

Soccer Coaches' Insert

Age Groups:

4K Coed

- ▶ Ball: Size 3
- ▶ Players: Coed
4 v 4
- ▶ Games: 7 games/season
Length: 4 quarters x 8:00 minutes
Each quarter has a break at the 4 minute mark for platoon substitutions
- ▶ Practices: 1 sessions (typically Sunday afternoons)/week ~ 45:00/session
- ▶ Rules: Check www.hoperecreation.com

5K Coed

- ▶ Ball: Size 3
- ▶ Players: Coed
5 v 5 (Use Goalie)
- ▶ Games: 7 games/season
Length: 4 quarters x 8:00 minutes
Each quarter has a break at the 4 minute mark for platoon substitutions
- ▶ Practices: 1 sessions (typically Sunday afternoons)/week ~ 45:00/session
- ▶ Rules: Check www.hoperecreation.com

1-2 Boys & Girls

- ▶ Ball: Size 3
- ▶ Players: 6 v 6
- ▶ Games: ~ 8 - 10/season in Fall with a 6 week season in the Spring
- ▶ Practices: 2 sessions/week, ~ 60:00 – 75:00 in duration
- ▶ Rules: Check: www.esccrasports.org

3-4 Boys & Girls

- ▶ Ball: Size 4
- ▶ Players: 9 v 9
- ▶ Games: ~ 8 games/season
- ▶ Practices: 2 sessions/week, ~ 60:00 – 75:00 in duration
- ▶ Rules: Check: www.esccrasports.org

5-6 Boys & Girls

- ▶ Ball: Size 4
- ▶ Players: 6 v 6
- ▶ Games: ~ 8 games / season
- ▶ Practices: 2 sessions / week, ~ 75:00 – 90:00 in duration
- ▶ Rules: Check: www.esccrasports.org

Overflow Parking

**GATE OPEN,
No Through Traffic.**

<To Sanga

To Trinity>

**Field #6
UNDER REPAIR**

**Field #5
GAMES
ONLY**

**Parking
Drop-off**

Field #4

Field #3

Field #2

Field #1



Sample Training Session

**Begin individual, end in team. 1 or 2 themes.*

Topic: Passing to maintain possession of the ball

Warm up Activities:

Juggling

Individual

Partners

Passing in pairs

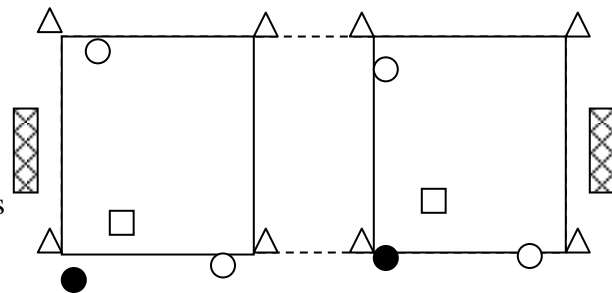
Focus on technique and player movement

(combine pairs to form 3v1 groups)

Small Group Activities: (with 8 players at practice)

3v1 Keep away in squares

5 v 3 Keep away in larger squares



4v4 5 passes scores a point in large square

4v4 5 passes score a goal -OR- a goal scores a point

4v4 Finish with normal game (scrimmage)

Possible Training Session Topics

Offense

Dribbling “Big Toe”, “Little Toe”

Passing “Inside of foot”

“Receiving” – not “Trapping”

Finishing “Instep” (NFL Kickers)

Team Shape

Goalkeeper and defenders pushing forward

*No one left behind!”

“Expansion” on offense

“Compression” on defense

1st, 2nd & 3rd Attackers

1 & 2 passes away

Defense

Tackling

Shepherding

Team Shape

Forwards retreating to defend

Compaction

1st, 2nd & 3rd Defenders

Pressure, Cover, Balance