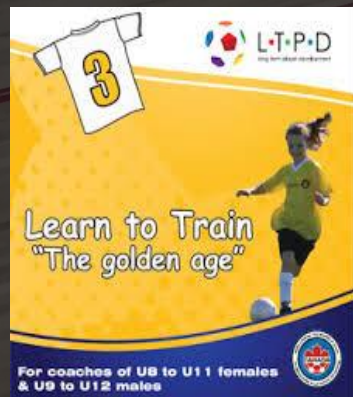




Learn to Train Practice Plan



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

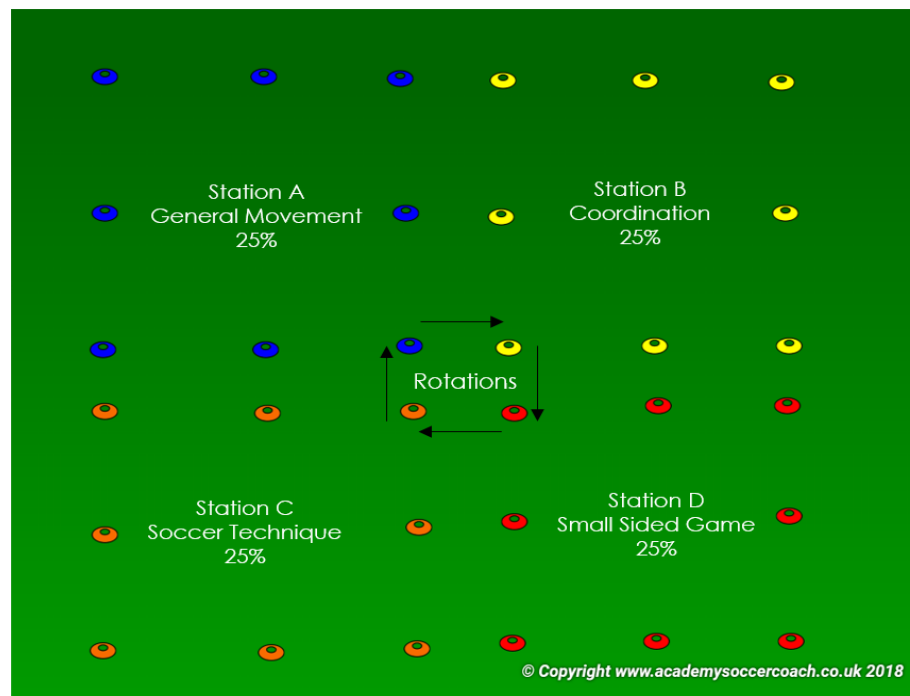
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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	
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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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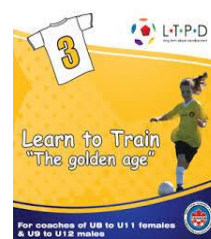
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

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



Learn to Train

General Movement – Technical Warm-Up

Station Time **Area**

8-12 Minutes 10m x 10m

Organization

Coach stands in the middle with players in a circle

Procedure

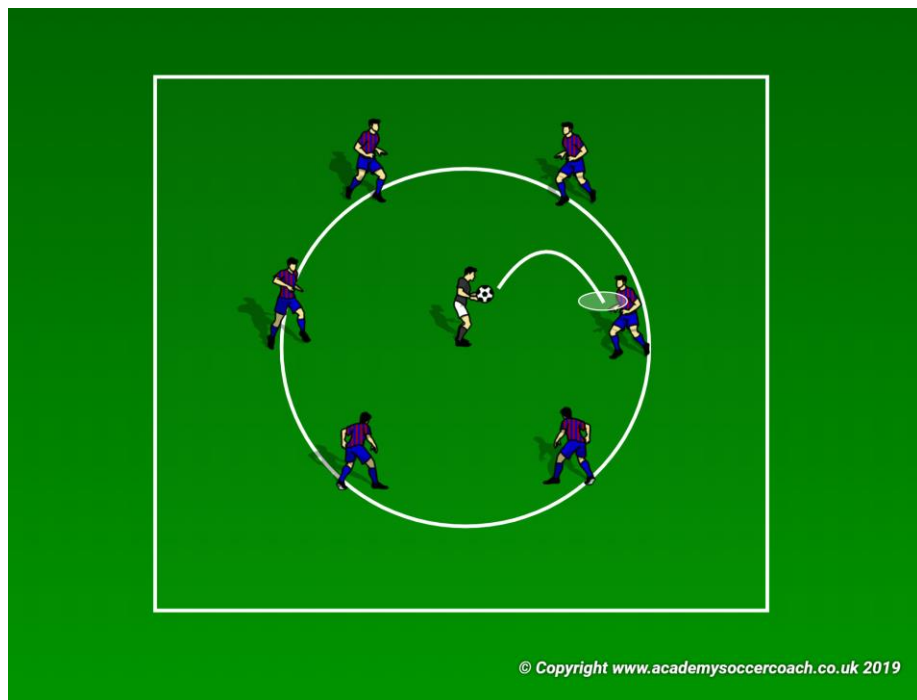
Players stand around coach and perform a movement (ex. jumping jacks). Coach tosses ball and calls out either "catch/head". The player must play the ball with the OPPOSITE that is called back to the coach - ex. "Head", therefore player must catch the ball. "Catch", player must head the ball back

Progression

Make it competitive - Play elimination if players understand the game.

Focus

N/A



Objective

All Players are active and engaged,

Technical/Tactical	Psychological
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Awareness
Decision Making

Confidence
Determination
Motivation

Physical	Social
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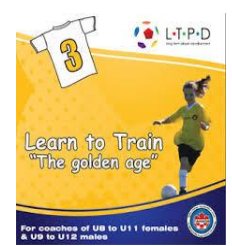
ABC,s
Awareness
Basic Motor Skills

Peer Interaction

Outcome

Individual:
Players can change direction at speed.

Collective:
Players can identify open spaces.



Learn to Train

Ball Mastery - Technical

Station Time	Area
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12-15 Minutes 25m x 25m

Organization

Set up 2 players on each outside cone. Place a box in the middle approx. 10 m away.

Procedure

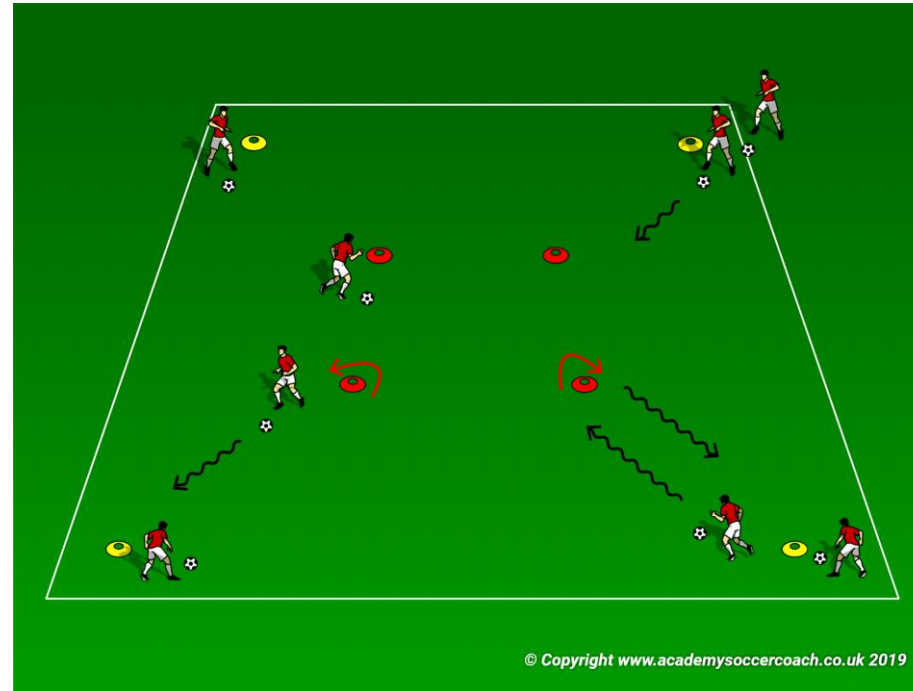
Players must dribble to the cone in front of them and perform a variety of turns (pull back, Cruyff turn, etc.) When they come back the next player goes.

Progression

1. Players dribble through the middle, perform a skill, and dribble to the opposite end.
2. Make it a competition – First team to dribble to the cone and back 4 times wins!

Focus

Quality turns. Movements are sharp and dynamic.



Objective

Players demonstrate confidence and ability to deceive opponents by changing speed and direction..

Technical/Tactical	Psychological
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Creativity Dribbling Running with the Ball	Confidence Motivation Competitiveness
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Physical	Social
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ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
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Outcome

Individual:
Players can change direction at speed.

Collective:
Players are confident in possession.



Learn to Train

Skill Activity – 1v1 to Goal

Station Time	Area
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12-15 Minutes 2x 15m x 25m

Organization

Teams of 3 start at opposite goals. Balls start with the coach at the middle. No goalies.

Procedure

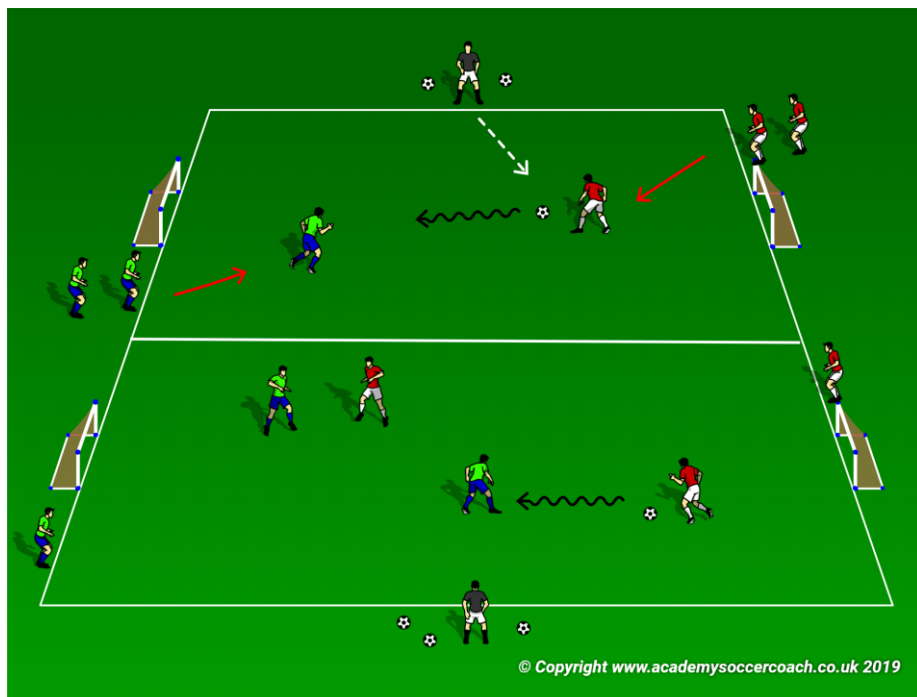
Coach calls out a number between 1-3. This number corresponds to the number of players from each team will play – ex. (1=1v1, 2=2v2, 3=3v3)

Progression

Introduce a gate within the area that attackers need to dribble through before scoring.

Focus

Limit time per rep – 10 seconds to score



Objective

Players can change speeds in attack.

Technical/Tactical	Psychological
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1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation
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Physical	Social
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Change of Direction Use of Body in 1v1s Strength	Problem Solving Decision Making Patience
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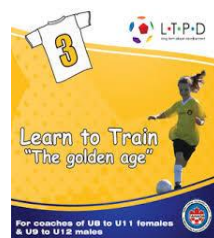
Outcome

Individual:

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

Collective:

Players are unpredictable.



Learn to Train

Small Sided Game – Match Play

Station Time

12 – 15 Minutes

Area

20m x 30m

Organization

If 12 players 2 fields. Less than 12 – split into 3 teams. Gk's optional. Retreat line (Red Markers).

Procedure

Teams play 90 second matches – winner stays on, if team scores opponents are off and new team comes in. Can begin with every time ball goes out of play, the team that touches it last is off, and new team comes in. Teams must make minimum of 1 pass before finishing.

Progression

1. Teams get double points for beating opponent 1v1 before scoring.

Focus

Players are comfortable with the ball under pressure.



Objective

Fun and creativity.

Technical

1v1 Attacking
Dribbling
Running with the Ball
Finishing

Psychological

Concentration
Teamwork
Competitiveness

Physical

Stamina
Speed
Awareness

Social

Teamwork
Communication
Decision Making

Outcome

Individual:

Players receive open and facing forward in-between defenders.

Collective:

Attackers manipulate/move defenders with off the ball runs and positioning.

