

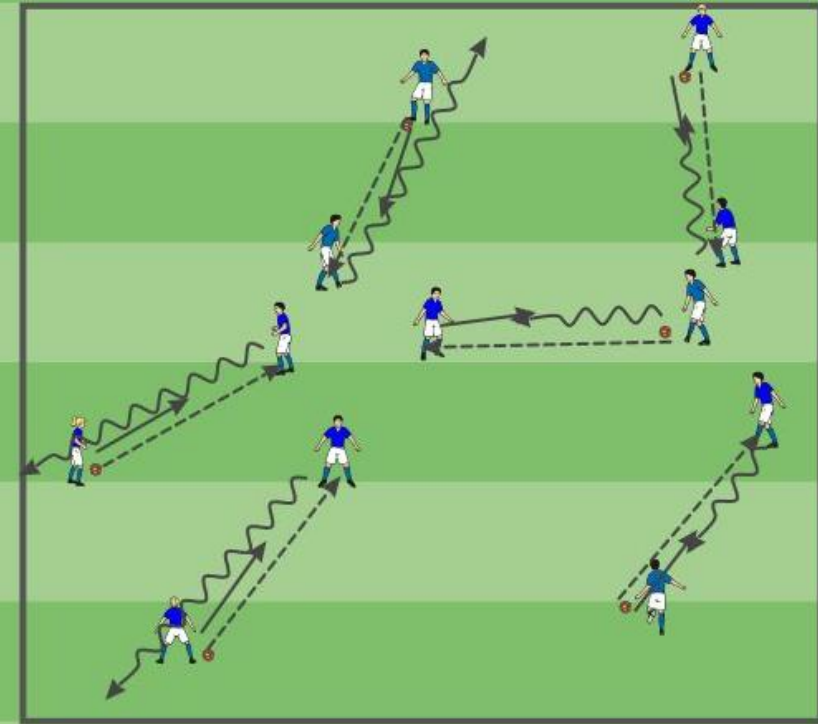
Basic Simple To Complex Training Session Intro

- Explanation: This is a more generic training session that can be used for many topics. We are starting with this topic 1) to demonstrate the general outline of most training sessions and 2) to demonstrate how the same activities can be used to teach multiple technical skills and tactical concepts
- Training Session Goal: Demonstrate how the same activities can be used to teach many topics
- Training Session Topic: No specific topic. Many different topics can be taught using these activities
- Possible Topics Depending on progressions or variations: Dribbling to penetrate/Dribbling to set up a pass/Shielding/Passing and receiving ground balls/Receiving to turn/Combination play/Finishing/Individual Defending/Small Group Defending

Basic Simple to Complex: Warm Up – Partner Passing

Set Up

- Grid Size: Indoor: Size of available basketball court/Outdoor: 20 x 20 – 20 x 44 yards or about half of the penalty area to full penalty area. Divide area in to quarters
- Time: Each rep: 45 seconds -1.5 minutes depending on familiarity w/ activity, ability, and age/Total time: 15 – 20 minutes
- **Rules:**
 1. Groups of 2/Each group has 1 ball
 2. Players pass back and forth on the move/Coach says “GO” player with the ball attempts to dribble past their partner/Return to passing and moving after attacker dribbles past or defender wins the ball
- **Progressions/Variations:**
 1. Change Partners: Force teammates to play with different players
 2. Group Size: Change to groups of 3 forcing attackers to deal with 2 defenders
 3. Limit touches: When passing and moving must pass after 2 or 3 touches
 4. Change passing and receiving skill: Demonstrate a specific type of pass and way to receive to work on
 5. Shielding: On “GO” player with ball shields the ball from defender instead of dribbling past them
 6. Dribbling to possess: Attackers dribble away from defender to keep the ball
 7. Juggling: Partners attempt to juggle back and forth instead of pass and move



Basic Simple to Complex: Activity 1: 1 v 1 Ladder

Set Up

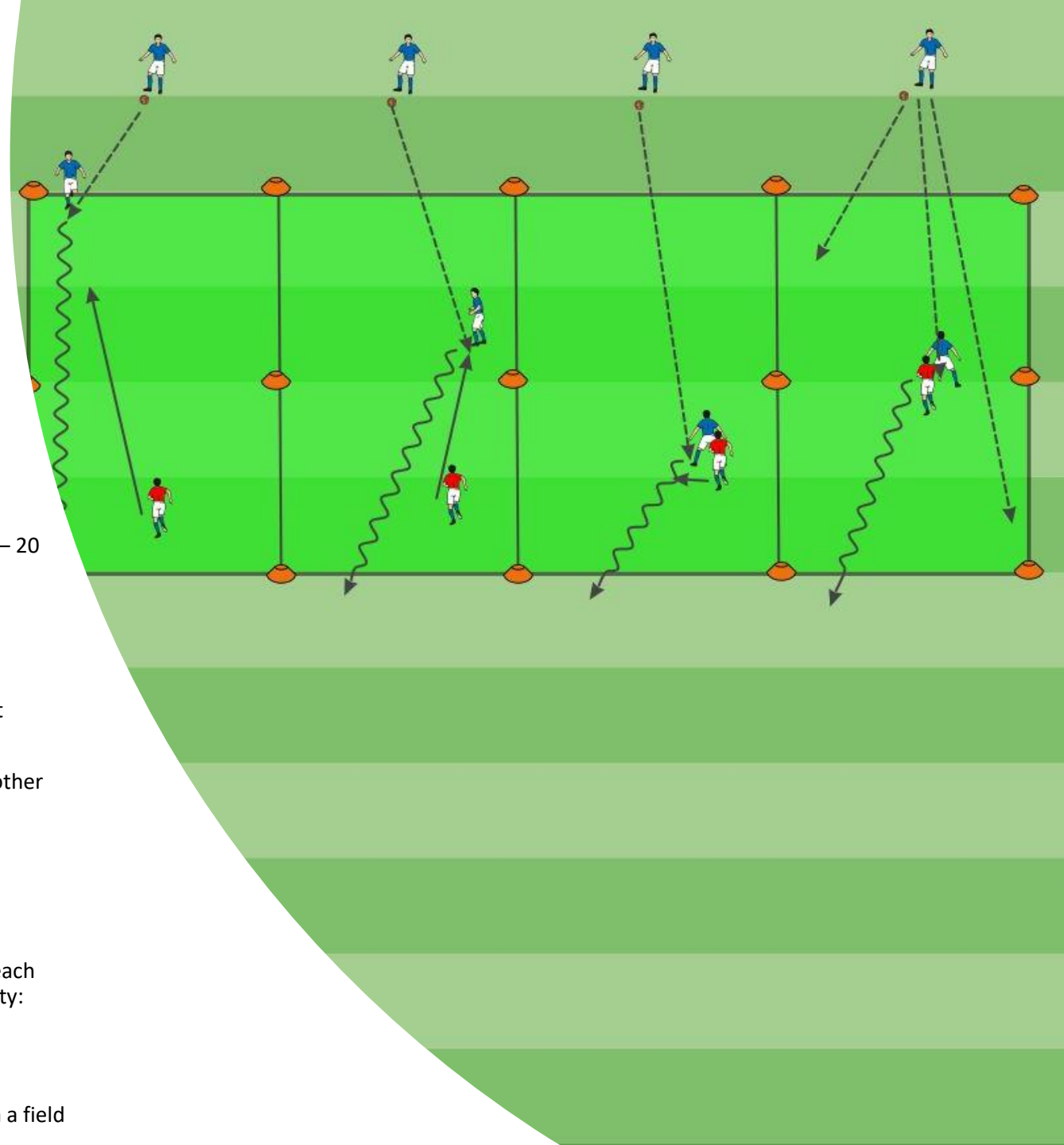
- Grid Size: Series of connected field 8-10 yards wide x 10-15 yards long
- Field: Each field has a passer, an attacker, & a defender
- Time: Each rep: 1 - 2 minutes depending on familiarity w/ activity, ability, and age/Total time: 15 – 20 minutes

Rules:

1. Groups of 3/Each group has 3 balls (just for quicker restart if ball gets away)
2. Passer passes to attacker who attempts to dribble past defender/Defender attempts to prevent dribble penetration
3. Score by dribbling the ball under control across the end line: Optional – Defender can score in other direction if they win the ball

Progressions/Variations:

1. Different starting positions: Diagram shows 4 different starting positions. This changes the 1 v 1 scenario with different ways to receive, turn, and dribble
2. Same positions or change: Player can stay in the same role for entire round or can rotate with each pass (passer to attacker/attacker to defender/defender to passer)/Advice: Lower ages and ability: Stay in the same role entire round
3. Passer Joins: Passer can entire the field after passing, creates 2 v 1 situation
4. Tournament: Keep score/Highest score moves up a field, 2nd place stays, 3rd place moves down a field (Note: can only do this if switching roles)



Basic Simple to Complex: Activity 2: 4 v 4 End Line Game

Set Up

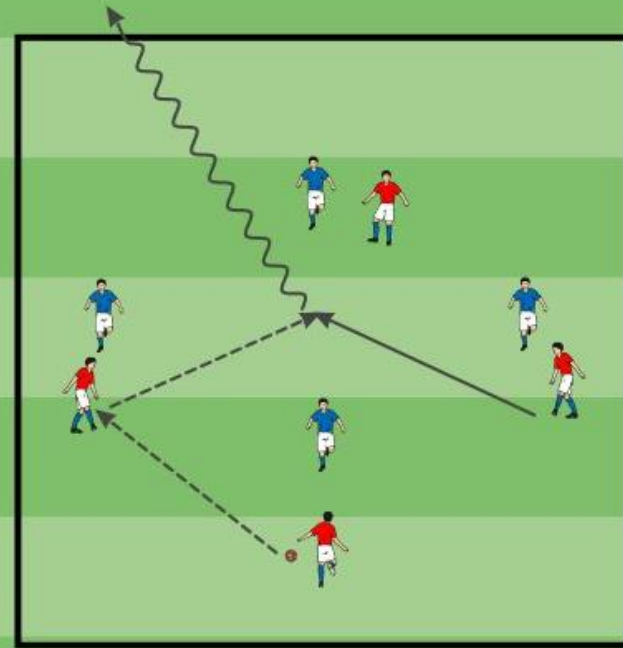
- Grid Size: 15 – 20 yards wide x 20-40 yards long
- Time: 3-5 minute games/1 minute rest/Play 3-5 games

Rules:

1. Two teams of 4 (Note can play this with any number 3 v 3/5v5/9v9)
2. Team attacks one side and defends the other
3. Score: Dribble across opponents end line under control

Progressions/Variations:

1. Field size: Too easy – Make field smaller/Too hard – Make field bigger/Endurance Fitness – Make field bigger/Quickness and footwork – Make field smaller



Basic Simple to Complex: Match/Game – 4 v 4/6 v 6

Set Up

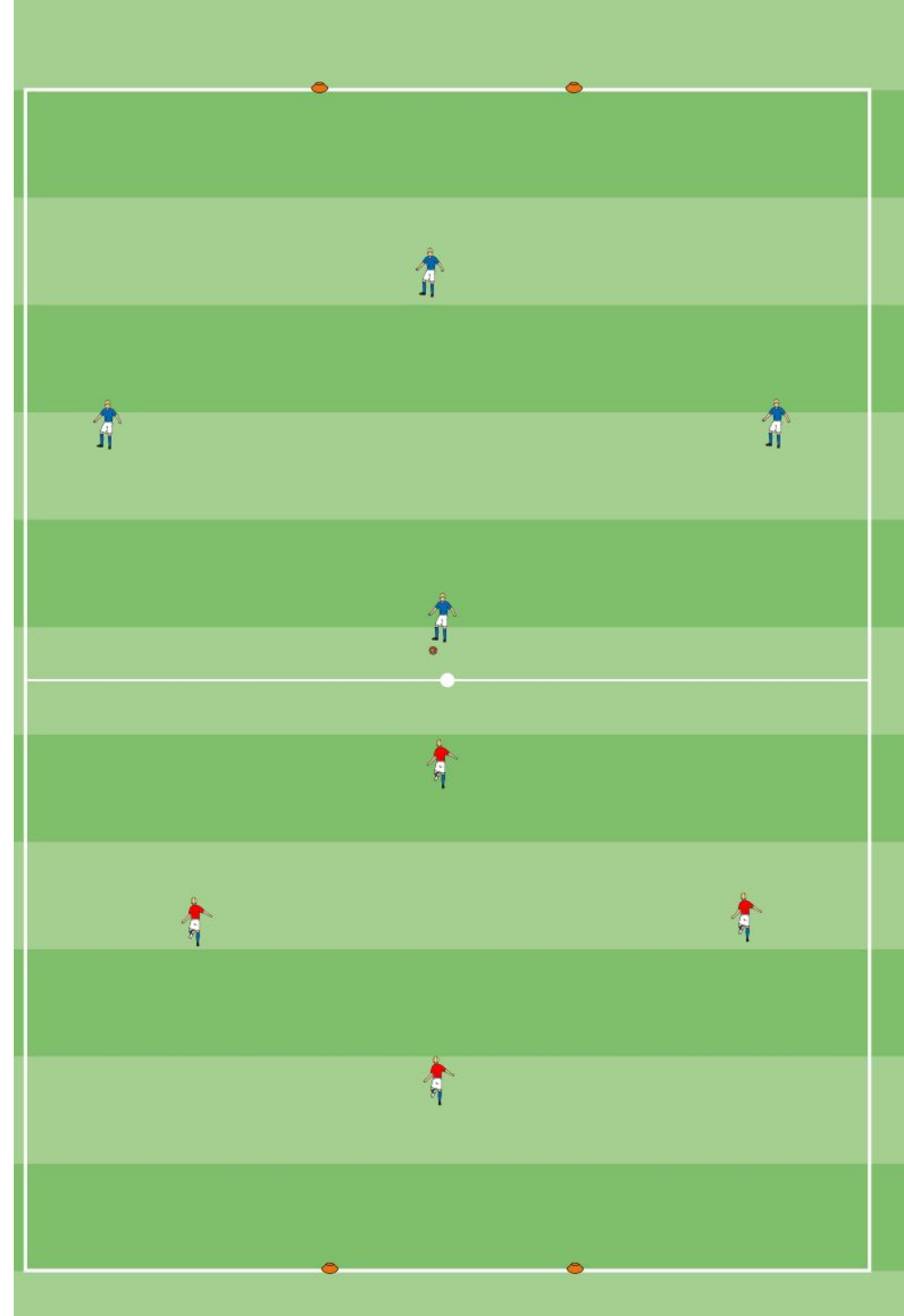
- Grid Size: 15 – 20 yards wide x 20-40 yards long/Goals 2 – 4 yards wide
- Time: 15 – 20 minutes

Rules:

1. Two teams of 4 (Note can play this with any number 3 v 3/5v5/9v9)
2. Team attacks one side and defends the other
3. Score: Pass ball through cone goal

Progressions/Variations:

1. Field size: Too easy – Make field smaller/Too hard – Make field bigger/Endurance Fitness – Make field bigger/Quickness and footwork – Make field smaller
2. Everyone must be on attacking half before team can score
3. Everyone on team must touch the ball before team can score



Basic Simple to Complex Final Thoughts

- Key Points to remember about a simple to complex training session
 1. The activities should build on to each other. This format is also called a progressive training session.
 2. Simple does not mean for beginners. These are activities that can be used at any age. Simple means it is a good starting place, a good foundation for the rest of the session. Fancy houses still need a foundation to build on.
 3. Complex does not mean, hard to follow or lots of rules. Complex simply means it looks more like regular soccer.
 4. Hence, Simple to Complex just means that each activity should build on the previous one and look more and more like a regular soccer match, i.e., more players, two even teams, directional (team defends one regular goal and attacks another), and, to finish, regular match rules.