

Soccer for Life Practice Plan

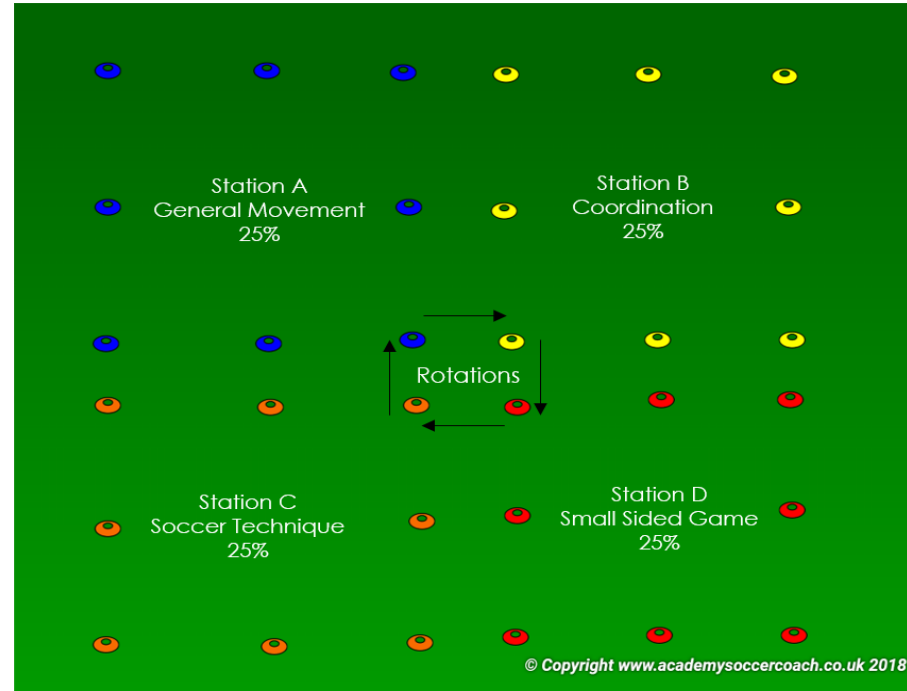
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



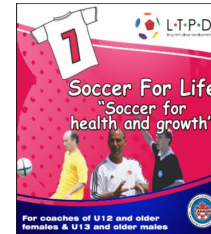
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Preferred Training Model

Station Time	Area
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.	



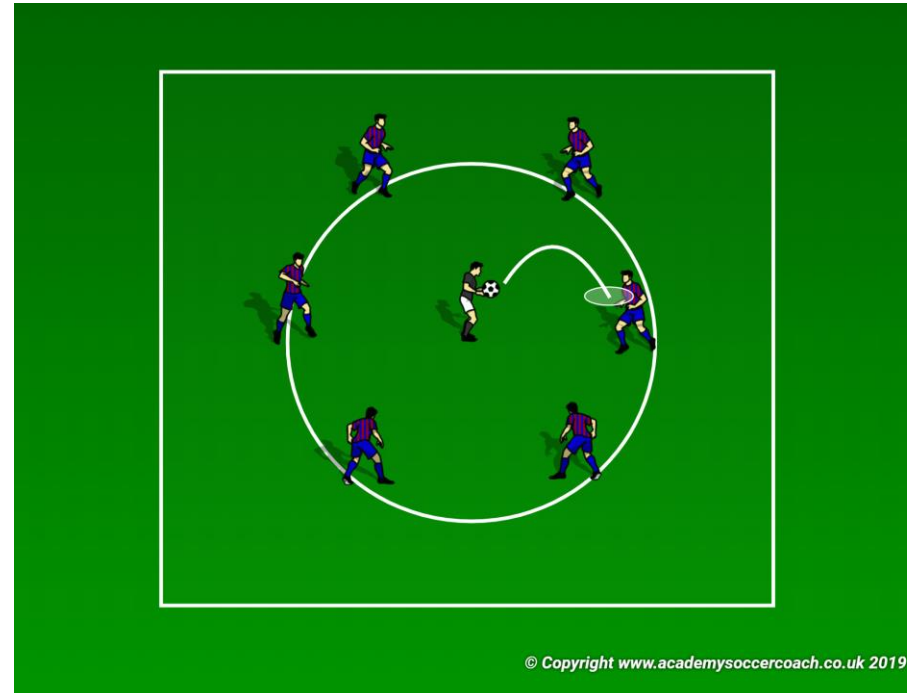
Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	
Individual: Players develop good training habits.	
Collective: Players are challenged in a fun, engaging environment.	



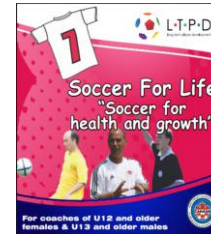
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General Movement – Technical Warm-Up

Station Time	Area
8-12 Minutes	10m x 10m
Organization	
Coach stands in the middle with players in a circle	
Procedure	
Players stand around coach and perform a movement (ex. jumping jacks). Coach tosses ball and calls out either "catch/head". The player must play the ball with the OPPOSITE that is called back to the coach - ex. "Head", therefore player must catch the ball. "Catch", player must head the ball back	
Progression	
Make it competitive - Play elimination if players understand the game.	
Focus	
N/A	



Objective	
All Players are active and engaged,	
Technical/Tactical	Psychological
Awareness Decision Making	Confidence Determination Motivation
Physical	Social
ABC,s Awareness Basic Motor Skills	Peer Interaction
Outcome	
Individual: Players can change direction at speed.	
Collective: Players can identify open spaces.	

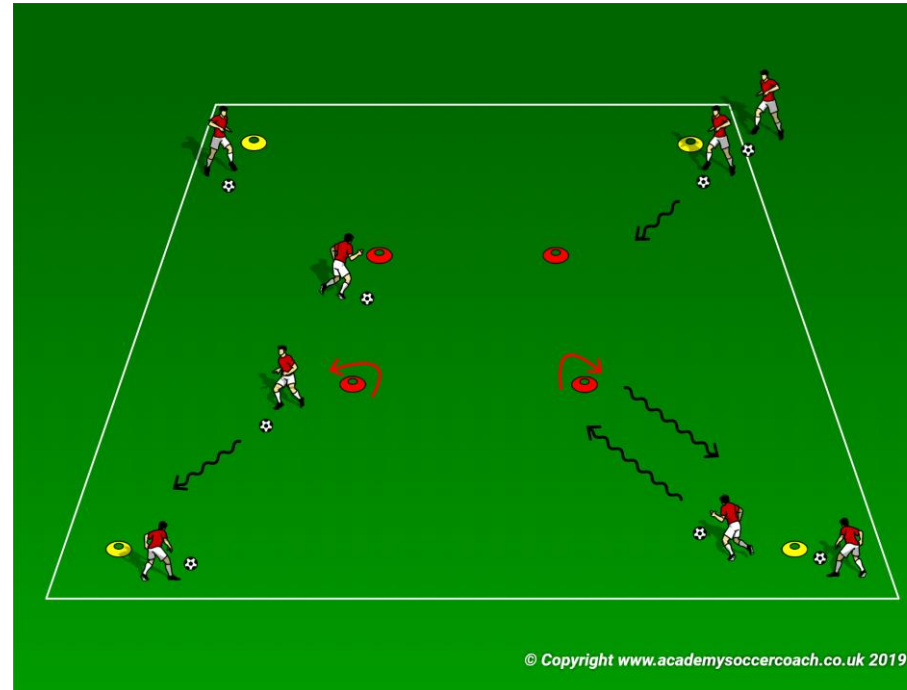


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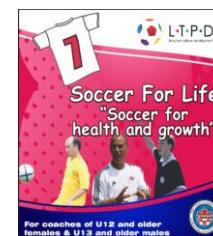
Ball Mastery - Technical

Station Time	Area
12-15 Minutes	25m x 25m, 10m x 10m
Organization	
Set up 2 players on each outside cone. Place a box in the middle approx. 10 m away.	
Procedure	
Players must dribble to the cone in front of them and perform a variety of turns (pull back, Cruyff turn, etc.) When they come back the next player goes.	
Progression	
<ol style="list-style-type: none">1. Players dribble through the middle, perform a skill, and dribble to the opposite end.2. Make it a competition – First team to	
Focus	

Quality turns. Movements are sharp and dynamic.



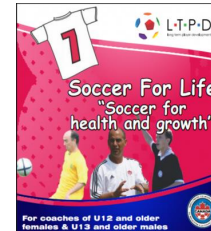
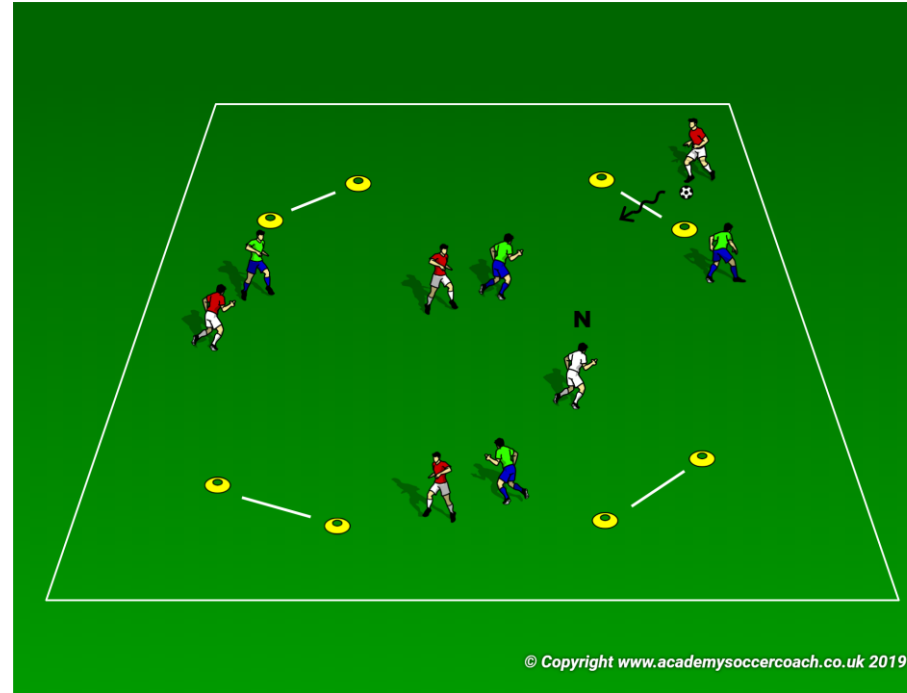
Objective	
Players demonstrate confidence and ability to deceive opponents by changing speed and direction..	
Technical/Tactical	Psychological
Creativity Dribbling Running with the Ball	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players can change direction at speed.	
Collective: Players are confident in possession.	



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Skill Activity – 4 Gate Game

Station Time	Area
12-15 Minutes	30m x 30m
Organization	Games of 3 minutes with 1 minute break. Teams of 4-5 with 1 neutral player. 4 gates (5m apart) are placed in the corners of the field.
Procedure	Players try to dribble into any of the 4 gates, but cannot score in the same one 2 times in a row.
Progression	To score a point, players have to pass to a teammate on the other side of the gate.
Focus	Switching the field. Creating space and opportunities to score.



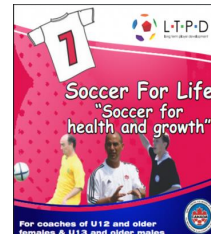
Manitoba Soccer Association – Grassroots Development

Objective	
Players can change speeds in attack.	
Technical/Tactical	Psychological
1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation
Physical	Social
Change of Direction Fitness Strength	Problem Solving Decision Making Patience
Outcome	
Individual: Players can dribble/attack defenders at speed, using both feet.	
Collective: Players are unpredictable.	

Soccer for Life

Small Sided Game – Match Play

Station Time	Area
12 – 15 Minutes	20m x 30m
Organization	
If 12 players 2 fields. Less than 12 – split into 3 teams. Gk's optional. Retreat line (Red Markers).	
Procedure	
Teams play 90 second matches – winner stays on, if team scores opponents are off and new team comes in. Can begin with every time ball goes out of play, the team that touches it last is off, and new team comes in. Teams must make minimum of 1 pass before finishing.	
Progression	
1. Teams get double points for beating opponent 1v1 before scoring.	
Focus	
Players are comfortable with the ball under pressure.	



Manitoba Soccer Association – Grassroots Development

Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Dribbling Running with the Ball Finishing	Concentration Teamwork Competitiveness
Physical	Social
Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	
Individual: Players receive open and facing forward in-between defenders.	
Collective: Attackers manipulate/move defenders with off the ball runs and positioning.	