



Session Plan Template

Session Plan:

1. Name/Team:

2. Date:

3. Topic:

1. Technical Warm-up:

2. Small-sided Activity:

3. Final Game:



Session Plan

1. Name/Team:

2. Date:

3. Topic: Technical Build-up from the defensive 3rd w/ unopposed play

1. Technical Warm-up:

Build out from the back

- Set-up markers(cones/dots) where the players are located in image. Start on either left side, or right side.
- Player starts as **GK** and distributes ball to player(Defender) outside box. Player passes to middle player(**Center-Mid**). Middle player(**CM**) passes to outside player(**WINGER**). Outside player passes to top player(**STRIKER**). Top player dribbles to start(**GK**).
- Change Pattern and switch sides.



2. Small-sided Activity:

1v1's + 2v2's to Goal

- Set up 2 lines of **ATTACKERS(Blue)** and 2 lines of **DEFENDERS(Green)**. **DEFENDERS** delivers ball diagonal to **ATTACKER** creating 1v1 in the goal box. Change roles after duration.
- Change to 2v2 allowing 2 **ATTACKERS** v 2 **DEFENDERS**



3. Final Game:

Play 6v6/7v7

- Set-up PowerNets for 6v6 Half-field scrimmage.



Session Plan

1. Name/Team:

2. Date:

3. Topic: Technical Passing and Receiving - Possession and Movement

1. Technical Warm-up:

Star Pattern

- Set-up 5 star pattern with dots/cones, 10-15 yards apart.
- Ball starts w/ player 1, 3, and 5. Change directions if possible.
- **Progression 1** - Dribble next position and lay ball off to player.
- **Progression 2** - Dribble half-way(encourage skill) + Pass
- **Progression 3** - Two -Touch Passing



2. Small-sided Activity:

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.



3. Final Game:

Play 6v6/7v7

- Set-up Powernets for 6v6 Half-field scrimmage.



Session Plan

1. Name/Team:
2. Date:
3. Topic: Technical Passing and receiving - 1v1's to Goal - Attack vs. Defend

1. Technical Warm-up:

Y-Pattern

-
- Outside player dribbles to start. Add cones for obstacles to encourage technique.
- Change pattern when necessary.



2. Small-sided Activity:

1v1's to Goal w/ Transition

- Set-up two teams. 1 GK.
- 1 Player starts by shooting on GK. Once player shoots, they immediately become defender of next player from opposing team. Fast pace.



3. Final Game:

Scrimmage

- Set-up Powernets for 6v6 Half-field scrimmage.



Session Plan

1. Name/Team: WFC
2. Date: 4/25/19
3. Topic: Technical Passing and receiving - Possession

1. Technical Warm-up:
Build Out Pattern
 - Dribble, Pass and receive Patter starting from GK Position. Allow for repetition and progressive speed of play.
 - Change rotation and/or pattern.



2. Small-sided Activity:
Possession - 4v4 + 4 Bumpers
 - Set-up 10x10-20x20 area. 4v4 inside area. Creating 8v4 overload in possession.
 - Team in possession inside box connects 1-2 touch passes keeping possession as long as they can, using outside players to help connect passes inside. Switch outside team every few minutes.
 - How important is your First Touch? Can you angle your runs to help create space?
 Can we switch the ball to other side of the area?



3. Final Game:
Scrimmage
 - Set-up Powernets for 6v6 Half-field scrimmage.



Session Plan

1. Name/Team: WFC
2. Date: 4/29/19
3. Topic: Technical Passing, Receiving, and Dribble.

1. Technical Warm-up:

Obstacle course

- Players start at each end.
- Dribble - Pass - Agility - Receive - Cross - Wall Pass - Finish - Restart from opposite side.



2. Small-sided Activity:

3v2's w/ Counter

- Set-up 3v2 scenario to Goal.
- Focus on defensive shape and protecting the middle.



3. Final Game:

Scrimmage

- Set-up Powernets for 6v6 Half-field scrimmage.





Session Plan

1. Name/Team: WFC
2. Date: 4/29/19
3. Topic: Technical Passing, Receiving, and Dribble.

1. Technical Warm-up:

Diamond Pattern

- Pass out to wide player, then dribble to opposite line.
- First Player makes diagonal run, opens body to receive on back foot and dribble to next line.



2. Final Game:

Scrimmage

- Set-up Power-nets for 6v6 Half-field scrimmage.



Session Plan

1. Name/Team: WFC
2. Date: 5/6/19
3. Topic: Technical Passing, Receiving, and Dribble.

1. Technical Warm-up:

Technical Skills

- Turns
- Two Touch
- One Touch



2. Small-sided Activity:

2v1's

- Set-up two lines attackers and one line of defenders.
- Focus on movement of the pace and movement off the ball.

Coaching how to draw defender, open up space, offside, 1v1's, and overlaps.



3. Final Game:

Scrimmage

- Set-up Powernets for 6v6 Half-field scrimmage.

