Play-Practice-Play

US Soccer recommended Methodology for delivering training sessions in grassroots soccer

1/3 **PLAY** *Small Sided Games*

As players arrive get them playing right away into small sided games (consider dynamic warmup stretch for older 13+)

The predicable routine increases focus and can reduces performance anxiety

The fact that they know they will arrive to play a game right away is fun and motivating

1/3 **PRACTICE** *Engaging Activities*

Individual Technique

Rondos, Position Play
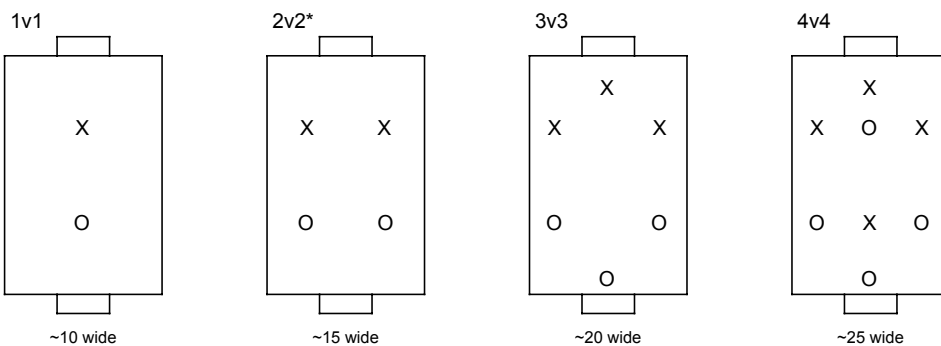
Add Your Own!

1/3 **PLAY** *Large Sided Games*

Third field, half field, two third field, full field Phase Play and/or Scrimmage
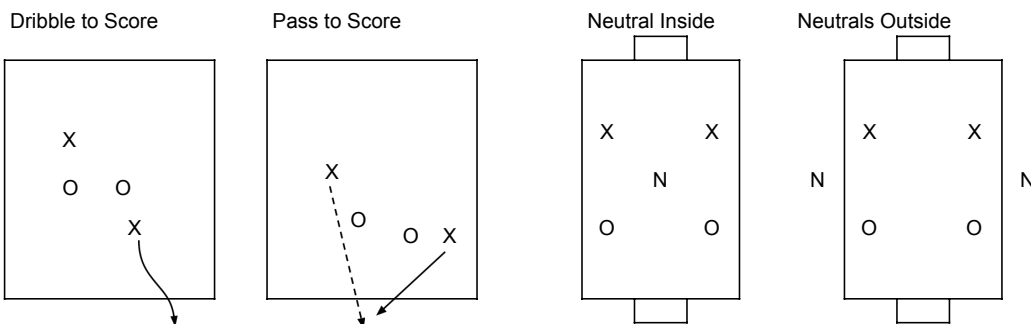
Big goals to big goals

Big goals to small goals
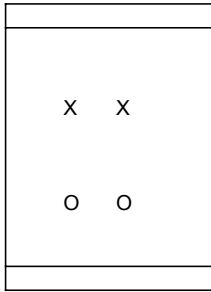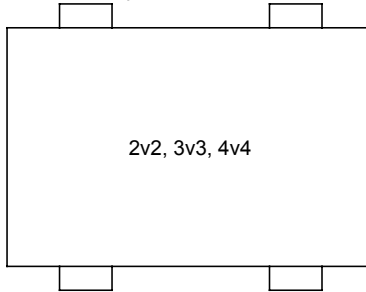
Play - Small Sided Games

SSG Basic

1v1	2v2*	3v3	4v4
X	X X	X X X	X X O X
O	O O	O O O	O X O O
~10 wide	~15 wide	~20 wide	~25 wide

SSG Variations

Dribble to Score   Pass to Score   Neutral Inside   Neutrals Outside

End Zones Goals	SSG w Multiple Goals*	1v1s to Multiple Goals*
X X O O	2v2, 3v3, 4v4	X X O X O O
dribble or pass into zone	2 or even 3 goals on each side	Love to do this simultaneous 1v1s then make teams
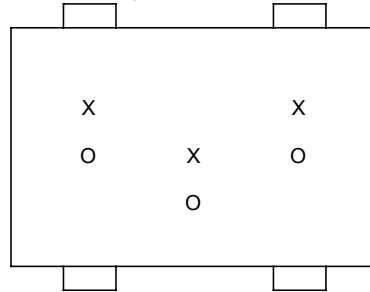
Some Possible SSG Conditions to:

Emphasize Dribbling

1) Attacking team must dribble across a half line before shooting

2) Attackers must perform a fancy move before passing or shooting

3) Attacking team must take on and beat a defender 1v1 before shooting

Emphasize Passing

1) All attackers on a team must get a touch before scoring

2) Must create a give-n-go / wall-pass or overlap before scoring

3) Each attacker must pass with outside of foot (our players way behind on this)

4) Play with a high target player who can only stay top half, must pass to them first

Practice - Individual Technical

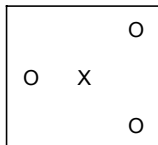| **Single**	**Partners**
Footwork	Shielding 1v1
Feints	Partner Juggling
Turning	Partner Volleys
Juggle Up	Partner Shooting
Juggle Down	

Practice - Rondos & Position Play

Rondo Basic

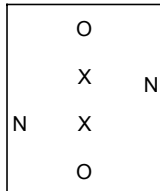| 4v1*	3v1*	4v2*	5v2	6v2
O O X O O	O O X O	O O X X O O	O O X X O O O	O O O X X O O O
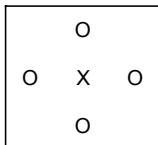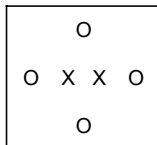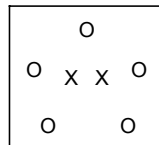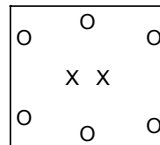
Rondo Variations
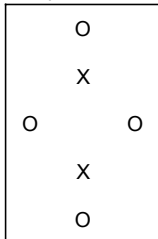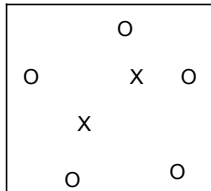
Shape	Size	Neutral Attackers	Neutral Targets	Transition*
O X O O X O	O O X O X O O	O X N N X O	N O X X O N	O O X O X X
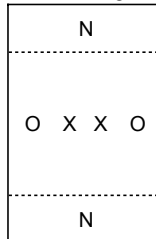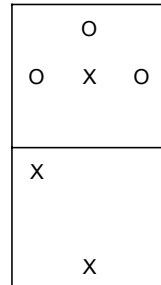
Position Play   Similar to Rondos but with attacking player(s) inside

4v1 + 1

```
              O
        +------------+
        |            |
    O   |   X   O    |   O
        |            |
        +------------+
              O
```

4v2 + 1

```
              O
        +------------+
        |            |
    O   | X   O   X  |   O
        |            |
        +------------+
              O
```

4v3 + 1
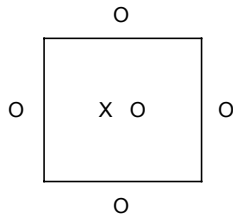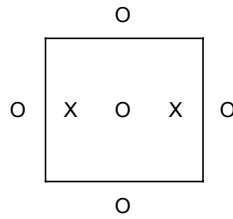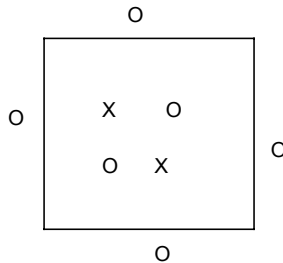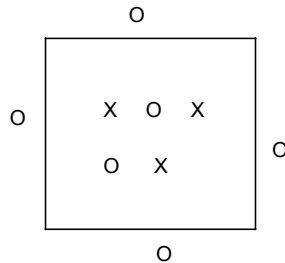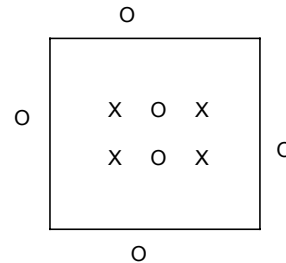
```
              O
        +------------+
        | X   O   X  |
    O   |            |   O
        |      X     |
        +------------+
              O
```

4v2 + 2

```
              O
        +------------+
        |  X     O   |
    O   |            |
        |  O     X   |   O
        +------------+
              O
```

4v3 + 2

```
              O
        +------------+
        |  X   O   X |
    O   |            |
        |   O    X   |   O
        +------------+
              O
```

4v4 + 2

```
              O
        +------------+
        |  X   O   X |
    O   |            |
        |  X   O   X |   O
        +------------+
              O
```

6v4 + 1

```
        O          O
    +--------------------+
    |                    |
    |   X        X       |
    |                    |   O
O   |   X    O   X       |
    |                    |
    +--------------------+
        O          O
```

6v4 + 2

```
        O          O
    +--------------------+
    |                    |
    |   X   O   X        |   O
    |                    |
O   |   X   O   X        |
    |                    |
    +--------------------+
        O          O
```
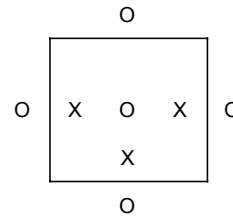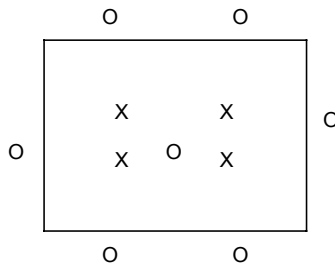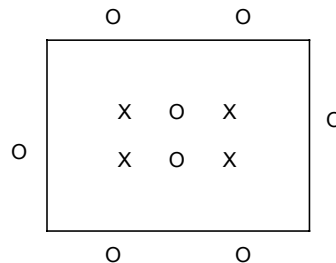
Practice - Pick Your Own

What to Avoid / Reduce

LINES   The single most significant improvement any coach can make is to eliminate long line drills that have players standing and waiting

                   Not talking about 1-2 "resting" from an intense interval activity, you can tell if a player is resting vs waiting

LAPS   Laps for any significant time; it's one thing to do 1-2 for warming up but beyond that this is not the context for that

LECTURES   Lectures at any length, these bore kids who are eager to play; instead trade this for narrated demonstrations

UNOPPOSED   Unopposed drills (no defenders); some of these are ok if pure technical or pattern repetition is desired, but limit to ~10m a session

Look for Engaging Activities

TOUCHES   That provide each player lots of time and touches with the ball

MOBILITY   That ask players to move with and without the ball instead of standing around bored and waiting
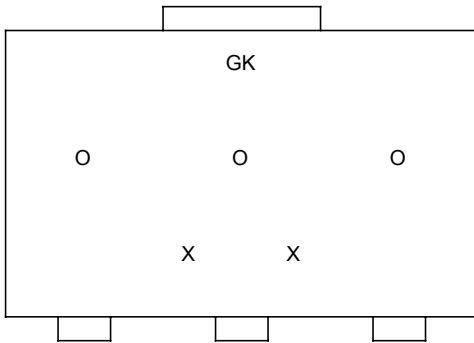
COGNITIVE   That ask players with and without the ball to continuously scan and make mulitple possible decisions from multiple possible solutions

REALISTIC   Look for activities that resemble the game in part or whole, some of this would include having opposition

Play - Phases of Attack / Defense

Attack - Buildout

```
          GK


   O        O        O


        X        X
```

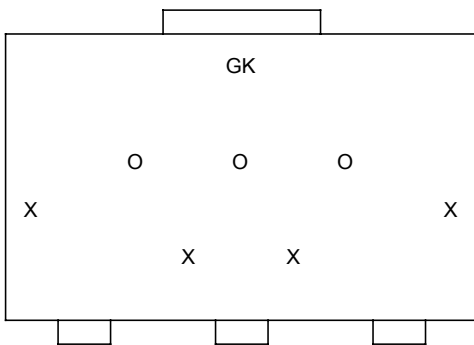Half field setup to counter goals

    Start ball from Goal Kick

Numerical Advantage to Attacking Team

    eg 3v2, 4v2, 4v3... 10v9

Increase difficulty by adding defender(s)

    eg, 3v3, 3v4

Attack - Finishing

```
          GK


      O      O      O
  X                     X
        X        X
```

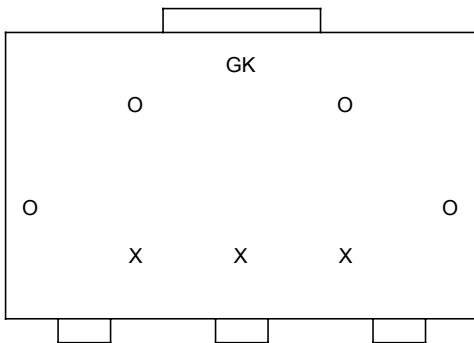Half field setup to counter goals

    Start ball from Half Line

Numerical Advantage to Attacking Team

    eg 3v2, 4v2, 4v3... 10v9

Increase difficulty by adding defender(s)

    eg, 3v3, 3v4

Defend - Buildout

```
          GK
      O           O


  O                   O
      X      X      X
```

Half field setup to counter goals
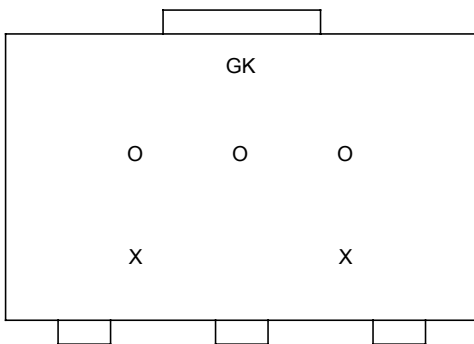
    Start ball from Goal Kick

Numerical Advantage to Defending Team

    eg 3v2, 4v2, 4v3... 10v9

Increase difficulty by adding attacker(s)

    eg 3v3, 3v4 ... 10v10

Defend - Finishing

```
          GK


      O      O      O


      X           X
```

Half field setup to counter goals

    Start ball from Half Line

Numerical Advantage to Defending Team
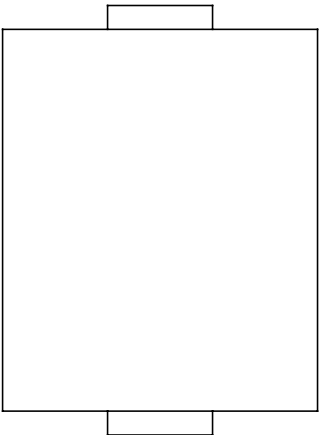
    eg 3v2, 4v2, 4v3 ... 10v9

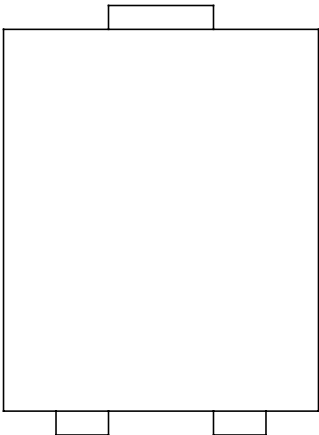Increase difficulty by adding attacker(s)

    eg 3v3, 3v4 ... 10v10

Play - Scrimmages

Standard, regular goals

Variation, big goal to small goals

Variation, Small goals to small goals