



1 SET UP TRAINING PLAN

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A complete session all built around 1 setup diagram

Warm Up (15 min)



Exercise #1 (15 min)



Exercise #2 (15 min)



Small Sided Game (20 min)



In the best way possible, this method makes training simple. Waste less time setting up the pitch and more time practicing. Below are the details to the diagrams on the previous page.

Warm Up

Set Up:

- 15yd x 15yd square within the main set up (20yd x 20yd with 4 small goals)
- The main set up will be used throughout this training session
- One ball per player

Exercise:

- All players dribble around in the tight grid moving in different directions
- Select 3 moves to be performed (i.e. Matthews, Scissors, Pull V, etc.)
- Select 3 change of direction turns to be performed (i.e. Cruyff, Stop Turn, outside cut, etc.)

Coaching Points:

- Step dribble (every step, take a touch on the ball)
- Keep your head up (improve vision)
- Use all parts of the foot (inside, outside, sole)
- Speed variations (change speeds from slow - fast)
- Keep it simple and don't do too many moves/turns at one session (3 max.)
- Encourage players to memorize the names of the moves/turns

Exercise #1

Set Up:

- Using the main set up (20yd x 20yd with 4 small goals)
- Minimize the square (5yd x 5yd) in the middle of the pitch
- Four players with lots of balls on the end lines next to each goal (the feeders)
- Everyone else is in the middle of the grid without a ball (the receivers)

Exercise:

- The four feeders pass the balls to the receivers and the receivers complete a first time finish into the small goal
- After finishing, they run through the middle square and go to the next goal in the sequence to finish a shot
- The sequence starts off as A > B > C > D
- Switch feeders after 3 minutes

Progressions / Variations:

- Change the sequence
- Volley only finishes
- Left /Right foot only finishes (alternate)
- Header finishes
- Feeder defends after passing the ball out

Coaching Points:

- Encourage proper technique (1) kicking foot should have ankle locked & toe pointed down 2) non-kicking foot should point to target 3) land on kicking foot)
- Keep your head (improved vision) and stay focused on what sequence you should be going through
- Quality distribution from the feeders
- Encourage good communication

Exercise #2

Set Up:

- No change needed from the previous set up (20yd x 20yd grid with 4 goals)
- Add one cone on each side line and split up the teams
- Lots of balls

Exercise:

- Player A dribbles at Player B and can score on either of the two goals
- If Player A beats Player B and scores, he immediately begins to recover and defend Player C
- Player C would begin as soon as Player A shoots and need to dribble through the middle square before scoring
- If Player B wins the ball from Player A, they begin the counter by passing to Player C and Player A would need to recover

Progressions / Variations:

- 2v2
- Add goalkeepers

Coaching Points:

- Keep your head up (improve vision)
- Speed variations (change speed from slow to fast)
- Players pay attention to the play so they know when to go and what's going on at all times
- Step dribble with laces for speed

Small Sided Game

Set Up:

- Same main set up of 20yd x 20yd grid with 4 goals
- Turn the goals around so they are facing the end line and push them up 5 yd each
- One player from each color on the end line facing the goals (they can move across the end lines)

Exercise:

- 4v4 in the middle (add neutrals as needed to make numbers work)
- Both teams can score on any goal
- The players need to adjust to the problem of having the goals reversed

Progressions / Variations:

- Blue score on top goals and Reds score on bottom goals
- First time finish only by the player on the end line

Coaching Points:

- Players pay attention to the play so they know when to go and what's going on at all times
- Encourage good communication
- Utilize the entire pitch
- Encourage proper technique when passing and finishing (1) kicking foot should have ankle locked & toe pointed down 2) nonkicking foot should point to target 3) land on kicking foot)

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