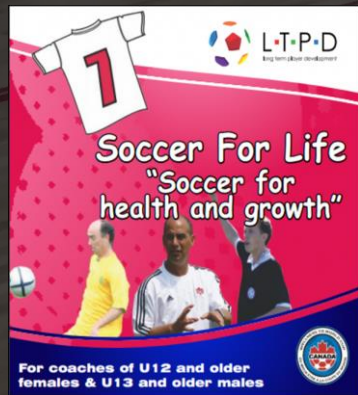




# Soccer for Life Practice Plan



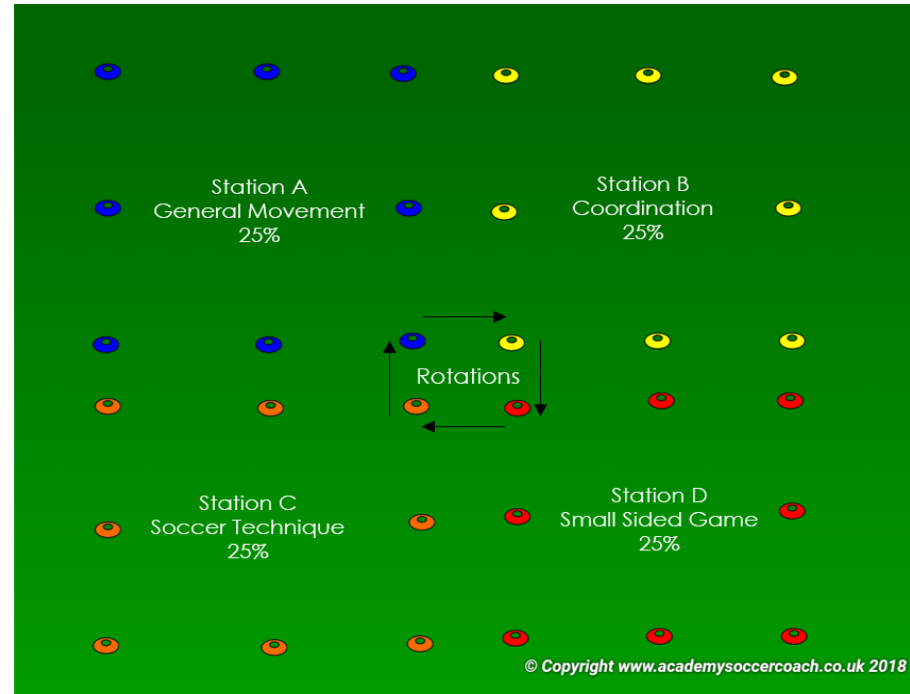
**Topic: Ball Mastery - Dribbling**  
*Grassroots Development U13-U17 Players*



# Soccer for Life

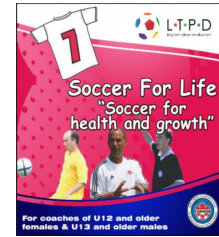
## Preferred Training Model

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.

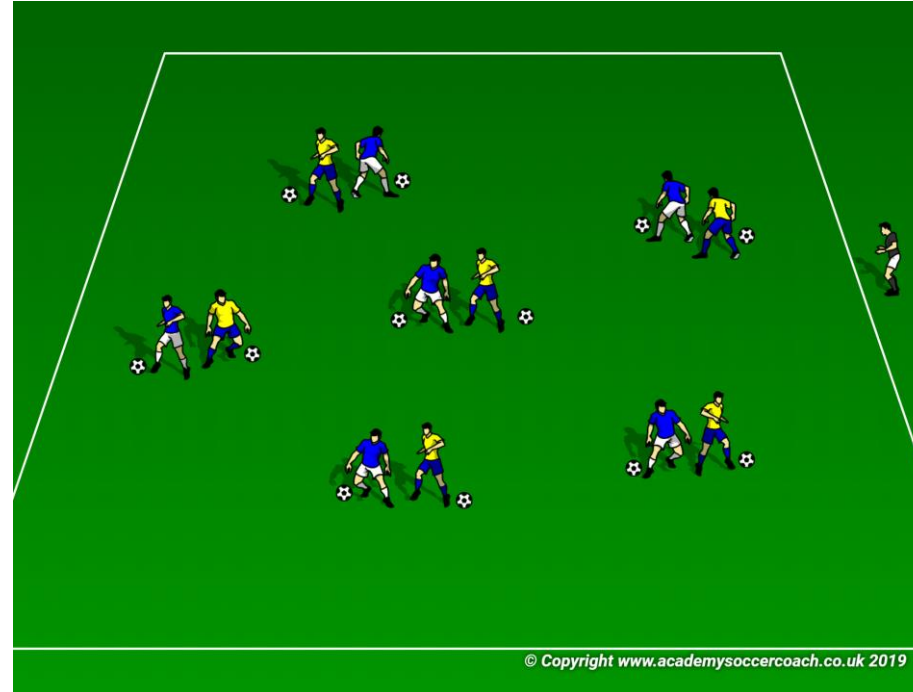




# Soccer for Life

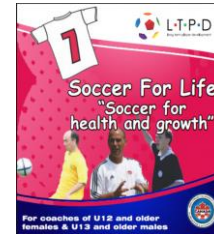
## Warm-up-1v1 Ball Tag

Station Time	Area
10-12 Minutes	20m x 20m
Organization	
Players have a partner and ball each.	
Procedure	
Players attempt to touch the other players ball with their foot. Each touch is a point. Encourage shielding and looking for opportunities to attack the opponent's ball. Winners after 30 seconds find a new partner that won.	
Progression	
N/A	



Objective	
Players can perform skills/moves while taking players on.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Protecting the ball Pressing	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Fitness	Decision Making
Outcome	
<b>Individual:</b> Players can use their body effectively to shield the ball	
<b>Collective:</b> Turning defense into offense	

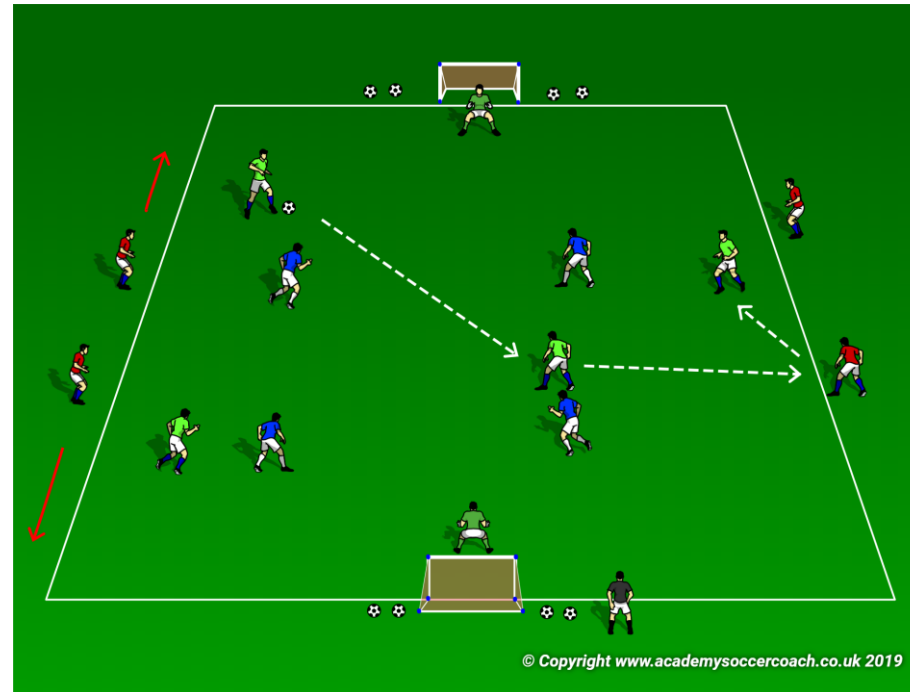
Focus
Players are confident on the ball



# Soccer for Life

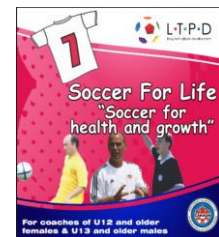
## Soccer Game #1 –4v4

Station Time	Area
12-15 Minutes	20m x 25m
Organization	
3 teams of 4 players. Third team is on the side of the field and are neutral players.	
Procedure	
All balls start from the goalies (depending who the ball went out on). Outside players are neutrals and play with the team in possession. Play 3-5 minute games.	
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>	

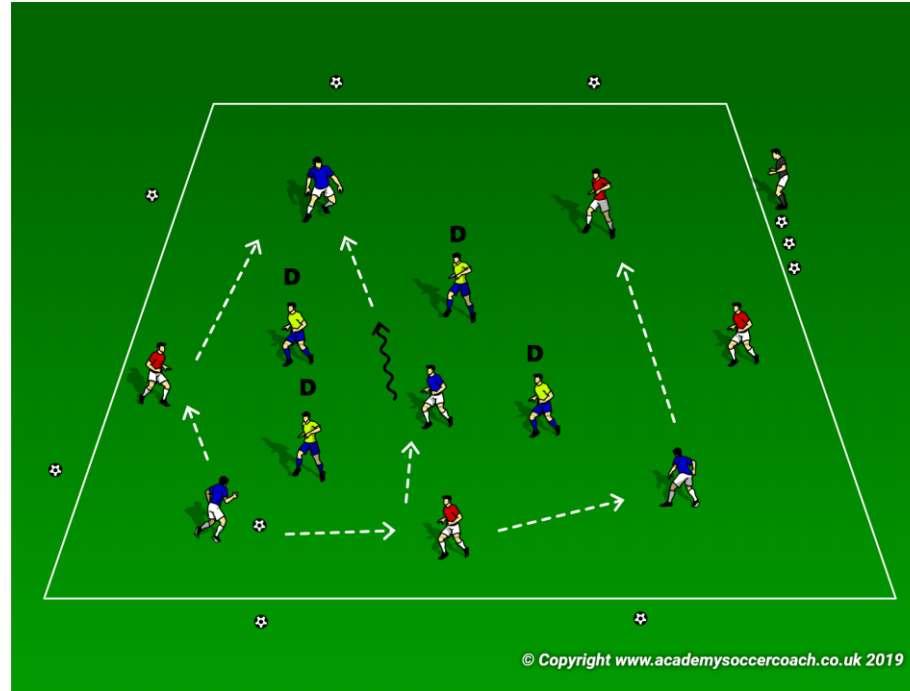
Focus
Players are confident on the ball to take on opponents.



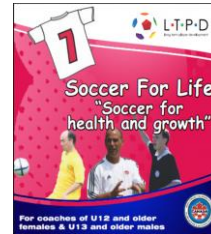
# Soccer for Life

## Skill Activity – 8v4 - Possession

Station Time	Area
12-15 Minutes	30m x 30m
Organization	3 teams of 4 players each. 1 team starts as the defending team.
Procedure	2 teams play a possession game against 1 team. If the defending team wins the ball, then that team that lost it becomes the defenders.
Progression	1. Defending team must secure the ball with 2 passes to gain possession.
Focus	Switching points of attack. Need to win the ball back after losing the ball.



Objective	
Players can change speeds in attack.	
Technical/Tactical	Psychological
Pass in tight spaces Dribbling Transition	Confidence Standards Motivation Concentration
Physical	Social
Change of Direction General fitness	Problem Solving Decision Making Patience
Outcome	
<b>Individual:</b> Players can dribble/attack defenders at speed, using both feet.	
<b>Collective:</b> Players are unpredictable.	



# Soccer for Life

## Small Sided Game – Match Play

Station Time	Area
12-15 Minutes	45m x 35m
Organization	
2 teams of 6.	
Procedure	
Normal soccer game	
Progression	
N/A	
Focus	



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.

