



# Travel-Team Soccer Program

Day 1

By Coach Petar Bajic

Number of Players:	<b>18</b>	AGE:	<b>9-10</b>	Ability Level	<b>TRAVEL</b>
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. <b>Do not forget your equipment!</b>				

Time	Day: 1	Practice Plan	Date: 01/ Aug /2016 /
2:45pm-3:00pm		<ul style="list-style-type: none"> <li><u>American Football/Soccer</u> – super fun warm up game, the best mix of two sports.</li> </ul>	
3:00pm-3:05pm		<ul style="list-style-type: none"> <li><u>Stretching</u> – active and static stretching exercises.</li> </ul>	
3:05pm-3:20pm		<ul style="list-style-type: none"> <li><u>Pirates of the Sea</u>– attacking/defending drill (scroll down for more details).</li> </ul>	
3:20pm-3:25pm		<ul style="list-style-type: none"> <li><u>Water Break</u> – (time for refreshments).</li> </ul>	
3:25pm-3:45pm		<ul style="list-style-type: none"> <li><u>Soccer Bowling</u> – passing and shooting drill (scroll down for more details).</li> </ul>	
3:45pm-3:50pm		<ul style="list-style-type: none"> <li><u>Water Break</u> – (time for refreshments).</li> </ul>	
3:50pm-4:10pm		<ul style="list-style-type: none"> <li><u>Yellow Team Vs Red Team</u> – half a pitch soccer scrimmage drill.</li> </ul>	
4:10pm-4:13pm		<ul style="list-style-type: none"> <li><u>Cool Down</u> – slow pace running and stretching.</li> </ul>	
4:13pm-4:15pm		<ul style="list-style-type: none"> <li><u>Practice Overview</u> – (Four Corners: Technical Outcomes, Physical Outcomes, Social Outcomes, and Psychological Outcomes).</li> </ul>	
<b>Total Hours = 1.5</b>			

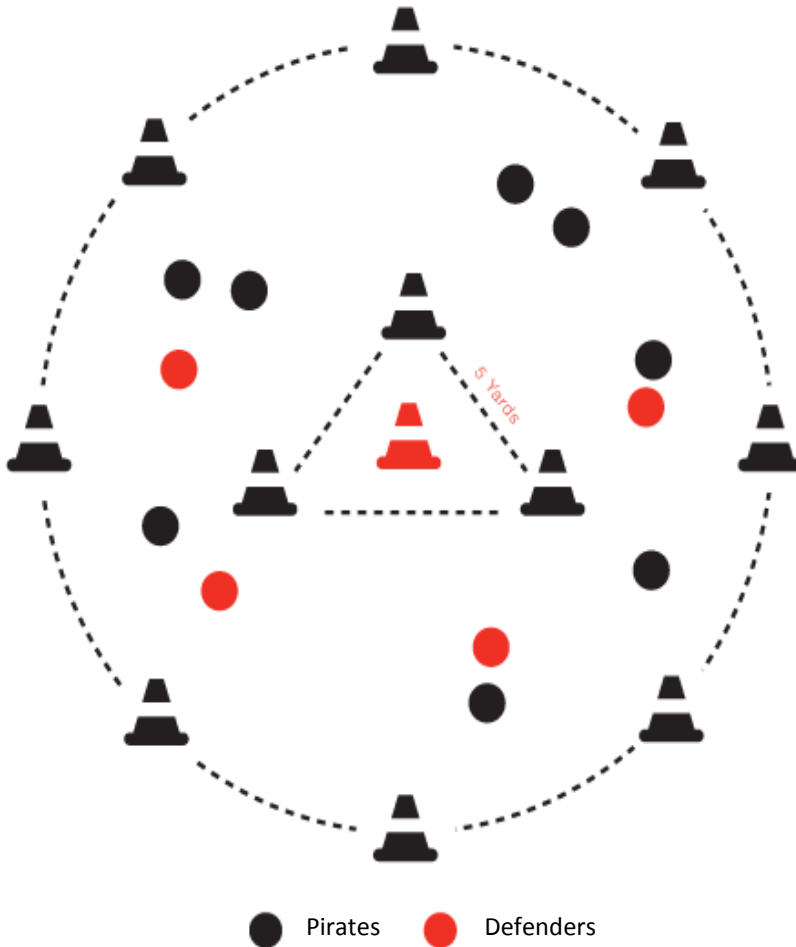


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## Pirates of the Sea Drill



### Set Up:

- Round grid (15m radius)
- Two teams
- Triangle cones representing ship
- Ship is sunk when all cones are knocked.

### Progression:

- Introducing more inner cones
- Introducing more outer cones
- Limiting time and touches

### Technical Outcomes:

- Dribbling
- Shooting
- Attacking
- Defending

### Physical Outcomes:

- Running with/out soccer ball
- Shielding the cones

### Social Outcomes:

- Communication
- Team work

### Psychological Outcomes:

- Smart decision making
- Taking initiative and leadership
- Quick responsive thinking
- Setting and achieving goal

### Set up and instructions:

Half of the players guard the ship (the triangle cones) without balls, while pirates dribble around trying to knock them over. No players are allowed inside the triangle. The game is over when all the cones are knocked down or when the time is out. The team that knocks more cones down wins. Middle cone is worth 10pts while outer cones are worth 5pts.

### Coaching points:

For attackers -look for the holes in the defensive line and exploit them. For defenders – keep composure and formation under a pressure.

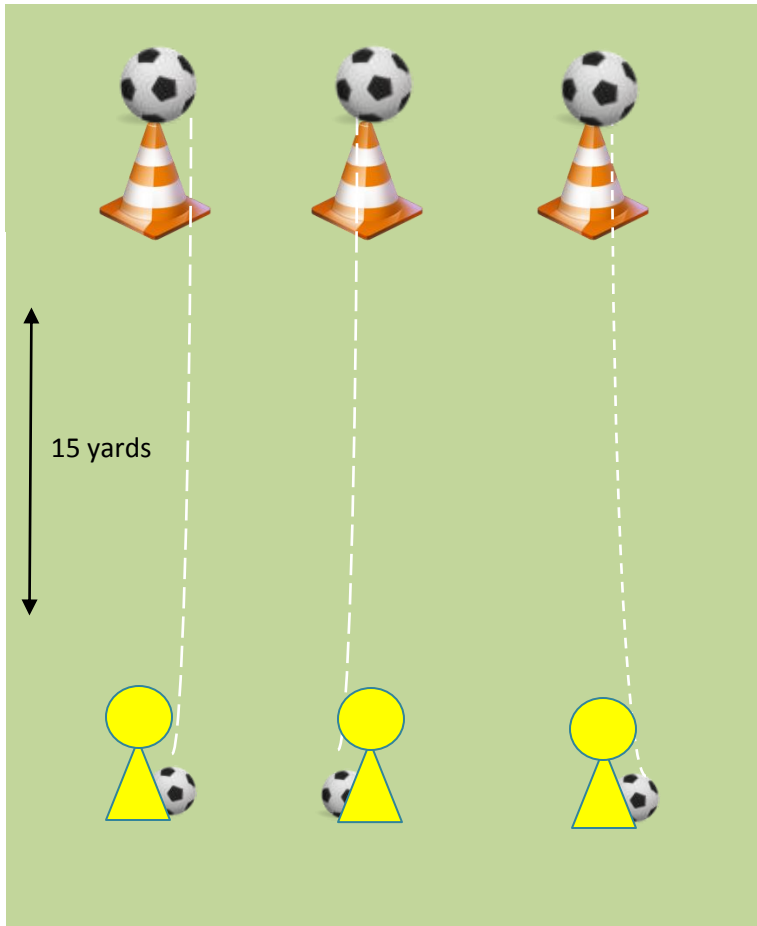


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## Soccer Bowling Drill



### Set up and instructions:

3 teams are lined up behind the cones and 15 yards apart from the target cones. One player from each team stands behind the target cones and tosses a ball to his/her teammates standing opposite him/her; he/she then tries to volley and direct the ball to knock over a pin on the first touch. Progression: Inside of the feet, laces, knee to foot, chest to foot, head or any other different variation can be used. The goal is to knock as many cones down as possible.

### Coaching Points:

Keep your eyes on the ball; use the forehead for headings; happy feet at all times; keep correct body posture; coordinate different body parts for perfect ball touches.

### Set Up:

- 15 yards distance from cones
- 3 groups of players
- 3 cons with 3 balls on top of them
- 1 point for each ball knocked down

### Progression:

- Volleys, headers, knees, weak foot, etc
- Combinations chest-knee, knee-foot...
- Setting size 3 balls on top of the cons

### Technical Outcomes:

- Ball touches (head, chest, knee and feet)
- Trapping (both feet)
- Passing (inside/outside foot and laces)
- Shooting (volleys, headers, knees, feet)
- Weak foot (practicing weak foot)

### Physical Outcomes:

- Running
- Kicking

### Social Outcomes:

- Communication
- Team work
- Leadership and Initiative

### Psychological Outcomes:

- Learning by trial and error
- Learning the importance of repetition
- Mastering a new skill(s)
- Keeping composure under pressure
- Exposure to competitive environment