

Change Direction Soccer Session Plan



Make your own soccer sessions with my recommended coaching software:



TacticalPad is perfect for animated soccer drills in 2-D or 3-D that can be created on your phone, tablet or desktop.



Tactics Manager enables you to create your sessions with a wide variety of tools that can be saved in PDF format to share with other coaches.

5% discount code: **AFL-RMTD**

Link: <https://amzn.to/3nIQf7V>

Link: <https://shop.soccertutor.com/coaching-software?acc=ee57acedb6ffd923f44727b05792682a>

Changing direction soccer session warm up

Time: 10 minutes

Set up:

- 10 x 15 yard area
- 1 soccer ball 2 players

Instructions:

Set up your area with your players in pairs standing opposite each other the shadow defender will start with the ball and pass it the attacker.

Ask the attacker to focus on using skills to change direction and combining it with a change of speed to move the defender side to side.

Coaching points:

- Practice using different skills
- Focus on making the defender move side to side using skills/body feints
- Combine a change of direction with a change of speed

Questions that can lead to coaching points:

- How can we make the defender move side to side?
- After we have moved the defender how can we get past them?



Changing Direction soccer technical activity

Time: 15 minutes

Set up:

- 10 x 15 yard area
- 1 soccer ball 2 players

Instructions:

This activity will use the same set up as before, however the defender will become live when ball is passed to the attacker.

The attacker must dribble past the line that the defender started on, if they are able to do this they will get 3 points.

However if the defender is able to win the ball back and dribble back past the line where the attacker started then they will get 1 point.

Swap the attacker and defender round after each phase.

Coaching points:

- Combine skills, body feints with a change of direction and speed
- Smaller touches as your approach the defender
- Be confident and accelerate into the space if you have an opportunity

Questions that can lead to coaching points:

- What can we do to beat defenders?
- How should we approach the defenders?



Changing direction soccer session progression

Time: 20 minutes

Set up:

- 5 x 10 yard area
- 1 soccer ball per 2 players
- 3 gates
- 1 goal

Instructions:

Set up your area and divide your players into defenders and attackers. the defenders will start behind the 3 gates and the attackers will start behind the goal.

The defender will start with the ball and pass the ball to the attacker, once the attacker takes their first touch the ball will become live.

The attacker can score either by passing the ball through the gates for 1 goal or dribble the ball through the gates for 3 goals.

If the defender wins the ball back they will score in the large goal for 1 point.

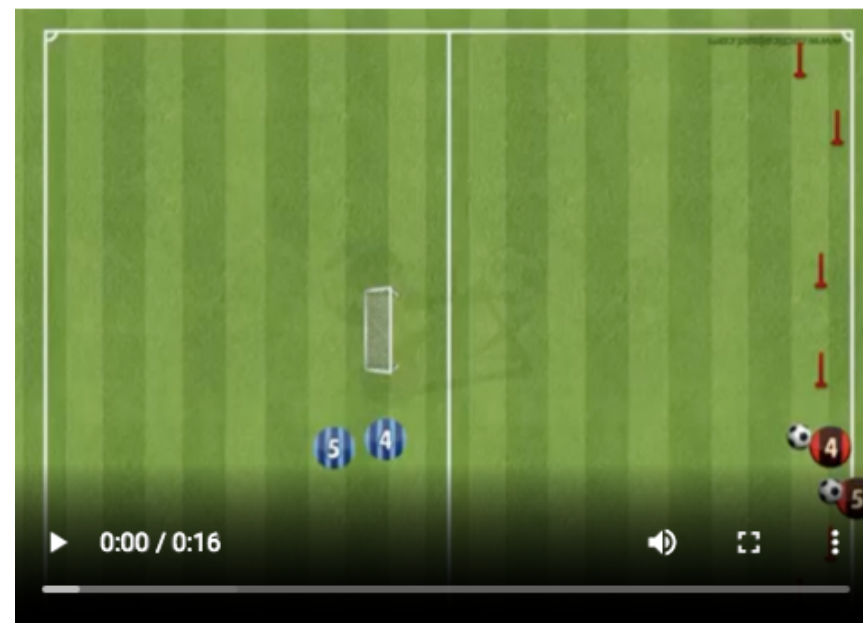
Coaching points:

- Small touches as you approach the defenders
- Change you speed and direction to beat defenders (include a skill if you want)
- Accelerate in the space, big touches out of your feet.

Questions that can lead to coaching points:

- What kind of touches should we be taking as we approach the defender? Why?
- How can we beat the defender?

- What can we to do get away from the defender?



Changing direction soccer conditioned game

Time: 25 minutes

Set up:

- 15 x 20 yard area
- 1 soccer ball
- 2 teams
- 6 gates as goals

Instructions:

Set your area and divide your players into 2 teams. Each team will be defending 3 gates, 1 in the middle and 2 in each other respective corners.

Players can score in either of these goals however if players are able to dribble through these gates instead of scoring with a shot the goal will be worth 3 goals instead of 1.

Coaching points:

- Reinforce coaching points that have been said throughout the session
- Focus on individual coaching points with players

Regular scrimmage: 20 minutes

