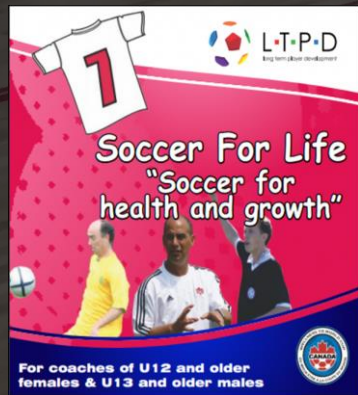




Soccer for Life Practice Plan



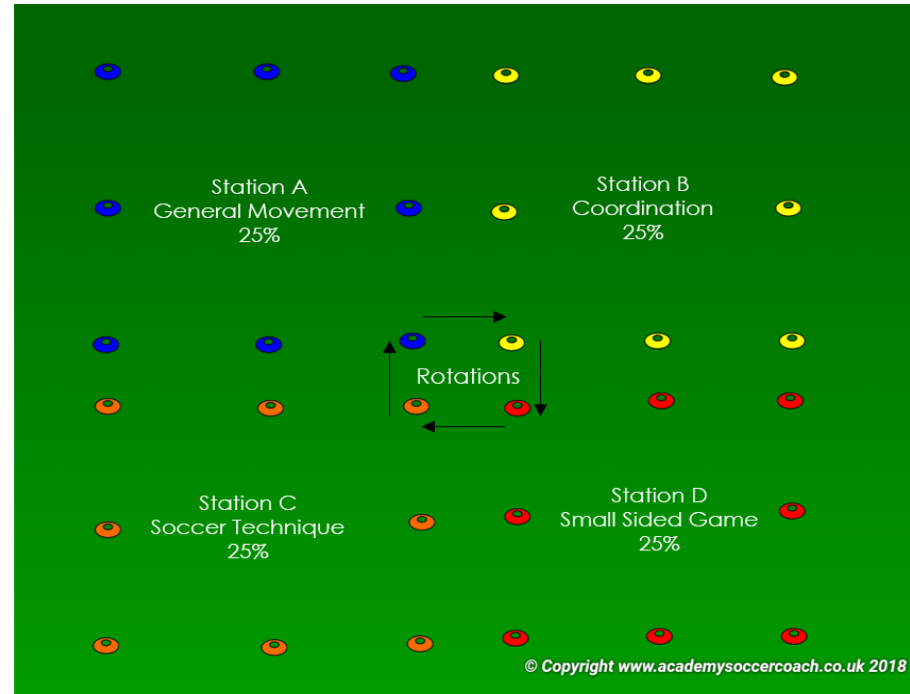
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

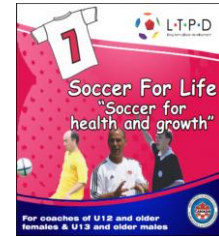
Preferred Training Model

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 – Technical Warm-Up

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

8-12 Minutes 3x 10m x 10m

Organization

4 players in each area. Players are numbered 1-4.

Procedure

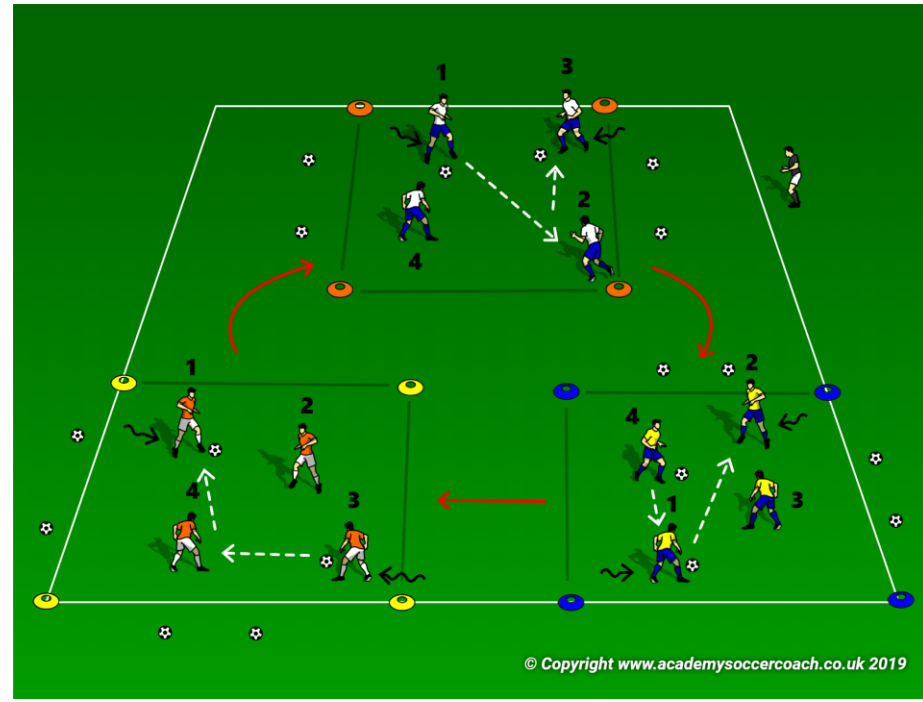
Each team has 1 ball. Players pass in sequential order (1-2, 2-3, 3-4, 4-1). After the pass, that player has to run to the nearest/farthest cone and rejoin in the passing. Add a second ball to each team for more difficulty and decision making.

Progression

On the coach's command, a player (ex. "2") from each team runs to another teams square and becomes a defender to play 3v1. Play for 1 minute and then return that player to their original team.

Focus

High intensity. Movement from players to receive a pass.



Objective

All Players are active and engaged,

Technical/Tactical	Psychological
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Awareness
Decision Making
Protecting the ball

Confidence
Determination
Motivation

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

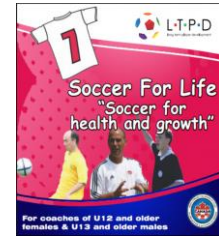
ABC,s
Awareness
Basic Motor Skills

Peer Interaction

Outcome

Individual:
Players can change direction at speed.

Collective:
Players can identify open spaces.



Soccer for Life

Ball Mastery - Technical

Station Time **Area**

12-15 Minutes 25m x 25m, 10m x 10m

Organization

Teams of 5 players. Each team has 2 balls.

Procedure

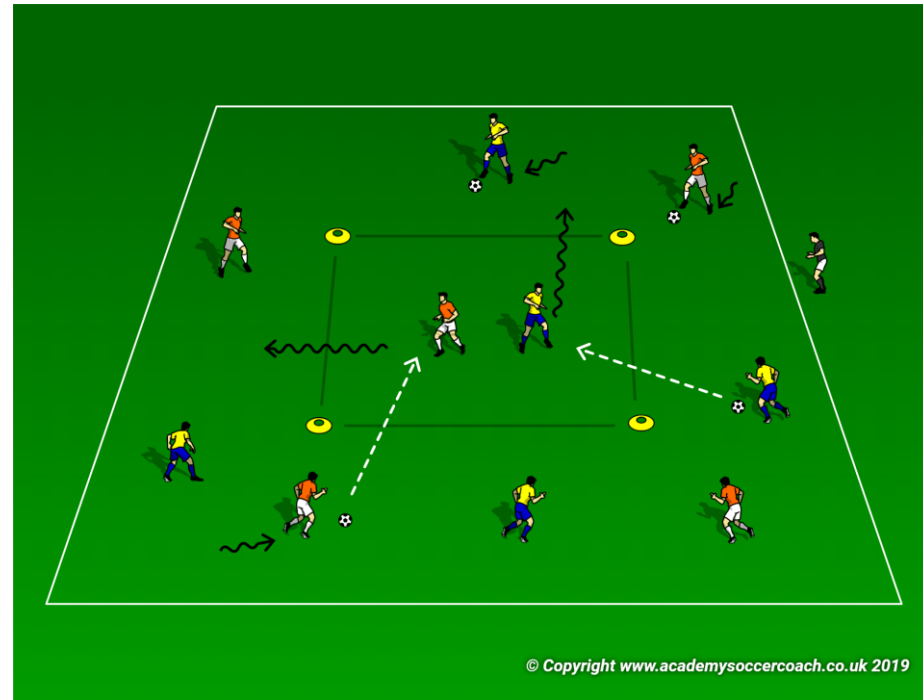
Players pass with their team and move in the area. Players run inside the small grid to receive the ball and look to dribble out another side.

Progression

Players have to be creative and can play with combinations (give-and-go, overlap, etc.)

Focus

Player habits (shoulder check, receive back-foot, dribble out with speed)



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Objective

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

Technical/Tactical **Psychological**

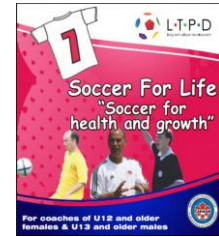
Creativity Dribbling Running with the Ball	Confidence Motivation Competitiveness
--	---

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.



Soccer for Life

Skill Activity – 5v3

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

12-15 Minutes	25m x 25m, 10m x 10m
---------------	----------------------

Organization

5 attackers vs 3 defenders to start. 2 defenders on the outside.

Procedure

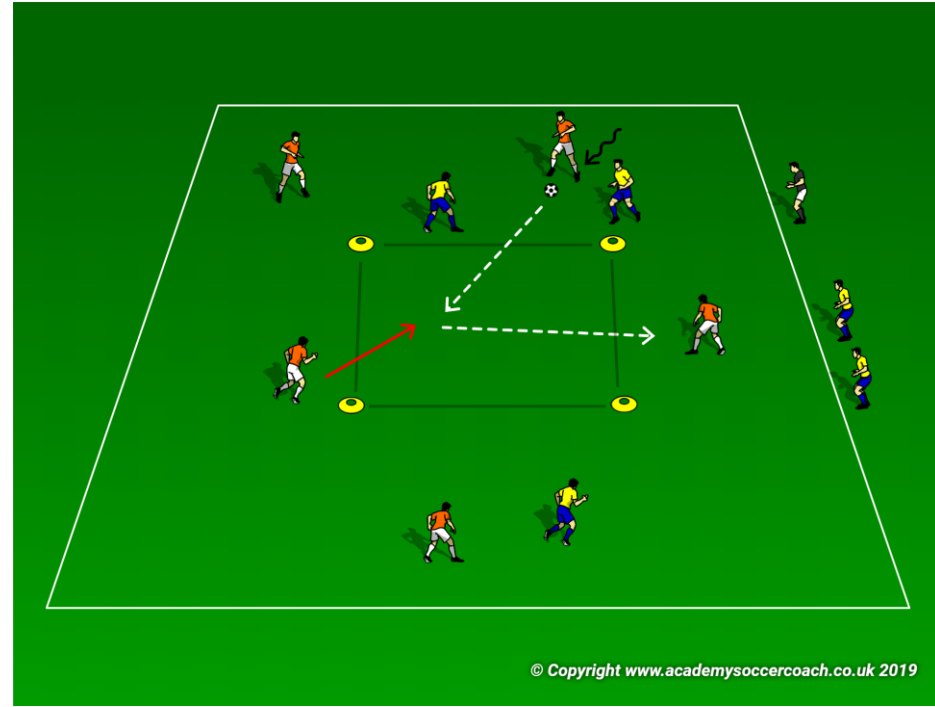
Possession game. Attackers score a point by playing to a teammate in the middle square and then dribbling or passing out to another teammate. Attackers can also score a point by making 5 consecutive passes. Once the attackers score a point, add in another defender.

Progression

Play a 5v4 or 5v5 game with the same rules.

Focus

Knowing when to keep possession and when to play into the square.



Objective

Players can change speeds in attack.

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

1v1 Attacking Dribbling Playing Gaps	Confidence Standards Motivation
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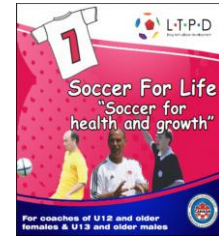
Physical	Social
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Change of Direction Use of Body in 1v1s Fitness	Problem Solving Decision Making Patience
---	--

Outcome

Individual:
Players can move the ball to find an opportunity to play in the box.

Collective:
Players are unpredictable.



Soccer for Life

Small Sided Game – 4v4 Game

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

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

Organization

3 teams of 4 players.

Procedure

Teams of 4. Every two (2) minutes change teams or first team to score twice stays. Ask the players which nets they want to score on. Ex – Blue wants to score on nets 1 and 3.

Progression

Make the game directional. Ex – 1 team scores on nets 1 and 2, other team scores on 3 and 4.

Focus

First touch is towards space and to the goal they want to score to.



Objective

Fun and creativity.

Technical	Psychological
-----------	---------------

1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
--	--

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

Stamina Speed Awareness Acceleration	Teamwork Communication Decision Making Discipline Patience
---	--

Outcome

Individual:
Players receive open and facing forward.

Collective:
Players look to create numbers up situations all over the field.

