



Champions League

Champions Objectives

- ✓ Have fun
- ✓ Many touches on the ball
- ✓ Basic skills
- ✓ Start to use teammates

Coach Priorities

- ✓ Skills – Very Important
- ✓ Psychological / Fun – Very Important
- ✓ Encourage players to try things

Skills – Do

- ✓ Dribble with all sides of both feet
- ✓ Have a favorite move
- ✓ Pass and shoot with both feet
- ✓ Effective first touch

Skills – Don't

- ✗ Don't "kick" the ball (*instead: dribble, pass, shoot*)
- ✗ Don't stop or trap ball dead – keep the ball moving

Coaching tips:

1. Everybody involved at all times.
2. Pairs, not lines.
3. A dribbling activity should be part of every practice.
4. Games, games and more games. Competitive games, not drills!
5. Repeat fun activities from last week and have a "go-to" activity for tough days.
6. Explain your game once, let the kids figure it out while playing.
7. Get help from parents – many want to help.
8. "Spread out" is an ineffective directive.
9. "Say it in a word" – talk much less. And when you talk, be quick.
10. Tactics should be no more than 10% of your focus

Champions Sample week 1

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (20 minutes)	4 on 4. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Dribbling "musical Chairs" (15 minutes)	Every player except 2 have a ball to dribble in small space	Vary number of players without ball to change competitiveness	Players should keep their balls close to their feet when they dribble (close control). Keep the head up!
	Players without a ball try to steal a ball from player with ball	At the end of one minute, players without ball have to do something silly (3 push-ups!, jump up down in circles!)	
	If you lose a ball, try to steal one from somebody else		
Break (5 min)			
Practice 2 : 4 on 2 keep away (15 minutes)	4 players vs 2 players	Ask a parent to help if you need players	Dribbling and passing, no shooting
	Players can dribble or pass	4 on 1, 3 on 2, etc. Odd numbers is important.	Lock the ankles on passing ("toe up")
	If the 2 players win the ball, they get a point. If 4 players make 4 passes, they get a point	Vary space to make it more or less challenging.	First touch (receiving passes) away from trouble, into free space
Break (5 min)			
Play: 30-40 minutes	Full scrimmage	▪Change teams up after 15 minutes.	Do not direct players when to pass or kick, no tactics; just let them play!!
			Dribble, pass, shoot. No kicking!
			Lower barrier to try goalie.

Champions Sample week 2

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (20 minutes)	4 on 4. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Gates Dribbling (15 minutes)	Set up "gates", or small goals throughout practice area	Vary number of goals, spacing to encourage change of direction	Players should keep the ball close and make quick changes of direction, using both sides of the feet, to go from one gate to the next.
	Players dribble the ball through the gates to score. Every player has a ball.	Dribble with outside of the foot. Call out "change direction"	
	Players count their scores and then get a chance to beat their last total	Add a "musical chairs" component, with fewer balls than players.	
Break (5 min)			
Practice 2 : Gates passing (15 minutes)	Players pair up and pass from one to another through the gates for a point	players must pass, receive and pass back through the same gate for a point	Lock ankle during passing (i.e. "toe up")
	A point is rewarded if pass is "received" under control	Pass counts for two points if passed with "off" foot	receive without trapping, first touch towards next goal (advanced)
		Add a defender or two to break up as many passes as possible	
Break (5 min)			
Play: 30-40 minutes	4 on 4	<ul style="list-style-type: none"> ▪ 10-15 minutes per game; coaches should work together to adjust teams if teams are unbalanced 	Do not direct players when to pass or kick, no tactics; just let them play!! Dribble, pass, shoot. No kicking! Quick positive last words; no long speeches

Champions Sample week 3

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (20 minutes)	4 on 4. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Dribbling "musical Chairs" (15 minutes)	Every player except 2 have a ball to dribble in small space	Vary number of players without ball to change competitiveness	Players should keep their balls close to their feet when they dribble (close control). Keep the head up!
	Players without a ball try to steal a ball from player with ball	At the end of one minute, players without ball have to do something silly (3 push-ups!, jump up down in circles!)	
	If you lose a ball, try to steal one from somebody else		
Break (5 min)			
Practice 2 : 1/2 field 3 on 3 (15 minutes)	1 goalie- everybody rotates through	Odd numbers, with an "automatic offense player"	Shoot with instep
	similar to half-court basketball rules. If defense gets possession, they must "clear" the zone before turning around to shoot	1 point for shot on goal, 2 points for goal, 3 points for goal with "off foot"	Use width of field to clear zone
		3 passes before a shot	Make quick, precise passes. Lock your ankles ("toe-up"). No kicking!
Break (5 min)			
Play: 30-40 minutes	full scrimmage	<ul style="list-style-type: none"> ▪ 10-15 minutes per game; coaches should work together to adjust teams if teams are unbalanced 	Do not direct players when to pass or kick, no tactics; just let them play!! Dribble, pass, shoot. No kicking! Lower barrier to playing goalie

Champions Sample week 4

ACTIVITY	DESCRIPTION	VARIATIONS	COACHING POINTS
Play (20 minutes)	4 on 4. small goals, no goalies, get them going as they arrive	2 on 1, 2 on 2, 3 on 2	Let them play. 3 words: Dribble, pass, shoot
Break (5 min)			
Practice 1: Dribbling "musical Chairs" (15 minutes)	Every player except 2 have a ball to dribble in small space	Vary number of players without ball to change competitiveness	Players should keep their balls close to their feet when they dribble (close control). Keep the head up!
	Players without a ball try to steal a ball from player with ball	At the end of one minute, players without ball have to do something silly (3 push-ups!, jump up down in circles!)	
	If you lose a ball, try to steal one from somebody else		
Break (5 min)			
Practice 2 : team Knockout (15 minutes)	2 teams, each with 3 balls . Teams try to knock other team's balls out of field.	Start with a ball per person	Head up for what's happening
	Players who don't have a ball can knock out balls of opponent or receive passes from teammates.	Make field bigger or smaller if too easy or too difficult	Use good technique to pass (toe up)
			Dribble into empty space
Break (5 min)			
Play: 30-40 minutes	full scrimmage	<ul style="list-style-type: none"> ▪ 10-15 minutes per game; coaches should work together to adjust teams if teams are unbalanced 	Do not direct players when to pass or kick, no tactics; just let them play!! Dribble, pass, shoot. No kicking! Lower barrier to playing goalie