

Name:

PTSC

Team:

8U



Date: Week 1

Topic:

Dribbling - Foot Skills

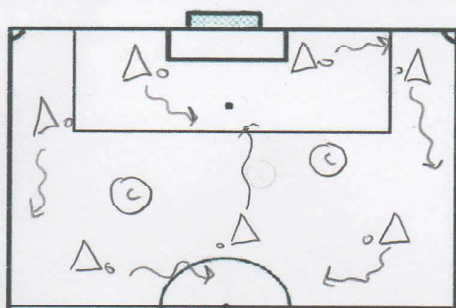
Mesocycle:

In Season

Microcycle/Day:

M-Tu-W-Th-F

TRAINING OBJECTIVE(S): To increase the dribbling skills with pressure **Who?** All Players **Where?** The whole pitch **When?** Always **Why?** To retain possession of the ball and work out of trouble **What?** Players with fast feet who can change direction and be assertive on the ball

**I. WARM-UP**

Intensity: LOW

Activity Time: 8m

Duration: 8m

Intervals: 1

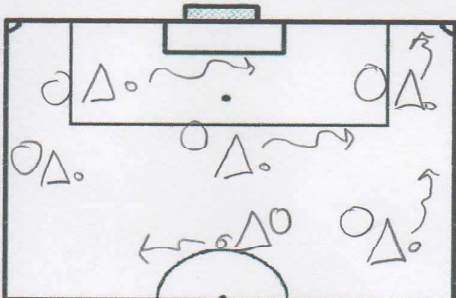
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

Dribbling freeze tag - coach tags player's soccer ball to freeze them, another player must pass their ball through the frozen player's legs to release them

COACHING POINTS / KEY CONCEPTS

Change of direction/change of pace/decision making/finding space/heads-up dribbling/surface of the foot to contact ball (laces=straight, inside/outside=turn)

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time: 2m

Duration: 15m

Intervals: 5

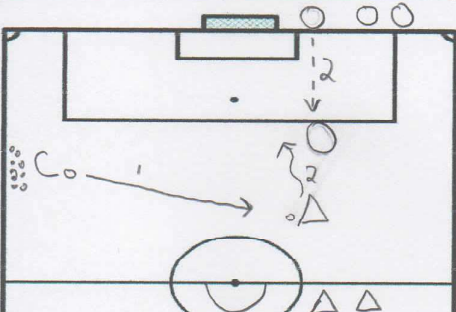
Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

Get and keep the ball - half the players with a soccer ball, the other half without a ball, players without attempt to win a ball and then retain possession

COACHING POINTS / KEY CONCEPTS

Ball control/shielding/change of direction/change of pace/finding open space/good decision making/heads-up dribbling

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time: 1m

Duration: 16m

Intervals: 8

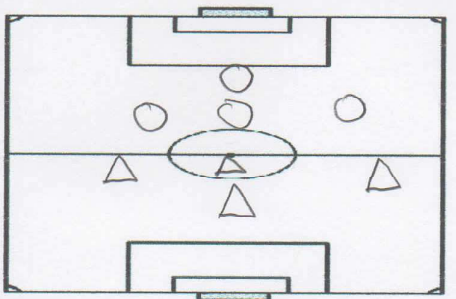
Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

1 v 1 - Half field, coach serves ball to players

COACHING POINTS / KEY CONCEPTS

Ball control/attacking/change of direction/change of pace/finding open space/good decision making/heads-up dribbling/beating a defender

**IV. GAME**

Intensity: HIGH

Activity Time: 8m

Duration: 22m

Intervals: 2

Recovery Time: 3m

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun/Game Play

Name:

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Date:

Week 2

Topic:

Dribbling - Foot Skills



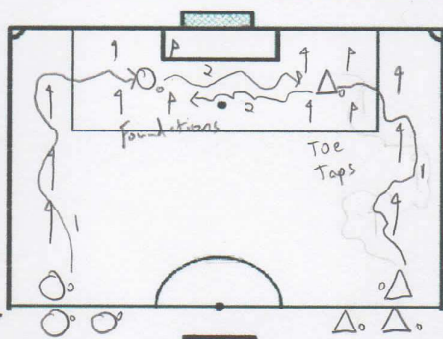
Mesocycle:

In Season

Microcycle/Day:

M-Tu-W-Th-F

TRAINING OBJECTIVE(S): To increase the dribbling skills with pressure **Who?** All Players **Where?** The whole pitch **When?** Always **Why?** To retain possession of the ball and work out of trouble **What?** Players with fast feet who can change direction and be assertive on the ball

**I. WARM-UP**

Intensity:

LOW

Activity Time:

1m

Duration:

8m

Intervals:

8

Recovery Time:

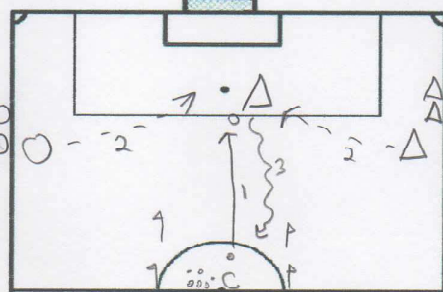
1m

ORGANIZATION (Physical Environment / Equipment / Players)

Obstacle course - players dribble through the course, stop off points for toe touches/foundations/sole rolls/etc.

COACHING POINTS / KEY CONCEPTS

Dribbling with pace/ball control/change of direction/decision making/heads-up dribbling/foot skills

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

1m

Duration:

16m

Intervals:

8

Recovery Time:

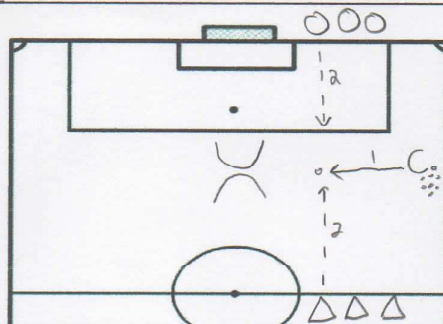
2m

ORGANIZATION (Physical Environment / Equipment / Players)

Combat - Coach serves ball, players gain possession of the ball and dribble back to the coach under control

COACHING POINTS / KEY CONCEPTS

Dribbling with pace/ball control/change of direction/decision making/heads-up dribbling

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

1m

Duration:

16m

Intervals:

8

Recovery Time:

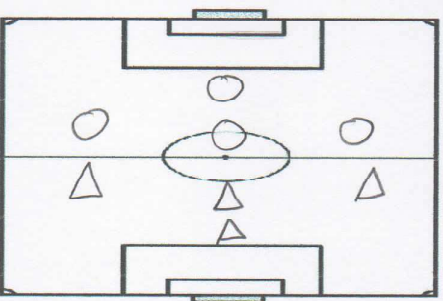
2m

ORGANIZATION (Physical Environment / Equipment / Players)

1 v 1 to back to back goals - coach serves the ball

COACHING POINTS / KEY CONCEPTS

Ball control/attacking/decision making/change of direction/change of pace/heads-up dribbling

**IV. GAME**

Intensity:

HIGH

Activity Time:

8m

Duration:

22m

Intervals:

2

Recovery Time:

3m

ORGANIZATION (Physical Environment / Equipment / Players)**Scrimmage****COACHING POINTS / KEY CONCEPTS****Fun - Game Play**

Name:

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Team:

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Date:

Week 3

Topic:

Dribbling

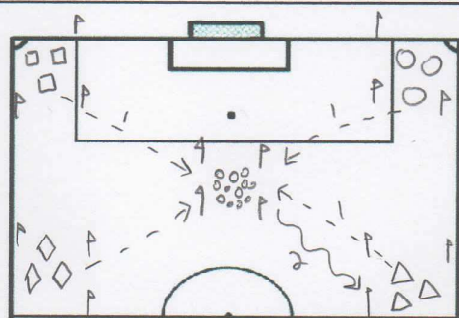
Mesocycle:

In Season

Microcycle/Day:

M-Tu-W-Th-F

TRAINING OBJECTIVE(S): To increase the soccer skills with pressure **Who?** All Players **Where?** The whole pitch **When?** Always **Why?** To retain possession of the ball and work out of trouble **What?** Players with fast feet who can change direction and be assertive on the ball

**I. WARM-UP**

Intensity: LOW

Activity Time: 4m

Duration: 12m

Intervals: 3

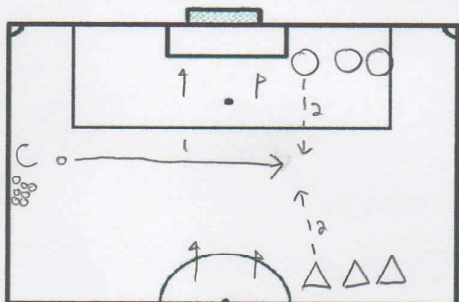
Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

Bank Robber - players evenly divided into 3/4 teams, soccer balls start in the center and players retrieve 1 at a time and bring them back to their area, after they are all collected from the middle players steal from other teams

COACHING POINTS / KEY CONCEPTS

Heads-up dribbling, surface of the foot (laces for straight and speed/inside and outside to change direction)/speed/decision making/ball control

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time: 12m

Duration: 12m

Intervals: 1

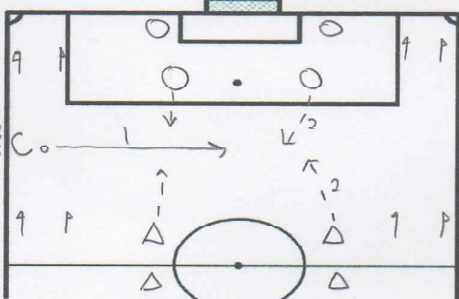
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

1v1 dribble through gate to score - coach serves ball, players dribble through the gate under control to score

COACHING POINTS / KEY CONCEPTS

Ball control/first touch/1v1 attacking/change of direction/change of speed/speed/surface of the foot

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time: 12m

Duration: 12m

Intervals: 1

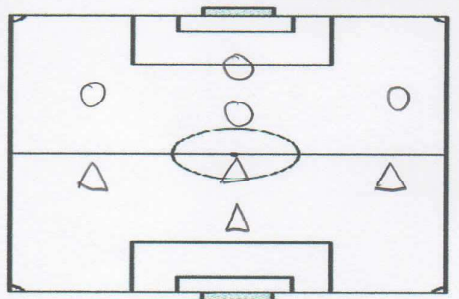
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

2v2 dribble through gates - coach serves the ball, players dribble through gates under control

COACHING POINTS / KEY CONCEPTS

Ball control/first touch/1v1 attacking with a help option/change of direction/change of speed/speed/surface of the foot/decision making/

**IV. GAME**

Intensity: HIGH

Activity Time: 8m

Duration: 22m

Intervals: 2

Recovery Time: 3m

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun/Game Play

Name:

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Week 4

Topic:

Passing



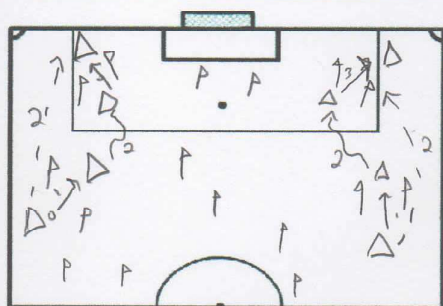
Mesocycle:

In Season

Microcycle/Day:

M-Tu-W-Th-F

TRAINING OBJECTIVE(S): To increase the soccer skills with pressure **Who?** All Players **Where?** The whole pitch **When?** Always **Why?** To retain possession of the ball and work out of trouble **What?** Players with fast feet who can change direction and find help when needed

**I. WARM-UP**

Intensity:

LOW

Activity Time:

1m

Duration: 12m

Intervals:

6

Recovery Time:

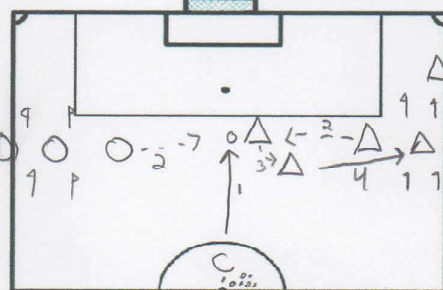
1m

ORGANIZATION (Physical Environment / Equipment / Players)

Gate passing - Players partnered with 1 soccer ball, players pass through as many gates as they can manage, start with nobody in charge, move to player with ball is in charge, then player without ball in charge. Which situation can they get the most?

COACHING POINTS / KEY CONCEPTS

Accurate passing/heads-up movement/decision making/communication/weight of the passing/angle of the pass/surface of the foot to pass and receive

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

12m

Duration: 12m

Intervals:

1

Recovery Time:

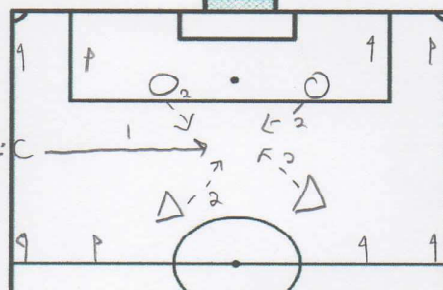
0m

ORGANIZATION (Physical Environment / Equipment / Players)

Pass Back Combat - coach serves the ball players 1v1 to win the ball and pass back to the next up player, then restarts with coach service

COACHING POINTS / KEY CONCEPTS

Accurate passing/heads-up/decision making/communication/weight of the passing/angle of the pass/surface of the foot to pass and receive/receiving a pass (trapping surface)

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

12m

Duration: 12m

Intervals:

1

Recovery Time:

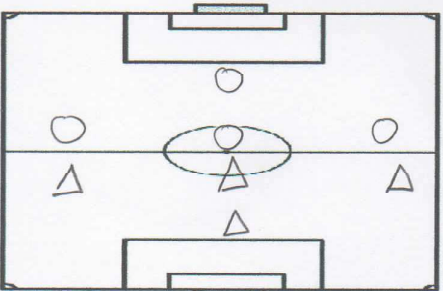
0m

ORGANIZATION (Physical Environment / Equipment / Players)

2v2 with passing gate goals to score - coach serves the ball, players attempt to pass on the ground through wide cone gates to score a point

COACHING POINTS / KEY CONCEPTS

Accurate passing/heads-up/decision making/communication/weight of the passing/angle of the pass/surface of the foot to pass and receive/receiving a pass (trapping surface)

**IV. GAME**

Intensity:

HIGH

Activity Time:

8m

Duration: 22m

Intervals:

2

Recovery Time:

3m

ORGANIZATION (Physical Environment / Equipment / Players)**Scrimmage****COACHING POINTS / KEY CONCEPTS****Fun - Game Play**