

Grassroots Session

Learn to Train U9-U12

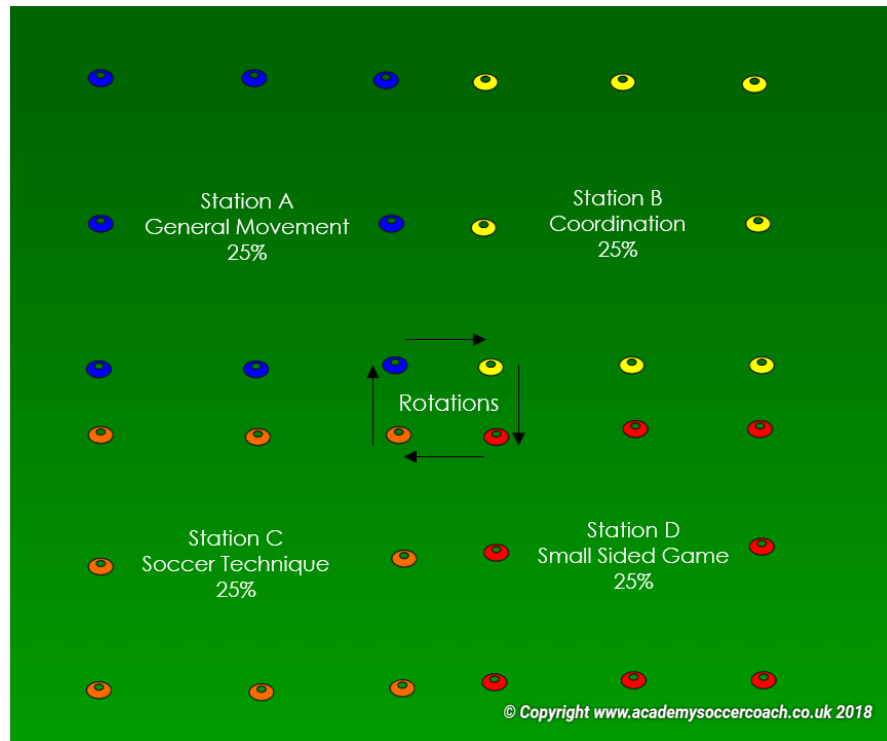


Manitoba Soccer Association
Grassroots Development



Learn to Train – Practice Plan

How the Preferred Training Model Works



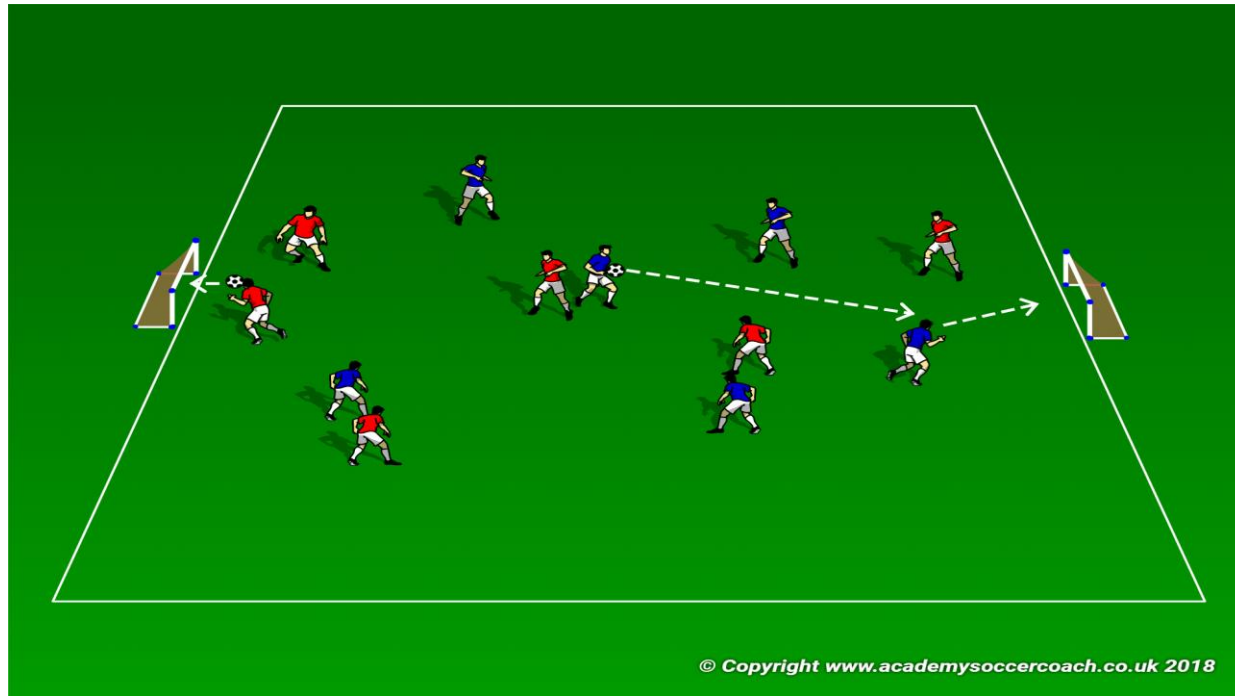
- 4 Stations (General Movement, Coordination, Soccer Technique, Small Sided-Game).
- Holistic approach - develop the individual both as a soccer player and as a person.
- Physical Literacy – develop fundamental movement skills.
- FUN! Develop a love for the game.



Learning to Train practice plan – Week 1

Station A

General Movement



Station Time: 8-10 Minutes

Focus

FUN

All players are engaged

<p><u>Technical</u></p> <p>Awareness Creativity</p>	<p><u>Psychological</u></p> <p>Confidence Teamwork</p>
<p><u>Physical</u></p> <p>ABC,s Change of Direction</p>	<p><u>Social</u></p> <p>Active Peer Interaction</p>

Organization: 20m x 20m Area. Split into two (2) teams.

Procedure: Each team with 1 or 2 balls. Teams make 3-5 passes and score by throwing to a teammate who heads into the net. After each pass give players specific movement to perform, can ask players to give ideas of movements. Example, after pass player crabwalks to touchline before rejoining game. Progress to volleying in net, and make it competitive.

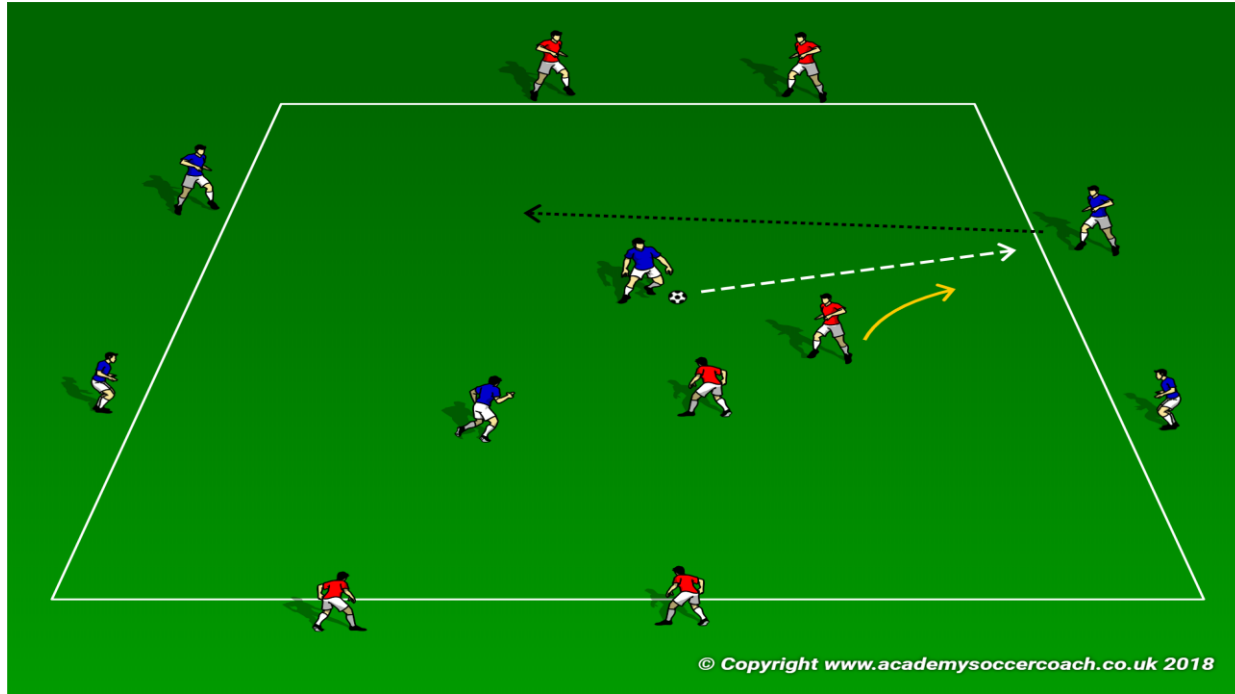
Objective: Engage & activate every player



Learning to Train practice plan – Week 1

Station B

Coordination (with ball) – 2v2 to Targets



Station Time: 12-15 Minutes

Focus

Running with the Ball
Spatial Awareness

<p><u>Technical</u></p> <p>Awareness Receiving – 1st Touch Running with the Ball</p>	<p><u>Psychological</u></p> <p>Communication Discipline</p>
<p><u>Physical</u></p> <p>ABC's Change of Direction Power</p>	<p><u>Social</u></p> <p>Coachable Organized</p>

Organization: 20m x 20m Area. 2v2 inside with 1-2 targets on either end.

Procedure: team scores a point if they can successfully transfer the ball from one side to the other. The outside player receives the ball enters the play with first touch, while passing player takes their place as a target. Progressions, inside players must combine, minimum number of touches for inside players.

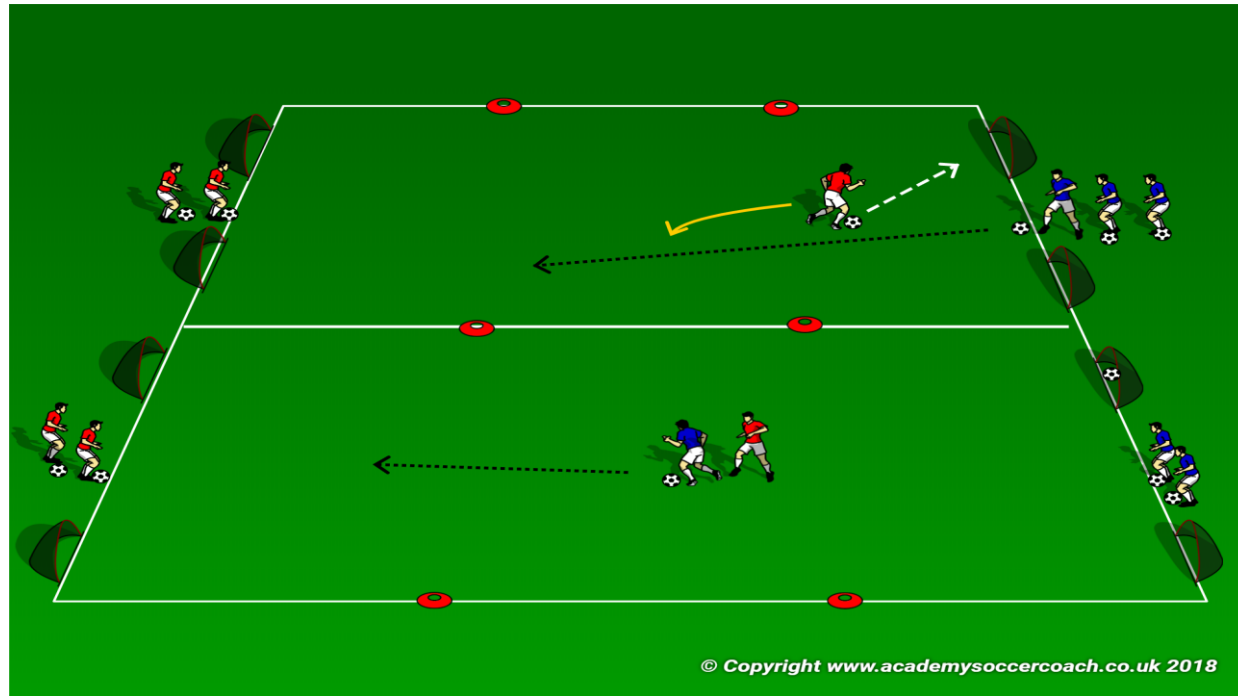
Objective: Players manipulate the ball at speed.



Learning to Train practice plan – Week 1

Station C

Skill Development



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Organization: 2 x 15m x 30m Area.

Procedure: Attacker runs with ball, when they reach the end zone (inside red cones) player can score on either net. After the player shoots, new attacker enters and the shooter (previous attacker) becomes the defender. Progress to 2v1 with the attacker that does not shoot becoming the defender.

Objective: Players identify open spaces, taking a positive first touch and attacking at speed.

Station Time: 8-10 Minutes

Focus

Identify and Exploit open spaces.
Attack at Speed

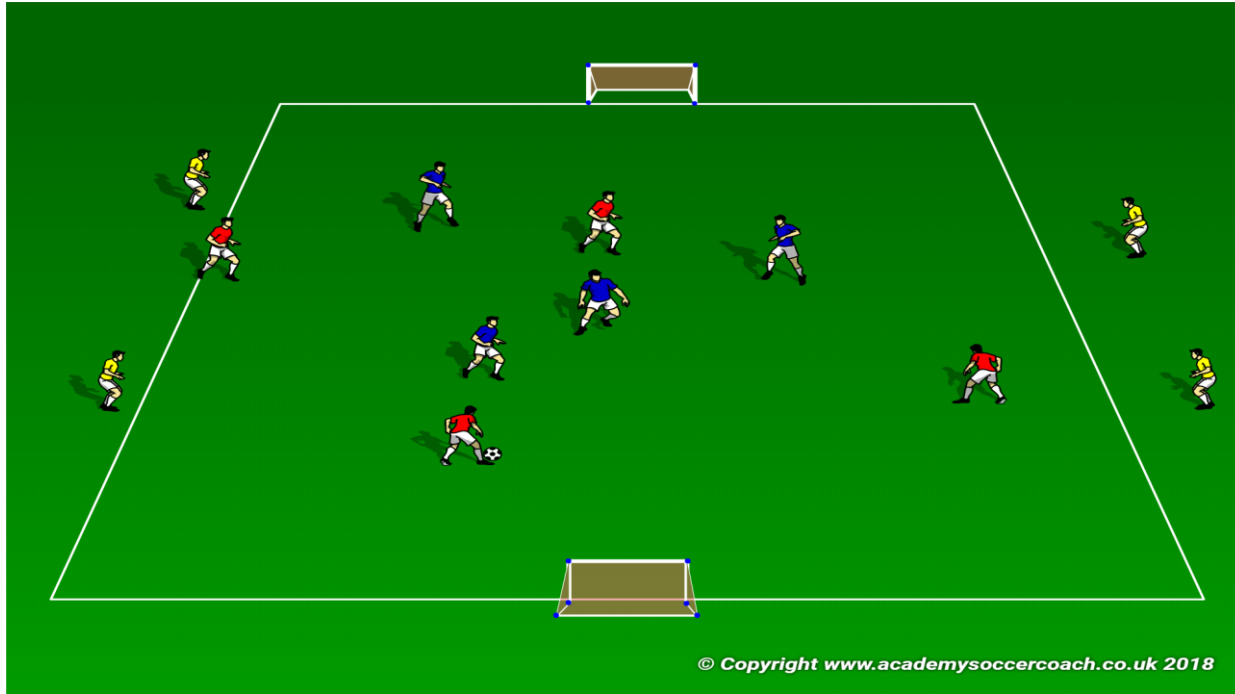
<p><u>Technical</u></p> <p>1v1s Creativity Running with the Ball</p>	<p><u>Psychological</u></p> <p>Confidence Standards</p>
<p><u>Physical</u></p> <p>Power Speed</p>	<p><u>Social</u></p> <p>Competitive</p>



Learning to Train practice plan – Week 1

Station D

Small Sided Game – 4v4 Winner Stays



Station Time: 8-10 Minutes

Focus
Creativity
FUN!

<u>Technical</u> 1v1s Decision Making	<u>Psychological</u> Teamwork Concentration
<u>Physical</u> General Fitness Speed	<u>Social</u> Leadership

Organization: 3 Teams

Procedure: Teams switch with every goal scored.

Objective: Fun and creativity.

Manitoba Soccer Association

Learning to Train Practice Plan
U9-U12

Grassroots Development

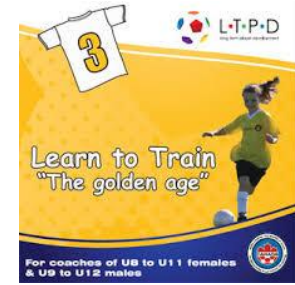




Learning to Train

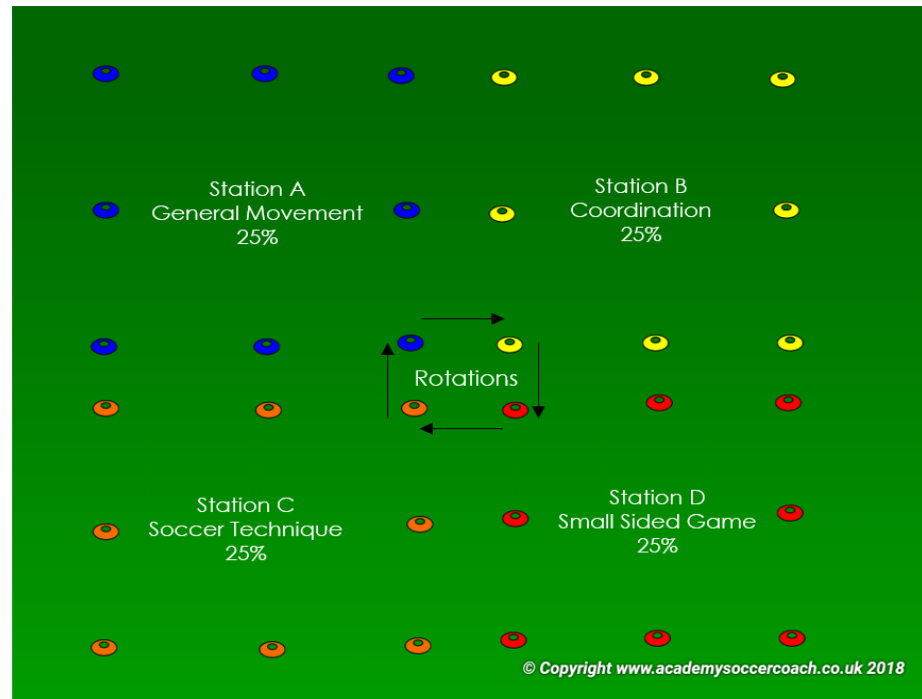
Preferred Training Model

How it works



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.

Station Time	Area
6-8 Minutes	



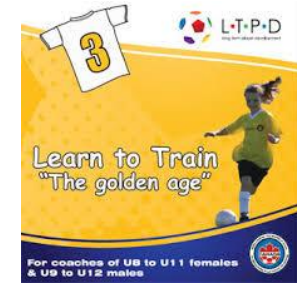
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Learning to Train

General Movement

Handball



Organization

Split group into 2 or 3 teams, 1-2 balls per team.

Procedure

Each team starts with 1 or 2 balls. Begin with hands – players throw to a teammate who drives between 2 opponents.

Progression

Ball on the deck – players take positive first touch between 2 opponents.
Make it competitive – 1 point every time a player splits opponents with a dribble.

Conditions

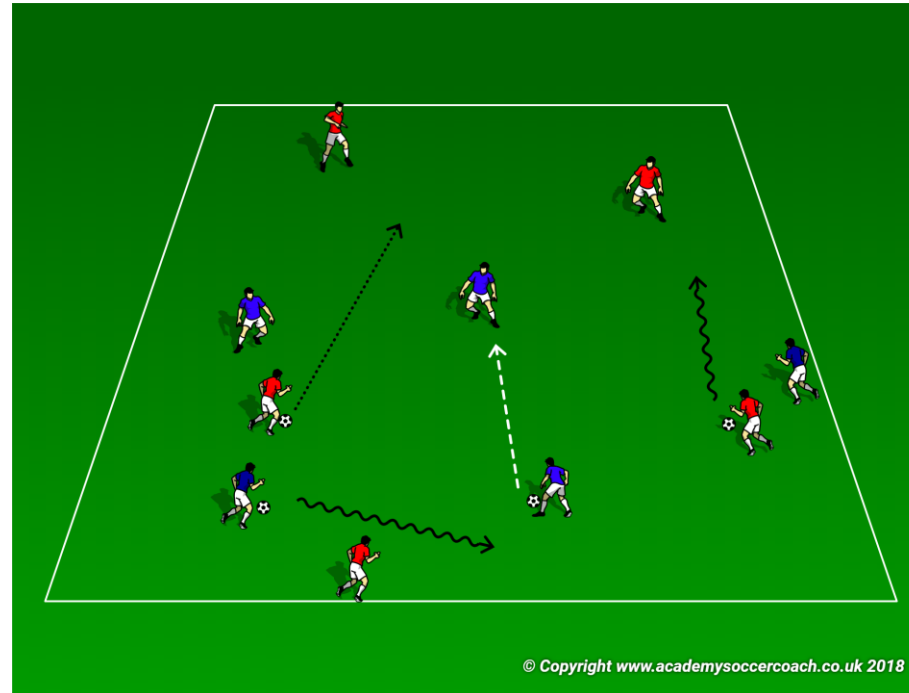
Minimum number of passes before splitting opponents.

Station Time

12-15 Minutes

Area

25m x 25m



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Objective

FUN
All players are engaged!

Technical

Awareness
Decision Making

Psychological

Confidence
Team Work

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players take up positions in-between opponents.

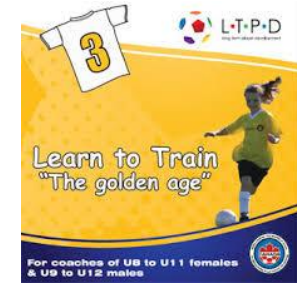
Collective: Supporting players take up positions in-between opponents and beyond.



Learning to Train

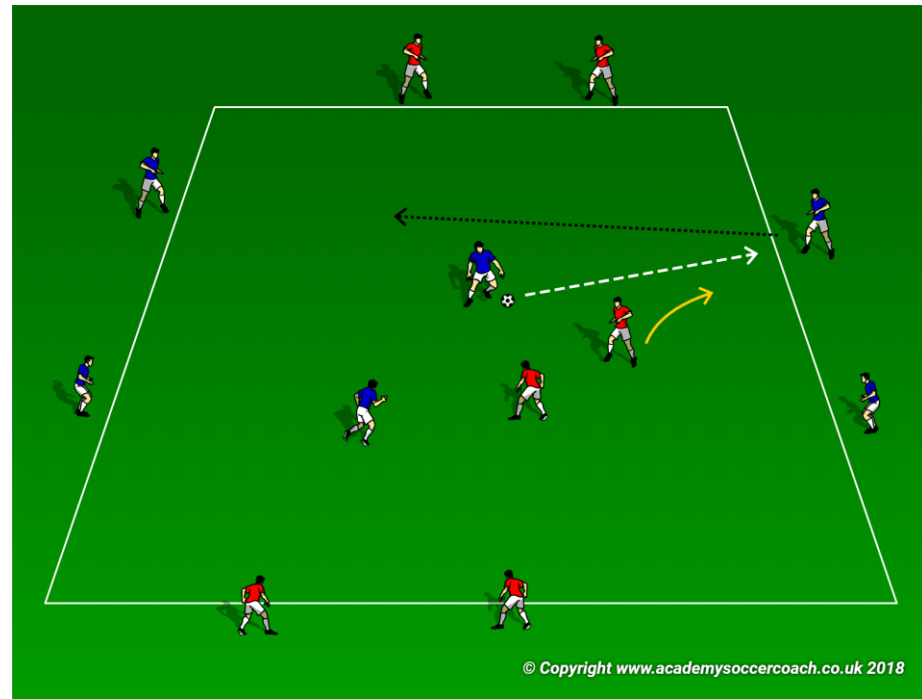
Coordination Game

2v2 to Targets



Organization	2v2 inside with 1-2 targets on either end.
Procedure	Team scores a point if they can successfully transfer the ball from one side to the other. The outside player receives the ball enters the play with first touch, while passing player takes their place as a target.
Progression	Inside players beat opponent before finding target player. 3v3 in middle.
Conditions	Inside players must receive facing forward.

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



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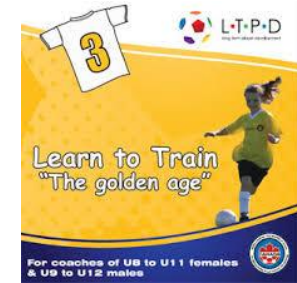
Objective	
Identify and Exploit open spaces. Attack at Speed.	
Technical	Psychological
Awareness Receiving – 1 st Touch Running with the Ball	Confidence
Physical	Social
ABC's Change of Direction Power	Coachable Organized
Outcome	
Individual: Players can beat opponents in a variety of ways (left, right, skill moves) Collective: Movement off the ball to create space for teammate.	



Learning to Train

Skill Activity

1v1 to Goal



Organization

Split into groups of 3 or 4 – players, round robin competition.

Procedure

Attacker runs with ball, when they reach the end zone (inside red cones) player can score on either net. After the player shoots, new attacker enters and the shooter (previous attacker) becomes the defender. Progress to 2v1 with the attacker that does not shoot becoming the defender. In 2v2 both attackers stay as defenders in next rep.

Progression

2v1
2v2

Conditions

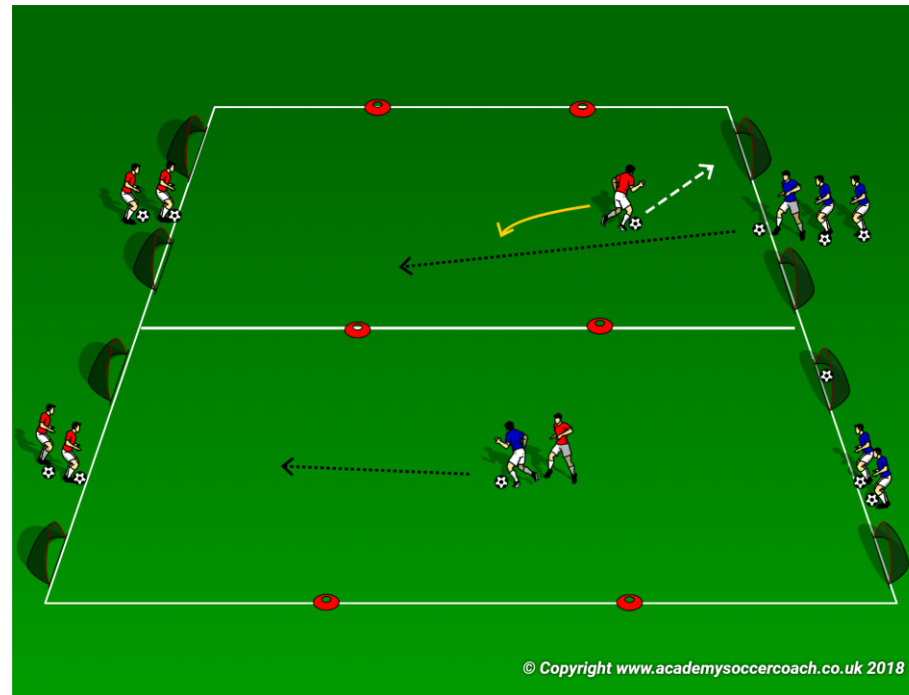
Limit time for each rep

Station Time

12-15 Minutes

Area

2 x 15m x 25m



Objective

Players identify open spaces, taking a positive first touch and attacking at speed.

Technical

1v1s
Creativity
Running with the Ball

Psychological

Confidence
Standards

Physical

Power
Speed

Social

Competitive

Outcome

Individual: Players identify open spaces and beat unbalanced opponent.

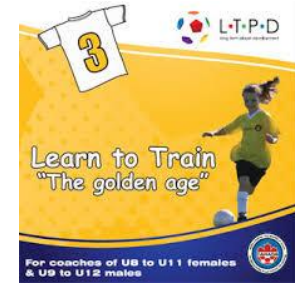
Collective: Supporting players create space for ball carrier with off the ball movement.



Learning to Train

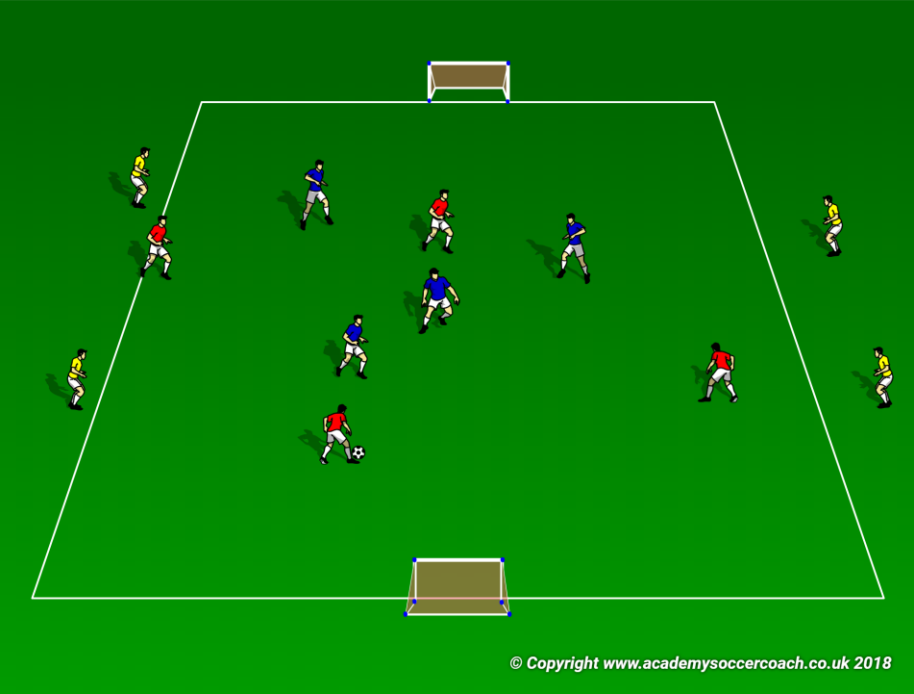
Small Sided Game

4v4 Kings/Queens Court



Organization
Split players into 3 teams.
Procedure
Every time a goal is scored the team that concedes switches with the resting/outside team.
Progression
Use Outside players as support players.
Conditions
Players must take on an opponent every time they receive it.

Station Time	Area
12-15 Minutes	30m x 20m



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Objective	
Fun and creativity.	
Technical	Psychological
Awareness Decision Making	Teamwork Concentration
Physical	Social
General Fitness Speed	Leadership
Outcome	
Individual: Players can beat opponents in 1v1 situation.	
Collective: Players move off the ball to create space.	

Manitoba Soccer Association

Learning to Train Practice Plan
U9-U12

Grassroots Development

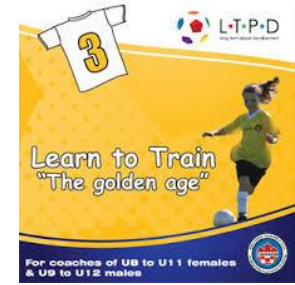




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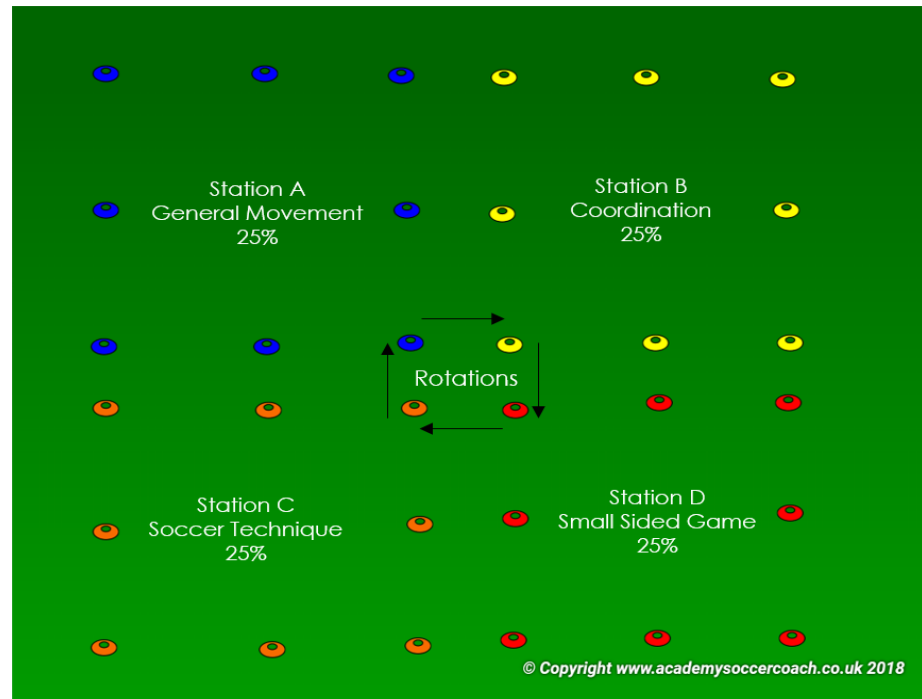
Preferred Training Model

How it works



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.

Station Time	Area
12-15 Minutes	



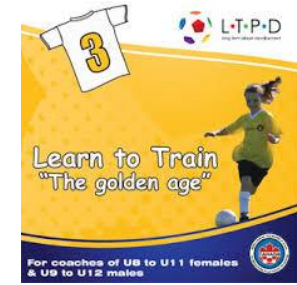
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Learning to Train

General Movement

4 Goal Game



Organization

Split group into 2 or 3 teams, 1-2 balls per team.

Procedure

Each team starts with 2 balls. Players find teammates on the run with a through ball between gates.

Progression

1. Add a cone in the middle of the area to create 4 quadrants – to score passer must be in a different quadrant to receiving player. Finish with ball must come from opposite quadrant.
2. Make it competitive.

Conditions

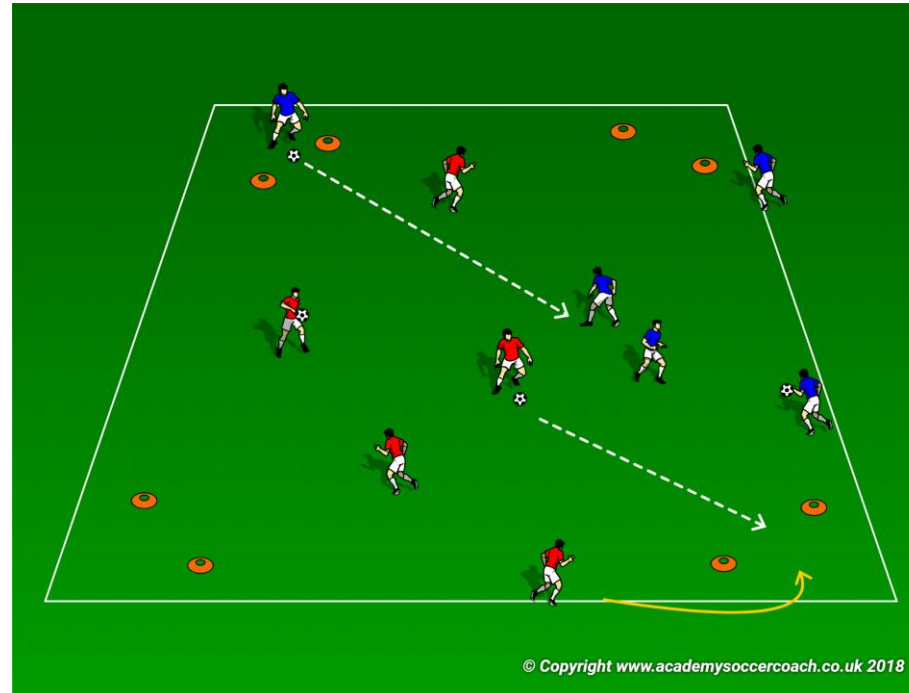
1. Limit touches.
2. Pass/receive with weaker foot.
3. Pass through gate must not bounce or 1-2 bounces.

Station Time

12-15 Minutes

Area

25m x 25m



Manitoba Soccer Association – Grassroots Development

Objective

FUN
All players are engaged!

Technical

Ball striking
Decision Making

Psychological

Confidence
Team Work

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players develop understanding of different types of pass (lofted/chipped/striking over longer distances).

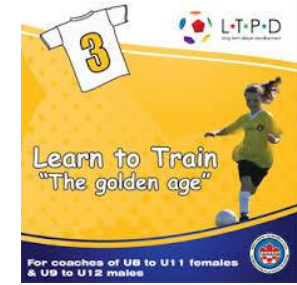
Collective: Supporting players rotate positions and make runs to gates based on ball carriers cues, example – if ball carrier takes a touch out of feet – cue to make run towards gate/goal.



Learning to Train

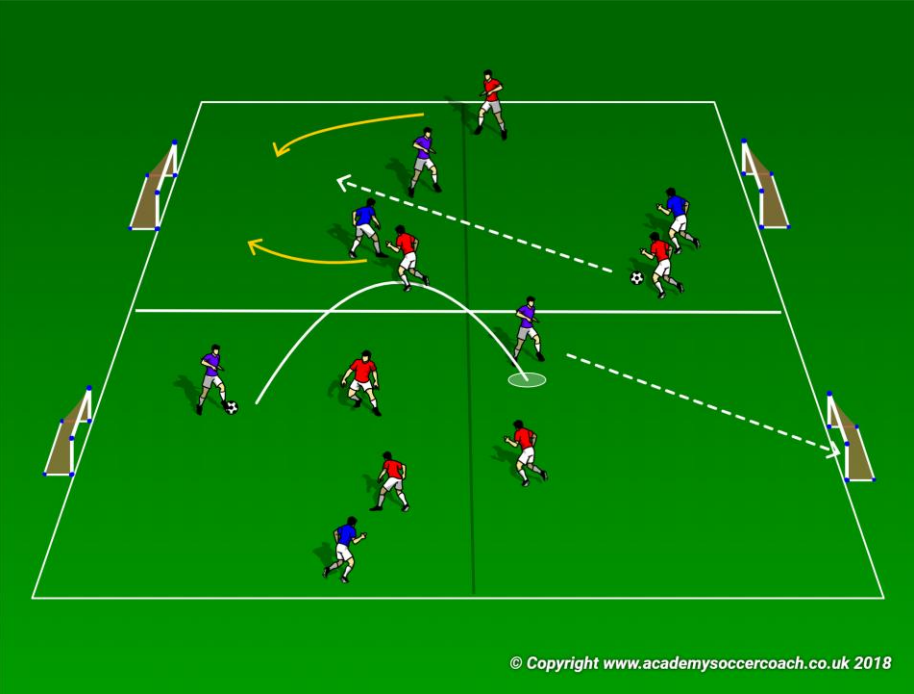
Coordination Game

3v3 Finishing



Organization
3v3 matches on both sides (no keepers).
Procedure
3v3 matches, timed 2-3 minutes per match. Have teams rotate and play each team.
Progression
<ol style="list-style-type: none"> 1. Shot clock – teams have 6 seconds to score in possession. 2. 4 goal game (6v6).
Conditions
<ol style="list-style-type: none"> 1. Limit number of touches in attacking half. 2. Players must receive facing forward every time.

Station Time	Area
12-15 Minutes	2 x 15m x 25m



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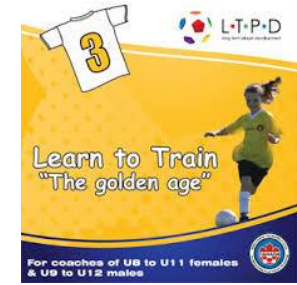
Objective	
Players develop mindset to be aggressive and direct in the attacking half.	
Technical	Psychological
Ball Striking Finishing 1v1s	Confidence Composure
Physical	Social
Power Speed	Coachable Organized
Outcome	
<p>Individual: Players create space to get into a finishing position.</p> <p>Collective: Movement off the ball to create space for teammates to finish,</p>	



Learning to Train

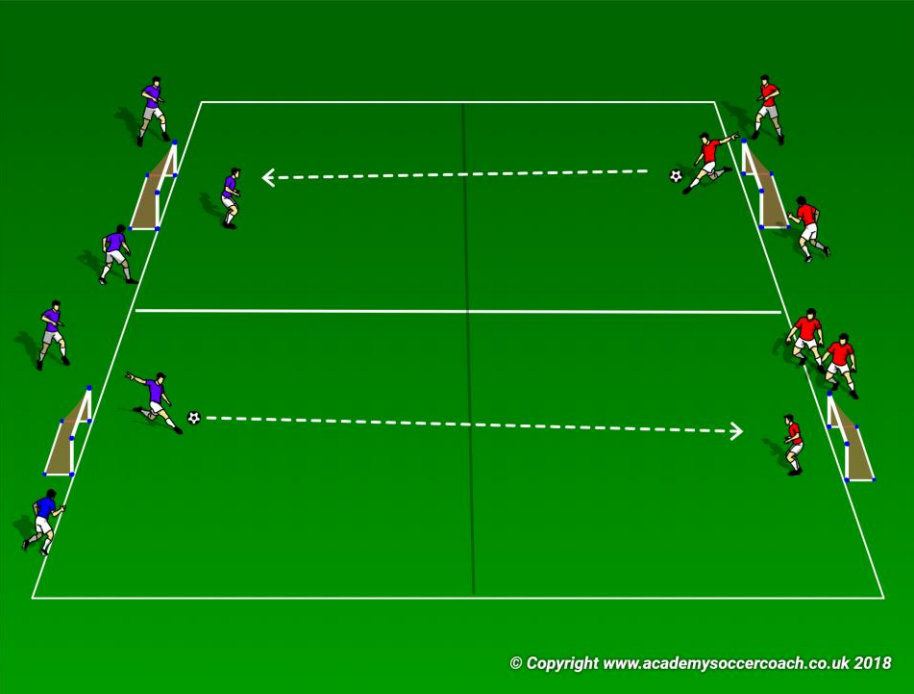
Skill Activity

Rapid Fire



Organization
Split into groups of 3.
Procedure
First blue takes touch and shoots on opposite red. If red saves/catches the ball they then shoot the same ball back on the next blue, if ball goes wide next red shoots on blue. Play timed matches – rotate groups.
Progression
1. Make it competitive.
Conditions
1. Players use different techniques and feet every shot.

Station Time	Area
12-15 Minutes	2 x 15m x 25m



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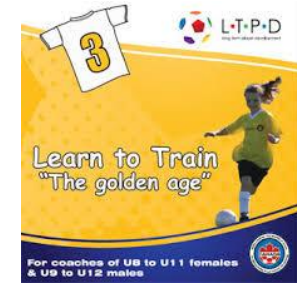
Objective	
Players use a variety of techniques to strike the ball from distance.	
Technical	Psychological
Shooting Receiving	Composure Concentration
Physical	Social
Power Endurance	Competitive
Outcome	
Individual: Players develop different striking techniques.	
Collective: Players quickly identify space/gaps to beat opposing keeper.	



Learning to Train

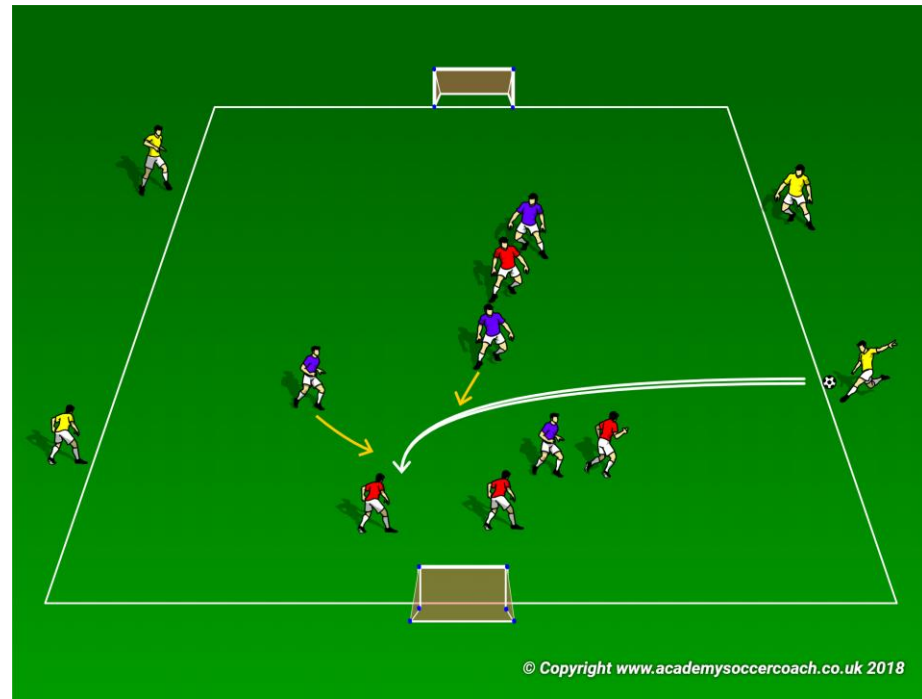
Small Sided Game

4v4 with Support



Organization
Split players into 3 teams.
Procedure
Every time a goal is scored the team that concedes switches with the resting/outside team. Outside players are active support players who play with the possession team.
Progression
<ol style="list-style-type: none"> 1. Team can only score from a cross. 2. Receiving outside player can enter the game to create 5v4.
Conditions
<ol style="list-style-type: none"> 1. Finish must be on 1 touch. 2. Must use outside players in attack. 3. Weaker foot finishes only.

Station Time	Area
12-15 Minutes	30m x 25m



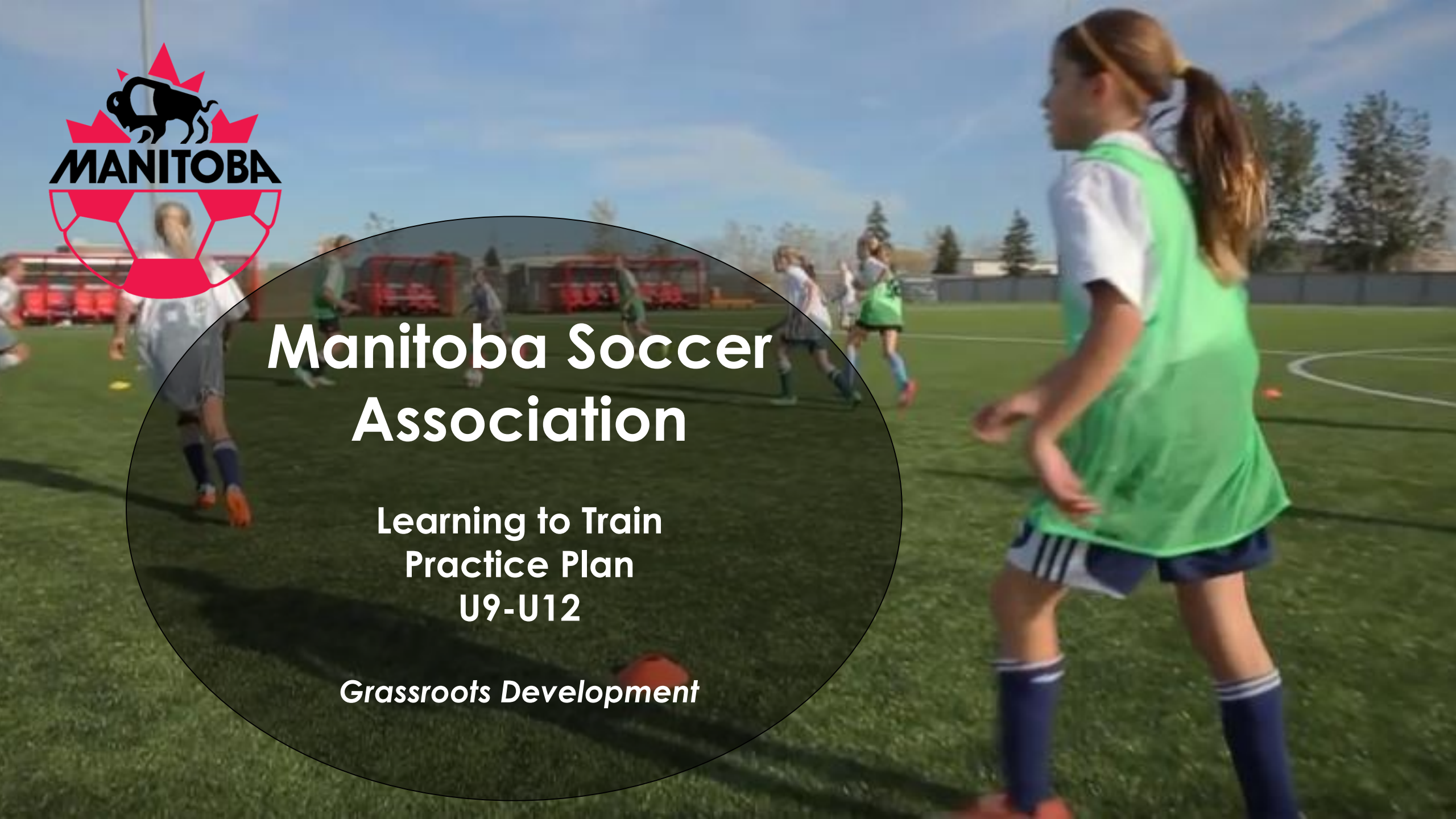
Objective	
Fun and creativity.	
Technical	Psychological
Shooting Creativity	Teamwork Concentration
Physical	Social
General Fitness Speed Power	Leadership
Outcome	
<p>Individual: Players positioning or receiving touch provides goalscoring opportunity.</p> <p>Collective: Players show attacking mindset to get into goalscoring positions whenever possible.</p>	



Manitoba Soccer Association

Learning to Train
Practice Plan
U9-U12

Grassroots Development

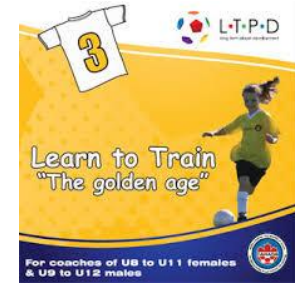




Learning to Train

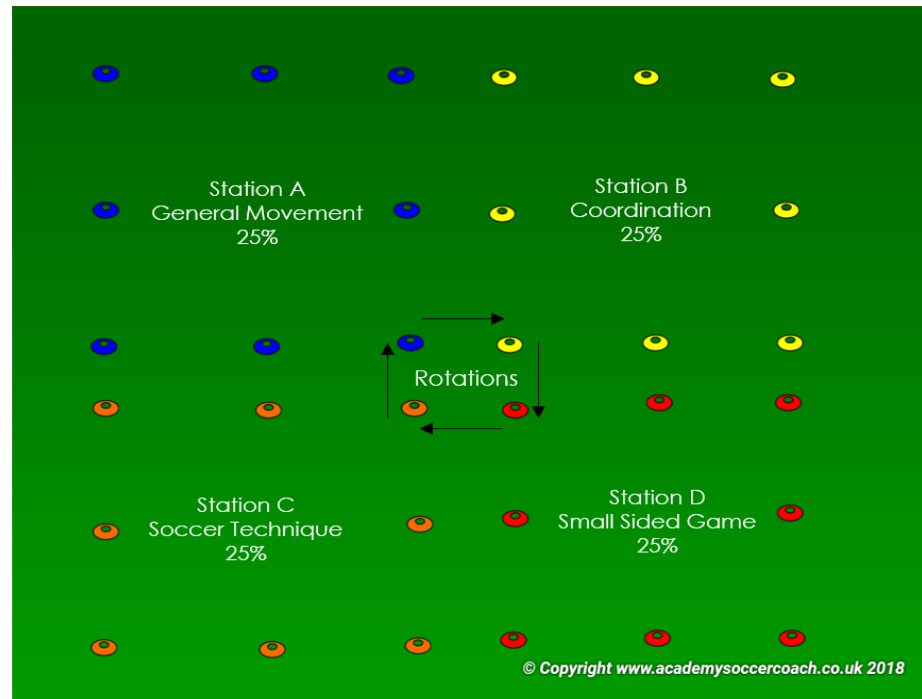
Preferred Training Model

How it works



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.

Station Time	Area
12-15 Minutes	



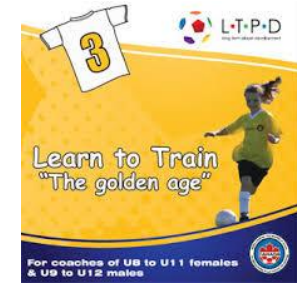
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Learning to Train

General Movement

Multi Gate Game



Organization

Split group into 2 teams. 2 Balls per team. Minimum of 5 gates (optional different coloured gates).

Procedure

Each team starts with 1 ball played with feet on ground, and 1 ball in hands which is thrown/caught by teammates. Players pass and move in area, player with ball in hands cannot move.

Progression

1. Make it competitive – every time ball is received through a gate = 1 point. Give different values for gates.
2. After every pass, player must leave area performing a particular movement, example – crab walk.

Conditions

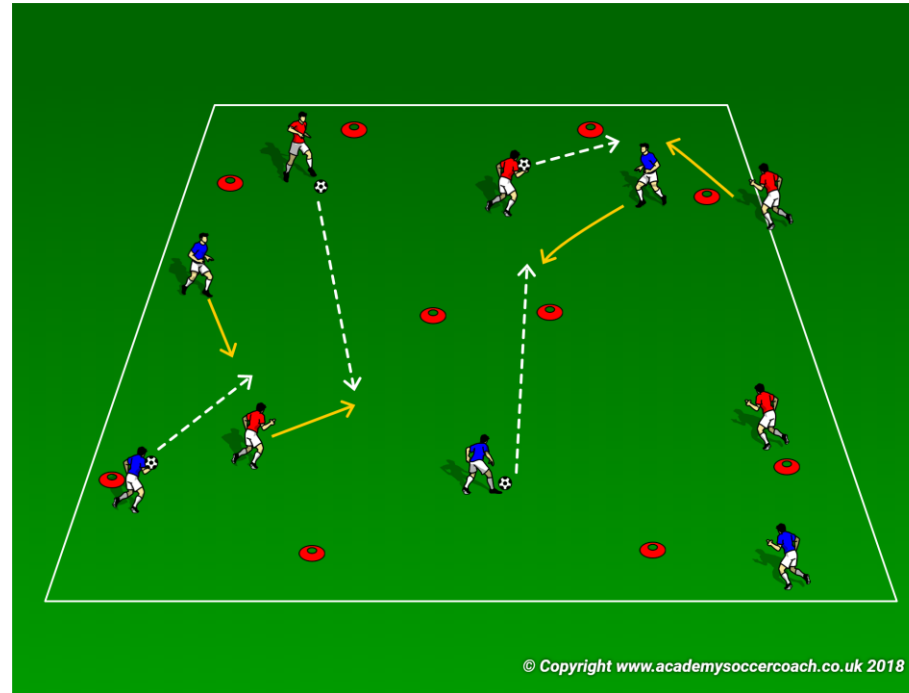
1. Pass/receive with weaker foot.
2. Players must **receive on the move**.

Station Time

12-15 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

FUN
All players are engaged!
All players receive on the move (habits!)

Technical

Ball striking
Decision Making

Psychological

Confidence
Team Work

Physical

ABC,s
Change of Direction
General Fitness

Social

Peer Interaction

Outcome

Individual: Players develop good receiving habits, shoulder check/scan before receiving and receive on the move.

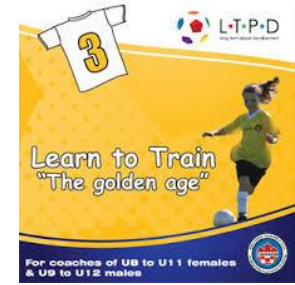
Collective: Movement off the ball to support teammates as quickly as possible, providing different supporting angles.



Learning to Train

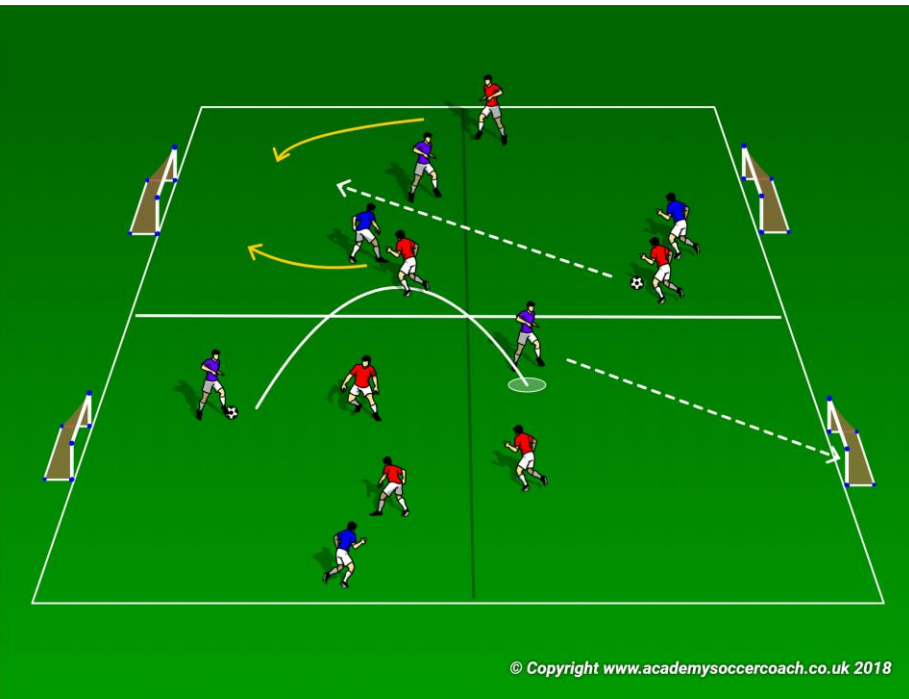
Coordination Game

3v3 Mini World Cup



Organization	3v3 matches on both sides (no keepers).
Procedure	3v3 matches, timed 2-3 minutes per match. Have teams rotate and play each team.
Progression	<ol style="list-style-type: none"> 1. Teams must complete 3 passes before scoring. 2. Teams must complete 3 passes in own half before scoring.
Conditions	<ol style="list-style-type: none"> 1. Limit players to 2 touch. 2. Play using weaker foot only (no pass restriction).

Station Time	Area
12-15 Minutes	2 x 15m x 25m



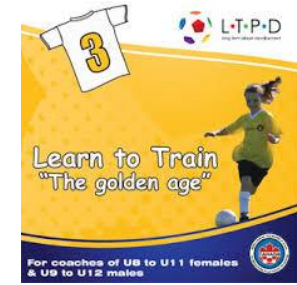
Objective	
Players create space	
Technical	Psychological
Ball Striking Finishing 1v1s	Confidence Composure
Physical	Social
Power Speed	Coachable Organized
Outcome	
<p>Individual: Players look to combine, and play quickly.</p> <p>Collective: Movement off the ball to create space for yourself, and teammates.</p>	



Learning to Train

Skill Activity

2v2 Rondo



Organization

Split into 3 teams, 2v2 + 2 Neutral on both fields, depending on numbers and skill level 2v2+1 inside with 2 targets.

Procedure

Coach plays ball in to either team, team attempts to transfer the ball from one target to the other.

Progression

1. Target player's can play to each other (more decisions for defenders).
2. Target players play with 1-2 touch(es).
3. Pass to target must be on players first touch.

Conditions

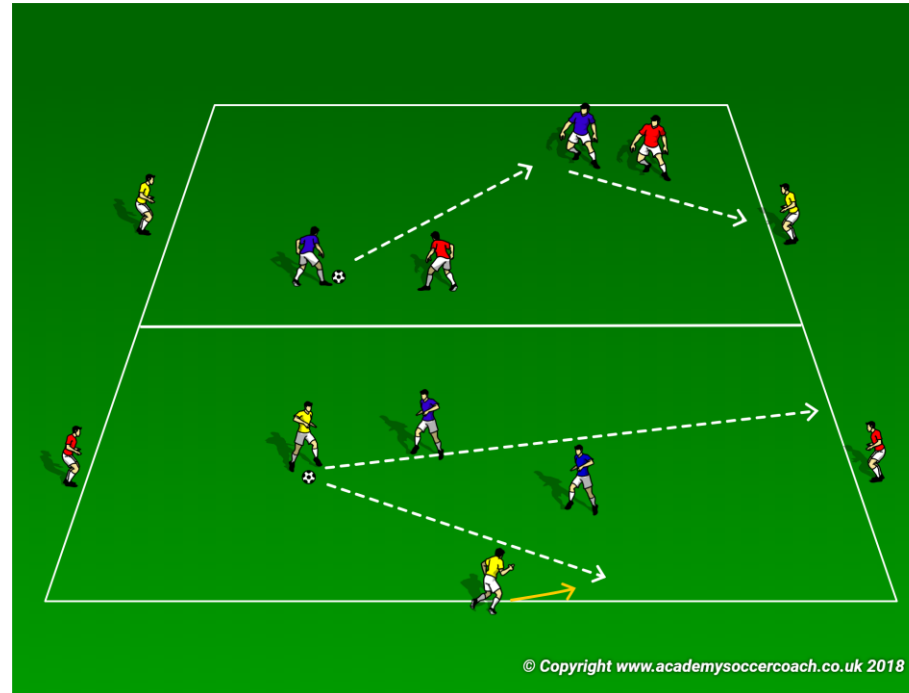
N/A

Station Time

12-15 Minutes

Area

2 x 15m x 25m



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Objective

Players provide appropriate support based on ball carrier having Time & Space, or being under pressure.

Technical

Passing
Receiving

Psychological

Composure
Concentration

Physical

Power
Endurance

Social

Competitive

Outcome

Individual: Players develop mindset to penetrate opposition whenever possible.

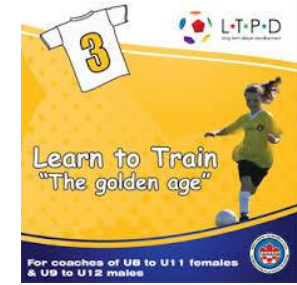
Collective: Supporting players provide Width & Depth when ball carrier has Time & Space.



Learning to Train

Small Sided Game

4v4 with Support



Organization
Split players into 3 teams.
Procedure
Every time a goal is scored the team that concedes switches with the resting/outside team. Outside players are active support players who play with the possession team.
Progression
<ol style="list-style-type: none"> Teams must make 3 passes before scoring (passes to outside players do not count). If a team makes 4 passes opponents are eliminated.
Conditions
<ol style="list-style-type: none"> Limit touches (2 touch) Must play to an outside player in the build-up phase.

Station Time	Area
12-15 Minutes	30m x 25m



Objective	
Fun and creativity.	
Technical	Psychological
Passing Creativity	Teamwork Concentration
Physical	Social
General Fitness Speed Power	Leadership
Outcome	
Individual: Players receive open to give option to play forward. Collective: Players are relentless with movement to create space.	



Manitoba Soccer Association

Learn to Train Practice Plan
U9-U12

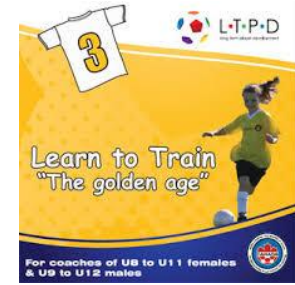
Topic: Dribbling
Grassroots Development



Learning to Train

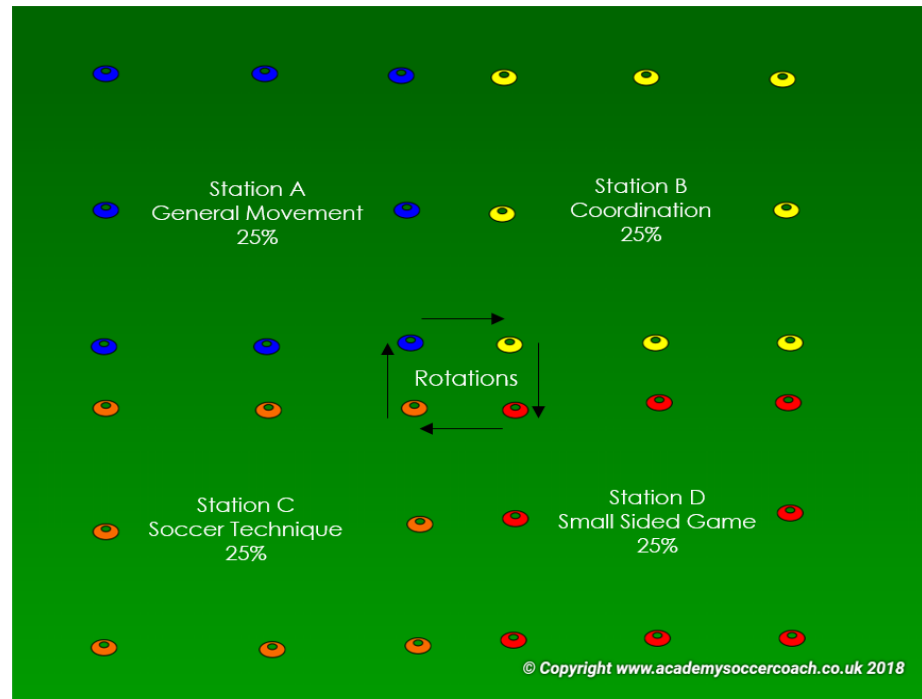
Preferred Training Model

How it works



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Procedure
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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.

Station Time	Area
6-8 Minutes	



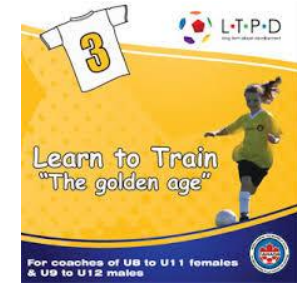
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical/Tactical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Learning to Train

General Movement

Player Habits



Organization

Set up a gate at either end of the area, with 1 cone on each side.

Procedure

Can begin without ball performing movement tasks. Introduce ball players dribble, encourage creativity and moves –give ideas for ball manipulation tasks. Remove one player's ball, that player needs to steal another players' ball before the coach says "go". When coach says "go" players have to dribble to an end zone, the game finishes when all players are in one end zone.

Progression

1. Have more players without balls to increase competition.

Conditions

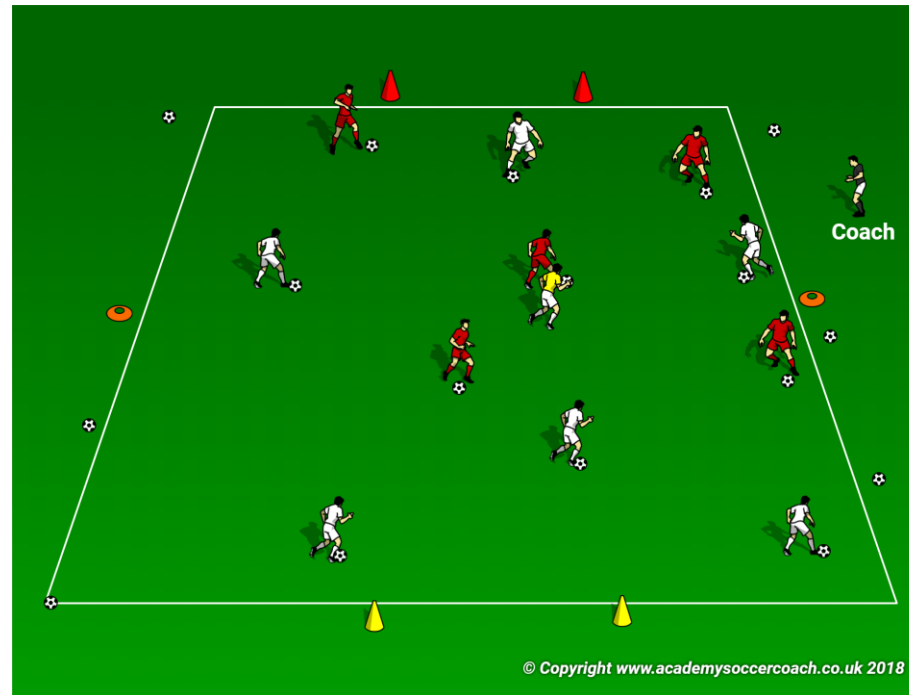
1. Players come up with suggestions for moves, words and rules of game.

Station Time

12-15 Minutes

Area

25m x 25m



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Manitoba Soccer Association – Grassroots Development

Objective

FUN
All players are engaged!

Technical/Tactical

Awareness
Decision Making
1v1 attacking

Psychological

Competitiveness
Self Control

Physical

Agility
Change of Direction
Acceleration

Social

Communication
Leadership
Respect

Outcome

Individual: Players recognize and exploit spaces on the field.

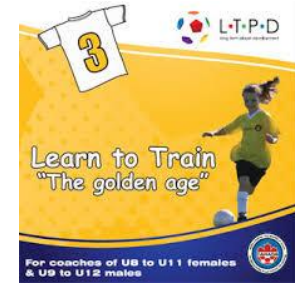
Collective: Players show an understanding of the game, communicating with others during activity.



Learning to Train

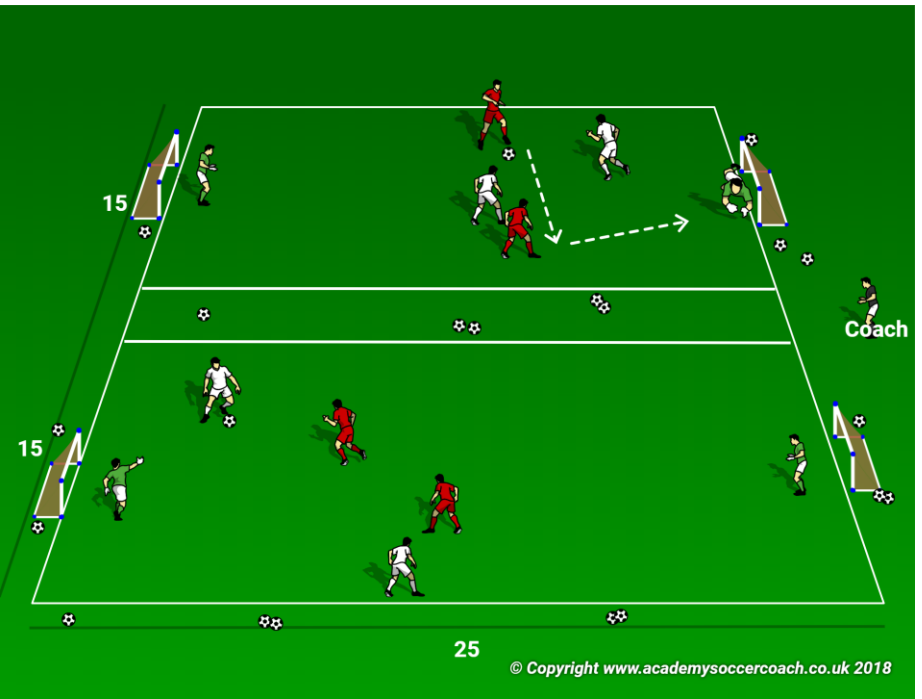
Coordination Game

3v3 Champions League



Organization
Make 4 teams of 3 – each team chooses a Champions League Team. Round Robin over 2 fields.
Procedure
4 minute matches. Switch GK every game. If ball goes out restart play with nearest ball, pass or dribble in.
Progression
1. You can only dribble in attacking half.
Conditions
1. Must receive facing forward. (Depending on skill level)

Station Time	Area
12-15 Minutes	2 x 15m x 25m



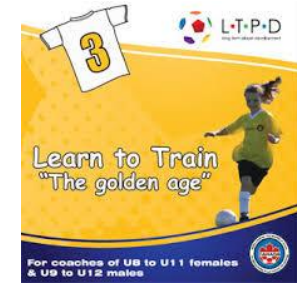
Objective	
Identify and Exploit open spaces. Attack at Speed.	
Technical/Tactical	Psychological
Awareness Receiving – 1 st Touch 1v1 Attacking Transition Counter Attacking	Self-Confidence Motivation Transition
Physical	Social
ABC's Change of Direction Power	Fair Play Communication
Outcome	
Individual: Players open body to receive facing forward.	
Collective: Players are positive in attacking half, taking risks as they attack 1v1.	



Learning to Train

Skill Activity

6v3 with Target



Organization

Split into group into 2 teams. Coach has stack of balls to ensure quick restart.

Procedure

Possession team plays out 5v3 (5v2 if needed) in larger area. Whenever possible find target in smaller area who now attempt to beat defender before entering larger area. 1 point for every successful dribble. Defending team players witch on fly, play 2-3 minutes then rotate roles.

Progression

1. Minimum number of passes before finding target.
2. 2 players can enter smaller area to defend.

Conditions

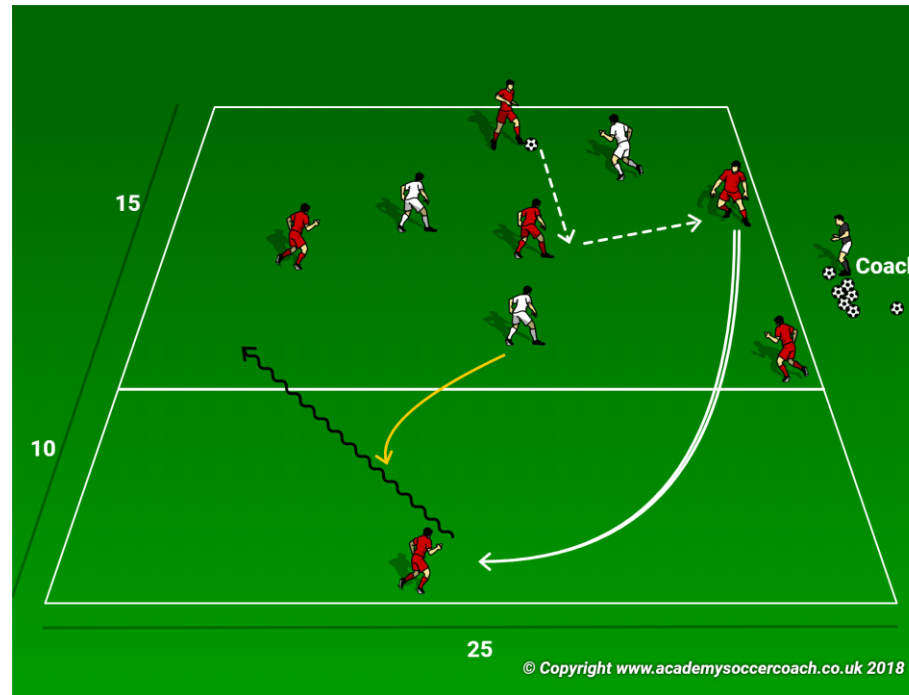
1. 5 seconds for target to beat defender.

Station Time

12-15 Minutes

Area

25m x 30m



Objective

Target player anticipates defending pressure, taking positive first touch into open spaces.

Technical/Tactical

1v1 Attacking
Creativity
Receiving
Attacking Principles

Psychological

Confidence
Competitiveness
Concentration

Physical

Power
Acceleration
Awareness

Social/Tactical

Decision Making
Problem Solving

Outcome

Individual: Players identify open spaces and beat unbalanced opponent.

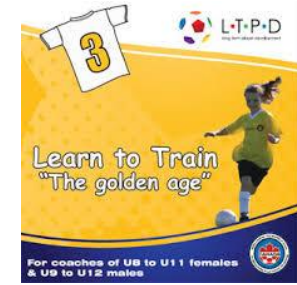
Collective: Players create space off the ball for ball carrier.



Learning to Train

Small Sided Game

6v6 or 7v7



Organization
Split players into 2 teams – regular game rules and field dimensions.
Procedure
When ball goes out of play, restart with dribble in.
Progression
N/A
Conditions
<ol style="list-style-type: none"> (Optional) Players must take on an opponent every time they receive it. (Optional) Players cannot pass in opposition half.

Station Time	Area
12-15 Minutes	30m x 20m



Objective	
Fun and creativity.	
Technical/Tactical	Psychological
1v1 Attacking Receiving Finishing	Teamwork Concentration Competitiveness
Physical	Social/Tactical
General Fitness Basic Motor Skills Stamina	Communication Decision Making Transition
Outcome	
<p>Individual: Players take up advanced positions on the field to receive in positions where if they win their 1v1 battle they will be in finishing position.</p> <p>Collective: Players make intelligent decisions.</p>	



Manitoba Soccer Association

Learn to Train Practice Plan
U9-U12

Topic: Positive Play
Grassroots Development

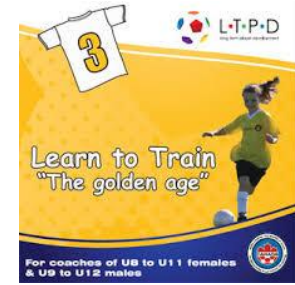




Learning to Train

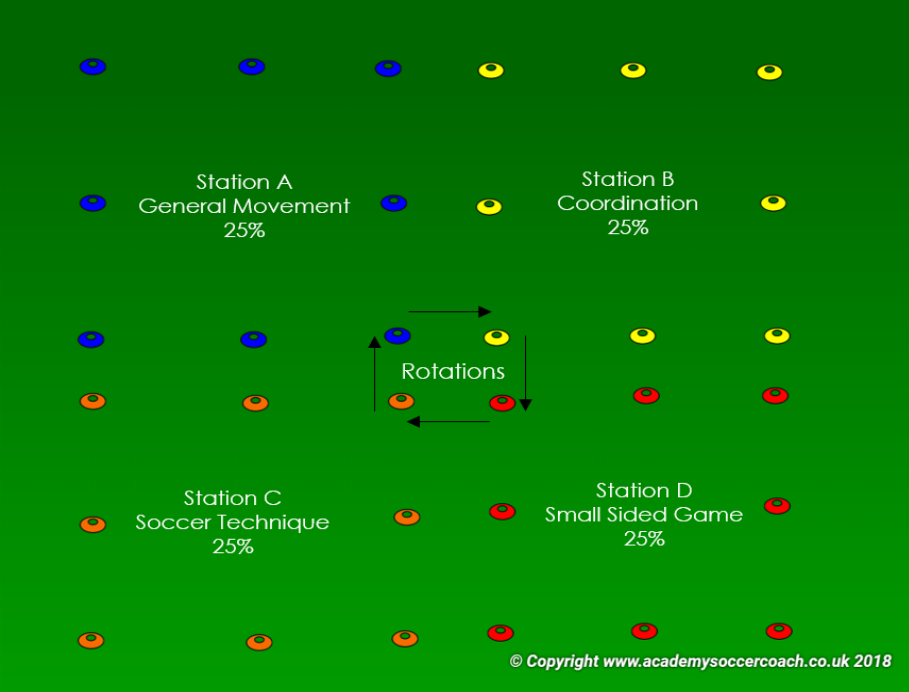
Preferred Training Model

How it works



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.

Station Time	Area
6-8 Minutes	



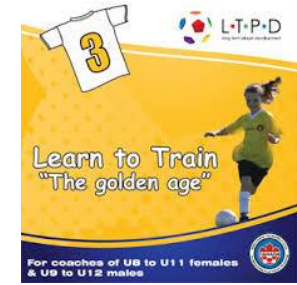
Objective	
Give players opportunity to lead, and make decisions in a fun, safe environment	
Technical/Tactical	Psychological
Physical	Social
Outcomes	
Individual:	
Collective:	



Learning to Train

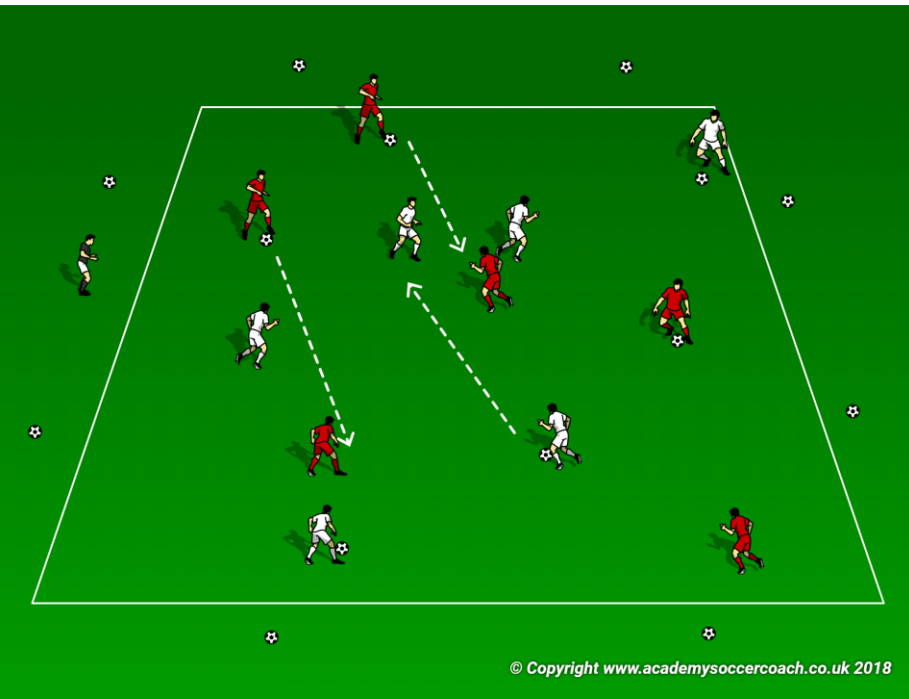
General Movement

Player Habits



Organization
3 balls per team (2 teams of 6).
Procedure
Players pass & move in area.
Progression
1. Competition – number of passes in a minute for each team.
Conditions
<ol style="list-style-type: none"> 1. Give players number of touches to play in 1,2,5,10 before playing to teammate. 2. Players must receive with weaker foot. 3. Players must receive between opponents. 4. Players must receive facing forward. 5. Players play forward in-between opponents on one touch. 6. Passes must be 15-20 yards.

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



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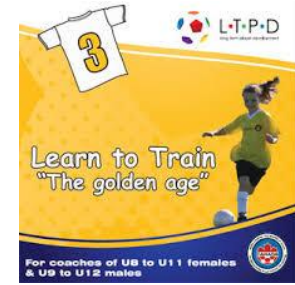
Objective	
FUN All players are engaged!	
Technical/Tactical	Psychological
Receiving Passing Range Decision Making	Competitiveness Self Control
Physical	Social
Agility Change of Direction Acceleration	Communication Leadership Respect
Outcome	
<p>Individual: Players shoulder check before receiving, and receive open/facing forward.</p> <p>Collective: Players challenge themselves with passing/receiving techniques.</p>	



Learning to Train

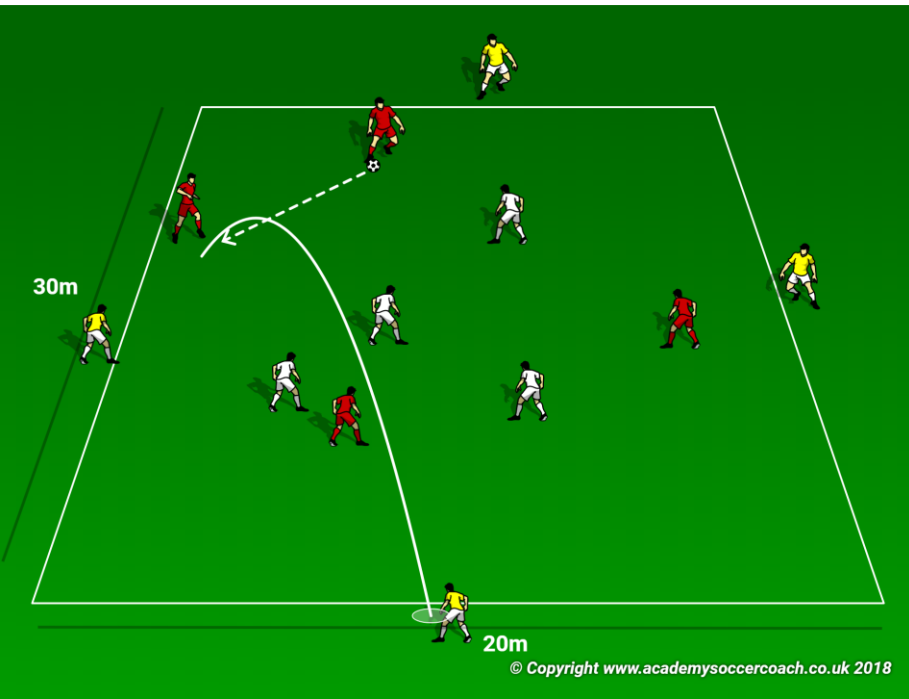
Coordination Game

4v4+4N to Targets



Organization
Make 3 teams of 4. 2 end targets and 2 wide support players. (Optional) wide players begin inside to make 4v4+2.
Procedure
4v4 inside the area teams attempt to play to end target. Once target has been found direction has been set and team now attempt to find opposite target. Wide support players can only play to the inside players.
Progression
<ol style="list-style-type: none"> 1. Neutrals play on 1 touch. 2. Possession team must make 3-5 passes before playing to target. 3. Competition (every time target is found it's a point).
Conditions
<ol style="list-style-type: none"> 1. Final pass to target is made on one touch.

Station Time	Area
12-15 Minutes	2 x 15m x 25m



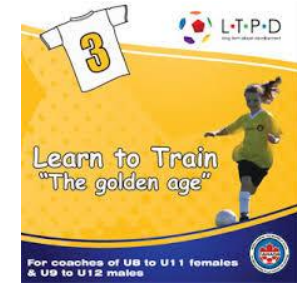
Objective	
Players play forward whenever possible.	
Technical/Tactical	Psychological
Awareness Receiving – 1 st Touch Passing Transition Counter Attacking	Self-Confidence Motivation Transition
Physical	Social
ABC's Change of Direction Power	Fair Play Communication
Outcome	
Individual: Players body positioning enables forward/positive play. Collective: Players are comfortable in possession, and make positive decisions.	



Learning to Train

Skill Activity

6v3 through thirds



Organization

Split into group into 2 teams. Split area into 3 zones of 10mx20m.

Procedure

Possession team (6) are split over 3 zones, must have 1 player in each zone/ Defending team (3) are split over 2 zones with 3 subs who switch on fly. Possession team attempt to keep the ball and play through the thirds. If defending team win the ball they attempt to score on pug net.

Progression

1. Must make 3-5 passes in end zone before playing into next zone.
2. Must combine in middle zone before playing to either end.
3. No zone restrictions for players.
4. 4 defenders.

Conditions

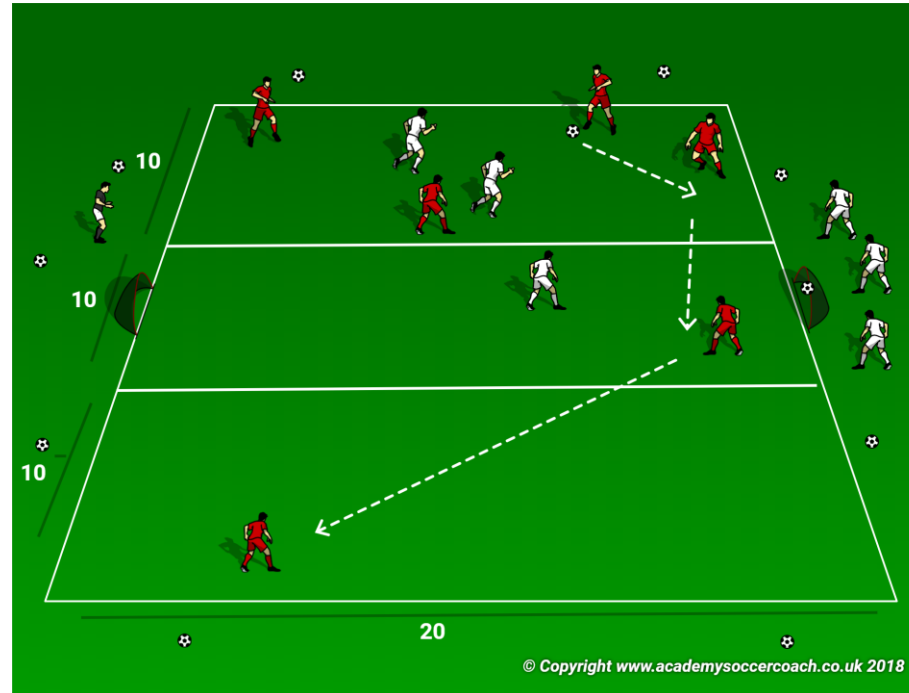
1. 1 touch in middle zone.

Station Time

12-15 Minutes

Area

30m x 20m



Manitoba Soccer Association – Grassroots Development

Objective

Players move off the ball to create opportunities to play forward.

Technical/Tactical

Creativity
Receiving
Passing
Possession
Switching Play

Psychological

Confidence
Competitiveness
Concentration

Physical

Power
Acceleration
Awareness

Social/Tactical

Decision Making
Problem Solving

Outcome

Individual: Players identify opportunities to play forward.

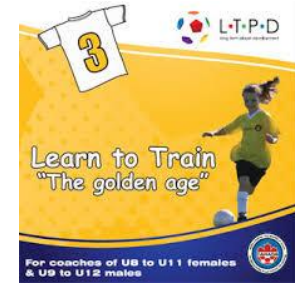
Collective: Players are comfortable in possession to make decisions whether to play forward (take risks) or maintain possession (play safe).



Learning to Train

Small Sided Game

6v6 or 7v7



Organization
Split players into 2 teams – regular game rules and field dimensions.
Procedure
When ball goes out of play, restart with pass in.
Progression
N/A
Conditions
<ol style="list-style-type: none"> (Optional) limited number of passes before a final act (5-7 passes) (Optional) Players cannot go back in opposition half.

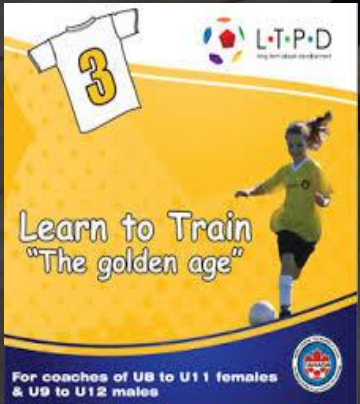
Station Time	Area
12-15 Minutes	30m x 20m



Objective	
Fun and creativity.	
Technical/Tactical	Psychological
Passing Receiving Finishing Attacking Principles Transition	Teamwork Concentration Competitiveness
Physical	Social/Tactical
General Fitness Basic Motor Skills Stamina	Communication Decision Making Transition
Outcome	
Individual: Players look to make penetrating passes whenever possible. Collective: Players make intelligent decisions.	



Learn to Train Practice Plan



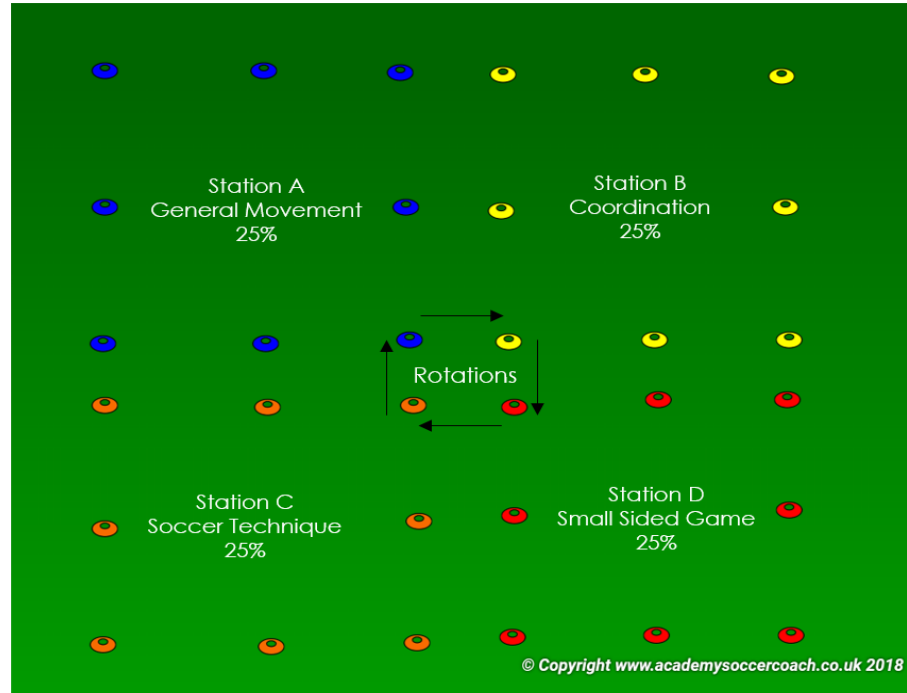
Topic: Switching the Play
Grassroots Development U9-U12 Players



Learn to Train

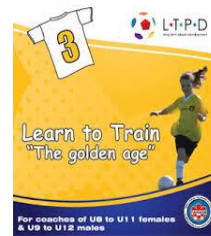
Station

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	

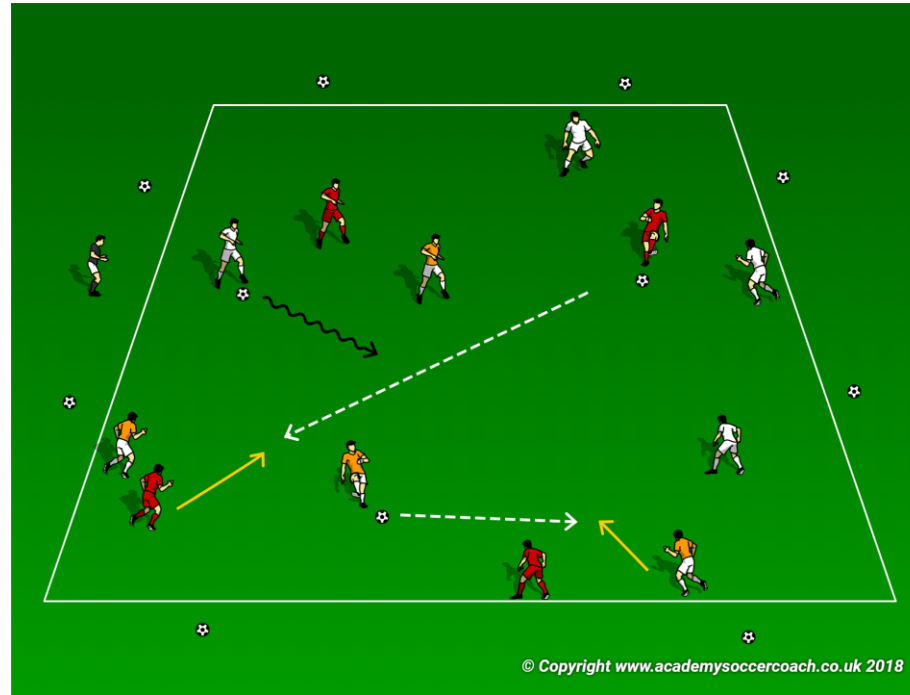
Individual: Players develop good training habits.
Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Technical Warm-Up

Station Time	Area
12-15 Minutes	25m x 25m
Organization	
3 teams, each team with a ball.	
Procedure	
Begin with each team only playing their ball. Pass and move exercise, provide simple instructions and give opportunity for players to be creative.	
Progression	
1. Finish with 2 Teams vs 1 Team (8v4) – one team defends, when that team win the ball they then maintain possession. The team that gave the ball away are now the defending team.	
Conditions	
1. Begin with simple minimum/maximum number of touches. (1-10)	
2. Players receive in-between 2 opponents.	
3. Players receive facing forward.	
4. Players receive with weaker foot.	



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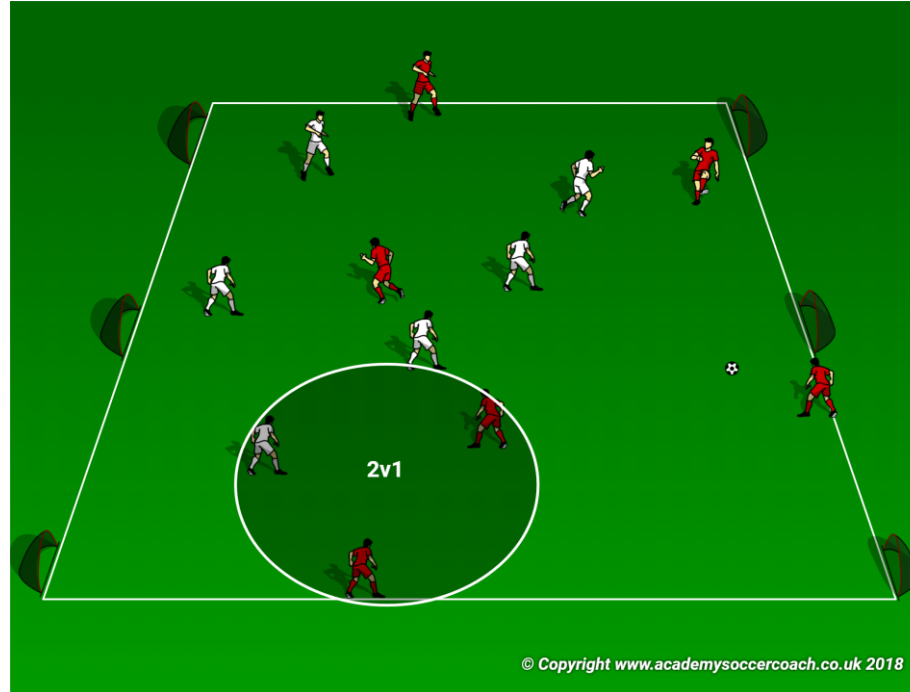
Objective	
All Players are active and engaged,	
Technical/Tactical	Psychological
Awareness Dribbling Running with Ball Passing Transition	Confidence Determination Motivation
Physical	Social
ABC,s Change of Direction Soccer Fitness	Problem Solving Decision Making Communication
Outcome	
Individual: Players constantly take information (360 scanning) of surroundings	
Collective: Players move off the ball to provide supporting angles for teammates.	



Learn to Train

Soccer Coordination – 6 Goal Game

Station Time	Area
12-15 Minutes	25m x 30m (min)
Organization	
Either 4v4/5v5/6v6. 3 pug nets on each end line.	
Procedure	
Teams attempt to score on opposition nets.	
Progression	
<ol style="list-style-type: none"> Central goal is worth 3pts, wider nets worth 1pt. Goals are scored on one touch/time finish. 	
Conditions	
<ol style="list-style-type: none"> Goals must be scored inside opponents half. 4 passes = 1pt (to encourage pressure on the ball). Ball must be switched at least once before scoring. 	



Objective	
Players move the ball quickly, switching the play to unbalance the opponents and create overloads.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Passing Switching the Play Pressing	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players recognize opportunities to create 2v1/3v2 overloads.	
Collective: Players recognize numbers up situations, and control the tempo of the game based on the ball, teammates and opponents.	



Learn to Train

Skill Activity – Soccer Tennis

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

12-15 Minutes	3x 10m x 15m
---------------	--------------

Organization

Set up 3 areas, split group into 3 teams and have 1 team in each area. Coach needs stack of balls to restart play quickly.

Procedure

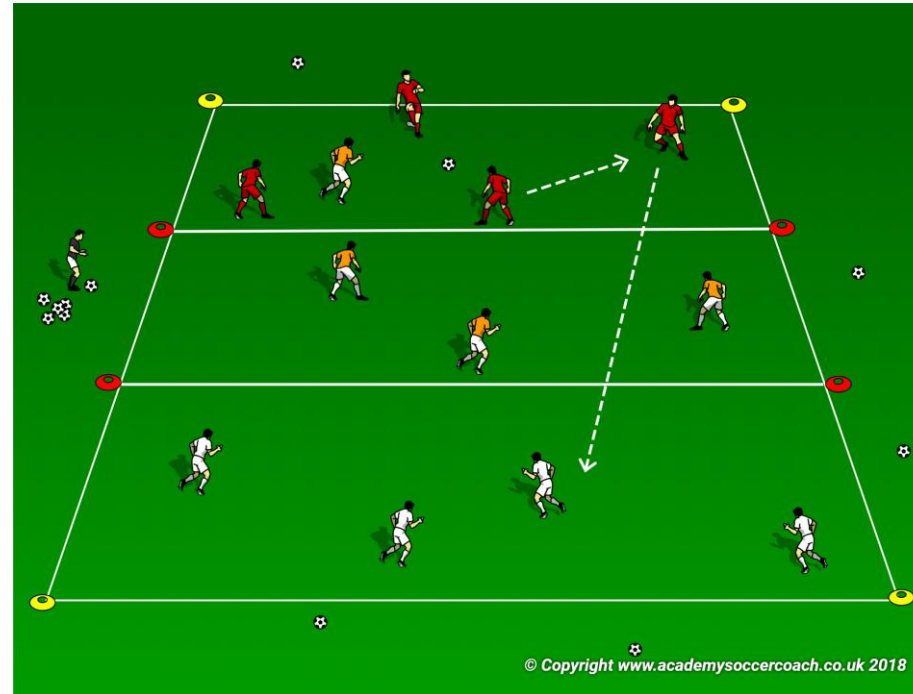
Coach plays to either end team, 1 player from middle team can apply pressure to possession team. Remaining 3 players try to prevent possession team playing across to 3rd team. If defending team win it in the possession teams zone, they now try to secure the ball to a teammate in the middle area and then play to 3rd team. The team that just lost the ball now defend.

Progression

1. Make it competitive (1 point for every successful switch).
2. 2 can pressure in end zones.
3. Switch pass is a first time pass.

Conditions

1. Minimum number of passes before switch pass.



Objective

Players move the ball quickly to unbalance middle defenders, in order to play across to the opposite zone.

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

Receiving Passing Transition Switching the Play	Confidence Standards Motivation Concentration
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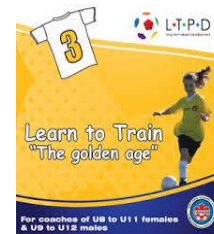
Physical	Social
----------	--------

Change of Direction Reactions Speed	Problem Solving Decision Making Patience
---	--

Outcome

Individual:
Players use the width of their zone to unbalance the defenders.

Collective:
Players are constantly taking information so they are aware of the defenders positioning and organization.



Learn to Train

Small Sided Game – Match Play

Station Time Area

12-15 Minutes 40m x 30m

Organization

5v5 or 6v6 with neutral wide players. Players restart play with pass in.

Procedure

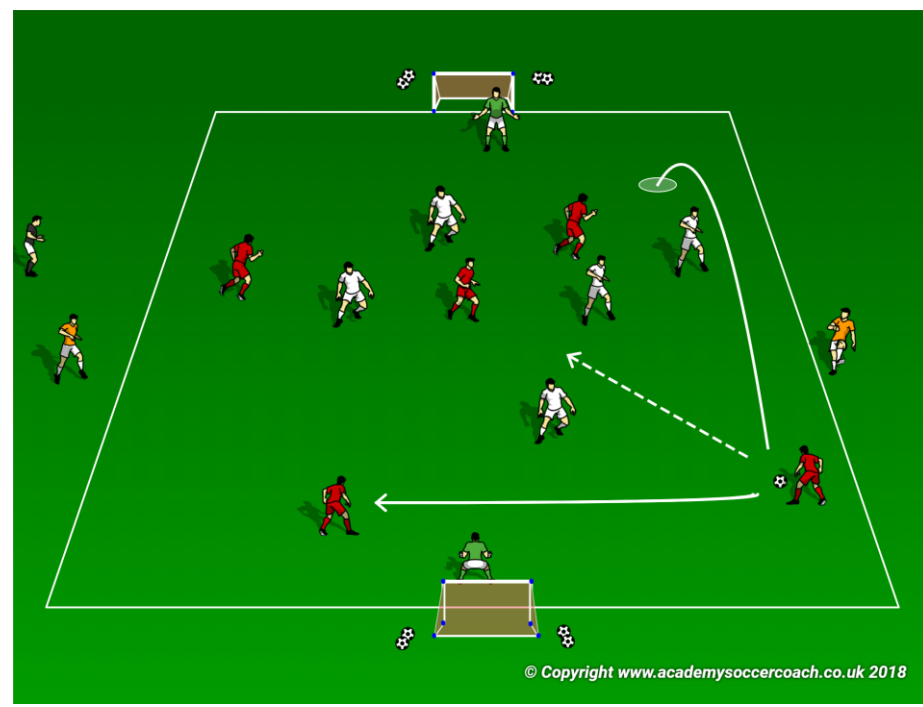
Regular match play with support players.

Progression

1. No support players.

Conditions

1. Must play to 1 or both support players before scoring.
2. Goals must come directly from the support players (cross, cut back, through pass).



Objective

Fun and creativity.

Technical Psychological

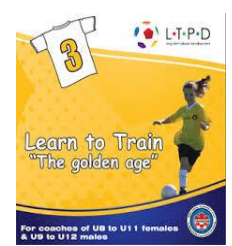
- | | |
|--|---|
| <ul style="list-style-type: none"> 1v1 Attacking Passing Receiving Finishing Switching the Play Combination Play | <ul style="list-style-type: none"> Concentration Teamwork Competitiveness Motivation Concentration Commitment |
|--|---|

Physical Social

- | | |
|--|--|
| <ul style="list-style-type: none"> Stamina Speed Awareness Acceleration ABC's | <ul style="list-style-type: none"> Teamwork Communication Decision Making Discipline Patience |
|--|--|

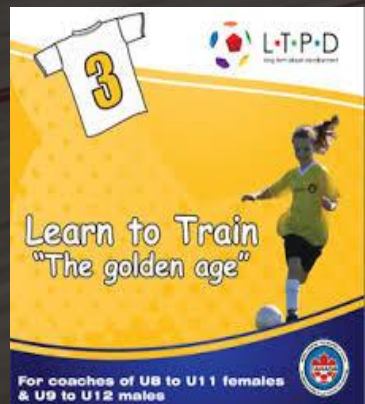
Outcome

- Individual:**
Players receive open and facing forward.
- Collective:**
Players have multiple options every time they receive the ball.





Learn to Train Practice Plan



Topic: Creating Overloads
Grassroots Development U9-U12 Players



Learn to Train

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

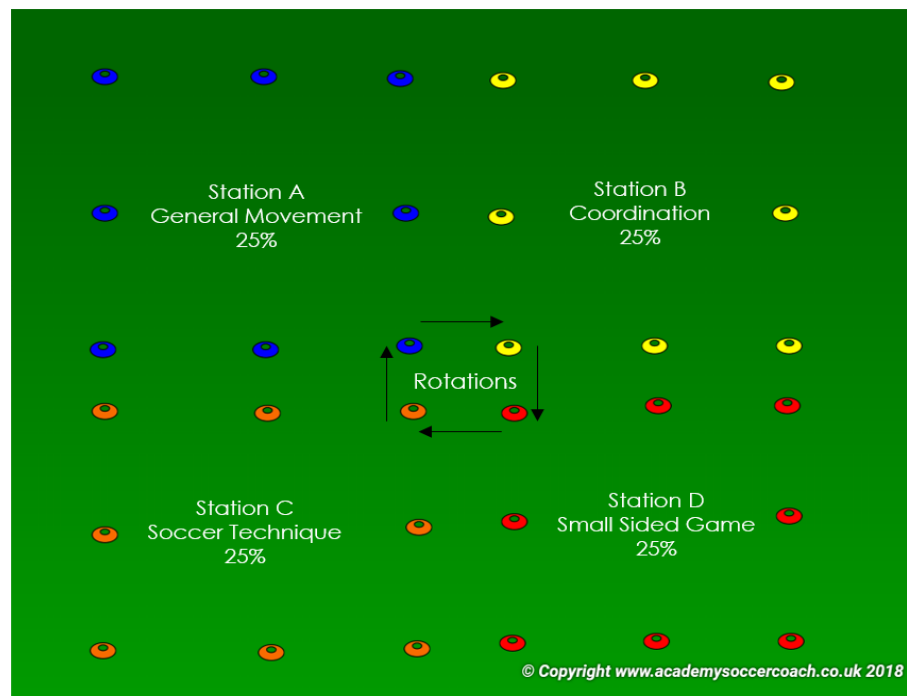
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

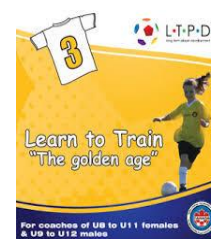
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Technical Warm-Up

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

12-15 Minutes	25m x 25m
---------------	-----------

Organization

3 teams, each team with a ball.

Procedure

Begin with each team only playing their ball. Pass and move exercise, provide simple instructions and give opportunity for players to be creative.

Progression

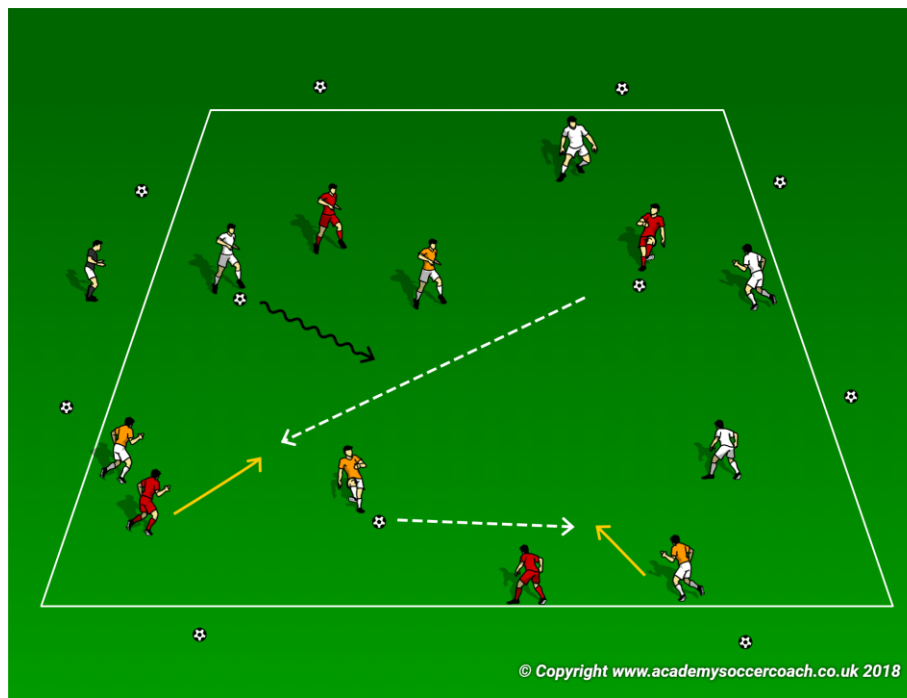
1. Finish with 2 Teams vs 1 Team (8v4) – one team defends, when that team win the ball they then maintain possession. The team that gave the ball away are now the defending team.

Conditions

1. Begin with simple minimum/maximum number of touches. (1-10)
2. Players receive in-between 2 opponents.
3. Players receive facing forward.
4. Players receive with weaker foot.

Focus

Players receive open and look to face forward whenever possible.



Objective

All Players are active and engaged,

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

Awareness Dribbling Running with Ball Passing Transition	Confidence Determination Motivation
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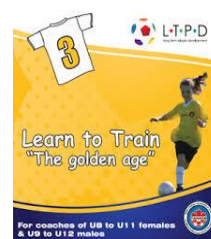
Physical	Social
----------	--------

ABC,s Change of Direction Soccer Fitness	Problem Solving Decision Making Communicaiton
--	---

Outcome

Individual:
 Players constantly take information (360 scanning) of surroundings

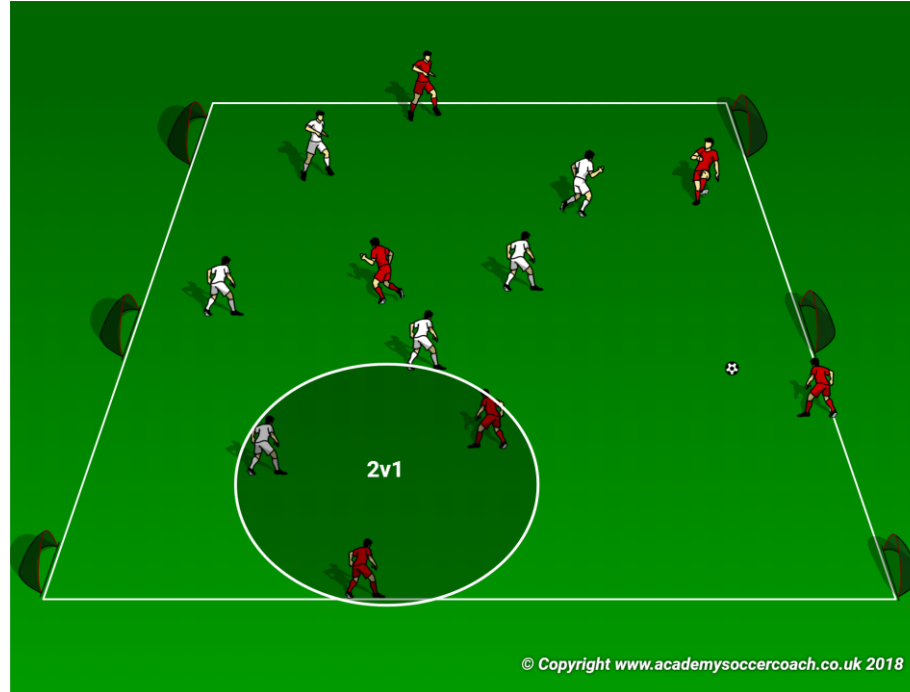
Collective:
 Players move off the ball to provide supporting angles for teammates.



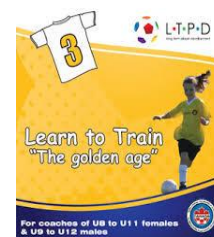
Learn to Train

Soccer Coordination – 6 Goal Game

Station Time	Area
12-15 Minutes	25m x 30m (min)
Organization	
	Either 4v4/5v5/6v6. 3 pug nets on each end line.
Procedure	
	Teams attempt to score on opposition nets.
Progression	
	<ol style="list-style-type: none"> Central goal is worth 3pts, wider nets worth 1pt. Goals are scored on one touch/time finish.
Conditions	
	<ol style="list-style-type: none"> Goals must be scored inside opponents half. 4 passes = 1pt (to encourage pressure on the ball). Ball must be switched at least once before scoring.
Focus	
	Players provide appropriate supporting angles and distances.



Objective	
Players move the ball quickly, switching the play to unbalance the opponents and create overloads.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Passing Switching the Play Pressing	Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players recognize opportunities to create 2v1/3v2 overloads.	
Collective: Players recognize numbers up situations, and control the tempo of the game based on the ball, teammates and opponents.	



Learn to Train

Skill Activity – Playing through the Thirds

Station Time

12-15 Minutes

Area

3x 10m x 15m

Organization

Set up 3 areas, split into 2 teams. 6v3 – attackers split over 2 zones, and defenders split over 2 zones). 2 pug nets – one on each side centrally.

Procedure

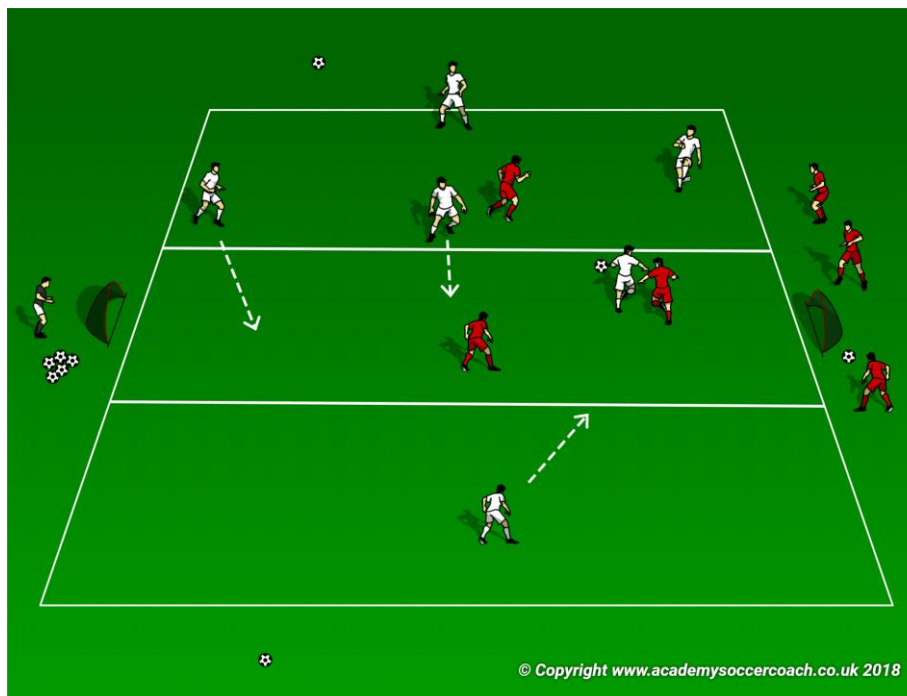
Attacking team maintains possession playing through the thirds, as the ball is transferred to another zone teammates quickly support to create overloads. 3 Defenders are split over 2 zones and switch with resting players on the fly. If defenders win it they try to score on pug net. Make it competitive – possession team scores point every time a pass is made in new zone. Defenders get a point if they win it and secure ball (first pass) or score.

Progression

1. Minimum number of passes in outside zones before playing into middle zone.
2. 1 touch in middle zone.
3. Increase number of defenders.

Focus

Can teammates quickly support as ball is transferred to a new zone.



Objective

Players move the ball quickly to unbalance middle defenders, in order to play across to the opposite zone.

Technical/Tactical

Receiving
Passing
Transition
Switching the Play

Psychological

Confidence
Standards
Motivation
Concentration

Physical

Change of Direction
Reactions
Speed

Social

Problem Solving
Decision Making
Patience

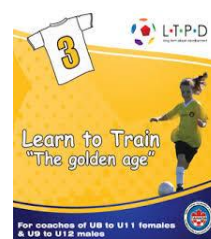
Outcome

Individual:

Players use the width of their zone to unbalance the defenders.

Collective:

Players are constantly taking information so they are aware of the defenders positioning and organization.



Learn to Train

Small Sided Game – Match Play

Station Time	Area
12-15 Minutes	40m x 30m
Organization	
6v6.	
Procedure	
Regular match play with (offsides) all restarts are pass/dribble in's.	
Progression	
N/A	
Focus	



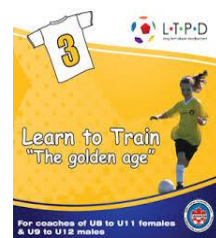
Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration ABC's	Teamwork Communication Decision Making Discipline Patience
Outcome	

Individual:

Players receive open and facing forward.

Collective:

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

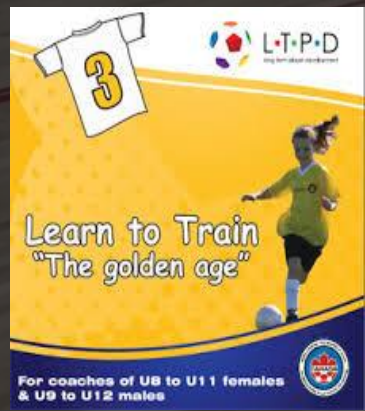




Learn to Train Practice Plan

Topic: Positive Play

Grassroots Development U9-U12 Players



Learn to Train

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

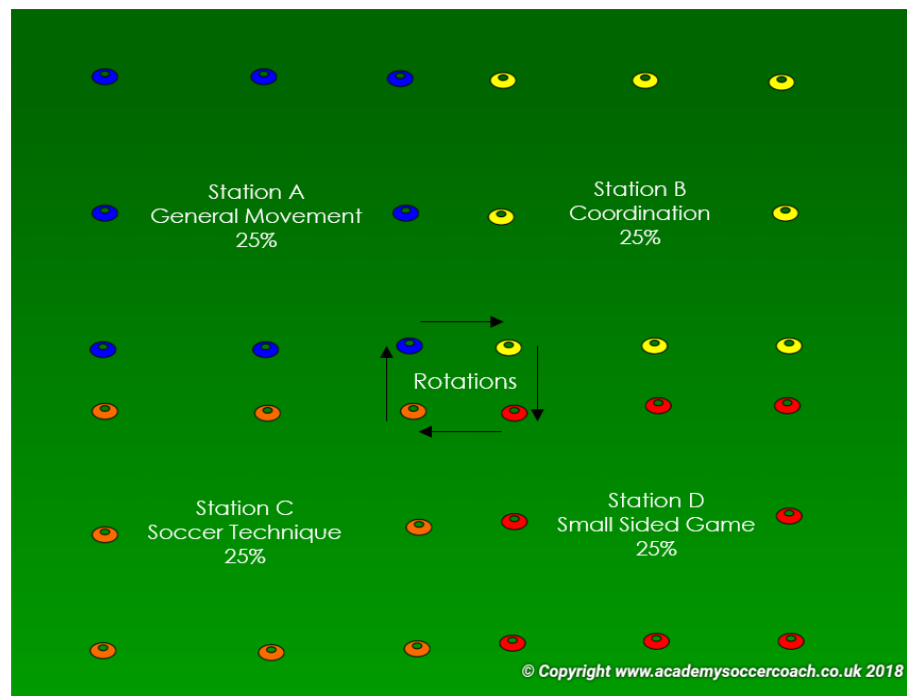
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

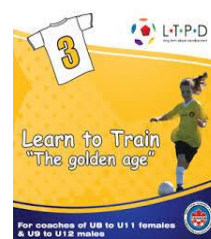
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Technical Warm-Up

Station Time	Area
12-15 Minutes	25m x 25m
Organization	
3 balls per team (2 teams of 6).	
Procedure	
Players pass & move in area.	
Progression	
1. Competition – number of passes in a minute for each team.	
Conditions	

1. Give players number of touches to play in 1,2,5,10 before playing to teammate.
2. Players must receive with weaker foot.
3. Players must receive between opponents.
4. Players must receive facing forward.
5. Players play forward in-between opponents on one touch.
6. Passes must be 15-20 yards.

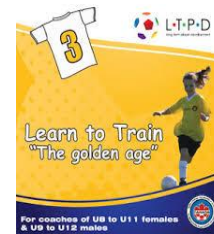
Focus

Tempo of session is high, and passing/receiving is quality.



Objective	
All Players are active and engaged,	
Technical/Tactical	Psychological
Passing Receiving Control	Confidence Awareness Motivation
Physical	Social
ABC,s Change of Direction Soccer Fitness	Decision Making Communication
Outcome	

- Individual:**
Players shoulder check before receiving
- Collective:**
Players can receive facing forward.



Learn to Train

Soccer Coordination – 3v3 Mini World Cup

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

12-15 Minutes	20m x 30m
---------------	-----------

Organization

2 mini fields. 3v3 (GK + 2 players) optional retreat line. Teams choose country to represent – 3 points for winning game, 1 point for draw – play round robin.

Procedure

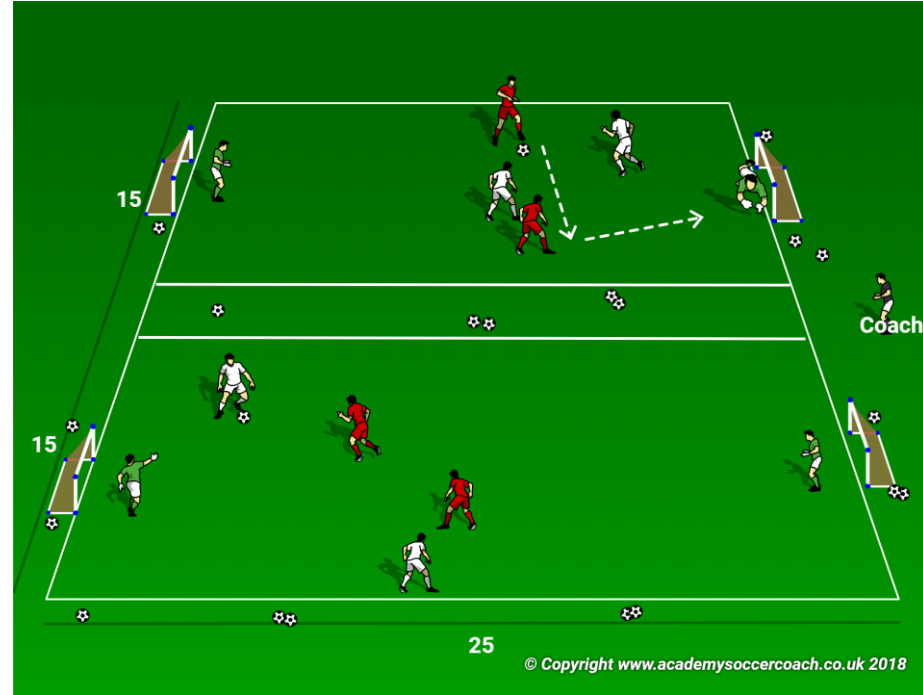
Teams play 3 minute matches then switch opponents (switch GKs each game).

Progression

1. Players cannot go backwards in possession.

Focus

Players receive the ball with body open, and facing forward.



Objective

Players show positive mentality, looking for opportunities to beat/take on opponents whenever possible.

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

Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
--	--

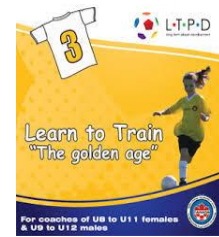
Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
 Players take positive first touch to advance ball.

Collective:
 Players identify and exploit gaps/space to beat opponents.



Learn to Train

Skill Activity – Soccer Tennis

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

12-15 Minutes	20 x 30
---------------	---------

Organization

Set up 3 zones of 20x10. Split group into 3 teams – 1 team in each grid/zone.

Procedure

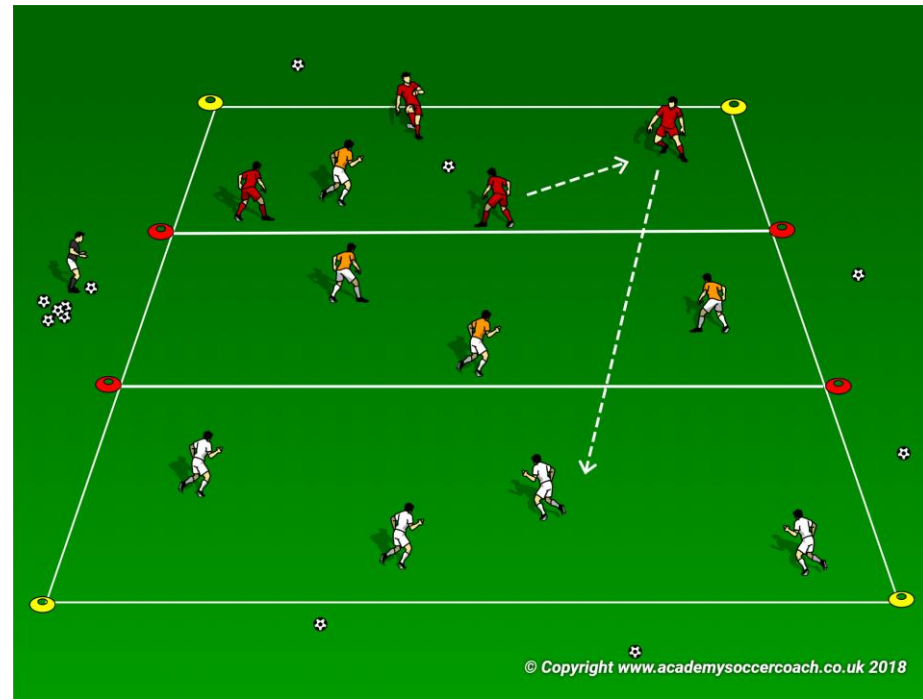
Coach plays to either end zone, 1 defender from middle zone can enter to press ball. Possession team move the ball looking to create gaps in middle zone defence to play through to opposite end zone. If defenders win the ball they secure possession and play to opposite end zone and transition (switch) with the team they won possession from. 1 point for every successful switch.

Progression

1. Players from opposite end zone can enter middle zone to support possession team. Double points if they can receive in middle zone, turn and play to their teammates.

Focus

Players are mobile, and creative with movement to occupy supporting positions that will enable forward/positive play.



Objective

Players look to penetrate opponents in possession.

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

Passing Receiving Control Transition Counter Attack	Awareness Confidence Concentration Motivation Standards
---	---

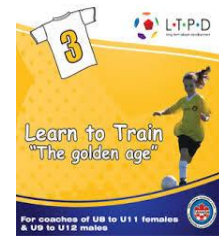
Physical	Social
----------	--------

Change of Direction Reactions Speed	Problem Solving Decision Making Patience
---	--

Outcome

Individual:
Players demonstrate range of passing to penetrate opponents.

Collective:
Players recognize open gaps/spaces.



Learn to Train

Small Sided Game – Match Play

Station Time Area

12-15 Minutes 40m x 30m

Organization

6v6.

Procedure

Regular match play with (offsides) all restarts are pass/dribble in's. Double points for goals scored on one touch/time finish.

Progression

N/A

Focus

Players take risks and look to penetrate lines.



Objective

Fun and creativity.

Technical Psychological

<ul style="list-style-type: none"> 1v1 Attacking Passing Receiving Finishing Combination Play 	<ul style="list-style-type: none"> Concentration Competitiveness Motivation Commitment Teamwork
--	--

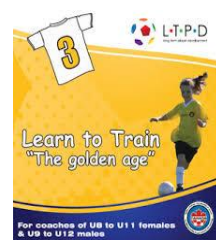
Physical Social

<ul style="list-style-type: none"> Stamina Speed Awareness Acceleration ABC's 	<ul style="list-style-type: none"> Teamwork Communication Decision Making Discipline Patience
--	--

Outcome

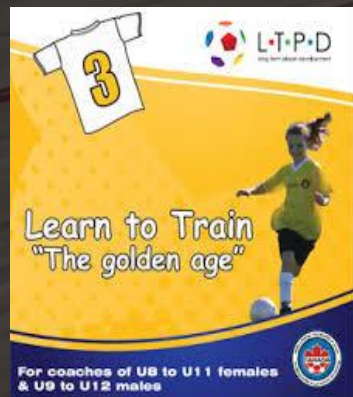
Individual:
Players receive open and facing forward.

Collective:
Players look to get in behind defence.





Learn to Train Practice Plan



Topic: Ball Mastery - Dribbling
Grassroots Development U9-U12 Players



Learn to Train

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

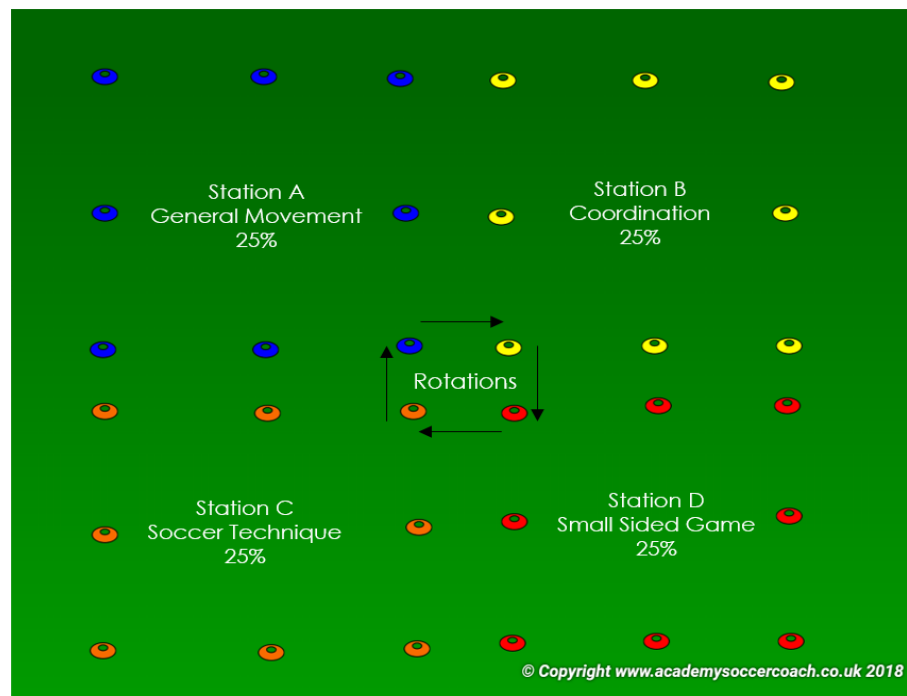
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

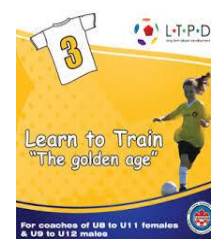
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Technical Warm-Up

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

12-15 Minutes	25m x 25m
---------------	-----------

Organization

Make a 10x10 grid inside area, with 1-3 defenders inside. Attackers around the outside.

Procedure

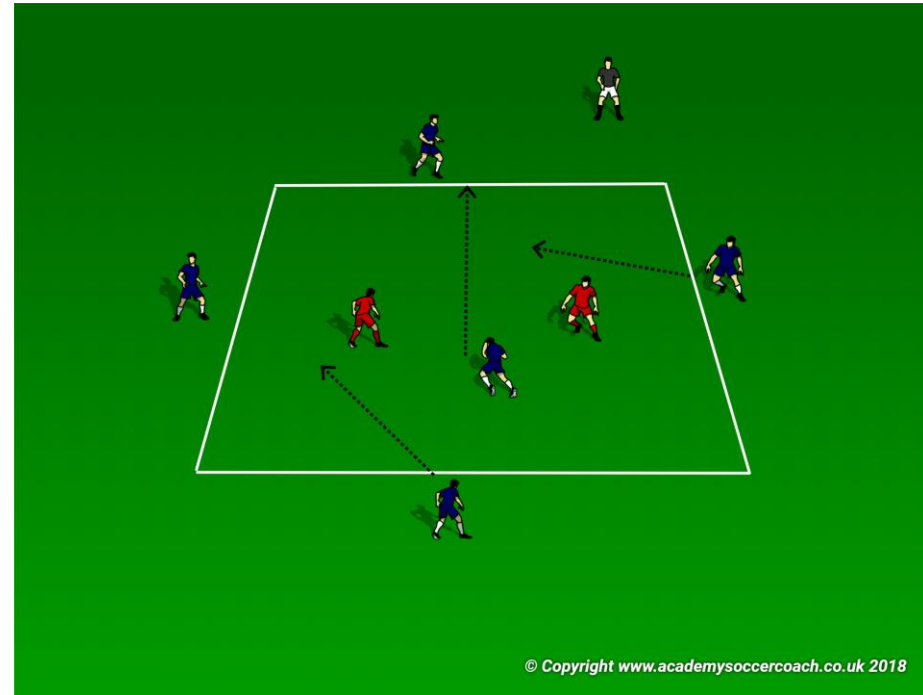
Begin with outside players running through central grid – defender attempt to tag attackers. If successful players switch roles. Attackers get 1 point for making it to opposite side untagged. Have a limit on the number of players that can be on one side.

Progression

1. Attackers now have a ball and must dribble through untagged.
2. Adjust size of central grid to challenge players.

Focus

Players take risks with the ball – drive to opposite side of grid.



Objective

All Players are active and engaged,

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

Dribbling Running with Ball Transition 1v1 Attacking	Confidence Determination Motivation
---	---

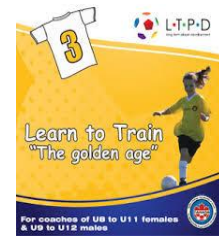
Physical	Social
----------	--------

ABC,s Awareness Change of Direction Basic Motor Skills	Problem Solving Decision Making Communication
---	---

Outcome

Individual:
Players can change direction at speed.

Collective:
Players can identify open spaces.



Learn to Train

Soccer Coordination –Mini World Cup Ladder

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

12-15 Minutes	(3) 12m x 20m
---------------	---------------

Organization

Set Up multiple fields with retreat line (using Coloured Cones). Teams of 2 (GK + 1 Outfield). Fields are a ladder – top field is Final field, middle is Semi-Final and bottom is Quarter Final. Teams pick country to represent.

Procedure

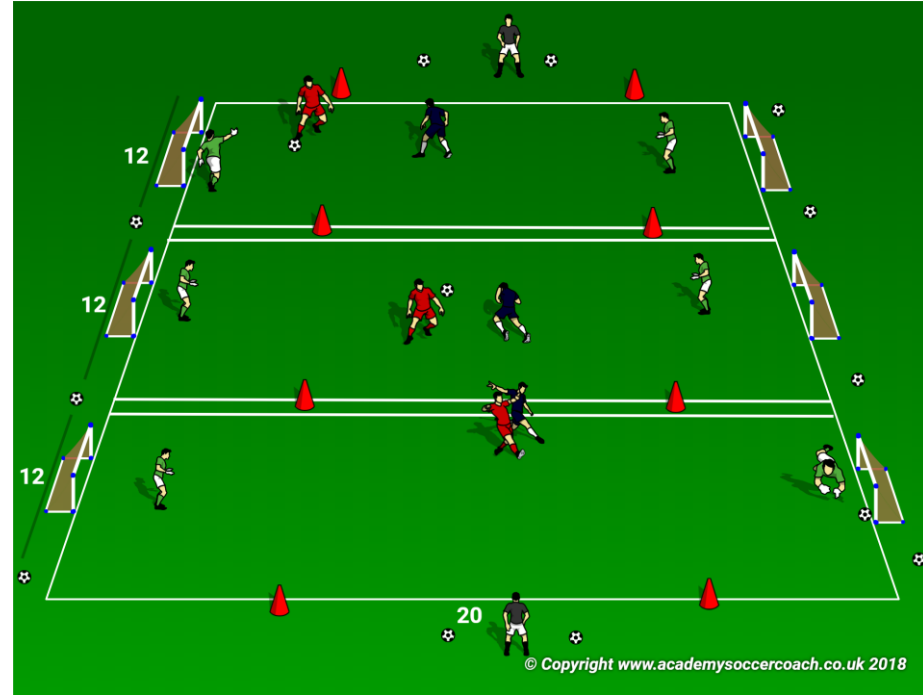
1v1 Outfield, GKs can support in own half only. Attackers cannot go into opponents retreat zone when they do not have the ball. If ball goes out, players restart with dribble in. GKs can only throw the ball.

Progression

1. Introduce Shot clock – players must shoot within 10 seconds.

Focus

Players are creative when taking on opponents/defenders.



Objective

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

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

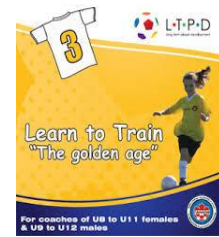
Creativity 1v1 Attacking Dribbling Running with the Ball	Confidence Motivation Competitiveness
---	---

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.



Learn to Train

Skill Activity – Mini World Cup

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

12-15 Minutes	6x 10m x 12m
---------------	--------------

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

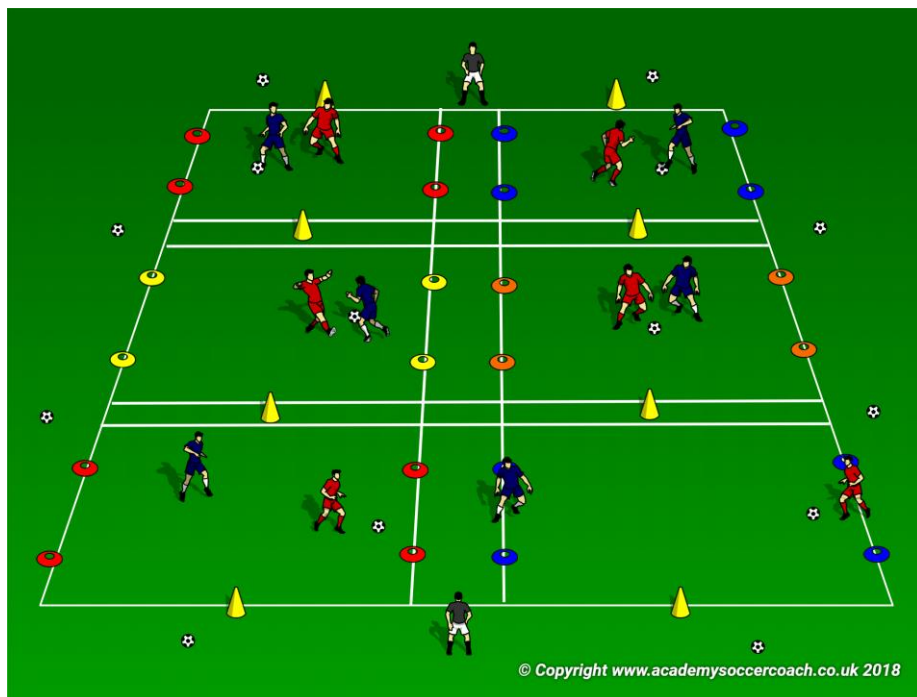
Partners play 1v1 for 60 seconds – players score by dribbling through opponents gate. Winners move up the ladder towards top field.

Progression

1. No retreat line.

Focus

Players are creative & vary attacks.



Objective

Players can change speeds in attack.

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

1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
--	--

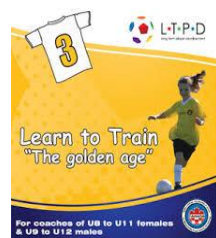
Physical	Social
----------	--------

Change of Direction Reactions Speed	Problem Solving Decision Making Patience
---	--

Outcome

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

Collective:
Players are unpredictable.



Learn to Train

Small Sided Game – Match Play

Station Time

12 – 15 Minutes

Area

20m x 30m

Organization

If 12 players 2 fields. Less than 12 – split into 3 teams. Gk's optional. Retreat line (Red Markers).

Procedure

Teams play 90 second matches – winner stays on, if team scores opponents are off and new team comes in. Can begin with every time ball goes out of play, the team that touches it last is off, and new team comes in. Teams must make minimum of 1 pass before finishing.

Progression

1. Teams get double points for beating opponent 1v1 before scoring.

Focus

Players are comfortable with the ball under pressure.



Objective

Fun and creativity.

Technical

1v1 Attacking
Dribbling
Running with the Ball
Finishing

Psychological

Concentration
Teamwork
Competitiveness

Physical

Stamina
Speed
Awareness

Social

Teamwork
Communication
Decision Making

Outcome

Individual:

Players receive open and facing forward in-between defenders.

Collective:

Attackers manipulate/move defenders with off the ball runs and positioning.





Topic: Passing Grassroots Development



Learn to Train Practice Plan U9-U12



Learn to Train

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

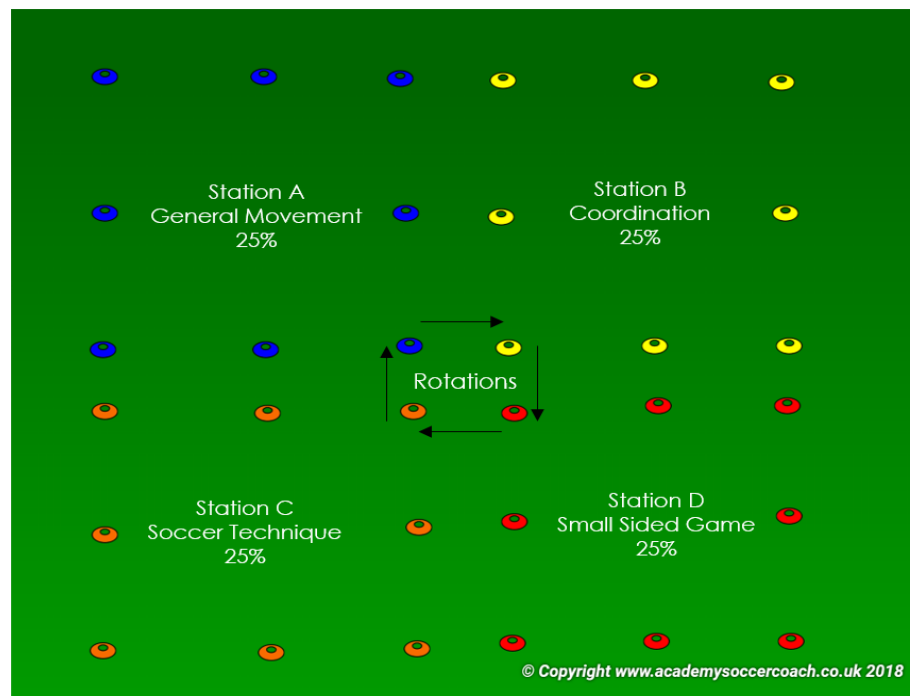
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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

Give players opportunity to lead, and make decisions in a fun, safe environment.

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

Various Techniques

FUN

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

Physical Literacy

Problem Solving

Outcome

Individual: Players develop a love for the game.

Collective: Players are creative, engaged, and are having fun.



Learn to Train

General Movement – Warm Up

Station Time

12 Minutes

Area

20m x 20m

Organization

Begin by splitting group in half – (one group in pinnies).

Procedure

One team starts with ball each. Opponents try to win a ball and pass into any net. Play for 60 seconds then switch roles, competition team with most goals wins.

Progression

1. Remove number of soccer balls so players must now move the ball.

Focus

Players play away from pressure to open teammates.



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Objective

All Players are active and engaged.

Technical

Creativity
Dribbling
Running with the Ball
Passing

Psychological

Confidence
Determination
Competitiveness

Physical

ABC,s
Awareness
Change of Direction

Social

Problem Solving
Decision Making
Fair Play

Outcome

Individual:

Players identify open spaces.

Collective:

Players are aware of opponents and teammates.



Learn to Train

Soccer Coordination – 2v2 to Goal

Station Time Area

12 Minutes (2x) 20m x 10m

Organization

Each field has a gated end line – split into teams of 2.

Procedure

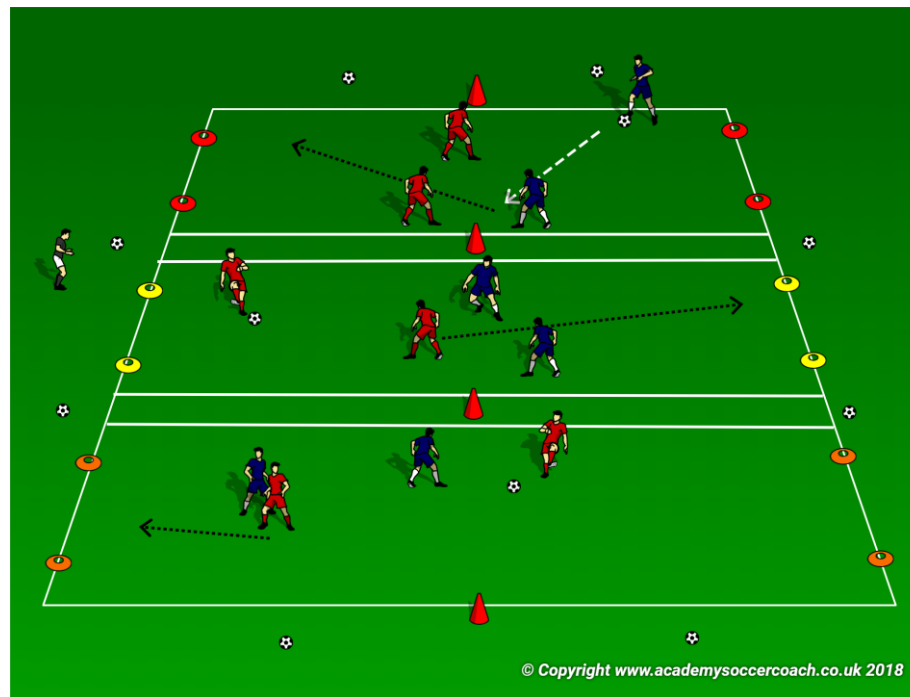
Teams must make 1 pass before they can dribble over end line. Play 2 minute games before switching, play round robin.

Progression

1. Teams must now make minimum 2 passes, or must play 1-2.

Focus

Players are confident & creative on the ball.



Objective

Players take on opponents at every opportunity.

Technical

Creativity
1v1 Attacking
Dribbling
Running with Ball

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

Outcome

Individual:

Players demonstrate willingness to take players on whenever possible.

Collective:

Supporting players vary runs (overlap/underlap) and positioning to create space (example pull wide to isolate defender 1v1) for ball carrier.



Learn to Train

Skill Activity – 3v3 to 3 Gates

Station Time

12 Minutes

Area

25m x 25m

Organization

Set up 3 gates on each end line. Split into 4 teams – 2v2 inside area with 1 player acting as GK behind each teams end line and 3 gates.

Procedure

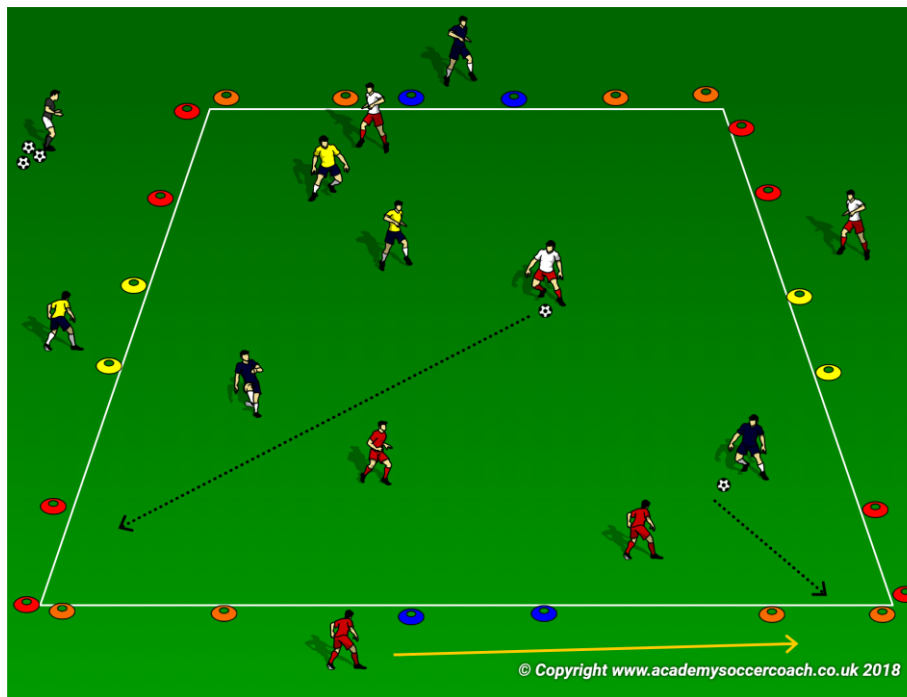
Teams attempt to either pas/shoot ball through any of the three gates. However, teams cannot score through the gate that the player behind the gates is standing between. Play for 3 minutes then switch opponents.

Progression

1. Player behind the gates has a pinnie so they can block 2 gates – 1 with the pinnie & 1 which they are stood behind.

Focus

Players constantly scan the field to see which net is open, and look to switch the play to take advantage of open gate.



Objective

Players make intelligent decisions to help their team win the game.

Technical

Creativity
Dribbling
Running with Ball
Passing
Switching the Play

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

Outcome

Individual:

Players deceive the player behind the net by showing intention to pass/dribble to one side.

Collective:

Players are constantly scanning to identify opponents weak areas.



Learn to Train

Small Sided Game – 4v4

Station Time	Area
12 Minutes	(3) 12m x 20m
Organization	Teams of 4.
Procedure	Winner stays on, if no goal in 60 seconds switch teams.
Progression	N/A
Focus	Players are competitive & have fun!



Objective

Fun and creativity.

Technical	Psychological
1v1 Attacking Dribbling Finishing	Concentration Teamwork Competitiveness
Physical	Social
Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	

Individual:

Players create space to receive ball in 1v1 positions.

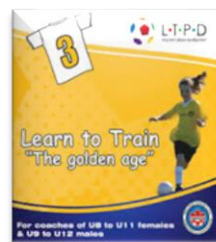
Collective:

Players demonstrate motivation to compete.





Function: In Possession
Topic: Creating Space to Receive
Grassroots Development



Learn to Train
Practice Plan
U9-U12



Learn to Train

Training Method:

Preferred Training Model (Station Based Approach) or GAG (Game-Activity-Game)

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

12-15 Minutes	(L) X (W)
---------------	-----------

Organization

Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.

Procedure

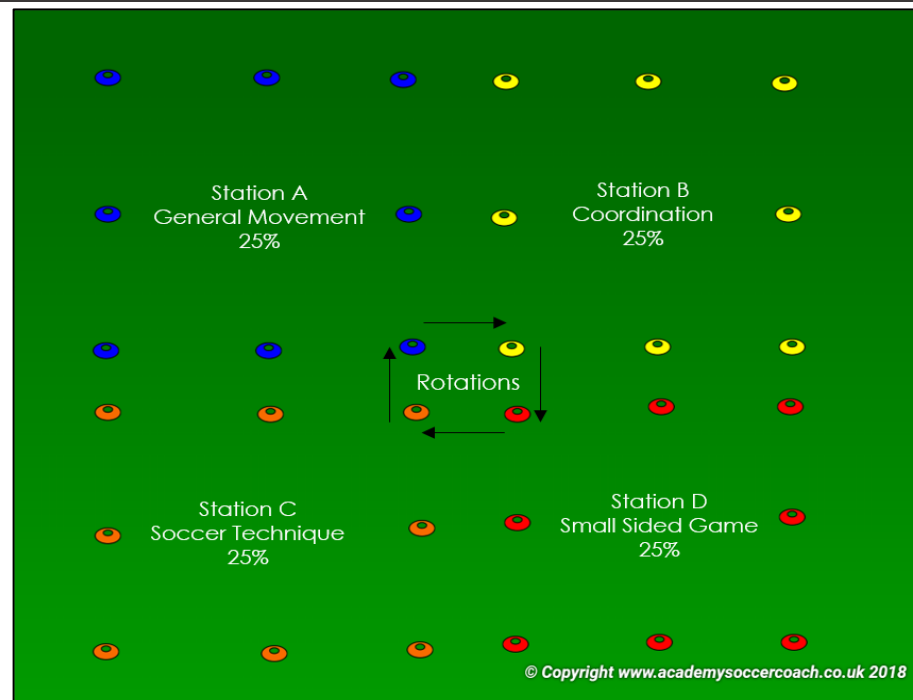
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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

Give players opportunity to lead, and make decisions in a fun, safe environment.

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

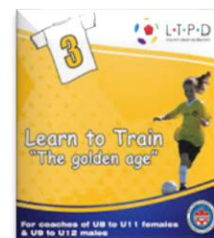
Various Techniques	FUN
--------------------	-----

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

Physical Literacy	Problem Solving
-------------------	-----------------

Outcome

Individual: Players develop a love for the game.
Collective: Players are creative, engaged, and are having fun.





Learn to Train

General Movement – Warm Up

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

12 Minutes	20m x 20m
------------	-----------

Organization

Begin by splitting group in half – (one group in pinnies). Players find a partner.

Procedure

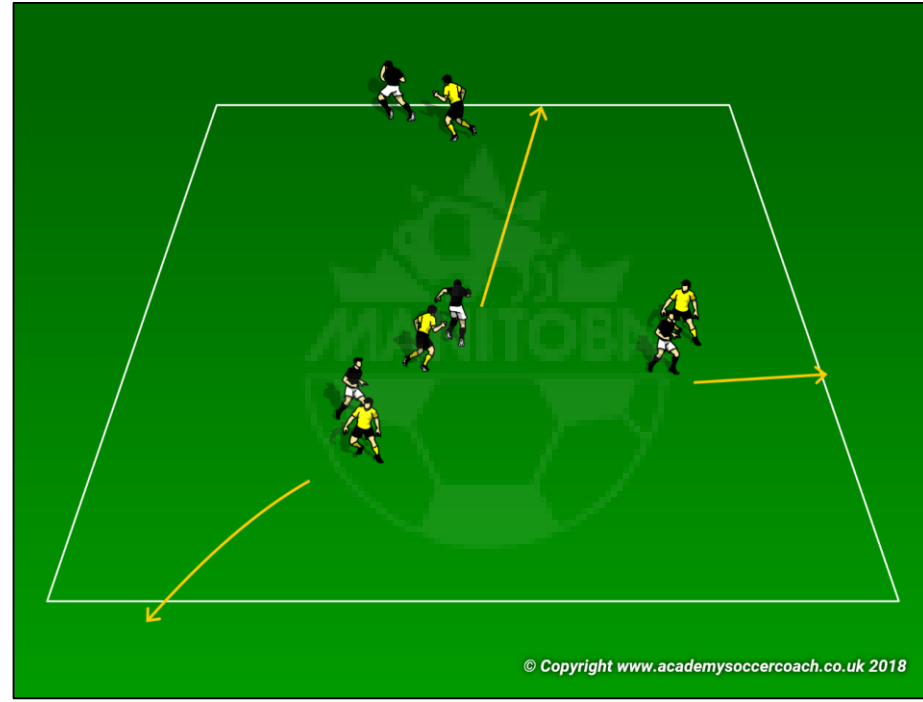
In partners, one is the attacker & the other is the marker. The attacker is allowed one change of direction before attempting to escape the marker before getting out of the area. If the attacker is tagged they switch roles. Play 90 seconds then switch partners.

Progression

1. Attackers get two changes of direction.
2. Attackers must now face-up opponent and run past them (beat them).

Focus

Attackers use body feints, and quick changes of direction & speed.



Objective

All Players are active and engaged.

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

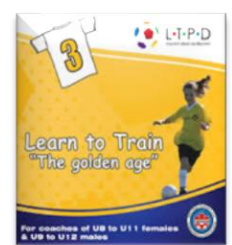
Creativity Dribbling Running with the Ball	Confidence Determination Competitiveness
--	--

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

ABC,s Awareness Change of Direction	Problem Solving Decision Making Fair Play
---	---

Outcome

- Individual:**
Players identify open spaces.
- Collective:**
Players are aware of opponents and teammates.





Learn to Train

Introductory Game – 3v3 (4v4) to Targets

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

12 Minutes	20m x 18m
------------	-----------

Organization

Set up two 5v5 boxes at either end the playing area for Target players. Coach has stack of balls ready to maintain high tempo. Split group into 2 teams. Can begin with Neutral(s) if needed.

Procedure

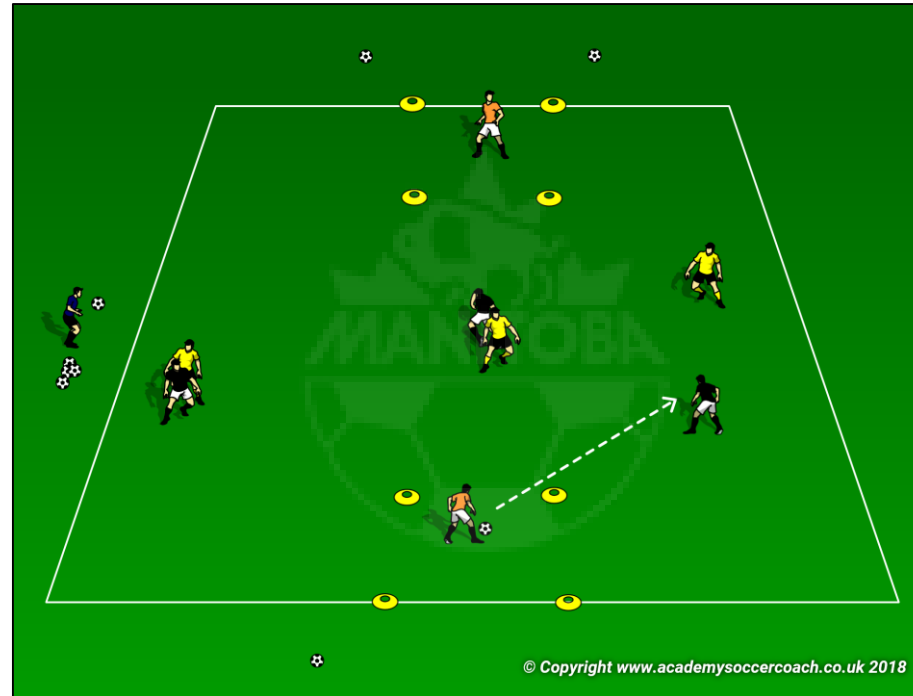
Coach plays a ball into either team; the objective is to transfer the ball from one Target to the other. Target players are Neutral and play with the team they received the ball from, direction is only established once a Target player receives the ball.

Progression

1. Remove any Neutral players so numbers are equal.
2. Players must combine before playing to Target's.

Focus

Timely movement off the ball to create space to receive facing forward. Explosive changes of directions, & intelligent use of the body (feints) to get away from marker.



Objective

Players discover different ways to create space to receive facing forward.

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

Creativity 1v1 Attacking Dribbling Running with Ball	Confidence Motivation Competitiveness
---	---

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

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
 Players understand by creating space they may have time to receive open & potentially play forward.

Collective:
 Through discovery players may see how their movement can create space for a teammate to receive the ball, and the outcome it provides.





Learn to Train

Skill Activity – 1v1 to Targets

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

12 Minutes	25m x 20m
------------	-----------

Organization

Split group accordingly so there is a Target player (per group) on either end, and 1v1 in the middle. 1 ball per group.

Procedure

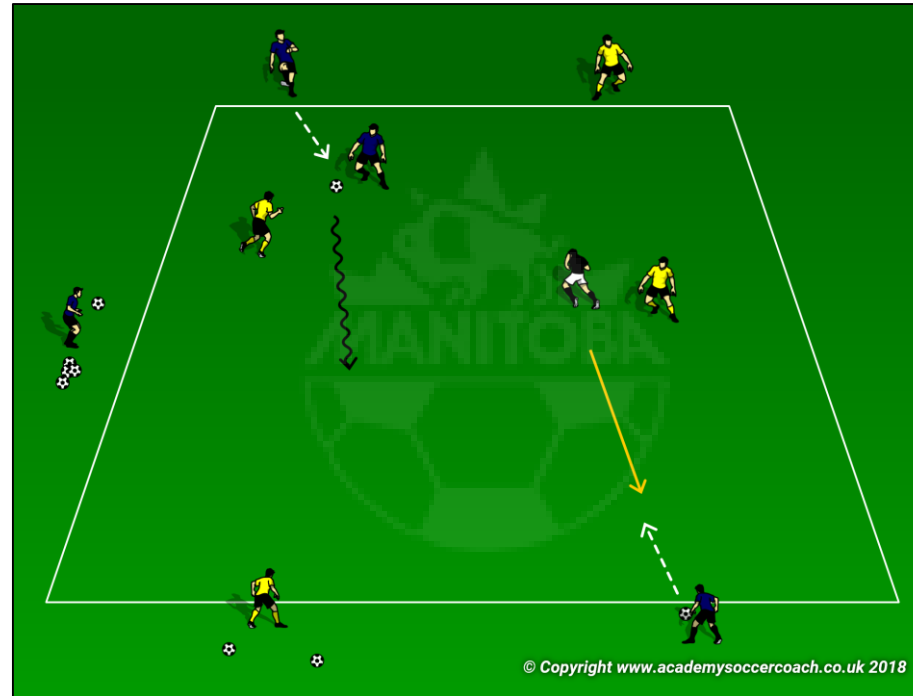
1v1 in the middle, the objective is to transfer the ball from one target to the other. If the defender win's the ball they can play to either target to establish direction. 1 point for successful transfer, play 60-90 seconds rounds, then switch middle players.

Progression

1. Target players have time limit to play the ball back in.
2. 2v2 in the middle.

Focus

Attacker's take up intelligent positions and perform a variety of techniques to create space. Example, 'Take the defender away', quick changes of speed & direction. Attackers body shape is always open when receiving.



Objective

Attackers continually work their markers, it may take two, three or more movements before they are able to create space to receive facing forward.

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

Creativity Dribbling Passing Switching the Play	Confidence Motivation Competitiveness
--	---

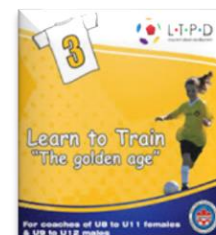
Physical	Social
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ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
 Players understand how to manipulate the opponent through intelligent & timely movement.

Collective:
 Target players begin to read cues of attacker's movement to time the pass, so the attacker receives open.





Learn to Train

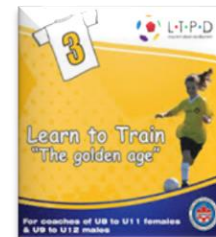
Small Sided Game – 6v6

Station Time	Area
12 Minutes	50m x 30m
Organization	
Split into 2 teams of 6. Teams play 2-1-2 formation.	
Procedure	
Regular Grassroots Guidelines Rules (Pass & Dribble In's).	
Progression	
N/A	
Focus	

In possession, players disperse when teammate has Time & Space. Area of focus is Build-Up, when GK has the ball CB's split the penalty area box (face forward to receive). Holding Midfielder stays central, and front two (2 attackers) stretch the field to provide depth and space for defenders/midfielder(s).

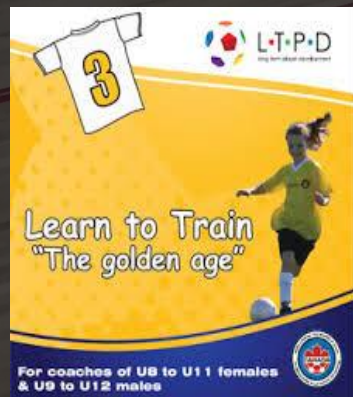


Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Dribbling Finishing Passing	Concentration Teamwork Competitiveness
Physical	Social
ABC's Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	
Individual: Players create space to receive ball in 1v1 positions.	
Collective: Players demonstrate motivation to compete.	





Learn to Train Practice Plan



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



Learn to Train

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

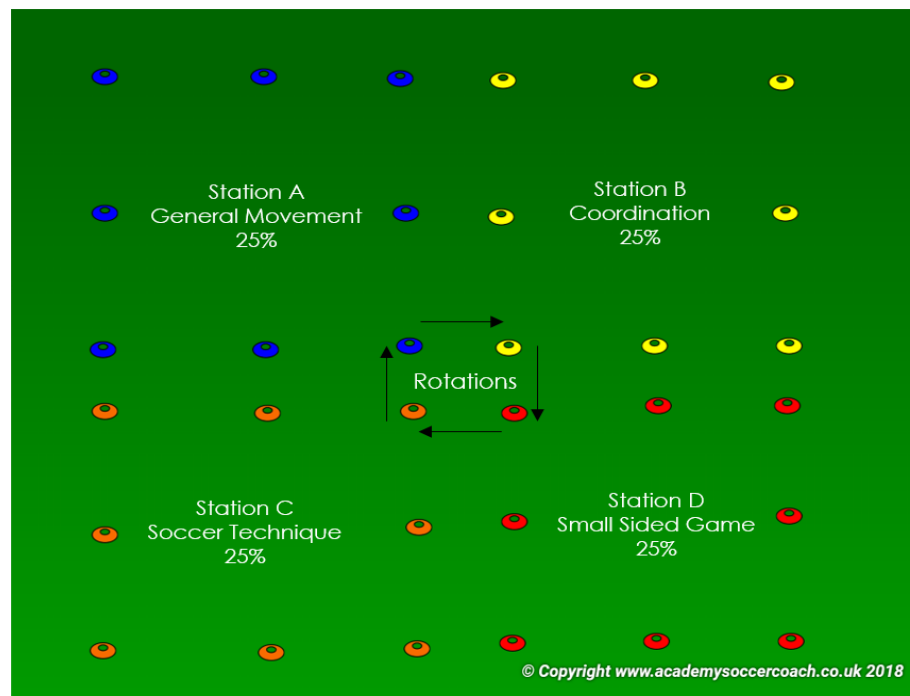
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

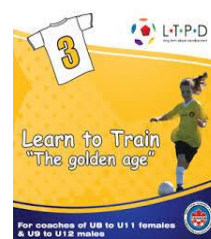
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Technical Warm-Up

Station Time **Area**

8-12 Minutes 10m x 10m

Organization

Coach stands in the middle with players in a circle

Procedure

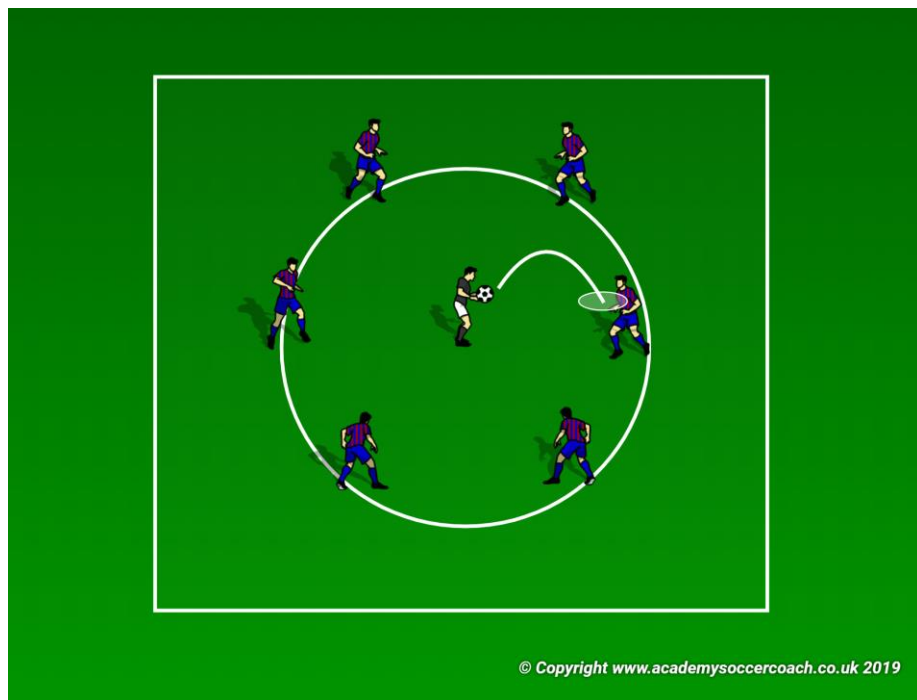
Players stand around coach and perform a movement (ex. jumping jacks). Coach tosses ball and calls out either "catch/head". The player must play the ball with the OPPOSITE that is called back to the coach - ex. "Head", therefore player must catch the ball. "Catch", player must head the ball back

Progression

Make it competitive - Play elimination if players understand the game.

Focus

N/A



Objective

All Players are active and engaged,

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

Awareness
Decision Making

Confidence
Determination
Motivation

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

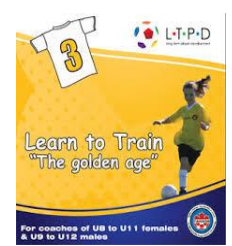
ABC,s
Awareness
Basic Motor Skills

Peer Interaction

Outcome

Individual:
Players can change direction at speed.

Collective:
Players can identify open spaces.



Learn to Train

Ball Mastery - Technical

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

12-15 Minutes 25m x 25m

Organization

Set up 2 players on each outside cone. Place a box in the middle approx. 10 m away.

Procedure

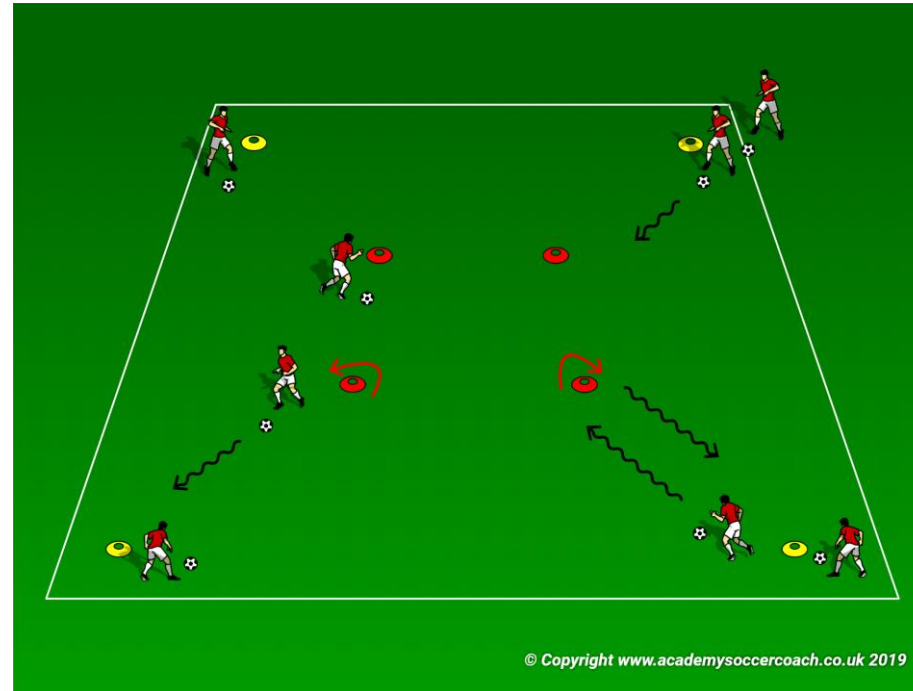
Players must dribble to the cone in front of them and perform a variety of turns (pull back, Cruyff turn, etc.) When they come back the next player goes.

Progression

1. Players dribble through the middle, perform a skill, and dribble to the opposite end.
2. Make it a competition – First team to dribble to the cone and back 4 times wins!

Focus

Quality turns. Movements are sharp and dynamic.



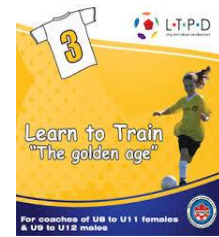
Objective

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.



Learn to Train

Skill Activity – 1v1 to Goal

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

12-15 Minutes 2x 15m x 25m

Organization

Teams of 3 start at opposite goals. Balls start with the coach at the middle. No goalies.

Procedure

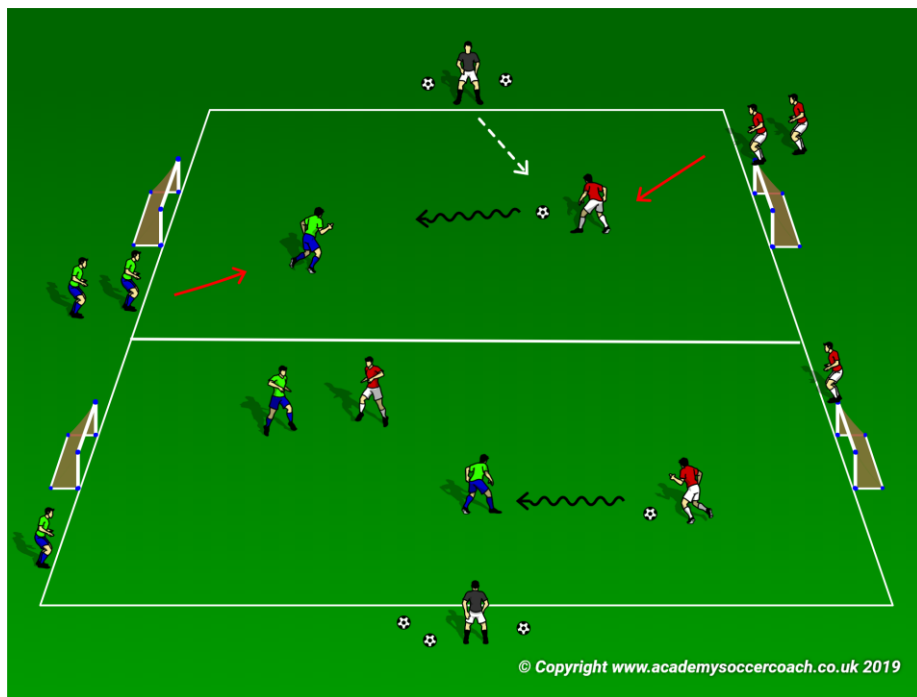
Coach calls out a number between 1-3. This number corresponds to the number of players from each team will play – ex. (1=1v1, 2=2v2, 3=3v3)

Progression

Introduce a gate within the area that attackers need to dribble through before scoring.

Focus

Limit time per rep – 10 seconds to score



Objective

Players can change speeds in attack.

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

1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation
--	---------------------------------------

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

Change of Direction Use of Body in 1v1s Strength	Problem Solving Decision Making Patience
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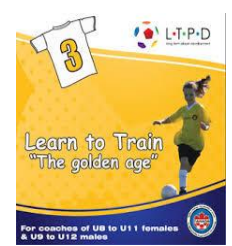
Outcome

Individual:

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

Collective:

Players are unpredictable.



Learn to Train

Small Sided Game – Match Play

Station Time

12 – 15 Minutes

Area

20m x 30m

Organization

If 12 players 2 fields. Less than 12 – split into 3 teams. Gk's optional. Retreat line (Red Markers).

Procedure

Teams play 90 second matches – winner stays on, if team scores opponents are off and new team comes in. Can begin with every time ball goes out of play, the team that touches it last is off, and new team comes in. Teams must make minimum of 1 pass before finishing.

Progression

1. Teams get double points for beating opponent 1v1 before scoring.

Focus

Players are comfortable with the ball under pressure.



Objective

Fun and creativity.

Technical

1v1 Attacking
Dribbling
Running with the Ball
Finishing

Psychological

Concentration
Teamwork
Competitiveness

Physical

Stamina
Speed
Awareness

Social

Teamwork
Communication
Decision Making

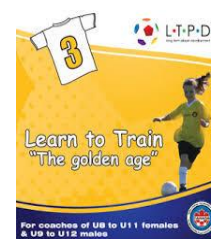
Outcome

Individual:

Players receive open and facing forward in-between defenders.

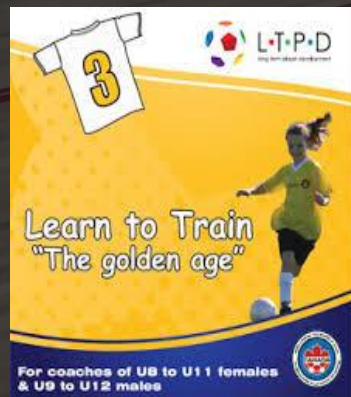
Collective:

Attackers manipulate/move defenders with off the ball runs and positioning.





Learn to Train Practice Plan



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



Learn to Train

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

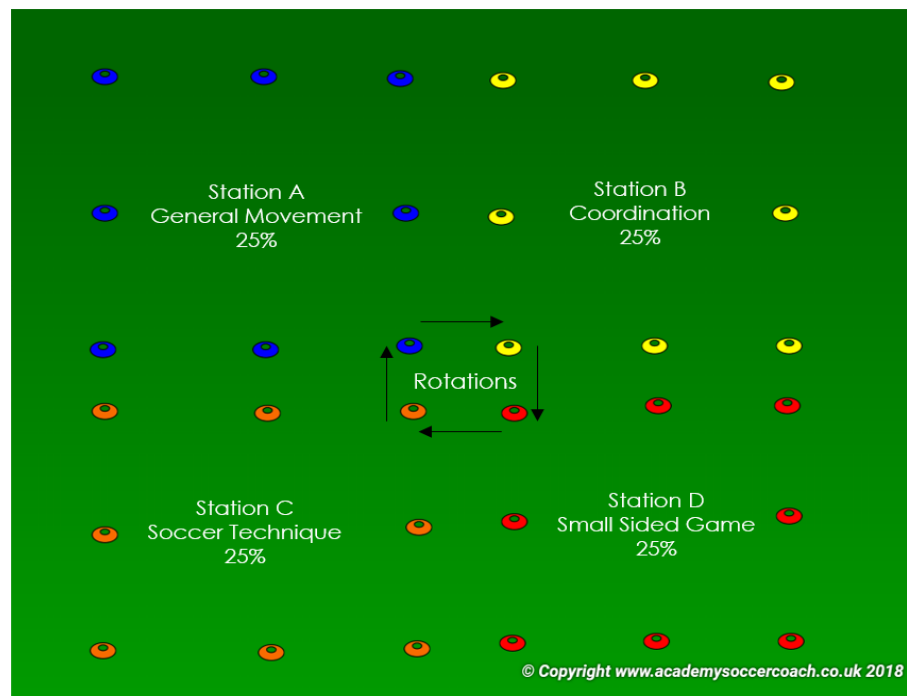
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
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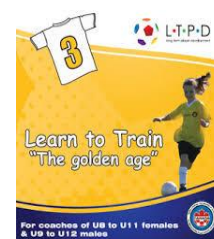
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Technical Warm-Up

Station Time

8-12 Minutes

Area

10m x 10m

Organization

3 taggers with their pinnies in their hand. Other players start without a ball.

Procedure

Tagger (player in green) must throw and make direct contact with another player with the pinnie. If hit, then that player takes the pinnie and tries to hit another player. The boxes represent a “free-zone” and only one player can stand in there at a time for a maximum 5 seconds. Play 2-3-minute games.

Progression

All players except tagger have a ball. Taggers must hit the ball with the pinnie.

Focus

Protect ball with skill moves and use of body.



Objective

All Players are active and engaged,

Technical/Tactical

Awareness
Decision Making
Protecting the ball

Psychological

Confidence
Determination
Motivation

Physical

ABC,s
Awareness
Basic Motor Skills

Social

Peer Interaction

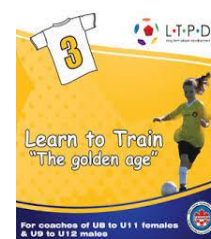
Outcome

Individual:

Players can change direction at speed.

Collective:

Players can identify open spaces.



Learn to Train

Ball Mastery - Technical

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

12-15 Minutes 25m x 25m

Organization

Every player has a ball. Gates are placed all around the area.

Procedure

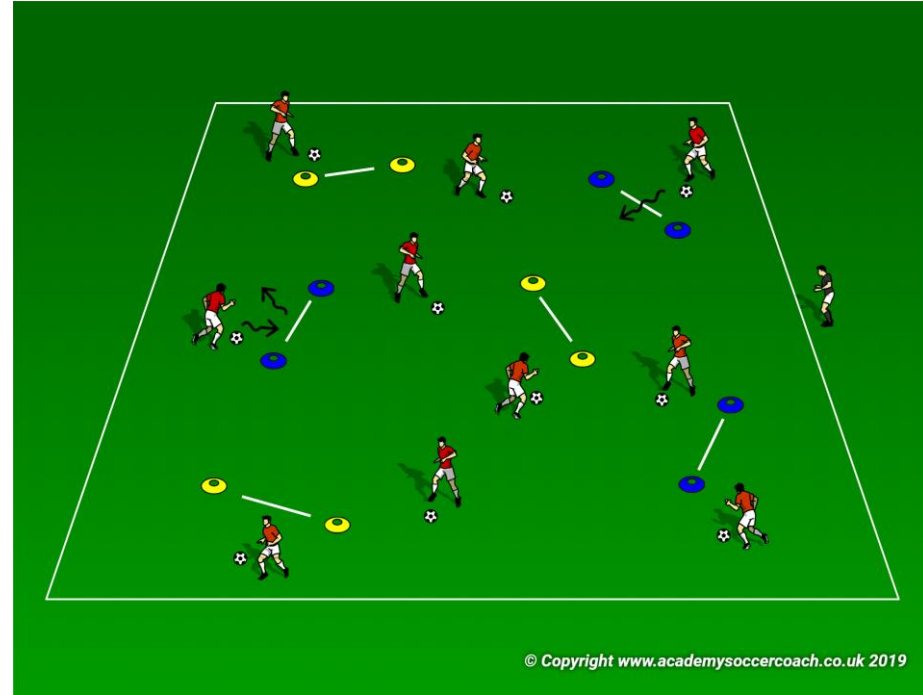
Players dribble through the gates, but they have to change the color of the gate each time (Blue-yellow-blue). Next call out a move (step-over, pull-back, etc.) and when they approach the gate the players must perform that move. Build a sequence of moves so that the next week they can work on the same with moves with a new one added (step-over, pull-back, Cruyff turn)

Progression

Make into competition. Last player to dribble through 10 cones does 10 jumping-jacks.

Focus

Tight dribbling. Head up. Dribble with speed and precision.



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
--	---

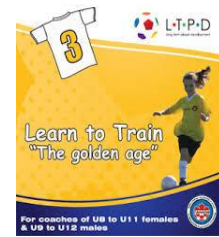
Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
Players can change direction at speed.

Collective:
Players are confident in possession.



Learn to Train

Skill Activity – 1v1 to Goal

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

12-15 Minutes	2x 15m x 25m
---------------	--------------

Organization

Teams of 2-3 start at opposite ends. Balls start on one end (with defenders).

Procedure

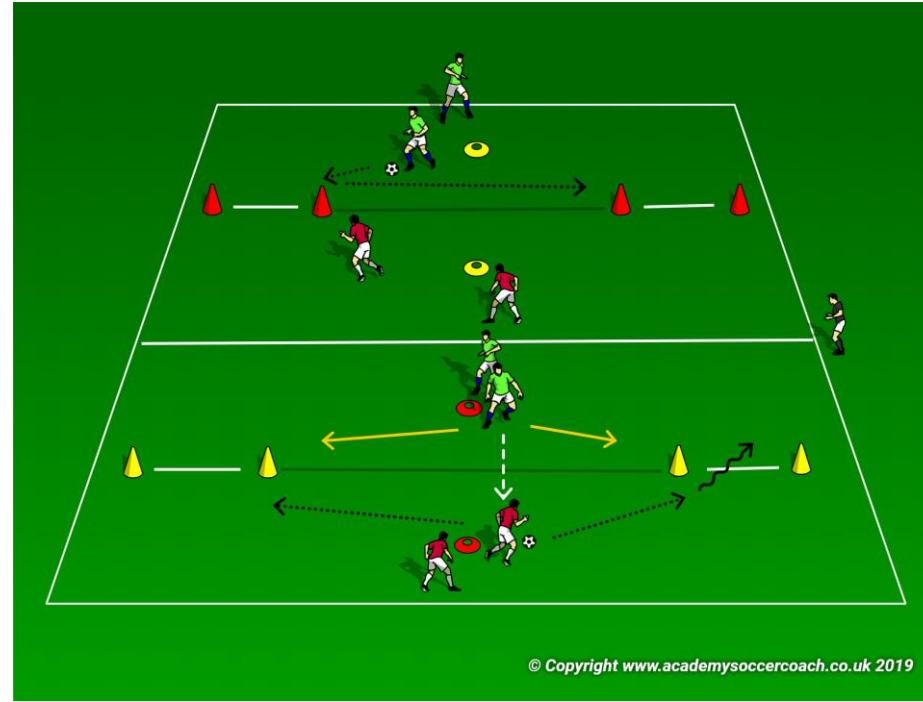
Defending player passes the ball across to the attacker. Attacker can then dribble through either gate before the defender stops them. Defender can only block or delay the attacker from scoring in their own half of the fields. Attacker has 6 seconds to score.

Progression

N/A

Focus

Quick change of direction to unbalance the defender.



Objective

Players can change speeds in attack.

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

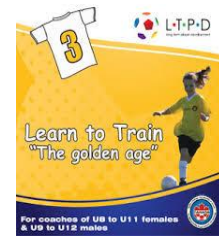
1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation
--	---------------------------------------

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

Change of Direction Use of Body in 1v1s Strength	Problem Solving Decision Making Patience
--	--

Outcome

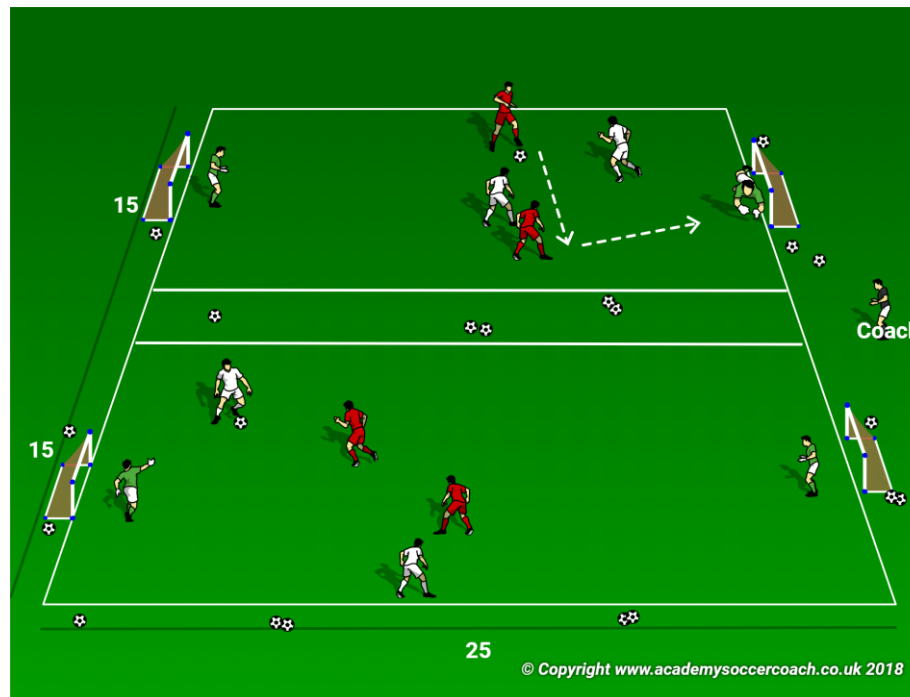
Individual:
Players can dribble/attack defenders at speed, using both feet.
Collective:
Players are unpredictable.



Learn to Train

Small Sided Game – Match Play

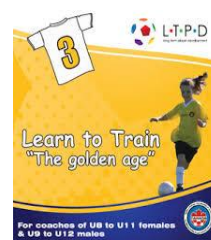
Station Time	Area
12-15 Minutes	40m x 30m
Organization	
2 fields – nets/gates on each field. 4 teams of 3.	
Procedure	
Regular match play with (offsides) all restarts are pass/dribble in's.	
Progression	
N/A	
Focus	
Ball carrier commits defender(s).	



Objective

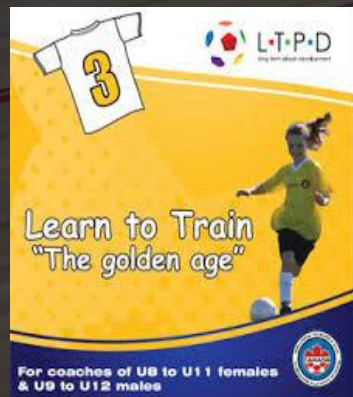
Fun and creativity.

Technical	Psychological
<ul style="list-style-type: none"> 1v1 Attacking Passing Receiving Finishing Combination Play 	<ul style="list-style-type: none"> Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
<ul style="list-style-type: none"> Stamina Speed Awareness Acceleration ABC's 	<ul style="list-style-type: none"> 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>	





Learn to Train Practice Plan



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



Learn to Train

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

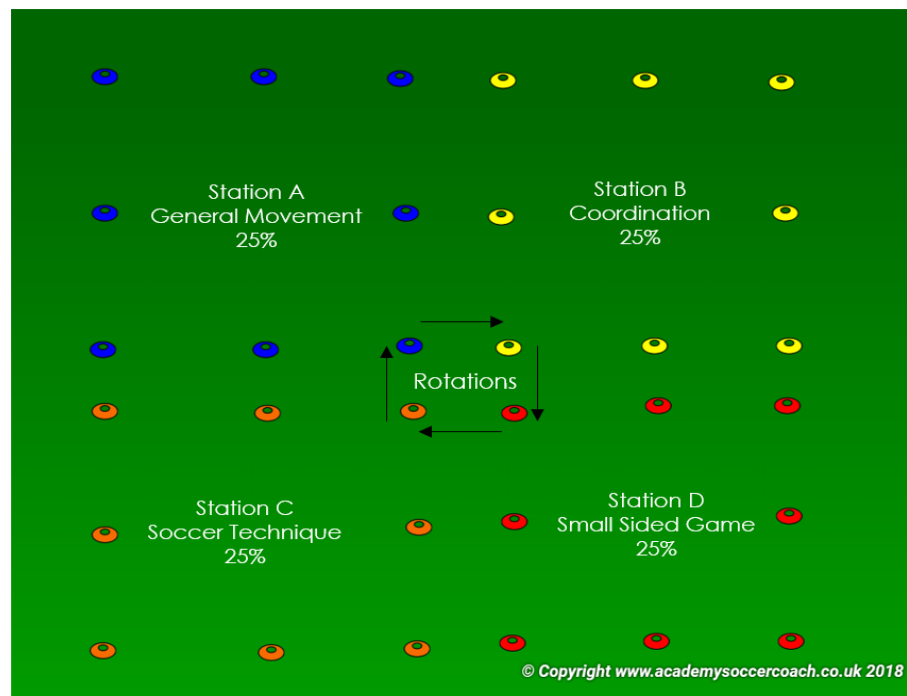
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

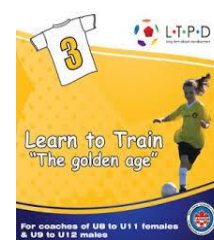
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

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

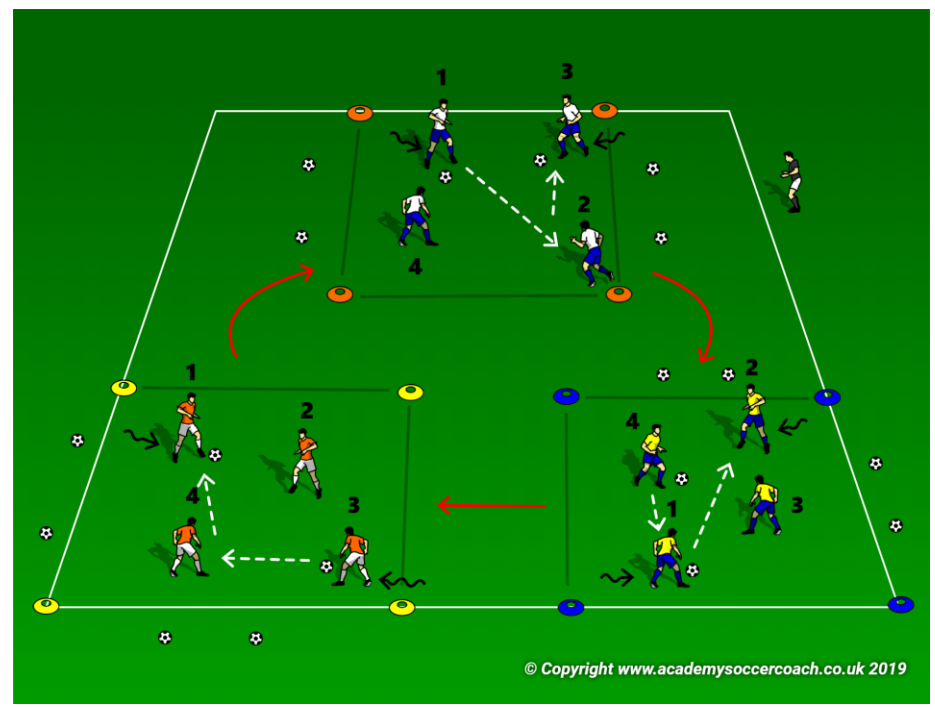
Each team has 1 ball. Players pass in sequential order (1-2, 2-3, 3-4, 4-1). After the pass, that player has to run to the nearest/farthest cone and rejoin in the passing. Add a second ball to each team for more difficulty and decision making.

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

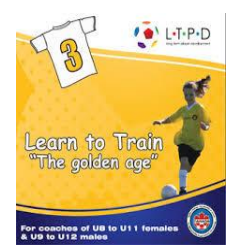
All Players are active and engaged,

Technical/Tactical	Psychological
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.



Learn to Train

Ball Mastery - Technical

Station Time

12-15 Minutes

Area

25m x 25m, 10m x 10m

Organization

Teams of 5 players. Each team has 2 balls.

Procedure

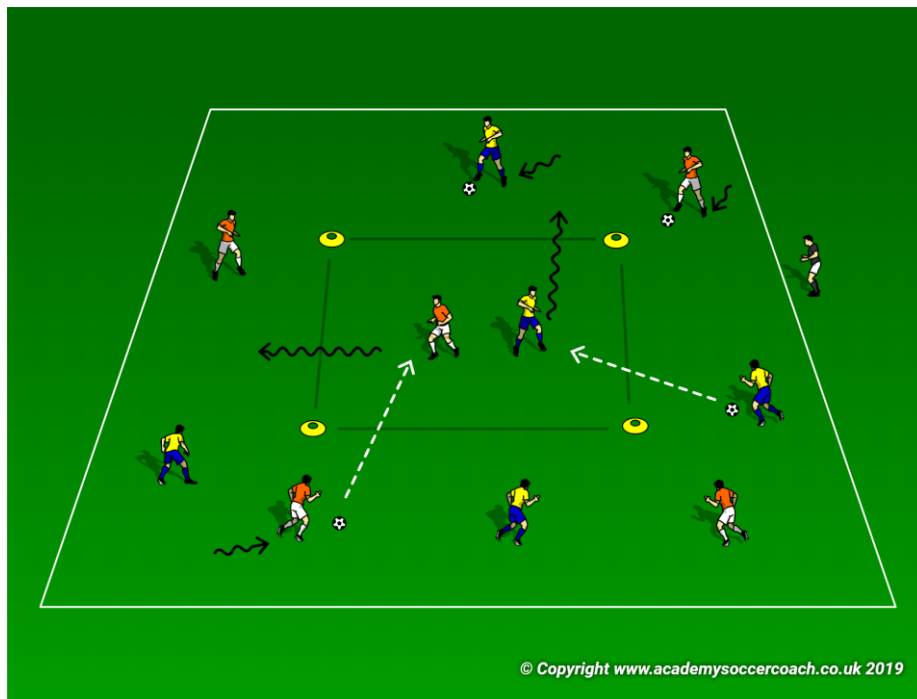
Players pass with their team and move in the area. Players run inside the small grid to receive the ball and look to dribble out another side.

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)



Objective

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

Technical/Tactical

Creativity
Dribbling
Running with the Ball

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

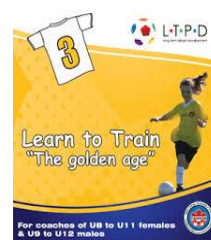
Outcome

Individual:

Players can change direction at speed.

Collective:

Players are confident in possession.



Learn to Train

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

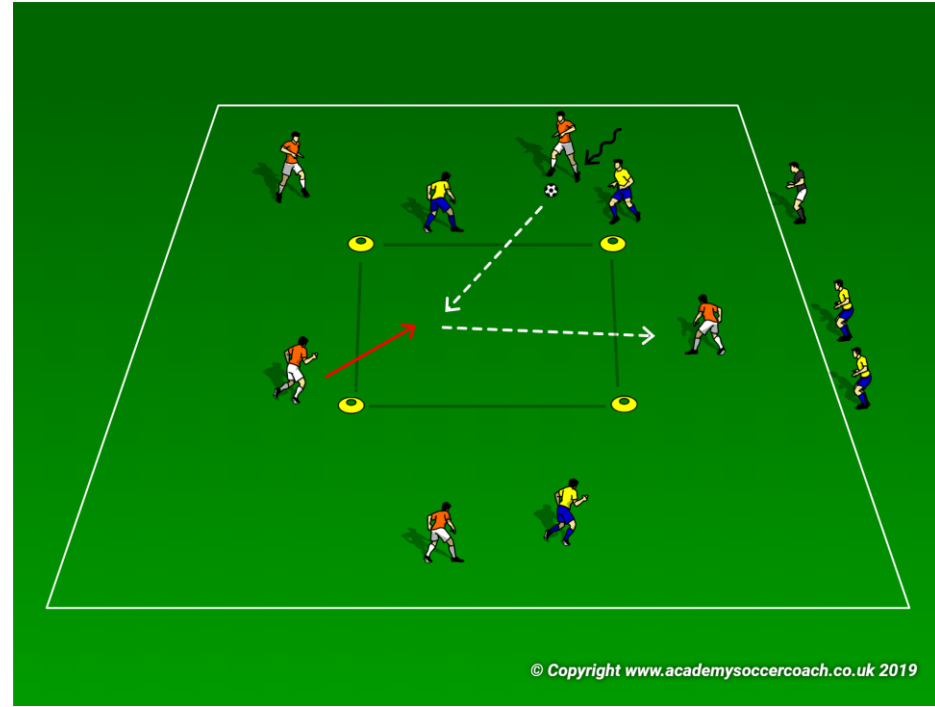
Possession game. Attackers score a point by playing to a teammate in the middle square and then dribbling or passing out to another teammate. Attackers can also score a point by making 5 consecutive passes. Once the attackers score a point, add in another defender.

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
--	---------------------------------------

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

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.



Learn to Train

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
-----------	---------------

<ul style="list-style-type: none"> 1v1 Attacking Passing Receiving Finishing Combination Play 	<ul style="list-style-type: none"> Concentration Competitiveness Motivation Commitment Teamwork
--	--

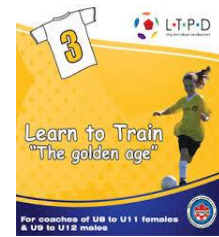
Physical	Social
----------	--------

<ul style="list-style-type: none"> Stamina Speed Awareness Acceleration 	<ul style="list-style-type: none"> Teamwork Communication Decision Making Discipline Patience
---	--

Outcome

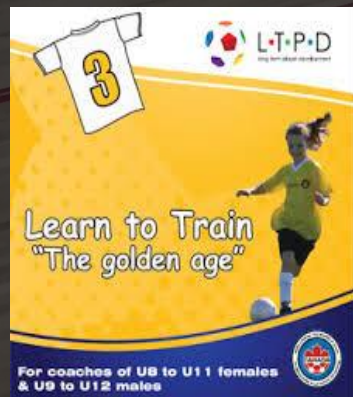
Individual:
Players receive open and facing forward.

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





Learn to Train Practice Plan



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



Learn to Train

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

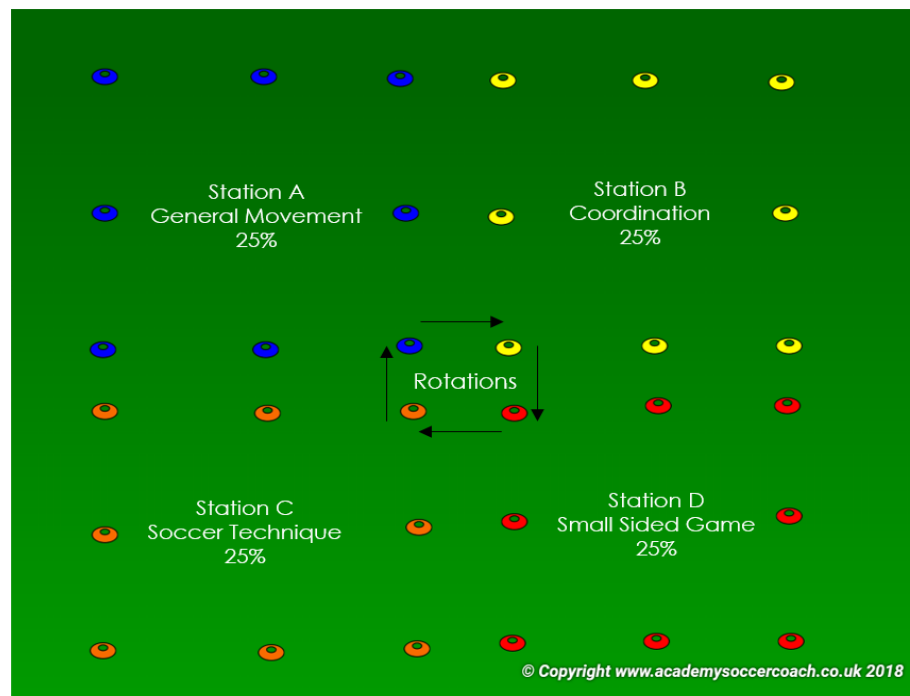
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

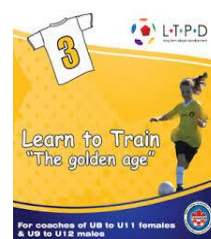
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Handball

Station Time

8-12 Minutes

Area

2x 10m x 15m

Organization

6 players (3 blue and 3 red) in each area. 1 ball in each area. 2 goals on opposite ends.

Procedure

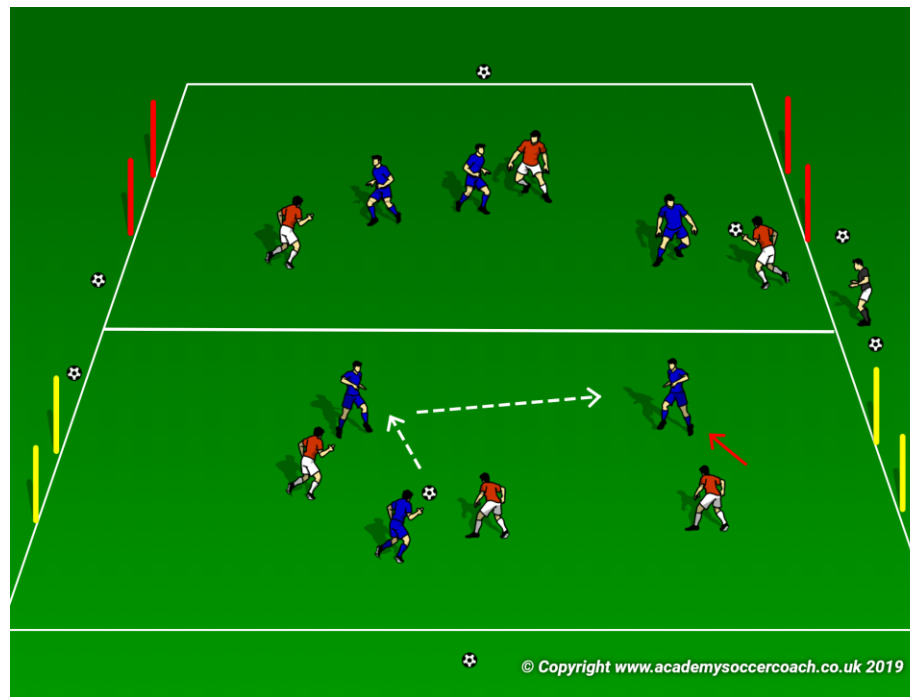
Players start by moving around the area and pass using their hands. The ball must be passed to the other colour (ex, blue passes to red) and after the pass they must run, skip, jump around a net or touch a line. Add in a second and third ball for quicker decision making.

Progression

Play a handball game 3v3. Cannot move when they have possession of the ball. Score by throwing the ball or heading the ball into the opponents net.

Focus

Quick passing and everyone always moving



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Objective

All Players are active and engaged,

Technical/Tactical

Awareness
Decision Making
Protecting the ball

Psychological

Confidence
Determination
Motivation

Physical

ABC,s
Awareness
Basic Motor Skills

Social

Peer Interaction
Teamwork

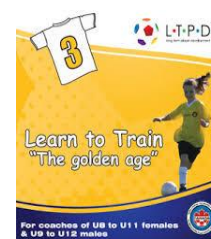
Outcome

Individual:

Players can change direction at speed.

Collective:

Players can identify open spaces.

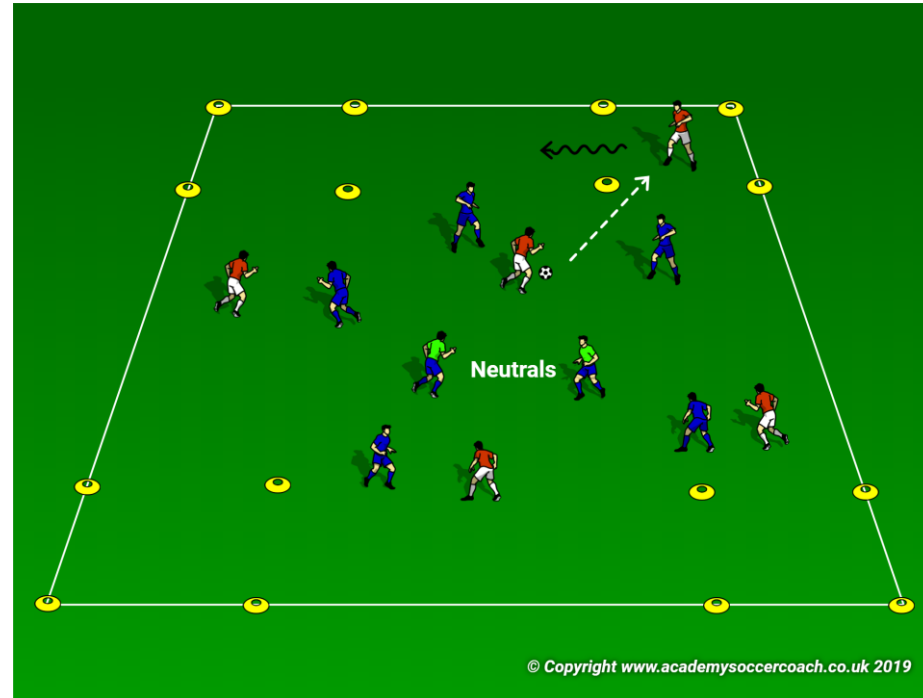


Learn to Train

Ball Mastery – Possession to Targets

Station Time	Area
12-15 Minutes	25m x 25m, 4x 8m x 8m
Organization	
Teams of 5 players. 1-2 neutral players	
Procedure	
Players score by passing to a teammate in any of the 4 squares and dribbling or passing out successfully.	
Progression	
Play 6v6 and directional. Teams can score on the opponents' 2 squares.	

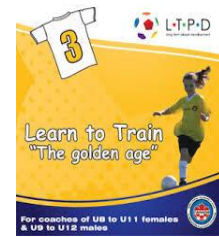
Focus
Player habits (shoulder check, receive back-foot, dribble out with speed) Switching the play to open spaces and player advantages.



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
Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	

Individual:
Players can change switch the play effectively

Collective:
Players are confident in possession.



Learn to Train

Skill Activity – Soccer Tennis

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

12-15 Minutes 20 x 30

Organization

Set up 3 zones of 20x10. Split group into 3 teams – 1 team in each grid/zone.

Procedure

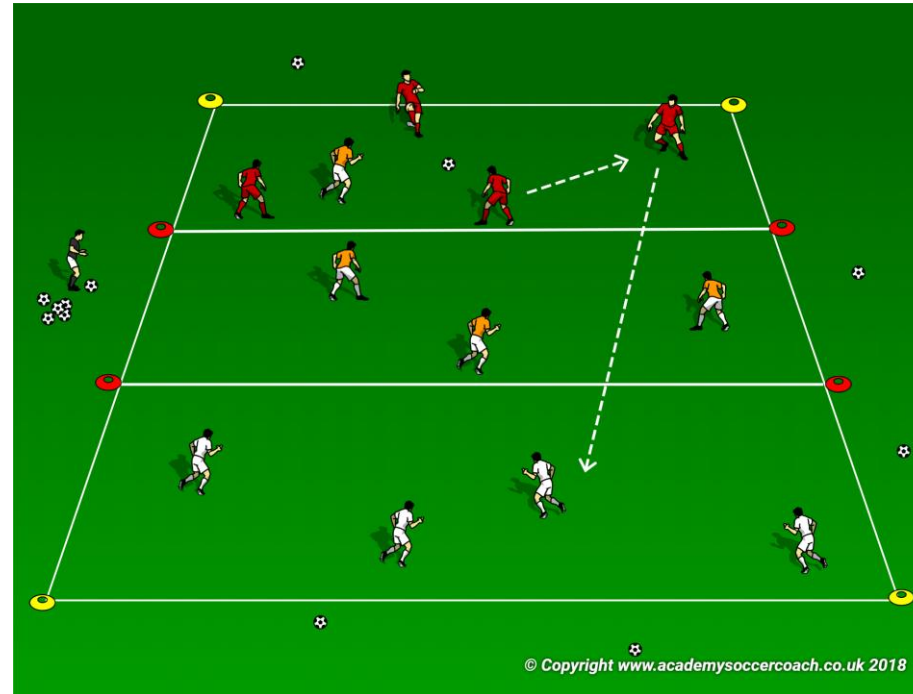
Coach plays to either end zone, 1 defender from middle zone can enter to press ball. Possession team move the ball looking to create gaps in middle zone defence to play through to opposite end zone. If defenders win the ball they secure possession and play to opposite end zone and transition (switch) with the team they won possession from. 1 point for every successful switch.

Progression

Players from opposite end zone can enter middle zone to support possession team. Double points if they can receive in middle zone, turn and play to their teammates.

Focus

Players are mobile, and creative with movement to occupy supporting positions that will enable forward/positive play.



Objective

Players look to penetrate opponents in possession.

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

- | | |
|---|---|
| <ul style="list-style-type: none"> Passing Receiving Control Transition Counter Attack | <ul style="list-style-type: none"> Awareness Confidence Concentration Motivation Standards |
|---|---|

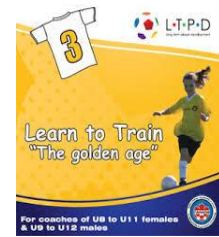
Physical	Social
----------	--------

- | | |
|---|--|
| <ul style="list-style-type: none"> Change of Direction Reactions Speed | <ul style="list-style-type: none"> Problem Solving Decision Making Patience |
|---|--|

Outcome

Individual:
Players demonstrate range of passing to penetrate opponents.

Collective:
Players recognize open gaps/spaces.



Learn to Train

Small Sided Game – 6v6 Game

Station Time Area

12-15 Minutes 30m x 30m

Organization

2 teams of 6 players. A retreat line where the opponent cannot enter until the first pass is made.

Procedure

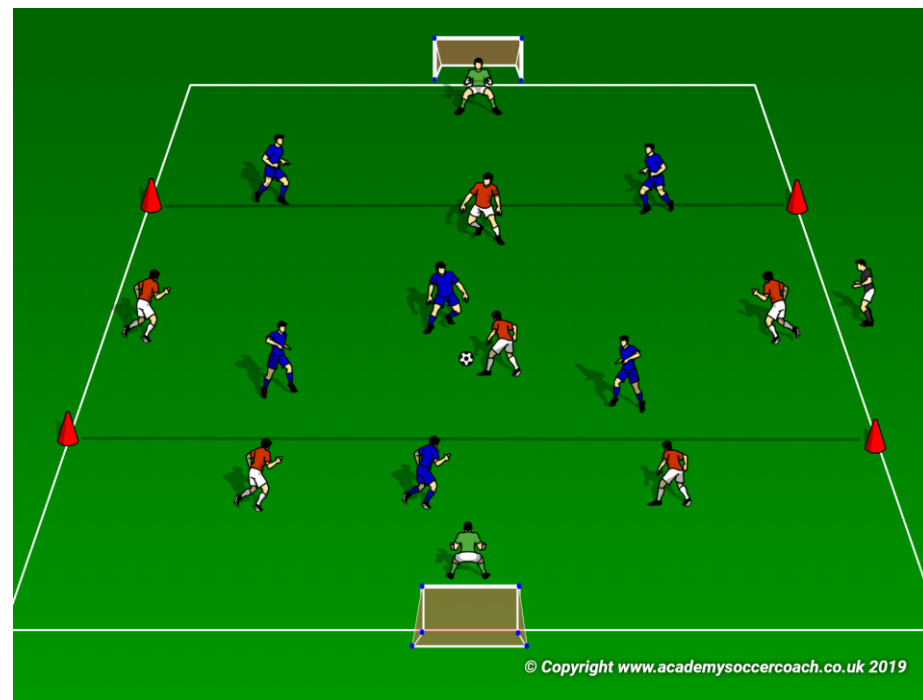
Play 6v6. If the ball goes out, then the player can pass or dribble in.

Progression

N/A

Focus

Switching play to attack from another side.



Objective

Fun and creativity.

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

<ul style="list-style-type: none"> 1v1 Attacking Passing Receiving Finishing Combination Play 	<ul style="list-style-type: none"> Concentration Competitiveness Motivation Commitment Teamwork
--	--

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

<ul style="list-style-type: none"> Stamina Awareness Acceleration General Fitness 	<ul style="list-style-type: none"> Teamwork Communication Decision Making Discipline Patience
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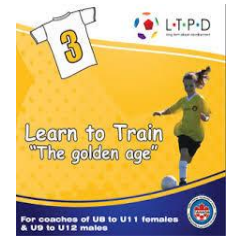
Outcome

Individual:

Players receive open and facing forward.

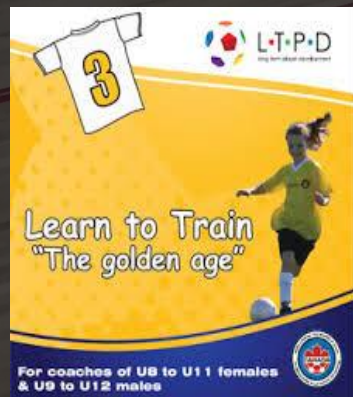
Collective:

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





Learn to Train Practice Plan



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



Learn to Train

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

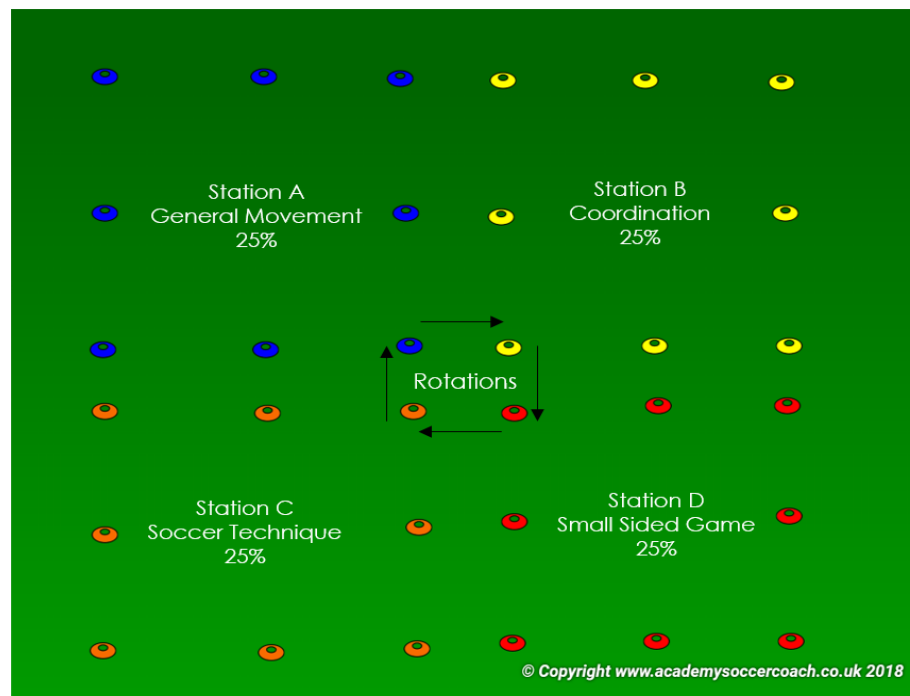
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

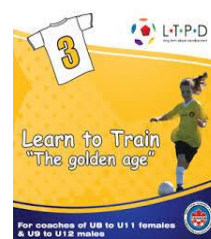
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Agility/Reaction

Station Time

8-12 Minutes

Area

25m x 25m

Organization

Players stand in a row and on either side are cones of different colours.

Procedure

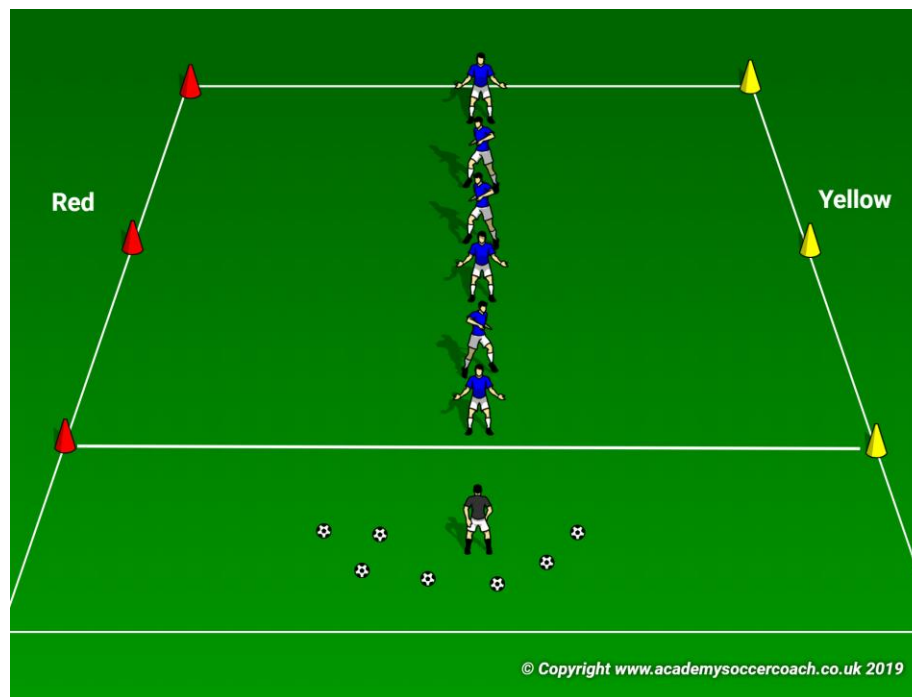
Players start by moving on the spot (high knees, jumping, etc.) and on the coaches call players run to the desired colour (ex. "RED").

Progression

1. Change the names of the sides (Red=Barcelona, Yellow=Arsenal)
2. Players will go in the opposite direction called

Focus

Listening and reaction time.



Objective

All Players are active and engaged,

Technical/Tactical

Awareness
Decision Making
Protecting the ball

Psychological

Confidence
Determination
Motivation

Physical

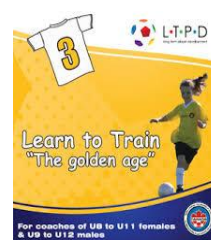
ABC,s
Awareness
Basic Motor Skills

Social

Peer Interaction
Teamwork

Outcome

Individual:
Reacting and accelerating
Collective:
Have fun!



Learn to Train

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

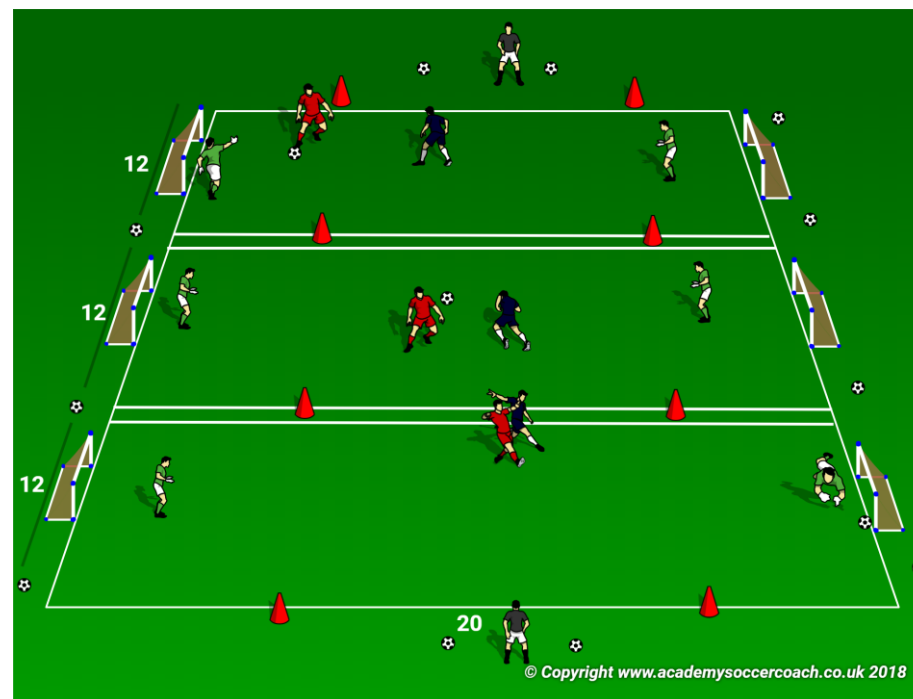
1v1 inside to goal, play 60-90 seconds with GK/Outfield player, play another 60-90 seconds then switch opponents.

Progression

N/A

Focus

Players are confident on the ball to take on opponents.



Objective

Players can perform skills/moves while taking players on.

Technical/Tactical **Psychological**

Creativity 1v1 Attacking Running with the Ball Dribbling Pressing	Confidence Motivation Competitiveness
---	---

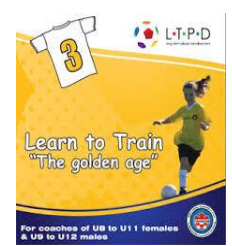
Physical **Social**

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
 Ball carrier uses body feints/quick change of direction to beat opponent.

Collective:
 Players are unpredictable in attack.



Learn to Train

Skill Activity – Mini World Cup

Station Time Area

12-15 Minutes 6x 10m x 12m

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

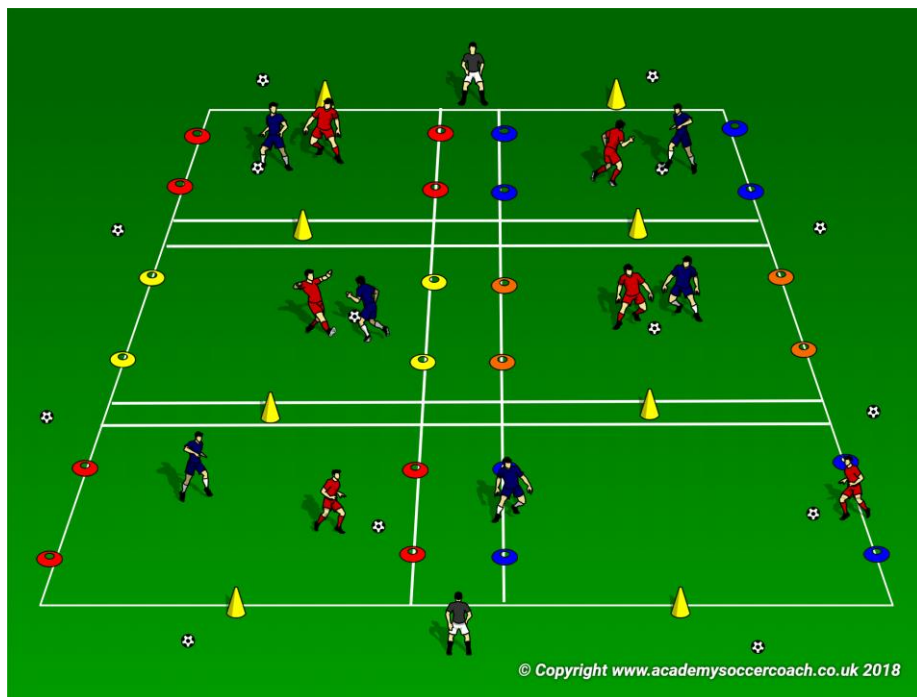
Partners play 1v1 for 60 seconds – players score by dribbling through opponents gate. Winners move up the ladder towards top field.

Progression

1. No retreat line.

Focus

Players are creative & vary attacks.



Objective

Players can change speeds in attack.

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

1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
--	--

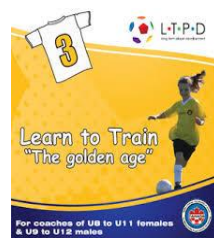
Physical	Social
----------	--------

Change of Direction Reactions Speed	Problem Solving Decision Making Patience
---	--

Outcome

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

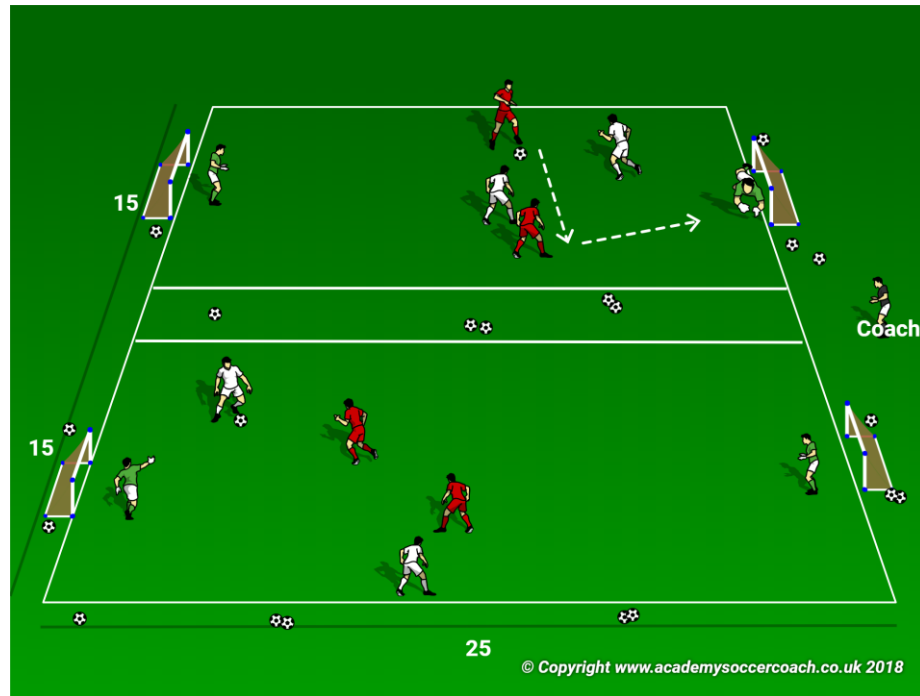
Collective:
Players are unpredictable.



Learn to Train

Small Sided Game – Match Play

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



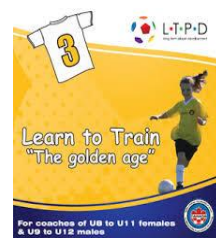
Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration ABC's	Teamwork Communication Decision Making Discipline Patience
Outcome	

Individual:

Players receive open and facing forward.

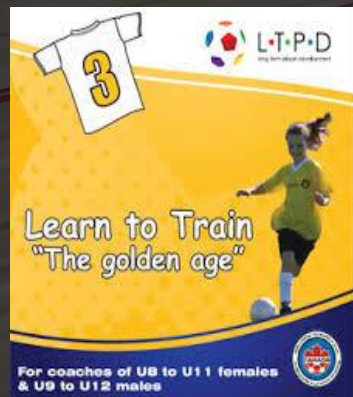
Collective:

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





Learn to Train Practice Plan



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



Learn to Train

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

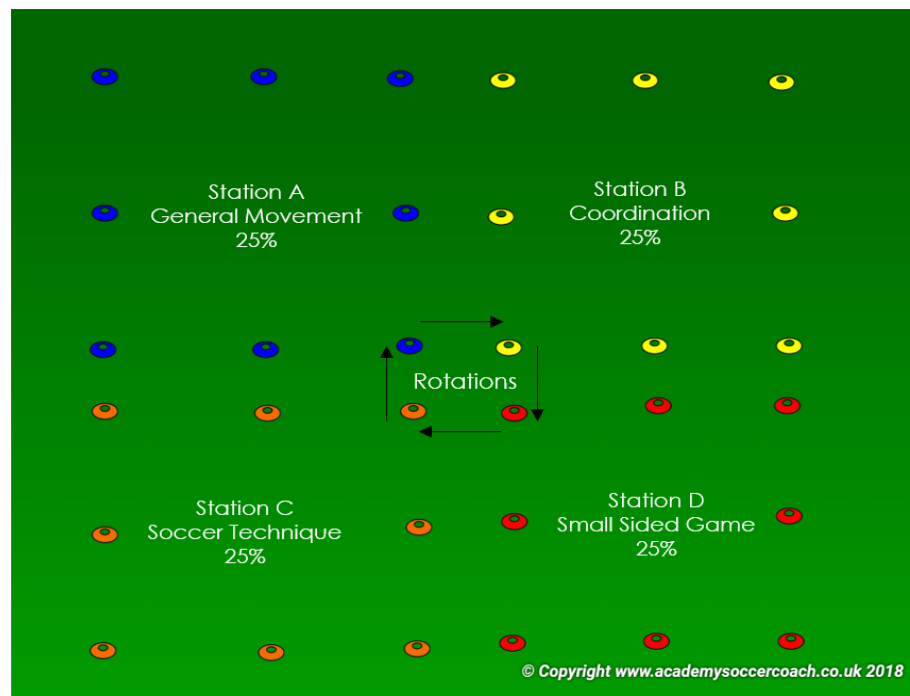
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

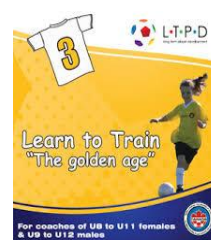
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Shadow Tag

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

8-12 Minutes	25m x 25m
--------------	-----------

Organization

Each player has a partner. Gates are scattered around the area.

Procedure

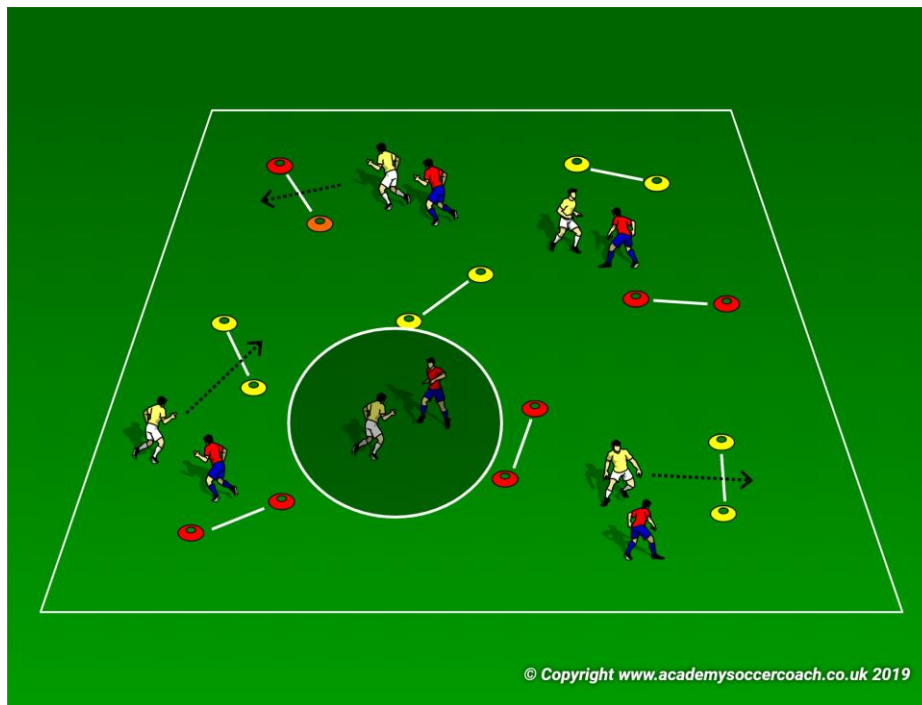
In partners, one player performs different movements and the other has to shadow. Encourage skipping, jumping, running fast/slow, etc. Use the coloured gates as a trigger for a specific movement (Yellow=bunny hop). Switch roles after a minute

Progression

- Play tag. One player is the tagger and the other has to run through gates without being tagged while running through.
- Add a ball

Focus

N/A



Objective

All Players are active and engaged,

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

Awareness Decision Making Protecting the ball	Confidence Determination Motivation
---	---

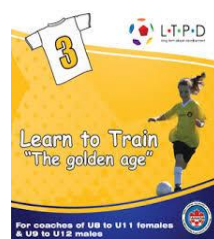
Physical	Social
----------	--------

ABC,s Awareness Basic Motor Skills	Peer Interaction Teamwork
--	------------------------------

Outcome

Individual:
Reacting and accelerating

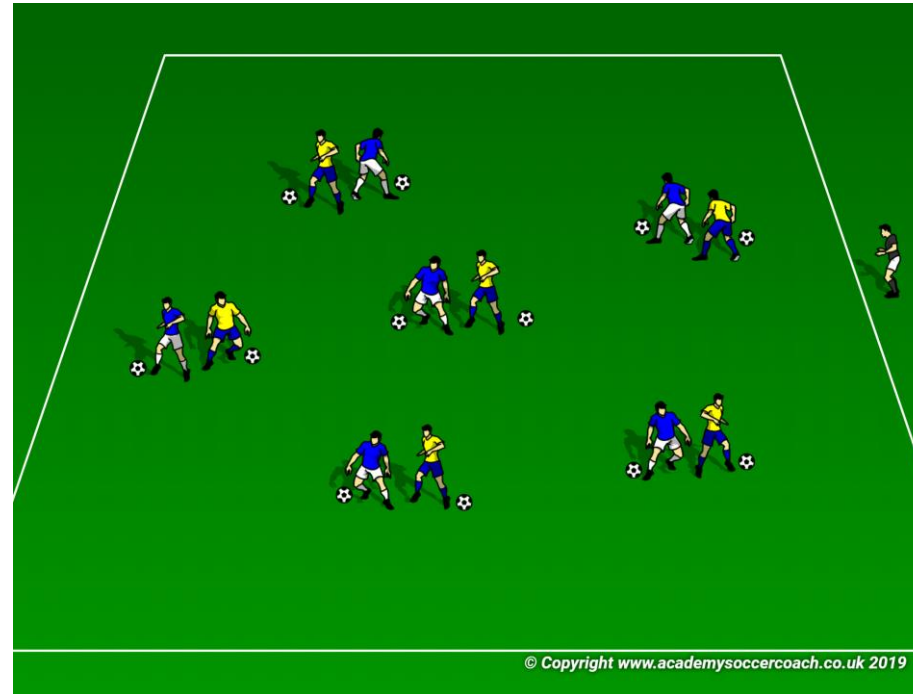
Collective:
Have fun!



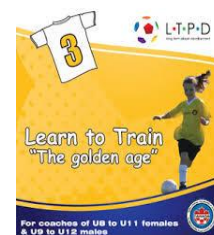
Learn to Train

Soccer Coordination –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	
Focus	
Players are confident on the ball	



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



Learn to Train

Skill Activity – Mini World Cup

Station Time Area

12-15 Minutes 6x 10m x 12m

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

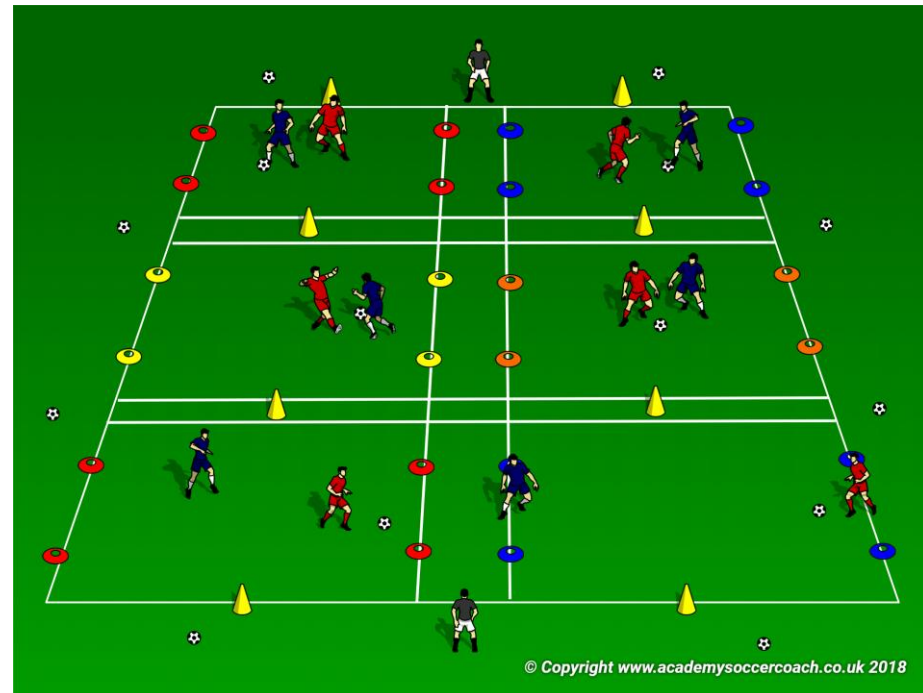
Partners play 1v1 for 60 seconds – players score by dribbling through opponents gate. Winners move up the ladder towards top field.

Progression

1. No retreat line.

Focus

Players are creative & vary attacks.



Objective

Players can change speeds in attack.

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

1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
--	--

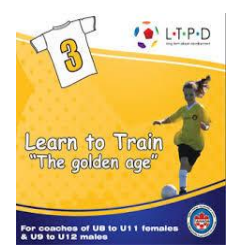
Physical	Social
----------	--------

Change of Direction Reactions Speed	Problem Solving Decision Making Patience
---	--

Outcome

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

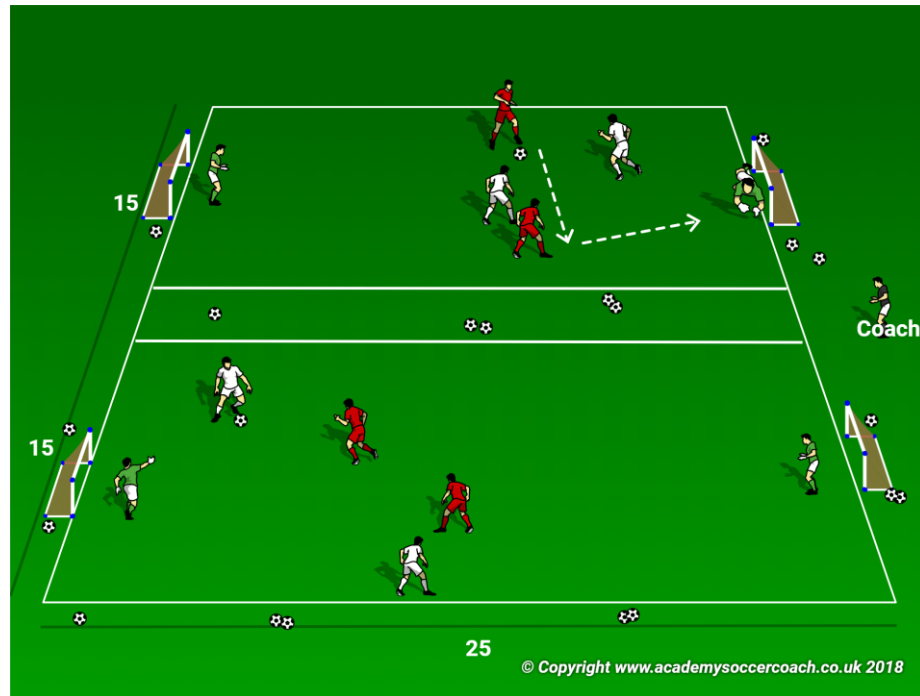
Collective:
Players are unpredictable.



Learn to Train

Small Sided Game – Match Play

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



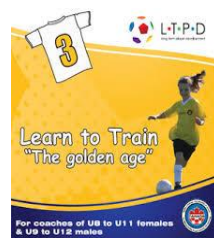
Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration ABC's	Teamwork Communication Decision Making Discipline Patience
Outcome	

Individual:

Players receive open and facing forward.

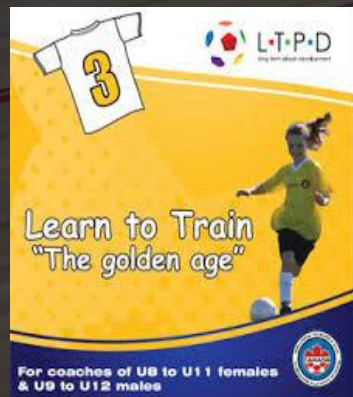
Collective:

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





Learn to Train Practice Plan



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



Learn to Train

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

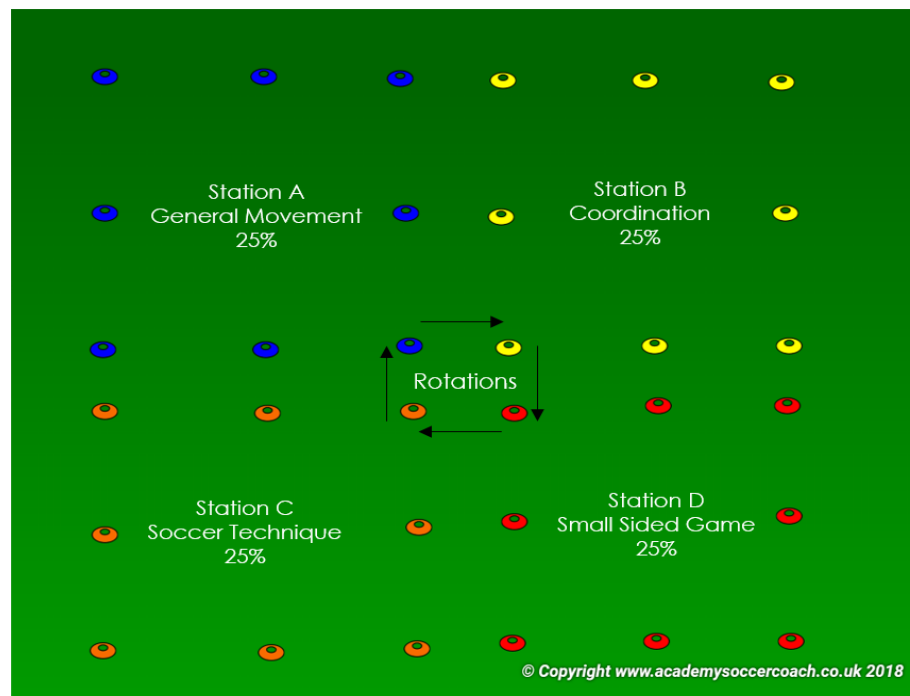
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
-----------------	---------------

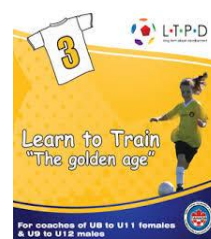
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Technical Warm-Up

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

12-15 Minutes	25m x 25m
---------------	-----------

Organization

4 pug-nets around field. Coned gates inside the area, split group into 2 teams with 1-3 balls per team).

Procedure

Teams move the ball with hands, players cannot move with the ball in their hands. Objective is for players with the ball to always have supporting options. Make it competitive – team with most number of passes (with hands) through gates in a minute.

Progression

- 1-2 balls per team, teams score a point for every successful pass through gate but now with opposition. Players can block & steal opponents ball – if opponent wins ball they must make 1 pass before throwing into any net for 5 points. Finish with 1 ball for the game.
- Ball on the ground.

Focus

Ball carrier always has multiple options (360' support).



Objective

All Players are active and engaged,

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

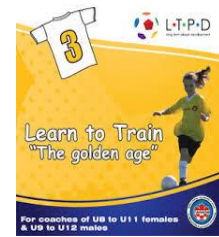
Passing Receiving Control – First touch Combination Play	Awareness Commitment Confidence Motivation
---	---

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

ABC,s Change of Direction Basic Motor Skills	Decision Making Communication Problem Solving
--	---

Outcome

Individual:
 Players support using appropriate angles & distances.
Collective:
 Players are constantly scanning & taking information of surroundings.



Learn to Train

Soccer Coordination –2v1

Station Time **Area**

12-15 Minutes 2x 10m x 20m

Organization

2 attackers on one end and 1 defender on the end line.

Procedure

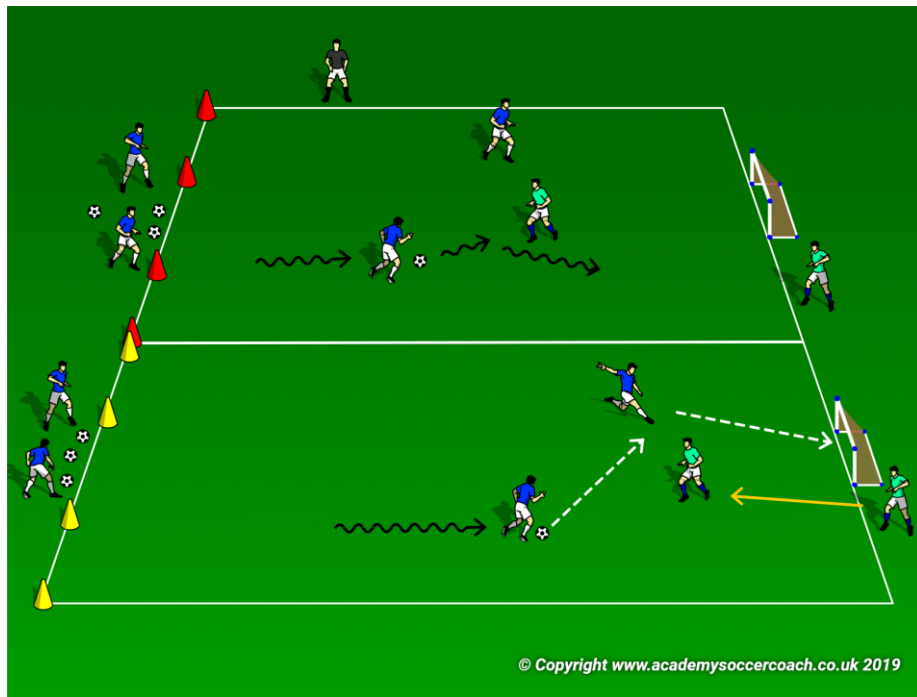
Attackers play a 2v1 and attempt to score into the net. If the defender wins the ball, they can score in the 2 gates.

Progression

Play 2v2 if successful with 1 defender.

Focus

Players are confident on the ball to take on opponents.



Objective

Players can perform skills/moves while taking players on.

Technical/Tactical **Psychological**

Creativity
1v1 Attacking
Running with the Ball
Dribbling

Confidence
Motivation
Competitiveness

Physical **Social**

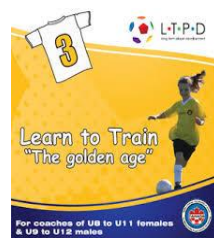
ABC,s
Change of Direction
Acceleration

Teamwork
Communication
Decision Making

Outcome

Individual:
Ball carrier uses body feints/quick change of direction to beat opponent.

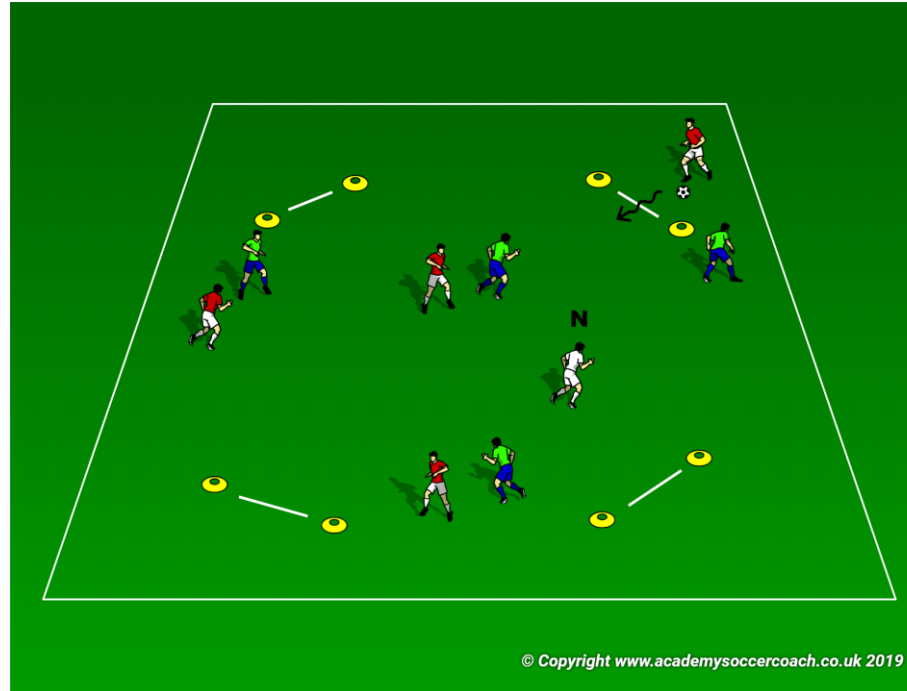
Collective:
Players are unpredictable in attack.



Learn to Train

Skill Activity – Gate Game

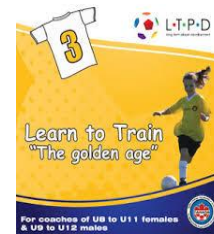
Station Time	Area
12-15 Minutes	20mx 20m
Organization	2-3 Teams of 4. Gates are placed near the corners of the field.
Procedure	4v4 - Teams score a point when a player dribbles through any gate.
Progression	<ol style="list-style-type: none">1. Pass through the gate to another teammate to score a point2. Play directional – both teams defend 2 gates.
Focus	Players can switch the play



Objective	
Players can change speeds in attack.	
Technical/Tactical	Psychological
1v1 Attacking Dribbling Transition Counter Attack	Confidence Standards Motivation Concentration
Physical	Social
Change of Direction Reactions Speed	Problem Solving Decision Making Patience
Outcome	

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

Collective:
Players are unpredictable.



Learn to Train

Small Sided Game– 3v3 Mini World Cup

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

12-15 Minutes	20m x 30m
---------------	-----------

Organization

2 mini fields. 3v3 (GK + 2 players) optional retreat line. Teams choose country to represent – 3 points for winning game, 1 point for draw – play round robin.

Procedure

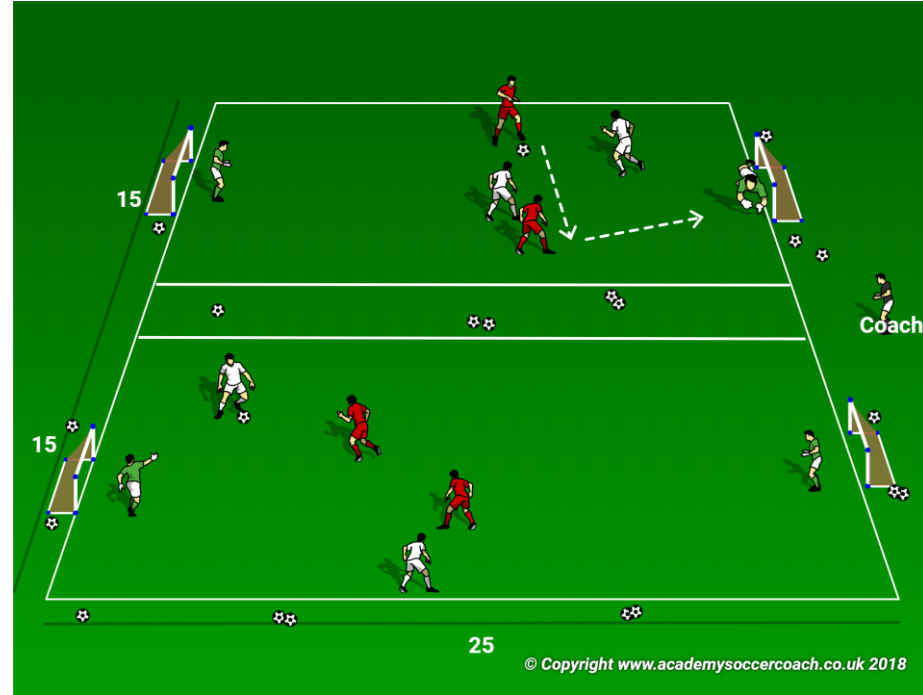
Teams play 3 minute matches then switch opponents (switch GKs each game).

Progression

1. Players cannot go backwards in possession.

Focus

Players receive the ball with body open, and facing forward.



Objective

Players show positive mentality, looking for opportunities to beat/take on opponents whenever possible.

Technical/Tactical	Psychological
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Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
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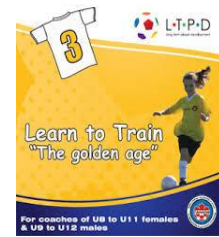
Physical	Social
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ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
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Outcome

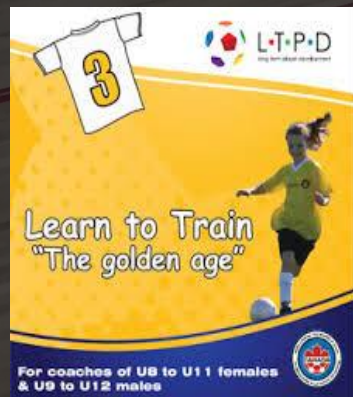
Individual:
 Players take positive first touch to advance ball.

Collective:
 Players identify and exploit gaps/space to beat opponents.





Learn to Train Practice Plan



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



Learn to Train

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

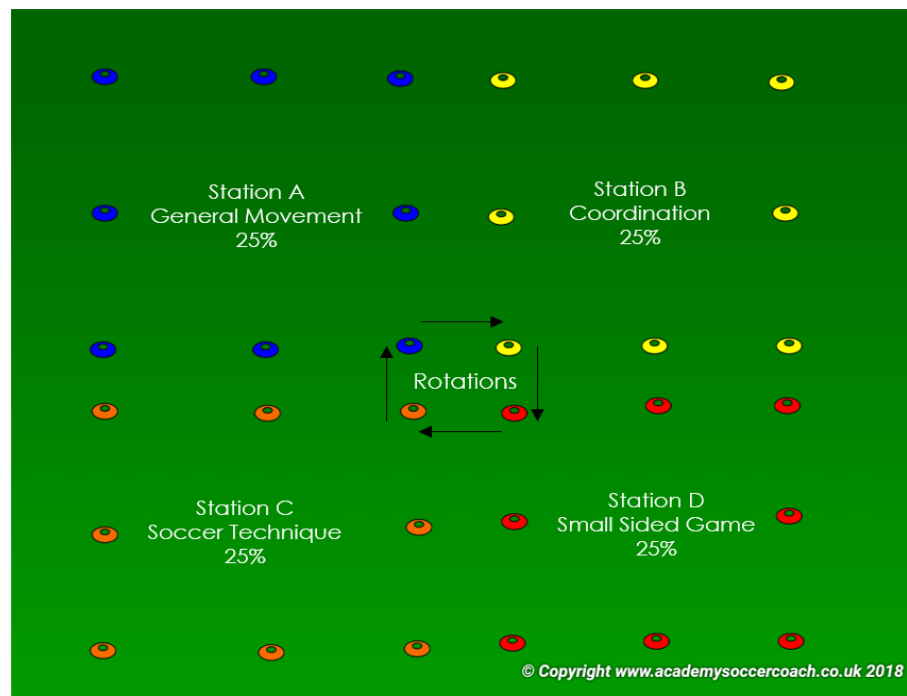
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

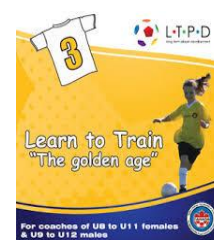
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

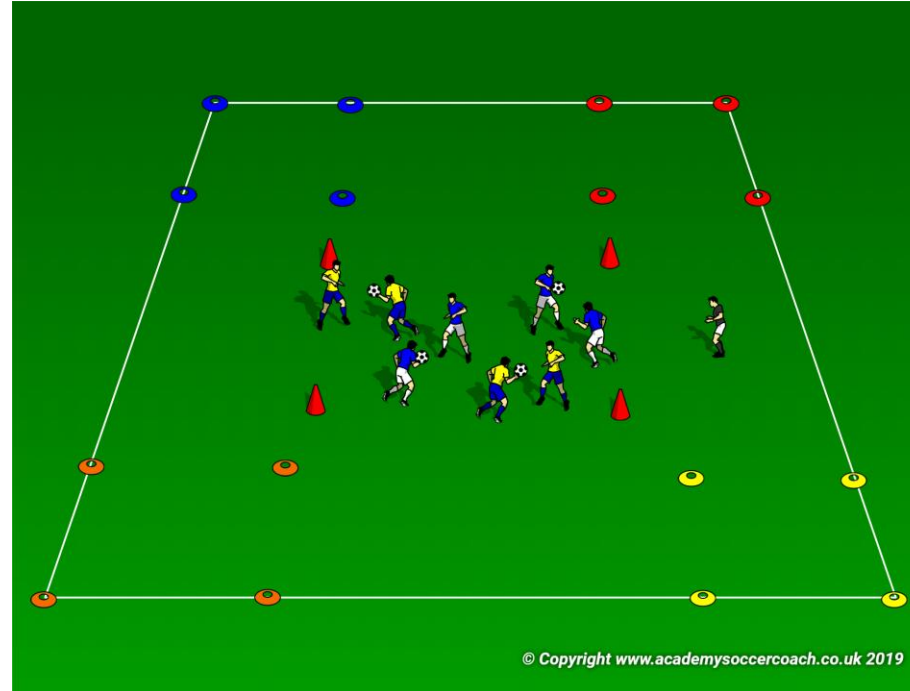
Collective: Players are challenged in a fun, engaging environment.



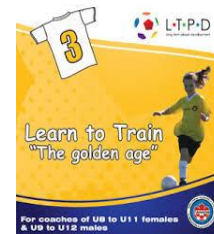
Learn to Train

General Movement – Technical Warm-Up

Station Time	Area
12-15 Minutes	30m x 30m
Organization	
4 grids are placed in each corner. Players are in partners with one ball.	
Procedure	
Players pass the ball in their hands and move around the middle area. Give players tasks – ex. Pass and catch with only your left hand. When a coach calls a colour (ex. BLUE) then all the players must run into that coloured area. Last team does a punishment – ex. 10 jumping jacks. Add different ways to pass – ex. Thigh, head, bounce pass, etc.	
Progression	
<ol style="list-style-type: none"> 1. Passing with the ball on the ground 2. Make teams of 3-4 and make it competitive. 	
Focus	
N/A	



Objective	
All Players are active and engaged,	
Technical/Tactical	Psychological
Passing Receiving Control – First touch Combination Play	Awareness Commitment Confidence Motivation
Physical	Social
ABC,s Change of Direction Basic Motor Skills	Decision Making Communication Problem Solving
Outcome	
Individual: Players support using appropriate angles & distances.	
Collective: Players are constantly scanning & taking information of surroundings.	



Learn to Train

Soccer Coordination –3v3 to Targets

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

12-15 Minutes 20m x 20m

Organization

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

Procedure

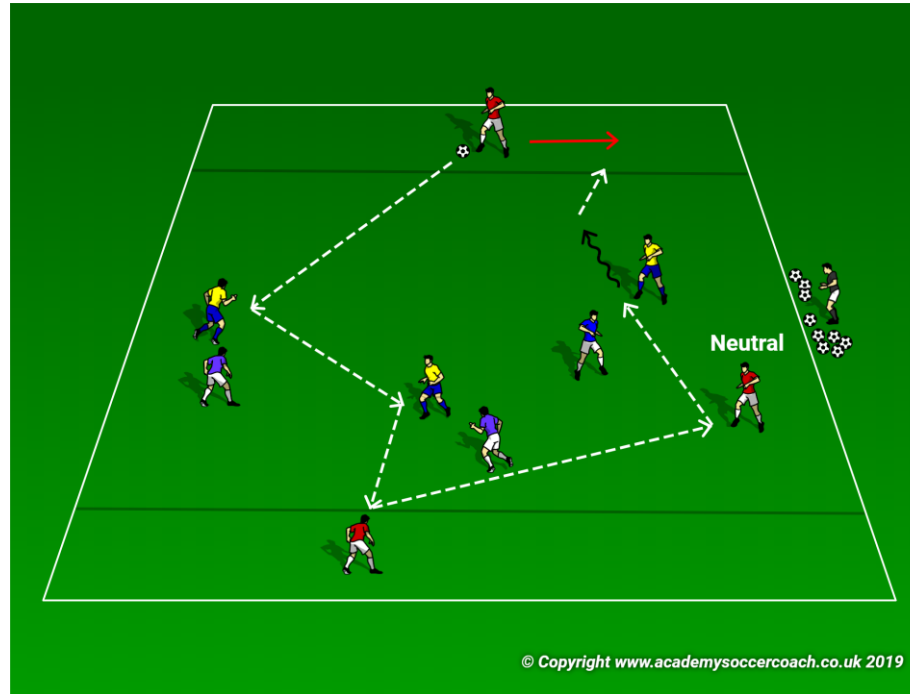
Players play a possession game and to score a point they must pass to the target on either side. Once they pass to one target, they have to pass to the other target to score another point. Play 2 minute games and then switch the targets and neutral player.

Progression

No neutral – add this player as another target.

Focus

Players are confident on the ball to take on opponents.



Objective

Players can move the ball quickly and efficiently from one side to the other.

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

Creativity 1v1 Attacking Running with the Ball Dribbling	Confidence Motivation Competitiveness
---	---

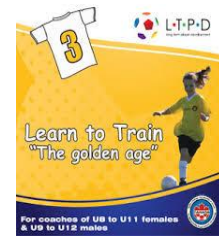
Physical	Social
----------	--------

ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
--	--

Outcome

Individual:
Ball carrier uses body feints/quick change of direction to beat opponent.

Collective:
Players are unpredictable in attack.



Learn to Train

Skill Activity – King Louis

Station Time

12-15 Minutes

Area

30mx 30m

Organization

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

Procedure

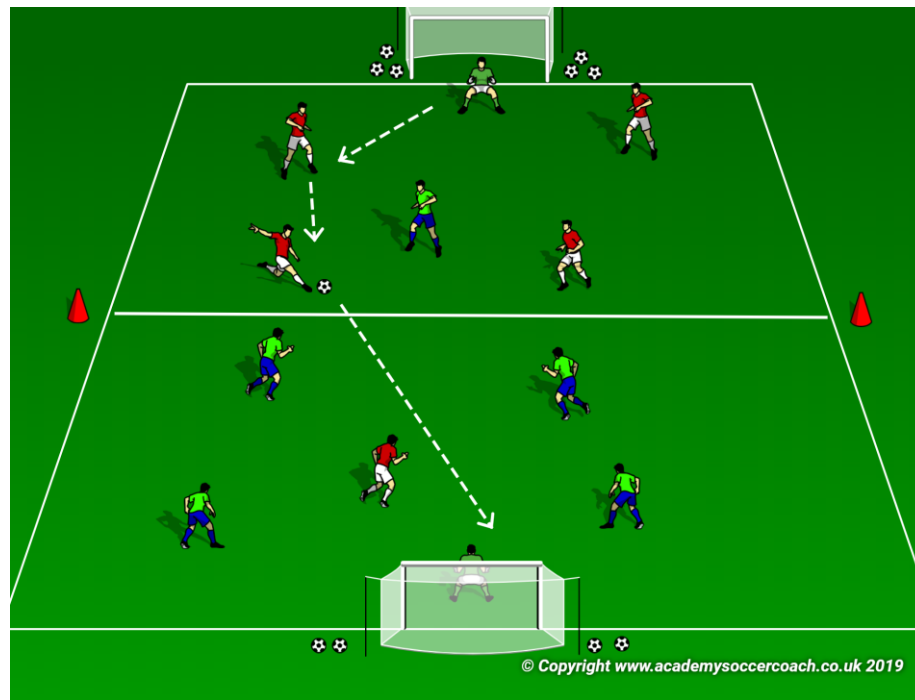
Ball starts from the goalkeeper and is passed to the outfield players. Every player must touch the ball before they can shoot, but the shot must be in their own half. Make sure everyone gets a chance to shoot. Add in a defender in the opponents half that can intercept the ball as well as receive a ball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

1v1 Attacking
Dribbling
Transition
Counter Attack

Psychological

Confidence
Standards
Motivation
Concentration

Physical

Change of Direction
Reactions
Speed

Social

Problem Solving
Decision Making
Patience

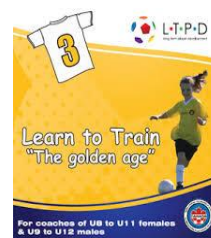
Outcome

Individual:

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

Collective:

Players are unpredictable.



Learn to Train

Small Sided Game– 5v5

Station Time	Area
12-15 Minutes	25m x 30m
Organization	
2 teams of 6. Free play.	
Procedure	
Allow the players to express themselves in the game.	
Progression	
N/A	
Focus	



Objective	
Players show positive mentality, looking for opportunities to beat/take on opponents whenever possible.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	

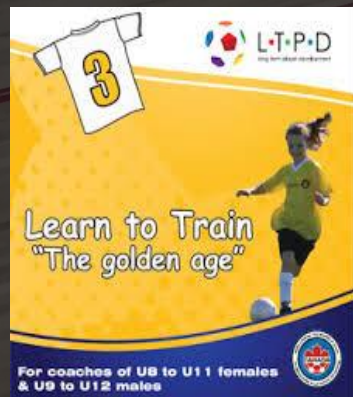
Players receive the ball with body open, and facing forward.

Individual:
Players take positive first touch to advance ball.
Collective:
Players identify and exploit gaps/space to beat opponents.





Learn to Train Practice Plan



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



Learn to Train

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

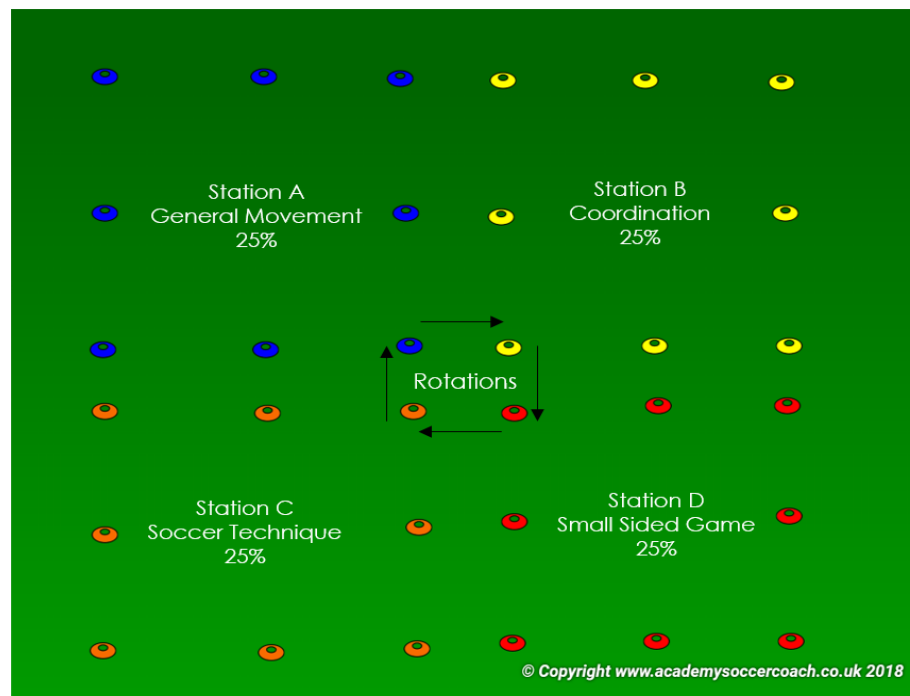
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

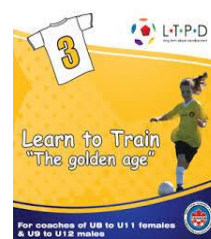
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Snatch!

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

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

Organization

Players are partnered with each other and have 1 ball.

Procedure

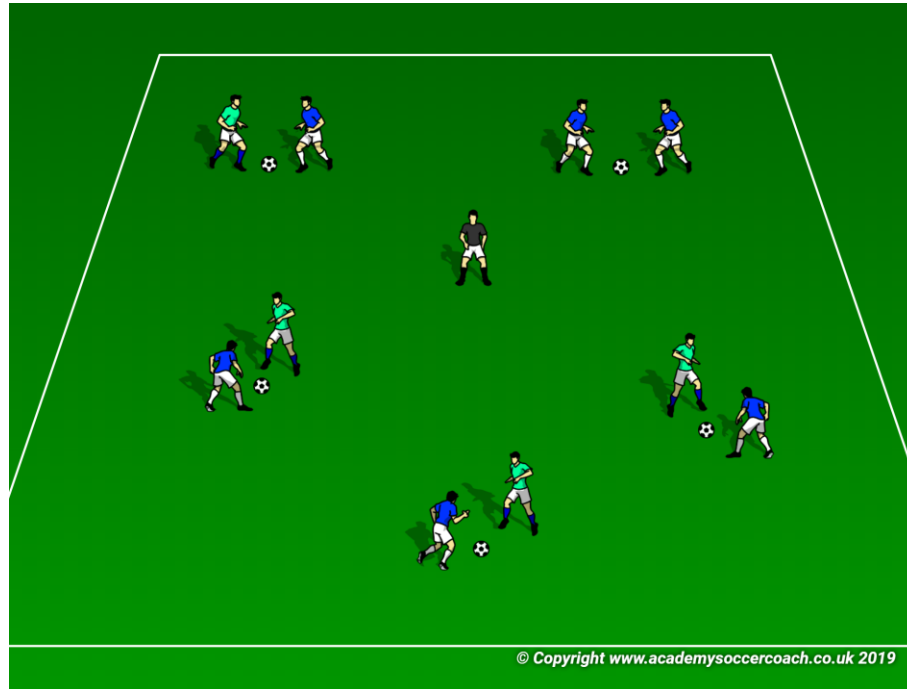
Players face each other with a ball between them. When the coach says a body part (head), then the players have to touch that body part. Repeat with different body parts or actions (jump) and on the command "SNATCH" the players must try and grab the ball before their partner does.

Progression

N/A

Focus

N/A



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Objective

All Players are active and engaged,

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

Fitness Coordination	Awareness Commitment Confidence Motivation
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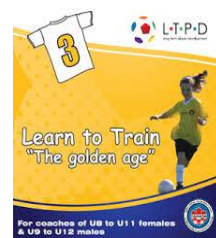
Physical	Social
----------	--------

ABC,s Change of Direction Basic Motor Skills	Decision Making Communication Problem Solving
--	---

Outcome

Individual:
Players are quick in their decision making.

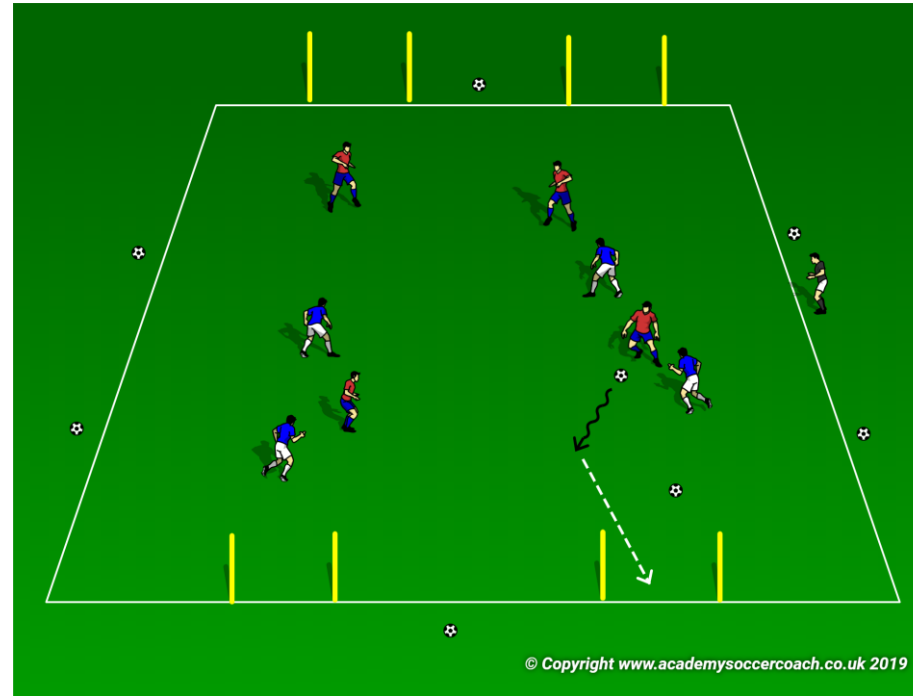
Collective:
Have fun!



Learn to Train

Game– 4v4

Station Time	Area
12-15 Minutes	30mx 30m
Organization	
4 goals – 2 teams, each team defends 2 nets.	
Procedure	
Play 4v4 without goalies.	
Progression	
Add a goalie on each team to defend the goals,	
Focus	
Players can change the point of play.	



Objective

Players can keep the ball to take a shot under pressure.

Technical/Tactical

1v1 Attacking
Dribbling
Transition
Counter Attack

Psychological

Confidence
Standards
Motivation
Concentration

Physical

Change of Direction
Reactions
Speed

Social

Problem Solving
Decision Making
Patience

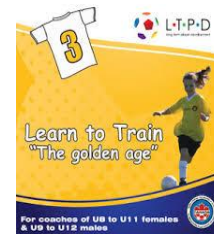
Outcome

Individual:

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

Collective:

Players are unpredictable.



Learn to Train

Soccer Coordination –1v1, 2v2 Games

Station Time

12-15 Minutes

Area

20m x 20m

Organization

4 nets are placed back-to-back. Players are lined up beside the coach.

Procedure

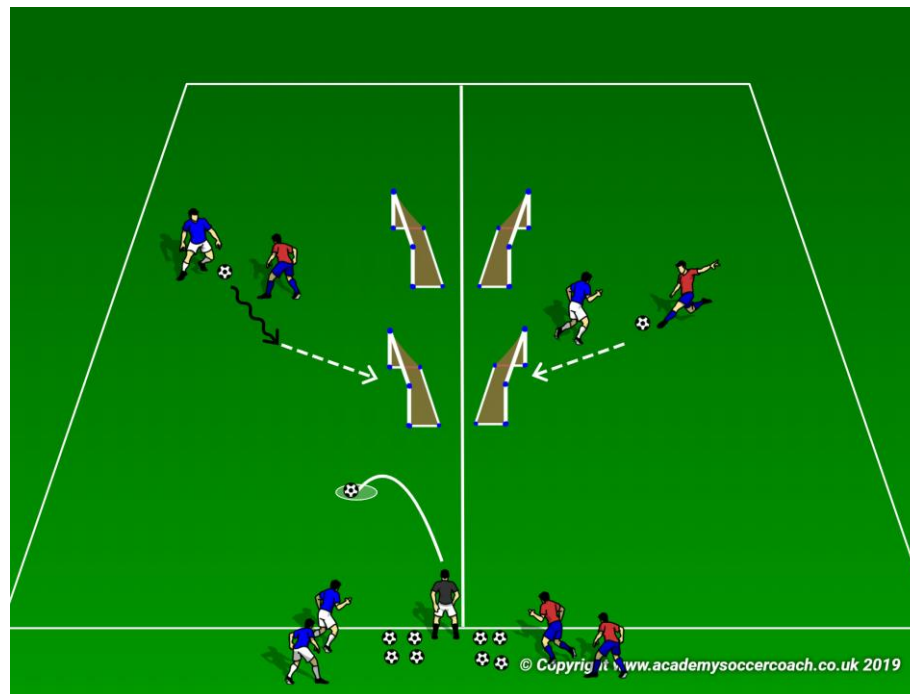
Coach plays a ball into the area and the first 2 players play until a goal is scored or goes out of play. Make the game fast-paced and play another ball in for the next 2 players so that multiple games are going on at once.

Progression

Play 2v2s or 3v3s.

Focus

Players are confident on the ball to take on opponents.



Objective

Players can move the ball quickly and efficiently from one side to the other.

Technical/Tactical

Creativity
1v1 Attacking
Running with the Ball
Dribbling

Psychological

Confidence
Motivation
Competitiveness

Physical

ABC,s
Change of Direction
Acceleration

Social

Teamwork
Communication
Decision Making

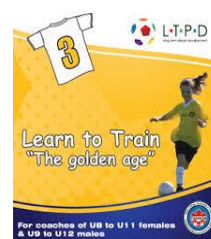
Outcome

Individual:

Ball carrier uses body feints/quick change of direction to beat opponent.

Collective:

Players are unpredictable in attack.



Learn to Train

Small Sided Game– 6v6

Station Time	Area
12-15 Minutes	25m x 30m
Organization	
2 teams of 6. Free play.	
Procedure	
Allow the players to express themselves in the game.	
Progression	
N/A	
Focus	

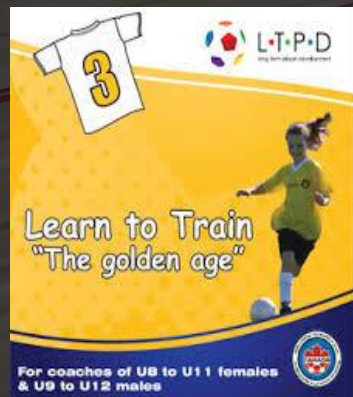


Objective	
Players show positive mentality, looking for opportunities to beat/take on opponents whenever possible.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction Acceleration	Teamwork Communication Decision Making
Outcome	
Individual: Players take positive first touch to advance ball.	
Collective: Players identify and exploit gaps/space to beat opponents.	





Learn to Train Practice Plan



Topic: Ball Mastery - Dribbling
Grassroots Development U9-12 Players



Learn to Train

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

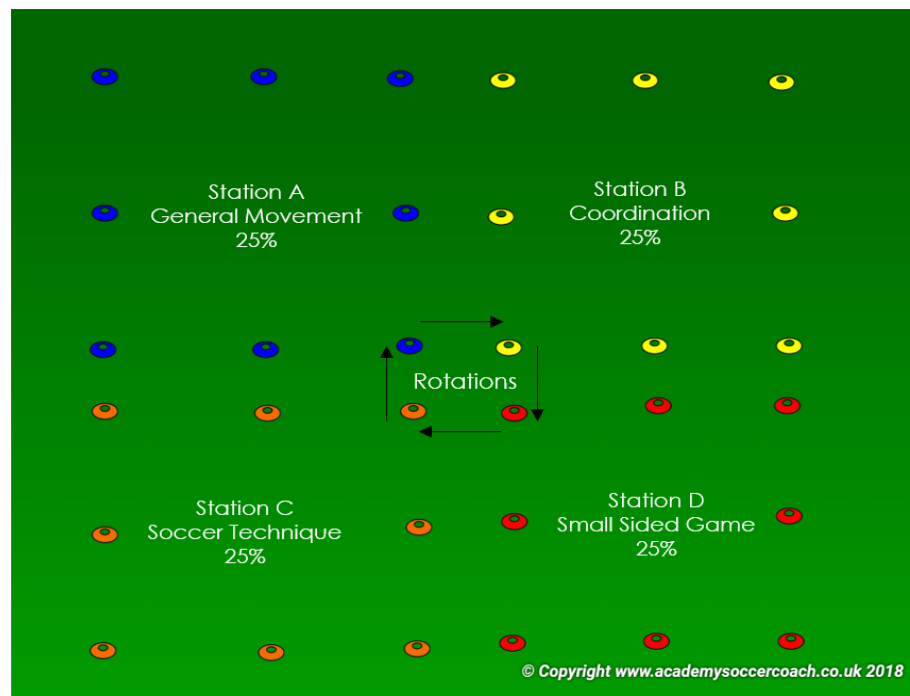
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

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
----------	--------

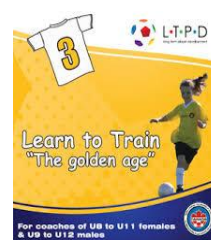
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

Collective: Players are challenged in a fun, engaging environment.



Learn to Train

General Movement – Ball Familiarity

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

8-12 Minutes 25m x 25m

Organization

All players have a ball each. 4 boxes in each corner.

Procedure

Players dribble their ball in the area and must always be moving. Coach will give instruction on ways to dribble and allow the players to do their own way of dribbling. When the coach calls a colour, then the players have to dribble to that square. Last player has to do 5 jumping jacks.

Progression

Players will name the squares after countries. Add 1-2 defenders for more difficulty.

Focus

N/A



Objective

All Players are active and engaged,

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

Awareness
Decision Making
Protecting the ball

Confidence
Determination
Motivation

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

ABC,s
Awareness
Basic Motor Skills

Peer Interaction

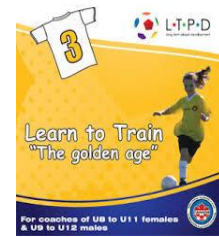
Outcome

Individual:

Players can change direction at speed.

Collective:

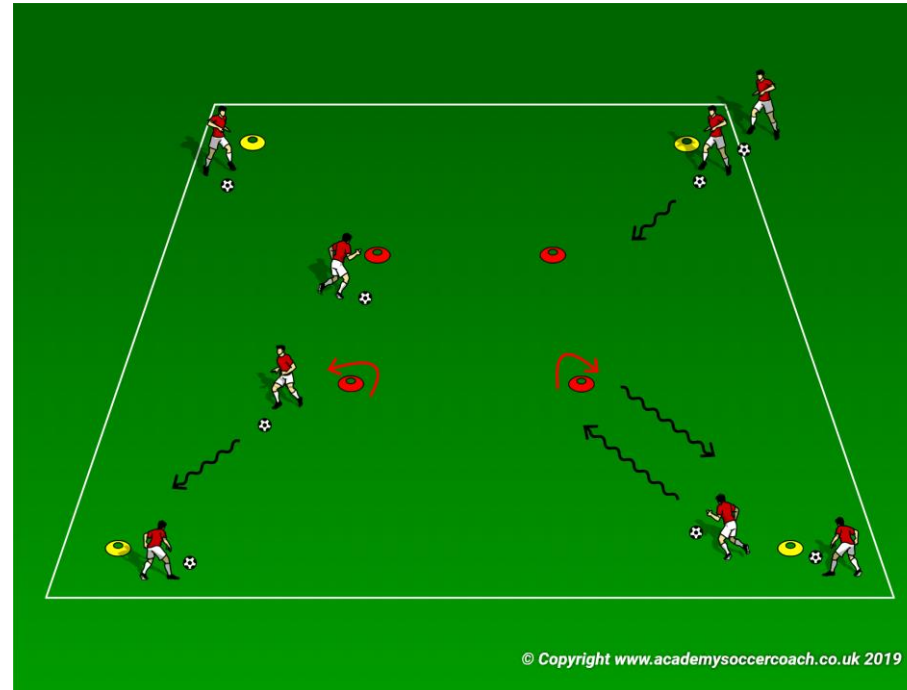
Players can identify open spaces.



Learn to Train

Ball Mastery – Technical

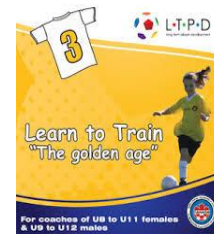
Station Time	Area
12-15 Minutes	25m x 25m, 10m x 10m
Organization	2 players in each corner. 1 smaller box in the middle.
Procedure	Players dribble using various techniques to the cone, perform a turn, and dribble back. Change the different types of turns on the ball (pull-back, inside/outside cut, Cruyff turn)
Progression	Players dribble through the middle square, perform a skill move, and through to the other side,
Focus	Dribble with controlled touches and sharp turning. Accelerate out of the move.



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.

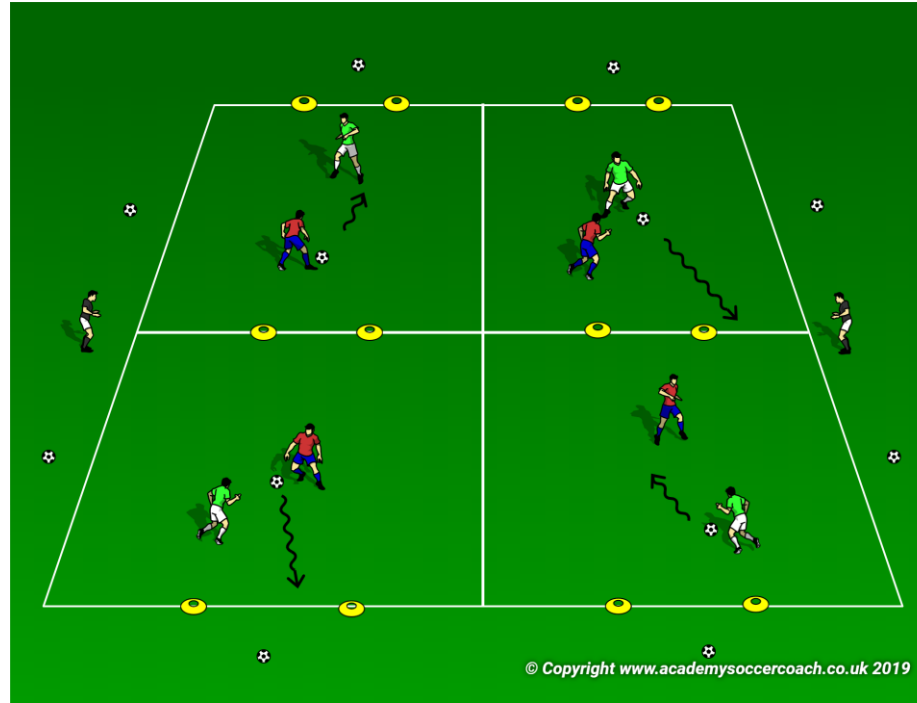
Collective:
Players are confident on the ball.



Learn to Train

Skill Activity – 1v1 - Ladder

Station Time	Area
12-15 Minutes	15m x 12m
Organization	Each area has a gate on each side.
Procedure	<p>Players must dribble through the opponent's gate to score 2 points. If they dribble on either side of the gate, then they score 1 point.</p> <p>Play 1-2 minute games. Players that win move up the ladder.</p>
Progression	N/A
Focus	Confidence to take players on.



Objective

Players can change speeds in attack.

Technical/Tactical

1v1 Attacking
Dribbling

Psychological

Confidence
Standards
Motivation

Physical

Change of Direction
Use of Body in 1v1s
Fitness

Social

Problem Solving
Decision Making
Patience

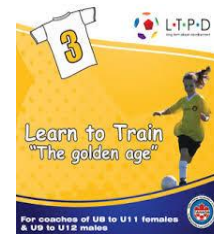
Outcome

Individual:

Players can practice their skill moves and improve their confidence in 1v1 situations

Collective:

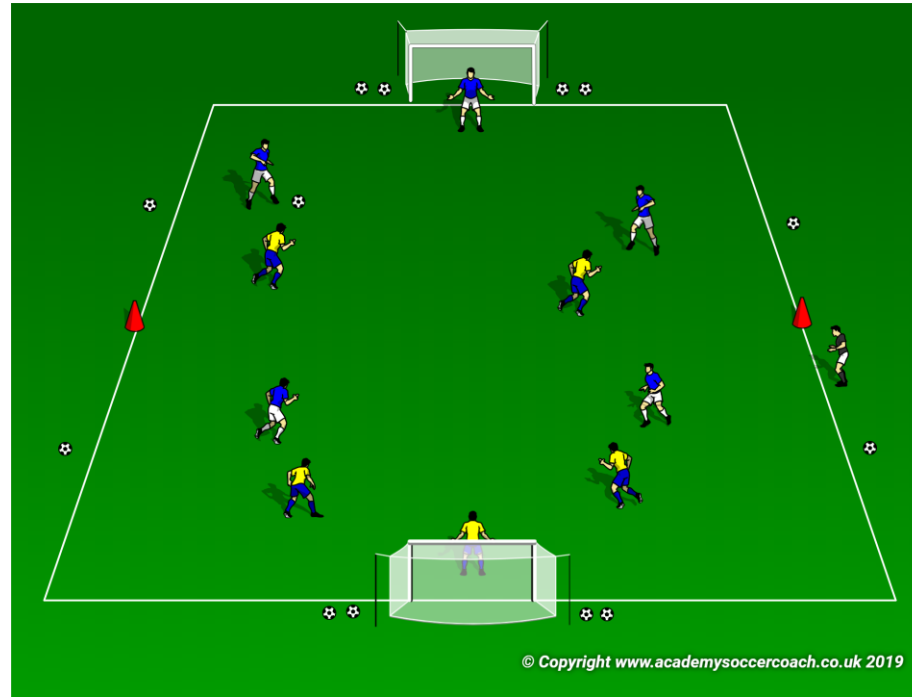
Players are unpredictable.



Learn to Train

Small Sided Game – 4v4 Game

Station Time	Area
12-15 Minutes	30m x 30m
Organization	
2 teams of 4 players.	
Procedure	
Game with kick-ins/dribble-ins.	
Progression	
N/A	
Focus	
N/A	



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.	

