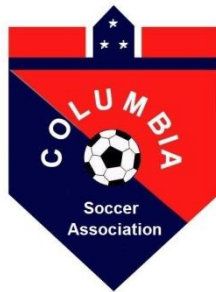
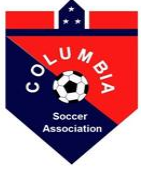


COLUMBIA SOCCER ASSOCIATION



COACHES MANUAL

Georges Scherlizin, Director of Coaching



COACHES MANUAL

Hi Coach,

Thank you for volunteering your time for the players that wants to play the game of soccer

The manual is divided in 9 sessions with some about dribbling, passing and shooting.

Start each session with:

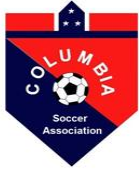
- A good warm up
- Some stretching exercise
- Some conditioning
- For the session:
 - Start with simple exercise
 - Once they understand the exercise, make it more challenging
 - Do not stay too long on the same exercise, incorporate variety
 - Most important make sure the players have fun

After the exercises have a scrimmage and see if they can apply what they learn

Finish the session with a cool down exercise

Do not hesitate to contact us if you need more information or some help

Enjoy your season, have fun and thank you for volunteering



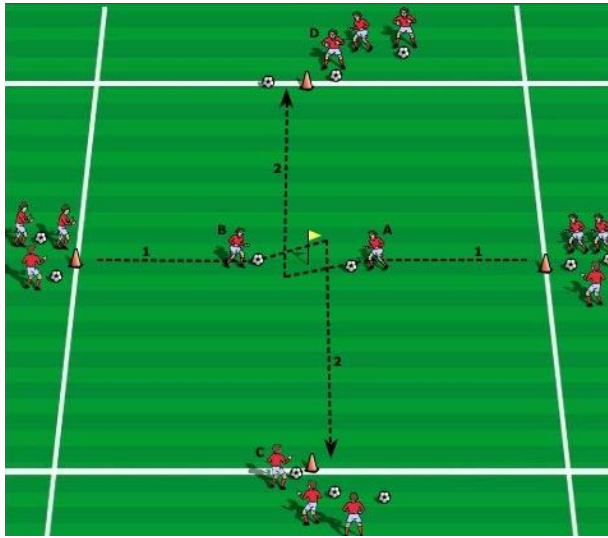
SESSION 1 - Dribbling

Objective:

Players (A) and (B) dribble towards the flag (1) at speed. Approximately 1 yard from the flag both players perform a designated move, take the ball to the left of the flag and take a sharp right turn. They then continue to dribble (2) to the group to the right. Upon reaching the other group players (C) and (D) repeat the sequence. Sequence keeps going for a designated time or number of repetitions. Alternate directions – Go to the right of the flag and take a sharp left turn.

Progressions:

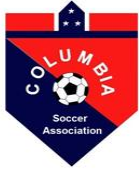
Only use 2 balls for the entire group. After turning around the flag the ball is passed to the next player in line.



Objective:

Players compete for possession of the ball. Goals are scored by dribbling through either of the opposition mini goals. Players must dribble through the mini goal in full control of the ball for a goal to be awarded. If the ball leaves the playing area, players must find the nearest ball and dribble into the grid to continue the game. Play is for a designated period of time or for a predetermined number of goals.





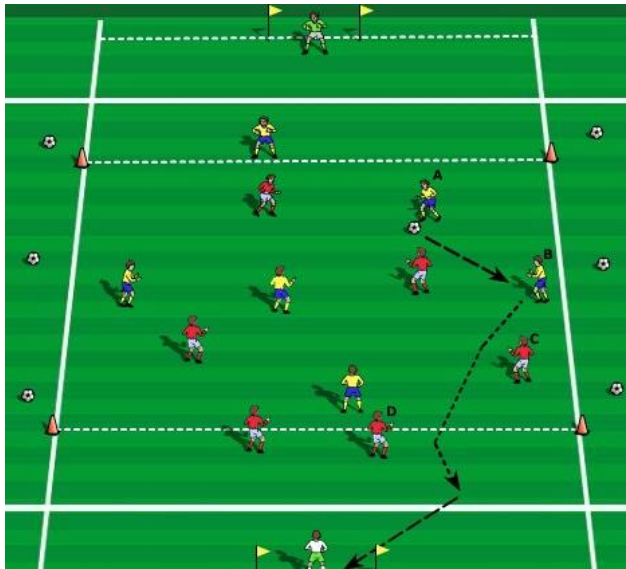
COLUMBIA SOCCER ASSOCIATION

Objective:

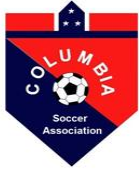
Players compete for possession of the ball. Players attempt to score in their opponents goal. No restrictions are placed on the players while in their defensive zone or in the central playing area. Players entering the opposition end zone are NOT allowed to pass the ball – they must go for goal. This encourages players to make smart decisions with regard to making attacking runs into their opponents end zone. Players are encouraged to seek out 1v1 situations. Players are encouraged to be direct, take chances and be positive in attacking areas of the field. In the above diagram player (B) has received a pass from (A). Player (B) beats defender (C), accelerates into the end zone, beats defender (D) and shoots on goal.

Progression:

1. Must get a shot off within 3 seconds of entering the end zone.



COACHES NOTES:



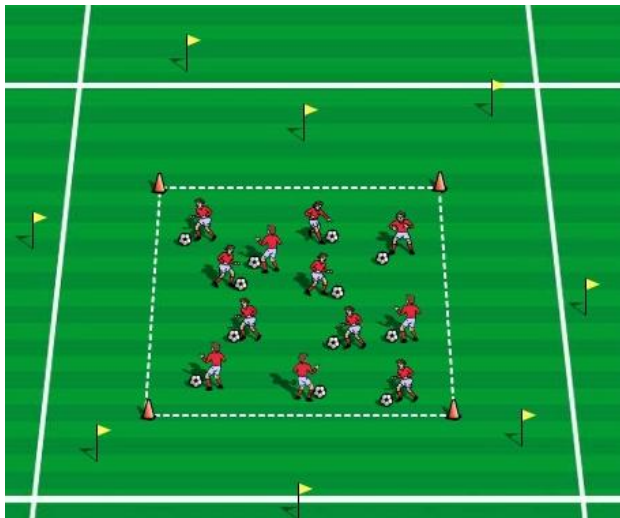
SESSION 2 - Dribbling

Objective:

Players must dribble randomly within the grid. Players are not allowed to continuously dribble around the outside edges; they must cut across the grid moving in and out of other players. On the coach's signal, players dribble as quickly as possible to a flag outside the grid. The first player to the flag stays there until the next command by the coach. No more than one player is allowed to be at a flag at any given time. There will be 2-3 additional players without flags. Those players that were unsuccessful in reaching a flag perform additional ball work, i.e. 10 juggles prior to rejoining the exercise.

Progression:

1. Encourage various feints, fakes, and cuts as players move inside the grid.

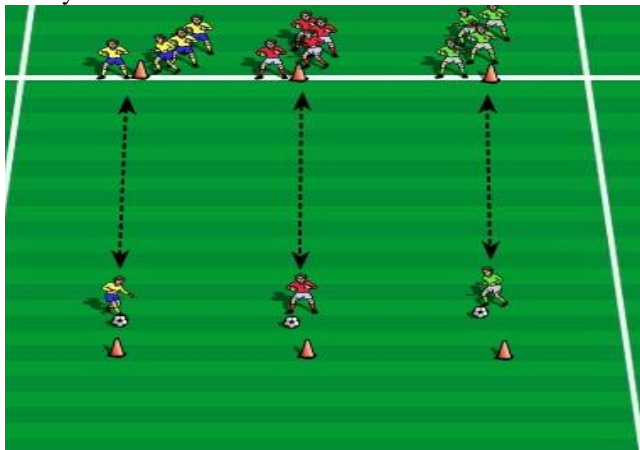


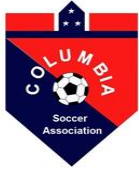
Objective:

On the coach's signal, the first player in line must dribble towards the cone placed 15 yards away. Upon reaching the cone the player must turn and accelerate back to his original group. The ball is then passed from approximately 2 yards away to the next player in line. The next player in line repeats the sequence. Play is continuous for a designated period of time.

Progression:

1. Players must dribble around cone.





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Objective:

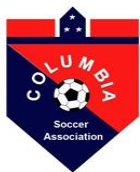
The first player in line (A) passes the ball to the player at cone (B). This player must run at the defender creating a 1v1 situation. Player must attempt to beat the defender and get a shot on goal. The shooter becomes the next defender: (A) moves to cone (B) to become the next attacker and the defender joins the back of the line. The attacker must transition to become the next defender as quickly as possible. Play is continuous for a designated period of time.

Progression:

1. The pass from cone (A) is played as soon as the attacker strikes the shot – player must transition quickly to become the next defender.
2. Recovering defender must touch one of the cones outside the box prior to defending against the attacker. This will encourage the attackers to shoot early and not dribble too close to the goalkeeper.



COACHES NOTES:



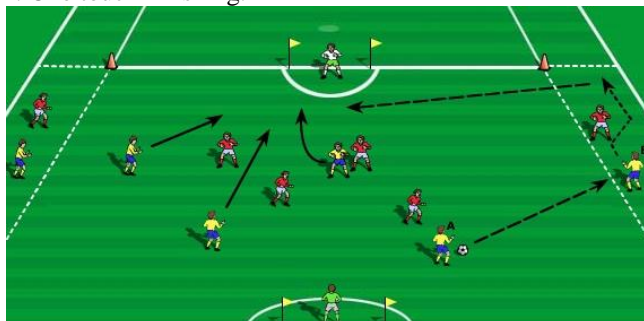
SESSION 3 - Dribbling

Objective:

Both teams compete for possession of the ball. Teams must attempt to score past the opposition goalkeeper. Two goals are awarded for goals that come from a cross from one of the channel players. Players are limited to two touches in the central area. Channel players have no touch restriction. Channel players are encouraged to be positive in attacking their opponent before attempting to cross the ball. In the above diagram player (A) passes to player (B). Player (B) beats the defender before delivering a cross for his teammates.

Progression:

1. One touch finishing.



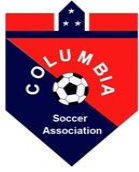
Objective:

3 v 3. One player is designated as a goalkeeper. Only the goalkeeper can use his hands in the end-zone. The goalkeeper must leave the end-zone to become an outfield player when his team is in possession of the ball. Players should try to dribble to create goalscoring opportunities.

Progressions:

Award 3 points for a goal, 2 for beating an opponent and 1 for turning on an opponent





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Objective:

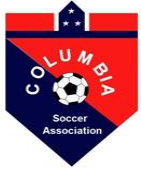
Players must dribble their ball freely around grid using all the surfaces of their feet. On “Go” players will try to dribble through as many gates as possible in the designated time (approx. 30-45 seconds). Player with the highest score wins the game. Players cannot go through the same gate twice in a row.

Progressions:

Add defenders to try to kick balls out of the grid or to protect the gates.



COACHES NOTES:



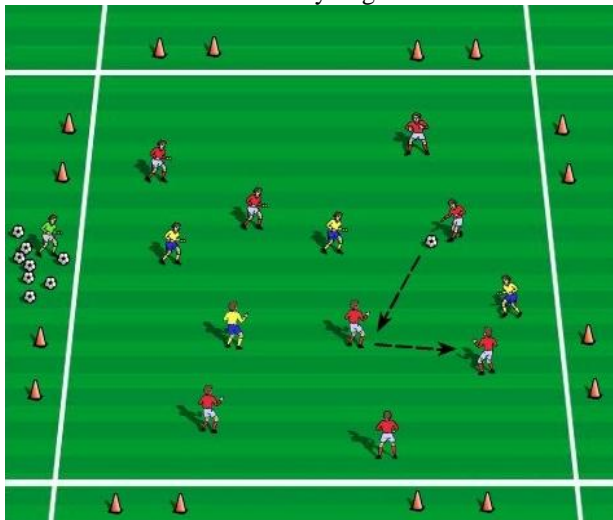
SESSION 4 - Passing

Objective:

The coach starts the activity by passing a ball into any of the eight attacking players. The eight attacking players attempt to keep possession for as long as they can. The four defenders must try to intercept the ball and quickly pass the ball through any of the mini goals located outside the grid. Play for a total of six balls before switching the defensive players. Points are awarded to the defensive unit for successfully passing the ball through the mini goals. Every point scored equals one less ball that they need to defend from the coach.

Progressions:

1. The coach times the activity to give the defenders some urgency



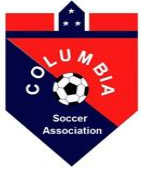
Objective:

The coach starts the activity by passing a ball into any of the eight attacking players. The eight attacking players attempt to keep possession for as long as they can. The four defenders must try to intercept the ball. In the above activity red and white are trying to keep possession against the four yellow defenders. When one of the attacking players loses possession of the ball, his team must now become the defensive team. If the ball leaves the grid, the nearest ball is used to quickly restart the game. This will enable the session to continue to flow.

Progressions:

1. If the ball leaves the grid, the next ball is re-started from the opposite side of the grid. This will force the defensive unit to transition as a group while staying organized.





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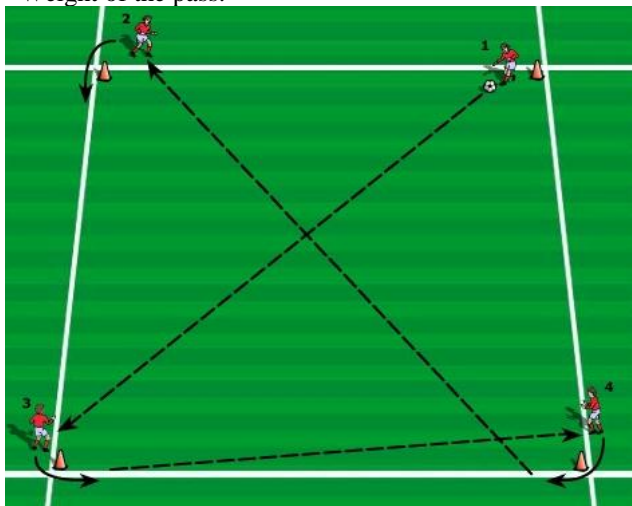
Objective:

Player with the ball delivers the ball to anyone in the grid. There is no set sequence that says a player must play it to another player in a specific order - In the above diagram player #1 plays it to player #3 who then plays it to player #4 and so on. Players should be approximately 1 yard on either side of the cone. It does not matter at any time in the exercise what side of the cone the player is on. As a player receives the ball they must receive the ball with outside or inside of the foot playing it across the front of the cone to the opposite side of their cone, while running around the back side of the cone.

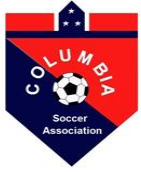
The player collects the ball on the other side of the cone, delivering it to the next player with his second touch. Make sure players are not playing to the same player each time. Players need to be thinking about switching it.

Coaching Points:

- Weight of the pass.



COACHES NOTES:



SESSION 5 - Passing

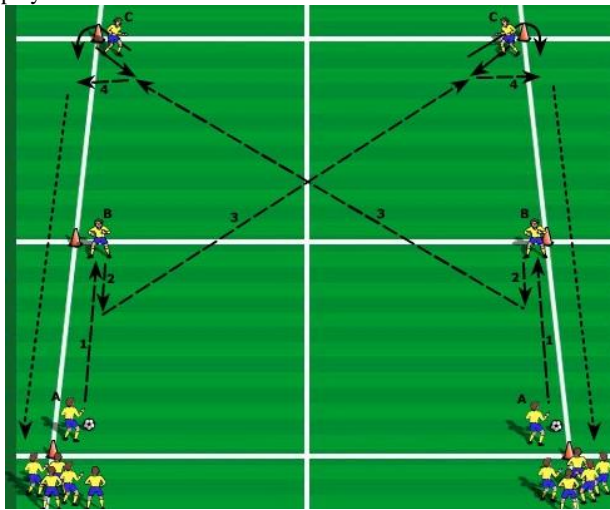
Objective:

Play starts with a pass (1) from (A) to (B). (B) lays the ball off (2) to oncoming (A). (A) then passes the ball (3) diagonally to (C). (C) checks towards the ball then lays the ball off to (B). (C) spins back around the cone and receives a return pass (4) from (B). (C) dribbles back to the end of the line. Each player advances one cone after each pass – example (A) becomes (B), (B) becomes (C) etc.

Play is continuous with both groups working at the same time. The next player in line starts as soon as the player in front has advanced to the next cone.

Progression:

1. After spinning around the cone (C) must take a preparation touch and then pass the ball to the next player in line.

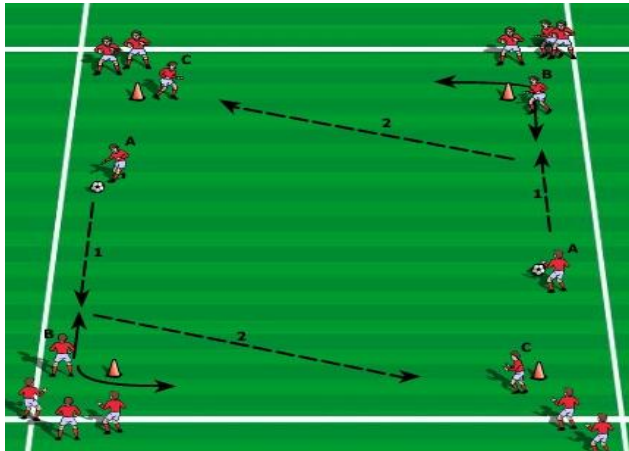


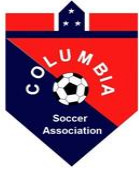
Objective:

Player (A) starts with the ball. Play is in a counter-clockwise direction. The ball is passed (1) to player (B) who is checking towards player (A). Player (B) must lay the ball off to (A) before spinning back around the cone. Player (A) then passes the ball across the grid (2) to the group diagonally. The next player in line (C) lays the ball off to (B) who is moving towards him. Player (B) then one-touch passes the ball diagonally. All passes are one touch. Each player advances one cone after each pass. Sequence is repeated for a designated period of time. Two balls are in motion at all times.

Progression:

1. Work in a clockwise direction to ensure the use of both feet.





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Objective:

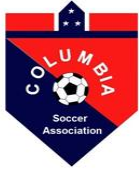
Player in the middle of the grid (A) will work for approximately 30-45 seconds. This player must check to one of the corner players, receive a pass and lay the ball off to the original player. On receiving the ball back from the middle player, the corner player must accelerate quickly to find the vacant cone in the grid. Player (A) continues to receive and lay off balls for the designated time or for a predetermined number of reps.

Progressions:

Corner players serve balls in the air with their hands so that (A) must deal with balls in the air.



COACHES NOTES:



SESSION 6 - Passing

Objective:

The first player in line (A) passes a ball into the target player. The target player passes the ball straight back to (A). Player (A) passes the ball, again, to the target player. Immediately after the second pass player (A) must burst forward at an angle to offer support for the return pass. Player (A) must receive the ball with an open body position (sideways on) before accelerating back to his group. Next player starts when player (A) receives the ball from the target player. Play is continuous for a designated number of reps or time. Target player is changed after designated time.

Progressions:

Use 1 ball per group. After the player receives the ball from the target player he must pass it to the next player in line.



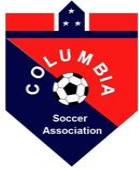
Objective:

Player (A) starts with the ball. The ball is passed to player (B) who one-touches the ball back to (A). (A) then passes the ball slightly to the side of (B). Player (C) must arrive at the side of (B) and one-touch the ball to (A). Each player must use only one touch. Player (C) must run back and tag (D) who sprints to the other side of (B) to receive a pass from (A). Players (C) and (D) alternate which side they sprint to. Both "working" players must sprint to make sure that he arrives next to (B) for the next pass. Work for 20-30 seconds then rotate the players.

Progressions:

1. Player (A) serves the ball from his hands for volleys from (B,C,D)

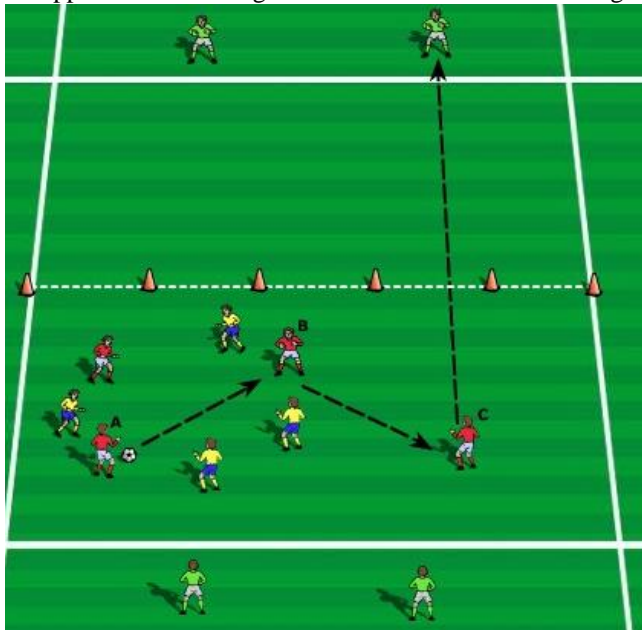




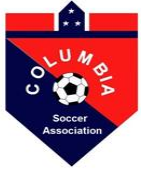
COLUMBIA SOCCER ASSOCIATION

Objective:

Both teams begin in one half of the grid. Both teams compete for possession of the ball. The possession game is restricted to one half of the grid until the ball is played to a target at the opposite end. Players must attempt to quickly pass the ball in the air to a target at the opposite end of the grid. In the above diagram player (A) passed to player (B). Player (B) passed to player (C) who has played the ball forward to one of the opposite target players. After switching the ball both teams must travel into the other half of the grid and continue with the possession game. The target players are restricted to two touches and must pass to whichever team passed to them. Points are awarded for a successful pass to a target player from the opposite half of the grid. Rotate the teams after a designated period of time.



COACHES NOTES:



SESSION 7 - Passing

Objective:

Both teams must play man-to-man defending. Teams must maintain possession of the ball through sharp passing and constant movement. Points are awarded for successfully passing the ball to a teammate through any of the gates. Points are also awarded for 5 consecutive passes by either team. Players outside the grid (green) can be utilized but are limited to one touch. The defensive team must attempt to put as much pressure as possible on the team in possession to encourage a high tempo. Play is continuous for 3 minutes. Losing team must run around the perimeter of the grid for 60 seconds – all out. They then position themselves around the perimeter of the grid for the next game. Winner stays on – Losing team runs.

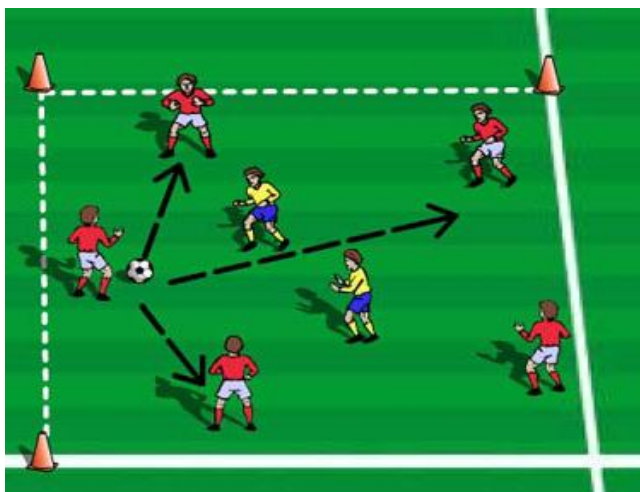


Objective:

The players in the circle pass the ball around the circle and the defenders try and steal the ball. A player whose pass is intercepted, trades places with the defender who intercepted the pass. If an errant ball goes outside the grid, the passer changes places with the defender who has been in there longer. Keep the ball moving quickly.

Progression:

1. Limit the touches to 1 and 2.
2. Defenders stay in an extra time if they get split by a pass.





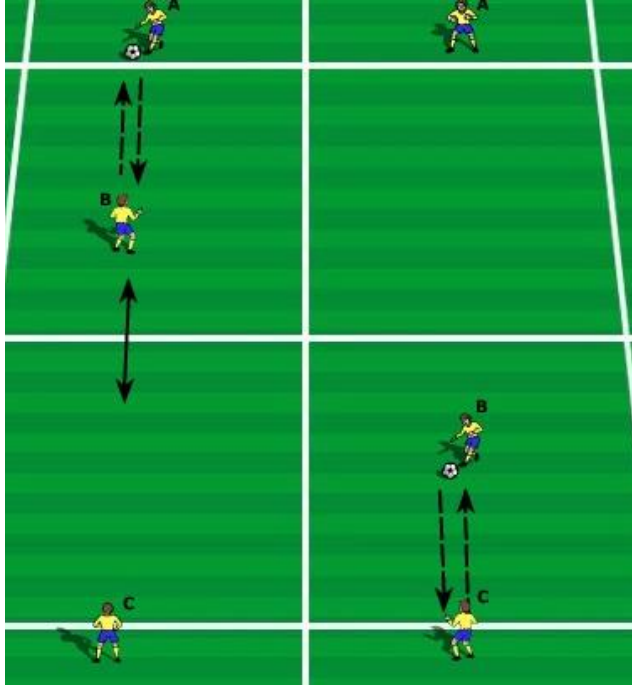
COLUMBIA SOCCER ASSOCIATION

Objective:

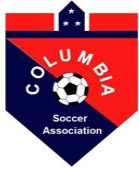
Server (A) passes the ball to the middle player (B). Player (B) must move towards the ball and play a one-touch pass back to (A). Player (B) then quickly turns and repeats the sequence with server (C). Player (B) continues this alternating sequence for approximately 30 seconds. Rotate players after each 30-second period. Points are awarded for each successful pass that is returned to the servers.

Progressions:

1. Introduce a race format – “first player to get 25 points wins”



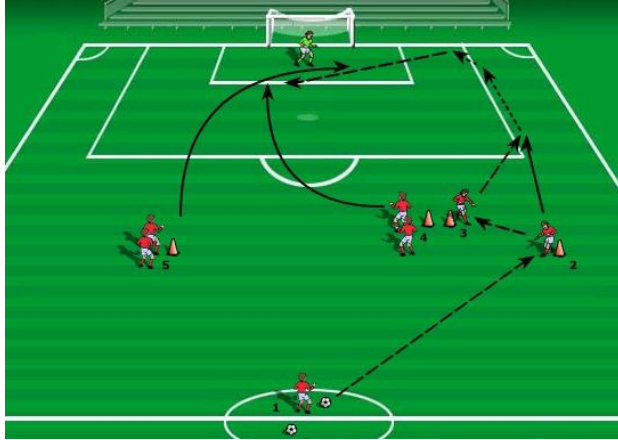
COACHES NOTES:



SESSION 8 - Shooting

Objective:

Server (1) drives the ball into server (2). Server (2) plays a one-two pass with Server (3) who is checking back to the ball. Server (3) slots the ball down the line for server (2). Server (2) makes his run down the outside channel and crosses into the box. Players (4) and (5) time their runs to the near and far post. Players must attempt to finish with one touch. Rotate the servers and attackers to avoid fatigue.

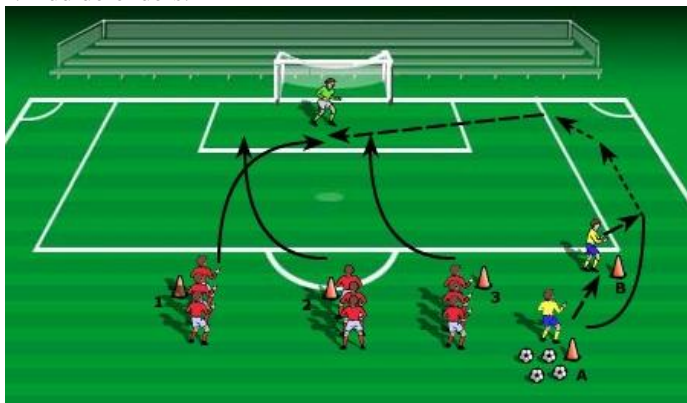


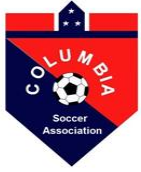
Objective:

Server (A) plays it on the ground to Server (B). Server (A) performs an overlapping run around the cone and up the sideline. Server (B) lays the ball off in the path of server (A's) run. Server (A) takes one touch before crossing to runner's (1, 2, or 3). All three runners bend their run to the far post, front post, and middle of the 6-yard box. Players must attempt to attack the ball and finish with one touch. Rotate servers to avoid fatigue. Repeat on the left side of the field.

Progressions:

1. Add defenders.





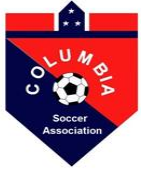
COLUMBIA SOCCER ASSOCIATION

Objective:

The play starts from the goalkeeper who distributes out to a flank player. The flank player cannot be challenged and has 2 touches to combine with the team on offense in the middle of the grid. The flank players are trying to cross the ball in for a shot on goal. If the defending team wins possession, they must pass it wide in order to score going the other way. If the ball leaves the grid or the goalkeeper gains possession, the play is started going the other way. Play for 2 minutes or three goals, whichever comes first.



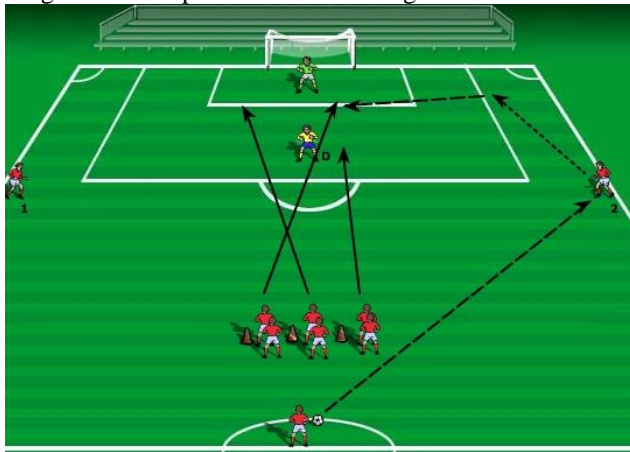
COACHES NOTES:



SESSION 9 - Shooting

Objective:

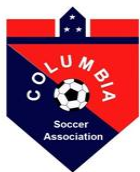
The server drives the ball to either player (1) or (2). Players (1) and (2) must turn quickly and dribble down the channel before crossing into the box. The three players on the cones must attack the ball in the penalty box. After a shot or goal the sequence is repeated on the opposite side of the field. Play continues in this alternating fashion for a designated number of reps or for a predetermined period of time. NOTE – Extra players can be assigned to each position to avoid fatigue.



Objective:

The first player in line dribbles at speed to the cone, performs a move, attacks the penalty area and strikes the ball on target. After the goalkeeper has made the save, or the ball goes out of bounds, the players jog to the back of the goal they just shot on, and gets in the back of the line. Keep track of the amount of goals scored.





COLUMBIA SOCCER ASSOCIATION

Objective:

The two attackers receive a cross from C1 and finish it on goal. The defenders try and prevent the attackers from striking the ball cleanly. A1 then strikes the ball on goal and the attackers try and deflect the ball into the goal. Once again, the defenders are trying to clear the ball. C2 serves the ball in and then A2 takes a shot on goal. Continue the repetitions with C3 and A1, as well as C4 and A2. Change roles and repeat the whole sequence.

Progression:

1. The crossers can dribble and penetrate to goal making it a 3 V 2.



COACHES NOTES: