

**EDUCATE - CONNECT - INSPIRE**

**LINCOLN YOUTH SOCCER  
IN-TOWN**



# EDUCATE - CONNECT - INSPIRE

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# SEASON GOALS

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take.

- To help each U11 player reach their full potential in the sport of soccer.
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game.
- To create a positive and fun atmosphere where players can learn and develop at their own pace.
- To learn how to win and lose graciously and the full meaning of fair play.

# MOVEMENT SHEET

## Dynamic Movements

- Heel Flicks
- High Knees
- Open Gate
- Closed Gate
- Inside Volley
- Left leg to right arm
- Side to Sides (left to right)
- Karaoke
- Arms across body
- Arms up and down
- Arm Circles Forwards
- Arm Circles Backwards
- Arms Side to Side
- Quick sprint, hamstring stretch
- Lunge

## Fast Footwork

- Side to Side Shuffles Forwards
- Side to Side Shuffles Backwards
- Forward / Backward Shuffles
- Two Feet in Sideways
- Two Feet in Forwards
- One Foot in Forwards
- Figure 8 forwards
- Forwards 2, Backwards 1
- Feet together jump & bounce forwards
- Feet together jump & bounce sideways
- Feet together jump & bounce forwards 2, backwards 1

# BALL MASTERY

- **Heel / Toe Roll** :- Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** :- Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** :- Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** :- Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

# THE LANGUAGE

**ARM FLASH** - Player must use arm and body to protect ball.

**BE PROVOCATIVE** - With or without the ball, players should look to test the opposition by making aggressive penetrative movements.

**One - Two** – Players must look to perform a quick 1-2 combination pass.

**BREAK LINES** - Constantly look to penetrate the opposition with runs, passes, dribbles, crosses or shots.

**CONNECT PASSES**- Passes should be made to players feet and not leading. “Utilize when we wish to keep possession”

**CORRECT FOOT** - Player must use the foot that is under the least amount of pressure.

**DECISIONS** – Triggers players to search for more options, starting with the easy choice and progressively thinking more creatively.

**EXPLODE** – Once a move is performed, players must change speed and direction to accelerate away from opponent

**HEELS TO THE LINE** - Players must recognize when to break wide and open the field up by running to the touch line.

**INTELLIGENT FEET** - Players must always adjust their feet and avoid stretching for the ball as much as possible.

# MOVEMENT SHEET

**MAN ON** – There is immediate pressure on the receiving player. And they should prepare their body shape and thoughts to keep possession.

**PLAY THE WAY YOUR FACING** - The player must recognize that the pressure is so tight a pass in the direction they are facing is the only option.

**POSITIVE TOUCH** - Players must take directional touches of the ball

**PRESS THE FIRST TOUCH** - Players must press the opponent who has the ball so they are not able to turn and face forward.

**RE-CONNECT** - Players must reconnect, 4 to 5, 7 to 8 and so on.

**RELAX** – The player in possession must relax and slow play down.

**RELEASE** - Can the player play a leading pass for a team mate that changes the phase from possession to attack.

**RESET ATTACK** – When the attack is blocked, players must maneuver the ball back and around the field to attack from a different point.

**SCAN** - On and off the ball, the player must look over shoulders to identify where the pressure or next pass is.

**SEARCH** – The player in possession must get their head up and search for the correct option.

**SEE PASS TWO** – Triggers players firstly to think then to see and finally communicate where the next ball goes after they pass it.

**SIDEWAYS ON**– The player must open shoulders and hips to set themselves to receive the ball.

**TIME** - Player have time to turn, face forward and be positive. There is no immediate pressure on the player

# 8 WEEK SEASONAL PLAN

1. Ball Mastery
2. Dribbling
3. Running with the ball
4. Changing direction with Turns
5. Changing Direction with Fakes
6. Short range passing
7. Possession games
8. 4 vs 4 – Dutch Tournament



# SESSION PLAN OVERVIEW

Each session will follow the same format. The format is designed to get the player into game situations right from the start of training. There are 3 phases that the session will go through, progressively getting more challenging and competitive:

1. Related Warm-Up
2. Activity 1
3. Activity 2
4. Small sided games

Each session will last 60 minutes.

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## Session One: Ball Mastery



# STATION 1: TOUCHES ON THE BALL/SPEEDS



**Area:** 30 x 30 yards area. All players with a ball.

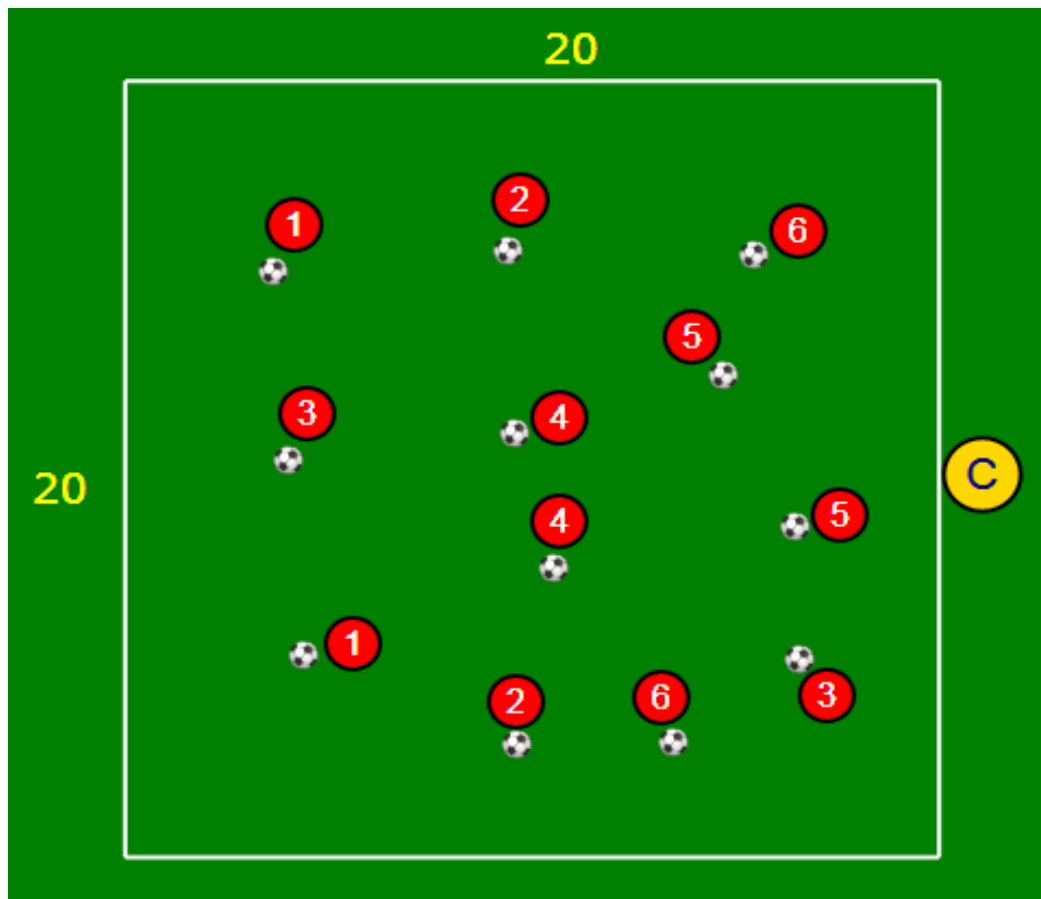
**Description:** All players dribble around the area taking small touches with different surfaces of the feet. Every touch counts as a point. Coach times activity for 2 minutes. Players record number of touches within the time frame.

**Progression:** Add SPEEDS. Players dribble around the area with their own ball:  
Speed 1 – Walking Speed 2 – Jogging  
Speed 3 – Running Speed 4 - Turbo

**Coaching Points:** Players concentrate on small, close touches with a touch on the ball every time they take a step. Change direction every 6-8 touches with a turn or a fake. Use other players as a guide as to when to turn or fake, i.e. if someone is in your way, do a turn or fake



## STATION 2: TRAFFIC LIGHTS



**Organization:** All players must have a ball and must try and stay in the grid

**Objective:** Players dribble their ball anywhere in the grid. The player must listen to the coach's instructions.

Red light – Stop with foot on ball

Yellow Light – Dribble Slowly with the ball

Green Light – Dribble fast with the ball

U-Turn – Player must change direction (do a U Turn)

Runaway Truck – Coach “tries” to kick balls away from player

Road Works – Player pretends to dribble around holes in road

Crash – Players all role round with the ball

Helicopter – Player picks up the ball and spins with it on their head, land helicopter put foot on top of ball.

Rail Crossing – Player dribbles, stops, looks both ways and continues.

Keep ball in front of you (2/3 feet)

Keep looking at ball and all around you

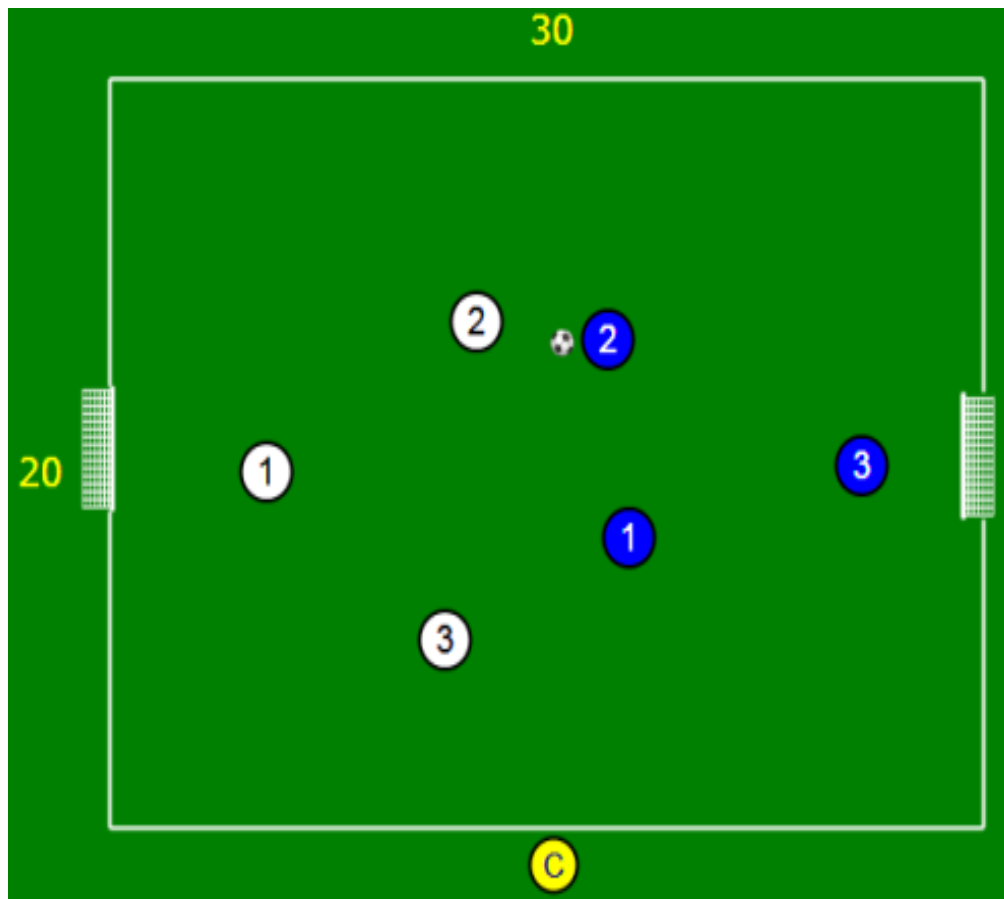
Try to dribble in space

Use sole of foot to stop ball

Try to use both feet

Adjust size of grid to the age and number of players

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x **30** grid,

Two teams of 3v3 or 4 vs 4

Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

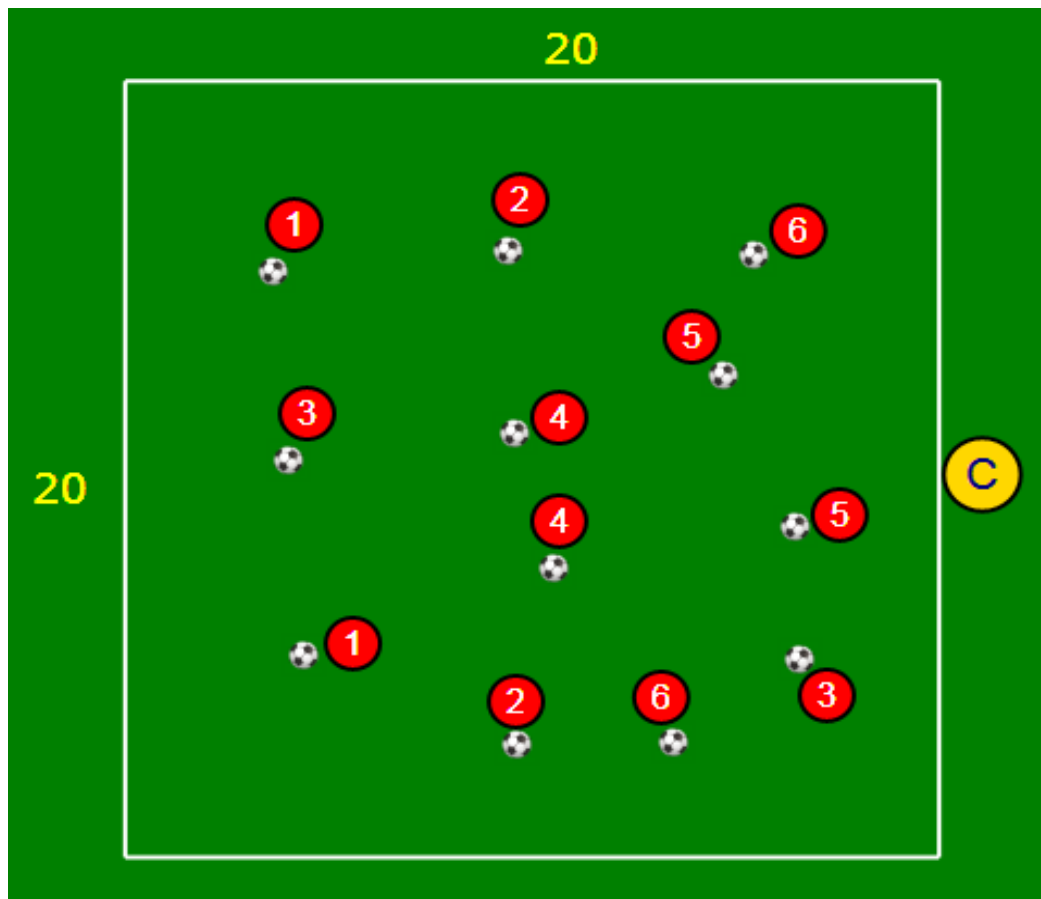
# EDUCATE - CONNECT - INSPIRE

## Session Two: Dribbling





# STATION 1: TRAFFIC LIGHTS



**Organization:** All players must have a ball and must try and stay in the grid

**Objective:** Players dribble their ball anywhere in the grid. The player must listen to the coach's instructions.

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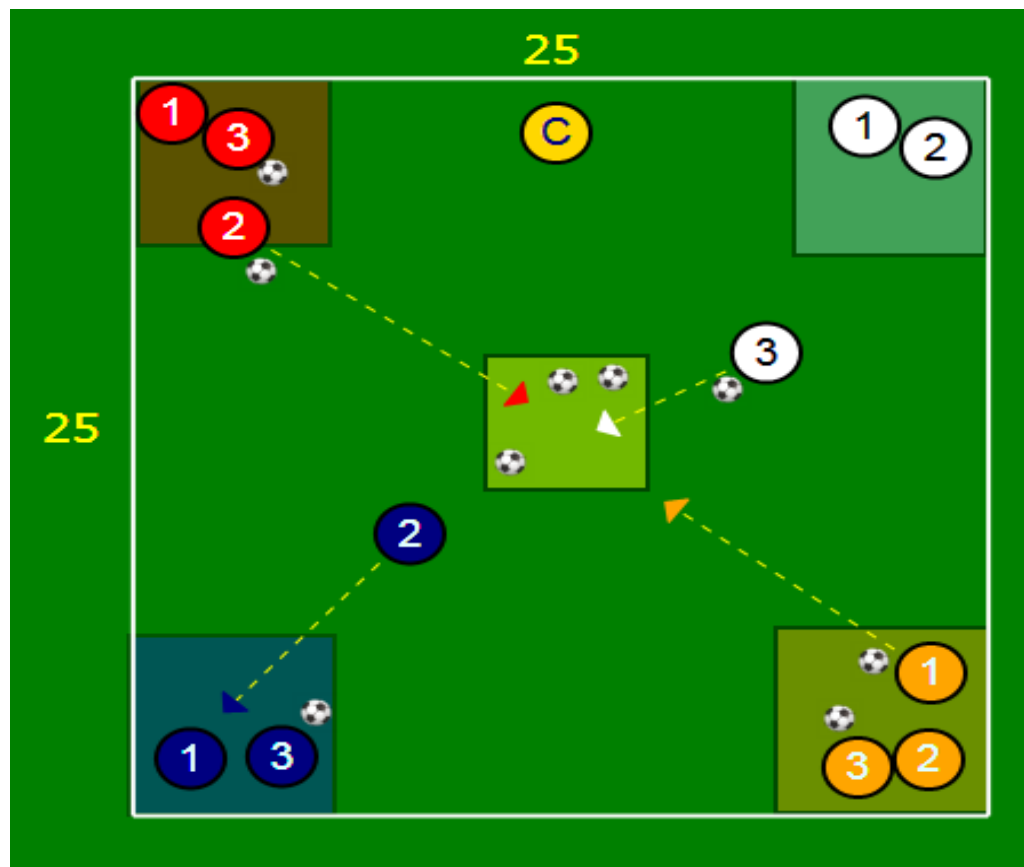
Try to dribble in space

Use sole of foot to stop ball

Try to use both feet

Adjust size of grid to the age and number of players

## STATION 2: DRIBBLE AND SQUASH



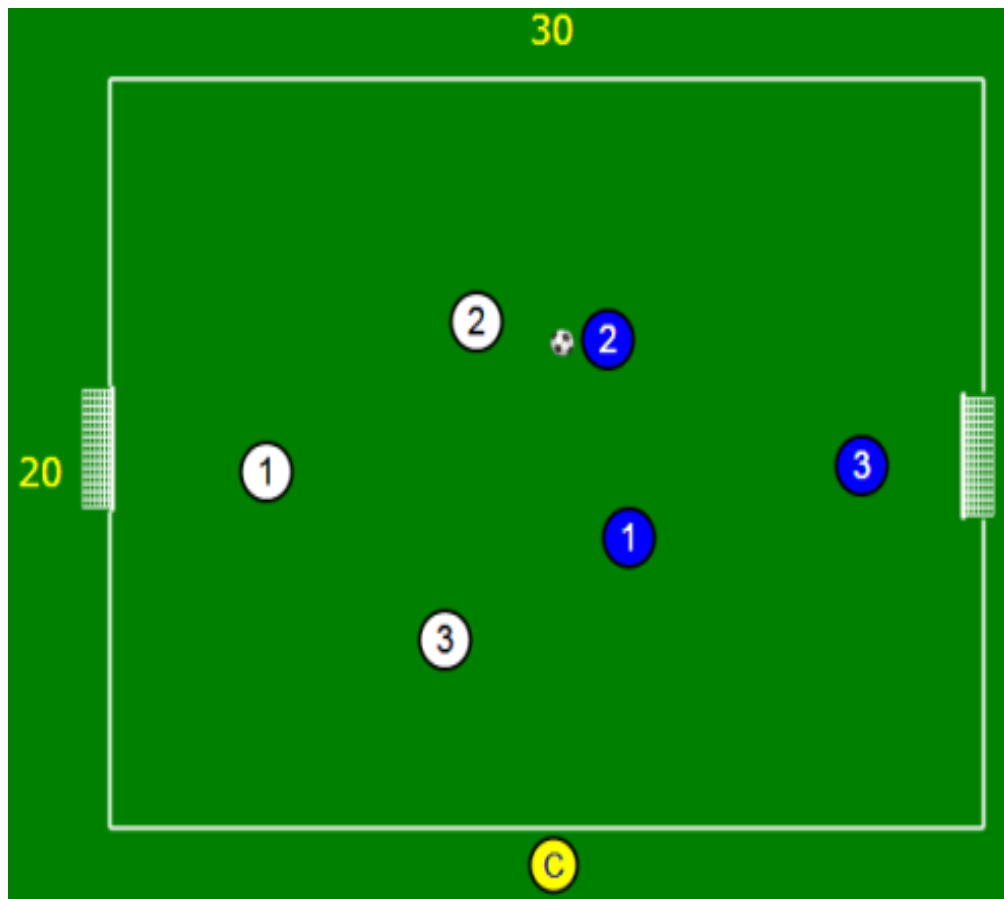
Organization: all players must have a ball and stand in their designated corner.

Objective: Each player is numbered, 1,2,3 in each team. Number 1 dribbles to the center of the square and stops their ball (SQUASH) then runs back and tags number 2. Number 2 repeats, and so on with number 3. When all the balls are in the middle, the team then retrieves the ball number 1, then 2 and 3. When all the balls are back in the corner, each team must go and steal balls from other teams, and dribble them back to their corner. The game has 2 minutes of stealing and all the players must be back home before the coach calls time.

Progression: Make the dribbling harder (use only left foot). Use cones to dribble around.



# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x **30** grid,

Two teams of 3v3 or 4 vs 4

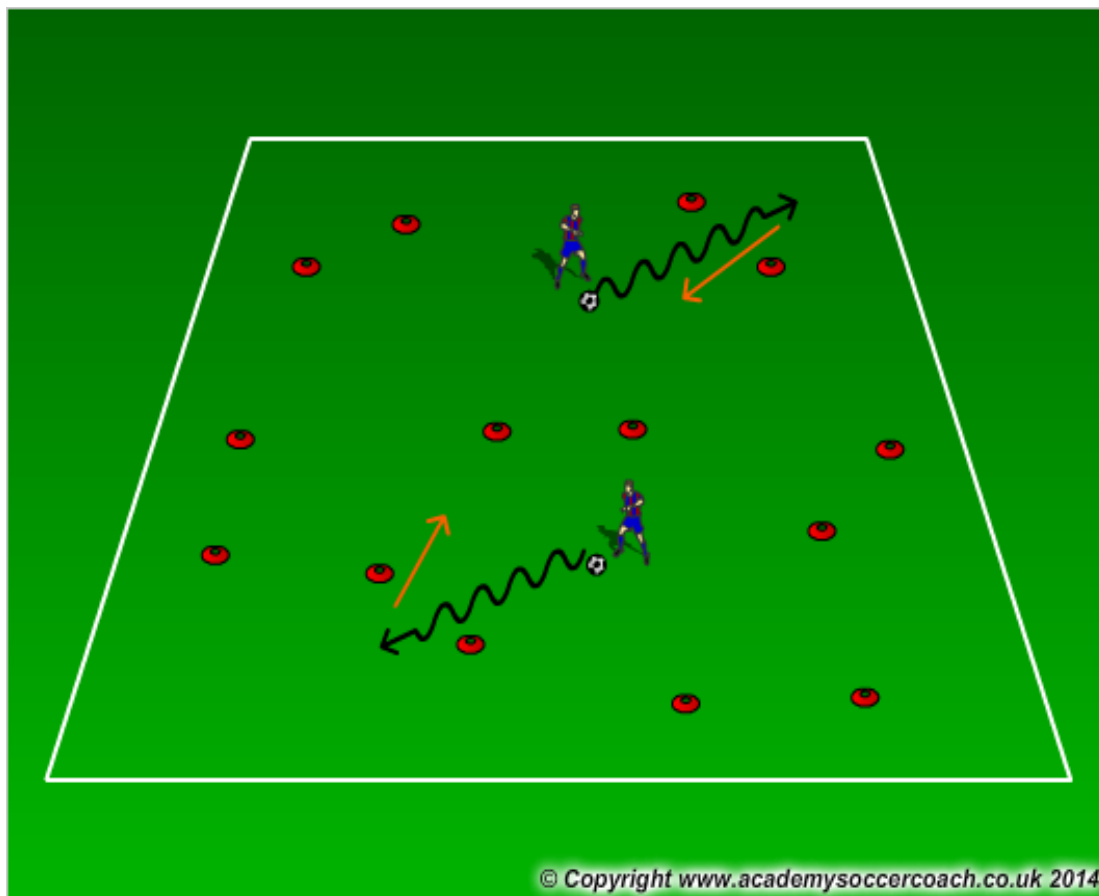
Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

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## Session Three: Running with the ball



# STATION 1: GATES (DRIBBLING)



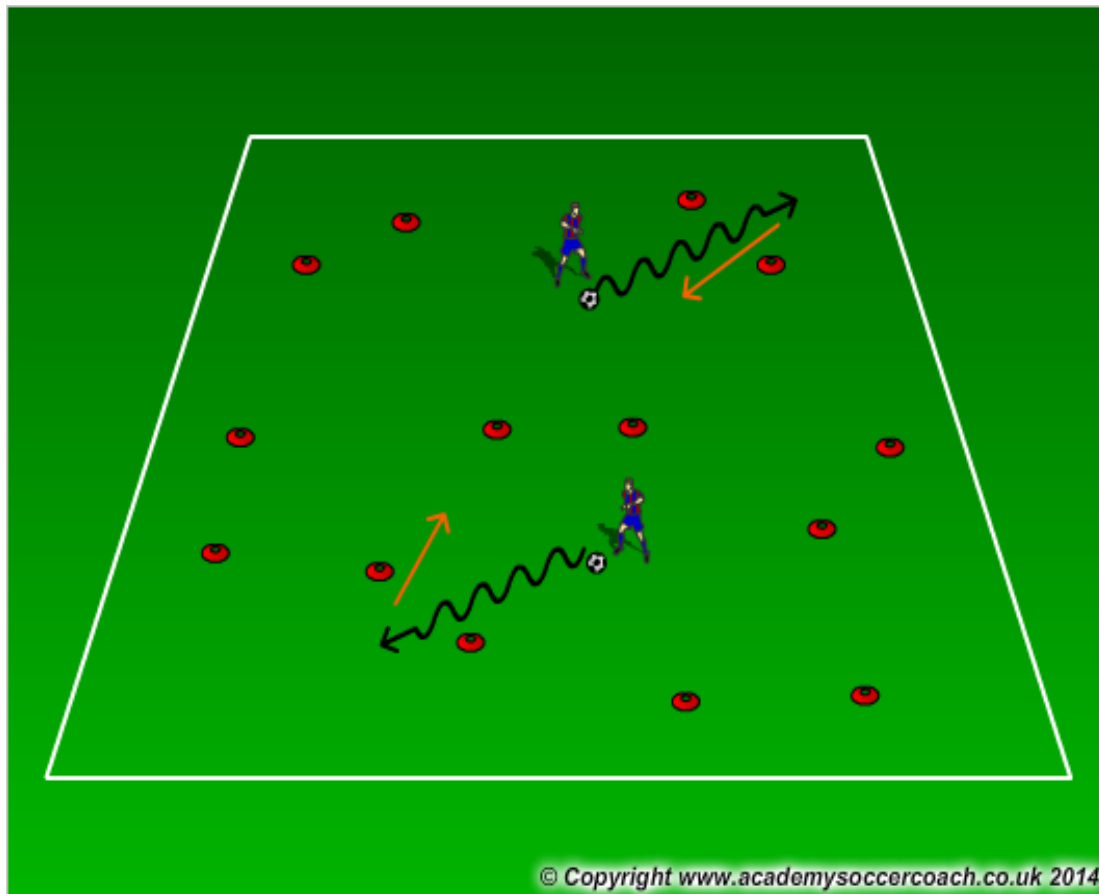
**Set-up:** Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Dribbling with the in-step and out-step

**Coaching Points:** Concentrate on slower speed of dribble, keeping the ball close (on a leash).

## STATION 2: GATES (STOP TURN/SQUASH)



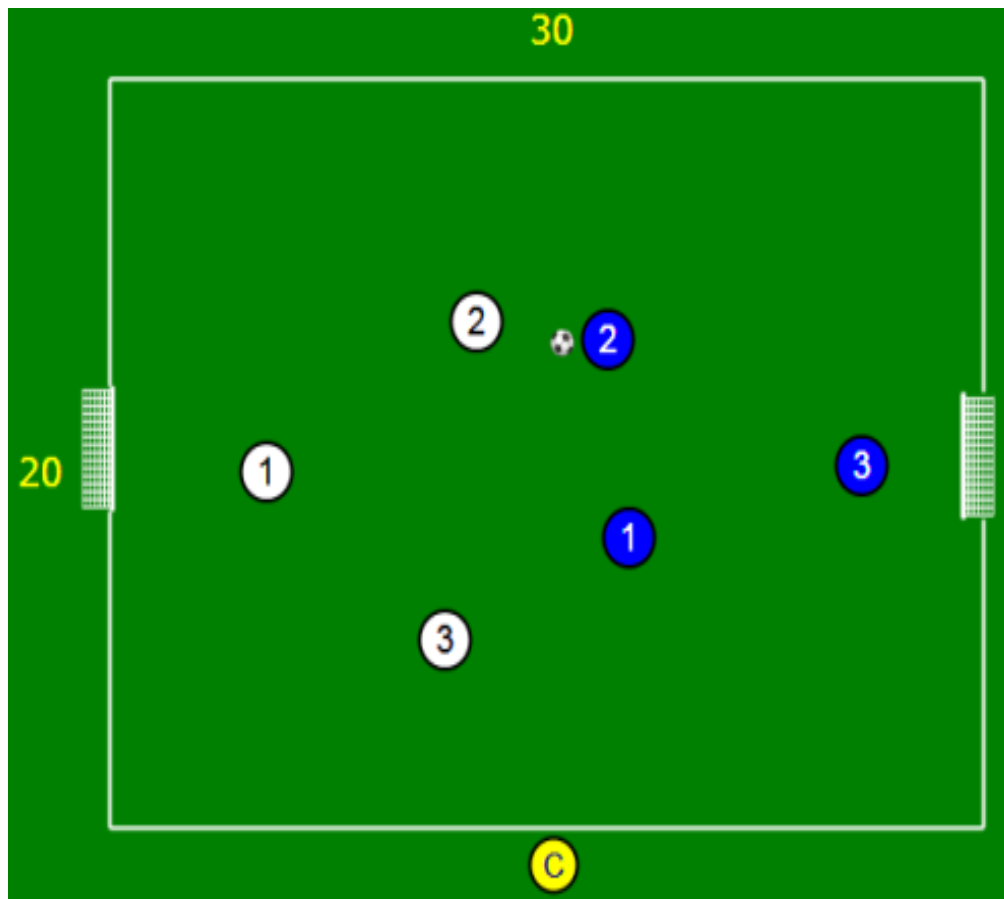
**Set-up:** Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Dribbling with the in-step and out-step

**Coaching Points:** Try to perform the move after dribbling through the gate. Concentrate on move (Change of Direction) rather than speed. Try to get the ball out of your feet after the turn and take a positive touch away from the gates. Add change of speed after the move.

## SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x **30** grid,

Two teams of 3v3 or 4 vs 4

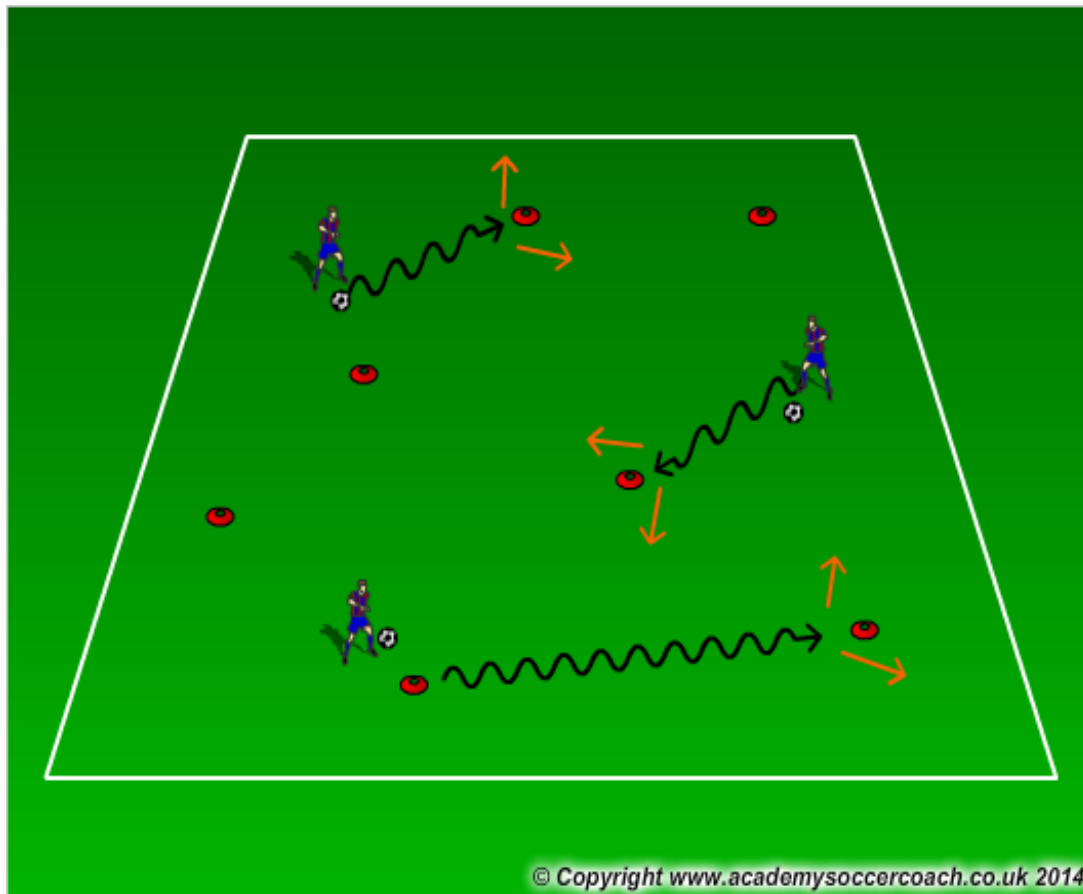
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## Session Four: Changing Directions with Turns



# STATION 1: DRIBBLING: TURNS



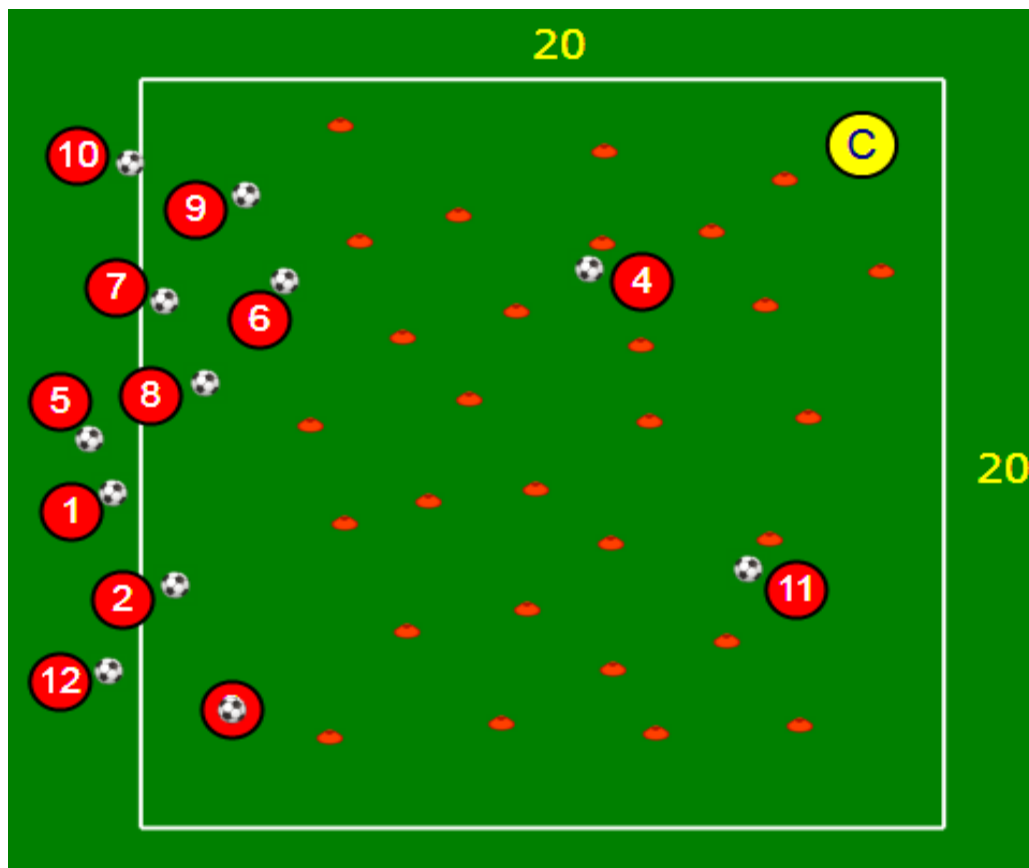
**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

**Moves:** Pull-backs, stop turn

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

## STATION 2: CONE COLLECTOR 2



Organization: All players must have a ball and stay in grid

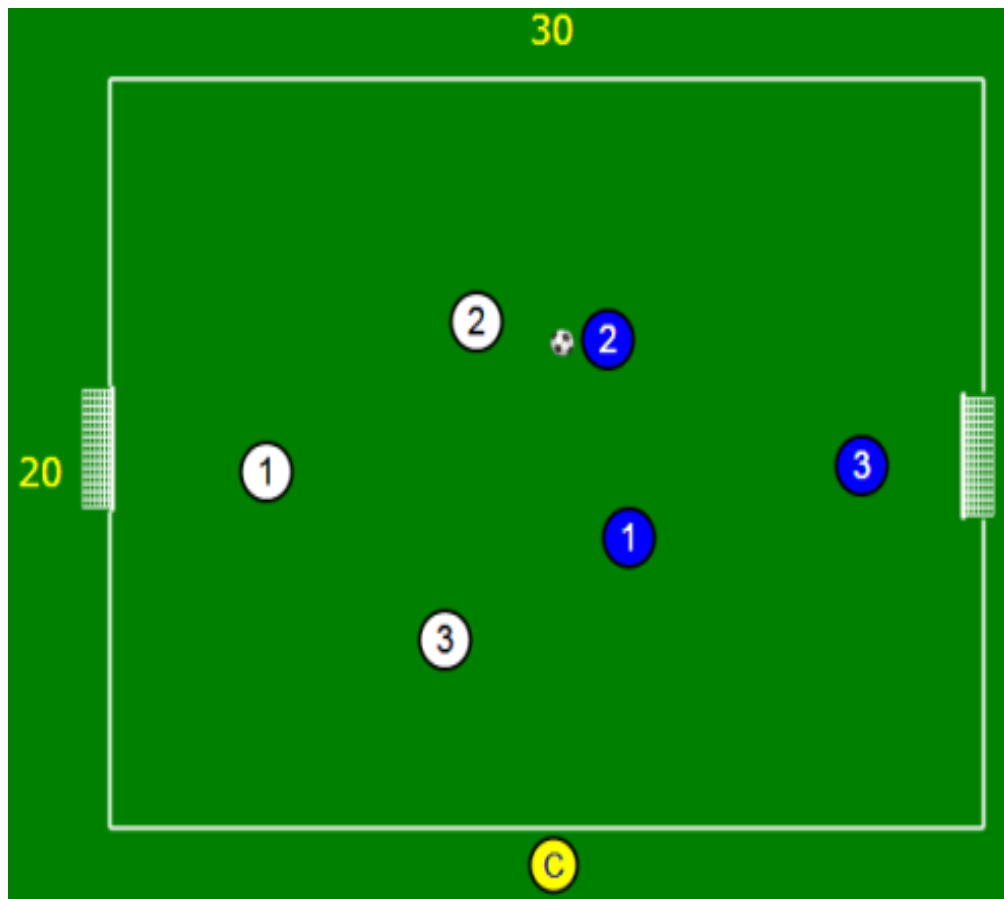
Objective: Coach places coins (cones) in the grid randomly and lines the players up along the end line. The coach sets the players free in 2's or 3's to see how many cones they can collect. They must dribble up to a coin, stop the ball, and pick it up and return it to the collection.

Progression: Add a DEFENDER to protect the coins

Add different color cones and assign points:  
Red – 1 point Green – 2 points etc



# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x **30** grid,

Two teams of 3v3 or 4 vs 4

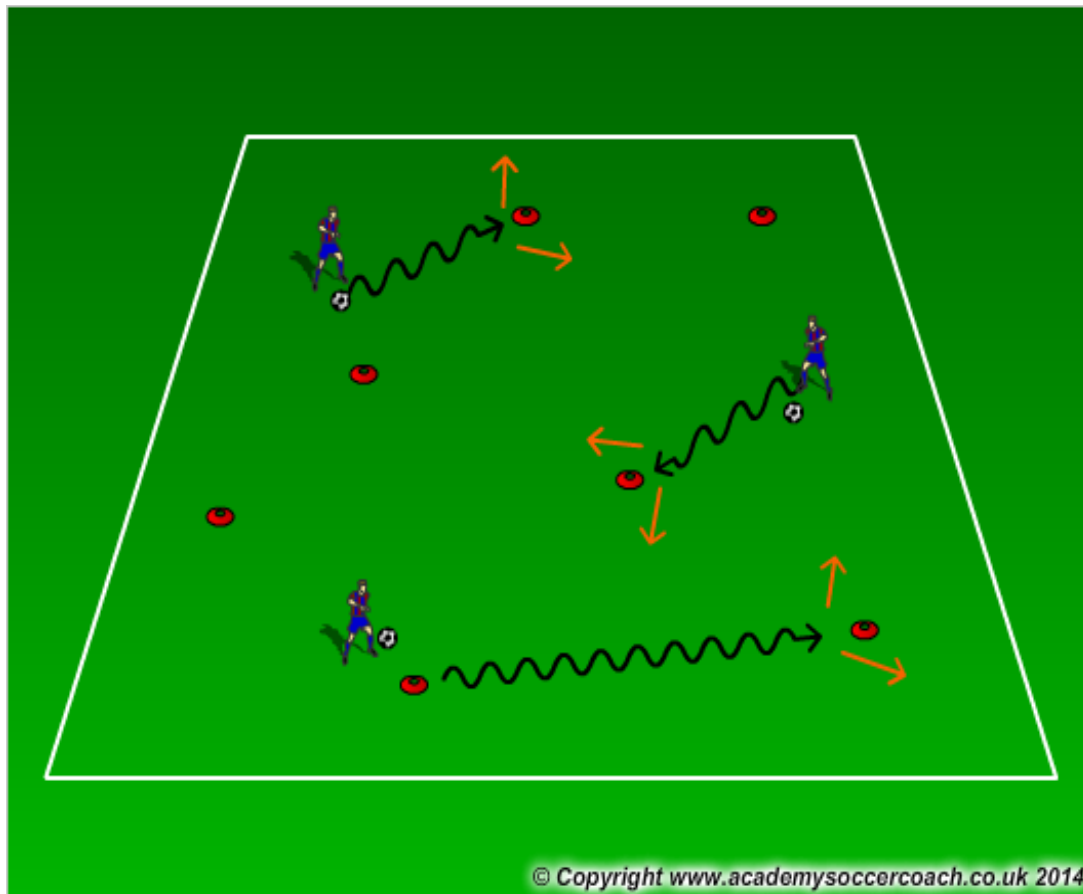
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## Session Five: Changing Direction with Turns



# STATION 1: DRIBBLING: TURNS

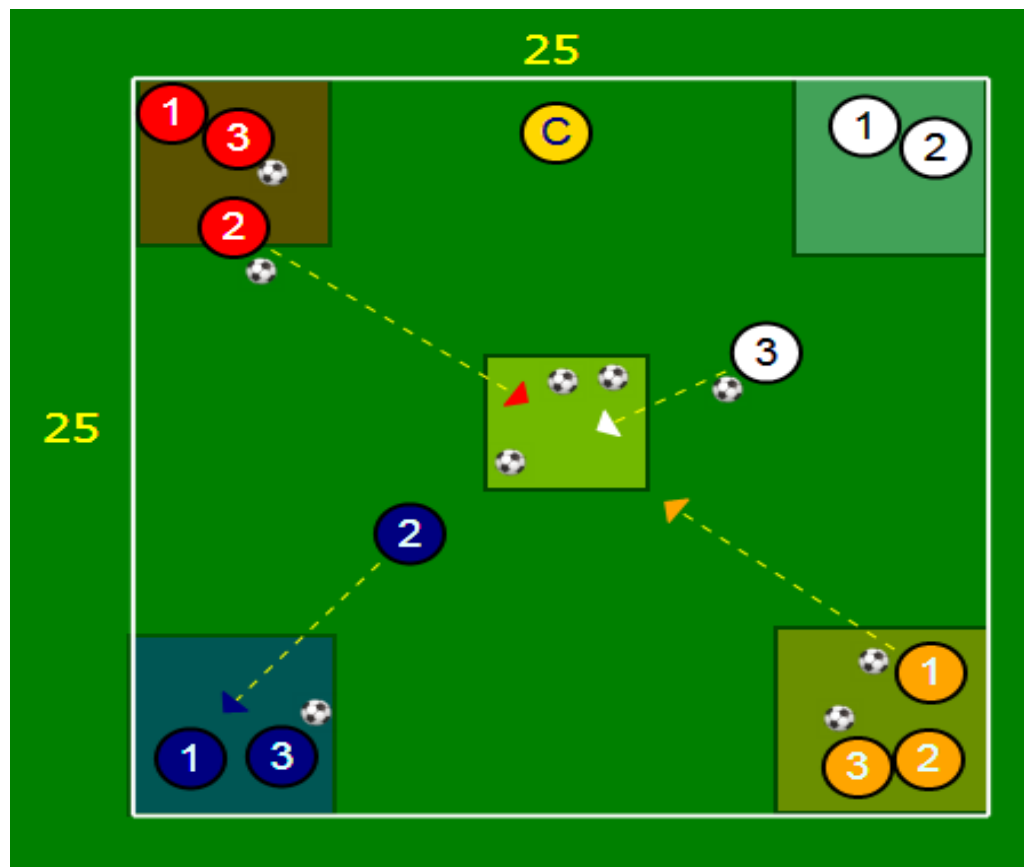


**Set-up:** Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

**Description:** Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.  
Moves: Inside Cut, Outside cut, stop-turn

**Coaching Points:** Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

## STATION 2: CONE COLLECTOR



**Organization:** all players must have a ball and stand in their designated corner.

**Objective:** Add cones into the middle of the grid.

Players in teams or 2-3 spread around the outside of the area. Teams have 1 ball. First player dribbles into the middle, squashes ball before the cones, picks up a cone and then dribbles back to the next player in line. Continue until all cones are collected.

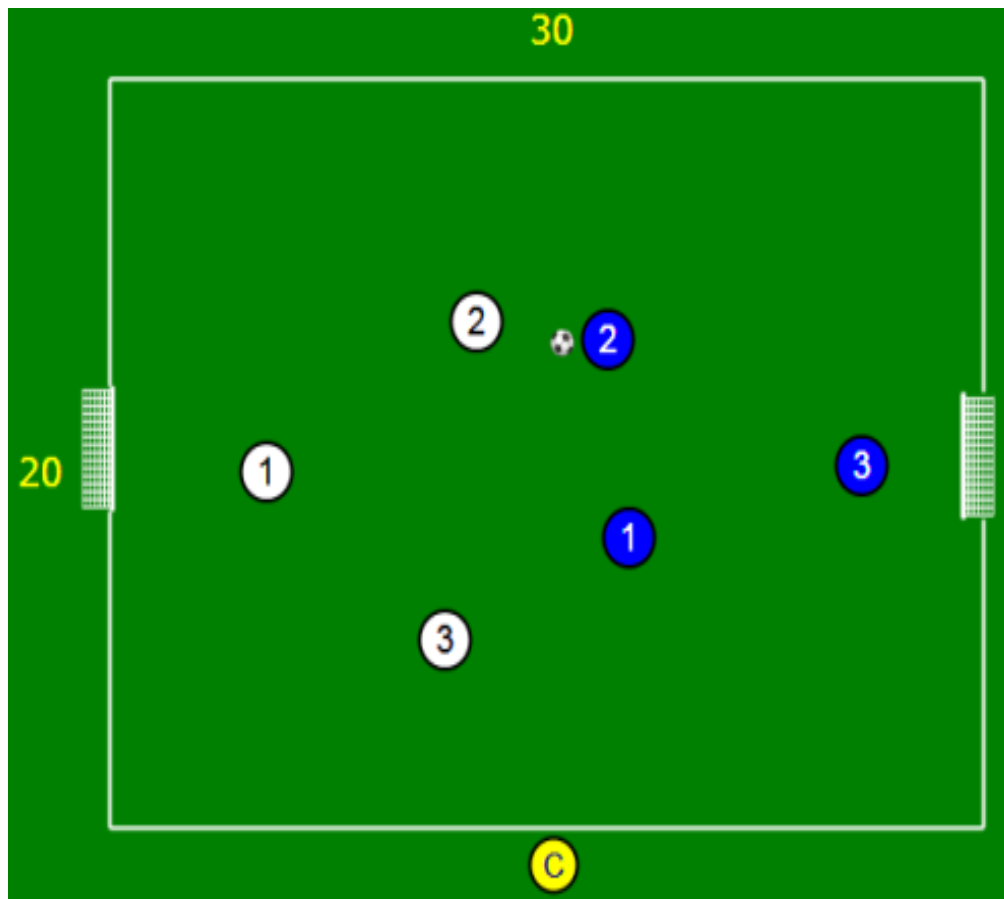
**Progression:** Add different color cones and assign points for them.

Add toe-taps or tick tocks in the middle before dribbling back,

Dribble back with the cone on your head.

Add passing gate in front of the players and on their way back they perform 3 passes before the next person goes.

# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x **30** grid,

Two teams of 3v3 or 4 vs 4

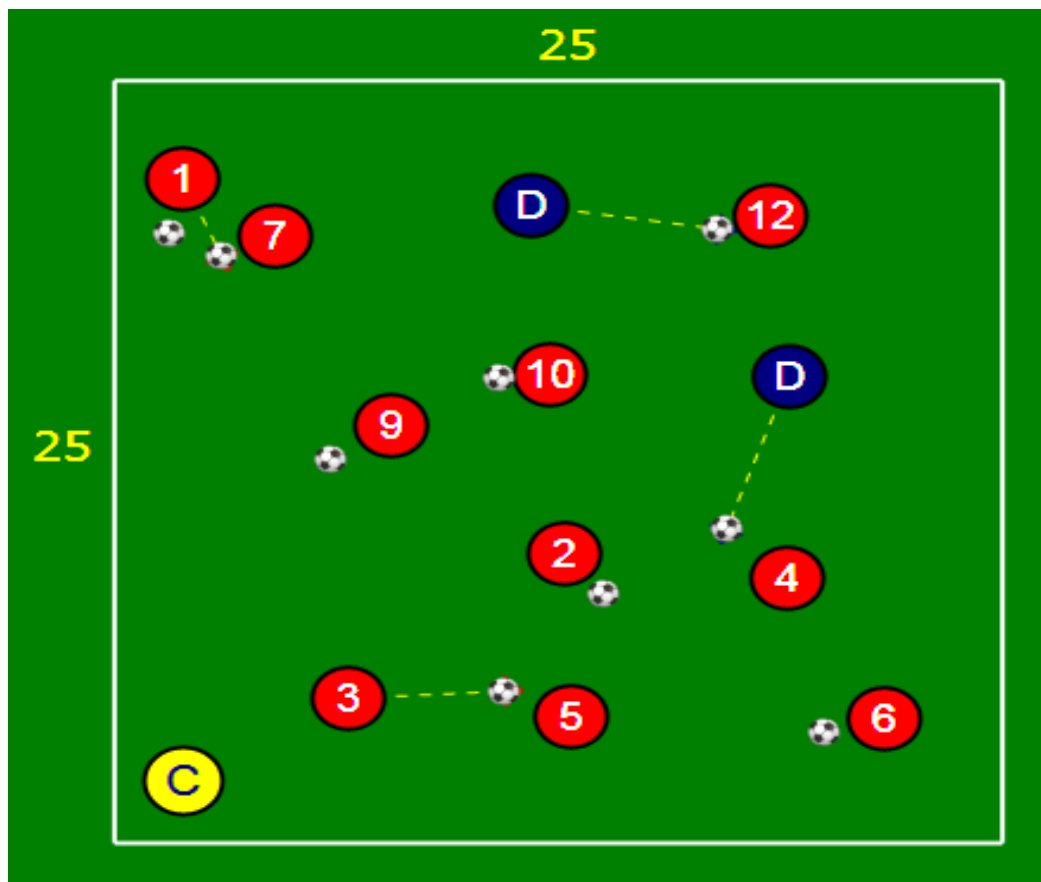
Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

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## Session Six: Short Range Passing



# STATION 1: STUCK IN THE MUD



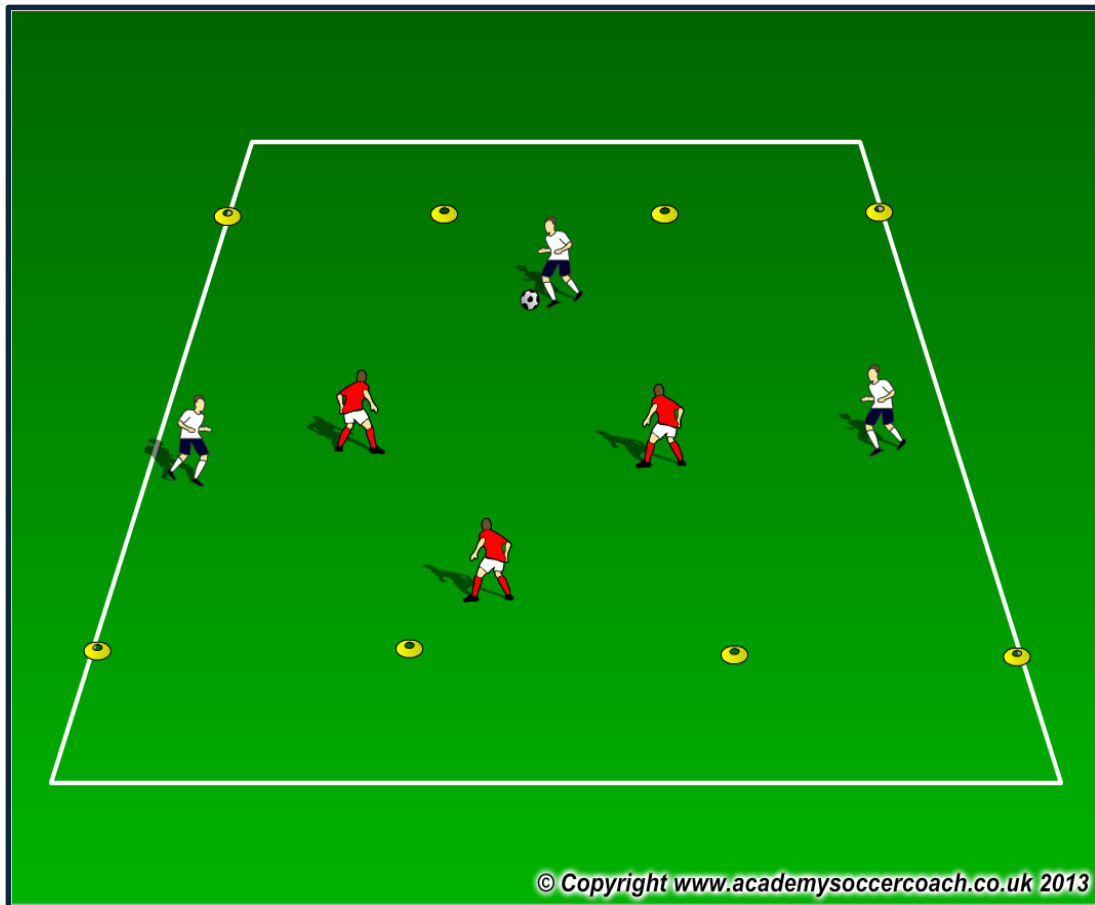
**Organization:** All players with a ball apart from 2-3 catchers

**Objective:** The players must dribble inside the grid and avoid the catchers. If a players ball is kicked out the area, they must return with ball and stand inside the grid with the ball above their head and their feet apart. They are free to dribble only when another player passes the ball through their legs. The game is over when all the players are 'stuck in the mud'.

**Progression:** Add more catchers

**Regression:** Make area bigger to prolong game

## STATION 2: END ZONE GAME



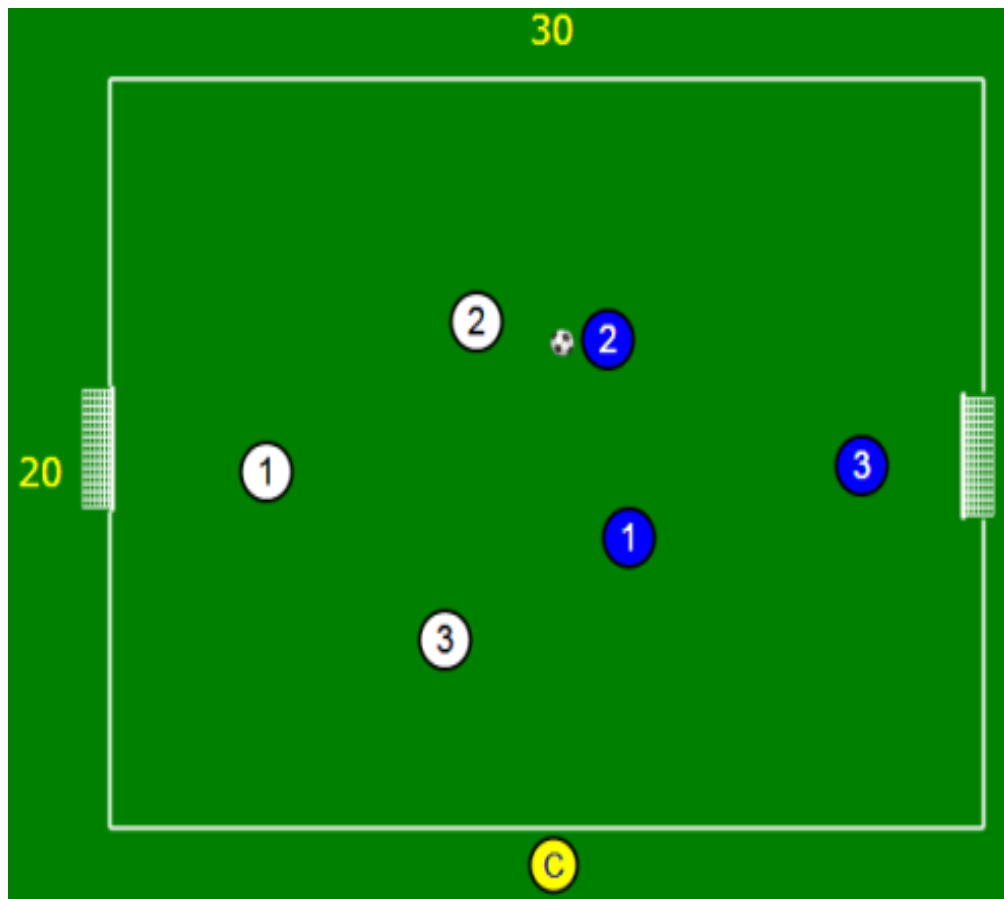
**Area:** 20x30 yard grid

**Description:** Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone.

**Coaching Points:** Be positive, be creative, utilize teammates and understand where to speed dribble and where to keep the ball close.



# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x **30** grid,

Two teams of 3v3 or 4 vs 4

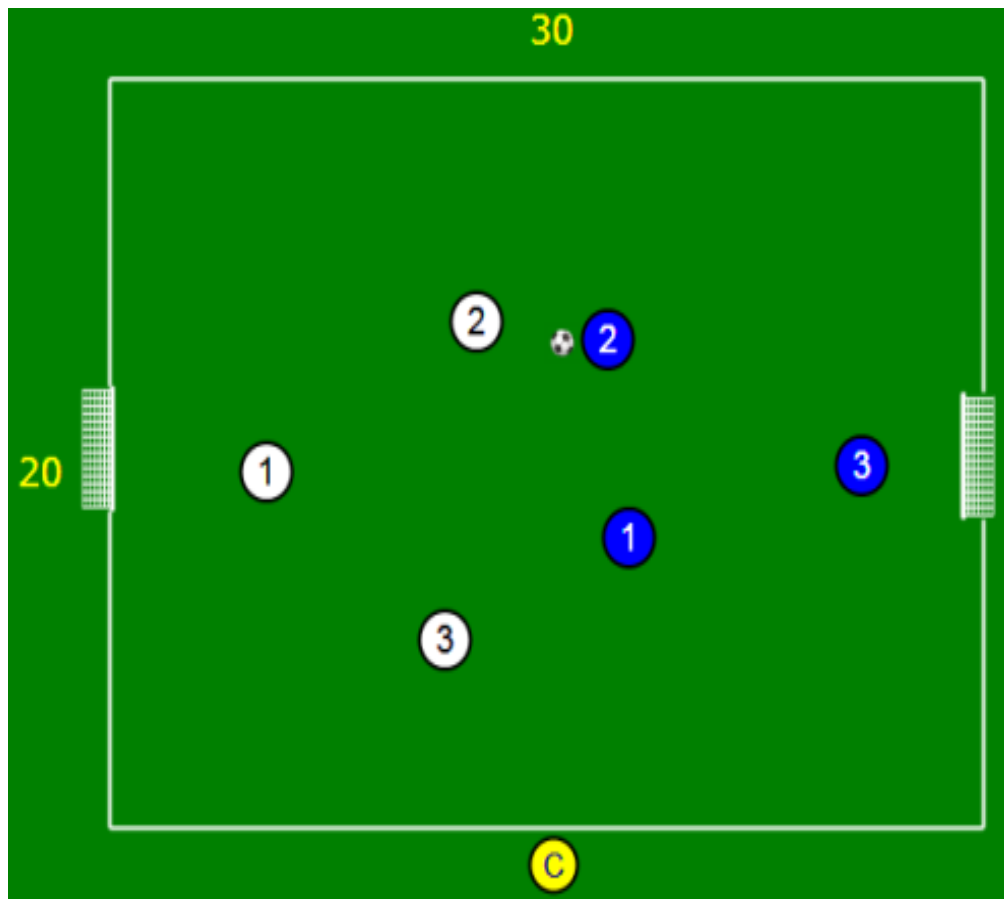
Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

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## Session Seven: Short Range Passing



# SMALL SIDED GAME: 3 vs 3 OR 4 vs 4



Organization: 20 x **30** grid,

Two teams of 3v3 or 4 vs 4

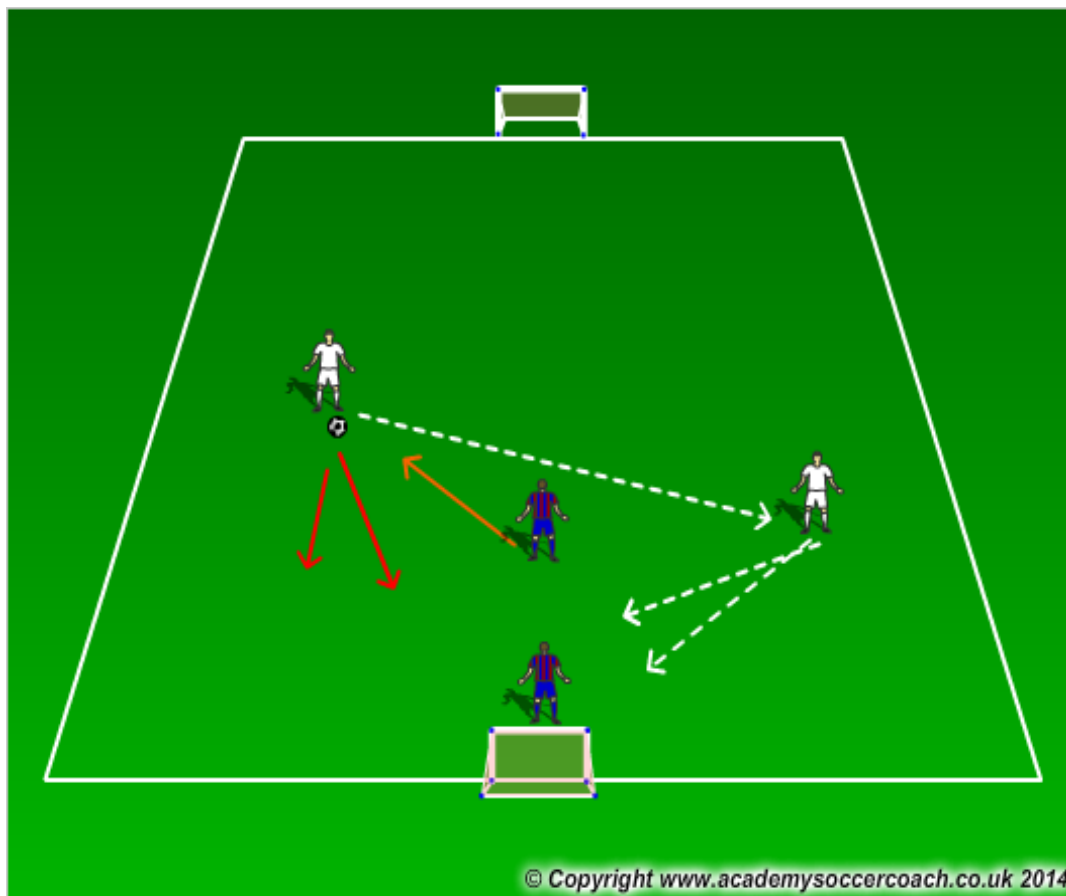
Let the game flow and give pointers when necessary, try not to keep starting and stopping it.

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## Session Eight: 2 vs 2 Games



## 2 vs 2 GAMES



Organization: 20 x **30** grid,

Teams of 2 vs 2

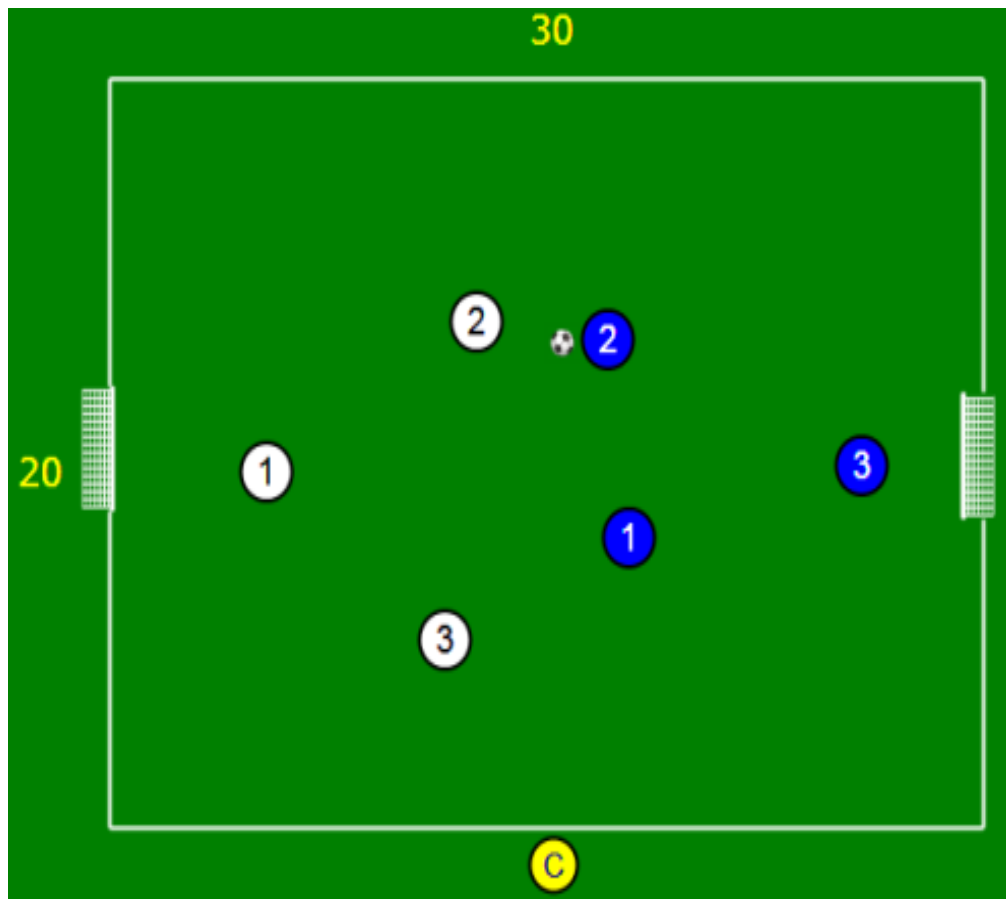
Play 4-6 minute games

Mix up teams every game. Give points to players for moves.

NO GK's

Players keep their own scores.

# 4 vs 4 TOURNAMENT



Organization: 20 x **30** grid,

Teams of 4 vs 4

Play 4-6 minute games

Mix up teams every game. Give points to players:

Win – 10 points

Tie – 5 points

Loss – 2 points

Goal – 2 points

Assist – 1 point

Players keep their own scores.