

Planning your training sessions

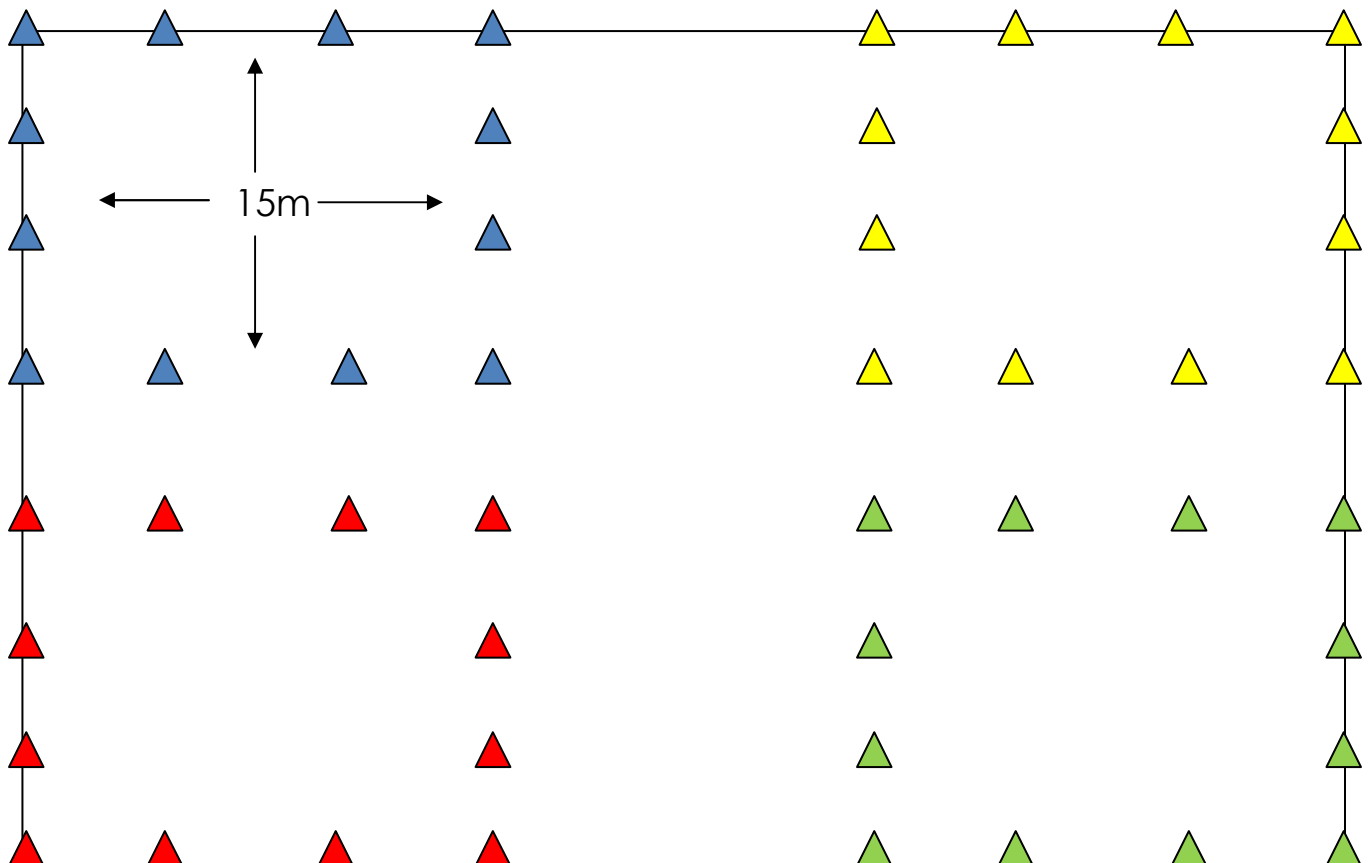
All our coaching activities are based on the same field layout that can be modified to suit different groups and numbers of children. It is important that the fields are set up before the players arrive in order to get the session started on time and without confusion. We also use the same field set up for every training session as players then get used to the set up and the end result is a more fluent training session.

Field set up 1 – Corners

The Initial set up has 4 corner sections marked out, and where possible these will be marked by different color cones.

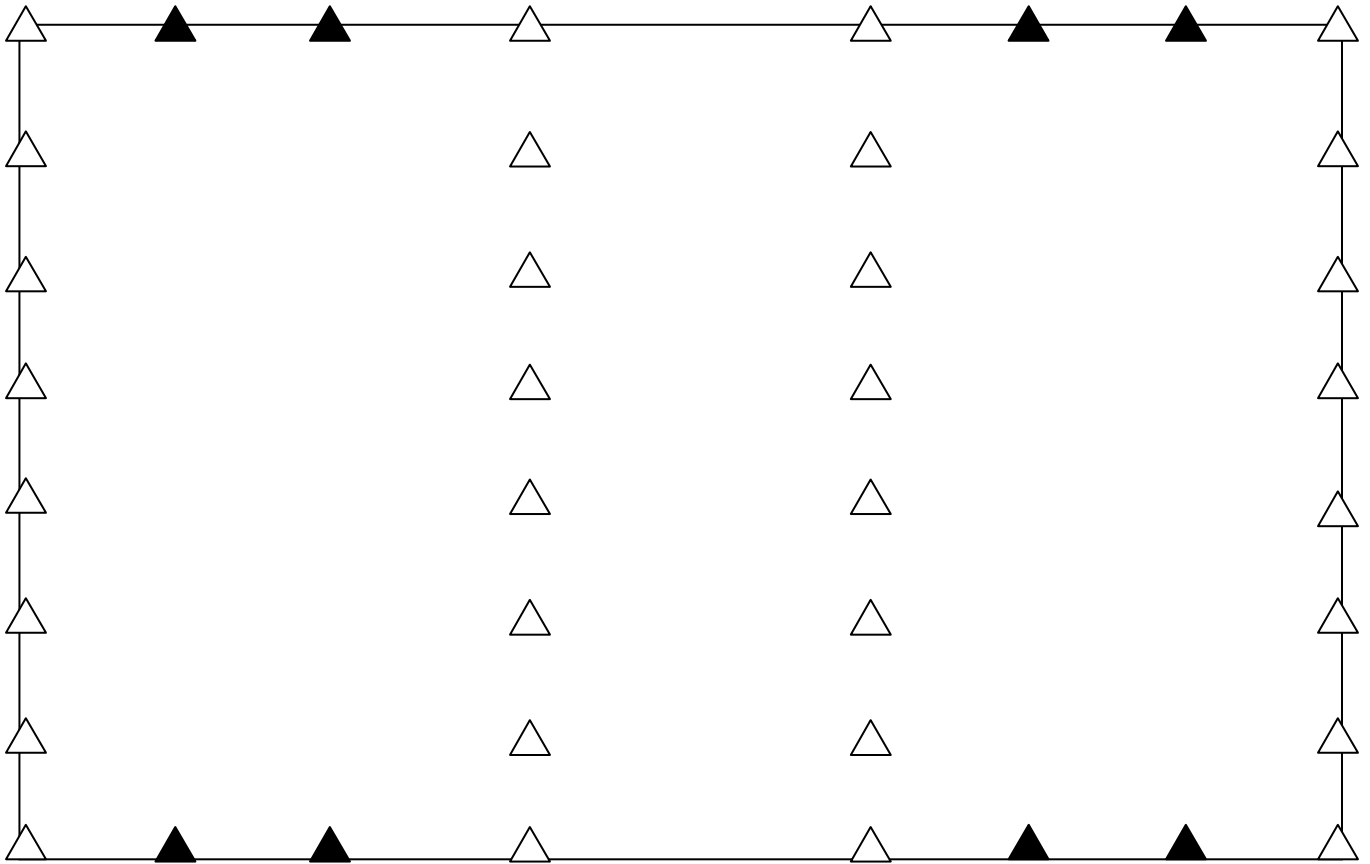
This system is easily set up and clearly defines the practice area. Players are split into groups and assigned one of the corners as their base. The coach can explain and demonstrate each activity in one section and then the players carry out the activity in their own section.

The size of the each section shouldn't be made much smaller than 15x15 meters; however it can be made bigger depending on the number of players or the type of activity



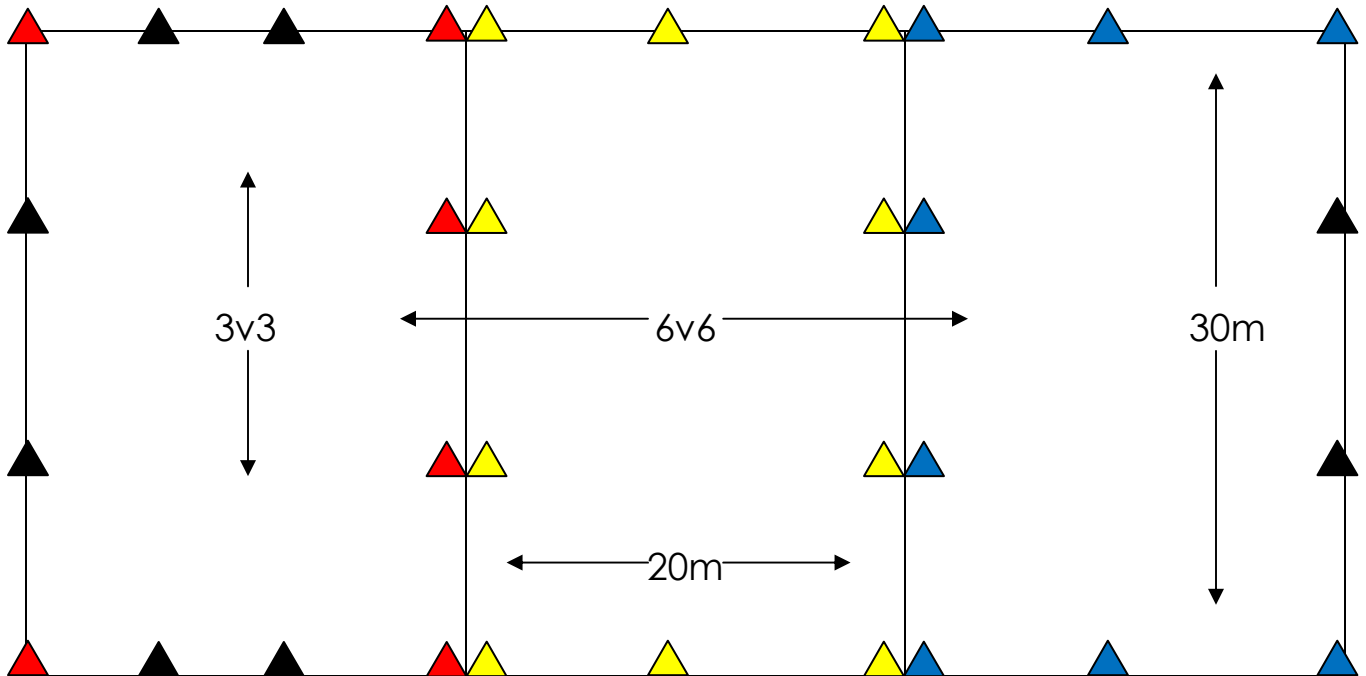
Mini Soccer

The corner set up can easily be adjusted during a session to create 2 mini soccer fields for 3v3 or 4v4 games.



Field set up 2 – Thirds

For the second set up we follow the same principal as the corners only this time we split the field into thirds. This set up can be used for almost all age groups and is sometimes easier for larger groups as the spaces are bigger.

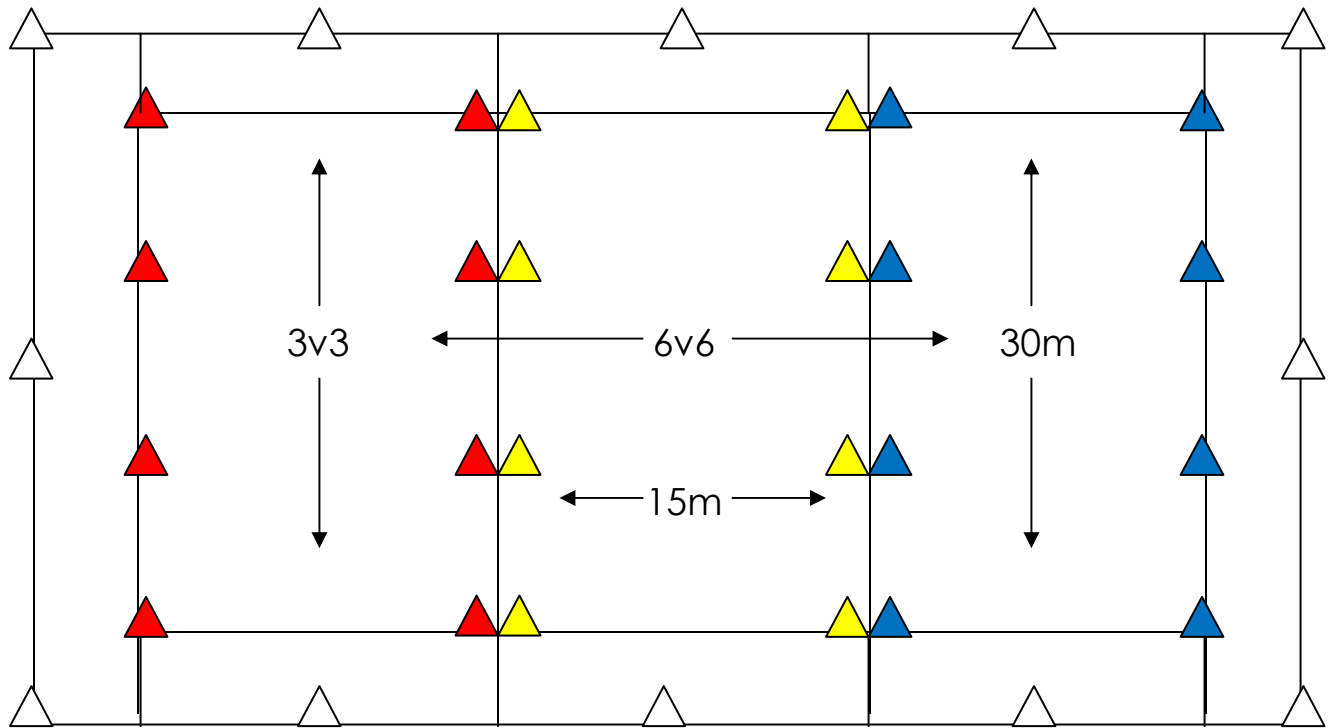


As with the first set up, individual and small group work is done with the players in their own separate sections, and small sided games (6v6, 7v7) are played over the whole grid.

When playing small sided games, the lines can be left in to display the different thirds of the field. Coaches can use this to teach the differences between playing in the defensive, middle, or attacking thirds.

End-zones and wing channels

Pitch set up 2, with end zones for 3v3/4v4 or 6v6 games



The end-zones can be used in a variety of different ways and are a good alternative to goals which are not always available and often allow players to simply kick the ball forward toward goal. End-zones provide an option than demands a higher level of technical and tactical ability, and therefore should be used for older or more advanced teams. Possible training sessions could involve players dribbling into and stopping the ball in the end-zones, target players in the end-zones, or different playing conditions in the wing channels and end-zones.

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