



WYSA Session Plans: 11v11(7th-12th Grade)



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What makes a session have a good flow?

Here are some things to consider:

1. Preparation - *Understanding the session plan and setting up your training.*

2. Knowing Your Players - *Adapt to each personality.*

3. Demonstrations - *Be the example, or use Assistant Coach/Technical Director or players to demonstrate drills and concepts.*

4. Modifications - *Knowing when to progress or regress.*

5. Communication - *Be sure to ask questions and be open to feedback.*



Play - Practice - Play

Using the Play - Practice - Play method allows a coach to establish an objective during match conditions.

“We need our younger players to “play” freely more in training. This method allows more “free” play but then also gives the opportunity to teach using activities in the middle (isolation method) before going back to the game.”

-Vincent Ganzberg

DOC Indiana Youth Soccer

US Soccer Coaching Education National Staff

NSCAA National Staff



Play - Practice - Play Implementation

1. *Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pinnies, and balls on each field).*
2. *Bring players in together as a group - Provide the training objective/theme.*
 - *“In this game I want to see if you can look to take players 1v1 and penetrate into the final 1/3 using the dribble to create scoring opportunities.....”*
3. *Coach in the flow.*
4. *Use Proper Coaching Cues - Head up, Control>Speed, Turn, Dribble, Pass, Shoot...etc.*

Play - Practice - Play



Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pennies, and balls on each field)

Bring players in together as a group - Provide the training objective/theme:
Example - "In this game I want to see if you can look to take players 1v1 and pass to your teammates to create scoring opportunities..."

Key Coaching Cues:

- Head up!
- Dribble or Pass into space or to teammates feet.
- Control > Speed

Play - Practice - Play Scrimmage

*Each Session can end w/ scrimmage against another WYSA team of same age group.
Discuss with another Coach before practice or during a water break to coordinate.*





Positional Numbering System

Recommended System for 11v11:

1-4-4-2





Positional Numbering Areas of Play

#1 Goalkeeper

Attack:

- *Make penetrating passes up field if possible to space for teammate*
- *Make possession passing to teammate's feet*
- *Act as support/outlet for teammates while in possession*

Defense:

- *Collect serves in playing area with feet or hands*
- *Collect shots on goal*
- *Organize #4, #5, and #8 while transition to defend, and during defense*





Positional Numbering Areas of Play

#5 Center Back

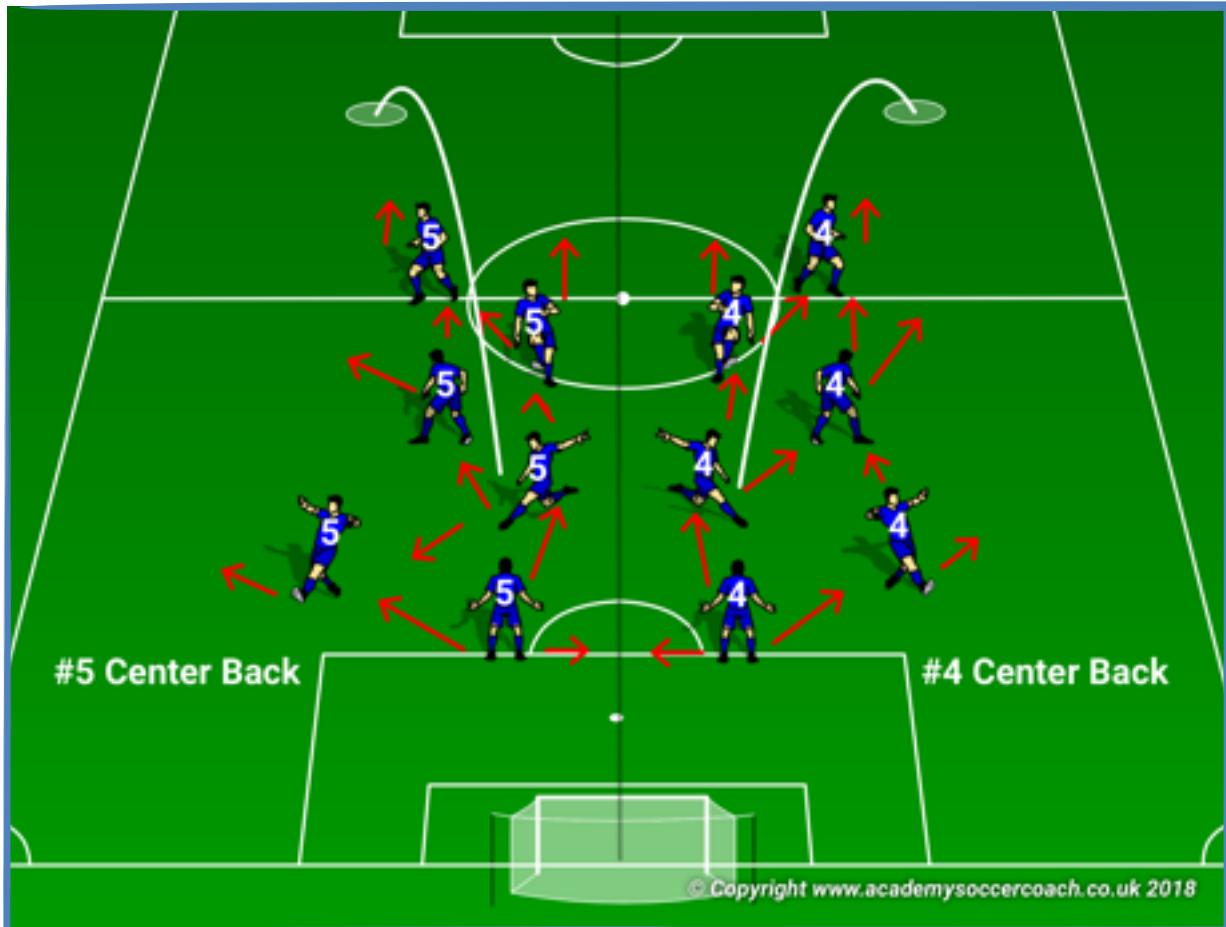
#4 Center Back

Attack:

- Make penetrating passes up field if possible to space for teammate
- Make possession passing to teammate's feet
- Act as support/outlet for teammates while in possession

Defense:

- Collect serves in playing area with feet or hands
- Collect shots on goal
- Organize #2, #3, #4, #6, and #8 while transition to defend, and during defense





Positional Numbering Areas of Play

#3 Left Back

#2 Right Back

Attack:

- Penetrate through combinations or dribble
- Provide services/scoring chances from wide areas
- Connect/Support #1, #8, #7, #11, and #9

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #1, #8, #7, and #11
- Provide balance when defending during transition





Positional Numbering Areas of Play

#7 Left Wing

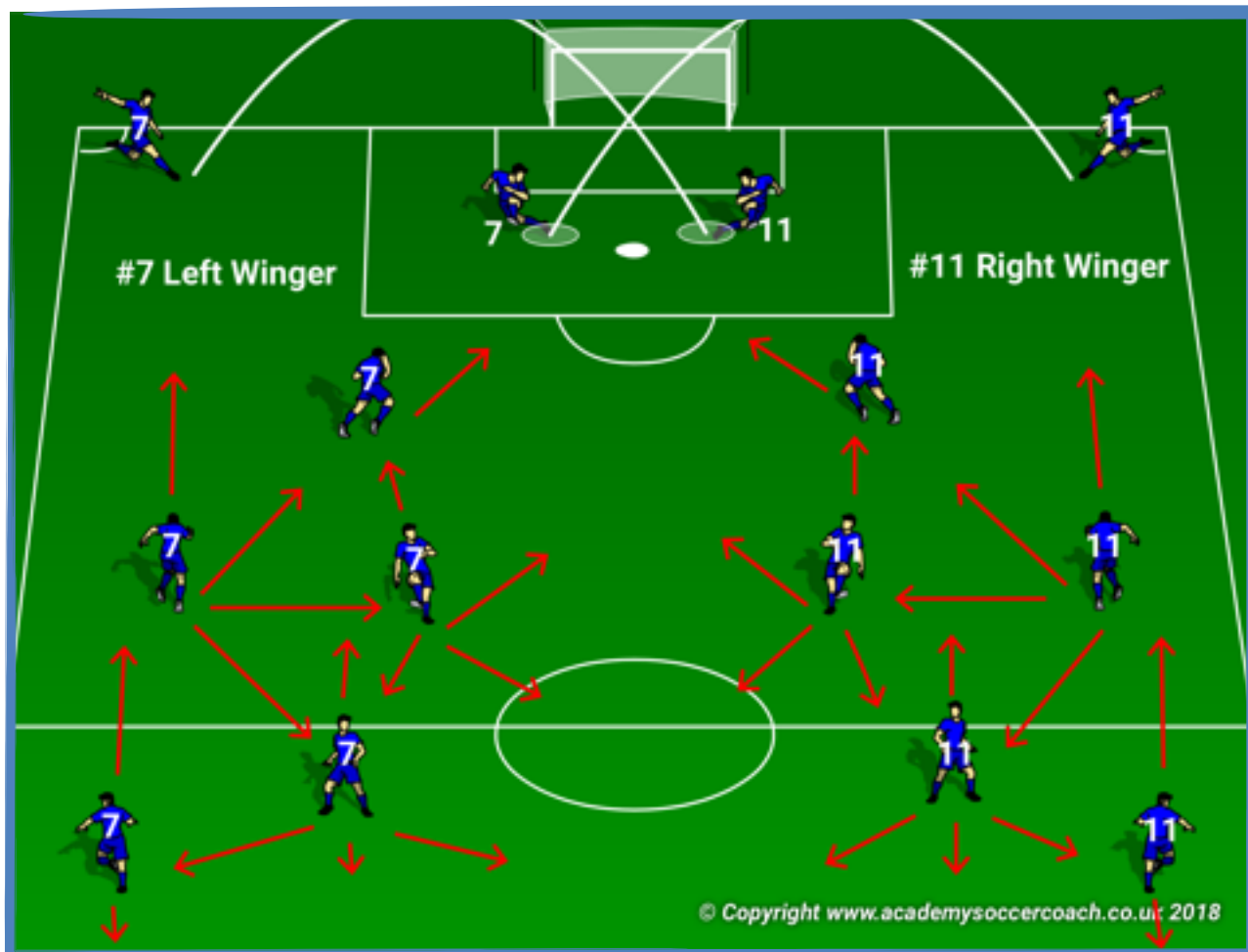
#11 Right Winger

Attack:

- Penetrate with the ball via dribble, pass, shot
- Provide services/scoring chances from wide areas
- Connect/Support #1, #4, #5, #8, and #9

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #4, #5, #8, #9
- Provide balance when defending on weak side during transition





Positional Numbering Areas of Play

#8 Central Midfield

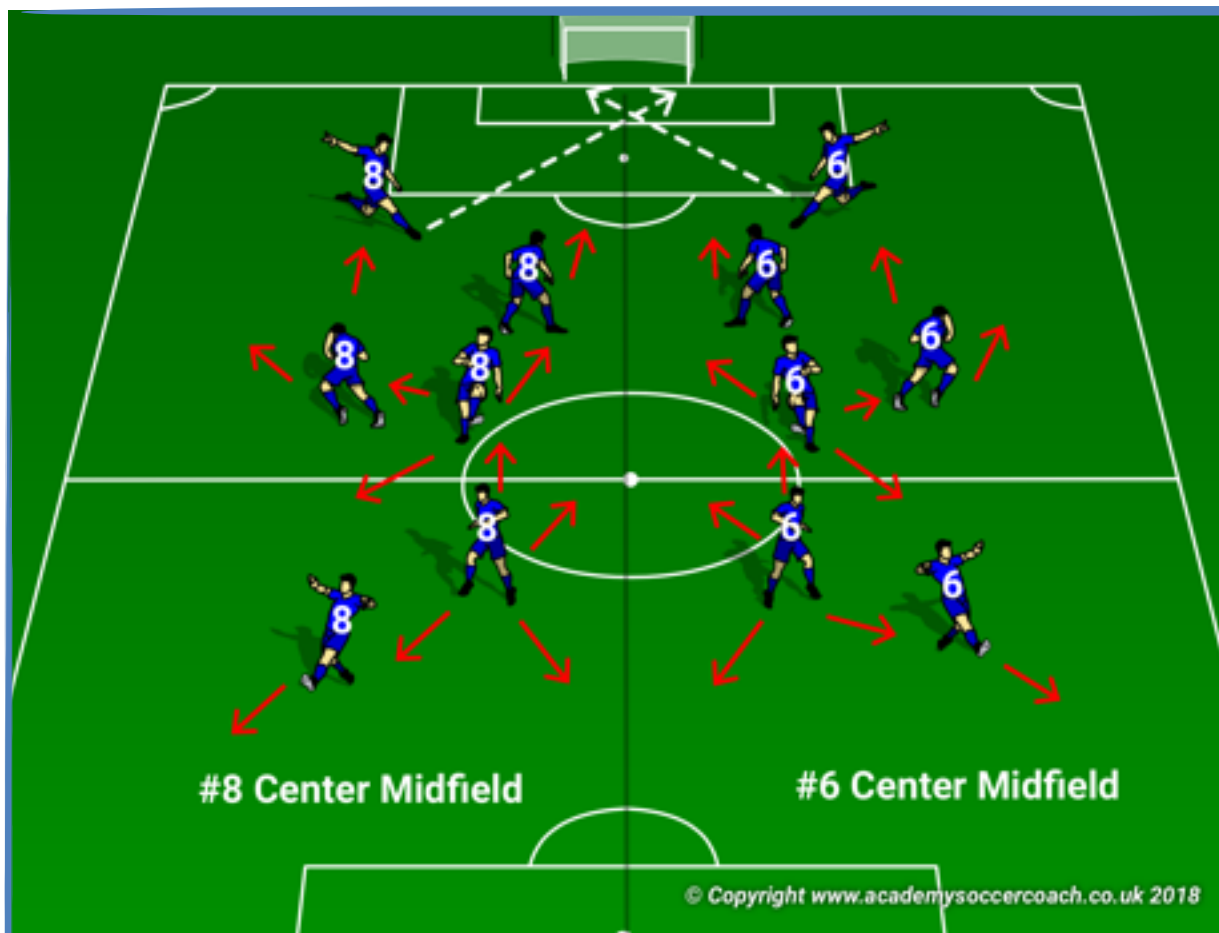
#6 Central Midfield

Attack:

- Penetrate with the ball via dribble, pass, shot
- Connect/Support #1, #4, #5, #11, #7, and #9
- Dictate penetration (going forward), or maintaining possession (sideways, or back)

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #4, #5, #7, and #11
- Provide transition defense, and recover to defend the ball





Positional Numbering Areas of Play

#9 Forward

#10 Forward

Attack:

- Penetrate with the ball via dribble, pass, shot
- Act as outlet & support for #1, #4, #5, #7, #11, and #8
- Maintain possession (hold ball) vs unbalance defense (look to penetrate)

Defense:

- Provide pressure on ball while other team is in possession
- Try to immediately regain lost possession vs redirect pressure
- Pressure opposing #1, #4, #5, #7, #11, and #8 while in possession





Planning a Session:

- 1. Prepare the space for number of players***
- 2. Differentiate activities based on age/skill Level***
- 3. Change the shape and size of field - Small Sided Games***
- 4. Use parent helpers or assistant Coaches during activities***
- 5. Limit touches on the ball***
- 6. Add unopposed(No Pressure) zone***
- 7. Counter Attack Goals***
- 8. Divide the field into zones***
- 9. Play with numbers advantage***
- 10. Allow time to educate - Positional Play***



Session Objective:

- Dribble Progression
- Striking
- Team Play



Individual Dribbling(10min.)

Each player has a ball in the space. Coach should lead a demonstration of the various surfaces(Inside, Outside, Laces, Sole) and individual moves(Feint, Scissors, Step-over). Change pattern. Rest every : 30-:45sec..

Coaching Cues

Keep the ball close - Light touch - No chase - Head up!



1v1 Partner Duels(5-10min.)

Two players (partners) & 1 ball. Coach designates which player that starts with the ball. 1v1 duel begins with each player trying to be in possession of the ball after time is called. Rest every :30-45sec..

Coaching Cues

Protect the ball - Shield - Dribble - Find Space - Head up!



1v1 to Goal(8-10min.)

Two teams of players line up on each side of the goal. Coach says "Go", or play numbers(designate #'s to players). Once signaled, players run around Coach, who then passes ball to either player.

Coaching Cues:

Attack - Defend - Strike w/ Inside or Laces



Session Objective:

- Dribble and Passing Progression
- Striking
- Team Play



Gate Dribbling(8-10min.)

Put down 10-15 gates on half of the space. Each Player has a ball.

Coaching cues:

Keep the ball close - Head up - Control > Speed

Progression:

- How many gates can you dribble thru?
- Add Transitions(Inside, Outside, Sole)
- Add 1v1 skill moves(Feints, Scissors, Stepovers)



Choose from Passing Patterns:

1. Line
2. Triangle
3. Box
4. Diamond
5. Y
6. Star



2v2 to Goal(8-10min.)

Two teams and two lines of players on each side of the goal. Coach says "Go". Once signaled, players run around Coach, who then passes ball to either team of players.

Coaching Cues:

Attack - Defend - Pass - Find Space - Strike w/ Inside or Laces



Session Objective:

- Dribble and Passing Progression
- Striking
- Team Play



Technical Circle(10min.)

One team of players inside the circle, the other team spread out on the outside. Players inside have ball to start.

Progression:

1. Dribble
2. One/Two Touch Pass
3. Airball

Coaching Cues

Keep the ball close - Light touch - No chase - Head up! - Eye on ball



1v1 Mini Tournament(10-15min.)

Set up 15x15 playing fields. Players play 1v1, trying to knock over the opponents cone with pass/shot. Play 1:00min. rounds. Rotate players.

Coaching Cues

Keep the ball close - Attack - Defend - Skill moves - Head up! - See your target



2v1 Overload to Goal(8-10min.)

Defending team of players lines up next to goal. Attacking team makes two lines at half. Coach plays ball in to attacking team who try to beat defender to goal.

Coaching Cues:

Attack - Defend - Pass - Find Space - Strike w/ Inside or Lace



Session Four

Session Objective:

- Dribble and Passing Progression
- Striking
- Team Play



Individual Dribbling - Add Cones and Skill Moves(8-10min.)

Each player has a ball in the space. Coach should lead a demonstration of the various surfaces(Inside, Outside, Laces, Sole) and individual moves(Feint, Scissors, Step-over). Rest every :30-:45sec..

Coaching Cues

Head up! - Keep the ball close - Light touch - No chase



Choose from Passing Patterns:

1. Line
2. Triangle
3. Box
4. Diamond
5. Y
6. Star



1v1 to Goal(8-10min.)

Two teams of players line up on each side of the goal. Coach says "Go", or play numbers(designate #'s to players). Once signaled, players run around Coach, who then passes ball to either player.

Coaching Cues:

Attack - Defend - Strike w/ Inside or Lace



Session Five

Session Objective:

- Dribble and Passing Progression
- Striking
- Team Play



Technical Passing w/ Partner

Two Touch:

1. Inside-Inside
2. Outside-Inside
3. Sole-Inside

One Touch:

1. Inside
2. Outside
3. Lace

Coaching Cues:

Pay attention to the obstacle! - Head up - Control > Speed! - Strike w/ Inside or Lace



Obstacle Course

1. Player passes to Coach.
2. Player then jumps over hurdles, runs through ladder to then receive ball from Coach.
3. Player perform zig-zag dribble around cones.
4. Player finishes inside Pugg goal.

Coaching Cues:

Pay attention to the obstacle! - Head up - Control > Speed! - Strike w/ Inside or Lace



2v2 to Goal(8-10min.)

Two teams and two lines of players on each side of the goal. Coach says "Go". Once signaled, players run around Coach, who then passes ball to either team of players.

Coaching Cues:

Attack - Defend - Pass - Find Space - Strike w/ Inside or Lace



Session Six

Session Objective:

- Dribble and Passing Progression
- Small Sided Game
- Team Play



Technical Dribbling Course

1. Player starts with dribble in/out of disc cones
2. Slalom dribble through big cones.
3. Finishing w/ strike to pugs goal
4. Add restrictions(Right foot only, Inside Only, etc.)

Coaching Cues:

Head up! - Keep the ball close - Light touch - Strike w/ Inside or Lace - See the target



Choose from Passing Patterns:

1. Line
2. Triangle
3. Box
4. Diamond
5. Y
6. Star



2v2 w/ Multiple Goals + Transition(8-10min.)

Each team makes two lines, and is designated attackers or defenders. Coach passes ball in to attacking team, who then create scoring opportunities. If defenders win the ball, they can transition to opposing team goal. Rest and switch roles every 3-4min..

Coaching Cues:

Attack - Defend - Pass - Find Space - Strike w/ Inside or Lace



Session Objective:

- Passing Game
- Striking
- Finishing



Passing Accuracy(8-15min.)

Set up two colored gates 10-15 yards apart, and place a large cone in-between. Players partner up, and use proper passing technique to try and knock over the large cone. How many times can you knock over cone in 1min? Play 2-3 rounds.

Coaching Cues:

Locked Ankle - Inside - Lace - See Your Target - Stay in your position



Technical Passing and Receiving(10-15min.)

Set up multi colored gates. Groups of three players each line up in between each colored gate. Players on the outside gate each have a ball. Middle player works turning, receiving, and passing with each outside player. Switch roles every :45-1:00min..

Coaching Cues:

Locked Ankle - Inside - Lace - See Your Target - Stay in your position



Basic Finishing(8-10min.)

Players make two lines beyond the goal box. One player from either side starts by creating a wall pass w/ Coach. Player receives ball and shoots on goal. Rest and switch side/distance every 1-1:30min..

Coaching Cues:

Locked Ankle - Inside - Laces - Head up! - See Your Target



Session Objective:

- Dribble and Passing Progression
- Striking
- Team Play



Technical Star Dribbling + Passing + Receiving

Set up outside cones 10-15 yards from middle cones. Players line up at each cone. Outside players pass to middle players. Middle Players dribble/pass to outside player. Switch rotation every 1:30-2:00min..

Coaching Cues:

Keep the ball close - Light touch - No chase - Head up! - Eye on ball - Follow rhythm



Choose from Passing Patterns:

1. Line
2. Triangle
3. Box
4. Diamond
5. Y
6. Star



3v3 + 1v1(Wide Area)

Set up wide area(5-10yards) from sideline. Play 4v4 in the middle. Wide players play 1v1. Switch player positions every so often.

Coaching Cues:

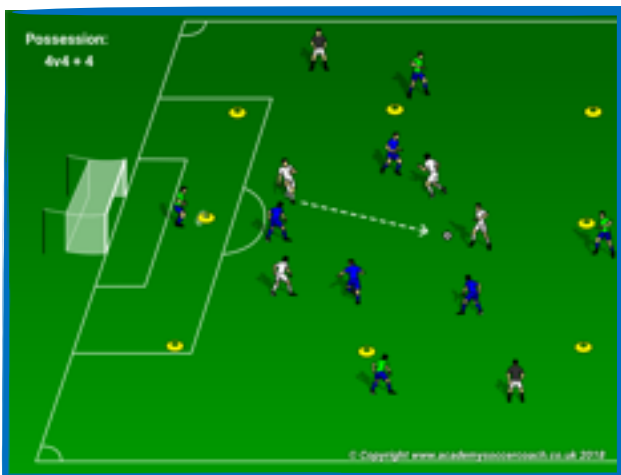
Attack - Defend - Support - Wide - Find Space - Pass - Shoot - Cross



Session Nine

Session Objective:

- Possession
- Small Sided Game
- Finishing



Possession: 4v4 + 4(15-25min.)

Set up 25x25 field. Make three teams. Middle team in possession of the ball can use outside team/ players for support. Essentially, it becomes an 8v4. Play 2:00-3:00min. rounds. Rotate teams.

Coaching Cues:

Attack - Defend - Scan - Support - Wide - Find Space - Pass



3v2 w/ Transition to Mini Goals

Set up wide area(5-10yards) from sideline. Play 4v4 in the middle. Wide players play 1v1. Switch player positions every so often.

Coaching Cues:

Attack - Defend - Support - Wide - Find Space - Pass - Shoot - Cross



A-B-C Finishing(15-25min.)

Set up three cones 20-30yards away from goal. **A** dribbles at pole, performs skill, then shoots. **A** then creates wall pass w/ **B**, and **B** shoots. **C** then dribbles the wide area towards marker and performs a cross into both **A** and **B** crashing the goal box.

Coaching Cues:

Follow rhythm - Locked Ankle - Inside - Lace - Shoot - Pass - Cross



Session Objective:

- Possession
- Small Sided Game
- Finishing



Ladder Drills(8-15min.)

1. Single Leg Hop Series
2. Speed and Agility Development
3. Soccer Specific(add ball)

Coaching Tips:

See Technical Director Coach John for resource. If you are confident using ladders, please use them as a performance tool for your players.



Choose from Passing Patterns:

1. Line
2. Triangle
3. Box
4. Diamond
5. Y
6. Star



3v3 +3 in Goal Box

Make three teams. Two teams play 3v3 inside the goal box. Team in possession of the ball can use outside team/players for support. Essentially, it becomes an 6v3. Play 2:00-3:00min. rounds. Rotate teams.

Coaching Cues:

Attack - Defend - Scan - Support - Wide - Find Space - Pass



Session Eleven

Session Objective:

- Dribbling and Passing Progression
- Finishing
- Small-sided game



Individual Dribbling - Add Cones and Skill Moves(8-10min.)

Each player has a ball in the space. Coach should lead a demonstration of the various surfaces(Inside, Outside, Laces, Sole) and individual moves(Feint, Scissors, Step-over). Rest every :30-:45sec..

Coaching Cues

Head up! - Keep the ball close - Light touch - No chase



A-B-C Finishing - Progression

A performs shuttle dribble and then shoots. A then receives pass from B. B performs run thru ladder and then receives ball into space from A. C performs slalom dribble, then dribbles the wide area towards flag. C initiates cross to waiting A and B in goal box.

Coaching Cues:

Follow rhythm - Locked Ankle - Inside - Lace - Shoot - Pass - Cross



5v5 + 4

Play 5v5 in the middle area. Play should be developed in the center of the park and played wide to a wall player where they will play a ball into the box for the forwards to finish. This is a regular game of soccer and players should be rotated so each color acts as a wall player within the duration of the game.

Coaching Cues:

Attack - Defend - Scan - Support - Wide - Find Space - Pass



REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.