



LEARN TO TRAIN

Pre-Designed Practice Session Plans



Overview

The Practice Session Plans in this package are provided to give you an idea on how to go about introducing basic soccer activities to the players you get to coach.

There are six practice sessions plans provided covering:

1. 1v1 Duels without Possession of the Ball
2. 1v1 Duels with Possession of the Ball
3. Denying Space to Regain Possession
4. Exploiting Space to Maintain Possession
5. Preventing Scoring Chances
6. Creating Scoring Chances

We'd encourage you to use the various games and activities to guide your application of the concepts shared in the Online Course(s). You will get an opportunity to try out some of these practice sessions during the on-field practical workshop that follow your online training.



1V1 DUELS WITHOUT POSSESSION OF THE BALL

Learn to Train



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that encourages players to regain possession in 1v1 situations.
- **Secondary:** Players will also be required to use searching skills to recognize and deny spaces and gaps.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The defender in a 1v1 situation.
- **What** is our objective? To deny progression of the ball and regain possession.
- **Where** on the field? 1v1 situations will occur everywhere on the field. Consider where on the field and the nature of urgency. **Example:** Are players in a position where they can score?

- **When** should a player attempt to win the ball in a duel? Identify a bad touch, players facing the wrong way and receiving a bad pass.
- **Why** will this help? To better understand moments to effectively win the ball and avoid getting off balance.
- **How** can you be successful? Reduce the space when you can, reduce options to exploit, anticipate and be alert, attempt to put yourself between the ball and the player when opportunity allows.
- **Consider:** Awareness (perceive), identify the problem (conceive), identify potential options (decide), how can you remove options (deny), carry out action (execute) & assess whether it was successful (reflect)



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: 1V1 WARM UP

- A fun activity that encourages players to react & change direction in a 1v1 situation
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART TWO: 3V3 TO END ZONES

- This fun game allows players to explore a representative environment that has direction, teams and creates 1v1 situations.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART THREE: 2V2 TO GOAL

- This activity encourages players to defend in a 2v2 scenario.
- Players will also be encouraged to explore the difference of defending near a goal.

PART FOUR: 7V7 OR 9V9

- This game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: DEFEND

- This is a fun activity encouraging players to develop 1v1 attacking and defensive skills.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

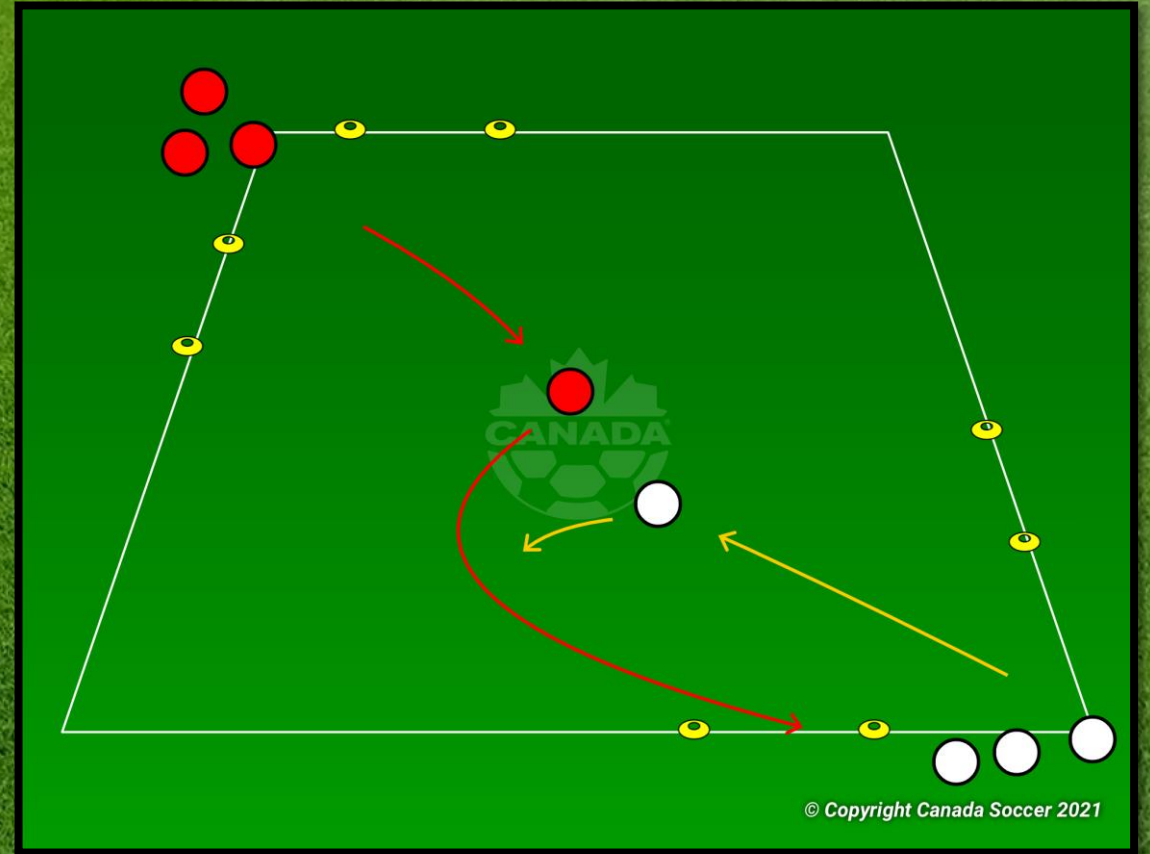
- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

CONSTRAINTS/CONDITIONS

- Consider using & exploring 'Constraints' or 'Conditions' to assist the players in making the session easier or more challenging. In the session examples, we will continue to use the language '**MAKE IT EASIER**' & '**MAKE IT HARDER**'
- You can also use 'Constraints' & 'Conditions' to invite players to solve specific problems with a repetition of actions or solutions. **EXAMPLE:** If you want players to dribble you can reward points to the opposition if they regain the ball intercepting a pass. This as a result does not over constrain the players choice but does create a risk vs reward scenario for the players to explore.
- **COACH CONSIDER:** Avoid telling players they 'cannot' perform a specific action or solution. All options should be made available with rewards or risk associated to it.

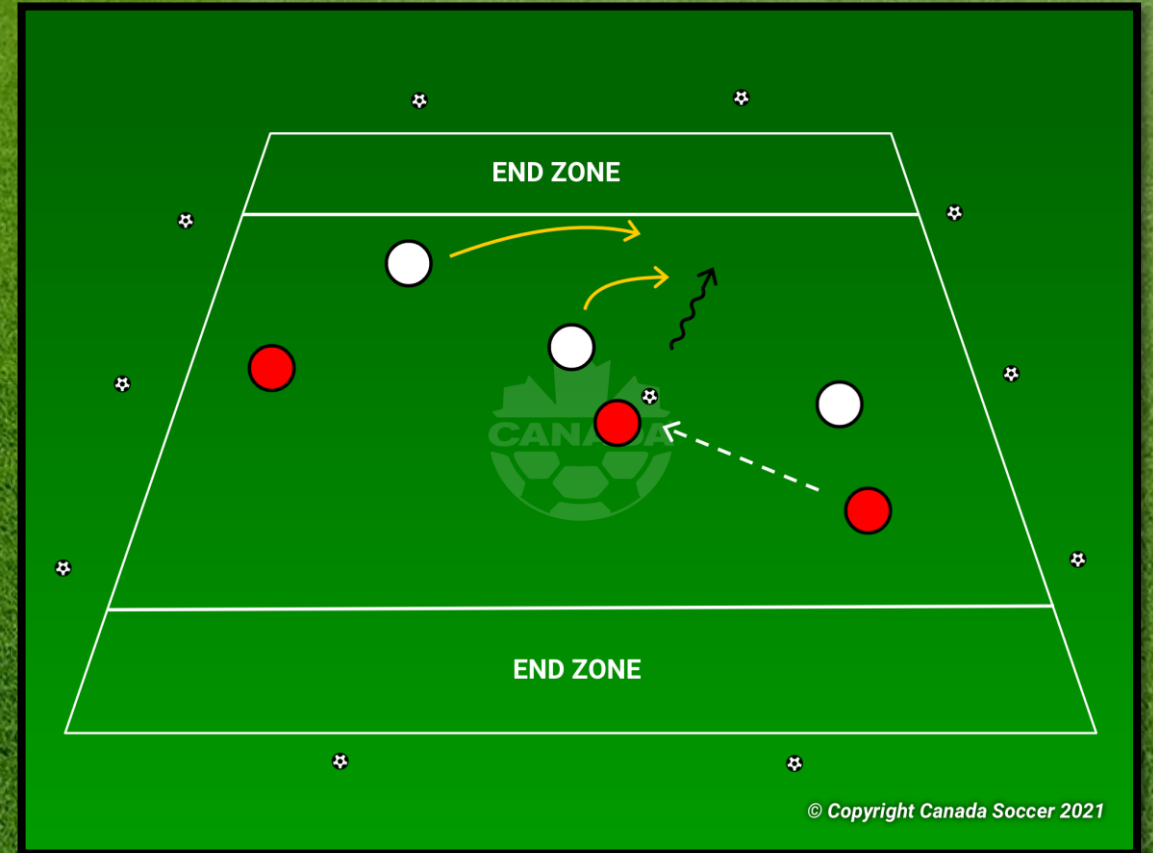
OBJECTIVE

- **RECOMMENDATION:** 10X10 with eight players
- Red (attacker) attempts to run to either gate without being tagged by White (defender)
- **COACH CONSIDER:** Adding two additional groups in the same space if players are waiting for long periods of time.
- **MAKE IT EASIER:** Make the space smaller.
- **MAKE IT HARDER:** Make the space bigger **OR** Add a ball.



OBJECTIVE

- **RECOMMENDATION:** 25X25+5 end zone with eight players in two teams.
- 3v3 directional game to end zones. Players score a point by dribbling into the end zone.
- If a player passes to a teammate and it is intercepted by the opponents, the defending team gains a point. This will encourage players to search and explore dribbling opportunities creating 1v1 situations but does not restrict the decision of a pass when it is available.
- **MAKE IT EASIER:** Pair players up with someone on the opposition who they can only defend.



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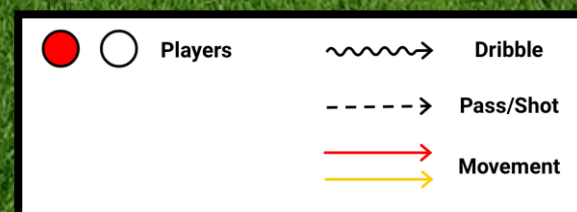
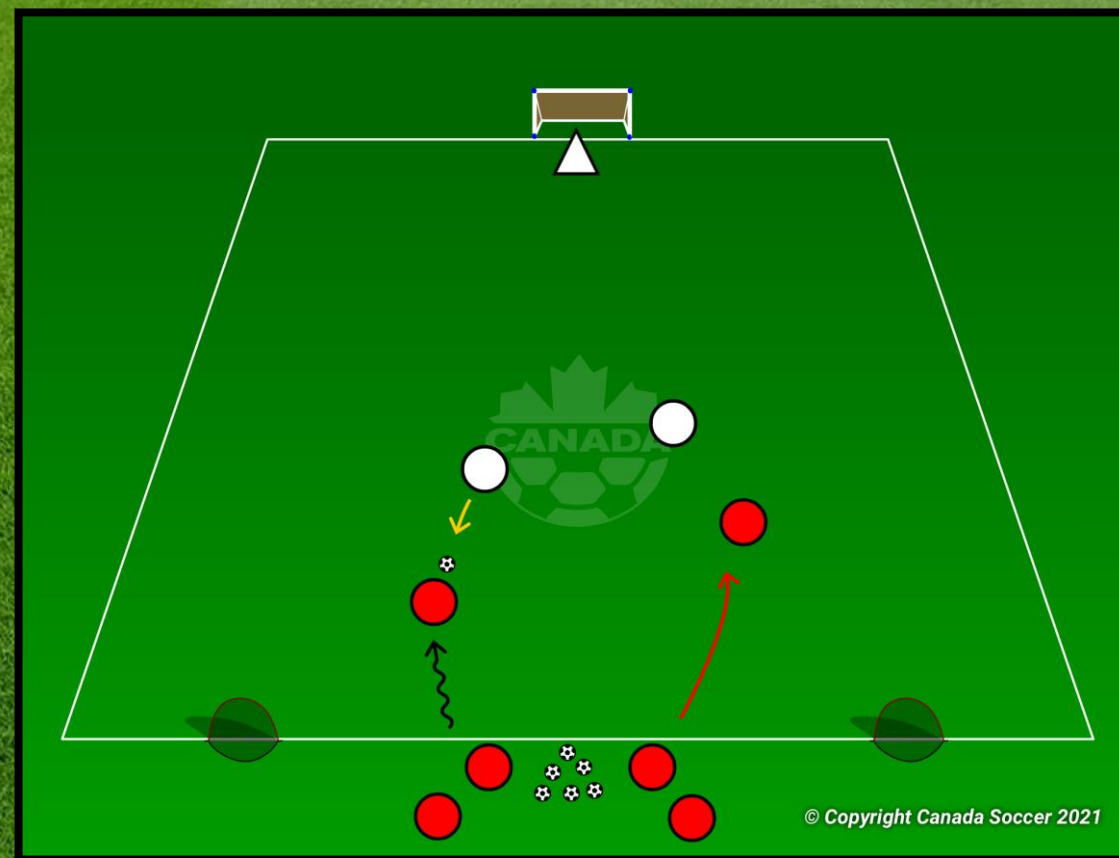




2V2 TO GOAL

OBJECTIVE

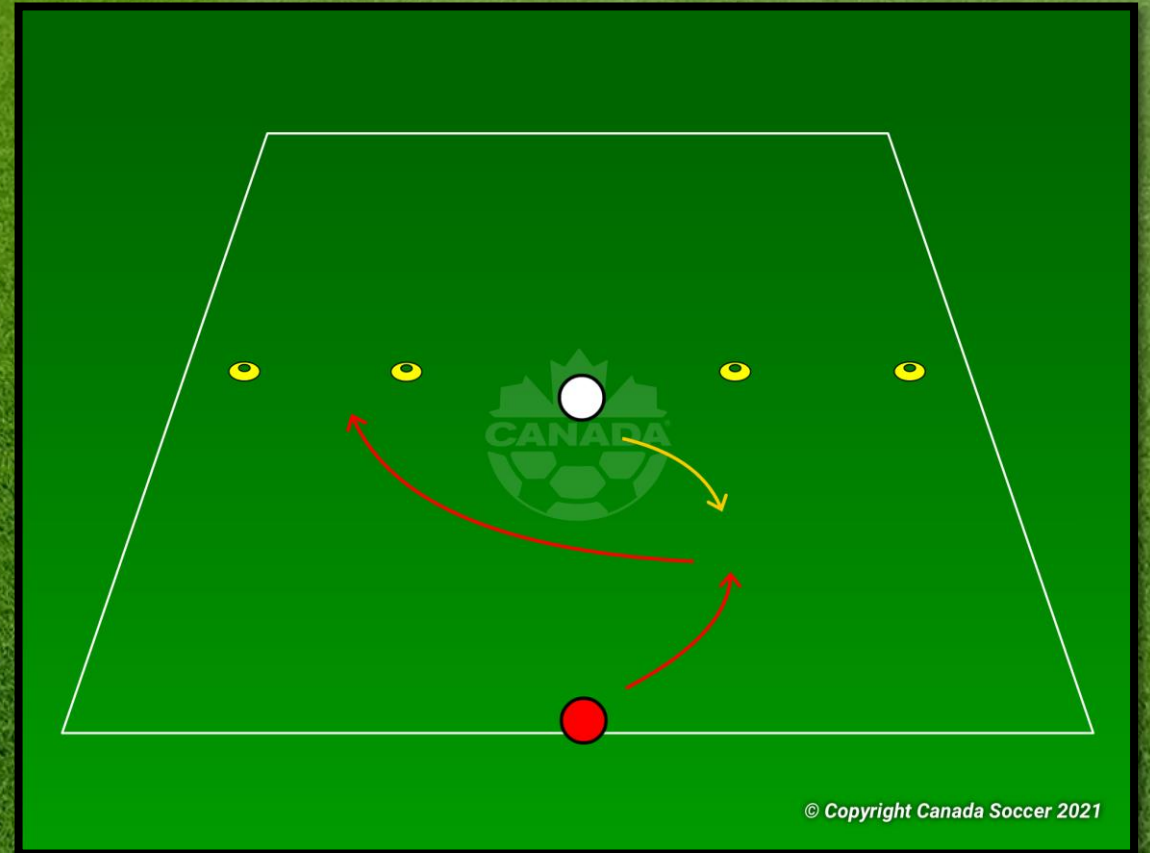
- **RECOMMENDATION:** 20x12 for 9-10 players.
- 2v2 directional wave activity with two attackers (Red) attempt to score against the two defenders (White) and goalkeeper.
- Once the ball is secured by the defenders or goalkeeper, or the ball goes out of play, the next pair of attackers drive in. The original attackers return to the starting position to wait for their next turn.
- Two designated defenders work for a set period of time.
- **COACH CONSIDER:** The coach should be involved to motivate the defenders, as the practice is both mentally and physically draining.
- **COACH CONSIDER:** Introducing scoring systems: points for clean sheets or successful defending attempts, for example.



CHALLENGES FOR HOME: DEFEND

OBJECTIVE

- Setup a space and create two gates.
- One player attempts to tag the other player who can run in either gate.
- **MAKE IT HARDER:** Add a ball for the attacker.





1V1 DUELS WITH POSSESSION OF THE BALL

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Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that presents moments to explore how to attack and beat an opponent 1v1.
- **Secondary:** Players will also be required to use searching skills to locate available gaps & space.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The attacker in a 1v1 situation.
- **What** is our objective? To explore movement and actions with the ball to beat an opponent.
- **Where** on the field? 1v1 situations will occur everywhere on the field. Consider discussing risk vs reward with reference to where on the field. **Example:** If players lose the ball can the other team score?
- **When** should a player attack 1v1? When a player identifies spaces or gaps to exploit.
- **Why** will this help? If a player can beat an opponent or exploit gaps and space, they can get their opponent off balance.
- **How** can you be successful? Explore a variety of surfaces of the foot to move the ball, bending the knees to easily change direction and change pace where necessary, explore deception actions such as dropping the shoulder, step overs etc.
- **Consider:** Awareness (perceive), identify the problem (conceive), identify the best solution (decide), how can you get your opponent off balance (deceive), carry out action (execute) & assess whether it was successful (reflect)



Physical Literacy Toolbox

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personal success



↑ Educational success

↑ Cognitive skills

↑ Mental health

↑ Psychological wellness

↑ Social skills

↑ Healthy lifestyle habits

↑ Physical health

↑ Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: DRIBBLE TAG

- A fun activity that encourages players to escape being tagged with and without the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: END ZONES

- This game allows players to explore a representative game that has direction, teams and encourages dribbling to score points.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: 1V1 1V2 WAVE

- This activity encourages players to play forward quickly in 1v1 situations.
- An activity that allows players to explore moving with their ball.

PART FOUR: 7V7 OR 9V9

- This game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: 1V1 GATE

- This is a fun activity encouraging players to develop 1v1 skills.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
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CONSTRAINTS/CONDITIONS

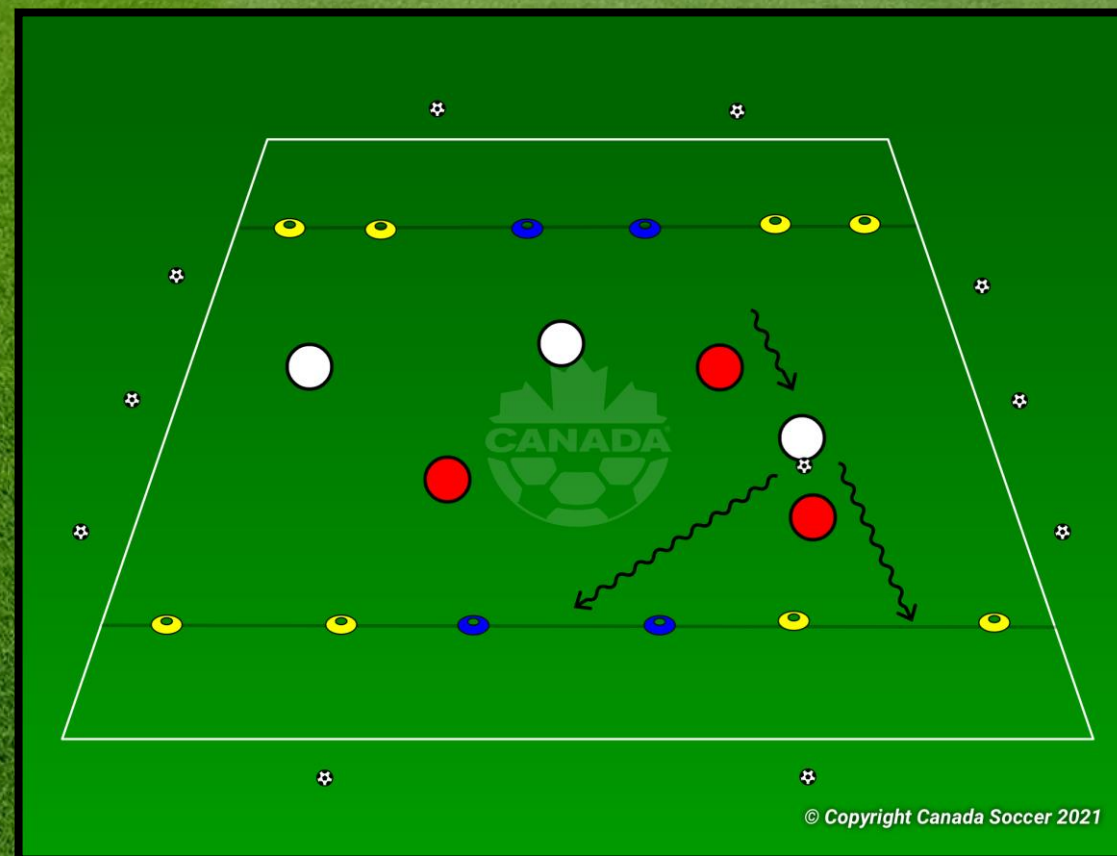
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- **COACH CONSIDER:** Avoid telling players they 'cannot' perform a specific action or solution. All options should be made available with rewards or risk associated to it.



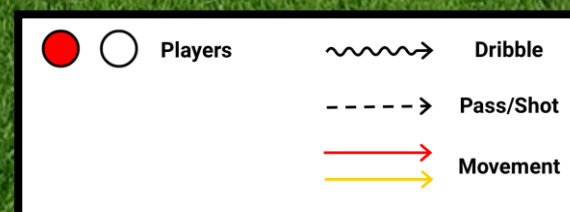
END ZONE + GATES

OBJECTIVE

- **RECOMMENDATION:** 20x15+5 end zones for six players.
- 3v3 directional game with each team dribbles into the end zone to score a point.
- **COACH CONSIDER:** Increase space to give players more time and space.
- **MAKE IT HARDER:** Add gates and reward points to attack centrally or in wide areas.
- **COACH CONSIDER:** Understand why you would add the gate constraint/condition. **EXAMPLE:** Do you want them to attack in wide areas?



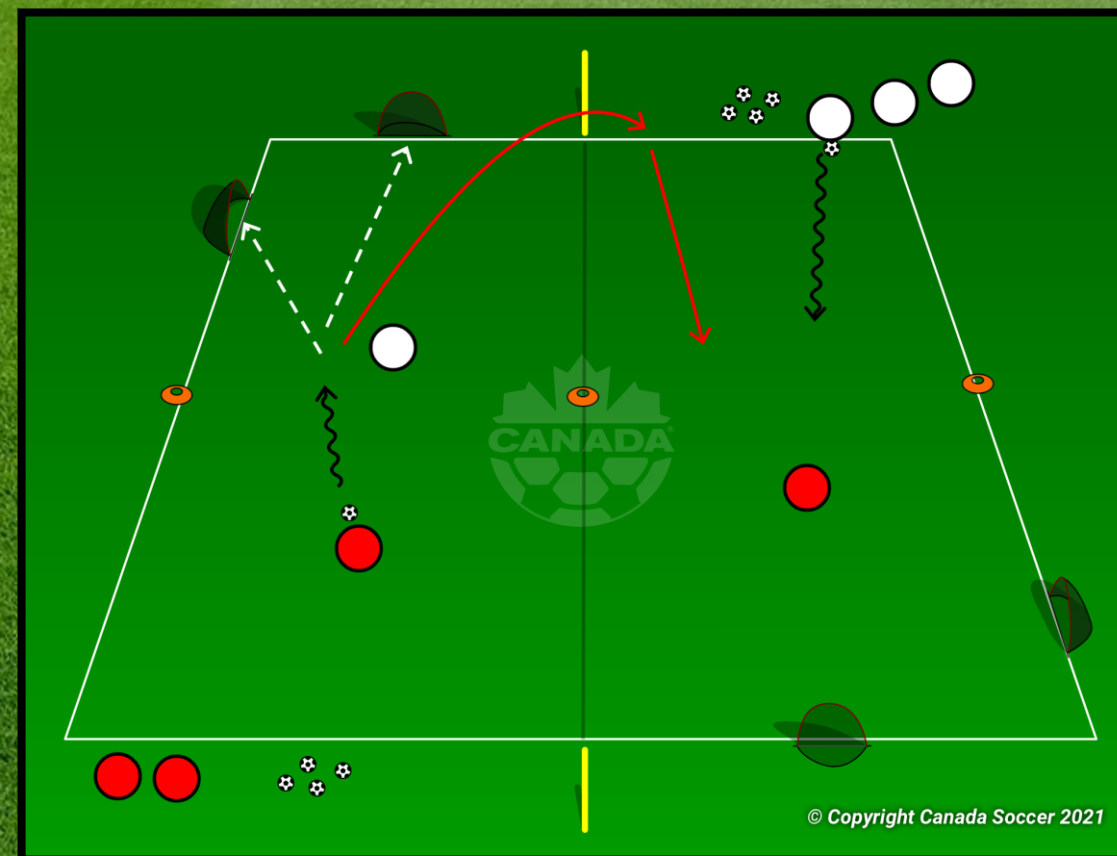
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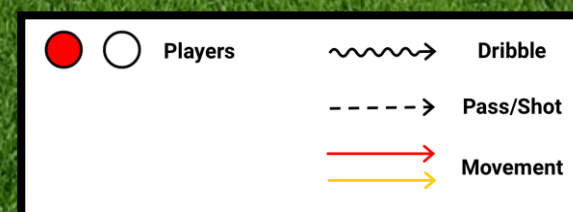
WAVE PRACTICE 1V1 TO 1V2

OBJECTIVE

- **RECOMMENDATION:** 12X6 x 2 with eight players in two teams.
- Multidirectional wave game in which a group of players is split into two teams and a series of 1v1 situations progress into 1v2.
- One player from each team attacks 1v1 to begin the practice. They aim to enter the opposition area (orange cones), beat the defender and score in either of the mini-goals.
- If the defender is successful in regaining the ball, they simply look to dribble out of their area and into the opposition half of the pitch.
- When the ball is dead, either after the attacker takes a shot or the defender wins possession, the attacker runs around the pole behind the mini-goals to join a teammate and defend in the opposite half of the playing area.
- Every attacker should become a recovering defender to create a 1v2 situation, and once that ball is out of play, they become the individual defender. The previous individual defender comes out of the practice and awaits their turn to attack in the opposite channel.
- **COACH CONSIDER:** Demonstrate the rotations and be patient allowing players necessary time to understand the activity.

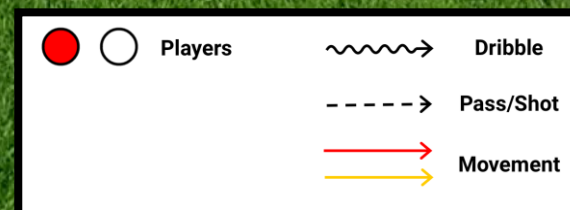
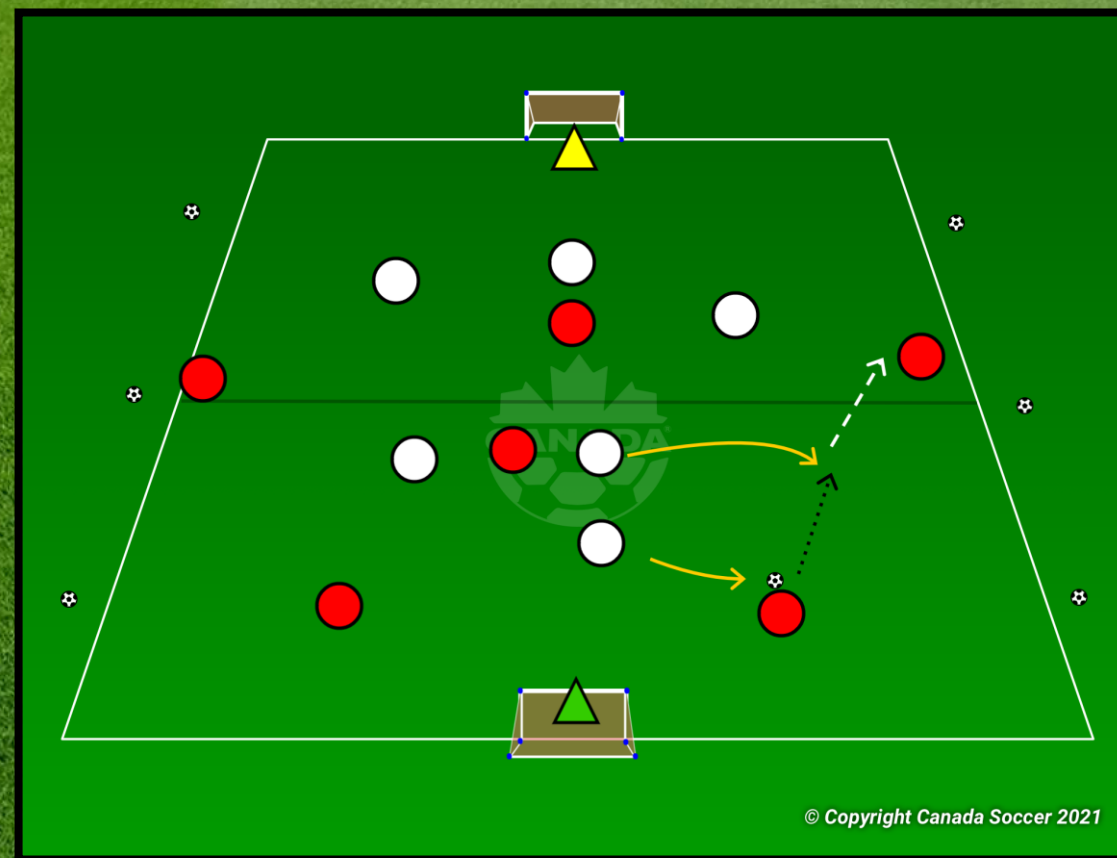


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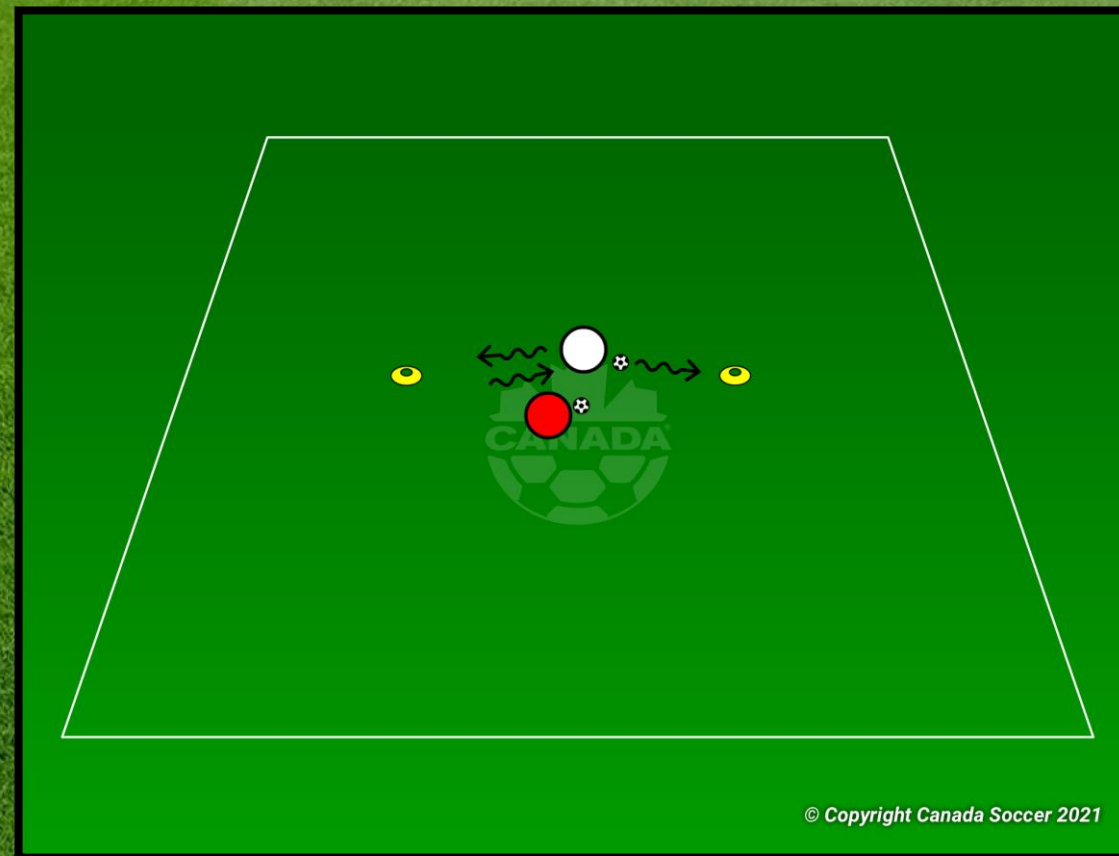
OBJECTIVE

- **REQUIREMENT:** 60X40 with fourteen players in two teams OR 80X50 with eighteen players in two teams.
- Directional game with each team scoring on their opponents' goal.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest ball or the coach can serve into the playing area.
- **COACH CONSIDER:** Continue to encourage the importance and value of establishing team shape.
EXAMPLE: Red (1-2-3-1) & White (1-3-2-1) as illustrated on the diagram.

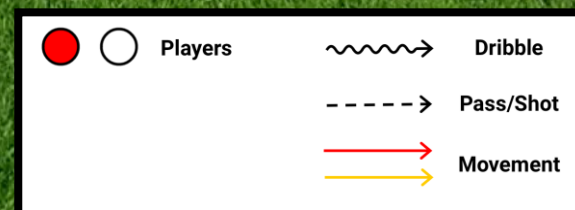


OBJECTIVE

- Setup a space and create a gate.
- Players face each other between in the gate. Encourage the player to dribble the ball to either gate before their opponent can get there.
- **COACH CONSIDER:** If players do not have a sibling or friend, practice by having a parent call a combination of cones. Example: left cone, middle, left cone, middle, right cone.
- **MAKE IT EASIER:** Start with no ball play the same game with escape movements.



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DENYING SPACE TO REGAIN POSSESSION

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Key Questions

SESSION OBJECTIVES

- **Primary:** To explore how to regain possession by denying space and time on the ball.
- **Secondary:** Players will also be required to use searching skills to recognize and deny spaces and gaps.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The player(s) around the ball.
- **What** is our objective? To explore denying space to regain possession of the ball.
- **Where** in the environment should you reduce space to regain possession? Everywhere but consider which space is dangerous to concede. **Example:** Space around the goal we are defending.
- **When** should a player reduce the space? As the ball travels, on a bad touch, head down & facing the wrong way.
- **Why** will this help? By denying & reducing space the opposition will have less time and options when in possession.
- **How** can you be successful? Mentality to reduce the space and regain the ball, search to recognize dangerous spaces & anticipate where the opponents might play next.
- **Consider:** Awareness (perceive), identify the problem (conceive), identify potential options (decide), how can you remove options (deny), carry out action (execute) & assess whether it was successful (reflect)



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



Educational success

Cognitive skills

Mental health

Psychological wellness

Social skills

Healthy lifestyle habits

Physical health

Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: 2V2 ARRIVAL GAME

- A fun arrival game that allows players to explore a representative game that has direction & teams.

PART TWO: TARGET GAME

- This game allows players to explore a representative game that has direction, teams and encourages players to explore how to deny forward possession.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART THREE: DENY PROGRESSION

- This activity challenges the players' ability to limit attacking options and defend space both in front and behind.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART FOUR: 7V7 OR 9V9

- This fun game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: COLORS

- This is a fun activity encouraging players to deny and reduce space.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

CONSTRAINTS/CONDITIONS

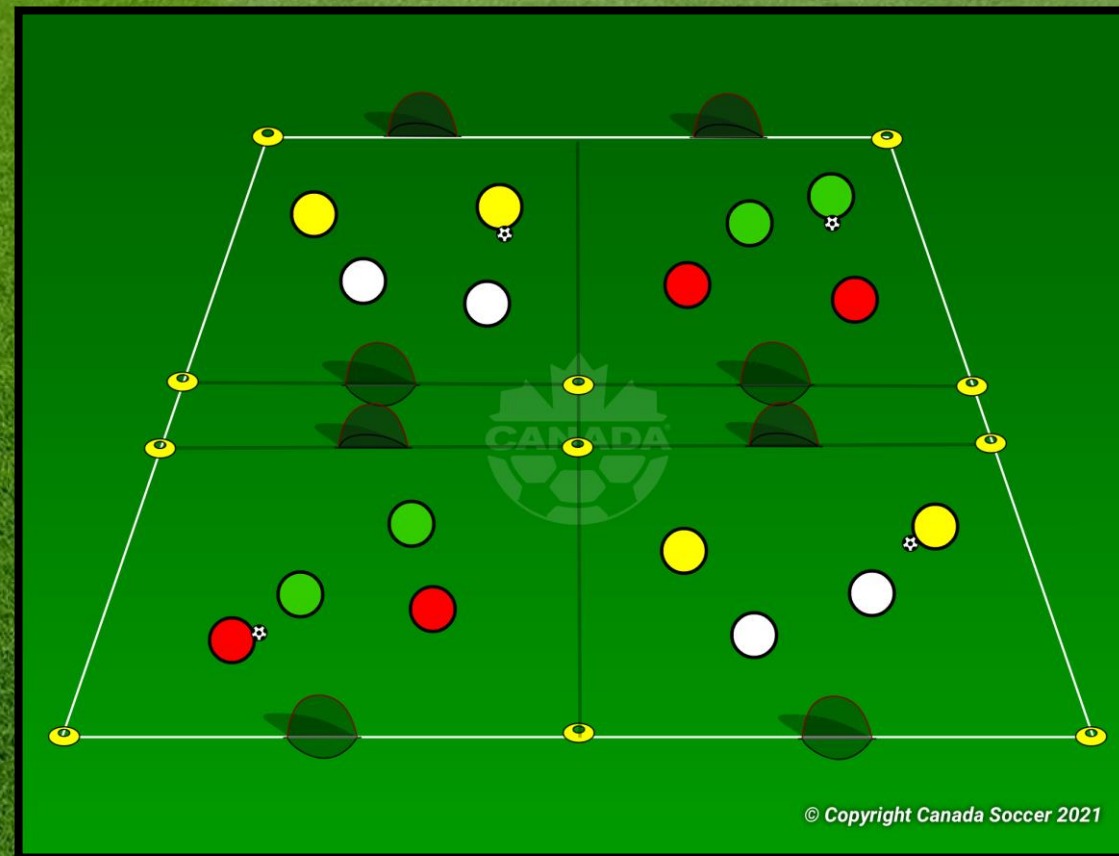
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- You can also use 'Constraints' & 'Conditions' to invite players to solve specific problems with a repetition of actions or solutions. **EXAMPLE:** If you want players to dribble you can reward points to the opposition if they regain the ball intercepting a pass. This as a result does not over constrain the players choice but does create a risk vs reward scenario for the players to explore.
- **COACH CONSIDER:** Avoid telling players they 'cannot' perform a specific action or solution. All options should be made available with rewards or risk associated to it.



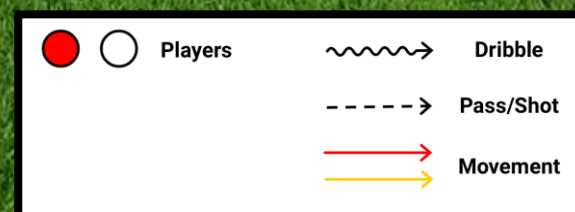
2V2 ARRIVAL GAME

OBJECTIVE

- **RECOMMENDATION:** 15X10 with 4 players in two teams.
- Players play 2v2 games. 5 games in total and each game last 4 minutes. After each game the the team that wins gets promoted and the team that loses get relegated into the lower division. The aim is to be in the highest league in the last game.
- **COACH CONSIDER:** How you make the teams. Do you allow them to do it and play with friends? Or do you try balance it?
- **MAKE IT HARDER:** If the ball leaves the playing area, the last person to touch it must recover it whilst the game continues in a 1v2.

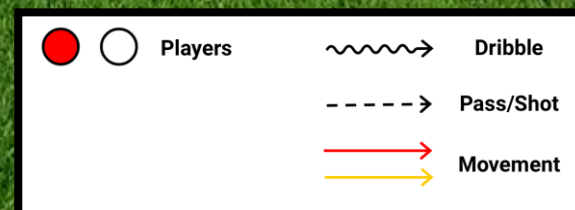
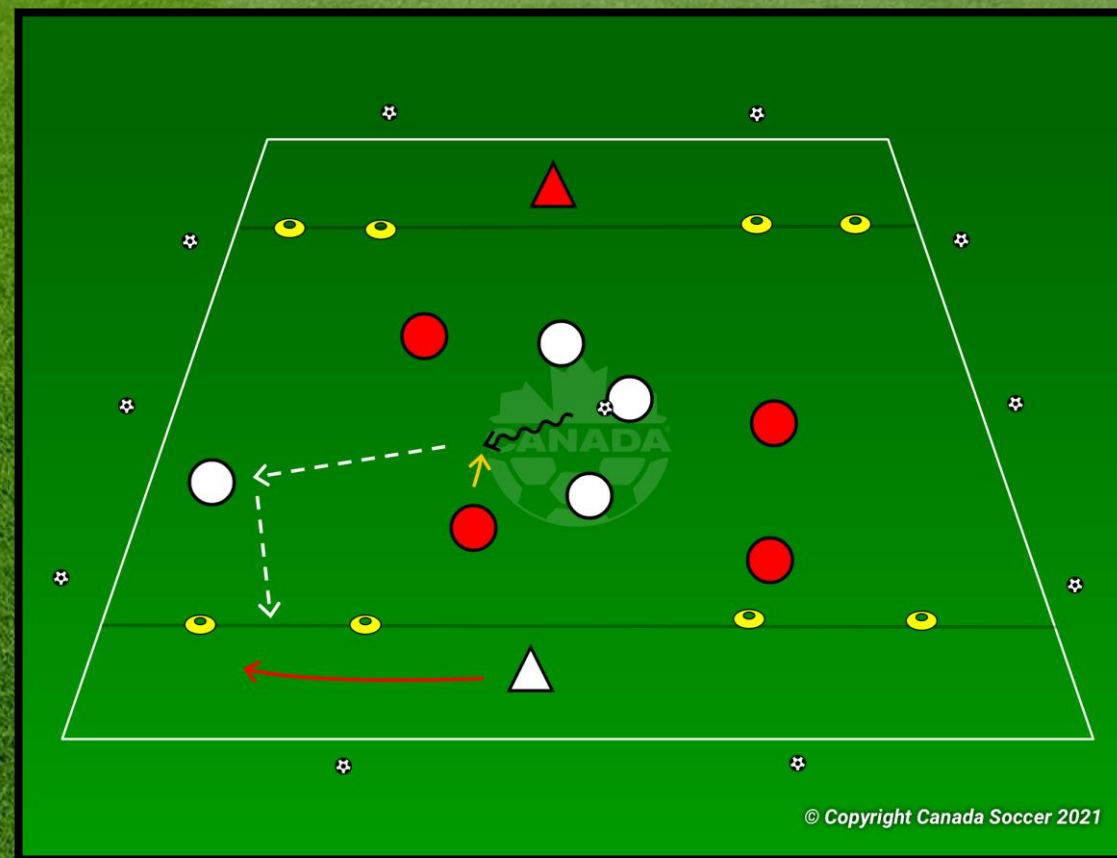


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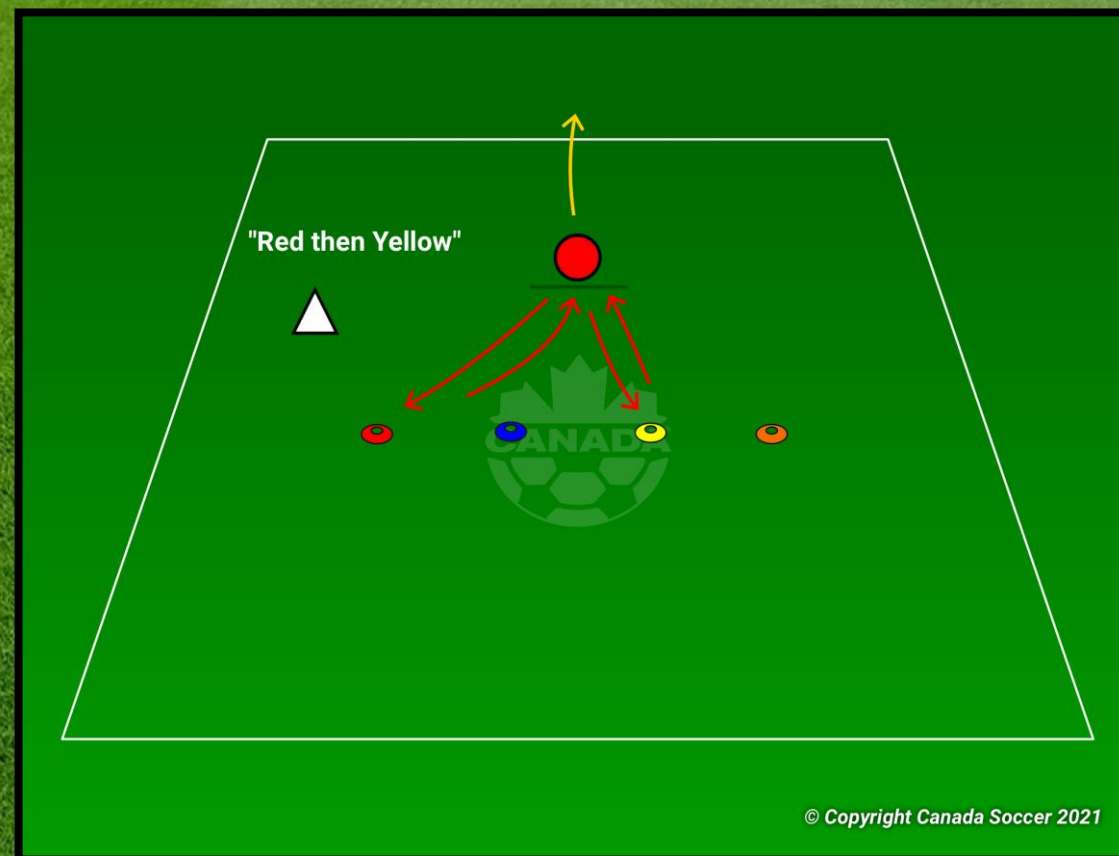
OBJECTIVE

- **RECOMMENDATION:** 20X20+5 end zones with six players in two teams and two targets
- 4v4+2 directional game with each team scoring by successfully passing through a gate into the target.
- **COACH CONSIDER:** If opposition are defending the gates, allow attackers to play into the target anywhere for one point and three points for the gates.
- **MAKE IT HARDER:** Make the space bigger **OR** If players can regain possession within so many completed passes, they are awarded a bonus point.



OBJECTIVE

- Setup four cones different colors
- Parent shouts a color or combination of colors where the player closes the space and gets in a defensive stance before returning.
- **COACH CONSIDER:** If no parent or sibling to support, decide on a combination of colors and complete exercise alone.
- **MAKE IT HARDER:** Add a recovery run after returning to the start point simulating a ball in behind (as illustrated with orange arrow).



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		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



EXPLOITING SPACE TO MAINTAIN POSSESSION

Learn to Train



Key Questions

SESSION OBJECTIVES

- **Primary:** To explore how to maintain possession moving the ball where players have space and time.
- **Secondary:** Players will also be required to use searching skills to locate available gaps & space.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The player in possession of the ball.
- **What** is our objective? To explore maintaining possession and exploiting gaps and space.
- **Where** in the environment should you search for space to maintain possession? Everywhere but consider where space is reduced. **Example:** Near opponent's goals.
- **When** should a player search for space and pass the ball? The environment will continue to change, players should identify when they are running out of space and move the ball to bigger spaces where players have more time.
- **Why** will this help? By searching effectively, players will be able to find space and time or identify other players who are afforded it.
- **How** can you be successful? Heads up, eyes up & search the environment, keep body open to play, surface of pass, weight of pass & movement to receive.
- **Consider:** Awareness (perceive), identify the problem (conceive), identify the best solution (decide), how can you get your opponent off balance (deceive), carry out action (execute) & assess whether it was successful (reflect)



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- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: COMBINATION WARM UP

- A activity that encourages players to escape being tagged with and without the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: 3V3 WITH THREE GOALS

- This game allows players to explore a representative game that has direction, teams and encourages dribbling to score points.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: BUILD OUT LEVELS

- This activity encourages players to play forward quickly in 1v1 situations.
- An activity that allows players to explore moving with their ball.

PART FOUR: 7V7 OR 9V9

- This game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: WALL PASS

- This is a fun activity encouraging players to develop 1v1 skills.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
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PLAYERS

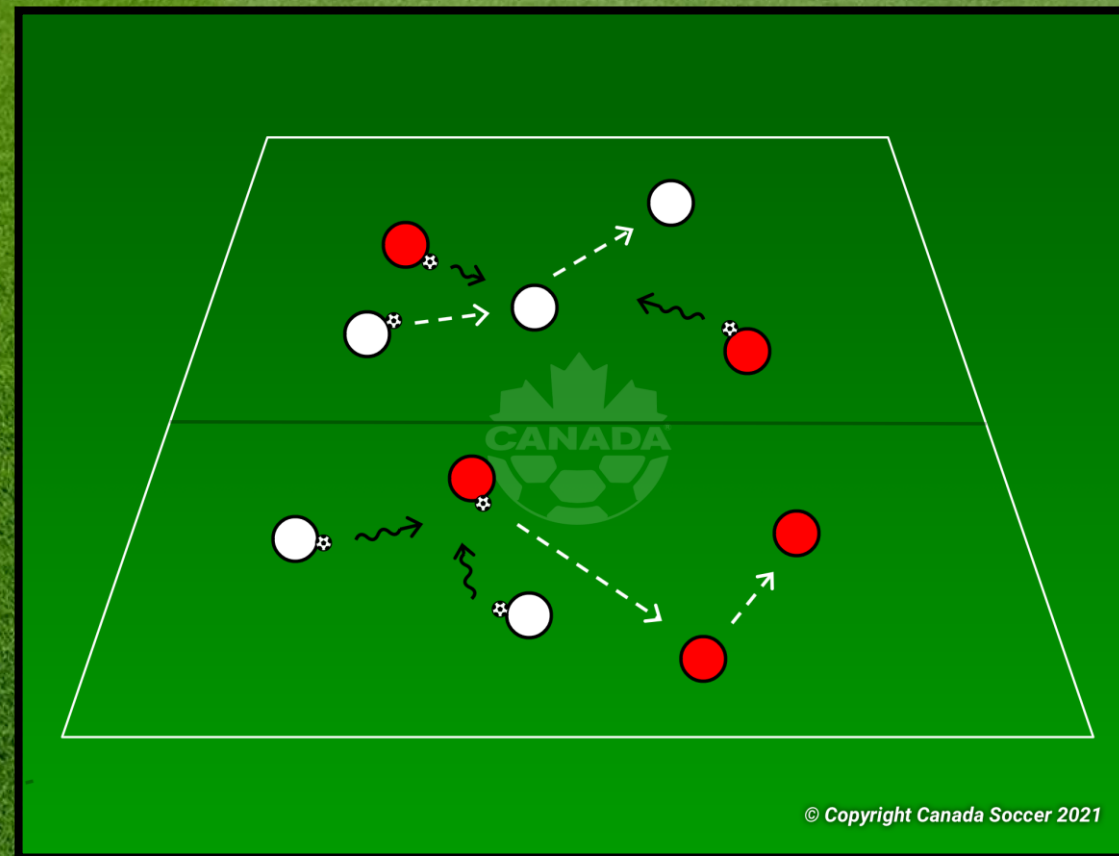
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CONSTRAINTS/CONDITIONS

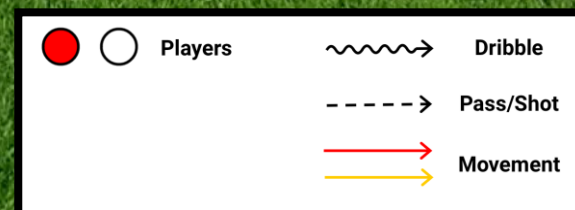
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- **COACH CONSIDER:** Avoid telling players they 'cannot' perform a specific action or solution. All options should be made available with rewards or risk associated to it.

OBJECTIVE

- **RECOMMENDATION:** 25X20 with 10 players.
- Each side of the field there are three attackers attempting to combine and keep possession of the ball.
- Two defenders have a ball each and attempt to tag attacking player in possession of the ball. If defenders tag an attacker, the attacking team lose 1 of 3 "lives"
- Once all lives are lost, they swap roles.
- **COACH CONSIDER:** Start with out a ball and play tag considering different movements (**REVIEW PHYSICAL LITERACY TOOLBOX**).
- **MAKE IT EASIER:** Make the space bigger.
- **MAKE IT HARDER:** Reduce the size of the playing area OR allow defenders to not have balls.

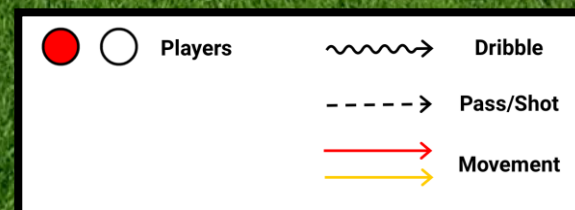
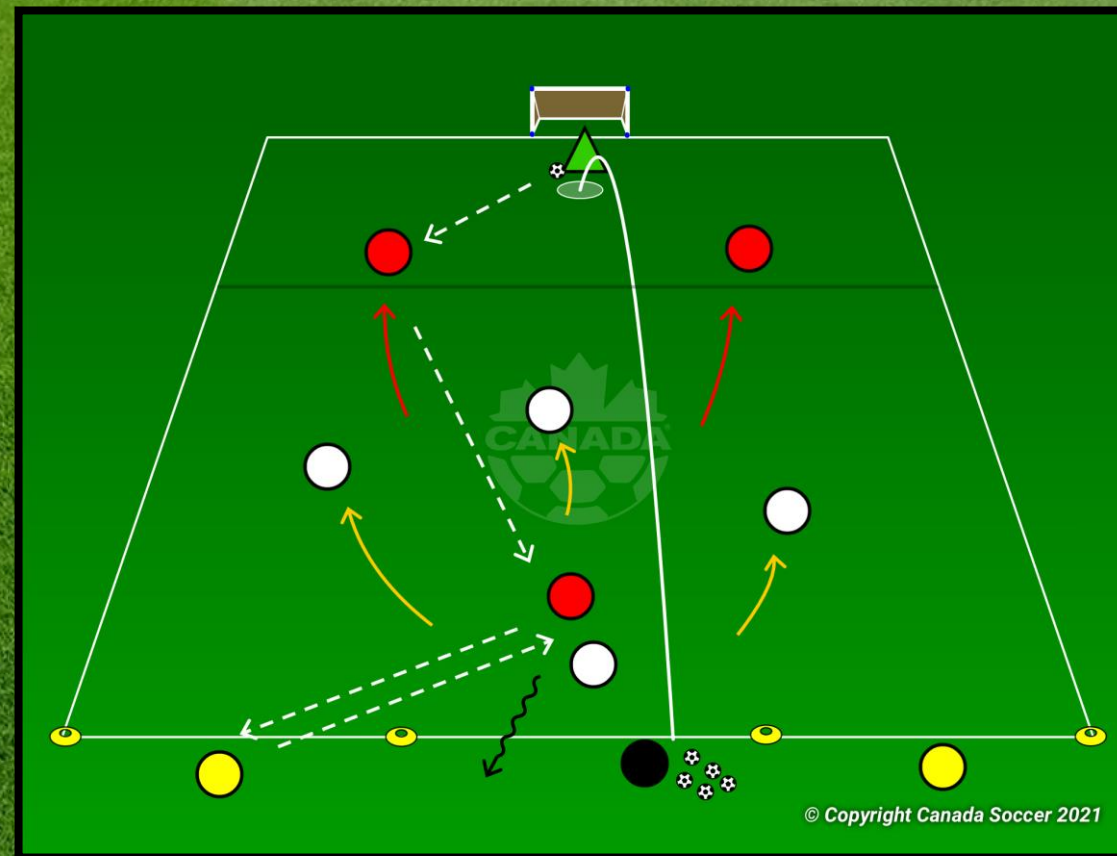


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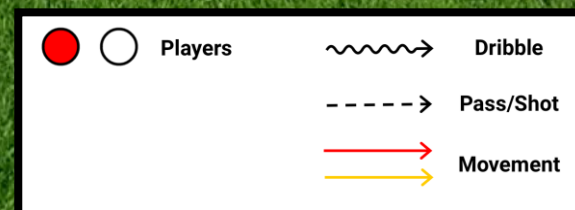
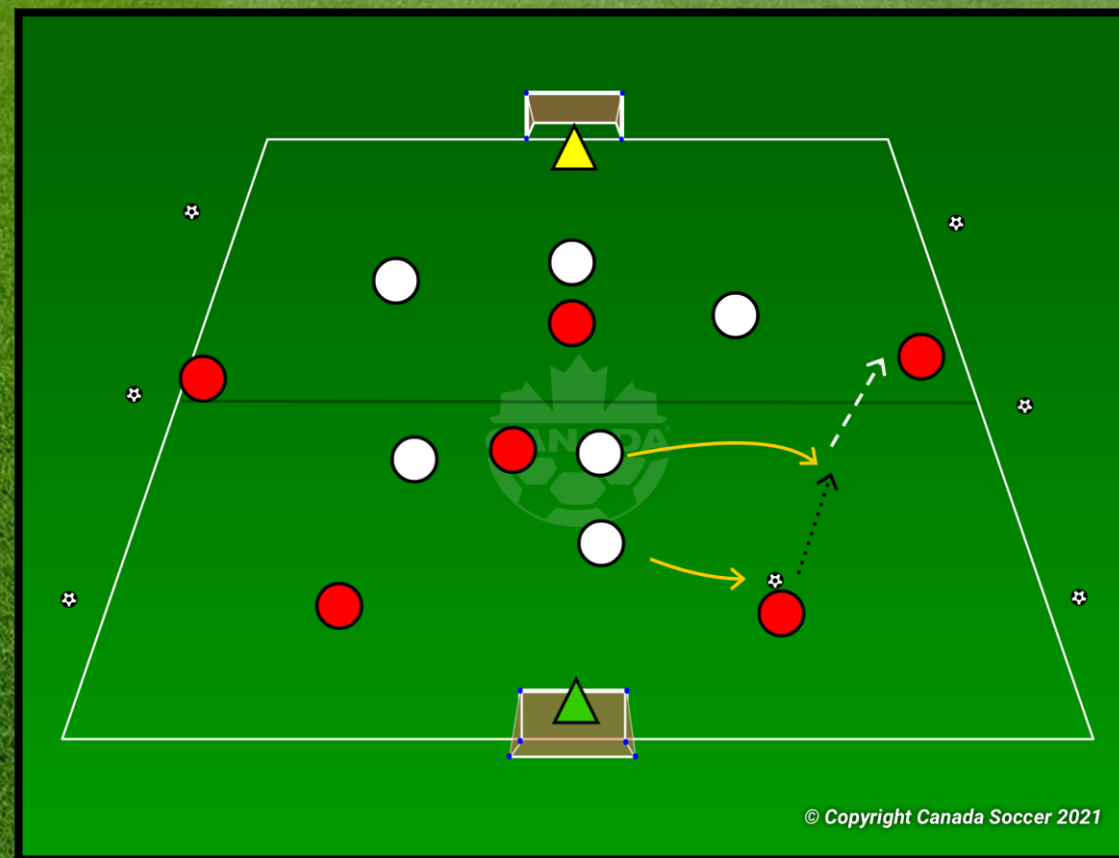
OBJECTIVE

- **RECOMMENDATION:** 25X25 with eight players in two teams and two target players.
- 4v4+2 directional activity where Red (attackers) receive a ball into the goalkeeper from the coach and build out successfully passing into Yellow (neutral) who passes it back to any Red before dribbling over the line for a point.
- If White (defenders) regain possession, they score on the big goal.
- Rotate roles on attempts or a set duration.
- **COACH CONSIDER:** Using a retreat line to provide more time and space.
- **MAKE IT EASIER:** Make the space bigger.
- **MAKE IT HARDER:** A video game approach where if Red are successful three times before losing three "lives" by conceding on the big goal, they go to the next level. This can be adding more defenders, reducing the space or reduce their "lives"



OBJECTIVE

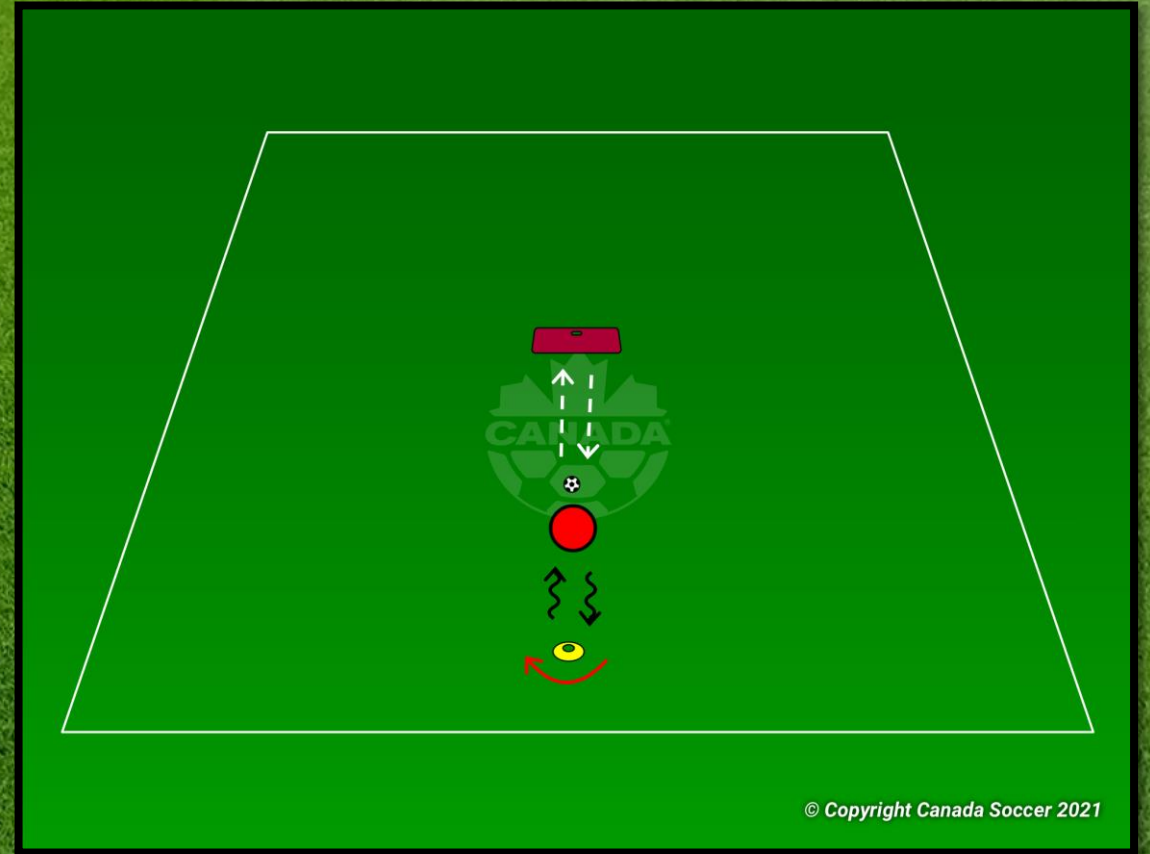
- **REQUIREMENT:** 60X40 with fourteen players in two teams OR 80X50 with eighteen players in two teams.
- Directional game with each team scoring on their opponents' goal.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest ball or the coach can serve into the playing area.
- **COACH CONSIDER:** Continue to encourage the importance and value of establishing team shape.
EXAMPLE: Red (1-2-3-1) & White (1-3-2-1) as illustrated on the diagram.



CHALLENGES FOR HOME: WALL PASS

OBJECTIVE

- Find a hard surface like a wall.
- Player faces the wall and passes the ball and controls with one touch and repeats.
- **MAKE IT HARDER:** Add a cone or object behind you and complete ten before turning and dribbling the ball and repeating.





PREVENTING SCORING CHANCES

Learn to Train



Key Questions

SESSION OBJECTIVES

- **Primary:** To explore how to deny space and gaps to prevent opponents to score.
- **Secondary:** Players will also be required to use searching skills to recognize and deny spaces and gaps.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The player(s) around the ball.
- **What** is our objective? To explore how to deny scoring opportunities.
- **Where** will this occur? In close proximity to goal.
- **When** should should players deny all space for their opponents? In and around the box/goal. **Example:** Players should not allow any space around their goal eliminating scoring opportunities.
- **Why** will this help? To make it difficult for opponents to have time and space to score.
- **How** can you be successful? Mentality to reduce the space and stop all opportunities to score, search to recognize dangerous spaces & force away from goal, watch the ball, move your feet with the attackers, use closest leg to the ball to block.
- **Consider:** Awareness (perceive), identify the problem (conceive), identify potential options (decide), how can you remove options (deny), carry out action (execute) & assess whether it was successful (reflect)



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: 1V1 DEFEND THE GOAL

- A fun activity that encourages challenges defenders to limit attacking options and scoring opportunities against opponents breaking towards goal.
- Players will also be required to explore 1v1 defending actions.

PART TWO: POOL TABLE

- This game allows players to explore a representative environment that has direction, teams and exposes the defending players to overload situations.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART THREE: BREAKOUT

- This activity challenges players to approach the ball quickly while managing space and limiting attacking options behind them.
- Players will also be required to explore 1v1 defending actions.

PART FOUR: 7V7 OR 9V9

- This game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: CLEAN SHEET

- This is a fun activity encouraging players to prevent chances to score in an unopposed goal.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players – Example: Target player vs a target goal

CONSTRAINTS/CONDITIONS

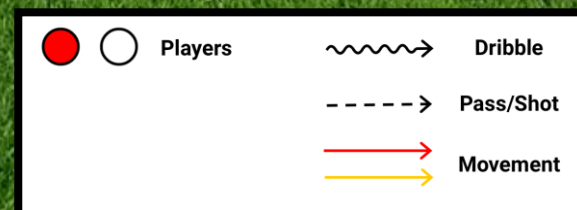
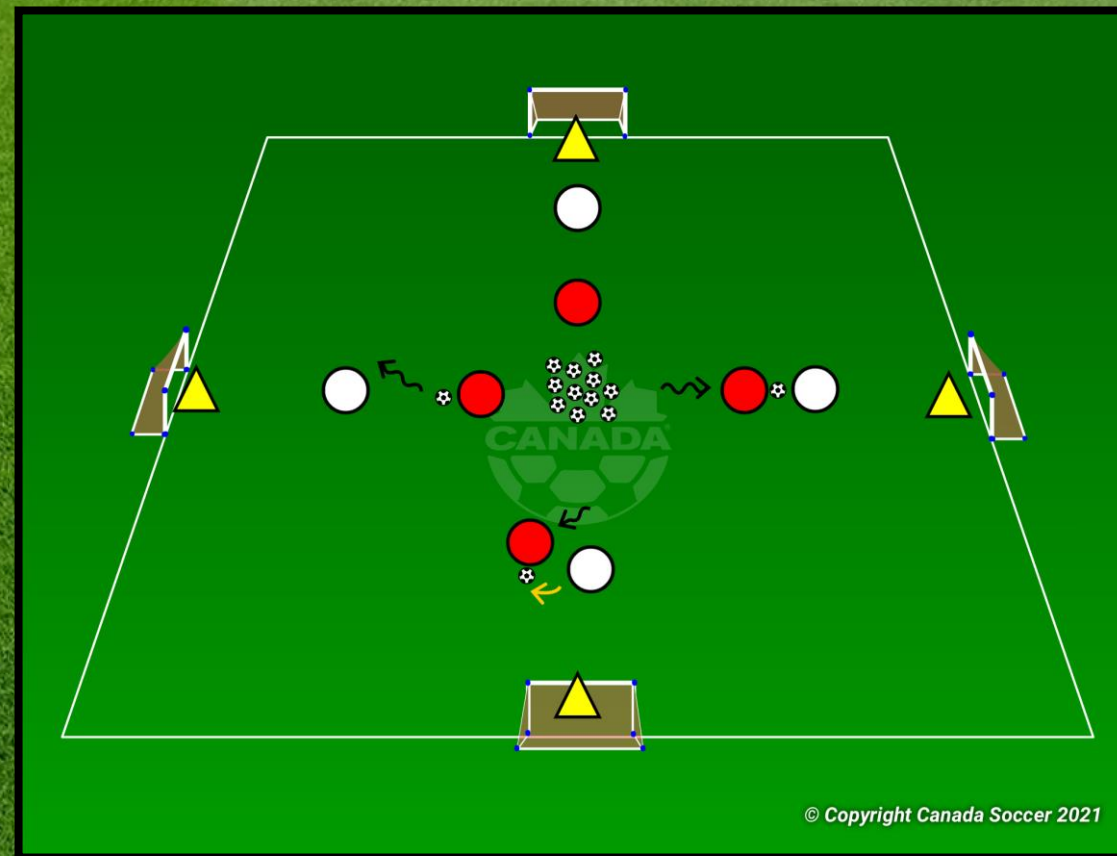
- Consider using & exploring 'Constraints' or 'Conditions' to assist the players in making the session easier or more challenging. In the session examples, we will continue to use the language '**MAKE IT EASIER**' & '**MAKE IT HARDER**'
- You can also use 'Constraints' & 'Conditions' to invite players to solve specific problems with a repetition of actions or solutions. **EXAMPLE:** If you want players to dribble you can reward points to the opposition if they regain the ball intercepting a pass. This as a result does not over constrain the players choice but does create a risk vs reward scenario for the players to explore.
- **COACH CONSIDER:** Avoid telling players they 'cannot' perform a specific action or solution. All options should be made available with rewards or risk associated to it.



1V1 DEFEND THE GOAL

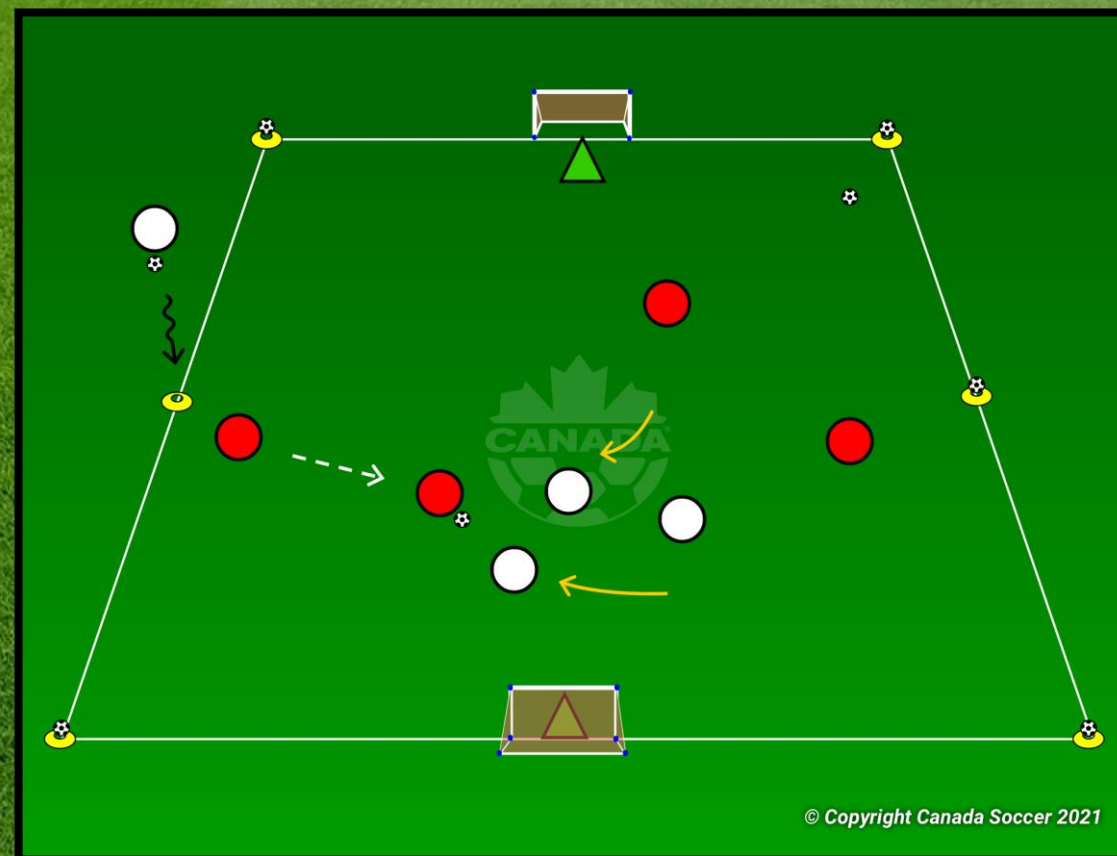
OBJECTIVE

- **RECOMMENDATION:** 30x30 twelve players in three teams.
- Red (attacking team) start with a ball each and attack a goal each in a 1 v 1 situation.
- Once the attack is finished, they collect another ball from the middle and attack the next goal to their right.
- Each attacker attacks each goal.
- Teams swap roles after attackers have attacked every goal.
- **COACH CONSIDER:** Keep score of which team concedes the least goals.

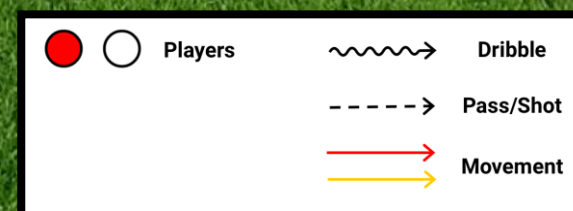


OBJECTIVE

- **RECOMMENDATION:** 30X20 with ten players in two teams.
- 5v5 directional game with each team scoring on their opponent's goal.
- The field has six balls around the field (as illustrated on the diagram)
- If the ball leaves the playing area the player who touched it last must recover the ball creating a moment of 4v3.
- The other team (Red on the diagram) can take any of the six balls and attack their opponents goal.
- The player who is recovering the ball must return that ball where the team in possession took it from.
- **COACH CONSIDER:** If the ball comes off the goalkeeper they are not required to replace the ball, an outfield team must replace it.
- **MAKE IT HARDER:** Make the playing area smaller.

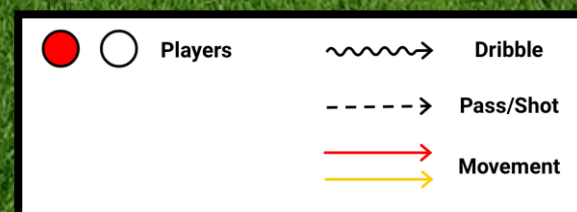
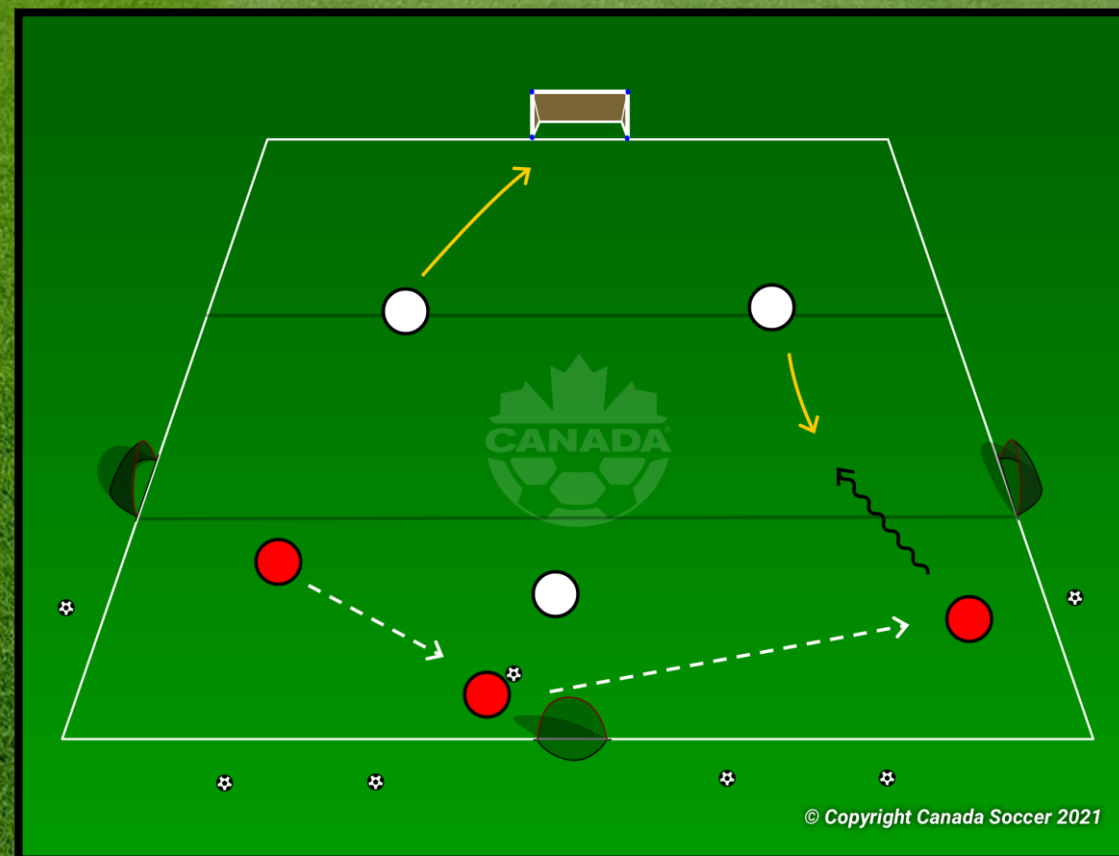


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OBJECTIVE

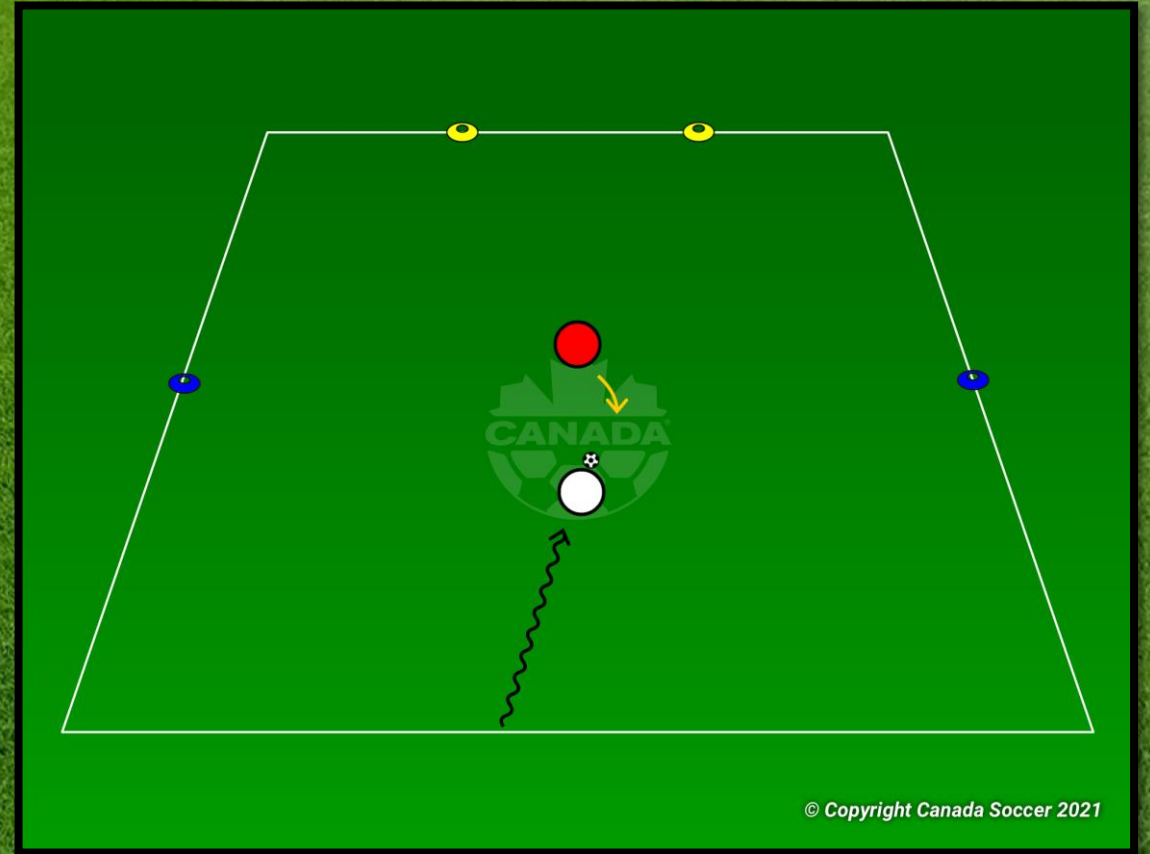
- **RECOMMENDATION:** 30X10 with six players in two teams.
- 3v3 directional activity with attackers trying to score on their opponent's goal.
- Reds (attackers) play 3v1 against White (defender)
- Once a team breaks into the middle third it becomes a 1v1 with one defender stepping towards the attacker.
- The other defender becomes the goalkeeper
- If White regain possession, they play into any of the three pug goals.
- **COACH CONSIDER:** Playing for a designated time or if the once attackers lose their three "lives" by scoring on the pug goal.
- **MAKE IT HARDER:** Allow an extra attacker and a recovering defender in the middle zone for a 2v2.



CHALLENGES FOR HOME: CLEAN SHEET

OBJECTIVE

- Setup two cones or objects to create a goal & add two cones or objects as a marker where the attacker has to enter before shooting on goal.
- Activity will start with a 1v1 attempting to stop any shots on goal.
- **MAKE IT EASIER:** Make the goal smaller.
- **MAKE IT HARDER:** Make the goal bigger.



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CREATING SCORING CHANCES

Learn to Train



Key Questions

SESSION OBJECTIVES

- **Primary:** To explore how to create space and gaps to score.
- **Secondary:** Players will also be required to use searching skills to locate available gaps & space.

QUESTIONS FOR PLAYERS TO EXPLORE

- **Who** is the focus? The player in possession of the ball.
- **What** is our objective? To explore how to create opportunities to score.
- **Where** will this occur? In close proximity to goal.

- **When** should a player look to create and score? In and around the box/goal. **Example:** Players do not need to beat opponents to score, rather find enough space to shoot.
- **Why** will this help? Space & time is reduced in and around the goal, finding space and gaps to shoot and finish is limited.
- **How** can you be successful? Mindset to score, head up & search the environment and the goal, unbalance opponent to create space/gap, quick decision & execution & explore different surfaces to shoot the ball. **Example:** Side foot for accuracy, toe for speed & laces for power.
- **Consider:** Awareness (perceive), identify the problem (conceive), identify the best solution (decide), how can you get your opponent off balance (deceive), carry out action (execute) & assess whether it was successful (reflect)



Physical Literacy Toolbox

Why develop Physical Literacy?

Physical Literacy increases
physical activity,
which increases
personal success



Educational success

Cognitive skills

Mental health

Psychological wellness

Social skills

Healthy lifestyle habits

Physical health

Physical fitness

TRAVELLING MOVEMENTS

- Walking
- Running
- Jumping
- Hopping
- Skipping
- Backwards
- Side shuffle
- Crawling
- Rolling

BALANCE MOVEMENTS

- One leg balance
- Landing
- Spinning
- Stopping
- Twisting
- Dodging



Session Parts

PART ONE: SHOOT CIRCUIT

- A fun activity that encourages players to create space to score with numbers up.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: BUMPERS

- This game allows players to explore a representative game that has direction, teams and encourages players to shoot with a reduced playing area with numbers up.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: 4 GOAL GAME

- This activity encourages players to explore a variety of actions to score in multiple goals.
- Players will also be required to use searching skills to locate available gaps & space.

PART FOUR: 7V7 OR 9V9

- This game allows players to explore a representative game that has direction, teams and goals.

CHALLENGE FOR HOME: SNIPER

- This is a fun activity encouraging players to explore different types of finishes and shots.



Managing the Environment

FIELD AND EQUIPMENT

- Setup a space that is appropriate based on the needs & number of players involved.
- Any activity that includes players scoring in a goal can be recreated by using two cones (goals are preferable).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

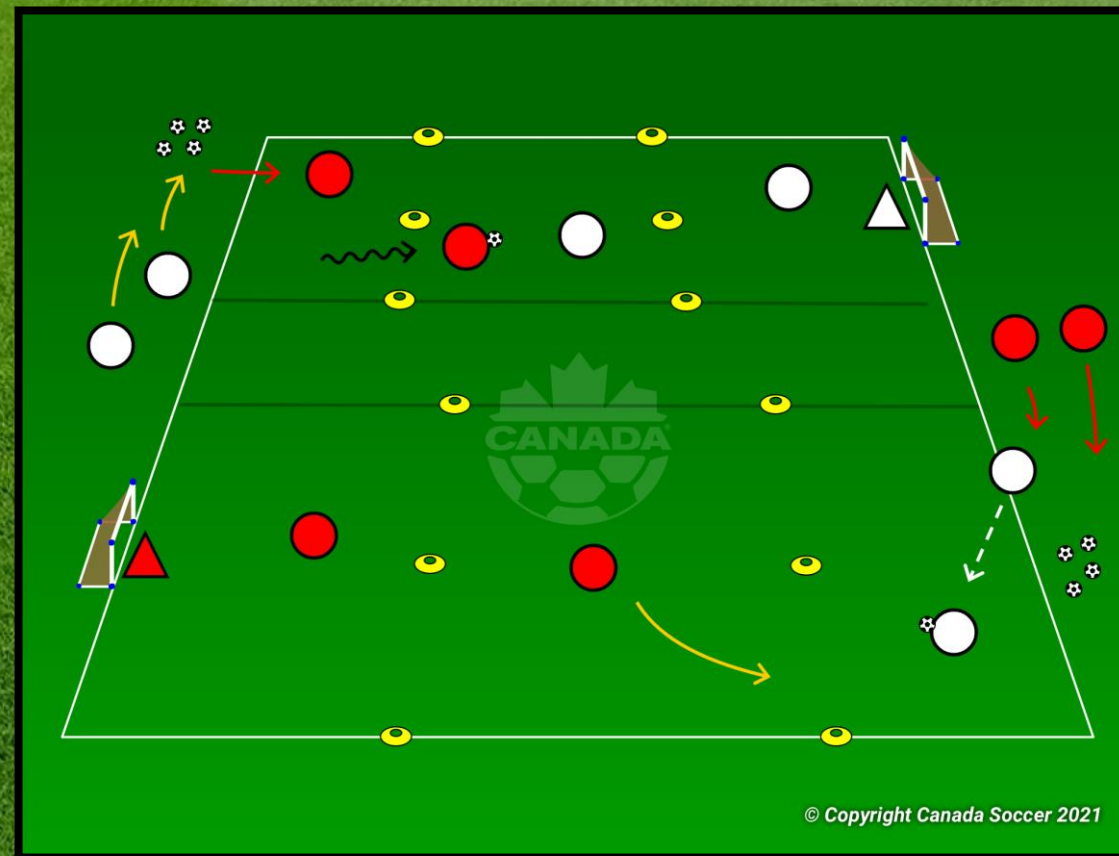
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 - Multiple stations
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 - Tasking players – Example: Target player vs a target goal

CONSTRAINTS/CONDITIONS

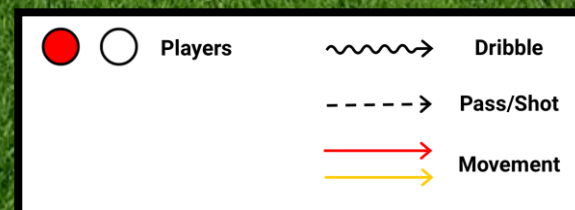
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- **COACH CONSIDER:** Avoid telling players they 'cannot' perform a specific action or solution. All options should be made available with rewards or risk associated to it.

OBJECTIVE

- **RECOMMENDATION:** Two practice areas measuring 30x8 & 30x15 with one goal at each end.
- Objective score as many goals in a pre-determined time
- Starts with a pass into the free zone and go 2v1 with an attempt to score.
- Defenders locked into their zone
- **COACH CONSIDER:** After attacking defend OR keep defenders for a set time.
- **MAKE IT EASIER:** Have one zone and one defender.
- **MAKE IT HARDER:** Make the space bigger and add a defender and attacker for a 3v2 in each zone.

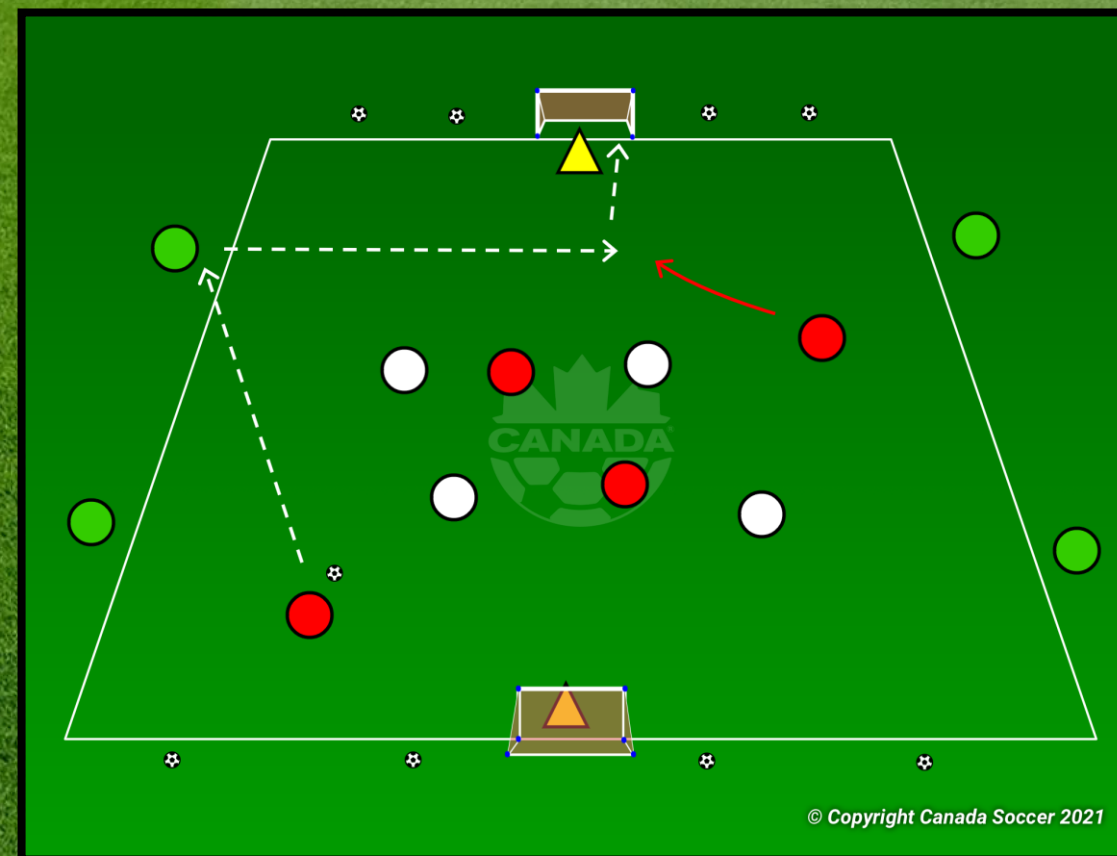


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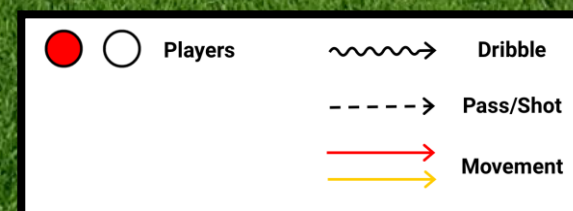


OBJECTIVE

- **RECOMMENDATION:** 30X20 with twelve players in three teams and two goalkeepers.
- 5v5+4 directional game with each team scoring on their opponent's goal.
- Team Red and Team White play inside the grid, while one team (Green) stands on the perimeter and plays for the team in possession.
- Normal rules inside the grid, with Teams Red and White both trying to score.
- Team Green play with the team in possession.
- **COACH CONSIDER:** Set a target number of goals to win. Team Green replaces the losing side playing in the grid.
- **MAKE IT HARDER:** Reward players for the types of goals you want to see: for example, a first-time finish or after an assist by a perimeter (wide) player.



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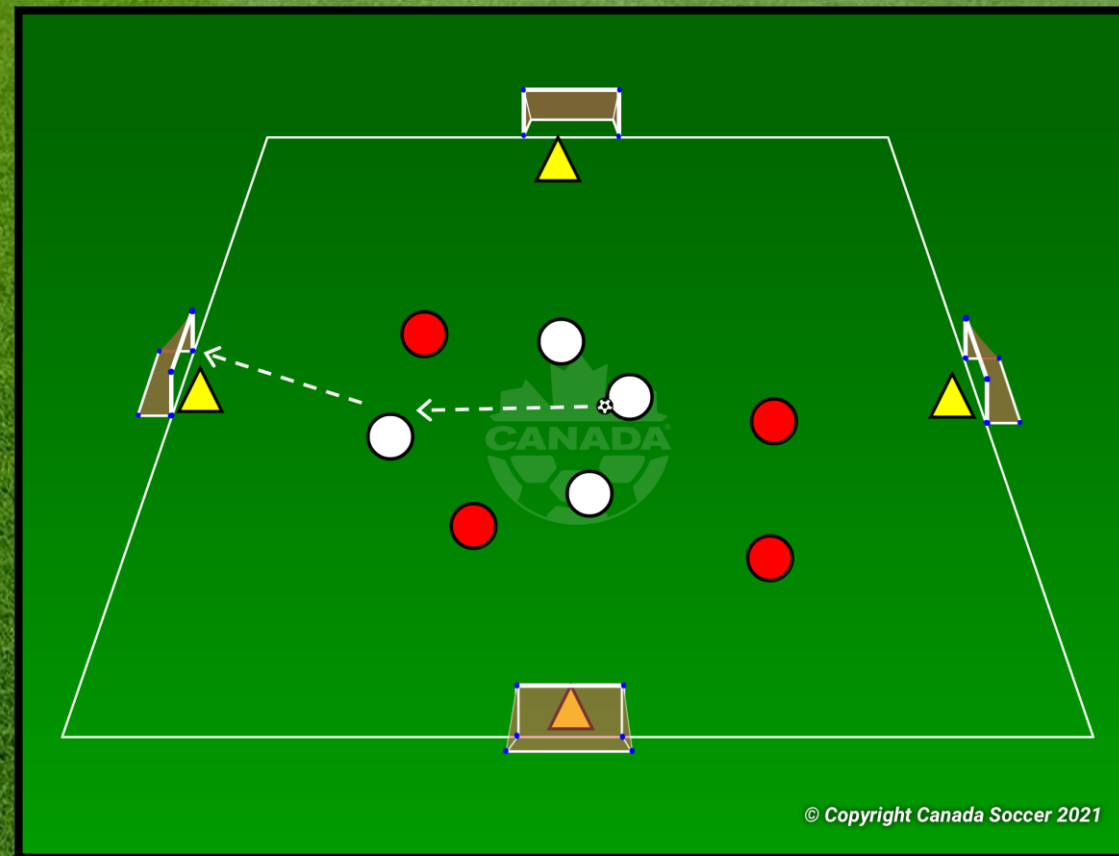




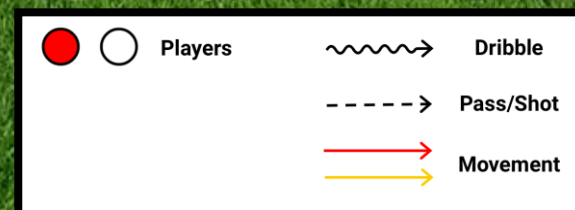
4 GOAL GAME

OBJECTIVE

- **RECOMMENDATION:** 30X30 with twelve players in three teams.
- 4v4 multidirectional activity with four goals & four keepers.
- Objective score in any goal in a set amount of time.
- Attack a different goal after each goal.
- **COACH CONSIDER:** Playing for a designated time or different tasks. Example: Score in all four goals to win OR each player must score to win.
- **MAKE IT EASIER:** Make the space or goal bigger.
- **MAKE IT HARDER:** Add different types of finishes for certain goals. Example: First time finish on the right and left goals.

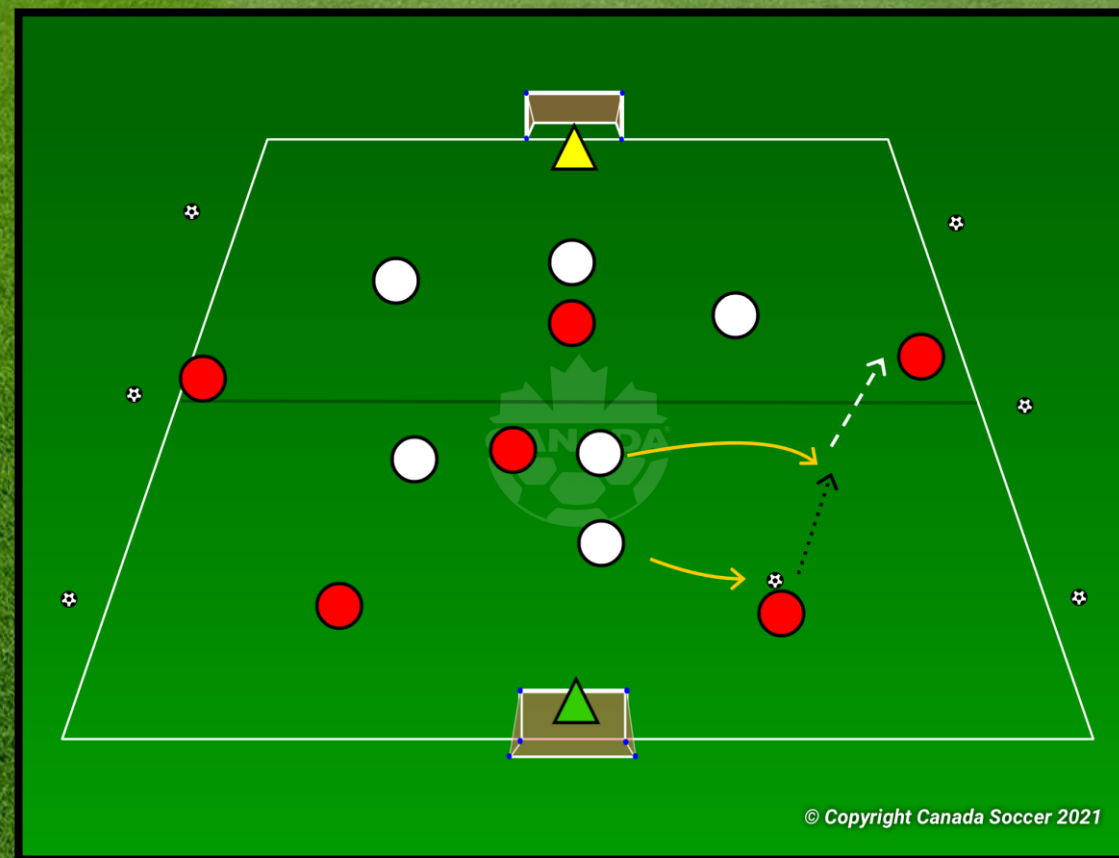


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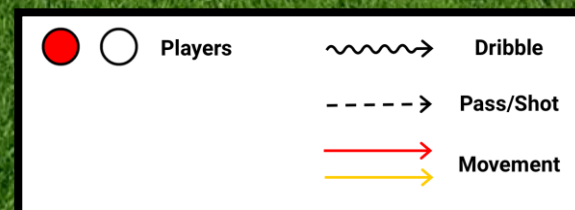


OBJECTIVE

- **REQUIREMENT:** 60X40 with fourteen players in two teams OR 80X50 with eighteen players in two teams.
- Directional game with each team scoring on their opponents' goal.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest ball or the coach can serve into the playing area.
- **COACH CONSIDER:** Continue to encourage the importance and value of establishing team shape.
EXAMPLE: Red (1-2-3-1) & White (1-3-2-1) as illustrated on the diagram.

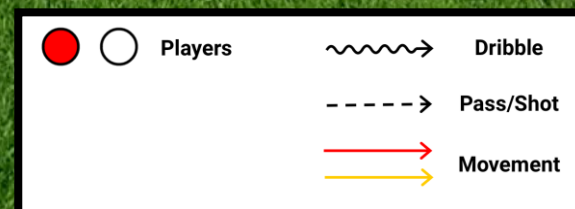
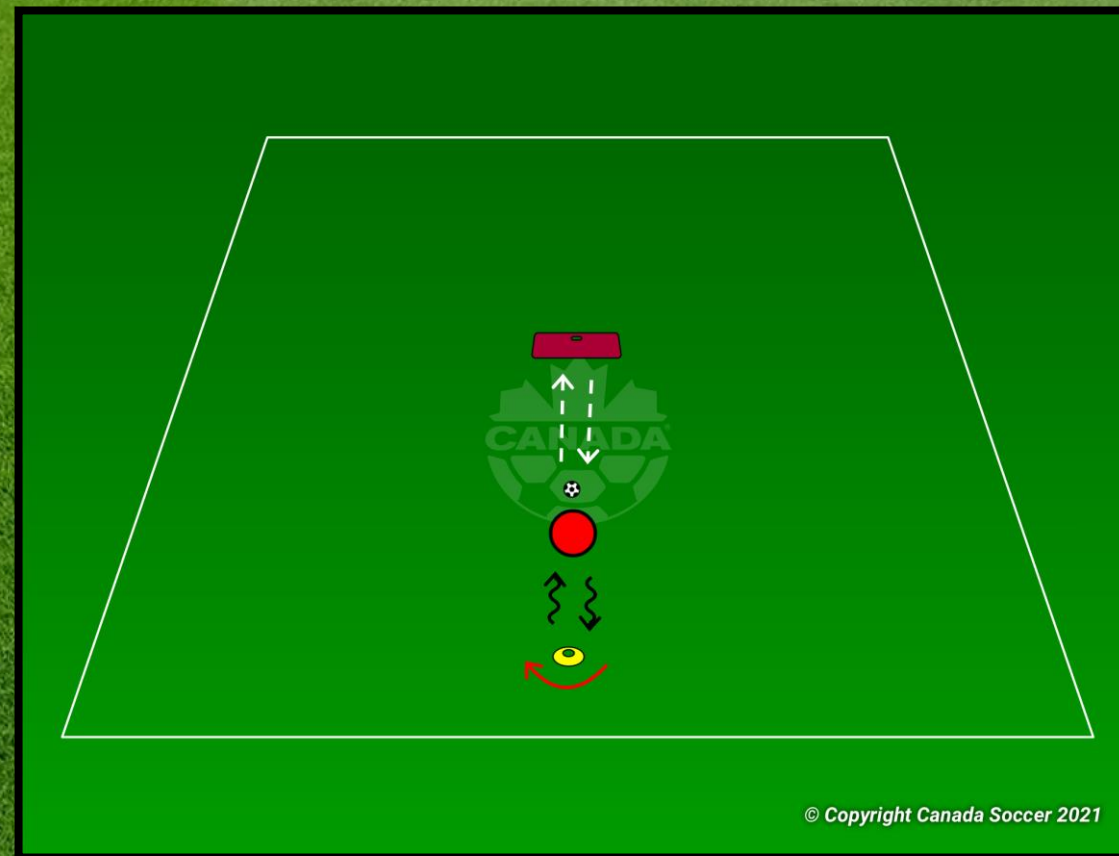


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OBJECTIVE

- Setup four cones or objects to create two goals
- Each player/parent/sibling will take it in turn to shoot on their opponent's goal.
- **MAKE IT EASIER:** Decrease the distance.
- **MAKE IT HARDER:** Increase the distance.





LEARN TO TRAIN

Pre-Designed Practice Session Plans