



WYSA Training Plans

Spring 2017 - U7-U8

4v4



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3v3 Small Sided Objectives

1. Fewer players on the field = more touches on the ball
2. More touches = develop more individual skill
3. Skilled players = more confident & comfortable when in possession

These standards provide for an age appropriate environment where players can develop

– [US Soccer Player Development Initiatives](#)



Whole - Part - Whole

Using the whole-part-whole method allows a coach to establish an objective during match conditions

We need our younger players to “play” freely more in training. This method allows more “free” play but then also gives the opportunity to teach using activities in the middle (isolation method) before going back to the game.

-Vincent Ganzberg

DOC Indiana Youth Soccer

US Soccer Coaching Education National Staff

NSCAA National Staff



Whole - Part - Whole Implementation

1. *Set up multiple 3v3, 4v4 fields with cones, or puggs based on roster numbers (Lay out training vest/pennies, and balls on each field)*
2. *Bring players in together as a group - Provide the training objective/theme*
 - *“In this game I want to see if you can look to take players 1v1 and penetrate into the final 1/3 using the dribble to create scoring opportunities.....”*
3. *Coach in the flow, through individual reference (1 on 1), but **NOT through the freeze method***
4. *Address only success or failure related to the TOPIC!*

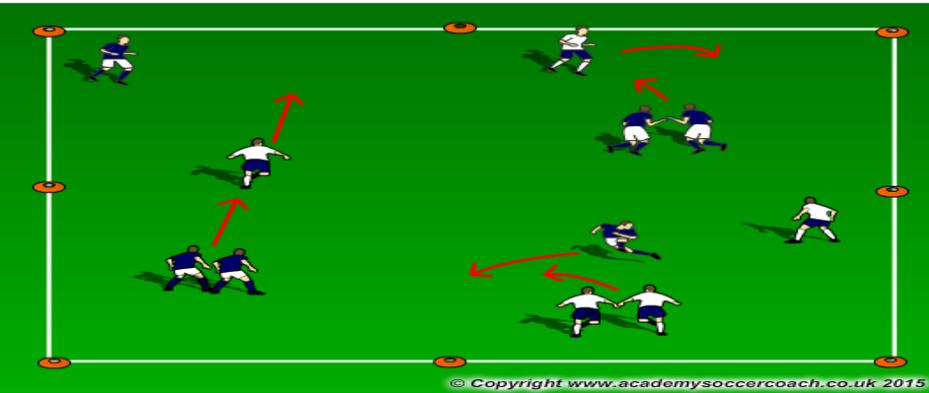


PENNY TAG = 20W x 25L (10 minutes)

Play tag using pennies, or training vests. Give 25% of the players the penny. Run around, tag a player, drop it for them to pick and be "it!"

****Game 1 = Play without balls
(water break)**

****Game 2 = Play with balls**



CHAIN TAG = 20W x 25L (10 minutes)

Two players start as a "chain." They run around and try to tag people, adding to the chain. Once the chain has 4 players, break apart and make a "chain of two."

****Game 1 = Play without balls.
(water break)**

****Game 2 = Play with balls**

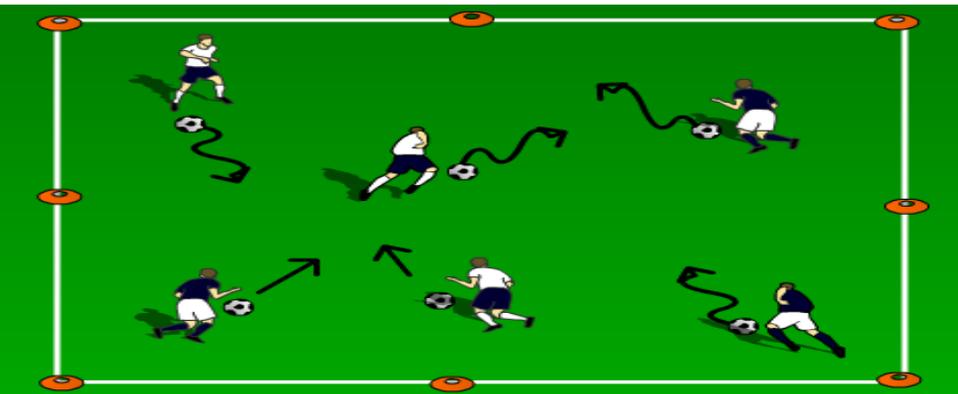


SLOT MACHINE = 20W x 25L (10 minutes)

Number players evenly to make two teams. Set up goals on each side. Coach call out "a number(s)," for players to compete 1v1, 2v2, etc.

A ball out of bounds, or a goal - players back to their lines.

Mix up the order you call #'s to include variety.



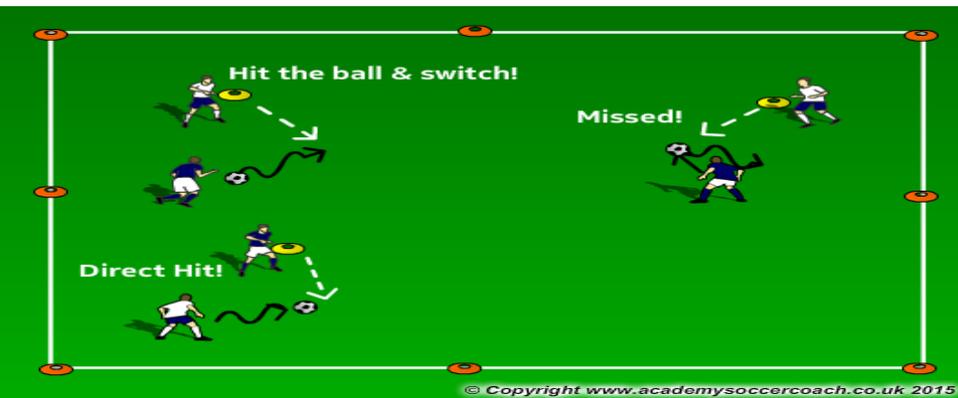
BODY PART DRIBBLE= 20W x 25L (10 minutes)

Each player has a ball. Dribble through the space. Encourage players to use:

- Inside Foot
- Outside Foot
- Sole of Foot (bottom)

EXAMPLE: Call out body part (elbow)

- Players must stop the ball and place their (elbow) on the ball
- Then continue dribbling.



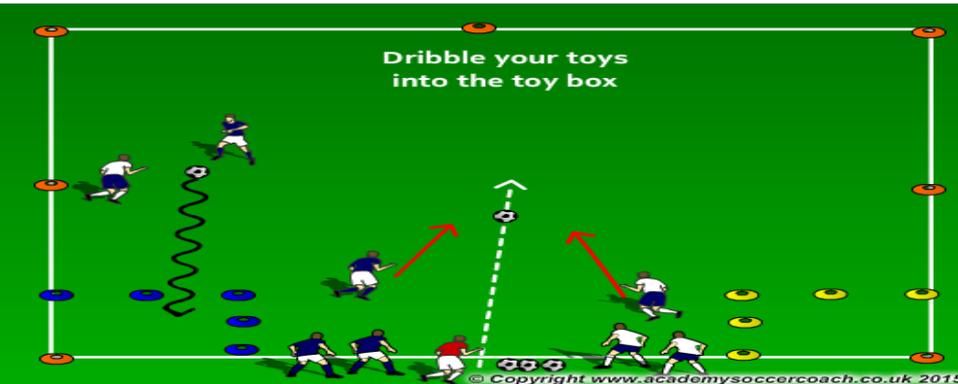
SPIDERMAN & SPIDERWOMAN = 20W x 25L (10 minutes)

Let's all be Spiderman or Spriderwoman!! Half the players with balls, the other half with pennies, or cones in their hands.

Spriderman & Spiderwoman try to aim their "WEB" at the players ball.

If they catch the ball with their "WEB" then the player change roles

Players with a ball at their feet at the end WIN!

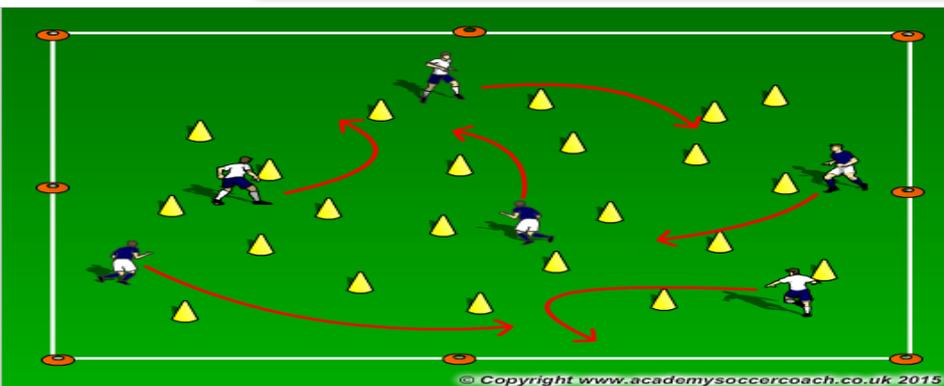


CLEAN UP YOUR TOYS= 20W x 25L (10 minutes)

Who can have the most toys put away?!?!

Player form 2 lines around the coach. Coach passes the ball out onto the field. 1v1 with each player trying to dribble their "TOY" back into their toy box. The team with the most toys put away in their toy box wins.

Coaches can play balls into space while current 1v1 is take space to encourage more participation.



Don't pop the balloons! = 20W x 25L (10 minutes)

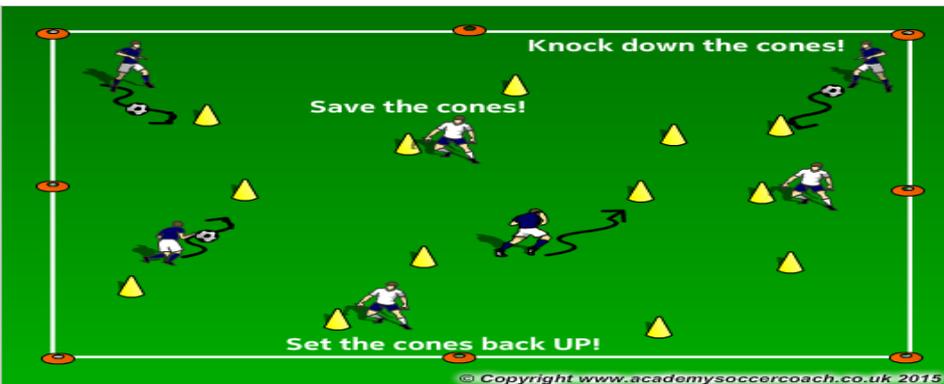
Place cones tall cones through the field. Have the player maneuver through the cones without touches them. Any one who knocks over a cone, "pops" a balloon!

WITHOUT BALLS:

- Hop over the cone (2 legs)
- Hop over the cone (single leg)
- Back pedal

WITH BALLS:

- Use different surfaces to navigate the "balloons"
- Use different speeds to navigate the "balloons"



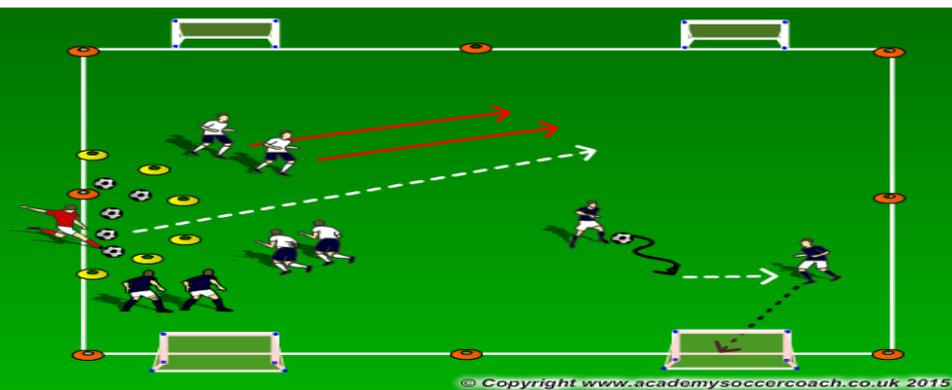
Builders & Breakers = 20W x 25L (10 minutes)

The TOWN of WILMINGTON is in trouble.

The BREAKERS want to knock down all the buildings, and the BUILDERS need to save the town.

75% of players with ball = BREAKERS
25% of players without ball = BUILDERS

BREAKERS dribble around and try to knock over the cones, while the BUILDERS set them back up. Play for 1 minute and check to see if the town is still standing!

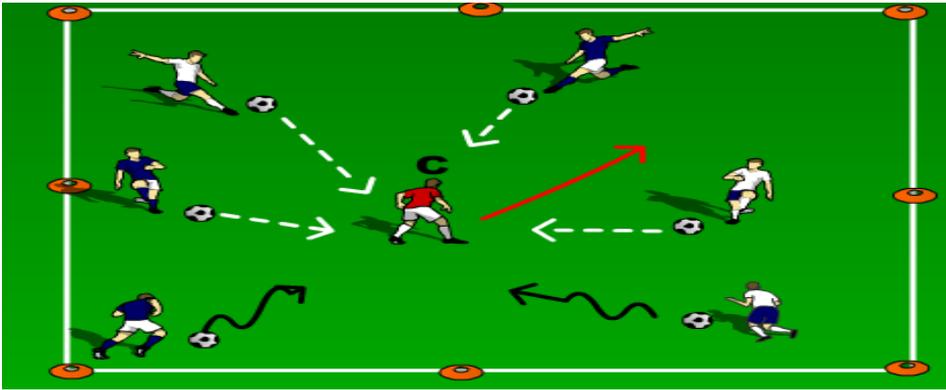


Partner Popcorn = 20W x 25L (10 minutes)

Find a friend! When coach calls out the group's names, the two work together to score on any goal. After you score come back to coach for another ball.

****Rotate partners to continue game**

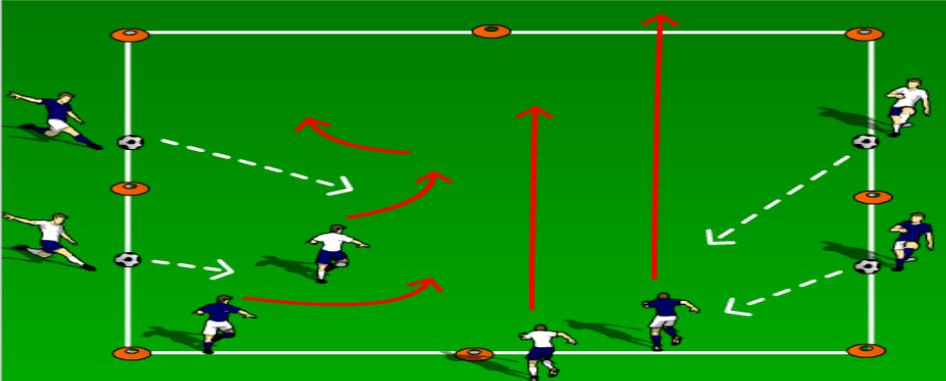
3v3 Game = 20W x 25L. Play 5 minute games, get water, and change teams!



Kick Coach! = 20W x 25L (10 minutes)

Each player has a ball at their feet. Players should dribble throughout the space trying to “KICK,” or pass the ball into their coach or coaches. Players should aim for the knee & below

**If you feel comfortable, nominate a player to be “it”*

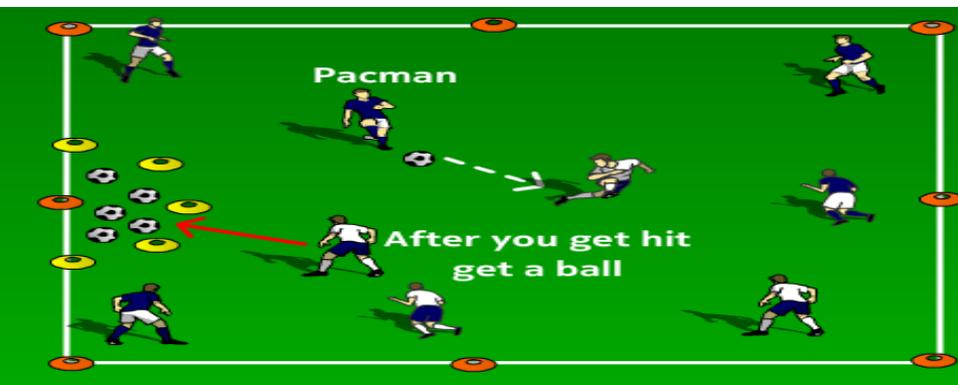


Passing Gauntlet = 20W x 25L (10 minutes)
Only the brave survive!

Players start on an end-line and attempt to run to safety at the other end of the field. Players on the outside try to “tag” the runners by passing the ball into their knee or below, as they run across the space.

***Coach/coaches start passers*

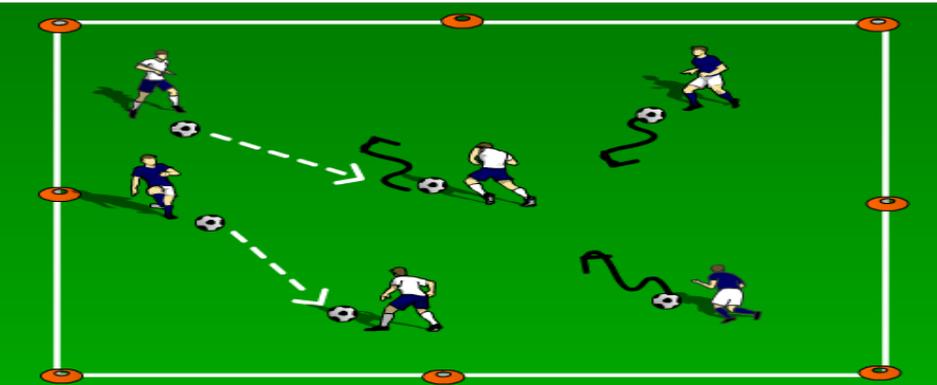
The last player standing wins!



Pacman = 20W x 25L (10 minutes)

Place all the balls in an “arsenal” for pacman. Pacman is it, and dribbles around the space trying to “eat” other players by passing the ball into their knee or below. If players get hit with the ball, they become pacmen too!!

The last player standing wins!

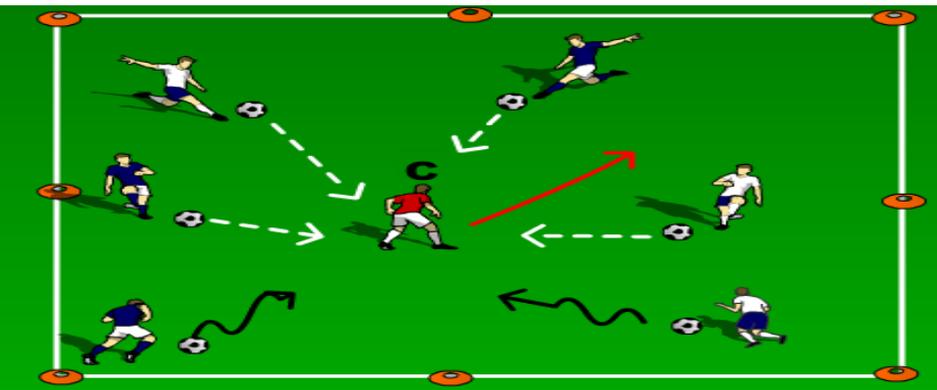


Soccer Marbles = 20W x 25L (10 minutes)

Each player has a ball at their feet. Players dribble around the space trying “tag” another player’s ball by passing their ball into it.

1pts = hitting a teammates ball
100pts = hitting coaches ball

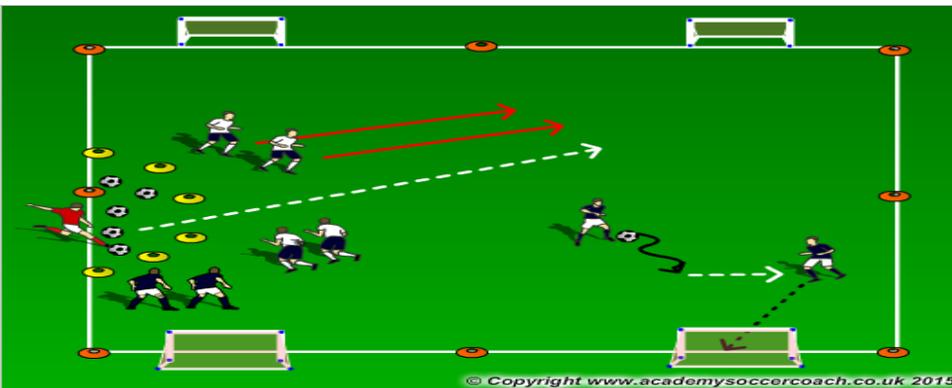
Play for 1 minute, and keep score!



Kick Coach! = 20W x 25L (10 minutes)

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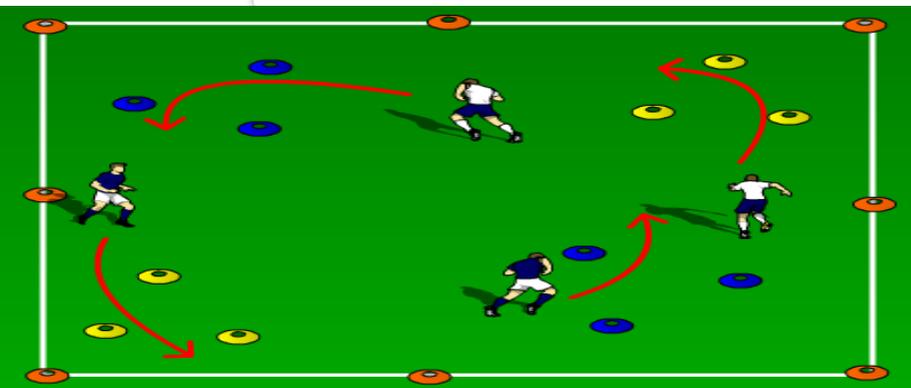
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Gates Run/Dribble = 20W x 25L (10 minutes)

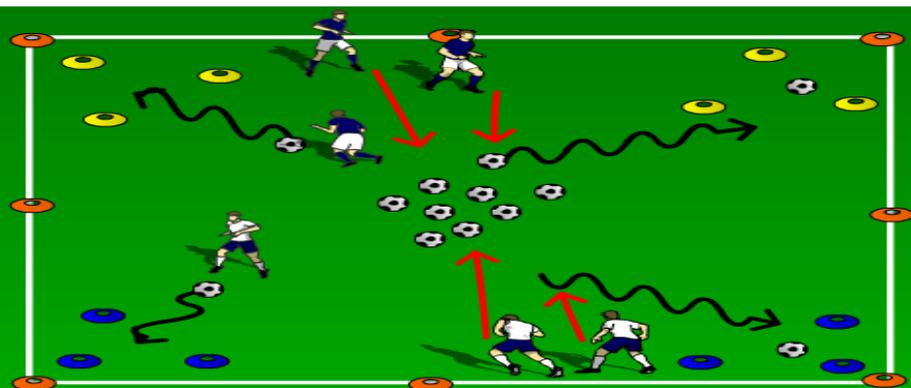
Play without balls. After a water break then play with balls.

Make 2 sets of different colored Triangles in the space, staggered opposite each other. Players need to run through each gate once, before they can go again.

Race to see who can do the most in 1 minute.

Variations

- As many as you can
- Color pattern = blue, yellow, blue, yellow
- Color pattern = blue, blue, yellow, yellow



Robin Hoods = 20W x 25L (10 minutes)

Who can collect the most!?!?

Make 2 sets of different colored Triangles in each corner. Place all the balls in the center of the field. Race to see who can collect the balls, and dribble them back to their boxes. The most balls wins!

*After several rounds, allow players to “borrow” from the other team once the balls are empty from the middle. Play for time during this variation.



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REPEAT!

“Repetition & routine are the bedfellows of success for young players”

For weeks remaining, repeat the sessions again, in any order.

You can mix/match activities you/the players liked the best.

Players will succeed if they are given the chance to repeat familiar tasks.