

**DEPARTMENT OF PHYSICAL EDUCATION  
UNITED STATES MILITARY ACADEMY**

**INTRAMURAL**

**6 vs. 6**

**SOCCER**

**POC Mr. Paul Gannon, x7614**

RESPONSIBILITIES OF THE CIC

RESPONSIBILITIES OF THE COACH

ELIGIBILITY AND PARTICIPATION RULES

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## **RESPONSIBILITIES OF THE REGIMENTAL CIC**

Cadets-in-charge are responsible for ensuring that their respective sport is administered in compliance with USCC Cir 28-1. Specifically, each CIC has the following responsibilities:

Prior to the **first** attendance:

Meet with the DPE sport educator assigned to their sport.

Coordinate with the corresponding CIC of the sister regiment with regard to break down of fields, space for practices and contests, and other matters as appropriate.

Hold an organizational meeting with coaches and officials under his or her purview to outline policies for the administration and conduct of the sport.

Prior to **each** attendance:

Allocate available space to teams for practices or contests.

Encourage all teams to run in formation to and from the site.

At the playing site:

Ensure all cadets are in the proper uniform.

Account for all officials, coaches, and players under his/her jurisdiction.

Appoint a CIC of officials for accountability purposes and assign officials to contests.

Ensure that contests are started promptly at 1630 and

Ensure that protests arising during contests are settled before play continues.

Bring Team Record of Participation Forms to each contest and ensure that coaches make proper entries. Regimental CIC's will retain these forms.

At the conclusion of each intramural attendance:

Submit regimental absentee report via email to Regimental AO prior to 2000 hours.

Submit a Results of Intramural Competition Report via email to the Regimental AO prior to 2000 hours.

Check with the DPE sport educator to discuss a quick AAR.

At the conclusion of the intramural season:

Submit an after action report to the Regimental AO and to the DPE sport educator offering constructive criticism pertaining to the administration and conduct of the sport.

## **RESPONSIBILITIES OF THE COACH**

Prior to the **first** scheduled practice:

Complete the coaching/leadership philosophy form and turn into the DPE monitor.  
(p. 35 USCC Cir 28-1)

Complete the coaching book

Review the IM Coaches Guidelines prior to the start of the season.  
(p. 39 USCC Cir 28-1).

Draw equipment from DPE Supply; subsequently, hand receipt equipment to team members.

Read and understand all regulations.

Ensure team members are eligible.

During the season:

Ensure that all cadets on their team adhere to the principles of fair play and sportsmanship.

Organize, train and condition your team.

Ensure proper maintenance/use of all items of uniform and equipment.

Drop or add squad members only with the concurrence of the Brigade AO

Submit injury screening reports prior to the start of the season.

Submit athletic injury reports.

Maintain record of participation forms.

Submit absentee slips (USMA Form 2-50) to the CIC.

Submit justifiable protest (Appendix 5, Annex A, USCC Cir 28-1).

Report to the field of play as a team and depart as a team with you in control.

Begin play NLT 1630. If you have no record contest, you will practice for at least forty-five minutes.

Check with the Regimental AO prior to departing the field each day.

Serve as a role model for the other cadets on the team.

Conduct a safety brief prior to the start of each practice or game.

After the season:

Fully complete and initial the Team Record of Participation Form, and submit to the Co. AO.

Turn in equipment to DPE Supply at the conclusion of the season. Lost or damaged equipment will be paid for.

Submit an After Action Report (Appendix 6, Annex A, USCC Cir 28-1).

## **RISK ASSESSMENT**

Prior to the start of each game, the following needs to be checked:

- field- all ruts and holes are filled
- the field is clear of rocks, stones, twigs, broken glass, other dangerous objects
- all players are wearing the appropriate foot gear
- all players are wearing the appropriate shin guards
- all goals are anchored to the ground
- trainers are present, or communication is on site to call for medical help
- coaches conduct safety briefs prior to start of play

## **ELIGIBILITY AND PARTICIPATION RULES**

Cadets with two seasons of participation in IM soccer, may participate a third season only on a voluntary basis. Those choosing a third season of soccer will still be required to fulfill their intramural obligation in a separate sport.

Those who have received a major or minor A from corps squad soccer are ineligible.

Each cadet must participate in at least half of each record contest.

## **PLAYERS AND EQUIPMENT**

Rosters will consist of 10 cadets.

Each player will be required to play a minimum of  $\frac{1}{2}$  the game.

Each player will wear their company intramural jersey.

Every player will be required to wear shin guards.

Soccer shoes are preferred, sneakers are acceptable.

Running shoes are prohibited due to the thick, soft heel, and the increased risk of turning ankles.

Screw-in soccer shoes are prohibited.

USMA issue athletic shoe is prohibited.

## **THE FIELD**

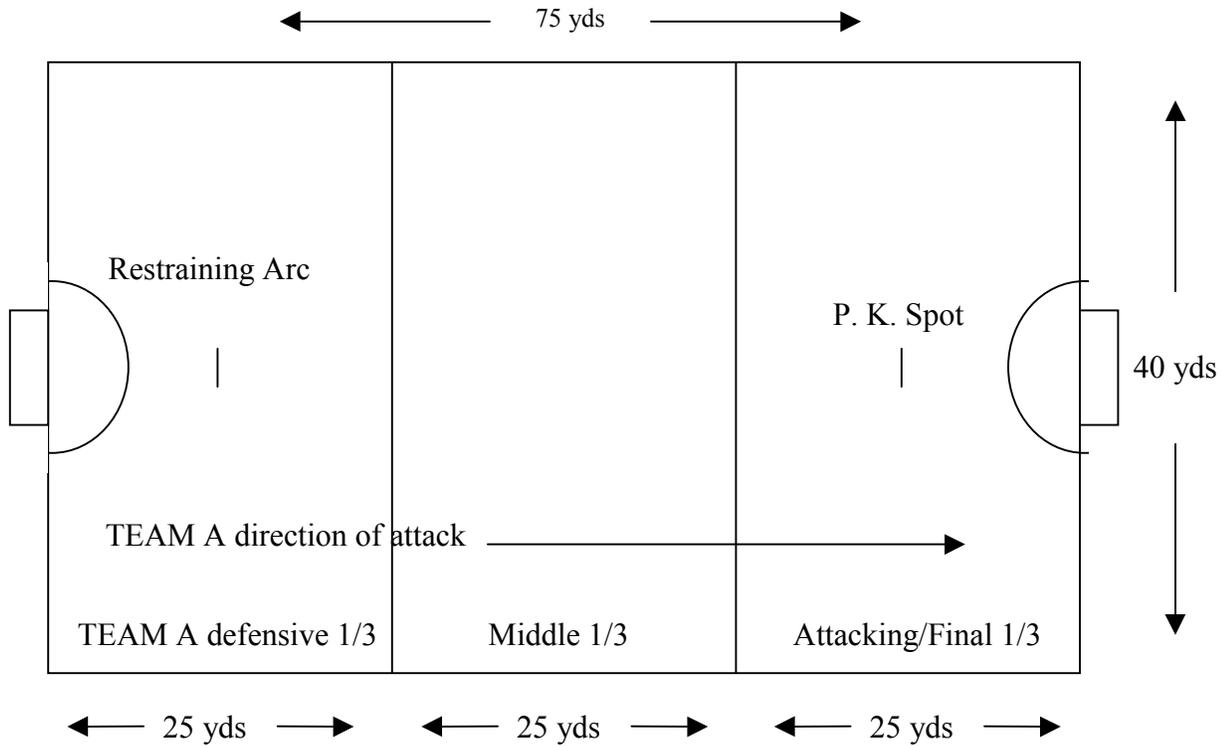
Dimensions- 75 yards x 40 yards

Field divided into playing 1/3rds (offensive, middle, defensive), 25 yards in length.

Team handball goals centered on end lines.

Restraining arcs, 5 yard radius, centered in the middle of each goal.

Penalty kick spot- 12 yards from goal line, centered with middle of goal.



## **THE GAME**

6 vs. 6 soccer is a small sided variation of the real 11 a side game. Rules have been modified to increase the pace and score of the game.

To start the game:

A coin flip will determine which team kicks off to start the game, and which team attacks/defends which end of the field. Both teams will attack/defend their respective ends of the field until half time, when directions will change. The team that kicks off to begin each quarter will alternate after the opening kickoff.

Kick off to begin each quarter and to restart the game after every goal is scored will be from a team's own 25 yard line. All members of the attacking team must stay behind their 25 yard line until the ball has been kicked and traveled 1 revolution. At that point, all attacking players may step up and play. All players on the defensive team must stay behind their 25 yard line until the attacking team has put the ball in play. Once the ball has traveled 1 revolution, the defensive team may step up and defend.

Scoring:

Goals scored from a team's offensive 1/3<sup>rd</sup> will count as 1 point.

Goals scored from a team's middle 1/3<sup>rd</sup> will count as 2 points.

Goals scored from a team's defensive 1/3<sup>rd</sup> will count as 3 points.

After each goal, the team that was scored upon will kick off from their 25 yard line. The opposing team will line up behind their 25 yard line, just as they did to start the game.

Fouls:

**All** fouls will be treated as direct kick (on the restart, the ball may be kicked directly into the goal) violations. Fouls committed by the defensive team in the offensive team's middle and defensive 1/3<sup>rd</sup> will result in a direct free kick from the point of the infraction. The defensive team is required to be 10 yards away from the ball until after the kick is taken. Fouls committed by the defensive team in the offensive team's final 1/3<sup>rd</sup> will result in a penalty kick taken by the offensive team from the 12 yard line.

Fouls:

spitting

kicking or attempt to kick opponent

tripping or attempts to trip (includes stooping in front or behind)

jumps at

charges an opponent in a violent or dangerous manner

charges an opponent from behind unless the latter is obstructing

striking or attempts to strike

holding

pushing

handles the ball intentionally (except the goalkeeper in his penalty area)

playing in a dangerous manner

charging fairly away from the ball

intentionally obstructing when not playing the ball

charging the keeper, exceptions will be discussed

Misconduct is punished by a caution (yellow card) or a send off (red card).

Players will be cautioned (yellow card) for the following misconduct:

- entering and leaving the field without permission
- persistent infringements of the laws
- dissent
- ungentlemanly conduct (catch all)

Teams receiving yellow cards will be **penalized 1 point**, per card, from their final score.

Teams receiving red cards will be **penalized 2 points**, per card, from their final score.

A player who receives 2 yellow cards during the same contest will be asked to leave the game, and the team will not be permitted to substitute for that player for the remainder of the game.

5 “**cumulative**” yellow cards, over the course of the season, will equal a red card. That player may finish the contest where yellow card #5 was received, but the team will be penalized as if it were a red card.

Players will be sent off (red card) for the following misconduct:

- violent conduct, such as striking someone
- serious foul play, usually against the rules of play
- foul or abusive language or gesture
- second yellow card offense after receiving a previous yellow card during the same game
- 2 yellow cards in 1 game equal 1 red
- 5 cumulative yellow cards equal 1 red card

A player who receives a red card will be ejected for the remainder of that game.

Restraining arc:

At both ends of the field, a restraining arc, 5 yard in radius, will be drawn, centered from the center of each goal. **Only the goalkeeper is allowed to defend the ball inside this arc.** Should the ball touch/strike any other defensive field player within this restraining arc, a penalty kick will be awarded to the offensive team. It is permissible for attacking players to run through/into the restraining arc and play the ball. The purpose of the restraining arc is to discourage defensive packing in front of the goal, and to encourage offense/scoring.

Out-of-bounds:

A ball must be completely over the side line or end line to be considered out-of-bounds. The team that touches the ball last, prior to going out-of-bounds, will lose possession of the ball. The new attacking team will put the ball back into play with a **direct free kick** from the point where the ball went out-of- bounds.

If the defensive team last touches the ball before it goes over the end line, the offensive team will take a corner kick (direct free kick) from the side of the field where the ball went out-of-bounds.

If the offensive team last touches the ball before it goes over the end line (ie: missed shot), the ball will be put back into play by the new offensive team (goal kick) with a direct free kick from the **end line**, on the side of the goal closest to where the ball went out. The defensive team must retreat back outside the 25 yard box (their final 1/3<sup>rd</sup>) until the ball has been put back into play.

#### Offsides:

The offsides rule is similar to offsides in hockey. **All attacking players** must stay behind the 25 yard line that separates their attacking and middle 1/3rds of the field until **after** the ball has entered the final attacking 1/3<sup>rd</sup>. Once the ball has entered the final 1/3<sup>rd</sup>, attacking players may be **anywhere** inside that zone and not be offside. Should the defensive team clear the ball into the middle 1/3<sup>rd</sup>, all attacking players must leave the final 1/3<sup>rd</sup>, and wait until the ball re-enters the zone before re-entering themselves.

Violations of the offside rule will result in a direct free kick for the defensive team from their own defensive 25 yard line. Players on the offending team must be 10 yards away from the ball when it is put back into play.

#### Penalty kick:

Any rules infraction committed by the defensive team inside their defensive 1/3<sup>rd</sup> of the field will result in a penalty kick taken by the opposing team. A penalty kick is a direct free kick taken from the 12 yard spot. Only the goalkeeper is allowed to defend inside the restraining arc. All defensive players are required to stand behind the endline until after the penalty kick has been taken. All offensive players are required to stand behind the 25 yard line until after the kick has been taken. Once the kick has been taken, the game resumes, and all rules apply.

#### Shootouts/Penalty kicks:

If the game is tied at the end of regulation time, penalty kicks will be taken to determine the winner. Teams will alternately take penalty kicks until each team has taken 3 kicks. Only players on the field at the end of regulation time will be permitted to participate in the initial shootout. If the score is still tied after the 6 total kicks, the remaining 6 players from the field will shoot in sudden death format. If the game is still tied, teams will take alternating kicks using the remaining players on the sideline, sudden death fashion. After all players on a team have taken a kick, then the same rotation of kickers will be used until a winner has been declared.

#### Goalkeeper:

Each team is authorized 1 goalkeeper. He/she is identified by colored arm band.

**At no time is the goalkeeper allowed to touch the ball with their hands.** Infractions will result in a penalty kick against their team.

Only goalkeepers are allowed to defend within the restraining arc.

Goalkeepers are expected to play the field, and are only considered the goalkeeper when inside the restraining arc.

## **REFEREES**

Each company will be required to provide 1 referee.

Officials will report to the playing site in proper refereeing uniform 15 minutes prior to kick off.

Meet with CIC of officials prior to games for updates and field assignment.

Will become an authority on the rules of the game.

Conduct contests as scheduled and in accordance with the prescribed rules.

Prior to the game will line up and check each team's equipment and prohibit any cadet from participating without the required protective equipment.

Stop play and handle all protests. Confer with CIC and DPE monitor if needed.

Ensure that the playing fields and equipment (goals) are safe for the conduct of each record contest.

Meet with CIC of officials and report scores of games as well as fair play points.

## **2 Man Officiating System**

Each record contest will be officiated by a 2 man officiating system.

One official will work the left side of the field, and will be responsible for all out of bound calls on the left side of the field. The other official will work the right side and make all out of bound calls on the right side of the field.

Officials will work opposite ends of the field, running from their end line to mid field. They will run straight up and down the field, staying between the sideline and approximately 5 – 7 yards inside the side line. Each **lead** official is responsible for calling "offsides" and goal kicks, and/or corner kicks from their end of the field. Either official may call a penalty/foul on any player inside the playing field.

## **COACHING TECHNIQUES AND PRACTICE PREPARATION**

### **COACHING TECHNIQUES**

The key to successful practice is preparation by the coaches and players on the aspects of the game to be worked on any particular day. Set goals and objectives.

Practice/Games can be broken down into four basic categories.

1. Individual skill work
2. Individual tactics
3. Group/team tactics: 2v1, 2v2, 2v3, 3v1, 3v3, 4v2, 4v3, 4v4, 5v3, 5v4, 5v5, 6v6

To teach the game of soccer, it is best to start with the smallest unit possible. In all cases, the concept of playing within a restricted space, or grid, should be adopted. This will provide faster action, more ball contact, and the opportunity to observe success or failure more quickly.

#### THE COACHING/PRACTICE GRID

A coaching grid may be marked off in any area of the soccer field or in any other area where there is sufficient space. The size of the grid depends on the objective that is to be achieved in a particular lesson, the technical abilities of the players involved, and the number of players involved.

#### PRACTICE DEVELOPMENT/PREPARATION

##### Warm Up/Stretching

A proper warm up should be the first phase of all practice sessions. It consists of light ball work and movement pertinent to the day's goals and objectives. Pressure should be minimal. The same principles used in any warm up exercise applies to soccer. Ensure that light movement is incorporated into the warm up. It is important that a light sweat is broken and the muscles get prepared for stretching. Formal group/team stretching should be supervised by the coach or team captain. Emphasis should be placed on proper stretching techniques.

#### COACHES' PRACTICE SCHEDULE

2 basic types of practices:

- technical
- tactical

##### Technical – Skill related

Functional – Skills related to a specific position (ie: crossing for wing midfielders) and done in the part of the field where player will be playing.

Progression for a Technical Practice:

##### Fundamental –

- No pressure from an opponent
- Work towards execution at top speed

##### Game Related –

- Introduce pressure from an opponent
- Incrementally add pressure (add #'s of players or restrictions)
- Have a direction of play

Game Condition –  
All restrictions taken off players  
Game like

Tactical – How the game is played

Individual Tactics - deal with 1 player (ie: 1 vs 1)

Group Tactics - deals with added numbers (ie: 2 vs 1, 2 vs 2, 3 vs 2, etc.)

- can be all strikers, midfielders, backs or  
combination there of

Team Tactics - to imprint a style of play

Progression for a tactical practice:

- in a confined space where the first objective is possession
- add direction by adding a goal
- add a counter attack
- process becomes more and more game like

Practice schedule should include:

Date

Roster

Equipment needed

Goal or objectives of practice

Time frame for each exercise

Description of each exercise

Diagrams

Points of emphasis

RUN ----->

PASS/SHOT \_\_\_\_\_>

DRIBBLE /\/\/\/\/\/\/\/\/\/\/\/\/\/\/\/\/>>

Points to remember no matter what type of practice you conduct:

- warm up start with easy movement, then progress in intensity
- as practice moves along, continue to add numbers to drills, increase space and pressure
- practice should gradually increase toward full sided, match condition
- always have more drills/activities than you need, in case some exercises flop

**TECHNICAL PRACTICE**

**DATE:** \_\_\_\_\_

**TOPIC: Passing**

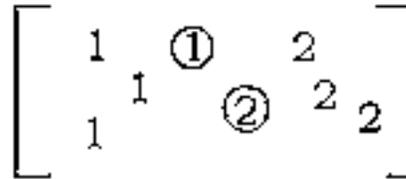
**Roster:**

Tim  
Billy  
Kevin  
John  
Tom  
Paul  
Sean  
Mike  
Steve P

**Equipment** \_\_\_\_\_

**Goals/Objectives: Be able to complete 5 consecutive passes**

6:00 – 6:20: passing pairs—inside of foot, instep, outside of foot, begin with 10 yard passing, progress to 30 yard  
6:20 – 6:35: stretch and water  
6:35 – 6:45: rotation passing (4 groups of 4) 1-2-3-4-1.....1/2 field  
6:45 – 7:00: keep away – combine groups 1&2, 3&4 5 vs 3 in each group, rotate defenders every 2 minutes  
7:00 – 7:05: water break  
7:05 – 7:15: 3 vs 3 + 2 to 2 mini-goals +2 wear red bibs and are always on offense



7:15 – 7:30 scrimmage 5 vs. 5

**NOTES:**

**TECHNICAL PRACTICE:**

**DATE:** \_\_\_\_\_

**TOPIC: Working out of the back (high school varsity)**

**Equipment** \_\_\_\_\_  
\_\_\_\_\_

**Goals/Objectives: Be able to clear the defensive 1/3 and get the ball, under possession, into the middle 1/3rd**

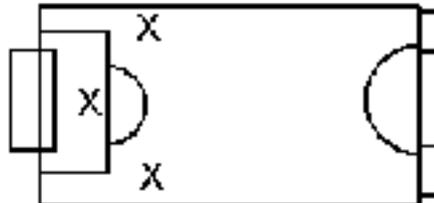
**Roster:**

Tim  
Billy  
Kevin  
John  
Tom  
Paul  
Sean  
Mike  
Steve A  
Steve P

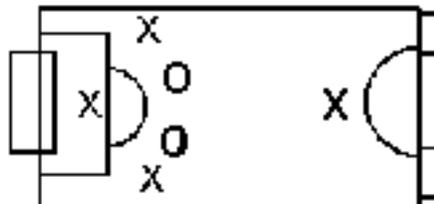
6:00 – 6:20: Passing (low driven balls) and receiving (turning) in groups of 3 advance to 2 touch (1 touch prep, pass)

6:20 – 6:35: Stretch and water

6:35 – 6:50: Work ball out of back to 2 goals using 3 players



6:50 – 7:10: 3 vs 2 to 2 goals (chasers go to goal if they steal the ball add 4<sup>th</sup> attacker (stopper) as a safety pass)



7:10 – 7:15: Water

7:15 – 7:45: Scrimmage 5 vs. 5

**NOTES:** Points of emphasis - Spread wide in a hurry

- Support behind square of the ball
- Never attack even numbers or if man down
- clear long and wide

## **SKILL DEVELOPMENT**

### PASSING

#### Inside of the foot/Push pass

- Not a powerful pass, used for short distances
- Most accurate of passes
- Point plant toe towards target
- Lock the ankle of the kicking foot
- Point the kicking foot toes up and out to the side
- Strike ball, with inside of foot, slightly above center of ball
- Follow through toward target

#### Instep Pass

- Power pass
- Not as accurate as inside of foot pass, used for power and distance
- Point plant toe towards target
- Point kicking foot toes down and lock ankle
- Strike ball slightly under center of ball
- Short follow through

#### Outside of the foot

- Most effective in short/medium passes
- Used to swerve/bend the ball
- Place plant foot ahead and to the side of the ball
- Point toes of kicking foot down and in
- Strike ball with the outside of the foot, slicing through the side of the ball

#### Drills/ Games:

- Passing in pairs
  - Inside, Instep, Outside
  - Moving forward and backward
  - Moving laterally
  - Random movement

#### Passing in threes

- 3 man weave
- Rotation passing
- Short, short, long

Keep away- Croquet- Golf- Pass thru cones- Soccer marbles- Subs and torpedoes- Soccer bowling- Freeze tag



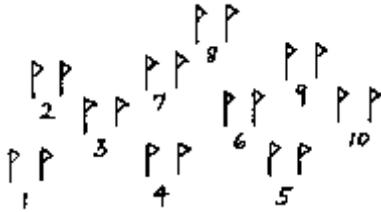
### Pass Through the Legs

Players attempt to pass the ball through each other's legs. They score 1 point each time they succeed.



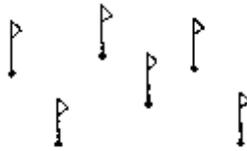
### Pass to Your Partner's Ball

Players take turns passing at their partner's ball. Each touch of the ball counts as 1 point.



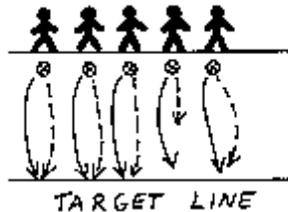
### Soccer Croquet

Create a number of "gates" on the soccer field. Assign each gate a number. To score, each player must pass through all the gates in order and finish with a successful shot on goal.



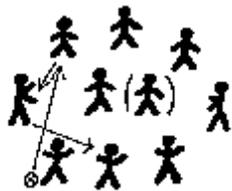
### Soccer Golf

Create a number of golf holes in a specific area, and mount a target in each hole. The players must hit all of the targets to finish. Count the number of kicks ("strokes") it takes each player to hit all of the targets.



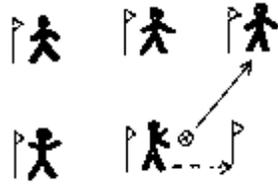
### Pass and Run to the Target

Each player must pass his ball toward a target line and then run after it. He must catch up with the ball precisely at the target line. Score 1 point for each successful attempt.



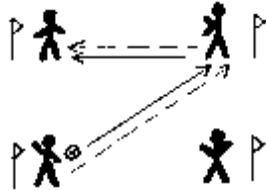
### Monkey in the Middle

Players in a circle around 1 or more other players pass the ball back and forth without letting the insider(s) touch it. The number of players can vary from 2 v 1 to 9 v 2. A simpler version of the exercise has nobody in the middle. The players forming the circle try to make as many successful passes as possible within a set time limit.



### Pass and Move to an Empty Stick

Set up 2 lines of sticks on a field and have all but 1 player stand by a stick. The player with the ball passes to any of the other players and then runs to the empty stick.



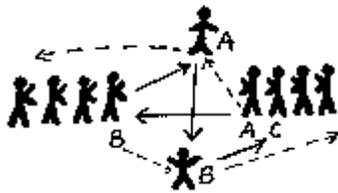
### Pass and Follow

The player with the ball passes to any other player and follows the pass as quickly as possible.



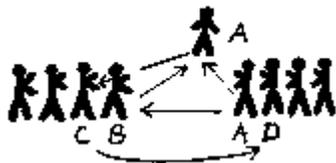
### Pass and Change Lines (I)

Have players from 2 opposing lines. The first player in 1 line passes to the first player in the other line and then runs to the end of the opposing line. The ball is stopped by the receiver before he passes it. When all the players have changed lines, they begin over again, but now they receive first-time passes (passes the ball without stopping it).



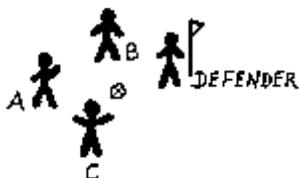
### Pass and Change Lines (II)

Players line up as in the preceding exercise but work on a wall pass. Player A passes to B and then runs diagonally away from the line, where he receives a return pass from B, who runs diagonally out from the other line in the opposite direction. A returns the ball to B, who now passes to C. Players A and B change lines.



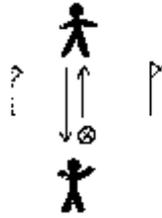
### Pinpoint Passing

Players line up as in the preceding two exercises. A passes to B and then runs diagonally away from the line, where he receives a return pass from B. A then passes to C, who passes to D, and D returns the ball to A, etc. The exercise is repeated with each player changing places with A.



### 3 V 1 Shooting at a Stick

Three players, A, B and C, pass among themselves until one has a clear shot at a stick guarded by a defender who must try to prevent the ball from hitting it.



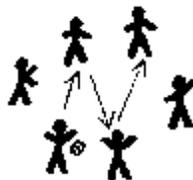
### Pass Between the Sticks

Two players must pass back and forth to each other between 2 sticks. First they must stop the ball before passing it; then they must first-time pass. When the exercise becomes too easy, decrease the distance between the sticks or increase the required passing distance.



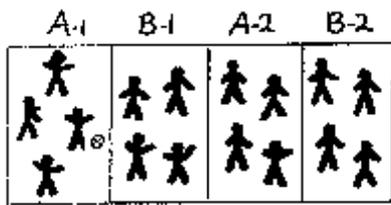
### Passing with 2 Balls

Two players, each with a ball, simultaneously pass back and forth to each other, first in a stationary position and then while moving.



### Hot Potato

Players standing in a circle pass the ball back and forth to each other as quickly as they can within a time limit. Whoever has the ball when time is called is eliminated. The last player left is the winner.



### Through the Zones

Players divide up into 2 teams, A and B, with half of each team occupying alternate zones (A-1, etc.). The A players must try to keep possession by passing through the B-1 zone to their teammates. If a B player intercepts the ball, he must try to maintain possession for his team by passing through the A-2 zone. For a variation of this exercise, use 2 balls. If it is too hard, cut down the number of defenders in the 2 center zones.



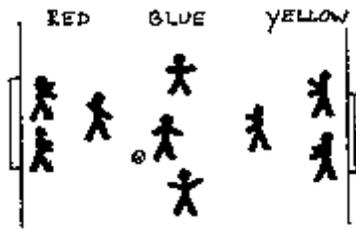
### Man in the Middle

Players standing in a circle take turns passing the ball to the middle man, who passes it back. The ball may be passed after first stopping it or without stopping it.



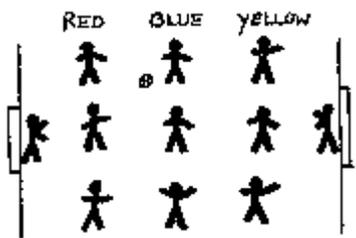
### 4 V 2 and Run

Position 4 men in each of 2 areas, I and II. In Area I add 2 defenders. As soon as the players in Area I have an opportunity, they must pass to Area II. The 2 defenders run after the ball. If the players in Area II can pass the ball back to Area I before the defenders reach Area II, the defenders must turn and run back. If the defenders make it on time, it is their turn to be attackers and 2 of the other players must become defenders.



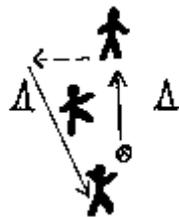
### 3 V 3 V 3 Passing

Divide players into 3 teams—Red, Blue, and Yellow—with 3 players on a team and the Blue team in the center. The Red and Yellow teams position 2 of their defenders in front of their goals. The Blue team must attack the Red team until it loses possession of the ball. Once the Red team gains possession, its 3 players attack the Yellow team, while the Blue team rests. And when the Yellow team gains possession it attacks the Blue team, while the Red team rests.



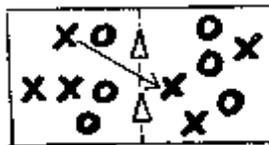
### 4 V 3 V 4 Passing

This exercise is the same as the preceding one except that the 3 players in the 3 teams are lined up and there is a separate goalkeeper positioned at each goal. The Blue team tries to score against the Red team. If the goalie makes a save or the Red team gains possession, it attacks the Yellow team. After the Yellow team gains possession and then loses the ball to the Blue team, the 3 teams change lines. This will assure that plenty of shots are taken.



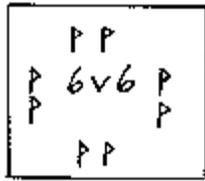
### Mark Closely

Set up 2 cones a few yards apart. Two players attempt to pass to each other between the cones. A defender tries to prevent this. Score a point for each successful pass. Alternate defenders.



### Through the Cones

Form 2 teams of 6 players each. Place 3 players from each team on both halves of a grid and set up 2 cones in the center to serve as goals. Teammates on opposite sides may pass to each other, but every player must stay on his assigned half. If a ball is passed between the cones and received by a teammate on the other side, a point is scored.



### 6 V 6 in a 4-Goal Game

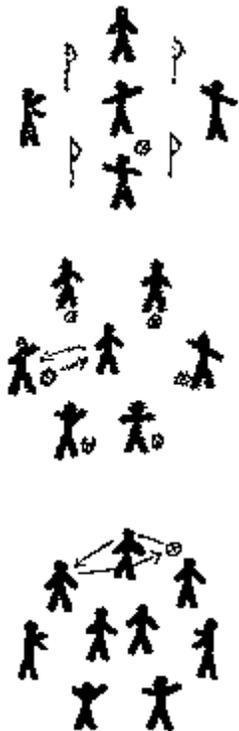
Create 4 goals with pairs of flag posts in the center of a field large enough for a 6 v 6 game. A point is scored by passing the ball to a teammate through any of the goals. For a variation, have the teams defend 2 goals and attack the other 2.

### RECEIVING BALLS (TRAPPING)

Receiving balls-The ability to receive any type of ball with any part of the body, and place it under control so as to continue play immediately.

Technique- Receive the ball with as much body surface area as possible and give way with body part to deaden ball. Receive the ball away from defensive pressure, and place it in a position that will allow you to play the ball immediately.

Drills/Games:



### Collecting in a Circle

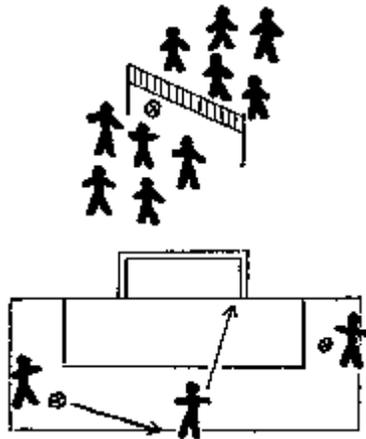
Form a circle of players and flag posts. One player takes a position in the middle. The players on the outside take turns tossing different types of serves—some low, others high—to the player in the middle. He gets 1 point for every time he succeeds in controlling the ball after he receives it.

### Man in the Middle

Form a circle of players and position 1 player in the middle. The outside players each have a ball and take turns serving to the player in the middle. He attempts to collect it and pass it back to the server.

### Two Men in the Middle

Same as the preceding exercise but with 2 players in the middle. As the ball is served, 1 of the middle players tries to collect it while the other runs up and attempts to steal it.

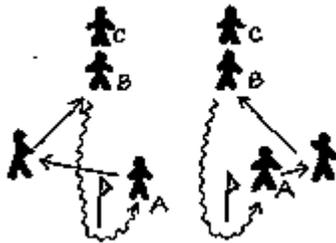


### Soccer Volleyball

Set up a volleyball net and divide the players into 2 teams of equal size. But instead of directly returning the ball after it has been tossed over the net, the players must first stop it soccer style, control it, then pass it back.

### Control and Shoot

Position a player just outside of the penalty area. Players on opposite sides of the goal area serve balls to him, which he tries to control before shooting on goal.



### Relay Race

Players form 2 parallel lines, with a flag post 5 yards in front of each line. Two servers, each with a ball, are positioned slightly to the side of the lines. The servers simultaneously throw a ball to the first player (A) in each line. The players must collect the balls, dribble around the flag posts, and return the balls to the servers, who immediately throw to the players next in line. The first line to complete the exercise wins.

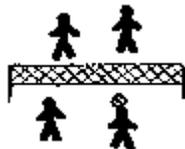
### A 2-Touch Game

Two players face each other a few yards apart. One player passes the ball to his partner, who must collect it, using his head, chest, thighs or feet before returning the pass. Two touches are required.



### Throw and Catch

Form players into 2 teams. The ball is thrown back and forth between the teams. Players must receive the ball with their chests or abdomens, giving with it to prevent a rebound, before catching it and throwing it back. If the ball touches the ground, a point is awarded to the other team.



### Soccer Tennis

Position 2 players on either side of the net, as in tennis doubles. After the ball is received, it must be controlled before it is returned. If the ball is not received when it is in the air, a point is granted to the other side.



### Collect and Change Lines

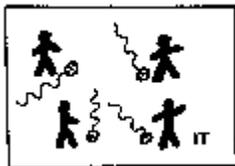
Form players into 2 lines, A and B, facing each other. The first player in line A throws the ball to the first player in line B. The receiver must collect the ball with a specific part of his body before returning it to the next person in the opposing line and running to the rear of that line. Repeat, with the players changing lines.

## DRIBBLING

Three reasons to dribble:

- Move the ball up field
  - Speed dribble- first touch should be long and into open space. When dribbling with speed, point toes down and in and hit the ball with the instep or outside of the foot. As space to defender decreases, use more touches and keep ball closer to feet.
- Get past an opponent
  - 1 vs. 1- force the defender to take a stand by dribbling directly at him/her. Attack the defender's most forward leg. Body feints, direction changes and change of speed is critical when dribbling to beat an opponent. Think of playing the ball past and behind the defender to cut off any recovery run by the defender.
- Maintain possession of the ball
  - Shielding- keep your body between the ball and defender. Play the ball with the outside of the farthest foot. Keep your body at a right angle to the defender (sideways on) to see the ball and the defender. Use arm for balance and to keep space between self and defender.

Drills/Games:



### Tag Ball, Then Heads Up

Everyone has a ball and is dribbling in a limited area. One player is "It" and tries to tag another player. The tagged player then become "It". This game may be played for points or for letters, with the winner spelling a word. After the game have the players continue dribbling, changing speed and direction but keeping their heads up. Silently, hold up your hand with a certain number of fingers extended. The players must call out how many fingers you have extended.



### Follow the Leader

Three or four players follow the first person in line and try to imitate his dribbling moves.



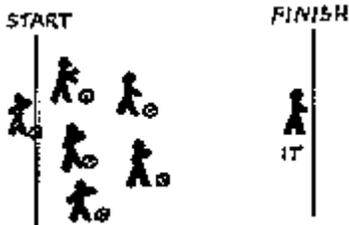
### Huntsman

Players follow the leader, but when he says, "Bang," they must try to dribble to a safety zone within a certain amount of time. See how many players he can tag in that time. He must dribble while trying to tag them.



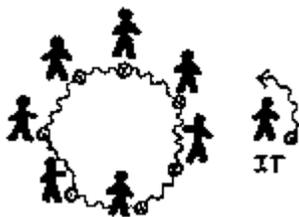
### Dribbling in a Circle

Mark off a large circle and place all participants within it, each with a ball. The circle should be crowded. Everyone must dribble at the same time, changing speed and direction often. For a variation, allow the players to kick other players' ball out of the circle. When a player loses his ball, he's dropped from the game. A player is not allowed to leave his own ball to kick others out of the circle.



### Red Light, Green Light

Place a small number of players on a starting line and give each of them a ball. The player who is "It" stands by the finish line with his back turned to the others, who begin to dribble. When he calls, "Red Light," everyone must stop dribbling. He turns quickly, and if he sees anyone move, that player is sent back to the starting line. The person who is "It" turns his back again and calls, "Green Light". Everyone resumes dribbling and the game continues. The first to reach the finish line wins.

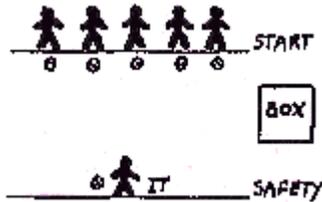


### Duck, Duck, Goose

Have players form a circle and dribble clockwise or counterclockwise. Another player, who is "It," dribbles outside the circle in the same direction. When he calls, "Duck," nobody moves. If he sees someone moving, that person becomes "It." Occasionally the player who is "It" points to a particular person and calls "Goose". The "goose" must chase and try to tag him before he reaches the place the "goose" vacated. Both players are required to dribble during the chase. If the "goose" fails to tag the challenger, he becomes "It".

### Call and Tag

Mark off a safety zone and a penalty box on the field. The person who is "It" faces the players on a starting line and calls a name or number. The player whose name is called begins dribbling toward the safety zone while "It," also dribbling, tries to tag him. If "It" succeeds, the player goes to the box. Count the players in the box at the end of a time period. Next, use 2 teams. All the tagged players go into the box but can be released by being tagged by a teammate. Count the prisoners from each team at the end of a time period.



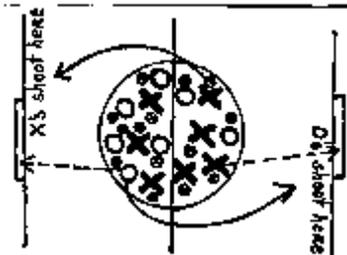
### Cranes and Crows

Form 2 lines of players, "crows" and "cranes", a certain distance apart, with safety zones at opposite ends of the field. When you call "Crows" or "Cranes", the players in that line must dribble toward their safety zone while the other line, without balls, tries to catch them. Keep score of the number of players caught.



### Team Against Team and 1 V 1

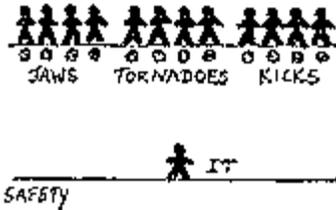
Two teams of equal size dribble in the center circle. Each player has a ball. On command, the members of 1 team dribble toward their opponent's goal and try to shoot on goal. The players on the other team leave their balls in the center circle and run to defend their goal. When a member of the defending team captures an attacker's ball, he attempts to dribble it back to the center circle. This exercise creates a number of 1 V 1 situations all over the field. As an additional condition, allow shooting on goal only from the penalty area.



### Slap Jack

Have players form a circle. The person who is "It" dribbles around them. When he touches someone in the circle, the 2 of them must dribble around the other players in opposite directions. The first person to get back to the vacant place occupies it, and the other becomes "It".





### Tag the Team

mark off a starting line and a safety zone on the field. Position 3 teams of players—"Jaws," "Tornadoes," and "Kicks"—on the starting line. The person who is "It" faces them and calls the name of 1 team. The players on that team must dribble toward the safety zone while the person who "It" tries to tag as many of them as he can. The last team to lose all of its players wins. For a variation, designate 1 player from each team to be "It." The 3 players try to tag members of different teams. Each tag counts as 1 point.

## SHOOTING

The act of passing the ball into the back of the net. Shots may be made with any part of the body. Most common type of shots:

Instep Drive- most powerful, least accurate (see passing)

Inside of Foot- least powerful, most accurate (see passing)

Outside of Foot- usually used to bend balls (see passing)

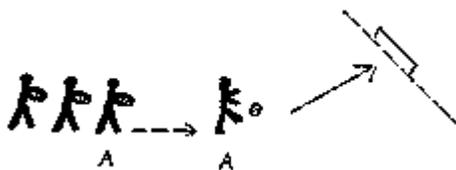
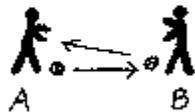
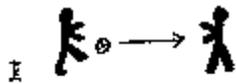
Full Volley- instep drive, striking the ball out of the air

1/2 Volley- instep drive, striking the ball on the short hop

Bent Ball- usually hit by slicing the side of the ball with the inside

or outside of the foot. The more the ball is sliced, the more the ball will swerve.

Drills/Games:



### Punt and Half-Volley Back and Forth

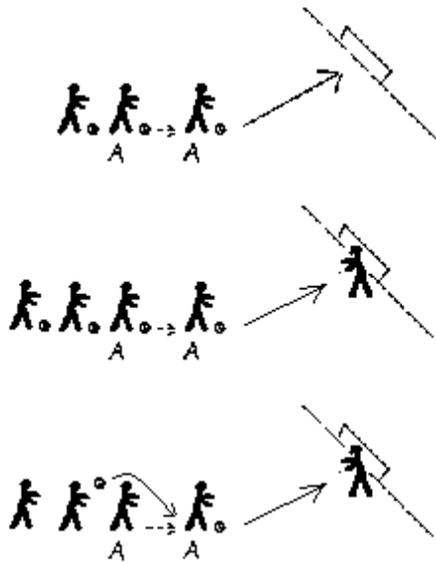
have players form pairs and punt the ball (I) back and forth to each other using their insteps. The players should be 8 to 10 yards apart. Still facing each other (II), they kick the ball after it touches the ground (half-volley).

### Roll and Shoot

Player A rolls the ball on the ground to player B, who shoots it back to player A, using his instep

### Volley on Goal

Several players line up in front of the goal. Each runs a specified distance forward while holding a ball in his hands, then shoots on the untended goal without letting the ball touch the ground (volley shot),



### Half-Volley on Goal

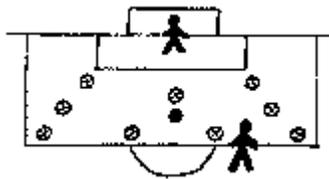
Same as the preceding exercise except that the players must drop the ball to the ground before shooting and kick it on the rebound (half-volley).

### Dribble and Shoot

Each player dribbles the ball a specified distance, then shoots on goal. The exercise should be done first with an untended goal, then with a goalkeeper.

### Toss and Shoot

In a line of players, have the second player from the goal toss the ball over the head of the first player, who runs after it and shoots on goal.

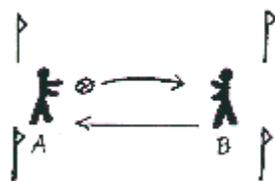


### Shoot Against Time

Place 9 balls at specific locations (depending on the skill level of the players) within the penalty area. Each player tries to shoot all 9 balls into the goal while being timed. Deduct 5 seconds for every goal missed.

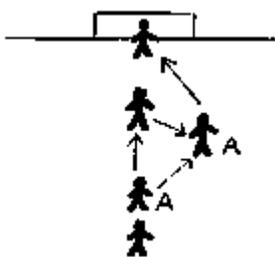
### Penalty Kick Contest

Same as above but now the players take turns shooting from the penalty spot. If they miss the goal but manage to catch up with the ball before it stops rolling, they are allowed to stay in the contest.



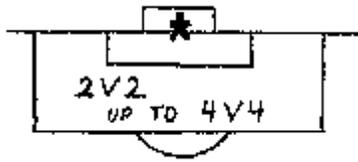
### Control and Shoot

Set up 2 goals, using 4 flag posts. Player A throws the ball to B and calls out a part of the body. B must use that part of his body to collect the ball before he shoots the goal. Player A assumes the role of goalkeeper.



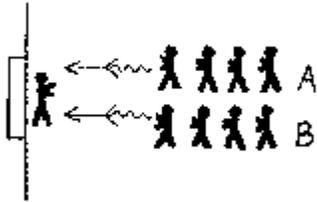
### Pass and Shoot

Players form a line in front of the goal. One of them is stationed as a target midway between player A in line and the goal. Player A passes the ball to the target player, then runs out to receive a return pass from him. Collecting the ball while running, player A shoots on goal. The player who becomes the next target player, and the person who served as the target goes to the end of the line.



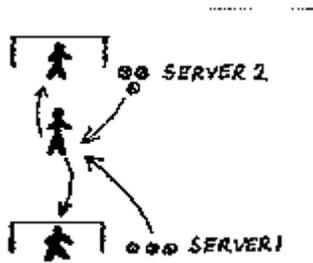
### 2 V 2 Up to 4 V 4 Against Time

Place 2 teams of from 2 to 4 players in the penalty area. Give each team a ball and have them both try to dribble and shoot on goal. Time limit: 1 minute.



### Line Against Line

Arrange players in 2 parallel lines, A and B, facing the goal area. Alternately, the first player in each line dribbles a specified distance, the shoots on goal, with the goalkeeper in position. The line scoring 5 goals first is the winner.



### Shoot on Opposite Goals

Set up 2 goals about 30 yards apart on the field, and position a server beside each goal. The servers will alternate sending balls to the shooter, who is positioned midway between the 2 goals. After receiving the ball from one direction, he will turn and shoot in the opposite direction, either collecting the ball before shooting or using the volley kick to shoot directly on goal. After 20 serves, the total number of goals is counted.

## HEADING

Playing the ball with the head. Ball is struck on the top portion, or hairline of the forehead. Player heads through the ball and upon contact with the ball, turns the head in the direction he/she wants the ball to travel.

Drills/games:

- head volleyball
- head ball tag



### Heading Keep-Up and Head Juggling

A player practices heading against a wall (I), attempting to prevent the ball from touching the ground. Another (II) juggles the ball, using only his head. See how long the players can keep the ball in the air.



### Heading in Pairs

Two players head the ball back and forth to each other. They should be required to do both 1-touch and 2-touch heading in the exercise



### Heading on Goal (I)

Set up 2 flag posts to serve as the goal. The goalkeeper stands in the goal and throws the ball to his partner, who then heads on goal. After 10 attempts, the players switch roles.



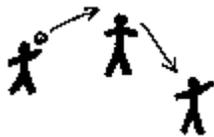
### Heading on Goal (II)

Same as the preceding exercise except that 2 goals are used and both players serve as goalkeepers. They alternate heading on goal.



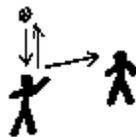
### Heading in 3s

Player A heads the ball to B, who heads it back to A. Then player A heads the ball over B to C, who heads it back to B, who has turned to face him. B heads back to C, and C heads the ball over B to A. Repeat.



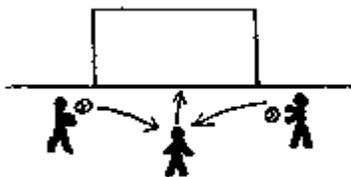
### Throw-Head-Catch (I)

Have 3 players form a triangle. The first player throws the ball to the second, who heads it to the third. The third player throws the ball back to the first player, etc.



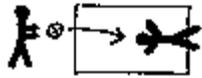
### Throw-Head-Catch (II)

Same as the preceding exercise but the player throws the ball up for himself and heads it to a teammate.



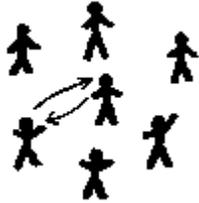
### Turn and Head on Goal

Position a player a certain distance in front of a regulation goal. Two other players serve balls to him rapidly and alternately from the sides of the goal area. The player who is shooting must head on goal, quickly turning from 1 server to the other to receive the ball.



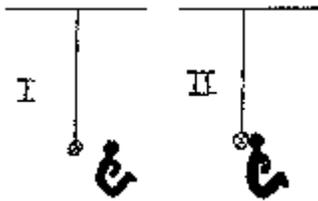
### Diving Headers

Using a pole-vault pit, have players dive into it to head a served ball. Make sure to teach the proper technique for landing before commencing this exercise.



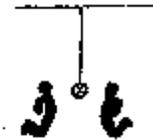
### Circle Heading

have players form a circle with 1 man in the center. Players on the outside of the circle take turns throwing the ball to the player in the middle, who heads it back to them.



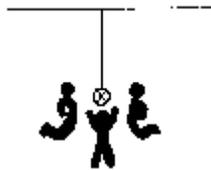
### Pendulum Heading/Heading and Stopping

Have players practice heading a ball suspended from a pendulum apparatus (I). After a while they should attempt to stop every other ball dead instead of heading it (II). The players must jump to meet the ball. This will provide excellent training and plenty of ball action.



### 1 V 1 with Pendulum (I)

Two players jump up competing to head the ball suspended from the pendulum apparatus.



### 1 V 1 with Pendulum (II)

Same as the preceding exercise except that another player, serving as a goalkeeper, attempt to punch the ball away from both players.



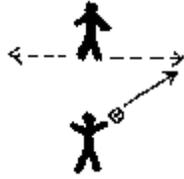
### Hold Above Head

One player holds the ball above his head. The other player then jumps and heads the ball out of the first player's hands.



### Head and Change Lines

Have players form 2 lines facing each other. The first player in 1 line heads the ball to the first player in the second line. The ball is kept in the air while players change lines.



### **Side to Side Heading**

One player throws the ball to alternate sides of another player, who runs and attempts to head it, using his inside foot when he takes off.



### **Two Men in the Middle**

Have players form a circle, with 2 defenders in the middle. A player on the outside of the circle tosses the ball to another player on the outside. The receiver heads it back to the thrower while the defenders try to intercept it. Set a time limit.

As the players' heading skills increase, add more defenders in other exercises—in a 6 V 6 situation, for instance. Using half a field, they play regular soccer, but goals can be scored only by heading.

## Fast Footwork

Technical ball touches to enhance ball control and quick play under tactical situations

### Speed Work

- Foundation - alternating touches using the inside of foot. Ball is under body.
- Alternating touches - while hopping on the ball of one foot, player touches the top of the ball using the ball of his other foot. Alternate feet using a rhythmical hop.
- Rollovers - player rolls the ball of his foot over the top of the ball and carries the ball across (square) his body.
- Sole of Foot - player uses the ball of one foot to stop (control) the ball, steps off, pushes ball with the outside portion of opposite foot.
- Scissors - player gets to the side of ball, fakes pushing the ball with the outside of his inside leg and steps past (in front of) the ball to its opposite side. Player then takes the ball away using the outside of opposite leg.
- Reverse Scissors - same as scissors, only faking leg stays behind the ball.
- Step around - same as scissors, only the player fakes taking the ball using the inside of his outside leg.
- Triangle - player takes ball through a triangular pattern using "diagonal, draw, square" sequence.
- Drags - player, with ball between the legs, steps with one foot to the side and drags ball with other. A transfer of weight occurs onto the drag leg while the step leg redirects the ball past the defender.

### Change in Direction

- 90° - pull ball back, using the sole of the foot, and as ball rolls under the hip, pivot hips & shoulders 90° towards ball and push ball away using inside of the draw leg.
- 180° - using the sole of the foot, pull ball back, under, & behind the hip. As ball rolls through, pivot body 180°, using the inside of the draw leg to control ball.
- 270° - using sole of foot, pull ball back under hip, once it clears the plant leg, use the inside of the draw foot to shove ball behind & past. Pivot body towards the plant leg & play the ball using the outside of the plant leg.
- Turn in - place ball of foot on top of ball and pivot on top of ball in a pirouette fashion. Pivot on ball by hopping backwards. Step off of ball and play with the outside of opposite foot.
- Cruyf - using the inside of the ball of the foot, reach out to the front of the ball & sweep ball under & behind hip turning in the direction of the plant leg. Play ball with the outside of the plant leg.

### Progression for footwork:

- learn move in static position
- add movement
- put into mini game situations

### Drills/Games:

- Knockout- everyone with a ball inside designated grid. Random dribble. While protecting own ball, objective is to kick everyone else's ball outside the grid. When the ball is kicked out, the player is out of the game. Process of elimination until 1 player is left.
- Sharks and Minnows- Same idea as Knockout. Difference being, there are 1 or 2 designated players (sharks) who are the only ones allowed to kick the balls (minnows) out of the grid. Process of elimination until 1 minnow remaining.
- Attack of the Crab Monsters- Divide group in half. One 1/2 of players are inside a rectangular grid doing a crab walk. The other 1/2 of the players are on 1 end line of the grid, each with a soccer ball. Purpose is for the players to dribble their ball across the grid without getting their ball kicked out of the grid by the crabs. Once one's ball is kicked out of the grid, the player becomes an additional crab. Play continues back and forth until all players become crabs. Teams then switch roles and play is started again.
- Freeze Tag- Divide the group so that 1 (tagger) out of every 5 players does not have a ball. The idea of this game is for the tagger to run around and tag (freeze) each dribbler or their ball. Once frozen, the dribbler picks up their ball, holds it high over their head, and spread their legs. To become unfrozen, dribblers must push their ball through the legs of the frozen person. Play continues until all players are frozen.
- Buffalo Stampede- In a confined space, 1 player with the ball (hunter) dribbles the ball and tries to flick the ball so that it hits other players (buffalo) without a ball running randomly inside the grid. When a player gets hit with the ball, they get an additional ball and become an additional hunter. Play continues until all buffalo are hit.

## DEFENSIVE SKILLS

Tackling- The ability to dispossess the ball from an attacker during a 50 -50 confrontation. A defender tackles the ball when they are within 1 step of the ball, and at the instant when the attacker last touches or misplays the ball. When tackling, the defending player needs a covering defender.

Delay Techniques- Also called channeling or shepherding. The act of forcing a defender inside into the covering defender. Position self on a 45 degree angle from the attacker. Do not allow the attacker to dribble around and behind self. Jockey or feint toward opponent until the attacker presents the ball for tackling.

Recovery Runs- Integral part of TEAM DEFENSE. When an opponent beats the defender, the defender does not turn and chase the attacker. Instead, the defender runs back on a line toward the center of the goal until they get back behind the ball, positioning themselves between the ball and the center of the goal. The defender then steps up to defend, assume a covering position, or mark up other loose attackers.

## TEAM TACTICS

### Player position selection

- Goal keeper - possibly best athlete on team
  - good foot quickness/agility
  - good leaping ability
  - fearlessness
  
- Defender - physically tough
  - good heading ability, good tackler
  - patient on offense and defense
  
- Wing midfielders - speed, great workrate
  - ability to connect passes
  - can play 1 & 2 touch soccer
  - good serving abilities
  
- Central midfielder - high work rate
  - tremendous 1 & 2 touch soccer ability
  - ability to read game and adjust to surrounding player's movements
  - long range shooting
  
- Forwards - "Go to Goal" attitude
  - good dribble abilities
  - good shooting & heading at goal

- quickness

### Working out of the defensive 1/3

Two basic principles of working the ball out of the back:

- COUNTER ATTACK- As soon as the ball is won, a penetration pass should be made in order to get the ball behind as many defenders as possible. It is important that teammates work hard to “uncover” and get open in order to receive the penetration pass.

- BUILDUP- If the quick counter is not on, the attacking team needs to maintain ball possession and work the ball out of the defensive third. It is important that the attacking backs spread the chasers and work the ball from sideline to sideline. When switching the ball across the field, it is important that the supporting back players follow their pass and support the ball in a “back and in” position. Should the ball be lost, the team is in good collective position to defend.

Principles:

- send non-essential attacking players beyond mid-field stripe
- make the field long
- spread chasers from sideline to sideline
- make the field wide
- move ball from sideline to sideline (be patient) until ball enters middle 1/3 of field
- do not take chasers on 1v1
- once ball is in middle 1/3 of field, look to find mid-fielders and forwards

### Drills/Games

- Shadow Training
  - 1/2 field, 4 back players (no chasers to start with, but incorporate as backs get more proficient at working out of the back), regulation goal on defensive end line, 1 mini goal in each corner of mid-field sideline.
  - Coach will serve a ball to any one of the backs, who spread out from sideline to sideline and work the ball to one of the mini goals at mid-field. When chasers are added, have them attack the large goal should they win the ball.
- Clearing Drill
  - Place 4 defenders (attackers) in the penalty box vs. 2 chasers. Serve in balls from all angles and have defenders clear the ball to mid-field sidelines (far and wide) while attackers attack the ball and go to goal.

### Middle 1/3rd (mid-field play)

When working the ball through the middle 1/3rd, it is important that one play the way they face, and look for combinations. Three frequently used combinations are WALL PASS, OVERLAP, and TAKEOVERS. When supporting the ball, players should concentrate on forming triangles. Support should come in the form of a forward support for penetration and a side or square support.

### Drills/Games:

- Wall pass, overlap, takeover drill- 2 vs. 1 to end line
- 5 vs. 2 keep away in 20 yd. x 20 yd. grid (progress to 2 touch)
- 3 team keep away (2 teams of 4 players each keep ball away from 1 team of four players) inside 20 yd, x 20 yd. grid
- two team, 1 or 2 touch, keep away (can add a third team who act as outside outlet players with 1 or 2 touch restrictions)
- mob scene- using the middle 1/3rd of the field, playing 4 offensive mid-fielders vs. 3 mid-fielders, a coach or back player serves a ball to a checking mid-fielder. Using combination play, the mid-field must then work the ball through the middle 1/3rd to a target player in the offensive 1/3<sup>rd</sup>. This target player then serves the ball to an opposing checking mid-fielder who then works the ball in the opposite direction.
- 4 goal game- 2 teams of equal players attack 2 goals each. The purpose of this drill is to attack the goal least defended. When a goal becomes heavily defended a switch of the point of attack occurs and the attacking teams attacks the opposite goal.

### Final 1/3rd

#### Offense

Principles- be direct and go to goal

- 1st attacker- attack defender and go to goal
- 2nd attacker- support 1st attacker. Try and get a #'s up situation (2 vs. 1) for combination work (wall pass, overlap, take over)
- 3rd attacker- spread the defense (depth, width) for a change in the point of the attack

### Drills/Games:

- 1 vs. 1 to goal
- 2 vs. 1 to goal
- 3 vs. 3 to goal
- 3 vs. 4 to goal

#### Patterned runs to goal:

- Criss-cross, blind side, check out toward opposite sides, check out to same side
- Services into the box (areas to be filled in order) near post, far post, D

### Tactics- Game Play and Synchronization

Combining defensive 1/3, middle 1/3, and offensive 1/3 principles into fluid, full field play.

### Drills/Games:

-Shadow drills- (no defense) Start the ball in the hands of the goalkeeper and players run into assigned position. The coach dictates what pass is to be made, and the players respond accordingly. Play continues full length of the field until a shot is taken. Defenders can gradually be added.

-Mob Scene- Divide the field into 1/3's. Give players direction as to how the ball is to be played from 1/3 to 1/3 (ie: work out of the back, find a wing mid-fielder off a check run, find a forward doing a patterned run and going to goal). The number of defenders and degree of pressure will vary depending upon the coach's needs.

### Defensive Principles:

#### Individual Defense

- Deny the ball- be close enough to the attacker to intercept the pass
- Deny a turn- if the attacker receives the pass, do not allow them to turn with the ball. This can only be done by closing down the attacker quickly. Force a back pass.
- Deny penetration- if the attacker turns, do not allow a penetration pass or dribble. Do not dive in. Delay and channel to allow supporting defenders to set up.
- Stay with runner- when defending a wall pass or other combination play, stay with your defensive mark and DO NOT chase the ball.

### Drills/Games:

- 1 vs.1
- 2 vs.1
- 2 vs.2

### Team Defensive Principles:

- Pressure- The first defender to arrive at the ball is the pressurizing defender. It is their responsibility to stop the dribble and force the attacker into the covering defender.
- Cover- The second defender to arrive is to cover the first defender. Should the first defender get beat off the dribble, the second defender assumes a first defender's role. It is also the responsibility of the second defender to take away the penetration pass.
- Balance- The third defender balances the other 2 defenders. It is the third defender's role to be "Back and In" and to adjust his/her positioning based upon the runs of additional attackers.

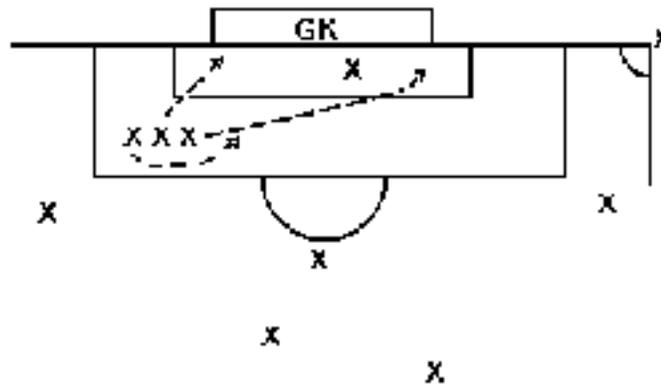
Drills/Games:

- 5 vs. 2 in 20 x 20 grid
- 6 vs. 3 in 30 x 30 grid
- 3 vs. 3 to end line
- 4 goal game

**SET PLAYS** (Set play pieces have been based on 11 man teams. For 5 vs. 5 concepts remain the same)

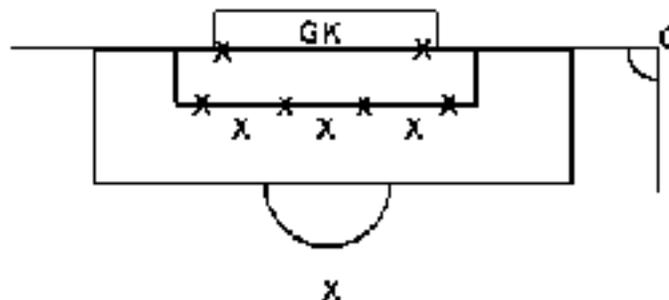
**OFFENSIVE CORNER:**

- Generally, best headers are used
- Runners need to go near post, far post and "D"
- Runs can be made straight to posts, or crisscross
- Remainder of players frame the penalty box in order to keep team shape
- team shape important for offensive compactness, and to guard against the counter attack on defense



**DEFENSIVE CORNER:**

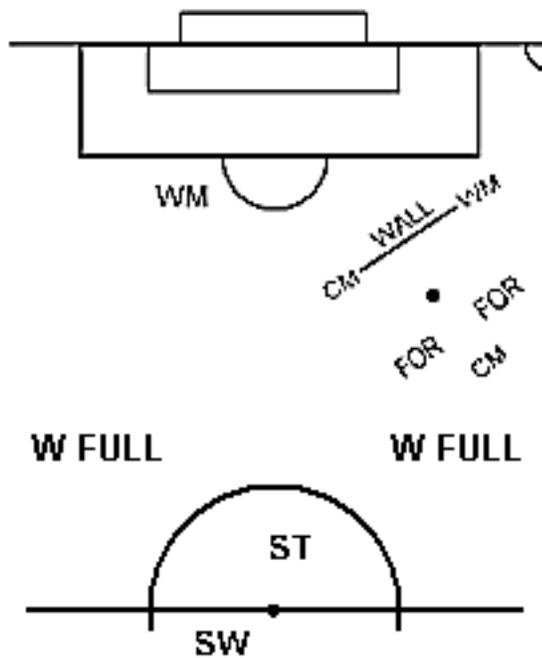
- 2 types
- Zone
- Coverage on near post and far post. Four players (best headers) line up along the "six", three players line up along the "12", and 1 player stays up field looking for an outlet pass and counter. Defenders defend space and attack the ball if it comes in their area. Clears should be "far and wide"
- Man to Man
  - Coverage on near post and far post. Remaining defenders match up 1 vs. 1. Defenders position themselves so as to see the ball and the man they are marking. Defenders front the cutters and must beat the attacking player to the ball. Clears should be "far and wide".



## WALL

### Offensive

- can have up to 3 players on the ball
- should have players on the ends of the defensive wall or in front of the wall to disrupt the concentration of the wall
- should have a player behind the wall and as far up-field as the defense will allow
- should have players wide for quick, wide outlet passes
- need players holding back to guard against the counter attack
- priority of choices on what to do with the ball
- quick shot at goal, early pass, designed play

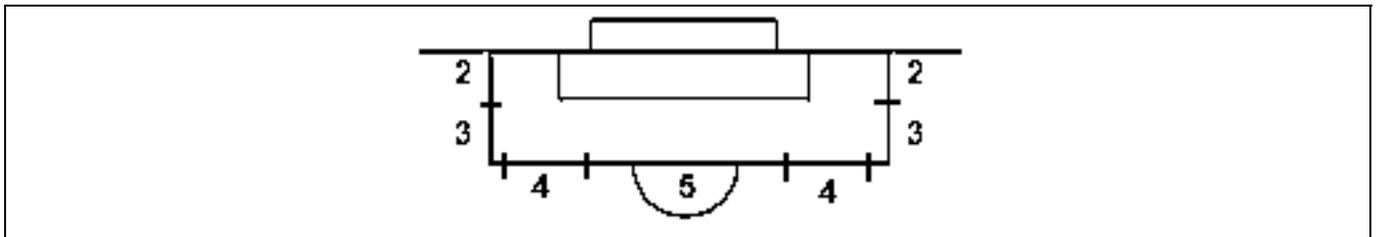


## WALLS (cont.)

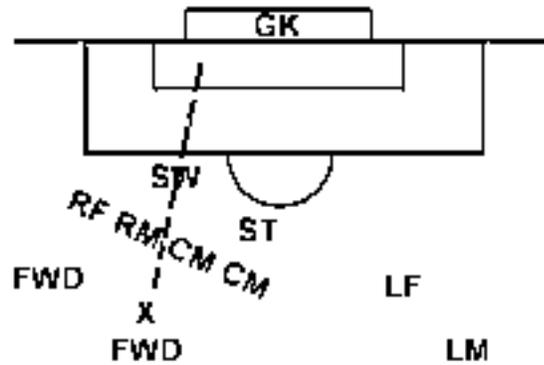
### Defensive

- Based upon how far away from the goal, and at what angle the ball is to the goal will determine how many defenders to place in the wall. Walls should be set up anywhere from 30 yards out, on in.

(see diagram for numbers of defenders used)



- Setting up the defensive wall
- Use one player to line up with the post. Make sure there is a player outside the post man to defend any bent serves. Then fill the inside of the wall with however many players necessary. Each defender on the field needs to know exactly where to go in order to set up the wall quickly and efficiently. Players not in the wall need to be marking space or people.



## Risk Assessment

Name of Activity: Soccer

Date: 19JUL01

<b>Risk Identification</b>	<b>Reduction Strategies</b>
<b>Heat exhaustion/heat stroke</b>	<b>All Cadets will report to intramurals with a full 2-quart canteen Coaches and official monitor personnel for sign of heat injury</b>
<b>Ankle Injury/Lower body injury</b>	<b>Field checked for holes/rocks prior to games; holes and rocks marked if repairs cannot be made Ensure all players wear shinguards, referees strictly enforce rules of play</b>
<b>Head Injury</b>	<b>Players properly instructed on how to head a ball Radio communication available if DPE trainers are not on sight</b>
<b>Lightning</b>	<b>Conduct lightning drill IAW USCC CIRC 28-1; do not use metal staircase to exit field of play</b>
<b>Muscle injuries</b>	<b>Conditioning prior to season Proper stretching and cool down</b>

Prepared by: Gannon, Paul 18JUL01

Verified by: Alt, Jonathan K. 19JUL01