



Wyoming Youth Soccer Coaching Symposium 2009

Topic: Developing the Thinking Player, Possession & Problem Solving
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- 1) Colors-Warm Up**---Half of the players in red pennies, half in blue. Teams playing together in the same space combine in the passing sequence blue-blue-red-red-blue-blue-red-red etc. etc. Ball can never stop, players can never stop moving, and ball cannot leave area of play. Coach can limit touch-count, mandate which foot to pass with or which side of foot to pass with as sees fit. When players can do first sequence adequately and without frequent errors change the sequence to blue-blue-blue-red-red-red-blue-blue-blue etc. etc. Stress communication and technical passing points throughout. Make this activity competitive by counting errors and setting goals by lowering allowed errors.
- 2) Keepaway with handball**---Teams play keepaway with one ball on the ground. However, the defensive team does not defend as they normally would in soccer. The defensive team has two balls in their hands that they must throw at the keepaway ball in order to gain possession. If one of the handballs hits the keepaway ball, then possession switches. *Version 2:* To make this competitive add a rule in which 5 passes equals a goal.
- 3) Multi-goal game**---8 vs 8 in 65x50 yard grid. 6 two-yard goals are spread out throughout the grid. The teams score by passing through any of the goals to a teammate. First team to 10 points wins. Add balls if need to space out players. Players need to be able to see where the open goals are, and receive with a “picture” of what is around them. With this in mind, if the players are advanced enough, the player receiving through the goal must play 1 touch or coach could require receiving player to perform a feint before touching ball. *Version 2:* Use different color cones for goals and assign different point totals to different goals.
- 4) 8v8 game**---On a 70x50 yard field with goalies and large goals, play a regular match. Can add multiple variables to challenge team such as everyone on team must touch ball before scoring, they can only score off of a one touch, and get multiple points for headers and volleys. The coach should call fouls throughout the game to give teams opportunity to be creative on set plays.
- 5) Cool Down**---Team movement lines challenge.

