

# Soccer



## Learn to Train



# Learn to Train Soccer

## April 2018

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# OVERVIEW

The Special Olympics “Learn to Train” Soccer resource provides sport specific training for athletes with an intellectual disability. The Learn to Train program has been created to be the next step in the athlete development pathway and is designed to act as a continuation for those athletes aged 13-18 who have graduated from the FUNdamentals program and/or are new to Special Olympics programming.

This program focuses on developing sport-specific skills that will help transition your athletes into community programs while introducing rules and the start of game play. Learn to Train is considered to be a transition point in LTAD. Athletes may choose to stay at this stage for an extended period of time before progressing to the next stage, which could be Active for Life or Training to Train. If the choice is Training to Train, an increased commitment will be necessary. Should participants choose to move to Active for Life, they have all the necessary fundamental motor skills to be able enjoy a variety of activities.

Although the following lesson plans were developed to be turn-key, they are designed as an introduction to the sport of soccer for your athletes. If you as a coach are looking to gain the skills and confidence to run a full-time soccer program, Canada Soccer has a robust coaching program that will provide you with the necessary coaching tools, resources and basic knowledge. For more information on coaching courses please visit Soccer Canada’s website ([www.canadasoccer.com](http://www.canadasoccer.com)) and look under the “Programs” tab.

# INTRODUCTION OF SKILLS

**Every soccer player is unique and it's important to understand and appreciate the differences between players at various age levels.**

When you're planning a training session, consider the age group of players you're working with and the outcomes you want to achieve, and choose your coaching method accordingly.

In no particular order, here are five coaching techniques that will give you some options to help meet the needs of individual players:

<b>COMMAND:</b>	<b>QUESTION &amp; ANSWER:</b>	<b>OBSERVATION &amp; FEEDBACK:</b>	<b>GUIDED DISCOVERY:</b>	<b>TRIAL &amp; ERROR:</b>
The coach tells the player what to do and demonstrates it ("I want you to pass the ball to your partner.")	The coach leads with a question and requests an answer from players ("Which one of your teammates could you pass the ball to?")	The coach and players observe an activity and discuss the outcome ("Let's watch and see what happens.")	The coach asks a question and issues a challenge ("Can you show me how you would get the ball past the defender?"). The player then demonstrates how he/she would do it.	The players and/or coach decide on a challenge, and the players are encouraged to find their own solutions with minimal support from the coach.

Remember, a method that works well with one player may not be effective with another. So it's important to be flexible, to set realistic goals and to give positive feedback as often as possible. It's also important to remember that, no matter how wonderful a coach you are, it's very difficult to force a player to be interested in your training session when he or she doesn't want to be there. Make the experience lots of fun and all your players will want to come back the next time.

**A player's technique - which revolves around core skills such as dribbling, shooting, fakes, turns, controlling the ball, and passing - will improve through:**

- Getting lots of touches on the ball
- Fun competitions that motivate players to use different techniques
- Opportunities to make quick decisions about the best technique to use in a given situation
- Plenty of positive feedback

The following pages explain some of the terminology and concepts behind the core basic skills involved in soccer and have example training plans for you to use and work through with your players.

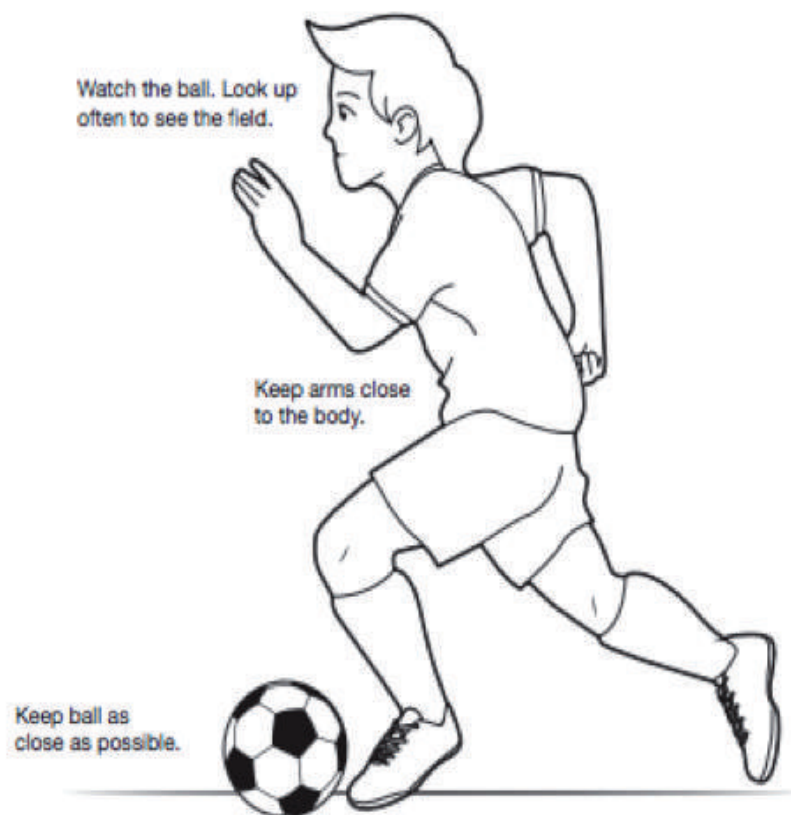
Above all, the sessions are designed to be fun and keep players active and engaged and enjoying the world's game "soccer".

**Good Luck and Enjoy!**

# DRIBBLING

**“DRIBBLING” MEANS MAKING FRIENDS WITH THE BALL AND USING YOUR FEET TO MOVE IT IN A CONTROLLED WAY.**

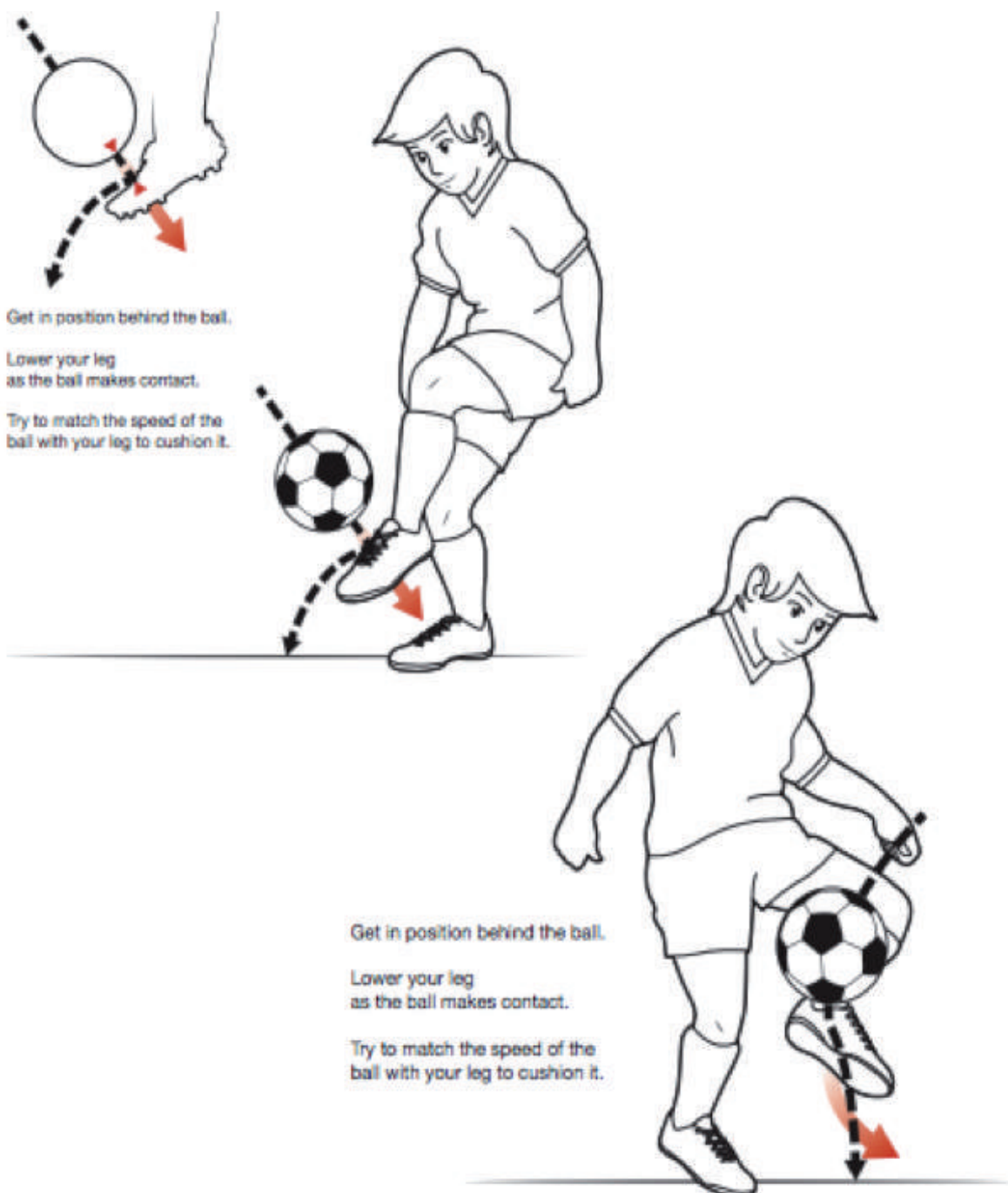
Dribbling involves lots of touches on the ball and can use all surfaces of the feet, it helps to change direction and speed when dribbling to make it difficult for players to take the ball from you. It also involves creativity and players are always encouraged to try moves, turns or any skills as they dribble the ball.



# CONTROL

**“CONTROL” MEANS USING YOUR FEET AND OTHER PARTS OF YOUR BODY (EXCEPT YOUR ARMS AND HANDS) TO KEEP THE BALL CLOSE.**

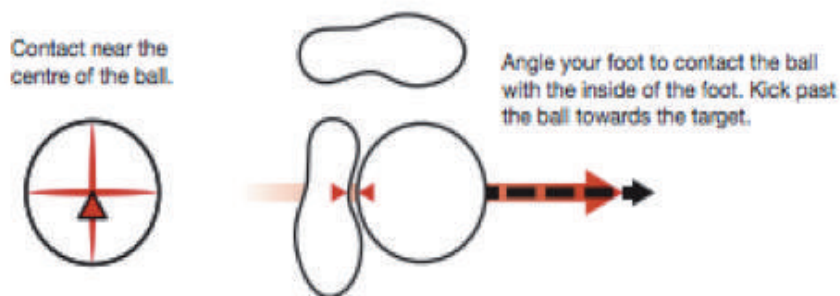
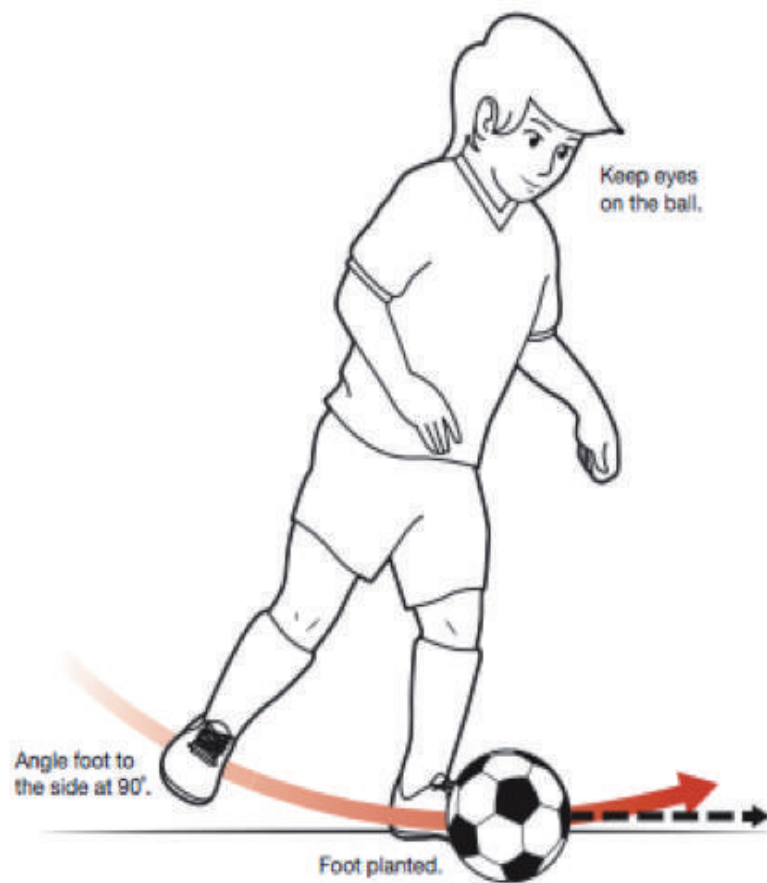
Ball control – whether on the ground or from the air is a tough skill to master but a key one and requires players to try and relax and feel comfortable with bringing the ball under control to then pass, shoot, dribble etc. Getting in line with the ball is always the first step and to become a control master ball juggling is a great step to feeling comfortable using different parts of the body to control and manipulate the ball.



# PASSING

**“PASSING MEANS USING YOUR FEET TO SHARE THE BALL WITH YOUR TEAMMATES IN A CONTROLLED WAY.**

Passing is such a key skill in the game of soccer as above all it is a team sport and the ability to pass and move the ball is key. Passing especially over shorter distances involves locking the ankle and using the inside of the foot to push the ball to a teammate. Receiving should involve using the inside of the foot also, as the widest surface area, and steering the ball into where you want to go to make the next pass.

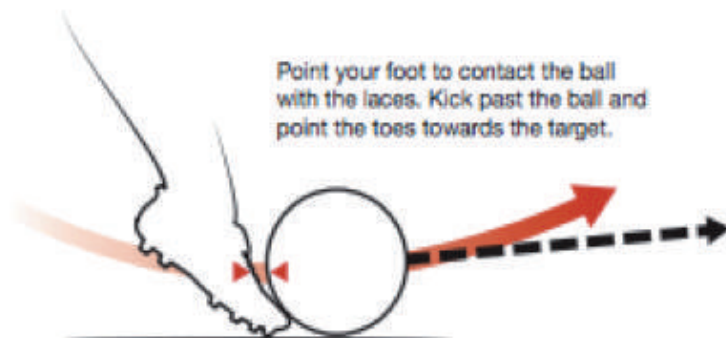
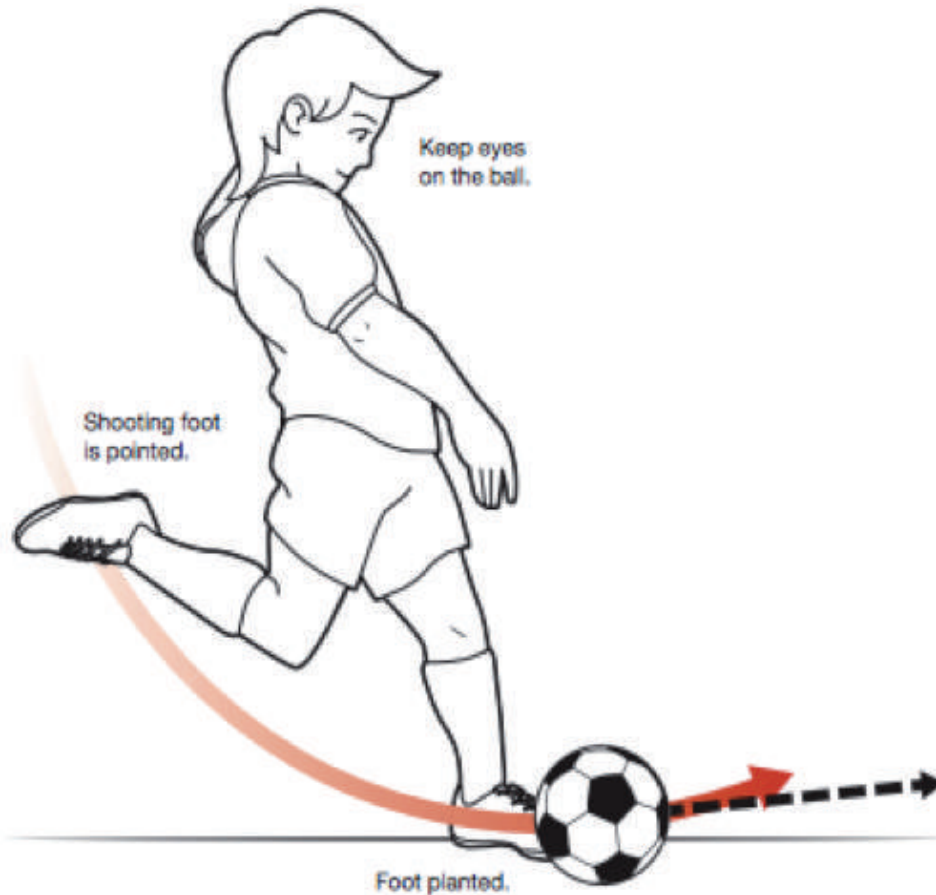




# SHOOTING

**“SHOOTING” MEANS USING YOUR FEET TO GET THE BALL INTO THE NET.**

The best part of playing soccer is scoring goals – shooting is the main technique to do that and involves using the laces part of your foot/shoe as this is in your natural running stride and creates the most power. Power is only good with accuracy so work on staying above the ball and following through to your target with toe down.





# Special Olympics Soccer: *Dribbling*



# SPECIAL OLYMPICS SOCCER

## DRIBBLING

**CATEGORY:** Technical: Dribbling and Running With the Ball

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

**DESCRIPTION:**

### WARM-UP- Technical (15 mins):

**Organization:**

Warm up- Unopposed technical work  
Every player has a ball- Dribbling in a circle 20 yards across approximately

**Procedure:**

Players dribble ball around in clockwise direction  
Call out which part of the foot players should use- inside only, outside, laces - all three not repeating one etc. Incorporate turns for change of direction  
Incorporate numbers - shout "3" - players move 3 balls forward making players make decisions thinking, change of speed, change of direction lots of touches.  
Add markers around perimeter and players have to weave in and out



### MUSICAL BALLS (10 mins):

**Organization:**

Using same set up as the warm up  
Players run around edge of circle- on coaches whistle or command players run into the middle and have to dribble one of the soccer balls outside the circle.  
After each round remove one soccer ball and players compete to get to the ball and dribble it out the circle.  
Player can be eliminated and help judge or you can keep the players playing and just compete for less balls each stage.

**Progressions:**

Play a second round and make players run in and perform a turn to then turn with the ball and run out the circle dribbling the ball from the side they came in on.



## Stuck in the Mud (10 mins):

### Organization:

Same set up as before with previous drills  
All players except for two have a soccer ball.

### Procedure:

Players inside the circle dribble their ball around, on coaches whistle or command two players on the outside (blue), run in and try and kick everyone's ball out of the circle. Reds have to try and shield their balls and avoid the defenders coming in and kicking their ball out by dribbling. If a red player gets their ball kicked out of the circle they run and get their ball and bring it back into the circle and hold their ball above their head, and keep their legs open. The rest of the red players, whilst trying to avoid blue defenders, can free them up by dribbling the ball through the stuck players legs. That player then continues to dribble and avoid being kicked out and "stuck in the mud".



## King of the Ring- Queen of the Green (10 mins):

### Organization:

Same set up as before with previous drills

### Procedure:

Athletes have to stay inside the circle and dribble their ball around, on coaches whistle or command all players try and kick everyone else's ball out of the circle. Athletes have to try and shield their balls and avoid being kicked out of the circle. Play until a couple people are left standing!



## SSG Ideas:

Affecting shape and spacing to aide technique

### Organization:

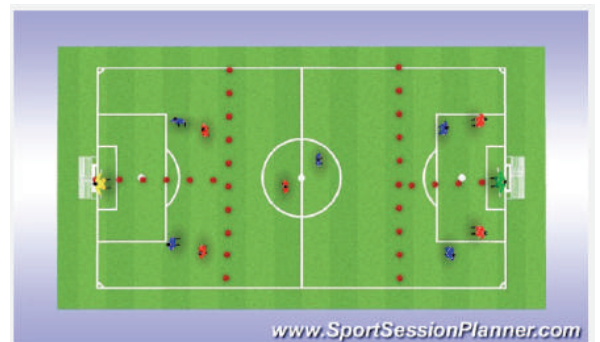
Divide a 45 x 30 yard game field into three zones horizontally and in each end zone divide in half vertically as above to create 5 zones where we play 1v1 in each zone as in diagram. Plus GK's in each goal.

### Procedure:

Zoned areas players have to stay in each zone unless they can dribble to get out they then create an overload in the next zone- they can stay in that new zone or continue to advance with dribbling- once possession is lost to other team they must return to their own zones.

### Progressions:

Remove Vertical Zones at each end and remove Horizontal Zones and play free- encourage 1v1 dribbling opportunities.



# Special Olympics Soccer: *Passing*



# SPECIAL OLYMPICS SOCCER

## PASSING

**CATEGORY:** Technical: Passing & Receiving

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

### DESCRIPTION:

#### WARM-UP- (10 mins):

##### Organization:

Warm up everyone has a ball inside centre circle or 20 yard circle

##### Procedure:

Athletes dribble around and on coaches command, exchange pass with a teammate

Remove half the balls- Half the athletes dribble and the others move and look for good passing angles and distances from dribblers, on coaches command play a wall pass (1-2) with player who does not have a ball- Change dribblers after a minute

##### Progression:

Remove all balls except three - one per team. Teams pass and move inside circle without losing control or bumping into other colours- set tasks- pass and overlap then play to third player - or 1- 2 then pass to third man- short short then long pass etc.

Challenge passing techniques.



#### ABC's Passing-(10 mins):

##### Organization:

Passing work in pairs. Players approximately 10 yards apart. Have a gate (1 yard width) between them.

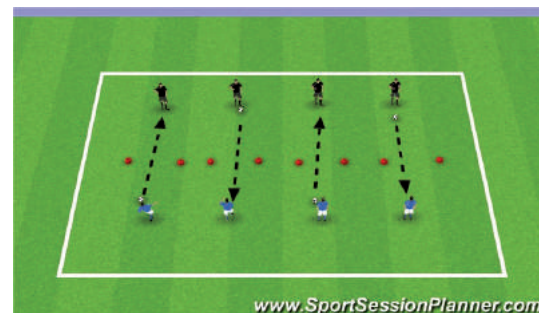
##### Procedure

Players play two touch passing back and forth between gates working on passing and receiving technique with inside of foot. Receive with one foot and pass with the other. Challenge how many passes through a gate in one minute - if ball hits cone or misses gate score goes back to zero!

##### Progression

Last progression have a tall stand up cone in middle- 1 minute competition to see who can hit cone most times. If player knocks cone over partner stands cone up before they then try and knock it down.

If coach does not have stand up cones- place another ball on flat marker that players try and knock off.





## Skittles (10 mins):

### Organization:

Divide players into small groups

Position Stand up markers ten yards away from line of players in 10 pin bowling (pyramid formation)

### Procedure:

First player in each line passes ball with inside of foot trying to knock down as many markers as they can.

Second player can then go immediately after first player has gone, first player collects their own ball and dribbles it back to back of line and players continually pass balls

until one teams knocks down all markers to win the game. Challenge players each round- left foot only- right foot only- increase distance to markers if ability allows.



## Passing and Moving (30 mins):

### Organization:

4 cones making a square 10x10 4 players per square

2 balls per square

If extra players three players can rotate through one side

### Procedure - (A):

Players 1 have balls. Players 1 pass the ball and then switch side. Players 2 receive the ball (leave it there) and switch sides. They then pass ball sitting waiting on the marker

Pass - Move - Receive - Move - Pass - Move - Receive - Move

### Progression - (B):

Players 1 have balls. Players 2 start by moving. Players 1 pass to moving player and then move. Players 2 pass first time to moving player and then move.

Pass - Move - Pass - Move - Pass - Move

### Progression - (C):

Same as A only passes go diagonally.

### Progression - (D):

Same as B with ball going diagonally

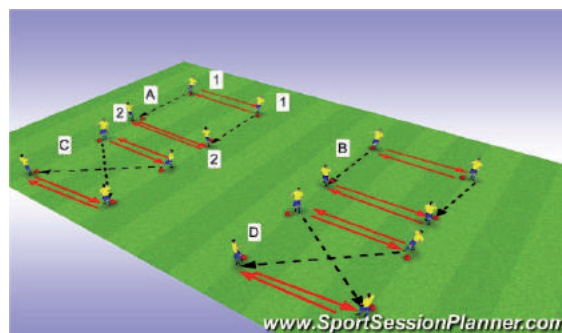
### Coaching Points

Progression A - Accuracy of pass - Lock Your ankle

Progression B - Weight of pass - Speed of the ball with accuracy

Progression C - Timing of pass - Vision - head up to play

Progression D - Everything together

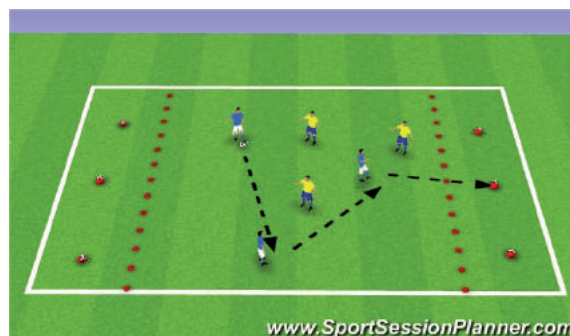


## SSG with target:

Small sided game 3v3 or 4v4

Three balls on top of markers in end zone- team tries to pass ball and knock off all three opponents balls to win- can not enter the end zone

Progress to regular game with goals to finish - add passing incentive- five passes for a goal as well as normal goals scored.



# Special Olympics Soccer: *Shooting*





# SPECIAL OLYMPICS SOCCER SHOOTING

**CATEGORY:** Technical: Shooting

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

## DESCRIPTION:

### Shooting Through Gates- (15 mins):

#### Organization:

Create a grid 30x25 yards

Cones are 5 yards apart

#### Procedure:

##### Phase 1

Pair up players. Players stand facing their partners between the 'gates' that are created between the cones.

1 ball for each pair, the aim is to shoot the ball with the lace / instep along the ground to their partner.

##### Phase 2

Pair up players. Players stand facing their partners between the 'gates' that are created between the cones. 1 ball for each pair, the aim is to shoot the ball with the lace / instep along the ground to their partner who will act as a goalie (use of hands are allowed) and rotate sequence.

Shot distance should be about ten yards .

Challenge players to take touch across body and shoot with opposite foot aiming for far corner across the GK.- If keeper saves

shot- roll ball back and player controls rolled ball and tries to shoot on second touch If athletes need a challenge.

Progress to full volleyed laces strike- again keep below waist height to score

#### Coaching Points:

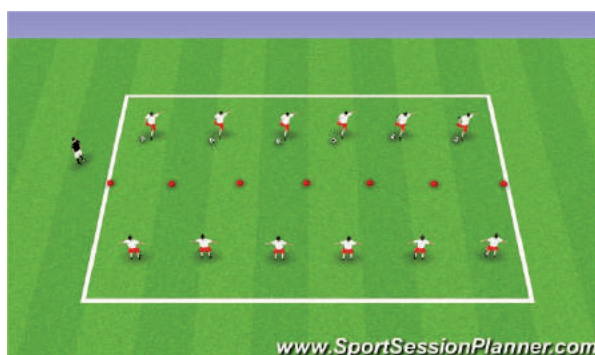
-Look at the ball, where are you contacting?

-Look at your target, body is facing your partner

-Approach ball on an angle, clean strike and follow through

-Knee bent, hip rotates

-Easier if ball is out in front of you - take a touch out of your feet



## Wild West Shoot Out (10-15 mins):

### Organization:

Two teams of equal numbers. Players line balls up in line with penalty spot between red markers. Players take five paces back to edge of area and stand between yellow markers. Players are numbered with nearest central players from each team starting as Number 1's.

A Gk, 2 Gk's or even the coach can go in goal

### Procedure:

Players on left hand side (whites) should be encouraged to use right foot and on the right hand team (reds) players should use left foot.

Number 1's start by racing to their respective balls and shoot at goal no matter where ball goes they turn and run back and tag Number 2's

2's race and shoot touch 3's etc. After all players are finished shooting team sits down. Fastest team scores a point. Coach or GK's counts how many goals were scored for each team- team with most goals wins. If a tie the fastest team wins with their bonus point

Swap sides so both teams use both feet

### Progressions:

Athletes can be challenged by different starting positions, flat on back/belly, push up position etc.

Coach can make players perform exercise first before race to shoot, sit ups, push ups, jumping jacks, five knee tuck jumps etc.



## Technical Shooting (15 mins):

### Organization:

Create a grid 20x20 yards

2 nets (pug nets, cones, poles)

6 cones

### Procedure:

Play starts with a pass from Player 1 into Player 2.

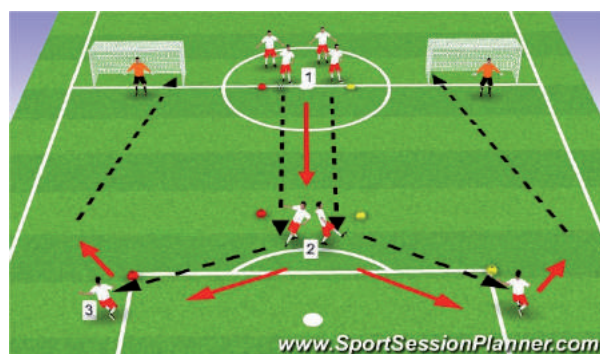
Player 2 then passes to Player 3 who takes a 1st touch outside of the cone and finishes on goal. Players follow their pass/shot and move into the next position. Make sure that both left and right foot shots are worked on.

### Coaching Points:

- Use inside of foot to shoot for accuracy
- Use laces to strike ball with pace
- Get the shot off as quickly as possible
- Identify the goalkeepers starting position
- Accuracy before power
- Try to be deceptive with the shot
- Follow through and land on the shooting foot

### Progression:

Get passer to pressure shooter to simulate game pressure - Pass coming from defender from one side line - can also change angle so pressure comes from in front or behind shooter



## 3v1/3v2 to Goal (15 mins):

### Organization:

Create grid 20x20 yards with a 5 yard target zone  
12 cones (10 red & 2 blue)

### Procedure:

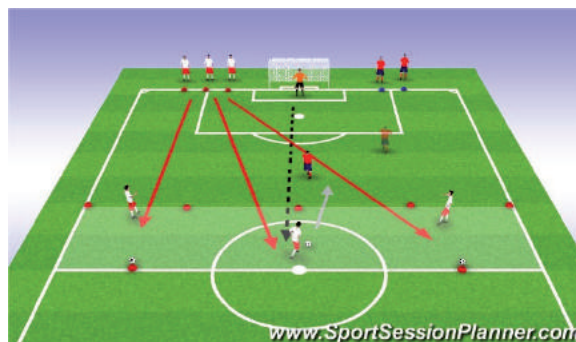
Play is started with the goalkeeper or coach rolling the ball out towards end of the area. On that trigger, 3 attacking players move out to the ball (all players must get into the target zone before they can attack), as soon as they touch the ball 1 defender can move out to oppose them creating a 3v1 situation. If defender wins the ball, they can drive into the target zone (shaded area) and score by knocking one of the balls off the cones. Rotate players roles frequently.

### Progressions/Variations:

-Add a 2nd trailing defender to make 3v2 (transparent defender image)

### Coaching Points:

- Quick combinations towards goal
- If defender comes to press tight- look to pass - if no pressure continue to advance and dribble
- Good movement off the ball to receive in space and move defenders around
- Be where defender can't see you but at an angle attacker can pass to you
- Accurate finishing on goal.



## SSG(15 mins):

### Organization:

- 10 to 12 Players
- Create a grid 40x25 yards which include 5 yard end zones
- 12 cones - 3 to mark end zone and three with balls placed on top of them in each end zone
- Plenty supply of soccer balls

### Procedure:

A 4v4 small-sided game with target to knock ball off a cone in the end zone

### Progressions/Variations:

Can play in both directions to either end zone and try and knock off any of the 6 balls - replace balls or for added challenge don't so that it gets harder as game goes on as less targets.

### Coaching Points:

- Good Passing and Receiving skills
- Communication
- Movement with and without the ball to create space
- Decision-making
- Reiterate shooting skills and technique

### Progressions to Emphasize Shooting:

If time allows Progress to adding a goal and GK and encourage taking shooting opportunities as often as possible with correct techniques.



# Special Olympics Soccer: *Shooting Games*



# SPECIAL OLYMPICS SOCCER SHOOTING GAMES

**CATEGORY:** Technical: Shooting

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

## DESCRIPTION:

### Basics of Shooting Warm Up

#### Organization:

Players work in pairs with a ball between two. One player kneels only 3 feet away from their partner standing. Kneeling players have the ball to start.

#### Procedure:

Kneeling player rolls ball to partner standing who strikes ball back on the laces to partner's hands along the ground, kneeling player rolls ball back quickly to opposite foot so standing player strikes ball with both feet. See how many strikes each player can do in one minute.

#### Progressions:

1/ Make each player do five quick fast feet steps in between each strike- this will help them stay on their toes and ready

2/ Players have to twist around in between each strike - they can do this by spinning in direction of foot they used to strike the ball and taking quick steps around- right foot shot - spin to right and this will turn you into shooting on left foot as ball arrives to your left- then shoot and spin left etc.

3/ If ability allows get server to stand and repeat as volleys - trying hard to stay above the ball and using the laces - toe down and pointed towards target as you strike the ball

4/ Hardest challenge of all - spin between each volley - if too difficult for athletes - repeat steps one and two, but from 5 feet or 8 or 10 feet away from partner

#### Coaching Points for Shooting Technique:

-The 7 points of shooting

1. Plant your non kicking foot beside the ball
2. Strike ball with the laces - (part of your natural stride and generates most power)
3. Knee over the ball
4. Shoulder over the ball
5. Head over the ball
6. Keep your head steady
7. On follow through, point your toe where you want the ball to go!





## Variety of Service Shooting (15 mins):

### Organization:

8 servers pictured as above with a ball each - one striker at edge of penalty area approximately good shooting distance from goal. One GK in big goal.

### Procedure:

One player works at a time and has 8 consecutive shots at a GK in goal. The 8 Outfield players act as servers and are positioned as shown.

Striker starts between markers (at an appropriate distance from goal that they can hit the target from with ideally a first time shot each time). Player one starts by rolling ball into path of onrushing striker who shoots with left foot at goal, striker then has to run back to start gate and return for pass from number 2 server who passes out in front for them to use right foot and so on. Players 3 and 4 roll square balls, 5 and 6 roll passes towards the striker and 7 and 8 serve a high ball in for a header or preferably volley/half volley strike at goal – striker uses alternate feet each time. Count how many goals each striker scores for competition. Rotate all players through each role.



## Shoot Keep Fetch (10 mins):

### Organization:

Divide players into two equal teams - form two lines at edge of penalty area.

Each team chooses a server to pass the balls to be shot for their team and they stand in line with penalty spot 12 yards from goal on their teams side of the area.

They will need a supply of balls.

First team to shoot goes first and last player in opponents line becomes the first GK for the first shot.

### Procedure:

Blue server passes ball out in front of first blue attacker who shoots - preferably first time with one touch at goal.

Whatever happens the red GK must fetch the ball and bring it back to his teams server and then join back of his teams short line.

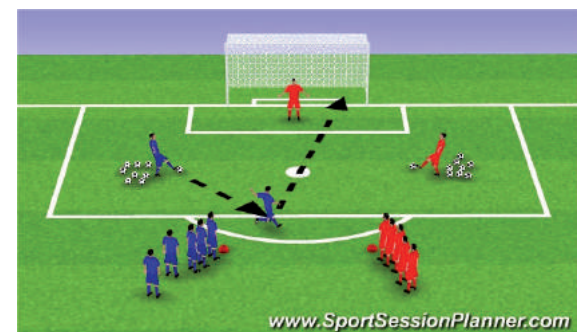
After blue first striker shoots he immediately runs to become the GK

Red server then passes out for reds first attacker to shoot past the now blue GK - Gk fetches ball and takes it to his sever - joins back of line - red goes in goal etc.

### Keys:

Make sure lines are not too long - 5 or 6 is perfect as game is fast moving and you are involved three actions in a row very fast. Players will switch off and forget that is part of the game- serves should keep coming even if GK is not ready that is part of the fast paced fun.

1st team to 10 goals wins



## King Louis (10-15 mins):

### Organization:

Make field length double the size of a good shooting distance (30- 40 yards maybe)  
Cone field into a funnel shape to each goal at both ends as shown Even number of players per team (3-5 max) plus GK's and a supply of balls at each goal and with coach so quick starts to keep pace of game high.

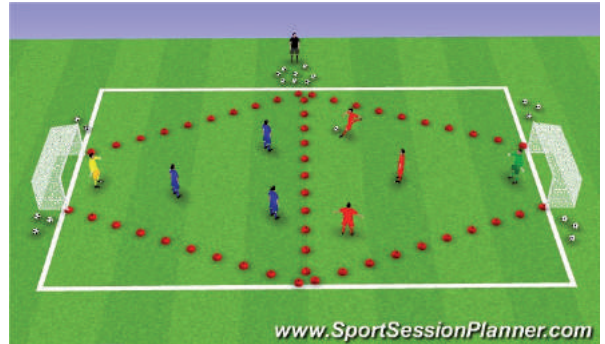
### Procedure:

Teams try and score past opponents GK in big goal but must stay in their own half of the area- players can't enter other half to tackle opponent but can block the shots in their own half.

Play first team to score, or to score twice wins - rotate teams through if more than two teams

### Progression:

Allow one attacker in to the opponents half- he can defend the shots there and try and score closer to the goal acting as a target player.



## 4 Goal Game (15 mins):

### Organization:

50 x 30 yard game field  
One team of 4 and the GK's in each goal  
4 goals 2 teams of 4 play 4v4

### Procedure:

One team has to score in either goal length wise and the other team plays side to side trying to score in goals on width of pitch. 1st team to score 2 goals wins. Losing team become the GK's.

### Progression:

Allow both teams to score in any of the 4 goals





# Special Olympics Soccer: *Ball Manipulation*



# SPECIAL OLYMPICS SOCCER BALL MANIPULATION

**CATEGORY:** Technical: Dribbling and RWB

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

## DESCRIPTION:

### Technical Touches Warm Up (10-15 mins):

#### Organization:

10 x 10 yard diamond

Each player has a ball - players perform ball manipulation skills in tandem then rotate clockwise to next marker with quick feet dribble repeat all the way around the diamond twice. Repeat in other direction

#### Procedure:

Ball Mastery Skill Idea (Coerver type techniques)

5 toe taps

5 rolls left to right and right to left using sole (bottom) of the feet

5 toe to laces - laces to toe (forward and back wards)

5 inside of foot to outside of foot slides - roll inside of foot over ball and push back to start with outside of the foot

5 v shapes- roll back with right foot from a yard in front of you on the left and push out to right foot with inside of right foot - repeat with left foot from there - back the other way

Fun to do all these with music playing to try and get a rhythm and beat to the technique but players should try to go in tandem not race each other and reset at each marker ( i.e. count 1-2-3) then go again



### 4 Corners (10 mins):

#### Organization:

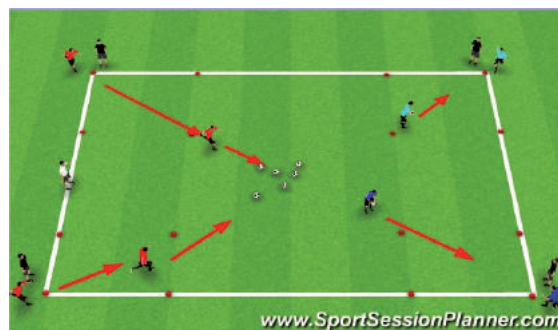
Equal number of players in each corner of 12 x 12 yard square. Players are placed in pairs and are placed in a corner as above. 8 balls are placed in middle.

#### Procedure:

When the coach calls go one player from each team runs to the middle and dribbles a ball back to their corner square.

Repeat until no balls left - then players must steal from other corners - First team to have three balls in their corner wins.

Remember to keep your head up as you enter the middle and always know what is around you.



## Moves and Turns (10 mins):

### Organization:

4 players in corners of a 15x15 square with a ball each - flags or mannequins in the middle

### Procedure:

Players in opposite corners can work at same time or if ability allows all 4 players at same time  
Players dribble in and perform skill or turn inside the flags where it will be congested then dribble out to next marker clockwise.

Repeat until you get back to start position

Turns or moves to perform based on knowledge and ability of athletes

Scissors- left foot moves around the ball not touching it and then use outside of right foot to move to right- - or reverse with the right to left

Cruyff turn

Beckenbauer turn

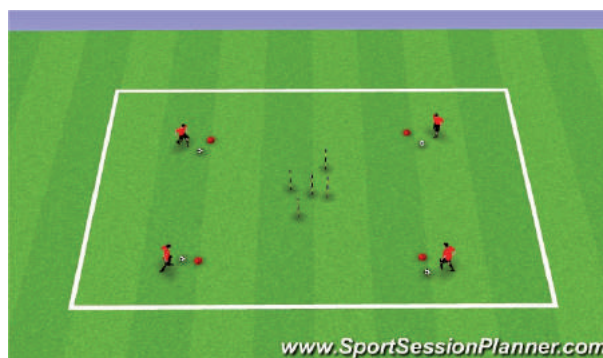
Inside hook

Outside Hook

Drag Back Turn

Heel Turn

Encourage players to show any move or skill- make up their own move



## How Many Goals Can You Score? (10 mins):

### Organization:

6 players spread out inside a 20 x 16 yard area.

Place 6-8 pug nets around the field or marked area

### Procedure:

Each player has a soccer ball and will play 1v1 against their partner

Play maximum one minute - swap partners

(winners play off etc)

Players will play 1v1 against their partner with the aim to score as many goals as possible in different goals.

**Emphasis:** Use of moves and ball manipulation in 1v1 situations with game like ending



## End Zone Game (10 mins):

### Organization:

Small sided Game 3v3 or 4v4 in a 25 x 40 yard game field with 5 yard end zones

### Procedure:

Score by dribbling ball into opponents end zone

- 3 minute games

Increase scoring opportunity by scoring with a dribble or pass into end zone to a team mate running into it

- CFL touchdown style!



# Special Olympics Soccer: *Dribbling Skills*



# SPECIAL OLYMPICS SOCCER

## DRIBBLING SKILLS

**CATEGORY:** Technical: Dribbling and RWB

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

### DESCRIPTION:

#### Technical Circuit - 3 end products (15 mins):

##### Organization:

3 group circuit work - Set up as shown, 3 sets of players

##### Procedure:

One group at edge of area with a ball each. Blues dribble from edge shoot at GK quick finish (SHOT). One group split at opposite corners of the penalty area. Reds dribble across area and cross to team mate at next flag (CROSS) that player receives and then runs across the front of goal and crosses to corner of area at original start position. One group positioned at side of the goal with a team mate waiting at edge of area to combine passes with them. Blacks dribble and combine with team mate around mannequin- 1-2 wall pass etc (COMBINATION)

The beauty of this drill is there are interactions and chaos at several points so players have to time their dribbles and sometimes speed up and slow down- assessing what is happening around them all the time with heads up. Rotate roles every 3-5 minutes



#### Role of 1st Attacker:

##### Organization:

Approximately 40 x 40 yard area with goals at each end.

GK's in goal and players at each end either side of the goal.

Role of 1st attacker is to commit 1st defender by going right at them with the ball and trying to beat them and score.

##### Procedure:

Opposite corners dribble in- (reds) perform skill at coach then shoot right footed most likely -before they get in the penalty area. After you shoot at goal stay at opposite end so you use opposite foot as the other two sides repeat with left foot.

##### Progress:

Players dribble in and pass to team mate simultaneously for them to shoot first time (appreciation of the pass key) 2nd progression- pass across to team mate who must now turn and shoot at goal they came from that end on.

##### Coaching Points:

Focus on end product at end of dribble/run - be it a shot- pass, receive and turn then shoot.

Attack at speed- get to top speed quickly, slow down as you get close to defender (mannequin) give yourself time and space to perform a move to beat them- head up see the GK, select shot and execute.





## 1v1 then dribble or pass 2v1:

### Organization:

Same area as before but now two goals at opposite end to main goal - 1 GK in big goal.

Half players on the side of the field to become defenders and half at end with two goals to be attackers

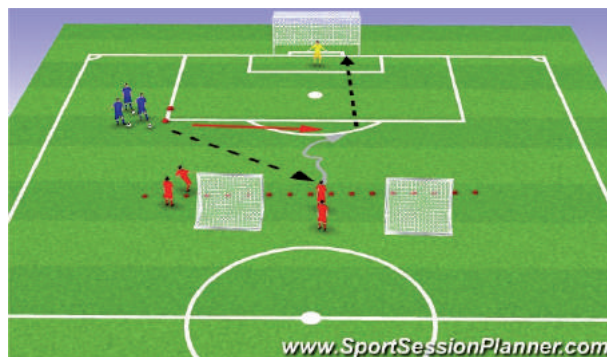
### Procedure:

Defending player (blues) passes out to red attacker and gets goal side to defend- Red attacker as with previous drill aims to dribble at speed and beat defender to shoot at goal with GK. If Defender wins ball they aim to score in either small goal at opposite end- Play until goal or ball goes out of play.

Add a second attacker so 2v1 - now dribbler has to dribble or pass - key decision

### Coaching Points:

Touch on roll of 2nd attacker which should be how to create 2v1 overload - timing of movement angle etc. - Can they run across dribbler or around and make defender make a decision?



## Offsetting goals for creativity:

### Organization:

On a 40 x 25 yard field approximately

Use offsetting goals facing away -

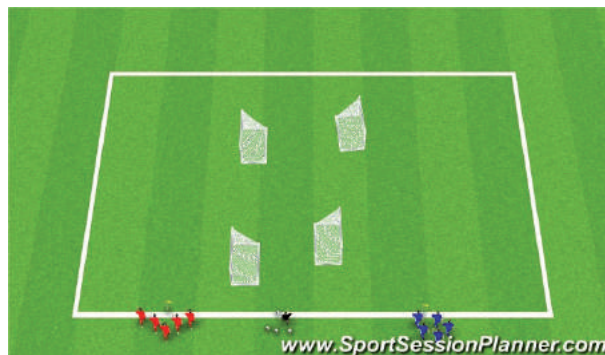
2 or 4 goals can be used but not facing each other and preferably at different angles.

### Procedure:

2 teams on side lines - coach plays ball central and calls out number of player per team to participate

Use GK's if you have them - 1 between 2 goals or 2 between 4

Teams race out and have to score (use of creativity- heads up decision making - overloads - emphasis on the dribble or pass etc. 1v1 ability when they're to attack opponent and necessary



## End Zone Game:

### Organization:

60 x 40 game field

4 players in different colour shirts act as defending team - other team has two or more players on the field and target players around the perimeter.

### Procedure:

Reds keep possession in effectively an 8v4 - using Gks and 4 targets that stay on periphery

Blues try to win ball back- compact diamond shape -

Can't press or tackle target players

If Blues win the ball they transition 4v2 plus GK's to score in either goal.

### Coaching Points:

Game awareness of all key components of session so far

Technique - different surfaces, change of speed, change of direction, Moves and turns to unbalance opponent in 1v1

Decision making- role of first attacker- role of second attacker - choice of dribble or pass - spacial awareness- overloads.



# Special Olympics Soccer: *Running with the Ball*





# SPECIAL OLYMPICS SOCCER

## RUNNING WITH THE BALL (RWTB)

**CATEGORY:** Technical: Dribbling and RWB

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

**DESCRIPTION:**

### RWTB Relay (10 mins):

**Organization:**

Divide athletes into two or three equal teams of about 5 players. Number players and space them around perimeter of playing area accordingly. (ideally 25- 40 yards per side if available). Relay Race style game until everyone arrives back in their original position.

**Procedure:**

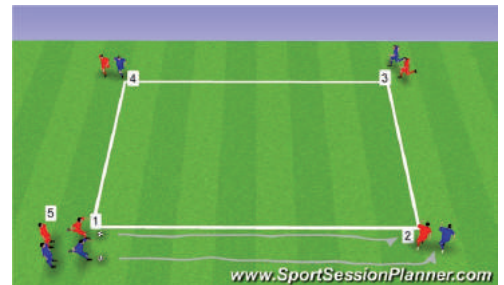
On "go" players 1 from each team run with their ball as fast as they can to next number at next corner of playing area- aim to take as few touches on the ball as possible as this is Running With The Ball and not dribbling. Player 1 passes onto number 2 and stays at that position - 2-3, 3-4, 4-5, 5 then onto 1 to complete one circuit. Team who is fastest to get back to their original position wins.

**Progression:**

Condition players to use a certain foot. Allow maximum of 5 touches between stations

**Coaching Points:**

First touch for control could be with inside of foot- especially when receiving from team mate, try to steer first touch into your running path (touch direction). Then try and use laces as part of natural running stride, big touches ahead to maintain running speed and controlled pass when close to next team mate. No tackling opponents ball



### Rob the Nest (10 mins):

**Organization:**

Create a grid 30x20 yards, 20 cones, 10-20 soccer balls  
4 teams of equal players - number them

**Procedure:**

A pile of soccer balls in the middle, race between teams to get the balls back one by one as fast as possible. (Dribbling/ Running with the ball). Once all the balls are back get them to tally it up and then let them rob each others nests.

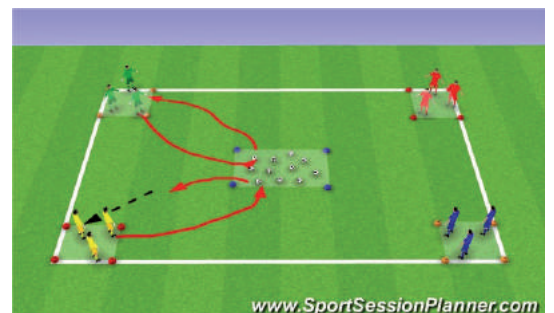
Call one number at a time and progress to two numbers at a time or even three for some chaos!

**Progression:**

Can be changed to add passing (could add a pass from the box you got the ball from and your team-mate must control the ball in your box for you to keep it). Shown with Yellow Players.

**Coaching Points:**

Keep head up, practice a turn to come out of the central box, close control at start and then using laces to push the ball forward, keep strides long once you are away to increase speed.



## RWTB: Breaking the Line (15 mins):

### Organization:

Set up a 15x35 yard area and divide into 3 (10x15) zones. Players divided evenly into 3 groups and assigned a zone. The players have 1 ball between the group.

### Procedure:

Middle players dribble the ball inside the central zone moving at all times.

Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can drive through (Run with the Ball) to the opposite zone.

Central players do not defend.

Players in central zone have 1 ball each. Rotate middle players every 2-3 minutes. Progression: Players in middle can now look to block players from penetrating. (no slide tackles, defend by preventing space)

Scoring: outside players score an individual point by breaking through (running with the ball), middle players score a team point by denying a player space to penetrate (possibly kicking their ball out the grid). Rotate defending team every couple of minutes



## RWTB: 6V6 End zones (15 mins):

### Organization:

Set up 35x20 yard area with 5 yard end zone at each end. Halfway line is marked and used as retreat line.

### Procedure:

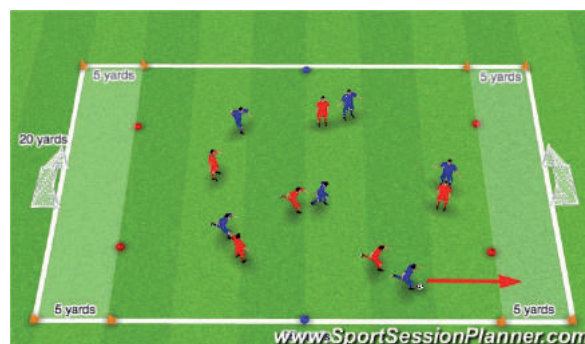
Players play 6v6 and attempt to score a point by running with the ball into the oppositions end zone. Defenders cannot defend inside the end zone.

### Progression:

Players play 5v5 + GK's

1 point is scored by running the ball into the end zone.

3 points are scored if the player can enter the end zone and then finish on goal.



## SSG: 5v5/6v6 Free Play (15 mins):

### Organization:

40x25 yard area for 5v5; if 6v6 increase area accordingly.

Balls stationed along the outside of the field.

Retreat Line marked at half way line for 5v5 - this is where defenders retreat to when opposition GK has the ball.

### Procedure:

Encourage players to penetrate (running with the ball) whenever it's on to do so, as well as passing, however passes should not be forced.

Look for efficient movement to support player in possession and find space - especially in goal scoring positions if player is RWTB wide.



# Special Olympics Soccer: *Passing and Receiving*



# SPECIAL OLYMPICS SOCCER

## PASSING AND RECEIVING

**CATEGORY:** Technical: Tactical: Positional understanding

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

### DESCRIPTION:

#### Technical Work (15 mins):

##### Organization:

Players work in groups of 3 in a 10 x 10 yard square - divided by a central marker (giving four equal sized squares in each corner of the 10x10 square).

##### Procedure:

A- Players pass to a teammate and then move to open corner square

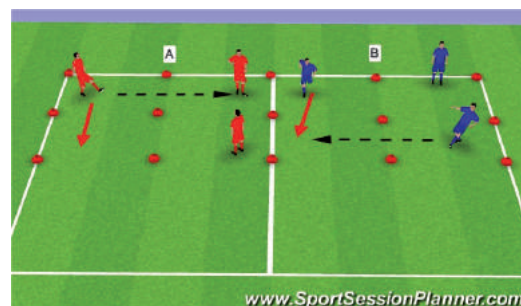
Work on receiving body shape- as you receive ball take first touch nice and open ready to play ball next to the player - as you move to open square stay open and see your teammates ready to receive next pass.

B- Players pass ball to the open corner square for a teammate to run into and receive.

Weight of pass is key, try and get ball arriving as teammate does, same receiving qualities as before.

##### Progression:

Allow players creativity - try different passes- scoops, back heels, be clever show a trick or flick - pass to feet or space- try 1-2's or takeovers- free play for 5 minutes



#### Passing Competition (15 mins):

##### Organization:

Two teams of equal players, one team positioned around perimeter of a 12 x 12 yard square

other team numbered 1-5 stand at corner of square and ready to defend.

Coach has supply of balls

##### Procedure:

Coach rolls ball into attacking team around outside of square and first defender (number 1) from the defending team (blue)

runs in and tries to win the ball. Red attacking team counts number of completed passes before defender gets a touch on the ball - if reds go above 10 complete passes, number 2 can help number 1 defend.

Each defender has to have their own individual turn in the middle - Attacking team counts total number of passes after all defenders have been in added up

Swap Roles with Reds Defending and Blues Attacking team

Three rounds total





## Passing Direction and Support (20 mins):

A practice to improve support play and passing and movement as well as clearing space to allow others to play.

### Organization:

In a 20 x25 yard rectangle- divide diagonally into four triangles Three teams . Attacking team has 5 players -4 Outside players play on 2 touch. Both teams must keep at least one player in each triangle. The reds (in possession) combine to play the ball into a different area (as shown).

The player who passes the ball out MUST leave that area but can be replaced by another player. (He doesn't have to follow his pass as shown in the diagram). He MUST be replaced by another player.

The player receiving in a 1v1 situation can combine with outside player or play out to another area first time. If he plays out to another area he MUST leave his area and be replaced.

### Progressions:

1. Allow players to run/dribble the ball into a different area.
2. Allow 1 outside to outside pass between target support players

**Tactical:** Think about where, when & why this would happen in a game.

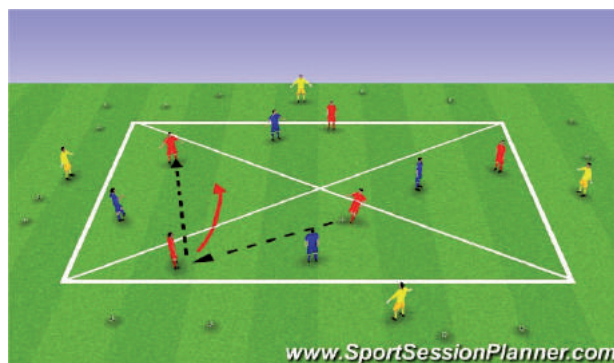
**Physical:** Defensive pressing, quick movement and agility in possession.

**Psychological:** Decision making, where to pass, where to run in possession. Defensively, how to cut off options, mentality to work hard.

**Social:** Communication, team building within units.

**Learning Objectives:** Helps Midfield players, passing & support, dispersal. Helps Defenders, forcing play in one direction.

Rotate roles



## 4v4 Game (15 mins):

### Organization:

4v4 game on a 60x40 yard field approx plus Gk's

### Procedure:

Two teams play with one team positioned around the periphery of the game field

Team on the outside play for the team in possession and to score central teams must combine with outfield players on any line before scoring.

Play for a set period of time (5 mins) then rotate outside team in, or for increased competition play first team to

score wins and winning team stays on - outside team can come on and play immediately on a goal being scored - for high pace fun.





# Special Olympics Soccer: *Passing with Direction*



# SPECIAL OLYMPICS SOCCER

## PASSING WITH DIRECTION

**CATEGORY:** Technical: Passing & Receiving

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

**DESCRIPTION:**

### Sharks and Minnows (15 mins):

**Organization:**

Make a 20 x 15 yard grid, smaller if less players

10 to 12 players

Divide the group into 3 equal teams of 4 or less if needed

Pinnies and plenty supply of balls

**Procedure:**

Coach plays ball into Blue team - the team must make 4 passes before they play it across to the Red team. If Shark (black) wins the ball the play stops, if ball is played across successfully then

new shark enters the grid while other exits. **Make the teams rotate every 3-4 mins to be sharks.**

**Progressions:**

-add 2nd defender -2 touch

**Coaching Points:**

-speed of play = fast (where possible) -play away from pressure

-don't wait for defender to get close, keep moving the ball and finding space to support (angles)



### Technical 3v3 (15 mins):

**Organization:**

Area 30x30 with smaller 10x10 square, 10-12 players

8 cones, balls, bibs

**Procedure:**

1. Split the group into 3 teams. 1 player from each team should be inside the 10x10 area. The other 2/3 players from each team should be stood around the main 30x30 area. There is 1 ball between each team. The play begins with the ball with one of the players on the outside. The aim of the practice is for each team to play their ball from one side of the pitch to the other, going via their teammate in the 10x10 area. Players on the outside should move along their line to encourage the player in the middle to get his head up and vary his passing.

The play begins with the ball with one of the players on the outside. The aim of the practice is for each team to play their ball from one side of the pitch to the other, going via their teammate in the 10x10 area. Players on the outside should move along their line to encourage the player in the middle to get his head up and vary his passing.

There is 1 ball between each team. The play begins with the ball with one of the players on the outside. The aim of the practice is for each team to play their ball from one side of the pitch to the other, going via their teammate in the 10x10 area. Players on the outside should move along their line to encourage the player in the middle to get his head up and vary his passing.

**Progression(s):**

If outside player receives and dribbles away and turns first - the other players can rotate positions in real time. They can also play directly back to the teammate who played the ball to them.

**Coaching Points:**

-Awareness, scan around to see where the pass needs to go. Body position to receive – be on the half turn so you see where the ball comes from and needs to go to. Positive control into an area where the pass can be played. -Decision making



## Across the Pond (15 mins):

### Organization:

- Set up a 15x35 yard area and divide into 3 (10x15) zones
- Players divided evenly into 3 groups and assigned a zone
- The players have 1 ball between the group

### Procedure:

Middle players dribble the ball inside the central zone moving at all times.

Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can drive through (Run with the Ball) to the opposite zone.

Central players do not defend.

Players in central zone have 1 ball each. Rotate middle players every 2-3 minutes. Progression: Players in middle can now look to block players from penetrating. (no slide tackles, defend by preventing space)

Scoring: outside players score an individual point by breaking through (running with the ball), middle players score a team point by denying a player space to penetrate (possibly kicking their ball out the grid). Rotate defending team every couple of minutes



## Small-Sided Game (15 mins):

### Organization:

- 45x30 area split into 3 15x10 areas
- 12+ players
- 2 goals, cones, balls, pinnies

### Procedure:

6v6 game with 2 teams in 3-2-1 formation (add GK's if available) - creating 3v1/2v2/1v3 situations.

Players try to advance the ball through the zones to score on opposition

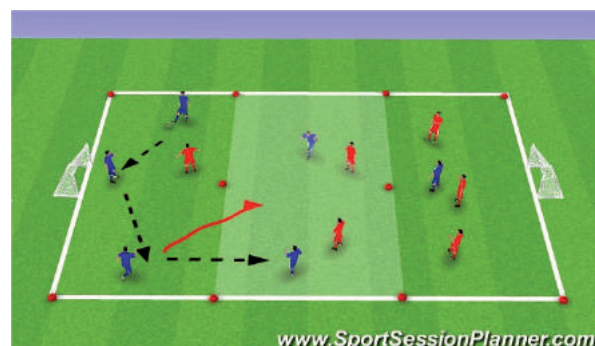
Player that makes a successful pass into a teammate in next zone can move into that zone to support the play

### Progressions:

Can play the ball over 2 zones. Free movement between zones.

### Coaching Points:

Good passing/receiving skills; movement with/without the ball; spacial awareness; body shape to receive; 1st touch; angles/distance of support; communication; tempo of play



# Special Olympics Soccer: *Aerial Control and Receiving*



# SPECIAL OLYMPICS SOCCER

## AERIAL CONTROL AND RECEIVING

**CATEGORY:** Technical: Ball Control

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

**DESCRIPTION:** Dealing with balls out of the air

### Warm-up (15 mins):

#### Organization:

Split into 3 groups

Reds in the middle without a ball

Whites on the outside holding a ball.

#### Procedure:

Outside toss a ball high that Reds must meet and return into their hands.

1. Control out of the air with any part of the body
2. Volley back into hands with any body part except head
2. Head back into hands

#### Progression:

After all 3 groups have gone for 2 minutes each, change to a ball every other player on the outside.

1. Control out of the air with any part of the body and play a pass to any open player
  2. Volley back into hands with any part of the body except head to an open player
- Volley could be after a bounce or after a controlling touch also

#### Key Coaching points:

-Try and get in line with the ball as it comes

-Where possible meet the ball and don't wait for it

-When playing to an open player have chest facing the intended target when you receive the ball.

See where the ball came from and where you want it to go to.





## Technical (15 mins):

### Organization:

Flat pop up style goal with a grid either side about 20 yards at the back angled toward the goal and about 20 yards deep to the base line.

6v6

Like soccer tennis or head tennis but over a full size flat goal - or if you want a row of hurdles - or even school benches- have the height as high or as low as you think is appropriate.

### Procedure:

Red serves to white out of their hands from behind the back line. White has to try to do the following:

1pt = control out of the air and play to a teammate with 2nd touch. 2pt = play teammate with first touch...head, chest or volley.

3pt = return back over the net as a team - ball can bounce but no player can take more than one touch at any time

if 1 or 2 happen then white serves to red now if 3 happens then red serves again.

if no point then White serves to red. Progression:

Red sends over a player into the white side and white into red

Those players try to defend the ball out of the air and return it to their own team

### Key Coaching points:

- Meet the ball
- Get height on the return
- Direct body toward intended target
- Communicate with teammates.



## Horseshoes Technical Game (10 mins):

### Organization:

Players work in pairs

2 cones, 10 yards away from each other

One player at one end with a ball, the other opposite

Play against another pairs

Game of horseshoe

### Procedure:

Server throws the ball to teammate

Receiving player has one or two touches to kill the ball as close to cone as possible. Allow a bounce if needed also

Ball closest to the cone gets a point

### Coaching Points:

Move feet to get body behind ball

Decision making - which surface to use - select and relax as ball connects

### Progressions:

After 2 minutes winners (team with most points) move up, losers move down to play against different team,



## Receive and Finish:

### Organization:

30 yard wide x 40 yard long field with GK in each goal and a wide crossing player on each side  
Attackers to attack each goal (at opposite end) on each side of goal on end lines.

### Procedure:

Wingers take the ball down the line and put in a cross for the two forwards who are coming in. As soon as the play is over the winger on the opposite side does the same for the two new attackers.

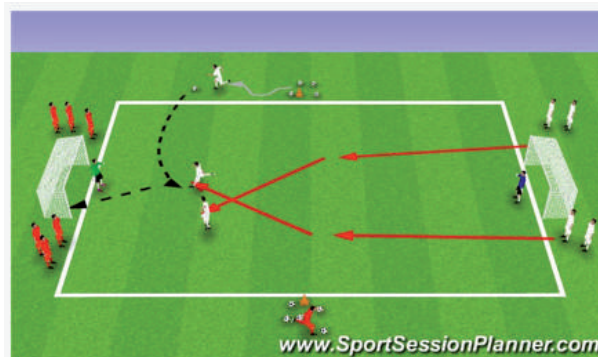
### Coaching Points:

Wide Players:

- First touch
- Approach to ball
- Awareness (GK, Forwards)
- Quality of cross (Direction, Weight)
- Type of cross (Low driven, Floated, Etc.)

Forwards:

- Timing of run
- Angle of run
- Attack ball
- Selection of Finish! Can you shoot first time- if not selection of first touch, controlling surface - relax, touch and finish
- Rebounds



## Game (10 mins):

### Organization:

Same field dimensions as previous crossing and finishing drill Two teams - preferably 5v5 + GK's

### Procedure:

Normal soccer game except for when ever the ball goes out of play have a throw in so aerial control opportunities are paramount but allow free play in normal game



# Special Olympics Soccer: *Technical Skill Games*



# SPECIAL OLYMPICS SOCCER

## TECHNICAL SKILL GAMES

**CATEGORY:** Technical: Ball Control

**SKILL:** Mixed age

**PRO-CLUB:** Canadian Soccer Association, Ottawa, Canada

**DESCRIPTION:**

### Warm Up (15 mins):

**Organization:**

All players in a 20 yard circle area- half the players have balls half don't.

**Procedure:**

Players instructed to move around circle doing any movement they would on soccer field, walk, sprint, jog, side shuffle - run backwards etc.

Players with ball look around and throw ball up for player without a ball to jump and catch

Introduce dynamic movements, high knees , butt kicks etc as warming up dynamic stretches

Progress to as ball is thrown up in the air - player without ball controls it with any part of their body then dribble and pick ball up in about 5 seconds.

Repeat with feet - player with ball dribbles, passes to any spare player without ball

Progress to receiving player plays an immediate return pass 1-2 Progress to receiving player turns with ball and dribbles away into space



### Turning with the ball- Marble Kings (10-15 mins):

**Organization:**

-Create a grid 20x20 yards

-10 to 12 players each with a soccer ball

-4 cones

**Procedure:**

1 or 2 players will have ball in their hands (Marble Kings).

(Yellow) Every other player is trying to avoid the Marble Kings and keep their ball from being hit.

Marble Kings try to hit ball by throwing it at the other players balls. If ball gets struck, player becomes Marble King.

**Coaching Points:**

-Keep ball close

-Dribble with laces

-Quick change of direction/turns

Allow all players a turn with ball in hands





## Receive and Play (15 mins):

### Organization:

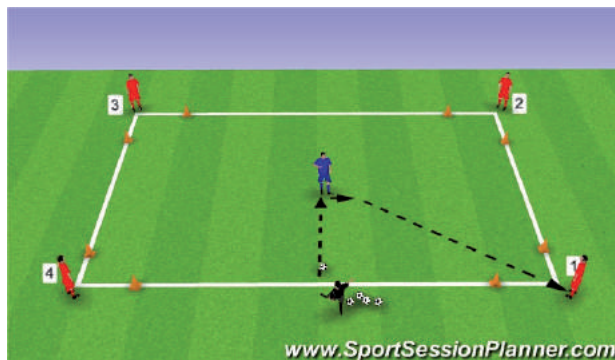
Players work in groups of six - one server – one receiver inside a 20 x 20 yard square and 4 target players numbered in each corner of the square standing behind a 2 yard gate.

### Procedure:

Server passes ball into the receiving player in middle and calls out a number – player has two touches to control and pass to the target with that number through their gate in the corner.

Score a point for each correct pass through a gate to the number called in 2 touches if possible

After one minute rotate all positions so everyone becomes receiving and passing target player  
Count total points for competition for each player.



## Dribble and Shoot (10 mins):

### Organization:

1 v 1 situation. Attackers line up with one defender in a 5 x 5 yard square 10 yards ahead and a goal a further 10 yards past that.

### Procedure:

Attackers must dribble and beat defender before shooting at goal and then join attacking line at opposite end.

Everyone should have 3 attempts to beat a defender then rotate the defenders.

Condition the moves players must use to try and beat opponents. Scissors, Shuffle, Maradona Twist etc. Ask them to try their own moves  
Add a GK if enough players and too easy



## Shooting and GKing (10 mins):

Technical Practice Shooting with GK's

### Organization:

4 servers (RED) frame the penalty area with a ball each at their feet and numbered as shown.

### Procedure:

Coach calls servers number and they play ball into striker centrally - striker has maximum two touches to score.

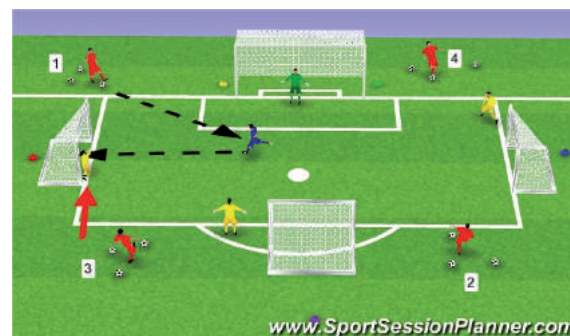
As server plays ball in they call colour out and striker tries to score on that colour goal.

(red, yellow, green, blue, purple) The Main goal has two colours - one for each corner. (yellow, green)

The GK's in the three smaller goals- start beside the goal and as their colour goal is called they have to react to make diving save from striker shooting on their goal

Each server takes a turn as main striker- 8 shots per round- work 2 rounds per striker

Allow players to try GK if they wish





# Thank you!



Special Olympics Canada would like to thank Canada Soccer ([www.canadasoccer.com](http://www.canadasoccer.com)) for providing their expertise in the development of this resource. Their willingness to work collaboratively made the development of this guide possible and ensure that it was developmentally appropriate and valuable to Special Olympics coaches. In addition, a thank you to Rob Gale, Head Coach Men's U20 National Team/ for his leadership and development of this resource.



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**Canada**