

Training Session Designs for Different Age Groups – Buckeye Soccer Association Travel

Training Session Structure Notes:

This is how I would like to see training sessions for our Travel program being run on a consistent basis. This does not have to be how every practice is run, but the majority should be (4 out of 5). There are subtle differences in each practice plan that are in-tune with the stage of development the players are in. As we know as coaches, not every session is the same (even if the structure is). We will have to adjust based on what is working and what isn't working, then reflect after training on why an activity didn't work. These training session outlines will help us to organize our training sessions and create consistency throughout the travel program, no matter what age we are training that day. Routine helps players learn concepts, so they don't have to think about learning new activities over and over again. It doesn't mean we can't change-up the session every once in a while, but to consistently have this structure helps kids learn and helps us as coaches stay organized and create consistently engaging sessions for our players. Much of the ideas and session designs are inspired from TOVO Academy, and my experiences as a coach from Rec, Travel, Club and High School. These sessions have player development and training in context as the core values of how we will train our players. We want to have every team in our program (boys and girls) train and play with the same principles. We will create and cultivate a new culture and style that defines how teams from Buckeye play the game.

U8 – U10 (7v7)

Total Time: 100 minutes (total time entered in TeamSnap) Ex. 6:00 – 7:40

1. **Pre-flection** – 5 minutes; Concepts and skills being worked on.
2. **Rondo and Warm-Up** – 10 minutes; 3 “sets” of 2 minutes in rondo, then in-between sets with 1 minute of dynamic movement/stretching.
3. **Set up next activity and water break** – 5 minutes
4. **Technical Exercise/Game** – 10 minutes; This is the time for each player to have by themselves (or a partner) and the ball, whether it’s in an isolated activity setting or fun game setting. Can be technical foot-skills, shooting technique, passing technique, etc.
5. **Set up next activity and water break** – 5 minutes
6. **1v1/2v1/2v2/Positional Play** – 20 minutes; Depending what your goal of the session is, this will be a small group activity. The emphasis is on small-group problem solving and basic principles (Pressure-Cover, When and Why to dribble or take defenders on or turn, 1v1 defending, etc.).
7. **Set up next activity and water break** – 5 minutes
8. **Small-Sided to Goal(s)** – 25 minutes; Split the game into two halves. Use “halftime” to talk about queues and concepts of the session and previous activities.
9. **Reflection/Cool Down** – 5 minutes

5 minutes (estimated) between each activity to set up and explain (kids can get water in this time and doesn’t have to be 5 minutes). These accounted times also act as buffers in case you need to go over or end the activity early.

U11 & U12 (9v9)

Total Time: 105 minutes (total time entered in TeamSnap) Ex. 6:00 – 7:45

1. **Pre-flection** – 5 minutes; Concepts and skills being worked on.
2. **Rondo and Warm-Up** – 15 minutes; 3 “sets” of 3 minutes in rondo, then in-between sets with 1 minute of dynamic movement/stretching.
3. **Set up next activity and water break** – 5 minutes
4. **1v1/2v1/2v2/3v2** – 15 minutes; Continue the emphasis on small-group problem solving and basic principles (Pressure-Cover, When and Why to dribble or take defenders on, 1v1 defending, etc.). We will start to add a couple more players to create more scenarios for game-like situations like numbers-up attacking or numbers-down defending.
5. **Set up next activity and water break** – 5 minutes
6. **Positional Play** – 20 minutes; Use positional play games and principles (Angles, Distance, Timing, Lines, Situation) to clarify our objective of the training session.
7. **Set up next activity and water break** – 5 minutes
8. **Small-Sided to Goal(s)** – 25 minutes; Split the game into two halves. Use “halftime” to talk about queues and concepts of the session and previous activities.
9. **Reflection/Cool Down** – 5 minutes

5 minutes (estimated) between each activity to set up and explain (kids can get water in this time and doesn't have to be 5 minutes). These accounted times also act as buffers in case you need to go over or end the activity early.

U13 – U15 (11v11)

Total Time: 105 minutes (total time entered in TeamSnap) Ex. 6:00 – 7:45

1. **Pre-flection** – 5 minutes; Concepts and skills being worked on.
2. **Warm-Up** – 5-7 minutes; Dynamic warm-up now becomes a separate part of training.
3. **Rondo** – 15 minutes; 3 “sets” of 4 minutes in rondo then, in-between sets with 30 seconds to 1 minute of dynamic movement/stretching.
4. **Set up next activity and water break** – 5 minutes
5. **Positional Play** – 25 minutes; Use positional play games and principles (Angles, Distance, Timing, Lines, Situation) to clarify our objective of the training session.
6. **Set up next activity and water break** – 5 minutes
7. **Finishing Activity/Game (Optional)** – 15 minutes; If you do finishing, I would do it now before the small-sided game to goals so the kids can apply their finishing to the small-sided game. Shorten Positional Play to 20 minutes, Small-Sided to Goal(s) to 25 minutes.
8. **Small-Sided to Goal(s)** – 35 minutes; Split the game into two halves. Use “halftime” to talk about queues and concepts of the session and previous activities.
9. **Reflection/Cool Down** – 5 minutes

5 minutes (estimated) between each activity to set up and explain (kids can get water in this time and doesn't have to be 5 minutes). These accounted times also act as buffers in case you need to go over or end the activity early.