

SESSION PLAN: TACTICAL



GAME AWARENESS

Warmup Phase

1. Team Jog + Dynamic Stretch Routine
2. "Command Dribble"

Technical Phase

1. Small Group Passing & Receiving (5 minutes)
 - > "Numbers Sequence"
 - 3 groups, each player in each group numbered 1-4, one ball per group
 - Players #1 in each group start drill and pass to Players #2 who pass to #3, etc.
2. Team Passing & Receiving (5 minutes)
 - > "Numbers Sequence"
 - each player numbered 1-12, 3 balls in play
 - Players #1, 5 & 9 start drill; #1 to #2, #5 to #6, #9 to #10, etc.

Tactical Phase

1. Game of "Keepaway" (10 minutes)
 - > small grid to start, progress to bigger grid
 - > initiate touch restrictions
 - 3-touch requirement (*players MUST touch ball 3 times upon receiving it*)
 - 3-touch max
 - 2-touch requirement (*players MUST touch ball twice upon receiving it*)
 - 2-touch max
 - 1-touch
2. Game of "21" (15 minutes) [see diagram below right for setup/grid]
 - > points awarded as follows:
 - 1 point for shooting between yellow cones
 - 2 points for shooting between red cones
 - 3 points for dribbling through yellow cones
 - 4 points for dribbling through red cones
 - > to win, team has to score "21" points on the button
3. Game of "Line Soccer" (20 minutes)
 - > touch restrictions to start (same as above)
 - > end with no touch restrictions
4. Scrimmage with 2 teams (30 minutes)
 - > play with regulation goal on one endline,
 - 2-3 cone goals on opposite endline
 - > touch restrictions to start (same as above)

