



Learn to Train practice plan Week 7
Station A
General Movement



Time frame. 12-15 minutes

Emphasis:

Changing direction
 Finding space
 Heads up

<p><u>Psychological</u> Decision making Confidence Being safe</p>	<p><u>Technical</u> Dribbling Running with the ball Looking for space</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Communicating Peer interaction</p>

Organization: A field of 25 m x 25m.
Procedure: The coach calls a player (e.g. Blue 2). That player has a set amount of time (e.g. 10 seconds) to tag the player with the same number from the other team. If he succeeds, his team scores one point. If not, the other team scores one. Which team can score more points in 4 minutes?
Progression: This exercise could be done with ball.



Learn to Train practice plan Week 7
Station B
Soccer Coordination



Organization: A field of 25 m x 25m.
Procedure: Players run around the field without touching the balls, and follow coaches instructions. (Skip on the spot, jumping, hopping, etc.). When coach calls BALL, players have to run as fast as they can to pick up a ball. Those without the ball (workers) must go to players with the ball (servers), and perform 5 valleys. They switch the role before the next round.

Time frame. 12-15 minutes

Emphasis:

Changing direction
 Eye-foot Coordination
 Spatial Awareness
 FUN!

<p><u>Psychological</u> Positive reinforcement Confidence Being safe</p>	<p><u>Technical</u> Running with the ball Part of the ball, Part of the foot</p>
<p><u>Physical</u> Agility, Balance Change of Direction Coordination</p>	<p><u>Social</u> Listening Communicating Peer interaction /fun</p>



Learn to Train practice plan Week 7
Station C
Soccer Technique – Shooting



Organization: A field of 25 m x 15 m. 2 9v9 goal size, cones, balls.
Procedures: Set up the field as shown. Have 1 to 1.5 m space between each cone. Players dribble between cones to the shooting cone, do 90 degree turn around them, and shoot on goal. Then they dribble slowly to the back of the line. This could be done in parallel set up to cut down on waiting time.

Time frame. 12-15
minutes
Emphasis:
 Accuracy
 Eye on the ball
 Part of the foot
 Follow through

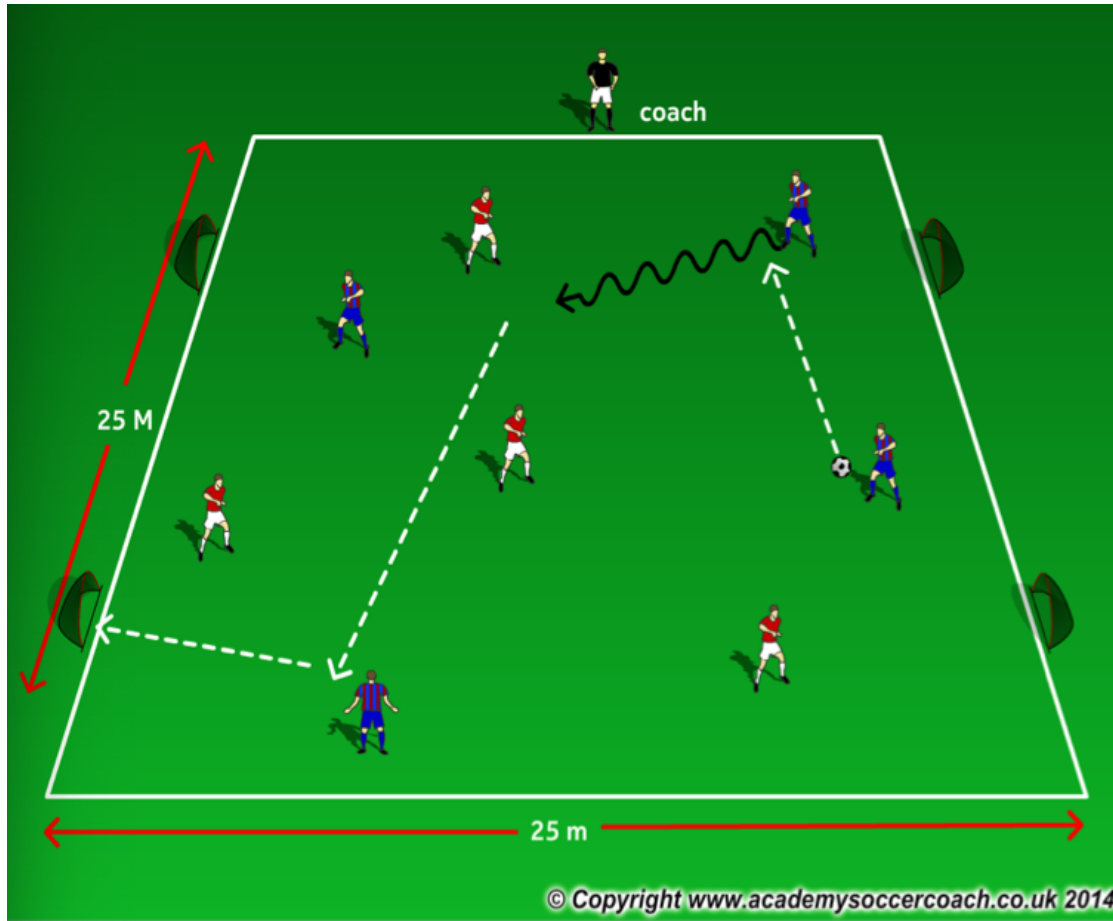
<p><u>Psychological</u> Fun Confidence Decision Making</p>	<p><u>Technical</u> Part of foot Eye on the ball Follow through</p>
<p><u>Physical</u> Speed A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating Fun with friends</p>



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Station D

Small sided game – 4 goals



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Organization: A field of 25 m x 25m .
Procedure: 4v4 SSG with 4 goals.

Time frame. 12-15
minutes

Emphasis:

Passing
Receiving
Possession
Imagination
FUN!

Psychological

Fun
Confidence
Being safe

Technical

Dribbling
1v1
Passing

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Fun with friends