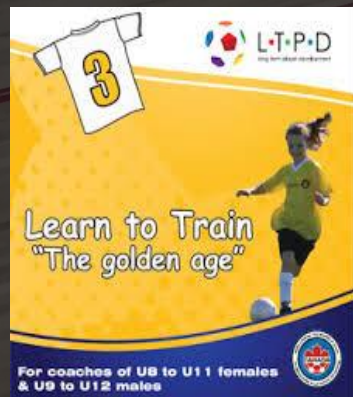




Learn to Train Practice Plan



Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Learn to Train

Preferred Training Model

Station Time	Area
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12-15 Minutes

Organization

Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.

Procedure

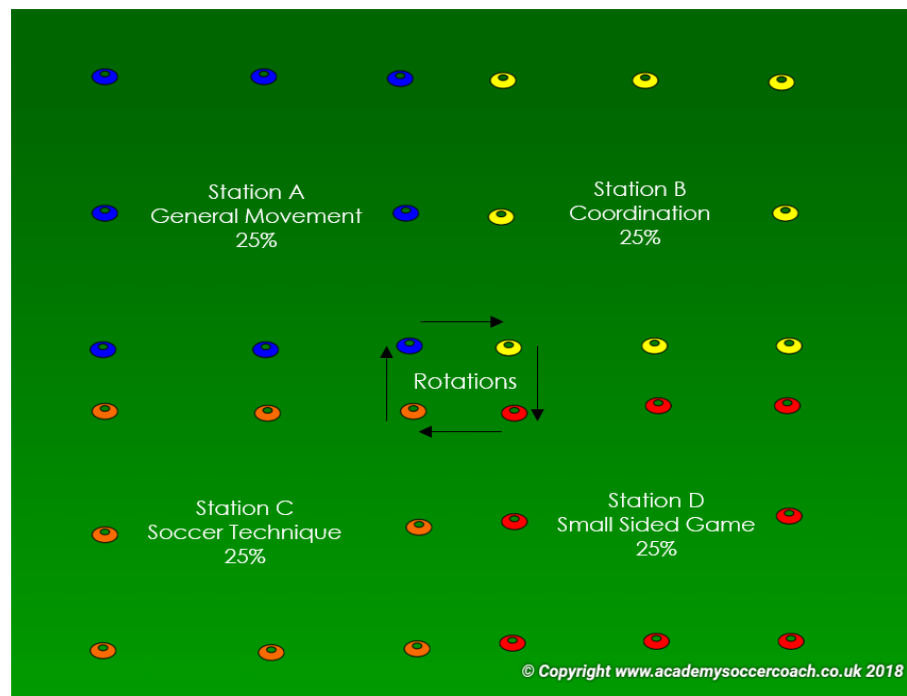
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

Progression

Be prepared to progress an activity/game based on the level of the group.

Conditions

Be prepared to add a condition that challenges the group.



Objective

To provide a safe, challenging environment where players develop good training habits and a desire to want to train.

Technical	Psychological
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Refine Techniques

FUN

Physical	Social
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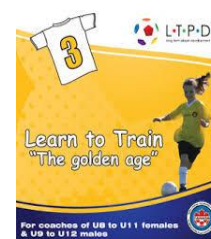
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Snatch!

Station Time	Area
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12-15 Minutes	30m x 30m
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Organization

Players are partnered with each other and have 1 ball.

Procedure

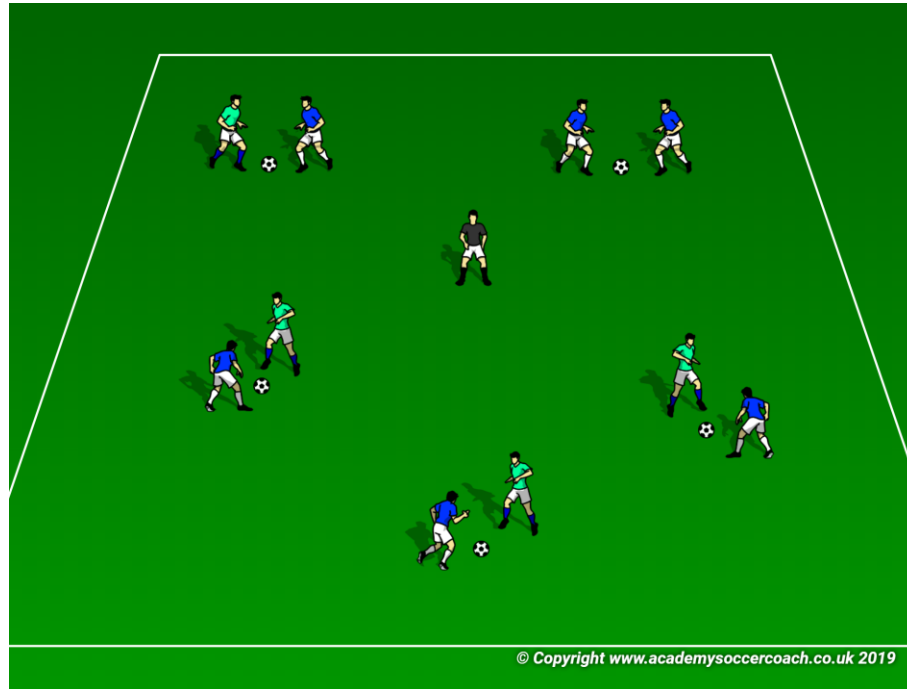
Players face each other with a ball between them. When the coach says a body part (head), then the players have to touch that body part. Repeat with different body parts or actions (jump) and on the command "SNATCH" the players must try and grab the ball before their partner does.

Progression

N/A

Focus

N/A



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Objective

All Players are active and engaged,

Technical/Tactical	Psychological
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Fitness
Coordination

Awareness
Commitment
Confidence
Motivation

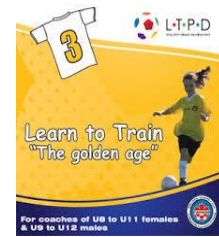
Physical	Social
----------	--------

ABC,s
Change of Direction
Basic Motor Skills

Decision Making
Communication
Problem Solving

Outcome

Individual:
Players are quick in their decision making.
Collective:
Have fun!



Learn to Train

Game– 4v4

Station Time **Area**

12-15 Minutes 30mx 30m

Organization

4 goals – 2 teams, each team defends 2 nets.

Procedure

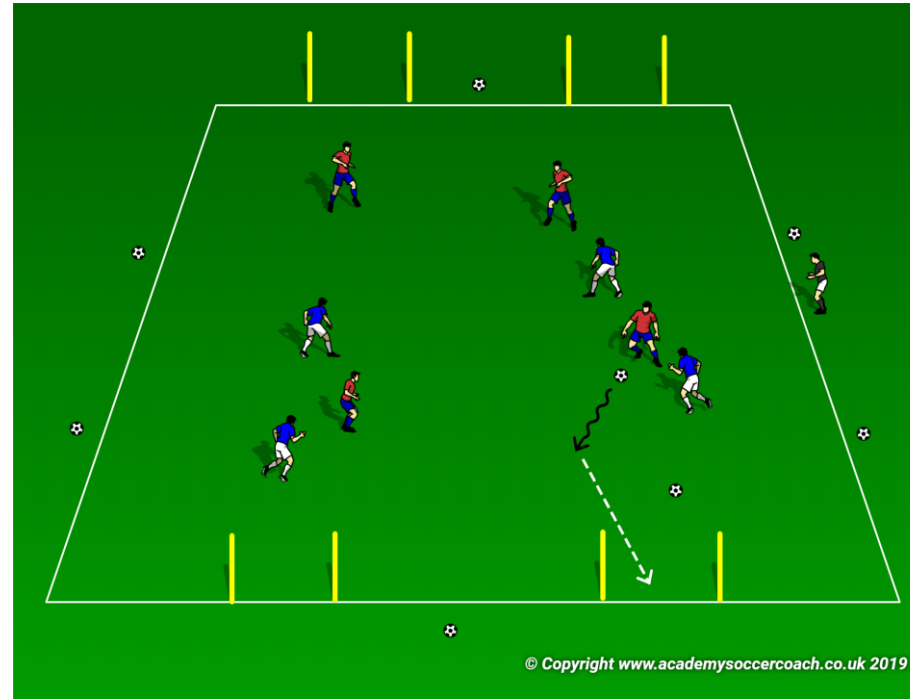
Play 4v4 without goalies.

Progression

Add a goalie on each team to defend the goals,

Focus

Players can change the point of play.



Objective

Players can keep the ball to take a shot under pressure.

Technical/Tactical **Psychological**

1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
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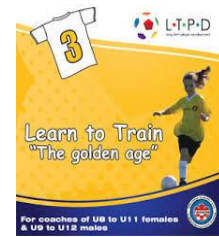
Physical **Social**

Change of Direction Reactions Speed	Problem Solving Decision Making Patience
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Outcome

Individual:
Players can dribble/attack defenders at speed, using both feet.

Collective:
Players are unpredictable.



Learn to Train

Soccer Coordination –1v1, 2v2 Games

Station Time

12-15 Minutes

Area

20m x 20m

Organization

4 nets are placed back-to-back. Players are lined up beside the coach.

Procedure

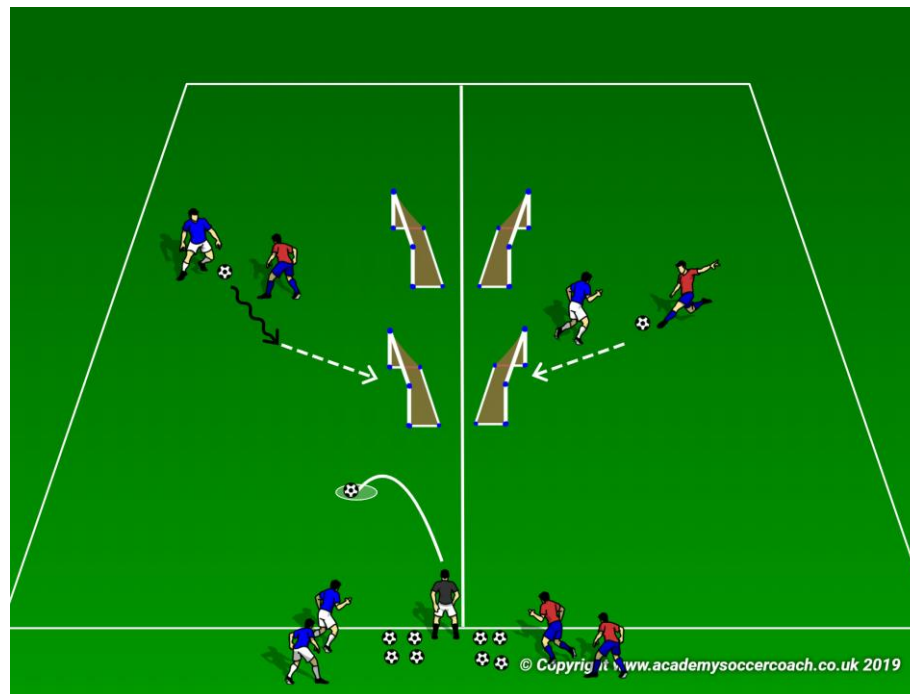
Coach plays a ball into the area and the first 2 players play until a goal is scored or goes out of play. Make the game fast-paced and play another ball in for the next 2 players so that multiple games are going on at once.

Progression

Play 2v2s or 3v3s.

Focus

Players are confident on the ball to take on opponents.



Objective

Players can move the ball quickly and efficiently from one side to the other.

Technical/Tactical

Creativity
1v1 Attacking
Running with the Ball
Dribbling

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

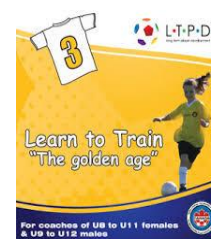
Outcome

Individual:

Ball carrier uses body feints/quick change of direction to beat opponent.

Collective:

Players are unpredictable in attack.



Learn to Train

Small Sided Game– 6v6

Station Time	Area
12-15 Minutes	25m x 30m
Organization	
2 teams of 6. Free play.	
Procedure	
Allow the players to express themselves in the game.	
Progression	
N/A	
Focus	



Objective	
Players show positive mentality, looking for opportunities to beat/take on opponents whenever possible.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players take positive first touch to advance ball.	
Collective: Players identify and exploit gaps/space to beat opponents.	

