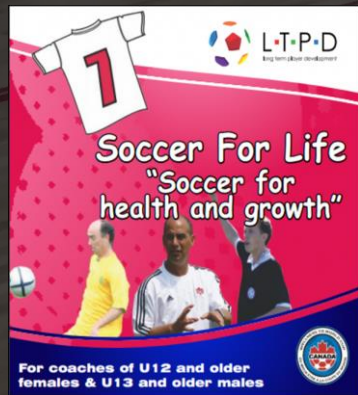




Soccer for Life Practice Plan



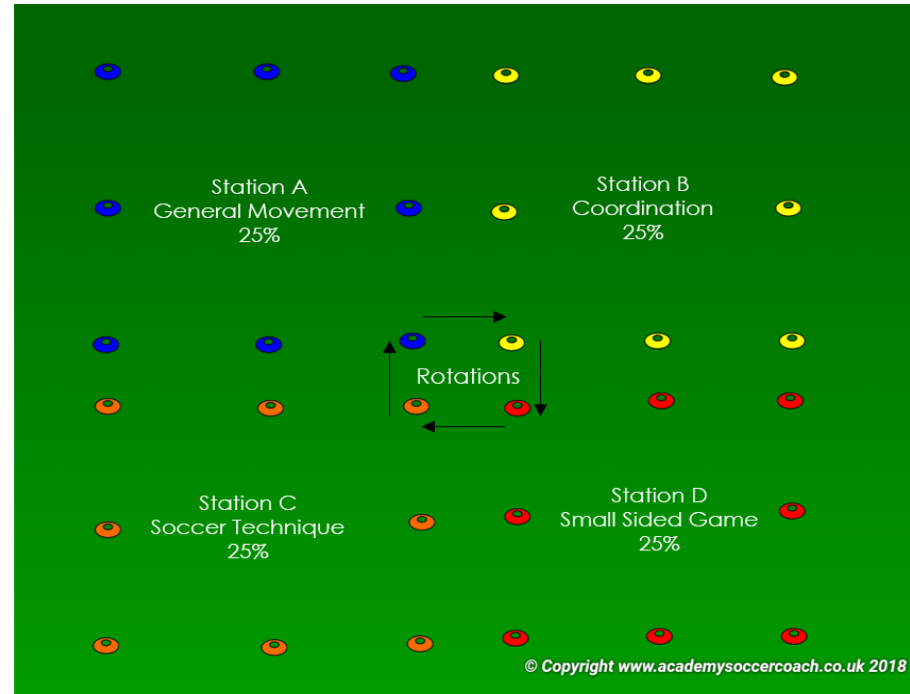
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

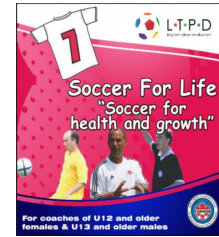
Preferred Training Model

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.



Soccer for Life

General Movement – Rondo

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

8-12 Minutes	12m x 12m
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Organization

2 groups of 7. 5 players on the outside and 2 defenders inside the grid.

Procedure

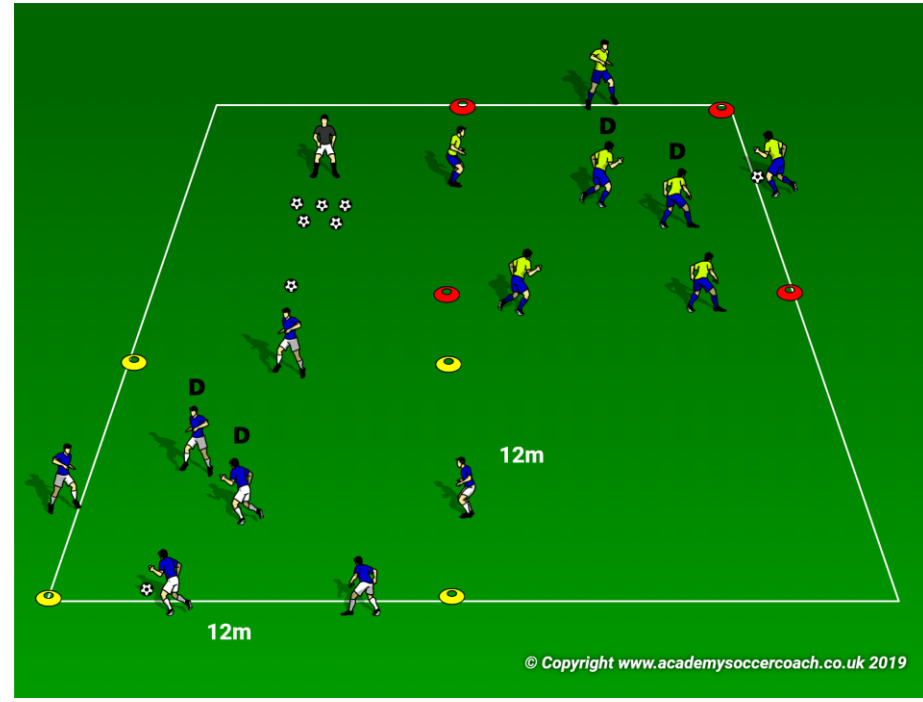
Keep away game with 2 defenders in the middle. If the defenders win the ball then the defender that was in longer switches with the player that lost the ball. 1-2 touches max per player.

Progression

If players make 10 passes consecutively, then the middle players must do 2 somersaults or stay in another round.

Focus

Fast ball movement and players always supporting ball carrier with proper angles.



Objective

All Players are active and engaged,

Technical/Tactical	Psychological
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Awareness
Decision Making
Creativity

Confidence
Motivation

Physical	Social
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Awareness

Peer Interaction

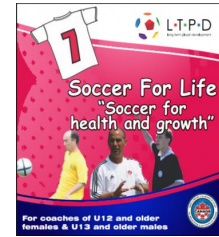
Outcome

Individual:

Players can make quick decisions with the ball

Collective:

Players can identify open spaces.



Soccer for Life

Technical Activity– Keep Away

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

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

Organization

3 teams of 4 players per team.

Procedure

2 teams (blue and red) play keep away from 1 team (yellow). If defenders win the ball, then they must make 2 passes to secure the ball and gain a point. Play 2-minute games and then switch defending team.

Progression

Team that loses the ball is now the defending team. Make it competitive - If 10 passes are completed, then defending team does a somersault.

Focus

Quick ball movement. Players look to switch play when defenders are committed to one side.



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Objective

Players demonstrate confidence and ability to deceive opponents by changing speed and direction..

Technical/Tactical	Psychological
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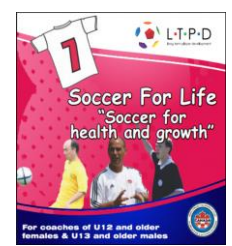
- | | |
|--|---|
| <ul style="list-style-type: none"> Creativity Dribbling Running with the Ball | <ul style="list-style-type: none"> Confidence Motivation Competitiveness |
|--|---|

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

- | | |
|--|--|
| <ul style="list-style-type: none"> General Fitness Change of Direction | <ul style="list-style-type: none"> Teamwork Communication Decision Making |
|--|--|

Outcome

- Individual:** Players can move the ball confidently under pressure
- Collective:** Players are confident in possession.



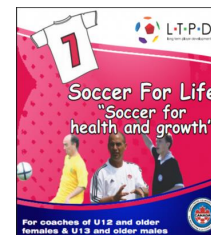
Soccer for Life

Activity Game– 4v4

Station Time	Area
12-15 Minutes	30m x45m
Organization	3 teams of 4 players per team (2 teams start and 1 team is on the side as neutrals). 2 GK's.
Procedure	4v4 match with neutrals (max 1-2 touches) on the side. Play 3-minute games or first team to 2 goals.
Progression	N/A
Focus	Switching the field. Creating space and opportunities to score.



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 effectively use their neutral players for support to attack	
Collective: Players can combine to build the attack from the back to score	



Soccer for Life

Small Sided Game – Match Play

Station Time	Area
12 – 15 Minutes	20m x 30m
Organization	
	2 teams of 6 players per team. 2 GK's.
Procedure	
	Final match – normal game rules
Progression	
	N/A
Focus	
	Players are comfortable with the ball under pressure. Players can identify when to relieve pressure by switching the field.



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.

