



## **Development Program**



## **Introduction**

Canmore Minor Soccer Club is dedicated to winning at what matters most. Our goal is to develop players in holistic ways in soccer and in life.

## **Soccer Development**

The main point of each practice is to get as many 'touches' on the soccer ball as possible, whether it be through dribbling, or passing the ball. The more 'touches' the players get each practice will help them develop better ball control – which is arguably the most important aspect of soccer.

Coaching concepts and principles through small-sided-games, activities, and drills is essential to becoming a great soccer player. The foundational concepts we want to focus on consist of possession, attacking, defending, and finishing. Each of these includes various principles to excel in these fundamental aspects of soccer.

## **Possession**

What drills, activities, and small-sided-games focus on possession? Here are some principles to think about. dribbling, shielding and ball control (Individual possession), passing and receiving, first touch, second touch, Communication, Spacing/Movement, Spatial Awareness, Team Control, movement off the ball, cut backs, turns, etc. Different kinds of possession: Meaningful, fake, attacking, defensive. Brave, meaningful possession.

- Width
- Stretch the defence
- Decision making
- Dribbling, passing, ball control
- Keeping possession to defend
- Keeping possession to attack
- Keeping possession to finish
- Shielding

Question:

- What does possession look like for a beginner soccer player? What skills could they use?
- What does possession look like for a more advanced player? What



skills could they use?

## **Attacking**

What drills, activities, and small-sided-games focus on Attacking? Here are attacking principles to think about. Dribbling- fakes, moves and turns, Passing, Support/Movement off the ball Switch of Play, Counter attack, Combination- Give- and -go, Overlap, Width/ Depth Pocket of space, Through and send balls, Balance, Communication, creativity, taking touches into open space, attacking open space, Moving through the defending, attacking, and finishing zones as an individual and team.

- ball control
- Width
- Stretch the defence
- Combination play
- Attacking open space
- Creating space through velcro runs
- 1st attacker - Pressure
- 2nd attackers - Support
- 3rd Attackers - Balance

Question:

- What does Attacking look like for a beginner soccer player? What skills could they use?
- What does Attacking look like for a more advanced player? What skills could they use?

## **Defending**

What drills, activities, and small-sided-games focus on Defending? Here are defending principles to think about. The extra man (the sideline), jockeying/side on, team defending- Pressure, cover, support, individual defending- Fast, slow, side on, low etc. (levels of pressure I, II & III, fake pressure), side-on/jockey, Tracking, Tackling (front foot, back foot) Force Away from Goal, Recovery, Goal Side, Ball Side, Communication

- Side on stance
- 1st defender - Pressure
- 2nd defender - Cover/support
- 3rd defender - Balance
- Hunting the ball



- Pressure
- Compact shape
- Team formation
- Pressing together
- Passing, dribbling, ball control

Question:

- What does Defending look like for a beginner soccer player? What skills could they use?
- What does Defending look like for a more advanced player? What skills could they use?

## **Finishing**

What drills, activities, and small-sided-games focus on Defending? Here are defending principles to think about: Creating scoring opportunities, using a positive first touch, shooting technique, body management, ball control, etc. Shooting, Finesse-inside curve of foot, Power-Laces, Volleys (half, full), chipping, First Touch Ball Control, Under Pressure, Other Striking Surfaces Striking a moving/dead ball

Question:

- What does Finishing look like for a beginner soccer player? What skills could they use?
- What does Finishing look like for a more advanced player? What skills could they use?

## **Personal Development**

The physical, social, mental, emotional, and spiritual aspects of a person are crucial to developing people holistically.

### **Physical**

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| <input type="checkbox"/> Speed    | <input type="checkbox"/> Kicking      |
| <input type="checkbox"/> Agility  | <input type="checkbox"/> Running      |
| <input type="checkbox"/> Balance  | <input type="checkbox"/> Jumping      |
| <input type="checkbox"/> Throwing | <input type="checkbox"/> Coordination |
| <input type="checkbox"/> Catching |                                       |



Question:

- What does physical development look like for a beginner soccer player? What skills could they use?
- What does physical development look like for a more advanced player? What skills could they use?

## **Social**

- Having FUN
- Wining well
- Losing well
- Redefining competition
- Managing mistakes
- Playing as a team
- Personal responsibility

Question:

- What does social development look like for a beginner soccer player? What skills could they use?
- What does social development look like for a more advanced player? What skills could they use?

## **Mental**

- Focus on what you can control, not what you can't control
- Growth mindset vs fix mindset

Question:

- What does mental development look like for a beginner soccer player? What skills could they use?
- What does mental development look like for a more advanced player? What skills could they use?

## **Emotional**

- Emotional regulation
- Psychological makeup of players

Question:

- What does Emotional development look like for a beginner soccer player? What skills could they use?
- What does Emotional development look like for a more advanced



player? What skills could they use?

### **A Session Schedule**

Suggested Schedule: The 15/15/15/15 rule. Of course customize for your group.

- 15 min warm-up - a great time to focus on holistic physical development
- 15 min 4v4/5v5 free-play - Use this time to observe your players to craft your sessions.
- 15 min - play an activity, drill, or small-sided-game.
- 15 mins - 4v4/5v5 game application. Give bonus points to players who apply the concept, principles, or skill in the game.

**Small-Sided-Games** are your best friend. Limite line ups by playing 1v1, 2v2, 3v3, 4v4, 5v5 and any other combinations. Aim to have 80% games and activities, and 20% drills, throughout the season.

### **Progression Ideas**

- Time restraints
- Rotate positions
- Integrate goalkeeping regularly
- Space restraints
- Distance changes
- Contests (beat the coach, beat your record)
- Touch restraints
- Different parts of the body
- Score 3 goals, then, can you help someone else score?
- Everyone on the team needs to touch the ball before you can attack, shoot, or score a goal

### **Stop, recreate, & restart**

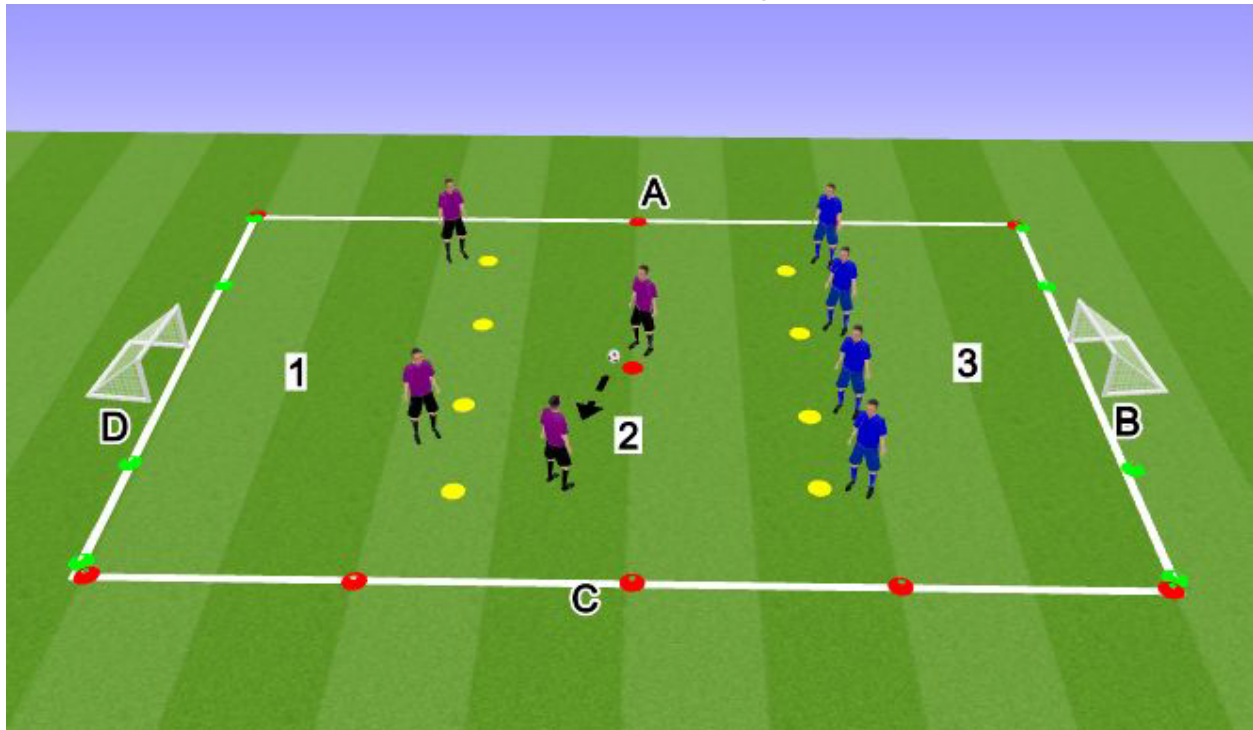
- Freeze
- Recreate
- We are live on the pass, on the touch, etc



### **A Modified Game**

Field sizes and shapes should be set up to help you meet the Club's objects. Our goal is to play small-sided-games up to a maximum of 4v4 or 5v5. Feel free to do 1v1, 2v2, 3v3, and any other combination. With a group of 16 to 20 players 2 fields will be needed.

A great place to start is a field size of 15x20 yards. Be sure to **set up multiple fields with three zones** like the image below.



**Be sure to colour coordinate the field** and set it up so that you rarely have to add anything, only take equipment away as you progress through your plan.

***Only goalkeepers can use their hands!*** remind players not to use hands for the entire practice – even the coaches (unless they are a goalie)!

### **U4-U5**

**Lesson-of-the-day:** There are three main lessons to reinforce at this age: dribbling; kicking (with laces) and passing (with side of the foot). Go over



each lesson you want to focus on before the practice. Since these players are young, it's okay to have the same 'main' message for multiple practices (3 minutes)

**Free-kick:** kids dribble, kick the ball around before practice. Encourage creativity and fun. Let them pretend to be animals (and make the noises) or their favorite super-heroes. Make them laugh!!! (5 minutes)

**Warm-up:** jumping, running, stretching; follow the leader run (5 minutes)

**Be a carrot** – hold your hands behind your back and pretend you're a carrot; with and w/o soccer ball down the lines and back (5 minutes)

**Dribbling** – the ball is like a puppy on a leash. keep your puppy close to stop him from running away (5 minutes)

**Soccer anatomy** – have the kids dribble and when you call a body part they have to put that on the soccer ball, ie. foot, knee, back, shoulder, head. To progress the game have them put a body part on the ball and act like a certain animal (5 - 10 minutes)

**Egg Hunt** – Scatter all the balls on the field. Have the kids standing on the line, and when you say egg hunt, have them run out and each collect a ball. Each kid will have to dribble the ball back (5 - 10 minutes)

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**Water/snack break; free kick** (5 minutes)

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**What time is it Mr. Wolf.** Have the kids line up with the ball, with coach at other end. The kids ask what time is it Mr. Wolf, and the coach says 3 O'Clock, so the kids take three steps (5 - 10 minutes)

**Animal Hunt** – have four parents, each on a corner. Let the kids choose an animal for each parent. Have the kids dribble inside the square and when you call a certain animal, the parent has to imitate that sound. The kids run to the different animals/sounds (5 - 10 minutes)

**hit the coach/hit the parents** – If you hit the coach or parent with the soccer ball they have to pretend to be the animal that they player calls out

**kicking with laces lesson** – place secondary foot next to ball. kick with





the laces (5 minutes)

**kicking with laces relay** – two lines, each players dribbles ball and kicks in the net. ring bell for every goal (10 minutes)

**tunnel/hoop ball** – have as many parent volunteers inside the square. Have the kids dribble around, and when you say 'tunnel ball' the kids have to kick it through their legs. A progression is to have the kids crawl through the tunnel afterwards as well (5 - 10 minutes)

**kicking at cones/hoops** – have four parent volunteers, with two kids each. Each parents sets up two cones about 6-7 feet away. Kids take turns kicking the ball (with their laces) at the cones (5 - 10 minutes)

**get the ball from the coaches** – coaches play keep away; kids love this the best! (5 minutes)

**discuss lessons of the day!** (5 minutes)

dscooney\_soccer-lessons\_U4-

### **Dinosaur Park Boundaries - Simon says...**

- The goal is to teach the kids the boundaries of the playing field.
- Change the goal lines to a different colour. If the sidelines are blue and the goal line is red...
  - First, Simon says to stay inside the box
  - Simon says stand on the blue line. Simon wonders what this line is? Kids respond, "Sideline."
  - Simon says stand on the red line. Simon wonders what this line is? Kids respond "Goal Line"
  - Simon says stand on the sideline.
  - Simon says stand on the Goal Line
  - Simon says do jumping jacks on the goal line.
  - Simon says do jumping jacks on the sideline.
  - Simon says sit on the goal line then lie down on the sideline

**Simon Says** - using the field set up above. When Simon says run you run. When Simon says walk, you walk. 1) Have the kids stand on a blue sideline



to start. Ask them what the blue cones are for? The blue cones form a sideline. What is a sideline? Explain, if the ball crosses the line (demonstrate) can you give the ball to a coach. Simon says to run and stand on the other sideline. 2) Simon says to walk and stand by the red cones. Who knows what the red cones mean? Red cones are the goal line. What happens when the ball crosses this line? Give the ball to the coach. Simon says to crawl to the other red line. 3) Play Simon-says by having them go to the red or blue line. Include fun dynamic stretching or creative movements (crab walk, bear crawl). 4) play a soccer game. Once they start giving you the ball. Then ask how does the game start when the ball crosses the blue line? Red line?

### **Teaching Points**

- Possession - To keep the ball a team must keep the ball on the field of play - in between the lines and goals.
- Basic rules of the game - often the rules are not explained and then when some
- How to restart the game
- It is important to say that it is okay if the ball goes out of bounds. We still love you. If your team loses the ball, get ready to get the ball back. If your team gets the ball get ready to pass. Get ready for the next play.

**GoalKeepers & Outplayers** - Two colours of pinnies are needed (choose any colour). Blue are goalkeepers, red are players. Blue can only use their hands. Red can only use their feet.

- 1) Pass to your own colour for a few mins
- 2) Pass to the opposite colour for a few mins

### **Teaching Point:**



- Goalkeepers receive the ball with both hands and through the ball to the other player with one hand. Try different ways of throwing the ball. Which one works best.
- Teach under hand throw with a bowl. Use right, then use left hand
- Turn right hand so the palm is facing up. Place the ball and hold, step forward with the left foot (Key: the foot opposite to the hand holding the ball steps forward), bend the left knee (right knee gets close to the ground), bowl the ball to the target. Follow through by extending the hand towards the target after the ball leaves.

### **Goals**

- Coordination Growth
- Learning the rules of soccer (who can use their hands, who can not use their hands)

**Team Passing** - Make multiple teams of four or five. Give each team a colour and one ball. 1) Give the challenge to pass the ball to each teammate. 2) See which team can pass the ball to each teammate the quickest. We will know you are finished when everyone on the team has one foot on the ball. 3) Once this is accomplished, have them pass to every teammate twice. Have them pass with their weak foot. See which team can do it the quickest. 4) See how many passes the team can get in 1 min. 5) See who can pass the ball to everyone on their team, and then go score a goal. Repeat until the team has scored on every goal. 6) Challenge them to help every player on their team score a goal. 7) Add a parent as a defender - 1 parent per team. Add appropriate amounts of pressure. If the parent touches the ball the parent gets a point. Every goal scored equals a point for the team.

### **Teaching Points**

- Possession - keep the ball
- Passing is sharing
- Use inside foot
- Follow through toward your target



**Defending** - Parents are attackers, kids are defenders. Have the parents dribble the ball around the gride. Each team gets a point every time a player touches the ball with their hand (to defend well, one must get low, touching the ball with the end forces them to get low). 2) Play again, where they have to touch the ball with their foot. with balls. 3) Win the ball and pass it to a teammate or coach. 4) win the ball and dribble it to a safe zone (a cone grid - make lots).

**Goals Galore** - Tie three bibs together (or use pool noodles) and give one to two parents. Each parent holds one end and walks slowly around the grid. Have each child find a partner and see how many goals they score on the moving goals.

**1v1 Mayhem** - put three goals along each sideline. Have Six players inside the grid standing in front of each net. Give bibs to players one side so it is blue versus red. Blue Players can score on any net red players net and vice versa.

**U8/U9+**

**U10/U11**

**U12/13**