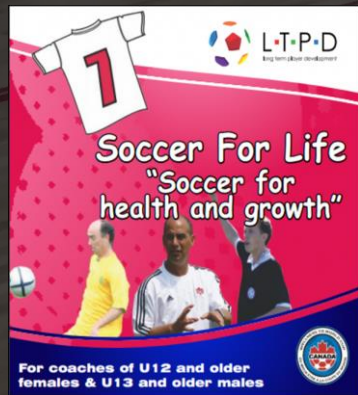




Soccer for Life Practice Plan



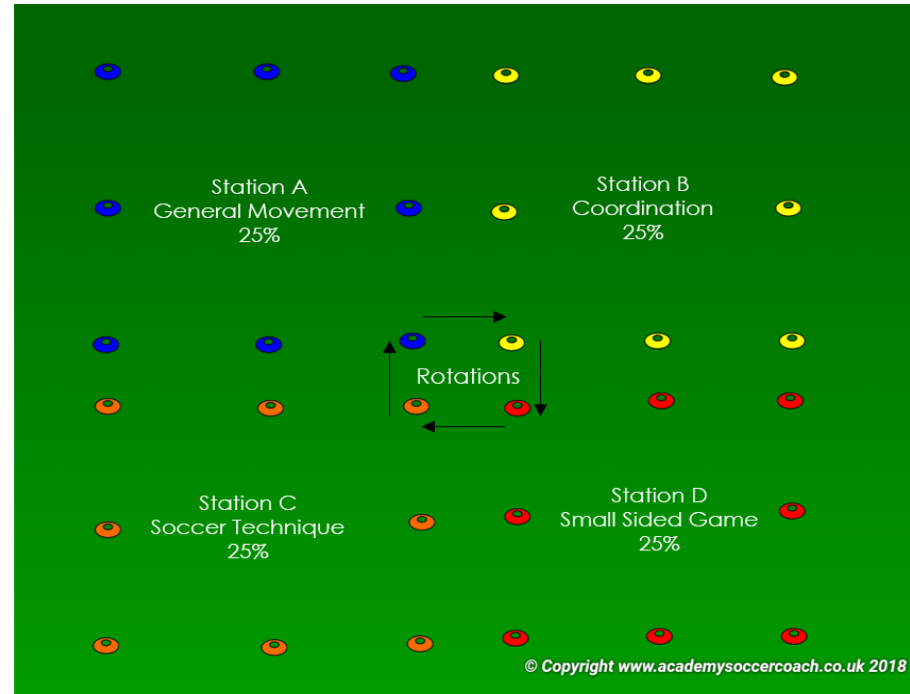
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

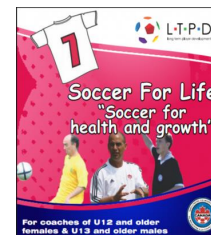
Preferred Training Model

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

Warm-up–Split the Defenders

Station Time	Area
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10-12 Minutes 15m x 18m

Organization

3 teams of 2 players. Multiple grids for additional games.

Procedure

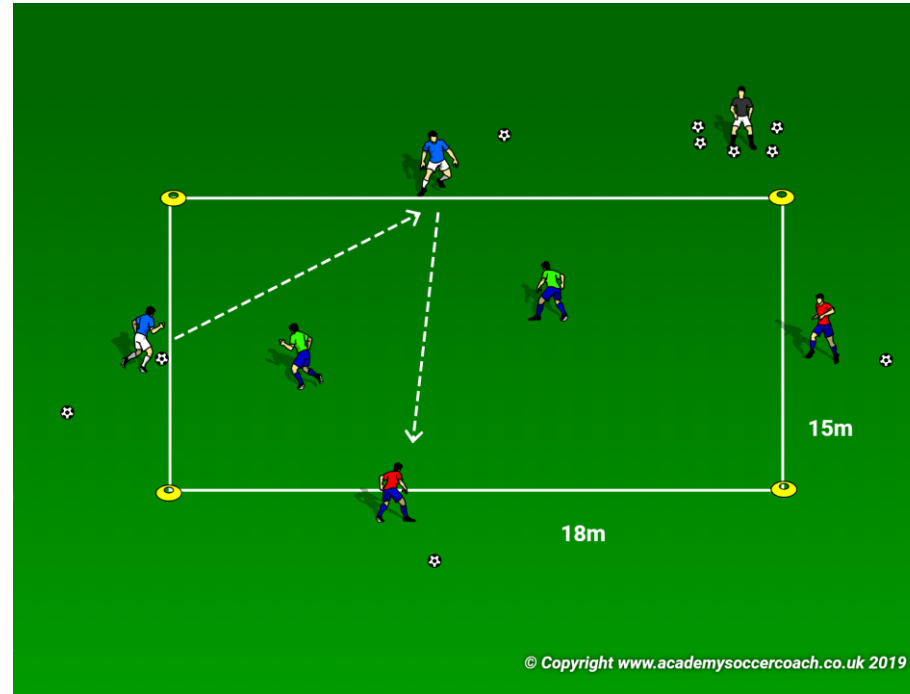
Teams on the outside pass the ball to try and “split” the defenders. If the defenders intercept the ball, then the team that lost it is defending. Points are score by splitting the defense with a pass or by making 10 passes in a row. If either are done, then the defending team have to win the ball back an extra time.

Progression

1. Limit number of touches of the outside players.
2. Make the field bigger and players can move freely inside the area.

Focus

Players are confident on the ball



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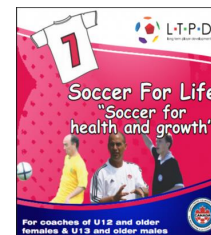
Objective

Players can perform skills/moves while taking players on.

Technical/Tactical	Psychological
Creativity Protecting the ball Pressing	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Fitness	Decision Making

Outcome

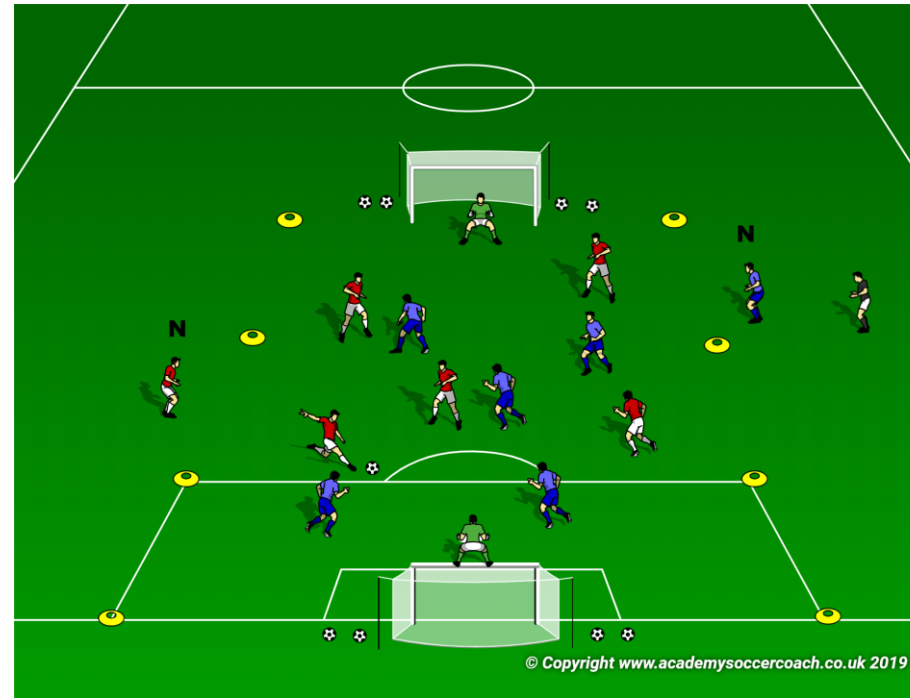
- Individual:**
Players can use their body effectively to shield the ball
- Collective:**
Turning defense into offense



Soccer for Life

Soccer Game #1 –5v5

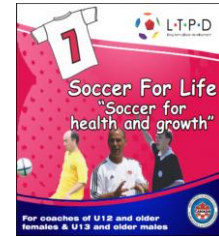
Station Time	Area
12-15 Minutes	20m x 25m
Organization	
2 teams of 5 players and 2 goalies. Extra players can act as neutrals on the side.	
Procedure	
Restarts always start from the goalie in the team in possession.	
Progression	
1 neutral can play on the inside but with limited touches.	
Focus	



Objective	
Players can perform skills/moves while taking players on.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Dribbling	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	

Individual:
Can move effectively amongst the opponent to receive the ball.

Collective:
Players are unpredictable in attack.



Soccer for Life

Skill Activity – 4v3 - Attacking

Station Time	Area
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12-15 Minutes	18m x 35m
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Organization

4 attackers and 3 defenders. 2 gates/nets on the opposite side of the goals.

Procedure

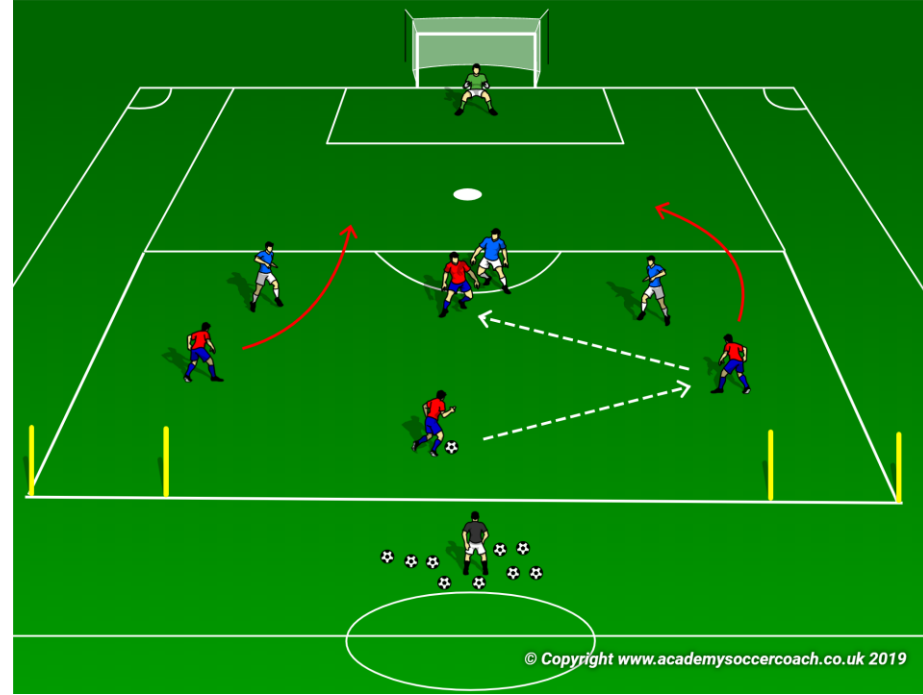
Server will stand outside the area to play balls into the attackers. Attackers move from their defender to receive a pass from the server to turn to go forward. If the defending team wins the ball, then they can score on the 2 gates.

Progression

1. Add another defender to make 4v4.

Focus

Encourage players to receive the ball to attack the defender to go towards goal.



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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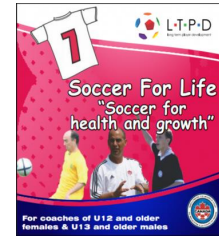
Physical	Social
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Change of Direction Reactions Speed	Problem Solving Decision Making Patience
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Outcome

Individual:
Players can receive the ball to face the defender

Collective:
Players move off the ball to create space for themselves to go forward.



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	
Receiving the ball in spaces to attack forward.	



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	
<p>Individual: Players receive open and facing forward.</p> <p>Collective: Players look to create numbers up situations all over the field.</p>	

