

Spencer Soccer Club

Travel Development Program

Pre-Season Session Plan Guidance U12 thru U19



Focus: Conditioning and Technical Skills

Time: 2 hours

Session: SSC-001

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

SPRINT AND JOG



AGILITY ACTIVITY

MINI SHUTTLE



Soccer Agility Training - MINI SHUTTLE - SET UP

1. Set up two cones 20 Yards/Meters apart...
2. Place one cone at the half 2-3 YD/M to the left and one cone 2-3 YD/M to the right...

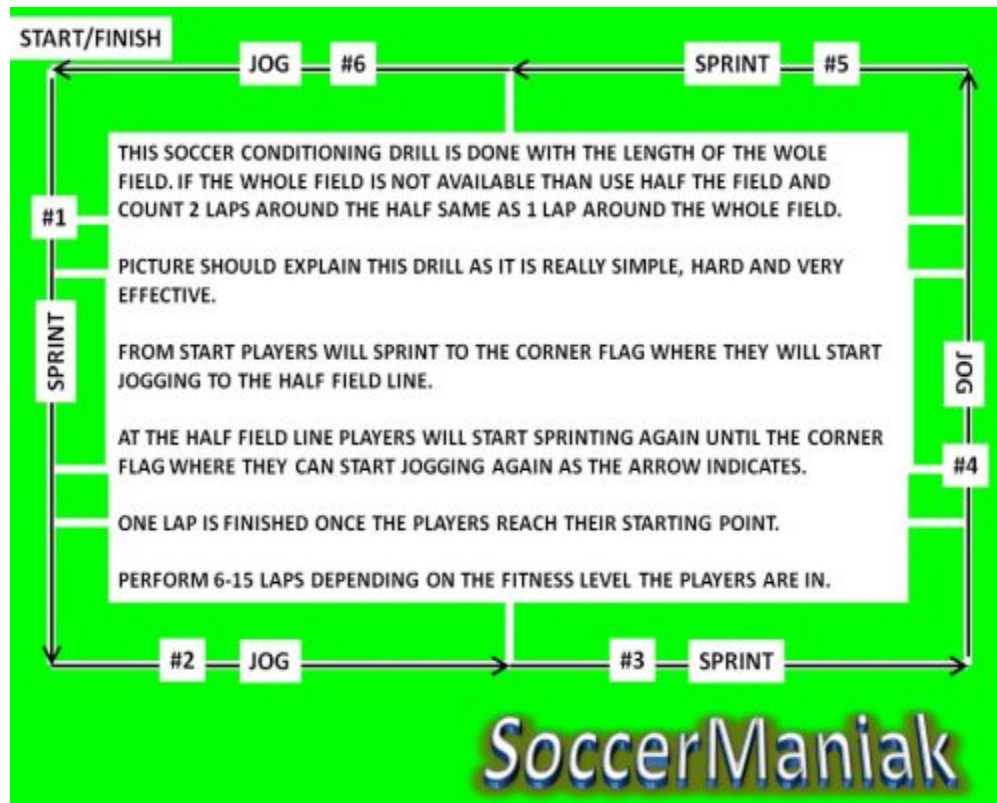
Soccer Agility Drills - MINI SHUTTLE - INSTRUCTIONS

1. Start from the middle marker to the left and sprint to the first cone...
2. Once you reach the first cone run around it making sure that you touch the cone or the ground with your hand...
3. Immediately sprint to the cone at the other end and turn around the cone on a different foot touching the ground with your hand...
4. Finish the drill by sprinting to the finish cone...

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

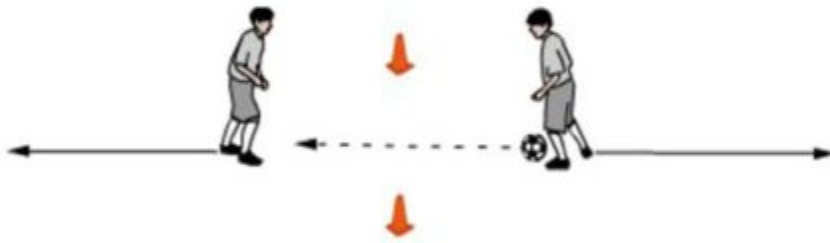
CONDITIONING ACTIVITY

TORTURE AROUND THE FIELD



There will be no rest in between laps.

FIRST TOUCH ACTIVITY



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

Simply place 2 cones about 1 - 2 Meters/Yards apart and stand about 10 Meters/Yards away from each other. First player will pass the ball to the other player so that the ball goes through the 2 cones.

As the rhythm is made and the ball is passed back and forth players should start moving backwards after each pass creating more distance between them.

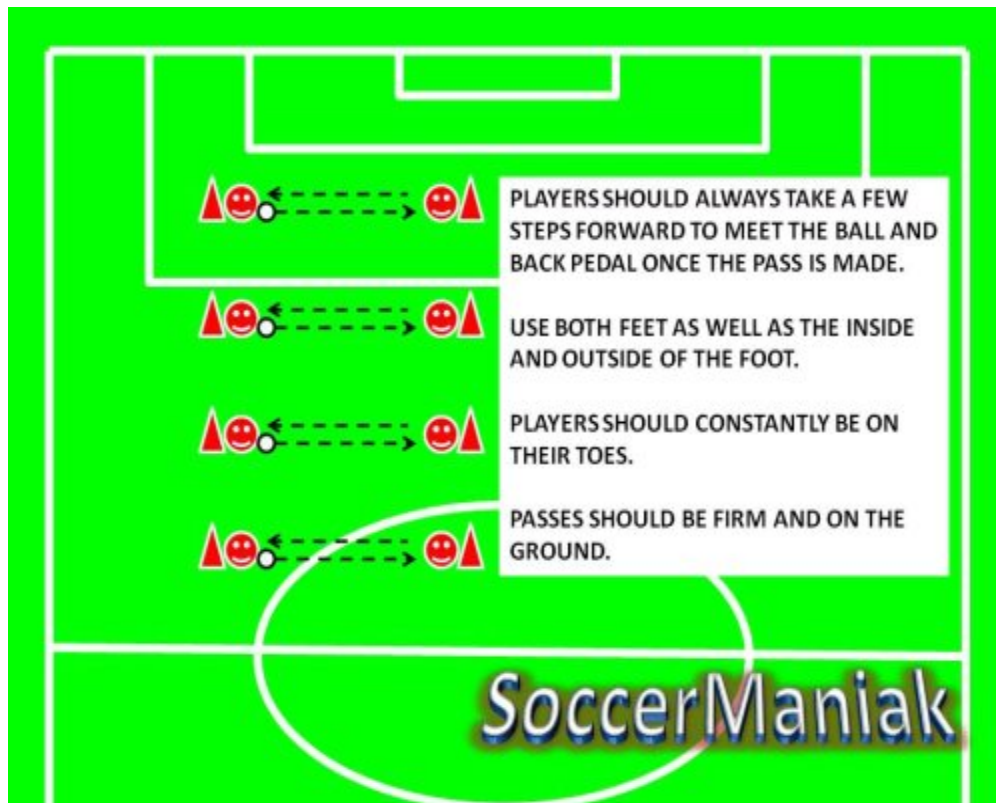
The player receiving the ball will take one touch with the inside or outside of the foot to either side and then pass the ball back through the cones.

See how far you will be able to move back before knocking down the cone or passing to the outside of the cone then start the activity over.

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...

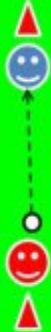
Soccer Passing Drills - SIMPLE PASS - INSTRUCTIONS

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/RECEIVING 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.

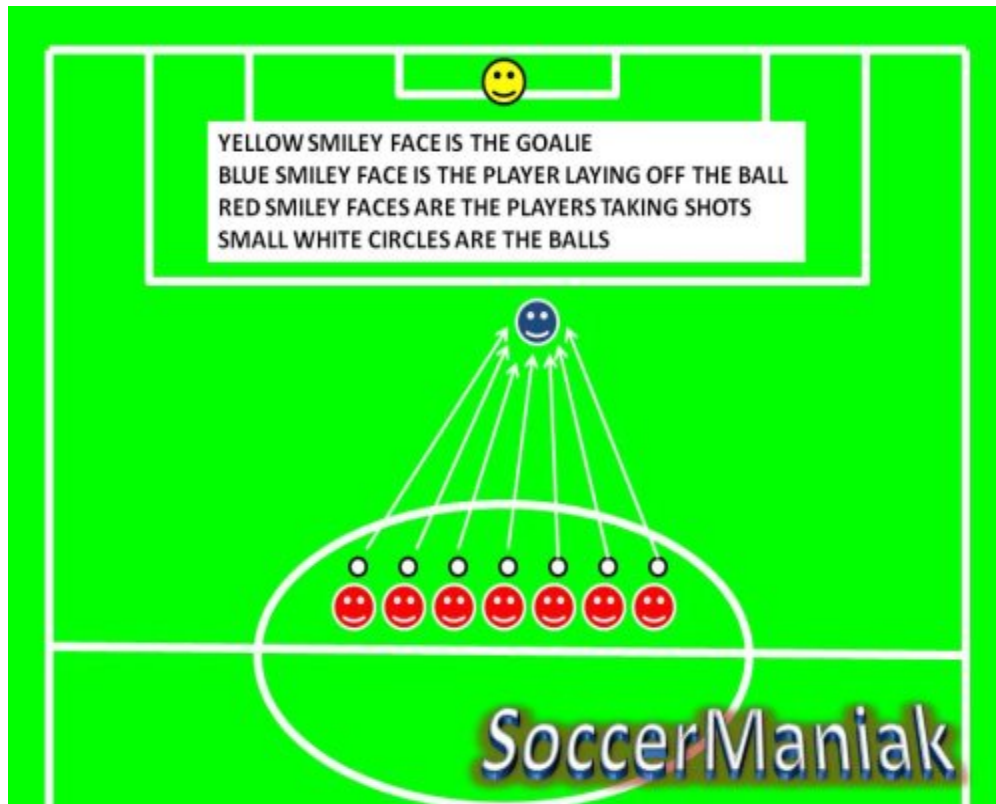
YOU CAN USE THIS DRILL TO PRACTICE THIGH TAPPING AS WELL BY SIMPLY CHANGING THE CHEST TRAPPING TO THIGH TRAPPING THAN PASSING THE BALL BACK.

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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.

THE POWER SHOT



Soccer Shooting Drills - THE POWER SHOT - EXPLAINED

This goal shooting training drill can be done with or without the goalie. If the goalie is available, put him in goal, if not than leave the goal unguarded. You will also need only 4 or 5 players to perform this shooting soccer drill.

A coach or one of the players will take a position 5-10 meters or yards in front of the penalty box while players will take one ball each and stand inside the half field circle.

This soccer shooting drill is started by the player inside the half circle passing the ball hard and on the ground to the player waiting at the edge of the penalty box. Once the pass is made, the player on the edge of the penalty box will lay off the ball for a first time shot on goal.

The player laying off the ball will want to lay off the ball on the ground or bring it up in the air for a volley shot. This is a good way to work both feet as the ball can be layed off for a left or right shot on goal.

Player making the pass will want to sprint at 100% and take a first time shot on goal.

KEEP AWAY ACTIVITY

This is a great passing drill that helps players think faster and pass the soccer ball more quickly. It is also a very fun soccer drill that has every player participating.



Soccer Passing Drills - KEEP AWAY - SET UP

1. Divide players into even groups and give one ball to each group...
2. Keep the groups no more than 7 players in a group...
3. Give two markers of different color to two players in every group...
4. Instruct players if they will play with one touch or two touches on the ball...

Soccer Passing Drills - KEEP AWAY - INSTRUCTIONS

1. The whole point of this game is to keep the ball away from the players wearing different color markers and are inside the play...
2. Players should only take one touch passes but if its too hard to keep the ball moving with one touch, players should be allowed a maximum of 2 touches...
3. If the ball is kicked far away from the circle of play, player that kicked the ball out will wear a marker and go inside the circle of play chasing the ball...
4. Whenever player with a marker touches the ball, player that made the pass will go in and become chaser relieving the marker that was longest in the chaser position...
5. 15 or 20 consecutive passes will earn the chasers an extra turn chasing the ball...

Keep the ball moving in the small space is the whole point of this soccer passing drill.

4 vs 4 ACTIVITY



Instructions

The teams will play possession game. To score a goal, each team has to complete a set number of passes (5-20 passes, depending on the skill and age of players) before they can score in any one of the 4 small goals.

This will allow the defending team more time to win the ball back and start their own passing game. The team in possession of the ball will have to show composure to pass the ball around before attempting to score a goal.

To help the team in possession of the ball you can add one more neutral player that is always on the side of the team in possession.

You can make things even more challenging by adding limited touches on the ball (1-3 touches).

Players will have to think fast, move into empty space, pass the ball quickly and precisely and then shoot to score allowing them to practice most parts of soccer like running into empty space, passing, vision, shooting and ball control.