

SESSION PLAN: TACTICAL



PRE-SEASON: BACK to BASICS

WARMUP PHASE

1. Individual Juggling
2. Ball Activity: Dribbling > "Command Dribble"
 - All Players have a ball inside a big grid and dribble around. Coach calls out a command such as Right Foot only or Left Foot only, or a dribbling move (step-over, Maradona, etc.)
3. Dynamic Stretches
4. Ball Activity: Passing & Receiving > "USA"
 - All Players inside big grid. Have 3-4 balls depending on number of players. Players move around inside grid passing the balls. To make this more "technical", have the players receive the ball with an "away touch" or an "open-up touch". Or have them receive the ball, then make a 90-degree or 180-degree turn.

SPEED, AGILITY & QUICKNESS PHASE

1. Agility Ladder to 15-yard sprint (see diagram on right)
 - > 1-Step > 2-Step > Lateral 2-Step > Hop
2. "Go Thru" > Without & With the ball (see attached diagram)

TECHNICAL PHASE

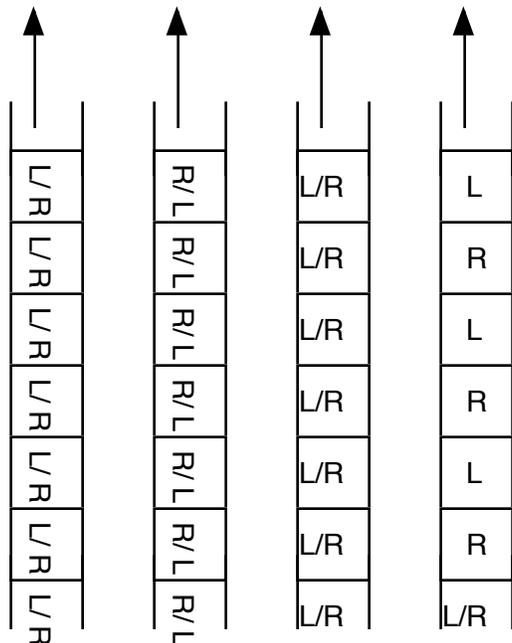
1. Technique Grid (see attached diagram)
 - > Volley > Headers > 1-Touch Back > Reverse Tech Grid
3. Striking the Ball/Finishing > "Four Corners" (see below)

TACTICAL PHASE

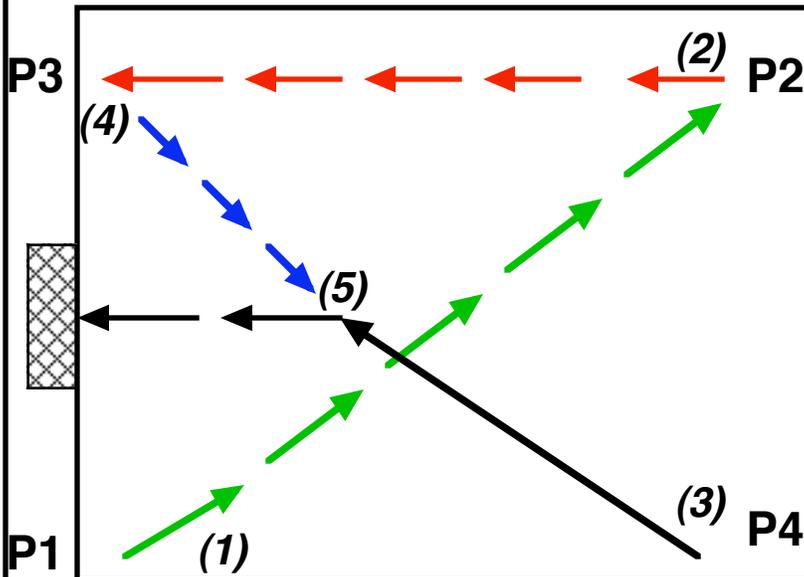
(NOTE: For the following games, the grid should be 40-50 yards long by 30-40 yards wide. See attached page for description of each drill.)

1. "Numbers-Up vs. Numbers-Down Keepaway" > 5 v 5 + 5
2. Line Soccer > 3-Team 5v5 "Winner Stays"
3. Scrimmage (to goals) > 3-Team 5v5 "Winner Stays"

Speed, Agility & Quickness "AGILITY LADDER"



Lateral 2-Step Left Foot First Lateral 2-Step Right Foot First 2-Step Right or Left Foot First 1-Step



"FOUR CORNERS"

1. Player 1 (P1) passes diagonally across grid to Player 2 (P2)
2. P2 passes down to Player 3 (P3)
3. Player 4 (P4) makes diagonal run to goal
4. P3 lays off ball to P4
5. P4 takes shot

Player Rotation:

> all players follow their pass (P1 to P2, P2 to P3, P3 to P4, P4 to P1)

Drill Progression:

> start with a 2-touch or 3-touch restriction, then progress to 1-touch

SESSION PLAN: ‘Back to Basics’



Drill Descriptions, Diagrams & Notes

“GO THRU”

GRID SIZE: 30-40 yards x 30-40 yards or bigger

SETUP: Using 3-4 sets of different color cones make up cone “gates”, each gate approximately 3-5 yards wide

PLAYERS: entire squad, each player with a ball

DRILL

Phase #1 (With the Ball): Dribbling

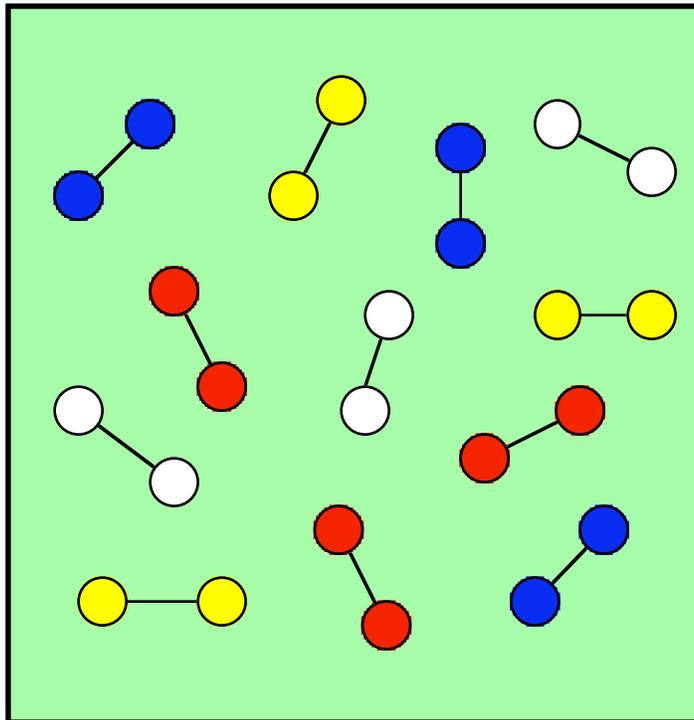
- > Players dribble around grid, using all surfaces of feet
- Coach calls out a color
- Players dribble as fast as possible and dribble through that color gate and continue to do so for a set amount of time (5-15 seconds)

Phase #2: Stretching

- > Players perform Dynamic Stretches inside grid

Phase #3 (without the Ball): Sprinting

- > Players jog around grid
- Coach calls out a color
- Players now sprint through as many of that color gate as possible
- Sprint for no more than 3-5 seconds



“NUMBERS-UP vs. NUMBERS-DOWN KEEP-AWAY ”

GRID SIZE: 40-50 yards long x 30-40 yards wide (for advanced players, extend the 18-yard box -- 54 x 44)

PLAYERS: 3 teams of 5

DRILL: One team of 5 starts as defending team -- 5 v 5 + 5. If the defending team gains possession of the ball, they play in a “numbers-down” situation and try to maintain possession. Each team serves as the “numbers-down” defending team for a certain amount of time, anywhere from 2-3 minutes. This drill can also serve as a warmup before stretching.

LINE SOCCER > 3-Team 5 v 5 “WINNER STAYS”

GRID SIZE: 40-50 yards long x 40-50 yards wide

PLAYERS: 3 teams of 5

GAME: Two teams play while third team waits, placing 2 players over one endline and 3 players over the opposite endline. Teams score by dribbling ball over opponents’ endline and/or passing to a teammate over the endline. Play to certain score, such as 2 or 3. Example: if Team “A”, going from left to right, scores the winning goal, they remain on the field -- “Winner Stays” - - and maintains possession of the ball. Team “B”, the losing team, exits the field while Team “C” enters. Team “A” now goes the other way, right to left, while Team “C” goes left to right.

SCRIMMAGE > 3-Team 5 v 5 “WINNER STAYS”

GRID SIZE: 40-50 yards long x 40-50 yards wide. Place either one centered goal on each endline or two goals on each endline, depending on what the emphasis of the session is.

PLAYERS: 3 teams of 5

GAME: Two teams play regulation match. Play to a certain score, 2-3 goals. Winning team stays. Losing team exits field. Waiting team enters field or play. **VARIATION:** One goal wins game!