



TRAINING PROGRAMS

Lesson Plans for Pelham Rec Soccer

GRADES 3-4



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PRACTICE SESSIONS

THEME

Individual Technique

Combination Play

Control

Possession

Attacking

Defending

Possession

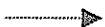
KEY TO DIAGRAMS



Cone



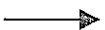
Defined areas



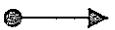
Dribbling with a ball



Running without the ball



Passing the ball



Shooting the ball

GK

Goalkeeper

F

Feeder

T

Target Player

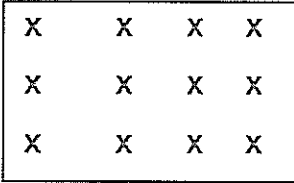
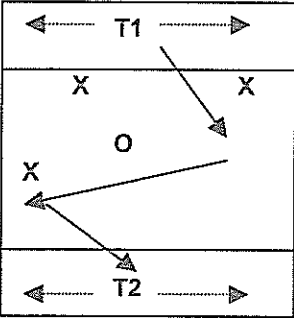
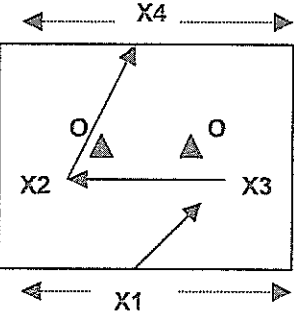
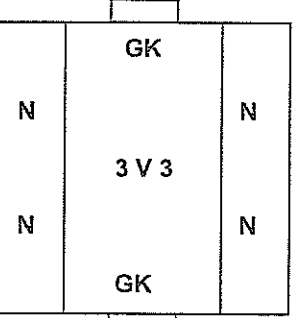


SESSION PLAN

Session Title Width in Possession

Objectives To Maintain Width

To Attack Out Wide When Appropriate

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Individual ball work practising moves, turns, changes of speed etc. Include rolling the ball with the sole of the foot, toe taps and boxing the ball. See P15.</p>		15%	<p>Head up</p> <p>Find space</p> <p>Close control</p>
<p>2. Technical Practice</p> <p>T1 plays into X's who combine to get the ball to T2. T2 then passes into X's who attack the other way to get ball to T1.</p> <p><i>Scoring: Score by passing to target player. If O wins the ball he/she attacks in the opposite direction to the X's and score by passing to a T player.</i></p> <p>Progression: X's must make three passes before scoring</p>		20%	<p>Maintain width</p> <p>Quality of pass</p> <p>Quality of 1st touch</p> <p>Distance and angle of support</p> <p>Speed of decision</p>
<p>3. Skill Development</p> <p>X1 begins with the ball. The X's attempt to get the ball to X4. If X's are successful they then attempt to get the ball to X1 on his/her End line. O's begin on cones for each restart (until players understand the game) and can attempt to steal the ball and score by dribbling to X1 or X4's End line. Rotate positions.</p> <p>Note: Area should be wide but short.</p>		20%	<p>Decision: Pass or dribble</p> <p>Maintain shape</p> <p>Composure on the ball</p> <p>Play away from pressure</p>
<p>4. Conditioned Scrimmage</p> <p>3X's v 3O's with two wide neutral players in each half of the field. Neutral players cannot be challenged but the ball is not allowed to stop. N's must remain in their own half.</p> <p>Progression: Neutral players can only have three consecutive touches on the ball.</p>		20%	As above
<p>5. Regular Scrimmage</p>		25%	

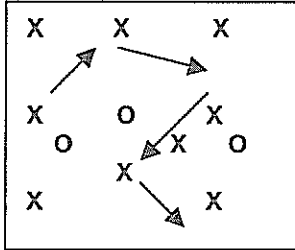
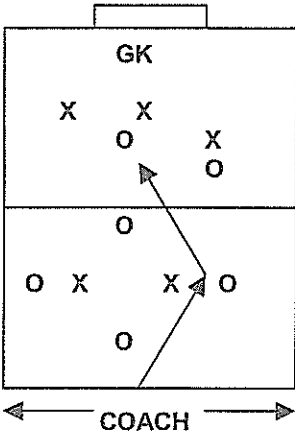
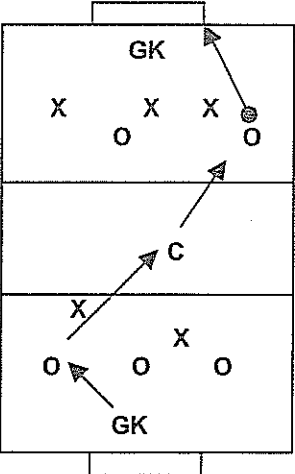
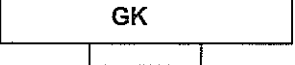
Session Title

Defending

Objectives

To Organize The Defensive Three

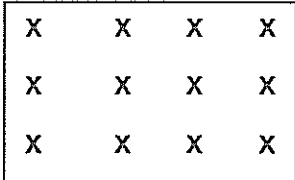
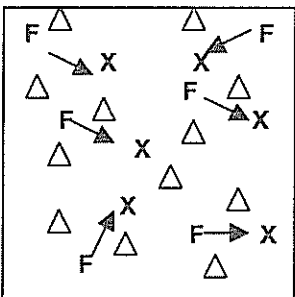
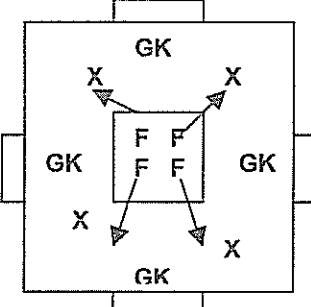
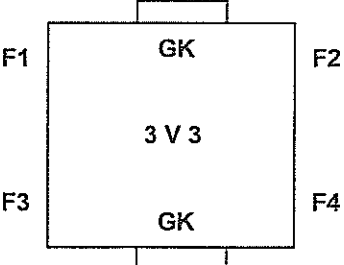
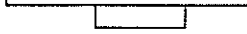
To Provide Pressure, Cover and Balance

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>9 v 3 keep away. Nine attackers possess the ball whilst three defenders try to steal it. The three defensive players switch after three minutes. <i>Scoring: Each time the attackers make five passes they get a goal. Defenders score by stealing and making three passes.</i></p>		15%	<p>Pressure 'Surf' position Small steps and bent knees Communication Work together</p>
<p>2. Functional Practice</p> <p>Coach feeds a ball into the four O's in midfield who aim to pass into the two O's in offensive positions. The three defending X's attempt to steal the ball and pass up to the two X's in midfield who in turn attempt to pass to the coach. If the ball is continuously lost in midfield then coach can feed directly into the offensive O's to increase frequency of practice.</p> <p>Progression: One midfield O player can penetrate the offensive zone after the pass or by dribbling. Rotate positions.</p>		30%	<p>1st Defender: Pressure 2nd Defender: Cover 3rd Defender: Balance</p> <p>Defenders get goal side of the ball</p> <p>Step in front of the attacker if feasible to win the ball</p> <p>Communication</p>
<p>3. Conditioned Scrimmage</p> <p>Coach begins by feeding the ball into the 2O's who attack the goal. If X's win the ball they play into the coach, who attacks the other goal by playing into the X's or by penetrating. Defenders always play into the coach who goes with the flow of possession.</p> <p>Progression: After a goal is scored the GK feeds the defensive three who must now play out of the back and into the coach.</p>		30%	<p>Anticipation of pass</p> <p>Don't allow the attacker to turn.</p> <p>Quality of distribution</p>
<p>4. Regular Scrimmage</p>		25%	

Session Title Receiving Air Balls

Objectives To Direct The Ball Away From Pressure

To Receive the ball close to the body

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Players dribble around area performing a range of turns and moves. Incorporate the players throwing the ball in the air and controlling (cushioning) with their laces and thighs. See P15.</p>		15%	<p>Head up Close control Laces: Bend knee with toes pointing up Cushion the ball</p>
<p>2. Technical Practice</p> <p>F throws the ball (underarm) to X who controls it and passes back to F. X then runs to a different feeder and repeats the above. Practice before competition. The first player to visit five gates is the winner.</p> <p>Progression: X's must receive the ball from the feeder and pass to a different feeder. Receive the same ball and repeat the process. First player to five gates is the winner.</p>		20%	<p>Movement to get in line with the ball Cushion the ball</p> <p>Vertical movement to take the ball out of the air</p> <p>Select and present surface</p>
<p>3. Skill Development</p> <p>Each X receives a ball from F's and attempt to score on goal. They then return to the center to receive another ball from a different feeder. First player to score three goals is the winner. Rotate positions. The coach acts as a passive defender.</p>		20%	<p>Quick movement towards point of control Settle yourself before presenting surface</p> <p>Body shape on receiving the ball Call for the ball Control towards 'open' goal</p>
<p>4. Conditioned Scrimmage</p> <p>Ball is fed in the air from the F that the coach calls out. The ball must be controlled out of the air and play ensues. If the ball goes out of play the coach calls another number. Rotate players. Feeder should throw the ball towards a player, not aimlessly. Coach may call two numbers.</p>		20%	<p>Awareness of defenders Receive ball away from pressure and towards goal if possible Communication between players</p>
<p>5. Regular Scrimmage</p>		25%	

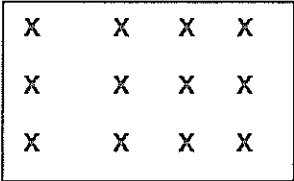
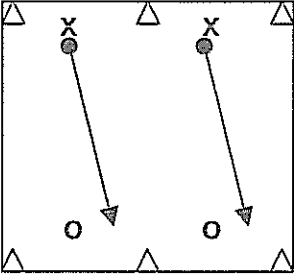
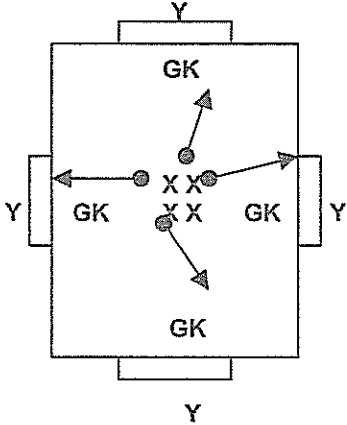
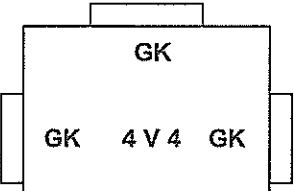
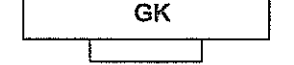
Session Title

Shooting

Objectives

To Develop Technique Of Shooting

To Encourage A Positive Attitude To Shooting

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Players dribble around the area with a ball each performing turns, moves etc. on the coaches commands. See P15.</p>		15%	<p>Head Up Balance Use of both feet and different surfaces Close control</p>
<p>2. Technical Practice</p> <p>X stands in a goal and opposes O. X shoots at O's goal. After saving / retrieving the ball O rolls the ball forward and immediately shoots at Xs goal. Play is continuous for two minutes and speed of play is essential. Switch players to play against someone of similar ability. Play three or four games.</p>		20%	<p>Strike the ball with the laces and ankle locked</p> <p>Strike the centre of the back of the ball</p> <p>Approach at an angle</p> <p>Non-kicking foot to the side of the ball and pointing towards target</p>
<p>3. Skill Development</p> <p>X's start in the central area with all the balls. O's play as GK's and Y's behind the goal as second GK's / retrievers. X's dribble and shoot on any goal and then return to the centre to get another ball.</p> <p><i>Scoring: How many goals can Team X score in 1 minute? Rotate roles.</i></p> <p>Progression 1: Y's act as feeders and pass the balls into X's.</p> <p>Progression 2: As above but add defenders who aim to steal the balls and attack a different goal.</p>		20%	<p>Weight over the ball</p> <p>4 A's</p> <p>Accuracy</p> <p>Aggression</p> <p>Attitude: Positive</p> <p>Awareness of GK position</p>
<p>4. Conditioned Scrimmage</p> <p>4 v 4 to four goals. Regular scrimmage but team can score on any of the four goals. GK then feeds in to any player who must attack a different goal.</p> <p>Variation: Use two balls</p>		20%	
<p>5. Regular Scrimmage</p>		25%	



SESSION PLAN

Session Title Breakaways

Objectives To Remain Composed When 1 v 1 With The GK

To Remain Aware Of GK and Defenders Position

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Players dribble around the area with a ball each practising their Elite Feet move e.g. Scissors. Players now attempt to dribble towards a GK and beat him/her. GK tries to steal the ball by diving on it.</p>		15%	<p>Head up</p> <p>Close control</p> <p>Use of move to beat the GK</p>
<p>2. Technical Practice</p> <p>Players attack one of the four goals and shoot, become a retriever (X3) whilst the next player shoots and then joins the back of the line.</p> <p>Progression: Add a recovering defender to add pressure to the breakaway forward.</p> <p>Variation: Have two GK's per goal who alternate the responsibility of GK.</p>		20%	<p>1st touch out of feet</p> <p>Awareness of GK in relation to goal</p> <p>If GK comes forward then beat with a move</p> <p>If GK stays near line then shoot to the corners</p>
<p>3. Skill Development</p> <p>X1 and X2 attack O (can do 3 v 1) and attempt to break into the end zone to score. O tries to steal the ball and counter to the endline.</p> <p>Variation: Have two GK's per goal taking it in turns. Rotate positions of attackers and defenders. Initially the defender must try to win the ball in the starting half and is not allowed into the endzone unless as a recovery run. Ensure offside rule is enforced.</p>		20%	<p>Awareness of defender</p> <p>Decision making to beat defender</p> <p>Shoot before GK is set</p> <p>Positive attitude to goal</p>
<p>4. Conditioned Game</p> <p>The coach feeds the ball into 6 v 6 who play in the central zone. Players combine to break into the endzone to score on goal. No defender is allowed in the endzone until the ball has entered it. Can include two balls to promote frequency of practice.</p>		20%	<p>All the above</p>
<p>5. Regular Scrimmage</p>		25%	