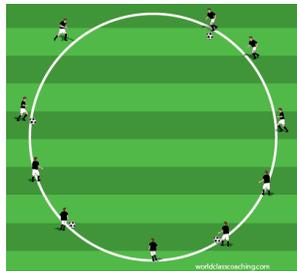


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USC Travel Soccer Fall 2020
Week #6 Practice Plan



SUGGESTED PRACTICE PLAN (90-minute session)

Warm-up: Circle Up -- Dribble, Pass & Follow (10 minutes)



Position discs or cones to outline a circle with a diameter of 20 yards (*or use the center circle of a regulation field*). All players position on the circle an equal distance apart - 4 or 5 players have possession of a ball. On the coach command the players with a ball dribble into the central part of the circle (avoiding all other dribblers), execute a deceptive dribbling maneuver, then pass the ball to a teammate on the perimeter of the circle and follow the pass to that spot on the circle. Players on the perimeter who receive a ball dribble into the circle and do likewise. Continue at a high pace for 10 minutes or so as players dribble into the circle, pass to a teammate on the perimeter, and follow their pass.

**** To avoid 2 or more dribblers passing their ball to the same player positioned on the perimeter, emphasize that a dribbler should only pass the ball to a teammate who has made eye contact and is verbally demanding the ball****

DRIBBLING EXERCISE(S) (20 minutes)

Exercise #1. Change of Speed/Acceleration Dribble (10 minutes)

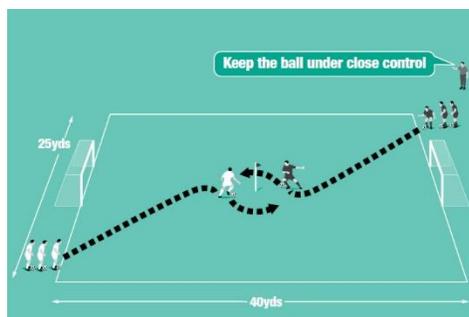


Form groups of 4 players. Position 2 cones about 20 yards apart for each group; place 1 additional cone (or disc) midway between the end cones to represent an imaginary “defender”. Two (2) players position at each end cone. Each player has a ball.

To begin, the 1st players on opposite end cones simultaneously dribble at speed towards the central cone (defender). As each dribbler approaches the “imaginary defender” he or she executes a sudden change of **pace/acceleration to their right**, pushing the ball past the imaginary defender, and continue to dribble to the opposite end cone. **It is important that both dribblers, since they are approaching the central cone from opposite directions, accelerate past the marker to their right so as not to collide.** Continue for 5 minutes with players accelerating to their right, then switch and accelerate to their left past central marker for 5 minutes.

Progress to.....

Exercise #2. Shoot to Score off Speed Dribble (10 minutes)



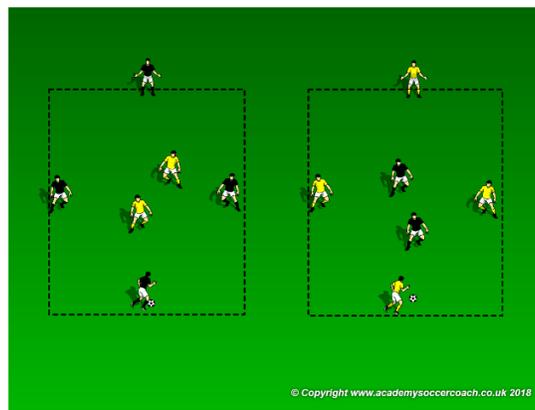
Play on a 30-yard long field with a full goal on each end line, and a goalkeeper in each goal. Divide the team into 2 groups of equal numbers. Groups position at opposite corners of the field. Each player has a ball. Position a cone or flag in the center of the field to represent a “defender.” Players from opposite ends of the field alternate dribbling at speed onto the field, accelerate past the central marker, and then shoot at goal. After shooting at goal the dribbler retrieves his/her ball and joins the line of players at that corner of the field. Continue the exercise at maximum speed for 10 minutes or more so that each player gets multiple repetitions shooting off the dribble.

PASSING/RECEIVING/POSSESSION EXERCISES (35 minutes)

Exercise #3. Four (4) vs Two (2) Rondos (15 minutes)

Mark off 2 field areas of 12 by 15-yards. Divide the team into 2 groups of 6 (or 7) for each rondo. Four (4) players (attackers) attempt to maintain possession of the ball from 2 defenders within each area. The 4 attacking players are limited to 3 or fewer touches to receive and pass the ball. Place a supply of balls nearby each field area in the event the ball is kicked away, so play is continuous. To make the exercise competitive award attacking players 1 point for 6 or more consecutive passes without loss of possession. Play for 4-5 minutes, then rotate 2 different defenders into the game, and repeat. Continue until all players in each group have served as defenders.

(illustration below)



4 v 2 rondos

Progress to.....

Exercise #4. Three (3) team Rondo (15-20 minutes)



Play within a 35-yard long by 25-yard wide area. Divide the group into 3 teams of equal numbers (3 to 5 players per team) -- each team wears a different colored scrimmage vest. Designate one team as “defenders” to begin the exercise. To initiate play the coach serves a ball into one of the 2 attacking teams who combine with the other attacking team to keep the ball from the defending team. Players are limited to 3 or fewer touches to receive and pass the ball. When a defending player wins the ball his or her team immediately become “attackers”. The team losing possession immediately becomes “defenders”. Play is continuous as teams switch from attack to defense and vice versa with each change of possession. Place extra balls outside the field in case the game is kicked away from the area.

CONCLUDING GAME: 20-25 minutes

Four (4) vs Four (4) + 4 sideline neutrals to full goals with Gk's

Play on a 25- yard wide by 35-yard long field (same as Exercise #4) with a regulation-size goal positioned at each end of the field. Station a goalkeeper in each goal. Organize 3 teams of 4 field players each. Two teams play 4 vs 4 within the field area. The 3rd team players station on the sidelines, 2 on each side as “neutrals” who support the team with possession to create an 8 vs 4 player advantage for the team with possession of the ball. The sideline neutrals are not permitted to enter the field: they can however move along the sidelines to receive passes from the central players. Play an 8-minute game, then rotate the 3rd team (neutrals) onto the field, and one of the other teams assume the role of sideline neutrals. Play a total of 3 games so each team takes a turn as “sideline neutrals”.

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