

## Session : Oceanside Development Pony Session Four

### Description : Oceanside Development Pony Session Four

Notes :

#### 1 - Dribbling Warm Up

##### Duration:

##### Explanation

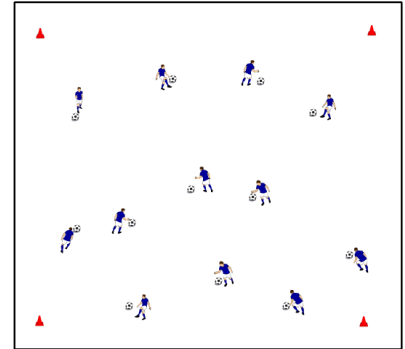
\* 15x15- 30x30 area (field size varies with group size/age)

\* 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 - Line Drills with Passing

##### Duration:

##### Explanation

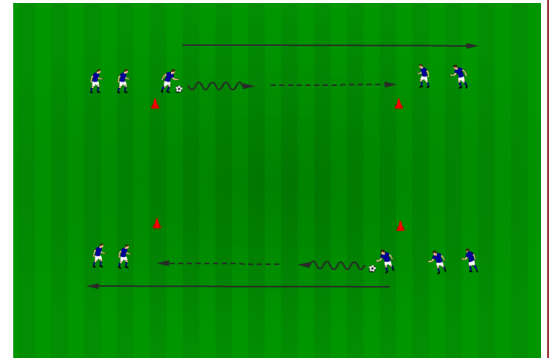
\* Player with the ball at their feet is to play the ball across to the person at the front of the opposite line

\* Once this player has played the ball they will follow the pass and stand at the end of the opposite line

\* The player receiving the ball must step forward of the cone and communicate with the player passing the ball

##### Coaching Points

- \* Pass the ball directly across to the player at the front of the opposite line
- \* Dribble part way towards the opposite player and pass the ball
- \* Pass the ball to the player in the opposite line, who controls the ball and plays it back to the first player (moving forwards) who controls the ball and dribbles to the front of the opposite line
- \* These same two players perform the same pattern as above but when the ball is played back to the first player from player two, the ball is then returned to player two by



#### 3 - Shooting Activity with Defensive Pressure from Behind

##### Duration:

##### Explanation

\* goalkeeper releases the ball into the space in front of the attacker

\* at this moment, both the attacker and defender chase down the ball

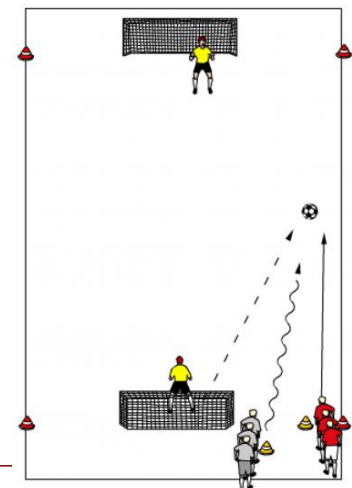
\* note: staggered starting positions- defender is 5 meters behind the attacker

\* players compete until the ball is out of play

\* if and when the defender regains the ball, or the goalkeeper saves the ball, the play continues as it is possible to attack two goals

##### Coaching Points

- \* first touch by the attacker must be away from pressure
- \* second concept for the attacker is to have an impression of where the goalkeeper is located before striking to goal, which means a quick glance to the goal and then focus solely on ball striking technique
- \* defender must come fast and hard with the intent to stop or block the shot
- \* in the event of a change in possession, the defender becomes the attacker and the focus will now be on the goalkeepers ability to connect with this player in transition from



## 4 - 3v3 Small Sided Game

### Duration:

### Explanation

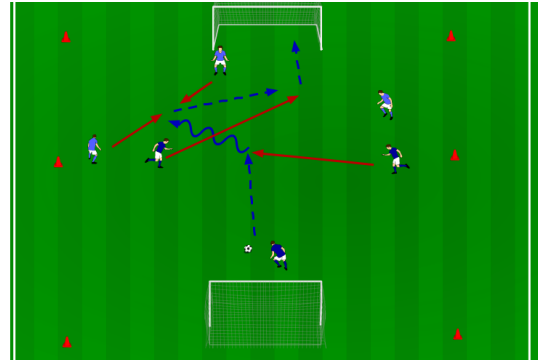
\* Set up two 18 x 28 small fields for 3v3 games

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

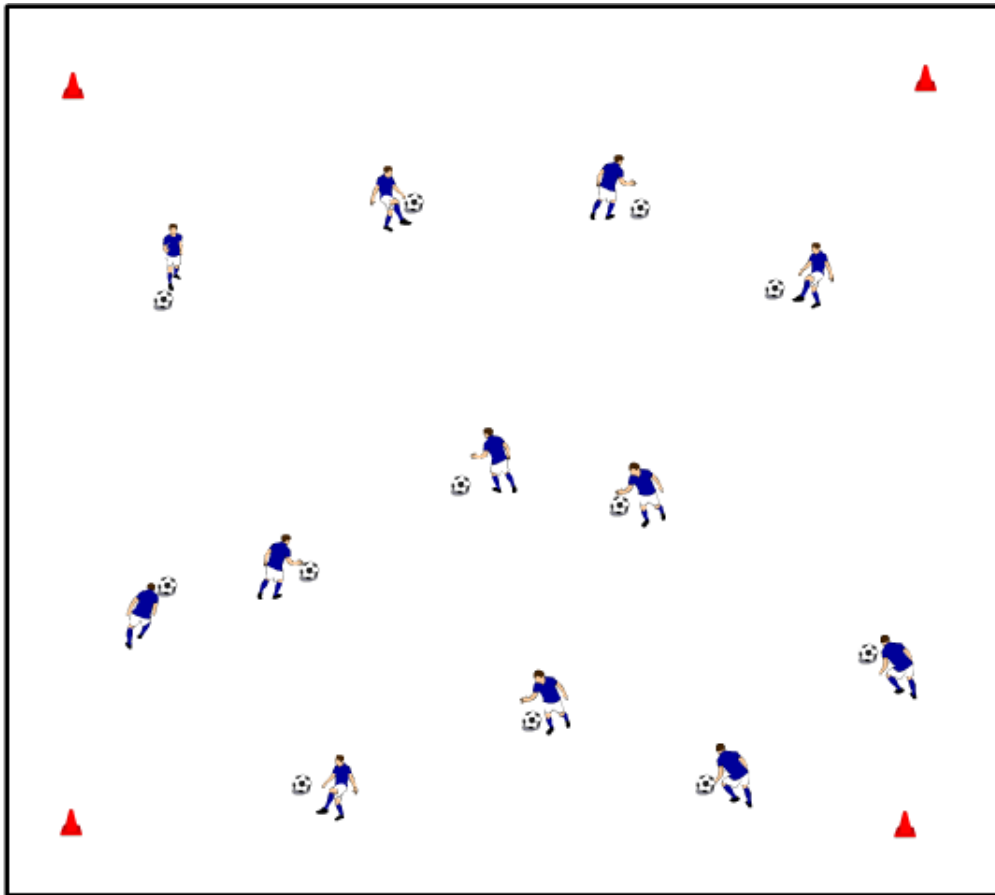
### Coaching Points

'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

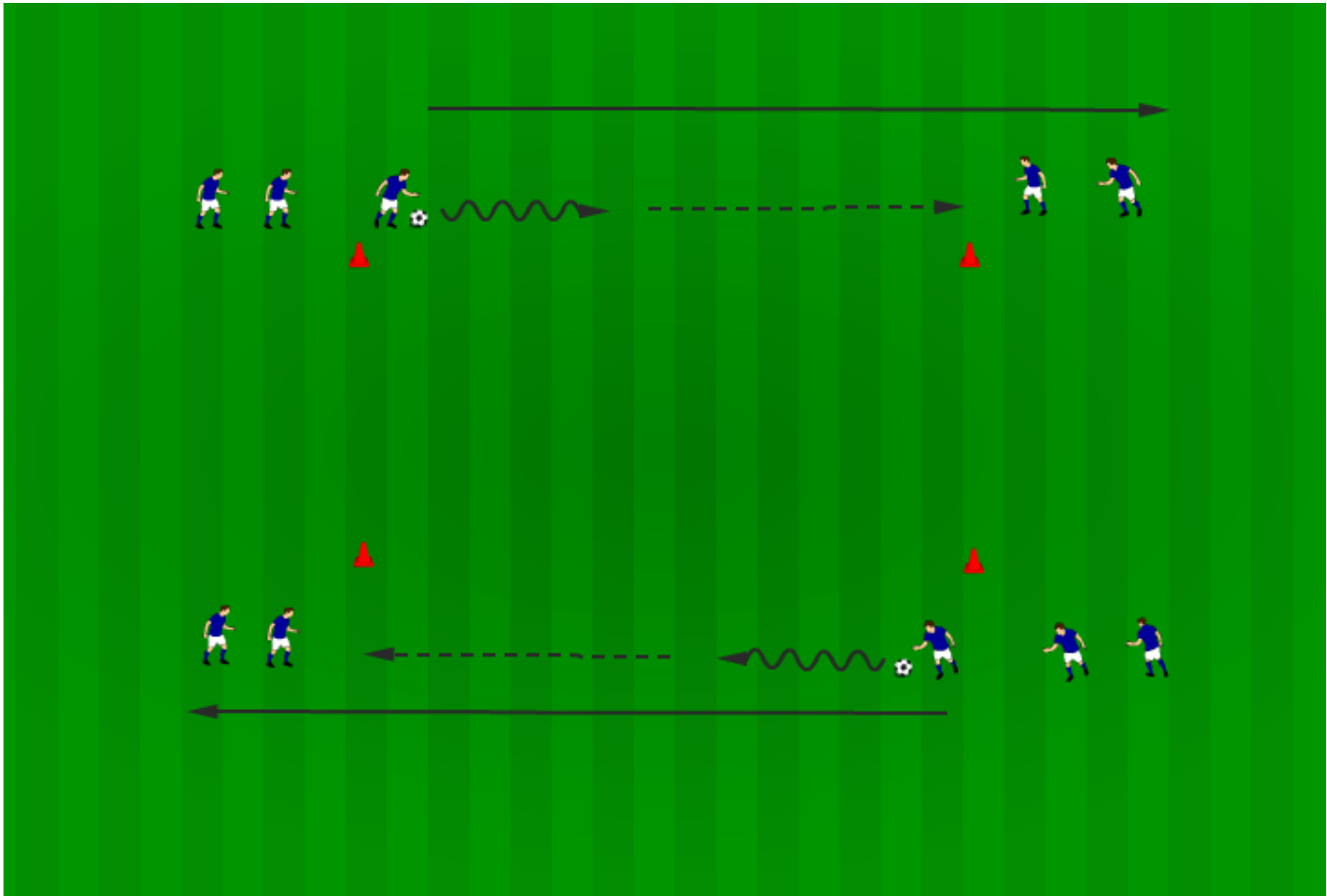
- \* Keep the ball close and under control
- \* Look to get to open spaces on the field
- \* All turns, feints, skills performed accurately and quickly

### 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 : Line Drills with Passing



### Objectives

- \* Ball control
  - \* Passing accuracy and technique
  - \* Receiving the ball
  - \* Communication and support

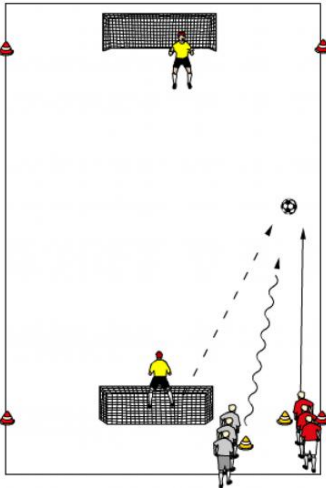
### Explanation

- \* Player with the ball at their feet is to play the ball across to the person at the front of the opposite line
- \* Once this player has played the ball they will follow the pass and stand at the end of the opposite line
- \* The player receiving the ball must step forward of the cone and communicate with the player passing the ball

### Coaching Points

- \* Pass the ball directly across to the player at the front of the opposite line
  - \* Dribble part way towards the opposite player and pass the ball
  - \* Pass the ball to the player in the opposite line, who controls the ball and plays it back to the first player (moving forwards) who controls the ball and dribbles to the front of the opposite line
  - \* These same two players perform the same pattern as above but when the ball is played back to the first player from player two, the ball is then returned to player two by player one who dribbles or passes the ball to the front of the next line

## Activity : Shooting Activity with Defensive Pressure from Behind



### Objectives

- \* fast treatment of the ball
- \* quality of first touch from attacker
- \* defensive pressure applied from behind
- \* actions to score from the attacker

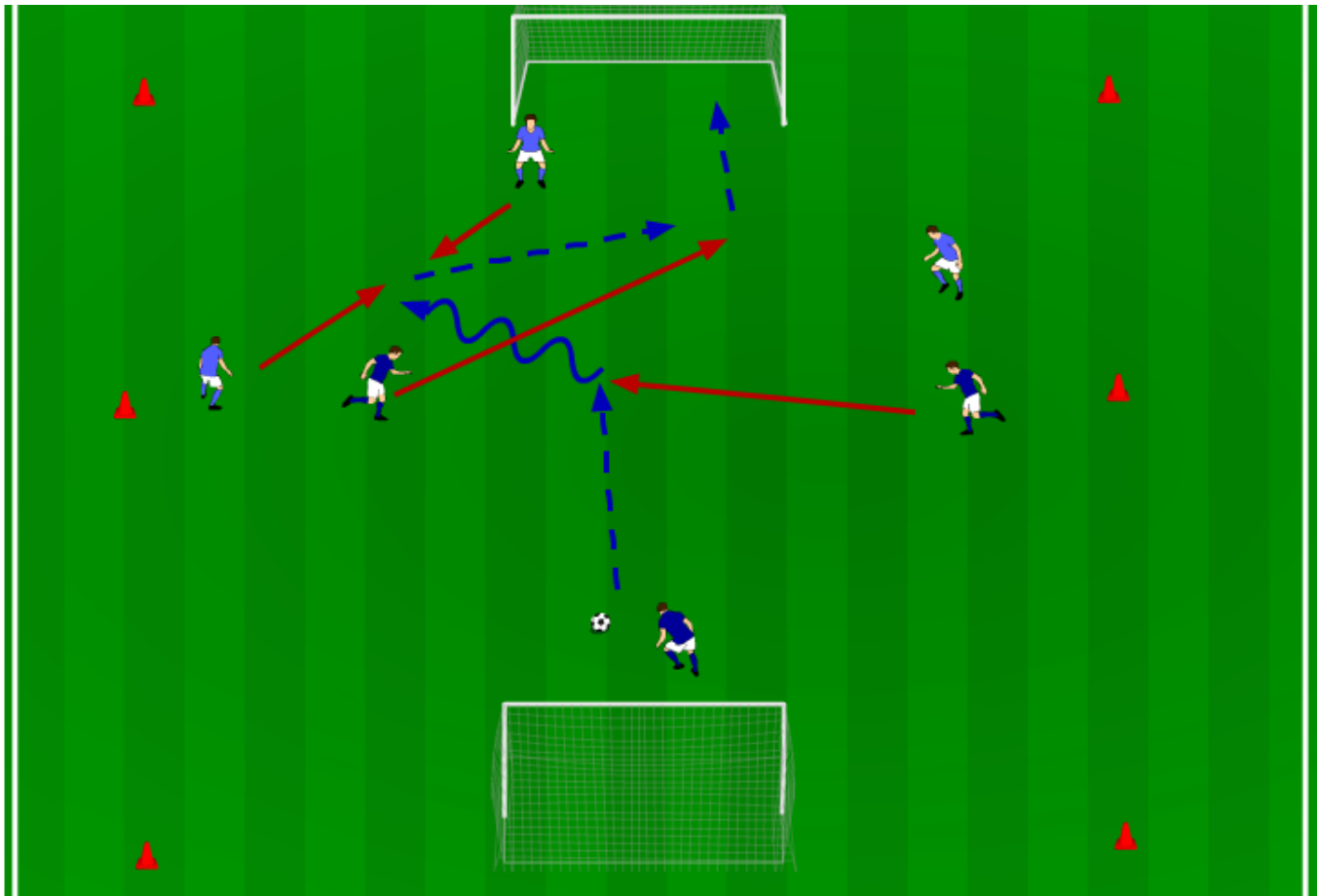
### Explanation

- \* goalkeeper releases the ball into the space in front of the attacker
- \* at this moment, both the attacker and defender chase down the ball
- \* note: staggered starting positions- defender is 5 meters behind the attacker
- \* players compete until the ball is out of play
- \* if and when the defender regains the ball, or the goalkeeper saves the ball, the play continues as it is possible to attack two goals

### Coaching Points

- \* first touch by the attacker must be away from pressure
- \* second concept for the attacker is to have an impression of where the goalkeeper is located before striking to goal, which means a quick glance to the goal and then focus solely on ball striking technique
- \* defender must come fast and hard with the intent to stop or block the shot
- \* in the event of a change in possession, the defender becomes the attacker and the focus will now be on the goalkeepers ability to connect with this player in transition from defence to offence

## 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 Four U10-U13 Younger group

### Description : OYSS Development Session Four U10-U13 Younger group

Notes :

#### 1 - Passing in Pairs

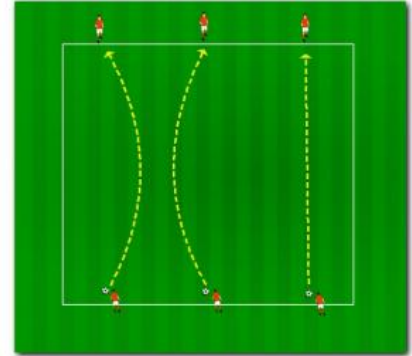
##### Duration:

##### 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



#### 2 - Passing Pattern in Pairs-one

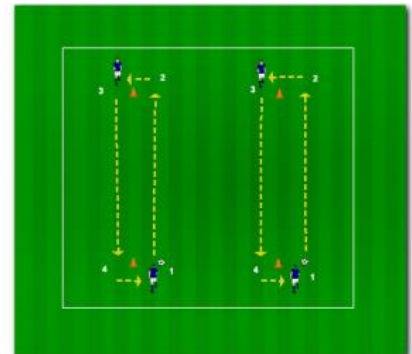
##### Duration:

##### 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



#### 3 - Passing Pattern in Pairs-two

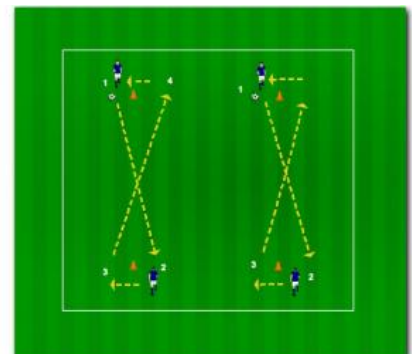
##### Duration:

##### 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



## 4 - Six vs Two Possession

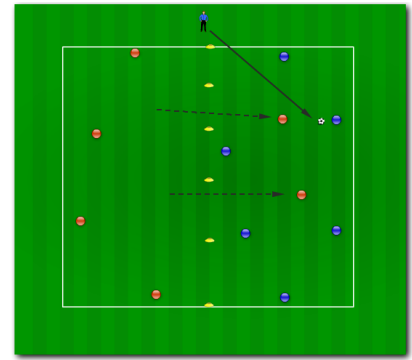
### Duration:

### 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 - 3v3 Small Sided Game

### Duration:

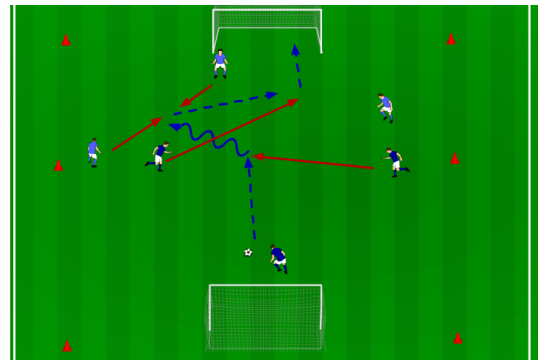
### Explanation

- \* 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

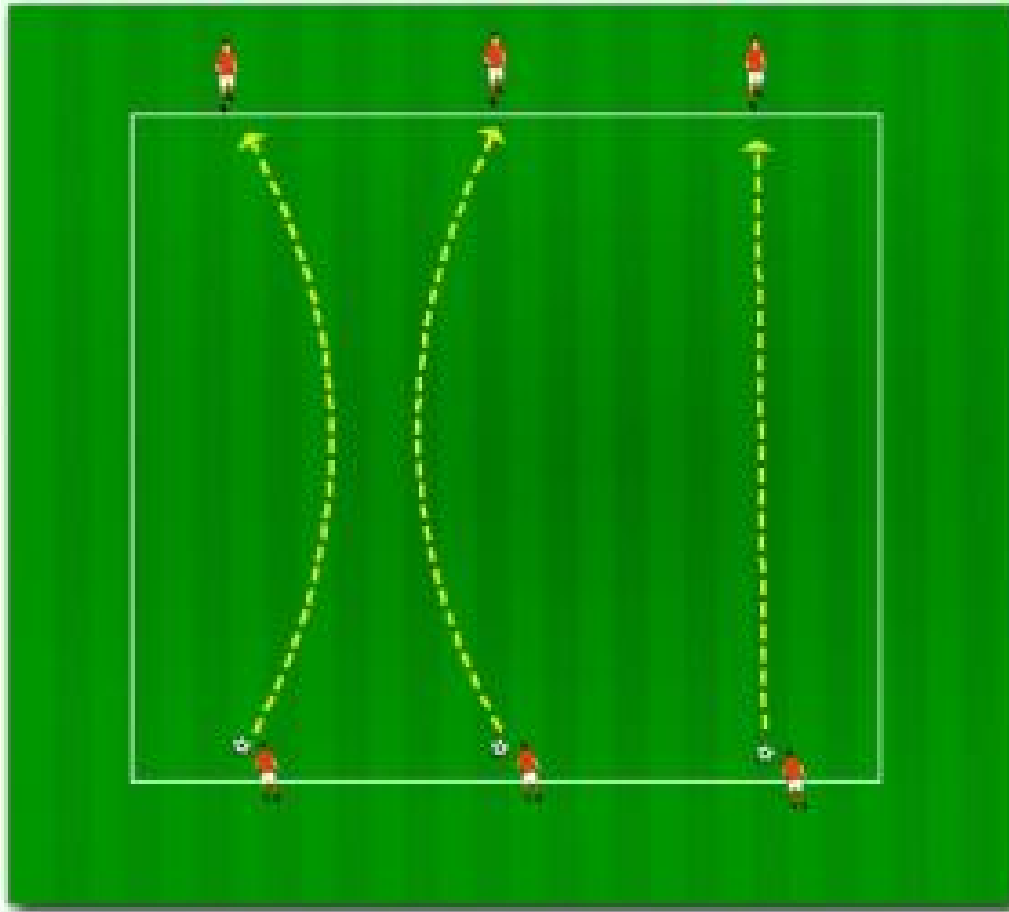
### Coaching Points

'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 : 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

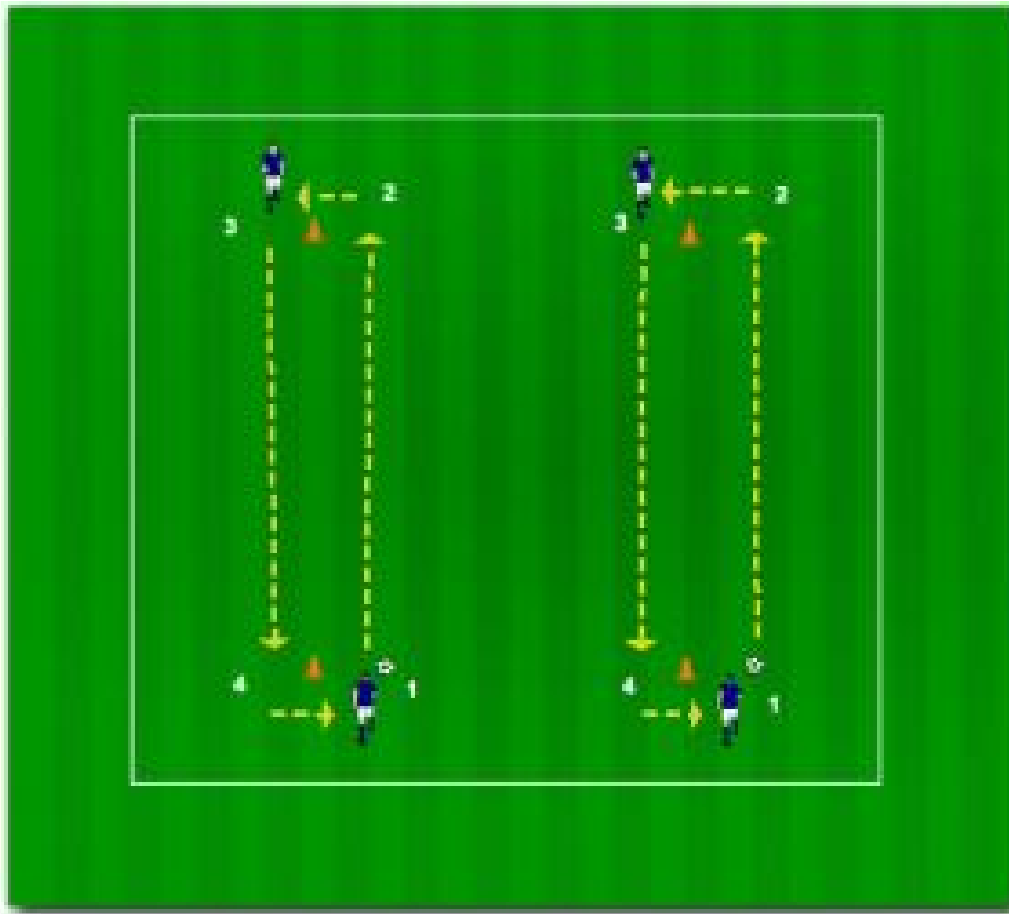
### Explanation

\* 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 : 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

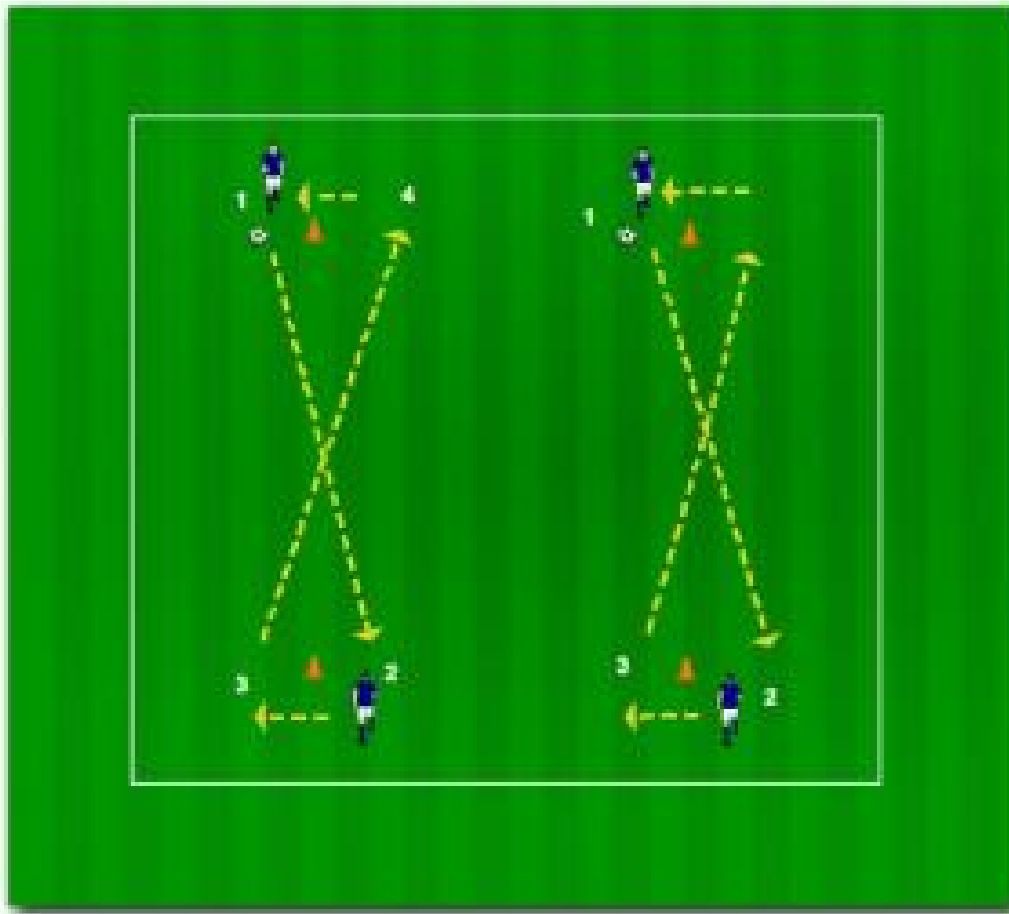
### Coaching Points

\* 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

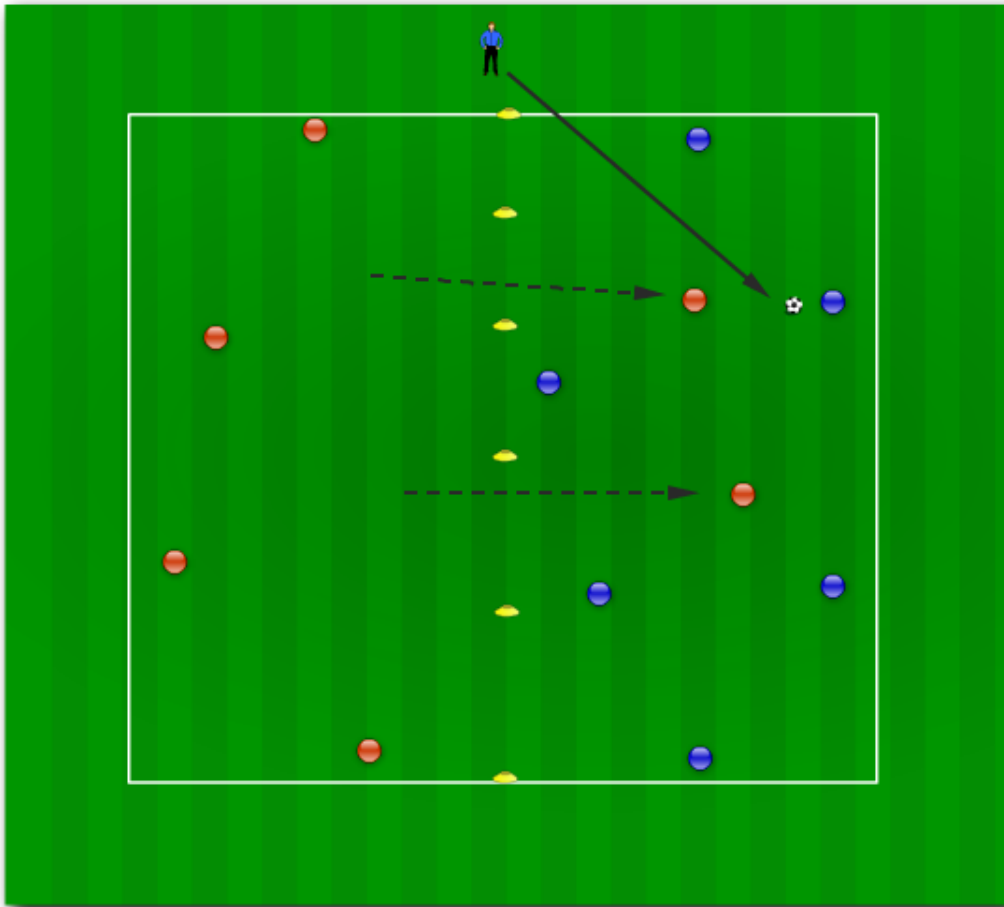
### Coaching Points

\* 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 : 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

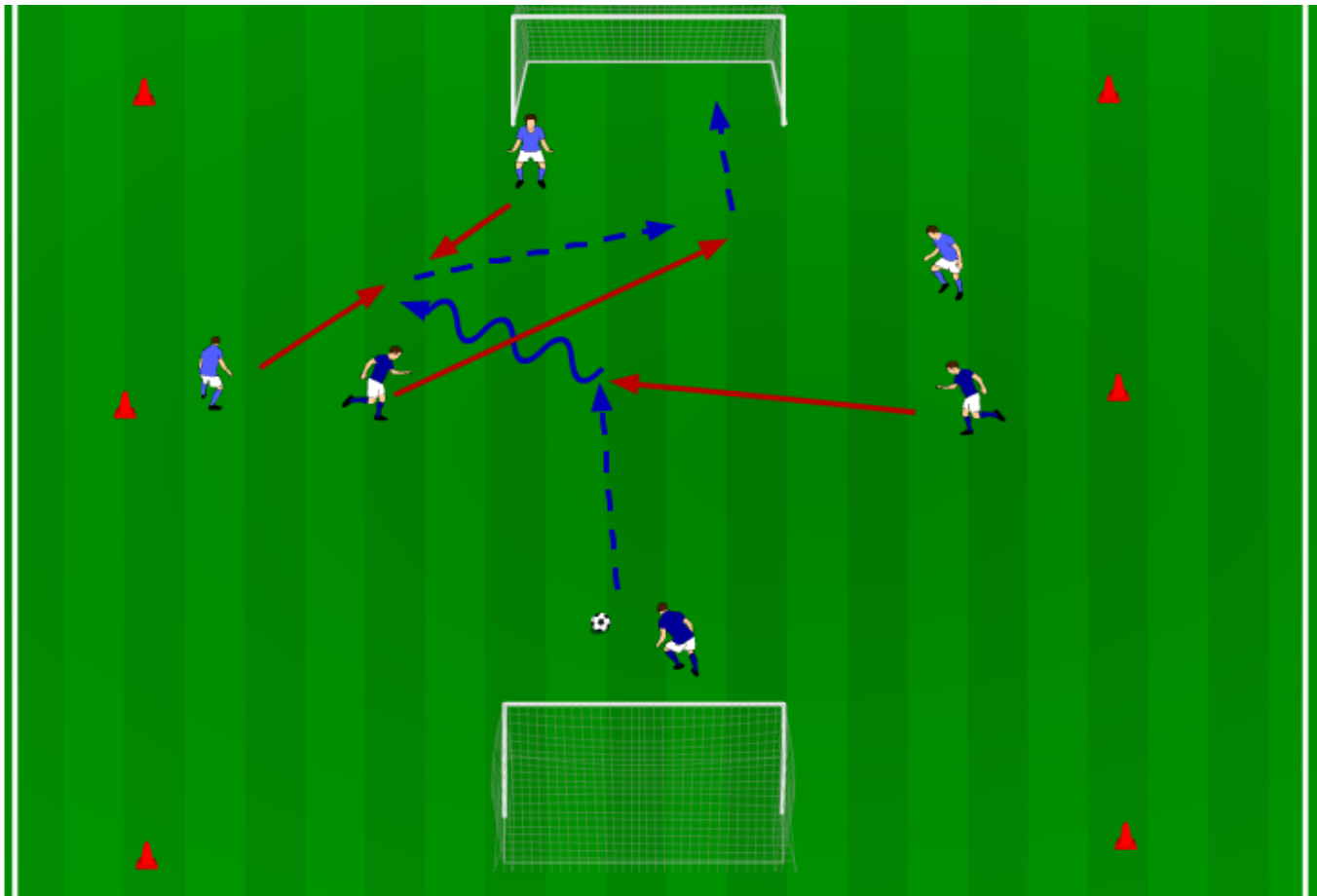
### Explanation

- \* 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 : 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 : Oceanside Development Session Four U10-U13 older groups

### Description : Oceanside Development Session Four U10-U13 older groups

Notes :

#### 1 - Spanish Tag (no ball)

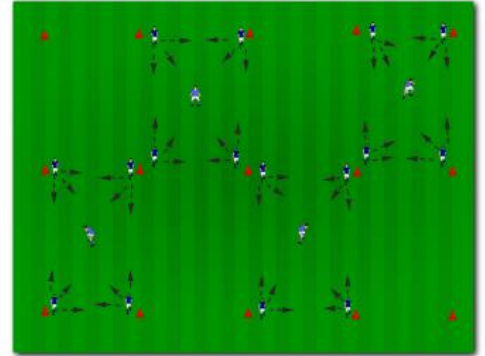
##### Duration:

##### Explanation

The player in the middle will start counting to three, at anytime the aim of the players on the outside is to move to another cone before the count of three. If and when the player in the middle is able to get to a cone before one of the other players, this player goes into the middle and the drill continues.

##### Objectives

- player movement- speed and agility-  
reaction to player movement- anticipation



#### 2 - Spanish Tag (with ball)

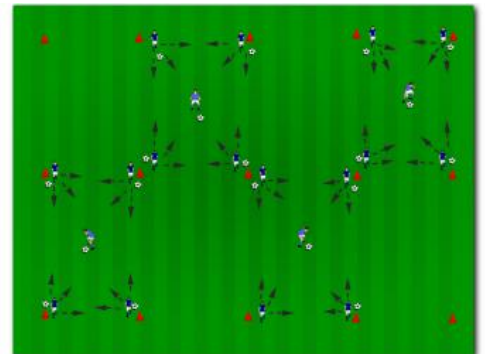
##### Duration:

##### Explanation

The player in the middle will start counting to three, at anytime the aim of the players on the outside is to move to another cone before the count of three. If and when the player in the middle is able to get to a cone before one of the other players, this player goes into the middle and the drill continues. All players mover with the ball at their feet and must reach the cone in control of the ball.

##### Objectives

- player movement- speed and agility-  
reaction to player movement- anticipation



#### 3 - Small Sided Possesion Game 3v1

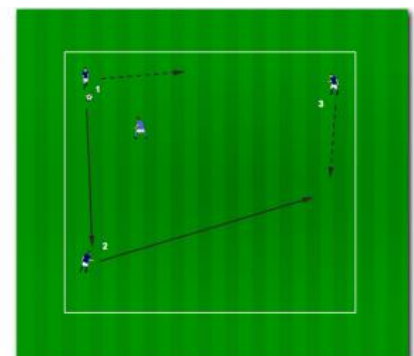
##### Duration:

##### Explanation

- 10 x 10 box- increase size of box and number of players (ie. 6v2= 10x20)- coach may condition the game (ie. each player must take three-touches or each player may only take one-touch) - rotate the defender

##### Coaching Points

- inside of the foot for shorter passes - eye on the ball - push through the ball to help keep it low - body position when receiving - encourage first touch away from the defender - know where the defenders are coming from - introduce the principals of support play ( ie. angles and distances of support)



## 4 - Endzone Soccer

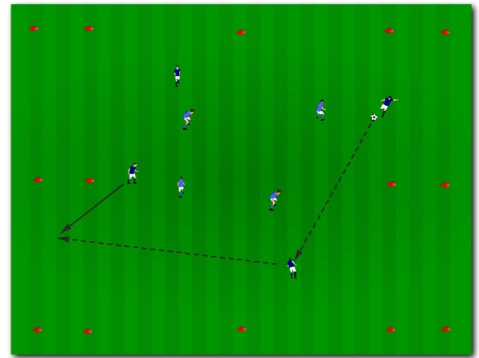
### Duration:

### 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

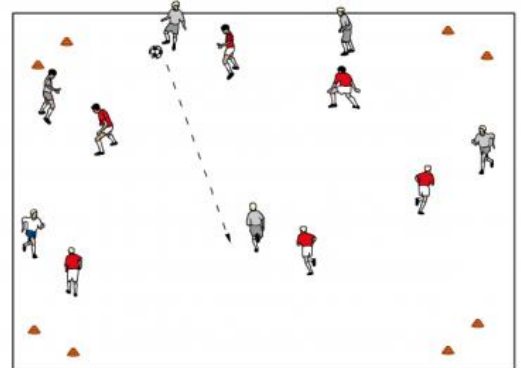
### Duration:

### 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 - 3v3 Small Sided Game

### Duration:

### Explanation

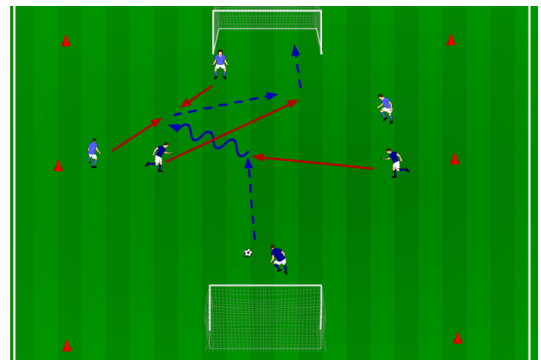
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- \* No goalkeepers
- \* Set up teams in Triangle shape
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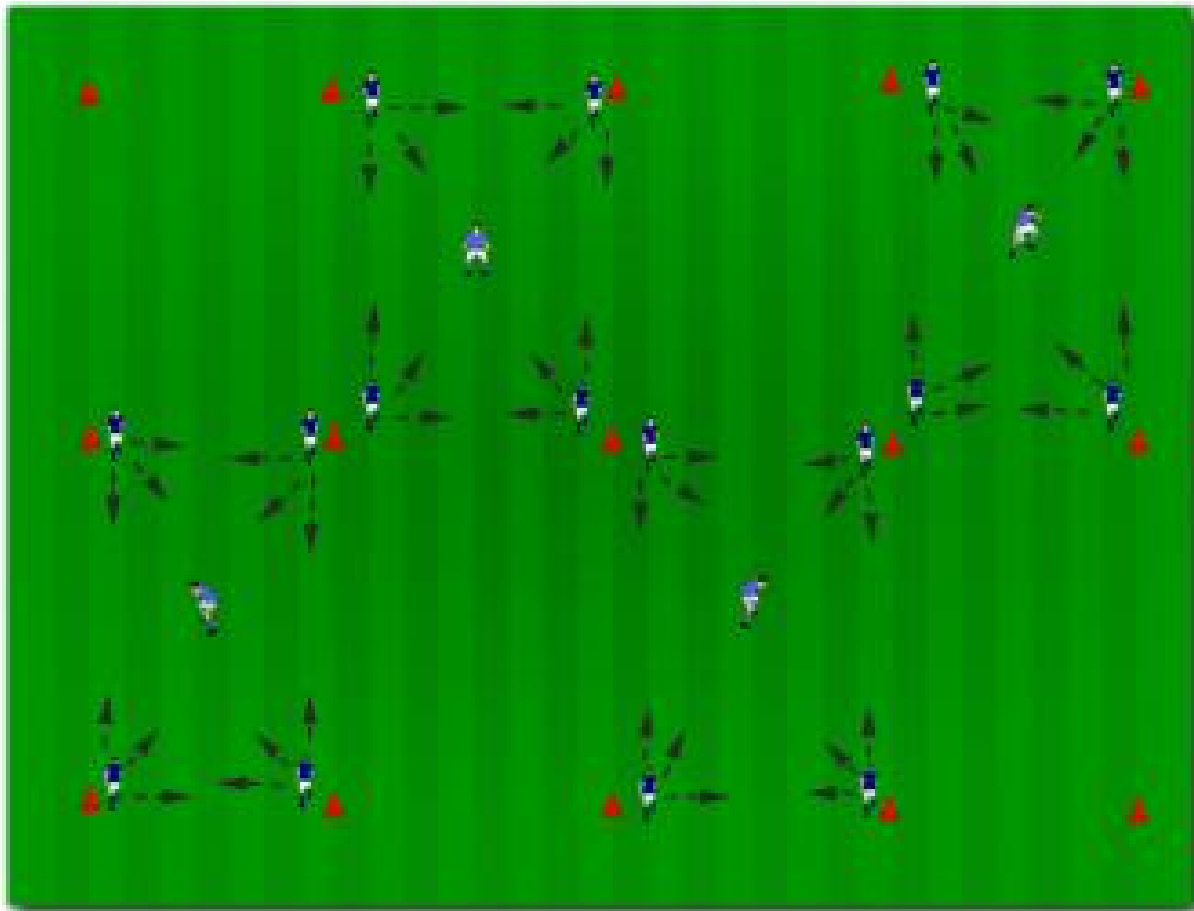
### Coaching Points

'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 : Spanish Tag (no ball)



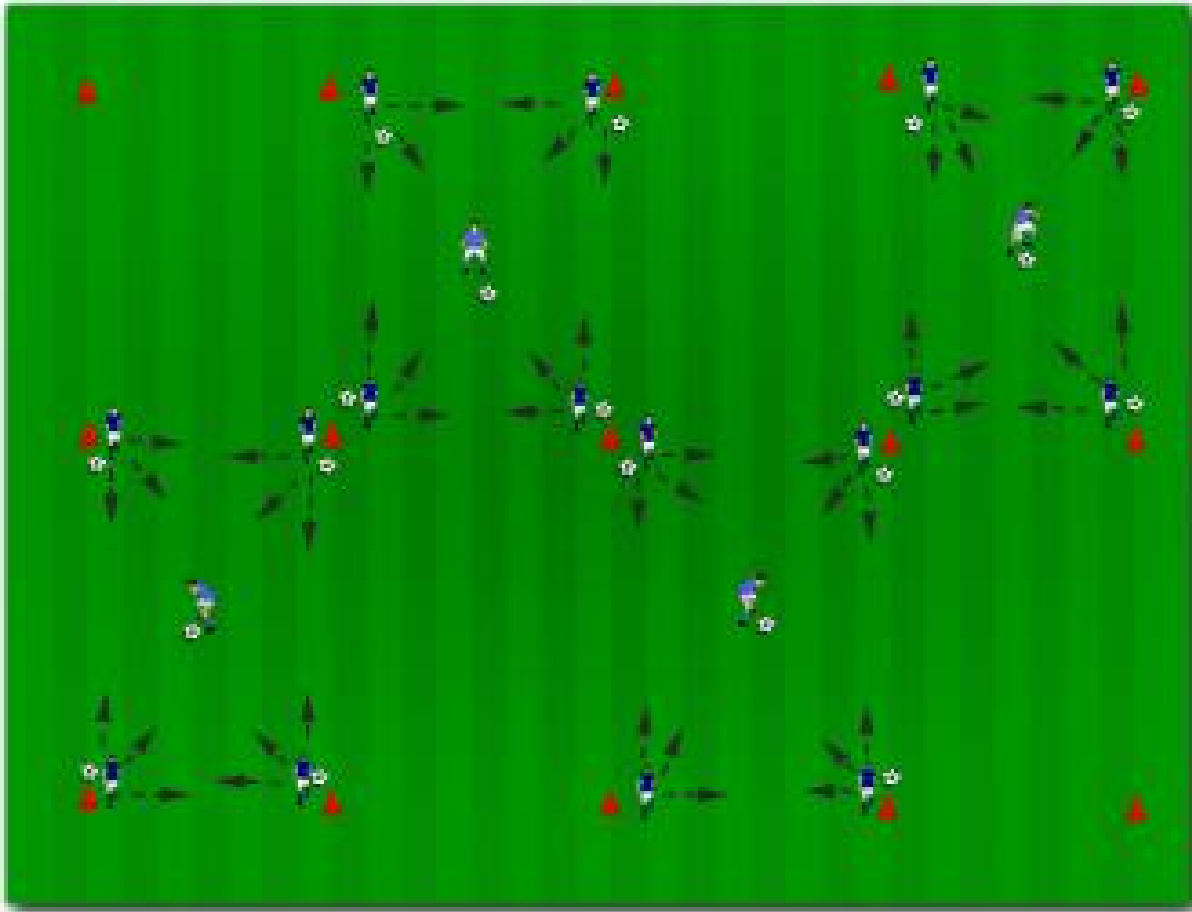
### Objectives

- player movement- speed and agility- reaction to player movement- anticipation

### Explanation

The player in the middle will start counting to three, at anytime the aim of the players on the outside is to move to another cone before the count of three. If and when the player in the middle is able to get to a cone before one of the other players, this player goes into the middle and the drill continues.

## Activity : Spanish Tag (with ball)



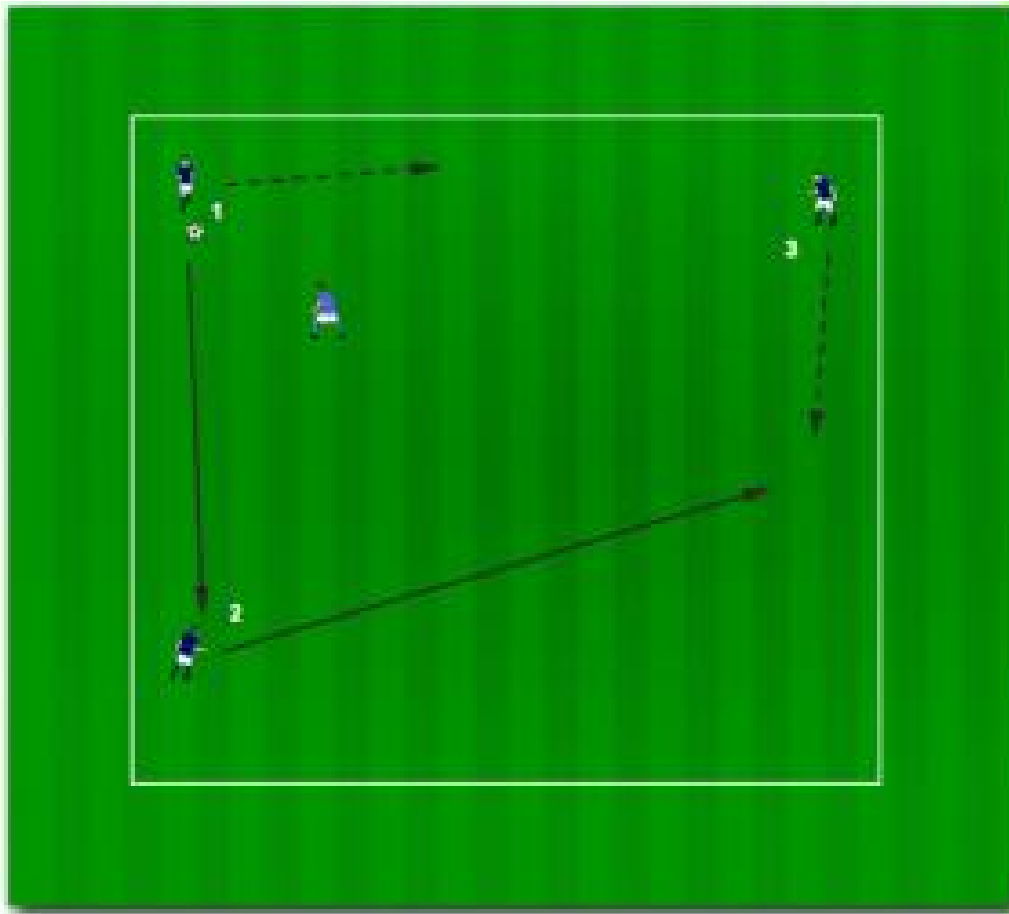
### Objectives

- player movement- speed and agility- reaction to player movement- anticipation

### Explanation

The player in the middle will start counting to three, at anytime the aim of the players on the outside is to move to another cone before the count of three. If and when the player in the middle is able to get to a cone before one of the other players, this player goes into the middle and the drill continues. All players mover with the ball at their feet and must reach the cone in control of the ball.

## Activity : Small Sided Possesion Game 3v1



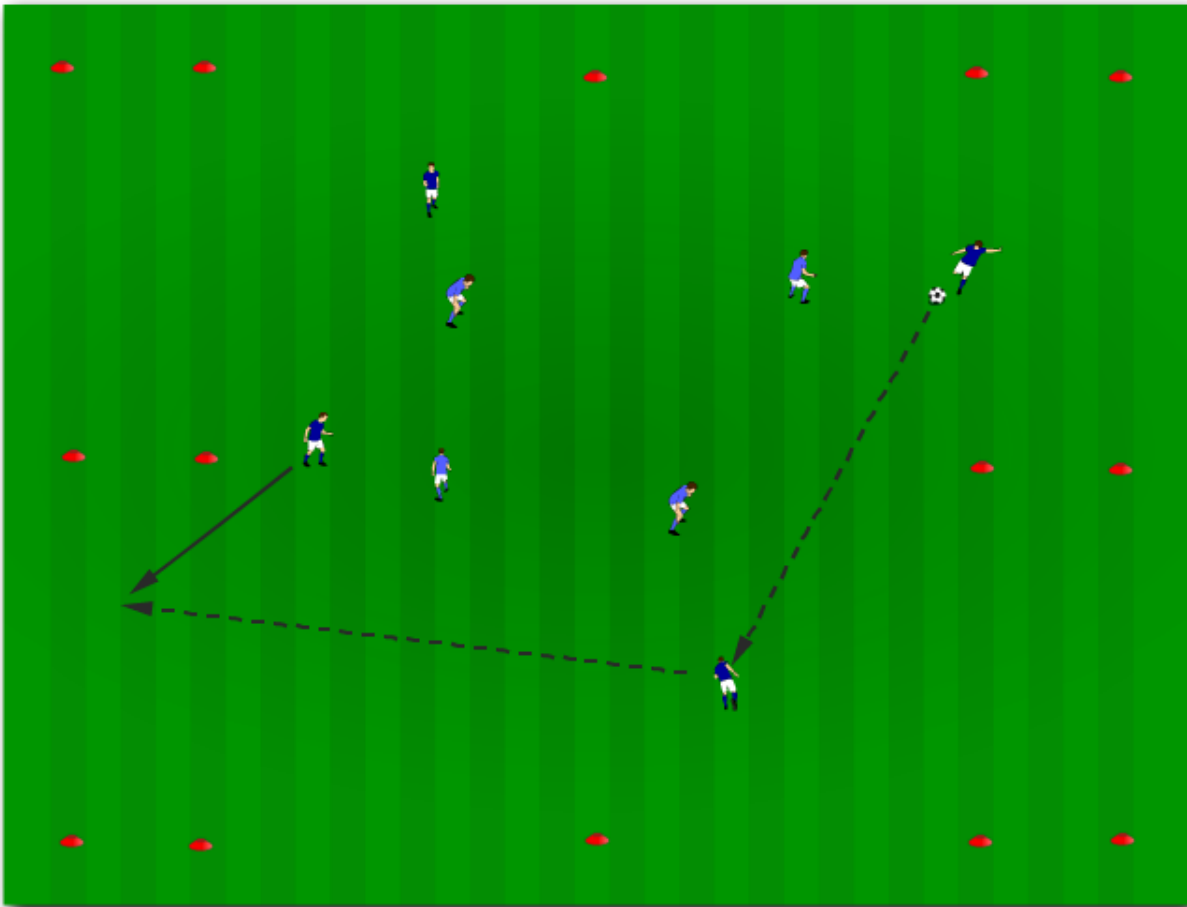
### Explanation

- 10 x 10 box- increase size of box and number of players (ie. 6v2= 10x20)- coach may condition the game (ie. each player must take three-touches or each player may only take one-touch) - rotate the defender

### Coaching Points

- inside of the foot for shorter passes - eye on the ball - push through the ball to help keep it low - body position when receiving  
- encourage first touch away from the defender - know where the defenders are coming from - introduce the principals of support play ( ie. angles and distances of support)

## 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.

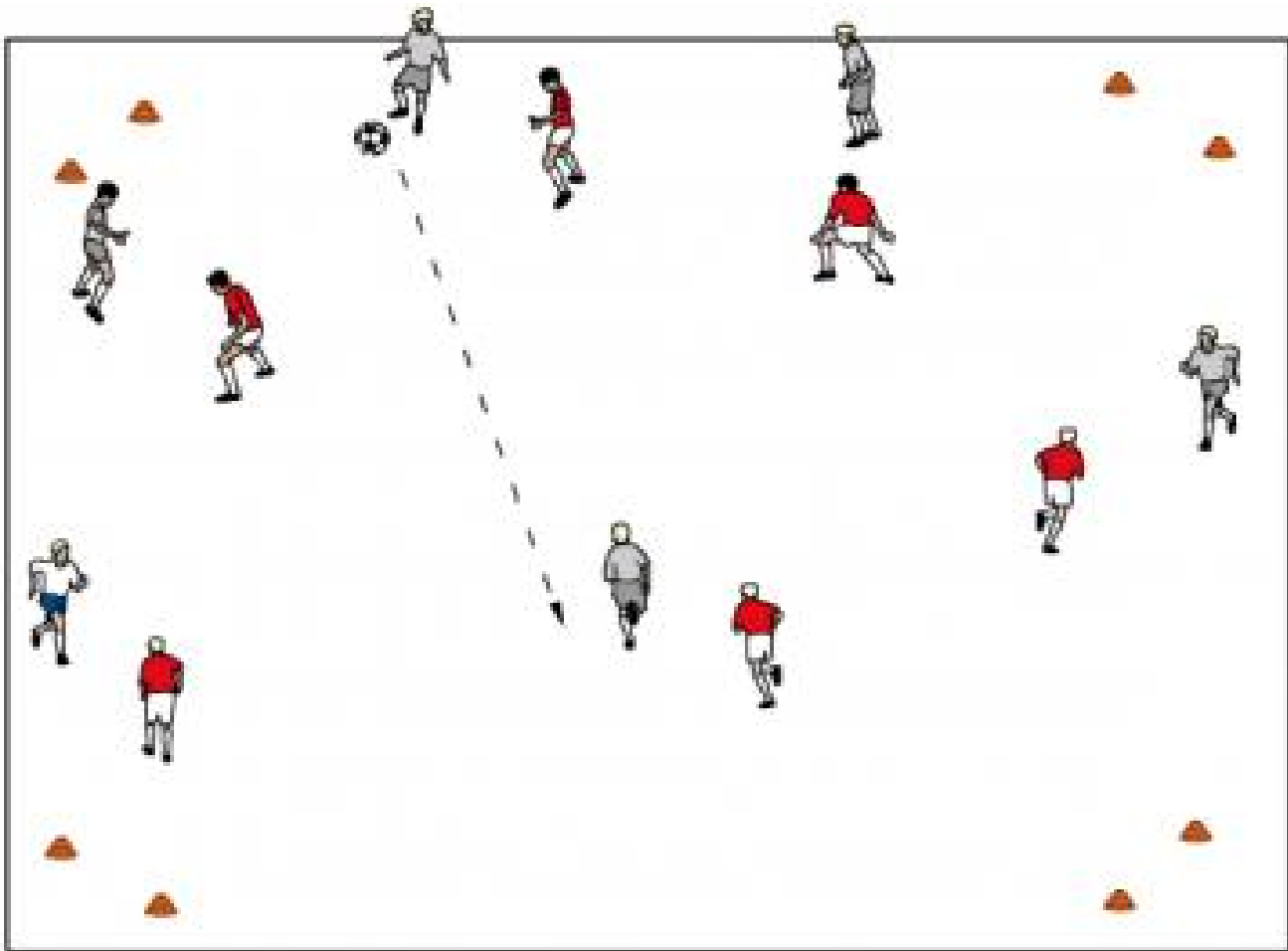
### Coaching Points

- \* 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

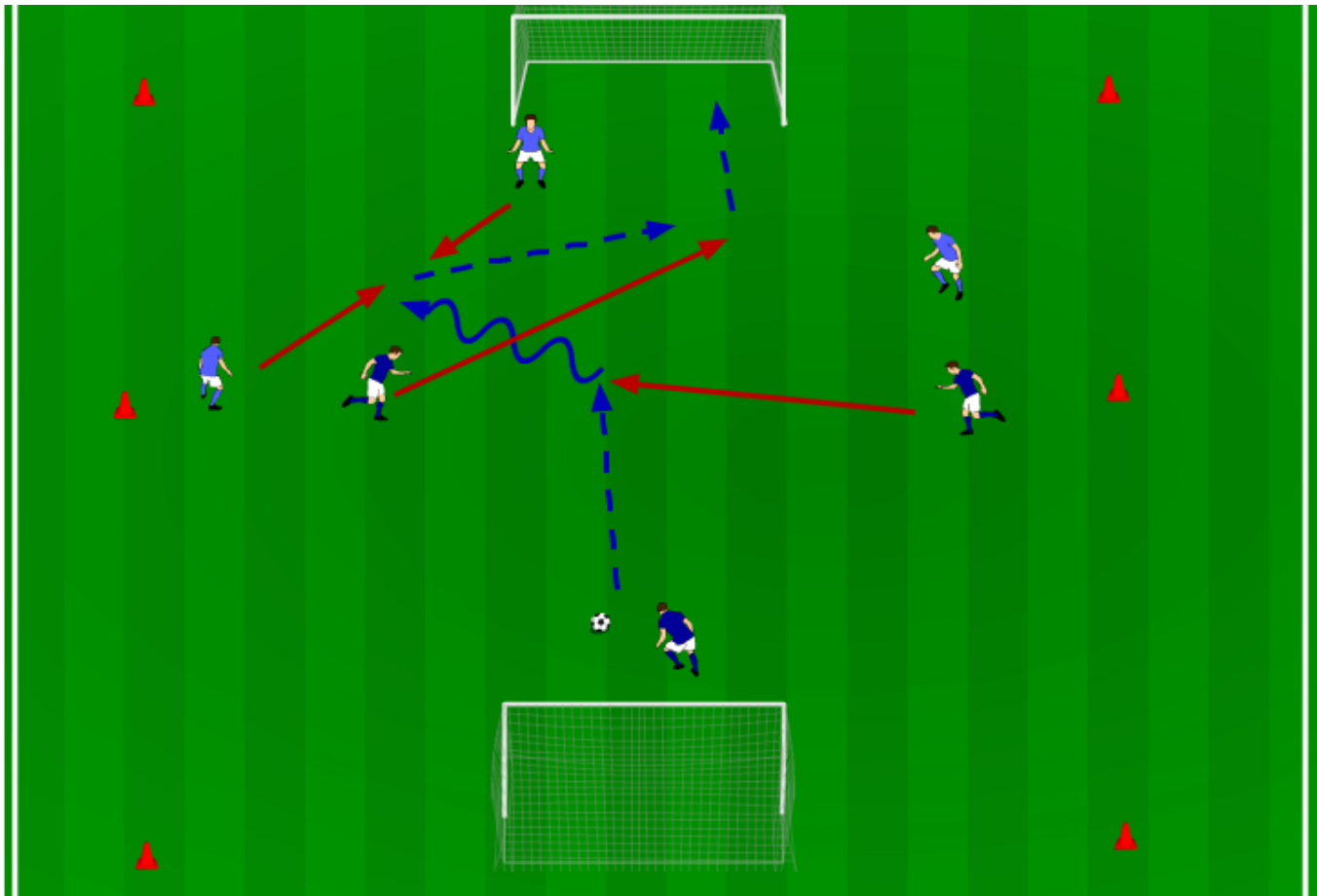
### Explanation

\* 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 : 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