



TECHNICAL PROGRAM

YOUTH LEAGUE

DIVISION III

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Date:

Hour:

Place:

Topic: Session 1 - Passing and support

Warm up: (20 min)

- Have the players passing and moving (Unlimited touches, 2 touches and 1 touch)
- Yellows only passing with yellows and blues with blues
- Dynamic stretching

Exercise: (30 min) – see image

Emphasis:

Sharp touches, laying balls off, communication.

Set-up:

Four cones are positioned as shown approximately 15 yards apart.
4 players are assigned to each cone.

Objective:

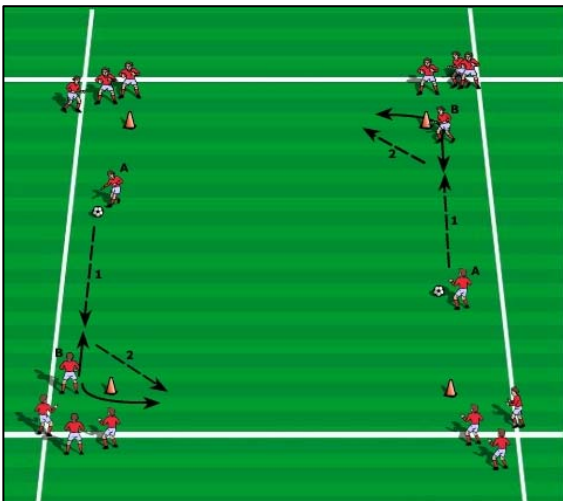
Player (A) starts with the ball. Play is in a counter-clockwise direction. The ball is passed (1) to player (B) who is checking towards player (A). Player (B) must lay the ball off to (A) before spinning back around the cone for a return pass (2) from (A). Player (B) then one-touches the ball to the next player at the next cone. Sequence is repeated for a designated period of time. Each player advances one cone after each pass. Two balls are in motion at all times.

Progression:

Work in a clockwise direction to ensure the use of both feet.

Coaching Points:

Try to find a rhythm with the sequence – sharp lay-offs to encourage teammate to come forward.
Accuracy of passing and quality of touches.
Communication at all times.



Small-sided game: (20 min)

Emphasizes on passing and ball possession.

-10 passes = 1 point

- Progress with 2 Goalkeepers

Cool down: (10 min)

Light jogging and static stretching



Date:

Hour:

Place:

Topic: Session 2 - Ball possession under pressure

Warm up: (20 min)

- Have the players passing and moving (Unlimited touches, 2 touches and 1 touch)
- Dynamic stretching

Exercise: (30 min) – see image

Emphasis:

Possession under intense pressure. Will also aid in developing a greater anaerobic capacity

Set-up:

30 x 30 yard grid. 18 players split into 3 teams of 6 players. 12 players (red and yellow teams) start inside the grid with one ball. The remaining 6 players (green team) spread around the perimeter of the grid. The teams are arranged in a 6v6 format. Seven gates are created using cones placed approximately 1 yard apart.

Objective:

Both teams must play man-to-man defending. Teams must maintain possession of the ball through sharp passing and constant movement. Points are awarded for successfully passing the ball to a teammate through any of the gates. Points are also awarded for 5 consecutive passes by either team. Players outside the grid (green) can be utilized but are limited to one touch. The defensive team must attempt to put as much pressure as possible on the team in possession to encourage a high tempo. Play is continuous for 3 minutes. Losing team must run around the perimeter of the grid for 60 seconds – all out. They then position themselves around the perimeter of the grid for the next game. Winner stays on – Losing team runs.

Progression:

- Two-touch restriction for all players.
- Players can also score by dribbling through the gates.
- Reduce the size of the playing area.

Coaching Points:

- Passing must be sharp and accurate – keep the ball moving.
- Players must offer good angles and distance of support to receive passes.
- Constant movement to find and exploit the available space.
- Go for the penetrating pass at the earliest opportunity.
- Defensive team should apply high pressure defending at all times.

Small-sided game: (20 min)

- Emphasizes on passing and ball possession.
- 10 passes = 1 point
- Progress with 2 Goalkeepers

Cool down: (10 min)

Light jogging and static stretching





Date:

Hour:

Place:

Topic: Session 3- Support play

Warm up: (15 min)

- Aerobic warm up and short passing (in pairs)
- Dynamic stretching

Exercise: (30 min) – see image

Organization:

Area: 30m x 20m

Players: 4 Attackers (X), 2 Defenders (O), 2 Targets (T)

Practice:

T1 plays the ball into any member of team X.

Team X combine, through good passing and support, in order to pass the ball to T2.

T2 then plays into team X and they now combine to pass the ball to T1.

The practice can be conditioned in order to achieve improved performance.

Ball played below head height

Team X cannot pass the ball back to either target player

Off-side applies in the last two squares at either end

Other conditions can be added depending on the competence of the players.

Team X must play two - touch

Team X must play one - touch

Team X have no restrictions in their play

Key Points

Assess the angle and distance of the support positions offered by Team X.

Assess the awareness of X players with regard to;

Team mates and Opposition

Targets Assess the accuracy, timing and weight of pass.

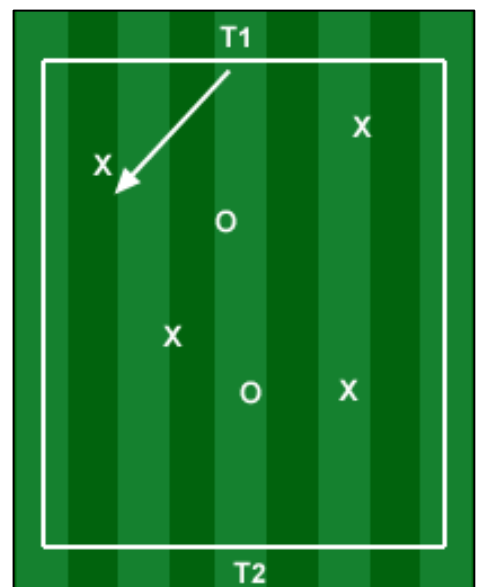
Small-sided game: (20 min)

Game played with two Goalkeeper

Emphasize on the supporting players

Cool down: (10 min)

Light jogging and static stretching





Date:

Hour:

Place:

Topic: Session 4 – Running with the ball

Warm up: (20 min)

- All players in a 40X40 yard. One ball per player. (different moves while they run with the ball)
- Dynamic stretching

Exercise: (30 min) – see image

Organization:

Grid 20 x 30 yards

6 players per grid, each with a ball.

Key Points:

Technique of running with the ball

Position of the ball.

Part of the foot in contact with the ball.

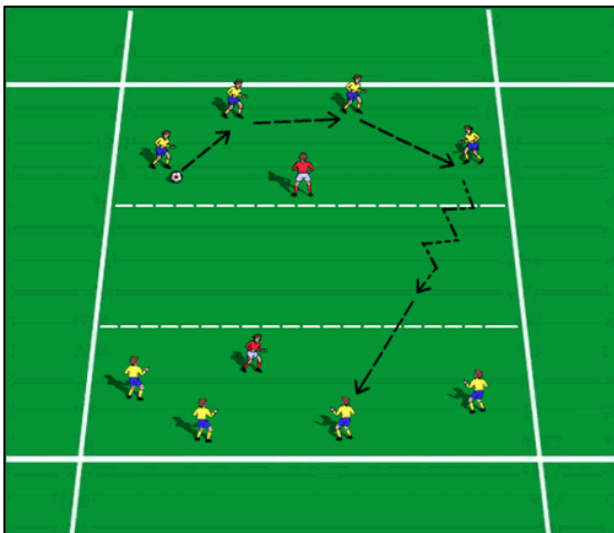
As fewer touches as possible – avoids breaking running stride.

Cover ground as quickly as possible.

Set up a grid 40 x 20 yards, as shown in, and introduce a passive defender to put pressure on the ball.

After 3 passes the player can then move to the opposite end zone creating a 4v1 situation.

Defender is then allowed to tackle and if needs be, another defender can be introduced creating a 4v2 scenario.



Small-sided game: (20 min)

Emphasizes on running with the ball

- Start playing with end zones
- Progress with 2 Goalkeepers

Cool down: (10 min)

Light jogging and static stretching



Date:

Hour:

Place:

Topic: Session 5 – Defensive and offensive heading

Warm up: (20 min)

- Two teams, playing with their hands (10 passes = 1point). Afterwards add 2 goals. Players continue playing with their hands, but could only score with their heads.
- Dynamic stretching

Exercise: (30 min) – see image

(A1) has possession of the ball in the right flank attacking towards (D4)

(A2) tries to assist by making a 2 v 1 situation against (D4) so as to work an opening for a cross from the right into the danger area

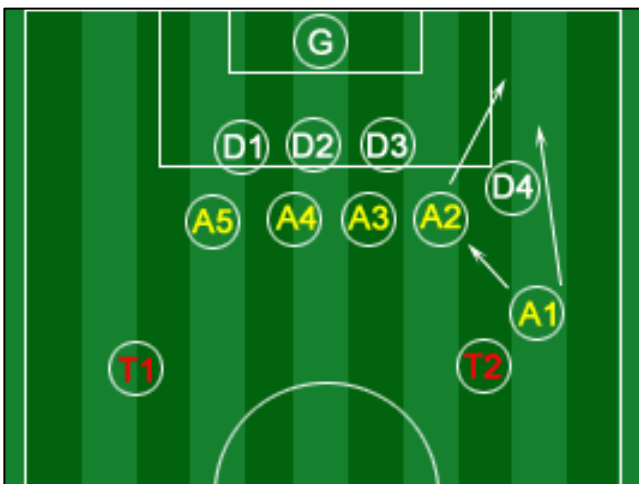
It is then up to (A3), (A4) and (A5) to move towards the six yard box to try and get a header at goal, with (D1), (D2) and (D3) at the same time working to stay goal-side of the attackers and then get in a defense (clearing) header when (A1) or (A2) crosses the ball.

THE QUALITY OF CROSS BALL IS ESSENTIAL, AND COACHES SHOULD ENSURE THAT THE CENTRES FROM THE FLANK ARE "HUNG UP" SO THAT THERE IS GENUINE COMPETITION FOR THE BALL BETWEEN ATTACKERS AND DEFENDERS.

If defenders when the ball, they pass-it to the coach

Coaching points

1. Watch the ball
2. Keep eyes open
3. Head the ball on the forehead
4. Aim for the middle of the ball This practice can be done on your own by heading the ball against the wall.



Small-sided game: (20 min)

Emphasizes on offensive headers

- Start with 2 targets on the side. Goal could only come from a cross and header.
- Play normal. Goal coming from a cross and header = 2 points

Cool down: (10 min)

Light jogging and static stretching

Date:

Hour:

Place:

Topic: Session 6 - Defending – 3 VS 3



Warm up: (20 min)

- Have the players passing and moving (Unlimited touches, 2 touches and 1 touch)
- Dynamic stretching

Exercise: (30 min) – see image

Organisation:

Grid 50 x 40/50 yards.

Two teams consisting of 3 players.

Practice:

A server puts a ball into play and the blue team must defend the goal.

Once the ball is out of play (*out of bounds* or *defenders have possession of the ball*), the server puts another ball in play.

Key Points:

Defensive player must pressure the ball.

The defensive player must assess the attacker's first touch.

The defender must be positioned side on to the attacker.

Important for the defender to be patient.

If the defender is beaten he must make a recovery run (straight line).

Covering defenders must take up suitable positions

Communication.

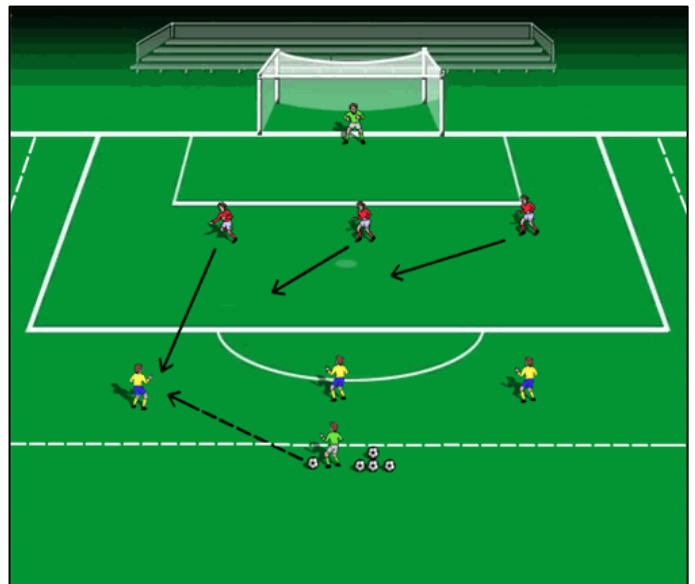
Small-sided game: (20 min)

Emphasizes on the 1st, 2nd and 3rd defender (roles and responsibilities)

- Play with 2 Goalkeepers

Cool down: (10 min)

Light jogging and static stretching





Date:

Hour:

Place:

Topic: Session 7 - Attacking – 3 VS 3

Warm up: (15 min)

- Aerobic warm up and short passing (in pairs)
- Dynamic stretching

Exercise: (30 min) – see image

Organization:

- Grid 50 x 40/50 yards.
- Two teams consisting of 3 players.

Practice:

1. A server puts a ball into play and the red team must attack the goal.
2. Once the ball is out of play (out of bounds or defenders have possession of the ball), the server puts another ball in play.

Key Points:

1. Angles of support - Create Space
2. Body in line.
3. Good first touch.
4. Communication.
5. Observation – Head up.
6. Techniques – Dribbling, Over-lap, Dummy Runs, Cross-over.



Small-sided game: (20 min)

Emphasizes on the 3 players attacking

- Play with 2 Goalkeepers

Cool down: (10 min)

Light jogging and static stretching



Date:

Hour:

Place:

Topic: Session 8 - Short and long passing

Warm up: (20 min)

- Groups of 3 (1 ball per group). Start passing the ball between each other (start short and after long)
- Dynamic stretching

Exercise: (25 min) – see image

Emphasis:

Correct mechanics of the inside of the foot pass over varying distances

Set-up:

10 x 20 yard grid.

Three players per grid with one ball.

Two players (A,B) are positioned at opposite ends of the grid.

Player (C) is positioned in the middle of the grid as shown.

Objective:

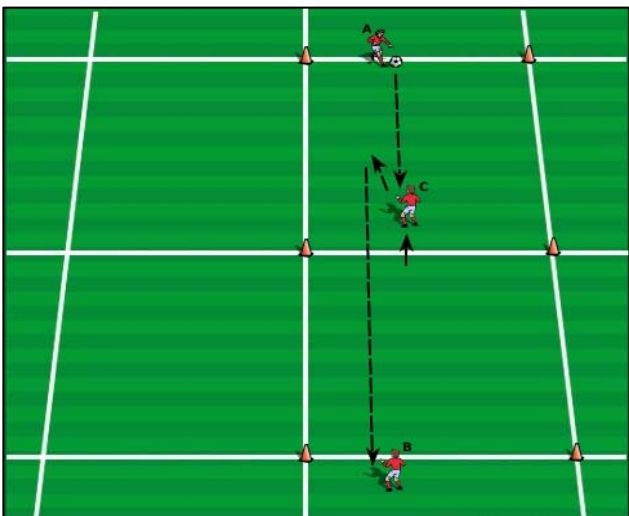
Player (A) passes the ball to (C). (C) lays the ball back to oncoming (A). Player (A) plays the ball to (B) at the opposite end of the grid. Player (B) passes the ball back to (A) for the sequence to be repeated in the opposite direction. The middle player constantly changes. The sequence continues for a designated period of time or for a predetermined number of reps.

Progression:

(1) One-touch restriction for all players.

Coaching Points:

- Passing must be sharp and accurate.
- The weight of the pass must be appropriate.
- The lay-off must encourage your teammate to come forward on to the ball.



Small-sided game: (20 min)

Emphasizes on short and long passing

-10 passes = 1 point

- Progress with 2 Goalkeepers

Cool down: (10 min)

Light jogging and static stretching



Date:

Hour:

Place:

Topic: Session 9 – Attacking headers

Warm up: (20 min)

- Two teams, playing with their hands (10 passes = 1point). Afterwards add 2 goals. Players continue playing with their hands, but could only score with their heads.
- Dynamic stretching

Exercise: (30 min) – see image

Players line up as shown, Goalkeeper, 3 attackers and 1 server (S)

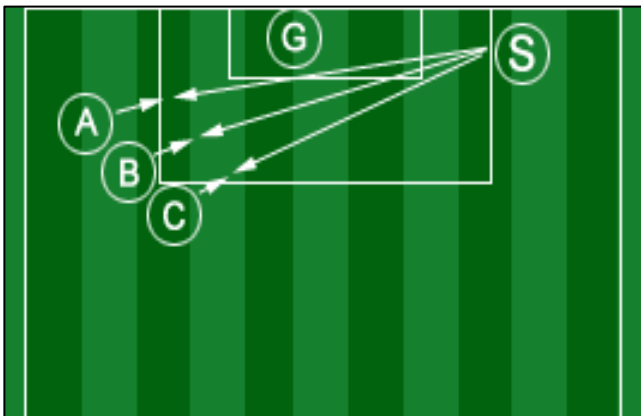
(S) serves from near to the touchline, all 3 attackers A, B & C all trying to get a header at goal.

The height delivery and speed of service will decide which one of the 3 gets the header at goal, but the players should call out to each other as the cross comes in so as to avoid confusion.

But no matter who gets in the header - there has to be a direct head at goal to try and score. So if it is a low cross then a diving header would be called for as in diagram 2).

Coaching points

1. Watch the ball
2. Keep eyes open
3. Head the ball on the forehead
4. Aim for the middle of the ball This practice can be done on your own by heading the ball against the wall.



Small-sided game: (20 min)

Emphasizes on offensive headers

- Start with 2 targets on the side. Goal could only come from a cross and header.
- Play normal. Goal coming from a cross and header = 2 points

Cool down: (10 min)

Light jogging and static stretching



Date:

Hour:

Place:

Topic: Session 10 - Passing and support

Warm up: (20 min)

- Have the players passing and moving (Unlimited touches, 2 touches and 1 touch)
- Yellows only passing with yellows and blues with blues
- Dynamic stretching

Exercise: (30 min) – see image

Emphasis:

Passing the ball forward to a target and traveling to support the play

Set-up:

40 x 40 yard grid. 12 players. Two teams of 4 players are positioned inside the grid. The remaining four players are split into two groups of two and positioned at opposite ends of the grid to act as targets. The grid is divided into two by a halfway line of cones.

Objective:

Both teams begin in one half of the grid. Both teams compete for possession of the ball. The possession game is restricted to one half of the grid until the ball is played to a target at the opposite end. Players must attempt to quickly pass the ball *in the air* to a target at the *opposite* end of the grid. In the above diagram player (A) passed to player (B). Player (B) passed to player (C) who has played the ball forward to one of the opposite target players. After switching the ball both teams must travel into the other half of the grid and continue with the possession game. The target players are restricted to two touches and must pass to whichever team passed to them. Points are awarded for a successful pass to a target player from the opposite half of the grid. Rotate the teams after a designated period of time.

Progressions:

Target players limited to one touch to encourage the supporting players to support quickly.

Two touch restriction on all other players.

Coaching Points:

Sharp accurate passing – keep the ball moving.

Pass the ball until an opportunity to play forward arises.

Play forward early and often.

Communication between players is vital.

Small-sided game: (20 min)

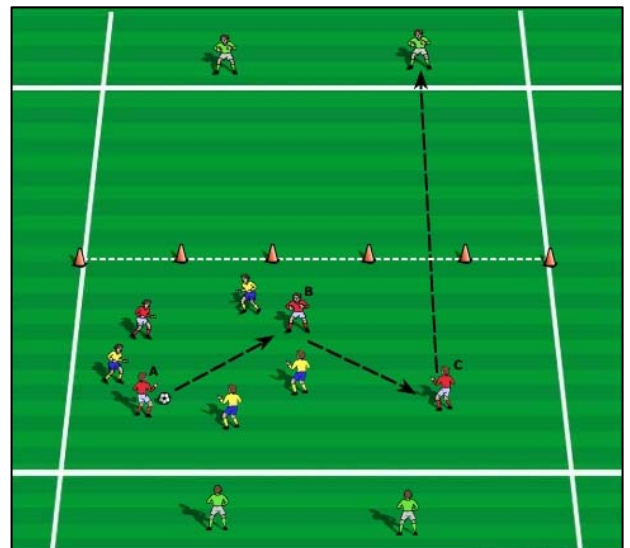
Emphasizes on passing and ball possession.

-10 passes = 1 point

- Progress with 2 Goalkeepers

Cool down: (10 min)

Light jogging and static stretching





Date:

Hour:

Place:

Topic: Session 11 - Passing and support

Warm up: (20 min)

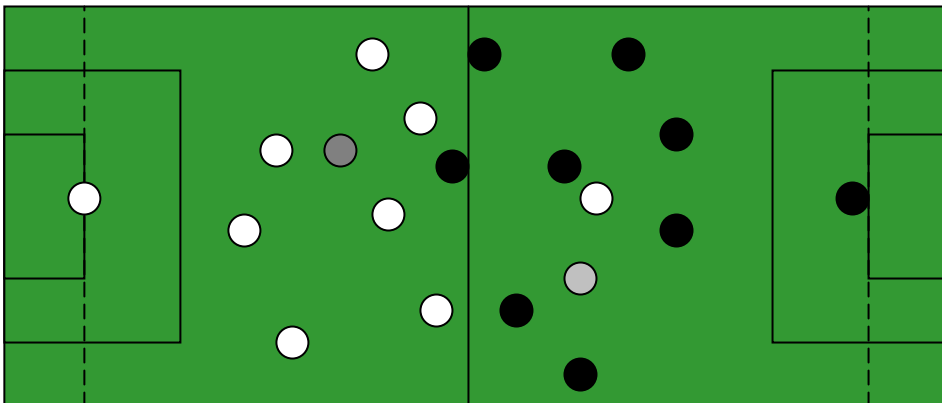
- Aerobic warm up and short passing (in pairs)
- Dynamic stretching

Exercise: (3 X 20 min)

Emphasis:

Ball possession

Set-up: 8 VS 8 + 2 Goalkeepers and 2 jokers (playing the 4-3-1)



Objective:

Teach the team when and how to keep the ball. First option is to play forward, but with success!

Progression:

Play 2 touches and progress to unlimited touches

Play 10 VS 10 and take the jokers out.

Coaching Points:

Sharp accurate passing – keep the ball moving.

Pass the ball until an opportunity to play forward arises.

Play forward early and often.

Communication between players is vital.

Cool down: (10 min)

Light jogging and static stretching

Date: October 3rd 2006

Hour: 14H00 – 15H30

Place: Soccerplexe Catalogna

Topic: Session 12 - Crossing and finishing



Warm up: (20 min)

- Have the players passing and moving (Unlimited touches, 2 touches and 1 touch)
- Yellows only passing with yellows and blues with blues
- Dynamic stretching

Exercise: (30 min) – see image

Set-up:

Server (1) stands inside the center circle with a supply of balls. Servers (2) and (3) are positioned 30 yards from goal and ten yards in from the sideline. Player (4) starts close to server (3) and player (5) starts 30 yards out even with the corner of the six-yard box as shown. Start going from the right side, and after from the left side.

Objective:

Server (1) drives the ball into server (2). Server (2) plays a one-two pass with Server (3) who is checking back to the ball. Server (3) slots the ball down the line for server (2). Server (2) makes his run down the outside channel and crosses into the box. Players (4) and (5) time their runs to the near and far post. Players must attempt to finish with one touch. Rotate the servers and attackers to avoid fatigue.

Progressions:

Can only finish with a header.

Add recovering defenders that start at the same location as players (4,5).

Coaching Points:

Attack the ball in the air – don't wait for it to drop.

Timing and angle of runs into the box – try to cover the front and back posts.

All crosses must be hit with pace.

Buildup play must be one-touch.

Small-sided game: (20 min)

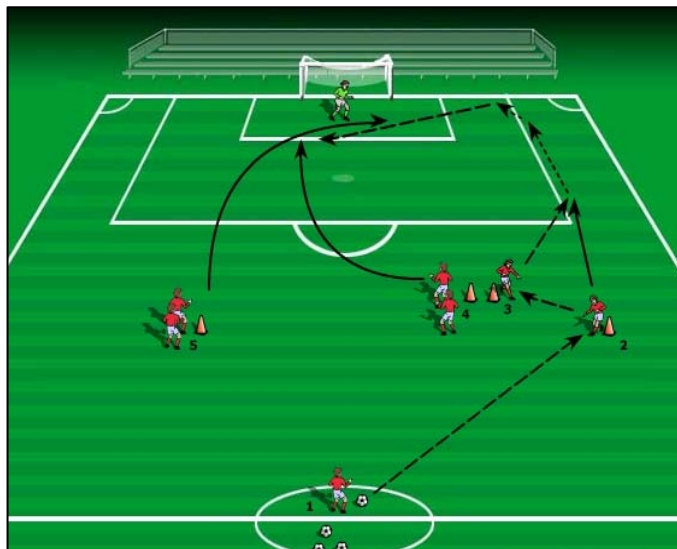
Emphasizes on crossing and finishing

- Start with 2 targets on the side. Defenders are not allowed to get in target zone.

- Play normal. Goal coming from a cross = 2 points

Cool down: (10 min)

Light jogging and static stretching





TECHNICAL STAFF CONTACTS

JOHN LIMNIATIS

Phone: 514 631 5603 (#223)

e-mail: jlimniatis@soccerlsl.qc.ca

MARC DOS SANTOS

Phone: 514 631 5603 (#222)

e-mail: mdossantos@soccerlsl.qc.ca

ANDREW OLIVIERI

Phone: 514 631 5603 (#227)

e-mail: aolivieri@soccerlsl.qc.ca