



SOCCER FOR LIFE

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

Soccer for Life



Key Questions

SESSION OBJECTIVES

- **Primary:** To create an environment that encourages players to regain possession 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 unbalanced.
- **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)



Session Parts

PART ONE: 4 GOAL 2V3

- An activity that encourages players to defend when numbers up focusing on behaviors to regain possession.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART TWO: ATTACKING UNDERLOADS

- This game allows players to explore a representative environment that has direction, teams and creates 1v1 & 1v2 situations.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART THREE: INDIVIDUAL 1V1 WAVE

- This directional activity encourages players to defend as individuals in a 3v3 to multiple goals.
- Players will also be encouraged to explore the appropriate actions defending 1v1.

PART FOUR: 9V9 OR 11V11

- 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

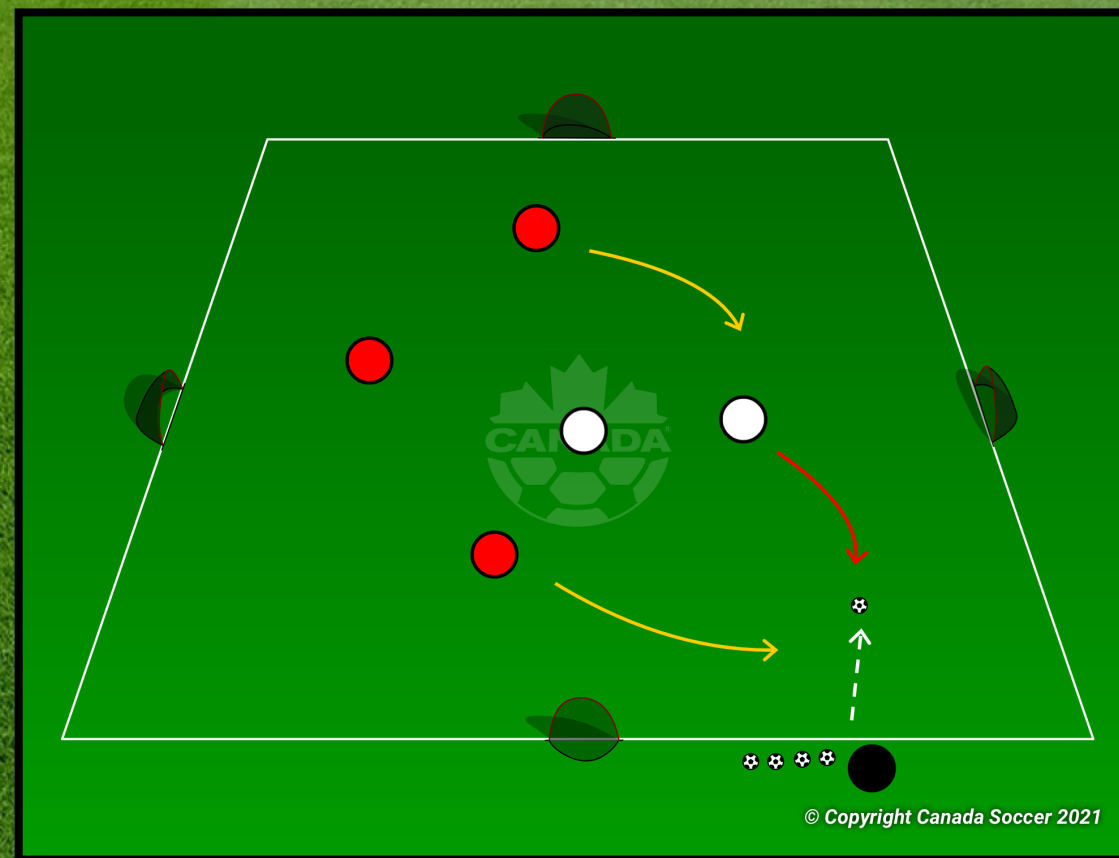
- Consider using & exploring 'Constraints' or 'Conditions' to assist the players in making the session easier or more challenging. In the session examples, we will continue to use the language '**MAKE IT EASIER**' & '**MAKE IT HARDER**'
- You can also use 'Constraints' & 'Conditions' to invite players 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.



4 GOAL 2V3

OBJECTIVE

- **RECOMMENDATION:** 15X15 with five players in two teams.
- 2v3 multidirectional four goal game
- Practice starts with coach playing into a White player (attacker)
- White attack any of the four goals.
- If Red (defender) win the ball and regain possession play to the coach
- Rotate roles after a set time or number of repetitions.
- **MAKE IT EASIER:** Remove one or two of the goals.
- **MAKE IT HARDER:** Add an extra defender to create a 3v3.

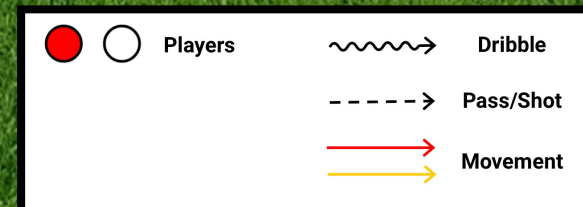
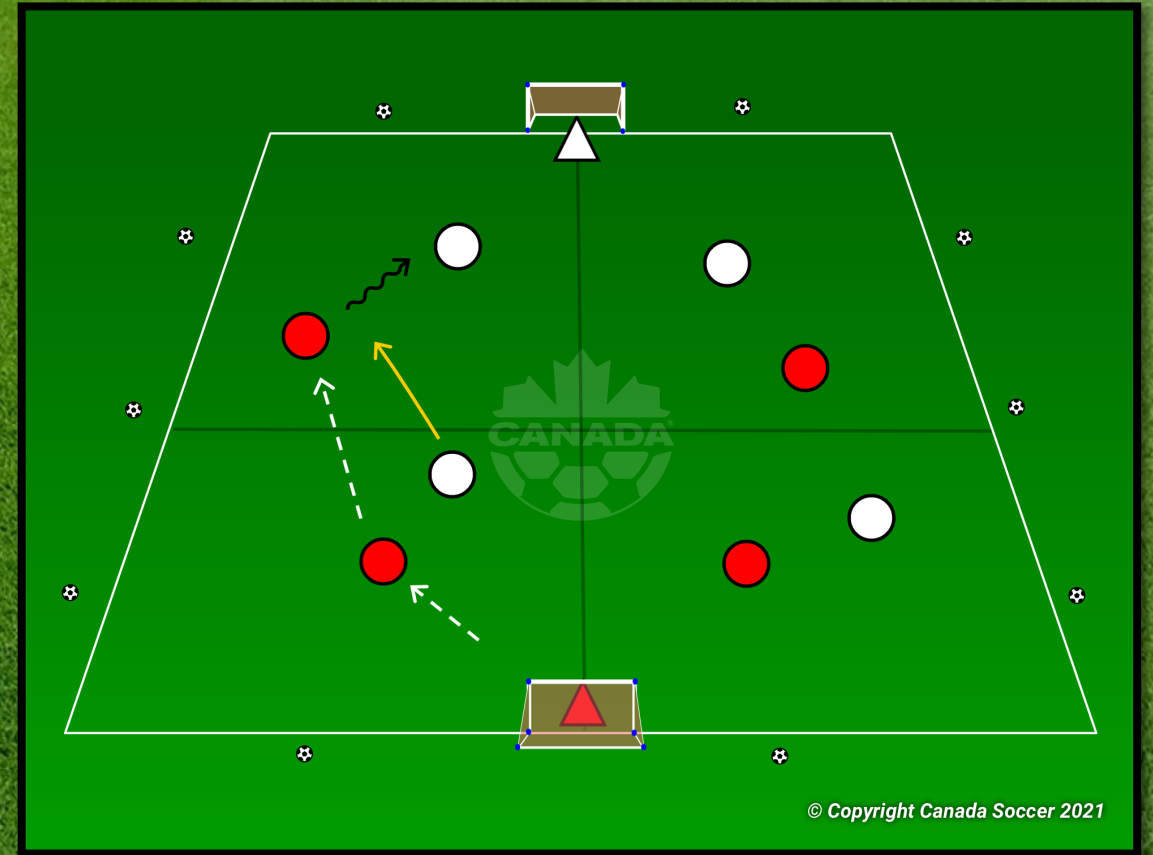


		Players		Dribble
		Coach		Pass/Shot
				Movement

ATTACKING UNDERLOADS

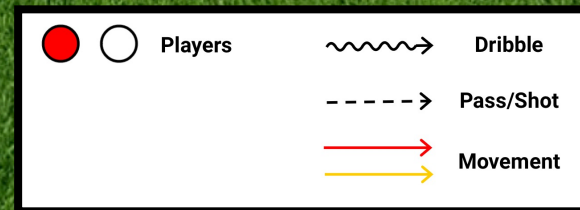
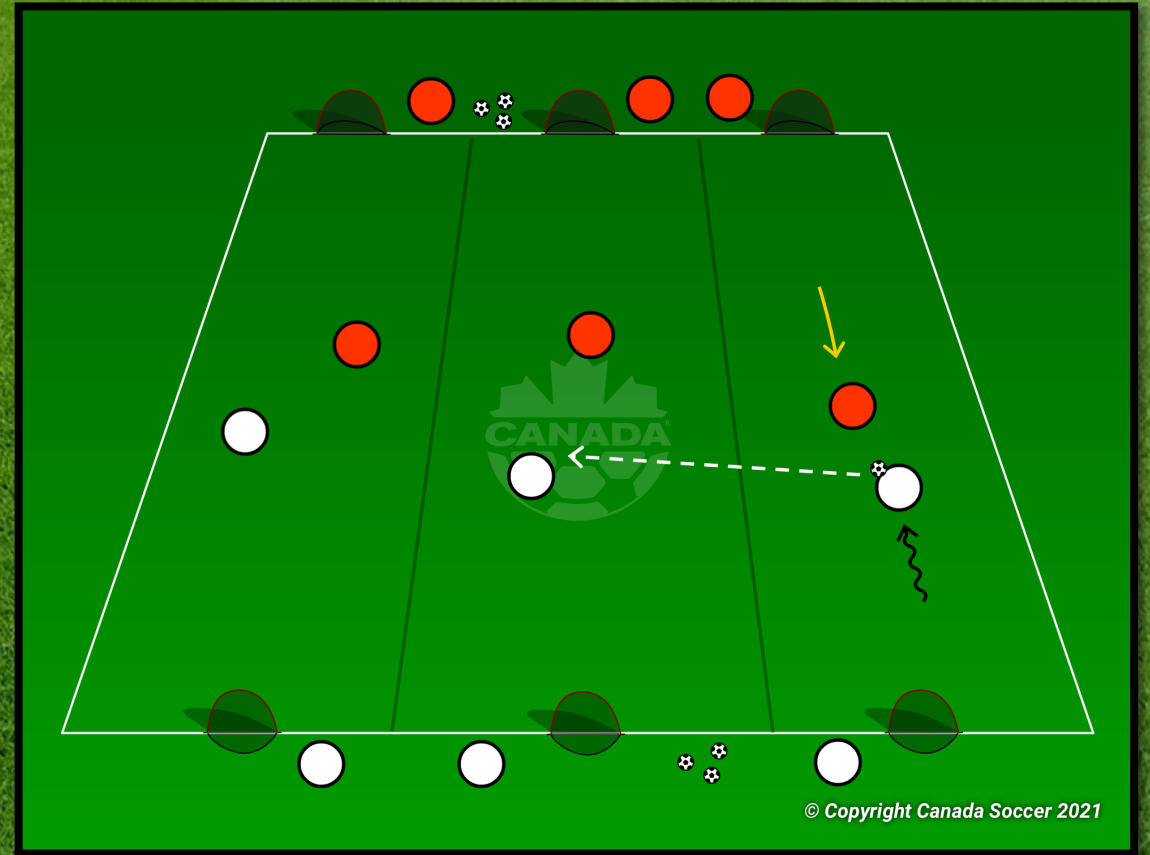
OBJECTIVE

- **RECOMMENDATION:** 40X30 with ten players.
- 5v5 directional game with four zones as shown in the diagram.
- The team in possession must have one player in each zone, with no movement allowed between zones.
- The defending team is allowed up to two defenders in the zone the ball is in as White drop a second defender into the zone Red have just played into.
- When either team transitions from defence to attack, they must work to make sure they occupy all four zones. The in-possession restrictions apply once more.
- **MAKE IT HARDER:** Separate the field into two halves. Same concept but allow two attackers in each half and three defenders in the half the ball is in.



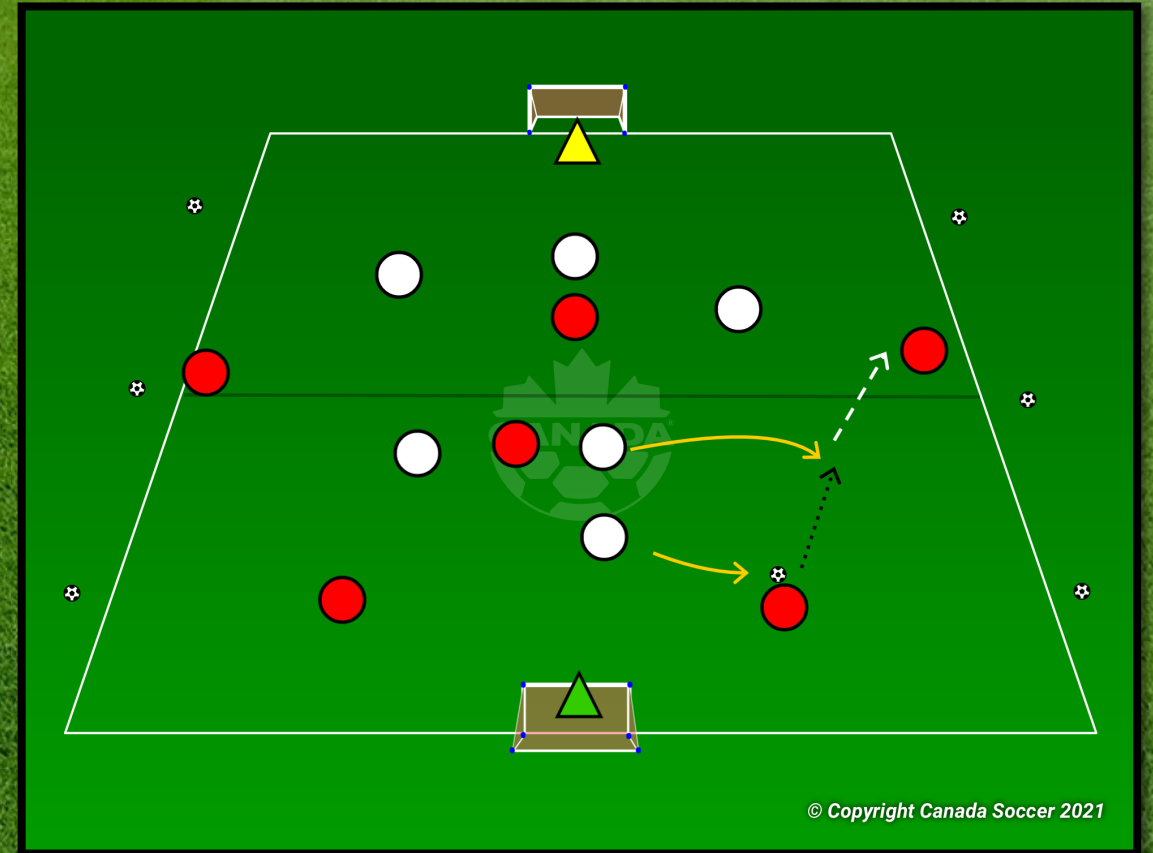
OBJECTIVE

- **RECOMMENDATION:** 30x20 for twelve players in four teams.
- 3v3 directional wave activity.
- Each player is locked in a channel creating a 1v1.
- Winner-stays-on game format. If the attacking team score a goal, they stay on and the team that is behind the goal that has conceded comes on as the attacking team (with the ball), and the team that scored become the defending team.
- **COACH CONSIDER:** Manage offside and keep it competitive.
- **COACH CONSIDER:** Keep score and which team wins the most games to encourage a constant defensive mindset
- **MAKE IT HARDER:** Attackers can move into another channel to create a 2v1 situation and attempt to unbalance the opposition **OR** take out the channels

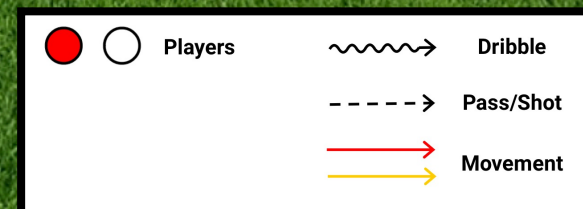


OBJECTIVE

- **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.



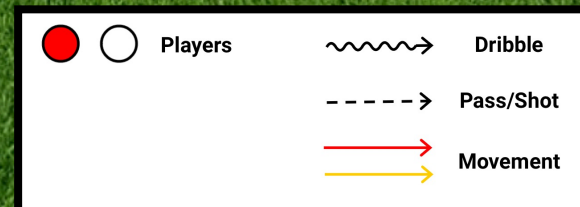
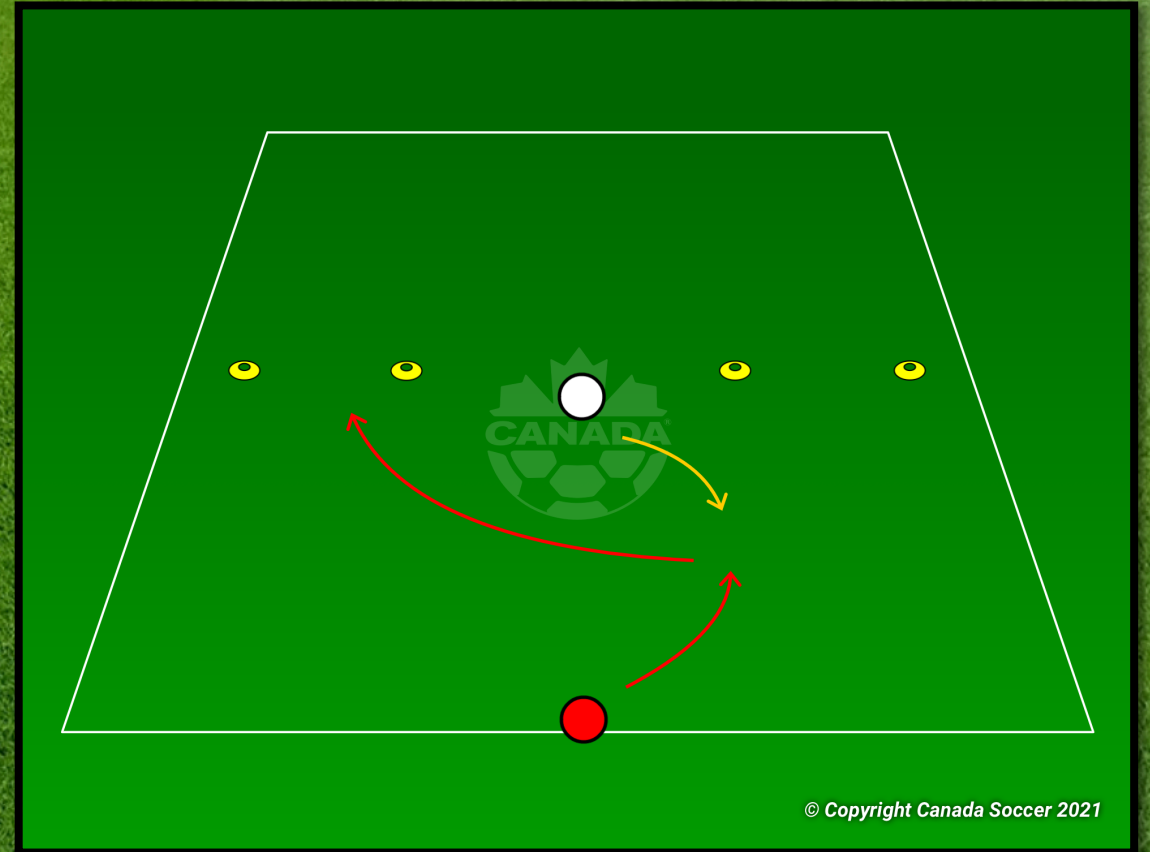
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CHALLENGES FOR HOME: DEFEND

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 unbalance the opposition.
- **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)



Session Parts

PART ONE: NUMBERS

- An activity that encourages players to explore moving and a variety of actions with the ball.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: 4V4 + 4 GOAL GAME

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

PART THREE: CONTINUOUS 1V1

- This activity encourages players to be aggressive & controlled in 1v1 situations.
- An activity that allows players to explore moving with the ball.

PART FOUR: 9V9 OR 11V11

- 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

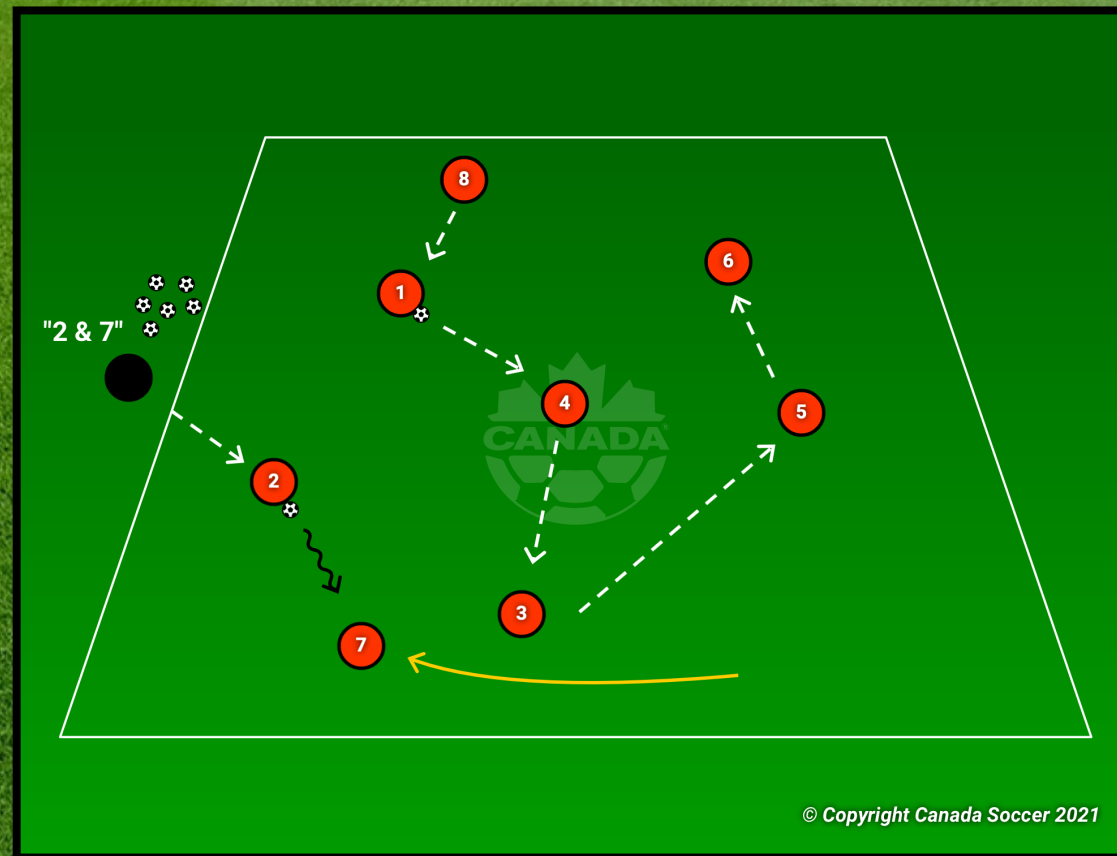
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 - Multiple stations
 - Third team (consider duration inactive)
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 - Tasking players – Example: Target player vs a target goal

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:** 15X15 with eight players.
- Multidirectional activity where players keep possession unopposed.
- Coach shouts two numbers and plays an extra ball in to whomever shows first.
- The two numbers play 1v1 for 30 seconds before returning to the keeping possession.
- **COACH CONSIDER:** Pairing up players along the same skill level
- **MAKE IT EASIER:** Shout one number and the team in possession avoid being tagged by the player dribbling.
- **MAKE IT HARDER:** Make the space smaller **OR** progress to 2v2.



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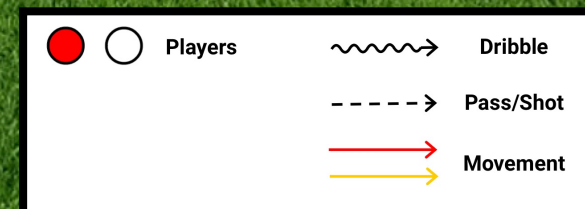
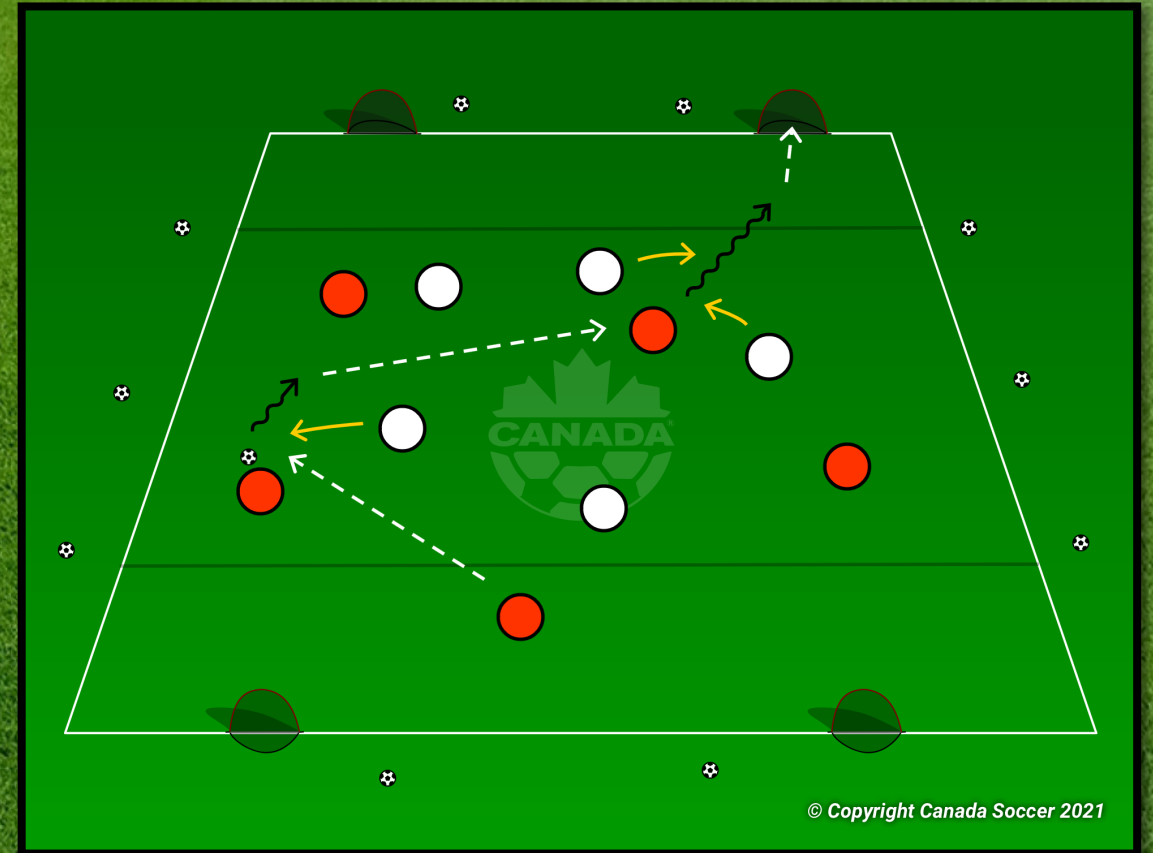




5V5 + 4 GOAL GAME

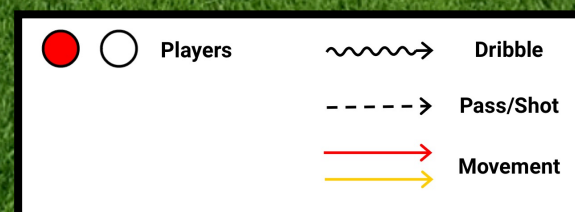
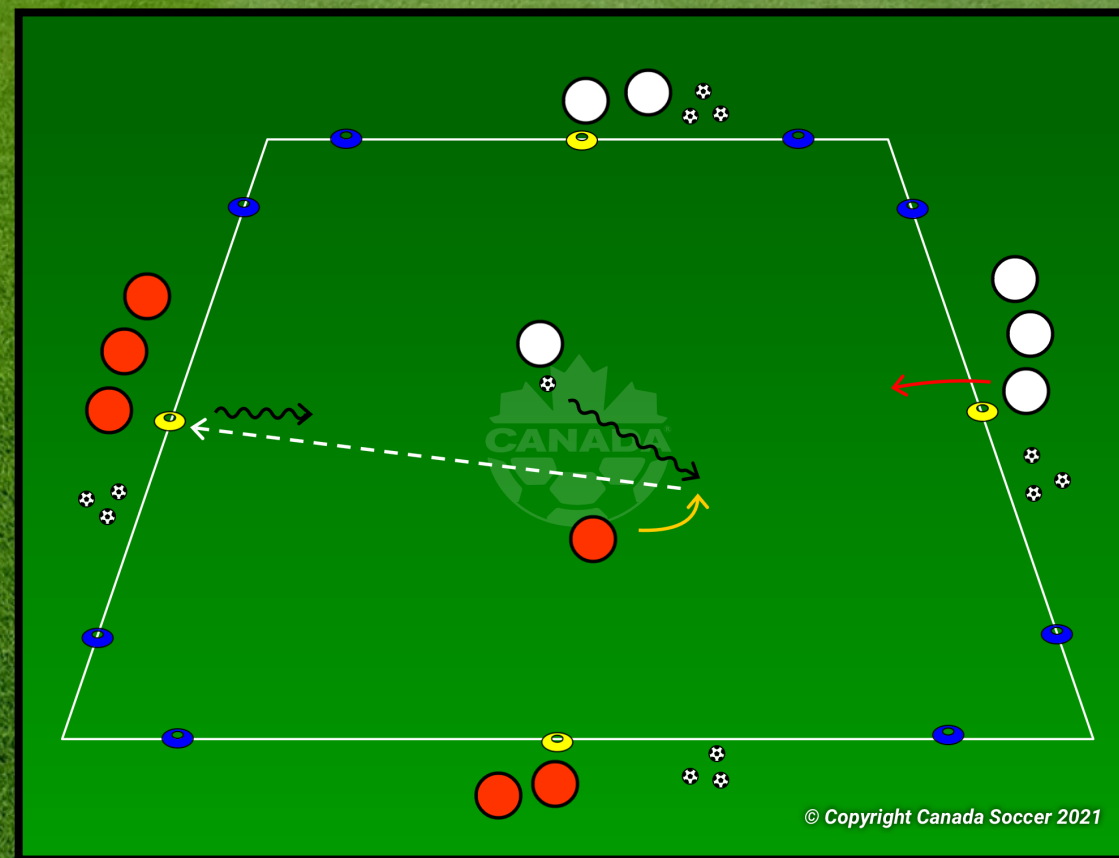
OBJECTIVE

- **RECOMMENDATION:** 40x30 inc. two end zones (5) for ten players in two teams
- 5v5 directional game with each team dribbles into the end zone and scores in the goals.
- **COACH CONSIDER:** Have balls around the playing area.
- **MAKE IT EASIER:** Reduce the playing space OR number of players.
- **MAKE IT HARDER:** Add a constraint/condition where if a pass is intercepted a point is rewarded to the defending team.



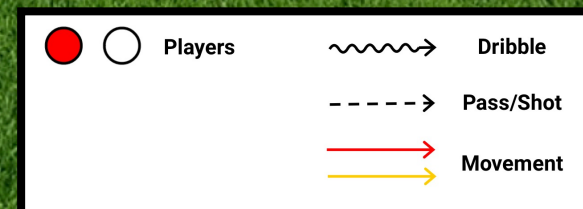
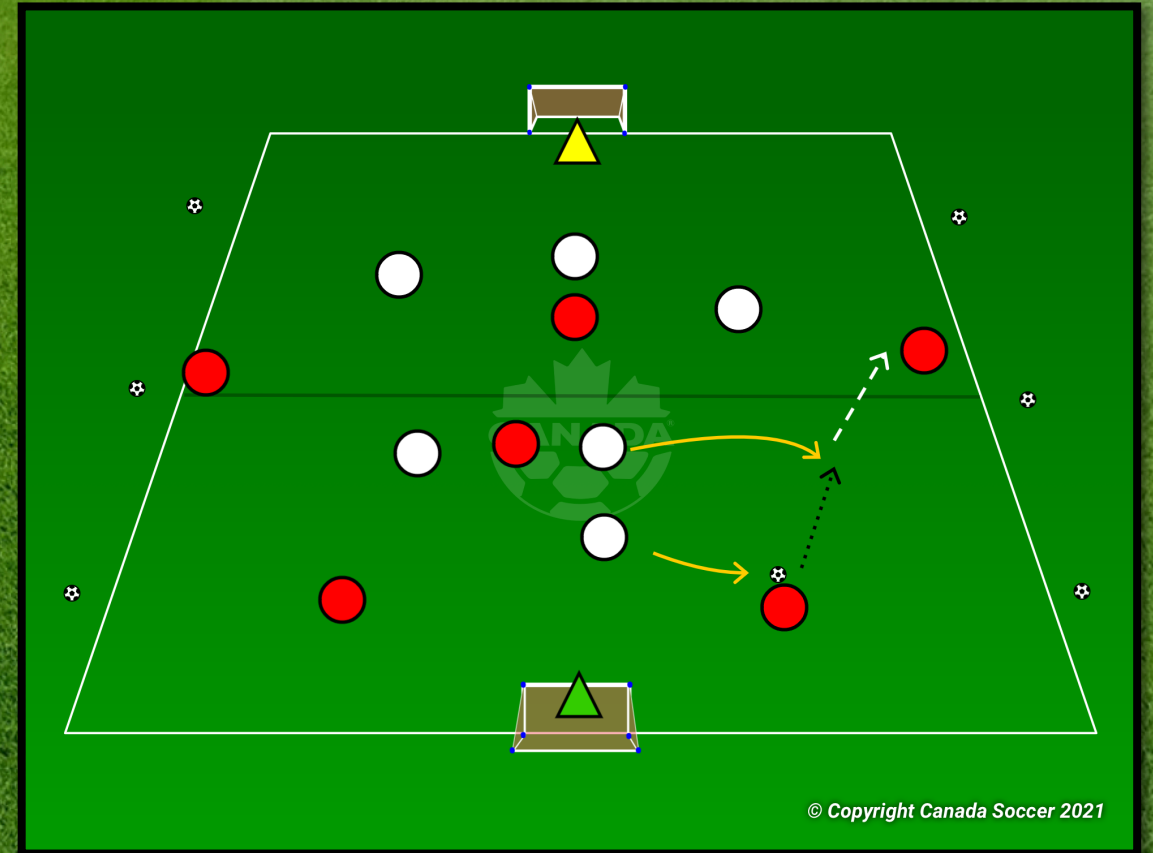
OBJECTIVE

- **RECOMMENDATION:** 10X10 with twelve players.
- Multidirectional activity with two teams separated into four groups.
- White (attacker) starts the activity, attacking the opposite player trying to dribble the ball between either of the corner gates.
- If Red (defender) wins the ball, they pass to the other Red group and Red attack White.
- **COACH CONSIDER:** Encourage players to manage their teams two groups, ensuring there is a minimum of two players at each station.
- **MAKE IT EASIER:** Remove the two teams and focus on repetition with defenders dribbling out of the space triggering the next group.
- **MAKE IT HARDER:** Allow both groups to go at the same time.



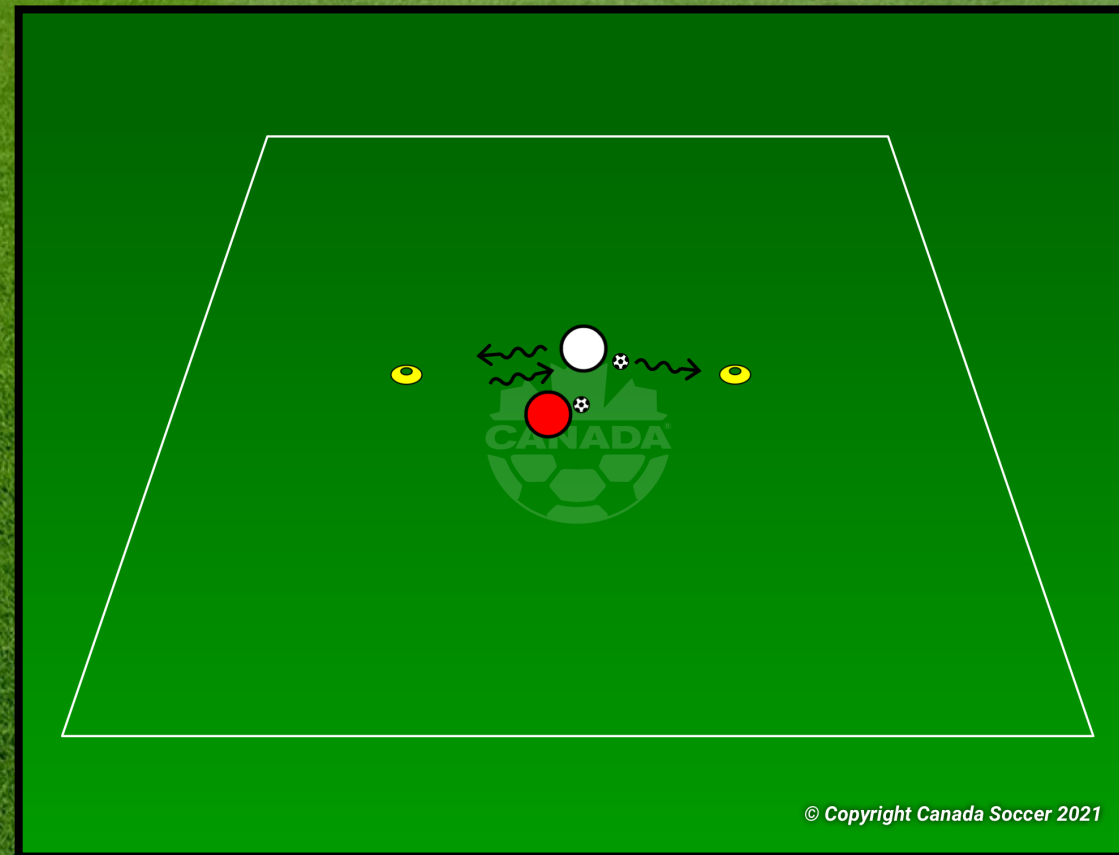
OBJECTIVE

- **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.

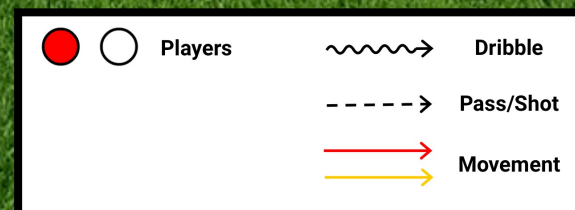


OBJECTIVE

- 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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CREATING SCORING CHANCES

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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)



Session Parts

PART ONE: HEADS AND VOLLEYS

- A fun activity that encourages players to create space to score aerially.
- Players will also be required to use other coordination skills ranging from throwing and catching.

PART TWO: FINISHING AROUND THE BOX

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

PART THREE: 3V2 TO GOAL

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

PART FOUR: 9V9 OR 11V11

- 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

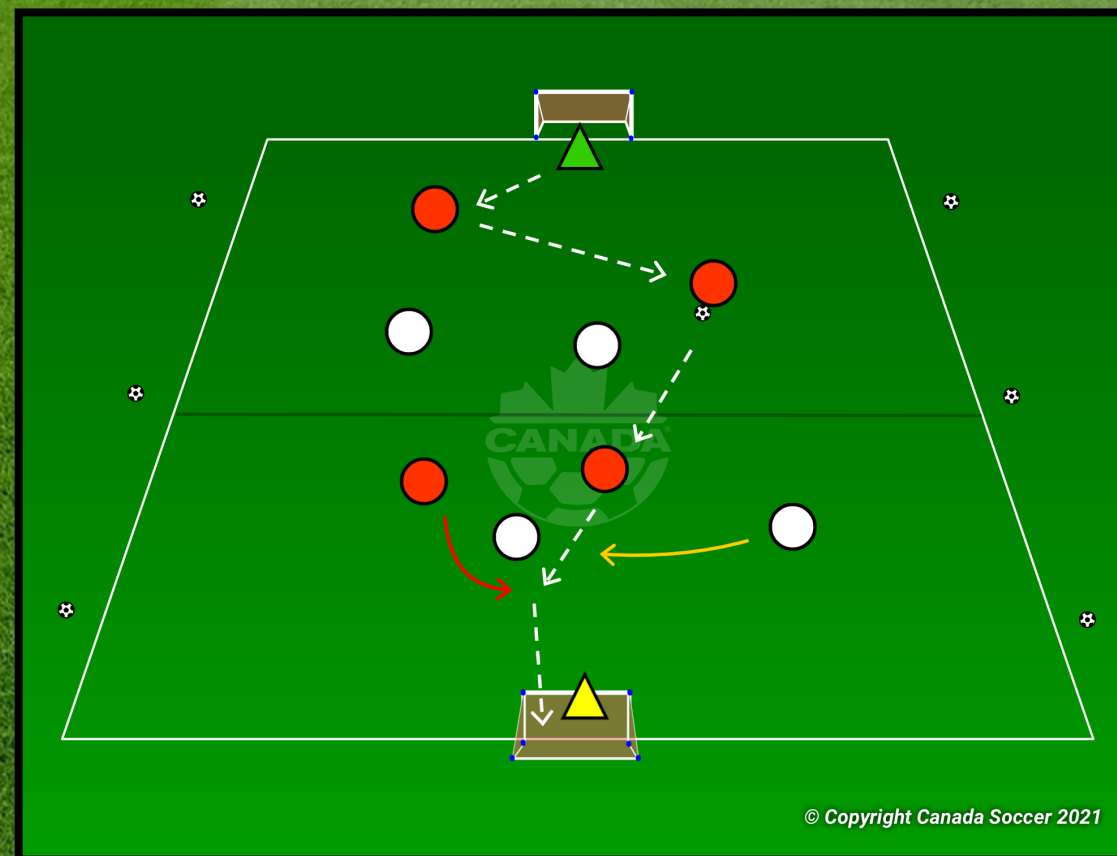
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CONSTRAINTS/CONDITIONS

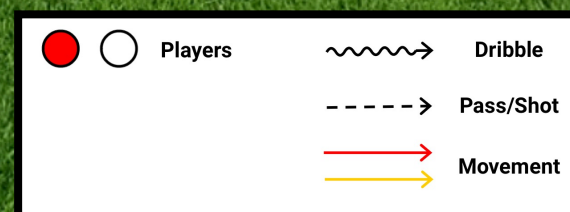
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- **COACH CONSIDER:** Avoid telling players they 'cannot' perform a specific action or solution. All options should be made available with rewards or risk associated to it.

OBJECTIVE

- **RECOMMENDATION:** Two practice areas measuring 25X15 with ten players in two teams.
- 5v5 directional game with each team scoring on their opponent's goal.
- Players play handball serve to each other with a volley or header to finish.
- Players play 2v2 in each half.
- **COACH CONSIDER:** Have balls around the playing surface.
- **MAKE IT EASIER:** Add a floating player to create an overload.
- **MAKE IT HARDER:** Have players create a list where they are to score five types of goals first.



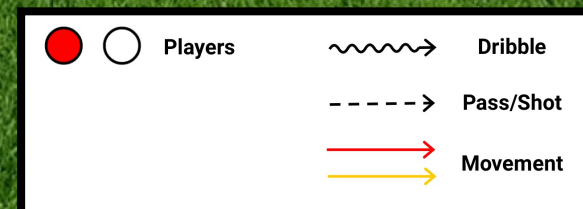
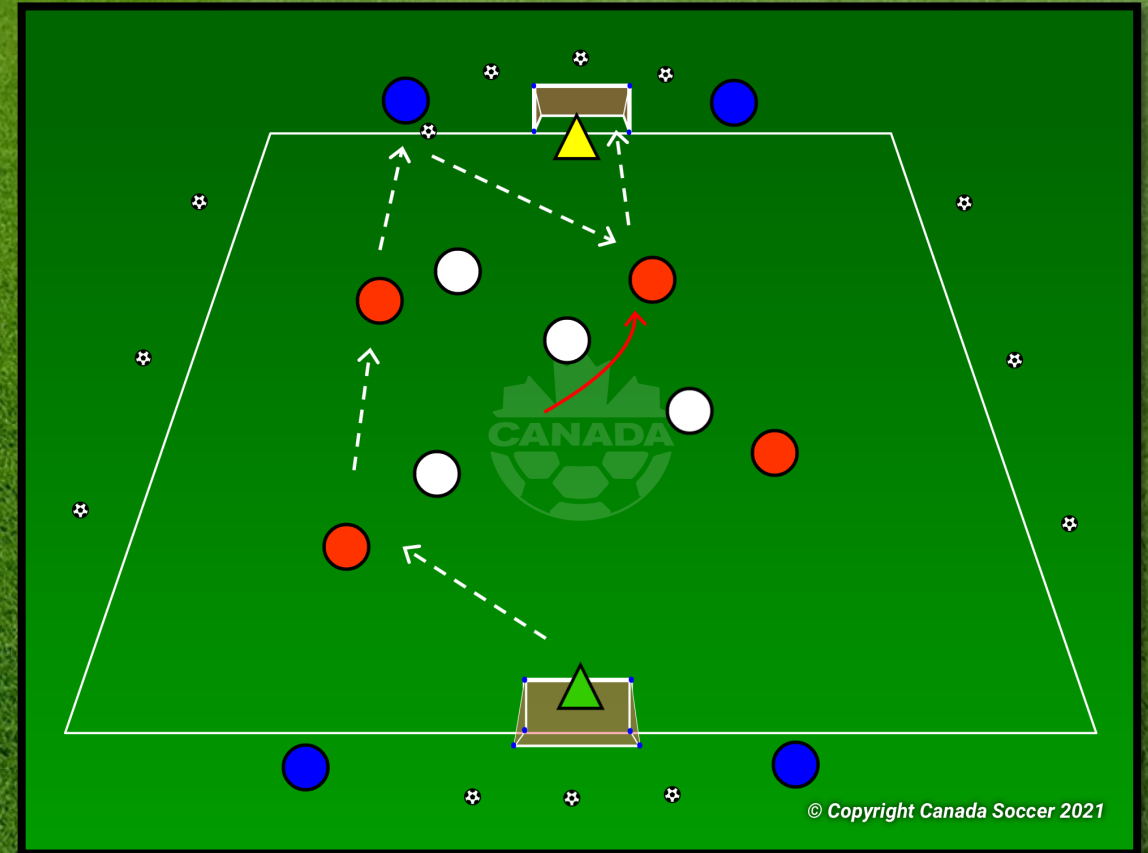
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FINISHING IN & AROUND THE BOX

OBJECTIVE

- **RECOMMENDATION:** 30X25 with twelve players in three teams and two goalkeepers.
- 4v4 directional game with each team scoring on their opponent's goal.
- One team (Blue) stands on the end perimeter and can be used to combine and score and are limited to one touch, although this can be increased to two if the players need it, to encourage them to play as quickly as possible and maintain the speed of the game..
- **COACH CONSIDER:** Set a target number of goals to win. Team Blue replaces the losing side playing in the grid.
- **MAKE IT HARDER:** Players receive bonus points for using the target players **OR** scoring requested types of goals. **Example:** One touch.

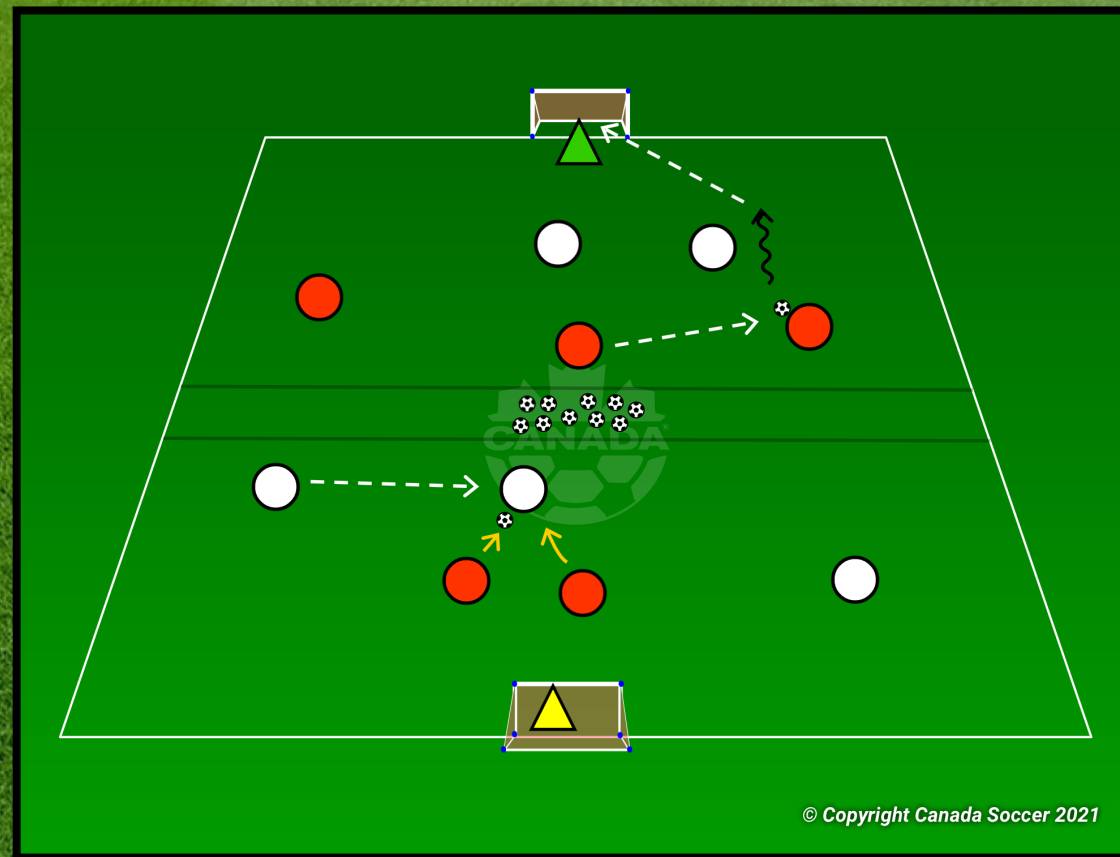




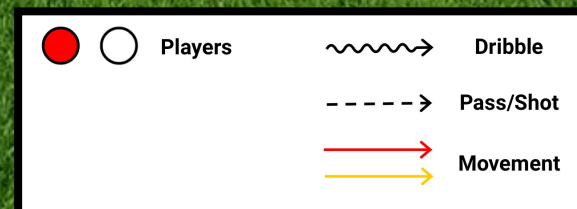
3V2 TO GOAL

OBJECTIVE

- **RECOMMENDATION:** 50X30 with twelve players in two teams.
- 3v2 directional activity
- Score as many goals in opponents' goal before time expires.
- If defenders regain possession, they dribble in the end zone for 2 points.
- **COACH CONSIDER:** Keep score to keep competitive & Rotate roles of players so all attack and defend.
- **MAKE IT EASIER:** 4v1 in each half.
- **MAKE IT HARDER:** Create an underload for the attacking team 2v3.

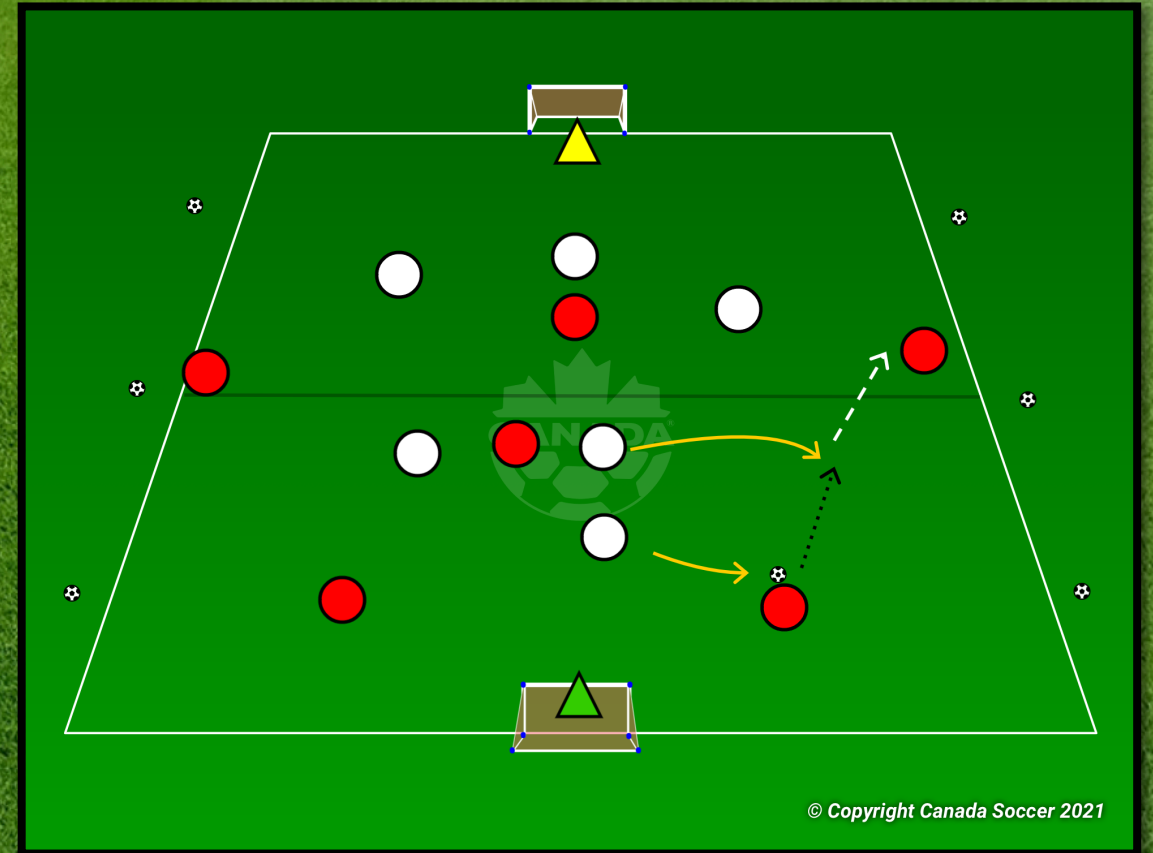


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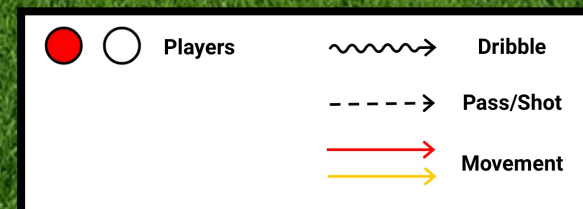


OBJECTIVE

- **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.
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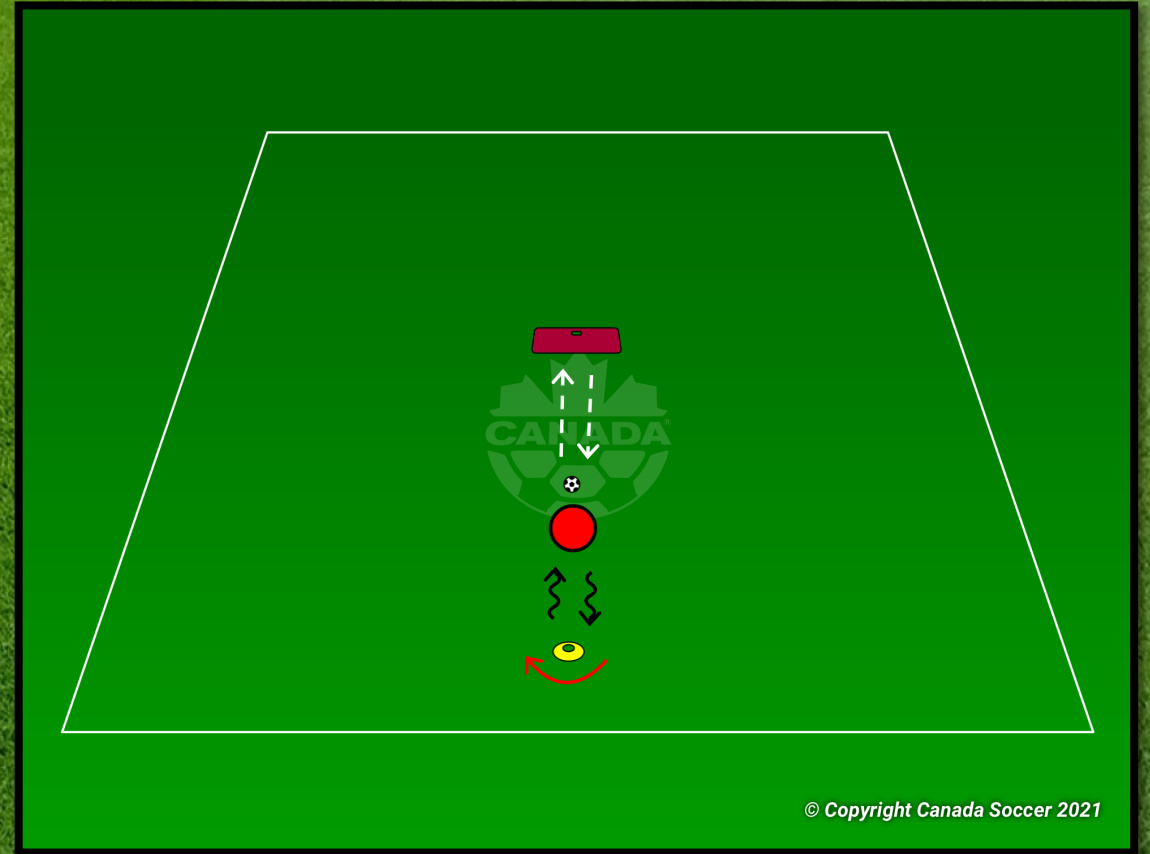


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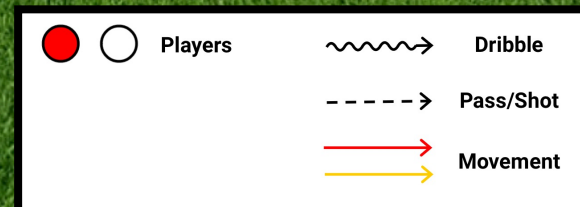


OBJECTIVE

- 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.



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PREVENTING SCORING CHANCES

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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)



Session Parts

PART ONE: 6V3 DEFENSIVE RONDO

- An activity that encourages players to work together as a small unit of to prevent the opposition playing forward.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART TWO: 5V5 + 2

- 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: DEFENDING THE BOX

- This activity challenges players to protect the box and deny time and space to prevent any shots on goal. Players will also be required to explore 1v1 defending actions.

PART FOUR: 9V9 OR 11V11

- 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

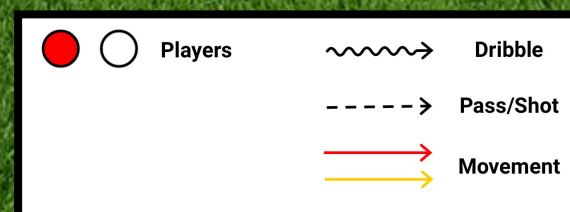
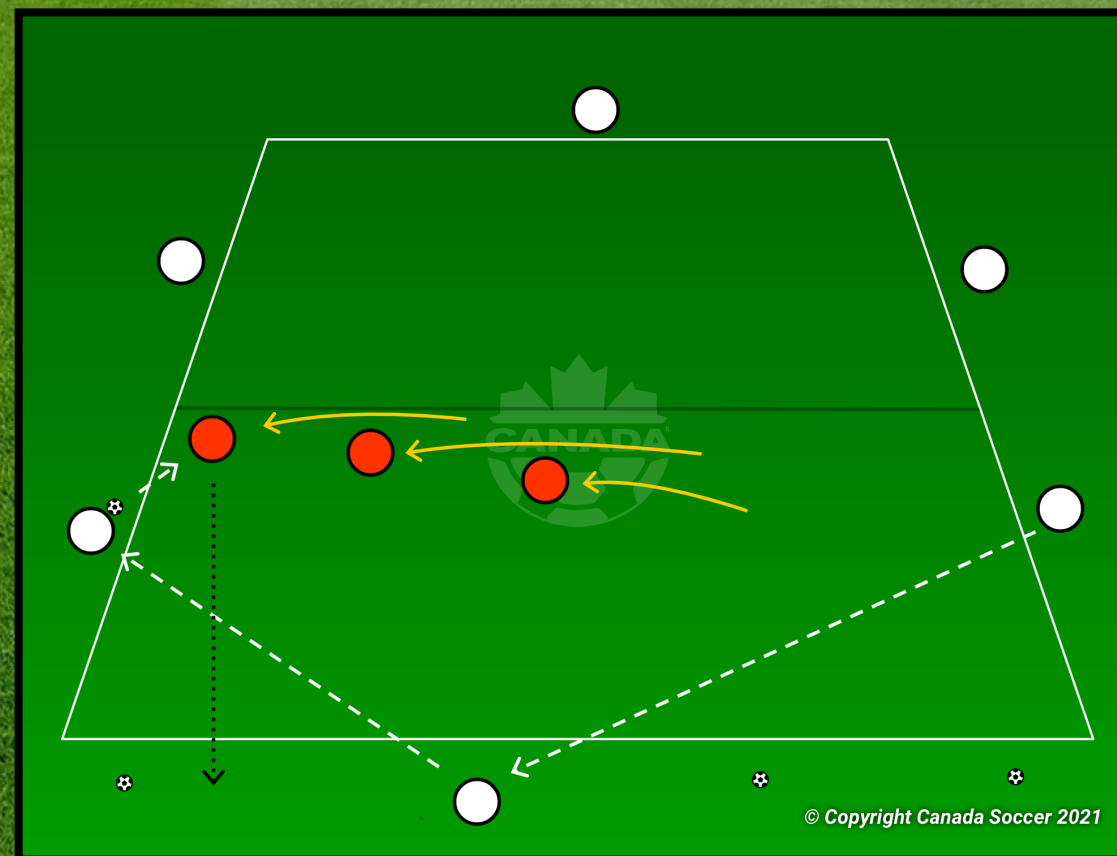
- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players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

OBJECTIVE

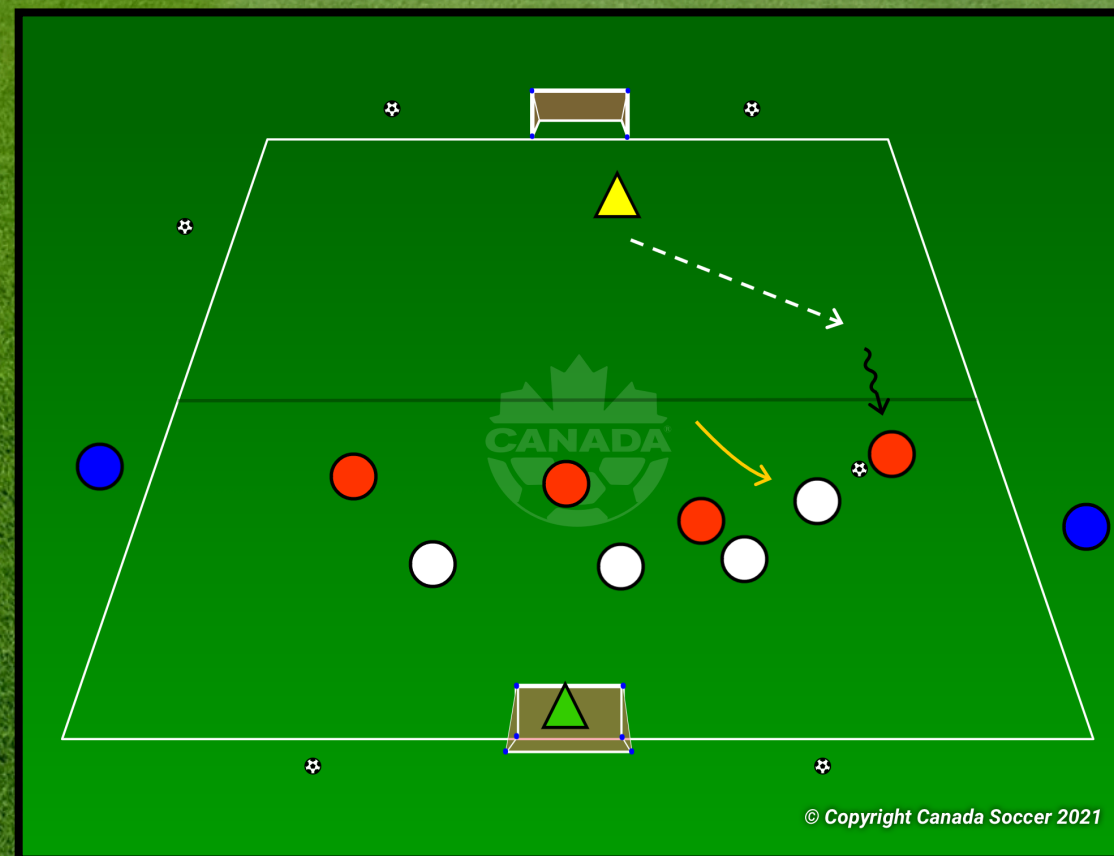
- **RECOMMENDATION:** 20x10 for nine players.
- 6v3 directional rondo activity where White (attackers) attempt to keep possession.
- Each time the attackers get the ball from one end to the opposite side they receive a point.
- White (attackers) cannot play down the line on the side.
- Red (defenders) look to work as a unit to regain possession and dribble over the end line they are nearest for two points.
- In transition White can enter the playing space to deny.
- **COACH CONSIDER:** Rotate players after a set of time or total number of points.
- **MAKE IT HARDER:** Make the space bigger and add an attacker in the playing space to create a 7v3.



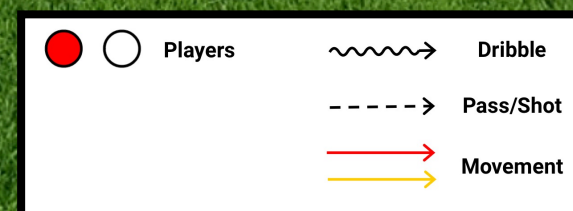
DEFEND THE BOX 5V5 + 2

OBJECTIVE

- **RECOMMENDATION:** 40X30 with ten players in two teams + two wide neutral players.
- 5v5 Directional game with each team scoring on their opponent's goal.
- All attackers minus the goalkeeper must be in their opponents half to score.
- Wide players are restricted to three touches.
- Attacking team receive two points if they score from a cross using a neutral player.
- **COACH CONSIDER:** If players are unable to maintain possession to get every player in the box, reduce the number before scoring.
- **MAKE IT EASIER:** Remove neutral players
- **MAKE IT HARDER:** Add different constraints/conditions.
Example: If players can score first touch off a neutral player it is worth three points.

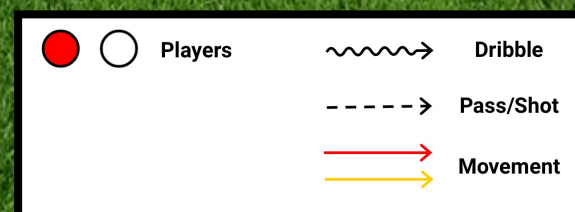
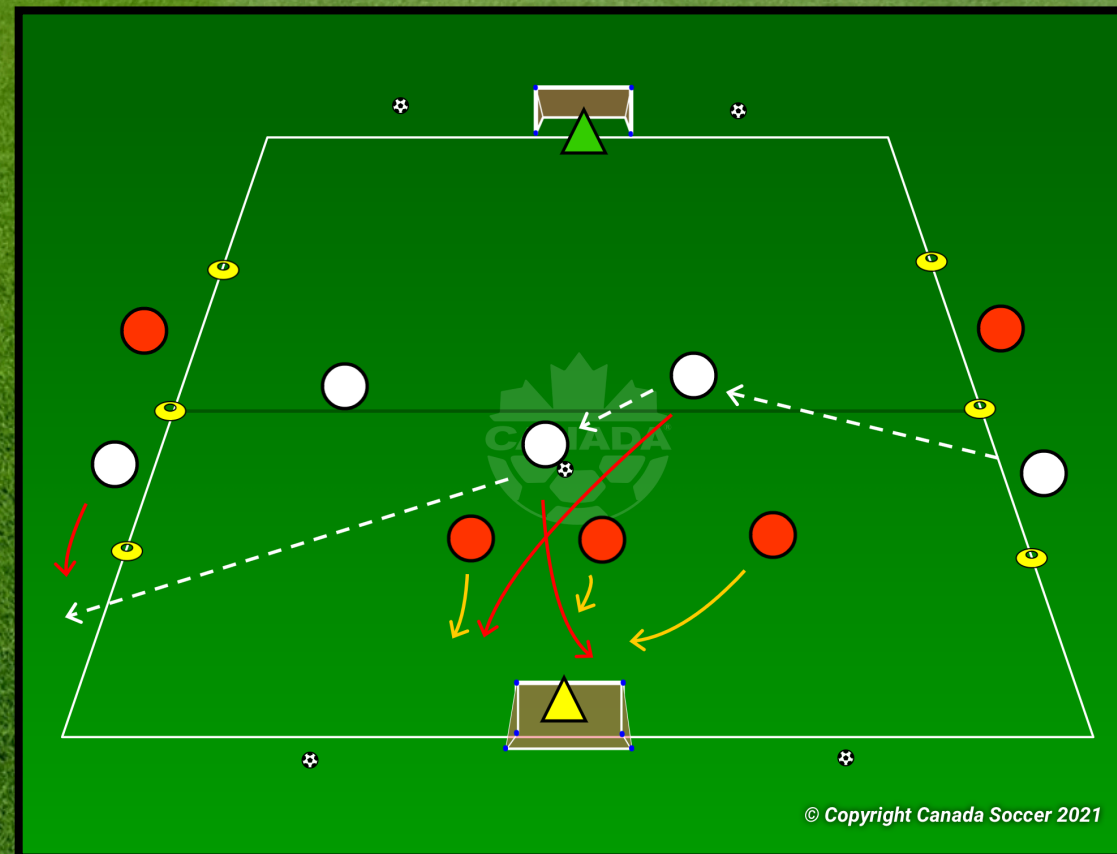


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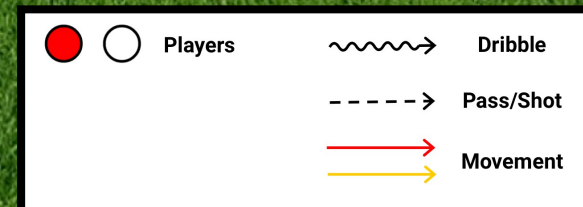
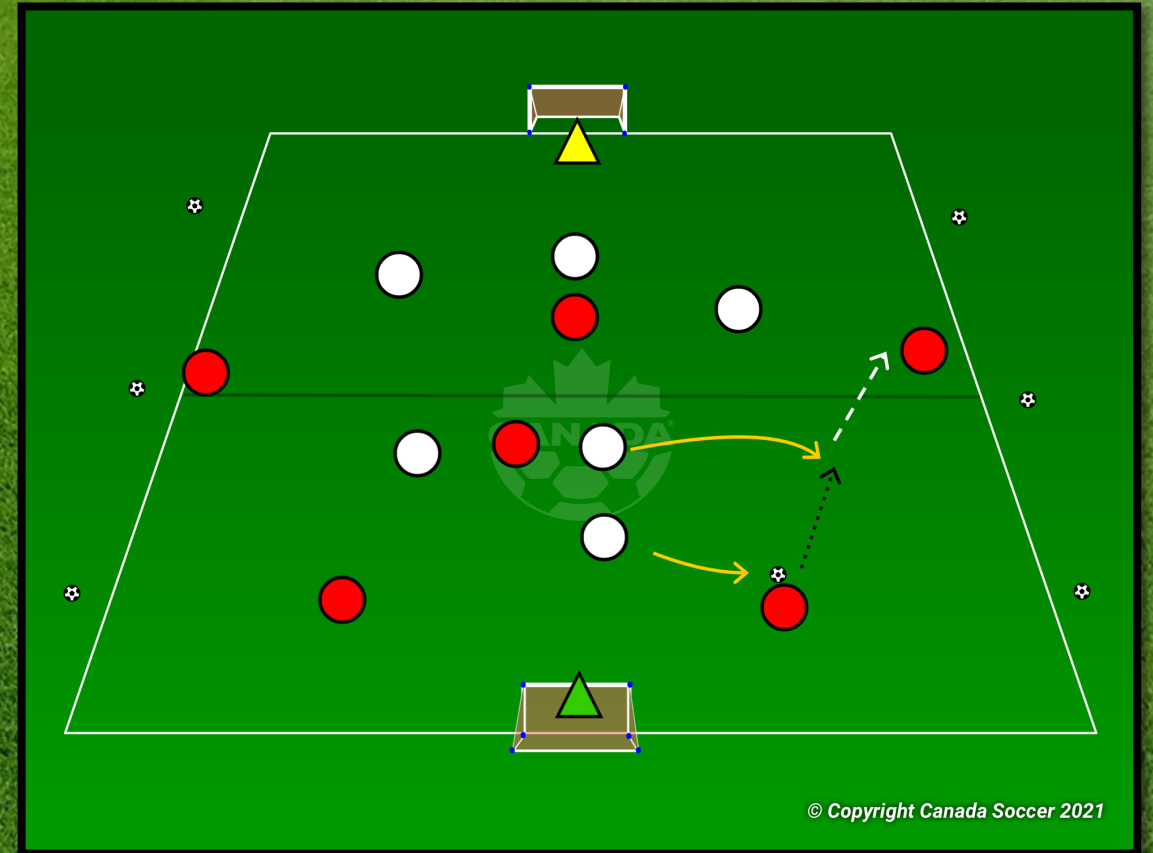
OBJECTIVE

- **RECOMMENDATION:** 40X30 with twelve players in two teams.
- 4v4 + 2 wide players for each team directional activity with attackers trying to score on their opponent's goal.
- White (attackers) play 3v3 centrally against Red (defenders).
- Each team is in possession can use either of the attacking wide players on the outside creating a 5v3.
- Any player can shoot on the goal from the attacking team.
- If the defending team win the ball, they can either play to the outside players on their team in the opposite half or they can attack the goal directly.
- **COACH CONSIDER:** The cones act as an offside line which means the wide players cannot pass this point before the ball is played to them.
- **MAKE IT EASIER:** Make the space smaller and remove players to make a 2v2 + 2 neutral wide players.
- **MAKE IT HARDER:** Make the space bigger **OR** add more players.



OBJECTIVE

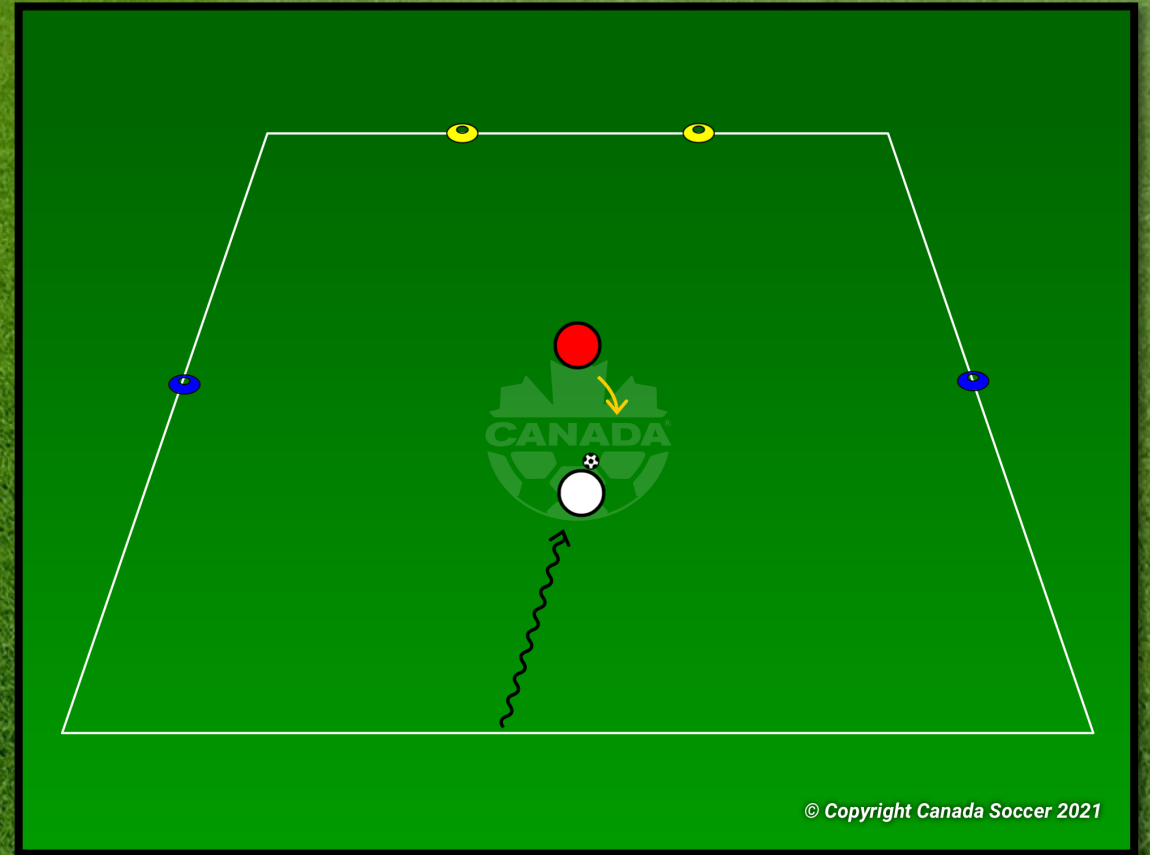
- **REQUIREMENT:** 60X40 with fourteen players in two teams OR 80X50 with eighteen players in two teams.
- Directional game with each team scoring on their opponents' goal.
- **COACH CONSIDER:** Have balls around the playing space and when they go out of bounds either allow players to grab then nearest 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: 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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EXPLOITING SPACE TO MAINTAIN POSSESSION

Soccer for Life



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:** If a team has reduced space on one side of the field.
- **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? Head 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)



Session Parts

PART ONE: RONDO TO EXPLOIT SPACE

- An activity that allows players to explore a representative game that has direction and references positional responsibilities.
- Players will also be required to use searching skills to locate available gaps & space.

PART TWO: RECOGNIZING DEAD ENDS

- This game allows players to explore a representative game that has direction, teams and encourages players to recognize where and where not space is located.
- Players will also be required to use searching skills to locate available gaps & space.

PART THREE: 3V2 TO PLAY FORWARD

- This activity encourages players to keep possession waiting for an opportunity to exploit and lay forward with a pass.
- Players will also be required to use searching skills to locate available gaps & space.

PART FOUR: 9V9 OR 11V11

- 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).
- Any activity that includes a small target goal can be substituted with players as a target.

PLAYERS

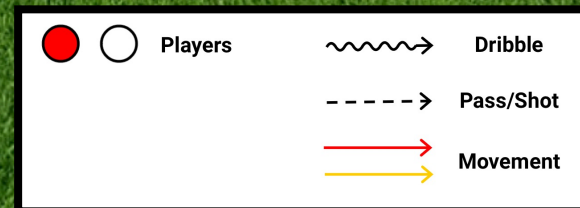
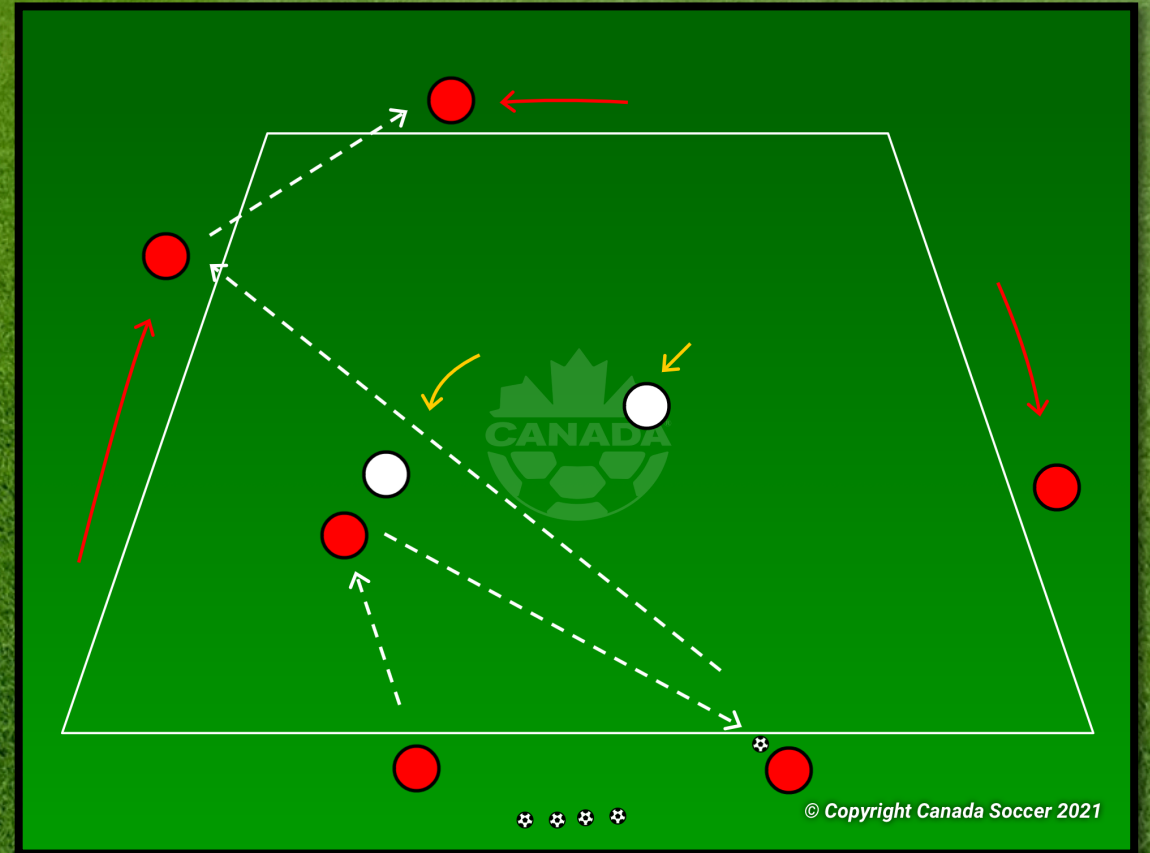
- If activities are illustrated as using less players, then in attendance, consider these solutions to keep players active:
 - Multiple stations
 - Third team (consider duration inactive)
 - Resting players/Substitutions (consider duration inactive) can they juggle, 1v1, 2v1, etc.
 - Tasking players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

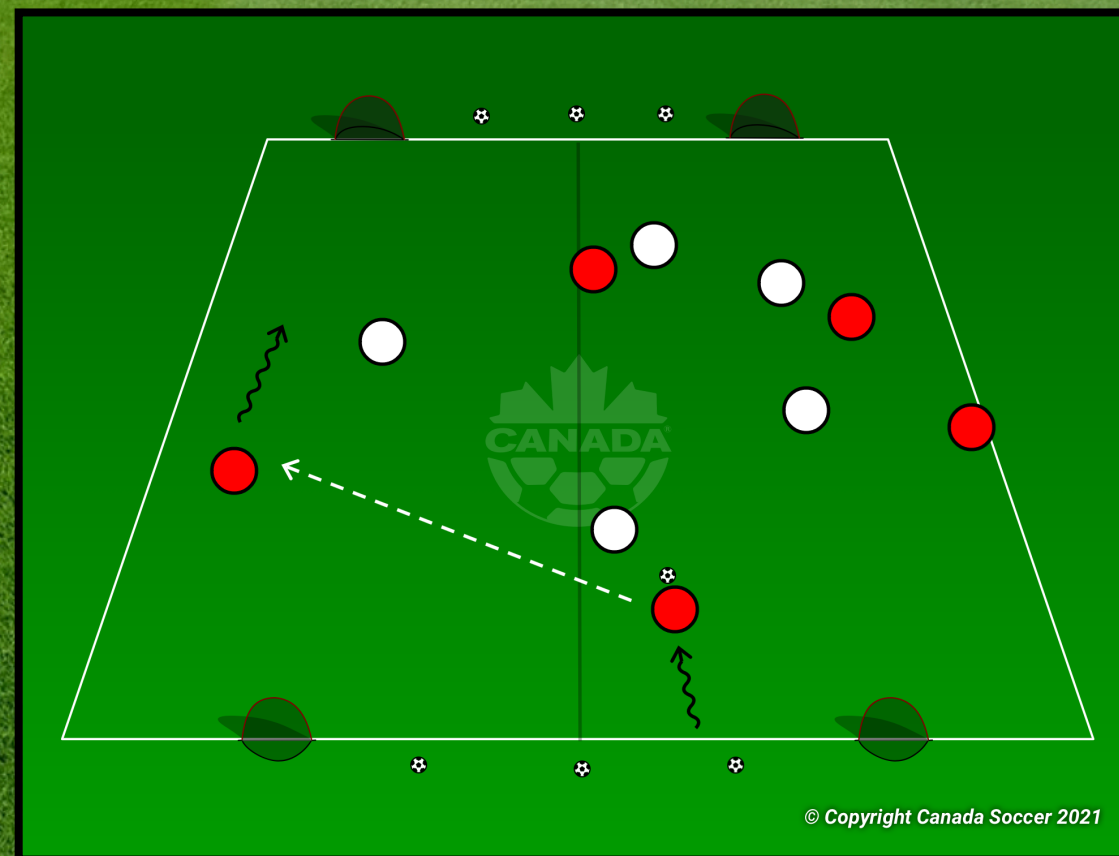
OBJECTIVE

- **RECOMMENDATION:** 16X12 with eight players.
- Directional activity where Red keep possession from one end to the other.
- Red (attackers) on the outside of the playing space can move across their line.
- Whereas one Red (attacker) & two White's (defenders) are free to move anywhere in the playing space.
- Red's keep possession of the ball with the emphasis on playing forward from centre backs to centre forward(as illustrated in diagram)
- If White (defenders) win the ball they dribble across the line where the two Red's are located.
- **COACH CONSIDER:** Players might be ready to explore the relationship of positions and the exercise. **Example:** 2-3-1
- **MAKE IT EASIER:** Make the space bigger.
- **MAKE IT HARDER:** Reduce the size of the playing area OR increase the space and add two additional defenders and two additional attackers who can move freely in the playing space.

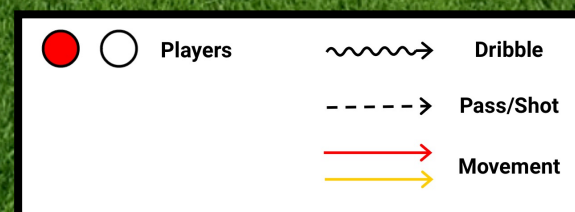


OBJECTIVE

- **RECOMMENDATION:** 25X30 with ten players in two teams.
- Directional game with each team scoring on their opponents' two goals.
- One player from each team must stay on the other side of the field to create width.
- **COACH CONSIDER:** Minimum of three players required per team.
- **MAKE IT EASIER:** Reduce number of players per-team.
- **MAKE IT HARDER:** To score the ball must be switched once when regaining possession **OR** every player must receive the ball before scoring.

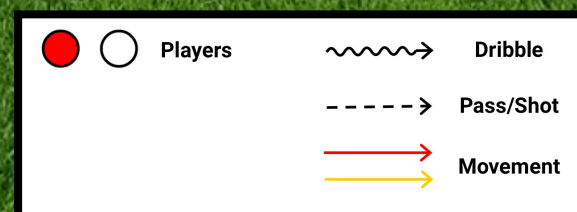
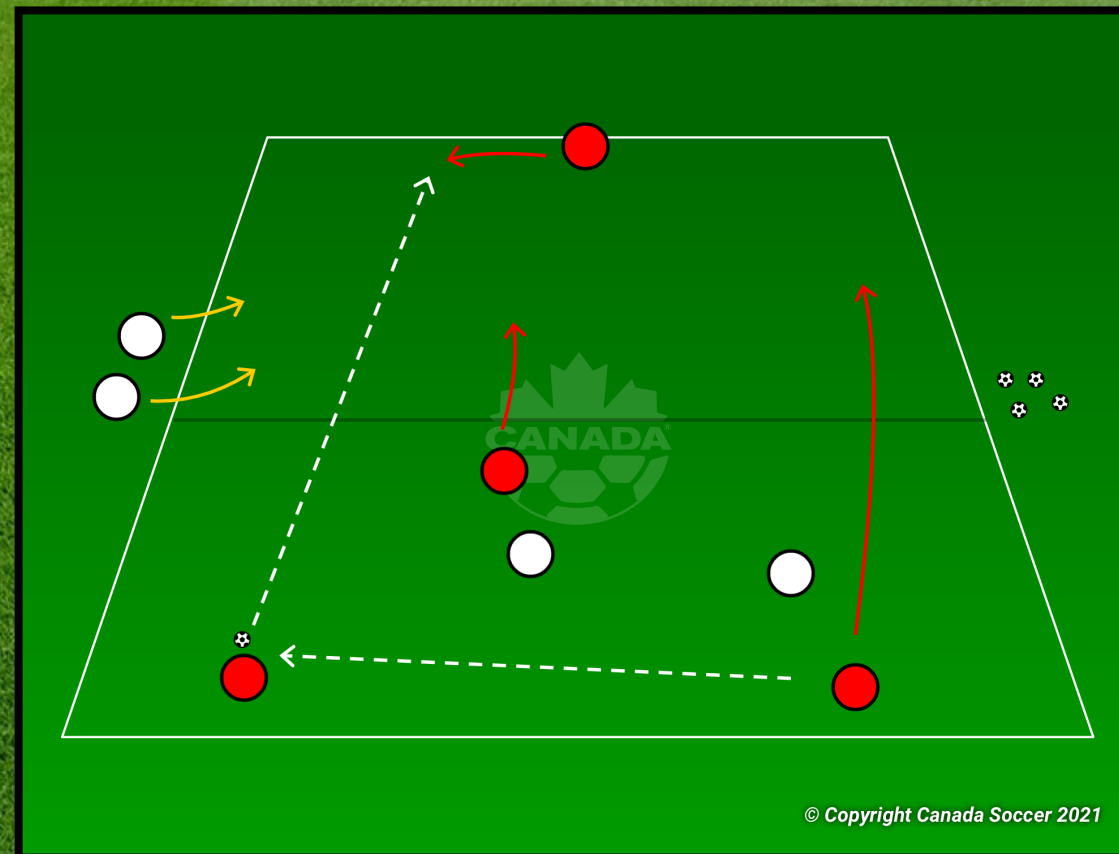


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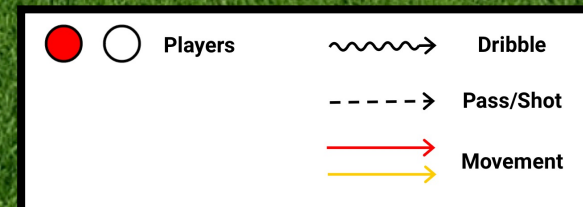
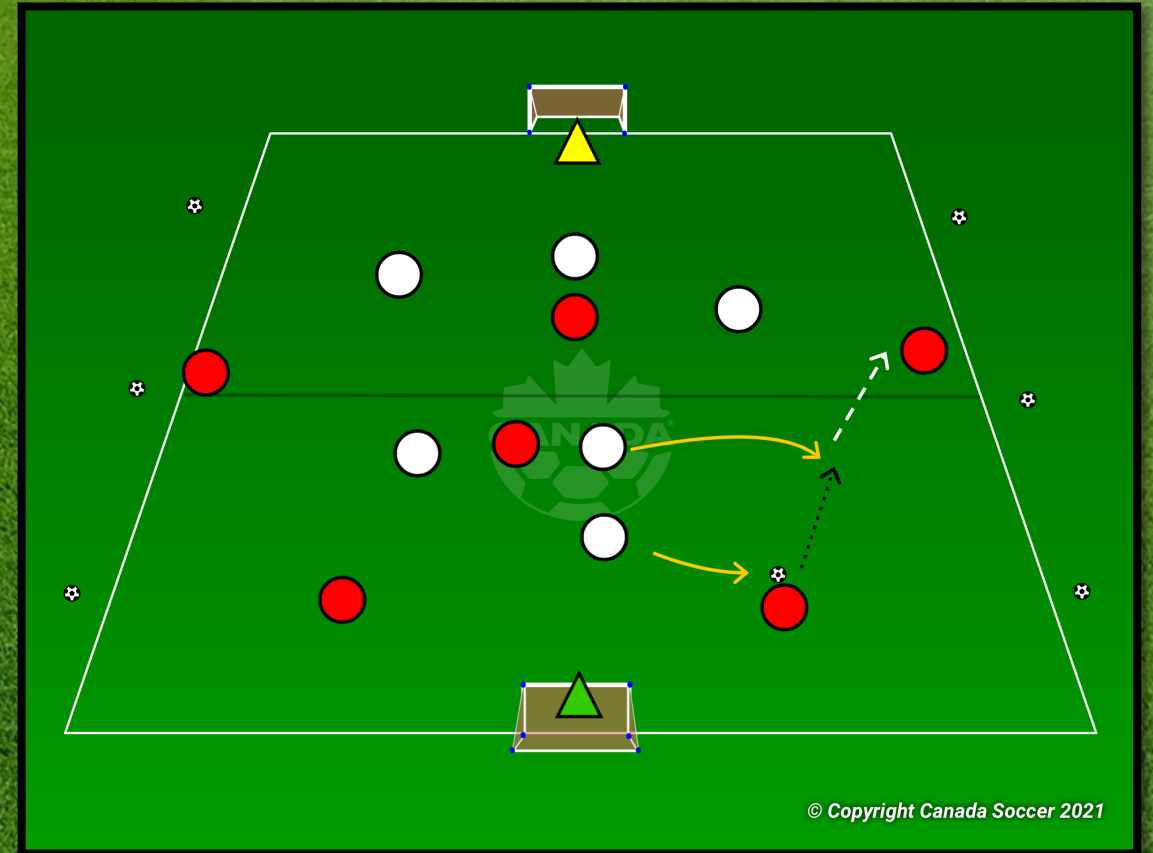
OBJECTIVE

- **RECOMMENDATION:** 16X12 split into two halves with eight players.
- Directional activity with a 3v2 in an 8x12.
- Red (attackers) keeps possession with intent on attempting to play into target when possible. As the ball travels, two Red's will transition to the other half and one Red will be the new target to repeat process.
- White will rotate with resting defenders who are located centrally.
- If defenders regain possession can they find a resting defender.
- **COACH CONSIDER:** White (defenders) can transition to the opposite side if numbers need readjusting. If defenders regain possession have them dribble out of the space or pass into a target goal.
- **MAKE IT EASIER:** Make the space bigger.
- **MAKE IT HARDER:** If all players can receive the ball and exploit to the opposite side a bonus point is received OR make it 3v3 in the 8x12.



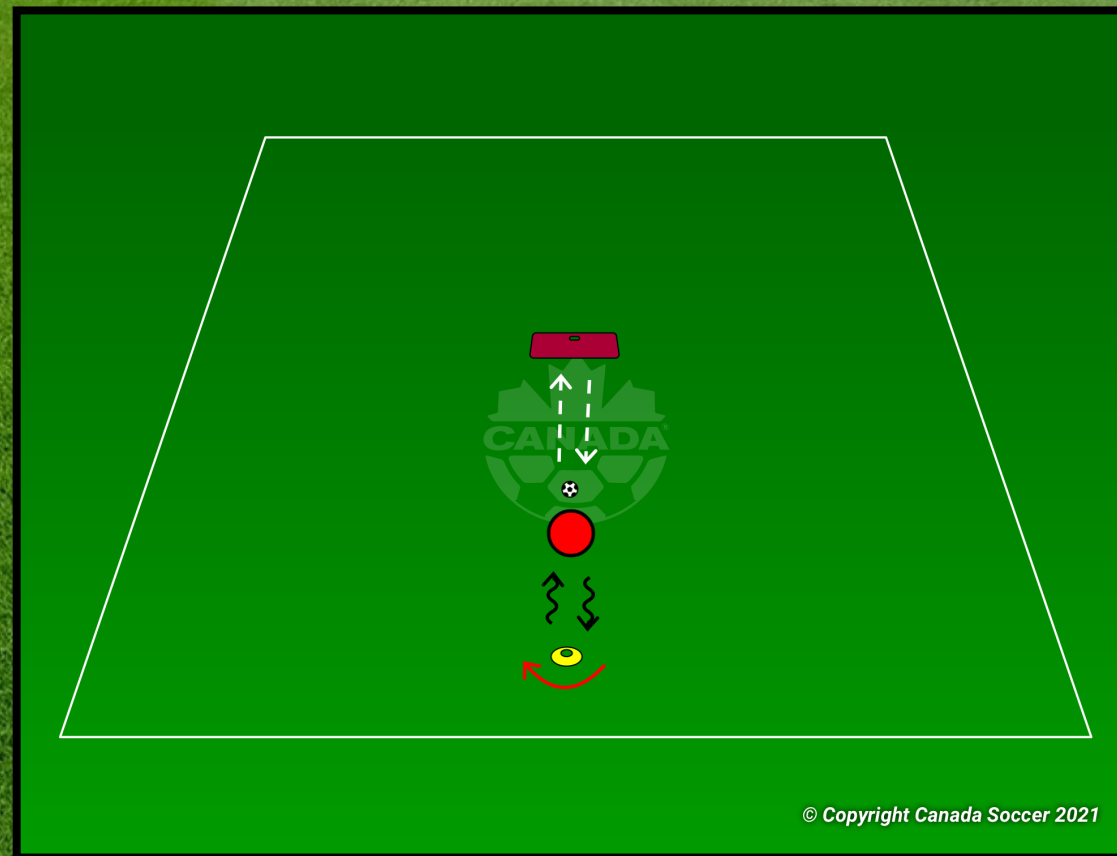
OBJECTIVE

- **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.

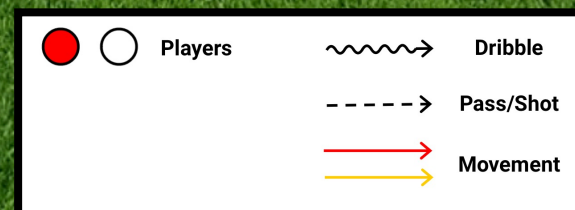


OBJECTIVE

- 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.



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DENYING SPACE TO REGAIN POSSESSION

Soccer for Life



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)



Session Parts

PART ONE: NOTHING THROUGH

- An activity that allows players to explore defending in pairs working together to reduce space centrally.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART TWO: 6V6 ZONED 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 encourages players to deny space centrally and regain possession.
- Players will also be required to use searching skills to recognize and deny spaces and gaps.

PART FOUR: 9V9 OR 11V11

- 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

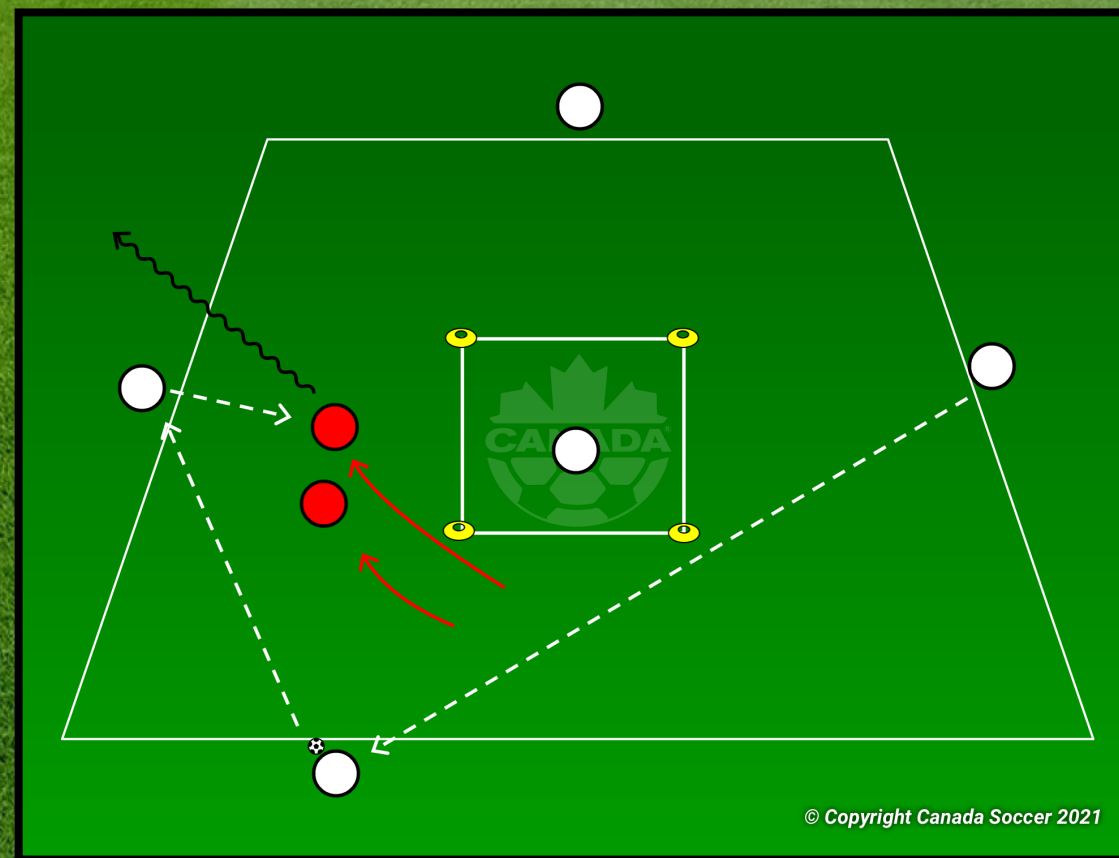
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 - Tasking players – Example: Target player vs a target goal

CONSTRAINTS/CONDITIONS

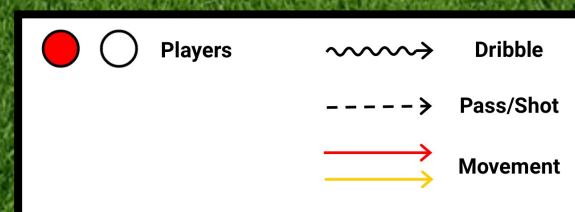
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- You can also use 'Constraints' & 'Conditions' to invite players to solve specific problems with a repetition of actions or solutions. **EXAMPLE:** If you want players to dribble you can reward points to the opposition if they regain the ball intercepting 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.

OBJECTIVE

- **RECOMMENDATION:** 8X8 with 2X2 square in the middle for seven players.
- Multidirectional 5v2 activity with White (attackers) positioned on the outside try to keep possession and play into White located in a central 2X2 square to score. point.
- Two Red (defenders) attempt to reduce the space and stop them playing through the middle. If White regain possession, they are to dribble out of the playing space to score a point.
- If the White (attackers) cannot find the central player in 30 seconds the Red (defenders win the game) and players rotate.
- **COACH CONSIDER:** Consider having a limit of passes on the outside where they must attempt to play centrally for bonus points.
- **MAKE IT EASIER:** Add a third defender.
- **MAKE IT HARDER:** Players on the outside can move inside the playing space.

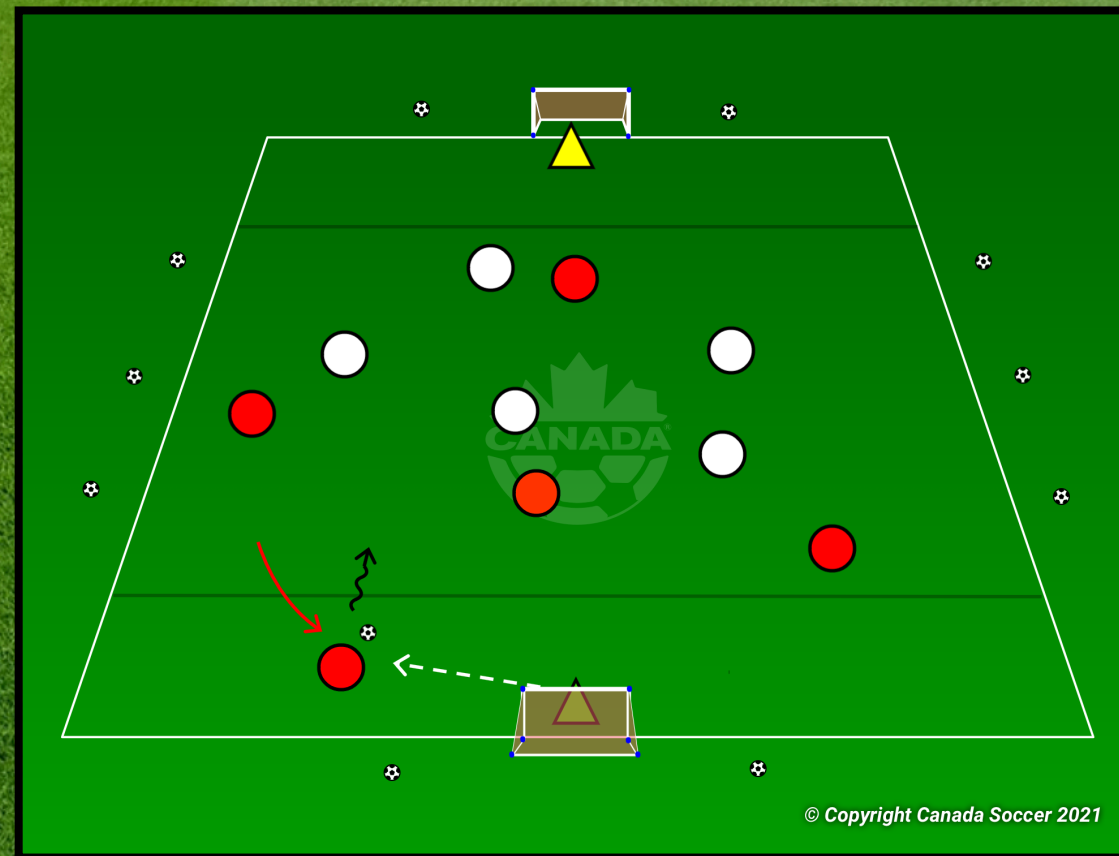


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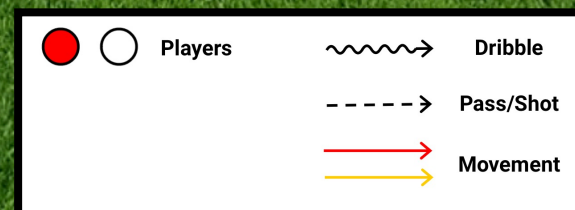


OBJECTIVE

- **RECOMMENDATION:** 50X35 inc. two end zones 10x35 with twelve players in two teams.
- 6v6 directional game with each team trying to play through or around opponents to score on their opponents' goal.
- The playing area is split into three zones. The middle zone is the playing zone, and the two outer zones act as safe zones for the team in possession to build play.
- **COACH CONSIDER:** The end zones can also reference where offside starts.
- **MAKE IT EASIER:** Reduce playing space, remove number of players & remove goals resulting in teams getting the ball into the end zone to score.
- **MAKE IT HARDER:** Allow one opponent to enter the safe zone to put pressure on the ball-carrier **OR** remove the end zone allowing the team the autonomy to decide when to press.

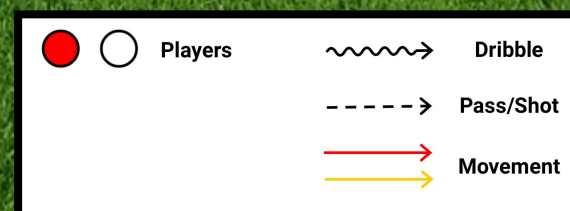
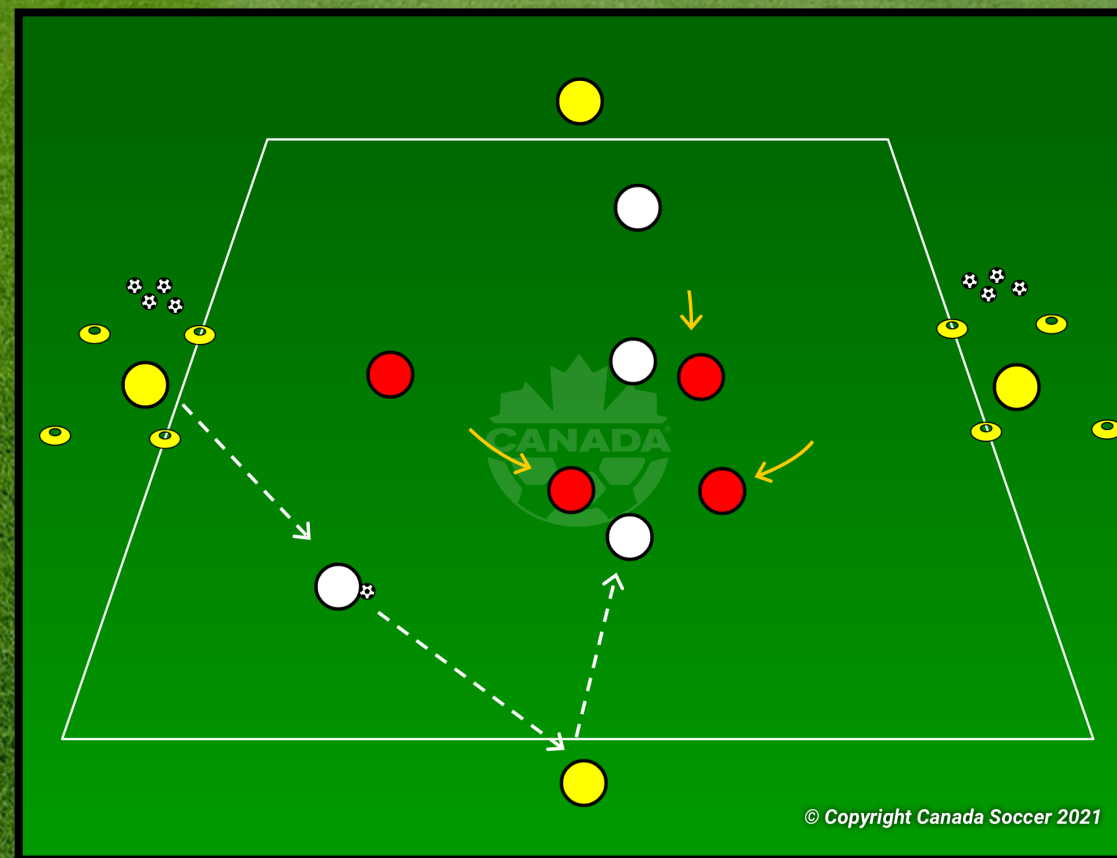


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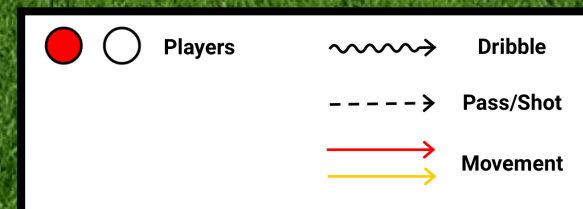
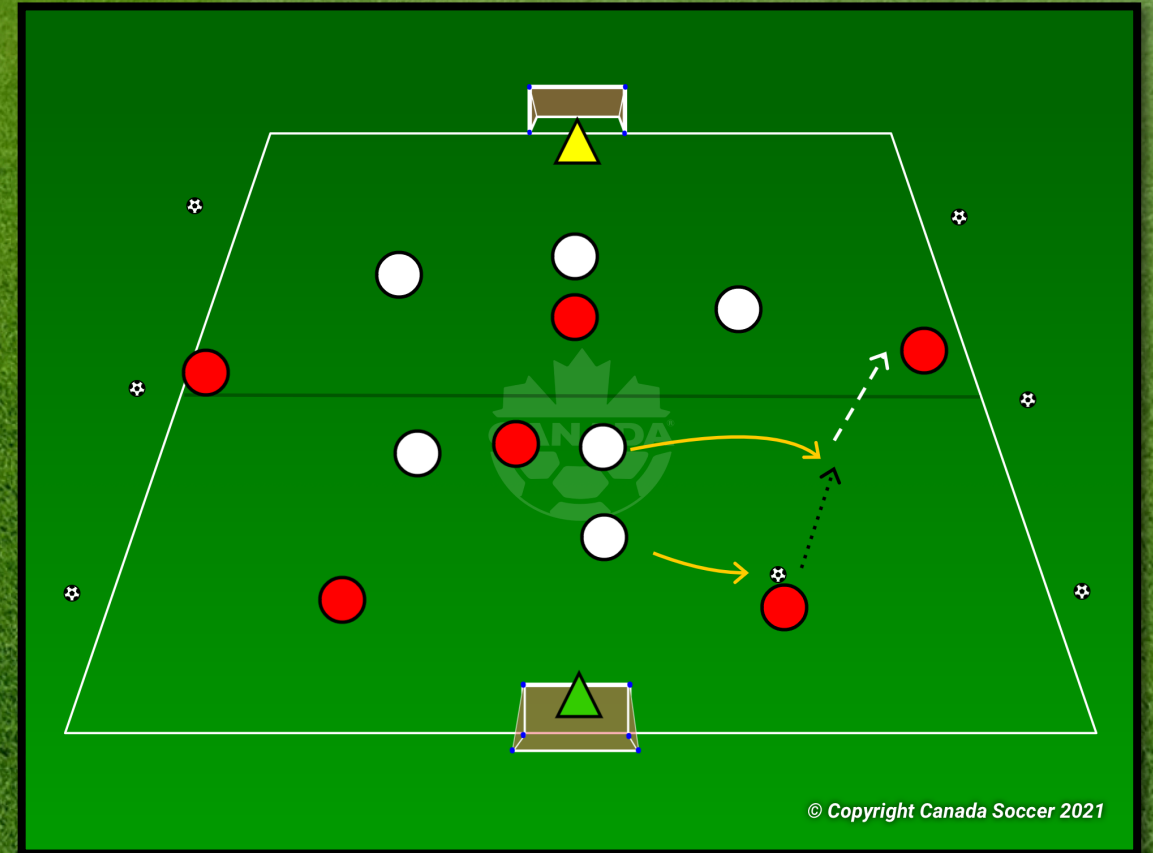
OBJECTIVE

- **RECOMMENDATION:** 20X20 with twelve players.
- 4v4+4 directional activity where both teams attack and defend each end
- 2 targets (Yellow) + 2 wide support players (Yellow) play in possession with both teams.
- Play starts with a target player (Yellow) located in a 5X5 box.
- To score a point, the attacking (White) team must successfully pass to the opposite target player inside the small box and repeat.
- If the defenders (Red) wins the ball find any target player (Yellow) and the roles rotate.
- Outside support players (Yellow) can be used to relieve pressure but support players are limited to two touches and cannot pass into the targets themselves.
- **COACH CONSIDER:** On restarts allowing the defensive team to establish shape before the activity continues.
- **MAKE IT EASIER:** Make the space bigger OR remove players to create a 3v3.
- **MAKE HARDER:** Remove the 5X5 square and allow targets to move laterally.



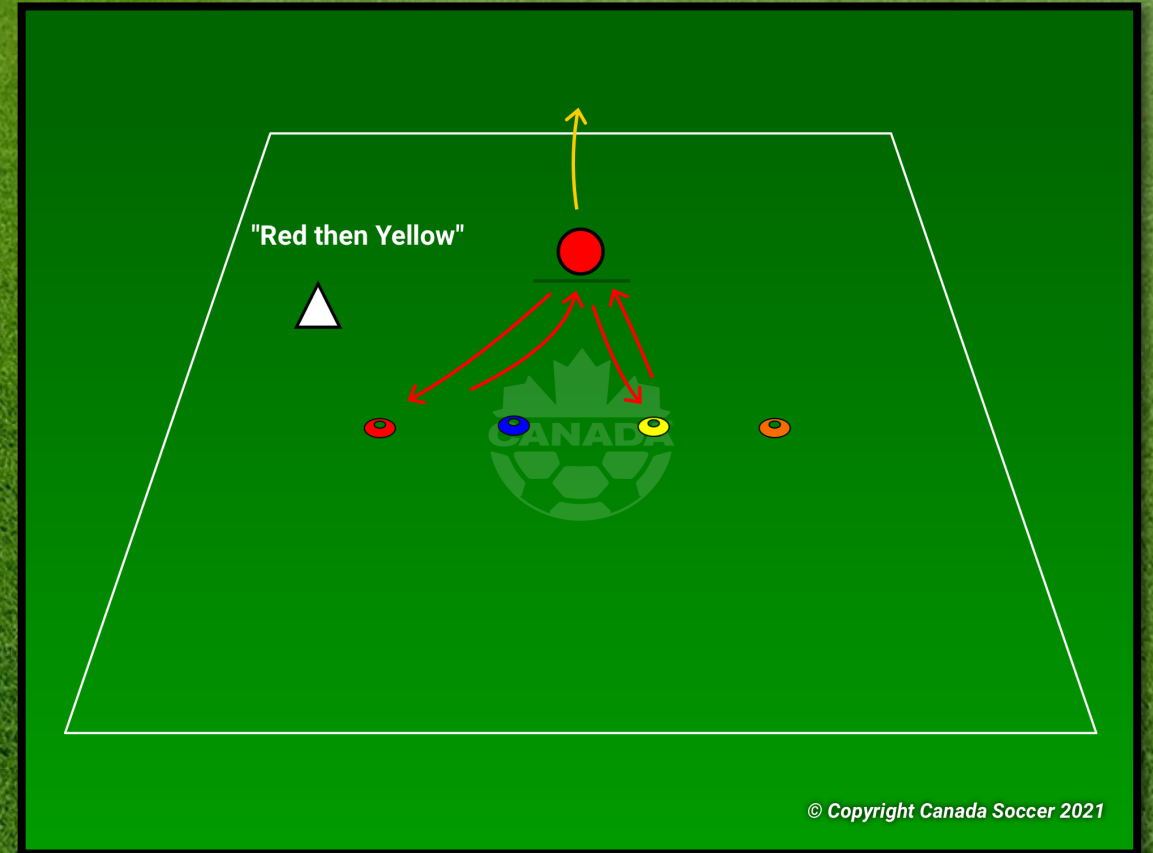
OBJECTIVE

- **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 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).



		Players		Dribble
		Parents		Pass/Shot
		Coach		Movement



SOCCER FOR LIFE

Pre-Designed Practice Session Plans