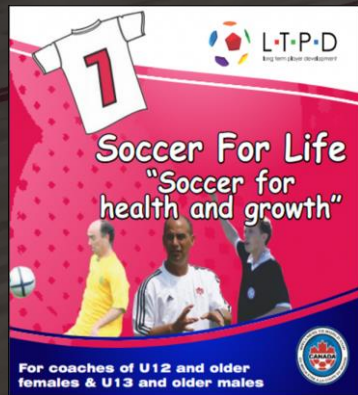




Soccer for Life Practice Plan



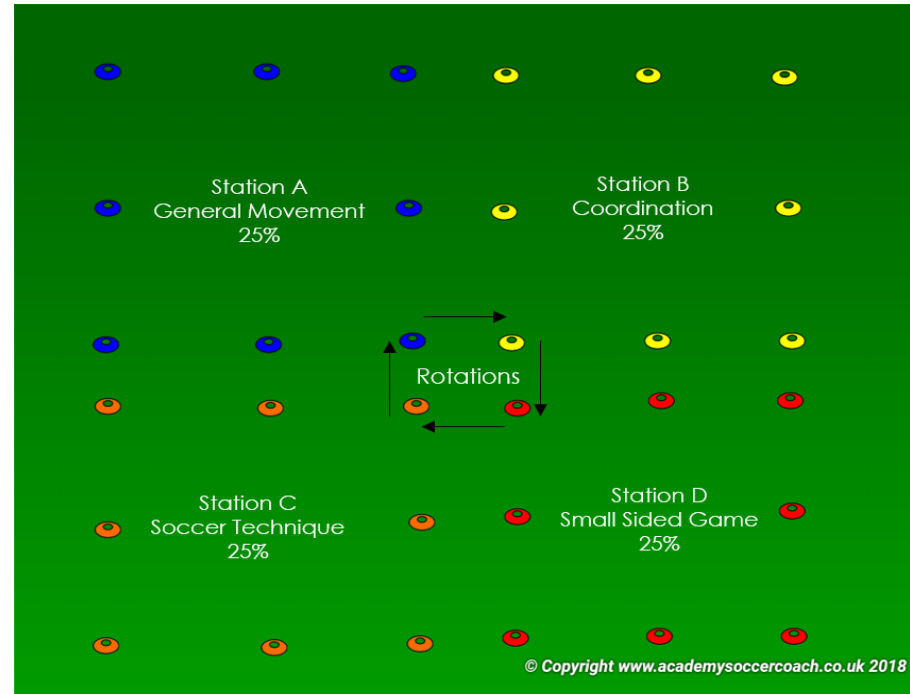
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

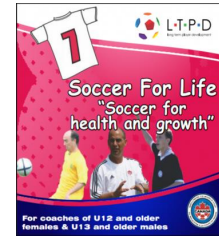
Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	

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



Soccer for Life

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

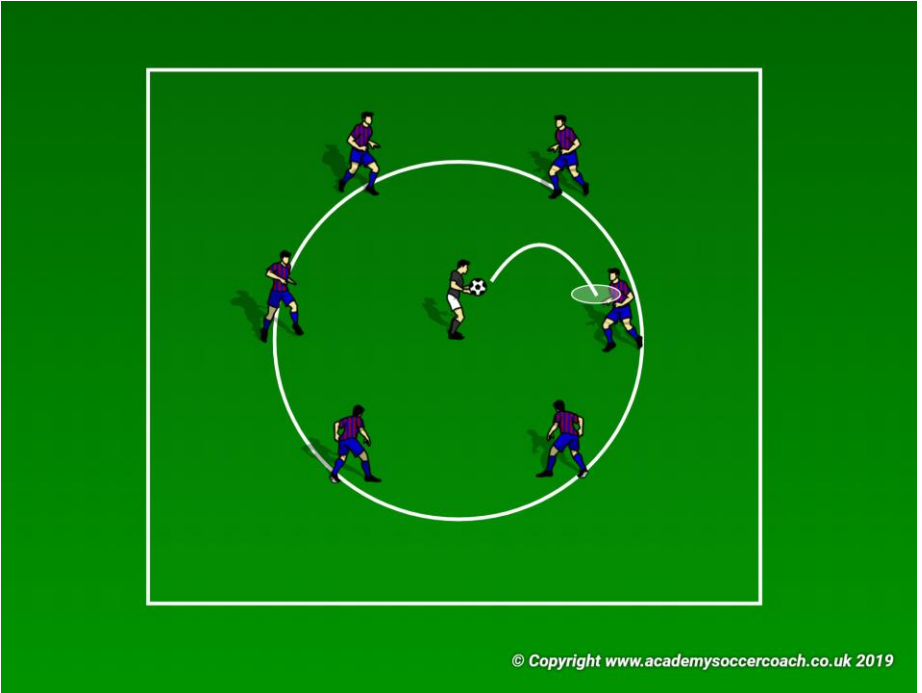
Players stand around coach and perform a movement (ex. jumping jacks). Coach tosses ball and calls out either "catch/head". The player must play the ball with the OPPOSITE that is called back to the coach - ex. "Head", therefore player must catch the ball. "Catch", player must head the ball back

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

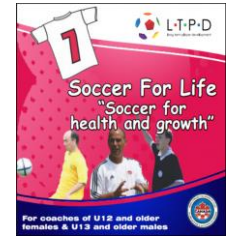
Physical	Social
-----------------	---------------

ABC,s
Awareness
Basic Motor Skills

Peer Interaction

Outcome

Individual:
Players can change direction at speed.
Collective:
Players can identify open spaces.



Soccer for Life

Ball Mastery - Technical

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

12-15 Minutes	25m x 25m, 10m x 10m
---------------	----------------------

Organization

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

Procedure

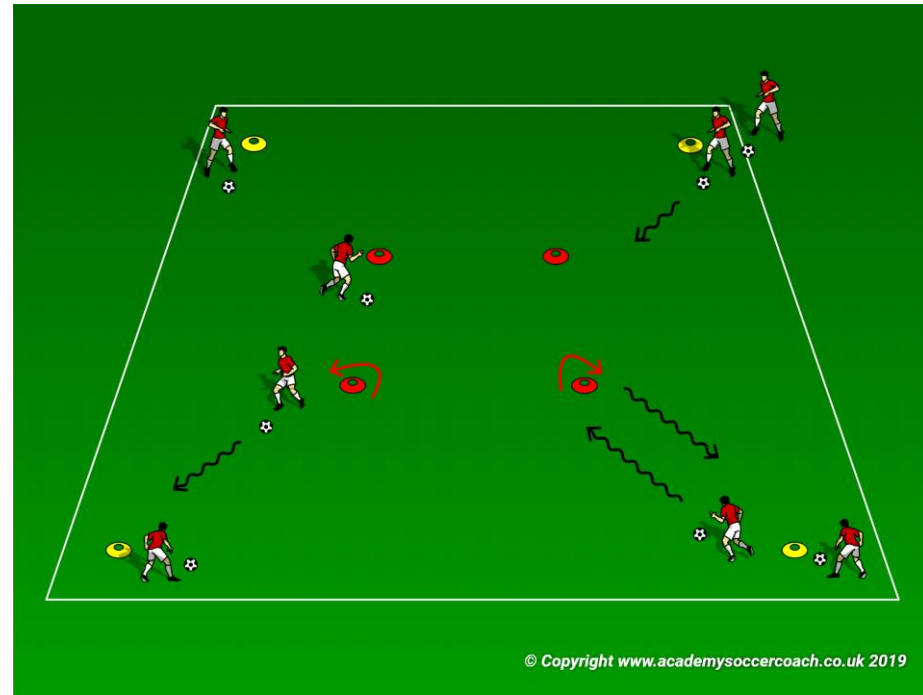
Players must dribble to the cone in front of them and perform a variety of turns (pull back, Cruyff turn, etc.) When they come back the next player goes.

Progression

1. Players dribble through the middle, perform a skill, and dribble to the opposite end.
2. Make it a competition – First team to

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

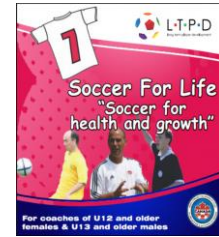
Creativity Dribbling Running with the Ball	Confidence Motivation Competitiveness
--	---

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.



Soccer for Life

Skill Activity – 4 Gate Game

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

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

Organization

Games of 3 minutes with 1 minute break.
Teams of 4-5 with 1 neutral player. 4 gates (5m apart) are placed in the corners of the field.

Procedure

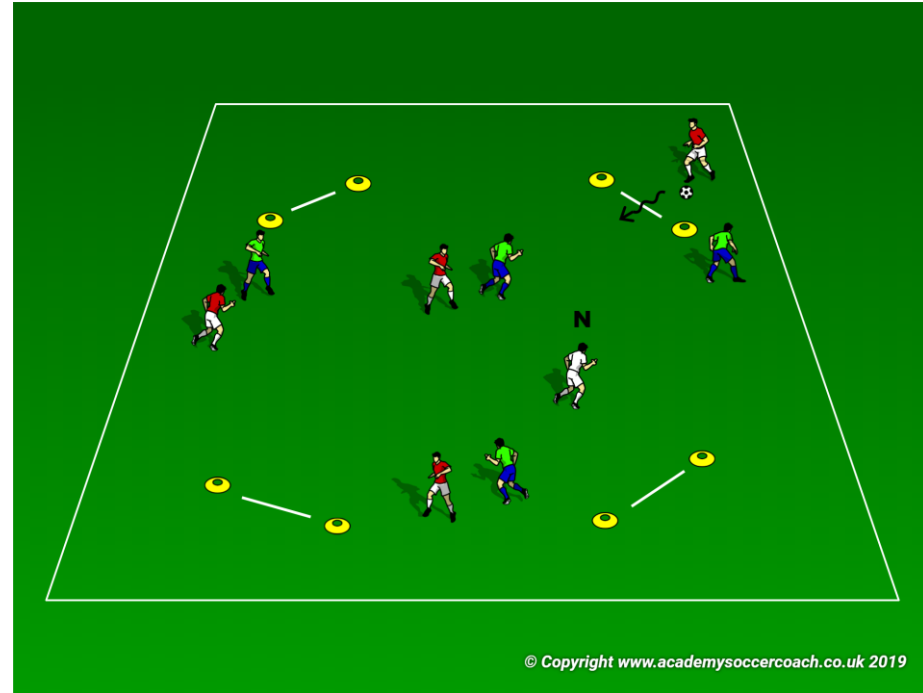
Players try to dribble into any of the 4 gates, but cannot score in the same one 2 times in a row.

Progression

To score a point, players have to pass to a teammate on the other side of the gate.

Focus

Switching the field. Creating space and opportunities to score.



Objective

Players can change speeds in attack.

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

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

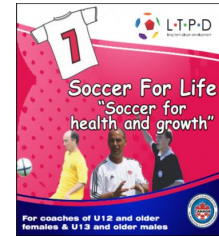
Physical	Social
----------	--------

Change of Direction Fitness Strength	Problem Solving Decision Making Patience
--	--

Outcome

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

Collective:
Players are unpredictable.



Soccer for Life

Small Sided Game – Match Play

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

12 – 15 Minutes	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.



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Objective

Fun and creativity.

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

1v1 Attacking Dribbling Running with the Ball Finishing	Concentration Teamwork Competitiveness
--	--

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

Stamina Speed Awareness	Teamwork Communication Decision Making
-------------------------------	--

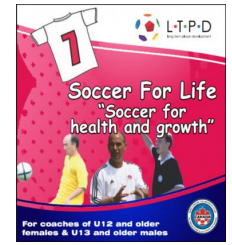
Outcome

Individual:

Players receive open and facing forward in-between defenders.

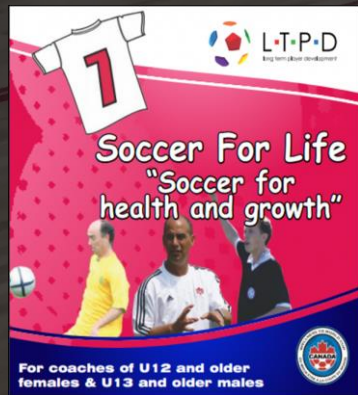
Collective:

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





Soccer for Life Practice Plan



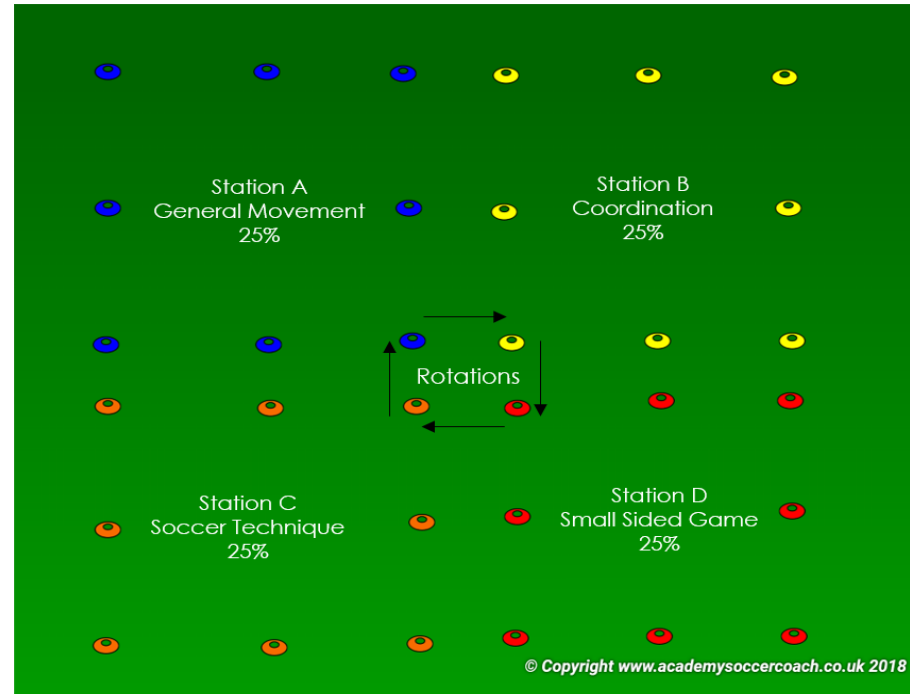
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

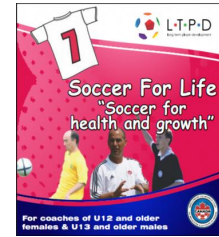
Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	

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



Soccer for Life

General Movement – Rondo

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

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

Organization

2 groups of 7. 5 players on the outside and 2 defenders inside the grid.

Procedure

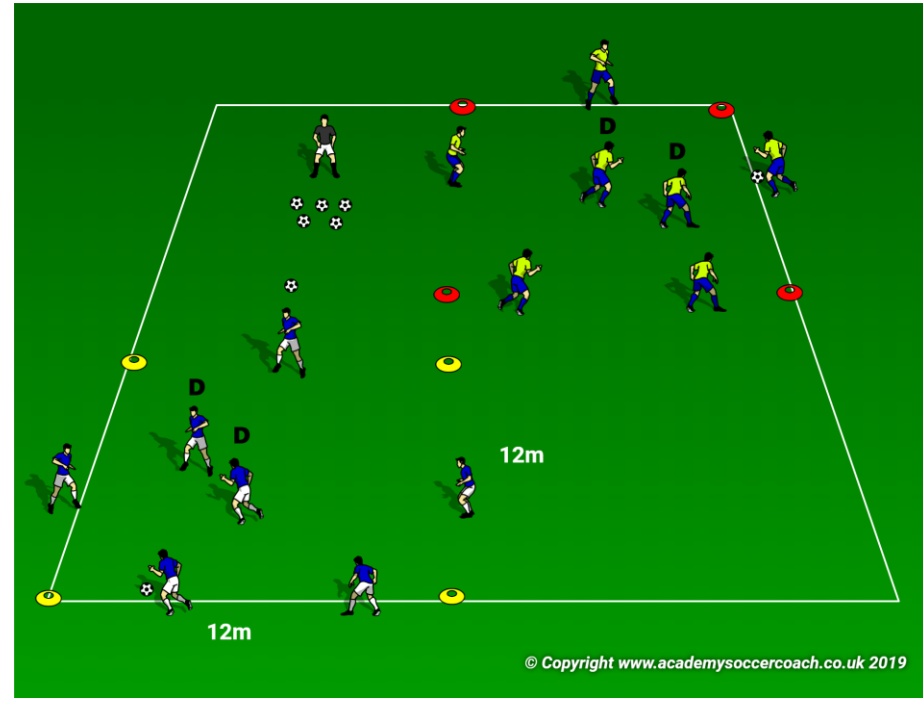
Keep away game with 2 defenders in the middle. If the defenders win the ball then the defender that was in longer switches with the player that lost the ball. 1-2 touches max per player.

Progression

If players make 10 passes consecutively, then the middle players must do 2 somersaults or stay in another round.

Focus

Fast ball movement and players always supporting ball carrier with proper angles.



Objective

All Players are active and engaged,

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

Awareness
Decision Making
Creativity

Confidence
Motivation

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

Awareness

Peer Interaction

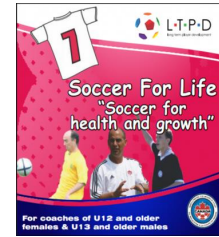
Outcome

Individual:

Players can make quick decisions with the ball

Collective:

Players can identify open spaces.



Soccer for Life

Technical Activity– Keep Away

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

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

Organization

3 teams of 4 players per team.

Procedure

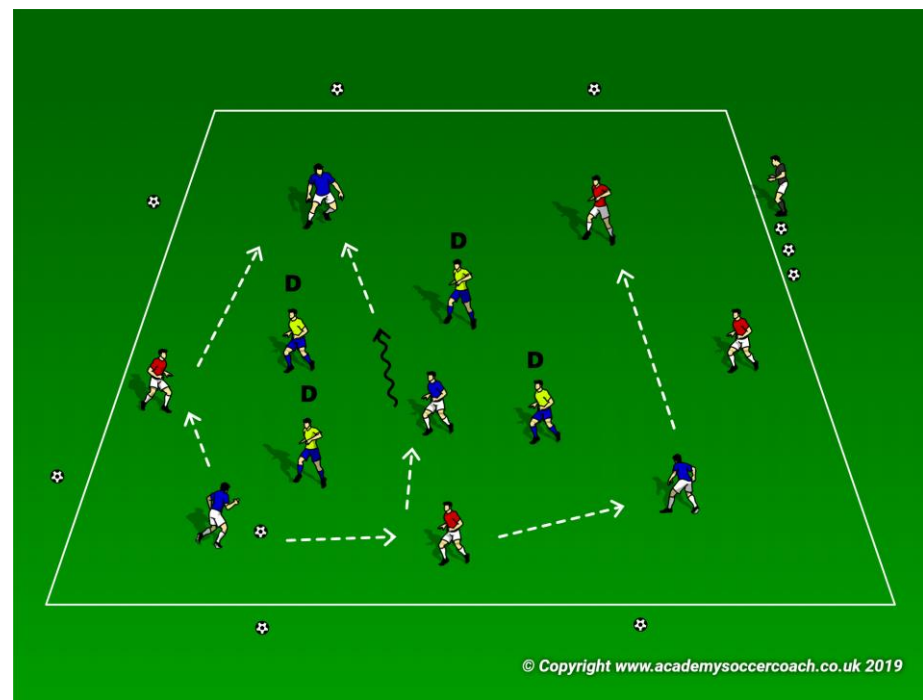
2 teams (blue and red) play keep away from 1 team (yellow). If defenders win the ball, then they must make 2 passes to secure the ball and gain a point. Play 2-minute games and then switch defending team.

Progression

Team that loses the ball is now the defending team. Make it competitive - If 10 passes are completed, then defending team does a somersault.

Focus

Quick ball movement. Players look to switch play when defenders are committed to one side.



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
--	---

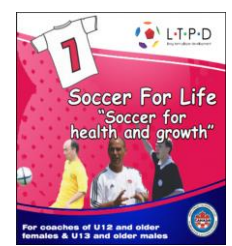
Physical	Social
----------	--------

General Fitness Change of Direction	Teamwork Communication Decision Making
--	--

Outcome

Individual:
Players can move the ball confidently under pressure

Collective:
Players are confident in possession.



Soccer for Life

Activity Game– 4v4

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

12-15 Minutes	30m x45m
---------------	----------

Organization

3 teams of 4 players per team (2 teams start and 1 team is on the side as neutrals). 2 GK's.

Procedure

4v4 match with neutrals (max 1-2 touches) on the side. Play 3-minute games or first team to 2 goals.

Progression

N/A

Focus

Switching the field. Creating space and opportunities to score.



Objective

Players can change speeds in attack.

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

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

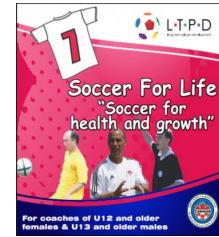
Physical	Social
----------	--------

Change of Direction Fitness Strength	Problem Solving Decision Making Patience
--	--

Outcome

Individual:
Players can effectively use their neutral players for support to attack

Collective:
Players can combine to build the attack from the back to score



Soccer for Life

Small Sided Game – Match Play

Station Time	Area
12 – 15 Minutes	20m x 30m
Organization	
	2 teams of 6 players per team. 2 GK's.
Procedure	
	Final match – normal game rules
Progression	
	N/A
Focus	
	Players are comfortable with the ball under pressure. Players can identify when to relieve pressure by switching the field.



Objective

Fun and creativity.

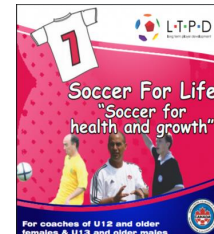
Technical	Psychological
1v1 Attacking Dribbling Running with the Ball Finishing	Concentration Teamwork Competitiveness
Physical	Social
Stamina Speed Awareness	Teamwork Communication Decision Making
Outcome	

Individual:

Players receive open and facing forward in-between defenders.

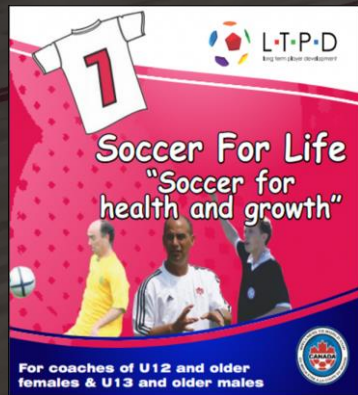
Collective:

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





Soccer for Life Practice Plan



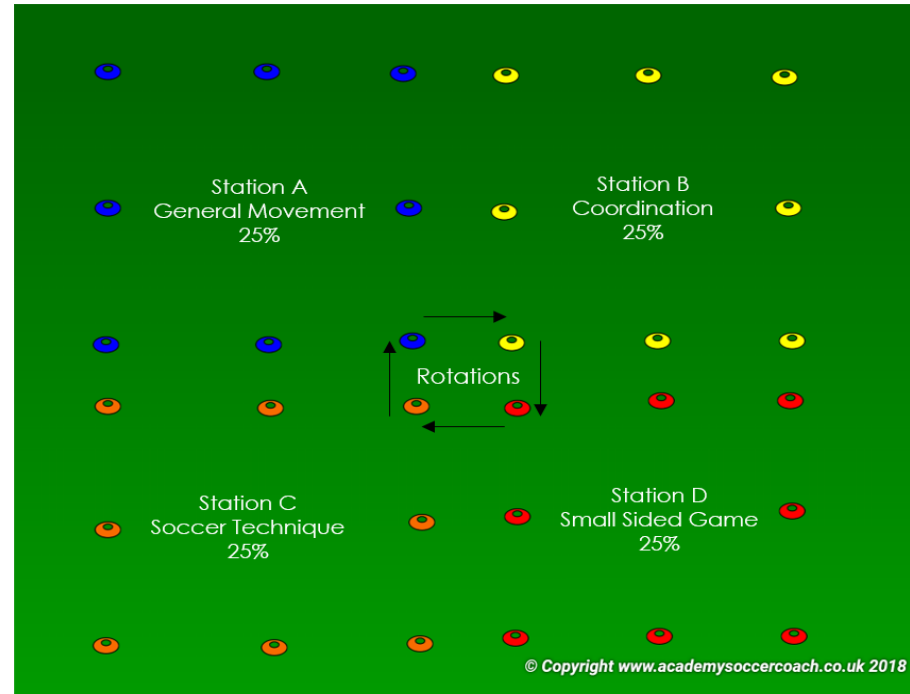
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

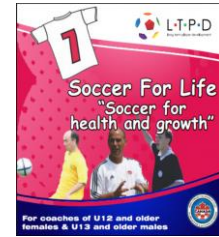
Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	

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



Soccer for Life

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

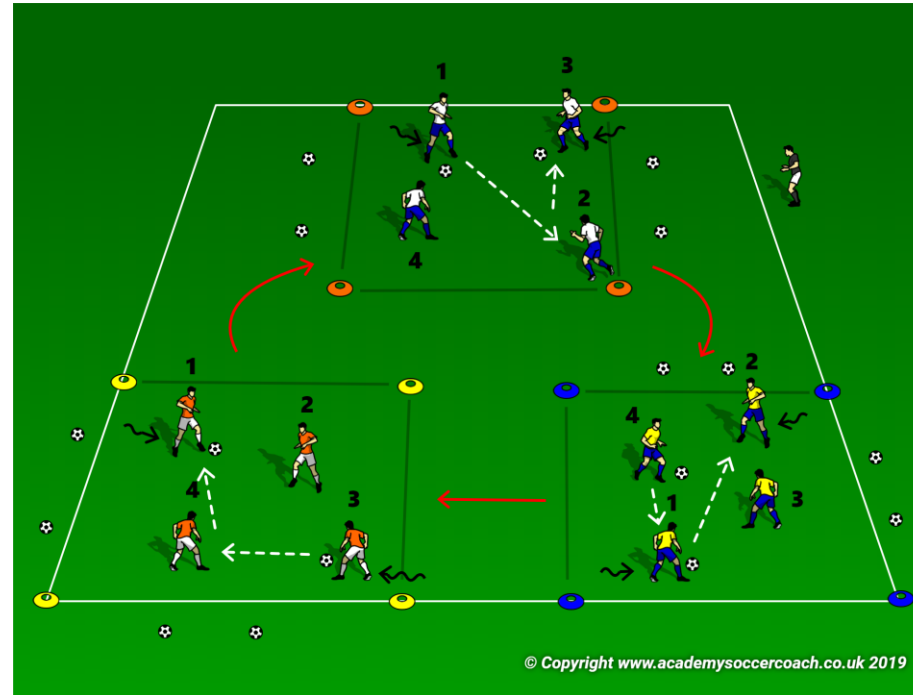
Each team has 1 ball. Players pass in sequential order (1-2, 2-3, 3-4, 4-1). After the pass, that player has to run to the nearest/farthest cone and rejoin in the passing. Add a second ball to each team for more difficulty and decision making.

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

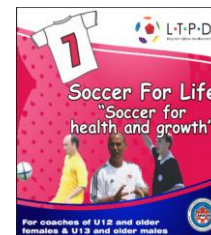
Outcome

Individual:

Players can change direction at speed.

Collective:

Players can identify open spaces.



Soccer for Life

Ball Mastery - Technical

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

12-15 Minutes	25m x 25m, 10m x 10m
---------------	----------------------

Organization

Teams of 5 players. Each team has 2 balls.

Procedure

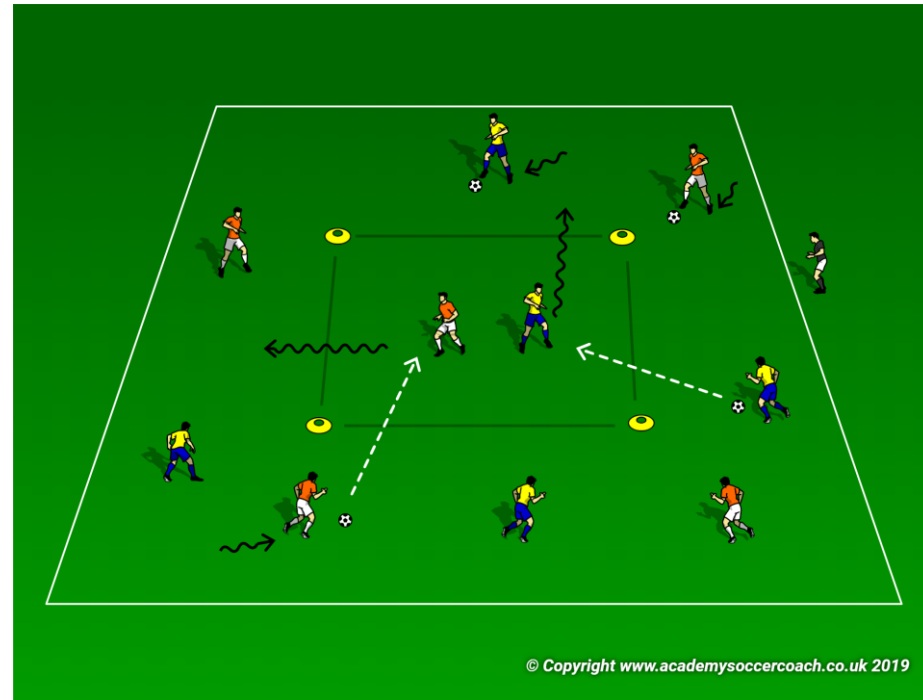
Players pass with their team and move in the area. Players run inside the small grid to receive the ball and look to dribble out another side.

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	Psychological
--------------------	---------------

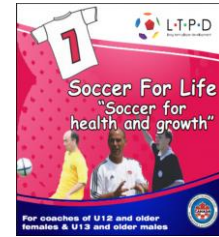
Creativity Dribbling Running with the Ball	Confidence Motivation Competitiveness
--	---

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.



Soccer for Life

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

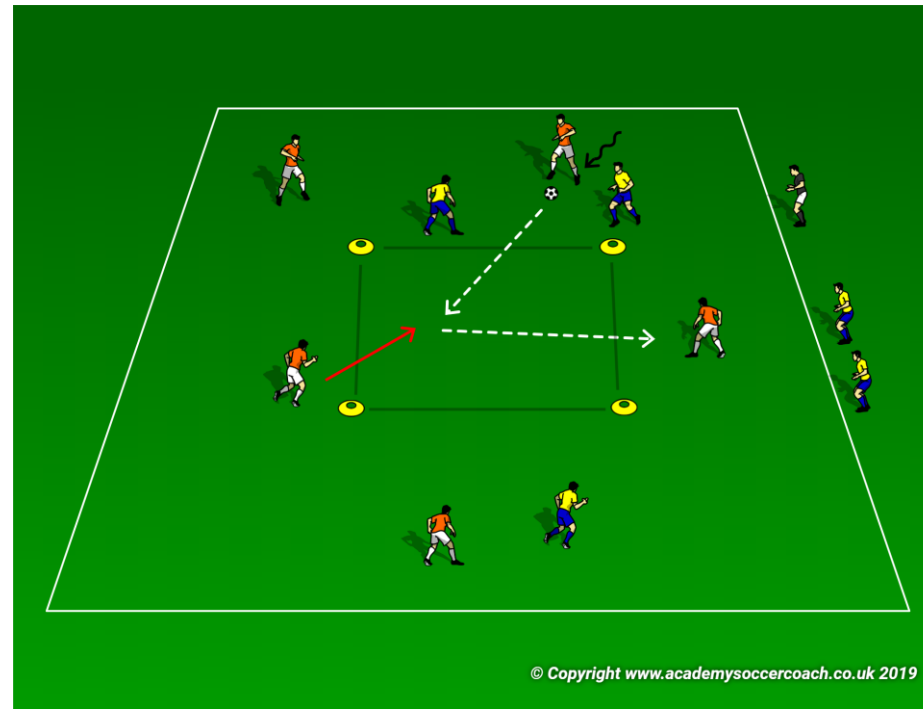
Possession game. Attackers score a point by playing to a teammate in the middle square and then dribbling or passing out to another teammate. Attackers can also score a point by making 5 consecutive passes. Once the attackers score a point, add in another defender.

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

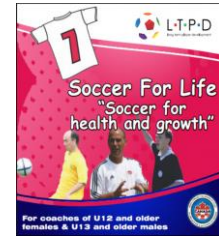
Physical	Social
----------	--------

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.



Soccer for Life

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

1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
--	--

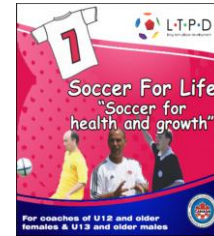
Physical	Social
----------	--------

Stamina Speed Awareness Acceleration	Teamwork Communication Decision Making Discipline Patience
---	--

Outcome

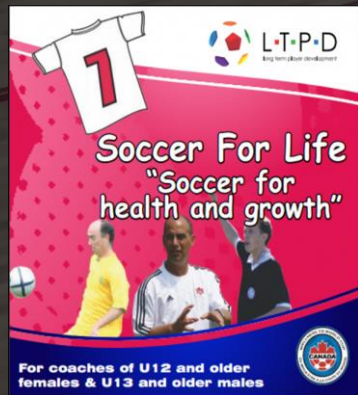
Individual:
Players receive open and facing forward.

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





Soccer for Life Practice Plan



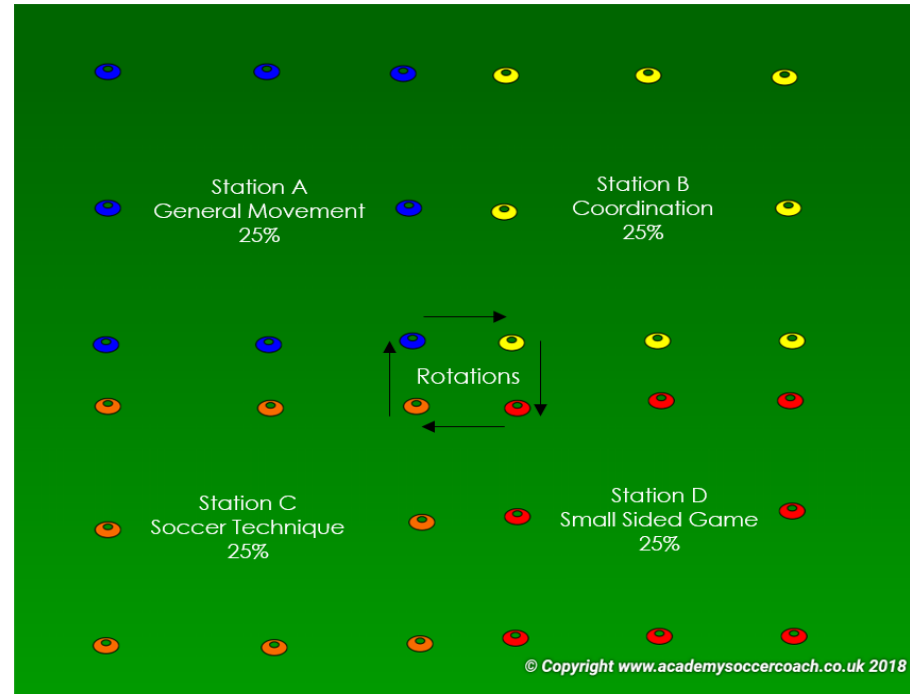
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

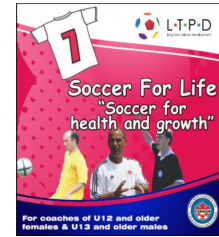
Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	

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



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

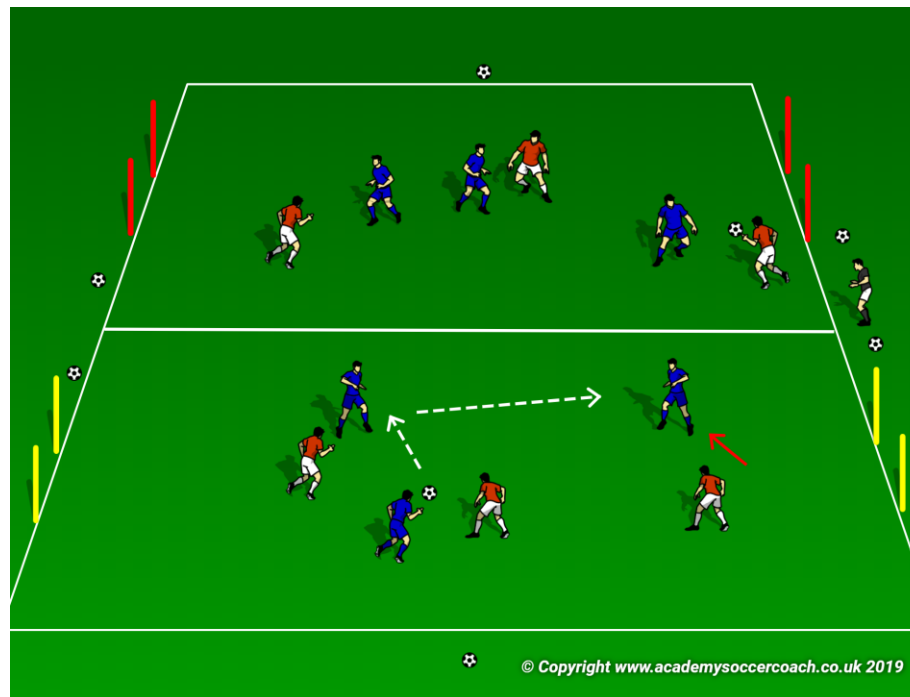
Players start by moving around the area and pass using their hands. The ball must be passed to the other colour (ex, blue passes to red) and after the pass they must run, skip, jump around a net or touch a line. Add in a second and third ball for quicker decision making.

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



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

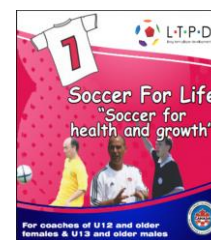
Outcome

Individual:

Players can change direction at speed.

Collective:

Players can identify open spaces.

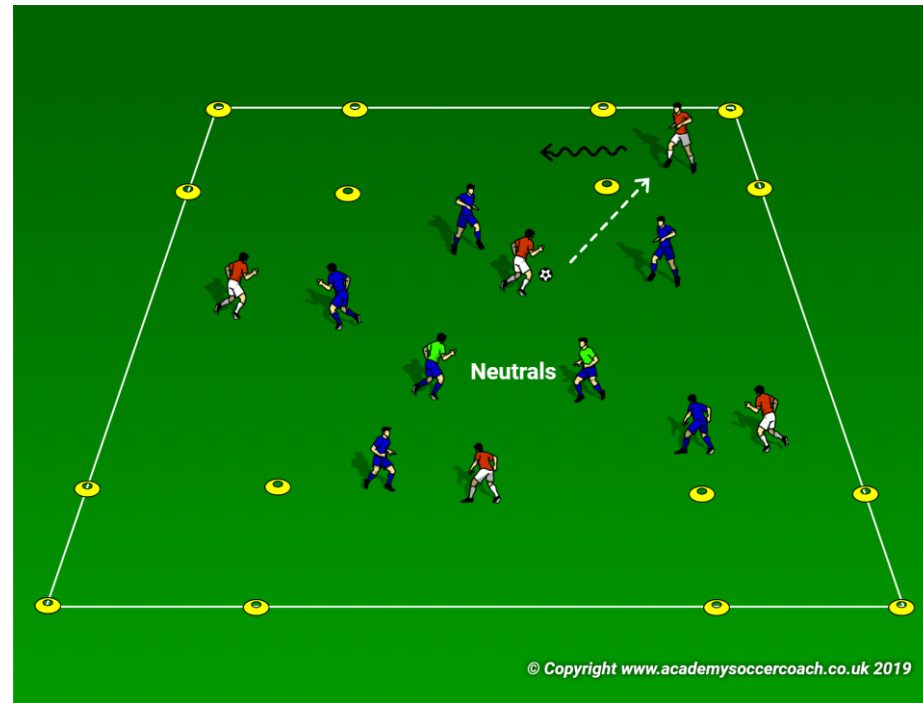


Learn to Train

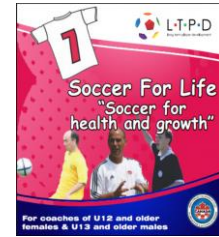
Ball Mastery – Possession to Targets

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

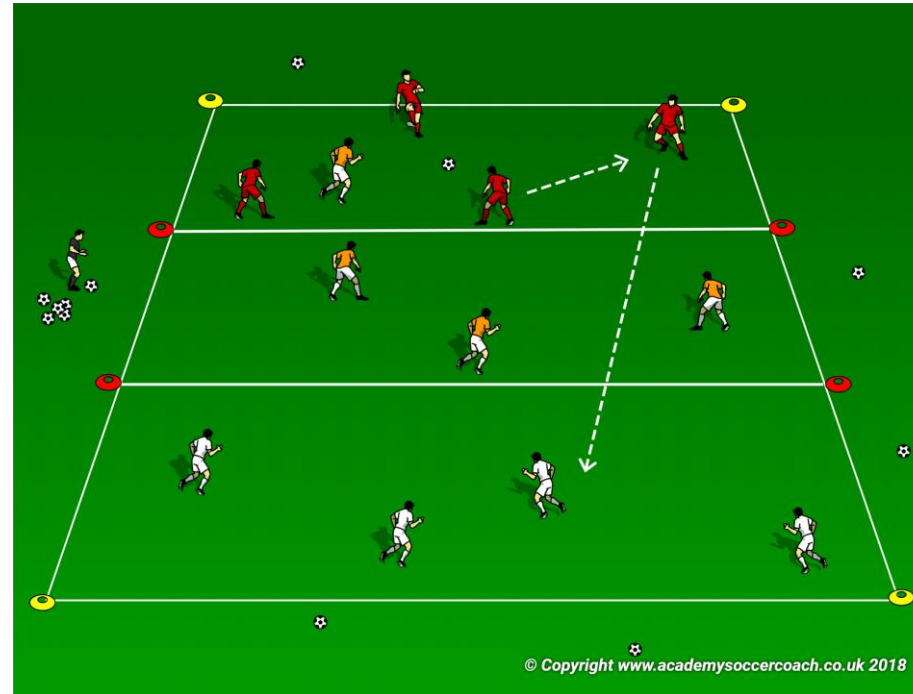
Coach plays to either end zone, 1 defender from middle zone can enter to press ball. Possession team move the ball looking to create gaps in middle zone defence to play through to opposite end zone. If defenders win the ball they secure possession and play to opposite end zone and transition (switch)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

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

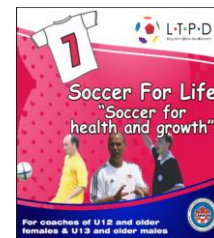
Physical	Social
----------	--------

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 – 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

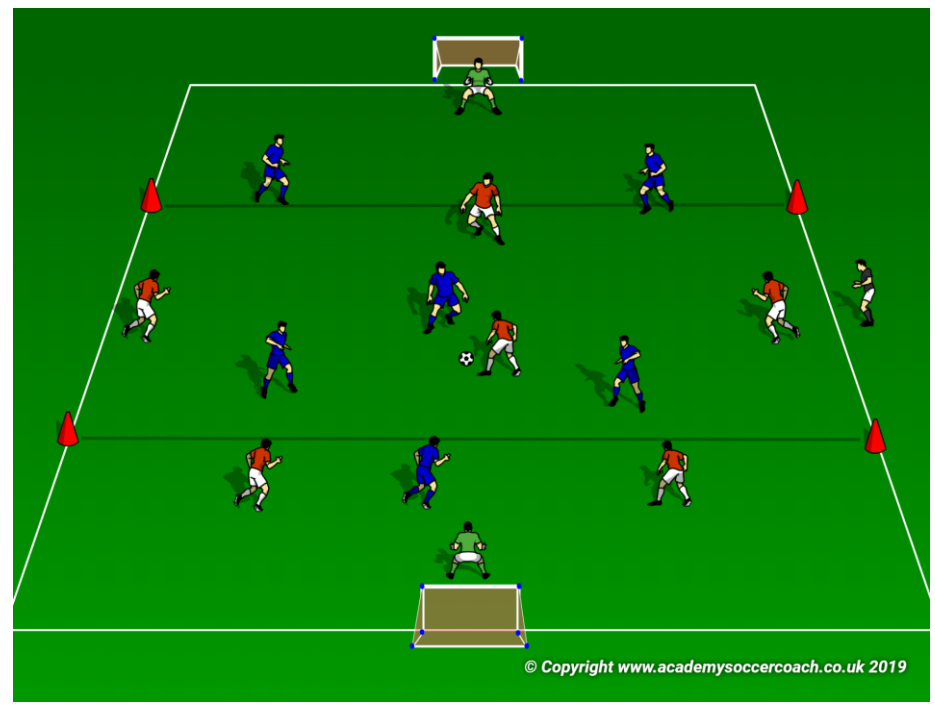
Play 6v6. If the ball goes out, then the player can pass or dribble in.

Progression

N/A

Focus

Switching play to attack from another side.



Objective

Fun and creativity.

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

1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
--	--

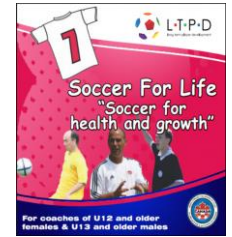
Physical	Social
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Stamina Awareness Acceleration General Fitness	Teamwork Communication Decision Making Discipline Patience
---	--

Outcome

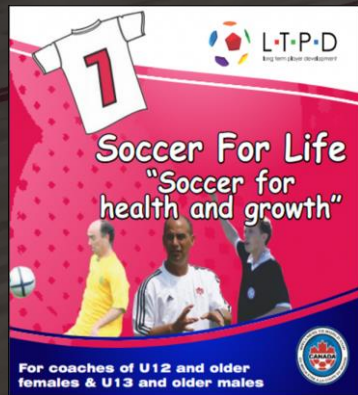
Individual:
Players receive open and facing forward.

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





Soccer for Life Practice Plan



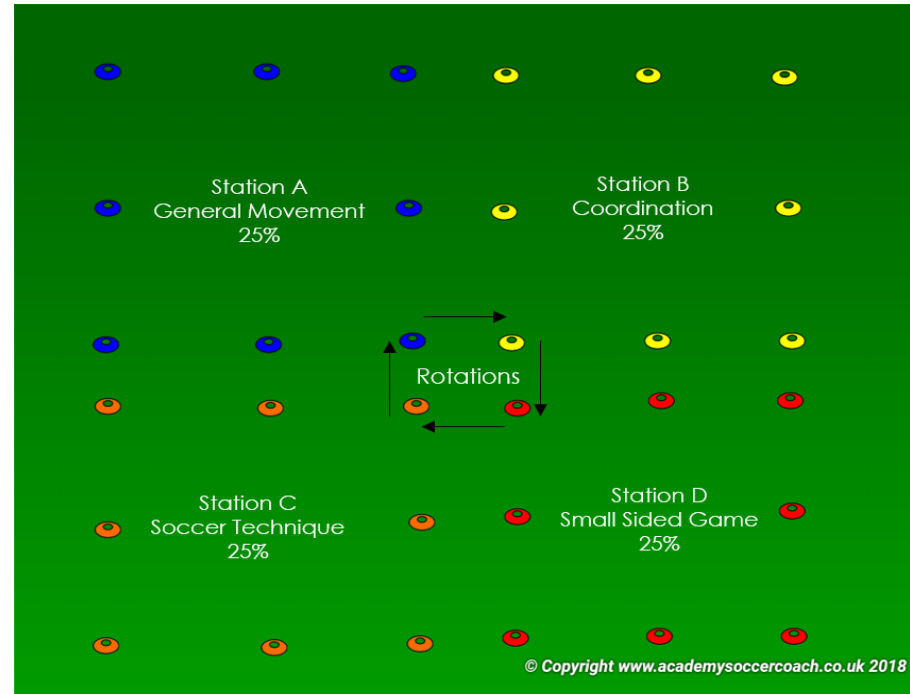
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

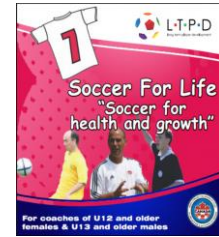
Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	

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



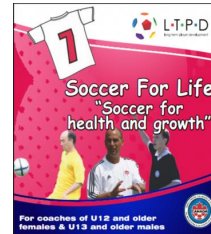
Soccer for Life

General Movement – Agility/Reaction

Station Time	Area
8-12 Minutes	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	
<ol style="list-style-type: none"> 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.	



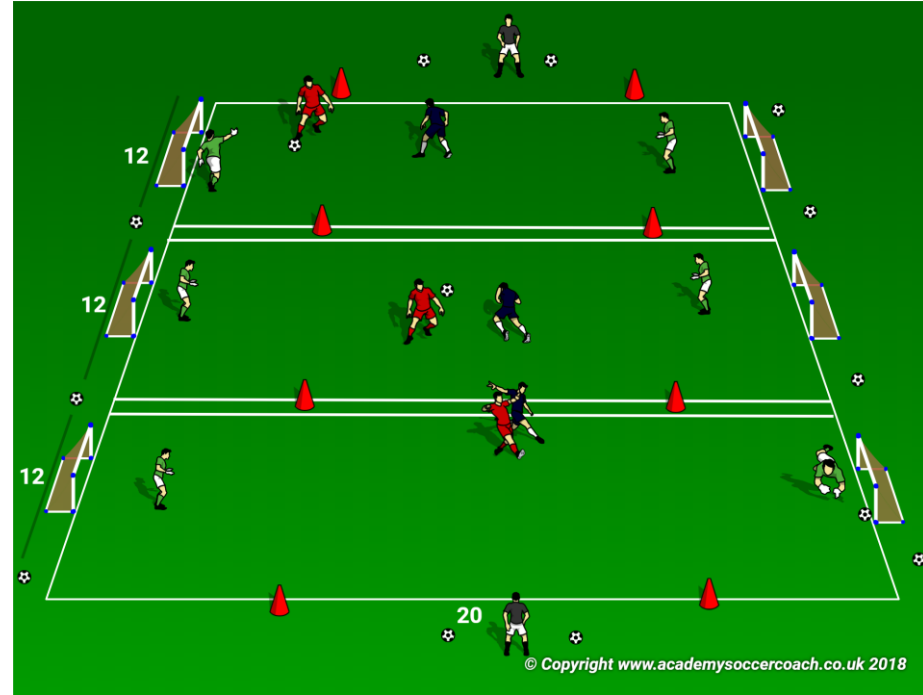
Objective	
All Players are active and engaged,	
Technical/Tactical	Psychological
Awareness Decision Making Protecting the ball	Confidence Determination Motivation
Physical	Social
ABC,s Awareness Basic Motor Skills	Peer Interaction Teamwork
Outcome	
Individual: Reacting and accelerating	
Collective: Have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



Soccer for Life

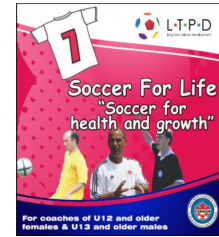
Soccer Coordination –Mini World Cup Ladder

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



Objective	
Players can perform skills/moves while taking players on.	
Technical/Tactical	Psychological
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.	

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



Soccer for Life

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

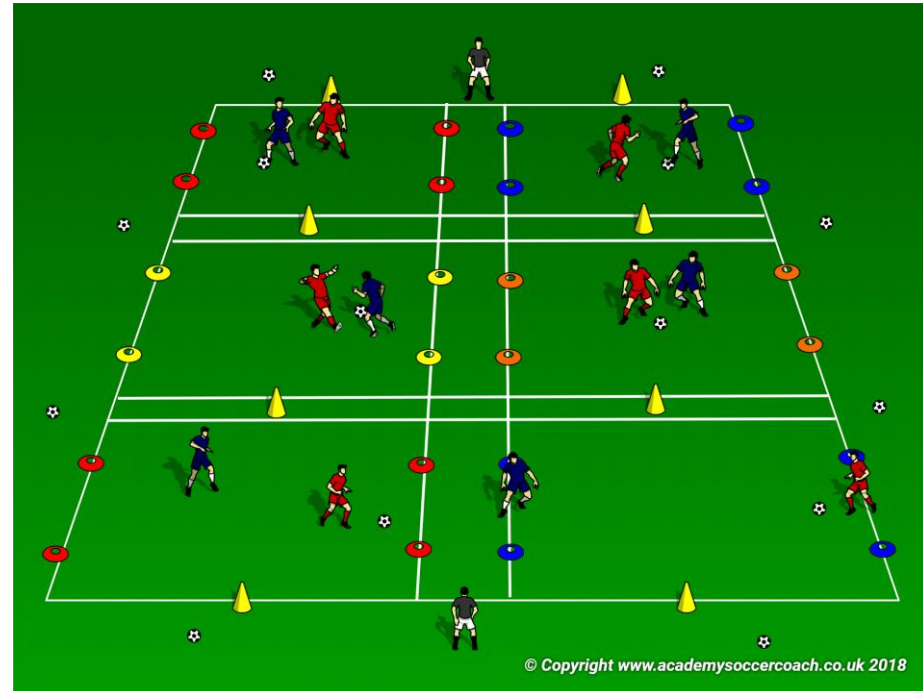
Partners play 1v1 for 60 seconds – players score by dribbling through opponents gate. Winners move up the ladder towards top field.

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
--	--

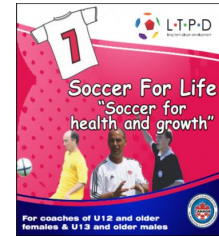
Physical	Social
----------	--------

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

Outcome

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

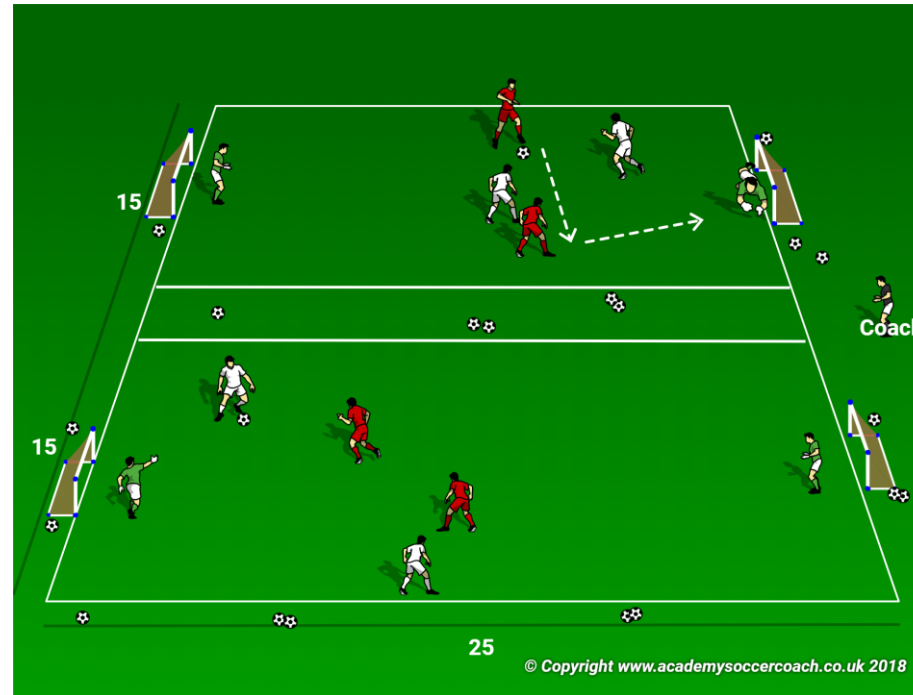
Collective:
Players are unpredictable.



Soccer for Life

Small Sided Game – Match Play

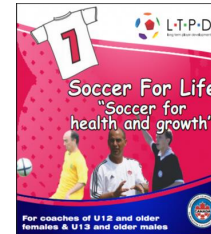
Station Time	Area
12-15 Minutes	2x 20m x 15m
Organization	
	2 fields – nets/gates on each field. 4 teams of 3.
Procedure	
	Regular match play with (offsides) all restarts are pass/dribble in's.
Progression	
	N/A
Focus	
	Ball carrier commits defender(s).



Objective

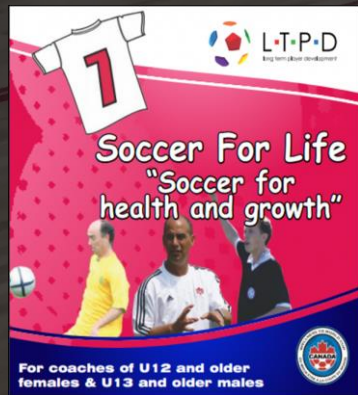
Fun and creativity.

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>	





Soccer for Life Practice Plan



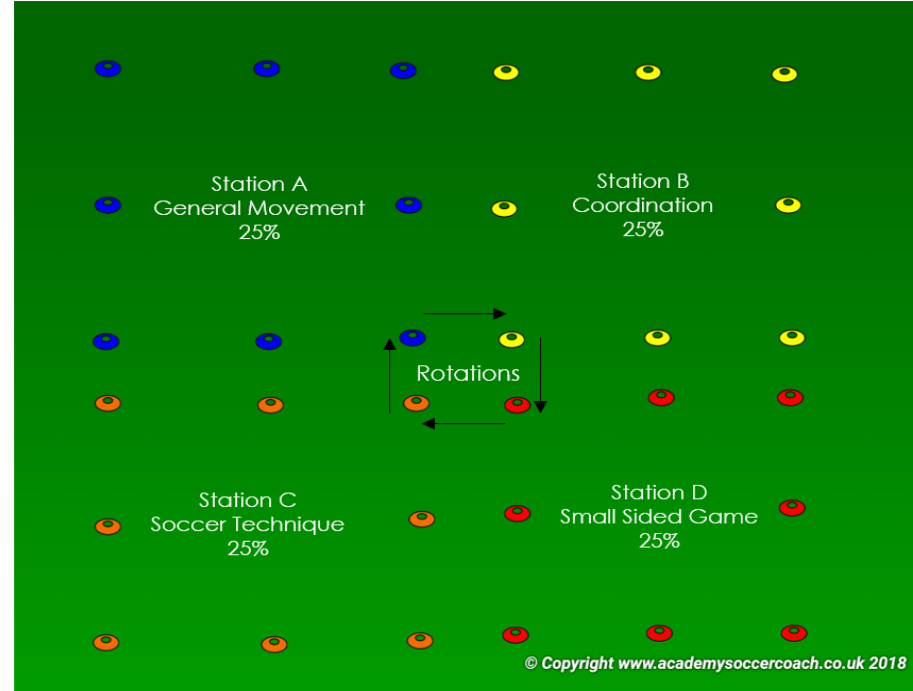
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



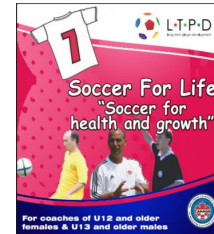
Soccer for Life

Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



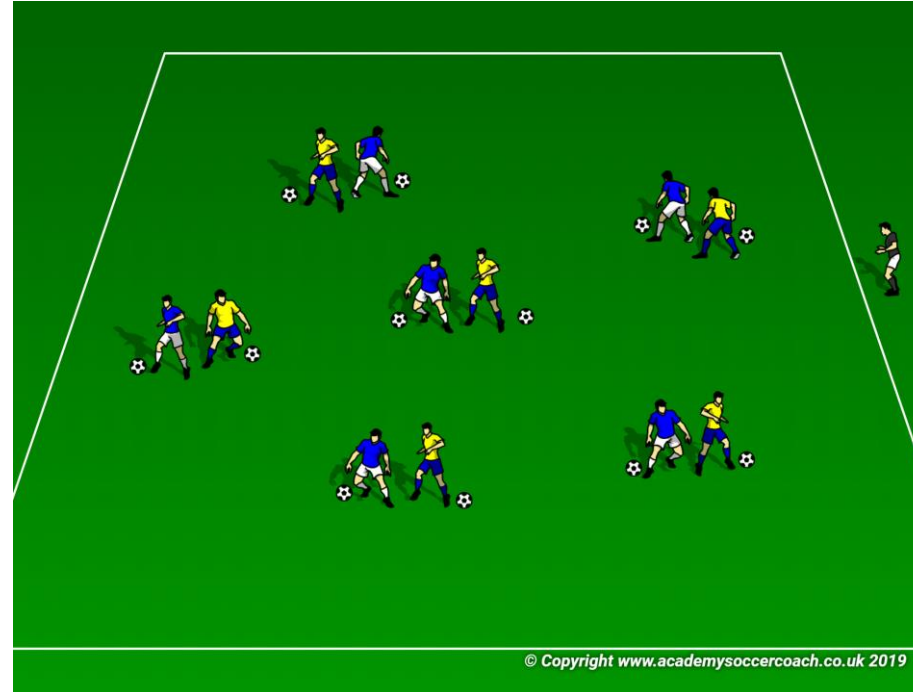
Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	
Individual: Players develop good training habits.	
Collective: Players are challenged in a fun, engaging environment.	



Soccer for Life

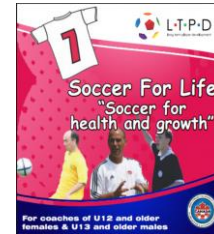
Warm-up-1v1 Ball Tag

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



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

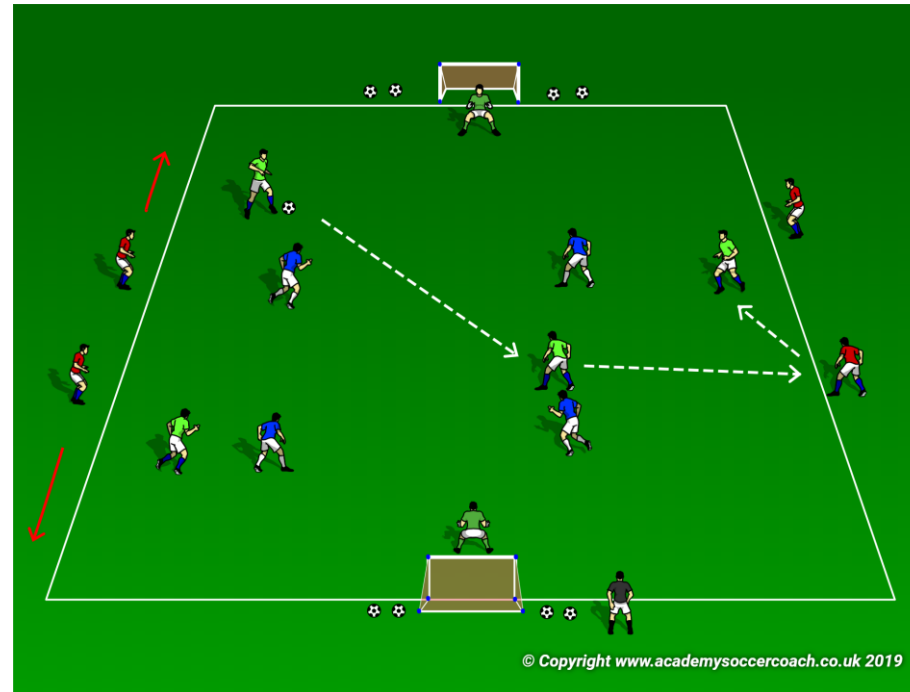
Focus
Players are confident on the ball



Soccer for Life

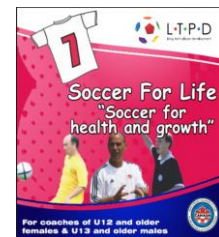
Soccer Game #1 –4v4

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



Objective	
Players can perform skills/moves while taking players on.	
Technical/Tactical	Psychological
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.	

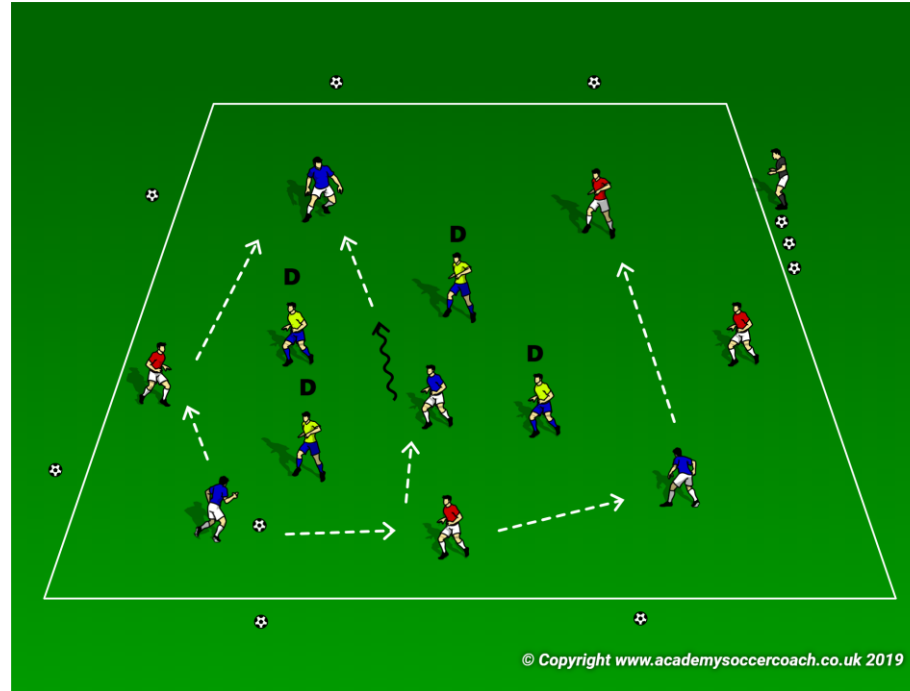
Focus
Players are confident on the ball to take on opponents.



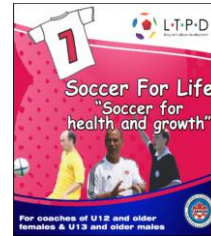
Soccer for Life

Skill Activity – 8v4 - Possession

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



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



Soccer for Life

Small Sided Game – Match Play

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



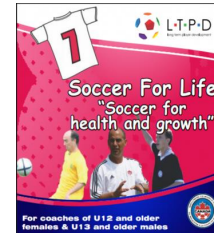
Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration	Teamwork Communication Decision Making Discipline Patience
Outcome	

Individual:

Players receive open and facing forward.

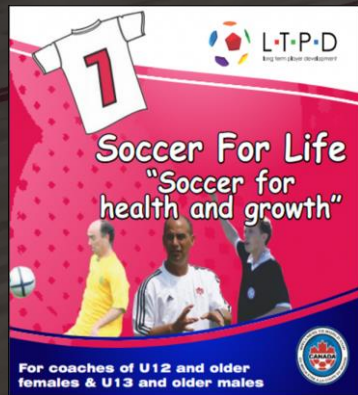
Collective:

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





Soccer for Life Practice Plan



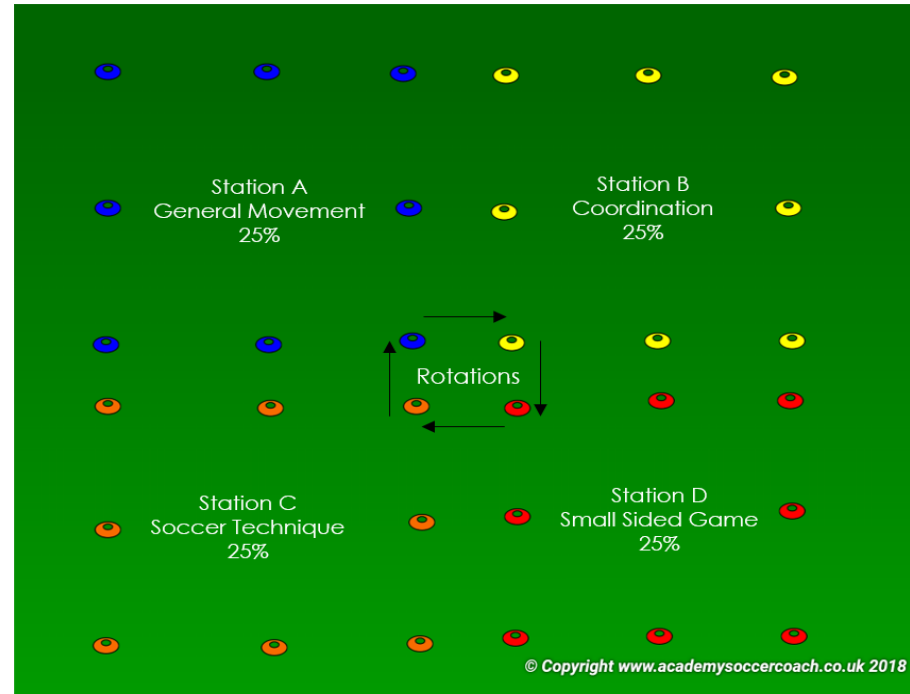
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

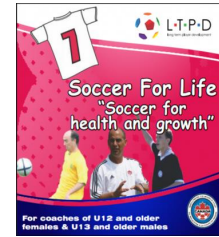
Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	

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



Soccer for Life

Warm-up–Split the Defenders

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

10-12 Minutes	15m x 18m
---------------	-----------

Organization

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

Procedure

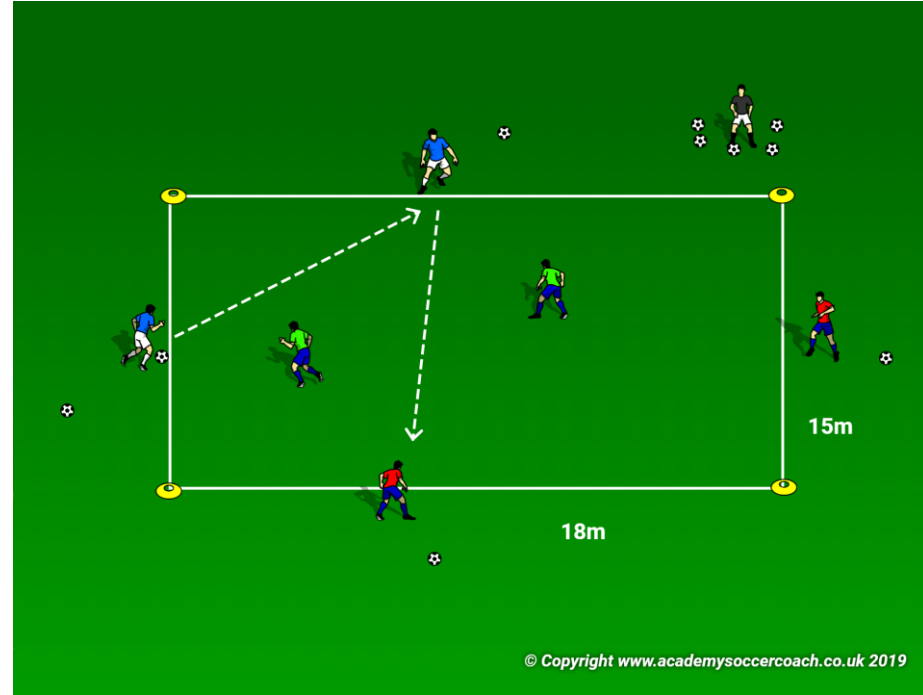
Teams on the outside pass the ball to try and “split” the defenders. If the defenders intercept the ball, then the team that lost it is defending. Points are score by splitting the defense with a pass or by making 10 passes in a row. If either are done, then the defending team have to win the ball back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

Progression

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

Focus

Players are confident on the ball



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Objective

Players can perform skills/moves while taking players on.

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

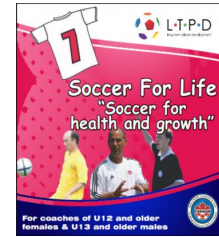
Creativity Protecting the ball Pressing	Confidence Motivation Competitiveness
---	---

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

ABC,s Change of Direction Fitness	Decision Making
---	-----------------

Outcome

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



Soccer for Life

Soccer Game #1 –5v5

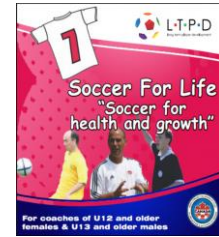
Station Time	Area
12-15 Minutes	20m x 25m
Organization	
2 teams of 5 players and 2 goalies. Extra players can act as neutrals on the side.	
Procedure	
Restarts always start from the goalie in the team in possession.	
Progression	
1 neutral can play on the inside but with limited touches.	
Focus	



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

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

Collective:
Players are unpredictable in attack.



Soccer for Life

Skill Activity – 4v3 - Attacking

Station Time

12-15 Minutes

Area

18m x 35m

Organization

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

Procedure

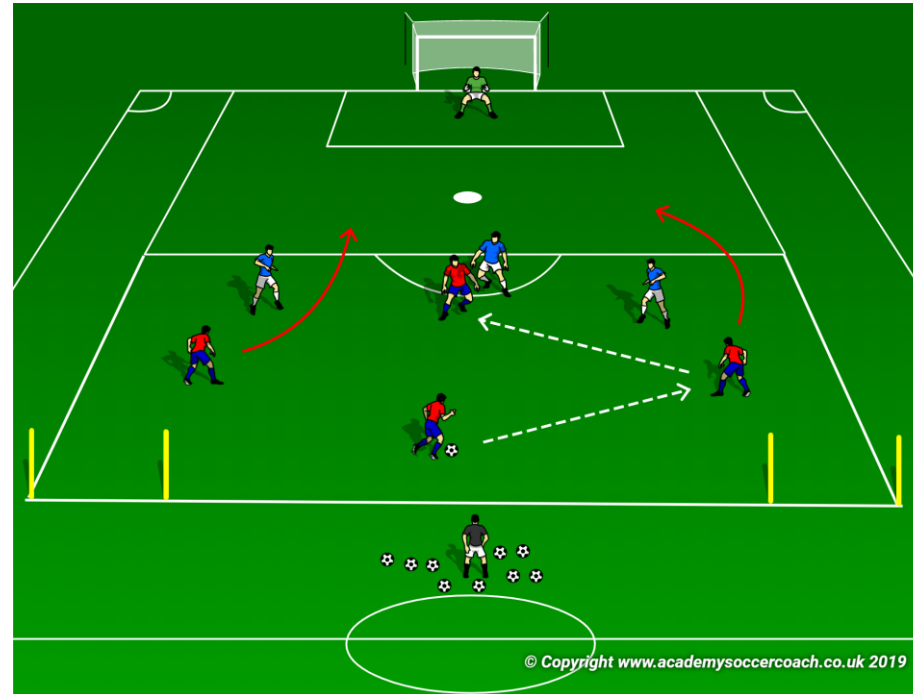
Server will stand outside the area to play balls into the attackers. Attackers move from their defender to receive a pass from the server to turn to go forward. If the defending team wins the ball, then they can score on the 2 gates.

Progression

1. Add another defender to make 4v4.

Focus

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



Objective

Players can change speeds in attack.

Technical/Tactical

1v1 Attacking
Dribbling
Transition
Counter Attack

Psychological

Confidence
Standards
Motivation
Concentration

Physical

Change of Direction
Reactions
Speed

Social

Problem Solving
Decision Making
Patience

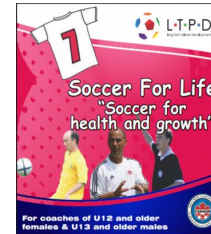
Outcome

Individual:

Players can receive the ball to face the defender

Collective:

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



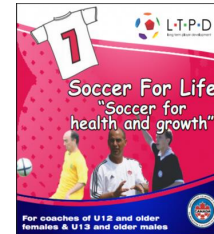
Soccer for Life

Small Sided Game – Match Play

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

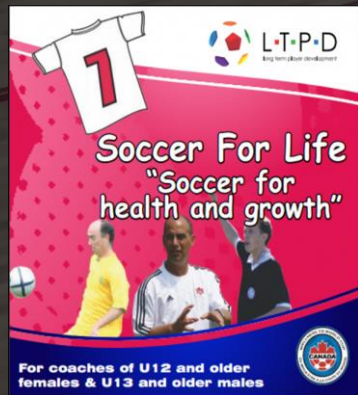


Objective	
Fun and creativity.	
Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration	Teamwork Communication Decision Making Discipline Patience
Outcome	
Individual: Players receive open and facing forward.	
Collective: Players look to create numbers up situations all over the field.	





Soccer for Life Practice Plan



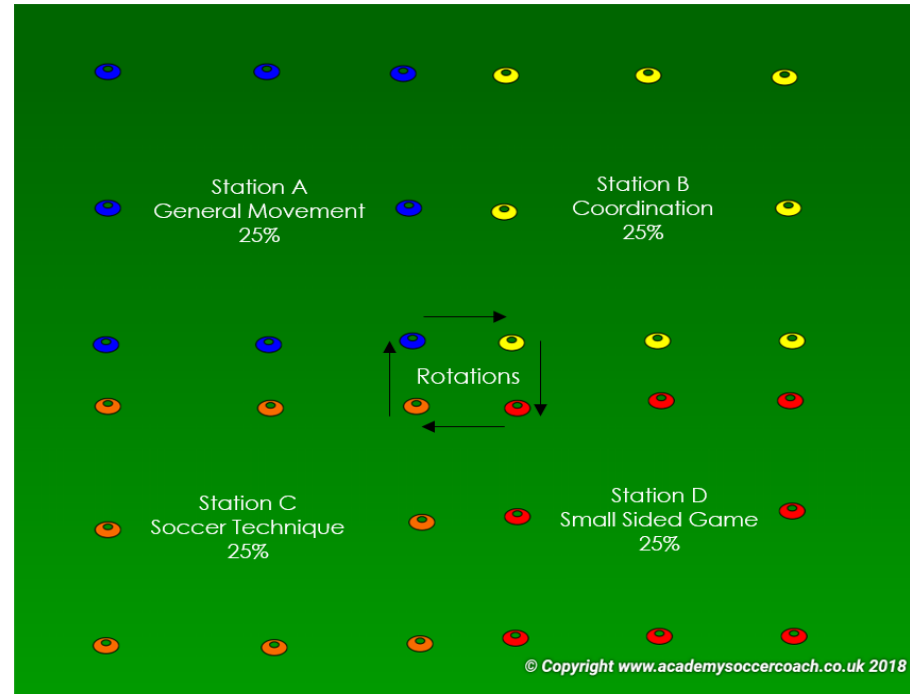
Topic: Ball Mastery - Dribbling
Grassroots Development U13-U17 Players



Soccer for Life

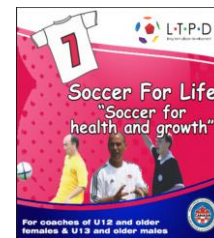
Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	

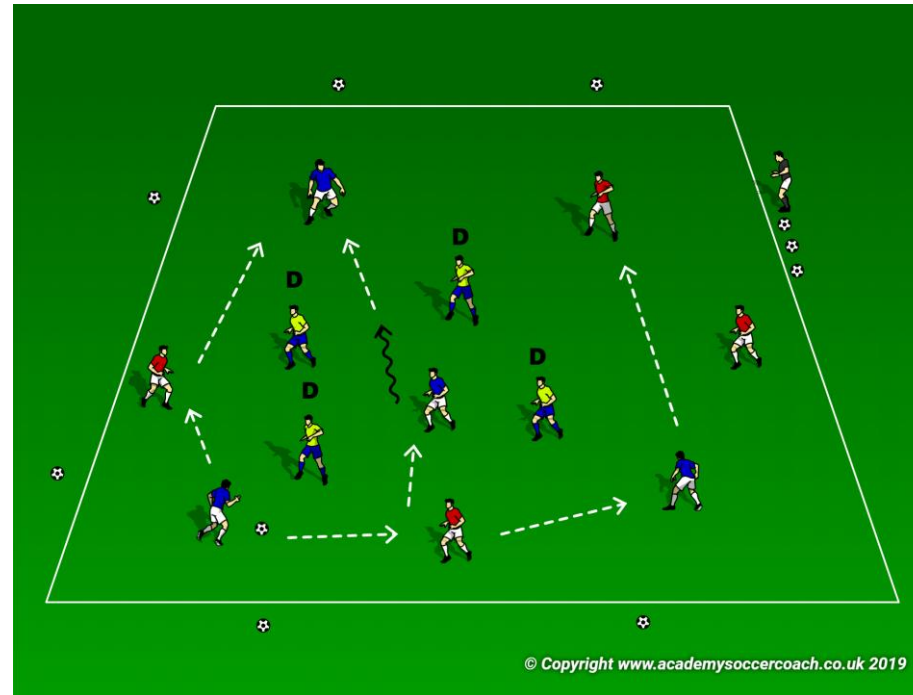
Individual: Players develop good training habits.
Collective: Players are challenged in a fun, engaging environment.



Soccer for Life

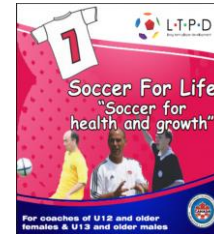
Warm-up-Rondo

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



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

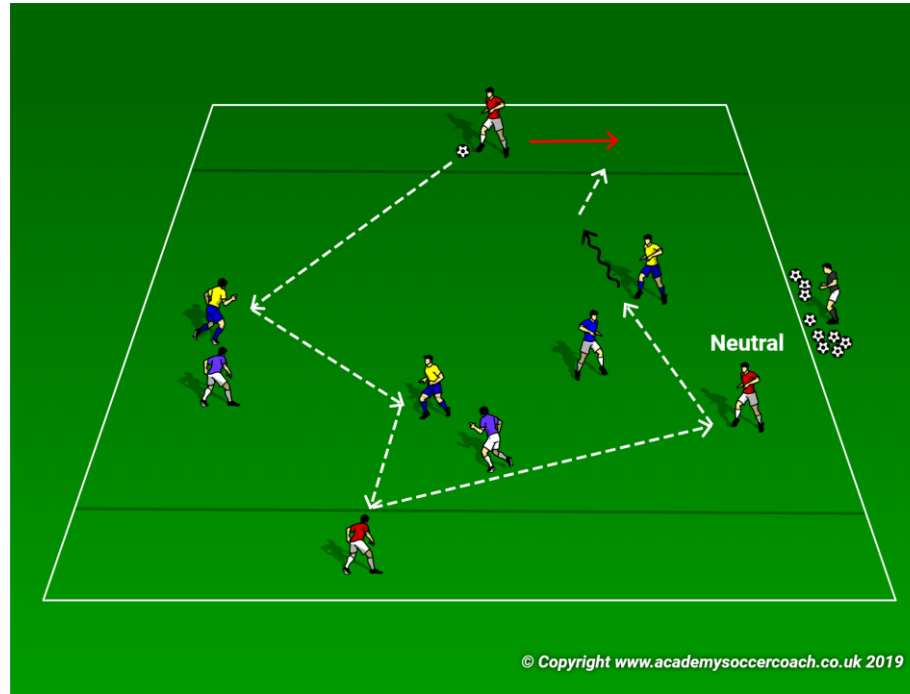
Focus
Players are confident on the ball



Soccer for Life

Soccer Game 3v3 to targets

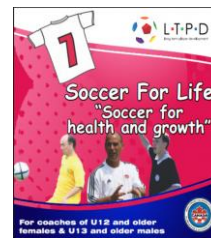
Station Time	Area
12-15 Minutes	20m x 25m
Organization	2 Targets – 1 in each end zone. 3 teams of 3 players. 1 team has 2 targets and 1 neutral players.
Procedure	Players play a possession game and to score a point they must pass to the target on either side. Once they pass to one target, they have to pass to the other target to score another point. Play 2 minute games and then switch the targets and neutral player.
Progression	1 neutral can play on the inside but with limited touches.
Focus	Encourage receiving the ball to go forward.



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

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

Collective:
Players are unpredictable in attack.



Soccer for Life

Skill Activity – King Louis

Station Time

12-15 Minutes

Area

25m x 35m

Organization

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

Procedure

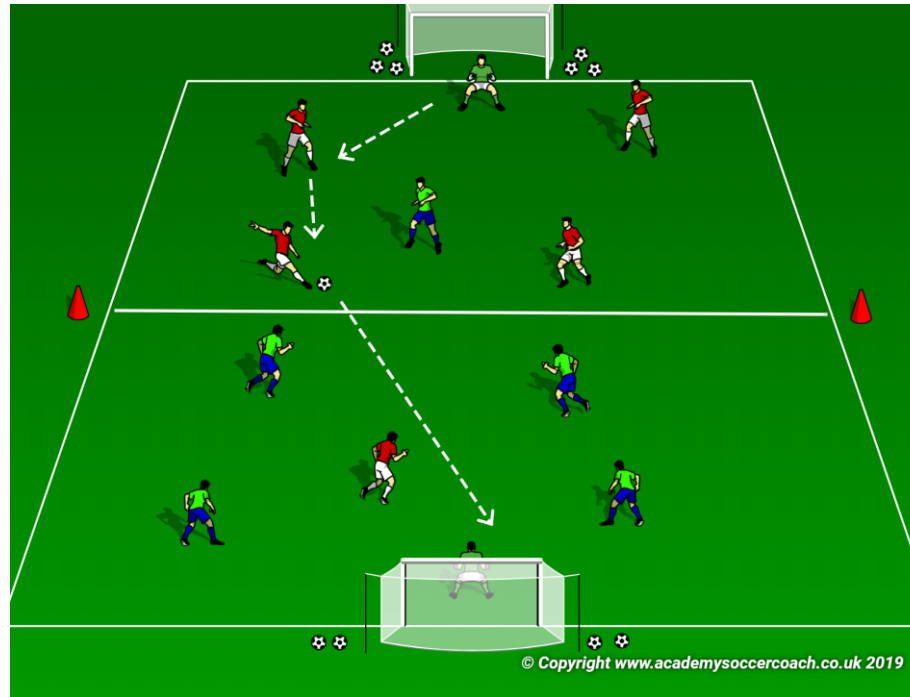
Ball starts from the goalkeeper and is passed to the outfield players. Every player must touch the ball before they can shoot, but the shot must be in their own half. Make sure everyone gets a chance to shoot. Add in a defender in the opponents half that can intercept the ball as well as receive a ball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

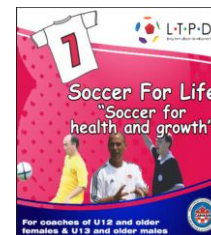
Outcome

Individual:

Players can receive the ball to face the defender

Collective:

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



Soccer for Life

Small Sided Game – Match Play

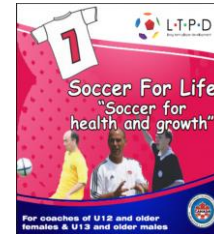
Station Time	Area
12-15 Minutes	45m x 35m
Organization	
2 teams of 6.	
Procedure	
Normal soccer game	
Progression	
N/A	
Focus	
Receiving the ball in spaces to attack forward.	



Objective

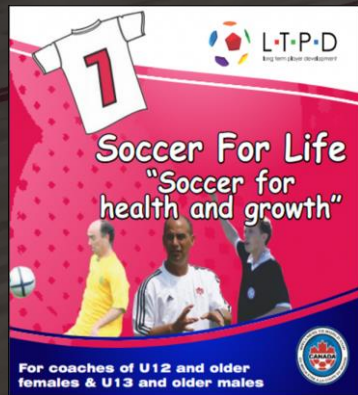
Fun and creativity.

Technical	Psychological
1v1 Attacking Passing Receiving Finishing Combination Play	Concentration Competitiveness Motivation Commitment Teamwork
Physical	Social
Stamina Speed Awareness Acceleration	Teamwork Communication Decision Making Discipline Patience
Outcome	
<p>Individual: Players receive open and facing forward.</p> <p>Collective: Players look to create numbers up situations all over the field.</p>	





Soccer for Life Practice Plan



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



Soccer for Life

Preferred Training Model

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

12-15 Minutes

Organization

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

Procedure

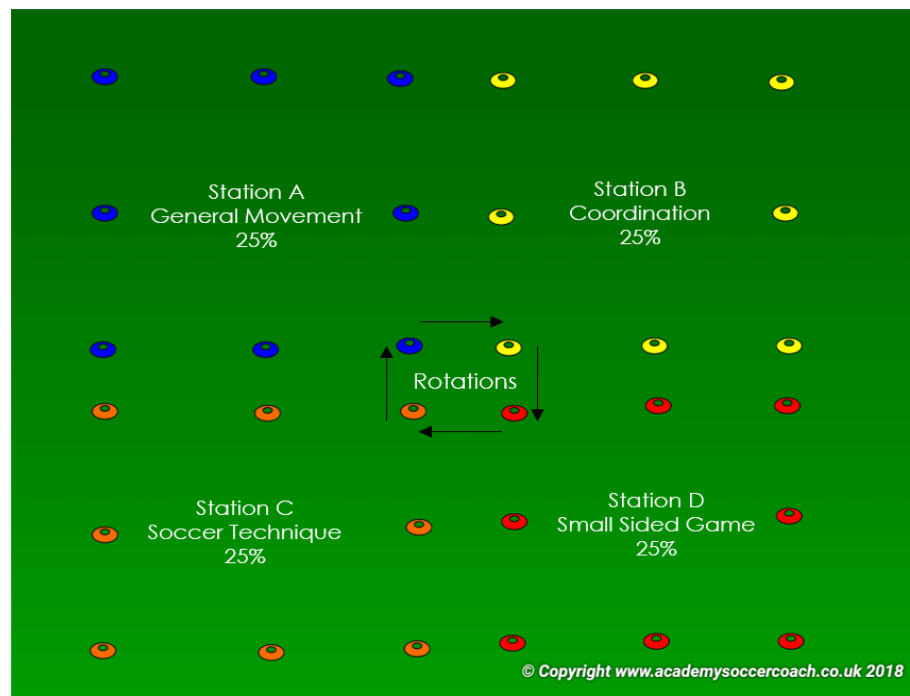
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.

Progression

Be prepared to progress an activity/game based on the level of the group.

Conditions

Be prepared to add a condition that challenges the group.



Objective

To provide a safe, challenging environment where players develop good training habits and a desire to want to train.

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

Refine Techniques

FUN

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

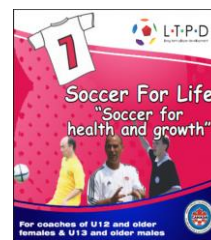
Physical Literacy

Decision Making

Outcome

Individual: Players develop good training habits.

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



Soccer for Life

General Movement – Snatch!

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

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

Organization

Players are partnered with each other and have 1 ball.

Procedure

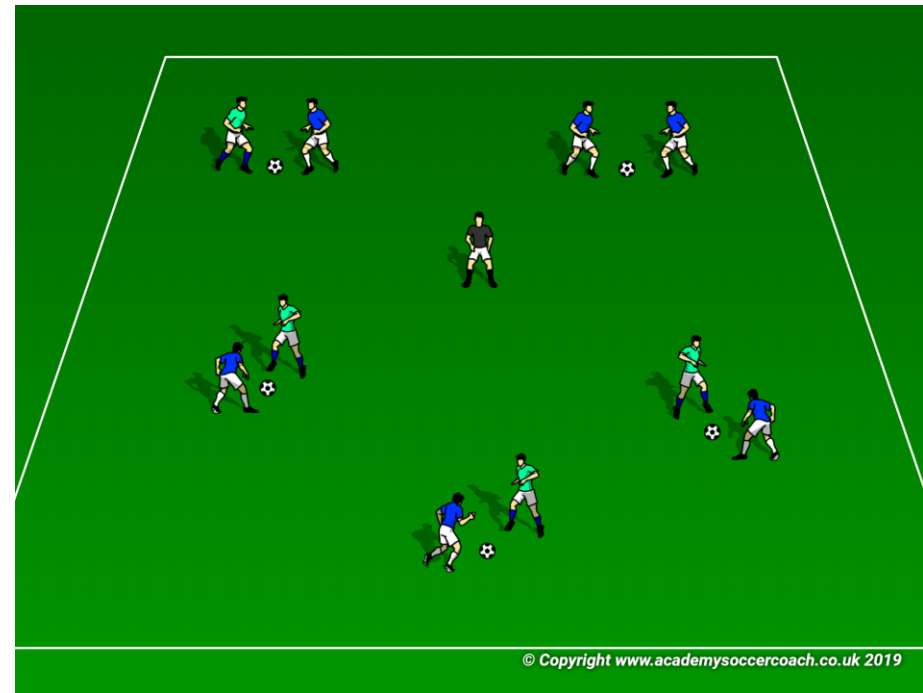
Players face each other with a ball between them. When the coach says a body part (head), then the players must touch that body part. Repeat with different body parts or actions (jump) and on the command "SNATCH" the players must try and grab the ball before their partner does.

Progression

N/A

Focus

N/A



Objective

All Players are active and engaged,

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

Fitness Coordination	Awareness Commitment Confidence Motivation
-------------------------	---

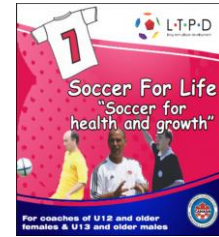
Physical	Social
----------	--------

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

Outcome

Individual:
Players are quick in 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

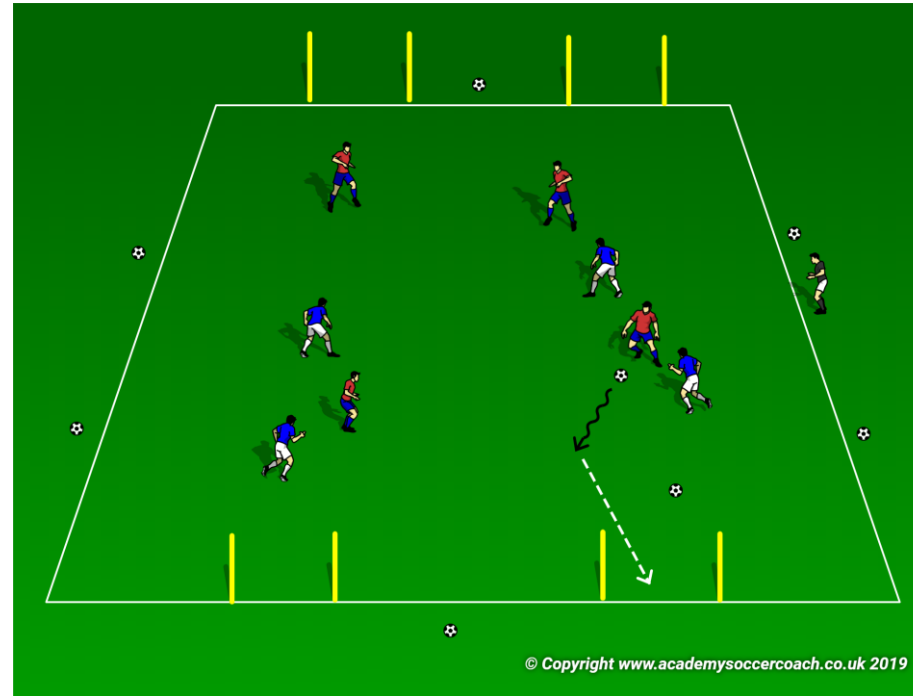
Play 4v4 without goalies.

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	Psychological
--------------------	---------------

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

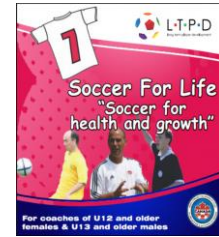
Physical	Social
----------	--------

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.



Soccer for Life

Soccer Coordination –1v1, 2v2 Games

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

12-15 Minutes	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	Psychological
--------------------	---------------

<ul style="list-style-type: none"> Creativity 1v1 Attacking Running with the Ball Dribbling 	<ul style="list-style-type: none"> Confidence Motivation Competitiveness
---	---

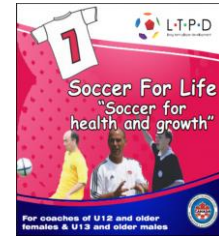
Physical	Social
----------	--------

<ul style="list-style-type: none"> ABC,s Change of Direction Acceleration 	<ul style="list-style-type: none"> Teamwork Communication Decision Making
--	--

Outcome

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

Collective:
Players are unpredictable in attack.



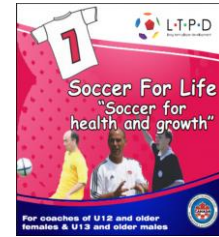
Soccer for Life

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	

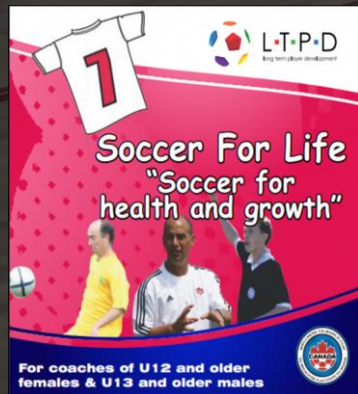


Objective	
Players show positive mentality, looking for opportunities to beat/take on opponents whenever possible.	
Technical/Tactical	Psychological
Creativity 1v1 Attacking Running with the Ball Counter Attack	Awareness Confidence Motivation Competitiveness
Physical	Social
ABC,s Change of Direction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





Soccer for Life Practice Plan



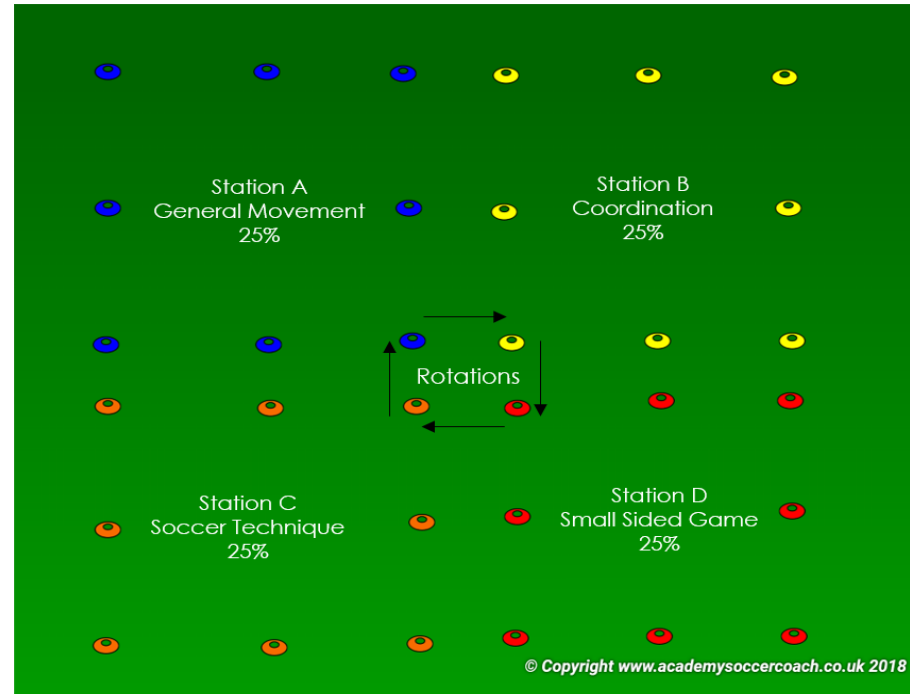
Topic: Ball Mastery - Receiving
Grassroots Development U13-U17 Players



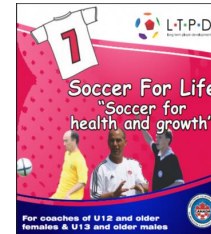
Soccer for Life

Preferred Training Model

Station Time	Area
12-15 Minutes	
Organization	
Organize players into groups of 6-8. Each station has a coach who leads that specific station for the session.	
Procedure	
Players rotate every 6-8 minutes with a water break integrated into each station rotation. Keep station rotation as quick as possible so players stay on task.	
Progression	
Be prepared to progress an activity/game based on the level of the group.	
Conditions	
Be prepared to add a condition that challenges the group.	



Objective	
To provide a safe, challenging environment where players develop good training habits and a desire to want to train.	
Technical	Psychological
Refine Techniques	FUN
Physical	Social
Physical Literacy	Decision Making
Outcome	
Individual: Players develop good training habits.	
Collective: Players are challenged in a fun, engaging environment.	



Soccer for Life

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

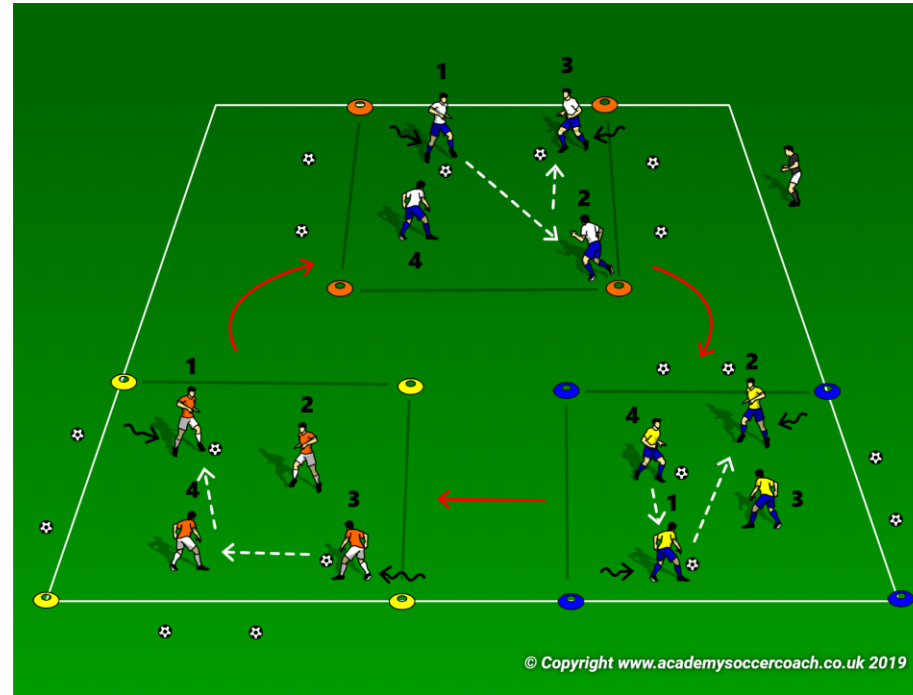
Each team has 1 ball. Players pass in sequential order (1-2, 2-3, 3-4, 4-1). After the pass, that player has to run to the nearest/farthest cone and rejoin in the passing. Add a second ball to each team for more difficulty and decision making.

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

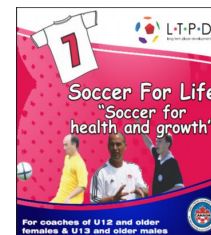
Outcome

Individual:

Players can change direction at speed.

Collective:

Players can identify open spaces.



Soccer for Life

Ball Mastery - Technical

Station Time **Area**

12-15 Minutes 25m x 25m, 10m x 10m

Organization

Teams of 5 players. Each team has 2 balls.

Procedure

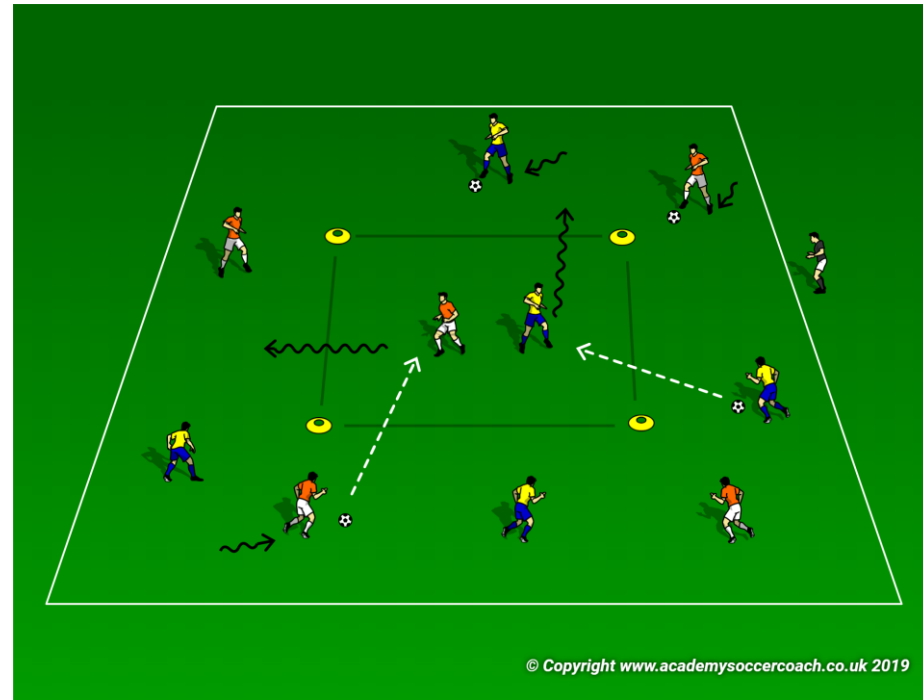
Players pass with their team and move in the area. Players run inside the small grid to receive the ball and look to dribble out another side.

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 **Psychological**

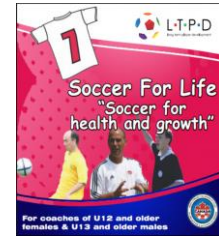
Creativity Dribbling Running with the Ball	Confidence Motivation Competitiveness
--	---

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.



Soccer for Life

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

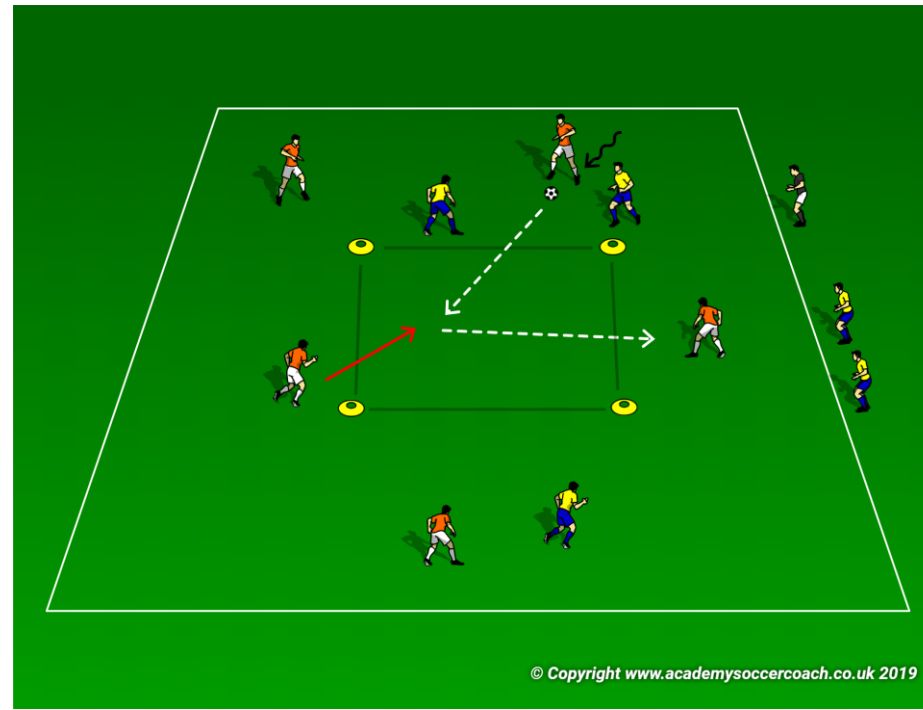
Possession game. Attackers score a point by playing to a teammate in the middle square and then dribbling or passing out to another teammate. Attackers can also score a point by making 5 consecutive passes. Once the attackers score a point, add in another defender.

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

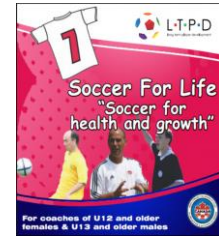
Physical	Social
----------	--------

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.



Soccer for Life

Small Sided Game – 4v4 Game

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

12-15 Minutes 30m x 40m

Organization

3 teams of 4 players.

Procedure

2 teams are playing. Third team are on the outside of the area and act as neutral players for both teams. Play 5 minute games, then switch teams.

Progression

Make it competitive, team that scores stays in another round.

Focus

First touch is towards space and to the goal, they want to score to.



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.

