



PROGRESSION FOLDER
VOLUME V
SENIOR DIVISION



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PROGRESSION

ABOUT THE MANUAL

This book is designed to give our entire club a common coaching philosophy. As we continue to grow, it is imperative that communications within our organization are streamlined and efficient. The coaching philosophy, or the "Rush Way", found in these manuals is certainly not inclusive of all soccer matters, yet it provides us with a framework for us to build off of.

As you thumb through this book, keep in mind that our desire is for you as the coach to use this material to develop both the individual and your team. You will find that some of the exercises work for one coach, but will not work for another – select ones that work for you! Adding your own variations to the exercises will allow you to personalize your practices with your own flair and style.

Be mindful of the fact that our goal at the Rush Soccer Club is to develop players. We define a player as not just an athlete who wins first place medals, but as someone who possesses solid character traits such as honesty, integrity, enthusiasm and passion (to name a few).

In closing, the Rush coaching staff is dedicated to educating the player and allowing him/her to develop to the height of their potential. The Rush Progression Manual will move us toward this aim. Go Rush!



PROGRESSION

HOW TO APPLY

These folders are a series of training sessions to appropriately progress our players. Each volume is designed for a specific set of age groups:

Age	Division	Volume
Coaching U6's, U7's, U8's	Micro Division	Volume I
Coaching U9's, U10's	Bantam Division	Volume II
Coaching U11's, U12's, U13's	Youth Division	Volume III
Coaching U14's, U15's	Junior Division	Volume IV
Coaching U16's, U17's	Senior Division	Volume V

In each volume, there is a series of nine (9) categories: A. Ball Control, B. Dribbling, C. Finishing, D. Passing, E. Receiving, F. Challenging, G. Heading, H. Attacking, I. Defending.

Each training session or category will have a topic. For example, if your category is 'Attacking', your topic might be 'Going from the Midfield 1/3 to the Attacking 1/3 of the Field'. Each training session will traditionally have four progressive exercises. Typically, you choose a topic and focus on that topic throughout the training session. As you move through the training session, the session should gradually become more complex. Finally, during the final exercise, allow your players to try their techniques in a game setting. Variations and deviations at any time are certainly acceptable, and breaking up the routine is encouraged. Mixing and matching the various progressions is also encouraged. Doing this affords the coach literally *thousands* of possible combinations to apply.

When a coach feels that the players and/or team are comfortable with a session, the coach may progress to the subsequent progression level. For example, if a U6 coach masters the "Dribbling" session with his/her team, he/she can progress to the "Dribbling" session aligned with U7 teams. Likewise, if a particular session is too advanced for a coach's team, he/she may regress a year. Having stated that most sessions should be designed and applicable for 6 year olds and 17 year olds alike. By tweaking the demands emphasized during the training session, a coach can use just about any training session for his/her team. Please keep in mind that players develop physically, psychologically and socially at different rates. Also keep in mind that a first-year player at age 15 is probably not as advanced as a 12 year-old that has 6 years of playing experience. The 12 year-old has more of what we call "soccer maturity". Therefore, coaches must be able to possess a "technical eye" and assess each player and team's ability and adjust accordingly.

When you are unsure of where a particular session is located, try using the index. The index list a series of subjects to help you locate the particular exercise you are looking for.

Additional points to be aware of:

- If there is terminology you do not understand, see the *Glossary*.
- Large group sessions are geared towards a 3-5-2
- The team you are focusing on when the opposition is involved shall be listed first. For example, in an 8v7 the focus should be on the 8.
- On your Session Plan, the team you are working with shall be dark.
- On your Session Plan, the team you shall be working with shall be on the right when working landscape, or on the bottom of the page working up when working portrait.
- To assist you trying to look for a particular training session electronically, see the bottom left-hand corner for the manual number and document number i.e., this document is 310 05 HOW TO APPLY.

Good Luck and have some fun!



PROGRESSION

FLOW CHART U6 THROUGH U10

The below Flow Chart contains nine categories. Within each category the Rush has designed training sessions for ages U6 through U17. Each training session has been given a topic which has four exercises to establish a progression. The four exercises are described in each box to give you an idea of what each exercise entails.

Micro Division (Volume I)

Bantam Division (Volume II)

A. Ball Control					
	U6	U7	U8	U9	U10
	Footwork	Footwork	Footwork	Footwork	Footwork
1	Juggling U6	Juggling U7	Juggling U8	Juggling U9 Footwork 13, 14, 15, 16, 17	Juggling U10
2	Footwork 1,2,3,4	Footwork 5,6,7,8	Footwork 9,10,11,12	Shielding	Footwork 18, 19, 20, 21, 22
3	Crazy Box Dribble (Entropy)	Crab Soccer	Sharks & Minnows	4 Goal Game on Common End Line w/ 2 Balls	1v1 Common Ball
4	3v3	6v6 w/ 2 Balls	3v3 Line Soccer	6v6 Small Goals	6v6 Line Soccer
B. Dribbling					
	U6	U7	U8	U9	U10
	Avoiding	Moves	Moves	Carrying	Technique
1	Defrost Game	Footwork 5,6,7,8	Footwork: 9,10,11,12,	Footwork 13, 14, 15, 16, 17	In 2's 18, 19, 20, 21, 22
2	Dribble Tag	Move on Cone	Move on Man	In 3's Dribble Up and Back	Dribbling in Two's
3	Slalom Multiple Cones	4v4 Line Soccer	Moving Goal	Carrying: 1v0 w/ GK's; 1v1 Chase	6v6 Triangle Big Goals w/ Neutral Area
4	3v3	3v3	3v3 Line Soccer	5v5 w/ GK's	5v5 w/ GK's
C. Finishing					
	U6	U7	U8	U9	U10
	Scoring	Scoring	Shooting	1v1 & 2v1	From the Flank
1	Top Gun	Pac-man	Cones and Shoot	Finishing: Different Shots	Instep, Side Foot, Bent,
2	Numbers Game	Fortress	Turning Finishing	1v1 Two Big Goals	Cross/Overlap
3	Four Goal Game	3v0 to Goal	World Cup	2v1 Big Goals: Lines on Opposite Sides	3v2 in the Box
4	3v3	3v3	3v3	5v5 w/ GK's	5v5 GK's
D. Passing					
	U6	U7	U8	U9	U10
	Technique	Technique	Technique	Choices	Pass and Shoot
1	In 2's	In 2's	Ball Gymnastics & In 2's	3v1	5v2
2	Gate Passing	Golf	3v0 Box Passing	Toss in Two's Brazil	Pass/Shot 5 in a Row
3	1v1+1	Marbles	4v4 Windows	8Walking	Zone Game (Pass in Zone for Point)
4	3v3	4v4 + 2	Hockey Style	5v5 w/ GK's	5v5 Small Goals
E. Receiving					
	U6	U7	U8	U9	U10
	1 st Touch	1 st Touch	1 st Touch	Technique	Trap and Shoot
1	In 2's	In 2's	4v4 Windows	Juggle Twice and Different Traps	In 3's
2	In 2's to Goal	Self-Toss	Multiple Goals	2 Lines: Pass & Run to the End/Pass & Run to Opposite Line/Take Over/ Wall Pass	Pass/Trap/Shot 5 in a Row
3	3v0 Pattern Play	In 2's Toss	4v0	Patterns w/ Shot	Patterns w/ Shot
4	3v3	4v0/4v4	4v4	Hockey Style Game	5v5 w/ GK's
F. Challenging					
	U6	U7	U8	U9	U10
	Winning the Ball	Shielding	Intro to Tackling	1v1 Defending	Tackling
1	Numbers Game	Shielding	Standing Block Tackle	1v1 Shadow	Standing Block
2	Sharks and Minnows	Knockout	Block Shielding	1v1 Big Goal	1v1 GK's One Goal
3	Knockout	Numbers Game	1v1 Lane Game	1v1 Two Goals	2v2 GK's One Goal
4	3v3	3v3	3v3	5v5 w/ GK's	5v5 w/ GK's
G. Heading					
	U6	U7	U8	U9	U10
	Fun Games	Intro to Heading	Heading	Technique	Heading to Goal
1	Partner Soccer	Ball Gymnastics & Heading	Heading	In 2's for Partner Throws	In Two's Brazil: All Body Parts
2	Musical Chairs	Juggling Circle	Juggling Circle	Head to Goal	2v2 Competition for Scoring in a Small Goal
3	Defrost Game	Head Catch Game	Head Catch Game	6v6 Small Goals	Light Punt
4	2 Ball Soccer	3v3	6v6 2 Balls	Fun Game	5v5 w/ GK's



PROGRESSION

H. Attacking

	U6	U7	U8	U9	U10
	Dribbling	Intro to Combinations	Combinations	Creating Shots	Wall Pass
1	Defrost Game	2v0 to Goal	4v4 Walk Soccer	Fight Free 1 Grid	Wall Pass
2	Dribble Tag	Wall Pass Around Cone	1v1+2	Take Over w/ Shot	Wall w/ 2 "bumpers"
3	Slalom	Take Over & Go to Goal	4v0 Patterns	7v0 Pattern Play; Finish w/ a Shot on Goal	4v2 Going to Goal
4	3v3	3v3 Walk Soccer/3v3	4v4	5v5 w/ GK's	5v5 w/ GK'S

I. Defending

	U6	U7	U8	U9	U10
	Games	Games	1v1 Defending	Introduction	Delaying
1	Gauntlet	Fortress	1v1 Common Goal	2v1 Keep Away	In 2's; 1v1 Passive
2	Snake Tag	1v1 Keep Away	1v1 Line Soccer	1v2 One Direction	1v1 Line Soccer
3	Knockout	6v6 Line Soccer	Numbers Game	1v1 w/ Floaters	2v2 GK's
4	3v3	6v2 Balls	3v3	5v5 w/ GK'S	5v5 w/ GK'S

	U6	U7	U8	U9	U10
Game	45 MIN.	1 HOUR	1 ¼ HOUR	1 ¼ HOUR	1 ¼ HOUR
Size	3 v 3 (2)	4 v 4 (2)	4 v 4 (2)	8 v 8	8 v 8
Pract.	8 - 9	10 - 11	10 - 11	12 - 13	12 - 13



PROGRESSION

FLOW CHART U11 THROUGH U17

The below Flow Chart contains nine categories. With in each category the Rush has designed training sessions for ages U6 through U17. Each training session has been given a topic which has four exercises to establish a progression. The four exercises are described in each box to give you an idea of what each exercise entails.

Youth Division (Volume III)

Junior Division (Volume IV)

Senior Division (Volume V)

A. Ball Control							
	U11	U12	U13	U14	U15	U16	U17
	Individual Skills	Individual Skills	Individual Skills	Carrying	Tight Dribbling	Creativity	Hockey Style
1	Juggling U11	Juggling U12	Juggling U13	Juggling U14	Juggling U15	Juggling U16	Juggling U17
2	Footwork 23,24,25,26,27	Footwork 28,29,30,31,32,33	Footwork 34,35,36,37,38	Dribbling Races	1v1 Common Goal	Passing w/ Tricks	1v2
3	Self Throws	1v1 Small Goals	8v8 Triangle Goals	Multiple Goals	1v2 Common Goal	3v3 Competition	2v1
4	8v8 Small Goal Game	2 Big Goals; 2 Small Goals	4 Goal Game	Two Ball Soccer	4 Goal Game	Soccer Tennis, 3v3	9v9 Hockey Style
B. Dribbling							
	U11	U12	U13	U14	U15	U16	U17
	Shielding	Avoiding Pressure	Carrying	Attacking	Posting Up	Dribble and Cross	Dribble & Finish
1	Footwork 23,24,25,26,27	Shadow Dribbling	Giant Slalom	1v1 Fight Free Zones	Move and a Shot	Dribbling in Lines	Run & Finish
2	Shielding	1v2 Transition	2v1 Fight Free	4v4 in the Box + 4 & 4	1v1 in a Grid	Move on Flank & Cross	Run & Finish w/ Defender
3	Take Over; Fake Take Over; 2v1	1v1 Big Goal and Outside the Box	1v1 Breakaways	8v8/1v1	1v1 Forward Posting Up	Combine, Dribble & Cross	8v8 w/ Breakaways
4	4v4 Small Goals	7v7 w/ GK's	7v7 w/ GK's	8v8 w/ GK's	8v8 w/ GK's Common Goal	8v8 w/ GK's	8v8 w/ GK's
C. Finishing							
	U11	U12	U13	U14	U15	U16	U17
	1 Touch	Technical Functional Finishing	Volleys, ½ Volley, Full Volley	Finishing Off Crosses	Long Distance Shooting	T.T.F. Training for Strikers	T.F. Training
1	Different Types of Shots	Box on Box 5v5	Volleys- ½ Volleys- Full Volleys	Side Volley, Side Bike, Bike	Knuckle; "3-toed"; Over Spin	Patterns	Volley/Catch/Throw
2	3v2 In the Box	2 Lines on Right Post	Crossing & Finishing w/ One Runner	Crossing & Finishing	3v2/2v3	2v3/3v2	T.F. Training
3	3v2/2v3 Box on Box	Two GK's Turn and Go 1v1	Crossing & Finishing w/ Two Runners	4v4 Competition w/ GK's	3v2/2v3 w/ Crossover	2v3/3v2 w/ Crossover	5v5 w/ Bumpers
4	5v5 w/ GK's; Box on Box	Crossing	4v4 Box on Box w/ Bumpers	Shooting Contest	8v8 w/ GK's;	8v8 w/ GK's	5v5 Winner Holds the Floor
D. Passing							
	U11	U12	U13	U14	U15	U16	U17
	3 Player Combinations	Direct Play	Attacking 3 rd	Combination Play	Possession	Training the Play Maker	Switching the Attack
1	3 Player Combinations	Long Balls In 4s	7v7 w/ GK's	Combination Play in 3s	6v2 w/ Transition	Passing in Two's	T.F. Backs/ Mids
2	2v2 w/ Bumpers	3v3 + Targets	Patterns in the Attacking 3 rd	Patterns in Attacking 1/3	8v3/3v8 2 Zones	5v3 +1	9v7 Working w/ the Mids & Fwds;
3	5v5+2 Neutral (N)	6v6 + Targets	Triangle Passing	Patterns w/ Defenders	6v6/6	8v8 w/ 2 Player Makers	8v10
4	7v0 Pattern Play 7v7 w/ GK's	7v7 w/ GK's	Cool Down	8v8 Small Sided Game	8v8 w/ GK's	8v8 w/ GK's	8v8 w/ GK's
E. Receiving							
	U11	U12	U13	U14	U15	U16	U17
	Receiving Ground Balls	2 Touch Finishing	Receiving out of the Air	Games	Turning	Direct Play	Playing Out of Defensive 3rd
1	4v2, 2-touch	Turn and Shoot	In 2s Receiving Air Balls	Chip & Juggle 3 Times	Turning In 3s	11v11 Find Target (T)	Receive & Play Out of Back
2	In 3s: Short, Short, Long	Square Touch, 2-touch in Box, Step-over	3v3 + 3v3 w/ 3 Zones	Horse Shoes	2v2 in a Grid + 2 on the Exterior	11v11 Target Under 3	Receive & Play Out Under Pressure
3	8v8 Hockey Style, 2-touch	Receive off a Cross, 2-touch Shot	7v7 w/ GK's	8v8 Keep Away w/ GK's	6v6 w/ 2+2 on the Exterior Keep Away	11v11 Target & Join	Receive & Switch the Point of Attack
4	11v0 Patterns 2-touch	7v7 w/ GK's	7v7 w/ GK's	Two Touch Tennis 1v1	8v8 w/ Two Small Goals	11v11	8v8 w/ GK's
F. Challenging							
	U11	U12	U13	U14	U15	U16	U17
	Tackling	Pressure & Cover	Balance	Transition D-O	Rhythm of Play	T.F. Training Backs	Midfield Defending
1	Slide Tackling	Tackling: Two Footed &	Pressure 1v1 w/ GK's	1v2 w/ GK's	2v2 w/ Floaters	Clearing/Challenging Balls	1v1 Fast & Tight



PROGRESSION

		Sweep				from Midfield	
2	1 st Defender 1v1 w/ Lanes	2 nd Defender 2v2	Pressure and Cover 2v2 w/ GK's	2v3 w/ GK's	3v3 w/ Floaters	4v4 Balls in Behind	7v8 No Transition
3	1 st Defender 7v7/1v1	8v8 Line Soccer	Pressure, Cover, and Balance 5v5 w/ GK's	3v4 w/ GK's	8v8 (Knee)	8v8 Small Sided Everyone on Own Half	7v8 w/ 3 Goals
4	8v8 w/ GK's	8v8 Small Sided	Defending 8v8 w/ GK's	8v8 w/ GK's	8v8 w/ GK's	9v9 Small Sided	11v11 Normal Game

G. Heading

	U11	U12	U13	U14	U15	U16	U17
	Technique	Heading to Goal	Near, Far & Trailer w/ Defenders	Defensive Heading	Technical Functional Training	T.F. Training	Crossing Off of 1-Touch
1	Head/Catch/Throw	Head Juggling: 1 Touch, 2 Touch	N & F Post w/ Defenders	Heading in 2 Lines	Team Head Soccer Tennis	"Lay Up"	Calisthenics & Heading
2	Windows	In 3's: Short/Short/ Long Heading	N & F Post w/ Def. add Overlap	3v3+3v3 w/ 2 Lanes	N, F & T w/ 2D's; w/ Takeover	Functional	Patterns 8v6
3	Defensive Heading	Near and Far Post	N, F & Trailer w/ 2D	2v1 Lane on the Flanks	Patterns 8v8 w/ GK's	9v9 Small Sided, One Touch	Lane Game
4	7v7 w/ GK's	7v7 w/ GK's	Patterns 8v6	8v8 w/ GK's	Crossing & Finishing Off of 2-Touch	9v9 Small Sided	Crossing Off of 1 - Touch

H. Attacking

	U11	U12	U13	U14	U15	U16	U17
	Set Pieces	Team Shape	4-4-2 & 4-3-3 Formations	Playing Out of the Back	Playing in Mid to Attacking 1/3	Situational	Up a Goal, Down a Goal
1	11v4 Walk Through	11v4 Walk Through	11v4 Walk Through, 4-4-2	Def 1/3 to Mid 1/3 Walk Through	Mid 1/3 to Att 1/3 Walk Through	Transition D-O	Warm Up "The Rush Way"
2	11v11 w/ Stoppages	11v11 w/ Stoppages	11v11 Normal Game, 4-4-2	Def 1/3 to Mid 1/3 Target	Mid 1/3 to Att 1/3 No Transition	Counter Attack	Up a Goal, Down a Goal w/ Coaches
3	11v11 w/ Coach on Field	11v11 Coach on Field	11v4 Walk Through, 4-3-3	Def 1/3 to Mid 1/3 Target & Join	Mid 1/3 to Att 1/3 to Goal	11v11 Beating a Trap	Up a Goal, Down a Goal w/ Ref
4	11v11 Coach off Field	11v11 Coach off Field	11v11 Normal Game, 4-3-3	8v8 w/ GK's	8v8 w/ GK's	11v11 Normal Game	11v11 Normal Game

I. Defending

	U11	U12	U13	U14	U15	U16	U17
	Set Pieces	Team Shape	4-4-2 & 4-3-3 Formations	Defending in the Defensive 1/3	Mid to Attacking 1/3 Defending	Transition Defense to Offense	Line of Defense
1	11v4 Walk Through	11v4 Walk Through	11v4 Walk Through, 4-4-2	Defending in the Defensive 1/3 Walk Through	Mid 1/3 to Att 1/3 Walk Through	9v7 w/ GK's No Transition	1v1 Shadow Defending
2	11 v11 w/ Stoppages	11v11 w/ Stoppages	11v11 Normal Game, 4-4-2	Defending in the Defensive 1/3 Target	Mid 1/3 to Att 1/3 No Transition	9v7 w/ GK's 2 1-Touch Passes	9v9 Possession Game
3	11v11 Coach on Field	11v11 Coach During Flow	11v4 Walk Through, 4-3-3	Defending in the Defensive 1/3 Target & Join	Mid 1/3 to Att 1/3 to Goal	9v7 w/ GK's to Target & Join	8v8 w/ GK's + 2 N's
4	11v11 Coach off Field	Team Shape 11v11 Normal Game	11v11 Normal Game, 4-3-3	8v8 w/ GK's	8v8 w/ GK's	8v8 w/ GK's	11v11 Normal Game

	U11	U12	U13	U14	U15	U16	U17
Pract.	1 ½ Hrs.	1 ½ Hrs.	1 ½ Hrs.	1 ½ Hrs.	1 ½ Hrs.	1 ¾ Hrs.	1 ¾ Hrs.
Game	11 v 11	11 v 11	11 v 11	11 v 11	11 v 11	11 v 11	11 v 11
Size	16	16	16	18	18	18	18



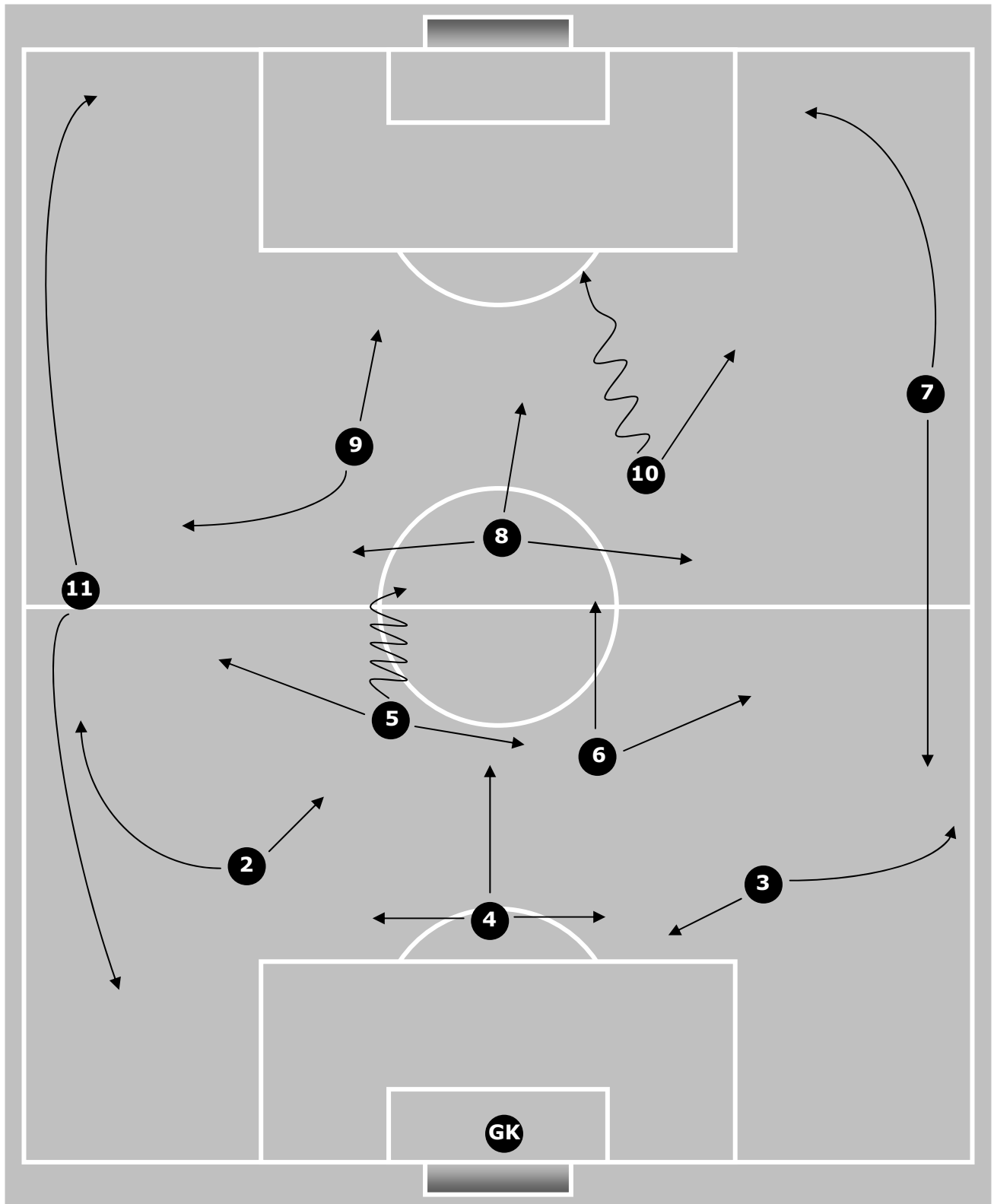
3-5-2 FORMATION

Style: Offense – controlled passing game, quick and direct, good skills interchanging of positions, maximum width and depth.

Defense – Hard strong tackles, tight marking, pressure on ball, zone and man-to-man marking, denying passing lanes, tight and compact.

- (1) Goalkeeper
 - Vocal, fearless, organizer, explosive
 - Organizes set pieces, good with feet, supports play (approximately 35 yards behind the last defender)
- (3) Backs
 - Disciplined, intelligent, fast, patient, tenacious
 - Good in the air, ball winners, play simple out of the back
 - Back line alternate between sweeper and marking backs, zone defense: can pass players vertically and horizontally, push into midfield to provide numbers in attack (i.e. overlap and through the middle)
 - Condense field of play, step up to mark free player, front and back to “lock them in” before transition, stay flat 18-40 yards out
- (5) Midfielders
 - (2) Outside or Flank Midfielders
 - Stamina, athletic, crafty, fast, hard-working
 - Excellent 1v1, good with both feet, provide width, provides the fourth defender on balance
 - Basic runs: 1) checking on flank 2) hook 3) blind side 4) clearing lane
 - (1) Attacking Midfielder
 - Creative, confident, crafty, good ball skills
 - Quarterback on attack, unorthodox both on offense and defense, supports and shows well, produces goal scoring chances
 - (2) Defensive Midfielders
 - Disciplined, powerful, ball winners
 - One stays while other pushes into attack, complimentary of each other, try not to crossover each other, switch the attack, play the ball wide, one drops if opponent plays a three man front line
- (2) Forwards
 - Powerful, explosive, crafty, confident
 - Link together 10-30 yards to support but not crowd each other, front and back on goal-kicks and punts on offense, stay between 18-yard box, start in an offside position, “posting up”
 - Runs: 1) check to, then far post with depth 2) check in and out 3) hook 4) near and far post

3-5-2 DIAGRAM

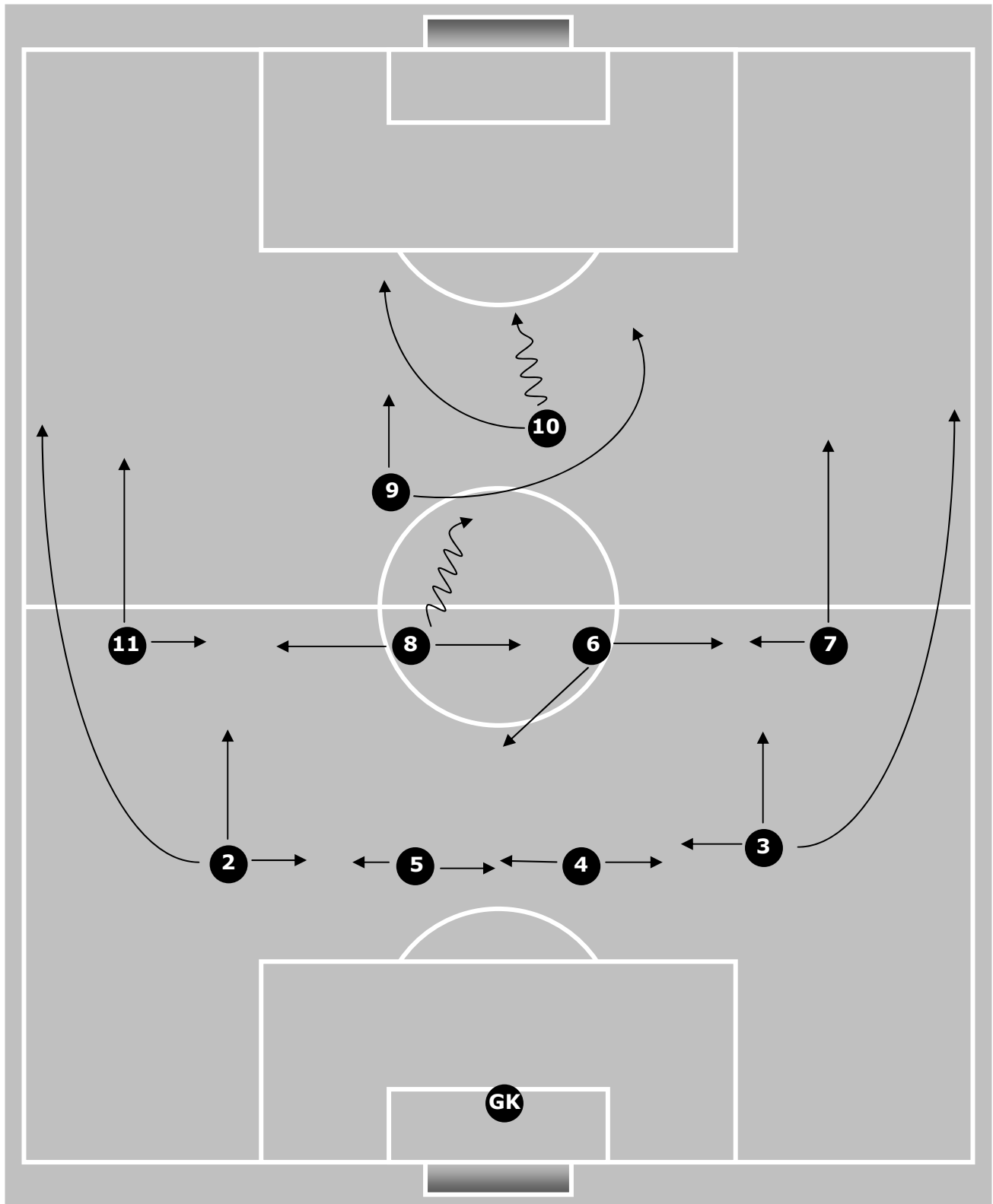




4-4-2 FORMATION

- (4) Backs
 - (2) Center Backs
 - Disciplined, intelligent, fast, patient, tenacious
 - Good in air, ball winners, zonal/marking, simple
 - (2) Outside Backs
 - Support outside midfielders, get forward, overlap into attack, maintain possession, 1v1 ability
- (4) Midfielders
 - (2) Outside Midfielders
 - Stamina, athletic, crafty, fast, hard working
 - Excellent 1v1, good with both feet, provide width, runs: checking on flank, hook, blind side, clearing lane; look to get forward when team has possession
 - (1) Attacking Midfielder
 - Creative, confident, crafty, good ball skills
 - Play-maker, supports and shows well, creates goal-scoring chances
 - (1) Defensive Midfielder
 - Disciplined, powerful, good range
 - Holds while the other pushes into attack, ball winners, compliments the attacking midfielder, switch attack, play ball wide, adjust to opponent
- (2) Forwards
 - Big, strong, powerful, fast, scrappy
 - Target player, holds ball well, plays the way they face, strikes ball well
 - Very good in the air
 - Good 1v1 and in tight spaces
 - Creative and intuitive
 - Positive attitude when in front of the goal
 - Unselfish

4-4-2 DIAGRAM

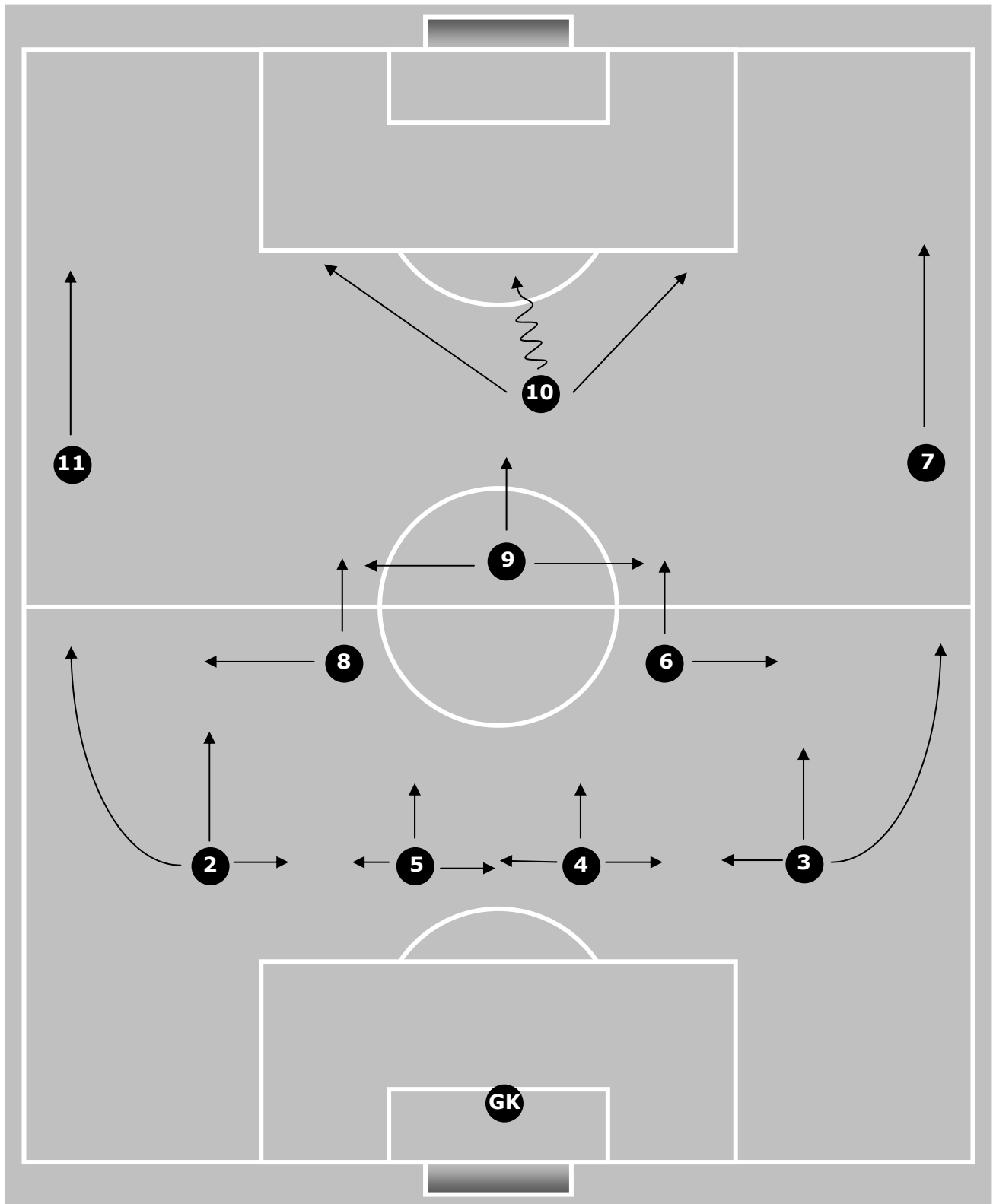




4-3-3 FORMATION

- (4) Backs
 - (2) Center Backs
 - Disciplined, intelligent, fast, patient, tenacious
 - Good in air, ball winners, zonal/marking, simple
 - (2) Outside Backs
 - Support outside midfielders, get forward, overlap into attack, maintain possession, 1v1 ability
- (3) Midfielders
 - Stamina, athletic, crafty, fast, hard working
 - Creative, confident, crafty, good ball skills
 - Play maker, supports and shows well, creates goal-scoring chances
 - Disciplined, powerful, good range
 - Holds while the other pushes into attack, ball winners, compliments the attacking midfielder, switch attack, play ball wide, adjust to opponent
- (3) Forwards
 - (1) Center Forward
 - Big, strong, powerful, fast, scrappy
 - Target player, holds ball well, plays the way they face, strikes ball well
 - Very good in the air
 - Good 1v1 and in tight spaces
 - Creative and intuitive
 - Positive attitude when in front of the goal
 - (2) Wingers
 - Unselfish, excellent 1v1, good with both feet, provide width, runs: checking on flank, hook, blind side, clearing lane; look to get forward when team has possession

4-3-3 DIAGRAM





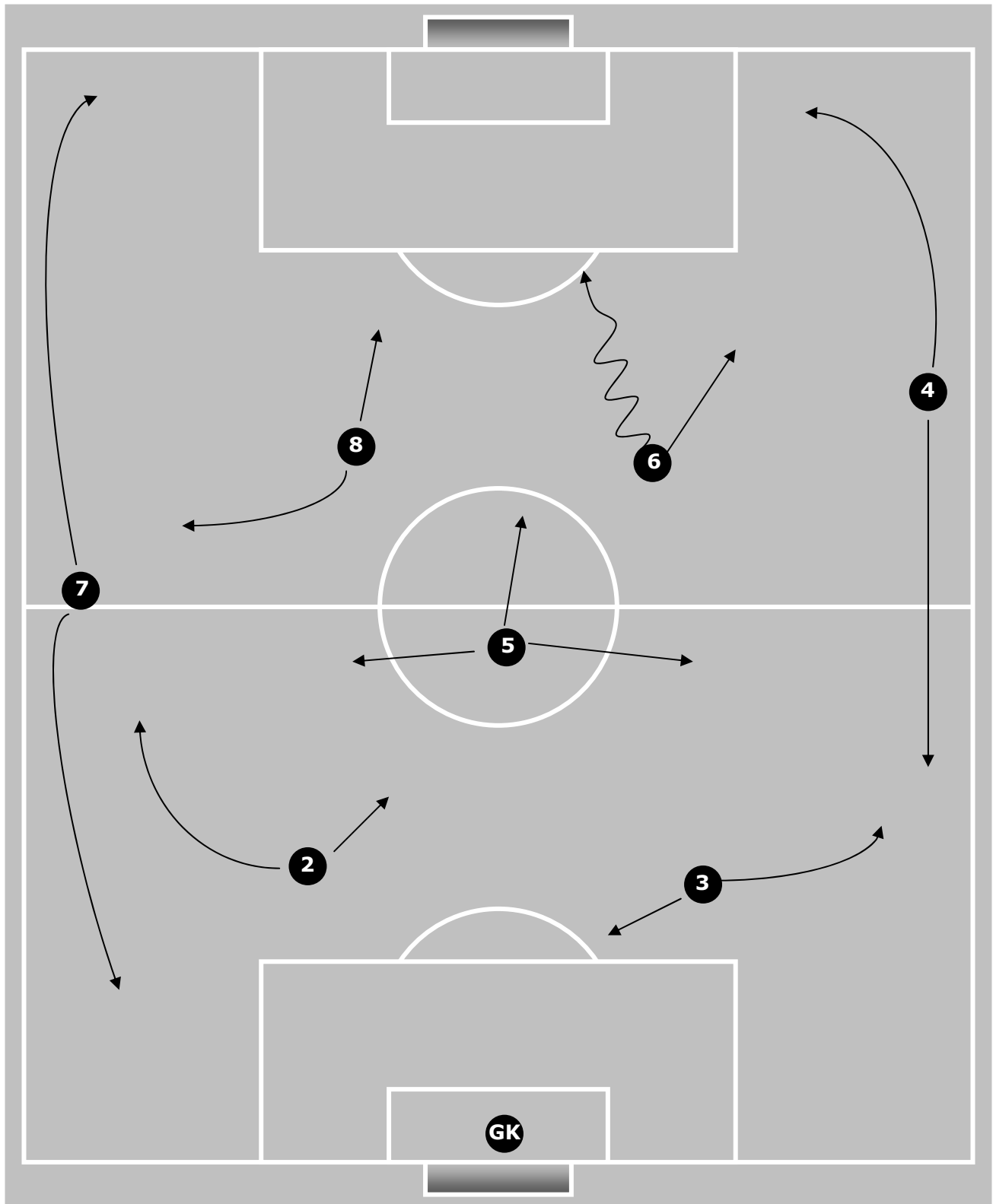
2-3-2 FORMATION

Style: *Offense* – comfortable on ball, decent team shape, good support, plays quick but with limitations, play a variety of positions.

Defense – strong tackles, tight marking, pressure on ball, condense field, techniques are solid.

- (1) Goalkeeper
 - Athletic, fearless, vocal, good hand-eye coordination
 - Aggressive towards 50/50 balls, good with feet, supports play by coming off the line, can hit a long ball
- (2) Backs
 - Disciplined, intelligent, fast, patient, tenacious
 - Strong in the tackle, ball winners, willing to go forward out of back, condense field of play, step up to mark free player, play simple and safe out of the back
 - Zone defense: does not follow players across the field
- (3) Midfielders
 - (2) Wide Midfielders
 - Stamina, athletic, crafty, fast, hard-working
 - Excellent 1v1 ability, good with both feet, provide width on touch-line, can get behind defenders, can serve dangerous balls into the box, ability to recognize when to cover for an advancing back
 - (1) Central Midfielder
 - Creative, confident, crafty, technically gifted
 - The link between the backs and forwards, comfortable on the ball, produces goal scoring chances
- (2) Forwards
 - Explosive, crafty, confident
 - Very dangerous going forward, very good 1v1 ability, opportunistic, stay between the width of 18-yard box
 - Work together, one forward pushing as high as possible (on last defender)

2-3-2 DIAGRAM





PROGRESSION

FUN GAMES

List Fun Games Here

#	Name
1	Crab Soccer
Description: One team lines up between the cones each player with a ball. The other team assumes the crab position (face up). The crabs attempt to kick the ball out of the area. A player having his/her ball kicked away joins the team in the crab position. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.	
#	Name
2	Crazy Box Dribble (Entropy)
Description: Players dribble ball within a limited area, demonstrating all of the dribbling techniques. Players must avoid each other while demonstrating techniques. Objective: Players must make game-like decisions, demonstrate skills, increase cardiovascular rate, and move to space.	
#	Name
3	Defrost
Description: One player is Frosty. All other players dribble ball within grid. Frosty (player without the ball) tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by crawling or dribbling the ball between their legs. A player unfrozen dribbles as before.	
#	Name
4	Dribble Tag
Description: Players, each with a ball, dribble within a confined area with one player "it". He/she who is it must also dribble a ball. The game is then played like a normal game of tag.	
#	Name
5	Heading Competition
Description: Two teams of two players with small goals. Player A passes ball with foot to Player B. Player B catches or picks up ball as Player A runs toward Player C's goal. Player B throws the ball head-high and Player A attempts to score with a head-shot. Players C and D repeat this procedure. Player B moves to goal while Player A replaces B.	
#	Name
6	Knockout
Description: Players dribble in a box and must dribble/control their ball while at the same time trying to kick other players' balls from the box. A player whose ball is kicked from the box must juggle "X" number of times to get back into the box. Objective: Players must make game-like decisions, control the ball, keep eyes up, demonstrate skills, increase cardiovascular rate, and find and move into space.	
#	Name
7	Marbles
Description: Player A passes their ball 10-15 yards out. Player B passes his/her ball in an attempt to hit Player A's ball. Then, both alternate attempting to hit the other's ball. For each hit the player receives one point. The first player to ten points wins. Players must work on weight, timing, and accuracy of their passes.	



PROGRESSION

#	Name
8	Moving Goal
Description: Two teams playing in one half of a full field. Two players/coaches carry bar between them and act as the goal. The "goal" moves around the field. Both teams score through the moving goal. Players must communicate with teammates, possess the ball, concentrate on passing accuracy, and work on angles of support.	
#	Name
9	Musical Chairs
Description: Players dribble within a confined area. One player is without a ball. He/she must try to steal a ball from any of the others in the grid. At the end of a short period of time, the coach blows a whistle. The player left without a ball must come outside the grid and juggle while the game continues. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.	
#	Name
10	Pac-man
Description: One player with a ball begins as the Pac-man. He/she attempts to swallow the ghosts (players without balls) by hitting them with their ball below the knees. If a player is hit with the ball, they also become Pac-man. They must get a ball from outside the grid. Play continues until one player is left. Players must work on weight, timing, and accuracy of their passes. As well as running with the ball and be able to pass with accuracy.	
#	Name
11	Shadow Dance
Description: The team is set up in pairs. The first player dribbles the ball utilizing deceptive dribbling fakes and moves. The second player must keep his ball within the area of the first player as if they were their shadow. Objective: Demonstrate individual dribbling techniques and increase cardiovascular rate. Work on keeping control of the ball, changing directions, and changing speeds.	
#	Name
12	Top Gun
Description: The game begins with two players on opposite sides of a grid. The rest of the players run from one side to the other. Player with the ball attempts to hit the players running through below the waist. If a player is hit, they become one of the shooters. The Top Gun is the sole surviving player. Players must work on weight, timing, and accuracy of their passes.	
#	Name
13	World Cup 1 v all
Description: The game begins with one player dribbling with the ball, the player with the ball tries to score; the others try and stop them. Players who score must sit out until the rotation is completed. Each round continues until only one player is left. He/she is then eliminated and a new round starts. This game can be played in pairs as well. Objective: Finishing, dribbling, control.	



PROGRESSION

#	Name
14	Two Ball Soccer
Description: The game begins by playing a full game of soccer, but two balls are used. This teaches players to play open and spread out. Players must communicate with teammates, possess the ball, concentrate on passing accuracy, and work on angles of support.	
#	Name
15	Number Dribbling
Description: Assign numbers to tasks, so as players are dribbling call a number and a player must perform the task assigned to that number. For example: 1. On the run (run with the ball) 2. sole of the shoe (stop the ball with the sole of the shoe) 3. On your knee (stop the ball with your knee) 4. On the Floor (sit or lay on ball) 5. Keep it alive (Foundation) 6. Show some tricks (juggles) 7. Goes to heaven (head juggling) 8. Through the gate (Dribble outside the grid and back in) 9. Find a line (Dribble to a line). You can assign any task you want to a number (e.g. moves, turns, changes of speed, be creative).	
#	Name
16	Sharks and Minnows
Description: The team lines up between the cones each player with a ball. One player is the shark positioned in the middle. The shark attempts to kick the ball out of the area. A player having his/her ball kicked away joins the shark in the middle. Players must control their ball, keep eyes up to be aware of opposing player and find space, work on changing directions, and work on changing speeds.	
#	Name
17	Fortress
Description: Have players pair up with a ball and a tall cone (or another ball). One player has the ball and tries to hit or knock over the cone (awarded a point every time they hit the cone), while the player without the ball defends the cone (fortress). After 30-90 seconds have players switch roles. Player with ball must work on deception, changes of direction, and weight, timing, and accuracy of pass.	
#	Name
18	Robin Hood
Description: Set-up a grid and place all of the balls in the center of the grid. Split the players evenly amongst the four corners of the grid. Players on command sprint to the middle take a ball and dribble back to their corner. The group with the most balls wins. Then split the balls evenly amongst the four corners of the grid. Each team can send one player to steal a ball from any group and dribble back to their group, the group with the most balls wins. Next progression each group can send 2 players and then 3, and then 4 ect. (hence the name Robin Hood). Players must work on running with the ball and then work on keeping their head up and running with the ball in traffic.	



PROGRESSION

#	Name
19	Snake Tag
Description: One team lines up between the cones each player with a ball. One player without the ball positions themselves in the middle of the field. The players with the ball attempt to dribble their ball to the other side of the area. A player having his/her ball kicked away joins the person in the middle by locking their arms to form a snake and attempts to kick other players balls out of the area who also join the snake. Process continues until there is one person left. Players must control their ball, keep eyes up to be aware of opposing player/snake and find space, work on changing directions, and work on changing speeds. Players in the snake must work together and communicate.	
#	Name
20	Dribbling Circle
Description: Form a 20 yard circle in circumference. All players start off dribbling around the circle in the same direction. On the coach's command players dribble in the other direction around the circle. On the coach's whistle all the players dribble their ball directly across the circle to the opposite side. Work on ball control, keeping head up, changes of speed, and changes of directions.	
#	Name
21	Team Keep Away
Description: Use half of a field with a goalkeeper. Half of the team starts with a ball on the field as the defending team. The other half of the team is on the outside of the field as the attacking team. On the coach's command the attacking team attempts to kick all of the balls out of bounds or into goal, you can assign different points for a goal. The defending players attempt to dribble away from the attacker. If a defenders ball is kicked out they are allowed to help the other defenders keep possession and the balls away from the attackers. Track points by time and goals scored. Work on communication, dribbling, shielding, possession, angles of support, and goal scoring opportunities.	
#	Name
22	Soccer Tennis
Description: Split team into two sides. Player begins game by serving ball out of their hands (must be a lofted serve) over the net, line, or cones. Players are allowed one bounce per side. Play continues until ball goes out of play or bounces twice, points are tracked accordingly. Coach can add touch restrictions as they see fit. Work on 1 st touch, receiving and playing balls out of the air, and communication with teammates.	
#	Name
23	Box on Box
Description: Set up two goals 36 yards apart with a width of 44 yards and play 4v4+Gks. Encourage players to score as many goals as possible. Work on angles of support, passing, finishing, and decision making. Activity should provide an intense environment with pressure.	



PROGRESSION

#	Name
24	Multiple Goal Game
Description: Use half of field and divide team into two teams. Set up multiple goals around the field. Use one ball; players cannot score on the same goal twice. Encourage players to spread out, pass, and find the open goals. Work on passing, decision making, possession, dribbling, and finding open goals.	



PROGRESSION

BALL GYMNASTICS

The following tables are the ball gymnastics guidelines to develop coordination for the Micro Division players. These exercises are meant to be fun. Eventually, increase the speed of the activities and establish some of your own.

Age	Ball Gymnastics	Division	Volume	Page	Document
U7	1 through 10	Micro	I	pg. 50	310 117
U8	11 through 20	Micro	I	pg. 59	310 124
U9	21 through 25	Bantam	II	Pg. 36	310 135

#	With Ball In Hands	DESCRIPTION
1	Figure 8 Around Legs	Ball on Ground, feet spread apart further than shoulder width, use hands to move ball in figure 8's around legs. Repeat going opposite direction.
2	Figure 8 Around Legs (Ball in Air)	Feet spread apart further than shoulder width, without the ball touching the ground, move ball in figure 8's around legs. Repeat going opposite direction.
3	Circle Leg L & R	Ball on Ground, feet spread apart, with ball on ground circle one leg at a time using both hands. Repeat going in the opposite direction.
4	Circle Leg L & R (Ball in Air)	Feet spread apart, without the ball touching the ground, circle one leg at a time using both hands. Repeat going in the opposite direction.
5	Circle Waist	Using both hands circle your waist with the ball. Repeat going opposite direction.
6	Throw & Catch	While standing, throw ball into air underhanded and catch.
7	Throw, Stand & Catch	While sitting, throw ball into air underhanded then stand and catch.
8	Throw, 360 & Catch	While standing, throw ball into air underhanded then do a 360 and catch.
9	Throw, Sit, Stand & Catch	While standing, throw ball into air underhanded then sit and quickly get up to catch the ball.
10	Throw, Somersault & Catch	While standing, throw ball into air underhanded then do a somersault, stand up and catch.

#	Off to the Races	DESCRIPTION (players in squads of 3 or 4, relay race to a cone and back)
11	Carry 3 Balls	Player carries 3 soccer balls and runs to cone and back, hands off the 3 balls to next player, repeat. First squad done wins.
12	Dribble 2 Balls	Player dribbles with feet 2 soccer balls to cone and back, then next player repeats. First squad done wins.
13	Bounce the Ball	Player bounces the ball with hands to cone and back, next player repeats. First squad done wins.
14	Hopping	Player hops with both feet to cone and back, next player repeats. First squad done wins.
15	Backwards	Player runs backward to cone and back, next player repeats. First squad done wins.
16	Sole of the Foot	Player rolls ball with sole of both feet to cone and back, next player repeats. First squad done wins.
17	Crab Races	Player crab walks to cone and back, next player repeats. First squad done wins.
18	On All-Fours	Player crawls with hands and feet to cone and back, next player repeats. First squad done wins.
19	Jump with Ball Between Feet	Player pinches ball between feet and hops to cone and back, next player repeats. First squad done wins.
20	Carry 2 & Dribble 1	Player carries 2 balls with hands and dribbles one with feet to cone and back, next player repeats. First squad done wins.

#	Other	DESCRIPTION
21	Jump Overs	Each player with a ball, jump over the ball side to side for 10 repetitions.
22	Partner Throws	Using different types of throwing techniques, players throw balls to each other and catch.
23	Throw-Ins	Using proper soccer throw-in technique, players practice throwing to each other.
24	Ball Wrestling	With only hands on the ball, players try wrestle the ball from each other.
25	Alligator Wrestling	Each player faces a partner in push-up position, players knock arms and try to make partner's stomach touch the ground.



PROGRESSION

FOOTWORK

The following tables are footwork drills to develop coordination and comfort on the ball. Every exercise is done with a ball, with out pressure so that the player develops confidence. Eventually, increase the speed of the move. Later, these moves can be incorporated in another more complex setting.

Age	Dribbling Moves	Division	Volume	Page	Document
U6	1-2-3-4	Micro	I	pg. 32	310 101
U7	5-6-7-8	Micro	I	pg. 44	310 111
U8	9-10-11-12	Micro	I	pg. 56	310 121
U9	13-14-15-16-17	Bantam	II	pg. 32	310 131
U10	18-19-20-21-22	Bantam	II	pg. 44	310 141
U11	23-24-25-26-27	Youth	III	pg. 32	310 151
U12	28-29-31-32-33	Youth	III	pg. 44	310 161
U13	34-35-36-37-38	Youth	III	pg. 56	310 171

#	MOVE	DESCRIPTION
1	Dribbling	Using any part of the foot to move the ball around.
2	Foundation	Tapping the ball between your feet. Legs are bent, body is relaxed.
3	Left Foot	Dribbling the ball using the left foot only.
4	Right Foot	Dribbling the ball using the right foot only.
5	Foundation 2	Same as foundation only add a job, ie. "freeze", or "switch balls", etc.
6	Top Touches	Alternating touching on top of a stationary ball with the sole of the foot in a hopping motion.
7	Top Touches 2	Same as top touches only add forward movement to the ball.
8	Top Touches 3	Same as top touches only pull the ball backwards.
9	Top Touches 4	Same as top touches but first use the left only for a while then the right for a while.
10	Rolling	Rolling the ball with the sole of the foot in a sweeping motion across the body. Using first the bottom of the right then the left foot.
11	360 Inside	Dribble the ball in a full circle using the inside of your right foot than your left foot.
12	360 Outside	Same as 360 inside only use your outsides.
13	360 Sole	Pull the ball with the bottom of your foot in a full circle. Use both your left foot then your right foot.
14	Circle	Work the ball around the standing foot. Alternate feet.
15	"L"	Pull the ball back behind your left foot. Repeat with the other foot.
16	Cut	Cut the ball back with a sweeping motion almost going a 180 degrees to where you came from.
17	Scissors	Step over the ball from inside to outside then dribble in opposite the direction.
18	Double Scissors	Same as scissors only use left and then right.
19	Out-In-In-Out	Touch the ball with the outside of your right foot, then the inside of your right foot. Repeat with the left. Continue.
20	1,2,3,4 Roll	Four foundations then roll the ball with the sole to your other foot.



PROGRESSION

21	1,2,3 90	Three foundations then pull the ball back in a "V". Continue.
22	1,2,3, "L"	Three foundations and do an "L". Continue.
23	Inside outside	Touch the ball with the inside of the right foot then the outside of the right foot. Repeat with the left foot.
24	Step Over	Step through the ball so your back is to the ball.
25	Drag	Drag the ball with the inside of your right foot, and in a skipping motion, push with your outside the opposite way.
26	Pirouette	Put your right foot on the ball, hop and put you left foot on the ball while turning 180 degrees.
27	Cruyff	In one touch cut the ball back behind your other foot.
28	Sole Turn	Put your foot on top of the ball and quickly turn 180.
29	Sole Opposite Turn	Same as sole turn only turn away from ball.
30	Fake Kick	Fake a shot then dribble on.
31	Foundation 3	Foundation with a heel executed every third touch.
32	Foundation 4	Foundation going backwards.
33	Sole Only	Using only sole of feet dribble the ball around, i.e. Pirouette, Roll, Drag, Top touches, etc.
34	Change Directions	Change directions using different moves, i.e. sole cute, outside of foot, etc.
35	Change Speeds	Slow, Slow, Fast.
36	Double Touch	Touch ball to opposite foot 90 degrees then dribble other way.
37	Shoulder Dip	Dip shoulder one way and dribble the other way.
38	Fake Pass	Fake a pass then sweep the ball another way.



JUGGLING & TRICKS

The following tables are the juggling guidelines to develop coordination and comfort on the ball. Every exercise is done with a ball, with out pressure so that the player develops confidence. Eventually, increase the speed of the move. Later, these moves can be incorporated in another more complex setting.

Age	Juggling	Division	Volume	Page	Document
U6	1 through 10	Micro	I	pg. 32	310 101
U7	1 through 10	Micro	I	pg. 44	310 111
U8	1 through 10	Micro	I	pg. 56	310 121
U9	1 through 10	Bantam	II	pg. 32	310 131
U10	1 through 10	Bantam	II	pg. 44	310 141
U11	1 through 13	Youth	III	pg. 32	310 151
U12	1 through 12	Youth	III	pg. 44	310 161
U13	1 through 12	Youth	III	pg. 56	310 171
U14	1 through 12	Juniors	IV	pg. 32	310 181
U15	1 through 13	Juniors	IV	pg. 44	310 191
U16	1 through 12	Seniors	V	pg. 32	310 201
U17	1 through 12	Seniors	V	pg. 44	310 211

#	U6 Juggling	DESCRIPTION
1	Kick Right High	Kick the ball with your right foot as high as you can.
2	Kick Left High	Kick the ball with your left foot as high as you can.
3	Punt Right Distance	Punt the ball with your right foot as far as you can to a partner up the field.
4	Punt Left Distance	Punt the ball with your left foot as far as you can to a partner up the field.
5	Punt Right Off Bounce	Kick the ball with your right foot off the bounce as high as you can.
6	Punt Left Off Bounce	Kick the ball with your left foot off the bounce as high as you can.
7	Kick Catch	Kick the ball with your foot 3-4 feet in the air and catch. Alternate your right and left foot.
8	Thigh Catch	Play the ball with your thigh 1-2 feet in the air and catch. Alternate your right and left foot.
9	Scoop Ball for Height	See how high you can scoop the ball up in the air.
10	Scoop Ball for Distance	Scoop the ball to a partner.

#	U7 Juggling	DESCRIPTION
1	5 Kick Catches, Right	Kick the ball with your right foot 3-4 feet in the air and catch. Do this five times in a row.
2	5 Thigh Catches, Left	Kick the ball with your right foot 3-4 feet in the air and catch. Do this five times in a row.
3	Head Catch	Head the ball straight up and catch.
4	Feet Twice	Juggle the ball with your feet twice in a row and catch.
5	Thigh Twice	Juggle the ball with your thigh twice in a row and catch.
6	Head Twice	Juggle the ball with your head twice in a row and catch.
7	Thigh Foot Catch	Juggle with your thigh then to your foot and catch.
8	Head Thigh Catch	Throw the ball up in the air and juggle from your head to your thigh to your foot, catch.
9	3 Juggles	Juggle the ball three times in a row.
10	Inside of Foot	Kick the ball with the inside of your foot and catch.

#	U8 Juggling	DESCRIPTION
1	Feet 3 Times	Juggle the ball with your feet 3 times in a row.
2	Thighs 3 Times	Juggle the ball with your thighs 3 times in a row.
3	Head 3 Times	Juggle the ball with your head 3 times in a row.
4	Punt High, Catch	Punt the ball in the air with your right foot and catch it. Do the same only with your left foot.
5	2 Thighs - 2 Feet	Juggle the ball twice with the thigh then twice with your feet.
6	Foot, Thigh, Foot	Juggle the ball from your foot to your thigh and back down to your foot.
7	Bounce Kick 5 Times	On a bouncing surface juggle the ball and let it bounce in between each juggle. Do this 5 times in a row.
8	10 Feet Catches	Juggle with your foot and catch. Do this 10 times in a row.
9	10 Head Catches	Juggle with your head and catch. Do this 10 times in a row.
10	10 Thigh Catches	Juggle with your thigh and catch. Do this 10 times in a row.

#	U9 Juggling	DESCRIPTION
1	Feet 5 Times	Juggle the ball with your feet 5 times in a row.
2	Thighs 4 Times	Juggle the ball with your thighs 4 times in a row.
3	Head 3 Times	Juggle the ball with your head 3 times in a row.
4	Head - Thigh - Foot	Juggle the ball with your head down to your thigh then down to your foot.
5	Sombrero	Kick the ball over your head and behind you then kick it again with your foot then catch.
6	Inside Foot 2 Times	Juggle the ball with the inside of your foot twice in a row.
7	Bounce Kick 10 Times	On a bouncing surface juggle the ball and let it bounce in between each juggle. Do this 10 times in a row.
8	High Kick, Thigh, Foot	Kick the ball over your head at least then juggle it with your thigh and back down to your foot.
9	Head - Shoulder	Juggle the ball from your head to your shoulder.



PROGRESSION

10	Head, Shoulder, Catch	Juggle the ball with your head then your shoulder then catch.
#	U10 Juggling	DESCRIPTION
1	Feet 25 Times	Juggle the ball with your feet 25 times in a row.
2	Thighs 10 Times	Juggle the ball with your thighs 10 times in a row.
3	Head 10 Times	Juggle the ball with your head 10 times in a row.
4	½ Around-the-World	Right foot, right thigh, left thigh, left foot. Continue around twice or 8 touches.
5	2 Left and 2 Right	Juggle the ball twice in a row with your left foot then twice in a row with your right foot.
6	Head, Shoulder, Head	Juggle the ball with you head, then shoulder, then head and catch.
7	Ball Up with Feet	Pick the ball up with your feet and juggle 5 times.
8	High Punt – Foot – Foot	Juggle the ball above your head 5 times in a row.
9	Thighs 2 Left, 2 Right	Juggle the ball with your left thigh 2 times in a row then your right thigh 2 times in a row.
10	Donkey Kick-Up	Pinch the ball between your feet and hop to pick the ball up and juggle 5 times.
#	U11 Juggling	DESCRIPTION
1	Feet 50 Times	Juggle the ball with your feet 50 times in a row.
2	Thighs 25 Times	Juggle the ball with your thighs 25 times in a row.
3	Head 25 Times	Juggle the ball with your head 25 times in a row.
4	2 Left and 2 Right with Feet x6	Juggle the ball with your left foot 2 times in a row then your right foot 2 times in a row. Continue until you reach 6 times without dropping ball or 24 touches.
5	2 Head, Shoulder	Juggle the ball twice with your head then your shoulder and back up to your head twice and catch.
6	½ Around-the-World x5	Right foot, right thigh, left thigh, left foot. Continue around 5 times or 20 touches.
7	Pick Up the Ball w/ Feet	Place sole of foot on ball, roll ball back and quickly move foot underneath ball to pop it up, juggle.
8	Pick-Up Ball-Pinch	Place ball between feet and quickly pinch feet together to pick ball up and juggle.
9	Pick-Up Ball-Scoop	Place foot behind ball and scoop ball up and juggle.
10	2 Left and 2 Right Thighs x6	Juggle the ball with your left thigh 2 times in a row then your right thigh 2 times in a row. Continue until you reach 6 times without dropping ball or 24 touches.
11	Inside of Foot Left and Right 6 Times	Juggle ball with inside of foot alternating left and right foot for 6 times in a row.
12	High & Low Head 2 Times	Juggle ball with head high and then low continue for 2 times in a row or 4 touches.
13	Pick-Up Sole, Opposite Foot	Place sole of foot on ball, roll ball back onto opposite foot and pick ball up by hopping and juggle.
#	U12 Juggling	DESCRIPTION
1	Feet 100 Times	Juggle the ball with your feet 100 times in a row.
2	Thighs 50 Times	Juggle the ball with your thighs 50 times in a row.
3	Head 50 Times	Juggle the ball with your head 50 times in a row.
4	2 Left and 2 Right with Feet x10	Juggle the ball with your feet twice the right and twice with the left continue until you reach 10 times in a row without dropping ball or 40 touches.
5	Head, Shoulder, Head x5	Head the ball then shoulder then head. Continue until you reach 5 in a row.
6	½ Around the World	Right foot, right thigh, left thigh, left foot continue until you reach 10 times in a row without dropping ball or 40 touches.
7	Outside Foot Pick Up	Roll the ball back, and then scoop it up with the outside of your foot.
8	Pick-Up Ball-Toe It	Pinch ball between ankles, roll ball up by lifting right foot, toe the ball down toward the ground, turn and juggle off the bounce.
9	Pick-Up Ball-Heel It	Place right foot beside ball, with heel of left foot hit ball against right foot, ball will pop up, juggle.
10	Roll 'N Spin	Pinch ball in between ankles, roll ball up left leg by lifting right foot, pivot quickly on left to juggle ball.
11	Outside of Foot	Juggle outside of foot 5 consecutive times. Complete with the other foot as well.
12	5 Foot – Heads	Head foot, head foot, etc. Continue until you reach 10.
#	U13 Juggling	DESCRIPTION
1	Feet 250 Times	Juggle the ball with your feet 250 times in a row.
2	Thighs 150 Times	Juggle the ball with your thighs 150 times in a row.
3	Head 100 Times	Juggle the ball with your head 100 times in a row.
4	Sombreros	Juggle the ball over and behind head, juggle twice then repeat until you execute the skill 4 times in a row. Use both feet.
5	Head – Shoulder – Head 6x	Juggle the ball with your head, shoulder, head for 6 times in a row.
6	Outside-Inside-Outside-Inside	Juggle the ball with the outside of right foot then inside of right foot then outside of left foot then inside of left foot.
7	10 No-Look Thighs	Juggle the ball with thighs for 10 times without looking at the ball, look straight ahead.
8	Around-the-World	Right foot, right thigh, head, left thigh, left foot. Repeat going the opposite way.
9	Heel	Juggle with heel for 3 times in a row, repeat with other foot.
10	5 Small Juggles L & R	5 small juggles with the right foot. Repeat with the left foot.
11	Hold Ball on Foot for 10 Sec.	Pick up ball with foot and balance without ball resting on shin for 10 sec. Repeat with opposite foot.
12	Sitting	Juggle the ball 20 times while sitting on the ground.
#	U14 Juggling	DESCRIPTION
1	Feet 500 Times	Juggle the ball with your feet 500 times in a row.
2	Thighs 300 Times	Juggle the ball with your thighs 300 times in a row.



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3	Head 200 Times	Juggle the ball with your head 200 times in a row.
4	Around-the-World x5	Right foot, right thigh, head, left thigh, left foot. Continue for times in a row. Repeat going the opposite way.
5	Catch and Hold	Catch the ball with instep after several juggles and hold for 10 seconds. Complete with both feet.
6	5 Heels	Juggle the ball 5 times in a row with your heel.
7	10 Small Juggles L & R	10 small juggles with the right foot. Repeat with the left foot.
8	Pick-Up Scoop-Knee	Roll ball back with sole, lift ball up with foot, quickly hit ball back down with knee and juggle off bounce.
9	Pick-Up Kick Start	Pinch ball between feet, roll ball up with right foot and quickly hit ball towards ground with heel, juggle off the bounce.
10	Slalom	Juggle around 4 cones and shoot off the volley. Ball does not touch the ground.
11	Lane Juggle	Juggle ball through a narrow lane and then volley. Ball does not touch the ground.
12	Cross	Juggle ball out of air from a cross and then volley. Ball does not touch the ground.

#	U15 Juggling	DESCRIPTION
1	360°	Juggle the ball in a full circle in 7 touches. Once complete, turn the other way.
2	Ultimate Around-the-World	Right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot. Repeat the opposite way.
3	Spinning Ball	Put inside spin on ball with feet for 5 touches in a row, repeat with other foot. Put outside spin on ball with feet for 5 touches in a row, repeat with other foot.
4	No Spin Juggling	Juggle with both feet without any spin on the ball.
5	Around-the-Foot	While juggling with feet, move foot around the ball while ball is in the air and continue to juggle.
6	20 Yards in Air Foot – Thigh – Head	Punt ball 20 yards in air, then foot, then thigh, then head, repeat.
7	25 Small Juggles L & R	25 small juggles with the right foot. Repeat with the left foot.
8	Juggle on the Run	Juggle with your feet only for 60 yards with out dropping.
9	Heads on the Run	Juggle with your Head only for 60 yards with out dropping.
10	Thighs on the Run	Juggle with your thighs only for 60 yards with out dropping.
11	1•2•3•2•1•2•3•2•1...	Juggle once with the right foot, twice with the left foot, three times with the right foot, twice with the left foot, once with the right foot, etc.
12	Juggle – Catch on Neck	Juggle and catch ball on neck, flick ball up and repeat.
13	Balance on Head	Balance ball on head for 10 sec.

#	U16 Juggling (in 2's)	DESCRIPTION
1	Feet	1 ball between 2 players, juggle with each other using feet only.
2	Feet 1-Touch	1 ball between 2 players, juggle with each other using feet only, 1-touch.
3	Feet 2-Touch	1 ball between 2 players, juggle with each other using feet only, 2-touch.
4	Head	1 ball between 2 players, juggle with each other using head only, 1-touch.
5	Head 2-Touch	1 ball between 2 players, juggle with each other using head only, 2-touch.
6	Distance	10 yards apart, 1 ball between 2 players, juggle with each other using all surfaces, no touch restrictions.
7	On-the-Run Juggling	1 ball between 2 players, juggle with each other using all surfaces while running.
8	Numbers Game	1 ball between 2 players, player calls out 1,2, or 3 and plays ball to partner, partner has only that number of touches to get ball back to partner and they call out new number, 1,2, or 3. If player drops ball, they get a strike, three strikes and you are out.
9	Italian Juggling	1 ball between 2 players, half-volleying the ball to each other.
10	Distance 2-Touch	10 yards apart, 1 ball between 2 players, juggle with each other using all surfaces, 2-touch restriction.
11	Distance 3-Touch	10 yards apart, 1 ball between 2 players, juggle with each other using all surfaces, 3-touch restriction.
12	Left-to-Right / Right-to-Left	1 ball between 2 players, juggle with each other using feet only, left foot to right foot, to partner's left foot, right foot, play back. Repeat the opposite way.

#	U17 Juggling (in 3's)	DESCRIPTION
1	Feet	1 ball between 3 players, juggle with each other using feet only.
2	Feet 2-Touch Below Waist	1 ball between 3 players, juggle with each other using feet only, 2-touch, keep ball below waist.
3	Feet 1-Touch Below Waist	1 ball between 3 players, juggle with each other using feet only, 1-touch, keep ball below waist.
4	Numbers Game	1 ball between 3 players, player calls out 1,2, or 3 and plays ball another player, player has only that number of touches to get ball back to another player and they call out new number, 1,2, or 3. If player drops ball, they get a strike, three strikes and you are out.
5	Heading	1 ball between 3 players, juggle with each other using head only, 1-touch.
6	Heading 2-Touch	1 ball between 3 players, juggle with each other using head only, 2-touch.
7	1•2•3•2•1•2•3•2•1...	1 ball between 3 players, juggle with each other using all surfaces, a player takes 1-touch, next player takes 2-touches, next player takes 3-touches, next player takes 2-touches, etc.
8	Short , Short, Long, Head	2 players on outside, 1 player in the middle, 1 ball. Using head only, juggle short, short, then long, player in the middle turns and repeat.
9	Short - Short – Long – Head w/ Switches	2 players on outside, 1 player in the middle, 1 ball. Using head only, juggle short, short, then long, player in the middle switches with player who played long, continue.
10	On the Run	1 ball between 3 players, juggle with each other using all surfaces while running.
11	Distance	10 yards apart, 1 ball between 3 players, juggle with each other using all surfaces, no touch restriction.
12	Distance 2-Touch	10 yards apart, 1 ball between 3 players, juggle with each other using all surfaces, 2-touch restriction.



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GAMES WITH RESTRICTIONS

#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
1	Walk Soccer	2
Rules: No running. Equal teams; Normal size fields apply; unlimited touch. Primary Focus: Tactics, anticipation, equality on fitness.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
2	Walk Soccer II	2
Rules: One team walks; one team is allowed to play normal. Primary Focus: Allows one team to work on patterns with limited pressure.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
3	Patterns	5
Rules: Instill your own restrictions with in a game of 11v0, i.e. everyone must receive a pass, 1-touch, overlap on each side, combinations, etc. Primary Focus: Patterns, success with out pressure.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
4	1v1/7v7	4
Rules: Players must pair up and stay with one man. No tackling another man. 8v8 big goals; normal game otherwise. Primary Focus: Man-to-man marking; some fitness (if the partners do not collaborate in being lazy!)		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
5	Box on Box	1
Rules: Short games, 2 teams, add restrictions: 1 or 2-touch, first-time finishing, etc. Primary Focus: Finishing; could be long range finishing; quicker play.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
6	3 Zones	4
Rules: 3 Equal zones, 3 equal teams, only one team in mid 1/3, 60x70 yards. Primary Focus: Midfield build-up, rhythm, transitions, numbers up and down.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
7	3 Zones II	4
Rules: 3-Touch in defending 1/3, 2-touch in middle 1/3, unlimited in attacking 1/3. Primary Focus: Safety vs. Risk, speed of play.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
8	3 Zones III	4
Rules: 2v2 in each 1/3, progress to players joining while maintaining 2v2, 60x44 yards. Primary Focus: Mobility, balance, insight.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
9	3 Zones IV	4
Rules: Full-field or box to box, 3 zones lengthwise, defending team must have all players in two of the 1/3's when ball is in wide 1/3, can also use 4 big goals. Primary Focus: Defending shape.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
10	Shadows	1
Rules: Must stay with a partner by holding a shirt or a training vest, half-field.		



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Primary Focus: Communication, fun, social.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
11	Own Half	3
Rules: All players must be in half to score, full-field, 8v8. Primary Focus: Condensing the field of play; Fitness; Counter Attacks		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
12	Elimination	1
Rules: Each individual who scores must be taken out, half-field, 8v8. Primary Focus: Competition.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
13	2 Balls	2
Rules: Two balls; normal rules. Primary Focus: Increased small group tactics, numbers up, increases vision.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
14	4 Goals	3
Rules: Score in two separate goals in a box, 60x45 yards, 8v8. Primary Focus: Goal scoring opportunities, confidence and fun		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
15	4 Goals II	3
Rules: Score in two separate goals on common end line, 8v8. Primary Focus: Switching play.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
16	End Line	2
Rules: Instill your own method to score by dribbling or passing over the line. Primary Focus: Width; Direct Play.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
17	Small Group Defending	3
Rules: 2v1, 1v2, 2v2, 3v2, 3v3, 4v3 to end-lines, covering players must first run around outside cone(s) before joining defense. Primary Focus: Pressure, cover, balance.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
18	End Zones	2
Rules: End zone acts as off-sides line, score by getting touch in end-zone. Primary Focus: Possession, Combination play, timing and getting forward.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
19	Rhythm of Play	5
Rules: 3 small sided fields; play 2v2 with "floaters" to join in at anytime at any field. Game lengths are 3-4 minutes. Primary Focus: High and low pressure on defense; ball possession verses direct play depending on numbers, score, time, etc.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
20	Box on Box w/ Targets	3
Rules: 4v4 + 2 Targets on each end, must play Target before scoring. Primary Focus: Attacking play, getting behind.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
21	Gaelic Football	3



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Rules: Legal pass must be played underhand hit (bump), ball cannot be picked up by hand, different scoring methods. Primary Focus: Different, fun.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
22	Half-Field Scrimmage	4
Rules: Attacking team tries to score while defending team must play into target at midfield and receive it back (as if playing a front-runner and joining). Primary Focus: Offense vs. Defense; Direct play		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
23	Four Corners	4
Rules: Half-field, 4 – 10x10 yard grids (1 in each corner) with 1 player in each square, score by passing to 3 of 4 corners in possession. Primary Focus: Ball movement, changing point of attack, ball possession.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
24	Short, Short Long Scrimmage	4
Rules: 3 Teams of 6, 2 playing, 1 as Targets (3 each side), point scored with successful S-S-L using Targets. Primary Focus: Combining, changing point of attack, possession.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
25	Winger Lane Game	3
Rules: 2 winger lanes with a neutral player inside (can go 1v1), must score off cross or knock-down. Primary Focus: Wide play, runs in box, finishing off crosses, defending crosses.		
#	Name of Game/Exercise	Difficulty (1-5, 5 being most difficult)
26	3v2/2v3	5
Rules: 2 Fwd's verses 3 Def. and same set up across the field. Players can not initially cross midfield. Dimensions 44x60 yards. Primary Focus: Technical and Tactical Training (TTF) for the 2 strikers; runs, combinations; finishing, etc.		



SENIOR DIVISION EXPECTATIONS

A. Ball Control (Reference A)

EXPECTATIONS		%
1	Juggling & Tricks: The players should be able to do all of the juggling expectations plus some. See chart pg. 23; 310 96 – JUGGLING & TRICKS . Players are expected to be extremely comfortable on the ball. Requests to perform these functions are second nature.	100%
3	Footwork: The player should be able to do the entire foot work program with ease plus some. There are a multitude of other dribbling moves and still more to be discovered. See chart pg. 21; 310 95 – FOOTWORK .	100%

B. Dribbling (Reference B)

EXPECTATIONS		%
1	Shielding: The players should be able to hold the ball with relative ease. This skill is essential and must be an afterthought. The decision to "hold the ball" or get it off of your foot is made correctly.	100%
2	Avoiding: The players should be able to avoid oncoming defenders with relative ease. The decision to turn away from pressure is executed cleanly.	100%
3	Carrying: The players should be able to carry the ball with efficiency at 100% speed. The decision to penetrate via passing, shooting or carrying the ball is made correctly. Player can carry every other step and release a shot or pass in the same manner.	100%
4	Attacking: The players are very effective on taking players 1v1. The dribbler is confident when the decision is made to go 1v1. The attacker is explosive, deceptive and dynamic. The when and where to dribble is made correctly. Execution of getting by the defender is not always successful, but the choice and intent must be considered. Not all players will be good at 1v1 Attacking.	70%

C. Finishing (Reference C)

EXPECTATIONS		%
1	Instep: The players can drive a ball with accuracy and power. Their shot has minimal backspin and has a true flight. For example, they should be able to hit a 2yd area from 18 yds. 4 out of 5 times.	100%
2	Side Foot: The players instinctively use the side foot on close range finishing. Their shot from close in hits a moving ground ball and air ball 4 out of 5 times within a 2 yd. area.	100%
3	Volley: The players hit a volley with accuracy and power. Their form is good and can hit a ball crossed from the flank with relative ease. Accuracy is more difficult as this is a more difficult shot then the instep and side foot. For example, they should be able to hit the goal from 12 yds. 3 out of 5 times.	100%
4	Toe Poke: The player can hit a toe poke with relative ease. Accuracy for example a player should be able hit a one yard area 4 out of 5 times from the post after dribbling through three cones at full speed.	100%
5	Full Volley: A player should be able to hit the goal 4 out 5 times after juggling 5 times with the last juggle above his or her head. The ball should go in a designated half of the goal and enter the goal before it hits the ground.	100%
6	Half Volley: A player should be able to hit the goal 4 out 5 times after juggling 5 times with the last juggle above his or her head. The ball should go in a designated half of the goal and enter the goal before it hits the ground.	100%
7	Bent Ball: The should be able to bend a dead ball with in one yard of the post 4 out of 5 times from 20 yards away from goal.	100%
8	Side Volley: A player should be able to hit a designated half of the goal out of the air from a cross 12-18 yards out. The player should be able to do this 4 out of 5 times.	100%
9	Side Bike: Player can hit a side bike 4 out of 5 times from a cross in the goal from 12-18 yards out.	100%
10	Bicycle: Player can hit a bicycle off of a cross 2 out of 5 times on goal from cross 12 yards out.	100%
11	Knuckle: The player should be able to execute a knuckle ball 4 out of 5 times in a selected half of the goal. The ball should be dead and placed 18-20 yards away from the goal.	80%
12	Three Toed: The player should be able to hit the far post off a moving ball from an angle from a wall pass. This should be done 4 out of 5 times.	80%
13	Over Spin: The player can hit the ball with over spin from a dead ball 3 out of 5 times. The accuracy is not as important as the power and the dip on the ball. The shot is from 20 yards out and is just on frame.	80%

D. Passing (Reference D)

EXPECTATIONS		%
1	Side Foot: Toe is up, ankle is locked, the rest of the body is relaxed. Accuracy of pass is nearly perfect. Considerations are made during the game on weight, deception, distance of pass, pressure from opponent, area of field, etc., for completion of passes. In the end, you can not survive with out this basis skill. Somewhere in the neighborhood of 4 out 5 passes during competition should be completed passes.	100%
2	Chip: Player can hit a target with in five yards 50 yards away 4 out of 5 times. The ball has clean backspin and floats to its target.	80%
3	Instep: Player can drive a ball with in five yards 50 yards away 4 out of 5 times. The ball is struck with a lot of power. The ball still has a little back spin.	90%
4	Volley: Player can pass a ball out of the air with accuracy both with the instep and the side foot for example 10 yards away the player should be able to hit a person throwing the ball 4 out of 5 times with out hitting the ground.	100%
5	Toe Poke: A player should be able to toe poke the ball with accuracy 5out of 5 times after the first touch to a partner 15 yards away.	100%
6	Full Volley: Player can pass a ball out of the air with accuracy both with the instep and the side foot for example 10 yards away the player should be able to hit a person throwing the ball 4 out of 5 times with out hitting the ground.	100%
7	Half Volley: Player can pass a ball out of the air with accuracy both with the instep and the side foot for example 10 yards away the player should be able to hit a person throwing the ball 4 out of 5 times with out hitting the ground.	100%
8	Bent Ball: The player can bend the ball to a partner 35 yards away in a 3 yard area 3 out of 5 times.	100%
9	Side Volley: Player can pass a ball out of the air with accuracy both with the instep and the side foot for example 10 yards away	100%



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	the player should be able to hit a person throwing the ball 4 out of 5 times with out hitting the ground.	
10	Three Toed: Player can drive a ball over 40-60 yards low on the ground with accuracy for example the ball should be able to hit a target 40-60 yards away with in 5 yds. 4-5 times	80%

E. Receiving (Reference E)

EXPECTATIONS		%
1	Players first touch is exceptional. Player can take any ball out of the air with ease and minimal effort. The ball is with in playing distance of a yard after the first touch from a 50 yard ball. All body parts are efficient and fluid during the control. The chest thigh, all surfaces of the foot and even the head are used. Receiving the ball is literally second nature.	100%

F. Challenging (Reference F)

EXPECTATIONS		%
1	Player can block tackle, poke tackle, slide, sweep tackle. The right tackle is picked and at the right time. Tackling is done for a purpose and not done just to tackle. All challenges are powerful and explosive. The player has no fear.	100%

G. Heading (Reference G)

EXPECTATIONS		%
1	Player is able to head off of punts and goal kicks with relative ease from the opposition as well as team-mates set pieces. Player not only wins the ball, but keeps possession by playing the ball to a team-mate.	80%
2	Defending heading is clean and efficient. Player knows high and wide not only to clear the ball but often starts the attack on a clean transition from defense to offense.	80%
3	Player can take off with both feet and constantly jumps off the appropriate foot on redirecting the ball.	80%
4	Player can judge the area in where the player can meet it at its highest point early to win the space.	80%

H. Attacking (Reference H)

EXPECTATIONS		%
1	Backs: Backs can create the "Half Moon" out of back. They know when to pull and give depth. Defenders join in the attack 4-8 times per game.	100%
2	Central Midfielders: They alternate pushing forward. They are good passers, can tackle, head and shoot long range.	
3	Outside Midfielders: know when to check away and check back. They consistently collect the ball with the appropriate foot. They will periodically make runs to the opposite midfielder to create a 2v1 (2-3) times per game). Runs in the box off of Flank play. OM should know three basic runs: when to check, clear space, and create 2v1 with other OM.	90%
4	Forwards: Theoretically know the "curling run", the "bent run" and the "flat run". Fwd's should create "I" formation. Forwards should be introduced to the three basic runs 1) hook 2) curl 3) flat; Forward should know when to show and when to pull away (checking). Forward should consciously place himself in strategic starting position while on Defense not involved defensive shell.	100%
5	Individual Tactics: Player knows when to go 1v1 and when to pass. He/she is proficient on the execution of the skills.	80%
6	Small Group Tactics: Players should know small group tactics and when and where to apply them such as overlap, wall pass, double pass, take-over. All of these small group tactics are executed properly. Player knows all of the terms and the appropriate timing of each.	80%
7	Large Group Tactics: The player fits in with the team concepts.	90%
8	Attacking Set Pieces (ASP): All set pieces from the flank are in-swingers; touch stop shot, benders. Corners are in-swingers; 6 inside the 6; players know the difference between a direct and indirect. They have been shown a proper penalty kick. Player has received an ATTACKING SET PIECES FOLDER and understands its contents and has completed the 305 99 - ATTACKING SET PIECES TEST with a 90% or better grade.	100%
9	Principals of Attacking: Players know width, depth, penetration, improvising,	80%
10	General: Players should face field. Introduced to 4-4-2. Players should know 3 positions fairly well. Can switch point of attack efficiently. Effective play in attacking 1/3. Team knows how to adjust play when a goal down. Transition from Defense to Offense is understood. Team and players can play from the mid third to the attacking third in a variety of ways. Team can play form back third to mid third fairly easily. Player has completed the 999 99 - TACTICAL TRAINING TESTING with a grade of 90% or higher.	90%
11	Testing: Player has completed the testing portion with in the age groups of its respective division.	100%

I. Defending (Reference 17I)

EXPECTATIONS		%
1	Backs: Backs are strong, confident and solid. They know when to track and when to pass on.	100%
2	Central Midfielders: They alternate holding the "pocket". They use best judgement not to cross over each other.	100%
3	Outside Midfielders: They work hard to track and pick the right times not to track. They pinch in on the weak side to create balance.	100%
4	Forwards: Forwards start the first line of defense. They can channel the opposition the attack at the coaches request. They transition from offense to defense immediately. They know when to stop chasing at the appropriate times.	100%
5	Individual Tactics: Pressure, or first defender, on ball is immediate and under control. They are tenacious and patient.	90%
6	Small Group Tactics: The line of defense is understood and executed upon request. Back line pulls when opposition is going backwards, when there is pressure on the ball and when the ball is cleared. Players understand the back line of defense and keep the entire team compact. The team understands condensing the field verses a trap. They pull at the right time such as when no pressure is on the ball or ball is going away from the goal.	100%
7	Large Group Tactics: Team knows how to hold a lead. The team adjusts to gamesmanship by slowing pace of the game down. Player has received the doc. 305 83 - UP A GOAL, DOWN A GOAL and understands its contents. The team executes very well pressing while in opponents defensive 1/3. Team knows to press when opposition is facing away; opponents throw in or sensing a weakness. Player has received the 305 92 PRESSING doc. and understands its contents.	100%
8	Defensive Set Pieces (DSP): The wall for set pieces is according to the 305.65 WALL doc.. The team understands the defending	100%



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	corner kicks according to the 305.66 ZONE DEFENSIVE CORNER doc. Player has received a DEFENSIVE SET PIECES FOLDER and understands its contents and has completed the 305 71- DEFENSIVE SET PIECES TEST with a 90% or better grade.	
9	Principals of Defending: Players know pressure, cover, balance.	100%
10	General: Transition for offense to defense is understood. Player generally can play one touch on the transition when necessary. He/she thinks about offence while playing defense. Player has completed the 999 99 – TACTICAL TRAINING TESTING with a grade of 90% or higher.	100%
11	Testing: Player has completed the testing portion with in the age groups of its respective division.	

Other important components are expected for this age group. Players are not developed by their technical ability and tactical awareness alone. Players need to evolve in many others areas to be ready to compete at the collegiate level, in the local professional arena or if they are very special, professionally abroad. Listed here are some of those components:

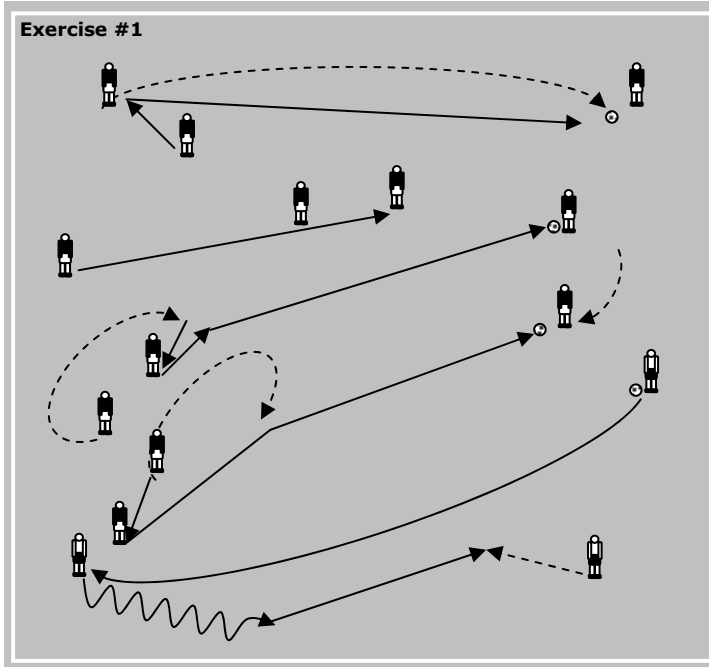
Physiology (Fitness or Physical)		%
1	Stamina is excellent. Stamina Athlete can run 6-8 miles continuously; athlete can run a 12:00 minute two mile run. Running posture is natural and fluid. Athlete is agile.	100%
2	Quickness and Agility: Player can run the agility test in under 12.0 seconds.	100%
3	Power/Explosiveness: Players are very powerful and explosive.	100%
4	Speed Pure Speed: Athlete can run at a minimum 5.0 40 yd dash.	100%
5	Flexibility Players are flexible and know how to stretch. Quickness. Player has the 999.99 – PHYSICAL FITNESS TEST doc. completed and filed with the player	100%
6	Players have a basic understanding of the P.E.P. Program and the importance of care and injury prevention. The athlete also applies it to part of his/her training ritual. The athlete has passed the P.E.P. test and has taken the 999.99 CARE AND PREVENTION WRITTEN TEST and passed.	100%
7	Nutrition: Players have a basic understanding of nutrition and the importance of nutrition. The athlete also applies it to his life style. This includes an alcohol and drug agreement signed by him and her and has taken the 999.99 NUTRION WRITTEN TEST and passed. Athletes understand the importance of hydration and apply this after competition.	100%

Psychological		%
1	Players do not get affected by adverse situations. They adapt to obstacles that come across their path. They have passed the test @ a 90%.	100%
2	Goals: The player has established goals from the 305 35 PERSONAL GOAL CARD to keep and straight and narrow course. The goals are updated often and are a daily part of the athletes development.	100%
3	Player has a 530 13 – PERSONALITY PROFILE doc. completed by the Director of Coaching and filed.	100%
4	Sociological: The player has a healthy approach to the game. He/she is competitive, but enjoys the game. He/she is intense, but smiles. He/she plays to win but honors sportsmanship above all else. Player has memorized, understands, can write them upon request and lives the 999.99 RUSH CREED .	100%
5	Players acknowledge when a coach has addressed them. The players have had a lecture on the 999,99 CHARACTERISTICS OF A RUSH PLAYER .	100%
6	Passion: The player must possess a passion for the game. He/she attends training, shows up early and stays late. This player utilizes the tutor program. The player has a deep desire to grow in the game. Dedication, desire and drive are consistent terms used for this type of player	100%
7	Sportsmanship: This player is a great sport both during winning and losing. He/she is a great example to the younger athletes. This athlete leaves the game behind when it is over, makes no excuses for performance, and does not complain about the outcome.	100%
8	Fear: The player is consistent in play. He/she is not bothered by a big game. Day in and day out the player performs relatively the same.	90%
9	Tenacious: This player is tough mentally and physically. The attitude is selfless and intense.	90%

General Game Knowledge and Rush Philosophies		%
1	Players have taken the 305 16 LAWS OF THE TEST and completed with a 90% accuracy.	100%
2	Attentive while being addressed. Quiet at half time. Listens and applies requests during the event.	100%
3	The 310 11 - PLAYER PARENT AGREEMENT has been distributed to the players parent(s) and the 305 93 – COACH PLAYER AGREEMENT has been signed and given to the player.	100%
4	Mission Statement;	100%
5	Captains understand their roles. They have attended the Captains Seminar and have read and signed the 999.99 CAPTAINS CREED .	100%
6	Warm Up: The team can run a Rush Way Warm Up and Cool Down on its own and familiar with 305.38 WARM-UP doc.	100%
7	Participation: Athletes are not required to attend any training sessions. They attend because they want to.	100%
8	The team is on track with the 999.99 - 6-3-1 PHILOSOPHY .	100%
9	Subbing Upon substitutions, players wish their teammate in some shape or form a good luck gesture” The bench is tentative and supporting to the players on the field.	100%
10	Player has had a 305 24 – PLAYER EVALUATION competed and on file.	100%
11	Player has been ranked at the end of the year and documented by using the 305 29 – YEAR END PLAYER RANKINGS doc.	100%
12	Equipment: Athletes take complete care of there equipment. Training gear is established and consistently worn. Players wear shin guards unless it is a “no guard day”. Player’s shirts are tucked in, shoes are polished. Player should pass the 999.99 EQUIPMENT TEST with a 90% accuracy.	100%

U16 BALL CONTROL SESSION (CREATIVITY)

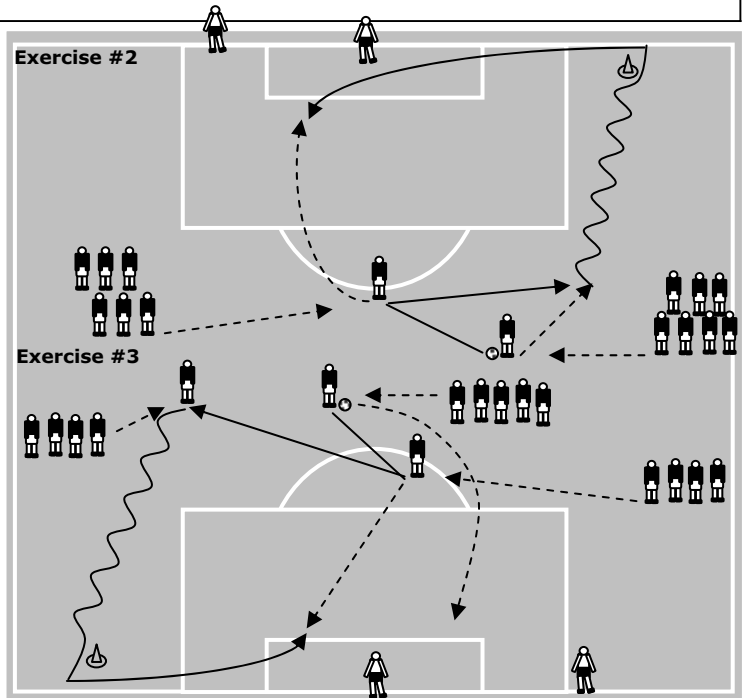
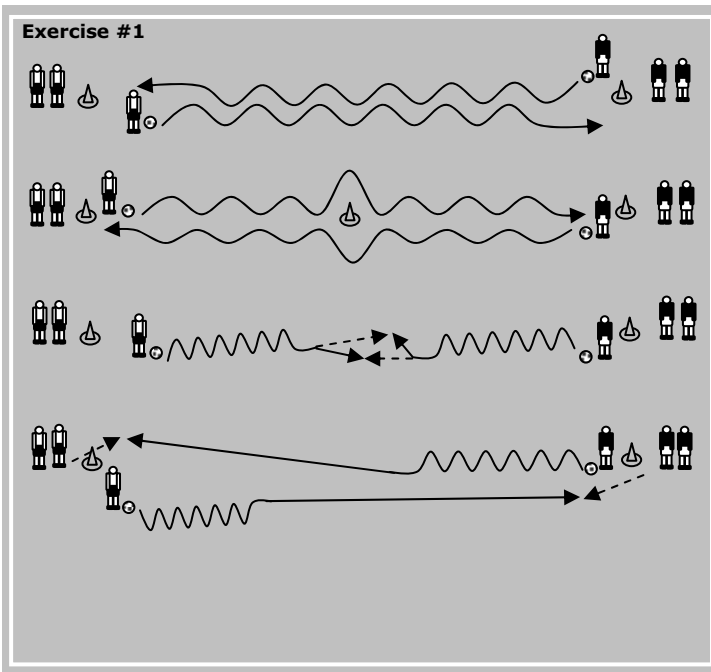
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Creativity	U16	Senior	U16A
Exercise #1	Organization	Coaching Points		
Juggling U16: (see pg. 25; doc. 310 96) <i>Time: 15 min.</i>		The player should feel comfortable on the ball. If you take a look at the chart many of the requests have little to do with the "real" game but help the player in comfort and enjoyment in the game. Players need time to just work the ball. Sometimes balls are just simply an art and need not be scientific. Look for clever touches during this free time. Take time to stop and let the other players see an exceptional move.		
Exercise #2	Organization	Coaching Points		
Passing w/ Tricks: In three's with a ball per group. Heal & toes, double touch, flick's etc. <i>Time: 15 min.</i>		Work on different passing and receiving. Be as creative as you like without sacrificing too much quality. The objectives of a pass are still the same. Allow the players as much flexibility as possible.		
Exercise #3	Organization	Coaching Points		
3v3 Competition: Small sided goals. Play a round robin. Three points for a win; one point of a tie; zero for a loss. Ball must be below knees for a goal. <i>Time: 45 min.</i>		Minimal coaching. Just keep stats and let the players go! Be positive. Look for flair then recognize the intent. Be encouraging. "Great move". "that was nice", "good one", "super", etc.		
Exercise #4	Organization	Coaching Points		
Soccer Tennis, 3v3: One touch between players but three touches per team; play to 15; can score on a serve; must land in the opposite ground on a serve to be in play; ball can not drop after it hits a player (must be played out of the air). <i>Time: 30 min.</i>		Good for touch and fun. Not a lot of physical activity. Let players unwind and relax. Help in the confidence and flair of the players.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 DRIBBLING SESSION (DRIBBLE AND CROSS)

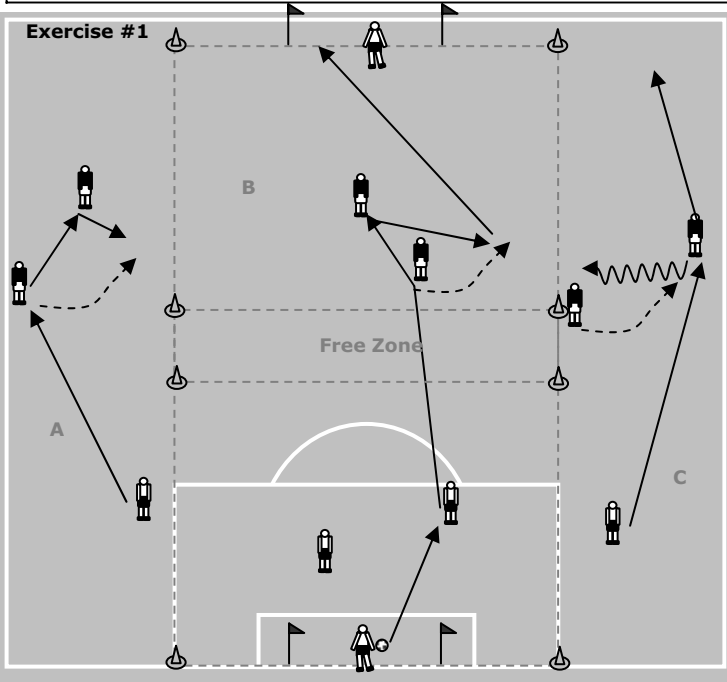
CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Dribble and crossing	U16	Senior	U16B
Exercise #1	Organization	Coaching Points		
<p>Dribbling in Lines: A) Two lines of players facing each other 35 yards apart. The first two players dribble the ball to the opposite line where they will remain. B) Same dribbling but with a feint (right or left) when they meet at the cone. C) Same dribbling but with switching the ball. D) The first in the right line dribble to the opposite line then pass the ball to the first player, the second player of the line steps up and receives the ball from the first player; the players repeat the cycle. <i>Time: 10 min.</i></p>		<p>Basic technical skills, dribble touching the ball inside out side top of the foot; vision while dribbling. Ability on faking while dribbling. Ability on passing and receiving while dribbling. Third man run, dribbling passing, receiving. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p>Move on Flank & Cross: Players combine, dribble to the end line and cross into the box to finish. Use different combinations if you wish. <i>Time: 20 min.</i></p>		<p>Combination play for dribbling and crossing and finishing between two players. Get excited when players have success.</p>		
Exercise #3	Organization	Coaching Points		
<p>Combine, Dribble & Cross: Players combine, dribble to the end line and cross into the box to finish. <i>Time: 20 min.</i></p>		<p>Combination play and third man run for cross and finishing between three players.</p>		
Exercise #4	Organization	Coaching Points		
<p>8v8 w/ GK's: (see pg. 47; doc. 310 194) <i>Time: 55 min.</i></p>		<p>Let them play and become a fan of the game. Focus on the quality of the service and dribbling.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 FINISHING SESSION (T.T.F. TRAINING FOR STRIKERS)

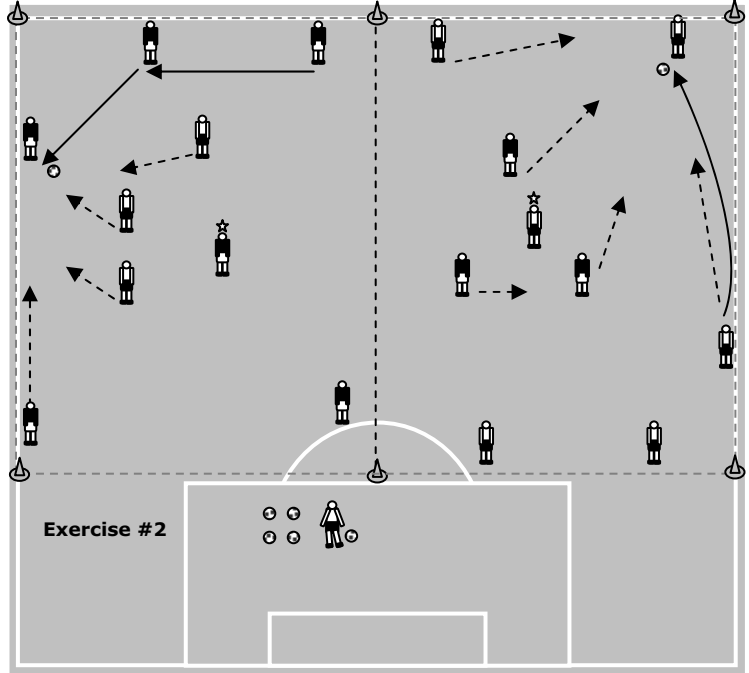
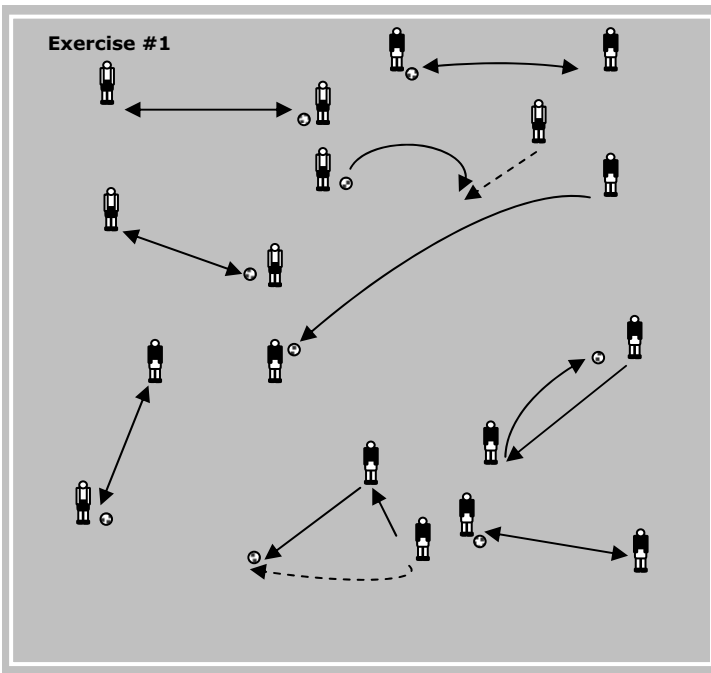
CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	T. T. F. Training for Strikers	U16	Senior	U16C
Exercise #1	Organization	Coaching Points		
<p>Patterns: In two grids 26x44 yards separated by a free zone of 5x44 yards, two strikers per grid working on finishing patterns. In each drill the players are involved serving the ball to each other A) Reverse Wall: The ball is passed to the 1st striker that passes to the 2nd one for a reverse wall pass and finish. B) Flick & Roll: The ball goes to the 1st striker who flicks, rolls away into space and shots. C) Take-Over: The 1st striker receives the ball from the server, turns towards the 2nd striker who is now running towards the 1st striker. After a takeover, finish. D) Dummy: The 1st striker checks towards the ball, dummies and rolls away into space to receive the ball from the 2nd striker and finishes. The players not involved in this drill will play keep away. <i>Time: 20 min.</i></p>		<p>Finishing patterns: Clear understanding of the roles, the 1st striker begins the movement and the 2nd must support the movement to create shooting opportunity. Checking runs should be short and sharp. Technique. Change of pace. On the takeover, players must exchange with the same feet (ex. Right foot to right foot).</p>		
Exercise #2	Organization	Coaching Points		
<p>2v3/3v2: 3 defenders against 2 strikers are restricted to play within the same grid. Progression: 3 strikers against 2 defenders. <i>Time: 20 min.</i></p>		<p>Improve the speed of execution through correct movements and skills.</p>		
Exercise #3	Organization	Coaching Points		
<p>2v3/3v2 w/ Crossover: Same game as exercise #2 but now one defender can enter the free zone and the playing grid creating a numbers up situation. <i>Time: 20 min.</i></p>		<p>Encourage the offensive transition for creating number up of players for shooting.</p>		
Exercise #4	Organization	Coaching Points		
<p>8v8 w/ GK's (see pg 47; doc. 310 194). <i>Time 45 min.</i></p>		<p>Encouraging playing in attack, creating numbers up situations. Be positive. Look for the intent versus the product. Forwards need to be creative...give them options.</p>		



Light		Dribbling		Priority number	
Dark		Dribble with feint		Nike Ball	
Player making decision		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 PASSING SESSION (TRAINING THE PLAY MAKER)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Training the Play Maker	U16	Senior	U16D
Exercise #1	Organization	Coaching Points		
<p>Passing in Two's: One touch on the ground; two touch, ground, ground air; heading back and forth; driven long balls; curling balls; etc. GK's on their own. <i>Time: 15 min.</i></p>		<p>Keep the ball moving; ask the players to be sharp with the touches. Be positive; generate enthusiasm. Emphasize some creativity. Remember to build the players self esteem throughout the training session, comments should be 4:1 positive to instructional.</p>		
Exercise #2	Organization	Coaching Points		
<p>5v3+1: 2 groups in a grid about 30x40 yards. The 5 players are on the outside while the +1 is in the middle who is the play maker. The three in the middle, when they get the ball, can just give it back or if you want a transition, they can keep the ball while the 5 try to win it back. Allow the +1 to be "lazy" on the defensive side of things. Be sure to switch the play maker. GK's on their own. <i>Time: 15 min.</i></p>		<p>Work with the Play maker in the middle along with the players around to compliment one another. You can limit the number of touches that the outside players may use. Keep the fundamentals in mind. Don't over due the play makers instructions. Remember to compliment the whole team and explain to the other players the purpose. Buy in is very important!</p>		
Exercise #3	Organization	Coaching Points		
<p>8v8 w/2 Play Makers: (see pg. 47; doc. 310 194) <i>Time: 30 min.</i></p>		<p>Work with the play maker. Help in decisions to go find the ball. Look for takeovers off the back players. Help in running away from the ball, creating space, etc. If the man is marked, introduce tricks such as creating another forward, marking the sweeper, etc.</p>		
Exercise #4	Organization	Coaching Points		
<p>8v8 w/ GK's: (see pg. 47 doc. 310 194) <i>Time: 45 min.</i></p>		<p>8v8 (see U12 Finishing, exercise #4, doc. 310 163) Cover as much of the game as you can. Since this is a Passing Category, continue to clean up all the aspects of passing. Keep positive. Point out the good things. Be sure the players walk away feeling tired but enthused.</p>		

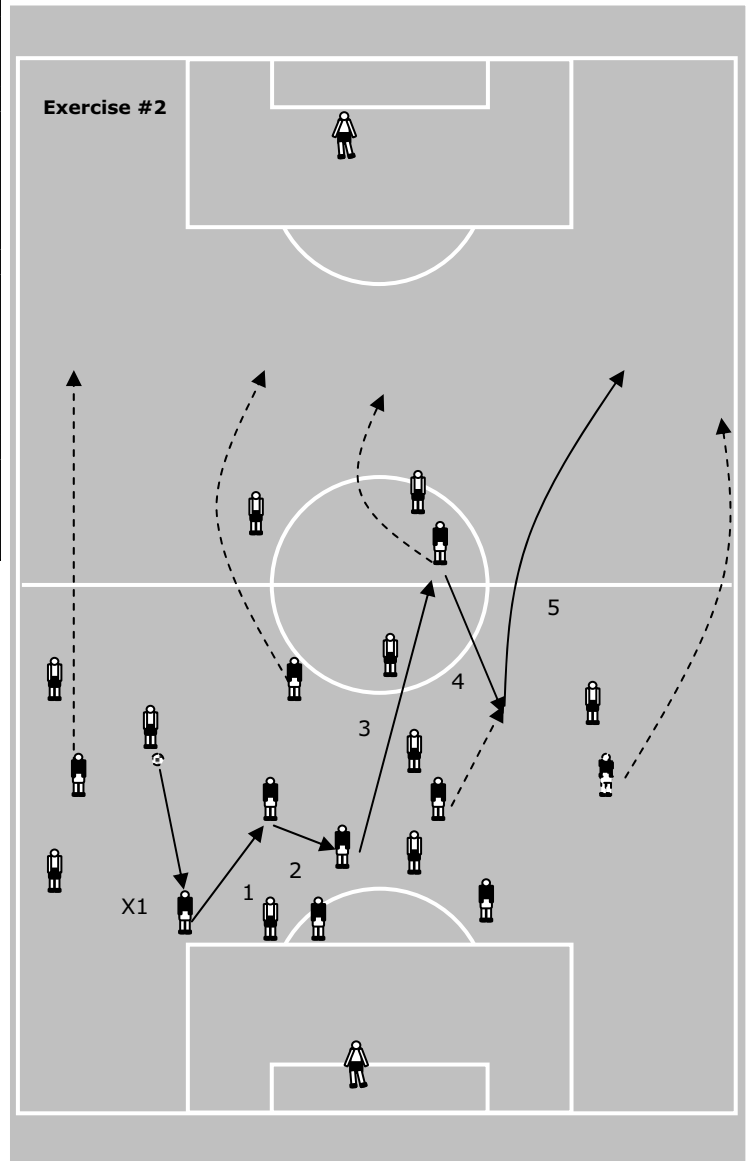


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 RECEIVING SESSION (DIRECT PLAY)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Direct Play	U16	Senior	U16E

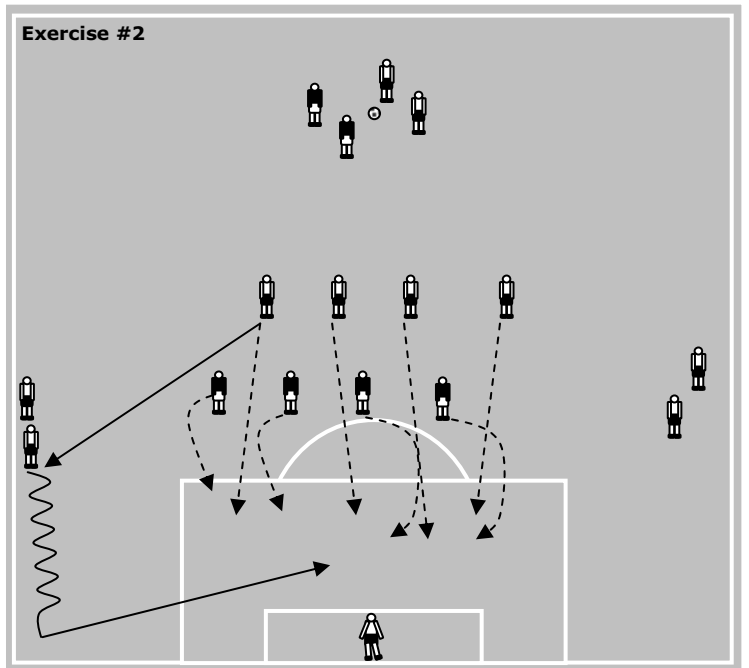
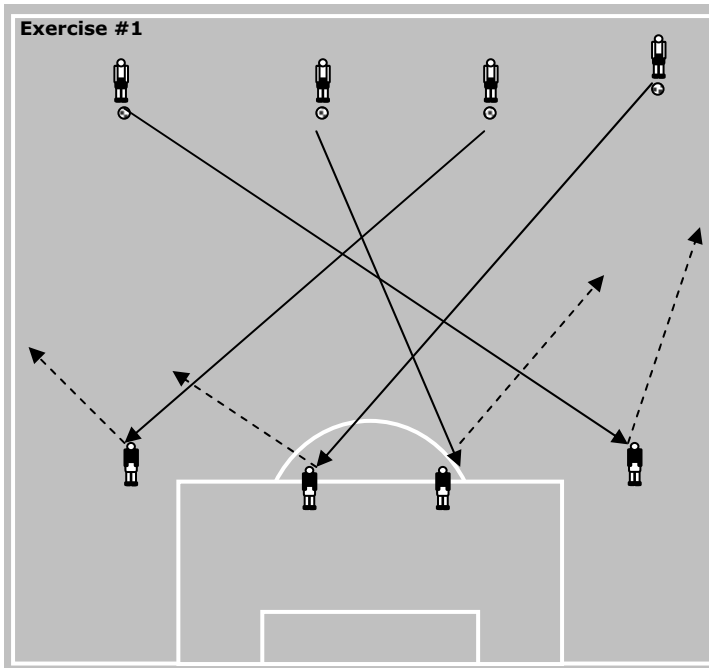
Exercise #1	Organization	Coaching Points
11v11	Find Target (T): Normal game with encouragement to find T player(s) in transition. <i>Time: 20 min.</i>	Getting players used to looking for T players and T players timing of showing and running.
Exercise #2	Organization	Coaching Points
11v11	Target Under 3: Now players must find target in fewer than 3 passes from when possession is won. (In diagram, when X1 wins possession, can passes 1 and 2 be 1-touch?) <i>Time: 20 min.</i>	Target player is looking to play back one-touch if possible. If under pressure and taking two touches, T can receive sideways on (protecting ball) with outside of foot.
Exercise #3	Organization	Coaching Points
11v11	Target & Join: Players must look to get forward. Find T with midfielders moving to support T. Can we enter attacking 1/3 in 3-5 passes? <i>Time: 30 min.</i>	Midfield is looking to support T so T can play the way they face. Key is getting numbers forward and attacking! Diagonal ball (#5) to wide player springs the attack. Wide player should receive with back foot, inside.
Exercise #4	Organization	Coaching Points
11v11	<i>Time: 35 min.</i>	Pass fast. Find T. Get numbers forward. Coach over top of play. Apply 4:1 coaching.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 CHALLENGING SESSION (T.F. TRAINING BACKS)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Challenging	T. F. Training Backs	U16	Senior	U16F
Exercise #1	Organization	Coaching Points		
<p>Clearing/Challenging Balls from Midfield: 4 backs are at the top of the box and 4 servers are close to the midfield line. Once at time the servers will cross the ball to one back that will clear wide. The ball will be served in different ways: On the ground; Bounding ball; Spinning ball.</p> <p>Progression: Two of the four servers moved to the touch line close to the box one for each line. They will throw in the ball and the backs will clear it using the appropriate skills. The players not involved immediately in the drill will play keep away till the Coach will switch players. <i>Time: 20 min.</i></p>		<p>Improve the defensive sense of position in the box. Use adequate skills for clearing the ball. Stay relaxed and do not get nervous.</p>		
Exercise #2	Organization	Coaching Points		
<p>4v4 Balls in Behind: 4 backs are at the top of the half moon, 4 other players are 15 yards away from them. One of those players serve the ball to one of the two players wide then all the attackers will run into the box, the backs as soon the ball is served will drop back quickly and will challenge the ball that will be crossed into the box from the wide player. The 4 players not involved will do some technical exercise with the ball till the coach will switch the players. <i>Time: 25 min.</i></p>		<p>Immediate defensive positioning into the box, immediate marking adequate use of the body when challenging the ball.</p>		
Exercise #3	Organization	Coaching Points		
<p>8v8 Small Sided Everyone on Own Half: (see pg 97; ex. 11, doc 310 97) <i>Time: 25 min.</i></p>		<p>Encouraging challenging the ball, pressing, both offensive and defensive transition, speed of play.</p>		
Exercise #4	Organization	Coaching Points		
<p>9v9 Small Sided:(see pg 32; doc. 310 151) <i>Time: 35 min.</i></p>		<p>Become a fan of the game and get excited when players challenge and clear the ball effectively. 4:1 coaching!</p>		

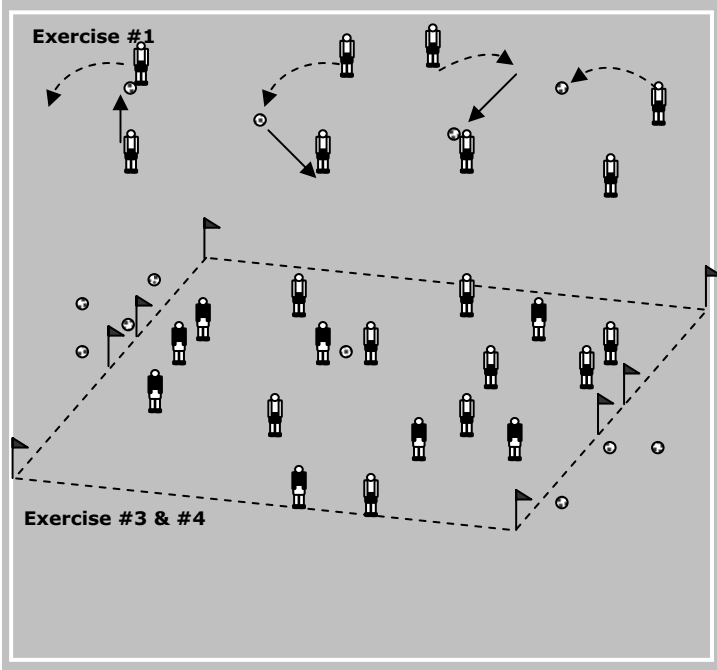
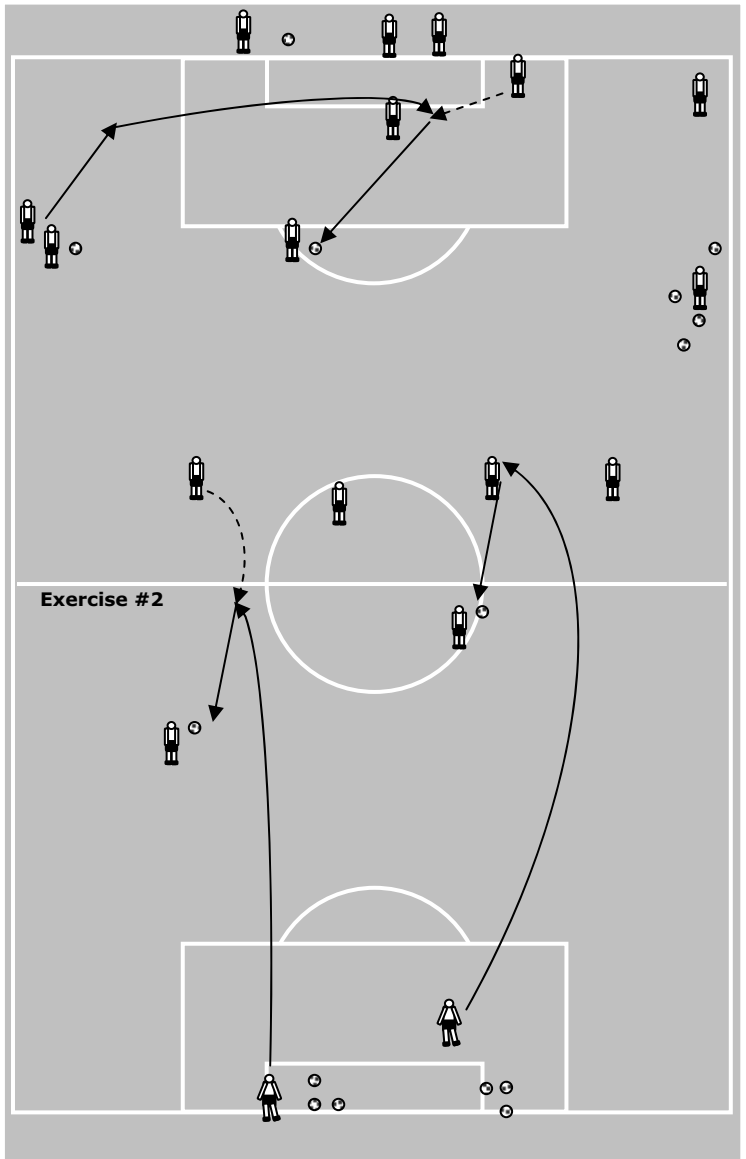


Light		Dribbling		Priority number	
Dark		Dribble with feint		Nike Ball	
Player making decision		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 HEADING SESSION (T. F. TRAINING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	T.F. Training	U16	Senior	16G

Exercise #1	Organization	Coaching Points
"Lay Up":	In two's: 5 yards apart. Player tosses ball for the partner to do an arc run for a header. <i>Time: 5 min.</i>	The person heading must take off on the inside foot. Eyes open, hands used for jumping, space and snap.
Exercise #2	Organization	Coaching Points
Functional:	2 GK's alt. punts and goal kicks to DM's for heading training. Provide a target man. Keep the CB busy by using other goal for clearances. Keep FWD's busy by alternating with CB's for heading on goal. Alt. CB's and DM's. OM work on crossing. Alt. w/ FWD's. <i>Time: 20 min.</i>	Proper timing, call out name, hands up for protection. Heading from the GK's should be to a target and not just headed away. Clear high and wide for CB's in front of goal.
Exercise #3	Organization	Coaching Points
9v9 Small Sided:	1-touch; 65x55 yards (see pg. 32; doc. 310 151) <i>Time: 20 min.</i>	4:1 coaching, movement off the ball. Fun and creativity.
Exercise #4	Organization	Coaching Points
9v9 Small Sided:	Normal (see pg. 32; doc. 310 151) <i>Time: 60 min.</i>	Become a fan of the game and get players excited.

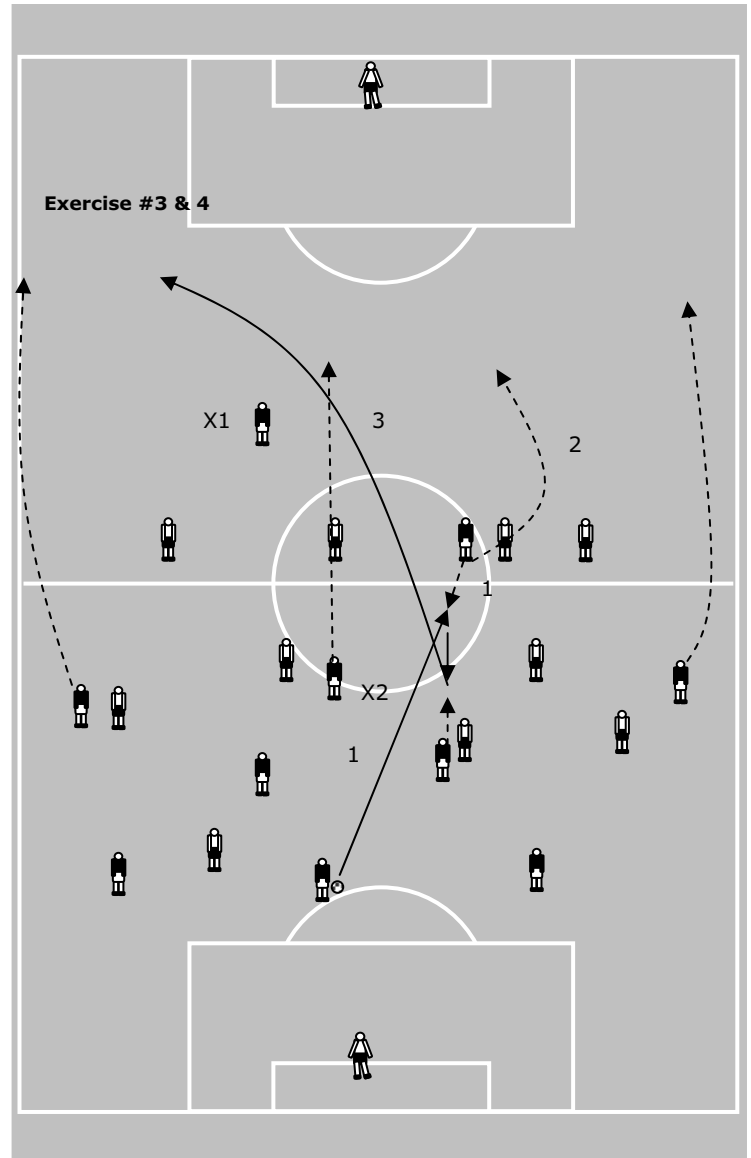
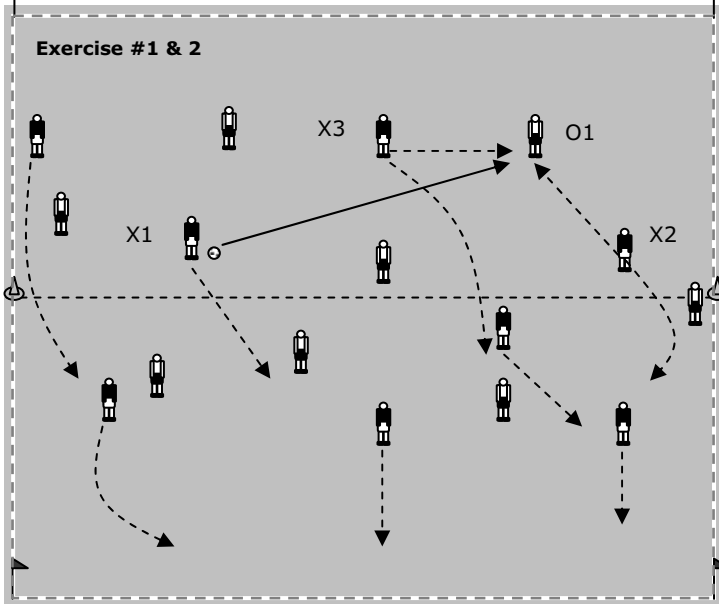


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 ATTACKING SESSION (SITUATIONAL)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Situational	16	Senior	U16H

Exercise #1 Organization	Coaching Points
<p>Transition D-O: 8v8 to End Lines with Midfield Stripe: Playing area is 50x44 yards. Score by dribbling across end line. May progress to playing to three goals or to normal small goals. Working on transition from defense to offense. <i>Time: 20 min.</i></p>	<p>Work hard in attack, but when ball is lost, apply immediate pressure (A) or get behind ball (B). In diagram one, X1's pass is intercepted by O1. X2 and X3 either drop or immediately press.</p>
Exercise #2 Organization	Coaching Points
<p>Counter Attack: 8v8 to End Lines with Line of Confrontation (LOC): Same area and scoring as Exercise #1. Use midfield as LOC. Once possession is won, get ball behind defense. Working on counter attacks. <i>Time: 20 min.</i></p>	<p>Drop to your half to invite the opponent to you and create space to attack. When ball is won, utilize that space through combining with target (T) or early diagonal ball. Need penetrating runs from midfield!</p>
Exercise #3 Organization	Coaching Points
<p>11v11 Beating a Trap: Full field. White team must play a high line of defense and try to apply off sides trap. <i>Time: 20 min.</i></p>	<p>1) Find T early, join, then spring a midfield runner with diagonal pass. 2) Dribble or combine with quick 1-2 to penetrate. X1 is a decoy and remains off sides out of the play until play is passed. X2's penetrating run is critical.</p>
Exercise #4 Organization	Coaching Points
<p>11v11 Normal Game: <i>Time: 45 min.</i></p>	<p>Play the game. Coach over the top and apply 4:1 coaching.</p>

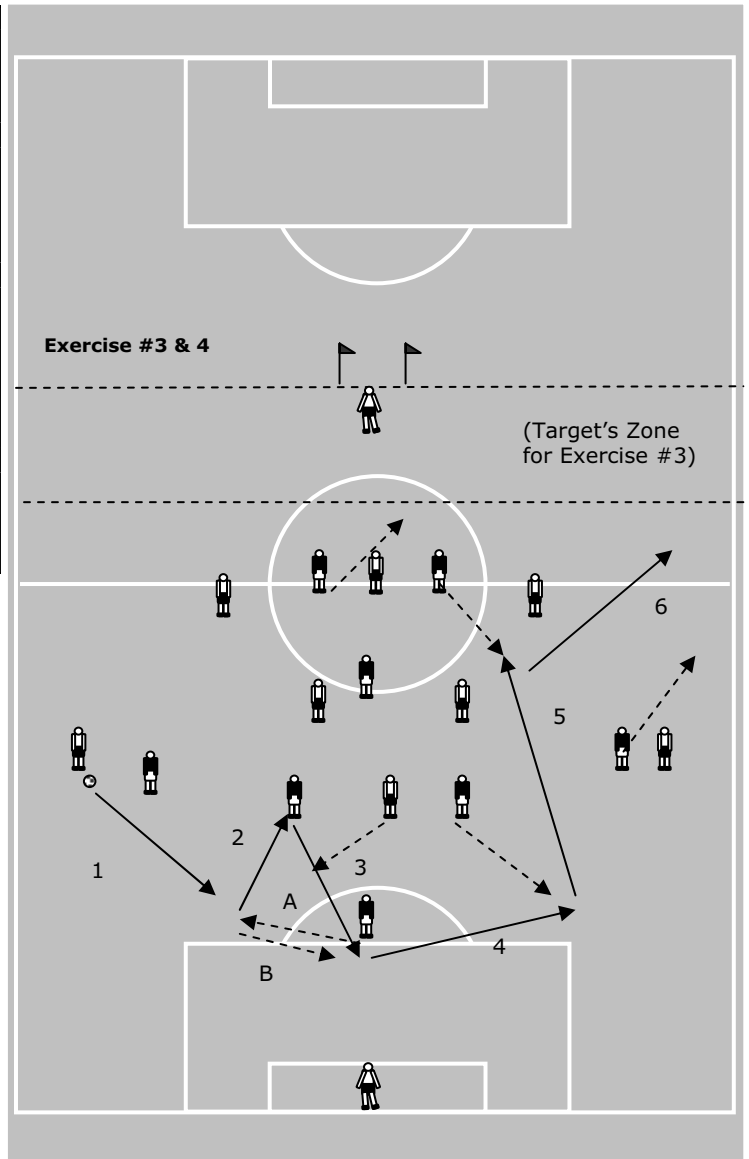


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U16 DEFENDING SESSION (TRANSITION DEFENSE TO OFFENSE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Transition Defense to Offense	U16	Senior	U161

Exercise #1 Organization	Coaching Points
9v7 w/ GK's No Transition: When defense wins ball, game stops and starts over with new ball, no transition. <i>Time: 15 min.</i>	Getting used to defending, good shape, good pressing, etc.
Exercise #2 Organization	Coaching Points
9v7 w/ GK's 2 1-Touch Passes: Same game only now when defense wins it their objective is to (transition) immediately connect two 1-touch passes. <i>Time: 15 min.</i>	While defending, players must be thinking of how to attack. Once ball is won, players must move to provide a passing option.
Exercise #3 Organization	Coaching Points
9v7 w/ GK's to Target and Join: Same game, now with attacking GK as Target (T), in attacking zone, for team of 7. Defending team must win possession, connect two 1-touch passes and find T then join/support. <i>Time: 30 min.</i>	Defending team must look now to keep possession and look to go forward. If they can find T with a one touch pass, great. Team must then support T.
Exercise #4 Organization	Coaching Points
8v8 w/ GK's: Open game. <i>Time: 45 min.</i>	Quality attack begins while in defense (shape/ organization). How fast can we transition from defense to attack? 4:1 coaching!



Note: In Exercise #4 diagram, passes 2 & 3 are the one-touch passes

Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			



GAME DAY

Pre-Game The pre-game warm-up should start between 45 minutes and a ½ hour before the kick-off. The objective of a warm-up is to get the players ready physically, technically, tactically, and psychologically. A general warm-up could be a group jog and stretch led by the team captain. The players should ease into this allowing for some social time. The next phase should be getting the technical side covered by getting into small groups for passing receiving, juggling, etc. At this time, the goalkeeper should break off and begin to do his or her thing. Approximately 15-20 minutes before the game, you should get very close to imitating the real game. Play for a very short time or several short times with a good stretch or short talk in between. For example, a small-sided game (or keep away, or half-court) for 3 minutes, rest for one minute and go another three minutes. Incorporate finishing with a small group of forwards. Allow 3-5 minutes before the game to let the players relax, get their shoes tied, tuck shirts in, etc. Just before kick-off, make your final comments and adjustments.

During Play While the game is going on, teach. Too many of us watch the ball. Look at ways to help the players learn. You can do this by yelling from the bench, calling the player over to the bench, while the player is being substituted, have your captain or other players help each other. You teach during the game by demanding, requesting, giving options, posing questions, demonstrating, drawing diagrams, etc. Instruct as much as you can. Do not overcorrect one person. Spread the comments out to your entire team. And most important, be positive. Your teaching comments to positive comments ratio should be 4:1.

Half Time When players come off, allow them 2-4 minutes to unwind and intermingle. Encourage the players to talk amongst themselves. If you recognize them solving problems by themselves, perhaps allow them longer time to separate from the coaching staff. This is a time for the Head coach to conduct a quick meeting with his/her support staff (Medical, Assistant, Directors, etc.). When you feel the time is right, get them away from any distractions. Give them instructions to adjust their game for the second half. The purpose for your talk is 1) to help them improve and 2) to help them win. Keep your comments brief, clear and few. Individual or small comments are generally made separate from the team.

Post-Game Act professional. Thank the referee and the opposition. Bring the players together and make comments regarding the game. You no longer can change the outcome but you can however teach. Again, make short brief comments. Analyzing and generalizing is appropriate. When the technical teaching is done, cover any administrative issues that are pertinent.



WARM UP

NOTE: THE FOLLOWING IS FOR USE ON REGULAR LEAGUE OR CUP GAMES. TOURNAMENTS, WHICH REQUIRE MORE THAN ONE GAME TO BE PLAYED IN A DAY, OR GAMES ON BACK TO BACK TO BACK DAYS, MAY REQUIRE ADJUSTMENTS. CLIMATE OR WEATHER MAY ALSO PLAY A ROLE IN THE LENGTH, INTENSITY OR EXERCISES TO BE DONE WITHIN THE WARM UP.

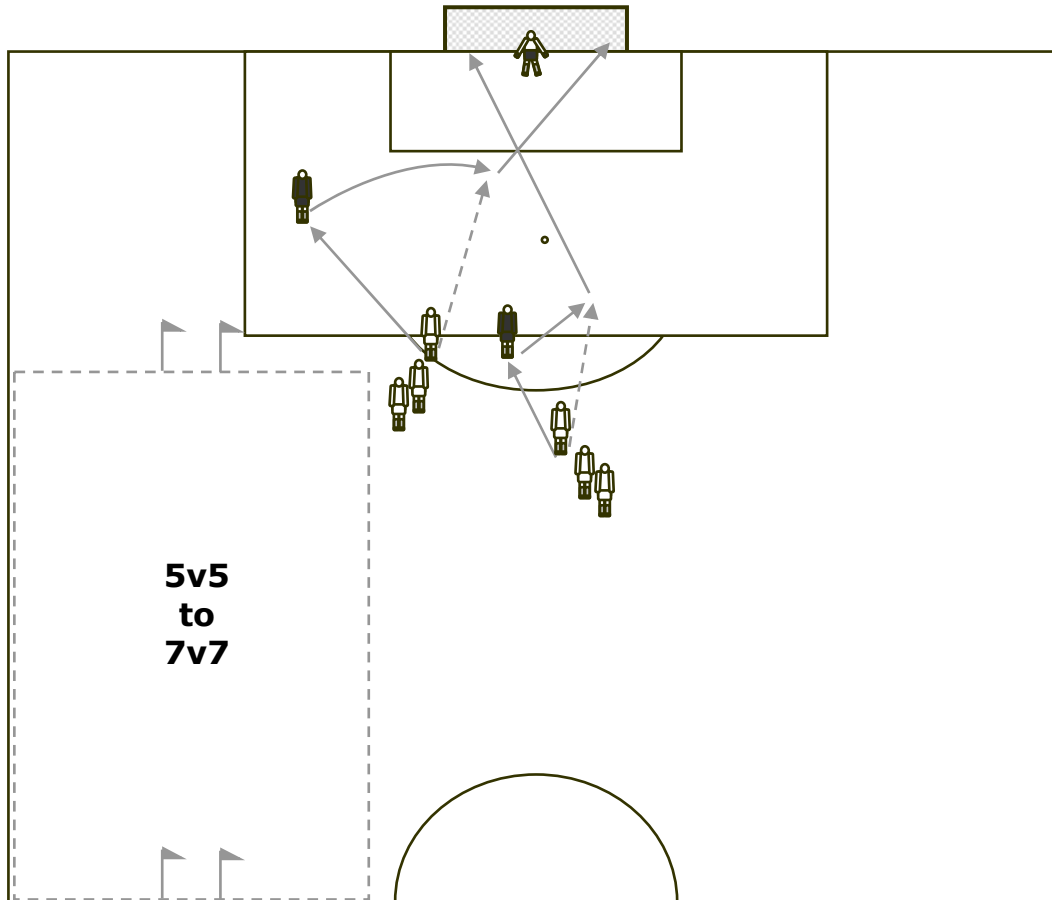
- Players should arrive 45 minutes prior to kick-off.
- Light running and stretching needs to start 25-35 minutes before kick-off.
- A small-sided game of 5v5 to 7v7 with gate goals should start 20-25 minutes before kick-off. (See diagram for grid size and location). Play for about 2-3 minutes and allow time for stretching then repeat. After round two, ask the players if a third round is necessary or if they are ready to move forward. *Referee check in may occur during this time. Variations are acceptable of course, ie. you may play with one or two neutral players, etc to ensure more success, etc.*
- Following possession/small sided game, players should move into functional exercises they feel will best prepare them for what they will partake in during the match. (see **305 98 - Functional Warm UP**), Following are examples:
 - 1) Finishing should be done with forwards. (See diagram for examples of exercises) All types of finishing: one touch inside box, inside six, two touch from outside, off of cross from width, off of short cross, off of the dribble, turn and finish, through balls, etc.
 - 2) Wide players should hit crosses. Off of dribble, after 1v1, after combination, early cross, end lines, cutbacks, etc. Wide players should also spend some time getting on the end of far side's cross.
 - 3) Central Midfielders should spend time striking long passes, winning head balls, 1v1 and should get some time in front of goal as well.
 - 4) Backs should strike long passes, spend time going 1v1 and defending, head balls (not 5 yard tosses, off of punts and off of passes), may also get in front of goal if time allows to do clearances.
 - 5) If there are players who hit set pieces they may choose to execute these as well.
- Goalkeepers warm up off to side of goal until they are ready for shot stopping. Stretch intermittently. Following is an example to use with goalkeepers.
 - 1) Volley 20 balls at keepers face from 8 yards.
 - 2) Volley 20 balls at waist from 8 yards.
 - 3) Pass ball 6 or 8 times side to side with goalkeeper shuffling to save, not diving.
 - 4) Pass 10 balls at feet with pace for forward smother save.
 - 5) 10 collapse dive saves (right) with ball served on ground.
 - 6) 10 collapse dive saves (left) with ball served on ground.
 - 7) The keeper will then need to take some crosses.
 - 8) Take some shots from 12-18 yards and beyond.
 - 9) Be sure to allow time for distribution (i.e. throws, punts, goal kicks and pass backs).

- Number of repetitions is subject to the day and goalkeeper's wants/needs.

Role of the coach: Help the players prepare. If there is an assistant, perhaps one of you is with the team during the possession/small sided game (This is helpful to keep exercise running. Encourage more than coach) and the other is with the goalkeeper. As the players progress into their own functional exercises, this is a great opportunity to walk the field and speak to players about their preparation. Is it realistic? Is the pace picking up the closer to kick off they get? Address technical issues to improve the impact and quality. Plus, this will help them better their preparation in the future. This is also a good opportunity to address players individually or in small groups in a more personal atmosphere, as to what might be necessary in the game, instead of addressing the individual in a team setting.

Please keep in mind the purpose behind warm up. It is to prepare players to play in the game. This means both physically and mentally being prepared that when the first whistle sounds, players are prepared to think, battle, and perform. Also, keep in mind that this process will vary for all players. There needn't be a scientific method. Some players need more time to run, some need more time to think, some players need more interaction with the ball, some less. Some need more down time to stretch or get a drink, etc. The overriding theme of the warm up needs to be preparation, freedom and professionalism. Learn about your players and allow your players to learn and see what is best for them.

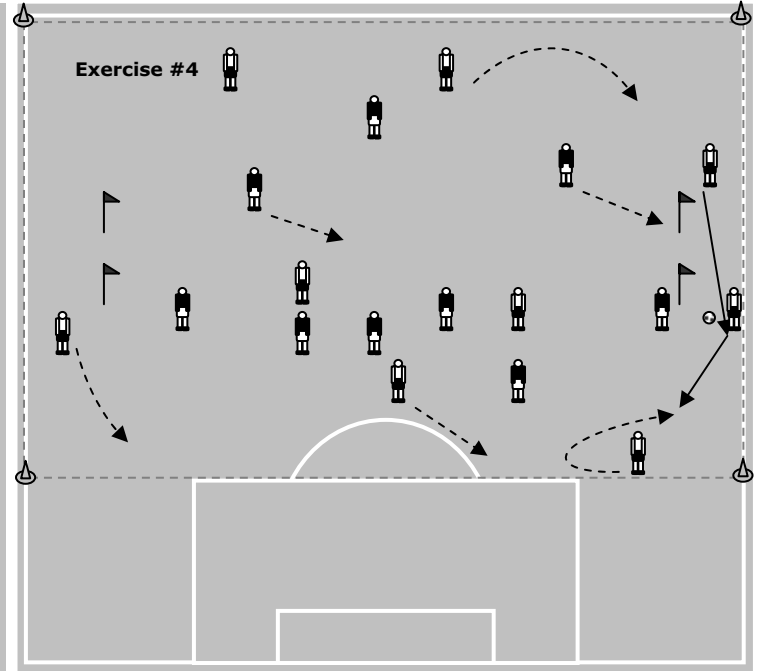
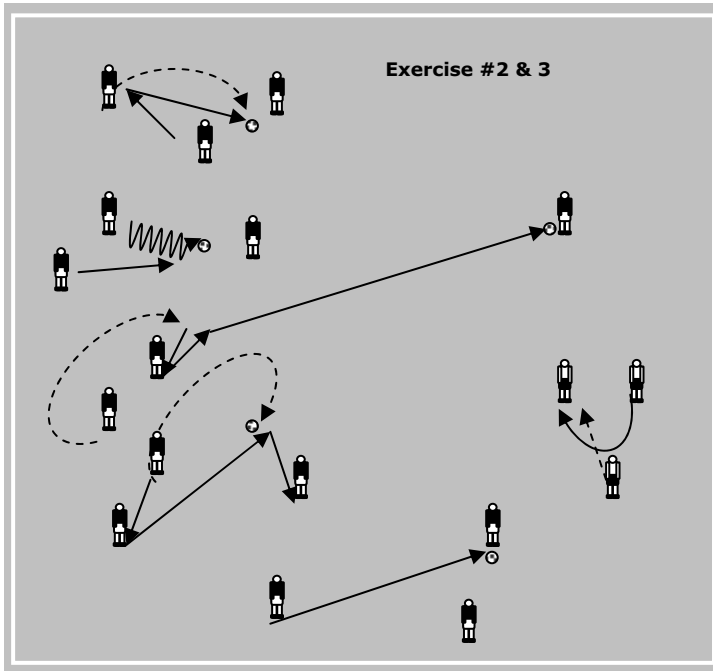
Warm Up Diagram



KEY					
Attacker		Dribbling with feint		Flag	
Attacker with ball		Dribbling		Cone	
Player making decision		Ball movement		Sequence number	
Defender		Run		Goal	
Coach		Air ball			
Goalkeeper		Bent run			

U17 BALL CONTROL SESSION (HOCKEY STYLE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Hockey Style	U17	Seniors	U17A
Exercise #1	Organization	Coaching Points		
Juggling U17: (see pg. 23; doc. 310 96) <i>Time: 10 min.</i>		The player should feel comfortable on the ball. If you take a look at the chart many of the requests have little to do with the "real" game but help the player in comfort and enjoyment in the game. Players need time to just work the ball. Sometimes balls are just simply an art and need not be scientific. Look for clever touches during this free time. Take time to stop and let the other players see an exceptional move.		
Exercise #2	Organization	Coaching Points		
1v2: In three's with a ball per group. In between juggling and this exercise #2, play some 1v2 keep away. Do not bother to set up grids. Let the players keep the ball in a tight area. <i>Time: 10 min.</i>		Work on different types of moves. Be as creative as you like. Allow the players as much flexibility as possible.		
Exercise #3	Organization	Coaching Points		
2v1: In between exercises #1 and #2, try a 2v1 keep away game. Sometimes throw in that you are not allowed to pass but must do take-over's only. The total time between all three exercises consists of 20 minutes. <i>Time: 10 min.</i>		Good for touch and fun. Not a lot of physical activity. Let players unwind and relax. Help in the confidence and flair of the players.		
Exercise #4	Organization	Coaching Points		
9v9 Hockey Style: Small sided goals. On a half field up to the 18 yard box, bring the goals off the line about 8 yards. Allow the players to play behind goal. <i>Time: 75 min.</i>		Minimal coaching. Just play and let the players go! Be positive. Look for flair then recognize the intent. Be encouraging. "Great move". "that was nice", "good one", "super", etc.		

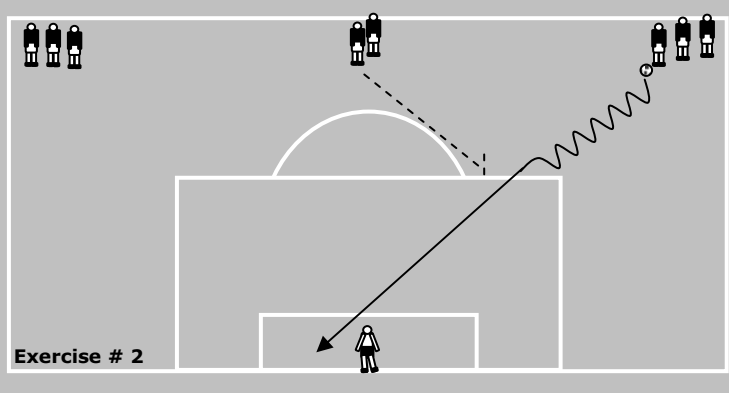
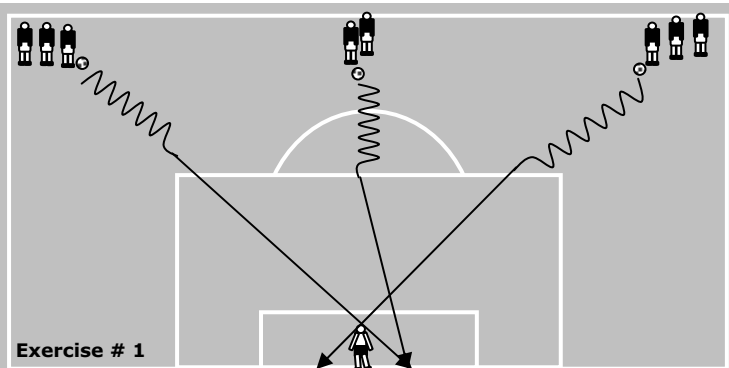
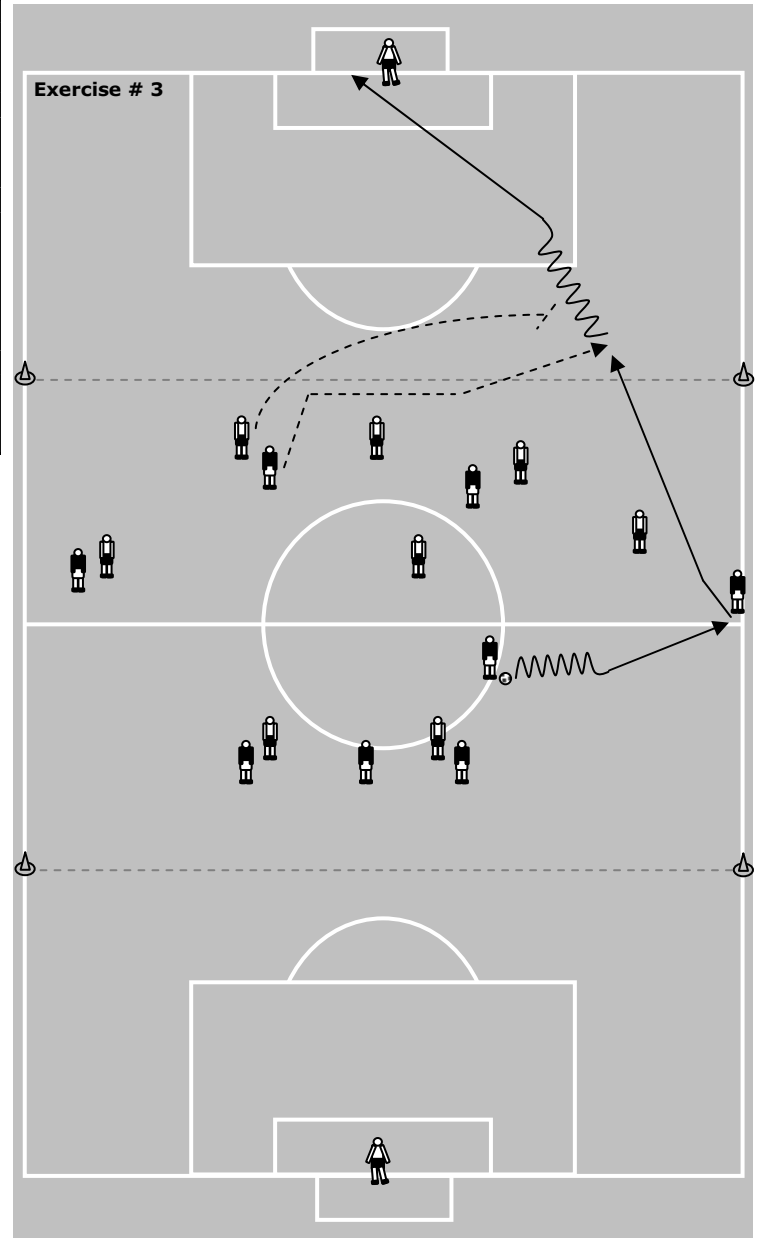


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 DRIBBLING SESSION (DRIBBLE AND FINISH)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Dribbling	Dribble and Finish	U17	Senior	U17B

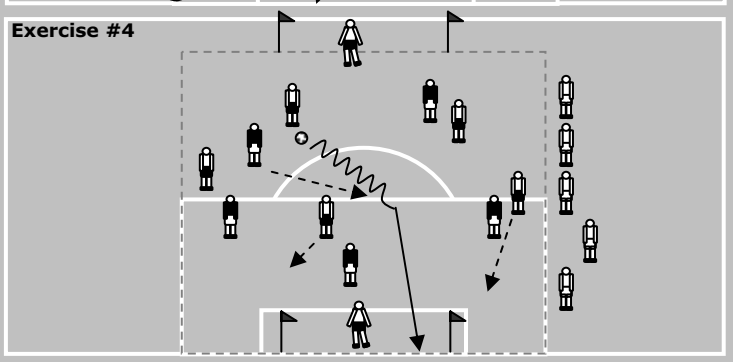
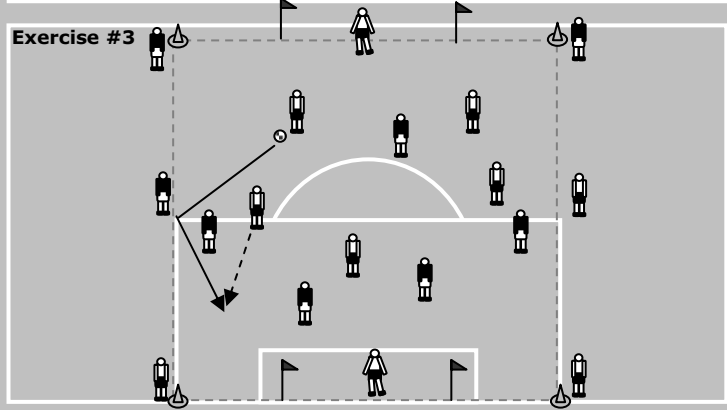
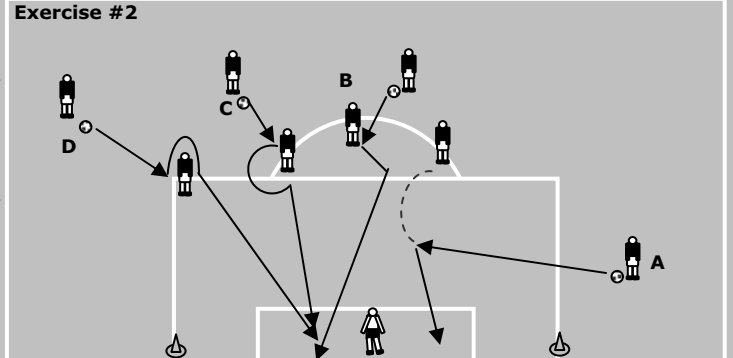
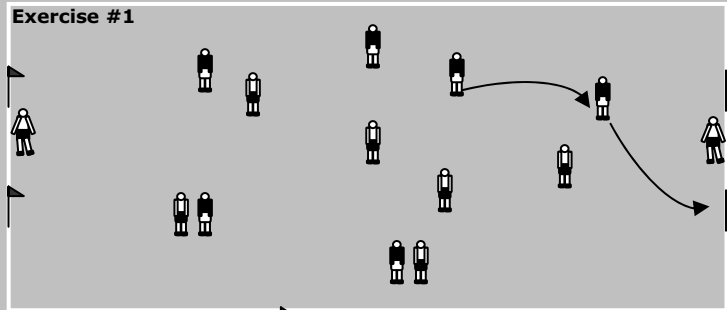
Exercise #1	Organization	Coaching Points
Run & Finish	Three lines take turns going to goal. <i>Time: 15 min.</i>	Attack with speed but under control. Apply 4:1 coaching.
Exercise #2	Organization	Coaching Points
Run & Finish w/ Defender	Three lines take turns going to goal. The next line applies pressure from behind. <i>Time: 15 min.</i>	Basic technique for crossing and finishing in a group tactic exercise.
Exercise #3	Organization	Coaching Points
8v8 w/ Breakaways	8v8 in the middle third. Mandatory 3 passes before going to goal. Ball must be passed first before the forward can enter the attacking third. Progression: 1) One defender can chase. 2) Two forwards can go one defender can chase. <i>Time: 30 min.</i>	Timing of runs, delivery of the pass, first touch, turning and running to goal, finishing across the GK.
Exercise #4	Organization	Coaching Points
8v8 w/ GKs	(see pg. 47; doc. 310 194) <i>Time: 45 min.</i>	Encouraging wide play. Become a fan of the game and have fun.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 FINISHING SESSION (T.F. TRAINING)

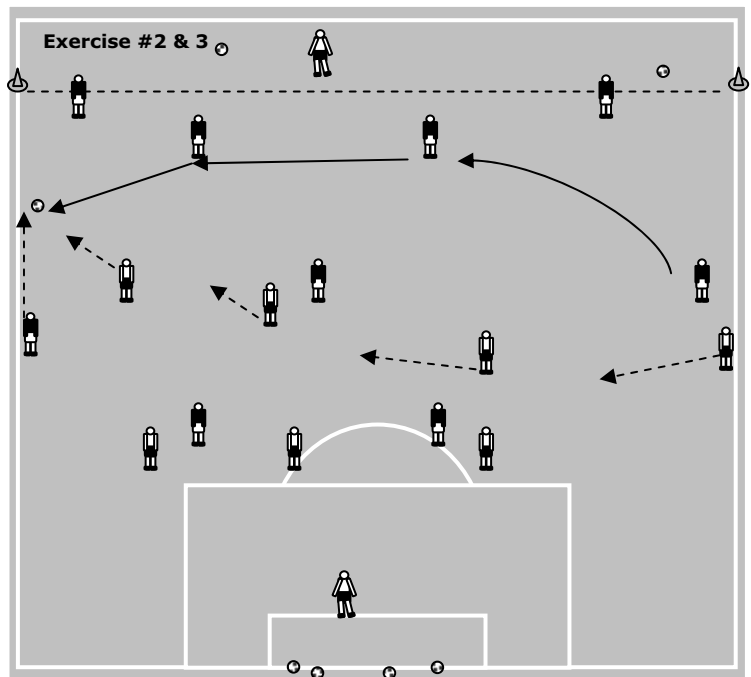
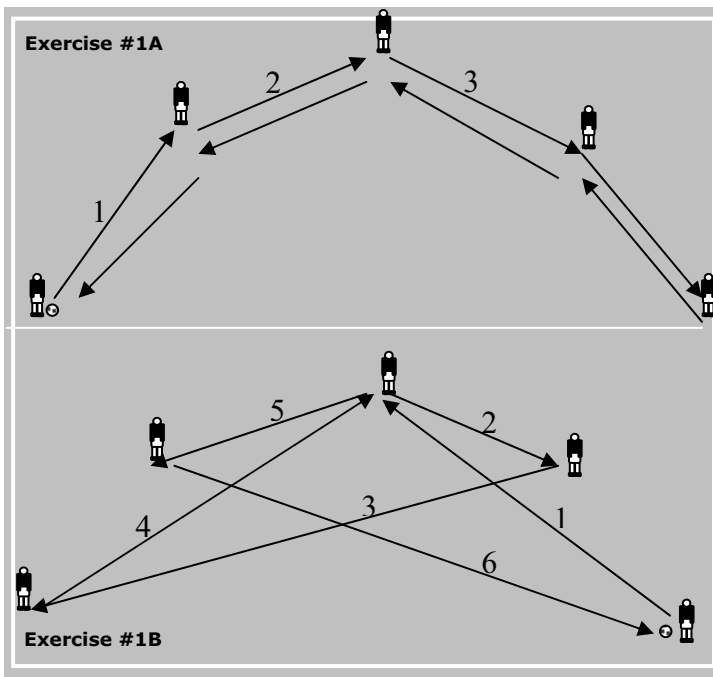
TOPIC	THEME	AGE	DIVISION	CODE
Finishing	T.F. Training	U17	Senior	U17C
Exercise #1	Organization	Coaching Points		
<p><u>Volley/Catch/Throw</u>: Two teams with GKs. Players must pass and score with a volley. If the ball is dropped the opponent gets the ball on the spot. Player cannot run more than 3 steps with the ball. <i>Time: 10 min</i></p>		Technique; vision; speed of play; communication; creativity and fun. This is a warm up so encourage movement off the ball.		
Exercise #2	Organization	Coaching Points		
<p>T. F. Training: 4 Shots: Wall Pass, Cross Body, Three Toed, Fight. Players execute four types of shots with five repetitions on each. A) Near Post; B) Toe Poke; C) Turn; D) Flick & Turn. <i>Time: 30 min.</i></p>		Timing and technique, finishing accuracy. Taking 5 shots in a row will increase a power and muscle memory. Players should be tired after taking 5 shots.		
Exercise #3	Organization	Coaching Points		
<p>5v5 w/ Bumpers: Players outside the grid have one touch only. Field size "box on box." <i>Time: 30 min.</i></p>		Creating scoring chances; creating numbers up situations; finishing off services or set up touches; rebounding		
Exercise #4		Coaching Points		
<p>5v5 Winner Holds the Floor: Winner stays on. One goal games. <i>Time: 35 min.</i></p>		Creating goal Chances; increase the speed of play.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 PASSING SESSION (SWITCHING THE ATTACK)

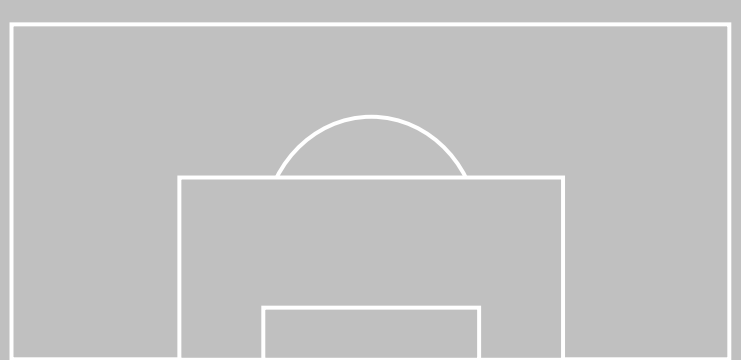
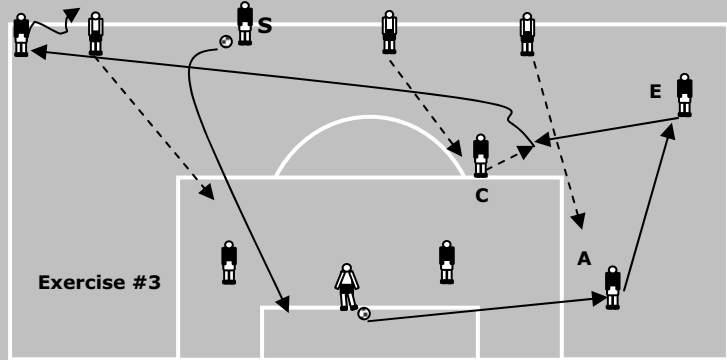
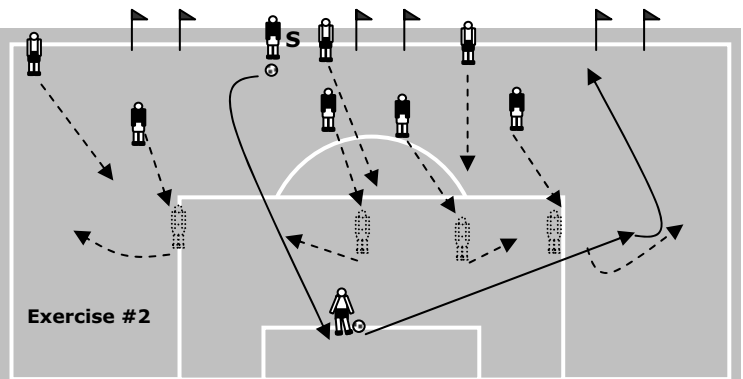
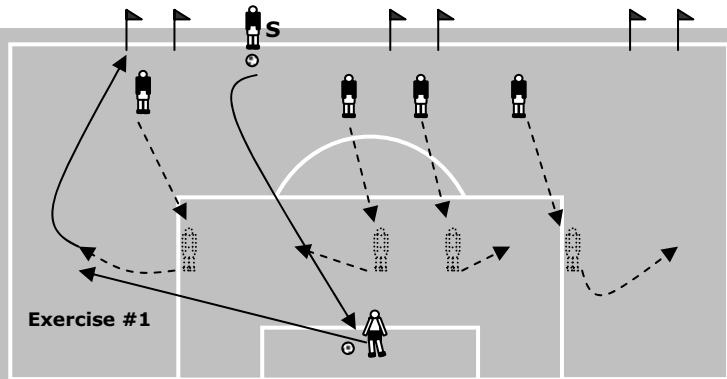
CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Switching the Attack	U17	Senior	U17D
Exercise #1 (A & B)	Organization	Coaching Points		
<p>T.F. Backs/Mids : A) Five players with a ball, 15 yards apart is the distance between them, A pass to B, B pass to C, C pass to D, D pass to E, then the sequence reverse. Only two touches are allowed one to stop the ball and one to pass it. B) Same five players in the same position but now the sequence of passing is as diagram. <i>Time: 15 min.</i></p>		<p>A little emphasis on switching the attack. Look for deception, come to the ball, check away at the right times, call for the ball. Details make a great player! Set the tone by short sharp games; quick play and do not forget to praise good play. Let's play quick. Passing, passing, passing!!</p>		
Exercise #2	Organization	Coaching Points		
<p>9v7 Working w/ Mid's & Fwd's: Attacking team play 3-5-2 formation, defending team play 1-4-2 formation, no transition. When the backs win the ball, just play it back to the coach in the zone. Full width. <i>Time: 15 min.</i></p>		<p>The purpose to switch the attack is to see if there is a better opportunity on the other side. Make sure the far winger is in heading distance when the cross comes in. Look for good things. Be positive and sincere. Cheer lead!</p>		
Exercise #3	Organization	Coaching Points		
<p>8v10: Set up is the same as Exercise #2 + a 6 yard zone at midfield for a counter attack game. Goalie can be a support player on offense. Defensive players can score in a variety of ways: Dribble into the zone, play the ball to the GK in the zone, or play the ball into a target man who must complete one more pass for a point. <i>Time: 20 min.</i></p>		<p>This game will allow for a full cycle game Def.; Def. to Off.; Off.; Off. to Def. Shape must be developed quickly. Explode into the positions. When the Offense loses possession and then wins it back again, perhaps go through the zone as to establish the "switching attack" theme. Coach during the flow. Push and pull players around. Be patient and encourage the players. As you see good things, let them know.</p>		
Exercise #4	Organization	Coaching Points		
<p>8v8 w/ GK's: Half field or perhaps a bit bigger depending what you want to get out of it. <i>Time: 55 min.</i></p>		<p>Cover as much of the game as you can. Since this is a Passing category, continue to clean up all the aspects of passing. Keep positive. Point out the good things. Be sure the players walk away feeling tired but enthused.</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 RECEIVING SESSION (PLAYING OUT OF THE DEFENSIVE 3RD)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Receiving	Playing Out of the Defensive 3rd	U17	Senior	U17E
Exercise #1	Organization	Coaching Points		
<p>Receive & Play Out of Back: 1 server (S); 4 defenders; 1 GK; 1 big goal and 3 small goals. The starting position of the defenders is close the 3 small goals near the midfield line. The server will serve a long ball to the GK at the same time the defenders will run back towards goal and receive the ball from the GK, and pass through one of the small goals. <i>Time: 15 min.</i></p>		<p>Emphasis on body position when receiving the ball to play quickly. Offensive transition starting from the GK and the defenders showing wide to receive the ball. Speed of play, the correct position of the body will allow the receiver to play quick.</p>		
Exercise #2	Organization	Coaching Points		
<p>Receive & Play Out Under Pressure: Same as Exercise #1 but with 3 attackers (passive) that will press the ball. The 4 defenders will support each other to avoid the pressing and find one of the small goals again. <i>Time: 15 min.</i></p>		<p>Match condition progression. The pressing from the opponent forces the defenders to make quick decisions, communicate, and work together.</p>		
Exercise #3	Organization	Coaching Points		
<p>Receive & Switch the Point of Attack: 2 wide players are added E & F that along with one of the center backs, C, have a great importance in this drill: GK passes the ball to A who pass to the winger E that pass to one of the center back C that with a quick and precise long pass will serve the ball to the left winger, F, that will score dribbling across the mid line. <i>Time: 25 min.</i></p>		<p>Match condition progression. Adding two wingers has created a game like scenario. The combination play illustrated demands technical and tactical ability of the players to pass, receive, and switch point of attack. Apply 4:1 coaching.</p>		
Exercise #4	Organization	Coaching Points		
<p>8v8 w/ GK's: <i>Time: 50 min.</i></p>		<p>GK's cannot punt the ball!!! Encourage them to play out of the back. Praise good play and have fun.</p>		

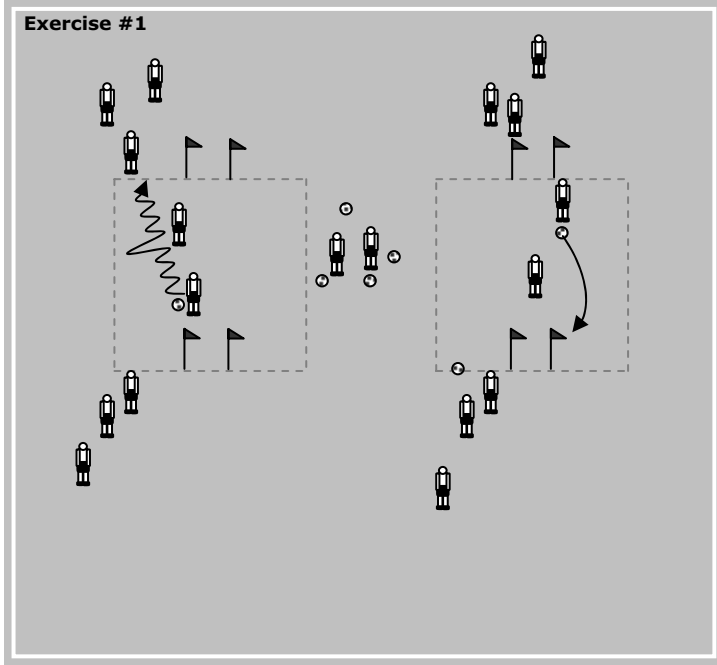
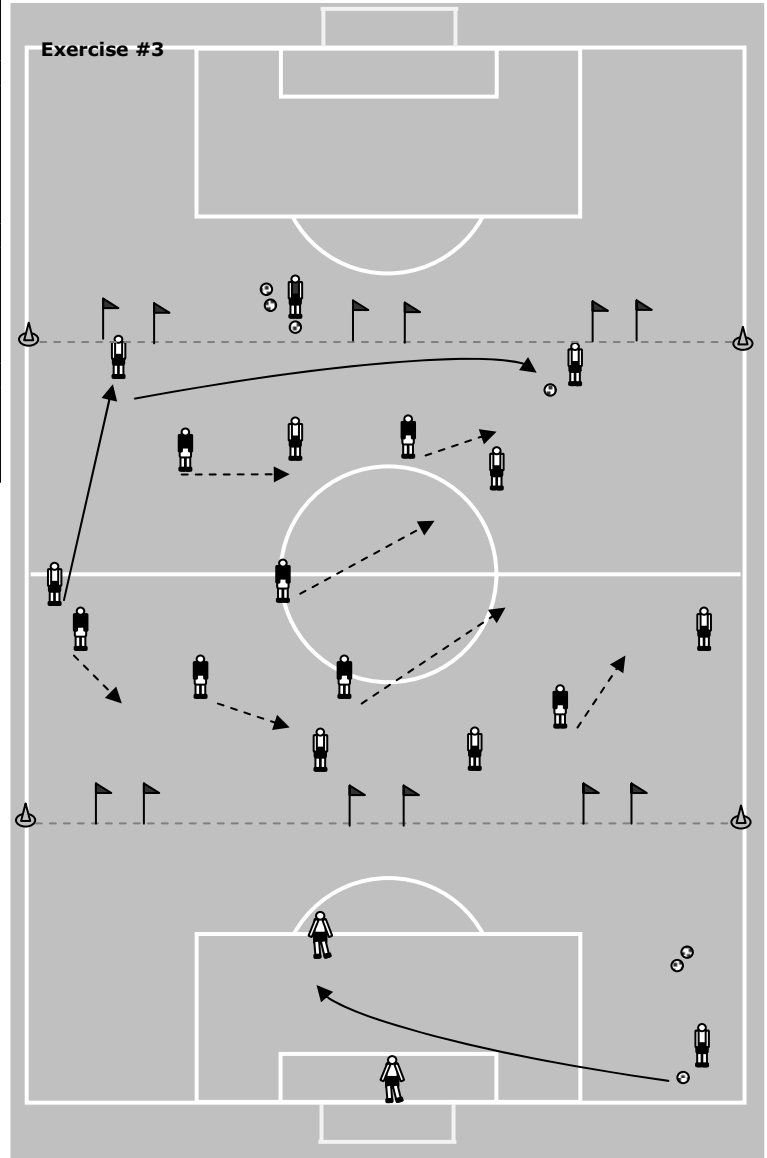


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 CHALLENGING SESSION (MIDFIELD DEFENDING)

TOPIC	THEME	AGE	DIVISION	CODE
Challenging	Midfield Defending	U17	Senior	U17F

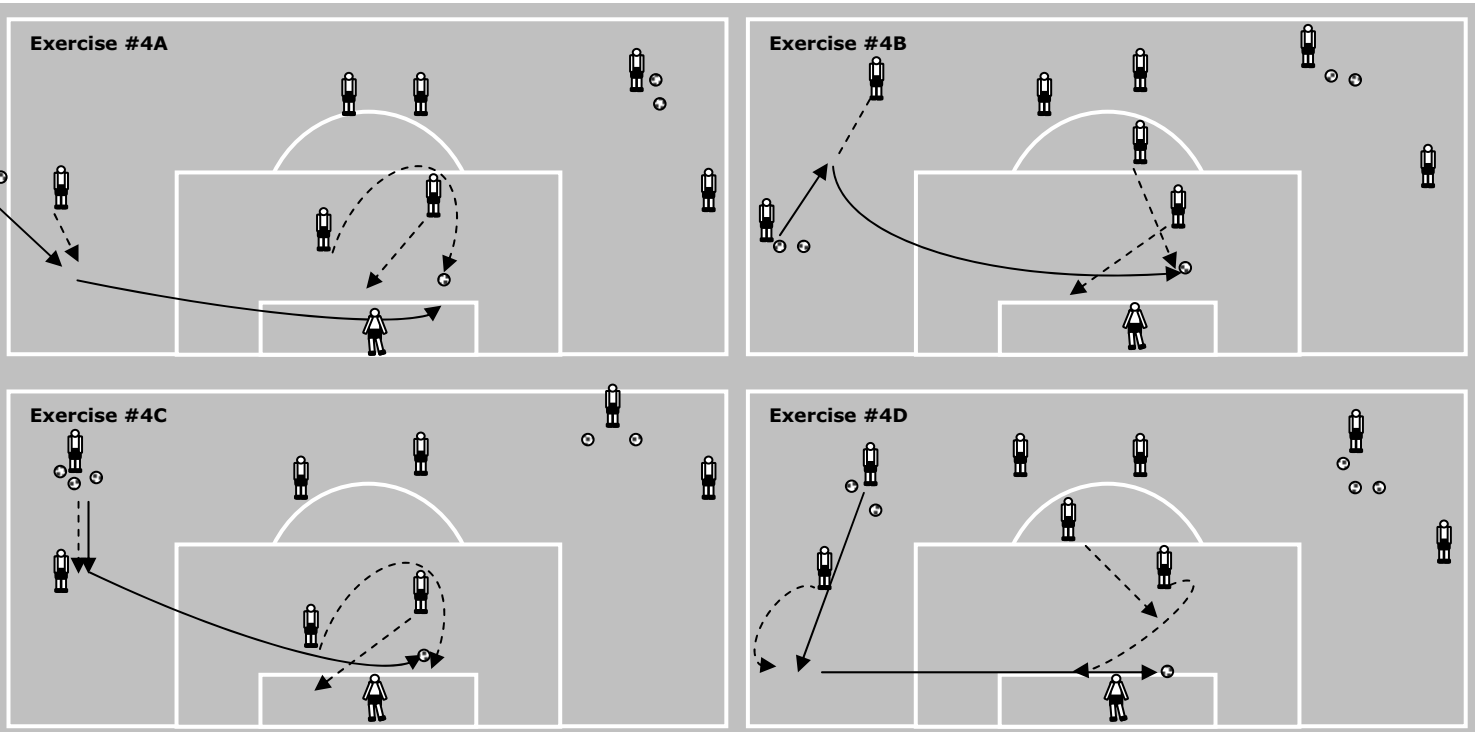
Exercise #1	Organization	Coaching Points
1v1	Fast & Tight: Two grids 5x5 yards; play 1v1 until shot, goal or out of bounds. Change players each ball. Play fast and tight. <i>Time: 15 min.</i>	This game is very quick, hard and filled with tackles. Players on the outside be ready! Coach, help bring energy!
Exercise #2	Organization	Coaching Points
7v8	No Transition: Goalkeepers are not needed. Field is 40x65 yards (width of field). When defense wins ball, begin again. Goalkeepers are at one end working with a coach. <i>Time: 15 min.</i>	As ball moves, players must adjust. Stay together and compact looking for cues to press the ball. Look for pressure, cover and balance (weak side?).
Exercise #3	Organization	Coaching Points
7v8 w/ 3 Goals:	Same game and field as above now with transition. Live game to 3 goals. <i>Time: 30 min.</i>	The better the defending shape, the easier to attack. Use defending principles from above. How quick can we move from attack to defense?
Exercise #4	Organization	Coaching Points
11v11	Normal Game: <i>Time: 45 min.</i>	Compact defense, together. Cues to press include long pass, bad touch, going backwards, etc. Coach over top and apply 4:1.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 HEADING SESSION (CROSSING OFF OF 1 TOUCH)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Heading	Crossing Off of 1 Touch	U17	Senior	U17G
Exercise #1	Organization	Coaching Points		
Calisthenics & Heading: 3 Stations, in 2's, one ball: A) Sit-ups B) Stomach C) Side. Time: 10 min.		Do not stay too long in this exercise; recommended a set or two each as this is demanding (and boring): A) Sit-up with a small throw. B) Player goes into push up position then a two footed take off for a header back to thrower. C) Player runs in a three yard arc for an inside one footed takeoff. Look for proper technique on all exercises. Motivate them!		
Exercise #2	Organization	Coaching Points		
Patterns 8v6: (see pg. 51; doc. 310 168) Time: 25 min.		Patterns 8v6 (see pg. 51; doc. 310 168) Add and change your own patterns		
Exercise #3	Organization	Coaching Points		
Lane Game: (see pg. 38; doc. 310 187) Time: 40 min.		Lane Game (see pg. 38; doc. 310 187) Let's play here, have some fun. The lane is allowed to have a 2v1 for increased crossing opportunities.		
Exercise #4	Organization	Coaching Points		
Crossing Off 1 Touch: A) Ball crossed off a throw in first time. Try throwing at different angels so crosser is challenged. Try one touch back to thrower for a cross. B) Ball dropped to a back, one touch cross. C) Pass, trap and curl it in. D) Pass, dummy through legs and one touch cross. Time: 30 min.		A) Collect quickly and cross quickly. You might be hitting some volleys here. Runners are near and far. B) Cross is "whipped" in for finishing. The passer has a tendency to get underneath this ball so be sure that it does not float there. Depending on your approach, experiment with a variety of surfaces. This is a typical ball for an Outside Back to execute. C) Runners should be in early to start, and then curl out. Small and sharp! D) Runners, time your runs. On all crosses, execute different types of crosses ie. Driven, bending, lofting, etc. Repetition is the key. This exercise can certainly be down before game, or slid in anywhere in training. Crossing and Finish is both much needed and enjoyable. Be sure to experiment with different surfaces.		

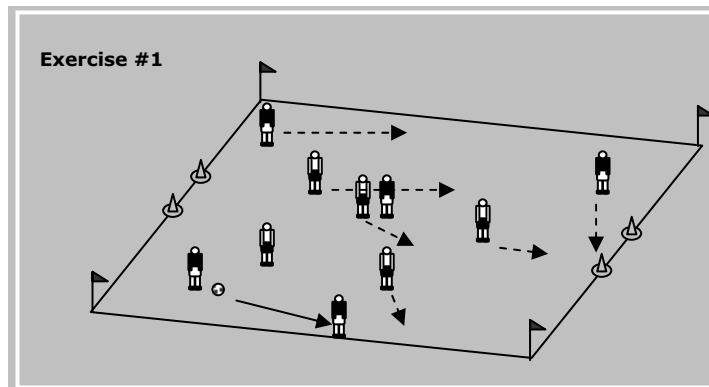
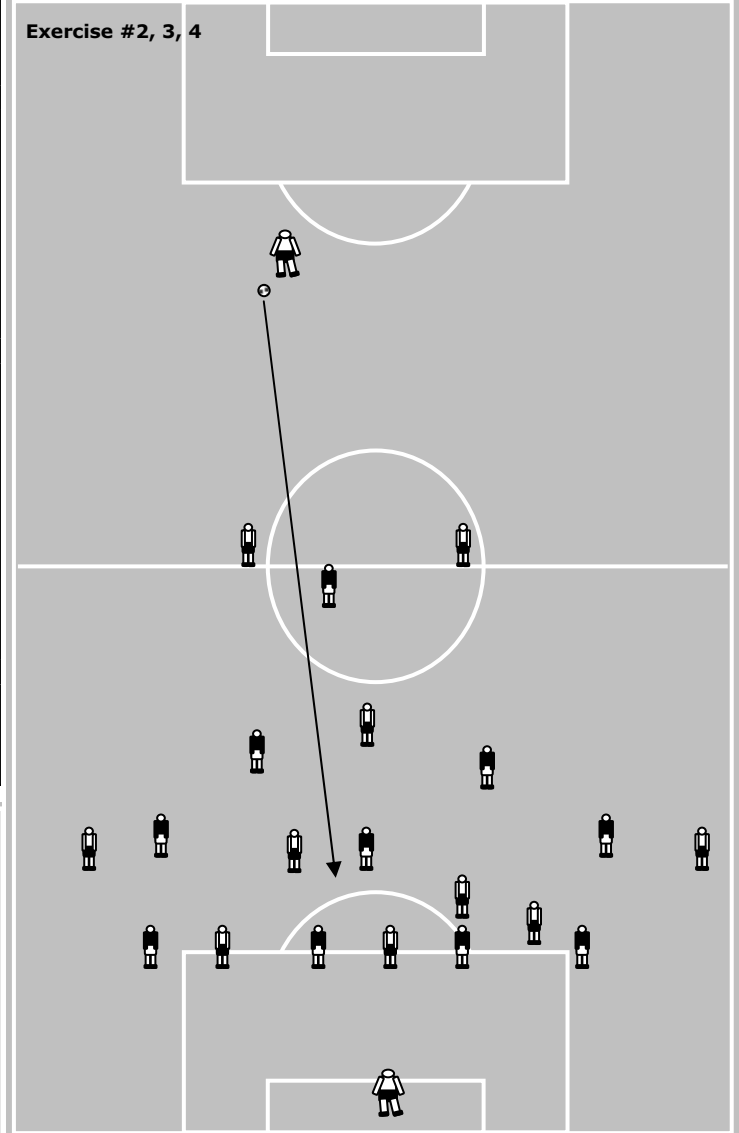


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 ATTACKING SESSION (UP A GOAL, DOWN A GOAL)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Attacking	Up a Goal, Down a Goal	U17	Senior	U17H

Exercise #1 Organization	Coaching Points
Warm Up "The Rush Way": Time given for free movements, first 10 in possession or small sided game, reserves more relaxed, time for finishing, heading, etc. <i>Time: 20 min.</i>	Should mirror a pre-game warm-up by both players and coaches.
Exercise #2 Organization	Coaching Points
Up a Goal, Down a Goal w/ Coaches: First segment is open 11v11 game, at 10 min. Team A is down a goal to Team B. The next 10 min. constitutes the end of a game. After 10 min. teams reverse roles. These 10 min. also constitutes the end of a game. Coach over play and stop if necessary. Discussion/teaching follows. <i>Time: 30 min.</i>	How do players change game? When? Down a goal...System change (3-4-3/2-5-3), high line of confrontation, high pressure, substitute attackers for defenders, quick frees, no fouls, direct/counter style, ask ref about time, off sides trap, GK is sweeper, keep ball in bounds (tackles), shag balls, energy.
Exercise #3 Organization	Coaching Points
Up a Goal, Down a Goal w/ Ref: 11v11, two ten minute halves each constituting end of a game. First half Team A is down a goal, second half, Team A is up a goal. Coach is now on sidelines with limited coaching. Add referee. <i>Time: 20 min.</i>	Up a goal...System change (4-5-1/3-6-1), midfield is line of confrontation, substitutions (slow changes, repeat), win air challenges, prevent quick frees, feign injury, stay down, keep possession, ball out of bounds or behind opponent if unable to keep possession, players behind ball in defense, keep ball in attacking corner, sub and take time, GK use feet and no early distribution, disrupt flow/rhythm.
Exercise #4 Organization	Coaching Points
11v11 Normal Game: W/ Referee, <i>Time: 35 min.</i>	Game begins 0-0. Score will dictate line of confrontation. Tied-35 yards, Down-top of box, Up-midfield.

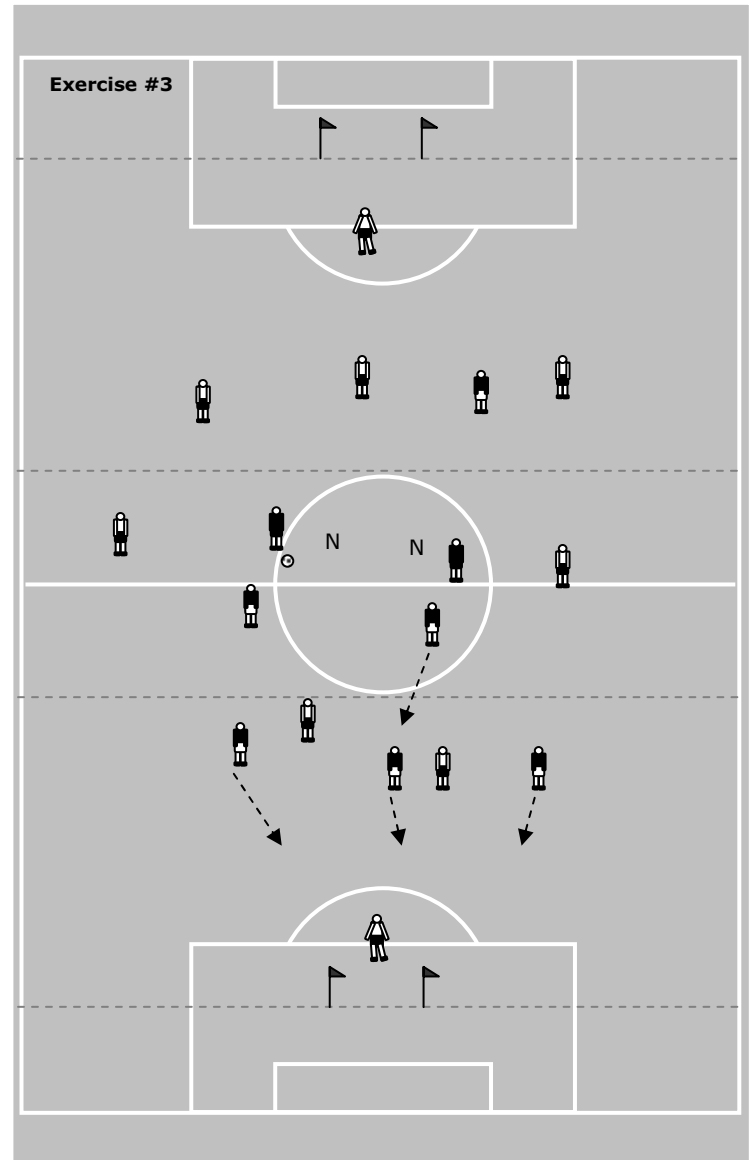
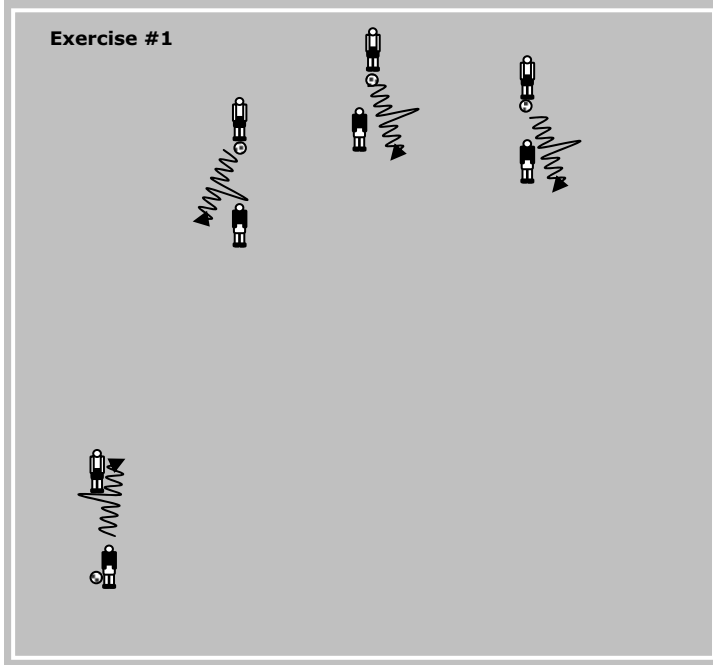


Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

U17 DEFENDING SESSION (LINE OF DEFENSE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Defending	Line of Defense	17	Senior	U17I

Exercise #1	Organization	Coaching Points
1v1 Shadow Defending:	One attacker dribbling at defender. No tackles, just shadow. Work half way across field, then change. <i>Time: 10 min.</i>	Getting warm. Simple defending movements: shuffle feet, drop step, distance from ball, etc.
Exercise #2	Organization	Coaching Points
9v9 Possession Game:	GK's are just another field player. Playing area is from penalty spot to penalty spot. May play 8 passes equal a point, play to three. <i>Time: 20 min.</i>	In attack, keep possession. Defensively, "can I get there?" Each player must be in position to press ball. Distance from player depends upon distance from ball.
Exercise #3	Organization	Coaching Points
8v8 w/GK's +2 N's:	Each team has an off sides line on opposite side of center circle. <i>Time: 30 min.</i>	No pressure? Give cushion, drop (refer to diagram). Pressure? Keep a higher line of defense. Pressure is the indicator!
Exercise #4	Organization	Coaching Points
11v11 Normal Game:	<i>Time: 45 min.</i>	Apply above points. Goal, ball, man. Defenders must find themselves within that triangle and "see man-see ball." Coach over top only. Apply 4:1.



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

SENIOR DIVISION SUMMARY

On many of the session plans found in this volume, you will find the phrase “apply 4:1 coaching”. This refers to a coaching style that ensures at least four (4) positive comments are made to the team and/or player to every one (1) instructional comment. This is as critical at 18 years of age as it is at eight years of age. No matter how advanced we feel our players might be or how tactically proficient they are, there is no substitute for being positive and making players feel good about themselves. Coaches must facilitate an environment that encourages players to want to play the game.

Consistent with the coaching of our youngest players, is the fact that our senior players must play. One of the greatest differences when moving into the senior division is the numbers that are used in the exercises. 9v9 games are often played and 11v11 games are used for many training sessions. And though the numbers are larger, the theme of “playing” remains paramount in all we do as coaches.

The sessions in this volume are set up to teach advanced tactics (up a goal/down a goal/defending shape/beating the off sides trap/playing out of the back/etc.) without losing sight of the importance of technique. Rush coaches must be able to execute these sessions effectively through playing a normal game without much distortion. Exercises, games, and sessions should command great work ethic, intensity and competition. Again, coaches must help facilitate as well as demand these training characteristics whilst still applying 4:1 coaching.

The sessions for the senior division are longer in duration than that of the younger divisions. The older the player, the more physical fitness is going to play a key role in the game. In many of our documents we state that the game is the best teacher. This remains true for the senior division and it holds true for the fitness element. The best fitness comes through playing the game. No matter the aspect of the game, we must find ways to teach and improve through playing. This will help maintain the desire of our players to want to train. Players who consistently want to come to training and are driven to compete will achieve great things. Where we want our players to be self-motivated to succeed, the coach’s ability to motivate players will always be a critical element in coaching.

The senior division represents the final stages of youth soccer and we are preparing people/players for life beyond Rush. Remember that by the time our players graduate from our youth program (senior division) they must have had the opportunities to play multiple positions and multiple systems. Most sessions are organized working out of a three-back system which feeds into the Rush’s system of 3-5-2. Coaches must be willing and able to adapt any session to whichever system best suits their team. The sessions laid out in this volume are not all encompassing, but provide the foundation of tactical elements consistent with what is necessary to be the best in the country.

Enjoy your coaching. If you’re not having fun, then how will your players? Good luck and work hard.



GLOSSARY II

Adult Branch – This category within the Rush Soccer club encompasses all age groups but predominantly the ages 18 through 40. Many options to play exist such as Co-ed, Men's over 30, Women's over 30, U-23 for men and women, competitive and recreational.

Advantage – Play continues at referee's discretion after an infringement of the law in which the attacking team maintains possession.

Arc – The half circle on top of the Penalty Box.

Attacking – When a team tries to score a goal. Attacking includes dribbling, passing, and shooting.

Attacking Dribbling – Dribbling is the art of taking the defender on. In attacking dribbling, you are the aggressor. This is usually done in the attacking 1/3 of the field. Deception is the key to beating a player by way of change in pace and direction, body feints, etc.

Attacking Set Pieces (ASP) -

Attacking 1/3 – The third of the field in which your team is attacking.

Avoiding Dribbling – Is simply taking the ball away from pressure. This is mostly done in the defensive 1/3 of your own goal. The dribbler is avoiding confrontation as to not lose the ball at a critical place and time.

Back Foot – The foot farthest from passer.

Balance – The defender(s) who are not pressuring the ball or providing cover. They help in maintaining defensive shape.

Ball Control - The art of receiving, dribbling, and 1-touch passing with all body parts.

Ball Side – Defender positions themselves to intercept an incoming pass.

Bantam Division - The Rush classifies their Bantam Division as 8v8 played for U-9's and U-10's.

Bending the Ball – The technique of kicking the ball so that it curves in one direction or another. Also "curving the ball."

Bent Run – A player's run is bent in an attempt to either offset the opposition's defense or to open up for a pass. Also used is "curling run".

Bibs – Also called pennies. Different colored vests used during training to split up players.

Bicycle (Bike) – Also called an overhead kick. Player jumps and swings his legs over his head so he is upside down in the air to kick the ball with the laces of one foot.

Blind Side Run – A player making a run off the ball, on the opposite side of the field from the ball.

Block Tackle – Attempting to dispossess an attacker of the ball by blocking it with the inside of the foot as the opposition tries to kick the ball.

Body Shape – The positioning of the body to see the ball and the field. Players should be able to see the biggest part of the field.

Box, The – Another name for the Penalty Box, see.



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Box on Box – A field the size of two penalty boxes, 36x44 yards.

Bullet Player – A player in the wall that charges the person taking a set piece. The run is intended to block the shot, or alter the direction.

Button Hook - see Hook.

Carrying - The player is running with the ball at his/her feet full speed under control. It is used to advance the ball in open spaces. Usually, the instep or the outside of the foot is used. The least amount of touches is preferred to allow more speed.

Centering – See Cross.

Challenge – Attempting to “win the ball” back.

Channel – An area marked off by cones, usually is long, narrow and on the flank.

Channeling – see Shoulder Tackle

Charging – Player charges shoulder to shoulder.

Check Away – see Checking.

Check To – see Checking.

Checking – This is a run executed by the team with the ball. A player attempting to get open will often run away as a decoy or *check away*, only to come back, or *check to*, to the area he or she started from to potentially receive the ball from a teammate.

Chip Pass – A pass in which the ball is kicked steeply over the head of an opponent or over the heads of a group of opponents to a teammate. Also “Lob Pass.”

Clearing – Sending a ball out of the defensive third to relieve pressure. The ball should be long, high, and wide.

Closing down – See Pressure

Collecting – See Receiving.

Combination Pass – See “Combination Play”.

Combination Play – Passing between players at short distances, followed by abruptly sending the ball long in another direction. A series of short, low passes used by two or more players to maintain possession of the ball while they move towards the opponent’s goal.

- Double Pass, see
- Dummy Take-Over, see
- Overlap, see
- Reverse Wall Pass, see
- Take Over, see
- Third Man Run, see
- Wall Pass, see

For specifics on these topics, see the glossary definition for each.

Competitive Branch – This is the Advanced Branch of the Rush Soccer Club. Ages range from 10 year olds to 18 year olds. Players typically play a longer season and this involves a bit more travel.



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Condensing the Field – Terminology for the Rush is “Step”. This is where the defense back line squeeze the play up to midfield. How far and how much is all depending many circumstances. The main purpose is to tighten up the space to deny the opposition a lot of space or field to play in.

Cones – Bright orange or yellow objects used to designate boundaries or starting points during training.

Controlling – see Receiving.

Cool Down – After an event, the players will benefit by letting the body slow down by keeping the heart beat and metabolism going to move lactic acid out of the system. The athlete should also hydrate and eat something light within 20 minutes of the competition.

Counter – Going from defending to attacking quickly in order to create a goal scoring opportunity.

Cover - A defensive concept that involves taking a goal-side position to support, or back up a teammate.

Create Space – Run or movement to create space for a player to run into or to create space to play a ball.

Creating Numbers – Getting more players into the attack.

Creativity – “Being creative is seeing the same thing as everybody else, but think of something different.” Originality of a player’s thought or imagination, this cannot be taught, but it can be encouraged and fostered.

Cross – Passing the ball into the goal from a wing area of the field. The term “center” is also used.

Curling Run – See “bent run”.

Curving Pass – see Bending the Ball

Dead Ball – see Defensive Set Pieces (DSP) and Attacking Set Pieces (ASP).

Dead Space – Space that is crowded by opposition.

Decoy Run – See Checking.

Defending – Keeping the other team from scoring. This includes the ability to tackle, delay, cover, and balance.

Defensive Set Pieces (DSP) – Organizing a team to defend an attacking set piece.

Defensive 1/3 – The third of the field in which your team is defending.

Developmental Branch – This is the Recreational Branch of the Rush Soccer Club. Ages range from 4 year olds to 18 year olds.

Diagonal Ball – A pass that is played diagonally forward.

Direct Play – To play passes forward, trying to score as fast as possible.

Double Pass – Once a wall pass has been executed, the player immediately plays it back one touch to the passer.

Dribbling – Dribbling is a series of ball touches by an individual. Technically, there is no right or wrong way. Some touch it short, some touch it long. We all use different foot surfaces. Often a move or feint is used to get around the opposition. For the most part, we break dribbling down into four topics:



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- Attacking, see
- Avoiding, see
- Carrying, see
- Shielding, see

For specifics on these topics, see the glossary definition for each.

Drive it – See Driven Ball.

Driven Ball – A term used for crossing the ball or playing the ball very hard. Almost like a shot with back spin.

Drop – Defensive term when players run back toward the goal they are defending.

Dummy – When a player fakes getting the ball but instead lets it run by.

Dummy Run – See Checking.

Dummy Take-Over – When a player goes to execute a take-over but instead leaves it for the dribbler.

End Line – Out of bounds line where the goal lies.

Face the Field – Facing the field implies the player should face towards the field or as much of the play as possible.

Fake – Disguise your intentions.

Fake Take-Over – see Dummy Take-Over.

Far Post – Is the post farthest from the ball.

Feint – see Dribbling.

Field – The traditional name for the soccer field. Pitch can also be used.

Finishing – The art of scoring a goal with different surfaces of the body.

- Bending, see
- Bicycle, see
- Full Volley, see
- Half Volley, see
- Instep, see
- Knuckle, see
- Three Toed, see
- Side Foot, see
- Side Bike, see
- Side Volley, see
- Three Toed, see
- Volley, see

For specifics on these topics, see the glossary definition for each.

Flank – Refers to the wide part of the field.

Flighted Ball – A pass that travels in the air to a teammate.

Floater – A definition of some-one who during a game is allowed to float and does not necessarily have a position. For a training session, this is some one who is allowed to bounce between different small sided games.



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Footwork – A variety of ball touches or dribbling moves used to build up eye and foot coordination, and confidence.

Free Kick – When a foul has been given, the free kick restarts play. See Dead Ball.

Front Foot – The foot closest to the ball.

Full Back – Another term for a defender, or the defending players in a system of play.

Full Volley – Is when the ball is on it's way down out of the air. Use instead of side of foot.

Gate – A training term. A small goal designated by cones or flags, usually players will dribble through them.

Game – Training term used for a competition, also used to described a scrimmage.

Game with Restrictions - Any variation of soccer with certain rules that the coach has given, in order to work on a specific tactic or technique.

Give and Go – See Wall Pass

Goal Kick – A set piece taking by the team after the opposition kicked it over the end line out of bounds. The team may set the ball anywhere in the 6x20 yard box

Goal Side – When a defender stands between the opponent and the goal.

Grid – Also called a box, an area of the field that is marked off by cones.

Groups of Players – A collection of 3 or more players.

Half Volley –The ball is on its way up and is kicked immediately after a bounce. Requires a lot of timing.

Heading – The art of using your head to when receiving, passing, or shooting.

Heal – A player may pass the ball to this/her teammate using the heal for deception. Accuracy is poor and should only be used for short distances.

High Pressure – A defending tactic in which the team pressures the opposition aggressively, not allowing them time to play, or make bad decisions.

Hook - A sharp curling run, similar to a checking run.

Inside Pass – See Side Foot Pass

Instep – Striking the ball with the shoelaces. Again, the ankle is locked. Used over long distances. Not as accurate as a side pass.

Juggling – The art of keeping the ball in the air without using hands.

Junior Division - U14 and U15 Rush Competitive Boys and Girls players.

Keep Away Games – A variety of games to emphasize ball possession. Usually implies no direction. Coaching points: First touch, Face the field of play, Deception, Play away from pressure, etc.

Kill it – Stopping the ball completely.



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Knuckle – Striking the ball with the toes down, ankle locked, causing the ball to travel in the air without any spin, the ball moves through air in unpredictable ways

Laces – Term used to designate the top of your foot or “instep”.

Large Group Tactics – See Tactics.

Lay Up – A mechanical technique for heading in which the player drives one leg up to help get them into the air. Resembles a basketball lay up.

Line of Confrontation – A tactically implied line by the coach in which team begins to confront the opposition.

Low Pressure – Defensive concept of not putting a lot of pressure on the team or player with the ball until they get to a certain point. See line of confrontation.

Micro Soccer – Small sided soccer played a mini field. The Rush classifies their Micro Division as 3v3 and 4v4 played for U-5's, U-6's, U-7's and U-8's.

Midfield 1/3 – The middle third of the field.

Moves – A dribbling term when the player who is dribbling the ball uses deception (change of direction, change of pace, etc.) to get past the defender.

Muscle Memory – Term used to repeat a technique enough times that muscles perform by memory rather than thought.

Near Post – The post closest to the ball.

Neutral Player – A training term used for a player who only plays offense during a specific game.

Obstruction – Impeding the oppositions run or movement.

Offside Trap – When a team is intent on winning the ball back through the laws of the game. The team pulls up rapidly to catch the opposition in an offside position.

On Side Run – Running along the last line of defense in order to on side.

Open Space – See space

Outside of the Foot – The ability to strike the ball or receive it with the outside of the foot. Very common kick. Planting foot is usually behind the ball. Commonly used while running. Players can curve the ball with this surface.

Over Spin - The art of striking the ball in such a way that the balls rotation is top spin, causing the ball to dip.

Overlapping Run – When on attack, a player runs from behind the teammate in possession of the ball to receive a pass from him. A shortened term of “overlap” is more commonly used.

Pairs – 2 players together.

Passing – Passing is working the ball between your team using various parts of your foot, head thigh, chest etc. Some of the passes to look the most common passes are:

- Chip Pass, see
- Driven ball, see
- Full Volley, see



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- Half Volley, see
- Heal, see
- Instep, see
- Outside, see
- Push Pass, see
- Side Foot Pass, see
- Side Volley, see
- Square Pass, see
- Toe Poke, see
- Volley, see

For specifics on these topics, see the glossary definition for each.

Pattern Play – A training term used when a team practices going to goal using different passing methods. Teams usually practice pattern play without players defending them.

Penalty Box – The 18x36 yard box surrounding the goal. The goalkeeper can only handle the ball within this box.

Penalty Spot – The spot inside the eighteen yard box in which penalty kicks are taken.

Penetrating Run – An offensive player’s run through the line of defensive players.

Pennies – See Bibs

Pitch – See field

Plant foot – A player’s non-kicking foot when striking a ball.

Playmaker – A player who is involved in a good portion of the attack.

Pocket – The space directly in front of the Center Backs.

Poke Tackle – Use of the toe to poke the ball away from the person in possession. The Poke tackle can be executed from the side or rear of the opponent.

Possession – see Keep Away Games.

Pressure – Defensive term used when a team puts a lot of energy into “closing down” the player on the ball and getting “tight” on those without the ball, in an effort to “win the ball.”

Pulling Up – or “Step”, “Out” or “Pull”. See Condensing the field.

Push Pass – See Side Foot Pass.

Receiving – The art of controlling the ball with different surfaces of the body.

- Back Foot, see
- Body Shape, see
- Front Foot, see
- Kill It, see
- Outside of the Foot, see
- Position, see
- Set, see
- See the Field, see
- 90 Degrees, see

For specifics on these topics, see the glossary definition for each.



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Recovery Run – Shortest route between your goal and the attacking to put yourself back in a defensive position.

Restricted Space – A training term used for a designated area of the field marked off by cones or flags. Players must stay within the marked off area when there is restricted space.

Reverse Wall Pass – An overlap in the middle portion of the field.

Rhythm of Play – Refers to the momentum of how the play of a team flows. A team who uses short quick passes as opposed to long, direct passes or a lot of dribbling.

Run (player) – These are the different runs a player makes in a game. Most have a specific name as to help the player identify what is needed during that particular time.

- Bent run, see
- Blind Side run, see
- Button Hook, see
- Checking, see
- Decoy run, see
- Hook run, see
- Overlapping run, see
- Recovery run, see
- Through run, see

For specifics on these topics, see the glossary definition for each.

Scoring – see Finishing

Second Defender – see cover

See the Field – Look at the field before you receive or play the ball to recognize what is happening on the field.

Self-Toss – When a player throws the ball into the air and then performs a specific skill, receiving, juggling, etc.

Senior Division – The Rush classifies their Senior Division as ages U16's through U19's.

Set – Laying a ball off to a player with proper weight who is running onto it to strike.

Shadow Dribbling – A turning exercise that involves a trailing player without the ball imitating the moves of the dribbler.

Shadow Drill – See Pattern Play.

Shadow Play – See Pattern Play.

Shielding – Is keeping your body between a defender and a ball. Stand sideways, low balance, bend at knees. Hands out, both feet on the ground until you want to move the ball. Tactically, you use shielding when you don't have any options available or you have not made your mind up to play the ball. Main part of the foot used is the sole.

Shooting – see Finishing

Side Bike – Also called "scissor kick". Player hits ball out of the air by jumping and getting body and kicking leg is parallel to the ground, player strikes the ball with the laces.



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Side Foot – A short pass executed with the inside of the foot. Standing foot is 6-8 inches next to the ball. Your kicking foot is locked with toe pulled as high as is physically possible. Player strikes the ball with the side of the foot below the ankle. This is very accurate because the foot surface being used is large. Player plants non-kicking foot beside ball, legs are bent and relaxed, kicking foot ankle is locked and toes are lifted above the ankle. Player strikes the middle of the ball to execute the pass.

Side Line – This is the out of bounds marks on the side of the field. Also know as the touch line, where the player can “touch” the ball for a throw in.

Side Volley – A hooking or circular movement by the kicking leg, where the leg is parallel with the ground when contact is made on the ball.

Slalom Dribbling – Dribbling with different surfaces around cones set in a particular pattern.

Slide – Defensive term used when “supporting defender” moves towards play to provide balance.

Slide Tackle – Dispossessing an attacker of the ball by sliding into the ball and kicking it away. The slide tackle can be executed from the front, rear, or side of an opponent.

Small Group Tactics – see Tactics

Small Sided – A game of soccer played with small goals and smaller numbers than 11v11.

Space – An area of the field where there are no other players.

Square Pass – A pass made laterally to a waiting or moving teammate across the field.

Standing Block Tackle – When a defender takes the ball from the attacker by hitting the ball with inside of their foot. The legs are bent and strong, ankle is locked.

Support – Offensive term used when a teammate provides a passing option to the player on the ball.

Supporting Defender – See Cover.

Sweep Tackle – A sliding tackle where the player attempts to keep the ball and dribble it away, rather than kick it away. Requires a lot of timing.

Switching Point of Attack – Or SPA, is moving the ball from side of the field to the other usually because it is crowded.

Tackle – Trying to dispossess an opponent of the ball by using the feet or a shoulder charge. Several types include:

- Block Tackle, see
- Poke Tackle, see
- Shoulder Tackle, see
- Slide Tackle, see
- Sweep Tackle, see

For specifics on these topics, see the glossary definition for each.

Tactical Functional Training- Training that is specific to a role or position. Takes place in the area of the field where the player operates. The player will determine which skill is necessary to solve the demands of the game as dictate by the game. Decision making is the essence of this method of training.

Tactics – Decision-making. Tactics are grouped as Individual, Small group and Large Group in which both have attacking and defending principals:

- Individual tactics – 1 v 1, see 1v1 for offense and for defense 1v1. See Pressure, Channeling and different Tackles for defense.



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-Small group tactics – 2-7 players or “lines”. See Combination Play for offense along with various Thirds of the field for offense and see Cover and various Thirds of the field in the Defending and Challenging Categories.

-Large group tactics – 8-11 players: see games with restrictions, High and low pressure, up a goal down a goal and any other “situational” exercises that involve entire teams with formations.

Take Over – When a player dribbles ball across the field with the foot furthest from the goal they are attacking. A teammate runs in the opposite direction and takes the ball from them with the same foot. (Right foot to right foot, left foot to left foot)

Taking Players On – see Attacking Dribbling

Target – An attacking player, usually a forward, where the teammates try to play balls directly into them.

Technical Functional Training (T.F. Training) – Training that specific to a position or role of player. It takes place in the area of the field where the player is positioned; the technique to be trained is predetermined. Maximum repetition of the technical skill is provided in the activity, while increasing pressure to make it more like the game, at optimal time of success.

Technical Tactical Functional Training (T.T.F. Training) – The isolation of specific technique(s) in a tactical situation. The practice should be organized to create repetitions to allow the players' technical ability to be trained in a tactical situation. It involves both the technique and the decision made to meet the demand of the game

Technique – Refer to:

- Dribbling
- Finishing
- Passing
- Receiving
- Heading
- Tackling

Third Attacker – see Balance.

Third Defender – see Balance.

Third Man Run – When a player starts a sequence of passing and continues to run. After the initial pass has been made the player who receives the pass gives the ball to someone else who give the ball back to the first man who passed.

Three Toed – Shooting technique where the player strikes ball with outside three toes by pointing toes towards the ground, after striking the ball the player follows through by bringing the knee up and across the body, causing the ball curve with outside spin.

Through Pass – Moving the ball between or over the defending players to a teammate who is in a good position to shoot on the goal. Also “penetrating” and “killer” pass.

Throw In – The method of putting the ball back into play after it has gone out-of-bounds over the touch line. A member of the team opposing the that last touched the ball must throw it onto the field from over his/her head using both hands and keeping a part of each foot on the ground either behind or on the touch line. The ball is thrown in from the point where it went out-of-bounds. A goal cannot be scored directly from a throw in.

Toe Poke – Used for a quick release. A toe poke also has a locked ankle. Not very accurate because the foot surface being used is small.



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Touch Lines – The boundary lines at each side of the field. If a ball goes completely over the touch line, play is stopped and restarted by a throw in from the place where it went out-of-bounds. Also “sidelines.”

Trailer – The player that trails the near/far post runners. They arrive a bit later and the run is focused on the top of the eighteen.

Transition – There are two types a transition from offense to defense and the other is defense to offense.

Trap – See Offside Trap.

Trapping – See Receiving.

Turning on the ball – The act of receiving the ball when facing one’s goal and turning with the ball under control to face the opponent’s goal.

Unrestricted Space – A training term used to designate an area on the field that is not marked off by cones, lines, or flags. Players have the freedom to go anywhere in unrestricted space.

Volley – A kick taken before the ball hits the ground. Usually, the inside or the instep of the foot is used.

Wall – A designated number of players that stand side by side in order to prevent a dead ball entering the goal.

Wall Pass – A pass in which a receiver is used as a wall to redirect the path of the ball. The first player makes a short pass to a teammate, the sprints into open space to receive a return pass. Also “give-and-go.”

Warm Down – see Cool Down

Warm Up – Preparing players to perform in a game or training session. The warm up should reflect what the players are about to encounter. It also gives players a chance to stretch after their muscles are warm.

Wedge – See Chip Pass

Weight – This is how strong or weak you should play the ball to your target.

Zone – A particular area of the field.

1st Touch – see Receiving

1v1 – One attacker and one defender play against each other.

2v1 – Two attackers play against one defender.

4:1 Ratio – The ratio of four positive comments to one instructional comment while coaching players.

90 Degrees – Receiving technique usually used when the opponent is putting pressure from behind. The player touches ball at a 90 degree angle to get away.



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Junior	IV	Pg. 45	Posting Up	#2	1v1 in a Grid	310 192
Senior	V	Pg. 45	Dribble & Finish	#2	Run & Finish w/ Defender	310 212
Senior	V	Pg. 45	Dribble & Finish	#3	8v8 w/ Breakaways	310 212

Attacking Set Pieces (ASP)						
Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 39	Set Pieces	#All	All	310 158

Attacking 1/3						
Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 35	Choices	#3	8vWalking	310 134
Bantam	II	Pg. 36	Technique	#3	Patterns w/Shot	310 135
Bantam	II	Pg. 39	Creating Shots	#3	7v0 Pattern Play; Finish w/a Shot on Goal	310 138
Bantam	II	Pg. 46	From the Flank	#3	3v2 in the Box	310 143
Bantam	II	Pg. 48	Trap and Shoot	#3	Patterns w/Shot	310 145
Bantam	II	Pg. 51	Wall Pass	#3	4v2 Going to Goal	310 148
Youth	III	Pg. 34	1 Touch	#2	3v2 in the Box	310 153
Youth	III	Pg. 34	1 Touch	#3	3v2/2v3 Box on Box	310 153



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Youth	III	Pg. 35	3 Player Combinations	#4	7v0 Pattern Play	310 154
Youth	III	Pg. 59	Attacking 3 rd	#2	Patterns in the Attacking 3 rd	310 174
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184
Senior	V	Pg. 34	T.T.F. Training For Strikers	#4	8v8 w/ GK's	310 203
Senior	V	Pg. 39	Situational	#3	11v11 Beating a Trap	310 208
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Avoiding Dribbling

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 44	Individual Skills	#3	1v1 Small Goals	310 161
Youth	III	Pg. 45	Avoiding Pressure	#2	1v2 Transition	310 162
Junior	IV	Pg. 32	Carrying	#2	Dribbling Races	310 181
Junior	IV	Pg. 32	Carrying	#3	Multiple Goals	310 181
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182

Balance

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 51	Team Shape	#All	All	310 168
Youth	III	Pg. 52	Team Shape	#All	All	310 169
Youth	III	Pg. 61	Balance	#3	Pressure, Cover and Balance 5v5 w/ GK's	310 176
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#All	Mid to Att 1/3 Defending 8v8 w/ GK's	310 199

Ball Control (because this is one of the categories, see all Ball Control Sessions - A)

Micro	I	Pg. 32	Footwork	#1	Juggling U6	310 101
Micro	I	Pg. 32	Footwork	#2	Footwork 1, 2, 3, 4	310 101
Micro	I	Pg. 44	Footwork	#1	Juggling U7	310 111
Bantam	II	Pg. 45	Technique	#1	In 2's 18, 19, 20, 21, 22	310 142
Bantam	II	Pg. 45	Technique	#2	Dribbling in Two's	310 142
Youth	III	Pg. 32	Individual Skills	#1	Juggling U11	310 151
Youth	III	Pg. 32	Individual Skills	#2	Footwork 23, 24, 25, 26, 27	310 151
Youth	III	Pg. 32	Individual Skills	#3	Self Throws	310 151
Youth	III	Pg. 36	Receiving Ground Balls	#1	4v2 2-touch	310 155
Youth	III	Pg. 44	Individual Skills	#1	Juggling U12	310 161
Youth	III	Pg. 47	Direct Play	#1	Long Balls in 4's	310 164
Youth	III	Pg. 56	Individual Skills	#1	Juggling U13	310 171
Junior	IV	Pg. 32	Carrying	#1	Juggling U14	310 181
Junior	IV	Pg. 32	Carrying	#2	Dribbling Races	310 181
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182
Junior	IV	Pg. 36	Games	#1	Chip & Juggle 3 times	310 185
Junior	IV	Pg. 36	Games	#4	Two Touch Tennis 1v1	310 185
Senior	V	Pg. 32	Creativity	#1	Juggling U16	310 201
Senior	V	Pg. 32	Creativity	#4	Soccer Tennis, 3v3	310 201
Senior	V	Pg. 44	Hockey Style	#1	Juggling U17	310 211

Ball Side

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#All	All	310 199

Bending the Ball

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 46	From the Flank	#1	Instep, Side Foot, Bent	310 143
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183
Junior	IV	Pg. 34	Finishing Off Crosses	#4	Shooting Contest	310 183
Junior	IV	Pg. 36	Games	#2	Horse Shoes	310 185

Bent Run

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#1	N & F Post w/ Defenders	310 177



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Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#2	N & F Post w/ Def. add Overlap	310 177
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Bicycle

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 34	Finishing Off Crosses	#1	Side Volley, Side Bike, Bike	310 183
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183

Block Tackle

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 61	Intro to Tackling	#2	Block Shielding	310 126
Micro	I	Pg. 61	Intro to Tackling	#3	1v1 Lane Game	310 126
Bantam	II	Pg. 49	Tackling	#1	Standing Block	310 146
Bantam	II	Pg. 49	Tackling	#2	1v1 One Goal	310 146
Bantam	II	Pg. 49	Tackling	#3	2v2 GK's One Goal	310 146
Youth	III	Pg. 37	Tackling	#2	1 st Defender 1v1 w/ Lanes	310 156
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182

Blind Side Run

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Box on Box

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 34	1 Touch	#4	5v5 w/ GK's; Box on Box	310 153
Youth	III	Pg. 46	Technical Functional Finishing	#1	Box on Box 5v5	310 163
Junior	IV	Pg. 34	Finishing Off Crosses	#3	4v4 Competition w/ GK's	310 183
Junior	IV	Pg. 38	Defensive Heading	#2	3v3+3v3 w/ 2 Lanes	310 187
Junior	IV	Pg. 46	Long Distance	#2	3v2/2v3	310 193
Junior	IV	Pg. 46	Long Distance	#3	3v2/2v3 w/ Crossover	310 193
Senior	V	Pg. 46	T.F. Training	#3	5v5 w/ Bumpers	310 213
Senior	V	Pg. 46	T.F. Training	#4	5v5 Winner Holds the Floor	310 213

Bullet Player

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 40	Set Pieces	#1	11v4 Walk Through	310 159
Youth	III	Pg. 40	Set Pieces	#2	11v11 w/ Stoppages	310 159

Button Hook (see Hook)

Carrying

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 33	Carrying	#2	In 3's Dribble Up & Back	310 132
Bantam	II	Pg. 33	Carrying	#3	Carrying; 1v0 w/GK's; 1v1 Chase	310 132
Youth	III	Pg. 57	Carrying	#1	Giant Slalom	310 172
Youth	III	Pg. 57	Carrying	#2	2v1 Fight Free	310 172
Youth	III	Pg. 57	Carrying	#3	1v1 Breakaway	310 172
Youth	III	Pg. 61	Balance	#1	Pressure 1v1 w/ GK's	310 176
Junior	IV	Pg. 32	Carrying	#3	Multiple Goals	310 181
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#2	2v3 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#3	3v4 w/ GK's	310 186
Senior	V	Pg. 45	Dribble & Finish	#2	Run & Finish w/ Defender	310 212

Centering (see Cross)

Challenging (because this is one of the categories, see all Challenging Sessions - F)

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 37	Winning the Ball	#1	Numbers Game	310 106



PROGRESSION

Micro	I	Pg. 52	Games	#2	1v1 Keep Away	310 119
Micro	I	Pg. 61	Intro to Tackling	#All	All	310 126
Youth	III	Pg. 37	Tackling	#1	Slide tackling	310 156
Youth	III	Pg. 37	Tackling	#3	1 st Defender 7v7/1v1	310 156
Youth	III	Pg. 38	Technique	#3	Defensive Heading	310 157
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186
Junior	IV	Pg. 49	Rhythm of Play	#All	All	310 196
Senior	V	Pg. 37	T.F. Training Backs	#All	All	310 206
Senior	V	Pg. 49	Midfield Defending	#1	1v1 Fast & Tight	310 216
Senior	V	Pg. 49	Midfield Defending	#2	7v8 No Transition	310 216
Senior	V	Pg. 49	Midfield Defending	#3	7v8 w/ 3 Goals	310 216

Channeling

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186

Charging (see Shoulder Tackle)

Check Away (see Checking)

Check To (see Checking)

Checking

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Chip Pass

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 36	Receiving Ground Balls	#2	In 3's Short, Short, Long	310 155
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183
Junior	IV	Pg. 36	Games	#1	Chip & Juggle 3 times	310 185
Junior	IV	Pg. 36	Games	#2	Horse Shoes	310 185

Clearing

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 40	Set Pieces	#1	11v4 Walk Through	310 159
Youth	III	Pg. 40	Set Pieces	#2	11v11 w/ Stoppages	310 159

Closing Down (see Pressure)

Collecting (see Receiving)

Combination Play

- see Double Pass
- see Dummy Take-Over
- see Overlap
- see Reverse Wall Pass
- see Take Over
- see Third Man Run
- see Wall Pass

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 51	Intro to Combinations	#1	2v0 to Goal	310 118
Micro	I	Pg. 63	Combinations	#1	4v4 Walk Soccer	310 128
Micro	I	Pg. 63	Combinations	#2	1v1+2	310 128
Bantam	II	Pg. 40	Introduction	#3	1v1 w/Floater	310 139
Bantam	II	Pg. 46	From the Flank	#3	3v2 in the Box	310 143
Bantam	II	Pg. 51	Wall Pass	#3	4v2 Going to Goal	310 148
Youth	III	Pg. 33	Shielding	#3	Take Over; Fake Take Over; 2v1	310 152
Youth	III	Pg. 34	1 Touch	#2	3v2 in the Box	310 153
Youth	III	Pg. 34	1 Touch	#3	3v2/2v3 Box on Box	310 153
Youth	III	Pg. 35	3 Player Combinations	#All	All	310 154



PROGRESSION

Youth	III	Pg. 60	Receiving Out of the Air	#2	3v3+3v3 with 3 Zones	310 175
Junior	IV	Pg. 35	Combination Play	#1	Combination Play in 3's	310 184
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198
Senior	V	Pg. 33	Dribble & Cross	#2	Move on Flank & Cross	310 202
Senior	V	Pg. 33	Dribble & Cross	#3	Combine, Dribble & Cross	310 202
Senior	V	Pg. 34	T.T.F. Training For Strikers	#1	Patterns	310 203
Senior	V	Pg. 34	T.T.F. Training For Strikers	#3	2v3/3v2 w/ Crossover	310 203
Senior	V	Pg. 34	T.T.F. Training For Strikers	#4	8v8 w/ GK's	310 203

Condensing the Field

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 40	Defending in the Defensive 3 rd	#All	Defending in the Defensive 3 rd	310 189
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#All	All	310 199

Controlling (see Receiving)

Cool Down

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 59	Attacking 3 rd	#4	Cool Down	310 174

Counter

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 37	1v1 Defending	#3	1v1 Two Goals	310 136
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#4	Patterns 8v6	310 177
Senior	V	Pg. 36	Direct Play	#1	11v11 Find Target (T)	310 205
Senior	V	Pg. 36	Direct Play	#2	11v11 Target Under 3	310 205
Senior	V	Pg. 39	Situational	#2	Counter Attack	310 208
Senior	V	Pg. 39	Situational	#3	11v11 Beating a Trap	310 208
Senior	V	Pg. 40	Transition Defense to Offense	#2	9v7 w/ GK's	310 209
Senior	V	Pg. 40	Transition Defense to Offense	#3	9v7 w/ GK's	310 209
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218
Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218

Cover

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 49	Pressure and Cover	#2	2 nd Defender 2v2	310 166
Youth	III	Pg. 52	Team Shape	#All	All	310 169
Youth	III	Pg. 61	Balance	#2	Pressure and Cover 2v2 w/ GK's	310 176
Youth	III	Pg. 61	Balance	#3	Pressure, Cover and Balance 5v5 w/ GK's	310 176
Junior	IV	Pg. 37	Transition D-O	#2	2v3 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#3	3v4 w/ GK's	310 186
Junior	IV	Pg. 40	Def in Def 1/3	#All	Def. in the Def. 1/3	310 189
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#All	All	310 199

Creating Numbers

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 49	Rhythm of Play	#All	All	310 196

Creativity

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 45	Avoiding Pressure	#1	Shadow Dribble	310 162
Youth	III	Pg. 46	Technical Functional Finishing	#3	Two GK's Turn and Go 1v1	310 163



PROGRESSION

Youth	III	Pg. 56	Individual Skills	#3	8v8 Triangle Goals	310 171
Junior	IV	Pg. 35	Combination Play	#4	8v8 Small Sided Game	310 184
Junior	IV	Pg. 44	Tight Dribbling	#2	1v1 Common Goal	310 191
Junior	IV	Pg. 44	Tight Dribbling	#3	1v2 Common Goal	310 191
Junior	IV	Pg. 44	Tight Dribbling	#4	4v4 Goal Game	310 191
Junior	IV	Pg. 47	Possession	#1	6v2 w/ Transition	310 194
Senior	V	Pg. 32	Creativity	#2	Passing w/ Tricks	310 201
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Crossing

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 46	From the Flank	#2	Cross/Overlap	310 143
Youth	III	Pg. 46	Technical Functional Finishing	#4	Crossing	310 163
Youth	III	Pg. 48	2 Touch Finishing	#3	Receive off a Cross, 2-touch Shot	310 165
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#2	Crossing and Finishing w/ One Runner	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#1	N & F Post w/ Defenders	310 177
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#2	N & F Post w/ Def. add Overlap	310 177
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#3	N & F Post w/ 2 D	310 177
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183
Junior	IV	Pg. 38	Defensive Heading	#2	3v3+3v3 w/ 2 Lanes	310 187
Junior	IV	Pg. 38	Defensive Heading	#3	2v1 Lane on the Flanks	310 187
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197
Junior	IV	Pg. 50	T.F. Training	#4	Crossing & Finishing Off of 2 Touch	310 197
Senior	V	Pg. 33	Dribble & Cross	#2	Move on Flank & Cross	310 202
Senior	V	Pg. 33	Dribble & Cross	#3	Combine, Dribble & Cross	310 202
Senior	V	Pg. 50	Crossing Off 1 Touch	#1	Calisthenics & Heading	310 217
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217
Senior	V	Pg. 50	Crossing Off 1 Touch	#4	Crossing Off 1 Touch	310 217

Curling Run (see Bent Run)

Curving Pass (see Bending the Ball)

Dead Ball

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 39	Set Pieces	#2	11v11 w/ Stoppages	310 158

Decoy Run (see Checking)

Defending (because this is one of the categories, see all Defending - I)

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 37	Winning the Ball	#1	Numbers Game	310 106
Micro	I	Pg. 52	Games	#2	1v1 Keep Away	310 119
Micro	I	Pg. 61	Intro to Tackling	#1	Standing Block Tackle	310 126
Micro	I	Pg. 61	Intro to Tackling	#2	Block Shielding	310 126
Micro	I	Pg. 61	Intro to Tackling	#3	1v1 Lane Game	310 126
Micro	I	Pg. 64	1v1 Defending	#1	1v1 Common Goal	310 129
Micro	I	Pg. 64	1v1 Defending	#2	1v1 Line Soccer	310 129
Micro	I	Pg. 64	1v1 Defending	#3	1v1 Numbers Game	310 129
Bantam	II	Pg. 37	1v1 Defending	#1	1v1 Shadow	310 136
Bantam	II	Pg. 37	1v1 Defending	#2	1v1 Big Goal	310 136
Bantam	II	Pg. 37	1v1 Defending	#3	1v1 Two Goals	310 136
Bantam	II	Pg. 40	Introduction	#1	2v1 Keep Away	310 139



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Bantam	II	Pg. 40	Introduction	#2	1v2 One Direction	310 139
Bantam	II	Pg. 40	Introduction	#3	1v1 w/Floater	310 139
Bantam	II	Pg. 49	Tackling	#2	1v1 GK's One Goal	310 146
Bantam	II	Pg. 49	Tackling	#3	2v2 GK's One Goal	310 146
Bantam	II	Pg. 52	Delaying	#1	In 2's; 1v1 Passive	310 149
Bantam	II	Pg. 52	Delaying	#2	1v1 Line Soccer	310 149
Bantam	II	Pg. 52	Delaying	#3	2v2 GK's	310 149
Youth	III	Pg. 45	Avoiding Pressure	#3	1v1 Big Goal and Outside the Box	310 162
Youth	III	Pg. 61	Balance	#1	Pressure 1v1 w/ GK's	310 176
Youth	III	Pg. 61	Balance	#2	Pressure and Cover 2v2 w/ GK's	310 176
Youth	III	Pg. 61	Balance	#4	Defending 8v8 w/ GK's	310 176
Youth	III	Pg. 64	4-4-2 & 4-3-3 Formations	#All	All	310 179
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#2	2v3 w/ GK's	310 186
Junior	IV	Pg. 40	Defending in the Defensive 3 rd	#All	Defending in the Defensive 3 rd	310 189
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#All	All	310 199
Senior	V	Pg. 37	T.F. Training Backs	#All	All	310 206
Senior	V	Pg. 38	T.F. Training	#2	Functional	310 207
Senior	V	Pg. 40	Transition Defense to Offense	#1	9v7 w/ GK's no Transition	310 209
Senior	V	Pg. 40	Transition Defense to Offense	#2	9v7 w/ GK's 2 1-Touch Passes	310 209
Senior	V	Pg. 40	Transition Defense to Offense	#3	9v7 w/ GK's to Target and Join	310 209
Senior	V	Pg. 49	Midfield Defending	#1	1v1 Fast & Tight	310 216
Senior	V	Pg. 49	Midfield Defending	#2	7v8 No Transition	310 216
Senior	V	Pg. 49	Midfield Defending	#3	7v8 w/ 3 Goals	310 216
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218
Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218
Senior	V	Pg. 52	Line of Defense	#1	1v1 Shadow Defending	310 219
Senior	V	Pg. 52	Line of Defense	#3	8v8 w/ GK's + 2 N's	310 219

Defensive Set Pieces (DSP)

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 40	Set Pieces	#All	All	310 159

Defensive 1/3

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 39	Playing out of the Back	#1	Def 1/3 to Mid 1/3 Walkthrough	310 188
Junior	IV	Pg. 40	Defending in the Defensive 3 rd	#All	All	310 189
Senior	V	Pg. 37	T.F. Training Backs	#1	Clearing/Challenging Balls from Midfield	310 206
Senior	V	Pg. 37	T.F. Training Backs	#2	4v4 Balls in Behind	310 206
Senior	V	Pg. 40	Transition Defense to Offense	#2	9v7 w/ GK's 2 1-Touch Passes	310 209
Senior	V	Pg. 40	Transition Defense to Offense	#3	9v7 w/ GK's to Target and Join	310 209

Direct Play

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 47	Direct Play	#2	3v3+Targets	310 164
Youth	III	Pg. 47	Direct Play	#3	6v6+Targets	310 164



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Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Senior	V	Pg. 39	Situational	#2	Counter Attack	310 208
Senior	V	Pg. 39	Situational	#3	11v11 Beating a Trap	310 208
Senior	V	Pg. 40	Transition Defense to Offense	#3	9v7 w/ GK's to Target and Join	310 209
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218
Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218

Double Pass

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184

Dribbling (because this is one of the categories, see all Dribbling Sessions - B)

- see Attacking
- see Avoiding
- see Carrying
- see Shielding

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 33	Avoiding	#3	Slalom Multiple Cones	310 102
Micro	I	Pg. 39	Dribbling	#3	Slalom	310 108
Micro	I	Pg. 45	Moves	#2	Move on Cone	310 112
Micro	I	Pg. 57	Moves	#2	Move on Man	310 122
Micro	I	Pg. 58	Shooting	#1	Cones and Shoot	310 123
Bantam	II	Pg. 32	Footwork	#2	Shielding	310 131
Bantam	II	Pg. 33	Carrying	#2	In 3's Dribbling Up & Back	310 132
Bantam	II	Pg. 33	Carrying	#3	Carrying; 1v0 w/GK's; 1v1 Chase	310 132
Bantam	II	Pg. 45	Technique	#2	Dribbling in Two's	310 142
Youth	III	Pg. 32	Individual Skills	#2	Footwork 23, 24, 25, 26, 27	310 151
Youth	III	Pg. 45	Avoiding Pressure	#1	Shadow Dribble	310 162
Youth	III	Pg. 46	Technical Functional Finishing	#3	Two GK's Turn and Go 1v1	310 163
Junior	IV	Pg. 44	Tight Dribbling	#2	1v1 Common Goal	310 191
Junior	IV	Pg. 44	Tight Dribbling	#3	1v2 Common Goal	310 191
Junior	IV	Pg. 45	Posting Up	#All	All	310 192
Senior	V	Pg. 33	Dribble & Cross	#All	All	310 202
Senior	V	Pg. 44	Hockey Style	#2	1v2	310 211
Senior	V	Pg. 44	Hockey Style	#3	2v1	310 211
Senior	V	Pg. 45	Dribble & Finish	#1	Run & Finish	310 212
Senior	V	Pg. 45	Dribble & Finish	#2	Run & Finish w/ Defender	310 212

Drive it (see Driven Ball)

Driven Ball

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 36	Receiving Ground Balls	#2	In 3's Short, Short, Long	310 155
Youth	III	Pg. 47	Direct Play	#1	Long Balls in 4's	310 164
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197

Dummy

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Senior	V	Pg. 34	T.T.F. Training For Strikers	#2	2v3/3v2	310 203
Senior	V	Pg. 34	T.T.F. Training For Strikers	#3	2v3/3v2 w/ Crossover	310 203

Dummy Run (see Checking)

Dummy Take Over

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 33	Shielding	#3	Take Over; Fake Take Over; 2v1	310 152
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184

Face the Field



PROGRESSION

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 39	Playing out of the Back	#All	All	310 188

Fake (see Dribbling)

Fake Take-Over (see Dummy Take-Over)

Far Post

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 50	Heading to Goal	#3	Near and Far Post	310 167
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#1	N & F Post w/ Defenders	310 177
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#2	N & F Post w/ Def. add Overlap	310 177
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#3	N & F Post w/ 2 D	310 177
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Feint (see Dribbling)

Finishing(because this is one of the categories, see all Attacking Sessions - C)

- see Bending
- see Bicycle
- see Full Volley
- see Half Volley
- see Instep
- see Knuckle
- see Toe Poke
- see Three Toed
- see Side Bike
- see Side Foot
- see Volley

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 34	Scoring	#2	Numbers Game	310 103
Micro	I	Pg. 36	1 st Touch	#2	In 2's to Goal	310 105
Micro	I	Pg. 46	Scoring	#3	3v0 to Goal	310 113
Micro	I	Pg. 51	Intro to Combinations	#1	2v0 to Goal	310 118
Micro	I	Pg. 51	Intro to Combinations	#3	Take-Over & Go to Goal	310 118
Micro	I	Pg. 58	Shooting	#1	Cones and Shoot	310 123
Micro	I	Pg. 58	Shooting	#2	Turning Finishing	310 123
Bantam	II	Pg. 34	1v1 & 2v1	#1	Finishing: Different Shots	310 133
Bantam	II	Pg. 34	1v1 & 2v1	#2	1v1 Two Big Goals	310 133
Bantam	II	Pg. 34	1v1 & 2v1	#3	2v1 Big Goals: Lines on Opposite Sides	310 133
Bantam	II	Pg. 38	Technique	#2	Head to Goal	310 137
Bantam	II	Pg. 39	Creating Shots	#1	Fight Free 1 Grid	310 138
Bantam	II	Pg. 39	Creating Shots	#2	Take Over w/Shot	310 138
Bantam	II	Pg. 39	Creating Shots	#3	7v0 Pattern Play; Finish w/a Shot on Goal	310 138
Bantam	II	Pg. 46	From the Flank	#2	Cross/Overlap	310 143
Bantam	II	Pg. 46	From the Flank	#3	3v2 in the Box	310 143
Bantam	II	Pg. 47	Pass and Shoot	#2	Pass/Shot 5 in a Row	310 144
Bantam	II	Pg. 48	Trap and Shoot	#2	Pass/Trap/Shot 5 in a Row	310 145
Bantam	II	Pg. 50	Heading to Goal	#2	2v2 Competition for Scoring in a Small Goal	310 147
Youth	III	Pg. 34	1 Touch	#1	Different Types of Shots	310 153
Youth	III	Pg. 34	1 Touch	#2	3v2 in the Box	310 153
Youth	III	Pg. 34	1 Touch	#3	3v2/2v3 Box on Box	310 153
Youth	III	Pg. 38	Technique	#1	Head/Catch/Throw	310 157
Youth	III	Pg. 46	Technical Functional	#2	2 Lines on Right Post	310 163



PROGRESSION

Youth	III	Pg. 46	Finishing Technical Functional Finishing	#3	Two GK's Turn and Go 1v1	310 163
Youth	III	Pg. 46	Technical Functional Finishing	#4	Crossing	310 163
Youth	III	Pg. 48	2 Touch Finishing	#2	Technical Functional Training	310 165
Youth	III	Pg. 48	2 Touch Finishing	#3	Receive off a Cross, 2-touch Shot	310 165
Youth	III	Pg. 57	Carrying	#3	1v1 Breakaway	310 172
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#1	Volleys; ½ Volleys; Full Volleys	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#2	Crossing and Finishing w/ One Runner	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Youth	III	Pg. 60	Receiving Out of the Air	#2	3v3+3v3 with 3 Zones	310 175
Junior	IV	Pg. 32	Carrying	#4	Two Ball Soccer	310 181
Junior	IV	Pg. 34	Finishing Off Crosses	#3	4v4 Competition w/ GK's	310 183
Junior	IV	Pg. 34	Finishing Off Crosses	#4	Shooting Contest	310 183
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#2	2v3 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#3	3v4 w/ GK's	310 186
Junior	IV	Pg. 45	Posting Up	#1	Move & a Shot	310 192
Junior	IV	Pg. 45	Posting Up	#2	1v1 in a Grid	310 192
Junior	IV	Pg. 45	Posting Up	#3	1v1 Posting UP	310 192
Junior	IV	Pg. 46	Long Distance	#1	Knuckle, Three Toed, Over Spin	310 193
Senior	V	Pg. 34	T.T.F. Training For Strikers	#2	2v3/3v2	310 203
Senior	V	Pg. 34	T.T.F. Training For Strikers	#3	2v3/3v2 w/ Crossover	310 203
Senior	V	Pg. 45	Dribble & Finish	#1	Run & Finish	310 212
Senior	V	Pg. 46	T.F. Training	#All	All	310 213
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Floater

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 49	Rhythm of Play	#All	All	310 196

Flighted Ball

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 60	Receiving Out of the Air	#1	In 2's Receiving Air Balls	310 175
Youth	III	Pg. 60	Receiving Out of the Air	#2	3v3+3v3 with 3 Zones	310 175
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197
Junior	IV	Pg. 50	T.F. Training	#4	Crossing & Finishing Off of 2 Touch	310 197

Footwork

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 32	Footwork	#2	Footwork 1, 2, 3, 4	310 101
Micro	I	Pg. 33	Avoiding	#3	Slalom Multiple Cones	310 102
Micro	I	Pg. 44	Footwork	#2	Footwork 5, 6, 7, 8	310 111
Micro	I	Pg. 45	Moves	#1	Footwork 5, 6, 7, 8	310 112
Micro	I	Pg. 56	Footwork	#2	Footwork 9, 10, 11, 12	310 121
Micro	I	Pg. 57	Moves	#1	Footwork 9, 10, 11, 12	310 122
Bantam	II	Pg. 32	Footwork	#1	Footwork 13, 14, 15, 16, 17	310 131
Bantam	II	Pg. 33	Carrying	#1	Footwork 13, 14, 15, 16, 17	310 132
Bantam	II	Pg. 44	Footwork	#2	Footwork 18, 19, 20, 21, 22	310 141
Bantam	II	Pg. 45	Technique	#1	In 2's 18, 19, 20, 21, 22	310 142
Bantam	II	Pg. 45	Technique	#2	Dribbling in Two's	310 142
Youth	III	Pg. 32	Individual Skills	#2	Footwork 23, 24, 25, 26, 27	310 151
Youth	III	Pg. 33	Shielding	#1	Footwork 23, 24, 25, 26, 27	310 152
Youth	III	Pg. 44	Individual Skills	#2	Footwork 28, 29, 30, 31, 32, 33	310 161
Youth	III	Pg. 56	Individual Skills	#2	Footwork 34, 35, 36, 37, 38	310 171



PROGRESSION

Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182

Full Volley

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#1	Volleys; ½ Volleys; Full Volleys	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#2	Crossing and Finishing w/ One Runner	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Fun Games (see pg. 15: doc. 310 93)

Games

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 33	Carrying	#4	5v5 w/ GK's	310 132
Bantam	II	Pg. 34	1v1 & 2v1	#4	5v5 w/ GK's	310 133
Bantam	II	Pg. 35	Choices	#4	5v5 w/ GK's	310 134
Bantam	II	Pg. 37	1v1 Defending	#4	5v5 w/ GK's	310 136
Bantam	II	Pg. 39	Creating Shots	#4	5v5 w/ GK's	310 138
Bantam	II	Pg. 40	Introduction	#4	5v5 w/ GK's	310 139
Bantam	II	Pg. 45	Technique	#4	5v5 w/ GK's	310 142
Bantam	II	Pg. 46	From the Flank	#4	5v5 w/ GK's	310 143
Bantam	II	Pg. 48	Trap and Shoot	#4	5v5 w/ GK's	310 145
Bantam	II	Pg. 49	Tackling	#4	5v5 w/ GK's	310 146
Bantam	II	Pg. 50	Heading to Goal	#4	5v5 w/ GK's	310 147
Bantam	II	Pg. 51	Wall Pass	#4	5v5 w/ GK's	310 148
Bantam	II	Pg. 52	Delaying	#4	5v5 w/ GK's	310 149
Youth	III	Pg. 34	1 Touch	#4	5v5 w/ GK's Box on Box	310 153
Youth	III	Pg. 35	3 Player Combinations	#4	7v7 w/ GK's	310 154
Youth	III	Pg. 37	Tackling	#4	8v8 w/ GK's	310 156
Youth	III	Pg. 38	Technique	#4	7v7 w/ GK's	310 157
Youth	III	Pg. 39	Set Pieces	#3	11v11 w/ Coach on Field	310 158
Youth	III	Pg. 39	Set Pieces	#4	11v11 w/ Coach off Field	310 158
Youth	III	Pg. 40	Set Pieces	#3	11v11 Coach on Field	310 159
Youth	III	Pg. 40	Set Pieces	#4	11v11 Coach off Field	310 159
Youth	III	Pg. 44	Individual Skills	#4	2 Big Goals, 2 Small Goals	310 161
Youth	III	Pg. 45	Avoiding Pressure	#4	7v7 w/ GK's	310 162
Youth	III	Pg. 46	Technical Functional Finishing	#1	Box on Box 5v5	310 163
Youth	III	Pg. 47	Direct Play	#4	7v7 w/ GK's	310 164
Youth	III	Pg. 48	2 Touch Finishing	#4	7v7 w/ GK's	310 165
Youth	III	Pg. 50	Heading to Goal	#4	7v7 w/ GK's	310 167
Youth	III	Pg. 56	Individual Skills	#3	8v8 Triangle Goals	310 171
Youth	III	Pg. 56	Individual Skills	#4	4 Goal Game	310 171
Youth	III	Pg. 57	Carrying	#4	7v7 w/ GK's	310 172
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#4	4v4 Box on Box w/ Bumpers	310 173
Youth	III	Pg. 59	Attacking 3 rd	#1	7v7 w/ GK's	310 174
Youth	III	Pg. 60	Receiving Out of the Air	#4	7v7 w/ GK's	310 175
Youth	III	Pg. 61	Balance	#4	Defending 8v8 w/ GK's	310 176
Youth	III	Pg. 63	4-4-2 & 4-3-3 Formations	#2	11v11 Normal Game	310 178
Youth	III	Pg. 63	4-4-2 & 4-3-3 Formations	#4	11v11 Normal Game	310 178
Junior	IV	Pg. 32	Carrying	#4	Two Ball Soccer	310 181
Junior	IV	Pg. 33	Attacking	#4	8v8 w/ GK's	310 182
Junior	IV	Pg. 37	Transition D-O	#4	8v8 w/ GK's	310 186
Junior	IV	Pg. 38	Def. Heading	#4	8v8 w/ GK's	310 187
Junior	IV	Pg. 40	Def in Def 1/3	#4	8v8 w/ GK's	310 189
Junior	IV	Pg. 45	Posting Up	#4	8v8 w/ GK Common Goal	310 192



PROGRESSION

Junior	IV	Pg. 46	Long Dist. Shoot	#4	8v8 w/ GK's	310 193
Junior	IV	Pg. 47	Possession	#4	8v8 w/ GK's	310 194
Junior	IV	Pg. 48	Turning	#4	8v8 w/ GK's	310 195
Junior	IV	Pg. 49	Rhythm of Play	#4	8v8 w/ GK's	310 196
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#4	8v8 w/ GK's	310 198
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#4	8v8 w/ GK's	310 199
Senior	V	Pg. 33	Dribble & Cross	#4	8v8 w/ GK's	310 202
Senior	V	Pg. 34	T.T.F. Training For Strikers	#4	8v8 w/ GK's	310 203
Senior	V	Pg. 35	Training the Playmaker	#3	8v8 w/ 2 Playmakers	310 204
Senior	V	Pg. 36	Direct Play	#1	11v11 Find Target (T)	310 205
Senior	V	Pg. 36	Direct Play	#2	11v11 Target Under 3	310 205
Senior	V	Pg. 36	Direct Play	#3	11v11 Target and Join	310 205
Senior	V	Pg. 39	Situational	#4	11v11 Normal Game	310 208
Senior	V	Pg. 45	Dribble & Finish	#3	8v8 w/ Breakaways	310 212
Senior	V	Pg. 45	Dribble & Finish	#4	8v8 w/ GK's	310 212
Senior	V	Pg. 46	T.F. Training	#1	Volley/Catch/Throw	310 213
Senior	V	Pg. 47	Switching the Attack	#2	9v7 Working w/ Mid's & Fwd's	310 214
Senior	V	Pg. 47	Switching the Attack	#3	8v10	310 214
Senior	V	Pg. 52	Line of Defense	#2	9v9 Possession Game	310 219

Game with Restrictions

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 52	Games	#3	6v6 Line Soccer	310 119
Micro	I	Pg. 56	Footwork	#4	3v3 Line Soccer	310 121
Micro	I	Pg. 57	Moves	#3	Moving Goal	310 122
Micro	I	Pg. 57	Moves	#1	3v3 Line Soccer	310 122
Bantam	II	Pg. 44	Footwork	#4	6v6 Line Soccer	310 141
Bantam	II	Pg. 45	Technique	#3	6v6 Triangle Big Goals w/Neutral Area	310 142
Youth	III	Pg. 36	Receiving Ground Balls	#3	8v8 Hockey Style 2-touch	310 155
Youth	III	Pg. 37	Tackling	#3	1 st Defender 7v7/1v1	310 156
Youth	III	Pg. 60	Receiving Out of the Air	#3	7v7 w/ GK's	310 175
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182
Junior	IV	Pg. 38	Defensive Heading	#3	2v1 Lane Game	310 187
Senior	V	Pg. 37	T.F. Training Backs	#3	8v8 Small Sided Everyone on Own Half	310 206
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218
Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218
Senior	V	Pg. 52	Line of Defense	#3	8v8 w/ GK's + 2 N's	310 219

Give and Go (see Wall Pass)

Goal Side

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 61	Balance	#1	Pressure 1v1 w/ GK's	310 176
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182

Half Volley

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 48	2 Touch Finishing	#1	Turn and Shoot: & in Air etc	310 165
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Heading (because this is one of the categories, see all Attacking Sessions - G)

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 50	Intro to Heading	#1	Ball Gymnastics & Heading	310 117
Micro	I	Pg. 50	Intro to Heading	#2	Juggling Circle	310 117
Micro	I	Pg. 62	Heading	#1	Heading	310 127
Micro	I	Pg. 62	Heading	#2	Juggling Circle	310 127



PROGRESSION

Bantam	II	Pg. 38	Technique	#1	In 2's for Partner Throws	310 137
Bantam	II	Pg. 38	Technique	#2	Head to Goal	310 137
Bantam	II	Pg. 50	Heading to Goal	#1	In Two's Brazil: All Body Parts	310 147
Bantam	II	Pg. 50	Heading to Goal	#2	2v2 Competition for Scoring in a Small Goal	310 147
Bantam	II	Pg. 50	Heading to Goal	#3	Light Punt	310 147
Youth	III	Pg. 38	Technique	#1	Head/Catch/Throw	310 157
Youth	III	Pg. 38	Technique	#2	Windows	310 157
Youth	III	Pg. 38	Technique	#3	Defensive Heading	310 157
Youth	III	Pg. 50	Heading to Goal	#1	Head Juggling, 1 Touch, 2 Touch	310 167
Youth	III	Pg. 50	Heading to Goal	#2	In3's: Short/Short/Long Heading	310 167
Youth	III	Pg. 50	Heading to Goal	#3	Near and Far Post	310 167
Junior	IV	Pg. 38	Defensive Heading	#1	Heading in 2 Lines	310 187
Junior	IV	Pg. 38	Defensive Heading	#2	3v3+3v3 w/ 2 Lanes	310 187
Junior	IV	Pg. 38	Defensive Heading	#3	2v1 Lane on the Flanks	310 187
Junior	IV	Pg. 50	T.F. Training	#1	Team Soccer Tennis	310 197
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197
Junior	IV	Pg. 50	T.F. Training	#4	Crossing & Finishing Off of 2 Touch	310 197
Senior	V	Pg. 38	T.F. Training	#1	"Layup"	310 207
Senior	V	Pg. 38	T.F. Training	#2	Functional	310 207
Senior	V	Pg. 50	Crossing Off 1 Touch	#1	Calisthenics & Heading	310 217
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217
Senior	V	Pg. 50	Crossing Off 1 Touch	#4	Crossing Off 1 Touch	310 217

High Pressure

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218
Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218

Hook

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Instep

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 46	From the Flank	#1	Instep, Side Foot, Bent	310 143
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 34	Finishing Off Crosses	#4	Shooting Contest	310 183

Inside Pass (see Side Foot Pass)

Juggling

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 44	Footwork	#1	Juggling U7	310 111
Micro	I	Pg. 50	Intro to Heading	#2	Juggling Circle	310 117
Micro	I	Pg. 56	Footwork	#1	Juggling U8	310 121
Micro	I	Pg. 62	Heading	#2	Juggling Circle	310 127
Bantam	II	Pg. 32	Footwork	#1	Juggling U9	310 131
Bantam	II	Pg. 36	Technique	#1	Juggle Twice & Different Traps	310 135
Bantam	II	Pg. 44	Footwork	#1	Juggling U10	310 141
Youth	III	Pg. 32	Individual Skills	#1	Juggling U11	310 151
Youth	III	Pg. 44	Individual Skills	#1	Juggling U12	310 161
Youth	III	Pg. 50	Heading to Goal	#1	Head Juggling, 1 Touch, 2 Touch	310 167
Youth	III	Pg. 50	Heading to Goal	#2	In3's: Short/Short/Long Heading	310 167
Youth	III	Pg. 56	Individual Skills	#1	Juggling U13	310 171
Junior	IV	Pg. 36	Games	#1	Chip & Juggle 3 times	310 185
Junior	IV	Pg. 36	Games	#4	Two Touch Tennis 1v1	310 185
Junior	IV	Pg. 38	Defensive Heading	#1	Heading in 2 Lines	310 186
Junior	IV	Pg. 44	Tight Dribbling	#1	Juggling U15	310 191
Senior	V	Pg. 32	Creativity	#1	Juggling U16	310 201



PROGRESSION

Keep Away Games

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 35	Choices	#1	3v1	310 134
Bantam	II	Pg. 47	Pass and Shoot	#1	5v2	310 144
Youth	III	Pg. 36	Receiving Ground Balls	#1	4v2 2-touch	310 155
Youth	III	Pg. 47	Direct Play	#2	3v3+Targets	310 164
Youth	III	Pg. 47	Direct Play	#3	6v6+Targets	310 164
Junior	IV	Pg. 36	Games	#3	8v8 Keep Away w/ GK's	310 185
Junior	IV	Pg. 47	Possession	#1	6v2 w/ Transition	310 194
Junior	IV	Pg. 47	Possession	#2	8v3/3v8 2 Zones	310 194
Junior	IV	Pg. 47	Possession	#3	6v6v6	310 194
Senior	V	Pg. 52	Line of Defense	#2	9v9 Possession Game	310 219

Knuckle

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 46	Long Distance	#1	Knuckle, Three Toed, Over Spin	310 193

Large Group Tactics (see specific topics)

Lay Up

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
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Line of Confrontation

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 52	Team Shape	#All	All	310 169
Youth	III	Pg. 64	4-4-2 & 4-3-3 Formations	#1	11v4 Walk Through, 4-4-2	310 179
Youth	III	Pg. 64	4-4-2 & 4-3-3 Formations	#3	11v4 Walk Through, 4-3-3	310 179
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#All	All	310 199

Long Distance Shooting

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 46	Long Distance	#1	Knuckle, Three Toed, Over Spin	310 193
Junior	IV	Pg. 46	Long Distance	#2	3v2/2v3	310 193

Low Pressure

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 46	Long Distance	#2	3v2/2v3	310 193

Midfield 1/3

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Senior	V	Pg. 49	Midfield Defending	#1	1v1 Fast & Tight	310 216
Senior	V	Pg. 49	Midfield Defending	#2	7v8 No Transition	310 216
Senior	V	Pg. 49	Midfield Defending	#3	7v8 w/ 3 Goals	310 216

Moves

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182
Senior	V	Pg. 34	T.T.F. Training For Strikers	#1	Patterns	310 203

Muscle Memory

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#1	Volleys; ½ Volleys; Full Volleys	310 173
Junior	IV	Pg. 34	Finishing Off Crosses	#1	Side Volley, Side Bike, Bike	310 183
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183
Junior	IV	Pg. 45	Posting Up	#1	Move & a Shot	310 192

Neutral Player

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 35	3 Player Combinations	#3	5v5 + 2 Neutral (N)	310 154



PROGRESSION

Senior	V	Pg. 52	Line of Defense	#3	8v8 w/ GK's + 2 N's	310 167
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Near Post

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 50	Heading to Goal	#3	Near and Far Post	310 167
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#2	Crossing and Finishing w/ One Runner	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#1	N & F Post w/ Defenders	310 177
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#2	N & F Post w/ Def. add Overlap	310 177
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#3	N & F Post w/ 2 D	310 177
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197
Senior	V	Pg. 46	T.F. Training	#2	T.F. Training	310 213
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Obstruction

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 40	Defending in the Defensive 3 rd	#All	All	310 189

Offside Trap

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 40	Defending in the Defensive 3 rd	#All	All	310 189
Senior	V	Pg. 39	Situational	#3	11v11 Beating a Trap	310 208
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218
Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218
Senior	V	Pg. 52	Line of Defense	#3	8v8 w/ GK's + 2 N's	310 219

On Side Run

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Outside of the Foot

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
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Overlapping Run

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 46	From the Flank	#2	Cross/Overlap	310 143
Youth	III	Pg. 59	Attacking 3 rd	#2	Patterns in the Attacking 3 rd	310 174
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#2	N & F Post w/ Def. add Overlap	310 177
Junior	IV	Pg. 35	Combination Play	#1	Combination Play in 3's	310 184
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#2	2v3 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#3	3v4 w/ GK's	310 186

Over Spin

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 46	Long Distance	#1	Knuckle, Three Toed, Over Spin	310 193

Passing (because this is one of the categories, see all Attacking Sessions - D)

- see Side Foot Pass
- see Instep
- see Toe Poke
- see Outside
- see Driven Ball



PROGRESSION

- see Heal
- see Full Volley
- see Half Volley
- see Side Volley
- see Chip Pass
- see Push Pass
- see Square Pass

For specifics on these topics, see the glossary definition for each.

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 35	Technique	#1	In 2's	310 104
Micro	I	Pg. 35	Technique	#2	Gate Passing	310 104
Micro	I	Pg. 36	1 st Touch	#2	In 2's to Goal	310 105
Micro	I	Pg. 36	1 st Touch	#3	3v0 Pattern Play	310 105
Micro	I	Pg. 47	Technique	#1	In 2's	310 114
Micro	I	Pg. 59	Technique	#1	Ball Gymnastics & In 2's	310 124
Micro	I	Pg. 59	Technique	#2	3v0 Box Passing	310 124
Micro	I	Pg. 59	Technique	#3	4v4 Windows	310 124
Bantam	II	Pg. 35	Choices	#1	3v1	310 134
Bantam	II	Pg. 35	Choices	#2	Toss in Two's Brazil	310 134
Bantam	II	Pg. 35	Choices	#3	8 v Walking	310 134
Bantam	II	Pg. 36	Technique	#2	2 Lines: Pass & Run to the End/Pass and Run to the Opposite Line/Take Over/Wall Pass	310 135
Bantam	II	Pg. 36	Technique	#3	Patterns w/Shot	310 135
Bantam	II	Pg. 47	Pass and Shoot	#1	5v2	310 144
Bantam	II	Pg. 47	Pass and Shoot	#3	Zone Game (Pass in Zone for a Point)	310 144
Bantam	II	Pg. 48	Trap and Shoot	#1	In 3's	310 145
Youth	III	Pg. 35	3 Player Combinations	#1	3 Player Combinations	310 154
Youth	III	Pg. 35	3 Player Combinations	#2	2v2 w/ Bumpers	310 154
Youth	III	Pg. 35	3 Player Combinations	#3	5v5+2 Neutral (N)	310 154
Youth	III	Pg. 36	Receiving Ground Balls	#2	In 3's Short, Short, Long	310 155
Youth	III	Pg. 46	Technical Functional Finishing	#2	2 Lines on Right Post	310 163
Youth	III	Pg. 47	Direct Play	#1	Long Balls in 4's	310 164
Youth	III	Pg. 47	Direct Play	#3	6v6+Targets	310 164
Youth	III	Pg. 59	Attacking 3 rd	#2	Patterns in the Attacking 3 rd	310 174
Youth	III	Pg. 59	Attacking 3 rd	#3	Triangle Passing	310 174
Youth	III	Pg. 60	Receiving Out of the Air	#1	In 2's Receiving Air Balls	310 175
Youth	III	Pg. 60	Receiving Out of the Air	#2	3v3+3v3 with 3 Zones	310 175
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Junior	IV	Pg. 47	Possession	#All	All	310 194
Senior	V	Pg. 35	Training the Playmaker	#1	Passing in 2's	310 204
Senior	V	Pg. 35	Training the Playmaker	#3	8v8 w/ 2 Playmakers	310 204
Senior	V	Pg. 47	Switching the Attack	#1	T.F. Backs/Mids	310 214
Senior	V	Pg. 47	Switching the Attack	#2	9v7 Working w/ Mid's & Fwd's	310 214
Senior	V	Pg. 47	Switching the Attack	#3	8v10	310 214

Pattern Play

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 36	1 st Touch	#3	3v0 Pattern Play	310 105
Micro	I	Pg. 63	Combinations	#3	4v0 Patterns	310 128
Bantam	II	Pg. 35	Choices	#3	8vWalking	310 134
Bantam	II	Pg. 36	Technique	#3	Patterns w/Shot	310 135
Bantam	II	Pg. 39	Creating Shots	#3	7v0 Pattern Play; Finish w/a Shot on Goal	310 138
Bantam	II	Pg. 48	Trap and Shoot	#3	Patterns w/Shot	310 145
Youth	III	Pg. 36	Receiving	#4	11v0 Patterns 2-touch	310 155



PROGRESSION

Youth	III	Pg. 51	Ground Balls	#All	All	310 168
Youth	III	Pg. 62	Team Shape	#4	Patterns 8v6	310 177
Youth	III	Pg. 63	Near, Far & Trailer w/ Defenders	#1	11v4 Walk Through, 4-4-2	310 178
Youth	III	Pg. 63	4-4-2 & 4-3-3 Formations	#3	11v4 Walk Through, 4-3-3	310 178
Junior	IV	Pg. 35	4-4-2 & 4-3-3 Formations	#2	Patterns in Attacking 1/3	310 184
Junior	IV	Pg. 50	Combination Play	#2	N, F & T w/ 2 Defenders	310 197
Senior	V	Pg. 34	T.F. Training For Strikers	#1	Patterns	310 203

Penetrating Run

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 59	Attacking 3 rd	#2	Patterns in the Attacking 3 rd	310 174
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Playmaker

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Senior	V	Pg. 35	Training the Playmaker	#All	All	310 204

Poke Tackle

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 49	Tackling	#2	1v1 GK's One Goal	310 146
Bantam	II	Pg. 49	Tackling	#3	2v2 GK's One Goal	310 146
Youth	III	Pg. 37	Tackling	#2	1 st Defender 1v1 w/ Lanes	310 156
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182

Possession (see Keep Away Games)

Pressure

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 37	Tackling	#2	1 st Defender 1v1 w/ Lanes	310 156
Youth	III	Pg. 37	Tackling	#3	1 st Defender 7v7/1v1	310 156
Youth	III	Pg. 49	Pressure and Cover	#2	2 nd Defender 2v2	310 166
Youth	III	Pg. 52	Team Shape	#All	All	310 169
Youth	III	Pg. 61	Balance	#1	Pressure 1v1 w/ GK's	310 176
Youth	III	Pg. 61	Balance	#2	Pressure and Cover 2v2 w/ GK's	310 176
Youth	III	Pg. 61	Balance	#3	Pressure, Cover and Balance 5v5 w/ GK's	310 176
Youth	III	Pg. 64	4-4-2 & 4-3-3 Formations	#All	All	310 179
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186
Junior	IV	Pg. 45	Posting Up	#2	1v1 in a Grid	310 192
Junior	IV	Pg. 45	Posting Up	#3	1v1 Posting UP	310 192
Junior	IV	Pg. 52	Mid to Att 1/3 Defending	#All	Mid to Att 1/3 Defending	310 199

Pulling Up or "Step", "Out", "Pull" (see Condensing the field)

Push Pass (see Side Foot)

Receiving (because this is one of the categories, see all Attacking Sessions - E)

- see Body Shape
- see Position
- see Front Foot
- see 90 Degrees
- see Outside of the Foot
- see Kill It
- see Set
- see See the Field
- see Back Foot

For specifics on these topics, see the glossary definition for each.



PROGRESSION

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 36	1 st Touch	#1	In 2's	310 105
Micro	I	Pg. 36	1 st Touch	#2	In 2's to Goal	310 105
Micro	I	Pg. 36	1 st Touch	#3	3v0 Pattern Play	310 105
Micro	I	Pg. 48	1 st Touch	#1	In 2's	310 115
Micro	I	Pg. 48	1 st Touch	#2	Self Toss	310 115
Micro	I	Pg. 48	1 st Touch	#3	In 2's Toss	310 115
Micro	I	Pg. 60	1 st Touch	#1	4v4 Windows	310 125
Micro	I	Pg. 60	1 st Touch	#2	Multiple Goals	310 125
Micro	I	Pg. 60	1 st Touch	#3	4v0	310 125
Bantam	II	Pg. 35	Choices	#1	3v1	310 134
Bantam	II	Pg. 35	Choices	#2	Toss in Two's Brazil	310 134
Bantam	II	Pg. 35	Choices	#3	8 v Walking	310 134
Bantam	II	Pg. 36	Technique	#1	Juggle Twice & Different Traps	310 135
Bantam	II	Pg. 36	Technique	#2	2 Lines: Pass & Run to the End/Pass and Run to the Opposite Line/Take Over/Wall Pass	310 135
Bantam	II	Pg. 36	Technique	#3	Patterns w/Shot	310 135
Bantam	II	Pg. 47	Pass and Shoot	#1	5v2	310 144
Bantam	II	Pg. 47	Pass and Shoot	#3	Zone Game (Pass in Zone for a Point)	310 144
Bantam	II	Pg. 48	Trap and Shoot	#1	In 3's	310 145
Bantam	II	Pg. 48	Trap and Shoot	#2	Pass/Trap/Shot 5 in a Row	310 145
Youth	III	Pg. 32	Individual Skills	#3	Self Throws	310 151
Youth	III	Pg. 36	Receiving Ground Balls	#1	4v2 2-touch	310 155
Youth	III	Pg. 36	Receiving Ground Balls	#2	In 3's Short, Short, Long	310 155
Youth	III	Pg. 36	Receiving Ground Balls	#3	8v8 Hockey Style 2-touch	310 155
Youth	III	Pg. 46	Technical Functional Finishing	#2	2 Lines on Right Post	310 163
Youth	III	Pg. 47	Direct Play	#1	Long Balls in 4's	310 164
Youth	III	Pg. 48	2 Touch Finishing	#2	Technical Functional Training	310 165
Youth	III	Pg. 59	Attacking 3 rd	#3	Triangle Passing	310 174
Youth	III	Pg. 60	Receiving Out of the Air	#1	In 2's Receiving Air Balls	310 175
Youth	III	Pg. 60	Receiving Out of the Air	#2	3v3+3v3 with 3 Zones	310 175
Junior	IV	Pg. 36	Games	#2	Horse Shoes	310 185
Junior	IV	Pg. 36	Games	#4	2 Touch Tennis 1v1	310 185
Junior	IV	Pg. 48	Turning	#All	All	310 195
Junior	IV	Pg. 50	T.F. Training	#4	Crossing & Finishing Off of 2 Touch	310 197
Senior	V	Pg. 36	Direct Play	#1	11v11 Find Target (T)	310 205
Senior	V	Pg. 36	Direct Play	#2	11v11 Target Under 3	310 205
Senior	V	Pg. 36	Direct Play	#3	11v11 Target and Join	310 205
Senior	V	Pg. 48	Playing Out of the Back	#All	All	310 215

Recovery Run

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 57	Carrying	#3	1v1 Breakaway	310 172

Reverse Wall Pass

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Senior	V	Pg. 34	T.T.F. Training For Strikers	#2	2v3/3v2	310 203

Rhythm of Play

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 49	Rhythm of Play	#All	All	310 196
Senior	V	Pg. 39	Situational	#2	Counter Attack	310 208
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218
Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218

Run (player)

-see Bent Run



PROGRESSION

- see Blind Side Run
- see Button Hook
- see Checking
- see Decoy Run
- see Far Post
- see Hook Run
- see Overlapping Run
- see Near Post
- see Recovery Run
- see Through Run

For specifics on these topics, see the glossary definition for each.

Second Defender (see Cover)

Set

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 37	Transition D-O	#1	1v2 w/ GK's	310 186
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197

Scoring (see Finishing)

Self-Toss

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 32	Individual Skills	#3	Self Throws	310 151

Shadow Dribbling

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 37	1v1 Defending	#1	1v1 Shadow	310 136
Youth	III	Pg. 45	Avoiding Pressure	#1	Shadow Dribble	310 162
Senior	V	Pg. 52	Line of Defense	#1	1v1 Shadow Defending	310 219

Shadow Play (see Pattern Play)

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Senior	V	Pg. 52	Line of Defense	#1	1v1 Shadow Defending	310 219

Shielding

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 49	Shielding	#1	Shielding	310 116
Micro	I	Pg. 49	Shielding	#3	Numbers Game	310 116
Micro	I	Pg. 52	Games	#2	1v1 Keep Away	310 119
Bantam	II	Pg. 32	Footwork	#2	Shielding	310 131
Youth	III	Pg. 33	Shielding	#2	Shielding	310 152
Youth	III	Pg. 44	Individual Skills	#3	1v1 Small Goals	310 161
Junior	IV	Pg. 32	Carrying	#3	Multiple Goals	310 181
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182
Senior	V	Pg. 44	Hockey Style	#2	1v2	310 211
Senior	V	Pg. 44	Hockey Style	#3	2v1	310 211

Slalom Dribbling

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 57	Carrying	#1	Giant Slalom	310 172

Shooting (see Finishing)

Side Bike

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 34	Finishing Off Crosses	#1	Side Volley, Side Bike, Bike	310 183
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183

Side Foot

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	II	Pg. 46	From the Flank	#1	Instep, Side Foot, Bent	310 143
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 34	Finishing Off Crosses	#4	Shooting Contest	310 183



PROGRESSION

Junior	IV	Pg. 35	Combination Play	#1	Combination Play in 3's	310 184
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184
Junior	IV	Pg. 35	Combination Play	#4	8v8 Small Sided Game	310 184
Junior	IV	Pg. 47	Possession	#2	8v3/3v8 2 Zones	310 194

Side Volley

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#1	Volleys; ½ Volleys; Full Volleys	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#2	Crossing and Finishing w/ One Runner	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Junior	IV	Pg. 34	Finishing Off Crosses	#1	Side Volley, Side Bike, Bike	310 183
Junior	IV	Pg. 34	Finishing Off Crosses	#2	Crossing & Finishing	310 183

Slide Tackle

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 37	Tackling	#1	Slide tackling	310 156
Youth	III	Pg. 37	Tackling	#2	1 st Defender 1v1 w/ Lanes	310 156
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182

Small Group Tactics (see Tactics)

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 35	3 Player Combinations	#3	5v5+2 Neutral (N)	310 154
Youth	III	Pg. 35	3 Player Combinations	#4	7v0 Pattern Play	310 154

Small-Sided

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 32	Footwork	#4	3v3	310 101
Micro	I	Pg. 33	Avoiding	#4	3v3	310 102
Micro	I	Pg. 34	Scoring	#3	Four Goal Game	310 103
Micro	I	Pg. 34	Scoring	#4	3v3	310 103
Micro	I	Pg. 35	Technique	#4	3v3	310 104
Micro	I	Pg. 36	1 st Touch	#4	3v3	310 105
Micro	I	Pg. 37	Winning the Ball	#4	3v3	310 106
Micro	I	Pg. 38	Fun Games	#4	2 Ball Soccer	310 107
Micro	I	Pg. 39	Dribbling	#4	3v3	310 108
Micro	I	Pg. 40	Games	#4	3v3	310 109
Micro	I	Pg. 44	Footwork	#4	6v6 Game w/ 2 Balls	310 111
Micro	I	Pg. 45	Moves	#3	4v4 Line Soccer	310 112
Micro	I	Pg. 44	Moves	#4	3v3	310 112
Micro	I	Pg. 46	Scoring	#4	3v3	310 113
Micro	I	Pg. 47	Technique	#4	4v4 + 2	310 114
Micro	I	Pg. 48	1 st Touch	#4	4v0/4v4	310 115
Micro	I	Pg. 49	Shielding	#4	3v3	310 116
Micro	I	Pg. 50	Intro to Heading	#4	3v3	310 117
Micro	I	Pg. 51	Intro to Combinations	#4	3v3 Walk Soccer/3v3	310 118
Micro	I	Pg. 52	Games	#4	6v6 2 Balls	310 119
Micro	I	Pg. 58	Shooting	#4	3v3	310 123
Micro	I	Pg. 59	Technique	#4	Hockey Style	310 124
Micro	I	Pg. 60	1 st Touch	#4	4v4	310 125
Micro	I	Pg. 61	Intro to Tackling	#4	3v3	310 126
Micro	I	Pg. 62	Heading	#4	6v6 2 Balls	310 127
Micro	I	Pg. 63	Combinations	#4	4v4 Game	310 128
Micro	I	Pg. 64	1v1 Defending	#4	3v3	310 129
Bantam	II	Pg. 32	Footwork	#3	4 Goal Game on Common End Line w/2 Balls	310 131
Bantam	II	Pg. 32	Footwork	#4	6v6 Small Goals	310 131
Bantam	II	Pg. 36	Technique	#4	Hockey Style	310 135
Bantam	II	Pg. 38	Technique	#3	6v6 Small Goals	310 137
Bantam	II	Pg. 47	Pass and Shoot	#4	5v5 Small Goals	310 144
Youth	III	Pg. 32	Individual Skills	#4	8v8 Small Goal Game	310 151
Youth	III	Pg. 33	Shielding	#4	4v4 Small Goals	310 152
Youth	III	Pg. 49	Pressure and Cover	#3	8v8 Line Soccer	310 166



PROGRESSION

Youth	III	Pg. 49	Pressure and Cover	#4	8v8 Small Goals	310 166
Junior	IV	Pg. 32	Carrying	#3	Multiple Goals	310 181
Junior	IV	Pg. 32	Carrying	#4	Multiple Goals	310 181
Junior	IV	Pg. 33	Attacking	#2	4v4 in the Box + 4 & 4 on End Lines	310 182
Junior	IV	Pg. 35	Combination Play	#4	8v8 Small Sided Game	310 184
Junior	IV	Pg. 44	Tight Dribbling	#4	4 Goal Game	310 191
Senior	V	Pg. 32	Creativity	#3	3v3 Competition	310 201
Senior	V	Pg. 35	Training the Playmaker	#2	5v3+1	310 204
Senior	V	Pg. 37	T.F. Training Backs	#4	9v9 Small Sided	310 206
Senior	V	Pg. 38	T.F. Training	#3	9v9 Small Sided	310 207
Senior	V	Pg. 44	Hockey Style	#1	Juggling U17	310 211
Senior	V	Pg. 44	Hockey Style	#4	9v9 Hockey Style	310 211
Senior	V	Pg. 46	T.F. Training	#3	5v5 w/ Bumpers	310 213
Senior	V	Pg. 46	T.F. Training	#4	5v5 Winner Holds the Floor	310 213

Standing Block Tackle

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 61	Intro to Tackling	#1	Standing Block Tackle	310 126
Micro	I	Pg. 61	Intro to Tackling	#3	1v1 Lane Game	310 126
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182
Junior	IV	Pg. 33	Attacking	#3	8v8/1v1	310 182

Support

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 35	Technique	#3	1v1+1	310 104
Micro	I	Pg. 59	Technique	#2	3v0 Box Passing	310 124
Micro	I	Pg. 63	Combinations	#2	1v1+2	310 128
Bantam	II	Pg. 35	Choices	#1	3v1	310 134
Bantam	II	Pg. 47	Pass and Shoot	#1	5v2	310 144
Bantam	II	Pg. 51	Wall Pass	#2	Wall w/2 "Bumpers"	310 148
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Supporting Defender (see Cover)

Sweep Tackle

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 49	Pressure and Cover	#1	Tackling: Two Footed and Sweep	310 166
Junior	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 182

Switching Point of Attack

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 39	Playing out of the Back	#All	All	310 188
Junior	IV	Pg. 47	Possession	#2	8v3/3v8 2 Zones	310 194
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198
Senior	V	Pg. 47	Switching the Attack	#1	T.F. Backs/Mids	310 214
Senior	V	Pg. 47	Switching the Attack	#2	9v7 Working w/ Mid's & Fwd's	310 214
Senior	V	Pg. 47	Switching the Attack	#3	8v10	310 214
Senior	V	Pg. 48	Playing Out of the Back	#3	Receive & Switch the Point of Attack	310 215
Senior	V	Pg. 48	Playing Out of the Back	#4	8v8 w/ GK's	310 215

Tackle

- see Block Tackle
- see Poke Tackle
- see Shoulder Tackle
- see Slide Tackle
- see Sweep Tackle

For specifics on these topics, see the glossary definition for each.



PROGRESSION

Tactical Functional Training						
Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 63	4-4-2 & 4-3-3 Formations	#1	11v4 Walk Through, 4-4-2	310 178
Youth	III	Pg. 63	4-4-2 & 4-3-3 Formations	#3	11v4 Walk Through, 4-3-3	310 178
Youth	III	Pg. 64	4-4-2 & 4-3-3 Formations	#All	All	310 179
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 Defenders	310 197
Senior	V	Pg. 34	T.T.F. Training For Strikers	#2	2v3/3v2	310 203
Senior	V	Pg. 34	T.T.F. Training For Strikers	#3	2v3/3v2 w/ Crossover	310 203
Senior	V	Pg. 35	Training the Playmaker	#2	5v3+1	310 204
Senior	V	Pg. 35	Training the Playmaker	#3	8v8 w/ 2 Playmakers	310 204
Senior	V	Pg. 46	T.F. Training	#3	5v5 w/ Bumpers	310 213
Senior	V	Pg. 46	T.F. Training	#4	5v5 Winner Holds the Floor	310 213
Senior	V	Pg. 50	Crossing Off 1 Touch	#3	Lane Game	310 217

Take Over						
Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 51	Intro to Combinations	#3	Take-Over & Go to Goal	310 118
Bantam	II	Pg. 36	Technique	#2	2 Lines: Pass & Run to the End/Pass and Run to the Opposite Line/Take Over/Wall Pass	310 135
Bantam	II	Pg. 39	Creating Shots	#2	Take Over w/Shot	310 138
Youth	III	Pg. 33	Shielding	#3	Take Over; Fake Take Over; 2v1	310 152
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184

Taking Players On (see Attacking Dribbling)

Target						
Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 47	Direct Play	#2	3v3+Targets	310 164
Youth	III	Pg. 47	Direct Play	#3	6v6+Targets	310 164
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Junior	IV	Pg. 37	Transition D-O	#3	3v4 w/ GK's	310 186
Junior	IV	Pg. 40	Defending in the Defensive 3 rd	#All	All	310 189
Senior	V	Pg. 36	Direct Play	#1	11v11 Find Target (T)	310 205
Senior	V	Pg. 36	Direct Play	#2	11v11 Target Under 3	310 205
Senior	V	Pg. 36	Direct Play	#3	11v11 Target and Join	310 205
Senior	V	Pg. 39	Situational	#2	Counter Attack	310 208
Senior	V	Pg. 40	Transition Defense to Offense	#3	9v7 w/ GK's to Target and Join	310 209

Technique:						
<ul style="list-style-type: none"> - see Dribbling - see Finishing - see Passing - see Receiving - see Heading - see Tackling 						

Technical Functional Training (T.F. Training)						
Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 36	Receiving Ground Balls	#4	11v0 Patterns 2-touch	310 155
Youth	III	Pg. 46	Technical Functional Finishing	#4	Crossing	310 163
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#1	N & F Post w/ Defenders	310 177



PROGRESSION

Junior	IV	Pg. 50	T.F. Training	#4	Crossing & Finishing Off of 2 Touch Patterns	310 197
Senior	V	Pg. 34	T.T.F. Training For Strikers	#1		310 203
Senior	V	Pg. 37	T.F. Training Backs	#1	Clearing/Challenging Balls from Midfield	310 206
Senior	V	Pg. 37	T.F. Training Backs	#2	4v4 Balls in Behind	310 206
Senior	V	Pg. 37	T.F. Training Backs	#4	9v9 Small Sided	310 206
Senior	V	Pg. 38	T.F. Training	#1	"Lay Up"	310 207
Senior	V	Pg. 47	Switching the Attack	#1	T.F. Backs/Mids	310 214
Senior	V	Pg. 50	Crossing Off 1 Touch	#4	Crossing Off 1 Touch	310 217

Third Attacker (see Balance)

Third Defender (see Balance)

Third Man Run

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 59	Attacking 3 rd	#2	Patterns in the Attacking 3 rd	310 174
Junior	IV	Pg. 35	Combination Play	#1	Combination Play in 3's	310 184
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184
Junior	IV	Pg. 37	Transition D-O	#2	2v3 w/ GK's	310 186
Junior	IV	Pg. 37	Transition D-O	#3	3v4 w/ GK's	310 186

Three Toed

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 46	Long Distance	#1	Knuckle, Three Toed, Over Spin	310 193
Senior	V	Pg. 46	T.F. Training	#2	T.F. Training	310 213

Through Pass

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Junior	IV	Pg. 51	Playing in the Mid to Att 1/3	#All	All	310 198

Toe Poke

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Bantam	IV	Pg. 33	Attacking	#1	1v1 w/ Fight Free Zones	310 132
Youth	III	Pg. 57	Carrying	#3	1v1 Breakaway	310 172
Senior	V	Pg. 46	T.F. Training	#2	T.F. Training	310 213

Trailer

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 62	Near, Far & Trailer w/ Defenders	#3	N & F Post w/ 2 D	310 177
Junior	IV	Pg. 50	T.F. Training	#2	N, F & T w/ 2 D's; w/ Takeover	310 197

Transition

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 61	Balance	#1	Pressure 1v1 w/ GK's	310 176
Youth	III	Pg. 61	Balance	#2	Pressure and Cover 2v2 w/ GK's	310 176
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184
Junior	IV	Pg. 37	Transition D-O	#All	All	310 186
Junior	IV	Pg. 39	Playing out of the Back	#1	Def 1/3 to Mid 1/3 Walkthrough	310 188
Junior	IV	Pg. 40	Defending in Defensive 3 rd	#All	All	310 189
Senior	V	Pg. 39	Situational	#1	Transition D-O	310 208
Senior	V	Pg. 40	Transition Defense to Offense	#1	9v7 w/ GK's No transition	310 209
Senior	V	Pg. 40	Transition Defense to Offense	#2	9v7 w/ GK's 2 1-Touch Passes	310 209
Senior	V	Pg. 40	Transition Defense to Offense	#3	9v7 w/ GK's to Target and Join	310 209
Senior	V	Pg. 51	Up a Goal, Down a Goal	#2	Up a Goal, Down a Goal w/ Coaches	310 218



PROGRESSION

Senior	V	Pg. 51	Up a Goal, Down a Goal	#3	Up a Goal, Down a Goal w/ Ref	310 218
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Trapping (see Receiving)

Trap (see Offside Trap)

Turning on the Ball

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 58	Shooting	#2	Turning Finishing	310 123
Bantam	II	Pg. 37	1v1 Defending	#1	1v1 Shadow	310 136
Youth	III	Pg. 48	2 Touch Finishing	#1	Turn and Shoot	310 165
Junior	IV	Pg. 48	Turning	#All	#All	310 195
Junior	IV	Pg. 45	Posting Up	#3	1v1 Posting Up	310 192
Senior	V	Pg. 46	T.F. Training	#2	T.F. Training	310 213

Unrestricted Space

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
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Volley

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 48	2 Touch Finishing	#1	Turn and Shoot	310 165
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#1	Volleys; ½ Volleys; Full Volleys	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#2	Crossing and Finishing w/ One Runner	310 173
Youth	III	Pg. 58	Volley-1/2 Volley-Full Volley	#3	Crossing and Finishing w/ Two Runners	310 173
Senior	V	Pg. 46	T.F. Training	#1	Volley/Catch/Throw	310 213

Wall

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Youth	III	Pg. 40	Set Pieces	#1	11v4 Walk Through	310 159
Youth	III	Pg. 40	Set Pieces	#2	11v11 w/ Stoppages	310 159

Wall Pass

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 51	Intro to Combinations	#2	Wall Pass Around Cone	310 118
Bantam	II	Pg. 36	Technique	#2	2 Lines: Pass & Run to the End/Pass and Run to the Opposite Line/Take Over/Wall Pass	310 135
Bantam	II	Pg. 51	Wall Pass	#1	Wall Pass	310 148
Bantam	II	Pg. 51	Wall Pass	#2	Wall w/2 "Bumpers"	310 148
Bantam	II	Pg. 51	Wall Pass	#3	4v2 Going to Goal	310 148
Youth	III	Pg. 57	Carrying	#2	2v1 Fight Free	310 172
Junior	IV	Pg. 35	Combination Play	#1	Combination Play in 3's	310 184
Junior	IV	Pg. 35	Combination Play	#2	Patterns in Attacking 1/3	310 184
Junior	IV	Pg. 35	Combination Play	#3	Patterns w/ Defenders	310 184

Warm Up

Division	Volume	Page	Topic	Exercise	Exercise Title	Doc. #
Micro	I	Pg. 50	Intro to Heading	#1	Ball Gymnastics & Heading	310 117
Micro	I	Pg. 59	Technique	#1	Ball Gymnastics & In 2's	310 124
Youth	III	Pg. 38	Technique	#1	Head/Catch/Throw	310 157
Junior	IV	Pg. 35	Combination Play	#1	Combination Play in 3's	310 184
Junior	IV	Pg. 38	Defensive Heading	#1	Heading in 2 Lines	310 187
Junior	IV	Pg. 48	Turning	#1	Turning in 3's	310 195
Junior	IV	Pg. 50	Technical Functional Training	#1	Team Head Soccer Tennis	310 197
Senior	V	Pg. 33	Dribble and Cross	#1	Dribbling in Lines	310 202
Senior	V	Pg. 35	Training the Play Maker	#1	Passing in Two's	310 204
Senior	V	Pg. 38	T.F. Training	#1	"Lay Up"	310 207
Senior	V	Pg. 46	T.F. Training	#1	Volley/Catch/Throw	310 213
Senior	V	Pg. 51	Up a Goal, Down a Goal	#1	Warm Up "The Rush Way"	310 218



PROGRESSION

Wedge (see Chip Pass)

1st Touch (see Receiving)

1 v 1 (see Attacking Dribbling)