



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: TDC 6, 7 & 8 Week: 7

Topic: Passing and Receiving II

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Pattern Dribble (20 Touches):</p> <ul style="list-style-type: none"> Each player with a soccer ball. All patterns will be completed with both feet. <ol style="list-style-type: none"> Touch the ball with the outside of the foot then the inside of the foot (favorite foot first.) Push the ball twice with the laces then draw a circle around the ball with the big toe. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or toe roll.) Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or toe roll.) Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (forward with the left foot) stop it with the left. Now repeat with left foot. 		<ul style="list-style-type: none"> Technique: dribbling
Activity 1	<p>2v1 to 4 Goals:</p> <ul style="list-style-type: none"> The playing area is 15Wx 25L yard grid and 2 goals on each end-line (coach may need to adjust field sizes based on gym size and number of participants.) The game starts with the coach serving a ball to 1 team or the other. The team who gets the serve can have 2 players and the other team only gets 1. All restarts will be from the coach serving in a new ball (restarts do not have to go to the yellow.) Same players remain on the field until 2 goals are scored by one team or 1 minutes. 		<ul style="list-style-type: none"> Technique: passing , receiving, dribbling and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation
Activity 2	<p>2v2 to 4 Goals:</p> <ul style="list-style-type: none"> The playing area is 15Wx 25L yard grid and 2 goals on each end-line (coach may need to adjust field sizes based on gym size and number of participants.) The game starts with the red team passing to the yellow team. All restarts will be determined prior to the game by the coach. Play a game to 4 goals or 2 minutes 		<ul style="list-style-type: none"> Technique: passing , receiving, dribbling and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation
Conditioned Game	<p>3v3, 4v4 or 5v5:</p> <p>In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game.</p> <ul style="list-style-type: none"> Coach will determine if goal keepers will be used. 	<ul style="list-style-type: none"> Technique: dribbling, passing, receiving and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation 	

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