

Soccer Practice Plan

Name: Marsha Lycan

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Age Group: U18 Girls

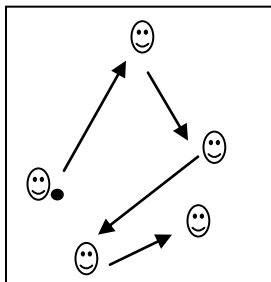
Theme: Possession for Penetration in Final Third

Activity

Coaching Points

1st Activity (warm-up)

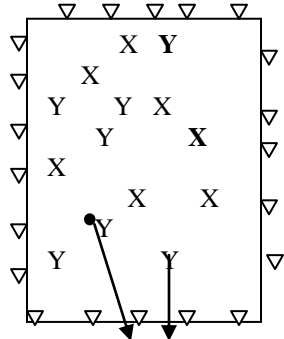
Players in groups of 4 or 5 in small 15 x 15 grid with one ball. Players move throughout grid playing one touch.



- Quality of pass
- Short pass vs long pass, played to proper foot
- Off ball movement, timing of runs AS ball is travelling
- Communication

2nd Activity 8 v 8

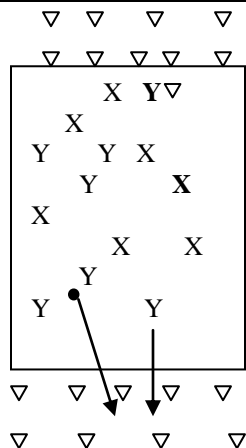
40 x 50 yd grid with cones every 5 yds on perimeter. Play 8 v 8 in middle for possession. Once team completes 5 passes, can send a player through cones to score point. No defending outside perimeter. Pass to player must be thrua different set of cones than run.



- Support ball for possession
- Speed of play
- Patience with ball to create good opportunities
- Visualize and anticipate penetrating runs
- Communication
- Timing of pass

3rd Activity 8 v 8 Progression

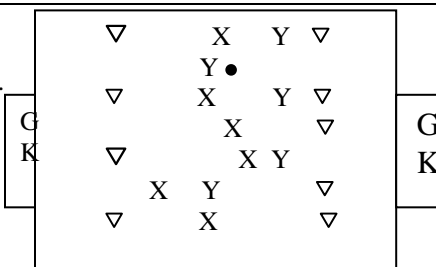
Progression from above now playing directionally. Point scored by playing ball into end zone through gate. Run must still be through different gate. Offsides in effect. defending outside perimeter.



- Shape and balance to support underneath ball
- Timing of runs, pass, visual cues
- Straight pass-diag run, Diag run-straight pass
- Look for opportunities to combine
- Be CREATIVE and anticipate

5th Activity (the game)

Play 8 v 8 in middle of field with cones marking final third. Play directionally with goals and GKs. After 5 passes, can send player thru cones, same as above.



- ALL OF ABOVE
- Timing of runs, offsides in effect

