



TRAINING PROGRAMS

Lesson Plans for Pelham Rec Soccer

KINDERGARTEN



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PRACTICE SESSIONS

THEME

Individual Technique

Combination Play

Control

Possession

Attacking

Defending

Possession

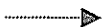
KEY TO DIAGRAMS



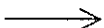
Cone



Defined areas



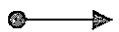
Dribbling with a ball



Running without the ball



Passing the ball



Shooting the ball

GK

Goalkeeper

F

Feeder

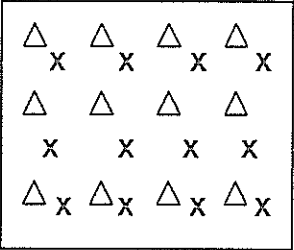
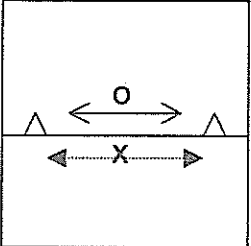
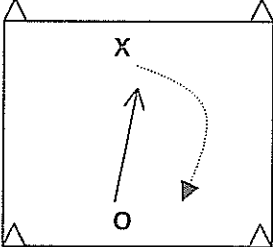
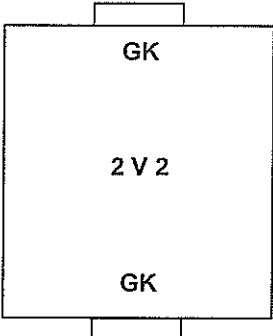
T

Target Player

Session Title 1 v 1 Attacking

Objectives To Dribble With Close Control

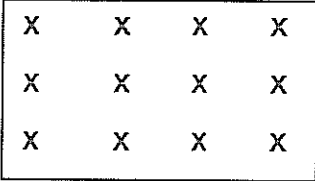
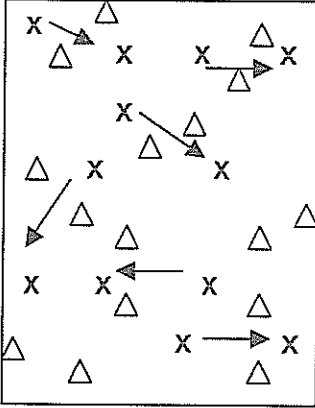
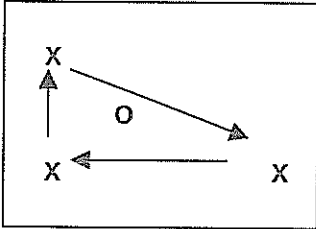
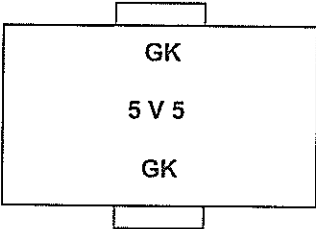
To Beat An Opponent

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Players dribble around the area with a ball each and respond to a range of commands. e.g. left / right foot, stop, go, toe taps, box ball, circle the cones, beat the cones Coach a move at a cone (e.g. Scissors).</p>		15%	<p>Close control Use both feet and different surfaces: Inside / outside /laces Head up!</p>
<p>2. Technical Practice: 1 v 1</p> <p>X must 'fake out' O and dribble the ball to either cone (left or right) before O (without ball) can get there. Alternate attacker and defender. <i>Scoring: One point for the player who gets to the cone first</i> Switch partners after five minutes.</p>		20%	<p>Change of speed and direction Use a clearly defined 'fake' Use of hips and shoulders to 'fake' defender</p>
<p>3. Skill Development: 1 v 1</p> <p>X begins with the ball on his/her End line with O poised on the other End line without a ball. On X's first touch O can move forward to defend. <i>Scoring: X scores by stopping the ball on O's line. O scores by stealing the ball and counterattacking to X's line.</i> Alternate attacker and defender. Switch partners after five minutes</p>		20%	<p>Approach with pace but close control Be positive Accelerate into space behind defender</p>
<p>4. Conditioned Scrimmage: 2 v 2</p> <p>Condition: Man to man marking. On receiving the ball a player MUST attempt to beat the first defender. If ball goes off the sideline then game restarts with a dribble. After each goal the scoring team must run to their own goal before advancing to defend the ball thus giving time for the other team to 'break out'. <i>First pass from the GK is always free.</i></p>		20%	<p>Head up to see the space Be positive and aggressive</p>
<p>5. Regular Scrimmage</p>		25%	<p>All the above Decision: Pass / dribble or shoot</p>

Session Title Short Passing

Objectives To Develop Technique Of The Push Pass

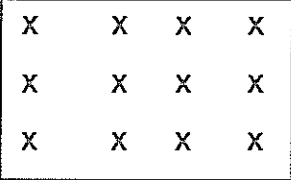
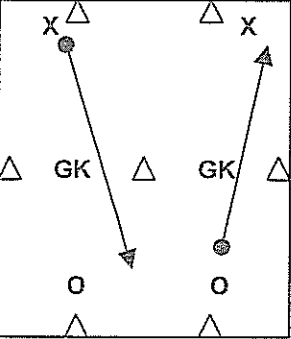
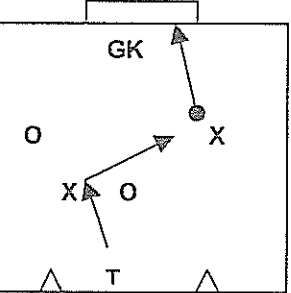
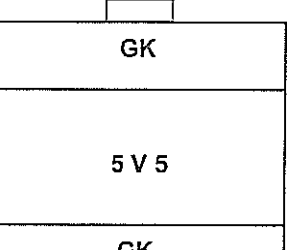
To Pass At The Right Time

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Players dribble around the area with a ball each and respond to a variety of commands from the coach. See P15.</p>		15%	<p>Head up Close control Use of both feet and different surfaces</p>
<p>2. Technical Practice: Passing</p> <p>Players are in pairs with one ball between them. Players pass through the goal to each other using one touch to control and one pass to return the ball (practice for one minute). Competition: Players make five passes with their partner and then both run to a new gate and repeat. The first pair to five gates is the winner.</p> <p>Progression: Repeat the above but only make one pass through each gate. Introduce two defenders who move to block the gates but cannot steal the ball.</p>		20%	<p>Change of speed and direction</p> <p>Use inside of foot with ankle locked to pass</p> <p>Non-kicking foot <i>alongside</i> ball and pointing towards target</p> <p>Step into pass for momentum</p> <p>Follow through to provide 'crispness' of pass</p> <p>Receive ball with the inside of foot</p>
<p>3. Skill Development</p> <p>3 v 1 keep away in a square. Change the defender after 1 minute. Scoring: Which group can make the largest number of consecutive passes in a minute without a mistake?</p> <p>Progression: 3 v1 to two goals. GK1 plays into X's and after three passes they can score in either goal. Rotate. O can shoot immediately on winning the ball.</p>		20%	<p>Communication</p> <p>Accuracy</p> <p>Strength of the pass</p> <p>Timing of the pass</p> <p>Direction of 1st touch</p>
<p>4. Conditioned Scrimmage: 6 v 6</p> <p>Must make three consecutive passes before team can score.</p>		20%	
<p>5. Regular Scrimmage</p>		25%	

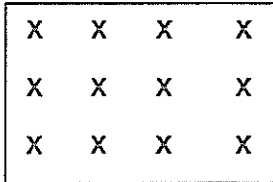
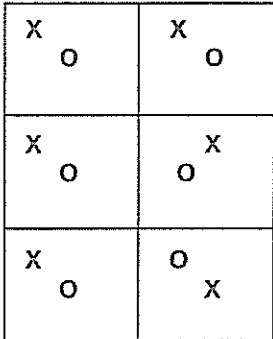
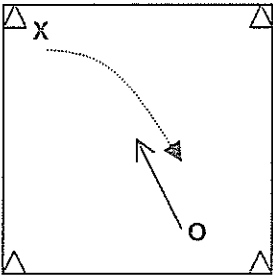
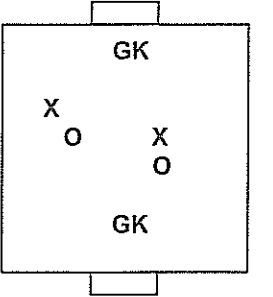
Session Title Shooting

Objectives To Improve Shooting Technique

To Improve Decision Making Near Goal

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Players move around area with a ball each, performing turns, fakes etc. on the coach's commands. See P15.</p>		15%	<p>Head up</p> <p>Close control</p> <p>Balance</p> <p>Use of both feet</p>
<p>2. Technical Practice</p> <p>X and O's take it in turns to take shots on goal. Alternate left and right feet. Ensure the player controls the ball and then looks to take the shot quickly. Rotate GK every two minutes.</p> <p>Progression: On receiving the ball the player takes the ball around the rear cone and shoots, as the ball is moving forward. Game speed. Rotate GK. Alternate left and right feet.</p> <p><i>Scoring: How many goals did X and O score as a team?</i></p>		20%	<p>Strike with laces and ankle locked</p> <p>Non-kicking foot is placed alongside the ball and points towards the target</p> <p>Step into the ball</p> <p>Follow through</p>
<p>3. Skill Development</p> <p>T plays the ball into an X in space. X's combine to score on the goal. O's attempt to steal the ball and score on the same goal. After a shot on goal T plays another ball in but this time to the O's who attack the goal.</p> <p><i>Scoring: The first team to make three goals can choose to stay in the outfield or become GK and T.</i></p>		20%	<p>Good controlling touch to create space</p> <p>Head up on receiving the ball</p> <p>Decision: Shoot immediately or beat the defender</p>
<p>4. Conditioned Scrimmage: 6 v 6</p> <p>Regular scrimmage but must shoot from outside the designated areas. If the ball comes to a player inside the goal zone (e.g. from a rebound) then the shot must be taken first time. The ball cannot be passed to a player in the zone.</p>		20%	<p>Positive attitude towards goal</p>
<p>5. Regular Scrimmage</p>		25%	

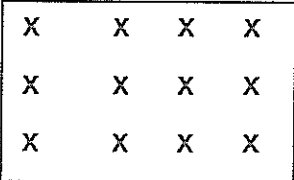
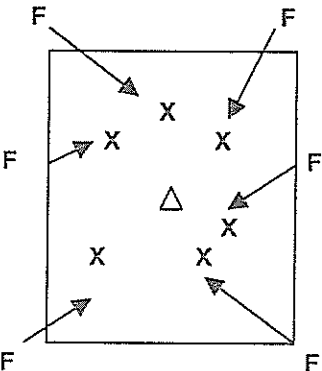
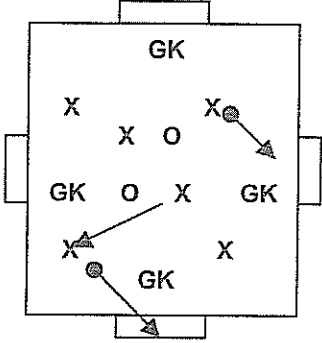
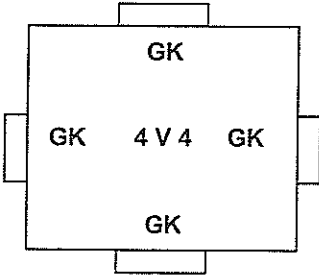
Session Title	Individual Defending
Objectives	To Apply Pressure To Opponent
	To Use Correct Defensive Stance

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm-Up</p> <p>Individual ball work with turns, fakes, change of speed, ball rolls etc. See P15.</p>		15%	<p>Close control Head Up Soft touches</p>
<p>2. Technical Practice</p> <p>X dribbles in a small area whilst O remains as close as possible. <i>Scoring: O gains a point if within touching distance when coach freezes play. Switch roles.</i></p> <p>As above but O attempts to win possession by stealing the ball. If the ball goes out of play then O begins with the ball in the center. <i>Scoring: Player in possession at the end of the minute is the winner.</i> As above but begin the game with a block tackle in the centre. Switch partners.</p>		20%	<p>Apply pressure to opponent Stay touch tight</p> <p>Defend sideways on</p> <p>Poke ball away with the front foot</p> <p>Block Tackle: Non-kicking foot alongside the ball Weight over the ball Use inside of foot with ankle locked</p>
<p>3. Skill Development: 1 v 1</p> <p>On X's first touch O may leave his / her cone to defend. <i>Scoring: X scores by stopping the ball at O's cone. O scores if the ball goes out of the area or by stealing the ball and counterattacking to X's cone</i> Alternate who starts with the ball. Progression: Players defends the End line instead of a cone</p>		20%	<p>Pressure 'Surfing' position-sideways on Patience: Don't over commit</p> <p>Angle of approach</p>
<p>4. Conditioned Scrimmage</p> <p>Regular soccer rules but players can only challenge their designated opponent (man to man marking). GK passes or rolls the ball to a player. <i>First pass from GK is free.</i> Variation: Play 5 v 5 (man to man marking) with two balls.</p>		20%	<p>Stay close to opponent Timing of challenge</p>
<p>5. Regular Scrimmage</p>		25%	

Session Title Receiving The Ball Along The Ground

Objectives To Receive The Ball Close To The Body

To Direct The Ball Away From Pressure

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm up</p> <p>Dribbling warm up with turns, fakes, moves etc. Ensure players use both feet and different surfaces. See P15.</p> <p>2. Technical Practice</p> <p>X's run towards and receive a ball from F, control and pass back. X's then return to the center cone and go to a different feeder.</p> <p><i>Scoring: The first X to make five passes is the winner</i></p> <p>Progression: As above but receive the ball towards a different feeder. Play a double pass and then go to another feeder. Therefore X's always keep the same ball.</p> <p>3. Skill Development</p> <p>The coach continually passes balls into the X's who turn away to attack one of the other goals or pass to a teammate. If O wins the ball they attack any goal. The coach then feeds into another player in space.</p> <p><i>Scoring: A point is awarded each time a goal is scored. First player to five goals is the winner. Rotate positions.</i></p> <p>Progression: Play with one ball. X's must make three passes before scoring.</p>	  	<p>15%</p> <p>20%</p> <p>20%</p>	<p>Soft touch on the ball Keep ball close Head up</p> <p>Lateral movement to get in line with the ball Move towards the ball Set body to receive the ball Weight and direction of the controlling touch</p> <p>Head up on receiving the ball Awareness of defenders Awareness of the goal Receive ball towards goal if possible but away from pressure Select the controlling surface</p>
<p>4. Conditioned Scrimmage</p> <p>As above but with two equal teams and only one ball being fed in from the coach at any one time. Players can pass to team-mates and can score on any goal</p> <p>5. Regular Scrimmage</p>		<p>20%</p> <p>25%</p>	<p>Communication Direction of 1st touch</p>