

**CROSSOVER
SPORTS**

SOCCER

**COACHING
MANUAL**



PLAYCROSSOVER.ORG

Table of Contents

Coaching Contract	2
Crossover Rules	3
Equipment	3
Time of Play	3
Start of the Game	4
Rules of the Game	5
Direct Free Kick:	5
Penalty Kicks	6
Indirect Free Kick	6
Disciplinary Actions	7
Cautionable Offences.....	8
Sending-Off Offences.....	9
Format of Practices	10
Drills Key	11
Practice Flow for Kindergarten-2nd Grade.....	12
Practice Flow for 3rd-4th Grade	20
Practice Flow for 5th-6th Grade.....	48
Coaching Points... ..	74
Dribbling	74
Passing.....	75
Receiving.....	76
Defending	77
Substituting Format.....	80

Coaching Contract

Thank you for your willingness to invest in our community and in our league. We are incredibly grateful for your commitment to your players this season and beyond. As a coach at Crossover Sports, there are certain expectations we have of you as a coach and as a leader. As coaches, we must:

- **Coach and act in a way that glorifies God and properly portrays the gospel.**
- **Be a positive influence in the lives of our players and their families.**
- **Understand that it is impossible to glorify ourselves and Christ at the same time.**
- **Treat referees, opposing coaches, league administrators, and parents with respect.**
Remember that this game is just that—a game—and that life is much bigger than the wins and losses that will occur over the next few months.
- **Put the long-term development and health of our players above our desire to win games.**
- **Take players and parents (if they so desire) through devotions each week, investing in our players' spiritual development just as much—if not more—than their athletic development.**
- **See this season as a chance to serve those around me, not to be served.**
- **Show grace to those around us when a mistake is made as a response to the grace God regularly shows us.**
- **Keep in mind that I grant permission and set standards by my actions and that I want those standards and permissions to be positive and uplifting.**

As coaches, you will be seen as leaders on your team, our program, and our community. The best example of leadership is that of Christ, who humbled himself for the sake of those he was leading and sacrificed himself for our sake. In that same way, coaches should sacrifice and serve those around them with the aim to be a transforming force in the lives of their players.

I have read and reviewed the Crossover Sports coaches and agree to be held accountable to these expectations.

Name _____

Signature _____

Crossover Rules

Equipment

- Every player needs to have shin-guards and cleats before they can play in a game. This is for the safety of everyone on the field. Cleats may not have a stud on the toe of their shoe (i.e. baseball and football cleats).
- The Kindergarten-2nd grade age groups will use a size 3 soccer ball, and the 3rd- 4th and 5th-6th grade groups will use a size 4 soccer ball.
- Players are highly recommended to bring a water bottle or sports drink to every game.

Time of Play

- Games will be four (4) ten (10) minute quarters. With a stoppage close to (5) minutes in each quarter to allow substitutions.
- Between the first and second and the third and fourth quarters, there will be a one-minute break. Between the second and third quarter there will be a five-minute halftime.
- The game will have a running clock and will only be stopped due to injuries to the referee's discretion.

Start of the Game

- Coaches and referees should check the field before every game to ensure there are no safety hazards, and that all equipment and lines are ready for the game.
- There will be a captains meeting and a coin toss, or something similar, before the start of the game. The away team gets to call the coin, and the winning team gets to choose if they want kickoff first, or the side they would like to defend. After they choose, the other team gets to choose what is left.
- After the captains meeting both teams should get together and pray, and this should be led by one of the coaches preferably.
- When the prayer is over, then teams should get into their formation to wait on the referee to start the game.

Rules of the Game

Direct Free Kick:

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless or using excessive force:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from the place where the offence occurred.

Penalty Kicks

A penalty kick is awarded if any of the direct free kick offences are committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.

Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside their own penalty area, commits any of the following four offences:

- Controls the ball with their hands for more than six seconds before releasing it from his possession
- Touches the ball again with their hands after he has released it from his possession and before it has touched another player
- Touches the ball with their hands after it has been deliberately kicked to them by a team-mate
- Touches the ball with their hands after he has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his hands
- Commits any other offence not previously mentioned for which play is stopped to caution or send off a player

The indirect free kick is taken from the place where the offence occurred.

Disciplinary Actions

The yellow card is used to communicate that a player, substitute, or substituted player has been cautioned.

The red card is used to communicate that a player, substitute, or substituted player has been sent off.

Only a player, substitute, or substituted player may be shown the red or yellow card.

The referee has the authority to take disciplinary sanctions from the moment he enters the field of play until he leaves the field of play after the final whistle.

A player who commits a cautionable or sending-off offence, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offence committed.

Cautionable Offences

Player is cautioned and shown the yellow card if he commits any of the following seven offences:

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of the Laws of the Game
- Delaying the restart of play
- Failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in
- Entering or re-entering the field of play without the referee's permission
- Deliberately leaving the field of play without the referee's permission

A substitute or substituted player is cautioned if he commits any of the following three offences:

- Unsporting behavior
- Dissent by word or action
- Delaying the restart of play

Sending-Off Offences

A player, substitute or substituted player is sent off if he commits any of the following seven offences:

- Serious foul play
- Violent conduct
- Spitting at an opponent or any other person
- Denying the opposing team a goal or an obvious goalscoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area)
- Denying an obvious goalscoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
- Using offensive, insulting or abusive language and/or gestures
- Receiving a second caution in the same match

A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area










Format of Practices

When creating a practice, there are a few things you want to keep in mind...

1. The flow of a practice should be consistent. When you are looking at what drills to incorporate into your practice there should be a seamless transition from one drill to another. Each of your practices should follow this format:
 - a. Warm Up. (Preferably everyone with a ball).
 - b. Skill Drill. (Teaching and explaining an individual skill).
 - c. Progression Drill. (Putting the skill taught before into a game-like setting).
 - d. Scrimmaging/Small Sided Game. (Get the players playing).
2. There is nothing wrong with fun! We want the players to enjoy coming to practices just as much as they do for games. Encouragement and constructive criticism should be the focus.
3. We want to make players better individually. A lot of the drills used are to increase the skills of the individual players by giving them the opportunity to get lots of touches on the ball. Having a 1:1 ball to player ratio is ideal.
4. Strive to do a devotion at each practice and game. We understand that this may take away time from participating in drills, but the most important focus at practice should be the devotion. You can do the devotion anytime you feel works for you.

Drills Key

KEY

	Player
	Player - Target
	Player - Defender
	Disc - Cones
	Soccer Ball
	Dribble - Movement
	Pass
	Shoot
	Goal
GK	Goal Keeper
©	Coach

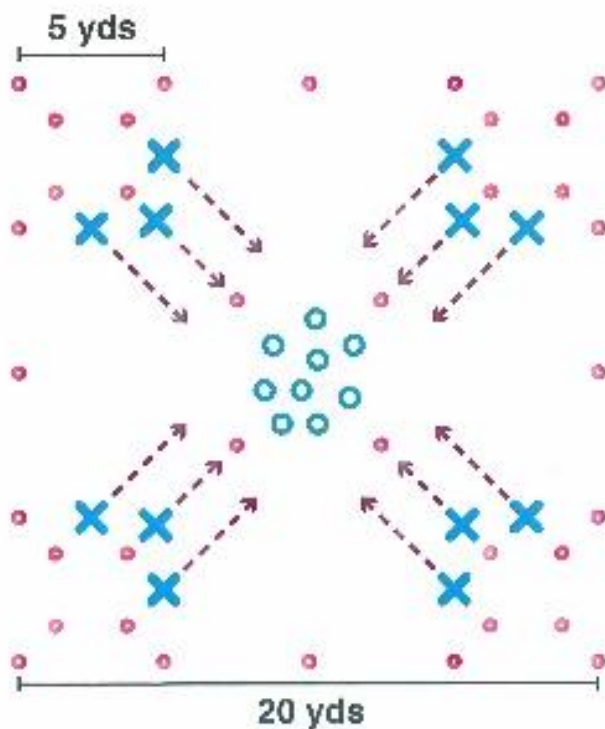
Practice Flow for Kindergarten-2nd Grade

Practice	Practice Focus	What Drills
1	Dribbling/Control	Juggling, Body Part Dribbling, Red Light/Green Light, Play
2	Dribbling/Control	Juggling, Tag, Capture the Balls, Play
3	Dribbling/Control	Juggling, Free Dribble, Gates, Play
4	Dribbling/Control	Juggling, Tail Steal, Freeze Tag, Play
5	Dribbling/Control	Juggling, Paint the Field, Kangaroo Jack, Play
6	Dribbling/Control	Juggling, Red Light/Green Light, Shrek/Spiderman/SpongeBob, Play
7	Dribbling/Control	Juggling, Free Dribble, Tail Steal, Play
8	Dribbling/Control	Juggling, Body Part Dribble, Tag, Play
9	Dribbling/Control	Juggling, Shrek/Spiderman/SpongeBob, Capture the Balls, Play
10	Dribbling/Control	Juggling, Body Part Dribble, Gates, Play

1. **Juggling:** Everyone with a ball. Hold hands out with ball in between, drop ball directly down and kick back up to hands, etc. Have players practice keeping the ball in the air with their feet and thighs. Players count how many times they touch the ball before it drops to the ground. Version 2: Controlled juggling...juggle on one thigh, then add other thigh, then add one foot, then add the other foot...thigh-thigh-foot-foot
2. **Tag:** Every player dribbles a soccer ball in a defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the first game. Version 2: Players must tag other players' knees. Remind players about taking smaller touches versus larger touches to work on control.
3. **Body Part Dribble:** In designated area, all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands and both feet).

4. **Red light/Green light:** All players have a ball and dribble in a limited space (or towards the coach). When coach says, “red light”, players must stop ball and put foot on top of ball. When coach says, “yellow light”, players must dribble very slowly. When coach says, “green light”, players dribble fast. Coach controls this game with the frequency of “light” changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc.
5. **Tail Steal:** All players tuck a pinnie into the back of their shorts to give themselves a tail. All players dribble their soccer ball while trying to pluck the tails of other players and trying to make sure their tail does not get plucked. Players play until the last tail is plucked.
6. **Capture the Balls:** Set up three or four “home bases” (squares) with cones roughly 2-3 yards wide. Break up the players into teams and have each team get together in their home base. Place all the balls in the center of the space between the home bases. On the coach’s command the teams are free to gather as many soccer balls as they can into their home base. Players cannot use hands and there is no pushing each other or sitting/laying on the balls. Teams try to gather as many balls as possible into their home bases. Teams can steal balls from each other’s home bases. Coach calls time and counts how many balls are in each space to determine a winner. Coach allows team 1 minute to make up a new team strategy before playing again.

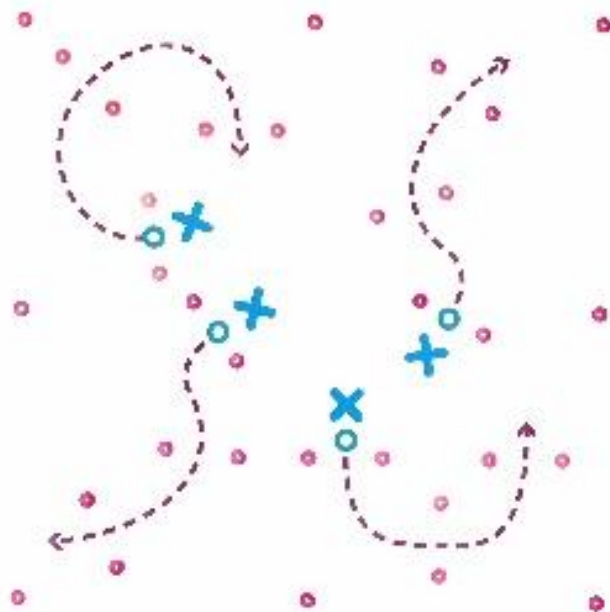
CAPTURE THE BALLS



7. **Kangaroo Jack:** All players except two or three begin with a ball. Players without balls are kangaroo jacks and must hop like a kangaroo and try to tag players. If a player gets tagged, he/she becomes a kangaroo as well until all players are turned into kangaroos
8. **Free Dribble:** Everyone dribbling a ball, using insides, outsides, and soles of their feet. Players can dribble with speed (using their laces), try moves of their choice or moves that the coach introduces, or they can change direction. The Coach can manipulate the session by calling out different commands..." stop, go, turn, tap". Kids can carry the ball towards someone and try a move. Version 2: As players get comfortable, the coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction.
9. **Paint the Field:** Every player dribbles their ball in the area defined. You explain to them that their ball is a paintbrush and wherever it rolls on the ground, it paints that area. The task is to paint as much of the area as possible in the time allotted by dribbling their soccer balls all over the grid. Version 2: Can ask them to paint with only their left foot, then their right foot.
10. **Gates:** Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score in 30 seconds, and when playing a second time ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this.

GATES

***as large of an area needed**



11. **Shrek/Spiderman/SpongeBob:** Place a couple players in pinnies and have everyone else get a soccer ball. Set up a 20 yd x 15 yd grid and have the players with soccer balls dribble around in the space. The players in pennies are Shrek (or Spiderman or Sponge Bob, etc.) and try to tag the players who have soccer balls. When players are tagged, they go into the goal (castle, spider net etc.) and can only get back out if a teammate with a ball tags them or the coach uses his/her magic powers to let everyone free. Use any character or images you like for this and make sure all players get a chance to be one of the special characters at some point during every practice.

12. **Freeze Tag:** Everyone has a ball and coach can pick one or two players who are the Freeze monsters. Freeze monsters (without a ball) try and tag other players (who have a ball and are dribbling around). The frozen player must stand still holding their ball over their head. The way the players can become unfrozen, is if the coach comes over and unfreezes them OR the coach can have the other players unfreeze each other (by simply touching them again). If all players are frozen, game ends and the coach can have new Freeze monsters. Version 2: Freeze monsters can now try and freeze each other by using their soccer ball to “tag” someone else’s soccer ball or feet by kicking their ball. Version 3: Coach can be the freeze monster and try to tag all the players with players unfreezing each other in same fashion.

Practice Flow for 3rd-4th Grade

Practice	Practice Focus	What Drills
1	Dribbling/Control	Juggling, Free Dribbling, 5v2, Scrimmage
2	Passing and Receiving	Juggling, Passing Partners, 3v3 Possession, Scrimmage
3	Dribbling/Control	Juggling, Line Dribbling, Endzones, Scrimmage
4	Passing and Receiving	Juggling, Passing Tunnels, 2v2+2, Scrimmage
5	Dribbling/Control	Juggling, Gates, 1v1 Competition, Scrimmage
6	Passing and Receiving	Juggling, Passing Square, 5v2, Scrimmage
7	Dribbling/Control	Juggling, Turning Square, 3v3 Possession, Scrimmage
8	Passing and Receiving	Juggling, Quick Passing, Endzones, Scrimmage
9	Dribbling/Control	Juggling, Free Dribbling, 1v1 Competition, Scrimmage
10	Passing and Receiving	Juggling, Communication Passing, 2v2+2, Scrimmage

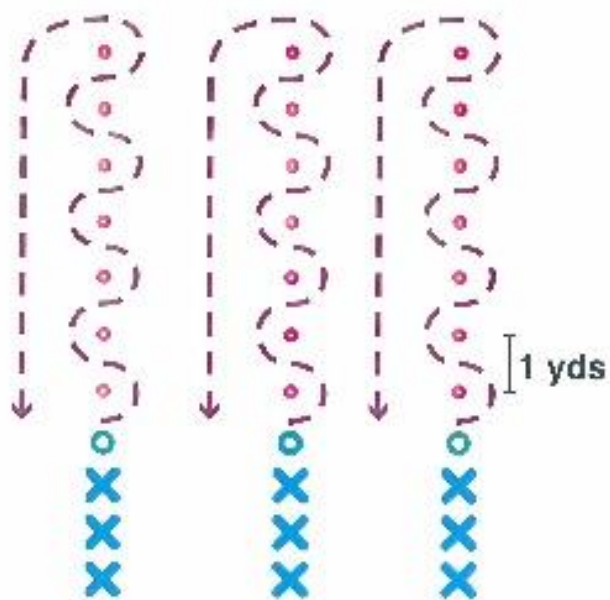
Warm-up

1. **Juggling:** Every Practice should begin with juggling. Juggling a soccer ball works on coordination, first touch, and control. All these things are skills and traits all the great players have. At this age we can begin to change up juggling and make it more challenging for players.
 - a. Examples: Have players juggle with a bounce in between each touch to have them get the rhythm down first. Once they get that down, have the players take away the bounce and see how many juggles they can get without the ball hitting the ground. Make sure the players are not hitting the ball too hard, have them keep the ball close and under control.
 - b. Work on specific parts of the body as well. Have the players see how many juggles they can do with their feet, thighs, or head only. If they cannot get many have players get one juggle then catch the ball, then have them get two touches and catch the ball, and so on and so on until they hit their max.
 - c. Technique is also very important to teach at this age. When juggling with the feet make sure player's knees are bent slightly and their toes are pointing down. Players should contact the ball about shin height.
 - i. If there is backspin on the ball, this means the player pointed their toes up when they made contact. You should see minimal or no backspin.
 - ii. Make sure the ball is not hit too high. The ball should not go higher than the player's head ever, and for the best results no higher than their chest. The higher the ball goes the harder it is to control again and continue to juggle. Express to your players they should keep the ball close and under control.

Dribbling Drills

1. **Free Dribbling:** Have players dribble in a defined area as the coach calls out commands. Commands the coach should call out are; right foot only, left foot only, and free dribble. The coach should add moves as well like; step overs, scissors, Maradona, and lunge. (See Crossover website for tutorial on moves).
2. **Line Dribbling:** Create equal lines (no more than 3 in each), and have players line up behind one another. In each line have 7-9 cones about a yard apart in a straight line, so players must slalom dribble through the cones. Once they reach the last cone have the player dribble back to the front of the line, and then the next player in line will go. Have the players do whatever, right foot only, left foot only, and inside or outside only.

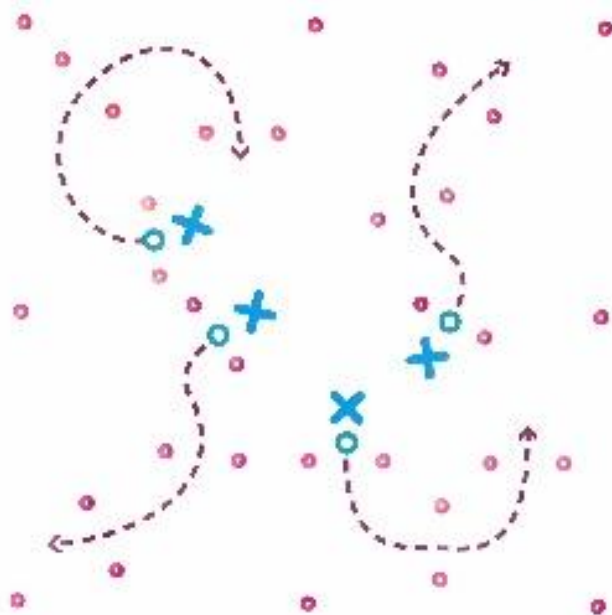
LINE DRIBBLING



- 3. Gates:** Set up many pairs of cones (with roughly 2 yards in between pairs) all around the playing area. These pairs serve as gates or many mini goals. Players each have a ball and must dribble through the gate in order to score. Have players count how many goals they score in 30 seconds and when playing a second time ask them if they can beat their score by one goal. Coaches can vary this by asking players to dribble with left foot or right foot. If players end up dribbling back and forth through only one goal, set up a rule to protect against this.

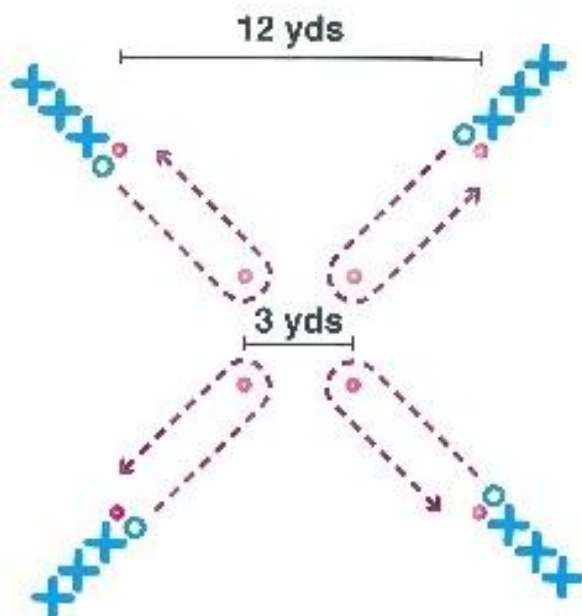
GATES

*as large of an area needed



4. **Turning Square:** Create a 12x12 square with a cone in each corner, and a 3x3 square at the center of the larger square. Line up 2-3 players in each corner (make two if you have more players). Have the players dribble from their cone to the same corner cone in the center of the square, keeping the ball under control with small touches. When they get to the cone in the middle, have the players dribble around it with as little touches as needed. Have them dribble back around their starting cone and continue this for about a minute each. Variations could be right foot only, left foot only, turn with only the inside or outside of the foot, or do a move and turn at the cone (step over, pull-tuck-touch, Cruyff turn, or pull-turn). You can even change the type of dribbling (Inside-inside, sole-roll, and on-top dribbling).

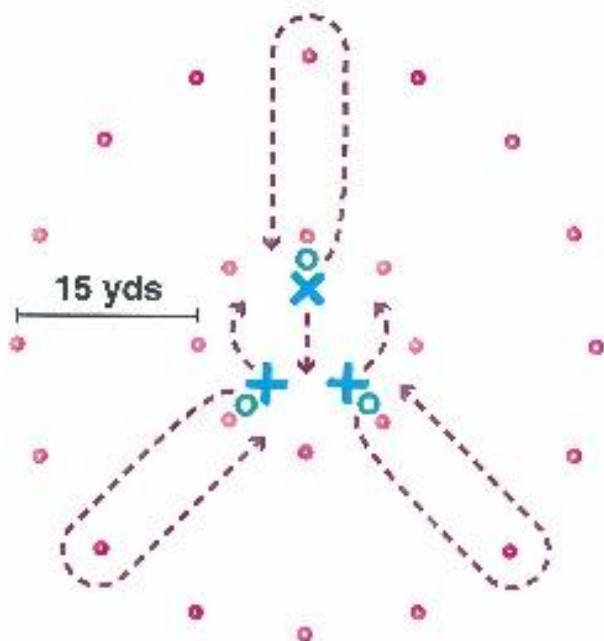
TURNING SQUARE



5. Explode: This drill works on changing speed and dribbling quickly while having the ball under control. Make two circles with cones, one smaller one where players dribble around, while the other is about 15-20 yards farther around the smaller circle. Have players dribble around in the smaller circle until the coach shouts “explode.” Players then must dribble, under control, around one of the outside cones as fast as they can. The player who gets back first, and dribbled under control, wins. Be sure to remind players to dribble with their laces when they explode out of the circle since they are trying to dribble with speed. Variations could include right or left foot only, and inside or outside of the foot turns around the cones. While the players are in the smaller circle, stop them every so often and have them work on on-top and inside-inside stationary and on the move.

EXPLODE

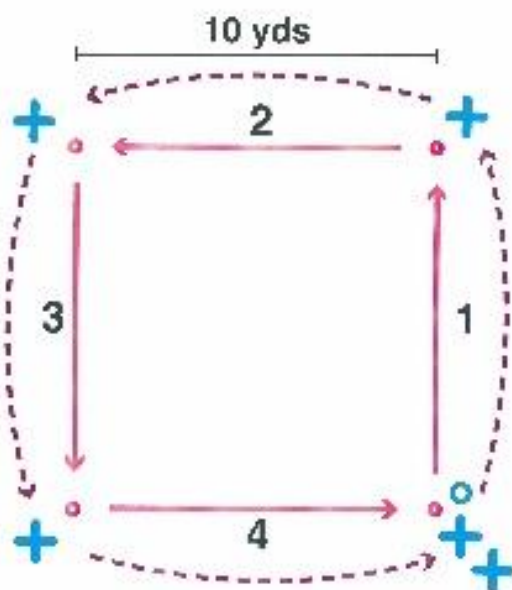
^center circle as large as needed



Passing and Receiving Drills

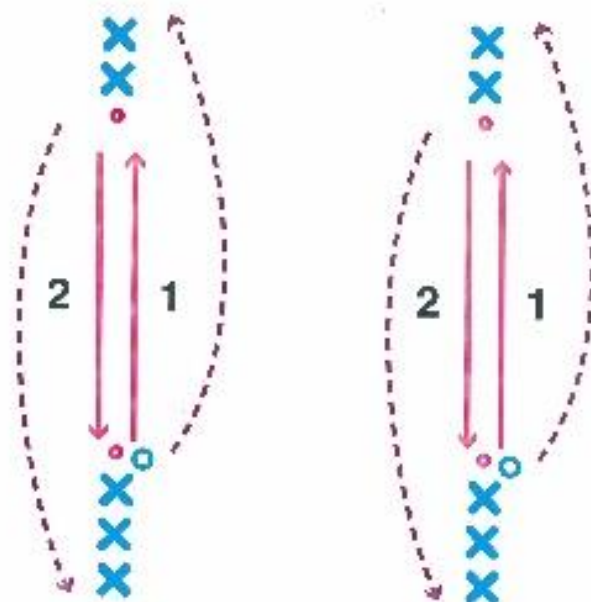
1. **Passing Partners:** This is an easy drill to teach technique and to allow repetition of passing without pressure. Have two players, facing each other, about 8 yards apart. Have them pass back-and-forth to one another using two touches. One touch to receive the ball, and the other to pass the ball back. As they get better, change up the drill by having them receive with one foot then pass with the other foot, or receive the pass with the outside of the foot then pass with the inside of the foot. Go to one touch and have the partners move farther from one another.
2. **Passing Square:** Create a 10x10 square. Have five players at least on the four corners (it's okay to have more than one person at each corner). Once set up, have one ball start in the corner with the most people (at least two). Have the ball passed to the next corner on the right of the player, and once the ball is passed have the player follow their pass to that corner. The player who received the pass should open up their body with their first touch, then pass to the next player on the cone to their right. This pattern should continue until everyone is back to their original spot. Variations could be pass to the left, receive the ball with the inside or outside of the back foot, or one touch.

PASSING SQUARE



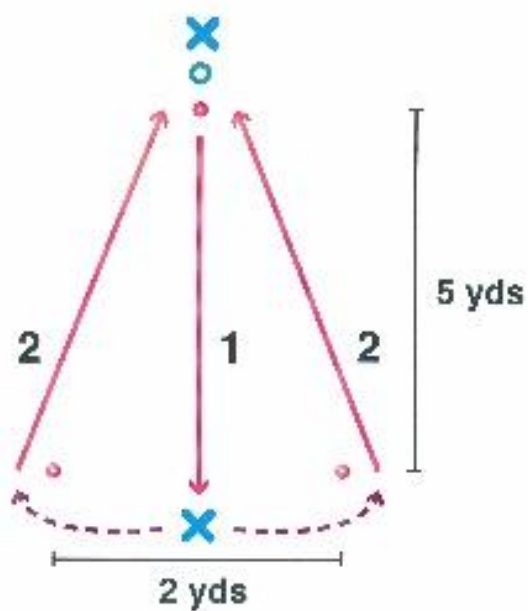
3. **Passing Tunnels:** Create two lines facing each other about 7 apart, with at least three people in each line. Have the ball start in the line with the most people, if applicable, and have the first player in line pass to the player in front of them in the other line. Once they pass the ball, they get in the back of the line they just passed to. Have the players do this for a bit changing up the types of passes every minute or so. Different types of passes could be two touch, one touch, receive the ball with one foot, pass with the other, and receive the ball with the outside of the foot and pass with the same foot.

PASSING TUNNELS



- 4. Quick Passing:** Set up multiple triangles where two of the cones are about 2 yards apart, while the third cone is about 5 yards above the other two cones. Then have players split into partners and go to a triangle. One player has a ball at the top cone, while the other player stands between the other two cones. The player with the ball will pass to the player between the two cones. The player will receive the ball and take their touch around one of the cones, then play the ball back to the other player at the top of the triangle. Once the ball is back where it started, the player between the two cones will go back to where they started and be on their toes ready to receive the next ball. Players should alternate which foot they receive the ball with, and what cone they take their touch to. After about a minute player should switch roles. Have players open up and receive with the inside of their foot across their body, receive with the inside of their foot and go the same way, and receive with the outside of their foot.

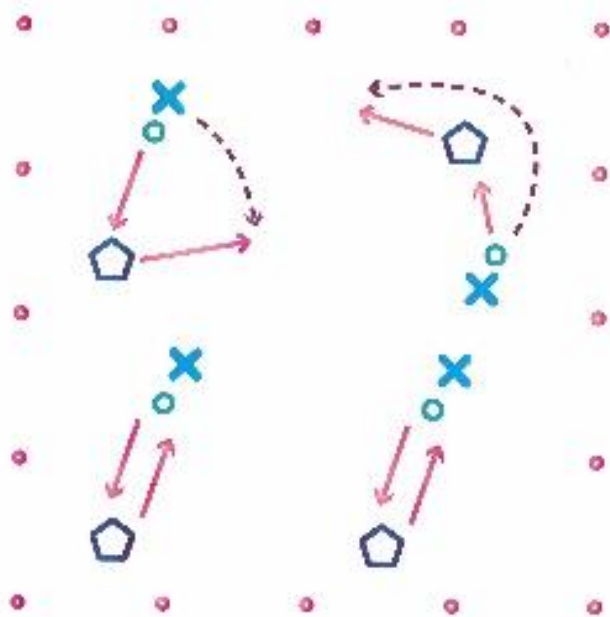
QUICK PASSING



5. Communication Passing: Create a 20x20 square, or larger depending on numbers, and split your group up into two groups. One group of players will each have a soccer ball while the other group does not. Players with a ball will dribble around the grid waiting for the players without a ball to check to them and call for a pass. Once they call for a pass, the player should receive the ball, and take two touches to pass the ball back. After they receive and pass the ball back, the player without the ball should go to another player with a ball and repeat the same sequence. After a minute have players switch roles. Have players start with a two-touch pass, then one touch, a one-two pass, and an overlap pass.

COMMUNICATION PASSING

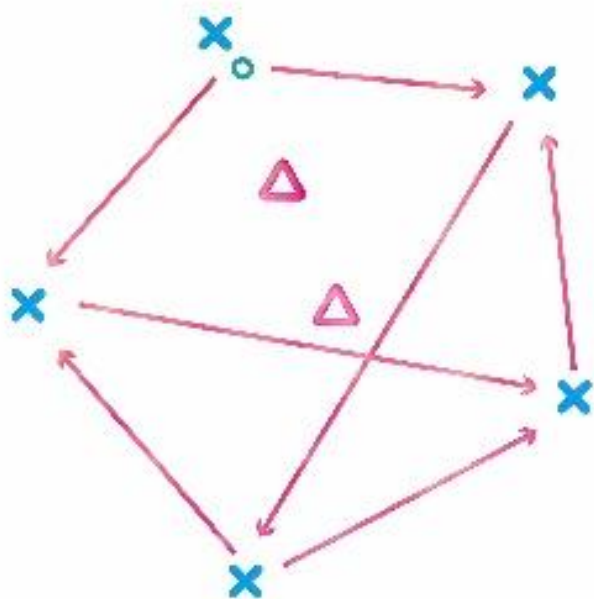
20 yds



Possession Drills

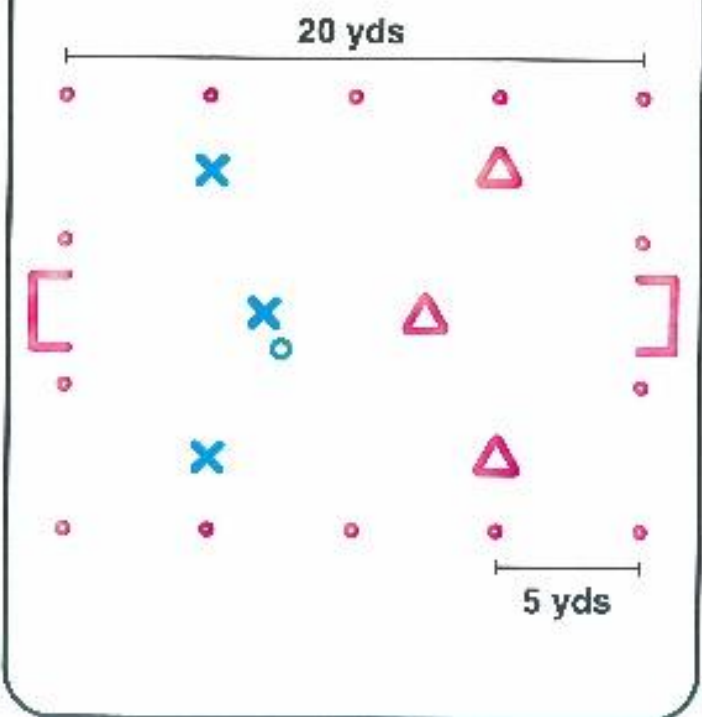
1. **5v2:** Have 5 offensive players circle up around 2 defensive players. Have the 5 players try to keep possession by passing the ball around themselves away from the two defenders. If one of the defenders wins the ball, or if a player makes a bad pass or touch that is away from the group, then one of the defenders will switch out with the player who lost possession. You can make it more difficult for the 5 players by making it one or two touch passing.

5 VS 2



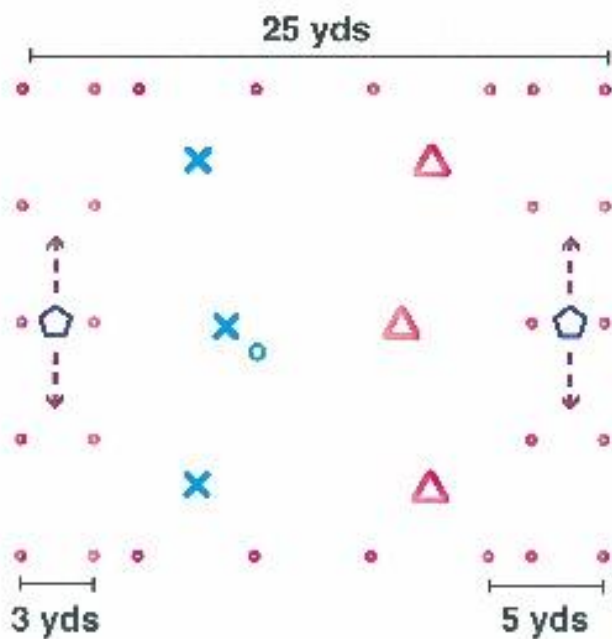
2. **3v3 Possession:** Make a 15x20 playing area with one goal on either 15-yard goal lines. Make two teams of 3 (if you have more than 6 players then make a third team and switch them out every time a goal is scored with the team that got scored on). Have them play each other until one of them scores, or to a score limit. Let players know the goal is to move the ball around and find a good shot on goal rather than just shooting at the goal from anywhere and forcing passes. You can progress the drill by adding a touch limit, or a minimum number of passes needed before they are allowed to take a shot on goal.

3 vs 3 POSSESSION



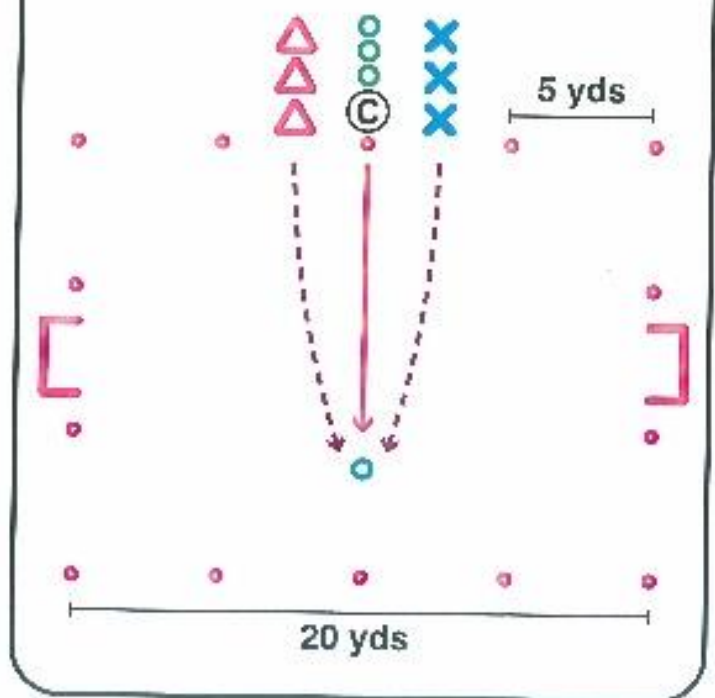
3. **Endzones:** Create a middle playing area of 20x25 yards. On either side create an endzone that is 5x20 that extends the playing area. First pick 2 players to act as targets and have one of them go to each endzone. Split the rest of the team into two teams. The goal of this game is for a team to keep possession in the center area, while also trying to move the ball from one endzone to another. For a team to get a point they must pass to one of the targets in the endzone, then try and keep possession until they can find a pass to the other target. After a couple minutes switch out the target players. If the team loses possession, then they must start over. Remind players about looking to find the next pass, making sure players move so there is support for the player with the ball, and there is communication the whole time.

ENDZONES



- 4. 1v1 Competition:** Create a playing area of 15x20 and create two goals on either goal line. Split the team in two and have them line up on either side of you on the end line at the center of the field. Play a ball to the center of the field and have the first person in line for each team race to gain possession of the ball. Whatever team gains possession now must try and score in the other team's goal, while the player who did not gain possession is trying to defend their goal. If the defending player wins the ball, then they can try to score in the other goal. The two players play until someone scores, the ball goes out of bounds, or if they are taking too long and you need to stop them. Players keep track of how many points they score, and the team with the most points at the end win.

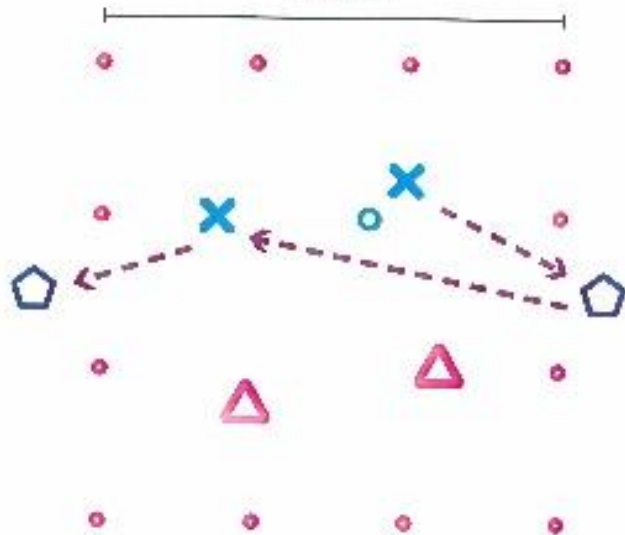
1 vs 1 COMPETITION



5. **2v2 + 2:** Create a 15x15 playing area with four players in the middle and two players on the outside of the square on opposite ends. Have the four players inside the area create two teams of 2. The 2 players on the outside of the square will be neutrals, so they will always be on the team that has possession. The two teams in the playing area try to keep possession from each other, trying to get to a specific number of passes to receive a point. After a couple of minutes switch one of the teams with the two outside players. Remind players to find good angles for passes, players should talk constantly to one another, and players should move and open up into space so they can receive a good ball.

2 vs 2 + 2

15 yds



Practice Flow for 5th-6th Grade

<u>Practice</u>	<u>Practice Focus</u>	<u>What Drills</u>
1	Dribbling/Control	Juggling, Dribbling Lines, Free Dribble, Possession, Scrimmage
2	Passing and Receiving	Juggling, Passing Tunnels, Endzones, Scrimmage
3	Defending	Juggling, Shadow Defending, 1v1, Scrimmage
4	Movement Off the Ball	Juggling, 3v1, 2v2+2, Scrimmage
5	Transitioning	Juggling, 2v1 to Goal, Endzones, Scrimmage
6	Defending	Juggling, 1v1, 3v3, Scrimmage
7	Passing and Receiving	Juggling, Movement Passing, 2v1 to Goal, Scrimmage
8	Movement Off the Ball	Juggling, 3v1, Possession, Scrimmage
9	Defending	Juggling, Shadow Defending, 1v1 at Goal, Scrimmage
10	Transitioning	Juggling, Numbers up, Possession, Scrimmage

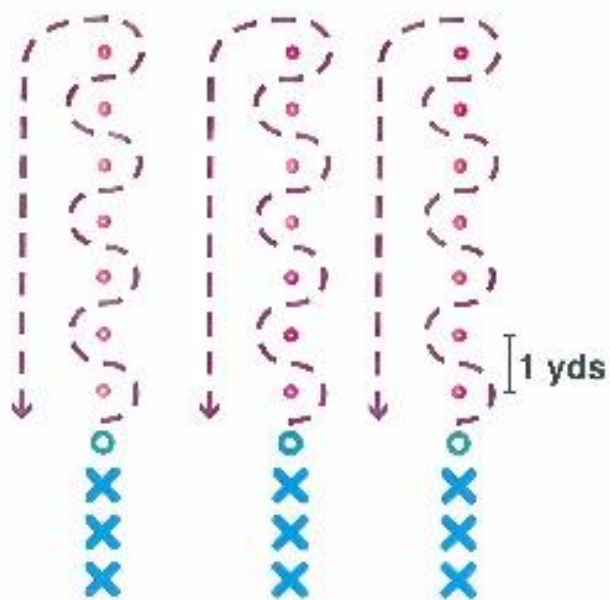
Warm-Up

1. **Juggling:** Every Practice should begin with juggling. Juggling a soccer ball works on coordination, first touch, and control. All these things are skills and traits all the great players have. At this age we can begin to change up juggling and make it more challenging for players.
 - a. Examples: Have players juggle with a bounce in between each touch to have them get the rhythm down first. Once they get that down, have the players take away the bounce and see how many juggles they can get without the ball hitting the ground. Make sure the players are not hitting the ball too hard, have them keep the ball close and under control.
 - b. Work on specific parts of the body as well. Have the players see how many juggles they can do with their feet, thighs, or head only. If they cannot get many have players get one juggle then catch the ball, then have them get two touches and catch the ball, and so on and so on until they hit their max.

Dribbling Drills

1. **Free Dribbling:** Have players dribble in a defined area as the coach calls out commands. Commands the coach should call out are; right foot only, left foot only, and free dribble. The coach should add moves as well like; step overs, scissors, Maradona, and lunge.
2. **Line Dribbling:** Create equal lines (no more than 3 in each), and have players line up behind one another. In each line have 7-9 cones about a yard apart in a straight line, so players must slalom dribble through the cones. Once they reach the last cone have the player dribble back to the front of the line, and then the next player in line will go. Have the players do whatever, right foot only, left foot only, and inside or outside only.

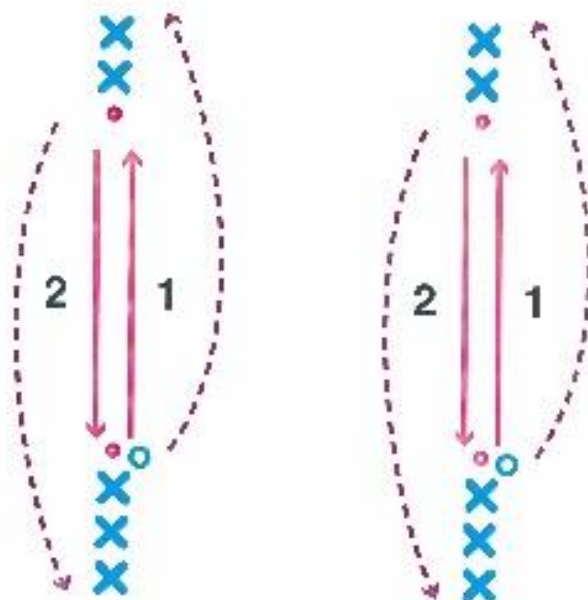
LINE DRIBBLING



Passing Drills

1. **Passing Tunnels:** Create two lines facing each other about 7 yards apart, with at least three people in each line. Have the ball start in the line with the most people, if applicable, and have the first player in line pass to the player in front of them in the other line. Once they pass the ball, they get in the back of the line they just passed to. Have the players do this for a bit changing up the types of passes every minute or so. Different types of passes could be two touch, one touch, receive the ball with one foot, pass with the other, and receive the ball with the outside of the foot and pass with the same foot.

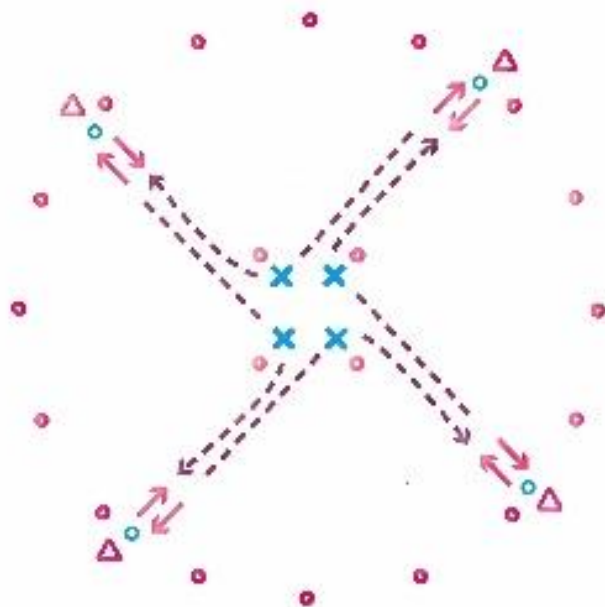
PASSING TUNNELS



2. **Passing Circle:** Create a 5x5 yard square, then create a circle that is between 10-15 yards around the square. Have players find a partner, then have one partner inside the square while the other partner is on the circle with a ball. When the drill begins, the player inside the square will check to their partner on the outside of the circle first and play a two-touch pass with their partner. After this, the player who started out in the square will check back into the middle square and then find a new person to play a two-touch ball with. This pattern continues for about a minute, then the partners switch roles. After two touch passes go to one touch passing, inside volleys, laces volleys, receive with their thigh then play a pass ball back, and receive the ball with their chest and then play a pass back.

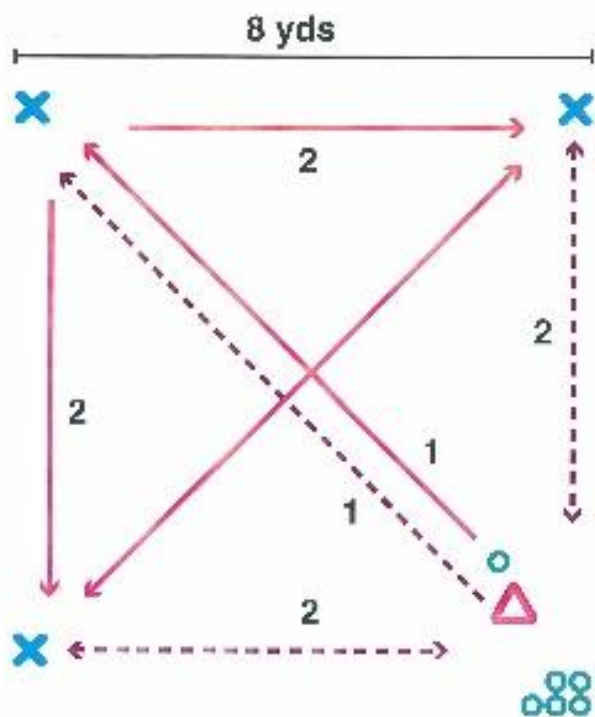
PASSING CIRCLE

12 yds 5 yds



3. **3v1 Passing:** Create an 8x8 square with only four cones to make the corners. One cone should be a different color. Split the team into groups of four or five. Have three players start out on the three cones that are the same color, these will be the players trying to keep possession. Have the one player, with a ball, on the different color cone pass the ball to the player diagonal from them. Then the drill becomes 3v1. Have the three players trying to keep possession move from cone to cone to give the proper angles to the player who has the ball. As the ball is being passed from player to player, the two players without the ball should be at the cones on either side of the player in possession so there are always two options to pass the ball to. If a player loses possession, then they will become the next defender, and the previous player takes that person's role. To progress the drill, limit the touches of the players trying to keep possession to two touch, then one touch.

3 VS 1 PASSING



4. **2v1 at Goal:** Create a 10x10 square about 10 yards from the goal. Then have one player as the defender on the line of the square closest to the goal, while the rest of the team creates two lines on the square furthest from the goal. Have one line with all the soccer balls. Start by having the player with the soccer ball pass a ball to their partner, this will let the defender leave their line to come pressure the ball. The goal of the two players is to get by the one defender and score on goal. The defender can try to win the ball if it is in the square, if the two attacking players get past the defender and out of the square, the defender cannot go after the ball. Remind players to take their space and dribble if the defender is not pressuring them, and to pass the ball if the defender is taking away their space.

2 VS 1 AT GOAL

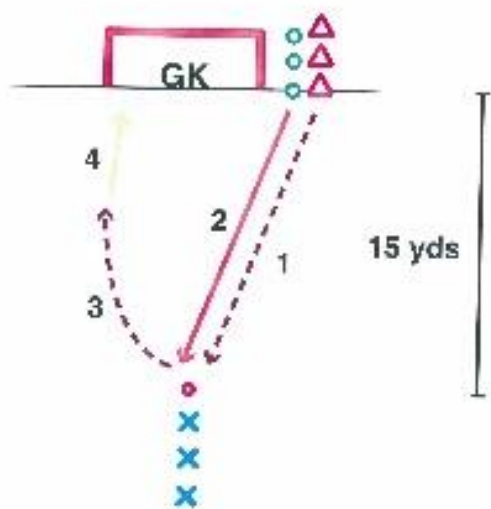


Defending Drills

1. **Shadow Defending:** Have players find a partner, and they need one ball. Have one player with the ball facing their partner who is about 2 yards away. Have the player with the ball start dribbling at their partner taking three touches one way, then three touches the other all the way to the other side of the field. The player without the ball should be in a defensive stance having their knees bent, one foot in front of the other, and looking at the ball (Jockeying). As the player with the ball is dribbling the other player is in their defensive stance in front of the ball working on their technique and foot work. Have the players switch roles once they get to the other side of the field. Progress the drill by having the players freely dribble whichever direction they want to and doing moves, then have them try and beat the defender while the defender tries to win the ball.

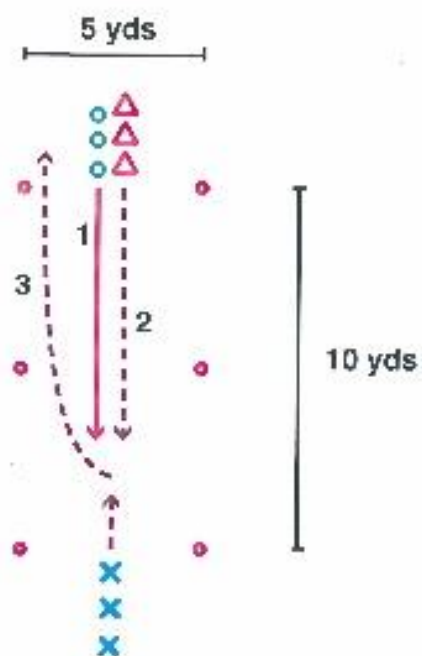
2. **1v1 at Goal:** have the team split up into two groups. One group will be at the goal post at the goal, while the other is about 15 yards in front of the goal. Have all the soccer balls with the team at the goal post. The first player in line at the goal post will pass a ball to the first player in the other line. After this, the player who passed the ball becomes the defender, and quickly puts pressure on the ball. Objective is to try and win the ball quickly from the attacker, while the attacker is trying to score on goal. After about 5 minutes have teams switch roles.

1 VS 1 AT GOAL



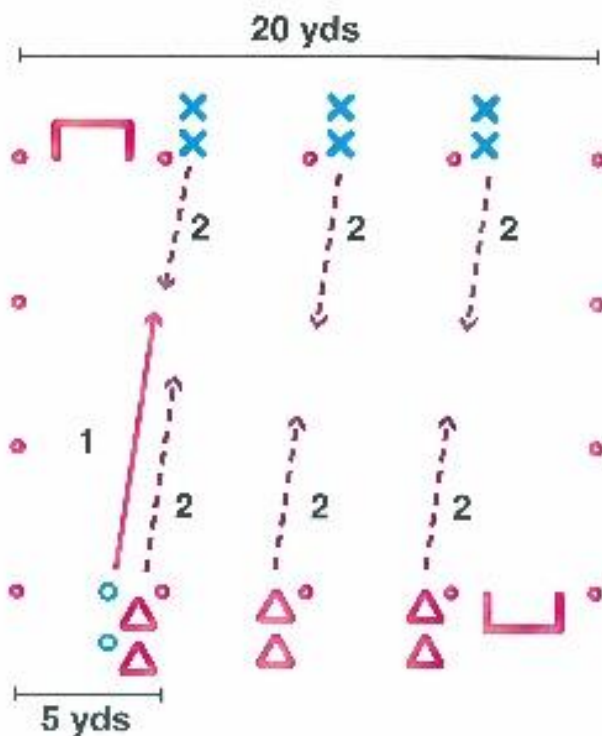
3. **1v1:** Create a 5x10 playing area. Have half the team on one of the 5-yard lines, and the other half on the other 5-yard line, All the soccer balls should be with one group. Have the team line up and have the first player with the ball pass the ball across the field to the other player. Once the ball is passed, the player who passes the ball becomes the defender and quickly pressures the person they just passed the ball to. The objective for the attacking player is to try and get around the defending player and dribble past the goal line. The defender is trying to win the ball from the attacking player, and then try to dribble past the attacking player's goal line.

1 VS 1



4. **3v3 Defending:** make a playing area of 20x15 yards. Create two team and have them each make three lines on the end lines. Then create one 2-yard goal on the right side, near the corner, of both 20-yard lines. One team will be defending, while the other is attacking. Have the defending player in the leftmost line play the ball directly in front of them to the attacking player. After this, all three defenders and all three attackers begin to play. Once the ball is scored or goes out of bounds, play resets, and the play begins again by the defender passing the ball to the attacker. Objective if for the attackers to score in the goal the defenders are in front of, and for the defenders to stop the attackers from scoring. Remind the defenders that the player closest should pressure on the ball, while the second player should be cover, and the third balance. Have teams switch roles after a few minutes.

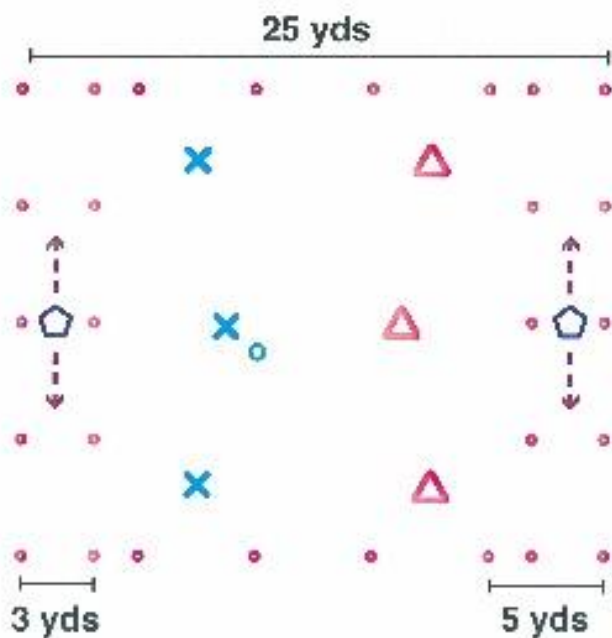
3 VS 3 DEFENDING



Possession/Transition Drills

1. **Endzones:** Create a middle playing area of 20x25 yards. On either side create an endzone that is 5x20 that extends the playing area. First pick 2 players to act as targets and have one of them go to each endzone. Split the rest of the team into two teams. The goal of this game is for a team to keep possession in the center area, while also trying to move the ball from one endzone to another. For a team to get a point they must pass to one of the targets in the endzone, then try and keep possession until they can find a pass to the other target. After a couple minutes switch out the target players. If the team loses possession, then they must start over. Remind players about looking it to find the next pass, making sure players move so there is support for the player with the ball, and there is communication the whole time.

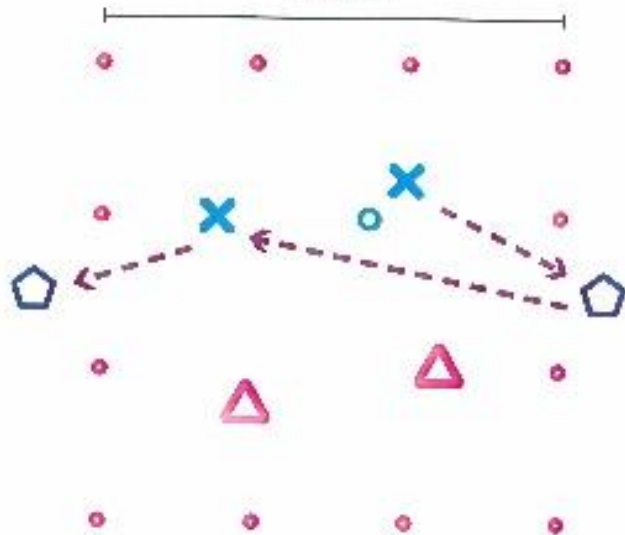
ENDZONES



2. **2v2 + 2:** Create a 10x10 playing area with four players in the middle and two players on the outside of the square on opposite ends. Have the four players inside the area create two teams of 2. The 2 players on the outside of the square will be neutrals, so they will always be on the team that has possession. The two teams in the playing area try to keep possession from each other, trying to get to a specific number of passes to receive a point. After a couple of minutes switch one of the teams with the two outside players. Remind players to find good angles for passes, players should talk constantly to one another, and players should move and open up into space so they can receive a good ball.

2 vs 2 + 2

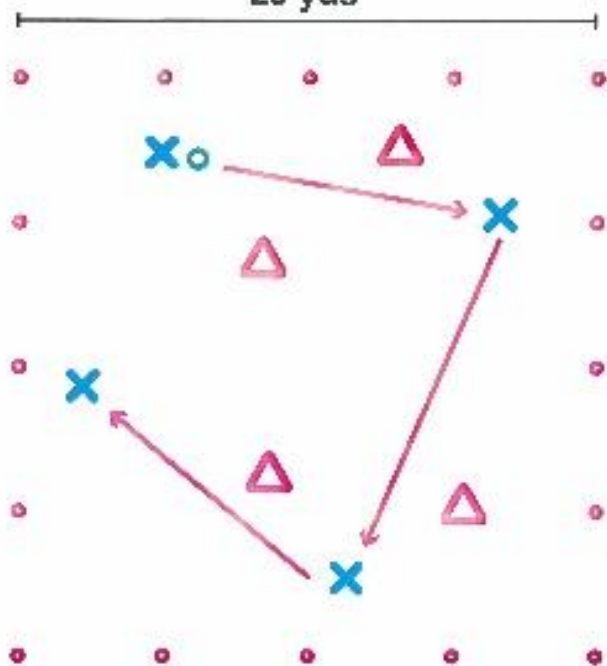
15 yds



3. **Two Team Possession:** Create an area large enough for your whole team to play in (rule of thumb is 5x5 yard area for every two people on your team). Split your team up into two different group and have a way to differentiate them. In the area, have each team try to keep possession of the ball away from the other team. If a team can manage 7 passes without the other team winning the ball, then they receive a point. Progressions could be two touch, one touch, or a higher number of passes to receive a goal.

TWO TEAM POSSESSION

20 yds



Coaching Points...

At Crossover we want to see each player develop into the best player they can be, and that starts with the basics and learning them correctly. The following skills are the most used skills in soccer, and we want to make sure you as a coach have all the information you need to explain and coach each skill.

Dribbling

Dribbling is the most used skill in soccer, so we want to make sure this skill is practiced a lot and correctly. This is the first skill any player should learn because all other aspects of soccer stem from dribbling. It is also how players learn control, and how to get a feel of a ball. Remember there is a difference between kicking and running and dribbling.

- Dribbling with the inside and outside of the foot.
 - When players are dribbling with the inside and outside of the foot, we want to make sure they are using a few techniques:
 - Make sure they are taking small touches; every step a player takes the player should be taking a touch on the ball.
 - Players should have their knees slightly bent, and body over the ball when practicing and trying to keep the ball close.

- Players shouldn't move only their foot, but need to move their whole body to get around the ball for better control.
- Dribbling with the laces of the foot.
 - Players dribble with their laces when they want to dribble with speed and exploding into space. Here are some techniques to help your players:
 - Players should lock their ankle and point their toe down.
 - No need to kick the ball far and run to the ball, but still take small touches and take a touch with every step taken.

Passing

Passing is an important part of soccer. It's the part of the game that really makes soccer a team sport. Passing is the second most used technique that any player will use throughout their playing career.

- Passing Techniques:
 1. When passing a ball make sure that it is about a step in-front of the player.
 2. The player then makes sure the plant foot, or the foot they are not going to pass with, is to the side and slightly behind the ball.
 3. The player then makes sure the plant foot and their hips are facing the target, or wherever they want the ball to go.

4. The player should then strike the ball, but continue their foot through the ball, and straight. (We do not want the passing leg to go across the body of the player).

Receiving

Receiving a lot of times goes hand in hand with passing. If a player cannot receive a ball properly, then they won't be able to set up the pass. A good pass starts out with receiving the ball well.

- You want your players to meet the ball.
 1. When the ball is being passed to one of your players make sure they are on their toes, ready to react, so they can get their body behind the ball. (You do not want your players to just move their leg to receive a ball, rather they should get their whole body behind the ball).
 2. Before the ball gets to the player, make sure the player picks their head up, so they know where to take the touch to. (They want to take their touch away from pressure, or the defender coming at them).
 3. When the ball gets to the player, the player should meet the ball with their foot and cushioning the ball as they make contact.
 4. The player should point their toe up and lock their ankle when receiving the ball with the inside of the foot and point their toe down and lock their ankle when they receive the ball with the outside of their foot.

- You want your players to open up.
 1. When a player receives the ball, you want them to use their back foot. (The back foot is the foot farthest from the ball. So, if the ball is being passed from the player's right side, they should use their left foot to receive the ball).
 2. When a player uses their back foot, it opens up the player's body to see the whole field. We want a player to see the whole field so they can make a more informed decision on where they should pass or take their space and dribble.

Defending

Defending is a skill every player will do in every game. Even if they never get a touch of the ball, they will in some way defend in every game. A team that has good defenders, and defends as a team well, will do well.

- It starts with defending individually.
 1. The first rule of defending is getting between the ball and the goal. If the player does that, then it limits the chance of a good shot being taken.
 2. When approaching the attacker, make sure the defender rushes to get there. But as they get closer, they begin to slow down and jockey.

3. Jockeying refers to the stance a player is in when they are in front of the attacker.
 - The defender is 1-2 yards in front of the attacker.
 - Their knees are slightly bent and are on their toes, so they are ready to move with the attacker whichever way they try to go.
 - And the defender forces the attacker with their body position into their help, or away from the goal. (They do this by being sideways to the attacker and turning their body towards where they want the defender to go).
4. After getting to the attacker, the defender must be patient. If you're the defender, wait for the attacker to make a mistake (big touch or messes up a move). Once they make a mistake, that is when the defender goes in for the tackle.
 - To tackle, the defender should point their toe up and lock their ankle. If they do not, then they will be more prone to breaking their ankle.

- Then we move to defending as a team.
 1. Pressure, Cover, and Balance. This is the basic way a team defends.
 - Pressure refers to the first defender, who puts pressure on the ball. If they get beat by the attacker, they should recover and become cover for the new pressure.
 - Cover refers to the second defender. This defender is off the back shoulder, or the shoulder farthest from the attacker, of the first defender. They are normally off the back shoulder, between the ball and goal, and 5-6 yards away. Their job is to be ready in case the first defender is beaten, then they would become the new pressure.
 - Balance refers to the third defender. They are off the back shoulder of the second defender. They are normally even with the second defender, just about 7-8 yards apart. Their job is to watch the runs of the attacking team and are ready for crosses or passes to them. They should be in a position that allows them to see the ball and the player they are watching.

Substituting Format

First Week

WK#1	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	
Name								
*John	X	X	X		X	X		X
Emily	X	X		X	X	X		X
Ryan	X	X		X	X		X	X
Kyle	X	X		X	X		X	X
Jennifer	X		X	X	X		X	X
Heath	X		X	X		X	X	X
Ansley	X		X	X		X	X	
Drew		X	X	X		X	X	
Brady		X	X		X	X	X	
Lexie		X	X		X	X		X

*Start with your first player the first week.

Second Week

WK#2	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	
Name								
John		X	X		X	X		X
*Emily	X	X	X		X	X		X
Ryan	X	X		X	X	X		X
Kyle	X	X		X	X		X	X
Jennifer	X	X		X	X		X	X
Heath	X		X	X	X		X	X
Ansley	X		X	X		X	X	X
Drew	X		X	X		X	X	
Brady		X	X	X		X	X	
Lexie		X	X		X	X	X	

*The second week start with the second player. Continue to start with the next player each game.

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	

Game #

	10'	5'	10'	5'	10'	5'	10'	5'
Name	1 st Quarter		2 nd Quarter		3 rd Quarter		4 th Quarter	