



All Practice should start with warm-ups for 15 to 20 Minutes. Choose warm-ups from following list. Go through activities for appropriate week. After completing weekly activities end the session with Scrimmage.

Activity (warm-up) *Mini Drills – Time:15 minutes*

- Be sure to have someone demonstrate the correct way to do each drill
- Don't let each activity take more than one or 2 minutes
- Let the kids know that this is something that they can work on at home

Toe taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball.

Inside rolls – with ball in front, roll ball with sole of right foot to inside (across body) and back to center; repeat with left foot; 10 times alternating with each foot.

Inside instep rolls - with ball in front, touch ball with instep (laces) of right foot and roll up forward in front of body, stopping with sole on top of ball, then roll back to starting position; alternate with left foot; 10 times with each foot.

Outside instep rolls – with ball in front, touch ball with instep (laces, or slightly outside of foot) of right foot and roll outward from body, stopping with sole on top of ball, then roll back to starting position; 10 times with each foot.

Ball box – with ball between feet, tap ball back and forth between feet rapidly; 10 times with each foot.

Side to Side Step-On - With ball between feet, step on ball with sole of right foot and roll outward, finishing with ball on the inside of right foot, tap back to left foot; repeat with left foot; 10 times with each foot.

Pull instep push – with ball in front, pull back with right foot and tap forward with instep; repeat with left foot; 10 times alternating each foot.

Pullback – dribble the ball forward 2 or 3 times, pullback with right foot, turning toward ball and changing direction, and repeat by pulling ball back with left foot; repeat ten times with each foot.

Body Part Dribbling – Have players dribble and control balls without running into other players (Heads Up!) While dribbling, Call out body parts. The players must stop the ball with that body part.

Toe Fencing –Partner up and face each other with hands on other player's shoulders. Players try to touch partner's toes without their own being touched. (NO STOMPING!)

Ball Stretching – This is done after players have dribbled first. 1) Roll ball through legs in a figure eight (X8) 2) With one leg forward, roll ball around leg, switch legs and repeat (X10 each leg) 3) Sitting with legs straight out and together, roll ball to toes and hold for 30 seconds. 4) Still sitting, legs apart in V, roll ball along outside of one leg, around the foot, over to the other foot and around the back (X5), reverse (X5)

Over & Under – Have players pair up and stand back to back. Player one hands ball to player two over their heads and arms outstretched. Player two passes back to player one through the legs (30 seconds), reverse directions (30 seconds)

Juggling – Everyone should begin to juggle upon arrival to each practice!

“Skip Touches” - Start with the right foot in front of the left, and the ball just ahead of the leading foot. Begin by touching the ball forward with the (right) front foot which you then plant on the ground and do a little "hop" (or skip), while your (left) trailing leg comes to the front. When that (left) leg is in front, touch the ball ahead with it, then plant it down for a little "hop" (skip), and continue. Do this for several dozen skips.

“Stepover 180 turn” - Start with the ball between your feet, as it is during your "in-betweens". Put your weight on your left foot as you swing your right foot up and over the ball (**turning counter-clockwise** towards the left). Plant the right foot down on the left side of the ball and step down. (This is the "stepover" part of the move and will be used in lots of fakes and feints). Now using that right foot as a pivot, spin (**turning clockwise this time**) around with your left foot, back towards the ball. Once you have turned a 180, take the ball with your left foot and begin to move in the other direction.

“Shield Turns” - Start by dribbling forward towards a cone or mark that represents the defender. Just before reaching the mark, begin a series of sharp inside cuts with the inside of the right foot. The first cut turns you to the left, then immediately follow with another cut to be facing backwards, and immediately with another cut to end up facing to what initially was to your right. There should not be any extra steps between ball touches. The entire time the ball is shielded and multiple opportunities for lateral and trail passes are available. When done properly the dribbler can actually "shake-off" the defender and continue downfield.

“Lunges” - Start dribbling the ball forwards then abruptly lunge (take a long deep step) with your left foot, to the left of the ball. Plant your left foot hard and take the ball back to the right with the outside of the right foot, on the diagonal. Accelerate.



Lynbrook East Rockaway Soccer Club
LESSON PLAN No 1

Topic: Ball Control
 Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
|-------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1.</p> <p><i>Hurdles</i></p> | <p>You need an even number of pylons and corresponding sticks. Place two pylons at two feet apart and place the stick across the top to create a hurdle. Ensure there is enough room under the stick for the ball to roll. Put at least four hurdles in a row. Each player approaches the hurdle and must pass the ball under the hurdle, then jump the hurdle and recover the ball on the other side</p> | <p>Builds on Ball Control and Dribbling Can be used to teach a proper push pass</p> |
| <p>2.</p> <p><i>Running Bases</i></p> | <p>Set up “bases”. At least four, each 2 to 3 yards square. Split the team into two groups, the “runners” and the “taggers”. Have the taggers carry pinnies to distinguish themselves. The runners try to dribble their ball without being tagged. If they get tagged, the exchange places with the tagger. The tagger hands the pinnie to the person tagged and uses their ball to dribble. Runners are safe if they enter one of the bases. Only one player at a time can be in the base. If a new player enters then the old player must exit. Runners cannot return back to the same base they just left.</p> | <p>Variations: Play with fewer balls: can only be tagged if you have the ball. Or, if you don't have a ball (balls must be passed).</p> |
| <p>3.</p> <p><i>Protect the cone – Individual</i></p> | <p>Define a rectangular space. Each player starts with a ball and a cone. Each player must control their own ball while trying to attack and kick over other cones. Player must keep the ball under control while defending and attacking. When defending, try to block attackers by keeping your ball and body between the cone and the attacker. On attack, try to maneuver around defenders while controlling your ball to get a clear kick at their cone. If your cone is kicked over, you can set it up again after you do an exercise (sit-ups, pushups, etc.), dribbling move or juggling of the soccer ball.</p> | <p>Continues the theme of ball control while introducing attacking and defending</p> <p>Make sure players control the ball while defending and attacking.</p> <p>Watch for players who DEFEND or ATTACK more often.</p> <p>Watch and help players determine when to attack and when to leave the cone, also when to defend and stay at home around the cone.</p> <p>Help players remember to keep their body and the soccer ball between their cone and the attacker.</p> |

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| | | <p>Explosive, quick move will help attackers maneuver around defender.</p> <p>Vary the activity to include exercises like pushups, sit-ups, cartwheels and also dribbling; pull backs, stepovers, touches on ball, hopping over ball, etc</p> |
| 4. | | |
| <i>Protect the cone - Group</i> | <p>Same set up as above except divide the group into four teams. Each teams sets up three or four cones to protect on one side of the space. Each player must have a ball. Group leader can choose a group captain. Captain must organize the group; which players will defend and/or attack. On command, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.</p> | <p>Allow players to organize themselves with as little interference from group leader as possible. This will be a valuable experience for when they are playing in an organized soccer game.</p> <p>Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader.</p> <p>Watch the group dynamics and switch players so all get to work together</p> |



Lynbrook East Rockaway Soccer Club

LESSON PLAN No 2

Topic: Attack/ Defence

Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
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| 1. <i>Shadow Running</i> | Everyone has a pair. This time, one person moves around in an area while the other tries to shadow them, doing everything they do. The person can stop to stretch, change direction, pretty much whatever they want. Play for 20 seconds at a time. Progressions: Add a ball for each player. | Builds on Ball Control and Dribbling Encourages players to be creative, maybe work on moves and feints |
| 2. <i>Pairs Game</i> | Set up several small gates inside an area (one more gate than the number of pairs). The players are divided into pairs who play 1v1 to the small gates. Each pair has a ball; whoever has the ball tries to dribble through as many gates as they can. When they lose the ball the other person tries to score as many points as they can as well. Progressions: Score by dribbling through a goal. Score by dribbling through the goal and stopping the ball within two yards for your | Try to make sure everyone is with a partner of relatively the same ability The progression is good because if one player is dominating the other player will get plenty of opportunities |
| 3. <i>2v2 to multiple goals</i> | Use the same set-up as in activity two but now each pair becomes a team. Play 2v2 into the multiple goals. Progressions: A team can score by dribbling through a goal. A team can score by passing through a goal. A team can score by passing the ball through a gate to their teammate on the other side. | Have three or four small goals so their isn't a lot of congestion try to score on a goal where there is not a defender (very simple language for advanced tactical concept of playing the ball away from pressure) |
| 4. <i>Numbers Game</i> | Split the players into two teams and have them stand on opposite end lines. The game is played on a small soccer field. Assign each player a number on each end (1-5 on one side and 1-5 on the other side). Play a ball into the area and call out a number; those players must then sprint onto the field and play 1v1. Play until a goal is scored or the ball goes out of bounds. Progressions: Have more than one 1v1 game going on at the same time. Call out two numbers. Mix up the numbers. | Don't be afraid to call out more than one number at a time to have either: More than one 1v1 game going on at the same time OR A 2v2 game going on |



Lynbrook East Rockaway Soccer Club

LESSON PLAN No 3

Topic: Passing / tackle

Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
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| 1. <i>Ball Retrieving</i> | Throw / Kick each player's ball away. Call out a random number and players must retrieve the ball with that number of touches. Example: Call out the number three, the player should only touch the ball three times to get it back to you. | Builds on Ball Control and Dribbling Awareness |
| 2. <i>Kick to your partner race</i> | Divide the players into pairs with one ball per pair. Establish a starting and finish line approx. 50 yards apart. One player is the "kicker" the other is the "server". The server rolls the ball to the kicker's feet from 3 yds. Away. Kicker kicks the ball back to the server. If the server successfully catches the ball, then advance. | Try to make sure everyone is with a partner of relatively the same ability Ball will not go back unless properly struck |
| 3. <i>Matador and Bull</i> | Players' pair up or use parents / siblings. One player or parent is the "Bull" and the other is the "matador". The bulls charge the Matadors; the matadors slow down and then explode to the side. Have the Matadors also try to fake before going to the side. Bulls may need to slow done for the fake. | Try to make sure everyone is with a partner of relatively the same ability Players should try to fake out their opponent. |
| 4. | | |
| <i>Hula Hoop Game</i> | Players pair up. Place two Hoops (or some other target) 5 yards apart with a rope (line) between them. Player A has the ball and Player B cannot cross the line. Player A must put the ball stationary in either hoop while Player B's foot is not in it. | Try to make sure everyone is with a partner of relatively the same ability Players should try to fake out their opponent. |



Lynbrook East Rockaway Soccer Club

LESSON PLAN No 4

Topic: Goalie

Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
|---------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. <i>Goal Alley</i> | 10 X 15 Area Players work in pairs with one ball between them. Each player defends his/her goal line while trying to score on their opponent. Players have unlimited touches but must remain in their own side of the playing area. Hands cannot be used. Players try to block shots and control the ball to prevent the goal. Change partners after 5 minutes. As a progression add the rule that if the ball rebounds across the halfway line or out over the side line when a save is being made, possession goes to the opponent. | Builds on Defending and Shooting Awareness |
| 2. <i>Catch, throw & Save</i> | Start with one Goal Keeper and one to two crossers. Everyone else will be moving around the play area, dribbling their ball or some other activity.. Keeper tries to stop and redistribute to the crosser. Reset and go again. | If the players are having difficulty crossing the ball, have them throw-in the ball Monitor to make sure every player gets a turn Rotate the goalie and crosser Set up a few cones to give an idea on where the ball should go |
| 3. <i>Run & Shoot, Run....</i> | One Goal keeper, one passer and one shooter. 8-10 balls with passer and on whistle the passer delivers a ball from side for shooter to hit first time. Shooter than runs back around the cone shoots next ball. Continue with all balls. This is good shooting practice because often you must shoot the ball when your legs are tired or you're winded. Good for conditioning. Players switch places after shooter is done. | If the players are having difficulty crossing the ball, use a coach or have them throw-in the ball Monitor to make sure every player gets a shot on goal Rotate the shooter and crosser Set up a few cones to give an idea on where the ball should go Good for conditioning |
| 4. | | |
| <i>2 Goals back to back</i> | Place two goals back to back (or use cones) and then mark off the field so there is at least a 30x20 yard space in front of each goal. Use two goalkeepers and it's 4 vs. 4 on the field. Each team can score on either goal. The goalies are neutral and should always distribute the ball (even after goals) to the space on the left without favoring any team. Use throw-ins for any balls out of bounds. Extra players should rotate in after each goal. | Split into even teams, rotate if team cannot be made even or add a neutral player Players should be looking for a shot on goal or a pass Goalies should always be ready Add an extra ball or two for a faster pace. |



Lynbrook East Rockaway Soccer Club
LESSON PLAN No 5

Topic: dribble/ passing

Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
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| <p>1. <i>Four Corners</i></p> | <p>Four Cones in a 10 x 10 yard square. Three players (A,B & C) to form a triangle, leaving one cone open. The ball is placed at the top of the triangle (Player B). Player B has two choices to pass. The player not receiving the pass moves to open cone to form new triangle. <i>Note:</i> The player receiving the ball should receive the ball with his "Outside" or "Away" foot so that he is open to the field. In other words, if he is at cone A and receives the ball from the player at cone B he must receive the ball with his right foot - the one closest to cone D. This is a fundamental requirement that the coach must reinforce and correct. It will become much more apparent why this is important when we add defensive pressure. The easiest way to get players doing the drill properly is to tell them to pass the ball "clockwise" only from A to B to C to D to A, et. al. This allows the player to know where to pass the ball and allows the other players to know when to move to the open cone. Movement and passes become automatic. Once they get the hang of the movement tell them to reverse the passes and only pass the ball counterclockwise.</p> | <p>Correct Push Pass is a must! Passes should be crisp, with pace, and straight along the cone-lines. Passes should be made quickly without waiting for the receiving player to actually get to the cone. This teaches young players about the concept of "Passing to Space".</p> |
| <p>2. <i>Relay Race</i></p> | <p>Split into two teams. Set up two rows of cones . Players will do a relay race starting at the first cone. They will Dribble to the 2nd cone, turn and come back to first, turn, go to third, back to second, turn , then out to the last. One they reach the last, they turn back towards the line and make a pass to the next player from the second cone. Next player goes. First team finished wins!</p> | <p>Lots of running and ball control needed.</p> |
| <p>3. <i>Monkey in the Middle</i></p> | <p>Set up Circle of Cones and have players find a space on the circle. Players will start to pass the ball to either side but not across the circle. After a few successful revolutions (everyone must have a least one touch on the ball) around the circle, add the "monkey(s)", otherwise known as the defender. Now see if the players can successfully complete a revolution. Once they are comfortable with the side passes, allow a cross pass.</p> | |
| <p>4. <i>Tiger Ball</i></p> | <p>Mark off a field about 30x20 yards with two 5v5 yard squares at each end. Start with 8 players on the field, 6 players with a ball each, and 2 players as the "tigers" or defenders. On the whistle the pair of tigers work together to win a ball and place the ball in one of the collection squares. The tigers must work together and can only attack and win one ball at a time. If a dribbler loses his ball to the tigers he can attempt to regain possession until the ball is put in a collection square, then the dribbler must leave the field. If a ball goes out of bounds the coach should have 1 or 2 extra balls at his disposal and immediately throw another ball onto the field towards the player(s) who did not play the ball out. Keep track of how long it takes each tiger pair to collect all 6 balls. Rotate the "tigers" and rotate in the players on the sidelines. If you have 16 just have two groups of 8 players.</p> | <p>Tip: Before playing explain how one tiger should pressure the dribbler while the other tiger should lurk 3-8 yards behind and to the side of his partner anticipating where the dribbler might go. The first tiger wants to force the dribbler into his partner or into a mistake and the second tiger, if necessary, should pounce on the ball when that happens.</p> |



Lynbrook East Rockaway Soccer Club

LESSON PLAN No 6

Topic: Ball Control/ Defense

Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. <i>Hurdles</i> | You need an even number of pylons and corresponding sticks. Place two pylons at two feet apart and place the stick across the top to create a hurdle. Ensure there is enough room under the stick for the ball to roll. Put at least four hurdles in a row. Each player approaches the hurdle and must pass the ball under the hurdle, then jump the hurdle and recover the ball on the other side | Builds on Ball Control and Dribbling Can be used to teach a proper push pass |
| 2. <i>Gates</i> | Set up several small gates inside an area (one more gate than the number of pairs). The players are divided into pairs who play 1v1 to the small gates. Each pair has a ball; whoever has the ball tries to dribble through as many gates as they can. When they lose the ball the other person tries to score as many points as they can as well. Progressions: Score by dribbling through a goal. Score by dribbling through the goal and stopping the ball within two yards for your opponent to take. | Try to make sure everyone is with a partner of relatively the same ability The progression is good because if one player is dominating the other player will get plenty of opportunities |
| 3. <i>Hula Hoop Game</i> | Players pair up. Place two Hoops (or some other target) 5 yards apart with a rope (line) between them. Player A has the ball and Player B cannot cross the line. Player A must put the ball stationary in either hoop while Player B's foot is not in it. | Try to make sure everyone is with a partner of relatively the same ability Players should try to fake out their opponent. |
| 4. <i>Tiger Ball</i> | Mark off a field about 30x20 yards with two 5v5 yard squares at each end. Start with 8 players on the field, 6 players with a ball each, and 2 players as the "tigers" or defenders. On the whistle the pair of tigers work together to win a ball and place the ball in one of the collection squares. The tigers must work together and can only attack and win one ball at a time. If a dribbler loses his ball to the tigers he can attempt to regain possession until the ball is put in a collection square, then the dribbler must leave the field. If a ball goes out of bounds the coach should have 1 or 2 extra balls at his disposal and immediately throw another ball onto the field towards the player(s) who did not play the ball out. Keep track of how long it takes each tiger pair to collect all 6 balls. Rotate the "tigers" and rotate in the players on the sidelines. If you have 16 just have two groups of 8 players. | Tip: Before playing explain how one tiger should pressure the dribbler while the other tiger should lurk 3-8 yards behind and to the side of his partner anticipating where the dribbler might go. The first tiger wants to force the dribbler into his partner or into a mistake and the second tiger, if necessary, should pounce on the ball when that happens. |



Lynbrook East Rockaway Soccer Club

LESSON PLAN No 7

Topic: Ball Control / Attack

Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>1.</p> <p><i>Knock em Over</i></p> | <p>Players Dribble in an appropriately sized area trying to knock over as many cones as possible in the given time period.</p> <p>Can also play "Pick em Up" where they must pick up the cones as they dribble</p> | <p>Builds on Ball Control and Dribbling</p> <p>Keep heads up to find other targets</p> |
| <p>2.</p> <p><i>Cooperative Kickball</i></p> | <p>Play like regular kickball except no outs, everyone must kick before the inning is over all teammates of player that fields the ball must quickly run to form a line behind that player. The player with the ball hands ball over head to next player who hands it through the legs to the next, back to over head etc until end of line. When the end of line is reached, run to the front and yell STOP!. IF runner has not yet reached home plate then it is an out, otherwise it is a run.</p> <p>The kicker must run around and touch all the bases without stopping. The run ends with either an out or a run scored.</p> | <p>Can very so use of hands is not allowed in receiving the ball</p> <p>Can have the fielding team perform soccer skills rather than handing off the ball</p> |
| <p>3.</p> <p><i>Tree Ball</i></p> | <p>Set up a target or a series of targets. Players in pairs. Player A strikes ball towards target. Player B will strike ball toward target once it has stopped, Continue with players alternating until target is hit. Have them move to next target(s).</p> | <p>Can also have players strike the ball while it is still moving</p> |
| <p>4.</p> <p><i>Tiger Ball</i></p> | <p>Mark off a field about 30x20 yards with two 5x5 yard squares at each end. Start with 8 players on the field, 6 players with a ball each, and 2 players as the "tigers" or defenders. On the whistle the pair of tigers work together to win a ball and place the ball in one of the collection squares. The tigers must work together and can only attack and win one ball at a time. If a dribbler loses his ball to the tigers he can attempt to regain possession until the ball is put in a collection square, then the dribbler must leave the field. If a ball goes out of bounds the coach should have 1 or 2 extra balls at his disposal and immediately throw another ball onto the field towards the player(s) who did not play the ball out. Keep track of how long it takes each tiger pair to collect all 6 balls. Rotate the "tigers" and rotate in the players on the sidelines. If you have 16 just have two groups of 8 players.</p> | <p>Tip: Before playing explain how one tiger should pressure the dribbler while the other tiger should lurk 3-8 yards behind and to the side of his partner anticipating where the dribbler might go. The first tiger wants to force the dribbler into his partner or into a mistake and the second tiger, if necessary, should pounce on the ball when that happens.</p> |



Lynbrook East Rockaway Soccer Club

LESSON PLAN No 8

Topic: defense/ Attack

Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
|---------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 1. <i>Dribble Relay Race</i> | Split into two teams. Set up two rows of cones. Players will do a relay race starting at the first cone. They will Dribble to the 2nd cone, turn and come back to first, turn, go to third, back to second, turn, then out to the last. One they reach the last, they turn back towards the line and make a pass to the next player from the second cone. Next player goes. First team finished wins! | Lots of running and ball control needed. |
| 2. <i>1 V 1</i> | Each player partners up with someone of similar skill. Player A (attacker) starts with the ball and Player B (defender) must take the ball from Player A. Once Player B has the ball, player A becomes defender. If B or A is unsuccessful on defense, then switch after 20 – 30 seconds. Proceed to 1 V 2 (1 attacker v 2 defenders) after a few minutes. | Ball Control for the attacker Good Defense for defenders |
| 3. <i>Star Wars</i> | Rectangle grid about 25 x 15 yards. Each player has a ball. 3-4 players (shooters) on each long side of the rectangle. Remaining players (dribblers) at one end of rectangle with ball. On whistle, dribblers attempt to make it to the far side of rectangle grid while dodging balls from shooters. If dribbler or dribbler's ball is hit by a ball that player becomes a shooter. Repeat until one dribbler is left. | Ball Control for Dribblers Heads up to watch for balls Proper instep drive for shooters |
| 4. <i>Bulldog</i> | Place 4 cones in a rectangular shape about 20yds wide by 30-40yds long. Set the goalkeeper in the centre and 2 defenders to start. Goalkeeper is allowed to use his hands. Take all remaining players to the base of the 30-40 m line with a ball each.(for a variation 1 ball between 2-3 players). The start of the game requires that all players must dribble to the other end of the 30-40yds line at the same time, beating the goalkeeper and 2 defenders. If the ball is kicked out by the defenders or goalkeeper disowns the player of the ball they must join in the centre and become defenders. If the players manage to pass the defenders and keeper they continue to the other end. Wait until all players have completed the 30-40 yds dash with the ball and continue from the other end. This continues from end to end until there is one player left and he/she is declared the winner. Start a new game and rotate players in the centre but leave the goalkeeper in the middle at all times. | Ball Control for Dribblers Heads up to watch for keeper and defenders |



Lynbrook East Rockaway Soccer Club
LESSON PLAN No 9

Topic: Dribble
 Age: U9

| ACTIVITY | DESCRIPTION | PURPOSE/COACHING POINTS |
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| <p>1. <i>Dribble Relay Race- 2</i></p> | <p>Split into two teams. Set up two rows of cones. Players will do a relay race starting at the first cone. They will Dribble to the 1st cone, perform the task, go to third, perform the task, etc, and then out to the last. One they reach the last, they turn back towards the line using a pullback and make a pass to the next player from the second cone. Next player goes. First team finished wins!</p> | <p>Lots of running and ball control needed. Takes the warm up activities and introduces them in a game like activity.</p> |
| <p>2. <i>Running Bases</i></p> | <p>Set up “bases”. At least four, each 2 to 3 yards square. Split the team into two groups, the “runners” and the “taggers”. Have the taggers carry pinnies to distinguish themselves. The runners try to dribble their ball without being tagged. If they get tagged, the exchange places with the tagger. The tagger hands the pinnie to the person tagged and uses their ball to dribble. Runners are safe if they enter one of the bases. Only one player at a time can be in the base. If a new player enters then the old player must exit. Runners cannot return back to the same base they just left.</p> | <p>Variations: For younger players: Only one tagger Fewer bases Only one player in a base at a time For older players: More bases and taggers. 2 players allowed in each base. Play with fewer balls: can only be tagged if you have the ball. Or, if you don't have a ball (balls must be passed).</p> |
| <p>3. <i>Protect the cone – Individual</i></p> | <p>Define a rectangular space. Each player starts with a ball and a cone. Each player must control their own ball while trying to attack and kick over other cones. Player must keep the ball under control while defending and attacking. When defending, try to block attackers by keeping your ball and body between the cone and the attacker. On attack, try to maneuver around defenders while controlling your ball to get a clear kick at their cone. If your cone is kicked over, you can set it up again after you do an exercise (sit-ups, pushups, etc.), dribbling move or juggling of the soccer ball.</p> | <p>Continues the theme of ball control while introducing attacking and defending</p> <p>Make sure players control the ball while defending and attacking.</p> <p>Watch for players who DEFEND or ATTACK more often.</p> <p>Watch and help players determine when to attack and when to leave the cone, also when to defend and stay at home around the cone.</p> |

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| | | <p>Help players remember to keep their body and the soccer ball between their cone and the attacker.</p> <p>Explosive, quick move will help attackers maneuver around defender.</p> <p>Vary the activity to include exercises like pushups, sit-ups, cartwheels and also dribbling; pull backs, stepovers, touches on ball, hopping over ball, etc</p> |
| 4. | | |
| <i>Protect the cone - Group</i> | <p>Same set up as above except divide the group into four teams. Each teams sets up three or four cones to protect on one side of the space. Each player must have a ball. Group leader can choose a group captain. Captain must organize the group; which players will defend and/or attack. On command, the game begins with players defending their cones or attacking the other team's cones, while controlling their own soccer ball. When your cones are knocked down, your team can no longer attack. The team with the last standing cone is the winner.</p> | <p>Allow players to organize themselves with as little interference from group leader as possible. This will be a valuable experience for when they are playing in an organized soccer game.</p> <p>Watch which players have the most success at organizing their group. But make sure all get plenty of opportunities to be the leader.</p> <p>Watch the group dynamics and switch players so all get to work together</p> |