

## Session : OYSS Development Session Three U7-U9

### Description : OYSS Development Session Three U7-U9

Notes :

#### 1 - Dribbling Warm Up

##### Duration:

##### Explanation

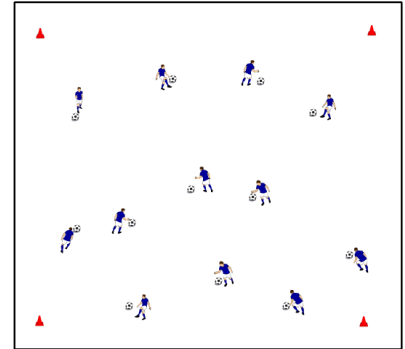
\* 15x15- 30x30 area (field size varies with group size/age)

\* 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 - Dribbling Skill Practice

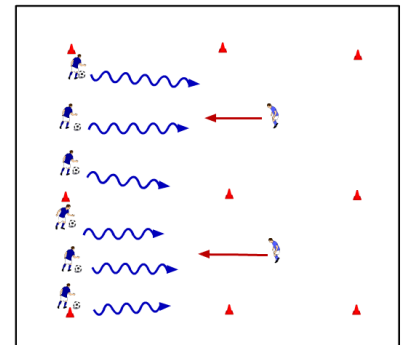
##### Duration:

##### Explanation

\* 15x20 - 20x30 area (size varies with group size/age/skill) \* Players line up at one end of the area with a ball each \* Two defenders wait at the half-way point facing the other players \* When the coach says 'GO' all of the players with the ball try to dribble to the other end of the area and stop the ball on the end line \* The defenders try to eliminate the attackers by knocking the balls out of the area \* If an attacker is knocked out they join the defenders for the next round \* Continue to play (going back and forth from side to side) until there is only one

##### Coaching Points

- \* Keep the ball close to you
- \* Encourage a lot of touches of the ball
- \* Use both feet and multiple contact surfaces
- \* Keep your head up
- \* Multi-directional movement
- \* Find open space



#### 3 - Dribbling Square (Intermediate Level)

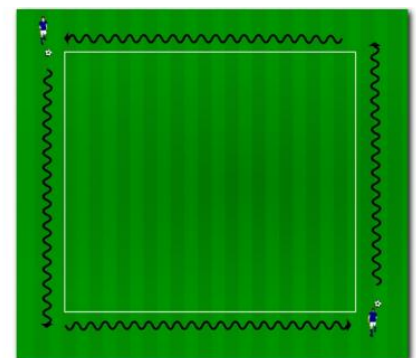
##### Duration:

##### Explanation

- the aim is for the players to start at opposite corners in the square. Each of the players will be required to dribble around the outside of the area manipulating the ball with their feet only. The idea is to be the first player back to the original starting position. Importantly, the player's must not sacrifice quality for speed.

##### Coaching Points

- keep the ball close - head up - arms at the side for balance - tight corner



## 4 - 3v3 Small Sided Game

### Duration:

### Explanation

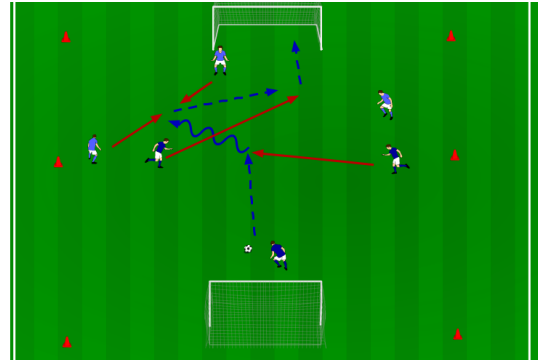
\* Set up two 18 x 28 small fields for 3v3 games

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

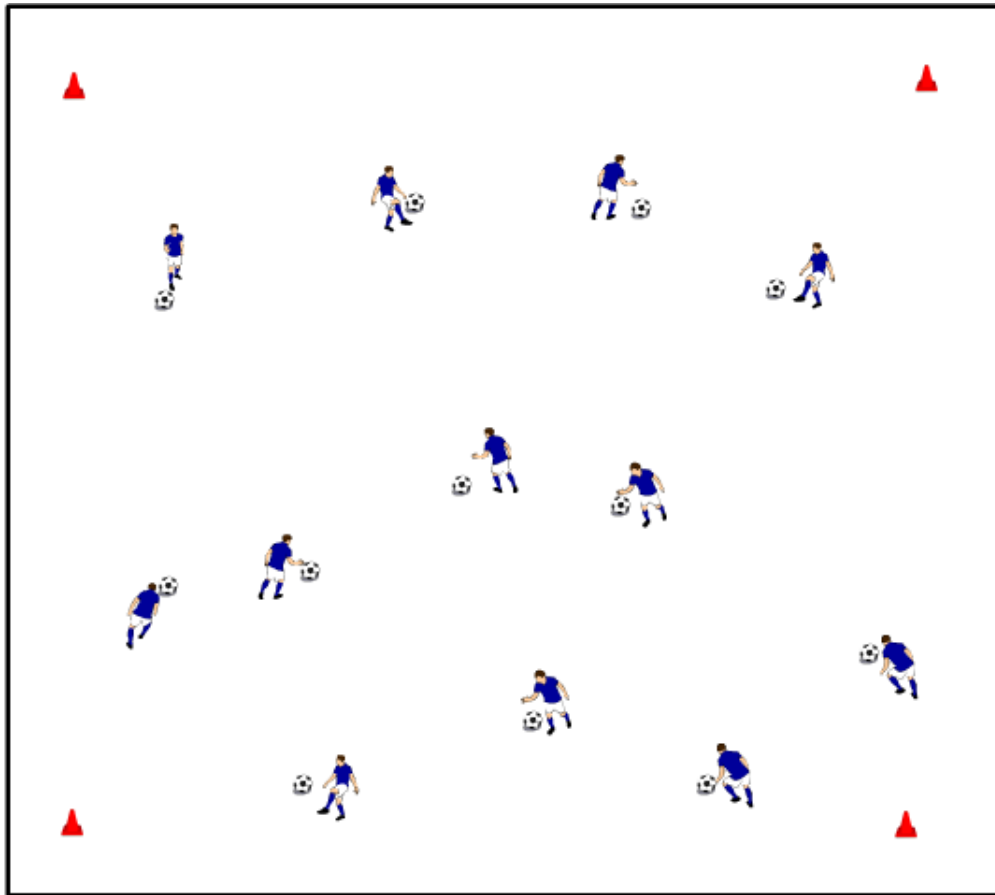
### Coaching Points

'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

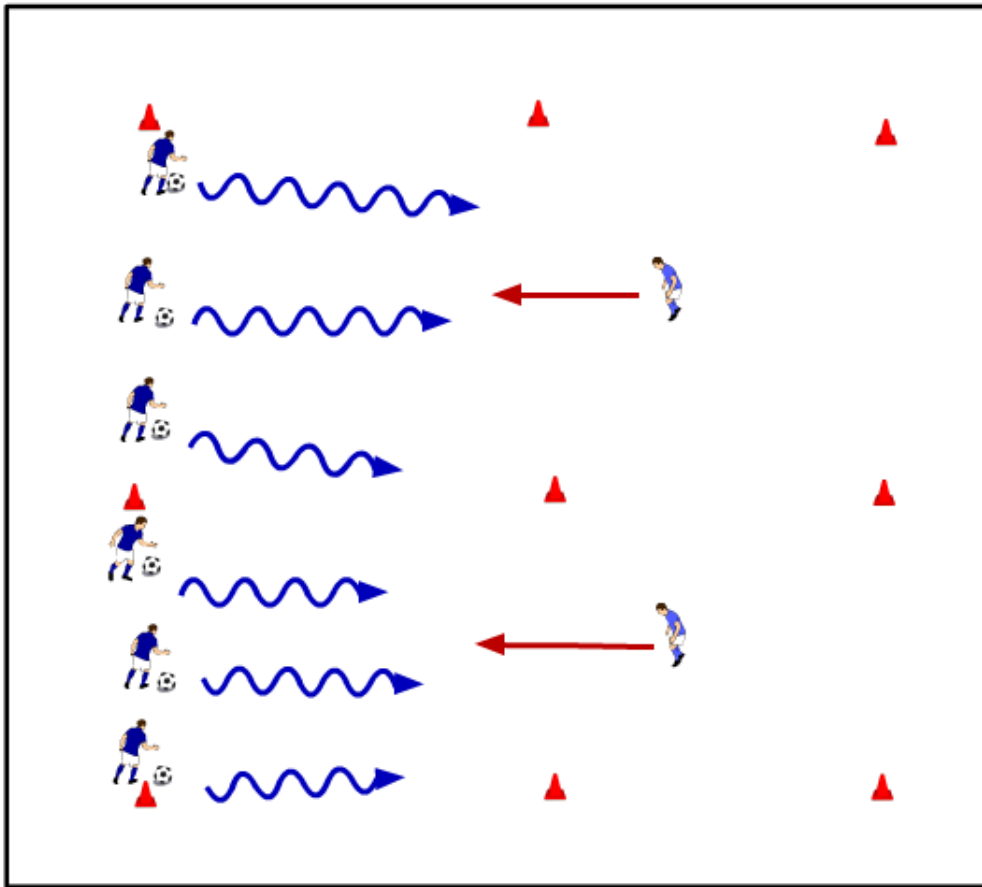
- \* Keep the ball close and under control
- \* Look to get to open spaces on the field
- \* All turns, feints, skills performed accurately and quickly

### 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 : Dribbling Skill Practice



### Explanation

\* 15x20 - 20x30 area (size varies with group size/age/skill) \* Players line up at one end of the area with a ball each \*  
Two defenders wait at the half-way point facing the other players \* When the coach says 'GO' all of the players with the ball  
try to dribble to the other end of the area and stop the ball on the end line \* The defenders try to eliminate the attackers by  
knocking the balls out of the area \* If an attacker is knocked out they join the defenders for the next round \* Continue to  
play (going back and forth from side to side) until there is only one attacker left

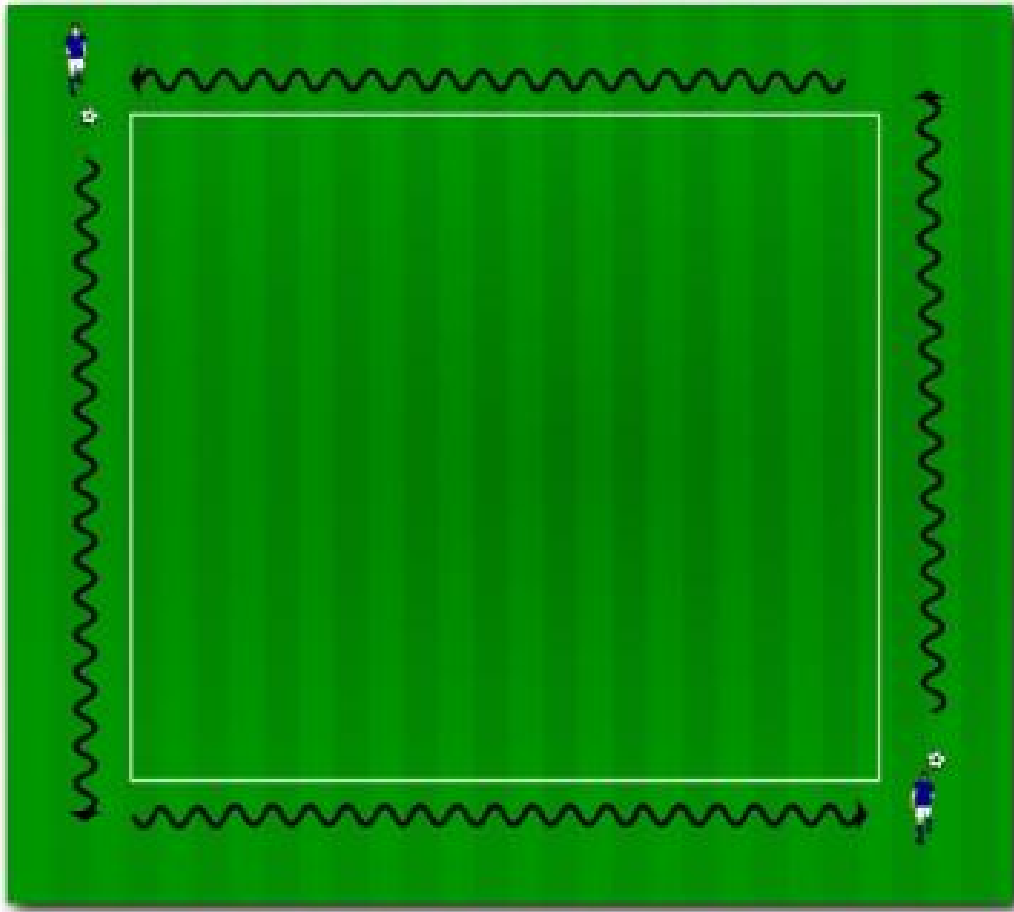
### Coaching Points

\* Keep the ball close to you \* Encourage a lot of touches of the ball \* Use both feet and multiple contact surfaces \*  
Keep your head up \* Multi-directional movement \* Find open space

### Progression

\* Increase or decrease the size of the area depending on level of skill and success \* Defenders can become 'crabs' and  
defend while using the crab walk to chase attackers. The area would have to be much smaller for this activity \* Add your  
own ideas

## Activity : Dribbling Square (Intermediate Level)



### Explanation

- the aim is for the players to start at opposite corners in the square. Each of the players will be required to dribble around the outside of the area manipulating the ball with their feet only. The idea is to be the first player back to the original starting position. Importantly, the player's must not sacrifice quality for speed.

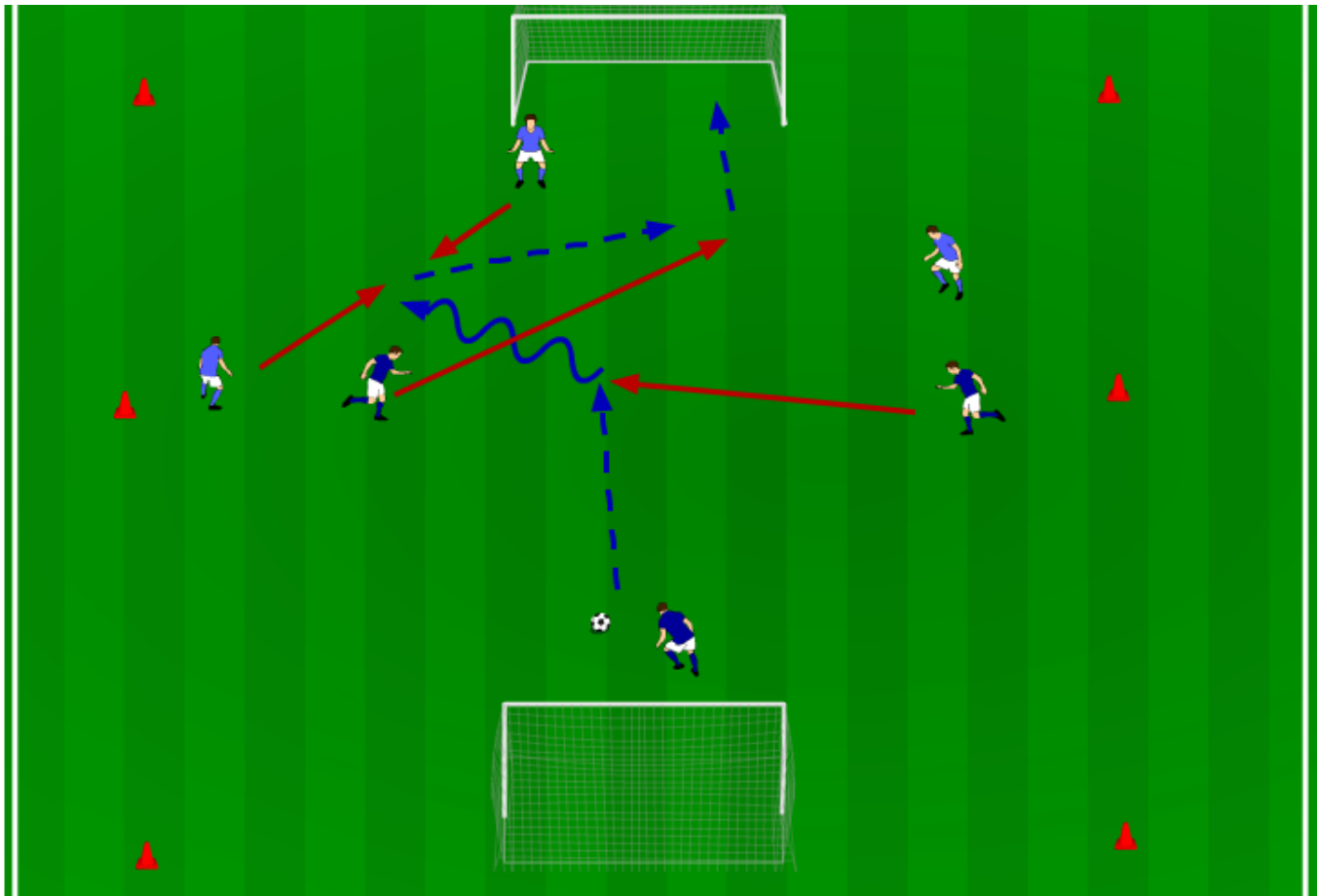
### Coaching Points

- keep the ball close - head up - arms at the side for balance - tight corner

### Progression

- ensure the players dribble around the square in both directions - use the right foot only - use the left foot only - use the inside of the right foot only - use the outside of the right foot only - use the inside of the left foot only - use the outside of the left foot only - use both feet

## 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 Three U10-U13

### Description : OYSS Development Session Three U10-U13

Notes : Warm-Up& Passing Technique x 30 mins 1v1 progress to 2v1 or 2v2 x 30 mins Game x 20 mins

#### 1 - Passing Pattern in Pairs-one

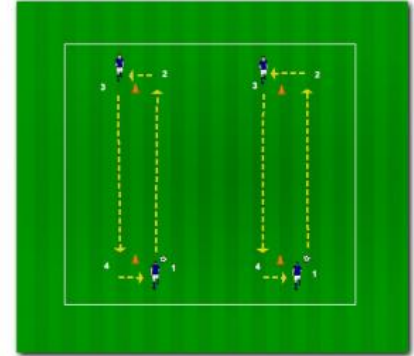
##### Duration:

##### 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

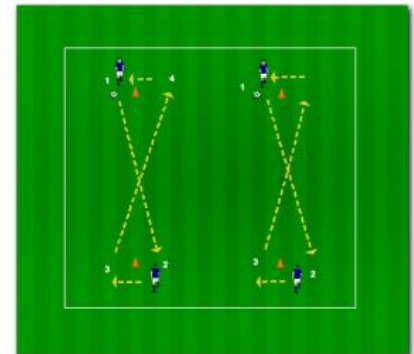
##### Duration:

##### 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 - 1v1 in Channels on Two Goals

##### Duration:

##### Explanation

- the defender plays the ball out to the attacker  
- the attacker receives the ball and takes the defender on 1v1 to score on the goal  
- work two groups at the same time with the attackers working towards opposite goals

##### Coaching Points

- defending technique  
- attacking details



## 4 - 3v3 Small Sided Game

### Duration:

### Explanation

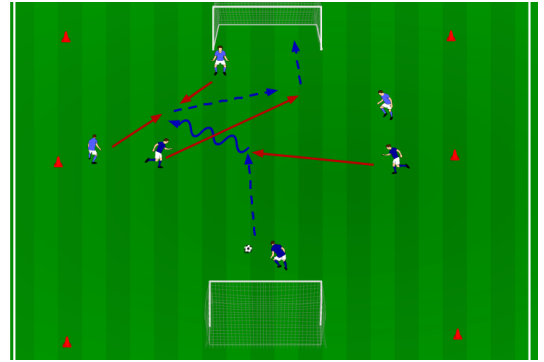
\* Set up two 18 x 28 small fields for 3v3 games

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

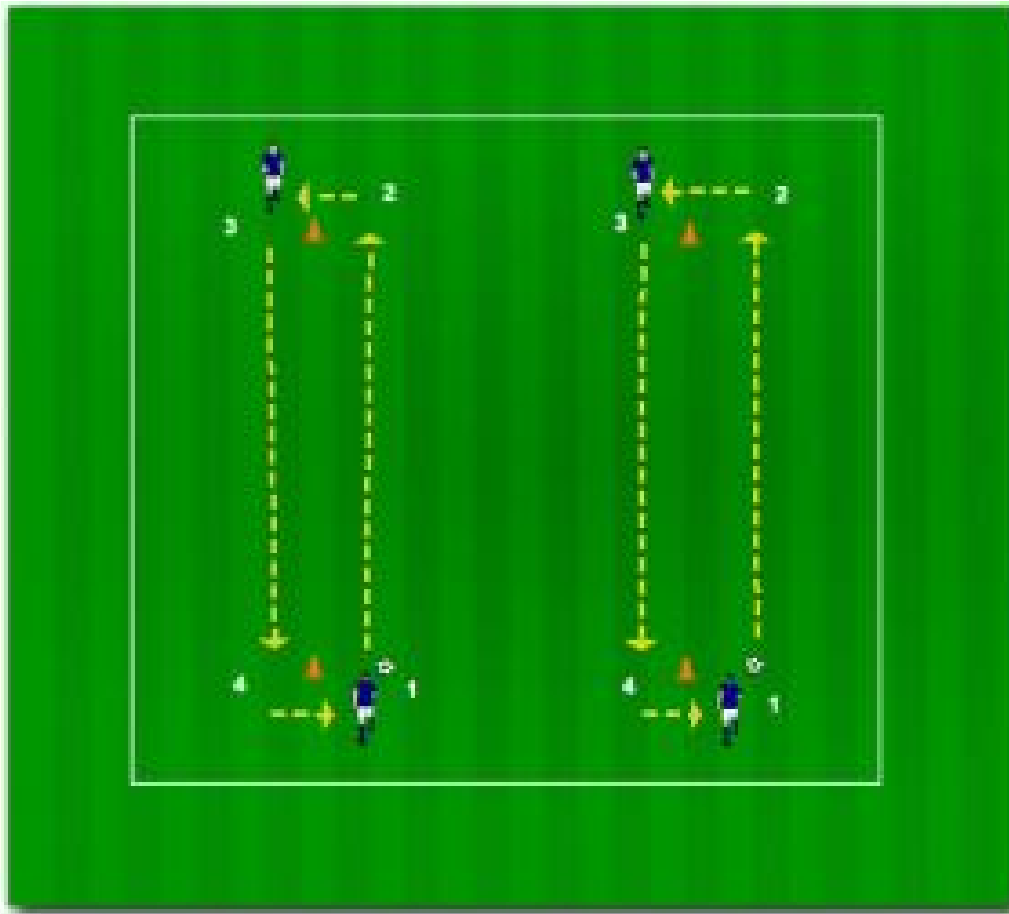
### Coaching Points

'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 : 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

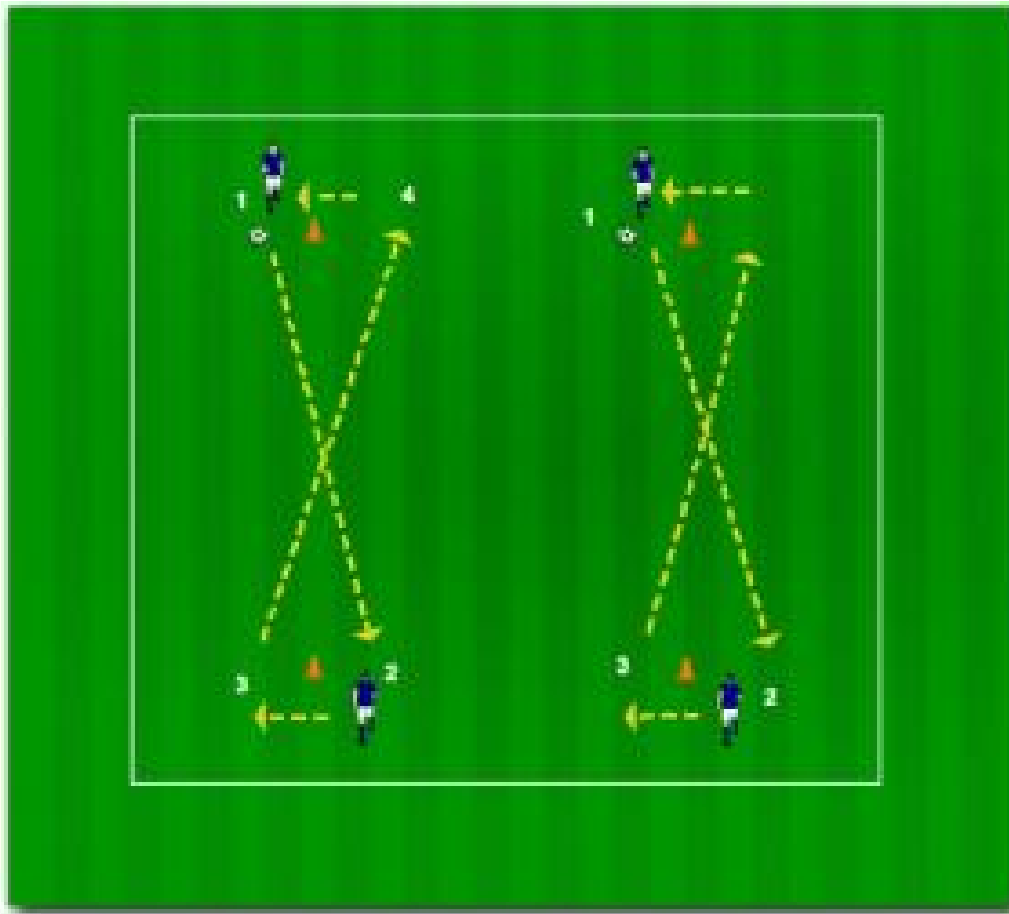
### Coaching Points

\* 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

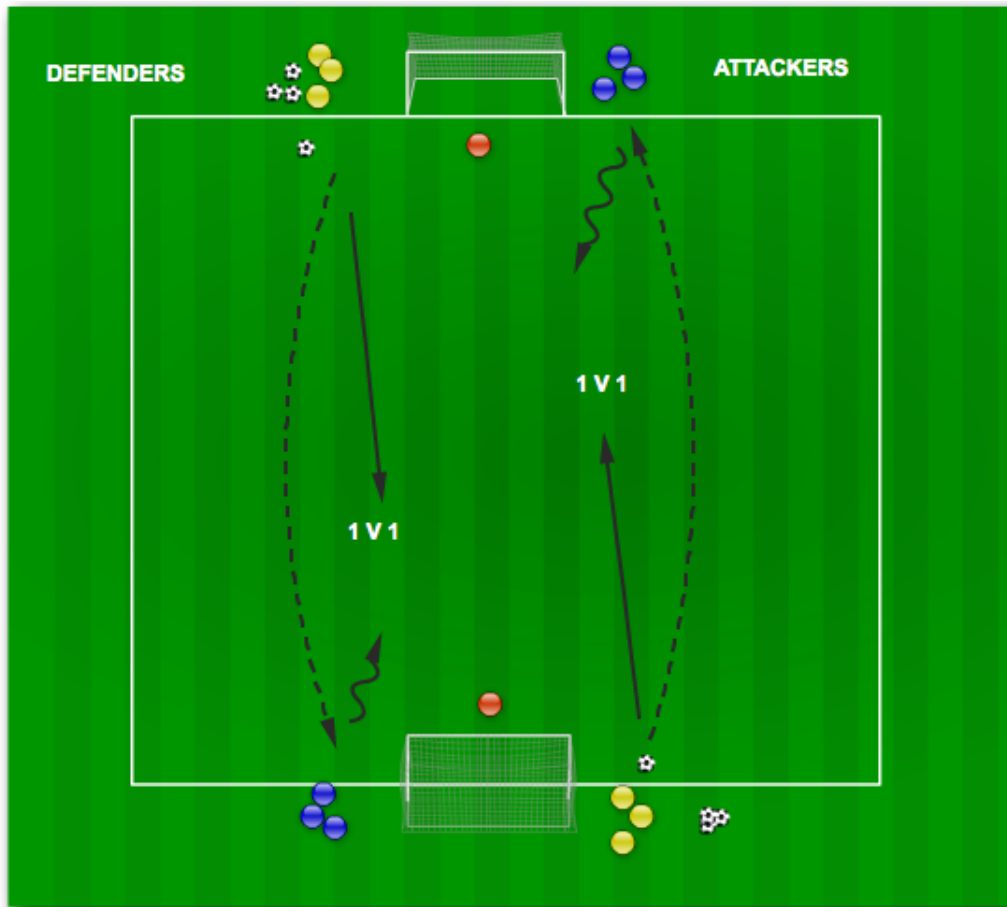
### Coaching Points

\* 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 : 1v1 in Channels on Two Goals



### Objectives

- work on offensive and defensive skills

### Explanation

- the defender plays the ball out to the attacker
- the attacker receives the ball and takes the defender on 1v1 to score on the goal
- work two groups at the same time with the attackers working towards opposite goals

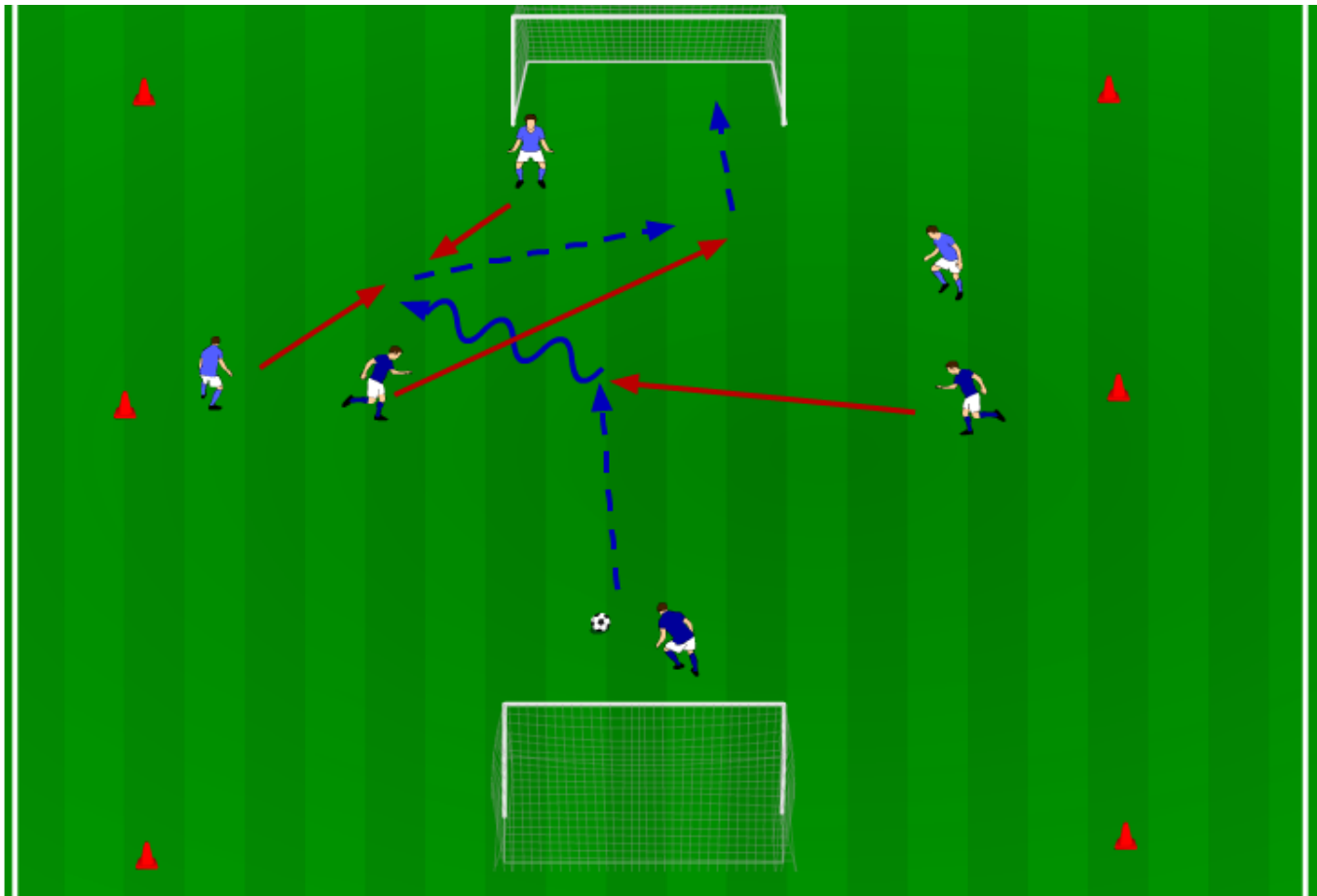
### Coaching Points

- defending technique
- attacking details

### Progression

- create a competition between the defenders and attackers- allow each group 10 attacks and count the total goals

## 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