



Learn to Train practice plan – Week 3

Station A General Movement



Cone tag:

Organization: Mark out a 20 mx20 m field with different - coloured cones.

6-8 players and one tagger.

Procedure: The tagger tries to tag the players, The coach calls out a cone

colour: Cones of this colour can be used briefly as safety zone, but each cone only protects one player. If tagger, tag a player, he/she become a new tagger.

Time frame. 12-15 minutes

Emphasis:

Running
Skipping
Side steps
Changing direction
Changing speed

<u>Psychological</u> Confidence Playing under pressure Fun	<u>Technical</u> Dribbling passing Receiving 1v1
<u>Physical</u> A,B,C's Change of Direction Speed	<u>Social</u> Listening Communicating Team work



Learn to Train practice plan - Week 3
Station B
3v2 shooting



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Organization: A 9v9 size goal, a few balls, 10 to 12 players. Mark out field as shown (18 yrd. box if its possible) , and 3 cones 10 m from 18 yrd line.
 Procedure: The first passer initiate the 3v2 with a pass into the penalty box. (extrea defender juggles on the side, and will be rotate each round)
 Attackers can only shoot after receiving and controlling the ball. When the first ball goes out of hte field or into the goal, the next passer passes into penalty box. Team switch their role after two or three rounds.

Time frame. 12-15 minutes

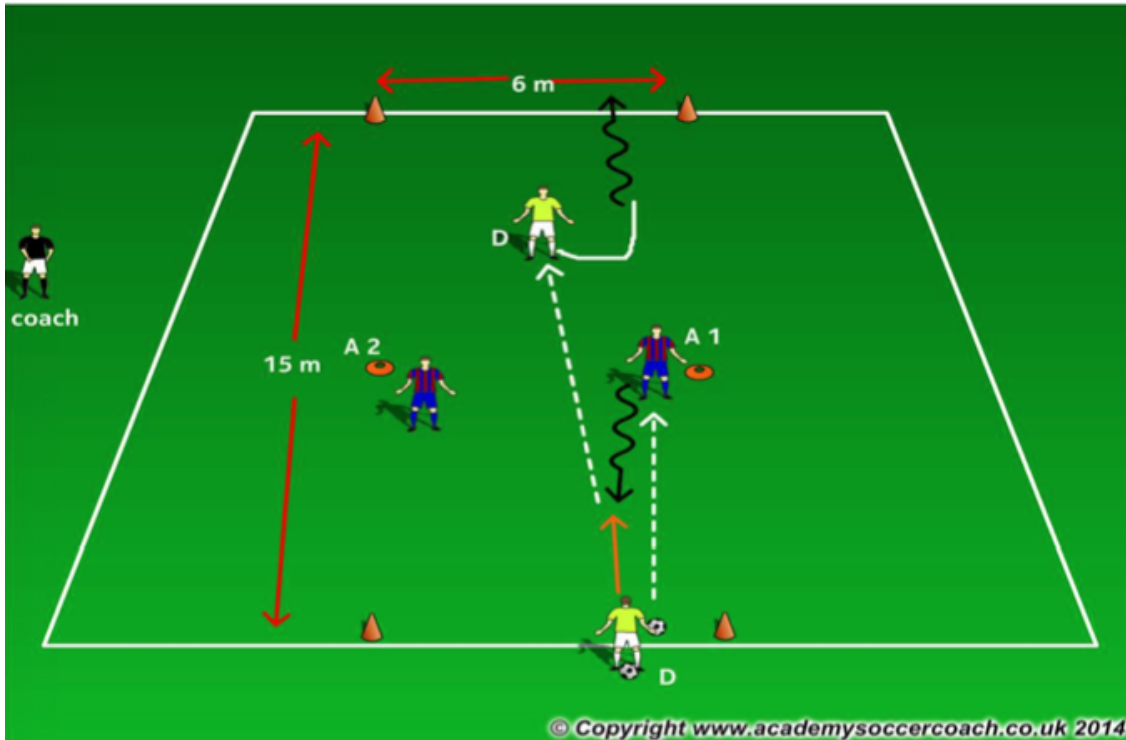
Emphasis:

- Turning
- Shooting
- Passing
- Changing direction
- Receiving

<p><u>Psychological</u></p> <p>Confidence</p>	<p><u>Technical</u></p> <p>Finishing Shooting</p>
<p><u>Physical</u></p> <p>A,B,C's Change of Direction</p>	<p><u>Social</u></p> <p>Listening Communicating</p>



Learn to Train practice plan – Week 3
Station C
How to play out from the back



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Individual Defending: (defending the line)
Organization: Mark the field (15 mx6 m) , it could be varied depend on the age and the ability of players.
procedure: Divide players to two teams. One team (attackers) receive the ball from the defender and try to pass the defender and cross the line.
Attacker will rotate every round.
same procedure will take place on the other side.
progression: 2 attacker vs 1 defender
 If defender intercepts the ball, will pass it to his teammate on the other half, which will receive, turn and cross the line .

Time frame. 12-15 minutes

Emphasis:

- Patience
- Body position
- Passing/receiving
- Decision making
- Awareness
- Learning different roles

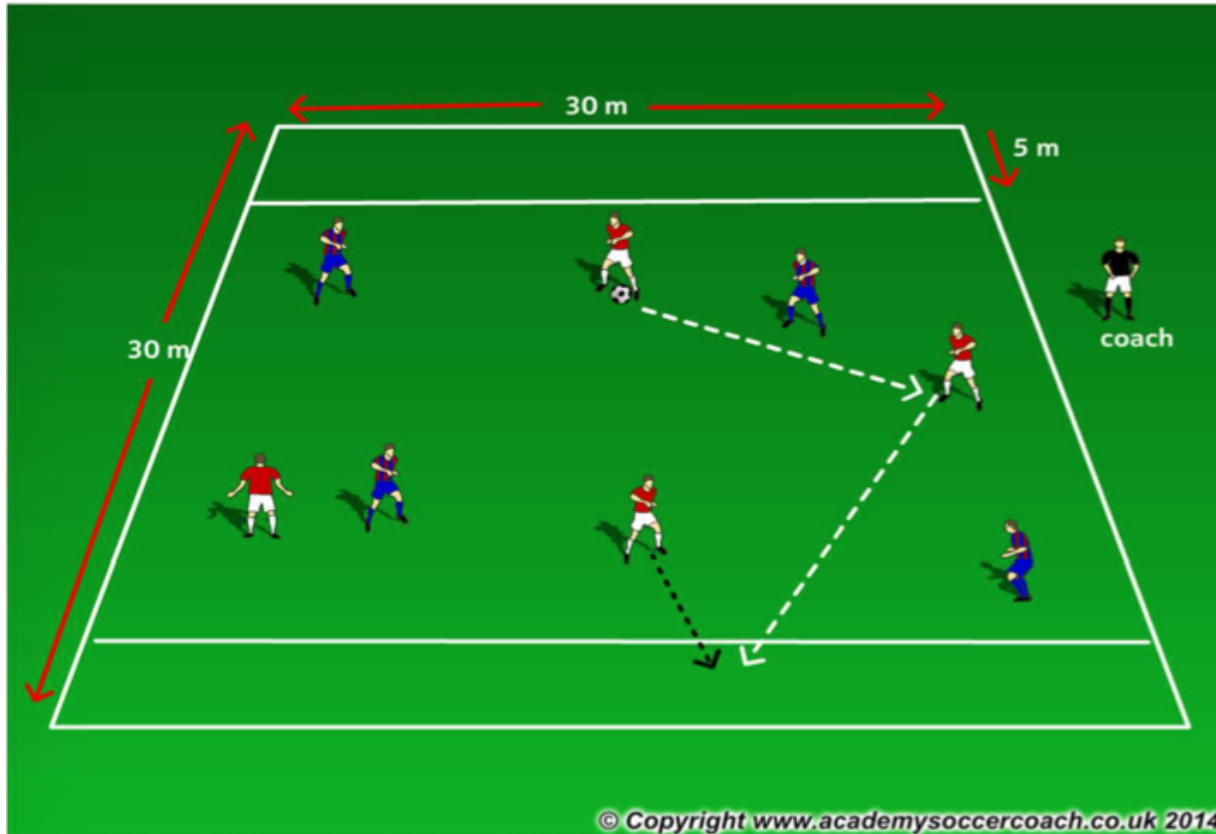
<p><u>Psychological</u> Decision making Confidence 1v1 defending mentality</p>	<p><u>Technical</u> Angle of Approach Body position Time of tackle</p>
<p><u>Physical</u> A,B,C's Change of Direction</p>	<p><u>Social</u> Listening Communicating</p>



Learn To Train practice plan – Week 3

Station D

5v5 with retreat line



4v4 small sided game with two end zones.

Organization: Mark a field of 30 mx30 m, and two end zone as shown in diagram.

Procedure: Each team gain a point by pass the ball into end zone which received by teammate .

Players can't wait for the ball in end zone, they must run to end zone to receive the ball.

Time frame. 12-15 minutes

Emphasis:

- Patience
- Body position
- Passing/receiving
- Support
- Decision making
- Awareness

<u>Psychological</u> Decision making Confidence Being safe	<u>Technical</u> Receiving Dribbling passing
<u>Physical</u> A,B,C's Change of Direction	<u>Social</u> Listening Communicating