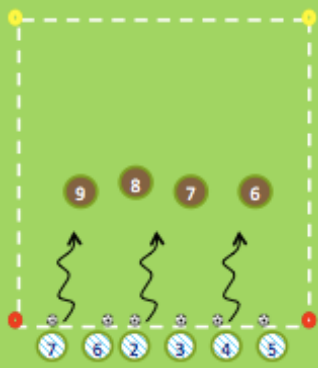


# Comox Valley United Soccer Club U9/U10 House Program (S#1&2)

## Objective: Improve Dribbling to beat players 1v1

### Activator (12mins)



- Objective of the game is for the attacking players to dribble from side of the playing area to the other whilst beating players 1v1.
- If succesful that player score 1 point (have players keep score)
- If they dribble out of bounds or lose the ball they are replaced by a defender who becomes the attacker and the attacker now the new defender
- Encourage good technique when dribbling, ability to play with head up to observe defender and show creativity to beat players 1v1. Time of move is key also.
- Constantly stress the importance of not losing the ball to promote scoring.
- Lets players work out the game's challenge – to beat the defender. Be positive.
- Ensure size of area is NOT too big. More touches – less running!

\*Each Att with a ball

### SSG (12mins)



- Numbers should allow for 2x groups working side by side in 15 x 20 area's.
- Set up as shown, playing 3v3 in each area. If lower numbers play 2v2 with neutral players.
- Objective for the team in possession is to score by dribbling into the end zone that they are attacking.
- When succesful they keep the ball but restart using a ball behind the end line they are defending.
- If ball leaves the field get players to restart with a ball from behind their end line.
- Keep the activity flowing by reminding the players of the rules of the game.
- Key teaching points are the ability to be observant of the defender(s) and making decisions based around the defender's positions to 1) Keep the ball and 2) advance the ball to score.
- Encourage and demand that teammates are always looking for areas of the field to help the teammate on the ball. Away to create space and moving to get free from defenders.

### 1v1 Play (12mins)



- Objective is for the attacking player (@ yellow gates) to score by dribbling thru any 1of3 red gates.
- All 6 players play at same time (3 att & 3 def). Game is started by def (white) passing into att (blue).
- If def wins the ball they can score in any 1of3 yellow gates. 1 point for att when score, 2 points for def when score. Players to change lines after each 1v1 game. Game ends when either player scores or ball leaves the field of play.
- Encourage good pass into att, positive first touch with inside of foot. Its important we encourage players to play with their head up so they are aware of where def is and what's around them.
- Encourage creativity to play fwd (score) whilst understanding ball possession is important if we are going to score.

### SSG (12mins)



- Objective is for attackers (white) to advance the ball towards the goal whilst beating def 1v1. Once in box next to goal they attempt to score
- Defenders can only defend along the line. They cannot move of the line, only sideways
- Once att is succesful they then look to try again going the other direction. Keep the rotation flowing.
- If def wins the ball they swap places with att and join the line behind them to keep natural rotation flowing.
- Encourage good dribbling technique when approaching the def, head up to observe def and timing of move to get past def.
- If they approach too slow they will prob lose the ball.
- Let activity flow whilst reinforcing the key points.
- Area is 20 (W) x 30 (L) 3x 10x10 boxes on each side

\*Each Att with a ball

# Comox Valley United Soccer Club U9/U10 House Program (S#3&4)

**Objective: Improve when and where to turn to protect and retain possession**

## Activator (12mins)



- Half the group with soccer balls (attackers) who are looking to lose their shadow (defenders).
- Shadows cannot take the ball but instead are looking to stay as close to the attacker as possible.
- When the coach shouts freeze, ALL players stop immediately. If the shadow CANNOT tag the attacker, the attacker scores 5 points.
- After a certain amount of times players switch roles. Have players to keep score!
- Coach players to play with their head up so they are always aware of surroundings.
- Pose questions of what they need to do to lose their shadow → Turn and Accelerate away from pressure.
- Its important we encourage good biomechanics when applying the dribble and turning technique → Keep ball close, touch every step, one touch to turn, ball out of feet to speed up.

## SSG (12mins)



- Look to play two side by side games to promote repetition. 3v3 on each field. In 15x20 fields.
- Set up as shown. 5 gates in the middle of the field. Additional soccer balls on the outside to promote flow within the game.
- Objective is for the team in possession to score by dribbling thru any 1 of the gates. They cannot dribble thru the same gate twice in a row.
- When the ball leaves the field encourage quick restart with a pass in from the side where balls are placed.
- Encourage head up play at all times to observe defender. This will help decide what direction the ball needs to travel (pass or dribble)
- Encourage teammates to have good mobility to move away from the ball but good support by being free to receive.
- Demand good ball retention as a base of scoring. Encourage creativity.

## 1v1 Play (12mins)



- Have two side by side fields. This will aid in repetition. Half the group working in one field, the other within the other field.
- 1v1. White player (furthest away from the goal as shown) is the attacker. Players in this line always start with the ball.
- Attackers start the game by dribbling into the field. Defender cannot move until the attacker touches the ball.
- Object is to score in any 1 of the 2 nets.
- Its important to encourage good awareness of what goal to go to and when to turn if they need too. In this example the defender has got goal side of the ball therefore the attacker needs to turn to keep the ball → to then SCORE in the other goal.
- Encourage good dribbling biomechanics and quick turns. One touch to turn the ball if they can.
- Acceleration away from the defender is important to score!

## SSG (12mins)



- Look to play two side by side games to promote repetition. 3v3 on each field. In 15x20 fields.
- Set up as shown. 4 gates in each corner of the field.
- One team scores by dribbling through red gates (B) with the other team scoring in the yellow gates (A). Blue to B, Yellow to A in the example.
- Have additional balls on the outside to promote flow. When ball leaves the field have players restart by passing into the field.
- When goal is scored. Defending team gain possession and restart from the gate.
- Encourage good awareness of when to turn. Observe defenders. Play away from pressure.
- Encourage players to WANT to score. Important they understand that they keep the ball until they can score.
- Encourage creativity, mobility and good support.

# Comox Valley United Soccer Club U9/U10 House Program (S#5&6)

**Objective: Improve when to change direction to retain possession when playing fwd is not possible**

## Activator (12mins)



- Objective is for the attacking player (@ yellow gates) to score by dribbling thru any 1of3 red gates.
- All 6 players play at same time (3 att & 3 def). Game is started by def (white) passing into att (blue).
- If def wins the ball they can score in any 1of3 yellow gates. 1 point for att when score, 2 points for def when score. Players to change lines after each 1v1 game. Game ends when either player scores or ball leaves the field of play.
- Encourage good pass into att, positive first touch with inside of foot. Its important we encourage players to play with their head up so they are aware of where def is and what's around them.
- Encourage creativity to play fwd (score) whilst understanding ball possession is important if we are going to score.

## SSG (12mins)



- Look to play two side by side games to promote repetition. 3v3 on each field. In 15x20 fields.
- Set up as shown. Two red gates on one end line, two yellow gates on the other end line.
- In this example blue team is looking to score by dribbling through any 1 of the 2 red gates.
- We want players to be aware of when to change direction to the other side of the field. The defenders position will help make this decision as shown.
- Encourage players to work as a group to keep possession whilst always looking to play fwd. as soon as it is appropriate.
- In this example players are in good areas to allow for the ball to be switched to score.
- Encourage good mechanics when passing, dribbling and changing direction to pass.
- Keep the activities flowing. Make sure players understand the game.

## 1v1 Play (12mins)



- Have two side by side fields as show set up. Players working in smaller groups to promote repetition.
- Each player needs a ball. Game can be complicated initially but as soon as players understand how it works it will promote good habits.
- Game is started by player at front of 1 of the lines dribbling into the field and scoring into the goal opposite to them. In this example blue does this.
- As soon as goal is scored. White attacker looks to attack any 1 of 2 nets. Blue stays on field and defends for their team. 5 points for goal in net directly opposite, 1 point for net at side.
- When goal is scored or ball leaves field next player attacks. After each turn attacker must stay on field and defend the next player from opposite team (line).
- Have players keep score.
- Encourage quick play when attacking and defending. The game acts as the teacher. 5 points for net in front, 1 point for goal at side. KEEP POSSESSION!

## SSG (12mins)



- Play 5v5 on wider, short in length field. Each end line has two nets on it as shown.
- Players resting are in charge of the soccer balls on each end line. They rest and rotate every 60 secs. When resting they feed new ball into their team when other team plays out of bounds.
- In this example player is outnumbered 2v1 so changes direction to keep the ball.
- Encourage good awareness of players to see these scenario's. Once changed direction it is important other players switch play to play fwd quickly and score before other defenders recover and balance out.
- Dribbling, passing and changing of direction biomechanics need to be encouraged. Pass with inside of foot thru middle of ball, touch every step when dribbling and changing direction quickly to keep ball when appropriate.

# Comox Valley United Soccer Club U9/U10 House Program (S#7&8)

## Objective: Improve Passing the ball, with the inside of the foot to retain possession

### Activator (12mins)



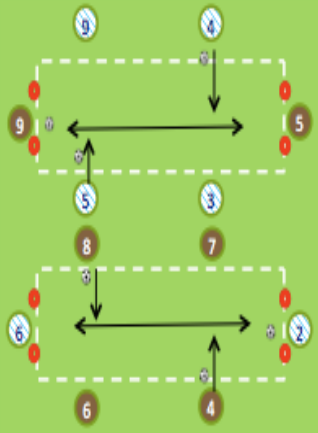
- Using cones make 6 “windows” on the perimeter of the area with 6 players standing in the “window”.
- 6 players or the other half of the group depending on #'s on the inside with a soccer ball each.
- Players looking to score point by aiming the ball correctly with a good pass through the window. 2 points through the middle to teammates feet. 1 point for slightly at the side (where teammate has to move).
- Reward receiving player for moving to get in line with pass. They score a bonus point for this. Get players to keep score. IMPORTANT.
- Focus and encourage good passing with the inside of the foot through the middle of the ball. Make sure players know their standing foot has to be alongside the ball before they pass. Step forward into the pass!
- Eye contact and communication before they receive/pass is important too. Make sure they are encouraged to do this.
- If they cant find an open window, encourage dribbling until one becomes open.

### SSG (12mins)



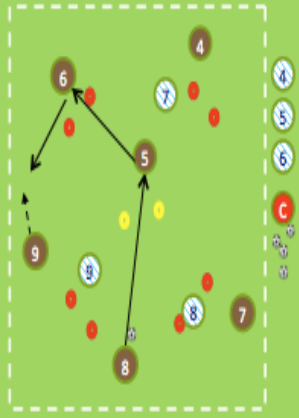
- 6v3 possession game with direction. 3 blue v 3 white with 3 neutral orange players playing at all times.
- Additional players resting on the side and are rotating into the game on the fly. Have players take responsibility for this.
- Orange play for team in possession of the ball.
- Objective is to keep possession of the ball whilst looking to score in any 1 of 2 nets that they are attacking. Pass into net from middle section of field.
- Coach always restarts play after ball leaves field or goal is scored. If goal is scored team who scored gets to keep ball. Look to play ball backwards to get them to build the attack again.
- Keep game flowing, let players explore. Encourage good mobility to separate and be free to receive the ball. Player on the ball must know importance of keep possession to SCORE!

### 1v1 Play (12mins)



- Two browns and two whites who are between the red gates pass the ball back and forth to each other using 1 touch to control and 1 touch to pass.
- The other whites and browns in the mean time try and aim their soccer ball using good passing technique to hit the moving side to side ball.
- If they hit the ball they get a point for their team of 2! Have players keep score.
- Rotate positions so all players get to play between gates.
- Encourage good passing technique using the inside part of the foot through the middle of the ball, making sure players are stepping into the pass rather than passing standing still.
- Keep activity flowing by making sure players have extra balls at the side of them. This will help when passes are misplaced. We don't want players chasing soccer balls.

### SSG (12mins)



- 6v3 passing game where 6 attacking players are looking to pass the ball between any 1 of 5 gates inside the field. 3 defenders are looking to win the ball and get it back to coach.
- Attackers score 5 points for pass through middle gate and 1 point for outside gates. Defenders get bonus point for getting ball back to coach.
- When ball leaves field coach always restarts play by passing into attacking team.
- Defenders at the side are encouraged to constantly change on the fly without coach telling them. Give them this responsibility.
- Play for 5mins and then teams change roles.
- Encourage good passing technique, but importantly encourage them to not force into areas of the field when the defenders are situated especially the middle. Ball possession to promote scoring, not scoring at all costs.
- Its important we build this habit into the players.

# Comox Valley United Soccer Club U9/U10 House Program (S#9&10)

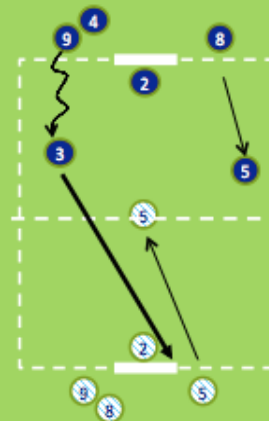
## Objective: Improve striking the ball to finish on goal

### Activator (12mins)



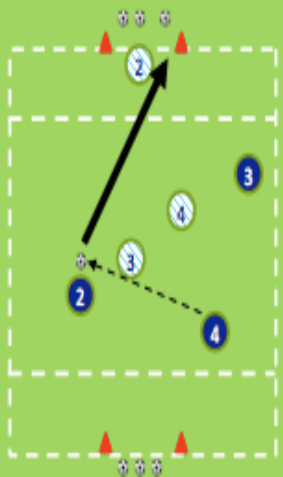
- Fun activity to give players lots of opportunity to shoot. Its important score is kept.
- Players at front of the line must RACE to the middle section before looking to receive off their GK at an angle. Once they receive they are free to score versus opposite GK.
- As soon as shot is taken next player in line repeats. Player who took shot is now new GK for their team with GK joining back of their line.
- Keep activity flowing by having plenty of balls behind each goal. Play first to 7 goals or for set period of time.
- Encourage players to get the ball out of their feet at an angle before shooting. Stepping into the ball with non kicking foot before striking at goal is key.
- Strike through middle of the ball with instep across goal. Observe GK before shooting to see if a different technique or area of goal can be used to score.

### S5G (12mins)



- Field set as shown. Each team has a GK. Make sure we rotate this GK often.
- Blue team start game by playing 2v1 to white teams goal. Objective is to score. If they score from their own half they get 5 points, if they score inside the opposing half 1 point.
- When a shot has taken place or the ball goes out of bounds/def wins the ball. Two players from opposing side play 2v1 towards opposing goal.
- Player on attacking team who touches the ball last has to stay on and defend. Repeat with this rotation letting the game flow.
- Encourage early shooting when appropriate. Attacker has space in front of the them to set and execute the shot. If not play 2v1 to get closer to goal.
- Good biomechanics when shooting is important. Making sure ball is out of feet at angle before shooting. Make sure players understand game.

### S5G (12mins)



- Two side by side games of 3v3.
- When team does not have possession of the ball, one player must play GK making it 3v2 as shown in the middle of the field.
- A goal can only be scored from the middle of the field.
- Keep the game flowing with play always restarting from ball behind each goal when goal is scored or ball leaves the field.
- Encourage good attitude to shoot at goal, ball out feet at good angle, stepping into the ball and striking through the back middle of the ball using the instep (laces). Toe pointed to the ground hell in the sky.
- Its important players pick and choose good moments to to shoot depending on pressure on the ball.
- Supporting team mates can look to find spaces to find the ball but also create space for player on the ball.

### S5G (12mins)



- 6v3 passing game where 6 attacking players are looking to pass the ball between any 1 of 5 gates inside the field. 3 defenders are looking to win the ball and get it back to coach.
- Attackers score 5 points for pass through middle gate and 1 point for outside gates. Defenders get bonus point for getting ball back to coach.
- When ball leaves field coach always restarts play by passing into attacking team.
- Defenders at the side are encouraged to constantly change on the fly without coach telling them. Give them this responsibility.
- Play for 5mins and then teams change roles.
- Encourage good passing technique, but importantly encourage them to not force into areas of the field when the defenders are situated especially the middle. Ball possession to promote scoring, not scoring at all costs.
- Its important we build this habit into the players.

# Comox Valley United Soccer Club U9/U10 House Program (S#11&12)

## Objective: Improve Dribbling to beat players 1v1

### Activator (12mins)



- Objective of the game is for the attacking players to dribble from side of the playing area to the other whilst beating players 1v1.
- If successful that player score 1 point (have players keep score)
- If they dribble out of bounds or lose the ball they are replaced by a defender who becomes the attacker and the attacker now the new defender
- Encourage good technique when dribbling, ability to play with head up to observe defender and show creativity to beat players 1v1. Time of move is key also.
- Constantly stress the importance of not losing the ball to promote scoring.
- Lets players work out the game's challenge – to beat the defender. Be positive.
- Ensure size of area is NOT too big. More touches – less running!

\*Each Att with a ball

### 1v1 Play (12mins)



- Objective is for the attacking player (@ yellow gates) to score by dribbling thru any 1of3 red gates.
- All 6 players play at same time (3 att & 3 def). Game is started by def (white) passing into att (blue).
- If def wins the ball they can score in any 1of3 yellow gates. 1 point for att when score, 2 points for def when score. Players to change lines after each 1v1 game. Game ends when either player scores or ball leaves the field of play.
- Encourage good pass into att, positive first touch with inside of foot. Its important we encourage players to play with their head up so they are aware of where def is and what's around them.
- Encourage creativity to play fwd (score) whilst understanding ball possession is important if we are going to score.

### SSG (12mins)



- Numbers should allow for 2x groups working side by side in 15 x 20 area's.
- Set up as shown, playing 3v3 in each area. If lower numbers play 2v2 with neutral players.
- Objective for the team in possession is to score by dribbling into the end zone that they are attacking.
- When successful they keep the ball but restart using a ball behind the end line they are defending.
- If ball leaves the field get players to restart with a ball from behind their end line.
- Keep the activity flowing by reminding the players of the rules of the game.
- Key teaching points are the ability to be observant of the defender(s) and making decisions based around the defender's positions to 1) Keep the ball and 2) advance the ball to score.
- Encourage and demand that teammates are always looking for areas of the field to help the teammate on the ball. Away to create space and moving to get free from defenders.

### SSG (12mins)



\*Each Att with a ball

- Objective is for attackers (white) to advance the ball towards the goal whilst beating def 1v1. Once in box next to goal they attempt to score
- Defenders can only defend along the line. They cannot move of the line, only sideways
- Once att is successful they then look to try again going the other direction. Keep the rotation flowing.
- If def wins the ball they swap places with att and join the line behind them to keep natural rotation flowing.
- Encourage good dribbling technique when approaching the def, head up to observe def and timing of move to get past def.
- If they approach too slow they will prob lose the ball.
- Let activity flow whilst reinforcing the key points.
- Area is 20 (W) x 30 (L) 3x 10x10 boxes on each side

# Comox Valley United Soccer Club U9/U10 House Program (S#13&14)

## Objective: Improve when and where to turn to protect and retain possession

### Activator (12mins)



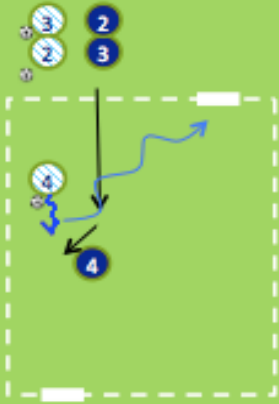
- Half the group with soccer balls (attackers) who are looking to lose their shadow (defenders).
- Shadows cannot take the ball but instead are looking to stay as close to the attacker as possible.
- When the coach shouts freeze, ALL players stop immediately. If the shadow CANNOT tag the attacker, the attacker scores 5 points.
- After a certain amount of times players switch roles. Have players to keep score!
- Coach players to play with their head up so they are always aware of surroundings.
- Pose questions of what they need to do to lose their shadow → Turn and Accelerate away from pressure.
- Its important we encourage good biomechanics when applying the dribble and turning technique → Keep ball close, touch every step, one touch to turn, ball out of feet to speed up.

### SSG (12mins)



- Look to play two side by side games to promote repetition. 3v3 on each field. In 15x20 fields.
- Set up as shown. 5 gates in the middle of the field. Additional soccer balls on the outside to promote flow within the game.
- Objective is for the team in possession to score by dribbling thru any 1 of the gates. They cannot dribble thru the same gate twice in a row.
- When the ball leaves the field encourage quick restart with a pass in from the side where balls are placed.
- Encourage head up play at all times to observe defender. This will help decide what direction the ball needs to travel (pass or dribble)
- Encourage teammates to have good mobility to move away from the ball but good support by being free to receive.
- Demand good ball retention as a base of scoring. Encourage creativity.

### 1v1 Play (12mins)



- Have two side by side fields. This will aid in repetition. Half the group working in one field, the other within the other field.
- 1v1. White player (furthest away from the goal as shown) is the attacker. Players in this line always start with the ball.
- Attackers start the game by dribbling into the field. Defender cannot move until the attacker touches the ball.
- Object is to score in any 1 of the 2 nets.
- Its important to encourage good awareness of what goal to go to and when to turn if they need too. In this example the defender has got goal side of the ball therefore the attacker needs to turn to keep the ball → to then SCORE in the other goal.
- Encourage good dribbling biomechanics and quick turns. One touch to turn the ball if they can.
- Acceleration away from the defender is important to score!

### SSG (12mins)



- Look to play two side by side games to promote repetition. 3v3 on each field. In 15x20 fields.
- Set up as shown. 4 gates in each corner of the field.
- One team scores by dribbling through red gates (B) with the other team scoring in the yellow gates (A). Blue to B, Yellow to A in the example.
- Have additional balls on the outside to promote flow. When ball leaves the field have players restart by passing into the field.
- When goal is scored. Defending team gain possession and restart from the gate.
- Encourage good awareness of when to turn. Observe defenders. Play away from pressure.
- Encourage players to WANT to score. Important they understand that they keep the ball until they can score.
- Encourage creativity, mobility and good support.

# Comox Valley United Soccer Club U9/U10 House Program (S#15&16)

**Objective: Improve when to change direction to retain possession when playing fwd. is not possible**

### Activator (12mins)



- Objective is for the attacking player (@ yellow gates) to score by dribbling thru any 1of3 red gates.
- All 6 players play at same time (3 att & 3 def). Game is started by def (white) passing into att (blue).
- If def wins the ball they can score in any 1of3 yellow gates. 1 point for att when score, 2 points for def when score. Players to change lines after each 1v1 game. Game ends when either player scores or ball leaves the field of play.
- Encourage good pass into att, positive first touch with inside of foot. Its important we encourage players to play with their head up so they are aware of where def is and what's around them.
- Encourage creativity to play fwd (score) whilst understanding ball possession is important if we are going to score.

### SSG (12mins)



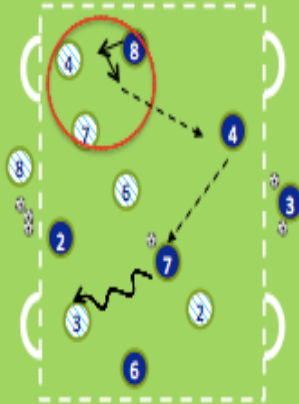
- Look to play two side by side games to promote repetition. 3v3 on each field. In 15x20 fields.
- Set up as shown. Two red gates on one end line, two yellow gates on the other end line.
- In this example blue team is looking to score by dribbling through any 1 of the 2 red gates.
- We want players to be aware of when to change direction to the other side of the field. The defenders position will help make this decision as shown.
- Encourage players to work as a group to keep possession whilst always looking to play fwd. as soon as it is appropriate.
- In this example players are in good areas to allow for the ball to be switched to score.
- Encourage good mechanics when passing, dribbling and changing direction to pass.
- Keep the activities flowing. Make sure players understand the game.

### 1v1 Play (12mins)



- Have two side by side fields as show set up. Players working in smaller groups to promote repetition.
- Each player needs a ball. Game can be complicated initially but as soon as players understand how it works it will promote good habits.
- Game is started by player at front of 1 of the lines dribbling into the field and scoring into the goal opposite to them. In this example blue does this.
- As soon as goal is scored. White attacker looks to attack any 1 of 2 nets. Blue stays on field and defends for their team. 5 points for goal in net directly opposite, 1 point for net at side.
- When goal is scored or ball leaves field next player attacks. After each turn attacker must stay on field and defend the next player from opposite team (line).
- Have players keep score.
- Encourage quick play when attacking and defending. The game acts as the teacher. 5 points for net in front, 1 point for goal at side. KEEP POSSESSION!

### SSG (12mins)



- Play 5v5 on wider, short in length field. Each end line has two nets on it as shown.
- Players resting are in charge of the soccer balls on each end line. They rest and rotate every 60 secs. When resting they feed new ball into their team when other team plays out of bounds.
- In this example player is outnumbered 2v1 so changes direction to keep the ball.
- Encourage good awareness of players to see these scenario's. Once changed direction it is important other players switch play to play fwd quickly and score before other defenders recover and balance out.
- Dribbling, passing and changing of direction biomechanics need to be encouraged. Pass with inside of foot thru middle of ball, touch every step when dribbling and changing direction quickly to keep ball when appropriate.



# Comox Valley United Soccer Club U9/U10 House Program (S#17&18)

## Objective: Improve Passing the ball, with the inside of the foot to retain possession

### Activator (12mins)



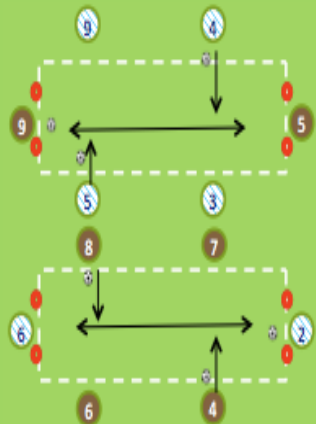
- Using cones make 6 “windows” on the perimeter of the area with 6 players standing in the “window”.
- 6 players or the other half of the group depending on #'s on the inside with a soccer ball each.
- Players looking to score point by aiming the ball correctly with a good pass through the window. 2 points through the middle to teammates feet. 1 point for slightly at the side (where teammate has to move).
- Reward receiving player for moving to get in line with pass. They score a bonus point for this. Get players to keep score. IMPORTANT.
- Focus and encourage good passing with the inside of the foot through the middle of the ball. Make sure players know their standing foot has to be alongside the ball before they pass. Step forward into the pass!
- Eye contact and communication before they receive/pass is important too. Make sure they are encouraged to do this.
- If they cant find an open window, encourage dribbling until one becomes open.

### SSG (12mins)



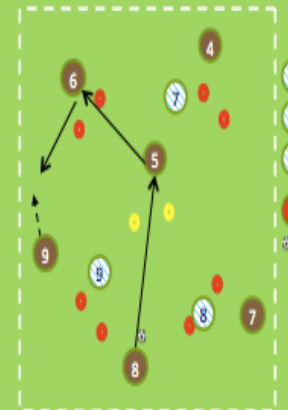
- 6v3 possession game with direction. 3 blue v 3 white with 3 neutral orange players playing at all times.
- Additional players resting on the side and are rotating into the game on the fly. Have players take responsibility for this.
- Orange play for team in possession of the ball.
- Objective is to keep possession of the ball whilst looking to score in any 1 of 2 nets that they are attacking. Pass into net from middle section of field.
- Coach always restarts play after ball leaves field or goal is scored. If goal is scored team who scored gets to keep ball. Look to play ball backwards to get them to build the attack again.
- Keep game flowing, let players explore. Encourage good mobility to separate and be free to receive the ball. Player on the ball must know importance of keep possession to SCORE!

### 1v1 Play (12mins)



- Two browns and two whites who are between the red gates pass the ball back and forth to each other using 1 touch to control and 1 touch to pass.
- The other whites and browns in the mean time try and aim their soccer ball using good passing technique to hit the moving side to side ball.
- If they hit the ball they get a point for their team of 2! Have players keep score.
- Rotate positions so all players get to play between gates.
- Encourage good passing technique using the inside part of the foot through the middle of the ball, making sure players are stepping into the pass rather than passing standing still.
- Keep activity flowing by making sure players have extra balls at the side of them. This will help when passes are misplaced. We don't want players chasing soccer balls.

### SSG (12mins)



- 6v3 passing game where 6 attacking players are looking to pass the ball between any 1 of 5 gates inside the field. 3 defenders are looking to win the ball and get it back to coach.
- Attackers score 5 points for pass through middle gate and 1 point for outside gates. Defenders get bonus point for getting ball back to coach.
- When ball leaves field coach always restarts play by passing into attacking team.
- Defenders at the side are encouraged to constantly change on the fly without coach telling them. Give them this responsibility.
- Play for 5mins and then teams change roles.
- Encourage good passing technique, but importantly encourage them to not force into areas of the field when the defenders are situated especially the middle. Ball possession to promote scoring, not scoring at all costs.
- Its important we build this habit into the players.