



YOUTH FOUNDATION

BY TOM SAUDER

Print & Go Practice Plans and Drills

- basic skills and tactics
- an essential guide for all youth soccer coaches



SAMPLE

TABLE OF CONTENTS

Acknowledgement	4
Introduction	5
Our Philosophy	6
Usage Recommendations	7
Practices Summary Matrix	8
Season Practice Sequences	9
Print & Go Practices	10
· # 1 Shooting, Ball Control, Flank Attack	11
· # 2 Moves, 1v1	12
· # 3 Shooting, Speed, Change of Direction	13
· # 4 Shooting, Reaction, Scoring	14
· # 5 Passing, Dribbling, Shooting	15
· # 6 Flank Attack, Shooting, Anticipation	16
· # 7 Defending, Agility, Speed	17
· # 8 Moves, Passing, Transition Play	18
· # 9 Moves, Shooting, Flank Attack	19
· #10 Moves, Passing, Reaction	20
Warm-Ups	21
· # 1 Dribbling, Receiving the Ball	22
· # 2 Change of Direction, Moves	23
· # 3 Dribbling, Moves	24
· # 4 Dribbling, Receiving, Reaction	25
· # 5 Dribbling, Overlap Passing, Reaction	26
· # 6 Anticipation, Dribbling	27
· # 7 Agility, Dribbling	28
· # 8 Moves #1	29
· # 9 Moves #2	30
· #10 Moves, Reaction	31
Technical Skills	32
· # 1 Change of Direction, Dribble and Shoot	33
· # 2 Change of Direction, Cut Backs	34
· # 3 Dribble and Shoot #1	35
· # 4 Dribble and Shoot #2	36
· # 5 Overlap Runs with 2v1, scoring	37
· # 6 Pass and Shoot	38
· # 7 Defending 2 Goals	39
· # 8 4 v 2 Passing	40
· # 9 Dribble and Shoot #3	41
· #10 3 v 6 Defending	42



This is a **sample book**.

At Coach's Advantage, we know our products speak for themselves.

So we have given you the tools to run **one full practice**.

This sample includes:

- I Practice
- I Warm Up
- I Technical Skill
- I Fitness Drill
- I Tactical Drill
- I Scrimmage

TABLE OF CONTENTS

Fitness Drills	43
· # 1 Run-Sprint-Shoot	44
· # 2 Cooper Test Run	45
· # 3 Change of Direction Sprints	46
· # 4 Reaction Sprints	47
· # 5 Reaction Dribble and Sprints	48
· # 6 Sprints, 1 v 1, Shoot	49
· # 7 Pass, Turn, Sprint, Pass in rectangle	50
· # 8 Pass, Turn, Sprint, Pass in Straight Line	51
· # 9 Jump and Shoot	52
· #10 2 v 2 + N, Fast Break	53
Tactical Drills	54
· # 1 Flank Attack with Switching Play	55
· # 2 1 v 1 with Change of Direction	56
· # 3 Fast Break Attack	57
· # 4 Fake Defender and Shoot	58
· # 5 3 v 3 Penetration, Passing, Shooting	59
· # 6 Flank Attack #1	60
· # 7 Defending 1 v 1	61
· # 8 Transition Play	62
· # 9 Flank Attack #2	63
· #10 Pass and Follow	64
Scrimmages	65
· # 1 4 v 2 on 2 Goals	66
· # 2 3 v 3 on 2 Goals	67
· # 3 4 v 4 on 4 Goals	68
· # 4 4+GK v 4+GK on 2 Goals	69
· # 5 4 v 4 on 4 Goals w.GK	70
· # 6 6 v 4 with GK on 3 Goals	71
· # 7 4 v 2, no Goals	72
· # 8 5+GK v 5+GK on 2 Goals, ½ Field	73
· # 9 6+GK v 6+GK on 2 Goals, ½ Field	74
· #10 3 v 3 on 4Goals with GK	75



YOUTH SOCCER PRACTICE # 1

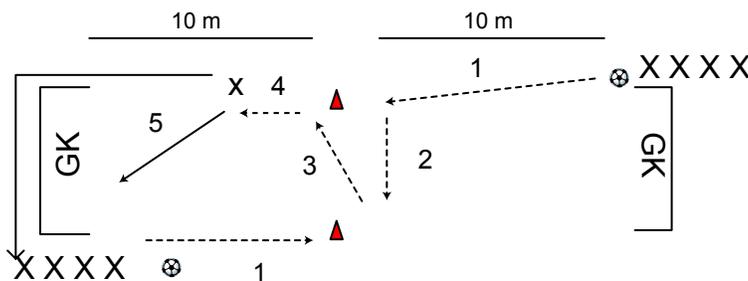
Practice Focus: Shooting, Ball Control, Flank Attack

Time: 1.5-2 hrs including arrival/leaving

Warm-Up: Dribbling & Receiving the Ball (30 min)

1. Each player dribbles a ball around field in various sizes of the figure 8 using the same foot .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. In pairs, 10m apart, each pair with a ball. Player throws ball to partner's head and calls "catch" or "head". Partner does opposite of command, heads ball when call is "catch" and vice versa. Alternate.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, 15m apart, each pair with a ball. Partner passes ball and calls either "man on" or "turn". "man on" requires one touch pass back , "turn" requires controlling ball, turning, dribble two steps turn again and pass back to partner, calling out either command.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Heel stretch (hold 20 seconds each side, 3 reps/side)

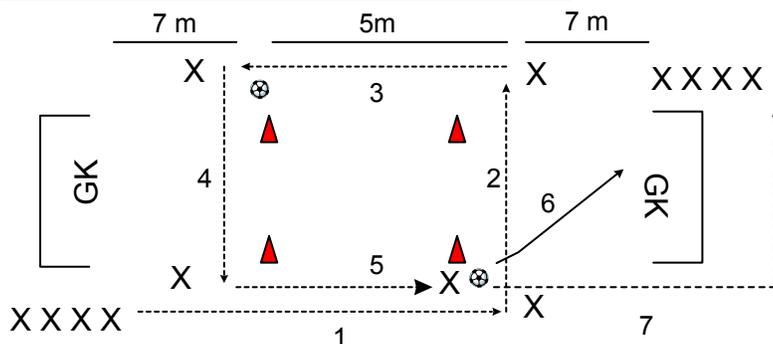
Technical Skill: Change of Direction Dribble and Shoot. (15min)



1. X dribbles ball to cone
2. X changes direction and dribbles to opposite cone
3. X changes direction and dribbles diagonally across, wide of the net.
4. X sets up shot with one last touch
5. X shoots and runs to end of opposite line

Both lines do drill at same time avoiding collision at center by looking up.

Fitness Drill: Run-Sprint-Shoot. (15 min)

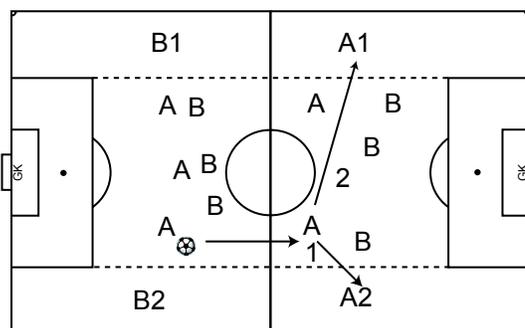


1. X half sprints to second cone
2. X sidesteps to cone across
3. X runs backwards to 4th cone
4. X sidesteps to cone 1
5. X sprints to ball
6. X shoots ball on target
7. X sprints to back of other line

Both lines do drill at same time, avoiding collisions.

Coach/helper replaces ball for next shot

Tactical Drill: Flank Attack with Switching Play. (30 min)



A1/A2 & B1/B2 stay in their lanes and cannot be challenged. Teams must play into a wide lane (1) before they can score. Encourage teams to switch play (2) to stretch the defense.

Scrimmage: 4 v 4 on 2 goals. (30 min)

Choose 4v.4 small games and set up small fields. Vary rules as to number of touches ,player position, moves.etc. before goal can be scored. Or Play full field scrimmage with a particular tactical objective.

Players should be busy at all times. If drills keep players inactive, break team into smaller groups and run parallel drills.



Warm - Up # 1: Dribbling & Receiving the Ball

1. Each player dribbles a ball around field in various sizes of the figure 8 using the same foot .
2. Runners stretch (hold 20 seconds each side, 3 reps/side)
3. In pairs, 10m apart, each pair with a ball. Player throws ball to partner's head and calls "catch" or "head". Partner does opposite of command, heads ball when call is "catch" and vice versa. Alternate.
4. Quad stretch (hold 20 seconds each side, 3 reps/side)
5. In pairs, 15m apart, each pair with a ball. Partner passes ball and calls either "man on" or "turn". "man on" requires one touch pass back , "turn" requires controlling ball, turning, dribble two steps turn again and pass back to partner, calling out either command.
6. Hamstring stretch.(hold 20 seconds each side, 3 reps/side)
7. Heel stretch (hold 20 seconds each side, 3 reps/side)

Coaching Points/Progression

1. Dribbling:

Start players with a "number 8" large enough to keep control of the ball while moving. Then increase dribbling speed and make the circles smaller. Encourage switching between inside and outside of foot when dribbling.

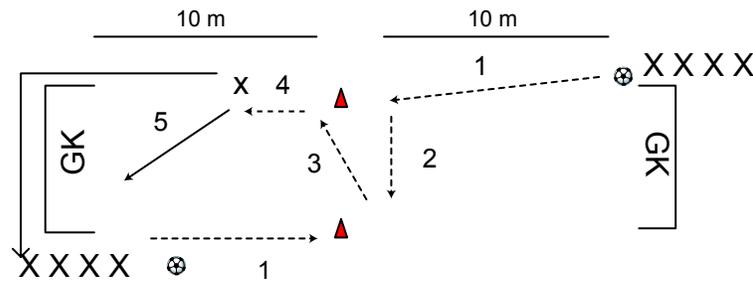
2. Passing:

On the one touch pass back, the passer needs to call out command to partner right away. That may be challenging - in that case only have a command after the "turn" move. Ensure that the players call out the command in a timely manner giving the receiver enough time to react. As the drill gets easier to execute, reduce the time to react to the command.

Coach's Notes



Technical Skill # 1: Change of Direction Dribble and Shoot



1. X dribbles ball to cone
2. X changes direction and dribbles to opposite cone
3. X changes direction and dribbles diagonally across, wide of the net.
4. X sets up shot with one last touch
5. X shoots and runs to end of opposite line

Both lines do drill at same time avoiding collision at center by looking up.

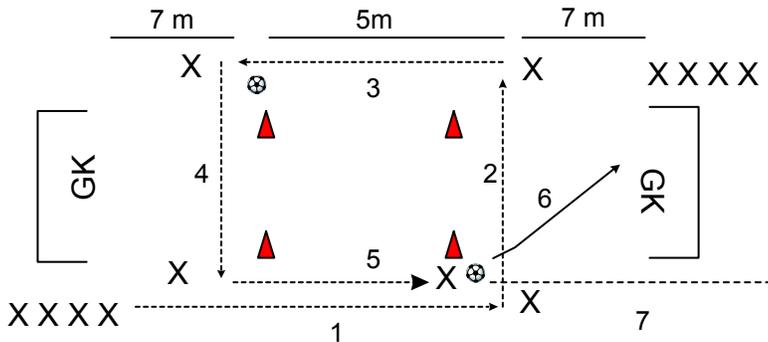
Coaching Points/Progression

1. Ask players to dribble as close to cones as possible without ball touching cone.
2. Get right up to first cone and make a sharp cut with inside foot (right footed dribble).
3. At the second cone, cut the ball inside with outside of foot.
4. Back at the first cone (step 3-4) cut back with inside foot.
5. The final (4) touch prior to shot should have the ball angled towards the direction of the shot (goal) and set up the ball such that the player can strike the ball with the next step.
6. Aim the shot for the far post.
7. When players are executing the dribble well, progress as follows:
 - a. dribble with both feet and alternating inside/outside of foot.
 - b. speed up dribbling speed.
 - c. dribble with head up looking at other players and goal while controlling ball close.
8. Make sure players look up at their target before taking the shot.

Coach's Notes



Fitness Drill # 1: Run - Sprint - Shoot



1. X half sprints to second cone
2. X sidesteps to cone across
3. X runs backwards to 4th cone
4. X sidesteps to cone 1
5. X sprints to ball
6. X shoots ball on target
7. X sprints to back of other line

Coach/helper replaces ball for next shot

Both lines do drill at same time, avoiding collisions.

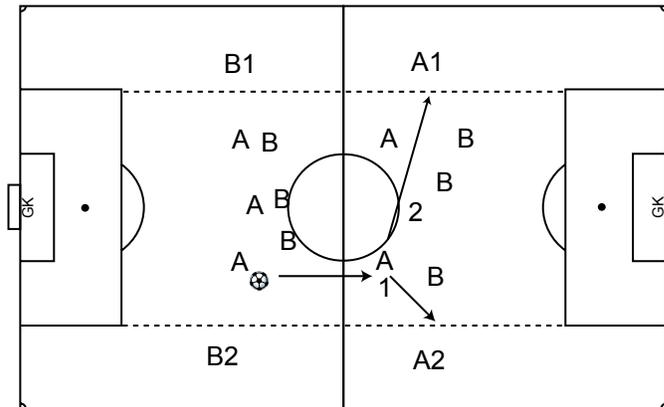
Coaching Points/Progression

1. Sidestep (2) means facing goal while shuttling across.
2. While running backwards players can look over their shoulder to keep straight.
3. Aim shot at far post and keep it low.
4. To keep the drill moving have a supply of balls at the shooting position and a person placing a new ball for the next player.
5. You can adjust the running and shooting distance to suit your team's abilities.
6. Instead of a shot, you can throw the ball for a header (GK can do this).
7. This drill also helps goalies, so make sure they play the angle properly.
8. Time the running such that the goalkeeper has time to reset before the next shot.

Coach's Notes



Tactical Drill # 1: Flank Attack with Switching Play



A1/A2 & B1/B2 stay in their lanes and cannot be challenged.

Teams must play into a wide lane (1) before they can score.

Encourage teams to switch play (2) to stretch the defense.

Coaching Points/Progression

1. Line up your teams with players in positions they usually play.
2. When switching the play, ask to do the switch in two passes. You can adjust this based on the ability and strength (for long passes) of your team.
3. Progression options:
 - a. allow the wide players to leave their lanes after they pass the ball out.
 - b. allow all lane players to play out and only ask one player to run into the lane if they want the ball. This requires lots of communication.
 - c. allow players to be challenged in the lanes.

The critical success factor of this drill is to play the ball into the lanes fast and then generate a scoring chance quickly through a dribble and cross, or a direct diagonal cross. Players not in lanes must make the runs to receive passes and crosses.

Coach's Notes



Scrimmage # 1: 4 v 4 on two Goals

Choose 4v.4 small games and set up small fields.

Vary rules as to number of touches ,player position, moves.etc. before goal can be scored.

Or

Play full field scrimmage with a particular tactical objective.

Coaching Points/Progression

1. If setting up small fields, adjust the size of the fields to force a lot of passing or 1v1's, i.e. make the fields reasonably small.
2. Use cones to make 2 m wide goals, no goalkeepers.
3. Consider making the small groups based on how they line up in your team. This can take the form of groups of defenders, midfielders, forwards, OR, put "vertical" groups together consisting of defender(s), midfielder(s) and forward(s). Use the small sided game to get players to get used to each other.
4. Be creative with special rules but make sure they are consistent with your style of play.
5. If you have little time before your first season game consider a full field game. If you don't have enough players to field two full teams recruit volunteers (parents, brothers, sister, friends) to make up the opposition. This also enhances the "fun" part of the game.

Coach's Notes