



LEARN TO TRAIN SESSION PLAN

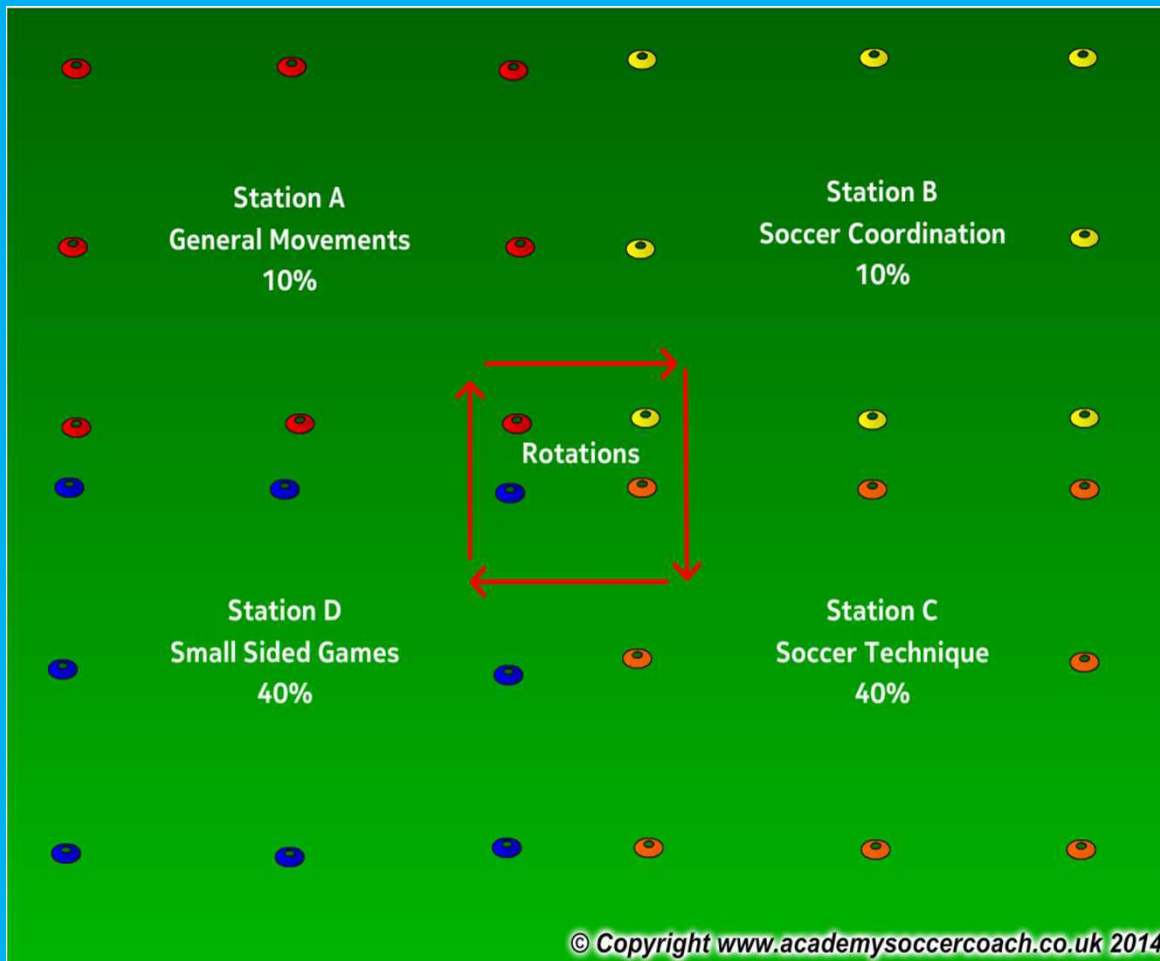
FOR COACHES OF U8-U11 FEMALES AND U9-U12 FEMALES

Learn to Train practice plans
Preferred method of training – The Station concept



Hello , and welcome to the session plans which are design for coaches working with Learn to Train age group. This is third stage of the grassroots level . We hope you enjoy this session plans. The focus for this stage should be providing a positive, and fun environment, concentration on ABC(Agility, Balance, and Coordination), and playing small-sided games, 3v3, 4v4 etc. Can you develop players' ability to read what other players are going to do based on their movements, let your players make decisions, expose them to working out problems and coming up with solutions.

Learn to Train practice plan Preferred training model



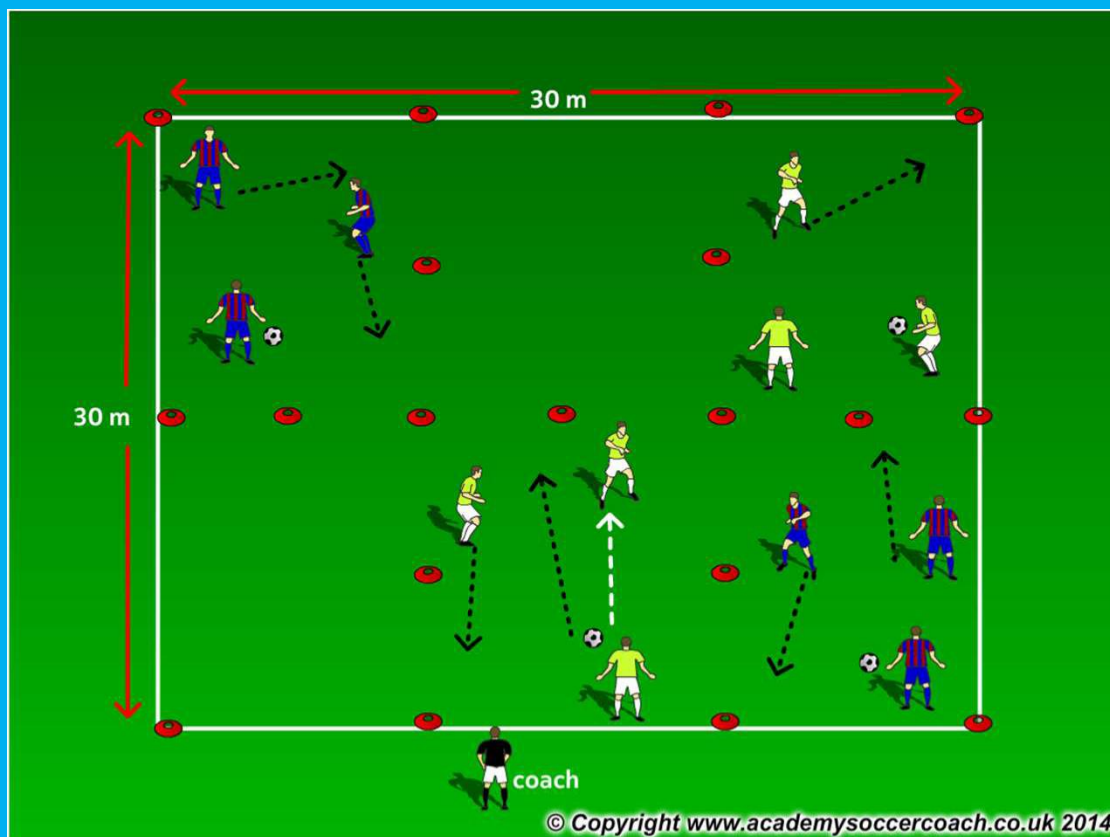
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Learn to Train practice plan – Week 1

Station A

General Movement



organization: A grid of 30 mx30 m divided into equal smaller boxes. 3 players in each group. One ball between each group.

Procedure: Players move in their box, passing, and receiving, and perform different movements. I.e: Step over, Matthew's move. On the coach's call, players move to another box.

Time frame. 12-15 minutes

Emphasis:

Changing direction
Foot - eye Coordination
Aware of surroundings
Balance
FUN!

Psychological

Confidence Being safe

Technical

Dribbling Passing, receiving
Running with the ball

Physical

A,B,C's
Change of Direction

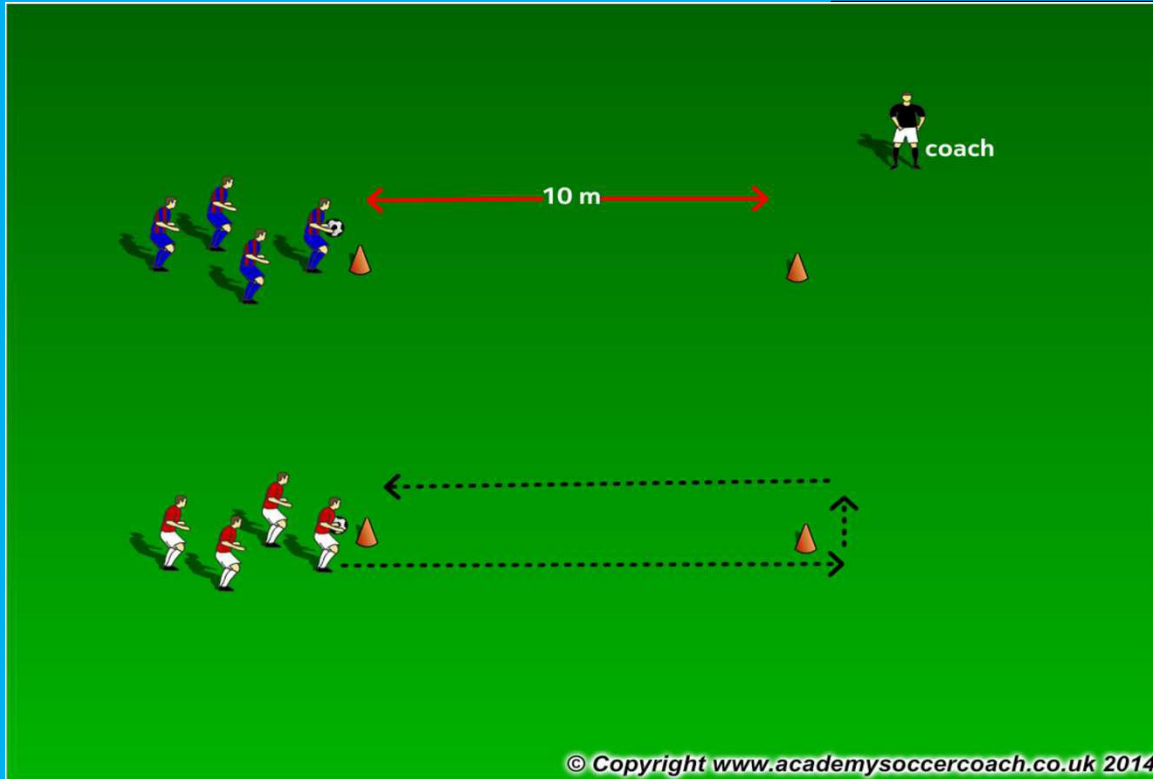
Social

Listening to cues
Communicating Peer interaction

Learn to Train practice plan – Week 1

Station B

Soccer Coordination



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Organization: Mark out two courses. Two to four players stand at each starting cone. Each team has a ball.

Procedure: On coach's call, the first player rolls the ball with hands around the far cone, and back to the next player in line. Which team can complete the activity first.

Variation: Players bounce the ball around the far cone. Run with the ball around the far cone. They can head a balloon around the far cone.

Time frame. 12-15 minutes

Emphasis:

Listening
Running with the ball
Changing direction
Hand - foot Coordination
FUN!

Psychological

Positive reinforcement
Confidence Being safe

Technical

Running with the ball
Part of the ball, Part of the foot

Physical

Eye-hand coordination
Agility, Balance
Change of Direction

Social

Listening
Communicating
Peer interaction /fun



Learn to Train practice plan – Week 1
Station B
Soccer Technique - Dribbling/Creativity



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Organization: 30 mx15 m. divided to three equal grids. one player as defender in each grid. Attacker runs to 1st defender and performs a dribbling move, when he/she passes the first defender, then she/he runs to 2nd defender performing different dribbling move, and when pass him/her can score in the goal.
Progression: This exercise could be done in 2v1 situation, working on when to pass, and when to dribble.
Rotate players.

Time frame. 12-15 minutes

Emphasis:

Changing direction
Change of speed
Agility, Balance, Coordination
Shooting, finishing
FUN!

<u>Psychological</u> Positive reinforcement Confidence Being safe Fun	<u>Technical</u> Dribbling 1v1 attacking/defending passing, Shooting,
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Peer interaction



Learn to Train practice plan – Week 1

Station D

Small sided game with retreat line



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5v5 small sided game with the retreat line.

If you have odd numbers, you can have the extra player become a neutral player in the game. He/she plays with team in possession.

Time frame. 12-15 minutes

Emphasis:

Running with the ball

Dribbling

1v1

Changing direction

Change of speed

Agility, Balance, Coordination

Imagination

Creativity FUN!

Psychological

Fun Confidence

Being safe

Technical

Dribbling

1v1

Shooting

Physical

Speed A,B,C's

Change of Direction

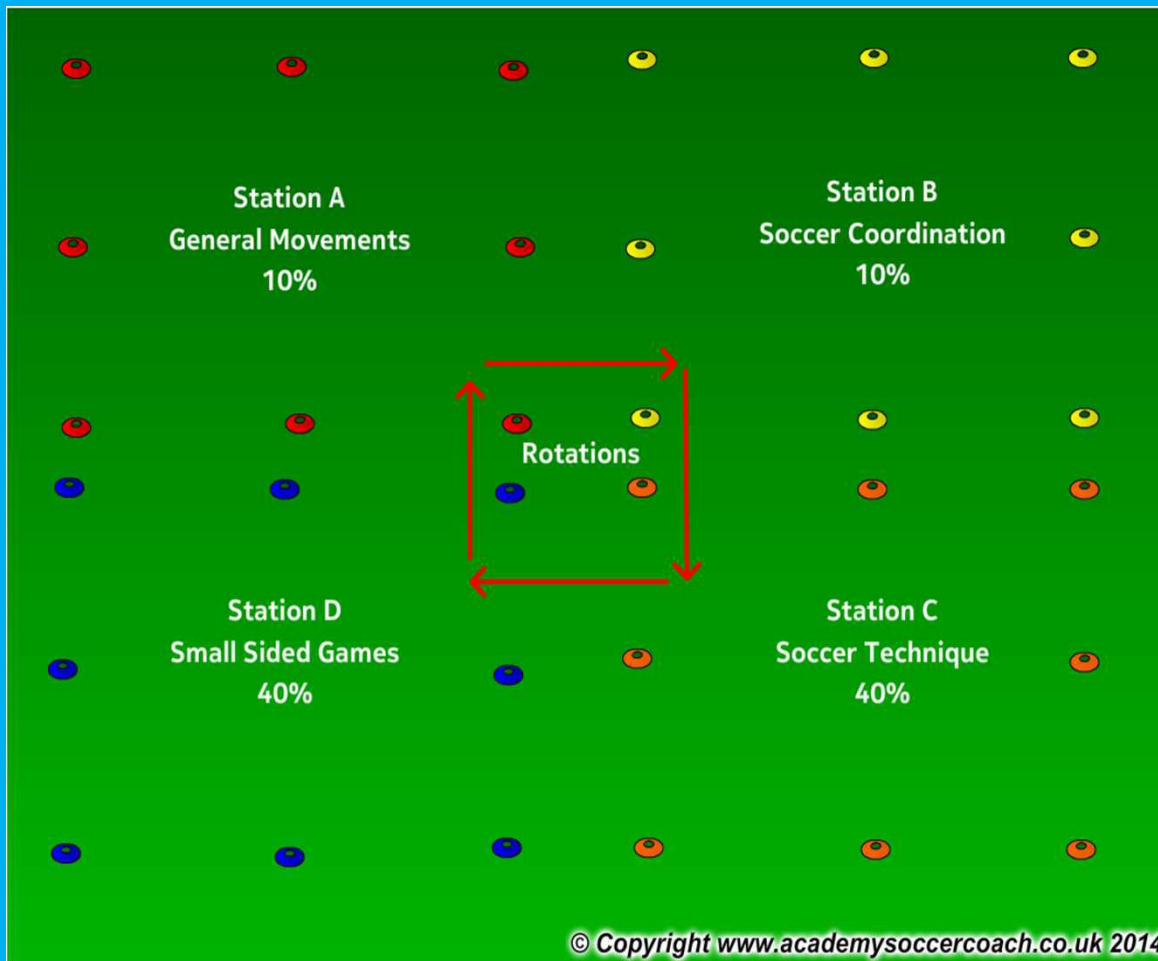
Social

Listening

Communicating Fun

with friends

Learn to Train practice plan Preferred training model



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Learn to Train practice plan – Week 2

Station A

General Basic Movement



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Cone tag:

Organization: Mark out a 20 mx20 m field with different - coloured cones. 6-8 players and one tagger.

Procedure: The tagger tries to tag the players, The coach calls out a cone colour: Cones of this colour can be used briefly as safety zone, but each cone only protects one player. If tagger, tag a player, he/she become a new tagger.

Time frame.12-15 minutes

Emphasis:

Changing direction

Running

Spatial awareness

FUN!

Psychological

Confidence
Playing under
pressure
Fun

Technical

Dribbling
passing
Receiving
1v1

Physical

A,B,C's
Change of Direction
Speed

Social

Listening
Communicating
Team work

Learn to Train practice plan – Week 2

Station B

3v2 shooting



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Organization: A 9v9 size goal, a few balls, 10 to 12 players. Mark out field as shown (18 yrd. box if its possible) , and 3 cones 10 m from 18 yrd line.
Procedure: The first passer initiate the 3v2 with a pass into the penalty box. (extrea defender juggles on the side, and will be rotate each round)
Attackers can only shoot after receiving and controlling the ball. When the first ball goes out of hte field or into the goal, the next passer passes into penalty box. Team switch their role after two or three rounds.

Time frame. 12-15 minutes

Emphasis:

- Turning
- Changing direction
- Shooting
- Passing
- Receiving
- FUN!**

Psychological

Confidence

Technical

Finishing
Shooting

Physical

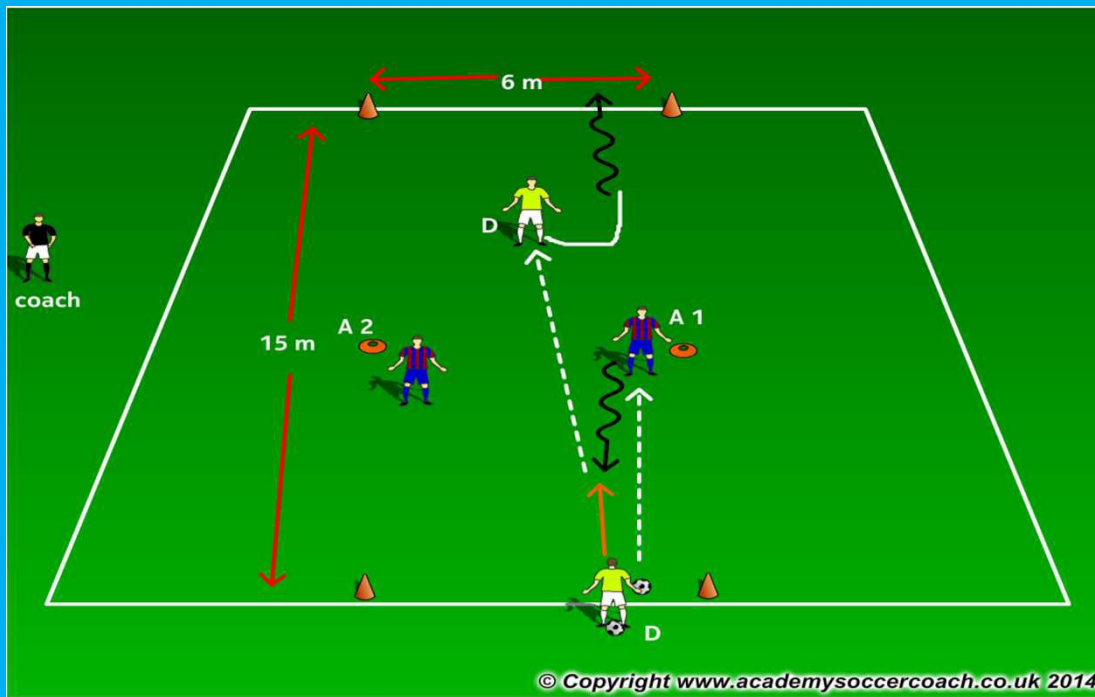
A,B,C's
Change of Direction

Social

Listening
Communicating



Learn to Train practice plan – Week 2
Station C
Soccer Technique - Individual Defending



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Individual Defending: (defending the line)
Organization: Mark the field (15 mx6 m) , it could be varied depend on the age and the ability of players.
procedure: Divide players to two teams. One team (attackers) receive the ball from the defender and try to pass the defender and cross the line.
Attacker will rotate every round.
same procedure will take place on the other side.
progression: 2 attacker vs 1 defender
If defender intercepts the ball, will pass it to his teammate on the other half, which will receive, turn and cross the line .

Time frame. 12-15 minutes

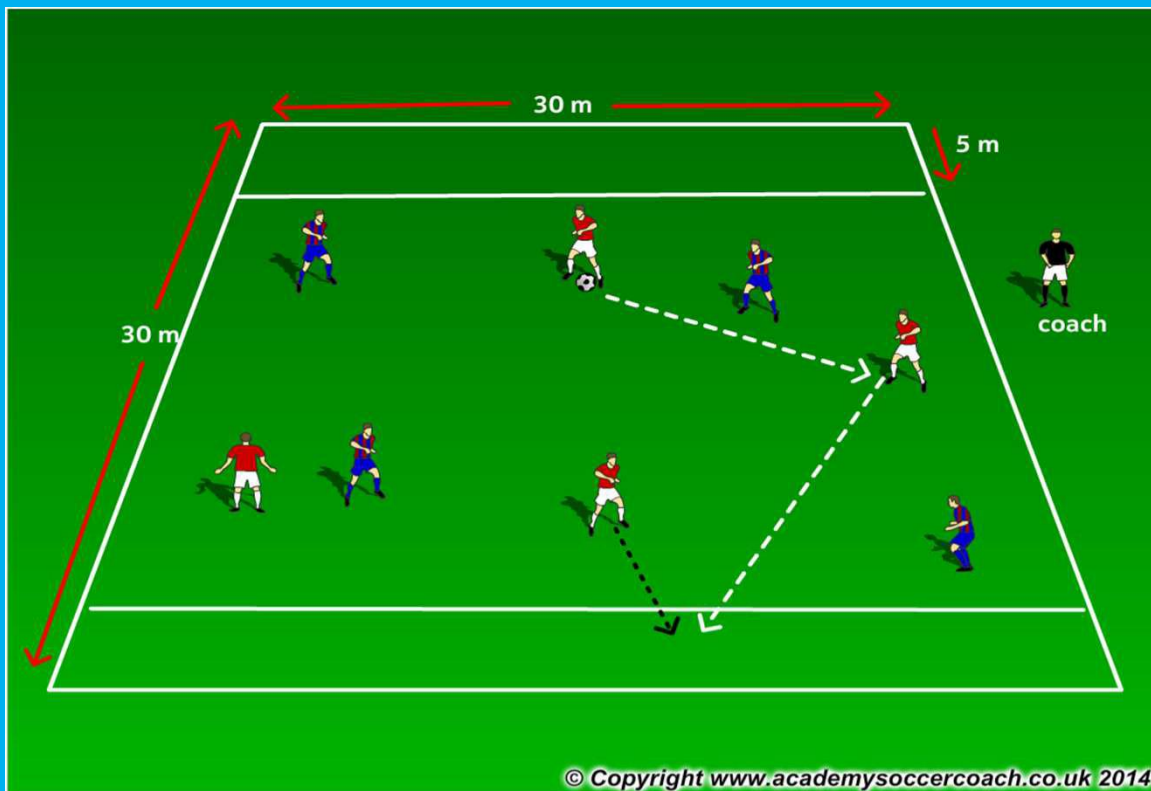
Emphasis:

- Patience
- Body position 1v1
- mentality
- Angle of approach
- Element of surprise
- Speed of approach
- Fun!

<u>Psychological</u>	<u>Technical</u>
Decision making Confidence 1v1 defending mentality	Angle of Approach Body position Time of tackle
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Communicating



Learn To Train practice plan – Week 2
Station D
Small Sided game - End Zone Game



4v4 small sided game with two end zones.
Organization: Mark a field of 30 mx30 m, and two end zone as shown in diagram.
Procedure: Each team gain a point by pass the ball into end zone which received by teammate .
Players can't wait for the ball in end zone, they must run to end zone to receive the ball.

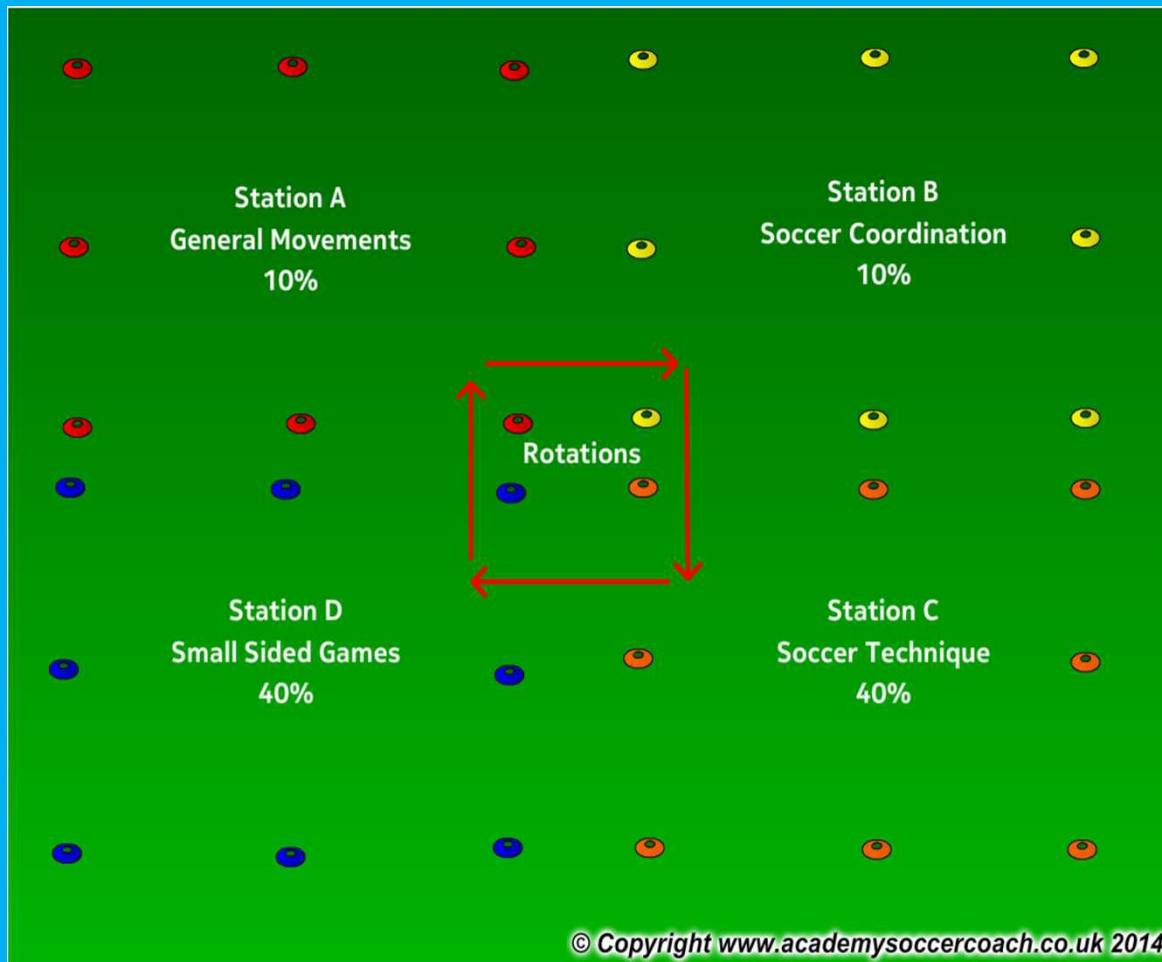
Time frame. 12-15 minutes

Emphasis:

- Running with the ball
- Dribbling
- 1v1
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- FUN!

<u>Psychological</u> Decision making Confidence Being safe	<u>Technical</u> Receiving Dribbling passing
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating

Learn to Train practice plan Preferred training model



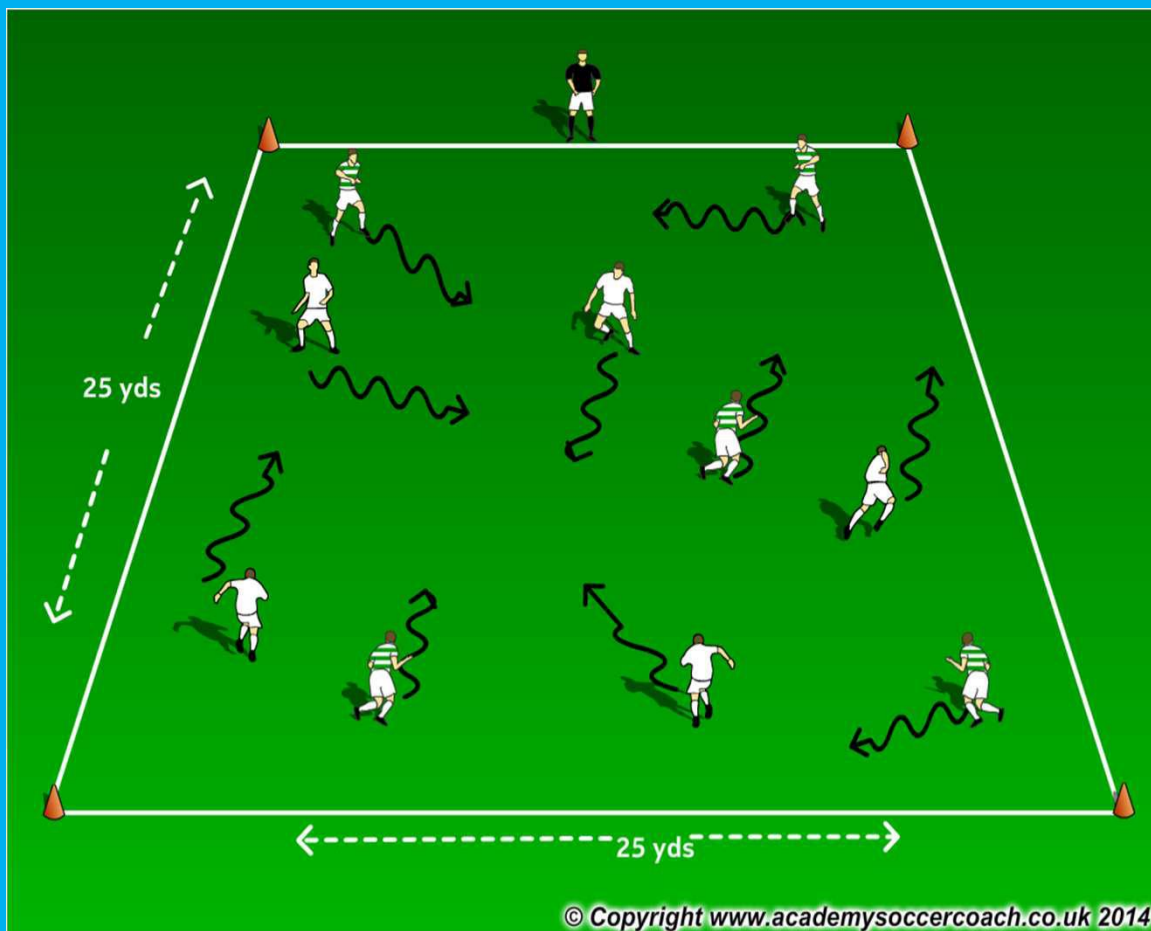
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan – Week 3

Station A

General Movement



General movements

Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways
Movements can occur with or without a ball.

Time frame. 12-15 minutes

Emphasis: Running

Skipping

Side steps

Changing direction

Changing speed

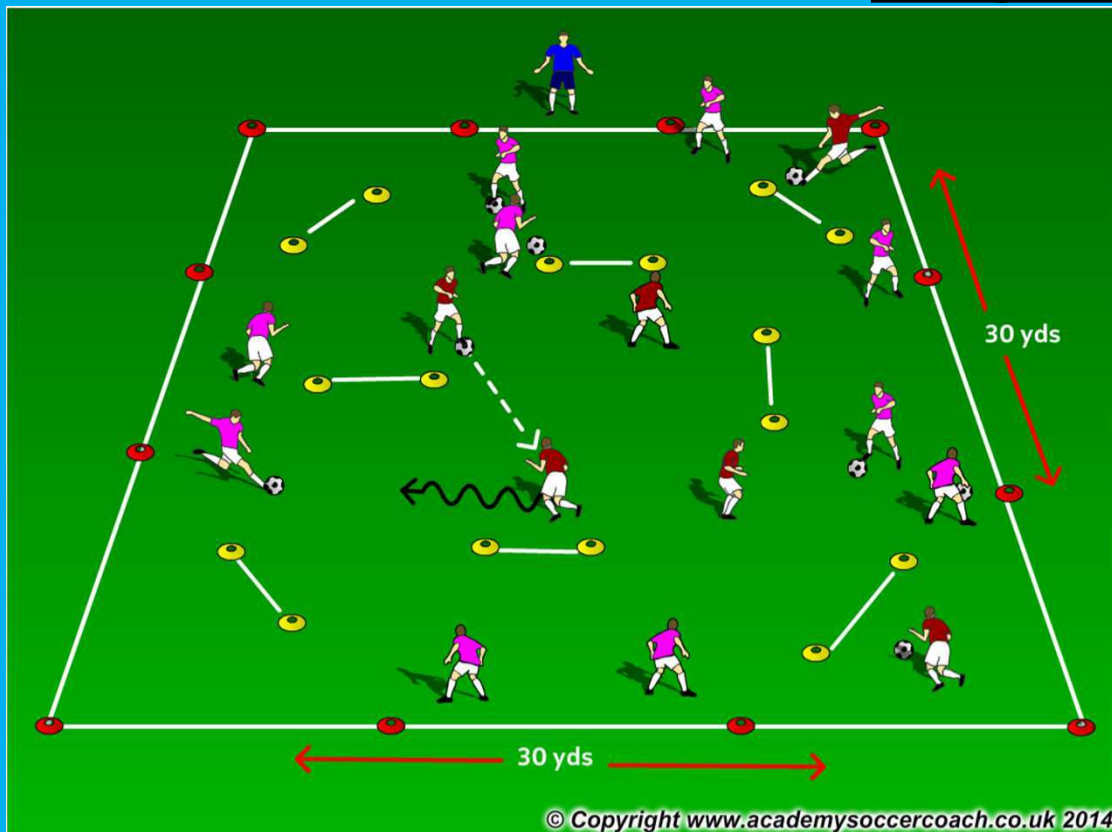
<u>Psychological</u>	<u>Technical</u>
Confidence	N/A
<u>Physical</u>	<u>Social</u>
A,B,C's Change of Direction	Listening Communicating



Learn to Train practice plan – Week 3

Station B

Passing and Receiving



Passing and Moving
 Players are placed into 2s and pass and move freely inside 30x30 area.
 Focus should be on how the player passes and receives the ball.
 To make it fun for the players add gates into the area and on the command of "Shopping" players look to pass the ball through the gates. each gate =1point

Time frame. 12-15 minutes

Emphasis:

- Changing direction
- Spatial Awareness
- Passing Receiving
- Support
- FUN!**

<p><u>Psychological</u> Confidence Playing under pressure</p>	<p><u>Technical</u> Passing Receiving 1v1</p>
<p><u>Physical</u> A,B,C's Change of Direction Speed Support</p>	<p><u>Social</u> Listening Communicating Team work</p>



Learn to Train practice plan – Week 3

Station C

How to play out from the back



S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to 1 of his/her team mates. As soon as the player receiving the ball touches the ball the 2 strikers are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the Strikers win possession they head to goal. All players rotate through all positions.

Time frame. 12-15 minutes

Emphasis:

- Patience
- Body position
- Passing/receiving
- Support
- Decision making
- Awareness
- Learning different roles
- FUN!

Psychological

Decision making
Confidence
Risk assessment

Technical

Passing Receiving
Penetrating pass

Physical

A,B,C's
Speed of play
Hip flexor rotation

Social

Team play
Communication Co-operation



Learn To Train practice plan – Week 3

Station D

5v5 with retreat line



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5V5 with the Retreat line.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 12-15 minutes

Emphasis: Patience

Body position

Passing/receiving

Support

Decision making

Awareness

FUN!

Psychological

Decision making

Confidence

Risk assessment

Technical

Passing Receiving

Penetrating pass

Physical

A,B,C's

Speed of play

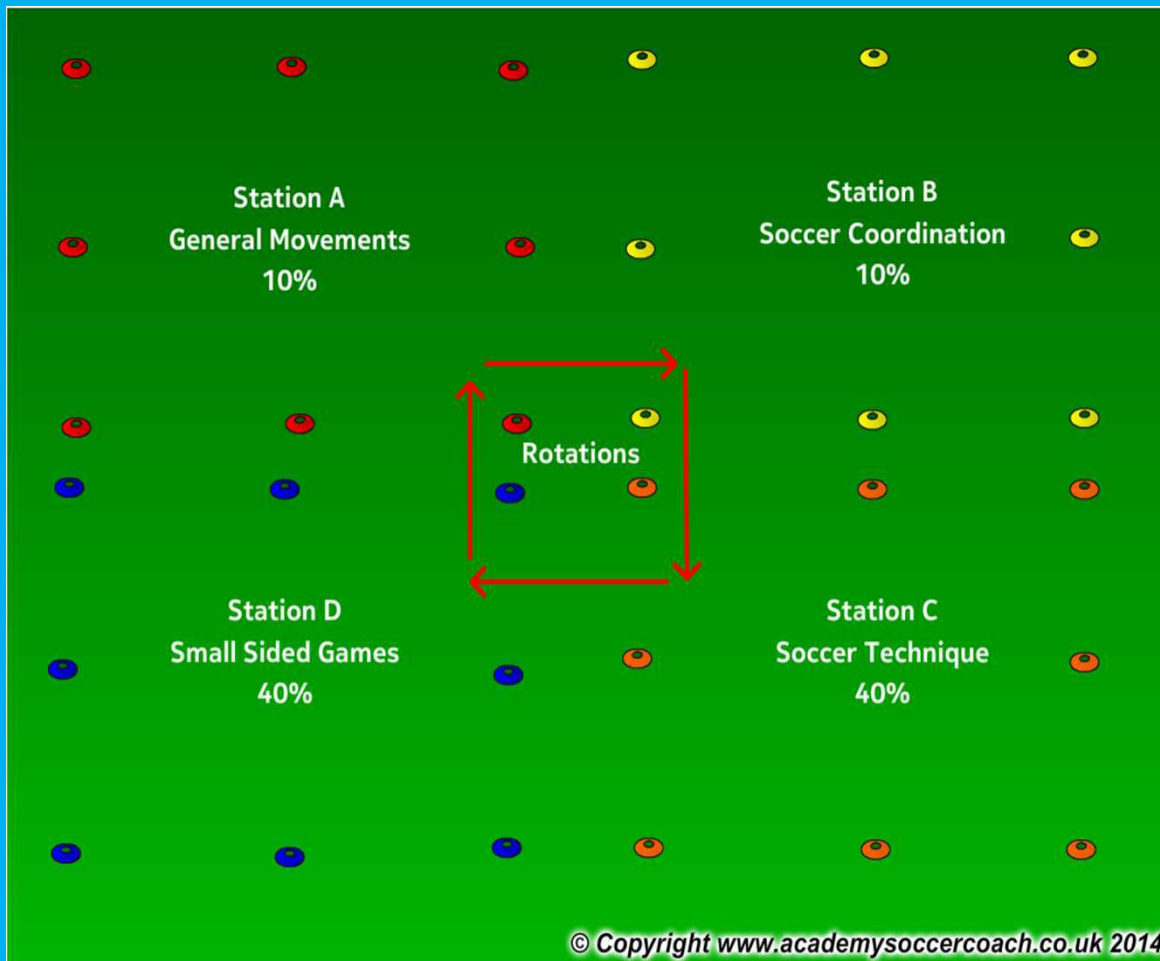
Social

Team play

Communication Co-operation

Grassroots Development

Learn to Train practice plan Preferred training model



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Learn to Train practice plan – Week 4

Station A General Movement



Organization: 5 mx5 m field as shown. 5 players, 4 have balls. players with the ball outside of the square, evenly spaced.

Procedure: Players attempt to dribble across the square or to a another side, avoiding being tagged by player in the middle.

Getting across gains 2 points, dribbling to another side gains 1 point. If an outside player is tagged 3 times, He/she goes in the middle.

Time frame. 12-15 minutes

Emphasis:

Changing direction
Eye-foot Coordination
Running with the ball
FUN!

Psychological

Confidence
Being safe

Technical

Dribbling Passing,
receiving
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Listening to cues
Communicating Peer
interaction



Learn to Train practice plan – Week 4

Station B

Soccer Coordination



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Organization: 15x15 yds Field as shown. 8-10 players with a ball each. 2 additional players with 1 ball between them.

Procedure: Players dribbling and move freely within the area.

The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players.

The pair will be changed every 1 minute.

Progression: Add more " pairs" passing amongst the dribblers. Or reduce the area.

A pair with more passing sequence will win .

Time frame. 12-15 minutes

Emphasis:

Communication
 Passing/Receiving Running
 with the ball Changing
 direction Spatial Awareness
 Lots of touches
 FUN!

Psychological

Positive
 reinforcement
 Confidence Being
 safe

Technical

Running with the ball
 Part of the ball, Part
 of the foot

Physical

Coordination Agility,
 Balance Change of
 Direction

Social

Listening
 Communicating Peer
 interaction /fun

Learn to Train practice plan – Week 4
Station C



Soccer Technique – Passing/Possession

Time frame. 12-15

minutes Emphasis:

- Receiving Communication
- Passing
- direction Changing
- Change of speed
- Agility, Balance, Coordination
- Spatial
- Awareness FUN!



Organization: 40 mx40 m field as shown. 10 players organized in 2 teams of 5, 2 targets, and a server (S). One ball to play, and a few balls around the field. Server may move around the outside of the area.

Procedure: Practice starts with a pass into play by the server . Team can use Targets and server to keep possession. Targets can move to open square to help the team.

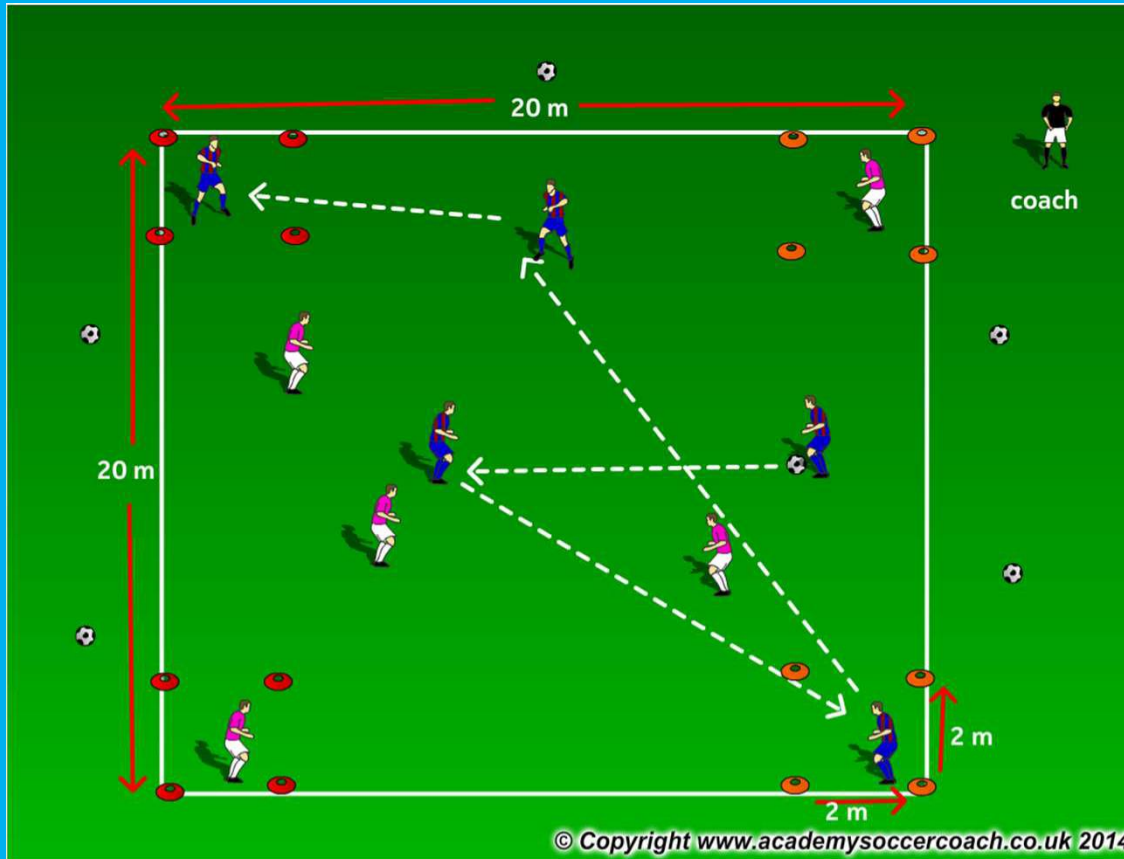
Team score by passing to target into designated area.

<p><u>Psychological</u> Fun Confidence Being safe</p>	<p><u>Technical</u> Dribbling 1v1 Passing</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Learn to Train practice plan – Week 4

Station D

Small sided game – target zones



Organization: 20 mx20 m field as shown (could be modified according to age).
10 players in two teams of 5. Two players from each team as target in designated area (2 mx2 m).
procedure: Team in possession must pass to one target player, get it back and play to other target player in order to score.

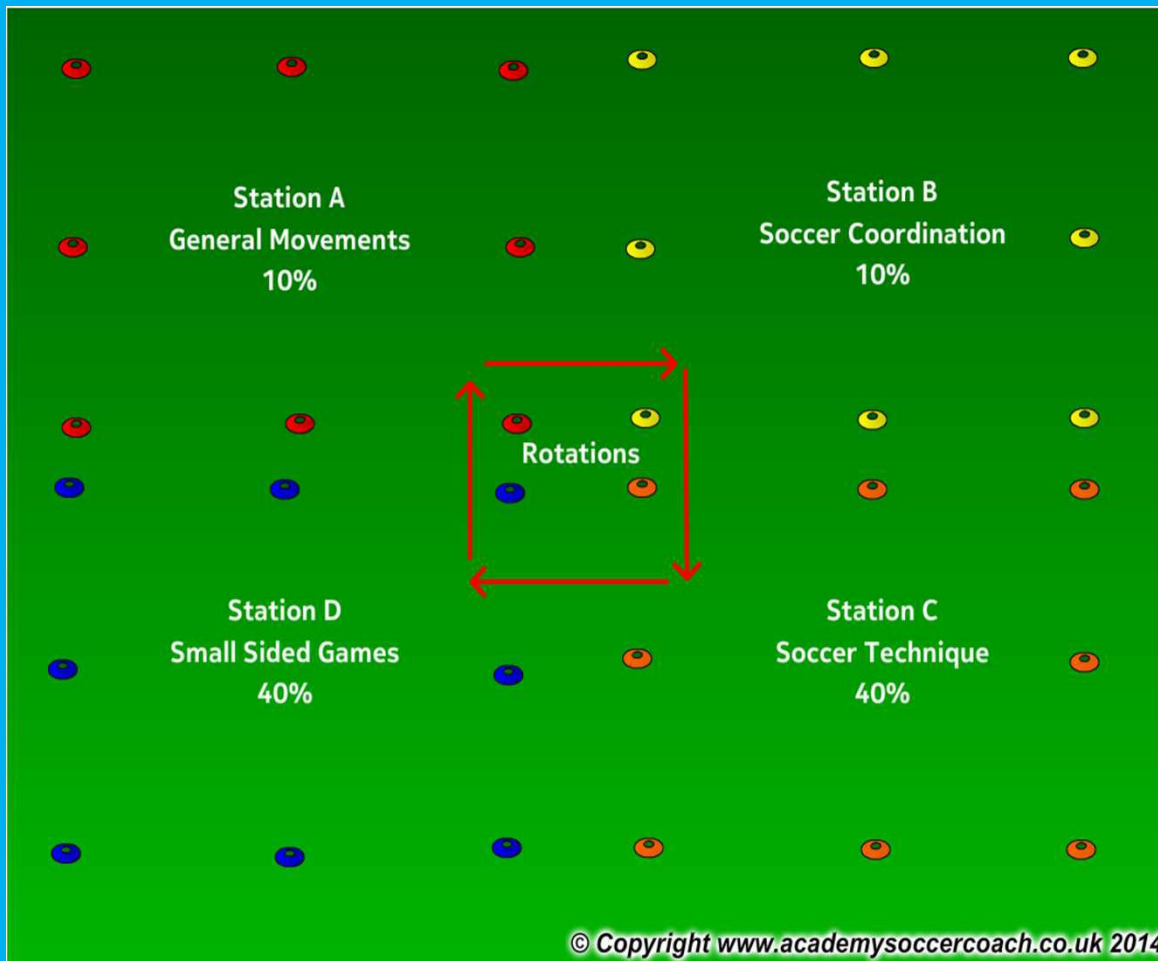
Time frame. 12-15 minutes

Emphasis:

- Running with the ball
- Passing Receiving
- Possession
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- FUN!

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Dribbling 1v1 Passing
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends

Learn to Train practice plan Preferred training model



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Learn to Train practice plan – Week 5

Station A

General Movement



Time frame. 12-15 minutes

Emphasis:

Changing direction
Eye-hand (foot) Coordination
Running with the ball
Stop and start to run
FUN!



Organization: 30 mx20 m field as shown. 12 players , 8 inside the grid(3 with the ball in their hands), and 4 outside(taggers).

Procedure: On coach's signal, players outside of the grid try to tag players without the ball. If a player has the ball, he/she cannot be tagged. Players with the ball can pass the ball to players to stop them being tagged.

Progression: Game can be played with ball at players feet.

Psychological

Confidence
Being safe

Technical

Dribbling Passing,
receiving
Running with the ball

Physical

A,B,C's
Change of Direction

Social

Communicating
Peer interaction

Learn to Train practice plan – Week 5



Station B Soccer coordination

Time frame. 12-15

minutes Emphasis:

Using both feet Running with the ball Changing direction Good balance

Spatial Awareness Lots of touches FUN!



Organization: 30 mx25 m field as shown (could be modified according to age).

10-12 players each with ball at their feet.

Procedure: Players moving and dribbling freely within the area performing various moves. Players encouraged to use both feet.

Progression: To add 2-3 defenders.

Psychological

Positive reinforcement
Confidence Being safe

Technical

Running with the ball
Part of the ball, Part of the foot
First touch

Physical

Eye-hand coordination Agility,
Balance Change of Direction

Social

Communicating Peer interaction /fun



Learn to Train practice plan – Week 5

Station C

Soccer Technique – dribble and shoot



Motivational dribbling exercises with shooting.

Organization: Mark a field 20 mx10 m(age appropriate), 2 goals, cones, balls , and two Gks

Procedure: players dribble to the shooting cones, do a 90 degree around them and shoot. A parallel setup , so two players can do it on the same time for cut down on time of waiting. Note: Alternate the players for using both feet.

Time frame. 12-15 minutes

Emphasis: Dribbling

Shooting

Goalkeeping

Agility, Balance, Coordination

FUN!

Psychological

Fun
Confidence
Being safe

Technical

Dribbling Shooting
Goalkeeping

Physical

A,B,C's
Change of Direction

Social

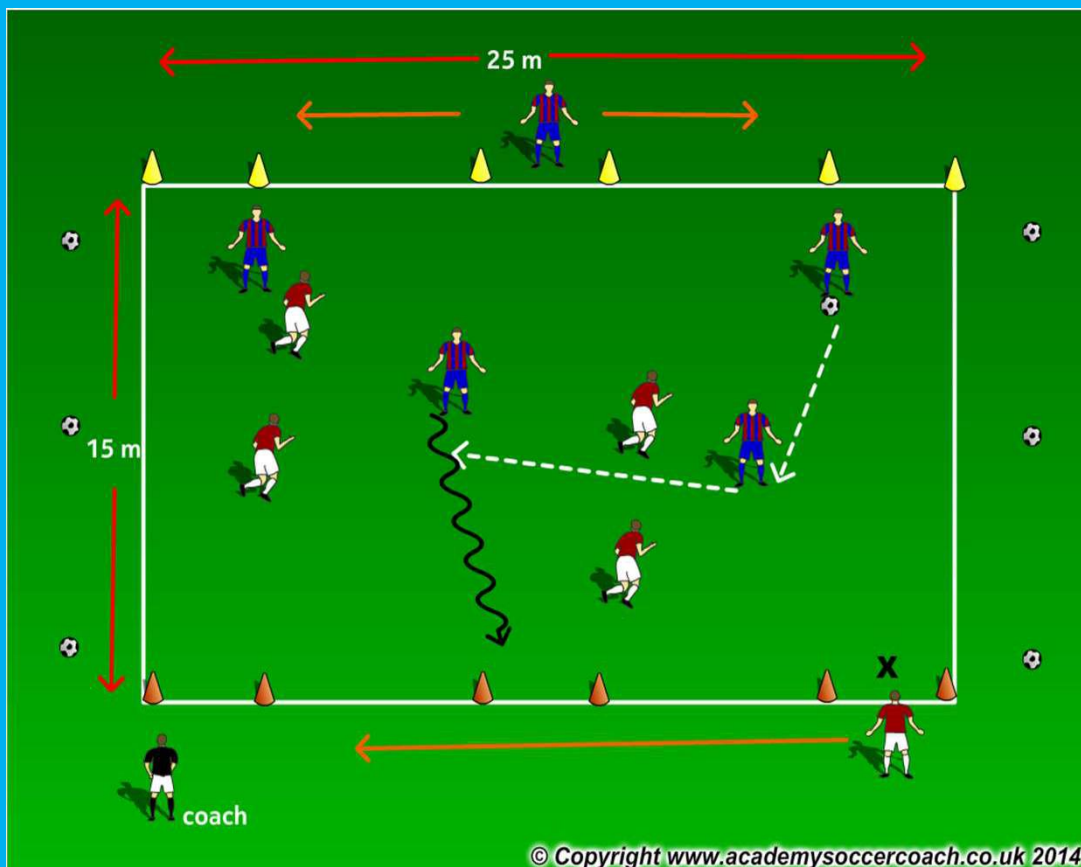
Communicating Fun
with friends



Learn to Train practice plan – Week 5

Station D

Small sided game – 4v4 to 3 goals



Organization: 25 mx15 m yards field as shown. Two teams of 5 , 3 gates used as goal each side. 1 player from each team stay outside of the field and can move behind any of the goals.

Procedure: 4v4 game to score on any of the opponent open goals, team in possession can't score on a goal that is covered by opponent.

Time frame. 12-15 minutes

Emphasis:

Running with the ball

Dribbling

1v1

Passing and Receiving

Possession

Changing direction

Change of speed

Agility, Balance, Coordination

FUN!

Psychological

Fun Confidence

Being safe

Technical

Dribbling

1v1 attack/defend

Passing Possession

Physical

Speed A,B,C's

Change of Direction

Social

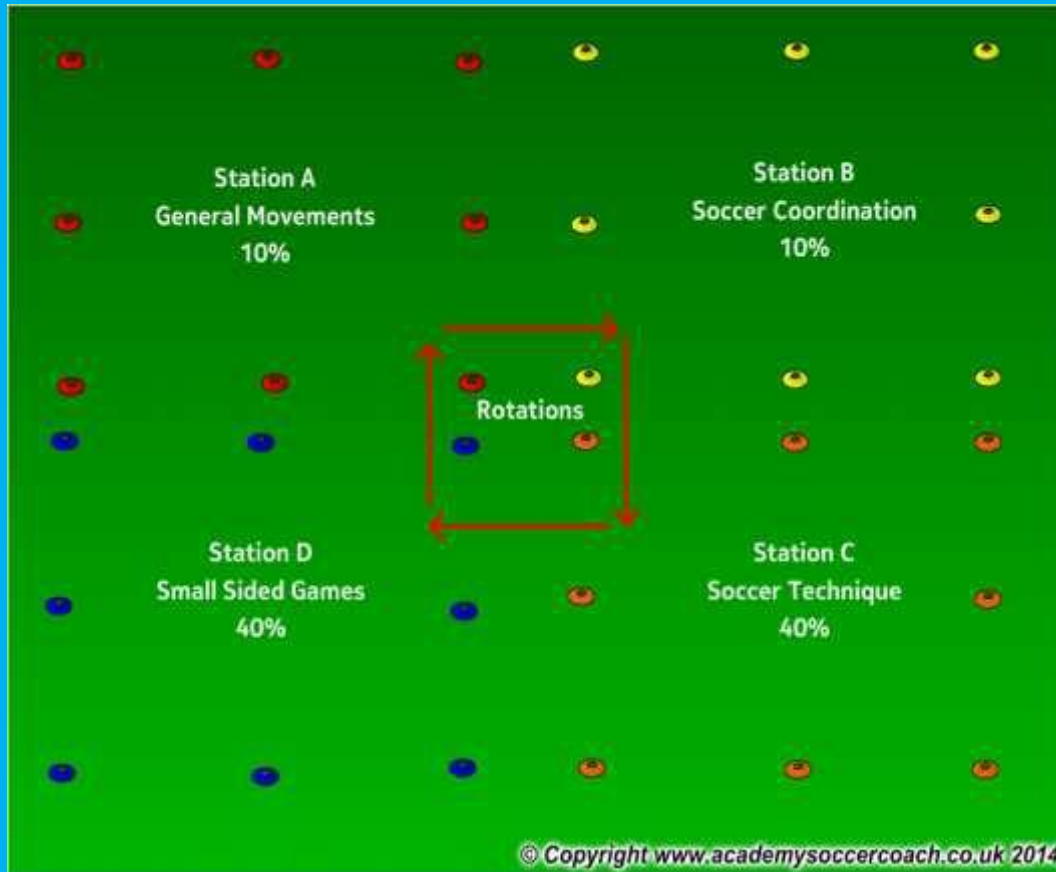
Listening

Communicating Fun

with friends



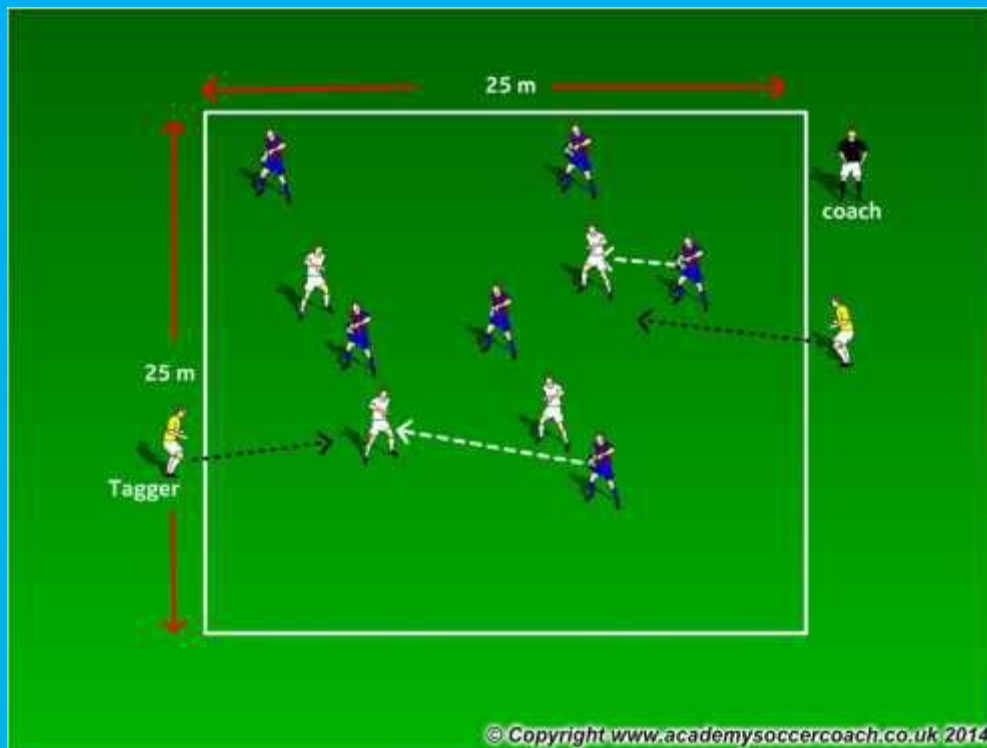
Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan
Station A
General Movement



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Organization: A 25mx25m field. 12 Players. 7 with the ball in their hands. 5 players with no ball. 4 players outside of the field as taggers.

Procedure: On the coach's call, taggers try to tag the players without the ball only. Players with the ball will pass to players without the ball to assist them not to be tagged. Players rotate on coach's discretion.

Progression: This game can be played with the ball on the ground.

Time frame. 12-15 minutes

Emphasis:

Changing direction
Eye-hand Coordination
Running with the ball
FUN!

<u>Psychological</u> Decision Making Confidence Being safe	<u>Technical</u> Dribbling Passing, receiving Running with the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction

Grassroots Development



Learn to Train practice plan
Station B
Soccer Coordination



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Organization: A 25 mx 20 m in the middle, with two end zone 10 mx 20 m. 9 players. 3+1 v 1 in each end zone.

Procedure: After 3 passes, player with the ball dribble to the other box and after 3 passes player with the ball leave to the other box. Procedure.

Progression: Player in the other box can come out of the box to show and receive the ball.

Time frame. 12-15 minutes

Emphasis:

Communication
 Passing/Receiving Running
 with the ball Changing
 direction Eye-foot
 Coordination Spatial
 Awareness Lots of touches
 FUN!

Psychological

Positive
 reinforcement
 Confidence Being
 safe

Technical

Running with the ball
 Part of the ball, Part
 of the foot

Physical

Eye-hand
 coordination Agility,
 Balance Change of
 Direction

Social

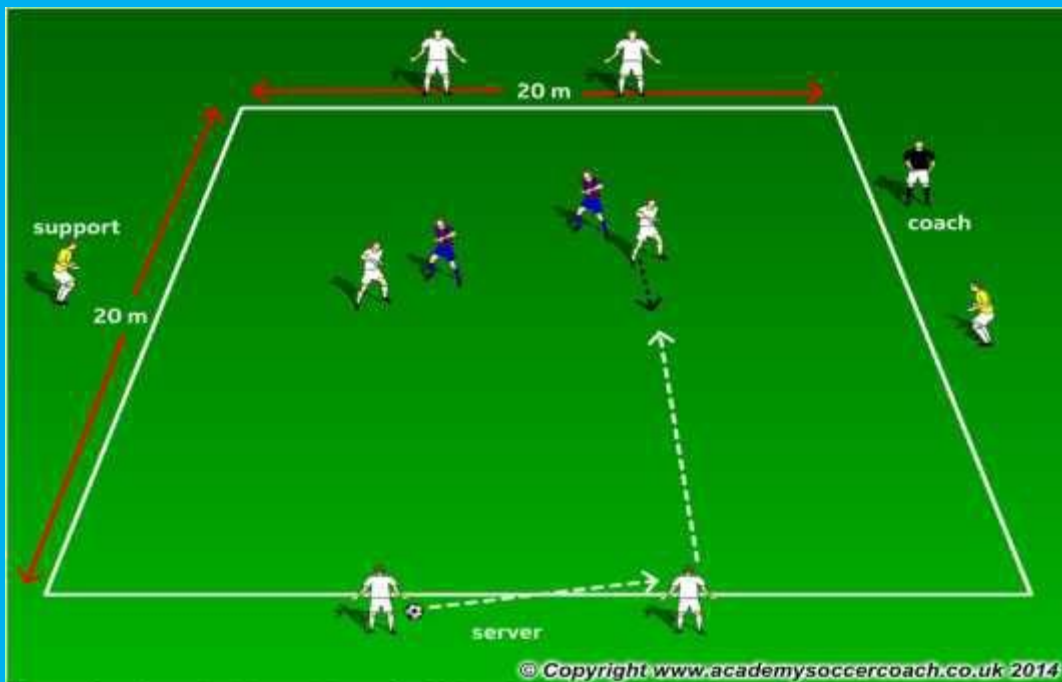
Listening
 Communicating
 Peer interaction /fun

Grassroots Development





Learn to Train practice plan
Station C
Soccer Technique- Passing/Possession



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Organization: A 20 mx 20 m field.(could be modified based on players age). 8 players, 2 attackers, and 2 defenders inside of the field. Four servers outside of the field, 2 supports on the side of the field.

Procedure: Server plays the ball to the other server, one of the attacker shows, and game starts. Attackers try to transfer the ball to the other servers. If the defenders win the ball, they become attackers. Attackers always can use the support on the side.

Players will rotate the roles at coach's discretion.

Progression: One of the server can move into the field to make a 3v2 .

Time frame. 12-15 minutes

Emphasis:

- Passing
- Receiving
- Communication
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Spatial Awareness
- FUN!

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Dribbling 1v1 Passing Creating Space</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>



Learn to Train practice plan
Station D
Small sided game - 4 goals

Time frame. 12-15 minutes

Emphasis:

- Running with the ball
- Passing Receiving
- Possession
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Imagination
- FUN!

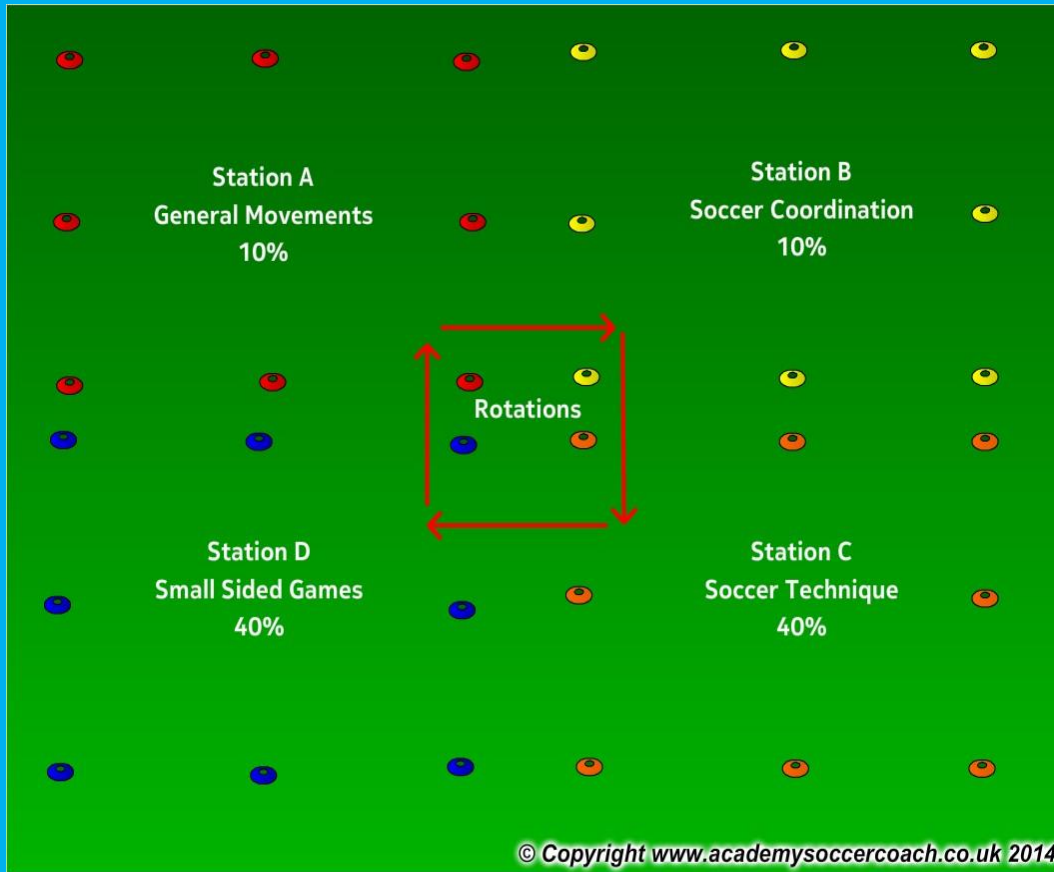


Organization: A 40 mx25 m field divided to two. 10 players, and 4 small nets.
Procedure: 3v2 game in each box, and each team try to score in opponent's goals. Players have to stay in their boxes. Players switch the roles every 3 to 5 minutes on coach's discretion.

<u>Psychological</u> Fun Confidence Decision Making	<u>Technical</u> Dribbling 1v1 Passing
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends

Grassroots Development

Learn to Train practice plan How the 4 stations work



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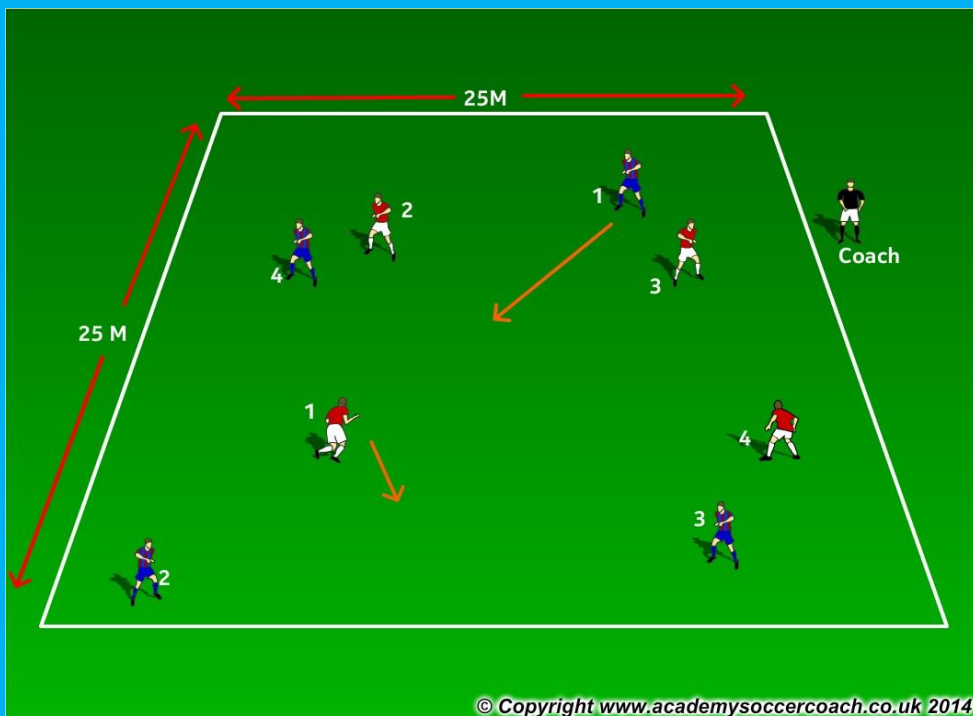


Learn to Train practice plan
Station A
General Movement

Time frame. 12-15 minutes

Emphasis:

Changing direction
 Finding space Heads up
FUN!



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Organization: A field of 25 m x 25m.

Procedure: The coach calls a player (e.g. Blue 2). That player has a set amount of time (e.g. 10 seconds) to tag the player with the same number from the other team. If he succeeds, his team scores one point. If not, the other team scores one. Which team can score more points in 4 minutes?

Progression: This exercise could be done with ball.

<u>Psychological</u> Decision making Confidence Being safe	<u>Technical</u> Dribbling Running with the ball Looking for space
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction



Grassroots Development



Learn to Train practice plan
Station B
Soccer Coordination

Time frame. 12-15 minutes

Emphasis:

Changing direction
 Eye-foot Coordination Spatial Awareness FUN!



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Organization: A field of 25 m x 25m.

Procedure: Players run around the field without touching the balls, and follow coaches instructions. (Skip on the spot, jumping, hopping, etc.). When coach calls BALL, players have to run as fast as they can to pick up a ball. Those without the ball (workers) must go to players with the ball (servers), and perform 5 valleys. They switch the role before the next round.

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Running with the ball Part of the ball, Part of the foot</p>
<p><u>Physical</u> Agility, Balance Change of Direction Coordination</p>	<p><u>Social</u> Listening Communicating Peer interaction /fun</p>

Grassroots Development



Learn to Train practice plan
Station C
Soccer Technique – Shooting

Time frame. 12-15 minutes

Emphasis: Accuracy

Eye on the ball

Part of the foot Follow through



Organization: A field of 25 m x 15 m. 2 9v9 goal size, cones, balls.
Procedures: Set up the field as shown. Have 1 to 1.5 m space between each cone. Players dribble between cones to the shooting cone, do 90 degree turn around them, and shoot on goal. Then they dribble slowly to the back of the line. This could be done in parallel set up to cut down on waiting time.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Part of foot Eye on the ball Follow through</p>
<p><u>Physic</u> <u>al</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Grassroots Development



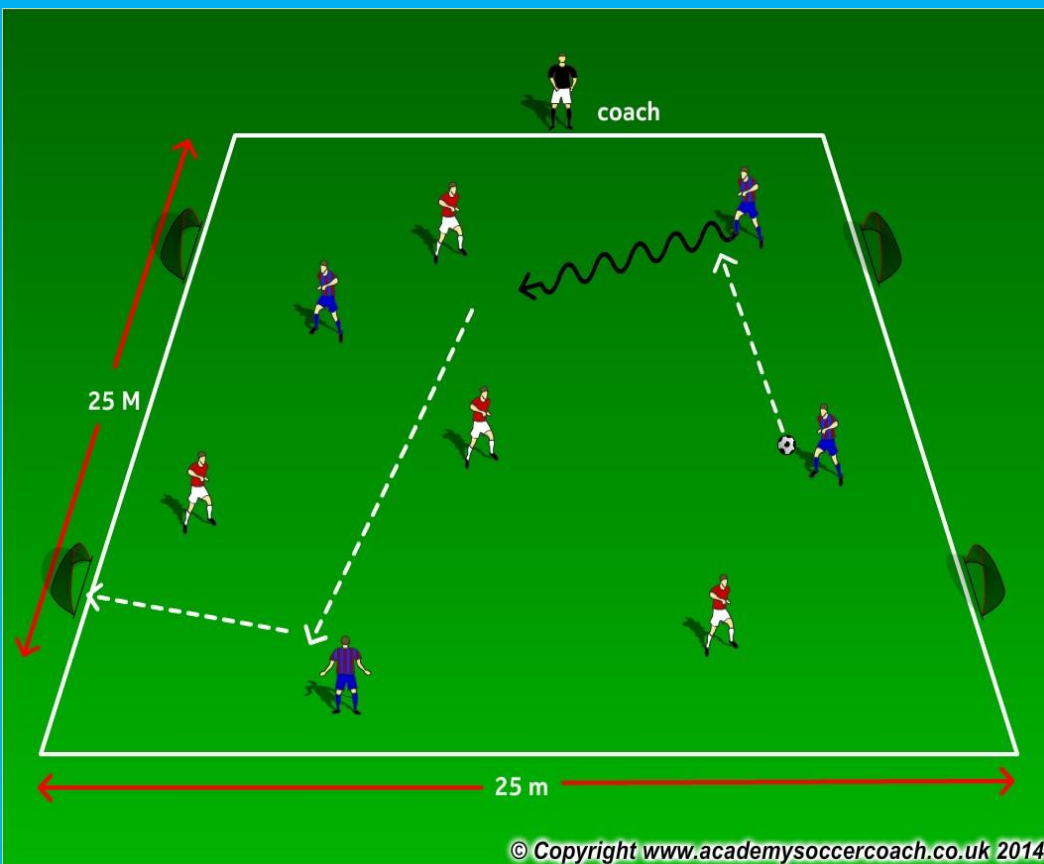


Learn to Train practice plan
Station D
Small sided game – 4 goals

Time frame. 12-15 minutes

Emphasis:

Passing
 Receiving Possession Imagination FUN!

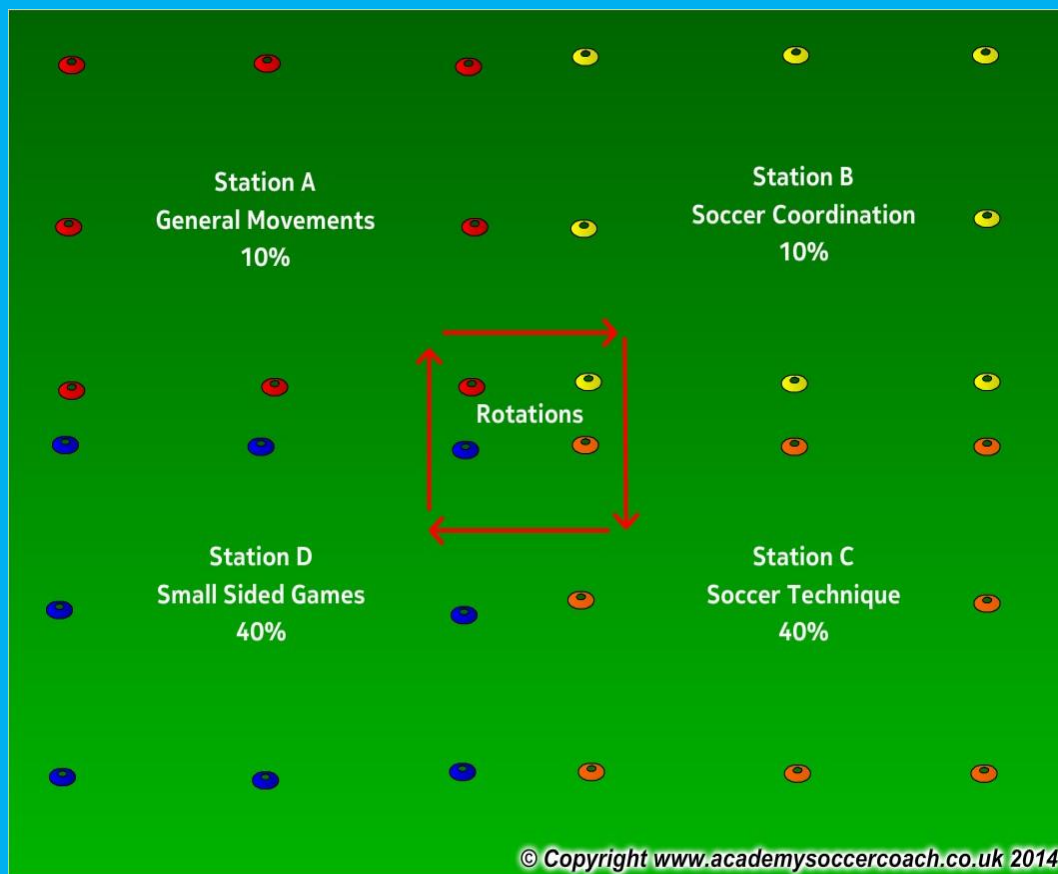


Organization: A field of 25 m x 25m .
 Procedure: 4v4 SSG with 4 goals.

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe</p>	<p><u>Technical</u> Dribbling 1v1 Passing</p>
<p><u>Physic</u> <u>al</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>



Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan

Station A

General Movement

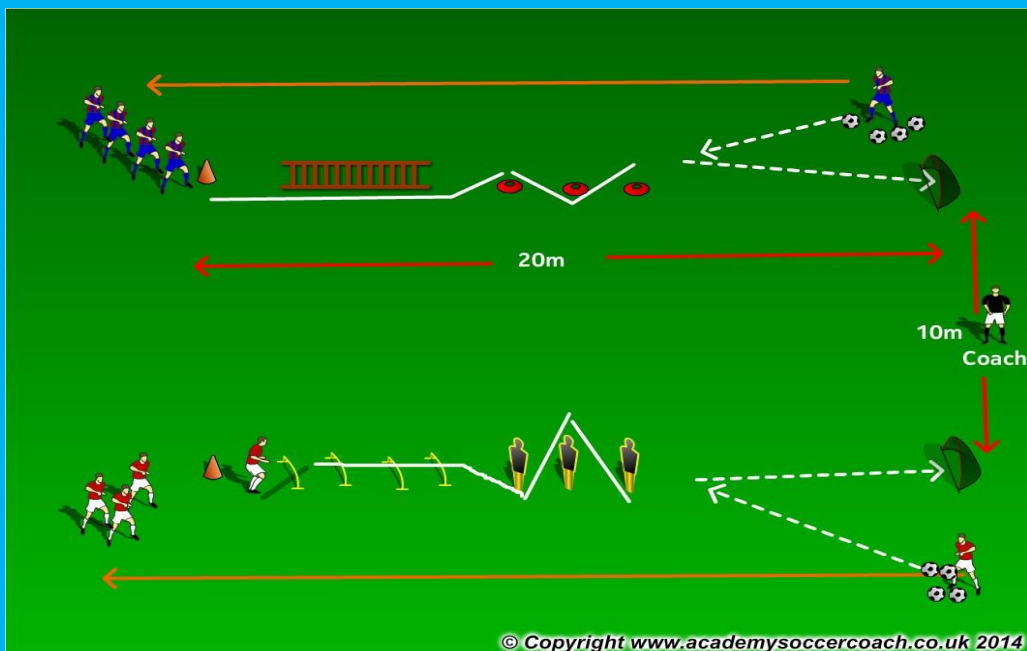
Time frame. 12-15 minutes

Emphasis:

Changing direction Heads up

Speed

FUN!



Organization: 2 mini goals 10 m from each other, 2 starting cones 20m from the goals. Have 2 supporting players beside each goal with a few balls in their feet. Each side have different obstacle to work with (Ladder, hurdle, cones, mannequin, or pole).

Procedure: On coach's call first 2 player form each group go through the obstacle, and then receive the ball form the support players to shoot on net. Immediately after the shot, player who shoot, replace the support player, and support player run to the end of the line.

Progression: Use bigger net, and goalie.

<p><u>Psychological</u> Decision making Confidence Being safe</p>	<p><u>Technical</u> Accuracy Part of the foot Part of the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction</p>



Grassroots Development

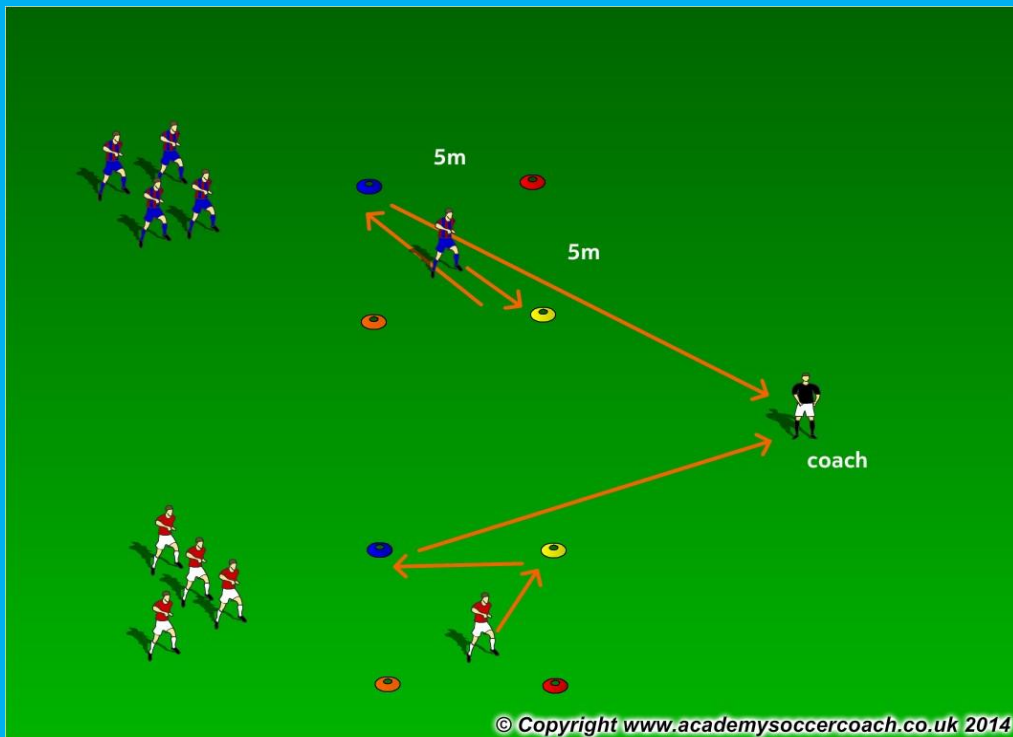


Learn to Train practice plan
Station B
Soccer Coordination

Time frame. 12-15 minutes

Emphasis:

Changing direction
 on Eye-hand Coordination
 Concentration



Organization: 2 square 5mx5m. 2 group of 5 players at each side coach in the middle. One player stand inside the square, and the rest of the players line up outside.

Procedure: Coach calls 2 different colours; Player inside the square must touch the two cones and sprint toward the coach. The first player tag the coach wins.

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u>
<u>Physical</u> Agility, Balance Change of Direction Coordination	<u>Social</u> Listening Communicating Peer interaction /fun





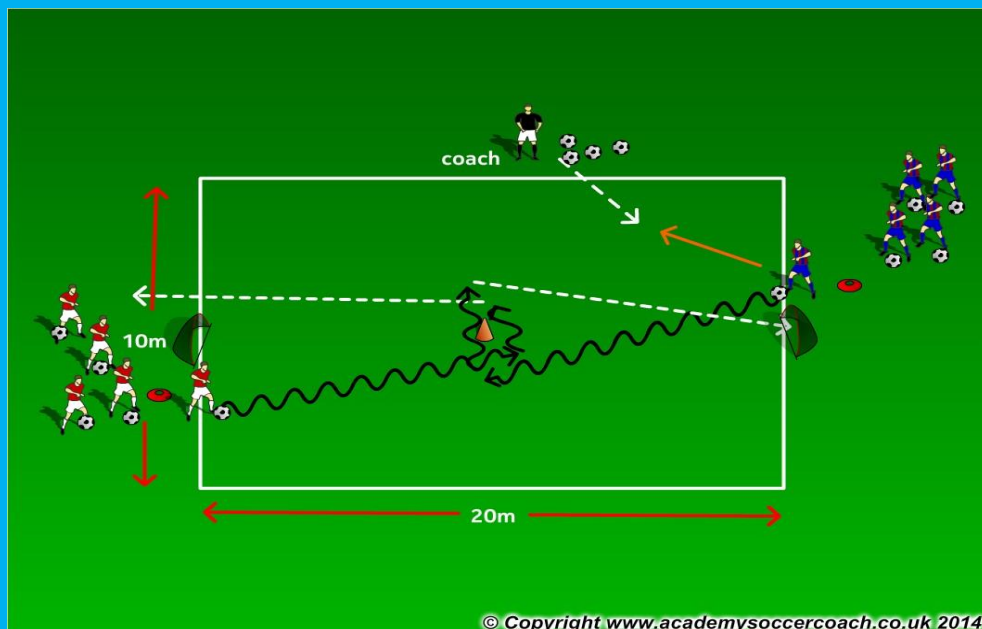
Learn to Train practice plan
Station C
 Soccer Technique – Dribbling

Time-frame. 12-15 minutes

Emphasis:

change of direction Change of speed

Surprise



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Organization: A 20mx10m field with 2 mini goals at the each end, one cone in the middle, and 2 teams of same size at both end behind the start cone. Coach will stand in the middle of the field with a few balls in his/her feet.

Procedure: Each player has a ball. The first two players dribble into the field, dribble to the cone in the middle and shoot at the goal. The first one to score will receive a ball from the coach and play 1v1 attack. (if both players miss or score, the coach will play a natural ball). The 1v1 game last until one score, or ball goes out.

Progression: Put 2 cones in the middle, and play 2v2

<p><u>Psychologi</u> <u>cal</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Change of speed Different movement Change of direction</p>
<p><u>Physic</u> <u>al</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Grassroots Development



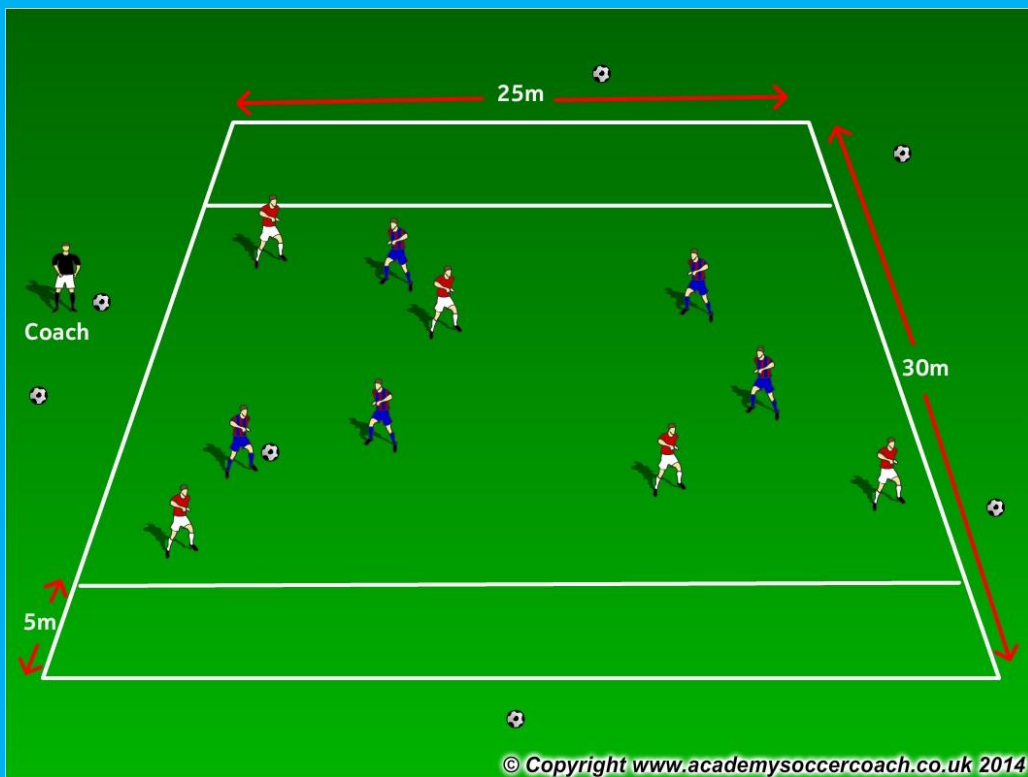


Learn to Train practice plan
Station D
Small sided game – End zone

Time frame. 12-15 minutes

Emphasis:

g Possession Dribbling



Organization: A field of 25mx30m with 2 end zones.
Procedure: 5v5 game with end zone, the team in possession can score by passing the ball into end zone to their teammate whom running into the zone. Player can't stand in the zone to receive the ball.

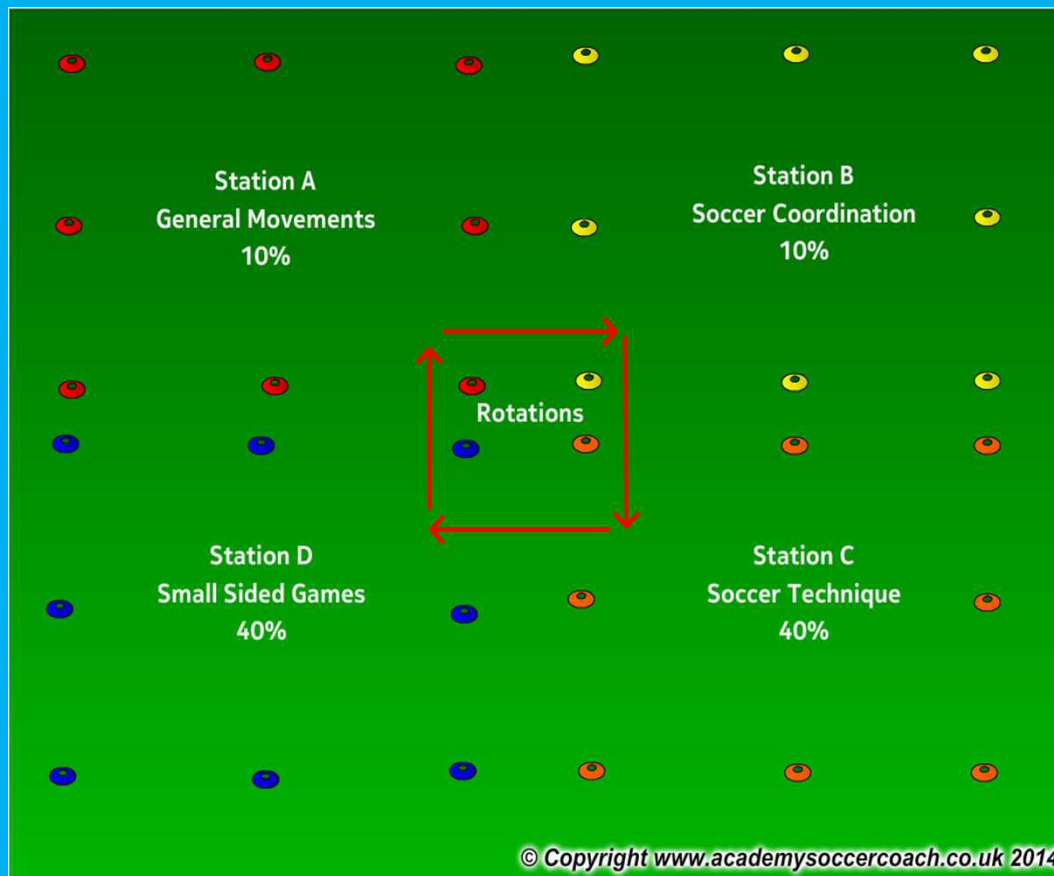
<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe</p>	<p><u>Technical</u> Dribbling 1v1 Passing</p>
<p><u>Physic</u> <u>al</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Classroom Development





Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan – Week 9

Station A

General Movement with a ball



Time frame. 12-15 minutes

Emphasis: Dribbling

Changing direction

Heads up

Speed

FUN!

Psychological Decision making Confidence Being safe	Technical Part of foot/ball
Physical A,B,C's Change of Direction	Social Communicating Peer interaction



Organization. Players dribble freely inside 30mx30m area.
Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will attack a cone and show a move that will beat a defender. Coaches can show the players moves or allow the children to choose a move of their choice.

Grassroots Development



Learn to Train practice plan – Week 9

Station B Soccer Coordination



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Organization: 15x15 yds Field as shown. 8-10 players with a ball each. 2 additional players with 1 ball between them.

Procedure: Players dribbling and move freely within the area.

The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players.

The pair will be changed every 1 minute.

Progression: Add more "pairs" passing amongst the dribblers. Or reduce the area.

A pair with more passing sequence will win .

Time frame. 12-15 minutes

Emphasis:

Changing direction

Dribbling Passing

Concentration

FUN!

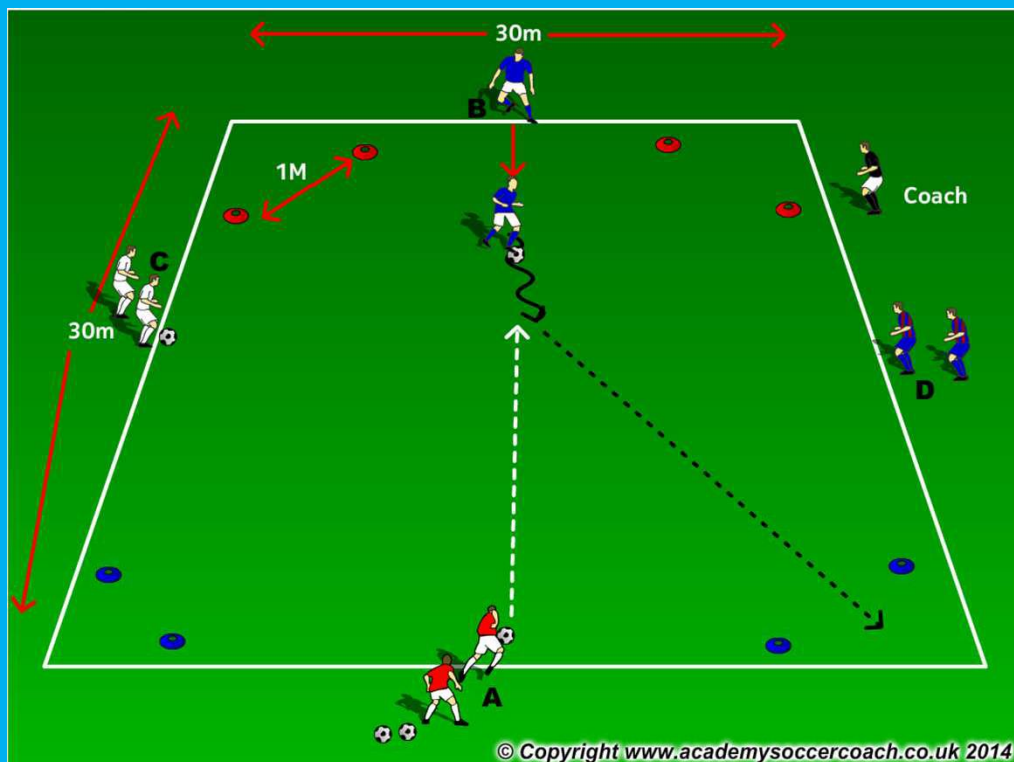
<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Dribbling Passing Receiving</p>
<p><u>Physical</u> Agility, Balance Change of Direction Coordination</p>	<p><u>Social</u> Listening Communicating Peer interaction /fun</p>

Grassroots Development





Learn to Train practice plan – Week 9
Station C
Soccer Technique – 1v1 to 4 goals



Organization. Area is 30mx30m with 1 goal in each corner, 1m in width.
Procedure. Player A plays the pass to player B. Player B attempts to dribble past player A and dribble through one of the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through either of the goals. Keep rotating the service so that all players are attackers. C will then play the ball to D and they will compete as above.
Progression. Players progress to play 2v2 if success is being achieved.

Time frame. 12-15 minutes

Emphasis:

1v1

Change of direction

Change of speed

Surprise

<u>Psychological</u> Fun Confidence Decision Making	<u>Technical</u> 1v1 attacking 1v1 defending
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends



Learn to Train practice plan – Week 9 Station

D

Small sided game – 6 goal soccer



Players are placed into teams of 6v6
field is 45x45 yds

Teams can attack any of there 3 goals.

Technical: 1v1 attacking. Attack the ball, see the ball, see the player, attack front foot, Change of speed, change of direction, Attack space behind the defender, explode.

Time frame. 12-15 minutes

Emphasis:

1v1 attacking

Decision making FUN

Psychological

Fun Confidence
Decision making

Technical

Dribbling 1v1
Passing/receiving

Physical

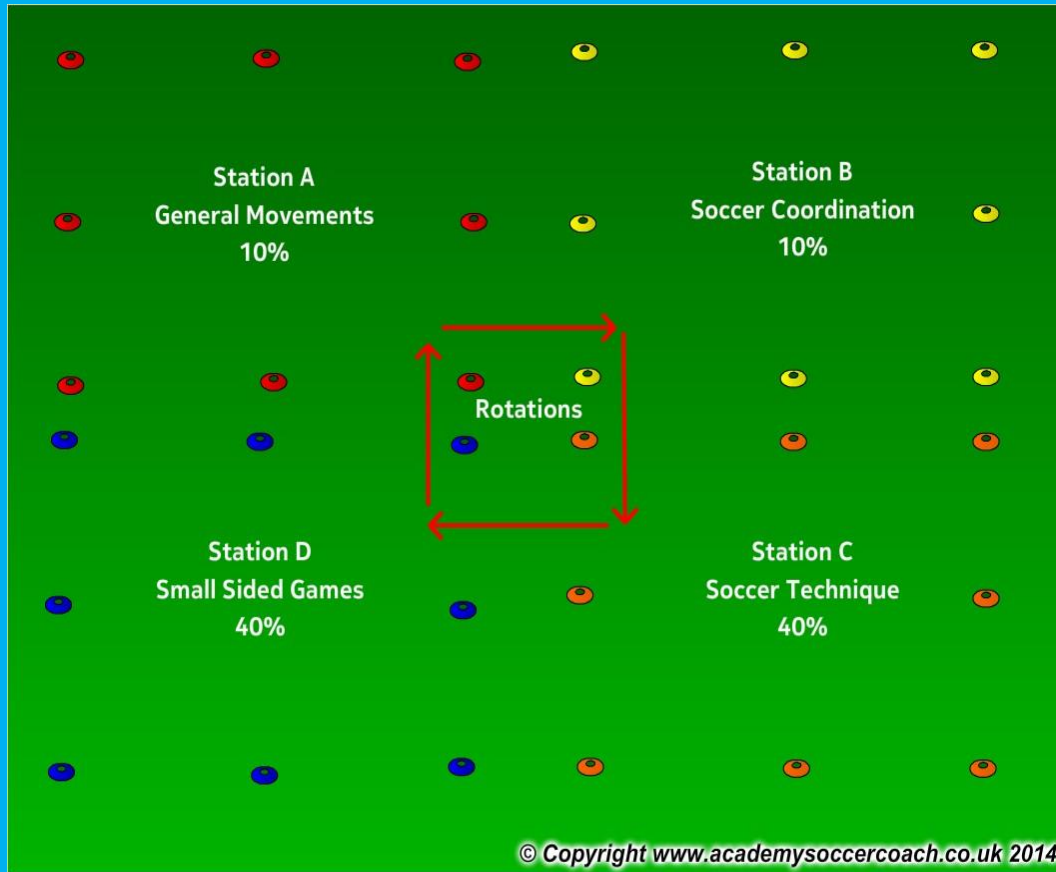
Speed A,B,C's
Change of Direction

Social

Listening
Communicating Fun
with friends

Grassroots Development

Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan week 10

Station A General Movement



Time frame. 12-15 minutes

Emphasis:

Changing direction

Heads up

Speed
FUN!

coach

30m

30m

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Organization: A 30x30m field. 10 players, soccer balls, and pinnies.
Procedure: Players freely dribble around the field. On coach's call player perform different move (jumping on spot, toe tap, sit up...), and run to empty space.

<u>Psychological</u> Decision making Confidence Being safe	<u>Technical</u> Heads up Part of the foot Part of the ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction

Grassroots Development





Learn to Train practice plan week 10

Station B

Soccer Coordination

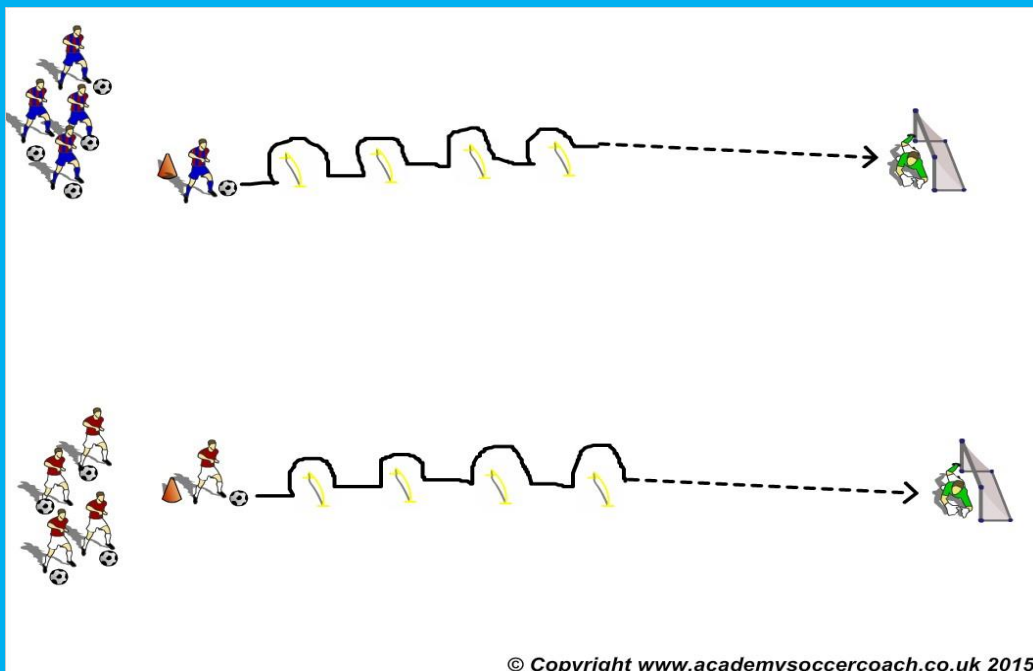
Time frame. 12-15 minutes

Emphasis:

Eye-foot Coordination

Concentration

FUN!



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Organization: Hurdles, soccer balls, goals, and pinnies.
Setup a starting cone in front of a row of hurdles spaced at five-meter intervals.

Procedure: Players from each team line up at the starting cones, and each player has a ball. One by one, players pass their ball under the hurdle and jump over them. Note: player always land beside the ball for safety. Players shoot to goal at the end of last hurdle.

Progression: player can jump each hurdle with left foot or right foot.

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Accuracy Part of the foot Part of the ball</p>
<p><u>Physical</u> Agility, Balance Change of Direction Coordination</p>	<p><u>Social</u> Listening Communicating Peer interaction /fun</p>

Grassroots Development



Learn to Train practice plan week 10

Station C

Soccer Technique – Dribbling

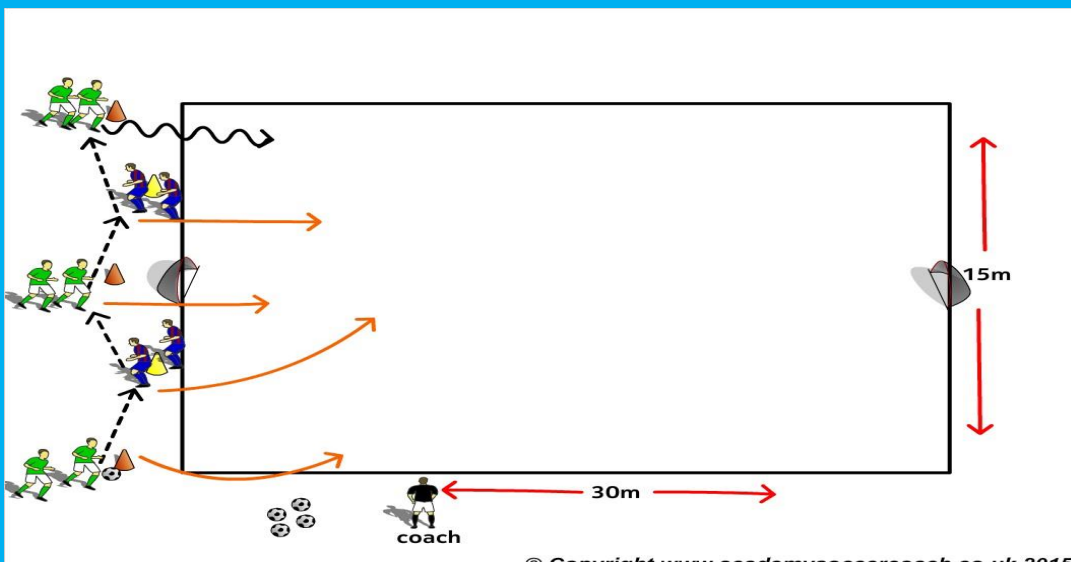
Time frame. 12-15 minutes

Emphasis:

Change of direction

Change of speed Surprise

Movement off the ball



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Organization: Mark out a 15x30m field. Cones, Pinnies, and Soccer balls. Set up a mini goal on each end line and five cones in a zigzag pattern behind one of the goals.

Divide players into two teams. Team A's players line up at the three outside cones. The first player at one of the end cones has a ball. Team B's players line up at the two inside cones.

Procedure: Players pass the ball down the line from cone to cone. After each pass, the passer runs into the field. The player at the far end and two teams play 3v2. The game will continue until ball goes out or one team scores. Players will switch role.

Psychologi

cal Fun
Confidence
Decision Making

Technical

Change of speed
Different movement
Change of direction

Physic

al Speed
A,B,C's
Change of Direction

Social

Teamwork
Communicating Fun
with friends





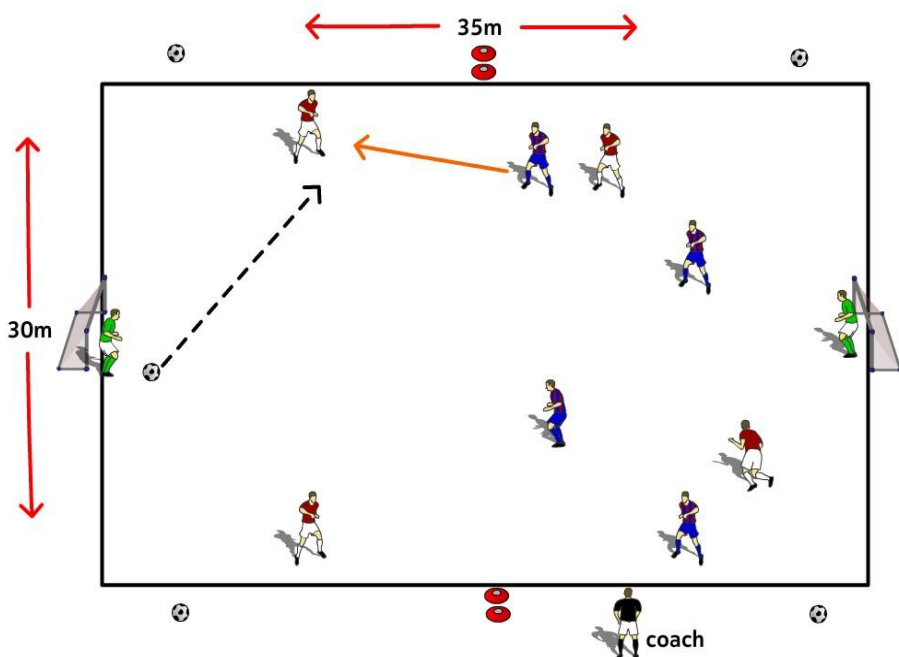
Learn to Train practice plan week 10
Station D
Small sided game with retreat line

Time frame. 12-15 minutes

Emphasis:

Passing

Receiving Possession Dribbling



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Organization: A 30x35m field.
 5v5 small sided game with retreat line.

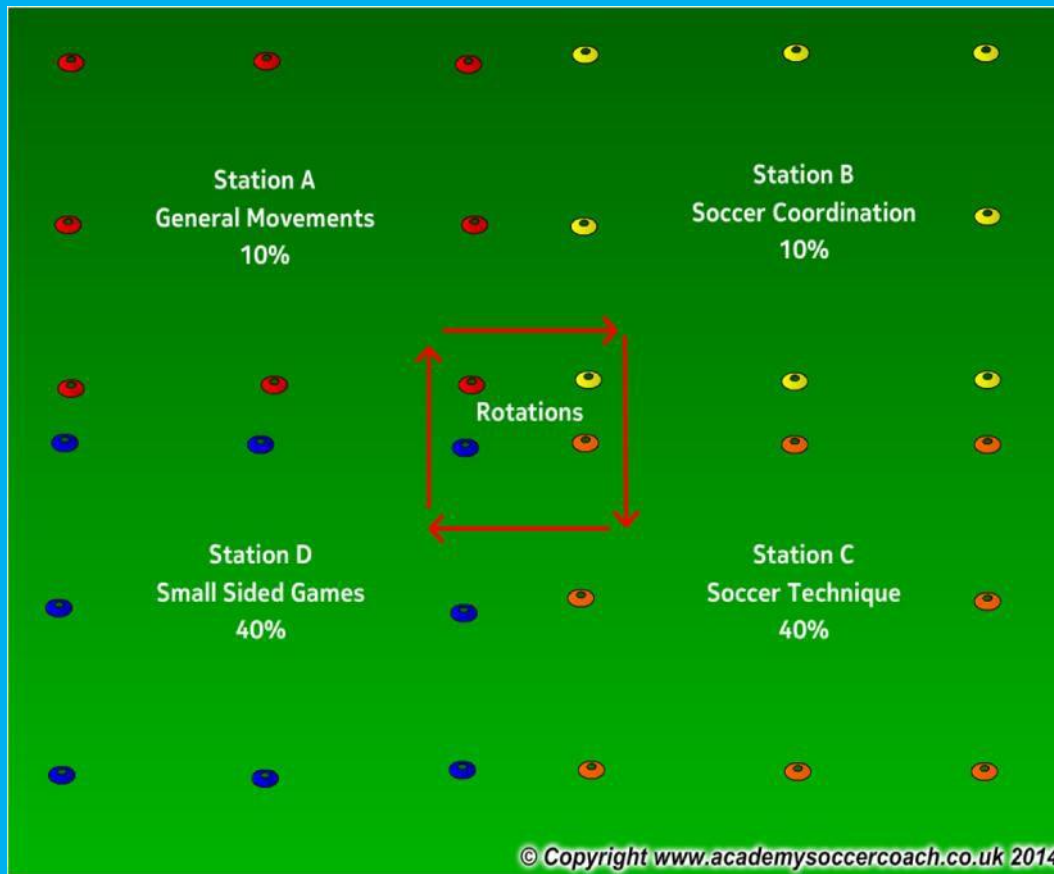
<p><u>Psychologi</u> <u>cal</u> Fun Confidence Being safe</p>	<p><u>Technical</u> Dribbling 1v1 Passing</p>
<p><u>Physic</u> <u>al</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Grassroots Development





Learn to Train practice plan How the 4 stations work

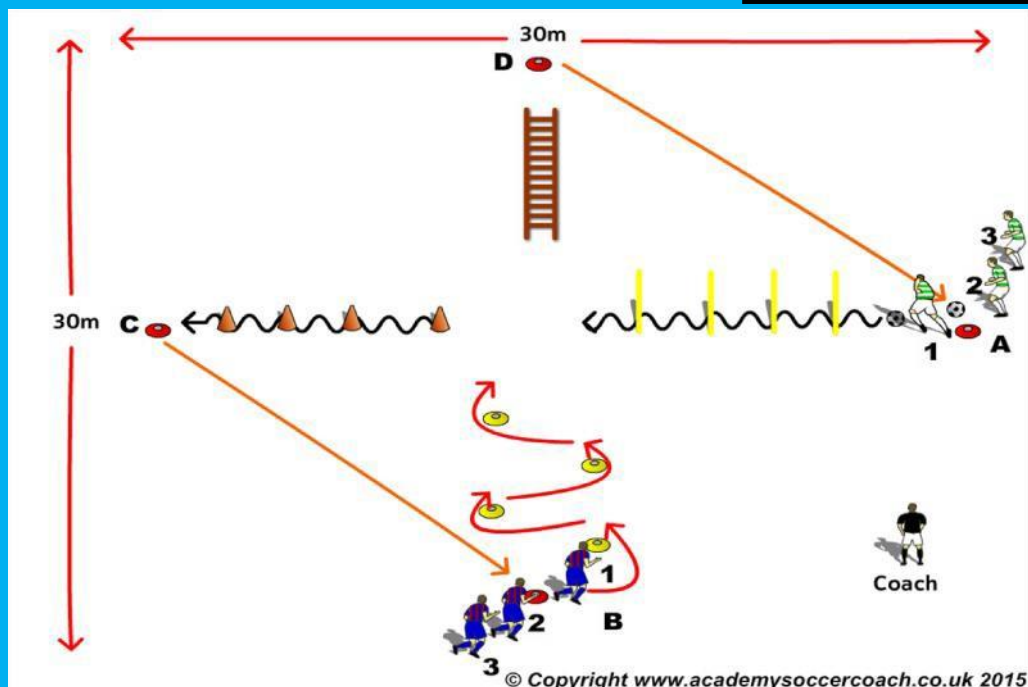


If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan -Week 11

Station A General Movement



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Organization. Set 2 30x30m squares up as shown above. 6 players will participate in each grid.

Procedure. One the coaches "GO" player from each group goes. The player from group A dribbles through the poles and then through the cones. Once the player gets to point C they leave the ball, race to point B were they race through the cones without the ball. Once they have completed the cones they race through the ladder and then back to their starting position. The player who they are racing will follow the same movements. First player back wins race. Coach can repeat the race and switch up the groups.

Time frame. 12-15 minutes

Emphasis:

Changing direction

Heads up

Speed

FUN!

<p><u>Psychological</u> Decision making Confidence Being safe</p>	<p><u>Technical</u> Heads up Part of the foot Part of the ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction</p>

Grassroots Development



Learn to Train practice plan - Week 11

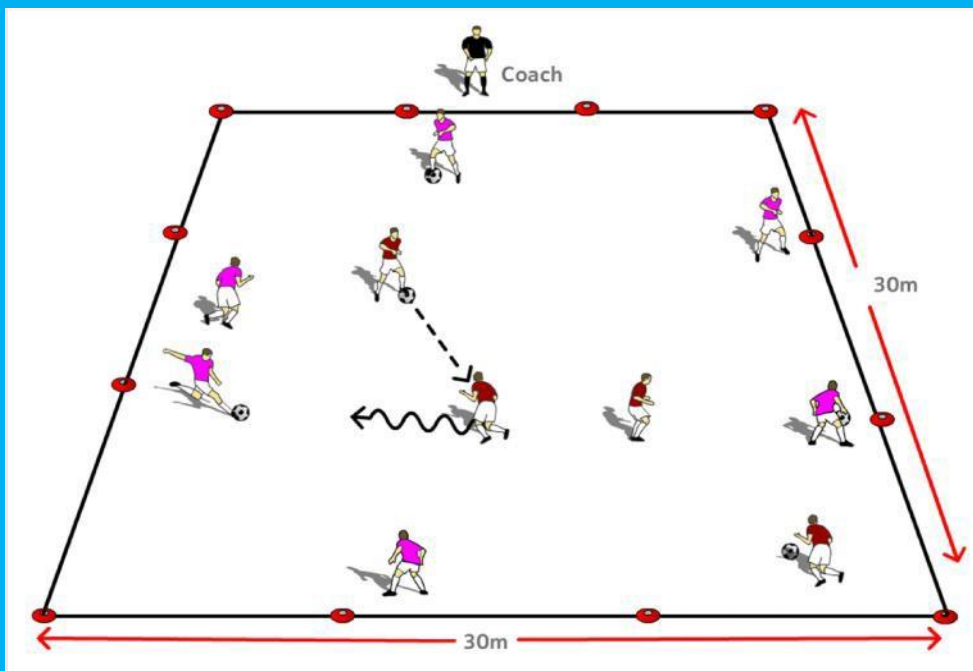
Station B

Soccer Coordination

Time frame. 12-15 minutes

Emphasis:

Passing and Receiving
Movement
Communication
FUN!



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Organization. Players are placed into 2s inside 30mx30m area.

Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball. As players pass and move, the coach calls out the following instructions.

1. Pass with inside of each foot only.
2. Pass with the outside of each foot only.
3. Before passing do a move and then play pass.
4. Receive ball with the outside of either foot.

Psychological

Positive reinforcement
Confidence Being safe

Technical

Passing
Receiving

Physical

Agility, Balance
Change of Direction
Coordination

Social

Listening
Communicating
Peer interaction /fun

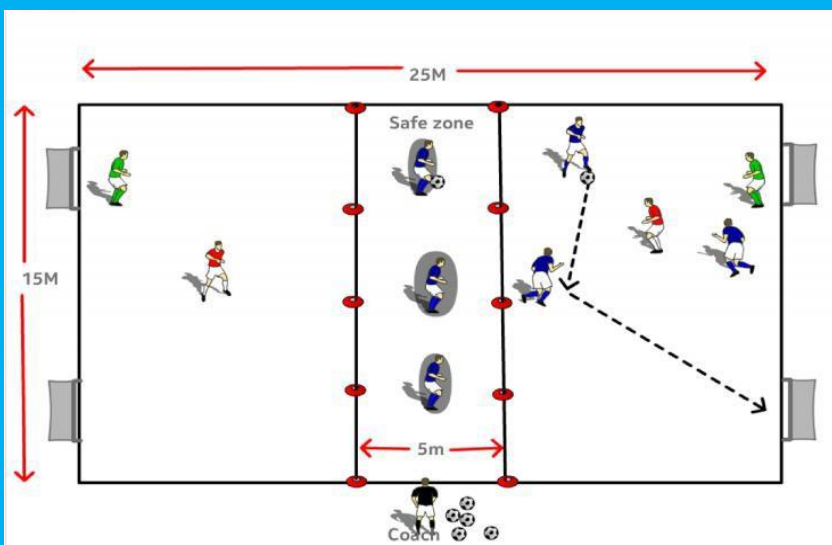
Grassroots Development



Learn to Train practice plan - Week 11

Station C

Soccer Technique- 3v1 to goal



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Organization. Field size is 15mx25m with a 5m safe zone in the middle. 3 attackers, 2 defenders and 2 goalkeepers set up as above.

Procedure. Activity starts with 3 players in central safe zone, with defender & GK defending goal at either end. The coach plays a ball into the attackers in the safe zone and they look to attack either end.

If attackers' progress is blocked, they can take ball back into safe zone & attack in other direction.

Should GK save an attempt on goal, the goalkeeper should roll the ball to the defender if possible, who then transfers the ball into the defender in the opposite half. Defender receives and attempts to turn & score against GK at that end. Keep rotating the players to allow them all to experience attacking, defending and goalkeeping.

Time frame. 12-15 minutes

Emphasis:

Passing

Receiving

Possession

Movement off the ball

Psychological

Fun Confidence
Decision Making

Technical

Passing Receiving
Possession

Physical

A,B,C's
Change of Direction
Movement

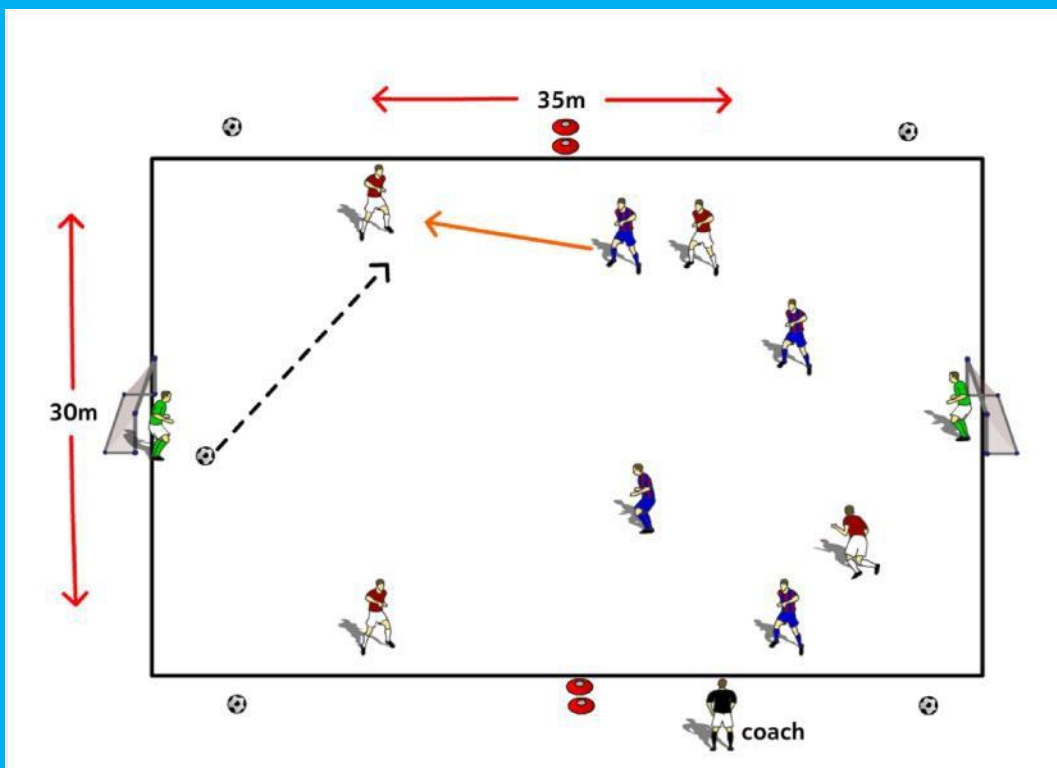
Social

Team work
Communicating Fun
with friends

Grassroots Development



Learn to Train practice plan - Week 11
Station D
Small sided game with retreat line



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Organization: A 30x35m field.
 5v5 small sided game with retreat line.

Time frame. 12-15 minutes

Emphasis:

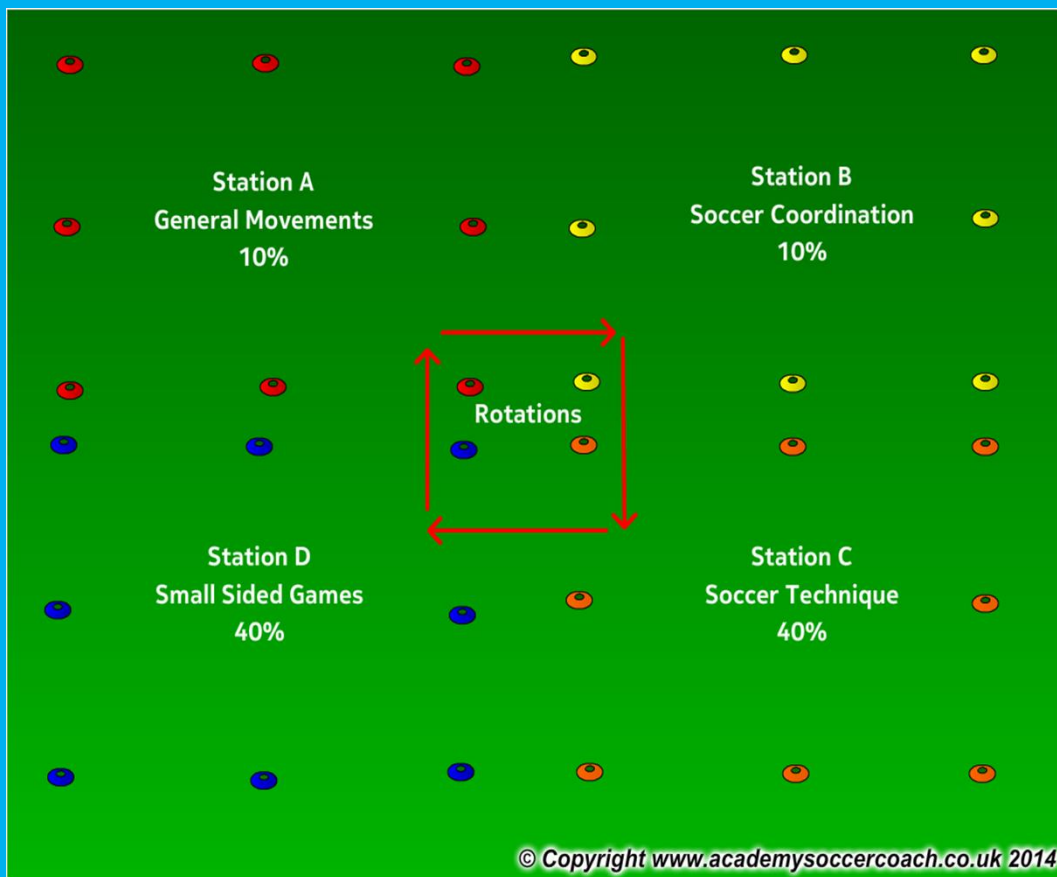
- Passing
- Receiving
- Possession
- Dribbling

<p align="center"><u>Psychological</u> Fun Confidence Being safe</p>	<p align="center"><u>Technical</u> Passing Team possession</p>
<p align="center"><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p align="center"><u>Social</u> Listening Communicating Fun with friends</p>

Grassroots Development



Learn to Train practice plan How the 4 stations work



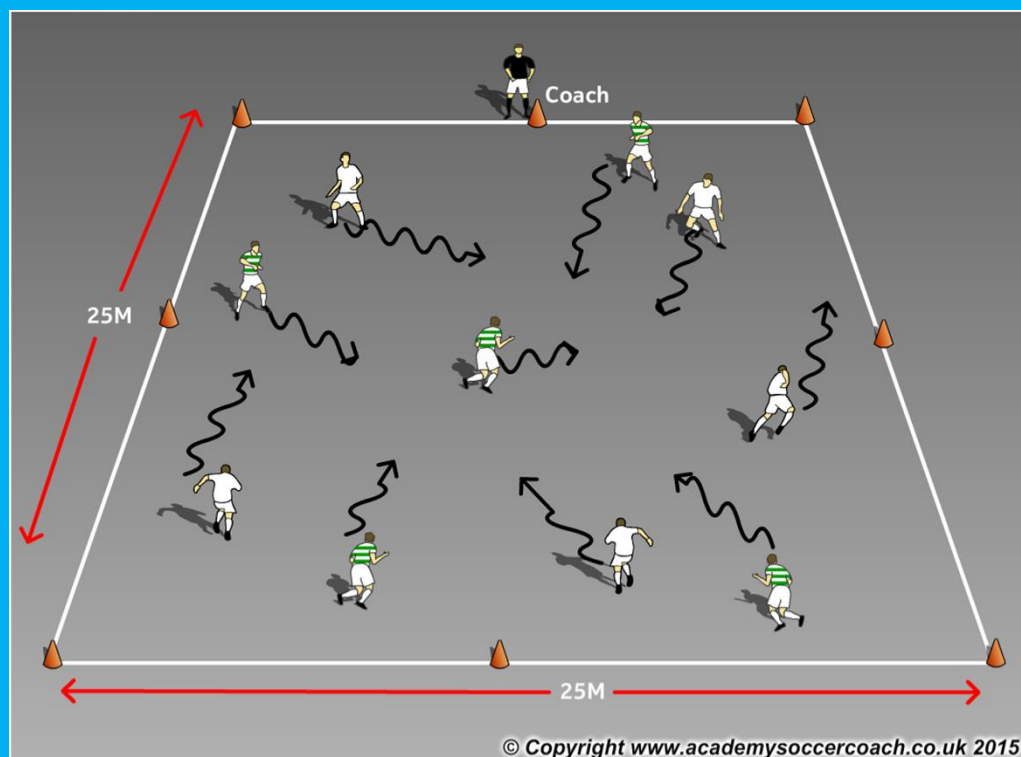
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan -Week 13

Station A

General Movement



Organization: Players are placed into pairs in a 25m x 25m area.
Procedure: All players start by marching around inside the area. The coach calls out different commands for the players to perform such as walking, running, jumping, rolling, hopping running backwards moving sideways and also sprinting to touch outside cones.
Progression: Each player has a ball and the coach calls out commands.

Time frame. 12-15 minutes

Emphasis:

Changing direction

A,B,C's

Speed

FUN!

<p><u>Psychological</u></p> <p>Confidence Being safe</p>	<p><u>Technical</u></p> <p>N/A</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Communicating Peer interaction FUN</p>

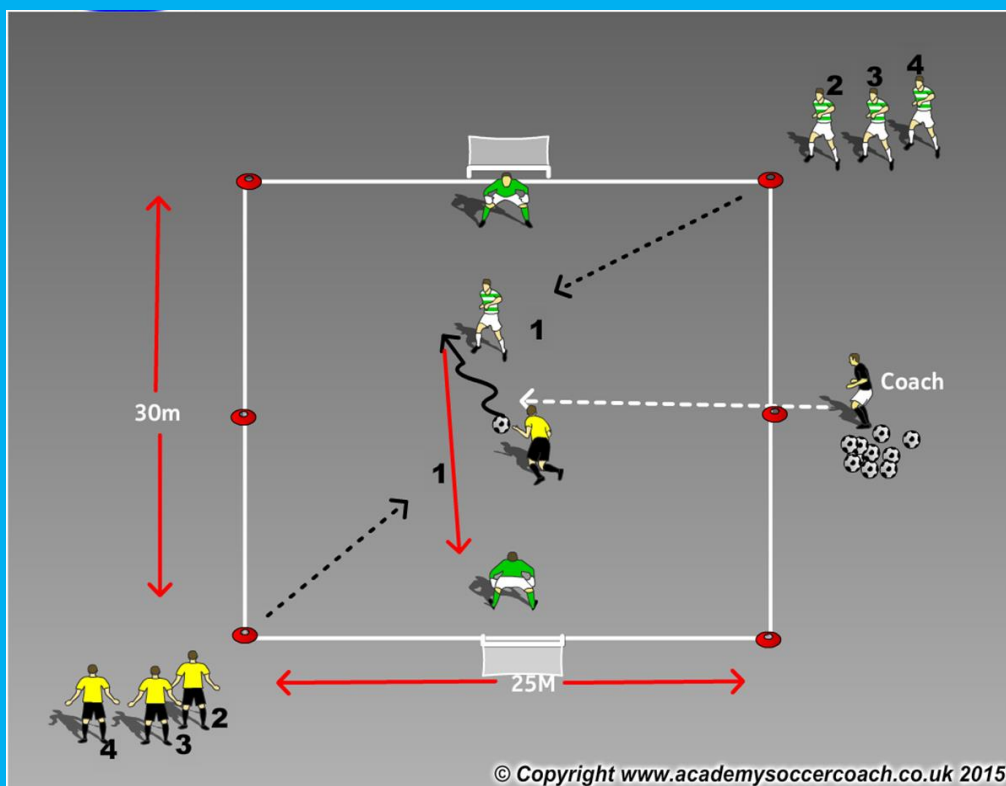
Grassroots Development



Learn to Train practice plan – Week 13

Station B

Soccer Coordination – 1v1



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Organization: Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.

Procedure: The coach calls a specific number and that number runs into the field. The coach plays the ball to any player. These 2 players now play 1v1 to goal. Allow players to move within their lines to create different competition.

Time frame. 12-15 minutes

Emphasis:

1v1 attacking/defending

Movement

Communication

FUN!

Psychological
Positive reinforcement
Confidence Being safe

Technical
Dribbling 1v1

Physical
Agility, Balance
Change of Direction
Coordination

Social
Listening
Communicating
Peer interaction /fun

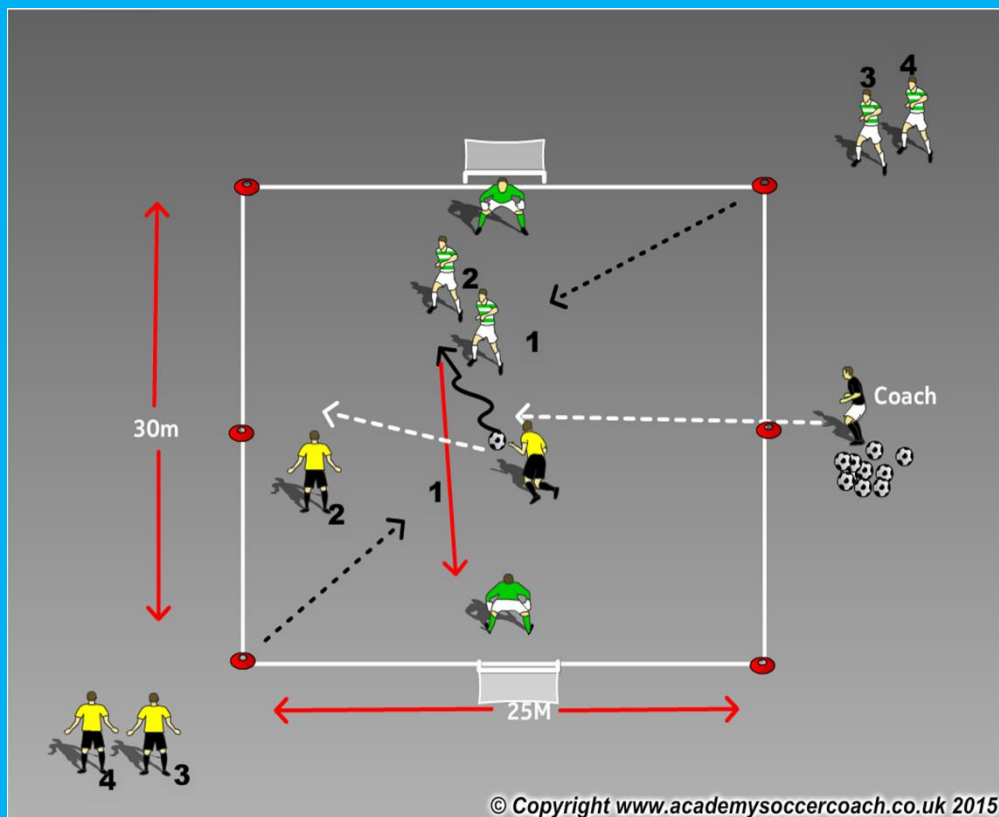
Grassroots Development



Learn to Train practice plan – Week 13

Station C

Soccer Technique – 2v2



Organization: Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.
Procedure: The coach calls 2 number's and those number runs into the field. The coach plays the ball to any player. These 4 players now play 2v2 to goal. Allow players to move within their lines to create different competition.

Time frame. 12-15 minutes

Emphasis:

Passing
 Receiving
 Possession
 Movement off the ball

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Passing Receiving Possession</p>
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<p><u>Physical</u> A,B,C's Change of Direction Movement</p>	<p><u>Social</u> Teamwork Communicating Fun with friends</p>
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Grassroots Development

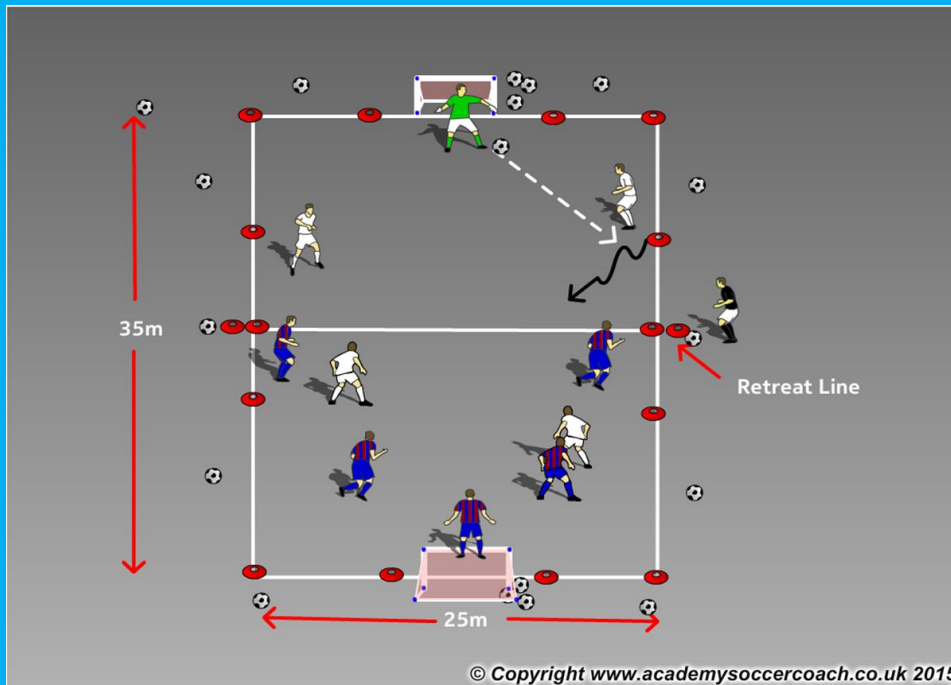


Learn to Train practice plan – Week
13 Station D
Small sided game with retreat line

Time frame. 12-15

minutes Emphasis:

Receiving
 Possession Dribbling Shooting FUN



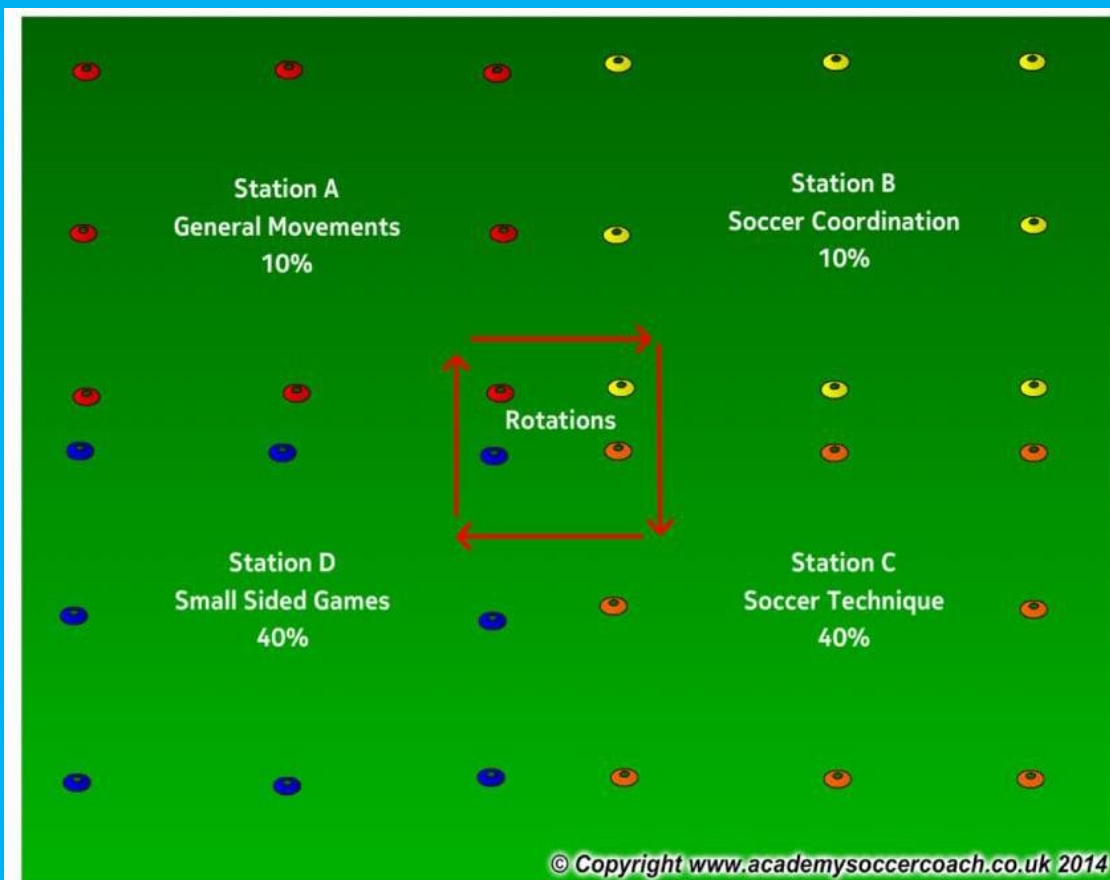
Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.
Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.
 If you have odd numbers you can have the extra player become a neutral player in the game.

<p><u>Psychological</u> Fun Confidence Being safe</p>	<p><u>Technical</u> Passing Team possession Individual ability</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>





Learn to Train practice plan How the 4 stations work



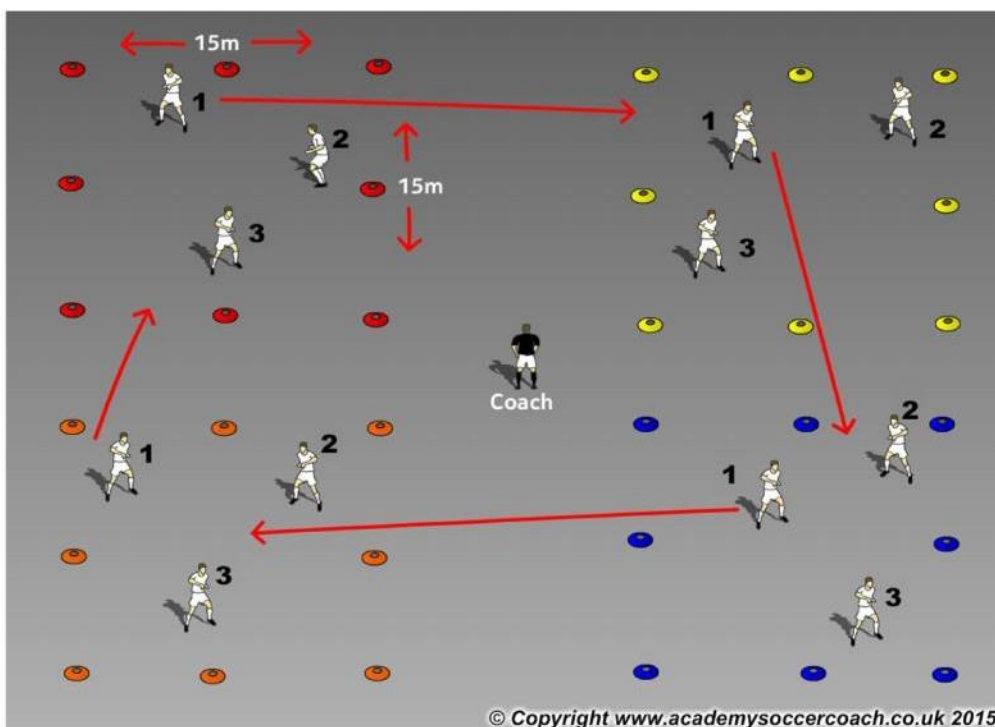
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development



Learn to Train practice plan -Week 13

Station A General Movement



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Organization: 3 players are placed inside each 15m x 15m area.
Procedure: Players are asked to move around in different directions within their own area. The coach should also ask players to perform different movements. I.e. skipping, hopping, moving sideways, backwards etc.
 When the coach calls out a number, that player sprints to the next square in the direction shown by the arrows.

Time frame. 12-15 minutes

Emphasis:

Changing direction

A,B,C's

Speed

FUN!

Psychological

Confidence
Being safe

Technical

N/A

Physical

A,B,C's
Change of Direction

Social

Communicating
Peer interaction
FUN

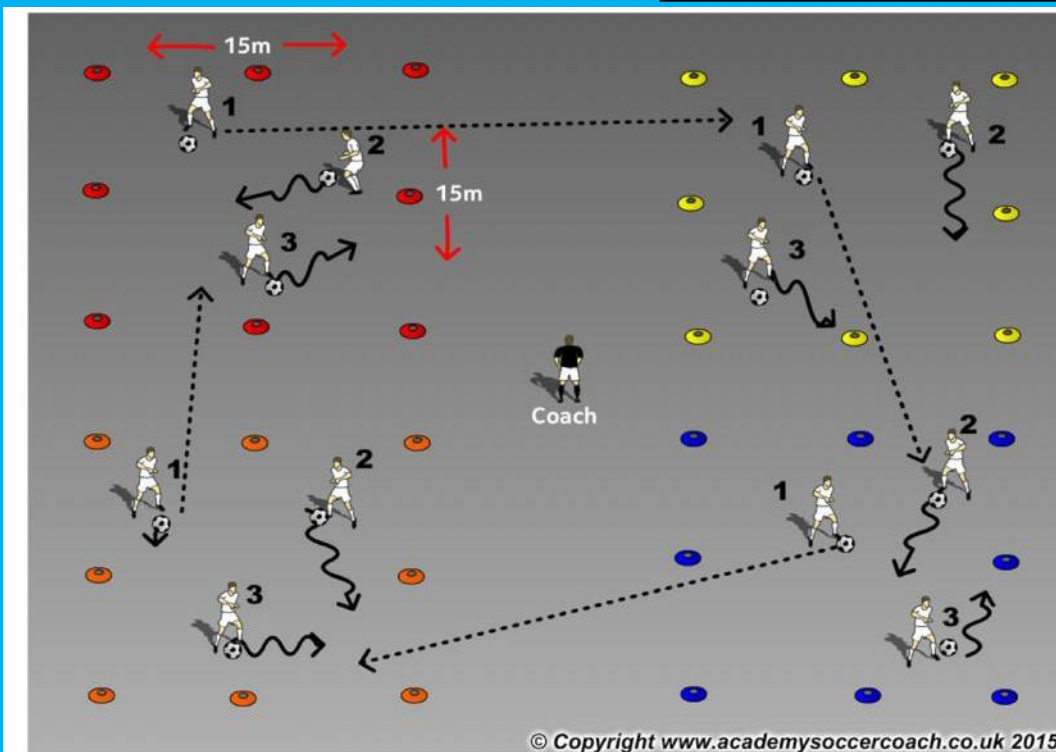
Player Development



Learn to Train practice plan - Week 13

Station B

Soccer Coordination with a ball



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Organization: 3 players are placed inside each 15m x 15m area. Each player has a ball.

Procedure: Players are asked to dribble around in different directions within their own area. Players are asked to perform any move that they know to find space.

When the coach calls out a number, that player dribbles to the next square in the direction shown by the arrows.

Time frame. 12-15 minutes

Emphasis:

Dribbling

Running with the ball

Movement

Communication FUN!

Psychological

Positive reinforcement
Confidence Being safe

Technical

Dribbling
Running with the ball

Physical

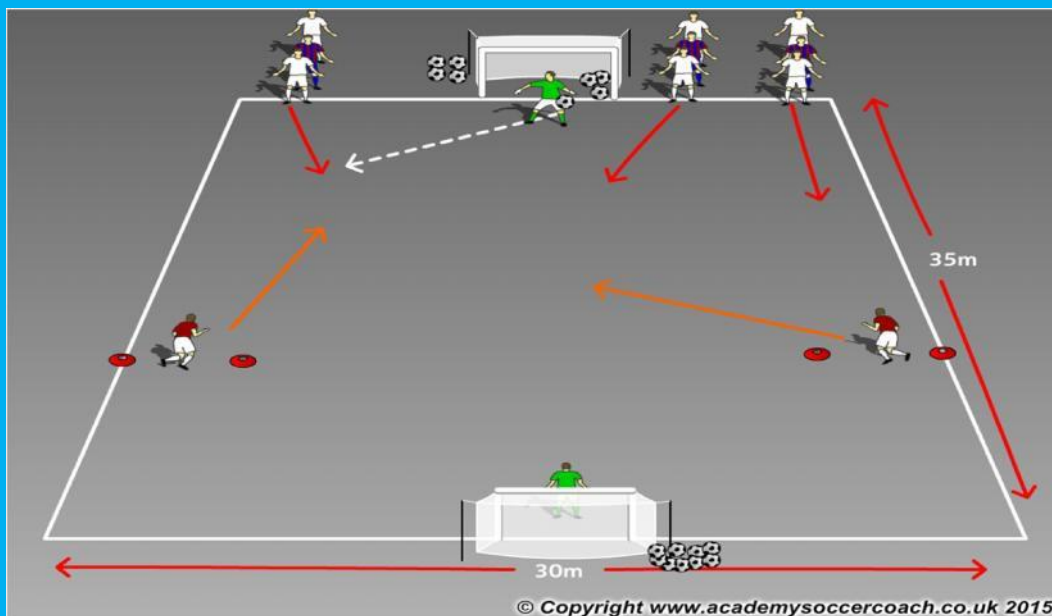
Agility, Balance
Change of Direction
Coordination

Listening
Communicating Peer interaction /fun

Player Development



Learn to Train practice plan - Week 13
Station C
Soccer Technique- 3v2 to 2v1 transition



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Organization: Players are organized as above in a 35m x 30m field with a goal at either end. A large supply of balls should be available in each goal.

Procedure: 3 attackers start the game playing against 2 defenders. The GK starts with the ball and distributes to any of the 3 attackers. The 2 defenders try to prevent the attackers from scoring. Transition occurs when the ball either goes out of play, a goal is scored or the GK has made a save and has the ball. The last attacker to touch the ball now becomes the defender and the 2 red defenders now become the attackers to create a 2v1 to the other goal. The remaining 2 attackers move to the coned area to become 2 defenders. Once the 2v1 situation has finished 3 blue players will play against 2 white defenders.

To encourage competition keep score and set a target for the number of goals each team must score to win the game.

Time frame. 12-15 minutes

Emphasis:

- Passing
- Receiving
- Attacking/Defending
- Transition
- Movement off the ball

<p><u>Psychological</u> Fun Confidence Decision Making Creativity</p>	<p><u>Technical</u> Passing Attacking/defending Shooting Goalkeeping</p>
<p><u>Physical</u> A,B,C's Change of Direction Movement</p>	<p><u>Social</u> Team work Communicating Fun with friends</p>



Player Development



Learn to Train practice plan - Week 13

Station D

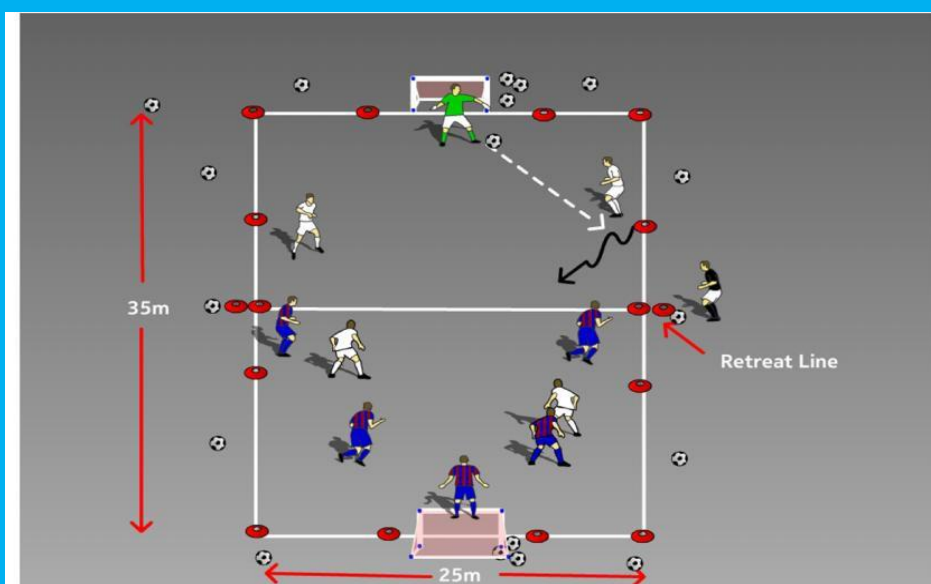
Small sided game with retreat line

Time frame. 12-15 minutes

Emphasis:

Passing

Receiving Possession Dribbling Shooting FUN



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Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Psychological

Fun Confidence
Being safe

Technical

Passing
Team possession
Individual ability

Physical

Speed A,B,C's
Change of Direction

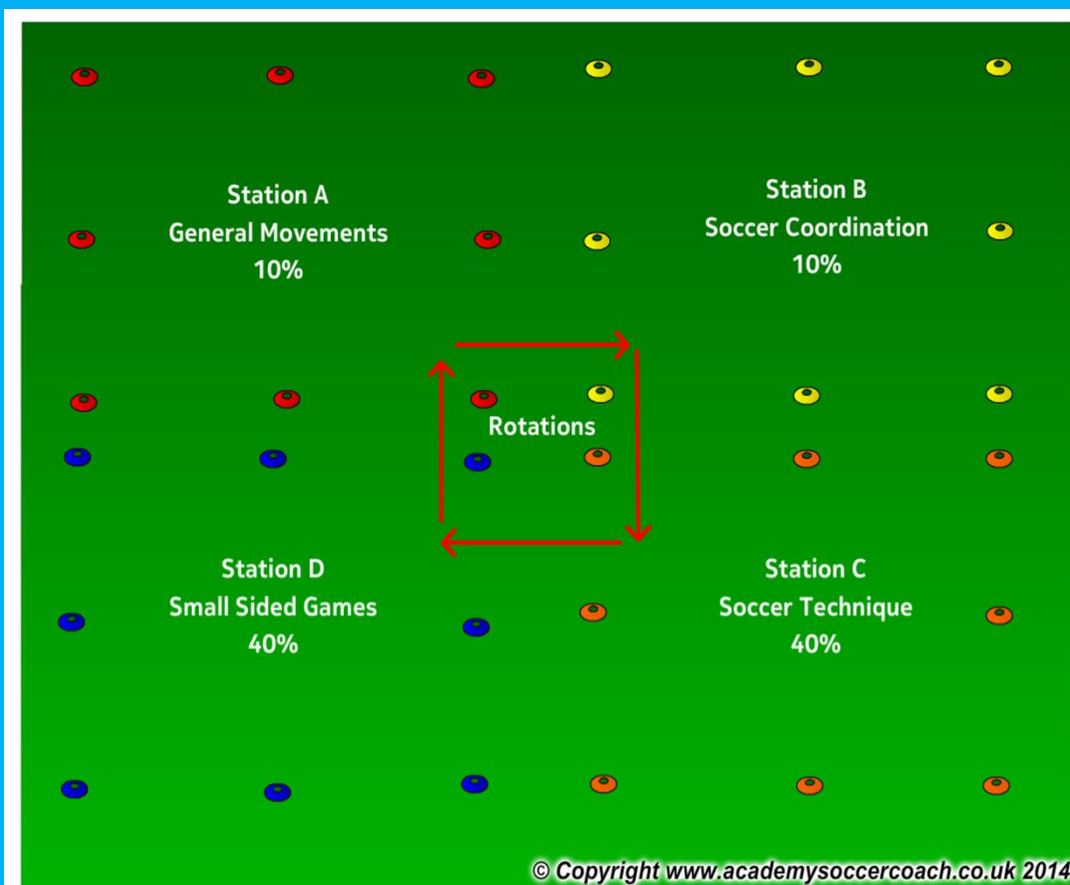
Social

Listening
Communicating Fun
with friends

Player Development



Learn to Train practice plan How the Player Development Model works



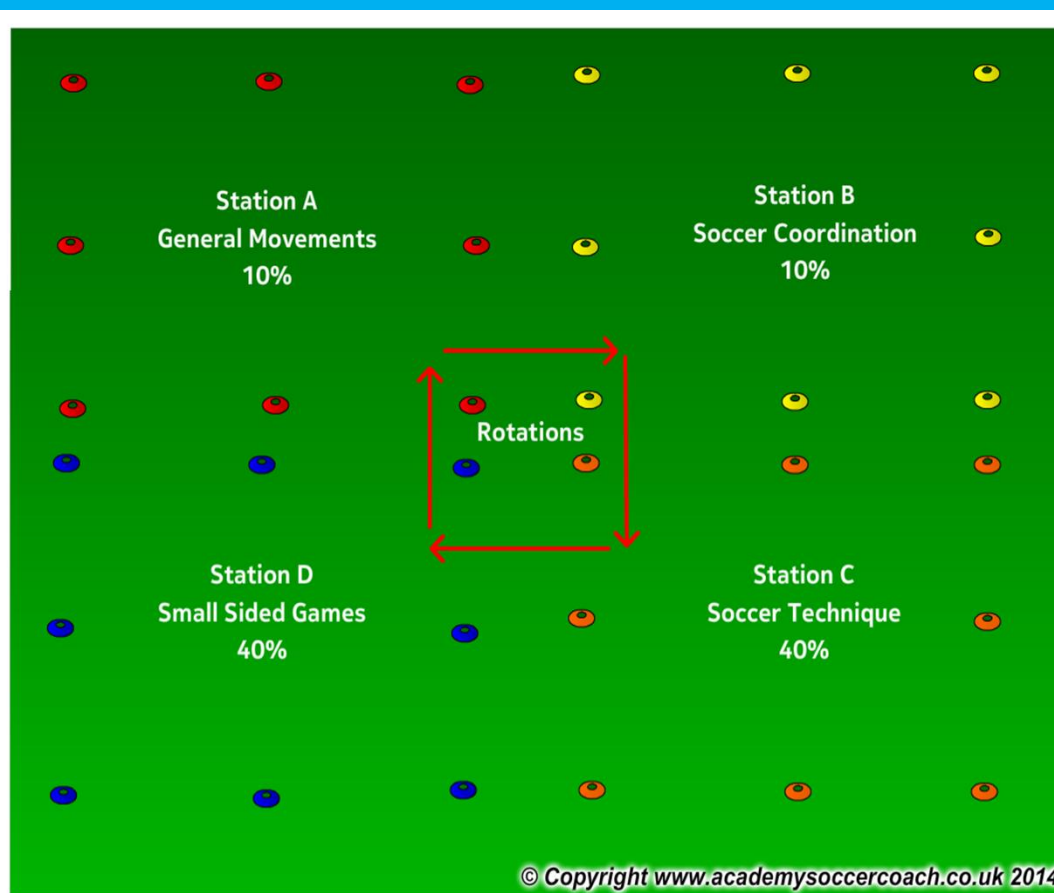
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Player Development



Learn to Train practice plan How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan -Week 14

Station A General Movement



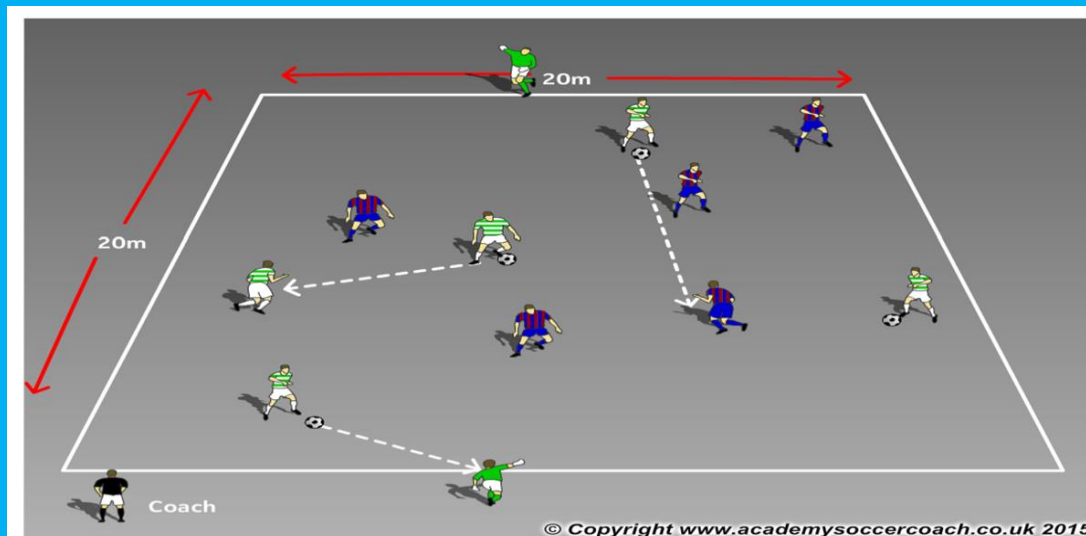
Time frame. 12-15 minutes

Emphasis:

Changing direction
Passing and Receiving A,B,C's

Speed

FUN!



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Organization: Players placed into 2 groups of 4 with 2 players on the outside of a 20m x 20m area. 4 balls in play.

Procedure: Passing/receiving/movement warm up. 2 teams of players, 1/2 players with a ball. Option is to have players on the outside, this example shows goalkeepers. Players pass the ball using various surfaces of the foot and receiving with various surfaces of the foot. Encourage quick passes, accuracy and pace. GK's use hands to receive and then distribute.

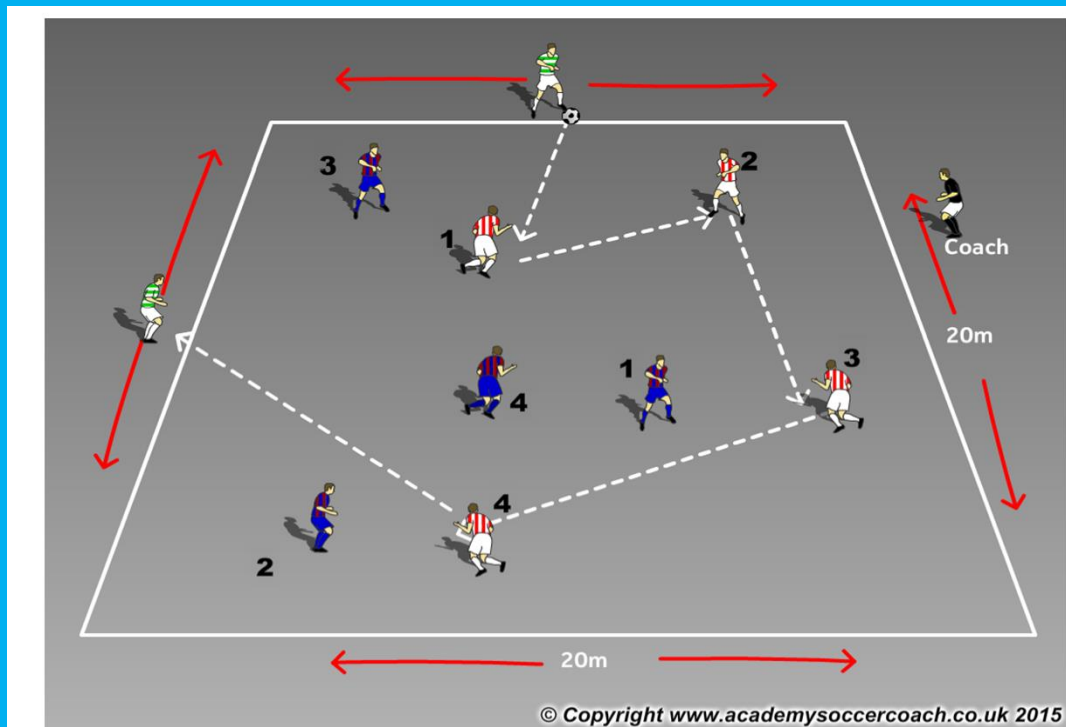
<u>Psychological</u> Confidence Being safe	<u>Technical</u> Passing Receiving
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN

Player Development



Learn to Train practice plan – Week 14

Station B Soccer Coordination



Organization: Players placed into groups of 4 with 2 players on the outside a 20m x 20m area. 2 balls. 2 groups of 4 players are numbered 1-4. Number 1 always shows for the ball from the player on the outside. Passing is in sequence and number 4 always passes to an outside player. Keep repeating sequence. Quick accurate passing along with good movement to create space and support the player in possession of the ball. Switch outside players after a predetermined time. Progress to passing (splitting) opposing players with a pass.

Time frame. 12-15 minutes

Emphasis:

Passing
Receiving Movement
Communication
FUN!

Psychological
Positive reinforcement
Confidence Being safe

Technical
Passing Receiving

Physical
Agility, Balance
Change of Direction
Coordination

Social
Listening
Communicating
Peer interaction /fun

Player Development

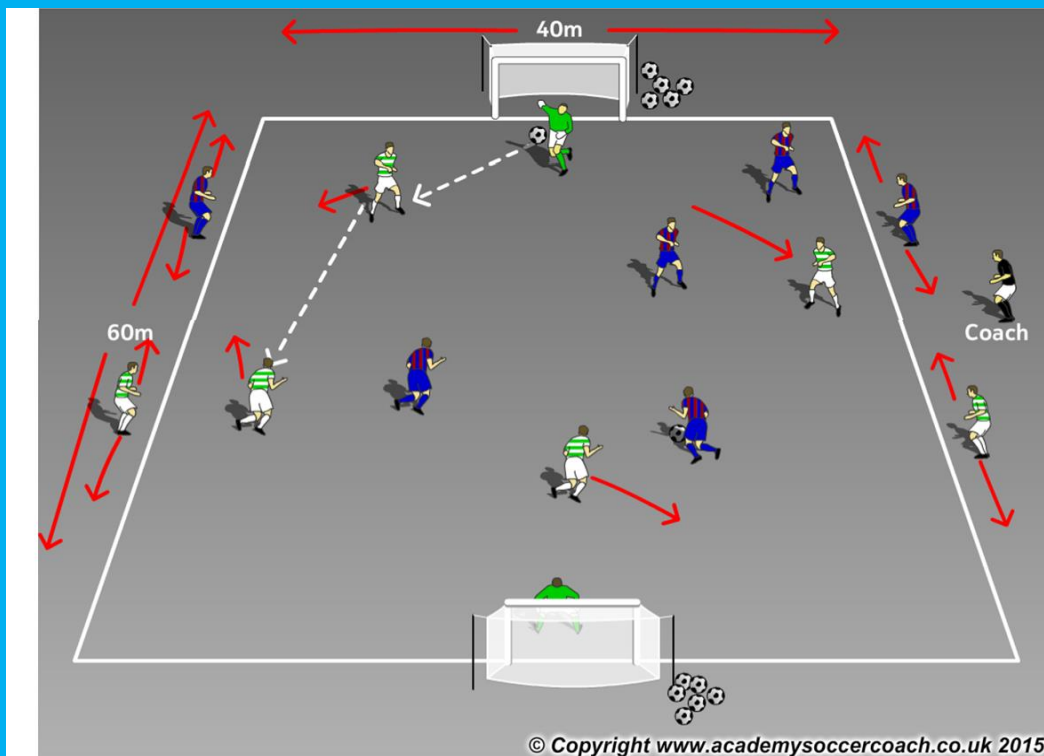


Learn to Train practice plan – Week 14
Station C
Soccer Technique – Penetrating passing

Time frame. 12-15 minutes

Emphasis:

- Passing
- Receiving
- Possession
- Movement off the ball



Organization: 6v6 + 2 game in a 40m x 60m field. 2 players from each team are placed in the attacking half of the field on the side lines and can be used as support players when attacking. Support players have a limit on the amount of touches they can have. (1 or 2). Encourage quick, short, accurate passing. If the ball goes out of play use a pass in to restart.

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Passing Receiving Possession</p>
<p><u>Physical</u> A,B,C's Change of Direction Movement</p>	<p><u>Social</u> Teamwork Communicating Fun with friends</p>



Player Development

Learn to Train practice plan – Week 14

Station D Small sided game

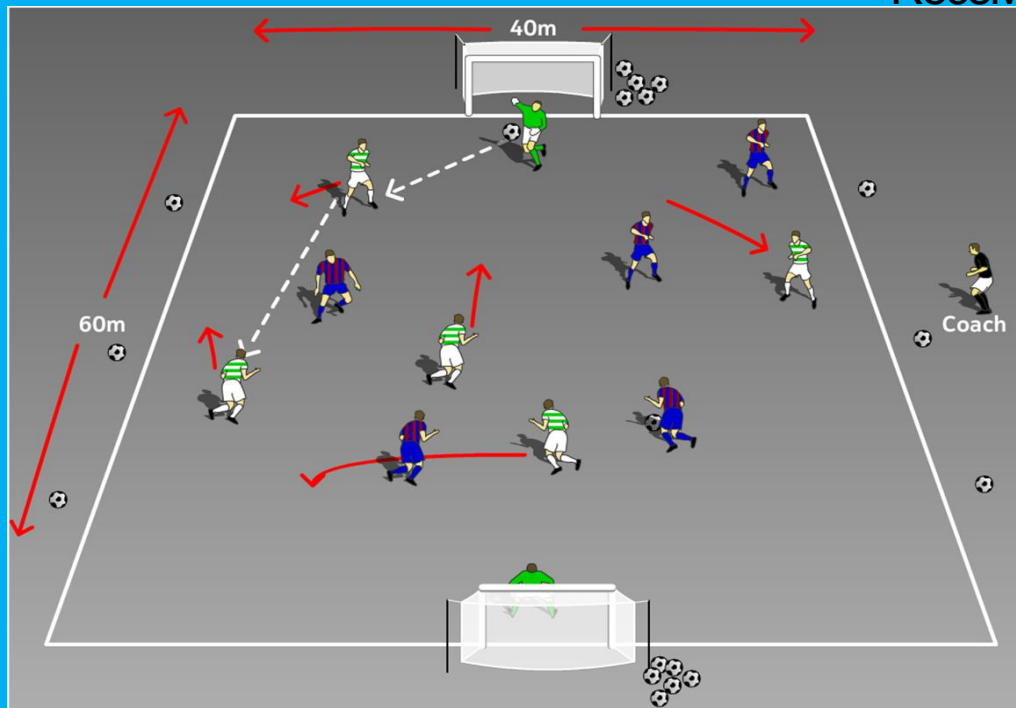


Time frame. 12-15 minutes

Emphasis:

Passing

Receiving Possession Dribbling Shooting FUN



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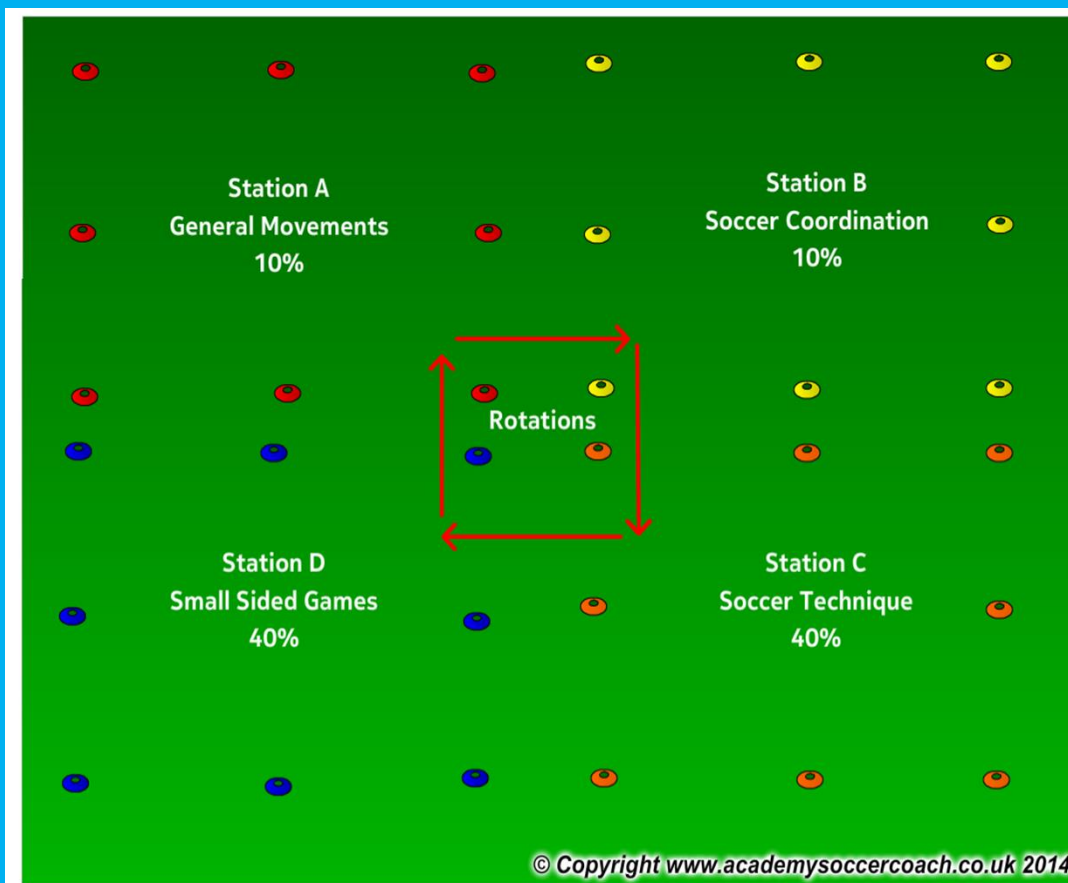
Organization: 6v6 or 7v7 in a 60m x 40m field. No conditions. Encourage players to be positive, play forward and penetrate with passes. Look for good movement to provide support and find space.

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Passing Team possession Individual ability
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends

Player Development



Learn to Train practice plan How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan -Week 15

Station A General Movement

Time frame. 12-15 minutes

Emphasis:

- g Creativity
- Changing direction
- Speed
- N!



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Organization. Players dribble freely inside 20mx20m area.
Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will perform different touches on the ball, for example Toe Taps. Coaches please feel free to also be creative here.

<p><u>Psychological</u> Confidence Being safe</p>	<p><u>Technical</u> Dribbling</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>

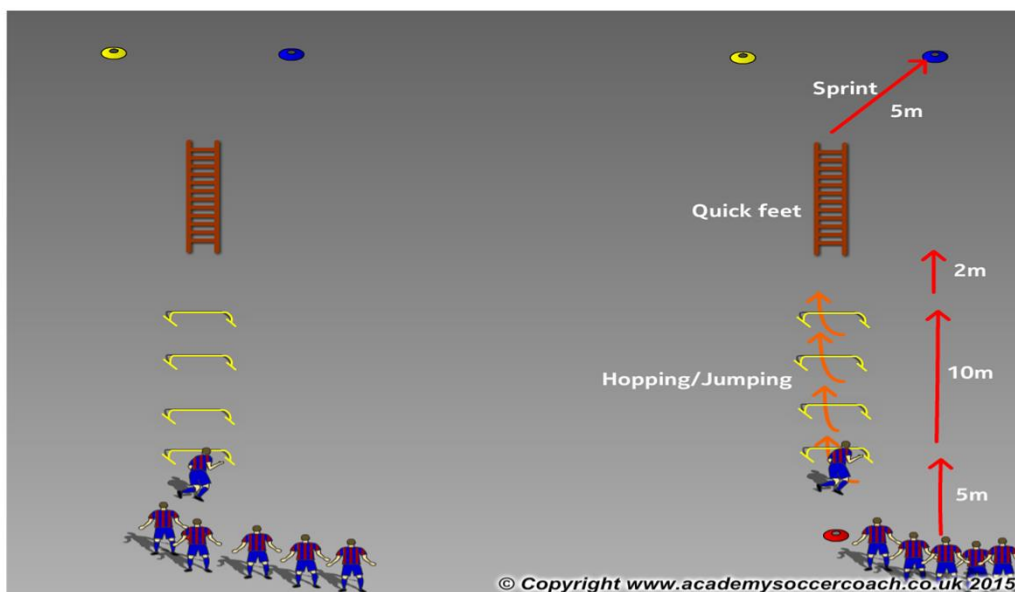


Player Development



Learn to Train practice plan – Week 15

Station B Soccer Coordination



Organization: Players are placed into groups of 6. Set up is as above using hurdles, cones and ladders. If you do not have hurdles or ladders you could use cones as alternatives.

Procedure: 1 player from each group works at the same time. Nominate 1 group as the "Go" group. This is the group that dictates when the next player in line starts so that both groups work at the same time. Players proceed to hurdles; here they jump over the hurdles keeping both feet together. Another alternative is for the players to hop over. Players then travel through the ladder (coach decides in the movements) and then they finish with a diagonal sprint towards the pre-determined cone. Players then take a slow jog back. Once the players have been through the sequence 3 times each the coach then changes the movements.

Time frame. 12-15 minutes

Emphasis:

Movement

A,B,C's

Communication

FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Agility, Balance Change of Direction Coordination</p>	<p><u>Social</u> Listening Communicating Peer interaction /fun</p>

Player Development



Learn to Train practice plan – Week 15
Station C
Soccer Technique – 3v3 leading to 1v1



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Organization: 2 fields are set up 30m x 20m with players divided in to 2 groups of 6. Each player on both teams is given a number 1-6. Players are then divided into 2 games as shown above. 1 goalkeeper is placed into a goal as shown.

Procedure: Players play 3v3. Once the coach calls out a number, the players with that number move out of the game into a 1v1 situation to goal. The example above shows the coach calling number 3. The two players who have been given the number 3 will now play 1v1 to goal. Once the coach calls the number they pass the ball into the area for the players to compete for. Once the ball has gone dead the players re-join the game and another number is called. While the 2 players are competing 1v1 the games below will now have uneven teams which will create opportunities for players to make decisions both when attacking and defending.

Time frame. 12-15 minutes

Emphasis:

- 1v1
- Passing Receiving
- Possession
- Decision making

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> 1v1 Passing Receiving Possession</p>
<p><u>Physical</u> A,B,C's Change of Direction Movement</p>	<p><u>Social</u> Teamwork Communicating Fun with friends</p>



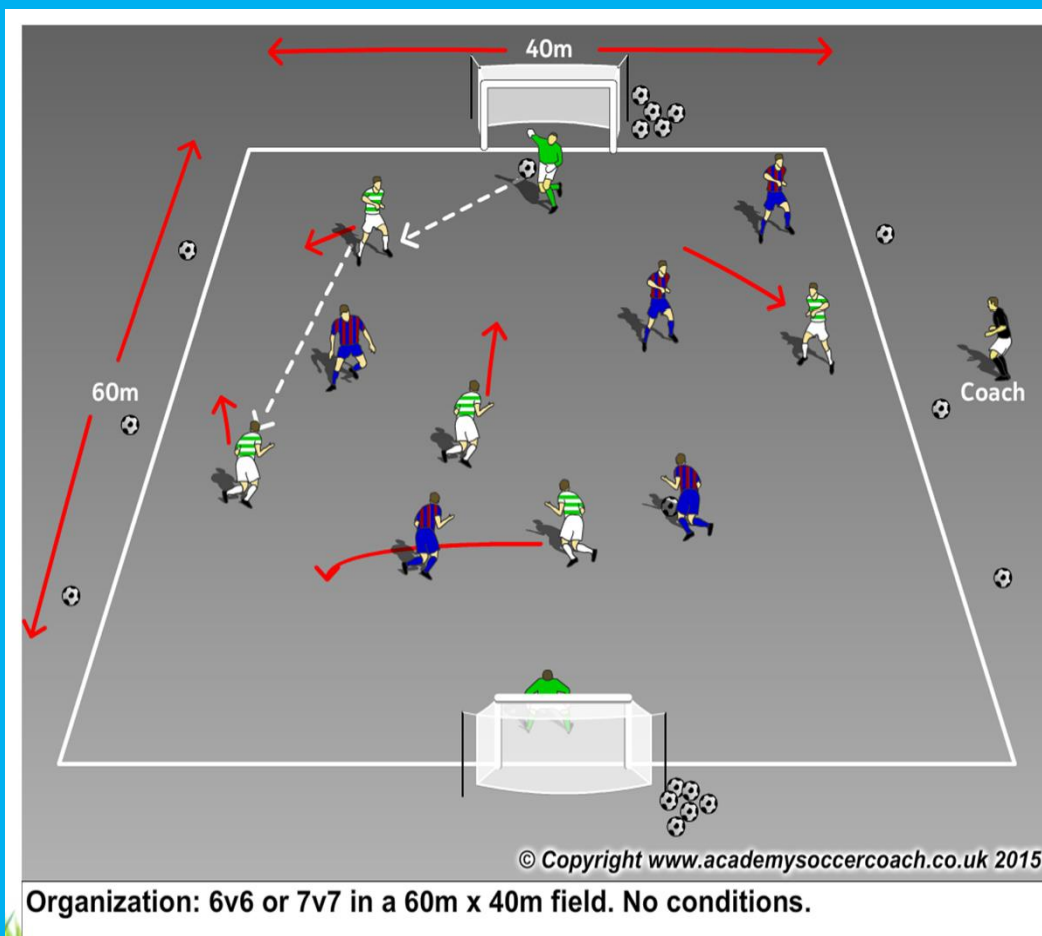
Player Development



Learn to Train practice plan – Week 15

Station D

Small sided game – Free play



Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

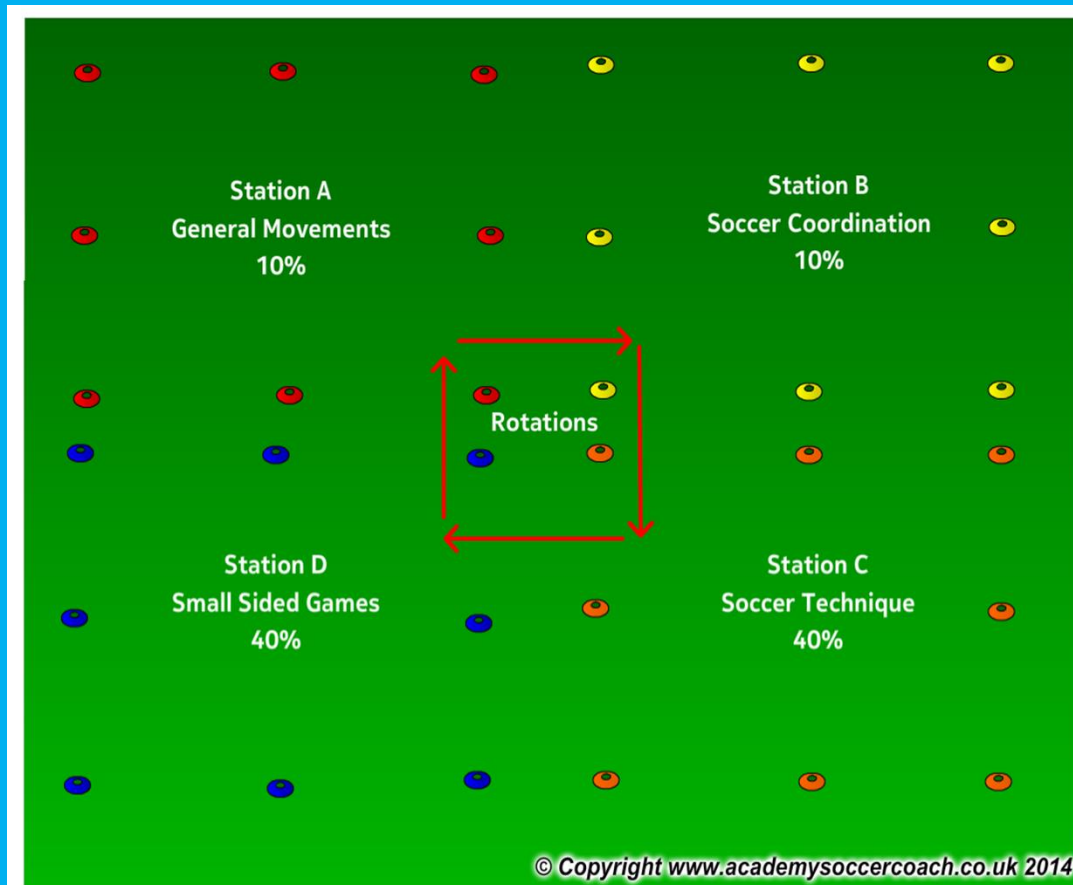
FUN

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Passing Team possession Individual ability
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends

Player Development



Learn to Train practice plan How the Player Development Model works

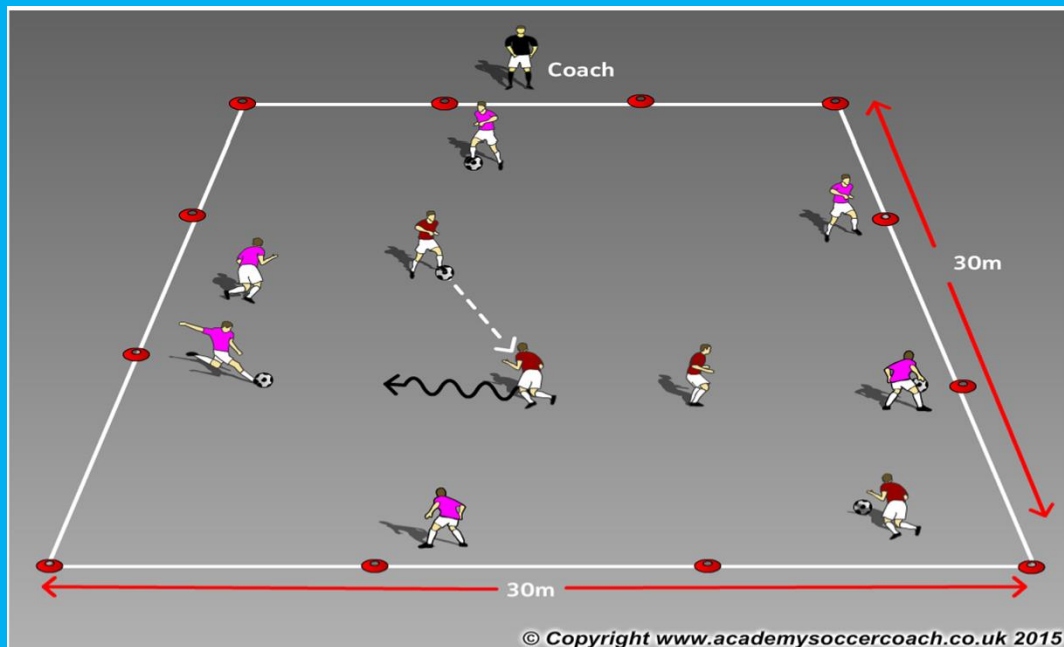


If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan -Week 16
Station A
General Movement – Passing and Receiving

Time frame. 12-15 minutes



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Organization. Players are placed into 2s inside 30mx30m area.
Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball. As players pass and move the coach calls out the following instructions.
 1. Pass with inside of each foot only. 2. Pass with the outside of each foot only. 3. Before passing do a move and then play pass. 4. Receive ball with the outside of either foot.

Changing direction
 Passing/Receiving Creativity
 Speed
FUN!

<u>Psychological</u> Confidence Being safe Decision making	<u>Technical</u> Passing Receiving
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN

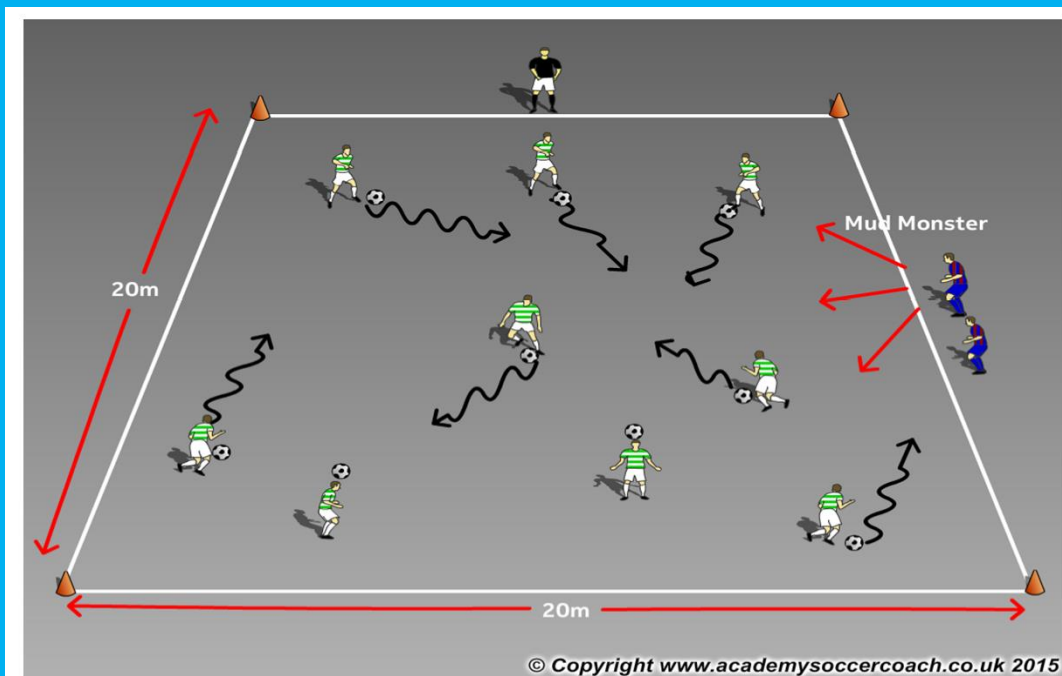


Player Development



Learn to Train practice plan – Week 16

Station B Soccer Coordination



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Organization: Players are inside a 20m x 20m area, all with a ball. 2 players are on outside without a ball and become the mudmonsters.

Procedure: All players dribble around inside the area. 2 players are selected to become the "MUD MONSTER". When the coach says go the Mud monster's come in and attempt to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

Time frame. 12-15 minutes

Emphasis:

Dribbling

Movement

A,B,C's

Communication

FUN!

Psychological

Positive
reinforcement
Confidence Being
safe

Technical

Dribbling

Physical

Agility, Balance
Change of Direction
Coordination

Social

Listening
Communicating
Peer interaction /fun

Player Development

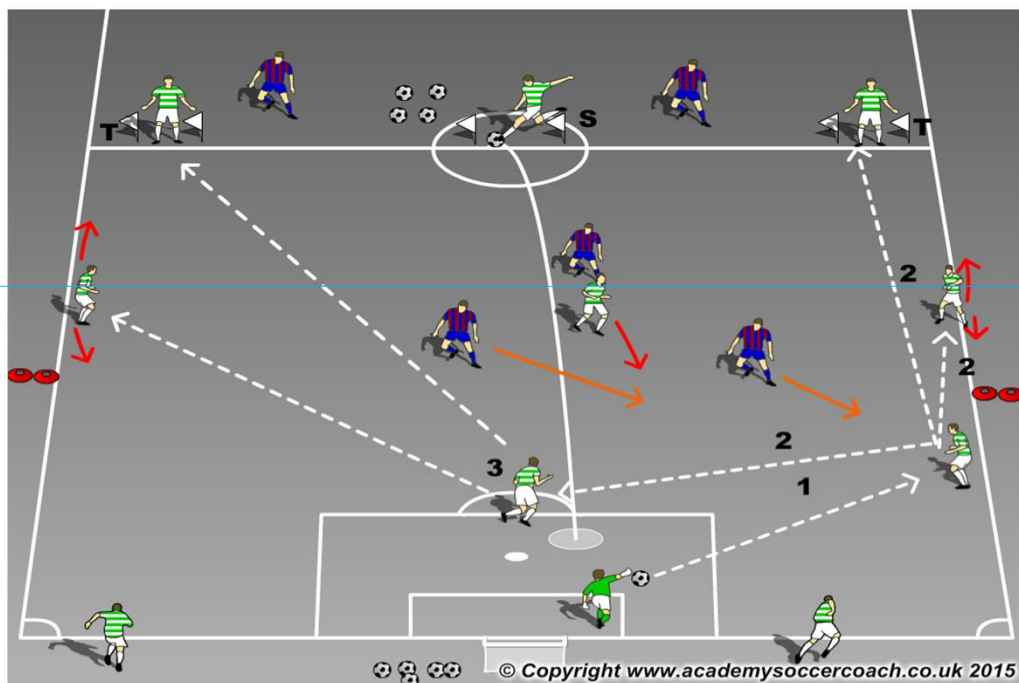


Learn to Train practice plan – Week 16
Station C
Soccer Technique – Playing out from the back

Time frame. 12-15 minutes

Emphasis:

Passing
 Receiving Possession
 Decision making



Organization: Players set up as above.
Procedure: S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her team mates. As soon as the player receiving the ball touches the ball the 3 players are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the win possession they head to goal. All players rotate through all positions.

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Passing Receiving Possession</p>
<p><u>Physical</u> A,B,C's Change of Direction Movement</p>	<p><u>Social</u> Teamwork Communicating Fun with friends</p>



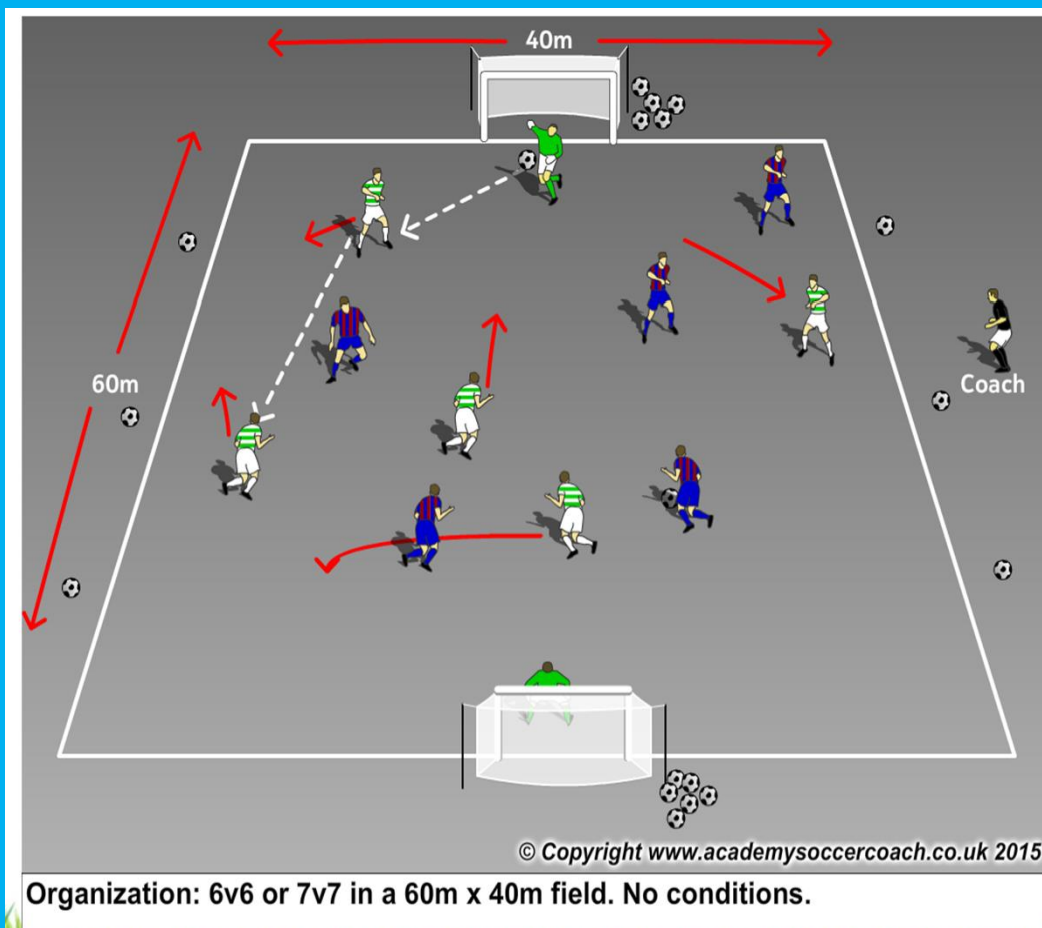
Player Development



Learn to Train practice plan – Week 16

Station D

Small sided game – Free play



Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

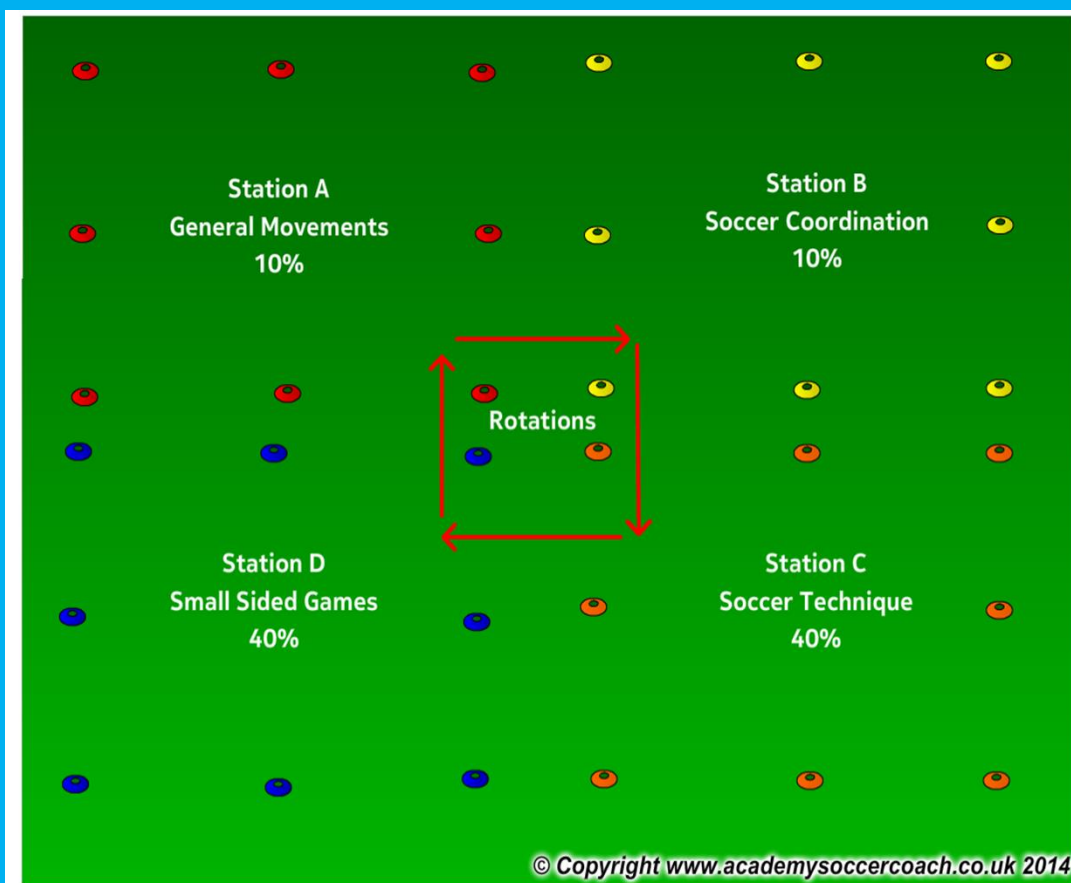
FUN

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Passing Team possession Individual ability
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends

Player Development



Learn to Train practice plan How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

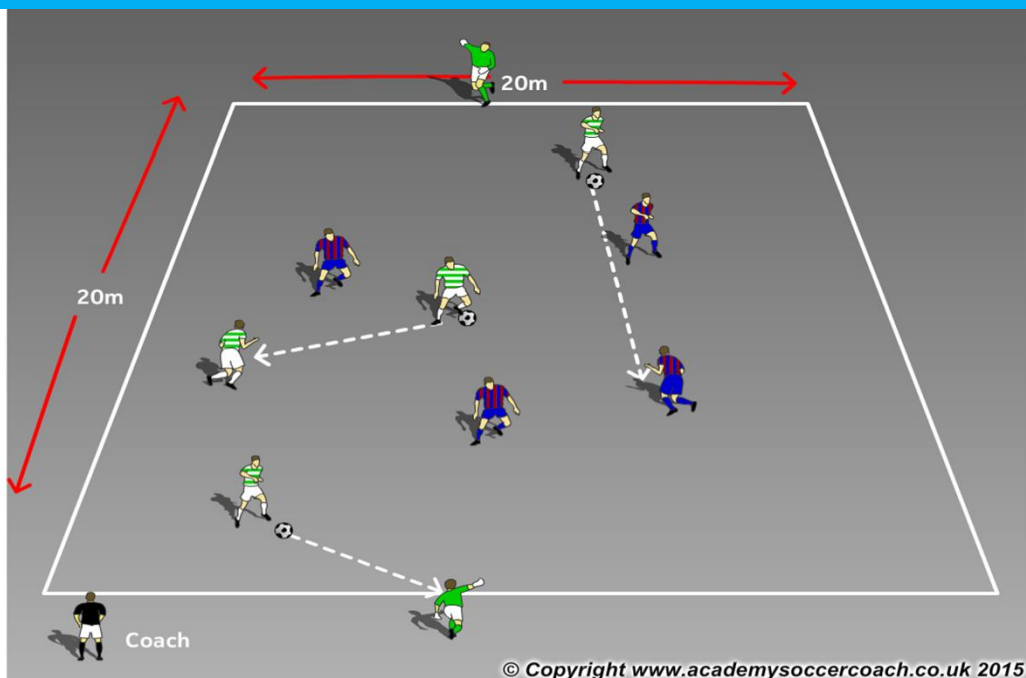


Learn to Train practice plan - Week 17
Station A
General Movement – Give a pass, get a pass

Time frame. 12-15 minutes

Emphasis:

Changing direction
 Decision making Speed
FUN!



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Organization: Players placed into 2 groups of 4 with 2 players on the outside of a 20m x 20m area. 4 balls in play.
Procedure: Passing/receiving/movement warm up. 2 teams of players, 1/2 players with a ball. Option is to have players on the outside, this example shows goalkeepers. Players pass the ball using various surfaces of the foot and receiving with various surfaces of the foot. Encourage quick passes, accuracy and pace. GK's use hands to receive and then distribute.

<p><u>Psychological</u> Confidence Being safe Decision making</p>	<p><u>Technical</u> Passing Receiving</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>

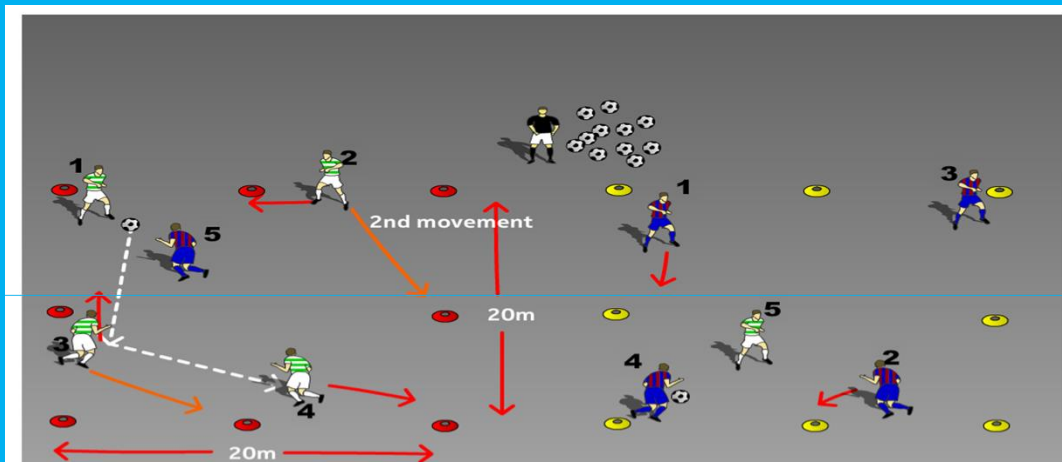


Player Development



Learn to Train practice plan – Week 17

Station B 4v1 possession



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Organization: 5 players are placed inside a 20m x 20m area. Area can be made bigger or smaller depending on the ability of the players. Each player is numbered 1-5.

Procedure: Players start inside their own square passing and moving. The coach will call a number and that player will go defend in the opposite square creating a 4v1 situation. The player will defend in the opponent's area for 60 seconds. If the team in possession can make 5 consecutive passes they score one point, if the ball goes out or the defender wins the ball they score one point. After 60 seconds players return to their own square and add their points together creating competition amongst the two teams.

On the diagram above the red lines indicate the movement of the players when the player in possession has the ball (short and long support). The red lines indicate the movement after the ball has been passed (2nd movement)

Time frame. 12-15 minutes

Emphasis:

How can we keep possession of the ball?

How can I help my team mates?

Communication

FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Passing Receiving</p>
<p><u>Physical</u> A,B,C's Speed of Support Body position</p>	<p><u>Social</u> Supporting team mates Communicating Peer interaction /fun</p>

Player Development

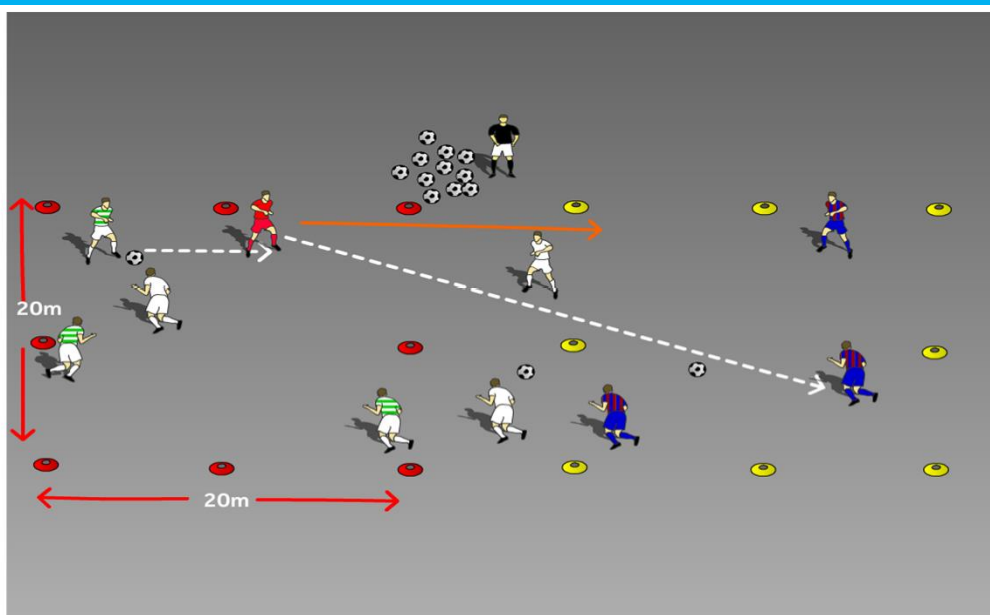


Learn to Train practice plan – Week 17
Station C
Soccer Technique – Possession Tennis

Time frame. 12-15 minutes

Emphasis:

What can I do to help my team mates?
 Where should I Move to receive the ball?
 What should my body position look like?



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Organization: Players are now placed in to 3 groups of 3 plus 1 neutral player. 1 team will start in possession of the ball with the neutral player making up the 4th player. The defending team will have 1 player inside the area were the ball starts and the remaining 2 players in the central zone as shown above. The 3rd team will be moving around inside the 3rd area waiting to receive the ball. To score a point the team in possession must transfer the ball from their square to the other team; once the ball is transferred the neutral player will join the team to keep possession. If the team in possession loses the ball they become the defending team. The first team to score 5 points wins the game.

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Passing Receiving Possession</p>
<p><u>Physical</u> A,B,C's Support Movement off the ball</p>	<p><u>Social</u> Teamwork Communicating Fun with friends</p>



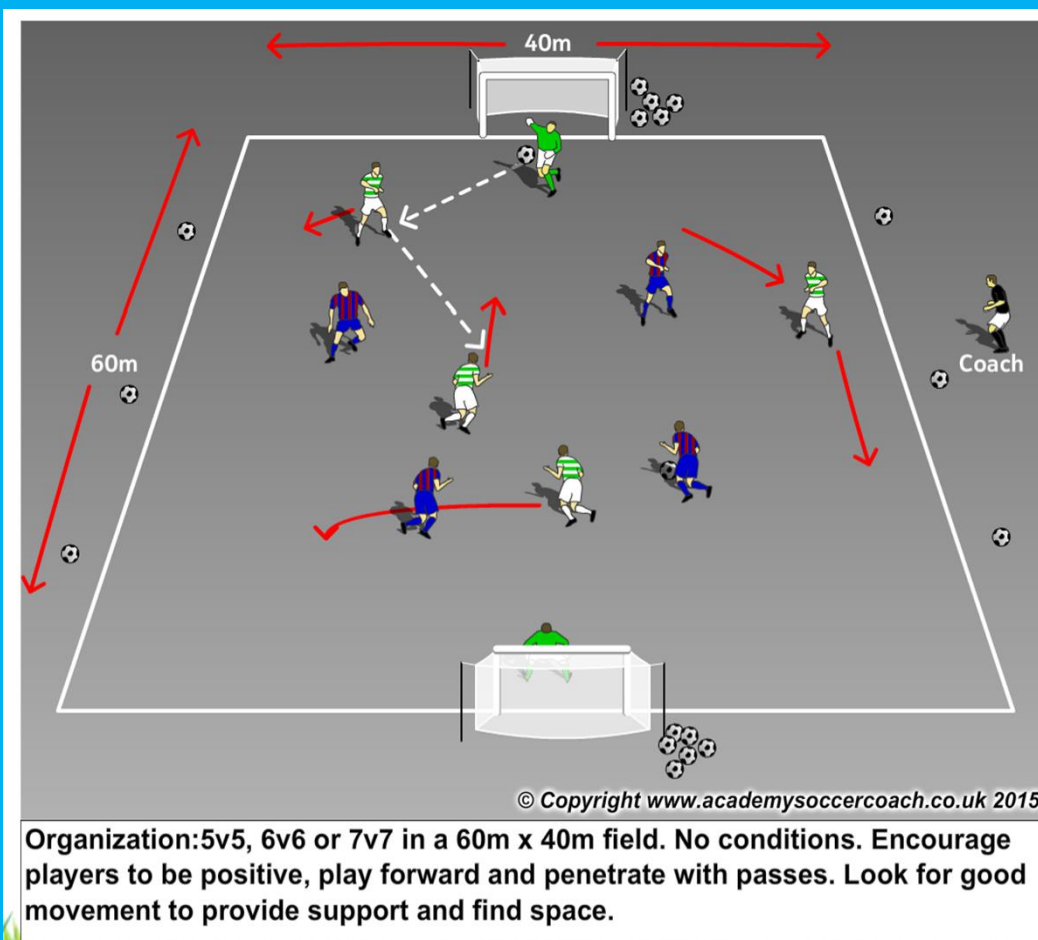
Player Development



Learn to Train practice plan – Week 17

Station D

Small sided game – Free play



Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

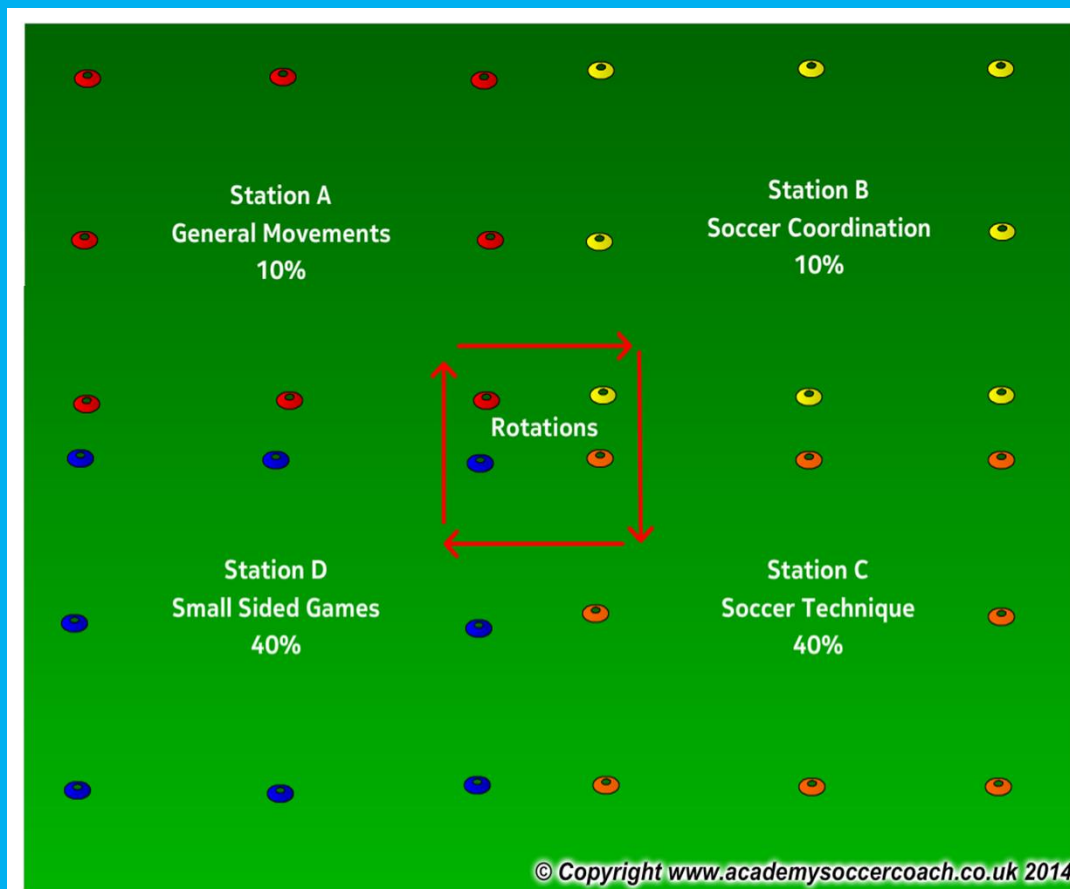
FUN

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Passing Team possession Individual ability
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends

Player Development



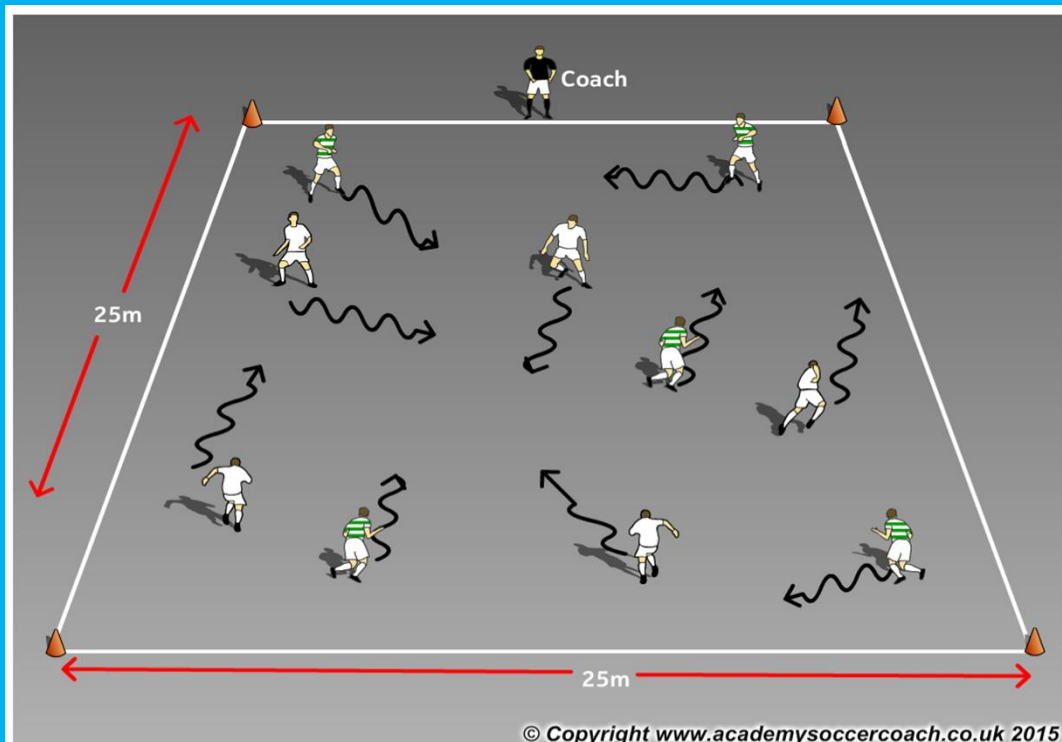
Learn to Train practice plan How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan - Week 18
Station A
General Movement – Dynamic warm up



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Organization: Player's are placed inside a 25m x 25m area.
Procedure: Encourage the players to use different soccer related movements such as walking, running, jumping, rolling, running backwards and also sideways Movements can occur with or without a ball.

Time frame. 12-15 minutes

Emphasis:
 Changing direction
 A,B,C's
 FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> N/A
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN



Player Development



Learn to Train practice plan – Week 18

Station B

3V3 Leading to 1v1 to goal



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Organization: 2 fields are set up 30m x 20m with players divided in to 2 groups of 6. Each player on both teams is given a number 1-6. Players are then divided into 2 games as shown above. 1 goalkeeper is placed into a goal as shown.

Procedure: Players play 3v3. Once the coach calls out a number, the players with that number move out of the game into a 1v1 situation to goal. The example above shows the coach calling number 3. The two players who have been given the number 3 will now play 1v1 to goal. Once the coach calls the number they pass the ball into the area for the players to compete for. Once the ball has gone dead the players re-join the game and another number is called. While the 2 players are competing 1v1 the games below will now have uneven teams which will create opportunities for players to make decisions both when attacking and defending.

Time frame. 12-15 minutes

Emphasis:

1v1 attacking
Decision making

Psychological
Positive reinforcement
Confidence Being safe

Technical
1v1 Passing
Receiving

Physical
A,B,C's
Speed of Support
Body position

Social
Supporting team mates
Communicating
Peer interaction /fun

Player Development



Learn to Train practice plan – Week 18

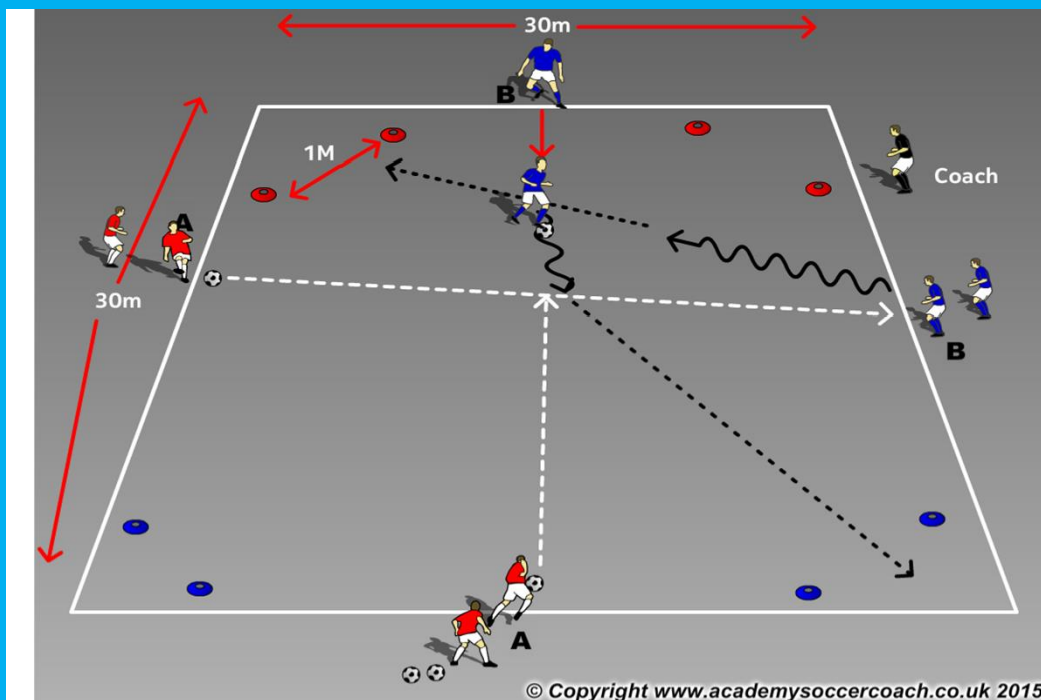
Station C

Soccer Technique – 1v1s

Time frame. 12-15 minutes

Emphasis:

What can I do to beat my opponent?
What moves can you show?
Once you have beaten your opponent
what can you do?



Organization: Area is 30m x 30m with 1 goal in each corner, 1m in width.
Procedure: Player A's plays the pass to player B's on the opposite side of the area. Player B attempts to dribble past player A and dribble through one of the goals. If player A takes the ball away from play B he/she then tries to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers. 2 1v1 games are happening at the same time
Progression: Players progress to play 2v2 if success is being achieved.

<u>Psychological</u> Fun Confidence Decision Making Imagination	<u>Technical</u> 1v1 attacking
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Communicating Fun with friends



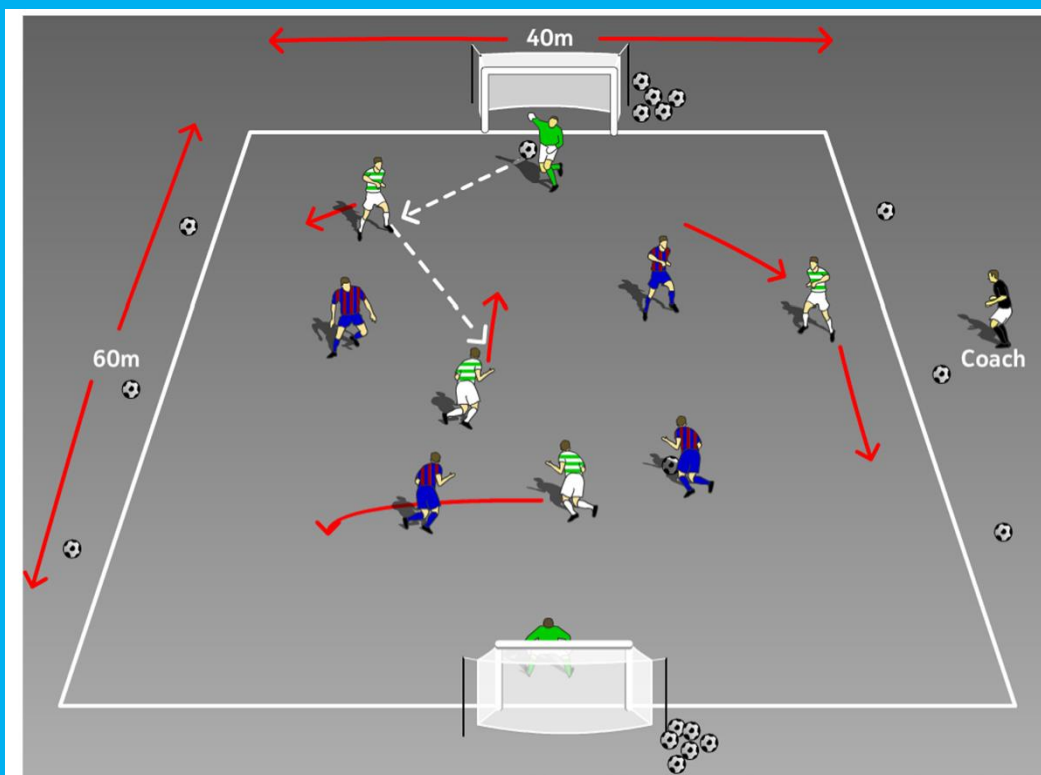
Player Development



Learn to Train practice plan – Week 18

Station D

Small sided game – Free play



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Organization: 5v5, 6v6 or 7v7 in a 60m x 40m field. No conditions. Encourage players to be positive, play forward and penetrate with passes. Look for good movement to provide support and find space.

Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

Psychological

Fun Confidence
Being safe
Imagination

Technical

1V1
Creating space
Penetration

Physical

Speed A,B,C's
Change of Direction

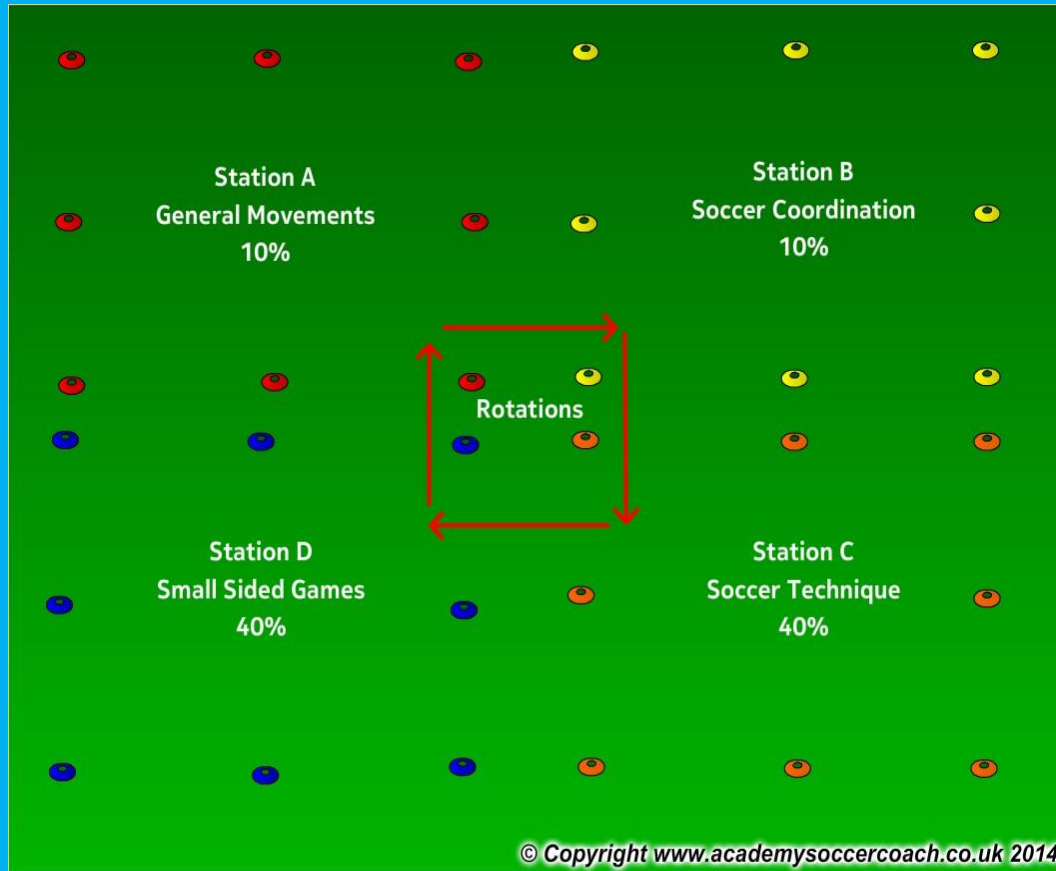
Social

Listening
Communicating Fun
with friends

Player Development

Learn to Train practice plan

How the Player Development Model works



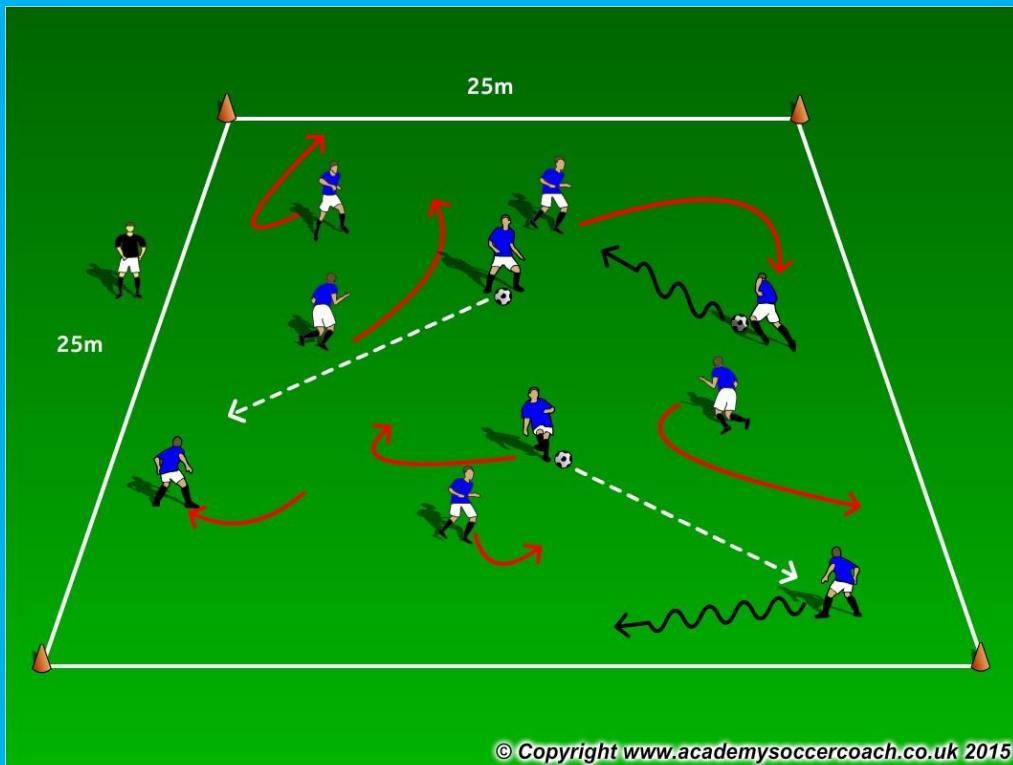
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan - Week 19

Station A

General Movement – Dynamic warm up with the ball



Organization: Players are placed in a 25x25m area
Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

Time frame. 10-12 minutes

Emphasis:

Changing direction
A,B,C's
FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN

Player Development

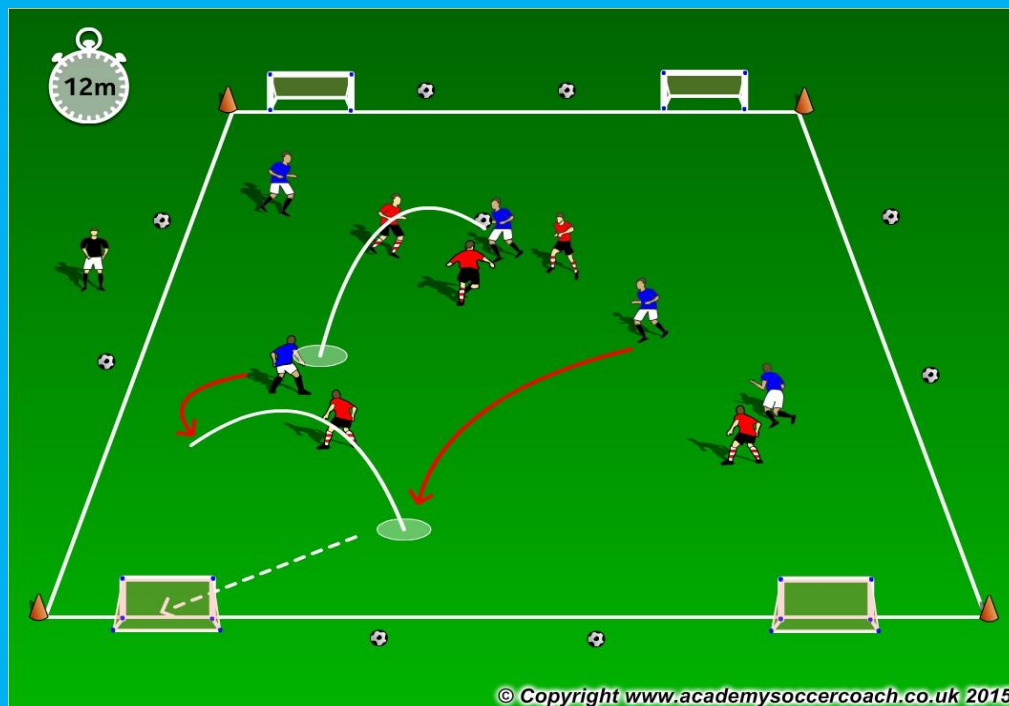
Learn to Train practice plan – Week 19
Station B
Passing & Receiving: 2 Goal Handball



Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession



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Organization: Players are placed in 20x20 area with 2 nets positioned at each end as shown above.

Procedure: Players play handball and attempt to score by throwing the ball into either net. Players cannot move more that 3 steps when in possession. Defending team win possession by intercepting passes

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Type of pass Body position</p>
<p><u>Physical</u> A,B,C's Speed of Support Power</p>	<p><u>Social</u> Supporting team mates Communicating Peer interaction /fun</p>

Player Development

Learn to Train practice plan – Week 19

Station C

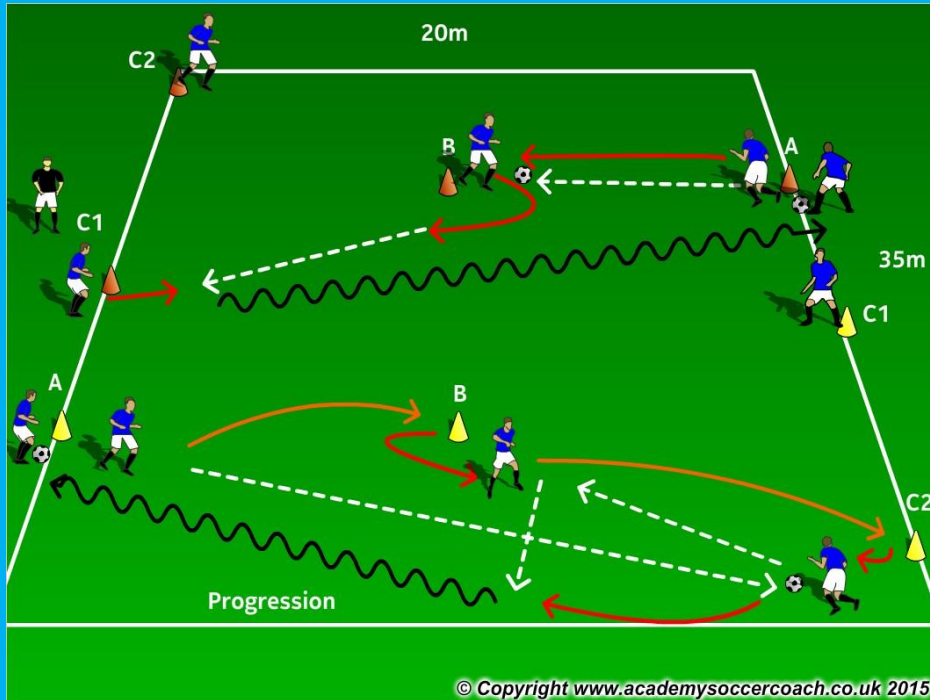
Passing and Receiving – Y Exercise



Time frame. 12-15 minutes

Emphasis:

- Different types of passes
- pass Receiving the ball
- Touch to turn/eliminate



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Organization: 35x20 area with players divided in 2 groups (minimum 5 players per group). 4 pylons are set up in a Y shape as shown above: A-B 10 yards, C is positioned 10 yards and at 45 degree angle for point B.

Procedure: Player passes from A to B, B receives, turns and plays pass to C1/C2 (alternating each time between C1 and C2). Player C dribbles back to point A. All players follow pass.

Progression: A plays C, B supports player C and combines with wall pass (one-two).

Psychological

Fun
Confidence
Decision Making
Imagination

Technical

Passing & Receiving
Key factors
Different/creative turns

Physical

A,B,C's
Acceleration

Social

Communicating
Fun with friends

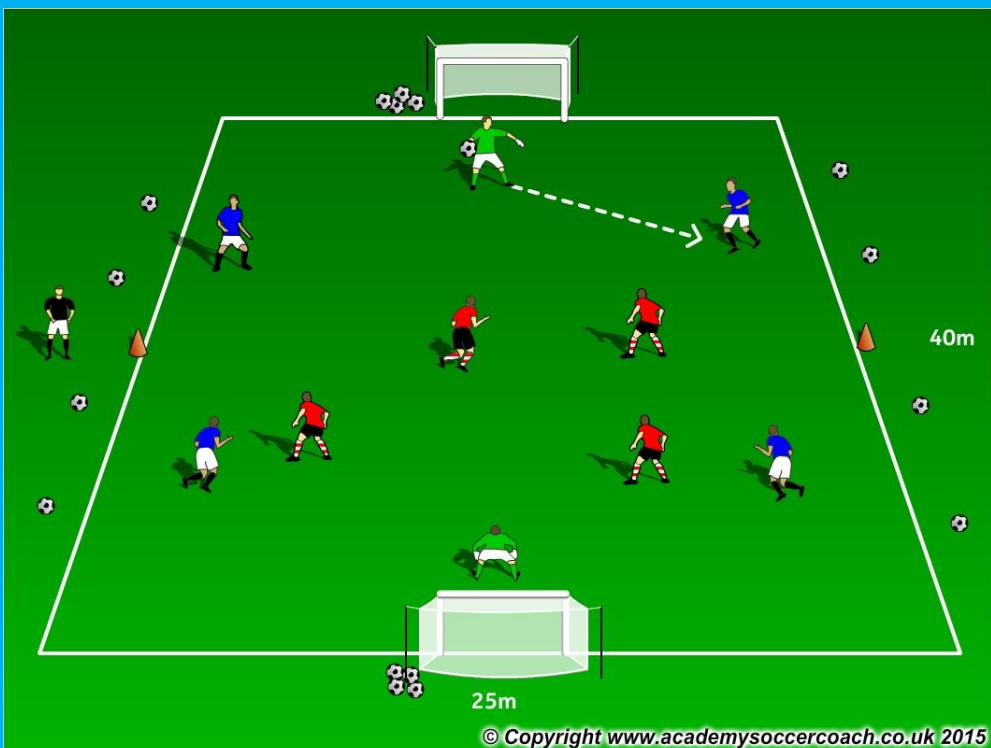
Player Development



Learn to Train practice plan – Week 19

Station D

Small Sided Game – 5v5 Free play



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Forward Passes

Allow the game to be the teacher

FUN

Psychologi

cal Fun
Confidence
Decision Making
Imagination

Technical

Quality of pass
Receiving Creating
space Penetration

Physic

al Speed
A,B,C's
Change of Direction

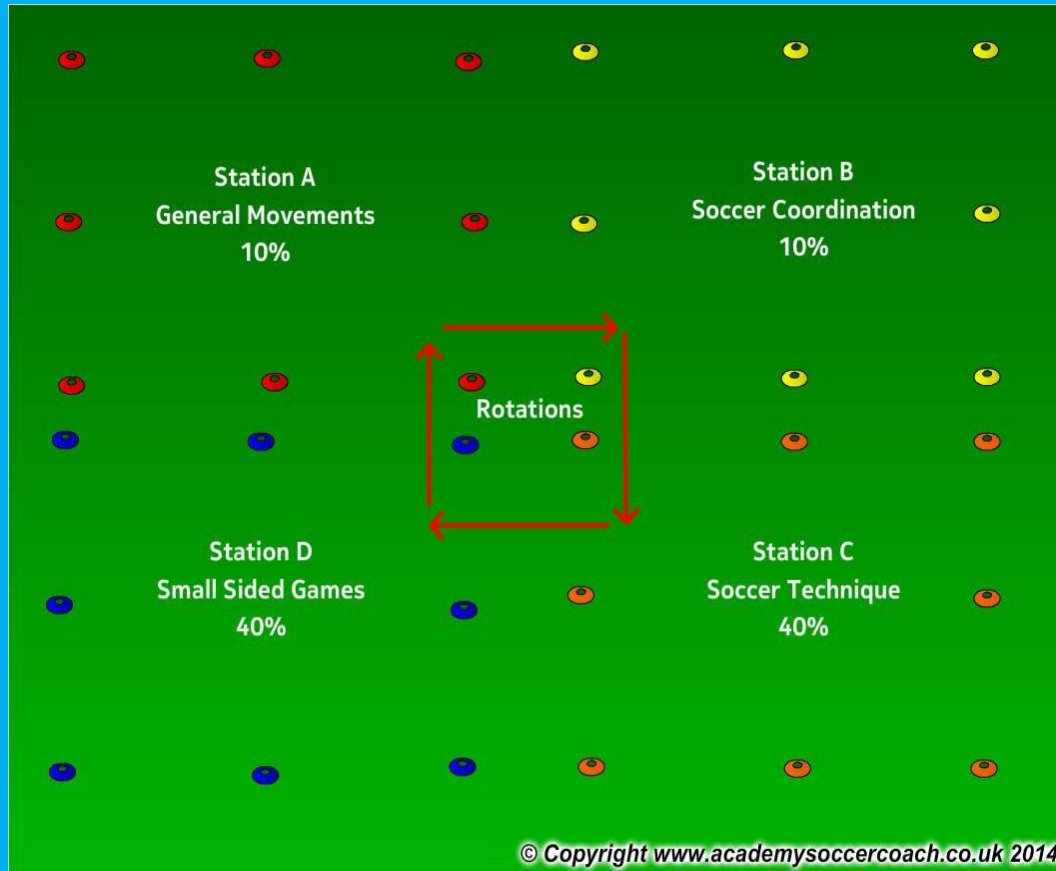
Social

Listening
Communicating Fun
with friends

Player Development

Learn to Train practice plan

How the Player Development Model works



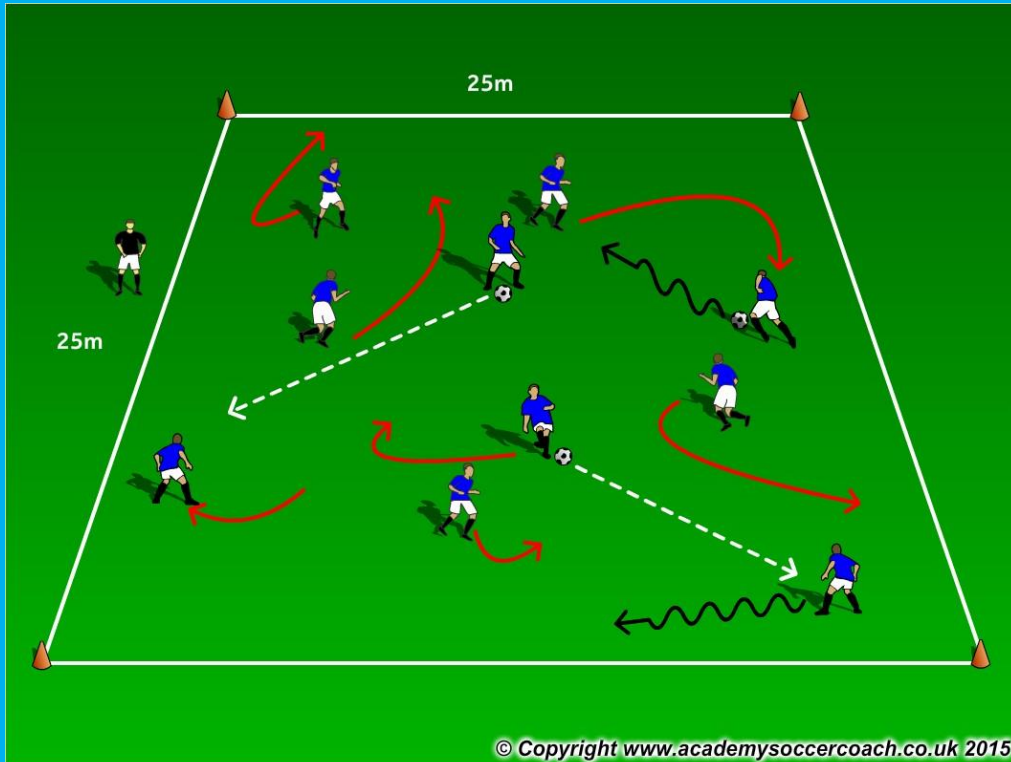
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 20

Station A

General Movement – Dynamic warm up with the ball



Organization: Players are placed in a 25x25m area
Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

Time frame. 10-12 minutes

Emphasis:

Changing direction

A,B,C's

FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN



Learn to Train practice plan – Week 20

Station B

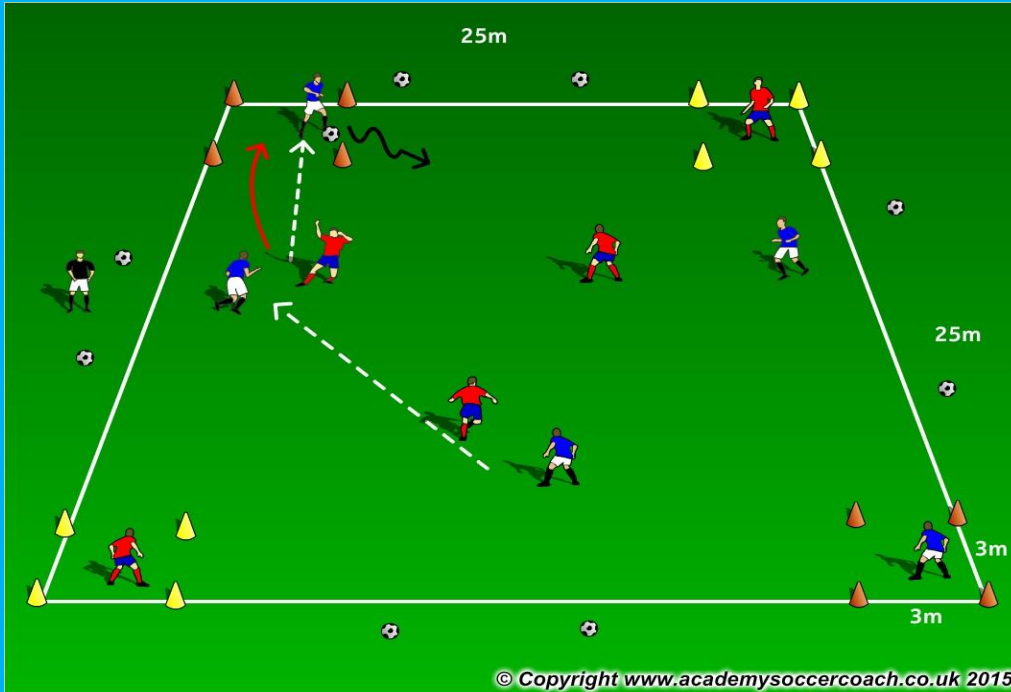
Passing & Receiving: 3v3 Directional



Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession



Organization: Players are placed in a 25x25m area with 4 target area situated in each corner of the grid. 2 yellow and 2 orange.

Procedure: 2 Blue players positioned diagonally from each other in target areas, and 2 Red players positioned in diagonally from each other. Remaining players play 3v3 possession inside area and score point by playing a pass or dribbling into teams target player. Receiving player is replaced in target area by player who last touched ball. Opposition players cannot enter target areas.

Progression's: Pass only to target players, target player must vacate target area through opposite side from where they recieved (opening up), limit touches.

<u>Psychological</u> Positive reinforcement Confidence Decision making	<u>Technical</u> Type of pass Body position Touch Direction Scanning
<u>Physical</u> A,B,C's Speed of Support Power/accelerate out of target area	<u>Social</u> Supporting team mates Communicating Peer interaction /fun

Power/Develop



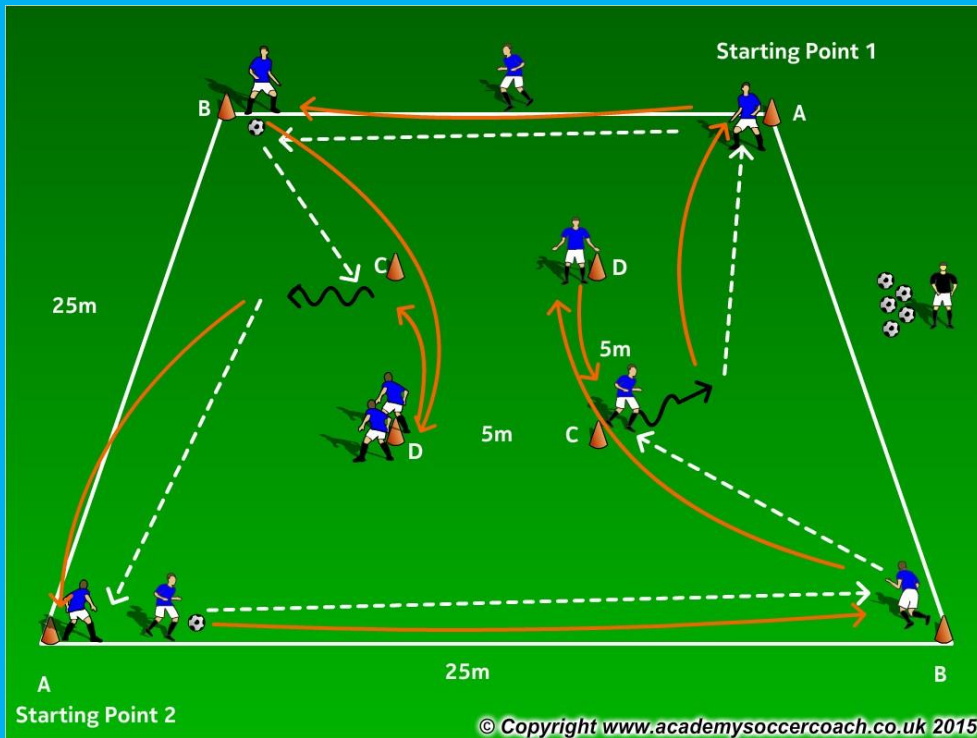
Learn to Train practice plan – Week 20
Station C
Passing and Receiving – Passing Pattern



Time frame. 12-15 minutes

Emphasis:

- Different types of passes
- Pass Receiving the ball
- Touch direction/ to eliminate



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Organization: Players placed in a 25x25m area with a 5x5m area positioned in the centre of the grid. 2 players positioned at point's A & D, and 1 player at point's B. 2 balls at point's A (1 ball each side)

Procedure: Both balls move from A to B, 1st player moves from D to C to receive pass from B. Player turns when receiving at C and plays to A. Pattern begins again. Players always follow their pass.

Progression: "out-back-through" - 2 players at point's A, 1 player on points B,C,D. Ball and players transition A-B-D-C-A

<p><u>Psychological</u> Confidence Decision Making Positive reinforcement</p>	<p><u>Technical</u> Weight of pass Body position to receive Touch direction</p>
<p><u>Physical</u> A,B,C's Acceleration Power</p>	<p><u>Social</u> Communicating Fun with friends</p>



Learn to Train practice plan – Week 20

Station D

Small Sided Game – 5v5 Free play



Time frame. 15-20 minutes

Emphasis:

FREE PLAY
Creativity

Forward Passes

Allow the game to be the teacher
FUN



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Psychologi

cal Fun
Confidence
Decision Making
Imagination

Technical

Quality of pass
Receiving Creating
space Penetration

Physical

Speed
A,B,C's
Change of Direction

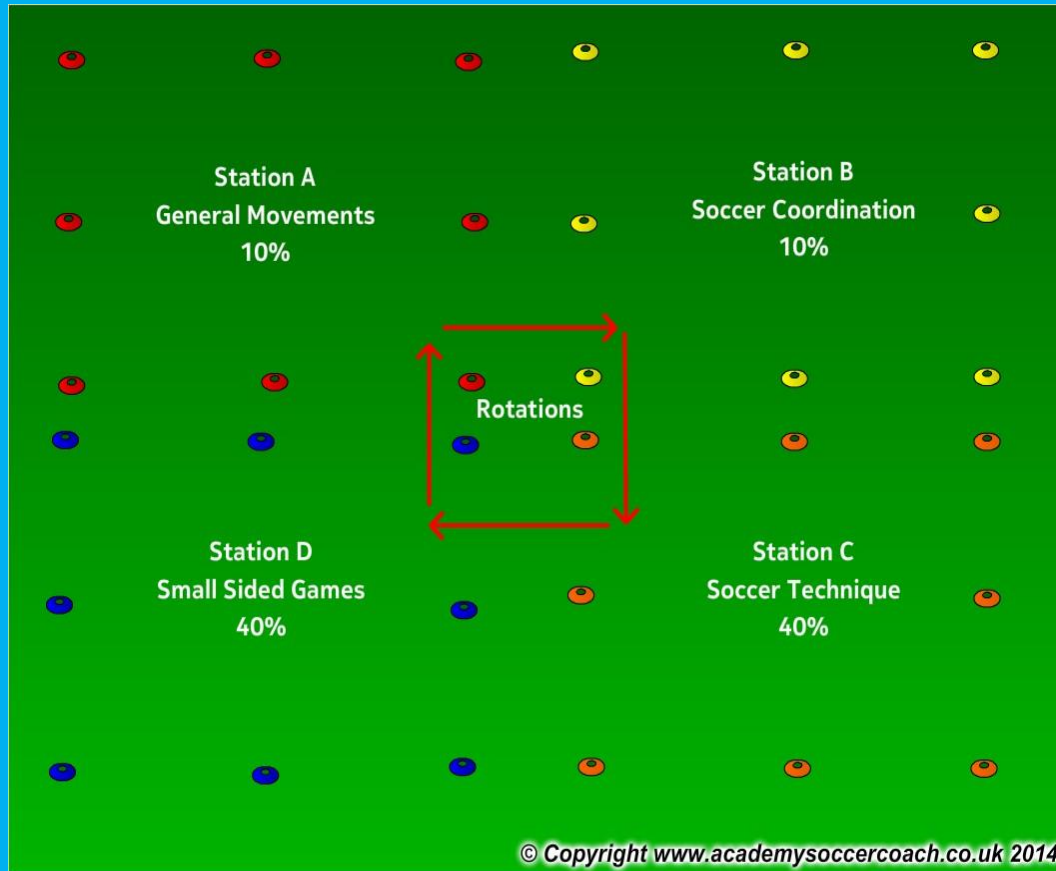
Social

Listening
Communicating
Fun with friends

Player Development

Learn to Train practice plan

How the Player Development Model works

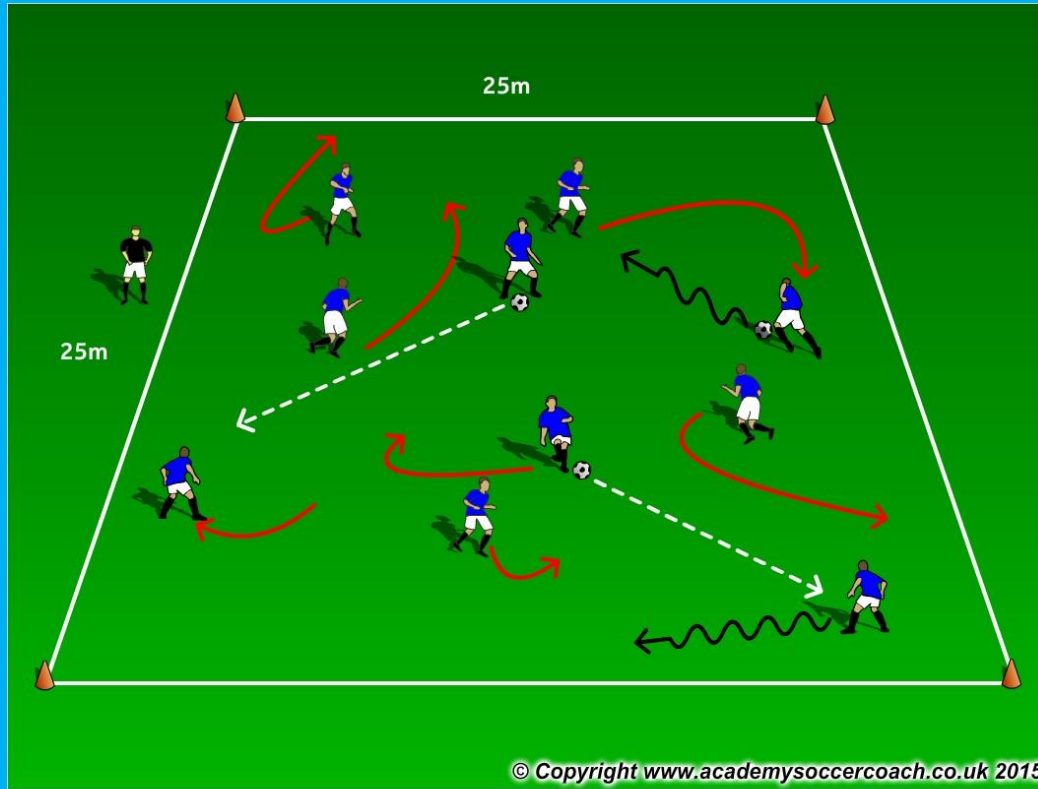


If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan - Week 21

Station A

General Movement – Dynamic warm up with the ball



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Organization: Players are placed in a 25x25m area
Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

asis:

Time frame. 10-12 minutes

Changing direction
A,B,C's
FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN

Player Development



Learn to Train practice plan – Week 21
Station B
Running with the Ball: 6v6 Endzones



Time frame. 12-15 minutes

Emphasis:

- Looking for opportunities to penetrate
- Keeping possession of the ball



Organization:
 35x20 yard area with 5 yard endzones situated at each end.
 Half-way line is marked and used as retreat line.

Procedure:
 Players play 6v6 and attempt to score a point by running the ball into the oppositions endzone.
 Defenders cannot defend inside the endzone

Progression:
 Players play 5v5 + GK's.
 1 point is scored by running the ball into the endzone
 3 points are scored if the player can enter the endzone and then finish on goal.

<p><u>Psychological</u> Positive reinforcement Confidence Decision making</p>	<p><u>Technical</u> Body position Touch Direction Keeping ball close Scanning</p>
<p><u>Physical</u> A,B,C's Power/accelerate</p>	<p><u>Social</u> Supporting team mates Communicating Peer interaction /fun</p>

Player Development





Learn to Train practice plan – Week 20
Station C
Running with the Ball: Breaking the Line



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Organization:

Set up 15x30 yard area and divide area into 3 10x15yard zones
 Players divided evenly into 3 groups and assigned to a zone.
 Each outer zone the players have 1 ball between the group.

Procedure:

Middle players dribble the ball inside the central zone moving at all times.
 Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can drive through to opposite zone. Example: player in left zone drives through space in middle to reach the right zone.

Central players do not defend.

Players in central zone have 1 ball each.

Rotate middle players every 2/3 minutes.

Progressions:

Players in middle can now look to block player from penetrating. (they cannot tackle, they defend by preventing space).

Scoring outside players score an individual point by breaking through, middle players score a team point by denying a player space to penetrate.

Time frame. 12-15 minutes

Emphasis:

- Recognising opportunities to penetrate

<p><u>Psychological</u> Confidence Decision Making Positive reinforcement</p>	<p><u>Technical</u> Body position Touch Direction Keeping ball close Scanning</p>
<p><u>Physical</u> A,B,C's Acceleration Power</p>	<p><u>Social</u> Supporting team mates Communicating Peer interaction /fun</p>

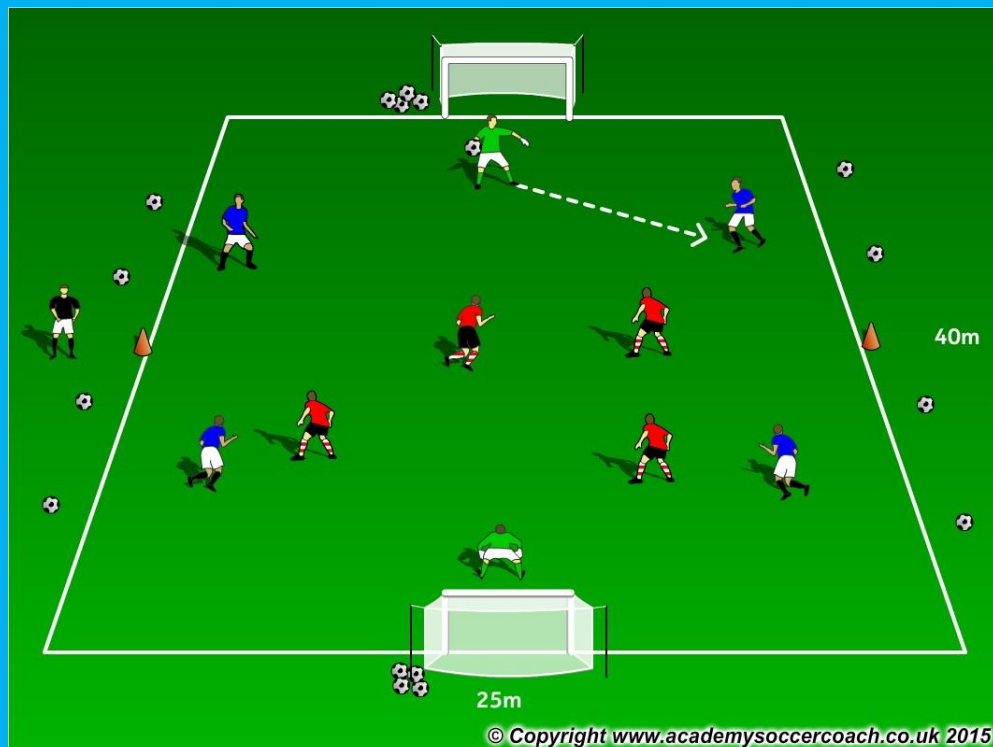
Player Development



Learn to Train practice plan – Week 21

Station D

Small Sided Game – 6v6 Free play



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY
Creativity

Opportunities to penetrate
Allow the game to be the teacher
FUN

Psychologi

cal Fun
Confidence
Decision Making
Imagination

Technical

Body position Touch
Direction Keeping
ball close
Scanning

Physical

Speed
A,B,C's
Power/acceleration

Social

Listening
Communicating
Fun with friends

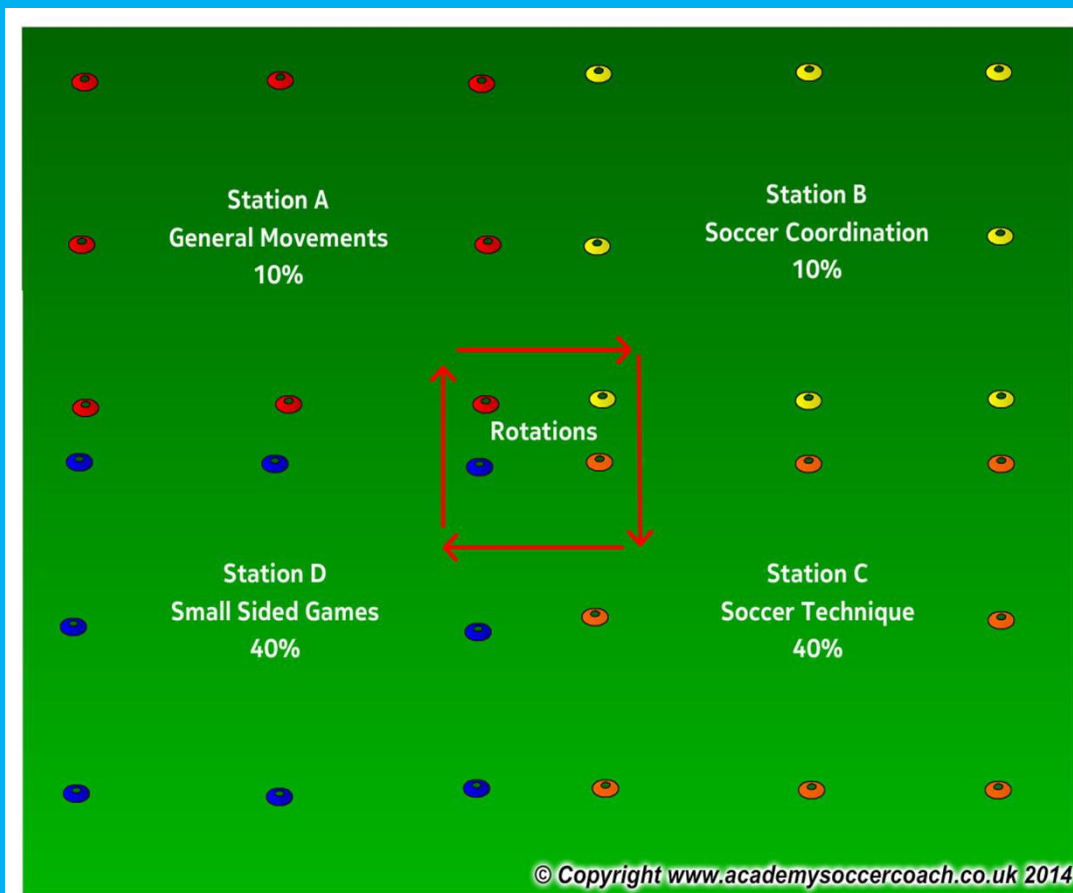
Player Development





Learn to Train practice plan How the Player Development Model works

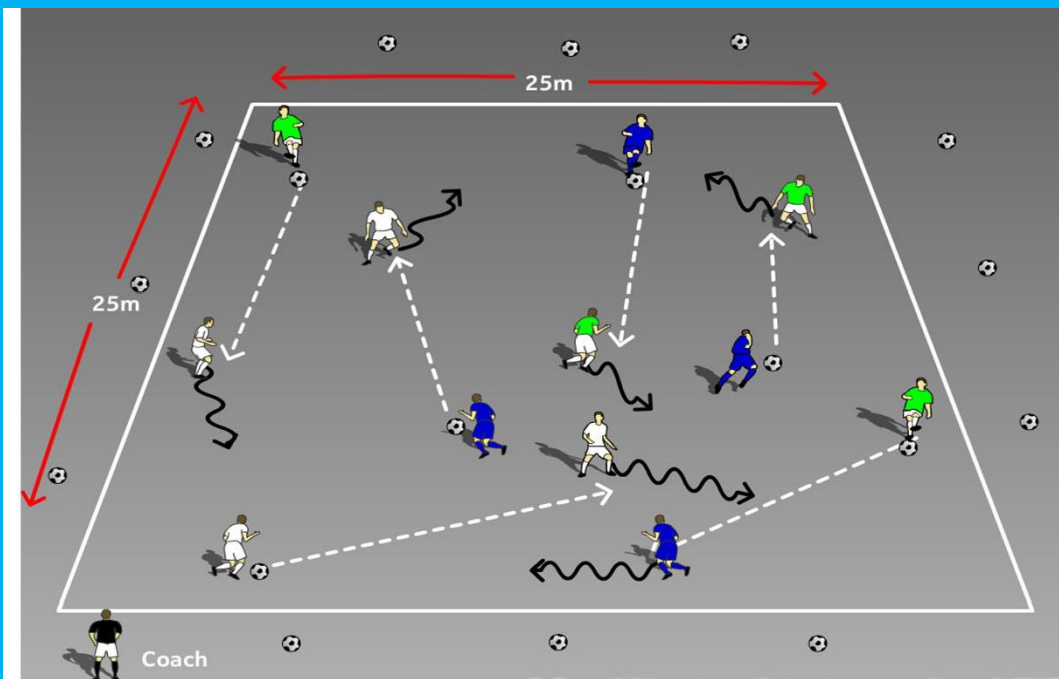
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Player Development



Learn to Train practice plan - Week 22
Station A
Passing and receiving – Receive on your back foot



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Organization: 3 teams of players, 4 players. 6 players have soccer balls inside a 25m x 25m area

Procedure: Players pass the ball using various surfaces of the foot and receiving with various surfaces of the foot. Encourage quick passes, accuracy and pace. Show players the correct body position to receive the ball on their back foot to be able to dribble forward and penetrate space.

Time frame. 10-12 minutes

Emphasis:

Body position of receiving player
Receive on back foot
Penetrate space on 1st touch

Psychological

Confidence
Being safe

Technical

Body position
First touch out of feet
Penetrate space

Physical

A,B,C's
Change of Direction

Social

Communicating
Peer interaction
FUN

Player Development



Learn to Train practice plan – Week 22

Station B

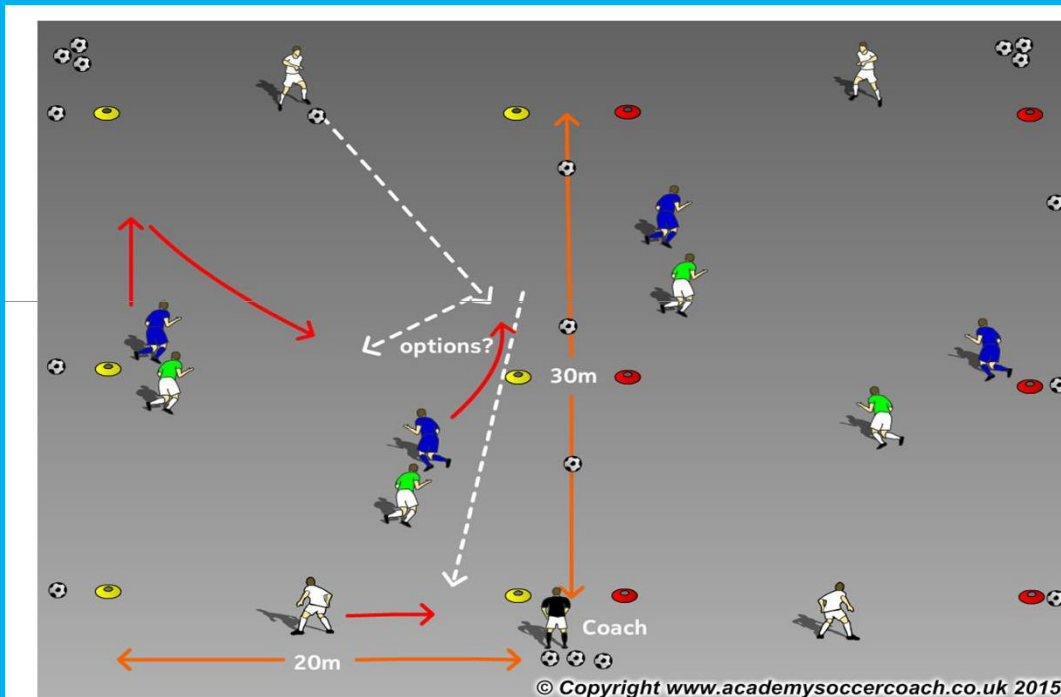
2v2 to 2 target players

Time frame. 12-15 minutes

Emphasis:

Body position of player receiving the ball?

Can you play forward to penetrate?



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Organization: Players are organized into 2 teams of 2 with 2 neutral players on the outside of each a 30m x 20m playing area.

Procedure: Players play 2v2 with the aim of getting the ball to a neutral player. Once they have the ball to one neutral player for them to score another goal they attempt the ball to the other neutral player. Large emphasis should be placed on the body position of player's receiving the pass to be able to play forward. Change neutral players every few minutes.

Psychological

Positive reinforcement
Confidence
Decision making

Technical

Body position Touch
Direction
Penetrating pass
Scanning

Physical

A,B,C's
Power/accelerate
Movement off the ball

Social

Supporting team mates
Communicating
Peer interaction /fun

Player Development



Learn to Train practice plan – Week 22

Station C

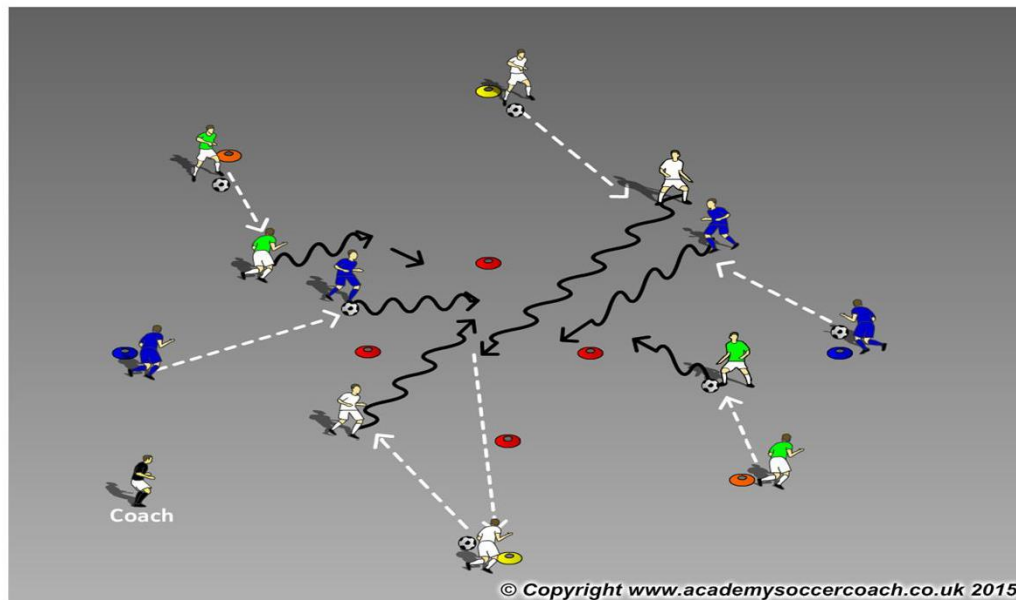
Receiving on the backfoot to play forward

Time frame. 12-15 minutes

Emphasis:

Can the player receive the ball with an open body shape?

Can the player make the correct decision based on what is happening in front of them?



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Organization: 6 players are placed inside the centre square (10m x10m) 2 white, 2 blue and 2 green. 6 players are placed on the outside, 20m away from the centre of the square each with a ball. 2 white, 2 blue, 2 green.

Procedure: Central players show to a player of the same colour on the outside at an angle to receive the pass. The player receives the ball on their back foot with their body position open to play forward. The player then dribbles into the centre square and makes a decision on which space to penetrate depending on traffic inside the area. The ball is then played to the other player of the same colour. Sequence continues. Rotate players every 60 seconds.

Progression: Use one ball per group and now have central players combine prior to playing to other target player.

Psychological

Confidence
Decision Making
Positive reinforcement

Technical

Body position Touch
Direction Keeping ball close
Scanning

Physical

A,B,C's
Acceleration
Power

Social

Supporting team mates
Communicating
Peer interaction /fun

Player Development



Learn to Train practice plan – Week 22

Station D

Small Sided Game – 6v6 Free play



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Organization: 6v6 game in a 40m x 60m field.

Procedure: Free Play. Ask players to continue to think about receiving ball with an open body to allow them the opportunity to play forward and penetrate.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Opportunities to penetrate

Allow the game to be the teacher

FUN

Psychological

Fun Confidence
Decision Making
Imagination

Technical

Body position Touch
Direction Keeping
ball close
Scanning

Physical

Speed A,B,C's
Power/acceleration

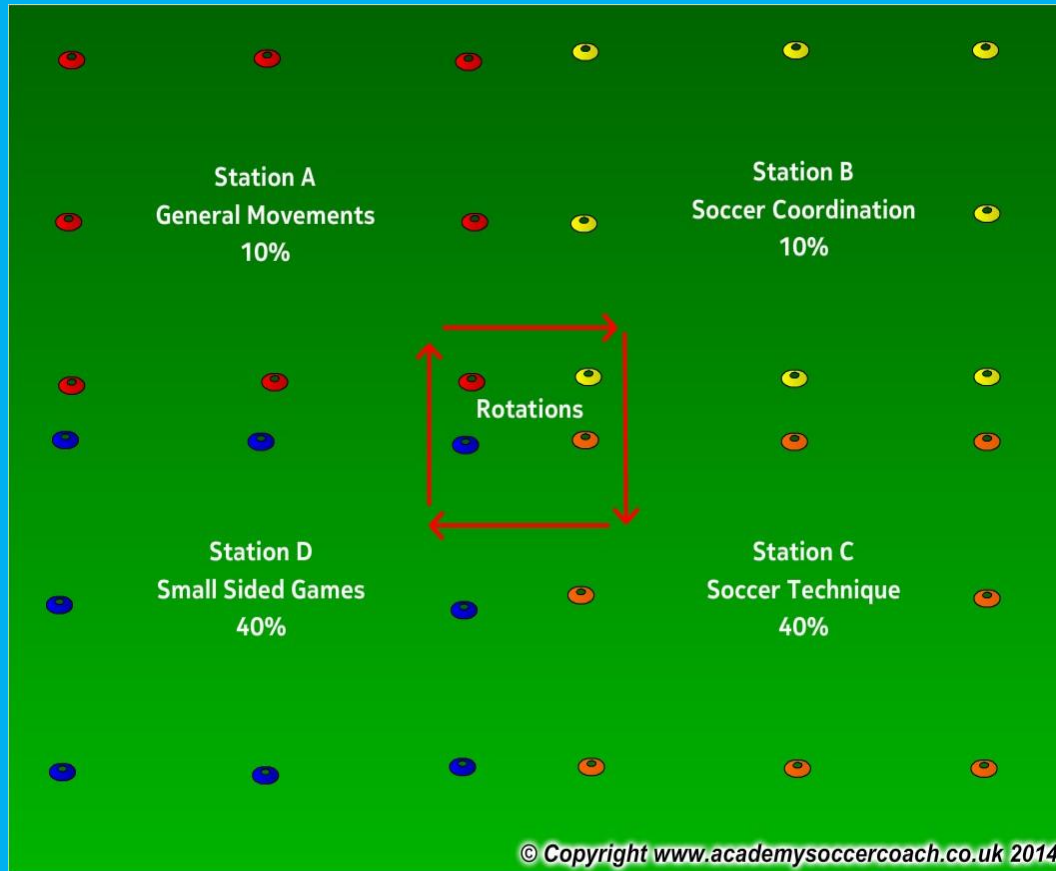
Social

Listening
Communicating Fun
with friends

Player Development

Learn to Train practice plan

How the Player Development Model works

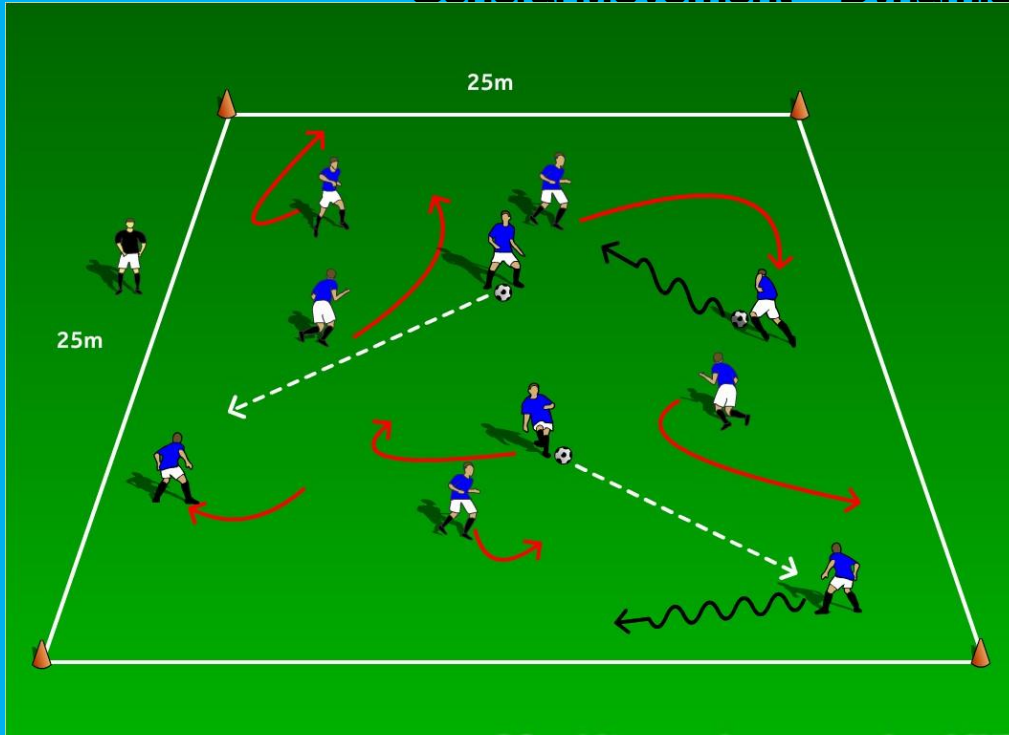


If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan - Week 23

Station A

General Movement – Dynamic warm up with the ball



Organization: Players are placed in a 25x25m area
Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

Time frame. 10-12 minutes

Emphasis:

Changing direction
A,B,C's
FUN!

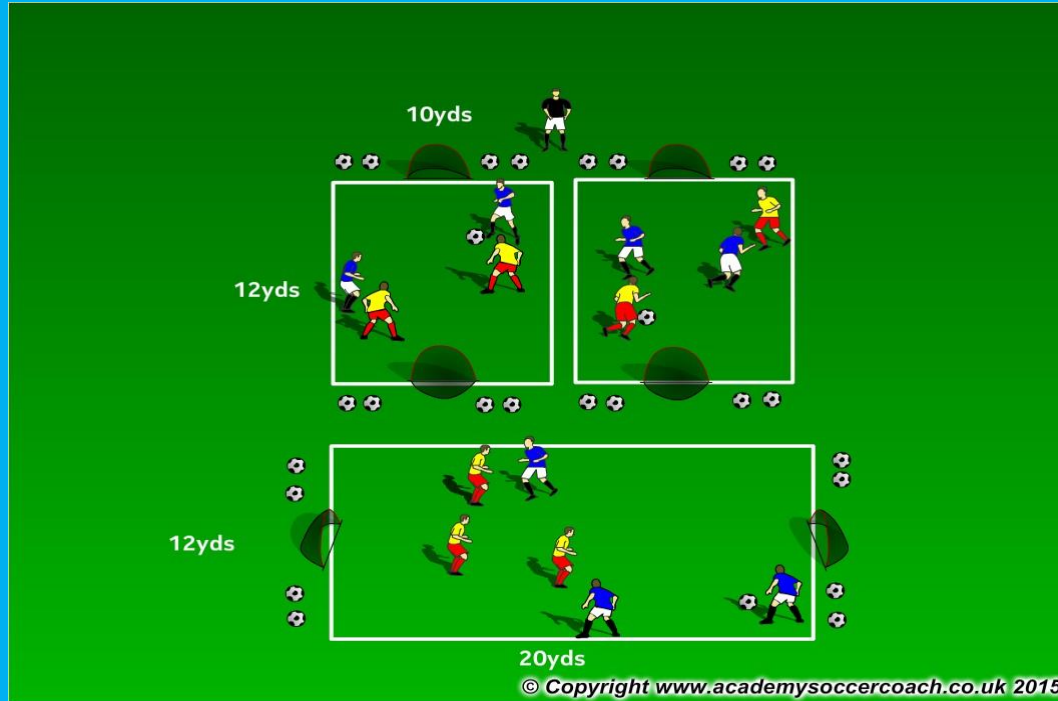
<u>Psychological</u> Confidence Being safe	<u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN

Player Development

Learn to Train practice plan – Week 23

Station B

SSG: 2v2 or 3v3's



SSG - 2v2's or 3v3's

Organization:

Create 2 12x10 area grids with nets positioned on either side.

Additional balls placed on each endline to minimize stoppages.

Procedure:

Players play 2v2 in each grid.

Free Play = NO COACHING

If numbers dictate switch to playing 3v3 in larger grid shown above.

Progressions: Limit touches

Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession

Psychological

Decision making
Confidence
Creativity

Technical

Type of pass
Body position to receive

Physical

A,B,C's
Speed of Support
Power

Social

Supporting team mates
Communicating
Peer interaction /fun

Player Development



Learn to Train practice plan – Week 23

Station C

Dribbling/Creative Movement– 1v1 Attacking

Time frame. 12-15 minutes

Emphasis:

- Ball control on the move
- Ball manipulation
- Change of speeds/directions



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Organization: 12x25 yard area with 2 nets placed at each end. Players are divided evenly into 2 teams; attackers and defenders. Defenders are positioned on sideline while attackers are positioned on the opposite side of the field. The coach will act as server and be stationed opposite attackers with ball. After 4-5 minutes switch attackers and defenders.

Procedure: Coach serves ball to attacker who receives the ball and attacks the goal. As coach serves the ball, the first defender comes to engage the attacker. **Scoring:** 1 point for attacker if they can score on the goal. If defender wins the ball they can score on the opposite net.

<p><u>Psychological</u> Confidence Decision making Spatial awareness</p>	<p><u>Technical</u> Different dribbling skills Ball control Receiving skills</p>
<p><u>Physical</u> Speed Change of Direction A,B,C's</p>	<p><u>Social</u> Positive support Communicating Fun with friends</p>

Player Development

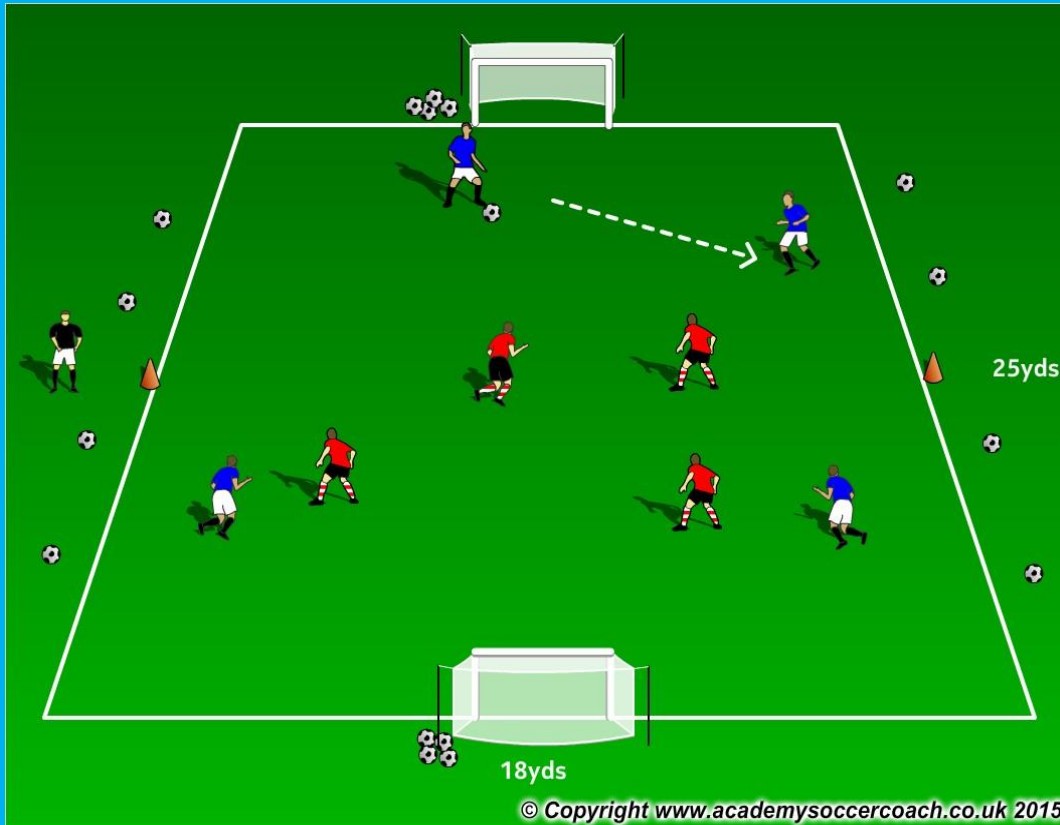
Learn to Train practice plan – Week 23

Station D

Small Sided Game – 4v4



Time frame. 12-15 minutes



Organization: Players play 4v4 in a 25x18 yard area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 4v4.

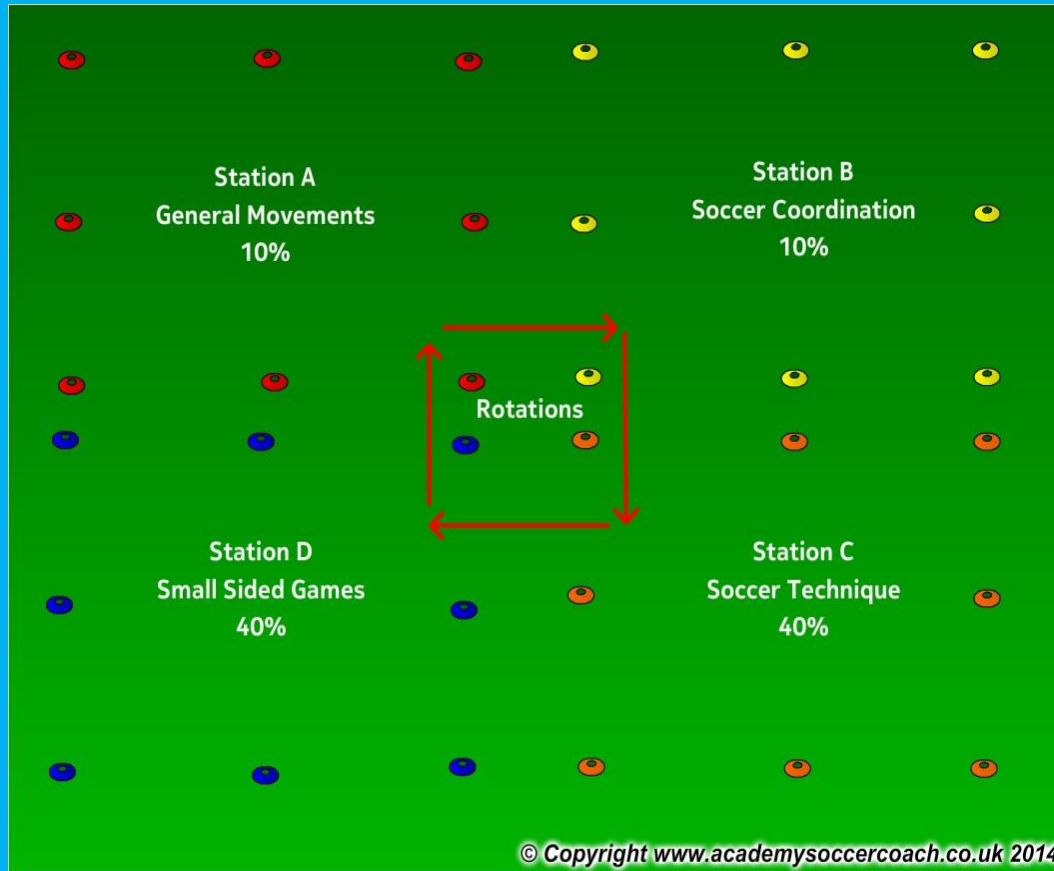
Procedure: Free Play

Create Space
Player in right areas

<u>Psychological</u> Confidence Decision Making Spatial Awareness	<u>Technical</u> Dribbling key factors Execution under pressure
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Positive support Communicating Fun with friends

Player Development

Learn to Train practice plan How the OSA Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 24
Station A
General Movement – Ball Mastery Circle

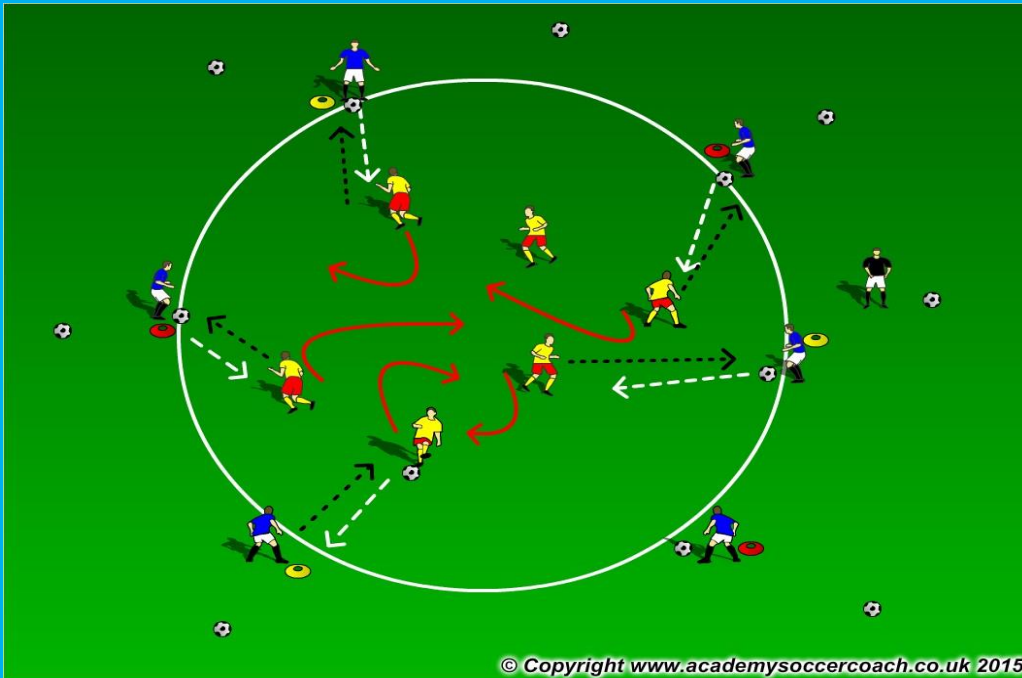


Time frame. 10-12 minutes

Emphasis:

Changing direction, A,B,C's, FUN!

Please note that heading CAN be introduced into this exercise with U12 players. This would be done with the server initially holding up a light-weight ball with the inside player making contact with the ball using his/her forehead whilst in a stationary position. Server will always maintains grip of the ball and is not thrown.



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Organization: Using pylons create a circle (15-20 yard in diameter). Divide the players into 2 groups: Group 1 will be servers and take up a position on an outside pylon, and Group 2 will start inside the circle. 1 ball per pylon.
Procedure: Players inside the circle collect a ball from a server, controlling and returning the ball using a variety of techniques. After returning the ball the inside player must travel to another part of the circle and receive from a different server. Players inside will work for 1 minute before swapping positions with a server. At each change-over the coach will announce the type of service to be delivered and the technique used to deliver the ball. example: on the ground (1 touch return pass), in the air (side-foot volley), in the air (chest and volley), in the air (trap and return pass on ground) etc.

<p><u>Psychological</u> Confidence Being safe</p>	<p><u>Technical</u> Controlling with different passes with different surfaces. Passing</p>
<p><u>Physical</u> A,B,C's Change of Direction Throwing</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>

Learn to Train practice plan – Week 24

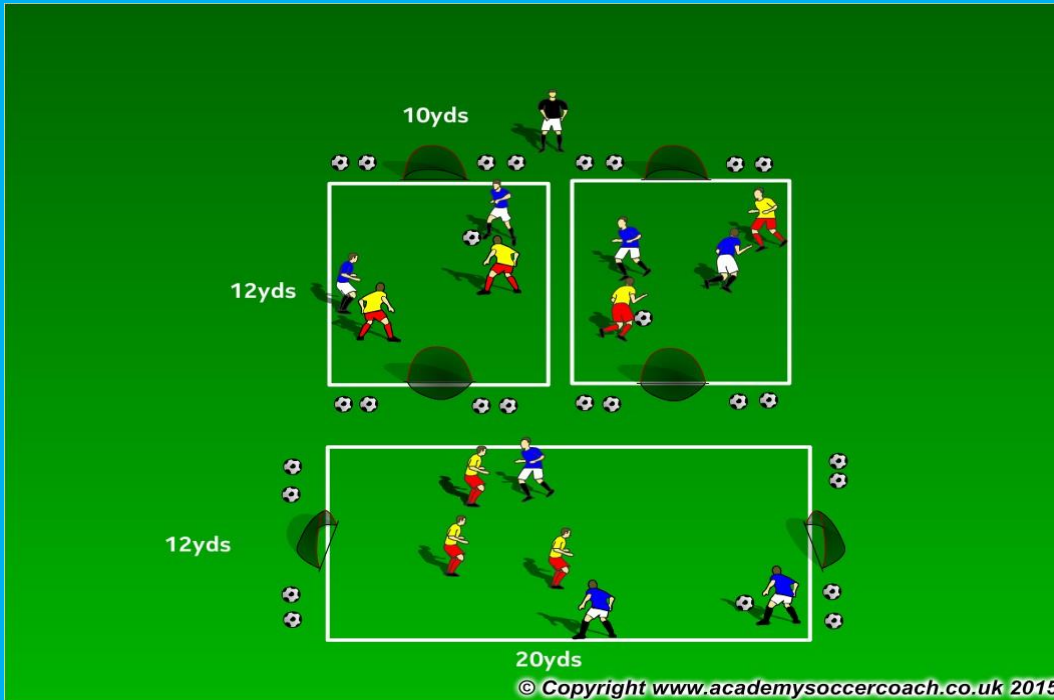
Station B SSG: 2v2 or 3v3's



Time frame. 12-15 minutes

Emphasis:

Movement to create space & support player in possession



SSG - 2v2's or 3v3's

Organization:

Create 2 12x10 area grids with nets positioned on either side.

Additional balls placed on each endline to minimize stoppages.

Procedure:

Players play 2v2 in each grid.

Free Play = NO COACHING

If numbers dictate switch to playing 3v3 in larger grid shown above.

Progressions: Limit touches

<p><u>Psychological</u> Decision making Confidence Creativity</p>	<p><u>Technical</u> Type of pass Body position to receive</p>
<p><u>Physical</u> A,B,C's Speed of Support Power</p>	<p><u>Social</u> Supporting team mates Communicating Peer interaction /fun</p>

Player Development



Learn to Train practice plan – Week 24
Station C
Penetrating Passing– Breaking the line



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Organization: Set up 15x30 yard area and divide area into 3 10x15 yard zones. Players divided evenly into 3 groups and assigned to a zone.
Procedure: Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can play a penetrating pass to the opposite endzone. Central players look to shift together to prevent any penetrating passes.
 If the central players possess the ball or the ball goes out of bounds they switch with the team in the endzone.
Progressions: 1. Scoring: Teams score by successfully playing a penetrating pass through the central area. 2. Players in middle can now send 1 defender into the endzone where possession is.

Time frame. 12-15 minutes

Emphasis:

- Body position to receive
- Supporting position
- First Touch out of feet
- Type of pass

<p><u>Psychological</u> Confidence Decision making Spatial awareness Supporting team</p>	<p><u>Technical</u> Receiving Skills Touch direction Body position Supporting roles</p>
<p><u>Physical</u> Speed Change of Direction A,B,C's</p>	<p><u>Social</u> Positive support Communicating Fun with friends</p>

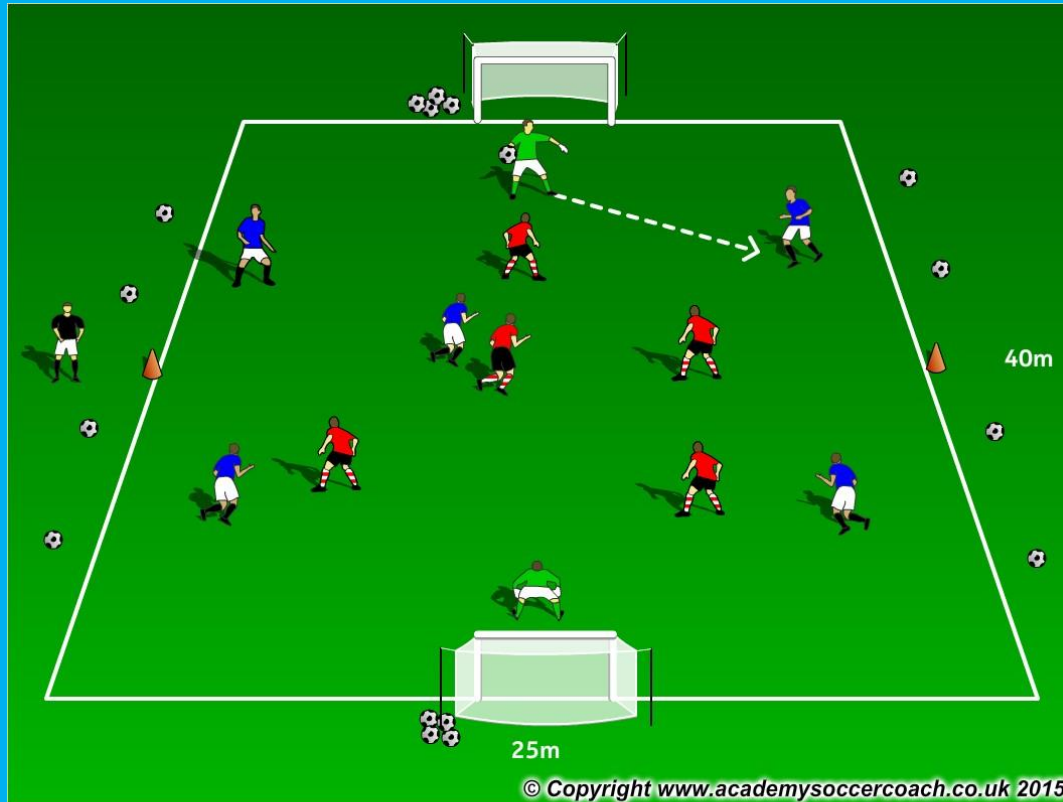
Player Development



Learn to Train practice plan – Week 24

Station D

Small Sided Game – 5v5 + GK's



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 12-15 minutes

Emphasis:

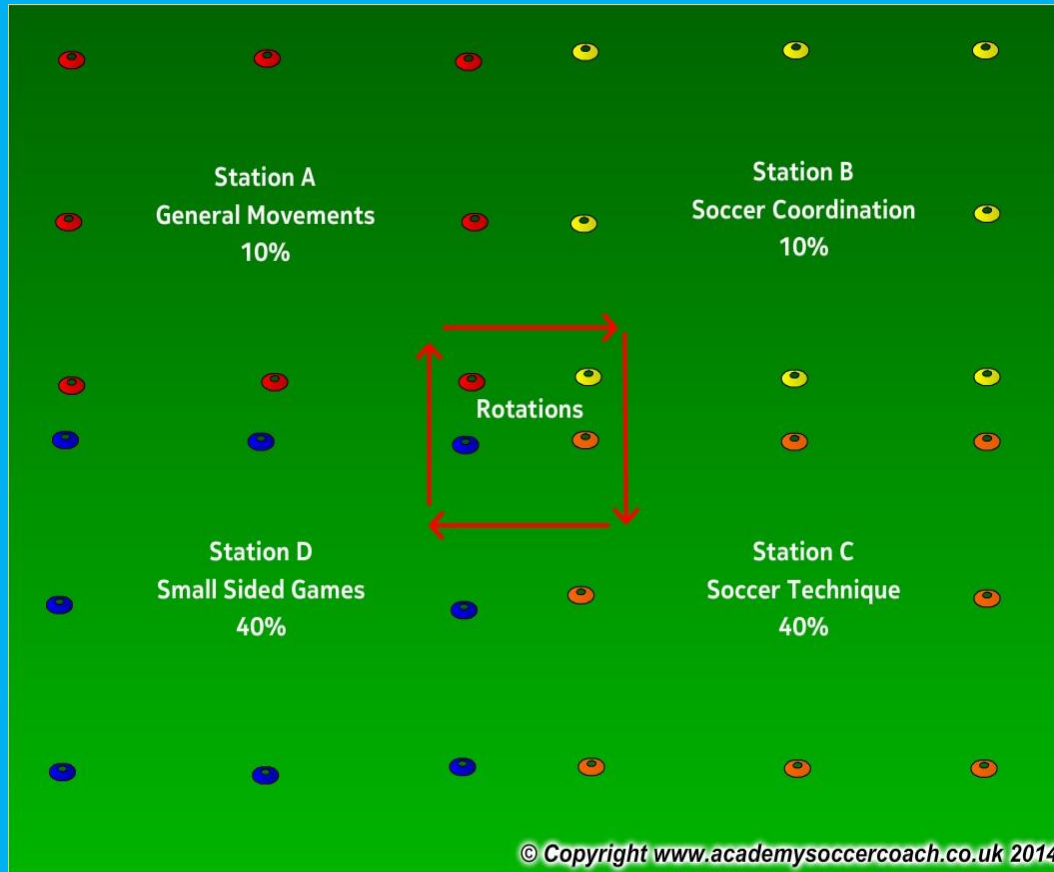
- Create Space
- Look to play forward
- Body position and touch when receiving
- Support of teammates

<u>Psychological</u> Confidence Decision Making Spatial Awareness	<u>Technical</u> Passing key factors Execution under pressure
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Positive support Communicating Fun with friends

Player Development

Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 25

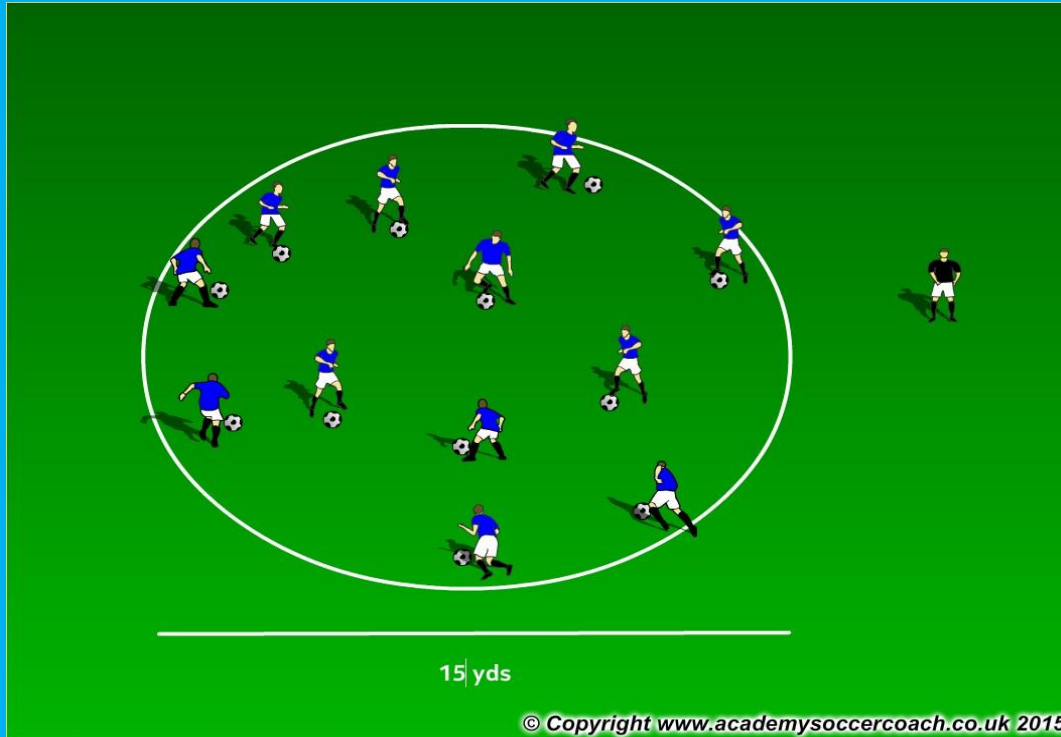
Station A

General Movement – Ball Mastery/ King of the Ring



Time frame. 10-12 minutes

- Changing direction, A,B,C's, FUN!
 - Head up
 - Finding Space
- Keeping ball under control



Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

<u>Psychological</u> Confidence Finding space Being safe	<u>Technical</u> Keeping ball under control Dribbling Head up
<u>Physical</u> A,B,C's Change of Direction Acceleration	<u>Social</u> Communicating Peer interaction FUN

Player Development



Learn to Train practice plan – Week 25

Station B

Handball: 3v3 + 3v3



Organization:

- Players placed in 20x30 yard area with 2 nets positioned on either endline.
- Balls positioned around the outside of the playing area.
- Players are divided into 4 equal teams of 3

Procedure:

- 2 handball games going on within the one playing area
- Players can only take 2 steps when they are in possession.
- Players score by putting the ball into their opponents net.
- No GK's

Time frame. 12-15 minutes

Emphasis:

- Scanning
- Movement to support
 - A,B,C's

Psychological

Positive reinforcement
Confidence
Decision making

Technical

Body position
Throwing Scanning

Physical

A,B,C's
Power/acceleration
Jumping

Social

Supporting team mates
Communicating
Peer interaction /fun

Player Development

Learn to Train practice plan – Week 25

Station C

Passing and Receiving



Time frame. 12-15 minutes

Emphasis:

- Quality of Pass
- Receiving Skills
- Movement off the ball



Organization:

- Players are divided into groups of 3.
- 2 Players are positioned around the perimeter of the grid (target players) and 1 player starts inside the playing area
- 1 ball per group

Procedure:

- Player inside collects pass from outside target player, turns and plays to other target player.
- Players rotate every minute.

Progression:

- Players on the outside move to a new position on the outside after passing the ball

Psychological

Confidence
Decision Making
Positive reinforcement

Technical

Body position Touch
Direction
Passing
Scanning

Physical

A,B,C's

Social

Supporting team mates
Communicating
Peer interaction /fun

Player Development

Learn to Train practice plan – Week 25

Station D

Small Sided Game – 3v3 Free play



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Organization: 2 x 15x20yard area. 1 Net positioned on each end line.
Retreat Line at Half

Procedure: Players play 3v3 and score on small net.
Pass or dribble in if the ball goes out of play.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

Psychologi

ca| Fun
Confidence
Decision Making
Imagination

Technical

Body position Touch
Direction Keeping
ball close
Scanning

Physical

Speed
A,B,C's
Power/acceleration

Social

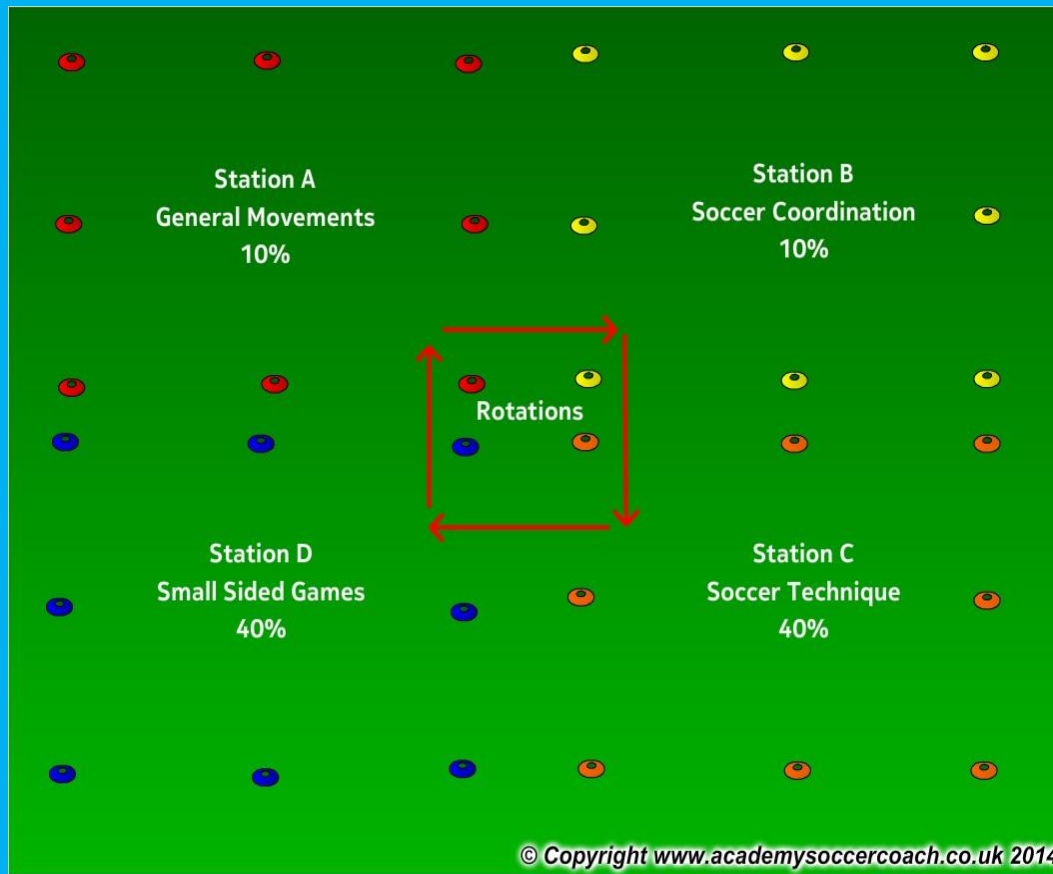
Listening
Communicating
Fun with friends

Player Development



Learn to Train practice plan

How the OSA Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 26

Station A

General Movement – “The Huddle”



Time frame. 10-12 minutes

- Changing direction, A,B,C's, FUN!
 - Team work
 - Communication



Organization: -Players divided into groups of 6-7.
-1 Player is selected as a target (yellow) and another selected as a chaser.
-Target player tucks a pinnie into the back of his/her shorts
Procedure: -Players, excluding the chaser, join hands to form a circle
-The circle must stay intact and the players must move together to prevent the chaser from catching the target player and stealing the pinnie. -Players work together for around 1 minute or until the chaser steals the pinnie. -Chaser can go under the legs or the arms, or around the group, but cannot go over the top. After 1 minute change the chaser and the target player. Competition can be created between groups.

<u>Psychological</u> Confidence Being safe Determination	<u>Technical</u>
<u>Physical</u> A,B,C's Power	<u>Social</u> Communicating Team work Peer interaction FUN

Player Development



Learn to Train practice plan – Week 26

Station B

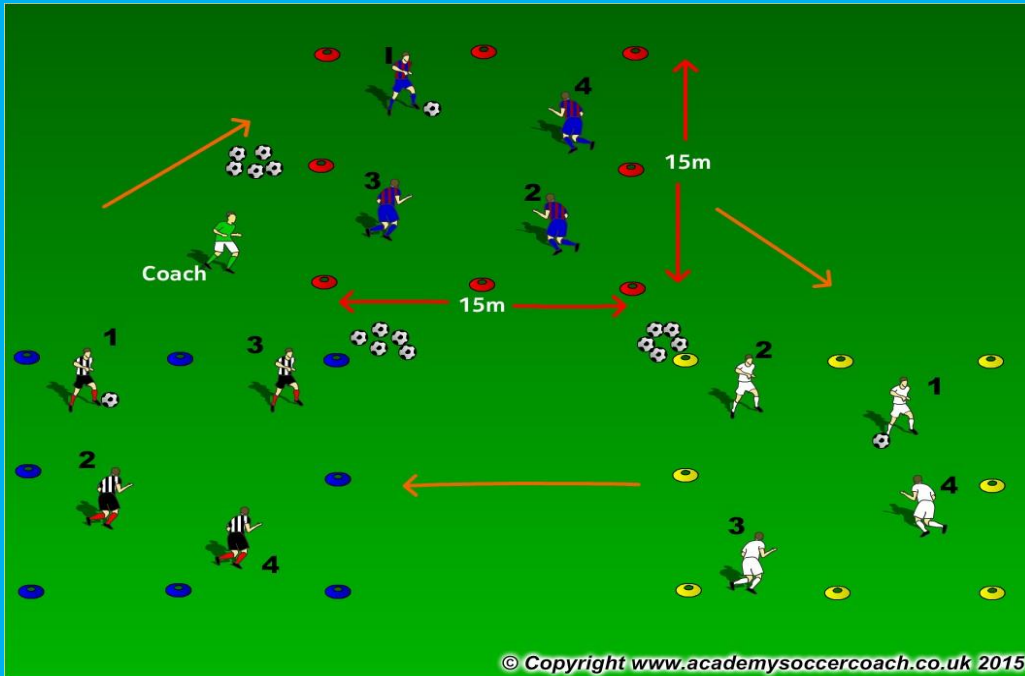
Support: “3v1 World Cup”



Time frame. 12-15 minutes

Emphasis:

- Passing & Receiving
- Movement to support
 - A,B,C's



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Organization: 4 players are placed inside each 15m x 15m area each player is numbered from 1- 4.

Procedure: Players will pass and move inside their area. When the coach calls out a number that player will rotate clock wise and become the defender in the next square to create a 3v1. Attackers score 1 point each time they complete 3/4 passes. Defenders score a point each time they win possession or the ball goes out. After 30 seconds players return to their own team and calculate their points. Allow each player to become the defender and then tally all points to find the winning team.

Psychological

Positive reinforcement
Confidence
Decision making

Technical

Body position
Throwing Scanning

Physical

A,B,C's
Power/acceleration

Social

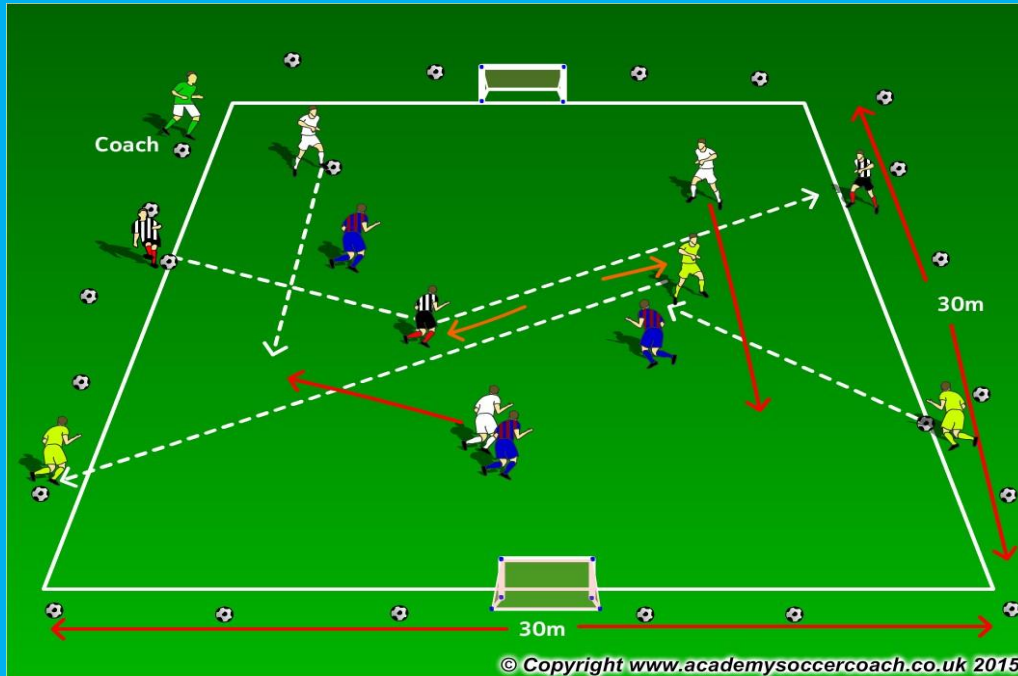
Teamwork
Communication Peer interaction /fun
Competition



Learn to Train practice plan – Week 26

Station C

Passing and Receiving



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Organization: The white team will play a 3v3 game against the Blue and purple team, while the yellow and black and white teams are organized with 1 player each in the centre of the field and 2 players from each team placed on the outside as shown above.

Procedure: While the 3v3 game is taking place the yellow team and black and white team will work on passing and turning across the field. Rotate the middle player every 60 seconds. Players on the outside can move up and down the side line. Encourage all players to make appropriate decisions based on what is happening around them while working on technique in a chaotic environment.

Rotate teams every 3 minutes.

Time frame. 12-15 minutes

Emphasis:

- Quality of Pass
- Receiving Skills
- Movement off the ball

Psychological

Confidence
Decision Making
Positive reinforcement

Technical

Body position Touch
Direction
Passing
Scanning

Physical

A,B,C's

Social

Supporting team mates
Communicating
Peer interaction /fun

Player Development

Learn to Train practice plan – Week 26
Station D
Small Sided Game – “3v3 + 3v3 Free play”



Organization: 4 teams of 3 are placed in a 30m x 30m field with goals on each side. The yellow team is playing against the black and white team from East to West. The White team is playing the blue and purple team from North to South.
Procedure: 4 teams are playing 2, 3v3 games within the same area. The situation will create lots of chaotic situations which will force the players to make more decisions and be aware of what is happening around them. If the ball goes out grab the closest ball to keep the game flowing.

Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

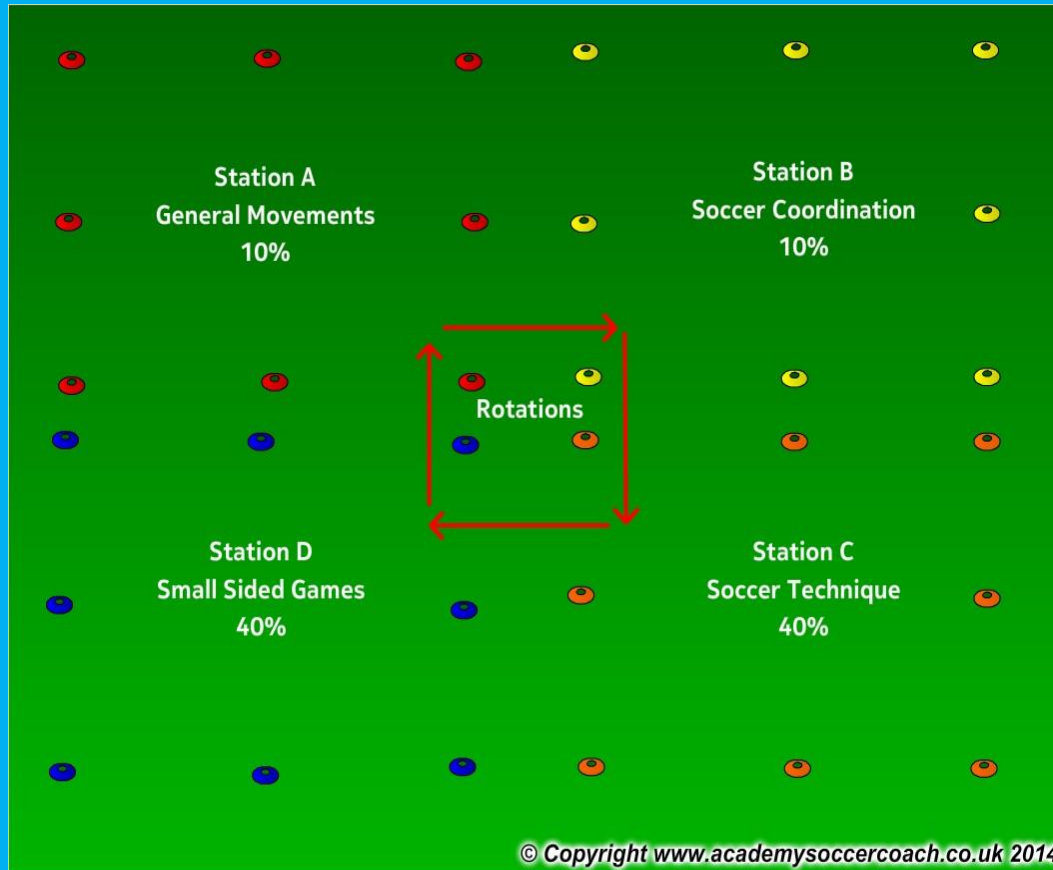
<p><u>Psychological</u> Fun Confidence Decision Making Imagination</p>	<p><u>Technical</u> Body position Touch Direction Keeping ball close Scanning</p>
<p><u>Physical</u> Speed A,B,C's Power/acceleration</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Player Development



Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

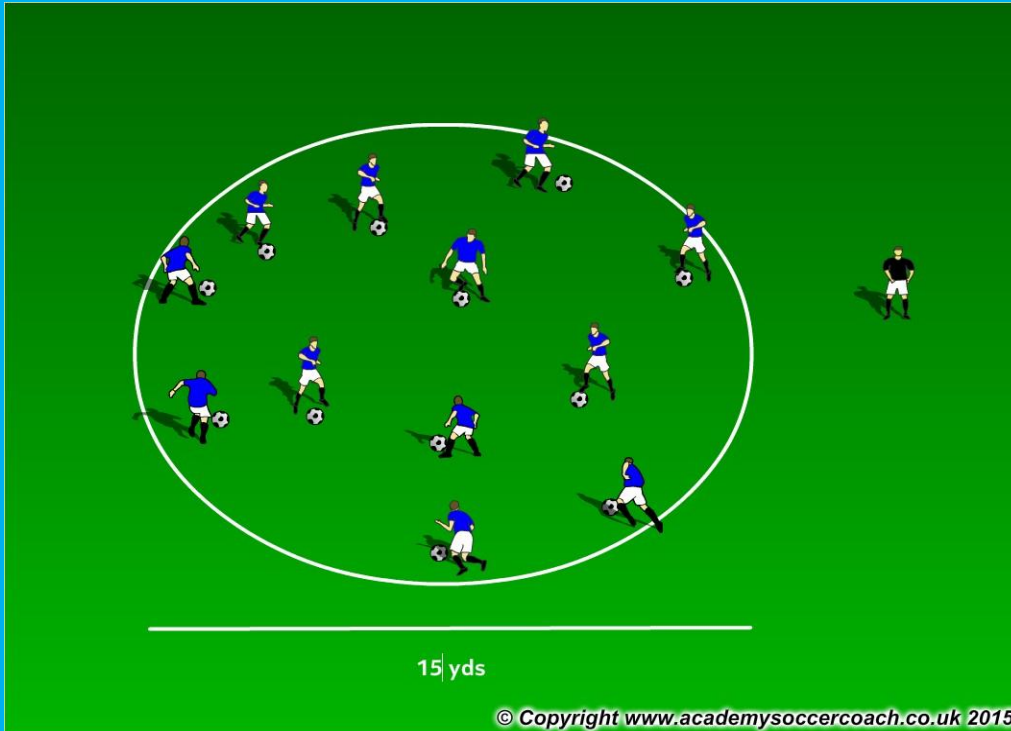
Learn to Train practice plan – Week 27
Station A
General Movements - King of the Ring



Time frame. 15 minutes

Emphasis:

Ball Mastery
 Movement Skills
 Dribbling



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Organization: All players have a ball each and are placed in a circle, approx 15 yards in diameter.

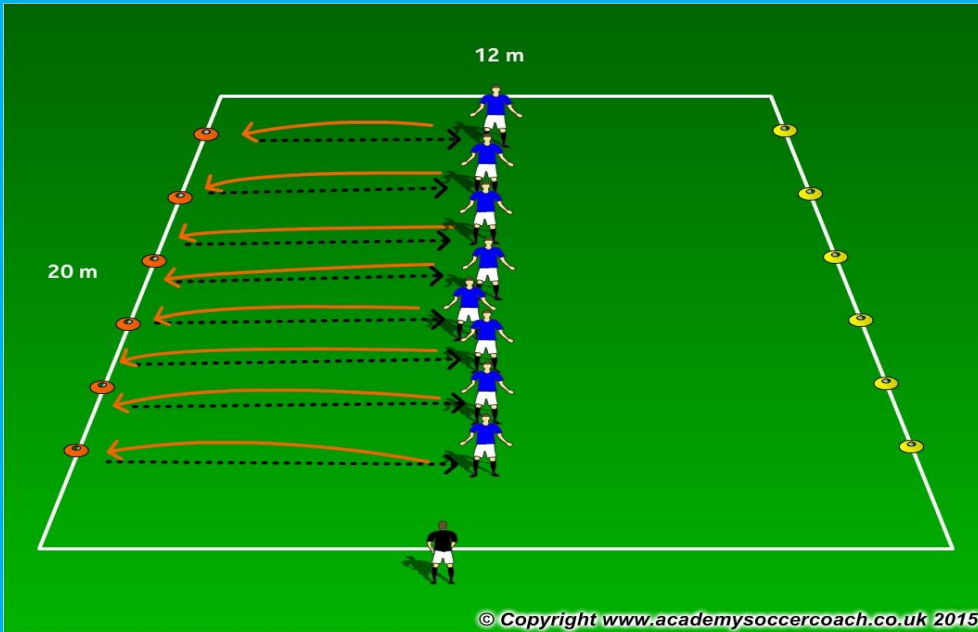
Procedure: Players dribble their ball ensuring that the ball is always moving. On coach command all players keep their own ball under control while attempting to kick other players balls out of the circle.

If a players ball is kicked from the circle they must retrieve it and perform a task to re-enter play. example: 10 toe-taps, 1 lap of the circle dribbling their ball.

<p><u>Psychological</u> Decision making Confidence Creativity Problem solving</p>	<p><u>Technical</u> Ball Mastey Running with the ball Dribbling</p>
<p><u>Physical</u> A,B,C's Speed Power</p>	<p><u>Social</u> Competition Peer interaction /fun</p>



Learn to Train practice plan - Week 27
Station B
Soccer Coordination – The Reaction Line



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Organization: Players are positioned in a vertical line down the centre of a 12x20m area. Each side of the area is marked with a coloured cone (orange & yellow). Coach is positioned at the front of the area in full view of all players.

Procedure: On the spot players perform the movement dictated by the coach e.g. running on the spot, high knees, jumping jacks, 1 leg hops, jumping etc. When the coach calls out a colour (orange or yellow) players must move to that side of the area and return to the starting point as quickly as possible. Coach must be creative in the types of movements both at the starting position and as the players travel to and from the side of the area. To simulate reactions the coach can also play opposites, give the colours soccer teams such as orange is Barcelona, Yellow is Real Madrid and call out players, facts that relate to those teams. Players are then required to think fast and react based on verbal communication.

Time frame. 15 minutes

Emphasis:

ing direction A,B,C's

FUN!

<p><u>Psychological</u> Confidence Quick decisions</p>	<p><u>Technical</u></p>
<p><u>Physical</u> A,B,C's Change of Direction Acceleration FMS</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>

Player Development



Learn to Train practice plan – Week 27

Station C

Creative Movements - Running with the Ball



Time frame. 15 minutes

Running with the ball

Passing & Shooting



Organization: 20x20 yard area. 1 net positioned on 1 end. A1 & B1 starting positions beside net, A2 & B2 positioned at the edge of the area around halfway mark (10 yards), A3 and B3 positioned at the top of the playing area. 2 manikins are positioned between A3/B3 and the target net.

Procedure: A1 passes to A2, A2 passes to A3, A3 dribbles through the manikins and finishes on goal. All players follow their pass. Once A3 receives the pass from A2 then B1 plays to B2.

Players switch lines after each rotation.

Progression: #1- Players are given 5 seconds (can be adjusted) from when they receive at A/B3 to score.

#2- Once A/B2 plays A/B3 they become the recovering defender who must sprint around the pylon at A/B3 and attempt to catch player going to goal.

<u>Psychological</u> Confidence Decision Making Problem solving	<u>Technical</u> Dribbling & Running with the ball key factors Passing & Receiving
<u>Physical</u> A,B,C's Acceleration Power	<u>Social</u> Communicating Fun with friends Competition



Learn to Train practice plan – Week 27

Station D Small Sided 7v7



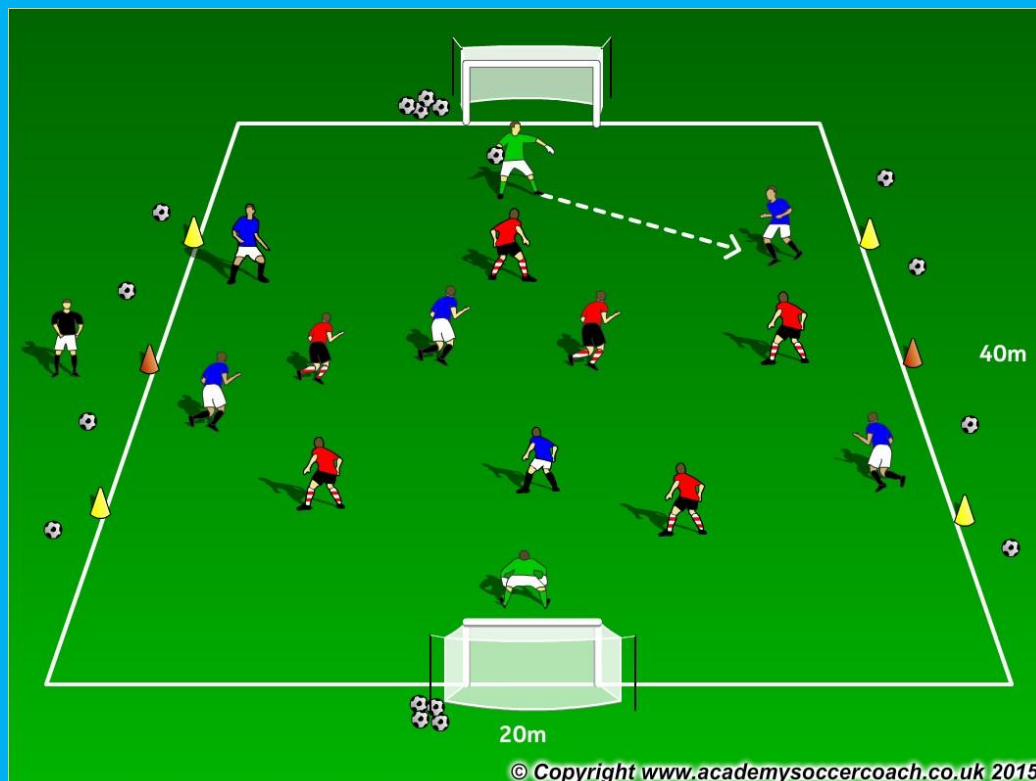
Time frame. 15-20 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher
FUN



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Organization: Players play 7v7 in a 40x20 yard area. Balls stationed along outside of field. Retreat Line marked at each 3rd for 7v7.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Psychologi

ca! Fun
Confidence
Decision Making
Imagination

Technical

Running with the ball
Dribbling
1v1's

Physical

Speed
A,B,C's
Change of Direction

Social

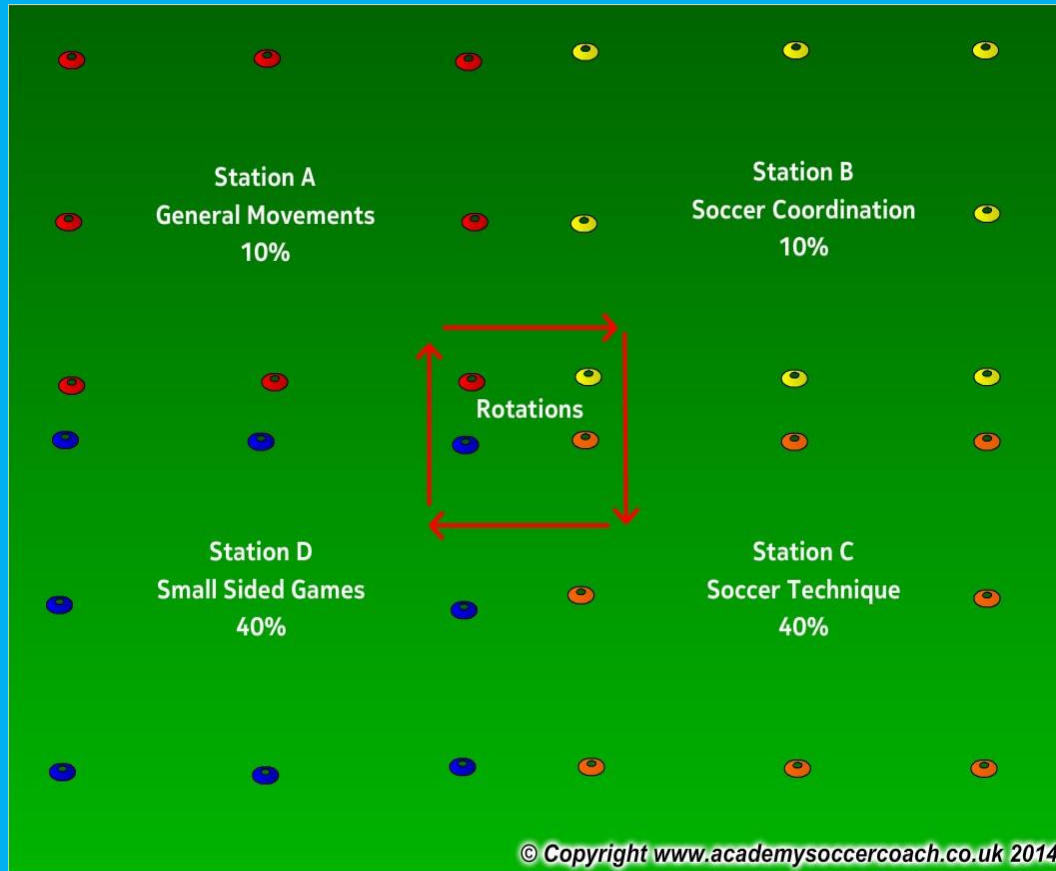
Competing
Communicating
Fun with friends

Player Development



Learn to Train practice plan

How the Player Development Model works



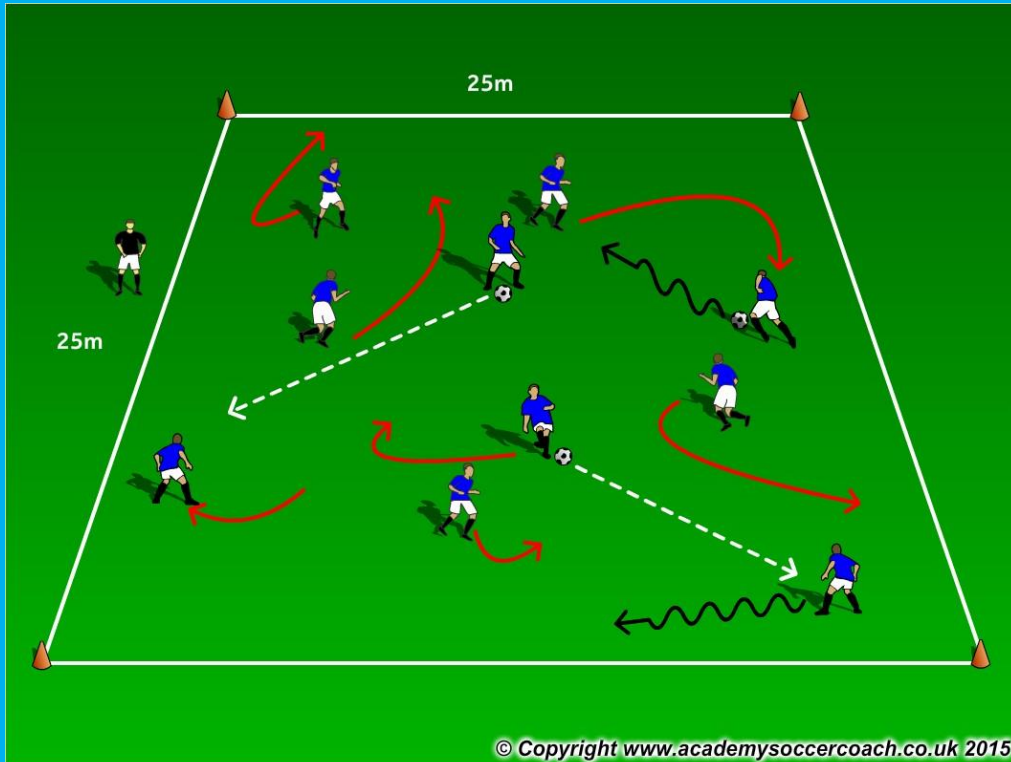
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 28

Station A

General Movement – Dynamic warm up with the ball



Organization: Players are placed in a 25x25m area
Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

Time frame. 10-12 minutes

Emphasis:

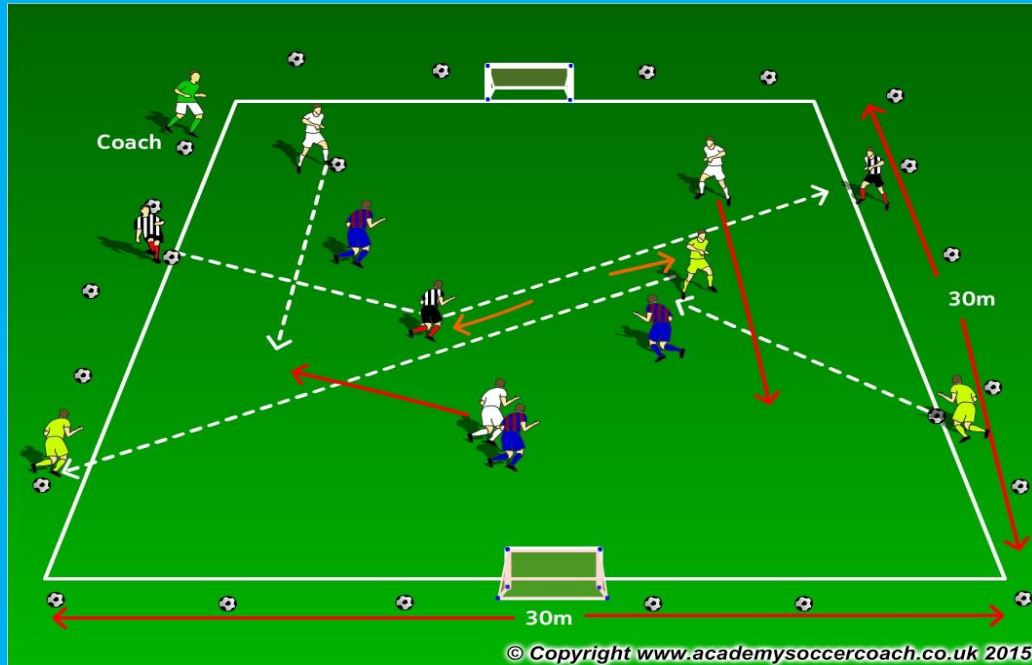
- Changing direction
 - A,B,C's
 - FUN!

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN

Player Development

Learn to Train practice plan – Week 28

Station B SSG: 3v3 + Turning



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Organization: The white team will play a 3v3 game against the Blue and purple team, while the yellow and black and white teams are organized with 1 player each in the centre of the field and 2 players from each team placed on the outside as shown above.

Procedure: While the 3v3 game is taking place the yellow team and black and white team will work on passing and turning across the field. Rotate the middle player every 60 seconds. Players on the outside can move up and down the side line. Encourage all players to make appropriate decisions based on what is happening around them while working on technique in a chaotic environment.

Rotate teams every 3 minutes.

Time frame. 12-15 minutes

Emphasis:

- Movement to create space & support player in possession
 - Decision making
 - Scanning

<u>Psychological</u> Decision making Confidence Creativity	<u>Technical</u> Scanning Body position to receive Type of turn
<u>Physical</u> A,B,C's	<u>Social</u> Supporting team mates Communicating Peer interaction /fun

Player Development



Learn to Train practice plan – Week 28

Station C

Turning with the ball



Time frame. 12-15 minutes

- Body position to receive
- Types of turn (inside/outside foot, front/back foot, Cruyff)
 - Scanning
 - Quality of pass



Organization:

- Players are divided into groups of 3.
- 2 Players are positioned around the perimeter of the grid (target players) and 1 player starts inside the playing area
- 1 ball per group

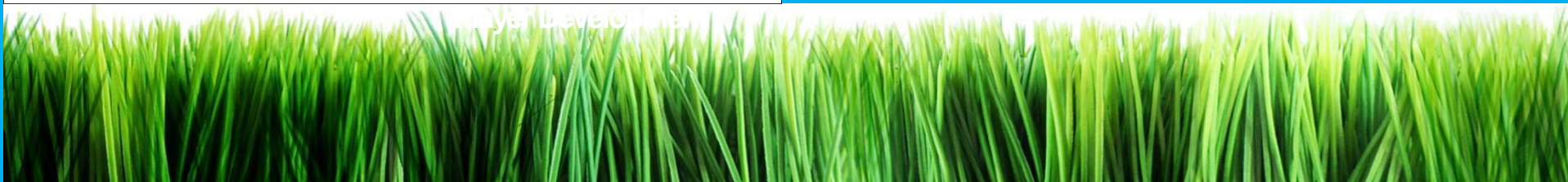
Procedure:

- Player inside collects pass from outside target player, turns and plays to other target player.
- Players rotate every minute.

Progression:

- Players on the outside move to a new position on the outside after passing the ball

Psychological Confidence Decision making Spatial awareness	Technical Types of turns Body position Scanning Touch direction
Physical A,B,C's	Social Positive support Communicating Fun with friends



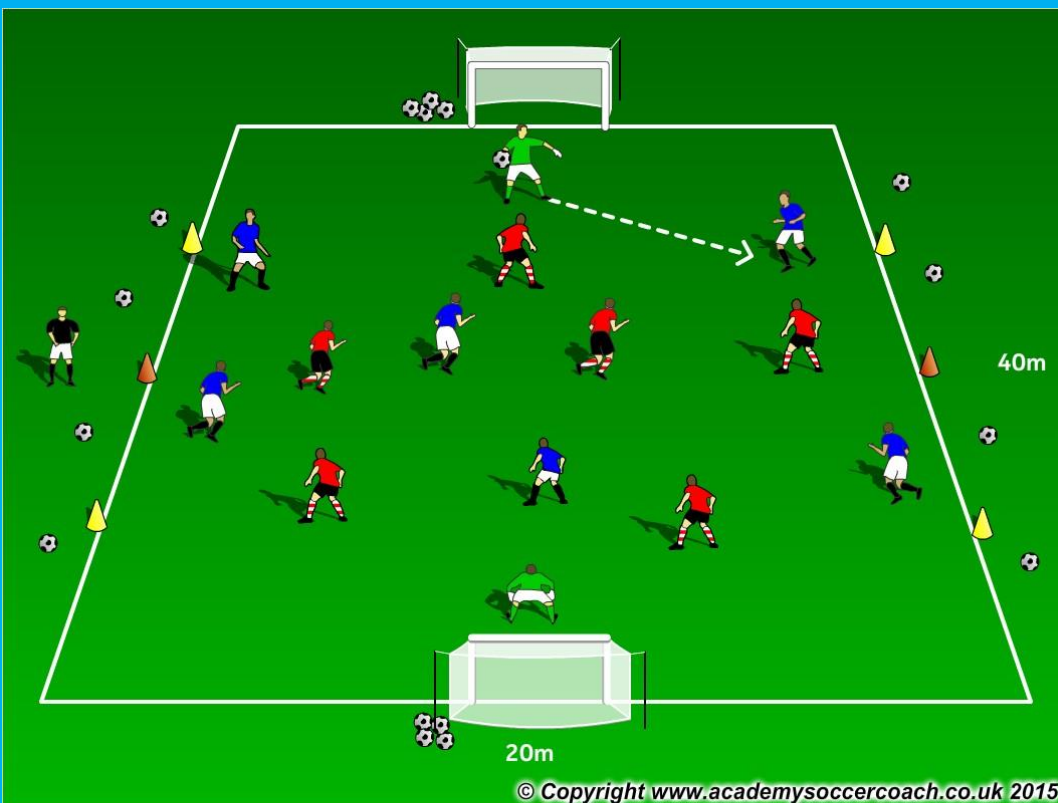


Learn to Train practice plan – Week 28
Station D
Small Sided Game – 7v7 with retreat line

Time frame. 12-15 minutes

Emphasis:

- Create Space
- Opportunities to turn



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Organization: Players play 7v7 in a 40x20 yard area. Balls stationed along outside of field. Retreat Line marked at each 3rd for 7v7.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

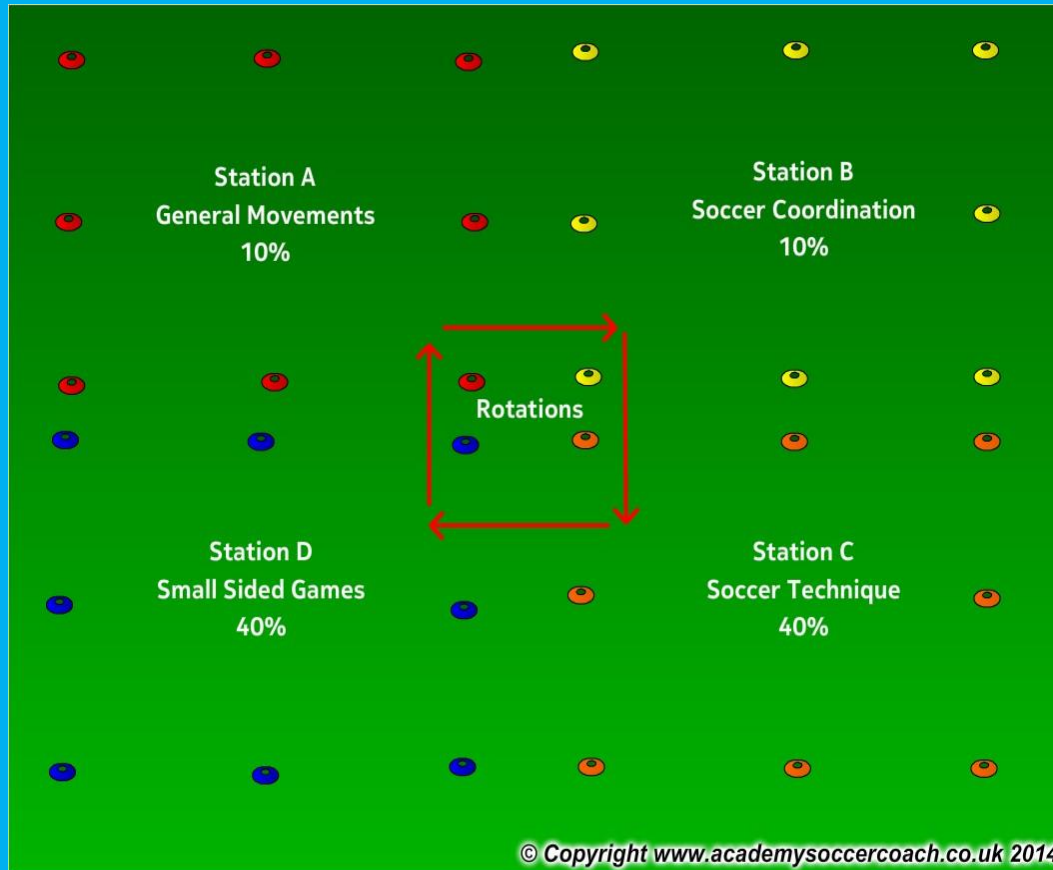
<u>Psychological</u> Confidence Decision Making Spatial Awareness	<u>Technical</u> Turning key factors Execution under pressure
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Positive support Communicating Fun with friends

Player Development



Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 29

Station A

General Movement – The Huddle



Organization: -Players divided into groups of 6-7.
-1 Player is selected as a target (yellow) and another selected as a chaser.
-Target player tucks a pinnie into the back of his/her shorts
Procedure: -Players, excluding the chaser, join hands to form a circle
-The circle must stay intact and the players must move together to prevent the chaser from catching the target player and stealing the pinnie. -Players work together for around 1 minute or until the chaser steals the pinnie. -Chaser can go under the legs or the arms, or around the group, but cannot go over the top. After 1 minute change the chaser and the target player. Competition can be created between groups.

Time frame. 10-12 minutes

Emphasis:

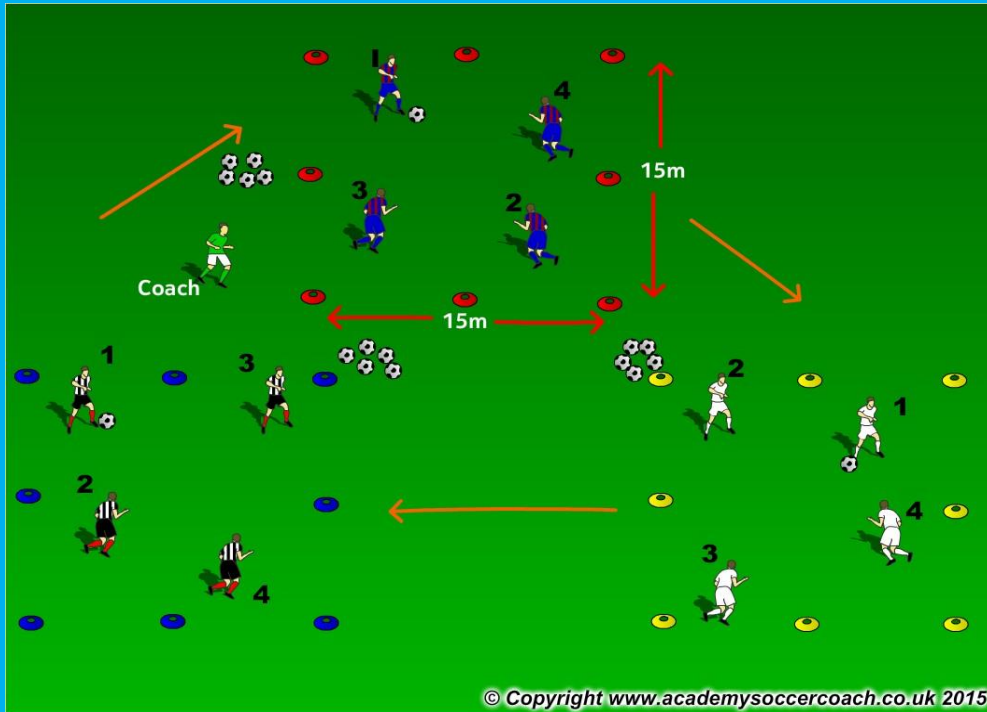
- Team work
- A,B,C's
- FUN!

<u>Psychological</u> Confidence Being safe Competition	<u>Technical</u>
<u>Physical</u> Agility, Balance, Coordination. Strength Speed	<u>Social</u> Communication Teamwork Peer interaction FUN



Learn to Train practice plan – Week 29

Station B 3v1 World Cup



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Organization: 4 players are placed inside each 15m x 15m area each player is numbered from 1- 4.

Procedure: Players will pass and move inside their area. When the coach calls out a number that player will rotate clock wise and become the defender in the next square to create a 3v1. Attackers score 1 point each time they complete 3/4 passes. Defenders score a point each time they win possession or the ball goes out. After 30 seconds players return to their own team and calculate their points. Allow each player to become the defender and then tally all points to find the winning team.

Time frame. 12-15 minutes

Emphasis:

- Movement to create space & support player in possession
 - Passing key factors
 - Receiving skills

Psychological

Decision making
Confidence
Creativity

Technical

Body position to receive
Weights of pass
Protecting ball

Physical

Agility, Balance,
Coordination

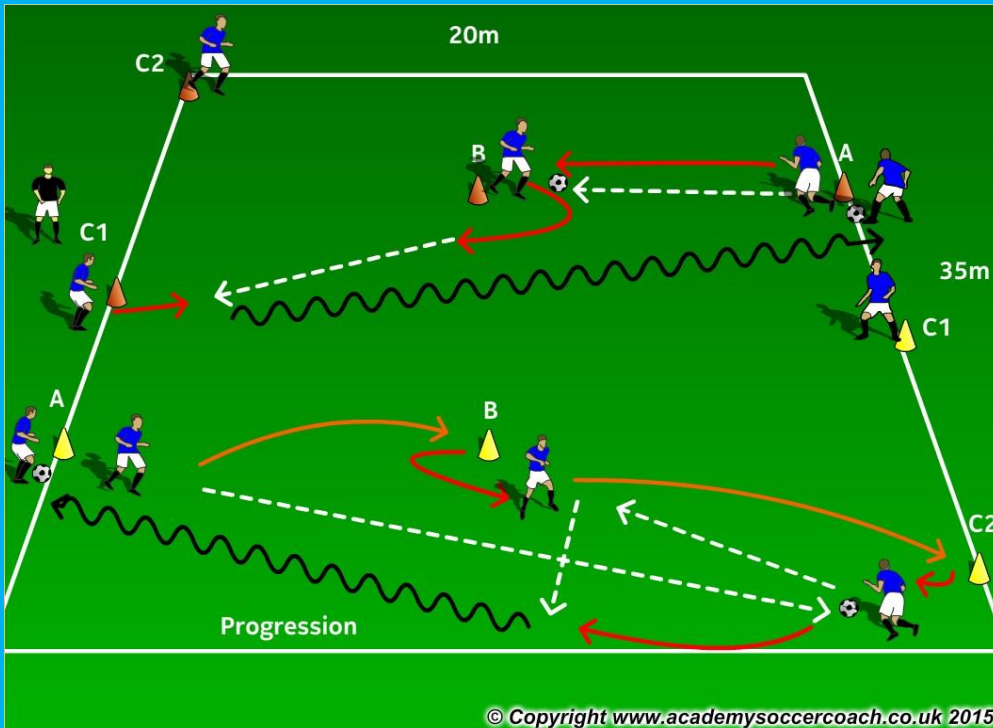
Social

Supporting team mates
Communication
Peer interaction /fun

Player Development



Learn to Train practice plan – Week 29 Station C– “Y” Passing Pattern



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Organization: 35x20 area with players divided in 2 groups (minimum 5 players per group). 4 pylons are set up in a Y shape as shown above: A-B 10 yards, C is positioned 10 yards and at 45 degree angle for point B.

Procedure: Player passes from A to B, B receives, turns and plays pass to C1/C2 (alternating each time between C1 and C2). Player C dribbles back to point A. All players follow pass.

Progression: A plays C, B supports player C and combines with wall pass (one-two).

Time frame. 12-15 minutes

Emphasis:

- Quality/Type of Pass: short (instep) vs Driven pass (laces)
- Receiving skills/touch direction
 - Communication
 - Peer interaction

<p><u>Psychological</u> Confidence Decision making</p>	<p><u>Technical</u> Passing key factors Receiving skills Touch direction</p>
<p><u>Physical</u> Agility, Balance, Coordination Speed</p>	<p><u>Social</u> Communication Peer interaction</p>





Learn to Train practice plan – Week 29
Station D
Small Sided Game – 6v6 with retreat line



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

Time frame. 12-15 minutes

Emphasis:

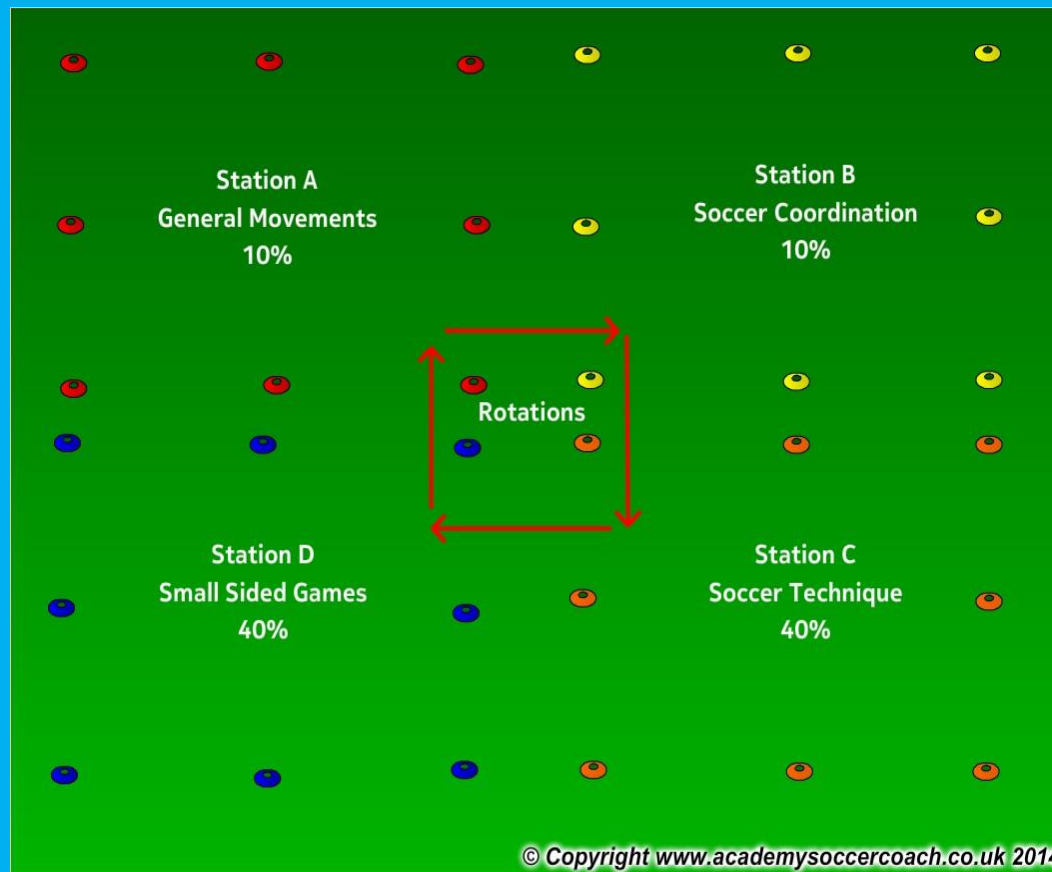
- Create Space
- Support players in possession
- Opportunities to play forward

<u>Psychological</u> Confidence Decision Making Spatial Awareness	<u>Technical</u> Passing key factors
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Communication Fun with friends





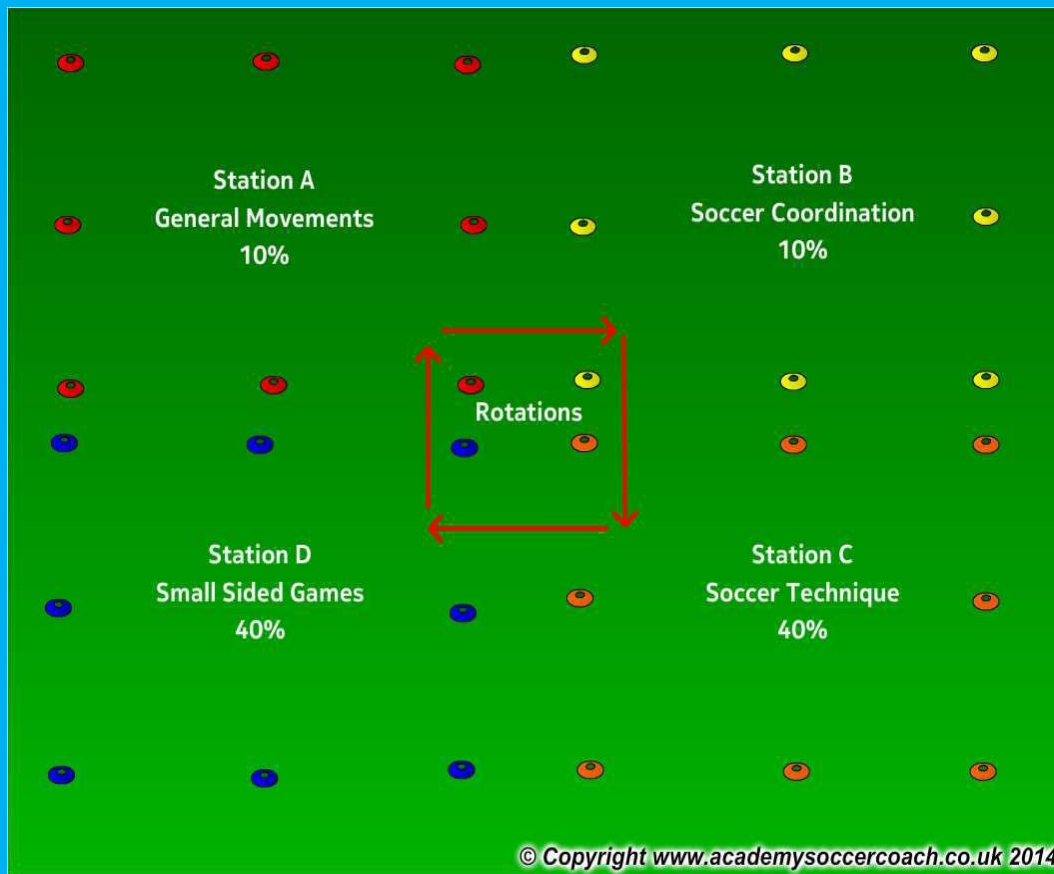
Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan -Week 31
Station A
General Movement – Passing and Receiving



Time frame. 12-15 minutes

Emphasis:

Changing direction
 Passing/Receiving Creativity

Speed

FUN!



Organization. Players are placed into 2s inside 30mx30m area.
Procedure. Players pass and move inside area. Focus should be on how the player passes and receives the ball. As players pass and move the coach calls out the following instructions.
 1. Pass with inside of each foot only. 2. Pass with the outside of each foot only. 3. Before passing do a move and then play pass. 4. Receive ball with the outside of either foot.

<p><u>Psychological</u> Confidence Being safe Decision making</p>	<p><u>Technical</u> Passing Receiving</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>

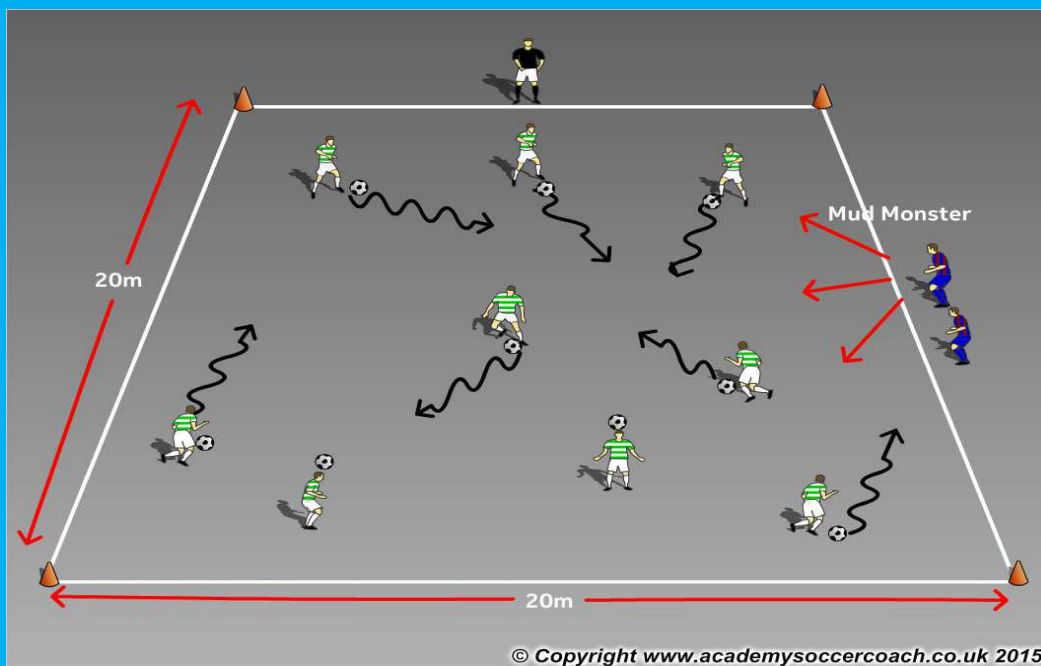


Player Development



Learn to Train practice plan – Week 31

Station B Soccer Coordination



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Organization: Players are inside a 20m x 20m area, all with a ball. 2 players are on out side without a ball and becoem the mudmonsters.

Procedure: All players dribble around inside the area. 2 players are selected to become the "MUD MONSTER". When the coach says go the Mud monster's come in and attempt to tag the players. If a player is tagged they must stand with their legs apart, holding the soccer ball and their head shouting, "help, help I'm stuck in the mud" to be freed a player who is dribbling crawls through the back of their legs. Each player gets to be the mud monster for 1 minute.

Time frame. 12-15 minutes

Emphasis:

Dribbling

Movement

A,B,C's

Communication

FUN!

Psychological
Positive
reinforcement
Confidence Being
safe

Technical
Dribbling
Ball Control

Physical
Agility, Balance
Change of Direction
Coordination

Social
Listening
Communicating
Peer interaction /fun

Player Development



Learn to Train practice plan – Week 31
Station C
Soccer Technique – Playing out from the back



Organization: Players set up as above.
Procedure: S plays ball into the goalkeeper. The goalkeeper now looks to distribute the ball to one of his/her team mates. As soon as the player receiving the ball touches the ball the 3 players are released to pressure the ball. The team in possession now look to get the ball to T or S to score a point. If the win possession they head to goal. All players rotate through all positions.

Time frame. 12-15 minutes

Emphasis:

- Passing
- Receiving Possession
- Decision making

<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Passing Receiving Possession</p>
<p><u>Physical</u> A,B,C's Change of Direction Movement</p>	<p><u>Social</u> Teamwork Communicating Fun with friends</p>



Player Development



Learn to Train practice plan – Week 31

Station D

Small sided game – Free play



Organization: 6v6 or 7v7 in a 60m x 40m field. No conditions.

Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

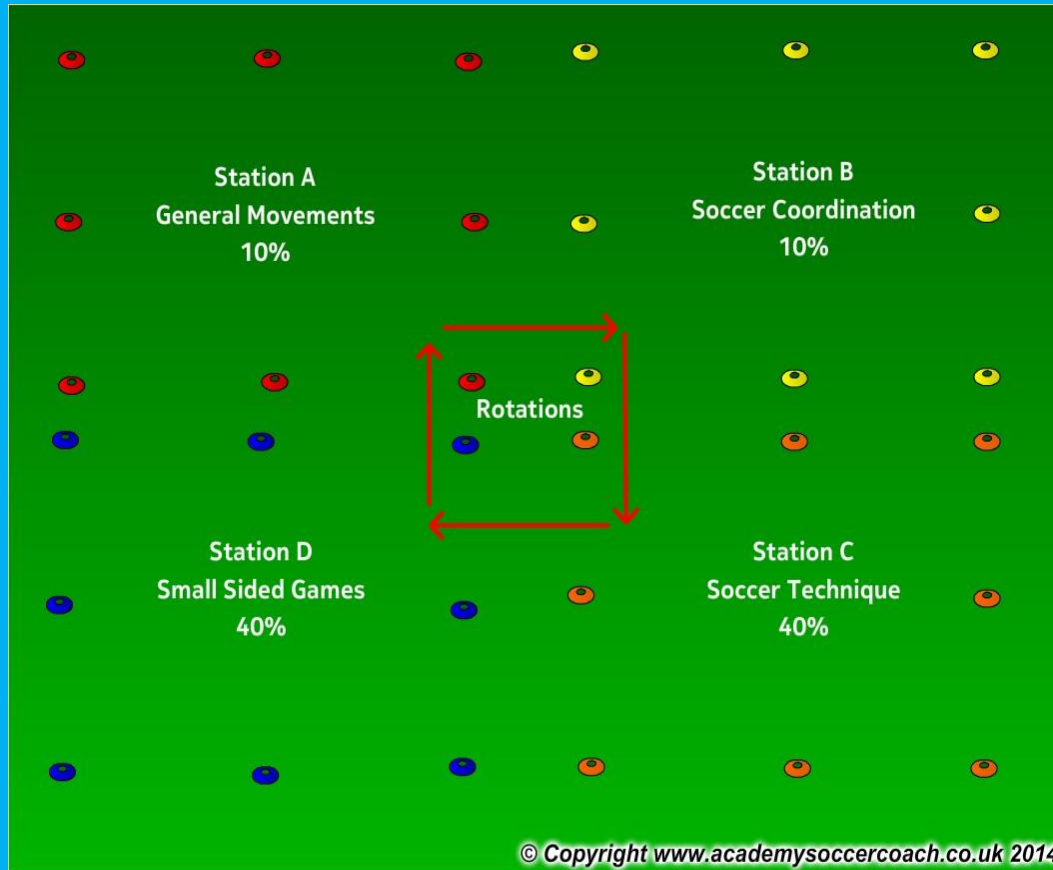
FUN

<u>Psychological</u> Fun Confidence Being safe	<u>Technical</u> Passing Team possession Individual ability
<u>Physical</u> Speed A,B,C's Change of Direction	<u>Social</u> Listening Communicating Fun with friends

Player Development

Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 32

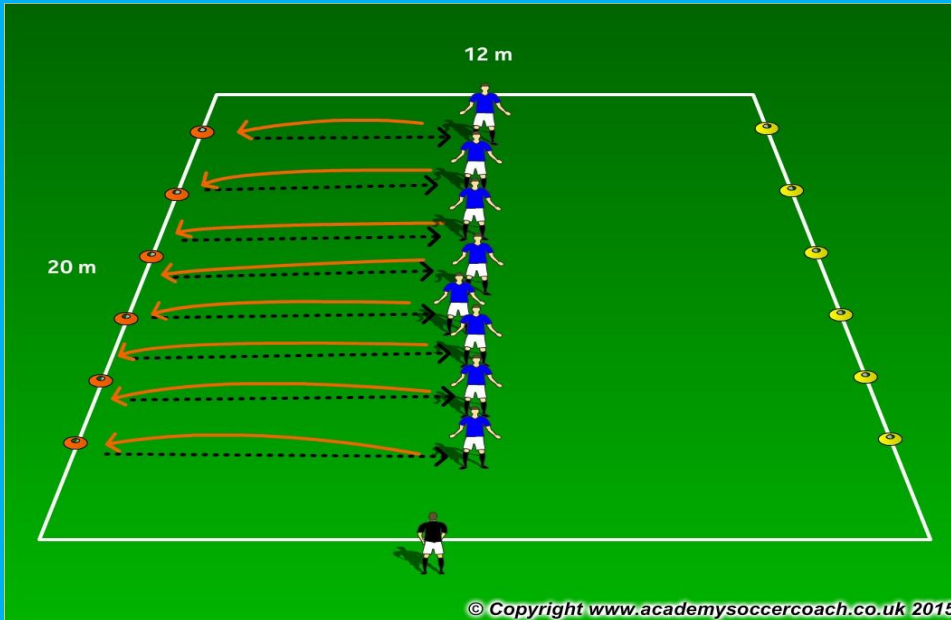
Station A

General Movement – Reaction Line



Time frame. 10-12 minutes

- A,B,C's
- FUN!



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Organization: Players are positioned in a vertical line down the centre of a 12x20m area. Each side of the area is marked with a coloured cone (orange & yellow). Coach is positioned at the front of the area in full view of all players.

Procedure: On the spot players perform the movement dictated by the coach e.g. running on the spot, high knees, jumping jacks, 1 leg hops, jumping etc. When the coach calls out a colour (orange or yellow) players must move to that side of the area and return to the starting point as quickly as possible. Coach must be creative in the types of movements both at the starting position and as the players travel to and from the side of the area. To simulate reactions the coach can also play opposites, give the colours soccer teams such as orange is Barcelona, Yellow is Real Madrid and call out players, facts that relate to those teams. Players are then required to think fast and react based on verbal communication.

<u>Psychological</u> Confidence, Reaction time, Being safe, Competition	<u>Technical</u>
<u>Physical</u> Agility, Balance, Coordination, Speed	<u>Social</u> Communication FUN

Player Development



Learn to Train practice plan – Week 32
Station B– King Louie



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Organization: Players play 5v5 in 20x15 yard area. 1 net positioned on either end with a supply of balls. Pylons are used to mark the half-way line.
Procedure: Players must stay within their own half of the field except for one target striker in who remains in the opponents half to pressure (this player can score on rebounds). Players must look to receive the ball and get a shot on goal. If the ball goes out of bounds the ball will restart with the defending teams GK. **Progression:** Attackers can play into and combine with arget striker for 2 points

Time frame. 12-15 minutes

Emphasis:

- Creating/identifying opportunities to shoot
 - Shooting
 - Support
- Receiving skills/touch direction

<p><u>Psychological</u> Confidence Decision making Creativity</p>	<p><u>Technical</u> Shooting key factors Receiving skills Passing</p>
<p><u>Physical</u> Agility, Balance, Coordination Speed</p>	<p><u>Social</u> Communication Peer interaction</p>

Player Development



Learn to Train practice plan – Week 32

Station C

Creative Movement - Shooting



Time frame. 12-15 minutes

Emphasis:

- Shooting
- Dribbling
- Passing key factors
- Receiving skills



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Organization: 20x20 yard area. 1 net positioned on 1 end. A1 & B1 starting positions beside net, A2 & B2 positioned at the edge of the area around halfway mark (10 yards), A3 and B3 positioned at the top of the playing area. 2 manikins are positioned between A3/B3 and the target net.

Procedure: A1 passes to A2, A2 passes to A3, A3 dribbles through the manikins and finishes on goal. All players follow their pass. Once A3 receives the pass from A2 then B1 plays to B2.

Players switch lines after each rotation.

Progression: #1- Players are given 5 seconds (can be adjusted) from when they receive at A/B3 to score.

#2- Once A/B2 plays A/B3 they become the recovering defender who must sprint around the pylon at A/B3 and attempt to catch player going to goal.

Psychological

Decision making
Confidence
Creativity

Technical

Receiving skills
Shooting key factors
Dribbling

Physical

Agility, Balance,
Coordination
Speed

Social

Competition
Communication Peer
interaction /fun

Player Development

Learn to Train practice plan – Week 32

Station D

Small Sided Game – 6v6 with retreat line



Time frame. 12-15 minutes

Create Space

Emphasis:

- Support players in possession
- Opportunities to penetrate (shoot)



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

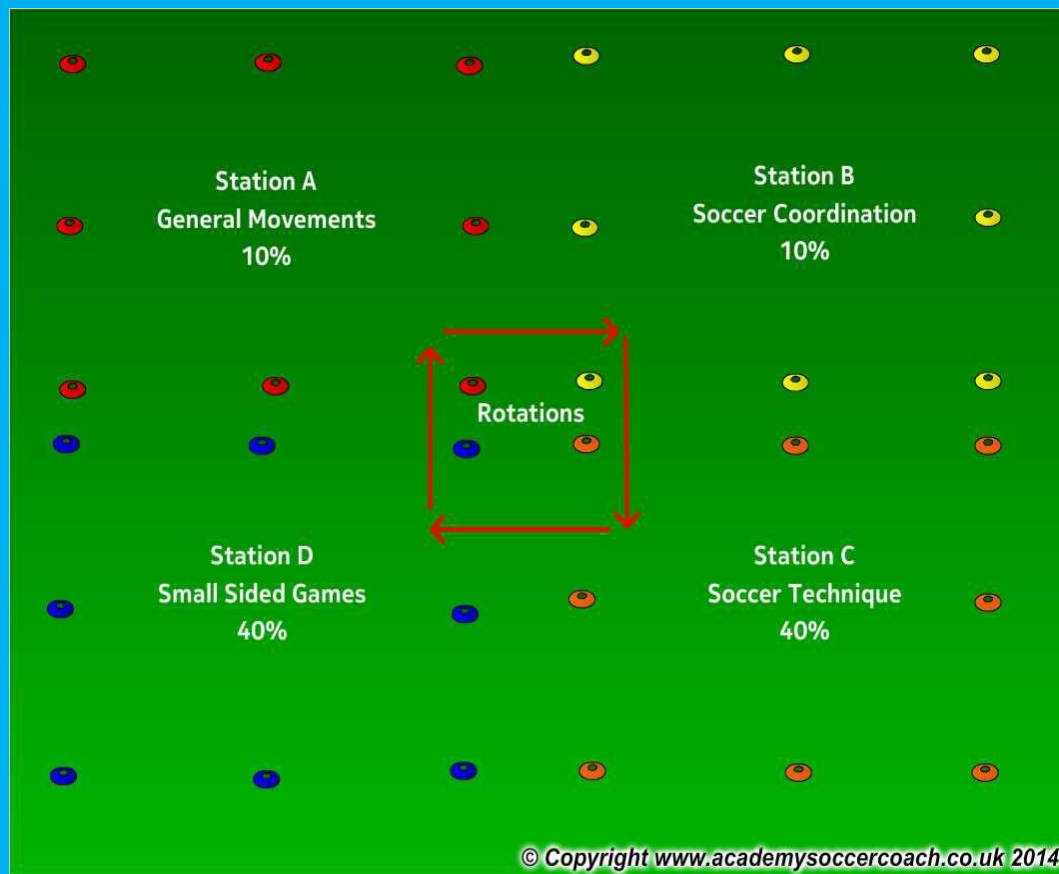
Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

<u>Psychological</u> Confidence Decision Making Spatial Awareness Attacking mentality	<u>Technical</u> Receiving skills Shooting key factors Finishing v shooting
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Communication Competition Fun with friends

Player Development



Learn to Train practice plan How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan -Week 33

Station A

General Movement – Retrieval



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Organization: Players are in groups of 3 in a large open space on the field. Each group has 1 ball.

Procedure: Each group gives their ball to the coach and the coach throws the ball into a space. The group has to retrieve the ball and bring it back to the coach as fast as possible. The coach will tell the players how the ball has to be brought back, IE all players hopping on their right foot with each of them touching the ball. The coach will also ask the players for solutions. This will all lead to the players having to get the ball back to the coach while playing 2v1.

Time frame. 12-15 minutes

Emphasis:

Can the players come up with solutions?

How can the players work together?

Can the players be creative?

Speed

FUN!

<u>Psychological</u> Confidence Being safe Decision making	<u>Technical</u> Passing Receiving
<u>Physical</u> A,B,C's Change of Direction General Movements	<u>Social</u> Communicating Peer interaction FUN

Player Development



Learn to Train practice plan – Week 33

Station B

3v3 small sided game



Organization: Players grouped into 4 teams of 4 and will play on fields 35 x 20.
Procedure: Players play 4 v4 with the coaches emphasis on how can the players help each other. Where can they support each other? When do they support each other? How do they support each other.

Time frame. 12-15 minutes

Emphasis:

How can you support your team mate?

When do you support your team mate?

Communication

FUN!

<u>Psychological</u> Positive reinforcement Confidence Being safe	<u>Technical</u> Passing Receiving
<u>Physical</u> Agility, Balance Change of Direction Mobility	<u>Social</u> Listening Communicating Peer interaction Fun

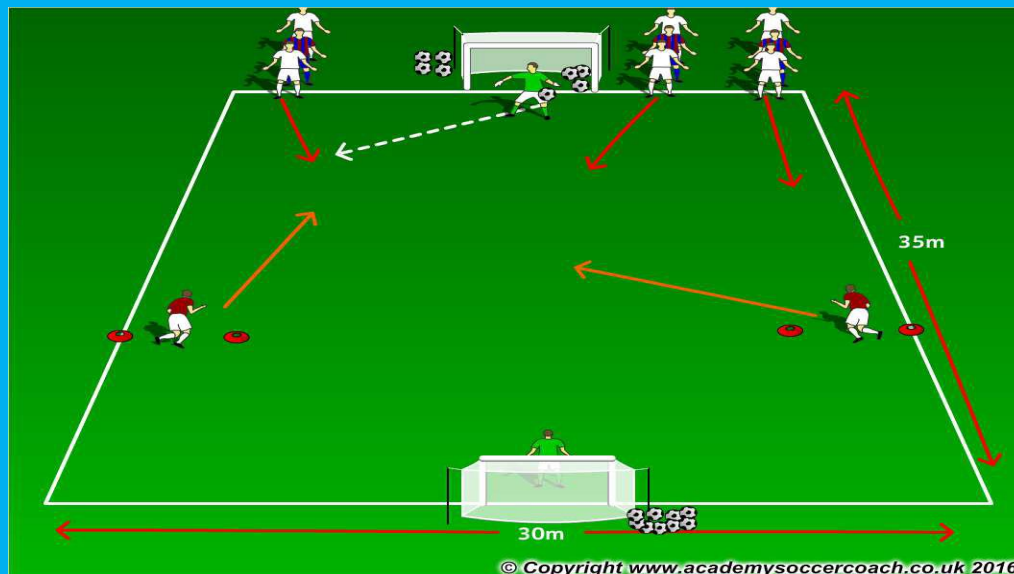
Player Development



Learn to Train practice plan – Week 33

Station C

3v2 with transition to 2v1



Organization: Players are organized as above in a 35m x 30m field with a goal at either end. A large supply of balls should be available in each goal.

Procedure: 3 attackers start the game playing against 2 defenders. The GK starts with the ball and distributes to any of the 3 attackers. The 2 defenders try to prevent the attackers from scoring. Transition occurs when the ball either goes out of play, a goal is scored or the GK has made a save and has the ball. The last attacker to touch the ball now becomes the defender and the 2 red defenders now become the attackers to create a 2v1 to the other goal. The remaining 2 attackers move to the coned area to become 2 defenders. Once the 2v1 situation has finished 3 blue players will play against 2 white defenders.

To encourage competition keep score and set a target for the number of goals each team must score to win the game.

Time frame. 12-15 minutes

Emphasis:

Passing

Receiving Finishing

How can you support your team mate?

When do you support your team mate?

<p><u>Psychological</u></p> <p>Fun Confidence Decision Making Freedom to make mistakes</p>	<p><u>Technical</u></p> <p>Passing Receiving Finishing</p>
<p><u>Physical</u></p> <p>Change of Direction Mobility Timing of runs</p>	<p><u>Social</u></p> <p>Team work Communicating Fun with team mates</p>

Player Development



Learn to Train practice plan – Week 33

Station D

Small sided game – Free play



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Organization: 7v7 on a mini field.
Procedure. Allow the players to have free play. The retreat line is in play. The players are asked to focus on what they have worked on inside the session and show how they can support thier team mates.

Time frame. 12-15 minutes

Emphasis:

FREE PLAY

Creativity

Allow the game to be the teacher

FUN

<p><u>Psychological</u> Fun Decision making Confidence</p>	<p><u>Technical</u> Passing Receiving Finishing</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with team mates</p>

Player Development

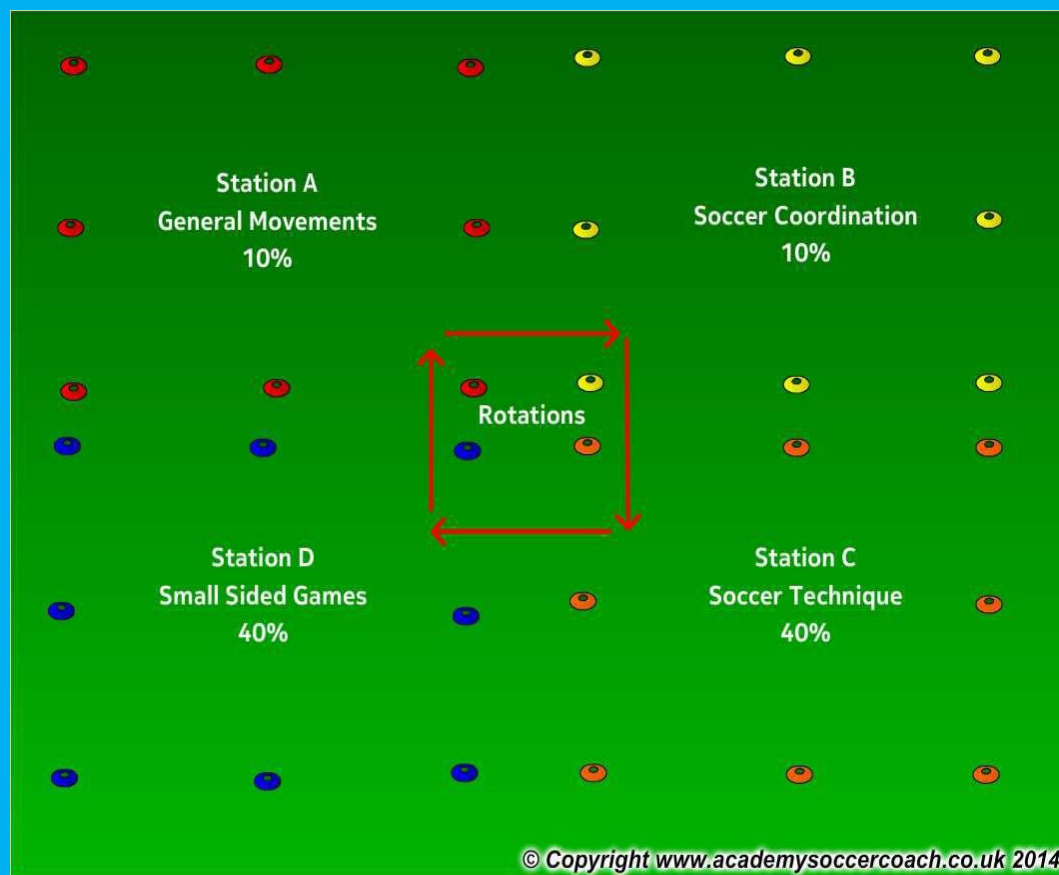


Learn to Train practice plans Preferred method of training – The Station concept

Hello , and welcome to the session plans which are design for coaches working with Learn to Train age group. This is third stage of the grassroots level . We hope you enjoy this session plans. The focus for this stage should be providing a positive, and fun environment, concentration on ABC(Agility, Balance, and Coordination), and playing small-sided games, 3v3, 4v4 etc. Can you develop players' ability to read what other players are going to do based on their movements, let your players make decisions, expose them to working out problems and coming up with solutions.



Learn to Train practice plan How the 4 stations work



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Time frame. 12-15 minutes

Emphasis: Dribbling

Changing direction

Heads up

Speed

FUN!



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Organization. Players dribble freely inside 30mx30m area.

Procedure. Players are asked to express them self's and be creative by attacking space and showing different moves. On coaches command players will attack a cone and show a move that will beat a defender. Coaches can show the players moves or allow the children to choose a move of their choice.

<u>Psychological</u> Decision making Confidence Being safe	<u>Technical</u> Part of foot/ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction



Learn to Train practice plan – Week 34

Station B

Soccer Coordination



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Organization: 15x15 yds Field as shown. 8-10 players with a ball each. 2 additional players with 1 ball between them.

Procedure: Players dribbling and move freely within the area.

The pair of players with one ball between them moves within the area passing to one another, avoiding dribbling players.

The pair will be changed every 1 minute.

Progression: Add more "pairs" passing amongst the dribblers. Or reduce the area.

A pair with more passing sequence will win .

Time frame. 12-15 minutes

Emphasis:

Changing direction

Dribbling Passing

Concentration

FUN!

Psychological

Positive reinforcement
Confidence Being safe

Technical

Dribbling Passing
Receiving

Physical

Agility, Balance
Change of Direction
Coordination

Social

Listening
Communicating
Peer interaction /fun

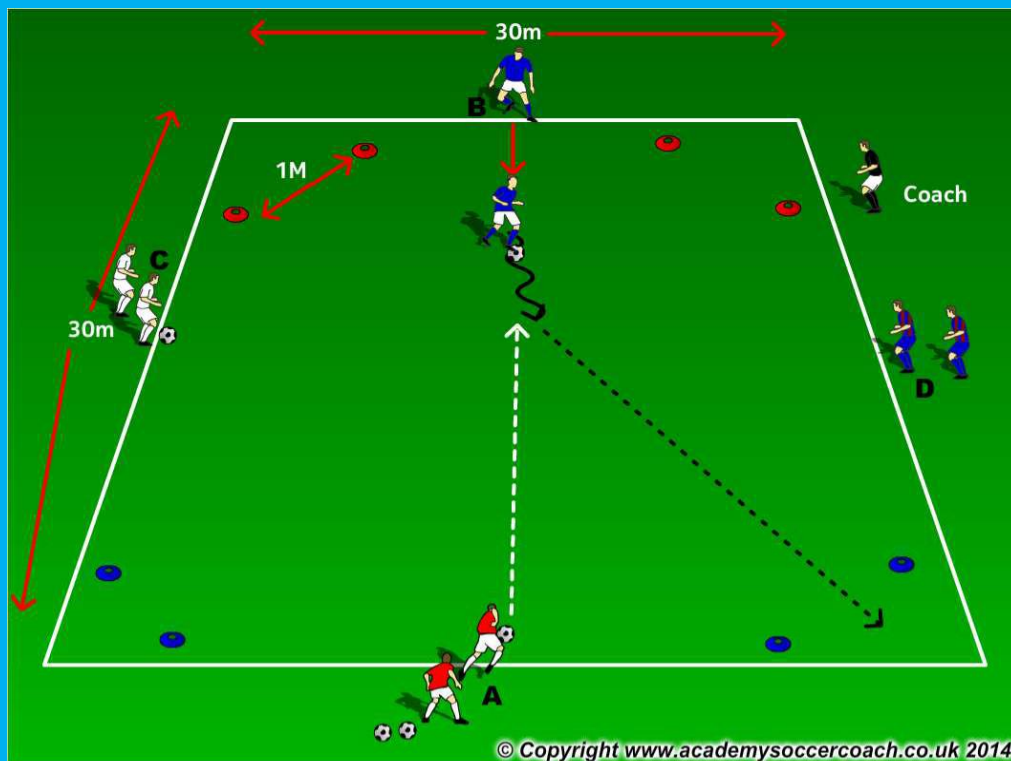
Grassroots Development



Learn to Train practice plan – Week 34

Station C

Soccer Technique – 1v1 to 4 goals



Organization. Area is 30mx30m with 1 goal in each corner, 1m in width.
Procedure. Player A plays the pass to player B. Player B attempts to dribble past player A and dribble through one of the blue goals. If player A takes the ball away from play B he/she then tries to dribble the ball through either of the goals. Keep rotating the service so that all players are attackers. C will then play the ball to D and they will compete as above.
Progression. Players progress to play 2v2 if success is being achieved.

Time frame. 12-15 minutes

Emphasis:

1v1

Change of direction

Change of speed

Surprise

Psychological

Fun Confidence
Decision Making

Technical

1v1 attacking 1v1
defending

Physical

Speed A,B,C's
Change of Direction

Social

Listening
Communicating Fun
with friends

Grassroots Development



Learn to Train practice plan – Week 34

Station D

Small sided game – 6 goal soccer



Players are placed into teams of 6v6
field is 45x45 yds

Teams can attack any of there 3 goals.

Technical: 1v1 attacking. Attack the ball, see the ball, see the player, attack front foot, Change of speed, change of direction, Attack space behind the defender, explode.

Time frame. 12-15 minutes

Emphasis:

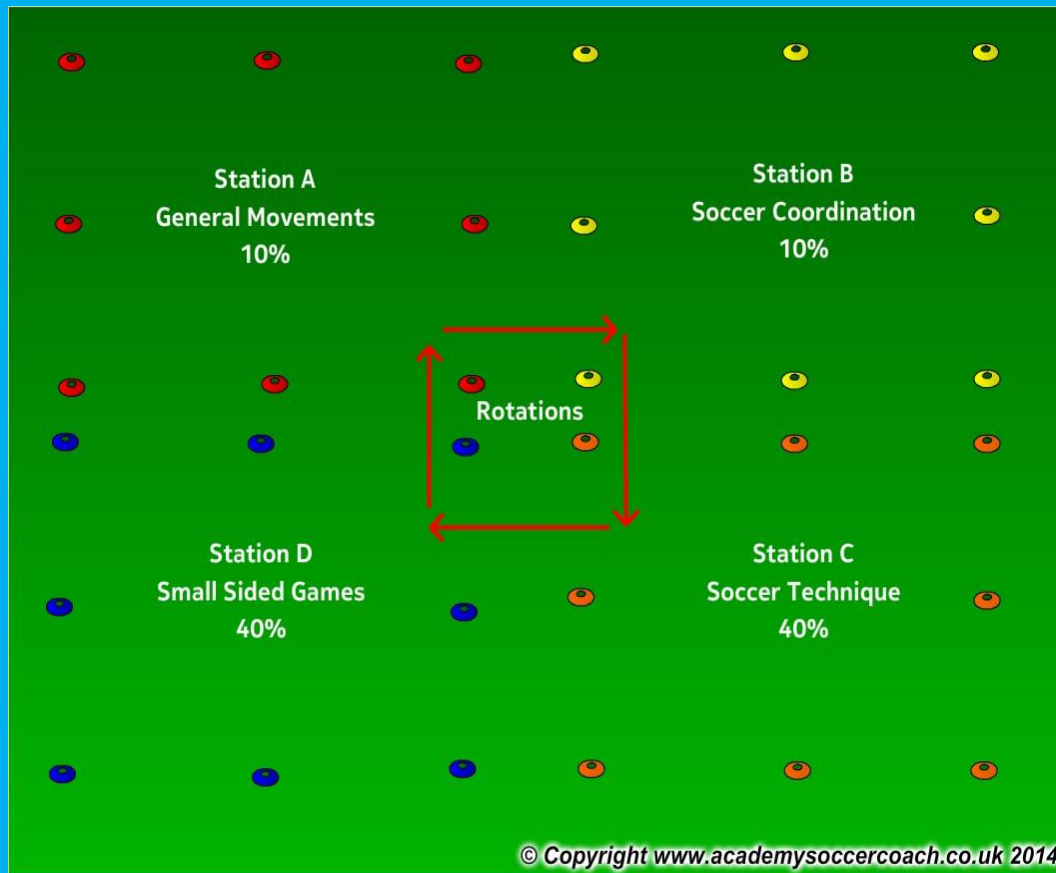
1v1 attacking

Decision making FUN

<p><u>Psychological</u> Fun Confidence Decision making</p>	<p><u>Technical</u> Dribbling 1v1 Passing/receiving</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>

Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan - Week 35

Station A

General Movement – The Huddle



Organization: -Players divided into groups of 5-7.
-1 Player is selected as a target (yellow) and another selected as a chaser.
-Target player tucks a pinnie into the back of his/her shorts
Procedure: -Players, excluding the chaser, join hands to form a circle
-The circle must stay intact and the players must move together to prevent the chaser from catching the target player and stealing the pinnie. -Players work together for around 1 minute or until the chaser steals the pinnie. -Chaser can go under the legs or the arms, or around the group, but cannot go over the top. After 1 minute change the chaser and the target player. Competition can be created between groups.

Time frame. 10-12 minutes

- A,B,C's
- FUN!

<u>Psychological</u> Confidence, Reaction time, Being safe, Competition	<u>Technical</u>
<u>Physical</u> Agility, Balance, Coordination, Speed	<u>Social</u> Communication FUN

Player Development

Learn to Train practice plan – Week 35

Station B – Possession to Targets



Time frame. 12-15 minutes

Emphasis:

- Creating space
- Passing & Receiving skills
- Support

Organization:
 - 1 large square 25x25 with target areas set up in each corner. 2 Red and 2 Blue as shown above (approx 4x4 yards)
 - Players play up to 3v3 in the middle + target players on corners.

Procedure:
 Teams score by playing pass to target player.
 The player who passes to target player switches places as the target player enters the play with the ball. Cannot score on same target area, must look to change direction and attack opposite target.

Progressions:
 Target players must open up and take touch out opposite side of target area.
 If players combine in central area before scoring they gain additional point.

<p><u>Psychological</u> Confidence Decision making Creativity</p>	<p><u>Technical</u> Support Receiving skills Passing key factors</p>
<p><u>Physical</u> Agility, Balance, Coordination Speed</p>	<p><u>Social</u> Communication Peer interaction</p>

Player Development

Learn to Train practice plan – Week 35

Station C Penetrating Passing



Time frame. 12-15 minutes

- Passing
- Receiving
- Support
- Scanning



Organization: Set up 15x30m area and divide area into 3 10x15m zones
Players divided evenly into 3 groups and assigned to a zone.
Procedure: Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can play a penetrating pass to the opposite endzone. Central players look to shift together to prevent any penetrating passes.
If the central players possess the ball or the ball goes out of bounds they switch with the team in the endzone.
Progressions: 1. Scoring: Teams score by successfully playing a penetrating pass through the central area. 2. Players in middle can now send 1 defender into the endzone where possession is.

<u>Psychological</u> Decision making Confidence Creativity	<u>Technical</u> Receiving Skills Passing Skills Support
<u>Physical</u> Agility, Balance, Coordination Speed	<u>Social</u> Competition Communication Peer interaction /fun





Learn to Train practice plan – Week 35
Station D
Small Sided Game – 6v6 with retreat line

Time frame. 12-15 minutes

- Create Space
- Support players in possession
- Opportunities to play forward



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

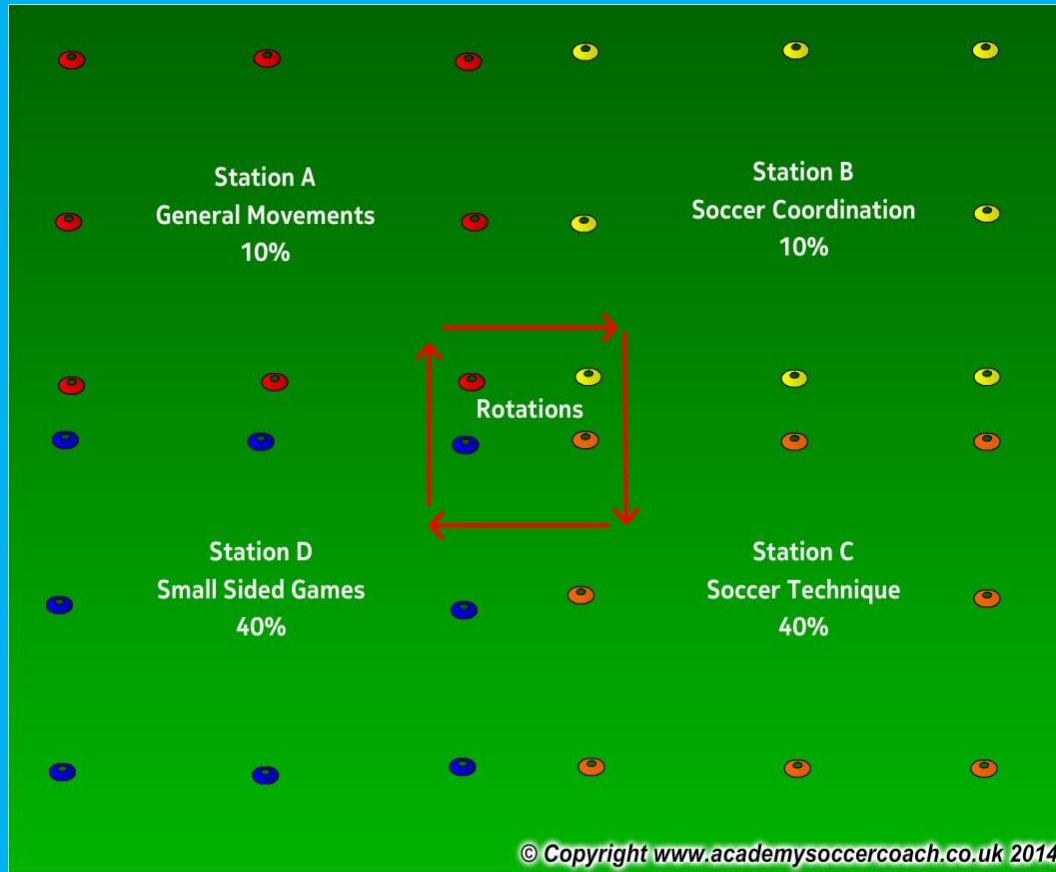
<u>Psychological</u> Confidence Decision Making Spatial Awareness Attacking mentality	<u>Technical</u> Receiving skills Passing key factors Support
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Communication Competition Fun with friends

Player Development



Learn to Train practice plan

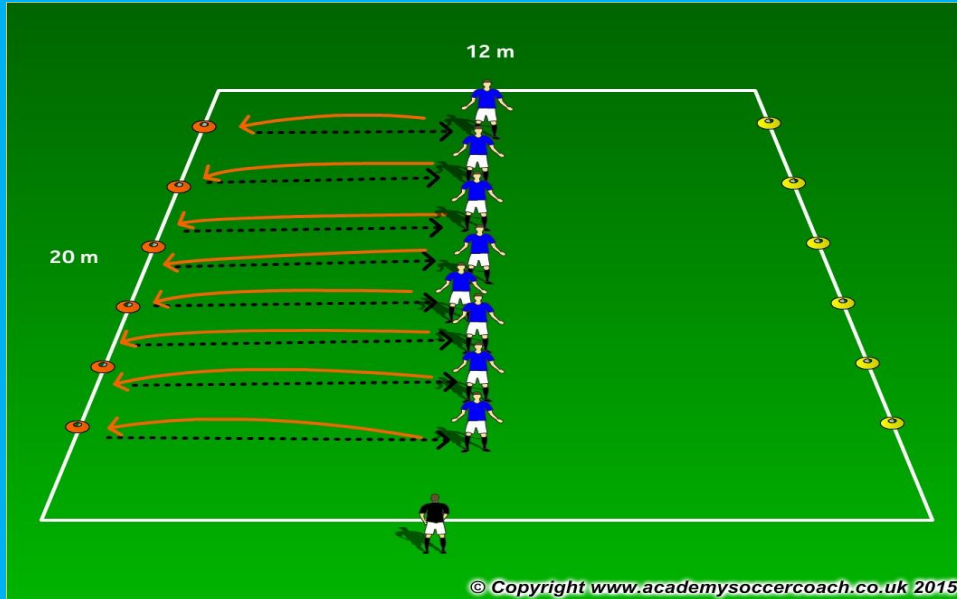
How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 36
Station A
General Movement – The Reaction Line



Organization: Players are positioned in a vertical line down the centre of a 12x20m area. Each side of the area is marked with a coloured cone (orange & yellow). Coach is positioned at the front of the area in full view of all players.

Procedure: On the spot players perform the movement dictated by the coach e.g. running on the spot, high knees, jumping jacks, 1 leg hops, jumping etc. When the coach calls out a colour (orange or yellow) players must move to that side of the area and return to the starting point as quickly as possible. Coach must be creative in the types of movements both at the starting position and as the players travel to and from the side of the area. To simulate reactions the coach can also play opposites, give the colours soccer teams such as orange is Barcelona, Yellow is Real Madrid and call out players, facts that relate to those teams. Players are then required to think fast and react based on verbal communication.

Time frame. 10-12 minutes

- A,B,C's
- FUN!

<u>Psychological</u> Confidence, Reaction time, Being safe, Competition	<u>Technical</u>
<u>Physical</u> Agility, Balance, Coordination, Speed	<u>Social</u> Communication FUN

Player Development

Learn to Train practice plan – Week 36

Station B

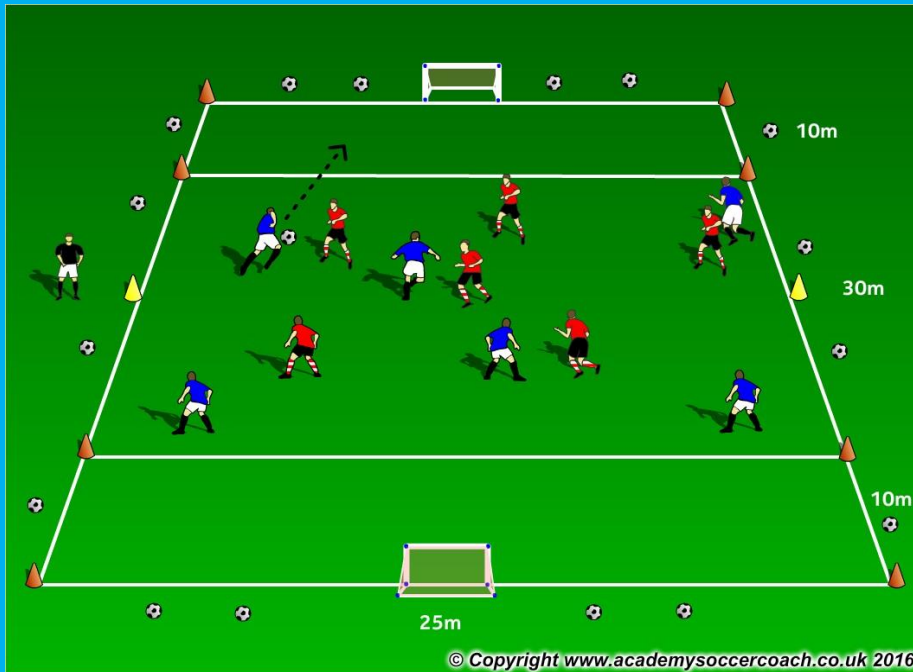
Running with the ball – 6v6 Endzones



Time frame. 12-15 minutes

Emphasis:

- Creating space
- Passing & Receiving skills
- Attacking mentality (touch forward to attack space)
 - Support
- Running with the ball



Organization:
50x25m area with 10m endzones situated at each end.
Half-way line is marked and used as retreat line.

Procedure:
Players play 6v6 and attempt to score 1 point by running the ball into the oppositions endzone. Initially defenders cannot defend inside the endzone

Progression: Players play 5v5 + GK's.
1 point is scored by running the ball into the endzone
3 points are scored if the player can enter the endzone and then finish on goal.

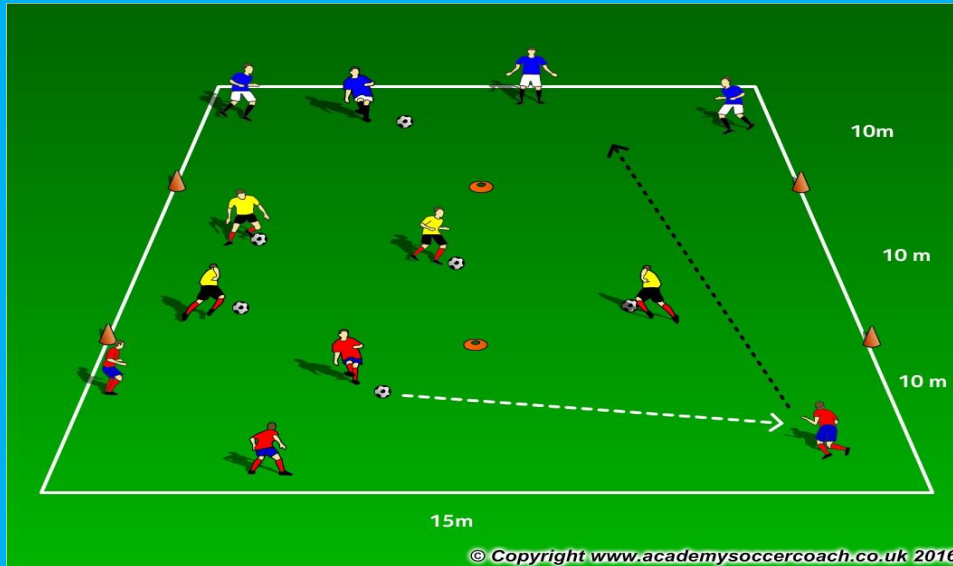
<u>Psychological</u> Confidence Decision making Creativity Competition Attacking mentality	<u>Technical</u> Angle & distance of support Passing & Receiving skills Running with the ball
<u>Physical</u> Agility, Balance, Coordination Speed	<u>Social</u> Communication Peer interaction Fun

Player Development

Learn to Train practice plan – Week 36

Station C

Breaking the Line



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Organization:

Set up 15x30m area and divide area into 3 10x15m zones
Players divided evenly into 3 groups and assigned to a zone.
Each outer zone the players have 1 ball between the group.

Procedure:

Middle players dribble the ball inside the central zone moving at all times.
Players in the outside zones pass the ball among the group while looking for a gap to appear in the middle zone where they can drive through to opposite zone. Example: player in left zone drives through space in middle to reach the right zone.

Central players do not defend.

Players in central zone have 1 ball each.

Rotate middle players every 2/3 minutes.

Progressions:

Players in middle can now look to block player from penetrating. (they cannot tackle, they defend by preventing space).

Scoring outside players score an individual point by breaking through, middle players score a team point by denying a player space to penetrate.

Emphasis:

Time frame. 12-15 minutes

- Passing & Receiving
 - Scanning
- Attacking Mentality
- Running with the ball

Psychological

Decision making
Confidence
Creativity
Attacking mentality

Technical

Passing & Receiving
Support
Running with the ball

Physical

Agility, Balance,
Coordination
Speed

Social

Competition
Communication Peer
interaction /fun





Learn to Train practice plan – Week 36

Station D

Small Sided Game – 3v3 + 3v3 in different directions

Time frame. 12-15 minutes

- Create Space
- Support players in possession
- Opportunities to run with the ball (take space)



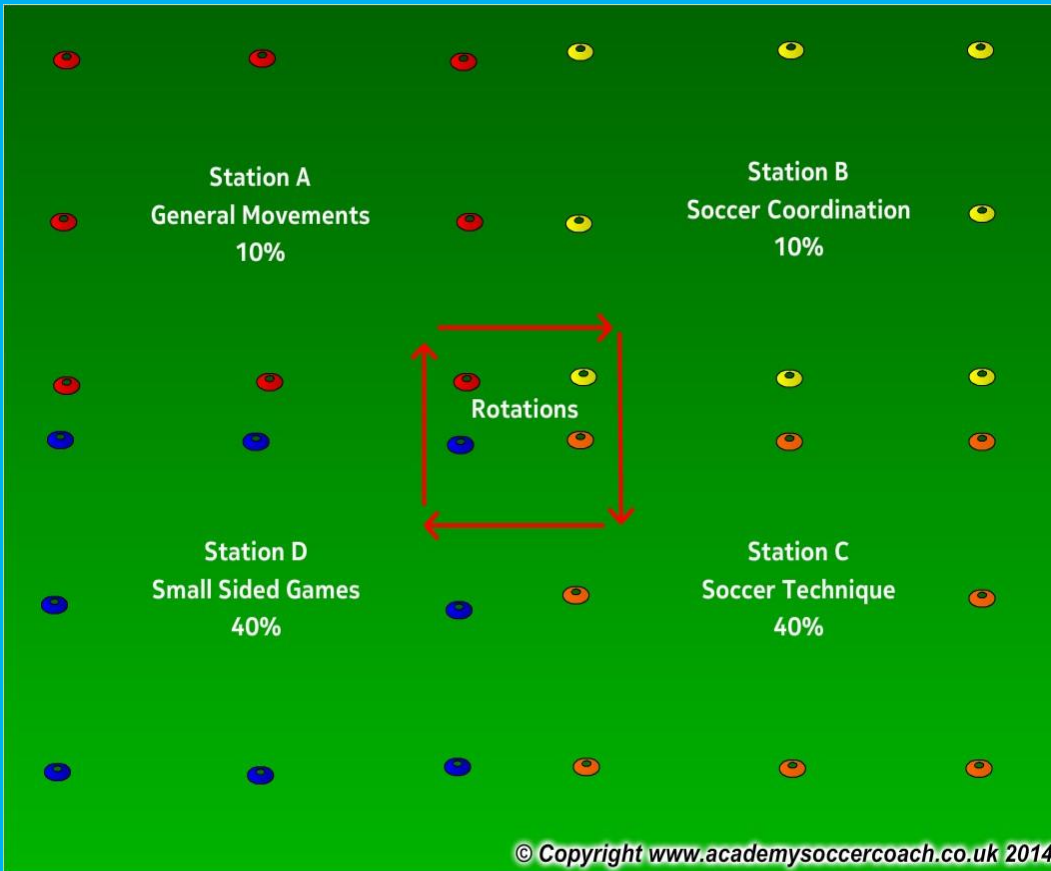
Organization: 4 teams of 3 are placed in a 30m x 30m field with goals on each side. The yellow team is playing against the black and white team from East to West. The White team is playing the blue and purple team from North to South. Procedure: 4 teams are playing 2, 3v3 games within the same area. The situation will create lots of chaotic situations which will force the players to make more decisions and be aware of what is happening around them. If the ball goes out grab the closest ball to keep the game flowing.

<u>Psychological</u> Confidence Decision Making Spatial Awareness Attacking mentality	<u>Technical</u> Receiving skills Passing key factors Support Running with the ball
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Communication Competition Fun with friends

Player Development

Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 37

Station A

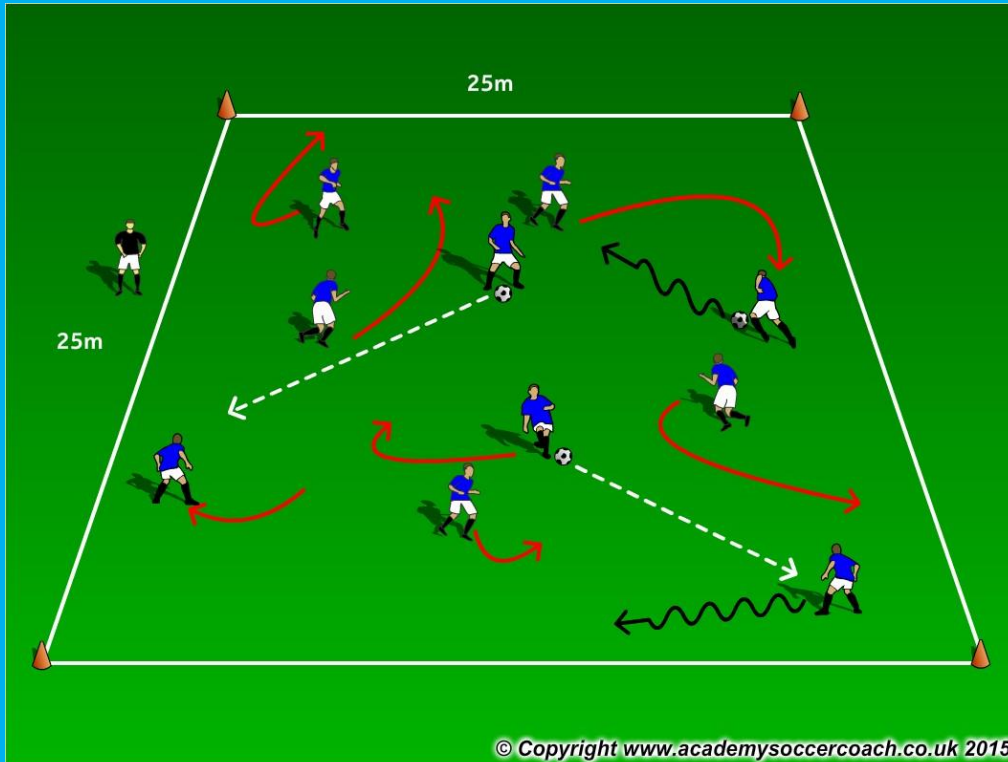
General Movement – Dynamic warm up with the ball



Time frame. 10-12 minutes

Emphasis:

Changing direction
A,B,C's
FUN!



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Organization: Players are placed in a 25x25m area

Procedure: Players pass and dribble 3 balls amongst the group. Players without possession are encouraged to continuously move at different speeds and perform various multi-directional, soccer related movements such as walking & running (forwards and backwards), jumping, lateral movements, skipping, and rolling.

<u>Psychological</u> Confidence Being safe	<u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Communicating Peer interaction FUN



Player Development

Learn to Train practice plan – Week 37

Station B

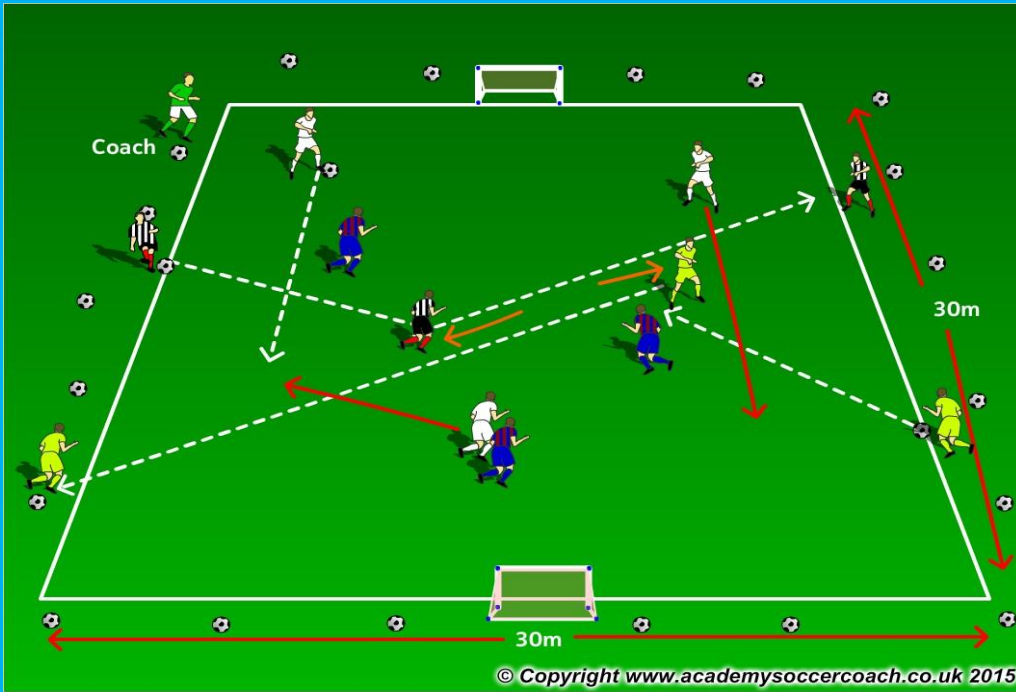
3v3 Chaos: Turning with the ball



Time frame. 12-15 minutes

Emphasis:

- Finding Space
- Angle of support
 - Scanning
- Type of turn/first touch



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Organization: The white team will play a 3v3 game against the Blue and purple team, while the yellow and black and white teams are organized with 1 player each in the centre of the field and 2 players from each team placed on the outside as shown above.

Procedure: While the 3v3 game is taking place the yellow team and black and white team will work on passing and turning across the field. Rotate the middle player every 60 seconds. Players on the outside can move up and down the side line. Encourage all players to make appropriate decisions based on what is happening around them while working on technique in a chaotic environment.

Rotate teams every 3 minutes.

Psychological

Confidence
Decision making
Creativity
Competition

Technical

Support Scanning
Receiving skills
Passing key factors

Physical

Agility, Balance,
Coordination
Speed

Social

Communication
Peer interaction
FUN

Player Development

Learn to Train practice plan – Week 37

Station C Turning with the ball



Organization:

- Players are divided into groups of 3.
- 2 Players are positioned around the perimeter of the grid (target players) and 1 player starts inside the playing area
- 1 ball per group

Procedure:

- Player inside collects pass from outside target player, turns and plays to other target player.
- Players rotate every minute.

Progression:

- Players on the outside move to a new position on the outside after passing the ball

Time frame. 12-15 minutes

- Finding space
- Scanning
- Creativity
- Decision making

<u>Psychological</u> Decision making Confidence Creativity	<u>Technic</u> al Receiving Passing Support Scanning
<u>Physical</u> Agility, Balance, Coordination Speed	<u>Social</u> Competition Communication Peer interaction Fun

Player Development



Learn to Train practice plan – Week 37
Station D
Small Sided Game – 6v6 with retreat line

Time frame. 12-15 minutes

- Create Space
- Support players in possession
 - Opportunities to turn



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

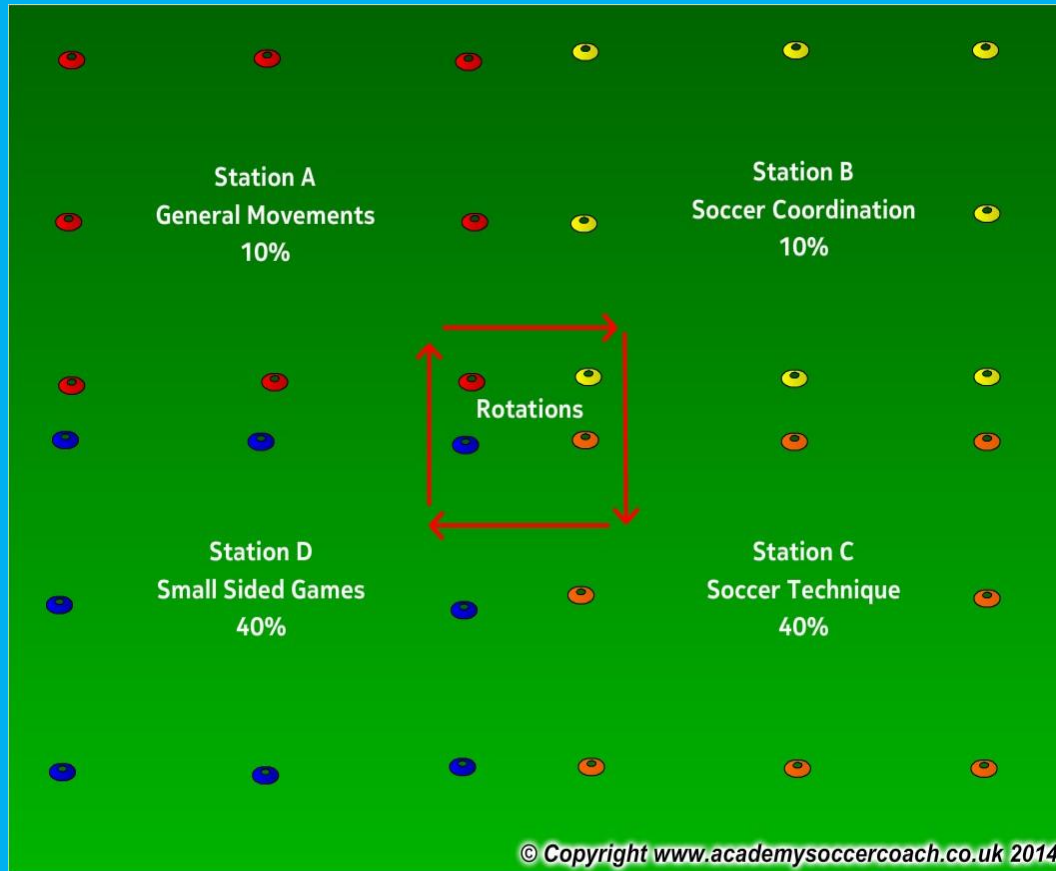
Procedure: Encourage players to penetrate with forward passes, however passes should not be forced. Look for efficient movement to support player in possession and find space.

<u>Psychological</u> Confidence Decision Making Spatial Awareness Attacking mentality	<u>Technical</u> Turning Passing & Receiving Scanning Support
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Communication Competition Fun with friends

Player Development

Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan - Week 38

Station A

General Movement – The Huddle



Time frame. 10-12 minutes

- Team work
- A,B,C's
- FUN!



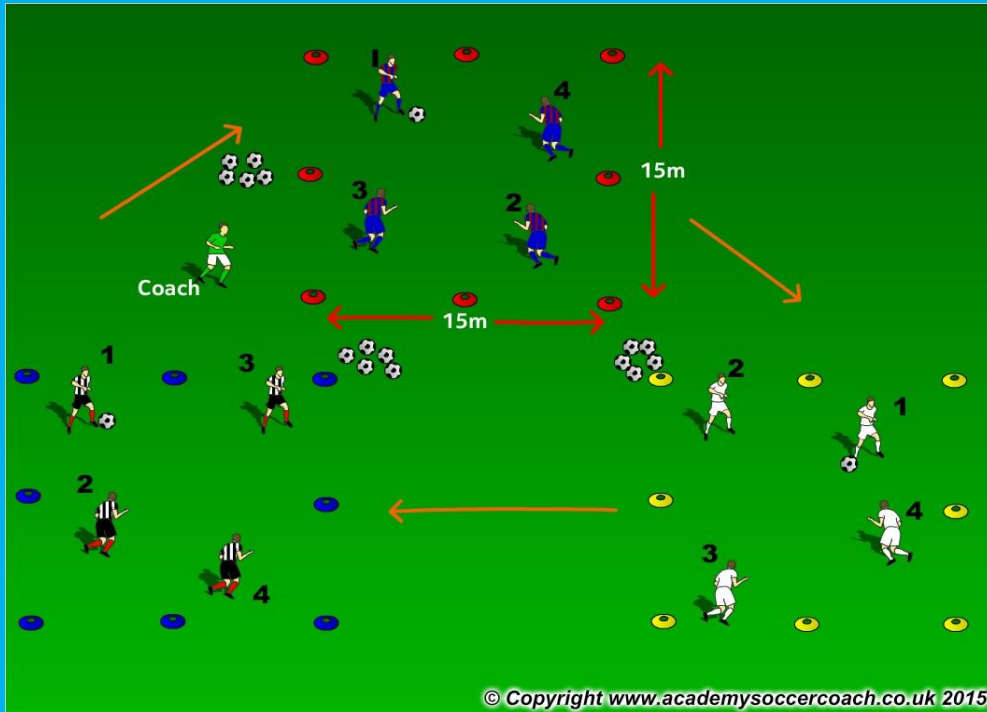
Organization: -Players divided into groups of 6-7.
-1 Player is selected as a target (yellow) and another selected as a chaser.
-Target player tucks a pinnie into the back of his/her shorts
Procedure: -Players, excluding the chaser, join hands to form a circle
-The circle must stay intact and the players must move together to prevent the chaser from catching the target player and stealing the pinnie. -Players work together for around 1 minute or until the chaser steals the pinnie. -Chaser can go under the legs or the arms, or around the group, but cannot go over the top. After 1 minute change the chaser and the target player. Competition can be created between groups.

<u>Psychological</u> Confidence Being safe Competition	<u>Technical</u>
<u>Physical</u> Agility, Balance, Coordination. Strength Speed	<u>Social</u> Communication Teamwork Peer interaction FUN

Player Development

Learn to Train practice plan – Week 38

Station B 3v1 World Cup



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Organization: 4 players are placed inside each 15m x 15m area each player is numbered from 1- 4.

Procedure: Players will pass and move inside their area. When the coach calls out a number that player will rotate clock wise and become the defender in the next square to create a 3v1. Attackers score 1 point each time they complete 3/4 passes. Defenders score a point each time they win possession or the ball goes out. After 30 seconds players return to their own team and calculate their points. Allow each player to become the defender and then tally all points to find the winning team.

Time frame. 12-15 minutes

- Movement to create space & support player in possession
 - Passing key factors
 - Receiving skills

<u>Psychological</u> Decision making Confidence Creativity	<u>Technical</u> Body position to receive Weights of pass Protecting ball
<u>Physical</u> Agility, Balance, Coordination	<u>Social</u> Supporting team mates Communication Peer interaction /fun

Learn to Train practice plan – Week 38

Station C

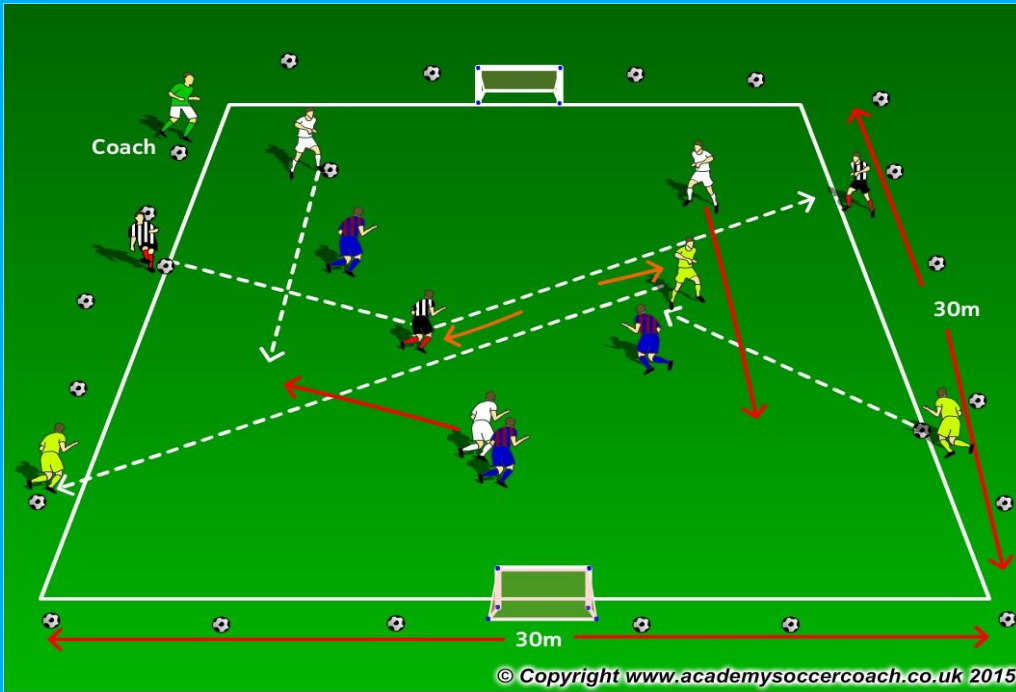
3v3 Chaos: Passing & Receiving



Time frame. 12-15 minutes

Emphasis:

- Finding Space
- Angle of support
 - Scanning
- Opening up to receive



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Organization: The white team will play a 3v3 game against the Blue and purple team, while the yellow and black and white teams are organized with 1 player each in the centre of the field and 2 players from each team placed on the outside as shown above.

Procedure: While the 3v3 game is taking place the yellow team and black and white team will work on passing and turning across the field. Rotate the middle player every 60 seconds. Players on the outside can move up and down the side line. Encourage all players to make appropriate decisions based on what is happening around them while working on technique in a chaotic environment.

Rotate teams every 3 minutes.

Psychological

Confidence
Decision making
Creativity
Competition

Technical

Support Scanning
Receiving skills
Passing key factors

Physical

Agility, Balance,
Coordination
Speed

Social

Communication
Peer interaction
FUN



Learn to Train practice plan – Week 38

Station D

Small Sided Game – 3v3 + 3v3 in different directions

Time frame. 12-15 minutes



Organization: 4 teams of 3 are placed in a 30m x 30m field with goals on each side. The yellow team is playing against the black and white team from East to West. The White team is playing the blue and purple team from North to South.
Procedure: 4 teams are playing 2, 3v3 games within the same area. The situation will create lots of chaotic situations which will force the players to make more decisions and be aware of what is happening around them. If the ball goes out grab the closest ball to keep the game flowing.

- Create Space
- Support players in possession
 - Opening up to receive
 - Type of pass

Psychological

Confidence Decision
Making Spatial
Awareness Attacking
mentality

Technical

Receiving skills
Passing key factors
Support
Running with the ball

Physical

A,B,C's
Acceleration

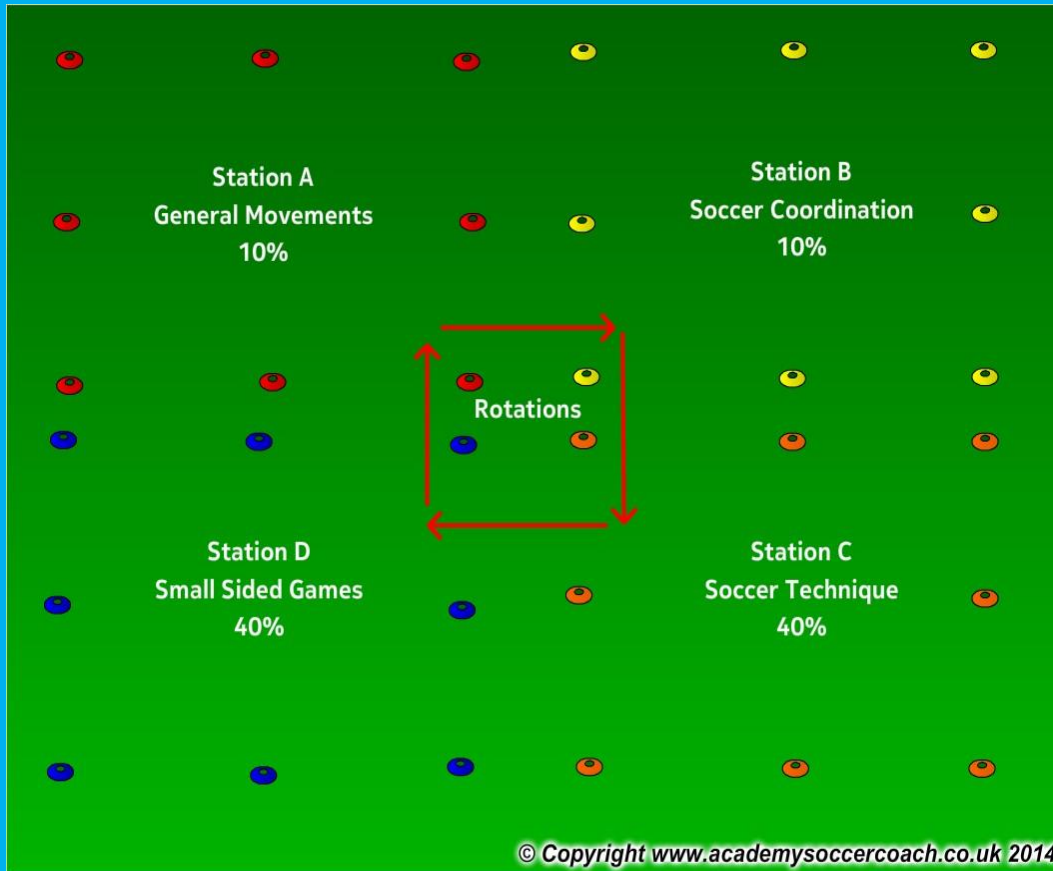
Social

Communication
Competition Fun
with friends

Player Development

Learn to Train practice plan

How the Player Development Model works



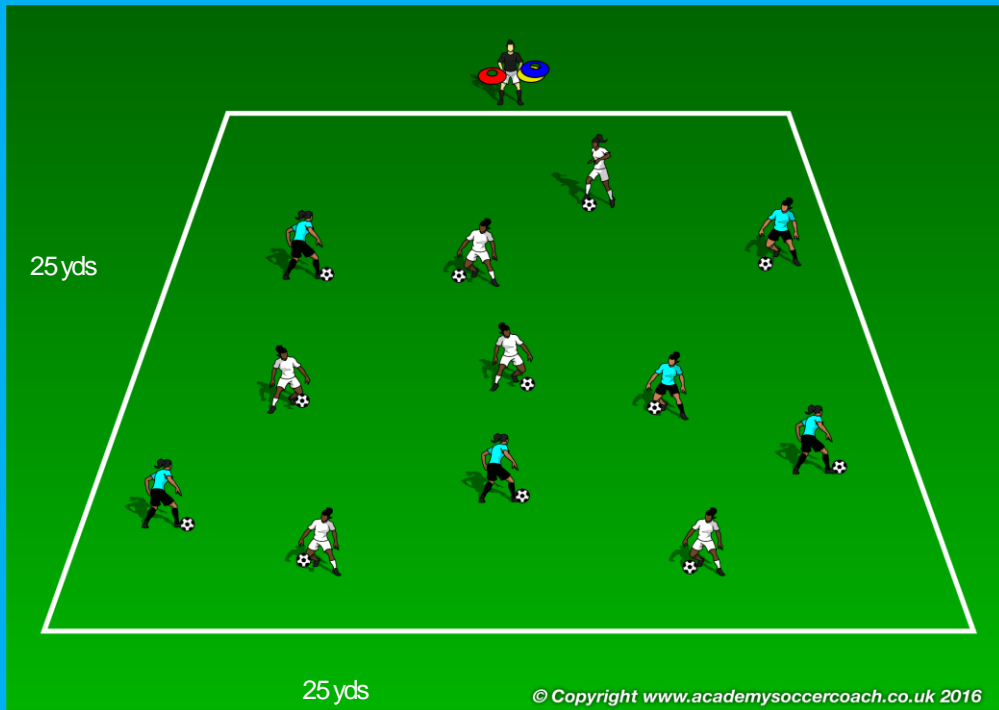
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If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan - Week39

Station A

General Movement – Dynamic warm up with the ball



Time frame. 10-12 minutes

Emphasis:

- Changing direction
- A,B,C's
- FUN!

Organisation

-Players are placed in a 25x25 area with a ball each.

Procedure

-Players dribble round with a ball, speeding up when they see open space and slowing down when crowded.
- Coach holds up a colour cone or bib and players react.

Red - Jump & high 5 team mate, Blue - change direction, roll over & accelerate, Yellow - skill move - step-over.

Progression:

- Change commands:
Red - low 5 team mate, Blue - leave the ball and hop to the nearest one, Yellow - stop the ball, run/shuffle backwards and accelerate back to the ball.

Psychologic
al Confidence
Being safe

Technical
Keeping the ball under control
Head looking forward
Part of foot/ball

Physical
A,B,C's
Change of Direction

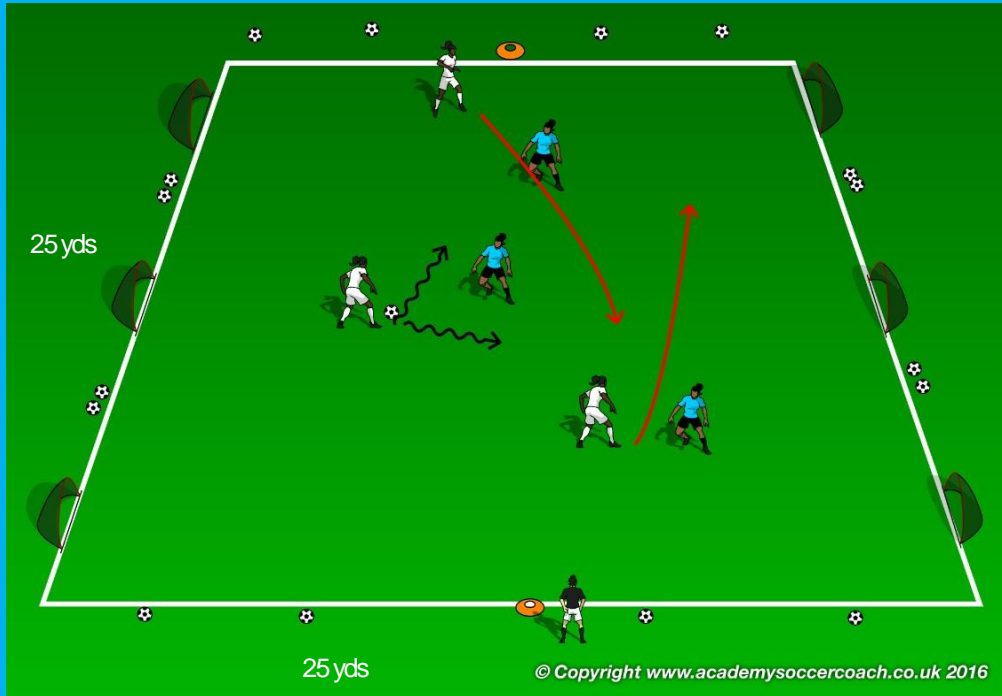
Social
Communicating
Peer interaction
FUN

Player Development

Learn to Train practice plan – Week 39

Station B

SSG: 3v3



Organization:

- Players are divided in two teams. Three in blue and three in white.
- Players play 3v3 but score goals for their team. If no goals, use cones and dribble through.
- Set up activity twice to incorporate all players.

Procedure:

- Players play 3v3 and can score in any of the goals.
- If a player scores, team retreats back in line with orange cone.
- If the ball goes out, players can dribble in from the nearest ball.

Progression:

- New opponents after 2 mins. Winning teams face each other.

Time frame. 12-15 minutes

Emphasis:

- Head in a position to see the ball, opponents feet and space behind.
- Decision making
- Movement to create space & support player in possession

<u>Psychological</u> Decision making Confidence Creativity	<u>Technical</u> Fast approach then accelerate Keep the ball on the 'safe side' (part of the foot furthest away from defender)
<u>Physical</u> A,B,C's	<u>Social</u> Supporting team mates Communicating Peer interaction /fun

Learn to Train practice plan – Week 39

Station C

Dribbling 1v1



Organization:

- Players are divided in to pairs. One player in blue, the other in white.
- Players play 1v1 but score goals for their team. If no goals, use cones and dribble through.
- 1 ball between 2

Procedure:

- Players play 1v1 and can score in any of the goals. If the defender wins, counter to score.
- If a player scores, they retreat back in line with orange cone.

Progression:

- Play for one minute, whoever wins moves on to a new partner.

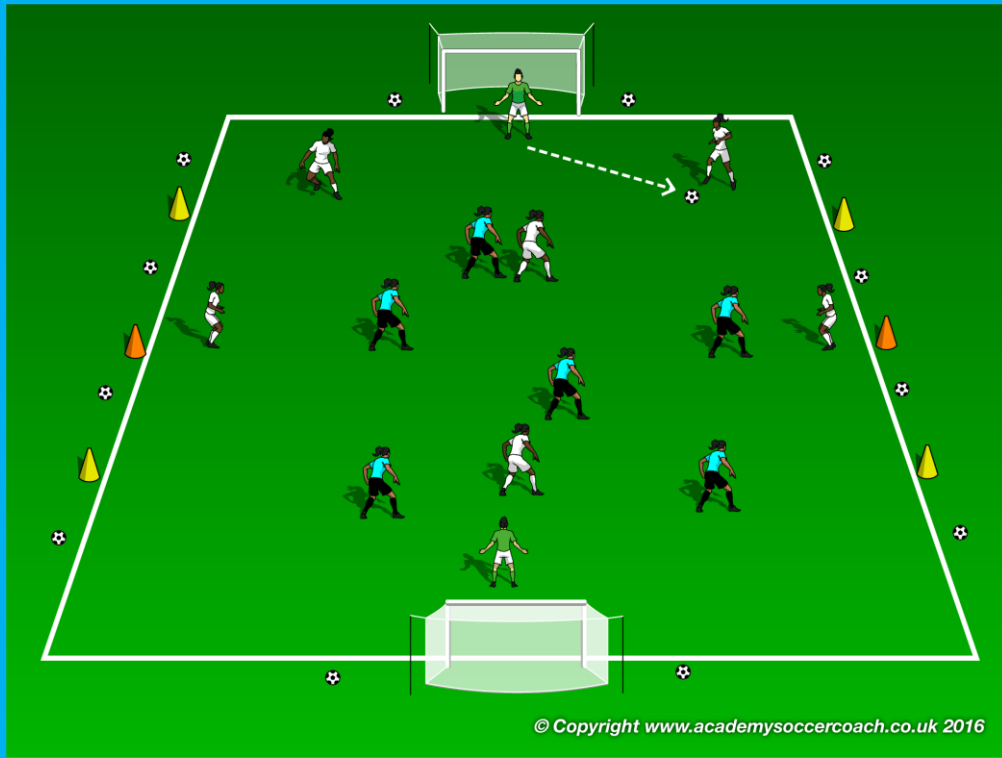
Time frame. 12-15 minutes

Emphasis:

- Dribble at speed
- Use the last three toes on the foot to move the ball
- Accelerate as approach the first cone
- Cut off the recovery line of the defender

<u>Psychological</u> Confidence Decision making Spatial awareness	<u>Technical</u> Using the last three toes Speed of dribble Head looking forward
<u>Physical</u> A,B,C's	<u>Social</u> Positive support Communicating Fun with friends

Learn to Train practice plan – Week 39
Station D
Small Sided Game – 7v7 with retreat line



Organisation
 -Players play 7v7 in a 60x40 area. Balls stationed on the outside of the field.
 Retreat line marked at each 3rd for 7v7.

Procedure
 Encourage players to receive on the half turn so they can beat players 1v1. However, don't force them to do it every time. Let them see if they can identify when to try and beat a player and when to retain the ball. Look for efficient movement to support the player in possession and find space.

Time frame. 12-15 minutes

Emphasis:

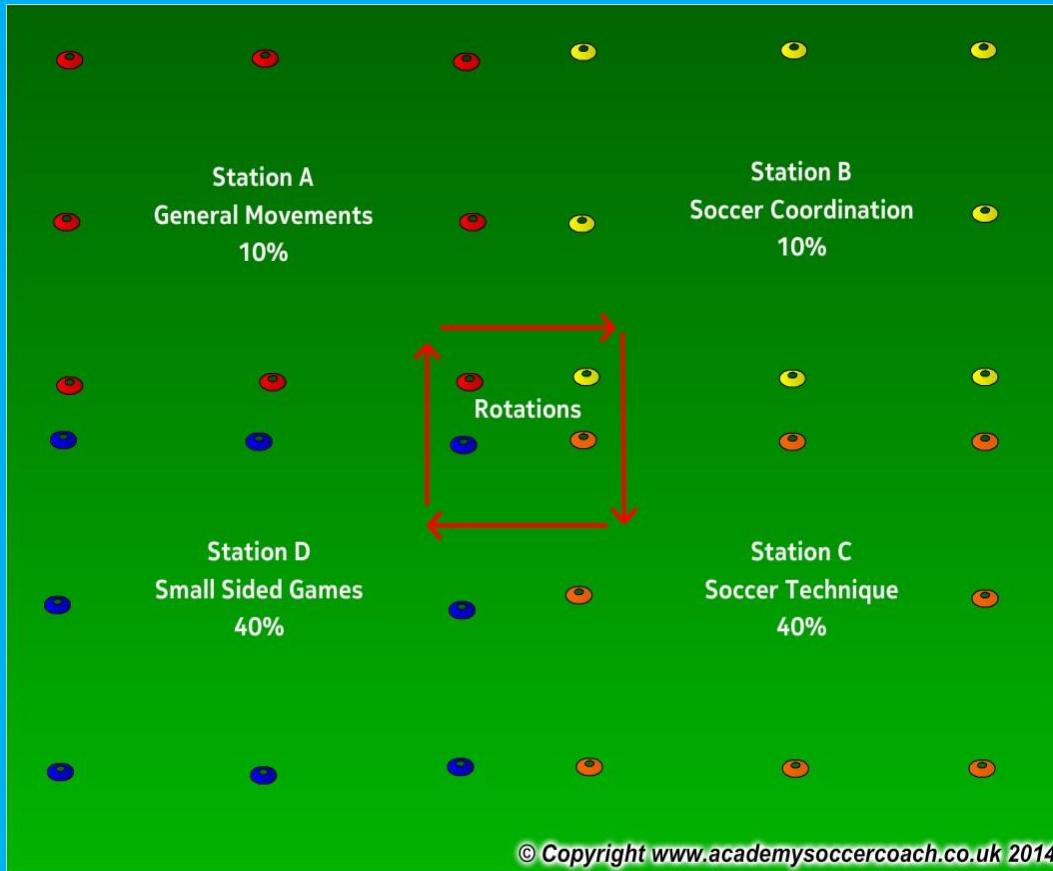
- Create Space
- Opportunities to turn

<u>Psychological</u> Confidence Decision Making Spatial Awareness	<u>Technical</u> Dribbling key factors Execution under pressure
<u>Physical</u> A,B,C's Acceleration	<u>Social</u> Positive support Communicating Fun with friends



Learn to Train practice plan

How the Player Development Model works



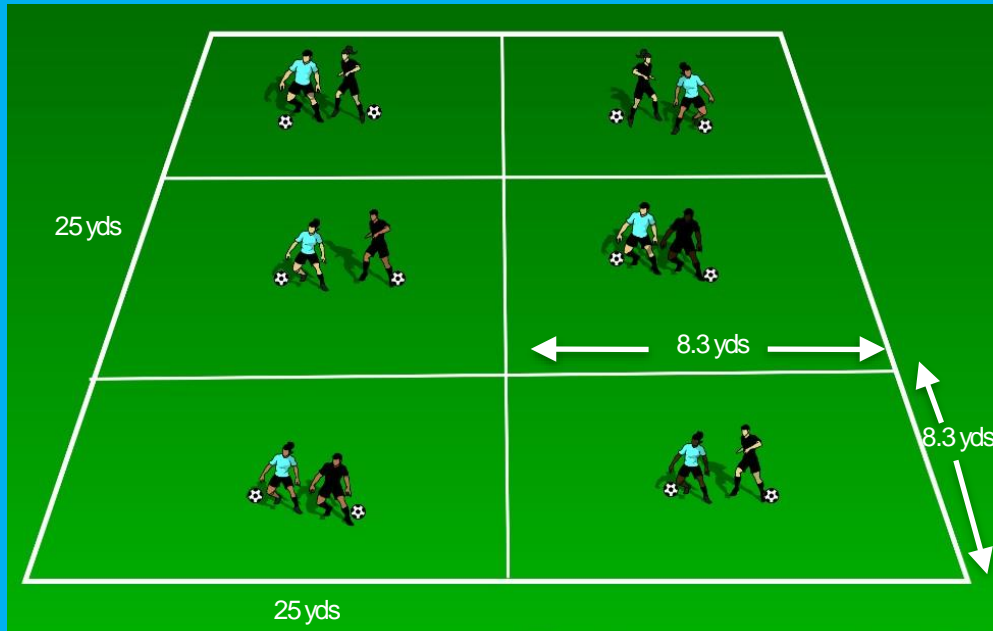
If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Learn to Train practice plan – Week 40

Station A

General Movement – Individual possession



Organization:

- Players are divided into pairs. Each player has a ball. A 25x25 yard area is divided up to create 6 boxes approx 8x8 yards.

Procedure:

- Players have 30 seconds to play 1v1 and try and touch each other's ball as many times as they can. A point awarded every time they touch opponent's ball.
- The player who touches their opponent's ball the most in 30 seconds is the winner.

- Players must be in close control of their own ball at all times & cannot leave it.
 - Players count the score and have the winner move up in a ladder system.
 - Create a 'World Cup Final Square', where the winner in that square stays in it.
 - Rock, paper, scissors to decide a tie.
- #### **Progression:**
- Play with one ball where players shield for 15 seconds before swapping. Who ever gets the least touches on their ball wins.
 - Start with a tackle, player who has possession at end of the time wins.

Time frame. 10-12 minutes

Emphasis:

- Upper body strength
- Core strength to hold off opponent
- **FUN!**

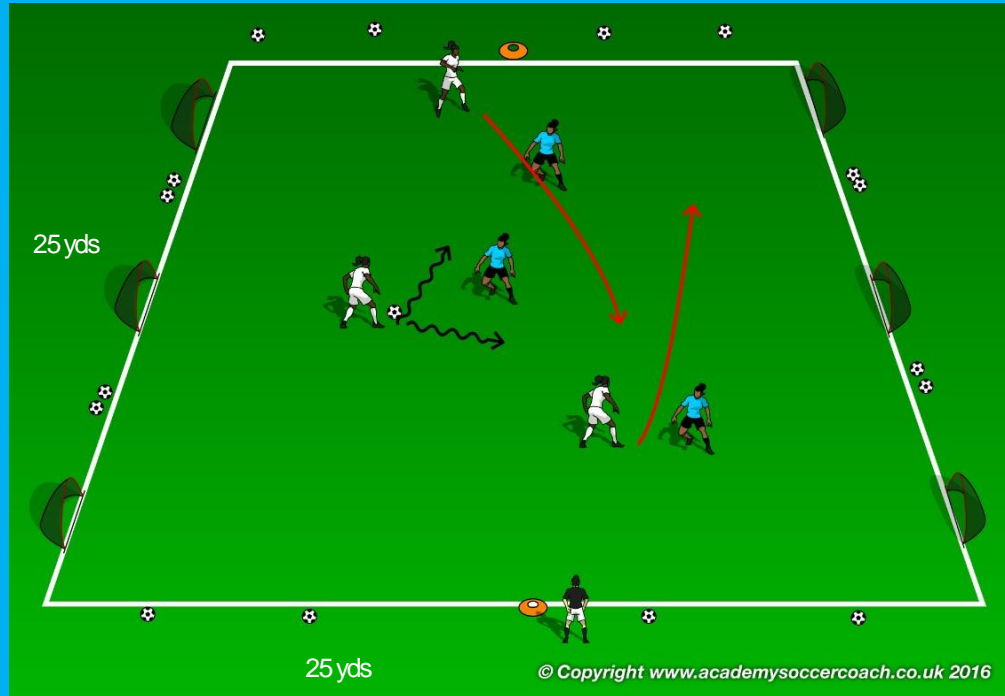
Psychologic al Confidence Being safe	Technical Keeping on the furthest foot from defender (safe side) Head looking forward Body low and use forearm to hold off the opponent
Physical A,B,C's Upper body strength Change of Direction	Social Communicating Peer interaction FUN

Player Development

Learn to Train practice plan – Week 40

Station B

SSG: 3v3



Organization:

- Players are divided in two teams and play 3v3.
- If no goals, use cones and dribble through.
- Set up activity twice to incorporate all players.

Procedure:

- Players can score in any of the goals.

- Players play man to man and pick an opponent to play against so they are always under pressure. Every time a ball goes out, the coach passes in a new ball to encourage receiving under pressure.

Progression:

- New opponents after 2 mins. Winning teams face each other.

Time frame. 12-15 minutes

Emphasis:

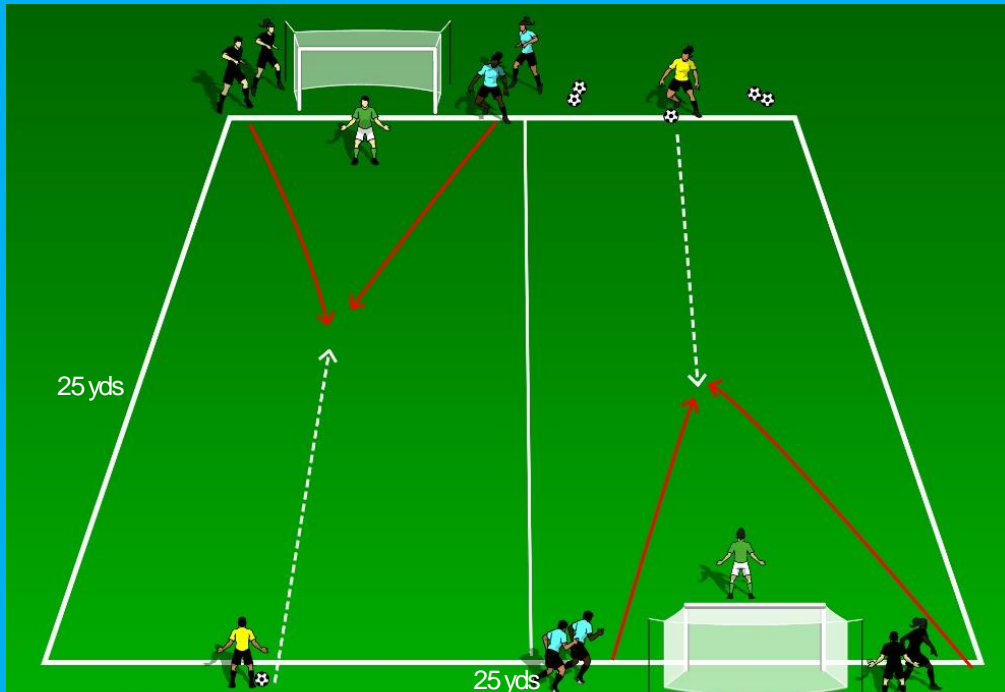
- Head in a position to see the ball, opponents feet and space behind.
- Decision making
- Movement to create space & support player in possession

<u>Psychological</u> Decision making Confidence Creativity	<u>Technical</u> Fast approach then accelerate Keep the ball on the 'safe side' (part of the foot furthest away from defender)
<u>Physical</u> A,B,C's	<u>Social</u> Supporting team mates Communicating Peer interaction /fun

Learn to Train practice plan – Week 40

Station C

1v1 Individual possession to goal



Organization:
-Players are divided in to pairs. 2 teams, a goalkeeper and a server. Set up as shown in the diagram.

Procedure:
-Ball starts with the server who plays the ball into the middle of the area.
-Players play 1v1 and whoever gets to the ball first is the attacker. The opponent becomes the defender. Players play 1v1 to

score on goal. If attacker cannot manage to turn and shoot they can bounce the ball off the server.

- If the defender wins the ball, dribble over the end line for a point.

Progression:

- Both players go and play 2v2
- Have a mini competition. Winning team after 2 minutes stays on.

- **Variation:** Server can join to create a 2v1.

Time frame. 12-15 minutes

Emphasis:

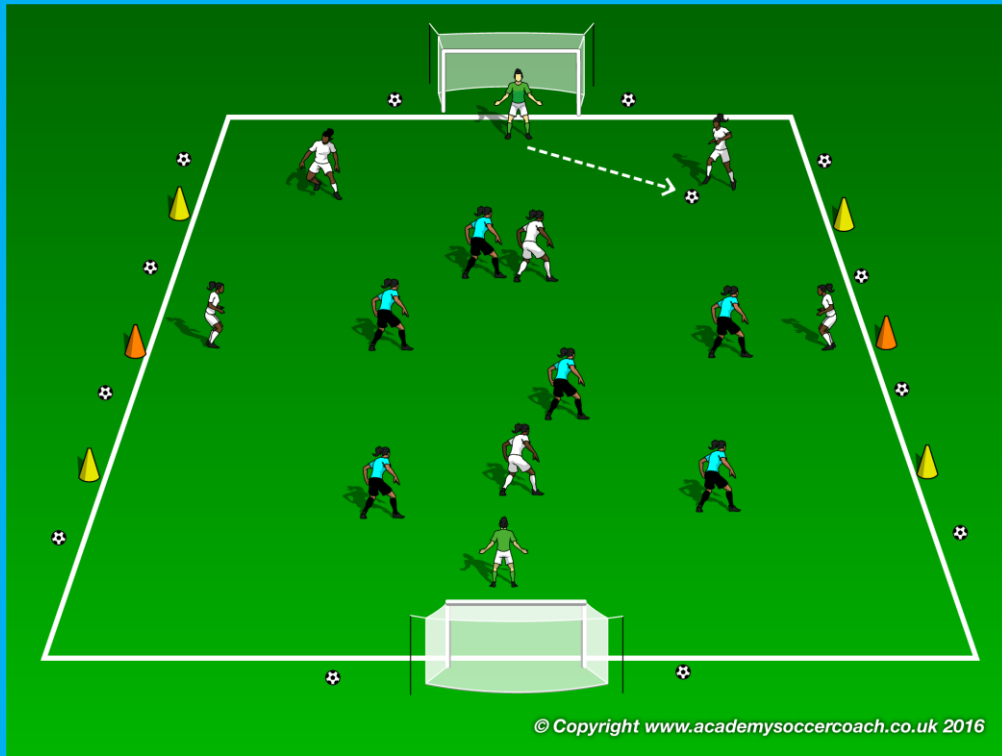
- Dribble at speed
- Use the last three toes on the foot to move the ball
- Accelerate as approach the first cone
- Cut off the recovery line of the defender

<u>Psychological</u> Confidence Decision making Spatial awareness	<u>Technical</u> Using the last three toes Speed of dribble Head looking forward
<u>Physical</u> A,B,C's	<u>Social</u> Positive support Communicating Fun with friends

Player Development



Learn to Train practice plan – Week 40
Station D
Small Sided Game – 7v7 with retreat line



Organisation

-Players play 7v7 in a 60x40 area. Balls stationed on the outside of the field.
 Retreat line marked at each 3rd for 7v7.

Procedure

Encourage players to receive on the half turn so they can beat players 1v1. However, don't force them to do it every time. Let them see if they can identify when to try and beat a player and when to retain the ball. Look for efficient movement to support the player in possession and find space.

Time frame. 12-15 minutes

Emphasis:

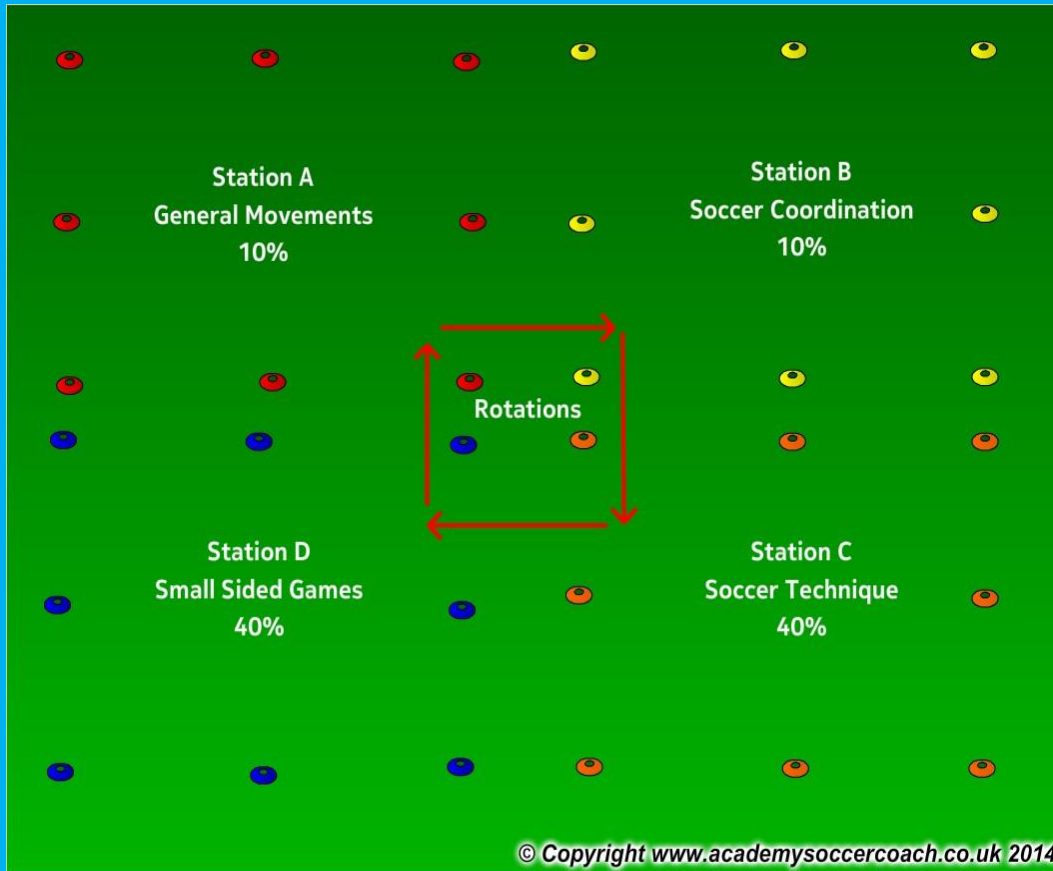
- Create Space
- Opportunities to turn

<p><u>Psychological</u> Confidence Decision Making Spatial Awareness</p>	<p><u>Technical</u> Dribbling key factors Execution under pressure</p>
<p><u>Physical</u> A,B,C's Acceleration</p>	<p><u>Social</u> Positive support Communicating Fun with friends</p>

Player Development

Learn to Train practice plan

How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station.

If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.



Learn to Train practice plan – Week 42
Station A
General Movement – Unorganized Chaos

Time frame. 10-12 minutes

Emphasis:

- ABC's
- Quick passes with minimal backlight when striking
- FUN!



Organization:
 30x30. Add cones, poles, hurdles, ladders, or any other obstacles randomly around the area. The more random the better. Involve players to assist the setup.

Procedure:
 -Players in pairs and number themselves 1 & 2. Player 1 moves randomly around the area. Backwards/forwards, side to side, crawling, rolling, hopping, jumping and changing direction. The more bizarre / creative the better. Just ensure the movements are safe. Allow them to use the obstacles to run through or around. Their partner must follow and copy. Encourage them to keep their partner guessing. Swap roles after 30-45 seconds. Change partners and repeat.

Progression:
 - Add a ball and players must do different movements/skills with the ball and partner copies.

<u>Psychologic</u> <u>a</u> Confidence Creativity Being safe	<u>Technical</u> Head in a position so look around as well as observe partner
<u>Physical</u> ABC's Speed/ acceleration Upper, core and lower body strength	<u>Social</u> Communicating Peer interaction FUN



Player Development

Learn to Train practice plan – Week 42

Station B

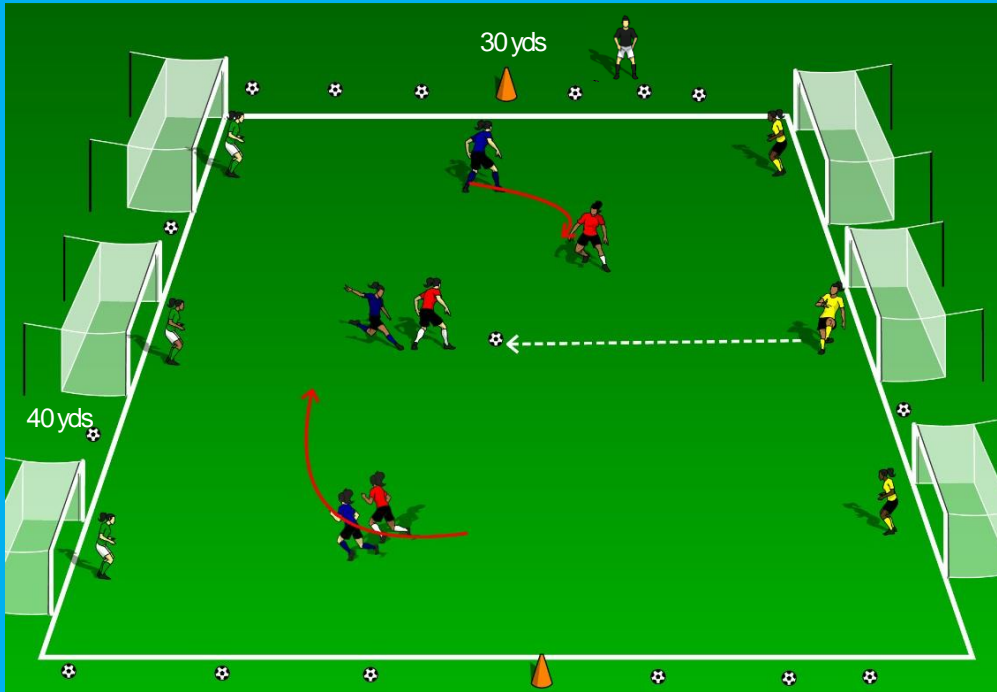
SSG: 3v3



Time frame. 12-15 minutes

Emphasis:

- Attacking mentality (touch forward to attack space)
- Movement to create space & support player in possession. Run before the pass.
- Use of fakes and play quickly



Organization:

- Players are divided in 4 teams of 3. 2 teams play against each other while the other two teams are GK's. The area is a 30x40.

Procedure:

-Ball starts with a goalkeeper who plays into a team mate. Players can score in any of the 3 goals they are attacking. Normal soccer rules apply. After 2 mins switch so the outfield players become goalkeepers.

Progression:

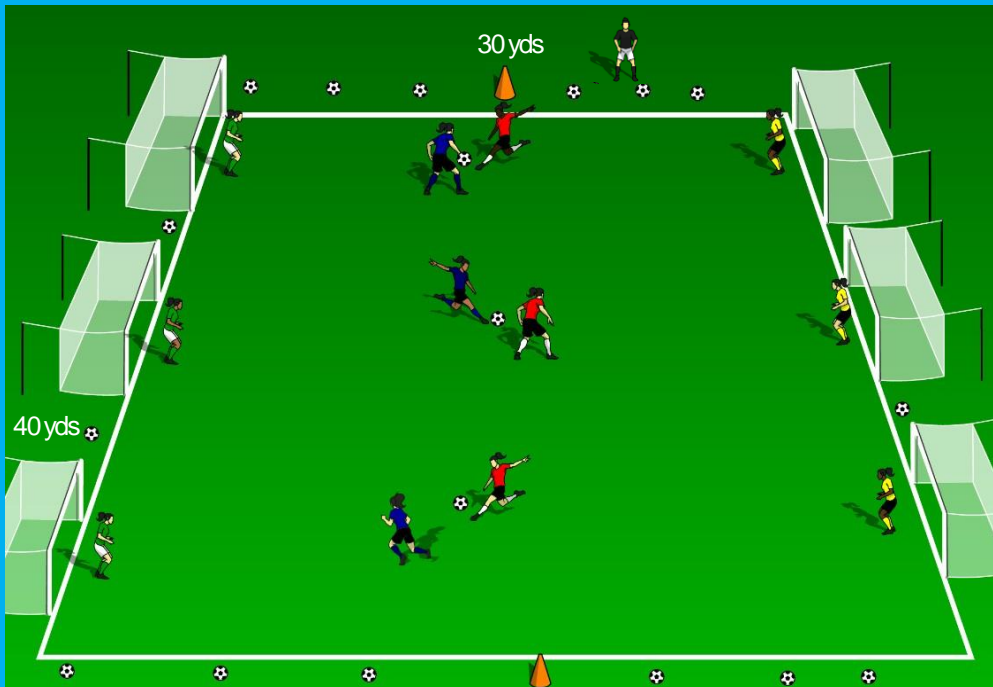
- Players must score in each of the goals to win. Have a competition. Whichever team scores the most goals stays on. If no team has scored after 2 minutes rotate positions.

Psychological Decision making Confidence Creativity Resilience	Technical Receive to play forward Minimal back lift when striking Use hips to disguise intentions Fake to move the defenders
Physical Quick movement when making a run Change of pace to deceive the defender	Social Supporting team mates Communicating Peer interaction /fun Moving for team mates to give them time and options

Player Development

Learn to Train practice plan – Week 42

Station C 1v1 Finishing



Time frame. 12-15 minutes

Emphasis:

- Creating space
- Decision: Shoot from distance or beat defender and shoot
- Finish in the corners - accuracy over power
- Receive to go forwards

Organization:
- Players are divided in 4 teams of 3. 1 player from each team is placed in a zone. The area is a 30x45.

Procedure:
-Ball starts with a goalkeeper who plays into the player that is shooting on the opposite goal. The defender starts in their own half and can play live as soon as the striker has touched the ball. If a goal is scored or the ball goes out, the ball turns

over to the opponent and the shooting player must retreat behind the orange cone to their own half. Play for 1 minute and switch roles.

Progression:
- Have a player start in the opponents half and marked, they must receive and score. If they need to they can drop the ball back off to their GK who can overload for a 2v1.

Psychological Confidence Attacking mentality Decision making Spatial awareness	Technical Creating Space Receiving to play forward Looking at the part of the ball you want to strike
Physical A,B,C's	Social Positive support Communicating Fun with friends



Learn to Train practice plan – Week 42

Station D

Small Sided Game – 7v7 with retreat line



Time frame. 12-15 minutes

Emphasis:

- Create Space
- Opportunities to finish

Psychological

Confidence Attacking
mentality Decision
making Spatial
awareness

Technical

Open body to play forward
Minimal back lift when
striking the ball
Quick play to create a scoring
opportunity

Physical

Quick movement when
making a run
Change of pace to deceive
the defender

Social

Supporting team mates
Communicating
Peer interaction /fun
Moving for team mates to give
them time and options

Organisation

-Players play 7v7 in a 60x40 area. Balls stationed on the outside of the field. Retreat line marked at each 3rd for 7v7.

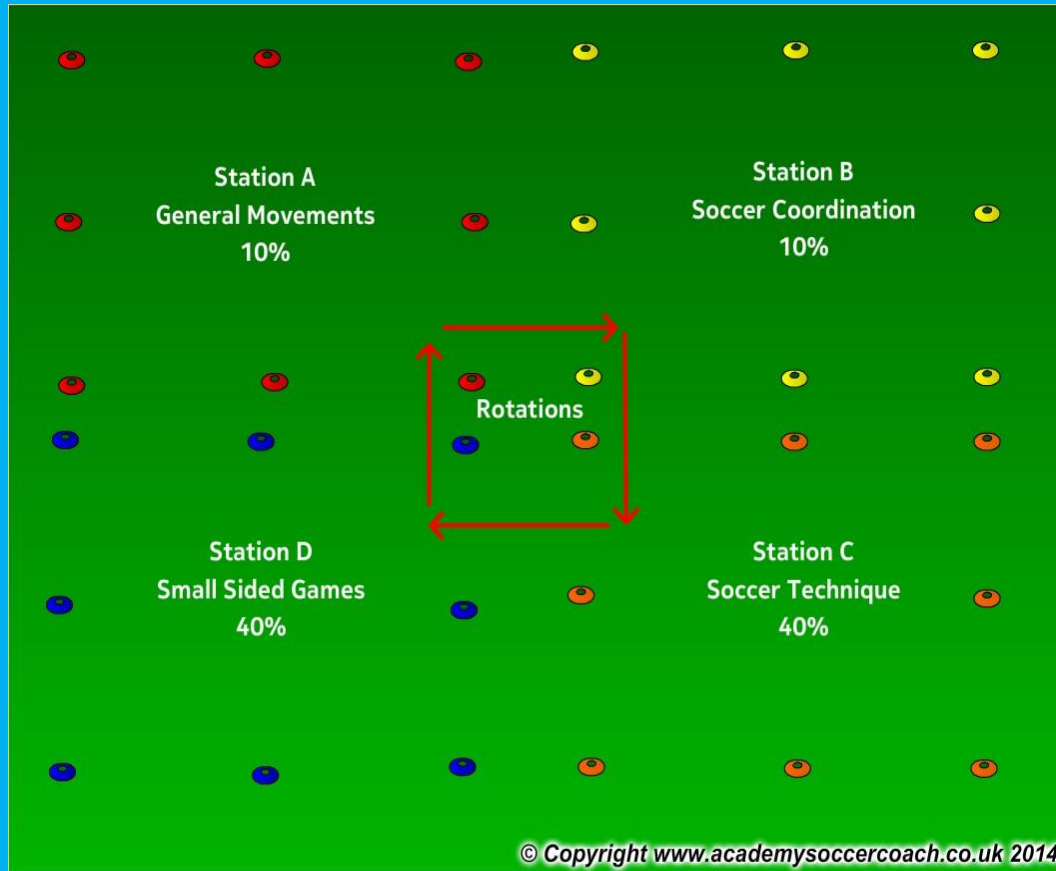
Procedure

Encourage players to players to receive to play forward. Let them see if they can identify when to penetrate and when to retain the ball. Look for efficient movement to support the player in possession and find space.

Player Development

Learn to Train practice plan

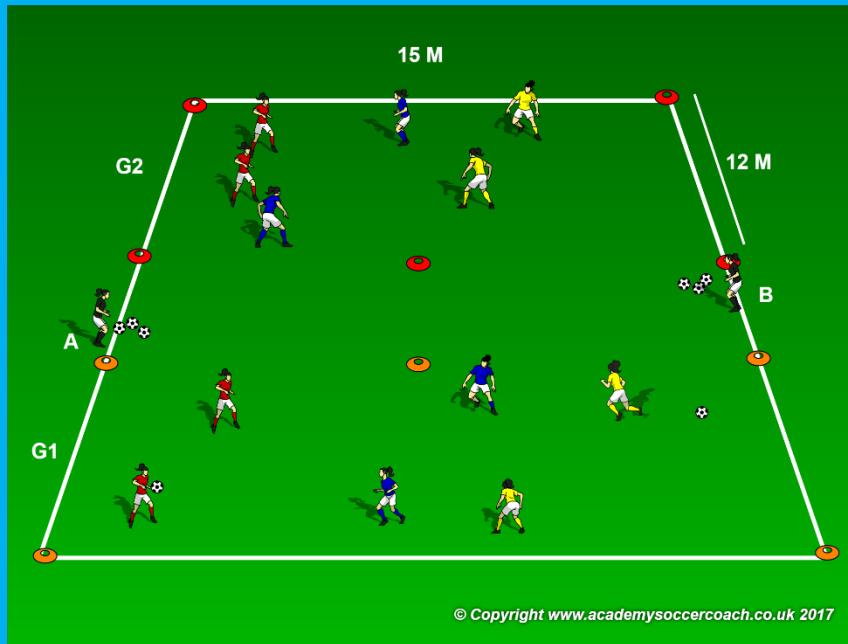
How the Player Development Model works



If working with a larger group organize players into groups of 10-12. Each station has a coach who will lead that specific station for the session. Players rotate every 12-15 minutes with a 2 minute break in between each station to have a water break and move to the next station. If working with a smaller group you can still have the 4 stations and players will move together through all 4 stations until all are complete.

Player Development

Learn to Train practice plan - Week 43
Station A
General Movement – Warm up with hand ball



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Organization: G1 & G2 Field will have 3 teams of 2. Each field is 15m x 12m. Two coaches with set of balls.

Procedure: Blue will start to defend while Yellow and Red are in possession using hands. If Blue wins possession off Red, then Red will defend while Yellow and Blue keep possession. If ball goes out of bounds, Coach will restart game with the ball. After 6 minutes, progress to playing with the feet.

Time frame. 10-12 minutes

Emphasis:

- Changing direction, Transition, Decision Making
 - A,B,C's
 - FUN!

<p><u>Psychological</u> Confidence Being safe Decision Making</p>	<p><u>Technical</u> Keeping the ball under control First touch out of feet Part of foot/ball</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction FUN</p>

Player Development

Learn to Train practice plan – Week 43
Station B
SSG:4v4-Movement into Space for Support



Organization: 4 Teams of 4 and will play in 30m X25m field. Label Teams, 1, 2, 3, and 4.

Procedure: Each team will play each other once. 4 minute games. Coach can get players to focus on movement into open space to offer support.

Time frame. 12-15 minutes

Emphasis:

- Movement to create space & support player in possession
 - Decision making
 - Communication & Fun

<p><u>Psychological</u> Decision making Confidence Creativity</p>	<p><u>Technical</u> Scanning Body position to receive Passing, Receiving</p>
<p><u>Physical</u> A,B,C's</p>	<p><u>Social</u> Supporting team mates Communicating Peer interaction /fun</p>

Player Development

Learn to Train practice plan – Week 43

Station C

SSG-3v3-Finishing-Transition



Time frame. 12-15 minutes

Emphasis:

Finishing, Passing, Receiving, Transition,
Support-Body positioning

<u>Psychological</u> Confidence Decision making Space awareness	<u>Technical</u> Finishing, passing, receiving
<u>Physical</u> A,B,C's	<u>Social</u> Positive support Communicating Fun with friends

Organization: 2 Teams of 6 plus 2 Keepers. Field area 35m x 30m. Balls placed at half by the Coach.

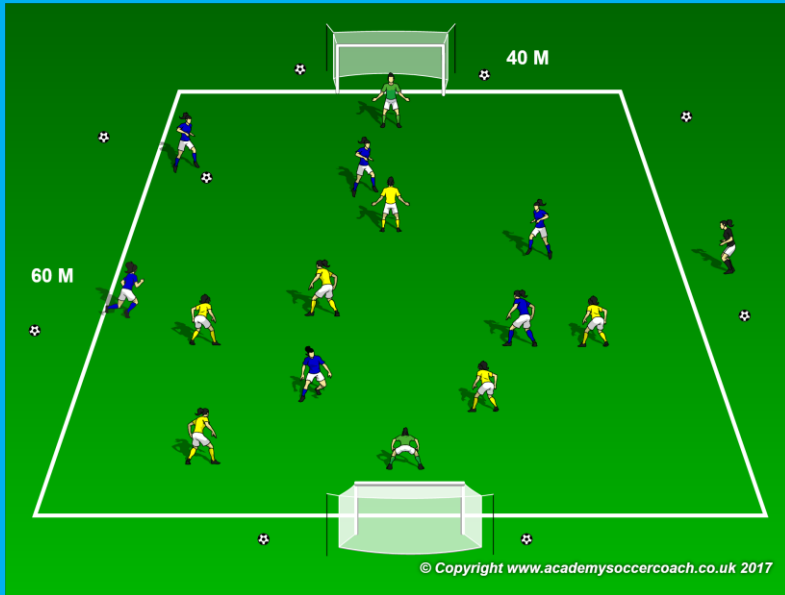
Procedure: 3v3 plus keepers, timed games of 1 minute. If ball is scored or played out of playing field, Coach will restart play by playing ball into the game. Once minute is up, next 3 will play.

Player Development

Learn to Train practice plan – Week 43

Station D

Small Sided Game – 7v7 Free Play



Time frame. 12-15 minutes

Emphasis:

- Free Play
- Creativity
- Allow the game to be the teacher
 - FUN

<u>Psychological</u> Confidence Decision Making FUN	<u>Technical</u> Turning key factors Execution under pressure
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Positive support Communicating Fun with friends

Organization: 7v7 in a 60m x 40m. Balls place around playing field.

Procedure: Free Play-Let the game be the teacher.

Player Development