

EIGHT WEEK PRACTICE PLAN

FOR RECREATIONAL SOCCER COACHES *from iSoccer.org*

Coach, we get it. You have a full time job and afternoon hits. Rushing to the field you think, “What am I going to do with the kids tonight?” You are not alone, and iSoccer wants to help you by simplifying practice! We believe the goals of the season are: 1. Players become better soccer players. 2. Players enjoy competing. 3. Kids develop as people. That is it. Lets keep it simple. Winning is of course important, but secondary to those three season goals! Ready? Let’s do this!

The clearer the session is to the coach and players, usually the more effective it will be. This ‘four part’ practice plan tries to give you both structure and progression. Every kid is guaranteed lots of of quality touches, tons of decision making opportunities and a chance to compete every practice! With those three things + energy from the coaches, you are well on your way to making every player better and creating an effective practice session! Feel free to incorporate any drills you already know or ones you find online. This hopefully serves as a framework for an effective, fun session. When you are done with 8 weeks, just repeat! Good luck and you can always reach out to iSoccer at: Support@iSoccer.org. We are here to help you!

Four Part Session

✦ **Part 1: Individual Skill**

Goal: Every player becomes more comfortable on ball. Lots of touches and use iSoccer to motivate!
Key Coaching Point: Close control of the ball. Trying to do things fast and accurate yet under control.

✦ **Part 2: Small Group (Groups of 2 to 4)**

Goal: Competition with very small number so your players are forced to make a lot of decisions!
Key Coaching Point: Shielding: Ball on outside foot. Attack the defender and make a hard move in 1v1.

✦ **Part 3: Small Sided or Shooting (Groups of 4 to 8)**

Goal: Great for players to begin communicating, combining and finding space!
Key Coaching Point: Find the open space on the field. Provide good passing angles to player with the ball.

✦ **Part 4: Full Team**

Goal: It is always fun to end with a game that involves all your players and ability to work on set pieces!
Key Coaching Point: To have fun and enjoy playing just playing soccer. Try and minimize instruction.

Timing of Each Part

For simplicity, we recommend breaking the practice up into 4 equal parts.
However, depending on what you want to focus on, time per part can vary.

Items Needed for Session

Soccer Balls – One ball for every player
Cones – 40 total cones. 20 of one color and 20 of another color.
Goals – If you have access to them, use them as much as possible!

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Part 1: Individual Skill (3 to 4 players per grid)

★ **iSoccer Six or full iSoccer Assessment**

Take the assessment near the beginning of the season and every 8 weeks thereafter.

Use scores to motivate players to train harder and at home.

Go to: <http://www.iSoccer.org> to see assessment videos. iSoccer Six is page 5.

★ ***Between the Assessments***

Motivate and recognize players!

3 players per grid and 20 second training segments

High intensity and a ton of touches!

For training between the assessment, go to the <http://www.iSoccer.org>

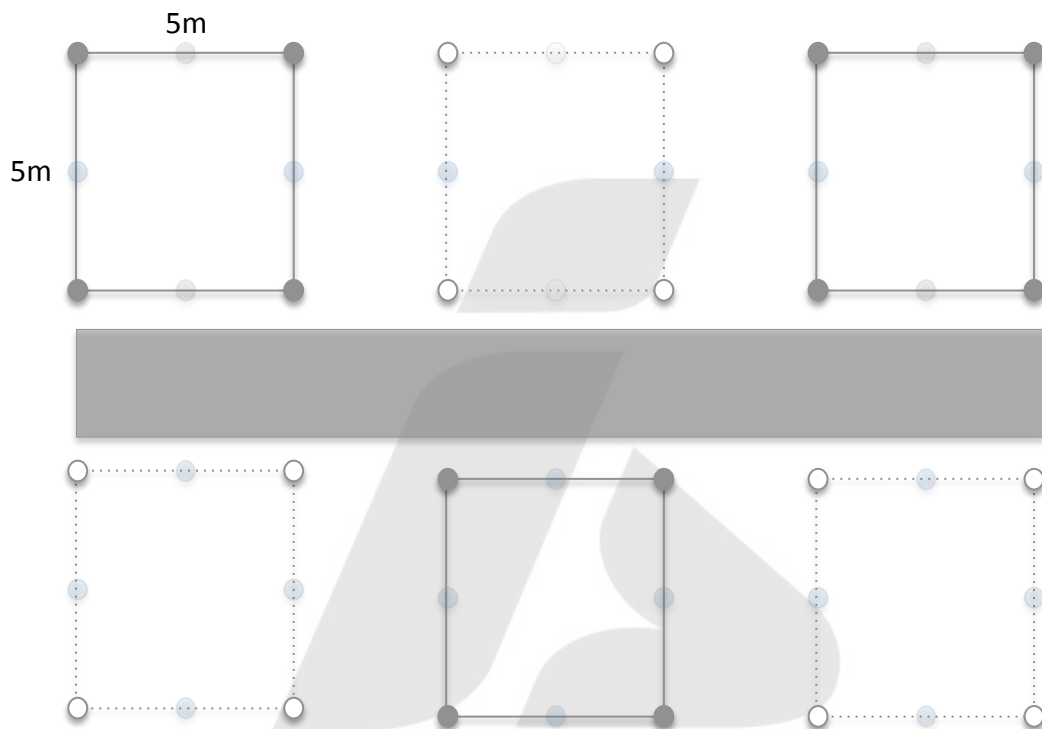
★ ***Cone Layout - iSoccer Space***

Set up one 5m x 5m grid for every three players.

Grids can be 4 cones. Grids are different color cones. (8 cones per grid helps kids see the grid even better)

See the initial layout for 18 players above. The grey area is the 'coaching space' for you (about 10 yards wide)

(Can also lay out cones in a long row if you do not have that many players)



★ ***Cone Transition to Part 2***

Pick up one row of cone and adjust the remaining row accordingly. Have your players help pick up cones!

★ **Further Support**

iSoccer Blog: <http://inside.isoccer.org> (great articles and videos on individual development and motivation)

Can always incorporate 'fun' games into the this part 'individual skill' aspect of practice.

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Part 2: Shielding and Small Group Play (2 to 4 player per grid)

✦ **Group Variations**

- 1v1: Shielding, Attacking, Defending
- 2v1: Attacking and finding open player
- Other: 2v2, 3v1
- Goals: Able to create fields with 1, 2, 3 or 4 goals.

✦ **How to Make it Fun!**

Make it a 'healthy' competitive game. 10 jumping jacks to the loser! Winner moves left one field! We recommend no out of bounds. This way the game never stops! 120 second games.

✦ **Sample Exercises for Shielding and Small Group Play**

Shielding (Groups of 2)

- One player is attacker. One Player is defender:
- No goal. Defender has to touch ball with hand.
 - No goal. Defender has to touch ball with foot.
- One Ball and players are competing:
- One Goal. Knock other ball off cone.

Attacking and Defending (Groups of 2, 3 or 4)

- Goal is length of end line (6 yards):
- Have to stop ball on line to score.
 - Have to dribble ball across the line to score.
- Goal is small sized goal (2 yards):
- Dribble through.
 - Pass through.
- Four Goals - Encourage attacking the open goal
- Goals are near both side lines to encourage spacing
 - Field is not shown below.

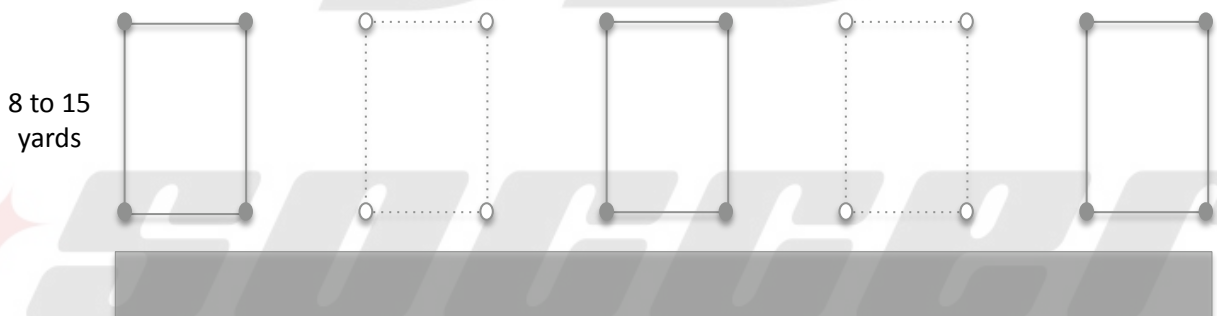
✦ **Scoring**

- Two ways to Score:
- Stopping the ball on the entire line (line soccer)
 - Dribbling or passing through through a small goal.

✦ **Cone Layout**

- Fields are in a long row with one group per field. Coaching space in grey.
- Switch the colors of the cones on each field. 4 cones per field.
- Hint: If the players are always losing the ball, make the field bigger.*

Scoring Options:
Small goals: 1 to 2 yards wide, OR
Line Soccer: Entire end line - 5 to 10 yards wide



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Part 3: Small Sided and/or a Shooting Exercise (4 to 8 players per group)

★ **Small Sided Variations**

4v2 with four goals. With 2 goals
3v3 with four goals. With 2 goals
One team attacks a full size goal
Both teams attack full size goals

★ **Shooting Variations**

High intensity and high number of shots!
Remember – No long lines. A player should be involved often!

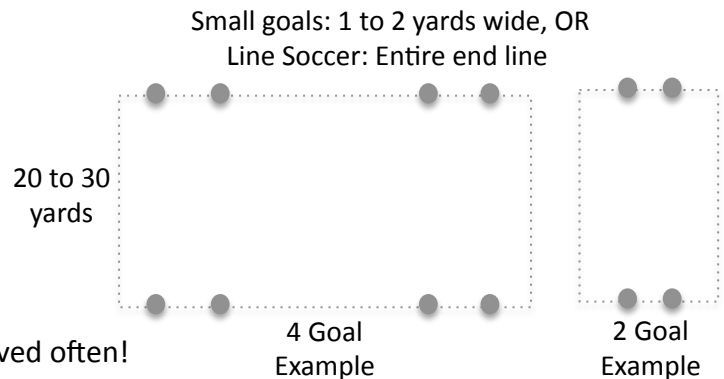
★ **Sample Exercises for Small Sided and Shooting**

Small Sided (Groups of 4 to 8)

Team: Can be even or uneven
(uneven teams simplify the game and emphasize open space)
No Goals. Have to stop the ball on the line.
Two small goals in the middle of the end line.
Multiple small goals near side lines. Encourage switching.
(can play with 4 or 6 total goals)
Full size goals. Always great to have players shooting!
(one team shoots on full goal. Other team on 2 small goals)

★ **Cone Layout**

Use some of the cones from Part 2 to create two to three bigger fields. Shooting is determined by drill
Hint: If team is always losing the ball – Make the fields bigger! You can also play 'Line Soccer'!



Shooting Exercise

Unlimited options
Minimize time in lines
Maximize shooting
Incorporate a combination or cross

Part 4: Full Team

★ **Variations**

Two Teams to goals
One team to goal. Other team to 2 (or 3) small goals.
Two Teams to 2 small goals. 4 small goals. 6 small goals.
Set Pieces: Corner kicks, goal kicks, thrown in.

★ **Sample Exercises for Full Team**

Game

Everyone playing at once
Play to two big goals.
If only one big goal. Have one team attacking the full size goal till the other team scores through one of the three smaller goals at half field.

Set Pieces

Corner Kicks
Thrown Ins
Free Kicks
Goal Kicks
(try and incorporate into full games)

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Personalize Your Team Schedule for Eight Weeks

	Individual	Groups of 2 to 4	Small Sided	Team
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				

Sample Eight Week Planner

	Part 1: Individual	Part 2: Groups (2 to 4)	Part 3: Small Sided (4 to 8)	Part 4: Full Sided
○ Week 1:	iSoccer Six OR full Assessment	1v1: Shielding then 1v1	4v2: 4 Goals or Shooting	Game to Full or Small Goals
○ Week 2:	iSoccer drills in iSoccer Space	2v1: Attacking open space	4v2: 2 Goals or Shooting	Game to Full or Small Goals
○ Week 3:	iSoccer drills in iSoccer Space	2v2: Game	3v3: 4 Goals or Shooting	Game to Full or Small Goals
○ Week 4:	iSoccer drills in iSoccer Space	1v1: Shielding then 1v1	3v3 2 Goals or Shooting	Game to Full or Small Goals
○ Week 5:	iSoccer drills in iSoccer Space	2v1: Attacking open space	4v2: With Shooting	Game to Full or Small Goals
○ Week 6:	iSoccer drills in iSoccer Space	2v2: Game	3v3: With Shooting	Game to Full or Small Goals
○ Week 7:	iSoccer drills in iSoccer Space	2v2: Game	3v3: With Shooting	Game to Full or Small Goals
○ Week 8:	iSoccer Six OR full Assessment	Your Choice!	Your Choice!	Your Choice!

The iSoccer Six

See the Complete 16 Skill National Assessment below

Can You Raise Your Level?

Toe Taps Foundations

20 Seconds
As many as you can do



1st Attempt



2nd Attempt



1st Attempt



2nd Attempt



Juggling PF Juggling NPF

20 Seconds
Take only your high score



1st Attempt



2nd Attempt



1st Attempt



2nd Attempt



Change of Pace PF Change of Pace NPF

20 Seconds
Two Cones 5 Meters Apart
Dribbling in a Figure 8
with One Foot
Each figure 8 is worth
4 points (1pt=2.5m)



1st Attempt



2nd Attempt



1st Attempt



2nd Attempt



Key:
PF=Preferred Foot • NPF=Non Preferred Foot

The iSoccer National Assessment

What is Your iSoccer Level?



COMFORT & JUGGLING

Toe Taps
Foundations
Juggling PF
Juggling NPF
Juggling Head

DRIBBLING

Change of Pace PF
Change of Pace NPF
Change of Direction
Moves/Scissors

PASSING & RECEIVING

First Touch PF
First Touch NPF
One Touch PF
One Touch NPF

OTHER

Aerial Control
Ball Striking
Speed

www.iSoccer.org

Player and Coach Accounts • Log Scores • Track Progress • Compare to National Standard

TEAM: _____ DATE: _____



TEAM OR GROUP RECORDING SHEET

PLAYERS:	Toe Taps	Foundation	Juggling / pf	Juggling / npf	Juggling / Head	Change of Pace / pf	Change of Pace / npf	Change of Direction	Move / Scissors	First Touch / pf	First Touch / npf	One Touch / pf	One Touch / npf	Aerial Control	Ball Striking	Speed
1																
2																
3																
4																
5																
6																
7																
8																
9																
10																
11																
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20																

Key:
 PF=Preferred Foot
 NPF=Non Preferred Foot

Distance Conversions:
 (Meter to Yards, Yards to Feet)
 5 meters = 5.5 yards = 16.5 feet
 2.5 meters = 2.7 yards = 8.1 feet

NOTES: _____

RECORD SCORES AT: www.isoccer.org • www.football.org • www.ifutbol.org

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★ *Hints on Motivating and Exciting Your Players to Raise Their Level with iSoccer.org*

iSoccer.org: Players should register so they can see their level and practice more at home!

20 Seconds: During Ball Skills, keep coming back to the 20 second training time that iSoccer uses for the assessment. After week one, 20 seconds will be familiar to your players and will allow for more self achievement and recognition.

Self Achievement: By using the 20 seconds, players will know if they raised their level. If you can, print out the iSoccer report that shows all the players' top scores to know when players 'Raise Their Level'.

Recognize: Players love hearing their name and what a great opportunity when they 'earn' a new iSoccer level. Try and publicly recognize each of your players at least once for 'Raising Their Level'.

Awards: Kids love awards, so lets award players for what they earn and for Raising Their Level. Example could be picking the player to be captain at the next game!

iSoccer Videos: iSoccer has over 500+ individual skills for you to use at practice or your players to use at home!

Achievement Tags: Give your players these motivating bag tags and as they progress you can punch holes in the card! A great visual for players seeing themselves improve!

Go to: www.skillzys.com/iSoccer to purchase.



iSOCCER

“Together, We Can Raise the Level”