

Play-Practice-Play (PPP)

What is it and why do we use it at United Soccer Club?

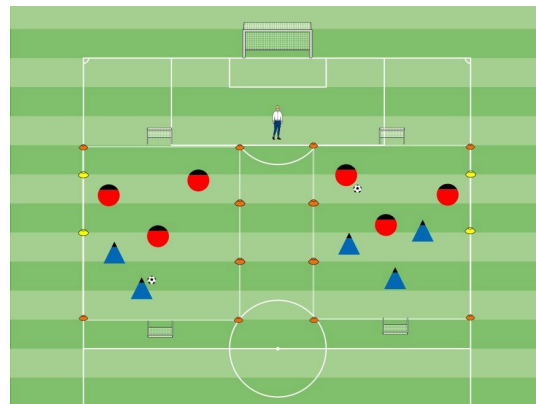
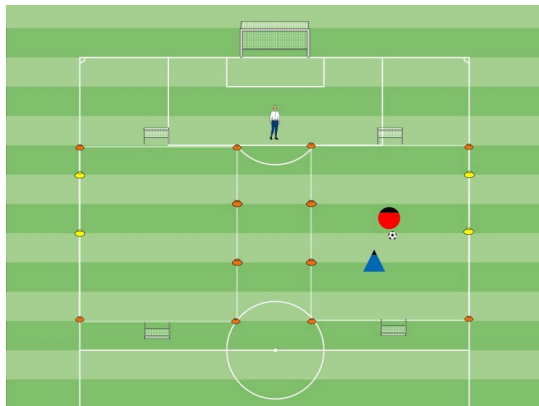
Warm-Up

Throughout the season, we will be using a training model called Play-Practice-Play. While it is based off of the educational model, Whole-Part-Whole. We are doing it for not only the educational purpose, but to provide a routine for pre-practice and beginning of practice for the players. Doing this club wide gives every player knowledge of what should be expected when they get to training. It will also be used to introduce the topic in a small game environment so when you start training the lesson, they can relate back to it.

The largest reason is probably to eliminate one of my greatest pet peeves to youth soccer training... kids get to training and start kicking at goal trading off who plays goalkeeper. At no point does it resemble soccer and usually someone gets hurt.

Lastly, after experimenting with it last summer, I would be hard-pressed to find a better way to get kids more touches on the ball. We started with most of the boys coming on time or maybe a little early... some even late. We implemented this and noticed them coming earlier and earlier. We had to get to training even earlier just to set up the games so they can play. We got to a point where we just piled the cones and pinnies and they set the fields up themselves. We easily had an extra 20-30 minutes of unstructured soccer three times per week. You can't beat that.

Below, you will find a sample setup:



How it works:

The coach will greet the players as they arrive and the player will then immediately join a small-sided game. As the first two players arrive, they begin playing 1v1. They then continue to add to that game until it gets to 3v3 or at max 4v4. It could be 2v1, 3v2, 2v2 or anything in between as players arrive. You would set up as many fields as you would need for the expected amount of players. We had the space to do it in a separate part of our field so we could set up the training session during their games. If you don't have that space, just set your training session up around those fields. After a couple weeks it will be an immediate response as to what they do and what is expected.