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USC Travel Soccer Fall 2020
Week #4 Coaching Curriculum



SUGGESTED PRACTICE PLAN (90-minute session)

15 minutes: Diamond Passing Warm-Up Using 2 Balls



This warm-up is a variation of one used in a previous practice plan. Place 4 discs or cones to mark out a diamond approximately 10 yards wide and 10 yards deep (see illustration above). To begin, position 1 player (without a ball) at each side marker. Position 3-4 players at the top and bottom of the diamond. The 1st player at the top and bottom markers each have possession of a ball to begin.

To begin, the 1st player at the top and 1st player at the bottom of the diamond pass their ball (at the same moment) to the teammate at the next marker (to their right), and then follow their pass to that marker. The player receiving the ball passes it to the teammate at the next marker and follows the pass to that spot. Players ideally use only 2 touches to receive and pass the ball to the next player in the circuit.

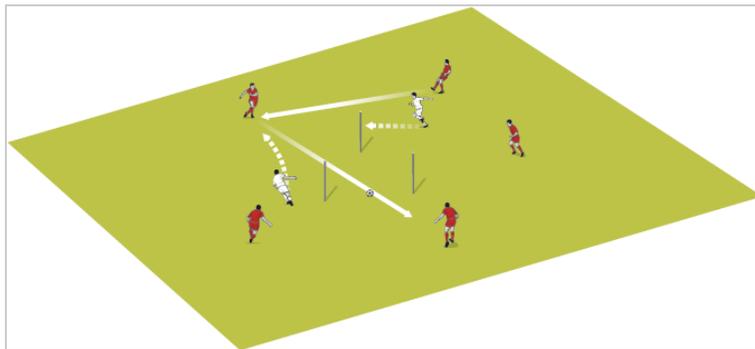
Continue for 7-8 minutes with 2 balls in play; then repeat the exercise in the opposite direction for 7-8 minutes.

Coaching Points:

- The focus is on executing **short, accurate passes using the inside-of-the-foot passing technique**
- A player's 1st touch when receiving the ball should set up the 2nd touch – the pass

25 minutes: Passing/Receiving/Possession Exercises

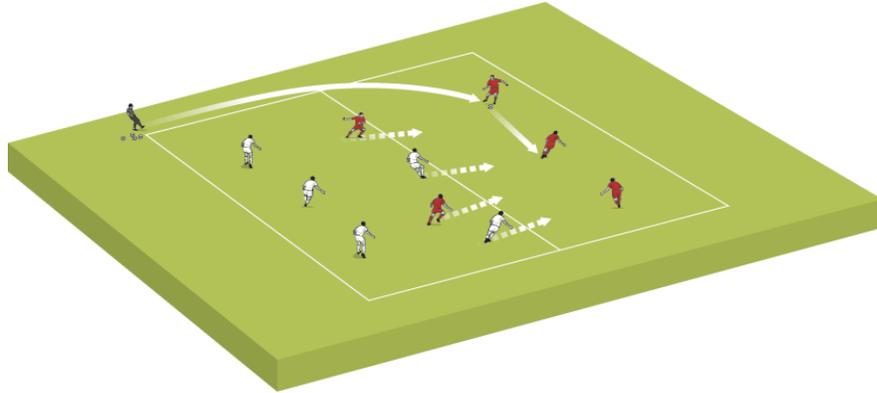
Exercise #1. 5 v 2 Rondo with Central Passing Channel



Play within a 15 by 20-yard area. Position markers to represent a 4-by-4-yard triangle in the center of the area (See illustration above). The 5 attackers attempt to keep the ball away from the 2 defenders within the playing area. The attackers score 1 point for 5 or more consecutive passes, and 2 additional points for a pass thru the central triangle completed to a teammate. *This central passing channel forces the defenders to protect the middle zone, and likewise requires the attackers to look for the penetrating pass (pass that splits defenders) when it is available.*

Progress to Exercise #2....

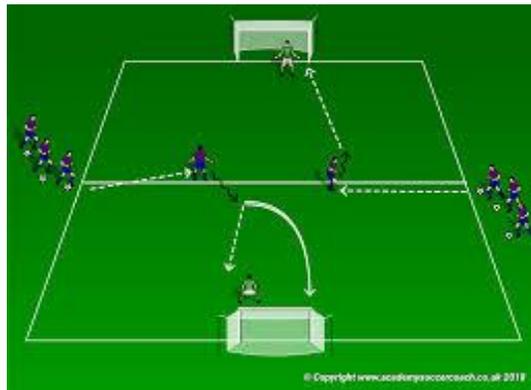
Exercise #2. 5 vs 2 to 2 vs 5 Possession in Own Half of Field



I've included this drill in previous practice sessions, and it is appropriate here as it is a natural progression from Exercise #1. Mark off a 30 x 30-yard field area split into two 15 x 30-yard zones. I've used 10 players plus the coach as a server to illustrate the exercise (you can adjust the number of players depending upon size of your team). Teams station in opposite sides of the field. The game starts with a pass from the server (coach) into one of the teams. Two (2) opponents from the opposite half of the field sprint into the area to win the ball. If a defending player wins the ball then he/she passes it to a teammate in opposite half. The team that lost possession immediately sends two (2) players into the opponent's half to win it back. Players are restricted to 3 or fewer touches to receive and pass the ball. If ball goes out of play the coach immediately serves another ball and play continues.

30 minutes: Shooting/Finishing Exercises

Exercise #3. Manchester United Finishing Exercise



Use markers to outline 2 back-to back penalty areas (total distance of 36 yards in length). Place a full-size goal at the midpoint of each end line with a goalkeeper in each goal. Divide team into two groups. Groups position on opposite sides of field at the midline. **Each player has a ball.**

To begin, one player in each group moves on to the field (without a ball) and positions on the midline, about 10 yards in from the touchline (**See illustration above**). Next player in that line., positioned on the touchline (sideline), passes ball to shooter who turns ball toward goal with 1st touch, then shoots at goal with the 2nd touch. Player who passed the ball moves into position to be the next shooter. Both groups shoot at same time, but at different goals. After a player shoots at goal she/he retrieves his/her ball and moves to the line on opposite side of field. Shooting is continuous so each player gets numerous shots

Progress to Exercise #4....

Exercise #4. 2 v 2 (+ 2 neutral attackers) within Penalty Box

Play within the penalty area with a full-size goal on the end line. Organize teams of 2-players each. Designate 2 additional players as “neutrals” who always join with the team in possession of the ball. Two teams (joined by the 2 neutrals) compete within the penalty area and attempt to score in the common full-size goal on the end line. The goalkeeper is neutral and attempts to save all shots.

The server (coach) positions at the top of the penalty arc with a supply of soccer balls and initiates play by rolling a ball into the penalty area. Both teams vie for possession. The team that wins the ball attempts to score while the other team defends. If a defending player steals the ball his/her team immediately goes on the attack and tries to score. *The neutral players always join with the team in possession to create a 4v2 player advantage for the attacking team.* After each attempt at goal the coach immediately rolls another ball into the area and play continues. Play continues non-stop for 2-minutes at full intensity; after which two different teams enter the playing area and repeat the game.

CONCLUDING GAME: Five (5) v Five (5) plus 3 neutrals

Play on a 40-yard long by 25-yard wide field with a full-size goal on each end line (use markers if goals not available). Organize 2 teams of 5 players each plus a goalkeeper. Designate 3 additional players as “neutrals” who always join the team

with possession, to create an 8 v 5 player advantage for the attacking team, which should result in numerous shots at goal. Regular soccer rules apply.

COOL DOWN: Jog, stretch, review important points of the session.