

Spencer Soccer Club

Travel Development Program

Pre-Season Session Plan Guidance U12 thru U19



Focus: Conditioning and Technical Skills

Time: 2 hours

Session: SSC-004

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

SLALOM



Agility Soccer Drills - SLALOM - SET UP

1. Place 10 - 15 cones in a straight line with 1 - 2 YDS/M of distance between each cone...

Soccer Agility Drills - SLALOM - INSTRUCTIONS

1. Weave in and out of the cones like shown by arrows in the picture...
2. Do this as fast as possible but allow yourself time to use the right technique by weaving in and out using small steps...
3. Once at the end of the cones slowly walk back breathing in through the nose and breathing out through the mouth...
4. Repeat this agility drill 6-10 times...

AGILITY ACTIVITY

FOLLOW THE LEADER



Soccer Agility Drills - FOLLOW THE LEADER - SET UP

1. Create a square 20 YDS/METERS X 20 YDS/METERS and put four cones to mark the corners...
2. Instruct players to find a teammate or you can split the players up into teams of 2...
3. Instruct players to distance themselves about 2 YDS/M of each other...

Agility Soccer Drills - FOLLOW THE LEADER - INSTRUCTIONS

1. At the whistle player in front will start running around in the box making sudden changes of speed and direction...
2. Player behind will attempt to duplicate his teammates moves keeping a distance of 2 YDS/METERS...
3. At the sound of the whistle player chasing will become runner and the player running will become chaser...

If you have more players and need more space simply expand the square by as much as you want.

The important part of this soccer agility training drill is for players to concentrate on direction change and sudden change of pace.

Do this drill for 10-15 minutes.

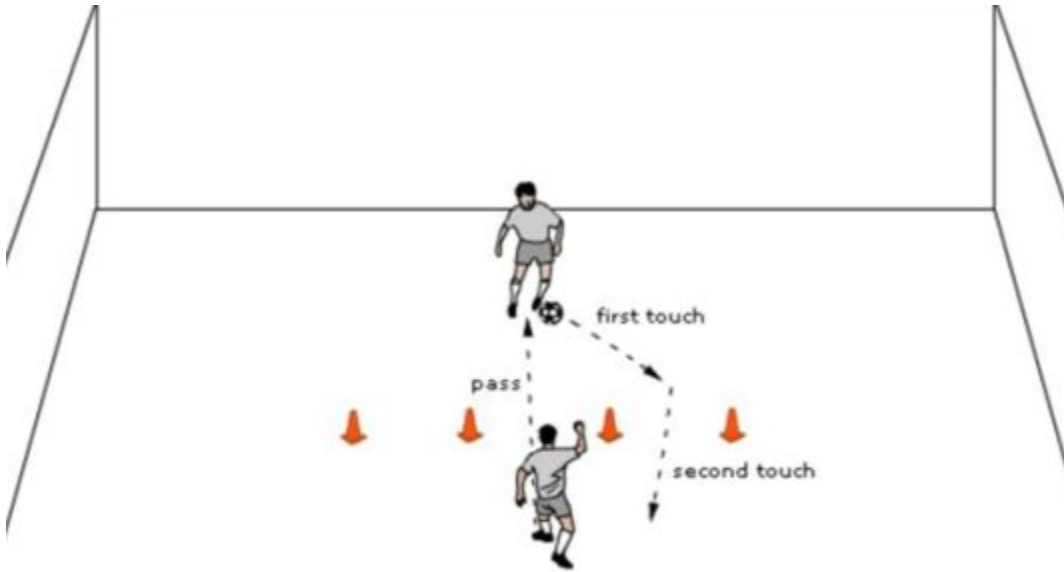
CONDITIONING ACTIVITY

THREE TRIANGLES



Take 1 - 2 minute breaks in between repetitions.

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

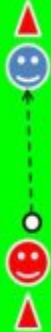
1. Start of by pairing up every player with a teammate and one soccer ball...
2. This drill can be performed across the full length field or on one half of the field...
3. Make the distance between players 10-15 YARDS/METERS...

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/REICEIVING ACTIVITY

SIMPLE THROW & TRAP



PLACE TWO CONES 10 YDS/M AWAY FROM EACH OTHER AND INSTRUCT TWO PLAYERS TO STAND BY EACH CONE WITH ONE SOCCER BALL.

THIS DRILL IS VERY SIMPLE.

THE RED PLAYER WILL START THE DRILL BY THROWING THE BALL TO THE BLUE PLAYER AT CHEST HEIGHT.

THE BLUE PLAYER WILL USE HIS/HER CHEST TO TRAP THE BALL WITH THE FIRST TOUCH AND PASS THE BALL WITH HIS/HER SECOND TOUCH.

PERFORM 10 – 15 THROWS THAN SWITCH ROLES, BLUE PLAYER THROWS AND RED PLAYER TRAPS.

ALLOW PLAYER ONLY 2 TOUCHES ON THE BALL. FIRST TOUCH TO TRAP THE BALL WITH CHEST AND SECOND TOUCH TO PASS THE BALL BACK TO TEAMMATE.

YOU CAN USE THIS DRILL TO PRACTICE THIGH TAPPING AS WELL BY SIMPLY CHANGING THE CHEST TRAPPING TO THIGH TRAPPING THAN PASSING THE BALL BACK.

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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

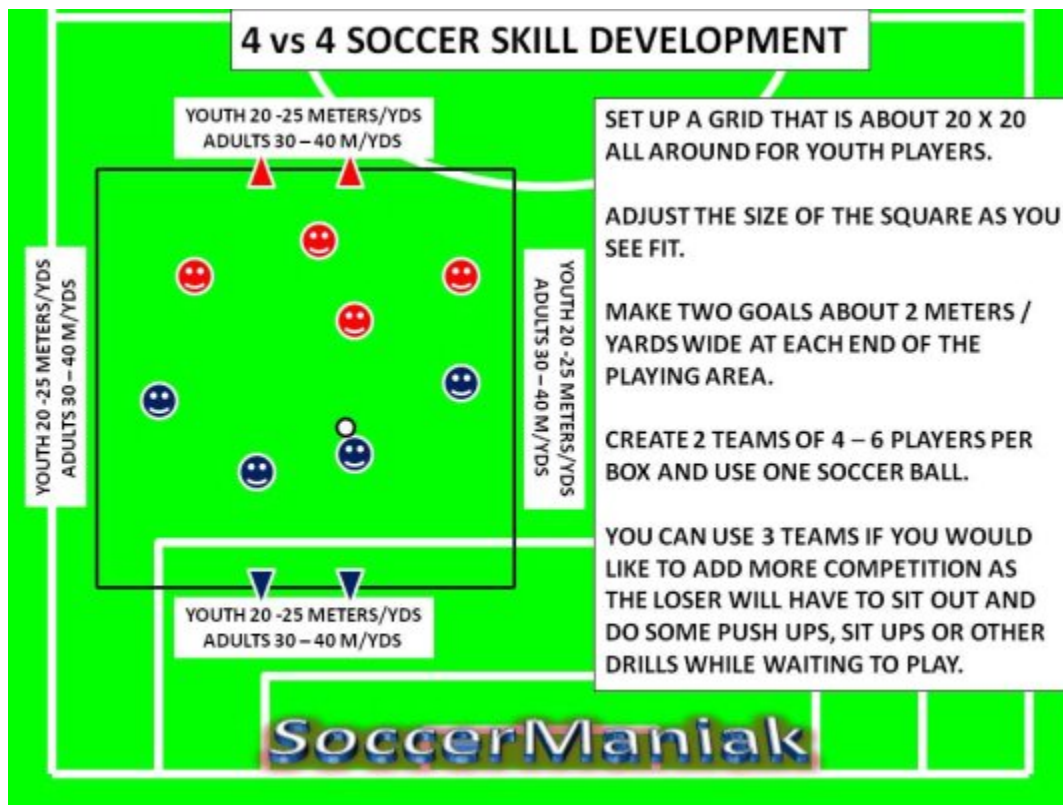
1. Make four squares with dimensions 4 YDS/METERS wide and 8 YDS/METERS long. Mark these squares with cones as seen in the picture...
2. Instruct 2 or 3 players to take a position inside each square as seen in the picture...
3. Use one soccer ball...

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

The game begins as a normal 4 vs 4 soccer match but whichever team scores a goal and takes a 1 - 0 lead will have to hold that lead by passing the ball around and keeping possession as long as possible.

Limit each game to 5 - 10 minutes and whatever team has the lead is the winner.

If the other team takes the ball away and scores to tie the match 1 - 1 then they keep the ball possession and to score another goal to win the game.

Whoever scores a goal and has the one goal lead will have to keep possession of the ball until the time runs out.

Make it interesting by adding few simple soccer rules such as limited touches on the ball or running drills for losing team.