

TRAINING SESSION PLAN

Theme: Coaching The 1v1

Warmup Phase

1. "Command Dribble"
2. Dynamic Stretches
3. Speed Dribble Warmup
 - > all players with ball, dribble from goal line to 18-yard line and back using laces
4. Static Stretches

"1v1" Technical Phase

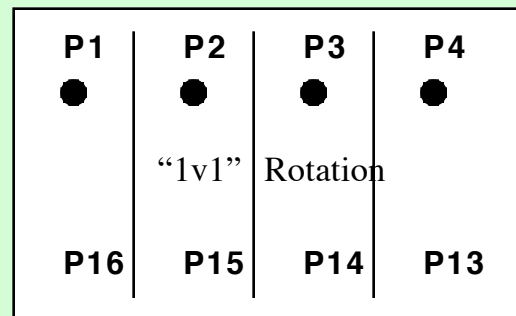
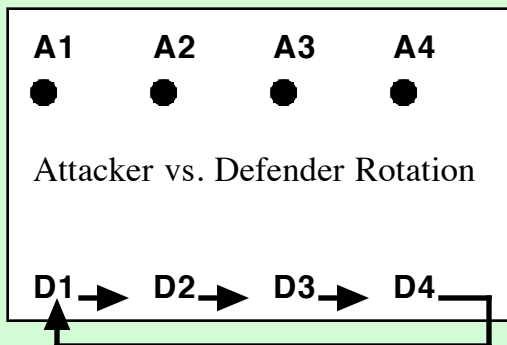
1. Dribbling Warmup: "Quickfoot" session
 - > Box + Lat 2-Touch + 3-Touch + L + V + U + Triangle-R + Triangle-L + X-Box + Box-123
2. Dribbling Move session
 - > "Foot-Around", "Side-Step", etc.
3. Defending Drill
 - > "Delay + Tackle + Takeaway"

"The Competitive Cauldron: 1v1" Phase

1. Warmup: Passive 1v1
2. Active 1v1: "Attacker vs. Defender" > Line Soccer
3. Active 1v1: "Attacker vs. Defender" > To Goal
4. Active 1v1: "1v1 to Line"
5. Active 1v1: "1v1 to Goal"

"The Competitive Cauldron: 1v1" Setup

- > For "Attacker vs. Defender" series, divide players into 2 teams
- > Each team serves as Attackers and Defenders
- > Rotate only the Defending team players so that each Attacker goes 1v1 vs. each Defender
- > For "1v1 to Line" and "1v1 to Goal" assign each player a number and rotate so that each



TRAINING SESSION PLAN

Theme: Coaching Small-Group Play

Warmup Phase

1. Passing & Receiving Drill : "USA"
 - > players in groups of 3 or 4, one ball per group, passing and moving inside big grid
2. Dynamic Stretches
3. Fitness Drill: "CoP/CoD"
4. Static Stretches

Technical Phase

1. Review of "Attacking & Defending Principles"
2. Passing & Receiving Drill: "3-2-1"
 - > Pair up players, P&R @ 8-12 yards, starting at 3-touch to 2-touch to 1-touch
3. Dribbling Drill: "Go Thru"
 - > Session #1: all players with ball, at "command" dribble through cone goals
 - > Session #2: players in groups of 2 or 3, one ball per group, dribble or pass ball through cone goals

"The Competitive Cauldron" Phase

Note: Divide players into 2 teams

1. "Line Soccer": 2v2 + 3v3 + 4v4
2. "To Goals": 2v2 + 3v3 + 4v4

"The Competitive Cauldron" Setup

- > The grids for "2v2" should be 10 yards wide x 15 yards long
- > The Goals for "2v2" should be 3-5 yards wide
- > The grids for "3v3" should be 15 yards wide x 20 yards long
- > The Goals for "3v3" should be 5-6 yards wide
- > The grids for "4v4" should be 20-30 yards wide x 30-40 yards long
- > The Goals for "4v4" should be 6-8 yards wide

"The Competitive Cauldron: 2v2/3v3/4v4" Coaching Points

> This session is excellent to begin teaching the principles of attacking and defending

- *Attacking: 1) Penetration; 2) Support-Depth; 3) Support-Width 4) Mobility; 5) Score*
- *Defending: 1) Pressure-Delay; 2) Support-Depth; 3) Balance/Compactness; 4) Concentration; 5) Clearing the ball away*

> The grids are kept relatively small at 2v2 and 3v3 to simulate action during a match

TRAINING SESSION PLAN

Theme: Coaching Numbers-Up

Warmup Phase

1. Fitness Drill: "Team Handball > Throw-Head-Catch"
2. Dynamic Stretches

Technical Phase

1. Review of "Attacking & Defending Principles"
2. Defending Drill: "Chase: 1v1 > 2v1"
3. Finishing Drill: "Four Corners" (see description under "Tactics" folder)
4. Possession Drill: "Numbers-Up Keepaway"
 - > Divide players into 3 teams
 - > Each team serves as "defender" for 2-5 minutes

"The Competitive Cauldron" Phase

Setup Notes:

- *Divide players into 2 teams;*
- *Each team takes turn as Attacker and Defender*
- *All games are to a regulation goal*

- > **Game One:** 2 Attackers vs. 1 Defender + Goalkeeper (*inside 18-yard box*)
- > **Game Two:** 3 Attackers vs. 2 Defenders + Goalkeeper (*inside 18-yard box*)
- > **Game Three:** 4 Attackers vs. 2 Defenders + Goalkeeper (*inside 18-yard box*)
- > **Game Four:** 5 Attackers vs. 3 Defenders + Goalkeeper (*18-yard box extended out 10 yards*)
- > **Game Five:** 6 Attackers vs. 3 Defenders + Goalkeeper (*60 wide x 36 long grid*)
- > **Game Six:** 6 Attackers vs. 4 Defenders + Goalkeeper (*on half regulation field*)

