

SOCCER SEASON



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**\*This is a sample download of Soccer Season Outsourced containing the Intro to the book, plus the first practice and one of the later practices dedicated to offensive topics.**



This instantly downloadable **two book** soccer coaching season plan comes with 20 pre-planned training sessions and a separate Drill Book element that will allow you to plan hundreds of your own practice sessions.



Download the complete version at <http://www.coachsoccer101.com> and get 20 original, informative and progressive soccer practice plans similar to this one, plus a separate book with all the soccer drills from the book listed, with multiple new variations.

## **THE DESIGN OF THIS BOOK**

This book contains 20 practice designs. Practices 1-12 should be used in chronological order. The remaining 8 practices are topic specific and should be used how you see fit. They cover such topics as passing/possession, shooting, defending, and others by repeating drills from previous practices that highlight whatever theme is being emphasized. Insert them in between the first 12 or do them all at the end of the consecutive practices, it is up for you to decide.

These practices are designed to be fun and instructive. Without repetition of certain skills through drills at soccer practice, your players are unlikely to improve. My goal is to make practice fun by making the drills engaging for your players and informative at the same time. Your players will learn, enjoy soccer and hopefully develop a love for the game.

These practices are very adaptive to your needs and customizable to your situation. Each practice is designed to take between an hour to an hour and a half, which will leave time to scrimmage, repeat drills and work in some of your own drills if you feel it's necessary.

Still, if you chose to use this practices just the way they are you will be in great shape! Your team will learn, enjoy soccer, and you will look like a great coach.

The objective of this book is to prepare you and your players for game situation your team will come across during the course of the season. I would recommend printing this book and putting it in a binder. Take the time to read through the notes and coaching points of each practice beforehand so you will know what to expect.

Coaching a soccer team is a huge commitment and this book is designed to aid your effort. My goal is to develop your soccer team into better individual and team players regardless of what you may know or how much time you might have to dedicate to the task.

The coaching points following each drill are meant to be a guide to your communication with your players. Let them know what they are supposed to be taking from each drill and how it relates to a game situation. Encourage your players to practice like they play.

## **SUITED TO YOUR SITUATION**

The core of these practices will work for any team, and there are enough drills to keep your team busy for the entire season.

The drills are primarily about building ball skills and understanding of the game. Each practice has elements of skills such as dribbling, trapping, passing, and a scrimmage-like game element to go along with it. Your players will enjoy the game in a relatively unfettered sort of way.

I start at the beginning with fundamental dribbling and trapping drills while standing still, running and finally in game situations. You will decide at what rate to proceed. Use the Drill Bible to adjust the competitiveness or the focus of each drill.

For example, coaching an U-12 team that is having trouble grasping basic trapping, you might want to keep them at the standing still stage. On the other hand, with a U-16 semi-competitive team you won't need to repeat anything and will have time to fine tune certain skills as well as substitute new ones from the coaching newsletter. Move slowly, fast, or repeat as you see necessary because you are in a position to be the best judge of where your team is at, fundamentally speaking. The Drill Bible will provide you this ability.

You will have the choice of how to proceed in other areas as well. You will be able to decide which order to use the supplemental practices. If you have a rough week where your team doesn't score any goals, you might want to run the offensive oriented practice. If it was finishing that was a major issue, the specific shooting practice would be best.

The coaching points that follow the drills are meant to give you something to tell your players to concentrate on before the drill. This is also something you might have to evaluate and tailor to your situation. You decide what they already know and you can gloss over, and what you will have to explain in more detail.

## WHAT YOU WILL NEED

### *Mandatory*

There are a few items you will need that practically every soccer coach uses and should have. This list includes:

**Soccer Balls:** Make sure every player on your team brings a ball to practice EVERY time. Some of these drills require every player to have their own soccer ball and if someone doesn't have a ball they would be left out. As the coach, bring a few extras because kids are after all only human and will still forget their ball, some of them every single week.

**A Supply of Cones:** The flying saucer looking cones that are round and lay flat work best. If you have the triangular ones, no need to buy the others.

**Jerseys:** You will need a supply of pennies. Have at least 2 different colors, but 4 colors would be much better. I suggest 8 of color A/B and 4 of colors C/D. This will give you a good mix for any situation.

**Sense of Humor:** Dealing with kids can be stressful and rewarding all in one. Always remember the game is all about the kids and their enjoyment of soccer! Sit back and let them play, I can't stand coaches that never shut up the entire game. In my estimations, nothing has ever been solved by yelling across the field to one of your players during the game. If you have to tell a player or your team something so bad, talk to your captain or pull the player out for a quick substitution.

**Patience:** Not every child has the same abilities. There is no use getting angry with a player anyone for physical performance aspects of the game or athleticism issues. If it is disciplinary issues you are dealing with an entirely different issue and a simple solution of talk to the player once, talk to the player twice, and then talk to the parent is an acceptable resolution path.

### *Optional*

**Access to a soccer goal:** Some drills, most specifically the shooting drills would benefit from the use of a real goal because it makes players familiar with the actual size. If this isn't possible no big deal, but a goal definitely makes practice more fun!

# **GENERAL PRACTICE RECOMMENDATIONS**

## **Timing**

Rather than tell you how much time each individual drill should take, I will give you broad margins for timing. Each practice should take between an hour and an hour and a half. As for the individual drills, it will be up for you to decide.

I will recommend that you spend at least 30 minutes in the final game element drill at the end of practice because this is what your players will most enjoy and what should be the most beneficial.

## **Run then Stretch**

Start each practice with a run and then a stretch. Make sure players stretch well and are good and limber before the first drill of the day. End each practice with a quick cool down stretch as well.

## **Grouping Players into Teams and other numbers issues**

When you split your players into groups for drills that feature two opposing teams, decide which players play on which team to make sure each team is even strength.

Some drills will require different numbers of players at different times; for example, 3v3 and 5v2. Often times you will have odd numbers of kids at practice. A few suggestions for extra players include adding an extra man to each team or just the offense. You could have them play permanent offense and going with whatever team passes the ball.

If there are 12 kids at practice and were running 3v3 you would have exactly enough for two games, or with 13 you could add a player on one field on permanent offense to one game. If you had 14, you could play two games, both with a permanent offense player, or make one game 4v4. You will have the ability to adjust the drill based on how many people actually show up for practice.

The objective is obviously to never have anyone sitting out and waiting to sub in. Soccer practice is about getting as many touches on the ball as possible.

### **Goalies**

I have tried to put a few drills in each practice that can feature a goaltender, but it will be up to you to decide how to work out your goalie and get them into game shape. Many fulltime goalies have their own training regimen so talk with them and see how they would like to proceed. Check out [CoachSoccer101.com](http://CoachSoccer101.com) for some goaltending drills.

### **Conditioning**

Conditioning is a vital aspect of soccer, and I have built drills that will keep your players constantly moving about, thereby helping their conditioning. I also have suggested longer runs in certain weeks, and if you want to do more or less it will be up to you to decide based on your team and league.

## **GENERAL GAME RECOMMENDATIONS**

### **Positioning**

A nice place to start might be to pass out a questionnaire asking players what they might have played in the past and what they might like to play. Of course you are the coach and it will be up to you to decide who to play and where. Always take into account people's abilities and where they feel most comfortable.

### **Warm-Ups On Game Day**

The Before the 1<sup>st</sup> Game Practice we will do a quick run through of game day warm ups, among other things. On game day my routine would go something like this: I would pick the captains on the practice before and let them know either the practice before or the day of the game. These players would be responsible for leading the warm up run and leading stretches before the game, as well as representing the team for the coin flip and to the

center Referee. The quick warm ups would proceed exactly as they do in this practice, in roughly 35 minutes.

## **IMPORTANT PRACTICE DATES**

**Practice 8:** Try to set up a scrimmage with an outside team. Try to find a team from your division or a higher one. The drills in this practice are designed to be a quick warm up for the day's game.

**The Before the 1<sup>st</sup> Game Practice:** This practice is meant to be run before the first game, preferably the very practice before, so everything will be fresh in your player's minds. We will go through what game day warm-ups will look like, as well as running through some last minute items that should be covered before your first game, including throw-ins and set pieces.

Get the ultimate Youth Soccer Coaching Practice Plan Book at <http://www.soccerdrillbook.com>

## Practice 1

### Dribbling- An Overview

Turning your team into adequate dribblers should be a major objective of your practice plan. Ultimately, the drills you do in practice should help your players to become more comfortable when they are carrying and possessing the ball.

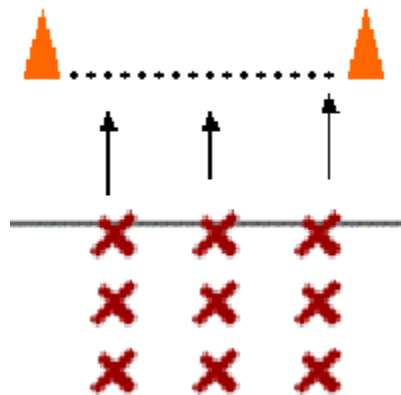
Make sure each player participates in each drill to the fullest, rather than standing around waiting for a "turn" to participate. Getting touches on the ball is at the very core of what being comfortable with the ball is all about. If players are waiting on the sidelines they are obviously not getting touches.

When players do have to wait on the outside, have them juggle.

### A FEW MOVES

**Overview:** This is a very simple drill highlighting dribbling, and more specifically changing direction. Given the fact that most of your players probably haven't touched a soccer ball in a long time, this is a nice easy drill to warm things up after a short run and stretch.

These moves are the most basic changes of direction and all of your players should be able to perform each of them with relative ease.



### Set-up

Divide your team into groups of 3. Line each group up on the touchline. Place a cone roughly 6 yards away from the front of the lines. Each group should have 1 ball.

1. Players dribble up to the cone line, and perform each of the \*changes of directions listed below.
2. After the move, players are to gather the ball within one touch, and pass it back to the front of the line.
3. Next player traps the ball, and performs the same move. First player goes to the back of the line. Repeat.

**\*Note:** Repeat each of these moves 8 times per person before moving onto the next one.

- **180-degree turn:** Dribble up to the cone, step on the ball and rotate their body 180 degrees and continue dribbling in the opposite direction. The motion should be fluid.
- **In-step cut:** Dribble up to the cone and cut back with the instep of the foot, and play the ball back to the front of the line.  
4 right / 4 left.
- **Out-step cut:** Cut back with out-step of the foot, and play the ball back.  
4 right / 4 left.

### **Coaching Points**

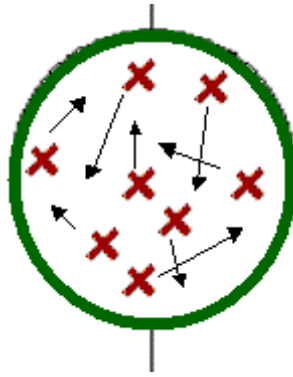
-Make sure your players learn the difference between in-step and out-step of their foot.

-Gather and release quickly: Once players change direction they should control the ball and pass it back to the front accurately, and with as few touches as possible.

## **CIRCLE DRIBBLERS**

**Overview:** These moves will add to your player's arsenal of ways to escape pressure and beat defenders. I realize that some of these jukes may be a little difficult for some players to execute at this point in the season. Still these moves benefit their workout by emphasizing general body coordination and repetition of body movement.

Another reason I like this drill is because it gives your players lots of touches on the ball, which should hopefully make them more comfortable in game situations. Make sure player keep moving constantly and in a non-static direction.



### Set-up

Use the center circle for a play space, or create a circle with cones that is near the same size. Each player should have a ball.

1. Players dribble using the space of the circle. Players must move in a non-static pattern, and change direction frequently.

**\*Note:** Allow them to dribble for 1:00 to 1:30 minutes freely, then run through each of the variation listed below.

- **All right foot:** Players should use only their right foot.
- **All left foot:** Same, only left.
- **180:** Foot on ball and change direction to go the opposite direction.
- **Step Over:** Player steps around the ball with one foot and uses the outside of the opposite foot to continue the dribble.

### Coaching Points

-Encourage your players to sell the moves, as if they were really trying to beat a defender. After a change of direction, players should explode into the open space.

-Dribbling in a small confined space with lots of traffic forces players to pay attention to where they are going. They should have their heads up and avoid running into other players and their balls.

-Make sure players continue moving the entire time, staying in the circle and changing direction constantly.

### Video Clip (actual book will contain video links)

A great video with dribbling pointers from US Youth Soccer: Notice how he touches the ball every other step, and never lets it get too far away from his foot.

## ELIMINATORS

**Overview:** Now it is time to add some pressure from a defender into this previously tranquil drill.

### Set-up:

Stay in the Circle. Each player still should have a ball.

1. Players dribble around the circle, same as the previous drill with one exception: They now can kick other people's balls out of the circle.
2. If a ball leaves the circle, that player is eliminated. They can juggle on the outside until the round is over.

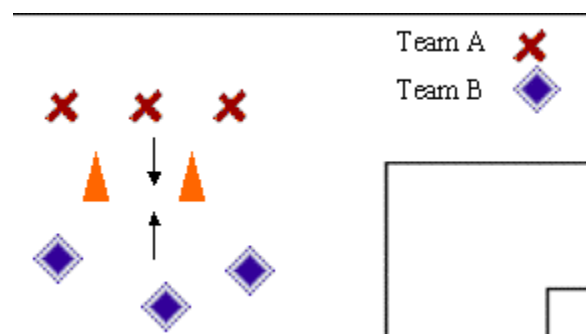
**Note:** Play as many rounds as you can pack into 10 minutes.

### Coaching Points

- Dribbling correctly means keeping the ball close to your feet, and your head up to measure incoming threats from defenders.
- Protecting the ball: Keep the ball close to your body because it makes it harder to steal. Shielding the ball with your body is a good way to keep defenders away and force them to go after easier prey.

## 3V3 ONE GOAL

**Overview:** A very simple and active drill for your players. This one will have them passing, shooting, and playing defense.



### Set-up

Form your team into groups of three players. Host as many games as you must, as always depending on how many people showed up to practice. If you need to, have a game of 4v4 or have an extra player play permanent offense.

1. Make a small goal, roughly 3 feet.
2. One of the team scores from one side of the goal, the other team scores from the other direction.
3. Play for 7 minutes and then switch which teams play each other.

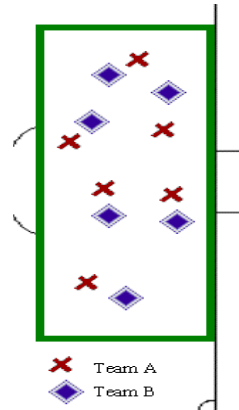
### Coaching Points

-Passing Basics: Wall passes are an effective way to move around the defense, especially in this drill.

-Spread the field: Move around and get open to make the defense more exploitable. If everyone is crowded in front of the goal, it will be difficult to score.

## KEEP AWAY

**Overview:** Possession of the ball is something that we will work on time and time again. It is one of the most important aspects of soccer because if you control the ball, you essentially control the game. Possession drills are about establishing solid passing skills, and this is a simple drill to work on this concept.



### Set-up

Divide the Team into two even groups and play in the penalty box. If there is no penalty box on your practice field, make a box with cones, roughly the same size. More long than wide.

1. Players play keep away, trying to avoid losing the ball to the other team.
2. The only objective is to maintain possession of the ball.

**Note:** Play keep-away for at least 15 minutes. If you have time, put a small goal on each touchline and scrimmage after you have played keep-away.

**Coaching Points**

-Use what they have learned: Make sure players have their heads up when they have the ball.

-Playing Hard: Make sure your players are actively moving around. This means getting open when their team has the ball, and trying to steal the ball when they don't have it.

**End the Practice with a cool down stretch before letting your players go.**

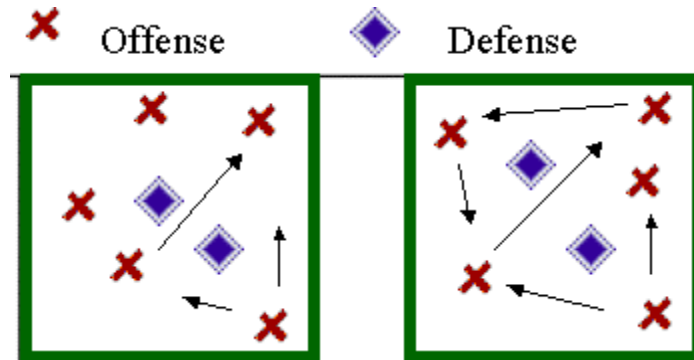
**Another Practice Plan with more soccer drills is listed on the next page. This package comes from the 8 topical practices in the book which are designed to supplement the 12 progressive practices are that are designed to be used in order.**

**This next practice is an offensive oriented practice. Get all the other practices in order, plus the soccer drills book for your team at <http://www.coachsoccer101.com>**

## OFFENSE # 2

### 5v2 REFINED SPACE

**Overview:** Once again, try to observe the 5v2 ratio. 6v3 or 7v3 are also suitable.



#### Set-up

Set up a box, roughly 20 yards by 20 yards for each group. Host as many fields as you need.

1. Players play keep away in the entire space of the box. They are free to move in any direction.
2. Once the defense steals the ball, the player who steals the ball goes on offense and the player responsible for the turnover becomes the defender.

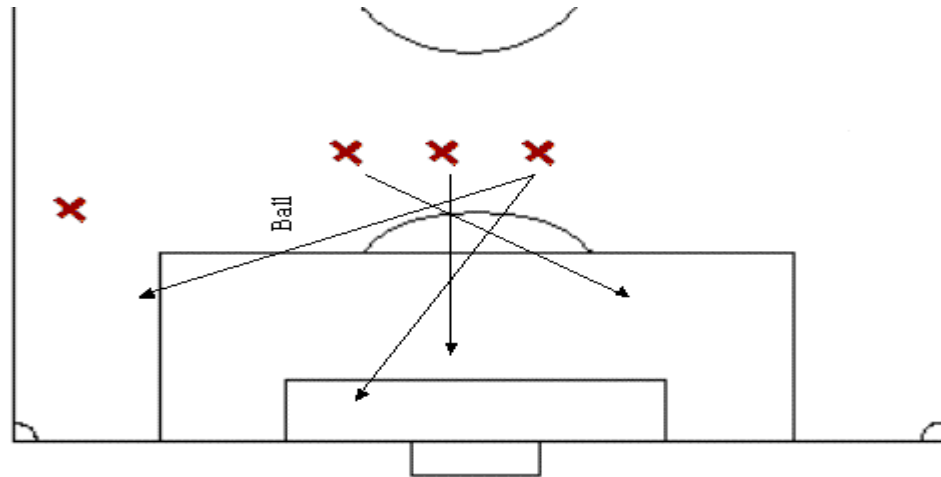
#### Coaching Points

**-Getting open and spreading out:** The offense has a huge advantage in this drill. There is really no reason for them to lose the ball considering how many extra players they have. Spread out and pass the ball.

**-Triangles:** Players without the ball should form a triangle around the defender, giving the ball handler multiple passing options plus the option of carrying the ball.

## CROSSES

**Overview:** This drills focuses on transitioning the attack from the outside to the center, and finishing outside passes.



### Set-up

3 lines on the outside of the penalty box (roughly 25 yards from the goal-line). 1 line on the outside of the field, near the touchline. The ball supply should be near the three lines.

1. Outside left line plays a ball to the outside line and makes a run to the near post. Centerline makes a run to the center, and right line makes a run to the far post.
2. Outside player receives pass, take a touch, and cross the ball into the goal area preferably around the penalty mark.
3. Players in the goal box try to finish the ball first touch with a volley or header.

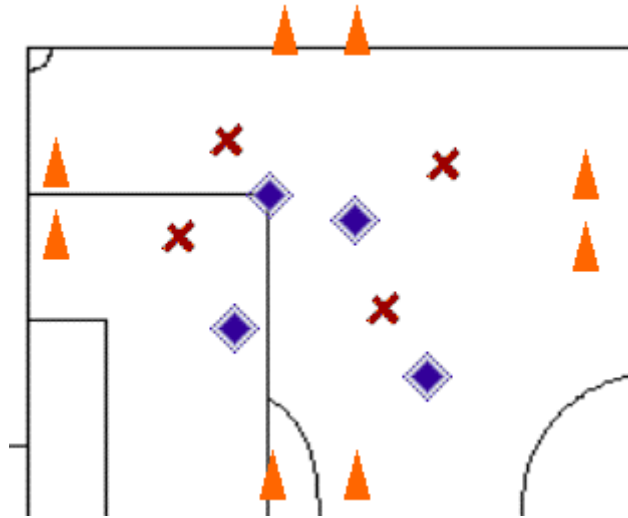
### Coaching Points

**-Non-flat passes:** Cross should be angled back. The ideal place for the cross to land is roughly the penalty mark, too far for the goalie to easily punch it out.

**-Stagger the runs:** The players making runs should not be flat, but should be diagonal with the front player making a line to the front post, middle player near the penalty mark, and outside player further back and outside from the middle player.

## 4 GOALS

**Overview:** Passing, possession, and movement in all directions.



### Set-up

Split your team into 2 even groups so you can host two games. Each group should then split itself once more into two small teams.

**Note:** 4 passes are required before a goal can be scored.

### Coaching Points

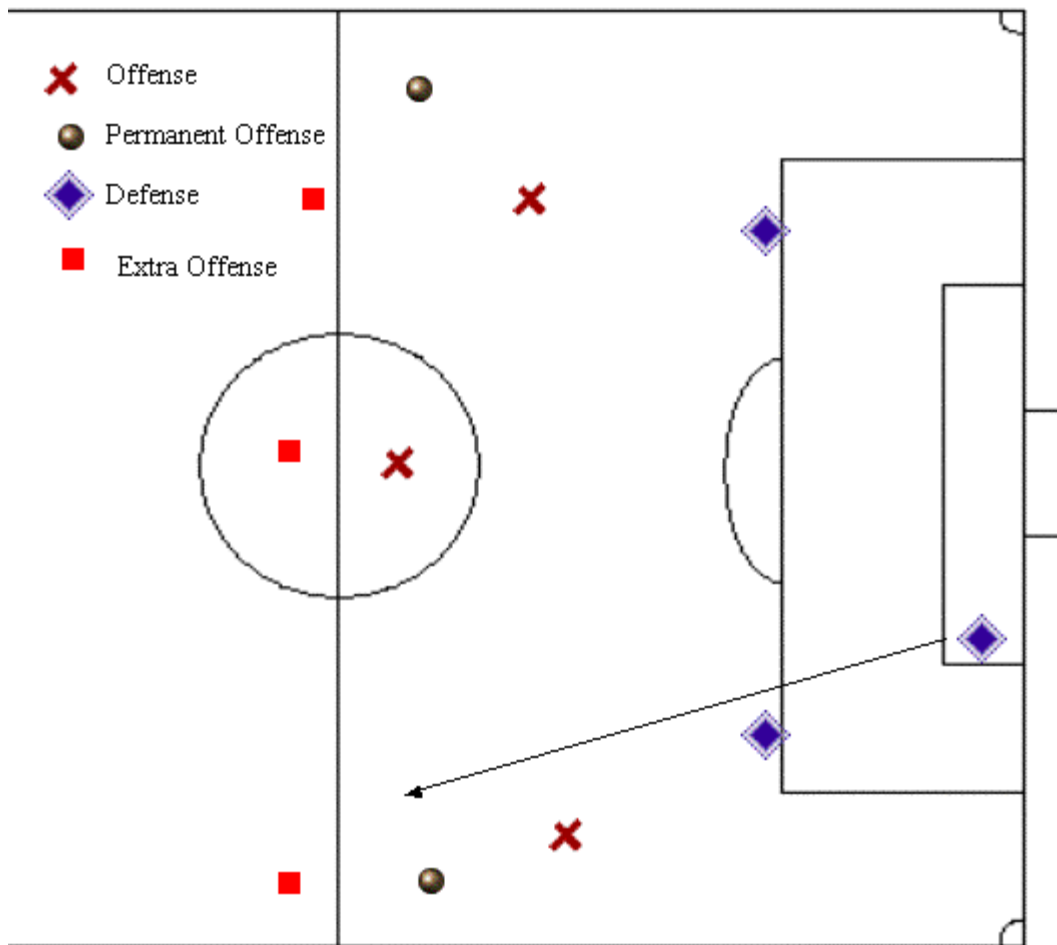
**-Strategize:** Set up for the easy goal following 4 passes.

**-Put Pressure:** Quick wall passes when the defense is applying no pressure is an easy way to score a goal, which means:

**-Man-to-Man Defense:** Is probably the best way to go about defending in this drill.

## OFFENSE-DEFENSE

**Overview:** Concentrate on the support players and passing. Build the attack from the midfield area and into the offensive third with wall passes and overlapping runs.



### Set-up

Split your team into two groups. Send the players you think will be defenders to the area around the goal. H. Send the offensive players, ones most likely to play midfield and forwards to the half line. Form three lines at the half field, and make two players permanent midfielders. These players will play in every round.

1. 5 offensive players and 3 Defenders play at one time.
2. Defensive players clear the ball out to the offensive players and follow the ball.
3. Offensive players try to score a goal.
4. Defenders try to steal the ball. Once the ball is stolen, defenders try to clear the ball past the midfield.

5. Round is dead following a goal by the offense or by the defense completing 3 consecutive passes, or playing the ball past the half field mark.

### **Coaching Points**

**Offensive Numbers:** The two-man advantage should expose numerous holes within the defense.

**-Recovery:** If you lose the ball, you must make an effort to get it back.

**-Defense:** Don't lose the ball in the defensive third. If you can't dribble or pass without heavy pressure, clear the ball. Never, EVER lose the ball in the defensive third of the field because you dribbled it too long. Only carry the ball if you are not being pressured, if you are getting pressured get rid of the ball by passing it or clearing it completely.

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