

SESSION PLAN: TACTICAL



CREATIVITY & IMPROVISATION

The following is based on a session conducted by Dr. Douglas Williamson of the NSCAA at the 2010 NSCAA Convention in Philadelphia. I have added the "Warmup Phase" and the "Speed, Agility & Quickness Phase". I've also added the last two games in the "Tactical Phase" to complete the session plan. The Theme: "Creativity and Improvisation".

WARMUP PHASE

1. Juggle
2. Ball Activity
 "Command Dribble" (see attached sheet)
3. Dynamic Movements & Stretches
 (see attached description)

SPEED, AGILITY & QUICKNESS PHASE

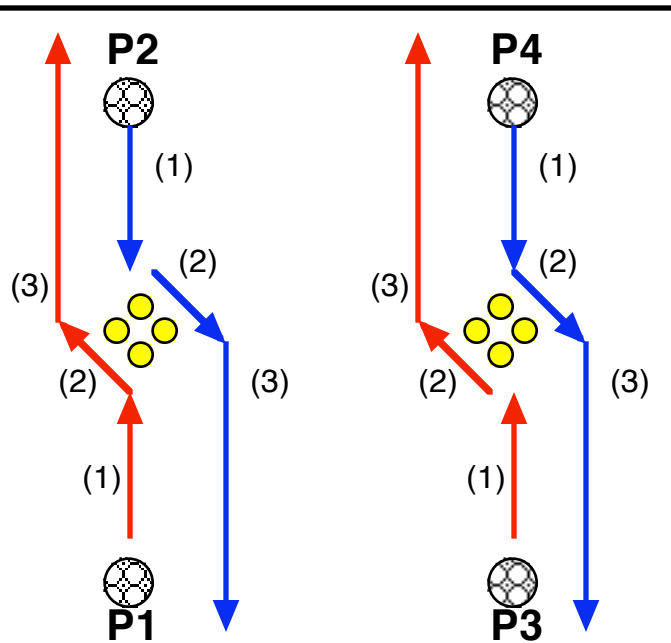
1. Speed, Agility & Quickness w/the ball
 - > "Quickfoot Session #1"
 - > "Quickfott Session #2"
 (see attached sheet for descriptions of each)
2. "Delay-Tackle-Takeaway" (see attached sheet for info)

TECHNICAL PHASE

1. "Dribble Diamond" (see diagram at top right)
2. "1v1 to the Box" (see diagram below)

TACTICAL PHASE

- (see attached diagrams for description & setup)
1. "1v1 to Center Goal"
 2. "Diagonal 1v1 to Goals"
 3. "Diagonal 2v1 to Goals"
 4. "Diagonal 3v2 to Goals"

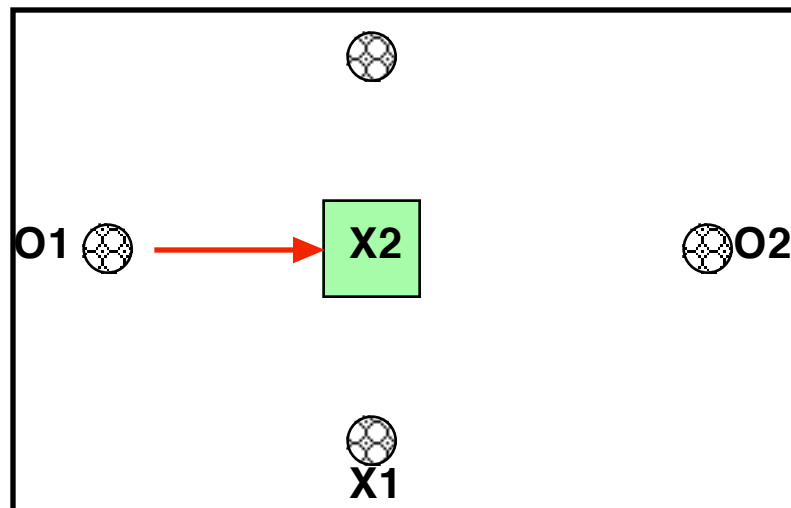


"DRIBBLE DIAMOND"

SETUP: Form small diamonds with disc cones
NUMBER OF PLAYERS: All players paired up & lined up opposite each other approximately 10-15 yards from the "diamond"

DRILL RUN

- (1) players speed dribble directly at "diamond"
 - (2) players perform a dribbling move at the point of the "diamond"
- (NOTE: Make sure each player makes the move in the same direction. In the example above, the players are all moving to their left)
- (3) players explode away to the opposite side



"1 v 1 to the Box"

SETUP: Form a 8- to 10-yard x 8- to 10-yard box in the center of the grid.
NUMBER OF PLAYERS: 4 per grid
DRILL RUN

O1 starts drill by attacking box which is defended by X2. O1's objective is to beat X2 into and out of the box. If O1 is successful, X2 remains in box as defender and O2 now attacks from other side. If X2 gains possession or knocks ball out, O1 goes into the box as defender and X1 attacks

DYNAMIC WARM-UP



Movement & Stretches

(NOTE: EXERCISES SHOULD BE PERFORMED AT 10-18 YARDS)

- > **WALK** and stretch neck, moving head forward, back, side to side
- <----- **WALK** back with arms bent at elbows; cross arms in front then stretch back trying to touch elbows behind back
- > **SKIP** making big circles with the arms (*straight out to the side*)
- <----- **SKIP** arms straight at side then without bending elbows raise arms above head and clap
- > **SKIP** performing trunk twists
- <----- **SKIP** with high knee action, driving knees up toward chest
- > <----- **JOG out. BACKPEDAL back.**
- > **ANKLE FLEX:** every 3 steps lift one foot slightly off ground and move foot forward, backward, side to side
- <----- **TOE WALK:** walk on toes
- > **HEEL WALK:** walk on heels
- <----- **ANKLE SKIP WITH HIGH-KNEE:** quick-step ankle skip then raising knee up and toward chest
- > <----- **KNEE HUGS:** every 3 steps, raise knee, grab with both hands and hug toward chest; alternate every 3 steps
- > **"KARATE KID":** every 3 steps, raise one knee so thigh is parallel to ground, slowly kick out, toes pointed up
- <----- **"KARATE KID":** on way back, when kicking foot out, have toes pointed down
- > **"FRANKENSTEIN WALK":** every step, kick one leg straight out and up and touch with same side hand (*Note: have arms straight out as if "sleepwalking" and try to "kick" hands with foot -- do not bend legs*)
- <----- **"ROCKETTES":** similar to "Frankenstein Walk", only this time touch foot with opposite hand keeping hips square
- > <----- **SINGLE-LEG "HEEL-BUTTS":** jog and flick one foot up & back towards butt; do other foot on way back
- > <----- **"HIGH-KNEE" SKIP:** while skipping lift knees as high as possible; go distance and back
- > <----- **"POWER SKIP":** at each "skip" jump as high as possible; go distance and back
- > **"FIGURE-4s":** every 3 steps, lift foot up and inward, grab ankle and shin with hands and gently pull up
- <----- **"OUT-FLICKS":** jog and on every step, flick foot and leg outward and slap with same-side hand
- > **GROIN STRETCH (OUT):** every 3 steps raise knee so thigh is parallel to ground, then swing it outwards, keeping hips and upper body pointing straight away or square (call it "swing the gate open")
- <----- **GROIN STRETCH (IN):** the opposite of the above stretch -- every 3 steps, lift knee up to side and then swing it back in, again keeping hips and upper body pointing straight away or square (call this "close the gate")
- > **FORWARD LUNGE WALK:** Take lone stride with right leg, left knee close to ground. Then take long stride with left leg, etc. Do this portion with the arms straight up as in "surrender" position.
- <----- **FORWARD LUNGE WALK** but this time, when stepping out, raise knee toward chest before going into long stride.
- > <----- **SIDE LUNGE WALK:** facing sideways, take a lateral step to left or right and do a squat, making sure not to drop knees past toes. Also make sure to not lift heels off ground.
- > <----- **SLIDE/SHUFFLE:** Facing one way slide or shuffle laterally and return facing same way
- > <----- **"QUICKSTEP" CARIOCA:** facing sideways, perform carioca routine, with each step being short and quick; facing same way, carioca back to start
- > <----- **"LONG-STRIDE" CARIOCA:** facing sideways, perform carioca routine with each step being longer (*will work hips and trunk better than previous carioca*); facing same way, carioca back to start
- > <----- **"CROSSOVER STEPS":** facing sideways, perform a crossover step, moving, for example, the left foot over the right foot every step, always keeping the hips and upper body pointing straight away or square; facing the same way, do the same with the opposite foot coming back.
- > **RUN** <----- **RUN BACKWARDS** back to start line
- > **RUN** <----- **SPRINT** back to start line
- > **SPRINT** <----- **SPRINT** back to starting line

LEGEND:

- > **MOVEMENT FROM START LINE TO END LINE**
- <----- **MOVEMENT BACK TO START LINE**
- > <----- **MOVEMENT FROM START LINE TO END LINE BACK TO START LINE**

BALL CONTROL: DRIBBLING



“Quickfeet” (Part I)

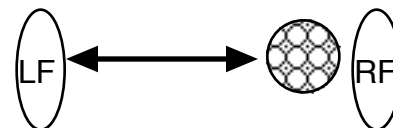
The following is Part I of a 2-part workout session with the ball. Each exercise is designed to improve a player's footwork and ball-control ability. Each exercise should be done for 30-60 seconds and should be performed as part of a “warm-up” or “technical” phase of practice.

“BOXING”

SETUP: Ball at the inside of the Right Foot

DRILL

- > Touch the ball back and forth with the inside of the Right Foot and the Left Foot



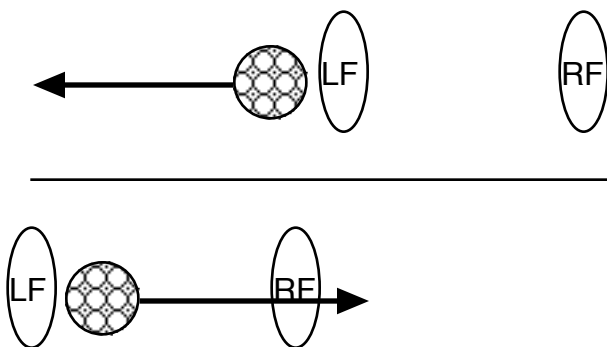
“LATERAL 2-TOUCH”

SETUP: Ball at the outside of the Left Foot

DRILL

- > Touch ball to the left with the outside of the Left Foot
- > Move laterally to the left and “catch” ball with inside of the Left Foot
- > Touch ball to right with the inside of the Left Foot
- > Move laterally to the right
- > Touch ball to right with outside of the Right Foot
- > “Catch” ball with inside of Right Foot

ADVANCED: Lateral 3-Touch -- touch ball to outside twice before touching back inside

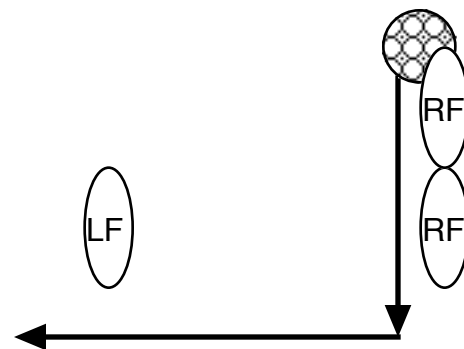


THE “L”

SETUP: Ball 1-2 feet in front of the Right Foot

DRILL

- (1) Pull back with sole of the Right Foot
 - > make sure to pull the ball back behind the line of the heel of the Left Foot
- (2) Touch ball to left with the Right Foot so it passes by the Left Foot heel
- (3) Now turn 90 degrees to the Left and repeat the drill, starting with the Left Foot



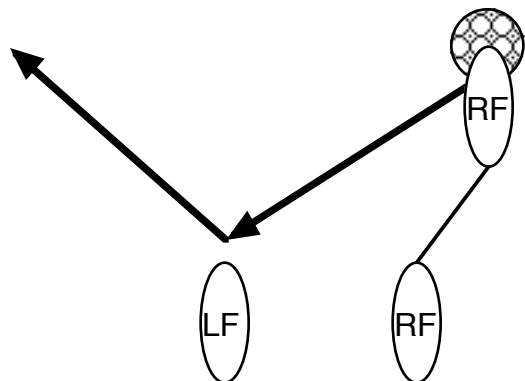
THE “V”

SETUP: Ball 1-2 feet diagonally in front of the Right Foot

DRILL

- (1) Pull back with sole of the Right Foot
 - > make sure to pull the ball back on an angle toward the toes of the Left Foot
- (2) Touch ball diagonally to the left with the outside of the Left Foot
 - > the ball path forms the letter “V”

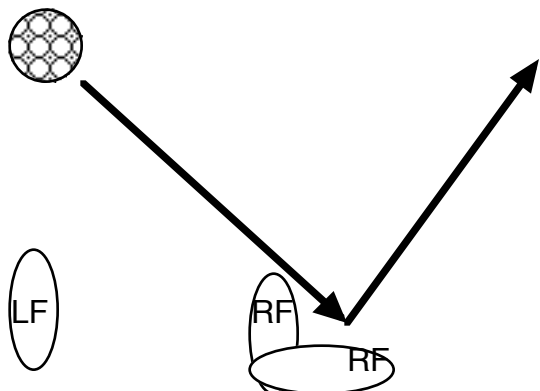
Repeat the process, starting with the Left Foot, pulling the ball back on an angle toward the toes of Right Foot



**BALL CONTROL:
DRIBBLING**

**“Quickfeet”
(Part II)**

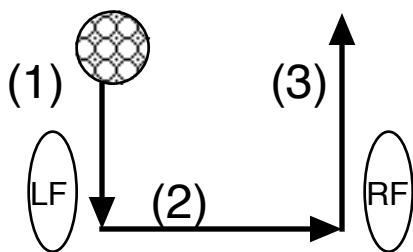
The following is Part 2 of a 2-part workout session with the ball. Each exercise is designed to improve a player’s footwork and ball-control ability. Each should be done for 30-60 seconds.



ALTERNATE “V”

SETUP: Ball 1-2 feet in front of Left Foot
DRILL

- (1) Pull ball back with sole of Right Foot back toward the right foot
- (2) Open up the body to the right and with the inside of the right foot, touch ball diagonally out to the front right
- (3) Pull ball back with sole of Left Foot back toward the left, open up, touch out

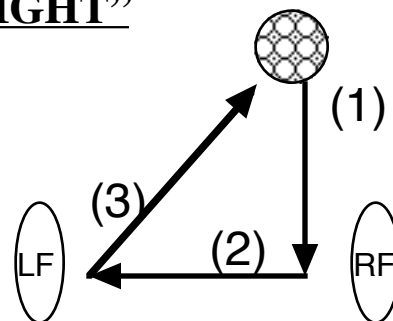
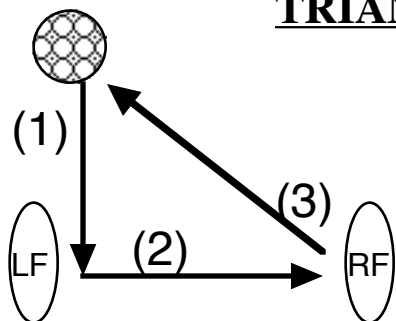


THE SQUARE “U”

SETUP: Ball 1-2 feet in front of Left Foot
DRILL

- (1) Pull ball back with sole of Left Foot
 - (2) Touch ball to right with inside of Left Foot
 - (3) Touch ball straight forward with laces of Right Foot
- > Repeat process, starting with Right Foot

TRIANGLE “LEFT” & “RIGHT”

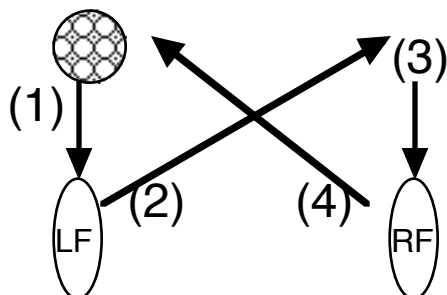


SETUP: Ball 1-2 feet in front of Left Foot
DRILL

- (1) Pull ball back with sole of Left Foot
- (2) Touch ball to right with inside of Left Foot
- (3) Touch ball diagonally back to left with inside of Right Foot

SETUP: Ball 1-2 feet in front of Left Foot
DRILL

- (1) Pull ball back with sole of Right Foot
- (2) Touch ball to left with inside of Right Foot
- (3) Touch ball diagonally back to right with inside of Left Foot



“X-BOX”

SETUP: Ball 1-2 feet in front of Left Foot
DRILL

- (1) Pull ball back with sole of Left Foot
- (2) Touch ball diagonally right
- (3) Pull ball back with sole of Right Foot
- (4) Touch ball diagonally left

TECHNICAL Defending



“Delay, Tackle Takeaway”

The following drill teaches the basics of defending in a 1v1 and 2v1 situation. It can also be used as part of the Warmup or Fitness Phase of a practice session.

“DELAY”

This phase teaches players how to delay an attack. Rather than go aggressively in for a tackle, the defender should attempt to slow the attacker's progress.

The Drill:

Each player places a ball 8-10 yards away from him or her

The Coach then says “Delay”

The players sprint to their ball and take up the proper defensive stance and then backpedal back to start

Coaching Points

> “Quick, Slow, Sideways Low” is the way to teach this phase.

- Quick -- Players should sprint for three-quarters of the way to the ball
- Slow -- Players now take a few small steps and then assume the proper defensive stance
- Sideways Low -- Players have one foot ahead of the other (as opposed to completely facing the ball/attacker, with their legs spread apart), and are in a slight crouch

“TACKLE”

This phase teaches players how to go in for a block tackle, stopping the attacker from moving forward.

The Drill

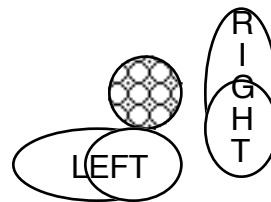
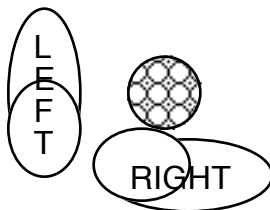
Same setup as above

Coach now says “Tackle”

Players sprint to the ball and assume proper tackling position and then backpedal back to start

Coaching Points

- > One foot is placed in front of the ball, with the ball centered on the heel and ankle of the tackling foot
- > The other foot serves as the plant foot and is placed alongside the ball
- > The feet form a right angle (*see diagram*)



“TAKEAWAY”

This phase teaches players how to go in aggressively and complete the tackle by taking the ball away

The Drill

Same setup as above two phases

Coach says “Takeaway”

Players sprint to the ball and, using the pullback/drag-back maneuver, take the ball away and dribble it back to their starting point

ADDING TO FITNESS

Once the players have gone through the 3 phases, the Coach can now have them on the starting line and call out any of the three defending concepts. Do this 8-10 times consecutively. Rest 1 minute. Repeat. Do 3 sets.

“Creativity & Improvisation”



Game & Drill Descriptions

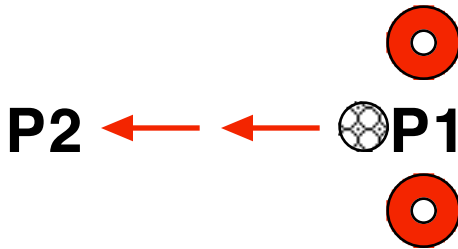
“1 v 1 TO CENTER GOAL”

SETUP: Entire grid depends on age and/or skill level of players. Minimum of 20 yards long x 10 yards wide. Mark out a center goal with cones or flags, 3-6 yards wide.

NUMBER OF PLAYERS: 2-6

DRILL RUN

> P1 starts drill, standing between cones or flags, passing ball to P2 who attacks goal. Goals can be scored from either side of the goal. Play stops when ball goes out of grid.



“DIAGONAL 1v1”

SETUP: Entire grid depends on age and/or skill level of players. Minimum of 30 yards long x 20 yards wide. Two goals on each endline, positioned as shown in diagram at right

NUMBER OF PLAYERS: 2 Teams or 4-6 players

DRILL RUN

> X1 passes diagonally to O1 and immediately applies pressure as O1 attempts to score on Goal #1. Play stops when a goal is scored or X1 gains possession.

> As soon as play stops, O2 starts new series, passing diagonally to X2 and applying pressure on X2 who tries to score into Goal #2.

PROGRESSION #1:

> X1 passes diagonally to O1 and applies pressure. Now, if X1 gains possession, he or she can try to score into Goal #2 so this becomes a true 1v1 to Goal battle.

PROGRESSION #2:

> 2v2 to goals

