

Session : Oceanside Coaching Development Session One

Description : Oceanside Coaching Development Session One

Notes :

1 - Warm-Up

Duration:

Explanation

Organization: come from alternating lines, split
Movements: * Jogging * Knees up, heels up * Side to side * Cross overs * Headers etc.

Objectives

General warm-up, different types of running in square



2 - Dribbling Warm Up

Duration:

Explanation

* 15x15- 30x30 area (field size varies with group size/age)

* Players spread out in area with a ball each

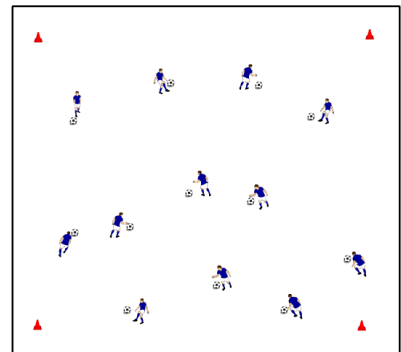
* Players dribble around the area in different directions

Coaching Points

* Keep the ball close and under control

* Look to get to open spaces on the field

* All turns, feints, skills performed accurately and quickly



3 - Passing in Pairs

Duration:

Explanation

* one-touch to control the ball out in front of the passing foot
* focus on a quality strike when driving or chipping the ball back to your partner
* distance will vary between ages and skill level

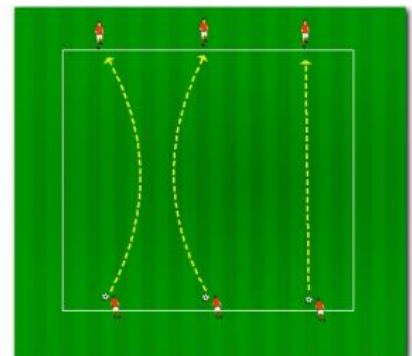
Coaching Points

* concentrate on the placement of the plantfoot

* keep the head down with the eyes on the ball

* concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass

* concentrate on the feeling of the ball when it strikes the foot



4 - Six vs Two Possession

Duration:

Explanation

* initiate drill with service from the coach outside the area

* defensive pressure is applied as soon as the team receiving the ball has taken their first touch

* passing and movement off the ball to achieve target for team in possession of the ball

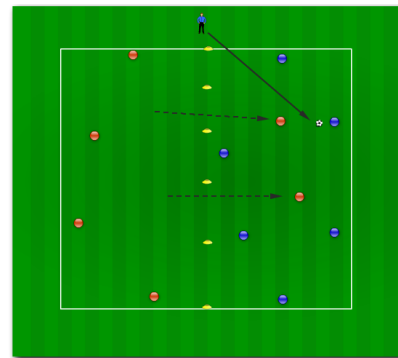
* high level of intensity and work from the two defenders attempting to regain the ball

Coaching Points

* quality first touch

* communication

* width and depth



5 - 4v4 Game

Duration:

Explanation

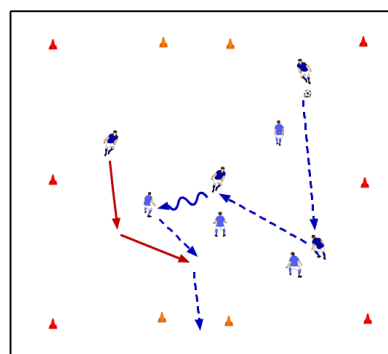
* Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide

* Players play 4v4 with no goalkeeper

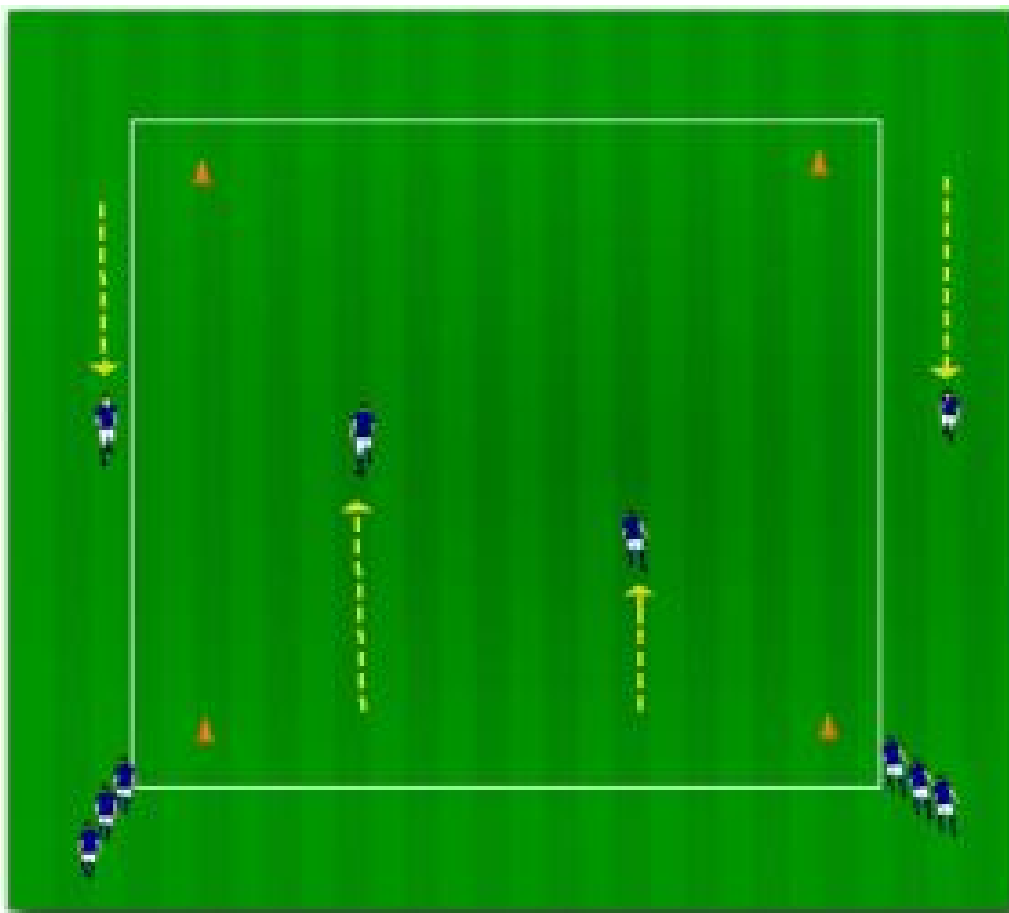
* Normal SSG rules

Coaching Points

Diamond Shape
Support, overlap, inside penetration



Activity : Warm-Up



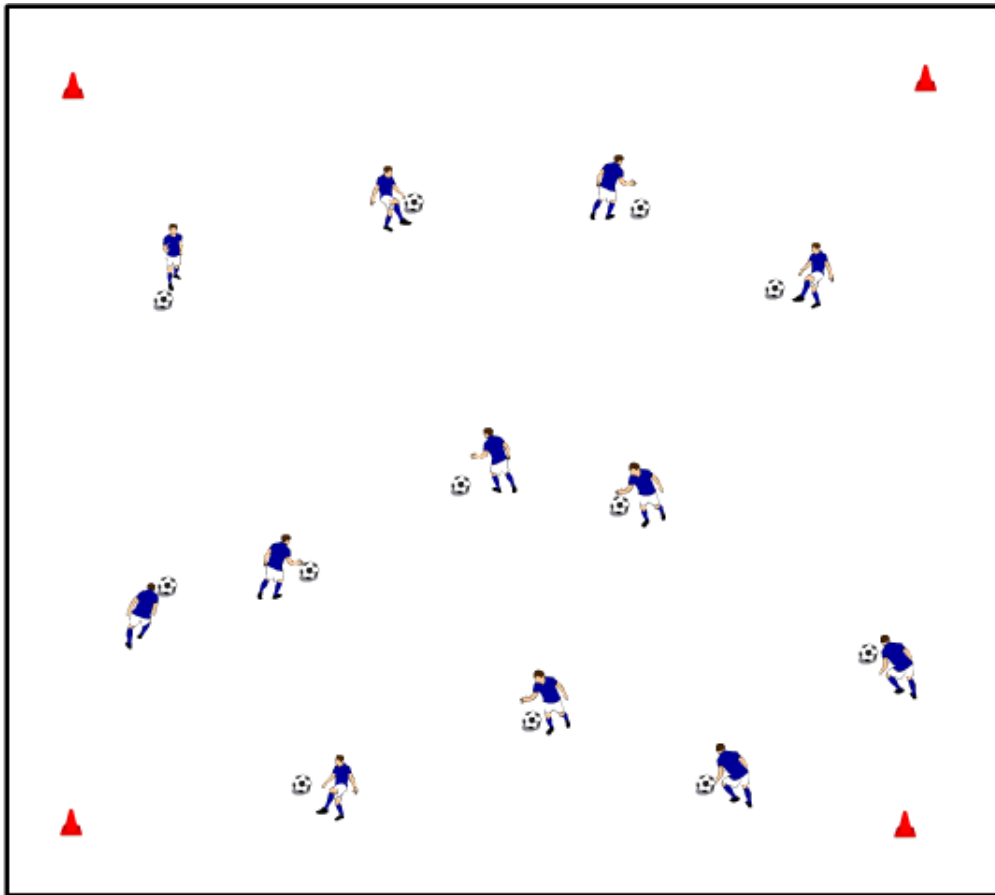
Objectives

General warm-up, different types of running in square

Explanation

Organization: come from alternating lines, split Movements: * Jogging * Knees up, heels up * Side to side * Cross overs * Headers etc.

Activity : Dribbling Warm Up



Explanation

- * 15x15- 30x30 area (field size varies with group size/age)
- * Players spread out in area with a ball each
- * Players dribble around the area in different directions

Coaching Points

- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly

Progression

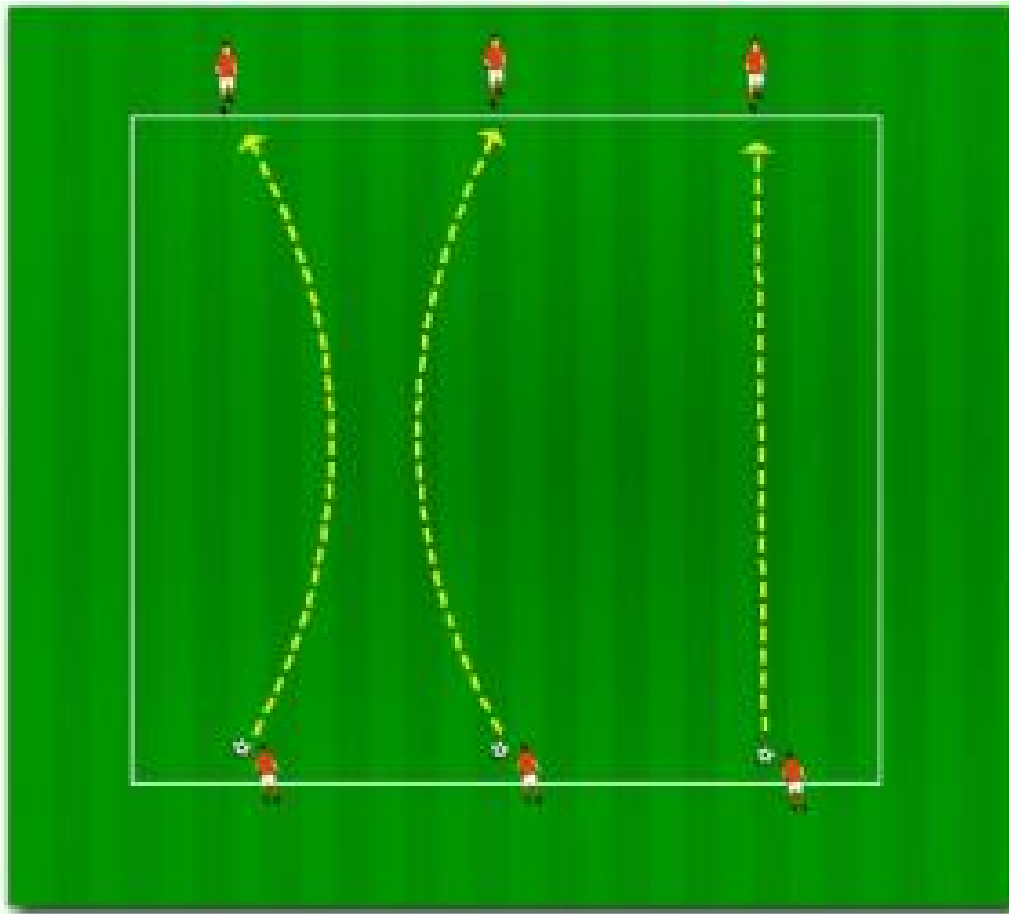
Add different skills to the session such as:

- * 'Freeze' - player stops the ball
- * 'Turn' - player pulls ball back and turns
- * 'Scissors'
- * 'Tic-Tocs' - player stops and taps ball between insteps of both feet as quickly as possible
- * 'Toe Taps' - player stops the ball and touches the top of the ball with toes in an alternating jumping motion

* 'Circle' - player dribbles in a tight circle with outside of foot

* Add a variety of feints/skills

Activity : Passing in Pairs



Objectives

- * Increased repetition ball striking between partners
- * concentrate on ball striking technique, accuracy and control
- * variation in service: driven pass, chipped pass

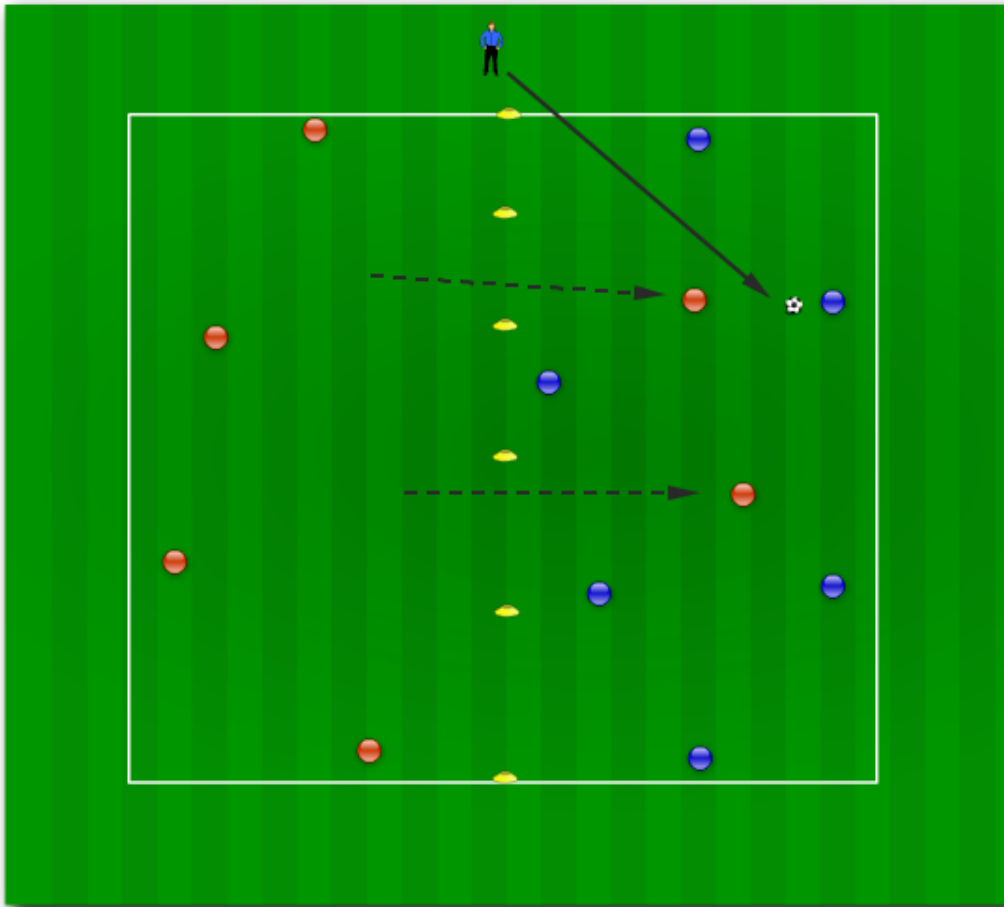
Explanation

- * one-touch to control the ball out in front of the passing foot
- * focus on a quality strike when driving or chipping the ball back to your partner
- * distance will vary between ages and skill level

Coaching Points

- * concentrate on the placement of the plantfoot
- * keep the head down with the eyes on the ball
- * concentrate on which part of the ball you will strike and which part of the foot you will use to make the pass
- * concentrate on the feeling of the ball when it strikes the foot

Activity : Six vs Two Possesion



Objectives

- * two teams with six players in each grid
- * each team must pass the ball 4 times without allowing the defenders to win the ball and then play across into the opponents side of the area to score one point
- * defensive pressure comes in pairs

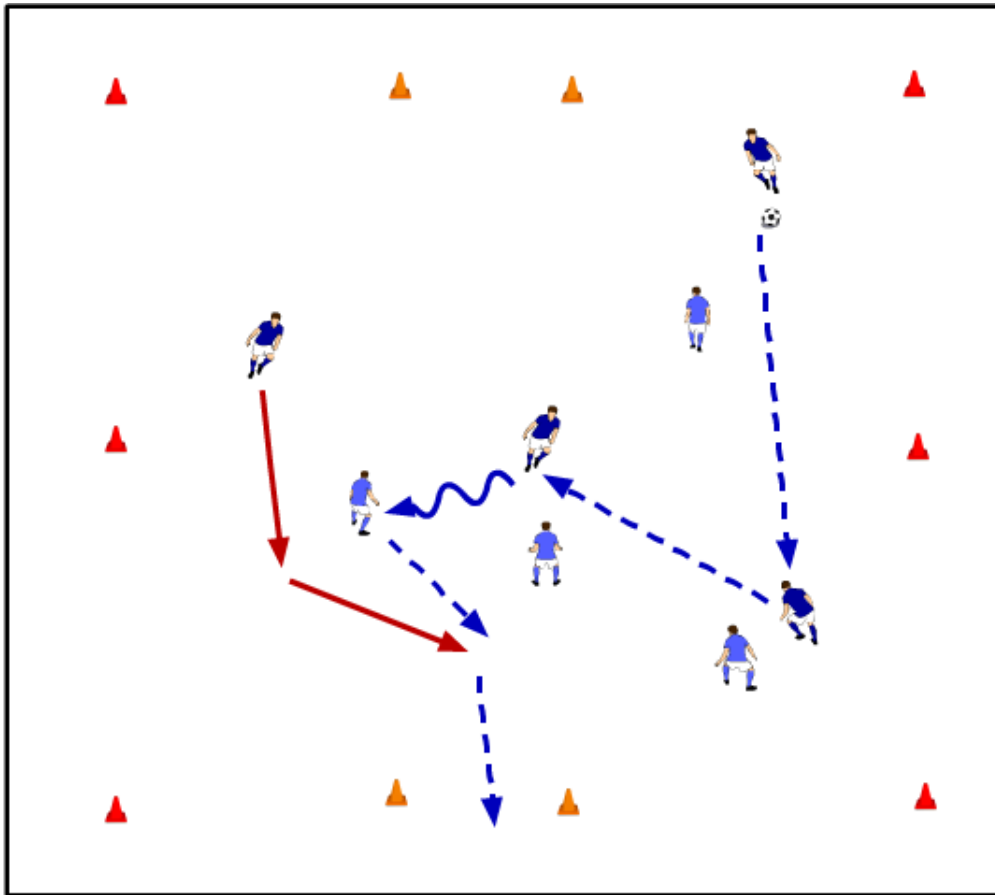
Explanation

- * initiate drill with service from the coach outside the area
- * defensive pressure is applied as soon as the team receiving the ball has taken their first touch
- * passing and movement off the ball to achieve target for team in possession of the ball
- * high level of intensity and work from the two defenders attempting to regain the ball

Coaching Points

- * quality first touch
- * communication
- * width and depth

Activity : 4v4 Game



Objectives

Finish with a no restrictions game looking to reinforce objectives from the training. If working on dribbling make goal smaller to encourage getting close, if passing or shooting bigger goals.

Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 4v4 with no goalkeeper
- * Normal SSG rules

Coaching Points

Diamond ShapeSupport, overlap, inside penetration

Session : Oceanside Coaching Development Session Two

Description : Oceanside Coaching Development Session Two

Notes :

1 - Warm-Up

Duration: 30 minutes with ladders/cones

Explanation

Organization: come from alternating lines, split
Movements: * Jogging * Knees up, heels up * Side to side * Cross overs * Headers etc.

Objectives

General warm-up, different types of running in square



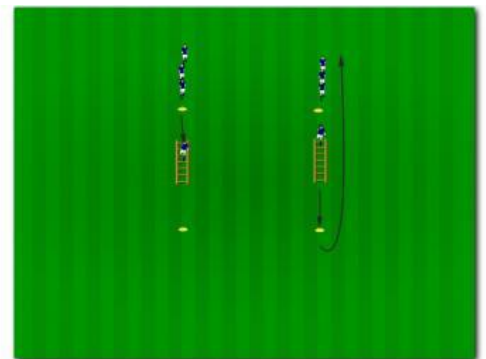
2 - Goal Keeper Warm up: Speed ladders

Duration: 30 minutes with ladders/cones

Explanation

Coaching Points

- * Encourage proper footwork technique
- * Remind GK to 'slow down' and get the pattern right before going quicker
- * Encourage GK to finish the ladder
- * Acknowledge success when GK learning new footwork
- * Explosive movement in 5-6 meters at the end of ladder



3 - Lateral Movement Warm-up

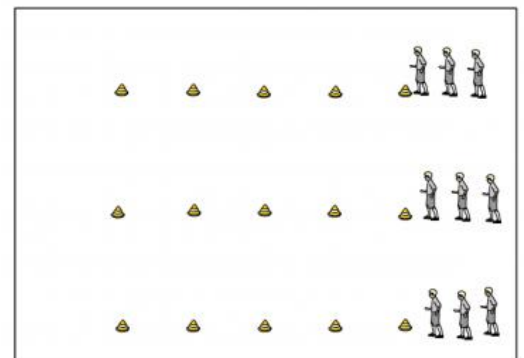
Duration: 30 minutes with ladders/cones

Explanation

- * each player will progress through the hurdles and jog back toward the end of the line once completed
- * second player initiates the exercise once the first player has made their way through the row of hurdles
- * perform each exercise three times
- * work for through three routines and take a one-two minute break for stretching

Coaching Points

- * each group jogs as a unit out and around the end marker running forwards, then sideways
- * lateral movement- shuffle the feet facing to the right with the left foot moving forwards first & shuffle the feet facing to the left with the right foot moving first
- * slalom through the markers on the way forwards and spring back to the front of the line
- * facing to the right side step through the row of cones by placing the left then right foot down in each space
- * switch sides



4 - Shooting on Two Goals

Duration: 30 minutes

shooting

Explanation

- player one passes into the target player
- the target player lays the ball off for player one to strike at goal first time
- the target player then seeks the rebound and the first player becomes the target
- the target will then move to the end of the opposite line from where the first player started

Coaching Points

- passing accuracy
- lay off accuracy
- communication
- ball striking technique



5 - Shooting on Two Goals Progression One

Duration: progression one

Explanation

- player one passes into the target player
- the target player lays the ball off for player one to strike at goal first time
- the target player then seeks the rebound and the first player becomes the target
- the target will then move to the end of the opposite line from where the first player started

Coaching Points

- passing accuracy
- lay off accuracy
- communication
- ball striking technique



6 - Shooting on Two Goals Progression Two "adding a cross"

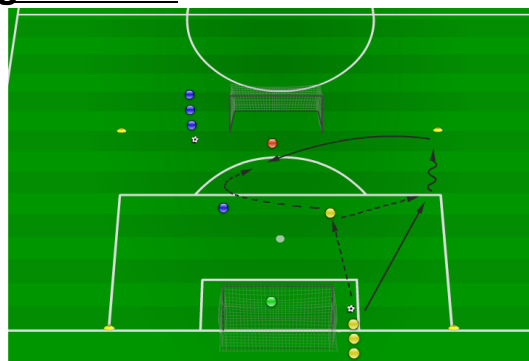
Duration: progression two

Explanation

- player one passes into the target player
- the target player lays the ball off wide for first player to cross
- the target player then seeks the return pass in the form of a cross from the wide player
- the wide player then becomes the targeter

Coaching Points

- crossing accuracy
- timing of cross
- communication
- run by the attacker to get on the end of the crossed ball



7 - One versus One Attacking Two Goals

Duration: 30 minutes

Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support



8 - Two versus One Attacking Two Goals

Duration: progression one

Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support



9 - Two versus Two Attacking Two Goals

Duration: progression two

Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support



10 - Three versus Two Attacking Two Goals

Duration: progression three

Coaching Points

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

- attacking and defending priorities
- goalkeeper involvement



11 - 4v4 Small Sided Game

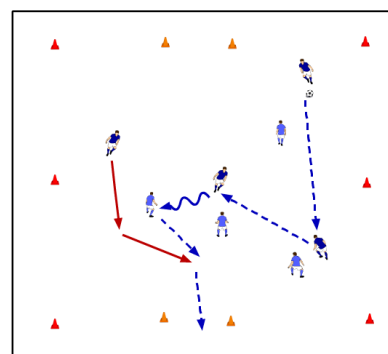
Duration: 30 minutes

Coaching Points

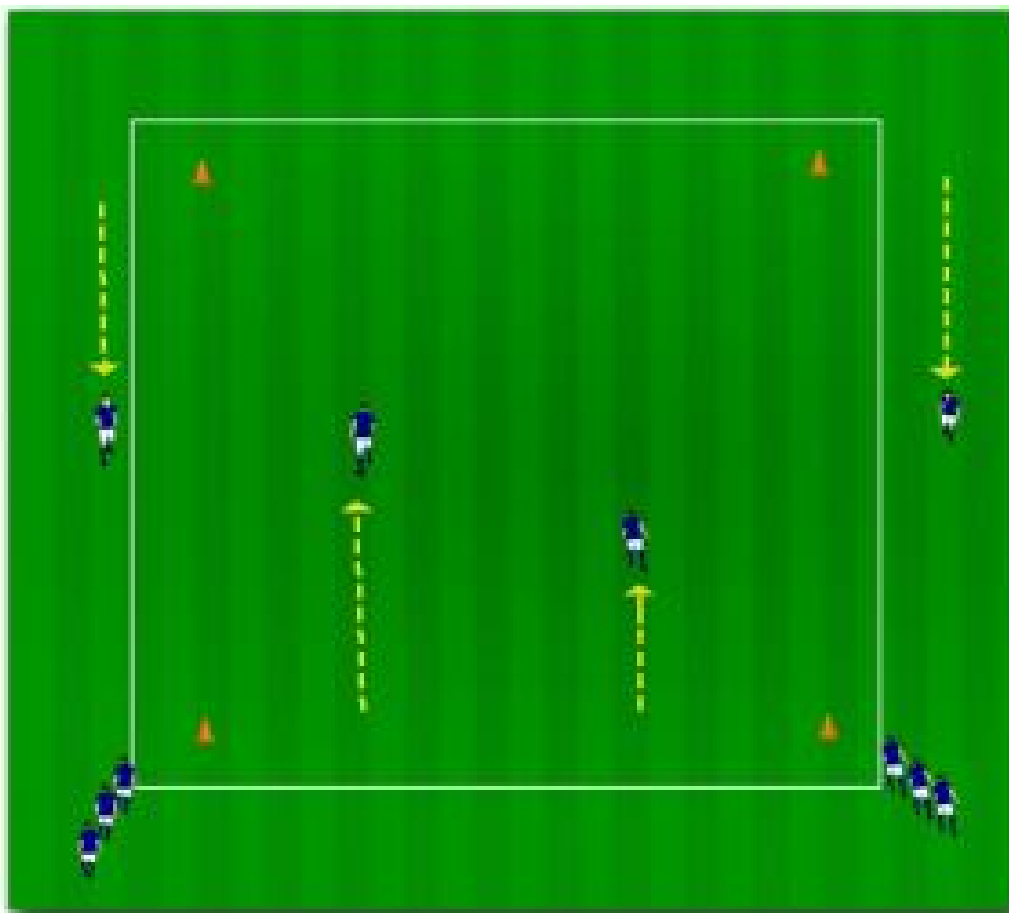
Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 4v4 with no goalkeeper
- * Normal SSG rules

- * Reinforce passing technique- 'logo' of the boot
- * Encourage players to score by 'passing' into the goal



Activity : Warm-Up



Objectives

General warm-up, different types of running in square

Explanation

Organization: come from alternating lines, split Movements: * Jogging * Knees up, heels up * Side to side * Cross overs * Headers etc.

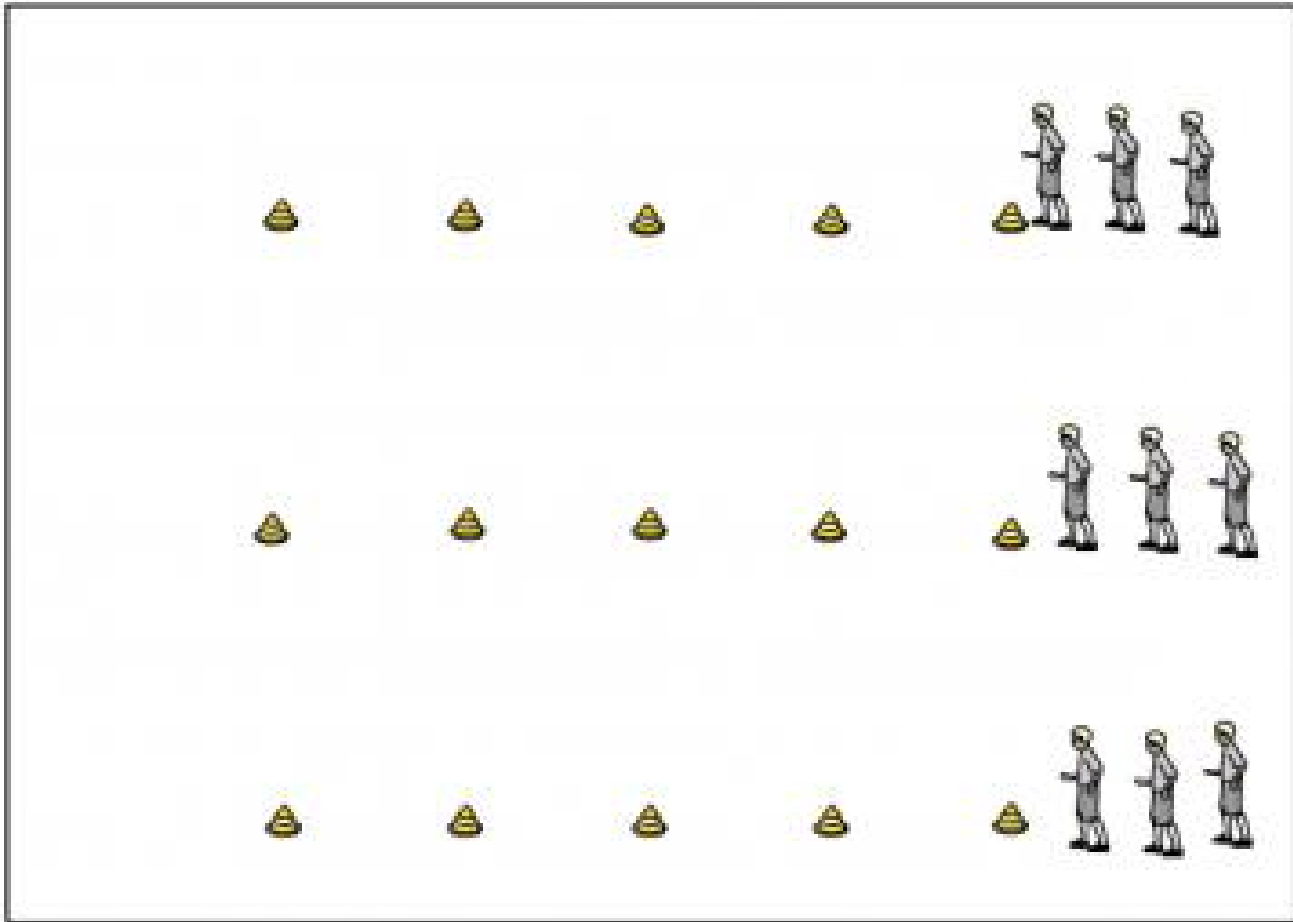
Activity : Goal Keeper Warm up: Speed ladders



Coaching Points

- * Encourage proper footwork technique
 - * Remind GK to 'slow down' and get the pattern right before going quicker
 - * Encourage GK to finish the ladder
 - * Acknowledge success when GK learning new footwork
 - * Explosive movement in 5-6 meters at the end of ladder

Activity : Lateral Movement Warm-up



Objectives

- * power and explosion training
- * speed, agility and mobility
- * balance and coordination

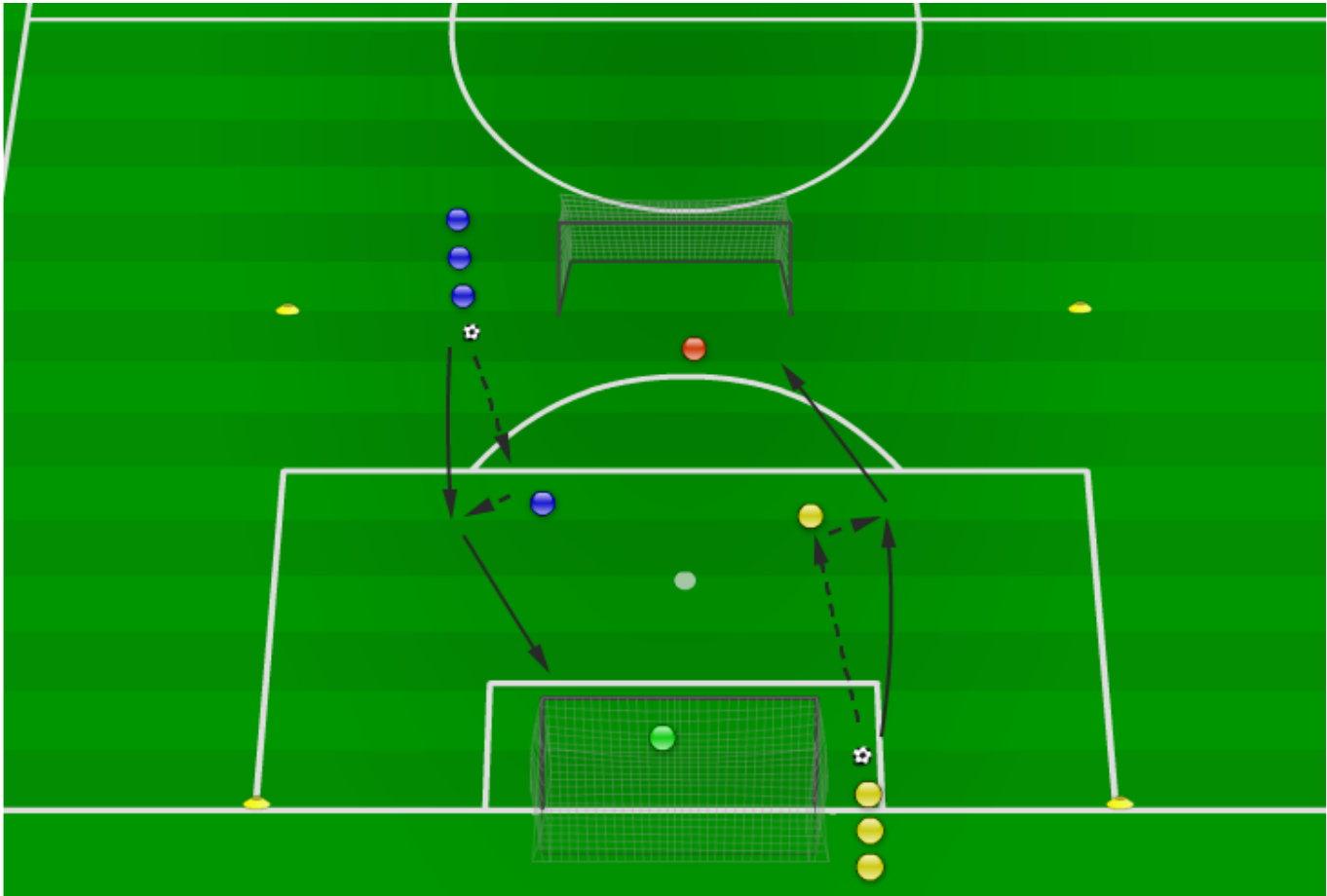
Explanation

- * each player will progress through the hurdles and jog back toward the end of the line once completed
- * second player initiates the exercise once the first player has made their way through the row of hurdles
- * perform each exercise three times
- * work for through three routines and take a one-two minute break for stretching

Coaching Points

- * each group jogs as a unit out and around the end marker running forwards, then sideways
- * lateral movement- shuffle the feet facing to the right with the left foot moving forwards first & shuffle the feet facing to the left with the right foot moving first
- * slalom through the markers on the way forwards and spring back to the front of the line
- * facing to the right side step through the row of cones by placing the left then right foot down in each space
- * switch sides
- * create a competition within the groups by performing one exercise at a time, or combining the activities

Activity : Shooting on Two Goals



Objectives

- practice finishing technique
- quality passing, ball control, communication

Explanation

- player one passes into the target player
- the target player lays the ball off for player one to strike at goal first time
- the target player then seeks the rebound and the first player becomes the target
- the target will then move to the end of the opposite line from where the first player started

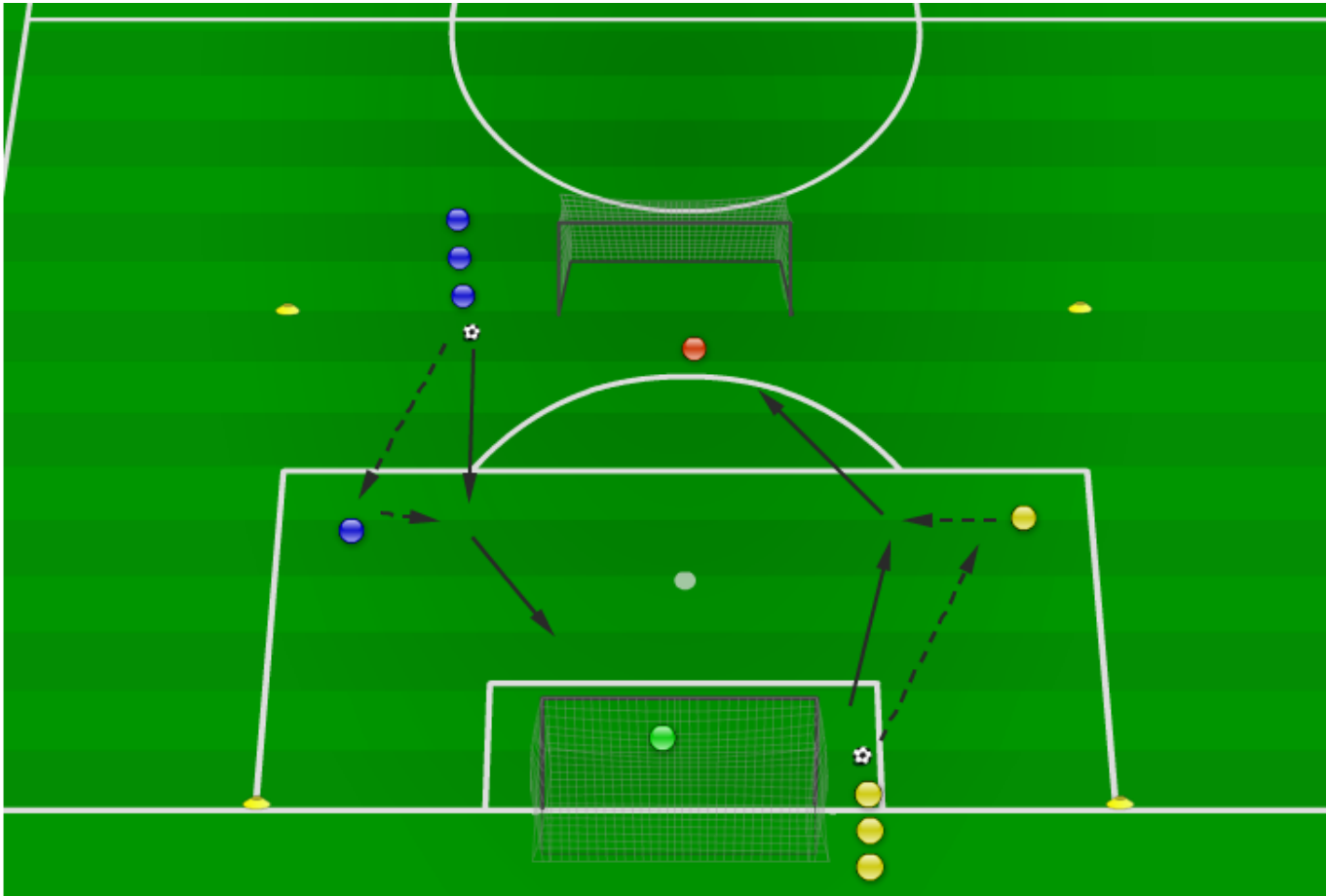
Coaching Points

- passing accuracy
- lay off accuracy
- communication
- ball striking technique

Progression

- lay the ball from outside to in
- work from the opposite side of the goal

Activity : Shooting on Two Goals Progression One



Objectives

- practice finishing technique
- quality passing, ball control, communication

Explanation

- player one passes into the target player
- the target player lays the ball off for player one to strike at goal first time
- the target player then seeks the rebound and the first player becomes the target
- the target will then move to the end of the opposite line from where the first player started

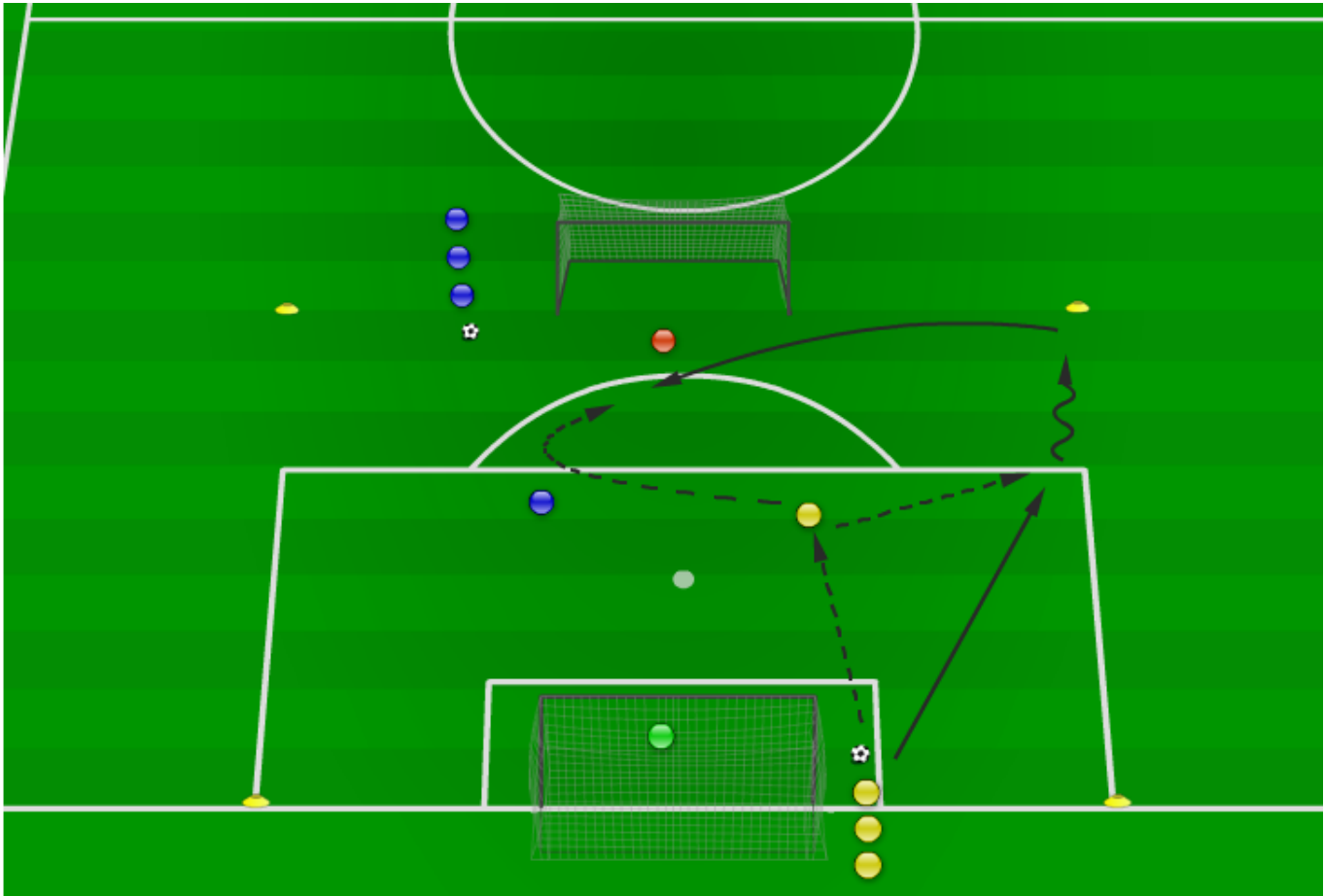
Coaching Points

- passing accuracy
- lay off accuracy
- communication
- ball striking technique

Progression

- lay the ball from outside to in
- work from the opposite side of the goal

Activity : Shooting on Two Goals Progression Two "adding a cross"



Objectives

- practice finishing technique
- quality passing, ball control, communication

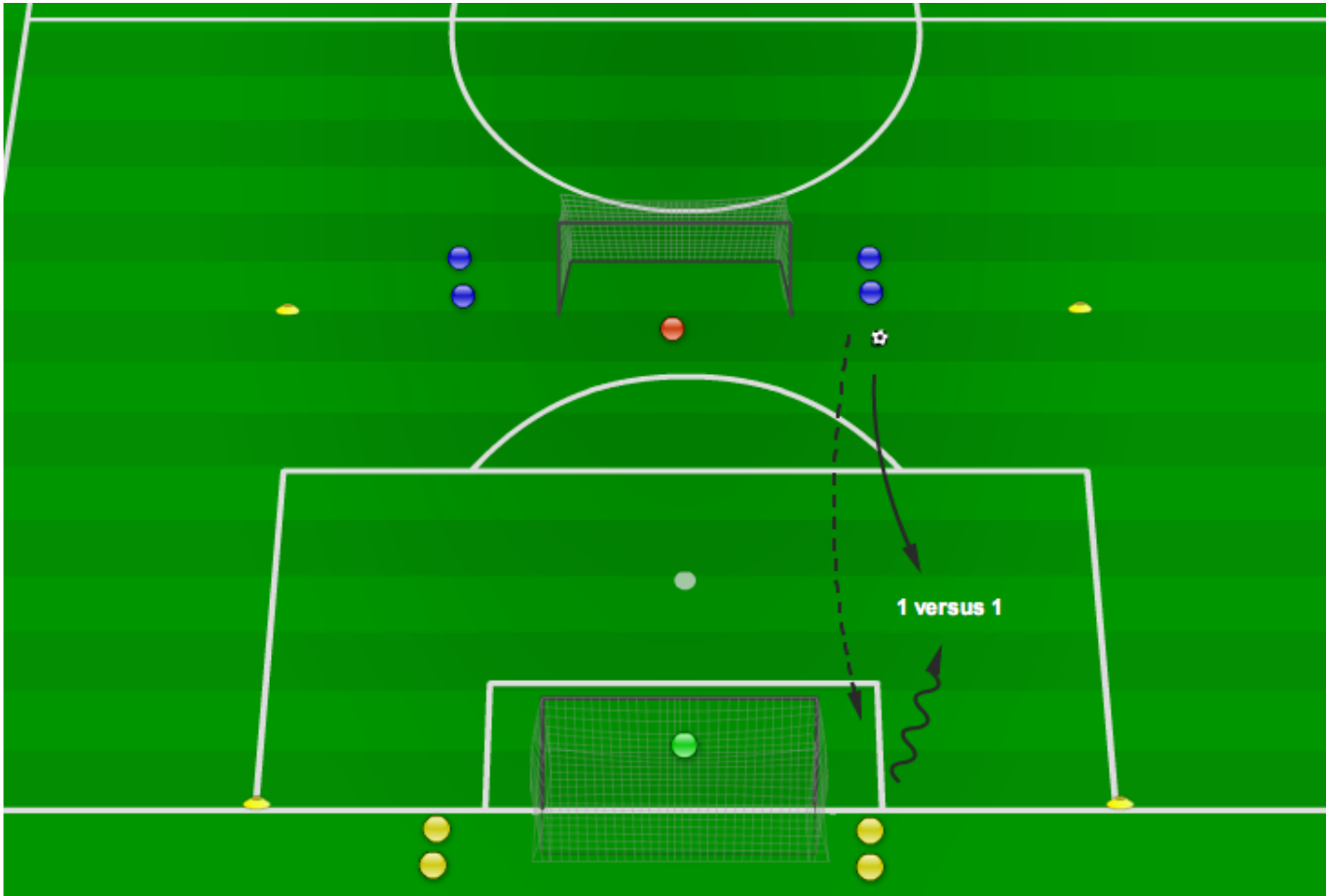
Explanation

- player one passes into the target player
- the target player lays the ball off wide for first player to cross
- the target player then seeks the return pass in the form of a cross from the wide player
- the wide player then becomes the targeter

Coaching Points

- crossing accuracy
- timing of cross
- communication
- run by the attacker to get on the end of the crossed ball

Activity : One versus One Attacking Two Goals



Objectives

- one versus one attacking and defending
- progress to 2v1, 2v2, 3v2, 3v3

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Progression

- if and when you move to 2v1, or 3v2 (anytime there is an imbalance between players)
- at the moment the defenders win the ball (always the team starting with less players) then an additional player from the defensive team will join the attack to make the teams even

Activity : Two versus One Attacking Two Goals



Objectives

- two versus one attacking and defending
- progress to 2v2, 3v2, 3v3

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Progression

- if and when you move to 2v1, or 3v2 (anytime there is an imbalance between players)
- at the moment the defenders win the ball (always the team starting with less players) then an additional player from the defensive team will join the attack to make the teams even

Activity : Two versus Two Attacking Two Goals



Objectives

- two versus one attacking and defending
- progress to 3v2, 3v3

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Progression

- if and when you move to 2v1, or 3v2 (anytime there is an imbalance between players)
- at the moment the defenders win the ball (always the team starting with less players) then an additional player from the defensive team will join the attack to make the teams even

Activity : Three versus Two Attacking Two Goals



Objectives

- three versus two attacking and defending

Explanation

- the ball is played into the attacker by the defender
- the defender closed down the space between themselves and the attacker
- the attacker will take on the defender in an attempt to score
- if and when there is a loss of possession, the defender will become the attacker
- the goalkeepers are involved at all times with communication and support

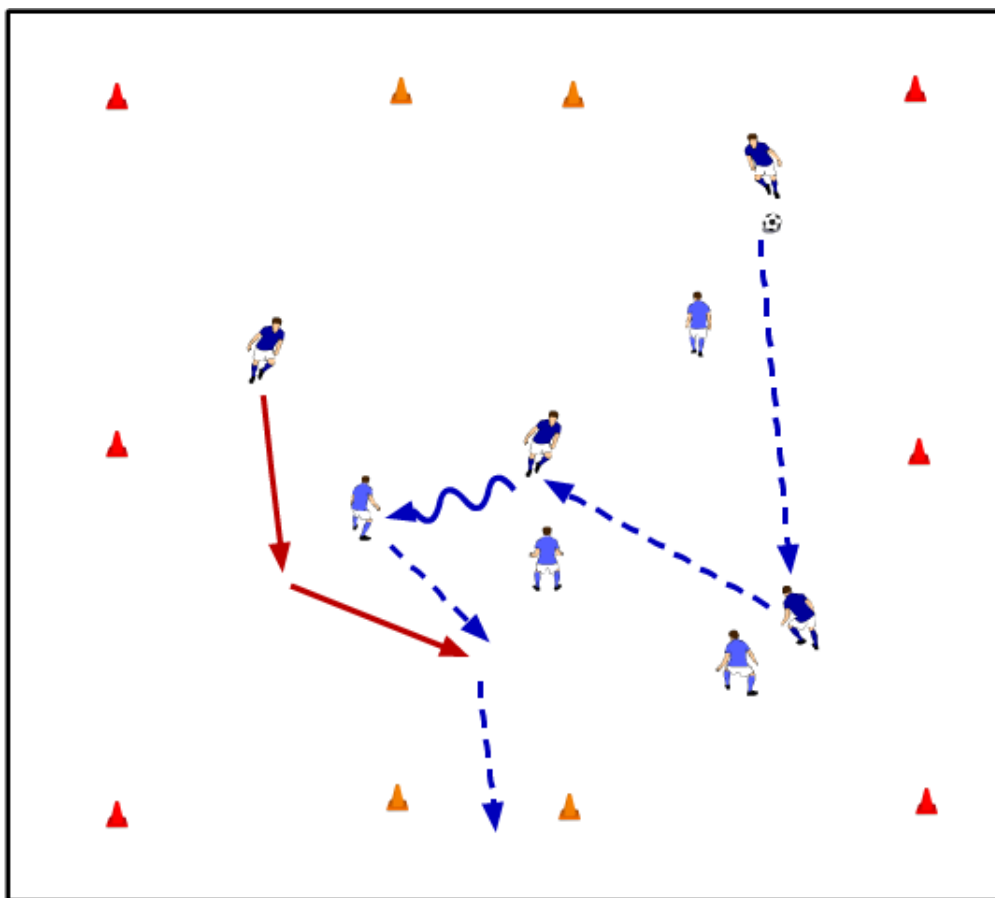
Coaching Points

- attacking and defending priorities
- goalkeeper involvement

Progression

- if and when you move to 2v1, or 3v2 (anytime there is an imbalance between players)
- at the moment the defenders win the ball (always the team starting with less players) then an additional player from the defensive team will join the attack to make the teams even

Activity : 4v4 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 4v4 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce passing technique- 'logo' of the boot
- * Encourage players to score by 'passing' into the goal

Session : Oceanside Coaching Development Session Three

Description : Oceanside Coaching Development Session Three

Notes :

1 - Warm-Up

Duration: 10 minutes

Explanation

Organization: come from alternating lines, split
Movements: * Jogging * Knees up, heels up * Side to side * Cross overs * Headers etc.

Objectives

General warm-up, different types of running in square



2 - Dribbling Warm Up

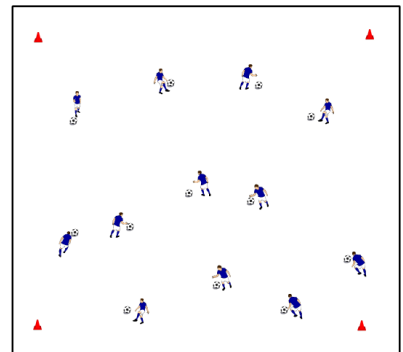
Duration: 10 minutes

Session Notes

also to include juggling

Coaching Points

- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly



3 - Diamond Passing Progression One

Duration: phase one

Explanation

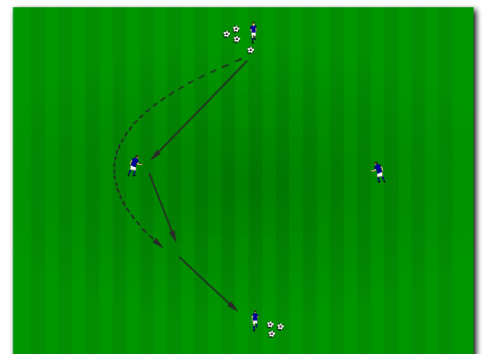
* Player 1 plays ball to either player on the inside.

* Player 1 then follows the ball and overlaps and get the ball back.

* Player 1 then passes ball to end player

Coaching Points

- * Quality of first touch
- * Accuracy of passes
- * Weight of the pass to players must be good



4 - Diamond Passing Progression Two

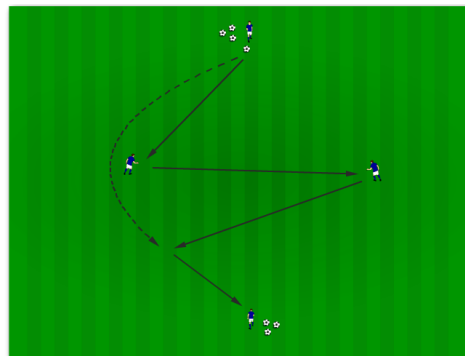
Duration: phase two

Coaching Points

Explanation

- * Player 1 plays the ball to inside player 2.
- * Player 2 plays ball to player 3
- * Player 3 plays the ball to an overlapping player 1
- * Player 1 plays the ball to the end player

- * Quality of passes.
- * Quality of first touch
- * Accuracy of passes
- * Weight of passes to players



5 - Diamond Passing Progression Three

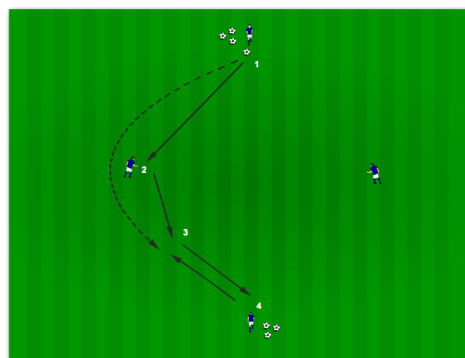
Duration: phase three

Coaching Points

Explanation

- * Player 1 plays ball to player 2
- * Player 2 plays ball to player 4
- * Player 4 plays the ball to an overlapping player 1 who plays ball back to player 4

- * Accuracy of passes
- * Quality of first touch
- * Weight of passes to players
- * Quality of passes



6 - Diamond Passing Progression Four

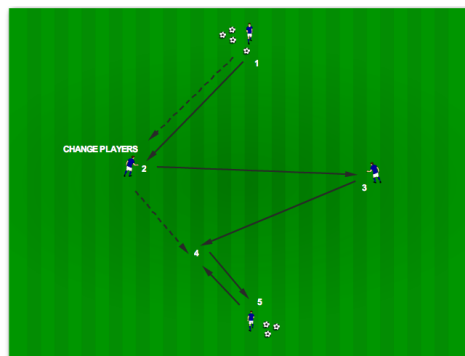
Duration: phase four

Coaching Points

Explanation

- * Player 1 plays the ball to player 2
- * Player 2 plays the ball to player 3
- * Player 1 changes with player 2 (switch)
- * Player 3 plays the ball to player 2 who plays the ball to the end player

- * Quality of passes
- * Accuracy of passes
- * Quality of first touch



7 - Three-Team Possession

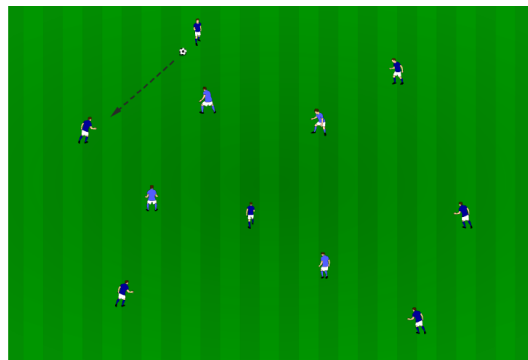
Duration: 10 minutes

Session Notes

short bursts for the team in the middle ie 90 seconds see how many times they can win the ball

Coaching Points

- * Support the player in possession of the ball with communication and movement off the ball
- * Attacking team must create width and depth
- * Keep the ball moving



8 - Endzone Soccer

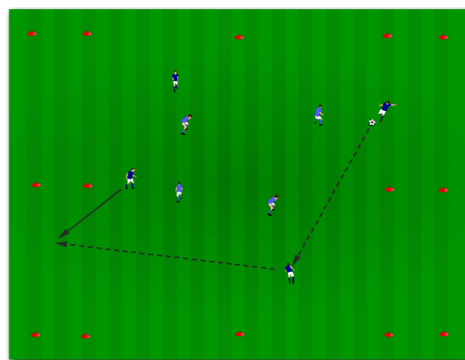
Duration: 20 minutes

Session Notes

work on shape- width and depth in attack
work on pressure- first defender to pressure the ball and support in defense play with two or three teams- if you play with three teams, let them play for 3 minutes and switch the teams (groups of 4-5 maximum)

Coaching Points

- * Passing accuracy
- * Ball control
- * Decision making
- * Defensive pressure and support
- * Transition
- * Communication



9 - 4v4 Small Sided Game

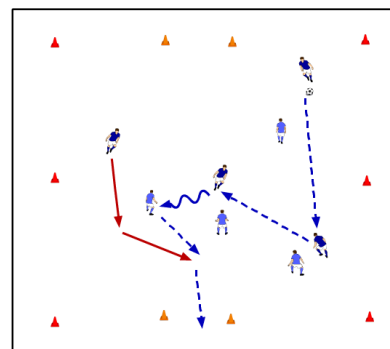
Duration: 20 minutes

Explanation

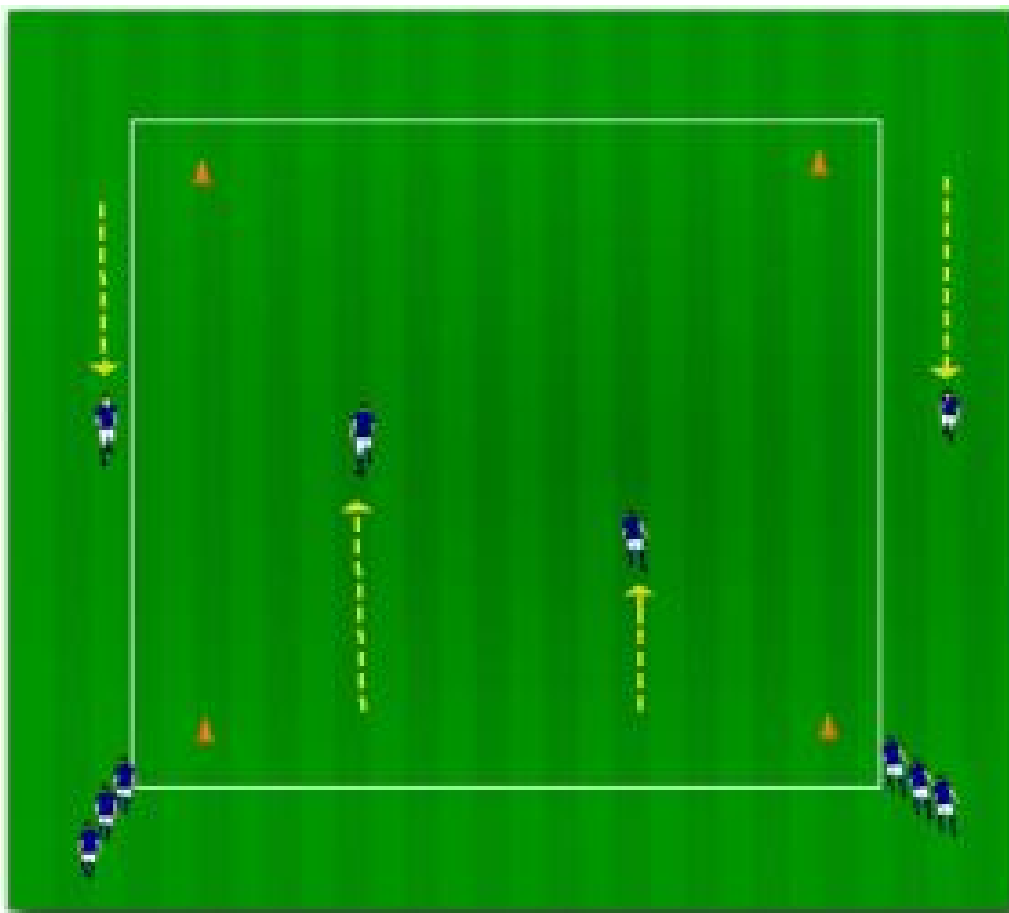
- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 4v4 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce passing technique- 'logo' of the boot
- * Encourage players to score by 'passing' into the goal



Activity : Warm-Up



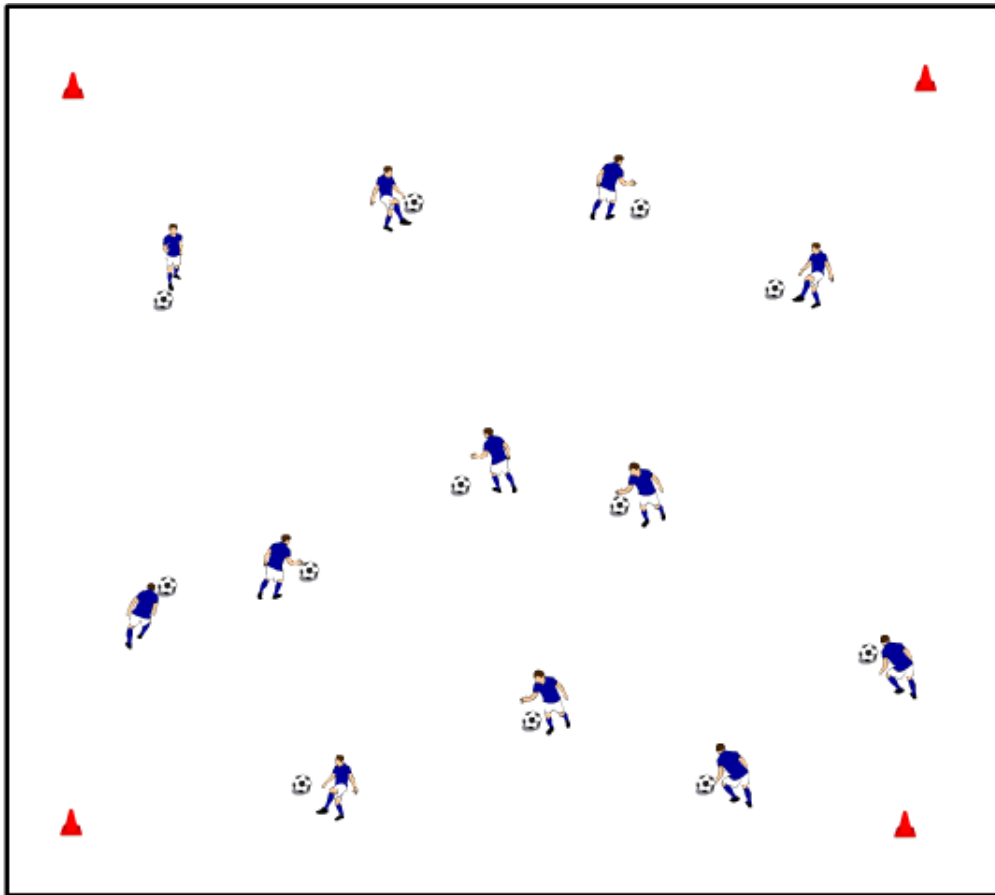
Objectives

General warm-up, different types of running in square

Explanation

Organization: come from alternating lines, split Movements: * Jogging * Knees up, heels up * Side to side * Cross overs * Headers etc.

Activity : Dribbling Warm Up



Explanation

- * 15x15- 30x30 area (field size varies with group size/age)
- * Players spread out in area with a ball each
- * Players dribble around the area in different directions

Coaching Points

- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly

Progression

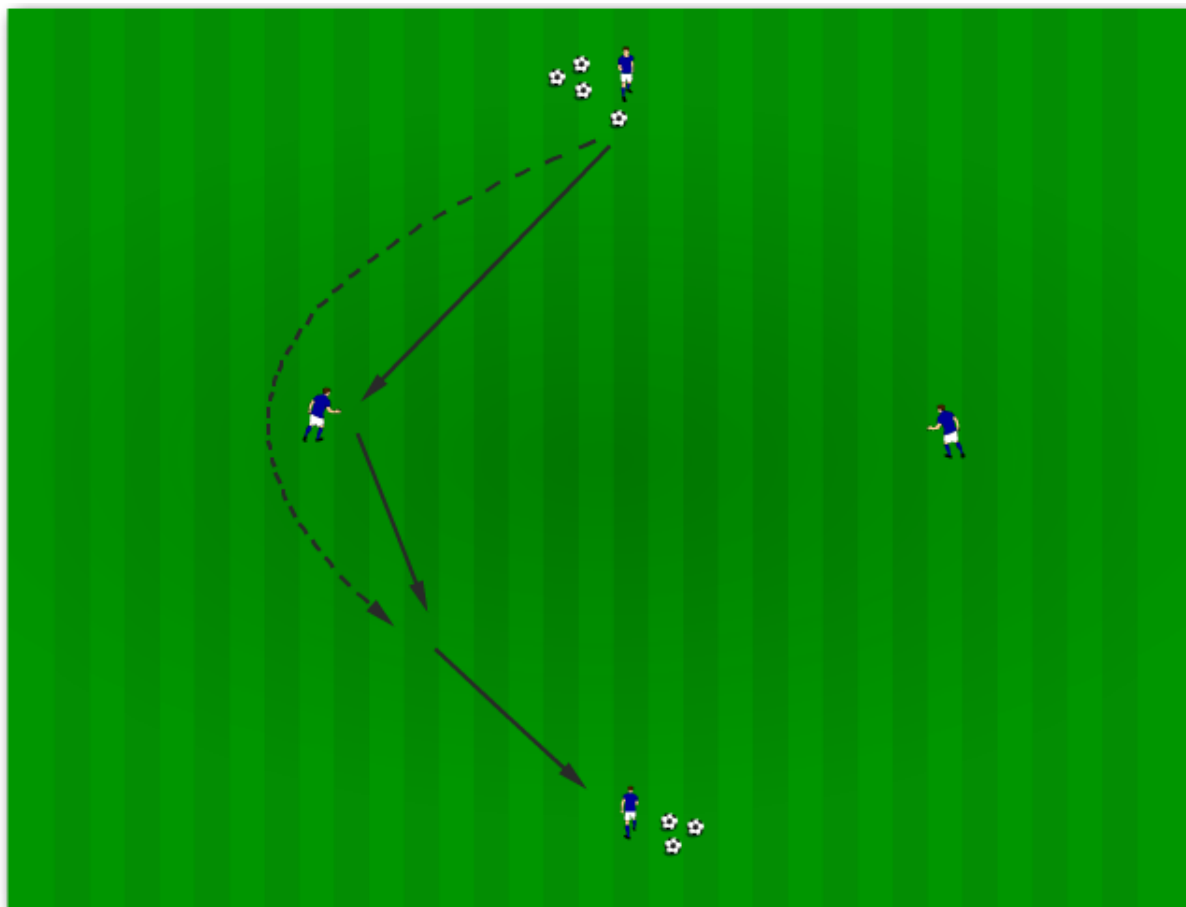
Add different skills to the session such as:

- * 'Freeze' - player stops the ball
- * 'Turn' - player pulls ball back and turns
- * 'Scissors'
- * 'Tic-Tocs' - player stops and taps ball between insteps of both feet as quickly as possible
- * 'Toe Taps' - player stops the ball and touches the top of the ball with toes in an alternating jumping motion

* 'Circle' - player dribbles in a tight circle with outside of foot

* Add a variety of feints/skills

Activity : Diamond Passing Progression One



Objectives

- * Passing Combinations

Explanation

- * Player 1 plays ball to either player on the inside.
- * Player 1 then follows the ball and overlaps and get the ball back.
- * Player 1 then passes ball to end player

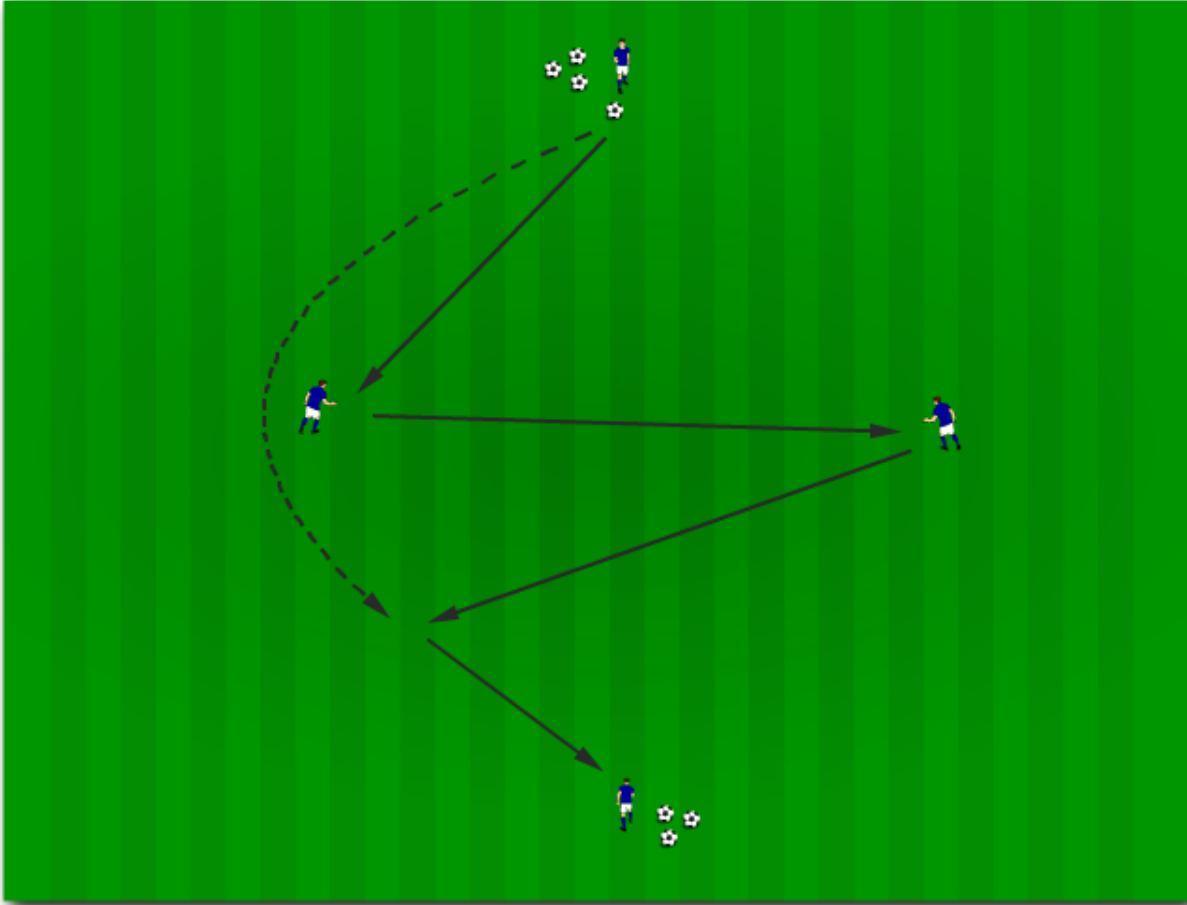
Coaching Points

- * Quality of first touch
- * Accuracy of passes
- * Weight of the pass to players must be good

Progression

- * Play two touch
- * Play one touch

Activity : Diamond Passing Progression Two



Objectives

- * Passing patterns

Explanation

- * Player 1 plays the ball to inside player 2.
- * Player 2 plays ball to player 3
- * Player 3 plays the ball to an overlapping player 1
- * Player 1 plays the ball to the end player

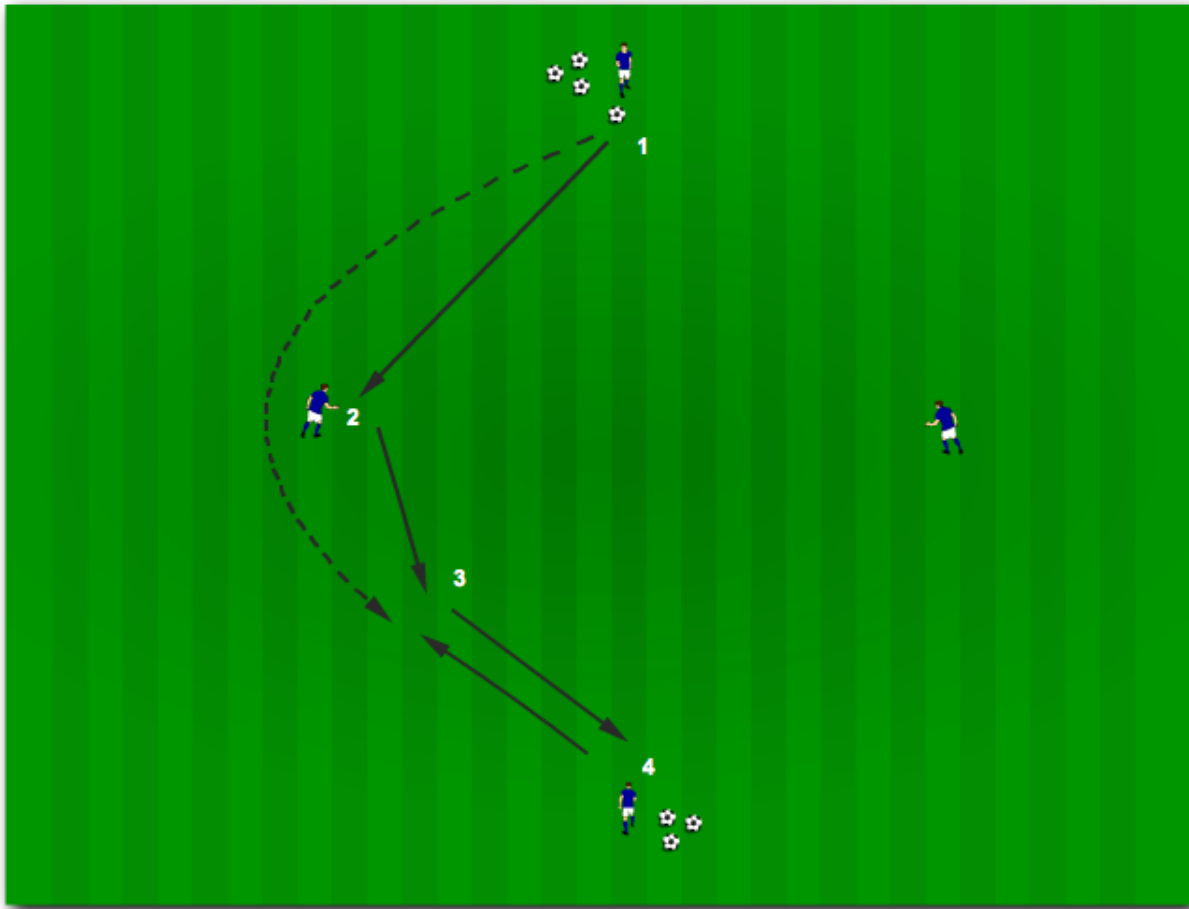
Coaching Points

- * Quality of passes.
- * Quality of first touch
- * Accuracy of passes
- * Weight of passes to players

Progression

- * Play one touch.
- * Play two touch

Activity : Diamond Passing Progression Three



Objectives

- * Passing patterns with movement

Explanation

- * Player 1 plays ball to player 2
- * Player 2 plays ball to player 4
- * Player 4 plays the ball to an overlapping player 1 who plays ball back to player 4

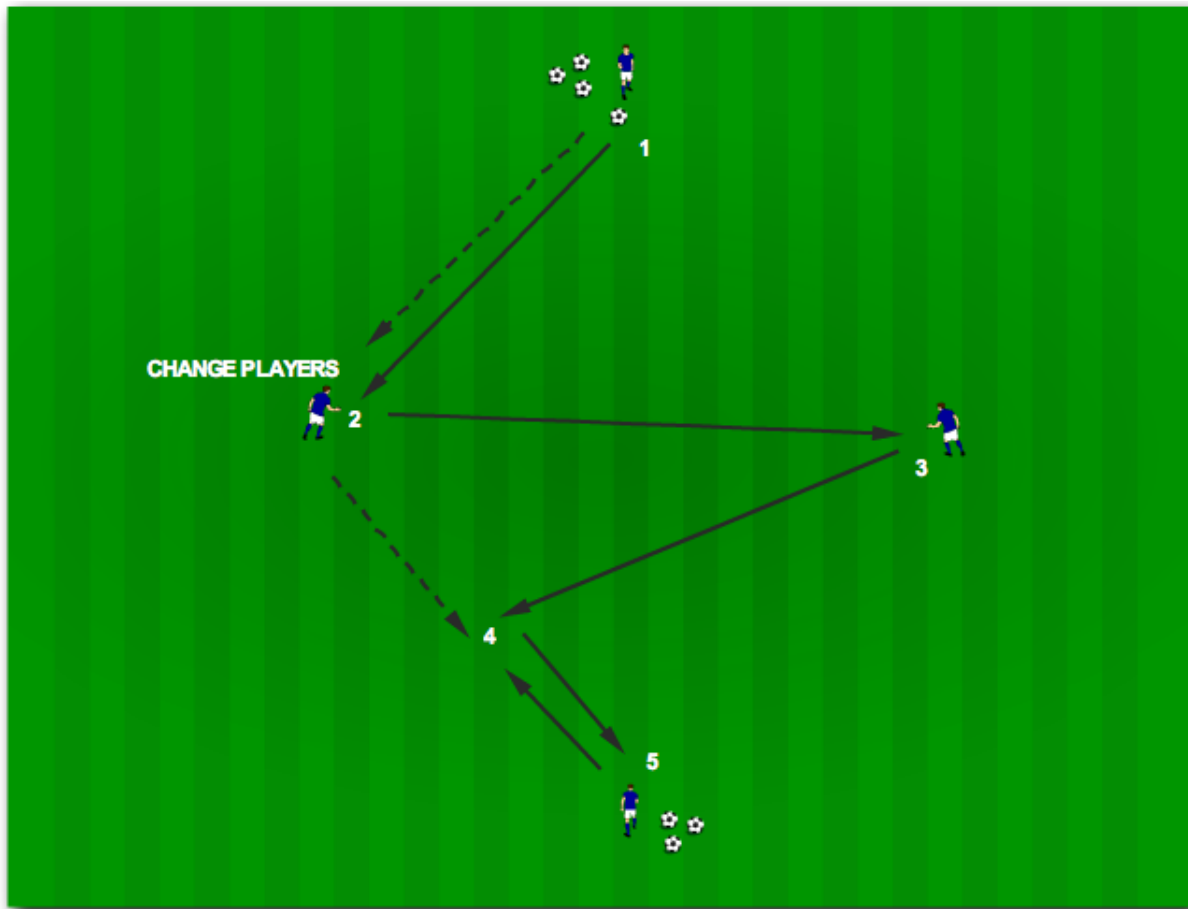
Coaching Points

- * Accuracy of passes
- * Quality of first touch
- * Weight of passes to players
- * Quality of passes

Progression

- * Play one touch

Activity : Diamond Passing Progression Four



Objectives

- * Passing patterns with movement

Explanation

- * Player 1 plays the ball to player 2
 - * Player 2 plays the ball to player 3
 - * Player 1 changes with player 2 (switch)
- * Player 3 plays the ball to player 2 who plays the ball to the end player

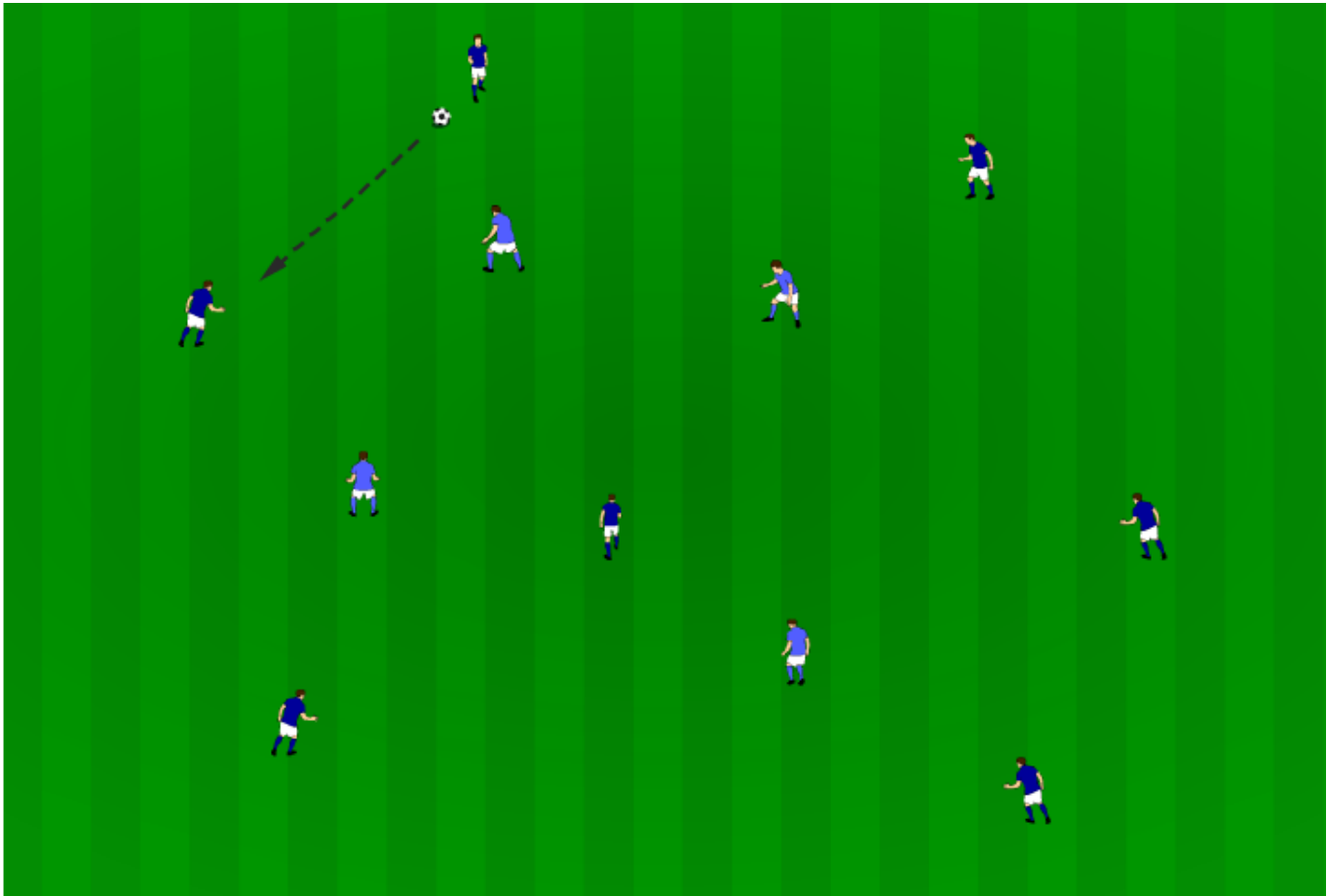
Coaching Points

- * Quality of passes
 - * Accuracy of passes
 - * Quality of first touch

Progression

- * Play one touch

Activity : Three-Team Possession



Objectives

* Attacking

- * Speed of play
- * Passing, support and communication

* Defensively

- * Intensity of pressure
- * Team organization

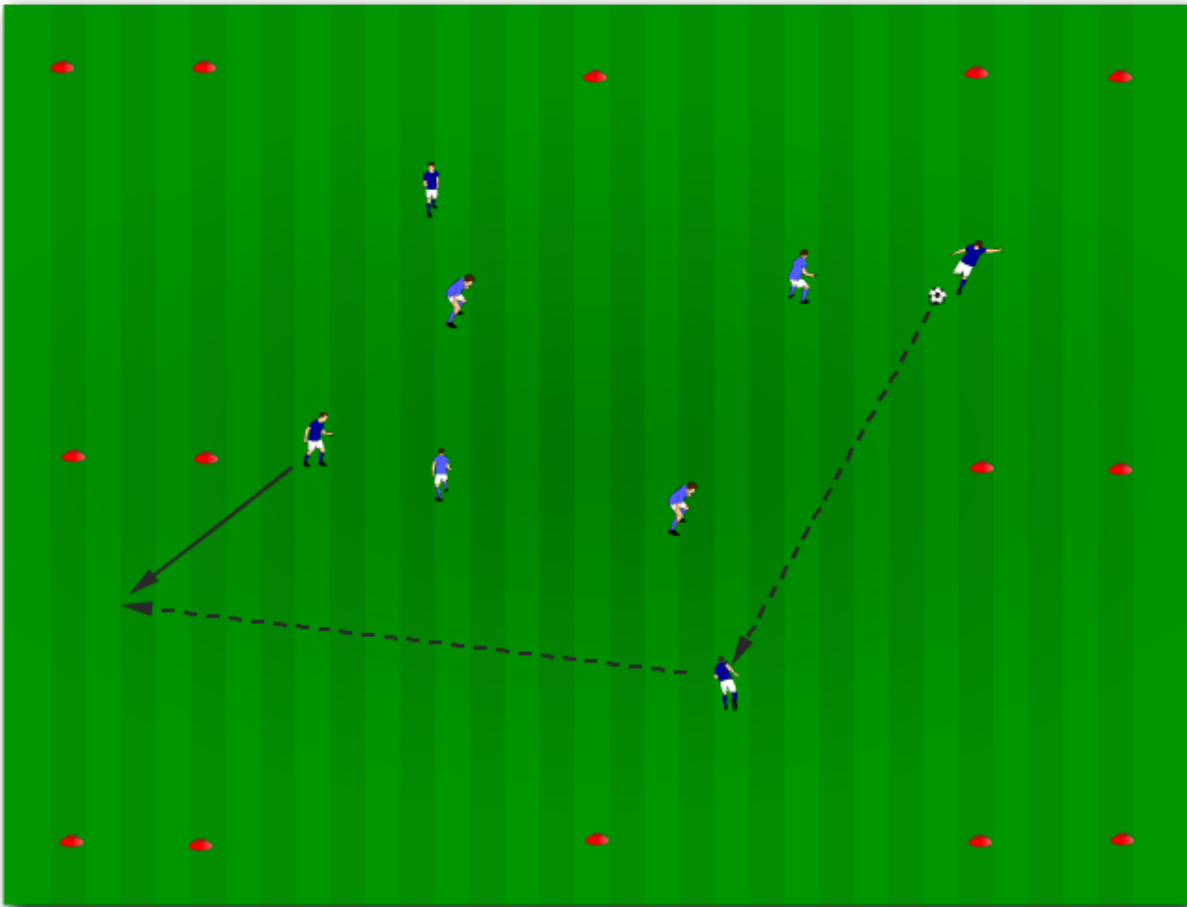
Explanation

- * Each team rotates through the middle as the defensive team
- * Both teams remaining on the outside will work together to become the attacking team
- * The idea is for the attacking team to possess the ball - for every 5 passes they will receive a point
- * If and when the defensive team regains the ball they will receive a point
- * Limit the time in the middle for the defensive team (ie 60 seconds)
- * Increase the difficulty for the attacking team by limiting the number of touches per player (ie two-touch)

Coaching Points

- * Support the player in possession of the ball with communication and movement off the ball
 - * Attacking team must create width and depth
 - * Keep the ball moving

Activity : Endzone Soccer



Objectives

* 3v3, 4v4, 5v5, 6v6: may also play with a neutral player, who plays for the team in possession of the ball

* Passing, ball control, movement off the ball, communication, defensive pressure and support, attacking play, decision making

Explanation

The team in possession of the ball scores a point when they can pass the ball into the endzone of the opponent and have one of their players control the ball. The defending team is not allowed to enter their defensive endzone, only attacking players are allowed into the area. The game may also be played where a point is scored only when a player is able to dribble the ball into the endzone with control. In this case, the coach would be emphasizing one versus one attacking play.

Coaching Points

* Passing accuracy

* Ball control

* Decision making

* Defensive pressure and support

* Transition

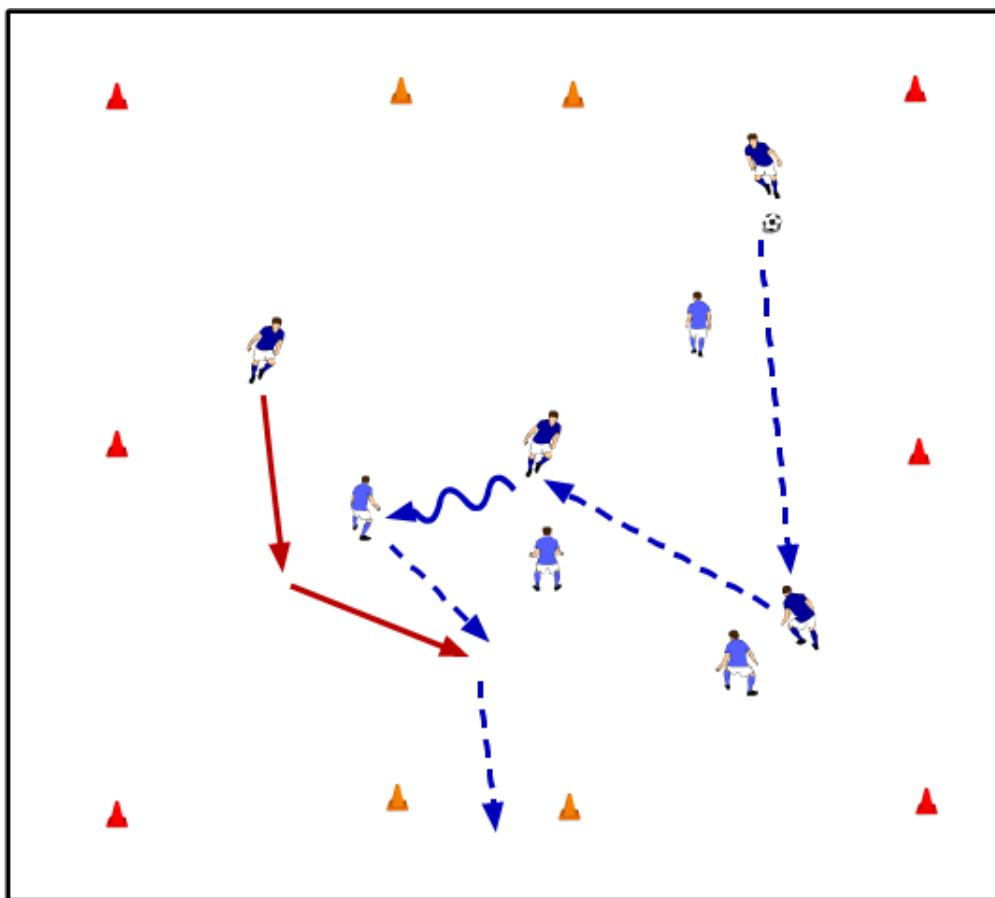
* Communication

Progression

* Restrict the amount of touches the players have on the ball: 3-touch. 2-touch

* Add a neutral player to play with both teams when they are in attack

Activity : 4v4 Small Sided Game



Explanation

- * Set up a field approx. 20 x 30 yards with 2 goals approx. 2 yards wide
- * Players play 4v4 with no goalkeeper
- * Normal SSG rules

Coaching Points

- * Reinforce passing technique- 'logo' of the boot
- * Encourage players to score by 'passing' into the goal