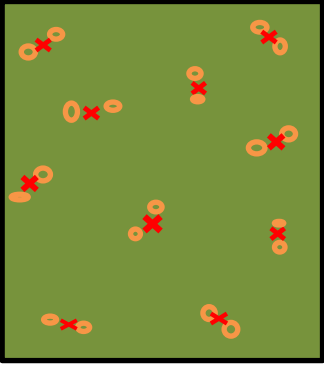
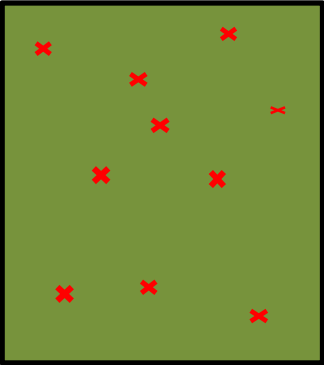
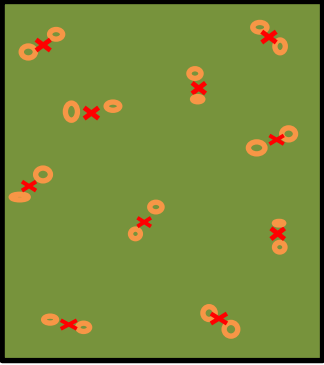
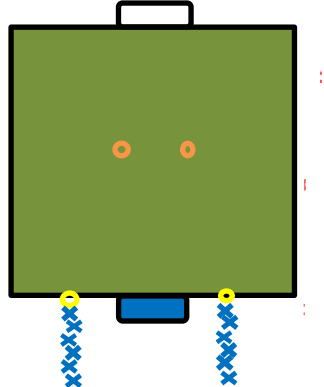


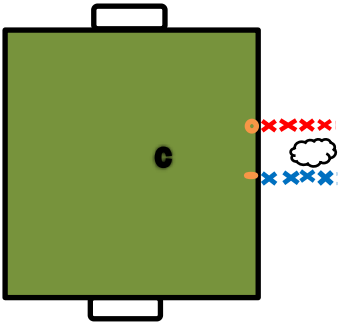
| Warm Up Activity - Basic Footwork with Gates | | | |
|--|--|--|---|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Grid Size: 25 x 35 yds Gate Size: 2 yds wide Gate to Player Ratio: 1:1 Balls: Each player has a ball</p> <p><i>For footwork, players perform each exercise at their own gate. For races, players perform exercise at a gate than dribble to a new gate. Race is to get to the most gates in set time (45-60 sec)</i></p> | <p>Footwork: Stepup, Pendulum, Combo</p> <ol style="list-style-type: none"> 1. Teach footwork at each gate & do 20 second competition 2. Races - players dribble from gate to gate performing a footwork sequence (6 stepups, 6 pendulums, 1 combo) | <p>Exercise CPs</p> <ol style="list-style-type: none"> 1: Maintain Ball Control 2: Quick Feet 3: Accelerate between gates |

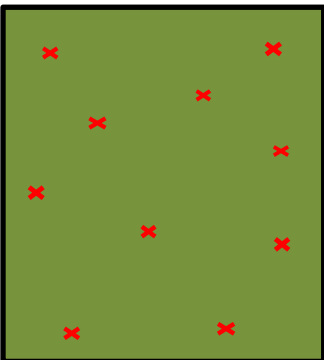
| Match Related Activity - Red Light, Green Light + Body Parts | | | |
|---|---|---|--|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Grid Size: 25 x 35 yds Balls: Each player has ball</p> <p><i>Players are shown red light position to start (standing upright with sole of foot on ball). Coach dictates red light, green light. On green, players are free to dribble in the space. On red, players need to stop and not be last to stop with their ball.</i></p> | <ol style="list-style-type: none"> 1: Begin with basic red light, green light 2: Advance to add Body Part commands. (Coach says "Red light, elbow!", players put the ball in red light position and then touch their elbow to the ball. 3: Ask players to perform a sole turn on "green light" | <ol style="list-style-type: none"> 1. Ball Control 2. Dribble with your head up 3. Stop your ball quickly under control |

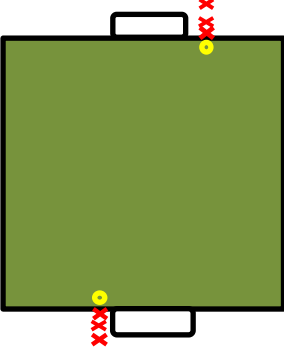
| Match Related Activity - Dribbling Races | | | |
|--|---|--|--|
| Field Set Up | Organization | Progressions | Coaching Points |
|  | <p>Field: 25 x 35 yds Balls: Each Player has Ball</p> <p><i>On Coach's signal, 1st player in each line dribbles across the field to score in opposite goal. First player to score wins! After you score join the line by the goal you scored on. Repeat pattern.</i></p> | <ol style="list-style-type: none"> 1: Players begin facing back wards with both feet on the ground. On coach's signal, begin the race with a sole turn 2. To score you must use the inside of your foot and stay on your feet. 3. Individual Competition - 1st 3 players to score 5 points win! | <ol style="list-style-type: none"> 1. Maintain Ball Control 2. Dribble with head up 3. Score with the inside of the foot and stay on your feet. |

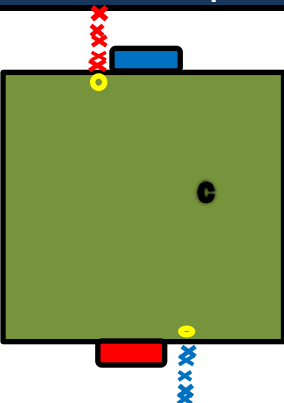
| Match Related Activity - Moves to Change Direction with Gates | | | |
|--|---|---|---|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Grid Size: 25 x 35 yds Gate Size: 2 yds wide Gate to Player Ratio: 1:1 Balls: Each player has a ball</p> <p><i>Players dribble around the grid scoring points by dribbling through gates, or by performing the specified MTCD in the gate. Have players do each progression twice for 45 secs. 2nd time ask them to beat their score.</i></p> | <ol style="list-style-type: none"> 1. Dribble through as many gates as possible. 2. Perform "sole turn" at each gate. 3. Perform "inside-cut" at each gate 4. Perform "outside-cut" at each gate. | <p>Exercise CPs</p> <ol style="list-style-type: none"> 1: Maintain close ball control 2. MTCD is 180 degree turn 3. Accelerate between gates after MTCD |

| Match Related Activity - Moves to Change Direction Races to Goal | | | |
|---|---|--|---|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Field: 25 x 35 yds Center Gate: 5 yds wide Balls: Each Player has a ball Teams: 2 even Teams</p> <p><i>Teams line up behind yellow cones. Race on coach signal, 1st player in each line dribbles thru gate, performs MTCD, and returns to score on their goal. 1st to score gets point!</i></p> | <p>Practice each MTCD then make each MTCD Team Competition to 10 Points</p> <ol style="list-style-type: none"> A. Sole Turn B. Inside of foot cut C. Outside of foot cut | <ol style="list-style-type: none"> 1: Sharp, Controlled Turns 2: MTCD 180 Degree Turns 3: Accelerate to goal |

| Match Related Activity - 1v1 MTCD Battles | | | |
|--|---|---|--|
| Field Set Up | Organization | Progressions | Coaching Points |
|  | <p>Field: 25 x 35 yds Teams: 2 Teams of 5 Balls: Pile of Balls w/Coach</p> <p><i>Coach plays a ball on to field for 1st player in each line. Players must perform MTCD before they can score on either goal.</i></p> | <ol style="list-style-type: none"> 1: Allow some practice repetitions then make the activity a team competition to 10 goals. 2: Play a best 2 out of 3 series | <ol style="list-style-type: none"> 1: Sharp, Controlled Turns 2: Be creative to lose defender 3: Accelerate after MTCD & finish |

| Warm Up Activity - MTBO Footwork Warmup | | | |
|--|---|---|---|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Lead Trainer can lead everyone on the footwork warmup. Trainers should walk around and praise and assist players with footwork. Do a quick review of progressions 1-3 then focus on 4-6. Help players learn difference between stepover and scissor.</p> | <ol style="list-style-type: none"> 1. Stepup Review 2. Pendulum Review 3. Combo Review 4. Stationary Scissors 5. Stationary Stepovers 6. Challenge players to do Scissors and Stepovers on the dribble, how many can they do before the ball stops rolling? | <ol style="list-style-type: none"> 1. Maintain Ball Control 2. Fast Footwork 3. Stepover and Scissor Execution |

| Match Related Activity - MTBO Dribbling Races | | | |
|---|---|---|--|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Field: 25 x 35 yds Balls: Each Player has Ball</p> <p><i>On Coach's signal, 1st player in each line dribbles across the field to score in opposite goal. First player to score wins! After you score join the line by the goal you scored on. Repeat pattern.</i></p> | <ol style="list-style-type: none"> 1: Players begin facing back wards with both feet on the ground. On coach's signal, begin the race with a sole turn 2: Same as above, but now before you score you must complete either a stepover or a scissor MTBO 3. Individual Competition - 1st 3 players to score 5 points win! | <ol style="list-style-type: none"> 1. Maintain Ball Control 2. Attack w/Speed 3. Stepover or Scissor MTBO |

| Match Related Activity - 1v1 MTBO Battles | | | |
|--|---|---|--|
| Field Set Up | Organization | Progressions | Coaching Points |
|  | <p>Field: 25 x 35 yds Teams: 2 even Teams Balls: Pile of Balls w/Coach</p> <p><i>First player from each team steps up to play 1v1. Coach plays ball to one of the players, opposing player defends. Must do a MTBO before you may score.</i></p> | <ol style="list-style-type: none"> 1: Allow some practice repetitions then make the activity a team competition to 10 goals. 2: Play a best 2 out of 3 series | <ol style="list-style-type: none"> 1. Attack Defender w/Speed 2. Timing of MTBO 3. Sell the Fake 4. Accelerate out of MTBO |



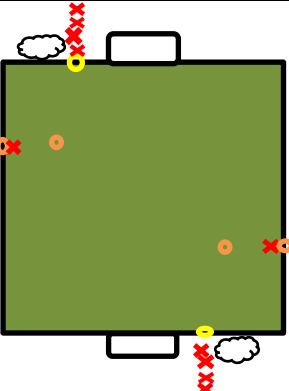
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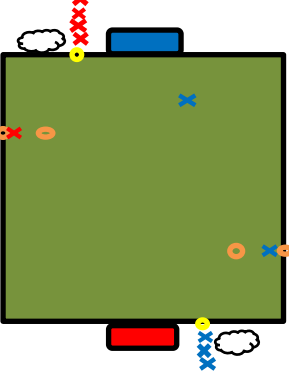
Week 4 : 1v1 Review Games

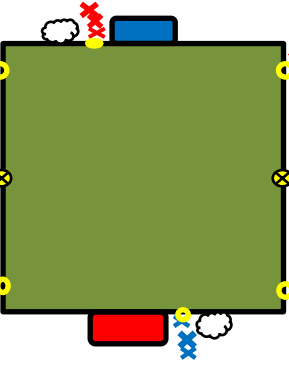
| Warm Up Activity - Sharks and Minnows | | | |
|---------------------------------------|---|--|---|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Grid Size: 25 x 35 yds</p> <p>Balls: Each Red player has ball</p> <p>2 Players (yellow) are identified as sharks. Play 30 sec. rounds until everyone has a turn to be shark. Sharks try to steal balls from red and get a point for scoring a goal. If ball goes out of bounds or in goal minnow does 4 toe touches to come back in.</p> | <ol style="list-style-type: none"> 1. Coach as shark! (Either the first round or last round) 2. Choose sharks by asking the kids to show you their "shark face" 3. Each round ask how many goals the sharks scored. 4. Each round ask if anyone went the whole round without losing their ball to a shark. | <ol style="list-style-type: none"> 1. Ball Control 2. Dribble with your head up 3. Point out MTCD or MTBO to escape from a shark |

| Match Related Activity - Ultimate Dribbling Races | | | |
|---|---|--|--|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Grid Size: 25 x 35 yds</p> <p>Players are split into 2 teams, each player has a ball. Players line up at cones on either side of the goal. On coach signal, players dribble thru the first gate and on to the middle gate. Player performs a MTCD at middle gate and then dribbles to goal and must perform MTBO before scoring. First to score wins.</p> | <ol style="list-style-type: none"> 1. Start facing backwards in RLP 2. Keep score! 2 pts for scoring first, 1 pt for scoring second. | <ol style="list-style-type: none"> 1. Ball Control 2. Perform MTCD/MTBO at speed. 3. To score, must stay on your feet and use inside of the foot. |

| Match Related Activity - 1v1 Battles | | | |
|--------------------------------------|---|---|---|
| Field Set Up | Organization | Progressions | Coaching Points |
| | <p>Field: 25 x 35 yds</p> <p>Teams: 2 even teams</p> <p>Balls: Pile of Balls w/Coach</p> <p>Goals: Brought in the field 7 yds and placed backwards, open to endlines</p> <p>Coach plays a ball on to field for 1st player in each line to play 1v1. Must perform MTCD or MTBO before you can score.</p> | <ol style="list-style-type: none"> 1: Allow some practice repetitions then make the activity a team competition to 10 goals. 2: Play a best 2 out of 3 series | <ol style="list-style-type: none"> 1. Be creative to beat defenders 2. Encourage MTCD, MTBO |

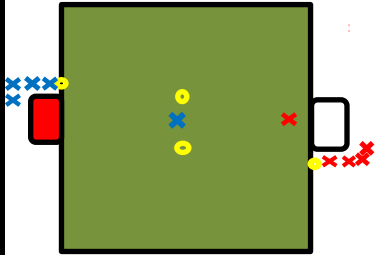
| Match Related Activity - Passing & Dribbling Races | | | |
|--|---|--|---|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Field: 25x35, cone to the right of each goal, and right of each line 10 yards upfield on sideline</p> <p>Balls: Pile of balls at each line</p> <p><i>On coach signal, the 2 lines race to complete pass and dribble to score at opposite end. Pass must go thru gate. Passer follows pass. Receiver dribbles to goal, scores and joins opposite line. Pattern repeats.</i></p> | <ol style="list-style-type: none"> 1. After player receives, must perform MTBO before they score. | <ol style="list-style-type: none"> 1. Receive inside of the front foot 2. First touch towards goal 3. Receive with belly button facing center of field |

| Match Related Activity - Passing and Dribbling Transition Game | | | |
|---|---|--|--|
| Field Set Up | Organization | Progressions | Coaching Points |
|  | <p>Field: Same Setup as above</p> <p>Balls: Pile of balls at each line</p> <p>Teams: 2 even teams</p> <p><i>Similar pattern as above. 1 team goes at a time. When red player shoots, blue team begins and the red player who shot transitions to defend the blue team. First to 10 goals wins.</i></p> | <ol style="list-style-type: none"> 1. After player receives, must perform MTBO before they score. | <ol style="list-style-type: none"> 1. First touch towards goal 2. Accelerate on first touch 3. Receive with inside of foot, belly button facing center of field |

| Warm Up Activity - 3v3 Passing Transition | | | |
|--|--|--|--|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Field: 25 x 35 yds</p> <p>Balls: Balls piled at center line</p> <p><i>3v3 Transition game. Make 2 teams and have them sorted into 3 lines by their goal. Play 3v3. When ball goes out of bounds on your defensive half, 3 new players come on for your team. Ball goes out on your attacking half, you stay on.</i></p> | <ol style="list-style-type: none"> 1. Player in middle line must begin play with a pass to either teammate. 2. Player in middle line must run around (overlap) either teammate after initial pass 3. Keep score, play to 10 goals | <ol style="list-style-type: none"> 1. Good decision on first pass in play, play ball to open teammate 2. Stay focused mentally, transition |

| Match Related Activity - 3 Player Passing Races (22 minutes) | | | |
|--|--|--|---|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Field: 25x30 yds</p> <p>Balls: Pile at each center line</p> <p>2 teams combine on one Academy field. Players are in 6 lines as show in diagram. Each side has a ball and is working to pass across the field and score in either of the 2 goals. Both sides go at the same time with their own ball competing to see who can score first.</p> | <ol style="list-style-type: none"> Each player must touch the ball and there must be at least 3 passes. The players must change their order as they cross the field before they can score. If they begin player A, B, and C, they must be in a different order by the time they score. | <ol style="list-style-type: none"> Lead your teammate with pass Pass and Receive with your head up Find ways to "change the order" after you pass. |

| Match Related Activity - 3v3 Passing Transition Game (22 minutes) | | | |
|---|---|--|---|
| Field Set Up | Organization | Progressions | Coaching Points |
| | <p>Field: Same Setup as above</p> <p>Balls: Pile at each center line</p> <p>Teams: 2 even teams</p> <p>Similar pattern as above. Now make the game 3v3 transition. When the ball goes out of bounds on your defensive half your group of 3 goes off the field and new group of 3 comes on as attackers with a ball. First team to 10 goals wins.</p> | <ol style="list-style-type: none"> Play must be started with a pass from the middle line. | <ol style="list-style-type: none"> Play the first pass to the open side of the field (teammate or space) Change the point of attack when appropriate. Transition |

| Warm Up Activity - Keeper Wars - Inside | | | |
|--|---|---|---|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Field: 20x30 yds</p> <p>Balls: At line by each goalpost</p> <p>Two teams play keeper wars. A blue player dribbles thru gate and shoots than races to be keeper for Blue. As soon as blue shoots the next red player begins dribbling to shoot and pattern repeats. Players get 1 touch after they dribble thru gate to finish with inside of foot.</p> | <ol style="list-style-type: none"> 1. Allow players reps and make coaching points 2. Make competition to 10 goals | <ol style="list-style-type: none"> 1. Pass to goal, not a shot 2. Inside of foot, toe pulled up above heel 3. Prepare ball at angle to shoot |

| Match Related Activity - Keeper Wars - Instep | | | |
|---|---|---|--|
| Field Setup | Organization | Progressions | Coaching Points |
|  | <p>Field: 25x30 yds</p> <p>Balls: At line by each goalpost</p> <p>Two teams play keeper wars. A blue player dribbles thru gate and shoots than races to be keeper for Blue. As soon as blue shoots the next red player begins dribbling to shoot and pattern repeats. Players must shoot before the gate with their instep (shoe laces)</p> | <ol style="list-style-type: none"> 1. Allow players reps and make coaching points 2. Make competition to 10 goals | <ol style="list-style-type: none"> 1. Pass to goal, not a shot 2. Instep, point toe down away from body, ankle locked 3. Follow thru, land on kicking foot 4. Prepare ball at angle to shoot |

| Match Related Activity - Keeper Wars - Left Foot | | | |
|--|--|---|--|
| Field Set Up | Organization | Progressions | Coaching Points |
|  | <p>Field: 25x30 yds</p> <p>Balls: At line by each goalpost</p> <p>Same set up as above, move the lines to the opposite post and players must finish with their left foot. They may strike the ball with either the inside or instep of their foot.</p> | <ol style="list-style-type: none"> 1. Allow players reps and make coaching points 2. Make competition to 10 goals | <ol style="list-style-type: none"> 1. Pass to goal, not a shot 2. Prepare ball at angle to shoot |

| Match Related Activity - Dribbling-Shooting Races | | | |
|---|--|---|---|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Field: 25x35, cone to the right of each goal, and right of each line 10 yards upfield on sideline</p> <p>Balls: Pile of balls at each line</p> <p><i>On coach signal, first player in each line races to dribble thru gate and goes on to score at opposite end. After you shoot you get in the back of the opposite line. Pattern repeats.</i></p> | <ol style="list-style-type: none"> 1. Start with a sole turn. 2. Perform a MTBO after you dribble thru the gate before you can score. 3. Make a competition and keep score to a number of goals or for time. Award 2 points if you score first, 1 point if you score second. | <ol style="list-style-type: none"> 1. Dribble at speed with your head up towards center of goal 2. Finish - don't shoot! 3. Pass to goal - to a corner |

| Match Related Activity - Passing-Shooting Races | | | |
|---|---|--|--|
| Field Set Up | Organization | Progressions | Coaching Points |
| | <p>Field: Same Setup as above</p> <p>Balls: Pile of balls at each line</p> <p><i>This time, first player in line goes to the gate and on the coach's signal the pattern starts with a pass thru the gate. The player at the gate receives towards goal and races to score on the opposite end. Passer follows their pass to the gate, the shooter gets in the back of opposite line. Pattern repeats.</i></p> | <ol style="list-style-type: none"> 1. Perform a MTBO after you dribble thru the gate before you can score. 2. Make a competition and keep score to a number of goals or for time. Award 2 points if you score first, 1 point if if you score second. | <ol style="list-style-type: none"> 1. Good pass thru gate - lead your teammate 2. Receive with inside of foot, belly button facing center of field 3. First touch towards goal 4. Finish - don't shoot! 5. Pass to goal - to a corner |

| Match Related Activity - Passing-Finishing Transition | | | |
|---|---|--|--|
| Field Set Up | Organization | Progressions | Coaching Points |
| | <p>Field: Same Setup as above</p> <p>Balls: Pile of balls at each line</p> <p><i>This time, players transition from attacking to defending as teams alternate attacking turns. When blue shoots, the red team starts their pass and the blue player who shot becomes the defender. When the red player shoots, they become a defender as blue starts their pass. Pattern repeats.</i></p> | <ol style="list-style-type: none"> 1. Keep score to a target number of goals or for time. 2. Play a best out of 3 series | <ol style="list-style-type: none"> 1. Good pass thru gate - lead your teammate 2. Receive with inside of foot, belly button facing center of field 3. First touch towards goal 4. Finish - don't shoot! 5. Pass to goal - to a corner |



CAROLINA ELITE SOCCER ACADEMY

Week 9 : 3v3 Review Games

| Match Related Activity - 3 Player Passing Races to Big Goal | | | |
|---|--|--|--|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Field: 25x35, cone to the left of each goal, and on each sideline 5 yards upfield from all 4 corners</p> <p>Balls: Balls piled by goals</p> <p><i>On coach signal, first 3 players on each side race to have each player on their side touch the ball as they go down the field to score in the opposite goal. Both sides go at the same time with their own ball competing to see who can score first.</i></p> | <ol style="list-style-type: none"> 1. Each player must touch the ball and there must be at least 3 passes. 2. The players must change their order as they cross the field before they can score. If they begin player A, B, and C, they must be in a different order by the time they score. | <ol style="list-style-type: none"> 1. Each player must touch the ball and there must be at least 3 passes. 2. The players must change their order as they cross the field before they can score. If they begin player A, B, and C, they must be in a different order by the time they score. |

| Match Related Activity - 3v3 Transition to Big Goal | | | |
|---|--|---|--|
| Field Set Up | Organization | Progressions | Coaching Points |
| | <p>Field: Same Setup as above</p> <p>Balls: Pile at each center line</p> <p>Teams: 2 even teams</p> <p><i>Similar pattern as above. Now make the game 3v3 transition. When the ball goes out of bounds on your defensive half your group of 3 goes off the field and new group of 3 comes on as attackers with a ball. First team to 10 goals wins.</i></p> | <ol style="list-style-type: none"> 1. Play must be started with a pass from the middle line. | <ol style="list-style-type: none"> 1. Play the first pass to the open side of the field (teammate or space) 2. Change the point of attack when appropriate. 3. Transition |



CAROLINA ELITE SOCCER ACADEMY

Week 10 : Review Games

| Warm Up Activity - 1v1 Transition with Goalkeepers | | | |
|--|---|---|---|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Field: 20x30 yds</p> <p>Balls: At line by each goalpost</p> <p><i>1v1 Transition. When the ball goes out of bounds in your defensive half, a new player from your team comes on the field with a ball. Stay on the field until ball is out in your defensive half. Play to 10 goals.</i></p> | <ol style="list-style-type: none"> 1. Allow players reps and make coaching points 2. Make competition to 10 goals | <ol style="list-style-type: none"> 1. Attack at speed 2. Transition |

| Match Related Activity - 2v2 Transition with Goalkeepers | | | |
|--|---|---|---|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Field: 25x30 yds</p> <p>Balls: At 1 line by each goalpost</p> <p><i>2v2 Transition. When the ball goes out of bounds in your defensive half, 2 new players from your team come on the field with a ball. Stay on the field until ball is out in your defensive half. Play to 10 goals.</i></p> | <ol style="list-style-type: none"> 1. Allow players to get the idea of the activity 2. Make competition to 10 goals | <ol style="list-style-type: none"> 1. Attack at speed 2. Transition |

| Match Related Activity - 3v3 Transition with Goalkeepers | | | |
|--|---|---|---|
| Field Setup | Organization | Progressions | Coaching Points |
| | <p>Field: 25x30 yds</p> <p>Balls: At 1 line by each goalpost</p> <p><i>3v3 Transition. When the ball goes out of bounds in your defensive half, 3 new players from your team come on the field with a ball. Stay on the field until ball is out in your defensive half. Play to 10 goals.</i></p> | <ol style="list-style-type: none"> 1. Allow players to get the idea of the activity 2. Make competition to 10 goals | <ol style="list-style-type: none"> 1. Attack at speed 2. Transition |