



Spring REC SOCCER

TRAINING PLAN INTERMEDIATES – 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 Cross the ocean – make Islands 20 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, then free. Add 2 or 3 pirates/defenders who try to steal the ball and when successful play the ball back to the island where the player came from. When a player 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 pirates/ defenders steal in 2 minutes/ how many times did you cross the ocean? Switch defenders, until all players have been a pirate/defender.</p> <p>Activity 2: 1vs1 score by dribbling over opponent's line. Create a 6x8 yrd field for every 2 players. Play 2 min. then switch partners. Play 4-5 rounds. Show dribbling moves to beat an opponent during the 1 min. breaks between each round.</p>	<p>WEEK 2</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 (set up multiple fields) 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: 4v4 or 5v5 Score in 12 feet wide goals with GKs Create diamond shape organization – player with the ball has to have an option to pass L or R or forward or back ward.</p>
<p>WEEK 3</p> <p>Activity 1: Passing: 2 players with one ball. Pass the ball to your teammate. Rules: pass in front of your teammate who must be moving away from you. Take a touch to control the ball in space, do a move to turn and pass to your teammate, etc. Add 2 defenders who try to win the ball, get 3 touches – then give ball back. How many times did you win the ball and got 3 touches on it before it was regained? Switch defenders.</p> <p>Activity 2: 5 + GK vs 2/3: Build up from GK who rolls it to one of two defenders who tries to connect with one of 3 midfielders, score by who dribbling over line. When the opponents win the ball, they score on goal. Switch roles after 10 min.</p> <p>Activity 3: 4v4 or 5v5 Each team can score in 2- 8 feet wide goals: No GKs</p>	<p>WEEK 4</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: 1vs1 to goal with GK. (set up a 15x20 yrd field for every 5 players) Defender chases from behind/ comes from the side/ faces the attacker. When defender wins ball score in two small goals</p> <p>Activity 3: 4v4 or 5v5 Score by dribbling over a line with ball under control.</p>

<p>WEEK 5</p> <p>Activity 1: Keep-a-way 4 or 5 vs 2 (20x10 yds) The 5 try to connect 10 passes to get a point. The 2 defenders get a point if they win the ball, pass it to their teammate who dribbles it out of the rectangle.</p> <p>Activity 2: 3vs2 to goal w/ GK. (set up multiple 20x25 yrd fields if more than 12 players) The two score on two small goals. Switch after 10 min. Who scored more goals?</p> <p>Activity 3 Activity 3: 4v4 or 5v5 Each team can score in 2 - 8 feet wide goals: No GKs (40x25 yds wide/short field) Focus on passing the ball from R to L and/or L to R to find space to score on open goal.</p>	<p>WEEK 6</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: 2vs 1 to goal (set up a 20x25 yrd field for every 6 players) When to dribble? When to pass? (Timing/speed and direction of pass) Teammate should be 1vs1 with GK after pass. Switch defender often.</p> <p>Activity 3: 4v4 or 5v5 (Field: 30x30 yds) Score in 12 feet wide goals with GKs Focus on finding space to shoot on goal</p>
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WEEK 7 and 8: Choose a training session or activities that worked well for the players. Focus on having the players winning the ball (back) as quickly as possible. Move towards the ball/ make the spaces smaller/ tackle with the inside of the foot.

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 can you/ the ball 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 them play and enjoy the process where players make mistakes and learn by doing. Allow them to make their own decisions and celebrate their progress. Make comments away from the ball and ask questions after a player has completed their actions.

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

Thank you!

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