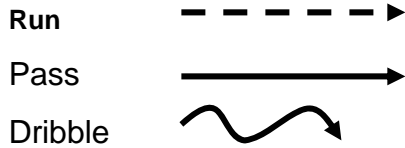




# U11 & Above Lesson Plans

Written by Paul O'Connor

## LEGEND:



Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

# GIVE & GO

Organization:

- Circles pass ball out to triangles and move on a different line than the ball to get it back.
- Triangles one or two touch

Technique:

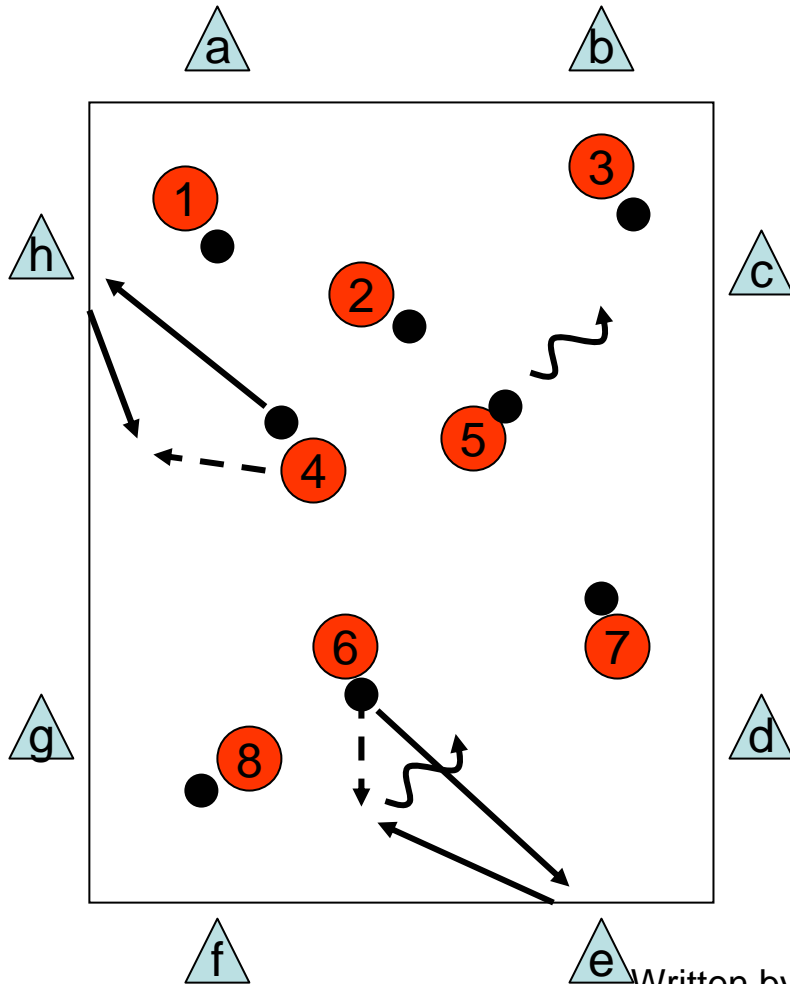
- Passing – inside and outside of foot
- Receiving – inside and outside of foot

Coaching points

- Plant foot next to ball, toe pointing to target
- Kicking foot, toe up and ankle locked
- Weight of the pass for easy control
- Communication and awareness (visual & verbal)
- Accuracy of the pass (to feet or space)
- Timing of the run, so your moving when you receive the ball
- Change speed (with and without the ball)
- Keep eyes on the ball
- Relax the controlling surface



Variations

- Long pass out, Receive short pass in
- Short pass out, receive long pass in



Written by Paul O'Connor

## LEGEND:

Run	
Pass	
Dribble	

Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## IN & OUT

Organization:

- 4 reds & 4 blues in the rest out
- Pass ball out to a player on the same team and go out. Player on the outside comes into the game with the ball

Technique:

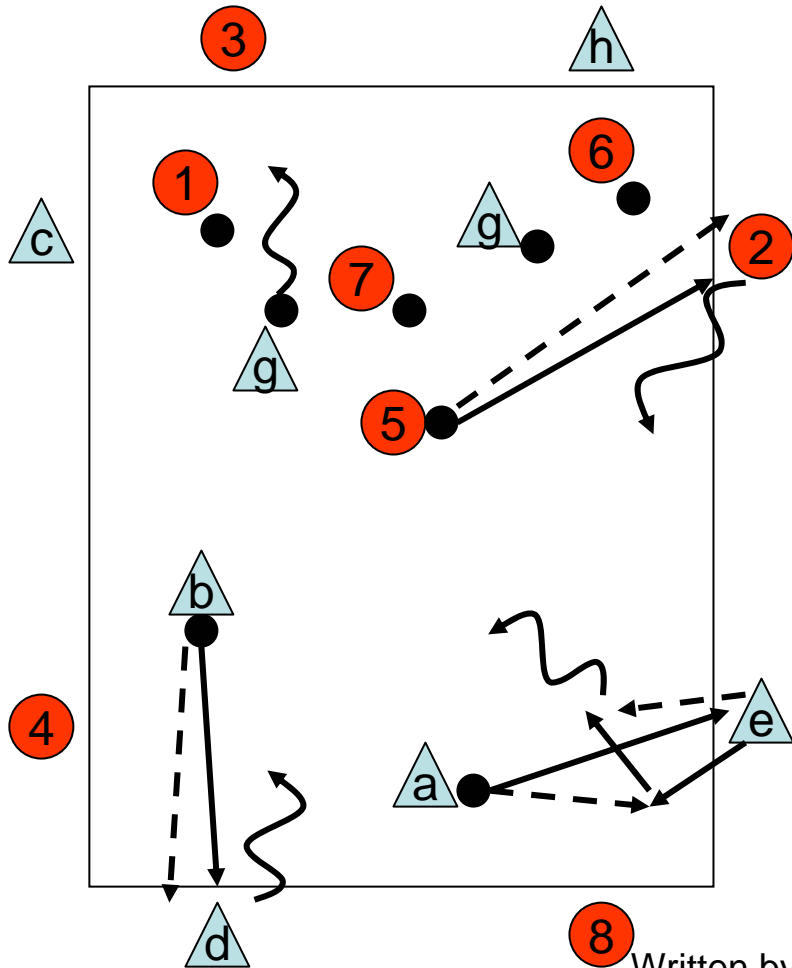
- Receiving – inside and outside of foot
- Dribbling – Inside, outside and instep of foot. Introduce moves to beat an opponent (i.e. scissors)

Coaching points

- Relax the controlling surface
- The body and ball are under control
- Movement of body and ball to throw opponents off balance
- Change of pace
- Change of direction
- Head up

Variations

- Bring the outside player into the game with a combination, i.e. takeover or a give and go (see diagram players **a** and **e**)
- Do a turn with the ball before playing the ball out



Written by Paul O'Connor

## LEGEND:



Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## Movement off the ball

### Organization:

- Players pair up with one ball. They pass and move amongst themselves. When (g) plays the ball to an outside player (h) moves to get it back

### Technique:

- Passing – inside and outside of foot
- Receiving – inside and outside of foot

### Tactics:

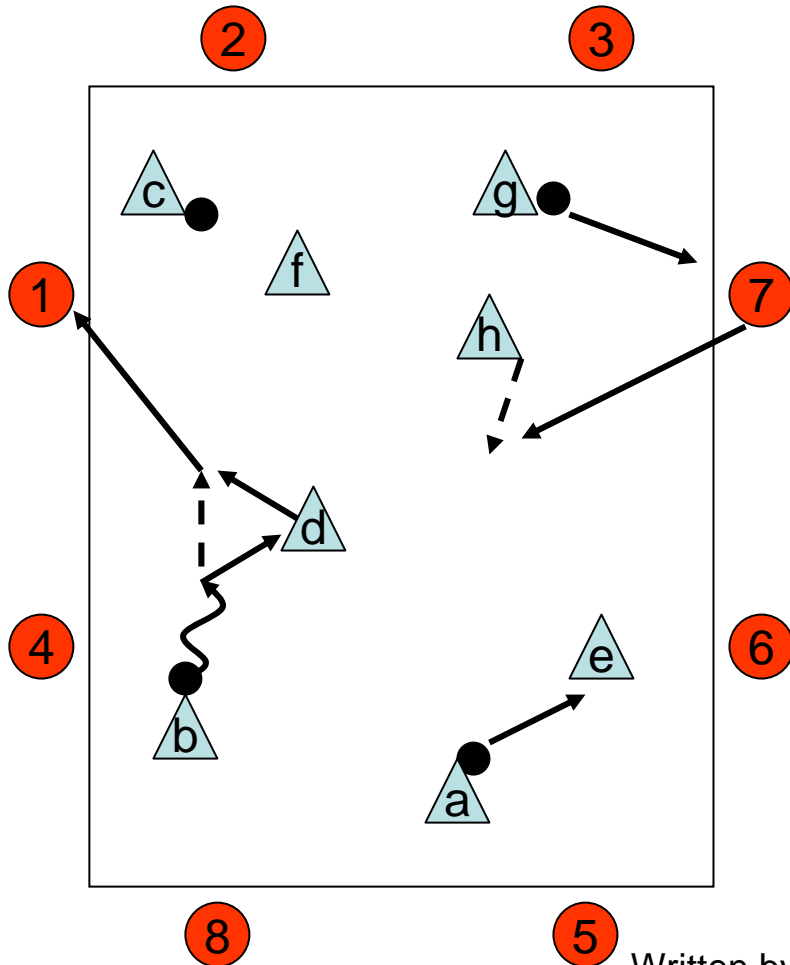
- Finding space off the ball
- Changing the angle of play

### Coaching points

- Timing of run (depending on quality of pass and vision of passer)
- Identify Space

### Variations

- When a long pass is played to an outside player his/her teammate needs to move to receive a short pass and visa versa



Written by Paul O'Connor

## LEGEND:



Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## RECEIVE & TURN

Organization:

- Balls start on the outside
- Players on the inside move to receive a ball from a player on the outside, then give the ball to a different player

Technique:

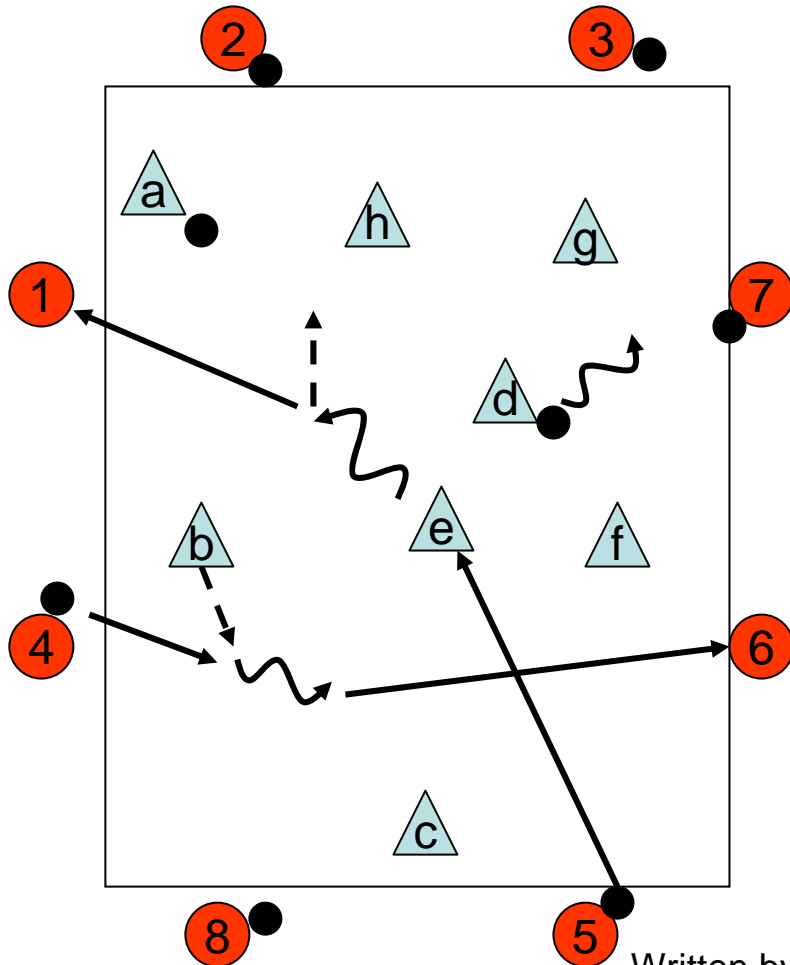
- Receiving – Inside and outside of foot, thigh and chest
- Turning – introduce different turns( i.e. shielding turn)

Coaching points

- Move with head up
- Communication and awareness (visual & verbal)
- Find options early
- Timing of the run, so your moving when you receive the ball
- Change speed (with and without the ball)
- Keep eyes on the ball
- Relax the controlling surface

Variations

- Players on the outside serve from hands
- Inside players receive with foot, thigh, chest & head



Written by Paul O'Connor



## LEGEND:

Run	
Pass	
Dribble	

Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## 2 v 2 to Targets

Organization:

- 2 v 2 to targets
- 2 games one played north / south and one played east / west

Technique:

- Combination play (using target players)

Tactics:

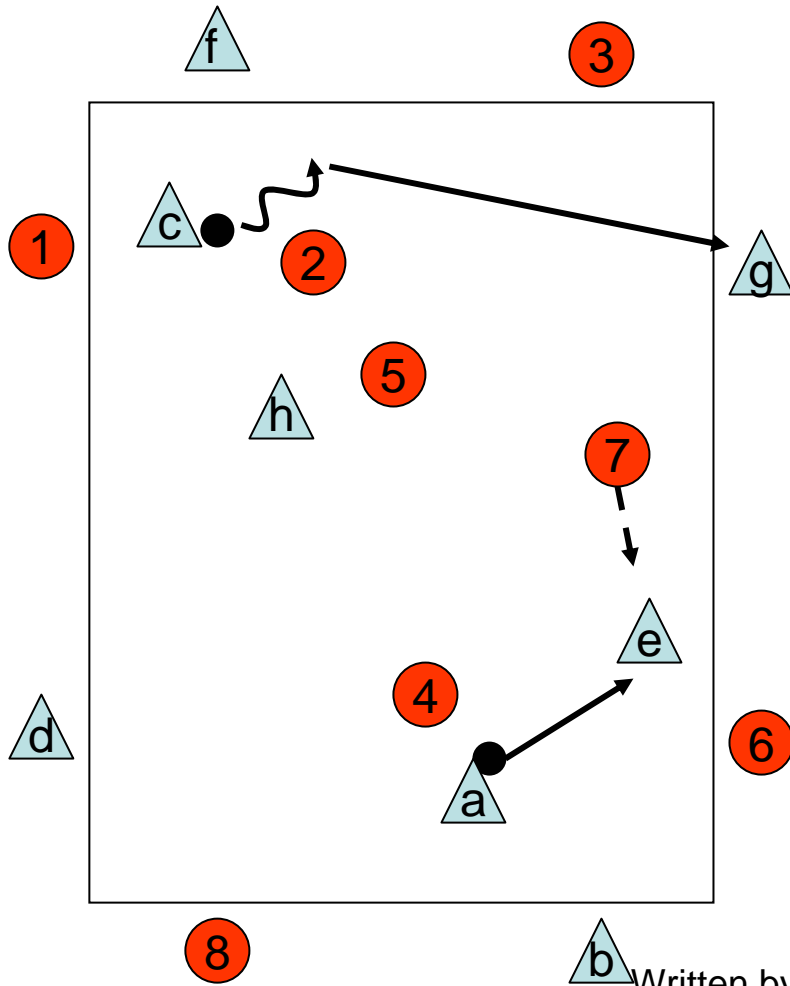
- Looking to play forward quickly
- Combining to go forward

Coaching points

- Communication (visual & verbal)
- Support angles and distance
- Changing the pace of play

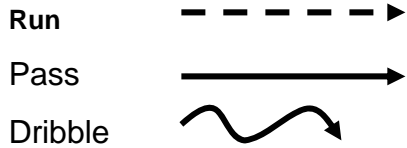
Variations

- Play with In and Out rules
- Play with give and Go rules



Written by Paul O'Connor

## LEGEND:



Size of field based on players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## 4 v 4 to Targets

### Organization:

- Play 4 v 4 to own teams targets. Make it take it. Switch extra players into the game when appropriate

### Technique:

- Passing / Receiving with inside and outside of foot
- Dribbling

### Tactics:

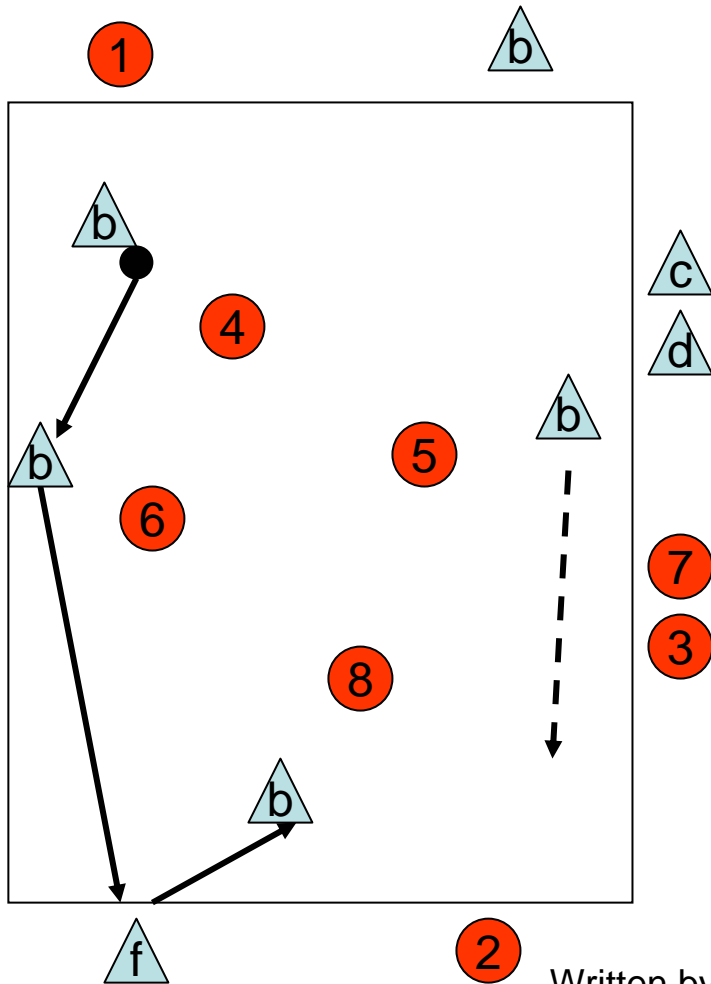
- Movement off the ball
- Combinations

### Coaching points

- Look to play forward first
- Angle and distance of support

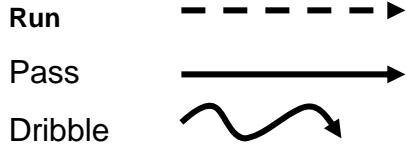
### Variations

- Triangles play North / South, Circles play East / West



Written by Paul O'Connor

## LEGEND:



Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## 4 v 4 to Targets Variation

### Organization:

- Play 4 v 4 to own teams targets. Make it take it.
- Triangles play North / South, Circles play East / West
- Play 3 – 5 min game depending on age and ability

### Technique:

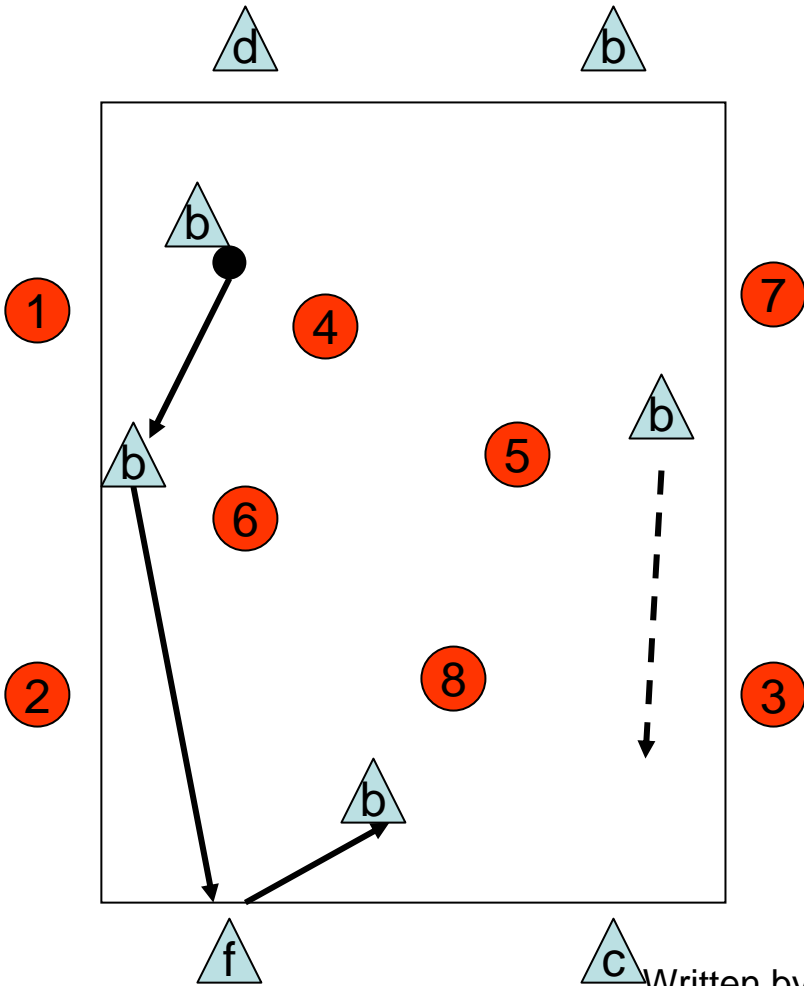
- Passing / Receiving
- Dribbling

### Tactics:

- Movement off the ball
- Combinations

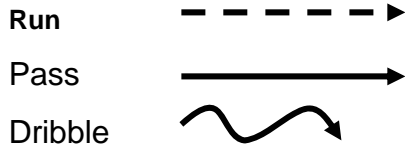
### Coaching points

- Look to play forward first
- Angle and distance of support



Written by Paul O'Connor

## LEGEND:



Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## 4 v 4 to Corner Targets

### Organization:

- Play 4 v 4 to own teams targets. Make it take it.
- Upon turnover play to the furthest target
- Play the ball into the target, the target comes in, and a player from that team goes out. It does not necessarily have to be the player that played the ball.

### Technique:

- Passing – Weight of pass
- Dribbling – To keep possession

### Tactics:

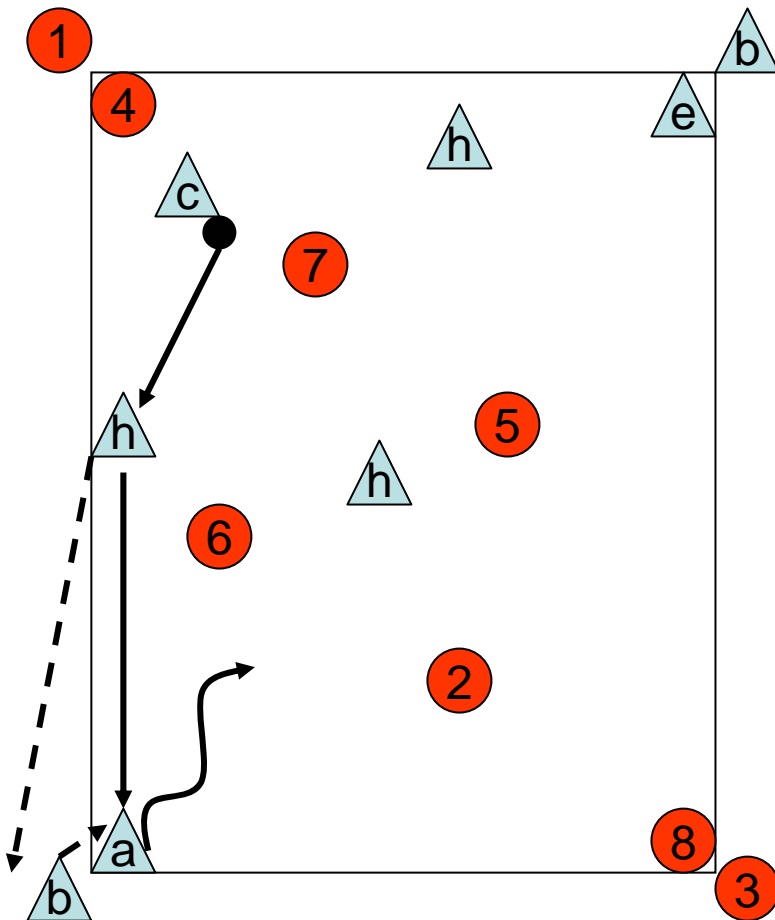
- Look to play forward first

### Coaching points

- Angle and distance of support
- Communication ( visual and verbal )
- Movement off of the ball

### Variations

- Target has one touch to be brought into the game.



Written by Paul O'Connor

## LEGEND:

Run 

Pass 

Dribble 

Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

# 4 v 4 Keep Away With Support

Organization:

- See diagram

Technique:

- Passing / Receiving

Tactics:

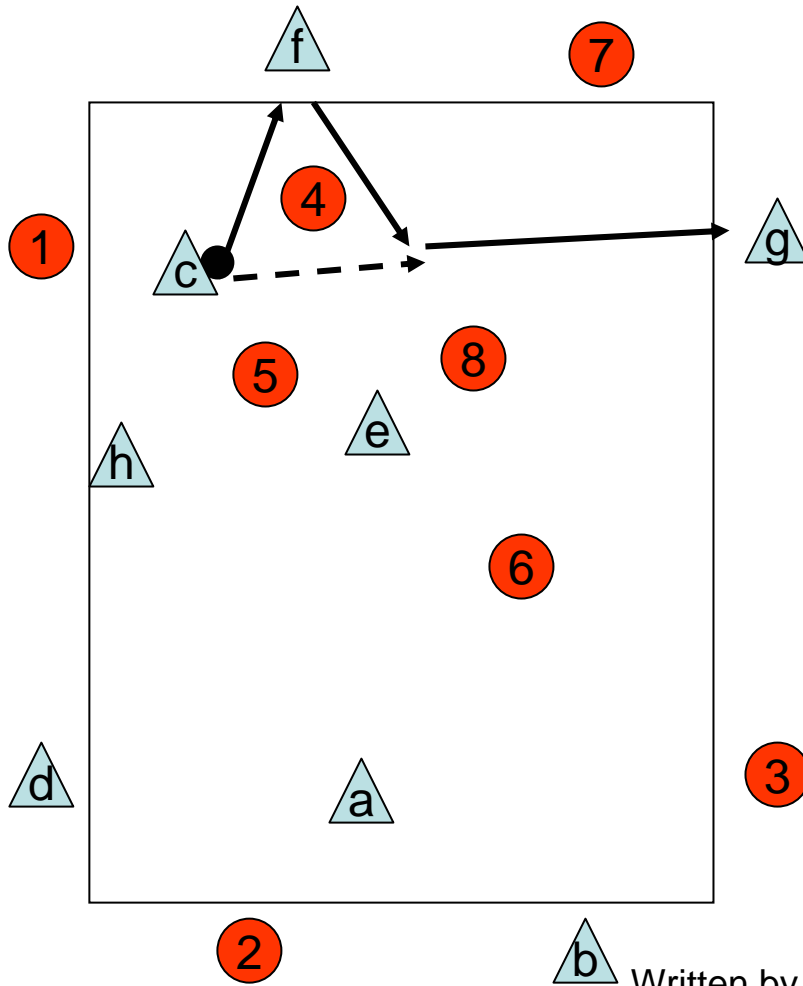
- Making possession 8 v 4
- Decisions to play the way you are facing or to turn

Coaching points

- Maintain space in possession
- Keep passing channels open

Variations

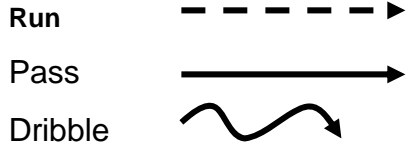
- Award a goal for X number of passes
- Play with In and Out rules



Written by Paul O'Connor



## LEGEND:



Size of field based on players age and ability.

Age	Field size
8-12	20*40
12-16	30*50
16-18	50*60

# 4 v 4 With Bumpers to Goal Variation

## Organization:

- Play 4 v 4 to own teams targets.
- Triangles play North / South, Circles play East / West. Make it take it.

## Technique:

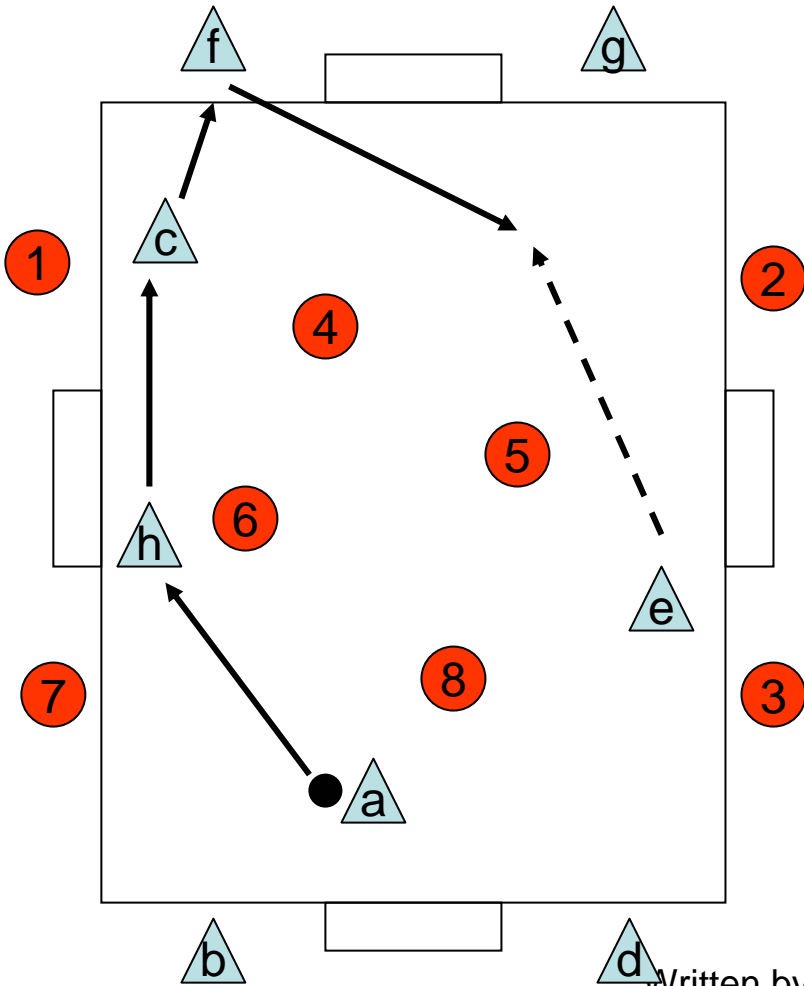
- Passing / Receiving
- Dribbling

## Tactics:

- Movement off the ball

## Coaching points

- Look to play forward first
- Angle and distance of support
- Communication ( visual and verbal )



Written by Paul O'Connor

## LEGEND:

Run 

Pass 

Dribble 

Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

## 2 v 2 To Corner Targets

Organization:

- Play 2 v 2 with targets in the corners.
- Run 2 fields at the same time.

Technique:

- Passing / Receiving
- Combination.
- 1 v 1 dribbling

Tactics:

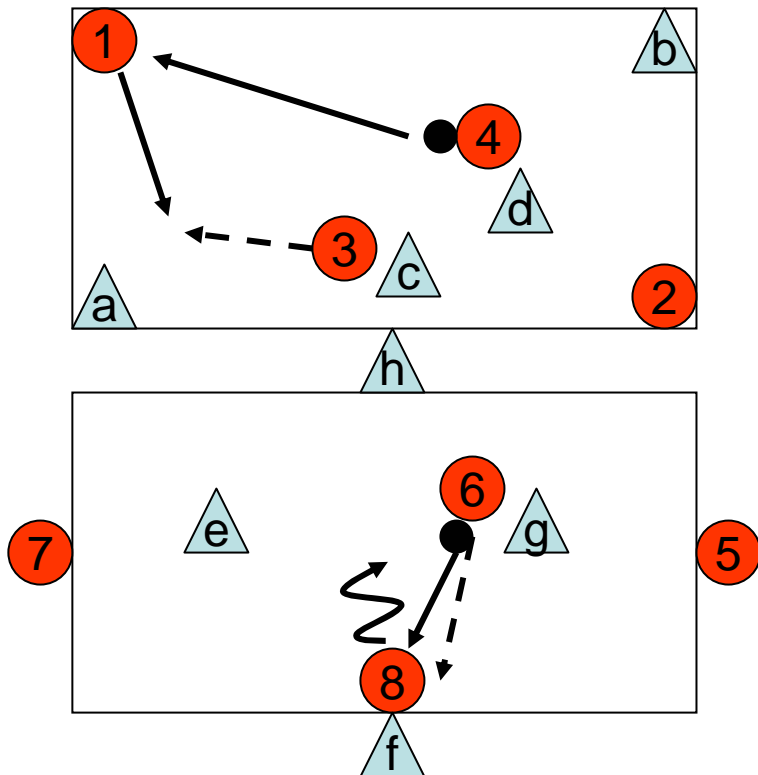
- Decision to play forward

Coaching points

- Playing space is bigger in the centre.
- Try to stretch opponents.
- Transition quickly when possession is regained.

Variations:

- Play directionally with one team going North / South and the other team going West / East.
- Play In and Out rules.
- Play Give and Go rules.



## LEGEND:

Run	
Pass	
Dribble	

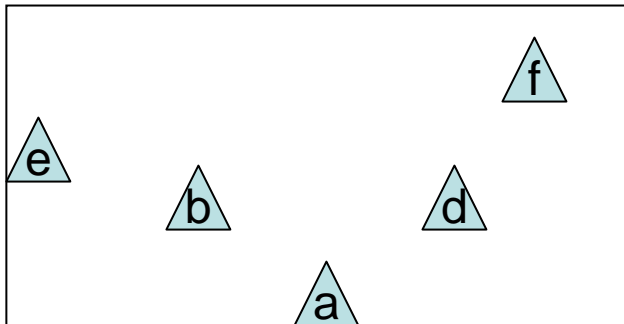
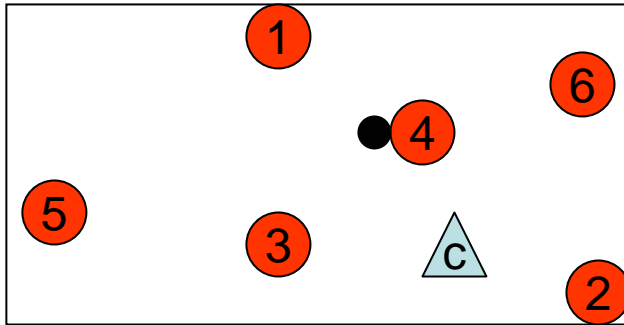
Size of field based on  
players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

# Keep Away Tennis 6 v 1

## Organization:

- 2 fields 15 \* 10 depending on numbers 3 yds apart.
- The 6 keep ball away from the 1, 3 passes.
- 3 passes then a good pass to the other grid= 1point.



## Technique:

- Passing / Receiving
- Combination.
- Movement of the ball.

## Tactics:

- Angle and distance of support
- Communication ( visual and verbal )

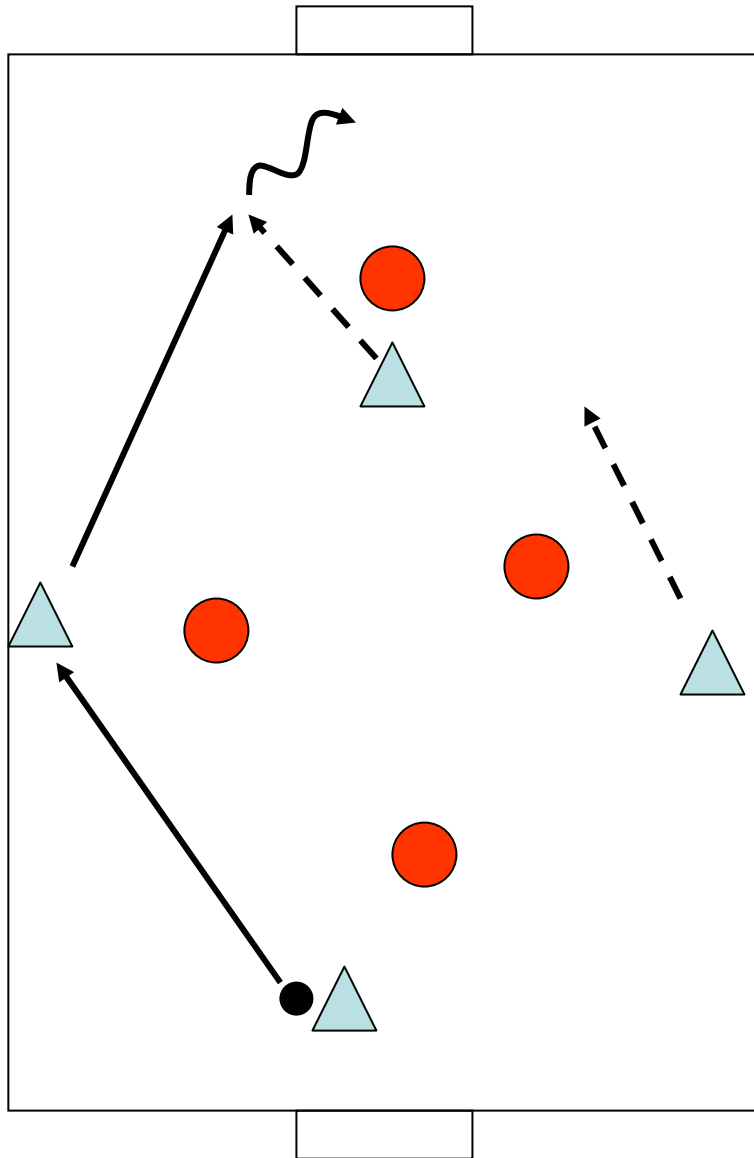
## Coaching points

- Playing space is bigger in the centre.
- Try to keep ball moving.
- Transition quickly when possession is regained.

## Variations:

- Make the space smaller.
- Reduce / Increase the numbers, e.g. 5v1 or 6v2
- Condition team with ball to two touches.

# 4 v 4 The Basic game



## Size of Field

•Depends on the age of players. Can vary from 30 yd. x 20 yd. up to 40 yd. x 25 yd.. The goals are 8 feet wide.

## The Team In Possession of the Ball

- Can employ build-up by using the entire playing area in terms of length and width (spread out, possession).
- Can learn and determine team shape, which, in a group of 4 resembles a diamond.
- Can create goal scoring opportunities by taking action either individually or collectively.

## When the Other Team Has the Ball

- The aim is to prevent goals from being scored by getting behind the ball and to regain possession of the ball.
- Simple principles of defending are reinforced and amplified since there is no spare defender or goalkeeper.

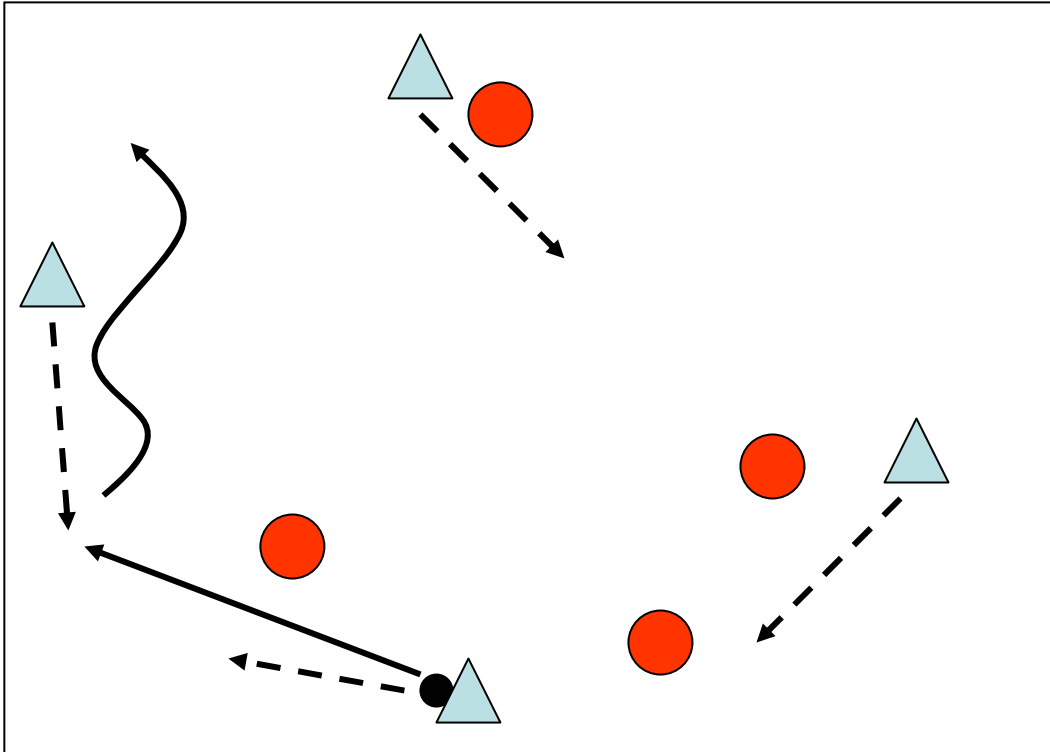
## LEGEND:

Run	----->
Pass	—————>
Dribble	~~~~~>

Size of field based on players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

# Variations of the 4 v. 4 Game



## LEGEND:

Run	
Pass	
Dribble	

Size of field based on players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

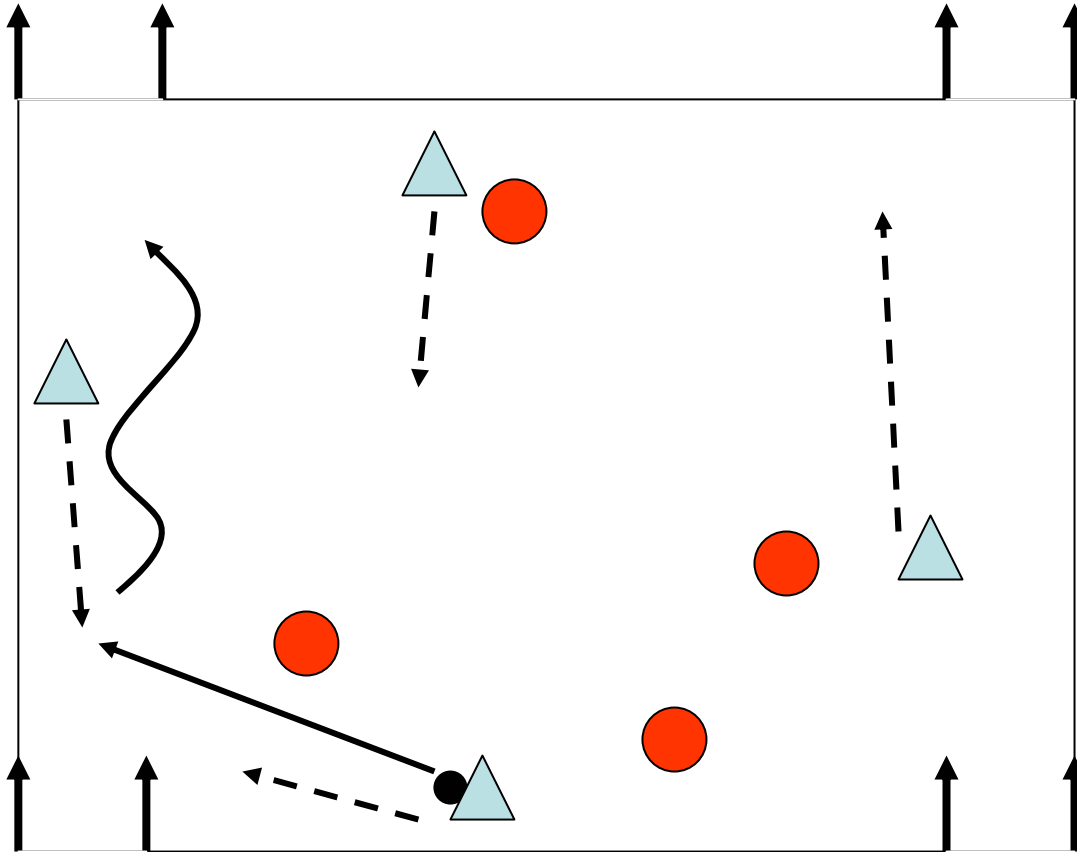
- Using slightly different sizes of goals, differing methods to score, and slightly altered size and shape of field can guide players to solve problems by emphasizing certain aspects of play.

### 4 v. 4 Line Soccer

- Each team has a line to defend and attack.
- Score a goal by dribbling the ball over any portion of the line that your team is attacking.
- The size of the field is the same as a standard 4 v. 4 game, but it is turned sideways. The wider, shorter field allows for maintaining good shape (diamond), but also creates many good 1 v. 1 situations which challenges the player's dribbling skills.
- Players need to evaluate and identify when to dribble and pass.
- This variation highlights: The correct attitude (when to take a risk aggressively) and the technical development and execution of dribbling.

Written by Paul O'Connor

# 4 v. 4 The Dribbling Game






## The Game

- Same field as the "Line Soccer" game, a wide, short field. teams can score in one of 2 ways. Passing into an open goal or by stopping the ball on the endline between the two goals they are attacking.

## What The Game Incorporates

- Vision
- Changes in the direction and speed of play due to the shape of the field and presence of multiple goals.
- Decision making skills because the player has a variety of options at his disposal (dribbling, passing, "shooting", changing directions)

## LEGEND:

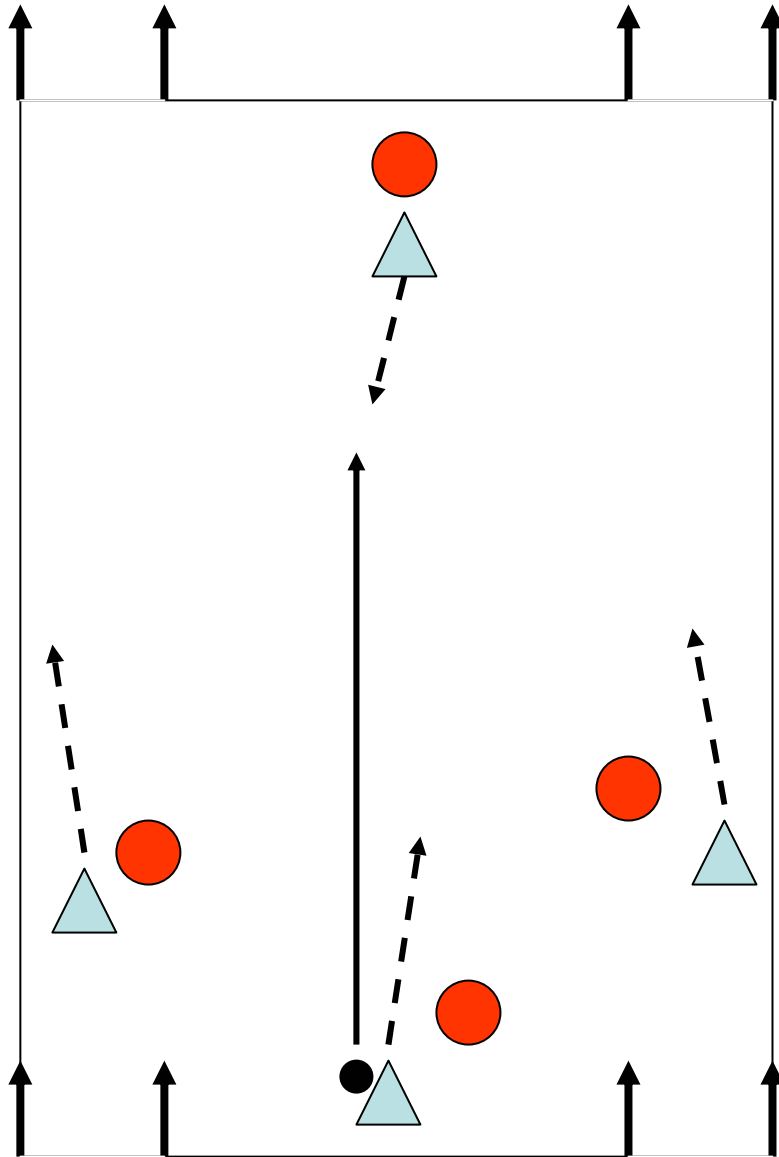
- Run 
- Pass 
- Dribble 

Size of field based on players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

Written by Paul O'Connor

# 4 v 4 The Passing game



## The Game

- Since the playing area is longer than it is wide, the emphasis is on creating length (height) in the game. In this game, there is a premium placed on playing the ball forward early. The ball can be played early:

- To a target player who is coming back for the ball with a defender behind them (as shown in diagram).

- To a player running forward away from the server.

## Scoring

- Stopping the ball anywhere on the line.

Passing the ball through an open goal.

## This Game Emphasizes

- Vision
- Changes in direction and speed of play.
- Appropriate use of firm touch.
- Long and short passing.

## LEGEND:

Run 

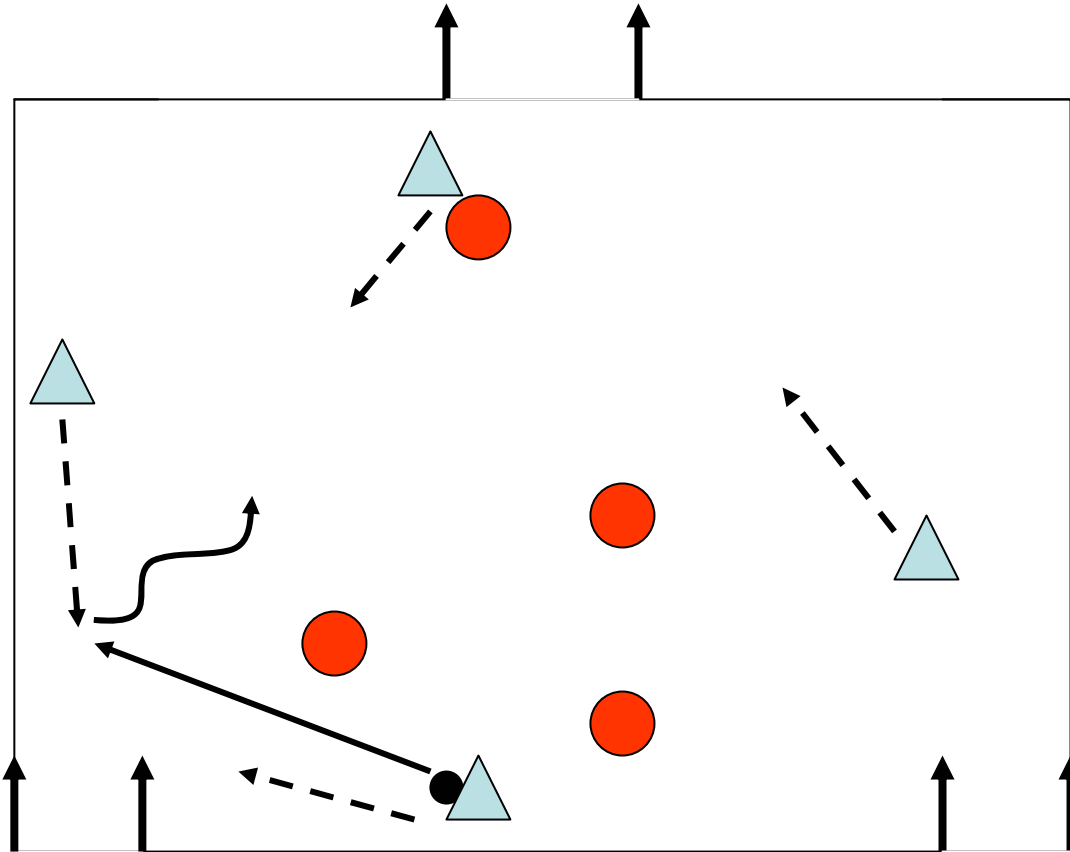
Pass 

Dribble 

Size of field based on players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

# Transitions






## The Game

- While one team attacks the large goal, the opposition attacks either of the two smaller goals. When the team scores in one of the two smaller goals, they must change directions and take a turn at attacking the larger goal.

## This Game Emphasizes

- Attitude and confidence that is essential for scoring goals. (Large net)
- Passing, shooting and dribbling skills required in the other 4 v. 4 games.
- Transition awareness since the team can attack quickly in the other direction.
- Team shape and the roles of each player because when there is a transition, the back becomes the front and vice versa.

## LEGEND:

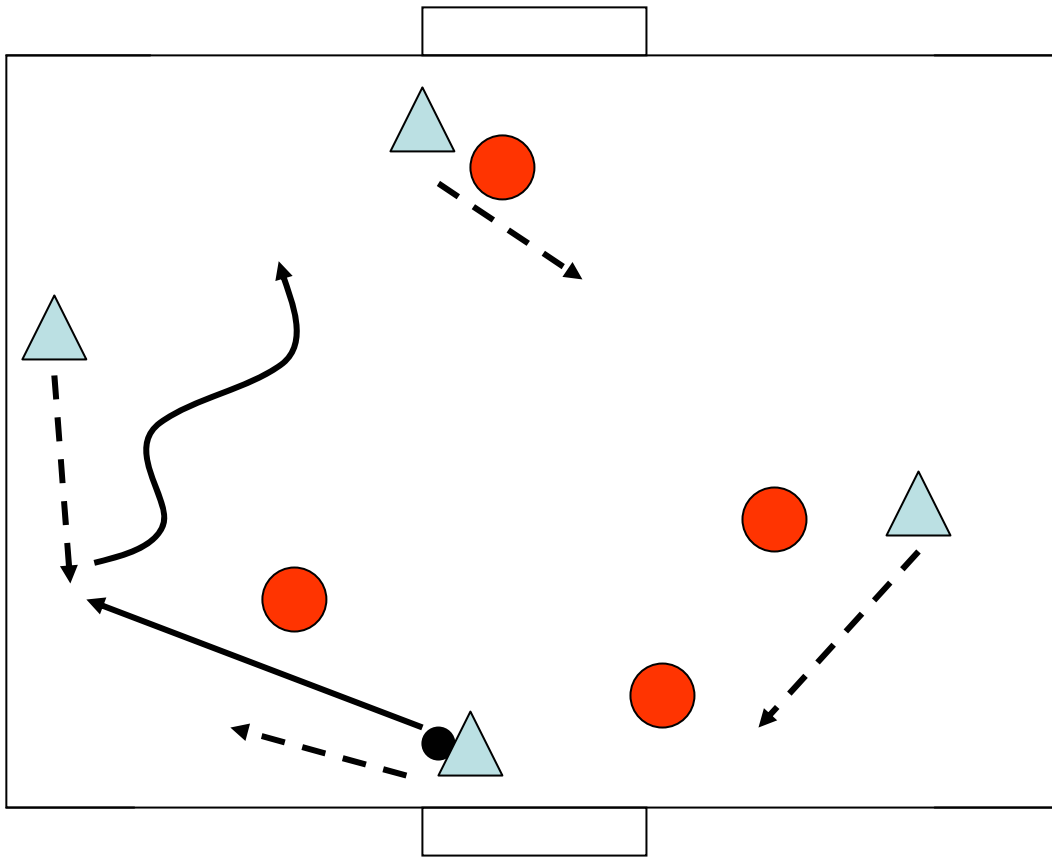
- Run 
- Pass 
- Dribble 

Size of field based on players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60




Written by Paul O'Connor

# 4 v. 4 The Shooting Game



The priority of this game is shooting and scoring. Since the field is wide and short, players should be looking to shoot almost whenever they get the ball. Game played like a regular 4 v. 4 match.

## LEGEND:

- Run 
- Pass 
- Dribble 

Size of field based on players age and ability.

<u>Age</u>	<u>Field size</u>
8-12	20*40
12-16	30*50
16-18	50*60

Written by Paul O'Connor