

# SESSION PLAN: TACTICAL



# WIDTH & COMPACTNESS

The following is based on a session conducted by NSCAA Academy Senior National Staff Coach Peter Broadley, at the 2010 NSCAA Convention in Philadelphia. Broadley's session began with the "Tactical Phase" below. I have added the "Warmup Phase", the "Speed, Agility & Quickness Phase", and the "Technical Phase" to complete the session plan. The Theme: Working with width in the attack and compactness on defense.

## WARMUP PHASE

1. Juggle
2. Ball Activity > "Command Dribble"
3. Dynamic Movements & Stretches  
(see attached sheet for description)

## SPEED, AGILITY & QUICKNESS PHASE

1. Speed, Agility & Quickness Drill  
> "Colgate" Agility Run (see diagram at right)
2. Dynamic Stretch

## TECHNICAL PHASE

- (see attached sheet for description & setup)
1. "Numbers-Up (3 Team) Keepaway"  
> 4 v 4 + 4
  2. Possession Warmup, Game #1  
> 4 + 2 v 4 + 2 (see diagram below)
  3. Possession Warmup, Game #2  
> 6 v 3 to 6 v 3 (see setup at right)

## TACTICAL PHASE

- (see attached sheet for description & setup)
1. Small-Sided Game: Offside Line  
> 6 v 6 (5 Field Players + Goalkeeper)
  2. Small-Sided Game  
> 6 v 6 Formation Game (no restrictions)

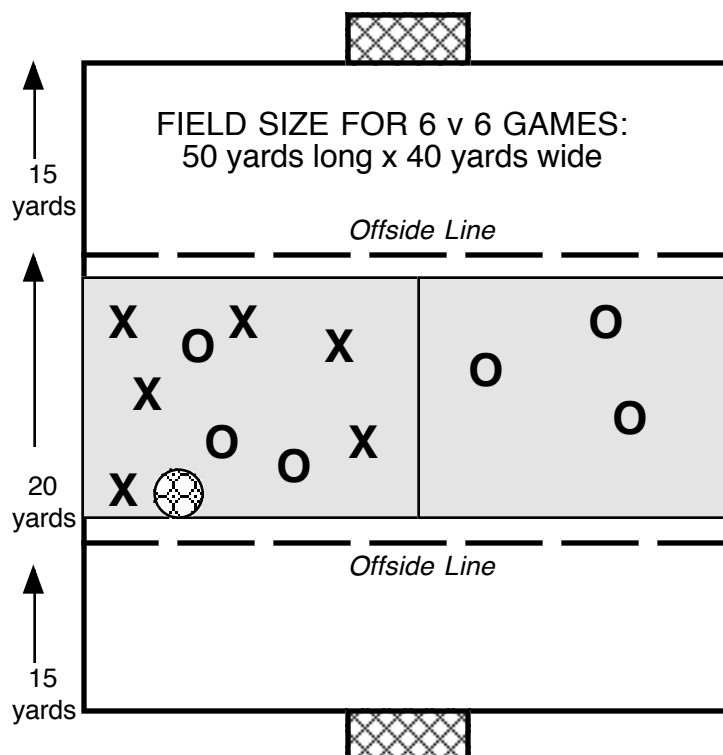
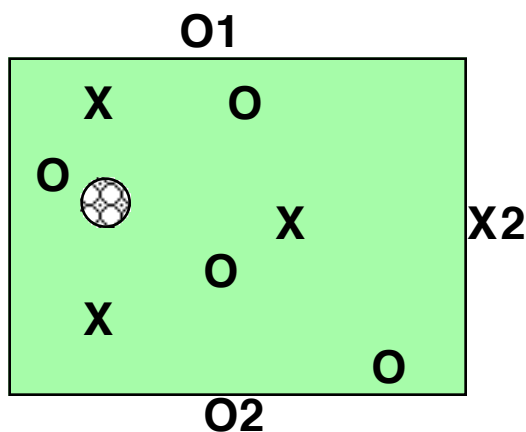


### "COLGATE" AGILITY RUN (without ball)

- |                     |                       |
|---------------------|-----------------------|
| (1) Jog 10 yards    | (2) Backpedal back    |
| (3) Run 10 yards    | (4) Backpedal back    |
| (5) Sprint 10 yards | (6) Turn, Sprint back |
- >> all 6 runs = 1 repetition. Do 2 sets of 2 reps

### "COLGATE" AGILITY RUN (with ball)

- (1) + (3) + (5) Speed dribble 10 yards
  - (2) perform "pull-back" and dribble back to start
  - (4) perform "Step-Over", dribble back to start
  - (6) perform "pull-back" and dribble back to start
- >> all 6 runs = 1 repetition. Do 2 sets of 2 reps



**TECHNICAL:  
Dribbling**

**“Command  
Dribble”**

*The following drill can be used as a pre-practice or pre-game warmup drill and can also be used as part of a “soccer-specific” fitness session*

**GRID SIZE:** Depends on number of players but should be big

**PLAYERS:** All with a ball

**DRILL START:** Players inside grid begin dribbling at a jogging pace, using both feet and using all surfaces of the feet (inside, outside, laces, soles)

**COACH “COMMAND”:** The coach then calls out a certain command and players must perform this “command” until another is called out.

**“COMMANDS”:**

- > Right foot only
- > Left foot only
- > Inside of feet only
- > Outside of feet only
- > Pull-Back
- > Speed dribble
- > any kind of dribbling move -- “Cryuff”, “Maradona”, “Scissors”, etc.
- > Switch (players stop their ball and then sprint to collect another player’s ball)

**VARIATIONS/PROGRESSIONS**

- > start in a small grid, such as the 15-yard box or 18-yard box
  - tight quarters promotes better ball control
- > progress to a bigger grid then to half the field

# 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

### Width v Compactness



## Descriptions & Setup of Games

### TECHNICAL PHASE

#### *“Numbers-Up (3-Team) Keepaway”*

**Grid Size:** 30 yards x 30 yards

**Number of Players:** 12, divided into 3 teams of 4, each team with a colored pinnie (Ex. Blue, Red, Yellow)

**Game Start:** One team begins as the defending team. Two teams serve as the possession teams. (Ex. Blue vs. Red & Yellow)

**Game Rules:** Red and Yellow attempt to maintain possession vs. Blue. If Blue gains possession, they play in a “numbers-down” situation and attempt to maintain possession against Red and Yellow.

**Game Length:** Each team serves as defending team vs. the other teams for a certain amount of time, based on the skill, age and fitness level of the players. No less than one minute, no more than three minutes.

**Game Variations:** Add touch restrictions to the possession or numbers-up teams to emphasize speed of play.

#### *“Possession Warmup”, Game #1” > 4 + 2 v 4 + 2*

**Grid Size:** 20 yards x 20 yards

**Number of Players:** 12, two teams of 6

**Game Setup:** Four players from each team inside the 20x20 grid (as seen in diagram at bottom left of Session Plan page). Two players from each team set up on opposite sides and outside of the grid.

**Game Start:** Players inside grid play keepaway using their outside teammates as support/neutral players. After a few minutes, switch the outside players so that all players get a chance to play inside and outside the grid.

**Game Variations:** to make for more of a competitive environment award one point for a certain amount of consecutive passes, or for a certain amount of total passes. Also, award two points if the two outside players connect with a pass (but make sure the pass is along the ground, not in the air)

#### *“Possession Warmup, Game #2 > 6 v 3 to 6 v 3*

**Grid Size:** 2 grids of 20 x 20

**Number of Players:** 12, two teams of six

**Game Setup:** One team begins with all six players inside a grid. This is the attacking team. The other team has three players in each grid (see field diagram, bottom right, on Session Plan page).

**Game:** As seen in the diagram, Team “X” tries to maintain possession in a 6 v 3 situation. If Team “O” gains possession, they need to play the ball into the second grid where the other three teammates are. Play goes back and forth with the coaching emphasis here being on making the transition from offense to defense (and vice versa) as quickly as possible.

### TACTICAL PHASE

#### *6 v 6 > Offside Line*

**Grid Size:** Field that is 50 yards long x 40 yards wide

**Number of Players:** two teams of six -- 5 field players + goalkeeper

**Game:** Both teams in same formation, for example, a basic 3-2 (3 defender, 2 midfielders/forwards). Emphasis here is on having the attacking players being aware of the offside line with the defending players using the line to their advantage.

#### *6 v 6 Formation Game*

Same field as above.

**Game:** Each team now sets up in a different formation. For example, Team “X” is in a 1-3-1 vs. Team “O” in a 2-3. Play to a certain score (5 goals wins) or for a time limit (5-12 minutes). Keep switching formations.