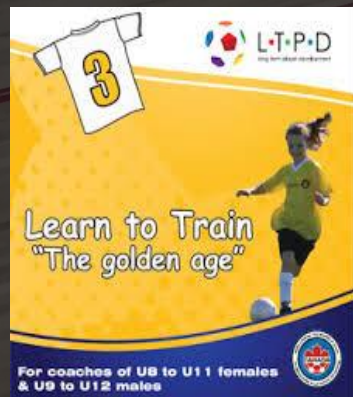




Learn to Train Practice Plan



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

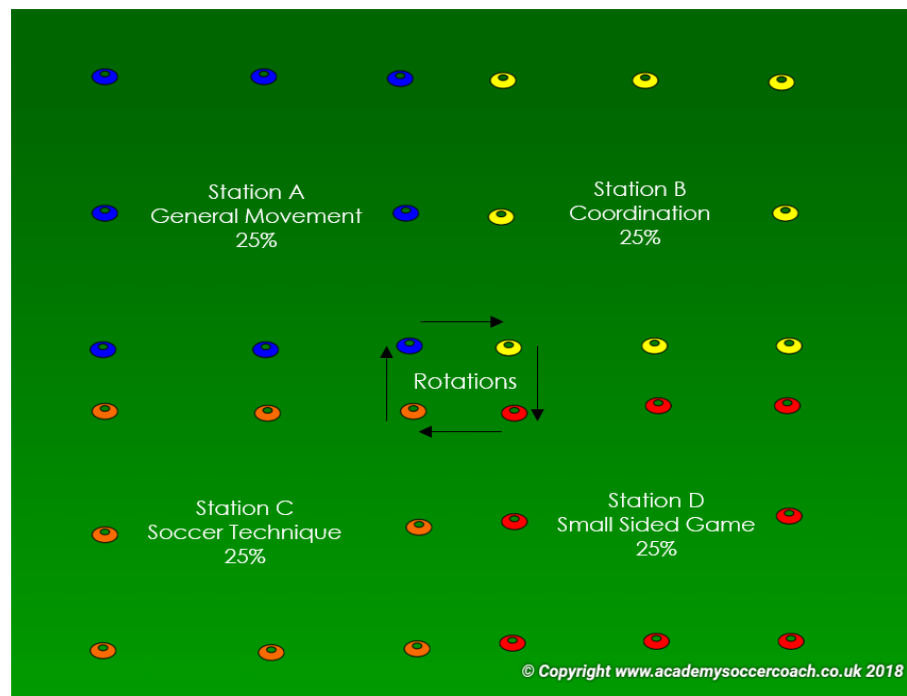
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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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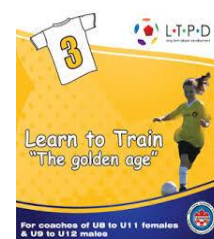
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

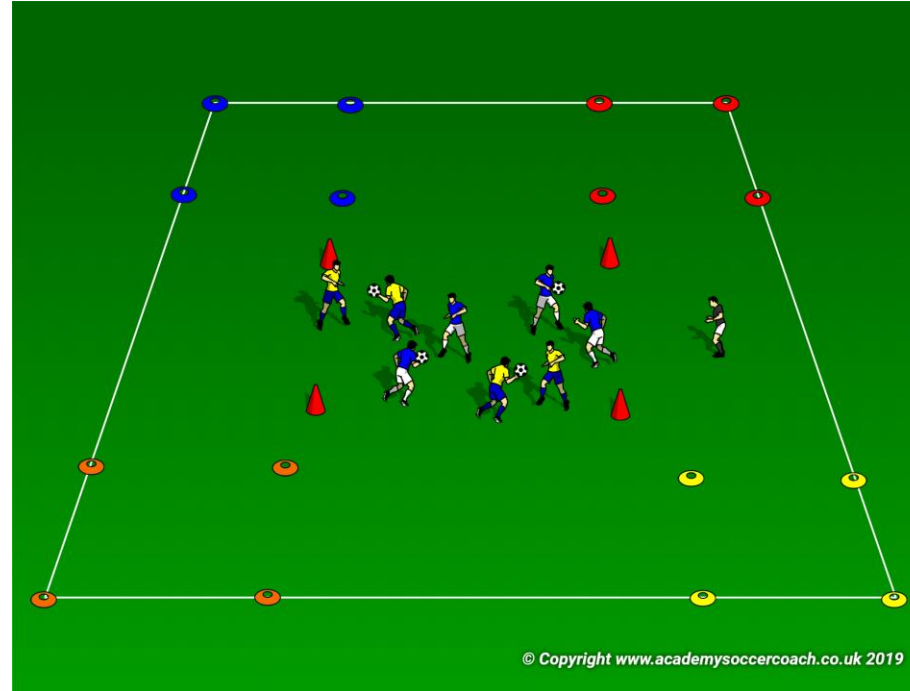
Collective: Players are challenged in a fun, engaging environment.



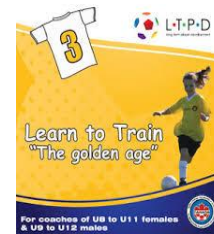
Learn to Train

General Movement – Technical Warm-Up

Station Time	Area
12-15 Minutes	30m x 30m
Organization	
4 grids are placed in each corner. Players are in partners with one ball.	
Procedure	
Players pass the ball in their hands and move around the middle area. Give players tasks – ex. Pass and catch with only your left hand. When a coach calls a colour (ex. BLUE) then all the players must run into that coloured area. Last team does a punishment – ex. 10 jumping jacks. Add different ways to pass – ex. Thigh, head, bounce pass, etc.	
Progression	
<ol style="list-style-type: none"> 1. Passing with the ball on the ground 2. Make teams of 3-4 and make it competitive. 	
Focus	
N/A	



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 –3v3 to Targets

Station Time	Area
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12-15 Minutes 20m x 20m

Organization

2 Targets – 1 in each end zone. 3 teams of 3 players. 1 team has 2 targets and 1 neutral player.

Procedure

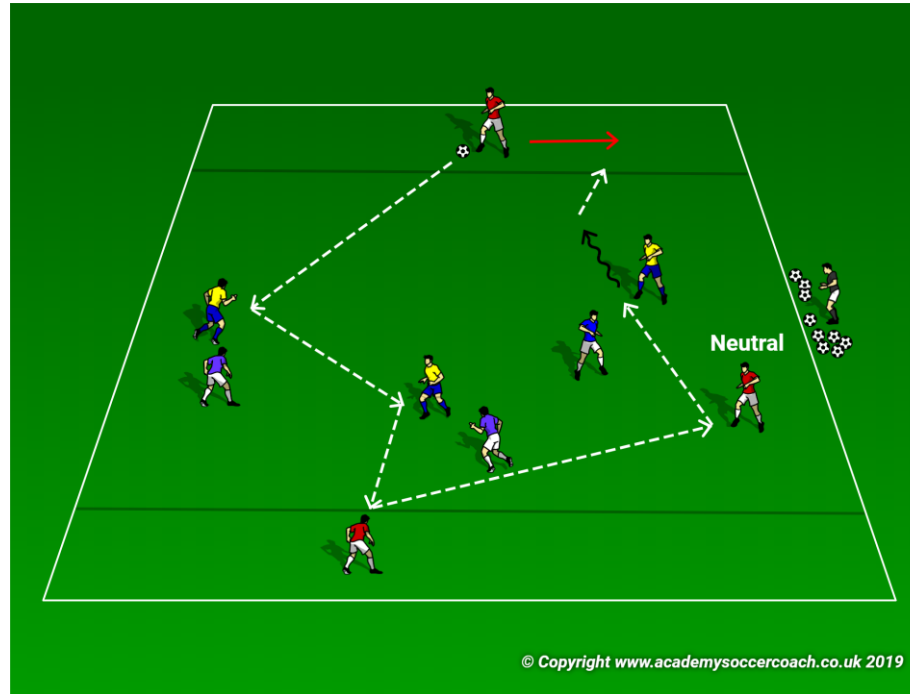
Players play a possession game and to score a point they must pass to the target on either side. Once they pass to one target, they have to pass to the other target to score another point. Play 2 minute games and then switch the targets and neutral player.

Progression

No neutral – add this player as another target.

Focus

Players are confident on the ball to take on opponents.



Objective

Players can move the ball quickly and efficiently from one side to the other.

Technical/Tactical	Psychological
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Creativity 1v1 Attacking Running with the Ball Dribbling	Confidence Motivation Competitiveness
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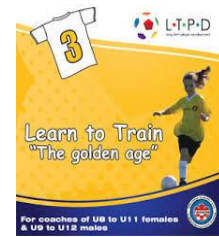
Physical	Social
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ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
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Outcome

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

Collective:
Players are unpredictable in attack.



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Skill Activity – King Louis

Station Time

12-15 Minutes

Area

30mx 30m

Organization

2 teams of 5. Field is split in half. Teams must stay in their own half.

Procedure

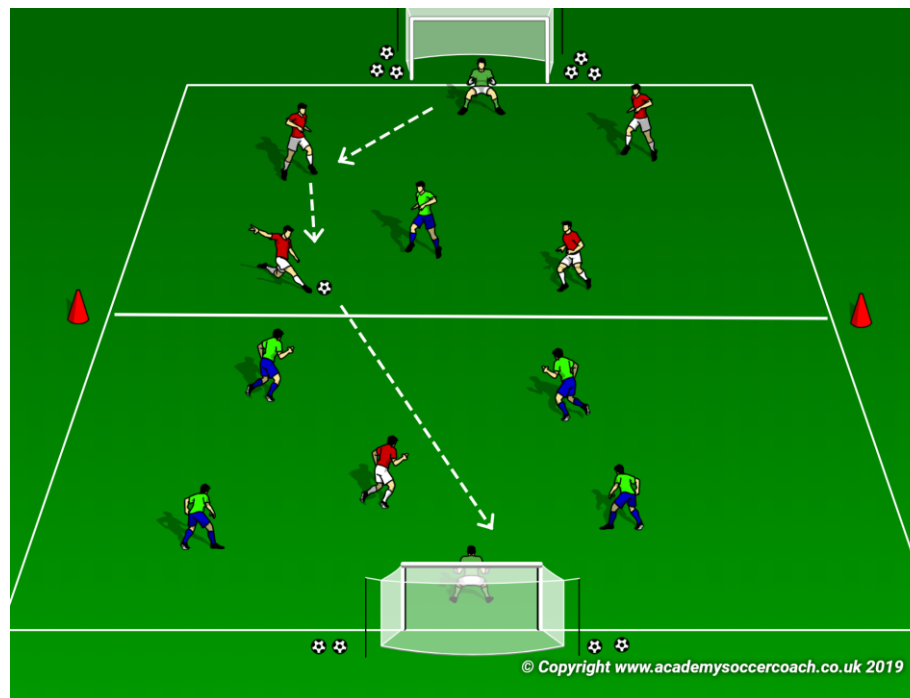
Ball starts from the goalkeeper and is passed to the outfield players. Every player must touch the ball before they can shoot, but the shot must be in their own half. Make sure everyone gets a chance to shoot. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates.

Progression

1. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates.
2. Add multiple defenders.

Focus

Players find space to take a shot.



Objective

Players can keep the ball to take a shot under pressure.

Technical/Tactical

1v1 Attacking
Dribbling
Transition
Counter Attack

Psychological

Confidence
Standards
Motivation
Concentration

Physical

Change of Direction
Reactions
Speed

Social

Problem Solving
Decision Making
Patience

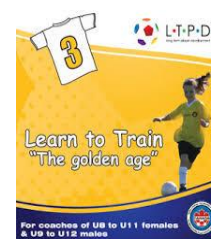
Outcome

Individual:

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

Collective:

Players are unpredictable.



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Small Sided Game– 5v5

Station Time	Area
12-15 Minutes	25m x 30m
Organization	
2 teams of 6. Free play.	
Procedure	
Allow the players to express themselves in the game.	
Progression	
N/A	
Focus	



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
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	

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

Individual:
Players take positive first touch to advance ball.
Collective:
Players identify and exploit gaps/space to beat opponents.

