



**KCSL**  
Kosciusko County Soccer League

# Practice Plan

Team	Theme	Date
All	Spacing and Separation	10/13/12

Don't forget to use the ASAP method

**Announce the skill. Show (or demonstrate) the skill. Attend to your players while they practice the skill. Progressions (slowly add some pressure to further develop the skill).**

	Activity Detail	Coaching Points/Diagrams
Warm-Up/ Dynamic Stretching (5 min)	<b>Circle Passing.</b> All players arrange in a circle (finger to finger distance). Have one player volunteer to be a defender in the center. Introduce a soccer ball to the circle with the goal of keeping the ball from the defender. <i>Coaching Points: At first, keep the circle from expanding. The defender should be able to steal the ball easily. Ask why it is so easy. Someone should suggest getting more space by making the circle larger. Allow to do so, and emphasize how SPACE helps with controlling the ball as a team.</i>	
Small Group Activities (10 min)	<b>"Space" Attack.</b> Groups of 4 players gather about 10 steps away from the ball. When the Coach says "Go", they race to see who touches the ball first. Whoever does is the "first attacker". The others become the "second attackers" and quickly spread out to possibly receive a pass. Coach provides pressure from the back to encourage quick movement towards the goal. Assistant Coach acts as a "passive defender". Attackers attempt to score on the goal. <i>Coaching Points: Encourage spacing and separation as they approach the goal.</i>	
Larger Group Activities (15 min)	<b>Lane Soccer.</b> Two teams of 3 in an oblong grid marked to make three lanes. Players are restricted to stay in their lanes. Play 3 v 3. <b>Progression: Add another player in center lane and play 4 v 4.</b> <i>Coaching Points: This game will "force" spacing and give you great opportunities to teach proper positioning of the players without the ball.</i>	
Team Activities (15 min)	<b>Teaching Position and Separation.</b> Take your team to your designated field and half. Talk through positioning and separation, referencing how this looks when on a full field. If time permits, play a simple half-field game of keep-away, but with emphasis on players staying in designated positions.	
Cool Down/ Notes	Your practice sessions will typically end working up towards game time. Cool down not necessary.	

