



## Wyoming Youth Soccer Coaching Symposium 2009

Topic: Incorporating Runs off the Ball

presented by Mike Singleton, US Youth Soccer National Staff

[msingleton@mayouthsoccer.org](mailto:msingleton@mayouthsoccer.org)

- 1) **Paired Dutch Circle**---6 of the players create a 25-35 yard circle around their teammates. Teammates inside circle form pairs and have one ball per pair. Outside players must always be alert and on their toes. The inner players work together to find an open player on the outside to play the ball to. If player A in the pair plays the ball to the outside player, then the outside player plays the ball back in (on a one touch) to player B in the pair. Player B then plays ball back to A and they interpass until they find another free outside player. Discuss both runs of players A and B. *Version 2:* Player A plays to outside who play back to A who plays to B. *Version 3:* Player A plays to outside who plays to B who plays back to outside who plays to A and then takes place of player B in middle.
- 2) **13 v 5 keepaway**--- place 4 cones in a square formation about 20 yards from each other. These cones are not boundaries as this game is played in open space. The 13 try to keep the ball away from the 5. The 5 simply hold pennies in their hands and if they steal the ball they throw their penny at the player they stole ball from so there are no stoppages in this game. Only rule is that players who possess the ball must run around the cone furthest from them before being involved in play after making a pass. This begs other players on team filling support positions.
- 3) **5 v 5 + 5 to endlines**---A typical endline soccer game in which a team must dribble ball over endline to score. The team on deck stands on either sideline and joins the team in possession if the ball is played to them. This creates a numerical advantage for the offensive team. If possession is lost, those sideline players return to the sideline. *Version 2:* Make this an endzone game in which players must pass into a teammate in the zone. The ball must be passed before the receiver is in the endzone.
- 4) **Scrimmage Game**
- 5) **Cool Down**---team juggling challenge

