

**DC STODDERT
SESSION PLANS**

U15 + HIGH SCHOOL (11V11)





SOCCER SESSION PLAN #: 01 AGE GROUP: HIGH SCHOOL PLAYERS 12+ STAGE: 1

FOCUS: DEFENDING IN PAIRS - CONTACT BEFORE FIRST TOUCH

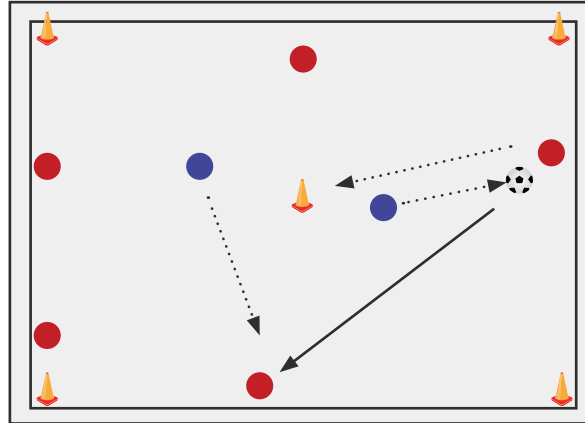
- ▶ Body between defender and ball
- ▶ Decision on where to play next before you get the ball

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

ORGANIZATION:

- 5v2 rondo
- Touch the ball to get out of the middle
- Defender has to retreat to central cone after defending the ball
- Pressure and cover is introduced by the stepping to the ball and the 2nd defender covering and cutting off passing lanes
- Players on the outside use a touch limit 2-3 touch

TECHNIQUE:



KEY POINTS:

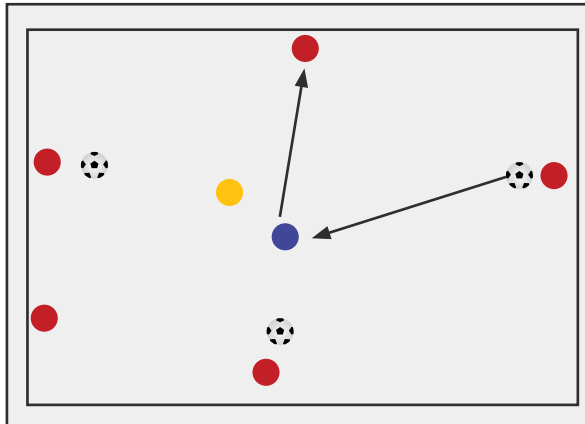
- Stay on your feet defensively
- Force the ball one way with body shape and cutting off passing angles
- Step on bad touch, when the ball stops, or a slow pass
- Recover centrally at pace with a drop step

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

ORGANIZATION:

- 1v1 central with multiple balls on the outside
- Playmaker receives ball under passive pressure, uses feints/moves to get separation and finds open outside player
- Work for 45 seconds then switch
- Hard work, so rest is built in on the outside

TECHNIQUE:



KEY POINTS:

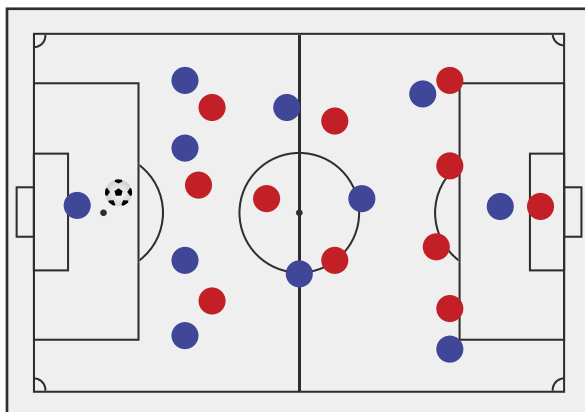
- Check away and then into the ball
- Head up to find open player before reception
- Use your body to get contact before touching the ball
- Vary surface for first touch
- Keep body between man and ball

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 11v11 game
- Look to pivot the ball via central players
- Defensively hunt in pairs

TECHNIQUE:



KEY POINTS:

- As above
- Use the pressure and cover technique to win the ball back
- Use body to shield and take ball in possession

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



SOCCER SESSION PLAN #: 02 AGE GROUP: HIGH SCHOOL PLAYERS 12+ STAGE: 1

FOCUS: FINISHING FROM WIDE AREAS

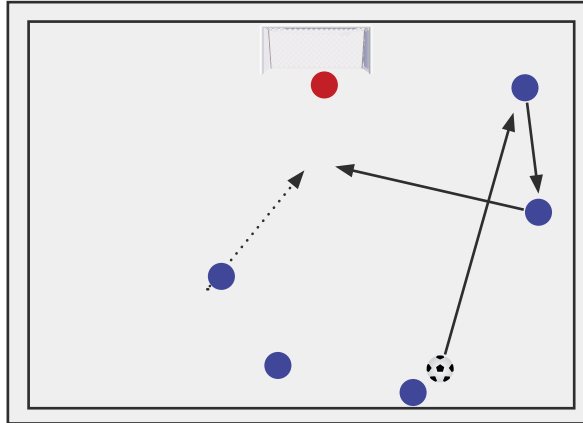
- ▶ Pace of pass, drive it in on long balls, set it up for layoffs to cross or switch
- ▶ Get bodies into the box, front, middle, back - time arrival to frame the goal

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

ORGANIZATION:

- 2 touch passing patten
- Follow your pass
- Check to the ball
- Long driven ball, short lay off, cross to middle, attacking run to finish
- Alternate sides after each rep

TECHNIQUE:



KEY POINTS:

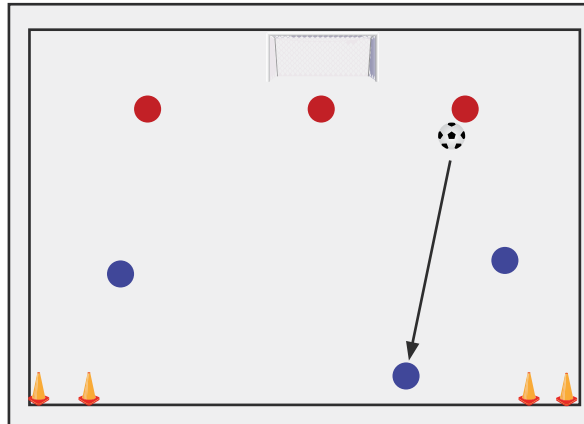
- Good firm passes all round
- 1st touch firm and confident with purpose, don't stop the ball, keep it moving
- Head up and communicate!
- Touch and play at SPEED
- Try and limit touches
- Body shape on reception - OPEN UP on back foot
- Touch the ball first, get it under control

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

ORGANIZATION:

- 3v3 to goal
- GK plus 2 defenders
- Attacking team scores in the big goal
- Attacking group find the open player
- Defensive team scores in small goals

TECHNIQUE:



KEY POINTS:

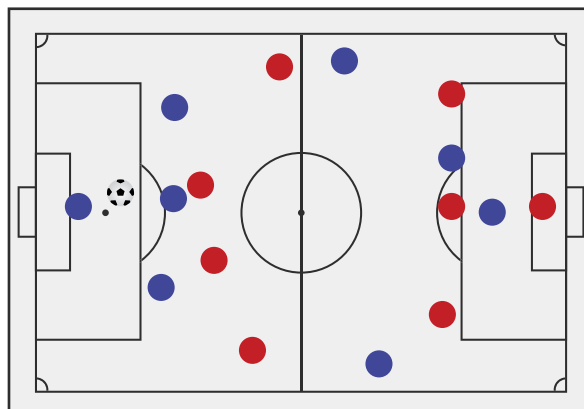
- First look to goal
- Be aggressive on the ball, take shots to draw defenders out, then create overloads and move the ball to the open player
- Space will be wide areas for crosses and cut backs
- Keep width

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 7v7 with goalkeepers
- Look to get it wide early and get ball and runners in the box to finish
- Arrive in various spots (near, mid, far)

TECHNIQUE:



KEY POINTS:

- Get to goal at speed
- If you score from a cross +3 goals

▶ 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 WITH HIGH PRESS

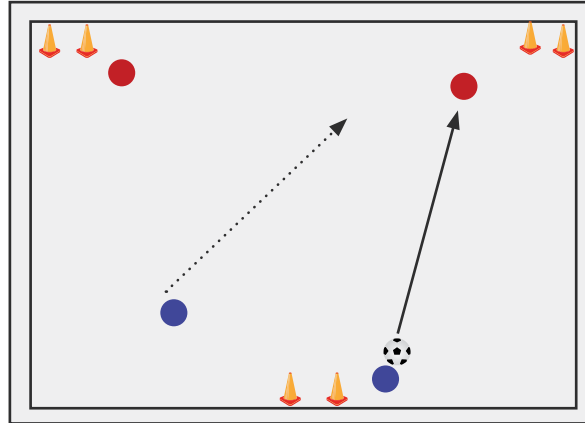
- ▶ Be aggressive and work hard to shut down space and deny options
- ▶ Channel the ball one way and set a trap for teammates to support

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

ORGANIZATION:

- 2v2
- Defenders play the ball out and press
- Attackers score in small central goal
- Defenders win ball and transition to score in two wide goals

TECHNIQUE:



KEY POINTS:

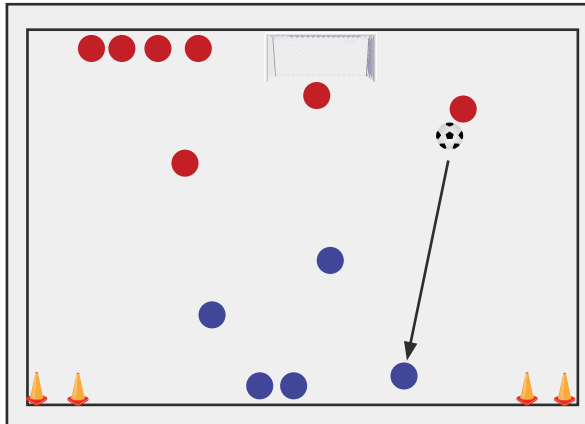
- Pressure on ball
- Get attackers head down
- Jump on heavy touch, poor pass or sloppy attacking play
- If you don't win the ball initially reset and press again
- Don't dive in, be in control and patient
- Get spacing correct when defending. Don't overrun

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

ORGANIZATION:

- 3v2 plus a goalkeeper to goal
- Defensive team play long ball to start then try and win it back to transition to goal
- Attacking team scores in the big goal
- Attacking group find the open player
- Defensive team scores in small goals

TECHNIQUE:



KEY POINTS:

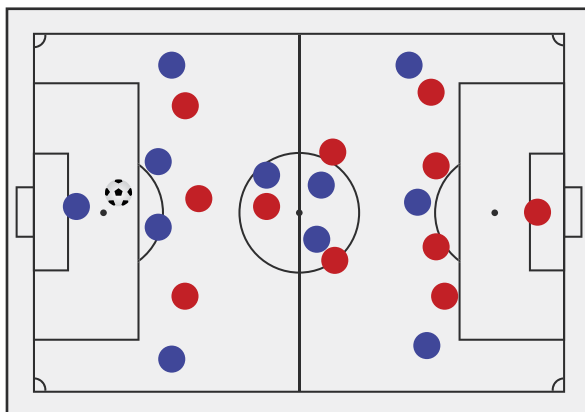
- Set up the press and force the ball into a trap
- 2nd and 3rd defenders read the 1st defenders movement and work off it
- Channel the ball into a trap then pass out and go directly to goal in transition

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 11v11
- Full game
- Try and press with front 3 plus midfielders. Keep high line for the back 4 to support
- If pressure is broken, recover, reset and repress

TECHNIQUE:



KEY POINTS:

- Set up the press
- First defender force the ball one way for rest of the defence to read and work off
- If press is broken, drop and recover and back press the ball as you go

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



SOCCER SESSION PLAN #: 04 AGE GROUP: HIGH SCHOOL PLAYERS 12+ STAGE: 1

FOCUS: DEFENDING/ATTACKING NUMBERS UP AND DOWN

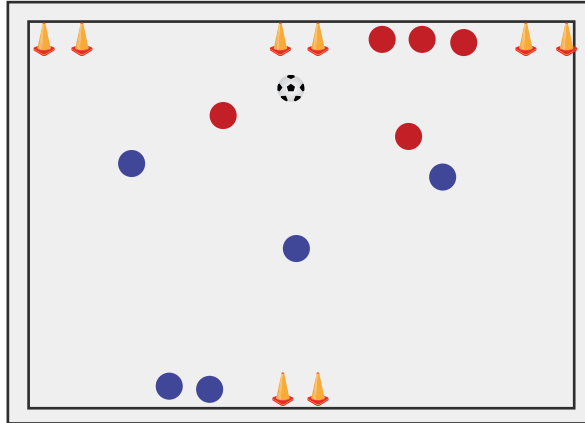
- ▶ Overload with extra player to create advantage
- ▶ Patience with or without the ball can be the key to success

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

ORGANIZATION:

- 3v2 ATTACKING FOCUS
 - Find open player and open goal
 - x2 play to the small central goal
- +more players as exercise progresses

TECHNIQUE:



KEY POINTS:

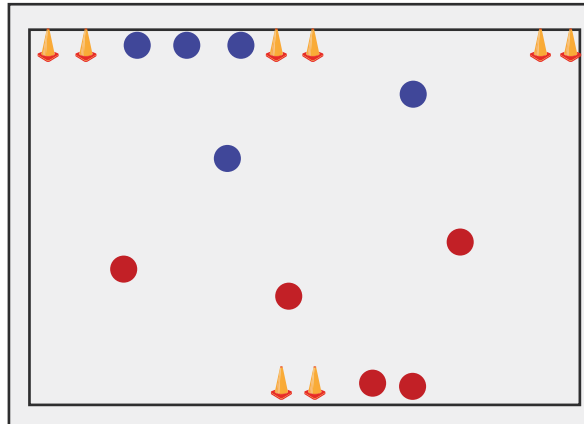
- Head up
- Draw in opposition to find open player
- Shift the ball to create openings to penetrate via pass or dribble

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

ORGANIZATION:

- 3v2 DEFENSIVE FOCUS
 - Deny the switch
 - x2 play to the small central goal
- +more players as exercise progresses

TECHNIQUE:



KEY POINTS:

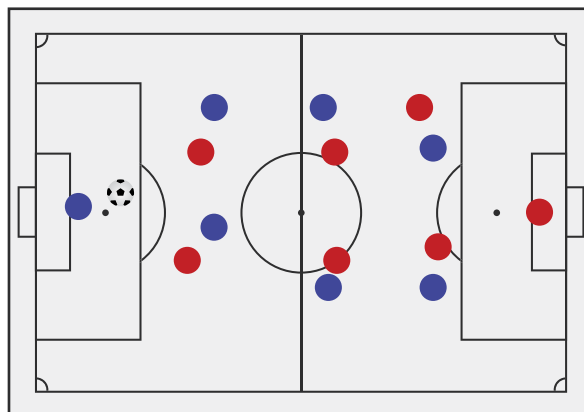
- Force the ball to one side and lock it in
- Don't allow the switch
- Work together
- Cut out passing lanes with 2nd defender and angle of approach of 1st defender

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

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

TECHNIQUE:



KEY POINTS:

- Focus on either the attacking or defensive side
- Same concepts as above, but now address more players

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