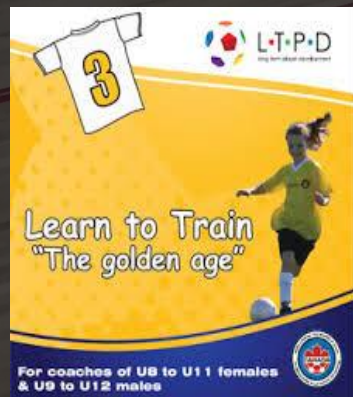




# Learn to Train Practice Plan



**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

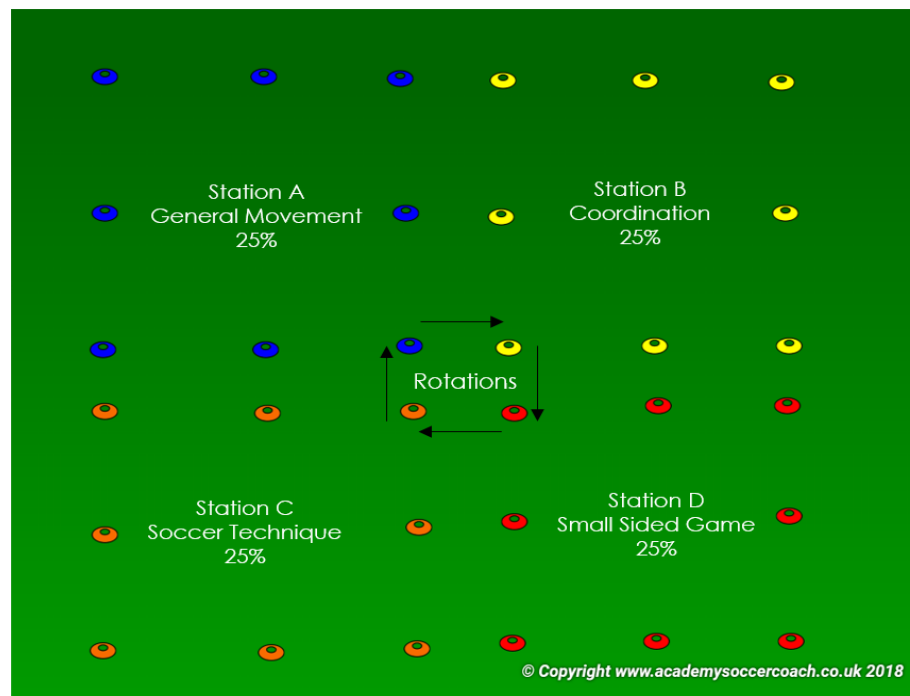
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

### 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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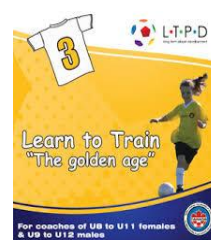
Physical Literacy

Decision Making

### Outcome

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

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





# Learn to Train

## General Movement – Technical Warm-Up

Station Time	Area
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8-12 Minutes	3x 10m x 10m
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### Organization

4 players in each area. Players are numbered 1-4.

### Procedure

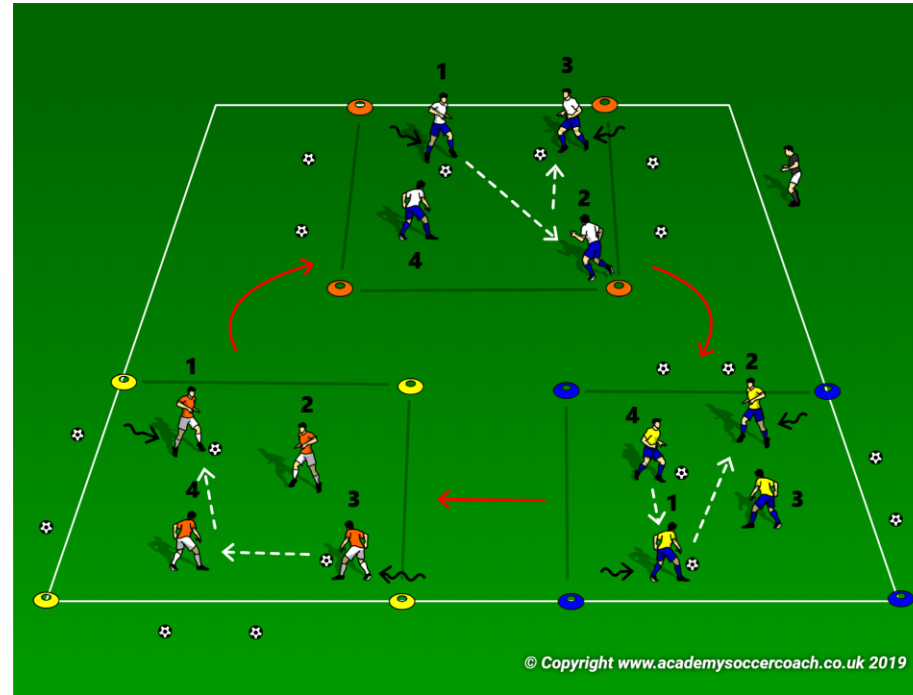
Each team has 1 ball. Players pass in sequential order (1-2, 2-3, 3-4, 4-1). After the pass, that player has to run to the nearest/farthest cone and rejoin in the passing. Add a second ball to each team for more difficulty and decision making.

### Progression

On the coach's command, a player (ex. "2") from each team runs to another teams square and becomes a defender to play 3v1. Play for 1 minute and then return that player to their original team.

### Focus

High intensity. Movement from players to receive a pass.



### Objective

All Players are active and engaged,

Technical/Tactical	Psychological
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Awareness  
Decision Making  
Protecting the ball

Confidence  
Determination  
Motivation

Physical	Social
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ABC,s  
Awareness  
Basic Motor Skills

Peer Interaction

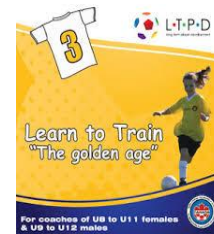
### Outcome

#### Individual:

Players can change direction at speed.

#### Collective:

Players can identify open spaces.



# Learn to Train

## Ball Mastery - Technical

### Station Time

12-15 Minutes

### Area

25m x 25m, 10m x 10m

### Organization

Teams of 5 players. Each team has 2 balls.

### Procedure

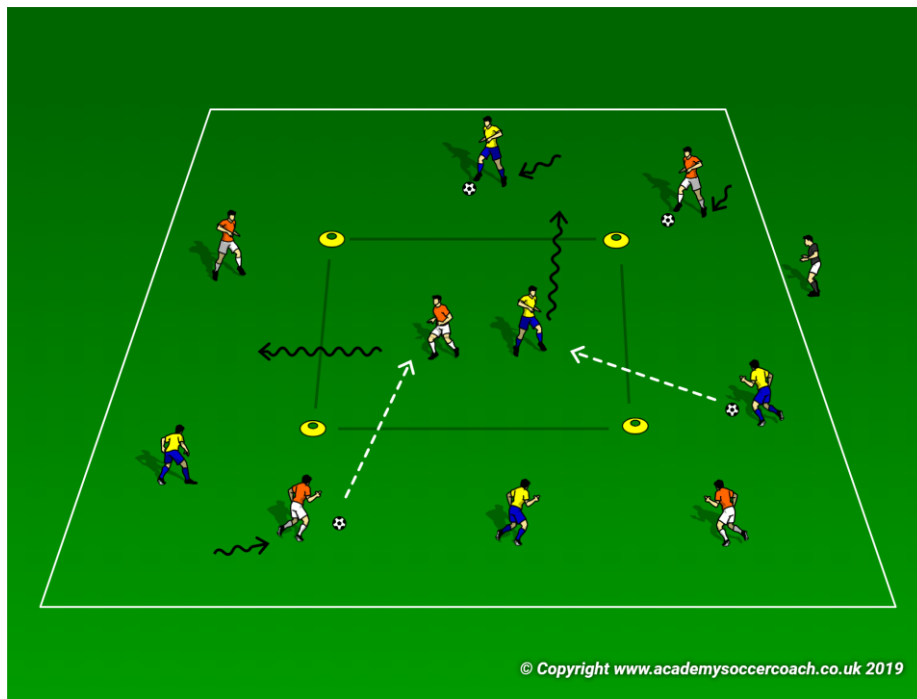
Players pass with their team and move in the area. Players run inside the small grid to receive the ball and look to dribble out another side.

### Progression

Players have to be creative and can play with combinations (give-and-go, overlap, etc.)

### Focus

Player habits (shoulder check, receive back-foot, dribble out with speed)



### Objective

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

#### Technical/Tactical

Creativity  
Dribbling  
Running with the Ball

#### Psychological

Confidence  
Motivation  
Competitiveness

#### Physical

ABC,s  
Change of Direction  
Acceleration

#### Social

Teamwork  
Communication  
Decision Making

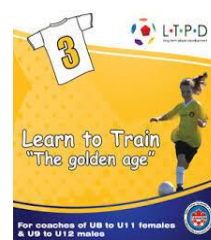
### Outcome

#### Individual:

Players can change direction at speed.

#### Collective:

Players are confident in possession.



# Learn to Train

## Skill Activity – 5v3

Station Time	Area
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12-15 Minutes	25m x 25m, 10m x 10m
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### Organization

5 attackers vs 3 defenders to start. 2 defenders on the outside.

### Procedure

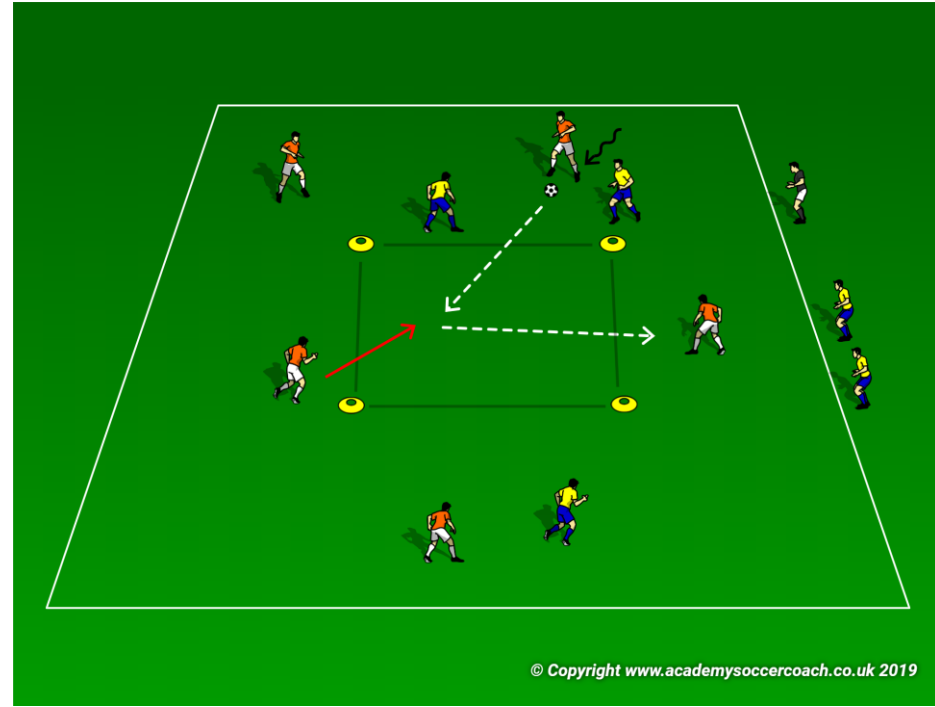
Possession game. Attackers score a point by playing to a teammate in the middle square and then dribbling or passing out to another teammate. Attackers can also score a point by making 5 consecutive passes. Once the attackers score a point, add in another defender.

### Progression

Play a 5v4 or 5v5 game with the same rules.

### Focus

Knowing when to keep possession and when to play into the square.



### Objective

Players can change speeds in attack.

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

1v1 Attacking Dribbling Playing gaps	Confidence Standards Motivation
--------------------------------------------	---------------------------------------

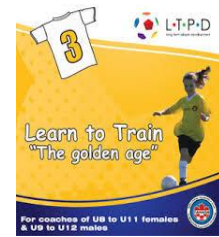
Physical	Social
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Change of Direction Use of Body in 1v1s Fitness	Problem Solving Decision Making Patience
-------------------------------------------------------	------------------------------------------------

### Outcome

**Individual:**  
Players can move the ball to find an opportunity to play in the box.

**Collective:**  
Players are unpredictable.



# Learn to Train

## Small Sided Game – 4v4 Game

### Station Time      Area

12-15 Minutes      30m x 30m

### Organization

3 teams of 4 players.

### Procedure

Teams of 4. Every two (2) minutes change teams or first team to score twice stays. Ask the players which nets they want to score on. Ex – Blue wants to score on nets 1 and 3.

### Progression

Make the game directional. Ex – 1 team scores on nets 1 and 2, other team scores on 3 and 4.

### Focus

First touch is towards space and to the goal they want to score to.



### 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
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### Outcome

**Individual:**  
Players receive open and facing forward.

**Collective:**  
Players look to create numbers up situations all over the field.

