



Sample 10-Week Technical Training Plan (Introductory Only)

WEEK 1

DRIBBLING

Technical Warmup, 20mins (entire group together) - Demonstrate all different kinds of dribbling moves with both feet. Coerver, fast footwork, juggling. Each player with their own ball performing moves. Key Points: Change of Direction. Change of Speed. Creativity with different surfaces and moves.

Technical Progression, 40mins (in teams with volunteer coaches) - 1v1's in teams of 4-5. 10x10 grid with small goals. Rotate teams to compete. Key Points: Speed dribble at defender. Make move. Accelerate away. Progress to 2v2's in teams. Key Points: Use dribble to create space for teammate. Spacing for 1v1's. Pass if double-teamed and take on defenders if 1v1.

Small-Sided Games, 30mins (entire group rotating together) Teams of 4-5, 40x30 grids with pugg goals, 7-10min games. Unrestricted play. Key Points: Encourage using dribble to take on defenders. Coaches should make calls only as needed and allow flow of play. Provide positive reinforcement for the topic and enthusiasm to lift the effort.

WEEK 2

SHOOTING

Technical Warmup, 20mins – Half on half off ball, striking with laces on ground to receiver. Dynamic stretch with “Pose a strike” on the ball. Increase space. Progress to volleys with laces to partners. Key Points: Laces, toe down, ankle locked, body over the ball, shoulders square to target, follow through.

Technical Progression, 40mins –Each team at make shift goals. Rotate goalkeepers. 2 lines with one serving ball and other shooting.

Dribbling and shooting, still ball, moving ball, control and strike, bouncing ball, curling shots, driven shots, toe pokes, dribble and shoot, 1st time strikes. Key Points: Approach, Contact, Follow through, plant foot, head steady, tight body on contact. Progress to 1v1's to goal. Players must take another player on and shoot going towards goal. Bring defender from different angles. Strike on goal must happen. Encourage attitude to shoot.

Small-Sided Games, 30mins – 7v7 with GK's and goals, unrestricted. 60x40 fields. Encourage shooting early and often and taking players on. Address technique as needed. No stoppages.

WEEK 3

PASSING

Technical Warmup, 20mins – Passing and moving with dynamic stretching. Passing to feet, into space, wall-pass, and overlapping run. Key Points: Use instep to pass with heel down and toe up, accuracy and pace of pass to feet or to space, roll versus bounce, movement off ball, basic combination play.

Technical Progression, 40mins – 40x30 grids. Half on ball inside grid, half off ball outside grid. Receive from server and find a pass to another receiver. Demonstrate inside, outside, heel, scoop, through ball, wall pass and overlapping run. Insist on players being creative. Pass on move, not standing still. Key Points: Weight of pass, Disguise pass, Timing of pass. Progress to groups of 8 (teams of 4) going 2v1 to run ball over line. Extra point for wall pass or overlapping run. Progress to 2v2+1 (neutral) to small goals. Key Points: Movement to show angle for pass. Accuracy and pace of pass. Wall passes.

Small-Sided Games, 30mins – 4v4/5v5+1, unrestricted. Encourage spacing (diamond). Positive reinforcement for movement off the ball and passing or combining.

WEEK 4

RECEIVING

Technical Warmup/Progression, 40min – Groups of 4-5 passing and receiving with dynamic stretch. Progress to demonstrating all surfaces of feet to receive ball on the ground. Inside, outside, feints, sole, laces, thigh, chest. Key Points: Get in line with the ball, decide what surface, relax that surface, control ball into space or settle to ground out of air.

Technical Progression, 20mins - Groups of 4 playing 3v1 in 10x10 grids. Must take 2 touches, one to receive and one to pass. 5 passes and defender stays. Ball restarts with throw-in to receive out of air. When "Transition" is shouted, must sprint to next zone and last one there defends. Key Points: Open body. First touch away from defender. Use different surfaces to receive into space and settle out of air.

Small-Sided Games, 30mins – 4v4/5v5, unrestricted. Encourage spacing (diamond), movement to create angle for pass, and receiving into space.

WEEK 5

POSSESSION with PURPOSE

Technical Warmup, 20mins – Half on, half off ball passing and moving with different combinations with dynamic stretching. "Man on" or "Turn", through balls, wall passes, overlapping run, and near-near-far to build off passing session. Key Points: Communication, Change of pace to check to ball, accuracy and pace of pass, finish with a through-ball for penetration.

Technical Progression, 40mins - Groups of 8 in 60x30 grid split in thirds with goals on each end. 4v4+2 neutral players in middle third. 3 passes and team in possession can "release" a player to goal either direction with a through ball. One defender can follow for 1v1 to goal in attacking third. Progress to 4v4+1 with end zones (direction), point scored by releasing teammate into end zone with through ball. Rotate groups. Rotate players. Key Points: Pass and move. Combinations or through balls to penetrate. Pace and accuracy of through ball. Possess with purpose to penetrate.

Small-Sided Games, 30mins – 4v4+1 Unrestricted. Switch neutral players every game. Positive reinforcement for possession with purpose to penetrate.

WEEK 6

SHEILDING/TURNING

Technical Warmup, 20mins – Half on, half off ball passing and turning using different techniques with dynamic stretch. On "Pressure",

players on ball shield and players off ball place light pressure to practice shielding technique. Switch and increase pressure to 1v1 where ball which must be stationary. Key Points: Turning with inside/outside/cut-behind/feints, wide/low stance for shielding, arms up to protect space, body between ball and defender, make contact.

Technical Progression, 40mins -Groups of 4 in 10x20 grids. 2 servers at ends of grid, 2 players in the middle. Ball played into one middle player, who shields, turns and passes ball to player at opposite end of grid. Reverse roles going back the other way. Change with servers after 1 minute. Key Points: Check off defender, come toward ball on angle, use body and arms to shield, if can't turn play back to passer and go again, turn on inside, outside of foot, roll defender, or dummy ball and get on the backside of defender. Progress to groups of 8 in 20x40 grid with 2v2 in middle of small grid and 2 targets on each endline. Turn to play into targets for a point. Switch teams every 3mins and compete. Winner stays on.



Small-Sided Games, 30mins – 4v4/5v5 Unrestricted. Rotate a target player. Positive reinforcement for getting depth and checking to ball to shield and lay back to support or turn to goal.

WEEK 7

DEFENSE

Technical Warmup, 30mins – Group of 4 in 10x10 grids passing 2-touch/1-touch with dynamic stretch. Progress to defender passing and closing down space to contain and “jockey” player on ball who practices moves. Progress to 1v1’s and address individual technique. Key Points: Approach with low staggered stance to delay first, stay in front of ball with drop-step, “jockey” with front foot, don’t “stab in”.

Technical Progression, 30mins – Groups of 8 in 20x20 grids playing 2v2. One server passes ball in and points to receiver before pass for defense to anticipate. One player shouts “I got ball” to put pressure and the other covers. Key Points: Communication, read body language of server to put pressure early, covering defender stay off about 5 yards to “cover” angle to goal, angle of approach to force attacker outside, delay/deny/destroy!

Small-Sided Games, 30mins – 4v4/5v5 Unrestricted. “Least goals against wins!” Positive reinforcement for communication, pressuring to contain or tackle, and covering.

WEEK 8

VOLLEYING AND HEADING (introduction)

Technical Warmup, 20mins – Groups of 4, 2 working and 2 serving. Footwork and dynamic stretch . Rotate every 90secs. Volleying instep, laces, hop to volley, outside of foot, thigh/volley, chest/volley, headers. Key Points: Eye contact on ball, firm technique to get ball directly back to server's hands, ankle locked/toe/head down with laces, headers aimed down using mid section/neck/hairline of forehead.

Technical Progression, 40mins – Teams of 4, heading/volleying wars in 10x10 grid with make shift goals (flags or poles). 2v2 with server tossing ball with hands to runner on back post. 2 defenders must stay in goal to defend as GK's, then counter attack the other way against next 2 defenders on other team. Key Points: Curling run to back post, instep or laces for volley (1 point), head down with proper technique (2 points). Progress to 4v4 handball in 40x30 grids. Score only on a header or volley. Players pass and serve with hands. If ball drops or defense tags runner it is a turnover. Key Points: Back-post runs, volleying/heading technique to finish.

Small-Sided Games, 30 mins – Teams of 4, three teams per 40x30 field with make shift goals and GK's. One team on sidelines as servers, two teams compete. Winner stays on after 5mins. 3 points for volley or header from a server.

WEEK 9

CROSSING AND FINISHING

Technical Warmup, 20mins – Circle warmup with volleying/heading and GK's. Players on inside check through middle of circle and change pace to server for technique. GK's receive ground balls, volleys, and high toss from servers using different techniques. Key Points: Eye contact and timing of run to server, refresher of finishing techniques; GK's get body down and cover ground balls, scoop or "W" for volleys, and "Keeper" with knee up and hands above head for high balls.

Technical Progression, 40mins - Each team at one goal in each quadrant of field using more width of area for crossing. Rotate GK's. 3 lines facing goal with ball starting at middle line. Play wide and make runs to goal for a cross and finish. Add overlaps to crossing. Key Points: Eye contact and timing of runs/cross into box, near and far-post curling runs, finishing technique, GK stay off near post and challenge, cross to penalty area instead of GK, first touch in for cross. Progress to 2v2 in box and 2v1 on flanks. Ball starts on flank, runners in box delay and time runs. Let players decide on combinations to get cross off. Rotate attackers and defenders.

Small-Sided Games, 30mins – Teams of 4, 30x40 field (wider than longer) with make shift goals and GK's. Add 5-yrd alleys on flanks that

are free for services as long as players take the space with speed. 3 points for a cross and finish. Rotate teams every 7-10mins and compete.

WEEK 10

FUN GAMES/COMPETITION

Juggling and Move Competition, 20mins – Player will be told about this in advance so they are working on their juggling and creativity on the ball as much as possible during their own time. A small prize will be awarded to the winners at the end of the session.

4v4 + GK Tournament, 60mins – Players will be placed on teams of 4 with a GK. 40x30 fields with make-shift goals. 7-10min games. 2 brackets play round-robin, winners of brackets play each other for the championship. Winning team will be recognized at the end of the session. Let the players play and bring enthusiasm to the pitch.