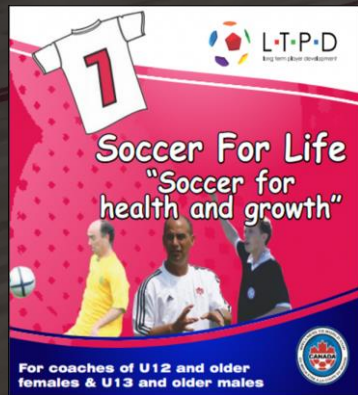




# Soccer for Life Practice Plan



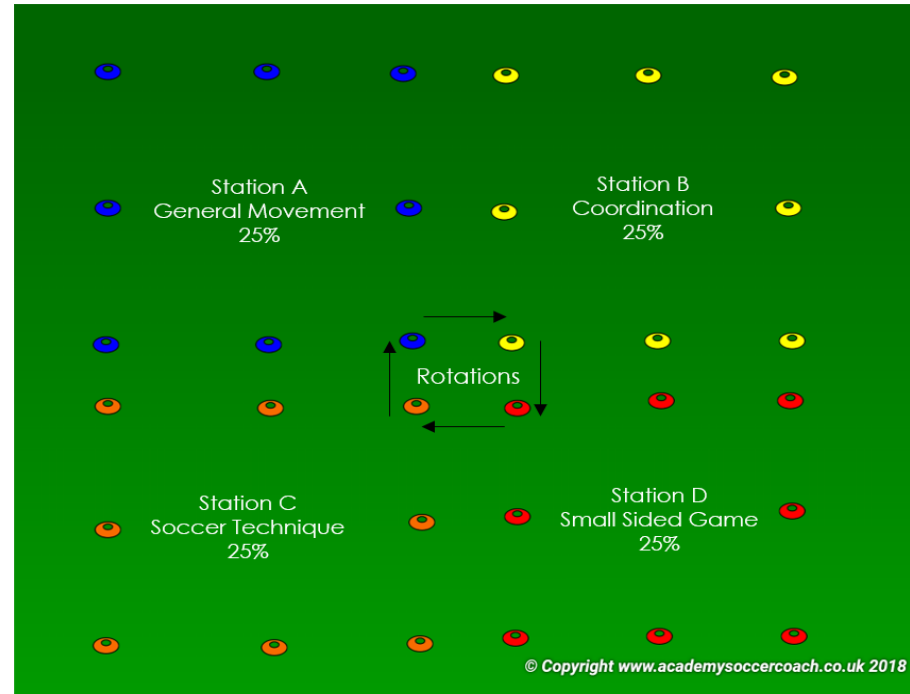
**Topic: Ball Mastery - Dribbling**  
*Grassroots Development U13-U17 Players*



# Soccer for Life

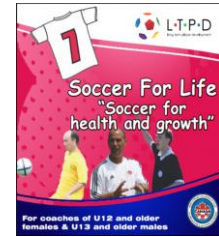
## Preferred Training Model

Station Time	Area
12-15 Minutes	
<b>Organization</b>	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
<b>Procedure</b>	
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.	
<b>Progression</b>	
Be prepared to progress an activity/game based on the level of the group.	
<b>Conditions</b>	
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.	
<b>Technical</b>	<b>Psychological</b>
Refine Techniques	FUN
<b>Physical</b>	<b>Social</b>
Physical Literacy	Decision Making
Outcome	

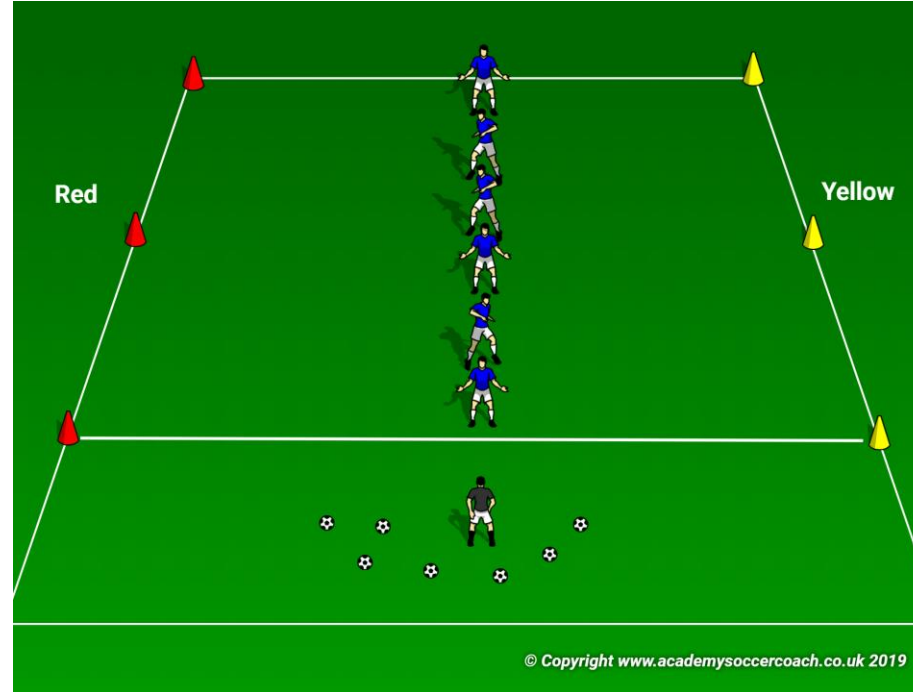
**Individual:** Players develop good training habits.  
**Collective:** Players are challenged in a fun, engaging environment.



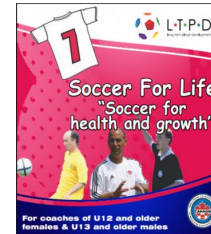
# Soccer for Life

## General Movement – Agility/Reaction

<b>Station Time</b>	<b>Area</b>
8-12 Minutes	25m x 25m
<b>Organization</b>	
Players stand in a row and on either side are cones of different colours.	
<b>Procedure</b>	
Players start by moving on the spot (high knees, jumping, etc.) and on the coaches call players run to the desired colour (ex. "RED").	
<b>Progression</b>	
<ol style="list-style-type: none"> <li>1. Change the names of the sides (Red=Barcelona, Yellow=Arsenal)</li> <li>2. Players will go in the opposite direction called</li> </ol>	
<b>Focus</b>	
Listening and reaction time.	



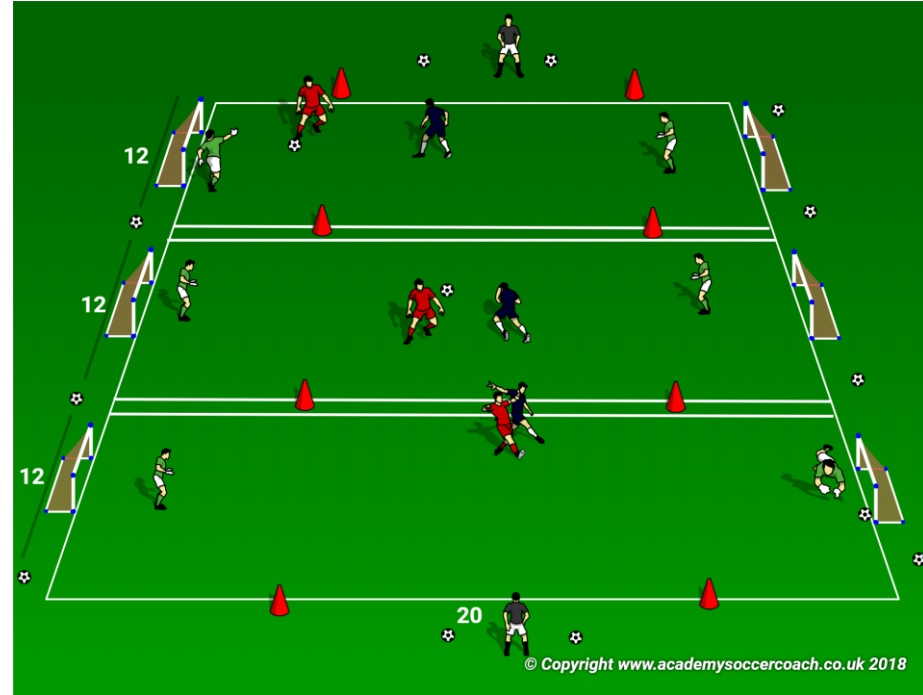
<b>Objective</b>	
All Players are active and engaged,	
<b>Technical/Tactical</b>	<b>Psychological</b>
Awareness Decision Making Protecting the ball	Confidence Determination Motivation
<b>Physical</b>	<b>Social</b>
ABC,s Awareness Basic Motor Skills	Peer Interaction Teamwork
<b>Outcome</b>	
<b>Individual:</b> Reacting and accelerating	
<b>Collective:</b> Have fun!	



# Soccer for Life

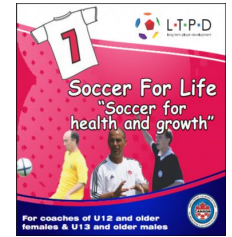
## Soccer Coordination –Mini World Cup Ladder

Station Time	Area
12-15 Minutes	12m x 20m
Organization	
	3 fields with nets/gates at either touch line. Teams of 2 (1 outfield + 1 GK). Teams choose team name.
Procedure	
	1v1 inside to goal, play 60-90 seconds with GK/Outfield player, play another 60-90 seconds then switch opponents.
Progression	
	N/A



Objective	
Players can perform skills/moves while taking players on.	
Technical/Tactical	Psychological
<ul style="list-style-type: none"> <li>Creativity</li> <li>1v1 Attacking</li> <li>Running with the Ball</li> <li>Dribbling</li> <li>Pressing</li> </ul>	<ul style="list-style-type: none"> <li>Confidence</li> <li>Motivation</li> <li>Competitiveness</li> </ul>
Physical	Social
<ul style="list-style-type: none"> <li>ABC,s</li> <li>Change of Direction</li> <li>Acceleration</li> </ul>	<ul style="list-style-type: none"> <li>Teamwork</li> <li>Communication</li> <li>Decision Making</li> </ul>
Outcome	
<p><b>Individual:</b> Ball carrier uses body feints/quick change of direction to beat opponent.</p> <p><b>Collective:</b> Players are unpredictable in attack.</p>	

Focus
Players are confident on the ball to take on opponents.



# Soccer for Life

## Skill Activity – Mini World Cup

Station Time	Area
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12-15 Minutes	6x 10m x 12m
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### Organization

Set up 6 areas, with 2 gates (1 on each end line). 1v1 inside each, with retreat line at half. Layers choose country to represent.

### Procedure

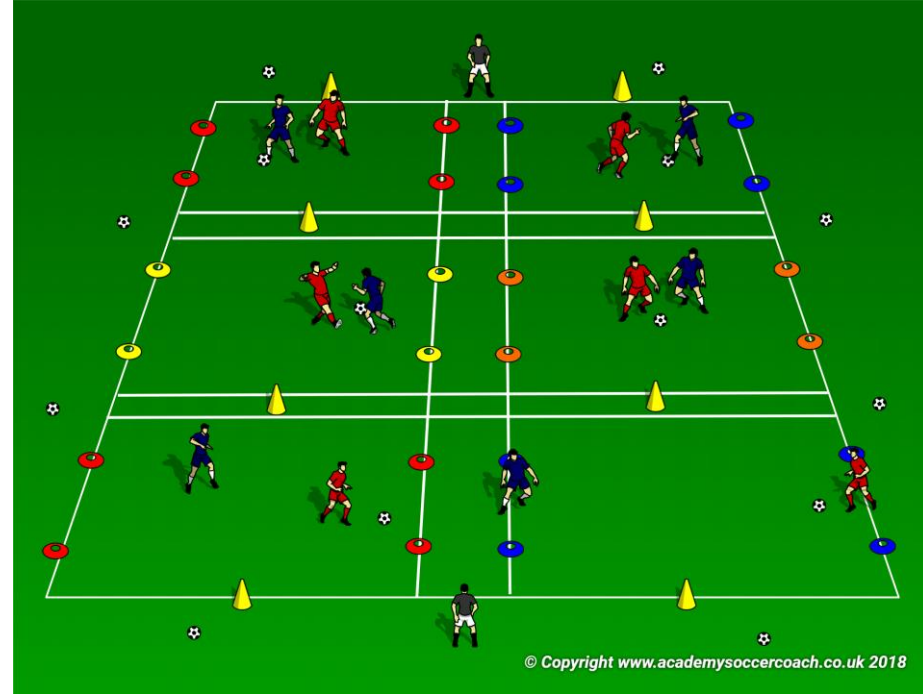
Partners play 1v1 for 60 seconds – players score by dribbling through opponents gate. Winners move up the ladder towards top field.

### Progression

1. No retreat line.

### Focus

Players are creative & vary attacks.



### Objective

Players can change speeds in attack.

Technical/Tactical	Psychological
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1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
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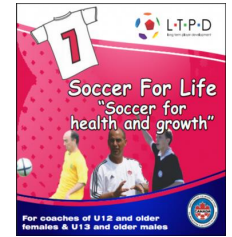
Physical	Social
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Change of Direction Reactions Speed	Problem Solving Decision Making Patience
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### Outcome

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

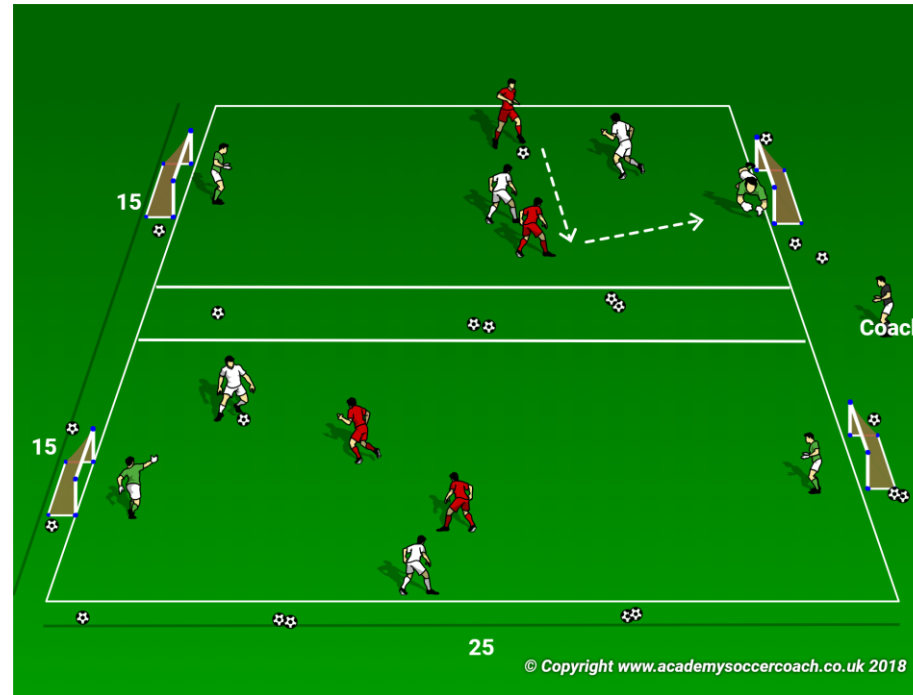
**Collective:**  
Players are unpredictable.



# Soccer for Life

## Small Sided Game – Match Play

<b>Station Time</b>	<b>Area</b>
12-15 Minutes	2x 20m x 15m
<b>Organization</b>	
2 fields – nets/gates on each field. 4 teams of 3.	
<b>Procedure</b>	
Regular match play with (offsides) all restarts are pass/dribble in's.	
<b>Progression</b>	
N/A	
<b>Focus</b>	
Ball carrier commits defender(s).	



### Objective

Fun and creativity.

<b>Technical</b>	<b>Psychological</b>
<ul style="list-style-type: none"> <li>1v1 Attacking</li> <li>Passing</li> <li>Receiving</li> <li>Finishing</li> <li>Combination Play</li> </ul>	<ul style="list-style-type: none"> <li>Concentration</li> <li>Competitiveness</li> <li>Motivation</li> <li>Commitment</li> <li>Teamwork</li> </ul>
<b>Physical</b>	<b>Social</b>
<ul style="list-style-type: none"> <li>Stamina</li> <li>Speed</li> <li>Awareness</li> <li>Acceleration</li> <li>ABC's</li> </ul>	<ul style="list-style-type: none"> <li>Teamwork</li> <li>Communication</li> <li>Decision Making</li> <li>Discipline</li> <li>Patience</li> </ul>
<b>Outcome</b>	
<p><b>Individual:</b> Players receive open and facing forward.</p> <p><b>Collective:</b> Players look to create numbers up situations all over the field.</p>	

