



WYSA Session Plans

11v11

U16(7th-12th Grade)



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What makes a session have a good flow?

Here are some things to consider:

- 1. Preparation - Understanding the session plan and setting up your training.*
- 2. Knowing Your Players - Adapt to each personality.*
- 3. Demonstrations - Be the example, or use Assistant Coach/Technical Director or players to demonstrate drills and concepts.*
- 4. Modifications - Knowing when to progress or regress.*
- 5. Communication - Be sure to ask questions and be open to feedback.*



Play - Practice - Play

Using the Play - Practice - Play method allows a coach to establish an objective during match conditions.

“We need our younger players to “play” freely more in training. This method allows more “free” play but then also gives the opportunity to teach using activities in the middle (isolation method) before going back to the game.”

-Vincent Ganzberg

DOC Indiana Youth Soccer

US Soccer Coaching Education National Staff

NSCAA National Staff



Play - Practice - Play Implementation

1. *Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pinnies, and balls on each field).*
2. *Bring players in together as a group - Provide the training objective/theme.*
 - *“In this game I want to see if you can look to take players 1v1 and penetrate into the final 1/3 using the dribble to create scoring opportunities.....”*
3. *Coach in the flow.*
4. *Use Proper Coaching Cues - Head up, Control>Speed, Turn, Dribble, Pass, Shoot...etc.*

Play - Practice - Play



Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pennies, and balls on each field)

Bring players in together as a group - Provide the training objective/theme:
Example - "In this game I want to see if you can look to take players 1v1 and pass to your teammates to create scoring opportunities..."

Key Coaching Cues:

- Head up!
- Dribble or Pass into space or to teammates feet.
- Control > Speed



Play - Practice - Play Scrimmage

Each Session can end w/ scrimmage against another WYSA team of same age group. Discuss with another Coach before practice or during a water break to coordinate.





Positional Numbering System

Recommended System for 11v11:

1-4-4-2





Positional Numbering Areas of Play

#1 Goalkeeper

Attack:

- *Make penetrating passes up field if possible to space for teammate*
- *Make possession passing to teammate's feet*
- *Act as support/outlet for teammates while in possession*

Defense:

- *Collect serves in playing area with feet or hands*
- *Collect shots on goal*
- *Organize #4, #5, and #8 while transition to defend, and during defense*





Positional Numbering Areas of Play

#5 Center Back

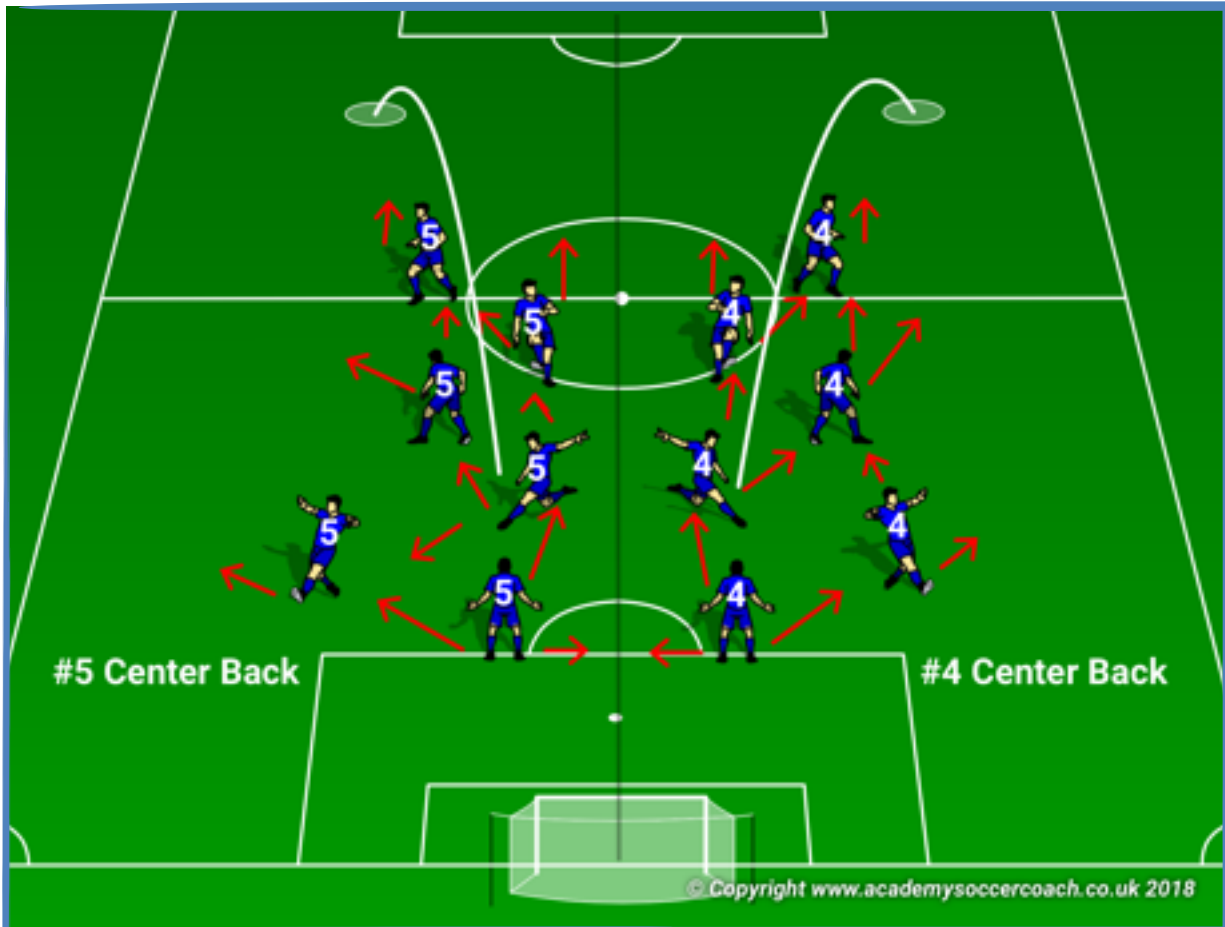
#4 Center Back

Attack:

- *Make penetrating passes up field if possible to space for teammate*
- *Make possession passing to teammate's feet*
- *Act as support/outlet for teammates while in possession*

Defense:

- *Collect serves in playing area with feet or hands*
- *Collect shots on goal*
- *Organize #2, #3, #4, #6, and #8 while transition to defend, and during defense*





Positional Numbering Areas of Play

#3 Left Back

#2 Right Back

Attack:

- Penetrate through combinations or dribble
- Provide services/scoring chances from wide areas
- Connect/Support #1, #8, #7, #11, and #9

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #1, #8, #7, and #11
- Provide balance when defending during transition





Positional Numbering Areas of Play

#7 Left Winger

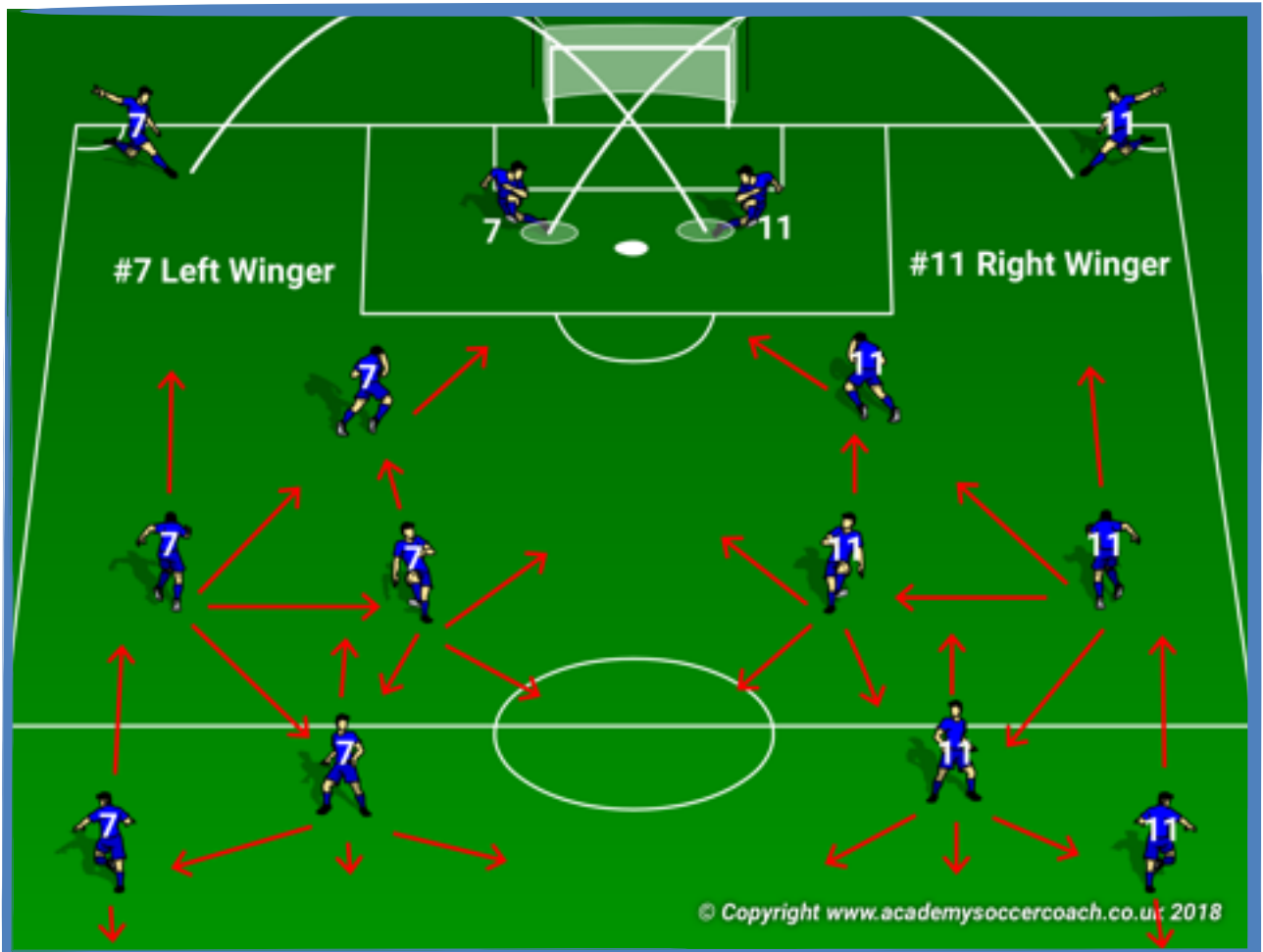
#11 Right Winger

Attack:

- Penetrate with the ball via dribble, pass, shot
- Provide services/scoring chances from wide areas
- Connect/Support #1, #4, #5, #8, and #9

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #4, #5, #8, #9
- Provide balance when defending on weak side during transition





Positional Numbering Areas of Play

#8 Central Midfield

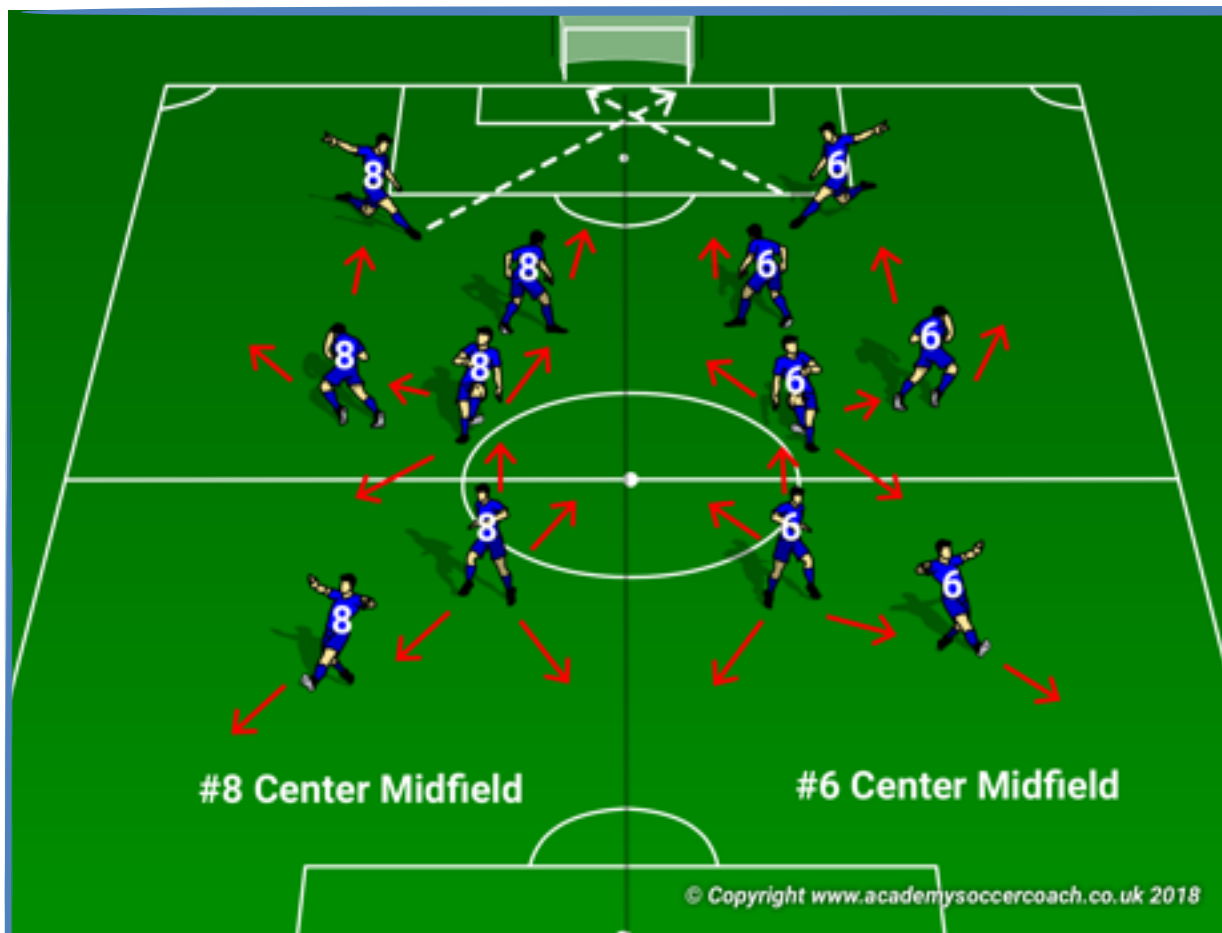
#6 Central Midfield

Attack:

- Penetrate with the ball via dribble, pass, shot
- Connect/Support #1, #4, #5, #11, #7, and #9
- Dictate penetration (going forward), or maintaining possession (sideways, or back)

Defense:

- Provide pressure on ball while other team is in possession
- Provide cover for #4, #5, #7, and #11
- Provide transition defense, and recover to defend the ball





Positional Numbering Areas of Play

#9 Forward

#10 Forward

Attack:

- Penetrate with the ball via dribble, pass, shot
- Act as outlet & support for #1, #4, #5, #7, #11, and #8
- Maintain possession (hold ball) vs unbalance defense (look to penetrate)

Defense:

- Provide pressure on ball while other team is in possession
- Try to immediately regain lost possession vs redirect pressure
- Pressure opposing #1, #4, #5, #7, #11, and #8 while in possession





Session One

Session Objective:

- Dribble Progression
- Striking
- Team Play



Individual Dribbling(10min.)

Each player has a ball in the space. Coach should lead a demonstration of the various surfaces(Inside, Outside, Laces, Sole) and individual moves(Feint, Scissors, Step-over). Change pattern. Rest every : 30-:45sec..

Coaching Cues

Keep the ball close - Light touch - No chase - Head up!



1v1 Partner Duels(5-10min.)

Two players (partners) & 1 ball. Coach designates which player that starts with the ball. 1v1 duel begins with each player trying to be in possession of the ball after time is called. Rest every :30-45sec..

Coaching Cues

Protect the ball - Shield - Dribble - Find Space - Head up!



1v1 to Goal(8-10min.)

Two teams of players line up on each side of the goal. Coach says "Go", or play numbers(designate #'s to players). Once signaled, players run around Coach, who then passes ball to either player.

Coaching Cues:

Attack - Defend - Strike w/ Inside or Laces



Positional Numbering Areas of Play

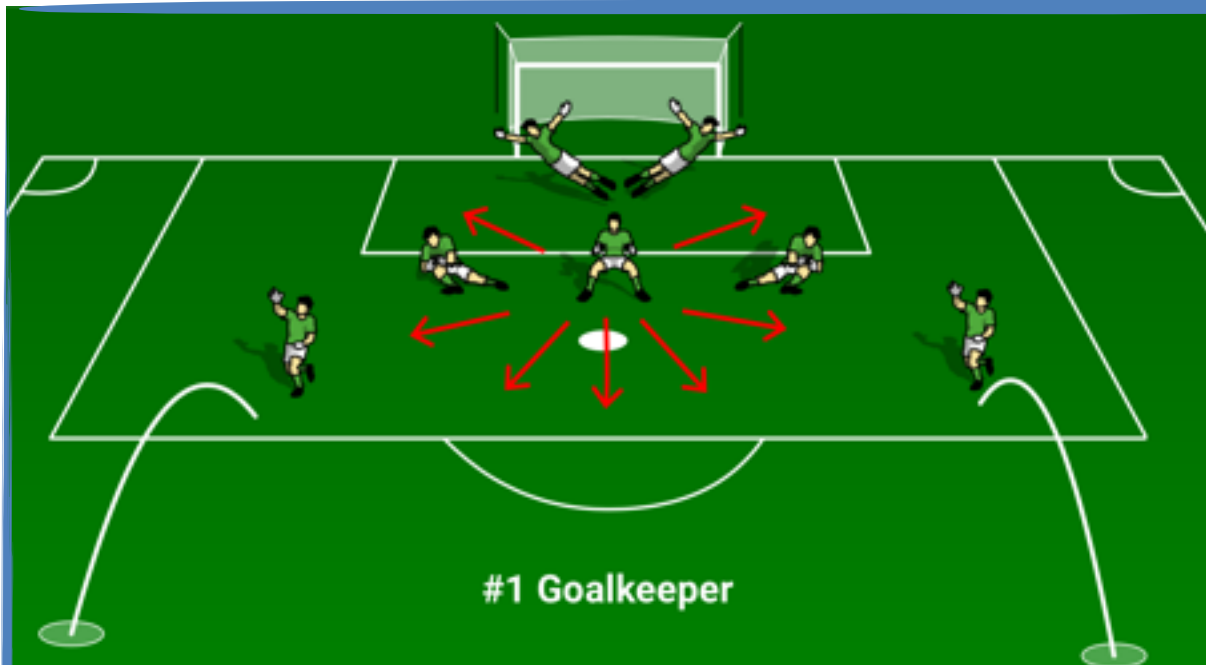
#1 Goalkeeper

Attack:

- *Make penetrating passes up field if possible to space for teammate*
- *Make possession passing to teammate's feet*
- *Act as support/outlet for teammates while in possession*

Defense:

- *Collect serves in playing area with feet or hands*
- *Collect shots on goal*
- *Organize #4, #5, and #8 while transition to defend, and during defense*





Things to consider when planning a Session:

- 1. PREPARE SPACE FOR NUMBER OF PLAYERS**
- 2. DIFFERENTIATE ACTIVITIES BASED ON AGE/SKILL LEVEL**
- 3. CHANGE THE SHAPE AND THE SIZE OF AREA - SMALL SIDED GAMES**
- 4. USE ASSISTANT COACHES OR PARENT HELPERS**
- 5. LIMIT AMOUNT OF TOUCHES ON THE BALL - RESTRICTIONS**
- 6. ADD UNOPPOSED(NO PRESSURE) ZONES**
- 7. COUNTER ATTACK GOALS**
- 8. DIVIDE FIELD INTO ZONES**
- 9. PLAY WITH NUMBERS ADVANTAGE(OVERLOAD)**
- 10. ALLOW TIME TO TEACH SITUATIONAL/POSITIONAL PLAY**

1. Name/Team: Session TWO

2. Topic: Individual Dribbling Skills - Fun Game - 2v2 w/ Dribble into Space

1. Gate Dribbling

- Set-up multiple **GATES** around your area. Gates can be narrow or wide.
- **Progression 1** - Players must **DRIBBLE** thru **GATES** 1x performing 90degree turns using different surfaces(Inside, Outside, Sole)
- **Progression 2** - Players **DRIBBLE** thru **GATES** 2x performing 180degree turn using different surfaces(Inside, Outside, Laces)
- **Progression 3** - Players **DRIBBLE** thru **GATES** 3x performing a figure 8 around **GATE**.
- **Competition - Who can **DRIBBLE** thru the most **GATES**?*

Coaching Cues:

Head up - Light Touches to Keep Ball Close - Control > Speed



2. 2v2 to 2 Goals/Gates

- Set up 2 lines of **ATTACKERS** and 2 lines of **DEFENDERS** as shown in image. Coach **PASSES** ball out to either side. **ATTACKING** players must attempt to score in **PUGGS** or **DRIBBLE** thru **GATES** to score.
- 2v2's - *How can we create a 2v1 or 1v1 to **ATTACK**?*

Coaching Cues:

Attack - Defend - Pass - Dribble - Shoot - 1v1 - 2v1



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.



1. Name/Team: Session THREE

2. Topic: Individual Dribbling /Passing/Receiving - 2v1 Overload

1. Technical Circle Progression

- Set-up a large circle or box. Split players in half. Half outside the area, and half inside the area.
- **Progression 1** - Players inside start with ball and must **DRIBBLE** to find outside player. Outside player takes over ball and **DRIBBLES** thru area to find another player.
- **Progression 2** - Players outside start w/ ball. Players inside must move and support outside player. Outside player connects **PASS** w/ inside player. Switch after time.
- **Progression 3** - Players on outside serve **AIRBALL** to inside player. Inside player must **CONTROL** ball and **PASS** back to outside player. Switch after time.

Coaching Cues:

Head Up! - Dribble - Pass - Control > Speed



2. 2v1 Overload

- Set-up two lines of **ATTACKERS** and one line of **DEFENDERS**.
- Coach starts by passing ball to **ATTACKERS** who are trying to score. If **DEFENDER** recovers ball, they can try to score in opposing team's goal, or dribble out thru gates. Or, they can pass to a Coach.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.



1. Name/Team: Session FOUR
2. Topic: Technical Dribble/Pass/Receive - 2v2's

1. Line Dribble and Passing

- Set-up 2 lanes w/ 4-5 players(2-3 on each end). First player in each line has ball.
- **Progression 1** - Players **DRIBBLE** to the opposite line and leave ball for next payer. Players stay in line the opposite line.
- **Progression 2** - Players **DRIBBLE** half-way and complete **PASS** to opposite line. Players follow **PASS** to opposite line.
- ***Progression 3** - Two Touch **PASSING**. **FIRST TOUCH** to **CONTROL** and second touch to **PASS**. Follow **PASS** to opposite line.

Coaching Cues:

Head Up - Dribble - Pass - Control > Speed



2. 2v2 to Goal

- Set up 2 lines of **ATTACKERS** and 2 lines of **DEFENDERS** as shown in image. **DEFENDER PASSES** ball out to **ATTACKERS**. **DEFENDER** follows **PASS** and creates **2V1** against **ATTACKERS**.
- **DEFENDER** must **DRIBBLE** out of box, or create **OUTLET PASS**
- Switch lines after duration.

Coaching Cues:

Attack - Defend - Pass - Dribble - 2v1



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.





1. Name/Team: Session FIVE

2. Topic: Passing/Receiving - Triangle Shape - 3v2's

1. Technical Warm-up - Triangle Passing

- Set-up a few 10x10x10 triangles, and groups of 3 players.
- Players use proper **PASSING** and **RECEIVING** to move the ball in Triangle Pattern. Encourage players to find **SPACE** and play ball outside the Triangle.
- Players should use back foot to **RECEIVE** and **INSIDE** foot to **PASS**.
- *How many times can you rotate the ball around shape in 1min.?*
- Change rotation.



2. 3v2 to Goal

- Set up three lines of **ATTACKING** players and designate two **DEFENDERS** for a duration of time.
- Coach passes ball to any **ATTACKER** who then starts the 3v2 attack on goal. If **DEFENDER/S** recover ball they can transition to score Puggs.
- **TACTICS** - Encourage **ATTACKING** players to create 1v1 or 2v1 scenarios. Encourage **DEFENDERS** to protect the middle/goal by staying together.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.



1. Name/Team: Session SIX

2. Topic: 1v1 - 2v2's - 4v3 Play the Widths

1. 1v1 and 2v2's to PUGG Goals/Gates

- Set-up area w/ 4 PUGG Goals on each end. Split into two teams. Coach plays the ball in to either team.
- Play 1v1. **ATTACKING** player must **DRIBBLE** and **SHOOT** in opposing teams PUGG Goals. If **DEFENDER RECOVERS** ball, roles switch.

Coaching points

- Encourage players to **DRIBBLE** into **SPACE** using speed or **1v1** Skill.
- Create combination plays e.g give and go, overlap, crossover.
- **1v1** (**ATTACK** vs. **DEFENDER**)



3. 4V3 - Play the Widths

- Set-up wide channels. Play 4 **ATTACKING** players vs 3 **DEFENDERS**(2 **DEFENDERS** + 1 **GK**)
- The ball must travel into the wide channels before entering the box for a shot on goal.

Coaching Points

- Find open space to stretch the **DEFENDERS**.
- Play wide before scoring!
- Speed of play



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.





1. Name/Team: Session SEVEN 2. Topic: Possession w/ Target Players - 3v3 Play the Widths

1. 3v3 + 2 Target Players

- Set-up 20x20 area.
- Play 3v3 **POSSESSION** in area. Team in **POSSESSION** must try to alternate playing to the **TARGETS**. Once a team **PASSES** to Target, they must transition and play to opposite target.
- Switch Targets after duration.

Coaching Cues:

- Possession - Pass - Move - Combine w/ target player -



2. 3v3/4v4 + 1v1 - Play the Widths

- Set-up in half as shown in image. Create wide zones.
- Play 3v3 **POSSESSION** in area. Team in **POSSESSION** must connect with wide players before scoring.
- Switch wide players after duration.

Coaching Cues:

- Possession - Pass - Move - Play Wide - Speed of Play



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.





1. Name/Team: Session EIGHT

2. Topic: Possession - 5v5 w/ Restricted Zones

1. 5v2 Rondo

- Set-up 20x20 area.
- Play 5v2 **POSSESSION** in area. Team in **POSSESSION** must try keep the ball w/ **PASSING** and **MOVING**.
- IF **DEFENDER** recovers ball, they switch out to become player on team in **POSSESSION**.
- Competition - Complete 10 **PASSES** and the two **DEFENDERS** have to do something silly, or an extra exercise(burpee)

Coaching Cues:

- Possession - Pass - First Touch - Move - Speed of Play



1. 5v5 in ZONES

- Set-up on half field. Split field into 3 **ZONES**.
- As shown in image - 1 **STRIKER** vs. 2 **DEFENDERS** and 2v2 in the middle.
- Players must combine thru the **ZONES** in order to score. **DEFENDERS** - **MID-FIELDERS** - **STRIKERS**. Also, players are restricted to their **ZONE**.
- *Allow middle players to enter **ATTACKING ZONE** to create 2v2.

Coaching Cues:

- Pass - First Touch - Move - Speed of Play



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.





1. Name/Team: Session NINE

2. Topic: Individual Dribbling/Passing/Receiving - 4v2 w/ Counter Goals

1. Technical Compass

- Set-up small 3x3 Box and a 10x10 or 15x15 big box outside. 2-3 players at each line.
- Players line up as shown in image, and each line has a ball.
- Progression 1 - Players **DRIBBLE** inside and perform 180degree turn back to line.
- Progression 2 - Players **DRIBBLE** and performs 90degree turn to next line.
- Progression 3 - First player in each line opens up to receive pass from line. Player receives **FIRST TOUCH** and **PASSES** to next line according to direction. Follow your **PASS**.

Coaching Cues:

- Pass - Turn - First Touch - Move - Speed of Play



2. 4v2 to Goal w/ Counter Goals

- Set-up two teams. Designate two **Defenders** and one **GK**. Rest of the players are **Attackers**. Switch **Defenders** every 2-3min.
- **Attacking** players utilize **Dribble** and **Passing** to try and score on goal. **Defenders** protect goal/middle, and if recover ball are encouraged to score in counter Pugg Goals.
- **Restrictions:* **Attackers** must complete certain amount of passes before attempt to score.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot - Find Open Space



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.



1. Name/Team: Session TEN
2. Topic: Possession - 3v2 to Goal

1. Small-sided Activity - 3v1

3v1 Possession

- Set-up 15x15 area. 3 players inside and 3 or remaining defenders line up outside corner. 1 defender passes ball into area. Players inside hold the ball with dribble, pass, and movement. If defender recovers or possessing players lose ball, 1 new defender re-starts.
- Switch teams every 3min.



2. 3v2 to Goal

- Set up three lines of **ATTACKING** players and designate two **DEFENDERS** for a duration of time.
- Coach passes ball to any **ATTACKER** who then starts the 3v2 attack on goal. If **DEFENDER/S** recover ball they can transition to score Puggs.
- **TACTICS** - Encourage **ATTACKING** players to create 1v1 or 2v1 scenarios. Encourage **DEFENDERS** to protect the middle/goal by staying together.

Coaching Cues:

- Attack - Defend - Dribble - Pass - Shoot



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.



1. Name/Team: Session ELEVEN

2. Topic: Individual Dribbling - 1v1 - 1v1 w/ Transition

1. Fake to the Gate

- Use center marker(Pole/Cone). Make two gates 10 yards to the left and right of center marker. Set-up two lines of players.
- No ball to start. Designate one line to be leader and the other follower. Leader runs straight out to marker decides which gate to run thru. Follower must react and try to tag.
- Add ball to leaders. Players must now dribble thru gates without losing possession of the ball.

Coaching Cues:

Head Up - Fake/Juke - Dribble - Control > Speed



2. 1v1 to Goal w/ transition

- Set-up two teams of players. One player starts out by taking unopposed shot on GK. Once player shoots on GK, they immediately transition to become defender of opposing team player. Creating a constant 1v1 scenario.

Coaching Cues:

- Attack - Defend - Dribble - Shoot



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.





1. Name/Team: Session TWELVE

2. Topic: Possession - 4v3 w/ Transition - Build from the Defense

1. 3v1 Progression w/ Transition

- Set-up 15x15 or 20x20 area. Split area in half w/ markers.
- Teams of 3 in each **ZONE**. Each team tries to hold ball in **POSSESSION** for certain amount of **TIME/PASSES**. 1 **DEFENDER** from each team can enter and try to recover ball.

Coaching Cues:

Pass - First Touch - Move - Space - Speed of Play



2. 4v3 w/ Transition to End-zone

- Set-up on half field. Designate 3 **DEFENDERS**. The rest **ATTACKERS**. **ATTACKERS** combine trying to score.
- If **DEFENDERS RECOVER** the ball, they must **DRIBBLE** or provide **PASS** into **ENDZONE**.

Coaching Cues:

Attack vs Defend- Pass - Dribble - Shoot - First Touch - Move - Space - Recover - Speed of Play



3. Final Game

Play 11v11

- Set-up Scrimmage with another team.





REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For the remaining weeks, repeat previous sessions. Be creative! Add restrictions, obstacles, and/or more goals.

Players will succeed if they are given the chance to repeat familiar tasks.