

Spencer Soccer Club

Travel Development Program

Pre-Season Session Plan Guidance U12 thru U19



Focus: Conditioning and Technical Skills

Time: 2 hours

Session: SSC-002

Planning:

- 1) Print out and read through Pre-Season Session Plan
- 2) Become familiar with the activities and Plus 1 thru 3 Skills triangles
- 3) Arrive at practice 15 minutes prior to scheduled start time
- 4) Set up nets and cones to facilitate a smooth session plan

Each Session Plan consists of the Following:

- | | |
|--------------------------------------|-----------------------------------|
| 1) Warm-up Jog/Stretch* | 8) Passing Activity |
| 2) Speed/Conditioning Activity | 9) Trapping/Receiving Activity |
| 3) Controlled Juggling* | 10) Shooting Activity |
| 4) Agility Activity | 11) Keep Away/Possession Activity |
| 5) Conditioning Activity | 12) Scrimmage/4 vs. 4 Activity |
| 6) Skills Pyramid Dynamic Dribbling* | 13) Stretch/Cool Down* |
| 7) First Touch Activity | |

****This plan does not include descriptions of these activities; use your own discretion to implement***

Overview: The first hour is designed to work on agility, speed, and conditioning. The second hour is focused on technical skills. Your practice may not be two hours long, so you will need to make adjustments. For example, if you are holding one hour practices you may want to split the session into two weeks of material by splitting the conditioning and technical components in half. Focus on the activities for the recommended times, do not shorten the activities to fit them all in, and add breaks as needed or where appropriate. Suggested repetitions and player objectives should be adjusted based on the age group at your discretion.

Session Structure:

The following five activities should be incorporated into every practice no matter how long the session. Activities not listed below can be chosen based on time and coaching preference.

Warm-Up Jog/Stretch (10 Minutes): This should be done prior to each session, an easy 3 minute jog and then 7 minutes of stretching.

Controlled Juggling (10 minutes): Yes, 10 minutes! One 5 minute session should be incorporated per every hour of practice. Juggling, specifically foot juggling, is very important in your players' soccer development.

Skills Pyramid Dynamic Dribbling (7 to 10 minutes): Reference the skills pyramids that are appropriate to your players and age group. Time should be spent moving with the ball and trying new skills at game speed.

Scrimmage: Always end practice with a scrimmage. Your pre-season may be in a gym or parking lot, so use the 4 vs. 4 Activity provided to end practice when a scrimmage is not possible.

Stretch/Cool Down (5 Minutes): A light stretch at the end of practice.

SPEED /CONDITIONING ACTIVITY

SIDE STEP & SPRINT



AGILITY ACTIVITY

SUPER SHUTTLE



Soccer Agility Drills - SUPER SHUTTLE - SET UP

1. Place two cones 20 YD/M apart and place another two cones 20 YD/M apart crossing each other in the middle...

Soccer Agility Drills - SUPER SHUTTLE - INSTRUCTIONS

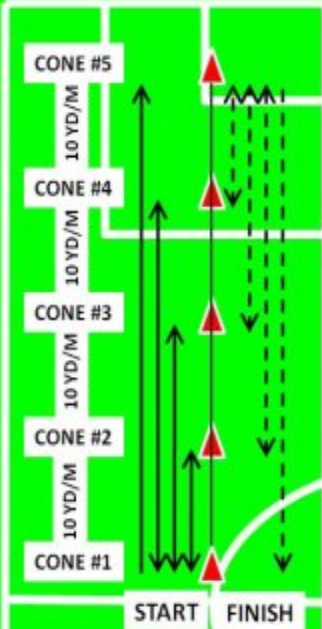
1. Start this soccer agility drill by running backwards or back pedaling from start to the middle...
2. When at the middle quickly turn and perform side steps towards the cone on the left and back to the center...
3. Once at the middle quickly sprint forwards to the cone...
4. Turn and run backwards or back pedal to the center...
5. Once center is reached quickly turn the other way and side step to the opposite cone and back...
6. Finish the drill by sprinting forwards to the finish...

It may sound complicated but if you look at the picture you will understand it better as it is very simple.

Perform one set with 6-10 repetitions (repetition being one drill).

CONDITIONING ACTIVITY

1 TO 5, 5 TO 1



PERFORM THIS DRILL AT 100% EFFORT.

PLACE 5 CONES IN A STRAIGHT LINE 10 – 15 YD/M OF DISTANCE BETWEEN EACH CONE.

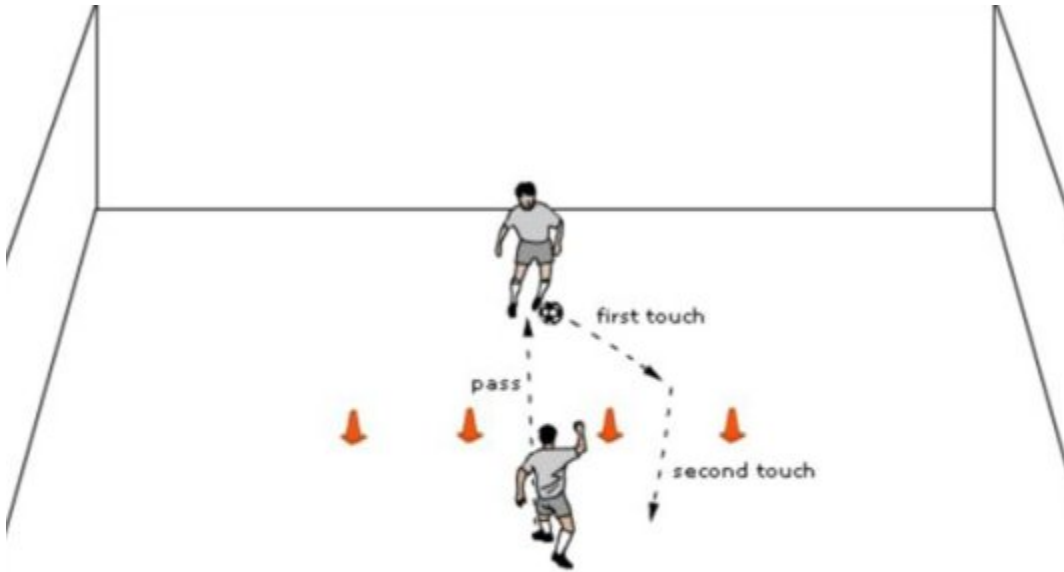
- START THE DRILL BY SPRINTING FROM CONE #1 TO CONE #2 TOUCHING IT WITH HAND AND SPRINTING BACK TO CONE #1.
- NEXT SPRINT FROM #1 TO #3, TOUCH THE CONE AND SPRINT BACK TO #1.
- NEXT SPRINT FROM #1 TO #4, TOUCH THE CONE AND SPRINT BACK TO #1.
- NEXT SPRINT FROM #1 TO #5, TOUCH THE CONE BUT SPRINT TO #4, TOUCH THE CONE AND SPRINT BACK TO #5 STARTING A RETURN RUN TO THE FINISH.
- NEXT SPRINT FROM #5 TO #3, TOUCH THE CONE AND SPRINT BACK TO #5.
- NEXT SPRINT FROM #5 TO #2, TOUCH THE CONE AND SPRINT BACK TO #5.
- FINISH ONE REPETITION BY SPRINTING FROM CONE #5 BACK DOWN TO CONE #1.

PERFORM 6-10 REPETITIONS.

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Take 1 - 2 minute rest in between repetitions and repeat.

FIRST TOUCH ACTIVITY



For this soccer first touch drill you will need a friend or a parent to participate.

Set up four cones about 1 - 2 Meters/Yards apart from each other.

Players will start passing the ball through the middle two cones. The receiver of the ball cannot pass it back through the same set of cones so he/she will take one touch to the left or right side and pass the ball back through different cones.

Every successful receiving and passing of the ball awards that player 1 point.

ALWAYS PRACTICE DOING ANY DRILL WITH BOTH FEET (left and right), INCLUDING THIS PRACTICE DRILL FOR TURNING AND PASSING.

PASSING ACTIVITY

PASS AND RUN



This soccer passing drill will make the player work on running while passing a soccer ball and making a run behind the teammates back.

This passing soccer drill can be very good if performed during a soccer match as it is a simple way to find space on the field.

Soccer Passing Drills - PASS AND RUN - SET UP

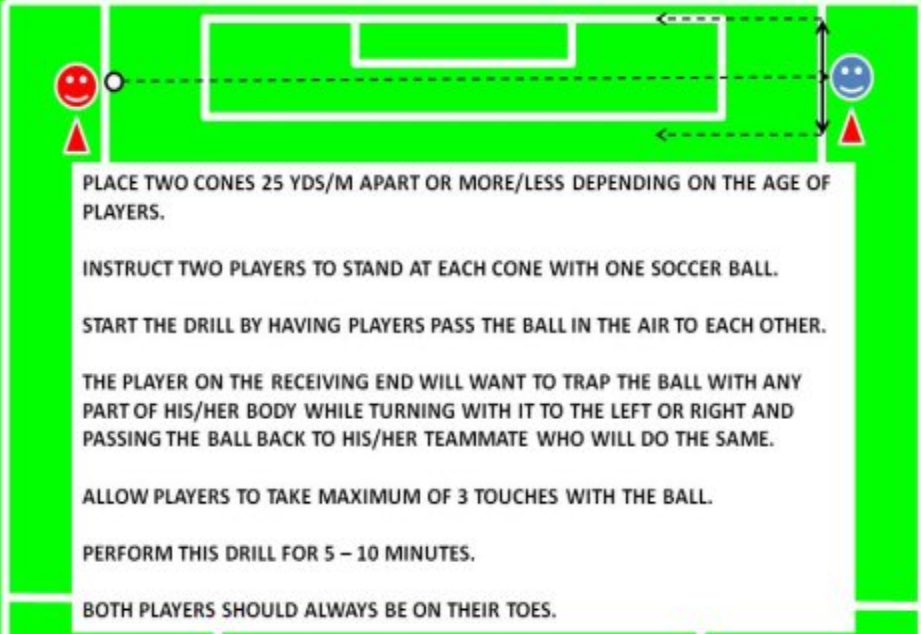
1. Start of by pairing up every player with a teammate and one soccer ball...
2. This drill can be performed across the full length field or on one half of the field...
3. Make the distance between players 10-15 YARDS/METERS...

Soccer Passing Drills - PASS AND RUN - INSTRUCTIONS

1. The player will make a pass in front of their partner and run behind his/her teammates back...
2. The teammate receiving the ball will control the ball and go to the opposite side...
3. Once the player controlling the ball gets to the opposite side he/she will take one touch straight forward and than pass the ball in front of their teammate...
4. After every pass is made the player will run behind their teammates back and continue jogging forward while the teammate controls the ball and is ready to pass the ball back...

TRAPPING/RECEIVING ACTIVITY

LONG PASS & TRAP



PLACE TWO CONES 25 YDS/M APART OR MORE/LESS DEPENDING ON THE AGE OF PLAYERS.

INSTRUCT TWO PLAYERS TO STAND AT EACH CONE WITH ONE SOCCER BALL.

START THE DRILL BY HAVING PLAYERS PASS THE BALL IN THE AIR TO EACH OTHER.

THE PLAYER ON THE RECEIVING END WILL WANT TO TRAP THE BALL WITH ANY PART OF HIS/HER BODY WHILE TURNING WITH IT TO THE LEFT OR RIGHT AND PASSING THE BALL BACK TO HIS/HER TEAMMATE WHO WILL DO THE SAME.

ALLOW PLAYERS TO TAKE MAXIMUM OF 3 TOUCHES WITH THE BALL.

PERFORM THIS DRILL FOR 5 – 10 MINUTES.

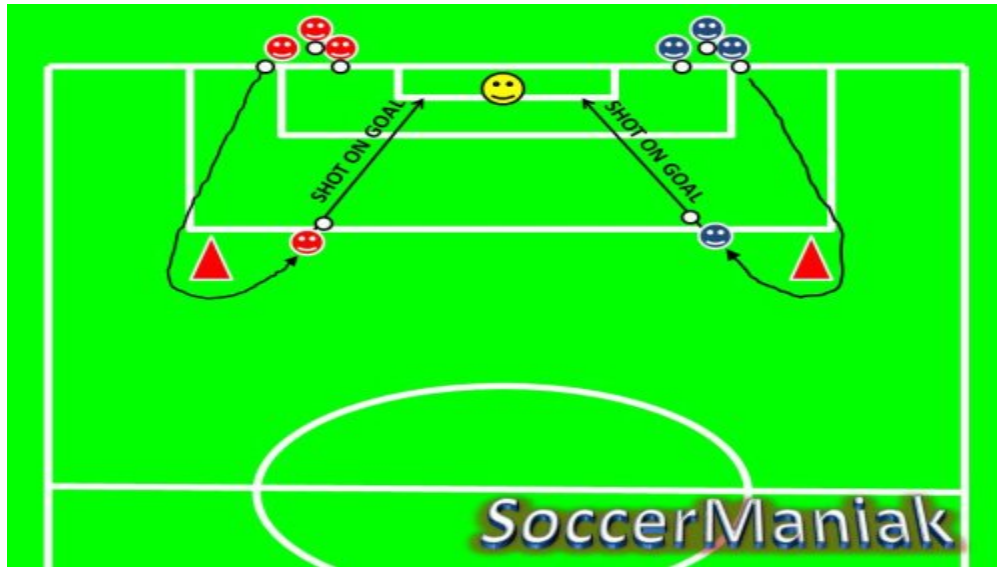
BOTH PLAYERS SHOULD ALWAYS BE ON THEIR TOES.

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SHOOTING ACTIVITY

WARNING: Shooting conducted indoors should be modified so that the players are shooting toward small targets (pug nets or cones) and that it is **MANDATORY** that all shots are on the ground. If you cannot adhere to this policy then **DO NOT** conduct shooting activities indoors.

SHOT AND CONDITIONING



This shooting soccer drill is used to better a players shot on goal through conditioning with the ball. You will want your players to perform this soccer drill at 100% like it was game time. Players performing the drill at 100% will have the opportunity to take a shot on goal while their pulse is raised from the short sprint with the ball towards the cone.

Soccer Shooting Drill - SHOT AND CONDITIONING - SET UP

1. Place 2 cones, each at the edge of the penalty box...
2. Place the goalkeeper in goal...
3. Split your players evenly into two groups and tell them to take a place behind the goal line, between the penalty line and goalkeepers goal area...
4. Give each player one soccer ball, or split the balls evenly in case not enough balls are available...
5. Perform the drill yourself to show the players what is expected of them...

Soccer Shooting Drill - SHOT AND CONDITIONING - INSTRUCTIONS

1. Player first in line with the ball will sprint towards the inside of the cone while controlling the ball...
2. Once he/she reaches the cone they will want to make their way around the outside of the cone...
3. Next the player will take a shot on goal with their left or right foot depending on what side they started on
4. Everything needs to be done at 100% effort...
5. Once the player takes the shot, he/she will want to go to the opposite side and shoot next with the opposite foot..You can make this soccer drill into a more fun soccer drill by adding punishment in form of situps or pushups for every shot that isn't on goal.

KEEP AWAY ACTIVITY

KEEP AWAY SQUARES



Soccer Passing Drills - KEEP AWAY SQUARES - SET UP

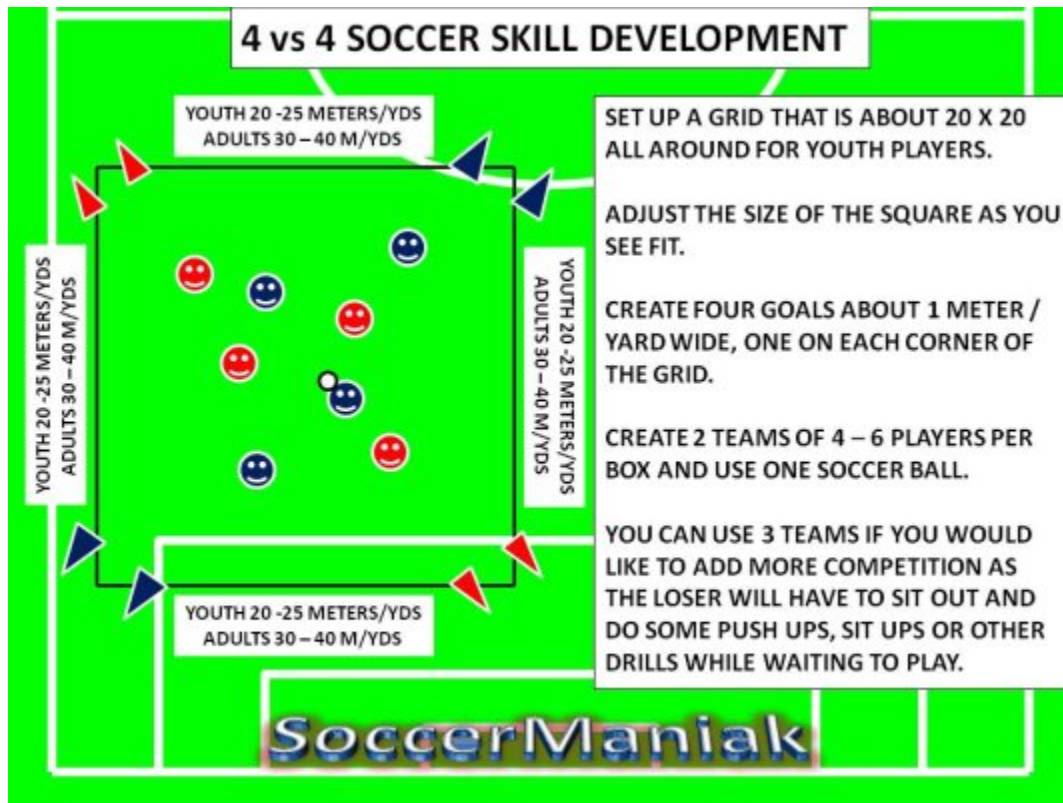
1. Make four squares with dimensions 4 YDS/METERS wide and 8 YDS/METERS long. Mark these squares with cones as seen in the picture...
2. Instruct 2 or 3 players to take a position inside each square as seen in the picture...
3. Use one soccer ball...

Passing Soccer Drills - KEEP AWAY SQUARES - INSTRUCTIONS

1. Red Players #1, #2, #3 and #4 will attempt to make 15 consecutive one touch passes without leaving their box of play...
2. Blue Players #3 and #4 will chase the red players and attempt to touch the soccer ball. Players chasing the ball will not have boundaries...
3. When blue players touch the soccer ball, possession will turn and then Red Players #3 and #4 will become chasers while Blue players #1, #2, #3 and #4 will become passers...
4. Players will rotate their positions so that each turn different players will play chasers...
5. Players that have the possession of the ball cannot leave their square and if the pass is too short and ends up in the opposite players square it will be considered a change of possession. If a player leaves the box it will also be considered a change of possession...

For every 15 consecutive passes players on the other team will perform some sprints, sit ups or push ups. Punishment will make the chasers want to get ahold of the ball as no player likes to lose and especially do punishment drills :)

4 vs 4 ACTIVITY



Instructions

Teams will play possession game with the intent of scoring a goal on one of the diagonal goals. Blue team will aim for the red goal and red team will try to score a goal inside the blue goal. Each team will also defend their own goals.

One point is awarded for each goal scored. You can make this soccer activity more difficult by limiting touches on the ball, inserting a neutral player (one player that plays only for the attacking team) or make a rule that one point is awarded for knocking two cones down by shooting.

This soccer activity will allow players to start attacking and defending diagonally as well as work on their soccer ball touches, passing and shooting.