classic. Any coach attempting to "set up" a team prior to receiving the proper information, will result in a decline for that coach to move to another level.**

**Questions:** If you have questions regarding the game of soccer, Seashore Soccer League rules, etc. please contact your area Coach Liaison for assistance. A list of area Liaisons are listed on the SSL website [www.ssl-nc.com](http://www.ssl-nc.com).

**Any conflicts/protests shall be first addressed by the Area Coaches Liaison; then Area Commissioner; followed by the SSL Director of Coaching. If problem is not resolved at that level it should then be brought before the entire SSL Board of Directors and President for a ruling.**

## **Sample Practice Plan (see blank practice plan in back of handbook)**

Name:

Theme:

First Activity (warm up): Coaching Points

Second Activity:

Third Activity:

Fourth Activity:

Final Activity (The Game):

You can also go to [www.ncsoccer.org](http://www.ncsoccer.org) and download numerous age-specific lesson plans that have been put together by experienced coaches throughout NCYSA and USSF. Additionally, go to [www.soccerclinics.com](http://www.soccerclinics.com) and become a member of the International Coaches Association where you can obtain 12 weeks of age-specific training drills and games. Last, but not least, you will learn a lot by going to [www.ssl-nc.com/coaches/coaches.cfm](http://www.ssl-nc.com/coaches/coaches.cfm) and clicking on the green flashing banner with the Adidas Logo (**Coerver Coaching website**). Here, you can click on the **Members** link at the top of the page, then scroll to the bottom and click on **Flash Library**. You can contact the Director of Coaching, Chris Caton, at [cscaton@ec.rr.com](mailto:cscaton@ec.rr.com) or 247-0477 to obtain the password so you can view almost 50 video drills on dribbling, passing, receiving, 1 v 1 moves, speed, and group attack.

Below, you will find numerous drills and games to help you get started. However, as a coach, you need to remember at least two things about soccer training.

- a. Make it **FUN**
- b. Coach the **SKILLS BEFORE THE TACTICS!** It is useless to practice corner kicks and other set plays if your players have not learned the proper method controlling the ball. If you want to develop good soccer teams, you have to develop the **individual skills** in each player **FIRST**. Focus your coaching on **ball mastery** and progress from there. Also, 1 v 1 skills, which are covered very well in the Coerver Coaching curriculum, are invaluable ways to build ball skills, creativity, and ultimately self-confidence.

## **U6 – U8 Activities and Games**

### **The Sprinkler (warm-up, dribbling, passing, teamwork):**

Every player has a ball. On coach's command, players hand balls to coach and coach tosses the ball in various directions. Players must bring the ball back to the coach as quickly as possible on the dribble with their feet.

#### *Variation:*

Players bring ball back while bouncing the ball with the hands.

Players bring the ball back while touching it to their heads.

Players bring ball back with their elbows.

Allow U8 players to work in pairs bringing the ball back with a certain number of passes, body parts, or touches per player.

Vary how far you toss the ball.

Coach moves around the area constantly so player have to keep their head up when bringing the ball back to the coach.

**“I can do this...can you?” (motor movements):**

Coach demonstrates various motor movements without the ball (ex: skipping, hopping on one leg, jumping in place and doing a 360 degree turn, balancing on leg with hands out)

*Variation:*

Allow the kids to invent something to do.

**“Try this...” (receiving, ball control):**

Coach demonstrates various exercises with the ball (ex: tossing ball into the air and catching it, tossing the ball into the air and clapping before catching it, tossing the ball into the air and touching it with the foot before touches the ground, or various footwork on the ball like “rapid toe touches”)

*Variations:*

Allow the kids to invent something to do.

**Red Light...Green Light (dribbling):**

Every player has a ball at the starting line. Designate a finish line approximately 15-30 yards away. Players attempt to be the first to drive their car (dribble the ball) over the finish line. On the coach’s command of “green light”, players dribble towards the finish line. On the coach’s command of “red light”, players must “hit the brakes” (stop their ball immediately with the bottom of the foot). Any player that cannot stop their ball immediately must go back even with the last person.

*Variations:*

Vary the surfaces of the foot that the player must dribble or stop the ball with.  
Vary the body surface that the player stops the ball with (ex. Elbow, knee, head).  
Try it first without the ball.

**Pendulums (ball control):**

Move the ball from the inside of one foot to the inside of the other foot.

*Variation:*

How fast can the players move the ball from foot to foot?  
How far apart can their feet go and still move the ball between their feet?

**Body Part Dribbling (dribbling, flexibility):**

In a designated grid, players dribble and on the coach’s command they stop the ball with the body part called out by the coach.

*Variation:*

Keep your head and eyes looking up so you don’t run into anyone.

**Snake Dribbling (dribbling):**

In small groups of two to five, players follow the leader while dribbling. Switch the leader so every child gets a turn to lead.

*Variation:*

Coach is the leader.  
Try it first without dribbling the balls.

**Heads Up! (dribbling):**

In a designated area, players dribble their ball. Coach holds out a certain number of fingers on his hand at waist level (ex. Two fingers). Players must shout out, without stopping their dribble, the number of fingers the coach is holding out.

*Variation:*

Coach moves about the area so players really have to concentrate on dribbling with their heads up.

**Sharks and Minnows (dribbling):**

Every player with a ball lined up on the end line of a designated grid. A player in the middle is designated as the "shark". Grid should be long and narrow. On the coach's command, players attempt to dribble their ball across the "ocean" (open space) to "safe land" (the other ending). If a player is tagged by the shark, they become a shark next round. Continue until there is one minnow.

*Variation:*

Shark has to kick the minnow's ball out of the grid before they become a shark.

**"Boss of the Balls":**

3v3 or 4v4 game with two small cones for goals. Every time the ball goes out of play, coach immediately introduces a new ball to play. After all the balls are gone, players gather them up and bring them back to the coach. A 20x30 yard grid is recommended.

**Crazy Cones (dribbling, passing):**

In a designated area, set up numerous cones (or big plastic cups). On the coach's command, players attempt to knock over all the cones by passing their ball against them. Player who knocks over the most cones wins.

*Variations:*

Divide into two teams and have a competition.

Vary the surface of the foot they are allowed to touch the ball with.

**Race Card Driver (dribbling):**

In a designated area, set up 6-8 small "tunnels" (two cones approx. 5-6 feet apart). On the coach's command, players attempt to drive their cars (dribble their balls) through as many tunnels as possible in a designated time period. If a player crashes their car (ball or player runs into a cone, another person, another ball) they must go to the garage (coach) and get the car fixed (ex. a ball skill) before re-entering the area. Player who drives through the most tunnels wins!

*Variation:*

Vary the width of the tunnels.

**Math Dribble (dribbling):**

Every player with a ball dribbles in a designated area. Coach calls out 1, 2, or 3. Players dribble into groups of number called out by coach (ex. a group of two or a group of three)

*Variation:*

Coach calls out "3-1" or "1+1"

**Tag (dribbling):**

All players have a ball in a designated area. One player without a ball designated as the "tagger". On the coach's command, players dribble and avoid being touched by the tagger.

If tagged, player has to perform a ball skill (ex. 3 headers) before entering play again. Switch tagger after a short interval.

*Variation:*

Make tagger dribble a ball also.  
Player tagged switches with the tagger.  
Play the game without using balls.

**Knee Tag (dribbling):**

Every player has a ball in a designated grid. On coach's command, players dribble and attempt to tag any other player on the knee. Players count how many knees they tag in a certain time period.

*Variation:*

Play with two teams. Players may only tag someone on the other team.

**Stuck in the Mud (dribbling, passing):**

Every player has a ball. One player designated as a "tagger". On coach's command, all players dribble and avoid the tagger. If tagged, players are "stuck in the mud" (frozen). Players that are stuck in the mud must hold their ball above their head, spread their legs, and yell "Help! Help! I'm stuck in the mud!" Players can get out of the mud if another player passes a ball between the "stuck" player's legs. Tagger attempts to get every player "stuck in the mud". Switch tagger after a short interval.

*Variation:*

Divide group into two teams. Team that avoids getting every player stuck in the mud wins.

**Keep Your Yard Clean (dribbling, passing, receiving, striking the ball):**

Divide your area into three zones. Put half the players, each with a ball, in each of the end zones. An "empty lot" (empty zone) separates the two teams. Keep your yard clean by kicking the trash (passing the ball) into the cleanest yard (last amount of balls) wins. Empty lot needs to be big enough to protect the players from getting struck in the head/face with the ball.

*Variations:*

Try to pass through the other team's yard and into their "house" (space behind the yard).  
Through the trash into the neighbor's yard (throw-ins).

Make players "inspect the trash" (stop it with the inside of the foot before kicking into the other team's yard. This will keep balls from flying everywhere!).

Dribble the trash into the opponent's yard.

**Behind the Back Tag (dribbling):**

Every player has a ball in a designated grid. Each player must keep one hand behind their back at all times. On coach's command, all players dribble and attempt to tag any player on the hand held behind the back. Players count how many hands they tag.

*Variation:*

Play with two teams. Players may only tag someone on the other team.

**Steal the Bacon (dribbling, passing, shooting, defending, small group play):**

Two teams with a player from each team designated the same number as a player on the opposing team. Teams are placed behind the end lines on opposite ends of the field. Coach tosses a ball into the field and calls out a number of the players. Players that are called out enter the field and attempt to score on the opponent's goal.

*Variation:*

Coach calls out two or three numbers and teams play 2v2, 3v3 against each other.

**3v3 or 4v4 Game:**

Two teams (maximum of 4 players per team) play against each other with goals. Regular rules apply.

## **U9 - U12 Activities**

**“Get them!” (agility, passing):**

In a designated grid, one player has ball. The other players place their balls just outside the grid. On the coach's command, the player with the ball, the tagger, attempts to pass the ball off of the players without a ball. Players without a ball attempt to avoid being hit by the tagger's ball. If a player is hit by the tagger's ball, they get their ball, from outside the grid, and become another tagger. Play continues until there is only one player left without a ball who is the winner. Players must pass below knee level.

**The Sprinkler (warm-up and teamwork):**

Players in groups of three with one ball, on coach's command, players hand balls to coach and coach tosses the balls in various directions. Players must bring the ball back to the coach as quickly as possible under various conditions.

*Variations:*

Players bring ball back with all three touching it...cannot use the hands.

Players bring the ball back, off of the ground, while touching it with their heads only.

Players bring ball back with their elbows only.

Players bring ball back off the ground and only two players may be touching the ground.

Vary how far you toss the ball.

Coach moves around the area constantly so players have to keep their head up when bringing the ball back to the coach.

**Many goals (dribbling, passing):**

In a designated area, set up numerous (5 –7) cone goals ranging from 3-6 feet in width, every player has a ball and on the coach's command they attempt to dribble through as many goals as possible in a time period.

*Variation:*

Cannot dribble through the same goal twice in a row.

Players work in pairs and must pass through the goals.

Players must play a “one touch” pass through the goals.

Two teams compete by adding total points scored.

**Hit the Can (warm up):**

Divide players into two teams. Place a garbage can (bag of balls, whatever you have that a ball will bounce off of) in open space. The game is simple. You earn a point every time you pass or dribble into the can.

**“Gatekeepers” (1v1 dribbling):**

Divide players into two teams. Place one team, every player with a ball, outside of the grid. The other team is inside the grid without balls (the Gatekeepers). Place enough cone goals (gates), 8 feet in a width, inside the grid, so that every player on the team without a ball can stand inside one of the goals. There should be no more than one player in each goal and no unoccupied goals. Players standing in the goals may not step off of the imaginary goal line. They may move left to right along the goal line. On the coach’s command, the team with the balls enters the field on the dribble. Players earn a point for successfully dribbling by a gatekeeper and through a gate. If they dribble through a gate and their ball goes out of bounds, no point is awarded. Gatekeepers attempt to deny attackers dribbling through their gate. Play for 1 minute and switch the roles of the teams. Allow teams to count up totals.

*Variations:*

Only one player dribbles through a gate at a time.  
Vary the width of the gates.

**Ladders and Cyclones (warm-up, stretching, agility):**

Divide players into two teams. One team forms a straight line, one behind the other, with about 2 feet between each player (the Ladder) and a ball in the hands of the first player. The other team forms a small circle with one player standing on the outside of the circle (the Cyclone). On the coach’s command, the ladder must pass the ball from player to player, over the head and between the legs, all the way down and back up the ladder. The player outside the Cyclone sprints around the cyclone attempting to do as many laps as possible. Time stops when the ladder has successfully passed the ball down the ladder and up the ladder back to its original starting position. Switch roles of the teams. Team that can do the most laps around the cyclone wins.

*Variation:*

Ladder passes the balls, to the side, alternating left and right side.

**“You’re Outta Here!” (small group play)**

Divide players into two teams. Game can be played as a 1v1, 2v2, 3v3, or 4v4 game to two goals. For now, we will use 1v1 for the example. Game begins with a player from each team in the middle of the grid. Coach serves a ball in. If the ball goes out of bounds, both players in the middle are immediately replaced by a new player from each team. If a player scores on the opponent’s goal, that player stays on and the player getting scored on is immediately replaced on the coach’s call of “you’re outta here!”

*Variations:*

Name captains on each team to keep score.  
If a team puts too many players on the field, the opponent earns a penalty kick.

**Knockout (dribbling and shielding):**

All players in a designated area have a ball. On the coach’s command, players try to knock other players’ balls out of the grid, without losing possession of their own ball. If a player’s ball is knocked out, he must perform a ball skill (ex pendulums) before re-entering play. If a player can retrieve their ball before it leaves the grid, they can keep playing.

*Variations:*

Play with two teams attempting to knock the opponent's balls out.  
Make the grid very small to encourage shielding.

**Steal the Bacon (dribbling, passing, shooting, defending, small group play):**

Two team with a player from each team designated the same number as a player on the opposing team. Teams are placed behind the end lines on opposite ends of the field. Coach tosses a ball into the field and calls out a number of the players. Players that are called out enter the field and attempt to score on the opponent's goal.

*Variation:*

Coach calls out two or three numbers and teams play 2v2, 3v3 against each other.

**Keep Your Yard Clean (dribbling, passing, receiving, striking the ball):**

Divide your area into three zones. Put half the players, each with a ball, in each of the end zones. An "empty lot" (empty zone) separates the two teams. Keep your yard clean by kicking the trash (passing the ball) into the cleanest yard (last amount of balls) wins. Empty lot needs to be big enough to protect the players from getting struck in the head/face with the ball.

*Variations:*

Try to pass through the other team's yard and into their "house" (space behind the yard).  
Through the trash into the neighbor's yard (throw-ins).  
Make players "inspect the trash" (stop it with the inside of the foot before kicking into the other team's yard. This will keep balls from flying everywhere!).  
Dribble the trash into the opponent's yard.

**Blockout (warm-up):**

Group of 4-6 players, without balls, form a circle with hands on each other's shoulders. One player wears a colored bib. One player outside the circle with a ball, player with the ball must keep the ball in hands at all times. Player with ball attempts to tag the player with the colored bib with the ball. Players forming the circle swivel to avoid getting the player with the bib tagged by the ball.

**Running the Bases (dribbling):**

In a designated area, divide the team up into taggers and dribblers. There should be more dribblers than taggers (ex. 3 taggers and 7 dribblers). If tagged, the dribbler switches with the tagger. Taggers carry a colored bib to distinguish themselves. Players are safe in any on the four bases (5x5 grids). Only one player is allowed in a base at a time. Tagger may not enter the bases. If a new dribbler enters a base that is already occupied, the old dribbler must leave.

*Variations:*

*Only one tagger.*

*Fewer bases.*

*Taggers have to dribble a ball also.*

**Knee Tag (dribbling, agility):**

Every player has a ball in a designated grid. On coach's command, players dribble and attempt to tag any other player on the knee. Players count how many knees they tag in a certain time period.

*Variation:*

Players with two teams. Players may only tag someone on the other tea.

### **No Man's Land (possession, passing, receiving, small group play)**

Two teams of 4, each in their own 15x15 yard grid. A 5x15 yard grid separates the two teams. Coach serves a ball into Team 1's grid and 2 players from Team 2 must enter Team 1's grid as defenders. Team 1 gets a point for making 5 passes in a row without losing possession of the ball. Play stops when the 2 defenders from Team 2 can kick the ball out of the grid. After the ball is kicked out, coach serves another ball into Team 2's grid and Team 2 plays 4v2 versus two defenders from Team 1.

#### *Variation:*

Maximum of 2 touches per player when receiving and passing.

Minimum of 2 touches per player when receiving and passing (encourages taking first touch away from pressure of the defender).

Must keep the ball moving when you receive it (cannot stop the ball).

Must split the two defenders with a pass to earn a point.

### **Tag (dribbling)**

All players have a ball in a designated area. One player without a ball designated as the "tagger". On the coach's command, players dribble and avoid being touched by the tagger. If tagged, player has to perform a ball skill (ex 3 headers) before entering play again. Switch tagger after a short interval.

#### *Variation:*

Make tagger dribble a ball also.

Player tagged switches with the tagger.

Play the game without using the balls.

Play with two teams.

### **3 v 3 or 4 v 4 Game**

Two teams (maximum of 4 players per team) play against each other with goals. Regular rules apply.

### **1 v 1 Game (1 v 1 dribbling, 1 v 1 defending):**

In a 10x20 yard grid, one player with a ball on one end line and another player without a ball on the other end line. Player with the ball passes to player on the other end line and becomes a defender. Player receiving the ball attempts to dribble by the defender and across the opposite end line under control. If the defender wins the ball he/she can attempt to dribble over the attacking end line:

#### *Variation:*

Play 2 v 1

Play 2 v 2

SOCCER PRACTICE LESSON PLAN

Name \_\_\_\_\_ Topic \_\_\_\_\_  
Date \_\_\_\_\_

FUNDAMENTAL WARM UP	ORGANIZATION	KEY COACHING POINTS
MATCH RELATED ACTIVITY		
MATCH RELATED ACTIVITY		
MATCH CONDITION GAME		
COOL DOWN		