



Juniors & Seniors Technical Development

End of season goals:

- Ability to dribble with all parts of both feet – inside, outside, top, sole. Players should be able to dribble and keep the ball in traffic.
- Ability to control ball while dribbling (i.e., change of speed, start/stop, change direction)
- Proper shooting and passing techniques. Players should be shooting the ball with their instep and laces, not toe. Players should be able to pass and receive the ball comfortably.
- Receive bouncing balls and balls on the ground and control the ball (first touch).
- Basic 1v1 attacking moves. Players should be willing and confident to take on defenders 1v1.
- Basic 1v1 defending (i.e., no stabbing or swiping at the ball). Players should defend 1v1 by jockeying, not stabbing or swiping at the ball.
- Have an understanding of shape – play with width and depth, stay connected, and move into space
- Have an understanding of all field positions and responsibilities – one man, one job
- Players should utilize open space on the field, not bunching up. They should play as a group with supporting play in the attack and cover/balance in defense.

Points for Coaches:

- Keep training sessions to 60-90 minutes max with a 20-30 minute scrimmage at the end. Recommend younger Juniors teams keeping training sessions to 60 minutes.
- Keep players moving as much as possible, avoid standing in line
- Play ALL players in ALL positions. Some players are more naturally suited for one position or another but they are 6-10 years old. At this stage of development the goal is to make soccer players not strikers, midfielders, etc.
- Promote and coach possession based soccer. Teams should try to keep the ball and move into the “danger areas” while not losing the ball to the other team. As a rule players should: 1. Shoot if possible; 2. If not possible, dribble or run with the ball to gain territory; 3. If not possible, pass to a team mate; 4. If not possible, dribble for possession (shield the ball).
- Discourage players from kicking the ball out of bounds. Try to make them work their way out of trouble. Obviously this is not the case when the ball is inside your own 18’.

- Discourage “kick and hope” soccer. Every pass a player makes should have a purpose. Long kicks down the field to no one does not teach the game or promote learning, even if the fastest player on your team gets there first and scores. This is fools’ gold.
- Passing the ball backwards to keep possession and change the point of attack is better than simply passing the ball forward to no one in particular.
- There are times when coaching the game for development does not give you the best chance to “win”. ASA’s Recreation/Development League is solely for development and coaches must find a way to coach for development. This is why we do not keep scores in this league.

Sample Activities:

Warm Up:

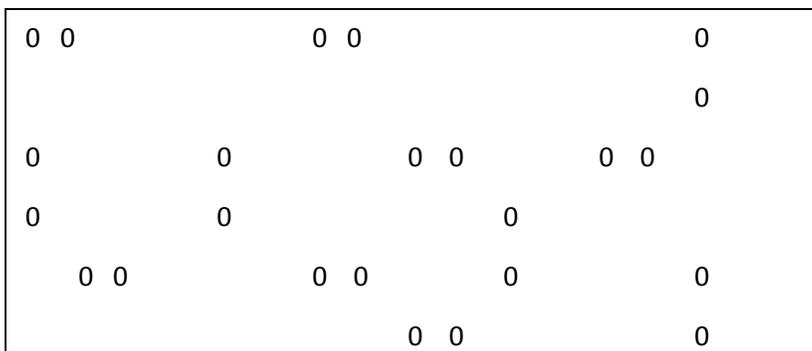
- Toe Taps - <https://www.youtube.com/watch?v=mMDWo6MS01o>
- Tic Tocks - <https://www.youtube.com/watch?v=HCT7WgUgEtk>
- Toe Taps with pull back, Tic Tocks with sole rolls

Primary Activities - examples are:

- Dribble gates
- Knock-out - <https://www.youtube.com/watch?v=LfEy4yJwLz8>
- 1v1 drill-Attacking
- 1v1 drill-Change in direction
- Slalom cones dribbling
- Swedish Fish (ball striking) - <https://www.youtube.com/watch?v=4jtZb5Rex68>
- 4 box passing drill (overlap, wall pass, receive away from pressure, pass & move – not stand)
- 2 man passing to receive away from pressure
- 4 goal transition game
- 4x4 backwards goal
- Technical ball skills drills:
 - Dribble to cone and back do a pull back and U turn
 - Dribble to cone and pass back to partner
 - Player to receive the ball with a box, dribble through obstacles and return with ball
 - Players able to perform moves like (examples on you tube):
 - Lean and push
 - Step over
 - Scissors
 - Pull/Push
 - High Wave
 - Stop, hop & go
 - Zico turn

Dribble Gates

20



30

Key:

0 = cones

Set up grid with more gates than players. 20X30 is a good size for approximately 12 players. Traffic is good as it helps teach ball control and confidence in tight spaces.

Every player in the grid should have a ball.

Game variations:

1. See how many gates they can dribble through in 2 minutes. Players keep count.
2. Add a pull back after they go through each gate
3. Add a start/stop with each gate
4. Add a dribble with outside of foot only
5. Add lace push only
6. Add left foot only
7. Add sole roll through each gate

Knock Out

Create a grid depending on the number of players and have each player with a ball inside the grid.

Instruct the players to protect their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. Players can only be "knocked out" 2 times where they do 5-10 pushups and get back in the game. On the 3rd time, they are out.

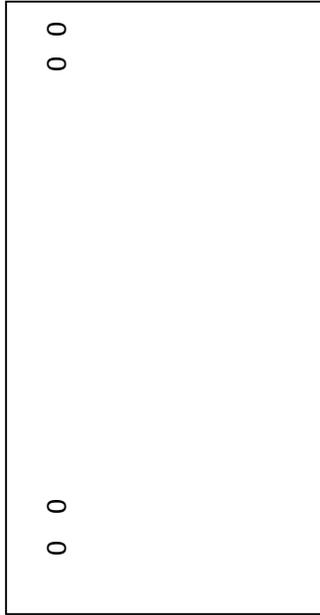
Variations

- Make players dribble with certain parts of their foot.
- If player dribbles out of bounds their self they are considered "knocked out".

Coaching Points

- Instruct players to keep the ball close and touch the ball often. Players heads should be up looking for other players and be aware of their surroundings

1 v 1 Change of Direction Drill



X . O
X . O
X . O
C

Key:

O = Cones (do not use pug goals, use cones)

O - Attackers

X = Defender

C = Coach

1. Coach passes ball into space approximately halfway between the gates.
2. Attackers and Defenders both go upon ball being kicked.
3. Attackers try to score in either gate by dribbling through, NOT SHOOTING.
4. Attackers work to change direction to free themselves.
5. This is good to work on stop/starts.
6. For Juniors & Seniors, this is a good drill to work on fake/change of direction and advanced change of direction moves.

4 Box Passing Drill

Set up 4 boxes with cones. Each box is approximately 4x4. Boxes should be approximately 20 yards apart.

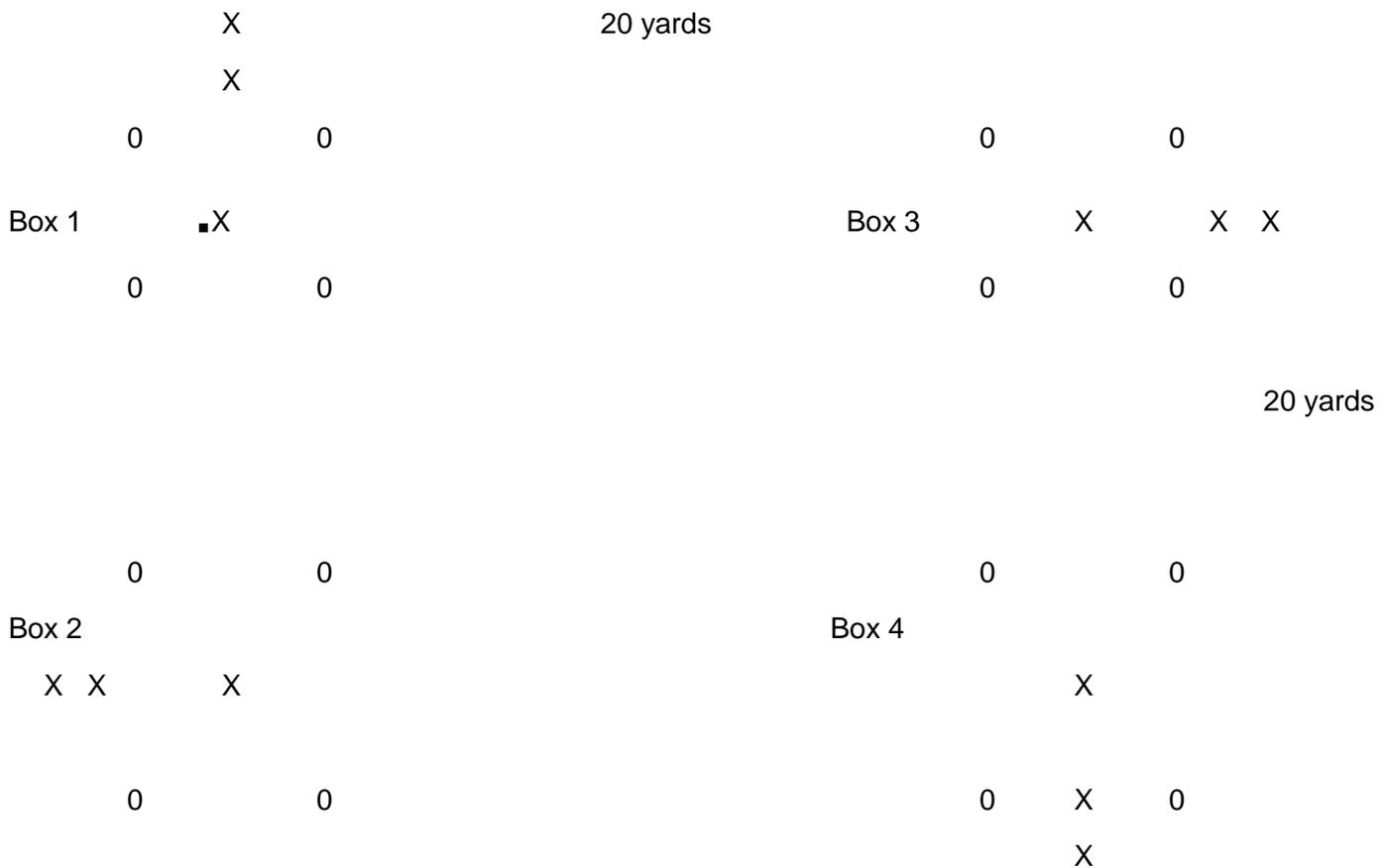
Players in box #1 passes the ball to player in box #2. Player from box #1 now runs around box #2 and get in line at box #3. Player from box #2 that received the pass now passes to player in box #3, then runs around box #3 to get in line at box #4. Repeat.

Variation:

As players advance add a second ball for pressure

Coaching Points:

You are looking for accurate passing, proper first touch, receiving the ball away from pressure, passing and moving



Key:

0 = Cones (do not use pug goals, use cones)

X = Player

■ = ball

Technical Ball Skill Instructions

This is a zero pressure drill and allows for the introduction of turns and push passes.

There should be 2 players per station.

X X 0	0
X X 0	0
X X 0	0
X X 0	0
X X 0	0

Key:

0 = Cones (do not use pug goals, use cones)

X = Player

Variations:

1. Player dribbles to the cone, does an inside chop turn then dribbles back as fast as they can.
2. Same as 1 except player does an outside chop turn.
3. Same as 1 except player does a pullback turn.
4. Add a sole roll halfway.
5. Add inside/outside touch down and back.
6. Add dribble to cone, turn, push-pass back to partner
7. As comfort level increases, change to a relay race.

*Make sure you do NOT make into a race too early as technique will suffer for speed.

Another option for teaching the same/similar skills – Create a box – 12 X 12 with 4 cones. When the first player reaches the first cone, next player in line goes. This allows players to work on tight chop turns with both feet.

0	0
---	---

Key:

0 = Cones

X = Player

. = ball

0	0
	.X
	.X
	.X

2 Man passing to receive away from pressure

Player #1 passes the ball to player #2. Player #2 receives the ball and dribbles to the other side of the cones. Both players are now on the other side of the cone. Player #2 now passes the ball back to player #1 who does the same thing.

Place the cones 5-15 yards apart depending on ability.

4 X 4 Backwards Goal

Teams play 4v4 or 3v3 with 3 goals to score into. Two of the goals are cone goals approximately 3' wide. The third goal, preferably a pug goal, is in the middle but facing the opposite direction. Team X is attacking left to right. The arrows indicate which goals they can score in and the direction they must shoot to score.