

Rising Stars & Future Legends -CCSA Summer Camp 2026

Day 1 - Drill 1

Rondo 5v2 (10 min) - Possession, Pressing Intro

Setup

- 5-cone circle ~ 10 yards diameter
- 5 outside players, 2 defenders in the middle
- One ball per group: 2 touch max

Rules & Progression

- Free touch (2 min) - get loose
- 2 touch limit - defenders press immediately on receipt
- 1 touch only - outside players must offer constant support angles

Coach Points

- Defenders: coordinate press - one pressures, one cuts passing lane
- Outside Players: constant movement, never stand flat
- Body open before the ball arrives to play 1 - touch

Tactical Link:

This rondo mirrors real pressing situations. The 2 defenders must communicate --who goes and who covers - identical to pressing triggers in a full sided game.

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Day 1 - Drill 2

High Press Trigger (15 min) - Pressing Shape

Setup

- Half field with cones marking a high press zone - past halfway
- 4 attackers (with ball) vs 3 defenders trying to win it back
- Coach stands at the side as the “trigger” signal caller.

Rules & Progression

- Attackers circulate the ball - no goal just possession.
- When the coach shouts “press” defenders immediately trap & press.
- Defenders score a point by winning possession and dribbling out of the zone.
- Rotate attacking/defending every 4 min.

Coach Points

- Press in a coordinated wave - don't all rush at once.
- Force play to the sideline - press toward a weak side.
- If the press is beaten, recover shape immediately.
- The “trigger: bad touch, back pass or goalkeeper ball = press now.

Tactical Link:

Teach the “why” - winning the ball high up the field leads to easier goals.

Coach Tip:

Introduce the concept of “pressing triggers” - specific moments that signal the team to press together. This is what separates organized teams from chaotic ones.

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Day 1 - Drill 3

Transition 3v2+1 (20 min) - Transitions, Finishing

Setup

- Full-length half-field with a goal at each end
- 3 attackers start at halfway; 2 defenders + keeper at the far end
- A 4th attacker starts off to one side as a "joker" who joins after the ball crosses halfway

Rules & Progression

- Coach plays the ball to the 3 attackers who immediately attack
- When they cross halfway, the joker (4th player) joins — making it 4v2
- If defenders win ball, they counter to the opposite goal (now 2v1 with remaining attacker)
- Next set of players ready immediately after each sequence

Coach Points

- Attack: exploit the overload — don't hold onto ball too long
- Spread wide to stretch the 2 defenders horizontally
- Defender: delay and delay — don't dive in; wait for backup
- After losing the ball, sprint back — transitions are won in seconds

Coach Tip:

Transitions are where modern soccer is won and lost. Emphasize the split-second reaction when possession changes hands — every player must instantly ask "attack or defend?"

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Day 1 - Small Sided Games

5v5 Press & Counter (25 min) - High Press, Transition

Setup

- 35×25 yard field with full-size goals and keepers
- Teams of 5 outfield + keeper
- No offside rule

Rules & Progression

- Normal goal = 1 point
- Goal scored within 6 seconds of winning possession = 2 points (counter bonus)
- Goal scored after a coordinated team press wins the ball = 3 points
- Encourages immediate transition mentality

Tactical Link:

This game mirrors counter-pressing). When you lose the ball, press immediately – the opposition is disorganized for 5–6 seconds.

Coach Points

The point bonuses reshape behavior instantly. Players will start pressing in shape because they see the reward. Freeze play when a press is well executed – even if they don't score.

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Day 1 - Small Sided Games

6v6 Transition Game + End Zones (20 min) - Transitions

Setup

- 40×30 yard field with 5-yard end zones at each end instead of goals
- Teams of 6
- Score by dribbling into the opponent's end zone under control

Coach Points

End zone games remove the distraction of shooting technique and focus purely on transitional movement, decision-making, and spacing — exactly what 12+ players need to develop.

Cool Down & Debrief (10 min)

Cool Down

- Light 3-min jog decreasing in pace
- Static quad stretch — 40 sec each
- Seated hamstring — 40 sec each
- Hip flexor lunge stretch — 40 sec each
- Lying glute stretch — 30 sec each

Debrief

- What's a "pressing trigger" in your own words?
- Why is the first 5 seconds after losing the ball so important?
- When is counter-attacking the right call vs. slow build-up?

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Day 2 - Drills

Positional Rondo 7v3 (10 min) - Passing, Positioning

Setup

- Large circle or square, ~15 yards across
- 7 outside players, 3 defenders in the middle
- 1-touch limit for outside players
- Defenders must coordinate — no freelancing

Rules & Progression

- Standard 7v3 — outside players maintain possession
- Add "shadow" rule: outside players must move after every pass
- Two balls simultaneously — extreme awareness required

Coach Points

- Create triangles constantly — never form a straight line with teammates
- Play away from pressure — weight of pass matters at this age
- Scan before receiving — know your next action before the ball arrives

Tactical Link:

The two-ball variation forces a split attention and mirrors playing in tight midfield spaces where you must be aware of multiple threats simultaneously.



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Day 2 - Drills

3rd Man Combination Patters (15 min) - Combinations, Movement

Setup

- Cones in a diamond – 12 yards between each point
- Groups of 4 – one player at each cone
- One ball starts at cone A (bottom)

Rules & Progession

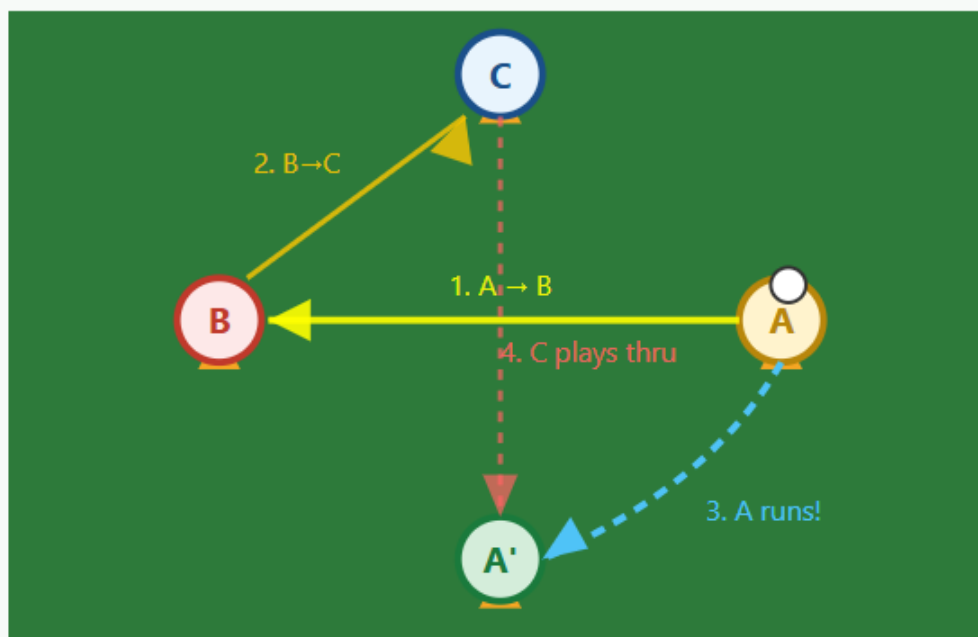
- A passes to B (left cone)
- B lays off to C (top cone) – one touch
- A has continued their run – C plays through ball to A at far cone
- A becomes the new top – rotate pattern

Coach Points

- The third man (A) must time their run – not too early, not too late
- The layoff (B to C) must be perfectly weighted – into C's stride
- Eye contact and verbal cues between players (B calls "C's ball!")
- Add a live defender on A to make the timing more realistic

Tactical Link:

The third-man run is how elite teams unlock compact defenses. Player A draws the defense, B acts as the link, and C releases A into space. Classic midfield combination.



○ A (starter) ○ B (link) ○ C (release) → Third-man run

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Day 2 - Drills

Positional Play Build Out 4+2 vs 4 (20 min) - Positional Play, Passing under pressure

Setup

- 30x25 yard grid divided into 3 horizontal zones
- 4 possession players + 2 "free" jokers who always play with the team in possession
- 4 defenders who must stay in their zones (1 per outer zone, 2 in middle)

Rules & Progression

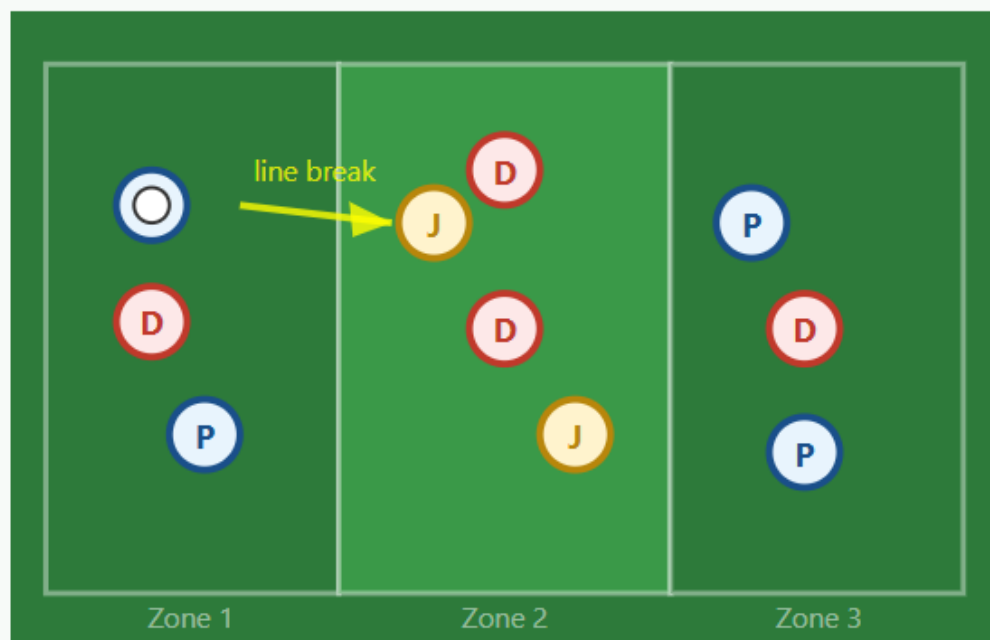
- Possession team tries to move ball through all 3 zones to score a point
- Jokers create the numerical advantage in each zone
- Defenders can only intercept, not tackle in outer zones
- On turnover, defenders become possessors

Coach Points

- Recognize overloads — 3v1 in a zone is easy; take 2 touches max
- Vertical passes (line-breaking balls) unlock the next zone
- The jokers must constantly read which zone needs them
- Don't panic under press — find the free joker first

Tactical Link:

The third-man run is how elite teams unlock compact defenses. Player A draws the defense, B acts as the link, and C releases A into space. Classic midfield combination.



○ Possession (P) ○ Jokers (J) ○ Defenders (D)

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Day 2 - Small Sided Games

5v5 Positional Game 3 Zone (25 min) - Positional Play, Build Up

Setup

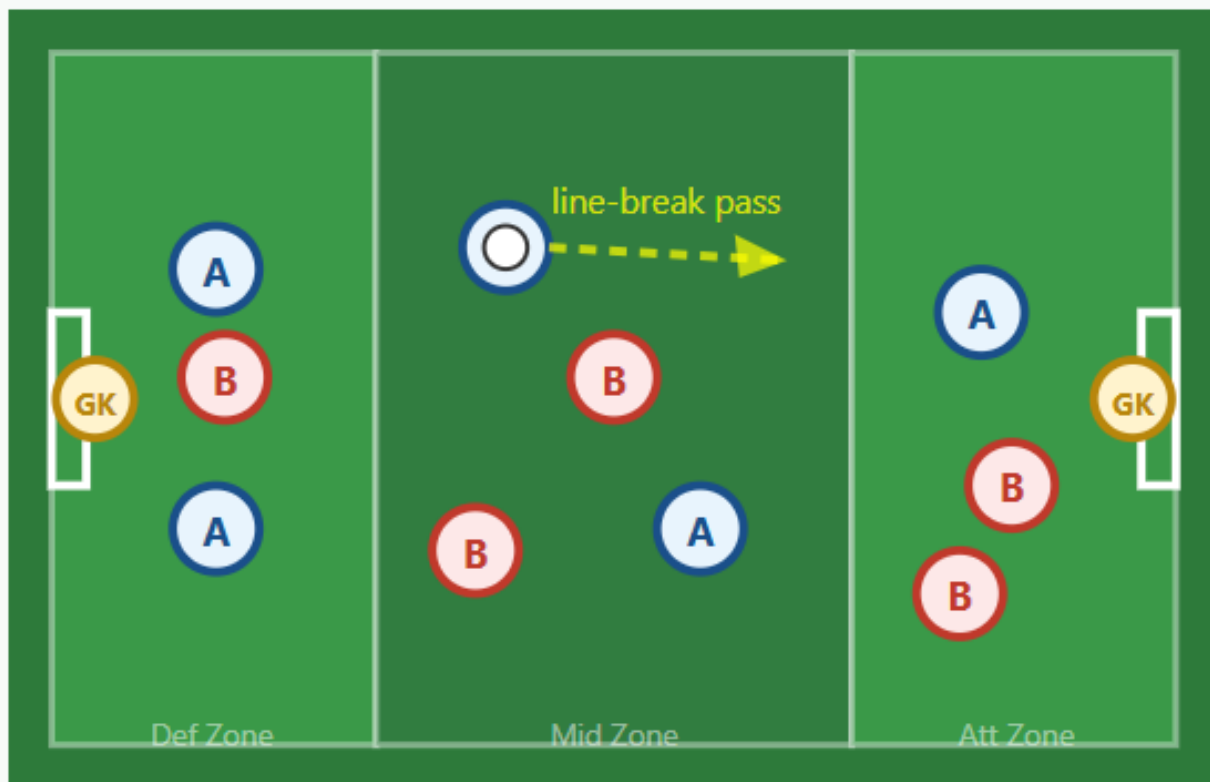
- 40×30 yard field divided into 3 zones with full goals and keepers
- Teams of 5 outfield
- Max 2 players from each team in each zone

Rules & Progression

- Ball must visit at least 2 zones before a shot on goal
- Player can move to adjacent zones, but zone limits enforce spacing
- Goal scored after a "line-breaking pass" through a zone = 2 points

Tactical Link:

Zone restrictions simulate positional roles — defenders stay deep, midfielders link, forwards finish. Players start understanding the purpose of their position rather than just "following the ball."



○ Team A ○ Team B → Line-break pass (2 pts)

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Day 2 - Small Sided Games

6v6 Free Play - Coaches Challenge (20 min) - Combination Play, Competitive

Setup

- Full-size 6v6 on 40×35 yard field with keepers
- Standard rules — no zone restrictions

Rules & Progression

- Every 5 min, coach introduces a live constraint:
- "Third man only" — must use a third-man combination to score
- "One-touch zones" — in the final third, one touch only
- "Free" — play naturally with no rules

Coach Tip:

The coach challenge system keeps 12+ players engaged and removes repetition. The "free" round often produces the best soccer — players relax and trust their instincts.

Cool Down & Debrief (10 min)

Cool Down

- Partner stretch: one player assists the other's hamstring — 40 sec each
- Pigeon stretch (hip flexors) — 45 sec each side
- Thoracic rotation lying down — 10 reps each side
- Calf and ankle mobility — 30 sec each

Debrief

- Draw a 5v5 shape — ask players where each position should be when the team has the ball
- Ask: "What's a third-man run and why does it work?"
- Preview Day 3: "Tomorrow — set pieces and game management under pressure"

Coach Tip:

Drawing on the ground with a stick or using a clipboard diagram is highly effective with this age group. Visual learners represent the majority of players.

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Day 3 - Drills

Activation Rondo + Sprint Transitions (8 min) - Activation, Passing

Setup

- 4v1 rondo in 8x8 yard box
- Second cone gate 15 yards away

Rules & Progression

- When defender wins the ball OR after 8 consecutive passes, everyone sprints through the cone gate and back
- Immediately restart the rondo
- Forces explosive recovery sprints between technical work

Coach Tip:

This mirrors real game intensity – bursts of technical work followed by sprinting. Gets players ready for the tournament without a slow warm-up.

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Day 3 - Drills

Set Piece Workshop - Corners & Free Kicks (20 min) - Set Pieces, Delivery & Runs

Setup

- Near post flick-on: 1 player attacks near post to flick to far post runner
- Inswinger to penalty spot: 1 player held at edge, drives to penalty spot on delivery
- Short corner: 2-player short combination, then whip in — keeps defense honest
- Assign specific runners to specific zones; practice each 3–4 times

Rules & Progression

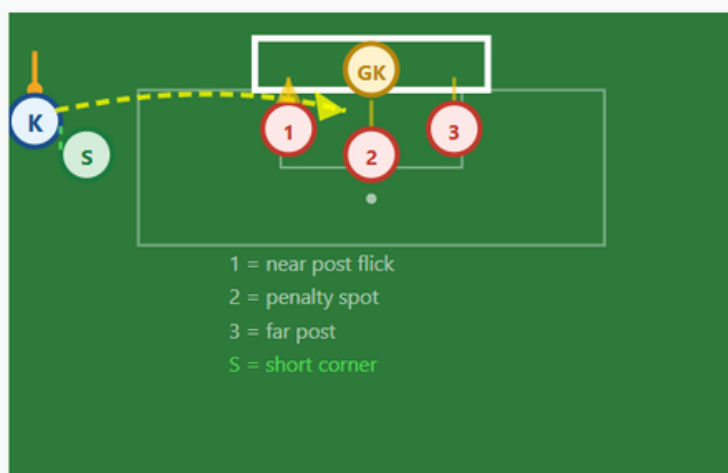
- Direct shot: designated shooter, wall jump on signal
- Dummy run: one player steps over ball, second player shoots
- Cutback: ball rolled to edge of box, cutback shot — best for tight angles
- Pick 1 routine per game situation — don't overload players with options

Defensive Set Pieces:

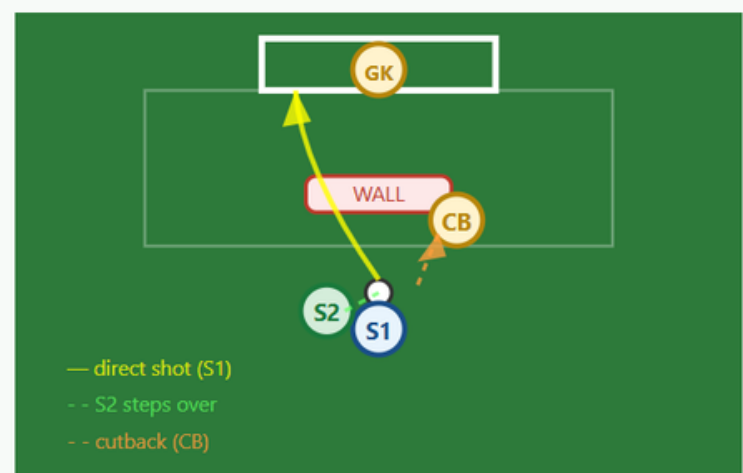
- Zonal vs man-marking — teach both, let players understand the trade-offs
- First contact: central defenders must attack the ball, not wait
- Second ball recovery: one player stays outside the box for the clearance

Tactical Link:

Set pieces account for roughly 30% of goals in professional soccer. At 12+, players can start executing real rehearsed routines — it creates a huge competitive advantage even at youth level.



○ Kicker (K) ○ Runners 1-3 ○ Short option



○ Shooter 1 ○ Dummy (S2) ○ Cutback

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Day 3 - Drills

Game Management Scenarios (15 min) - Composure, Decision Making

Setup

- 5v5 on 35x25 field with full goals
- Coach announces the scenario before each 4-minute round
- Teams must adapt their play style to the scenario

Rules & Progression

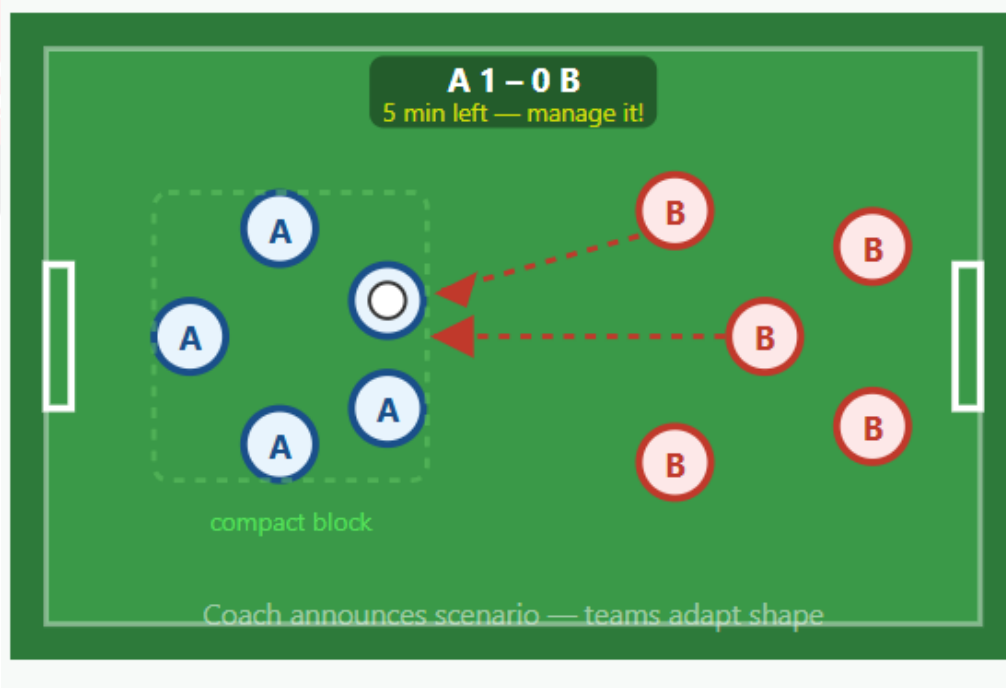
- ● Winning by 1 with 5 min left: How do you manage the game?
- ● Losing by 1 with 5 min left: Push or stay patient?
- ● Playing with 10 men: How does shape change?
- ● Opponent parks the bus: Breaking a low block

Coach Points:

- Winning: keep the ball wide, play into corners, force opponent to come out
- Losing: more direct, higher press, get wide and cross early
- 10 men: compact shape — 4-4-1 or 4-5-0, work as a unit
- vs Low block: wide overloads, cutbacks, shots from distance to draw keeper out

Coach Tip:

Ask players "what would you do?" before revealing the answer. Building game intelligence is about players reasoning through problems themselves.



○ Winning team (compact) ○ Losing team (pressing)

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Day 3 - Small Sided Games

Tournament Round Robin (40 min) - All Skills, Peak Intensity

Setup

- 3–4 teams of 5–6 players
- Round-robin: 8-min games, 3 pts for win, 1 for draw
- Top 2 meet in a 12-min final
- All standard rules + offside (12+ should know offside)

Rules & Progression

- Set pieces are live — teams use their rehearsed routines
- Coach can call a "scenario" (e.g. "red team is now down 1") mid-game
- Managers (2 players who rotate out) must give instructions from the sideline

Sportsmanship & Competitive Edge:

- No complaints about decisions — coach's call is final
- Handshake line before and after every game
- The "Manager" role teaches leadership communication

Coach Tip:

The manager rotation is powerful — players who are watching learn to read the game analytically. Ask them "what would you change about your team's shape right now?"

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Day 3 - Small Sided Games

Awards, Cool down and Debrief (15 min)

Cool Down

- **Static stretching — full body (5 min)**
- **Foam roll if available: quads, IT band, calves**
- **Breathing: 4-count inhale, 6-count exhale — 5 rounds**

Rules & Progression

- **Tournament Champions**
- **Best Press (Day 1 theme)**
- **Best Combination Play (Day 2 theme)**
- **Best Game Management (Day 3 theme)**
- **Most Tactical Progress**
- **Best Leader / Communicator**
- **Best Shot**
- **Best Passer**

Final Player Challenge:

- **Each player states: (1) one skill they improved this camp, and (2) one tactical concept they'll take into their next real match. Coaches give a short personalized 1-sentence note to each player about what they did well.**

Coach Tip:

At 12+, players respond deeply to being seen as individuals. A personalized comment — "your pressing triggers were the best I saw all week" — will be remembered for years.