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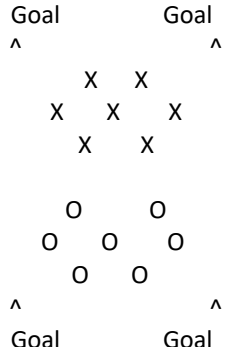
Training Session Plan

Team: U11 Boys - Marshall

Practice time: 1hr

Topic: Team Shape (Preseason)

Time	Activity & Description	Coaching Points	Field Layout
10 Mins.	<p>Warm Up – Ball Mastery Dribbling (Pregame warmup)</p> <ul style="list-style-type: none"> - All players split into 4 lines facing the line of cones with 1 ball per group. - On coach’s command players dribble through the cones and passing the ball back to the next person in line who repeats the task. <p>*** 1 coach leads in ball mastery while the other coach splits players into two teams with training vest if available.</p>	<ul style="list-style-type: none"> • Start Slow and focus on Technique • Coaches walk around helping players perform skills 	<pre> O X O X O X O X ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ ^ </pre>
15 Mins.	<p>Phase 1: Team Spacing – Numeric Passing</p> <ul style="list-style-type: none"> - Players split into two groups (equal numbers is possible) and number off 1-6. - On coach’s command players pass from one player to the next in sequential order with number 6 passing to number 1. - Each time they make it from 1 to 6 and back to 1 they get 1 point. - At the end of 45 seconds the team that has the most points wins and the losers have a consequence. <p>***Progress to: <i>Let the players solve the game however they choose 1 time, then increase the difficulty.</i></p> <ul style="list-style-type: none"> - <i>Players must move to a new spot after the pass.</i> - <i>Players only have 2 touches (then 1 touch)</i> - <i>Teams must use the whole grid (this will have both teams mixed together in the space)</i> - <i>Passes must be at least 5 yards, 10 yards apart.</i> 	<ul style="list-style-type: none"> • Eyes Up: “I like the way Johnny and Sam are working together” • Good Spot: “Can you get to a good spot to help your teammate?” “Get where he can see you” • Communication: “Use your outside voice” “Use your terms: Square, Line, Switch” • Passing Technique: “First touch towards teammate” “Inside of the foot passes” “Not too hot, Not too cold” “No hospital balls” 	<p>40x40 yard grid with</p>

<p>15 Mins.</p>	<p>Phase 2 : 7v7 – 4 Goal Game (No GKs)</p> <ul style="list-style-type: none"> - Players split into two teams. - Formation for both teams should be 2-3-2 - Teams get points for scoring on either of the two goals they are attacking. <p>Progress to:</p> <ul style="list-style-type: none"> - <i>Players must PLAY WITH PURPOSE. They must PASS, DRIBBLE, or SHOOT when they receive the ball. Indirect free kicks will be given to the opposing team if a player just “kicks” the ball away.</i> 	<ul style="list-style-type: none"> • First touch: away from pressure. • Using Terms: Drop, Square, Line, Through, Switch • Being in a good spot to help your teammate (Try to be in a spot where he sees you) • Spacing: Creating space by spreading out. • “Play with purpose, don’t just kick it” 	
<p>10 Mins.</p>	<p>Phase 3: End Game 9 v 6 (Full Field w/GKs)</p> <ul style="list-style-type: none"> - Players split into teams and play using normal game rules. - The Team with numbers up should play 3-2-3+GK or 3-3-2+GK - The Team with numbers down should 2-2-1+GK or 1-3-1+GK <p>Progress to:</p> <ul style="list-style-type: none"> - <i>Players must PLAY WITH PURPOSE. They must PASS, DRIBBLE, or SHOOT when they receive the ball. Indirect free kicks will be given to the opposing team if a player just “kicks” the ball away.</i> 	<ul style="list-style-type: none"> • Eyes Up: “Sneak a peek” • First touch: away from pressure. • Using Terms: Drop, Square, Line, Through, Switch • Player Positioning: Being in a good spot to help your teammate (Try to be in a spot where he sees you) • Spacing: Creating space by spreading out. “Can you make more space? Show me” • “Play with purpose, don’t just kick it” 	<p>Full Field</p>
	<p>After practice game while waiting on parents:</p> <p>Shooting: Lightning</p> <ul style="list-style-type: none"> - Players line up single file 15 yards from goal. One player in goal to play as a keeper. All the soccer balls at the coach’s feet. When the player calls for ball, the coach plays a ball out to him. If he misses he becomes Keeper for the next player in line. If he makes it he goes to the end of the line to shoot again. <p>Progress to:</p> <ul style="list-style-type: none"> - If a shot hits the cross bar all eliminated players return to game. If an eliminated player catches the ball, the player who shot the ball is then out and the player who caught the ball is then the keeper. - If the keeper saves it, the player is then eliminated from the game. 	<ul style="list-style-type: none"> • Proper shooting technique: plant foot towards target, hit the ball in the nose, follow your shot, use the laces or inside of foot. • NO TOE BALLS 	<p>One goal with 20x20 yard space</p>

<p>8-10 Mins.</p>	<p>Station 5: 4v4 – 6 Goal Game</p> <ul style="list-style-type: none"> - Players divide into two teams and play 4v4 on a wide field with six goals. - Points are scored by passing through the goals. <p>Progress to: Limited touches</p>	<ul style="list-style-type: none"> • Good passing technique • Focus on attacking the open goal. <p>Coaches:</p>	<pre> Goal Goal Goal ^ ^ ^ X X X O O O ^ ^ Goal Goal Goal </pre>
<p>8-10 Mins.</p>	<p>Station 6: End Game 4v4</p> <ul style="list-style-type: none"> - All rules apply. - Extra 1 point for three passes in a row. - Free kicks (indirect and direct), given when rules are broken. <p>Progress to: Limited touches, Must trap ball first, extra points for 3 passes in a row or goal scored off , direct kicks, headers, etc...</p>	<ul style="list-style-type: none"> • Playing in Position (FWD,LM,RM,CB) • Calling for ball <p>Coaches:</p>	<p>Regulation size field. Small cones on perimeter. Large cones for goals. Target jerseys for teams.</p>