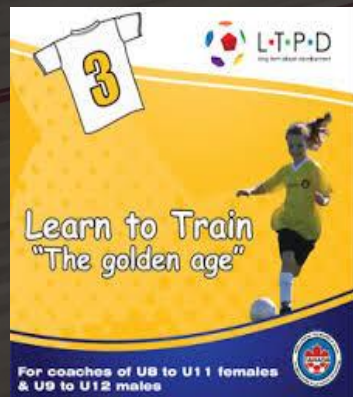




# Learn to Train Practice Plan



**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

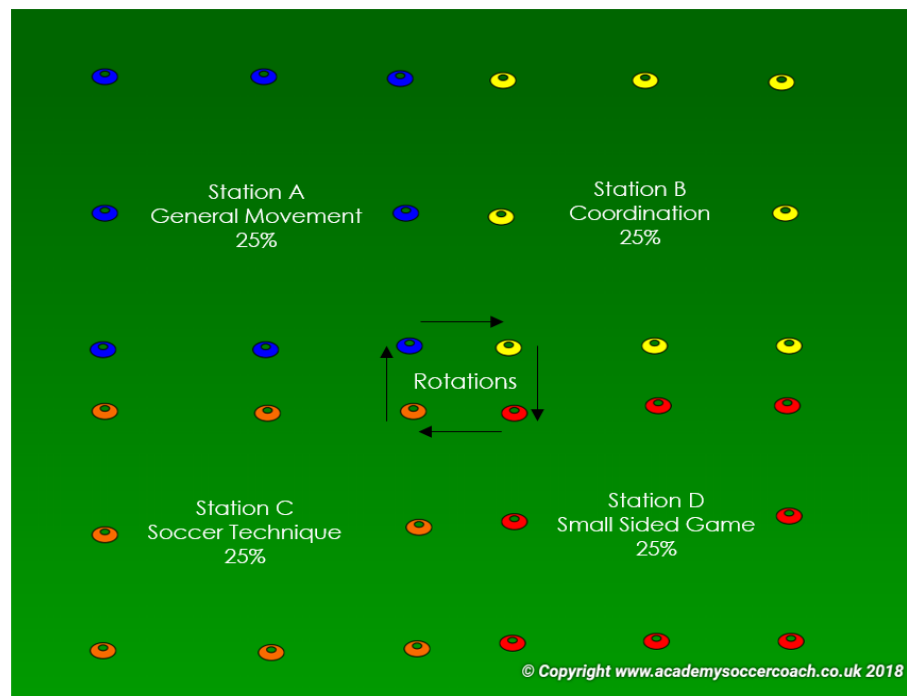
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

### 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.

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

FUN

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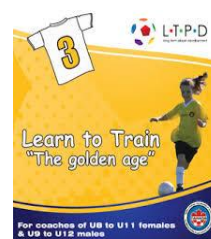
Physical Literacy

Decision Making

### Outcome

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

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



# Learn to Train

## General Movement – Technical Warm-Up

**Station Time**      **Area**

8-12 Minutes      10m x 10m

### Organization

3 taggers with their pinnies in their hand. Other players start without a ball.

### Procedure

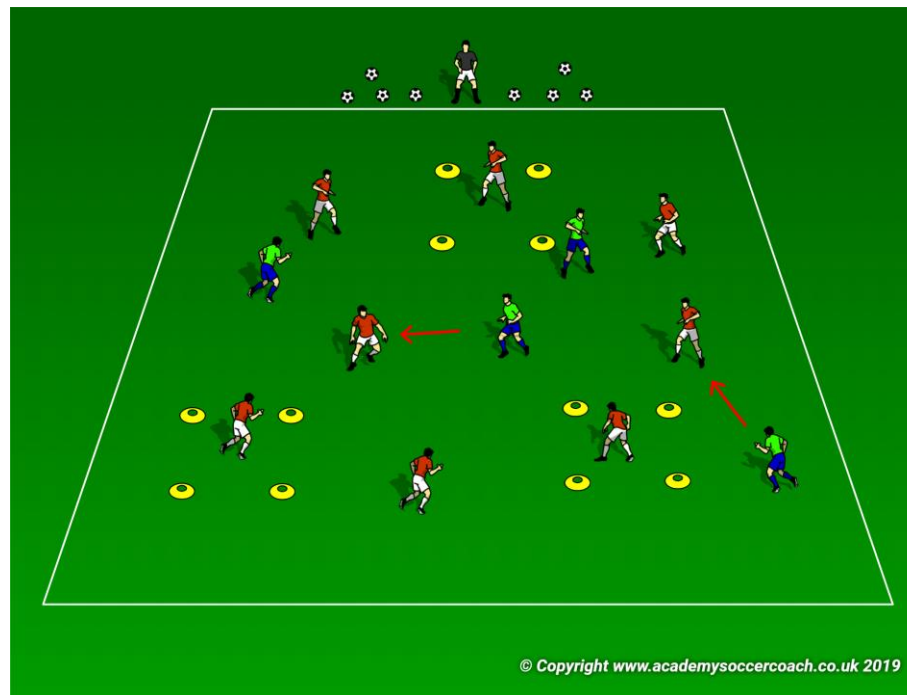
Tagger (player in green) must throw and make direct contact with another player with the pinnie. If hit, then that player takes the pinnie and tries to hit another player. The boxes represent a “free-zone” and only one player can stand in there at a time for a maximum 5 seconds. Play 2-3-minute games.

### Progression

All players except tagger have a ball. Taggers must hit the ball with the pinnie.

### Focus

Protect ball with skill moves and use of body.



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### Objective

All Players are active and engaged,

<b>Technical/Tactical</b>	<b>Psychological</b>
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Awareness  
Decision Making  
Protecting the ball

Confidence  
Determination  
Motivation

<b>Physical</b>	<b>Social</b>
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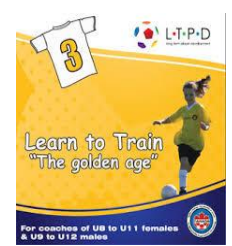
ABC,s  
Awareness  
Basic Motor Skills

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
--------------	------

12-15 Minutes      25m x 25m

### Organization

Every player has a ball. Gates are placed all around the area.

### Procedure

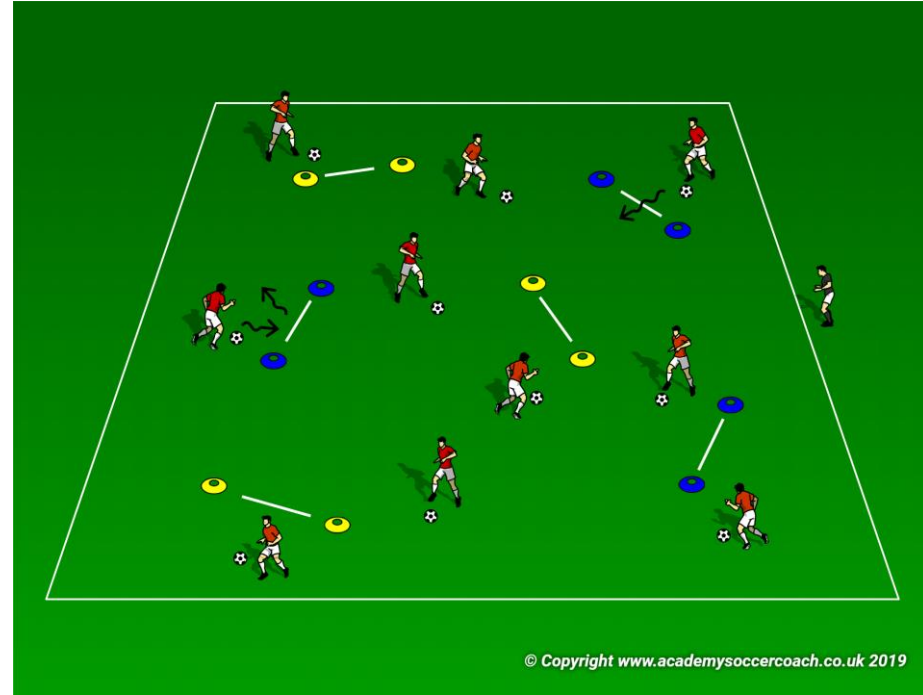
Players dribble through the gates, but they have to change the color of the gate each time (Blue-yellow-blue). Next call out a move (step-over, pull-back, etc.) and when they approach the gate the players must perform that move. Build a sequence of moves so that the next week they can work on the same with moves with a new one added (step-over, pull-back, Cruyff turn)

### Progression

Make into competition. Last player to dribble through 10 cones does 10 jumping-jacks.

### Focus

Tight dribbling. Head up. Dribble with speed and precision.



### 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
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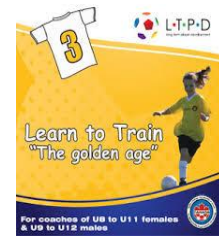
Physical	Social
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ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
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### Outcome

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

**Collective:**  
Players are confident in possession.



# Learn to Train

## Skill Activity – 1v1 to Goal

**Station Time**      **Area**

12-15 Minutes      2x 15m x 25m

### Organization

Teams of 2-3 start at opposite ends. Balls start on one end (with defenders).

### Procedure

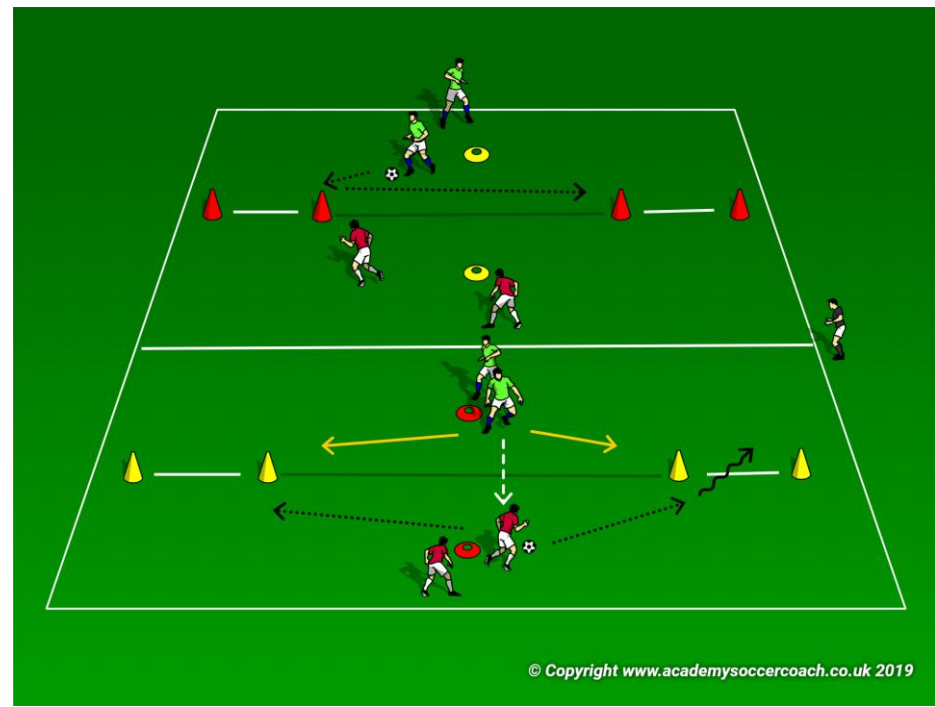
Defending player passes the ball across to the attacker. Attacker can then dribble through either gate before the defender stops them. Defender can only block or delay the attacker from scoring in their own half of the fields. Attacker has 6 seconds to score.

### Progression

N/A

### Focus

Quick change of direction to unbalance the defender.



### Objective

Players can change speeds in attack.

Technical/Tactical	Psychological
--------------------	---------------

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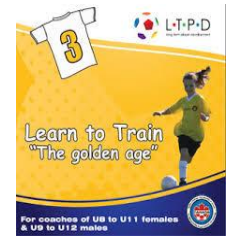
Physical	Social
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Change of Direction Use of Body in 1v1s Strength	Problem Solving Decision Making Patience
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### Outcome

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

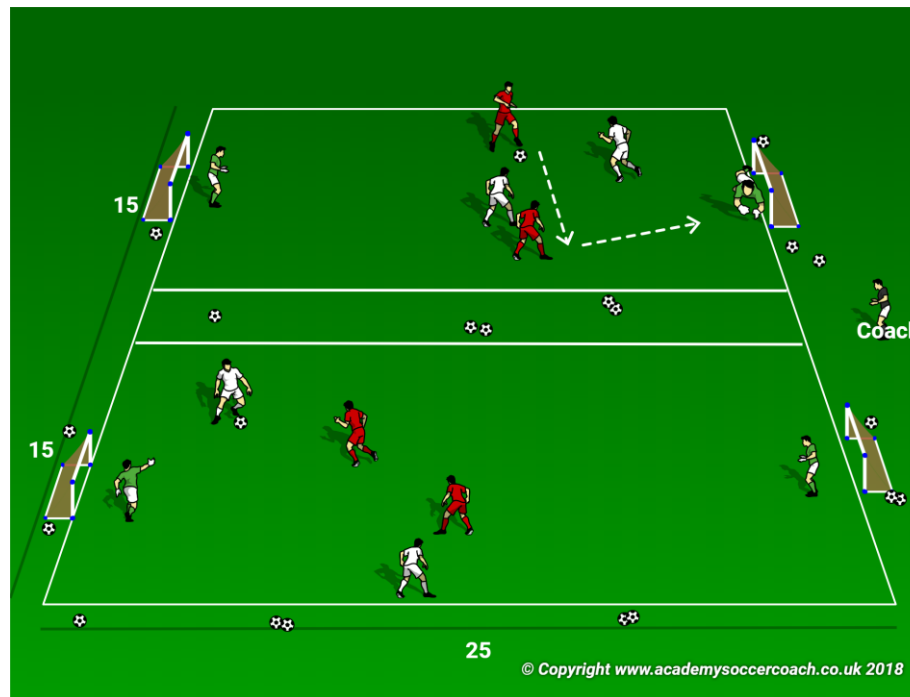
**Collective:**  
Players are unpredictable.



# Learn to Train

## Small Sided Game – Match Play

Station Time	Area
12-15 Minutes	40m x 30m
Organization	
2 fields – nets/gates on each field. 4 teams of 3.	
Procedure	
Regular match play with (offsides) all restarts are pass/dribble in's.	
Progression	
N/A	
Focus	
Ball carrier commits defender(s).	



### Objective

Fun and creativity.

Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration ABC's	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.	

