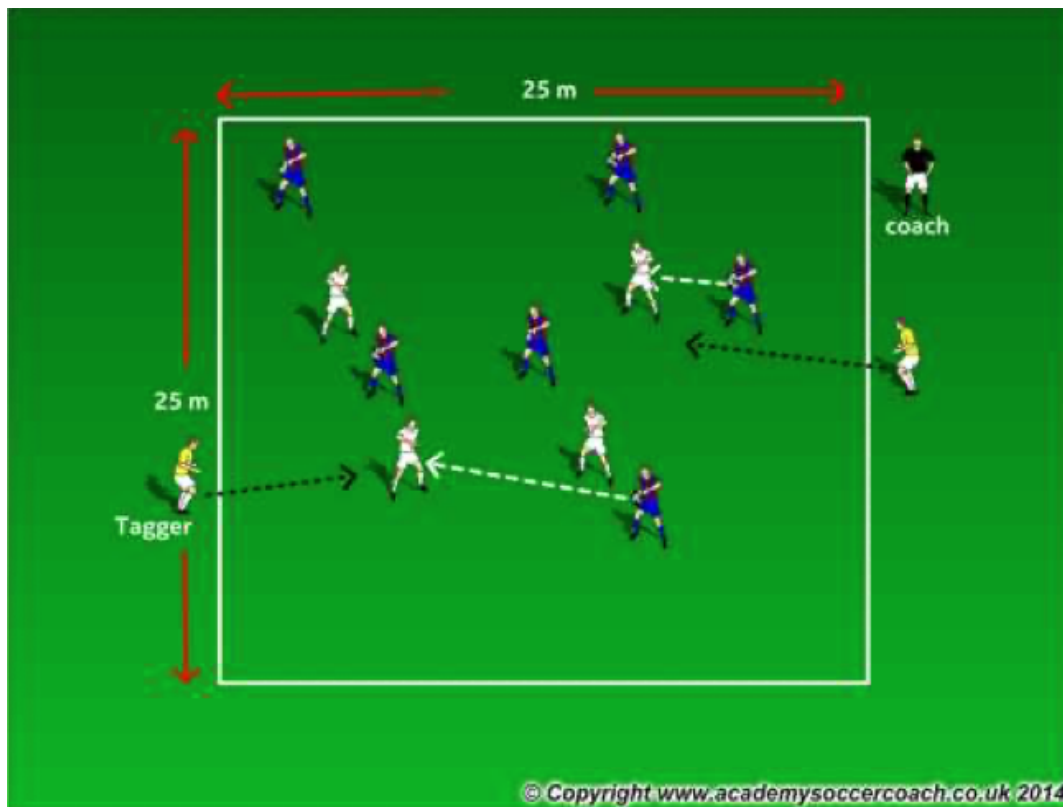




## Learn to Train practice plan: Week 6

### Station A

### General Movement



Organization: A 25mx25m field. 12 Players. 7 with the ball in their hands. 5 players with no ball. 4 players outside of the field as taggers.

Procedure: On the coach's call, taggers try to tag the players without the ball only. Players with the ball will pass to players without the ball to assist them not to be tagged. Players rotate on coach's discretion.

Progression: This game can be played with the ball on the ground.

Time frame. 12-15 minutes

### Emphasis:

Changing direction

Eye-hand Coordination

Running with the ball

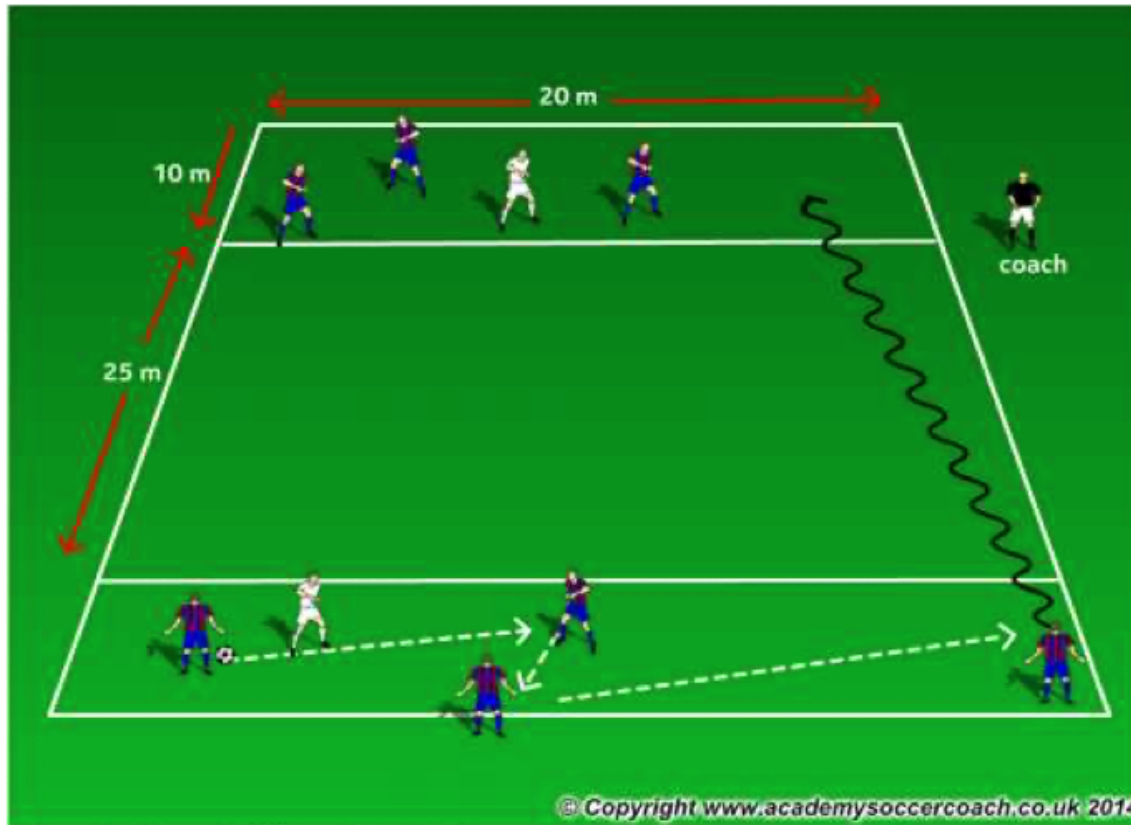
<b><u>Psychological</u></b> Decision Making Confidence Being safe	<b><u>Technical</u></b> Dribbling Passing, receiving Running with the ball
<b><u>Physical</u></b> A,B,C's Change of Direction	<b><u>Social</u></b> Communicating Peer interaction



## Learn to Train practice plan: Week 6

### Station B

### Soccer Coordination



**Organization:** A 25 mx 20 m in the middle, with two end zone 10 mx 20 m. 9 players. 3+1 v 1 in each end zone.  
**Procedure:** After 3 passes, player with the ball dribble to the other box and after 3 passes player with the ball leave to the other box. Procedure.  
**Progression:** Player in the other box can come out of the box to show and receive the ball.

### Time frame. 12-15 minutes

#### Emphasis:

Communication  
 Passing/Receiving  
 Running with the ball  
 Changing direction  
 Eye-foot Coordination  
 Spatial Awareness  
 Lots of touches  
 FUN!

#### Psychological

Positive reinforcement  
 Confidence  
 Being safe

#### Technical

Running with the ball  
 Part of the ball,  
 Part of the foot

#### Physical

Eye-hand coordination  
 Agility, Balance  
 Change of Direction

#### Social

Listening  
 Communicating  
 Peer interaction /fun



**Learn to Train practice plan: Week 6**  
**Station C**  
**Soccer Technique – Passing/Possession**



**Organization:** A 20 mx 20 m field.(could be modified based on players age). 8 players, 2 attackers, and 2 defenders inside the field. Four servers outside of the field, 2 supports on the side of the field.

**Procedure:** Server plays the ball to the other server, one of the attacker shows, and game starts. Attackers try to transfer the ball to the other servers. If the defenders win the ball, they become attackers. Attackers always can use the support on the side.

**Players will rotate the roles at coach's discretion.**

**Progression:** One of the server can move into the field to make a 3v2 .

**Time frame. 12-15 minutes**

**Emphasis:**

- Passing
- Receiving
- Communication
- Changing direction
- Change of speed
- Agility, Balance, Coordination
- Spatial Awareness
- FUN!

**Psychological**

- Fun
- Confidence
- Decision Making

**Technical**

- Dribbling
- 1v1
- Passing
- Creating Space

**Physical**

- Speed
- A,B,C's
- Change of Direction

**Social**

- Listening
- Communicating
- Fun with friends

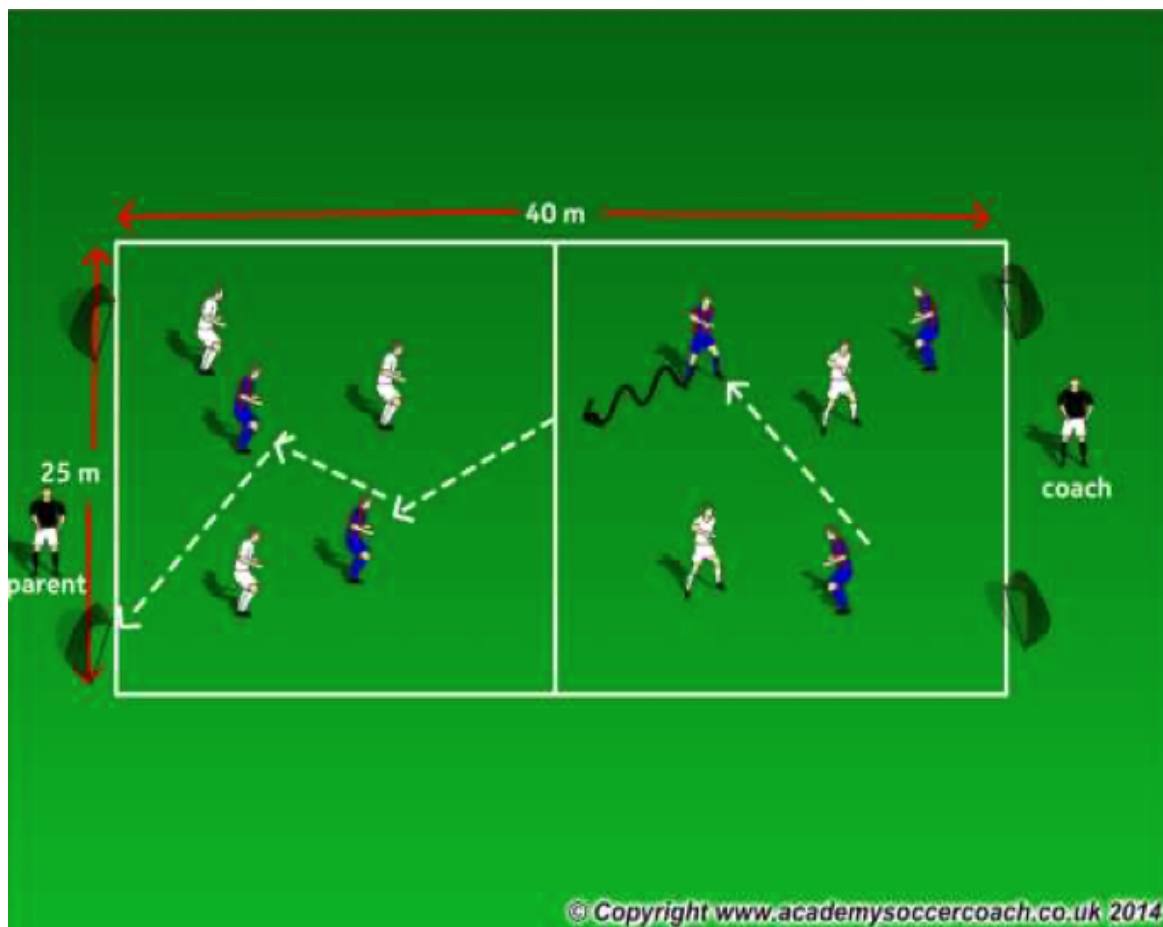




## Learn to Train practice plan: Week 6

### Station D

#### Small sided game –4 goals



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**Organization:** A 40 mx25 m field divided to two. 10 players, and 4 small nets.  
**Procedure:** 3v2 game in each box, and each team try to score in opponent's goals. Players have to stay in their boxes. Players switch the roles every 3 to 5 minutes on coach's discretion.

### Time frame. 12-15 minutes

#### Emphasis:

Running with the ball  
Passing  
Receiving  
Possession  
Changing direction  
Change of speed  
Agility, Balance, Coordination  
Imagination

#### Psychological

Fun  
Confidence  
Decision Making

#### Technical

Dribbling  
1v1  
Passing

#### Physical

Speed  
A,B,C's  
Change of Direction

#### Social

Listening  
Communicating  
Fun with friends