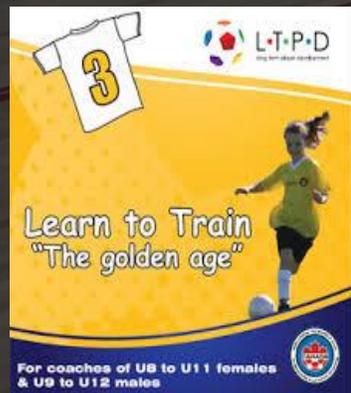




Learn to Train Practice Plan



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

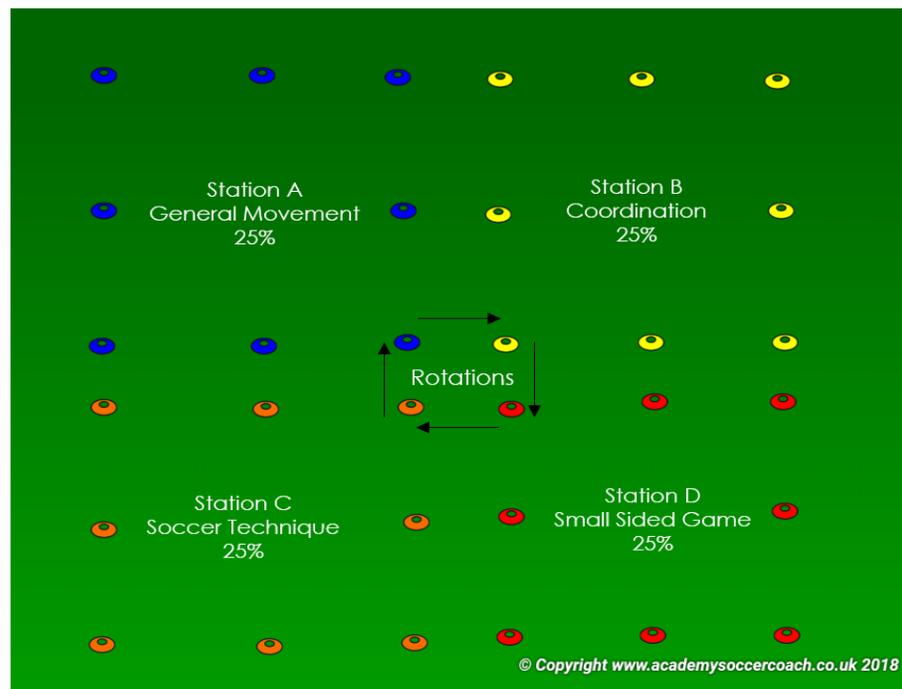
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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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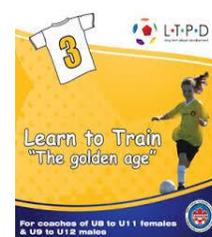
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

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



Learn to Train

General Movement – Agility/Reaction

Station Time	Area
8-12 Minutes	25m x 25m
Organization	
Players stand in a row and on either side are cones of different colours.	
Procedure	
Players start by moving on the spot (high knees, jumping, etc.) and on the coaches call players run to the desired colour (ex. "RED").	
Progression	
<ol style="list-style-type: none"> 1. Change the names of the sides (Red=Barcelona, Yellow=Arsenal) 2. Players will go in the opposite direction called 	
Focus	
Listening and reaction time.	



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

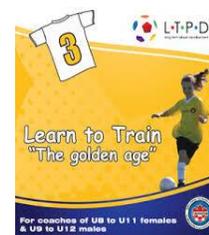
Outcome

Individual:

Reacting and accelerating

Collective:

Have fun!



Learn to Train

Soccer Coordination –Mini World Cup Ladder

Station Time **Area**

12-15 Minutes 12m x 20m

Organization

3 fields with nets/gates at either touch line. Teams of 2 (1 outfield + 1 GK). Teams choose team name.

Procedure

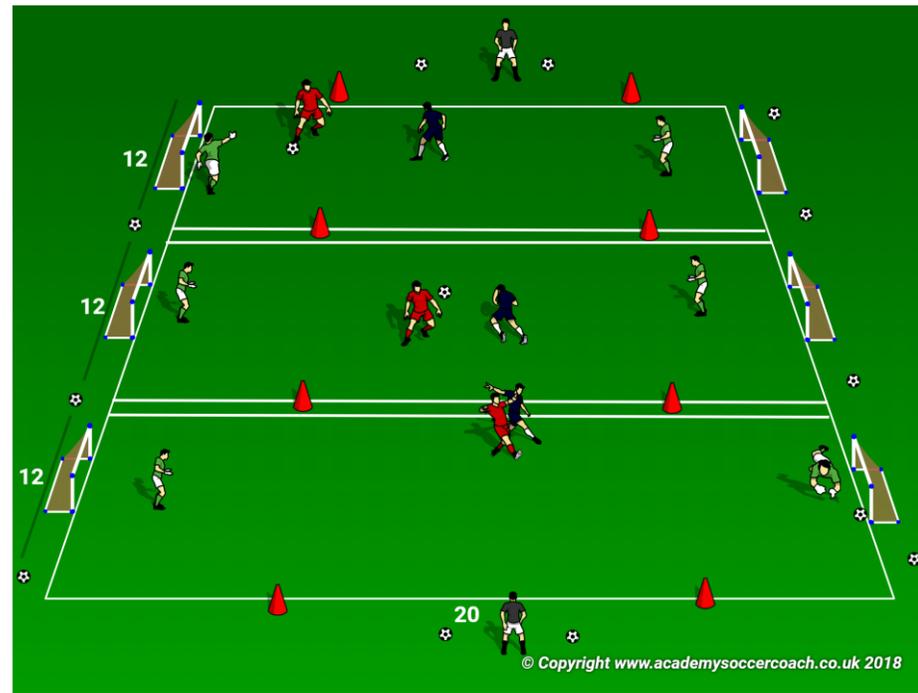
1v1 inside to goal, play 60-90 seconds with GK/Outfield player, play another 60-90 seconds then switch opponents.

Progression

N/A

Focus

Players are confident on the ball to take on opponents.



Objective

Players can perform skills/moves while taking players on.

Technical/Tactical **Psychological**

Creativity 1v1 Attacking Running with the Ball Dribbling Pressing	Confidence Motivation Competitiveness
-------------------------------------------------------------------------------	---------------------------------------------

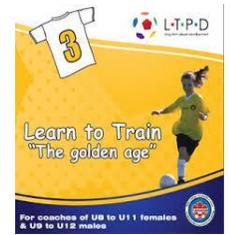
Physical **Social**

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
----------------------------------------------	----------------------------------------------

Outcome

Individual:
 Ball carrier uses body feints/quick change of direction to beat opponent.

Collective:
 Players are unpredictable in attack.



Learn to Train

Skill Activity – Mini World Cup

Station Time	Area
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12-15 Minutes	6x 10m x 12m
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Organization

Set up 6 areas, with 2 gates (1 on each end line). 1v1 inside each, with retreat line at half. Layers choose country to represent.

Procedure

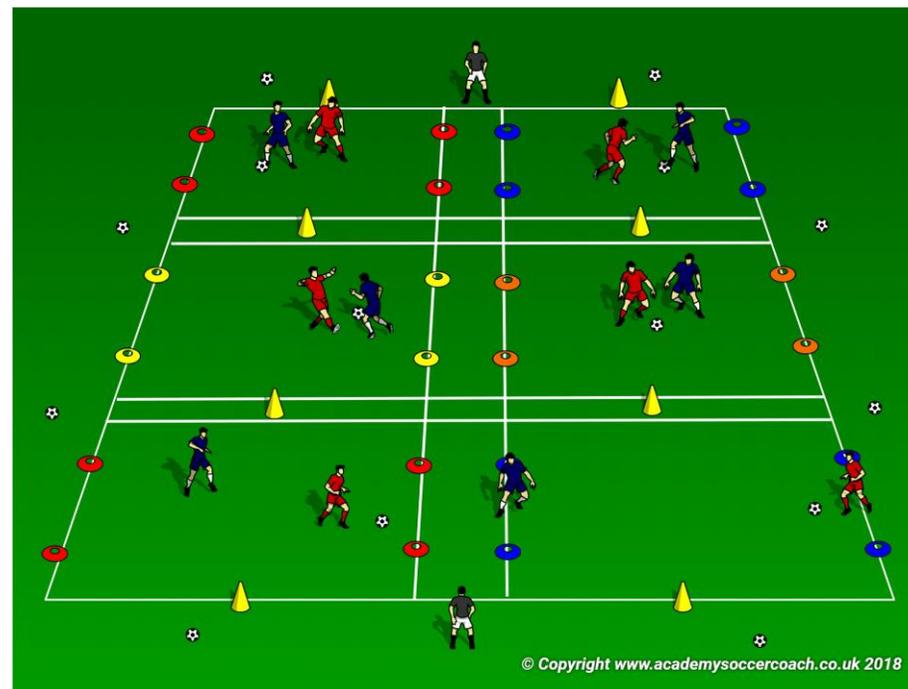
Partners play 1v1 for 60 seconds – players score by dribbling through opponents gate. Winners move up the ladder towards top field.

Progression

1. No retreat line.

Focus

Players are creative & vary attacks.



Objective

Players can change speeds in attack.

Technical/Tactical	Psychological
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- 1v1 Attacking
- Dribbling
- Transition
- Counter Attack

- Confidence
- Standards
- Motivation
- Concentration

Physical	Social
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- Change of Direction
- Reactions
- Speed

- Problem Solving
- Decision Making
- Patience

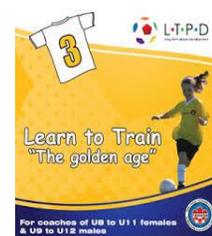
Outcome

Individual:

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

Collective:

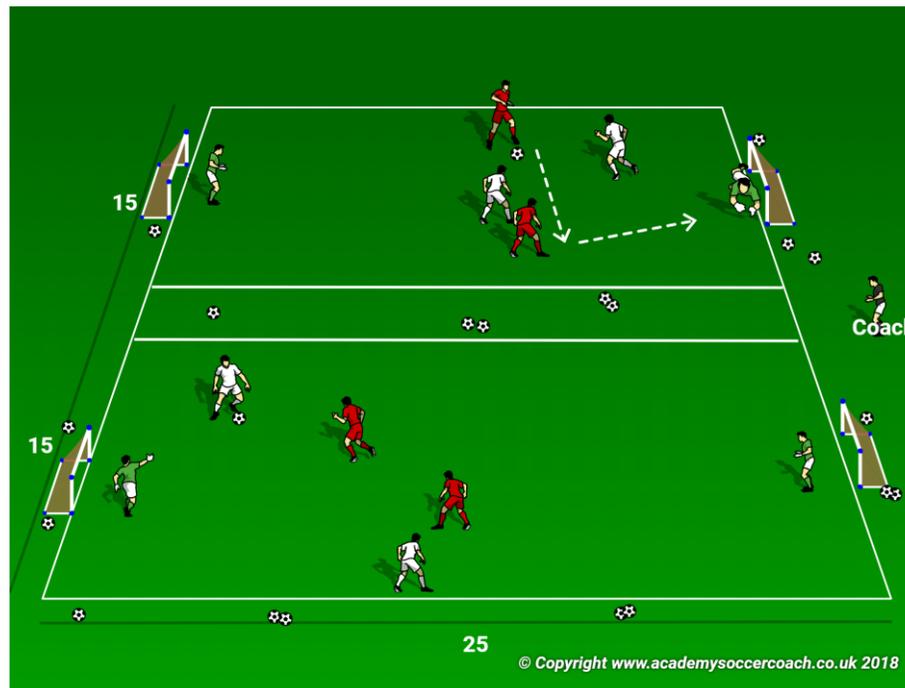
Players are unpredictable.



Learn to Train

Small Sided Game – Match Play

Station Time	Area
12-15 Minutes	2x 20m x 15m
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	
Individual: Players receive open and facing forward.	
Collective: Players look to create numbers up situations all over the field.	

