

Kings Mountain Soccer Club

Training Session Plan

January 28, 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.

Warm up

Warm-up Knock out shielding activity

Set-up 12 X 12 yard grid (place cones every 3 yards)

Directions

- All players will dribble their own ball inside the grid.
- One player will not have a ball and will try to kick their balls out of the grid.
- Switch the one who kicks the balls out (Schemer)

Time

From time of check in until 4:05 (5 Minutes)

#1 Dribbling

Skill Activity Focus : Dribbling to turning 180 Degrees

Set-up 7 cones in a straight line that are 5 yards apart
7 cones in a straight line that are 5 yards apart (10 yards away)

Directions

- Players will dribble from one side to the other line.
- When they get to the other line they will stop the ball with the **Sole** of their **Right** shoe, pull the ball back toward the other side.
- Dribble to the other side and do the same thing except using **Left** (repeat several times until they get comfortable)
- Make sure they get their head up after turning
- Dribble to other side and use the **Inside** of their **Right** shoe to turn the ball between their legs, dribble back with head up (**Repeat**)
- Stress pointing their NON KICKING shoe out to the left so you can turn easier and cut the ball back at a 180 Degree turn (**Head up and Repeat several times.....Demonstrate several times**)

Time 15 Minutes

#2 Passing

Skill Activity **Focus :** Passing and moving to get open again!

Set-up Set up 2 cones 12 yards apart

Directions

- 2 players on one cone and another with a ball at the other
- One of the 2 players on the cone is a **DUMBY DEFENDER** which means they do **not** try to get the ball.

- One player comes back toward the player with the ball, **Checks Back**, while the defender comes with them behind.
- Pass the ball and then say **“back”** which tells the player to kick the ball back to the passer with the first touch, like a **wall**.
- After the ball is passed back, that player will moves straight out **to the side** to open up for another pass.
- The defender should **go slowly after the pass** while the player plays a **one touch** pass out to the player on the side.
- Repeat the drill by doing this from the starting position with two on one cone and one with the ball on the other cone.
- Make sure the player that passes and moves goes to one side the first time and the other side the next (alternate).
- Switch the positions so that each player gets to do all three positions several times.

Time 15 Minutes

#3 Controlling

Skill Activity **Focus : Controlling a bouncing or air ball**

Set-up Open area....no defined space needed

Directions

- Each player will have a ball to start in their hands
- Toss the ball about head high in front of the player and let them control the ball by letting the ball hit the ground. They should bend their leg and have their heel down, toes up so they can move their leg like a shock absorber to control the ball (use **Right foot** and then try the **Left foot**).
- With ball in their hand, slowly toss the ball up about shoulder high, lift one foot about a foot off the ground, use the top of your **Right foot** to, like

an elevator, lower your foot as the ball comes down to control the ball (alternate between R & L).

- With ball in their hand, slowly toss the ball just over head height, as the ball comes down, raise your knee up so that you can lower the leg and use the thigh to control the ball to the ground (focus on dropping the knee as ball comes down)
L & R
- If the players are having a difficult time tossing the ball to themselves, you can pair up the players and let them toss to a partner or put them in a circle with yourself in the middle throwing them a ball one at a time.

Time

15 Minutes

Cool Down

- With all players having a partner and one ball between them, they will sit facing each other. Both players will sit up, with bent knees, the ball in one players hands. They will then hand the ball off to the other player. They will both lay flat on their backs with the player holding the ball with both hands over their head. Then they both come back up, (to a regular SIT-UP position), where they again, exchange the ball from hands.
- Do this for ONE Minute! Competition.....Count out loud as they go!
- Then have the players move about 5 yards apart....still facing one another
- Do the same thing with sit-ups but the players have to throw the ball to the partner like they would a throw-in, with both hands.
- 1 Minute Competition

CLOSE

TRAIN HARD.....Have FUN!