

DC STODDERT
SESSION PLANS
U8 - 2ND GRADE
5V5





FOCUS: PASSING THE BALL AND PENETRATING WITH A PASS

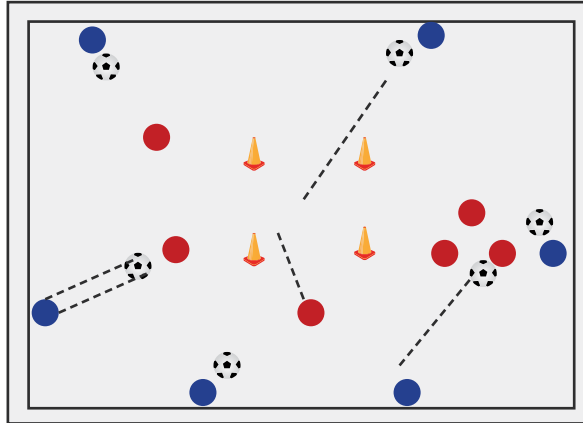
- ▶ Look to thread the pass through other players to create a 'split' or penetrating pass
- ▶ Change the surface of foot and distance of passes to increase or decrease difficulty

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

ORGANIZATION:

- Work in pairs (#1 and #2)
- Receive ball on ground via side foot pass, touch and return from inside player
- Go through central box without ball after pass complete (movement can vary)
- Progress to turn and pass to another outside player, bouncing balls, throw ins, etc.
- Each complete pass = 1 point
- Each player gets 45 seconds to work for high score

TECHNIQUE:



KEY POINTS:

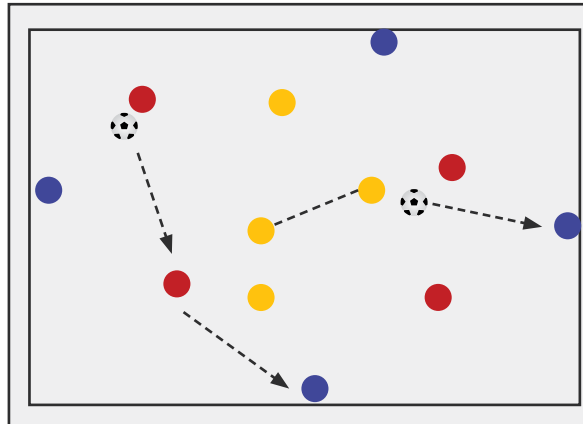
- Weight of initial pass
- Surface of foot to receive ball
- Movement towards the ball
- Speed of pass
- Angle and mechanics of pass
- Head over ball, non-kicking foot placed, knee over, side foot etc.
- Don't let it bounce!

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

ORGANIZATION:

- As above, but now in teams of 4
- Receive ball from outside player, play combination with at least one teammate and play back out to an open player
- After combination, get back involved as receiver or option for combo
- Keep score of completed passes (only perfect completions count)
- Add touch restriction if needed

TECHNIQUE:



KEY POINTS:

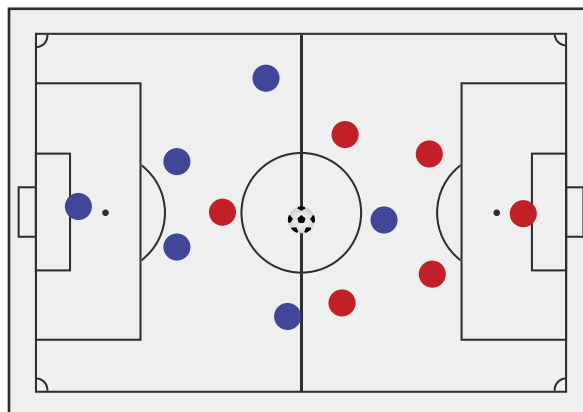
- As above
- 1st touch into space, and to open player (look before you receive)
- Positive first touch
- Play at speed
- Cushion/manipulate ball to where you want
- Communicate, ask for ball
- Add combo's if need, 1/2's, overlaps, dummy's, etc.

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 6vs6 with GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Each team play 2-2-1

TECHNIQUE:



KEY POINTS:

- As above
- 1st touch into space at speed
- Ask for the ball, confidence
- Use the techniques from the 1st and 2nd activity
- Don't let it bounce!

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



FOCUS: INDIVIDUAL AND SMALL GROUP DEFENDING

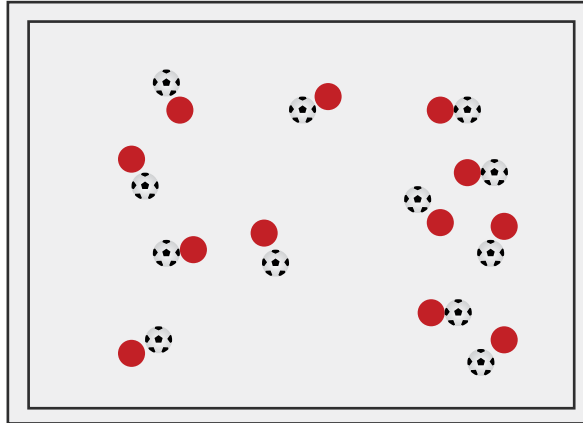
- ▶ This session can be used to focus on attacking on the dribble, or defending. Pick one topic for the session and stick with it
- ▶ Spacing is vital. Not too close, not too far away for both defending and attacking

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

ORGANIZATION:

- 1 ball per player
- Inside grid
- Use commands to spark different skills and moves (drag back, step over, scissors, double touch, cuts, etc.)
- Lots of bodies in small area to create traffic, find space to exploit (head up)

TECHNIQUE:



KEY POINTS:

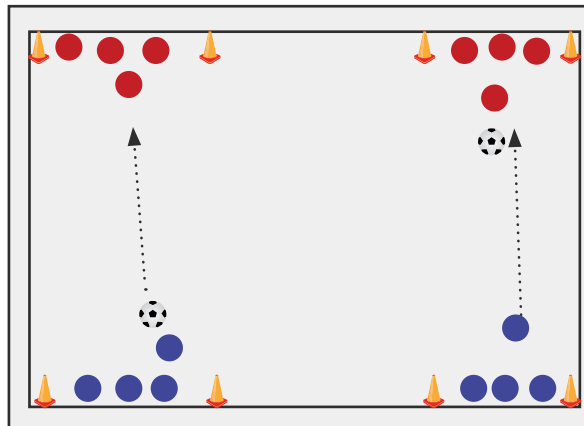
- Head up
- Find space and explode into it
- Once basic skill is understood, increase speed of delivery
- Lots of small close touches
- Use all surfaces of foot (inside, outside, laces, sole)
- Use players to demo after Coach has shown skill

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

ORGANIZATION:

- 1vs1 to x2 small goals
 - Attacker take positive 1st touch into space and attacks defender with skill
 - Defender can attack opposite x2 goals when in possession
 - Keep score (attack vs defense)
 - Swap after score gets to 6 (or 4 mins)
 - Ball out = Next x2 up
- +Move on 2vs2 -1st look is still to beat player -2nd look to pass/combine

TECHNIQUE:



KEY POINTS:

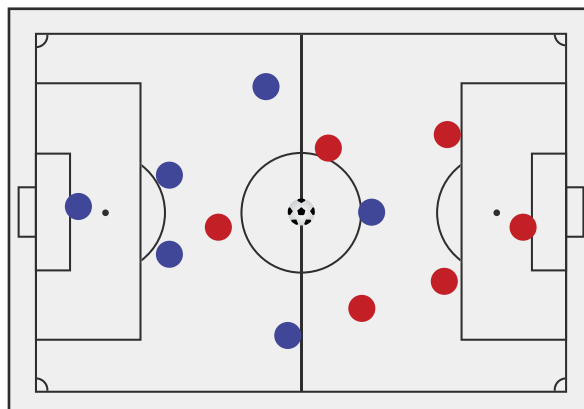
- As above
- 1st touch into space, and to open player (look before you receive)
- Positive first touch
- Play at speed
- Cut defender left and right
- Use moves from 1st activity
- Practice spacing, not too far or close to defender when you execute moves

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 6vs6 with GK
- Play with normal restarts and make sure throws, goal kicks are done correctly with precision
- Each team play 2-2-1
- Encourage dribbling, moves, skills in correct areas (md/final 3rd)

TECHNIQUE:



KEY POINTS:

- As above
- 1st touch into space at speed
- Ask for the ball, confidence
- Use the technique from the 1st and 2nd activity
- Don't let it bounce!
- Be aggressive with the ball and take players on at speed

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



FOCUS: CREATING ANGLES AND PASSING UNDER PRESSURE

- ▶ Draw defender in and move the ball before they get too close
- ▶ Players that do not have the ball have to move and give angles and options to player in possession

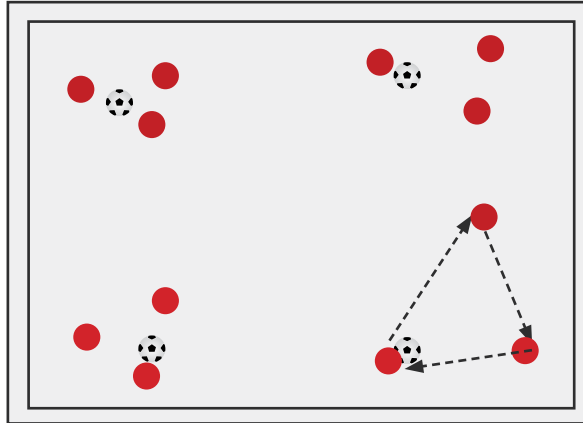
▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice)

ORGANIZATION:

- x1 ball between 3
- 1st player passes ball and puts light pressure on- other x2 players play combinations to go around defender (1-2, overlap, give and go)
- Rotate defender after a few goes
- Intermix with other groups to avoid traffic
- Introduce the movement and shape of defending

Increase group size to 4vs2 to let them try to win ball

TECHNIQUE:



KEY POINTS:

- Head up
- Jockey
- Body Shape of Defender
- Footwork
- Movement, stay on your feet
- Show attacker left or right
- Be aggressive when appropriate, wait for time to strike

Attackers play 1/2 touch, at speed

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

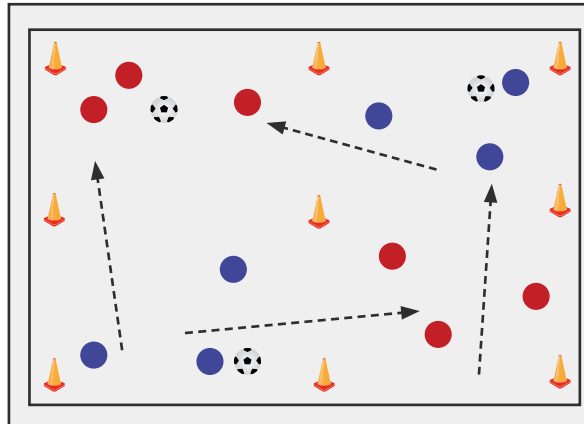
ORGANIZATION:

- x1 ball in groups of 3 (pass and move in individual grid)
- Number 1 thru 3 (pass in number order to make sure all players know #)
- Call number, player goes to win ball for group clockwise to them
- Last group with ball gets x1 point
- x5 passes = x1 point

+Extend to 4vs2 to add second defender and make them work as a unit

- Pressure/Cover/Balance

TECHNIQUE:



KEY POINTS:

- As above
- Try to win the ball as quickly as possible and clear it from grid
- Stand up and close down options
- Wait for correct moment to strike
- Jockey/show attacker R/L
- Hold position in grid

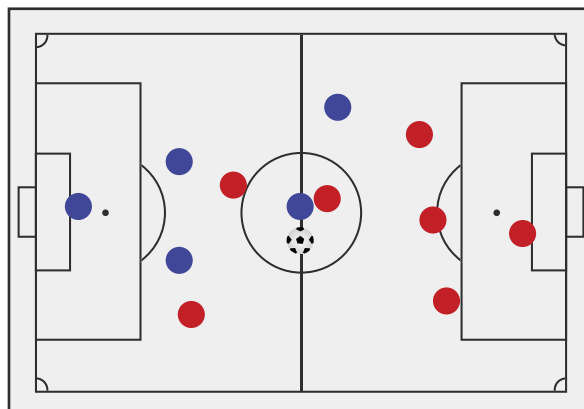
Attackers move ball quick 1/2 touch max

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 6vs6 with GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Attack plays 3-1-1 (possession)
- Defense plays 2-3 (high pressure)

TECHNIQUE:



KEY POINTS:

- As above
- Try and win ball back quickly
- Closest player to ball pressure
- High pressure front to back
- Make attackers make mistakes with pressure
- Be direct once ball is won, and attack

When defending, think about ATTACKING!

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



SOCCER SESSION PLAN #: 08

AGE GROUP: 2ND GRADE

PLAYERS 10+

STAGE: 1

FOCUS: SCORING FROM CUT BACKS AND CROSSES

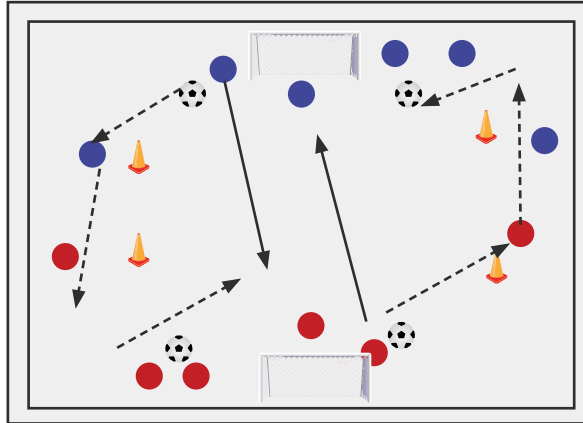
- ▶ Make sure the correct foot placement is used to cut the ball back or cross *check non kicking foot
- ▶ Get as many reps as possible in the game, so have coach be in control of the balls

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

ORGANIZATION:

- x1 Finisher, x1 Crosser, x2 teams working simultaneously
- Finisher passes to crosser (who dribbles down line and pulls back) for finisher to run on to touch/finish
- Alternate sides after a few minutes
- Change GK too
- Change crossers too
- On Left, pull back with left
- On right, pull back with right

TECHNIQUE:



KEY POINTS:

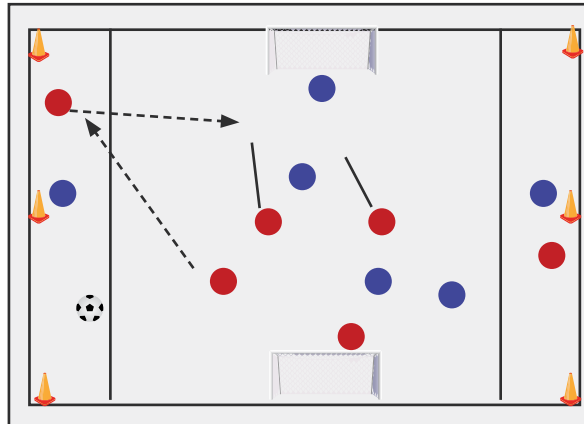
- Good firm passes all round
- Time to run to arrive as ball is pulled back
- Start easy to get technique set
- Pass the ball into corners
- Calm finishes, don't give the keeper a chance
- Get ball wide early
- Angle runs to frame goal with body
- Touch finish, or 1 touch
- Body position when finishing

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

ORGANIZATION:

- 3vs3 + GK inside
- 1vs1 out wide in channels
- Can score anytime
- x2 goals for scoring from a cross
- Crossers cannot dribble in from channel to start
- Once ball is out, immediate restart with GK of defending team
- Very fast paced and dynamic, lots of finishing/defending/crossing
- Change GK and wide men, & positions

TECHNIQUE:



KEY POINTS:

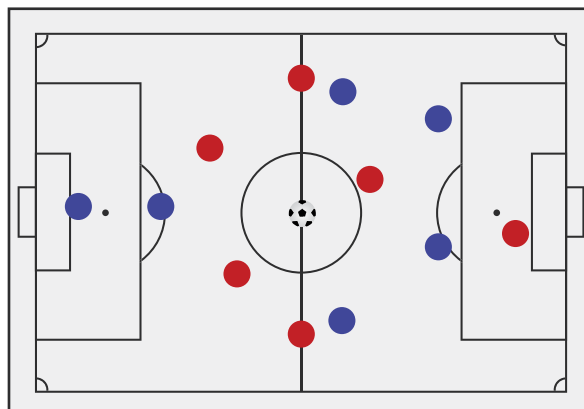
- As above
- Angle runs (near/far) to arrive on time to bury cross
- Attack & defend as a unit
- GK look wide early
- Concentrate on solid connections on finishes
- Find corners of net
- Pull back from GK so Att can run onto it
- Use skills to beat Def

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 6vs6 with GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Both teams play 1-2-2
- Use wide players as much as possible to provide crosses for x2 Att
- Wide players take opposition number on at all times (skills or passing combo)
- Att arrive at angle, at different area of box to finish

TECHNIQUE:



KEY POINTS:

- As above
- Get the ball wide ASAP
- As soon as it's wide make attacking runs into the box
- Any good sight of goal, finish
- Use techniques from 1st/2nd activity to finish (don't panic)
- Be positive in the final 3rd, take risks & be exciting
- Use skills to get 1 yard of space then finish

GOALS GOALS GOALS

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