



Mansfield Youth Soccer 1st Grade Spring 23 Session Plans

SEASON GOALS

It is important to note what we are trying to achieve within a season so we can re-evaluate at the end to see if we have accomplished our goals. The pathway to success depends on how well we execute the follow philosophy in every session we take:

- To help each Pre K grade player to reach their full potential in the sport of soccer.
- To develop players that are comfortable with the ball at their feet
- To Improve each players knowledge and understanding of the game.
- To create a positive and fun atmosphere where players can learn and develop at their own pace.

BALL MASTERY

- **Heel / Toe Roll** :- Roll ball up and down sole of foot from heel to toe keeping contact with the ball at all times
- **Inside Outside Roll** :- Same but now moving ball from inside to outside of sole of foot
- **Circle Roll** :- Moving ball with same foot in a circular motion
- **Front foot Dribble** :- Small touches using the front of the foot only (laces)
- **Big Toe / Little Toe** :- Move ball with Inside of big toe, followed by outside of little toe in a zig zag fashion
- **Big Toe, Big Toe / Little Toe Little Toe** :- Same but now 2 touches with big toe followed by two touches of little toe
- **Side Sprints**:- Ball in between feet moving ball from side to side in a pendulum fashion
- **Side Sprints forwards / backwards** :- Same but now moving ball forwards and backwards
- **Side Sprints Side to Side** :- Now move body to left whilst performing 3-4 side sprints and then back to the right in a zig zag
- **Pull Push** :- Pull ball back from heel to toe and push forward with the laces
- **Pull Push Inside / Outside** :- Pull ball across body using the pull and out of body using the push, repeat both sides
- **Pull Push Behind** :- Pull ball to side & behind standing foot and using inside of big toe push across to control with other foot
- **Side sprints w / pull push combo** :- As described above
- **Sole Taps** :- Little touches on ball using front of the sole of the foot
- **Sole Taps forwards / backwards** :- Same, moving ball backwards and forwards
- **Sole Taps w / pull push behind combo** :- Same but now add a pull push behind
- **Sideways Rolls** :- Body square to the ball, roll whole foot over the ball inside of foot first and quickly repeat
- **Sideways Rolls change over left to right** :- Same but change ball from left to right with a roll across body
- **Sideways Rolls w/ roll over step over** :- Same but now roll across body while performing a step over
- **Figure 8 dribbling** :- Dribbling ball in a figure 8 between two cones

8 WEEK SEASONAL PLAN

1. Dribbling – Ball Mastery
2. Dribbling – COD Turns/1 vs 1's
3. Dribbling – COD Fakes/1 vs 1's
4. 1 vs 1's to Goal(s)
5. Passing and Control
6. 1ST Touch & Use of Space
7. Possession & Basic Positioning
8. Possession in Games

SESSION PLAN OVERVIEW

Each session will follow the same format. The format is designed to get the player into game situations right from the start of training. There are 3 phases that the session will go through, progressively getting more challenging and competitive:

1. Related Warm-Up
2. Topic Activity (technical)/ Progression (functional)
3. Small Sided or Conditioned Game
4. 5 vs 5 OR 6 vs 6 Game

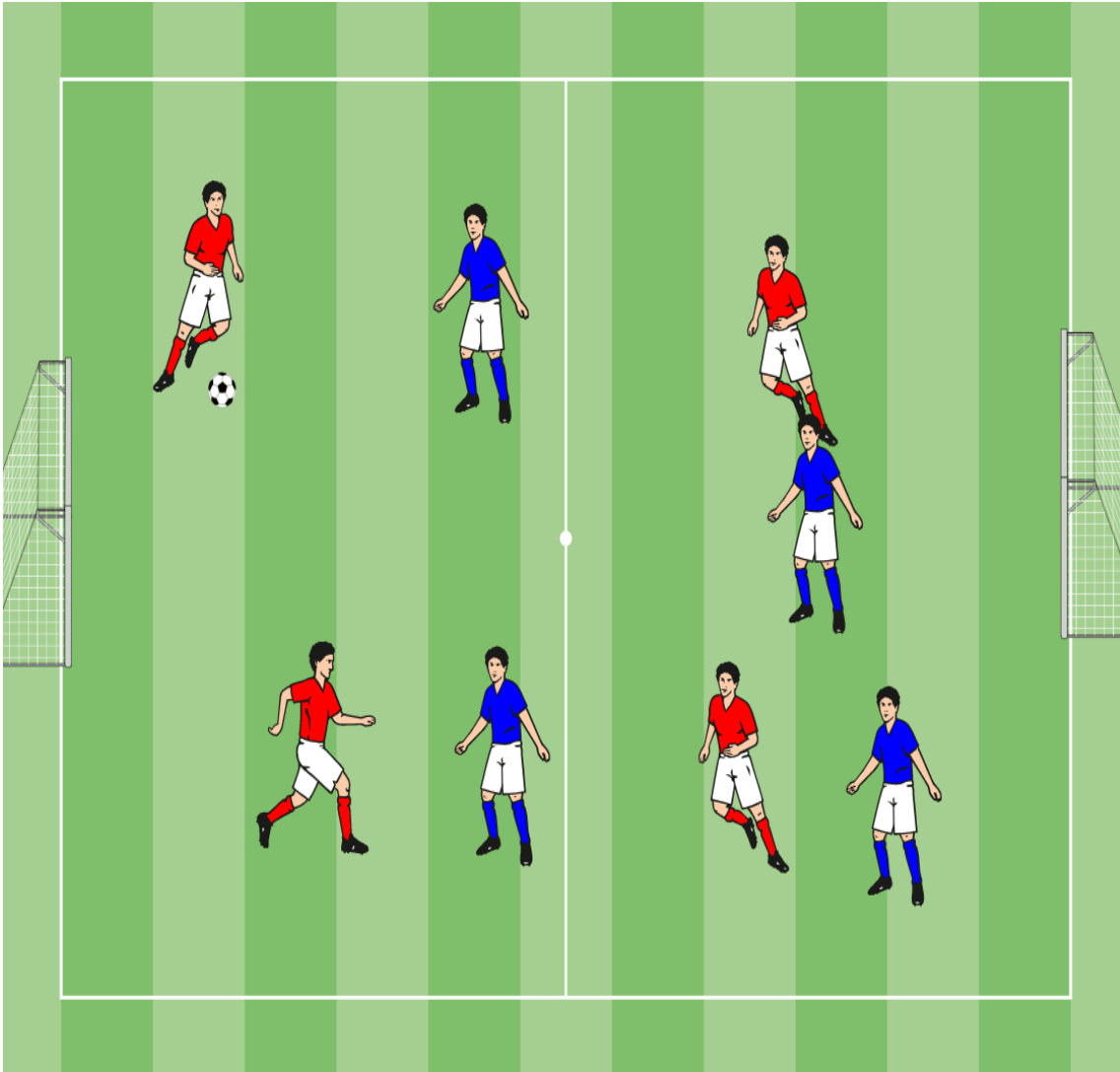
Each session will last 60 minutes.

EDUCATE - CONNECT - INSPIRE

Session One: Dribbling: Ball Mastery



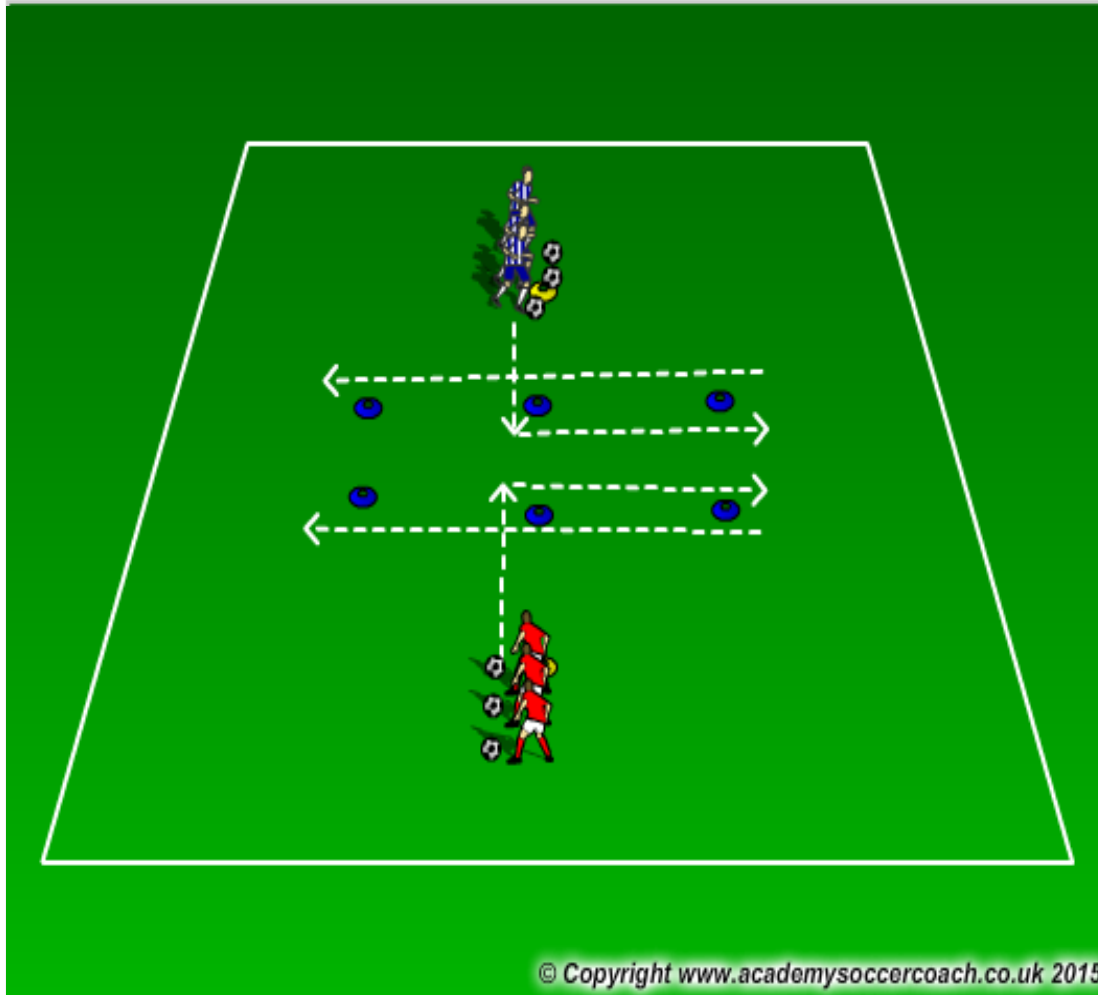
Small Sided Games: 4 V 4



Organization: 20 x 30
grid,
Two teams of 4 vs 4

Let the game flow and
give pointers when
necessary, try not to
keep starting and
stopping it.

WARM-UP: TOUCHES ON THE BALL

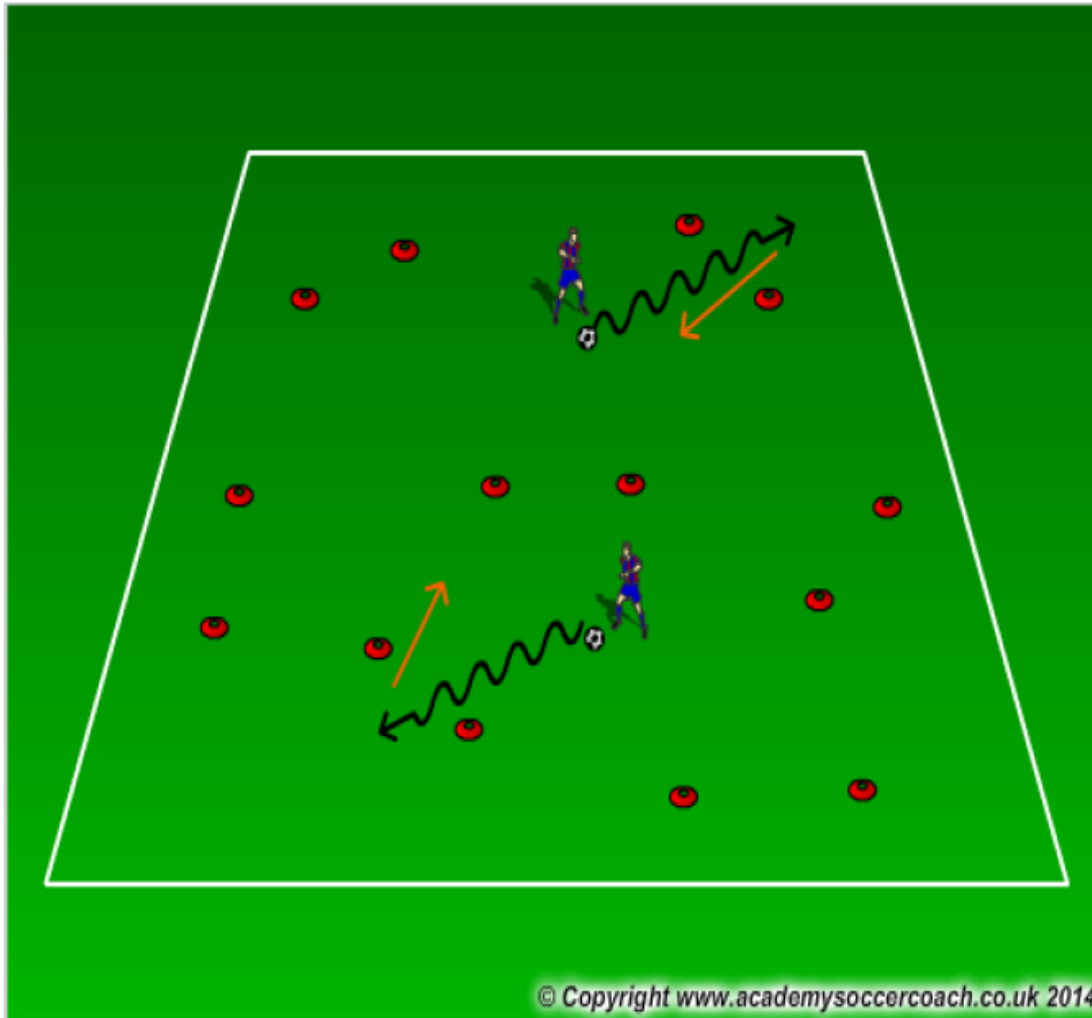


Area: Two starting points are 10 yards apart (yellow cones) , Blue cones are 5 yards in from start point and run 10 yards in length **Description:** 2 groups of 3/4 maximum players. Both players dribble in to the central cone, turn up to desired cone, turn back and speed dribble to the final cone. Change routine as needed. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progression: Use the other foot Make it a race

Coaching Points: Drive quickly with ball (Pace, Power and Purpose), Turn sharply with as few touches as possible, Always protect the ball, Scan before turning

DRIBBLING: GATES



Set-up: Repeat in the same area. Add cones (gates 2 yards apart) scattered randomly around the area. Players working individually with 1 ball each.

Description: Players dribble around the area attempting to execute the move through the gates. Repeat to different gates around the area.

Moves: Dribbling with the in-step and out-step

Coaching Points: Try to perform the move after dribbling through the gate. Concentrate on move (Change of Direction) rather than speed. Try to get the ball out of your feet after the turn and take a positive touch away from the gates. Add change of speed after the move.

DRIBBLING: BASIC TECHNIQUE

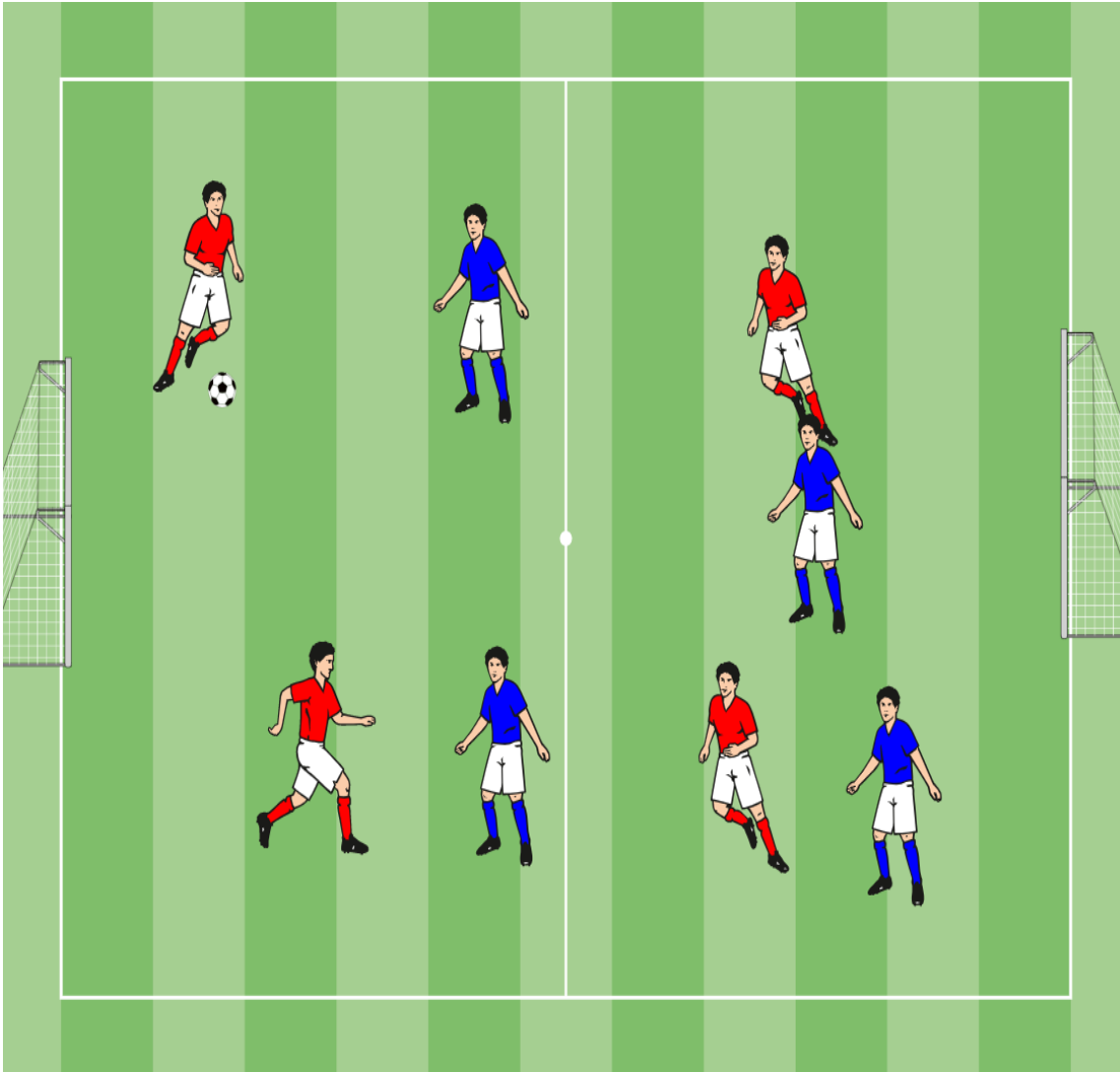


Area: 20x30 yard grid

Description: Separate group into teams of 3, place 2 teams on 1 field. This is a regular game of soccer however to score a goal players do not shoot to a goal, they must dribble into the end zone. There is a halfway line in this game which allows teams, once crossed, to double back and attack the end zone they were originally defending.

Coaching points: Be positive, be creative, utilize teammates and understand where to speed dribble and where to keep the ball close.

Small Sided Games: 4 V 4



Organization: 20 x **30**
grid,
Two teams of 4 vs 4

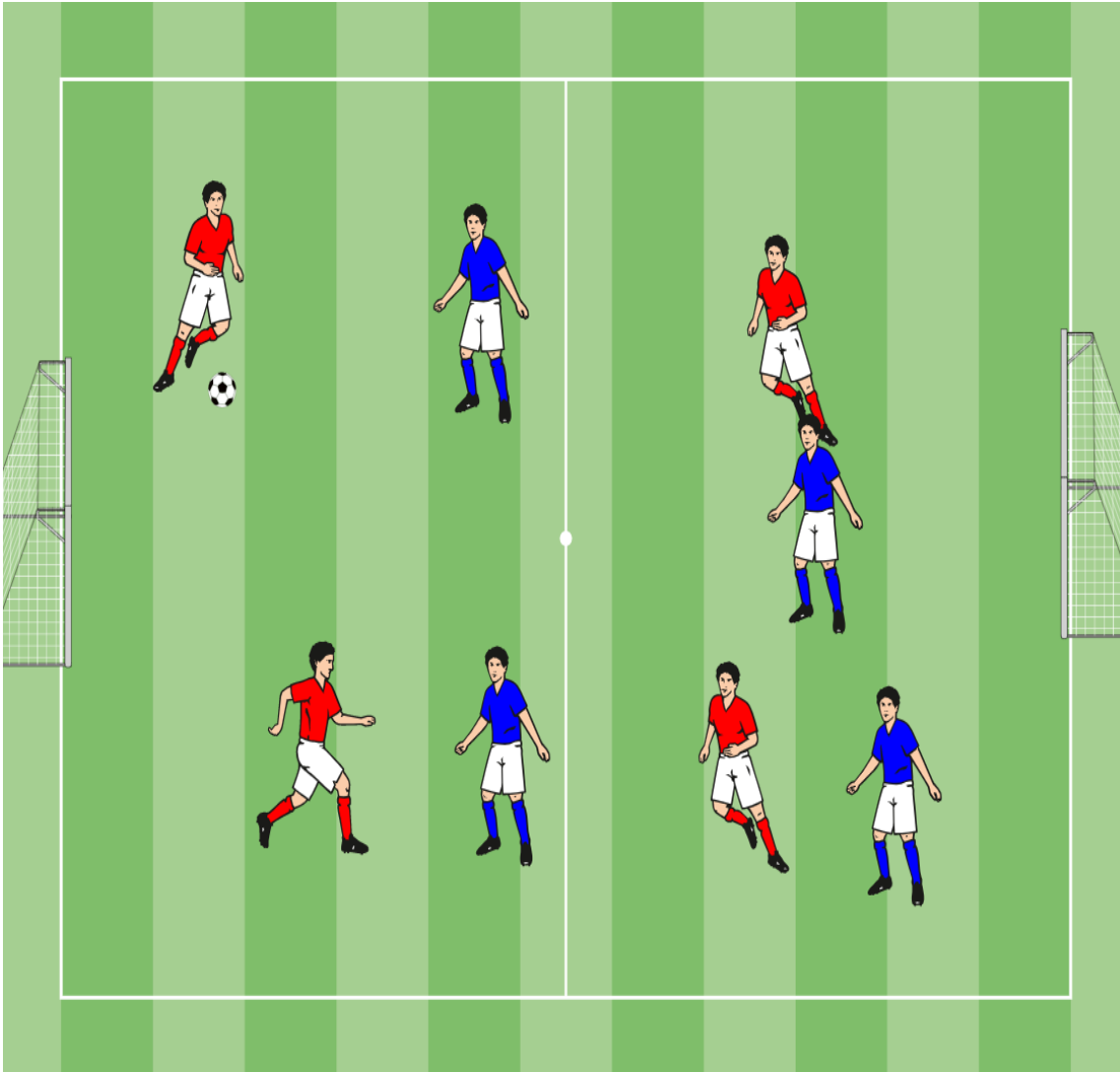
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Session Two:
Dribbling: COD Turns/1 vs 1's



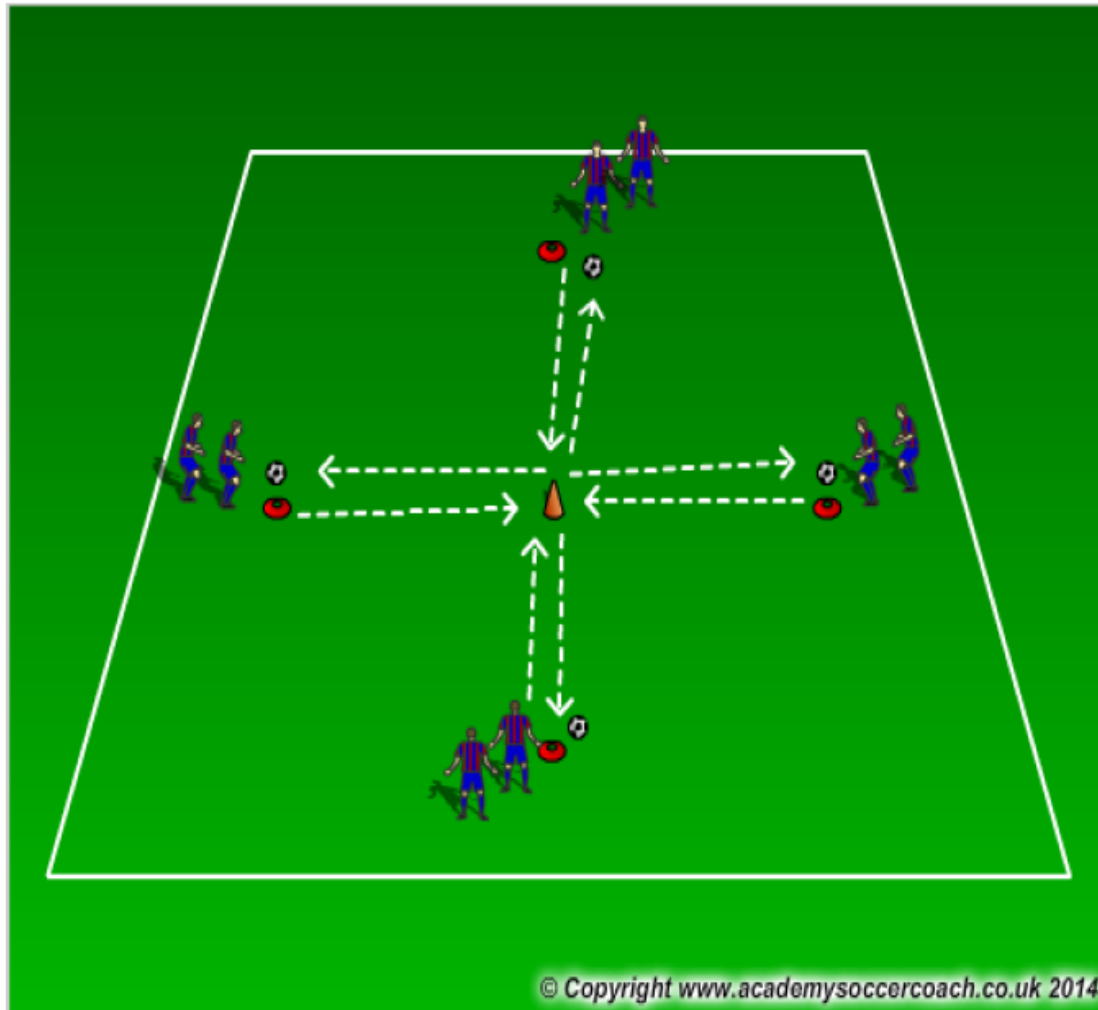
Small Sided Games: 4 V 4



Organization: 20 x 30
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WARM-UP: TURNS FROM THE CENTER



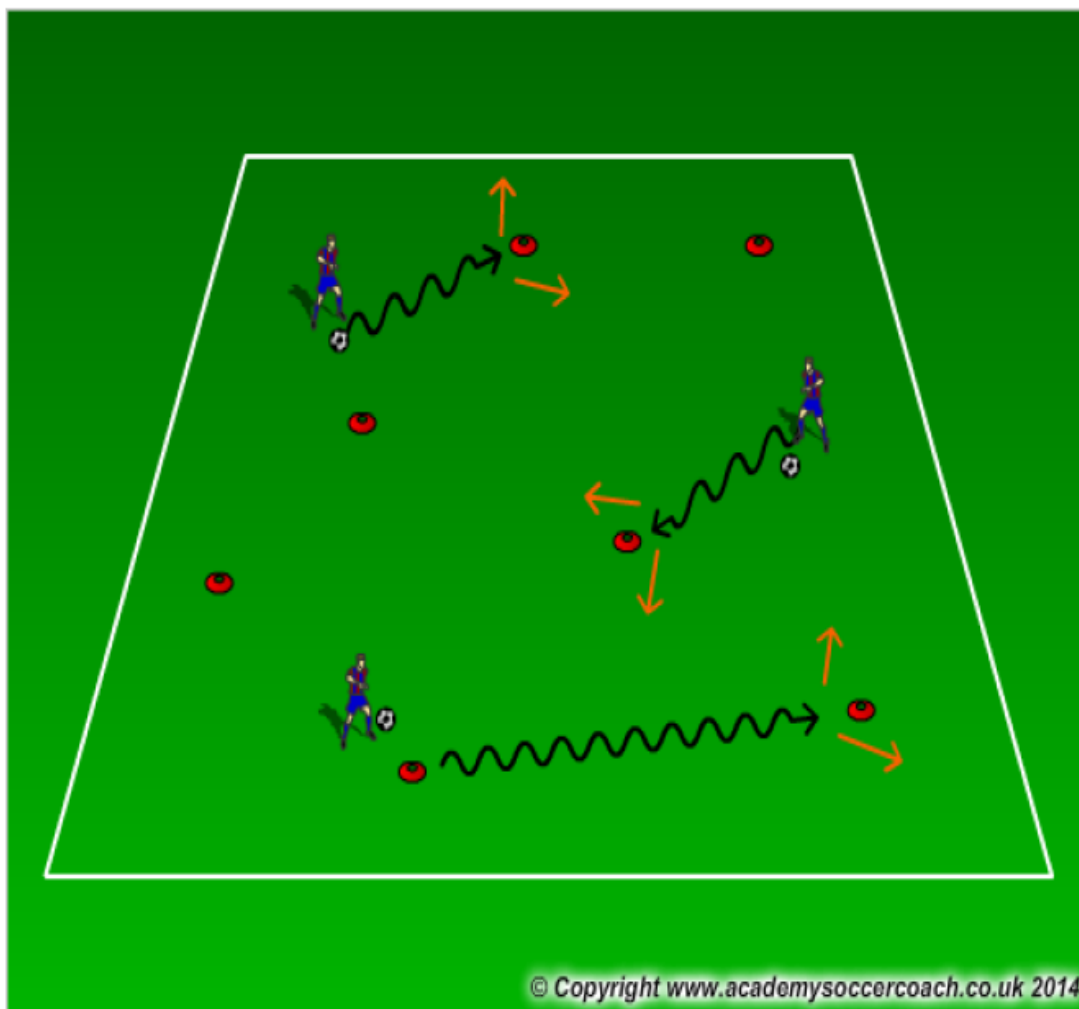
Set-up: 4 cones in a cross formation, approximately 10-15 yards from the center cone. Players in groups of 2/3 at each of the outside cones. 1 ball per group.

Description: First player from each line dribbles into the center cone, performs a turn and then dribbles back to the next player in the line. All players at the front of the line dribble at the same time. Vary turns, touch conditions and add competition.

Coaching Points: Quick, small touches into the middle. Turn in as few touches as possible. Add change of speed after the turn. Good pass to the next player. Player receiving the ball to be on their toes and take a positive first touch forward.

Moves Covered: Turns with the inside, outside and sole of the foot.

DRIBBLING: MOVES TO A CONE/TARGET



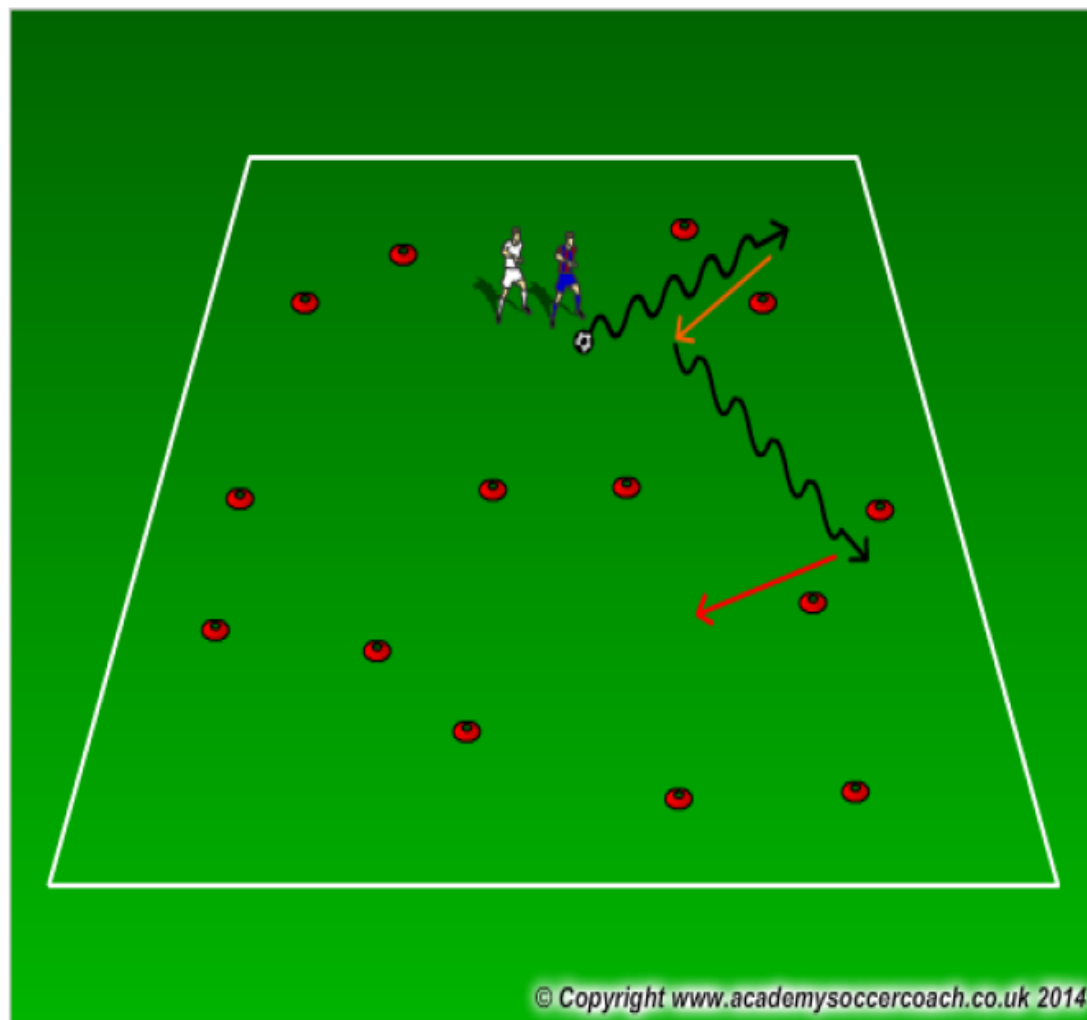
Set-up: Repeat in the same area. Add cones scattered randomly around the area. Players working individually with 1 ball each.

Description: Players dribble around the area attempting to execute the move in front of a cone (imaginary defender). Repeat to different cones around the area.

Moves: Inside Cut, Outside cut, stop-turn

Coaching Points: Try to perform the move before the cone. Not too far away or defender would cover, but not too close that the defender could steal. Ideally 2 yards away from the cone, depending on move. Concentrate on move (Change of Direction) rather than speed. Touch to the outside, not directly to the cones after move. Add change of speed after the move.

1 VS 1's: GATES

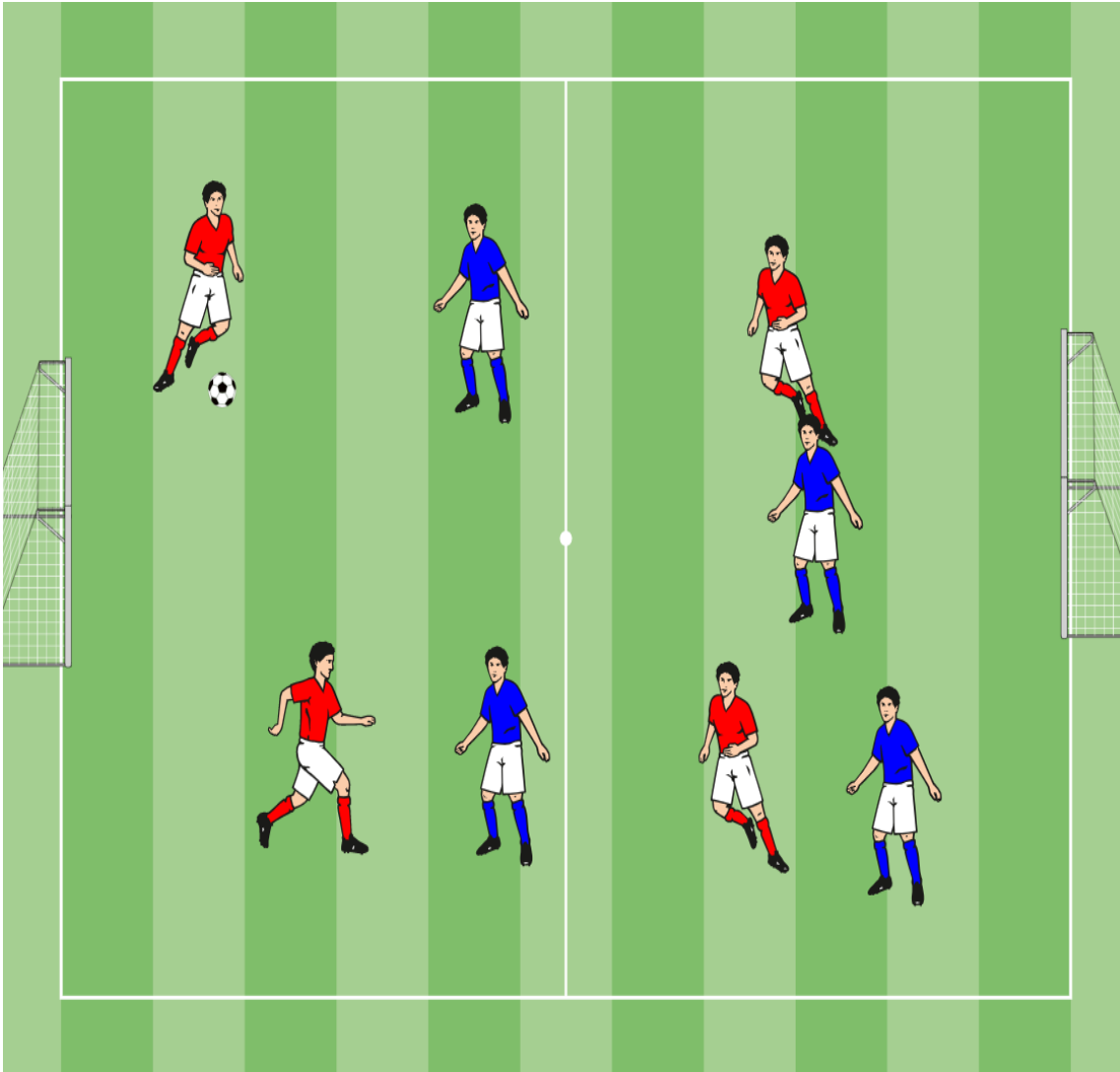


Set-up: Area same as above. Players in pairs with 1 ball per pair.

Description: Player 1 has the ball and attempts to dribble around the area, moving through the different gates. Player 2 tries to stop them and win possession. Once possession is lost, ball goes back to Player 1. Perform 1-2 minute rotations.

Coaching Points: Player 1 (attacker) uses body to shield the ball and dribbles for the open gates. If defender comes in from the side or gets in front of you, use a move to change direction. To increase difficulty, Player 1 has to perform a turn through the gate(s). Add points to make the activity more competitive or change partners with each rotation.

Small Sided Games: 4 V 4



Organization: 20 x **30**
grid,
Two teams of 4 vs 4

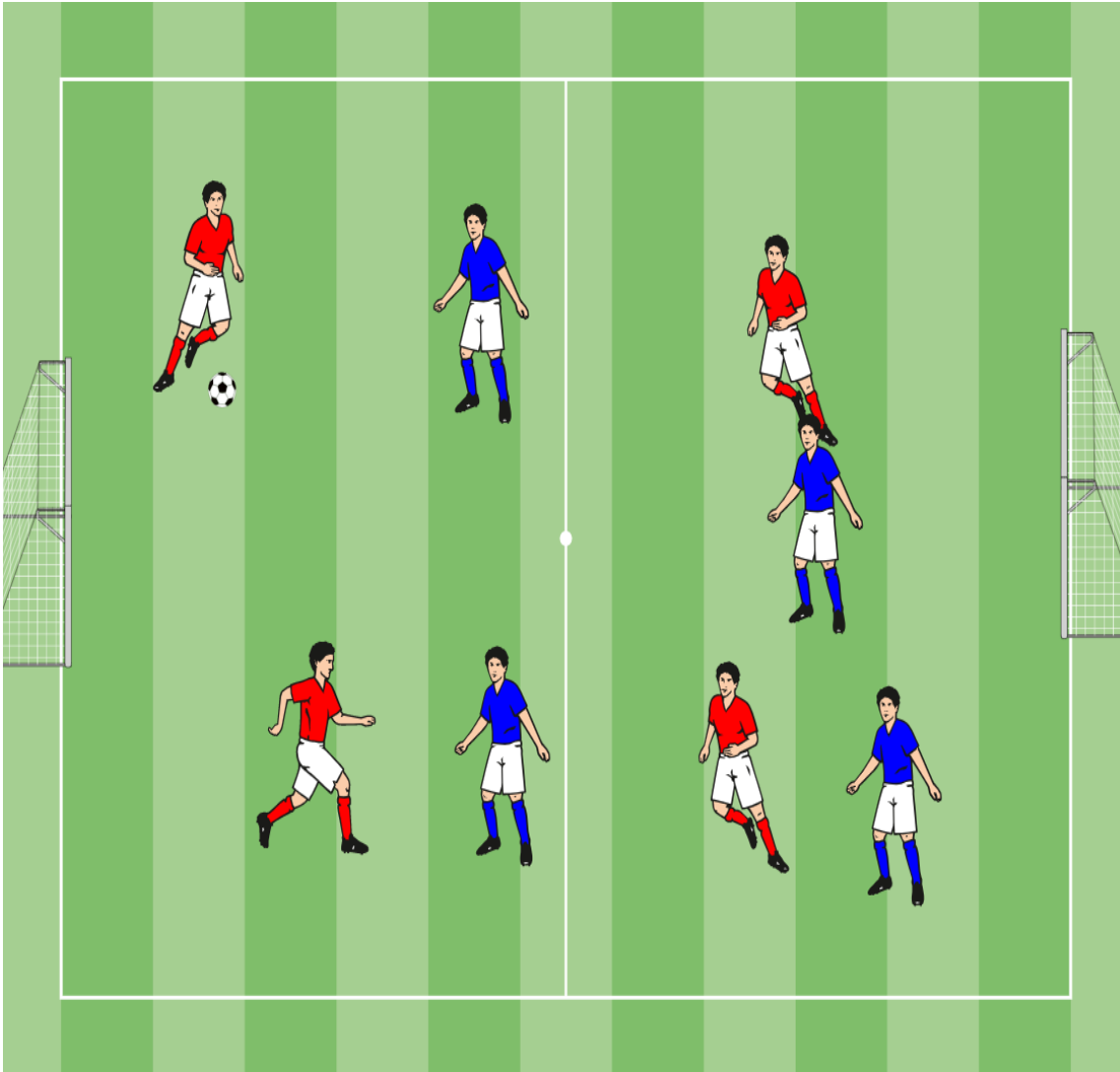
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Session Three:
Dribbling: COD Fakes/1 vs 1's



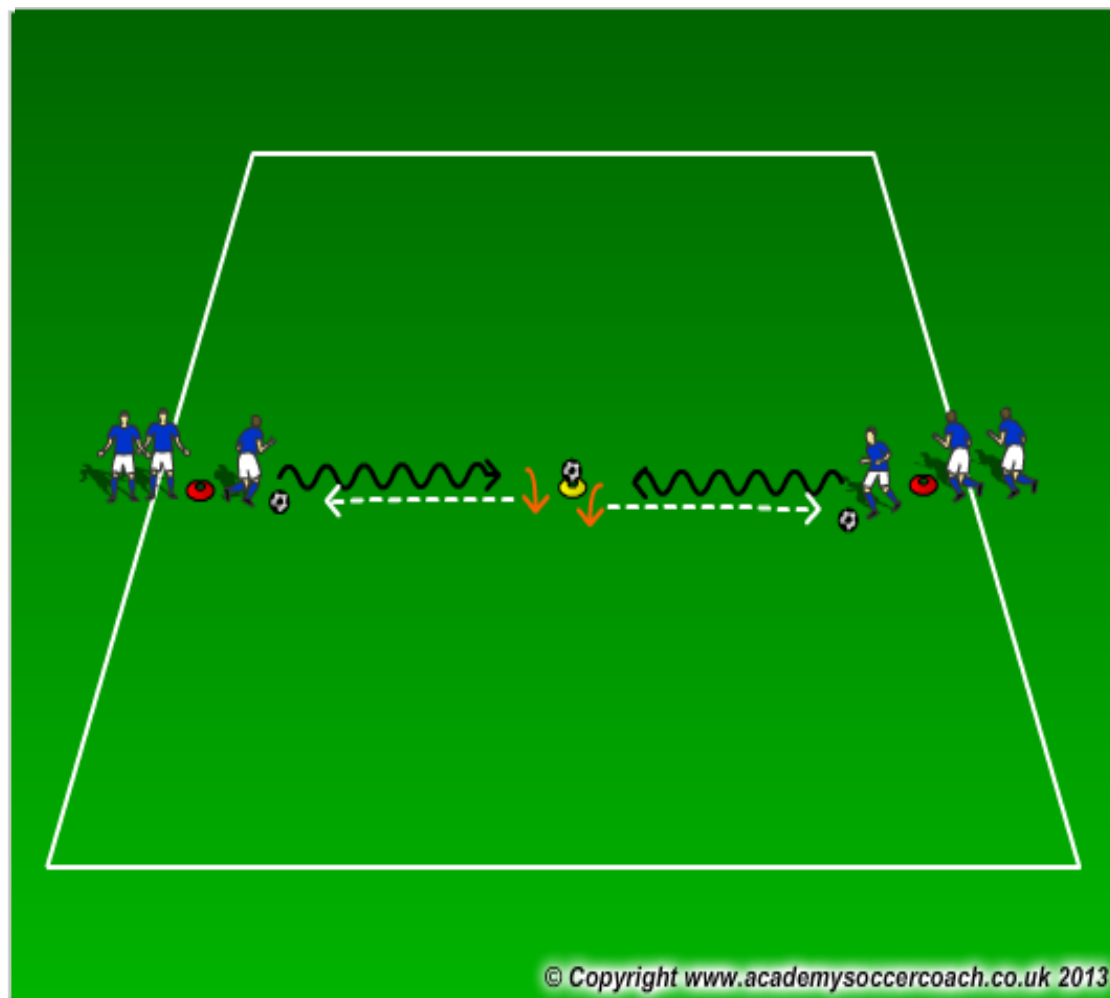
Small Sided Games: 4 V 4



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DIAMOND WARM-UP: TURNS



Area: 20x20

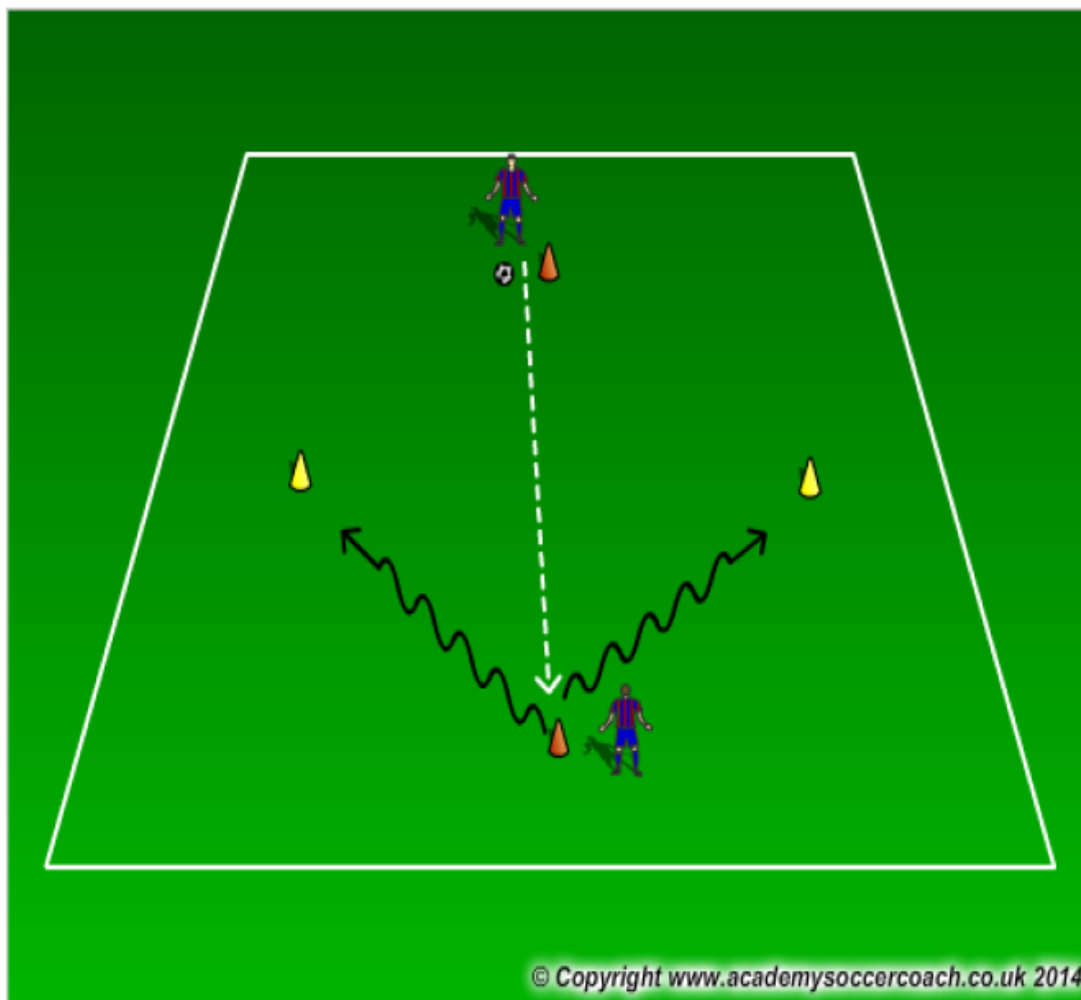
Description: 3 – 5 players per line, multiple groups set up. First player in front of each line perform ball mastery toward center cone with ball placed on top. Player then does a change of direction move prior to reaching the center ball. After COD move, passes to next person in line, and follows their pass.

Coaching Points:

Ball Mastery: Keep touches close to body, knee over the ball (don't reach for ball). Ball must zig /zag side to side. Every step should be a touch, how many touches can you get before you reach the center cone.

Change of Direction Moves: Sharp COD move, move ball 12 o'clock to 6 o'clock. Get ball out of feet in order to make a quick pass after turn. Scan over shoulder before COD. Accelerate after COD.

1 VS 1's: MOVES TO A SIDE CONE/TARGET

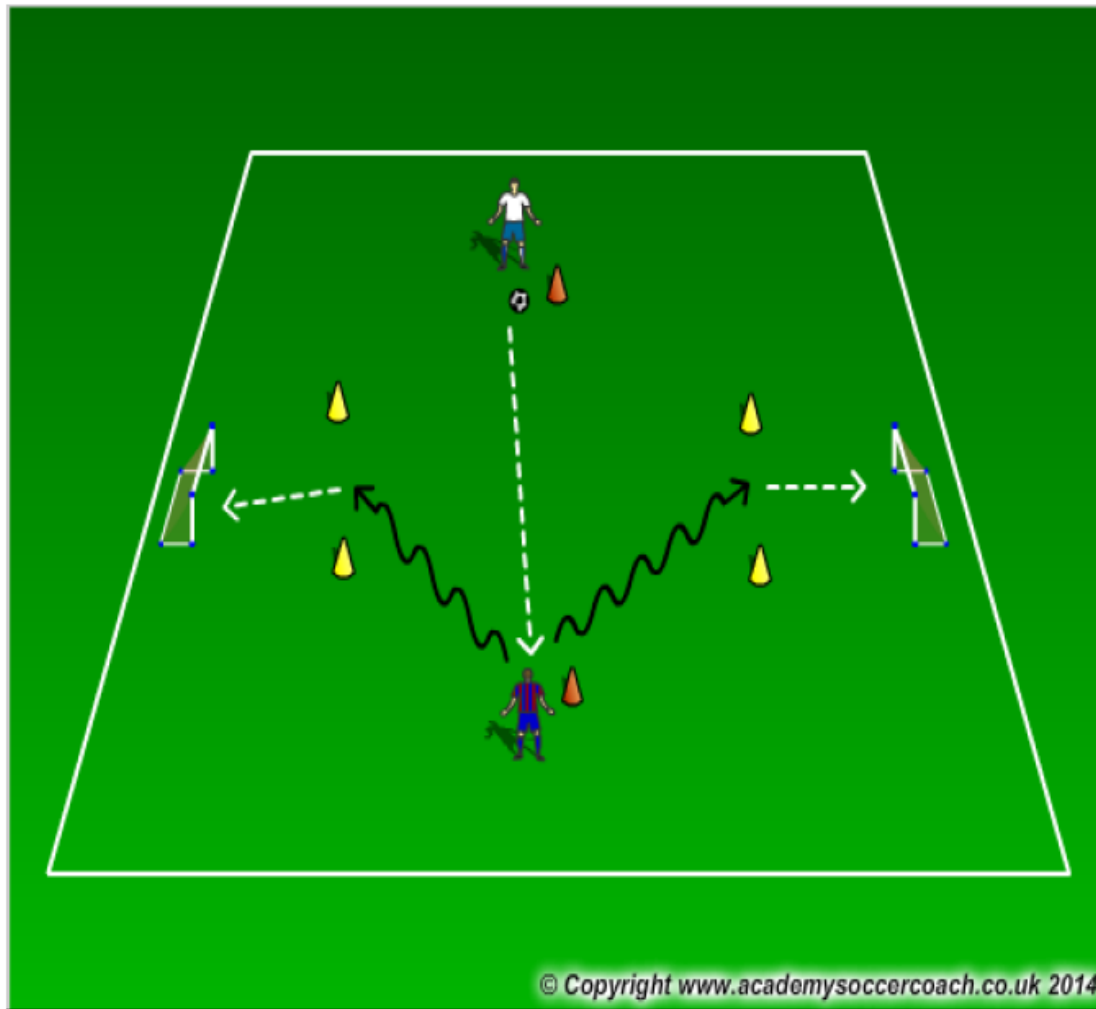


Set-up: Players 15-20 yards apart. Side cones (targets) approximately 10 yards either side (diamond formation). Players in pairs with 1 ball per pair.

Description: Player 1 passes to Player 2. Player 1 becomes a defender, Player 2 becomes an attacker. Player 2 attempts to dribble to one of the side cones (targets) utilizing the moves to change direction. Rotate positions after possession is lost.

Coaching Points: Attacker on the toes before receiving the ball. Positive first touch in the direction you want to dribble. Use the moves to change direction. Change speed after move(s) to create separation from the defender.

1 VS 1's: TO TARGET GOALS

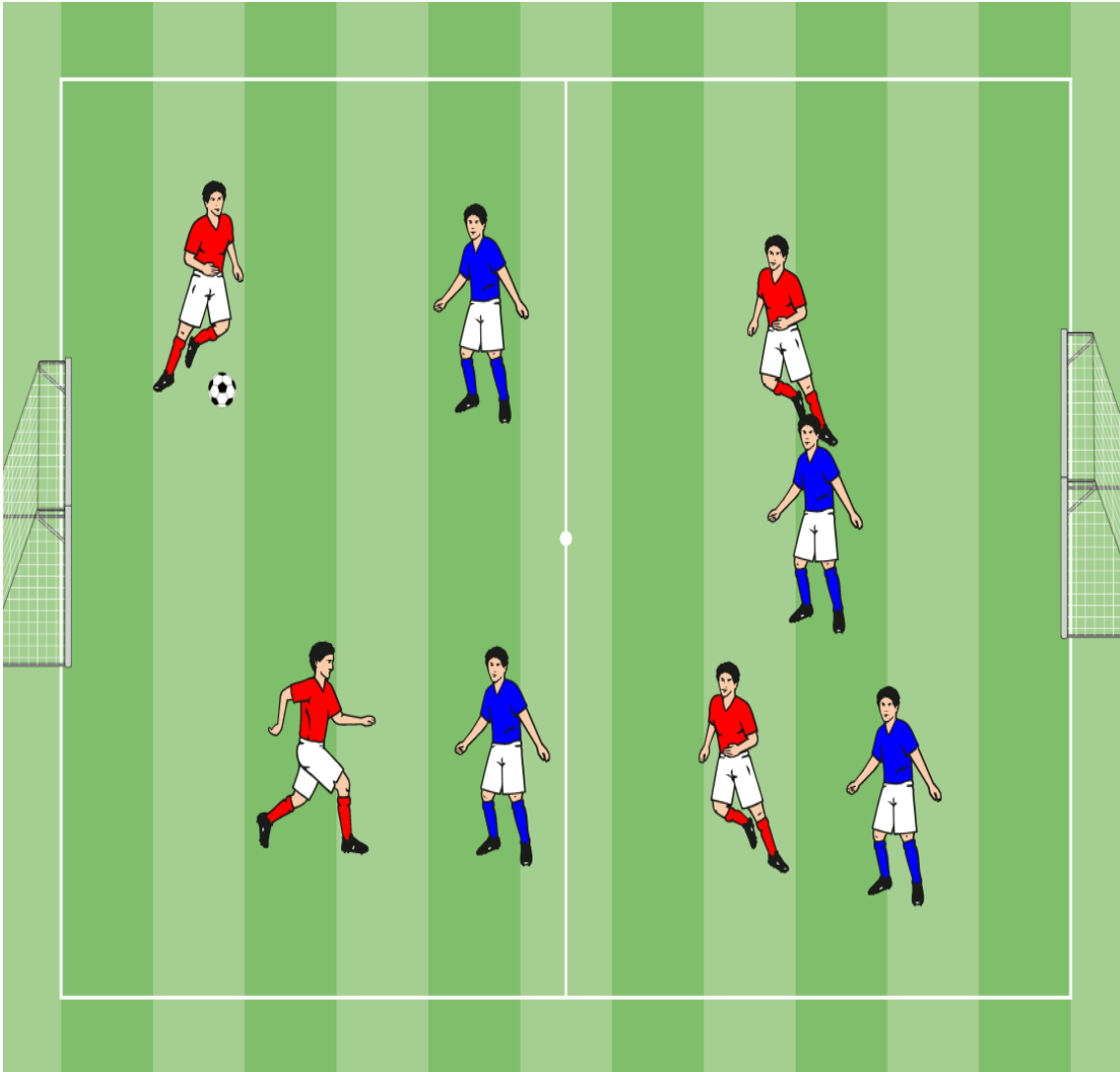


Set-up: Defender and attacker 20 yards apart. Gates (3 yards wide) on each side of the area with target goal 5 yards from gates. 1 ball per pair. Arrange pairs behind each line, based on the number of players.

Activity: Defender passes the ball to the attacker. Attacker attempts to dribble through either side-gate and then shoot into a target goal. Rotate positions each time.

Coaching Points: Good pass to start off the activity. Attacker takes positive first touch in the direction you want to go. Attack the defender at speed making them commit to the ball. Shoot as soon as you are through the gates and have space to do so.

Small Sided Games: 4 V 4



Organization: 20 x 30
grid,
Two teams of 4 vs 4

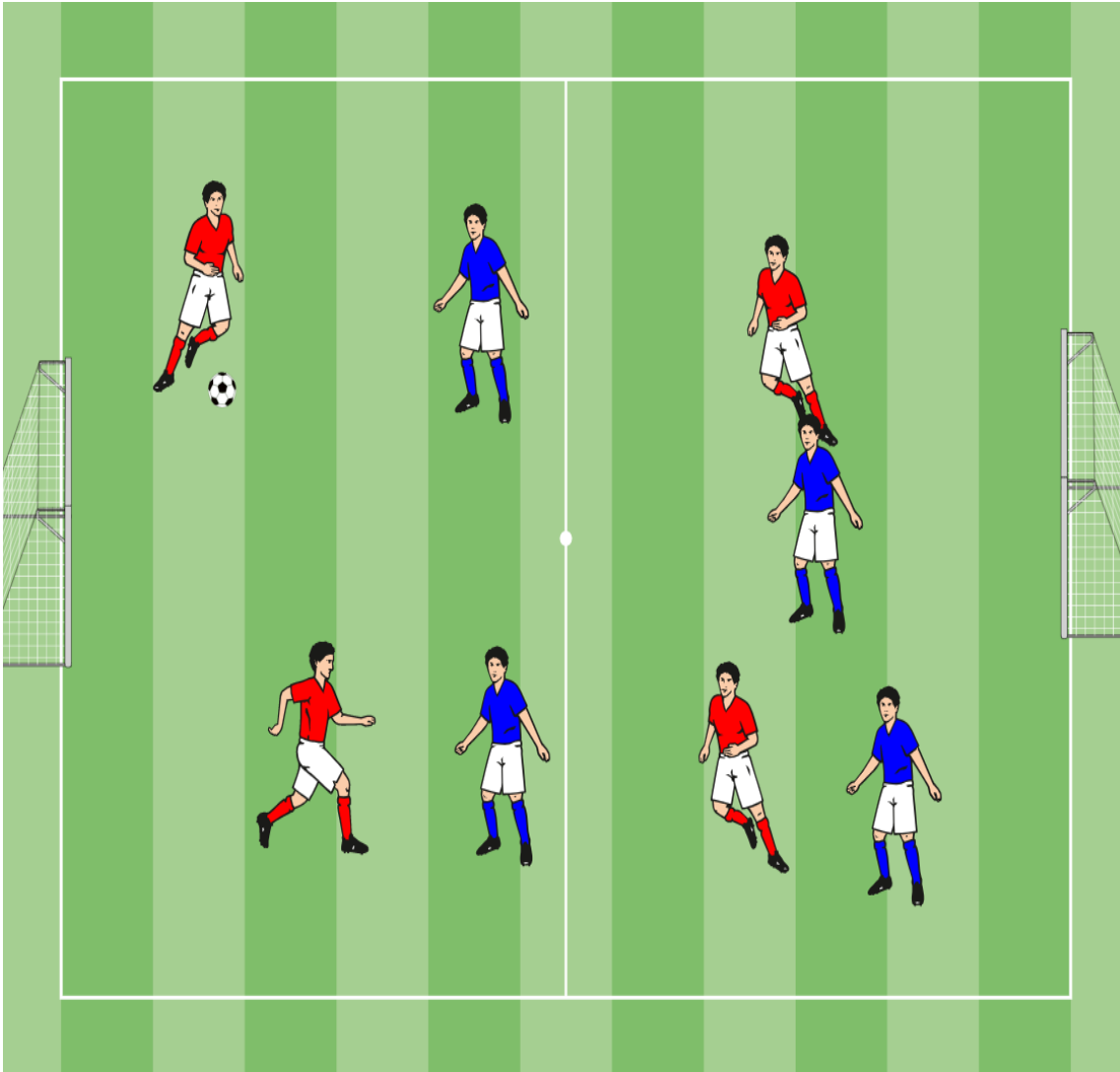
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Session Four: 1 vs 1's to Goal(s)



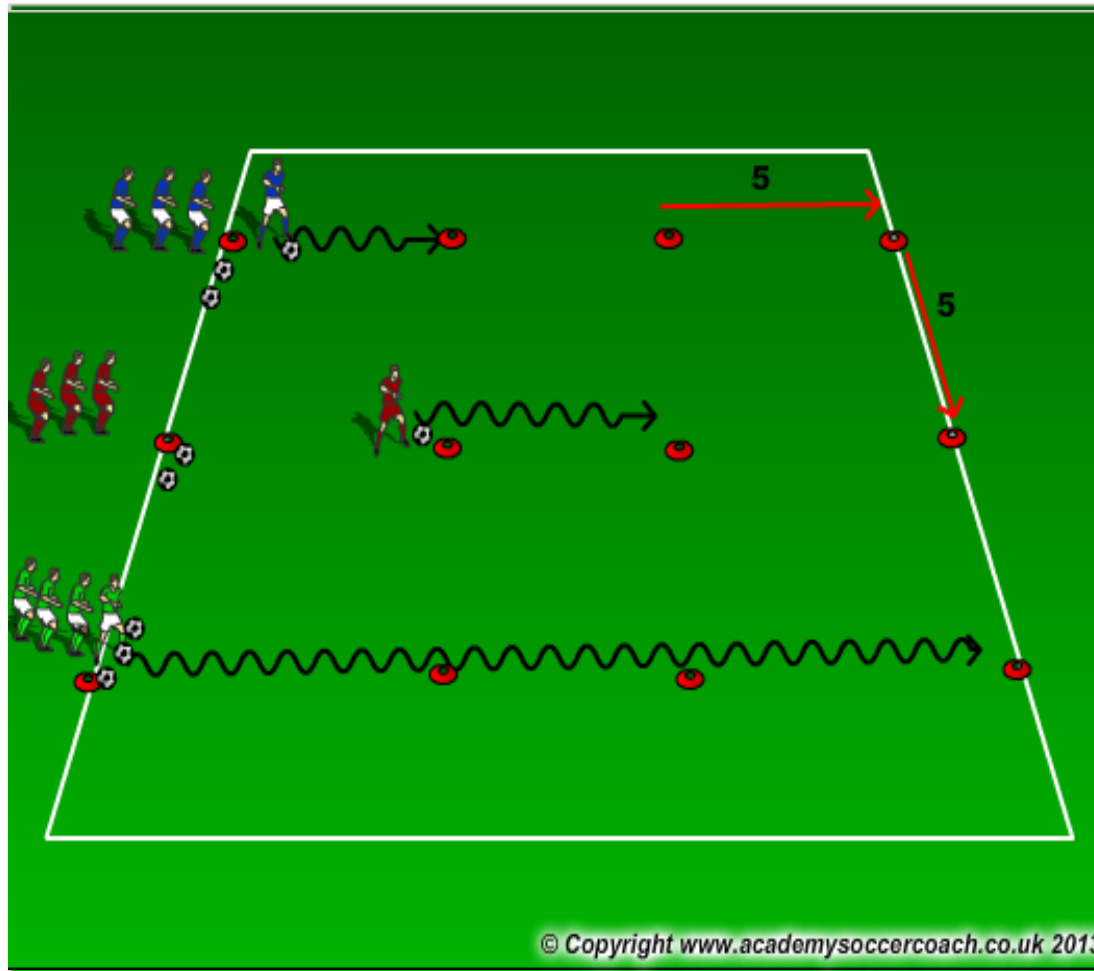
Small Sided Games: 4 V 4



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Warm Up Activity: Revs Relay



Area: 15 X 20

Description Player 1 dribbles ball 1 to any 3 cones, runs back to start; brings ball 2 to any 3 cones, runs back to start; brings ball 3 to final cone, runs back to start and tags 2nd player

Player 2 runs out and retrieves ball 1, dribbles it to start; runs out to ball 2, dribbles to start; runs out to ball 3, dribbles to start and 3rd player

Player 3 does as 1st

Player 4 does as 2nd

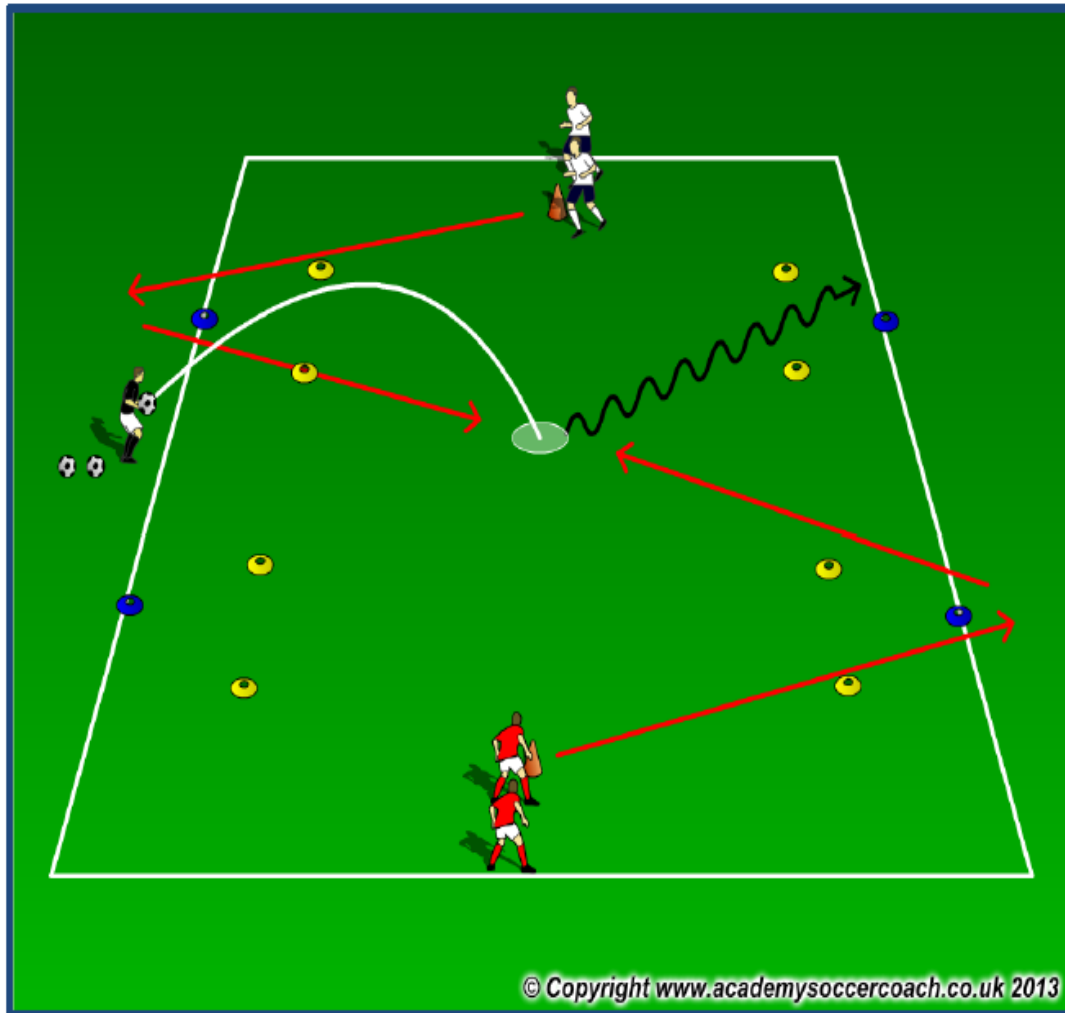
Team that retrieves all their balls and sits at starting cone wins

(Note: add change of direction moves within skill drill
1. must use a pull back to retrieve balls at start
2. must use a stop turn to leave balls at cones
3. must use an inside cut to retrieve balls at cones)

Coaching Points

- sharp, quick turns
- controlled touch's while dribbling
- dribble straight line
- run with ball (using laces) in control on longer distances
- Scan over shoulder before changing direction

1 VS 1's: CHANGE OF DIRECTION



Area: Start cones are 15 yards apart, wide cones are 15 yards apart and 5 yards from start cones, gates are 2 yards wide, and 3 yards from wide cones.

Description:

Separate the group into 2 teams, the first player from each line play 1v1. Players must react to the ball being played in, then run around the wide blue cone before challenging for the ball. To score the players must dribble through one of the gates.

Coaching Points:

Always protect the ball

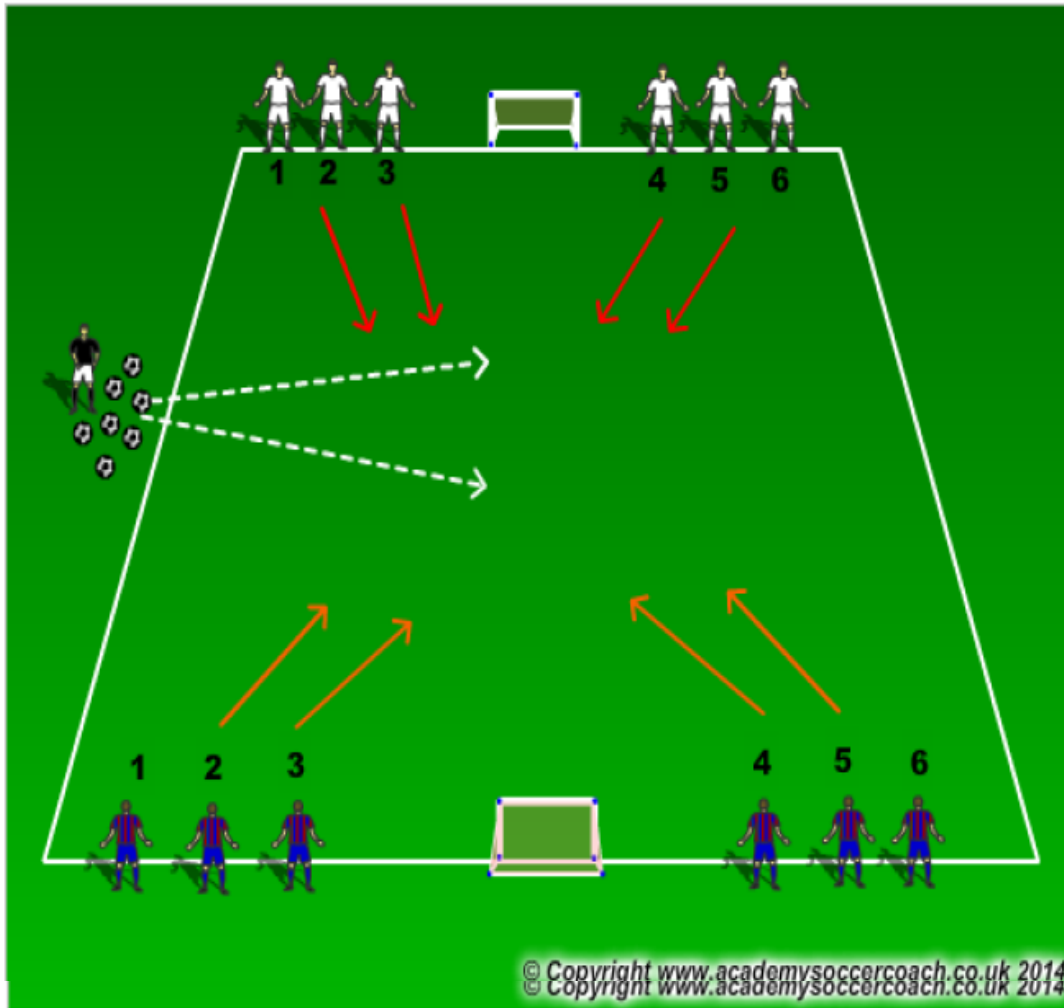
Correct Foot

Scan

Quick acceleration after move

Moves: Use turns/fakes from Week 1-3

1 VS 1's: TEAMS TO LARGE GOALS

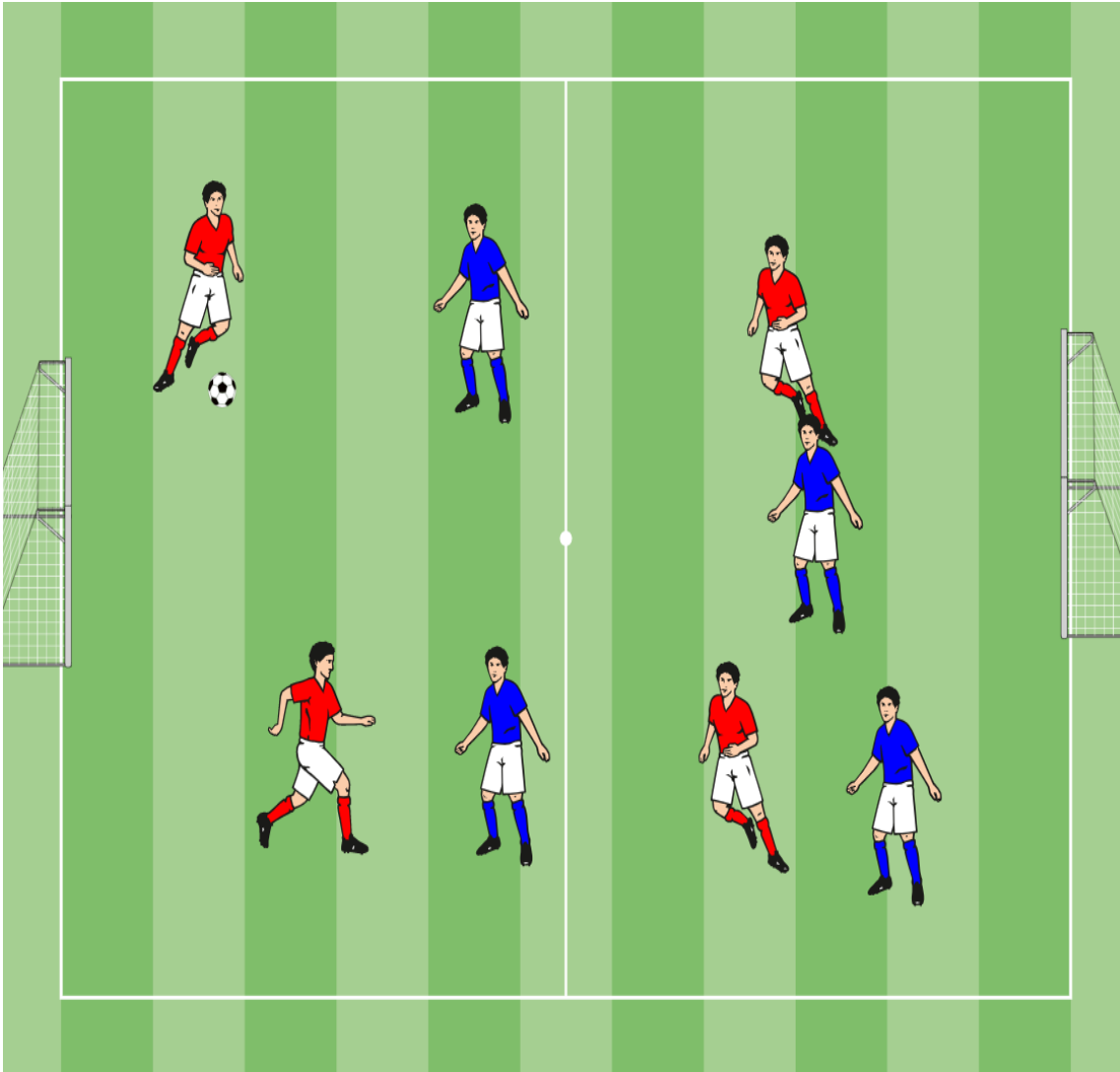


Set-up: 40 x 60 yard area. 2 large target goals (1 on each end line). Players in teams of 4-6 split evenly on either side of the target goals. Number each team 1-6 (depending on number of players). Coach on the outside of the area with a supply of balls. Add GK's to progress.

Description: Coach calls out a number and passes a ball into the middle of the area. The numbered player(s) from each side of the area run into the area and attempt to win possession of the ball. The first player to the ball becomes an attacker, the second player becomes a defender. Once the ball is either outside of the area or in one of the target goals the players go back to their lines. Coach varies the calls to include 1 vs 1 and 2 vs 2's.

Coaching Points: Concentrate and listen for the coaches' call. When you hear your number get to the ball as quickly as possible. If you are the attacker be positive and try and beat the defender. Use changes of direction (moves) and changes of speed to beat the defender.

Small Sided Games: 4 V 4



Organization: 20 x **30**
grid,
Two teams of 4 vs 4

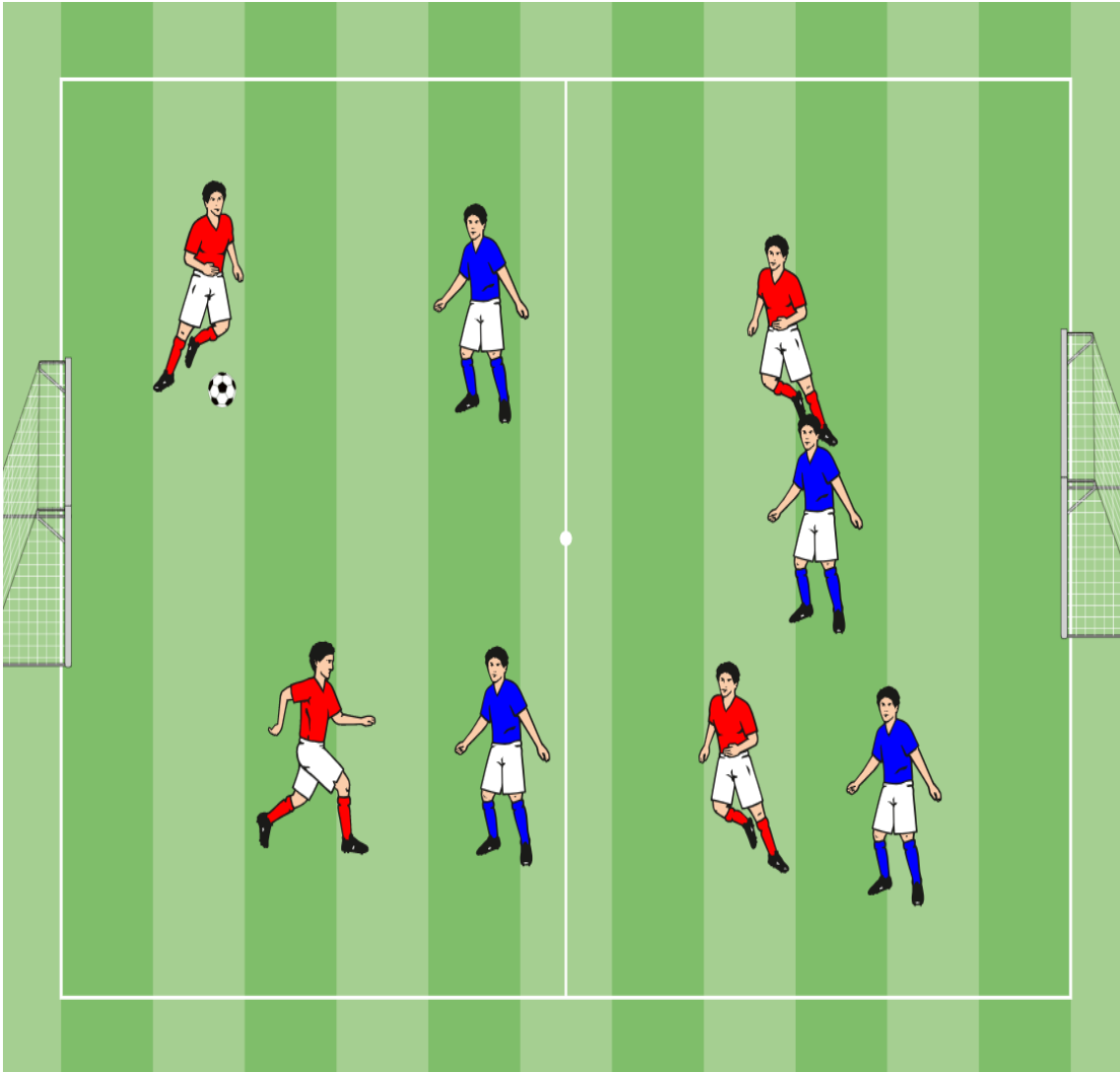
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Session Five: Passing & Control



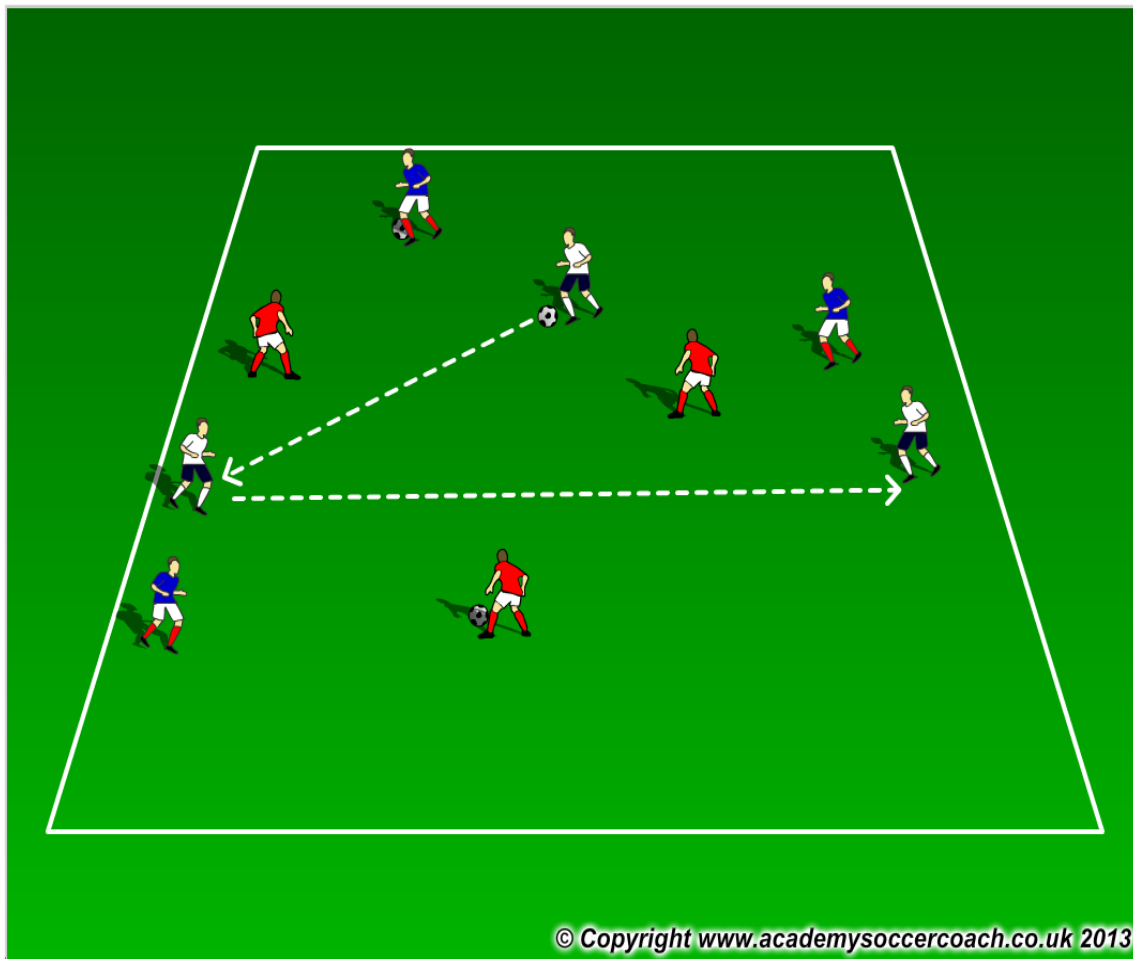
Small Sided Games: 4 V 4



Organization: 20 x **30**
grid,
Two teams of 4 vs 4

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Colored Passing



Area: 20x30 yard grid

Description: Separate team into 3 groups, each with a different color pinnie. Player must pass and move around the grid, encouraging 2 touch play. Yellows pass to yellows, reds to reds and blues to blues. (Groups alternate Ball work/Dynamic/Ball work/Dynamic/Ball Work /Dynamic) Check movement sheet for dynamics.

Progressions:

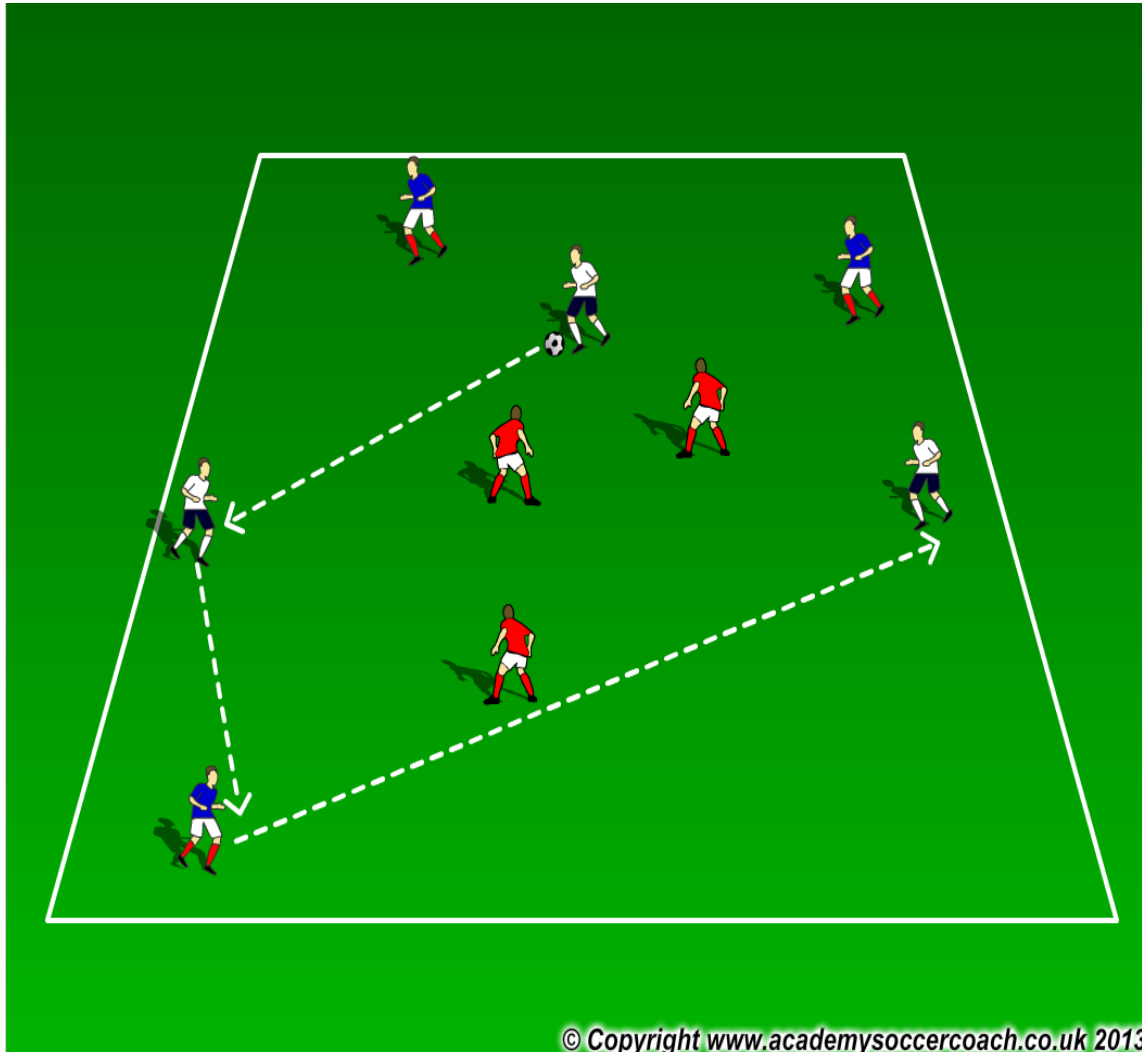
Make players pass in a colored sequence (red to blue to yellow to red).

Players must perform a combination play (overlap, wall pass).

Players must perform lofted pass.

Coaching points: Balanced body position, lock ankle, head steady, follow through in direction of target. After a pass the player MUST run to a different area of the grid.

3 v 3 Passing



Area: 20x30 yard grid

Description: Separate group into 3 teams. 2 teams will try to keep possession of the ball while the other team will be defending. Whichever player makes the mistake to lose possession then their team becomes the new defenders.

Progressions:

Players get 1 point for each completed pass.
Players get 2 points for splitting the defense.
Players get 3 points for completing a lofted pass.

Coaching points: Relax in possession, balanced body position, lock ankle, head steady, follow through in direction of target. Communicate to help the player on the ball

BAYERN MUNICH: 3 VS 3 + 3 NEUTRALS



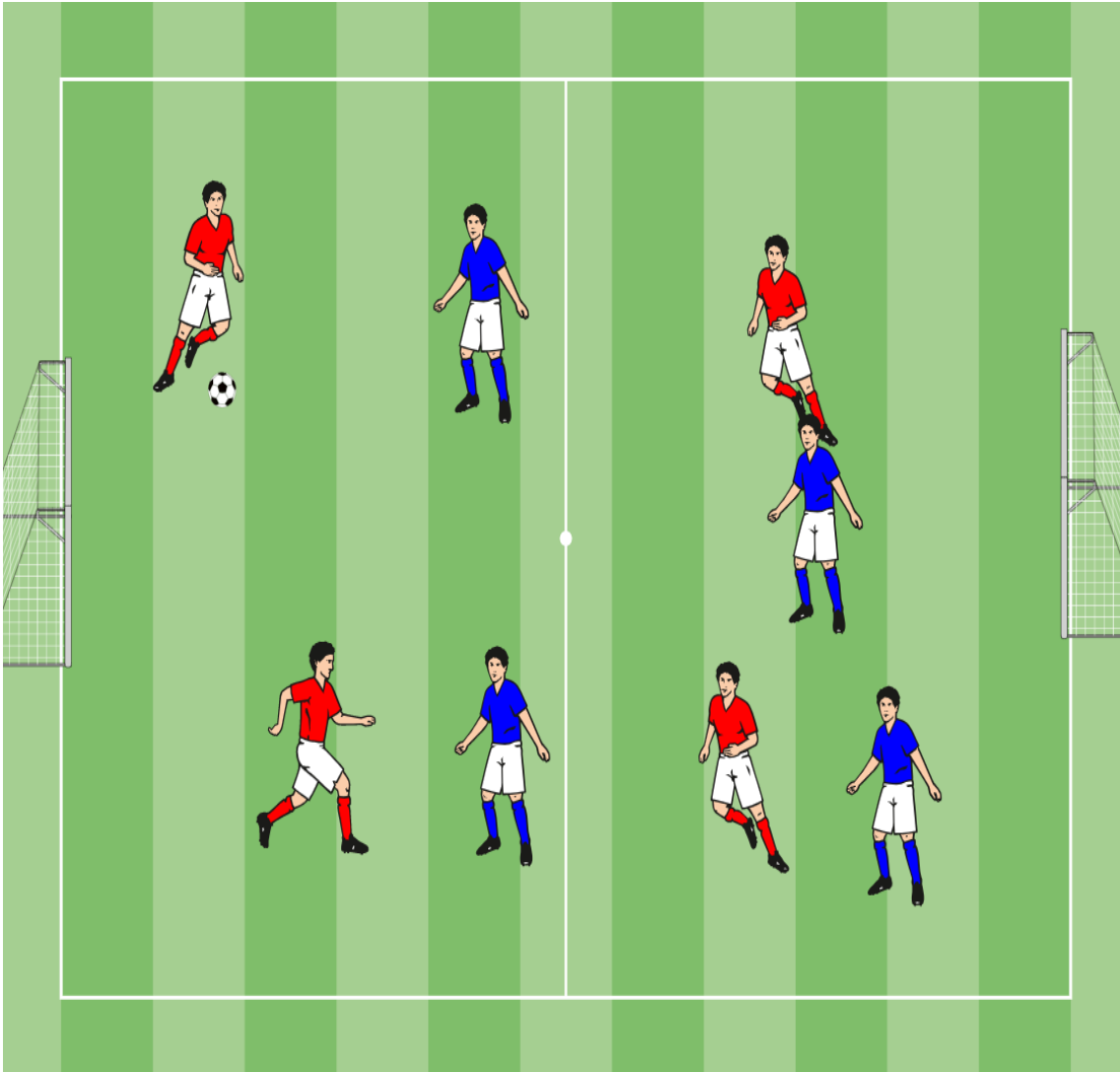
Area: 25 x 25 Grid

Description: 3 teams of 3 players. Two teams in the area playing against each other with the other team as neutral players. Neutral players have 1 player in the area and 2 players as targets on the outside of the area. Players attempt to combine passes from one side of the area to the other using neutral players.

Coaching Points: Speed of the pass is very important. Move the ball quickly with short, sharp passes. Once the ball is played to the outside targets move wide to create space for a return pass. Use the inside neutral player to link up the play.

Progression: Reduce the number of touches. Add additional outside targets.

Small Sided Games: 4 V 4



Organization: 20 x **30**
grid,
Two teams of 4 vs 4

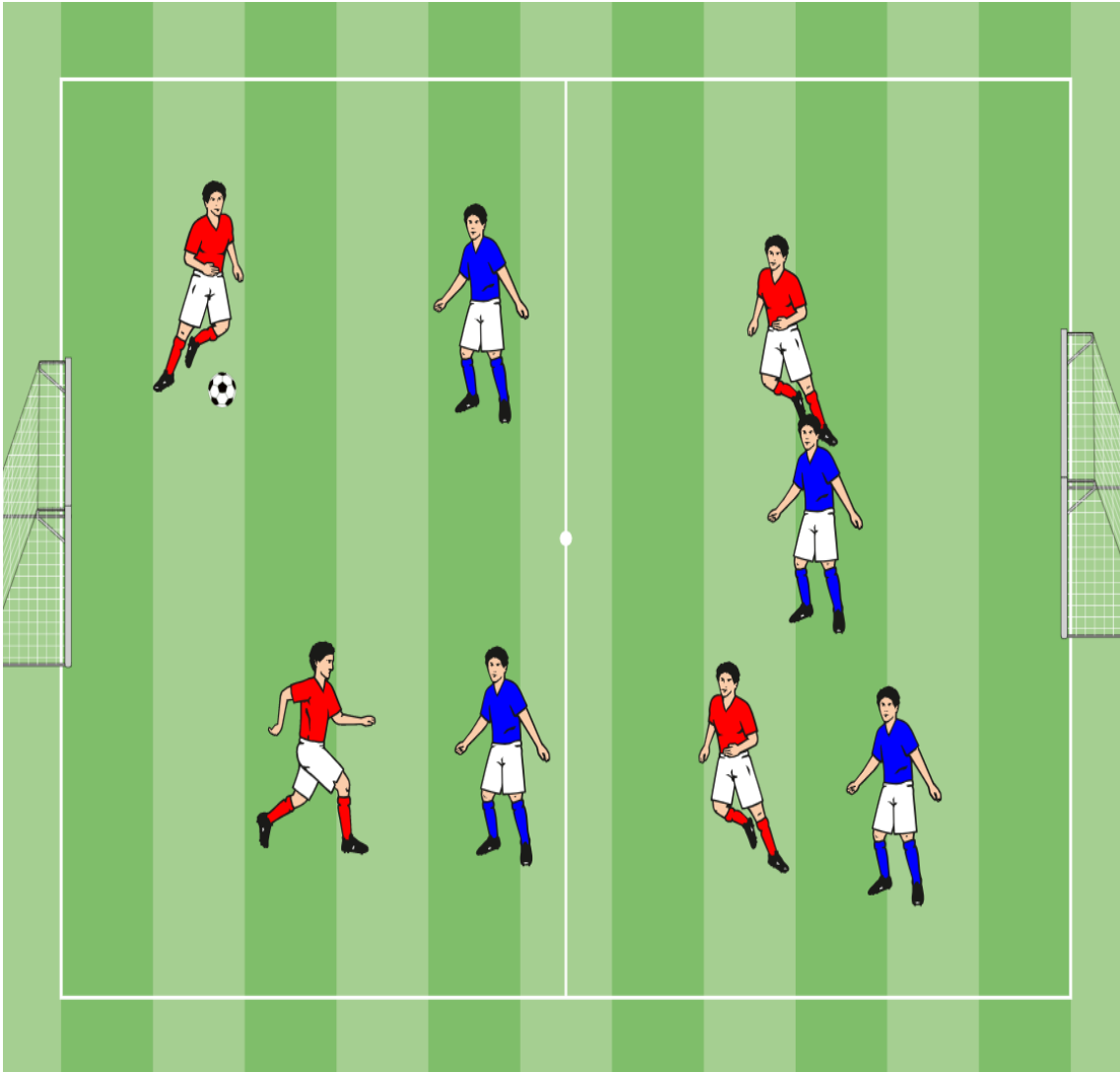
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Session Six: 1st Touch & Use of Space



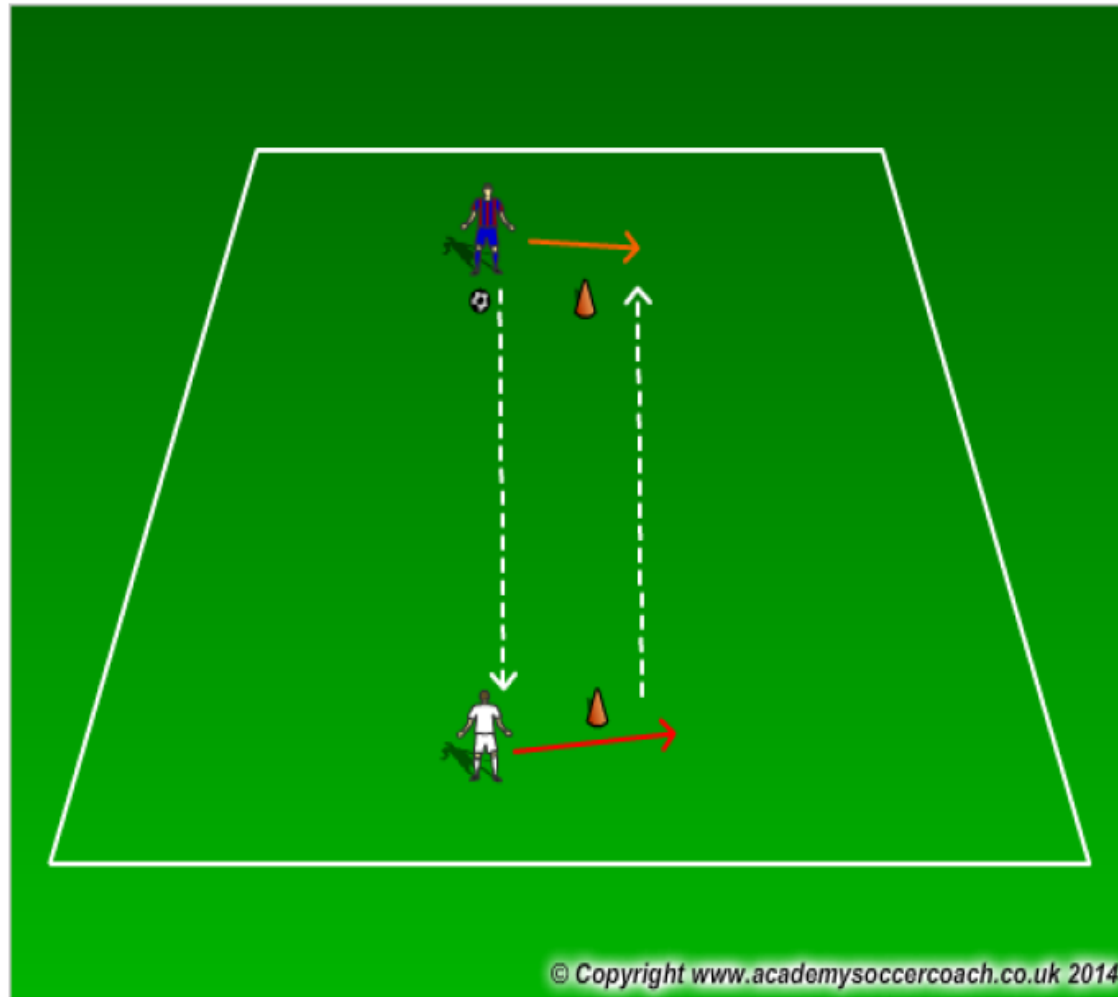
Small Sided Games: 4 V 4



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PASSING: 1st TOUCH

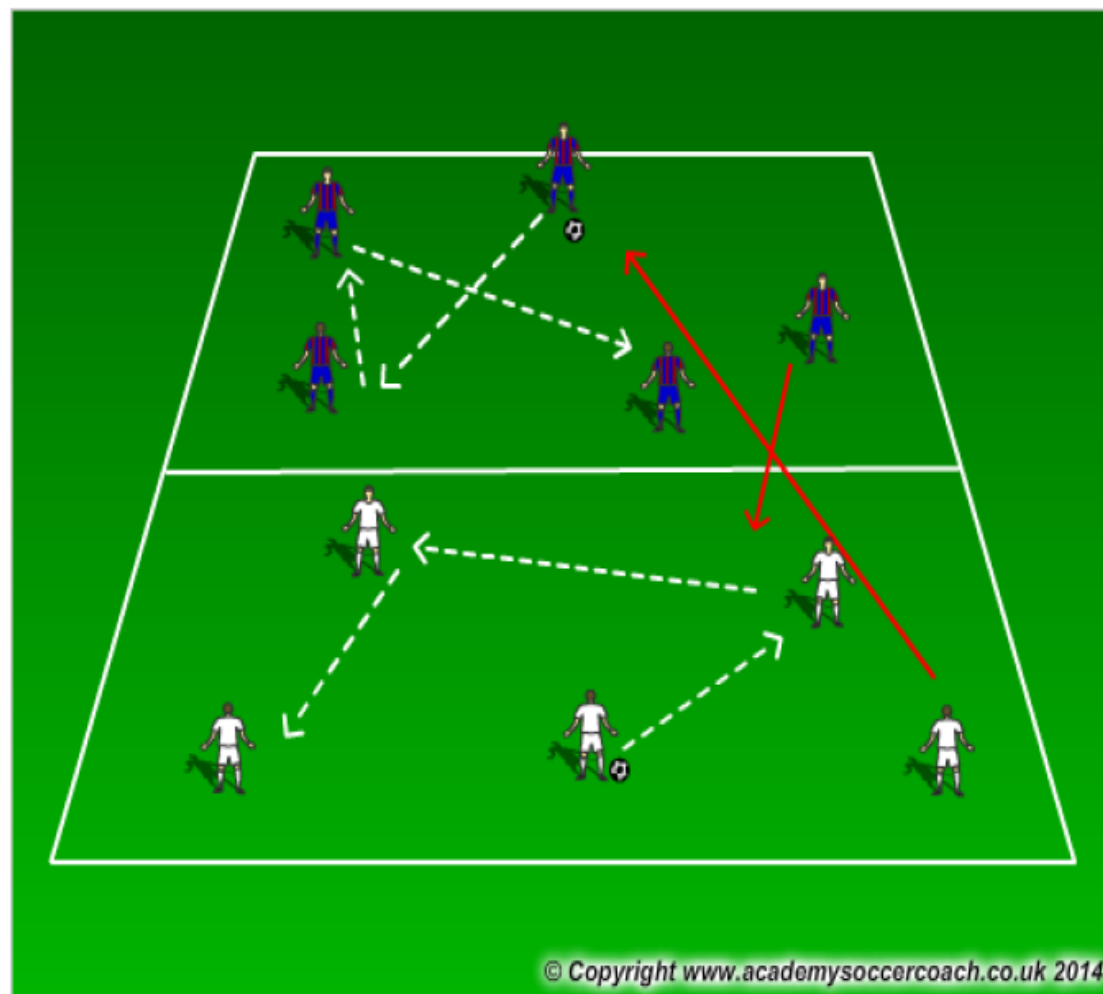


Set-up: Cones 10-20 yards apart, depending on passing surface. Players in pairs, one player at each end cone. 1 ball per pair.

Activity: Player with the ball passes across the area and then moves to the opposite side of the cone. Player receiving the ball, takes a touch to the side to move themselves to the opposite side of their cone. Repeat across the area. Change passing surfaces (side-foot, instep, laces)

Coaching Points: Concentrate on speed of the pass to get it across the area quickly. Strike the ball with the correct surface. Knee over the ball to keep the passes on the ground. First touch to the outside, second touch is the pass. Make sure the ball is in front of you, not under your feet; take an extra touch if necessary.

PASSING: #'s GAME – 4 vs 1

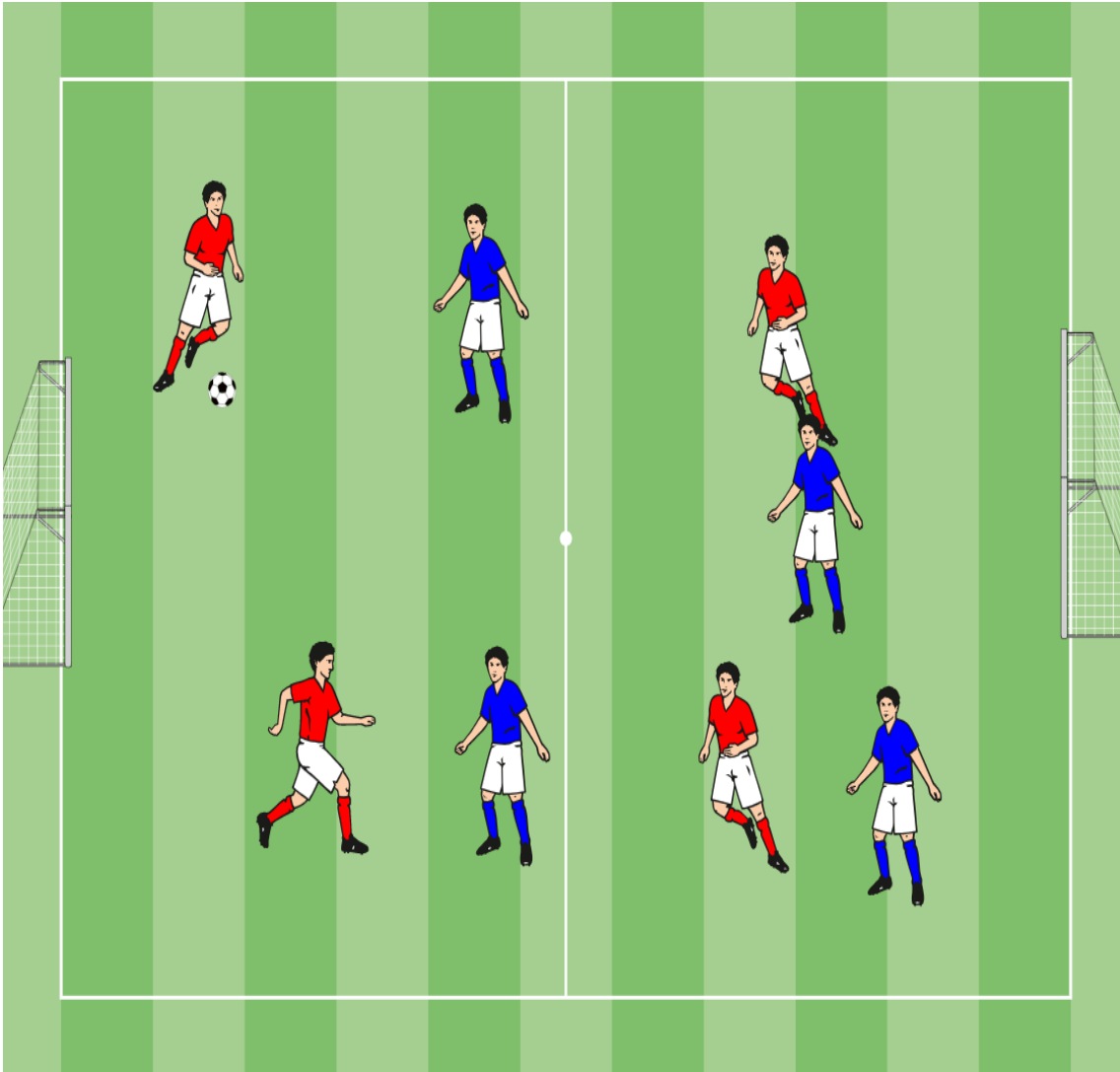


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

Activity: Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10-12 passes the coach calls out a second #.

Coaching Point(s): Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

Small Sided Games: 4 V 4



Organization: 20 x **30**
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Two teams of 4 vs 4

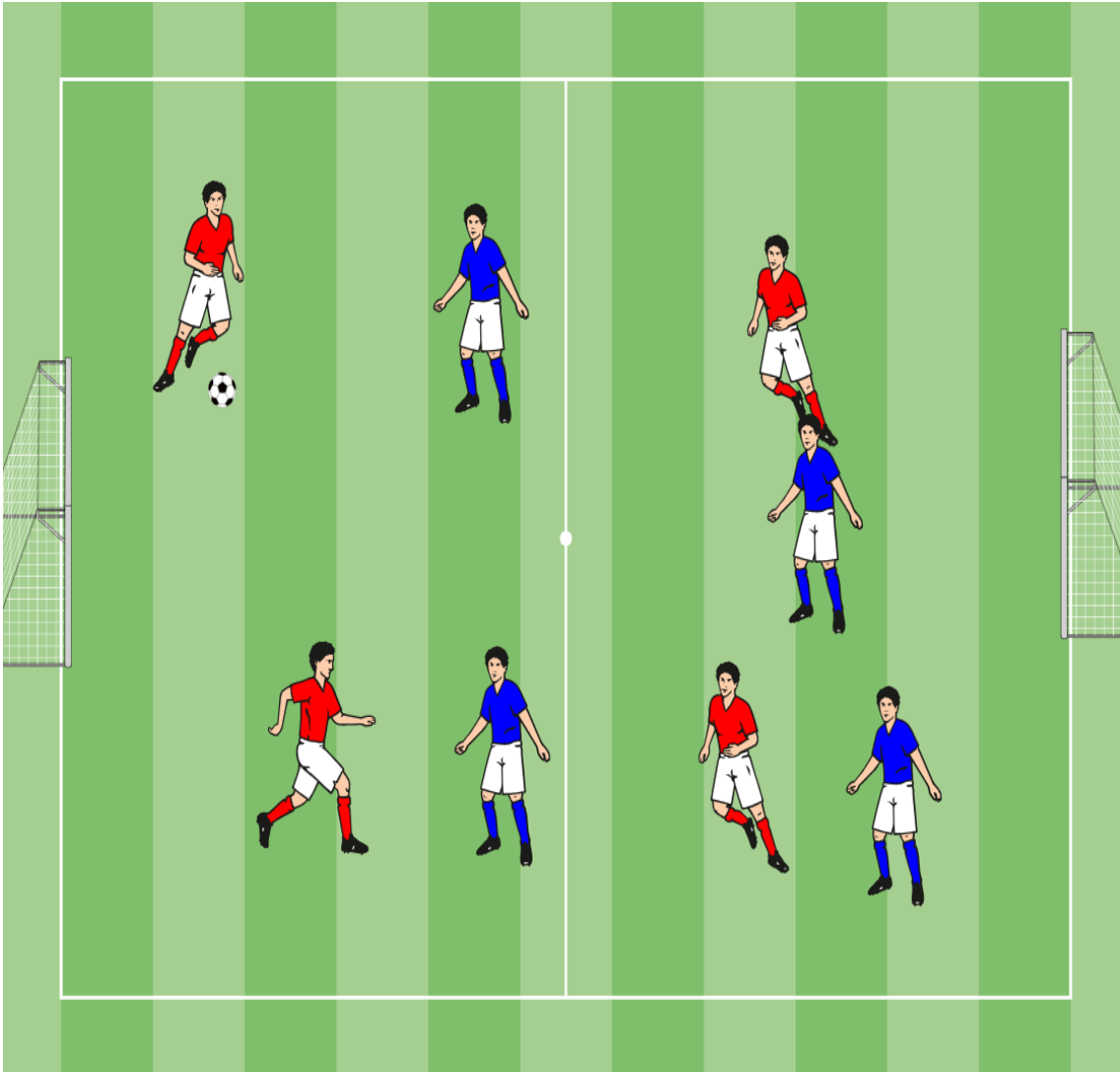
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Session Seven: Possession & Basic Positioning



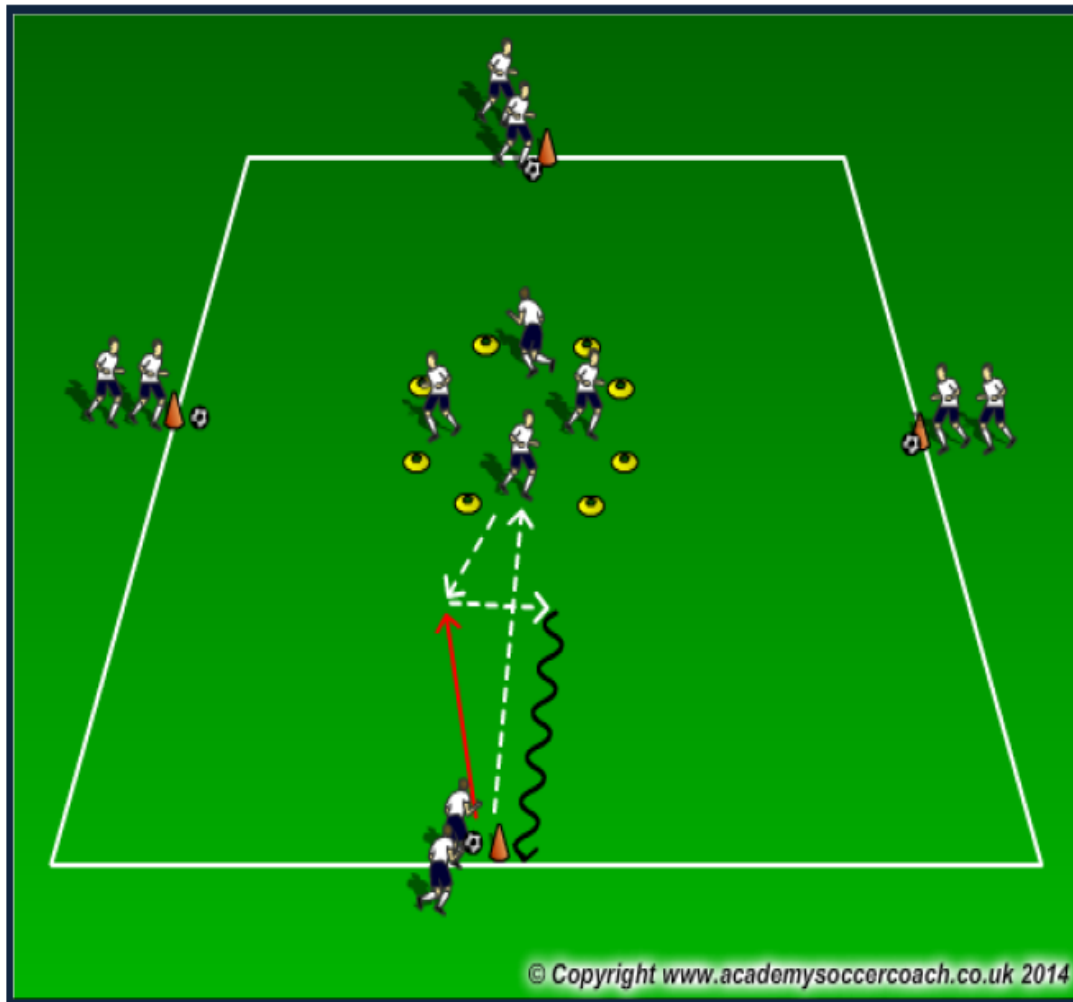
Small Sided Games: 4 V 4



Organization: 20 x **30**
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PASSING WARM-UP: LATRONICA



Area: 20x20 yard grid

Description:

Separate players equally around grid on the outside. 1 player from each line starts in the middle. Players perform passing patterns. Add gates between inside and outside players to complete passing combinations.

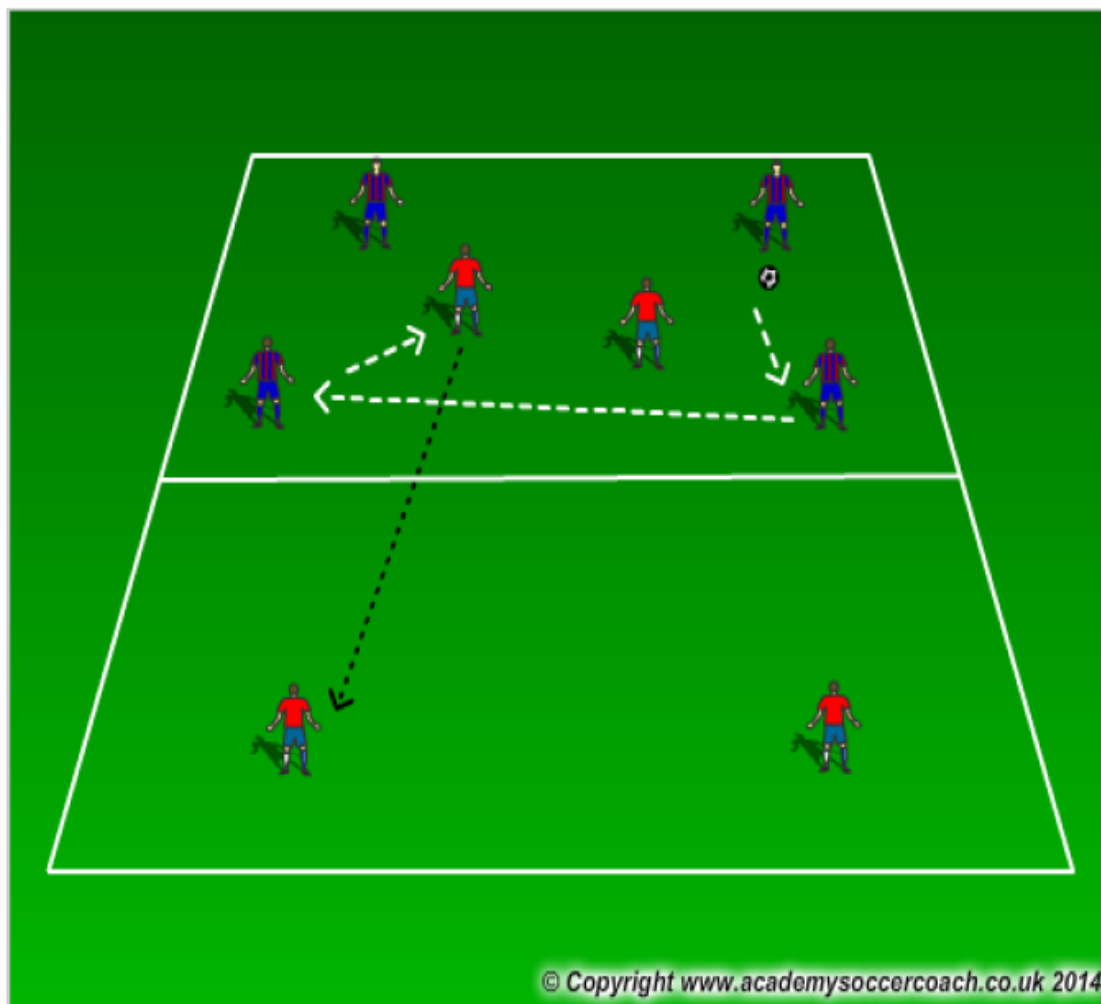
Passing Patterns:

1-2 to feet, 1-2 to feet (with movement to outside gate), 1-2 between 3 players

Coaching Points:

- Short sharp touches on the ball
- Check back to receive ball
- Vary passing surfaces – focus on inside of the foot
- Vary receiving technique
- Scan as they dribble
- Scan before they receive the ball

PASSING WARM-UP: LATRONICA

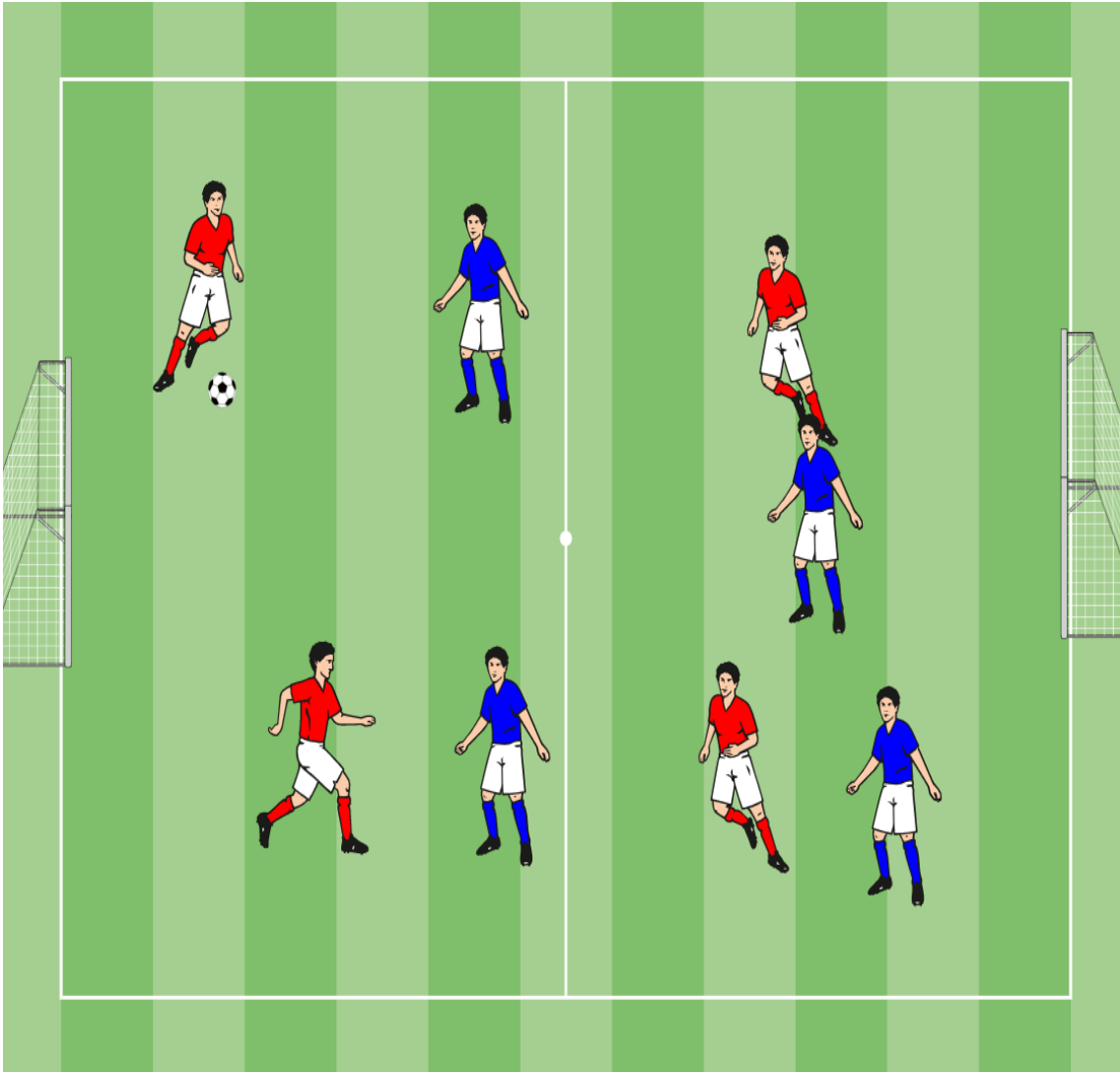


Set-up: 25 x 15 yard areas, back to back. Two teams of 4 players. Start with 1 team in one of the areas versus 2 players from the opposite team. Remaining players waiting in the opposite area. 1 ball, with a supply of extra balls on the outside of the area.

Activity: 4 vs 2 possession in one area. Possession team try to move the ball quickly and complete as many successful passes as possible. If the defenders kick the ball outside of the area, then the possession team restart. If the defending team get possession of the ball, then they attempt to pass the ball to either of their remaining 2 team mates in the opposite area. The play then transitions into this area with the activity repeated (4 vs 2). Keep playing until one team reaches 21 points.

Coaching Points: Move the ball quickly (speed of play) with reduced touches. First touch away from pressure, on the back foot where possible. Speed of pass is important. When possession is lost move the ball into the opposite area as quickly as possible.

Small Sided Games: 4 V 4



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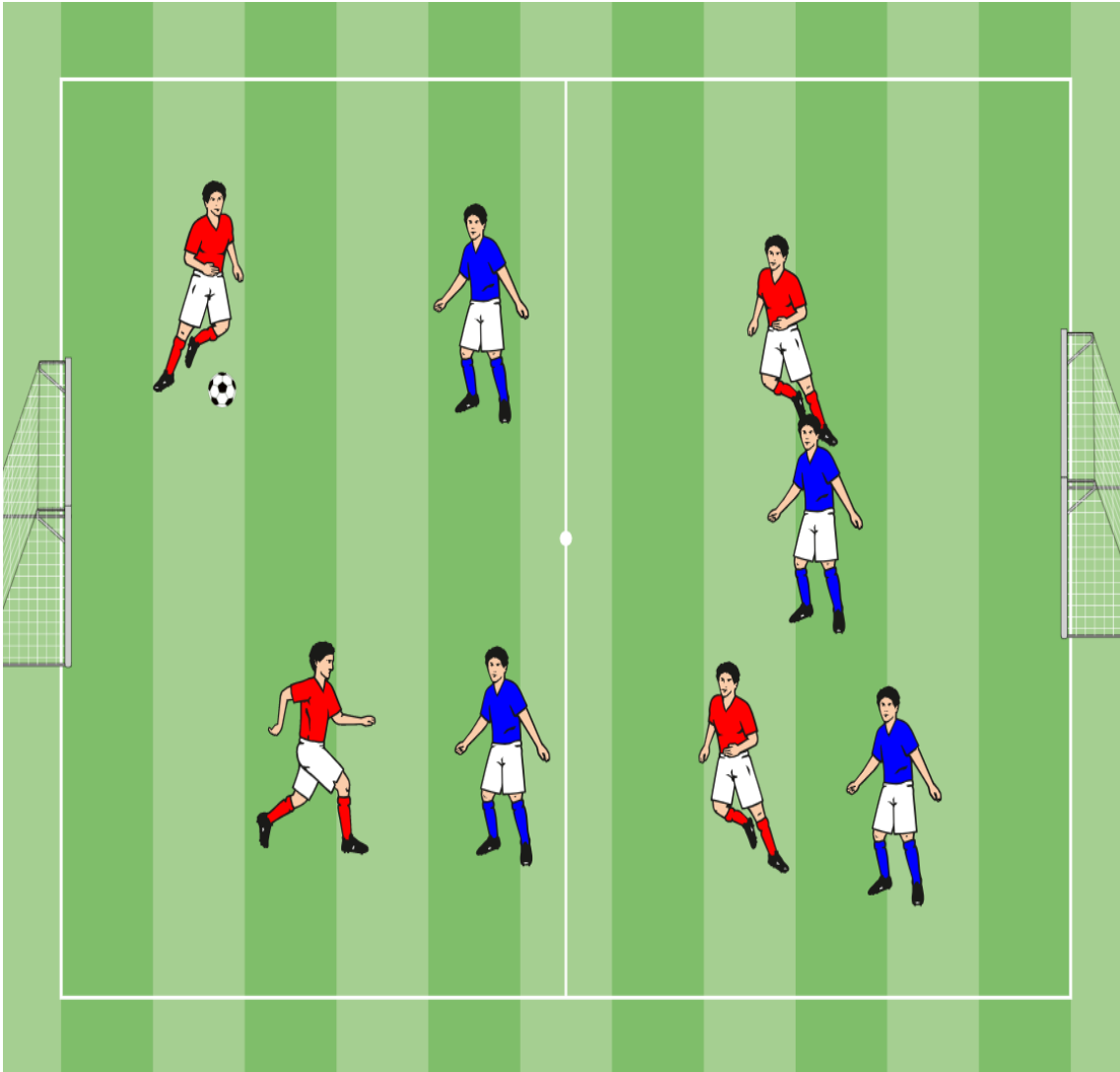
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Session Eight: Possession in Games



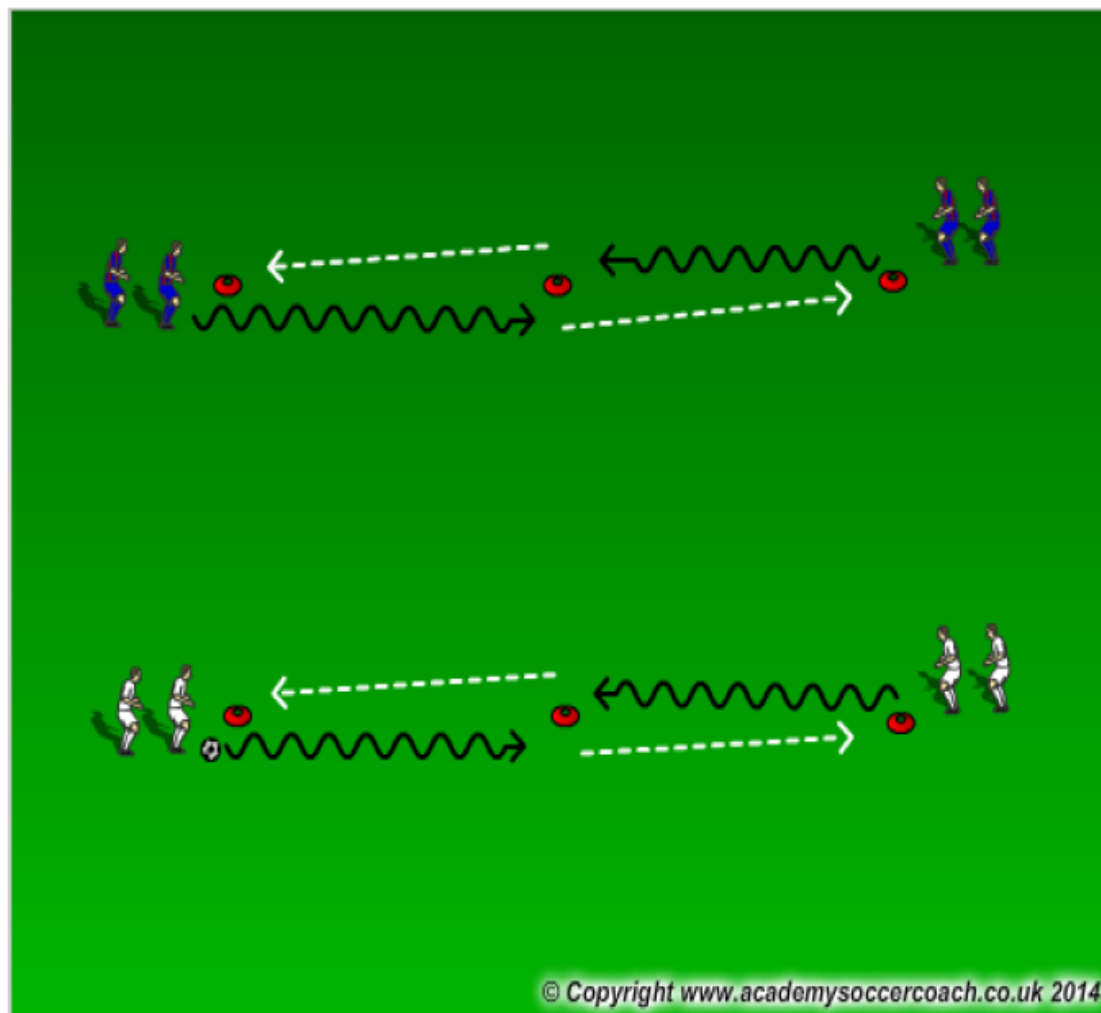
Small Sided Games: 4 V 4



Organization: 20 x **30**
grid,
Two teams of 4 vs 4

Let the game flow and
give pointers when
necessary, try not to
keep starting and
stopping it.

PASSING: PASS AND FOLLOW



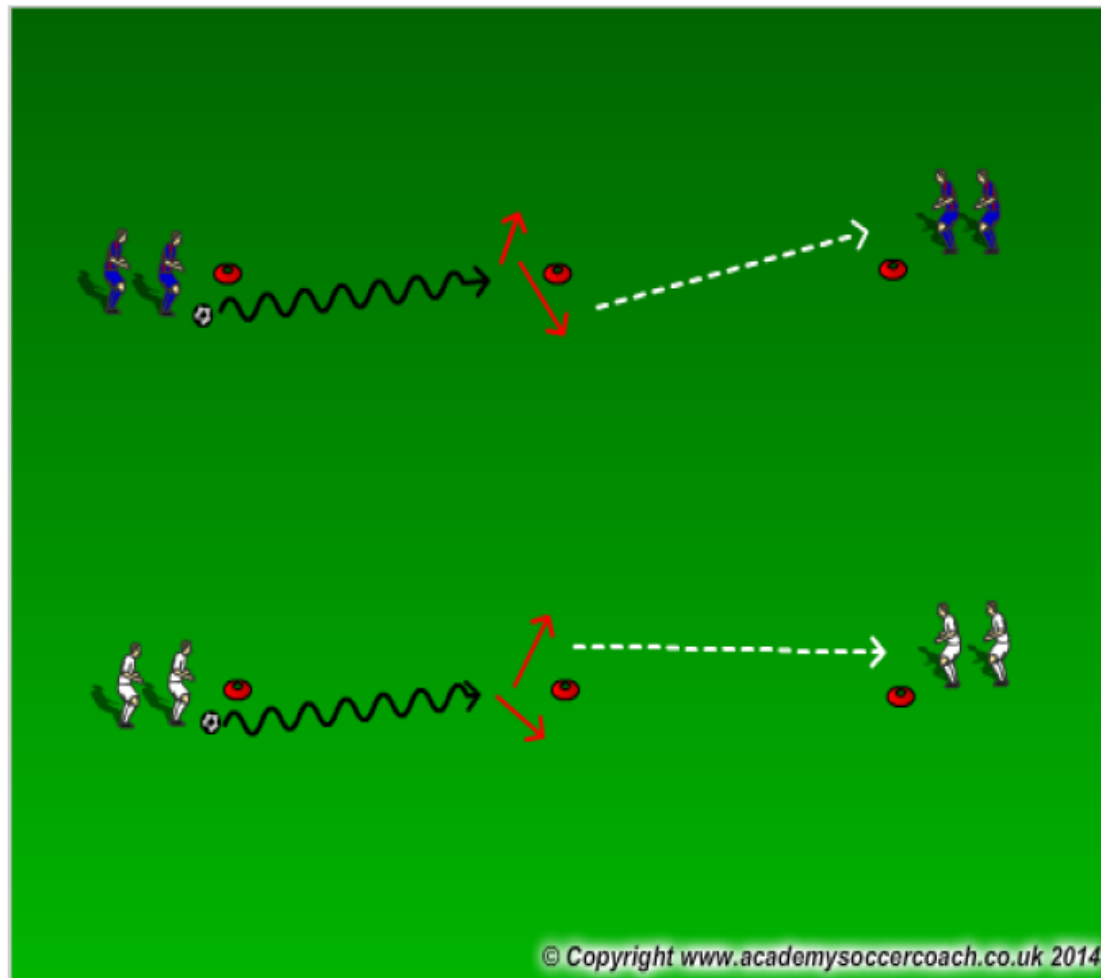
Set-up: Players approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Description: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Add in touches with different surfaces and dribbling combinations.

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

Progressions: Add passing turns, fakes and passing combinations. Add competition.

PASSING: PASS AND FOLLOW WITH FAKES

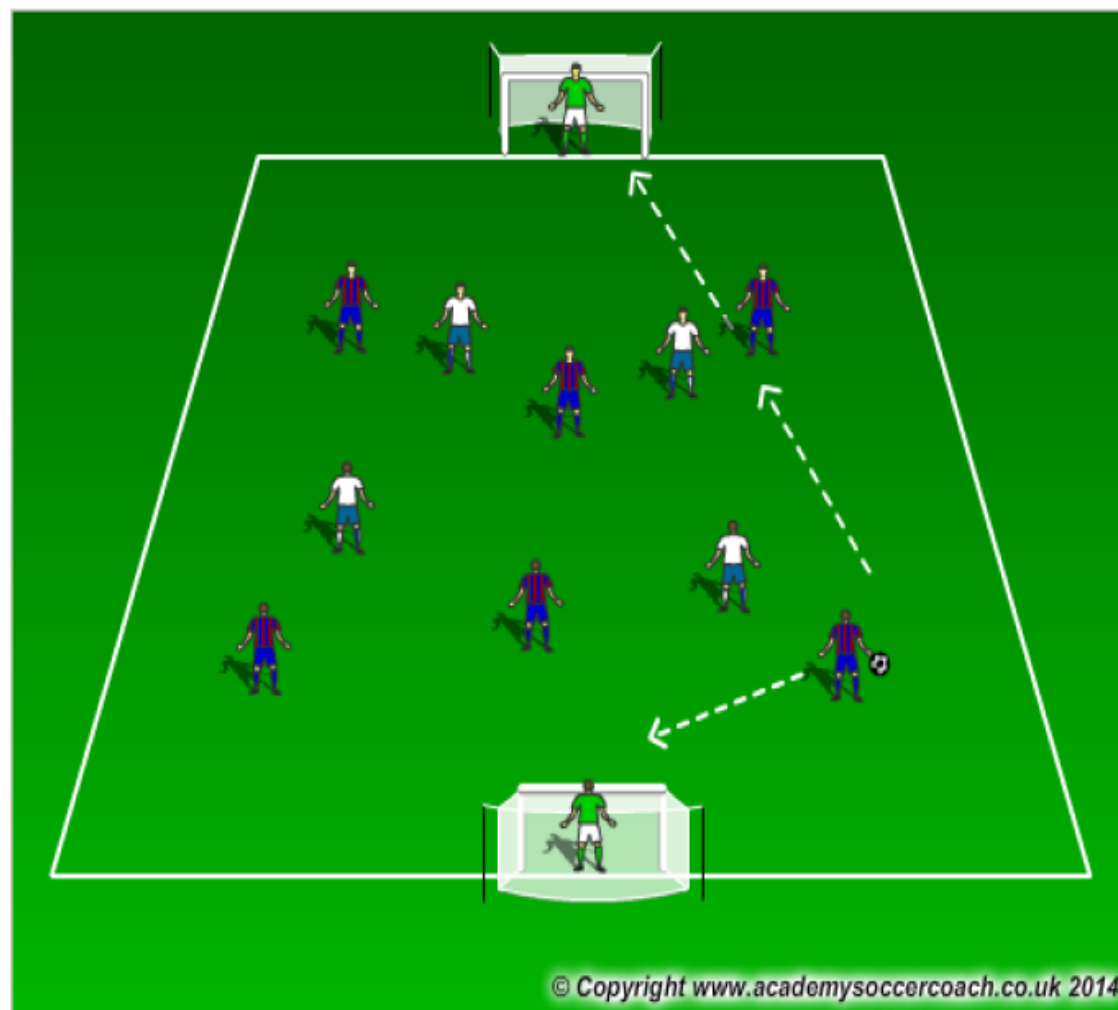


Set-up: Players Approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Activity: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Players perform a fake before and around the center cone, then pass to the opposite line of players.

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Fake around imaginary defender (cone) and make sure the change of direction is big. Add in change of speed after fake; positive first touch out of the fake. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

POSSESSION vs ATTACK

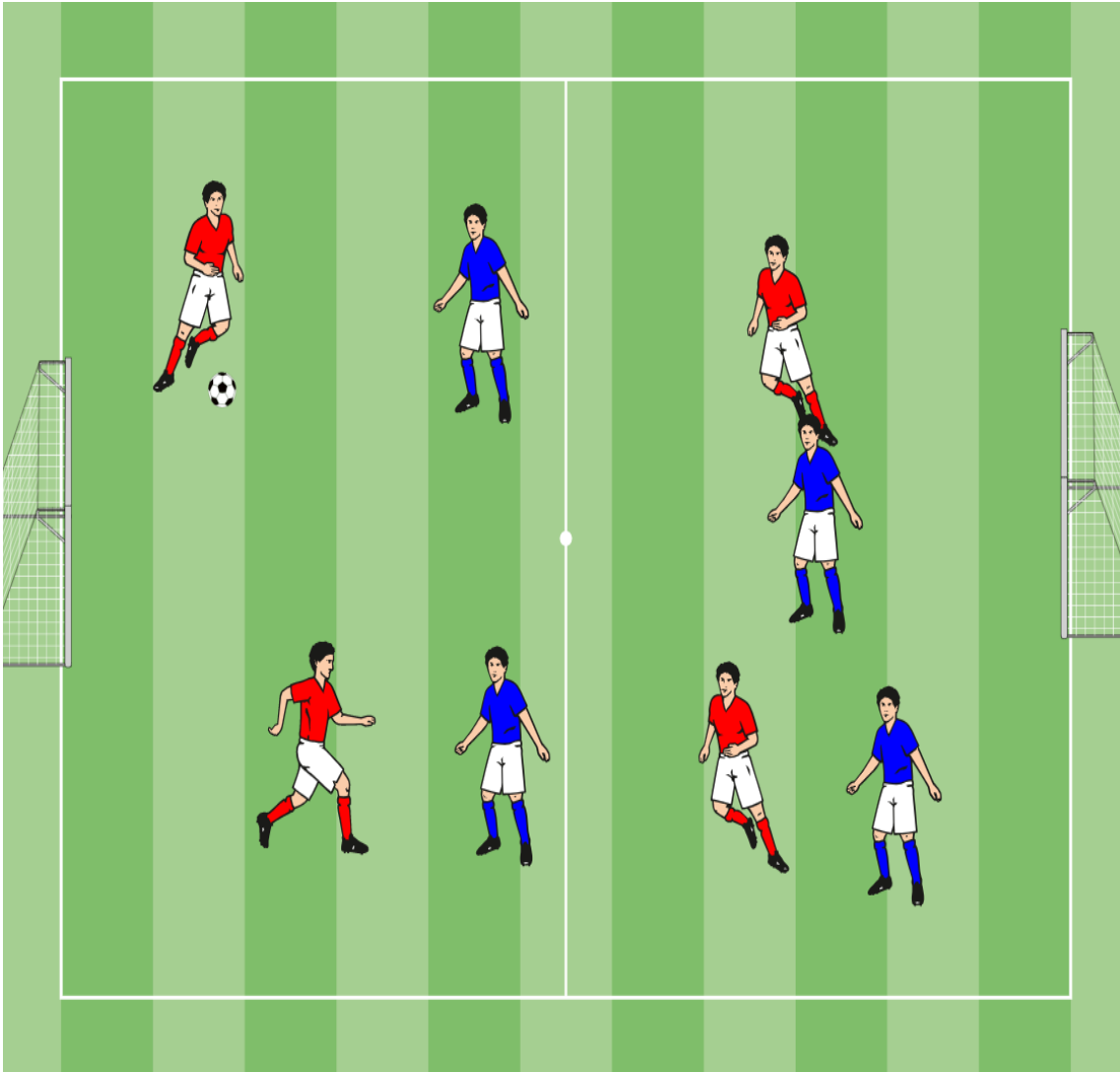


Set-up: 60 x 40 yard area. 6 vs 4 in the area with a GK in each target goal. 1 ball in the area with a supply of balls on the outside.

Activity: 6 vs 4 in the area. Team of 6 (attackers) attempt to move the ball quickly to create opportunities to shoot in either of the goals. Defenders try and delay the attacks and deny space. 5 minute possession game(s) and then switch the teams and roles.

Coaching Points: Move the ball quickly to create space and opportunities to attack the goal(s). Look for attacking passes (first look forward) and use moves and changes of direction to create space. Defenders try and deny space and delay the attack(s). If defenders kick the ball out then another one is played in. If they gain possession then try and keep the ball to delay the attack.

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