



 hummel®

 playermaker



COACHING
EDUCATION



FOR ALL

 **NEXT GEN**

SOCCER TRAINING AND EDUCATION

**SEASON PLANNER -
SPRING 2024**

SEASON TARGETS

PRACTICE AND GAME-DAY TARGETS



SESSION SPRING 2024

Complete each box with your team targets for the season as well as your personal coaching targets to increase your development.

PRACTICE - TEAM/PLAYER TARGETS

TARGET 1 - Create confidence on the ball for every player

TARGET 2 - Progress desire to train and learn. Allow players to want and desire the ball.

TARGET 3 - Teach players to receive the ball and to perform multiple footwork items and turns.

PRACTICE - COACHING TARGETS

TARGET 1 - Explain all training drills on a tactics board for a visual explanation before we start the exercise or drill.

TARGET 2 - Allow players to fail at a direction 3 times to see if they correct themselves. After 3 attempts I will then coach/correct the player.

TARGET 3 - Get players with a ball at their feet the second they arrive at training.

GAME-DAY - TEAM/PLAYER TARGETS

TARGET 1 - Understand the numbering system in positions.

TARGET 2 - To gather multiple levels of information when playing the game.

TARGET 3 - Players to move the ball to wide areas of the field. Make full use of the number 11 (LW) and 7 (RW).

GAME-DAY - COACHING TARGETS

TARGET 1 - Not to coach players when the ball is moving in a live game. Allow the players to explore the game and instruct the players on the subs bench.

TARGET 2 - To coach players using the tactics board to explain my direction and instruction within a game when they are off the field to ensure full understanding of instruction.

TARGET 3 - At the beginning of the game inform players what that particular game's target is. A target could be i want to build out the back 10 times iun this game.




SEASON PLAN SPRING 2024

SEASON DEVELOPMENT PLANNER



SESSION 1




FOOTWORK / BASIC FUNDAMENTAL




-  Learn all parts of the foot (Sole, Inside and Outside)
-  Understanding the inside of the foot is the key to quality as its the biggest surface on the foot.
-  Understand the weight and direction of their touch

-  Quick Rolls (Sole Rolls sideways)
-  Sole Push
-  Laces Straight Touch

SESSION 2




FOOTWORK / BASIC FUNDAMENTAL


-  Discuss the balance of body weight when performing footwork. Bodyweight is over their toes and knees to help change of direction faster.
-  Perform touch with the correct weight and direction into space away from pressure.
-  Speed and performance of footwork.

-  Backwards Rolls (Left and Right Foot)
-  V-Turns
-  3 Touch Method - Inside, Inside to outside push.

SESSION 3




DRIBBLING AND TURNING WITH THE BALL 1/2



-  Understand how to move away from pressure using selected footwork.
-  Scan space ahead of getting the ball. Check the shoulder for awareness of pressure.
-  Perform touch with the correct weight and direction.

-  Inside Hooks
-  Outside Hooks
-  Lace Dribbling for straight speed dribbling

SESSION 4

DRIBBLING AND TURNING WITH THE BALL CONTINUED 2/2

-  Understand the space around the player. Can you touch be bigger to progress and attack faster
-  Perform touch with the correct weight and direction.
-  Speed and performance of footwork.

-  Drag Back to Turn
-  Step Over Turn - Step over the ball and push with the outside of the foot.
-  Combination moves - Receives the ball then quick roll into space.

THEORY TOPICS

TECHNICAL / PRACTICAL TOPICS

SEASON PLAN SPRING 2024

SEASON PLAYER DEVELOPMENT



THEORY TOPICS

TECHNICAL / PRACTICAL TOPICS

SESSION 5

**RECEIVING TO TURN WITH THE BALL (FIRST TIME TURNS)
ACCELERATION VS DE-ACCELERATION**

- Explain what acceleration is vs deacceleration - Control of movement and body weight.
- Use of the inside of the ball to receive. Biggest flat surface to control the impact of the ball.
- Take the impact of the ball as you make contact with the ball. Draw your foot back slightly when you take impact of the ball.

- First time outside of the foot.
- First time inside of the foot
- First time L-Turn

SESSION 6

USE OF SPACE AND MOVEMENT 1/2

- Understand information gathering when moving and scanning the game. What is information?
- 4 important information gathering - Movement of the Ball, Space, Team-mates and opposition.
- Discuss the importance of multi-tasking and making decisions on and off the ball.

- Keeping head turning to gather information
- Agility and timing of movement into space.
- On vs Off the ball - bigger job when you don't have the ball.

SESSION 7

USE OF SPACE AND MOVEMENT 2/2

- Discuss Angles and distance with timing of movement.
- Smaller areas need quicker decision-making and information gathering.
- Central positions vs wide positions. How is the space different? Body position.

- Use overload practice. Create scenario for players to achieve success 4v1 etc.
- Passing and Movement - Position body to take first touch - feet shoulder width apart.
- Movement, balance and maneuverability.

SESSION 8

SMALL SIDED GAMES

- Discuss alertness to the game and the impact of your decision making.
- Discuss various types of movement, backward, lateral (sideways) forward with head movements.
- Firm base to receive the ball
- Receiving under pressure - Create a position to win the ball.
- Receiving in space vs small confined areas - selection of touch.
- Receive touch - Maintain possession vs first touch to attack.

SESSION ONE

WEEK 1 - SESSION PLAN

SESSION TOPIC - **FOOTWORK SESSION 1/2**
 SESSION TARGETS - **QUICK ROLL, SOLE PUSH, LACES TOUCH**



0 TO 15MINS

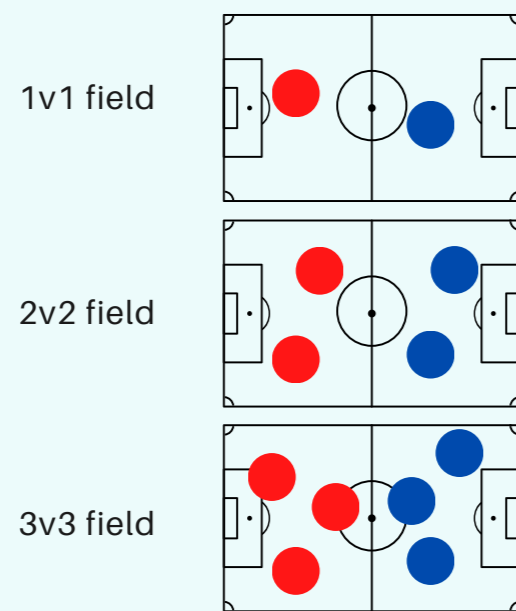
ARRIVAL ACTIVITY

As the players arrive at training they will be placed into a small-sided game. Place a 1v1 field, a 2v2 field, and a 3v3 field. The first arriving players will start playing on the 1v1 field. As players arrive get them playing as quickly as possible.

- Encourage attacking play
- Encourage all players to as many touches on the ball as possible.
- As more players arrive move them to different fields (2v2 or 3v3) to change their decision-making and combination options.

COACHING POINTS - THEORY DETAIL

COACHING POINTS PRACTICAL DETAIL



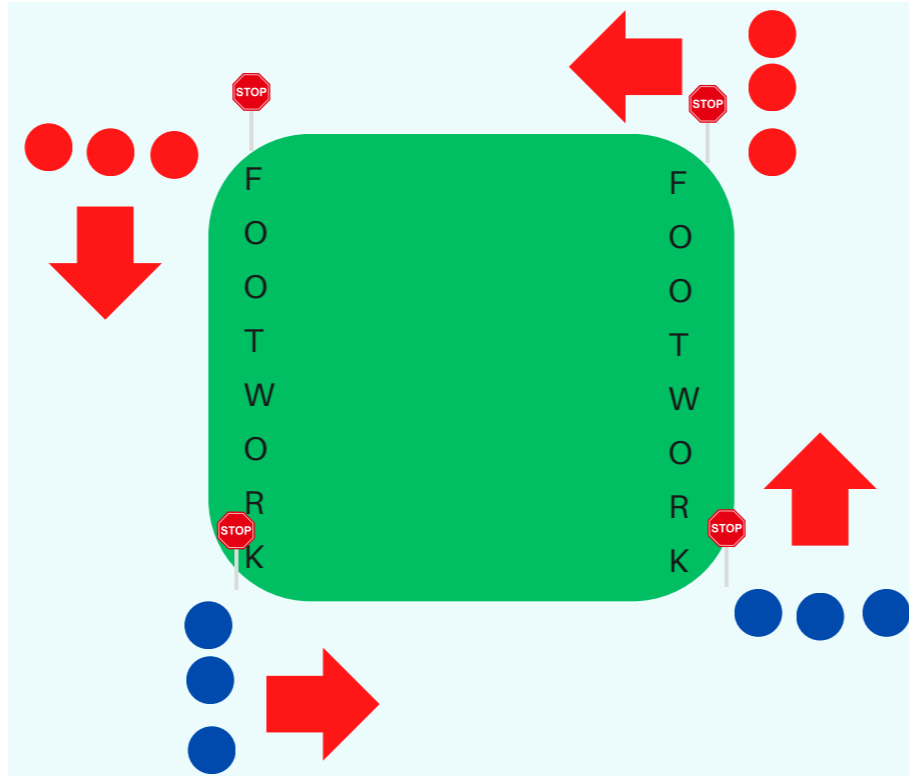
20MINS TO 40MINS

SESSION TOPIC

Set out a square with cones (size dependent on the amount of players). Players will rotate from one corner to another corner performing the following on each side of the square:

1. Race without the ball from one corner to another. Which player is fastest? to the end.
2. Perform quick rolls on the footwork sides.
3. Perform Sole push to start the footwork side.
4. Lace Touch down the footwork side.

Award points for players performing the desired footwork



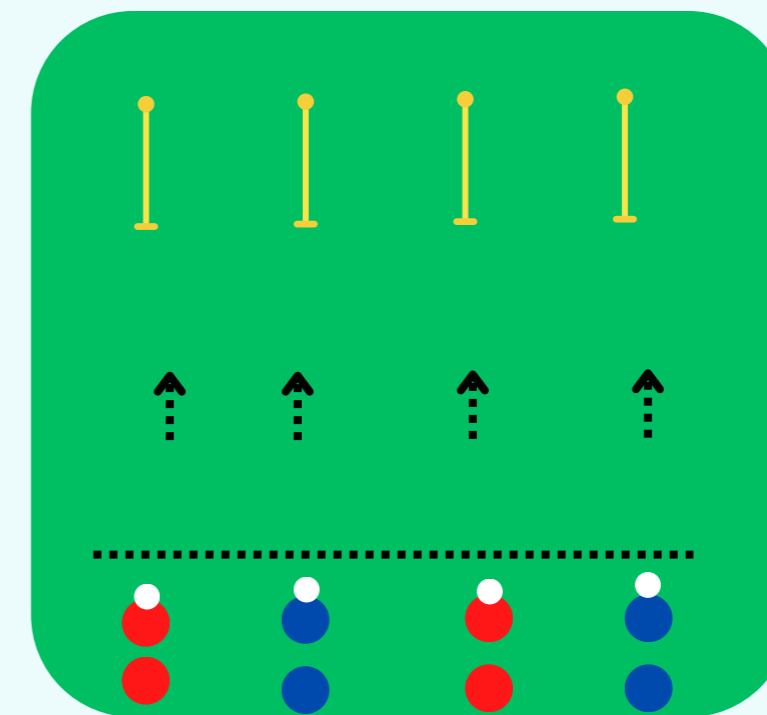
40 MINS TO END

SPEED RELATED TOPIC - RACE

Set up a race for your players. Allow your players to play at speed when performing the following:

1. Race without the ball from one corner to another. Which player is fastest? to the end.
2. Perform quick rolls on the footwork sides.
3. Perform Sole push to start the footwork side.
4. Lace Touch down the footwork side.

Allow parents and or coaches to join in the race for competition.



SESSION TWO

WEEK 2 - SESSION PLAN

SESSION TOPIC - **FOOTWORK SESSION 2/2**
 SESSION TARGETS - **BACKWARD SOLE ROLLS, V-TURNS, 3 TOUCH METHOD.**



0 TO 15MINS

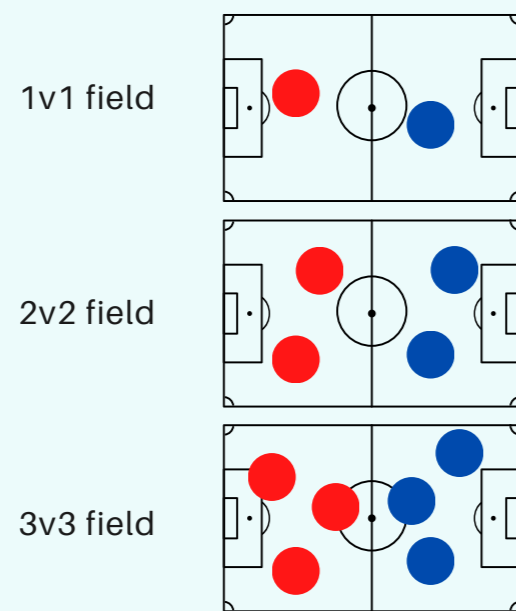
ARRIVAL ACTIVITY

As the players arrive at training they will be placed into a small-sided game. Place a 1v1 field, a 2v2 field, and a 3v3 field. The first arriving players will start playing on the 1v1 field. As players arrive get them playing as quickly as possible.

- Encourage attacking play
- Encourage all players to as many touches on the ball as possible.
- As more players arrive move them to different fields (2v2 or 3v3) to change their decision-making and combination options.

COACHING POINTS - THEORY DETAIL

COACHING POINTS PRACTICAL DETAIL



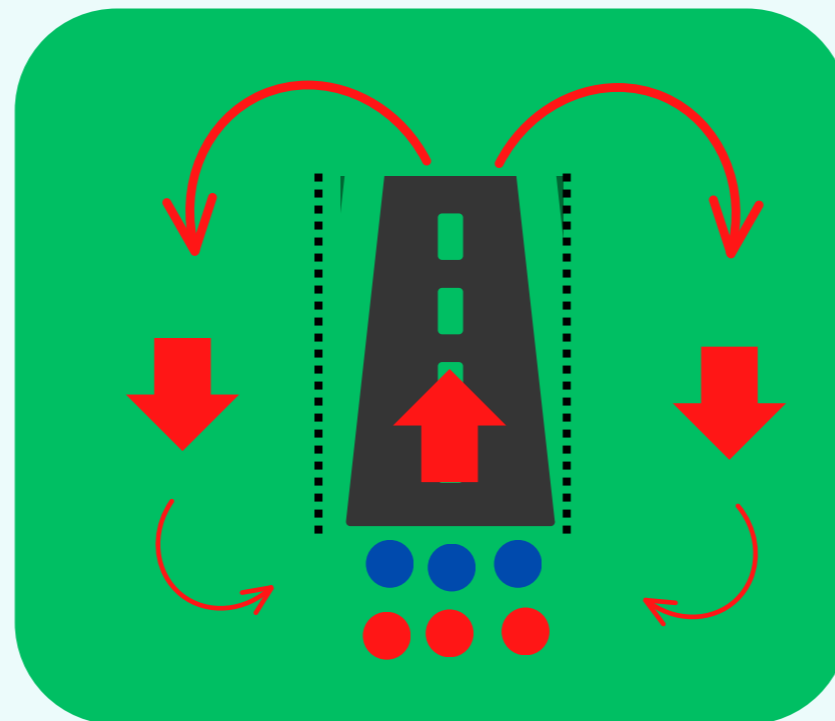
20MINS TO 40MINS

SESSION TOPIC

Set out a skills tunnel which is directional. Players will dribble down the tunnel performing an activity. Then once they reach the end of the tunnel they can turn left or right and travel back to the front of the tunnel to start again.

1. Race without the ball down the tunnel.
2. Perform quick rolls
3. Perform Backward squick rolls
4. Start the tunnel with V-turns to an acceleration.
5. 3 touch method to start

Award points for players performing the desired footwork



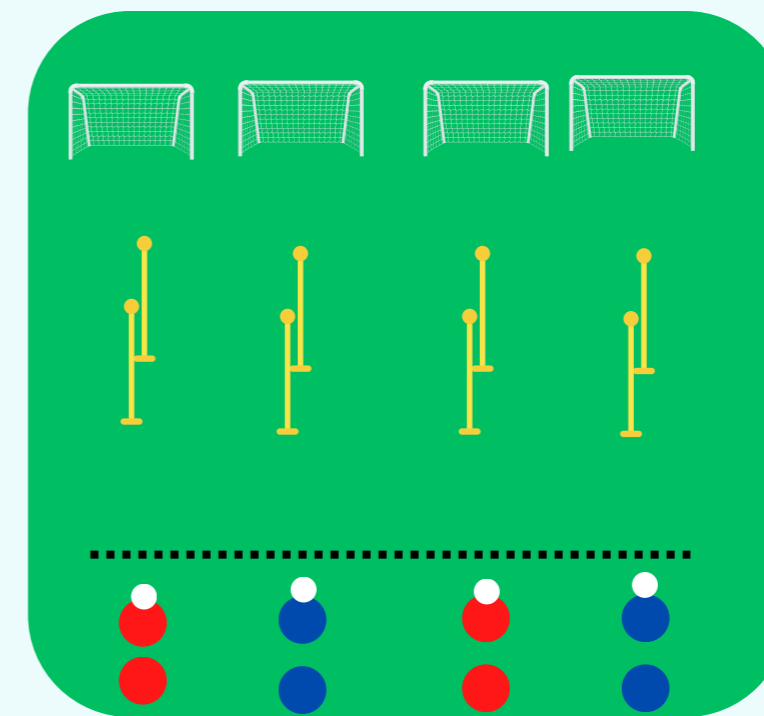
40 MINS TO END

SPEED RELATED TOPIC - RACE

Set up a race for your players. Allow your players to play at speed when performing the following:

1. Race through the two poles to score a goal first. First ball to hit the goal wins.
2. Perform a quick roll through the poles before shooting.
3. Perform a V-Turn at the pole and then score
4. Start between the poles and perform the three touch method to score.

Put in a GK to make the competition harder and more fun.



SESSION THREE

WEEK 3 - SESSION PLAN

SESSION TOPIC - **DRIBBLING AND TURNING WITH THE BALL 1/2**
SESSION TARGETS - **INSIDE HOOKS, OUTSIDE HOOKS, LACES DRIBBLING**



0 TO 15MINS

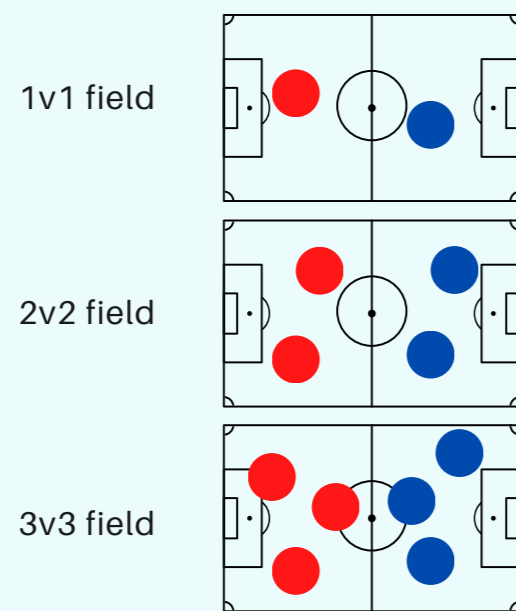
ARRIVAL ACTIVITY

As the players arrive at training they will be placed into a small-sided game. Place a 1v1 field, a 2v2 field, and a 3v3 field. The first arriving players will start playing on the 1v1 field. As players arrive get them playing as quickly as possible.

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- As more players arrive move them to different fields (2v2 or 3v3) to change their decision-making and combination options.

COACHING POINTS - THEORY DETAIL

COACHING POINTS PRACTICAL DETAIL



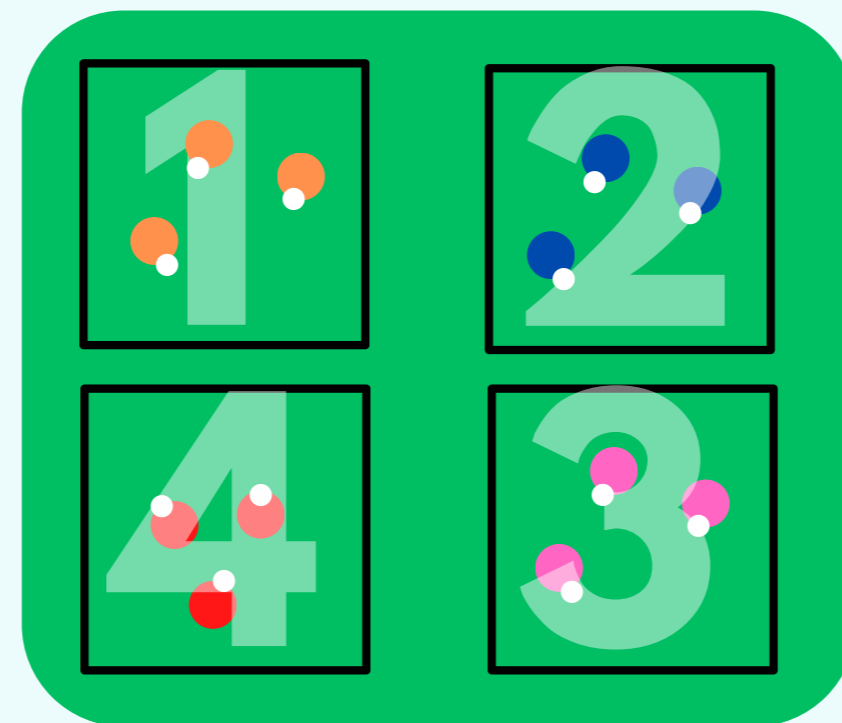
20MINS TO 40MINS

SESSION TOPIC

Create 4 boxes and divide the players into 4 different groups. Each box will have a different footwork task for players to complete. The boxes are as follows:

- 1.Box 1 - Inside Hooks
- 2.Box 2 - Outside Hooks
- 3.Box 3 - Laces Touches
- 4.Box 4 - Weak Toot Touches

Each player will spend 2 minutes on that footwork and then move to the next box.



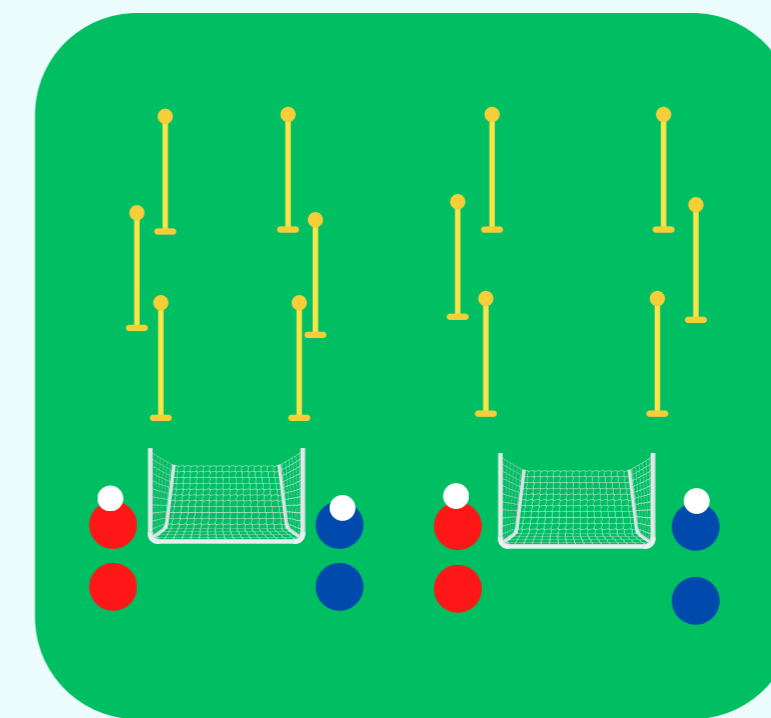
40 MINS TO END

SPEED RELATED TOPIC - RACE

Set up a race for your players. Allow your players to play at speed when performing the following:

1. Race through the three poles using any foot and any move (allow players to understand the game).
2. Outside foot only (Outside Hook)
3. Inside foot only to turn (inside Hook)
4. Laces dribble in speed areas before pole area.

Put in a GK to make the competition harder and more fun.



SESSION 4

WEEK 4 - SESSION PLAN

SESSION TOPIC - **DRIBBLING AND TURNING WITH THE BALL 2/2**
 SESSION TARGETS - **DRAG BACKS, STEP OVER TURN, COMBINATION TURNS.**



0 TO 15MINS

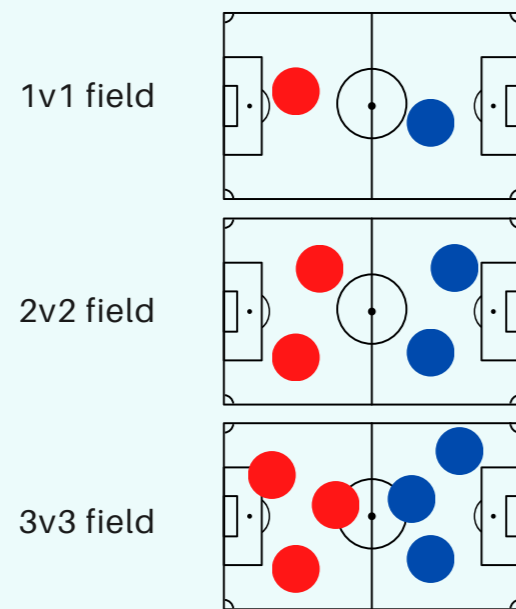
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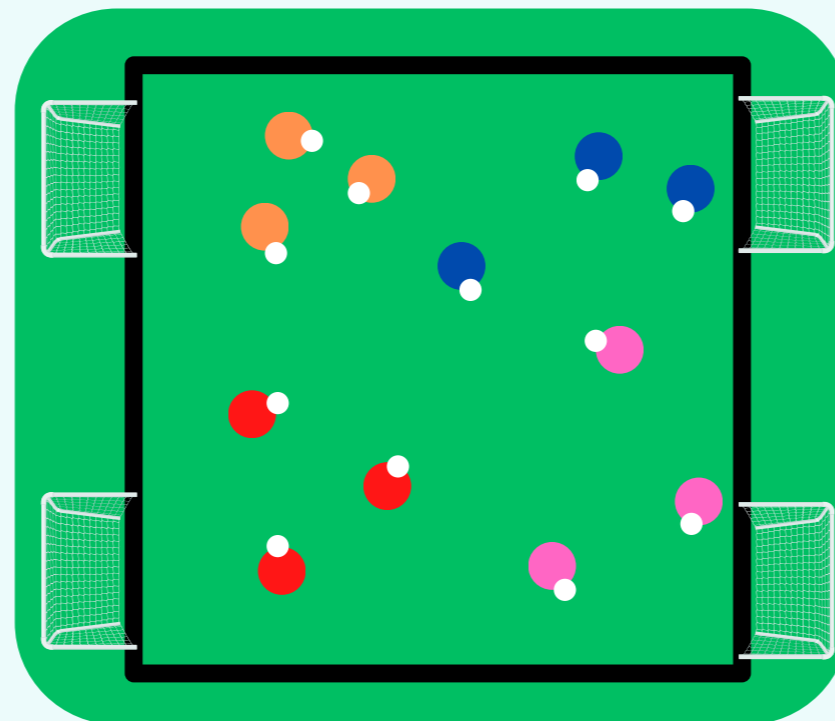
20MINS TO 40MINS

SESSION TOPIC

Players will move around the box with their own ball. Every time the coach blows the whistle the player will perform the following:

- 1 - Drag Back Turn - Foot on top of the ball and pull the ball backward. Knees bent and drop the shoulder when the player turn. Make sure the player accelerates out of the drag back.
- 2 - Step Over Turn - Step over the ball with your instep followed by your standing foot. Knees bent and drop shoulder when turning. Cut the the outside of your foot and accelerate away.
- 3 - Quick Roll to an L-Turn

Progress to players performing the turn and then scoring a goal.



40 MINS TO END

SPEED RELATED TOPIC - RACE

Each team has a ball and will pass around the area to each player on their team. When the coach blows the whistle they must complete a set number of pass performing turns to avoid pressure and score a goal. First team to score wins the game.

Set a rule that every player must perform a turn before scoring.

Put 1 ball between two colors to create a game like environment.

