



Learn to Train practice plan -Week 12

Station A General Movement



Time frame. 12-15 minutes

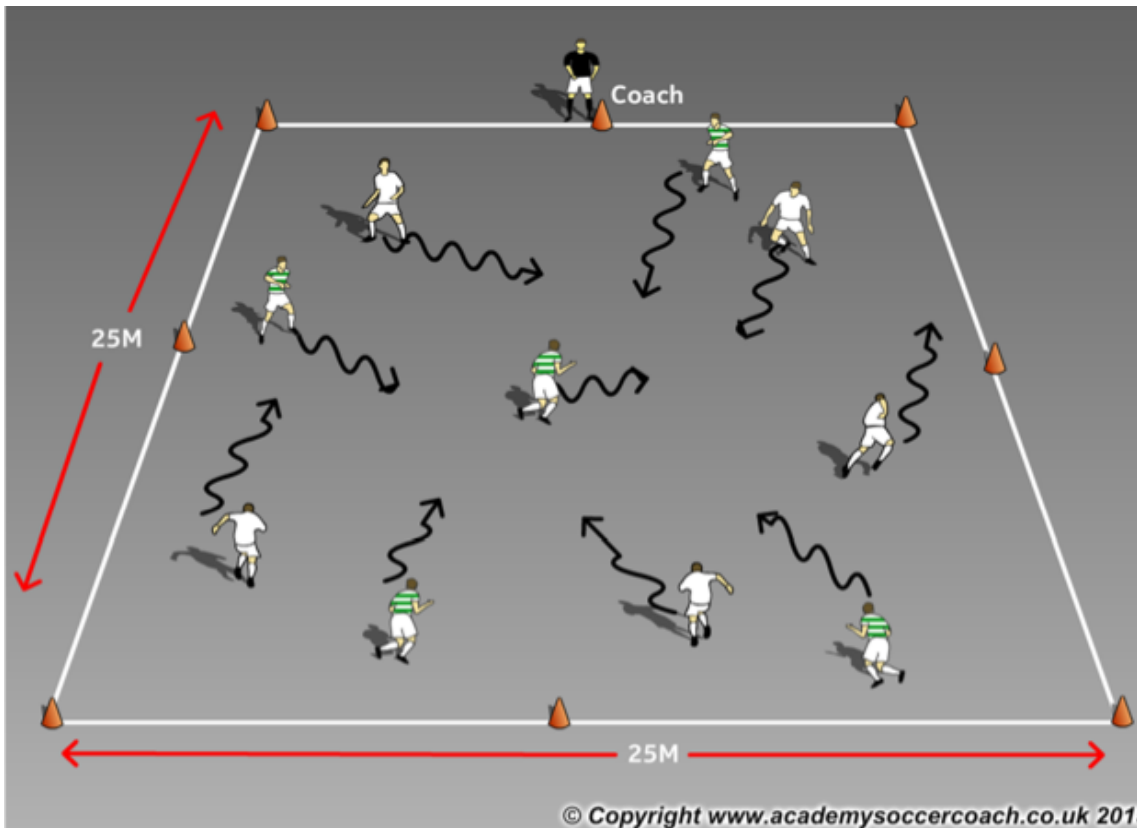
Emphasis:

Changing direction

A,B,C's

Speed

FUN!



Organization: Players are placed into pairs in a 25m x 25m area.
Procedure: All players start by marching around inside the area. The coach calls out different commands for the players to perform such as walking, running, jumping, rolling, hopping running backwards moving sideways and also sprinting to touch outside cones.
Progression: Each player has a ball and the coach calls out commands.

Psychological

Confidence
Being safe

Technical

N/A

Physical

A,B,C's
Change of Direction

Social

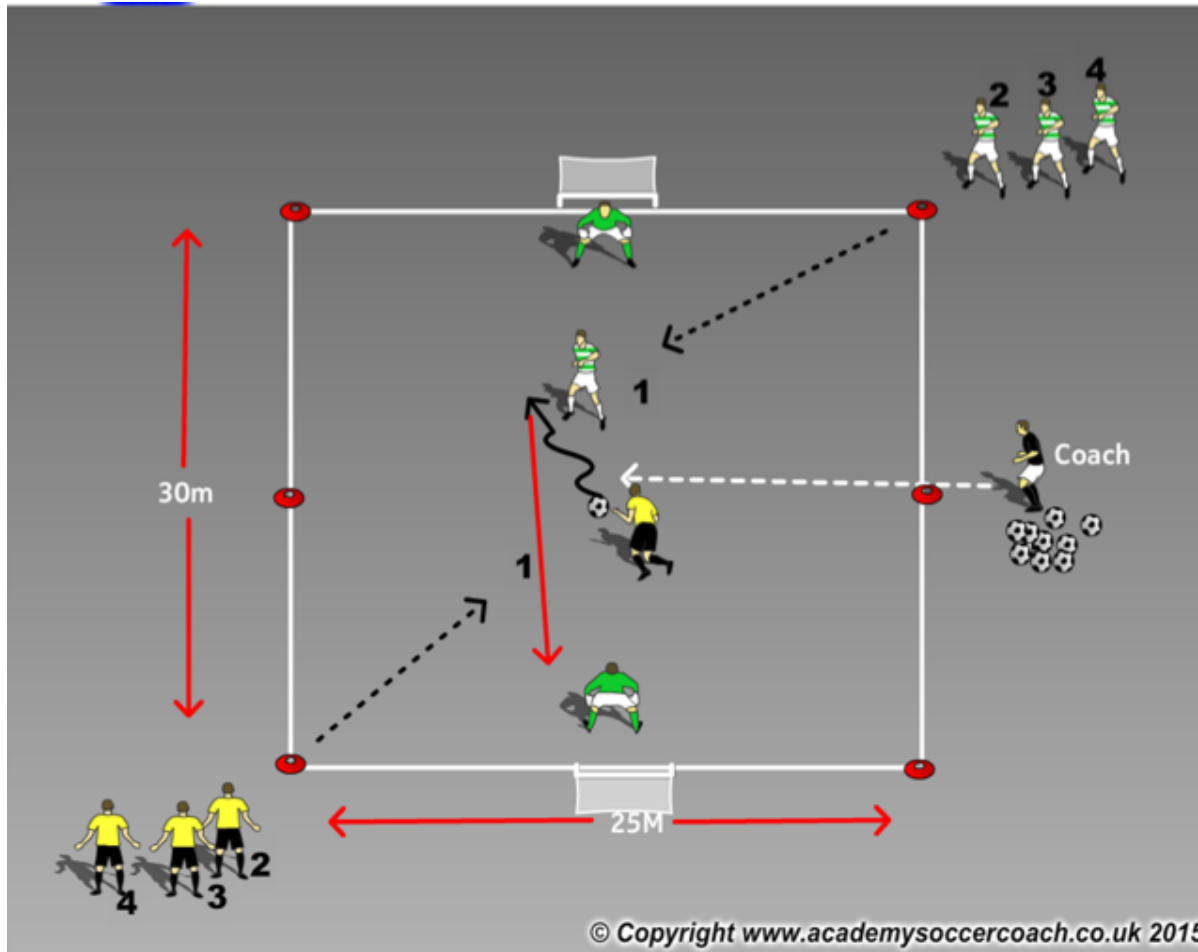
Communicating
Peer interaction
FUN



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Station B

Soccer Coordination – 1v1



Time frame. 12-15 minutes

Emphasis:

1v1 attacking/defending

Movement

Communication

FUN!

Psychological

Positive reinforcement
Confidence
Being safe

Technical

Dribbling
1v1

Physical

Agility, Balance
Change of Direction
Coordination

Social

Listening
Communicating
Peer interaction /fun

Organization: Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.

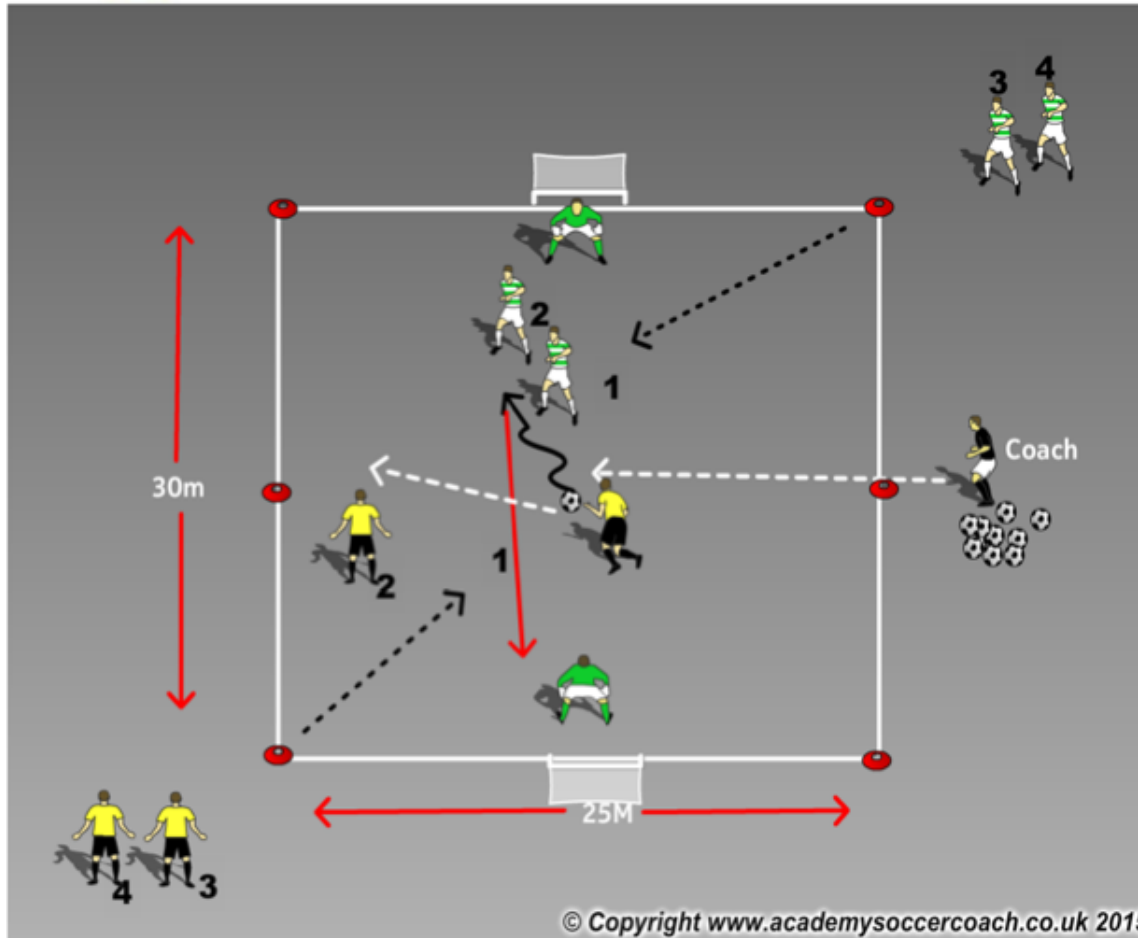
Procedure: The coach calls a specific number and that number runs into the field. The coach plays the ball to any player. These 2 players now play 1v1 to goal. Allow players to move within their lines to create different competition.



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Station C

Soccer Technique – 2v2



Organization: Players are organized into 2 teams. Each player is given a number. Field is 30x25 with a goal at each end.

Procedure: The coach calls 2 number's and those number runs into the field. The coach plays the ball to any player. These 4 players now play 2v2 to goal. Allow players to move within their lines to create different competition.

Time frame. 12-15 minutes

Emphasis:

Passing
Receiving
Possession
Movement off the ball

Psychological

Fun
Confidence
Decision Making

Technical

Passing
Receiving
Possession

Physical

A,B,C's
Change of Direction
Movement

Social

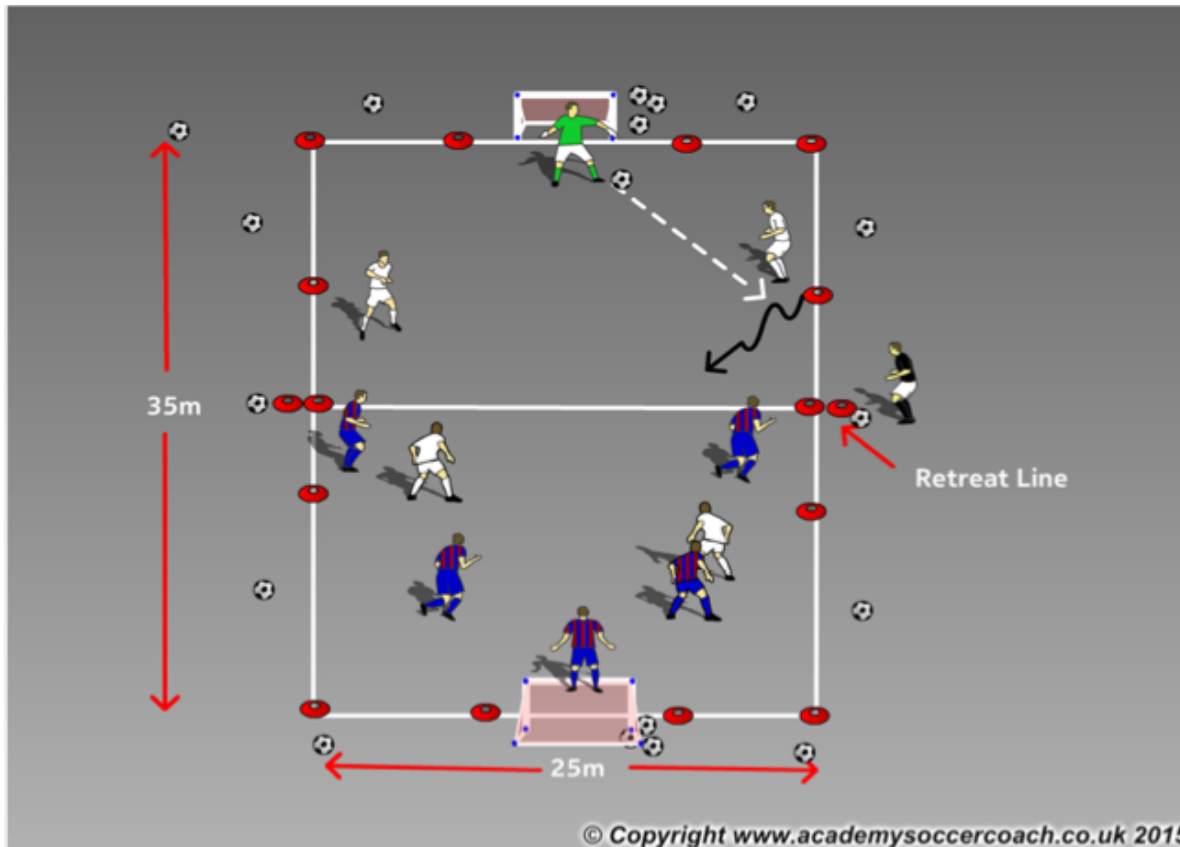
Team work
Communicating
Fun with friends



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Station D

Small sided game with retreat line



Organization: Players play 5v5 on a 35m x 25m field. The Retreat line is located at the half way line.

Procedure: Once the ball goes out for a goal kick or the goalkeeper has control of the ball the opposition must retreat behind the retreat line. Once the player receives the pass from the goalkeeper the game is live.

If you have odd numbers you can have the extra player become a neutral player in the game.

Time frame. 12-15 minutes

Emphasis:

Passing
Receiving
Possession
Dribbling
Shooting
FUN

Psychological

Fun
Confidence
Being safe

Technical

Passing
Team possession
Individual ability

Physical

Speed
A,B,C's
Change of Direction

Social

Listening
Communicating
Fun with friends