



VSA COACHES EDUCATION

BUILDING A PRACTICE PLAN



OBJECTIVES



1. Identify how to choose a training topic
2. Develop an understanding of how to build objectives for the practice
3. Improve ability to choose effective coaching points to reach the desired goal.
4. Develop an understanding of how to “budget” activity times to stay on task.



WHY HAVE A PRACTICE PLAN?



| NAME: | Dustin Butcher | TEAM: | VSA U11 Girls |
|--|----------------|-----------------------|---------------|
| DATE: | 1/21/15 | MESOCYCLE: | Winter |
| | | MICROCYCLE / DAY: | Week 3/Day 1 |
| TRAINING TOPIC: Switching Point of Attack | | | |
| OBJECTIVES <ul style="list-style-type: none"> Players will improve their ability to open their hips when receiving. Players will improve their ability to play to their teammates' front foot in possession. Players will improve their ability to create width and provide options to switch the point of attack. | | | |
| | | | |
| I: WARM-UP | | INTENSITY: | H |
| DURATION: 15:00 | | # OF REPS: | 5 |
| ACTIVITY TIME: | | RECOVERY TIME: | 1:00 |
| ORGANIZATION (Physical Environment / Equipment / Players) | | | |
| Groups of 5; 3 cones each 5-6 yards apart; 1 ball per group | | | |
| COACHING POINTS / KEY CONCEPTS: | | | |
| Proper weight to pass by striking through middle of ball Lock ankle when passing with inside of the foot Pass to teammate's front foot to increase speed of play Open hips when receiving to increase speed of play | | | |
| | | | |
| II: SMALL-SIDED | | INTENSITY: | M-H |
| DURATION: 15:00 | | # OF REPS: | 1 |
| ACTIVITY TIME: | | RECOVERY TIME: | 1:00 |
| ORGANIZATION (Physical Environment / Equipment / Players) | | | |
| 15x25 playing area; each team 6, 8, 10 in area with 7 and 11 as targets on opposite ends | | | |
| COACHING POINTS / KEY CONCEPTS: | | | |
| Same technical points as above Support play move as ball travels to support 1 st attacker Contribution play to switch quickly 7 and 11 support play by adjusting into passing lanes | | | |
| | | | |
| III: EXPANDED SSG | | INTENSITY: | M |
| DURATION: 15:00 | | # OF REPS: | 2 |
| ACTIVITY TIME: | | RECOVERY TIME: | 2:00 |
| ORGANIZATION (Physical Environment / Equipment / Players) | | | |
| Large goal on end line; counter pass at midfield; field separated vertically in half | | | |
| COACHING POINTS / KEY CONCEPTS: | | | |
| Role of 4 and 8 to switch point of attack 7 and 11 create width to allow space for switch 6 and 9 seek to get ball wide and create run/through opportunities Use of proper passing and receiving technique to switch play quickly | | | |
| | | | |
| IV: GAME | | INTENSITY: | M |
| DURATION: 15:00 | | # OF REPS: | 2 |
| ACTIVITY TIME: | | RECOVERY TIME: | 2:00 |
| ORGANIZATION (Physical Environment / Equipment / Players) | | | |
| Teams in 1-3-3-1 formation | | | |
| COACHING POINTS / KEY CONCEPTS: | | | |
| Recognize key moments to switch point of attack Use of proper passing and receiving technique to switch play quickly Allow players to make decisions | | | |

Maximizes your time on the field

Keeps players and coaches focused on the task

Improves transition from one activity to the next

Maximizes your players' development!



HOW TO CHOOSE A PRACTICE TOPIC



1. Identify a key area that needs to be improved within your team

- Technical component should be the main focus!
- Refer to your season plan (if applicable)

2. Identify the desired goal

3. Consider factors that will affect your training activities

- Field space and conditions
- Number of players
- Duration of practice



VSA RECREATION SEASON PLAN



| | U5 | U6 | U8 | U10 | U12 | SFL |
|--------|-----------------|-----------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Week 1 | Body Awareness | Body Awareness | Dribbling | 1v1 Attacking | 1v1 Attacking | 1v1/2v2 Defending |
| Week 2 | Ball Mastery | Ball Mastery | Passing and Receiving | Dribbling 1v1/2v1 | Dribbling 1v1/2v2 | Dribbling 1v1/2v2 |
| Week 3 | Dribbling | Dribbling | Shooting | Passing and Receiving | Passing and Receiving | Passing and Receiving |
| Week 4 | Shooting | Shooting | Individual Defending | Passing and Receiving | Passing and Receiving | Shooting |
| Week 5 | Problem Solving | Problem Solving | 2v1/2v2 Attacking | Shooting | Shooting | Small Group Defending |
| Week 6 | Ball Mastery | Ball Mastery | Passing and Receiving | 1v1 Defending | 1v1 Defending | Passing and Receiving |
| Week 7 | Dribbling | Dribbling | Shooting | 2v2 Attacking | 2v2 Attacking | Shooting |
| Week 8 | Games | Games | Games | Games | Games | Games |



BUILDING OBJECTIVES



Definition: A specific result that a person or system aims to achieve within a time frame and with available resources.

Writing an Objective:

- 1. Identifies a very specific end result.**
- 2. Clarifies how the player will demonstrate that they have met the intended result.**
- 3. End result is developmentally appropriate for team and individuals involved.**

Example: “Players will improve their ability to dribble using the laces of their foot.”

****Each session should have 2-3 main objectives for the players to reach****



ATTACKING COACHING POINTS



DRIBBLING

- Change of pace
- Change of direction
- Moves to beat defenders
- Small touches in tight areas
- Shielding
 - Use arm to “feel opponent
 - Ball on part of foot farthest from opponent

PASSING

- Accuracy
- Proper weight
- Raise toe up to lock ankle if using inside of foot
- Non-kicking foot beside the ball
- Knee of kicking foot over ball at strike
- Point toe in if using outside of foot
- Different surfaces to disguise pass

RECEIVING

- Look around to be aware of space and pressure
- Get into line with ball
- Choose surface of the foot
- Cushion into space and away from pressure

SHOOTING

- Accuracy before power
- Preparation touch out from body to set up shot
- Non-kicking foot beside the ball
- Choose surface (inside, laces, toe)
- Ankle tight and locked at contact
- Strike through ball and land on kicking foot



DEFENDING COACHING POINTS



PRESSURING DEFENDER (1ST DEFENDER)

- Travel as the ball travels
- Recover goal side/inside
- Eyes on ball
- Side on to attacker
- Close distance to attacker
- When to tackle
- Channel attacker to support and away from danger

COVERING DEFENDER (2ND DEFENDER)

- Communicate to 1st defender
- Recover goal side/inside
- Position to see ball and supporting attackers
- Position to offer support if 1st defender is beaten

BALANCING DEFENDER (3RD DEFENDER)

- Position to see ball and supporting attackers
- Position to drop or step forward based on visual cues



CHOOSING COACHING POINTS



| | TECHNICAL WARM-UP | DURATION | ACTIVITY TIME |
|--|-------------------------------------|-----------|---------------|
| | | # OF REPS | RECOVERY TIME |
| | ORGANIZATION/COACHING POINTS | | |
| | | | |

1. Address technical skills needed to reach the desired goal
2. Address why this skill is needed to reach the desired goal

**Example: Dribble using the laces of the foot to maintain proper control of the ball
Change pace after making move to create space from the defender**



BUDGETING ACTIVITY TIME



Why?

Maintain players interest

Maintain ability to maximize time on field

Players want to PLAY!

Practice Durations

U5-U6: 30 minutes

U8-U12: 1-hour

U13-U19: 1-hour

Activity Time

Time of Activity + Time Between Activities

Typical 1-Hour Training Session

Warm Up: Approximately 15 minutes

Activity 2&3: Approximately 15 minutes each

Game: Approximately 30 minutes

Stage 4 (Game)

For 1-hour practices, aim to allow for 20-30 minutes at the end of each practice for this stage.

At least 10-15 minutes for 30 minute practices.



VSA PRACTICE TEMPLATE



| NAME | TEAM |
|-------------------|---|
| DATE | SEASON |
| MOONLIGHT | MOONLIGHT |
| TOPIC/OBJECTIVES | TOPIC: OBJECTIVE 1: OBJECTIVE 2: |
| TECHNICAL WARM-UP | DURATION ACTIVITY TIME # OF REPS RECOVERY TIME |
| EXERCISE 1 | DURATION ACTIVITY TIME # OF REPS RECOVERY TIME |
| EXERCISE 2 | DURATION ACTIVITY TIME # OF REPS RECOVERY TIME |
| GAME | DURATION ACTIVITY TIME # OF REPS RECOVERY TIME |
| FUN ACTIVITY | |

1. Choose Session Topic and Objectives

2. Technical Warm Up Stage

3. Exercise 1

4. Exercise 2

5. Game

6. Fun Activity

