

SESSION PLAN: TECHNICAL



PERFECTING FIRST TOUCH

Warmup Phase

1. Team Jog + Dynamic Stretch Routine
2. Passing & Receiving
 - > "USA" Drill
 - Start with players using "away" touch
 - Progress: Trap-Turn-Dribble Away
 - Progress: Trap-Cut w/outside of foot-Pass

Technical Phase

1. Passing & Receiving
 - > "3-2-1" Drill
2. Passing & Receiving
 - > "2-Line Pass and Move"

Tactical Phase

1. Game of "Keepaway" (10 mins.)
 - > small grid to start
 - > progress to bigger grid
 - > initiate touch restrictions
 - 3-Touch requirement (*players MUST touch ball 3 times upon receiving it*)
 - 3-Touch max
 - 2-Touch requirement (*players MUST touch ball twice upon receiving it*)
 - 2-Touch max
 - 1-Touch
2. Game of "Line Soccer" (30 mins.)
 - > touch restrictions to start
 - 3-Touch requirement
 - 3-Touch max
 - 2-Touch requirement
 - 2-Touch max
 - 1-Touch
 - > end with no touch restrictions
3. Scrimmage with 2 teams (25 mins.)
 - > play with regulation goal on one endline, 2-3 cone goals on opposite endline
 - > touch restrictions to start
 - 3-Touch requirement
 - 3-Touch max
 - 2-Touch requirement
 - 2-Touch max
 - 1-Touch