

# USF



# Session Plan Template

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- 1. Name/Team:
- 2. Date:
- 3. Topic:

| 1. Technical Warm-up: |  |  |  |  |
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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





# Session Plan





- 1. Name/Team:
- 2. Date:
- 3. Topic: TechnicalPassing and Receiving Possession and Movement

### 1. Technical Warm-up:

#### **Star Pattern**

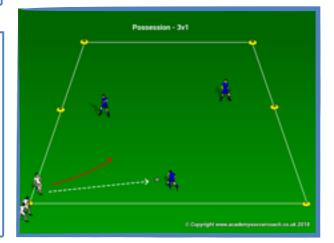
- Set-up 5 star pattern with dots/cones, 10-15 yards apart.
- Ball starts w/ player 1, 3, and 5. Change directions if possible.
- **Progression 1** Dribble next position and lay ball off to player.
- **Progression 2** Dribble half-way(encourage skill)
- **Progression 3** Two -Touch Passing



# 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





# 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**





# 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.



### 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**









# 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.



#### 3v2's w/ Counter

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





### 3. Final Game:

#### **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**





# 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, offsides, 1v1's, and overlaps.



### 3. Final Game:

#### **Scrimmage**

