

Author: Tom Turner

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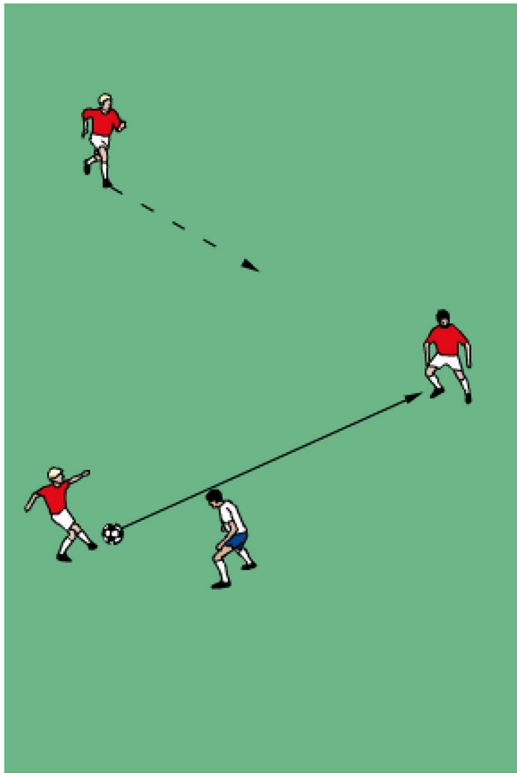
Coaches Connection

Lesson Plan



Topic: Expansion & Contraction

Age: U15

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Possession</p> <p>Numbers: Teams of 4 or 5, as required.</p> <p>Space: Three to four areas of 20 x 12 (3 v 1) or 20 x 15 (4 v 1)</p>	<p>Time: Rounds of 60 seconds</p> <p>Scoring: Highest number of consecutive passes per round. Compare teams for winner. Rotate a new defender after each round. Any balls out of bounds revert to the attackers. Defenders should maintain possession as long as possible. First pass is always free.</p>		<p>Players should not cross each other</p> <p>Mobility to support the ball</p> <p>Expansion and contraction on positive/negative turnovers</p>

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2 Line soccer

Numbers: 4 v 4

Space: 35 x 25 yards
(40x30 max)

Scoring: Cross the long
line in possession

Time: 10-minute rounds
(rotate and rebalance
teams, as required)



Players should organize
into positions and
maintain shape.

No crossing over
without changes in
roles.

Attackers should
balance mobility while
maintaining group
balance.

Defenders should work
as a team to compact
space.

3 Game to Goal

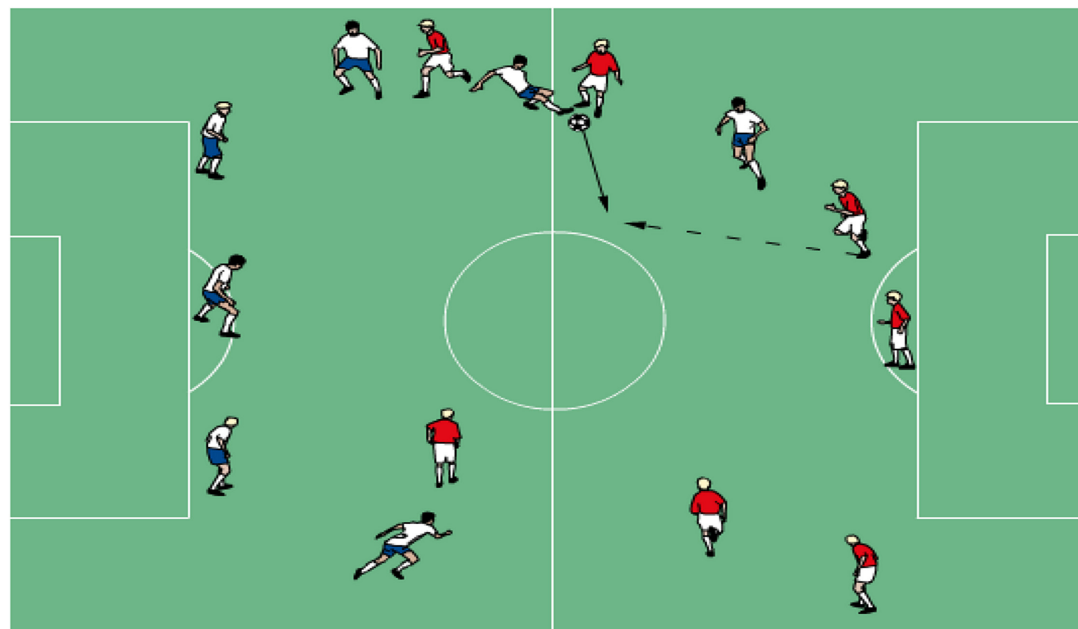
Numbers: 7 v 7 / 8 v 8,
arranged 3-2-2, or 3-1-2

Space: 60 x 40 / 70 x 50.
Offside at half-way line or
top of the penalty area

Scoring: Regular

Time: 40-50 minutes

No kickoffs following
goals.



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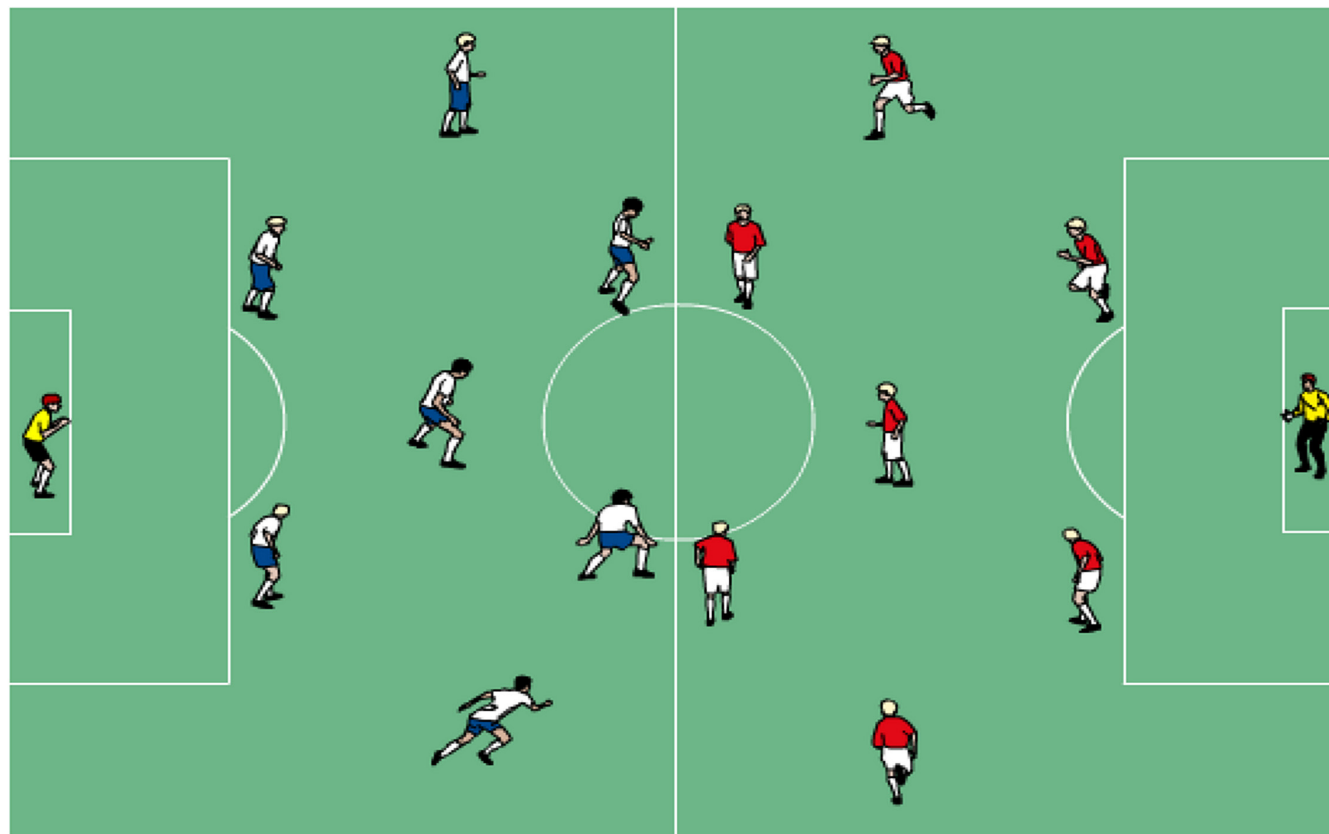


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4 Match

FIFA Laws of the Game



5 Cool-Down

Center circle

Static stretching
Loosen the laces on the boots for improved circulation in the feet
Loosen the straps on shin guards for improved circulation in the lower legs

Rehydrate
Attend to any injuries no matter how minor

Did you have fun today?
Did you learn anything today?
Dismissed.