

# Team Training Session Plan Technical Workout, Part I

*This session, the first in a series of four (4) “coaching the techniques” sessions, is designed to teach ball control techniques such as dribbling and passing and receiving. For Technical Workouts II, III and IV go to: [www.totalsoccerft.com](http://www.totalsoccerft.com)*

## WARMUP/FITNESS PHASE

1. Juggling > Individual
2. Dribbling in grid using all surfaces of feet
  - at any time, Coach calls out “Switch”
    - players leave their ball and collect another player’s ball

## TECHNICAL PHASE (Basic)

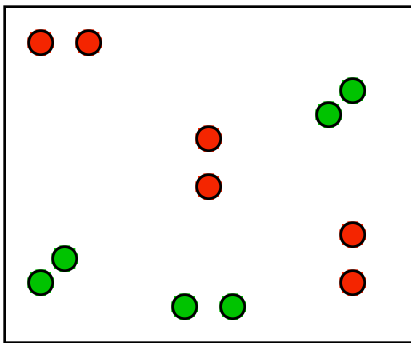
1. Dribbling Drill > “Command Dribble”
  - Grid Size = number of players x 2
  - all players with a ball
  - use: right foot, left foot, inside of feet, outside of feet, soles of feet
  - teach: pull-backs, “scuttles”
2. Dribbling Drill > “Quickfoot” Session
  - moves: Boxing + Lateral 2-touch + The “V” + The “L”
3. Passing & Receiving Drill > Pairs/Trios
  - start with 3-touch, progress to 2-touch
    - Coaching Point: Emphasize striking the ball with the side of the foot

## TECHNICAL PHASE (Active)

1. Dribbling Drill > “Through the Gates” (*see diagram below left*)
2. Passing & Receiving Drill > “Tahuichi Circle” (*see diagram below center*)

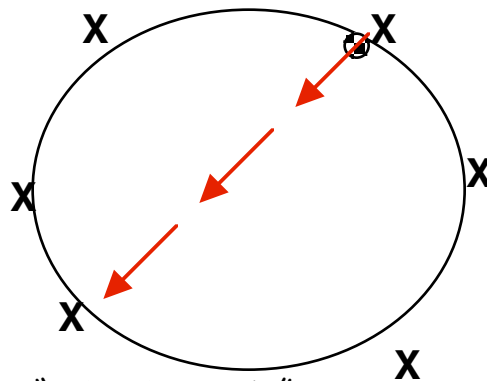
## TACTICAL PHASE

1. Dribbling + Passing & Receiving Game
  - > Pairs/Trios “Through the Gates” (*Note: use same grid as in dribbling drill*)
2. Scrimmage Game
  - > Small-Sided “6-Goal” Match (*see diagram below right*)



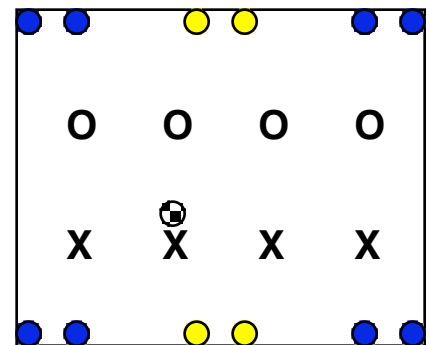
### “Through the Gates”

Setup: Place sets of cones, approx. 2-3 yards apart throughout the grid  
 Drill: Players have to dribble ball “Thru the Gates”. Go for 1 minute, have players count how many gates they dribbled through. Add some variation -- dribble with right foot or left foot only.



### “Tahuichi Circle”

> Players form a circle  
 > Player with ball calls out name of teammate then passes ball to that player  
 > after passing ball, the player follows his or her pass  
 > after a few minutes, add a second ball



### “6 Goal” Scrimmage Match

Setup: Place three (3) goals on each endline  
 Goals should be about 3-yards wide  
 Game: Players have to dribble through a goal  
 OR  
 pass to a teammate through any goal

## "Advanced Techniques"

*This session, the second in a series of coaching the techniques, is a progression from basic techniques and begins the introduction to game play*

### WARMUP/FITNESS PHASE

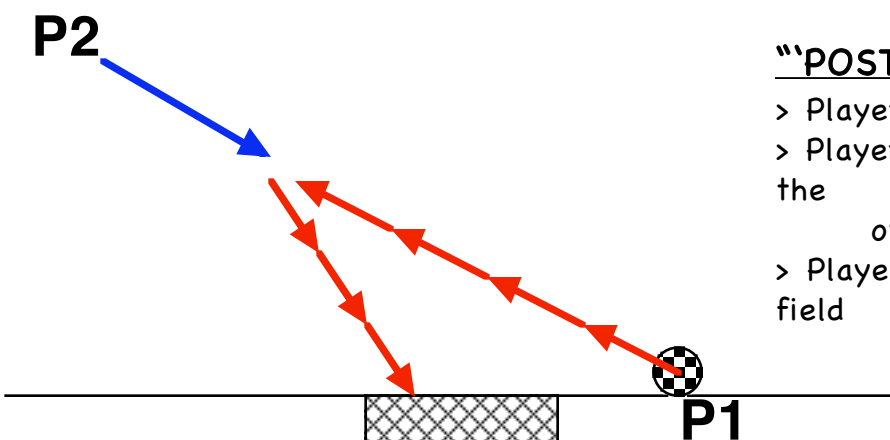
1. Juggling > Individual
2. Juggling > "Command Dribble"

### TECHNICAL PHASE (Active)

1. Dribbling Drill #1 > "Close Quarters"
  - Grid Size = number of players x 1 (12 players = 12 yard x 12 yard grid)
  - all players with ball
  - Coaching Point: dribbling in tight spaces; head up; using all surfaces of feet
2. Dribbling Drill #2 > "Quickfoot" session
3. Passing & Receiving Drill > "USA"
  - 2 grids at 15x15 yards + 2 teams, each team with one ball and each team in own grid
  - teams pass and move within grid
    - add touch restrictions (3-touch, 2-touch etc.)
4. Striking the Ball/Finishing Drill > "Post-Pass & Finish" (see diagram below)
  - use regulation goal (can use goalkeeper)
  - Coaching Point: finishing with inside & outside & laces of feet; headers; volleys

### TACTICAL PHASE

1. Scrimmage Warmup > "Line Soccer"
  - Setup: grid should be approximately 20x20 yards for a 5v5
  - teams score by dribbling over opponents endline
2. Scrimmage Match > 2-team game
  - regulation goal on one endline
  - no goal on opposite endline: score by dribbling over endline or by passing over endline
  - Variation: can put two goals on endline opposite regulation goal



### "POST-PASS & FINISH"

- > Player 1 sets up outside goal post
- > Player 2 lines up 15-18 yards away off the other post
- > Player 1 passes diagonally across the field

## Attacking & Defending

*This session, the third in a series of coaching the techniques, teaches game play*

### WARMUP/FITNESS PHASE

1. Juggling > Individual
2. Dribbling > "Close-Quarters"

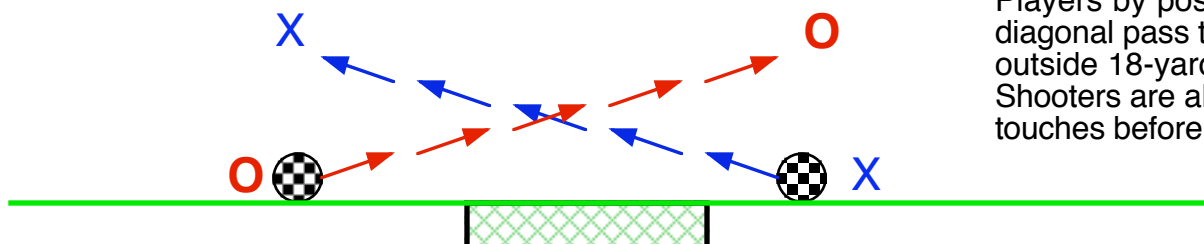
### TECHNICAL PHASE (Active)

1. Defending Drill > "Delay + Tackle + Takeaway"
  - Setup: each player has a ball and places the ball 10 yards away from them
  - Drill Progression:
    1. at coach's whistle, the players perform "Delay" Defending
      - sprint about halfway to ball, slow down taking quick, small steps, finish about 1 yard from the ball in the proper defensive stance with one foot ahead of the other (this is known as "Quick-Slow-Sideways Low")
    2. at coach's whistle, the players perform "Tackle" Defending
      - sprint to the ball and finish with one foot directly in front of the ball turned sideways, with the other foot along side the ball
    3. at coach's whistle, the players perform "Takeaway" Defending
      - sprint to the ball and using the "pull-back" move, take the ball away
2. Dribbling Drill > "Attackers vs. Defenders"
  - Grid Size = at least 20x20 for 10 players    -- Players: divide into three (3) teams
  - Drill: one group as defenders, other two groups as attackers, each player with a ball
    - at whistle defenders enter the grid and attempt to tackle balls away
    - run for 1-2 minutes, switch roles
3. Passing & Receiving Drill > "Keepaway"
  - Grid Size = at least 30x20 for 10 players    -- Players: 2 teams
  - Drill: teams attempt to maintain possession by dribbling and passing/receiving
4. Striking the Ball/Finishing Drill > "Post-Pass & Finish" (*see diagram*)

### TACTICAL PHASE

1. Scrimmage Warmup > "Line Soccer"
  - Setup: grid should be approximately 30x20 yards for a 5v5
  - Object: score by dribbling over endline or by passing to a teammate
2. Scrimmage Match > two (2) teams, one goal on each endline
  - Variation: can put two goals on endline opposite a regulation goal

### **"Post-Pass & Finish"**



Players by post serve diagonal pass to players outside 18-yard box  
Shooters are allowed 2-3 touches before shot

## Striking the Ball

*This session, the fourth in a series of coaching the techniques, is designed to teach striking the ball with various surfaces of the foot and works on striking the ball for both accuracy and power*

### WARMUP/FITNESS PHASE

1. Juggling > Individual
2. Passing & Receiving > “USA”

### TECHNICAL PHASE

1. Dribbling Drill > “Cone Attack”
  - Grid Size: rectangular, 30/40 yards long x 20/30 yards wide
  - Number of Players: entire squad, each player with ball
  - Number of Cones: 3-4 sets of different colored cones, spread throughout the grid
    - > players dribble around grid, trying to avoid dribbling into a cone
    - > coach calls out a color
    - > players must then dribble at that color cone
      - once they get close to that color cone, they perform a “pull-back” and then “speed dribble” away to another cone of same color and continue to do so until coach commands “dribble” to which players resume basic dribbling
2. Striking the Ball Drill #1 > “Knockdown” (Individual)
  - > each player with a ball and each player faces one cone
  - > players strike ball with inside of foot and attempt to knock over their cone
  - > distance from player to cone depends on age and ability level of players
  - > make sure to practice striking the ball with both feet
3. Striking the Ball Drill #2 > “Knockdown” (Pairs or Trios)
  - > players now work in pairs or trios, one ball per pair
  - > pairs/trios face each other with two cones in center of grid

### TACTICAL PHASE

1. Small-Sided/ Small-Group Scrimmage > “Cone Wars” Part I
  - form 3 teams of 3-5 players and place a number of cones (3 or 4) on each endline
  - teams score by knocking over a certain number of cones (1 or 2)
  - winning team remains on field, losing team leaves field and is replaced by third team
2. Scrimmage Game > “Cone Wars” Part II
  - form two (2) teams and place 8-10 cones on each endline
  - teams score by knocking over a set number of cones on the opponents endline
  - NOTE: do not require teams to knock over all cones on an endline; game is much more effective when requiring just 3-5 cones
3. Scrimmage
  - two (2) teams play a regular match
  - to continue to emphasize accurate finishing, place cones on the endline opposite a regulation goal and play “transitional” soccer -- after scoring a goal, the teams switch directions