

TRAINING SESSION PLAN

Theme: Coaching Small-Group Play

Warmup Phase

1. Passing & Receiving Drill : "USA"
 - > players in groups of 3 or 4, one ball per group, passing and moving inside big grid
2. Dynamic Stretches
3. Fitness Drill: "CoP/CoD"
4. Static Stretches

Technical Phase

1. Review of "Attacking & Defending Principles"
2. Passing & Receiving Drill: "3-2-1"
 - > Pair up players, P&R @ 8-12 yards, starting at 3-touch to 2-touch to 1-touch
3. Dribbling Drill: "Go Thru"
 - > Session #1: all players with ball, at "command" dribble through cone goals
 - > Session #2: players in groups of 2 or 3, one ball per group, dribble or pass ball through cone goals

"The Competitive Cauldron" Phase

Note: Divide players into 2 teams

1. "Line Soccer": 2v2 + 3v3 + 4v4
2. "To Goals": 2v2 + 3v3 + 4v4

"The Competitive Cauldron" Setup

- > The grids for "2v2" should be 10 yards wide x 15 yards long
- > The Goals for "2v2" should be 3-5 yards wide
- > The grids for "3v3" should be 15 yards wide x 20 yards long
- > The Goals for "3v3" should be 5-6 yards wide
- > The grids for "4v4" should be 20-30 yards wide x 30-40 yards long
- > The Goals for "4v4" should be 6-8 yards wide

"The Competitive Cauldron: 2v2/3v3/4v4" Coaching Points

- > This session is excellent to begin teaching the principles of attacking and defending
 - *Attacking: 1) Penetration; 2) Support-Depth; 3) Support-Width 4) Mobility; 5) Score*
 - *Defending: 1) Pressure-Delay; 2) Support-Depth; 3) Balance/Compactness; 4) Concentration; 5) Clearing the ball away*
- > The grids are kept relatively small at 2v2 and 3v3 to simulate action during a match
- > The 4v4 grid can be a square of 30x30 or can be made wider than longer (40x30) to teach both attacking with width and defending a wide attack
- > For a variation in the 4v4, place two goals on each endline