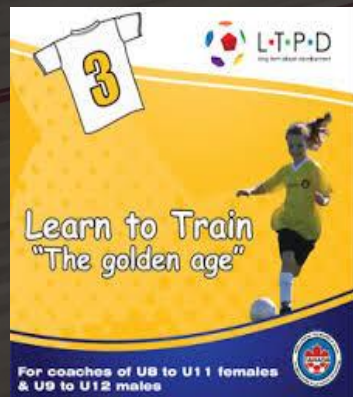




# Learn to Train Practice Plan



**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

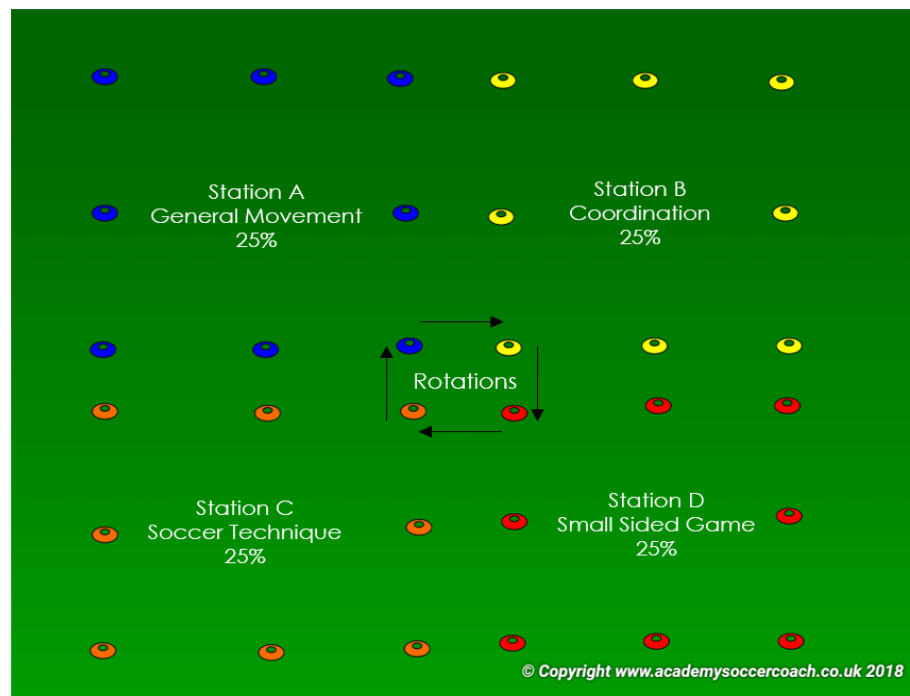
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

### 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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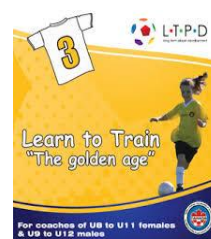
Physical Literacy

Decision Making

### Outcome

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

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



# Learn to Train

## General Movement – Handball

### Station Time

8-12 Minutes

### Area

2x 10m x 15m

### Organization

6 players (3 blue and 3 red) in each area. 1 ball in each area. 2 goals on opposite ends.

### Procedure

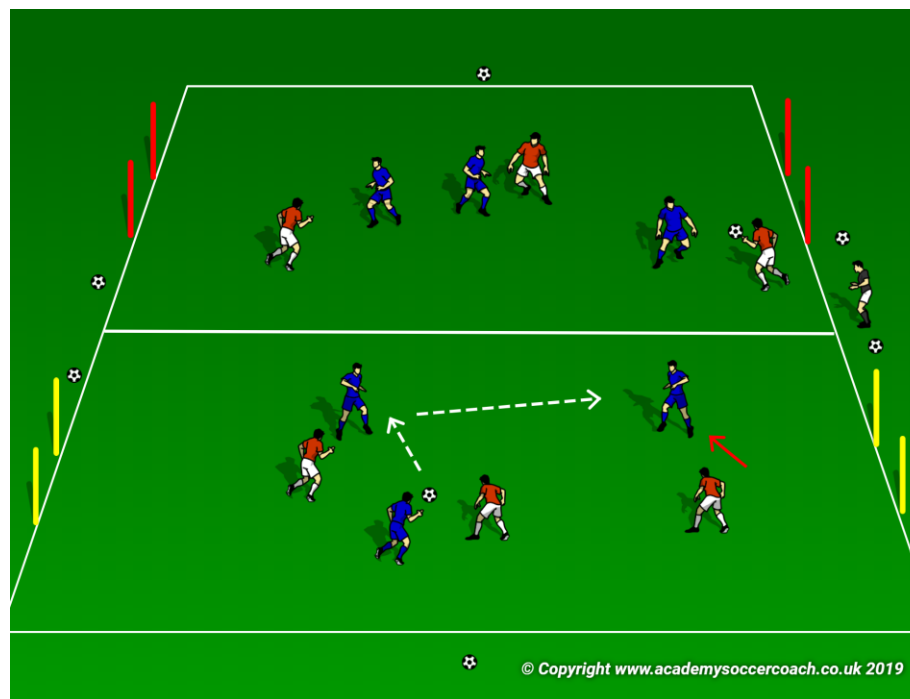
Players start by moving around the area and pass using their hands. The ball must be passed to the other colour (ex, blue passes to red) and after the pass they must run, skip, jump around a net or touch a line. Add in a second and third ball for quicker decision making.

### Progression

Play a handball game 3v3. Cannot move when they have possession of the ball. Score by throwing the ball or heading the ball into the opponents net.

### Focus

Quick passing and everyone always moving



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### 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  
Teamwork

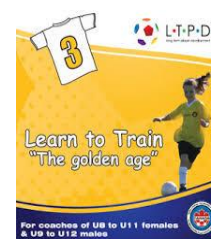
### Outcome

#### Individual:

Players can change direction at speed.

#### Collective:

Players can identify open spaces.

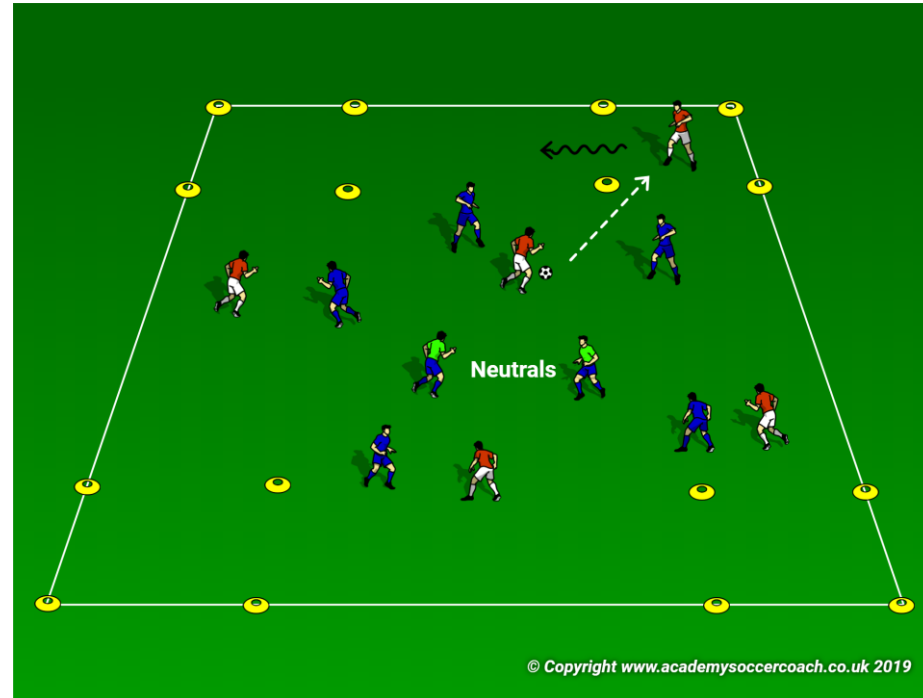


# Learn to Train

## Ball Mastery – Possession to Targets

Station Time	Area
12-15 Minutes	25m x 25m, 4x 8m x 8m
Organization	
	Teams of 5 players. 1-2 neutral players
Procedure	
	Players score by passing to a teammate in any of the 4 squares and dribbling or passing out successfully.
Progression	
	Play 6v6 and directional. Teams can score on the opponents' 2 squares.

Focus
Player habits (shoulder check, receive back-foot, dribble out with speed) Switching the play to open spaces and player advantages.



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
Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
<b>Individual:</b> Players can change switch the play effectively	
<b>Collective:</b> Players are confident in possession.	



# Learn to Train

## Skill Activity – Soccer Tennis

Station Time	Area
--------------	------

12-15 Minutes	20 x 30
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### Organization

Set up 3 zones of 20x10. Split group into 3 teams – 1 team in each grid/zone.

### Procedure

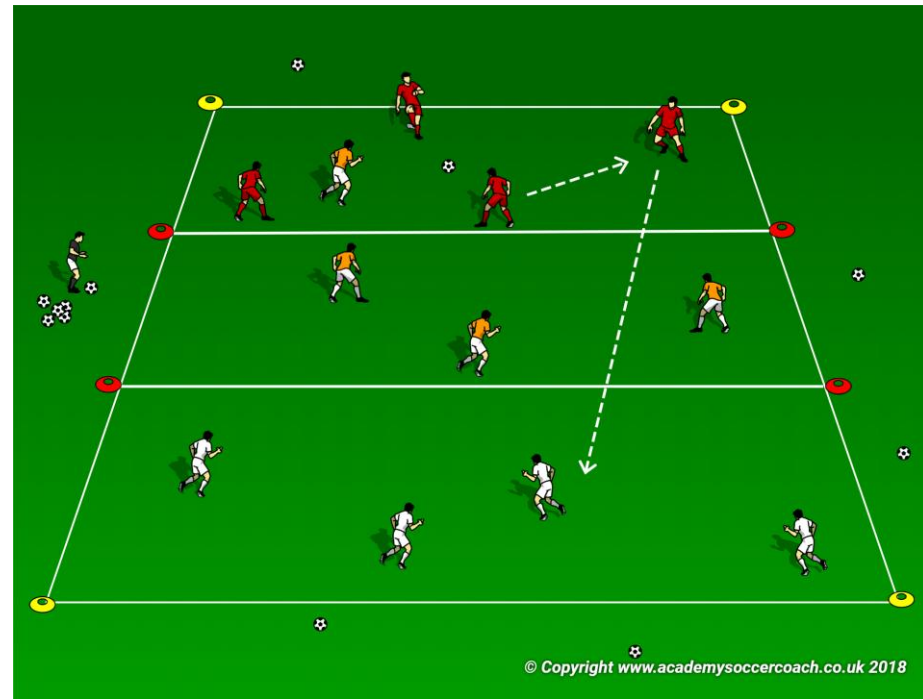
Coach plays to either end zone, 1 defender from middle zone can enter to press ball. Possession team move the ball looking to create gaps in middle zone defence to play through to opposite end zone. If defenders win the ball they secure possession and play to opposite end zone and transition (switch) with the team they won possession from. 1 point for every successful switch.

### Progression

Players from opposite end zone can enter middle zone to support possession team. Double points if they can receive in middle zone, turn and play to their teammates.

### Focus

Players are mobile, and creative with movement to occupy supporting positions that will enable forward/positive play.



### Objective

Players look to penetrate opponents in possession.

Technical/Tactical	Psychological
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Passing Receiving Control Transition Counter Attack	Awareness Confidence Concentration Motivation Standards
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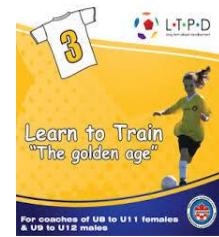
Physical	Social
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Change of Direction Reactions Speed	Problem Solving Decision Making Patience
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### Outcome

**Individual:**  
Players demonstrate range of passing to penetrate opponents.

**Collective:**  
Players recognize open gaps/spaces.



# Learn to Train

## Small Sided Game – 6v6 Game

### Station Time      Area

12-15 Minutes      30m x 30m

### Organization

2 teams of 6 players. A retreat line where the opponent cannot enter until the first pass is made.

### Procedure

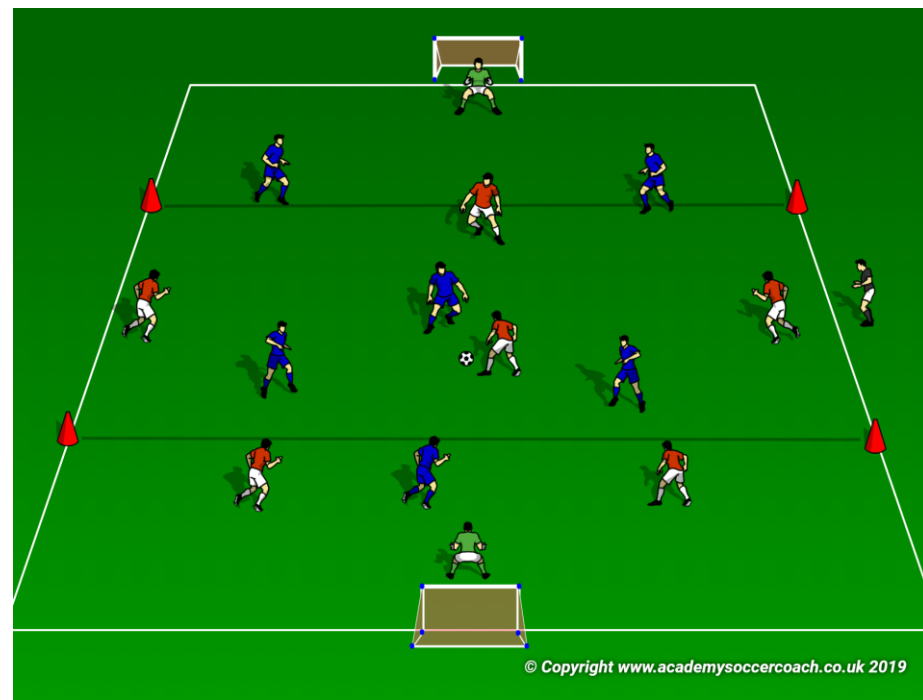
Play 6v6. If the ball goes out, then the player can pass or dribble in.

### Progression

N/A

### Focus

Switching play to attack from another side.



### Objective

Fun and creativity.

Technical	Psychological
-----------	---------------

<ul style="list-style-type: none"> <li>1v1 Attacking</li> <li>Passing</li> <li>Receiving</li> <li>Finishing</li> <li>Combination Play</li> </ul>	<ul style="list-style-type: none"> <li>Concentration</li> <li>Competitiveness</li> <li>Motivation</li> <li>Commitment</li> <li>Teamwork</li> </ul>
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Physical	Social
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<ul style="list-style-type: none"> <li>Stamina</li> <li>Awareness</li> <li>Acceleration</li> <li>General Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Teamwork</li> <li>Communication</li> <li>Decision Making</li> <li>Discipline</li> <li>Patience</li> </ul>
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### Outcome

#### Individual:

Players receive open and facing forward.

#### Collective:

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

