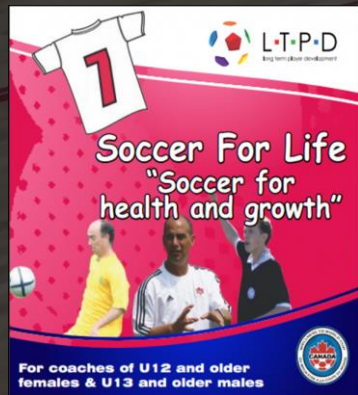




Soccer for Life Practice Plan



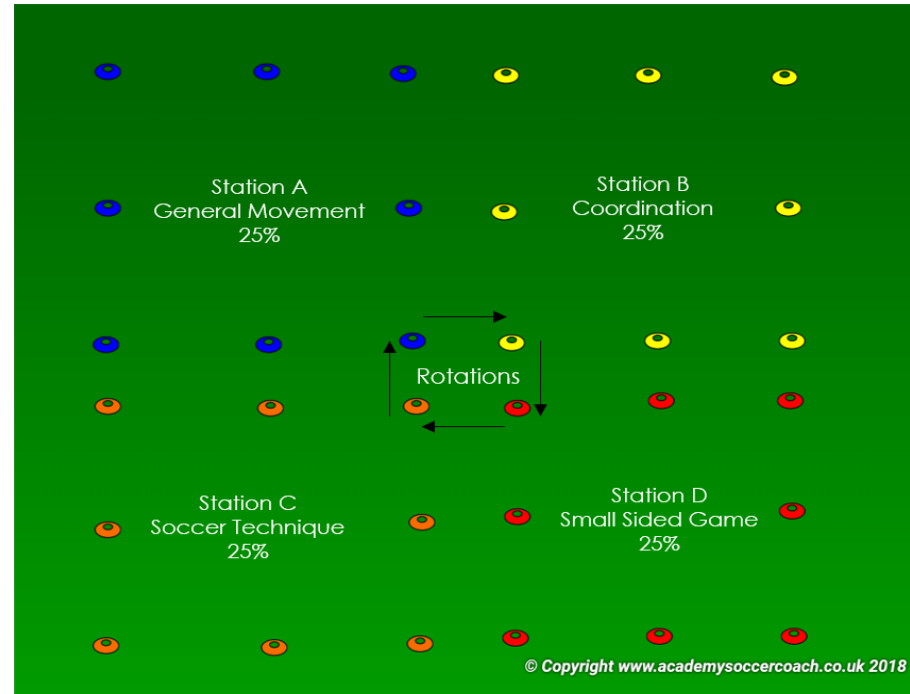
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

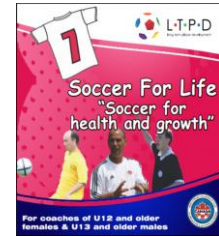
Preferred Training Model

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	

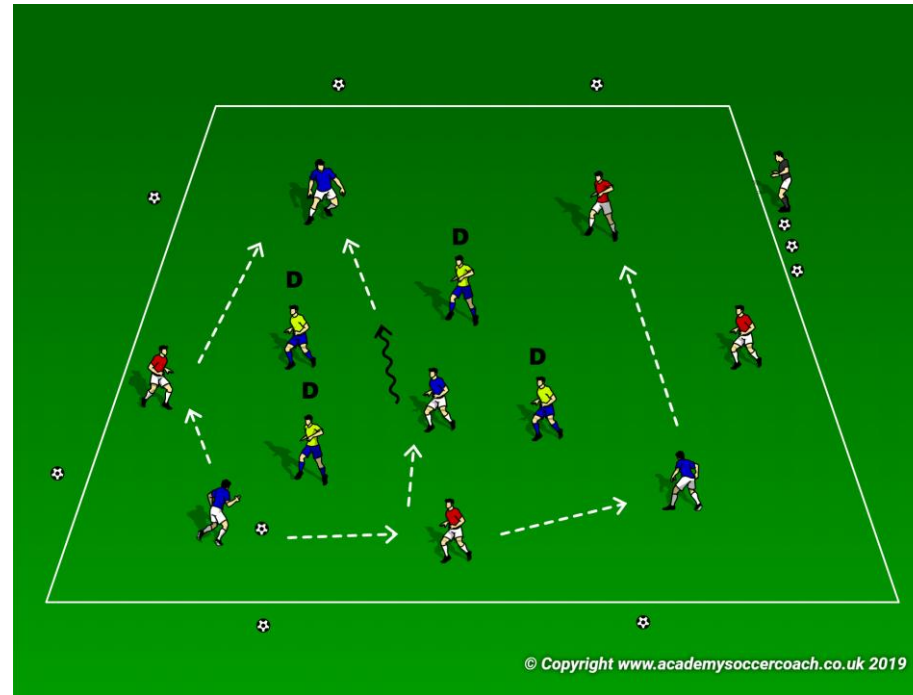
Individual: Players develop good training habits.
Collective: Players are challenged in a fun, engaging environment.



Soccer for Life

Warm-up-Rondo

Station Time	Area
10-12 Minutes	30m x 30m
Organization	
3 teams of 4 players.	
Procedure	
2 teams play together a possession game and 1 team defends. If the defending team wins the ball, then the team that lost it becomes defenders.	
Progression	
1. Limit number of touches of the attacking team. 2. Make it competitive – Play 1-minute games. The team that wins the ball as defenders wins and the team that wins the ball least does a punishment (5 somersaults)	

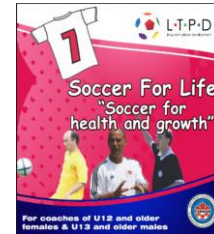


Objective	
Players can perform skills/moves while taking players on.	
Technical/Tactical	Psychological
Creativity Protecting the ball Pressing	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Fitness	Decision Making
Outcome	

Individual:
Players can use their body effectively to shield the ball

Collective:
Turning defense into offense

Focus
Players are confident on the ball



Soccer for Life

Soccer Game 3v3 to targets

Station Time **Area**

12-15 Minutes 20m x 25m

Organization

2 Targets – 1 in each end zone. 3 teams of 3 players. 1 team has 2 targets and 1 neutral player.

Procedure

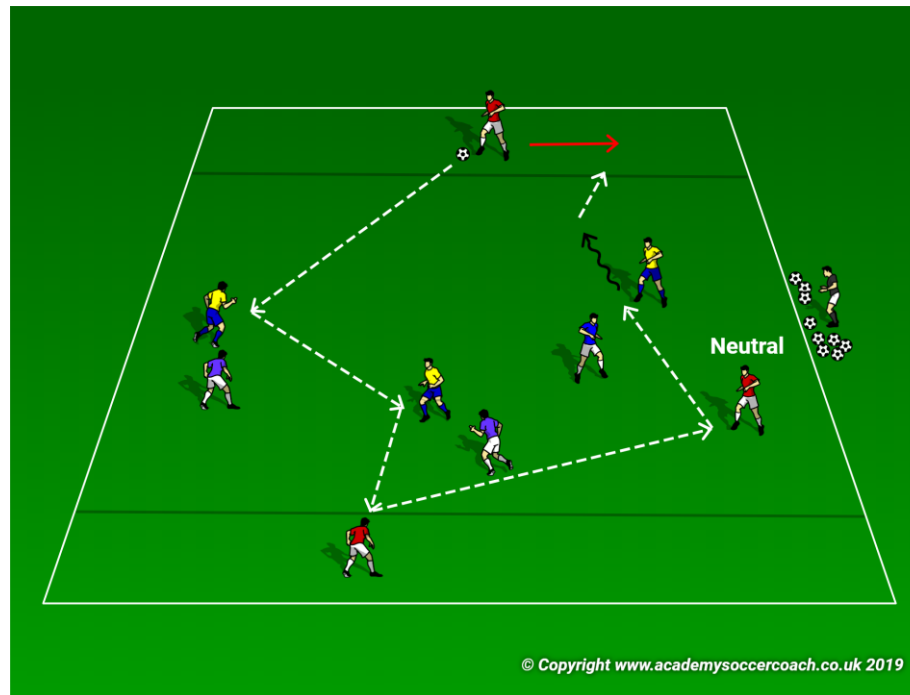
Players play a possession game and to score a point they must pass to the target on either side. Once they pass to one target, they have to pass to the other target to score another point. Play 2 minute games and then switch the targets and neutral player.

Progression

1 neutral can play on the inside but with limited touches.

Focus

Encourage receiving the ball to go forward.



Objective

Players can perform skills/moves while taking players on.

Technical/Tactical	Psychological
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Creativity 1v1 Attacking Dribbling	Confidence Motivation Competitiveness
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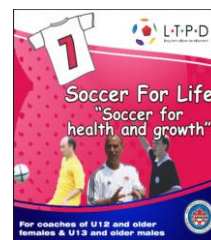
Physical	Social
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ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
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Outcome

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

Collective:
Players are unpredictable in attack.



Soccer for Life

Skill Activity – King Louis

Station Time	Area
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12-15 Minutes	25m x 35m
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Organization

2 teams of 5. Field is split in half. Teams must stay in their own half.

Procedure

Ball starts from the goalkeeper and is passed to the outfield players. Every player must touch the ball before they can shoot, but the shot must be in their own half. Make sure everyone gets a chance to shoot. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates

Progression

1. Add in a defender in the opponents half that can intercept the ball as well as receive a ball from their teammates.
2. Add multiple defenders.

Focus

Players find space to take a shot.



Objective

Players can keep the ball to take a shot under pressure

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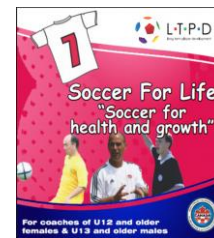
Physical	Social
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Change of Direction Reactions Speed	Problem Solving Decision Making Patience
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Outcome

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

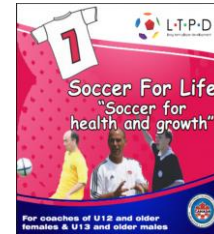
Station Time	Area
12-15 Minutes	45m x 35m
Organization	
2 teams of 6.	
Procedure	
Normal soccer game	
Progression	
N/A	
Focus	
Receiving the ball in spaces to attack forward.	



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>	



Manitoba Soccer Association – Grassroots Development