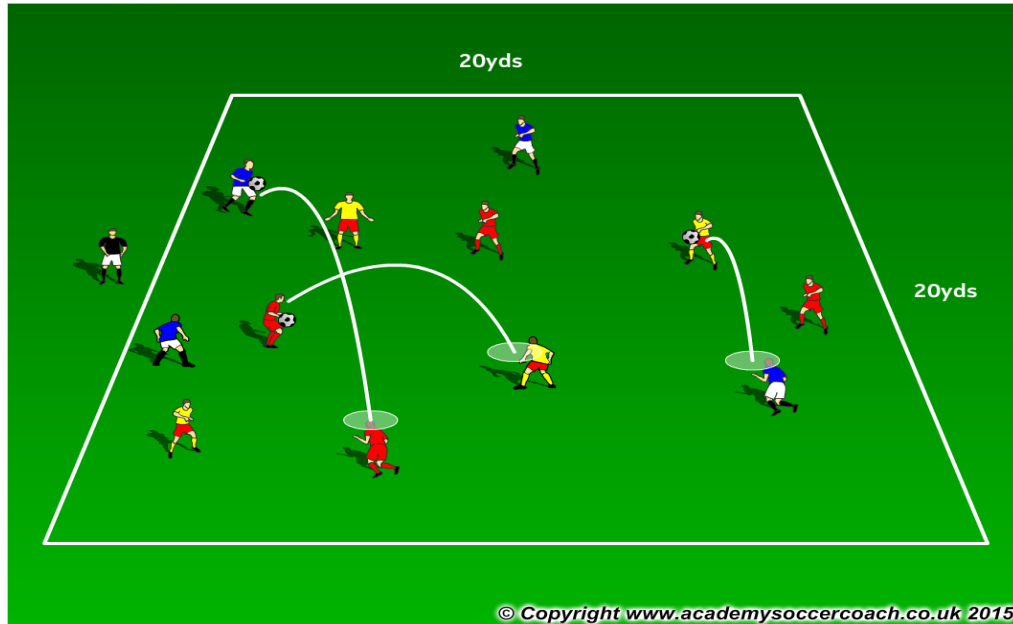




FUNdamentals practice plan – Week 27

Station A Physical Literacy



Organization: Players are divided into 3 or 4 groups and placed in a 20x20 yard area. 1 ball per group.

Procedure: Players move around the area using type of movement dictated by coach: running, backwards running, hopping, skipping etc. Players throw the ball to each other using a variety of techniques: overhead throw, under-arm throw, chest/bounce pass, 1 hand throw under opposite leg, American football “snap”.

Progressions: Players can only play to players in same team (red only pass to red), Players must pass to a different team each time (Red must play blue or yellow).

Time frame. 11 minutes

Emphasis:

Multi direction movement
Coordination
Balance

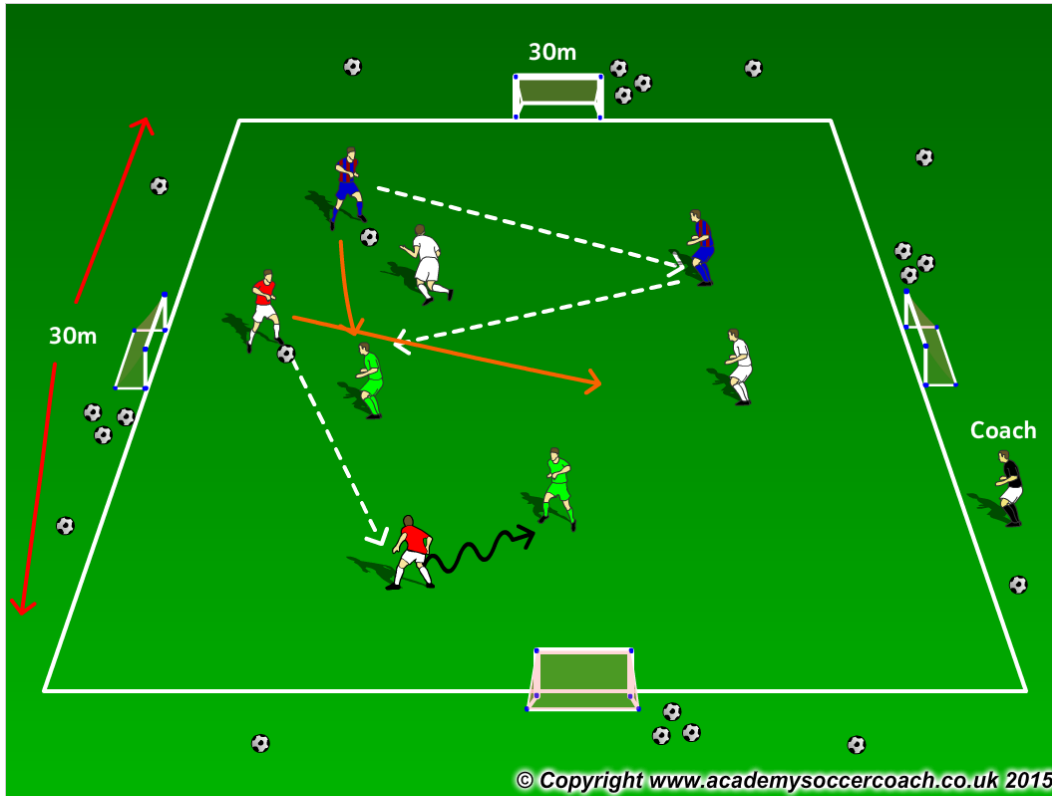
<p><u>Psychological</u> Confidence Being safe Decision making FUN</p>	<p><u>Technical</u> N/A</p>
<p><u>Physical</u> Multi direction moves Coordination Balance Speed</p>	<p><u>Social</u> Listening Communicating FUN</p>



FUNdamentals practice plan – Week 27

Station B

2 games of 2v2 in multiple directions.



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Organization: 4 teams of 2 players are placed on to a field 30mx30m.
Procedure: Players play two games of 2v2 with one game being played in one direction and the other game being played in the oppisite direction. Players are now placed in to a game situation that will enable them to make decisions based on what is happening around them.

Time frame. 11 minutes

Emphasis:

1v1 attacking/defending

Decision making

Team work

FUN!

Psychological

Confidence
 Decision making
 FUN

Technical

1v1
 attacking/defending
 Passing
 Receiving

Physical

Movement
 Timing
 Acceleration

Social

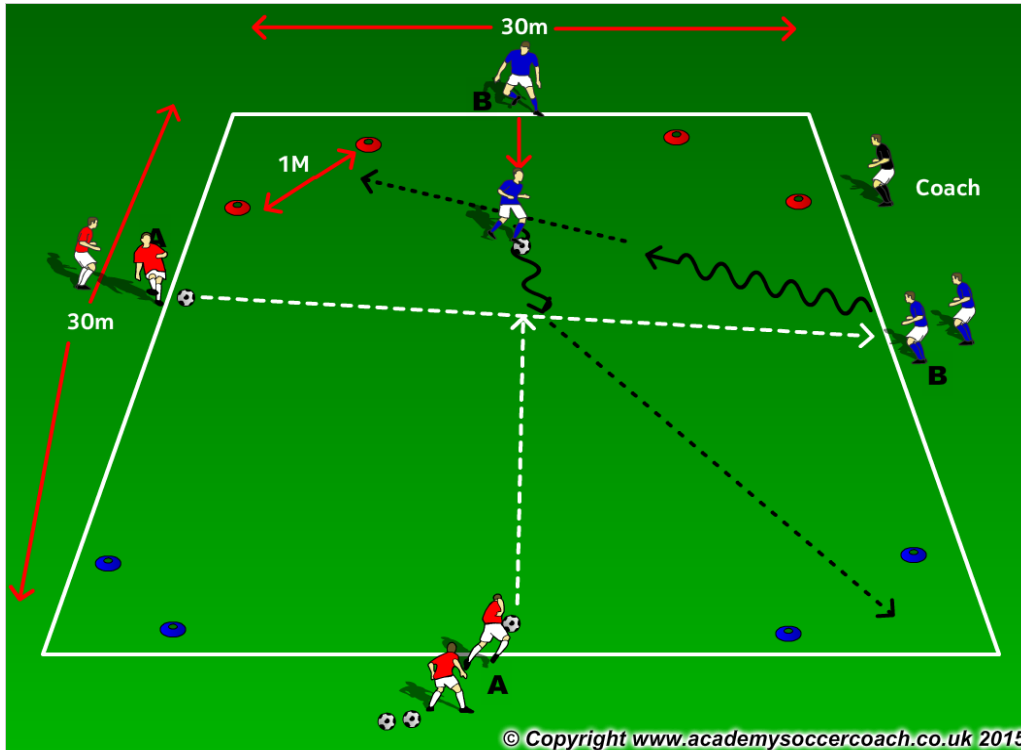
Listening
 Communicating
 Celebrating



FUNdamentals practice plan – Week 27

Station C

1v1 Chaos – Show your skills



Organization: Area is 30m x 30m with 1 goal in each corner, 1m in width.
Procedure: Player A's plays the pass to player B's on the opposite side of the area. Player B attempts to dribble past player A and dribble through one of the goals. If player A takes the ball away from play B he/she then tries to dribble the ball through any of the goals. Keep rotating the service so that all players are attackers. 2 1v1 games are happening at the same time
Progression: Players progress to play 2v2 if success is being achieved.

Time frame.11 minutes

Emphasis:

- 1v1 situations
- Decision making
- Chaotic situations
- FUN!

Psychological

Confidence
 Being safe
 Decision making

Technical

1v1 attacking and
 defending

Physical

A,B,C's
 Change of Direction
 Speed/Acceleration

Social

Listening
 Communicating
 Competition



FUNdamentals practice plan – Week 27
Station D
Small Sided Game – 5v5 with retreat line



Organization: Players play 5v5 in a 40x25m area (6v6/7v7 = increase area accordingly). Balls stationed along outside of field. Retreat Line marked at half way line for 5v5.

Time frame. 11 minutes

Emphasis:

Free Play

Express yourself

Decision making

FUN!

Psychological

Confidence
Being safe
Decision making
FUN

Technical

Free Play
Express yourself

Physical

A,B,C's
Change of Direction
Speed

Social

Listening
Communicating
Celebrating
Interaction