

SESSION PLAN: TACTICAL



FUNCTIONAL TRAINING

The following is based on a session conducted by NSCAA Director of Coaching Jeff Tipping, at the 2010 NSCAA Convention in Philadelphia. Tipping's session began with the "Technical Phase" below. I have added the "Warmup Phase" and the "Speed, Agility & Quickness Phase" to complete the session plan. The Theme: Functionally training positions. Here, we're working on three midfielders working with two forwards.

WARMUP PHASE

1. Juggle
2. Ball Activity
 - > all players inside a big grid, 4-5 balls
 - > players pass and move about the grid
3. Dynamic Movements & Stretches
(see attached description)

SPEED, AGILITY & QUICKNESS PHASE

1. Speed, Agility & Quickness Drill
 - > "Cone to Cone" drills with the ball
(see diagram at right)
2. Dynamic Stretch

TECHNICAL PHASE

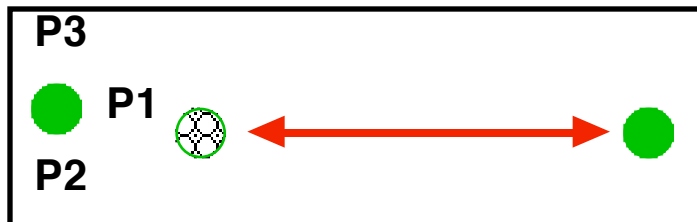
(see attached diagrams for description & setup of drills)

1. Combination Play with 3 players
 - > "Check-To with pass-back" #1
 - > "Check-To with a square pass" #2
 - > "Check-To with a turn and go" #3
2. Shadow Play with 5 players
 - > Midfielders "switch of field"
 - > Forwards "check-to"

TACTICAL PHASE

(see attached diagrams for description & setup)

1. Possession
 - > 3 + 2 v 2 + GK
2. Small Group Game #1
 - > 3 v 2 + 2 v 2 + GK to Goal
3. Small Group Game #2
 - > 3 v 2 + 2 v 3 + GK to Goal
4. Scrimmage
 - > 8 v 8 "Three-Zone"
(diagram, below right)
 - Team "O" in 2-3-2 formation
 - Team "X" in 3-3-1 formation
 - Zone 1 is a 2 v 1
 - Zone 2 is a 3 v 3
 - Zone 3 is a 2 v 3

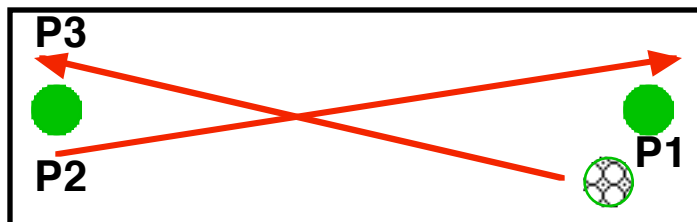


"CONE TO CONE" Drill #1

Distance Between Cones: 15 yards Number of Players: 3

Drill:

- > Dribble at speed from "cone to cone" for 30 seconds. Use "pull-back" or "drag-back" when reaching cone
- > Rest for 60 seconds (while the other players run drill)
- > Perform 5 repetitions

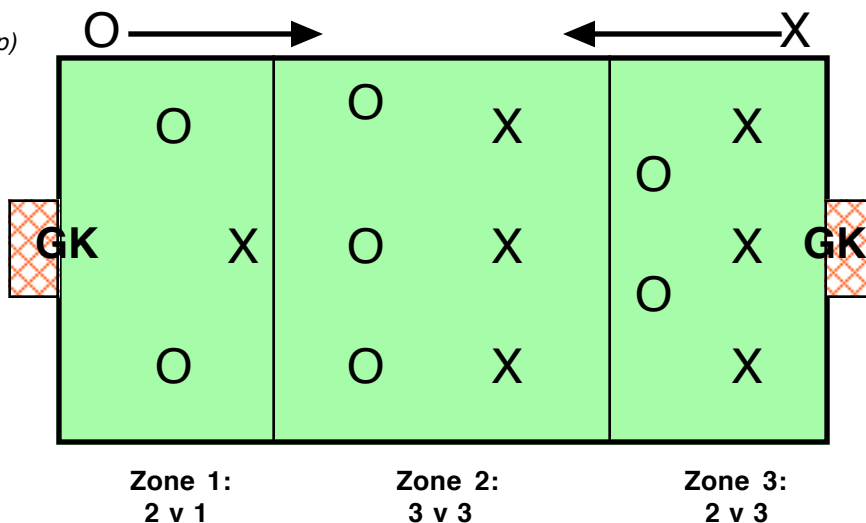


"CONE TO CONE" Drill #2

Distance Between Cones: 15 yards Number of Players: 3

Drill:

- > Dribble at speed "cone to cone" for 30 seconds in a "Figure 8" fashion.
- > Rest for 60 seconds (while the other players run drill)
- > Perform 3-5 repetitions



DYNAMIC MOVEMENT



DYNAMIC STRETCHES

All exercises should be done for 15-18 yards

- > **WALK** and stretch neck, moving head forward, back, side to side
- < **WALK** back with arms bent at elbows; cross arms in front then stretch back bringing elbows toward back
- > **SKIP** making big circles with the arms (*straight out to the side*)
- < **SKIP** arms straight at side then without bending elbows raise arms above head and clap
- > **SKIP** performing trunk twists
- < **ANKLE SKIP**: skip with quick steps, never lifting feet higher than ankle height; repeat back to start
- > **ANKLE FLEX**: every 3 steps lift one foot slightly off ground and move foot forward, backward, side to side
- < **TOE WALK**: walk on toes
- > **HEEL WALK**: walk on heels
- < **ANKLE SKIP WITH HIGH-KNEE**: quick-step ankle skip then raising knee up and toward chest
- > < **KNEE HUGS**: every 3 steps, raise knee, grab with both hands and hug toward chest; alternate every 3 steps
- > **"KARATE KID"**: every 3 steps, raise one knee so thigh is parallel to ground, slowly kick out, toes pointed up
- < **"KARATE KID"**: on way back, when kicking foot out, have toes pointed down
- > **"FRANKENSTEIN WALK"**: every step, kick one leg straight out and up and touch with same side hand
(*Note: have arms straight out as if "sleepwalking" and try to "kick" hands with foot -- do not bend legs*)
- < **"ROCKETTES"**: similar to "Frankenstein Walk", only this time touch foot with opposite hand
- > < **SINGLE-LEG "HEEL-BUTTS"**: jog and flick one foot up & back towards butt; do other foot on way back
- > < **"HEEL-BUTTS"**: jog and with hands protecting butt, lift heels up and hit hands; go distance and back
- > < **"HIGH-KNEE" SKIP**: while skipping lift knees as high as possible; go distance and back
- > < **"POWER SKIP"**: at each "skip" jump as high as possible; go distance and back
- > **"FIGURE-4s"**: every 3 steps, lift foot inward, grab foot with opposite hand, place same-side hand on raised knee and lightly push down on knee while lifting foot up
- < **"OUT-FLICKS"**: walk or jog and on every step, flick foot and leg outward and slap with same-side hand
- > **GROIN STRETCH (OUT)**: every 3 steps raise knee so thigh is parallel to ground, then swing it outwards, keeping hips and upper body pointing straight away (*square*)
- < **GROIN STRETCH (IN)**: the opposite of the above stretch -- every 3 steps, lift knee up to side and then swing it back in, again keeping hips and upper body pointing straight away (*square*)
- > < **"QUICKSTEP" CARIOCA**: facing one way, perform carioca routine, with each step being short and quick; facing same way, carioca back to start
- > < **"LONG-STRIDE" CARIOCA**: facing one way, perform carioca routine with each step being longer (*will work hips and trunk better than previous carioca*); facing same way, carioca back to start
- > < **"CROSSOVER STEPS"**: facing one way, perform a crossover step, moving, for example, the left foot over the right foot every step, always keeping the hips and upper body pointing straight away; facing the same way, do the same with the opposite foot
- > **JOG** < **BACKPEDAL** back to start line
- > **RUN** < **RUN BACKWARDS** back to start line
- > **SPRINT** < **WALK** back to start line

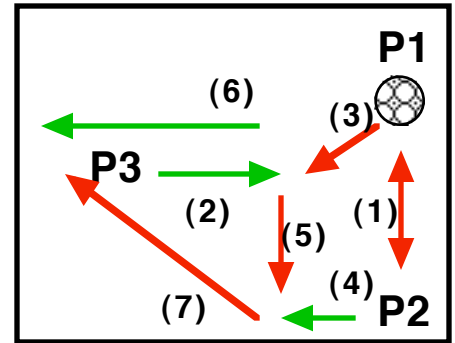
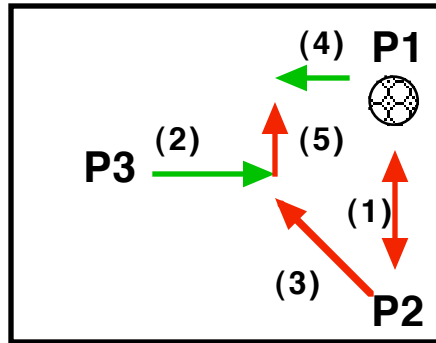
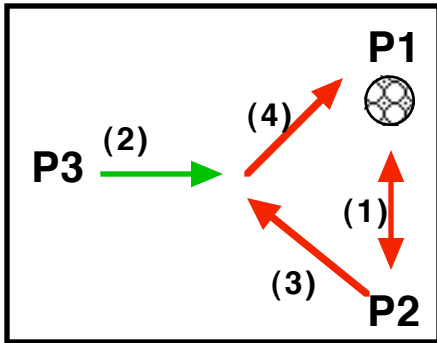
LEGEND: > movement from starting line

< movement back to the starting line

SESSION PLAN: Functional Training



PLAYER COMBINATIONS



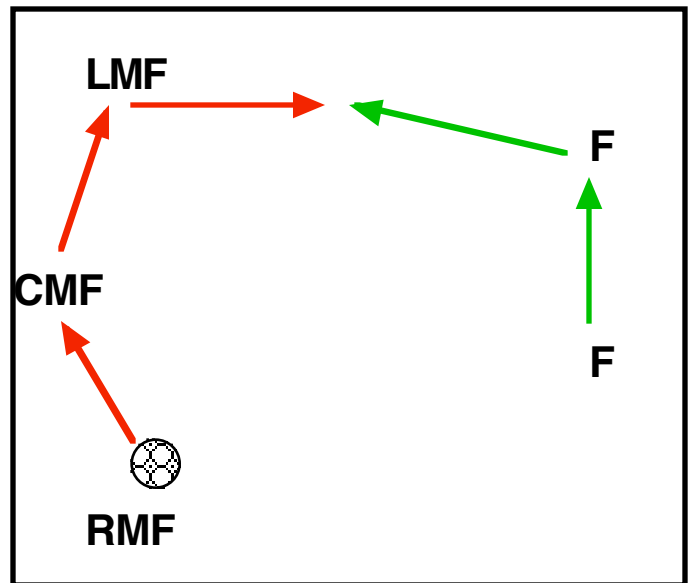
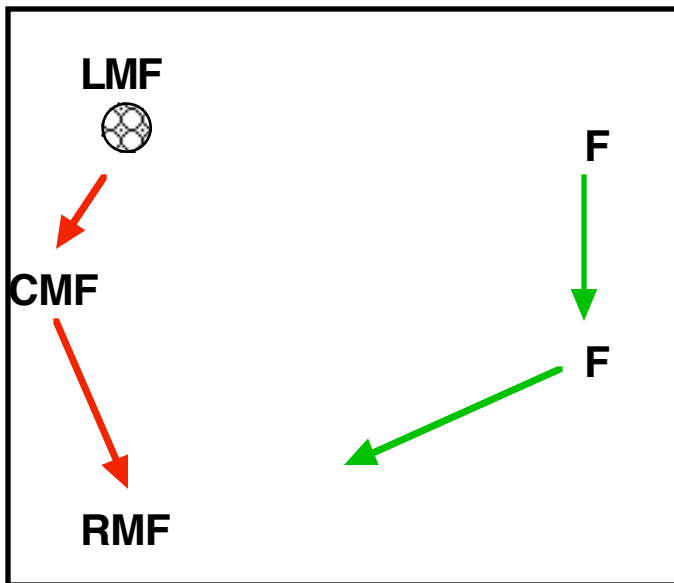
- 3-PLAYER: "Check-To" #1**
- (1) Player 1 and Player 2 pass the ball back and forth
 - (2) Player 3 checks to the players
 - (3) Player 2 (or Player 1) passes to P3
 - (4) P3 passes back to the other player

- 3-PLAYER: "Check-To" #2**
- (1) Player 1 and Player 2 pass the ball back and forth
 - (2) Player 3 checks to the players
 - (3) Player 2 passes to P3
 - (4) P1 makes straight run
 - (5) P3 plays square pass to P1

- 3-PLAYER: "Check-To" #3**
- (1) Player 1 and Player 2 pass the ball back and forth
 - (2) Player 3 checks to the players
 - (3) Player 1 passes to P3
 - (4) Player 2 makes straight run
 - (5) P3 passes to P2
 - (6) P3 turns and makes straight run
 - (7) P2 plays long pass to P3

movement of player

movement of ball



5-PLAYER SHADOW PLAY: Training the Combination Play of Midfielder and Forwards

START: The three midfielders pass the ball back and forth, with an emphasis on switching of fields.

Coaching Point: on a switch of field coach the passing player to pass the ball to the outside foot of the receiving player. In other words, in the top left diagram, the Left Midfielder (LMF) should pass the ball to the Center Midfielder's right foot, and the Center Midfielder should pass to the Right Midfielder's right foot. When the midfielders switch back to the left, the pass goes to the left foot of the receiving player.

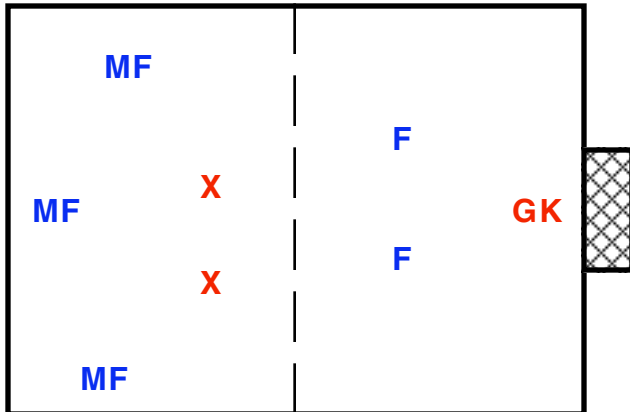
PROGRESSION: As the midfielders switch fields, the two Forwards practice checking to the outside player with the ball. At any time, one of the outside midfielders can pass the ball to the checking forward.

Coaching Point: Notice how the forwards work as a tandem. When one checks to, the other moves into the vacant space.

SESSION PLAN: Functional Training

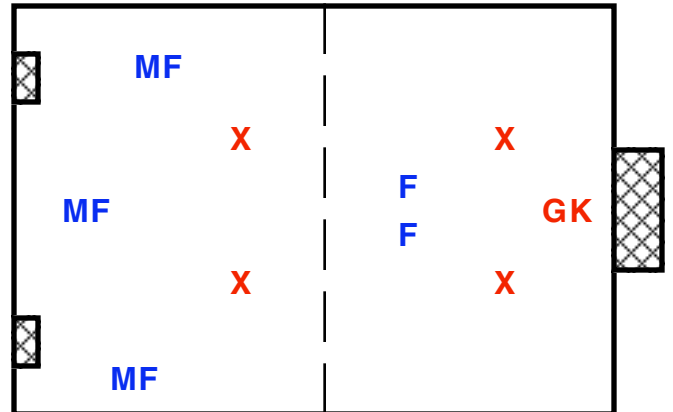


TACTICAL GAMES



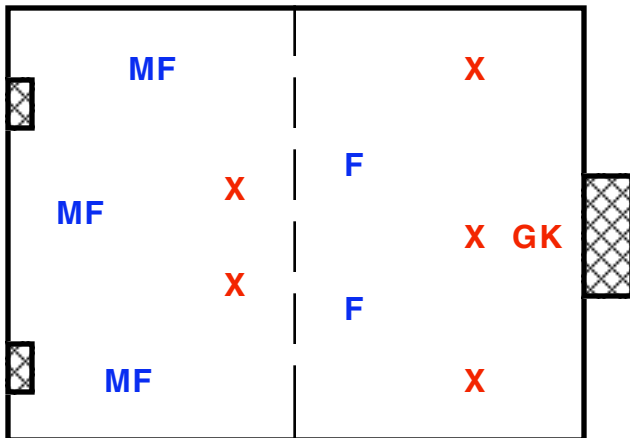
3 + 2 v 2 + Goalkeeper To Goal

The 3 Midfielders should look to split the 2 Defenders (X) and get the ball to the Forwards, who shoot on goal. Progression: add touch restrictions to the Midfielders and Forwards. Start with the Midfielders having a 3-touch restriction and the Forwards having a 2-touch restriction. Then progress again to the Midfielders with a 2-touch restriction and the Forwards with a 1-touch restriction. The Defending players have no touch restrictions. All players are restricted to their half of the field.



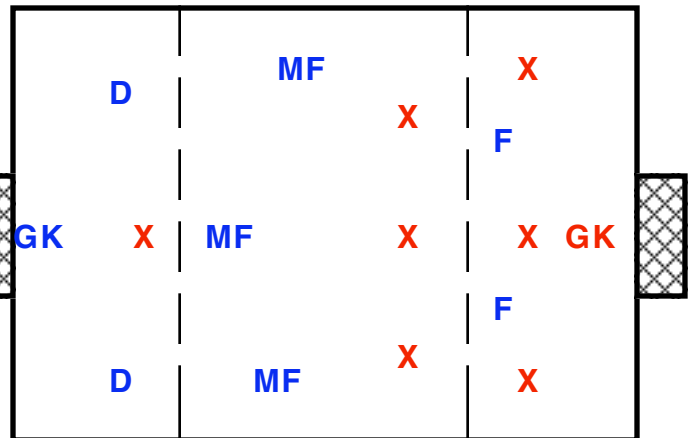
3 v 2 + 2 v 2 + Goalkeeper To Goal

This progression adds two more Defenders in one half and two small goals on the opposite end line to the regulation goal so Team Blue goes 3 v 2 in their defending half and 2 v 2 in the attacking half. Again, the players are restricted to their half of the field so the Blue forwards are now under more pressure to check to the midline and do so via creative runs. The Blue Midfielders need to add support at the midline. Start with no touch restrictions. Then progress to 3-touch and 2-touch.



3 v 2 + 2 v 3 + Goalkeeper To Goal

This progression adds another Defender (X) in the attacking half. The difference now is that when the ball enters the attacking half, one of the Blue Midfielders can enter the attacking half for a 3 v 3 to goal. If the X defenders in the attacking half gain possession, and manage to play the ball to a teammate in Blue's defending half, they are not allowed to enter that half. In other words, the two X forwards must play to goal in a 2 v 3. Start this phase with the Blue Midfielders having a 3-touch restriction and then a 2-touch restriction.



Three-Zone 8 v 8 (7 Field players + 1 Goalkeeper)

The final progression is a regulation game -- 8 v 8 -- with regulation goals on each end line. Both teams are to play a certain formation. For example, above, the Blue Team is in a basic 2-3-2 formation while the Red Team is in a conservative 3-3-1 formation. Start with all players restricted to their zones: Blue now will play 2 v 1 in the defending zone, 3 v 3 in the middle zone, and 2 v 3 in the attacking zone. Red goes from having numbers-up in their defending zone to an even 3v3 in the midfield, and then to a numbers-down in Blue's defending zone. Finish with a regula game with no restrictions on player movement.