



## TRAINING PROGRAMS

# Lesson Plans for Pelham Rec Soccer

## GRADES 5-6



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# PRACTICE SESSIONS

## THEME

Individual Technique

Combination Play

Control

Possession

Attacking

Defending

Possession

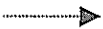
## KEY TO DIAGRAMS



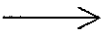
Cone



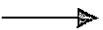
Defined areas



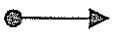
Dribbling with a ball



Running without the ball



Passing the ball



Shooting the ball

GK

Goalkeeper

F

Feeder

T

Target Player



**SESSION PLAN**

**Session Title**

**Shooting**

**Objectives**

To Develop Technique Of The Long Shot

To Develop a Positive Attitude To Shooting

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>Players pass and move around the area-five balls between twelve players. Progress to players passing in area and then shooting at a GK when he/she calls for it. The GK then distributes to a player and continues as before.</p>		15%	<p>Close control Head up Awareness of other players Accuracy of pass</p>
<p><b>2. Technical Practice</b></p> <p>W plays to X who shoots on goal and they rotate positions. At the same time Y passes to Z and they rotate. <b>Progression:</b> Y plays to X who shoots on GK1 and W plays to Z who shoots on GK2. The rotation is from X to W to Z to Y etc. Include retrievers in the rotation.</p>		20%	<p>Strike with laces and ankle locked. Touch the ball forward and to the side to allow a run up Step into the ball and follow through in the direction of the target Non kicking foot alongside the ball but not too close Point towards target</p>
<p><b>3. Skill Development</b></p> <p>Three attackers work in their zone to create a shooting opportunity. The shooter can only take two touches, even if this means touching into the endzone. Defender steals and counters to the endline. Attackers can follow shot in and score from rebounds.</p>		20%	<p>Awareness of defenders Awareness of space Importance of the 1<sup>st</sup> touch Shape Be positive towards goal. Follow shot in</p>
<p><b>4. Conditioned Scrimmage</b></p> <p>4(or 3) v 2 in each half of the field. The four attackers try to work a shooting opportunity (cannot pass to front two). Players must remain in their designated zone of field. If the teams in possession are struggling then have one defender take a knee or defenders in attacking half are passive.</p>		20%	As above
<p><b>5. Regular Scrimmage</b></p>		25%	

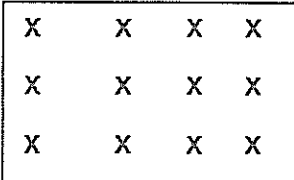
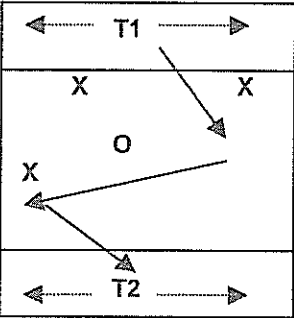
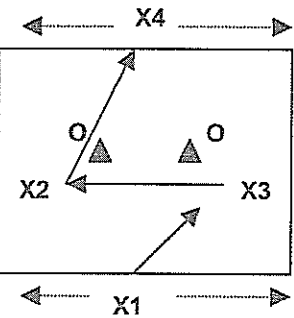
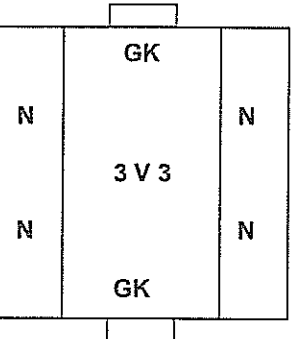


SESSION PLAN

Session Title Width in Possession

Objectives To Maintain Width

To Attack Out Wide When Appropriate

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></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><b>2. Technical Practice</b></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><b>Progression:</b> X's must make three passes before scoring</p>		20%	<p>Maintain width</p> <p>Quality of pass</p> <p>Quality of 1<sup>st</sup> touch</p> <p>Distance and angle of support</p> <p>Speed of decision</p>
<p><b>3. Skill Development</b></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><b>Note:</b> 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><b>4. Conditioned Scrimmage</b></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><b>Progression:</b> Neutral players can only have three consecutive touches on the ball.</p>		20%	As above
<p><b>5. Regular Scrimmage</b></p>		25%	



Session Title Switching Play

Objectives To Open Up To The Field

To Change Angle Of Attack

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Players pass and move in their groups of five. Progress to mingling with the other groups and still keep possession.  <b>Progression:</b> X's pass to O's who pass to Y's who pass to X's.</p>		15%	<p>Vision            Movement wide to create space            Quality of pass            Quality of 1<sup>st</sup> touch</p>
<p><b>2. Skill Development</b></p> <p>7 V 3 (various combinations). X's score by passing the ball through any one of the four gates to a N player. O's score by making 3 passes. Play is continuous. Rotate defenders regularly.</p> <p><i>Variation:</i></p> <ul style="list-style-type: none"> <li>Team must make a certain number of passes before scoring.</li> <li>On receiving the ball N dribbles on and switches with player that passes in.</li> </ul> <p><b>Progression 1:</b> As above but now play with equal numbers in the centre.            Score each time the ball is played to one of the neutral players</p> <p><b>Progression 2:</b> With equal numbers score by getting the ball to one of your players who has moved behind one of the gates i.e. no neutrals!</p>		30%	<p>Maintain width, depth and length</p> <p>Quality of pass</p> <p>Open up to field on receiving the ball</p> <p>Distance and angles of support</p> <p>Movement of T players to receive the ball</p> <p>Maintain shape</p> <p>Head up on receiving the pass</p>
<p><b>3. Conditioned Scrimmage</b></p> <p>6 v 6. Team X attacks Goal 1 or 2 and if they score they then attack the opposite 1 or 2 etc. Team O attacks Goals 3 and 4. The first pass from the GK is free. Rotate GK's after each five minutes.</p> <p><b>Progression:</b> Limit touches</p>		30%	<p>Maintain width, depth and length.</p> <p>Communication</p> <p>Play away from pressure</p>
<p><b>4. Regular Scrimmage</b></p>		25%	<p>Speed of play</p>



Session Title **Long Passing**

Objectives

To Develop The Technique Of The Long Pass

To Decide When To Possess v Penetrate

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm Up</b></p> <p>Players pass and move with a ball between three players.</p> <p><b>Progression:</b> X1 plays a double pass with X2, touches the ball out of the feet and plays a long pass to X3 who repeats the process with X2. X2 should move to the player rather than standing still in the middle.</p>		<p>15%</p>	<p>Strike with laces and ankle locked.</p> <p>Step into the ball and follow through in the direction of the target</p> <p>Non kicking foot alongside the ball but not too close</p>
<p><b>2. Skill Development : 4 v 4 (Can do 5 v 3)</b></p> <p>Players possess the ball within their team by passing and moving. Teams score by passing the ball to any one of the four neutral, corner players. The ball is then passed back into the same team who <b>must</b> attack a different corner.</p> <p>Rotate teams.</p> <p><b>Variation:</b> If there are larger numbers then you can have one player from each team in the corners who cannot challenge each other but play back into their own team.</p> <p><b>Progression:</b> Add direction so O's score by playing to T1 and T2, X's play to T3 and T4.</p>		<p>15%</p> <p>15%</p>	<p>Awareness of defender</p> <p>Awareness of space</p> <p>Importance of the 1<sup>st</sup> touch</p> <p>Head up on 1<sup>st</sup> touch</p> <p>Shape</p> <p>Can the long ball be played early to score?</p>
<p><b>3. Functional Practice: Penetration</b></p> <p>6 v 4 in midfield area. Attacking team (Four midfielders and two forwards) look for the opportunity to pass the ball into the final third for on running players. Defending team score by passing through the two wide goals.</p> <p>No player is allowed in the final third until the ball has been played in.</p>		<p>30%</p>	<p>Look to penetrate early</p> <p>If the opposition 'drop deep' to defend the long ball then play short passes forward to 'draw' the defenders out!</p> <p>Diagonal ball is usually most effective</p>
<p><b>4. Regular Scrimmage</b></p>		<p>25%</p>	<p>Runs from forwards and midfield</p>



Session Title	Defending
Objectives	To Develop Organization in Defence
	To Improve Communication

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p><b>1. Warm up</b></p> <p>5 v 2 keep away. Five attackers possess the ball whilst two defenders try to steal it. The 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</p> <p>Small steps and bent knees  Communication  Work together</p>
<p><b>2. Skill Development</b></p> <p>Play begins when GK1 passes to X's who are then looking to score on GK2. If ball goes out of play then start by dribbling or passing in from where it went out. Reset after an attempt on goal. Alternate which team starts with the ball.  <b>Variation:</b> Can initially play 2 v 1 (1 rests)  Play five minutes and then go against a different team.</p>		25%	<p>'Surfing stance'  Pressure from 1<sup>st</sup> defender  Direct opponent away from goal.  Patience  Angle and distance of cover from 2<sup>nd</sup> defender  Recovery runs</p>
<p><b>3. Functional Practice</b></p> <p>Feeder plays ball into the two forwards who attempt to score on goal. The defenders aim to win the ball and pass back to the feeder to score.  <b>Variation:</b></p> <ul style="list-style-type: none"> <li>Defenders must dribble through the goals</li> <li>F can join in with the attackers</li> </ul>		25%	<p>Balance: Position of 3<sup>rd</sup> defender  Communication</p>
<p><b>4. Regular scrimmage</b></p> <p>Have the teams play in a 3.3.1 or 3.2.2 formation thus focusing on the back 3.</p>		35%	