

Pass it on...



RTC ID Camp 2014 Sessions

These sessions are aimed at coaches across Nova Scotia who work with youth players particularly at the 'golden age of learning' (Learning to Train - U12) who want to deliver sessions with purpose and assist with player development.

Collecting session plans is something all coaches do and the best sessions are those that have been clearly thought out and designed to suit your players requirements. However, it is not always necessary to 'reinvent the wheel' adapting and tailoring existing sessions is something all good coaches do, and this collection of sessions from the recent RTC U12 ID Camp 2014 can assist coaches across Nova Scotia with their session delivery.

Coaching is so much more than balls, bibs and cones. A good coach is able to connect and understand their players, this takes skill and competency, this booklet can not give you that it has to be developed and practiced.

The aim is to share; sessions, presentations, information, any idea that can have a positive influence on you and the players. If we achieve that its been a success.

I would like to thank all the Soccer Nova Scotia staff for submitting their sessions and allowing it to be shared with the community.

Remember, have fun, experiment and Pass it on...



Guide for Adapting Sessions & Challenging your Players



These sessions are not guaranteed to work! You might have to alter and adapt them to suit you and your players.

Add/remove competition

Alter conditions in 'zones', add defenders, defenders can enter... etc

Add different ways to score, touches in certain areas, types of finish, work the ball to certain area

Add the offside rule

Add more balls into the same practice

Challenge individuals

Change the overload/ underload

Add neutral players or 'magic man'

Questioning is key. Don't give all the answers!

Allow time for the players to understand the practice

Explain using visual aids: whiteboards, iPad, cones, diagrams and videos

Get the space right, make it bigger for more success, smaller to test the players

Add safe zones, channels or areas to allow the players to make better decisions

Check your coaching style, have you delivered the correct information? Enough/too much information in the correct manner?

Add or remove goals
Number and types of goals Demonstrate – coach or player?



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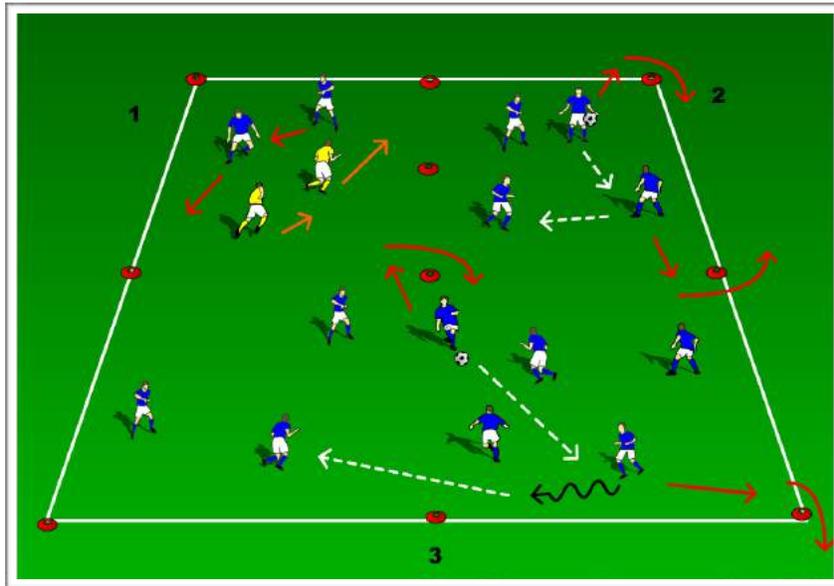
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Warm Ups

A,B,C'S Warm Up - Mike Whyatt

The fun warm up session develops Agility, Balance, Coordination & Speed suitable for any age group.

Setup: 10x10 area and position 6-8 players per group.

Session 1: Pair up with a partner and tag your partner as many times possible in 30 seconds. Swap roles.

Session 2: Players work together as one team (6-8 players) and throw the ball to an open player whilst continuously moving and must accelerate round a cone on the outside before receiving the ball from a teammate.

Session 3: Groups of 6-8 players or open up two squares (20x10) and play with 12-16 players (optional) and pass the ball using feet only. Same expectation as game 2, players must accelerate to a cone after distributing the ball to a teammate.

Focus: Agility, Balance, Coordination, Speed, Quality of Pass, Decision Making.

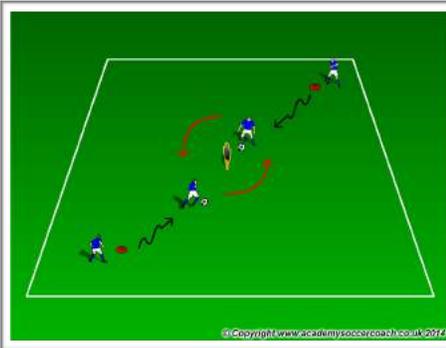


On Ball Activities - Carl Hayre & Nicole Gaudet

Setup: Players are setup into four groups in a 15x15 grid. In the middle is a smaller square 5x5. Players begin by making dynamic movements (shuffles, lunges etc.) to the middle square and back.

Progressions: Dribble to the middle, turn and dribble back (1), dribble to the middle, turn and pass back & Pass to the middle and pass to the corner on the players right (2).

Focus: Attitude, Pace, Variety Turns, Using Both Feet

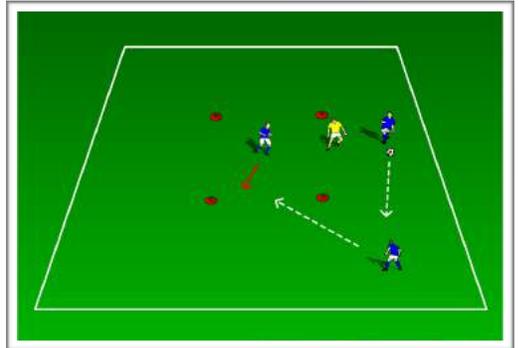


Dynamic Movements - Mike Ayyash & Nino Kovacevic

Setup: Players are setup into two groups (vary depending on numbers). Players begin by completing dynamic movements to the opposite side.

Progressions: Dribble to the middle, 1v1 move, accelerate and pass.

Focus: 1v1 movements - Scissors, step overs, roll push, roll stopover, Ronaldo chop, Maradona & Stanley Matthews.



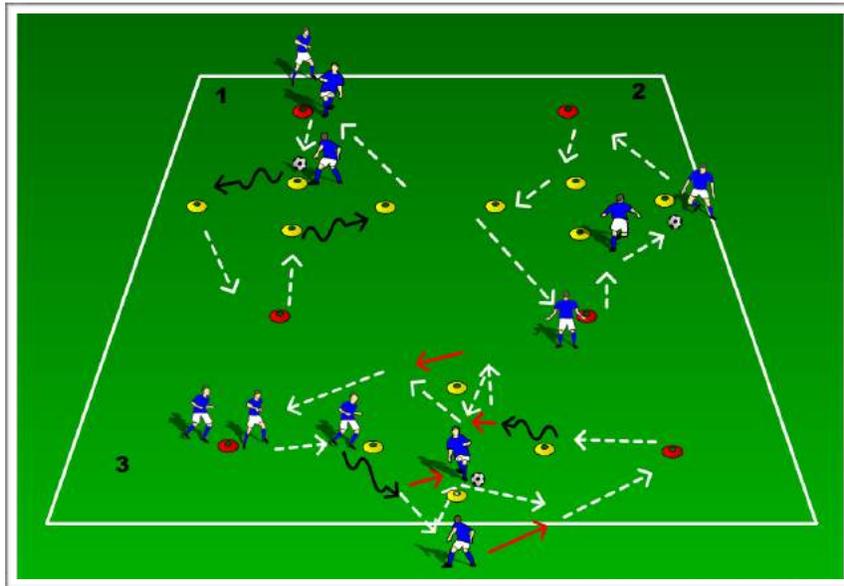
Box Goal (3v1) - John Charman

Setup: Players are split into groups of four in a 15x15 grid, with one player being the defender for a period of time. Aim is for players to play possession with the focus of receiving a pass in the middle box to receive a point. Players must swap roles after 45 seconds.

Progressions: Players must play two touch.

Focus: Attitude, Speed of Play, Movement, Support and Technical Excellence





Passing & Receiving

Diamond Passing - CJ Young

A technical session that creates technical repetition for technical excellence in passing & receiving.

Setup: requires each cone are 6 yards apart with players lined up at both ends (red cones).

Pattern 1: Players starting on the red cone pass to the nearest player on the yellow cone and follow pass. Player receiving the ball opens up, dribbles at pace then passes to the opposite end.

Pattern 2: Players starting on the red cone pass to the nearest player on the yellow cone. Player receiving the ball opens up, passes to the player on their right who then passes to the opposite end, they all change position.

Pattern 3: Players starting on the red cone pass to the nearest player on the yellow cone. Player receiving the ball opens up and dribbles forward exchanging a quick combination (one-two) and then passes to the opposite end, they all change position.

Focus: Quality of Pass, Receiving to face forward (open up, outside etc.), variety of touches whilst dribbling, creativity, movement & tempo.

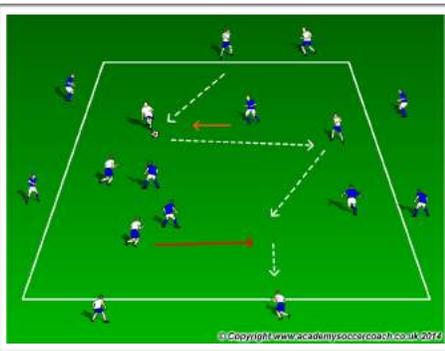


3v1 (Skill Session) - John Charman

Setup: Players are setup in a 10x10 grid. The session begins with a 3v1 as displayed in diagram 1.

Progression: 3v1 Transition - Players must decide when they want to keep possession or play forward to the opposite grid where a target player is available. Once player plays to the opposite grid, two players must transition and support, new defender enters the session.

Focus: Quality of Pass, Pass on the front foot, Receiving away from Pressure, Movement to Receive & Communication.

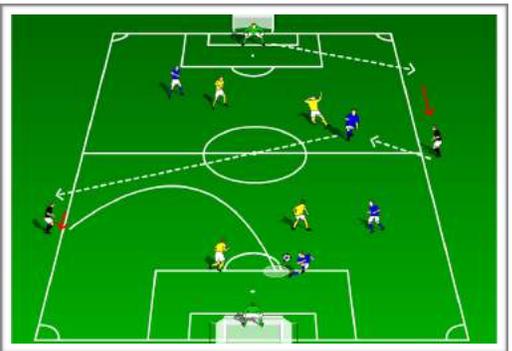


Directional Play 4v4 (Skill) - Mike Ayyash & Nino Kovacevic

Setup: Players are setup into two groups 4v4 in the middle and target players on the outside. Objective is to connect with the outside target players for one point.

Focus: Quality of Pass (Pace, Feet & Space), Body Position to Receive, Angles of Support & Movement (Relation to the Ball, Teammate & Opposition)

Challenge: Can we play quickly (speed of play) and what advantage does it give us over the opposition? They become stretched and disorganized (space becomes available)



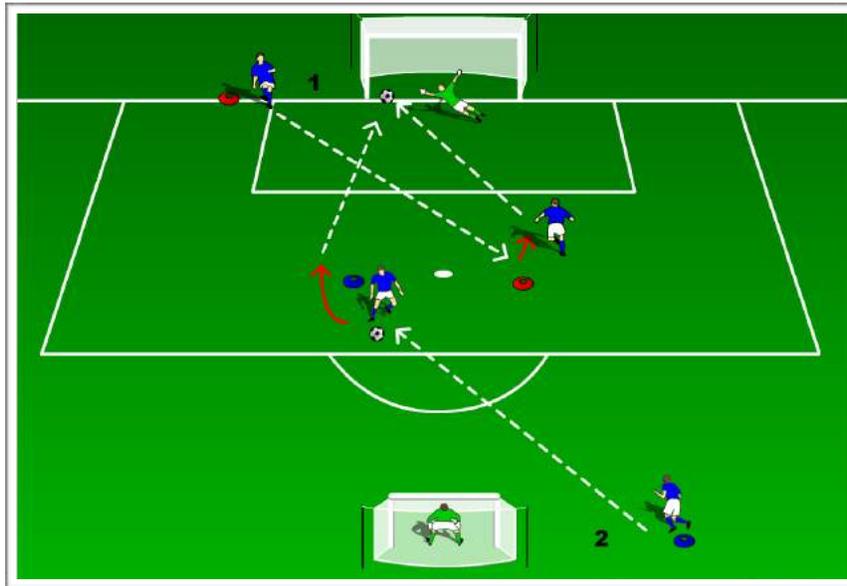
4v4 + Wingers + Goals (SSG) - Jared Griffiths

Setup: 25x25 grid with goals. Players are divided into three teams of four with two neutral players as wingers, who play on two touch.

Games will be short to create a high intensity.

Focus: Movement to Receive, Receive to Face Forward, When to Retain Possession (shield) and when to Risk and Play Forward.





Finishing

Finishing (Technical) - Katie Aucoin

A technical session that creates several scenarios for finishing around the box.

Setup: Divide the players into two groups as both can go simultaneously.

Session 1: Player starts by passing the ball to the player facing goal, who takes a positive first touch and finishes on goal.

Progression: 1) Vary the service, driven passes, lofted passes etc. 2) Pressure the Player

Focus: Attacking the pass when receiving (don't wait for it), setup touch is out of their feet, variety of finishing (inside, laces, etc).

Session 2: Player starts by passing the ball to the player with their back to goal. Player receiving the ball turn to face forward and finish on goal. Players should be encouraged to turn in a variety of ways.

Progression: 1) Vary the service, driven passes, lofted passes etc. 2) Pressure the Player

Focus: Different turns (inside, outside, 0 touch, etc, setup touch is out of their feet, variety of finishing (inside, laces, etc).

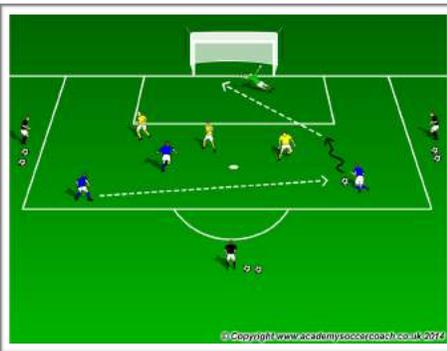


2 Minute Shooting Challenge (Technical) - Shawn George

Setup: Players are setup into two groups. One team will shoot whilst the other team spreads out across the field to help retrieve balls.

The team shooting has two minutes and must shoot before the penalty spot. Tally the amount of goals scored and reverse roles. The team with the most goals wins the challenge.

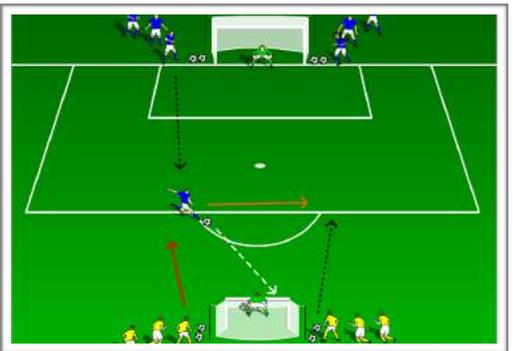
Focus: Game pace, setup touch is out of their feet, variety of finishing (inside, laces, etc).



3v3 Inside the Box (Skill) - Mike Ayyash & Nino Kovacevic

Setup: Players are setup into three groups of three Each team receives five balls from the outside players and attack the goal 3v3. Once all five balls are completed the teams swap roles.

Focus: Movement to receive, speed of release (touch & finish), individualism to create space & variety of finishing techniques.

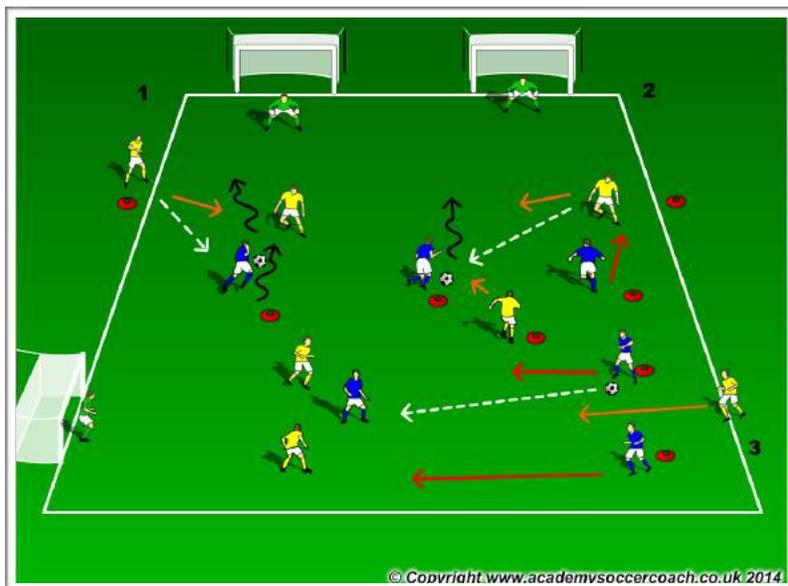


Numbers up Finishing (Skill) - Katie Aucoin

Setup: Players are split into two groups and the session begins with 1v0 followed by a transitional 2v1, 3v2 & 4v3.

Focus: High intensity, running with the ball when available, creating space, unselfish movements, movement to receive, quick release (touch & finish) and variety of finishing techniques.





1v1 Dribbling

1v1 to Goal with Progressions (Skill) - CJ Young

This session focuses on players individualism and creative attitude.

Setup: Divide the players into two groups, one attacking and one defending.

Session 1 (1v1): Defender starts by passing the ball to the attacker who goes 1v1 towards goal.

Focus: Engage Defender, Attempt to get them off Balance, Change of Direction and Accelerate.

Session 2 (2v2): Starts off as above but with two target attackers. Once the ball is in play the second recovering defender will enter the drill.

Focus: Same as before but make a decision whether to use support player (combination play) or disguise and go 1v1.

Game 3 (3v3): Same as session 2 but its 2v1 in the middle of the field in favour of the defenders. Starts with attackers playing into the strikers feet, with recovering defender entering the drill.

Focus: As previous two but can we play with game pace to eliminate recovering defender creating a 3v2.



1v1 (Technical) - Katie Aucoin

Setup: 12x12 area and divide the players into four groups.

Session begins with each player in their group, dribbling the ball at the mannequin and turning to the right.

Progression: Turn opposite direction or go straight ahead.

Focus: Dynamic Behaviour whilst Dribbling (little touches & shifting weight), Game Pace, Feints & Acceleration.



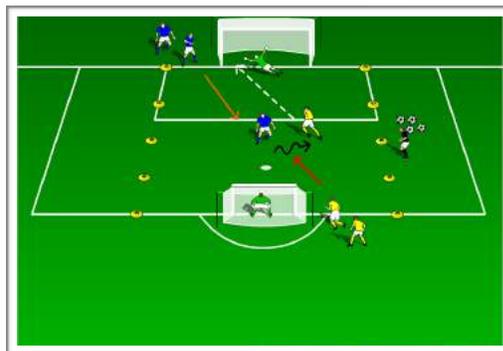
1v1 with Side Goals (Skill) - Mike Ayyash & Nino Kovacevic

Setup: 10x10 area and divide the players into two groups.

Session begins with defending player playing a pass to the attacking player, who attacks their first touch and go 1v1 towards the two side gates.

Progression: Increase to 2v2 & 3v3.

Focus: Attack first touch, play at speed, little touches, disguise and acceleration away from pressure.



1v1 Ajax (Skill) - Shawn George

Setup: Players are split into two teams and start beside their goal. Coach plays a ball into the grid and the two players have ten seconds to score. Players cannot shoot first time.

Progressions: 2v2 & 3v3

Focus: Good First Touch, Quick Release if you have a lane to goal, Feints & Game Pace.





Group Attack - Combination Play

Combination Play in the Final Third (Functional) - Carl Hayre

The session focuses on combination play in particular the different patterns used playing off the forward.

Setup: 60x40 area and an additional 20x20 box which will be 4v2. Its 2v2 around the box and two wide players who play off two touch.

The session begins in the 20x20 with the four attacking players trying to connect three passes before breaking out and passing to either the two forwards or wingers creating a 4v2.

Progressions: Allow a player from both teams in the 20x20 to join the game creating a 5v3

Focus: Receive to face forward, Attack the goal at Speed, Movement to Support, Attacking runs to influence Defenders, Patterns to Progress Forward (Third Man Running, Unselfish Runs, etc.)

Challenge: Forwards how can I gain an advantage on the defender in terms of my starting position? Get on the blind side and recognize triggers to receive.



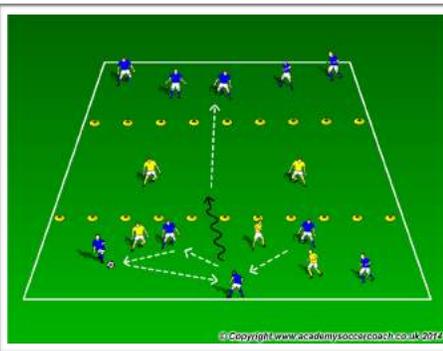
4v4 End Zone (SSG) - John Charman

Setup: a 20x20 grid and divide the players into two teams or if numbers allow create a third team (winner stays on).

Objective is to pass and receive the ball inside the end zone. First to three points.

Progressions: 5v5

Focus: Receive to Face Forward, Movement to Support, Recognize when to pass to feet and when to space, Attacking (unselfish) runs.

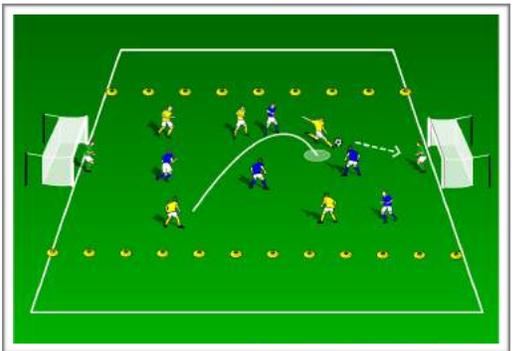


Possession Progression (Skill) - CJ Young

Setup: a 35x20 grid and divide the players into three teams of five. Session starts with the coach serving the ball to a team on the end with three defenders applying pressure for a 5v3. Once the team in possession connects three passes they have to progress into the middle section and pass to the other side.

Progressions: Connect a pass in the middle before playing to the other side.

Focus: Play with your head up and on a swivel, Identify when to risk and retain possession, receive to face forward, quality of distribution



Shooting Transition (SSG) - Carl Hayre & Nicole Gaudet

Setup: Players are split into two equal teams. Team yellow are scoring on either goal. Team blue must pass the ball into the end zone.

Progressions: Possession team plays on two touch

Focus: Awareness to transition, quick combination play to create opportunities, quality of distribution,



Thanks...



Thanks to all the coaches that contributed to this booklet

Carl Hayre

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