



TRAINING PROGRAMS

Lesson Plans for Pelham Rec Soccer

GRADES 1-2



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PRACTICE SESSIONS

THEME

Individual Technique

Combination Play

Control

Possession

Attacking

Defending

Possession

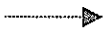
KEY TO DIAGRAMS



Cone



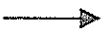
Defined areas



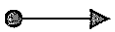
Dribbling with a ball



Running without the ball



Passing the ball



Shooting the ball

GK

Goalkeeper

F

Feeder


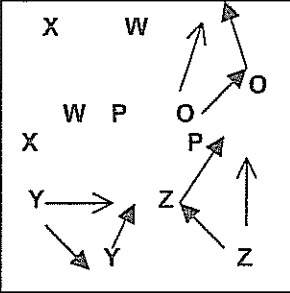
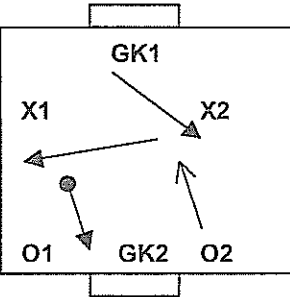
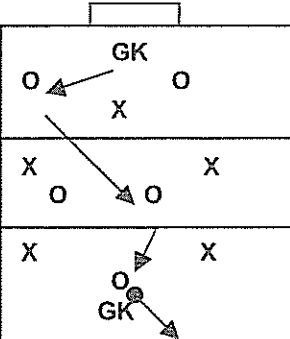
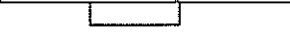
T

Target Player

Session Title 2 v 1 Attacking

Objectives To Improve Passing Technique

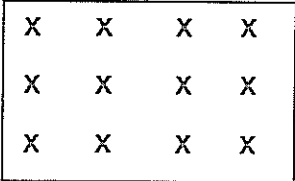
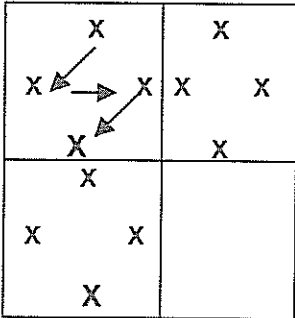
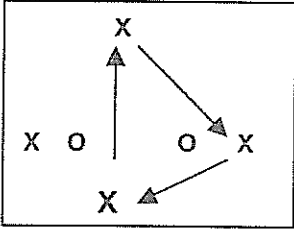
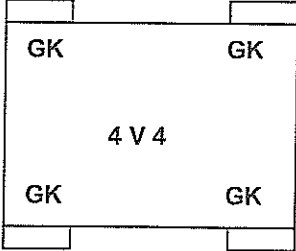
To Improve 2 v 1 Combination Play

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Ball each warm up. Players execute turns, changes of direction and speed, toe taps, ball boxes etc. See P15.</p>		15%	<p>Close control Keep head up</p> <p>Use both feet Dribble to space</p>
<p>2. Technical Development</p> <p>Players get into pairs. They pass and move between each other in the designated area.</p> <p>Progression: Add two defenders (in pinnies) to the game who attempt to get as many touches on the different balls as possible. Change defenders.</p> <p>Scoring: Each pair starts with ten lives and loses a life if their ball is touched by any other player (or ball) or if it goes out of area.</p>		20%	<p>Communication Quality of receiving touch</p> <p>Look up before passing the ball</p> <p>Use inside of foot with ankle locked</p> <p>Non-kicking foot points toward target Timing of the pass</p>
<p>3. Skill Development: 2 v 1</p> <p>GK1 rolls ball out to X1 or X2. On X's first touch O1 or O2 can come forward from their goal to challenge for the ball. If ball goes out of play then restart with GK2 playing into O's who attack X's goal (X1 or X2 defending).</p> <p>Scoring: Team in possession aims to combine and score on goal. Defending player aims to steal the ball and counterattack to opposition goal.</p>		20%	<p>Awareness of defender</p> <p>Angle and distance of support</p> <p>Decision: Dribble or pass</p> <p>Be positive</p>
<p>4. Conditioned Scrimmage: Zones</p> <p>Players must remain in their designated zones. Game is constantly restarted with the coach feeding the ball into different players. Rotate pairs of players to different zones.</p> <p>Progression: Player can penetrate the next zone with a dribble but must return on transition</p>		20%	<p>All the above</p>
<p>5. Regular Scrimmage</p>		25%	

Session Title Possession

Objectives To Develop The Quality Of Pass

To Provide Angles Of Support

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Ball each dribbling skills including change of speed and direction, use of left foot, right foot, toe taps in a forward and backwards direction, ball boxes in a forward and backward direction. See P15.</p>		15%	<p>Close control Head up Use of both feet Awareness of space</p>
<p>2. Technical Practice: Passing</p> <p>In groups of four, players pass and move within their area maintaining a diamond shape. Must be two touches. <i>Scoring: How many consecutive passes without a mistake?</i></p> <p>Progression 1: As above but after five passes the group moves clockwise into the next quadrant and repeats <i>Scoring: The first team back to their starting position are the winners. Repeat.</i></p> <p>Progression 2: Visit the quadrants in any order.</p>		20%	<p>Maintain shape: Length, width and depth</p> <p>Quality of pass Movement after pass</p> <p>Communication</p> <p>Quality of receiving touch</p>
<p>3. Skill Development: 4 v 2(or 1)</p> <p>Four players in the area aim to possess the ball. Two players try to steal the ball from the four. <i>Scoring: How many consecutive passes can the four players make before losing possession? Two defenders score by stealing the ball and dribbling out of any safe side of the area.</i></p>		20%	<p>Angle and distance of support</p> <p>Accuracy of pass Strength of pass Timing of pass Maintain 'diamond' shape</p>
<p>4. Conditioned Scrimmage: 4 v 4</p> <p>4 v 4 scrimmage to two wide goals. After five minutes the four GK's come out to form a team whilst one of the outfield teams becomes GK's.</p>		20%	All the above
<p>5. Regular Scrimmage</p>		25%	



Session Title

Defending

Objectives

To Apply Pressure to 1st attacker

To Provide cover for 1st defender

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>X's begin on the outside of the large area whilst O's begin on the outside of the small central area.</p> <p><i>Scoring: X scores by beating his/her opponent and penetrating the inner area. O aims to prevent X's penetration and counterattack to outer line. Switch positions.</i></p>		15%	<p>Pressure Patience Position</p>
<p>2. Technical Practice: 1 attacker v 2 defenders</p> <p>X1 and X2 begin alongside the goal and on O1's first touch come forward to defend the goal. Restart with GK2 playing into X's if ball goes out of play or if a goal is scored.</p> <p><i>Scoring: O scores by shooting past GK into the net. X's score by counterattacking and shooting into O's goal. Rotate GK's.</i></p>		20%	<p>Communication 1st Defender: Pressure 2nd Defender: Cover</p> <p>Distance and angle of cover Recovery run if beaten</p>
<p>3. 2 v 2 to Goal</p> <p>X's begin with the ball and attack O's goal. O1 and O2 move forward to defend as soon as X's have taken their first touch. If the ball goes out of play then begin with a player dribbling or passing onto the field. After a goal set up again with O's in possession. Rotate GK's regularly.</p>		20%	<p>2nd defender covers 1st defender</p>
<p>4. Conditioned Scrimmage</p> <p>Players must stay in designated zones creating 2 v 1 and 2 v 2 situations.</p> <p>Progression: One player from the central zone can penetrate final third when attacking but must recover to central zone on loss of possession</p>		20%	<p>Play goal side but step forward to intercept if possible Fast Recovery</p>
<p>5. Regular Scrimmage</p>		25%	

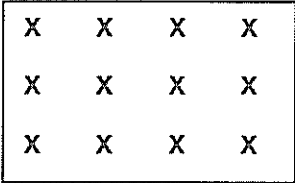
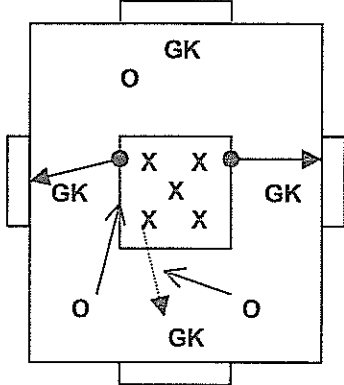
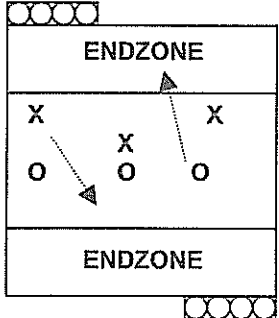
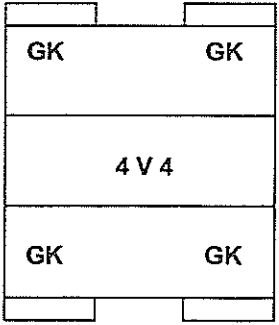
Session Title

Dribbling

Objectives

To Improve Technical Dribbling Skills

To Exploit Space Through Dribbling

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Individual ball work with turns, change of speed, fakes etc. Coach a specific move to beat an opponent See P15 for variations on the theme.</p> <p>2. Technical Practice</p> <p>X's begin with all the balls in the center of the field. The defenders (O's) operate outside this central area. The X's 'box' the ball before attempting to break out and shoot on goal. They then return to the central area and repeat. Rotate players. Increase the number of defenders.</p> <p><i>Scoring: X's gain a point each time they score on goal. O's score by stealing the ball and taking it back to the central area.</i></p> <p>3. Skill Development: 3 v 3</p> <p>Begin with each team in possession of one ball. The aim is to score by dribbling and stopping the ball in the opponents' End zone. If the ball goes out of play then restart with a dribble. The team that concedes a goal collects a ball from <i>behind</i> their End zone and attacks the opposition.</p> <p><i>Scoring: The team with the fewest balls in their End zone at the end of the game are the winners.</i></p> <p>Progression: Play with one ball</p> <p>4. Conditioned Scrimmage</p> <p>4 v 4 to two goals. The game always restarts with the coach playing into the central zone. Eight players compete in this area and attempt to break out into the attacking zone. Players must penetrate by dribbling, not by passing.</p> <p>5. Regular Scrimmage</p>	   	<p>15%</p> <p>20%</p> <p>20%</p> <p>20%</p> <p>25%</p>	<p>Keep ball close</p> <p>Head up</p> <p>Use of both feet and different surfaces</p> <p>Attack space</p> <p>Awareness of defenders</p> <p>Soft touches to maintain close control</p> <p>Accelerate into a gap</p> <p>Awareness of defenders and teammates</p> <p>Positive attitude</p> <p>Decision: Pass or dribble?</p> <p>Quick decision-making</p> <p>Group shape to open space</p>



SESSION PLAN

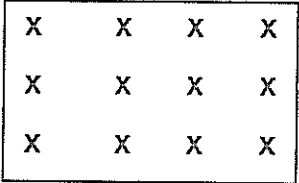
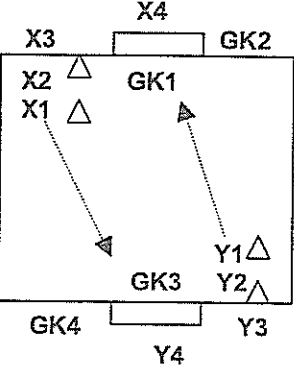

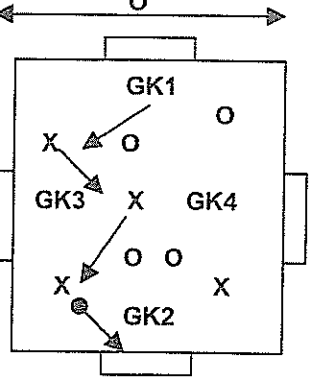
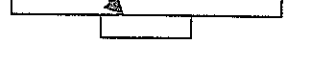
Session Title

Breakaways

Objectives

To Remain Composed When 1 v 1 with GK

To Remain Aware Of GK And Defenders Position

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Players move around the area with a ball each practising turns and moves on coach's commands. Introduce defenders who are trying to steal the balls. See P15.</p>		15%	<p>Head up Close control Use of move to beat defender: Change speed and direction</p>
<p>2. Technical Practice</p> <p>X and Y attack opposite goals simultaneously and have five seconds to score. They then join the line the other side (initially as a retriever) of the goal to attack the other way. The two GK's on each side switch after each shot. Practice time, then competition. <i>Scoring: First player to three goals is the winner. Rotate GK's.</i></p> <p>3. Skill Development: Introduce defenders</p>		20%	<p>1st touch out of feet Awareness of GK in relation to goal</p> <p>If GK comes forward then beat GK with a move</p> <p>If GK stays on line then shoot to the corners Timing of shot</p> <p>Be aggressive to goal</p>
<p>As above but players have starting positions indicated by cones. Once X1 has taken his/her first touch X2 may give chase. Switch roles when they attack the other way. X's and Y's go simultaneously. GK2 and GK4 act as retrievers. Rotate after first game. <i>Scoring: First player to get to three goals is the winner. No points if attacker is caught before shooting.</i></p>		20%	<p>Awareness of defender Quality of dribbling touch</p>
<p>4. Conditioned Scrimmage</p> <p>X's receive the ball from GK1 and attack towards GK2. If they score they then attack towards GK1. O's attempt to steal the ball and then attack towards GK3 or GK4. If they score they attack the other way. Thus X's are playing North-South and O's attack East-West.</p>		20%	<p>Positive attitude to goal</p>
<p>5. Regular Scrimmage</p>		25%	