Mass Youth Soccer Session Plan

**Topic**

**DRIBBLING - RUNNING WITH THE BALL**

**Objectives**

(5 W's)

- Who: Flank Players
- What: Running with the ball to Penetrate
- Where: In the central and flanks areas of the field
- When: In possession of the ball with space to attack
- Why: To penetrate the opponent’s defense and create goal scoring opportunities

**Organization**

**Warm-up / Orientation**

- Duration: 10 min
- Intensity: Med-High

- Area: In a 20Wx30L yard grid divided into 2x10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left

**Coaching Points**

- Activity Time: 2 min
- Rest: 30 sec
- Intervals: 4

- What? Technique of Running with the Ball:
  ~ Push the ball forward with the laces. Big toe down. Distance of your touch
  ~ Each touch of the ball should push it a few steps ahead of the dribbler
  ~ Distance and pace of the touch matches the stride
  ~ The head is up and the eyes scan the field

**Implementation**

- 7v7
- Duration: 30 min
- Formation: R-GK-2-3-1 v W-GK-2-3-1

**Organization**

- In a 40Wx60L field play 7v7. All FIFA laws apply. Encourage the players when to run with the ball.

**Coaching Points**

- Technical Execution, Team tactical attacking principles, 5W's, Speed of Play
**Warm-up / Orientation**

**Dribble the Cone**

- **Organization**
  - Duration: 12 mins
  - Intensity: Medium

- **Coaching Points**
  - Activity Time: 2 mins
  - Rest: 1 min
  - Intervals: 4

- **Objectives (5 Ws)**

- **Who:** Strikers and Midfielders
- **What:** Dribbling, Receiving, Playing forward when possible, Create a 1v1
- **Where:** In the attacking half
- **When:** Confronted by one defender in the midfield or near the goal
- **Why:** To penetrate the opponents defense and create goal scoring opportunities

- **Organization**
  - **Activity Time:** 15 mins
  - **Intensity:** Med-High

- **Coaching Points**
  - Activity Time: 4 mins
  - Rest: 1 min
  - Intervals: 3

- **What? Technique of Dribbling to Beat an Opponent**
  ~ Keep the ball close
  ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
  ~ Change direction and get away from the opponent (cone) quickly

- **Organization**
  - **Activity Time:** 18 mins
  - **Intensity:** Medium

- **Coaching Points**
  - Activity Time: 7 mins
  - Rest: 2 mins
  - Intervals: 2

- **What? Technique** - Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy


- **Learning**

- **Implementation**
  - **Formation:** R GK-2-3-1 v W GK-3-2-1
  - **Activity Time:** 10 mins
  - **Rest:** 2.5 m
  - **Intervals:** 2

- **Organization**
  - **Activity Time:** 25 mins
  - **Formation:** 7v7

- **Coaching Points**
  - Technical Execution, Team tactical attacking principles, 5W's, Speed of Play
### Coaching Points

**Dribbling to Set Up a Pass**

- **Who:** Strikers and Midfielders
- **What:** Dribbling, Passing and Receiving, Spread out, Triangulate, Play forward when possible, Create 2v1 and diagonal passing lanes - Where: In the central and flank channels the attacking half
- **When:** Dribbling at defenders near the opponent’s box
- **Why:** To improve penetration and create goal scoring opportunities

<table>
<thead>
<tr>
<th>Organization</th>
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<tbody>
<tr>
<td><strong>Duration</strong></td>
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<tr>
<td><strong>Intensity</strong></td>
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**Warm-up / Orientation**

**Dribble - Pass Patterns**

- **Area:** in a 15Wx20L with a cone in the middle of the grid. Set up the players as shown in the diagram.
- **Pattern A:** The dribbler goes at the cone and performs a pass to his teammate
- **Pattern B:** The player with the ball will dribble toward the cone, his partner makes an overlap run and calls for a pass. The dribbler executes the pass to his teammate.

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**Orientation**

**3v2 to Four Small Goals**

- **Area:** 20Wx30L yard field with two small goals.
- **Play** to score in either opponent’s goals.
- **Points:** If a player passes off the dribble to a teammate and scores the goal is 10 points. Any other goal is 1 point.

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<td><strong>Intervals</strong></td>
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**Organization**

**Duration** 20 mins  
**Intensity** Med-High

**Learning**

**5v5 to a Goal and 2 Counter Goals**

- **Area:** 40Wx30L yard field with a regular goal a and 2 small counter goals
- **Play** to score in the opponent’s goal. All laws apply.

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<td><strong>Intervals</strong></td>
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**Implementation**

**7v7**

- **Duration:** 30 mins
- **Formation:** R GK-2-3-1 v W GK-3-2-1

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</table>

**Coaching Points**

- **Technical Execution, Team tactical attacking principles, 5W’s, Speed of Play**
**PASSING BASICS 1**

**Objectives (5 W's)**
- **Who:** Defenders, midfielders and strikers
- **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
- **Where:** In the defensive and attacking halves of the field
- **When:** The team is in possession of the ball
- **Why:** To penetrate the opponent’s defense

**Organizations**
- **Warm-up / Orientation**
  - Duration: 12 mins
  - Intensity: Med-High
  - Activity Time: 2.5 mins
  - Rest: 30 sec
  - Intervals: 4

  - **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle.
  - **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure.

- **Orientation**
  - Duration: 15 mins
  - Intensity: Med-High
  - Activity Time: 4 mins
  - Rest: 1 min
  - Intervals: 3

  - **What? Technique:** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

- **Learning**
  - Duration: 18 mins
  - Intensity: Medium
  - Activity Time: 7 mins
  - Rest: 2 mins
  - Intervals: 2

  - **What? Technique:** - Passing, Receiving, Shooting

**Implementation**
- **7v7**
  - Duration: 25 mins
  - Formation: R GK-2-3-1 v W GK-3-2-1
  - Activity Time: 10 mins
  - Rest: 2.5 min
  - Intervals: 2

**Organization**
- In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other.

**Coaching Points**
- Technical Execution, Team tactical attacking principles, 5W's, Speed of Play
# PASSING BASICS 2

**Objectives**

5 W's

**Who:** Defenders, midfielders and strikers  
**What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1  
**Where:** In the defensive and attacking halves of the field  
**When:** The team is building up the attack  
**Why:** To penetrate the opponent’s defense

<table>
<thead>
<tr>
<th>Organization</th>
<th>Duration</th>
<th>Intensity</th>
<th>Warm-up / Orientation</th>
</tr>
</thead>
<tbody>
<tr>
<td>3v0 to 3v1</td>
<td>12 mins</td>
<td>Med-High</td>
<td>3v0 to 3v1</td>
</tr>
</tbody>
</table>

**Coaching Points**

- **Activity Time:** 3 mins  
- **Rest:** 1 min  
- **Intervals:** 3

**Coaching Points**

- **Area:** In a 20Wx30L yard field  
- **Divide the players into groups of 3 to pass the ball around the grid. The player, who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in minutes ~ 2: Pass through the other team ~ Which team makes the most passes?**

**Organization**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Intensity</th>
<th>Med-High</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 mins</td>
<td>Medium</td>
<td></td>
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</table>

**Coaching Points**

- **Activity Time:** 7 mins  
- **Rest:** 2 mins  
- **Intervals:** 2

**Coaching Points**

- **What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle  
- **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure.

**Organization**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Intensity</th>
<th>Med-High</th>
</tr>
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<tbody>
<tr>
<td>15 mins</td>
<td>Medium</td>
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</tbody>
</table>

**Coaching Points**

- **Activity Time:** 4 mins  
- **Rest:** 1 min  
- **Intervals:** 3

**Coaching Points**

- **What? Technique:**  
  - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance  
  - Team Tactical Attacking Principles:  
    - Create 2v1’s: Where? When? Why?

**Organization**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Intensity</th>
<th>Med-High</th>
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<tbody>
<tr>
<td>212 mins</td>
<td>Medium</td>
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</table>

**Coaching Points**

- **5v5 to Goal**  
  - **Area:** In a 30Wx40L yard field with goals  
  - Play to score in the opponent’s goal  
  - When all members of the team have touched the ball and scored the goal is worth 100 points. All other goals are 1 point

**Coaching Points**

- **Activity Time:** 12 mins  
- **Rest:** 3 mins  
- **Intervals:** 2

**Coaching Points**

- **What? Technique:**  
  - Passing, Receiving, Shooting  
  - Team Tactical Attacking Principles:  

**Implementation**

- **7v7**  
  - **Duration:** 30 mins  
  - **Formation:** R GK-2-3-1 v W GK-3-2-1  
  - **Activity Time:** 12 mins  
  - **Rest:** 3 mins  
  - **Intervals:** 2

**Organization**

- **In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other**

**Coaching Points**

- **Technical Execution, Team tactical attacking principles, 5W's, Speed of Play**
PASSING AND COMBINING

Who: Defenders, midfielders and strikers
What: Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is building up the attack
Why: To penetrate the opponent's defense

Organization

Duration 12 mins  Intensity Med-High

Warm-up / Orientation  Passing Pattern

- Area: In a 15Wx20L yard grid
- Place 5 players as shown in the diagram. Player A dribbles and passes the ball to player B. Player B passes the ball back to player A. Player A passes forward to player C. After the forward pass, players switch positions. C plays with D the same pattern as A and B

Coaching Points

Activity Time 3 mins  Rest 1 min  Intervals 3

- What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle. ~ Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure

Organization

Duration 15 mins  Intensity Med-High

Orientation 3v2 to 4 Goals

- Area: In a 20Wx30L yard field with 2 goals on each end line
- Play to score in the opponent's goal
- If a team has 3 or more passes among them and score the goal is a 100 points. All other goals are 1 point

Coaching Points

Activity Time 4 mins  Rest 1 min  Intervals 3

- What? Technique - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

Organization

Duration 18 mins  Intensity Medium

Learning 4v5 to Goal and Counter Goals

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply

Coaching Points

Activity Time 7 mins  Rest 2 mins  Intervals 2

- What? Technique - Passing, Receiving, Shooting

Implementation

7v7 Duration 30 mins  Formation R GK-2-3-1 v W GK-3-2-1

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to combine with each other

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play
DEFENDING 1 - PRESSURE AND COVER

Objectives (5 W's)

Who: All Players
What: Speed angle and distance of approach, Body shape, Footwork, Type of tackles, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover
Where: In the central and flank channels of the defending half of field
When: As soon as you lose possession of the ball
Why: To deny penetration and shooting opportunities

Warm-up / Orientation 1v1 Defending

Coaching Points

Activity Time 30 sec Rest 30 sec Intervals 10

• What? Technique of Defending:
  ~ Speed of Approach, Angle of approach, Pressing distance, Body shape
  ~ Foot work: Stand, balance and position of the feet

Organization

Duration 10 mins Intensity Med-High

- Area: 10Wx15L yard grid with a central cone on each end line with a ball in the on the top of the cone. The defenders passes the soccer ball to the attacker. Now the defender will press the ball and delay the attacker. The attacker will dribble the ball and try to knock the ball of the cone.

Learning 4v4 to Goals

Coaching Points

Activity Time 8 mins Rest 2 mins Intervals 2

• What? Technique of Defending - Speed and Angle of approach, Pressing distance, Body shape, foot work, Type of tackle (Poke or Block) - Angle, speed and distance of cover

Implementation 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-3-2-1
Activity Time 12 mins Rest 3 mins Intervals 2

Organization

On a 40Wx60L field play 7v7. All FIFA laws apply. Encourage defenders to work together to regain the ball.

Coaching Points

Technical Execution, Team tactical defending principles, 5W's, Speed of Play.
### MASS YOUTH SOCCER SESSION PLAN

#### Topic
DEFENDING 2 - SMALL GROUP DEFENDING

<table>
<thead>
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<th>Objectives (5 W's)</th>
<th>Coaching Points</th>
<th>Warm-up / Orientation</th>
<th>Learning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who: All Players</td>
<td></td>
<td>2v2 to Small Goals</td>
<td>5v4 to Goals</td>
</tr>
<tr>
<td>Where: In the central and flank channels of the defensive half</td>
<td>Organization</td>
<td>Duration</td>
<td>Intensity</td>
</tr>
<tr>
<td>When: When the opponent is close to your goal area</td>
<td>Who: All Players What: Speed angle and distance of approach, Body shape, Foot work, Type of tackle, Press the player with the ball, Make it and keep it compact, Outnumber the opponent and give cover, Pressure in the Hotzone Where: In the central and flank channels of the defensive half When: When the opponent is close to your goal area Why: To deny penetration and shooting opportunities</td>
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<tr>
<td>Why: To deny penetration and shooting opportunities</td>
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<tr>
<td>Coaches Points</td>
<td>Duration</td>
<td>Intensity</td>
<td>Medium</td>
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<tr>
<td>- Area: 15Wx20L yard grid with a small goals on each endline</td>
<td>- The defender will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover</td>
<td>- Area: In a 20Wx30L yard grid with small goals</td>
<td>- Area: In a 30Wx40L yard field with a regular goal and 2 counter goals</td>
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<tr>
<td>- The defender will pass the ball to one of the attackers and try to keep him/her from scoring, by working together to pressure and cover</td>
<td>Coaching Points</td>
<td>Activity Time</td>
<td>Rest</td>
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<tr>
<td>2 mins</td>
<td>30 sec</td>
<td>4</td>
<td>Coaching Points</td>
</tr>
<tr>
<td>= Speed of Approach, Angle of approach, Pressing distance, Body shape</td>
<td>7 mins</td>
<td>2 mins</td>
<td>2</td>
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<tr>
<td>Organization</td>
<td>Duration</td>
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<td>- Area: In a 20Wx30L yard grid with small goals</td>
<td>- Area: In a 30Wx40L yard field with a regular goal and 2 counter goals</td>
<td>- Area: In a 40Wx60L field play 7v7. All FIFA Laws apply. Encourage defenders to work together to regain the ball</td>
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**Subject:** SHOOTING 1 - SHOOTING FROM DISTANCE

**Objectives (5 W's)**
- **Who:** Strikers and midfielders
- **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
- **Where:** In the attacking half of the field close to the goal area
- **When:** There is a shooting window
- **Why:** To develop an aggressive goal scoring mentality

**Organization**
- **Duration:** 12 mins
- **Intensity:** Medium
- **Warm-up / Orientation**
  - **Distance Shooting**
  - **Activity Time:** 3 mins
  - **Rest:** 1 min
  - **Intervals:** 3

**Coaching Points**
- **What? Technique of Shooting:**
  - Knees bent, head down, hips and knee over ball, body slightly leaning over ball
  - Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

**Orientation**
- **4v4 - 3 Zone Shooting**
- **Area:** In a 30Wx40L yard field with a 15 yard central zone & goals at each end line
- **Play to score in the opponent's goal.**
- **Scoring:** A goal scored from the central zone is 100 points. Any other goal is 1 point.

**Coaching Points**
- **Activity Time:** 4 mins
- **Rest:** 1 min
- **Intervals:** 3

**Organization**
- **Duration:** 15 mins
- **Intensity:** Med-High
- **Team Tactical Attacking Principles**

**Learning**
- **5v5 to Goal**
- **Area:** In a 30Wx40L yard field with goals
- **Play to score in the opponent's goal.**
- **Goals scored from distance (between the cones) are worth 10 points. All laws apply.**

**Coaching Points**
- **Activity Time:** 7 mins
- **Rest:** 2 mins
- **Intervals:** 2

**Implementation**
- **7v7**
  - **Duration:** 30 mins
  - **Formation:** R GK-3-2-1 v W GK-3-2-1
  - **Activity Time:** 12 mins
  - **Rest:** 3 mins
  - **Intervals:** 2

**Organization**
- In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot from distance.
**SHOOTING 1 - SHOOTING AND FINISHING**

**Objectives (5 W's)**

Who: Strikers and midfielders  
What: Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line  
Where: In the attacking half of the field close to the goal area  
When: There is a shooting window  
Why: To develop an aggressive goal scoring mentality

**Warm-up / Orientation**

**Organization**

Duration 12 mins  
Intensity Medium  

- Area: in a 20Wx30L yard field with a goal at each end line  
- Groups have 3 minutes score as many goals on the goalkeeper at each end.  
  - Interval 1: How many can you score?  
  - Interval 2: Improved by 2  
  - Interval 3: What team can score the most goals in 3 minutes?

**Coaching Points**

Activity Time 3 mins  
Rest 1 min  
Intervals 3

- **What? Technique of Shooting:**  
  ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball  
  ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

**Orientation**

4v4 - 60 Seconds Game

**Organization**

Duration 15 mins  
Intensity Low

- Area: In a 20Wx30L yard field with a goal on each end line  
- Both teams are trying to score in the opponent’s goal.  
  ~ Scoring: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent’s point away. Otherwise the game continues. The team who scores the last goal wins the game.

**Coaching Points**

Activity Time 4 mins  
Rest 1 min  
Intervals 3

- **What? Technique** - Shooting, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.  

**Implementation**

5v5 to Goal

**Organization**

Duration 18 mins  
Intensity Medium

- Area: In a 30Wx40L yard field with goals  
- Play to score in the opponent's goal. Goals scored inside the attacking half are worth 10 points. All laws apply.

**Coaching Points**

Activity Time 7 mins  
Rest 2 mins  
Intervals 2

- **What? Technique** - Shooting and Receiving  

**Learning**

5v5 to Goal

**Organization**

Duration 15 mins  
Intensity Low

- Area: In a 20Wx30L yard field with a goal on each end line  
- Both teams are trying to score in the opponent’s goal.  
  ~ Scoring: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent’s point away. Otherwise the game continues. The team who scores the last goal wins the game.

**Coaching Points**

Activity Time 4 mins  
Rest 1 min  
Intervals 3

- **What? Technique** - Shooting, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.  

**Implementation**

7v7

**Organization**

Duration 30 mins  
Formation  
R GK-2-3-1 v W GK-3-2-1

- Area: In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play