

Organizing a Training Session

*Training sessions should be the length of the game. U6's-30-45 minutes, U8's 45-60 minutes, U10's 60-75 minutes, U12's and up 75-90 minutes

- Begin with the end in mind!
- Fail to prepare, prepare to fail!
- KISS Theory
- Have cones, vests, and balls already to go. Have flow to your training sessions.
- Have a specific focus for your training session-focus on that. Everything else is a bonus!
- Players need to be in motion during activities and games, don't use Drills!!!
- Activities need to relate to the game!
- Activities should be geared to their success as a player, not to develop a winning team!
- Activities should be geared for the players to make their own decisions
- Always end the training session with a game to two goals. Let them play!!
- Cool Down
- End with smiles ☺

Stages of a Training Session

Fundamental Stage (20-25%) NO LINES, LAPS, OR LECTURES!

- Warm-up
- Create a specific theme for session. Warm-up should reflect the focus of session.
- Preparation for physical activity-include stretching to develop flexibility
- Mental preparation (focus and enthusiasm)
- With younger players U6-U8 years of age, include body awareness activities
- No pressure of an opponent space or time

Activities Stage (not drills)

- Introduce pressure of an opponent, space, or time
 - Incrementally add pressure of an opponent based upon the players' level of success.
 - Go from Clarity to Reality or Simple to Complex
- Maze Game
 - Target/Direction Game
 - Only 2-3 activities needed

Game Stage (25-30%)

- This is the part where the players play the game!
- Play to two goals
- The smaller numbers-the clearer the teaching point
- No restrictions
- Observe first, then correct
- Stop to make point that reflects topic of training, but avoid talking. They don't come to hear the coach talk!
- Let them play-step off to the side and be a guide!

Cool Down (5%)

- Stretch and permit players to cool down
- Don't forget upper body
- Use time positively-do something fun!

Blank Lesson Plan

Warm-up	Diagram of Activity	Coaching Points
1st Activity (Maze Game)	Diagram of Activity	Coaching Points
2nd Activity (Target Game)	Diagram of Activity	Coaching Points
Game 3v3 for U6 4v4 for U8 6v6 for U10 8v8 for U12	Diagram of Activity	