CYSA U13 PRACTICE PLAN

WEEK: 1 **FOCUS: DRIBBING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO DRIBBLE AND TURN UNDER PRESSURE FROM AN OPPONENT

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**TURNING IN TWO'S:** Place 4 cones (two red and two blue) in a 12-15 yard line. 1. Pair up the players and place them by the cones. 2. One player will give the go sign and both will dribble into the turning zone. 3. When the dribblers cross the other end line, the next players in line go. Turns: Inside of the foot cut, Outside of the foot hook, Drag back, and Cruyff.		DRIBBLE: 1. Keep the ball close to your feet. 2. Keep head up. 3. Approach the defender under control. 4. Fake and acceleration. 5. Where to dribble. 6. When confronted with defenders, pass them by changing direction of the ball and take a big touch. 7. Look for space behind the defender to attack. 8. Use your teammate to create dribbling opportunities.
STAGE 2 SMALL SIDED ACTIVITY	**3V3 LATERAL GOALS:** Area: 25Lx30W yard grid with two Finishing Zones of 3 yards each. 1. Put the players into groups of 3's. Place the groups at opposite sides of the grid. 2. The defenders, the group with the ball, will serve to the attackers. They will try to score in the red goals. If the defenders get the ball, they can score in the blue goals. 3. Defenders can enter the finishing zone if an attacker is in it.		TURNING: 1. Use the appropriate surface for the appropriate turn. 2. Keep your body between the defender and the ball. 3. Players must accelerate after the turn 4. When confronted by a defender, decide to dribble or turn. 5. Where and how to turn
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**5V5 WITH GOALKEPERS:** Area: 30Wx40L yard grid with two Finishing Zones of 5 yards each. 1. Two teams are trying to score in the opponent's goal. 2. The players should be encouraged to perform a turn under pressure and enter the Finishing Zone for a 100 point goal; any other goal is only 1 point.		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble, turn, and protect the ball	

CYSA U13 PRACTICE PLAN

WEEK: 2 **FOCUS: DRIBBING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO DRIBBLE BY & BEAT OPPONENT

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 TECHNICAL WARM-UP	**BALL MASTERY:** 1. Place 3 cones in a line with a middle cone about 8 yards from the end cones and a player by each end cone with a soccer ball. At coach's command the players will dribble from their cone to the middle and back performing the following dribbling tasks: o Inside and outside of the foot o Double touches with the outside and circle, switch foot o Laces, laces, inside and outside 2. Now dribble to the cone and: o Circle take, Fake take and Inside Step and Take		1. Use all surfaces of the foot. 2. Keep the ball close and in control. 3. Use the outside of the foot and the laces for speed with the furthest foot from the opponent. 4. Execute a feint to unbalance the defender and dribble past him/her with a burst of speed. 5. Identification of Visual Cues to take on opponent. o Free space in front o 1v1 with no defender behind o Near the box 6. Identification of Verbal Cues: o "Take space" o "Time" o "Take him on" 7. Be deceptive 8. Attack the defender at pace and set him up. 9. Be creative and take risks.
STAGE 2 SMALL SIDED ACTIVITY	**4V4 TO 3 GATES INTO FINISHING ZONE:** Area: 35Lx30W yard grid with two Finishing Zones of 5 yards each. The gates are about 5 yards apart. 1. Players will play to score in the opponent's goal after they have dribbled through any of the three gates into the finishing zones. 2. Only one defender can get in the finishing zone when the ball is in the zone.		
STAGE 3 EXPANDED SMALL SIDED ACTIVITY	**5V5 DRIBBLE INTO FINISHING ZONE:** Area 40LX35W yard grid with two Finishing Zones of 7 yards each. 1. Two teams playing to score in the opponent's goal by dribbling over the line into the finishing zone. 2. If a player dribbles… o Over the line and dribbles the keeper – 1 billion points o Over the line, shoots or passes to goal - 10 points o Any other goal - 1 point 3. Play to 3 billion points.		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to penetrate off the dribble	

CYSA U13 PRACTICE PLAN

WEEK: 3 **FOCUS: PASSING AND RECEIVING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO KEEP POSSESION

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**3 PASSERS AND 3 DRIBBLERS:** Area: 15x15 yard grid. 1. Start the activity with 3 players passing the ball and one dribbler trying to get in their way as the players are connecting passes. 2. Add dribblers as the players continue to connect passes: o 1-5 passes: 10 points – 1 dribbler o 6-10 passes: 10 points - 2 dribblers o 8+ passes: 10 points – 3 dribblers 3. If the passers lose possession 3 times, switch roles.		PASSING 1. Toe up (inside) or down and turned in (outside). 2. Placement of the non-kicking foot and good balance. 3. Surface of the foot and Surface of the ball to strike. RECEIVING 1. Keep your feet moving before the ball arrives and go to it. 2. Keep ankle of receiving foot locked and body behind ball. 3. Eyes on the ball at instant of reception. 4. First touch is directional. SUPPORT 1. Before and after the pass, move and create new passing lanes for your teammates. 2. Do not stand behind a defender. 3. Get in good supporting positions. 4. Ask for the ball – Do not say HERE! 5. Play the way you face.
STAGE 2 **SMALL SIDED ACTIVITY**	**3V1 (2) TO ONE BIG AND SMALL GOAL:** Area: 35LX35W yard grid – Big Goal 6 yards – Small Goal 2 yards 1. 3 players are keeping possession of the ball and need 4 passes to go to goal; meanwhile, a defender is trying to get the ball and score in the small goal. After the attacking team makes 3 passes, a second defender comes in. 2. When the defenders get the ball, they need to complete two passes before scoring. 3. The attacking team will switch after three attempts.		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**5V5 - EVERYONE TOUCHES THE BALL:** Area: 35Lx30W yard grid with two 6 yard goals. 1. Two teams playing to score in the opponent's goal. 2. All the players on the possession team must touch the ball before scoring. If they lose possession, they need to start the rally again.		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to possess and when and how to pass	

CYSA U13 PRACTICE PLAN

WEEK: 4 **FOCUS: PASSING FOR PENETRATION**

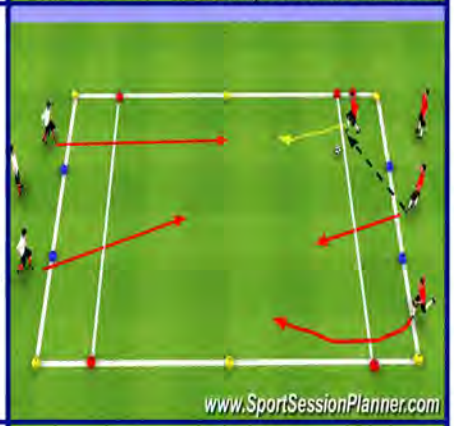
OBJECTIVE: TO IMPROVE TEAM'S ABILITY TO PASS BETWEEN DEFENDERS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**PASSING AND MOVING IN TWO'S:** Area: 30Lx20L yard grid 1. Divide the players into groups of 2's. 2. All groups must play with a minimum of 3 touches (Receive, Dribble and Pass). 3. The players will perform the following tasks: o Complete ten passes o Complete 6 passes, 3 of them are splits o Complete 5 passes with 4 different partners each o Get in groups of 3's and complete 9 passes o Get as many split passes as your groups can in 2 minutes		1. Technique of Passing and Receiving o Surface of the foot o Surface of the ball 2. Directional first touch 3. Vision to split defenders with a pass 4. Angle and distance of support 5. Supporting body position 6. Mobility to get in good positions or to open passing lanes 7. Demanding the ball 8. Play the way you face 9. Possession vs. Penetration
STAGE 2 **SMALL SIDED ACTIVITY**	**4V4 TO FINSHING ZONES:** Area: 30Lx25W yard grid with two Finishing Zones of 3 yards each. 1. Two teams play to score in the opponent's goal. 2. To score, the attacking team must pass to a teammate in the finishing zone. The attacker must time his/her run to receive the ball inside the zone. Players cannot be in the zone before the ball enters it. Scoring: o Receive a timed pass after a split and score: 100 points o Receive a split pass and score: 5 points 3. Dribbling into the end zone and score: 1 point.		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**5V5 TO FINISHING ZONES:** Area: 35Lx30W yard grid with two Finishing Zones of 5 yards each. 1. Two teams to score in the opponent's goal. 2. Any goal resulting from a timed pass in the end zone is 1000 points. 3. Any other goal is just 1 point.		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to possess or to penetrate	

CYSA U13 PRACTICE PLAN

WEEK: 5 **FOCUS: PASSING AND RECEIVING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO RECOGNIZE WHEN AND HOW TO DRIBBLE AND PASS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**PASSING AND MOVING IN TWO'S:** 1. Half of the players on the inside of the square (with soccer balls), half on the outside. 2. The insiders (Passers) will pass the soccer ball to the outsiders. 3. The outsiders (Dribblers) will receive with a directional first touch to dribble away from the passer who is pressing him/her.		TO DRIBBLE 1. First touch must be directional 2. Identify the visual cues to dribble o Space o 1v1 3. Keep the ball close to your feet 4. Keep head up 5. Approach the defender under control 6. Fake and acceleration 7. Where to dribble 8. When confronted with defenders, pass them by changing direction and speed 9. Use your teammate to create dribbling opportunities TO PASS - TECHNICAL 1. Receiving ball/first touch 2. Implications of first and second touches 3. Movement after pass with speed 4. Weight of the pass 5. Type of pass TO PASS - TACTICAL 1. Supporting shape 2. Verbal communication: Turn, drop, wall, square, etc. 3. Visual cues identification 4. Awareness of space, teammates, and opponents 5. Best passing options: Possession pass or penetration pass 6. Change of rhythm to exploit opportunities to penetrate Look for opportunities to change the point of attack
STAGE 2 **SMALL SIDED ACTIVITY**	**2V3 TO END ZONES:** Area: 30Lx20W yard grid with two Finishing Zones of 3 yards each 1. Place a team behind the end-line behind the end zone and the defenders behind the opposite end zone. 2. The 3 attackers will score by dribbling or passing the ball into the end zone. 3. If the 2 defenders get the ball, they score by getting the ball into the opposite end zone. 4. The activity starts when the player with the ball passes to his/her partner.		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**5V5 TO FINISHING ZONES:** Area 30Wx40L yard grid with two finishing zones of 5 yards each 1. Two teams are trying to score in the opponent's goal by dribbling or passing to a teammate in the end zone. 2. The attacking player must time his/her run to receive the ball inside the end zone and score. 3. A player cannot enter the end zone before the soccer ball. Scoring: 1. Receiving a timed pass into the end zone: 10 points. 2. Dribbling into the end zone: 5 points.		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments when to dribble and when to pass	

CYSA U13 PRACTICE PLAN

WEEK: 6 **FOCUS: DEFENDING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO DEFEND AGAINST ATTACKERS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**1V1 TRIANGLE DEFENDING:** Area: 2 yard triangle. 1. Divide the team in groups of two's and assign them a triangle to play 1v1's. Procedure: 1. The defender starts inside the triangle with the ball. 2. The defender serves the ball to attacker 5-7 yards outside the triangle. 3. The attacker will try to score by dribbling through the triangle: 10 points. 4. The defender approaches the attacker and prevents him/her from scoring.		PRESSING DEFENDER 1. Immediate pressure on the ball 2. Concentrate on the 6 D's o Close the attacker Down o Slow Down o Get Down o Stay Down o Decide and Destroy 3. Sideways on - one foot slightly in front of the other 4. Knees bent 5. Lift your heels 6. When and how to jockey the attacker 7. Delay the attacker 8. Do not over commit 9. Recognize when to be the pressing defender 10. Funnel attacker towards touch line or a covering defender 11. Make the attacker put the head down and use the weaker foot 12. Technique of Poking the ball 13. Technique of Block tackle
STAGE 2 **SMALL SIDED ACTIVITY**	**3V3 TO SMALL GOALS:** Area: 25Lx20W yard grid. 1. Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal. **Coach:** Assist the players to identify when and how to press the attacker.		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**4V4 TO SMALL GOALS:** Area: 30Lx25W yard grid. 1. Two teams playing to score in the opponent's goal. Teams score by passing or shooting through the goal. **Coach:** Assist the players to identify when and how to press the attacker.		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to close down the ball or "wait"	

CYSA U13 PRACTICE PLAN

WEEK: 7 **FOCUS: DEFENDING - PRESSURING AND COVERING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO PRESSURE AND COVER THE BALL

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**1V2 DEFENDING:** Area: 15x10W yard grid 1. Two players will defend one attacker. 2. If the defenders get the ball then the attacker needs to defend the two attackers. 3. The defenders will score in the one goal the attacker in any of the two goals by dribbling or passing.		PRESSING DEFENDER: Concentrate on the 6 D's of Defending: o Close the attacker Down, Slow Down, Get Down, Stay Down and Decide & Destroy. COVERING DEFENDER: 1. Should close space quickly o Supporting distance close enough to close passing lanes o Provide pressure when the 1st defender is beaten o Body position to keep attackers and the ball in view 2. Ready to switch from 2nd defender to 1st defender 3. What to say to the pressing defender: o "Stand them up" o "Force Inside" o "Force Outside" o "Tackle!!" o "Switch" (switch roles) 4. Stay connected to 1st defender 5. Communication with 1st defender VISUAL CUES TO REGAIN BALL: 1. Type of first touch from opponent 2. Heavy touch, step in and win it 3. Close touch, respect play 4. Pop up, step in and win it 5. Read the first touch and decide quickly
STAGE 2 **SMALL SIDED ACTIVITY**	**3V3 TO SMALL GOALS:** Area: 25Lx20W yard grid 1. Two teams playing to score in the opponent's goal. Teams score by dribbling or passing through the goal. **Coach:** Assist the players to identify when and how to switch, press and cover – Work together to regain possession.		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**4V4 TO SMALL GOALS:** Area: 30Lx25W yard grid 1. Two teams playing to score in the opponent's goal. Teams score by passing or shooting through the goal. **Coach:** Assist the players to identify when and how to switch, press and cover – Work together to regain possession.		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to get pressure and cover to the ball	

CYSA U13 PRACTICE PLAN

WEEK: 8 **FOCUS: SHOOTING AND FINISHING**

OBJECTIVE: TO IMPROVE PLAYER'S ABILITY TO STRIKE BALL AND SCORE GOALS

STAGE	ACTIVITY DESCRIPTION	DIAGRAM	COACHING POINTS
STAGE 1 **TECHNICAL WARM-UP**	**5 MINUTE SHOOTING COMPETITION:** Area: 20Lx12W yards station with a shooting line about 12 yards away from the goal. 1. Divide the team in to two groups. Have the group select a GK and place the GK in one of the goals 2. On one corner place the passers and in the other the shooters 3. The shooter receives the ball, runs and shoots before the shooting line. If the shooter shoots after the line the goal does not count 4. The passer becomes the shooter and the shooter the passer		SHOOTING TECHNIQUE: 1. Body position and balance 2. Eye on the ball at moment of contact 3. Strike ball with ankle locked and hard bone on top of foot 4. Non-kicking foot directed at target 5. Surface of the Ball 6. Surface of the Foot to strike the ball Against a Goalkeeper 7. Keep the shot low 8. Use instep for power or inside of the foot to place the ball 9. Surface of the ball and the Foot to use 10. Proper technique and body control 11. Placement vs. power 12. Quality preparation touch 13. Proper selection of contact surface DURING GAME: 1. Timing and shape of attacking runs 2. Finishing rebounds 3. Creativity and deception 4. Combination Play 5. Rebounding
STAGE 2 **SMALL SIDED ACTIVITY**	**4V4 SHOOTING:** Area: 30Lx20W yard grid divided into 3 zones - two end zones of 8 yards and a central zone of 14 yards long. 1. Encourage players to shoot from the middle zone. The neutral player plays with the attacking team. 2. Scoring: o Directly from the middle zone: 100 pts. o Rebound goal: 50pts o Inside the zone shot: 1pt 3. Play to 300 pts. and switch teams if you have one standing by.		
STAGE 3 **EXPANDED SMALL SIDED ACTIVITY**	**5V5 LONG SHOT AND REBOUND:** Area: Play in a 36Lx30W yard grid with goals. Players will be awarded points on the goals they scored depending on the distance from goal: o From the team's defending end: 10 points o From team's attacking end: 50 points o From Rebound: 100 points Play to 300 points		
GAME	**5V5 OR 6V6**	Two teams with a specific formation Play the game and encourage the players to recognize the moments to get pressure and cover to the ball	