

TUCSON SOCCER ACADEMY

SUGGESTED PLAYER TRAINING

INTERMEDIATE & SENIORS

- **A 30 SESSION PROGRAM HAS BEEN WRITTEN, TO PROGRESSIVELY TRAIN THESE AGE GROUPS. THESE WILL SERVE AS THE DEVELOPMENTAL FRAMEWORK & MAY BE ADJUSTED TO SUIT THE ABILITY LEVEL & NUMBER OF PLAYERS AVAILABLE ON THE NIGHT.**
- **SESSIONS FOLLOW A FORMAT OF WARM UPS + TECHNICAL TRAINING + GAMES, THAT WILL FOCUS ON SPECIFIC TOPICS.**
- **WARM UPS – PLAYERS WILL PARTICIPATE IN DYNAMIC FLEXIBILITY (MULTI-DIRECTIONAL/MULTI-PLANAR/WORKING FROM LARGE-SMALL QUICK MOVEMENTS) → CORE STABILITY & STRENGTH (BALANCE & PROPRIOCEPTIVE TECHNICAL EXERCISES) → SAQ (SPEED/AGILITY/ QUICKNESS/COORDINATION IN A COMPETITIVE FORMAT - WITH A BALL) → GAME SPEED (TECHNICAL MULTI-DIRECTIONAL EXERCISES IN A COMPETITIVE FORMAT - WITH A BALL) → GAME STRENGTH & POWER (SOCCER BALL/MEDICINE BALL/BODY BAR + PARTNER RESISTANCE) → ANAEROBIC & AEROBIC WORK CAPACITY – 300's → HOFF TEST → BLEEP → YOYO TEST → SPECIFIC AREAS/NUMBERS/RESTS IN FUN, SMALL SIDED GAME FORMAT).**
- **TECHNICAL – PLAYERS WILL PARTICIPATE IN INNOVATIVE, CHALLENGING & FUN EXERCISES, WHICH WILL IMPROVE THEIR CORE FUNDAMENTAL SKILLS & TEAM FLUIDY (MOVEMENTS OFF BALL, INTERPLAYS ETC.).**
- **GAMES - PLAYERS WILL PARTICIPATE IN GAMES THAT WILL ALLOW THEM TO SOLVE SPECIFIC PROBLEMS (ON THEIR OWN) - ATTACKING 1V1 → DEFENDING 1V1 → ATTACKING COLLECTIVELY → DEFENDING COLLECTIVELY → CROSSING & FINISHING UNDER PRESSURE → KEEPING POSSESSION → PENETRATING WITH A PASS OR DRIBBLE → USING COERVER SKILLS TO BEAT AN OPPONENT TO SET UP A STRIKE ON GOAL → GOALKEEPING → HEADING → TACKLING (AIR/GROUND). GAMES WILL BE OF VARIED FIELD AREA SIZE, NUMBERS & ABILITIES WILL VARY, TO ENABLE PLAYERS TO LEARN WITHIN THE GAME STRUCTURE. THIS IS AS CLOSE TO “FREE PLAY” AS WE CAN GET.**
- **SET UP – TEAMS WILL DOUBLE UP TO FACILITATE NUMBERS → COACHES WILL BE PRESENT & JOIN IN THE SESSION → IF INDIVIDUAL PLAYERS CANNOT MAKE A SESSION, THEY CAN JOIN IN WITH ANOTHER GROUP → SET AREAS WITH GOALS & NETS, WILL BE AVAILABLE.**
- **EQUIPMENT – COACHES/TEAMS REQUIRE = 50 X MARKERS → AT LEAST 12 POLES (1/2” + DUCT TAPED ENDS) → 12 X MEDIUM STREET CONES → 24 X COLOR PINNIES → 12 X COLOR CONES (OPTIONAL) → 12 X COLOR HOOPS (OPTIONAL) → 8 X MEDI BALLS (MAKE OWN) → 8 X BODY BARS (MAKE OWN) → LADDER (MAKE OWN).**

BEGINNERS & JUNIORS

MICRO SOCCER (3-5 YR OLDS)

TEAMS OF 6 → PLAY 3 V 3 (ONE COACH CAN WORK WITH 2 TEAMS = 12 PLAYERS)
FIELD = 20X30 YARDS (SMALL GOALS) → SIZE 3 BALL → 2 X 10 MINS + 2 MINS REST.
CONDITIONS = 3 X CORNERS = 1 FREE SHOT (TAKEN FROM THE HALF WAY LINE) → KICK-INS FROM THE SIDELINES (OPPONENTS 5 YDS AWAY) → CANNOT SCORE DIRECT FROM ANY KICKS (EXCEPT FREE SHOT).
NO REFEREES → NO GOALIES → NO SCORES KEPT → PLAY FOR FUN → THIS IS ALL ABOUT LEARNING THROUGH PLAYING (TEAM FEW BASICS OF CONTROL + MOVEMENT).
TRAINING TEACH CORRECT BASICS → STOPPING/TURNING → CLOSE CONTROL → DRIBBLING 1V1 → PASSING & RECEIVING → HAVING FUN EXPERIENCES.

MINI SOCCER (6-7 YR OLDS)

TEAMS OF 7-8 → PLAY 4V4 (ONE COACH CAN WORK WITH 2 TEAMS =14-16 PLAYERS)
FIELD = 25X35 YARDS (SMALL GOALS) → SIZE 3 BALL → 2 X 15 MINS + 5 MINS REST.
CONDITIONS = 3 X CORNERS = 1 FREE SHOT (TAKEN FROM HALF WAY LINE) → KICK-INS FROM THE SIDELINES (OPPONENTS 5 YARDS AWAY) → CANNOT SCORE DIRECT FROM ANY KICKS (EXCEPT FREE SHOT).
NO REFEREES → NO GOALIES → NO SCORES KEPT → PLAY FOR FUN → WE MUST PROGRESS LOGICALLY – LET THE KIDS PLAY – COACHES JOIN IN TO HELP KIDS LEARN.
TRAINING – USE GAMES TO TEACH → FINISHING → SMART ATTACK/DEFENSE → FUN GAMES + MORE CHALLENGING + HOMEWORK (STUFF TO DO ON OWN).

MIDI SOCCER (8 YR OLDS)

TEAMS OF 8-10 → PLAY 5 V 5 (ONE COACH CAN WORK 2 TEAMS = 16-20 PLAYERS)
FIELD = 40X55 YARDS (SMALL GOALS) → SIZE 4 BALL → 2X20 MINS + 5 MINS REST.
CONDITIONS = CORNERS → THROW-INS FROM SIDELINES (OPPONENTS 5 YARDS AWAY AT FREE KICKS & CORNERS).
NO REFEREES → ROTATING GOALIES → PLAY FOR SKILL DEVELOPMENT → FUTSAL ON TENNIS/BASKETBALL COURTS → BUILD CORE SKILLS → FILL UP THEIR TOOLBOX.
TRAINING – DEVELOP BETTER PASSING & RECIVING → MOVEMENT OFF THE BALL → PIOTO (PASSING INFO ON TO OTHERS – TALKING) → TRICKS (SLOW TO FAST) → BUILD CORE SKILLS → PLAY “FREE” (NOT ADULT GUIDED)

JUNIOR SOCCER (9 YR OLDS)

TEAMS OF 10 → PLAY 6 V 6 (ONE COACH CAN WORK 2 TEAMS = 20 PLAYERS)
FIELD = 45X60 (SMALL GOALS) → SIZE 4 BALL → 2X25 MINS + 5 MINS REST.
CONDITIONS = CORNERS → THROW-INS FROM SIDELINES (OPPONENTS 5 YARDS AWAY AT FREE KICKS & CORNERS).
YOUTH REFEREES → PERMANENT GOALIES → PLAY FOR SKILL DEVELOPMENT → CLEVER PLAY (TRICKS, SWERVING PASSES, CLIPPING, CHIPPING, FIRST-TOUCH CONTROL).
TRAINING – WORKING AS UNITS (3’S 4’S) IN TRIANGLES & DIAMONDS → DEVELOP SEEING THE ENTIRE FIELD (NOT BLINKERED) → INDIVIDUAL SKILLS → LOTS OF GAMES WITH VARIED GOALS/TARGETS → MULTIPLE DIRECTIONS/NUMBERS/AREAS.

RON FOX MS. ADPE. CSCS.

USSF “A” LICENSE – NSCAA PREMIER DIPLOMA – ENGLISH FA LICENSE

520-370-3837 ROUTEONESOCCER@AOL.COM

WARM UPS

- DRIBBLES IN 20/20 AREA → JUGGLES – STOP/TURNS ETC - TRICKS
- ROGER SPRY'S (WITHOUT + WITH BALL) → AJAX THREES (COMBO'S) → THREE'S PASSING/ZIG ZAGS → 4'S L/S/L'S FAST PASSING →
- MILAN TRIANGLES → FAST NINETY'S → STAGGERED WALL PASS
- SB/MB STACKED BOXES → 30 YD MULTI-D RUNS → 300 YD RUNS
- 50 YD RUNNING THE BALL →
- SAQ LADDERS → HURDLES → POLES (FAST FET + GO BACKS + LATERALS) → COMBO'S → BOX JUMPS (PLYOS) → 5 YARDER AGLITY RUNS
- SMALL & BIG CIRCLES → IN'S & OUT'S (CIRCLE/SQUARES) → DIAMONDS (PASSING 2&1-TOUCH) →
- CENTER CIRCLE DRIBBLING (AROUND PERIMETER + INTO CENTER) →
- FIXY'S CORE WARM UP → METABOLIC LEGS → METABOLIC ARMS → SPEED CIRCUIT → POWER CIRCUIT

TECHNICALS

- DUTCH '88 → KEEP-A-WAYS → TRIANGLES (PASSING & 3V1)
- 1 V 1'S → 2'S (2V1) → 3'S (3V1,3V2) → 4'S (3V1, 4V2)
- 40/40 VOLLEYS/HEADERS → START TRAINING → AGILITY MIRRORS → AGILITY RUNS WITH BALL
- CLOCKS → CHARLTONS (STACKED) → WINDSHIELD WIPERS → COERVERS → TRICKS → BIG & SMALL TRIANGLES (PASSING + TURN) → PARTNER PASS
- 4 V 2 PENETRATION → 4 V 4 + 2 POSSESSION
- 2 V 2 + WALLS → BRAZIL THREES (PASSING) → PRESSURE FINISHING (1'S OR 2'S) →
- INTERPLAY CHANNELS → CROSSING & FINISHING → FAST FEET FINISHING (LADDERS/CONES/CONTESTS/RELAYS) → OFFSET OVERLAPS →
- HOFF DRIBBLE TEST →

GAMES

- CORNERS (2-4 TEAMS) 40/40 → 1V1V1V1 → WEMBLEY → POWER FINESSE
- 3V3'S NUMBERS → END LINES → DOUBLE GOALS → PUGG GOALS
- DRIBBLEINO'S → BOLLOCKS →
- 4V4'S – 4 GATES → KILL THE CONE → TARGET BALL → 6V6-7V7-9V6
CONDITIONED GAMES → SQUARE TARGET (STOP/CATCH/HEADING) → 6 V 2
KEEPAWAY → SCORE FROM PULLBACK/HEADR/VOLLEY
- BIG MAL'S THREES → 1 V 1 PRESSURE GAME → CONDITIONED GAME (# OF PX'S) → OVERLOADED GAMES → MAN-MARKING GAME → ATT V DEF → LONG RANGER SHOOTING → 1 V 1 (10&12 YD RUNS) →
- HEAD TENNIS → THIRDS GAME (GROUND/AIR PX'S) → 3 ZONES (2-TOUCH-1-TOUCH-MULTI) → 3 ZONES (STAY IN ZONE) → 2ND SIX GAME → BOX GAME → SPLITTING GAME → 4 V 4 + POST/WALLS → 4 V 4 + FREE FLANKS → OVER THE LINE GAME → 11V11 BOX TO BOX →
- CUP TIES (HEADERS/VOLLEYS)

