



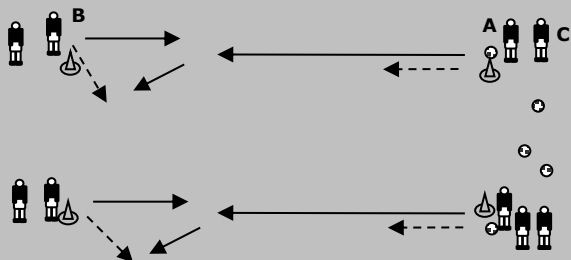
DUBLIN SOCCER LEAGUE

U13 AND OLDER ATTACKING SESSION (PATTERN PLAY)

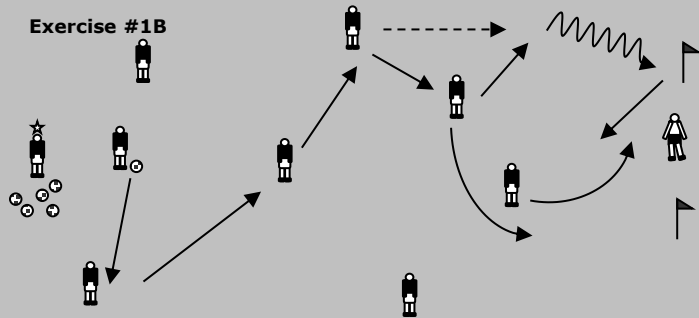
CATEGORY	TOPIC	AGE	WEEK #
Attacking	Pattern Play	U13 and Older	

Exercise #1	Organization	Coaching Points
#1A Short/Short/Long Pattern: 3-4 players per group (preferably 4), Player A plays long pass across and they follow the pass, Player B receives and plays Player A a short pass, Player A plays back at an angle (wall pass), and play a long pass across to Player C. <i>Time 10 min.</i>		Inside of the foot, toe is flexed up towards knee, planted foot is pointed towards target. Keep balls on the floor, get through the middle of the ball. Weight of pass is a factor, long pass is strong, short passes are softer. Ask players to talk about who is next to receive and start communication. As balls are played players are moving at angles to help with cleaner technique.
#1B - 8v0 Pattern Play, 3-3-2: Using $\frac{3}{4}$'s field. 8 players going to big goal. Work on various patterns, starting the ball with the center back working through the midfield, wide, ending with a cross and finish. Switch players positions to give them time in different spots. Rotate extra players in (maybe keep an extra player at the goal post to switch out with the forwards). Switch directions each time. <i>Time: 15 min.</i>		Two forwards should stay high and connected. Outside players need to stay wide. Outside backs should support play and try to get involved in attack. Wide players get to the end line before crossing the ball in. Forwards will create a near and far post run and center midfielder will end up at the top of the box. Weak side outside back should tuck in and stay at home.
Exercise #2	Organization	Coaching Points
9v4 Walk Through, 4-3-2 Formation: Nine players going to big goal, 4 players defending. When defending team wins ball, immediately play ball back to coach or 2 counter goals. Work on various patterns now with pressure. <i>Time: 20 min.</i>		Encourage players to be patient and move off the ball, play the way they face, ask the forwards to make near and far post runs in the box. When defenders win it ask them to play with each other and play it to counter goals. Technique of passing should be clean and precise.
Exercise #3	Organization	Coaching Points
7v7 Game with GK's: Open field up for space for longer passing. Free play with no restrictions. <i>Time: 15 min.</i>		Encourage players to pass and play the game. Stay engaged and active in the game. Same coaching points as above. Be a fan of the players!

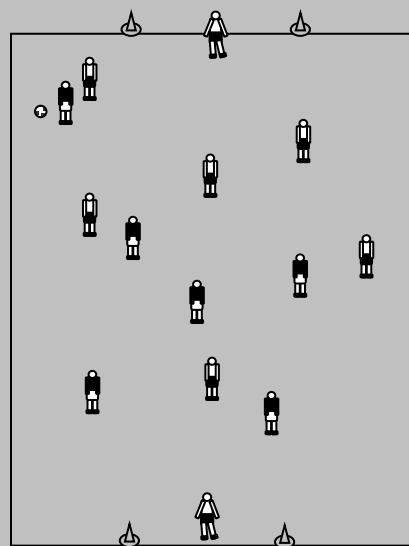
Exercise #1A



Exercise #1B



Exercise #3



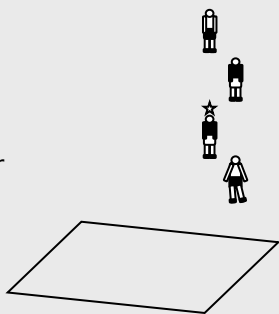
Light

Dark

Coach

Goalkeeper

Grid



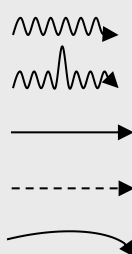
Dribbling

Dribbling with Feint

Ball Movement

Run

Cross



Priority Number

Ball

Cone

Flag

3

●

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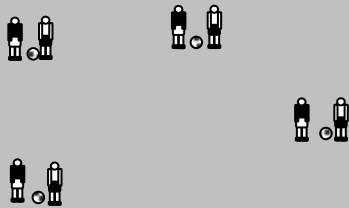


DUBLIN SOCCER LEAGUE

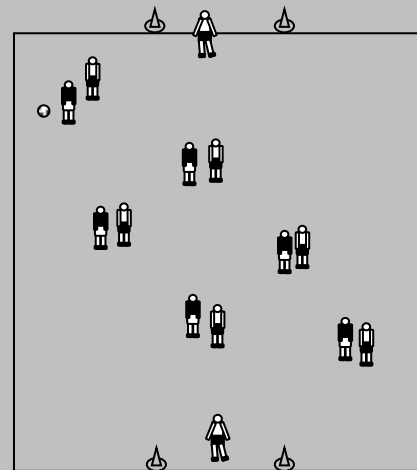
U13 AND OLDER CHALLENGING SESSION (LOCKED ANKLE TACKLE)

CATEGORY	TOPIC	AGE	WEEK #
Challenging	Locked Ankle Tackle	U13 and Older	
Exercise #1	Organization	Coaching Points	
1-2-3 Tackle: Two players with one ball. Players count to 3 and then both tackle the ball with the inside of the foot. Ball stays still, players are facing each other working on placing their planted foot next to the ball as they tackle. <i>Time: 10 min.</i>		Ask players to place their planted foot shoulder width next to the ball. Tackle foot should be a strong locked ankle with toe flexed up. The first few times keep they players only working on technique, not power yet. Repeat on both sides multiple times.	
Exercise #2	Organization	Coaching Points	
1v1 in Lanes: Line players up with 2-3 players at each end. Defender will play a ball into the attacker. The attacker tries to dribble over the end line. If defender wins it, they try and dribble over the attackers end line. Players will keep score. <i>Time: 20 min.</i>		Encourage defenders to be extremely patient and when they see a good time to win the ball do it strong with confidence. Ask players to close the attacker quick and then keep feet moving back with defender, forcing them one way. When the touch is poor from the attacker the defender will tackle strong to win the ball.	
Exercise #3/#4	Organization	Coaching Points	
1st Defender 7v7 with GK's/1v1: Match up with a player from the other team, you can only defend that player. <i>Time: 15 min.</i>		Very important for 1st defender to close down ball quickly, winning 1v1 battles, tackle when necessary.	
7v7 with GK's: Open the game up, free play. <i>Time: 15 min.</i>		Coaching is minimal. Game is fun and competitive.	

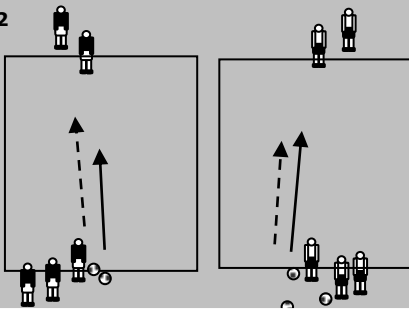
Exercise #1



Exercise #3



Exercise #2



Light



Dark



Coach



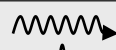
Goalkeeper



Grid



Dribbling



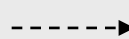
Dribbling with Feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag



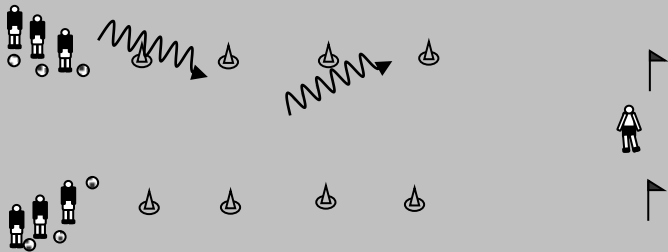


DUBLIN SOCCER LEAGUE

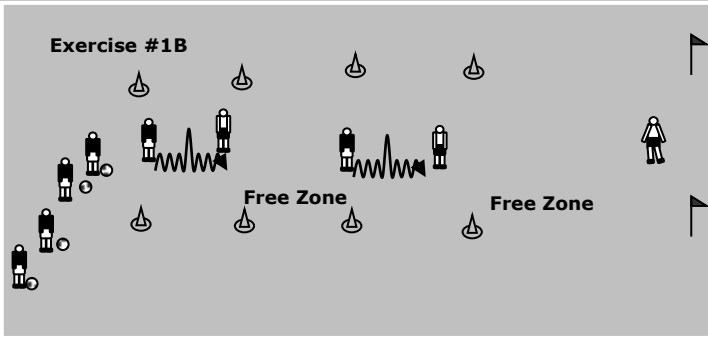
U13 AND OLDER DRIBBLING SESSION (CARRYING)

CATEGORY	TOPIC	AGE	WEEK #
Attacking	Carrying	U13 and Older	
Exercise #1 Organization #1A - Giant Slalom: Players dribble at speed through cones (already set up for Exercise #1B) approximately 8 yards apart ending with a shot on goal. Create a couple of lines to get more repetitions. <i>Time: 10 min.</i> #1B - 1v1 Fight Free: Set up two 10x10 yard grids with 5x10 yard neutral zone in between. Attackers take on one defender while defenders may not enter neutral zone. Once players break free they shoot on goal with a GK. <i>Time: 15 min.</i>		Coaching Points Look for players to be efficient with their touches. Take as few touches as possible while getting through the cones as fast as you can. Take time to stretch and keep comments to a 4:1 ratio of positive comments vs. instructional comments. Player on ball is looking beat the defender. Ask them to take the defender one way to go the other way. Penetrate with the dribble at speed to get into the free zone.	
Exercise #2 Organization 1v1 Breakaways: 1v1 exercise starts 35 yards from goal in which 2 players are facing each other. One player is designated as the attacker and the other is the defender. The defender cannot begin until the attacker touches the ball. Once touched the attacker attempts to score on the big goal. The defender chases down the attacking player. Keep exercise moving quick, coach can play next group out before the previous group is done, multiple groups can be going at once. <i>Time: 15 min.</i>		Coaching Points Attacker is looking to go straight to goal with big touches while using body to cut off the defender. Introduce toe poke for a shot. This could be used if a player must shoot quickly. Create excitement when players are successful.	
Exercise #3 Organization 7v7 with GK's: The length of the field should be to midfield to encourage dribbling. <i>Time: 20 min.</i>		Coaching Points Encourage running with the ball and going at defenders. It is important to play with head up while looking to create opportunities by dribbling. Have fun with this, become a fan!	

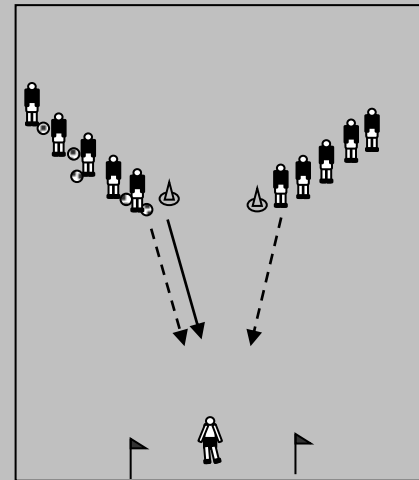
Exercise #1A



Exercise #1B



Exercise #2



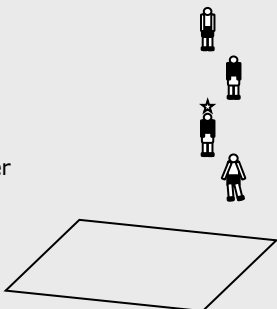
Light

Dark

Coach

Goalkeeper

Grid



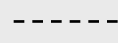
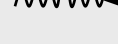
Dribbling

Dribbling with Feint

Ball Movement

Run

Cross



Priority Number

Ball

Cone

Flag



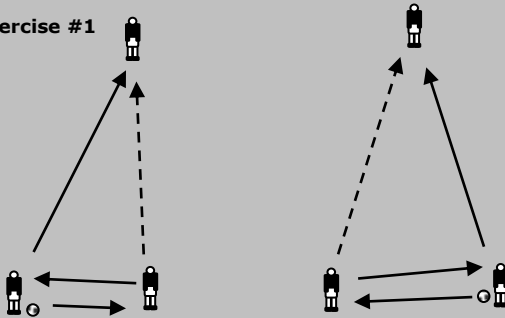


DUBLIN SOCCER LEAGUE

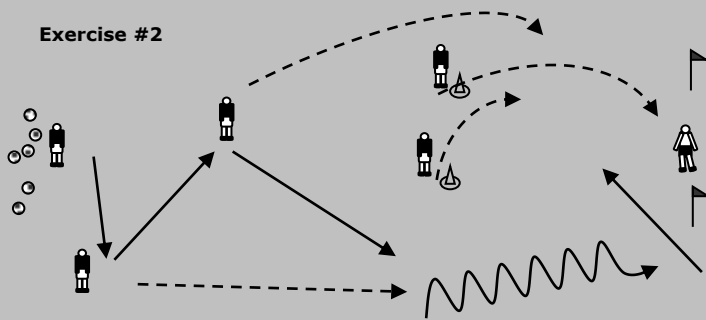
U13 AND OLDER PASSING SESSION (FUNCTIONAL PLAY)

CATEGORY	TOPIC	AGE	WEEK #
Passing	Functional Play	U13 and Older	
Exercise #1 Organization Combination Play in 3's: One ball per group. A) Two of the three players start passing one touch 10 yards apart. Third player is 30-35 yards away. When one of the players collects the ball for a two touch, the third player shows. The player who passes stays while the partner goes to support. B) Same as first but must conduct an overlap for the support run. <i>Time: 15 min.</i>		Coaching Points Passing should be sharp and done at full speed. Players should use the correct weight on the pass on one touch and then drive the long ball. Players receiving should be going to the ball. Stay 4:1 on the Positive instructional comments throughout the session.	
Exercise #2 Organization Patterns in Attacking 1/3: Center mid player plays ball wide to right midfielder. Right Midfielder plays ball to Center Midfielder who plays it back (wall pass) to Right Midfielder. Right Midfielder dribbles at speed to the end line to cross ball in to runners in the box. Center Midfielder makes far post run, farthest forward to ball makes a near post run, closest forward to ball makes a top of the box run. <i>Time: 20 min.</i>		Coaching Points Quality of pass is important. Play at game speed using sharp, decisive, movement away from "defender". This will teach the players to look and think ahead. Look for good things to say!!	
Exercise #3 Organization 7v7 Game with GK's: Free play, trying to give players opportunity to work on the above patterns under pressure. <i>Time: 25 min.</i>		Coaching Points Be very positive. Find good things in the play. Ask for some creativity. Become a fan!!	

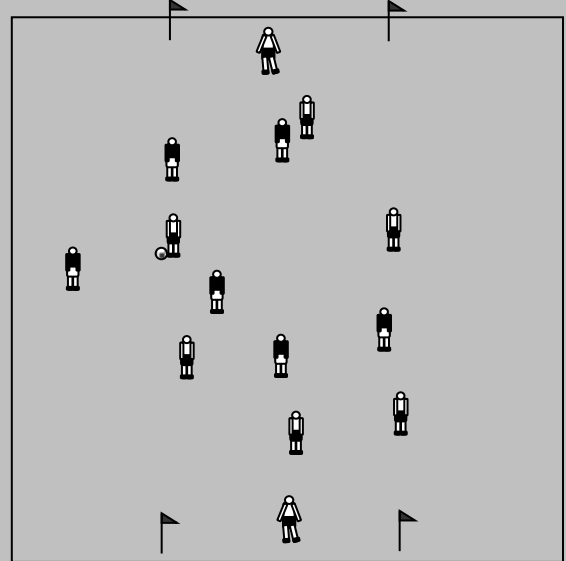
Exercise #1



Exercise #2



Exercise #3



Light



Dark



Coach



Goalkeeper



Grid



Dribbling



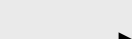
Dribbling with Feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag



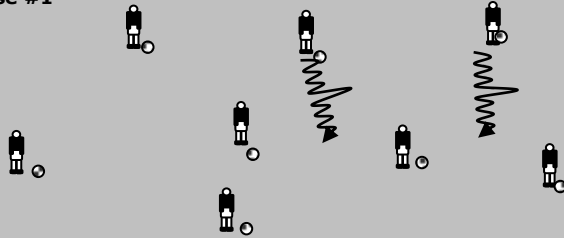


DUBLIN SOCCER LEAGUE

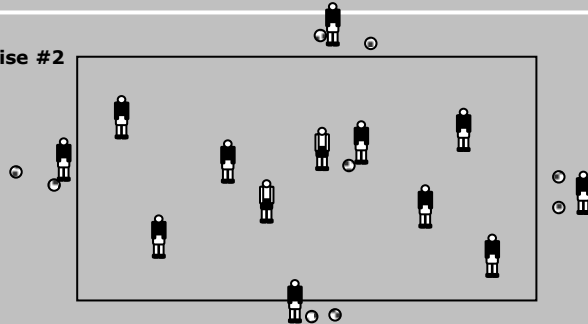
U13 AND OLDER BALL CONTROL SESSION (AIR BALLS)

CATEGORY	TOPIC	AGE	WEEK #
Ball Control	Air Balls	U13	
Exercise #1/#2 Organization		Coaching Points	
<p>Juggling: Each player has a ball to work on the following touches - Thigh/Thigh/Thigh Catch, Right Foot Catch, Left Kick Catch, Thigh/Foot/Catch, Bounce/Foot Catch. Open juggling, players are trying to keep track of their record high without the ball bouncing two times in a row. Perform these touches in an open area. <i>Time: 10 mins.</i></p> <p>Control Ball out of the Air: Each player has a ball and are doing a small toss to themselves to receive the ball down to the ground. Start with receiving with laces to a "dead" ball right in front of player. Next progression is receiving with the inside of the foot across the body, moving the ball into space. Last progression is receiving with the outside of the foot into space. <i>Time: 10 min.</i></p>		<p>Laces/Foot, tow out ankle locked. Thigh, make platform with thigh. Move feet a stay light to move to touch ball. Encourage players to know what their juggling record is and to keep trying to beat it anytime they are practicing in training or at home.</p> <p>Start with a low toss. As players get more confident challenge them to toss the ball a bit higher for the challenge. Players will be patient and let the ball drop just below the knee before they touch it. It will be a cushioned touch, timing is very important. When receiving the ball with the inside or outside of the foot, ask players to move the ball into space to one side or the other (getting the ball out from under their body).</p>	
Exercise #2 Organization		Coaching Points	
<p>7v2 Possession with 4 Bumpers: Line 4 players outside the grid, spread out with a few balls near them. Inside the grid is a 7v2 possession game. If ball goes out of bounds the ball is played in by the nearest bumper in the air for players to receive out of the air. Every few minutes switch in/out 4 players at a time. 5 consecutive passes equal 1 point. <i>Time: 20 min.</i></p>		<p>When players are receiving the ball out of the air ask them to control the ball down to the ground as quick as possible and into space. Encourage possession and a lot of moving off the ball to create time and space. Become a fan of the game. Can add a point system to create more energy.</p>	
Exercise #3 Organization		Coaching Points	
<p>6v6 Game with Small Cone Goals: Coach will play a ball in the air for all restarts. Field size is 30x40 yards. Goals are scored when a player stops the ball on the end line they are attacking. <i>Time: 20 min.</i></p>		<p>Encourage players to play under control and to be skillful with the ball. Become a fan of the game, get players excited to play.</p>	

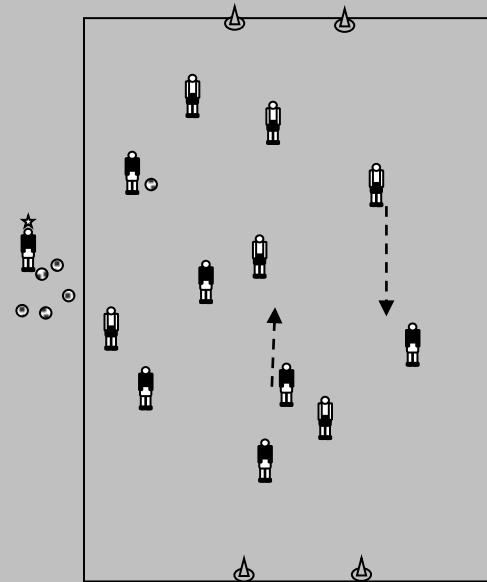
Exercise #1



Exercise #2



Exercise #3



Light



Dribbling



Priority Number



Dark



Dribbling with Feint



Ball



Coach



Ball Movement



Cone



Goalkeeper



Run



Flag



Grid



Cross



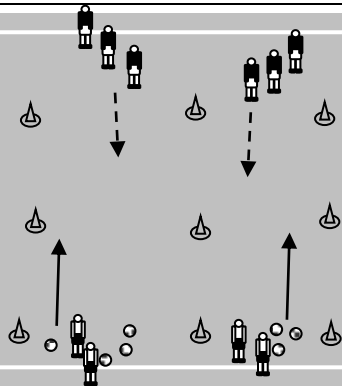


DUBLIN SOCCER LEAGUE

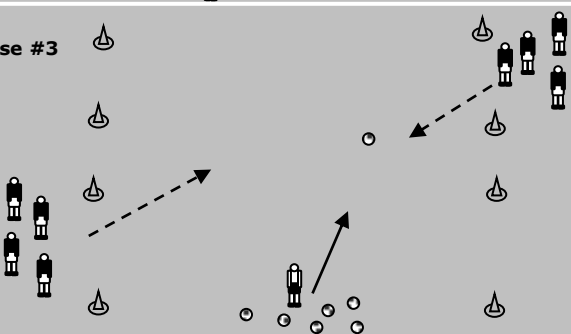
U13 AND OLDER DEFENDING SESSION (1v1)

CATEGORY	TOPIC	AGE	WEEK #
Defending	1v1	U13 and Older	
Exercise #1/#2 Organization 1v1: Players pair up with one ball in an open area. Players line up on the end line and dribble at defender. Defender approaches ball and works on keeping the attacker and ball in front of them. No tackling or winning ball at first. After a few turns then they can tackle and win a ball. A trade position after a player goes 3-4 times. <i>Time: 10 min.</i> 1v1 Line Soccer: Players play 1v1 with 1 ball in a grid. Players must dribble ball over line for a point. Players can continuously rotate through a two or three-person line on each side. Start ball in by passing across grid to waiting player. <i>Time: 15 min.</i>		Coaching Points Talk to defenders about moving feet a lot, getting low to the ground and patient but strong. Defenders should keep player and ball in front of them as they shuffle back. When it is time to tackle talk to players about being patient and then on the attackers big touch step in and win the ball. Be positive and show enthusiasm. Approach attacker under control, stop at a body's length away starting to move feet back at an angle. Patience. Tackle on mistake or long touch. Win ball and attack. Laugh and have fun with players.	
Exercise #3 Organization Numbers Game: Coach calls out a number those two players with that number come out and play 1v1 to goals. Can call out 1-3 numbers at a time to play up to 3v3. Keep the game moving fast. Multiple groups can be playing at the same time. <i>Time: 15 min.</i>		Coaching Points Encourage players to stay focused and to transition in and out quickly. Stay 4:1 on the positive to instructional comments throughout the session.	
Exercise #4 Organization 8v8 2 Balls: Use 2 balls at the same time during the game. Option to add GK's. Field size 30x40 yards. <i>Time: 20 min.</i>		Coaching Points Encourage players to dribble at players, use moves, challenge, win the ball from their opponent, and play the game. Same coaching points as above. Become a fan of the players (good job, well done, keep it up, etc.).	

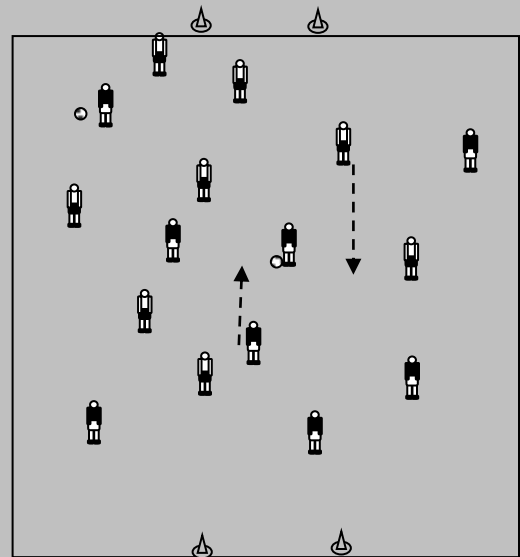
Exercise #2



Exercise #3



Exercise #4



Light



Dark



Coach



Goalkeeper



Grid



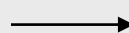
Dribbling



Dribbling with Feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag

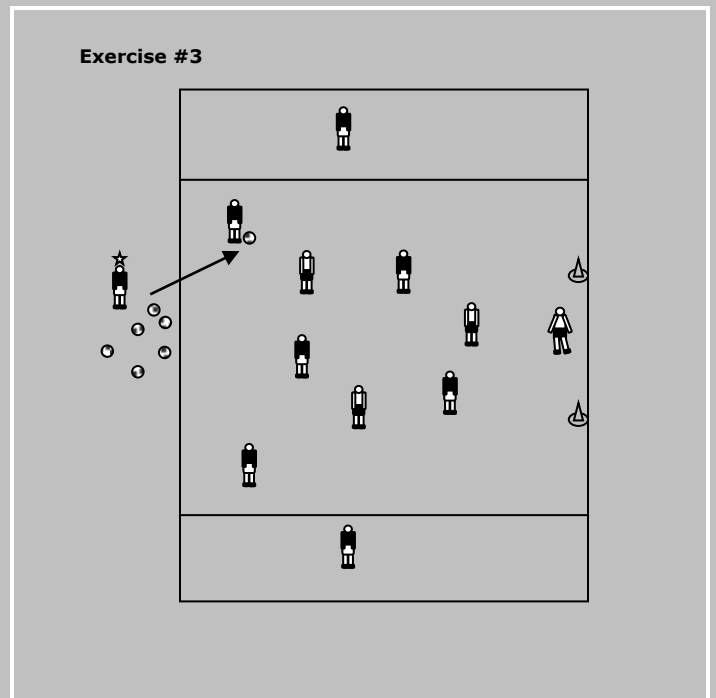
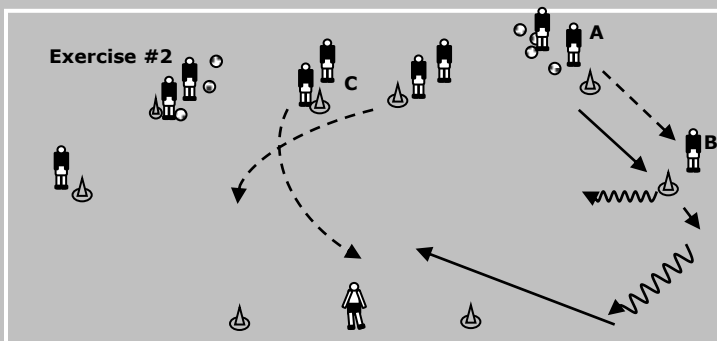
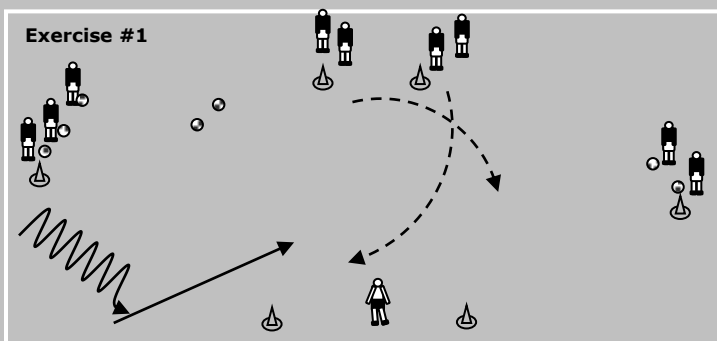




DUBLIN SOCCER LEAGUE

U13 AND OLDER FINISHING SESSION (FINISHING FROM A CROSS)

CATEGORY	TOPIC	AGE	WEEK #
Finishing	Finishing from a Cross	U13 and Older	
Exercise #1/#2 Organization		Coaching Points	
<p>#1 Dribble/Cross/Finish: Player at wide cone dribbles to end line angled towards the near post and plays ball in the middle to 2 players running in. Alternate sides each time, keep activity moving quickly. Trade positions every few minutes. <i>Time: 10 min.</i></p> <p>#2 Cross/Overlap: Players organized as shown below. Player A passes to Player B, Player A tells B to "hold" while he/she overlaps Player B. Player B passes to A and A cross's ball on the ground to Player C. Repeat on opposite side. Switch around players every few minutes. <i>Time: 15 min.</i></p>		<p>Player should dribble at "game speed" towards the end line, play the ball in as a hard pass, on the ground, angled away from the GK. Aim for PK spot, look up and pick a player running in. Players running in, don't go to early and stand. As player is dribbling to end line players in the middle can go "away" from ball and as ball is played in run to the near and far post.</p> <p>The cross is played on the ground, 6-10 yards away from goal. Player C, must run to meet the ball to shoot with the inside of foot using passing technique. Practice both sides. Have patience and allow for a few repetitions for players to pick up the pattern.</p>	
Exercise #3 Organization		Coaching Points	
<p>5v3 in the Box, with 2 Neutral Wide Players in Lanes: Wide players are neutral and get to the end line and cross the ball into the box. The 5 attackers play against 3 defenders, coach is at the top of the box with balls, extra players are gathering balls and returning them to the coach. If defenders win it, connect a pass with each other and coach. If ball goes out of box, coach plays new ball in box. <i>Time: 15 min.</i></p>		<p>Make it a competition. Shoot as much as possible. Stress the proper technique is used when shooting, side foot vs. laces. Players around the box must pay attention. Encourage runs in the box – near and far post. Ask players to work on timing the runs so they are running in while the ball is crossed (no standing and waiting in the box).</p>	
Exercise #4 Organization		Coaching Points	
<p>7v7 with GK's: Free play, encouraging players to use good technique when they shoot, dribble and pass. <i>Time: 20 min.</i></p>		<p>Coaching is minimal. Fun and competitive. Encourage going forward to score goals.</p>	

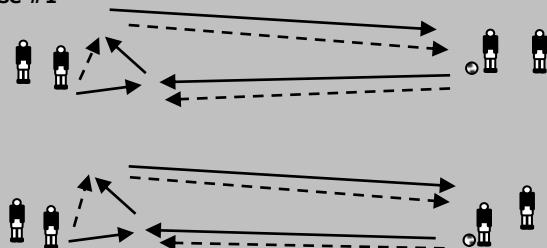


Light		Dribbling		Priority Number	
Dark		Dribbling with Feint		Ball	
Coach		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

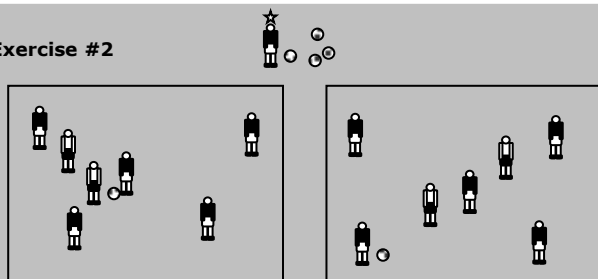
U13 AND OLDER RECEIVING SESSION (RECEIVING GROUND BALLS)

CATEGORY	TOPIC	AGE	WEEK #
Receiving	Receiving Ground Balls	U13 and Older	
Exercise #1 Organization 3's Short, Short, Long (2-touch: 2 players are close to each other while the 3rd player is 15-20 yards away. The 2 players play short, short, and then a long pass, the player who plays long, supports the 3rd and repeat. <i>Time: 20 min.</i>		Coaching Points Encourage the pace of the pass to be appropriate, accuracy-play to correct foot, ask players to use the inside of foot to receive the ball. First touch should be at an angle forward. Ask players to communicate with each other to help the pattern along. Stay 4:1 on the positive to instructional comments throughout the session.	
Exercise #2 Organization 5v2 Possession: 20x15 yard grid (open grid up for more success if players are struggling). Make a few grids to include all players including GK's. 5 attackers play keep away from 2 defenders. <i>Time: 20 min.</i>		Coaching Points First touch moves ball away from pressure. Let the pressure dictate where the ball is played. Encourage players off the ball to move for support. Ask players to become more deceptive in their pass. Find positive comments.	
Exercise #3 Organization 8v8 Hockey Style: Can play behind the goals, only score through the face. <i>Time: 20 min.</i>		Coaching Points Coach through the run of play, emphasize first touch away from pressure. Allow players to have some fun. Encourage creativity, become a fan!	

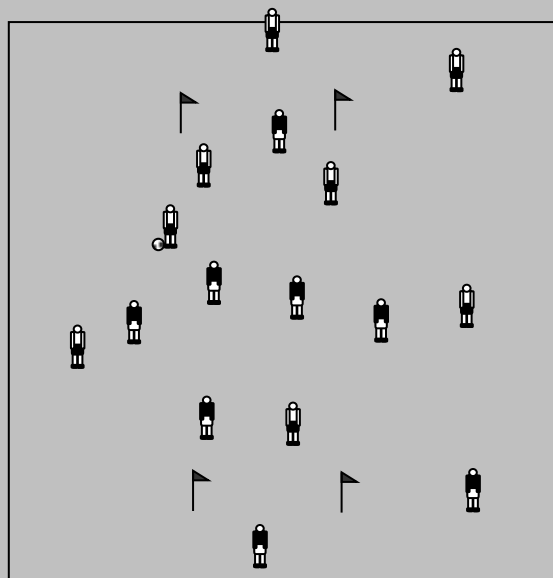
Exercise #1



Exercise #2



Exercise #3



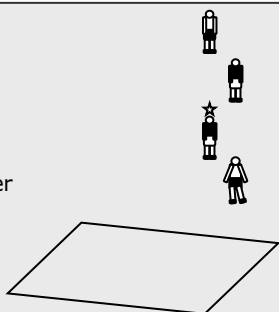
Light

Dark

Coach

Goalkeeper

Grid



Dribbling

Dribbling with Feint

Ball Movement

Run

Cross



Priority Number

Ball

Cone

Flag

