

Learn to Train


Example Sessions

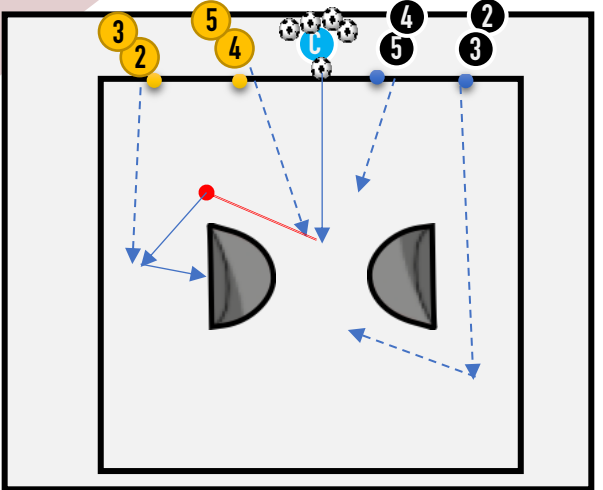
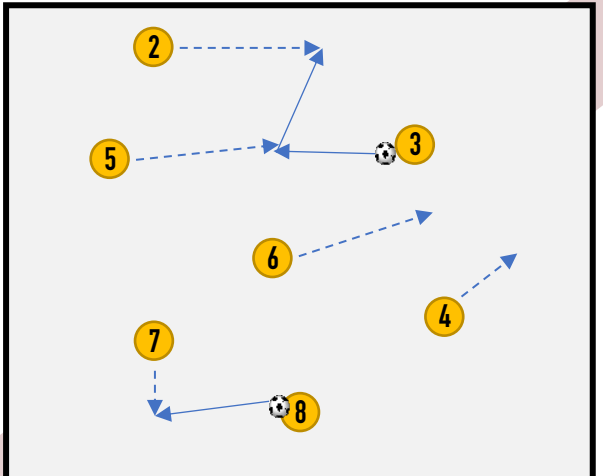


FOCUS	Passing the Ball and Using your First Touch to Create Space
PLAYER HABITS	Pass Communication, Vision and Awareness, Enticing Pressure
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

Learn to Train (U10-U13)

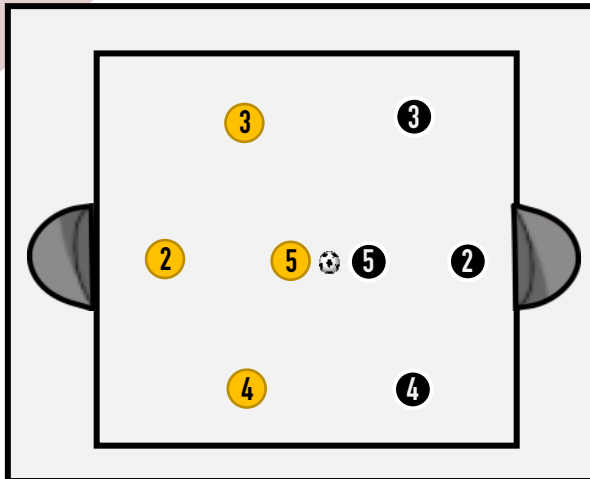
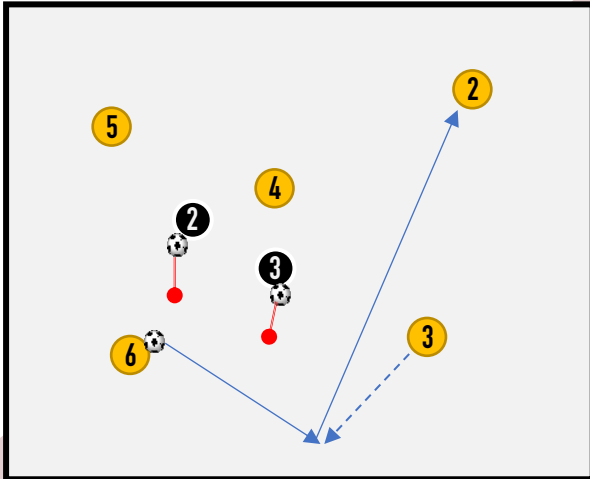
- Dribble
- - - Player Movement
- Ball Movement





Part 1	Movement Box + Hand Passing
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 15x15 yard box • To start, players just move around the box at will performing various physical literacy/warm-up exercises • After 5 minutes, add in 2-3 soccer balls (in players hands) • Players move around the box while tossing the ball back and forth to one another (constantly needing to scan to see where to receive the next ball and working on tracking skills) • If time, progress to players volleying the ball out of their hands to pass it to a partner 	

Part 2	Back-to-Back Goal Game (2v2)
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard space • Place 2 goals back-to-back with a bit of space in the middle • Create two teams and have them line up behind a cone (see picture) • Coach passes or throws a ball into the area. First players in each line enter the grid and play 2v2, attacking both goals and defending both goals (depending who has the ball) • Keep playing until ball goes out or goal is scored <p>Key Points:</p> <ol style="list-style-type: none"> 1. Encourage the attacking player off the ball to both support the player on the ball, but also getting in a position to score if possible 2. The player on the ball can use the player off the ball as a 'decoy' to create space and score a goal 3. Can keep team score to help increase intensity and competitive spirit! 	




Part 3	Possession + Dribbling Defenders
DESCRIPTION	
<ul style="list-style-type: none"> • Create an 18x18 yard box • 2 players have a ball and are the 'defenders' • The rest of the players Have 1 ball amongst them and pass the ball around • Defenders move around with their ball and try to block/intercept passes (but must keep their ball at their feet) • Challenge team passing the ball to see how many passes they can get in a row without the ball going out of bounds or a defender intercepting/blocking it • Play for 2 minutes before switching defenders • As a progression, can limit the number of touches players have, or add dribbling players <p>Emphasis on the players:</p> <ol style="list-style-type: none"> 1. Finding big spaces to receive the ball in (but still getting an angle for the player on the ball) 2. First touch away from defending/dribbling players 3. Quality and technique of pass (heel down, toe up, using the inside of the foot, passing through the ball) 	

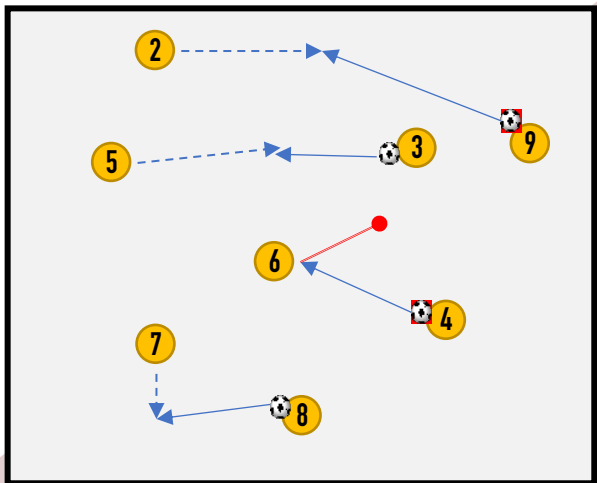
Part 4	4v4 Game
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 25x20 yard space with a goal on each end. Play 3v3 or 4v4 centrally. Extra players at the side changing on the fly as the game is played. • If the ball goes out players can dribble or pass in, or coach can throw a new ball into the area. • *Can play to bigger goals with GKs as well. <p>Key Points:</p> <ol style="list-style-type: none"> 1. Remind the players their job is to score! 2. If a player is open in a space more advanced, pass them the ball. 3. Can ask players to find the most open space to play in when their team has the ball (width and depth) <ol style="list-style-type: none"> 1. Be sure to use simple terms such as 'find a big space to play in' or 'where can you go to receive the ball' 	

FOCUS	Pass vs. Dribble Decisions
PLAYER HABITS	Pass Communication, Vision and Awareness, Scoring Goals
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

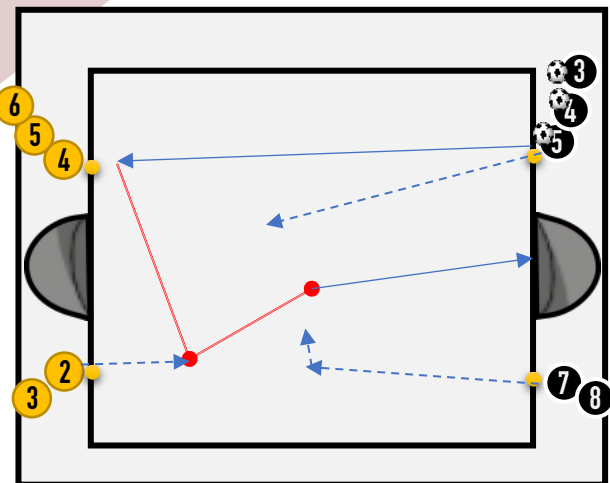
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- Dribble
- - - Player Movement
- Ball Movement

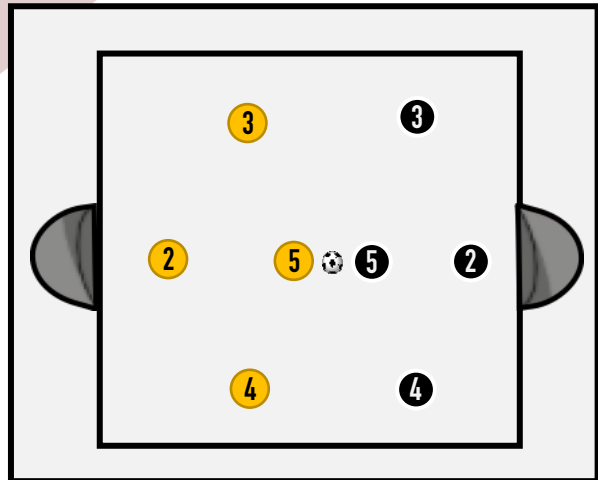
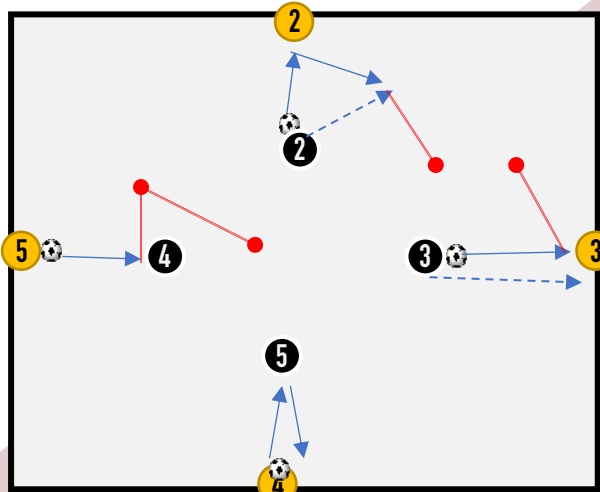




Part 1	Movement Box + Hand & Foot Passing
DESCRIPTION	
<ul style="list-style-type: none"> In a 20x20 yard playing area start by having players move around the box at will performing various physical literacy activities After a few minutes, add in a couple balls in players hands that the players throw around to one another After a few more minutes, add in a couple balls on the ground (balls outlined in red) – now there are 2 balls in the air and 2 balls on the ground – rule is a player can't have a ball in their hands and a ball at their feet <p>Key Points</p> <ol style="list-style-type: none"> Players need to constantly scan and perform the next action (passing a ball, or receiving a ball) Encourage players to be brave and pass the balls across the area (over further distances, not just to the closest player) 	



Part 2	2v2 Game
DESCRIPTION	
<ul style="list-style-type: none"> Create an 18x15 yard space Have 4 lines (two teams) One team passes the ball across to the other team to activate the 2v2 (each team attacking and defending one goal) Play until the ball goes out of play or a goal is scored Change which team starts with the ball half-way through the activity <p>Key Points</p> <ol style="list-style-type: none"> Ask the player off the ball how they can help the player on the ball. Can they create a 2v1? Can they receive in behind? Pass vs. dribble decision Can the player on the ball score? If so, do it! 	



Part 3

Passing & Receiving Box

DESCRIPTION

- Create a 15x15 yard box
- Half the players on the outside of the box, the other half on the inside of the box
- Perform the various activities (as shown in diagram)
 - Bottom – inside player receives and plays back
 - Left – inside player receives then dribbles to find another outside player to pass to
 - Top – inside player has the ball, dribbles to an outside player and does a give and go to receive the ball back
 - Right – inside player passes outside and they change roles
- Perform each activity for 2 minutes and then change who is on the inside and who is on the outside

Part 4

4v4 Game

DESCRIPTION

- Create a 25x20 yard space with a goal on each end. Play 3v3 or 4v4 centrally. Extra players at the side changing on the fly as the game is played.
- If the ball goes out players can dribble or pass in, or coach can throw a new ball into the area.
- *Can play to bigger goals with GKs as well.

Key Points:

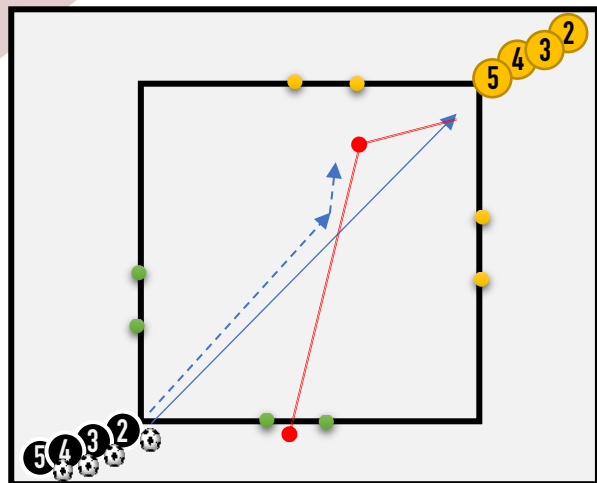
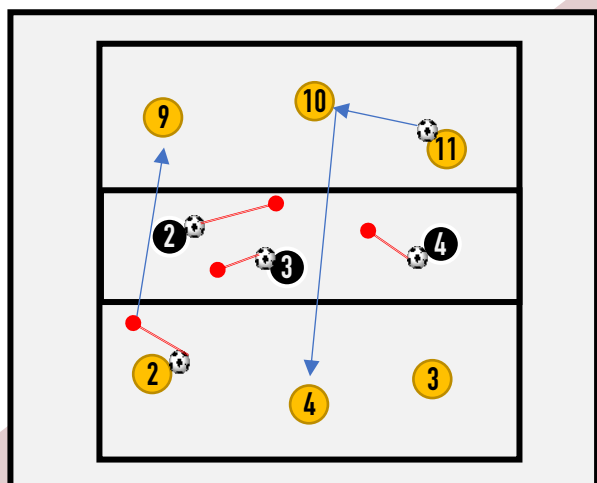
1. Remind the players their job is to score!
2. If a player is open in a space more advanced, pass them the ball.
3. Can ask players to find the most open space to play in when their team has the ball (width and depth)
 1. Be sure to use simple terms such as 'find a big space to play in' or 'where can you go to receive the ball'



Learn to Train (U10-U13)

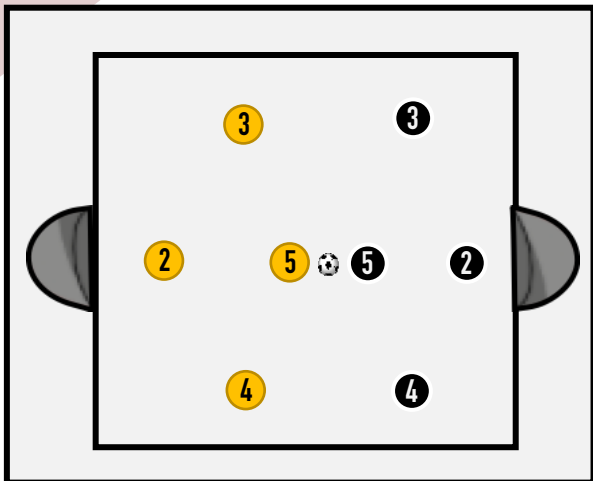
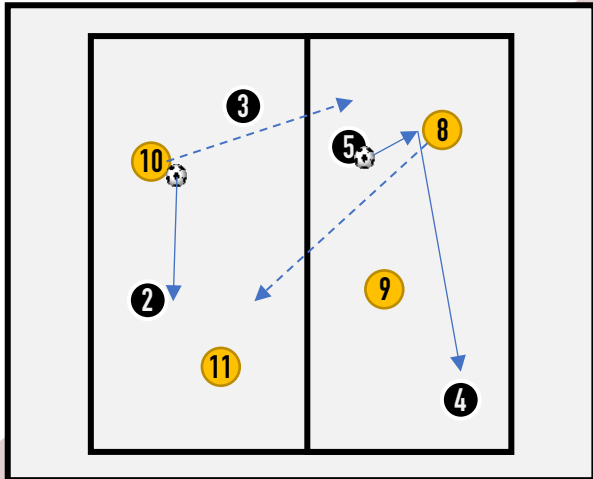
- Dribble
- - - Player Movement
- Ball Movement

FOCUS	Passing and Receiving, Dribbling
PLAYER HABITS	Pass Communication, Vision & Awareness, Enticing Pressure
SOCIAL/MENTAL	Fun Friends, Energy, Concentration



Part 1	Channel Passing Game
DESCRIPTION	
<ul style="list-style-type: none"> Create a 20x20 yard area with a 5-yard-wide middle channel. Create 3 even groups. Players in the middle all have a ball and dribble in the channel – ask them to perform various skill acquisition techniques (foundations, toe taps, combination, stationary scissors, etc.) Groups in the end zone each have 1 ball and pass it to one another. When they have the opportunity (passing lane) they pass it to a player on the other side. Change which zone players are in every 2 minutes. Progress to the player that passes across joins the other end zone. <p>Key Points</p> <ol style="list-style-type: none"> Players on the ball constantly looking up to see if there is a passing lane. Players off the ball constantly moving into a space where they can receive a pass 	

Part 2	1v1 Dribbling
DESCRIPTION	
<ul style="list-style-type: none"> Create a 15x15 yard zone with 4 2-yard gates (as shown in diagram) Create two teams who line up on opposite corners. One team has a ball and passes to the other player across from them. Both players enter the grid to play 1v1. Player gets a point by dribbling through one of the opposite gates (in diagram, yellow player dribbles through either green gate or if black player wins it they dribble through either yellow gate) If ball goes out or gate is dribbled through next two go. Switch lines after the round and get players to keep score. <p>Key Points</p> <ol style="list-style-type: none"> Ensure players are matched up against a player(s) that they feel challenged against Remind players of proper passing technique Encourage players to take a first touch to one of the sides to open space on the opposite side (see diagram) 	




Part 3	Passing & Moving Activity
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 15x20 yard area and cut the area in half. • Create 2 teams. • Half the players of each team start in one of the halves. • The player will pass a ball to the opposite colour player in their half and then run across to the other half to receive a ball and move back. Create different progressions: <ul style="list-style-type: none"> • Pass to a player in the same colour • Must take 4 touches before you pass the ball • Must make a move before you pass the ball • Must dribble the ball into the other half and then pass the ball <p>Emphasis on the players:</p> <ol style="list-style-type: none"> 1. Finding a big space to receive the ball in – no player should be standing still – players always thinking ‘next action’ 2. Quick and dynamic movement into the other grid. 	

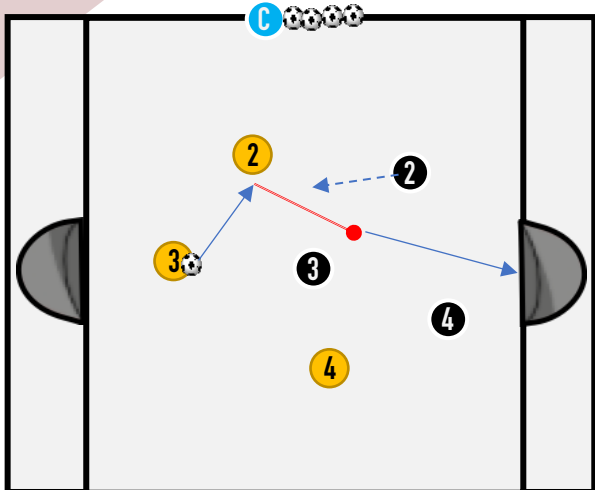
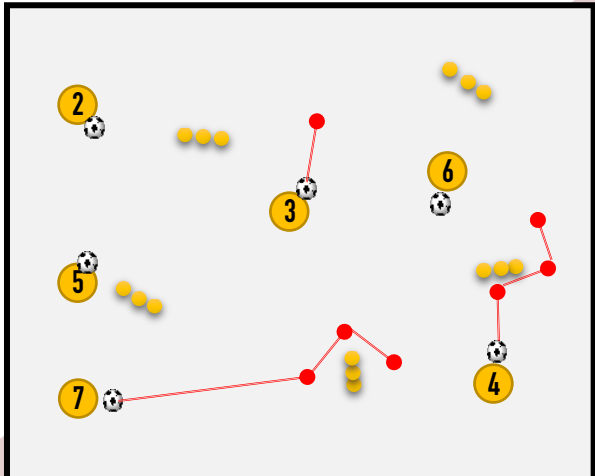
Part 4	4v4 Game
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 25x20 yard space with a goal on each end. Play 3v3 or 4v4 centrally. Extra players at the side changing on the fly as the game is played. • If the ball goes out players can dribble or pass in, or coach can throw a new ball into the area. • *Can play to bigger goals with GKs as well. <p>Key Points:</p> <ol style="list-style-type: none"> 1. Remind the players their job is to score! 2. If a player is open in a space more advanced, pass them the ball. 3. Can ask players to find the most open space to play in when their team has the ball (width and depth) <ol style="list-style-type: none"> 1. Be sure to use simple terms such as ‘find a big space to play in’ or ‘where can you go to receive the ball’ 	

FOCUS	Beating an Opponent & Finishing
PLAYER HABITS	1v1 Attacking, Vision & Awareness, Scoring Goals
SOCIAL/MENTAL	Fun, Friends, Energy, Concentration

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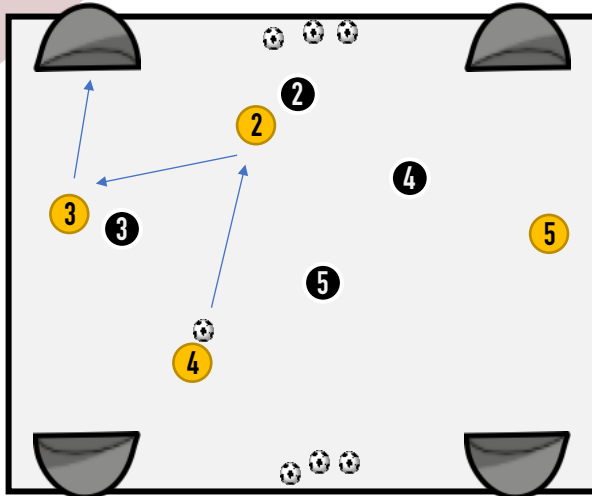
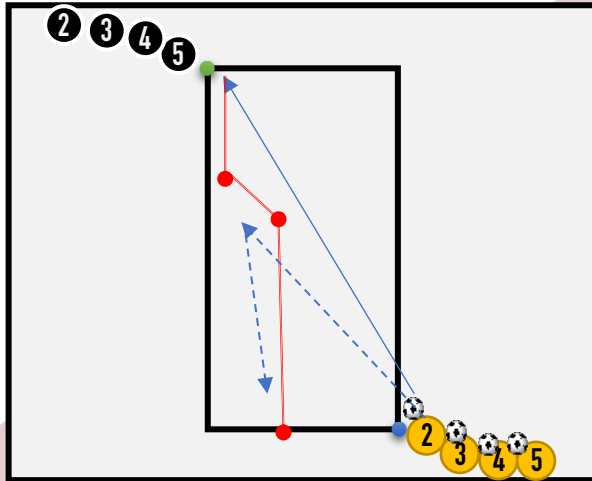
- Dribble
- - - Player Movement
- Ball Movement





Part 1	Dribbling Box + 'Defenders'
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x20 yard box and place multiple sets of 2-3 cones (to make it a bit wider like a person). • Each player has a ball and dribbles around. • Coach can ask players to perform various moves (scissors, feint, Ronaldo chop, box tap, etc.) around the cones. • Coaches can also get players to perform various skill acquisition exercises or get players to flick the ball over the cones. <p>Key Points</p> <ol style="list-style-type: none"> 1. Ensure players are using both feet when dribbling and performing move. 2. Get players to accelerate away after the move. 3. Give players the last minute or two to be creative and try new moves out. <p>Progression: Can make it into a race to see who the first player to 'beat' 10 cones with a move.</p>	

Part 2	3v3 or 4v4 Game
DESCRIPTION	
<ul style="list-style-type: none"> • Create a 20x25 yard space with a goal on each end. Play 3v3 centrally. Extra players at the side changing on the fly as the game is played or create 3 teams and rotate teams every two minutes. • If the ball goes out players can dribble or pass in, or coach can throw a new ball into the area. <p>Key Points:</p> <ol style="list-style-type: none"> 1. Remind the players their job is to score! 2. Encourage players to dribble and take players on. Even award points if players use a move to beat an opponent. 	



Part 3

Dribbling Channel

DESCRIPTION

- Create an 8x15 yard rectangle
- Make two equal teams.
- Players start and line up on opposite corners.
- First player in line passes a ball out to the opponent who tries to beat the defender and dribble past the end line (while keeping control of the ball)
- If the defender wins the ball, they do the same going the opposite way.
- Next two players go if ball goes out or end line is dribbled past.

Emphasis on the players:

1. Keeping the ball close to them and under control to use a move and beat their opponent.
2. Timing of when to use the move.
3. Acceleration after the move is made to take advantage of the space.

Part 4

4 Goal Game

DESCRIPTION

- 4 goals placed inside the playing area as shown. Play 3v3 or 4v4 centrally. Extra players at the side changing on the fly as the game is played.
- This game will develop wide play by encouraging the players to move wide naturally.
- This will also open the game thus giving the players more time on the ball which will stimulate a deeper understanding of the game.
- All in all, this simple game will help develop all the players peripheral vision, perception & decision making whilst gaining lots of touches on the ball.

Key Points:

1. Remind the players their job is to score!
2. Use the 1st touch on ball to change direction of the play & attack opposite goal.
3. Disconnect from your defender to create space to receive.
4. How can a teammate help to create a 2v1?

Condition to Add: Must score on one touch, or a one touch finish gives you 3 points.