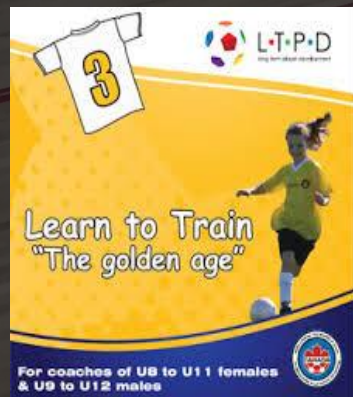




Learn to Train Practice Plan



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

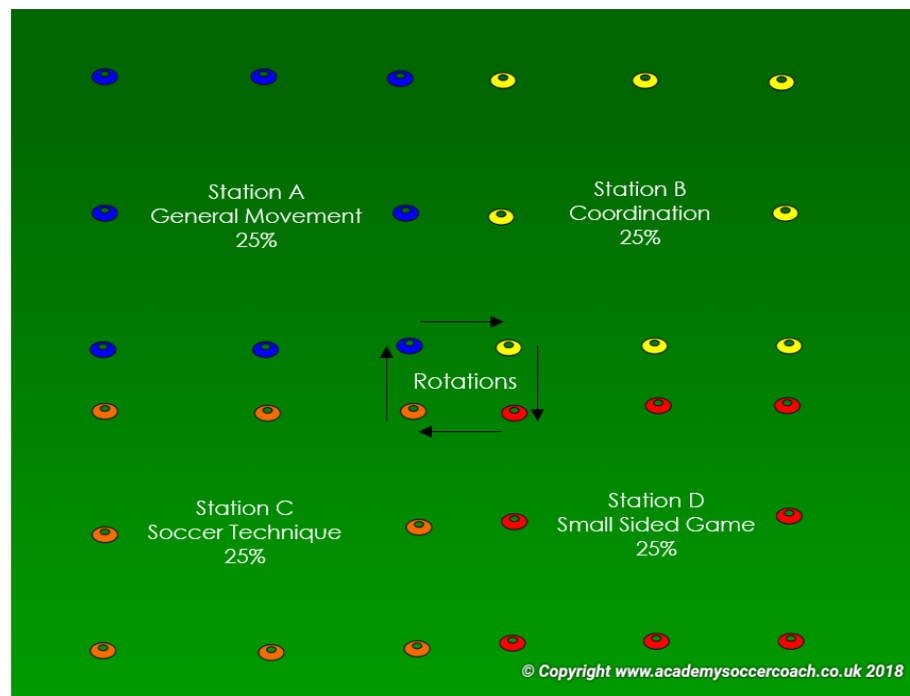
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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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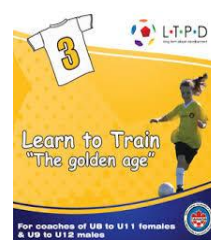
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

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



Learn to Train

General Movement – Shadow Tag

Station Time	Area
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8-12 Minutes	25m x 25m
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Organization

Each player has a partner. Gates are scattered around the area.

Procedure

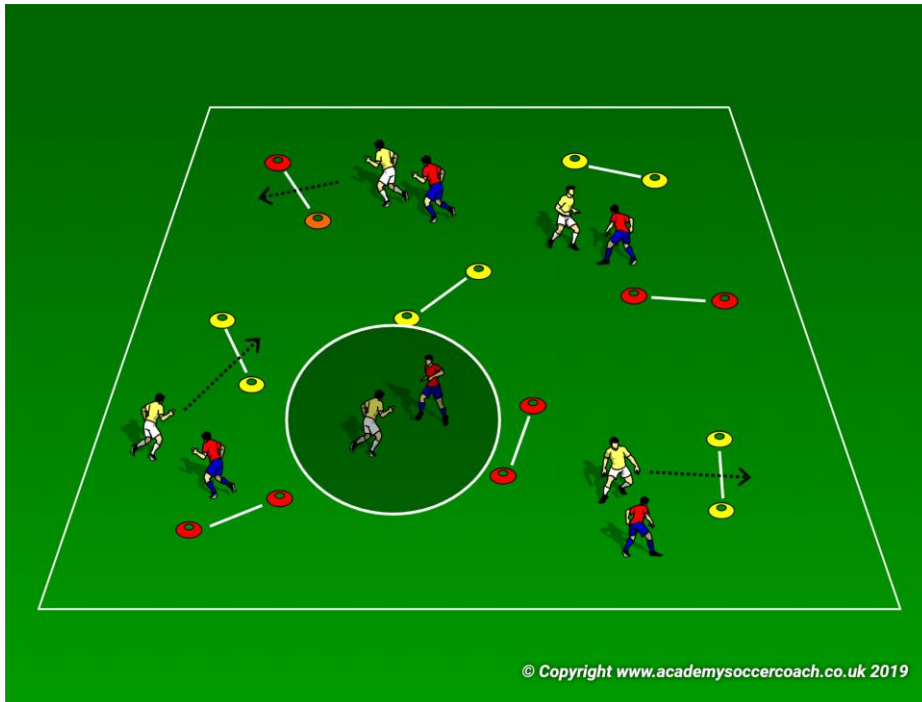
In partners, one player performs different movements and the other has to shadow. Encourage skipping, jumping, running fast/slow, etc. Use the coloured gates as a trigger for a specific movement (Yellow=bunny hop). Switch roles after a minute

Progression

- Play tag. One player is the tagger and the other has to run through gates without being tagged while running through.
- Add a ball

Focus

N/A



Objective

All Players are active and engaged,

Technical/Tactical	Psychological
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Awareness Decision Making Protecting the ball	Confidence Determination Motivation
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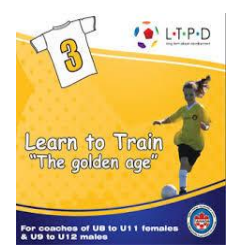
Physical	Social
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ABC,s Awareness Basic Motor Skills	Peer Interaction Teamwork
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Outcome

Individual:
Reacting and accelerating

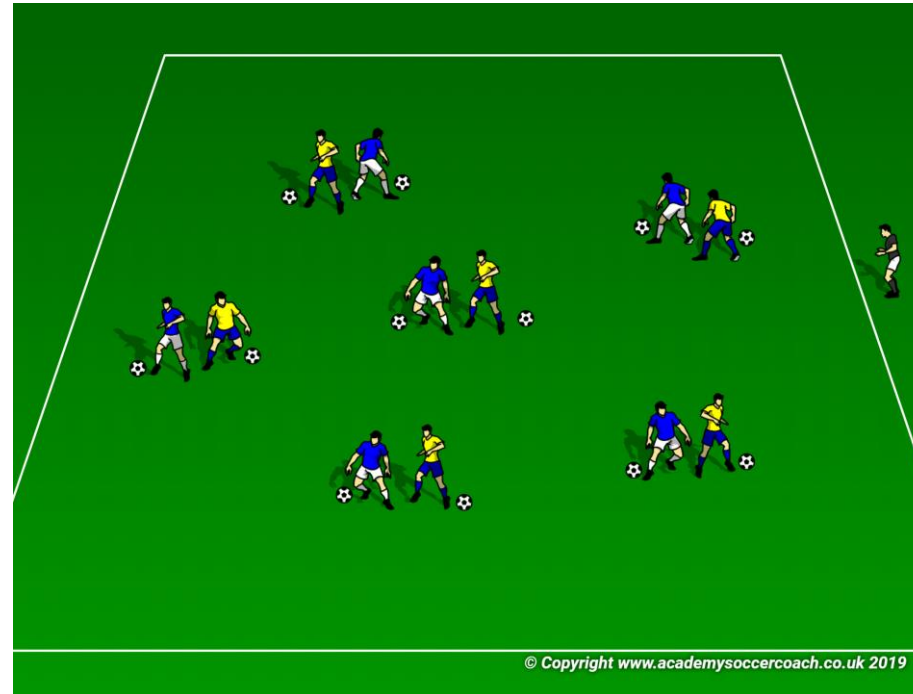
Collective:
Have fun!



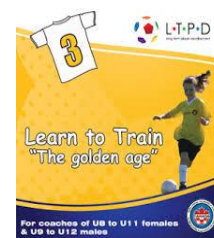
Learn to Train

Soccer Coordination –1v1 Ball Tag

Station Time	Area
10-12 Minutes	20m x 20m
Organization	
Players have a partner and ball each.	
Procedure	
Players attempt to touch the other players ball with their foot. Each touch is a point. Encourage shielding and looking for opportunities to attack the opponent's ball. Winners after 30 seconds find a new partner that won.	
Progression	
N/A	
Focus	
Players are confident on the ball	



Objective	
Players can perform skills/moves while taking players on.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Protecting the ball Pressing	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Fitness	Decision Making
Outcome	
Individual: Players can use their body effectively to shield the ball	
Collective: Turning defense into offense	



Learn to Train

Skill Activity – Mini World Cup

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

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

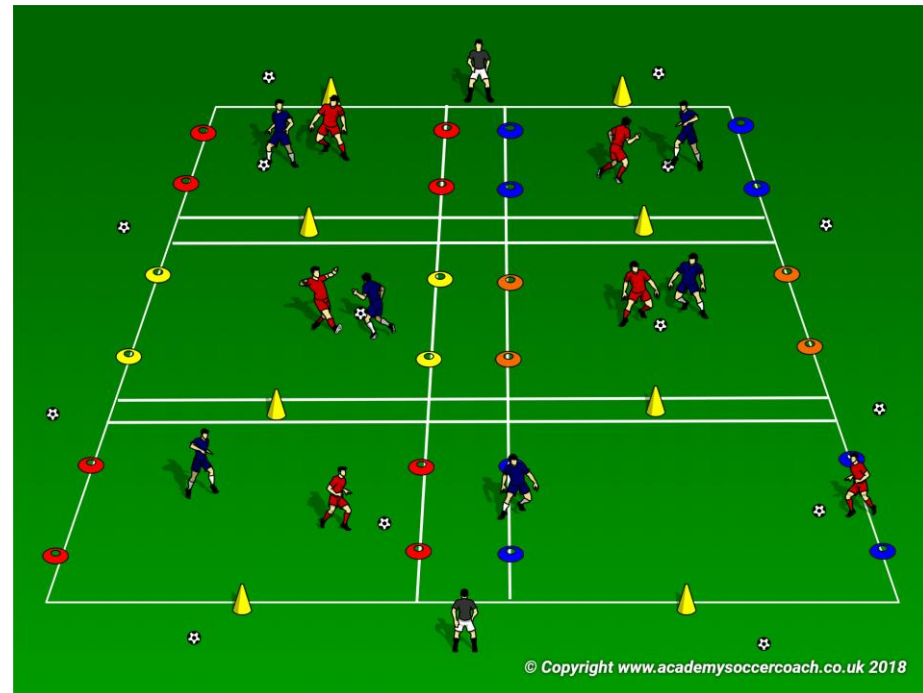
Partners play 1v1 for 60 seconds – players score by dribbling through opponents gate. Winners move up the ladder towards top field.

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
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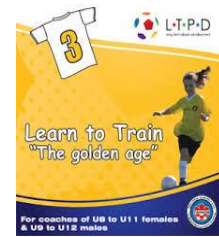
Physical	Social
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Change of Direction Reactions Speed	Problem Solving Decision Making Patience
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Outcome

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

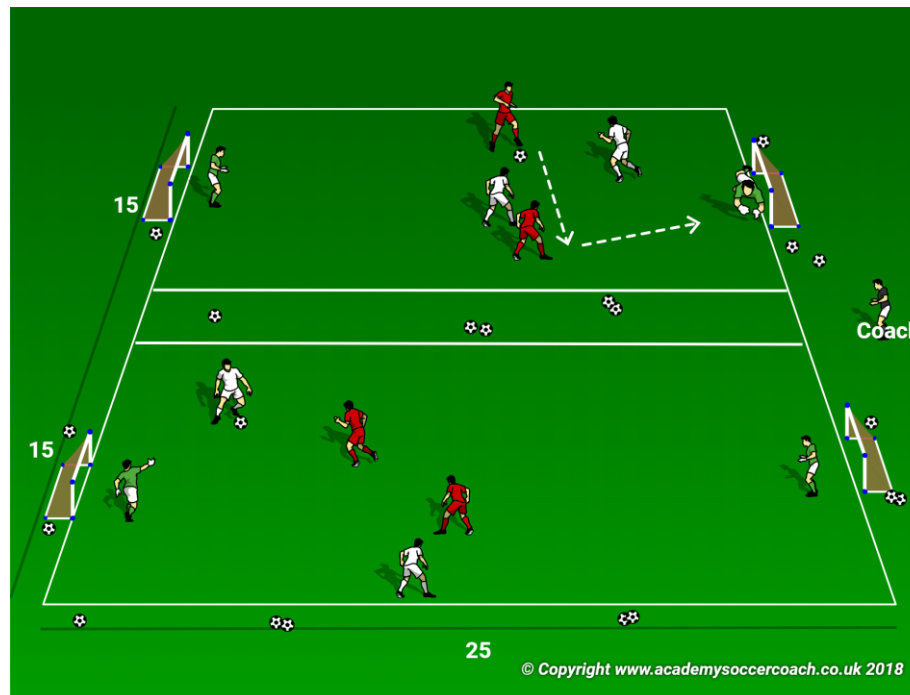
Collective:
Players are unpredictable.



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
<ul style="list-style-type: none"> 1v1 Attacking Passing Receiving Finishing Combination Play 	<ul style="list-style-type: none"> Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
<ul style="list-style-type: none"> Stamina Speed Awareness Acceleration ABC's 	<ul style="list-style-type: none"> Teamwork Communication Decision Making Discipline Patience
Outcome	
<p>Individual: Players receive open and facing forward.</p> <p>Collective: Players look to create numbers up situations all over the field.</p>	

