

Spencer Soccer Club

Travel Development Program

Pre-Season Session Plan Guidance U12 thru U19



Focus: Conditioning and Technical Skills

Time: 2 hours

Session: SSC-003

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.

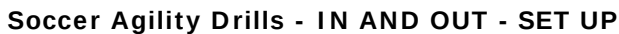
Stretch/Cool Down (5 Minutes): A light stretch at the end of practice.

SPEED /CONDITIONING ACTIVITY

TO THE T



IN AND OUT



- ## Soccer Agility Drills - IN AND OUT - INSTRUCTIONS

- You will want to perform 3 turns to the right and 3 turns to the left if done correctly.

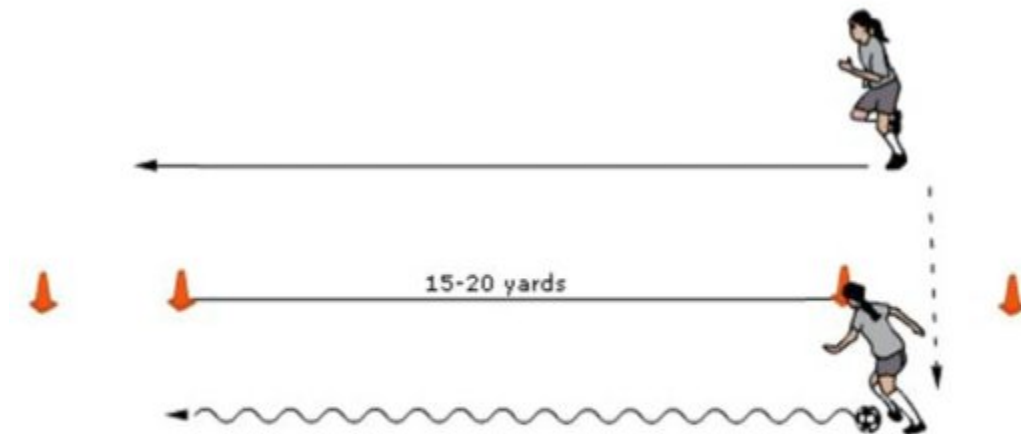
CONDITIONING ACTIVITY

RECTANGLE VARIATION SPRINTS



Take 2-4 minutes of rest in between repetitions.

FIRST TOUCH ACTIVITY



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

Set up two cones about 1 Meter/Yard apart one one end and than do the same 15 - 20 Meters/Yards away on the other side.

Two players will start this soccer drill by simply turning to one another and passing the ball one touch to each other.

While passing the ball to each other one player will turn with the first touch and dribble the ball to the next set of cones. Player without the ball will try to sprint to the cones before the player with the ball.

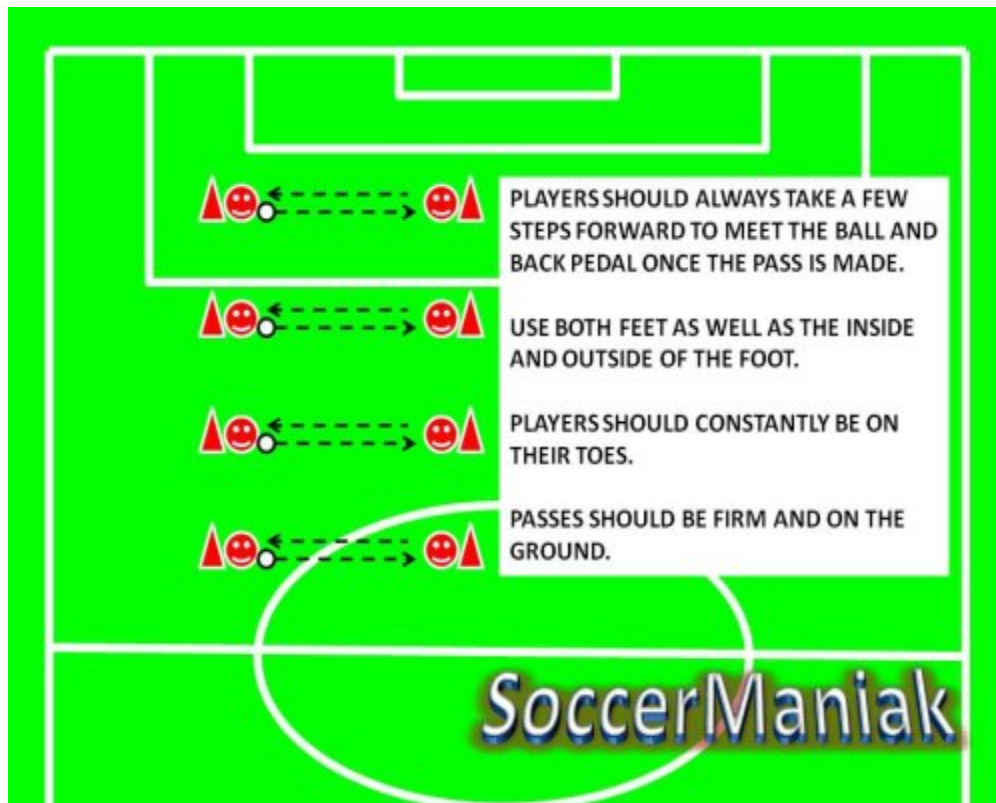
Player that reaches the cones first will win a point.

Players will take turns of dribbling 5 times and than change roles.

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

PASSING ACTIVITY

SIMPLE PASS



This soccer drill is the most basic soccer passing drill that will warm the players up and give them an opportunity to pass the soccer ball with accuracy and speed.

Soccer Passing Drills - SIMPLE PASS - SET UP

1. Set up two cones about 10-20 YDS/METERS from each other...
2. Place two players, one at each cone with one soccer ball...
3. Perform the drill yourself for the players to see what they are supposed to do...

Soccer Passing Drills - SIMPLE PASS - INSTRUCTIONS

1. Start making one touch passes with the player on the other cone...
2. Use both left and right foot as well as inside and the outside of the foot...
3. Make sure that the players are making a few steps forward when the ball is coming to them, make the pass and then back pedal to the cone...
4. Players should always be on their toes...
5. Do this drill for 10-20 minutes...

Cones are not really necessary in this drill as you can just tell the players to take position 10-20 yards from each other and start making passes on the ground. One of the most important parts of this soccer passing drill is players taking few steps forward to meet the ball, pass the soccer ball, then back pedal to their starting position. You can make this soccer passing drill into a long pass drill by simply placing the players further apart, inside the out line and have them pass the ball to each other in the air. The opposite player will attempt to trap the ball on the first touch and pass it back on the second touch.

TRAPPING/REICEIVING ACTIVITY

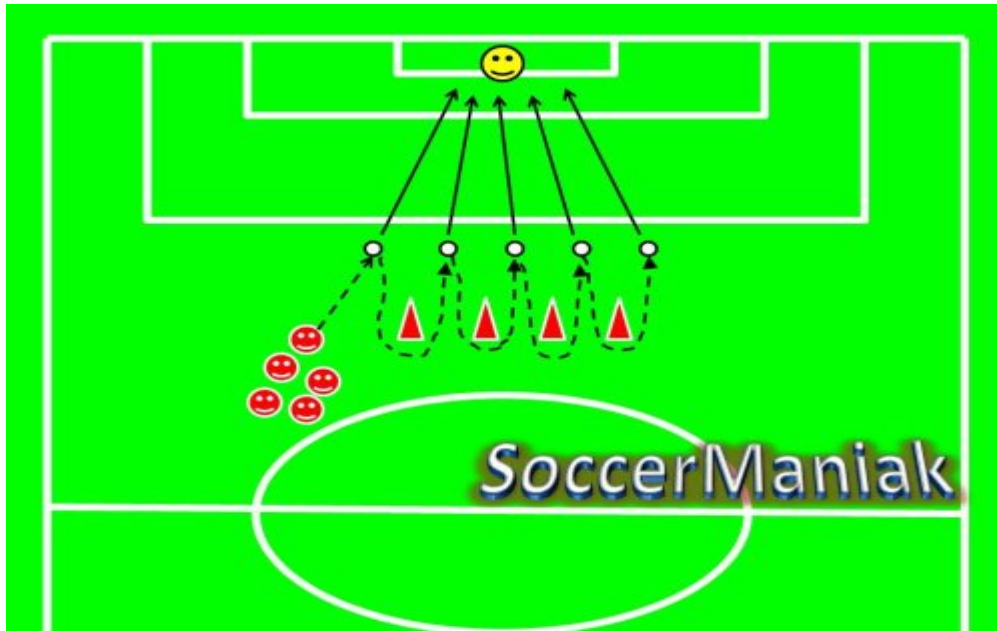
TRAP & PASS SQUARE



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.

SHOOT AND SHOOT



Soccer Shooting Drill - SHOT AND SHOOT - SET UP

1. Take 4-6 soccer balls and set them up on the edge of the penalty box with the distance between balls being 2-3 Yards/Meters apart...
2. Next position one cone in between every two balls 5-10 Yards/Meters behind the soccer balls...
3. Position the players to the side of the first cone...
4. Perform this soccer drill yourself so the players understand what to do...

Shooting Soccer Drill - SHOT AND SHOOT - INSTRUCTIONS

1. The first player in the line will start this shooting drill for soccer by running to the first soccer ball and taking the shot...
2. Once he/she takes the first shot on goal, the player will sprint back and around the cone before taking the shot with the second ball...
3. The player will keep running back and around the cone for the next shot and the one after that until all the balls are gone...
4. Once all the balls have been shot, that player will sprint and pick up all his/her balls while the player next in line is performing the drill...
5. You will need 15 soccer balls to perform this soccer drill without waiting for player to go and pick up their balls...

Good way to get the players hustling to get their balls is to punish them if they don't gather their soccer balls before the player next in line finishes their drill...

KEEP AWAY ACTIVITY

POSSESSION GAME



This soccer passing drill will work on possession of the soccer ball, quick thinking and one touch passing with the intent to penetrate.

Passing Soccer Drills - POSSESSION GAME - SET UP

1. Start by marking an area 40 YDS/METERS Long by 20 YDS/METERS wide...
2. Split this area into 3 parts. Left part 10 YDS/METERS, Center part 20 YDS/METERS and the Right part 10 YDS/METERS as seen in the picture...
3. Place 8 players inside the center square and split them into 2 teams of 4 players...
4. Place one player inside the left and one player inside the right square. Each player will be on the Red or Blue team as seen in the picture...
5. Give the soccer ball to the players inside the center square...

Passing Soccer Drills - POSSESSION GAME - INSTRUCTIONS

1. The players inside the center circle will use one touch passes attempting to make 5-10 consecutive passes under pressure from the opposite team...
2. Once they make 5-10 passes, that team earns a point by passing the ball to their teammate inside the outside square...
3. Game is continued and the team earning more points will win this POSSESSION GAME...
4. Punishment for the losing team will be sprints across the field with the last player reaching the end performing sit ups or push ups as well...
5. Once the players get comfortable with this exercise you can add a defender to the player waiting for the pass in the left and right squares making it difficult to simply pass the ball to him after consecutive passing is done by his teammates.

4 vs 4 ACTIVITY



Instructions

Teams will play possession game with the intent of knocking down the opponents cone by kicking the ball at it. One point is awarded for the team that knocks down the cone successfully.

Adding limited touches on the ball or a set number of passes before attempting to knock down the cone will improve players overall soccer skills.