

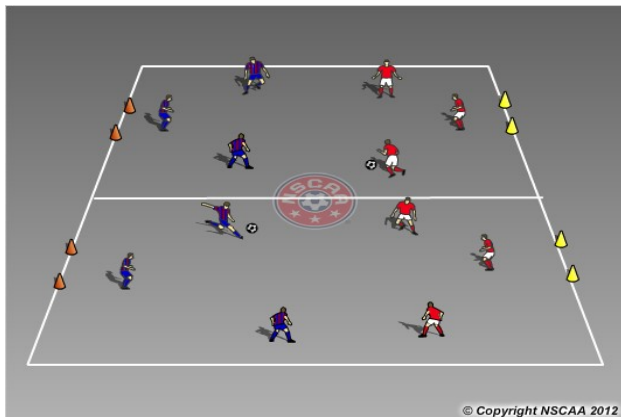
# **CENTRAL CALIFORNIA SOCCER ALLIANCE**

## **8 WEEK TRAINING PROGRAM**



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### Session #1 Warm up: 10-15mins

#### Set up:

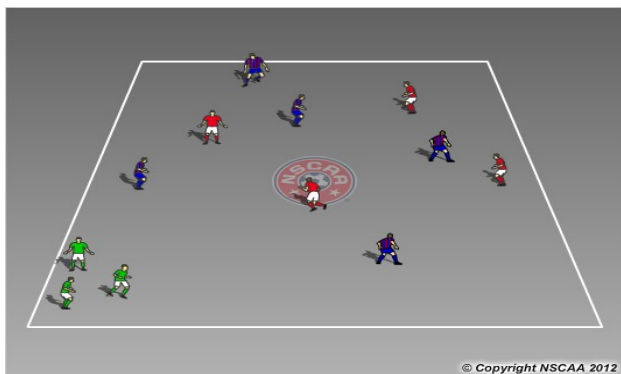
- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



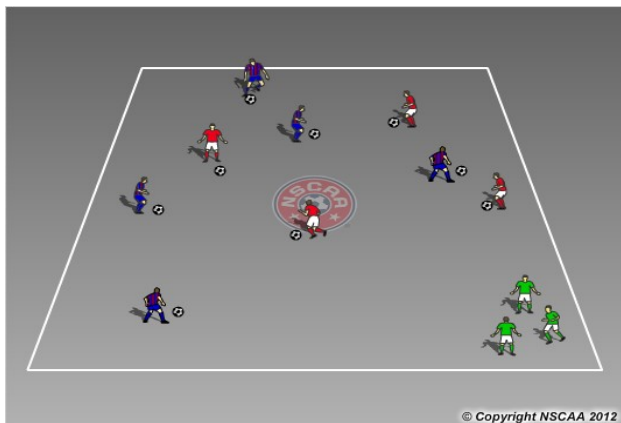
### Activity II: Fox n Rabbits

#### Set up:

- 1-3 Chasers (Fox).
- Remaining players (rabbits) have vest tucked into the back of their shorts.
- Chasers role is to pull the vests away from rabbits.
- Rabbit loses it's tail...it becomes a fox

**Focus:** Spatial Awareness, Change of Direction.

**Variation:** Add balls, players win back vest from coach, etc.



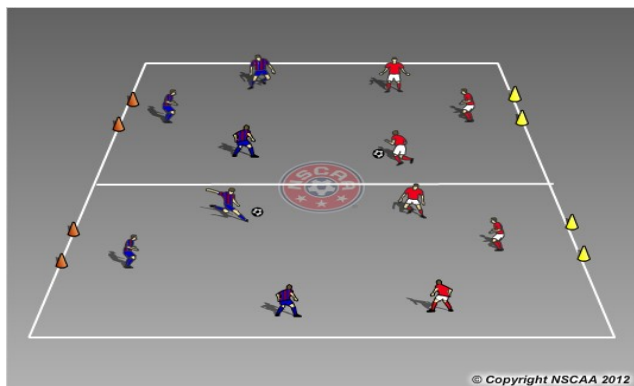
### Activity III: Stuck in the mud

#### Set up:

- 1-3 Mud Monsters (Chasers) without ball.
- Red and blue players all dribbling ball.
- Mud Monsters role is to kick balls outside of area.
- Once ball is kicked out, player retrieves ball and stands with ball above their head (stuck in mud)
- To be freed, another player must pass ball between legs.
- Monsters win if all players are stuck in mud.

**Focus:** Spatial Awareness, Change of Direction.

**Variation:** Without the ball, Chaser takes ball from player,



### Final Game (15mins)

#### Set up:

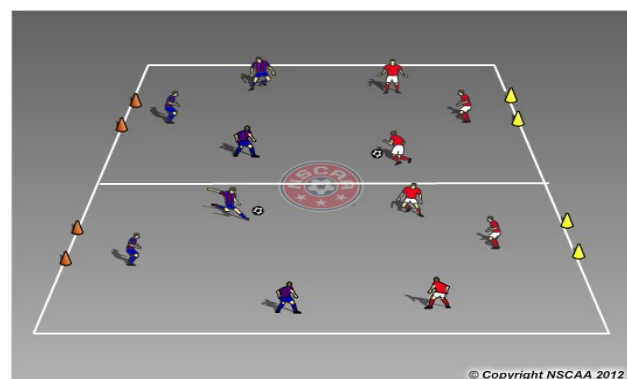
- As per warm up.
- Free play: 3v3, 4v4, 5v5

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



### Session #2 Warm up: 10-15mins

#### Set up:

- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



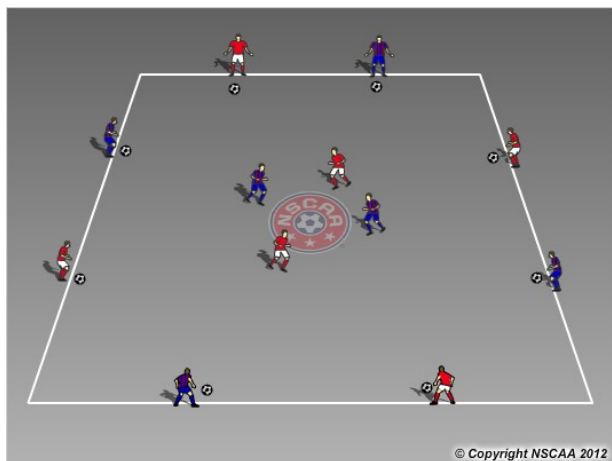
### Activity II: Fox n Rabbits without & with balls (10mins) Review from session #1

#### Set up:

- 1-3 Chasers (Fox).
- Remaining players (rabbits) have vest tucked into the back of their shorts.
- Chasers role is to pull the vests away from rabbits.
- Rabbit loses it's tail...it becomes a fox

#### Focus: Spatial Awareness, Change of Direction.

#### Variation: Add balls, players win back vest from coach, etc.



### Activity III: Bee Hive (Windows) (10min)

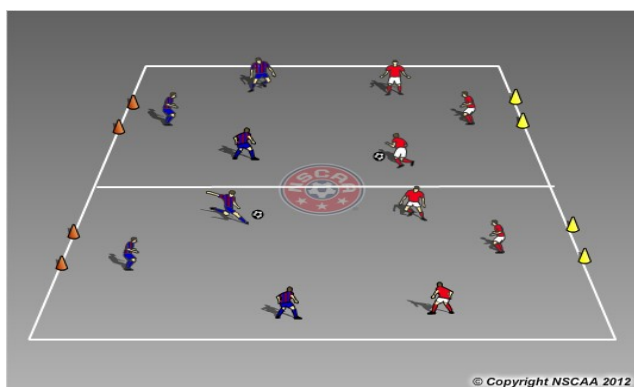
#### Set up:

- 3-4 player in middle (Worker Bees)
- Worker Bees suck honey from flowers and passes back
- Pass, Header, Volley, etc

**Coaching Points:** 1<sup>st</sup> Touch, Strength of Pass, Accuracy, Spatial Awareness, Change of Direction.

#### Variation:

- Bee takes ball from one flower to another.
- Add defender behind bee, the bee has to escape from defender before getting some honey.



### Final Game (15mins)

#### Set up:

- As per warm up.
- Free play: 3v3, 4v4, 5v5

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



### Session #3 Warm up: 10-15mins

#### Set up:

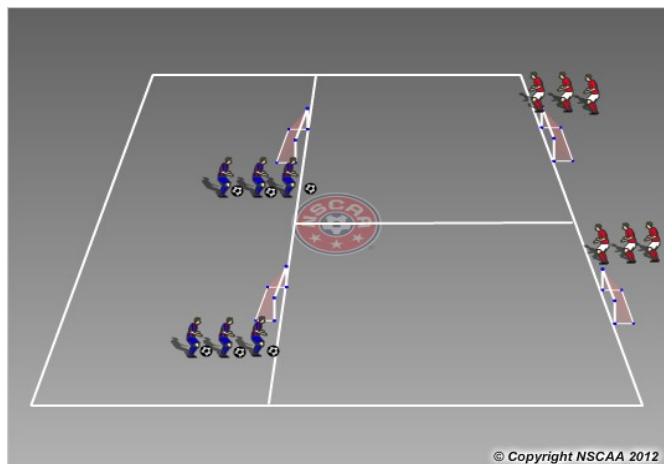
- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



### Activity II: 1v1 Dominate (Attackers v Defenders)

#### Set up:

- 2 Teams per area.
- Attack 1v1 (2mins).
- Ball leaves area game ends.
- Rotate teams after 2 mins.

#### Focus:

- Encourage player to go around defender.
- Encourage player to get shot off at all costs.



### Activity III: 4 Goal Soccer with Target

#### Set up:

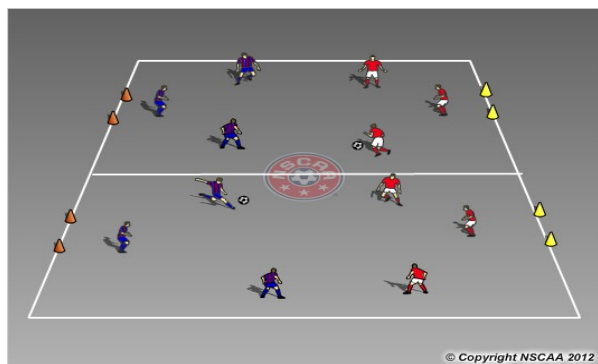
- 4 Goals with target player.

#### Coaching Points:

- Head up
- Can you play forward to target player
- Movement off ball
- Spatial Awareness

#### Variation:

- Give additional points when playing through target.



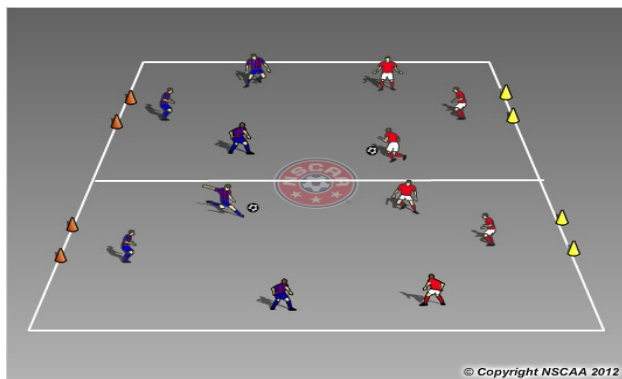
### Final Game (15mins)

#### Set up:

- As per warm up.
- Free play: 3v3, 4v4, 5v5
- One player can leave their field to assist their team on the other field.

#### Coaching Points:

- Awareness of both fields.
- Encourage creative play.
- Encourage attacking play.



#### Session #4 Warm up: 10-15mins

##### Set up:

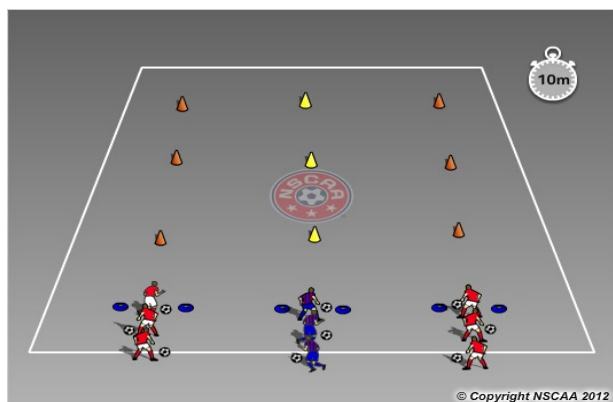
- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc
- Numbers Up – One player can jump across to other field and assist other team.

##### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly. **Coaching**

##### Points:

- Game Awareness – Numbers Up!
- Encourage creative play.
- Encourage attacking play.



#### Activity II: The Races (10mins)

##### Set up:

- With & Without the ball
- Speed dribbling
- One runner at a time or all 3-4

**Focus:** Speed, running with the ball, quick turns.



#### Activity III: 2 Goal: Attack & Defend (10min)

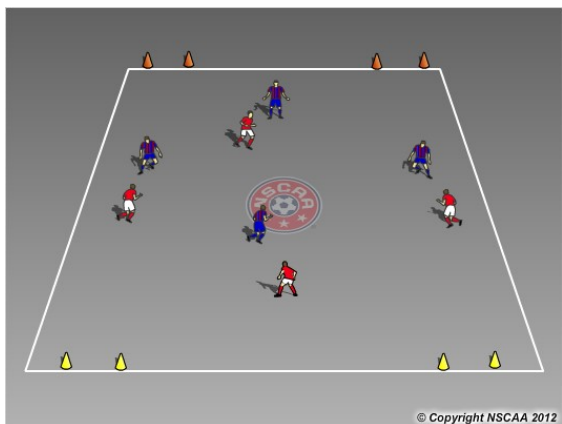
##### Set up:

- Two Equal Teams
- Players attack one at a time.
- Players can score in either goal but must cross line before shooting.
- Once a player shoots they then defend the next attacker

**Coaching Points:** Speed of play, Goal scoring mentality, Spatial Awareness & Immediate Defensive Pressure.

##### Variation:

- 2v1 & 2v2



#### Activity IV: 4 Goal Soccer (15mins)

##### Set up:

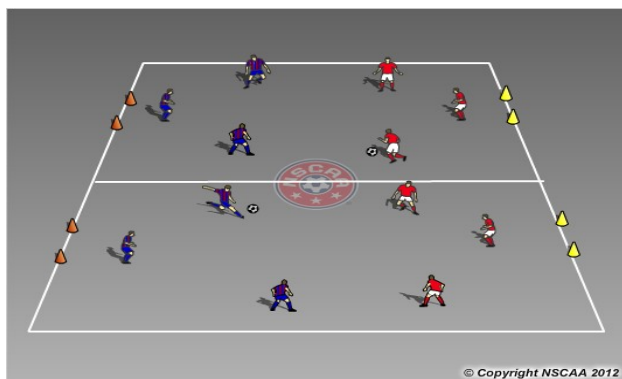
- 2 or 3 Teams
- 3<sup>rd</sup> Team rotation

##### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

##### Variations:

- Add support players or target players



#### Session #5 Warm up: 10-15mins

##### Set up:

- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc

##### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

##### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



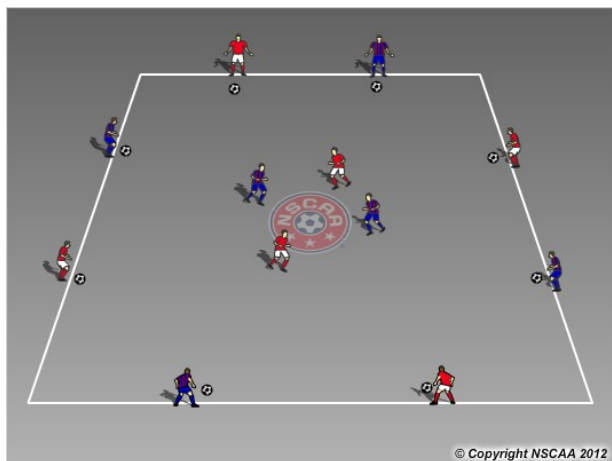
#### Activity II: Stuck in the Mud (with/without ball)

##### Set up:

- Without ball: ○ Player gets tagged by chaser the get freed when someone crawls between their legs.
- With Ball: ○ Players dribble ball – Chasers kick ball away.
  - If ball is kick away. Player is frozen.
  - To be freed – someone passes ball between legs.

**Focus:** Spatial Awareness, Close ball control, Change of Direction, Protecting the ball.

**Variation:** Passing of ball allowed.



### Activity III: Bee Hive (Windows) (10min)

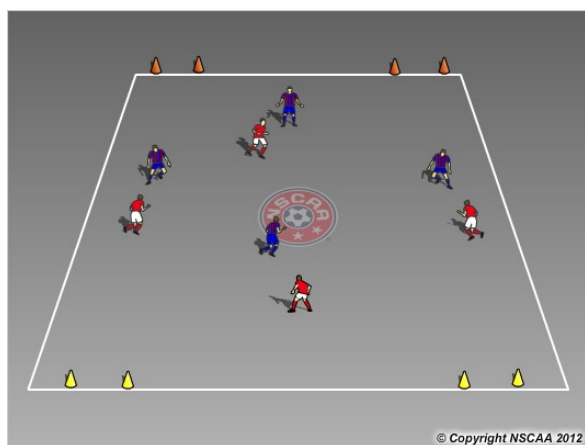
#### Set up:

- 3-4 player in middle (Worker Bees)
- Worker Bees suck honey from flowers and passes back
- Pass, Header, Volley, etc

**Coaching Points::** 1<sup>st</sup> Touch, Strength of Pass, Accuracy, Spatial Awareness, Change of Direction.

#### Variation:

- Bee takes ball from one flower to another.
- Add defender behind bee, the bee has to escape from defender before getting some honey.



### Activity IV: 4 Goal Soccer (15mins)

#### Set up:

- 2 or 3 Teams
- 3<sup>rd</sup> Team rotation

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Variations:

- Add support players or target players



### Session #6 Warm up: 10-15mins

#### Set up:

- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc
- Numbers Up – One player can jump across to other field and assist other team.

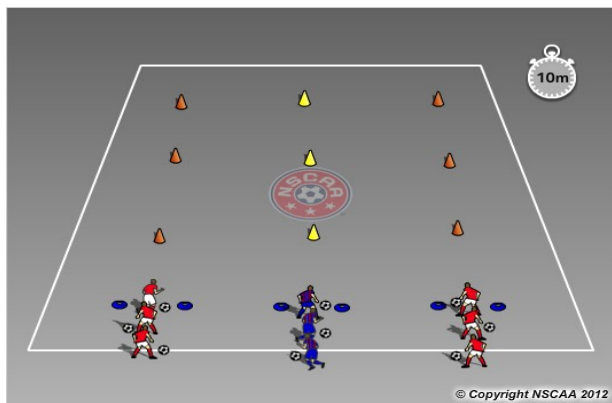
#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly. **Coaching**

#### Points:

- Game Awareness – Numbers Up!
- Encourage creative play.
- Encourage attacking play.



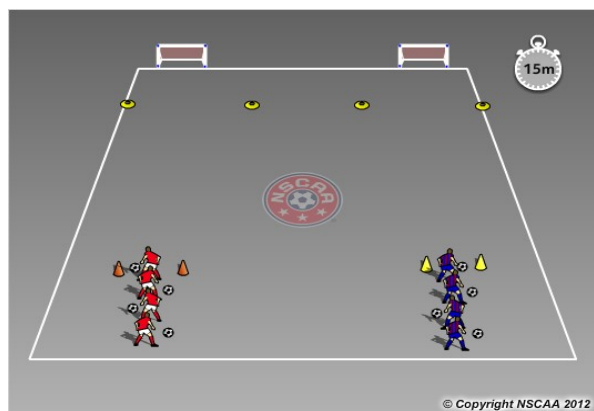


### Activity II: The Races (10mins)

#### Set up:

- With & Without the ball
- Speed dribbling
- One runner at a time or all 3-4

**Focus:** Speed, running with the ball, quick turns.



### Activity III: 2 Goal: Attack & Defend

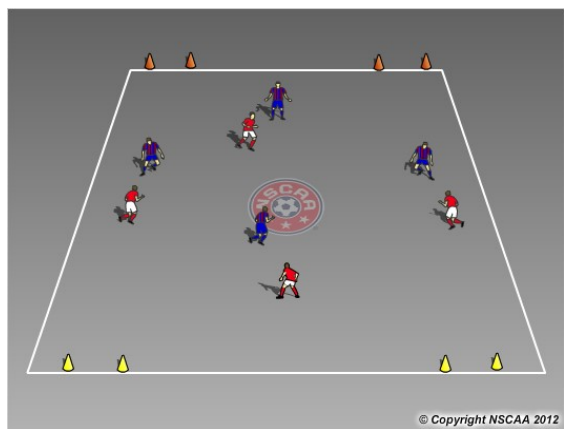
#### Set up:

- Two Equal Teams
- Players attack one at a time.
- Players can score in either goal but must cross line before shooting.
- Once a player shoots they then defend the next attacker

**Coaching Points:** Speed of play, Goal scoring mentality, Spatial Awareness & Immediate Defensive Pressure.

#### Variation:

- 2v1 & 2v2



### Activity IV: 4 Goal Soccer (15mins)

#### Set up:

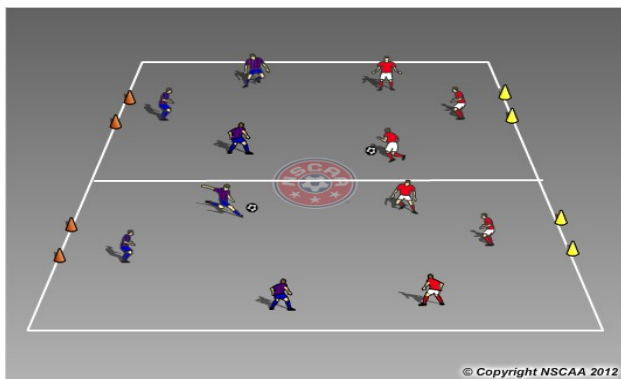
- 2 or 3 Teams
- 3<sup>rd</sup> Team rotation

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Variations:

- Add support players or target players



### Session #7 Warm up: 10-15mins

#### Set up:

- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



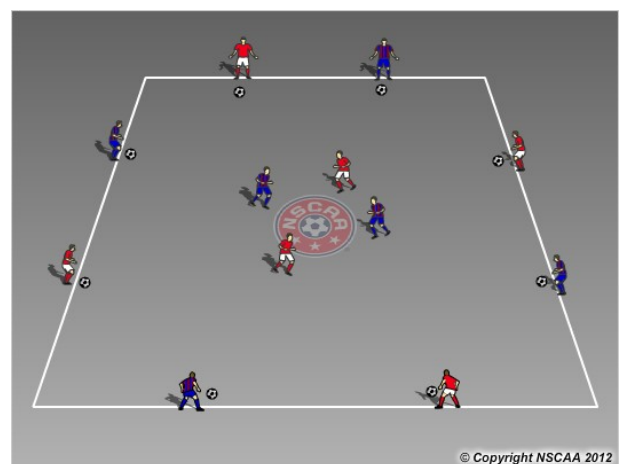
### Activity II: Fox n Rabbits without & with balls (10mins)

#### Set up:

- 1-3 Chasers (Fox).
- Remaining players (rabbits) have vest tucked into the back of their shorts.
- Chasers role is to pull the vests away from rabbits.
- Rabbit loses it's tail...it becomes a fox

#### Focus: Spatial Awareness, Change of Direction.

#### Variation: Add balls, players win back vest from coach, etc.



### Activity III: Bee Hive (Windows) (10min)

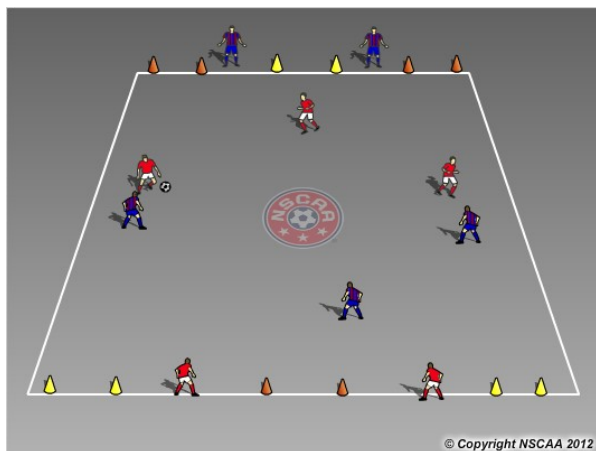
#### Set up:

- 3-4 player in middle (Worker Bees)
- Worker Bees suck honey from flowers and passes back
- Pass, Header, Volley, etc

#### Coaching Points:: 1<sup>st</sup> Touch, Strength of Pass, Accuracy, Spatial Awareness, Change of Direction.

#### Variation:

- Bee takes ball from one flower to another.
- Add defender behind bee, the bee has to escape from defender before getting some honey.



### 6 Goal Soccer with Targets (15mins)

#### Set up:

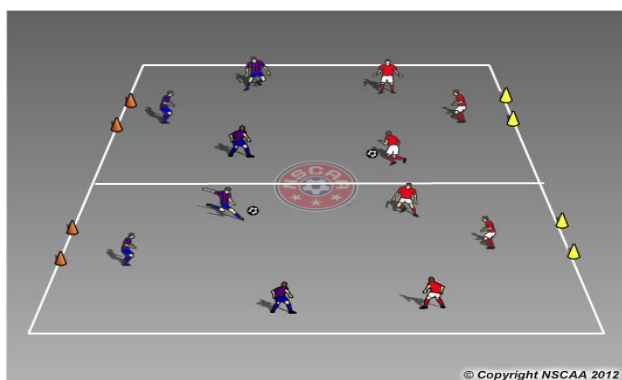
- 3v3 or 4v4
- Must play through target

#### Focus:

- Quick ball forward to target
- Support player/runs

#### Coaching Points:

- Spatial Awareness
- Strength/Accuracy of pass
- Passing variations
- Movement off the ball



### Session #8 Warm up: 10-15mins

#### Set up:

- As soon as player arrive get them playing!
- Free play: 1v1, 2v2, 3v3, etc

#### Focus:

- Attacking 1v1: Taking players on.
- Defending 1v1: Winning ball back quickly.

#### Coaching Points:

- Encourage creative play.
- Encourage attacking play.



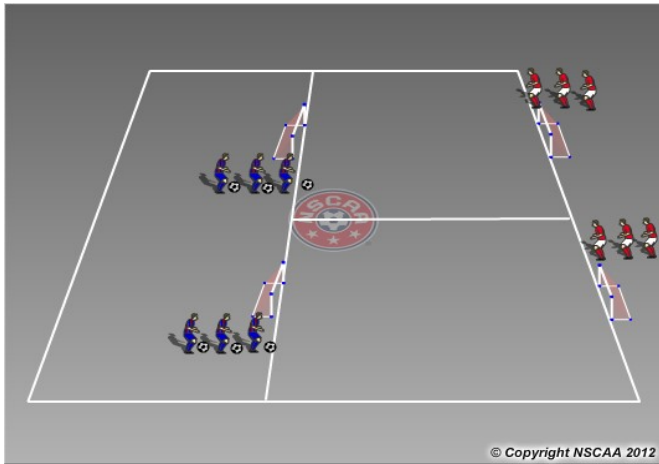
### Activity II: Fox n Rabbits without & with balls (10mins)

#### Set up:

- 1-3 Chasers (Fox).
- Remaining players (rabbits) have vest tucked into the back of their shorts.
- Chasers role is to pull the vests away from rabbits.
- Rabbit loses it's tail...it becomes a fox

#### Focus: Spatial Awareness, Change of Direction.

#### Variation: Add balls, players win back vest from coach, etc.



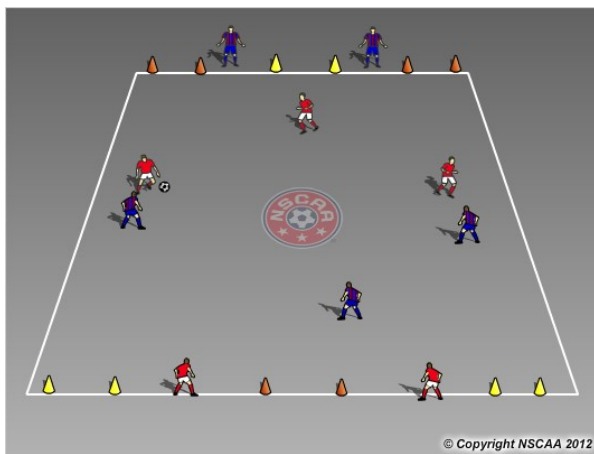
**Activity III: 1v1 Dominate (Attackers v Defenders)**

**Set up:**

- 2 Teams per area.
- Attack 1v1 (2mins).
- Ball leaves area game ends.
- Rotate teams after 2 mins.

**Focus:**

- Encourage player to go around defender.
- Encourage player to get shot off at all costs.



**6 Goal Soccer with Targets (15mins)**

**Set up:**

- 3v3 or 4v4
- Must play through target

**Focus:**

- Quick ball forward to target
- Support player/runs

**Coaching Points:**

- Spatial Awareness
- Strength/Accuracy of pass
- Passing variations
- Movement off the ball

