



Spring REC SOCCER

TRAINING PLAN JR PASSERS - Please implement the US Soccer Grassroots Play/Practice/ Play method for training sessions. Coaches should set up cones for goals before players arrive, and as they show up, pass out scrimmage vests and have them play 2v2, 3v3, for the first 10 minutes while players continue to arrive. Once everyone has joined, the coach can start Activity 1 of the Week. Each training sessions concludes with another play/scrimmage game.

<p>WEEK 1</p> <p>Activity 1: Dribbling: all players with ball Red light - green light = stop, speed up, U-turns (pull back, stop - step over and turn - use L and R foot)</p> <p>Activity 2: Dribbling: add a tagger (or 2) When player gets tagged, he/she has to do 10 toe touches on the ball (L/R) and then can play again. How many players did the tagger tag in 1 minute? Switch tagger.</p> <p>Activity 3: 2v2, 3v3 or 4v4 Score by dribbling over a line with ball under control.</p>	<p>WEEK 2</p> <p>Activity 1: Dribbling: all players with ball Cross the ocean – Islands 15 yards apart. Control ball on island / turn and cross ocean again. How many times in 1 minute can you cross the ocean? R then L foot only.</p> <p>Activity 2: Dribbling: add a shark (or 2) who tries to steal the ball and when successful plays the ball back to the island where the player came from. When a player ball loses the ball, he/she has to do 10 toe touches on the ball (L/R) on an island and then can play again. How many balls did the shark steal in 2 minutes? Switch sharks.</p> <p>Activity 3: 2v2, 3v3 or 4v4 Score in 8 feet wide goals: no GKs</p>
<p>WEEK 3</p> <p>Activity 1: Dribbling: Create two teams – team 1 all players have a ball and dribble. Team 2 try to win the balls from team 1 and after 3 minutes which team has the most balls? Then switch team 2 starts with the ball. Play 3 minutes games. Etc.</p> <p>Activity 2: 4 vs 1 or 4 vs 2 keep-a-way Players on team with the ball organize in a diamond shape and try to pass the ball to each other so the player in the middle cannot get it. When the player wins the ball, he/she switches with the player who lost the ball.</p> <p>Activity 3: 2v2, 3v3 or 4v4 Score in 8 feet wide goals: no GKs</p>	<p>WEEK 4</p> <p>Activity 1: Dribbling: all players with ball Red light - green light = stop, speed up, U-turns (pull back, stop - step over and turn - cut back inside of foot - use L and R foot)</p> <p>Activity 2: 1vs1 score by dribbling over line. Create a 6x8 yrd field for every 2 players. Play 2 minutes then switch partners. Play 4-5 rounds. Show dribbling moves to beat opponent during the 1 min. breaks between each round.</p> <p>Activity 3: 2v2, 3v3 or 4v4 Score by dribbling over a line with ball under control.</p>

<p>WEEK 5</p> <p>Activity 1: Dribbling: Create two teams – team 1 all players have a ball and dribble. Team 2 try to win the balls from team 1 and after 3 minutes which team has the most balls? Then switch team 2 starts with the ball. Play 3 minutes games. Etc.</p> <p>Activity 2: 4 vs 1 or 4 vs 2 keep-a-way Players on team with the ball organize in a diamond shape and try to pass the ball to each other so the player in the middle cannot get it. When the player wins the ball, he/she switches with the player who lost the ball.</p> <p>Activity 3: 2v2, 3v3 or 4v4 Score in 8 feet wide goals: no GKs</p> <p>WEEK 7 and 8: Choose a training session or activities that worked well for the players. Focus on having the players winning the ball as quickly as possible. Tackle with the inside of the foot.</p>	<p>WEEK 6</p> <p>Activity 1: Dribbling: Cross the ocean while a shark (or 2) tries to steal the ball and when successful plays the ball back to the island where the player came from. When a player ball loses the ball he/she has to do 10 toe touches on the ball (L/R) on an island and then can play again. How many balls did the shark steal in 2 minutes? Switch sharks.</p> <p>Activity 2: 1vs1 by dribbling over line. Create a 6x8 yrd field for every 2 players. Play 2 minutes then switch partners. Play 4-5 rounds. Show dribbling moves to beat opponent during the 1 min. breaks between each round.</p> <p>Activity 3: 2v2, 3v3 or 4v4 Score by dribbling over a line with ball under control.</p>
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Dear Coaches,

Thank you for your commitment to help develop the next generation of Summit soccer players! The most important task for a coach is to help every player fall in love with the ball and the game. Learning how to dribble and control the ball is a long process that takes lots of falling and getting back up (literally). By creating activities in which players have lots of opportunities to touch the ball, change direction and make decisions about where to go, you will help players develop. Ask questions, rather than telling them what to do. Guide them to the best option (Where is the space to dribble? Could you have kept the ball instead of kicking it? Great, where should you go?).

Please learn each player's name and find something positive to comment on during each activity, this is key for each player to feel that they belong.

During the games let the kids play and enjoy the process where players make mistakes and learn by doing. Allow them to make their own decisions and celebrate their progress.

Please reach out to me if have any questions or if you would like to be mentored.

Thank you!

Ryan Breithaupt
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