

**DC STODDERT
SESSION PLANS**

U15 + HIGH SCHOOL (11V11)





FOCUS: MOVING THE BALL

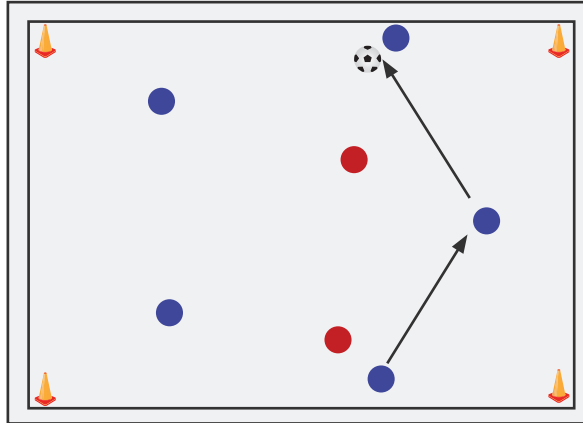
- ▶ Two touch helps rotate the ball and create space
- ▶ 1st touch into space and make your passing decision before you receive it

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- Rondo
- 5v2 in 10x10 grid
- No touch limitation to start, if you give the ball away you're in the middle
- Count passes on the outside
- Find the open man
- Drop it down to 2 touch then 1 touch as the play develops and players are in tune

TECHNIQUE:



KEY POINTS:

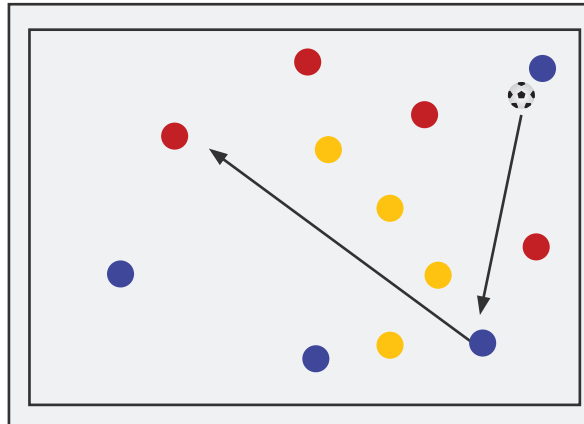
- Good firm passes all round
- 1st touch firm and confident with purpose, don't stop the ball, keep it moving
- Head up and communicate!
- Touch and play at SPEED
- Try and limit touches
- Body shape on reception - OPEN UP on back foot
- Touch the ball first, get it under control
- Slide passes in at speed

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- 4v4v4 keep away
- Non directional possession to keep the ball moving
- 4 players defending work together
- Team that gives it away goes central to defend
- Start with a 30x30 grid and edit based on ease and level

TECHNIQUE:



KEY POINTS:

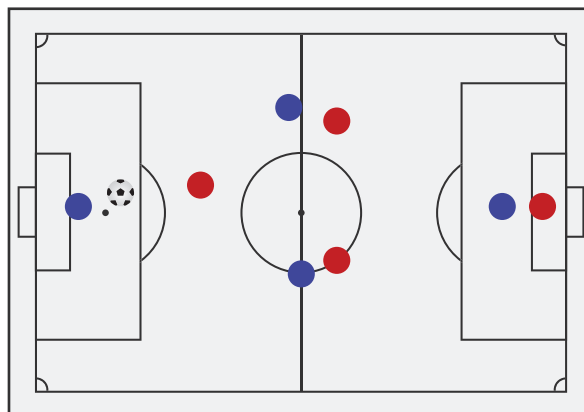
- 1st touch into space and look to penetrate 1st and maintain 2nd
- Once ball is passed concentrate on 2nd players 1st touch
- Play at speed with style
- Get the ball moving and players buzzing on their toes
- No down time, constant transition and emphasis on 1st touch technique
- Transition at speed when you lose or win the ball

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 4v4 tournament without GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Keep the ball moving and rotating to find the open man
- Use small goals
- To increase difficulty make it a one touch finish to score

TECHNIQUE:



KEY POINTS:

- As above
- Play simple 100% passes
- Correct surface of foot for reception, move off the ball
- Close control at angles to space with 1st touch
- Combine, let the ball do the work, early. Make triangles
- Identify space and open teammate EARLY - before ball comes
- Pass and move at SPEED with direction and purpose

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: FINISHING

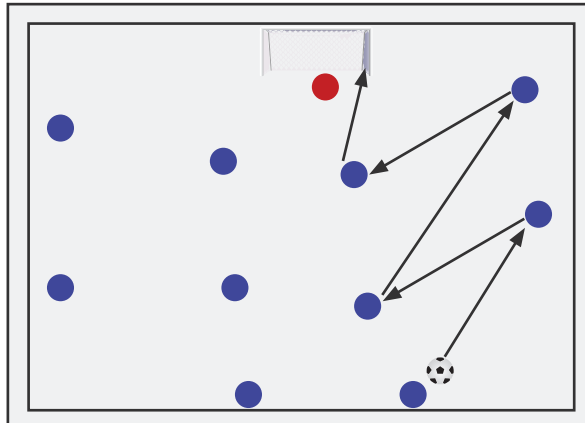
- ▶ Pattern play to goal to give some ideas for the team to execute in games
- ▶ Movement too the ball, don't wait for it. Check in

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- 2 touch
- Follow your pass
- Check to the ball
- Up-back-through
- Simple pattern to start, then add combinations and more elaborate patterns as the play develops
- 1 group goes then the next, rotate through sides

TECHNIQUE:



KEY POINTS:

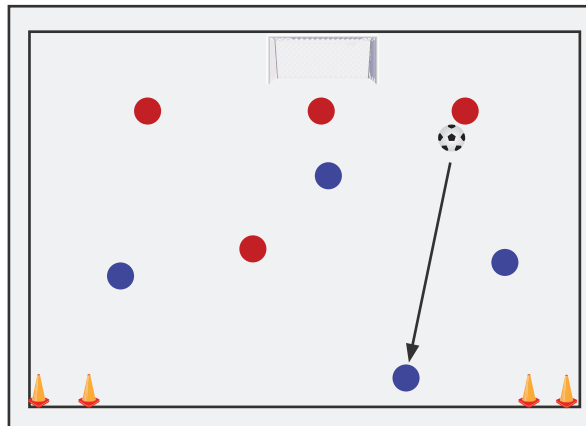
- Good firm passes all round
- 1st touch firm and confident with purpose, don't stop the ball, keep it moving
- Head up and communicate!
- Touch and play at SPEED
- Try and limit touches
- Body shape on reception - OPEN UP on back foot
- Touch the ball first, get it under control
- Slide passes in at speed

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- 4v4 to goal
- Defensive team plays with 3 defenders and a goalkeeper
- Attacking team scores in the big goal
- Attacking group find the open player
- Defensive team scores in small goals

TECHNIQUE:



KEY POINTS:

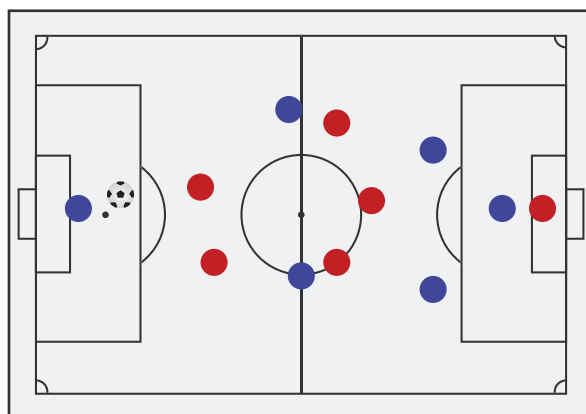
- 1st touch into space and look to penetrate 1st and maintain 2nd
- Once ball is passed concentrate on 2nd players 1st touch
- Play at speed with style
- Get the ball moving and players buzzing on their toes
- No down time, constant transition and emphasis on 1st touch technique
- Transition at speed when you lose or win the ball

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 6v6 with goalkeepers
- Play with 2 forwards and look to combine with them
- Full restarts

TECHNIQUE:



KEY POINTS:

- Get to goal at speed
- Combine, let the ball do the work, early. Make triangles
- Identify space and open teammate EARLY - before ball comes
- Pass and move at SPEED with direction and purpose
- Look to play forward first then options beneath
- Then play through

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



SOCCER SESSION PLAN #: 03 AGE GROUP: HIGH SCHOOL PLAYERS 12+ STAGE: 1

FOCUS: DEFENDING IN SMALL GROUPS

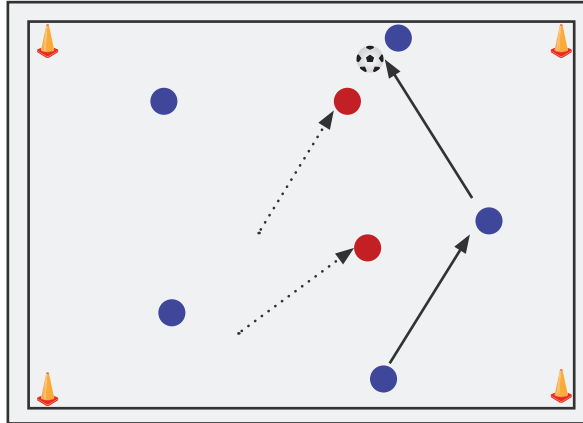
- ▶ Patience to win the ball, lead the forward into pressure. Make sure 2nd defender stays connected
- ▶ Communication is key, force the ball one way

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- Rondo
- 5v2 in 10x10 grid
- No touch limitation to start, if you give the ball away you're in the middle
- Count passes on the outside
- Find the open man
- Drop it down to 2 touch then 1 touch as the play develops and players are in tune
- Focus on defensive pair
- When to step, when to drop to cover
- Balance

TECHNIQUE:



KEY POINTS:

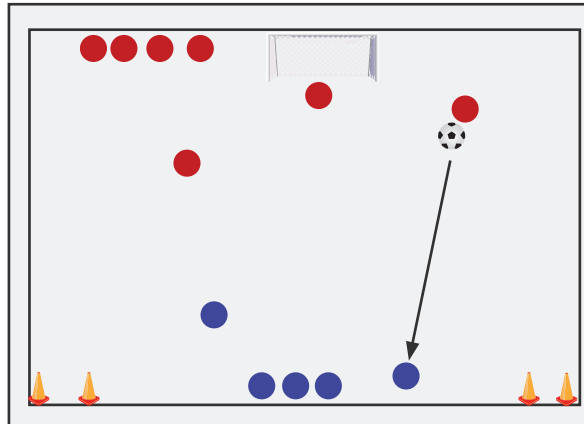
- Pressure on ball
- Patience and read cues of when to step to win it
- Cues = bad touches, bouncing ball, when it's on the weak foot
- Make sure you stay together
- Try not to get split by the penetrating ball
- Don't worry about the number of passes, wait for the correct time to strike to win the ball back

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- 2v2 plus a goalkeeper to goal
- Defensive team plays with 2 defenders and a goalkeeper
- Attacking team scores in the big goal
- Attacking group find the open player
- Defensive team scores in small goals

TECHNIQUE:



KEY POINTS:

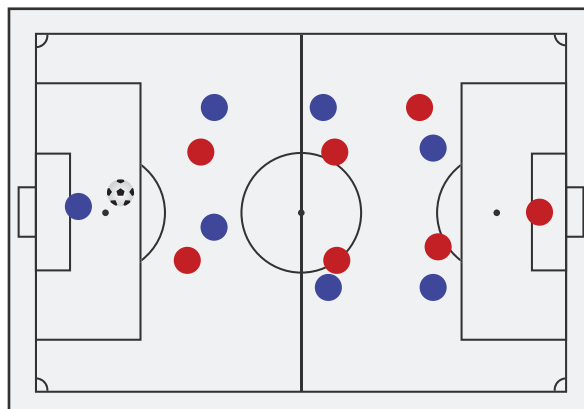
- 1st touch into space and look to penetrate 1st and maintain 2nd
- Work as a partnership to defend, force the attack into the pressure or wide using the sideline as a defender
- Goalkeeper communicate and help organize when and where the defenders shift to prevent penetrating balls and shots under no pressure

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 6v6 with goalkeepers
- 1-2-2-2
- Play with 2 forwards and look to combine with them
- Full restarts

TECHNIQUE:



KEY POINTS:

- Work as defensive pairs across the lines, from defensive, midfield and attack
- Win your individual match ups
- Work with your partner to win your area

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: SPEED AND AGILITY

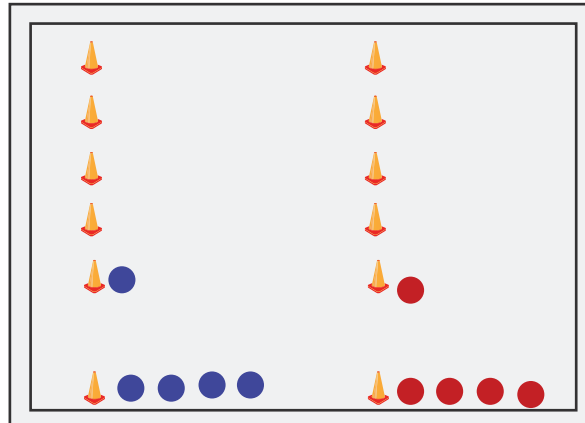
- ▶ Patience to win the ball, lead the forward into pressure. Make sure 2nd defender stays connected
- ▶ Communication is key, force the ball one way

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- Various movements between cones or ladder if available
- Start simple with light jog, move to complex with 2 feet in between the cones, 2 feet between the cones, fast feet, shuffle, cut from left to right, finish with some sprint competitions
- Introduce a ball to improve close control and footwork

TECHNIQUE:



KEY POINTS:

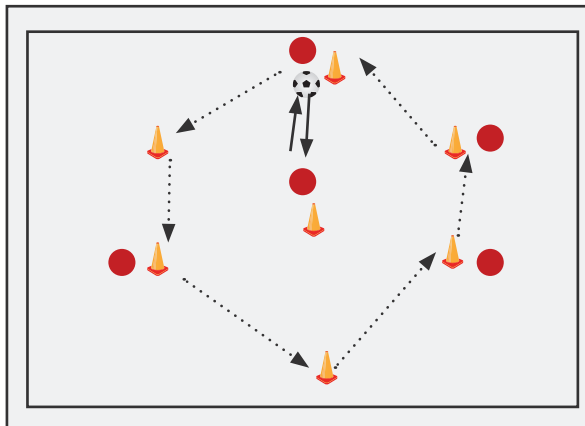
- Control of your feet
- Sprinters running movement
- Head up
- Strong form

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- Work with teammate in clock rotation
- In and out to the ball each time
- Partner rotates around the circle serving the ball
 - On the floor 2 touch to start
 - 1 touch next
 - Move on the volleys
- Hard work, switch after one rotation
- Recover on the outside as you serve for partner
- Can have multiple players work at once
- Just stagger the rotation starts

TECHNIQUE:



KEY POINTS:

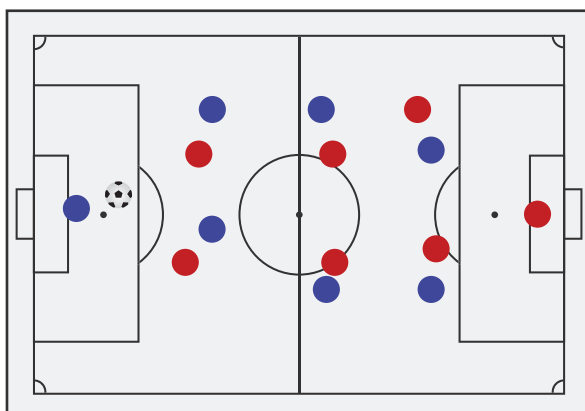
- Don't let technique fail with fatigue
- Move your feet, get in line with the ball
- Watch it onto foot
- Solid contact

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 6v6 with goalkeepers
- 3-2 formation
- Regular rules

TECHNIQUE:



KEY POINTS:

- Move the ball with quality when fatigued
- Low block defensive line when tired

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving