

**DC STODDERT  
SESSION PLANS**

U11-14 - 5TH-8TH GRADE  
9V9





**SOCCER SESSION PLAN #: 05**

**AGE GROUP: 5TH-8TH GRADE**

**PLAYERS 12+**

**STAGE: 1**

## FOCUS: SHARING AND MOVING THE BALL IN SMALL SPACES

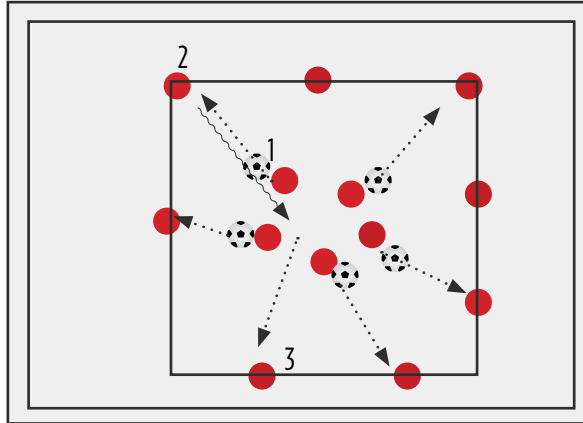
- ▶ Short short long/switch/penetrate is the move here, cannot keep the ball too close for too long
- ▶ Change the size of the grid to change difficulty (bigger = easier, smaller = harder)

### ▶ 20 MIN. 1<sup>ST</sup> ACTIVITY: Mini Game (Skill Practice)

#### ORGANIZATION:

- 5 players with balls in the middle of the square. The rest of the players are outside the square
- Every player in the middle passes the ball to a player outside of the square and takes his spot
- Player outside the square, receives the ball, dribbles toward to the middle and passes the ball to another player outside the square
- For example: player #1 passes to player #2 and takes his spot. Player #2 dribbles to the middle and passes to player #3. Play continues

#### TECHNIQUE:



#### KEY POINTS:

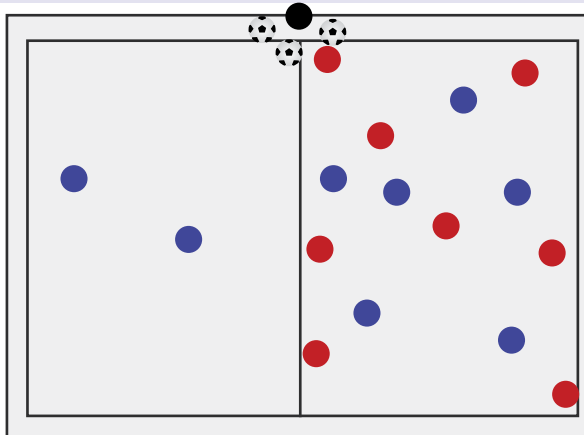
- Quality passes (inside, outside feet)
- Use both feet
- Weight of the pass
- Body mechanics
- Heads-up before you pass
- Communication

### ▶ 20 MIN. 2<sup>ND</sup> ACTIVITY: Mini Game (Skill Practice)

#### ORGANIZATION:

- 8 red vs 6 blue in one half
- 8 red players must make 8 consecutive passes to get a point
- The 6 blue must win the ball from the red, send it to the 2 players in the other half and move as a unit
- The same play applies when possession switches

#### TECHNIQUE:



#### KEY POINTS:

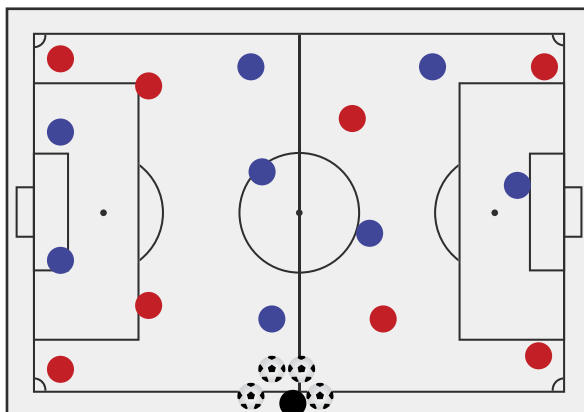
- Use both feet
- Weight of the pass
- Create triangles
- Heads-up before you pass
- Accuracy
- Communication
- Decision making
- Move as unit

### ▶ 20 MIN. 3<sup>RD</sup> ACTIVITY: The Game

#### ORGANIZATION:

- 8v8 possession

#### TECHNIQUE:



#### KEY POINTS:

- Quality first touch
- Use both feet
- Weight of the pass
- Create triangles
- Heads-up before you pass
- Accuracy
- Communication
- Decision making
- Use width and depth

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



**SOCCER SESSION PLAN #: 06**

**AGE GROUP: 5TH-8TH GRADE**

**PLAYERS 12+**

**STAGE: 1**

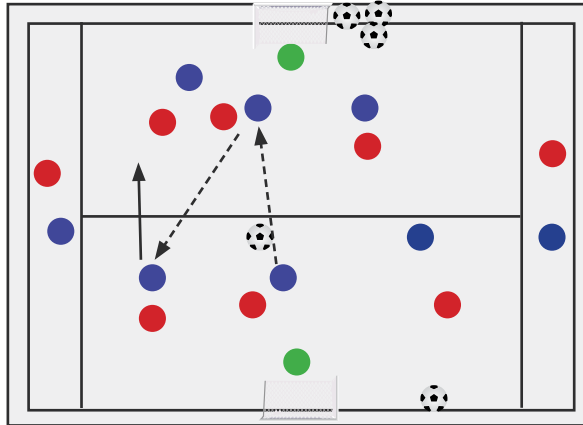
**FOCUS: DRIBBLING TO BEAT OPPONENTS AND MAINTAIN POSSESSION**

► **20 MIN. 1<sup>ST</sup> ACTIVITY:** Mini Game (Skill Practice)

**ORGANIZATION:**

- The field is divided in 2 halves
- The red team must move the ball around and send it wide for a cross
- If a goal is scored from a cross, it is 2 points
- If blue team wins the ball, they must score in order to get a point
- Same play applies when the blue team has possession
- Players must rotate after 10 minutes

**TECHNIQUE:**



**KEY POINTS:**

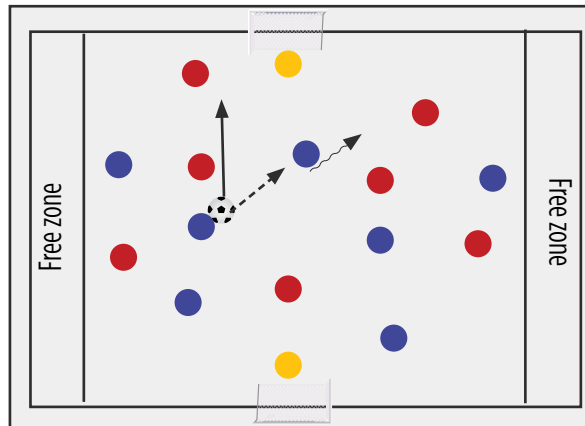
- Body position
- Laces
- Heads up
- Decision making (1 touch cross vs multiple touches)
- Time of the run
- Combination of play
- Body part to finish
- Select when to pass as opposed to shoot or dribble

► **20 MIN. 2<sup>ND</sup> ACTIVITY:** Mini Game (Skill Practice)

**ORGANIZATION:**

- 8v8
- Field has 2 free zones
- The team that has possession must play the ball wide
- Players can't move to the free zone before the ball is sent
- 2 points if a goal is scored from a cross. 1 point if a goal is scored from the middle of the field

**TECHNIQUE:**



**KEY POINTS:**

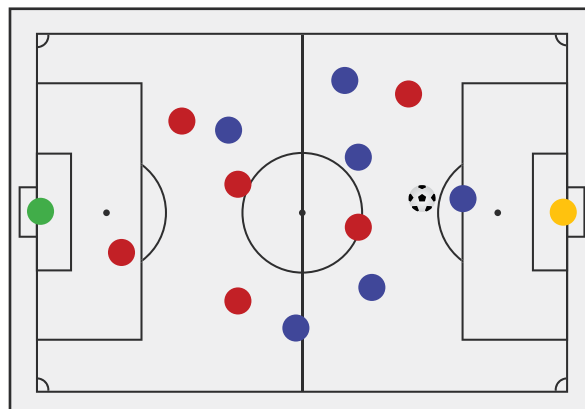
- Same as above
- Look to use the wide space first
- Once wide space has been used defenders will spread out allowing gaps to emerge which can be penetrated off the dribble or pass
- Look to shoot to draw out defenders, then pass through or around them
- Work hard both sides of the ball
- Hard but fun game physically play to a low number or build in breaks for rest and hydration

► **20 MIN. 3<sup>RD</sup> ACTIVITY:** The Game

**ORGANIZATION:**

- 11v11 scrimmage
- Play a formation with wide players
- Either 5 in midfield or 3 forwards
- Encourage left and right back to get up and overlap in the run of play

**TECHNIQUE:**



**KEY POINTS:**

- Free play with emphasis on topics covered earlier
- Get the ball wide and look to swing crosses in early, or cut the ball back from the byline
- Get runners from midfield into the box arriving at different spots at different times

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



**SOCCER SESSION PLAN #: 07**

**AGE GROUP: 5TH-8TH GRADE**

**PLAYERS 12+**

**STAGE: 1**

**FOCUS: MOVING THE BALL TO CREATE 1V1 OR CHANCES TO PENETRATE**

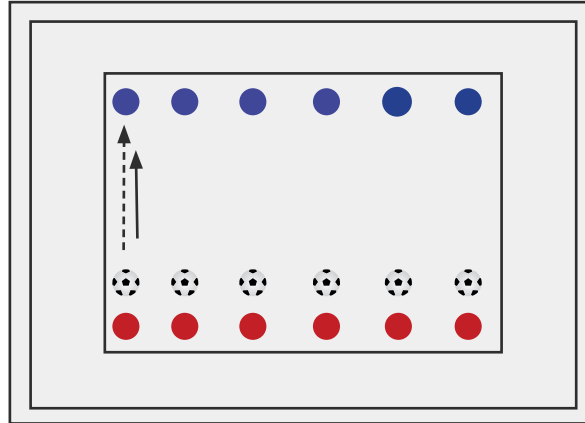
- ▶ Ball movement will dictate the receiving players decision to either dribble or find the next pass
- ▶ Use this session for both attacking and defending. Just focus on either or during your session and revisit

▶ **20 MIN. 1<sup>ST</sup> ACTIVITY:** Mini Game (Skill Practice)

**ORGANIZATION:**

- Introduce the role of the 1st, 2nd, 3rd defenders
- Slow motion
- Start with 1v1 and progress to 3v3

**TECHNIQUE:**



**KEY POINTS:**

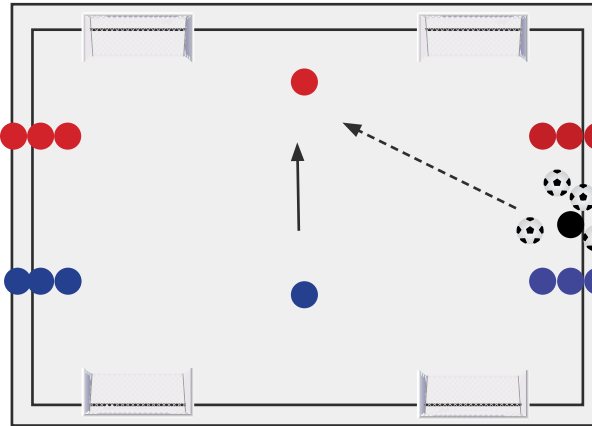
- DEF  
Pressure, Cover, Balance
- Compactness
- Body position
- Visual cues
- Communication
- ATT  
First touch into space at speed
- Head up, find space
- Look to swerve and cut to create space and drive into it at speed

▶ **20 MIN. 2<sup>ND</sup> ACTIVITY:** Mini Game (Skill Practice)

**ORGANIZATION:**

- 1v1, 2v2, 2v3, 3v4 to attack and defend 2 goals
- Full competition

**TECHNIQUE:**



**KEY POINTS:**

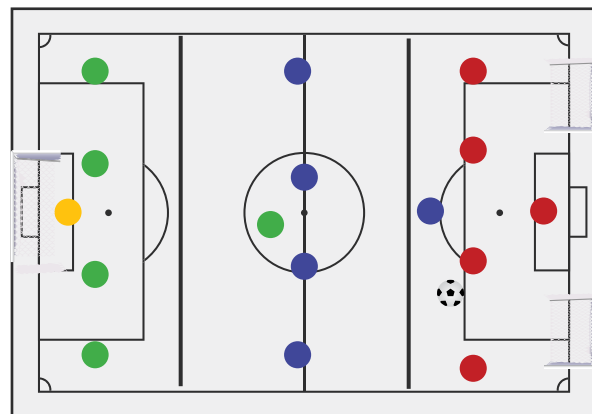
- Same as above
- Move the ball if you get stuck when teammates are introduced
- Head up to find shoot, space or pass
- Look to play into space if you cannot go to goal
- DEF  
Look to slow attacker down
- Get their head down
- Double or channel with teammate

▶ **20 MIN. 3<sup>RD</sup> ACTIVITY:** The Game

**ORGANIZATION:**

- 5 players (red) in zone 1 passing to each other and look for the opportunity to send the ball to the green players in zone 3 in order to get a point (ground ball)
- If the blue team in zone 2 wins the ball, they should score in the 2 small goals with a pass behind the blue line to get a point
- If the red team in zone 1 sends the ball to the players in zone 3 successfully, the green players in zone 3 attacks the space, uses the 1 green player's support in zone 2 (becomes 5v4) and passes the ball back to the red players in zone 1 to get a point. The blue team in zone 2 must press, win the ball and score in the big goal.
- Teams switch every 7 minutes

**TECHNIQUE:**



**KEY POINTS:**

- Apply the role of the first, second, and third defenders
- Stay compact
- Be aggressive
- Have the desire to win the ball
- Communication

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



**FOCUS: BALL MOVEMENT TO WIDE AREAS OR SPACE**

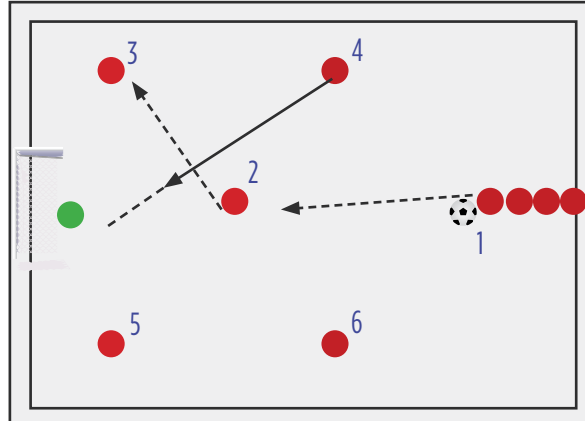
- ▶ Draw defenders in then look to get the ball into space
- ▶ Support from teammates when you have possession is key. MOVEMENT off the ball

▶ **20 MIN. 1<sup>ST</sup> ACTIVITY:** Mini Game (Skill Practice)

**ORGANIZATION:**

- #1 passes the ball to #2 who turns and passes to #3 who lays off the ball to #4 and #4 finishes
- #1 passes the ball to #2 who turns and passes the ball to #5 who lays off the ball to #6 who finishes
- Players rotate

**TECHNIQUE:**



**KEY POINTS:**

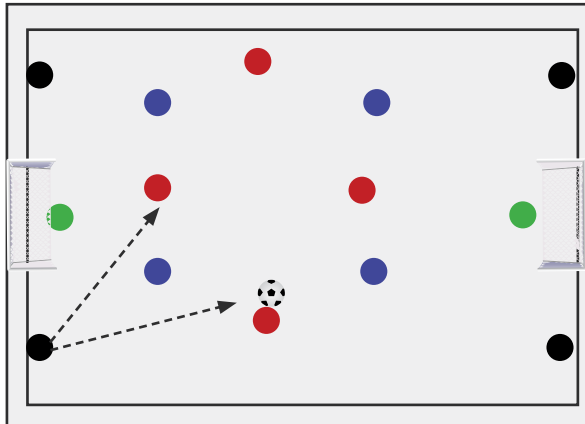
- Follow your pass
- Adjust body position
- Eye on the ball
- Communication
- Attack the ball and time your runs
- Quality technique
- Find a corner

▶ **20 MIN. 2<sup>ND</sup> ACTIVITY:** Mini Game (Skill Practice)

**ORGANIZATION:**

- 4v4+4
- Both red and blue teams can use flankers while they have possession
- 2 points if the goal is scored with the flankers' assist
- 1 point if the goal is scored from the middle
- Teams rotate every 7 minutes

**TECHNIQUE:**



**KEY POINTS:**

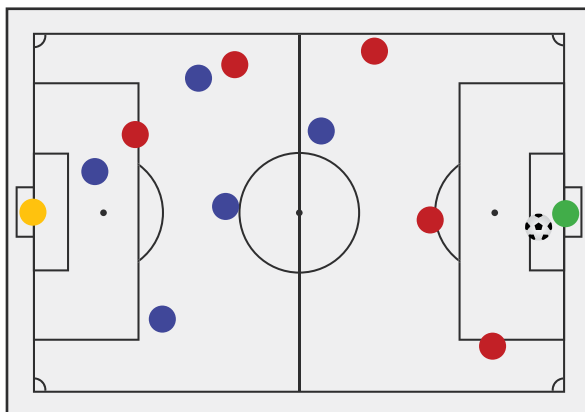
- Position yourself in the penalty box
- Communication
- Attack the ball
- Quality of technique
- Use laces or inside of the foot
- Keep moving the ball to find a chance to penetrate, don't need to force it, use wide players as building and attacking options

▶ **20 MIN. 3<sup>RD</sup> ACTIVITY:** The Game

**ORGANIZATION:**

- 7v7 scrimmage
- Get the ball to the wide players and try and switch the point of attack via pivot central players (GK, CB, CM or CF)

**TECHNIQUE:**



**KEY POINTS:**

- Pass to find space
- Once the space is highlighted pass the ball into it as a runner moves into the channel or have a player there
- Get the ball wide to isolate defenders 1v1 and then attack them on the dribble or combine around them
- LB and RB get forward and overlap

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