

Grapevine

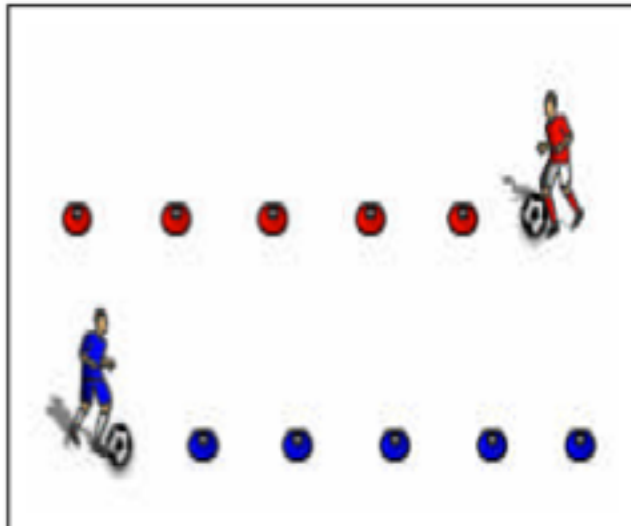
Southlake

Soccer

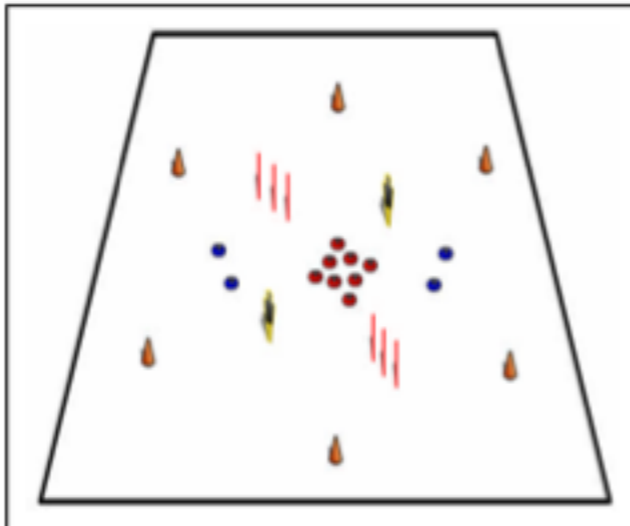
Association

Grassroots Coaching Manual

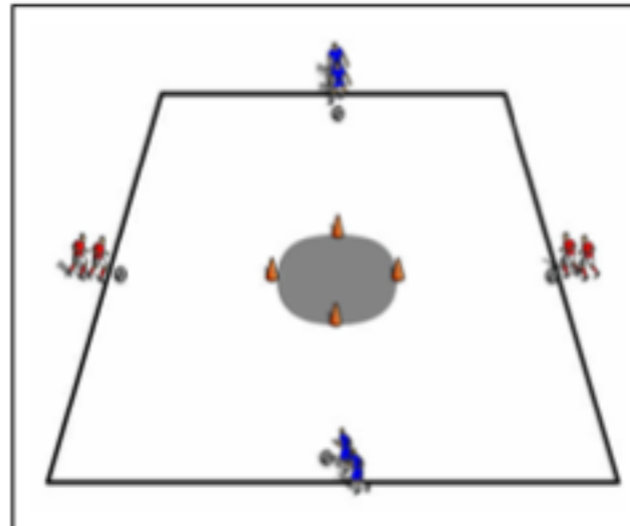
Individual Skill And Ball



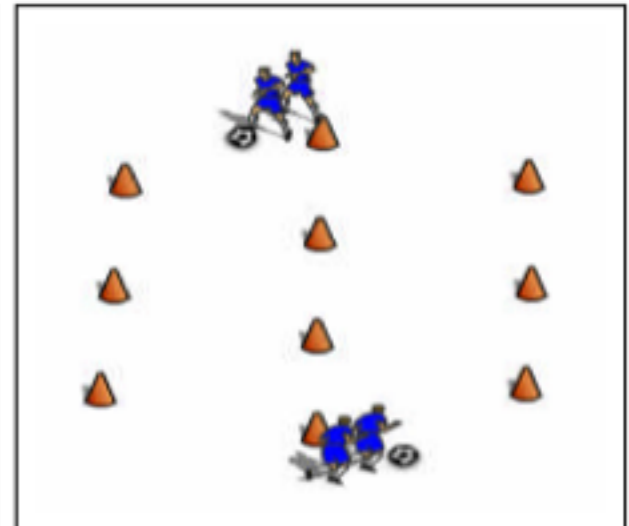
The players perform different dribbling movements through the cones. The players should do four repetitions of best foot, weak foot, insides of both, outside of both, sole drags, toe touches on the ball etc



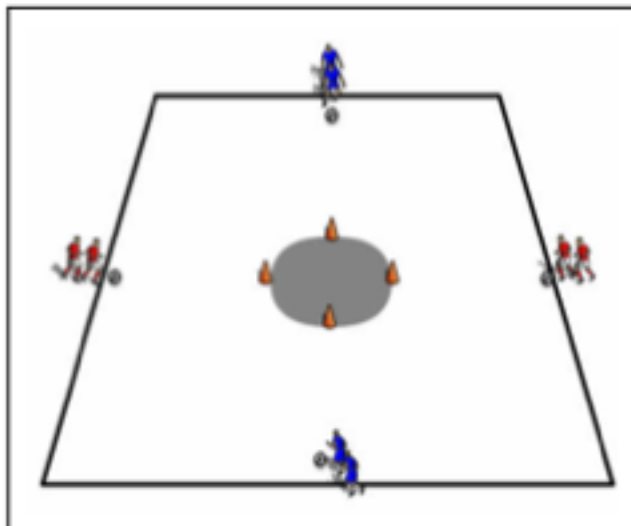
Players must dribble across and outside of the area using the obstacle of their choice. 1 – through cones. 2 – skill on coach. 3 – turn in gate. 4 – slalom poles/cones. Players must choose a different obstacle on each turn



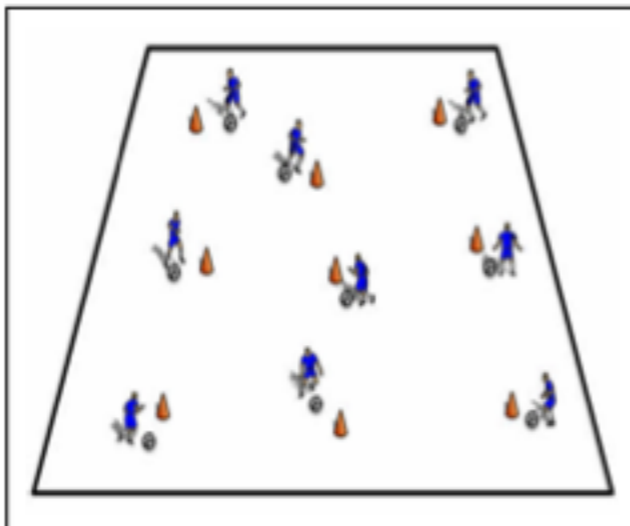
4 groups of players. The players must dribble to the cone and then perform a turn of their choice. The coach should Show some examples but allow the players freedom of choice on the turn they use.



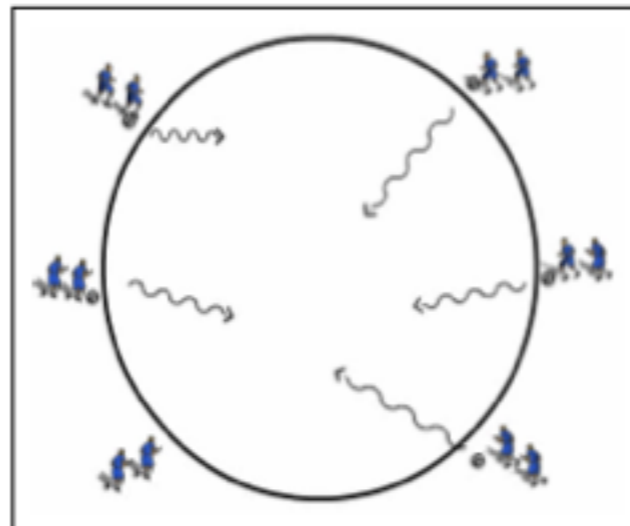
Players dribble around the zig zag course performing various skills with both feet. 1 – best foot. 2 – weak foot 3 – alternate feet. 4 – step over at cones. 5 – sole drags at cones. 6 – drag back and flick behind leg



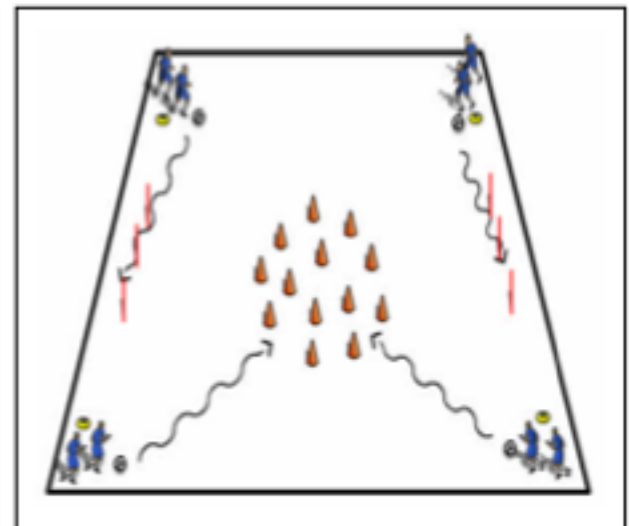
4 groups of players. the players must dribble to the cone and then perform a skill before joining the next group. The players perform 4 repetitions going to the right then four to the left. (e.g. right foot step over and join group on left)



Each player has a ball and cone (imaginary defender). The players must complete various skills of their choice In order to get ½ yard and dribble into space. (step over, drop shoulders etc)

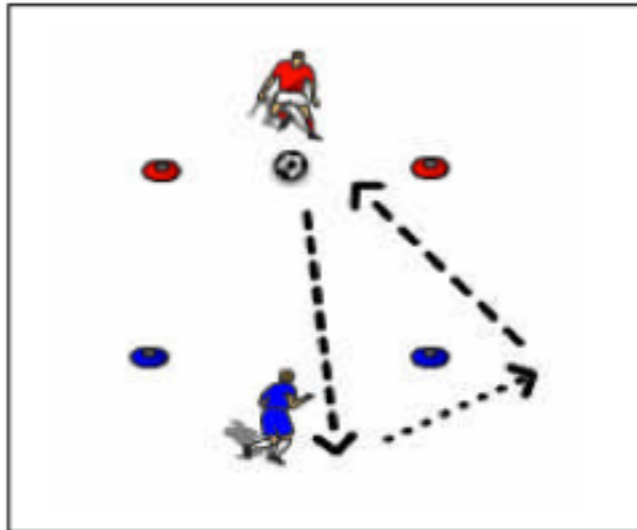


The players must try to get across the area as quickly as possible. 1 – the players dribble with best foot. 2 – players dribble with weak foot. 3 – players complete a skill on the way. 4 – players complete a turn on the way



The players complete different dribbling exercises. if they are at the bottom of the pitch then they dribble diagonally through the crazy cones. When at the top of the pitch they dribble down the side and slalom through the poles.

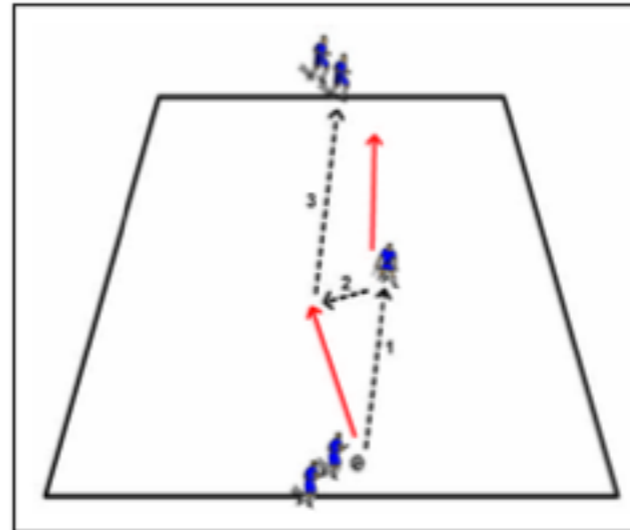
Passing And Receiving



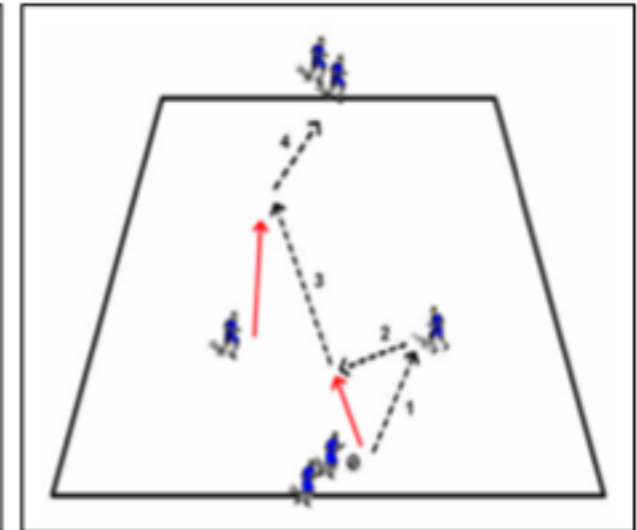
The players must pass take a touch to the outside of the cones before passing the ball back through the centre of their opponents cones. The game works continuously on first touch and passing skills.



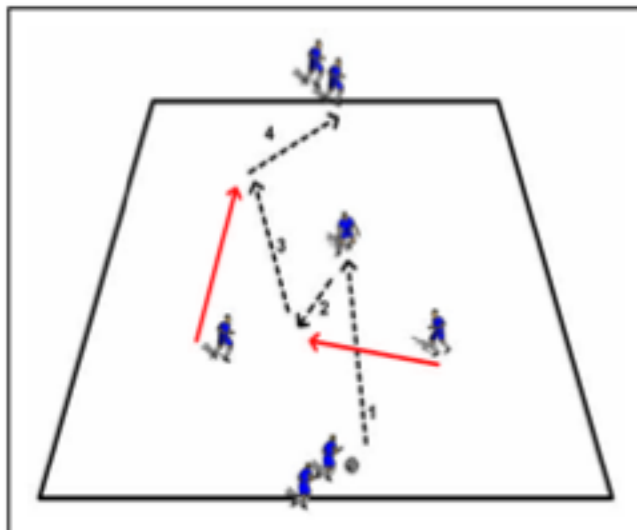
The players take turns to pass into the middle and then go into the gate to perform turns from a pass.
1 – player opens out using back foot
2 – players turns using inside of foot
3 – player turns using outside of foot



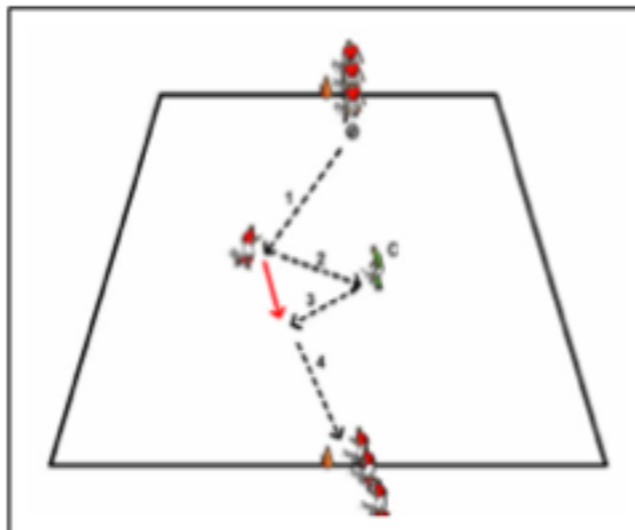
In this practice the passer must instruct the receiving player by using communication. The passer can call "turn" or "set". The player receiving must then react to turn and dribble out or set the passer who plays out



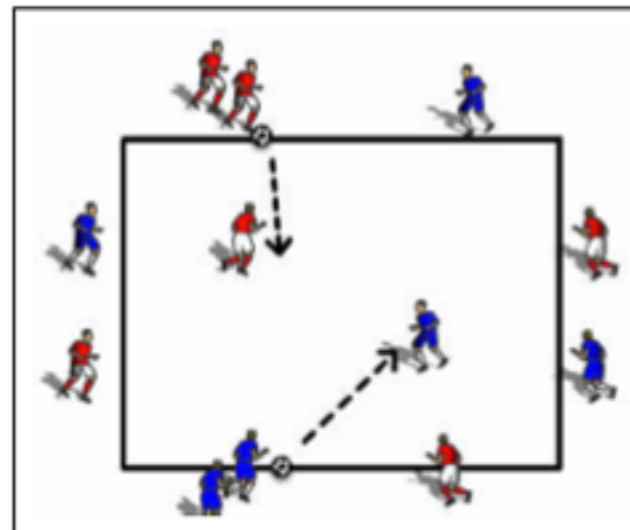
Both central players make a movement to receive a pass. The player receiving must pass back to the original passer who now plays a pass into space for the non receiving player to dribble out



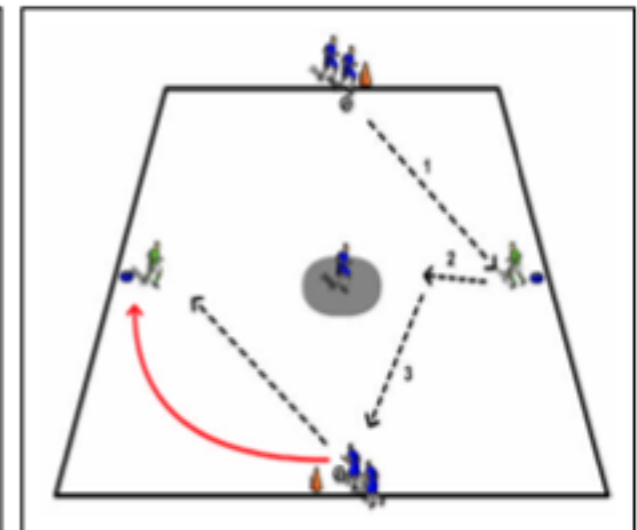
Now three players start in the central area. The starting player passes a ball into the three players who must quickly combine to pass the ball out to the opposite end. All three players must touch the ball before its played out.



In this practice the coach is used as a setting player. On receiving a pass the central player can play a quick one-two with the coach or pass and complete an overlap. Therefore the player is always moving after their initial pass.

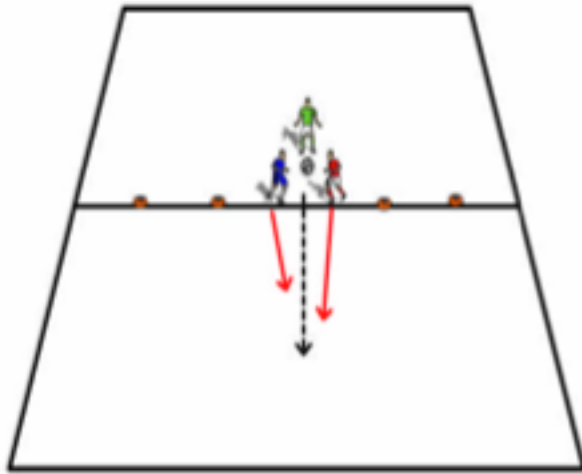


2 groups of players & 2 balls working at the same time. The player passing into the centre comes in and the player passing out goes out. The aim is to receive the ball with your back to play, quickly turn and dribble out

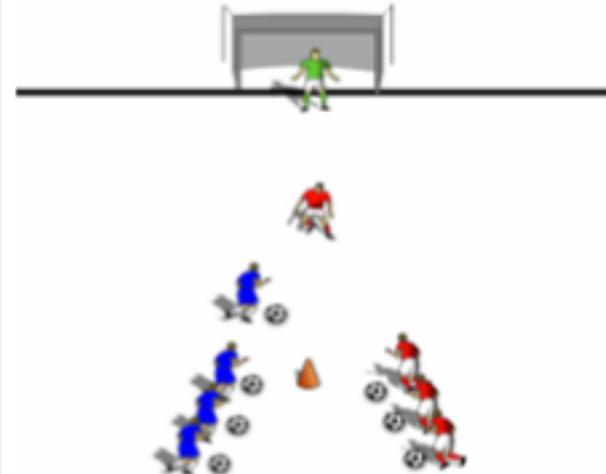


Continuous passing & communicating. The players have a choice of the centre player or coaches. When passing to the centre player you call "turn" and take their place. When passing to the coaches you call "one/two" or "overlap"

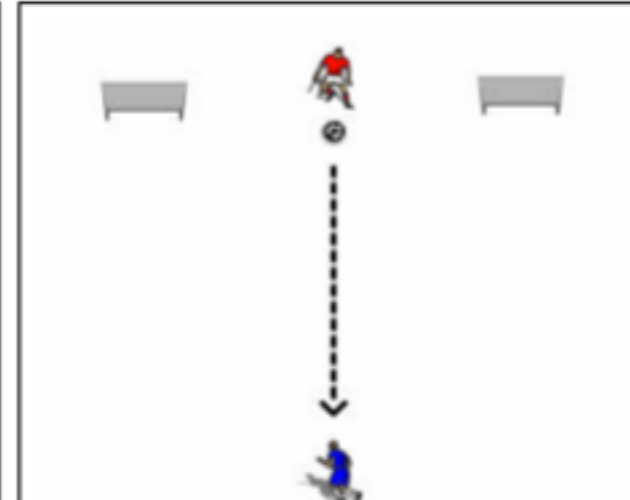
1v1 Practices



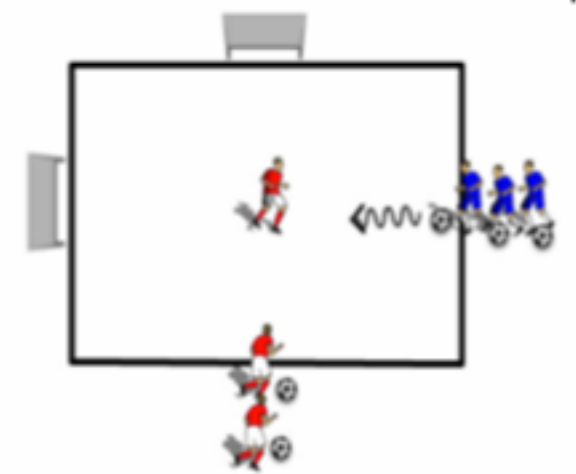
The coach passes a ball between the 2 players. The players run and fight for possession. The player who wins the ball becomes the attacker and tries to turn and pass into the 2 gates.



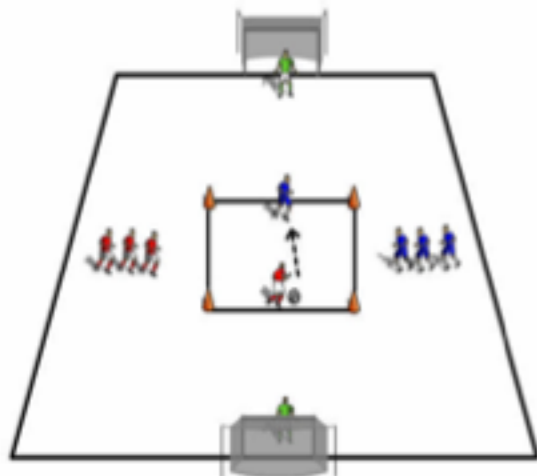
Two teams. One keeper. The teams take turns to dribble and attack 1v1. After attacking you must quickly react and defend against the next player. The first team to five goals is the winner



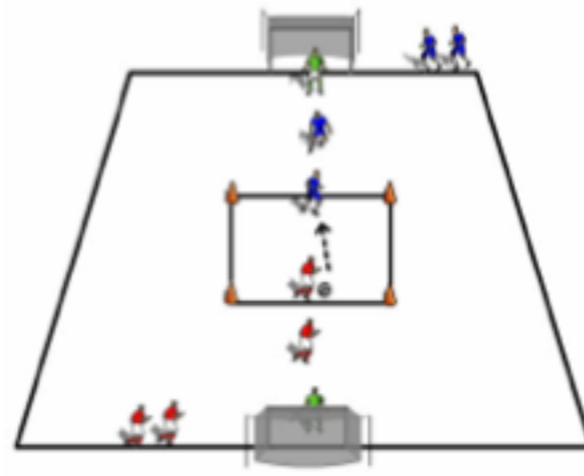
The defender passes to the attacker and then races to defend. The attacker must use disguise to beat the defender and pass into one of the target goals



The teams attack one goal and defend the other goal. This practice is continuous attack and then defend. The 1st team to five goals is the winner.



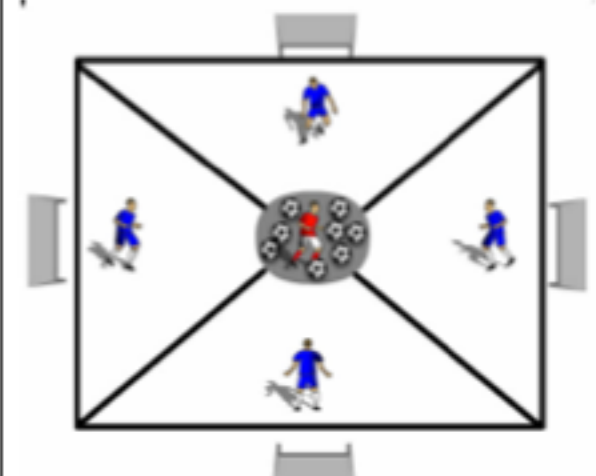
The 2 players start inside the 10x10yd area. The attacker attempts to beat the defender and get out of the zone to have a free run and shot at goal. If the defender tackles the attacker then he can break out of the zone to shoot.



The 2 players start inside the 10x10yd area. The attacker attempts to beat the defender and get out of the zone to go 1v1 with the 2nd defender to score. If the defender tackles the attacker then he can break out of the zone to attack.

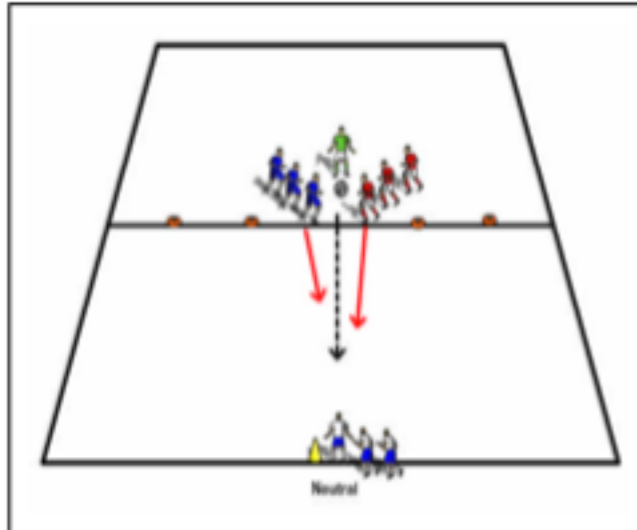


Player A passes the ball out to Player B and runs to defend 1v1. once this ball is complete, the coach passes a 2nd ball to Player A, now Player C runs out to stop Player A from turning to shoot at goal.

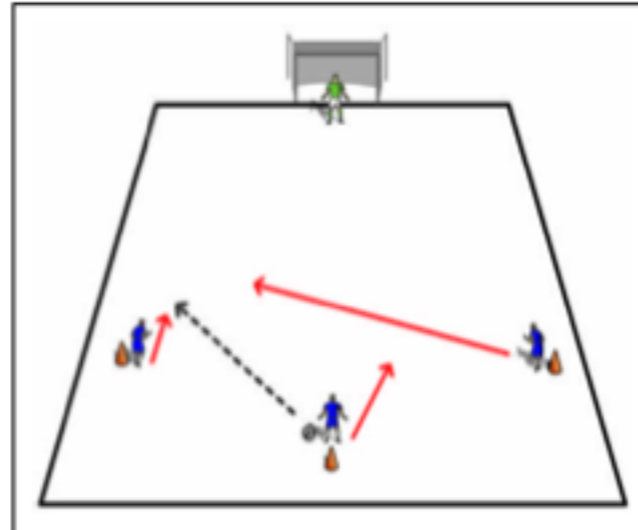


Continuous 1v1 game. The attacker chooses which goal to attack. If the attacker scores then they return to collect a 2nd ball and attack a different goal. If the defender stops the attacker scoring, the roles are reversed

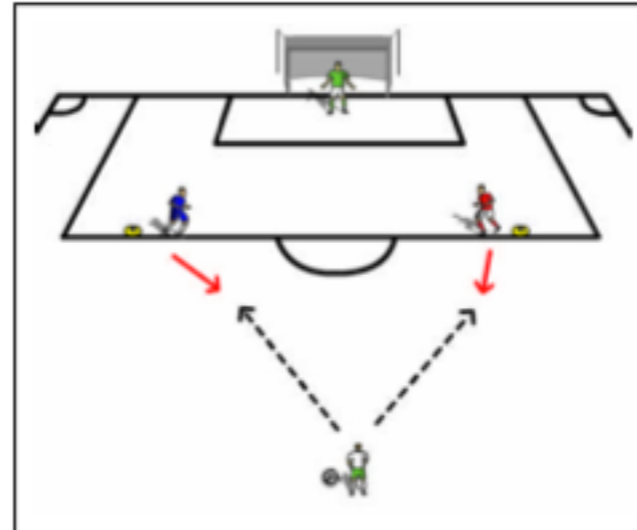
2v1 Practices



The coach passes a ball between the 2 players. The player getting to the ball 1st becomes the attacker. The attacker must shield the ball and then pass to the neutral who enters the pitch to make a 2v1 to score in the gates



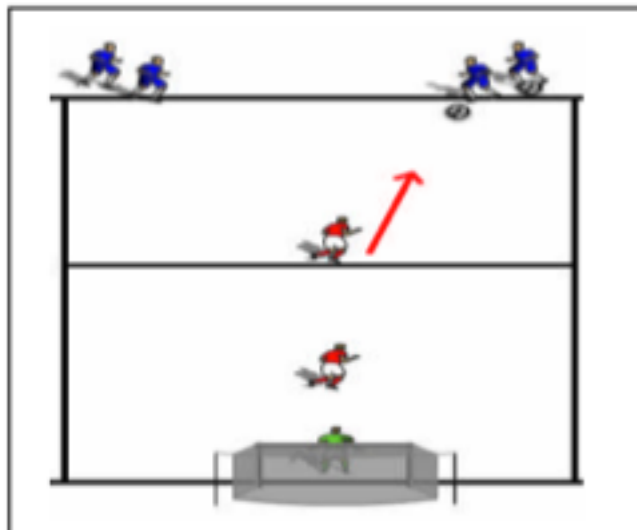
The middle player has the ball and makes a pass to the team mate of their choice. The other player must react and defend 2v1 against the passer and their team mate. The defender becomes the middle player for the next game



The middle player has the ball and makes a pass to the team mate of their choice. The other player must react and defend 2v1 against the passer and their team mate. The defender becomes the middle player for the next game



2v1 attack and defend. The two wide players attack 2v1 against the central player. Then the wide players must defend 2v1 against a new central player who dribbles into the pitch. The game continues with team alternating attacks



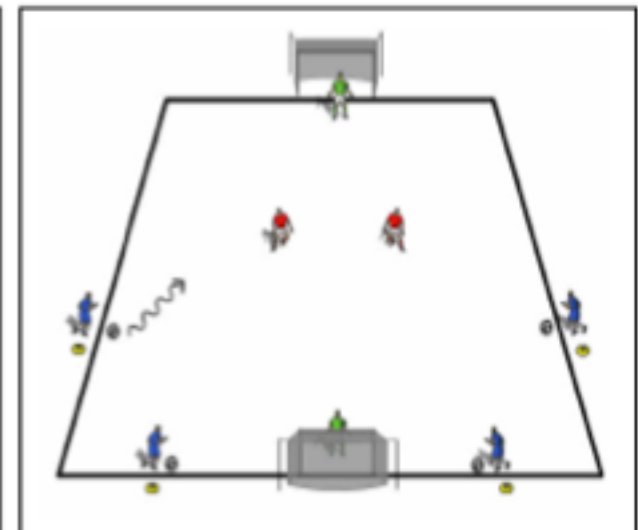
The two attackers have to make their way through the two zones in order to score a goal. They must work together to beat the defenders in a 2v1 situation. The defenders can only tackle and play inside their own zone.



The first attacker passes to his team mate and then makes an overlapping run. The defender runs out to defend. The game continues until the ball leaves the pitch



The two attackers receive a pass from the coach and attack the top goal in a 2v1 situation. Immediately after this ball has been played the players receive a 2nd ball from the coach to attack the bottom goal in a 2v1 situation.

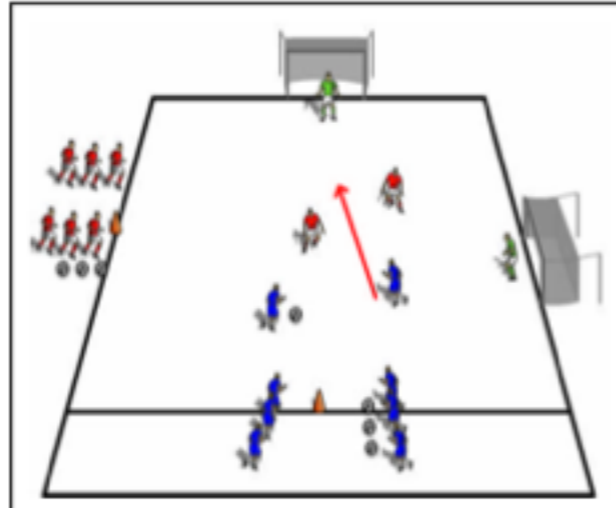


The goalkeeper controls this practice by calling out the name of the attacker to enter the pitch. The two defenders must react to the call and run to tackle the attacker and then try to score in the opponents goal.

2v2 Practices



Three teams of players. The teams constantly attack, defend and then rest in a wave motion. For instance the Blue team attack the Reds, then the Reds attack the Whites and then the White attack the Blues etc.



Two teams of players. The teams attack the goal they are facing and then defend their own goal from the opponents attack. Therefore the practice works continuously with teams attacking then reacting to defend



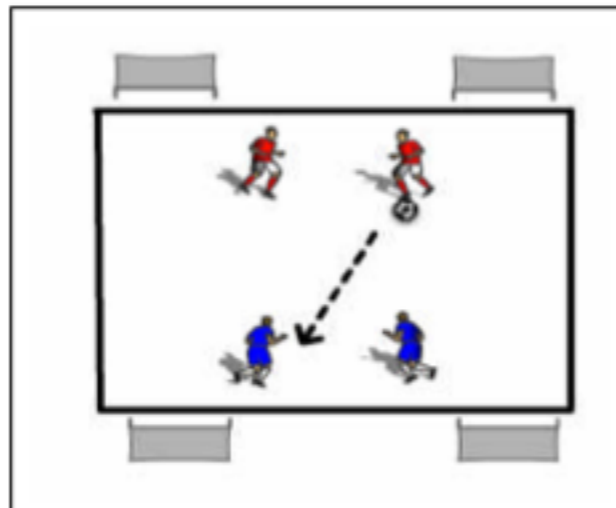
3 teams of four players and 3 keepers. The teams attack the goal they are facing and then immediately react to defend their own goal. The game works like a continuous carousel with teams attacking, defending then resting



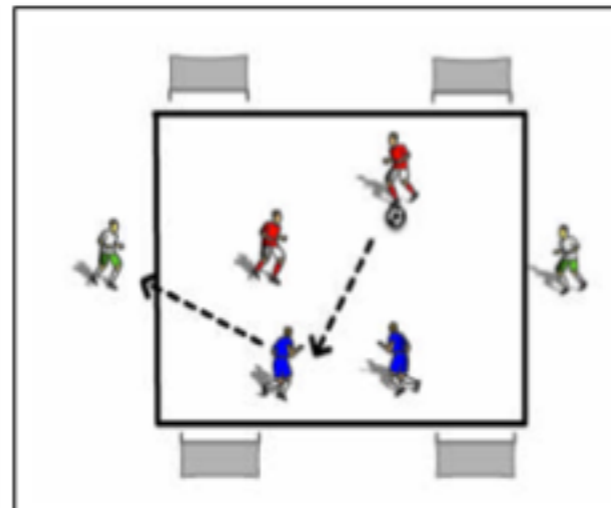
Simple 2v2 practice. The GK throws the ball out to the two attackers. If the attackers score a goal then the defenders must defend for a 2nd attack. If the attackers don't score then they become the new defenders.



The GK throws the ball out to the two attackers. The defenders quickly run to defend 2v2 with the attackers facing the goal. once this ball is completed a 2nd ball is played in by the coach for a 2v2 facing away from the goal



2v2 four goal game. Each team attacks two goals and defends two goals. Encourage the players to use one-two's and overlaps in order to gain a chance to score a goal.



2v2 four goal game with two neutral wide players. The two teams can use the neutral players for quick one-two's or for a player to pass and run forward leaving space for his team mate to receive the next pass.



2v2 four goal game with 2 neutral players. When in possession of the ball you can use the two neutrals to play the ball back too in order to retain possession or to pass forward too and run to get a lay off for a shot

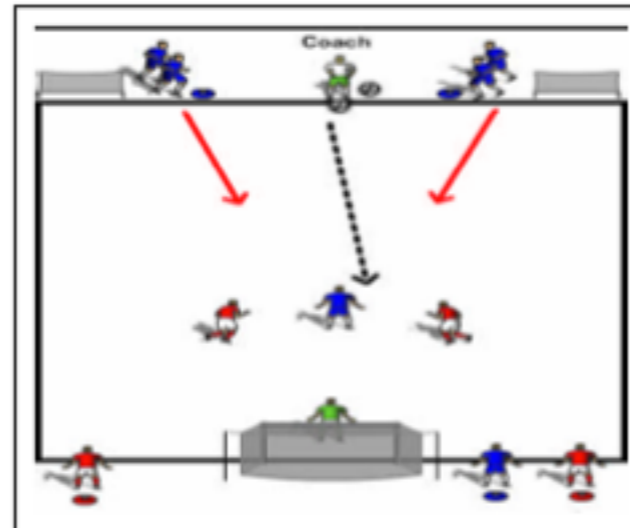
3v2 Practices



Three teams of three players. when defending one player drops back and rests. The middle team attack 3v2, if they score, then they collect a 2nd ball and attack the opposite end. If they don't score, then the roles are reversed



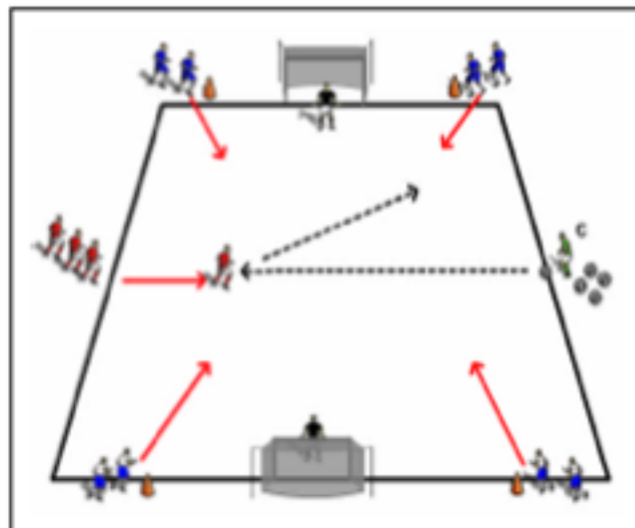
Three teams of three players. when defending one player drops back as the keeper. The middle team attack 3v2, if they score, then they collect a 2nd ball and attack the opposite end. If they don't score the roles are reversed



The coach passes into the forward. Immediately the two wide players run to make a 3v2 against the defenders. The three attackers try to score in the big goal. The two defenders can score in the mini target goals.



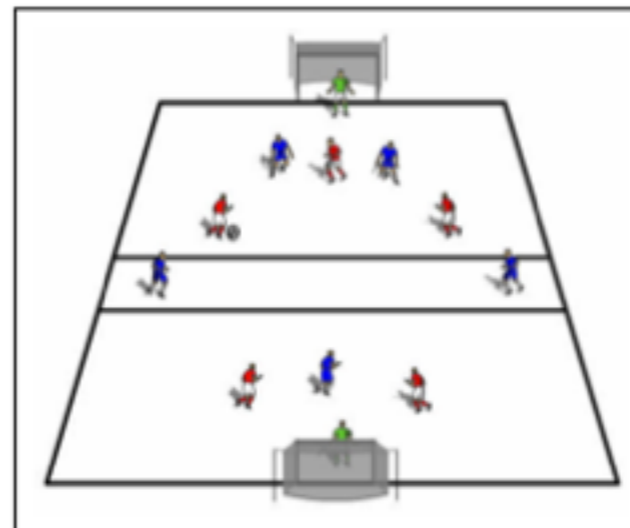
The midfielder passes into one of the attackers and runs to make a 3v2 situation. The attackers now try to score in one of the three mini target goals.



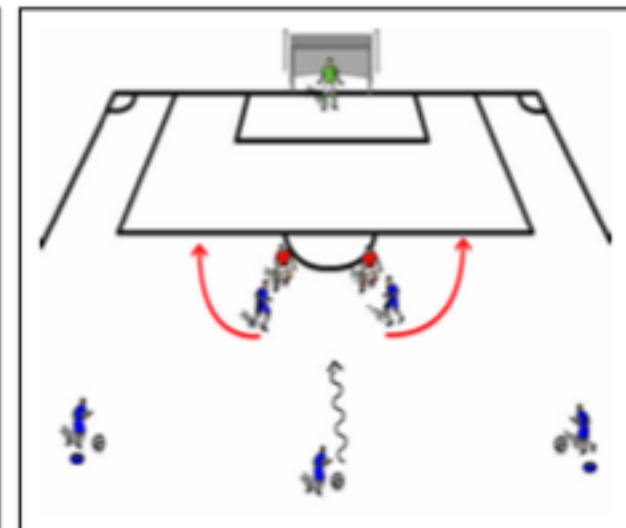
Two teams of players and one team of neutrals. The coach passes the ball across to the neutral player. Immediately two players from each of the teams enter the pitch. the neutral passes to the team of his choice to make a 3v2 game.



Two teams. Two players from each team are nominated to continuously work as attackers and defenders. The other players take turns to dribble into the pitch to make a 3v2 situation. The teams must alternate attacks.

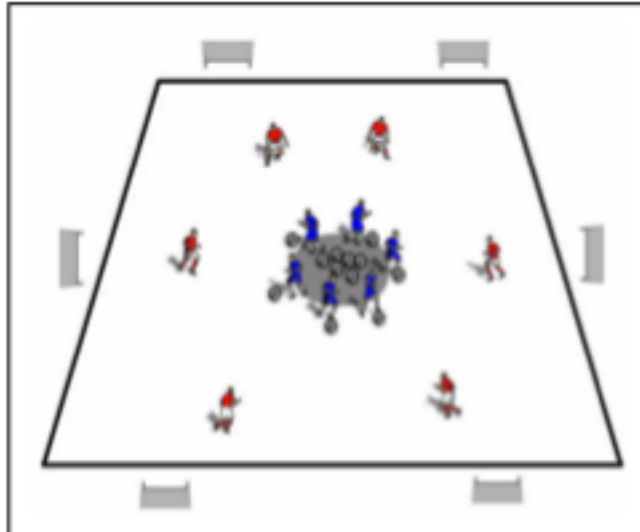


The red team attack 3v2 in the top zone. Whilst this happens the blue team must send one or two players into the central "free zone". Once the red attack is completed, the blue players attack the bottom zone in a 3v2 situation

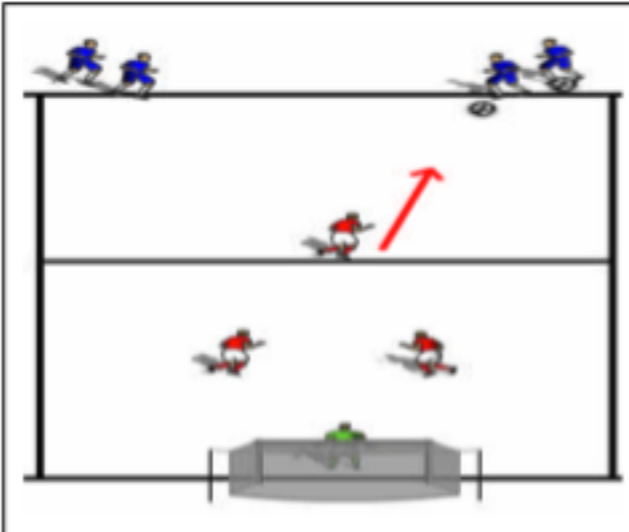


The goalkeeper controls the practice by calling out the name of the attacker to dribble into the pitch and make a 3v2 situation. Therefore the attacks can come from a central, left or right wing position.

Overload Practices



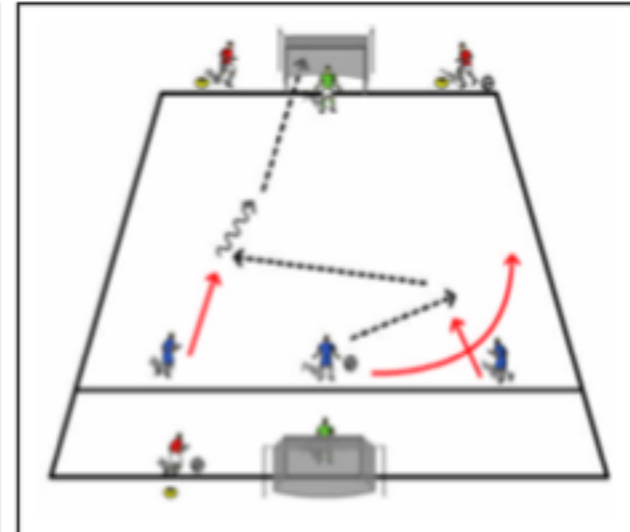
One team attacks whilst one team defends. The game starts with lots of 1v1's but as balls decrease it becomes a random of 1v1, 2v1, 3v3, 2v2 etc. once all balls have been played, count the goals and then reverse roles



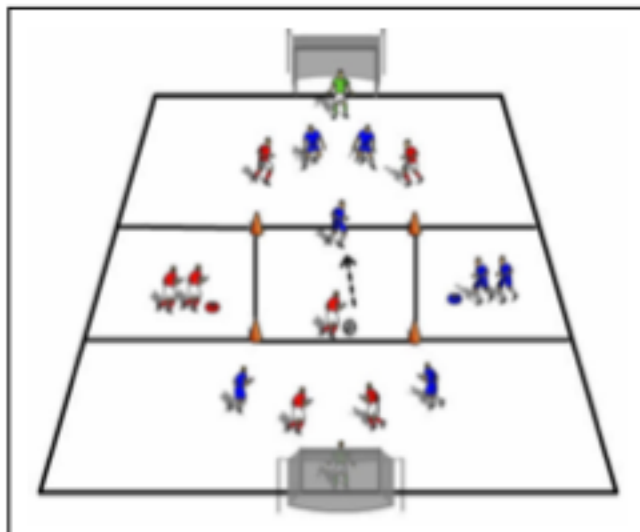
The two attackers must make their way through the two zones in order to score a goal. The defenders can only play in their own zone. Therefore the attackers must complete a 2v1 then a 2v2 to score a goal.



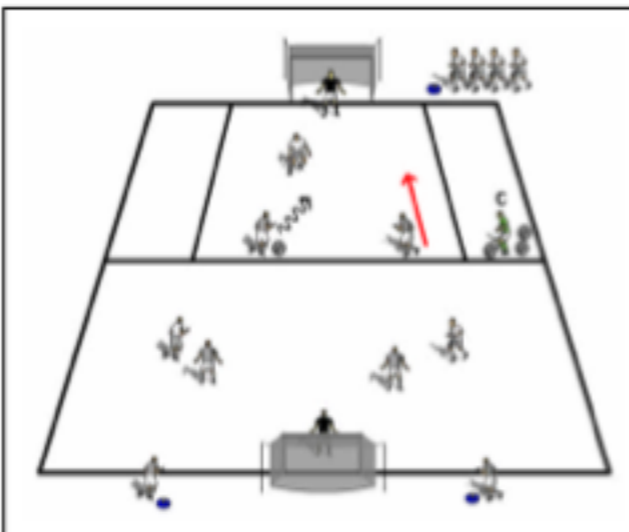
Three teams of 4 players. one team defend. The other teams take turns to attack 4v2. if your team score then you stay on the pitch for another ball. if you miss then the other team come into the game. play for 5mins and rotate



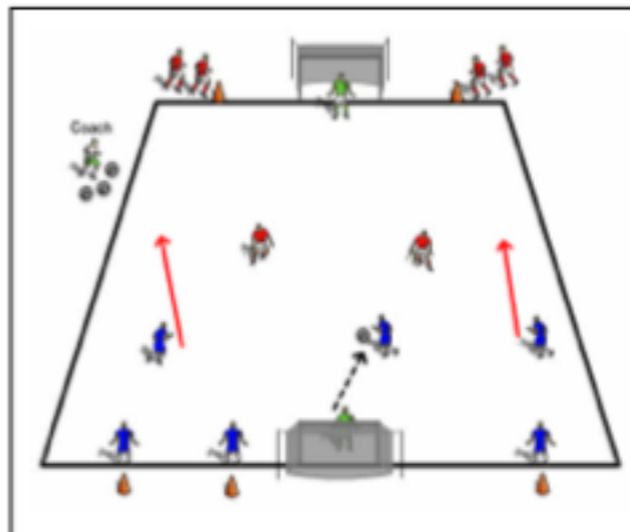
The three attackers play for 3 balls.
1- the attackers build up to score unopposed. 2 - the attackers turn to receive a pass from the defender to play 3v1. 3 - the attackers receive a pass from 2 defenders to attack 3v2



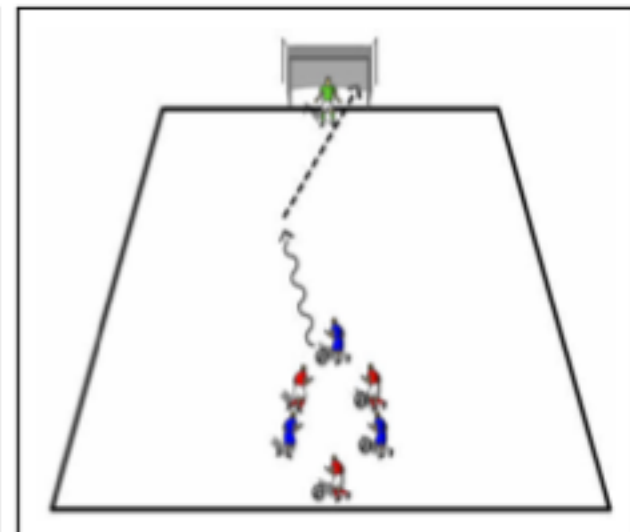
2 players play 1v1 in the central zone. The aim is to break out to create a 3v2. when 1 player breaks out, the other stays in the zone. If the team with the 3v2 don't score then the losing player receives a 2nd ball to attack the opposite goal 3v2.



The 1st team attack 2v1 and defend 2v3. the 2nd team defend 1v2 and attack 3v2. the game starts in the small zone with a 2v1, after this ball is played the defender breaks out to receive a ball from the coach and attack 3v2.

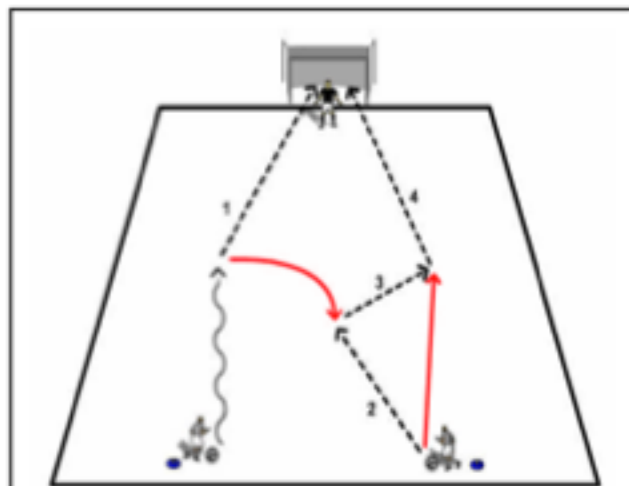


2 teams take turns to attack. The blue team attacks 3v2 against two red defenders. Once this ball is played the coach passes the ball to the two waiting red players who enter the pitch to make a 4v3 for the red team.



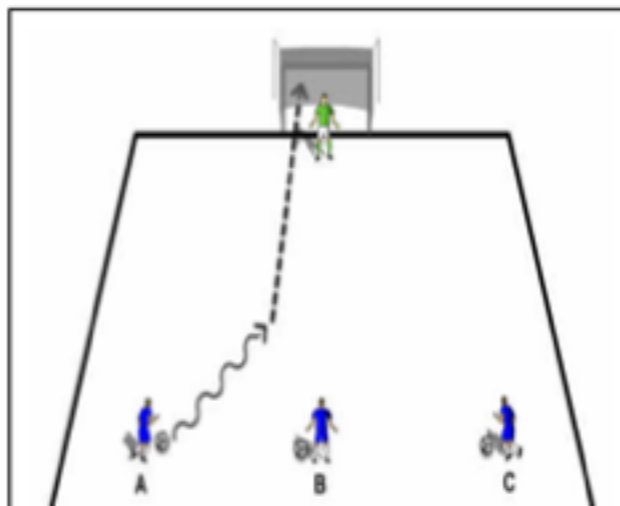
2 teams. The first player dribbles and shoots at goal. Two players come in to make 2v1. Then two team mates make 3v2. This continues until all players are in the pitch and all balls have been played.

Finishing Practices

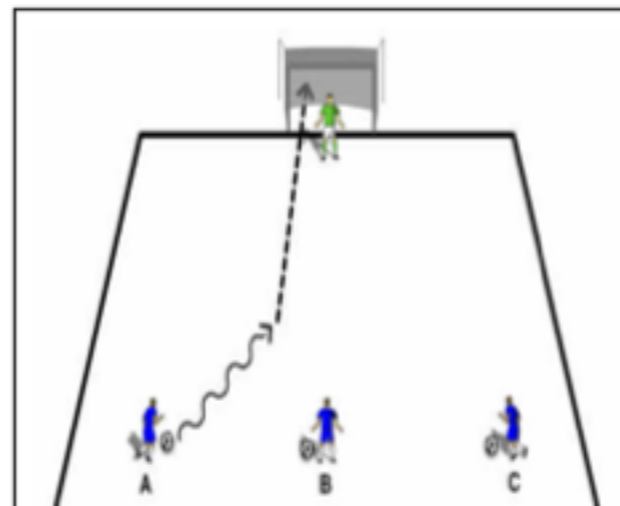


Two lines of players.

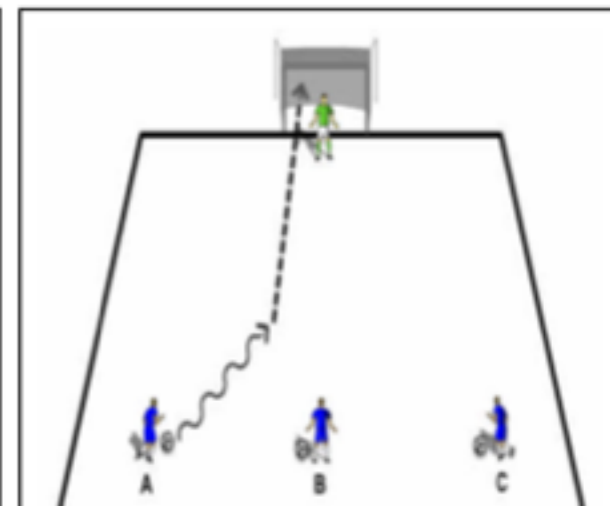
The 1st player dribbles and shoots at goal. The player must then react to receive a pass from the 2nd player in order to set him up for a shot at goal



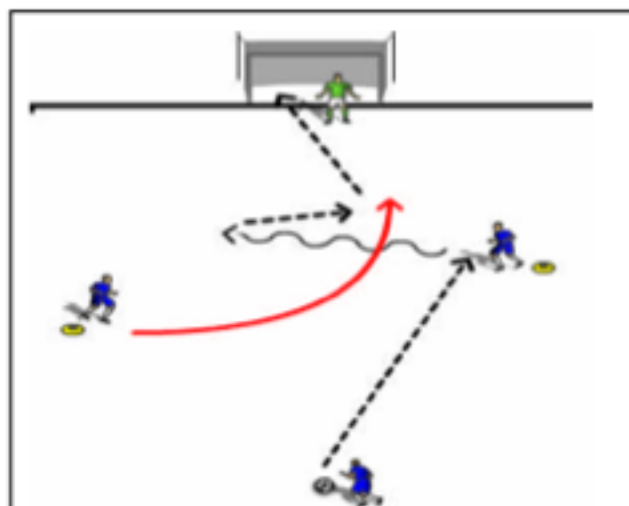
A – Dribbles and shoots at goal
B – Plays a one/two with A and shoots at goal
C – Dribbles and plays 1v1 against B



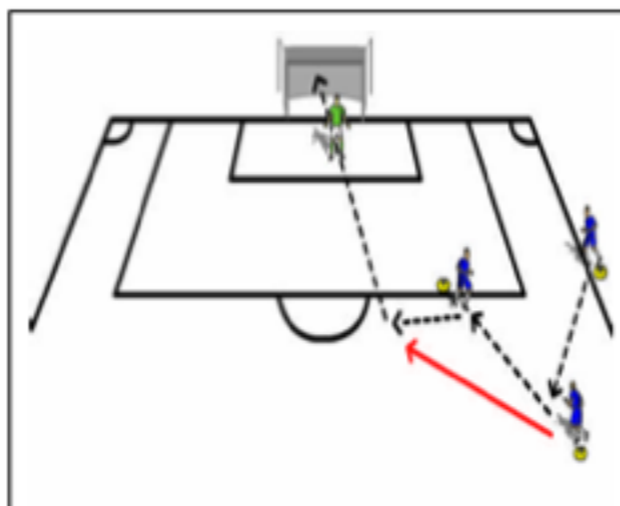
A – Dribbles and shoots
B – Dribbles and plays 1v1 against A
C – Dribbles and plays 2v1 with A against B



A – dribbles and shoots
B – plays one/two with A and shoots
C – Passes to A and B who combine. Player C makes a 3rd man run and receive a through pass to shoot or cross



The starting player passes the ball to the furthest forward. The forward receives the ball and dribbles across the box. The deep forward must make a crossover run to receive a back heeled pass in order to shoot at goal.



Player 1 passes the ball to player 2, Player 2 quickly passes a ball into player 3 who sets the ball inside for player 2 to dribble into the box at pace and then shoot at goal. The players move up a position for the next turn



Player 1 passes the ball to player 2, Player 2 quickly passes a ball into player 3 who sets the ball inside for player 2 to make a through pass for player 4 to shoot at goal. The players move up a position for the next turn.



Player 1 passes the ball to player 2, Player 2 quickly passes a ball into player 3 who sets the ball outside for player 2 to dribble down the wing and cross the ball for player 4. The players move up a position for the next turn

Defending Practices



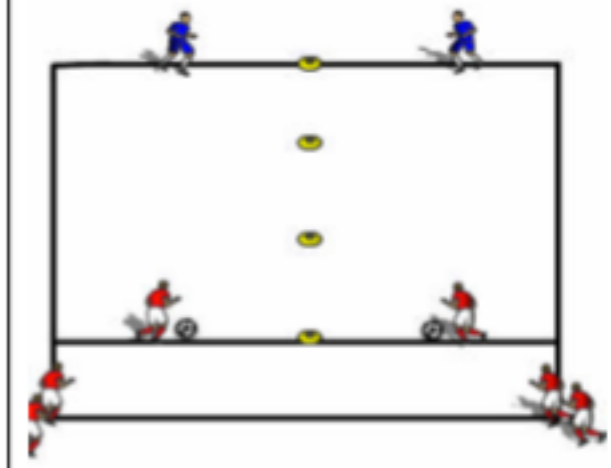
Players work in pairs. One player dribbles forward using all their skills & tricks. The other player must be a passive defender and jockey backwards whilst keeping their eyes on the ball. Rotate the players after 20/30 seconds.



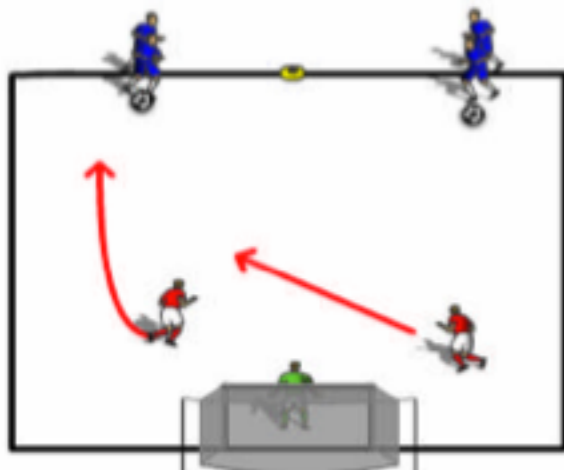
Two games
 1 – each player has a turn as the defender and must see how long it takes to win all 4 balls.
 2 – The player tackled becomes the new defender and the game continues.



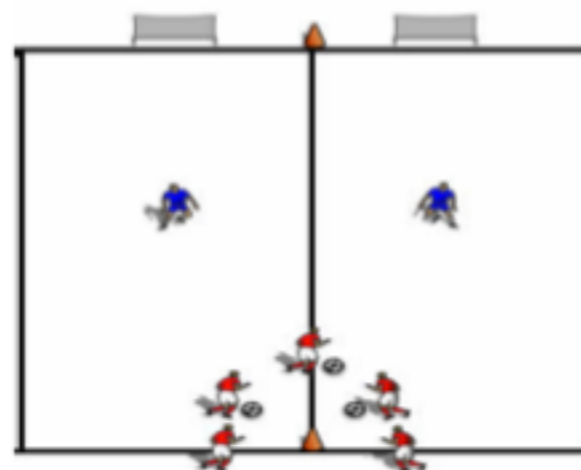
The GK controls the practice by throwing the ball out to the attacker. The GK must then call a number. The number called must run to defend 1v1. therefore the defenders come from various angles to pressure the attacker



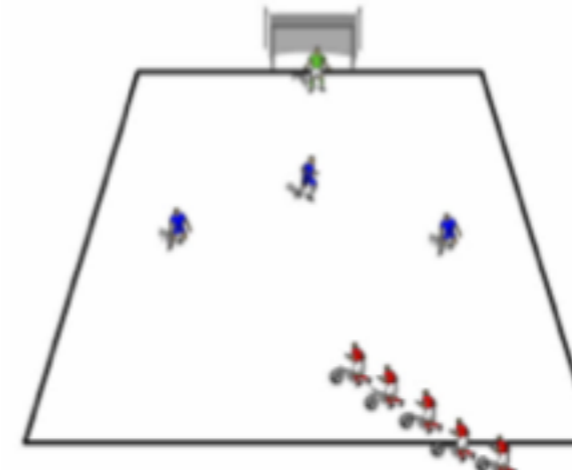
The defender passes to the attacker and runs to defend 1v1. the attacker tries to get past the defender and into the end zone. Encourage the waiting defenders to give communication support to their team mate



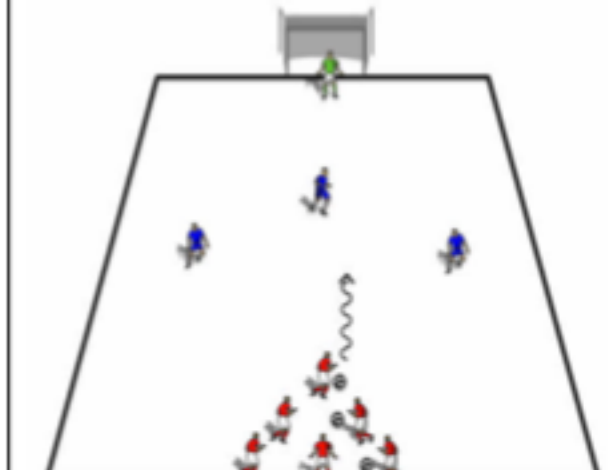
The two defenders must work for two balls. Each defender has a turn as the pressing and supporting player. The GK starts the practice by calling the name of the blue player to dribble into the pitch 1st for 1v2 situation



The two defenders rotate from working together to working alone. The 1st red player comes into the pitch for a 1v2, then two players come into the pitch for two 1v1's, finally two reds come into the pitch with one ball for a 2v2



The three blue defenders must work together for 5 consecutive balls. The 1st ball is 3v1 to the defenders. Then a new player dribbles to combine with his team mate for a 3v2, this continues until it's a 3v5 situation.

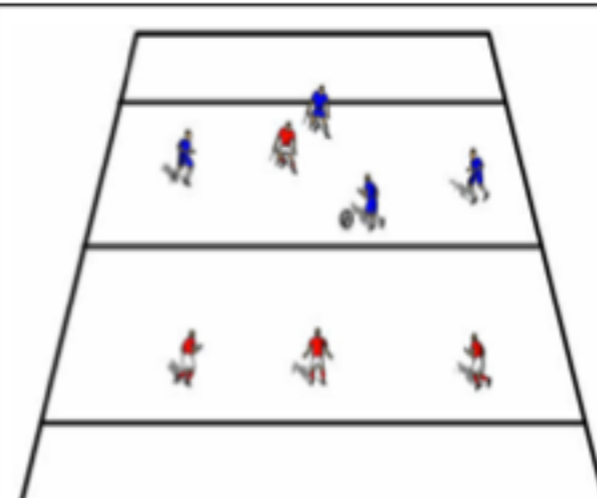


The blues must stop the red team from scoring. The 1st ball is 1v3 to the defenders, then 2 players come into the pitch with a ball each. Finally three players come in with a ball each for three 1v1s at the same time.

Possession Games



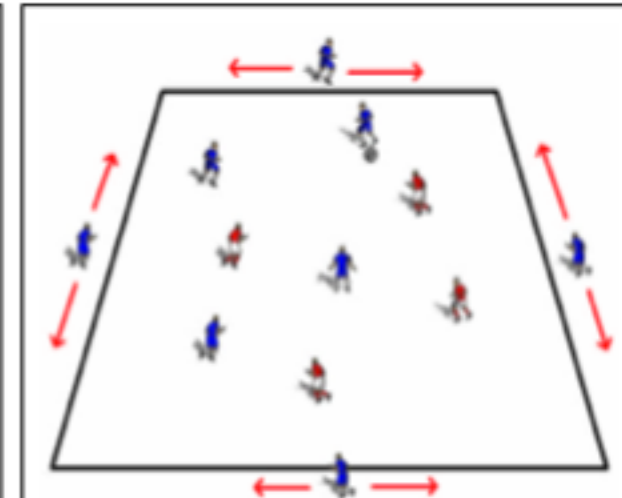
Two defending players must run into the zone and defend 4v2. The players must complete three passes before they can transfer the ball into the other teams zone. Now two new defender must run to defend 4v2



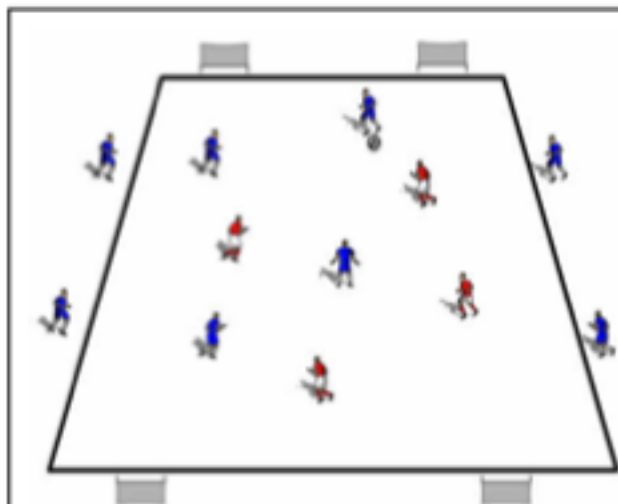
Two teams of four players. The coach passes the ball into one teams half and then calls the name of the defender to run and defend 4v1. After each set of 5 successful passes a new defender goes into the half to make 4v2, 4v3, 4v4 etc



2 teams of players. Each team nominate 3 players to go into the pitch. The remaining players go on the outside. The aim of this game is to pass out to a team mate and then go out with the team mate now dribbling into the game



Two teams play a possession game inside the pitch. However one team has four extra players on the outside of the pitch that they can use to help them retain possession. The outside players are restricted to two touches



The red team are trying to score in any of the four mini target goals. The blue team are trying to transfer the ball across the pitch and out to the target players. If a blue player passes out to a team mate then they rotate positions



3 teams. The white team start as the defenders. 1 white player goes to defend 3v1 against the reds. The reds have to make 4 passes and then transfer the ball to the blues. If the whites win possession then they change places with that team.

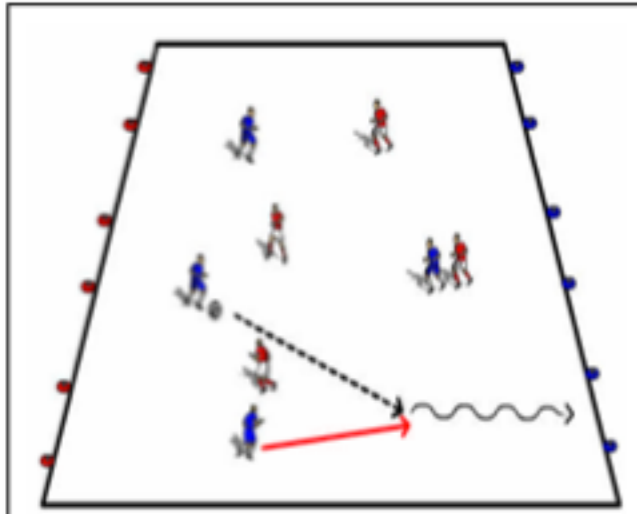


The red team play 4v2 in the central area. When the blue players win the ball, they must quickly pass out to their four extra players. Now the game switches to the bigger area where the blues have a 6v4 advantage.

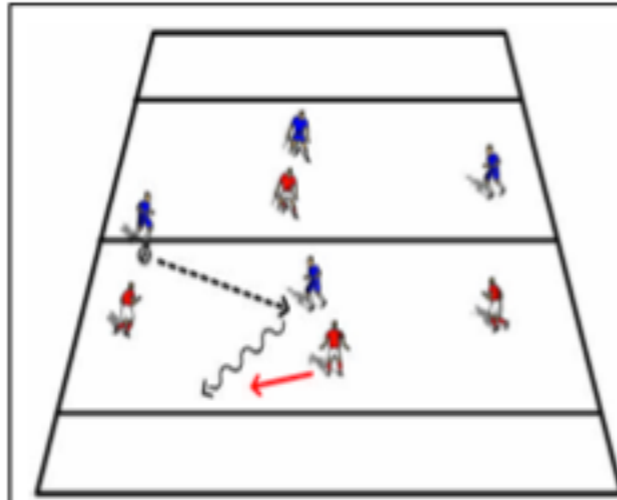


The blues and GK keep possession of the ball. The red team try to win the ball back. When possession is lost, the red player now in possession plays 1v1 against the blue player who lost the ball. All other players must freeze.

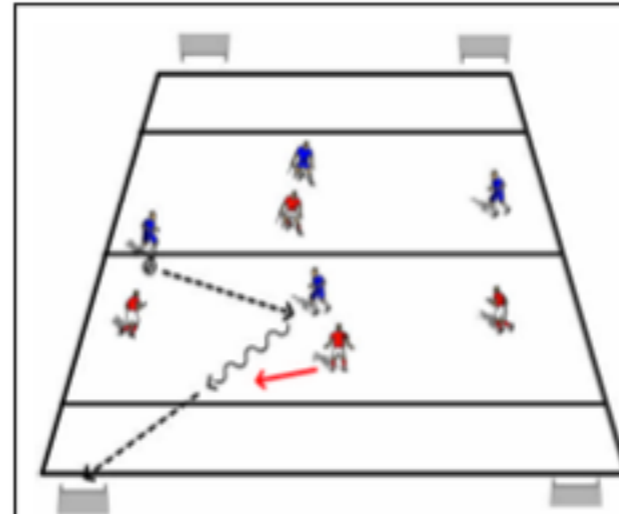
4v4 Games



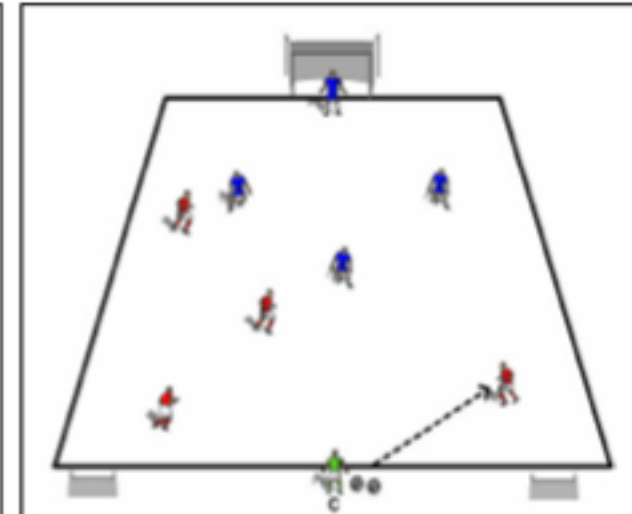
Each team attack three gates and defend three gates. The pitch is short in length but is very wide to encourage quick switching of play, one-two's and overlaps in order to disrupt the opponents defence.



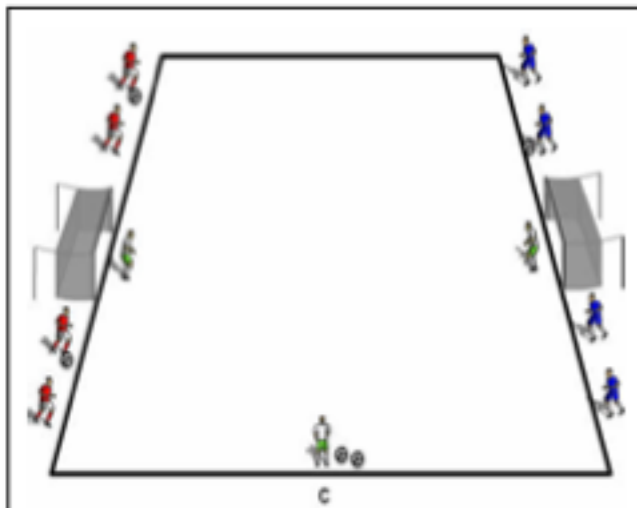
Two teams. The aim of this game is to dribble the ball into your opponents end zone in order to score a goal



Two teams. The aim of this game is to defend two small goals and attack two small goals. The players score by passing the ball into the goals



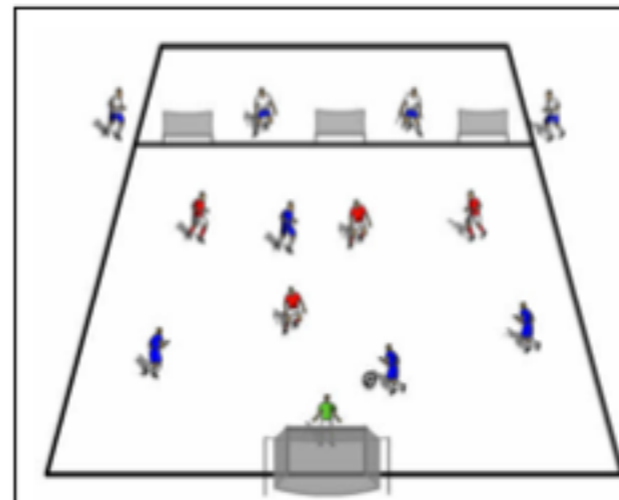
2 teams. The team defending the big goal must send one player to be the keeper. The attacking team continue to attack the big goal until the defending team score in one of the mini goals. Then the roles are reversed



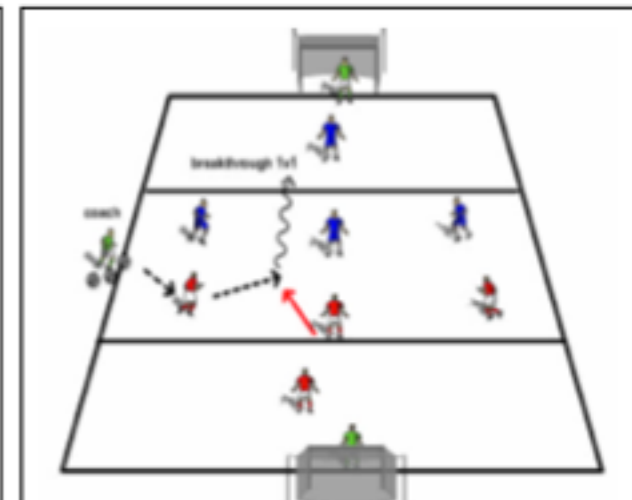
2 teams of players. one team starts with 2 balls. The other team start with 1 ball. The coaches whistle starts the game. The teams must decide who attacks & defends. The coach plays additional balls into the game to keep it going



Two teams of players. A number of gates laid out across the pitch. Game 1 – score by dribbling through gates. Game 2 – score by passing. Game 3 – one team dribble, one team pass. game 4 – choice of dribble or pass



Three teams of players rotate from resting, attacking the big goal and attacking the three small target goals. Each game last until 1 goal is scored. Each team must keep their own score.

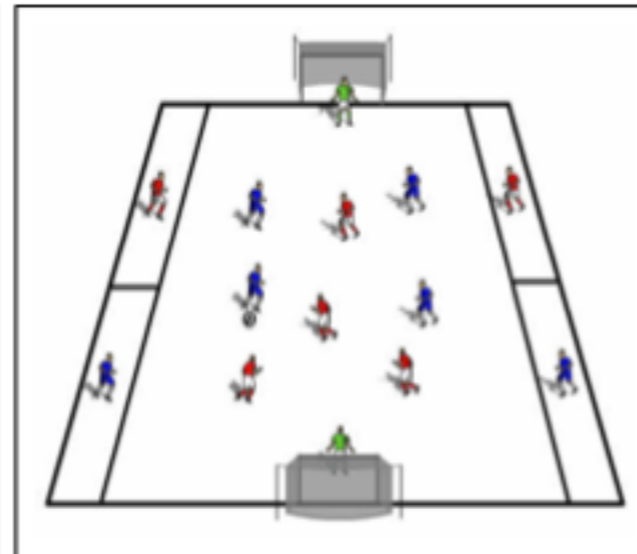


Two teams. The game is played 3v3 in the central zone. The aim of this game is for a player to dribble out of the central zone and into the attacking zone. When inside the attacking zone it's a 1v1 to score.

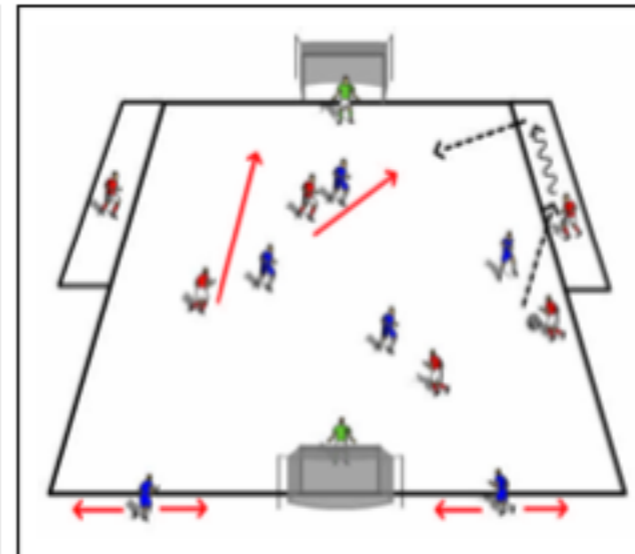
Small Sided Games



Two teams of players
Each team nominate two target players. The aim of this game is to pass the ball into a target player and then run to receive a lay off for a shot at goal.



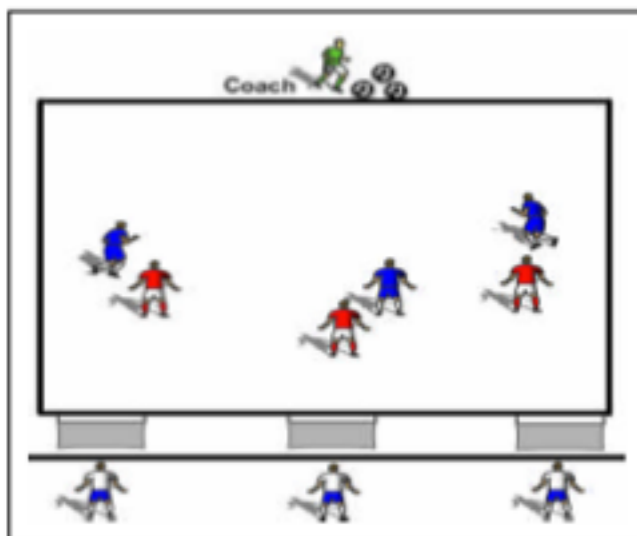
Two teams of players
Each team nominate two wide players. The aim of this game is to switch the ball out to a wide player and then get into the box to score from the resulting cross.



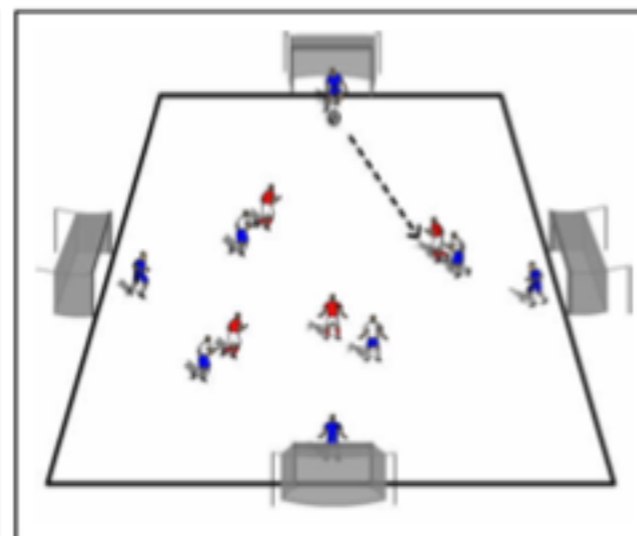
Two teams of players
one team play with two target players while the other team play with two wide players. Therefore one team is looking to play forwards and one team is looking to play wide



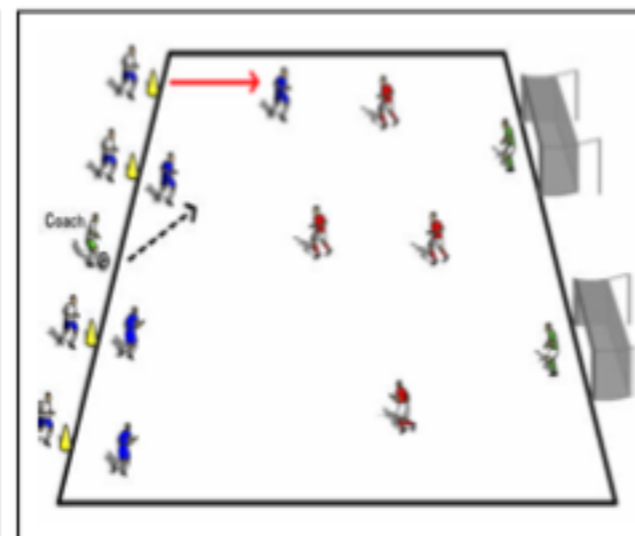
2 teams of players and 1 team of neutrals. The neutrals work in pairs and come into the game to make a 5v3 situation. The team with the neutrals have 3 attacks of 5v3. Then the neutral players switch teams for 3 attacks.



Three teams of players. The rotation of teams is resting, defending, attacking.
Each game last for one ball. The coach passes into the attacking team who are playing with their back to the three goals. Can they turn and score?



Red v Blue team. The Red team receive a pass from the GK with the ball. This team can score in any of the other 3 goals. The Blue team are trying to win the ball from the reds to score against the starting GK.

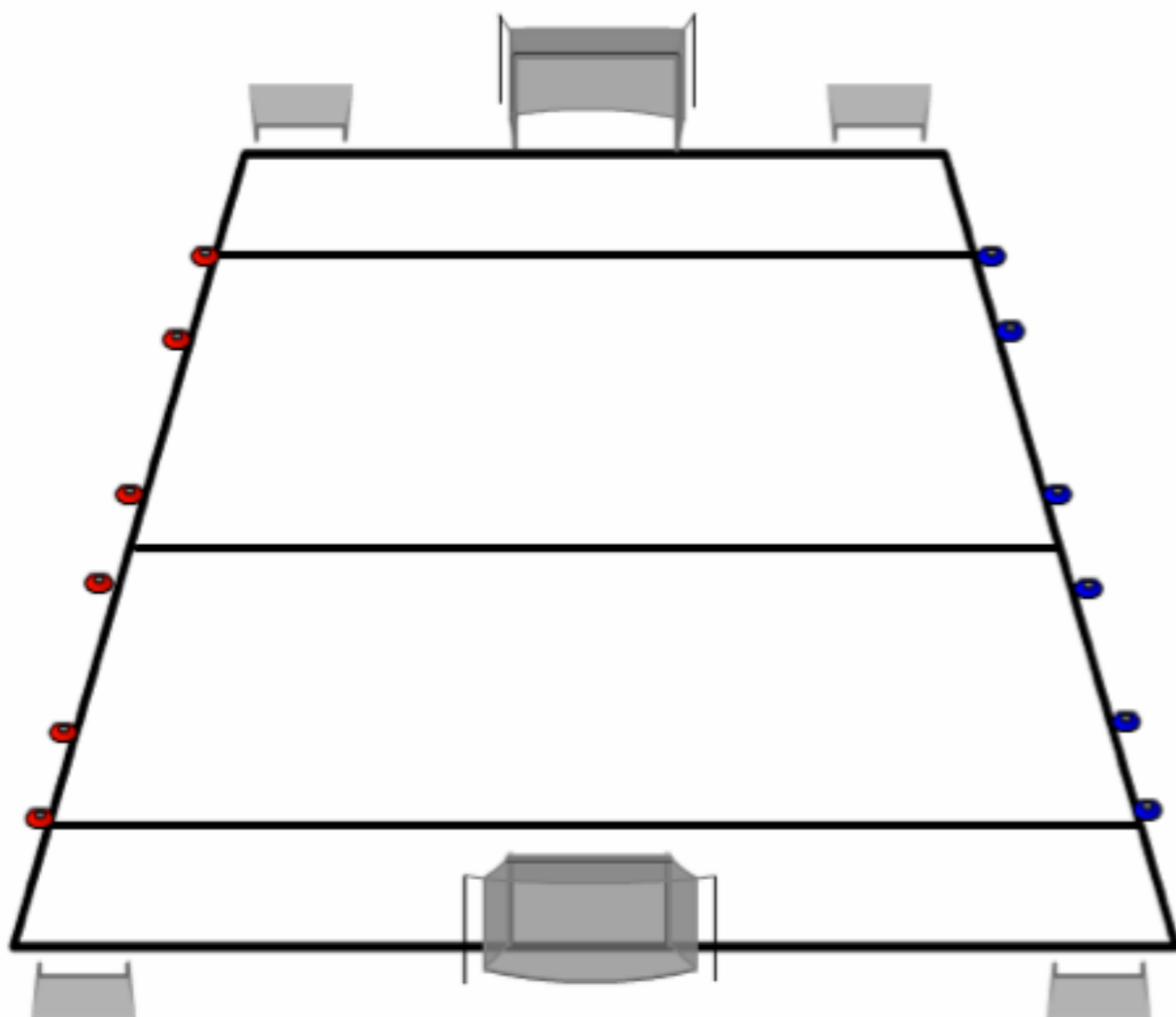


3 teams of players and 2 GK's. The teams take turns to attack, defend & rest. When attacking, if you score a goal, you continue to attack until you fail to score. When you fail to score you immediately become the new defending team.



Two teams of players. The game is played 2v2 on the pitch with each team having two players on the outside of the pitch. The blue team has wide players and the red team has one high and one deep player

Multi-Function Games

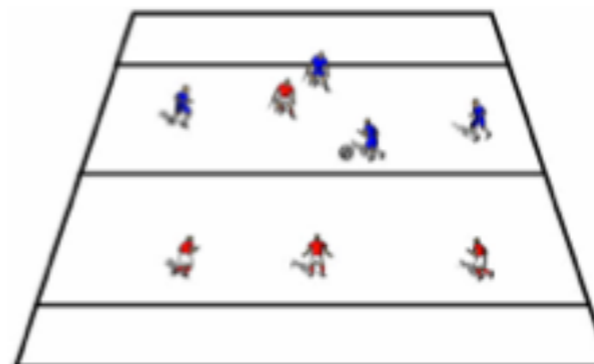


The above diagram shows the initial lay out of the multi pitch. This pitch includes a number of 4v4 / 5v5 games that are shown throughout this booklet.

The best way to run this practice is to play each game for a minimum of three minutes and then for the coach to play a further ten minutes where the games are called out randomly.

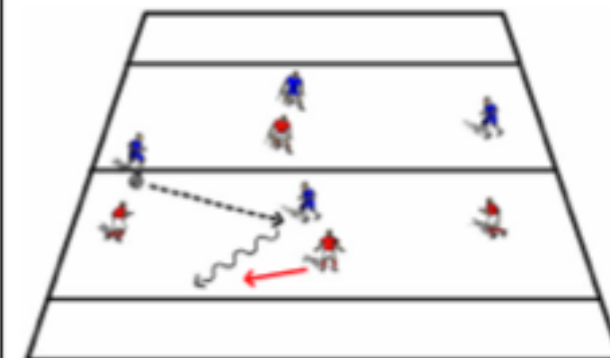
Each game represents a different tactic of game situation that your team will face.

Please see the diagrams to the right for each game and the relevant game situation.



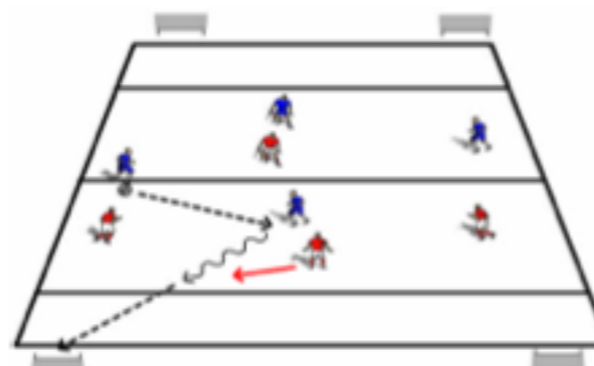
Half field possession

Playing out of defence when playing against 1,2,3 opponents



End zone game

Now we are out of defence can we go forward?



4 goal game

Switching play to get into wide areas



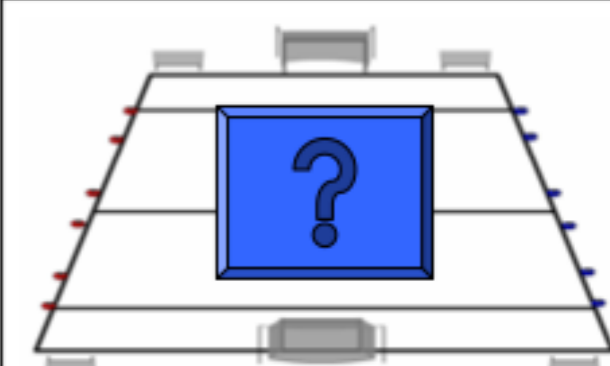
6 goal game

Playing against a deep defence



Normal game

Using the tactics learnt in previous games will make a normal game easier!



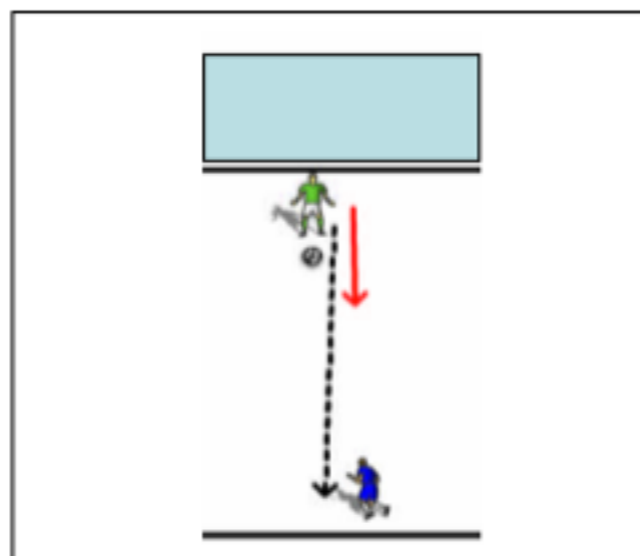
Random game

Which team can react quickest to the changes in the game?

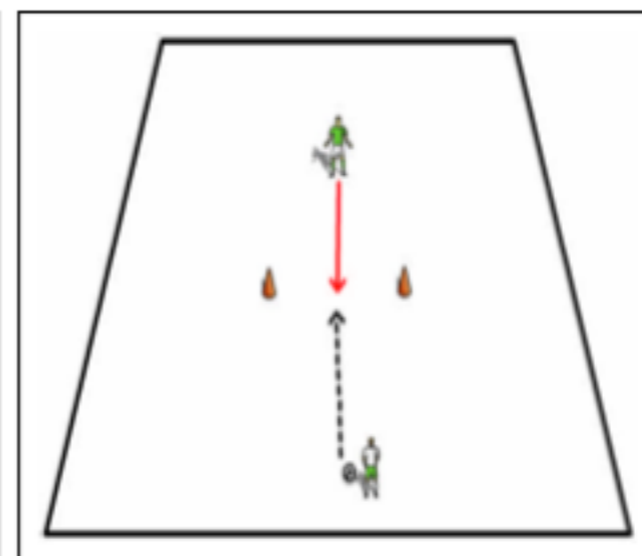
Goalkeeping Drills



4 different colour cones make a square. The coach calls out a colour and the keeper must quickly move to the colour called and then return to the centre to save a shot. The keeper must always face the ball



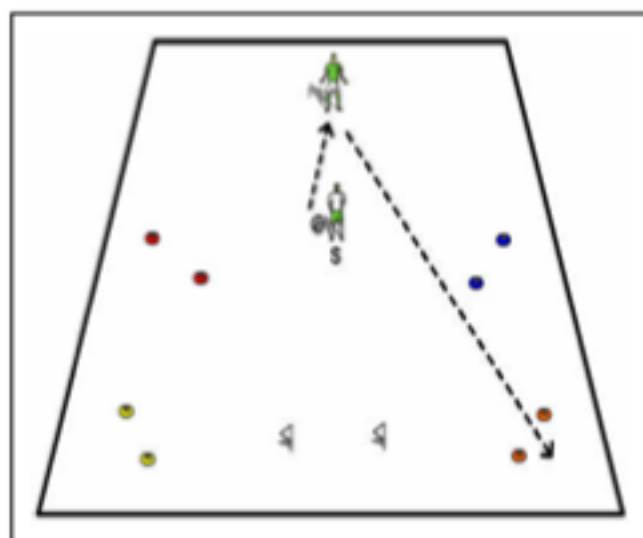
The keeper passes the ball to the attacker and then must stop him making it to the shaded area of the alley. The keeper can do this by diving to save the ball or forcing the attacker outside of the alley



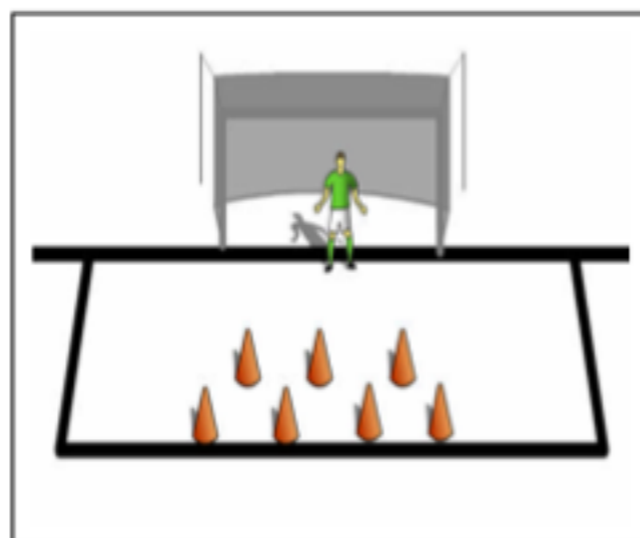
The coach passes a ball towards the gate. The keeper must run and pick up the rolling ball before it goes through the gate



The keeper must catch balls from the first server. On the 2nd servers call, the keeper must react and save the server's shot



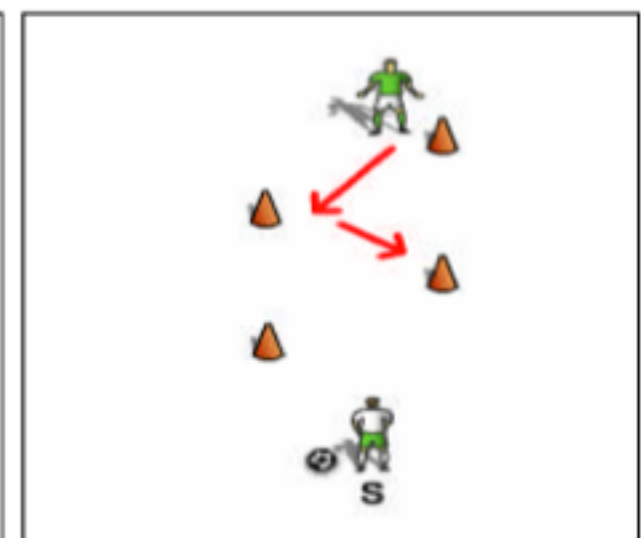
The keeper makes a save from the coaches serve and then must react to the coaches call of a colour. The keeper then throws the balls through the coloured gate



Cones are placed on and around the 6 yard box. The coach shoots balls at the goal and the keeper attempts to save the shots whilst reacting to any deflections from the cones



The coach calls out the player to go first, when called the player must pass to the keeper and then run to place the keeper under pressure, the keeper must take one touch and then look to pass into one of the gates.



The keeper must side step through the cones and then save a shot from the coach. The coach can shoot at anytime which will force the keeper to save the ball whilst on the move

1-4-4-2



1-4-3-3



1-3-6-1 or 1-3-2-4-1



1-3-4-3



1-3-4-2-1



1-4-5-1



GSSA Snack Recommendations

1 child in 4 is obese.

Nearly 50% of obese adolescents remain obese as adults.

In the last 20 years Type II diabetes mellitus has increased 10 fold.

By the age of 12, an estimated 70% of our children have developed the beginning stages of hardening of the arteries.

Sugar consumption has gone up from the recommended 10% to 30% of total calories.

Less than 7% of all children and adolescents consume less than the recommended 3 servings of vegetable per day.

The average snack after a soccer game is calorically over-compensating and nutritionally under-nourishing.

The purpose of a snack after a game is to replace glycogen that was depleted from the muscles. The younger ages may not even need one as their games are not as intense as the older ages. However, re-hydrating with water is necessary for all.

Half-Time: Are snacks necessary?

No, because the total game time is not an endurance event exceeding 90 minutes.

Guidelines for snacks after soccer games:

100-200 calories of carbohydrate within 30 minutes of the game.

Choose a snack with high fiber, whole grains and limited added sugars.

Suggestions: (Choose one)

Fruit would be an excellent choice - 1 cup of grapes, berries or melon, a sliced apple, pear, orange or peach, a small banana , 1/4 cup cup of raisins, 1 cup of canned unsweetened fruit.

1oz of whole grain Gold Fish crackers, 7 Triscuit crackers, 18 All Bran Multi-grain crackers, 1 Pepperidge Farm 100% whole wheat mini bagel, Kelloggs Fiber Plus granola bar (120 Calories), Quaker granola bar with fiber and Omega 3 (150 calories).

4-6oz low fat or non-fat yogurt. Within 1-4 hours, player should eat a high carbohydrate meal with some protein and fat.

Hydration - Which fluid is best?

WATER IS BEST! Sports drinks can offer some benefit to activities lasting more than 60-90 minutes, or if the activity is taking place in hot, humid conditions. Aim to drink fluids on a schedule. Fruit juice and soft drinks should not be used during games. They provide 10-15% carbohydrate, and thus are very concentrated in sugar. Therefore they take longer to absorb, which could result in cramps, nausea or diarrhea. Carbonation makes one feel full and may make your throat burn.

Recommended Fluid Schedule:

When to Drink

2 hours before activity

15 minutes before activity

Every 15 minutes during activity

After activity

How Much

2 cups (and plenty with meals)

1-2 cups

1/2-1 cup

3 cups for each lb of body weight lost

(Source: Christine A Rosenbloom, ed., Sports Nutrition: A guide for Professional Working with Active People (Chicago American Dietetic Association, 2000))

Is a special meal necessary before a game?

A player should eat a healthy meal before a game, including at least 3 of the food groups. That means a whole grain or high fiber carbohydrate source, plenty of vegetables, some protein and non-fat milk 3-4 hours before a game. If they still need something a little later, try some fruit about 30 minutes before the game. But it is important to eat healthy meals almost all the time.

Carbo-loading is not advised for children. A wiser move is to eat a low-fat, high carbohydrate meal a few hours before vigorous activity.

Should milk be avoided with pre-game meals?

It is not necessary to avoid milk unless a child has a milk allergy or if it poses problems with asthma during a cold.

Acknowledgements:

Grapevine Southlake Soccer Club (GSSA)

Chelsea FC Soccer Academy

www.soccer-training-guide.com