

# OUTDOOR SOCCER

## WHAT IS OUTDOOR SOCCER?

Soccer is the most popular outdoor sport in many countries. The goal of the game is for you and your teammates to get the ball into the opponent's goal, which is protected by a goalie. You can't use your hands to hit the ball to the ground. In fact, even if the foul is called HANDS, it is still a penalty when you touch the ball with your fingers, elbows or shoulders. Unlike futsal, players of this sport use their heads and lobbed passes or shots, making the game much more **aerial**.

## EQUIPMENT

 1 soccer ball per player  
 Cones

 Goals (hockey or soccer)  
 1 numbered jersey per player (or a t-shirt in the same colour)

## HOW TO MAKE THIS ACTIVITY A SUCCESS



Provide **enough equipment** for everyone to play with the ball.

**4 5 6 7**

With younger players, play **4-on-4**, and eventually **5-on-5** on smaller fields. With older players, play **6-on-6** or **7-on-7** on one-third of a field.



Work in **groups** to best use your space and limit the need to run too far.



Use **targets** in the goals instead of goalies to increase the precision of each player's shots.

## THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:

 Elementary school level

 High school level

 Outdoors

 No equipment

 Distancing

 Solo

 Choose a **grassy surface** for outdoor games. Keep in mind that the field may be wet and slippery early in the morning.

## BASIC TECHNIQUES

### Control with the inside of your feet

Keep the ball between your legs close to you. Kick the ball in front of you with light taps on the ball. Use both feet. Keep your head up.



### Control with the outside of your feet

Turn your ankle inward and point your foot toward the ground. Lightly kick the ball forward. Hit the ball with each step (changing your foot occasionally). Keep your head up.



## WARM-UP

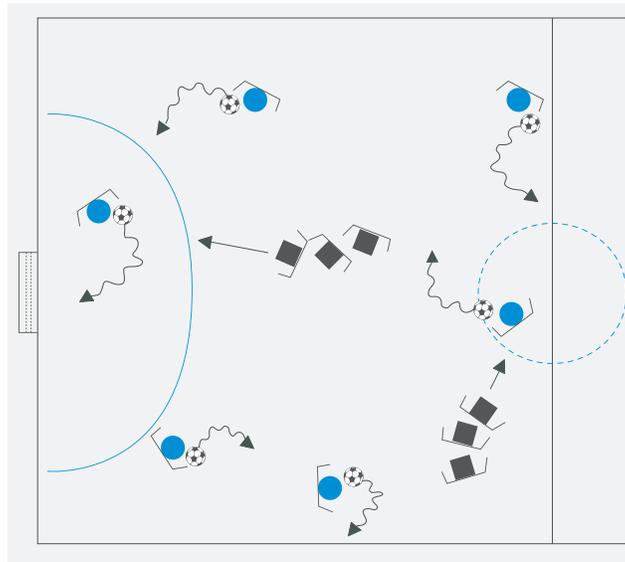
### CATERPILLAR DRILL



EQUIPMENT: 1 per ball carrier +

**OBJECTIVE:** Driving and dribble the ball despite the obstacles (other players).

Form a caterpillar with three players holding hands to defend their territory against the **ball carriers**. The caterpillar must move and try to make the carriers lose control of the ball. If successful, the **carrier holds** onto the caterpillar to defend their territory. The game continues until the set time is up or until there are only **three ball carriers** left in the game.



**VARIATION:**

- Leave the **balls of the former carriers** on the field (obstacles) or move them to the sidelines.

## WARM-UP

### RECTANGLE DRILL

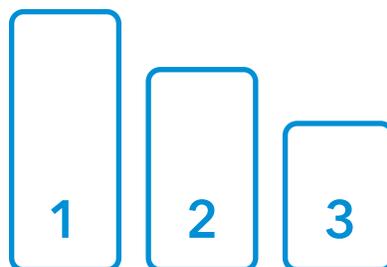


EQUIPMENT: 1 per ball carrier +

**OBJECTIVE:** Driving the ball in control to finish in the smallest rectangle!

**Alone**, drive the ball into the three rectangles: large (1), medium (2) and small (3). Guard your ball while trying to kick the other's ball out of bounds. Move to another rectangle when you do the following:

- **Successfully kicking another player's ball** = Moving to another rectangle: go to the medium rectangle (2) if you were in the large one (1) and go to the small rectangle (3) if you were in the medium one (2). Stay in the small rectangle (3) if you were already there.
- **Getting your own ball kicked out of bounds** = Getting the ball and moving to another rectangle: go to the medium rectangle (2) if you were in the small one (3) and go to the large rectangle (1) if you were in the medium one (2). Stay in the large rectangle (1) if you were already there.



## TECHNICAL ACTIVITY

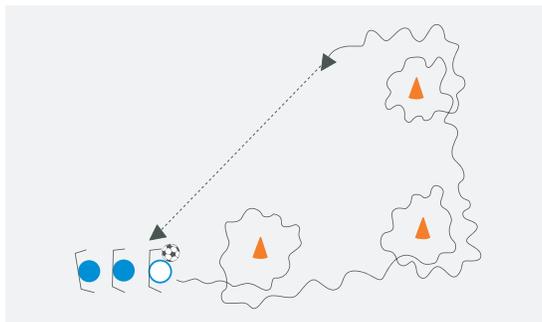
### COURSE DRILL



EQUIPMENT: 1 ⚽ + 3 ▲ per team

**OBJECTIVES:** Driving the ball and passing to one partner on the move.

In **teams of three**, run with the ball around the cones. At the signal, go around the three cones and, after going around the third one, pass to the next player. Drive and pass the ball with the **inside or outside of your feet** only.



**VARIATIONS:**

- **RACING.** Compete against the other three-player teams in a relay race.
- **JUGGLING.** At the cone, throw the ball in the air and **hit it with your head** before continuing to the next cone and starting again.
- **PAIRING UP.** Dribble and **pass** the ball to your partner on the course.
- **FACING OPPOSITION.** Replace the cones with **sitting players or players without a ball** who try to steal the ball from the ball carrier when he or she is close to them.

 Try to **look up** when driving the ball to get a better view of the field.

## TECHNICAL ACTIVITY

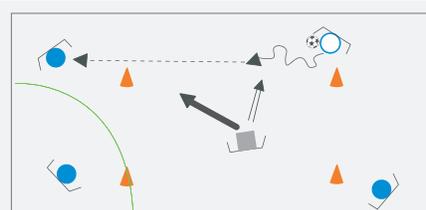
### BULL-RUSH DRILL



EQUIPMENT: 1 ⚽ + 4 ▲ per team

**OBJECTIVES:** Passing the ball to a free or unguarded player as well as controlling and passing the ball.

Play 4-on-1: One **defender** tries to intercept the ball as it travels between **four stationary attackers**. As soon as an attacker loses the ball (if the ball goes out of bounds or the attacker gets it from a defender), he or she takes the place of the defender.



**VARIATIONS:**

- Make it compulsory to always pass to the right or the left (easier).
- Allow attackers to **move**.
- Add one defender (**4-on-2**).

 Use the **inside of your feet** to gain **control** of the ball and keep it on the ground. Control and **pass** the ball to an open, unguarded player on the attack. To outwit an opponent, fake out him or her with your body (**hook** or **leg pass**). ON DEFENSE, **run** to get back the ball or intercept a pass.

## TECHNICAL ACTIVITY

### DEFENDER RECOVERY DRILL



EQUIPMENT: 1 per player, 1 + per field

**OBJECTIVE:** Running quickly to get back a free ball and making precise passes.

Start with three teams of four players (**4-on-4-on-4**). Choose one team to try to get the ball back (defenders) while the **other two teams** team up to pass the ball back and forth within the boundaries of the field (attackers). As soon as a defender get back the ball or the ball goes out of bounds, this player's team goes on defense, and the team that just got the ball back goes on offense.

#### VARIATIONS:

- Increase or decrease the **number** of attackers or defenders on the field.
- **POINTS.** Score **1 point** after six successful passes and **2 points** when one team regains control of the ball.
- **GOALS OR TARGETS.** For every five complete passes, kick the ball at the goal (or targets) to score 1 point.

## TECHNICAL ACTIVITY

### GATE DRILL



EQUIPMENT: 1 per pair + + 1

**OBJECTIVE:** Successfully passing through the gates to kick the ball into the goal (1-on-1).

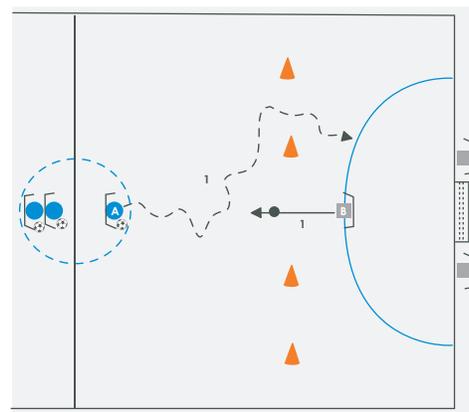
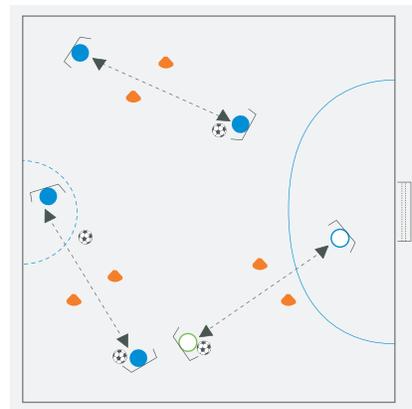
In **pairs (with one ball)**, run to make passes between the different gates (two cones). Change **gates** with each pass and look for the passing line (no other player between the ball and his/her partner).

#### VARIATIONS:

- Make as many **successful passes** as possible within two minutes.
- Add **defenders (without balls)** who try to take the ball away from the attacking pairs.
- **TEAMWORK.** Take turns (one defender and one attacker) moving towards the center line. The attacker must try to pass the ball through the gate he or she chooses. The defender must try to prevent the attacker from passing the ball, and so on, until all players have had a chance to play.
- **TEAMWORK WITHOUT A BALL.** Run to the center line. In front of the gates (3 m to 4m apart), the attacker must try to pass through the gate he or she chooses. The defender must try to pass through this gate before the attacker.
- Allow the defender to **get the ball away** from the attacker.



**ON OFFENSE:** Drive the ball with the **inside of your feet**. Use the **hook** and **leg pass** to fake out the defender. **ON DEFENSE:** Do not stand **between the two gates** and take **one or two strides** in front of the attacker with your back to the gates.



## 2-ON-2



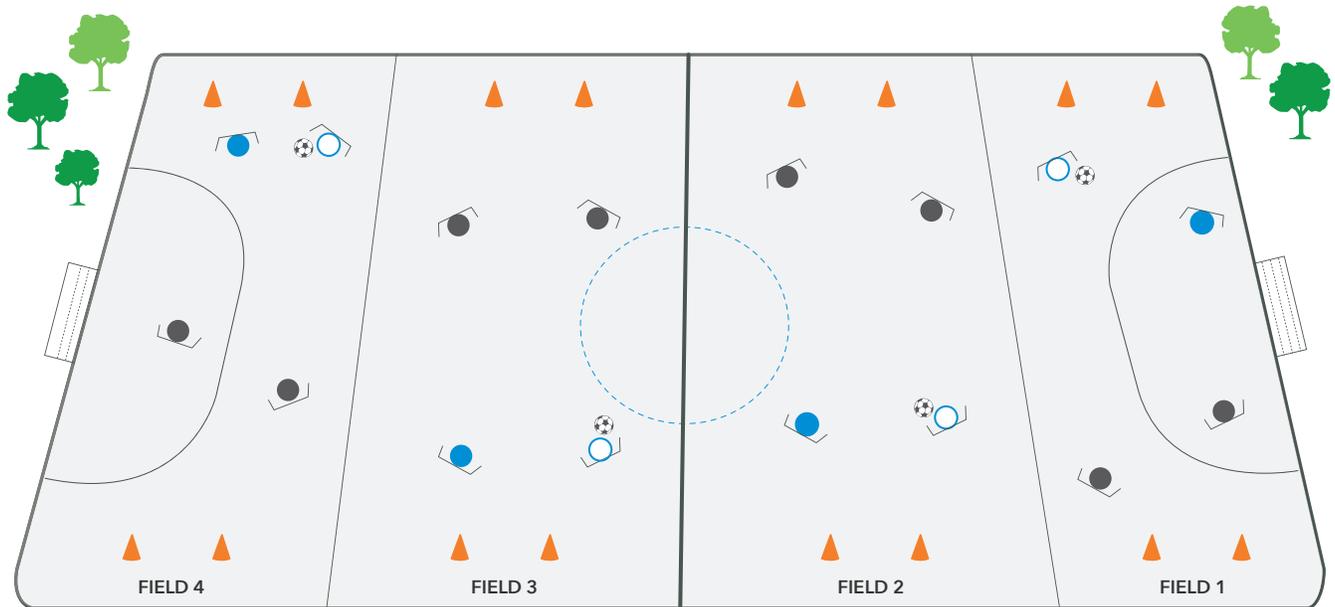
EQUIPMENT: 1 per player, 3 + 6 per field

**OBJECTIVES:** Working as a team to successfully stop the ball in the goal (2 points) or kick the ball into the goal (1 point).

Divide the field into 4 small ones and place the target in the goal. Play **2-on-2** with or without goalkeepers based on the following basic rules:

- Use your **feet** primarily to pass and drive the ball into the opponent's goal.
- Keep the ball **in bounds** or make a throw-in from the sidelines.
- Prohibit **contact** (interference with the opponent to get possession of the ball by touching the player before he/she gets the ball), **tackling** and **sliding**.

To **score 1 point**, stop the ball between the two cones (blocking with the soles of your shoes) or outwit the goalie (shooting under his or her shoulders).

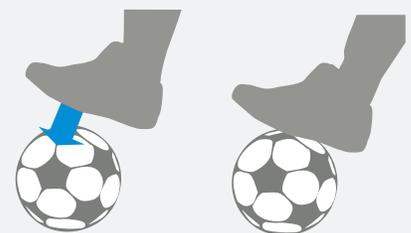


### VARIATIONS:

- **TOURNAMENT.** At the end of the tournament, go to upper field if you won or move to lower field if you lost.
- **LOBBED PASSES.** Pass the ball over the goalie to make him or her stop in a designated area. If successful = 2 points. If the goalie intercepts the ball = 1 point for his or her team.

### Blocking with the soles of your shoes

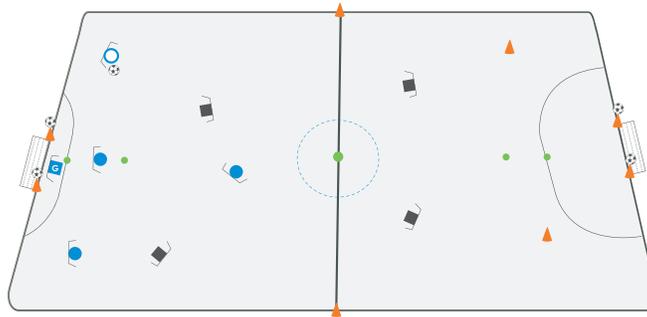
Stop the ball by applying pressure with the front of your feet (from your toes to the front of your arch). Do not step on the ball or put too much weight on it.



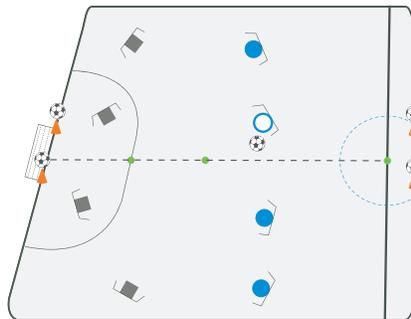
EQUIPMENT: 1   per player, 1 , 1  +  per field

**OBJECTIVE:** Practicing offensive techniques on a small field and scoring goals (as a team).

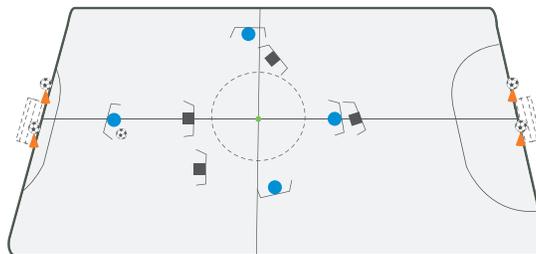
**WORKSHOP A.**  Divide the field into **two zones with a center line**. Designate **one team of attackers** and **one team of defenders**. On defense, place two players per zone who must stay there and defend their territory. On offense, choose the formation you prefer (2-2, 1-2-1 or 1-3) and move around the two zones to try to kick the ball at the goal. Switch positions after each shot on goal.



**WORKSHOP B.**  Divide the field into **two zones along its length** and play a **4-on-4** game in each zone. Place **two defenders** and **two attackers** on each part of the field (where they must stay). Only the ball can cross from one zone to the other.



**WORKSHOP C.**  Divide the field into **four intersecting mini-fields**. Two players per team must stay in their own zone (similar to **WORKSHOP B**). The remaining players must stay in their own zone (on offense or defense) and play the same way they did in **WORKSHOP A**.



In soccer, formation is defined by the number of players in each position in a line starting at the back: defenders, midfielders and forwards. For example, a 2-2 formation consists of two defenders and two forwards and a 1-2-1 formation consists of one defender (or sweeper), two midfielders (or wingers) and one center forward (or pivot).



For more details on the **outdoor soccer** leagues in your area, please visit the RSEQ website.