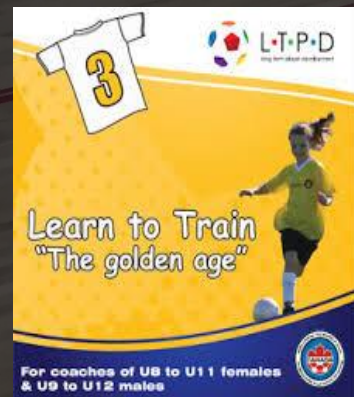




# Learn to Train Practice Plan



**Topic: Ball Mastery - Dribbling**  
*Grassroots Development U9-12 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

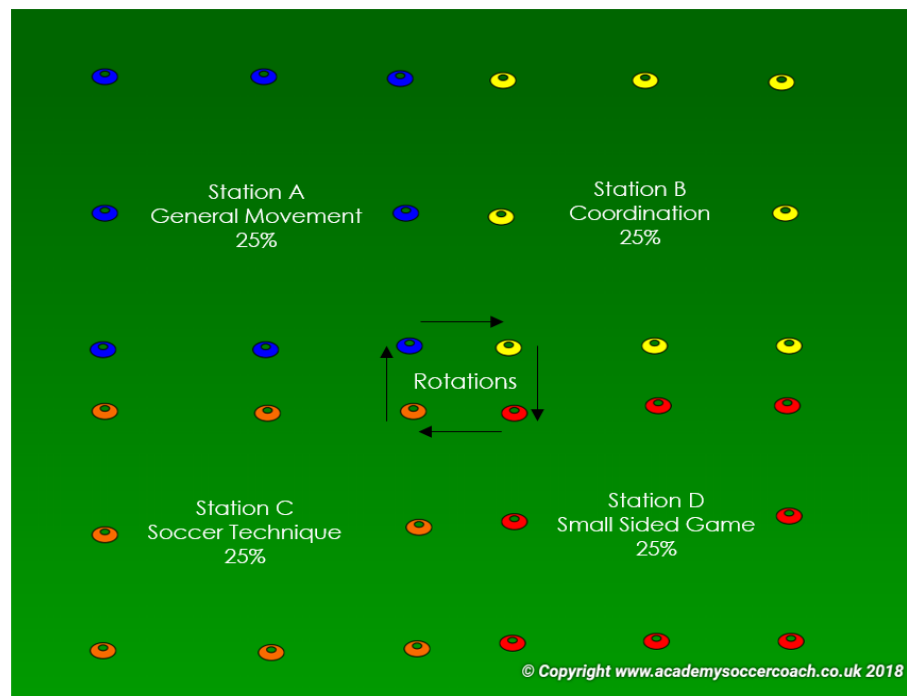
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

### 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.

<b>Technical</b>	<b>Psychological</b>
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Refine Techniques

FUN

<b>Physical</b>	<b>Social</b>
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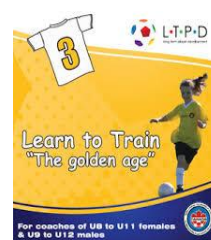
Physical Literacy

Decision Making

## Outcome

**Individual:** Players develop good training habits.

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



# Learn to Train

## General Movement – Ball Familiarity

### Station Time

8-12 Minutes

### Area

25m x 25m

### Organization

All players have a ball each. 4 boxes in each corner.

### Procedure

Players dribble their ball in the area and must always be moving. Coach will give instruction on ways to dribble and allow the players to do their own way of dribbling. When the coach calls a colour, then the players have to dribble to that square. Last player has to do 5 jumping jacks.

### Progression

Players will name the squares after countries. Add 1-2 defenders for more difficulty.

### Focus

N/A



### Objective

All Players are active and engaged,

#### Technical/Tactical

Awareness  
Decision Making  
Protecting the ball

#### Psychological

Confidence  
Determination  
Motivation

#### Physical

ABC,s  
Awareness  
Basic Motor Skills

#### Social

Peer Interaction

### Outcome

#### Individual:

Players can change direction at speed.

#### Collective:

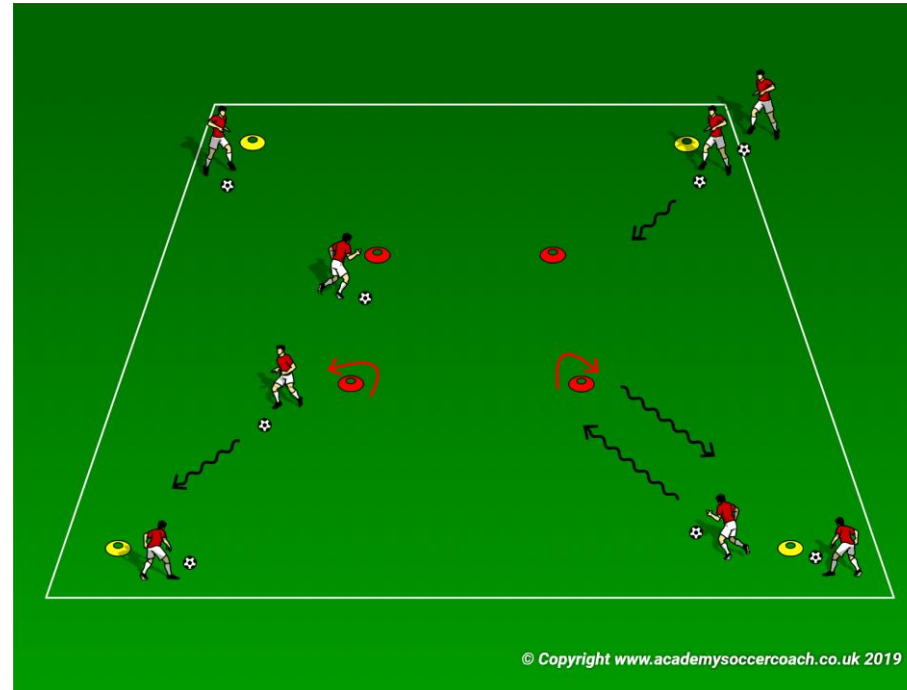
Players can identify open spaces.



# Learn to Train

## Ball Mastery – Technical

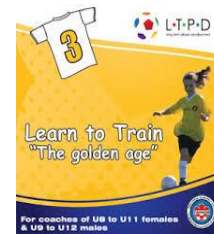
Station Time	Area
12-15 Minutes	25m x 25m, 10m x 10m
Organization	2 players in each corner. 1 smaller box in the middle.
Procedure	Players dribble using various techniques to the cone, perform a turn, and dribble back. Change the different types of turns on the ball (pull-back, inside/outside cut, Cruyff turn)
Progression	Players dribble through the middle square, perform a skill move, and through to the other side,
Focus	Dribble with controlled touches and sharp turning. Accelerate out of the move.



Objective	
Players demonstrate confidence and ability to deceive opponents by changing speed and direction..	
Technical/Tactical	Psychological
Creativity Dribbling Running with the Ball	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	

**Individual:**  
Players can change direction at speed.

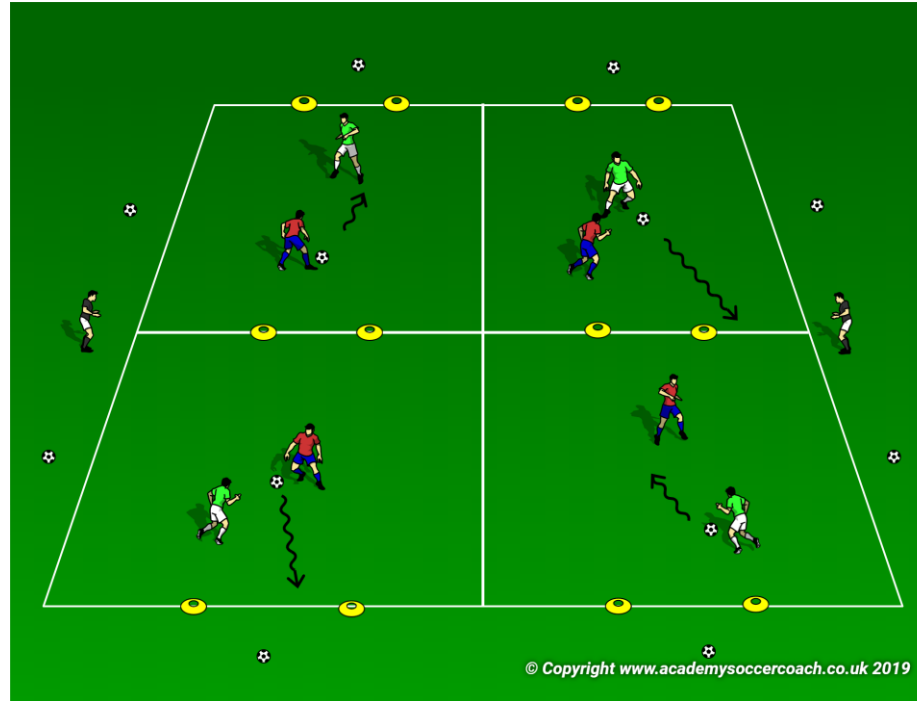
**Collective:**  
Players are confident on the ball.



# Learn to Train

## Skill Activity – 1v1 - Ladder

<b>Station Time</b>	<b>Area</b>
12-15 Minutes	15m x 12m
<b>Organization</b>	
Each area has a gate on each side.	
<b>Procedure</b>	
Players must dribble through the opponent's gate to score 2 points. If they dribble on either side of the gate, then they score 1 point.	
Play 1-2 minute games. Players that win move up the ladder.	
<b>Progression</b>	
N/A	
<b>Focus</b>	
Confidence to take players on.	



### Objective

Players can change speeds in attack.

#### Technical/Tactical

1v1 Attacking  
Dribbling

#### Psychological

Confidence  
Standards  
Motivation

#### Physical

Change of Direction  
Use of Body in 1v1s  
Fitness

#### Social

Problem Solving  
Decision Making  
Patience

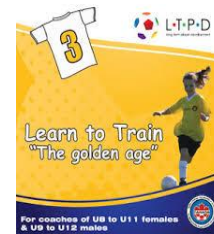
### Outcome

#### Individual:

Players can practice their skill moves and improve their confidence in 1v1 situations

#### Collective:

Players are unpredictable.



# Learn to Train

## Small Sided Game – 4v4 Game

Station Time	Area
12-15 Minutes	30m x 30m
Organization	
2 teams of 4 players.	
Procedure	
Game with kick-ins/dribble-ins.	
Progression	
N/A	
Focus	
N/A	



Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration	Teamwork Communication Decision Making Discipline Patience
Outcome	
<b>Individual:</b> Players receive open and facing forward.	
<b>Collective:</b> Players look to create numbers up situations all over the field.	

