

Session : OYSS Development Session One U7-U9

Description : OYSS Development Session One U7-U9

Notes :

1 - Dribbling Warm Up

Duration:

Explanation

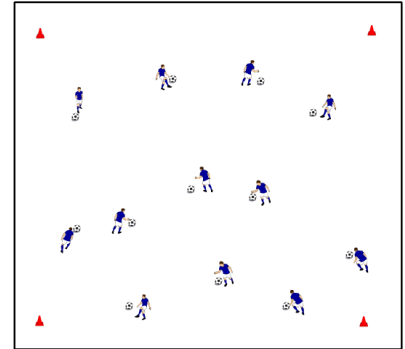
* 15x15- 30x30 area (field size varies with group size/age)

* 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



2 - Passing Relay Two

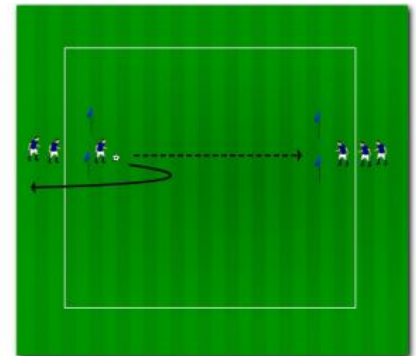
Duration:

Explanation

The aim is for the two groups of players to be able to pass the ball forwards to the player at the front of the opposite line. Once the player has made the pass they must then return to the end of their line as quickly as they possibly can without interfering with or distracting the net player in line. If the players are restricted by the coach to a limited number of touches, it is essential that the player receiving the ball take as many touches as required to control the ball to ensure the drill continues.

Coaching Points

- passing technique - ball control - player movement - decision making



3 - 3v3 Small Sided Game

Duration:

Explanation

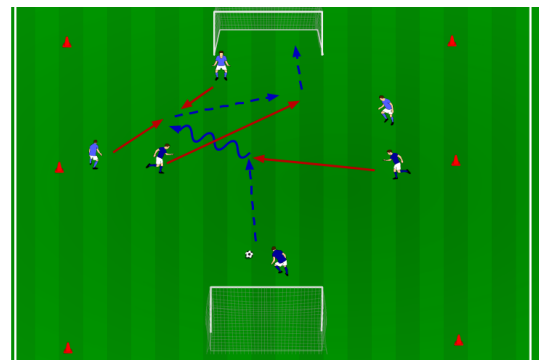
* Set up two 18 x 28 small fields for 3v3 games

- * No goalkeepers
- * Set up teams in Triangle shape
- * 1 Defender
- * 2 Midfield/ Forwards
- * Normal SSG rules

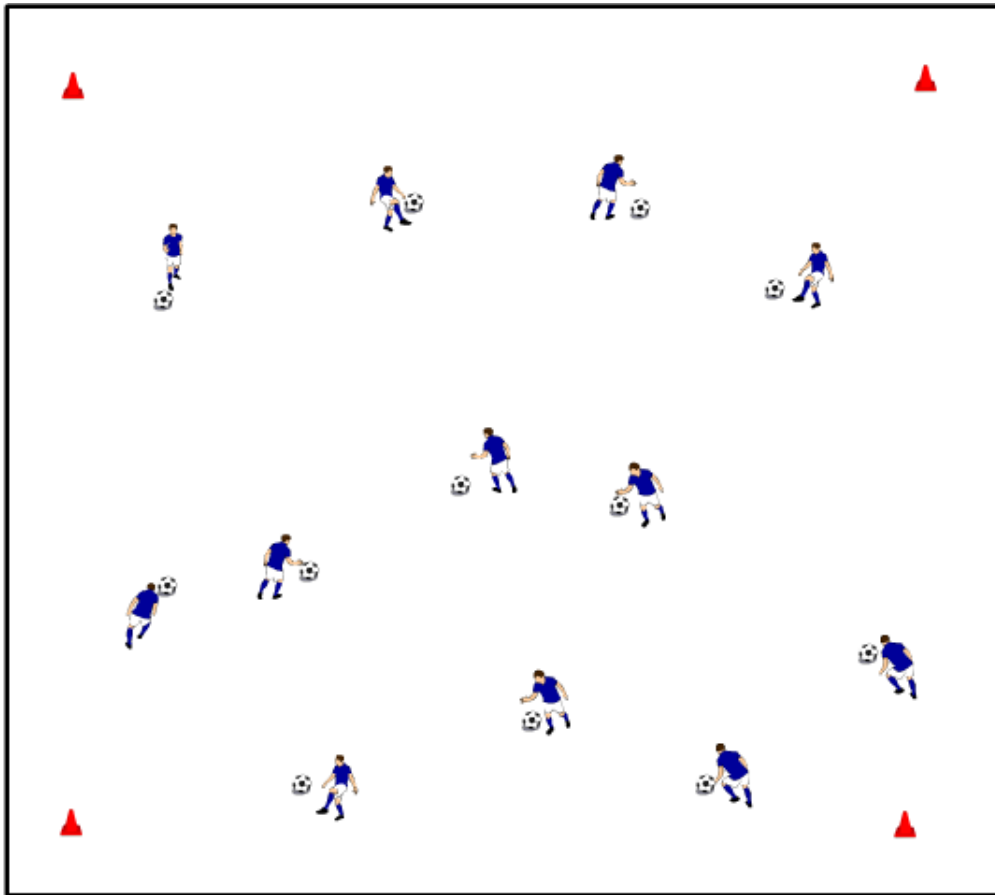
Coaching Points

'Let Them Play'

- * Encourage interchangeability in positions while keeping team shape, 'Triangles'
- * Emphasize quality of passes, timing, accuracy, weight, angle
- * Encourage support runs and distance of support player
- * Decision making, pass or dribble



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

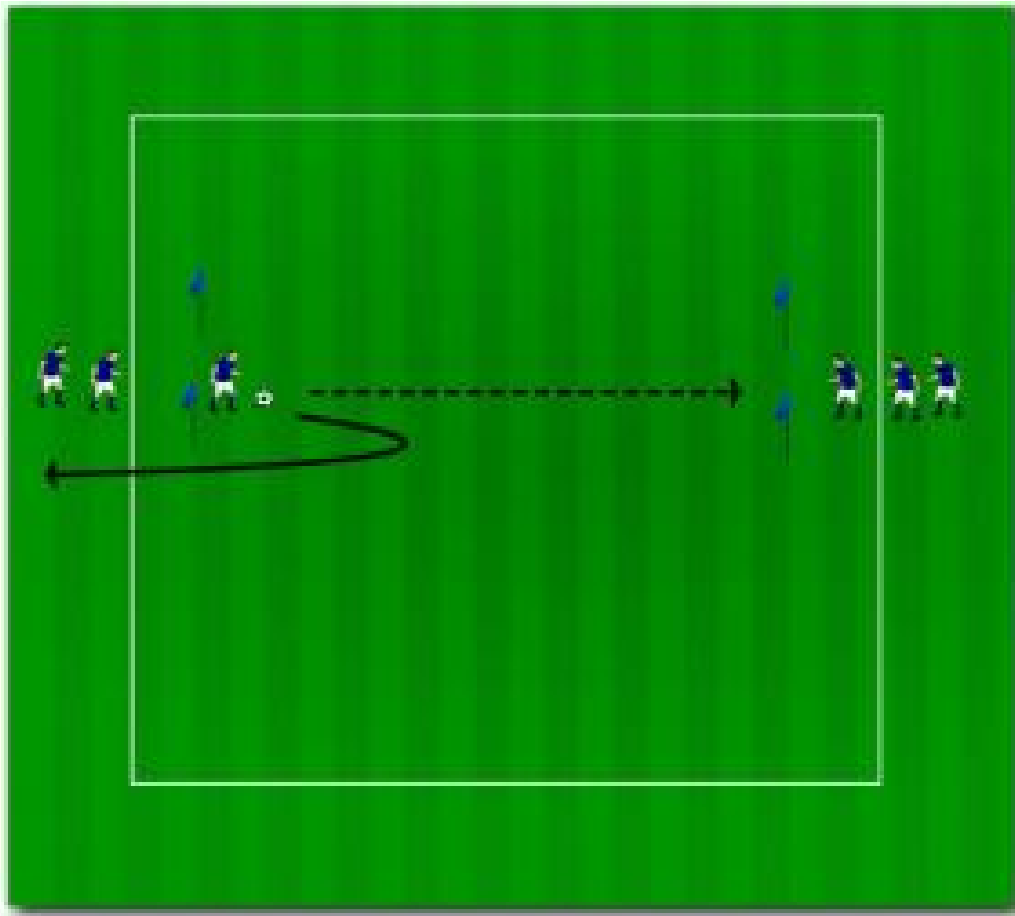
- * Keep the ball close and under control
- * Look to get to open spaces on the field
- * All turns, feints, skills performed accurately and quickly

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
- * Stop the ball with different body parts (elbow, knee, etc.)

Activity : Passing Relay Two



Explanation

The aim is for the two groups of players to be able to pass the ball forwards to the player at the front of the opposite line. Once the player has made the pass they must then return to the end of their line as quickly as they possibly can without interfering with or distracting the net player in line. If the players are restricted by the coach to a limited number of touches, it is essential that the player receiving the ball take as many touches as required to control the ball to ensure the drill continues.

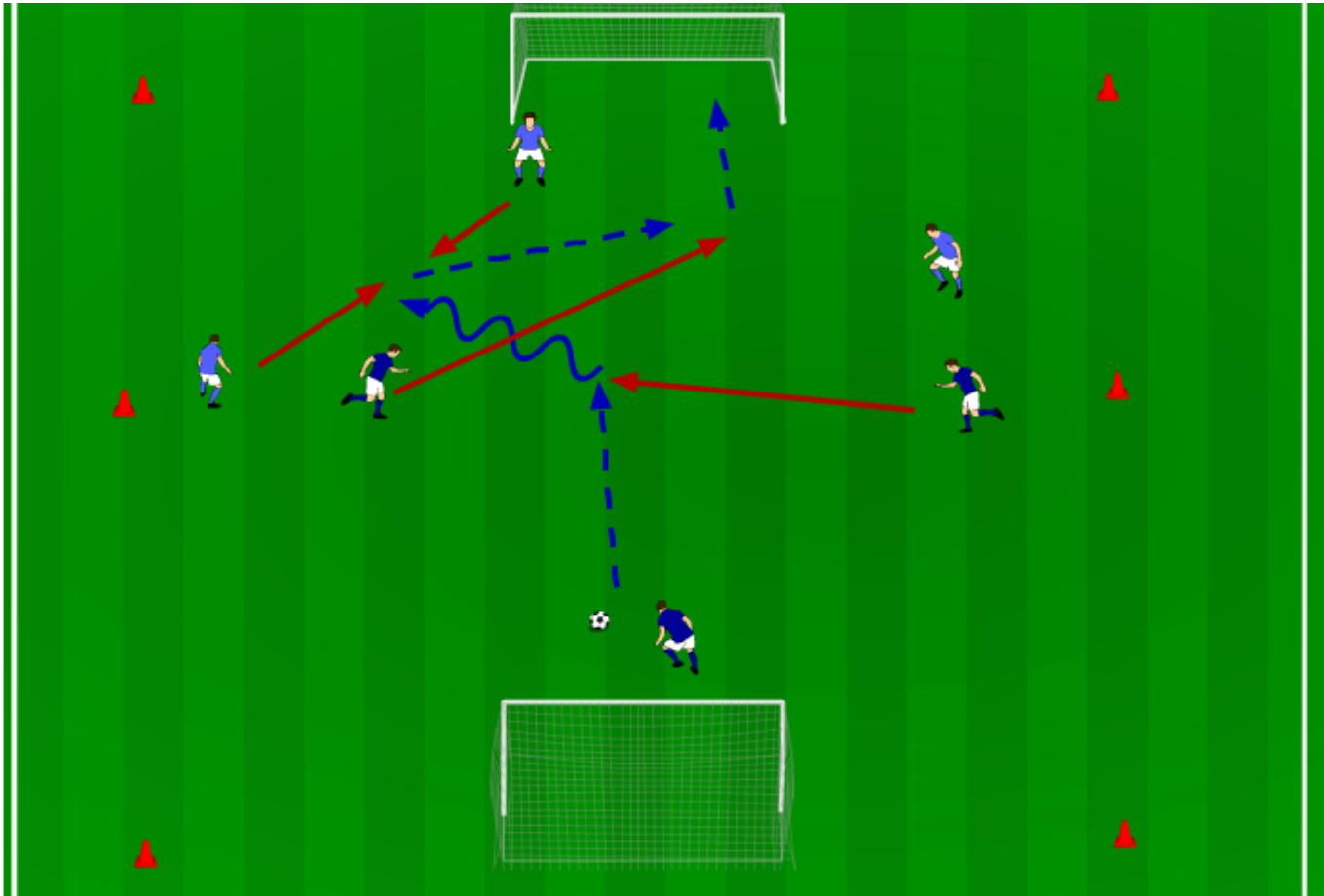
Coaching Points

- passing technique - ball control - player movement - decision making

Progression

- open touch - right foot only - left foot only - restrict the number of touches a player can use - juggle the ball back and forth with the head only - juggle the ball back and forth with any part of the body

Activity : 3v3 Small Sided Game



Explanation

- * Set up two 18 x 28 small fields for 3v3 games
 - * No goalkeepers
 - * Set up teams in Triangle shape
 - * 1 Defender
 - * 2 Midfield/ Forwards
 - * Normal SSG rules

Coaching Points

'Let Them Play'

- * Encourage interchangeability in positions while keeping team shape, 'Triangles'
- * Emphasize quality of passes, timing, accuracy, weight, angle
- * Encourage support runs and distance of support player
- * Decision making, pass or dribble

Session : OYSS Development Session One U10-U13

Description : OYSS Development Session One U10-U13

Notes : Passing Technique x 45 mins Possession x 20 mins Game x 20 mins

1 - Passing Pattern in Pairs-one

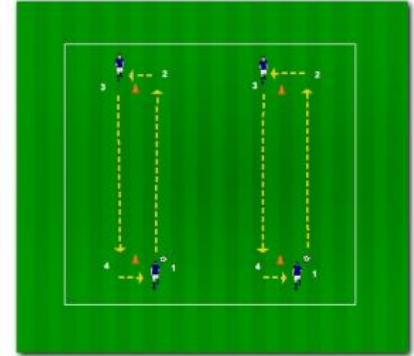
Duration:

Explanation

* player one plays the ball along the ground with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

Coaching Points

* soft, clean, accurate touch to control the ball
* shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass



2 - Passing Pattern in Pairs-two

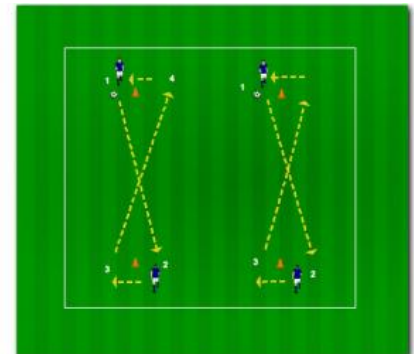
Duration:

Explanation

* player one plays the ball on a diagonal through the cones with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner on the diagonal * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

Coaching Points

* soft, clean, accurate touch to control the ball
* shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass



3 - 2v2 Possession with Targets

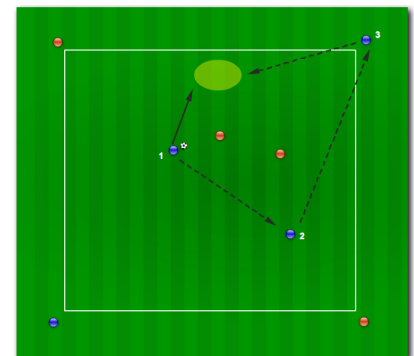
Duration:

Explanation

* the players inside the area will play two versus two
* each team will have two targets on the outside
* the idea is to keep the ball away from the opponents by using the targets on the outside to create 3v2 or 4v2 situations

Coaching Points

* focus on the shape of the attackers and the movement off the ball
* assess how the players keep the ball under pressure
* focus on the defensive pressure and shape of the team without the ball



4 - 2v2 duel plus two side players

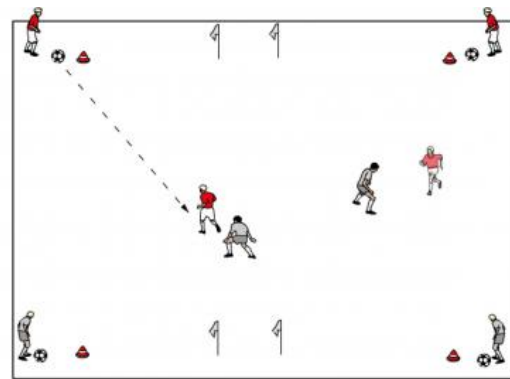
Duration:

Explanation

* offensive players must create space to receive the ball from the players on the outside and initiate their attack on the opponents goal

Coaching Points

* two attacker split-up to create width and depth prior to receiving the ball play in from the outside players
* nearest defender to the ball becomes the first defender, while the second defender provides support with respect to the location of the second attacker as well as the location of their respective teammate



5 - 2v2 Shooting

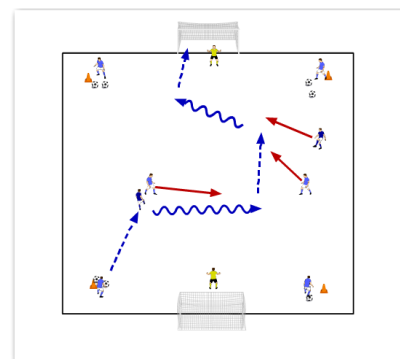
Duration:

Explanation

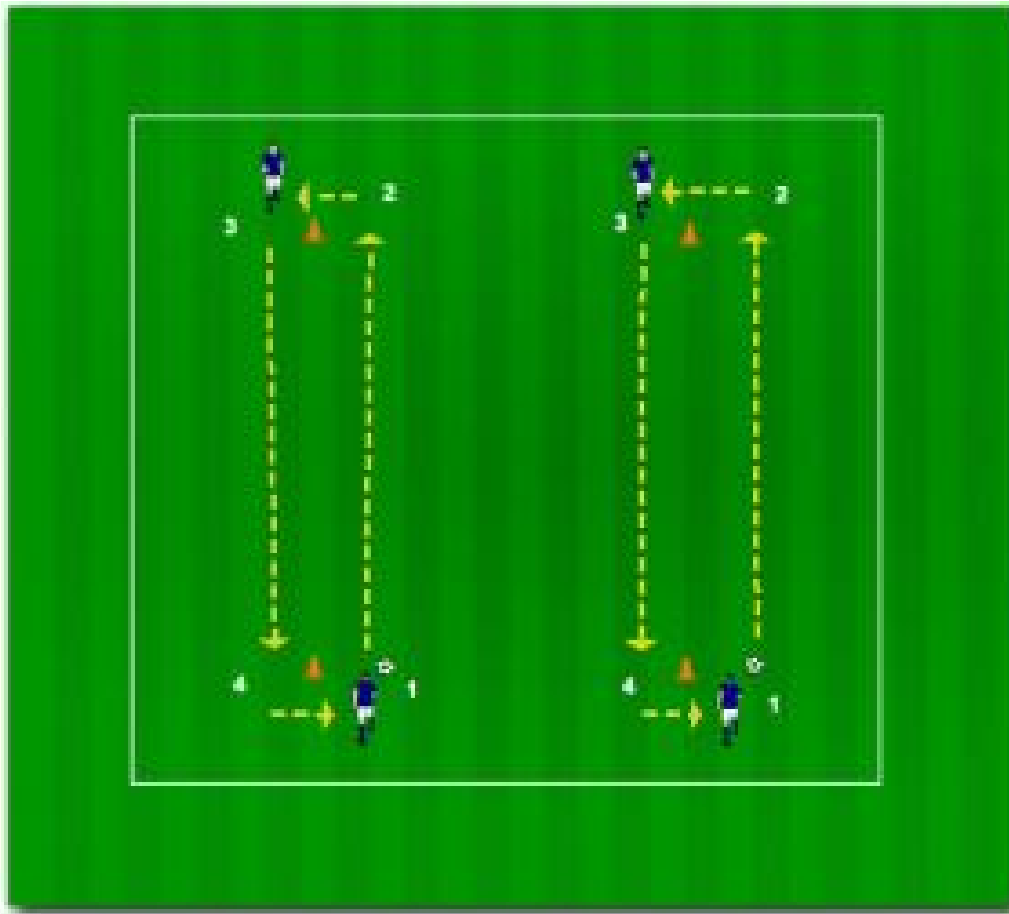
* Set up a 20 x 25 field (approx) as shown
* 2v2 in middle with a player on each corner who act as feeders
* Attackers have to receive ball from feeder and try to score on opposite goal
* Change every 90 seconds

Coaching Points

* Quality of passes, weight, angle, timing, maintaining possession
* Movement to receive the ball and get into goal scoring positions
* Accuracy before power
* Shoot low across goalkeeper
* Shoot early inside area



Activity : Passing Pattern in Pairs-one



Objectives

* improve ball control, passing ability and communication

Explanation

* player one plays the ball along the ground with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

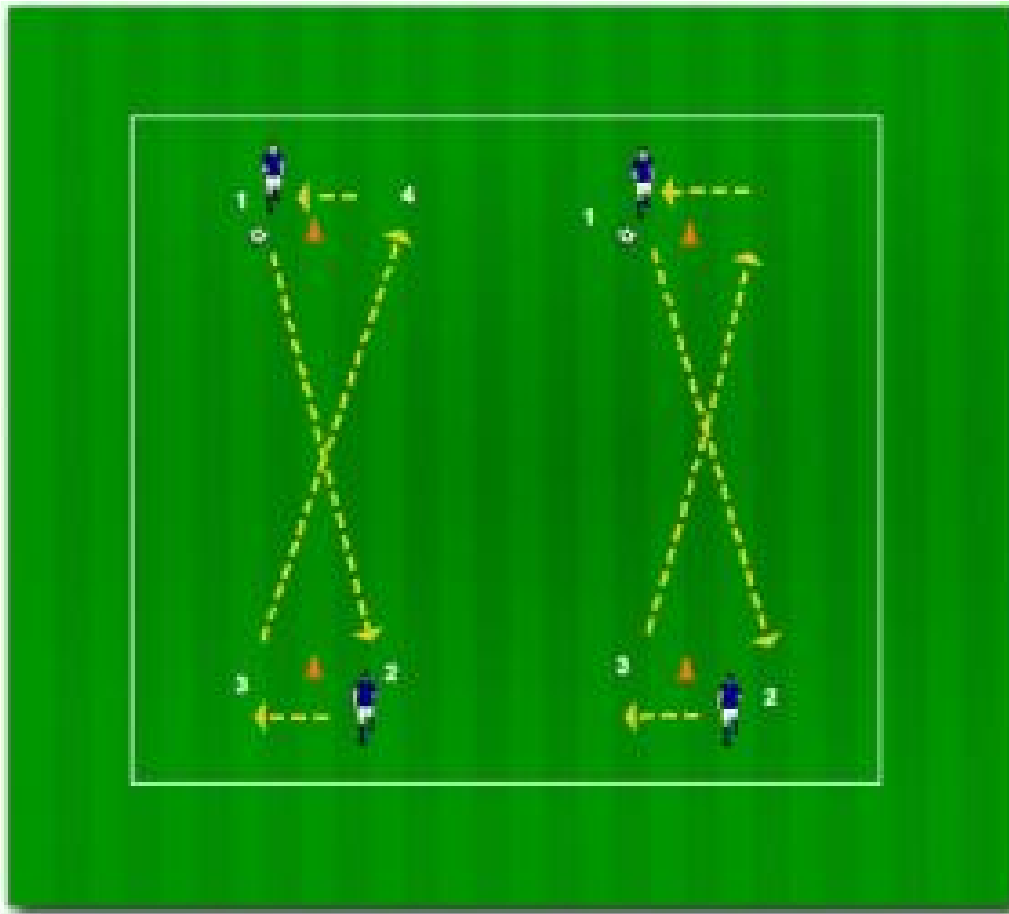
Coaching Points

* soft, clean, accurate touch to control the ball * shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass

Progression

* restrict the players to 2-touches * make sure to work in both directions

Activity : Passing Pattern in Pairs-two



Objectives

* improve ball control, passing ability and communication

Explanation

* player one plays the ball on a diagonal through the cones with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner on the diagonal * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

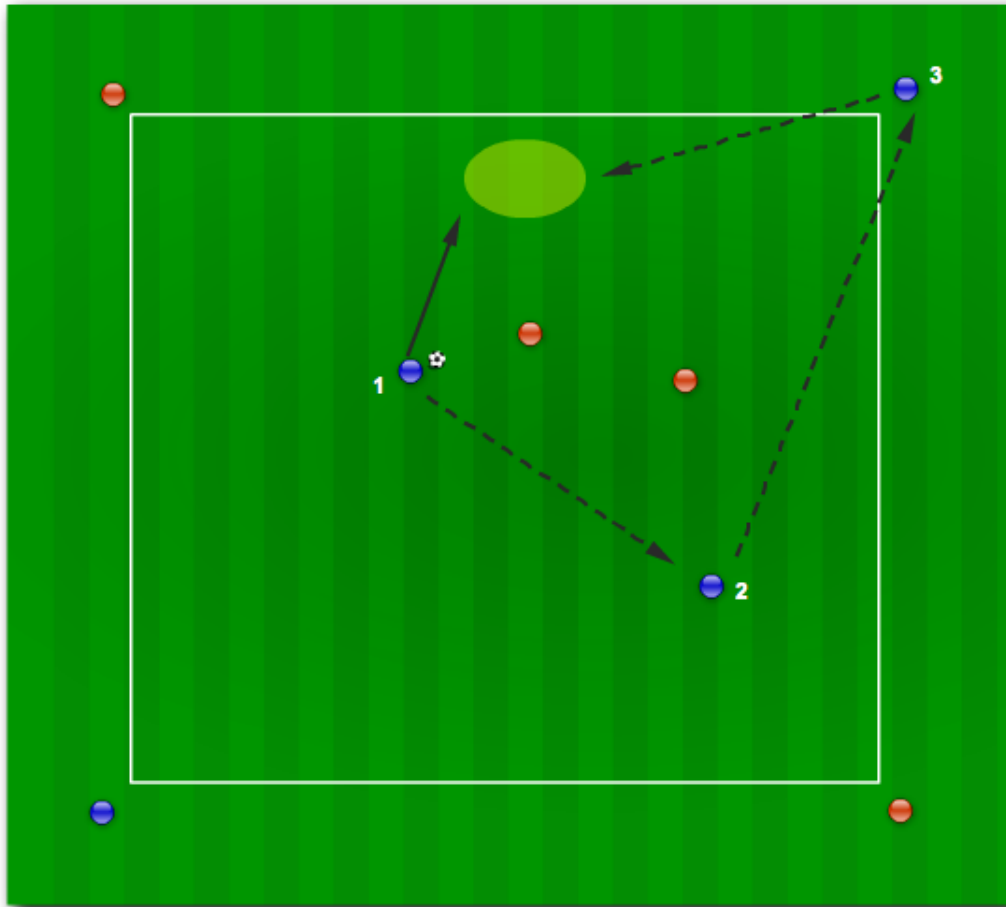
Coaching Points

* soft, clean, accurate touch to control the ball * shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass

Progression

* restrict the players to 2-touches * make sure to work in both directions

Activity : 2v2 Possession with Targets



Objectives

- * passing
 - * movement off the ball
 - * ball control
 - * communication

Explanation

- * the players inside the area will play two versus two
 - * each team will have two targets on the outside
 - * the idea is to keep the ball away from the opponents by using the targets on the outside to create 3v2 or 4v2 situations

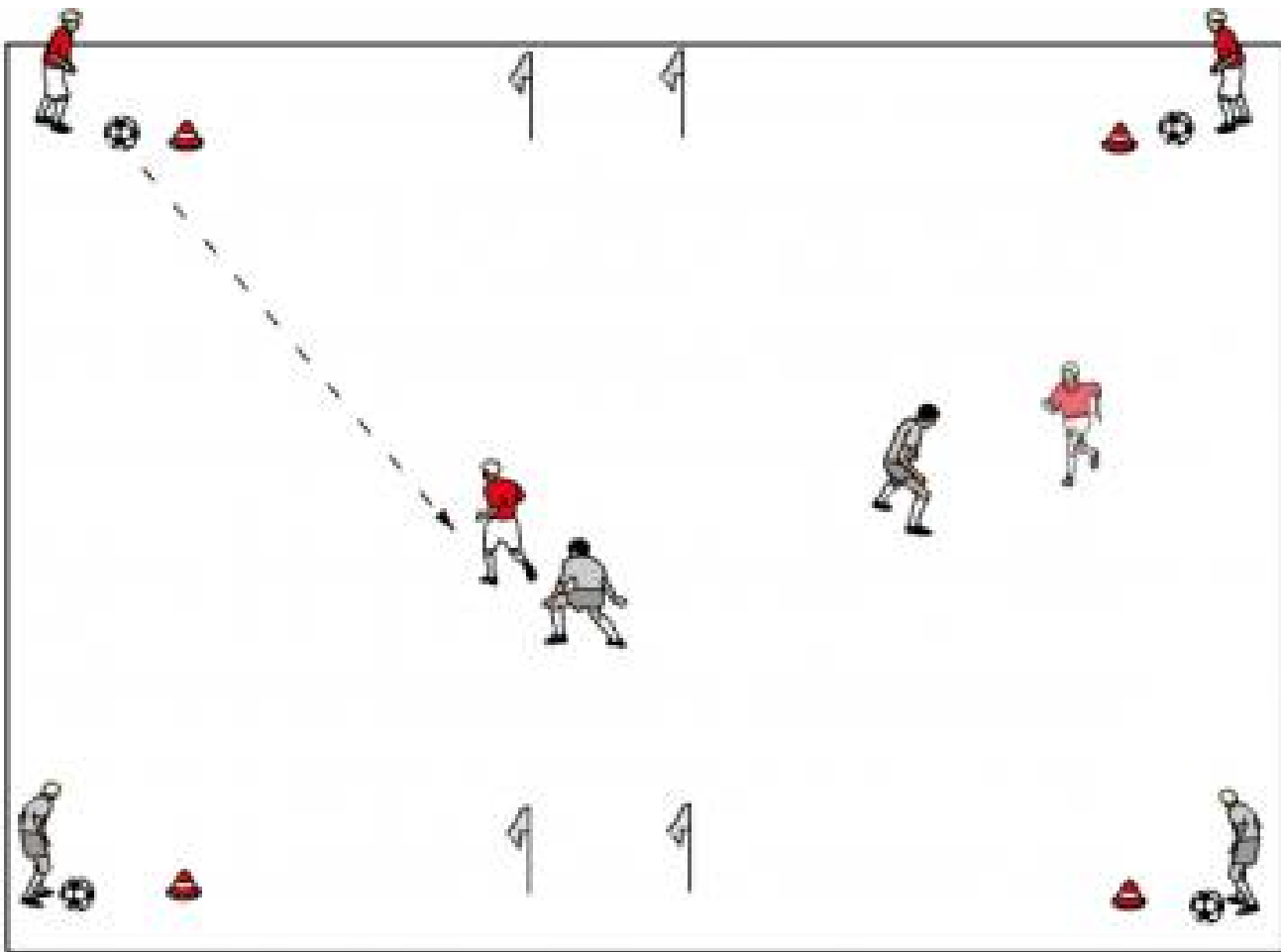
Coaching Points

- * focus on the shape of the attackers and the movement off the ball
 - * assess how the players keep the ball under pressure
 - * focus on the defensive pressure and shape of the team without the ball

Progression

- * restrict the number of touches on the ball
 - * do not allow the targets to play to targets
 - * score a point when 5 successful passes are made

Activity : 2v2 duel plus two side players



Objectives

- * two versus two inside the grid attacking two small goals
- * attacking and defending in pairs
- * transition from offence to defence; defence to offence

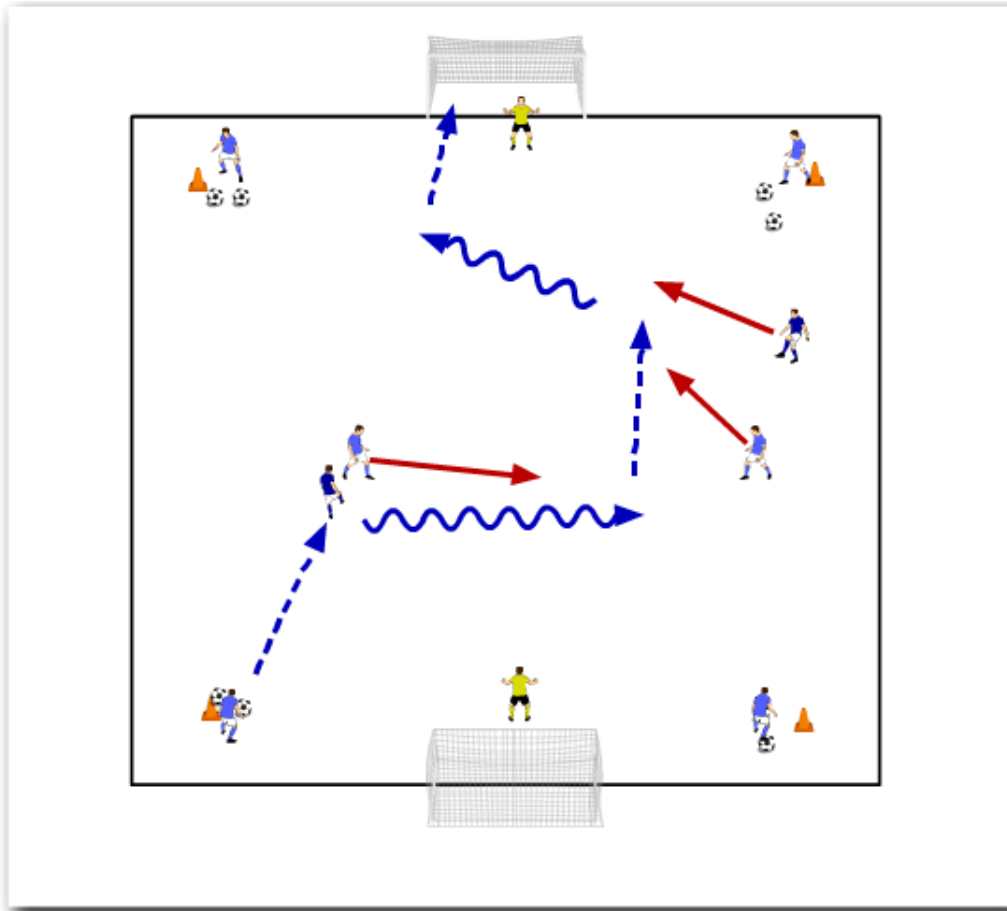
Explanation

- * offensive players must create space to receive the ball from the players on the outside and initiate their attack on the opponents goal

Coaching Points

- * two attacker split-up to create width and depth prior to receiving the ball play in from the outside players
- * nearest defender to the ball becomes the first defender, while the second defender provides support with respect the the location of the second attacker as well as the location of their respective teammate

Activity : 2v2 Shooting



Explanation

* Set up a 20 x 25 field (approx) as shown * 2v2 in middle with a player on each corner who act as feeders * Attackers have to receive ball from feeder and try to score on opposite goal * Change every 90 seconds

Coaching Points

* Quality of passes, weight, angle, timing, maintaining possession * Movement to receive the ball and get into goal scoring positions * Accuracy before power * Shoot low across goalkeeper * Shoot early inside area

Session : OYSS Development Session One U14-U18

Description : OYSS Development Session One U14-U18

Notes : Passing Technique x 45 mins

Possession x 20 mins

Game x 20 mins

1 - Passing Pattern in Pairs-one

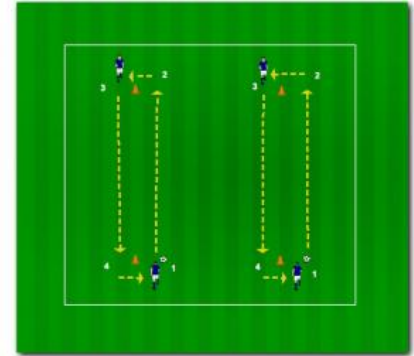
Duration:

Explanation

* player one plays the ball along the ground with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

Coaching Points

* soft, clean, accurate touch to control the ball
* shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass



2 - Passing Pattern in Pairs-two

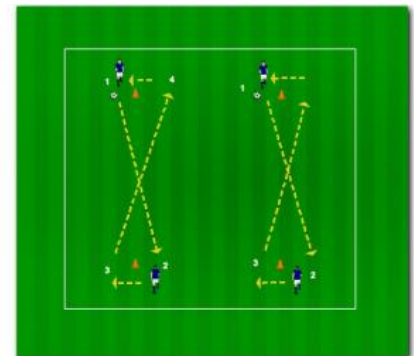
Duration:

Explanation

* player one plays the ball on a diagonal through the cones with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner on the diagonal * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

Coaching Points

* soft, clean, accurate touch to control the ball
* shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass



3 - Possession game 8 versus 6

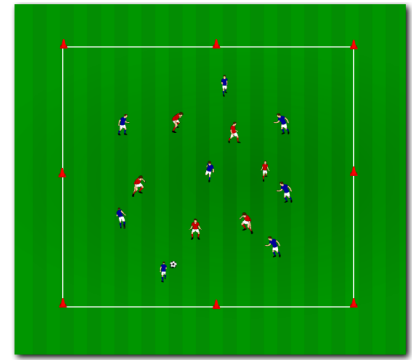
Duration:

Explanation

* Team A must try to keep the ball away from team B

Coaching Points

- * Create space when you have the ball
- * Good first touch
- * Before you have the ball know what your options are
- * Put correct weight on the ball



4 - Endzone Soccer

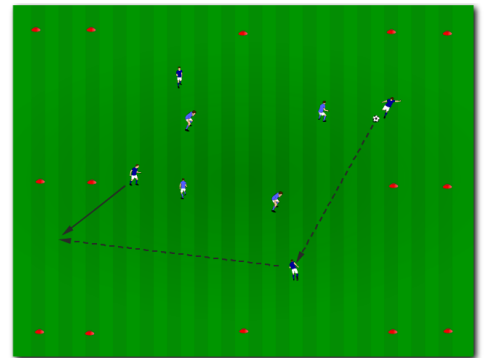
Duration:

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



5 - Four Goal Soccer

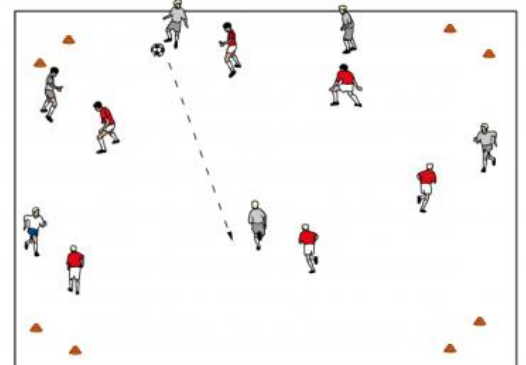
Duration:

Explanation

* each team will attack all four goals and defend all four goals * if and when the ball crosses the sideline the restart comes from the coach, who serves the ball into the team who did not play out of bounds * limit the number of touches on the ball based on ability * open touch to start * reduce to three touch, even two touch

Coaching Points

- * encourage width and depth in attack
- * fast treatment of the ball in attack
- * intensity of pressure when defending and team organization
- * transition * from defence to offence
- * from offence to defence



6 - 6v6 Small Sided Game

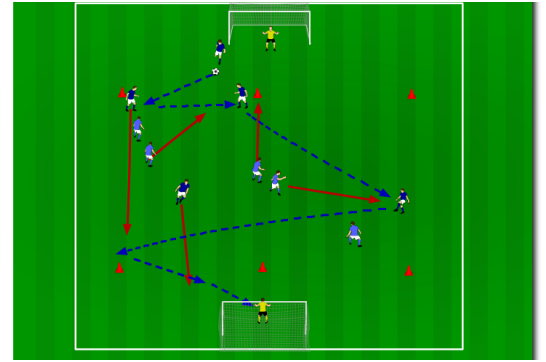
Duration:

Explanation

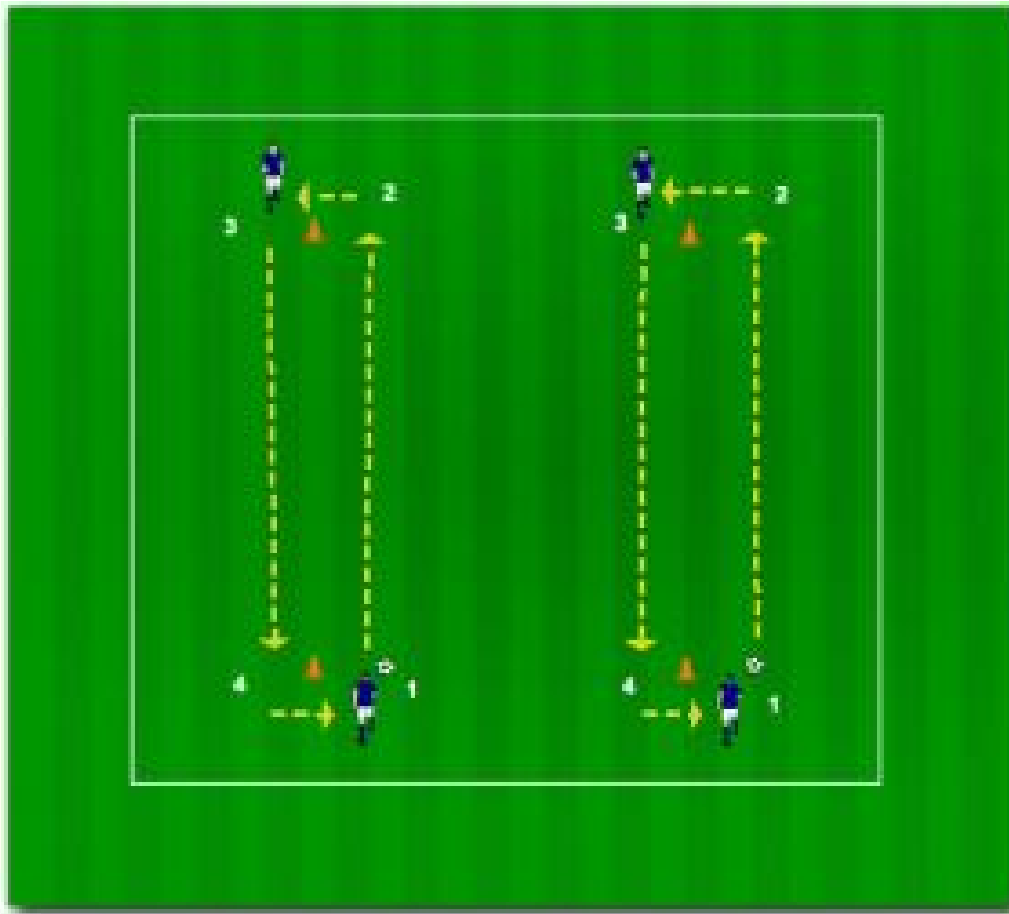
* Set up a 6v6 small sided game 40x60 (approx) * Split the field into 3 zones, 2 defensive zones 40 x 15 and a midfield zone 40 x 30 * Only the defender and goalkeeper are allowed in defensive zone * Attacking team must pass to an on-running teammate into the defensive zone to create a 1v1 situation and a shooting opportunity

Coaching Points

'Let Them Play'But! * Encourage interchange-ability in positions, but keep team shape * Emphasis quality of passes, timing, accuracy, weight, angle * Encourage support runs and distance of support player * Decision making pass or dribble



Activity : Passing Pattern in Pairs-one



Objectives

* improve ball control, passing ability and communication

Explanation

* player one plays the ball along the ground with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

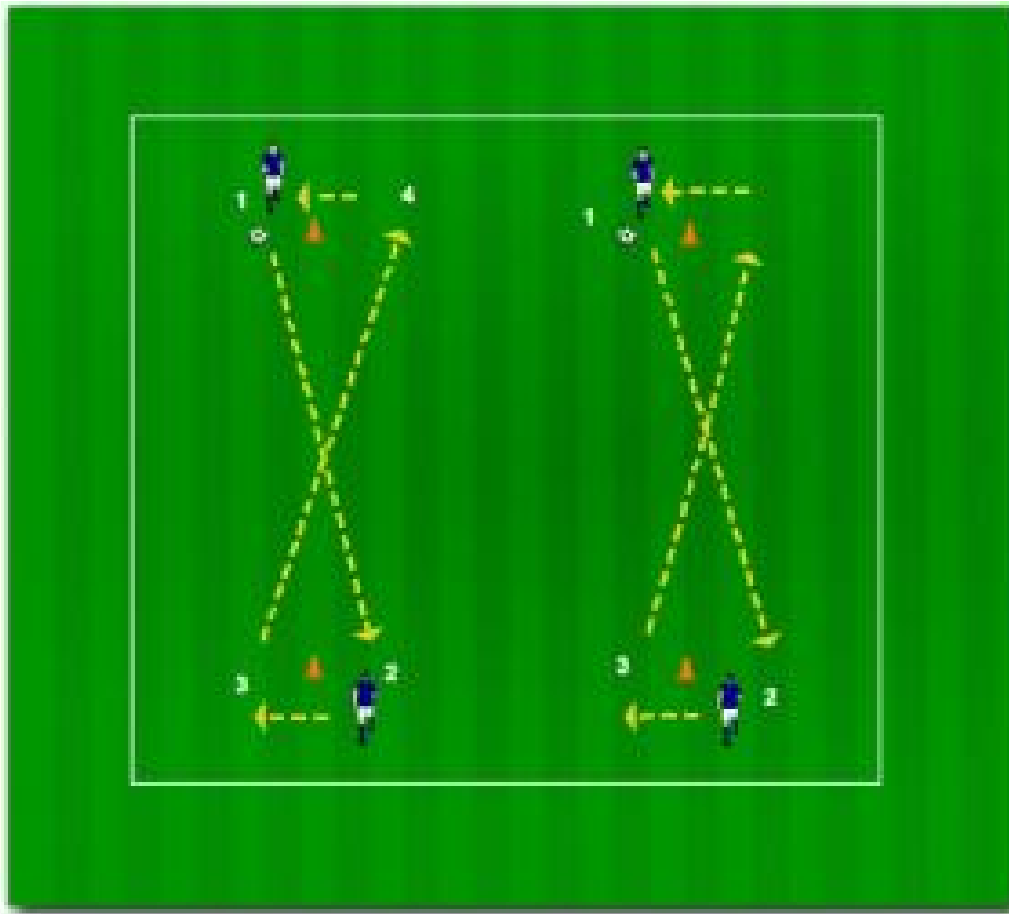
Coaching Points

* soft, clean, accurate touch to control the ball * shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass

Progression

* restrict the players to 2-touches * make sure to work in both directions

Activity : Passing Pattern in Pairs-two



Objectives

* improve ball control, passing ability and communication

Explanation

* player one plays the ball on a diagonal through the cones with the outside foot to their partner * player two receives the ball, on the first touch guides the ball across the body to the appropriate foot and plays the ball back to their partner on the diagonal * as soon as the ball is played by either player they must shift their position to receive the ball from their partner on the opposite side from where the pass was made and communicate when they are in a position to receive the ball

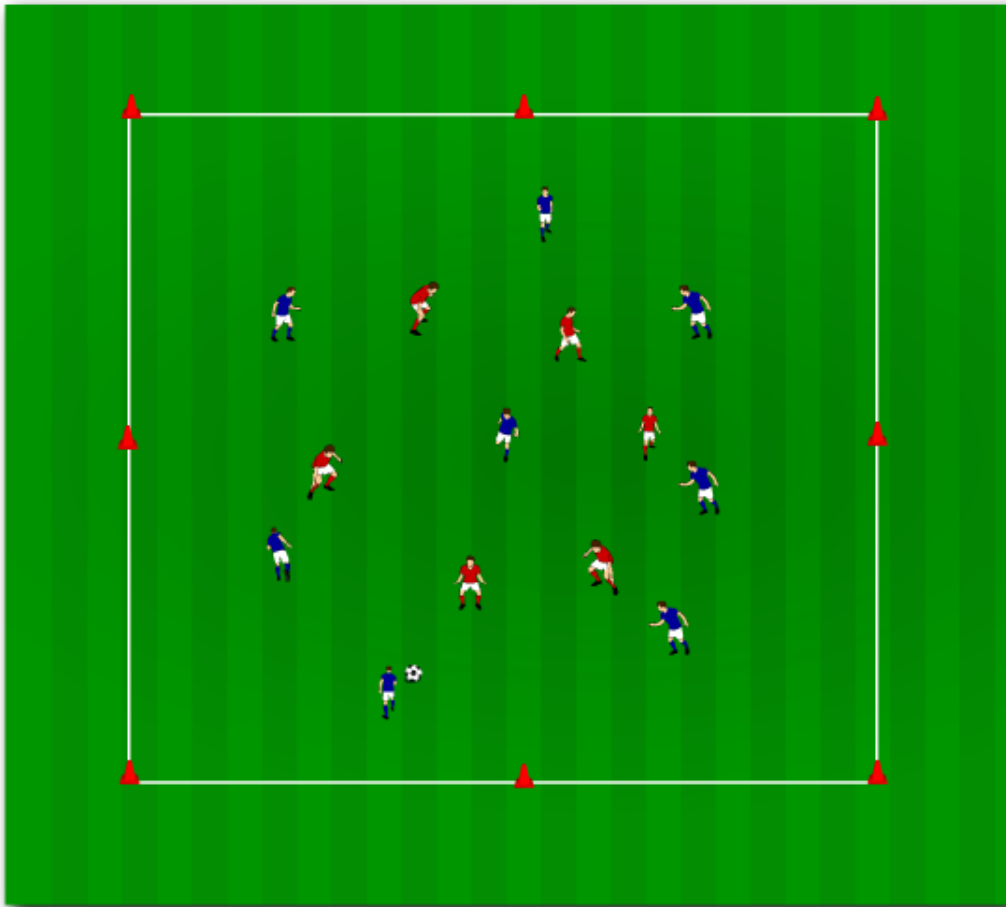
Coaching Points

* soft, clean, accurate touch to control the ball * shape of the body and balance * timing of the pass to the partner * accuracy and weight of the pass

Progression

* restrict the players to 2-touches * make sure to work in both directions

Activity : Possession game 8 versus 6



Objectives

- * Team A keeps the ball away from Team B

Explanation

- * Team A must try to keep the ball away from team B

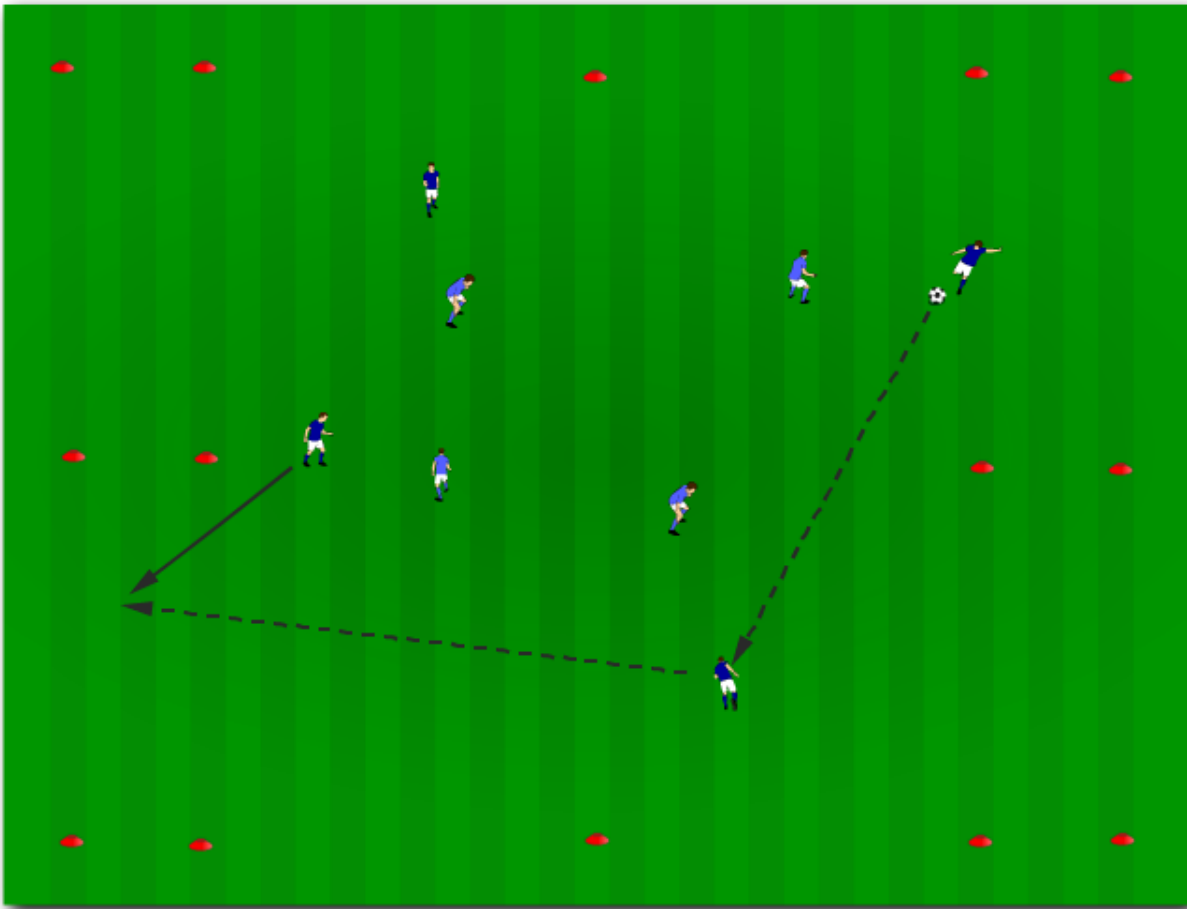
Coaching Points

- * Create space when you have the ball
 - * Good first touch
 - * Before you have the ball know what your options are
 - * Put correct weight on the ball

Progression

- * Team who pass the ball 10 times to each other receive a point

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.

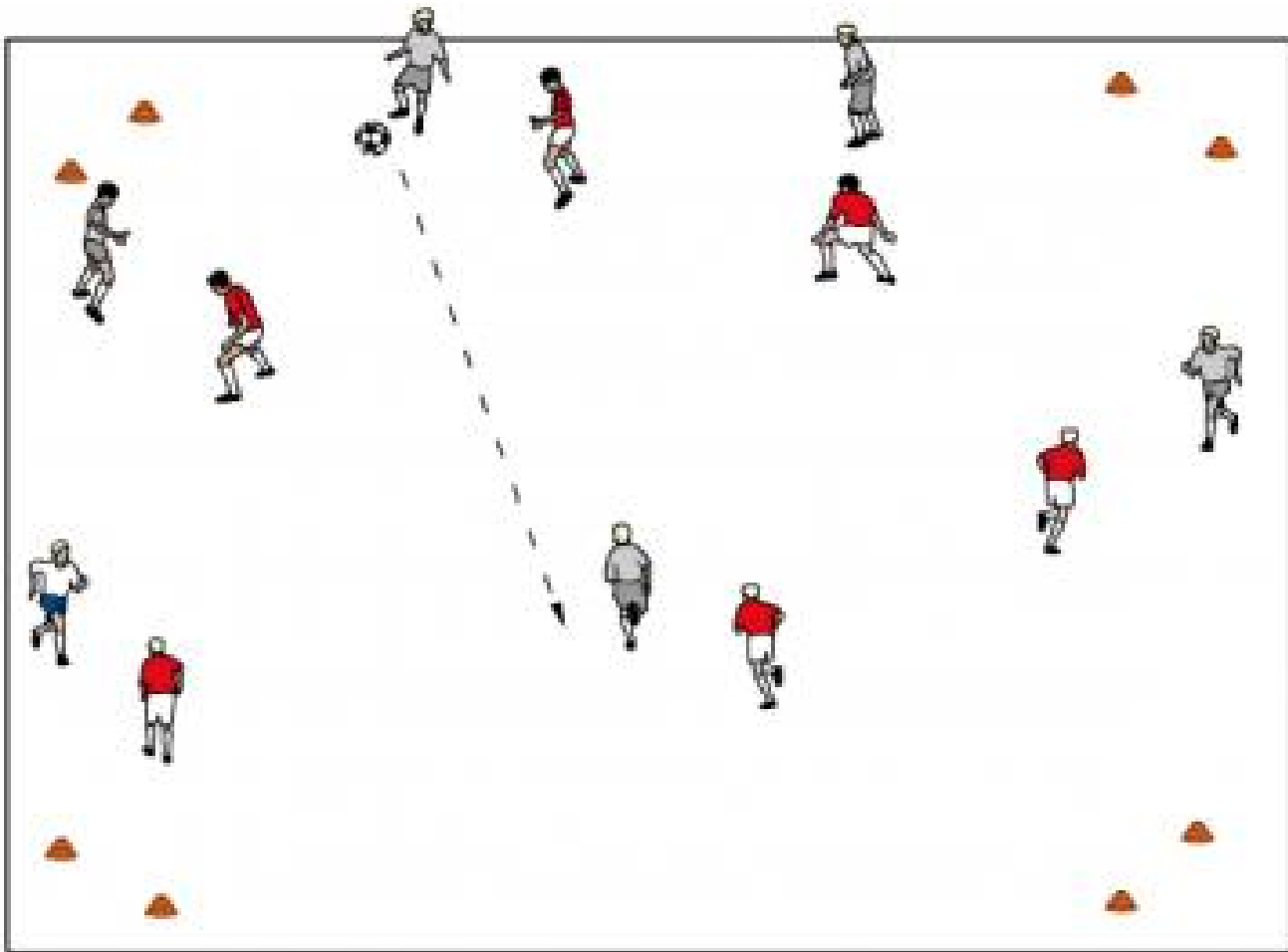
Coaching Points

- * 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 : Four Goal Soccer



Objectives

* attacking * to encourage players to create width and be able to assess the most effective time to switch the point of attack * accuracy of passing and movement off the ball to support the player in possession of the ball * defensively * to be able to cover space as well as pressure the ball when defending * to be able to make fast, efficient transition from defence to offence

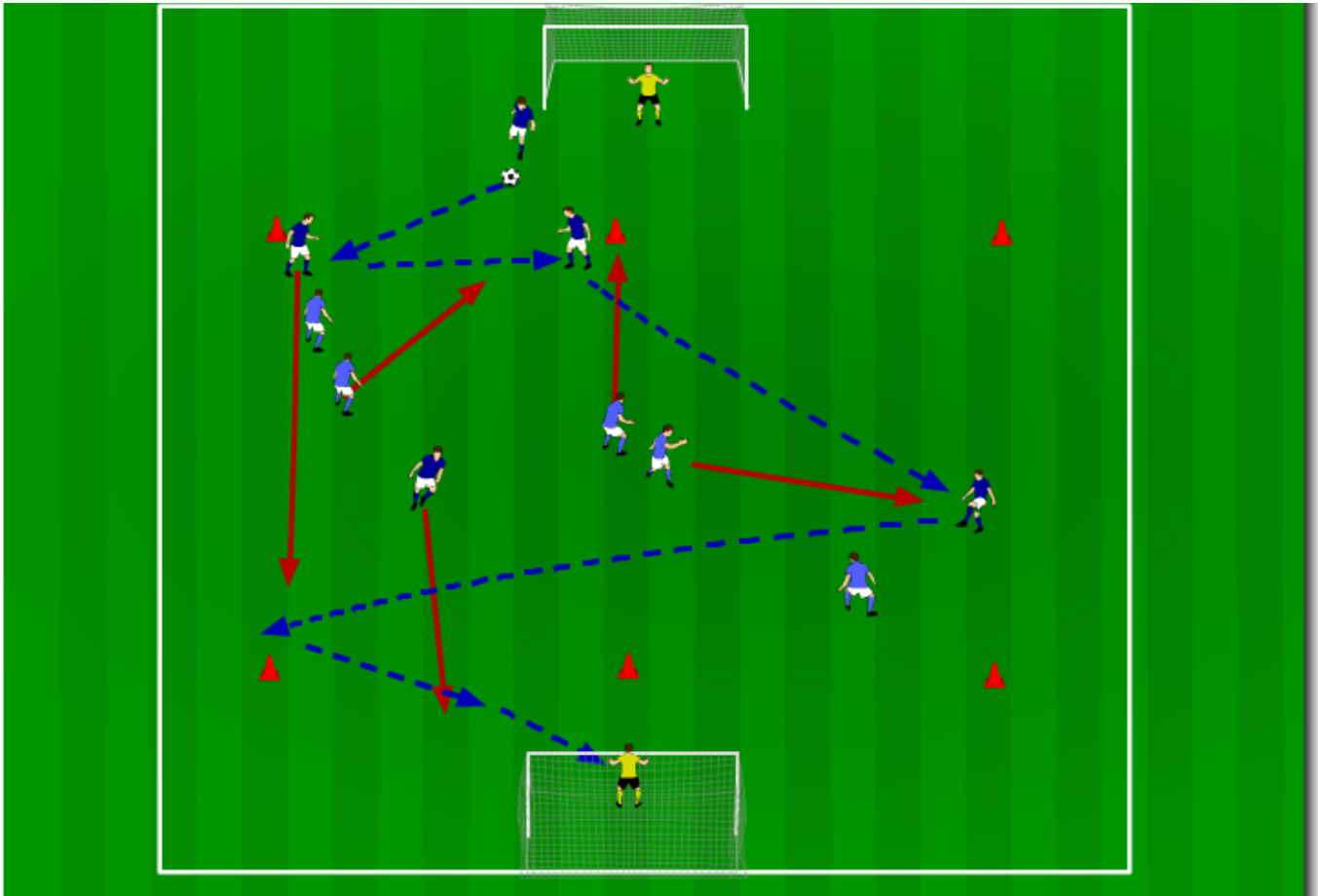
Explanation

* each team will attack all four goals and defend all four goals * if and when the ball crosses the sideline the restart comes from the coach, who serves the ball into the team who did not play out of bounds * limit the number of touches on the ball based on ability * open touch to start * reduce to three touch, even two touch

Coaching Points

* encourage width and depth in attack * fast treatment of the ball in attack * intensity of pressure when defending and team organization * transition * from defence to offence * from offence to defence

Activity : 6v6 Small Sided Game



Objectives

- * To practice skills learned earlier in the session
- * To work on passing, dribbling, and finishing under pressure
- * To achieve successful supporting runs

Explanation

- * Set up a 6v6 small sided game 40x60 (approx)
- * Split the field into 3 zones, 2 defensive zones 40 x 15 and a midfield zone 40 x 30
- * Only the defender and goalkeeper are allowed in defensive zone
- * Attacking team must pass to an on-running teammate into the defensive zone to create a 1v1 situation and a shooting opportunity

Coaching Points

- 'Let Them Play'But!
- * Encourage interchange-ability in positions, but keep team shape
- * Emphasis quality of passes, timing, accuracy, weight, angle
- * Encourage support runs and distance of support player
- * Decision making pass or dribble