



After-School Soccer Program

By Coach Petar Bajic

Day 1

Number of Players:	16	AGE:	11-13	Ability Level	MIXED
Health Issues:	(E.g. asthma, shin splits, knee injury, back injury, heart problems, breathing problems, etc).				
Particular Needs:	(Health, religious, gender related, etc.)				
Equipment needed:	Shin guards, Soccer Ball (size 4), Soccer Practice Kit, Soccer Shoes and Refreshments. Do not forget your equipment!				

Time	Day: 1	Practice Plan	Date: 01/ Aug /2016 /
2:45pm-2:50pm		<ul style="list-style-type: none"> <u>Head it Catch it</u> – fun game to start practice with. 	
2:50pm-3:05pm		<ul style="list-style-type: none"> <u>Warm Up</u> – with “Spaceships and Asteroids” running and passing game. 	
3:05pm-3:20pm		<ul style="list-style-type: none"> <u>World Traveler Drill</u> – super fun dribbling drill (scroll down for more details). 	
3:20pm-3:25pm		<ul style="list-style-type: none"> <u>Water Break</u> – (time for refreshments). 	
3:25pm-3:40pm		<ul style="list-style-type: none"> <u>Number Defending</u> - (scroll down for more details). 	
3:40pm-3:45pm		<ul style="list-style-type: none"> <u>Water Break</u> – (time for refreshments). 	
3:45pm-4:05pm		<ul style="list-style-type: none"> <u>Yellow Team Vs Red Team</u> – half a pitch soccer scrimmage drill. 	
4:05pm-4:10pm		<ul style="list-style-type: none"> <u>Cool Down</u> – slow pace running and stretching. 	
4:10pm-4:15pm		<ul style="list-style-type: none"> <u>Practice Overview</u> – (Four Corners: Technical Outcomes, Physical Outcomes, Social Outcomes, and Psychological Outcomes). 	
Total Hours = 1.5			

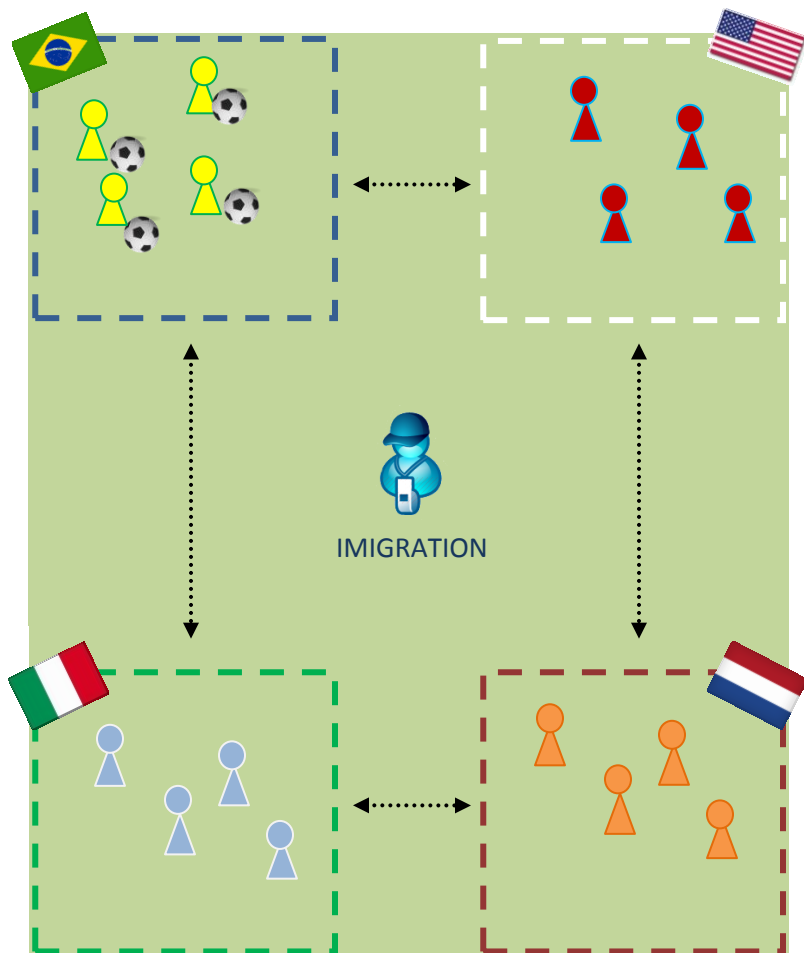


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World Traveler Drill



Set up and instructions:

Four evenly split teams. On a whistle blow, a team possessing soccer balls will have to cross into a different grid/country and pass the soccer balls onto the home team. Each country has different immigration laws (agility drills) that each new immigrant has to obey or otherwise will face the extradition/deportation.

Coaching points:

Encourage players to obey the game rules, but also let them have fun in a new country by engaging in fun agility drills. Encourage speedy and effective dribbling and transitions.

Set Up:

- 30 x 30m grid
- 4 x 20m² mini grids
- Each grid represents a country
- Different imig./crossing rules per country

Progression:

- Limiting time frame for crossing
- Limiting number of touches
- Introducing extra balls/luggage

Technical Outcomes:

- Dribbling
- Trapping
- Passing and receiving
- Possession

Physical Outcomes:

- Running with/out soccer ball
- Various agility drills per country

Social Outcomes:

- Communication
- Compliance with the "immigration" rules

Psychological Outcomes:

- Smart decision making
- Proactive thinking
- Working under pressure
- Taking initiative

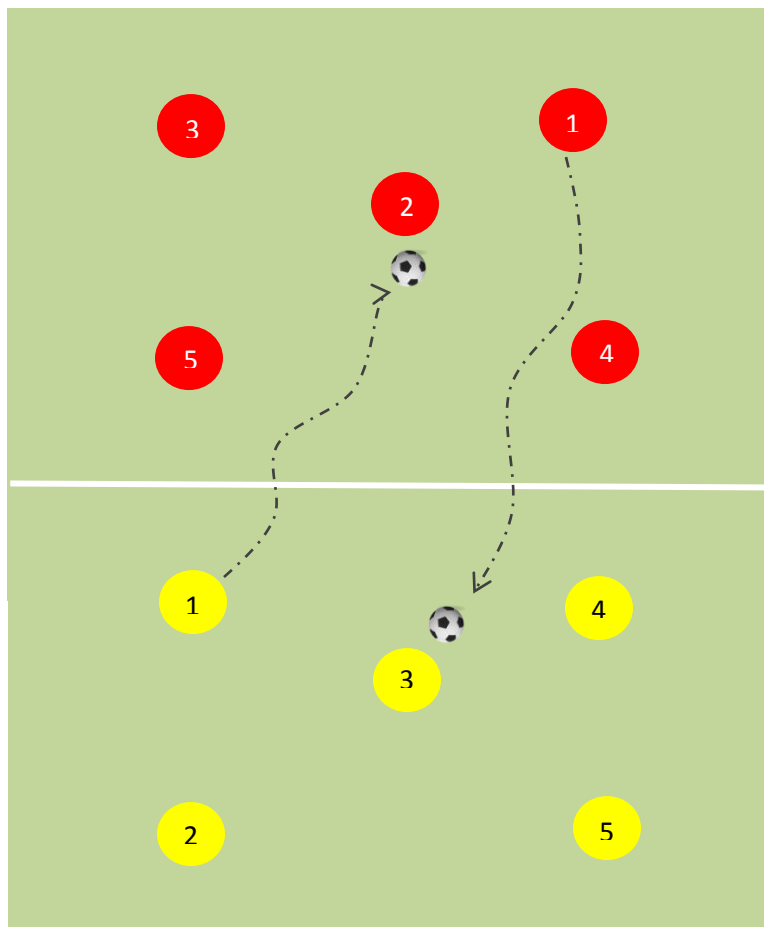


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Number Defending Drill



Set Up:

- 35yards x 20yards grid
- Split grid in 2 zones
- Red Vs Yellow team
- One soccer ball to start with

Progression:

- Call multiple defenders over
- Limiting number of touches
- Using more than 1 ball per side

Technical Outcomes:

- Ball possession skills
- Passing and receiving
- Trapping
- Shielding
- Defending

Physical Outcomes:

- Running
- Shielding
- Turning

Social Outcomes:

- Communication
- Team work
- Leadership

Psychological Outcomes:

- Responsible decision making
- Learning to shield assets (soccer ball)
- Understanding your role in a team
- Keeping composure under pressure
- Learning to act quickly and efficient

Set up and instructions:

Split players into 2 teams, each player has a number. Yellow team passes the ball on their half and red in the other half. Coach calls out a number and that player runs over to the opposite side trying to steal the ball. Whichever team steals first gets a point and the game resets.

Coaching Points:

Stress the importance of ball possession/control. Keep composure while defending and passing. Stress the importance of effective team communication.