

# PCSL

## U11-High School

### Practice Plans

Ball movement  
→

Dribbling  
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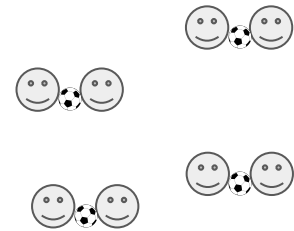
Player movement  
.....→

Sessions are designed to progress from simple to complex, but activities can be mixed-and-matched as players develop preferences and coaches see opportunities for growth. Activities for U7-U10 found on the website can/should be incorporated into season long plans, as well.

# Session 1 - Dribbling to keep possession

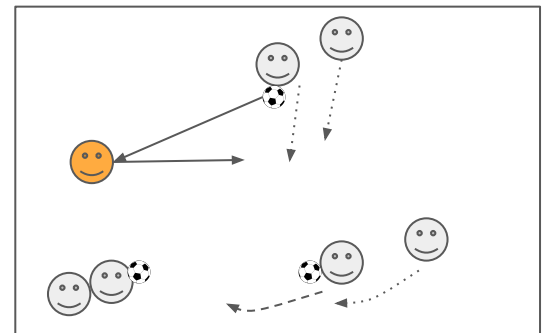
**Gladiators** - partner and a ball. Start with ball between them on ground, each has a foot on top of ball. Coach says "GO" and players try to get the ball away from the other player and keep it. Player with the ball when coach says "stop" is winner. Loser has a couple push-ups/sit-ups/star-jumps/etc. Players should find someone new right away. Games should only be 4-5 s long.

- Play in free space (no boundaries)- OR -make small boxes for each pair
- Encourage players to use their bodies to protect the ball by getting it between the opponent and the ball
- \*Progress to putting ball between different parts of body (stomach to stomach, back to back)
- \*Progress to players passing short passes back and forth until coach calls "go"



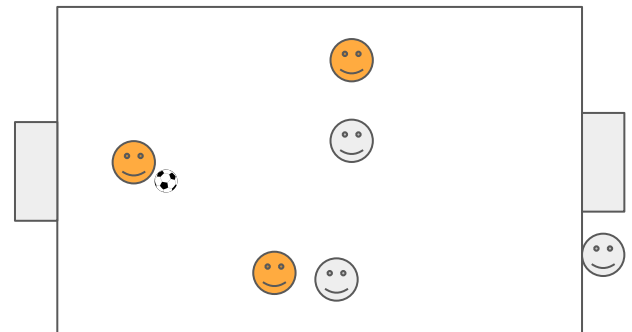
**1v1 with free players** - partners with a ball. Score points by passing the ball to a "Free player" and getting it back again. Any time the ball goes out of play, it changes who starts with it. Play for an amount of time and change the free players.

- Encourage players to get the head up to find the free players
- Use their bodies to protect the ball
- Move quickly to get the ball back again
- Free players need to ask for the ball (voices, eyes, movement) and get to space that provides clear passing lane



**3v3 -1** - Two teams play games to goals. The defending team must take a player off the field so the team with the ball has an advantage (can play as 4v4 or 5v5 also). Optional rule adjustments:

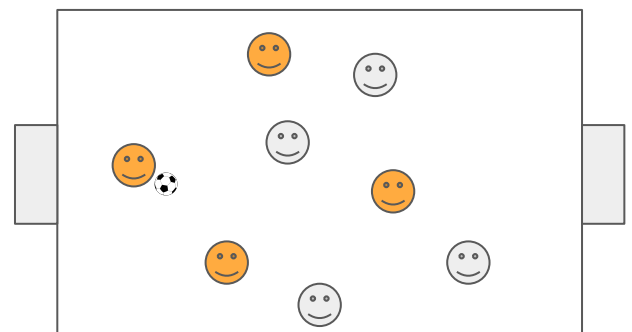
- 1) The defending team doesn't have to take a player off until the defending team passes it to waiting player
- 2) Waiting player becomes a line-keeper (can only defend on with both feet on the line) \*make goal 6' wide



**Play Game** - Two teams each defend goals on opposite ends of the field

Optional rules:

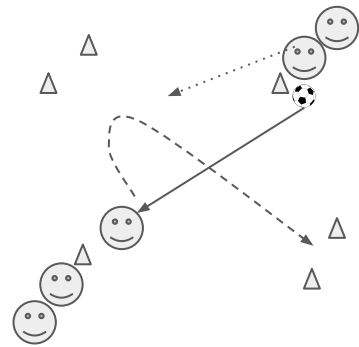
- 1) Give 1 point for a player taking 3 touches in a row (3 points for goal)
- 2) Give 1 point for making X passes in a row (3 points for goal)



# Session 2 - Changing point of attack

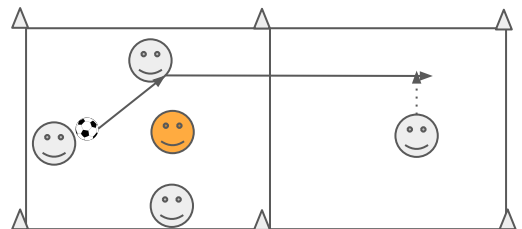
**1v1 to sides** - players line up across from one another (8-10 yards). Start with a pass to opposite side, player with the ball can score on either goal by dribbling through—must touch ball before and after goal. If defender wins ball back, s/he can score on either goal. Switch lines

- Player should take first touch toward a goal, read the defender (can I beat them to the goal?) and either accelerate or change direction to other goal

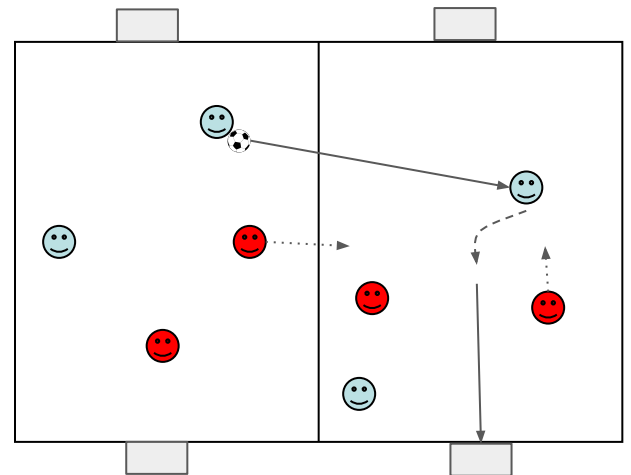


**4v1 over line** - 4 players play against 1 defender trying to get across the middle line. Defender must defend in the end with the ball. Attackers must pass one time inside an end before being able to score by going to the other end. Space should be around 10x20 yards to 12x24 yards; play 2 min games, give defender 2 points for dribbling across line, and attackers 1 point for getting across middle line successfully

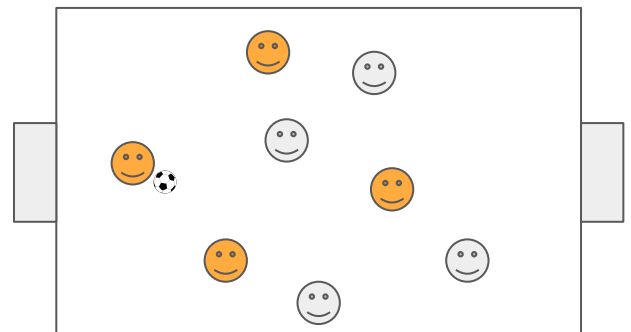
- Players without the ball should be “support” on both sides of the ball to make a triangle and be “even” with the defender
- Support players should turn body to face the whole field
- Player with the ball should avoid corners of the field



**4v4 to 4 goals** - Separate into two teams. Each team defends an end with two goals. Teams try to score in the other teams' goals. If they score while the ANY of the other team's players are on the opposite side of the middle line, it is an extra point. (For instance, in the diagram there is one red player who isn't in the same half of the field as the goal in which blue scores. One extra point for blue) [can be played with up to 7v7]

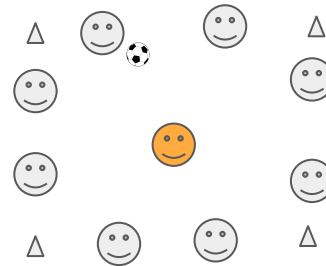


**Play Game** - Two teams each defend goals on opposite ends of the field

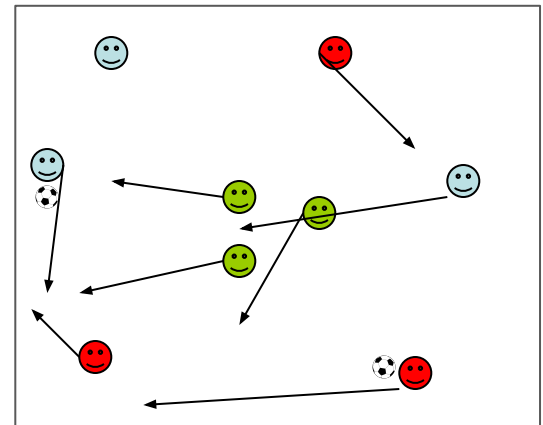


# Session 3 - Transitions

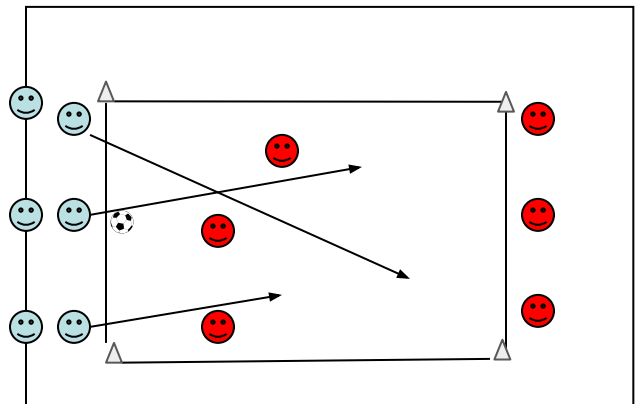
**Rondo** - players circle around a space (10x10 to 12x12) with 1-2 players in the middle. Players around the outside try to keep the ball away from the player in the middle. If the defender gets any touch on the ball, s/he trades places with the player who lost it. If the ball goes out of play, the player responsible goes to the middle. (If you play with two players in the middle, the player who lost it and the player to his/her left go in the middle)  
 +Optional - connect 10 passes to make players in the middle do star-jumps/push-ups/sit-ups



**3v3v3 Tag** Start with players playing w/ ball in their hands (handball) and passing ball around. One team are the taggers and try to tag the other team. When they do, they take over that team's ball. The team without the ball at the end of 1 min (or so) has 5 push ups / star jumps / donkey kicks / etc... your choice. Then have them play where the rules are same except the ball is on the ground and they can only tag the player with the ball.



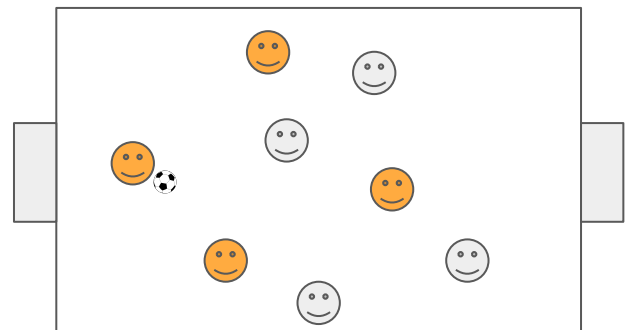
**3v3 transition to line** - Separate into two teams. Have players get into 3 columns per team on the end lines. Blue team attacks 3v3 on the Red team. If the ball goes over the sideline, then the team who lost it becomes the defensive team and the new attacking team can dribble or pass in from the point the ball crossed the sideline. If a ball crosses the end line, then the team who is defending that line goes out and the next three in line attack immediately trying to score on the opposite team. In order to score, the attacking team must dribble across the opposing team's end line and successfully touch the ball within one step of the end line. Coach calls out the goals. Coaching Points: Fast transition to offense and defense Attack space at speed. Defend by putting immediate pressure on the ball. Coach determines the target goals for victory



**Play Game** - Two teams each defend goals on opposite ends of the field

Optional rules:

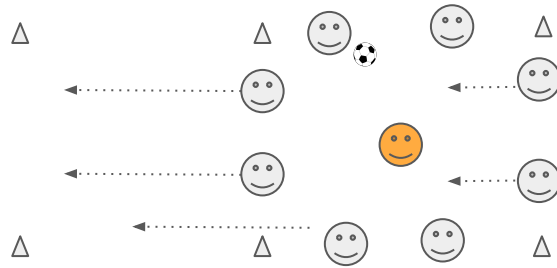
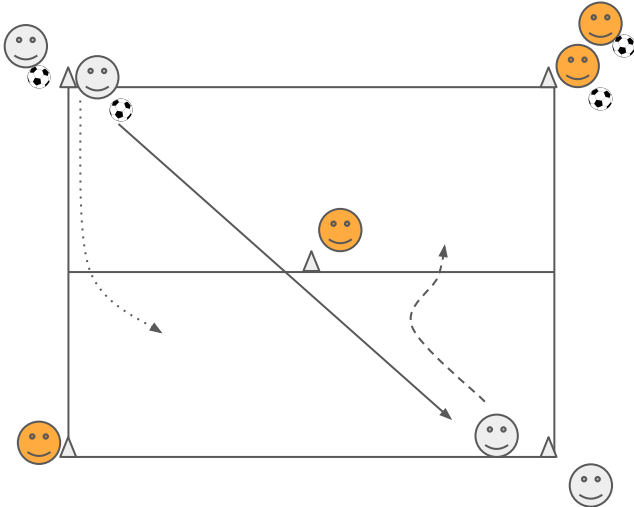
- 1) Give 1 point for a player dribbling over end line (3 points for goal)
- 2) Give extra point for scoring with 1 pass or less after winning the ball
- 3) When the ball goes out of play, the first player to touch the ball gets to start with it (throw in, corner, goal kick)



# Session 4 - Attacking in groups

**Traveling Rondo** - (for basic rondo guidelines see Session 2) Play as basic rondo but when attackers get 4 passes, they all try to move to other connected box and set up without letting defender touch the ball.

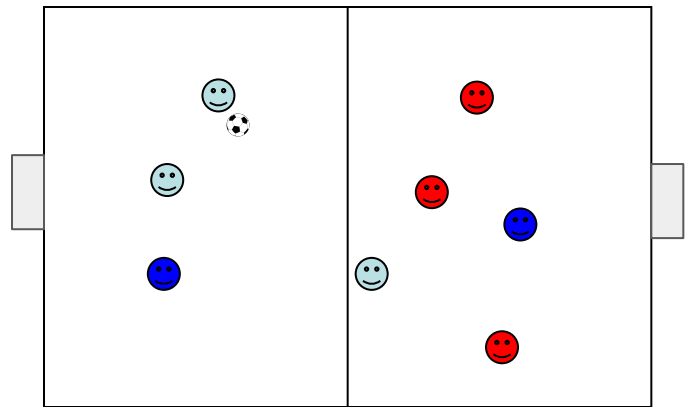
- Easier: defender has to dribble and tag the player with the ball
- Harder: attackers need to get 10 passes to move



**2v1 to line** - Defender starts at middle cone. Gray player plays the ball to the opposite line of gray players. They attack white defender 2 v 1 to the opposite line. Gray server MUST get into the other half first, before they can join the gray dribbler. White Defender can't touch the ball or defend until the gray player receives it and has their first touch. Last person to touch the ball for the attacking two becomes the next defender..

**3v3 + 2** - Teams play 3v3 to two goals. Two players are designated as neutral players, one in each half of the field. Neutral players always play with the team that has the ball, and they cannot cross the half line. Play games of 3-4 minutes, keeping score, and rotate neutral players each game.

- Use the neutral players to help keep the ball
- Play forward into neutral player as quick as possible after winning the ball



**Play Game** - Two teams each defend goals on opposite ends of the field

