



Pinnie Game/Stuck in the Mud (7-10 mins)

Arrival Activity - 5min - 4:1 work/Rest -

Game Intentional Free Play 1v1 2 v 2 etc.

As players arrive, have them join one of two games, it may be 1 v 1, 2v1 2 v 2 etc.

Objective: Fun and Creativity -- DO NOT COACH THEM!!

Pinnie Game/Stuck in the Mud (10-15mins)

Explanation

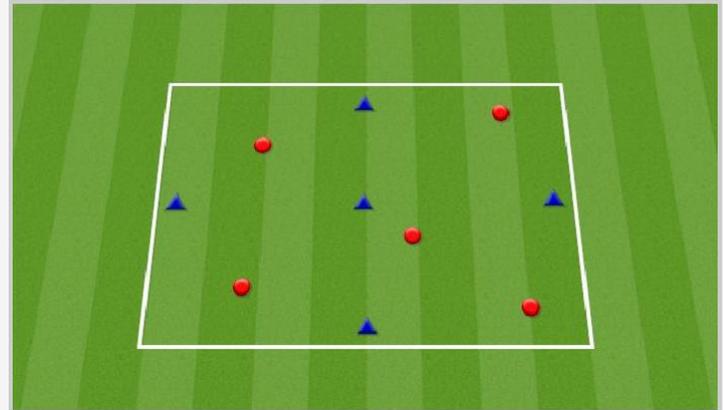
- The players place pinnies into their shorts and ensure they are visible/hanging enough to grab and pull.
- Players need to move around the area looking to grab a pinnie. Each player can only remove one pinnie at a time. Once a player loses both pinnies, they are out.

Progression 1:

- Players are split into two teams, and each given two pinnies.
- Same game as above but when a player is out, they are stuck in the mud and can only escape with teammate sharing pinnie.

Coaching Points:

- Players are both attacker and defenders. Can you get side on and bend knees to steal pinnie as well as defend them from attackers? (surfer/skateboarding/snowboarding)
- Head up to see the space to attack as well seeing attackers.
- Stay on your toes while moving around and not still as a statue.



Four Corners (8-12 mins)

Set-up: Use the entire space. (10-15mins)

Organization: Divide the groups into four teams in each respective outside corner. One at a time, players leave to collect a ball and bring it back to their area. Once all the soccer balls are out of the middle area, players can steal from other teams. Players cannot defend if a player steals from their team. The team with the most soccer balls at the end wins.

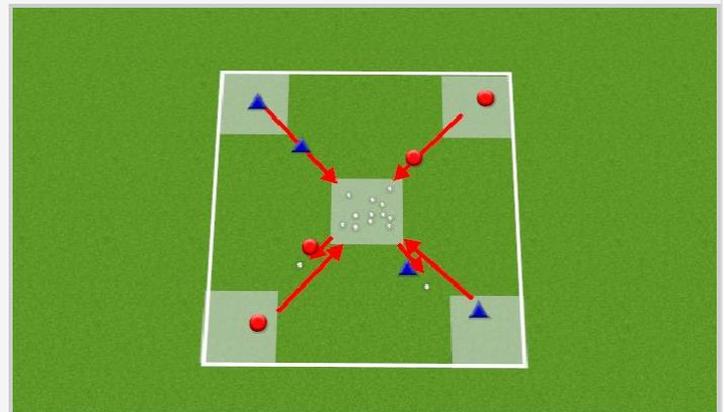
You can start with players having to carry the ball with their hands to make it easier to understand and improve activity quality.

Progression 1: Have a defender from each team near the outside of the middle square, with all the soccer balls. Their job is to defend players from going to their respective sides, only after attacking players have gathered a ball. Reds can only defend the blues and vice versa.

Progression 2: Blue vs red after all the soccer balls have been collected. Blue/red team can work together to collect as well as defend their sides. Additionally, each team can defend the other one from bringing the ball to respective side, not just going into their zone. Example, blue can prevent red from going into blue zone to grab their ball or from going into red zone with ball.

Coaching Points:

Ensure to use side on approach, prevent attacker from running by you, on toes, knees bent and not diving in. Surfing/skateboarding/snowboarding.



Intro to Playing from the Back (5 mins)

Intro to Playing from the Back: **OPTIONAL** (5-10mins)

Show you the idea of which pass to make and where to go with the ball. Make sure players are not just standing around. Rotate players in and out to give practice/touches. This allows goalie to be involved as well.

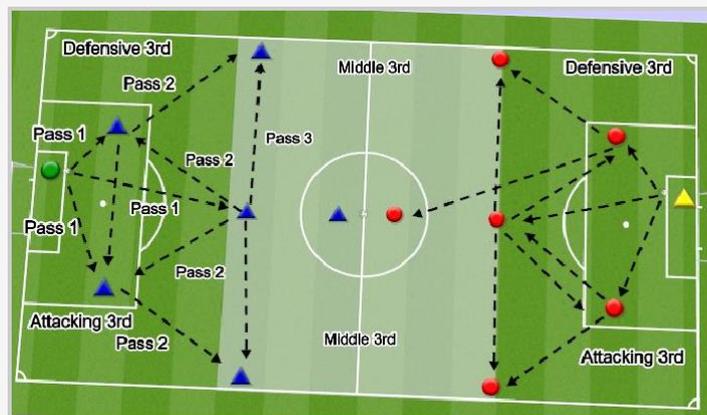
Notice the different parts of the field: Defensive 3rd, Middle 3rd and Attacking 3rd.

Keeping the thirds in place as a reference.

Award extra goals if conditions are met.

OPTIONAL:

- If you build from the defensive third goals are worth 3
- if you win it in the middle third and build from the middle and score goals are worth 2
- win it in the final third worth 1.



Scrimmage (35-40 mins)

Game (40 mins, two 20min halves with 2-min halftime)

Scrimmage: 7v7

In Game Structures:

Kickoff -- to be done in the center of the field, wherever the coaches deem the halfway point.

Goal Kicks -- Ball is placed on 6-yard box/line, the opposing team **MUST** retreat to their own half of the field. Attacking teams can have their outside defenders to either side of the goalie who can pass to them.

Corner Kicks -- taken on the opposition's corner. The defending team cannot be less than 6yds from the individual taking the corner kick. Corner can be passed into the box; another teammate can stand next to the ball or be creative with the set play.

Throw Ins -- Both feet must be on the ground, no jumping to throw -- correct this if you see it -- even after ball is thrown (can drag non planted toe for more distance); ball must go behind your head and then thrown over but cannot go across your body while facing another way; feet cannot be inside the area of play; ball cannot be shoved in.

Free Kicks: *Indirect* means ball must be touched by another teammate before you can shoot on goal. *Direct* means you can shoot on goal. If a player is inadvertently fouled, call a free kick and explain to the player why you are calling the infraction. Adding a wall is up to each coach as we do not want players to get hurt at this level. Explain that the wall can prevent the attacking team from scoring.

Penalty Kicks: Free kick that occurs in the box. Ball to be placed 8-10 steps from the goalie line. Goalie must remain on their line until shot is taken.

One-sided Goal Preventions: Use these to prevent lopsided scores!!

1. If a team is winning by more than 5, the winning team takes off a player while the losing team adds one.
2. Winning team has to make 3 passes in their own half and 3 more in the opposition's half prior to shooting.
3. Every person on the team, including the goalie, must touch the ball.
4. Player(s) who keep scoring must use their non-dominant foot to dribble, pass and score.
5. Turn the goal around for K and 1st Grade as an option. (i.e., attacking player must dribble around and into goal to score)

Add all these restrictions if players are still scoring and make it a point at the start of the season!

