

**DC STODDERT
SESSION PLANS**

**U11-14 - 5TH-8TH GRADE
9V9**





SOCCER SESSION PLAN #: 01 AGE GROUP: 5TH-8TH GRADE PLAYERS 12+ STAGE: 1

FOCUS: SPREADING PLAY AND STRIKING THE BALL TO SWITCH OR SCORE

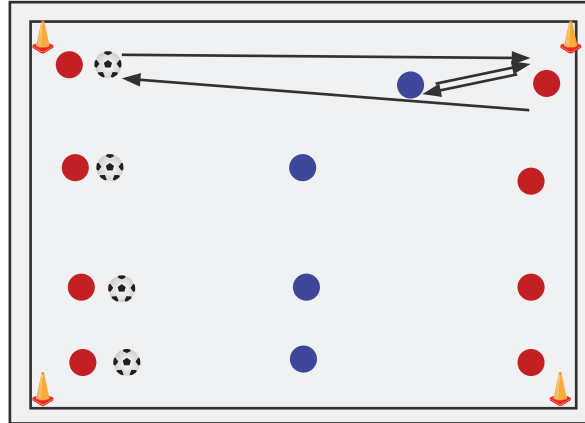
- ▶ Good contact makes the ball go, get feet set and ball outside of body to be able to get clean contact
- ▶ Pass through the ball, finish with your foot facing the target

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- Long, short, short, long
- Long ball is driven and followed by striker, then combines with receiver before receiver repeats back the other way
- Change combinations, 2 touch to 1
- Angle of ball and quality of lay off from receiver
- Sharp burst of pace
- Look for best group, and give points for perfect completions ONLY

TECHNIQUE:



KEY POINTS:

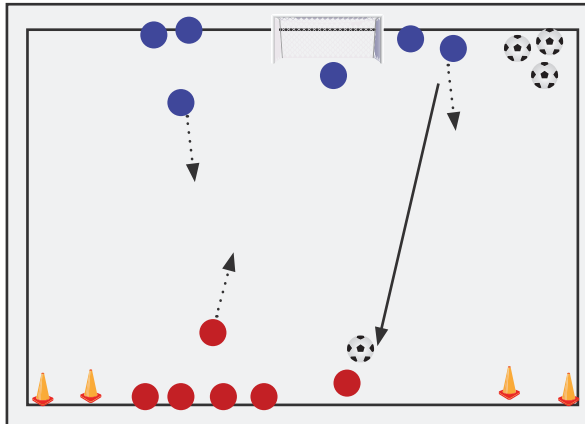
- Good firm passes all round
- Surface of foot LACES
- Ball out side of shoulder width to swing through
- Follow through swing
- At pace, with direction
- Movement off the ball immediate and direct
- Communicate - demand it
- Shuffle feet when receiving to get in line with pass - NO LUNGE

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- x2 teams x1 Att x1 Def
- Att score in big goal, Def score in either of x2 side small cone goals
- Start with long ball from Att side, Def receives and plays long driven ball back to Att, Att receives tries to finish as Def tries to stop Att
- If GK or Def win it, play out the other way to small goals
- Keep score Att v Def and change after 1st team to 5
- Continue scoring for Def when they Att

TECHNIQUE:



KEY POINTS:

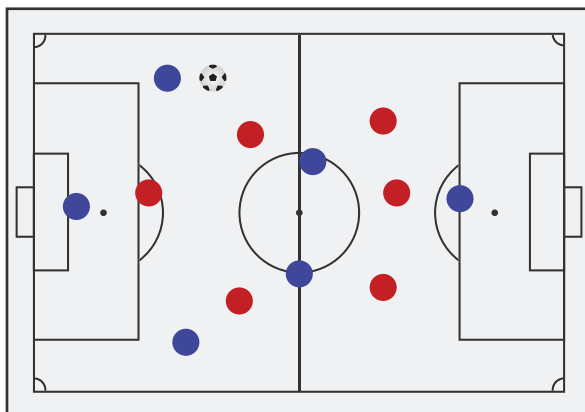
- Ask for the ball
- Pace of pass, technique of strike, with laces
- Take early chance on goal to finish by striking through ball
- Get ball out of the feet before striking, even when starting always TOUCH-PLAY
- Head over ball
- If 1st pass isn't good enough, go to next player

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 6vs6 with GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Both teams play 3-2 and look to get shots on target 1st (from distance)
- Keep the ball
- Goal outside the box = 2
- Encourage positive 1st touch and driving at goal
- Keepers look down field and wide early
- Lots of action on goal

TECHNIQUE:



KEY POINTS:

- Move the ball at speed
- Hit the target when in range
- Concentrate on a good connection and timing, not trying to smash the leather off the ball
- Set each other up for better shooting position
- Lay offs to appropriate foot

Add a zone if needed and outnumber Def with more Att to increase action

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



SOCCER SESSION PLAN #: 02 AGE GROUP: 5TH-8TH GRADE PLAYERS 12+ STAGE: 1

FOCUS: DRIBBLING TO BEAT OPPONENTS AND MAINTAIN POSSESSION

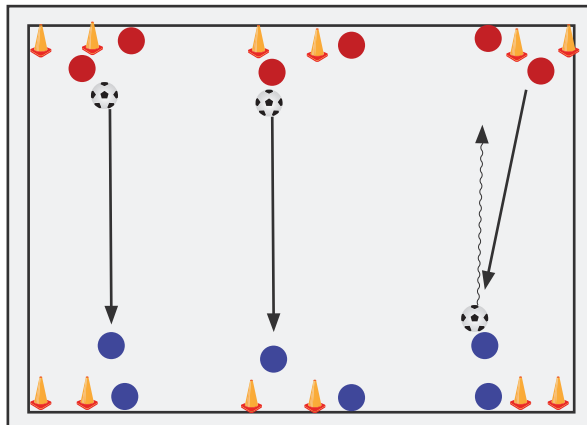
- ▶ Good contact makes the ball go, get feet set and ball outside of body to be able to get clean contact
- ▶ Pass through the ball, finish with your foot facing the target

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- 1vs1 to small goals (attack one goal)
- Def starts with long firm side foot pass to Att feet who then dribbles to beat Def
- Keep ball in your grid
- Once goal is scored, or ball is out, next x2 play
- Keep the ball moving and action flowing
- Keep score, losing team =5 push ups
- No sliding, Def must stay on their feet
- Attackers can dribble or pass through goal
- Change sides after x5 goals or x4 minutes

TECHNIQUE:



KEY POINTS:

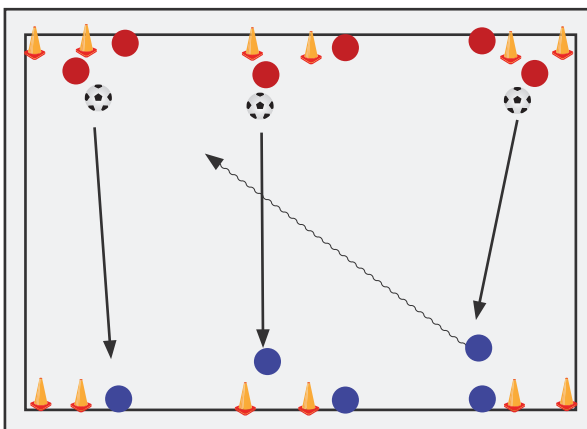
- Try to unbalance defender and dribble at an angle at pace
- 1st touch into space at speed
- Skills on the ball, and when to use it, not too close/far
- Cut in and out, use both feet
- Drop the shoulder, be tricky
- PACE
- Accelerate to exploit space made

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- 1vs1 to goal, but now you can score in any of oppositions x3 goals
- You can also drop the ball back when facing own goal to teammate on the line to MAINTAIN possession
- Teammate on line has x2 touch MAX
- Can't score in a goal that someone else has scored in, so use pace to be the first to score and take your pick
- Still play against opposite player, but rotate players to play someone new each time
- Goal scorers stay on and face new DEF - makes it harder work physically

TECHNIQUE:



KEY POINTS:

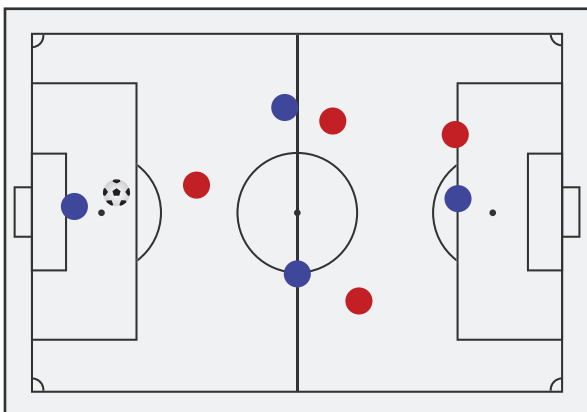
- Speed of play
- Identify when to keep the ball (facing own goal=pass + when to dribble= into space)
- Try to use tricks and skills that WORK at SPEED
- Don't be lazy with foot skills or defending
- Make wager before game, if they lost they have to do...
- Losing team must do forfeit.

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 4vs4 without GK on small goals
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Both teams play 1-2-1
- Get the ball Wide and let those players take their man on
- Defender is an outlet to maintain possession and switch point of attack
- 1v1 = Dribble at pace
- As soon as a goal is scored, conceding team off, attackers stay on

TECHNIQUE:



KEY POINTS:

- Look to isolate wide men 1vs1 and then encourage them to beat their Def
- Back player stay deep as a get out to keep possession
- Wide players and Att dribble to create and score, Def dribble to keep the ball
- 1st touch into space at speed
- Deception, disguise, delight

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



FOCUS: FIRST TOUCH IS THE MOST IMPORTANT TOUCH

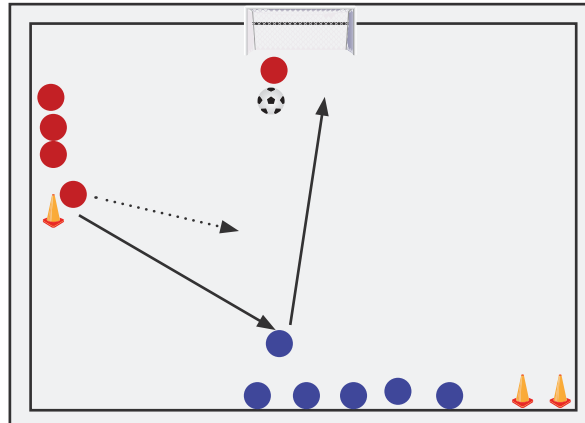
- ▶ Give yourself a chance with a first touch into space at speed away from defenders
- ▶ Be aggressive with the touch and be ready to explode after the ball to get separation

▶ 20 MIN. 1ST ACTIVITY: Mini Game (Skill Practice) Option A

ORGANIZATION:

- x1 Finisher, x1 Passer/Def
- Defender passes to feet with side foot and then pressures the 1st touch of attacker who must slot finish to score
- Rotate, so each player gets new Att/Def each time, and alternate after 4 minutes or x10 goals
- First touch away from pressure is essential, if it isn't chance is gone -NEXT!
- GK recycle balls to line if saved or hits side target goal
- Def stay on feet and be hard to beat
- Keep score

TECHNIQUE:



KEY POINTS:

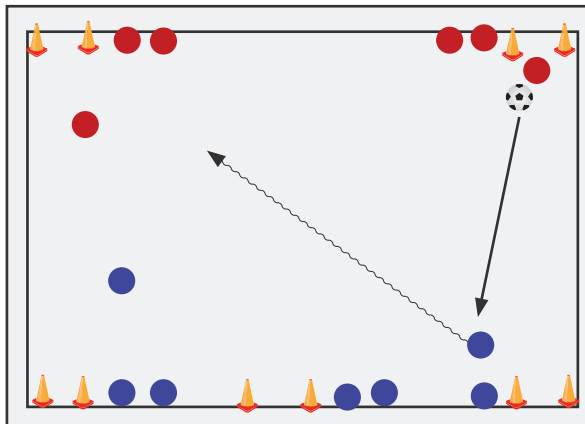
- Good firm passes all round
- 1st touch firm and confident with purpose, don't stop the ball, keep it moving
- Head up to identify space
- Touch and play at SPEED
- Try and limit touches and be direct to goal and finish
- Body shape on reception
- Angle of touch and disguise if needed (cut back or push wide into space)
- Take Def out with 1st touch

▶ 20 MIN. 2ND ACTIVITY: Mini Game (Skill Practice) Option B

ORGANIZATION:

- 2vs2 to x2 small goals
- Start with long pass from Def to Att
- Att then take 1st touch to space and try to penetrate or pass
- If Att score, next ball is played to Def team and they Att, so scoring team is now in transition to Def
- So if you score, the opposition immediately attacks after receiving long pass
- Everyone must be tuned in and switched on as even players on outside are involved in play
- Alternate any players if ball is dead

TECHNIQUE:



KEY POINTS:

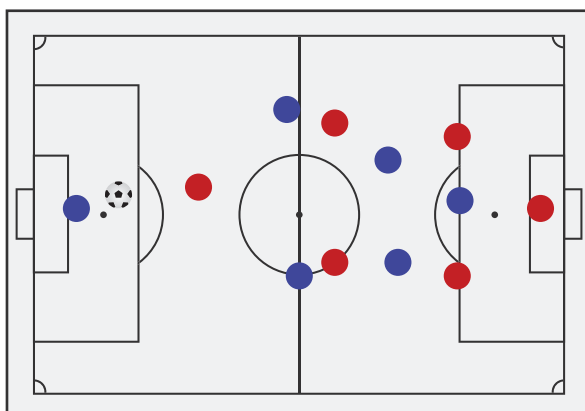
- 1st touch into space and look to penetrate 1st and maintain 2nd
- Once ball is passed concentrate on 2nd players 1st touch
- Play at speed with style
- Get the ball moving and players buzzing on their toes
- No down time, constant transition and emphasis on 1st touch technique

▶ 20 MIN. 3RD ACTIVITY: The Game

ORGANIZATION:

- 6vs6 with GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Both teams play 2-2-1
- Use wide players as much as possible Wide players take opposition number on at all times (skills or passing combo)
- Everyone's first touch into space, to retain the ball (even if it's backwards)
- Don't be lazy in possession, enjoy keeping the ball moving at SPEED

TECHNIQUE:



KEY POINTS:

- Play simple 100% passes
- Correct surface of foot for reception
- Close control at angles to space with 1st touch
- Identify space and open teammate EARLY - before ball comes
- Pass and move at SPEED with direction and purpose

▶ 5 MIN. COOL DOWN: Players jog, stretch, take fluids, and debrief with Coach before leaving



SOCCER SESSION PLAN #: 04 AGE GROUP: 5TH-8TH GRADE PLAYERS 12+ STAGE: 1 **FOCUS: TRAINING THE PLAY MAKER**

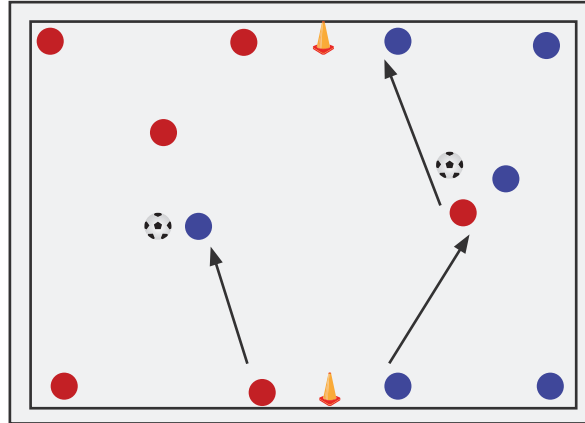
- ▶ Focusing on this player can help build a teams attacking shape
- ▶ You can rotate through your players or highlight one or two who fit the bill

▶ **20 MIN. 1ST ACTIVITY:** Mini Game (Skill Practice) Option A

ORGANIZATION:

- x2 groups of x6
- One player is play maker, vs DEF
- Ball comes in from outside, has to be returned to 1 of the 3 other options on the outside by the play maker
- Play maker can play the way they face or turn and play out the other side
- x1 point for playing the way your facing, x2 for playing out the other side
- DEF starts passive- then gets point for stealing ball and passing to outside
- Rotate after score gets to x5

TECHNIQUE:



KEY POINTS:

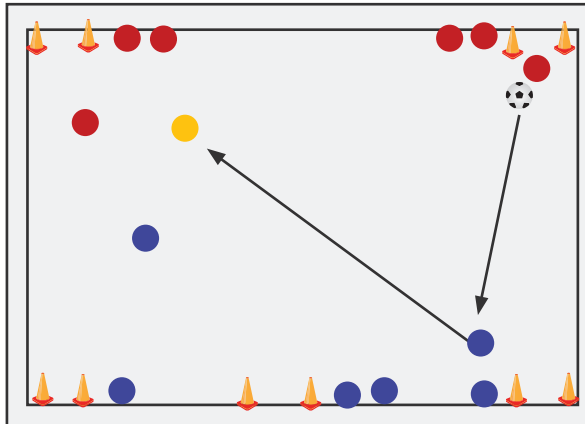
- Good firm passes all round
- 1st touch firm and confident with purpose, don't stop the ball, keep it moving
- Head up and communicate!
- Touch and play at SPEED
- Try and limit touches
- Body shape on reception - OPEN UP on back foot
- Touch the ball first, get it under control
- Slide passes in at speed
- Disguise, skill, feint's.

▶ **20 MIN. 2ND ACTIVITY:** Mini Game (Skill Practice) Option B

ORGANIZATION:

- 2vs2 +1 to x2 small goals
- Play maker plays for whoever is in possession creating numbers up
- Play maker can score and cannot be tackled (to start)
- Try and create numbers up and exploit with combinations
- Use Play maker before scoring to emphasize importance of keeping the ball
- Change outside players on dead balls to keep transition & change play maker between 2 players (x1 from each side)
- Keep score, find open goals to finish

TECHNIQUE:



KEY POINTS:

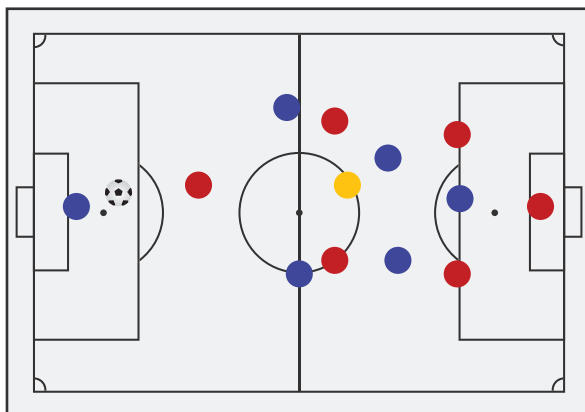
- 1st touch into space and look to penetrate 1st and maintain 2nd
- Once ball is passed concentrate on 2nd players 1st touch
- Play at speed with style
- Get the ball moving and players buzzing on their toes
- No down time, constant transition and emphasis on 1st touch technique

▶ **20 MIN. 3RD ACTIVITY:** The Game

ORGANIZATION:

- 6vs6 +1 with GK
- Play with normal restarts and make sure throws, goal kicks and free kicks are done correctly with precision
- Both teams play 2-2-1 with play maker in CM position playing for team with ball
- Move off play maker to support always
- Use play maker as much as possible Everyone's first touch into space, to retain the ball (even if it's backwards)
- Don't be lazy in possession, enjoy keeping the ball moving at SPEED
- Goal kick and kick offs go WIDE!!!

TECHNIQUE:



KEY POINTS:

- As above
- Play simple 100% passes
- Correct surface of foot for reception, move off the ball
- Close control at angles to space with 1st touch
- Combine, let the ball do the work, early. Make triangles
- Identify space and open teammate EARLY - before ball comes
- Pass and move at SPEED with direction and purpose

▶ **5 MIN. COOL DOWN:** Players jog, stretch, take fluids, and debrief with Coach before leaving