WINTER INDOOR

TECHNICAL DEVELOPMENT CENTERS 2020
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# Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** TDC  
**Week:** 1

## Topic: Dribbling to Beat an Opponent 1

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| **Play 1**  
**10 min** | Play 1: 1v1, 2v2 or 3v3  
Set up two or three small fields with a goal at each end. Play 1v1, 2v1, 2v2 up to 3v3. Play for the first 10 minutes. Play with kick-ins or dribble-ins when the ball goes out of bounds. | ![Diagram of Play 1](image1) | • Technique of Dribbling:  
Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace).  
• 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.  
• Technique of Passing:  
Accuracy, Pace, Weight, Position of the non-kiicking foot, Surface of the foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow through. |
| **Activity 1**  
**12 min** | Ball Mastery 1:  
In a 5Wx7L square, place a player with a ball at each end. All players start the dribbling pattern going to the right. Players will perform the following tasks:  
1. Inside, outside, outside - Inside, outside, outside - Laces, laces.  
2. Inside, Inside, inside, outside - Inside, inside, inside, outside - Laces, laces.  
3. inside, inside, roll - inside, inside, roll - Laces, laces. | ![Diagram of Activity 1](image2) | |
| **Activity 2**  
**12 min** | 1v1 to 5 Yard Goal:  
In a 10Wx15L yard grid play 1v1 to score in the opponent’s goal by dribbling through the goal.  
• The player with the ball passes it to the dribbler.  
• The dribbler receives and tries to dribble past the defenders and score by dribbling though the 5 yard goal.  
• If defender gets ball, he/she can score. Players switch sides after their turn is up. | ![Diagram of Activity 2](image3) | • Technique of Dribbling and Receiving  
• Team Tactical Principles  
  ○ Shoot  
  ○ Pass or Dribble forward or hold the ball  
  ○ Create passing options  
  ○ Support the attack  
  ○ Create 2v1 or 1v1 |
| **Play 2**  
**20 min** | Play 2: - 3v3, 4v4 or 5v5:  
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 goalkeepers will be used. | ![Diagram of Play 2](image4) | |
### Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** Goalkeeping  
**Week:** 1

**Topic:** Basic Catching

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<thead>
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</table>
| **Technical Warm-up**      | Scoop the ball A:  
  - GK is about 4 yards behind the ball  
  - At coach’s command the GK moves toward the ball and scoops the ball and secures it by bringing it to his/her chest  
  - GK places the ball back on the same spot and lines up to scoop the other ball  
  Scoop the ball B:  
  - Two GK’s line up facing each other about 7-10 yards apart  
  - One GK will roll the ball towards the other GK, who will move toward the ball and scoop it secure and toss the ball back to the server  
  - Each GK gets 5 goes then switch | ![Diagram](image1.png) | - Get in set position  
- Keep your eyes on the ball  
- Head still with eyes on the ball  
- Have hands together with fingers pointing towards the ground  
- Pinky’s together like a shovel scooping the ball into the body (Chest) to secure it. |
| **Activity 1**             | Bag or Basket Catch A:  
  - Each GK with a ball  
  - The GK will toss the ball about 1-2 yards in front, move towards it and Bag the ball by catching it between their knees and waist line  
  Bag or Basket Catch B:  
  - Two GK’s line up facing each other about 10 yards apart  
  - One GK will toss the ball toward the other GK, who will move toward the ball and Bag it at the first or second bounce, secure it and toss the ball back to the server  
  - Each GK gets 5 goes then switch | ![Diagram](image2.png) | - Get in set position  
- Body weight on the balls of your feet  
- Get in line with the ball  
- Keep your eyes on the ball  
- Hands together, fingers pointing towards the ground  
- Secure the ball by bringing it to the chest |
| **Activity 2**             | Diamond Catch A:  
  - Each GK with a ball  
  - The GK will toss the ball about 1-2 yards in front, move toward it and bag the ball by catching it between their knees and waist line  
  Diamond Catch B:  
  - Two GK’s line up facing each other about 6-8 yards apart  
  - One GK will throw the ball towards the other GK, about face high, the receiving GK will catch the ball making a diamond with his/her hands, then securing the ball to throw it back to the other GK | ![Diagram](image3.png) | - Get in set position  
- Body weight on the balls of your feet  
- Get in line with the ball  
- Keep your eyes on the ball  
- Hands in a diamond shape formed by the thumbs and the index fingers curving hands to the shape of the ball  
- Secure the ball by bringing it to the chest |
| **Conditioned Game**       | Play 3v3, 4v4 or 5v5  
- All teams with a Goalkeeper  
- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.  
- Reinforce all the coaching points from all the activities. | ![Diagram](image4.png) | - |
## Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** TDC  
**Week:** 2

### Topic: **Dribbling to Beat an Opponent 2**

<table>
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<tr>
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</thead>
</table>
| **Play 1**  
10 min | Play 1: 1v1, 2v2 or 3v3:  
Set up two or three small fields with a goal at each end. Play 1v1, 2v1, 2v2 up to 3v3. Play for the first 10 minutes. Play with kick-ins or dribble-ins when the ball goes out of bounds. | ![Stage Diagram](attachment:stage_diagram.png) | • **Technique of Dribbling:**  
Head Up and Eyes on the ball,  
Surface of the Foot to use,  
Surface of the ball to strike,  
Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace).  

• **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.  

• **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. |
| **Activity 1**  
12 min | Ball Mastery 2:  
In a 10Wx7L square, place a player at each side with a ball. All players start the dribbling pattern going to the right. Players will perform the following tasks:  
1. Inside, inside, inside - Outside, outside - Inside, inside, inside - Outside, outside - Laces, laces.  
2. Inside, inside, roll - Inside, inside, roll - Laces, laces.  
3. Inside, inside, inside – Outside, outside, drag back - Inside, inside, inside – Outside, outside, drag back - Laces, laces. | ![Activity 1 Diagram](attachment:activity1_diagram.png) |  |
| **Activity 2**  
12 min | 1v1 to 2 Goals at Each End:  
In a 10Wx15L yard grid play 1v1 to score in either of the opponent’s goals by dribbling through the goal.  
- The player with the ball passes it to the dribbler.  
- The dribbler receives and tries to dribble past the defenders and score by dribbling through one of goals.  
- If defender gets ball, he/she can score.  
- Players switch sides after their turn is up. | ![Activity 2 Diagram](attachment:activity2_diagram.png) |  |
| **Play 2**  
20 min | Play 2: - 3v3, 4v4 or 5v5:  
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 goalkeepers will be used. | ![Play 2 Diagram](attachment:play2_diagram.png) |  |
Training Centers Interactive Lesson Plan

Season: Winter 2020 Program: Goalkeeping Week: 2

Topic: Goalkeeping Footwork, Quickness and Ball Handling

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<th>Diagram</th>
<th>Coaching Points</th>
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<tr>
<td>Technical</td>
<td>Shuffe and Catch:</td>
<td></td>
<td>Catch the ball with a “Diamond”, “Contour”, or Close W hand position on any ball chest height and above (formed by thumbs and index fingers)</td>
</tr>
<tr>
<td>Warm-up</td>
<td>• GK’s start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out:</td>
<td></td>
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<tr>
<td></td>
<td>o Scoop – Players will place their ball on the floor and go and scoop another ball</td>
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<tr>
<td></td>
<td>o Basket – Players will toss the ball and basket catch it</td>
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<tr>
<td></td>
<td>o Players will toss the ball high, jump and catch the ball</td>
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<tr>
<td></td>
<td>• Version 2: The GK’s quickly find a partner and either serve them a high ball &amp; switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Activity 1</td>
<td>Quick Hands &amp; Shuffle:</td>
<td></td>
<td>Move quickly into set position</td>
</tr>
<tr>
<td></td>
<td>• Place 2 cones about 1-2 yards apart, two GK’s near the cones each with a soccer ball in hand</td>
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<tr>
<td></td>
<td>• At coach’s command the GK’s will toss or roll the ball and the GK’s will shuffle laterally to catch or scoop the ball</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>• Change services: roll, drops, mid high and high</td>
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<tr>
<td>Activity 2</td>
<td>Quick Shuffle:</td>
<td></td>
<td>Move quickly into set position</td>
</tr>
<tr>
<td></td>
<td>• Place the GK between 2 cones about 2 yards apart</td>
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<tr>
<td></td>
<td>• Two servers in front of each cone will vary the service, one will toss a mid-high/high ball the other will bounce or roll the ball the GK’s will shuffle laterally to catch or scoop the ball</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Change services: roll, drops, mid high and high</td>
<td></td>
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</tr>
<tr>
<td>Conditioned</td>
<td>Play 3v3, 4v4 or 5v5</td>
<td></td>
<td>Move quickly into set position</td>
</tr>
<tr>
<td>Game</td>
<td>- All teams with a Goalkeeper</td>
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<tr>
<td></td>
<td>- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.</td>
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<tr>
<td></td>
<td>- Reinforce all the coaching points from all the activities.</td>
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## Training Centers Interactive Lesson Plan

### Season: Winter 2020  
### Program: TDC  
### Week: 3

### Topic: Dribbling and Running with the Ball

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</table>
| Play 1    | **Play 1:** 1v1, 2v2 or 3v3:  
Set up two or three small fields with a goal at each end. Play 1v1, 2v1, 2v2 up to 3v3. Play for the first 10 minutes. Play with kick-ins or dribble-ins when the ball goes out of bounds. | ![Diagram of Play 1](image) | **Technique of Dribbling:**  
- Head Up and Eyes on the ball,  
- Surface of the Foot to use,  
- Surface of the ball to strike,  
- Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace). |
|           |                      |         | **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. |
|           |                      |         | **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. |
| Activity 1| **Ball Mastery 3:**  
In a 20Wx30L square divided in three zones. Each end zone is 7 yards long and a middle zone about 16 yards long. Players will perform the following tasks:  
1. 8 inside taps, run with the ball to the other side.  
2. Inside, outside, inside, outside, inside, outside, run with the ball to the other side.  
3. Inside, inside, roll - Inside, inside, roll, run with the ball to the other side.  
4. Laces, laces, drag back - Laces, laces, drag back, run with the ball to the other side. | ![Diagram of Activity 1](image) | ![Diagram of Activity 1](image) | ![Diagram of Activity 1](image) |
|           |                      |         | **Technique of Dribbling and Receiving** |
| Activity 2| **2v1 to 2 Goals and a Counter Goal:**  
In a 15Wx20L yard grid play 2v1.  
- The dribbler and his/her partner enters the grid to score by dribbling through one of the two opponent's goals protected by a defender.  
- The player who dribbles the ball through the goal becomes the defender and a new attacking team comes in.  
- When the defender gets the ball, he/she scores by dribbling through the counter goal. | ![Diagram of Activity 2](image) | ![Diagram of Activity 2](image) | ![Diagram of Activity 2](image) |
| Play 2    | **Play 2:** 3v3, 4v4 or 5v5:  
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 goalkeepers will be used. | ![Diagram of Play 2](image) | ![Diagram of Play 2](image) | ![Diagram of Play 2](image) |

- **Team Tactical Principles**  
  - Shoot  
  - Pass or Dribble forward or hold the ball  
  - Create passing options  
  - Support the attack  
  - Create 2v1 or 1v1
# Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** Goalkeeping  
**Week:** 3

## Topic: Quick & Soft-Hands

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</table>
| Technical Warm-up      | **Touch the Ball and Catch 1:**  
• Place a server with a soccer ball about 3 - 4 yards away  
• Have a GK standing with a ball on the ground one yard in front of him/her. The GK steps forward, tags the ball then they get in ready position. The server will toss the ball about chest-head height  
• The GK will catch the ball, toss it back and repeat the sequence again  
• Repeat this ten times and switch  

**Touch the Ball and Catch 2:**  
• Place a server with a soccer ball about 3 - 4 yards away  
• Have a GK standing with a ball on either side on top of a cone  
• Have the GK touch a ball with one hand. The server will toss the ball about chest-head height  
• The GK will catch the ball with one hand (right only, left only), toss it back and repeat the sequence with the other hand  
• Repeat this ten times and switch  |
| Activity 1             |                                                                                                                                                                                                                    | ![Diagram](image1.png)                                 | **• Keep the eyes on the ball**  
**• Keep the hands behind the ball**  
**• Head still with eyes on the ball**  
**• Handling technique (One hand catch- Soft hand)** |
| Activity 2             | **Two Catches:**  
• Place two servers about 3 - 5 yards away. One server will be on his knees to roll or bounce the ball. The other server will be standing to toss the ball chest-head height  
• GK will catch the ball and toss it back then scoop the next one and bowl it back  
• Repeat this ten times and switch  |
| Conditioned Game       | **Play 3v3, 4v4 or 5v5**  
• All teams with a Goalkeeper  
• Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.  
• Reinforce all the coaching points from all the activities. |

**Coaching Points:**  
* Keep the eyes on the ball  
* Keep the hands behind the ball  
* Head still with eyes on the ball  
* Handling technique (Diamond, Basket and Scoop)
### Topic: Conditioned Games

#### After a brief warm up play the following conditioned games

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<th>GAME 1</th>
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| 3v3 or 4v4 to Six Goals: | In a 20Wx25L yard grid Play a 3v3 or 4v4 game with three goals on each end line. If a player performs a Circle Take or a Fake and Take and beats his/her opponent and scores, the goal is worth 100 points | ![Diagram](image1.png) | • Technique of Dribbling, Passing, Receiving & Shooting  
  • Team Tactical Principles  
    o Shoot  
    o Dribble forward or hold the ball  
    o Create passing options  
    o Support the attack  
    o Create 2v1 or 1v1 |

| GAME 2          | Amount of Passes = Amount of Points:                                                                                                          | ![Diagram](image2.png) | • Technique of Dribbling, Passing, Receiving & Shooting  
  • Team Tactical Principles  
    o Shoot  
    o Dribble forward or hold the ball  
    o Create passing options  
    o Support the attack  
    o Create 2v1 or 1v1 |

| GAME 3          | One Touch Finish                                                                                                                             | ![Diagram](image3.png) | • Technique of Dribbling, Passing, Receiving & Shooting  
  • Team Tactical Principles  
    o Shoot  
    o Dribble forward or hold the ball  
    o Create passing options  
    o Support the attack  
    o Create 2v1 or 1v1 |

| 4v4:            | In a 20Wx25L yards grid  
• Play the game  
• Coach will determine if goal keepers will be used | ![Diagram](image4.png) | • Technique of Dribbling, Passing, Receiving & Shooting  
  • Team Tactical Principles  
    o Shoot  
    o Dribble forward or hold the ball  
    o Create passing options  
    o Support the attack  
    o Create 2v1 or 1v1 |
## Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** Goalkeeping  
**Week:** 4

**Topic:** Goalkeeping Footwork and Handling

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<th>Stage</th>
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</tr>
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</table>
| **Technical Warm-up** | On Your Knees Catching:  
- The goalkeeper starts on his/her knees  
- The server throws or volleys the ball into the goalkeeper between the cones  
- The goalkeeper catches the ball and then drops the ball to either side  
Services:  
- On the ground, bouncing, or from the hands | ![Diagram](https://example.com/diagram1.png) | • Keep the eyes on the ball  
• Keep the hands behind the ball  
• Head still with eyes on the ball  
• Handling technique (Diamond, Basket & Scoop) |
| **Activity 1**    | Turn, Set & Catch:  
- Set up two cones about 3 yards apart. Place a GK near a one cone facing the cone sideways  
- When server calls “turn” the GK has to turn, get set and save the shot or service  
- GK then faces the opposite side cone, repeat  
- Rotate after 8 serves  
Services:  
- On the ground, bouncing, mid-height | ![Diagram](https://example.com/diagram2.png) | • Move quickly into set position  
• Body weight on the balls of feet, hands in ready position  
• Get in line with the ball  
• Head still with eyes on the ball  
• Handling technique (Diamond, Basket & Scoop) |
| **Activity 2**    | GK in the Middle:  
- Place 3 GKs in a line about 8-10 yards apart, the GK in the middle is in between two cones about 6 yards apart  
- The GKs at each end have a few balls. One GK will shoot at the middle GK, he/she will catch or make a save and turn, set, and catch the next service  
- Rotate after 8 serves  
Services:  
- On the ground, bouncing, mid-height | ![Diagram](https://example.com/diagram3.png) | • Move quickly into a set position  
• Body weight on the balls of feet, hands in ready position  
• Get in line with the ball  
• Head still with eyes on the ball  
• Handling technique (Diamond, Basket & Scoop) |
| **Conditioned Game** | Play 3v3, 4v4 or 5v5  
- All teams with a Goalkeeper  
- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.  
- Reinforce all the coaching points from all the activities. | ![Diagram](https://example.com/diagram4.png) |
<table>
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<tr>
<th>Stage</th>
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<tbody>
<tr>
<td>Play 1</td>
<td><strong>Play 1: 1v1, 2v2 or 3v3:</strong> Set up two or three small fields with a goal at each end. Play 1v1, 2v1, 2v2 up to 3v3. Play for the first 10 minutes. Play with kick-ins or dribble-ins when the ball goes out of bounds.</td>
<td><img src="image1.png" alt="Diagram" /></td>
<td>• Technique of Dribbling: Head Up and Eyes on the ball, Surface of the Foot to use, Distance of touch, Strike, Change of Direction, Balance and Acceleration (Change of Pace).</td>
</tr>
<tr>
<td>Activity 1</td>
<td><strong>Ball Mastery 5:</strong> In a 7Wx7L square, place a player at each side with a ball. Players will perform the following tasks: 1. Inside taps going forward, at the line turn with the inside of the foot. 2. Using only one foot to go forward. Inside, outside, inside, outside, at the line turn using the outside of the foot. 3. Tap the ball forward with the sole of the foot, at the line drag the ball back.</td>
<td><img src="image2.png" alt="Diagram" /></td>
<td>• 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.</td>
</tr>
</tbody>
</table>
| Activity 2 | **1v1 Running and Turning:** In a 8Wx15L yard grid divided into two boxes of 4x7 yards each with goals on one side. • The Red player passes the ball to the yellow. • The Red player runs around the yellow attacker to get goal side. • In order to score, the dribbler needs to perform a turn in the second box (orange cones). After the turn, the player can score in either of the two Red goals. • After all the Red team players have attacked, allow the White team to start with the ball. • Teams keep score. | ![Diagram](image3.png)                                                   | • Technique of Dribbling and Receiving  
• Team Tactical Principles  
  ○ Shoot  
  ○ Pass or Dribble forward or hold the ball  
  ○ Create passing options  
  ○ Support the attack  
  ○ Create 2v1 or 1v1 |
| Play 2     | **Play 2: 3v3, 4v4 or 5v5:** 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 goalkeepers will be used. | ![Diagram](image4.png)                                                   |                                                                                 |
Training Centers Interactive Lesson Plan

Season: Winter 2020  Program: Goalkeeping  Week: 5

Topic: Goalkeeping Footwork, Ball Handling and Angle Play

<table>
<thead>
<tr>
<th>Stage</th>
<th>Activity Description</th>
<th>Diagram</th>
<th>Coaching Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Technical Warm-up</td>
<td>4 Cones: • GK is standing in between 2 cones. Place 4 markers in a half circle about 3 yards away from the central cones. Markers are numbers 1-4 • GK must run to touch a marker, shuffle back to get set in front of the two cones and catch the serve • Server then shouts out a new number • Rotate after 8 serves Services: • On the ground, bouncing, mid-height</td>
<td><img src="image1.png" alt="Diagram" /></td>
<td>• Keep the eyes on the ball • Get into line with the ball • Keep the hands behind the ball • Head still with eyes on the ball • Handling technique (Diamond, Basket &amp; Scoop)</td>
</tr>
<tr>
<td>Activity 1</td>
<td>5 Cones: • Place the GK with the cones set up as the graphic shows. Place one ball on top of a cone • GK must run, pick up the soccer ball, shuffle and place the soccer ball on the next cone • Shuffle back around the cone, get set and catch the service • Server then shouts out GO! • Rotate after finishing all the cones</td>
<td><img src="image2.png" alt="Diagram" /></td>
<td><img src="image3.png" alt="Diagram" /></td>
</tr>
<tr>
<td>Activity 2</td>
<td>Get in Line: • Servers are numbered 1 through 3 • Coach will call out a number and that server serves to the GK • Servers are aiming from the knees and up • Rotate after 8 serves Services: • On the ground, Bouncing, mid-height</td>
<td><img src="image4.png" alt="Diagram" /></td>
<td><img src="image5.png" alt="Diagram" /></td>
</tr>
<tr>
<td>Conditioned Game</td>
<td>Play 3v3, 4v4 or 5v5 • All teams with a Goalkeeper • Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques. • Reinforce all the coaching points from all the activities.</td>
<td><img src="image6.png" alt="Diagram" /></td>
<td><img src="image7.png" alt="Diagram" /></td>
</tr>
</tbody>
</table>
## Training Centers Interactive Lesson Plan

**Season:** Winter 2020  
**Program:** TDC  
**Week:** 6

### Topic: Dribbling and Turning 2

<table>
<thead>
<tr>
<th>Stage</th>
<th>Activity Description</th>
<th>Diagram</th>
<th>Coaching Points</th>
</tr>
</thead>
</table>
| **Play 1**  
10 min | Play 1: 1v1, 2v2 or 3v3:  
Set up two or three small fields with a goal at each end. Play 1v1, 2v1, 2v2 up to 3v3. Play for the first 10 minutes. Play with kick-ins or dribble-ins when the ball goes out of bounds. | ![Diagram](image1.png) | • **Technique of Dribbling:**  
Head Up and Eyes on the ball,  
Surface of the Foot to use,  
Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace).  

• **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.  

• **Technique of Passing:**  
Accuracy, Pace, Weight, Position of the non- kicking foot, Surface of the foot to strike, Surface of the ball to strike, Eyes on the ball, Head Still and Follow through. |
| **Activity 1**  
10 min | Ball Mastery 6  
In a 7Wx7L square, place two players at each corner with the ball. Players will dribble to the cone, perform a turn and pass the ball back:  
1. Dribble to the cone and cut with the inside of the foot.  
2. Dribble to the cone and cut with the outside of the foot.  
3. Dribble to the cone and drag the ball back.  
4. Dribble to the cone and do a Cruyff turn. | ![Diagram](image2.png) | • **Technique of Dribbling and Receiving**  
• **Team Tactical Principles**  
  ○ Shoot  
  ○ Pass or Dribble forward or hold the ball  
  ○ Create passing options  
  ○ Support the attack  
  ○ Create 2v1 or 1v1 |
| **Activity 2**  
14 min | 1v1 to 4 goals:  
20Wx15LW yard grid with four 4 yard lateral goals as shown in the diagram.  
• The defender will serve to the attacker.  
• The attacker will try to score by dribbling through one of the yellow goals.  
• If the defender gets the ball, they can score in one the red goals.  
• After a while, make the game a 2v2. | ![Diagram](image3.png) |  |
| **Play 2**  
20 min | Play 2: 3v3, 4v4 or 5v5:  
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 goalkeepers will be used. | ![Diagram](image4.png) |  |
### Technical Warm-up

**Triangle Catching:**
- Make a triangle about 4 yards wide and place a GK in each side of the triangle.
- GK’s receive from the server they are facing between knees and chest.
- GK’s then rotate to their left and receive from the next server.
- Rotate GK’s and servers after a set time.

**Services:**
- On the ground, Bouncing, mid-height.

#### Activity 1

**Go Fwd., Set Catch & Switch:**
- Place 2-3 GKs per station. Squares are 3-4 yards as shown. Have 1 server per station.
- The GK moves from the back line of cones to the front line between the cones and gets into a set position to catch the ball.
- Then the GKs move back to the back line.

**Variation:** GK’s will shuffle backwards and then sideways toward the other station.

**Services:**
- On the ground, bouncing, mid-height.

#### Activity 2

**Get to the Goal. Set & Catch:**
- Set up a 3-4 yard square with servers on three sides of the square. GK starts in middle of the square.
- Servers are numbered 1 through 3.
- When coach calls out a number, the GK must move to that side of the square to receive from that server.
- Coach then shouts out a new number.
- Rotate after 8 serves.

**Services:**
- On the ground, bouncing, mid-height.

### Conditioned Game

**Play 3v3, 4v4 or 5v5**
- All teams with a Goalkeeper.
- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.
- Reinforce all the coaching points from all the activities.

**Coaching Points**
- Move quickly into set position.
- Body weight on the balls of feet, hands in a ready position.
- Get in line with the ball.
- Head still with eyes on the ball.
- Handling technique (Diamond, Basket & Scoop).

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<table>
<thead>
<tr>
<th>Stage</th>
<th>Activity Description</th>
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<th>Coaching Points</th>
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</thead>
<tbody>
<tr>
<td>Play 1</td>
<td><strong>Activity Description</strong></td>
<td><strong>Diagram</strong></td>
<td><strong>Coaching Points</strong></td>
</tr>
<tr>
<td>Play 1</td>
<td>10 min</td>
<td><img src="image1.png" alt="Diagram" /></td>
<td>• Technique of Dribbling: Head Up and Eyes on the ball, Surface of the Foot to use, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace).</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image2.png" alt="Diagram" /></td>
<td>• 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.</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image3.png" alt="Diagram" /></td>
<td>• 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.</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image4.png" alt="Diagram" /></td>
<td>• Technique of Dribbling and Receiving</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image5.png" alt="Diagram" /></td>
<td>• Team Tactical Principles</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image6.png" alt="Diagram" /></td>
<td>○ Shoot</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image7.png" alt="Diagram" /></td>
<td>○ Pass or Dribble forward or hold the ball</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image8.png" alt="Diagram" /></td>
<td>○ Create passing options</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image9.png" alt="Diagram" /></td>
<td>○ Support the attack</td>
</tr>
<tr>
<td></td>
<td><strong>Activity Description</strong></td>
<td><img src="image10.png" alt="Diagram" /></td>
<td>○ Create 2v1 or 1v1</td>
</tr>
<tr>
<td>Stage</td>
<td>Activity Description</td>
<td>Diagram</td>
<td>Coaching Points</td>
</tr>
<tr>
<td>---------------------</td>
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<td>-----------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| Technical Warm-up   | Hand Distribution:                                                                    | ![Diagram](https://via.placeholder.com/150)                                                | - Bowl: step with opposite foot to distribute, fingertips low to the ground, release the ball low, and follow through  
- Baseball: step with opposite foot to distribute, ball is up near ear, body bends lower, follow through with pointer and middle finger  
- Sling: stance begins sideways on, pin ball against forearm, step with opposite foot to distribute, elbow is locked with arm coming straight over the top, follow through by squaring up shoulders to target  |
| Activity 1          | Accuracy and Competition:                                                             | ![Diagram](https://via.placeholder.com/150)                                                | - Head up to make sure target is open  
- Place ball in one hand with body turned so that the ball is behind  
- Step forward with opposite foot that the ball is in  
- Technique of Bowling, Baseball and Sling throws  |
| Activity 2          | Save and Distribute:                                                                  | ![Diagram](https://via.placeholder.com/150)                                                | - Head up to make sure target is open  
- Place ball in one hand with body turned so that the ball is behind  
- Step forward with opposite foot that the ball is in  
- Technique of Bowling, Baseball and Sling throws  |
| Conditioned Game    | Play 3v3, 4v4 or 5v5                                                                  | ![Diagram](https://via.placeholder.com/150)                                                | - Technique of Bowling, Baseball and Sling throws  |

Play the game encouraging goalkeepers to communicate with their teammates and use proper hand distribution after a save is made.  
Reinforce all the coaching points from all the activities.
Topic: Soccer Tournament

Play a tournament by dividing the players into teams. You can play a 4v4 or 5v5 tournament. Games will last 10 minutes with a 2 minute break in between.

<table>
<thead>
<tr>
<th>DESCRIPTION</th>
<th>DIAGRAM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4v4:</strong></td>
<td><img src="image1.png" alt="4v4 Diagram" /></td>
</tr>
</tbody>
</table>
| - Teams of 4 players each, one being the goalkeeper  
- Players will rotate the goalkeeper after a goal is scored by either team | |

| **5v5:** (if space allows) | ![5v5 Diagram](image2.png) |
| - Teams of 5 players each, one being the goalkeeper  
- Players will rotate the goalkeeper after a goal is scored by either team | |

### Tournament

<table>
<thead>
<tr>
<th>Teams</th>
<th>Game 1</th>
<th>Game 2</th>
<th>Game 3</th>
<th>Game 4</th>
<th>Final</th>
<th>Placement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man Utd</td>
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<td>Arsenal</td>
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<td>Bayern Munich</td>
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<td>FC Barcelona</td>
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<td>Real Madrid</td>
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<td>Inter</td>
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<tr>
<td>Liverpool</td>
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</tbody>
</table>
# Goalkeeping Distribution - Passing

<table>
<thead>
<tr>
<th>Stage</th>
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<th>Diagram</th>
<th>Coaching Points</th>
</tr>
</thead>
</table>
| Technical Warm-up | Pass, Set & Catch:  
- One outside server passes the ball into the GK’s right foot, the GK passes the ball back to the server and then turns quickly to handle a shot made from the central server  
- The goalkeeper then sets the ball on the ground and passes to the shooter and moves to the opposite side to receive a pass from the other wide server (played into their left foot)  
  Services:  
  - On the ground, Bouncing, Hands | ![Diagram](image1.png) | • Technique of passing  
• Quick feet  
• Reset position facing the ball  
• Keep the eyes on the ball  
• Get into line with the ball  
• Keep the hands behind the ball  
• Diamond catch for high ball  
• Basket catch for medium  
• Scoop for ground balls |
| Activity 1   | Receive, First touch & Pass :  
- One server passes the ball into the GK. The GK receives it with a good directional first touch and passes to the players of the same color in the flank  
- The goalkeeper then gets back and gets ready for the next ball  
  Services:  
  - On the ground, Bouncing | ![Diagram](image2.png) | • Technique of passing  
• Technique of Receiving  
  - Get into the line of the ball  
  - Directional First touch  
  - Pace of the pass  
  - Accuracy of the pass  
  • What foot to pass to |
| Activity 2   | Receive, First touch & Pass :  
- One server passes the ball into the GK. The GK receives it with a good directional first touch tries to pass to one of the receivers in the flank  
- The red players will put pressure on the GK. If the red players gets the ball they can score in the goal  
  Services:  
  - On the ground, Bouncing | ![Diagram](image3.png) | • Technique of passing  
• Technique of Receiving  
  - Get into the line of the ball  
  - Directional First touch  
  - Pace of the pass  
  - Accuracy of the pass  
  • What foot to pass to |
| Conditioned Game | Play 3v3, 4v4 or 5v5  
- All teams with a Goalkeeper  
- Play the game encouraging goalkeepers to communicate with their teammates and make saves using proper footwork and catching techniques.  
- Reinforce all the coaching points from all the activities. | ![Diagram](image4.png) | |