

APPENDIX F: TRAINING PLAN

Topic: PASSING/ MOVEMENT (D. ROGERS) Region: _____ Age: _____ Date: _____

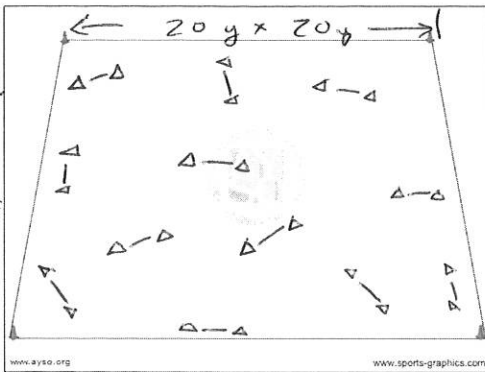
everyone plays balanced teams open registration good sportsmanship positive coaching player development

TECHNICAL WARM-UP

"GATE GAME"

Organization/Rules

- * RANDOM GATES
- * PAIRED PLAYERS
- * TIMED (2-3 MIN)
- * 1 PT. FOR EACH COMPLETED PASS THROUGH A GATE
- * CAN'T USE SAME GATE 2X IN ROW
- * 1 BALL FOR EACH GROUP OF 2 PLAYERS



Coaching Points

- * MOVE w/OUT BALL
- * TALK/COMMUNICATE
- * EYES-UP-AVOID COLLISIONS
- * PLAN NEXT MOVE

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

ACTIVITY I

Individual & pair work

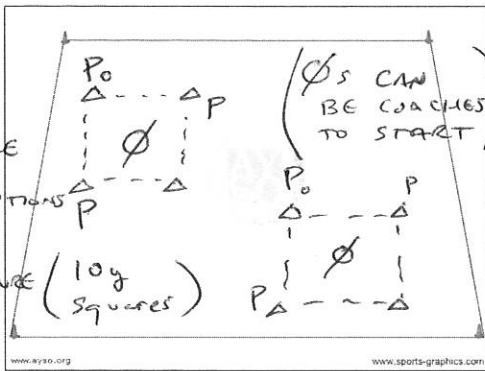
Competition & teamwork

2v2 and 3v3

"4 CONE GAME"

Organization/Rules

- * 10y SQUARES
- * 3 PLAYERS (P) & 1 OPP (Ø)
- * 1 BALL PER SQUARE
- * Ps MOVE TO GIVE 2 PASS options
- * START w/ PASSIVE OPPOSITION
- * INCREASE PRESSURE
- * LAST, REMOVE CONES



Coaching Points

- * MOVE INTO
- * GOOD PASSING ANGLES/LANES
- * COMMUNICATION
- * PLAT BALLS TO CONES/SPACE

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

ACTIVITY II

Opposition (attack & defense)

Directional play (w/ goals or targets)

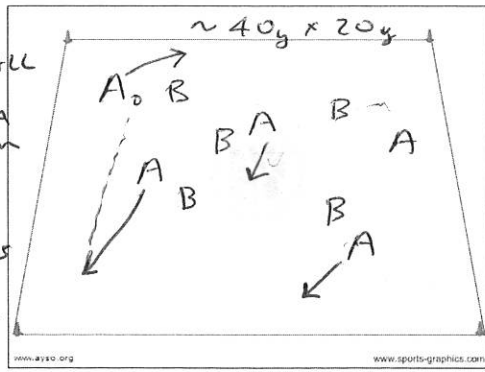
Expanded numbers (3v3 to 6v6)

Most game aspects

"POSSESSION"

Organization/Rules (A, B)

- * TWO TEAMS, 1 BALL
- * AREA LIKE PENALTY AREA
- * MAINTAIN TEAM POSSESSION
- * LIMIT TOUCHES TO 3
- * PLAY: 1PT./PASS OR 5 CONSECUTIVE PASSES = GOAL
- * OUT OF PLAY = THROW-IN



Coaching Points

- * COMMUNICATION
- * ROLE OF
- * 2ND ATT - SUPPORT
- * 3RD ATT - WIDTH
- * 4TH ATT - MOBILITY
- * RUNS w/OUT BALL CREATING SPACE

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

SMALL-SIDED MATCH

COOL DOWN / DEBRIEF

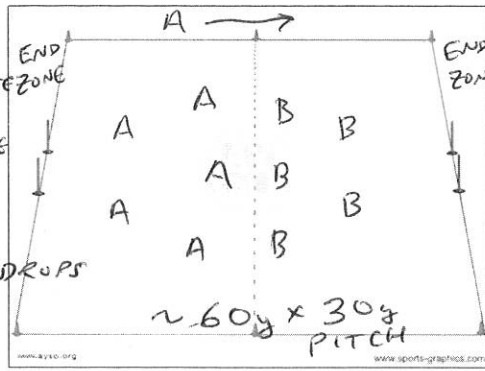
2 OPTIONS:

- 1) ULTIMATE
- 2) RUGBY

Organization/Rules

ULTIMATE

- * NO DRIBBLING
- * PASS TO TEAMMATE
- * PASS OVER TO END ZONE TO SCORE
- * 5 SEC TO PASS or RUGBY
- * NO FORWARD PASSES, ONLY DRIBBLE OVER END LING FOR GOAL



Coaching Points

- * MOVEMENT w/OUT BALL
- * COMMUNICATION
- * DROP PASSES & SUPPORT

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

APPENDIX F: TRAINING PLAN | MAKE YOUR OWN TRAINING PLAN

APPENDIX F: TRAINING PLAN

Topic: TRANSITION PLAY Region: D. ROGERS Age: _____ Date: _____

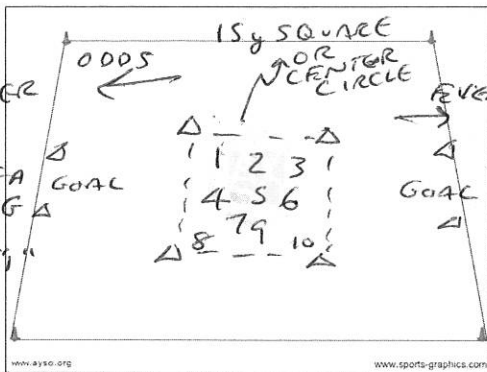
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TECHNICAL WARM-UP

NUMBERS

Organization/Rules

- * EVERY PLAYER GIVEN A NUMBER
- * EACH PLAYER WITH A BALL IN SMALL AREA
- * START DRIBBLING
- * COACH CALLS A NUMBER, LIKE "1"
- * 1 ATTACKS, 2 DEFENDS
- * ADD OTHERS
- * 1, 3 ATTACK, 2, 4 DEFEND ETC.



Coaching Points

- * QUICK THINKING
- * LEAVE BALL
- * ATTACK OR DEFEND
- * DEFENDERS GET GOALSIDE QUICKLY
- * ALERTNESS

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

ACTIVITY I

Individual & pair work

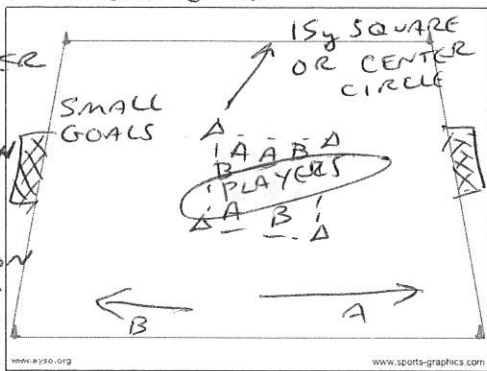
Competition & teamwork

2v2 and 3v3

KNOCK-OUT

Organization/Rules

- * 2 TEAMS IN CENTER AREA
- * ONE BALL
- * PLAY POSSESSION
- * SET CRITERION: 5 CONS. PASSES FOR EXAMPLE
- * ONCE CRITERION IS MET TEAM CAN ATTACK GOAL & OTHER MUST DEFEND



Coaching Points

- * AWARENESS
- * PLANNING AHEAD
- * ON LAST "BALL" OF CRITERION
- * ANTICIPATING ATTACK
- * QUICK TRANSITION

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

ACTIVITY II

Opposition (attack & defense)

Directional play (w/ goals or targets)

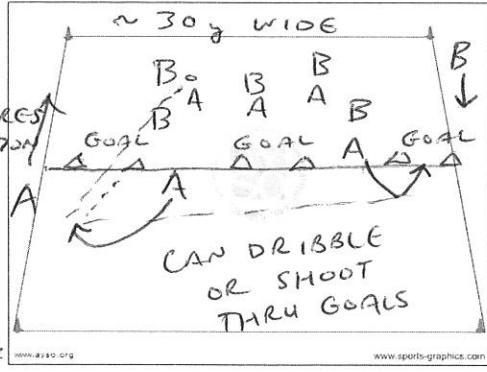
Expanded numbers (3v3 to 6v6)

Most game aspects

2-WAY GOALS

Organization/Rules

- * 3 GOALS ON A LINE
- * ONE TEAM SCORES IN ONE DIRECTION
- * OTHER OPPOSITE
- * GOAL IS STILL IN PLAY, AS ARE MISSES
- * IMMEDIATE TRANSITION FROM ATTACK TO DEFENDING



Coaching Points

- * IF SCORE OR MISS/LOSE BALL, MUST DEFEND
- * QUICK TRANSITIONS
- * USE WIDTH
- * COMMUNICATION

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

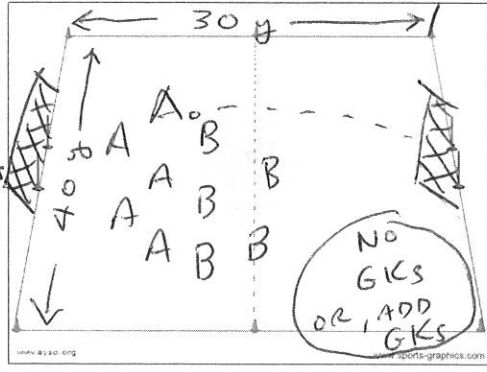
SMALL-SIDED MATCH

COOL DOWN / DEBRIEF

SHORT FIELD

Organization/Rules

- * SHORT, WIDE FIELD
- * LARGE GOALS
- * ALL BALLS OUT OF PLAY ARE INDIRECT KICK-INS
- * FIELD IS SMALL ENOUGH TO SCORE FROM ANYWHERE
- * ALL RESTARTS INDIRECT



Coaching Points

- * QUICK TRANSITION
- * FROM ATTACK TO DEFENSE & VICE-VERSA
- * PRESSURE IMMEDIATELY
- * LOOK TO SCORE QUICKLY

PSYCHOSOCIAL PHYSICAL
 TECHNICAL TACTICAL

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Topic: DEFENDING METHODS Region: D. ROGERS Age: _____ Date: _____

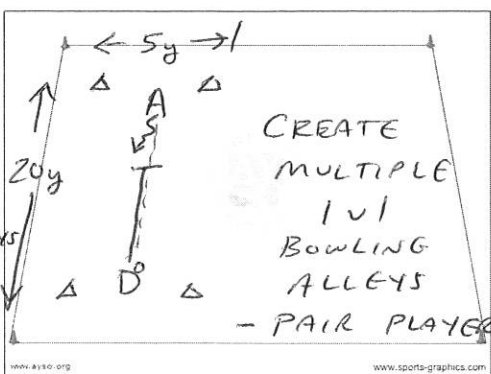
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TECHNICAL WARM-UP

1v1 BOWLING ALLEY

Organization/Rules

- * 1v1 IN NARROW ALLEY
- * (D) PLAYS BALL TO (A)
- * (D) CLOSES, GETS IN PROPER STANCE, DELAYS START PASSING, ADD PRESSURE
- * (A) TRIES TO BEAT (D) ON DRIBBLE



Coaching Points

- * (D) CLOSE
- * (D) PROPER STANCE
- * (D) RETREAT/DELAY
- * (A) CONTROL 1v1 SKILLS

PSYCHOSOCIAL []
PHYSICAL [X]
TECHNICAL [X]
TACTICAL []

ACTIVITY I

Individual & pair work

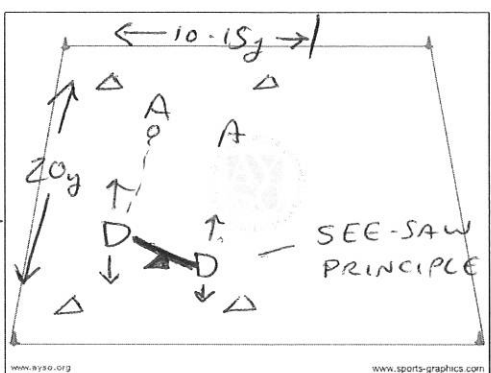
Competition & teamwork

2v2 and 3v3

2v2

Organization/Rules

- * SAME AS 1v1 BUT W/ 2v2
- * WIDER ALLEY
- * (D)S PLAY OUT BALL TO (A)S
- * THEN PLAY 2v2
- * COACH (A)S TO MAKE DIAG. AND OVERLAP RUNS
- * MULTIPLE ALLEYS AT ONCE



Coaching Points

- * (D)S NOT FLAT
- * CALL "BALL"
- * CALL "SUPPORT"
- * CHANGES/SWITCH
- * RESPONSE TO OVERLAPS/RUNS

PSYCHOSOCIAL []
PHYSICAL [X]
TECHNICAL [X]
TACTICAL [X]

ACTIVITY II

Opposition (attack & defense)

Directional play (w/ goals or targets)

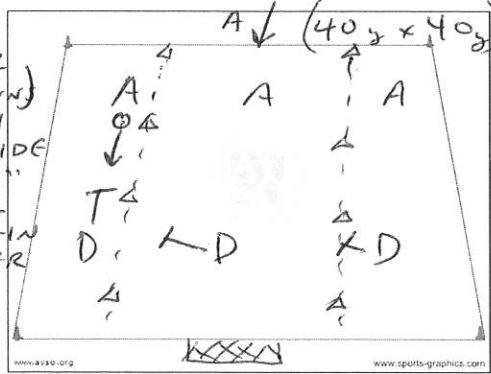
Expanded numbers (3v3 to 6v6)

Most game aspects

3v3 & 4v4

Organization/Rules

- * 3v3 AND LATER 4v4 (3v3 SHOWN)
- * WALK-THROUGH
- * - ATTACK ER. SIDE
- * - SHOW "SLIDE"
- * - SWITCH BALL
- * - SHOW PINCH-IN FOR (A) RUNNER
- * - SWITCH (A)/(D) ROLES
- * - CONES/LINES HELP KEEP SPACE



Coaching Points

- * ROLES OF
- * 1ST DEF (DELAY)
- * 2ND DEF (COVER)
- * 3RD DEF (COMPAT)
- * 4TH DEF (BALANCE)
- * COMMUNICATION ON RUNNERS/HELP

PSYCHOSOCIAL [X]
PHYSICAL []
TECHNICAL []
TACTICAL [X]

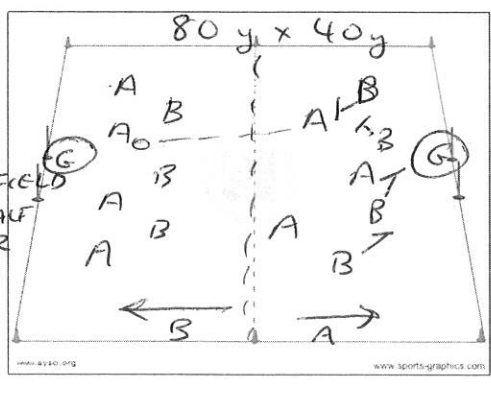
SMALL-SIDED MATCH

COOL DOWN / DEBRIEF

NUMBERS UP DEFENDING

Organization/Rules

- * TWO TEAMS (A) & (B)
- * 7v7 + GKs
- * 4 DEF + 3 ATT
- * IN EACH 1/2 OF FIELD
- * 4v3 IN EACH HALF
- * NORMAL SOCCER TO GOALS



Coaching Points

- * FOCUS ON ORGANIZATION OF BACK 4 DEFENDERS
- * W/ MOVEMENT AND PASSES

PSYCHOSOCIAL [X]
PHYSICAL [X]
TECHNICAL [X]
TACTICAL [X]

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