



# U9-U14 Activity Booklet Recreational

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# INTRODUCTION

Greetings Coaches!

First of all we would like to thank you for volunteering to be a coach. It isn't the easiest of jobs around, but coaching can be extremely rewarding!

In this booklet, I have included activities focusing on all the fundamentals we want to see our players develop,

- Dribbling
- Turning
- Passing
- Shooting
- Small sided games (SSG)

All of these except SSGs are technical aspects within the game and therefore need a lot of repetition.

In addition to all of the activities, we have included three complete session plans for you to utilize. This is to show you what a detailed session plan looks like and will allow you to plan your own, should you decide to do so.

These activities have been designed for ages U9-U14 and you have the freedom to adapt them how you like for your session theme.

Ensure all coaching points are being stressed throughout the session and also, implement these into your games during the end of practices.

Finish every session with at least 10 minutes of scrimmaging, where the players just 'PLAY' .

Please visit the Piedmont Soccer Club or 24-7 UK Soccer Academy websites for additional resources to support you in your role as a soccer coach.

Alastair Feasey,  
Piedmont Soccer Club, U9-U12 Technical Director.

## Theme/Objectives:

- Dribbling Gates
- To understand why we use all four parts of the foot when we dribble.
- Why we need to change direction and speed when dribbling.

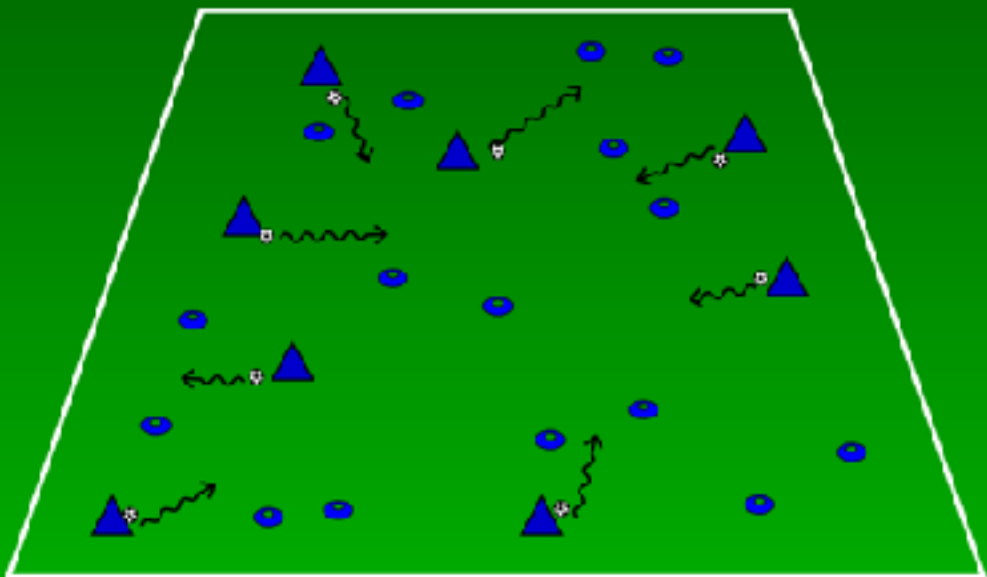
## Organisation/Explanation:

### Organisation of Exercise:

- 20x20 area with 8-10 gates in the middle. Depending upon the number of players you can add more or less gates.
- Every player with a ball, you can start with ball manipulation, understanding the four parts of the foot sole, inside, outside and laces.
- 1 point for each gate which is dribbled through

### Challenges:

- How many gates can you get through within a minute?
- Can you Fake and then burst through a gate?
- Can you change direction and then find a gate?



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## Coaching Points/Progressions:

- Head up when Dribbling, 4 parts of the foot being used.
- Change of direction/Change of speed.
- Low centre of gravity.
- Small touches/Every step is a touch/keep ball close.
- Progression; Add in a 2/3 defenders to stand in the gates, this will force the players to change direction and find another.

## Notes:

- Warm up Ideas ;
- Ball manipulation
  - Fun dribbling game, stuck in the mud or dribble tag.

## Theme/Objectives:

- Dribbling 1v1 Gauntlet
- Understand when and where to attack the defender, to attack the back foot and unbalance them.

## Organisation/Explanation:

- 3 (10x10) boxes on top of each other and then add another 3 to the side.
- 1 defender starts in the middle and end box. 1st box is free.
- Attackers begin at orange gates, aim to dribble through the yellow gates, by beating the defenders in each zone.
- A point is rewarded for each zone entered, if you dribble out of the zone or defender wins the ball, you start again.
- Once you have completed one side of the gauntlet you join the other.
- Ensure defenders and attackers are rotated every 5mins.
- Move around defenders in different zones.
- Look to perform a feat around defender, or beat with speed.
- Point system; 1 point for beating defender with speed, 3 for beating defender with a feint.



## Coaching Points/Progressions:

- Head up when Dribbling, 4 parts of the foot being used.
- Change of direction/Change of speed.
- Low centre of gravity.
- Small touches/Every step is a touch/keep ball close.
- Progression; Defender in each zone. Mix up the ability of defenders.

## Notes:

- Warm up ideas; Ball manipulation, feints and moves up to a cone, practice some before entering the gauntlet. Scissors, maradona, matthews.

## Theme/Objectives:

- Dribbling; 1v1 chaos.
- Understand when and where to attack the defender, to attack the back foot and unbalance them.
- Understand the importance of keeping your head up when dribbling.

## Organisation/Explanation:

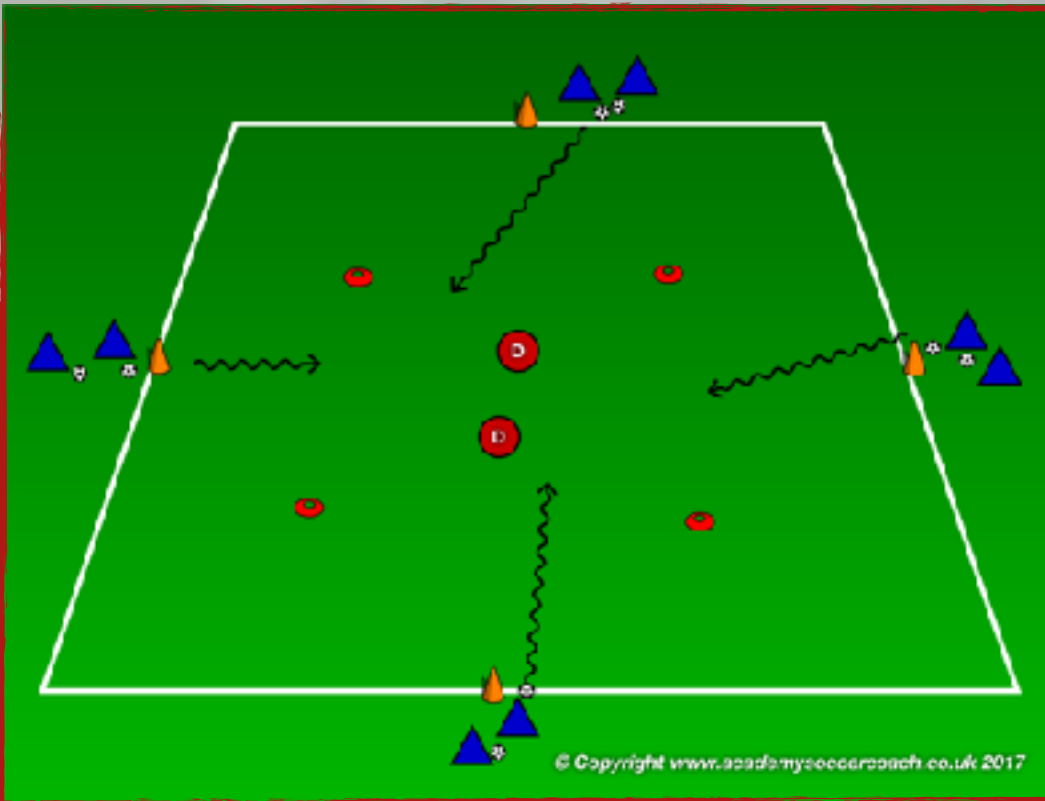
-20x20 square with a 10x10 square inside. Players pair up and position themselves on the outer square centrally.

- to begin 2 1v1s going on at once starting from opposite sides

- Players need to either feint or use their speed to separate themselves from the defender and dribble through the box to get to the other side.

- progress to all four players dribbling in at once, adding chaos to the situation, ensuring players have their heads up.

-One more progression would be to add, players have to go out a different side of the square each time and 2 players cannot go out the same side. Decision making.



## Coaching Points/Progressions:

- Head up when Dribbling, 4 parts of the foot being used.
- Change of direction/Change of speed.
- Low centre of gravity.
- Small touches/Every step is a touch/keep ball close.
- Progression; Add in another defender. Players have a time limit to get to the opposite side.

## Notes:

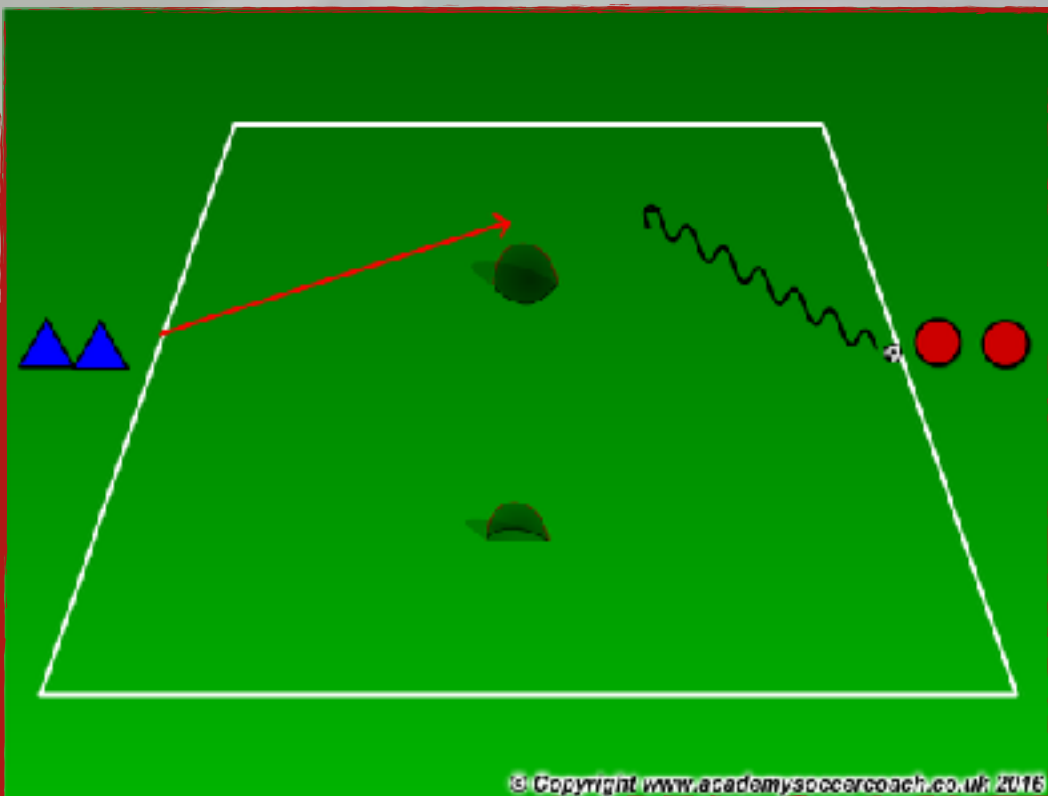
- Warm up ideas; Feints, moves and turns. Ball manipulation.

## Theme/Objectives:

- Goals faced outwards.
- Understand when and where to turn into space to score.
- Why we turn and use various turns to maintain possession.

## Organisation/Explanation:

- 30x30 square, with two goals back to back
- Players on the middle of the side, split in half, one set are defenders others have the ball and are attackers.
- Players attempt to dribble and turn in front of goal to score, defender attempts to stop them and counter them.
- Can we use various turns to turn make space and score?
- Vary how players receive the ball, either dribble in or pass to the opposition.
- Change positions of the goals and also starting positions.



## Coaching Points/Progressions:

- keep ball close and under control.
- Check shoulder can we turn?
- Can we be creative and unpredictable when turning?
- Progressions: 2v2 or 2v1. Players have a time limit within the square to score.

## Notes:

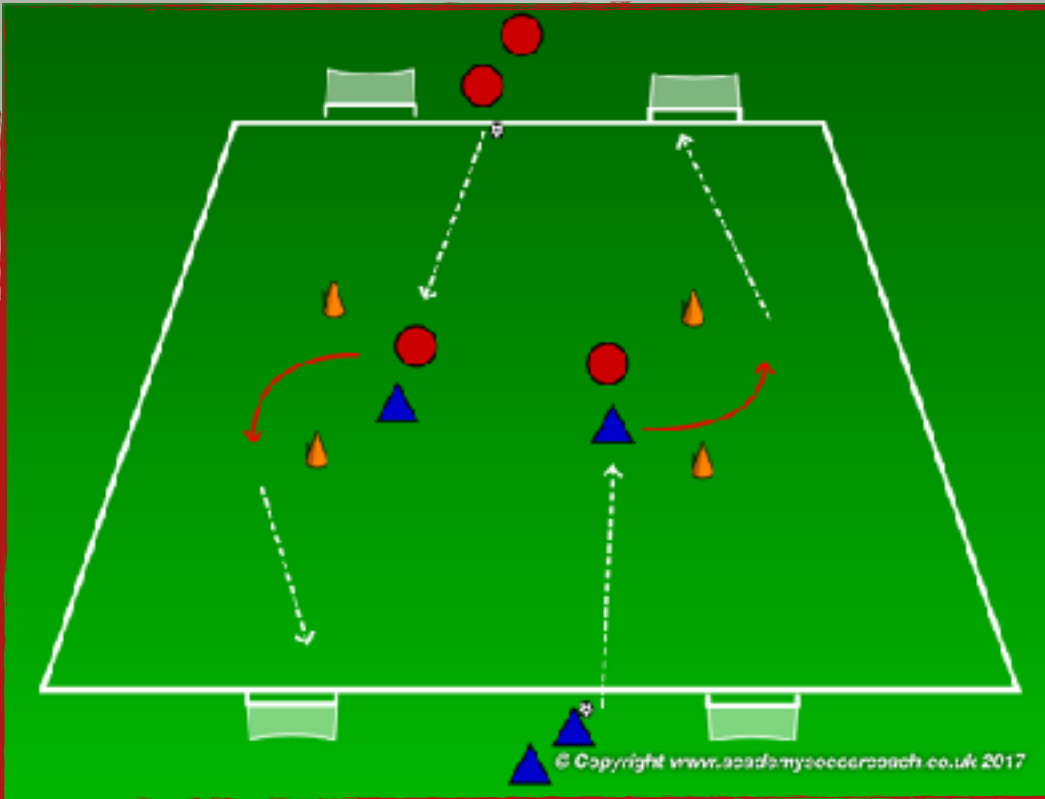
- Warm up ideas, various turns, Cruyff, hook outside and inside, ball manipulation.

## Theme/Objectives:

- Turning, spin and shoot! The Lukaku.
- Understand when to turn with a defender on your back
- Where to turn into, space or play the ball back.

## Organisation/Explanation:

- 15x20 grids with small goals at either end.
- 2 cones in the middle, organisation is a defender and an attacker
- 1v1. Attackers look to receive the ball on their front foot and try to spin off the defender.
- Use the defender as a pivot and ensure you have body contact with them, shielding the ball and using your body as a pivot.
- Play the game in rounds of 3/5 or 7. First team to either score wins.



## Coaching Points/Progressions:

- Use body efficiently, and also defender's body as a pivot.
- Creativity, how are you going to turn? Outside of foot, inside, chop?
- Check away and check to receive, can your first touch make space to shoot?
- Check shoulder to find space, where to turn? Where is the goal?
- Progressions; add in 2nd attacker who you receive it off can support you to create 2v1.

## Notes:

- Warm up ideas; Various turns, and shielding the ball. Also basic shooting technique to be stressed.

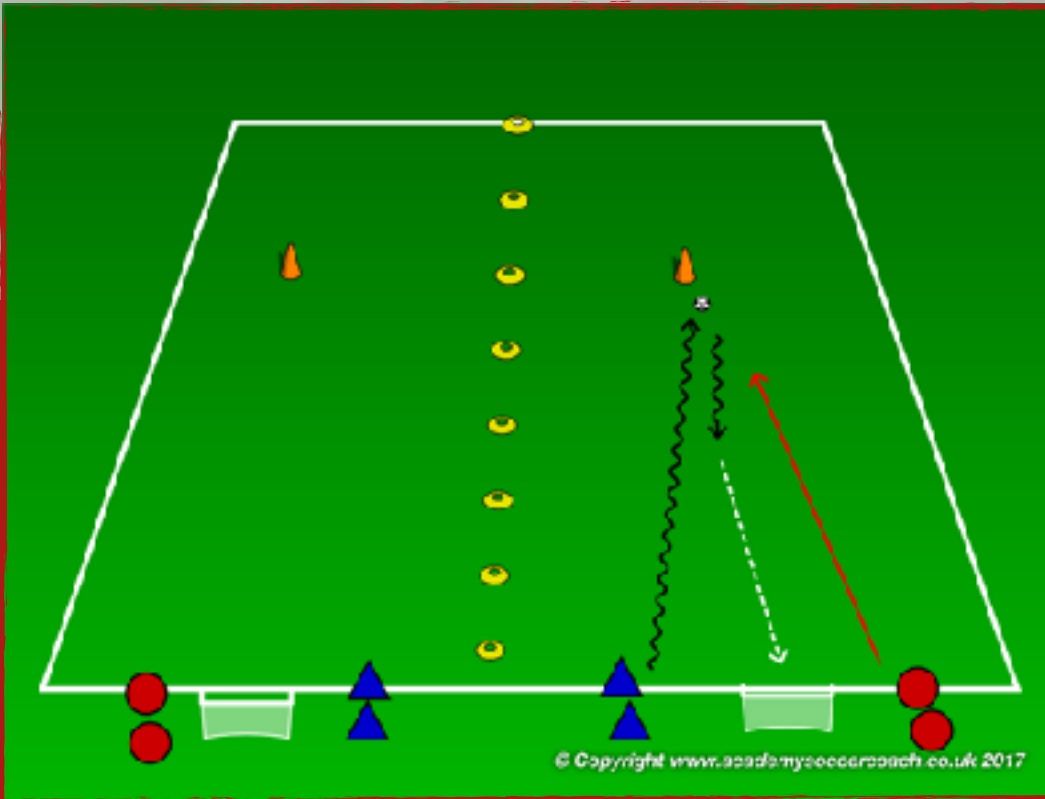


### Theme/Objectives:

- Race n turn.
- Understand why we turn and why we need to turn.
- How efficiently can we change direction?

### Organisation/Explanation:

- 10x20 areas side by side.
- Both areas have a goal at the bottom of the field. With a cone further out in the area.
- Players start by either side of the goal. Blues will begin with the ball and have to dribble out to the Cone and perform a turn, this is whilst a defender is on there back.
- Ensure you swap who dribbles the ball out. Make it a competition.
- Can you turn and create space to make a 1v1?
- Can you create space to turn and beat the defender?
- Can you be unpredictable when turning to fool the defender?



### Coaching Points/Progressions:

- keep ball close
- Check shoulder can we turn?
- Can we be creative and unpredictable when turning?
- Progressions: Make it a competition, first to so many goals. Or how many goals can you score in 3 minutes?

### Notes:

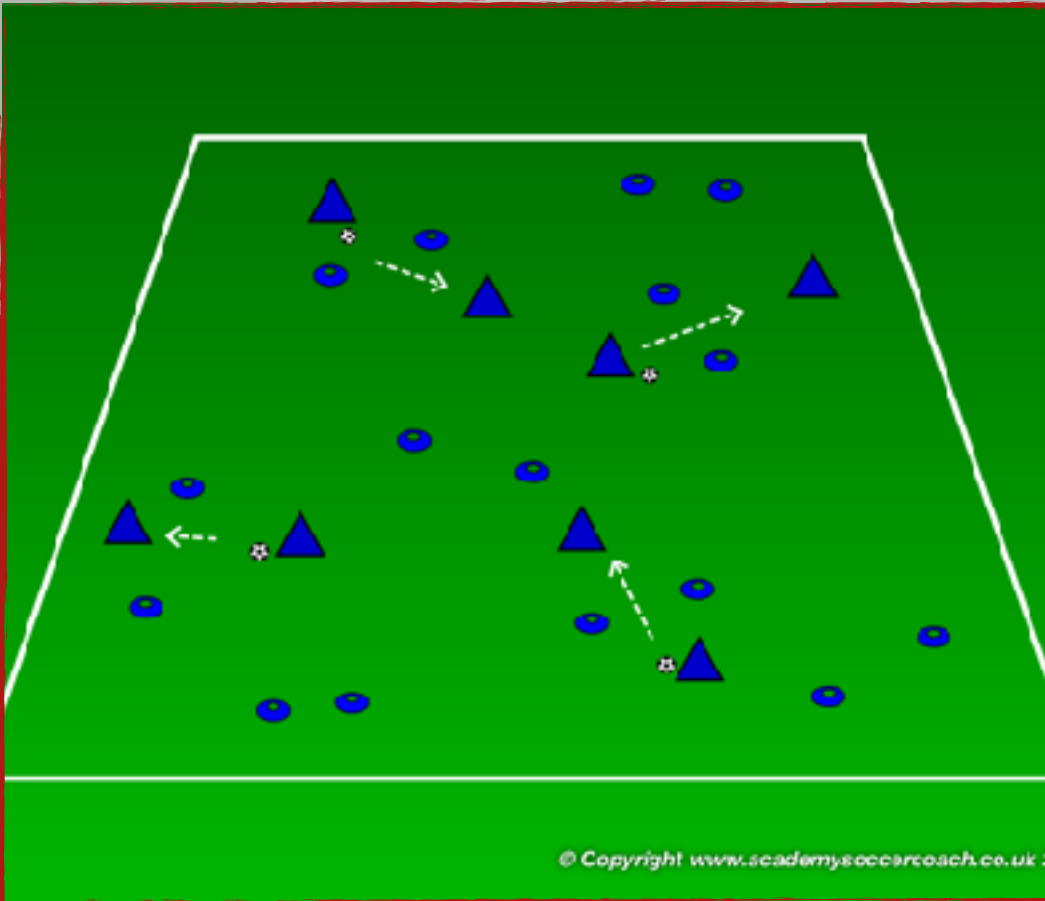
- Warm up ideas, various turns, Cruyff, hook outside and inside, ball manipulation.

## Theme/Objectives:

- Passing Gates.
- Break down basic passing of the ball, understand what is a successful pass.

## Organisation/Explanation:

- 20x20 area with 8-10 gates around the area.
- Players are partnered up with one ball between two.
- Players aim to pass through the gates. Cleanly without touching a cone.
- Depending on ages, vary the length of the pass and the weight of the pass.
- Add challenges such as;
  - How many passes can you get in a minute?
  - First 2 to 15 successful passes.



## Coaching Points/Progressions:

- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.
- Progressions: Add 2/3 defenders in to stand between the gates, then progress to let the defenders win the ball.

## Notes:

- Warm up ideas; ball manipulation in twos, inside rolls.

## Theme/Objectives:

- Tri-Colour Passing
- Enhancing Decision making and learning to check your shoulder when passing and receiving.

## Organisation/Explanation:

-20x20 area with three teams of 3/4 in a team.

- Each team has a ball, they begin just passing around in their team, ensuring they are moving, around the square.
- Now, each team has a sequence.
- Blues have to pass to yellow and yellow to red, red then back to blue. You can pass to anyone on the team as long as it is that specific colour.

## Progression:

- Begin with 6v3 for example yellow and blues on the same team vs the reds. If the reds win the ball, and yellows lot it, yellows will be defending, blues/reds vs yellows.



## Coaching Points/Progressions:

- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.
- Check your shoulder to see where your next pass is going.
- Progressions: Staying in three teams, make it opposed, team in possession has support from another team, team who loses the ball will be the defending team. Transitional and understanding possession.

## Notes:

- Warm up; passing gates.

## Theme/Objectives:

- Passing in squares.
- Understand why we move to receive the ball.
- Why we receive at angles?

## Organisation/Explanation:

- 20x20 sure separated into 16 squares.
- Players are partnered up, and a ball between two.
- Players have to pass and find space to receive the ball in another square.
- Passes can only go into different squares
- Add challenges in, how many passes in a minute?
- First to 10 successful passes?
- How many passes at an angle can you make instead of square passes.



## Coaching Points/Progressions:

- Head up directed towards your target and over the ball.
- Plant standing foot next to the ball.
- Use the inside of your foot, and strike the ball in the middle.
- Follow through with kicking leg.
- Check your shoulder to see where your next pass is going.
- Progressions: players can gain extra points for passing through 2/3 squares. For longer passes. Add defenders in to deny the passes, players will have to move more consistently, and sharper movements needed

## Notes:

- Passing gates for the warm up. Hand ball in the squares

## Theme/Objectives:

- Shoot n React!
- Understand correct shooting technique.
- Understand why and when to transition to defence.

## Organisation/Explanation:

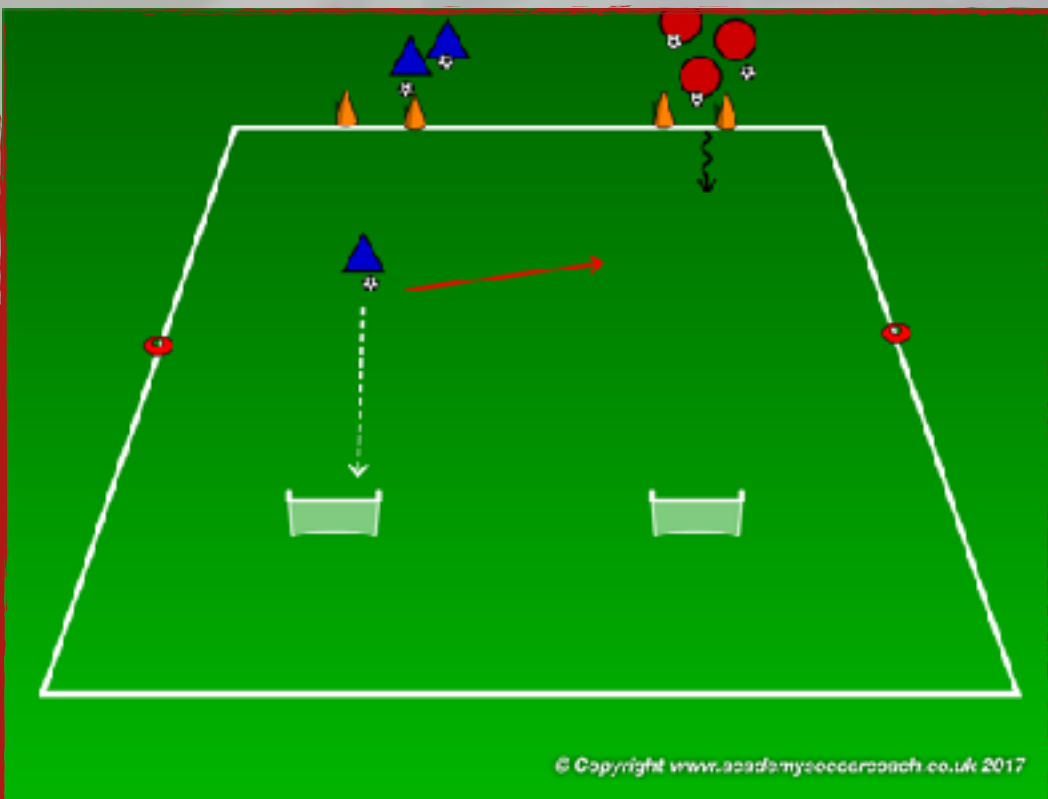
-20x20 area. With 2 sets of orange starter cones. 2 goals and 2 cones for an area where you cannot shoot past.

- Blue attacker, attacks the goal and shoots, instantly he is a defender against the red attacker.

- The red attacker will then defend against the blue attack, cycle keeps repeating until players have all had a go.

- Focus on the transition to defence.

- Focus on striking the ball, and beating the defender in a 1v1 situation.



## Coaching Points/Progressions:

- Plant your foot next to the ball in the direction you want to shoot.
- Look up to see the target, and where the goalkeeper is.
- Arms out for balance, head and knee over the ball.
- Strike the ball with your laces and follow through with striking leg.
- Progressions: Add 2 defenders in. 1v2. Add 2v1 two attackers. Add you have to fake before shooting.

## Notes:

- Warm up ideas: Focus on basic technique of shooting and perform the whole exercise unopposed. Ball manipulation.

## Theme/Objectives:

- 1v1 Shooting
- Understand where to beat the defender in a 1v1 situation in front of goal.

## Organisation/Explanation:

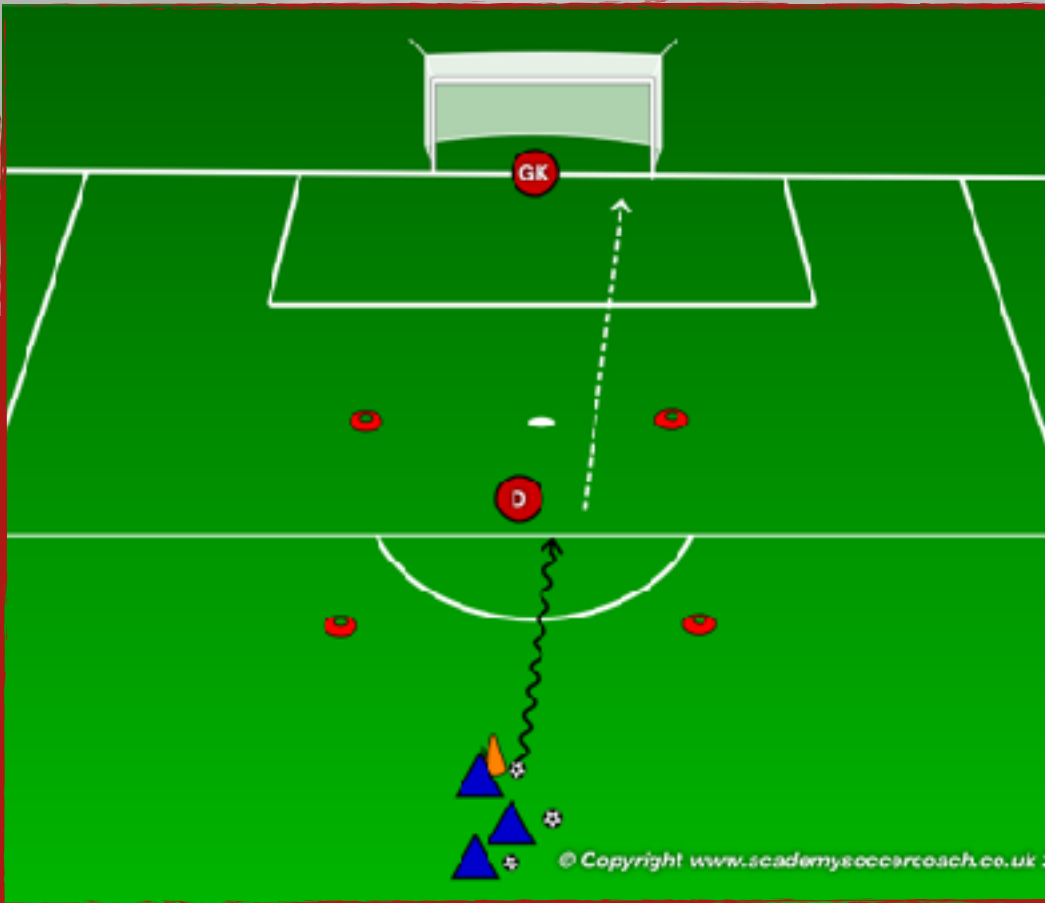
- Create a GK box relevant for the format you play, 7v7, 9v9, 11v11.

- Cone out a 10x10 box on the edge of the area.  
 - 1 defender inside the area, attack the defender, unbalance them and shoot.

- Can we beat the defender with a fake and then shoot on target?

- Can we make space to shoot? (Shift n shoot)

- Can we look to unbalance the defender and separate yourself from them to finish?



## Coaching Points/Progressions:

- Plant your foot next to the ball in the direction you want to shoot.
- Look up to see the target, and where the goalkeeper is.
- Arms out for balance, head and knee over the ball.
- Strike the ball with your laces and follow through with striking leg.
- Progressions: Make it 2v1, take the box out, Gk more aggressive. Also add another defender in

## Notes:

- Warm up, ball manipulation, begin unopposed. Focus on basic shooting technique.

## Theme/Objectives:

- Shooting Small sided game, Combine and finish.

## Organisation/Explanation:

- 20x30 area split in half. Teams split evenly with 1 neutral.
- Each team will have a goalkeeper and 2 players in each half.

Start the game as all players can shoot from anywhere then add in the following restrictions/combinations;

- Can combine either ;
- 1) a wall pass with a player in the attacking half and bounced back then a shot.
- 2) play into the forward they have 2 touches to shoot.
- 3) Or play wide and cross with a 1 touch finish.



## Coaching Points/Progressions:

Plant your foot next to the ball in the direction you want to shoot.

- Look up to see the target, and where the goalkeeper is.
- Arms out for balance, head and knee over the ball.
- Strike the ball with your laces and follow through with striking leg.
- Communication to combine.
- Progressions: have to combine with the neutral before scoring. Players can dribble into the attacking half on the ball.

## Notes:

Warm up ideas; Some combination play patterns. Basic shooting technique.

Organisation/Explanation:

-20x30 area, a goal in each corner.

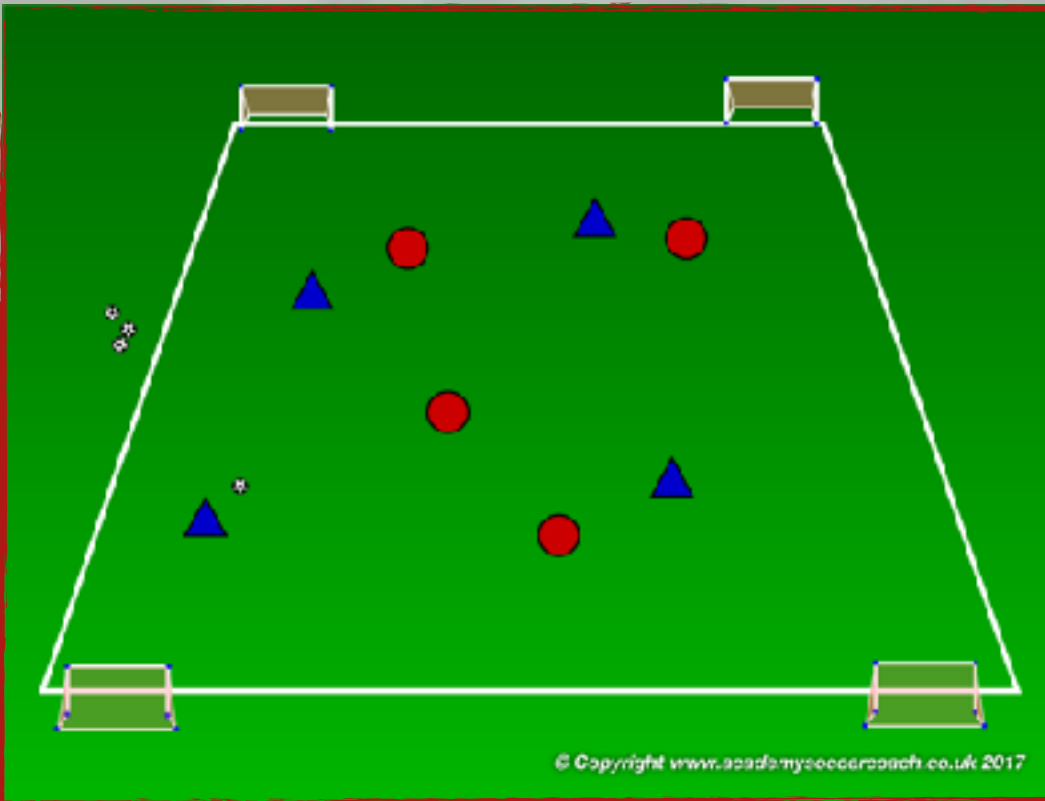
-4v4, coach has the balls.

-Set challenges for players relating to the topic of the session, for example if you have done passing, 5 passes before you score? Or switch the play before you score?

- If it is driving you may want to have coned goals, so players can dribble through them.

-Ideas to add; If you score, you keep the ball and attack the opposite goals. This makes it transitional.

- Touch your own goal after you score.



Coaching Points/Progressions:

- Relate Session coaching points to your small sided games. If you have done passing still stress the importance of receiving on the back foot, or checking your shoulder, always relate back to your session coaching points.

Notes:

- Relate the small sided games to your session topic. Passing, shooting, dribbling etc.

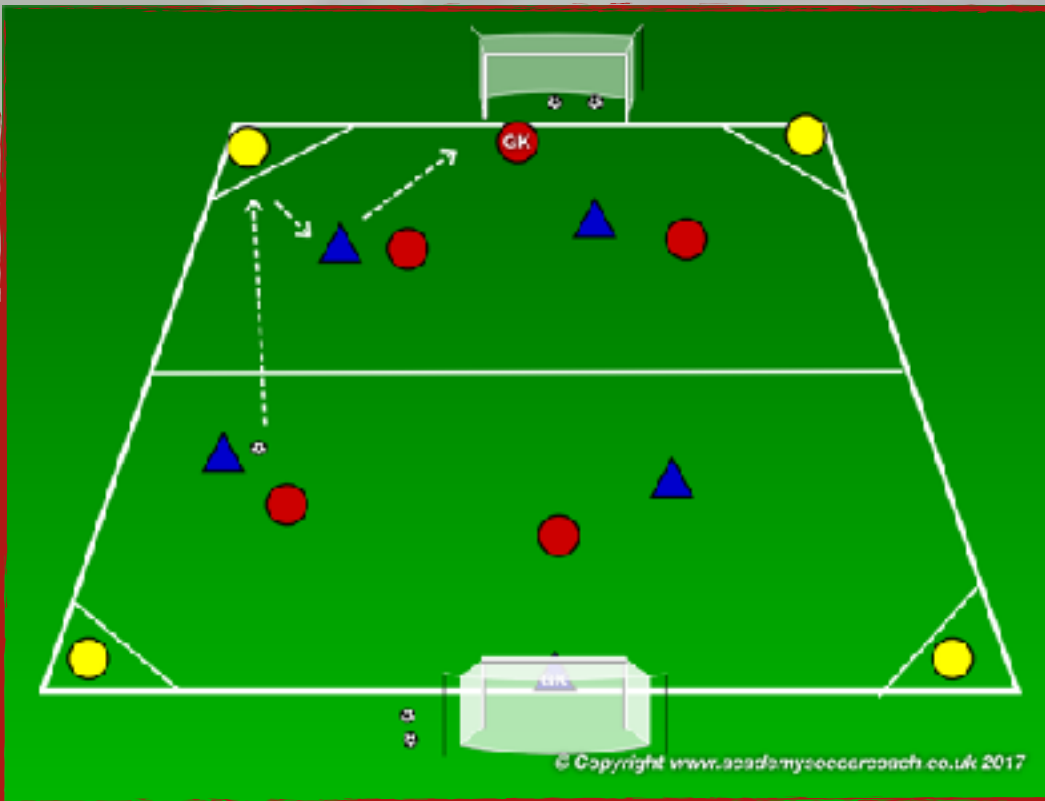


## Theme/Objectives:

- Small sided game: 4v4 (+) 4
- 

## Organisation/Explanation:

- 30x40 sized field, with two goals either end and the field split in half.
- 2v2 in each half and 4 neutrals in the corners of the field as 'bounce' players for the team in possession.
- Both teams have a goalkeeper.
- The coach controls the transition by shouting switch, the teams will then attack different goals, you can only pass over the halfway line.
- Conditions; you have to play to a bouncer before you score.
- You have to receive from a bouncer and finish straight away.
- 



## Coaching Points/Progressions:

- Dependant upon the session topic, ensure coaching points are being enforced throughout the small sided game.

## Notes:

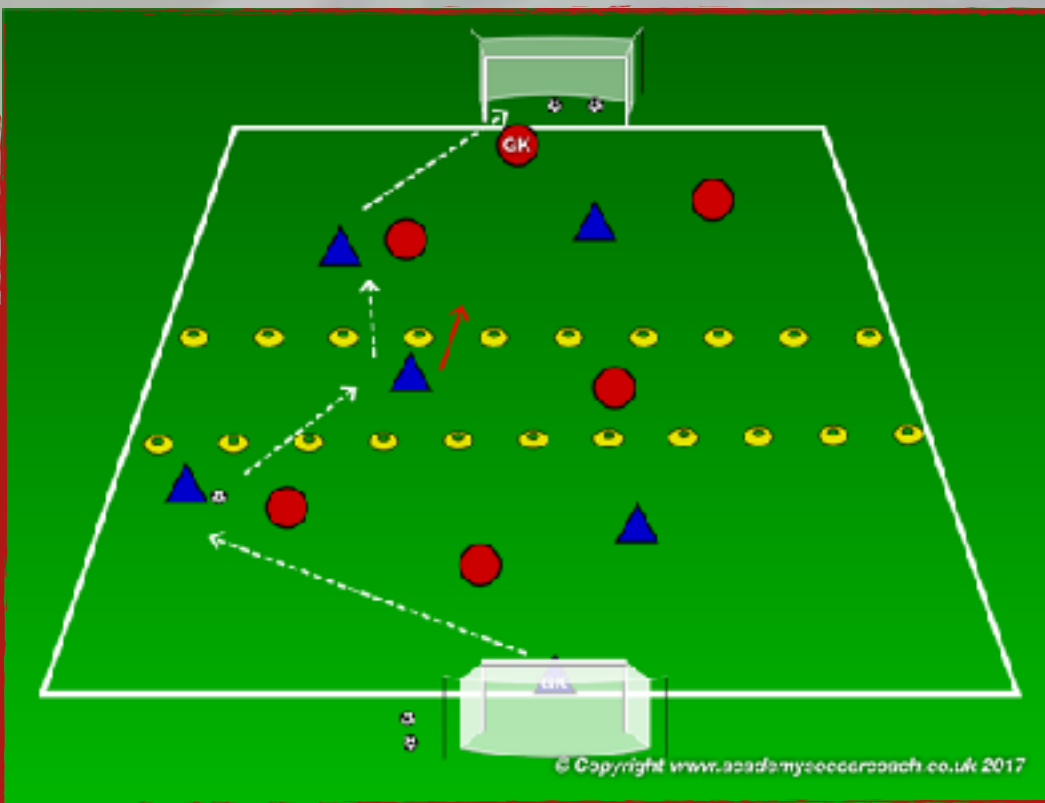
- - Relate the small sided games to your session topic. Passing, shooting, dribbling etc.

## Theme/Objectives:

- Small sided game, Counterattacking and Shooting.

## Organisation/Explanation:

- 30x40 field, with two goals and a cone out half way line with 5 yards in-between
- 2v2 in both ends and 1v1 in the middle zone.
- Players have to play through the middle zone to create overloads in the attacking thirds.
- Players can either dribble into the zones or pass
- Can we combine towards goal?
- Can we create overloads in the final third or even look to counter quickly and enter the final third after winning the ball within 5 seconds.



## Coaching Points/Progressions:

- Relate Session coaching points to your small sided games. If you have done passing still stress the importance of receiving on the back foot, or checking your shoulder, always relate back to your session coaching points.

## Notes:

- Ensure session is topic related.

**Theme/Objectives:** Turning: To Keep possession.

Age: U10

Mesocycle: Spring

Microcycle: Week 2B



Duration: 15

Intensity: Low

Intervals: 5

Work:Rest:

**Organisation/Explanation:**

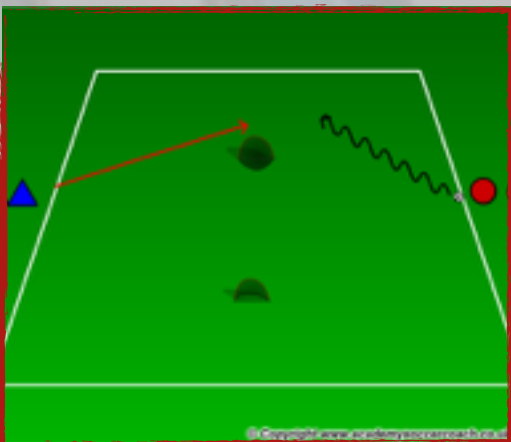
- Go through numerous turns.
- Cruyff, step-over, pull back, hook (inside and outside), L turn.
- 1. dribble up to cone turn and dribble back.
- 2. Dribble up and pass back
- 3. dribble up, hook right then hook right again to not cone. All the way around the square.

**Coaching Points**

- Close control dribble,
- Emphasis on turns, exaggerate the turn. i.e. arm up when performing Cruyff turn.
- Head up and accelerate after turn.

**Progression(s)**

- make a race for 1. and 2. ensure turns are correctly performed.



Duration: 20

Intensity: med

Intervals: 3

Work:Rest:

**Organisation/Explanation:**

- 30x30 square, with two goals back to back.
- Players on the middle of the side, split in half, one set are defenders others have the ball and are attackers.
- Players attempt to dribble and turn in front of goal to score, defender attempts to stop them and counter them.

**Coaching Points**

- Turn away from defender, accelerate away.
- Turn or fake to create space for a shot.
- Head up to find space.

**Progression(s)**

- make it 2v2 then 3v3.



Duration: 25

Intensity: high

Intervals: 5

Work:Rest:

**Organisation/Explanation:**

- 30x30 square with 4 goals in 1 goal on each side.
- Players attempt to keep possession while turning to find space and score in one of the 4 goals.

**Coaching Points**

- Look to turn when you can and change the way you are facing.
- drive towards free goal, check shoulder can i turn?

**Progression(s)**

- have to score in all 4 goals
- overloads/ 5v3

**Notes:**

Ensure free play at the end of practice. 15/20minutes.

**Theme/Objectives:** **PASSING: PLAYING THROUGH THE THIRDS**  
 - TO UNDERSTAND WHAT PLAYING THROUGH THE THIRDS MEANS  
 - WHY AND HOW WE PLAY THROUGH THE THIRDS?  
 - CREATE GOALSCORING OPPORTUNITIES BY PLAYING THROUGH THE THIRDS.

Age: U10

Mesocycle: FALL

Microcycle: Week 12B

Duration: 15

Intensity: Med/high

Intervals: 3

Work:Rest: 4:1



**Organisation/Explanation:**

- 10x20 area balls start with reds
- 2v1 stop the ball on the opposite line.
- If Blue drives inside this is the cue for the second attacker to create an overlap.

**Coaching Points**

- Defender- Make it a 1v1 curve your run, show body shape
- Attacker- Overlaps, invite pressure then destroy pressure by a penetrating pass.
- positive, creative movements .

**Progression(s)**

- can only overlap or one two to get a point.

Duration: 30

Intensity: Med/High

Intervals: 6

Work:Rest: 4:1



**Organisation/Explanation:**

- 30x20 area with 3 pug goals on each end, and split into thirds.
- 2v1 in each third, working with the blues. Balls on the side with coach.
- Blues have to play through the thirds to gain points, they cannot pass straight through end to end they have to go through a player in the middle third.
- If the reds win the ball they have to score on either of the 6 pug goals.
- Everyone is locked in zones, unless defenders win in reds can come out, blues can't.

**Coaching Points**

- Check in and out, movement to receive
- Pass appreciation
- Check shoulder, Scan.
- Possess the ball, patience.

**Progression(s)**

- reds -10 seconds to score if they win it.
- blues on two touch. Blues can swap a zone with a player for rotation.

Duration: 30

Intensity: High

Intervals: 6

Work:Rest: 3:2



**Organisation/Explanation:**

- 30x20 area, with 7v7 goal and also three pug goals at one end.
- 2v1 in each third again also final third has a GK.
- Looking to creating goalscoring opportunities by playing through the thirds.
- If reds win it look to score on the pug goals, replicating a 9, 7, 11.
- Blues can you combine?

**Coaching Points**

- movement to receive off the ball
- Play what you see, quick and simply.
- Check shoulder, communication and body language.
- firm passes/ Pass appreciation.
- posses the ball.

**Progression(s)**

- Take out the thirds and play
- One touch finish for blues.

**Notes:**

5 Minutes of SAQ Warm up

**Duration:** 15

**Intensity:** high

**Intervals:** 3

**Work:Rest:** 3:2

Organisation/Explanation:

- 1/2 a field.
- Cone out an area 30x40 and split in half
- 5 players on each side with an additional neutral player. 3 on the Sides of their half and two in the middle. N in middle.
- to begin both teams have a ball can pass to anyone in the area, just moving the ball between everyone, passing and movement around, players can switch on the outside also.

Coaching Points

- Firm passing
- Communication
- movement off and on the ball
- Receive back foot, to turn out.

Progression(s)

- Play a one two with players on the outside for them to enter the field and swap.

**Duration:** 20

**Intensity:** High

**Intervals:** 3

**Work:Rest:** 5:2

Organisation/Explanation:

- Same size as Stage 1.
- Same positions etc.
- There is now one ball, both teams look to possess the ball, when out of possession, two players can go into oppositions area to press and win the ball back. Once they have won it, transfer it to 'home' side and possess.
- Can we get to 10 passes?
- Who? 7,11,9,10,6,8.

Coaching Points

- Firm passing, technique of passing and receiving.
- check in and out to receive back foot.
- Check shoulder,

Progression(s)

- Once won back, play straight into the 9, on the end side.

**Duration:** 25 mins

**Intensity:** Med

**Intervals:** 3

**Work:Rest:** 5:2

Organisation/Explanation:

- 1/2 field, 30x30 area just short of 18.
- 2v2(+1) in the middle of the area, and 3 players on the outside. When in possession players on the outside are active, when out of possession players are not active. 7,11,6 on outside, 8,9,10 in middle.
- 5 passes then we can play through the cones and its 3v2 to goal. Can pass over the line

Coaching Points

- Look to break lines, receive between 2 players.
- angles of movement, different passing lines. Width and depth and timing of runs to receive ball.

Progression(s)

- 10 passes. Or Have to play to 9 ( Neutral player) to penetrate

**Duration:** 25 mins

**Intensity:** High

**Intervals:** 5

**Work:Rest:** 3:2

Organisation/Explanation:

- 1/2 field with two small goals on the halfway line.
- reds line up with a 1,2,3,4,5,6. Blues with 6,8,7,11,10,9.
- Blues looking to keep the ball and possess, finding the right moment to penetrate, can we play through the 9/10? Can the 10 receive between the lines and combine with the 9? Can the 7/11 get in behind by penetration from the 6,8,10?

Coaching Points

- Visual cues for 7/11, any of 6,8,10,9 head up.
- VC for 9 is the 10 on the 1/2 turn, check in and out to make space in front/behind
- VC for 10 in behind. 9 check away

Progression(s)

- reds have 10 seconds to score once in possession.

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