



**YORK REGION
SOCCER ASSOCIATION**

**U8 & U9 COACHES WORKSHOP
OSA SOCCER CENTRE, VAUGHAN**

Saturday 30th April 2011

COACHES HANDOUT

Session 1 – Developing Confident Creative Players
Using 1v1 Skills

Session 2 – Addressing the Needs of the Individual
using Micro sessions

Developing Confident Creative Players Using 1v1 Skills

1) Introductory Activity

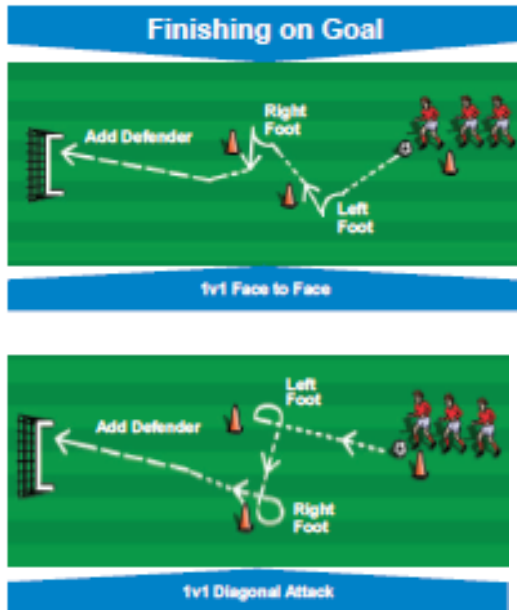


Key Points & Progressions:

- All players within grid warm –up
- Basic Ball Mastery activities
- Introduce Scissors move (1v1 Face to Face) & Twist Off move (1v1 Diagonal Attack)
- Repeat moves within channel
- Progress to working in pairs adding visual pressure of defender

Coaches Notes:

2) Move Repetition + Finishing on Goal



Key Points & Progressions:

- Repetition of 1v1 Scissors & Twist off moves towards goal
- Challenge players by working against clock
- Progress to incorporate passing
- Progress to 1v1 Situation
- Add recovering defender

Coaches Notes:

3) Pressure of Defender & Focus on Decision Making

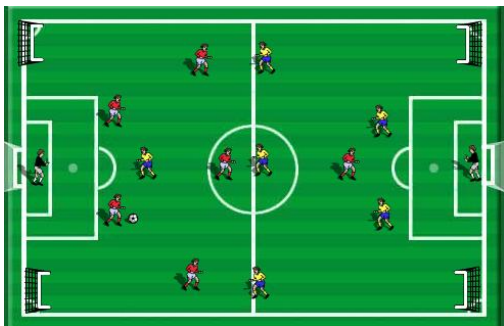


Key Points & Progressions:

- 1v1 – 4 Goal Game
- Attack v Defence
- Decision Making
- Change of Pace / Change of Direction
- Progress to 2v1
- Progress to 2v2

Coaches Notes:

4) Game Situation



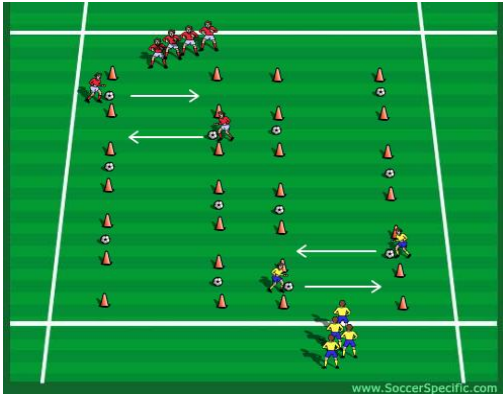
Key Points & Progressions:

- 7v7 – 6 Goal Game
- Decision Making / Timing
- Appropriate Area of pitch
- Freedom of Expression
- Incentives

Coaches Notes:

Addressing the Needs of the Individual using Micro Sessions

1) Introductory Activity 1



Key Points:

- Dribbling Channel
- Ball Mastery
- Repetition of touch
- Introduction of Moves

Coaches Notes:

2) Introductory Activity 2

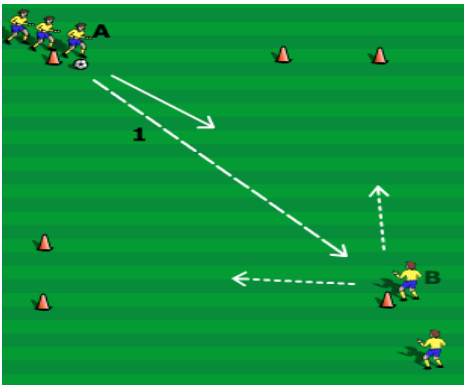


Key Points:

- Developing Awareness
- ABC – Always Be Checking
- Passing / Possession Activity
- Head Up / Eye Contact / Communication
- Check Shoulders

Coaches Notes:

3) Micro Session 1 – 1v1 Corner Goals



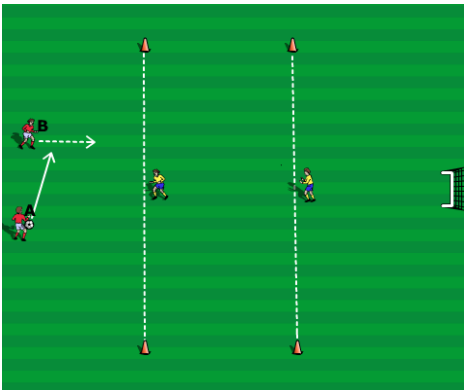
Set Up:

- Player A plays pass to player B (1) and moves out to defend. Receiving player B scores by dribbling thru either of 2 small targets. Players A and B switch sides, and repeat sequence.

Focus – 1st Touch

Coaches Notes:

4) Micro Session 2 – 2v1 Combination Play



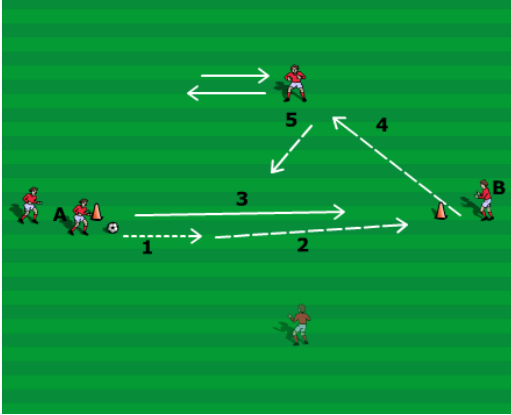
Set Up:

- Players A and B combine to work thru 2 zones and past 2 defenders to shoot at goal.
- Player A passes to player B creating 2 v 1 in 1st zone, after pass defender becomes active once past 1st defender into 2nd zone 2nd defender becomes active creating another 2 v 1 progressing into final zone for shot at goal.

Focus – Combination Play

Coaches Notes:

5) Micro Session 3 – Passing & Receiving



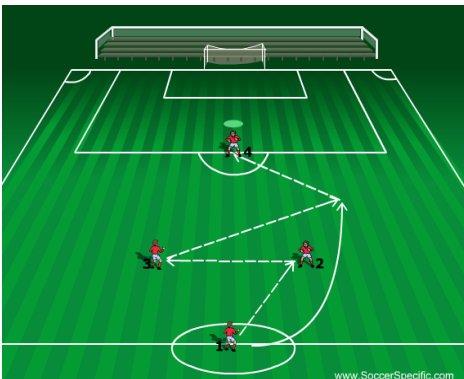
Set Up:

Player A Dribbles out (1), passes to player B (2) and moves forward as passive defender (3). Player B uses wide player and plays 1-2 to beat oncoming defender (player A). Player B then passes to player opposite and sequence is repeated.

Focus – Movement off Ball / ABC

Coaches Notes:

6) Micro Session 4 – Overlap & Shoot



Set Up:

Player 1 passes to 2, 2 passes to 3, 3 passes to 1 who has made an overlap run, 1 passes to 4, 4 then lays off for 1 to have shot at goal

Focus – Timing of Run / Finishing

Coaches Notes: