



House Program Coaching Curriculum

WELCOME

Palatine Celtic Soccer Club is excited to deliver a community-focused House Program that gives players more than just soccer - it gives them a place to learn, grow, and thrive. Soccer has the power to bring people together, build pride, and create positive habits that last far beyond the field.

This curriculum is designed to blend soccer development with Social and Emotional Learning, helping players build technical skills while also developing confidence, teamwork, responsibility, and smart decision-making. By looking at the whole child, we use the game as a tool for personal growth in school, at home, and in the community.

Above all, this curriculum acts as a practical roadmap for creating safe, positive, and fun training environments where every player feels supported, engaged, and excited to play.





WHAT IS SOCIAL EMOTIONAL LEARNING?

Social and Emotional Learning (S.E.L) is the process through which children learn to understand and manage their emotions, set and pursue positive goals, show empathy for others, build healthy relationships, and make responsible decisions. In other words, S.E.L. helps shape who players are as teammates, students, and young people — not just how they perform on the soccer field.

S.E.L. isn't a standalone activity or a single lesson. It happens constantly — in the way we teach, the language we use, how players interact, and the environment we create. Every practice, game, and team moment is an opportunity to reinforce positive behaviors and build character.

Research shows that when S.E.L. is embedded into coaching and learning, it can significantly improve a child's behavior, relationships, confidence, and even academic performance. When players feel supported socially and emotionally, they learn better, play better, and enjoy the game more.

At Palatine Celtic SC, our approach to S.E.L. is built around eight core competencies that we reinforce throughout training and games.

SPORTSMANSHIP

Play with honesty, respect every opponent, and carry yourself with dignity whether you win or lose.

SELF CONTROL

Managing your emotions and actions in a positive way to support your best performance.

LEADERSHIP

Demonstrating behaviors and actions you value that positively impact the people around you.

GOAL SETTING

Identifying what you want to achieve and mapping out the steps to make it happen.

SELF REGULATION

Taking ownership of your actions and efforts in order to reach your goals.

TEAMWORK

Collaborating well with others to achieve a shared goal.

COMMUNICATION

Expressing yourself clearly and listening to others to share ideas and feelings.

RELATIONSHIPS

How we talk to, behave toward, and deal with different people and each others feelings.





COACHING CURRICULUM

Creating lesson plans that hit your key outcomes can be tough — that's why this curriculum is here to help! It includes 10 weekly lesson guides packed with themes, ideas, and activities to make every session purposeful and engaging.

Each guide acts as a weekly framework, giving you a focus for the week. Palatine Celtic SC Coaches should focus on one lesson per week, using it to reinforce key themes, build soccer skills, and create repeatable learning moments across training sessions.

Social Emotional Learning (SEL) is at the heart of every lesson. Our themes are built into the guides, perfect for creating teachable moments on the field.

Remember, Social Emotional Learning isn't just an add-on - it's woven through every activity, every drill, every week. To that end, our coaches get everything they need to run an effective session:

- **SEL Theme:** Focus for character and social skills
- **Soccer Concept:** Skill to develop
- **Visual Reference:** Easy-to-follow guidance
- **Coaching Points:** Tips for success
- **Related Activity:** Put it all into action

With these session plans, every session becomes a chance to teach soccer, build character, and have fun doing it!



COACHING CURRICULUM

Week	Session Theme	SEL Topic
Week 1	Passing & Receiving	Communication
Week 2	Dribbling	Responsibility
Week 3	Finding A Teammate With A Pass	Self Control
Week 4	Finishing	Goal Setting
Week 5	Turning With The Ball	Leadership
Week 6	Recovering Possession	Self Control
Week 7	Defending Spaces	Relationships
Week 8	Passing & Receiving	Teamwork
Week 9	Beating A Defender	Self Regulation
Week 10	Possession & Protecting The Ball	Sportsmanship



Palatine Celtic Soccer Club

Week 1: Passing & Receiving

Description

The goal for the players is to understand the basics of passing and receiving. Coaches must encourage and demonstrate the passing technique to the players

- Use the inside of your foot to make a forward pass
- Place your standing foot towards your teammate
- Lock your ankle and push through the ball to make the pass

In addition to the technical aspect, we are also focused on teaching players the concept of communicating and expressing their emotions to one or multiple people and making sure the message is understood. Some good questions to ask players include;

- What are some good ways for you to communicate the way you are feeling?
- How should we look to communicate when we feel upset or frustrated?
- How can communication be used to help us complete our tasks?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

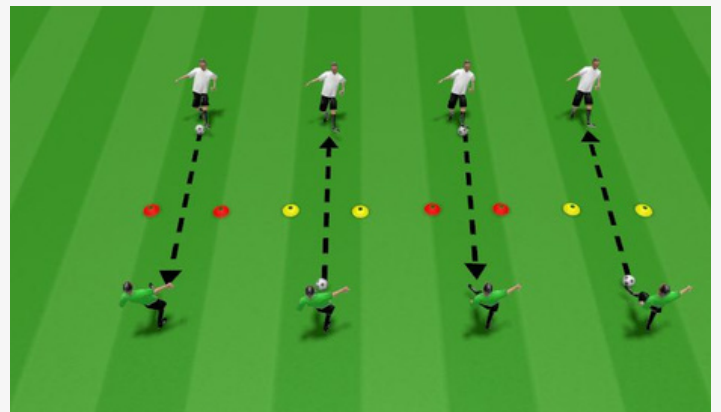
Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



Passing Gates

Players work in pairs. We create gates for the players to pass through, around 3 yards apart. They will need one ball per pair. Players attempt to pass to each other through the cones/gates. Players get one point for successful passes and lose a point for hitting the cones.

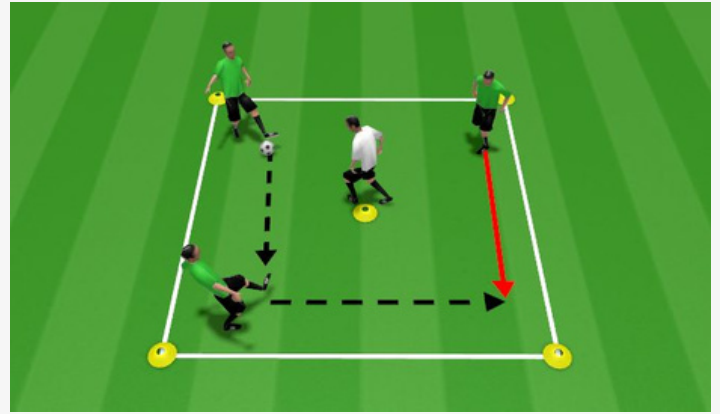
Things To Look For: Passing technique, player movement to create angles for passes.



3v1 Possession

Create 12x12 yards grid with cones and if needed, add a middle cone to center to create four 6x6 yards. Four players in each grid, Three attackers (Green) and one defender (White). One ball in each grid. Players play a 3v1. Teams work to keep the ball bypassing to the open player. Defender will try and stop the passes. Switch out the defender when they win the ball.

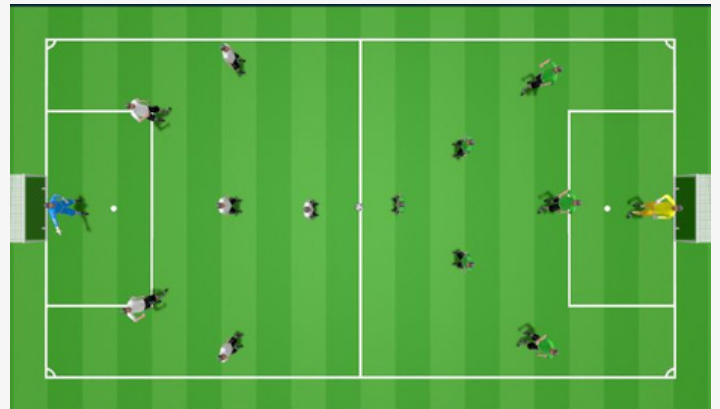
Things To Look For: Players communicating, identifying space and willingness to work with team mates.



Full Game

Create larger pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching/stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 2: Dribbling

Description

The goal for the players is to understand the basics of dribbling. Coaches must encourage and demonstrate dribbling techniques and emphasize how players can manipulate the ball

- Keep the ball close using plenty of soft touches
- Use different surfaces of the foot to stop and turn
- Accelerate by pushing the ball in front of you into space

In addition to the technical aspect, we are also focused on teaching players the concept of responsibility and encouraging them to make good decisions that positively impact them and those around them. It is about doing the right things, the right way. Improving yourself and others. Some good questions to ask players include;

- What decision did you make to help your team and how did you know it was the right one?
- When things got difficult, what did you do and how did your response impact the team?
- What is one way you positively helped a teammate today or how did a teammate help you?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



Ball Manipulation

Players are organized in the area with a ball each. Players are required to perform numerous moves and skills such as;

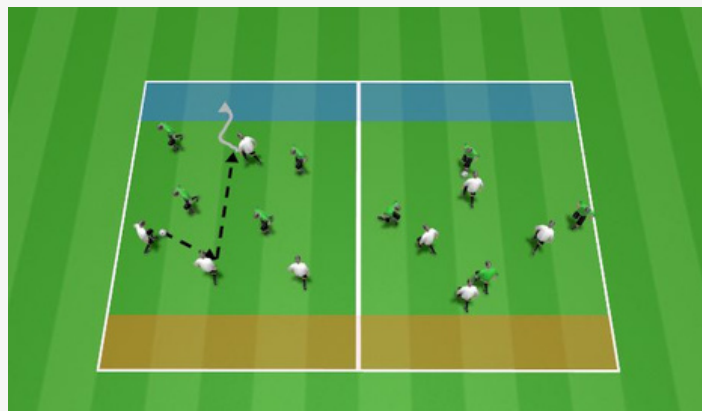
- 1) Inside-Inside: Go forwards, backwards, side to side, etc.
 - 2) Toe Taps: Go forwards, backwards, etc
 - 3) Sole Drag and Stop: Use both feet, i.e. drag with left stop with right and vice versa
 - 4) Dribble and Knee Stop: Dribble and stop the ball with the knee
 - 5) Footskills: Try using a scissors, outside cut, etc.
- Emphasis is on the players moving and changing direction to maintain possession of the ball.



End Zone Game

Create a 4v4 Game playing into the end zones. Teams work together to dribble the ball into the end zones. Each time they dribble in, they get one point.

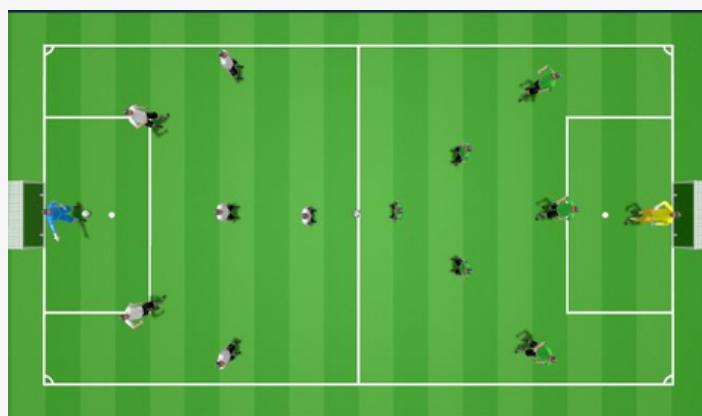
Things To Look For: Players creating and identifying space and finding team mates. Working together.



Full Game

Create a larger pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching/stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 3: Finding A Teammate With A Pass

Description

The goal for the players is to understand the basics of passing and receiving. Coaches must encourage and demonstrate the passing technique to the players

- Protect and move the ball with smaller touches
- Look for a player who is in space and has no obstacles
- Use the inside of your foot to make an accurate pass

In addition to the technical aspect, we are also focused on teaching players the concept of self control, and reinforcing the players ability to control their actions, feelings and emotions in a positive way to help both the individual and team perform better. Some good questions to ask players include;

- Think about a moment today when you felt frustrated or upset. How did you respond, and what could you do differently next time to stay in control?
- During a tough play or challenging situation, what choices can you make to stay calm and help your team?
- Can you remember a time when controlling your emotions helped you or a teammate succeed? What happened and why did it work?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

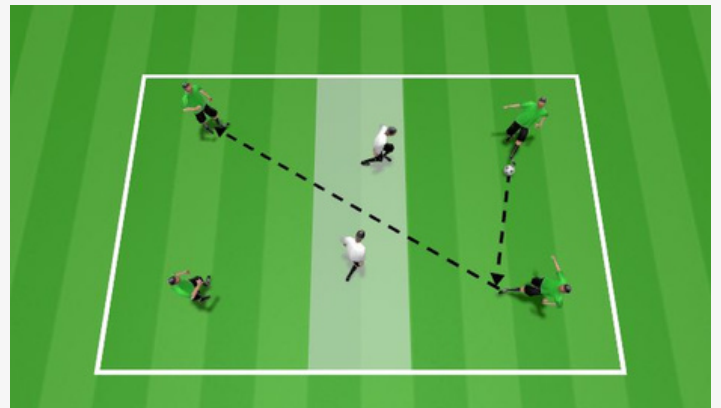
Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



Playing Through The Line

Using cones, create a zone in the middle of the field. Players on the outside of the zones must pass the ball to each other. Players in the zone must try and intercept the ball without leaving the zone. Switch the two players every time the 4 get four passes in a row or whenever the two players win the ball.

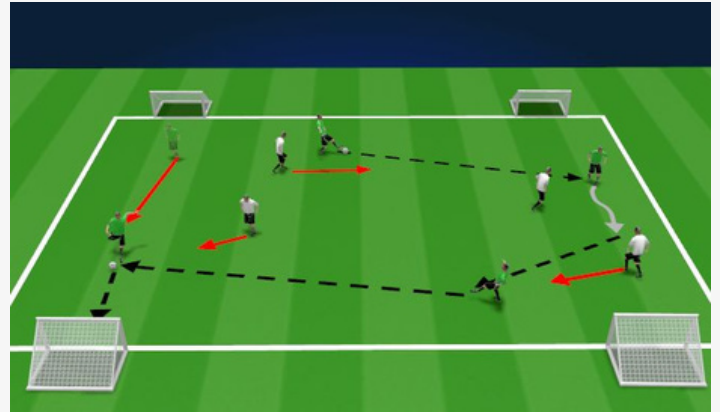
Things To Look For: Player awareness of space and identify the pass is the best option.



Four Goal Game

Play with four goals, two on each end line. Players should use disguise and turns to change the angle of attack and score. In the buildup we have focused on the players technique and their ability to make quick decisions. Quick combination play and a change of direction with the ball is important as the players need to be constantly thinking about how to switch the play. We want our players to be unpredictable (i.e. show the obvious; do the opposite) and encourage them to be creative.

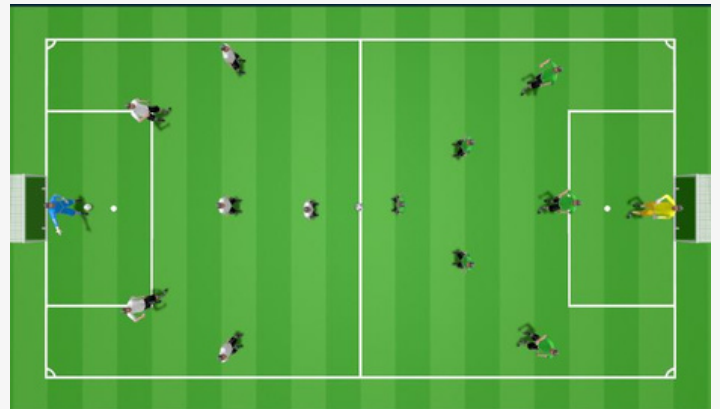
Things To Look For: Awareness of space, timing, weight and angle of pass and good communication.



Full Game

Create larger pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching/stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 4: Finishing

Description

The goal for the players is to understand the basics of finishing on goal. Coaches must encourage and demonstrate the shooting technique to the players while also thinking about using the skills we learnt in the prior weeks.

- Create the space and angle to “see” the goal
- Use inside of foot for accuracy or laces for power
- Standing foot placed next to the ball - strong base.

In addition to the technical aspect, we are also focused on teaching players the concept of goal setting. This will help players to plan for the things they want to achieve or get better at. Some good questions to ask players is;

- What is one thing you want to get better at this season, and how will you know when you’ve improved?
- What steps or actions can you take each week to reach that goal?
- If you face challenges along the way, what can you do to stay on track and keep improving?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

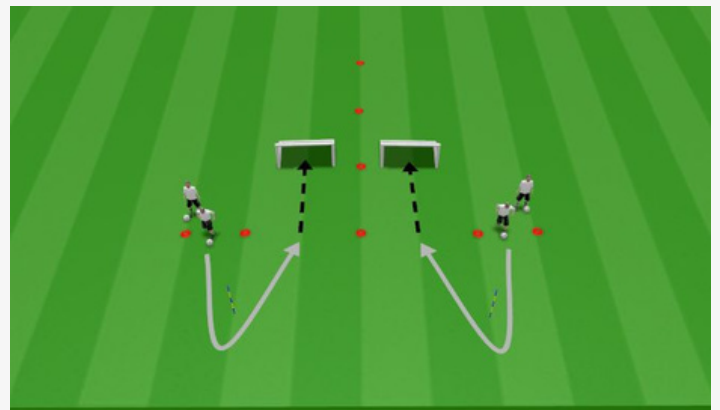
Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



Passing Ladder

Setup gates 3 yards wide, a pole 5 yards from the gate, Line of cones 5, 10 and 15 yards apart. Players stand in a line on the outside gates facing away from goals. Players dribble around the pole and back to the gate for a shot into the small net. Once the player has passed the ball the next person can go. Every goal scored counts as a point. 2 min rounds. Right foot, Left foot. Move the goal back to the next line and repeat.

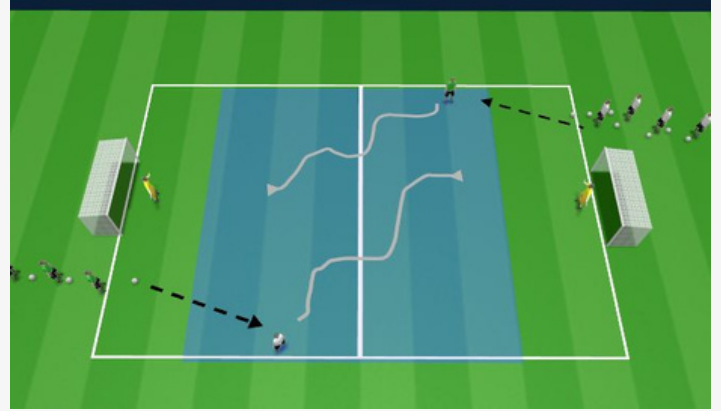
Things To Look For: Speed of play, finishing range, accuracy of the finish.



Attack To Finish 1v1 Attack & Defend

Setup a 10x20 yard area. The player at the front will pass a ball to a teammate who receives the ball and dribble to shoot at the goal. The players should dribble at pace and get a shot as quick as they can. after shooting, they will go to the back of the opposite line and repeat the process. Switch the directions so they use both feet and attack from both wings. To progress, the player who shot the ball turns and becomes the defender to the player coming from the same line as him/her (defender collects ball and goes back to their original line) To make it a competition, award 1 point for a goal and another point if the attacker beats the defender in a 1v1 situation.

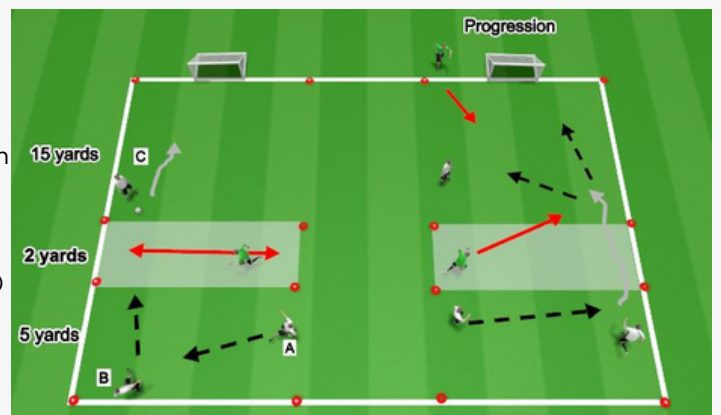
Things To Look For: Positive first touch, change of pace / direction, pick your spot and finish.



Dribble or Pass + Finishing

Setup a 22x10 yard area. The ball will always start with the two blue players who are passing pack and fourth trying to get the ball to their teammate in the attacking zone who will dribble and score on the goal. The defending player in the middle zone is shifting trying to deny the pass and then when the pass is made, can track back and attempt to stop the player from scoring. Rotate the players often to give them a chance to attack and defend. Defenders get a point upon stopping the attack or blocking the pass into attacking zone) To progress, players are now allowed to dribble the ball into the attacking zone if there is space and the defender will track and it becomes a 2v1 with the other player already in the attacking zone. The defender in the middle zone can try leave their zone to apply pressure when it makes sense. This will either force a pass or dribbling opportunity for the two attacking players. Add a defender beside the goal as shown in the picture. When the two players in red pass or dribble into the attacking zone, one of them joins the attack and there is a defender on yellow who will be entering the play. Again the attacking team should have a temporary advantage if they transition quickly.

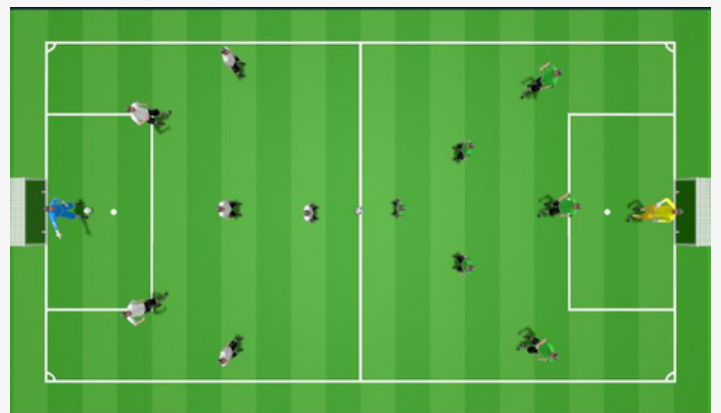
Things To Look For: Decision making/awareness, Passes to feet or into space for a dribble option, open body position, accuracy of the finish.



Full Game

Create a larger pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching/stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 5: Turning With The Ball

Description

The goal for the players is to be comfortable on the ball and be able to turn, change direction and maintain possession. Coaches must encourage and demonstrate various turning techniques to the players.

- Look around before turning with the ball to identify space
- Use feet to adjust or change direction
- Accelerate after turning to next position

In addition to the technical aspect, we are also focused on teaching players the concept of leadership and think about behaviors and actions that you can display to positively influence others. Some good questions to ask the players include;

- What does leadership mean to you?
- Are there different ways to be a leader?
- What leadership skills do you think you have and how can they help others?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



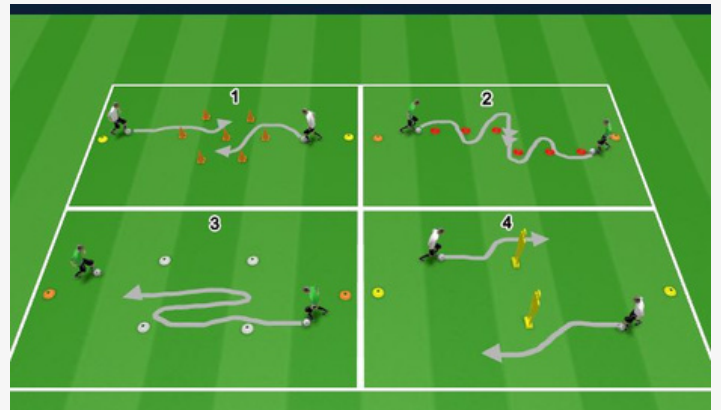
Turning Circuit

Our goal is to get players comfortable with the ball and maximize contact with the ball

Players work through the four activities;

- 1) Dribble at speed through the cones
- 2) Figure of Eight
- 3) Double turn - farthest cone, then back then turn to reach opposite side.
- 4) Dribble at pace and use a move to pass the mannequin

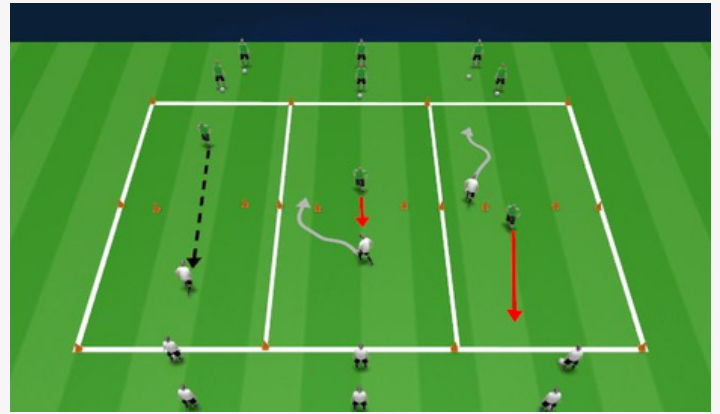
Things To Look For: How do players move with the ball? Are they coordinating their movements? Can they get their head up while dribbling with the ball?



1v1 Duel (Gates)

Our objective is to have players comfortable playing in the 1v1 situations and use moves/body shape to deceive the opponent. The field is kept the same as the previous activity. Now there are two target gates which the attacking player tries to dribble through. Play is initiated by the blue player who passes to red. Red has to control and dribble through one of the 'goals' to their left or right. The blue player follows their pass and becomes the defender, trying to win possession of the ball. Players continually rotate between defense and attack.

Things To Look For: Can players use their body shape to their advantage and beat an opponent? Can they transition quickly to close down the opponent?



1v1 Duel (End Zone)

The field is kept the same as the previous activity. Now there are two target gates which the attacking player tries to dribble through. Play is initiated by the green player who passes to White. White has to control and dribble to the end line. The Green player follows their pass and becomes the defender, trying to win possession of the ball. Players continually rotate between defense and attack.

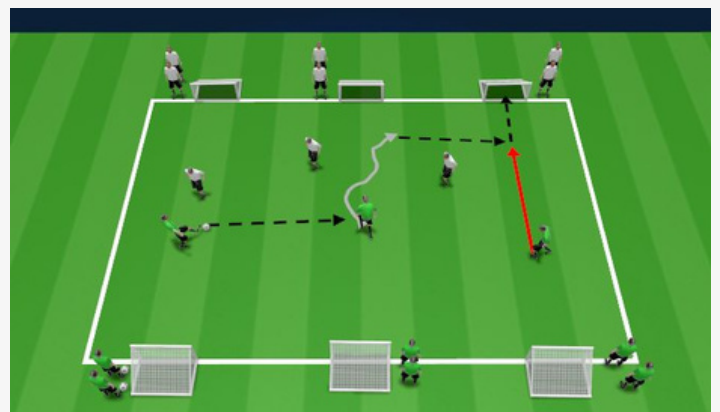
Things To Look For: Can players use their body shape to their advantage and beat an opponent? Can they transition quickly to close down the opponent?



Six Goal Game (3v3)

Players are organized in a 3v3 game with six goals, three on either side. Play is continuous like a normal game. With the opponents pressure players are forced to turn and move with the ball while working within the team environment.

Things To Look For: Angle of support, recognition of space, ability to use all surfaces of the foot to maintain possession.





Palatine Celtic Soccer Club

Week 6: Recovering Possession

Description

The goal for the players is to understand the basics of recovering possession. Coaches must encourage and demonstrate the defending technique to the players

- Press the opponent to win the ball back when they hesitate/slow down
- When they are facing their own goal
- Lose control of the ball

In addition to the technical aspect, we are also focused on teaching players the concept of self control and being able to control their emotions or actions in a positive way. This is all aimed at helping the players and those around them to perform better. Some good questions to ask players include;

- Is it good to overthink a mistake? How does it affect your emotions?
- What could you do instead? How should we handle our emotions?
- When something doesn't go our way, a bad call, a missed chance or a teammates mistake, what can we focus on that we can control in that moment?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



1v1 To Goal

Players play 1v1 to the mini goal. Attacking player dribbles and turns to change direction around the pole before looking to finish. Defender comes in to protect the goal. Players switch roles. Players should get low to change direction quickly and accelerate into a good defensive position. Attacking players must find space to utilize and shoot quickly.

Things To Look For: Players positioning, body shape, angle and speed of approach.



Four Goal Rondo

Setup a 12x12 box with four goals in the corners, 4 yards from the corner. Play 5v2 with four players on the outside of the grid and four goals in the corners. The two defenders look to press and intercept. As the objective is to work the defensive midfielders and get them in a mindset of counter attacking, they look to finish in one of the four goals.

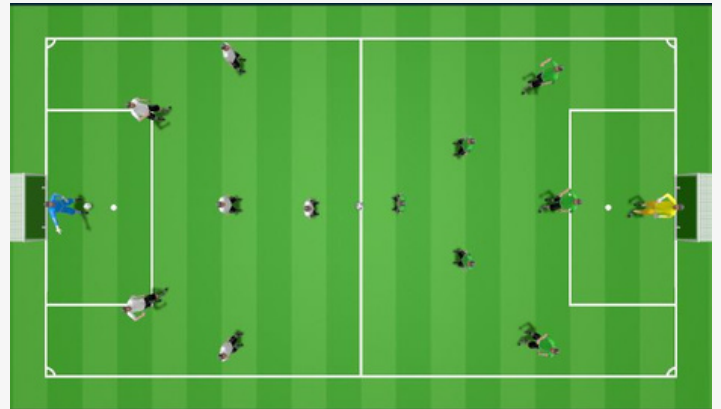
Things To Look For: Can the defenders prevent the penetrative passes? Are the defenders supporting each other and making play predictable? How quickly can they recover possession and finish in the target goals?



Full Game

Create larger pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching/stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 7: Defending Spaces

Description

The goal for the players is to understand the basics of defending space. Coaches must encourage and demonstrate the technique to the players. Key points of emphasis include;

- When an opponent is running at you with the ball, can we protect the space around us
- Be hard to beat - don't dive in
- Make the opponent go outside or sideways

In addition to the technical aspect, we are also focused on teaching players the concept of relationship and how we talk to, behave towards and deal with different people and each others feelings. Some good questions to ask players include;

- What would you consider as a good relationship? Why?
- What can you do to form a good relationship with others?
- Can relationships be different between different people?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



1v1 Defending

20x12 yard area. Split players into two or more equal teams. Defending team starts with all the balls. A defender passes into an attacker inside the area, then immediately closes down while the attacker tries to beat the defender and score in a mini goal or dribble across a line/gate, with the defender aiming to win the ball quickly before the play stops, and roles rotating after a set time or number of repetitions. Add mini-goals or target zones for the defender to score/pass into once they win the ball. Add a second attacker to create a 2v1 situation. If it is too difficult for the attack, allow the defender to apply only shadow pressure (no tackling) to build attacker confidence.

Things To Look For: Close down space quickly after the pass, slow down and arrive in a controlled position, use body contact effectively and look to win the ball cleanly.



1v2 Defending

10x20 yard space. The rotation is A > B > C. On Bs pass A will play 1v1 with C. If A wins ball and scores = 1 pts. If C scores = 1pt

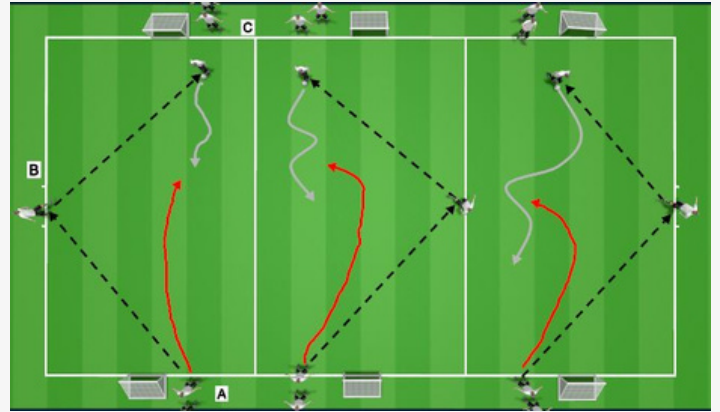
To progress the exercise;

1. Player B can join the attack and limited to their line.

Teaching the defender to curve the run and take away an option

2. Player B can move off their line and create a true 2v1 situation and make runs behind, across, and overlaps.

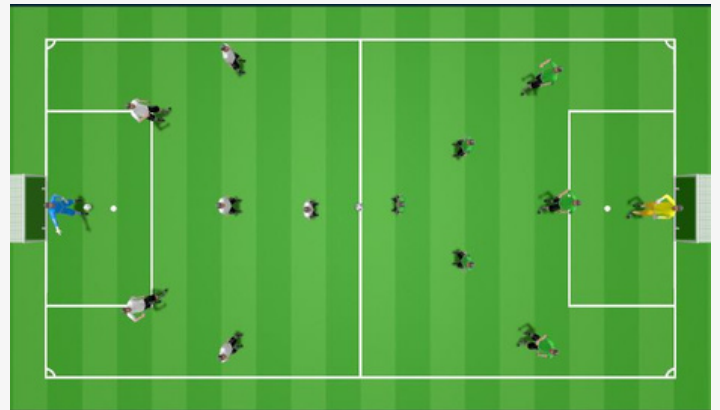
Things To Look For: Close down space early and quickly, Curved run to show attacker one way or the other, Sideways on body position, watch the ball, be aggressive & initiate contact.



Full Game

Create larger pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching / stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 8: Passing & Receiving

Description

The goal for the players is to understand the basics of passing and receiving. Coaches must encourage and demonstrate the technique to the players. Key points of emphasis include;

- Find open space that supports the player with the ball
- Open up the hips and use the inside of your foot to pass
- Lock your ankle in your kicking leg for accuracy

In addition to the technical aspect, we are also focused on teaching players the concept of teamwork and how working with other people can help everyone to achieve their goals. Some good questions to ask players include;

- How can working within a team help you to create greater success?
- Who could be considered as a teammate within soccer and in your life?
- Where else may working as team help and support you?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



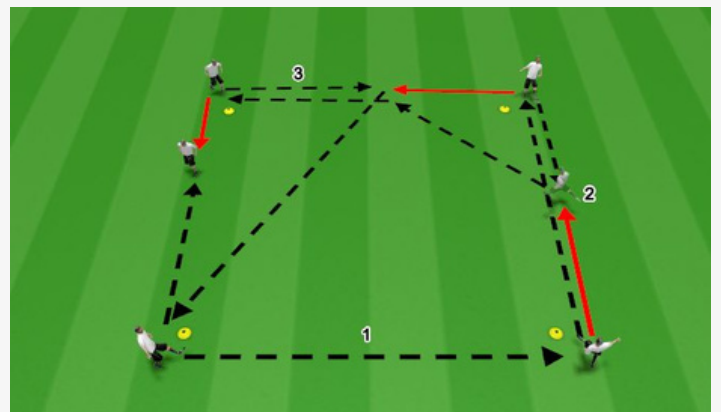
Ajax Passing Box

Passing and moving exercise with at least 5 players. They perform the following exercises both left and right;

- 1) Players pass and follow the pass
- 2) Players play a one-two around the cone
- 3) Players play the third man and then go to support before playing the longer diagonal ball

You can progress the activity by having two teams going opposite directions. When ball goes opposite the resting players must press.

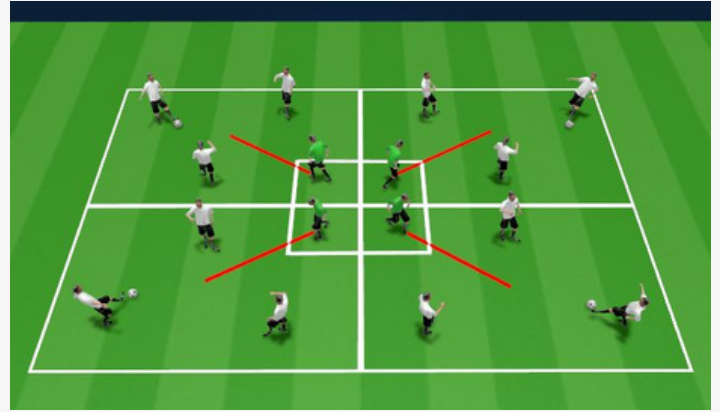
Things To Look For: Timing, weight and angle of pass, accuracy of pass, passing technique.



3v1 Defending

Players keep possession in threes. One group of four start in the middle. they look to press and recover possession. IF they do, they look to dribble back to their square or on the outside of the main grid to score a point. attackers score by making 7 passes in a row. Defenders rotate. When they score they return to their central zone.

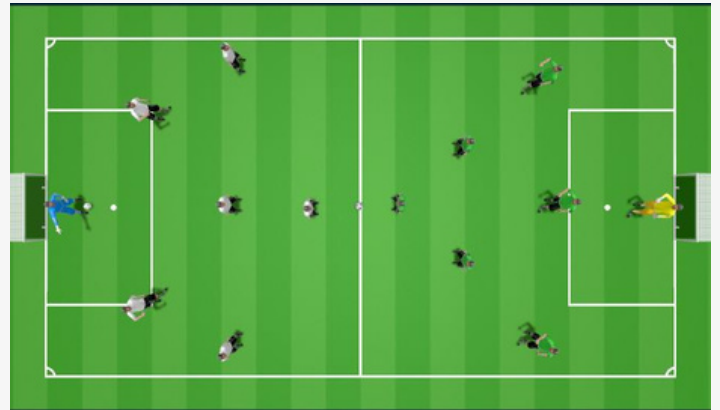
Things To Look For: Defenders movements, are the attackers creating angles of support?



Full Game

Createlager pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching/stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving as a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 9: Beating A Defender

Description

The goal for the players is to understand the basics of beating a defender and winning the 1v1 duels. Coaches must encourage and demonstrate the technique to the players. Key points of emphasis include;

- Decide what you want to do early
- Move into the space
- Use a turn or a change of speed to get away from the defender
- Draw the defender out to create more space in behind

In addition to the technical aspect, we are also focused on teaching players the concept of self regulation and how we have the ability to take control of our own work and activities to achieve goals that we set ourselves. Some good questions to ask players include;

- What responsibilities can you take control of in the classroom and at home?
- What are some expectations you can set for yourself to do everyday?
- If you don't meet one of your goals one day, what can you do tomorrow to get yourself back on track instead of giving up?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



1v1 Games

Setup a series of 10x10yard boxes. Warm Up with players doing a series of moves. Have a player demonstrate and the others copy the move. Progress to 1v1s. Players try to beat their opponent and stop the ball on the opposite line. Games are 1min long. Winners move to the next grid.

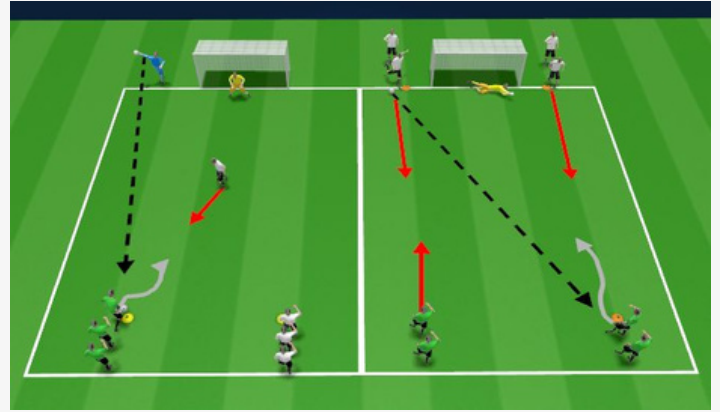
Things To Look For: Attacking at pace, identifying space and beating an opponent to accelerate to space.



1v1 & 2v2

Players organized in three groups. 1v1's: Play starts from a coach or goalkeeper on alternate sides. The receiving player looks to attack goal quickly and the defender looks to prevent the attack. The attacker becomes the defender and play restarts on the opposite side. Play is continuous. 2v2's: Play starts on the goal side and the receiving players look to attack. Players have options on how to attack and get to goal. After the attack finishes, players switch sides. Play is continuous.

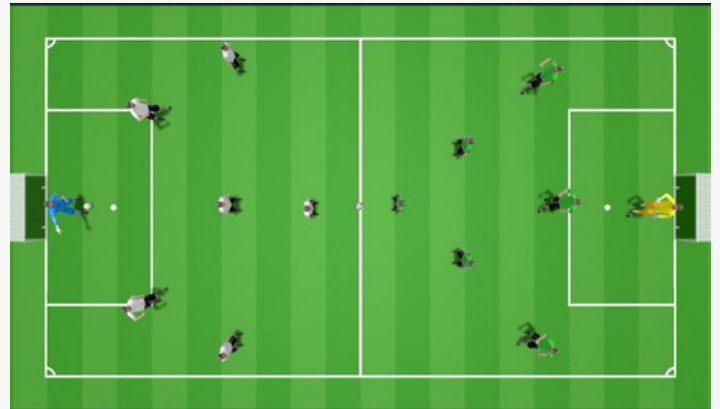
Things To Look Out For: Recognize when to take on the defender vs. when to combine. If you have space and the defender is off balance > be positive and go at them. If the defender is tight or you draw pressure → release the pass to your teammate.



Full Game

Create larger pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching / stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





Palatine Celtic Soccer Club

Week 10: Possession & Protecting The Ball

Description

The goal for the players is to understand the basics of attacking and defending through small sided games. Coaches must encourage and demonstrate the technique of maintaining possession and also protecting the ball when they have it. Key points of emphasis include;

- Keep your body between the ball and the opponent
- Look to pass to a teammate in space
- Once a pass is made, move into space to help a teammate

In addition to the technical aspect, we are also focused on teaching players the concept of sportsmanship. This is designed to help encourage players to do the right things the right way, play fairly and have respect for opponents, officials and spectators. It is also aimed at behaving graciously in both victory and defeat. Some good questions to ask players include;

- What do you believe sportsmanship means?
- What examples can you give of good sportsmanship?
- How can you show good sportsmanship at practice and in games?

4v4 Games

Create two small fields with four teams. Play 4v4 activities. Rotate teams after 3-4 minutes. Ensure coaching utilizes guided discovery methods. Encourage players to take responsibility and lead on the field. Let them create the rules.

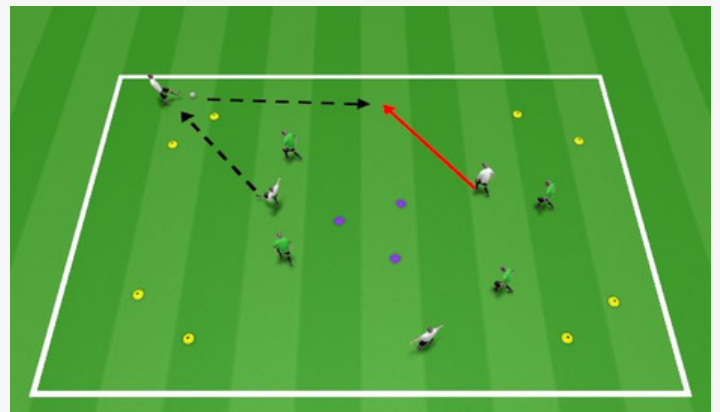
Things To Look For: Positive play and engagement. Highlight your key coaching points through open questions.



Gates Game

The 4v4 game is set out with the players encouraged to in a basic diamond shape. A point is scored when a player dribbles the ball through a goal and stops the ball, progress to dribble through gate and pass to a team mate to score. The coach should allow players to express themselves and encourage creative player movements in 1v1 situations. Players need to react quickly to the movement of the ball and their opponents and have quick accurate passing to ensure they maintain possession of the ball.

Things To Look For: Are players keeping the diamond shape while staying available for passes? Are players adjusting their positions quickly as the ball moves (support / stretch / create space)? Do they move *before* the ball arrives rather than waiting to react? Do players use their first touch to create the next action (into space, away from pressure)?



End Zone Game

Players are split into two 4v4 small sided games. They play to pass into the end zone with one player from their team running onto a through ball. The 4v4 scenario is designed to simplify the players choices and get all of the team involved in game situations. Players are encouraged to play in a basic diamond shape and encourage creative player movements in 1v1 situations. Players need to react quickly to the movement of the ball and their opponents and have quick accurate passing to ensure they maintain possession of the ball.

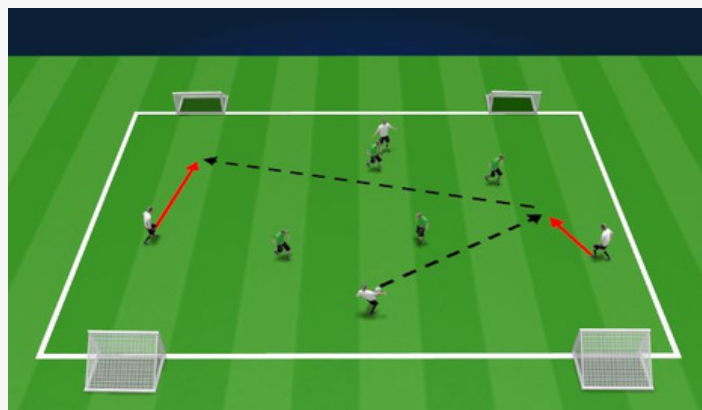
Things To Look For: Are players recognizing when to make the run (not too early, not too late)? Do players adjust their angle and speed to connect with the through pass? Do players support behind, beside, and beyond the ball to create passing options?



Four Goal Game

The 4v4 game is set out with the players encouraged to be in a basic diamond shape. A point is scored when a player scores a goal in either corner goal. The coach should allow players to express themselves and encourage creative player movements in 1 v 1 situations, particularly in wide areas. Players are encouraged to switch the point of attack from one side of the pitch, where the opposition defend a goal, to a player on the opposite side where there is more space and potential 1v1, 2v1 situations.

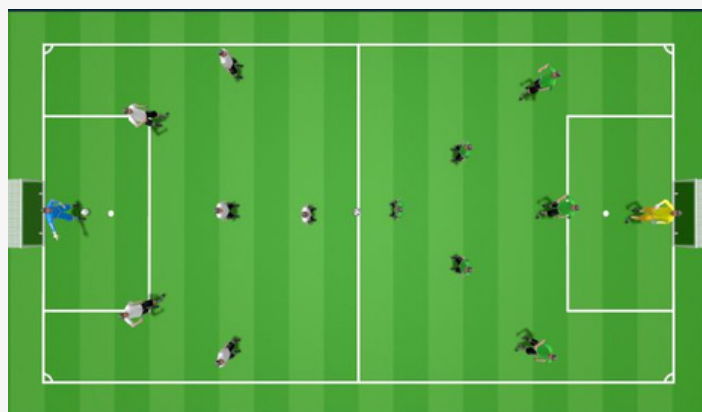
Things To Look For: Awareness and recognition of where space is, ability to find the free player, positive actions in 1v1 situations.



Full Game

Createlager pitch to replicated 7v7 as closely as possible. If space or numbers are limited, you can adapt to play 5v5 or 6v6. Allow players to experiment and limit coaching/stoppages. Allow players to experiment with the skills they have just learned.

Things To Look For: Passing and moving in a team, creating angles, finding space.





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