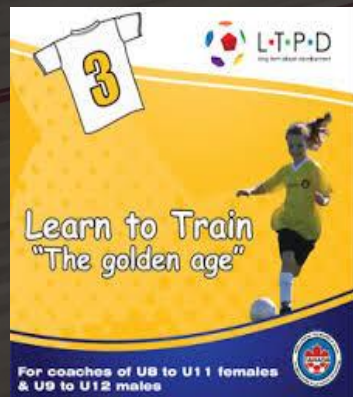




# Learn to Train Practice Plan



**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

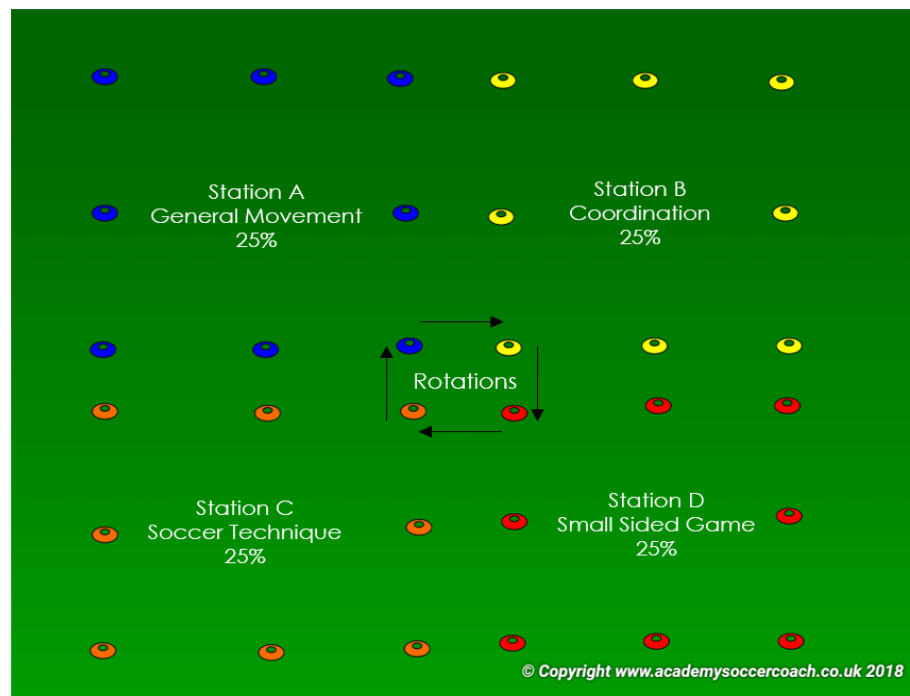
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

### 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
----------	--------

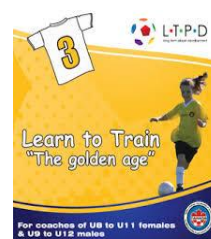
Physical Literacy

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

12-15 Minutes	25m x 25m
---------------	-----------

### Organization

4 pug-nets around field. Coned gates inside the area, split group into 2 teams with 1-3 balls per team).

### Procedure

Teams move the ball with hands, players cannot move with the ball in their hands. Objective is for players with the ball to always have supporting options. Make it competitive – team with most number of passes (with hands) through gates in a minute.

### Progression

- 1-2 balls per team, teams score a point for every successful pass through gate but now with opposition. Players can block & steal opponents ball – if opponent wins ball they must make 1 pass before throwing into any net for 5 points. Finish with 1 ball for the game.
- Ball on the ground.

### Focus

Ball carrier always has multiple options (360' support).



### Objective

All Players are active and engaged,

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

Passing  
Receiving  
Control – First touch  
Combination Play

Awareness  
Commitment  
Confidence  
Motivation

Physical	Social
----------	--------

ABC,s  
Change of Direction  
Basic Motor Skills

Decision Making  
Communication  
Problem Solving

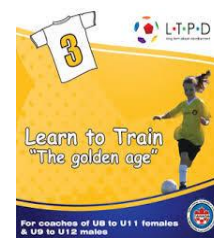
### Outcome

#### Individual:

Players support using appropriate angles & distances.

#### Collective:

Players are constantly scanning & taking information of surroundings.



# Learn to Train

## Soccer Coordination –2v1

**Station Time**      **Area**

12-15 Minutes      2x 10m x 20m

**Organization**

2 attackers on one end and 1 defender on the end line.

**Procedure**

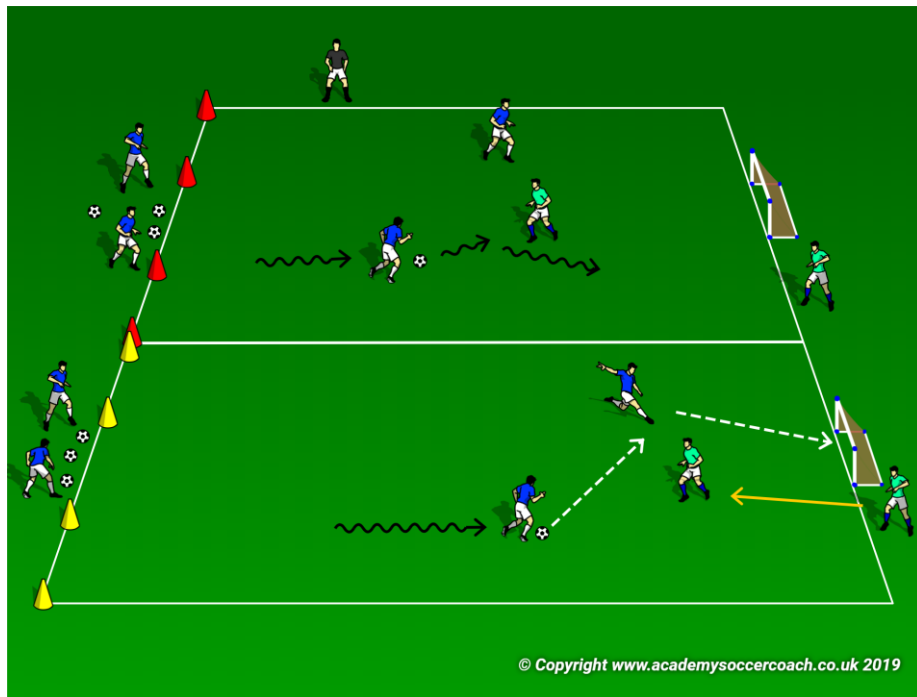
Attackers play a 2v1 and attempt to score into the net. If the defender wins the ball, they can score in the 2 gates.

**Progression**

Play 2v2 if successful with 1 defender.

**Focus**

Players are confident on the ball to take on opponents.



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**Objective**

Players can perform skills/moves while taking players on.

**Technical/Tactical**      **Psychological**

Creativity  
1v1 Attacking  
Running with the Ball  
Dribbling

Confidence  
Motivation  
Competitiveness

**Physical**      **Social**

ABC,s  
Change of Direction  
Acceleration

Teamwork  
Communication  
Decision Making

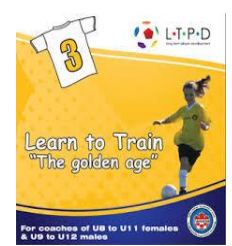
**Outcome**

**Individual:**

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

**Collective:**

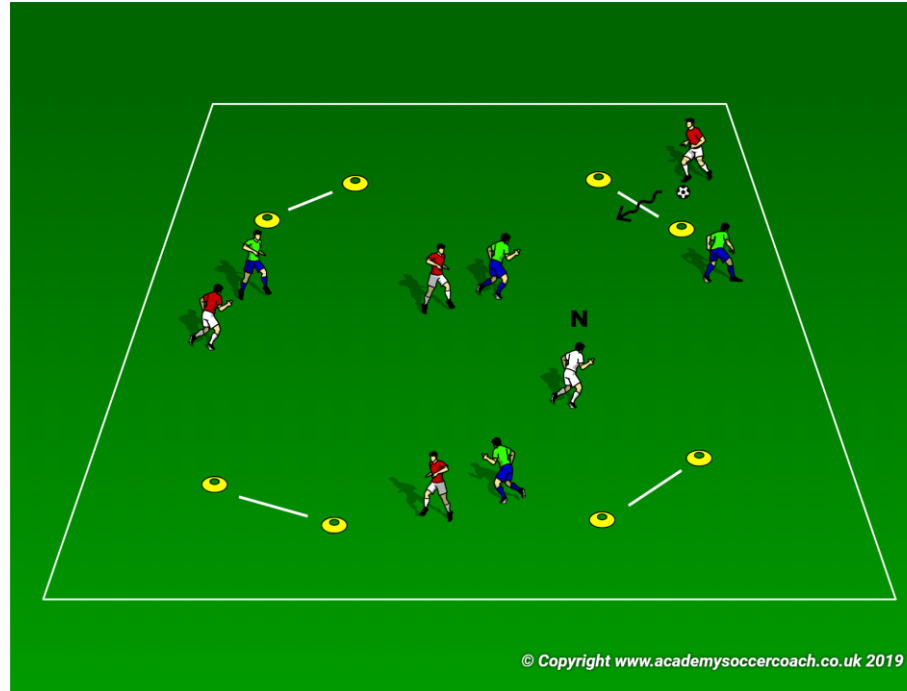
Players are unpredictable in attack.



# Learn to Train

## Skill Activity – Gate Game

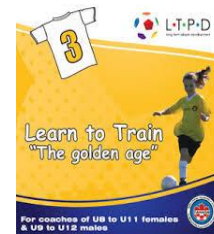
<b>Station Time</b>	<b>Area</b>
12-15 Minutes	20mx 20m
<b>Organization</b>	
2-3 Teams of 4. Gates are placed near the corners of the field.	
<b>Procedure</b>	
4v4 - Teams score a point when a player dribbles through any gate.	
<b>Progression</b>	
<ol style="list-style-type: none"><li>1. Pass through the gate to another teammate to score a point</li><li>2. Play directional – both teams defend 2 gates.</li></ol>	
<b>Focus</b>	
Players can switch the play	



<b>Objective</b>	
Players can change speeds in attack.	
<b>Technical/Tactical</b>	<b>Psychological</b>
1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
<b>Physical</b>	<b>Social</b>
Change of Direction Reactions Speed	Problem Solving Decision Making Patience
<b>Outcome</b>	

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

**Collective:**  
Players are unpredictable.



# Learn to Train

## Small Sided Game– 3v3 Mini World Cup

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

12-15 Minutes	20m x 30m
---------------	-----------

### Organization

2 mini fields. 3v3 (GK + 2 players) optional retreat line. Teams choose country to represent – 3 points for winning game, 1 point for draw – play round robin.

### Procedure

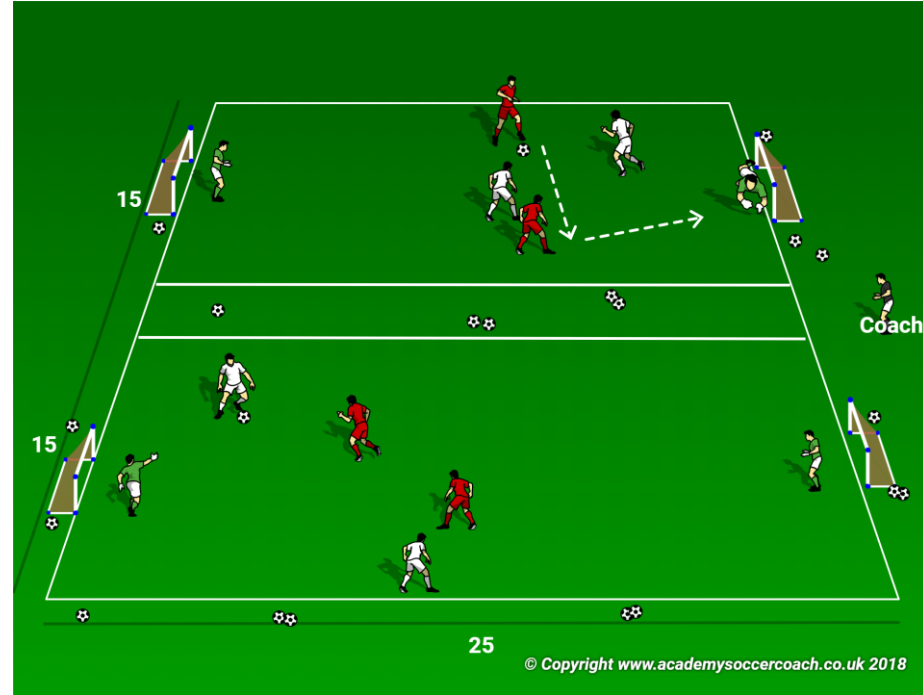
Teams play 3 minute matches then switch opponents (switch GKs each game).

### Progression

1. Players cannot go backwards in possession.

### Focus

Players receive the ball with body open, and facing forward.



### Objective

Players show positive mentality, looking for opportunities to beat/take on opponents whenever possible.

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

Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness 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 take positive first touch to advance ball.

**Collective:**  
 Players identify and exploit gaps/space to beat opponents.

