

CASC Soccer Recipe

Quick guide for choosing, designing, or analyzing efficacy of soccer practice activities

The **MORE** of these attributes and actions that a practice activity has and delivers the more **FUN** it will be for the players and the more **EFFECTIVE** it will be at developing them

Activity Attributes	Player Actions
Competitive Realistic Spatial Simple	Movement Decisions Touches Focus

--- Activity Attributes ---

Competitive - Competition not only helps players develop their ability to play a “competitive” invasion game like soccer, it motivates players. They inherently want to win and the internal reward is greater when there is a challenge, a risk of success vs failure. Make this happen easily with games that have opponents, but we can also make individual work self-competitive (e.g. can you beat your own record)

Realistic - Activities should as much as possible resemble what players will face and do in a real game. Repetition within realistic context that they will see in the game will help them in their decision making and ability to execute under real game pressure. There is a place for some context-less technical repetition for a short time if players are engaged. Note there are no lines in a real game.

Spatial - The most important “tactical” concept in soccer is space and a player’s ability to understand it. Choose activities that put players in space (boxes, rectangles). The entire game is played in a spatial plane, with players creating spatial support between each other as well (3 a triangle, 4 a diamond).

Simple - If it takes more than a matter of seconds to explain an activity, there is a good chance it is too complex. Look to simplify as much as possible. Get players going quickly, you can explain along the way.

--- Player Actions ---

For all of these we are considering the rate or frequency each player gets to do these things in a given activity. A line drill for example may only have a player do only some of these for only a few seconds after waiting minutes for a turn. The more the better for all of these things. Small-sided-games (eg 1v1, 2v2, 3v3) are high in all of these areas making them THE single best activity for young player development.

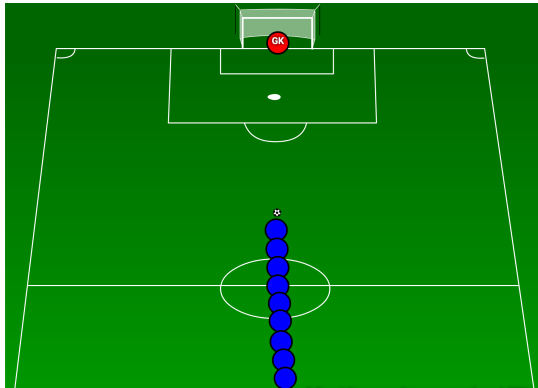
Movement - How much is each player moving during the activity? Usually the more the better.

Decisions - How many decisions are they making during the activity? The more the better.

Touches - How many BALL touches during the activity? The more the better.

Focus - How long must a player focus during an activity? Standing in a line requires no focus.

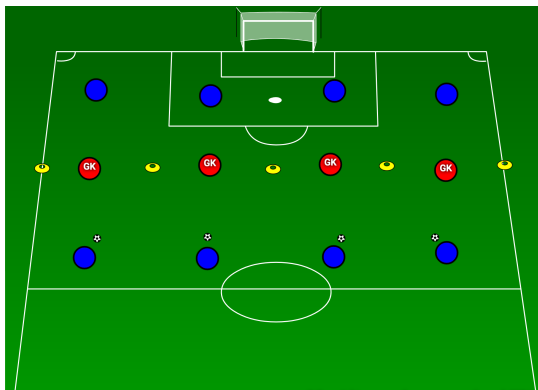
Case Analysis & Solutions



Problem Case - Shooting Line Drill

*Players line up, 1 shooter at a time, rest of the team is waiting.
Another term for this activity is "a complete waste of time"*

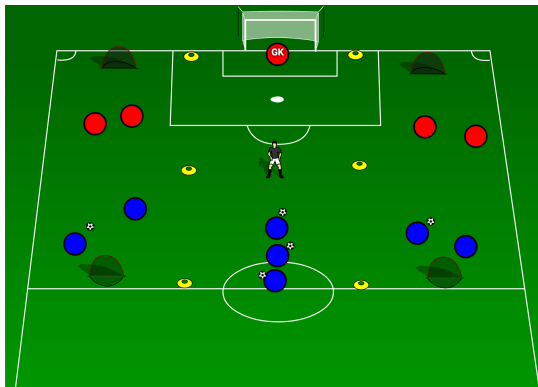
Competitive - no
Realistic - no
Spatial - no
Simple - yes
Movement - no
Decisions - no
Touches - no
Focus - no



Solution 1 - Shooting Competition

*Groups of 3, cone goals, 1 GK and 2 shooters, rotate GK
Make it a competition each round of new GKs*

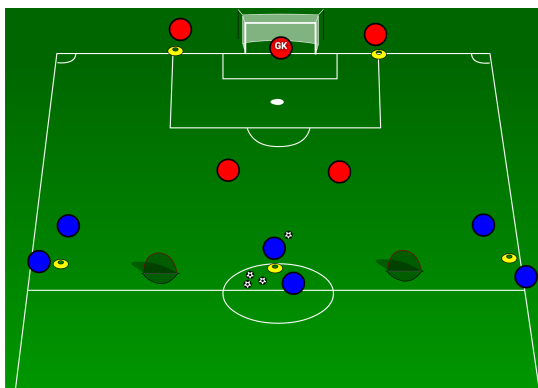
Competitive - yes
Realistic - technique yes
Spatial - somewhat
Simple - yes
Movement - low
Decisions - low
Touches - high
Focus - high



Solution 2 - Individual Shooting + SSGs

*3 groups rotate every ~5-7m, each group has turn "shooting" vs
passive defender; SSGs have players shooting on small goals*

Competitive - yes
Realistic - yes for SSG, somewhat for 1v1 shooter
Spatial - yes
Simple - yes
Movement - high
Decisions - high for SSG, low for 1v1 shooters
Touches - high
Focus - high



Solution 3 - 3v2 (3v3 w GK) Finishing

*Desc - 3 attackers + 2 defenders + 1 GK, could rotate every
ball or every 1-2 minutes.*

Competitive - yes
Realistic - yes
Spatial - yes
Simple - yes
Movement - high
Decisions - high
Touches - medium
Focus - high