

Name:

PTSC

Team:

8U



Date:

Week 5

Topic:

Passing

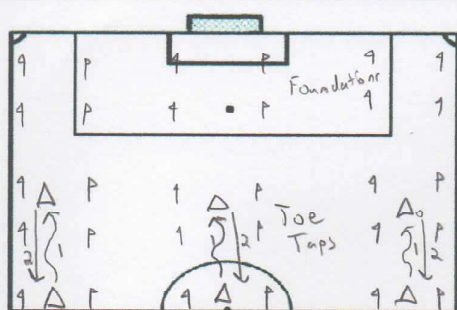
Mesocycle:

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 can find help when needed

**I. WARM-UP**

Intensity: LOW

Activity Time: 4m

Duration: 15m

Intervals: 3

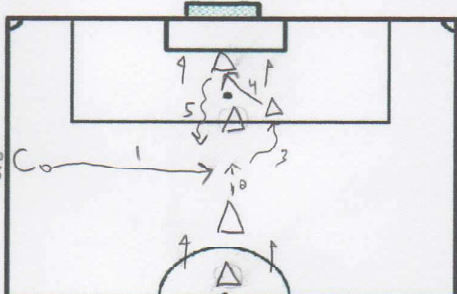
Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

Island Hoping - players split evenly into 2 or 3 teams (4 player/team), first dribbles to island does 10 toe taps then passes back to next player, when everyone to first island proceed to second with 10 foundations before pass back, escalate to a race between teams

COACHING POINTS / KEY CONCEPTS

Accurate passing/fast feet/communication/weight of the passing/surface of the foot to pass and receive

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time: 15m

Duration: 15m

Intervals: 1

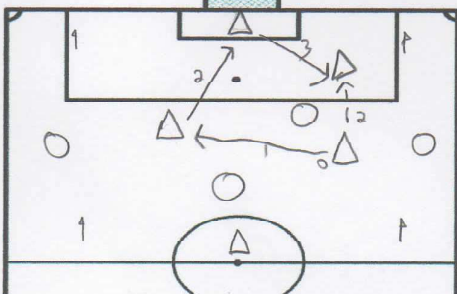
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

1v1 to Passing Gates - players pass ball through the gate where another player is waiting to receive to ball and go the other way, coach serves first ball and restarts for out of bounds/etc.

COACHING POINTS / KEY CONCEPTS

Accurate passing/fast feet/communication/weight of the passing/surface of the foot to pass and receive/dribbling to setup a pass/vision/decision making

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time: 3m

Duration: 16m

Intervals: 5

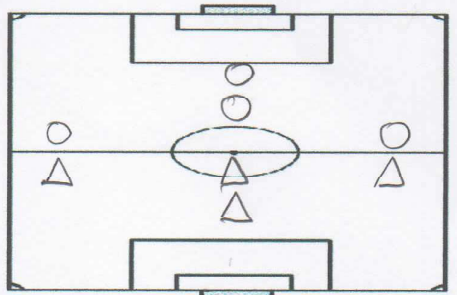
Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

2v2 with outside targets - players attempt to control and pass ball to outside targets, each successful pass to outside is a point, switch outside players every few minutes

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

**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:

PTSC

Team:

8U



Date: Week 6

Topic:

Striking the ball

Mesocycle:

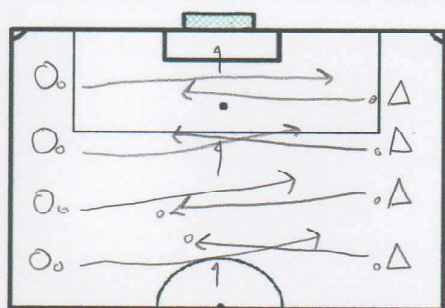
In Season

Microcycle/Day:

M-Tu-W-Th-F

TRAINING OBJECTIVE(S): To strike the ball properly**Who?** All Players**Where?** The attacking third**When?** Shooting on goal**Why?** To score**What?**

Players with strong legs and ankles locked who can get their foot through the ball striking it with their laces

**I. WARM-UP**

Intensity: LOW

Activity Time: 4m

Duration: 15m

Intervals: 3

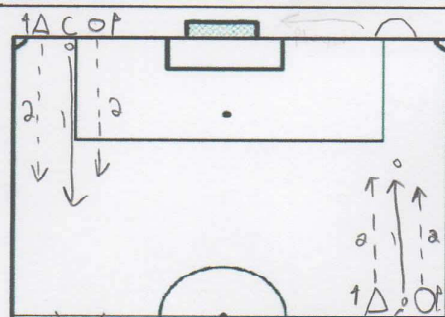
Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

Clean It Up - Players split evenly on each half of the field, players strike the ball into the other half of the field, each side attempts to clean all of the soccer balls from their side of the field

COACHING POINTS / KEY CONCEPTS

Striking technique (Laces)/plant foot pointed to target/locked ankle/plant leg bent/foot through the ball

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time: 15m

Duration: 15m

Intervals: 1

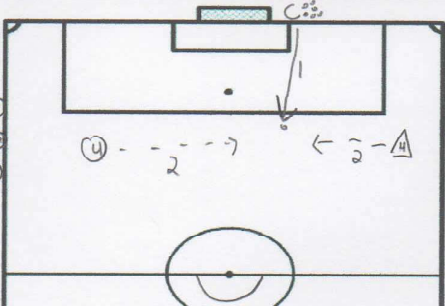
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

Race to Shoot - Players paired, coach serves ball straight out, players race to ball and attempt to shoot in stride

COACHING POINTS / KEY CONCEPTS

Speed/striking technique/movement/striking in motion

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time: 15m

Duration: 15m

Intervals: 1

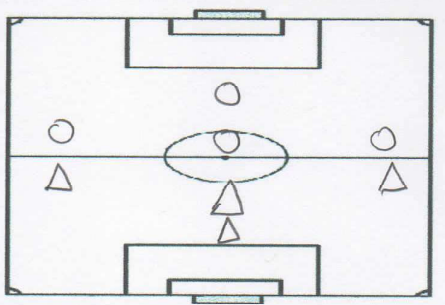
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

1v1 with numbers - coach assigns players a number, coach calls the number and players engage in a 1v1 with service from the coach

COACHING POINTS / KEY CONCEPTS

Attacking 1v1/striking the ball with pressure/creating space to strike the ball/accuracy of the shot

**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:

PTSC

Team:

8U



Date:

Week 7

Topic:

Striking

Mesocycle:

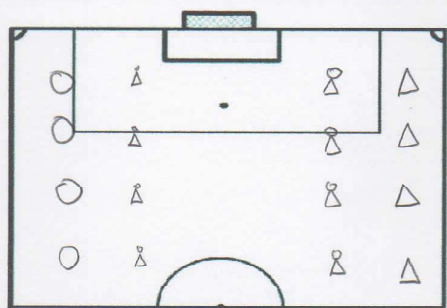
In Season

Microcycle/Day:

M-Tu-W-Th-F

TRAINING OBJECTIVE(S): To strike the ball properly**Who?** All Players**Where?** The attacking third**When?** Shooting on goal**Why?** To score**What?**

Players with strong legs and ankles locked who can get their foot through the ball striking it with their laces

**I. WARM-UP**

Intensity: LOW

Activity Time: 1m

Duration: 16

Intervals: 8

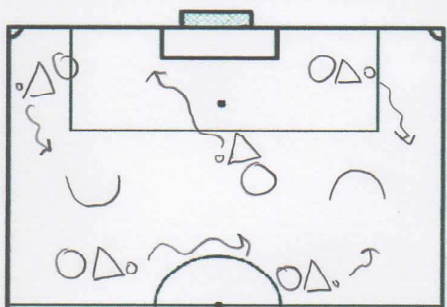
Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

Knock em Down - Players evenly divided, one side sets their soccer balls on cones, the other side attempts to shoot the balls down, then roles reverse, 8-10 yds. apart (more if appropriate)

COACHING POINTS / KEY CONCEPTS

Accurate striking/striking technique/strong lag/locked ankle/laces

**II. SMALL-SIDED ACTIVITY**

Intensity: MED

Activity Time: 3m

Duration: 15m

Intervals: 3

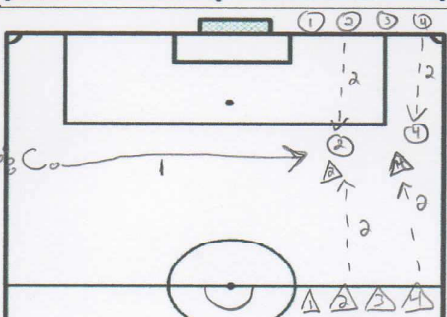
Recovery Time: 2m

ORGANIZATION (Physical Environment / Equipment / Players)

1v1 Mobile - Players paired playing 1v1, goals offset facing opposite directions, all pairs play at the same time

COACHING POINTS / KEY CONCEPTS

Traffic/Heads-up/Creating space to strike the ball/ball control/striking the ball properly

**III. EXPANDED ACTIVITY**

Intensity: HIGH

Activity Time: 15m

Duration: 15m

Intervals: 1

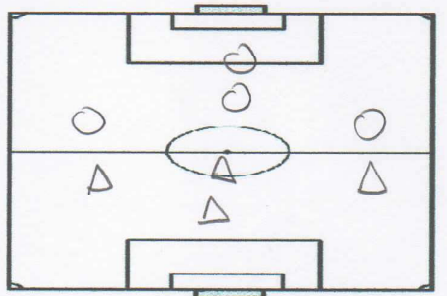
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

2v2 with Numbers - players assigned numbers, coach calls numbers out to play 2v2, service comes from the coach

COACHING POINTS / KEY CONCEPTS

Traffic/Heads-up/Creating space to strike the ball/ball control/striking the ball properly

**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:

PTSC

Team:

8U



Date: Week 8

Topic:

Defending

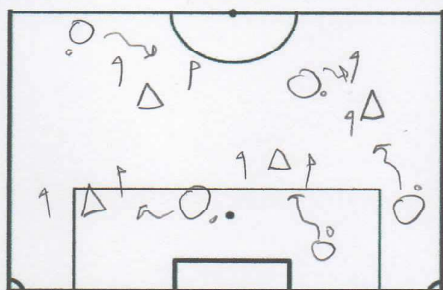
Mesocycle:

In Season

Microcycle/Day:

M-Tu-W-Th-F

TRAINING OBJECTIVE(S): To improve player's individual defending **Who?** All Players **Where?** The defensive half of the pitch **When?** The opposing team is building up and attacking **Why?** To regain the ball **What?** Players with patience to not dive in, players who are quick to the ball

**I. WARM-UP**

Duration: 12m

Intensity: LOW

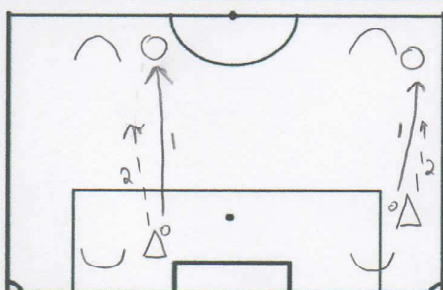
Intervals: 4

Activity Time: 2m

Recovery Time: 1m

ORGANIZATION (Physical Environment / Equipment / Players)

Defend the gates - several gates randomly arranged, defenders defend and keep attackers from dribbling through the gates, change defenders every couple of minutes

COACHING POINTS / KEY CONCEPTS**II. SMALL-SIDED ACTIVITY**

Duration: 15m

Intensity: MED

Intervals: 1

Activity Time: 15m

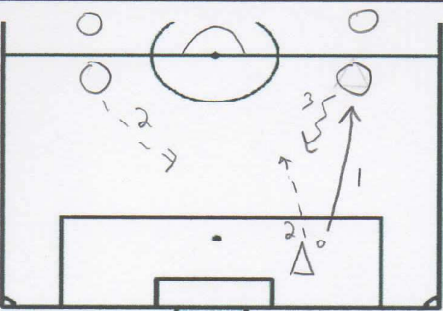
Recovery Time: 0m

ORGANIZATION (Physical Environment / Equipment / Players)

1v1 - Defender serves ball across to attacker, defender closes down the attacker and attempts to recover the ball and score

COACHING POINTS / KEY CONCEPTS

Quick to the ball/DO NOT DIVE IN/patience/proper footwork/side on NOT square/show attacker weak foot

**III. EXPANDED ACTIVITY**

Duration:

Intensity: HIGH

Intervals: 1

Activity Time:

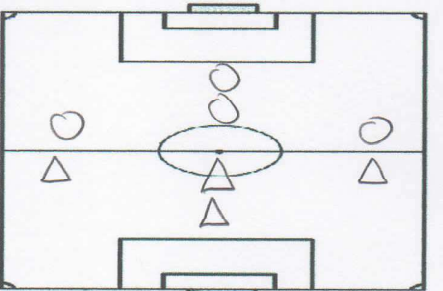
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

2v1 - Defender serves the ball to 2 attackers, defender closes down the space and attempts to recover the ball and score

COACHING POINTS / KEY CONCEPTS

Quick to the ball/DO NOT DIVE IN/patience/proper footwork/side on NOT square/covering additional attacker/cutting passing angles

**IV. GAME**

Duration: 22m

Intensity: HIGH

Intervals: 2

Activity Time: 8m

Recovery Time: 3m

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

Fun/Game Play