



ASA Practice Plan Top Sheet – SKL01 (U10/U12/U14)

Field Set Up:

See Session sheet. Set up one large 30 yd x 45 yd area with cones (the Grid). Mark out 3-4 yard end zones with cones on the narrow ends. For SSA (1 v 1 activity) split the grid down the middle the long way with a few cones to define two long, narrow half-grids. Remove these cones after 1 v 1 and the field is ready for ESSA 3 v 3 or 4 v 4 activity.

Technical Warm Up: Free Dribble in Grid

All players have a ball at their feet within the large Grid. Ask players to dribble using left and right feet in grid and dribble to find open space.

- Smaller touches at lower speeds, bigger touches at faster speeds.
- Can use different surfaces of the foot depending on the direction of movement and change of direction.

Progression 1: Coach will yell out a number 1-4 and players will change their speed. 1 is walking, 4 is sprint.

Progression 2: Introduce turns. Start with **Inside Cut** and **Pull Back** turns. Coach will say “turn left” or “turn right”. Players will individually moderate their own speed within their comfort level of executing the move, then accelerate into open space. Players need to check their shoulder in the direction they are turning before executing move.

Progression 3: Introduce Step Over move. For this practice leave it at a single step over. Coach will say “Left on one” or “Right on one”. Players will individually moderate their own speed within their comfort level of executing the move, then accelerate into open space. Players need to check for open space in the direction they are turning before executing move.

This YouTube video shows the move (They call it a “Matthews Turn”):

<https://www.youtube.com/watch?v=XMaqyhNmW2I>

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Small Sided Activity: 1 v 1 in long, narrow grid (Half Grid)

This game introduces players to moving the ball while under pressure from a defender. The attacker has the advantage of being able to go toward either end zone, and may change direction toward the other end zone at any time. In this activity we are looking for the attacker to achieve success through ball control, quick decision making, and the ability to read the defender's movements.

The defender will deliver the ball to the attacker by passing the ball on the ground between the cones. You may decide to adjust the starting positions of the attacker and/or defender, as well as the distance the cones are from the "touch line". The trick is to make sure the attacker can exit between the cones before the defender arrives, but not so early that there is no real pressure on the attacker to make a decision and move the ball quickly!

Look for controlled dribbling and changes of direction using the appropriate foot. If the attacker is turning into the defender or leaving the ball exposed on the defender's side of his body, illustrate opposite foot dribbling and the concept of "shielding".

Expanded Small Sided Activity: 3 v 3 or 4 v 4 in Full Grid

The wide setup of the field should create enough space for players to work the ball to teammates in open space and to dribble the ball frequently. If necessary use a "neutral" player to help the attackers maintain possession of the ball. The coach can step in and act as the neutral player if needed – neutral player cannot dribble into end zone to score.

Watch the player's eyes when they have control of the ball – do they check for open space in the direction they are moving? Are they aware of defenders in their area? Do they see their team mates?

Encourage possession with a purpose. Players are moving the ball to set up the next pass, move defenders, create passing lanes, etc. Discourage them from simply putting their head down and dribbling straight at a defender. Patience is difficult concept for young players to grasp, so you should place a high degree of importance on possession and control to help them understand. Also, this would be a good time to talk a little bit about "risk" with your players. If they are dribbling into traffic what happens if they lose the ball? Is there someone behind them to defend in a transition situation?

Scrimmage > Reinforce coaching points from session – ball control and possession with a purpose!