

Kings Mountain Soccer Club

Training Session Plan

January 21, 2018

Schedule Overview

3:15-3:45 - Set-up

3:45-4 - Check-in

4-4:10 - Warm-up

4:10-4:50 - Small-Sided Stations

4:50-5 - Cool Down & Celebrate

5-5:15 - Equipment tear down

Coach Responsibilities

- Coaches are responsible to set-up their age-group area.
 - Coaches will arrive by no later than 30 minutes prior to the start of a session to ensure equipment is set up properly (equipment needed for each session will be ready and on site provided by KMSC).
 - Each Coach will be with the same group of players throughout the session.
 - While this group of players may change from session to session, the coach will remain with the same players for the duration of the given session.
 - Coaches are responsible for transitions between small-sided stations and effectively executing the warm-up and activities within each station.
 - All players will be together at the end of all sessions for the cool down in a large circle.
 - When the session is complete, the coach will complete a Player Evaluation Form (PEF) for each player that he/she was assigned to on that given day. The PEF is provided at the KMSC Check-in area.
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CHECK-IN - 3:45-4pm

- Parents check-in players at table.
- Table reps instruct players where to go and what to do for warm-up. (see directions below)
- Table rep places sticker name tag on player.
- Table rep explains to parent they can stay and watch (in designated area) or choose to go and return after the 1-hour time frame.

WARM-UP - 4-4:10pm

Activity: Go to age group area, choose a square and control the ball as coaches try and take it. With young Coaches leading, run one lap around the field just prior to group stretch.

SMALL SIDED STATIONS - 4:10-4:50pm

*If the coach feels they are limited on time, the coach has the freedom to choose just one activity per station.

Station 1 - Dribbling

Coaching Emphasis: Focus on using all surfaces of BOTH feet with eyes up to see defenders and teammates.

Skill Activity: "Head up, kid!"

Set-up:

Coach sets up the 10 X 10 yard grid as follows with cones 5 yards apart:

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X   X   X
X           X
X   X   X

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Directions: Have players dribbling in a small confined area. They are not to touch another players ball at any time, as they dribble using different surfaces of their feet. Coach will step outside the grid and move around the outside of the grid while calling out the surface to dribble with. Begin with inside of both feet. Then Right foot only, Left foot only, followed by outside of the feet only. Then R foot only (inside and outside), followed by L only (inside and out). **As the coach calls out the surface to dribble, he/she should randomly hold up a couple of fingers.** The players should have their eyes up and as soon as they see you hold up the fingers, they should scream out the number. This will help them to keep their eyes up while dribbling.

Time: 5-10 Minutes

IF TIME ALLOWS:

*Have one player and their ball go to each of the cones. They will be dribbling their ball around the cone in a really tight circle. **Coach should demonstrate each technique before the players start.** With the left side of their body closest to the cone, they will dribble the ball with the inside of their right foot only around the cone, in a counter clockwise direction. Only let them do this slowly and they should go about 5 times around the cone and stop. Now have them go in the opposite direction using only the inside of their left foot (5 X and stop). Going counter clockwise once more, with their left foot closest to the cone, have them use the outside of their left foot and go 5 X around and stop. Go opposite and use the outside of their right foot 5 X and stop. This should take them one minute for each surface. We want to introduce them to the ways to practice dribbling and keep their attention so we will only do this for a minute each surface. No time for boredom, only new and different ways to develop. **Stress the fact that they can do this at home this week by themselves.***

Station 2 - Controlling

Coaching Emphasis: Focus on moving ball from side to side with foot halfway up the ball.

X P1.

-----P2 X

Directions: Have players pair up so that one can pass while the other receives the pass. They need to be 10 to 15 yards apart and with one soccer ball. Each player will start next to one cone. When the player with the ball is ready, the other player will take two quick steps and say **“BALL”**. At that time the player with the ball passes the ball to his teammate. The player receives the ball with the inside of the foot, turns with the ball and dribbles around the cone behind them. Once he gets around the cone, the other player will say, **“BALL”** and they will take two quick steps before they control the ball with the inside of their foot and dribbles around the cone behind them. REPEAT 10 X for each player.

Time: 10 Minutes

IF TIME ALLOWS

Using the same grid, P1 passes to P2 after he says “BALL” but then P1 will say “BACK!” This is to let him know that there is a defensive player right on their back and he needs to get rid of the ball immediately with a one touch pass. They will NOT CONTROL the ball but pass it back with just one touch (like a wall pass).

Let P2 go back to the cone after passing it back to P1 and then repeat 5 X. At that point, P2 will be the passer and P1 will check back and play a one-time pass back to P2.

Repeat 5 X

Station 4 - Agility, Fitness, and Conditioning

Coaching Emphasis: *Focus on fast feet movement with an agility ladder.*

Set-up: Agility Ladder (make sure it is set-up and secure)

Directions:

Players will line up behind one another at one end of the agility ladder.

1st player goes and will hop two footed into every step. The second player will wait until the first player is about half way down the ladder before they follow and do likewise.

They will jog around the outside of the ladder to get back in line.

2nd time through, they will step into each box with both feet but not together, like they are running very quick steps.

3rd time through they will approach from the side and do one in one out, one in one out, all the way down the ladder.

4th time through they will start on the outside of the ladder and move laterally with one foot in then one foot out the opposite side as they move down the ladder.

5th time through they will hop with feet together 2 blocks up and 1 block back, 2 blocks up and 1 block back all the way down the ladder.

Repeat the progression as above.

Time: 10 Minutes

COOL DOWN & STRETCH - 4:50-5pm

(IF TIME ALLOWS)

Activity: BALL HANDOFF

Directions: With a partner and one ball between the partnership.....

Have players go back to back as one player holds the ball in their hands in front of them. The player with the ball turns to his right with the ball in both hands as their partner turns to his left and receives the ball out of the hands. They both turn to the other side and hands off the ball once more. Start out slowly and then increase the speed. After about 30 seconds we will stop and then have a little competition. See which partnership can exchange the ball cleanly without dropping the ball. Must count loudly so that everyone can hear each group. Set the timer at 1 minute!

Time: 5-10 minutes

Stretch and Review the day's Lessons:

1. When you **dribble** make sure you keep your **eyes up** so you can see when defenders are coming and you can see your teammates to make a pass.
2. When we control the ball, we use the **side of our foot**, and we lift our foot about 4 inches off the ground so we contact the ball **half way up** so it will not bounce over our foot. We also want to move the ball away from where the defender is coming so we have more time to pass or shoot.
3. When we receive a pass, we need to **step toward where the pass is coming from** so that we can beat the defender to the ball.

“TRAIN HARD, HAVE FUN!”