

Creating a Practice Plan for Lebanon Youth Soccer “Academy format”

1. Come up with a Topic
 1. It should be fairly specific
 1. Inside outside touches
 2. Passing on the move
 3. Attacking through a channel in the middle third
 2. It should be age and ability appropriate
 1. Match the soccer maturity level
 2. Match the technical skill level
 3. Challenging yet achievable
 3. You should understand how to explain it
 1. Take time to know the specifics
 2. If a technical skill practice it in slow form to demonstrate
 3. If tactical be ready to answer questions and explain success and failure
2. Create a technical warm up
 1. The warm up should include a technical skill/s that relates to the activity of the day
 2. Keep it simple and repetitive
 3. Make sure you can use the “Emphasis” as part of the training aspect of the warm up
 4. If the practice plan is Tactical then use a technical skill/s that will increase the effectiveness of the tactical plan.
3. Grow from the warm up
 1. Add implied pressure as part of the technical skill/s
 1. This can be with dummy defenders, removing space or taking away limitations
 2. Success should still be in the players control completely
 2. Emphasis and cue words should be roughly the same
 3. The activity should limit players to the technical or tactical skill/s being worked on
 4. If the practice plan is tactical make sure to explain the benefit of the technical skill/s taught
4. Apply active pressure
 1. This is typically defenders
 2. Success is now based on player against player in a controlled setting
 3. The activity should still have limitations that will encourage the technical or tactical skill/s taught but should allow room to expand outside with creativity
 4. Emphasis and cue words should be roughly the same
5. End with a small sided form of play.
 1. This can be just open play or can be designed to allow players to utilize the technical or tactical skills to achieve success easier.
 2. Emphasis and cue words should be the same
 3. Training aspects can expand a bit but the elements of the practice plan should be stressed

Important DO's and DO NOT's:

1. No lines exceeding 3 players
2. No conditioning, the activity should be full of action and movement
3. Have a way to modify for numbers
4. Be prepared to change if needed