



Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: TDC Week: 2

Topic: Lateral Touches

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Diamond Dribbling (10 Touches:) Place 4 cones in a diamond shape about 2 yards apart from each other.</p> <ul style="list-style-type: none"> • Each player with a soccer ball. • Players will try to push the ball to the next cone with the outside of their foot and stop it with the inside (1 touch to push and 1 touch to stop). Now switch directions. • 2nd pattern: little touch from right foot to left, little touch from left foot to right, big roll with right foot across the body and to the next cone. • Repeat starting with the left foot. 		<ul style="list-style-type: none"> • Technique of Dribbling: head Up but Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction
Activity 1	<p>1v1 to Small Goal: • In a 15Wx25L yard grid play 1v1 to score in the opponent's goal by dribbling through the goal • The defending team has all the balls. The defender passes to the attacker(s) to start the game. If defender gets ball, he/she can score • Give bonus points for a team scoring after performing the INSIDE-OUTSIDE or TOUCH-TOUCH-ROLL past the opponent.</p>		<ul style="list-style-type: none"> • Technique of Dribbling • Principles of play <ul style="list-style-type: none"> o Penetration o Improvisation
Activity 2	<p>2v2 to Small Goal: • In a 15Wx25L yard grid play 2v2 to score in the opponent's goals by dribbling through the goal. • The defending team has all the balls. The defender passes to the attacker(s) to start the game. If defender gets ball, he/she can score • Give bonus points for a team scoring after performing the INSIDE-OUTSIDE or TOUCH-TOUCH-ROLL past the opponent. • Attackers have 3 attempts (balls) to score.</p>		<ul style="list-style-type: none"> • Technique of Dribbling • Technique of Passing: Accuracy, Pace, Weight, Position of the non kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. • Technique of Receiving: Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction and away from pressure • Principles of play <ul style="list-style-type: none"> o Penetration o Support o Improvisation
Conditioned Game	<p>3v3, 4v4 or 5v5 to Goal: • In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game • Coach will determine if goal keepers will be used.</p>		<ul style="list-style-type: none"> • Techniques of Dribbling, Passing & Receiving • Principles of play <ul style="list-style-type: none"> o Penetration o Support o Mobility o Width o Improvisation

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