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**Fall 2020**  
**Coaching Plan Week #2**



**SUGGESTED PRACTICE PLAN (90-minute session)**

**15-20 minutes -- Warm-Up**

**Exercise #1. Two-Touch Pass and Follow (8-10 minutes)**

Form groups of 3-4 players. Each group, in single file line, faces another group at distance of 8-10 yards. First player in one line has a ball to begin. Player with ball passes to 1<sup>st</sup> player in opposite line and jogs/sprints to the end of that line. Player receiving the ball controls it with his/her 1<sup>st</sup> touch and passes to the next player in opposite line with 2<sup>nd</sup> touch. He/she immediately follows the pass and jogs/sprints to end of the opposite line. Continue at good pace so each player will get multimer passing opportunities. **\*\*\*\* Use the Inside of the Foot passing technique.**

**Progress to....**

**Exercise #2. Pass, Receive & Move in Open Space (10-12) minutes)**



Six to 8 teammates position within a 25-yard square area. Assign each player a number, beginning with #1 and continuing up through the number of players in the group. Two players have possession of a ball to begin. **On coach command all players move randomly throughout the area; those with a ball dribble; those without a ball move into positions to receive a pass from the teammate numbered directly below them.** Dribblers locate the teammate numbered directly above them and at the appropriate moment pass to him/her. For example, #3 always passes to #4, #4 to #5, etc.

The player with the highest number passes to player #1 to complete that passing circuit. All passes should be made with the inside or outside surface of the foot. All players move continuously throughout the exercise as they pass to the teammate numbered above them and receive passes from the teammate numbered below them.. Increase the pace of play for more advanced players. **(Use 2 balls – or even 3 - simultaneously in this exercise – for example, players #2 and #5 start with the ball)**

## **20 minutes - Skill Training (Shooting/Finishing)**

The following exercises can be adapted to all ages and ability levels. To make an exercise more challenging reduce the available space, increase speed of repetition, and/or limit the number of touches players can use to control and pass/shoot the ball. Adding opponents to any exercise will also create game-simulated pressures.

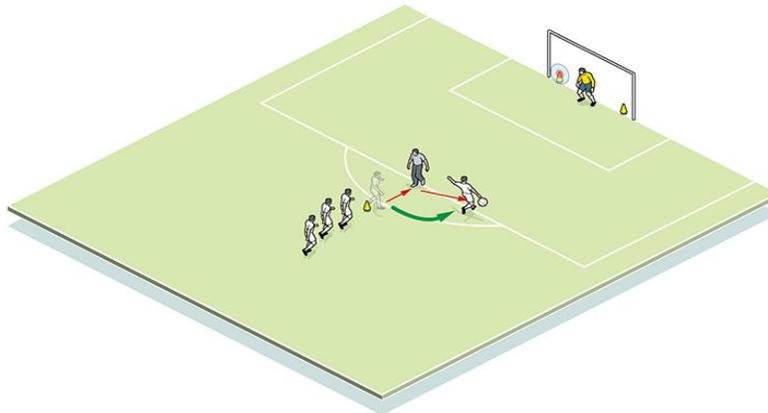
***\*\* It is important that each player takes numerous repetitions during the practice session. Keep everyone moving and touching the ball \*\****

### **Exercise #3. Shooting off the Dribble (10 minutes)**

Form two teams of equal numbers. Teams position in single-file lines (A & B) facing the goal at 25 yards distance. A goalkeeper positions in goal. Teams alternate shooting on goal. The first player in each line alternately dribbles forward at speed and shoots from distance of 15 yards or greater (10 yards for younger players). After each shot at goal the next player in line dribbles forward and takes a shot, so shooting is continuous. After shooting on goal each player quickly retrieves his/her ball and returns to the end of the line to repeat. Continue until each player has attempted 15 or more shots at goal. To create competition between groups award 1 point for each shot on goal, 2 points for each goal scored. Each player keeps tally of points scored.

**(Note: Rotate 2 or 3 goalkeepers due to the large number of shots taken.)**

### **Exercise #4. Shooting off Combination with Target– 10 minutes)**



Players, each with a ball, form a single file line facing the goal at 25 yards distance. A target player (for each line) is positioned 15 yards from goal, facing the shooters (*coach can serve as target player*). To begin, the first player in line dribbles forward a couple of yards and plays a firm pass to the target who deflects the ball to the side. The player who passed the ball sprints forward and strikes the ball first-time (without controlling it) using the instep drive technique. The goalkeeper attempts to save all shots. The shooter immediately retrieves his/her ball and returns to the end of the line. Continue until each player has attempted at 10 or more shots on goal. Emphasize correct shooting technique.

**NOTE:** Maximum of 5-6 players in line, so each gets a lot of reps and only a brief rest between shots. Use 2 lines and two goals if necessary.

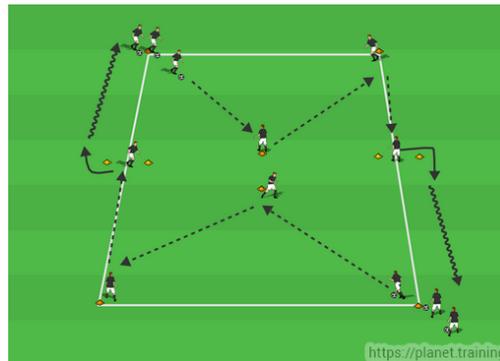
**Coaching Points:** Emphasize proper shooting mechanics for instep drive:

- Approach the ball from behind and at a slight angle
- Plant supporting foot beside the ball with the knee slightly flexed.
- Head steady and vision focused on the ball.
- Kicking leg drawn back at knee
- Knee of the kicking leg should be directly over the ball at contact.
- Strike center of the ball with the full instep (laces) of foot.
- **Kicking foot firmly positioned and pointed down at moment of contact with ball.**

## **20 - 25 minutes      Skill Training (Passing & Receiving)**

### **Exercise # 5. Two (2) Touch --- Pass, Receive & Move (10 minutes)**

(illustration below)



Use markers to outline a rectangle approximately 20-yards long and 15-yards wide. To begin, position players as illustrated above – 1 at each corner, one at the midpoint of each sideline, and 2 in the center of the area. The ball(s) starts on the right lower corner of the rectangle. Player with ball passes to the next player in the passing circuit and follows the pass to that spot. Player receiving ball prepares it with his/her 1<sup>st</sup> touch, then passes to the next player in the circuit with the 2<sup>nd</sup> touch. ***All passes should be received with the 1<sup>st</sup> touch and passed to the next player with 2<sup>nd</sup> second touch, if possible.*** Players immediately follow their pass to the next marker and position to receive a pass there. Have 2 or 3 balls in play at the same time to keep everyone constantly moving and passing a ball. The player who receives the ball at the mid-point of final sideline completes the circuit by

dribbling back to the starting point. Adjust the size of the passing area to the age and ability of the players.

### **Exercise #6: Three Team Rondo (10-15 minutes)**



Organize teams of 3 (or 4) players each. Station 3 teams within a 30-yard long by 25-yard wide area. Each team wears a different color scrimmage vest. Designate one team as the “defending team” to begin. To initiate play the coach serves a ball to one of the two attacking teams. The two attacking teams combine to keep the ball from the defending team, creating a 6 v 3 situation within the area. If the defending team wins the ball the team that lost possession immediately becomes the defenders and play continues.

### **25 minutes CONCLUDING GAME**

Organize a match with two (2) teams of equal numbers with full goals and goalkeepers. Play on a 50-yard long by 25-yard wide field. Award 1 point scored if a team completes 5 or more passes without loss of possession; award 2 points for a goal scored.

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