Warm-up/Cool down skills

Implementation options:

Warm-up:
- Integrate into a game
  - Play some kind of tag (without ball)
    or play musical balls (with ball)
  - Coach says: “Freeze”
  - Players do 2 leg hops, 1 leg hops, skip
  - Resume game

Cool-down:
String together skills in a routine

“abs on”
Arm circles

Toe-touch
Down-dog ankles
-Knee: straight bent

Planks

Frogs 90-90 lunge

Jumping Jacks

Walk
Hands Out to Plank Position OR Roll on back To bug position

D: Musical Balls
On “go”, switch balls on “freeze”, do a warm-up movement
Get to know your own hips and knees

“abs on” Arm circles

Planks  Variations: front, side

90-90 lunge

Toe-touch  Variations: no X, X-leg

Down-dog ankles

Frogs
Plank Progressions

Stabilize the Trunk

**Planks:** on knees
Use cone for technique

Avoid arch in back

Avoid “but up” position

**Planks:** on toes

**Side Planks:** on knees

Avoid arch in back

Avoid “but up” position

**Wildlife versions:** stabilize trunk and move limbs

**Birds:** squeeze shoulder blades

**Fish:** kick legs and arms

**Bugs:** kick legs and arms

**Rolly-Polly:** roll ball while rocking

**Side Planks:** add arm movement to challenge balance
90-90 Lunge
Stabilize trunk ("abs on")
Back leg: knee 90 degrees
thigh vertical
Front leg: knee 90 degrees
thigh horizontal
Keep knees aligned with ankle
and hips

Goal: Stabilize trunk while stretching
muscles crossing the front of the back hip
(hip flexors)

Progression:
Start standing "abs on"
step forward one thigh length
Drop back knee down (don’t touch ground)
Keep knee aligned with shoulder
Other leg (thigh horizontal, calf vertical)

Lengthen the muscle crossing the front of
the hip by pushing the back-leg hip forward
Hold for 20s (ideally 30 s)

Modifications:
Drop back knee down onto top of ball

Compare and contrast:
What happens when abs are not on?
Back arches, front thigh muscle not
stretched

When “abs are on”
Feel stretch of muscle in front of back hip

Observe neutral spine (no arching)
Check for “abs on”, feel muscle above hip
**Basics:** Joint by joint  
**Hips and Knees: Back**

### Toe-touch

**Variations:** no X, X-leg

- **Goal:** stretch hamstrings on Inside (medial) and outside (lateral) (back of thigh)
- **Progression:**
  - Start standing cross legs
  - Shift hip backwards
  - Reach for toes
  - Bring belly-button to pelvis
- **Motion at hip not spine**

### X-leg Toe-Touch

- **Goal:** stretch hamstrings on  
  Inside (medial) and outside (lateral) (back of thigh)
- **Progression:**
  - Start standing cross legs
  - Shift hip backwards
  - Touch toes
  - Bring belly-button to pelvis
  - Hold for 30 s
  - Repeat with other leg crossed in front
- **Modifications:**
  - Role ankles (soles in) to stretch muscles on outside of ankles (peroneals)

### Coaching “Cues”

- **Toe-touch (back of thigh):**
  - Shift hips back as
  - Reach for toes
  - Bring belly-button to pelvis

**Compare and Contrast:**

- Motion occurs in hip not spine
- Humps in spine should be symmetrical on each side of vertebrae

*If not show parents? Scoliosis?*

Feel stretch in back of thigh and calf
**Frog 3D hip adductor stretch**  
*Goal:* stretch muscles on inside of hips (adductors), strengthen hip muscles (abductors, external rotators)

**Progression:**  
Start by squatting with knees over toes, arms on inside of legs. Pull thighs outward with hip muscles. Arms push knees apart. Hold position by keeping hip muscles on. Hold for 30s.

**Modifications:**  
Repeat, keep trunk vertical.

**Compare and Contrast:**  
Feel an increase in stretch when pushing harder on inside of the thighs.
**Basics:** Joint by joint Ankles

**Down-dog ankles**

| Knee: | straight | bent |

**Coaching “Cues”**

**Down-dog ankles**

- Push forward and down through hands
- Align wrists, shoulders and pelvis
- Keep feet pointing toward wrists
- Push heels to ground
- Repeat on one leg with knee bent
- Repeat R, L,

**Down dog ankle stretch**

*Goal:* stretch muscles in back of calves

- Align trunk (hips, shoulders, wrists)
- Progression:
  - Create upside down V:
  - Align ankle to hips and hips to ankles
  - Push into ground with hands
  - So that shoulders are stretched (full shoulder flexion) and heels are down (ankle dorsiflexion)

- Keep knees over toes
- Push heels to ground (stretch muscle in back of calf)
- Keep knees slightly bent (gastrocnemius stretch)

- Repeat with knees bent (soleus stretch)

**Modification:**

- Stretch one ankle at a time
  - Lift other leg up to increase stretch
  - Hold for 30s

**Compare and Contrast:**

*What happens when bend knee?*

Feel muscle stretching more toward foot (soleus)

*What happens when knee is straight?*

Feel muscle stretching more toward knee (gastrocnemius)
90-90 Lunge: hip 90, knee 90
Stabilize trunk ("abs on")
Back leg: knee 90 degrees
thigh vertical
Front leg: knee 90 degrees
thigh horizontal
Keep knees aligned with ankle and hips

Rectus Femoris (muscle)
Location: front of hip and knee
Acts to flex the hip and
Acts to extend the knee
(controls kicking motion)
To increase muscle length,
(stretch the muscle)
extend the hip
flex the knee

Psoas (muscle)
Location: front of hip and knee
Acts to flex the hip
To increase muscle length,
extend the hip

Remember: Keep “abs on”
Abdominal muscles
stabilize the trunk
(pelvis and spine)

Increase in angle is at the hip
not by tilting the pelvis or
arching the back
Why?

**Toe Touch**

**Target:** length of muscles of involved trunk and leg coordination during stop-start and kicking movements

**Toe-touch (back of thigh)**
Shift hips back as reach for toes
Bring belly-button to pelvis
Motion at hip not spine
Hold for 30 s muscles need time to lengthen

**Hamstring (muscles)**

*Location:* back of hip and knee

Acts to extend the hip and Acts to flex the knee (controls follow through of swing leg and force on ground)

To increase muscle length, (stretch the muscle) flex the hip extend the knee

**X-leg Toe-Touch**
Crossing the legs increases the length of the muscles on the back side of the legs

Motion at hip Not spine

Right and Left humps in spine should be symmetrical on each side of spine If not show parents? Scoliosis?
Relate Basic Movement Patterns* to Passing Performance

**Stationary**
- No Movement

**Observe:**
- Hip outward rotation available?

**Stationary**
- Simplified Movement

**Observe:**
- Coordination between arms and legs?

**Stationary**
- Realistic movement

**Observe:**
- Can player **comfortably** control body?
- **balance**?
- **swing leg motion**?

**Improve control through practice**
Balance on 1-leg, trunk control, leg-arm motion
- Remind player: “abs on” before swing leg
- Review single leg hopping (R and L legs)
- Remind player: “bring back thigh through quickly”
  - “use arms to counteract swing leg motion”

**Add whole body movement**
- Step into movement
- Use improvements in control
- Remind player: “abs on”
  - “toes, knees and hip inline”

*Expect differences in joint motion and balance between players*
Passing Basics: Pass with inside of foot

**How to?**

**A**

Foot points toward target

Foot placed near ball

Arms are used to balance body by counteracting swing leg motion

**B**

Hip rotates outward

Middle of foot contacts ball

Lock ankle and foot (make rigid to “club” the ball)

**Observe!** What may happen when.... the stance foot is farther away from ball (A vs.B)?
Passing Progressions (video clips)

1. Inside L Foot
2. Inside R Foot
3. Outside L Foot
4. Outside R Foot
5. Shoe laces of L foot
6. Shoe laces of R foot
Receiving Basics: Overview
(check points)

• Watch ball to foot

• Ankle and foot locked

• Use inside of foot

• Keep foot horizontal or toes pointed upward

• Cushion ball, to slow speed
  – To cushion: match foot velocity with ball velocity as ball approaches body

• Trap so ball can be played quickly, not under body (~1 ft circle)
Skill Progressions: Passing & Receiving
Adding Challenge: P/R: Lane Passing

Coaching cues
To Passer: "Find “open” feet” before pass
“Head up” Know your options
To Receiver: “Check in”: Show teammate where you want the ball with your body
move toward player with ball
angle body showing team mate
to where you want the body

Levels 1-2 (stationary)
2 touch (increase pass length)
1 touch (5 m, 10m, 15m)

Levels 3-5 (receiver moves)
2 touch w/ checking in
1 touch w/ checking in
2 touches w/ trap away from body at angle
trap outside R, pass w/ R foot
trap inside R, pass w/ L foot
Add checking
Look over shoulder
before receiving ball

Levels 5-12 (out of air)
2 touches – trap out of air (sole of foot, wedge)
Add checking
Look over shoulder as checking - before receiving ball
2 touches – trap w/ thigh
Add checking
Look over shoulder as checking - before receiving ball
2 touches – trap w/ chest
Add checking
Look over shoulder as checking - before receiving ball
1 touch- head ball upwards, downwards

Checking:
Receiver runs to space where they want to receive the ball

P/R: Lane Passing
(partners) 10 yrd. apart
Practice: accuracy,
control ball speed
Passing (P)

**P: Cone Hunt** (teams)
*Practice: accuracy*
Teams take turns trying to knock other sides cones down (big triangle cones), using correct passing technique.

**P: Tunnel Passing** (partners)
*Practice: accuracy*
2 players, 10 yds apart
Player with ball passes through legs of partner
Award 1 pt: successful pass
Partner narrows width of feet
Only non-preferred foot
Increase passing distance
Increase speed of pass
Pass ball to left and right of partner
Have partner move behind ball

**P: SPUD** (individual)
*Practice: accuracy*
When the ball is thrown up everyone scatters.
If your name is called, retrieve the ball.
Call SPUD. Everyone freezes in place.
Try to hit one of the standing players with the ball.
Repeat.

**P: Triangle-pass & move** (individual) triangle 1 yard sides
*Practice: pass & go*
Player A passes the ball to player B.
Player B receives the ball at position 2.
B then touches the ball to the side and returns it to A making sure the ball does not travel through the side of the triangle which it came from.
The diagram shows 2 options for the return pass.
Continue for as long as possible without mistakes.

**Challenge**
Increase distance between teams
Increase distance between cones
Partner narrows width of feet
Only non-preferred foot
Increase passing distance
Increase speed of pass
Pass ball to left and right of partner
Have partner move behind ball
**Passing (P)**

**P: Holy Grail (two teams)**
*Practice*: accuracy, consistency
Both teams around circle
“go” all balls are passed toward cones
Knocking down the last cone + "Holy Grail"

**P: Edge of the World (individual)**
*Practice*: ball speed, accuracy
Stands on one sideline with a ball. Pass ball as close to the other sideline as possible.
If the ball goes past the sideline it falls off the edge of the world.
Players gets points for getting their ball in zone.

**P: Retrieve the ball (partners)**
*Practice*: accuracy, pass & go
Coach picks up ball and throws it
Tell players how to retrieve and return ball
ex: dribble + 2 passes, 3 passes touch 3 body parts, 8 passes, etc

**P: Diamond passing (partners)**
*Practice*: accuracy, pass & go
pass to next cone
Collect ball with back foot (foot farthest away from ball; ball should cross body)
follow your pass to next cone

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**Challenge**
Players play ball with laces, inside of foot, etc.
make an end zone to stop ball in.

Chase ball and see if can reach line before ball

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End of world “zone”
**P: Circle follow pass** (partners)
*Practice: accuracy, pass& go*
Pass to player on opposite side, sprint across circle behind receiver
Repeat:

- R & L feet
- 1-touch
- 2-touch
- Add balls
- Dribble
- Alternate
- Pass-dribble
- Make 2 circles
- count successes

**P: Frantic** (teams)
2 teams, one on inside, around outside
*Practice: accuracy, 1-touch*
Team on outside passes balls inside
Team on inside, one touches ball back
Goal: keep all balls rolling
If a ball almost stop, team yells “frantic”
Passing/Receiving (P/R)

**P/R: Behind the ball** (partners)
*Practice:* movement toward ball
A passes to the cone beside B.
B moves behind the ball
And receives the ball before it
reaches the cone.
Go back to original position and pass back
to A's cone.
Repeat.

**P/R: 4 corner relay** (2 squares)
*Practice:* accuracy, receiving
Pass ball around square
Receiving ball with foot farthest from ball
Complete passes to all 4 corners faster than
other square. Repeat, opposite direction

**P/R: Kick Ball** (2 teams)
*Practice:* accuracy, receiving
Trap ball and pass to bases.
Beat runner around bases by passing.

**P/R: Ordered Passing** (groups 3-7)
*Practice:* head up, accuracy, talking, movement off ball
Assign the players numbers.
Move around the grid while passing the ball
in the assigned numbered order.
After pass, follow ball.

**P/R: 4 Corners Keep Away** (4 vs.1) 5m2 grid
*Practice:* accuracy, decisions
Keep the ball away from the chaser
and keep it in the square.

**Challenge**
- 2-touch
- 1-touch
- Both R & Decrease distance

- Make square
  - Smaller/bigger

- Make square
  - smaller

- Make square
  - Smaller/bigger

- Make square
  - bigger/smaller
Passing/Receiving (P/R)

P/R: Lane Passing (partners) 10 yrd. apart
*Practice:* accuracy, control ball speed
Pass the ball to your teammate.
If the pass goes out the trapper gets a point.
And if the trap goes out the passer gets a point.

P/R: Lane Pass & Go (3 players) 10 yrd. apart
*Practice:* passing accuracy
Pass the ball to your teammate, then follow
Repeat: R & L, 2-touch, 1-touch, fast as possible

P/R: Turn and Shoot (partner)
*Practice:* receive, turn, shoot
post-up player (back to goal) 1
turn and shot on goal 2
limit touches

P/R: Short-Short-Long (groups of 3)
*Practice:* head up, accuracy, ball speed
Players perform passing in the pattern of short-short-long.
Rotate player in the middle every so often.
See which group can go the longest without a mistake.

P/R: Pass and Split (groups of 3) triangle
*Practice:* pass & go
Player 1 passes to player 2 (solid arrow) and runs between (splits) players 2 & 3 (dotted arrow).
Player 3 runs to where 1 was when he made the pass (dotted arrow)
Repeat: 2 passes to 3, as 2 splits players 1 & 3
and Player 1 runs to where 2 was when made pass

*(#) location players move to after passing

Challenge
Add distance
Between players
“check in and out”
Move away
“touch cone”
Then toward ball
Add distance
Between players
Look away, then receive
“check in and out”
Move away
“touch cone”
Then toward ball

Put all groups in a large area.
Continue passing, while avoiding the other players and balls.
### Warm-up (10)

**Welcome back game**
- Review skills from last week
- Tissues warm up, Players interact

**Encourage activation of abdominals before initiating movement**

**Joint-by-Joint:** target hips, trunk, shoulders, ankles as used in soccer

**Body Coordination:** coordinate movements between body parts
- Upper/lower halves
- R & L sides (arms oppose leg motion in stationary/cuts/hopping)
- swivel hips, stop, defensive shuffle laterally zig-zag backwards

**Ladder run through (basic footwork/trunk leg coordination)**

### Ball Control /Games (30)

**Experiment with ball. Encourage accuracy, speed, possession.**

**Coach:**
1. Set up game situations where players can develop ball control skills while having fun.
2. Game rules in < 8 seconds and let the players do more.

**Players** develop ball control skills by
- a) Experiment with the ball, partners (try the inside of foot, try other foot, try stopping and starting, turning etc.).
- a) Play fun games (solve problems and find success, “what if” my partner moves into the space? etc.)

**Challenge**
- Set age/skill appropriate challenges
- Divide skills into parts, then put parts together
- Emphasize accuracy, then speed.
- Progressively increase challenge by adding passive, annoying and then game-like opposition

### Soccer Game (15)

**Use ball control skills in a game. Emphasize the positive.**

**Field length:** # on offense X 10 yds

**Field Width:**
- Advantage to offense, increase width
- Advantage to defense, decrease width

**Restarts**
- Throw-in, Free Kick/Goal Kick
- Corner, Kick-off
- Direct/Indirect kicks

**Increase pressure (decrease field area)**

**Game scenarios (offensive advantage, transitions)**
- team with ball +2 players more than opposing team

**Challenge**
- Emphasize accuracy, then speed. then both
- Progressively increase challenge by adding passive, annoying and then game-like opposition

### Cool Down (5)

**Repeat Joint-by-Joint**

**Review: Goal of game day is to try out new skills**

**Direct parents’ attention to “what to look for” in game**
**Warm-up**

Game (5) Joint/coordination (5) “abs on”
Prepare muscles and nervous system for practice

Joint-by-Joint (2.5 minutes) to target joints often used in soccer
- Arm circles on 1 leg
- X-leg
- Down Dog
- Planks/Bugs
- 90-90 lunge

Body Coordination (2.5 minutes) to coordinate movements between body parts
- Running jack
- Run on 1 leg
- Compass
- Jog & Look
- Swivel hips
- Hop Forward R

Ladder run through (basic footwork)
Make friends with ball. Rules encourage accuracy, speed, possession.

**Ball Control / Games** (30)

Play Games:
- with rules that
  - accuracy,
  - speed,
  - grace under pressure from opposition.

Coaches:
- Say less (< 8 seconds)
- and let the players do more.

Field Set-up Key
- grids
- cone
- ball
- Path of ball
- Path of player
- Player on team with ball
- Player on team without ball

**Soccer Game** (15)
Use ball control skills in a game. Emphasize the positive.

Game scenarios (offensive advantage, transitions)
- team with ball +2 players more than opposing team

Incorporate teaching of restarts as part of game
- Throw-in
- Free Kick/Goal Kick
- Corner
- Kick-off
- Direct/Indirect kicks

Challenge
- Emphasize accuracy, then speed.
- Decrease time and space
- Progressively increase challenge by adding passive, annoying and then game-like opposition

**Cool Down** (5)
Repeat Joint-by-Joint
Review: Look what I can do!

Min: 55-60:
Direct parents’ attention to “what to look for” in game

Min: 40-55 + water break
Warm-up  Game (5) Joint/coordination (5)  Prepare muscles and nervous system for practice

Min: 0-10  Arm circles  Planks  Lunge  Down dog  Toe-Touch  Frogs

Min: 10-40 + Water break  Ball Control /Games (30)  Experiment with ball. Encourage accuracy, speed, possession.

Min: 40-55 + Water break  Soccer Game (15)  Use ball control skills in a game. Emphasize the positive.

Min: 55-60:  Cool Down (5)  Repeat: Joint-by-Joint  Review: Look what I can do!

Set-up: 20 x 20 yd. square