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USC Travel Soccer Fall 2020

Week #3 Coaching Plan



SUGGESTED PRACTICE PLAN (80-90-minute session)

Warm-Up (15 minutes)

DRIBBLING & PASSING WARM-UP EXERCISE

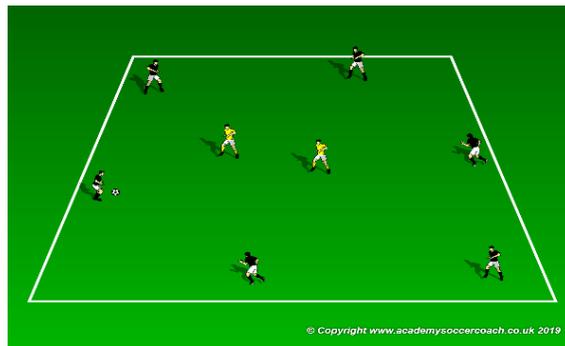


Split the group into 2 teams of equal numbers. Play within a 25-yard by 30-yard area. One team (the “passing team”) has possession of a (1) ball. Every player on the opposite team (“dribbling team”) has a ball. On coach command the dribbling team players begin dribbling within the area, executing sudden changes of speed and direction coupled with deceptive dribbling maneuvers (step-overs, etc) while keeping the ball in close control.

At the same time the passing team players pass a ball among themselves as they move throughout the area. The dribblers, who are moving among the passing players, do not actively try to block passes, but the passing players should try to avoid contacting dribblers with a passed ball. After 5-6 minutes of continuous play teams switch roles and repeat. All players are under constant movement (dribbling or passing) throughout the warm-up period.

Skill Training – Passing, Receiving, Shooting (45-50 minutes)

Exercise #1. 6 v 2 Rondo within a 20-yard square grid (15 minutes)



Six (or more) attackers attempt to keep the ball from 2 or 3 defenders within the area. Attackers are restricted to 3 or fewer touches to receive and pass the ball. Attackers awarded 1 point for 6 or more consecutive passes without loss of possession. If a defender wins the ball then he/she immediately returns it to an attacker and play continues. Every 3-4 minutes select 2 different players as defenders. Repeat several times.

Coaching Points: Emphasize quick movement of the ball, limited touches, and constant movement of players into positions to receive a pass.

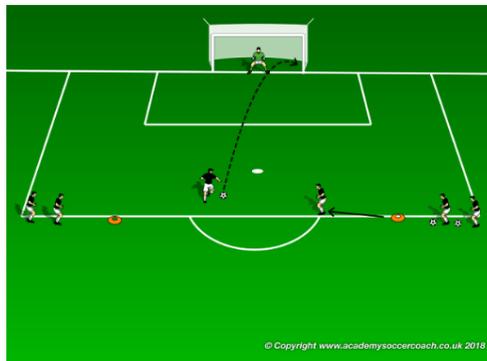
Exercise #2. Give & Go Pass with Double Targets (10 minutes)

Divide the group into two teams. Each player has a ball. Teams form 2 single-file lines (A & B) facing the goal at 35 yards distance. Station a goalkeeper in goal. Two (2) target players (for each line) position 25-yards and 15-yards from goal,

respectively, facing the shooters. To begin, the first shooter in line A dribbles forward a couple of yards and plays a firm pass to the 1st target who bumps the ball directly back to the shooter. The shooter then passes to the 2nd target who deflects the ball a couple of feet to the side. The shooter continues forward and strikes the ball first-time on goal (without controlling it) using the instep drive technique. The goalkeeper tries to save all shots. The shooter retrieves his/her ball and returns to the end of the line to repeat. Immediately after each shot at goal the next player in the opposite line (B) takes his/her turn. Continue until each player has attempted at 10 to 15 shots on goal. Emphasize correct shooting technique.

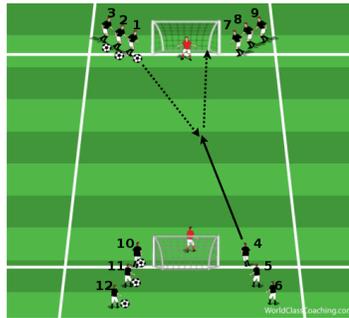
Exercise #3. Touch to Goal - Shoot to Score (10-15 minutes)

Two lines set up facing one another at the top of the penalty area, starting just wide of each 6-yard box. Balls are placed on one side of the line (whichever line is not shooting the ball). The 1st player in the passing line passes a ball to the 1st player in the shooting line who runs onto the ball, uses his/her 1st touch to turn the ball towards the goal, and then shoots to score with the 2nd touch.. The players then jog to the back of the opposite line they came from and the next players repeat the process.



Progress to Exercise #4....

Exercise #4: Running onto Pass - Shoot to Score (10-15 minutes)



Divide the team into 4 groups of 3 or 4 players each. Position 2 full size goals 30 yards apart with a keeper in each goal (**use markers to represent goal posts if goals not available**). Position a group of players near each goalpost, as illustrated above. Players stationed at one goal each have a ball; players at opposite end do not. To begin, 1st player in line (with ball) plays a diagonal pass towards player stationed at the opposite goal (**see illustration**) who moves forward, controls and prepares the ball with the 1st touch, and shoots on goal with 2nd touch.

Immediately after the shot is taken a player on opposite side of goal plays a diagonal pass to a player at opposite end of the field who also prepares the ball with 1st touch and shoots with 2nd touch. Players follow their pass/shot and switch sides after every attempt at goal. Continuous shooting until each player has taken 10 or more shots at goal.

Concluding Game 20-25 minutes

Use markers to outline a field area 40- by 25 yards with a full-size goal on each end line. Position a goalkeeper in each goal. **Divide the group into two teams of equal numbers. Designate 3 additional players as “neutrals” who always join with the team in possession to provide the attacking team a 3-player advantage at all times.** The 3-player advantage for the attack should result in multiple shots on goal.

Practice tips. Adjust the field size to accommodate the ages and abilities of players. Coaches can place restrictions on players to emphasize specific aspects of play (for example, you can discourage excessive dribbling by limiting players to 3 or fewer touches of the ball before passing or shooting).

COOL DOWN: Jog, stretch, review important points of the session.

