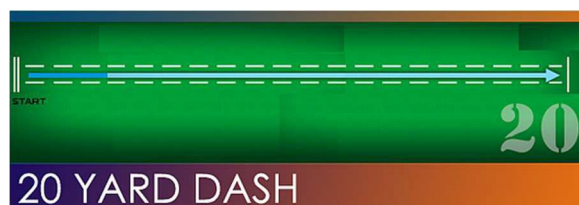


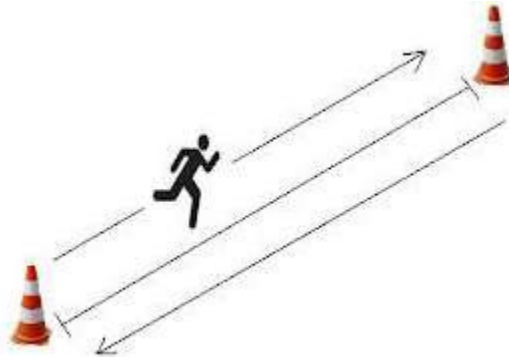
Special Olympics Oregon 8 Week Training Plan - Soccer

Week 1

- Goal of this practice
 - To introduce the basics of the sport and conditioning needed to make it through the season
 - Focus on stretching and conditioning. Introduce activities as a lifestyle that can be done at home in between practices as it'll improve their overall day to day life as well as their ability to be an athlete
 - Set up a fitness challenge with weekly goals for athletes to hit as well as make it a fun competition between teammates
- Team Talk
 - Review practice plan for day
 - Expectations for all players both at today's practice and throughout the season
 - Begin to review rules of the sport
- Warm Up-
 - See the "warm up" section to plan a proper warm up. Tip: make sure to include both an aerobic and a stretching (specifically dynamic stretching) component.
- Fitness Tests
 - This can help set standards for the rest of the season. Test athletes in the middle and at the end of the season to see if they have improved!
 - Distance Run
 - .5 mile -1 mile timed run
 - If you have an outdoor track available this would be the easiest way to run the test. If not, you can set it up around the field!
 - Directions: use 2 cones to create a start and finish line. Use a stopwatch to keep track of time.
 - 20-dash
 - Directions: Put down 2 sets of cones. Use 1 cone set for the start line, and the other for a finish line. You can create more than 1 test zone to have multiple athletes go. Time the athletes sprint from start to finish. They can have multiple tries.
 - Tell the athlete that you will begin the stop watch on their first movement (this way you can be at the end zone)



- Sit Up Test
 - How many sit ups can you complete in 1 minute
- Shuttle Test
 - You can pick and do the 10yrd or 20 yrd shuttle
 - Directions: Place two cones down. 1 cone is the starting line and then cone 2 is either 10 or 20yrd away. Have athletes begin at cone 1, they will run to cone 2 then back to cone 1.



- Cool Down
 - See the “cool down” section above to plan a proper cool down. Tip: make sure to include both an aerobic and a stretching (specifically static stretching) component.
- Set goals and activities for participants to work on in between practices
 - Examples: Being active outside practice for 30minutes per day, Work on your 20/40 yrd dash time, complete 10 pushups 5-7 days a week

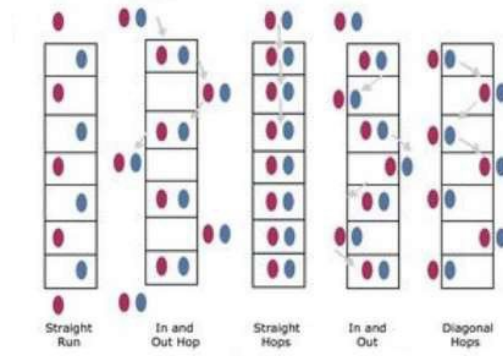
Week 2

- Goal of this practice
 - Work on the technique of making contact with the ball with different surfaces of your body
- Team Talk
 - Review key points from previous practice
 - Review practice plan for day
 - Expectations for all players both at today's practice and throughout the season
 - Continue to review rules of the sport
- Warm Up
 - Keep warm up consistent through the weeks- not only will this help the athlete learn the warm up and get good at it, it will help them get into a routine.
- Ball Contact Drills
 - Review all of the proper ways to "hit or touch the ball"
 - Start with the foot- teach the proper surfaces you can use with the foot (inside of the foot, lace, outside of the foot, soles) (NOT TOE)
 - Move to thigh- then to chest – then to head
 - Juggling!
 - Ball on Ground- Combine Surfaces – name a combination of foot skills for them to do.
 - Toe taps, Toe taps forward, tow taps backwards
 - Foot/ thigh juggling
 - Inside outside R, inside outside L, inside outside both feet
 - Inside inside (using inside of both feet)
 - Outside of right only/ outside left only
 - Active Practice Tips:
 - Split the team in half, have half of the team work on throwing drills and the other work on fitness/ conditioning – this will help to shorten the lines, allowing athletes to get more reps while minimizing the standing around. After a certain time, have the groups switch.
 - OR split team into pairs. Have 1 partner do ball work and the other do an exercise. Then switch. You can keep changing the exercise. You can also have them do sprints

- Fitness/Conditioning
 - Rectangle Variation Sprint
 - Place 6 cones in a rectangle shape. Each cone 10yd from each other. At each cone have the athlete perform a certain number of a certain exercise (see below). Athlete will sprint to the cone perform the exercise then sprint to the next, hitting all of the cones before completing the drill.
 - Cone 1: 10 Pushups
 - Cone 2: 10 Sit ups
 - Cone 3: 10 Knee Jumps
 - Cone 4-6 repeat exercises (pushups, sit ups, knee jumps)



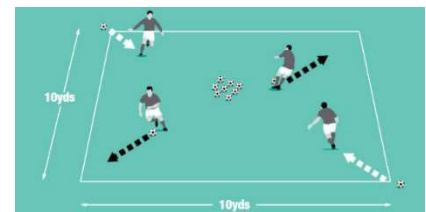
- Ladder Drills
 - Search and perform a number of ladder drills. For added difficulty add a cone 10 yds. away and have the athlete sprint to the cone after completing the ladder



- Cool Down
- Set goals and activities for participants to work on in between practices

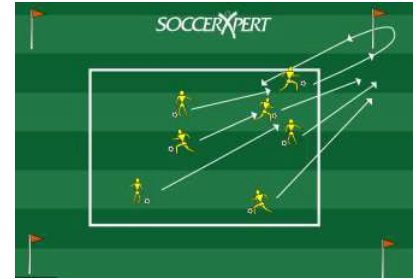
Week 3

- Goal of this practice
 - Focus on proper dribbling technique
- Team Talk
 - Review key points from previous practice(s): ball contact with different surfaces of the body
 - Review practice plan for day
 - Expectations for all players both at today's practice and throughout the season
 - Continue to review rules of the sport
- Warm Up
- Dribbling
 - Remind athlete of proper way foot surfaces to dribble with
 - Laces, inside of foot, outside of the foot, but not the toe.
 - Open Area Dribbling
 - Start in a big open area
 - Work on keeping the ball close then keeping the head up
 - Using your fingers, hold a number up, have them yell out what it is.
 - Work towards smaller spaces- cut the space in half.
 - Call out commands like left foot only, right foot only, speed up, 20 toe taps, bottom of shoes, laces only, inside of the foot only, outside of the foot.
 - Utilize cones!
 - Set up cones in a line. Have athlete line up behind cones and dribble through them. Limit to specific surface they can use for example this time going through only use lace or only use inside of your foot.
 - Use different cone layouts. Space cones wide apart- have them zigzag to each cone. Use only 2 cones have them drill to a cone turn around the cone and dribble back
 - Hungry Hungry Hippo
 - Place soccer balls in the middle of a square, have athlete run to the middle, grab a ball and dribble it to their area. Player with the most balls win. (You can add in: stealing from other players corners).
Add cone goals and say they must travel through 1-2 goals before bringing the ball to their zone.



- Reaction Dribbling

- Set up 4 different areas. Have athlete start with toe taps in the middle of field, point to an area and have them dribbling to that area and back. Make it into a race.
- Even if every athlete doesn't have a ball, the whole team can still participate. Those who don't have a ball can do jumping jacks or pretend to do toe touches. Have the athlete switch (ball or no ball) after 2 sprints

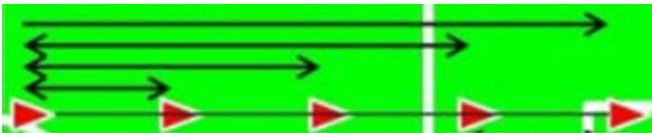


- Active Practice Tips:

- Split the team in half, have half of the team work on throwing drills and the other work on fitness/ conditioning – this will help to shorten the lines, allowing athletes to get more reps while minimizing the standing around. After a certain time, have the groups switch.
- Create multiple groups or create multiple lanes of cones/ layouts of the drills. This way every athlete is participating but the lines are kept short.

- Fitness/Conditioning

- Wind Sprints



- Create using lines on the field or using



cones

- Fit 5 Circuit

- Create an exercise circuit using the Fit 5 Exercise Cards
- Lay out 5 different exercises, split team into equal groups. Have each group go through each exercise 2 times for 30 seconds

- Cool Down

- Set goals and activities for participants to work on in between practices

Week 4

- Goal of this practice
 - Proper defensive stance
- Team Talk
 - Review key points from previous practice(s): ball contact & dribbling
 - Review practice plan for day
 - Expectations for all players both at today's practice and throughout the season
 - Continue reviewing rules of sport
- Warm Up
- Fitness/ Conditioning
 - Redo the Fitness Test! See if the athletes have improved in their fitness!
- Defense
 - Talk to the team about defending. Go over the proper defensive stance (knees bent, approaching at an angle).
 - Practice Stance!
 - Have athletes line up next to each other and behind one another. Instruct athlete to get into defensive position. Have them stand up and then repeat. Once they feel comfortable in the position have them move side to side, front and back!
 - Track your man
 - One person is the attacker the other is the defender. The attacker makes quick movements and tries to lose the defender and run past one of the cones. The defender must stay with the attacker in order to win the race
 - 1v1
 - One athlete is practicing their dribbling the other is practicing their defense. Create 1v1 lanes with cones. Create multiple lanes to have shorter lines.
 - Active Practice Tips:
 - Have athlete do a certain number of exercises (10 pushups, 10 sit ups) while they wait. Have the athlete in the drill do it for 2 minutes straight and send everyone for a lap then switch. Remember creating more grids for each drill will allow for shorter lines and less standing around!
 - Tell the athlete waiting to dribble. For track your man drill, athlete can dribble on the side of the box that athlete don't run to. For 1v1 lay have cones laid out or a small area specifically for dribbling.
- Cool Down
- Set goals and activities for participants to work on in between practices



Week 5

- Goal of this practice
 - Proper passing technique both short and long passes

- Team Talk
 - Review key points from previous practice(s): ball contact, dribbling, defensive stance,
 - Review practice plan for day
 - Expectations for all players both at today's practice and throughout the season
 - Review rules of the sport

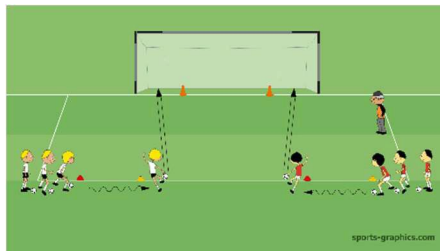
- Warm Up

- Passing (short and long)
 - Go over proper way to pass the ball. Using the inside of the foot, and where on the inside of the foot. Where to hit the ball. The proper steps leading up to passing the ball.
 - Pairs- Short & Long Distance Passing
 - Pair up everyone and allow them to start practicing proper passing form. Make sure they keep the ball under control. Have them understand the weight of the pass (how hard they have to hit it) in relation to where their teammate is.
 - Progress Options:
 - Have the pair take steps back so that the passing length increases
 - Give each athlete two cones and have them create goals: their partner must pass the ball through the cones
 - Start endless amounts of touches, then go to 2 touch then 1 touch.
 - Create groups of 3 instead of pairs. Put 1 person in the middle. Have them sprint to one end pass back. Sprint to the other end receive the ball from and pass back
 - i. Different combos- pass inside then back outside then long ball to other end.
 - 2v1 – incorporate defense component and passing
 - Circle Drill- works on all skills from previous week. Half of the team create circle other half inside. Work on laces volley, inside foot volley, passing 1 touch, 2 touch, thigh to foot pass, chest to foot.

- Fitness & Conditioning
 - Run Around the Field
 - Have each side of the field represent something different. Long side = jogging, shorter sides = sprint.
 - Sprints with different starts
 - Practice sprinting from different starting positions (lying on back, stomach, push up then sprint, jumping jack then sprint)
- Cool Down
- Set goals and activities for participants to work on in between practices

Week 6

- Goal of this practice
 - Shooting- on target
- Team Talk
 - Review key points from previous practice(s): ball contact, dribbling, defensive stance, passing
 - Review practice plan for day
 - Expectations for all players both at today's practice and throughout the season
 - Review rules of the sport
- Warm Up
 -
- Shooting
 - Teach proper way to kick or shoot the soccer ball. Talk about power vs accuracy
 - Shooting Lines
 - Start stationary- have them shoot for power
 - Start stationary- have them shoot with accuracy (add cones in goal)
 - Add Movement
 - Create two lines, have them dribble from right and from left side to a cone and then tap the ball forward before striking it.



- Add a Pass
 - Have two lines. One closer to goal has back turn to goal. They receive the ball from the line furthest away from the goal and lay it off to the right or left side. The athlete runs onto the ball and strikes it.

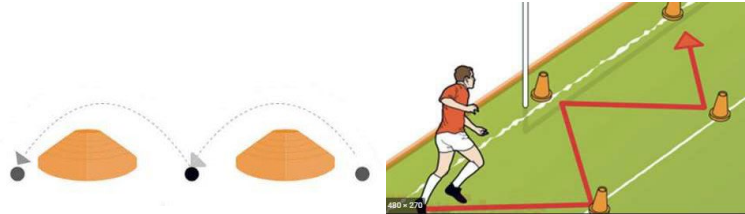


- Active Practice Tips:
 - Split team up- one does fitness the other shoots.
 - They switch after 10 minutes. Have athletes work on passing, dribbling or juggling while other half practices shooting

- Fitness & Conditioning

- Cones

- Lay down cones in straight line. Have athlete zig zag between cones. Then have them shuffle in and out of cones. Then have them hop sideways through cones. Space cones diagonal and further apart have them run then shuffle diagonally through cones.



- Exercise Circuit

- Pick another group of exercises and run through a circuit again!

- Cool Down

- Set goals and activities for participants to work on in between practices

Week 7-8

- Goal of these practice (s)
 - Incorporate up to two of the previous weeks drills to reinforce the skills that players have been working on throughout the season.
 - In normal times this would be good times for intra-squad scrimmage but as soccer is a high-risk sport this is not allowed. Instead set up skills competitions to create a fun competitive environment amongst teammates
- Team Talk
 - Review key points from previous practice(s)
 - Review practice plan for day
 - Expectations for all players both at today's practice and throughout the season
 - Continue to review rules of the sport
 - Have a rules test where players get prizes for answering questions correctly
 - Prizes can be:
 - Leading a session
 - Sitting out a conditioning run etc.
 - Or get to play popular position for the day
- Warm Up
- Drills
 - Review skills practiced in previous weeks.
 - Suggestion: since skills such as dribbling & passing are only focused on for 1 week each, we recommend revisiting these skills during week 7 & 8. These are the most important skills soccer players could have.
 - Circle Drill
 - This works on majority of the skills previously worked on. Plus it's easy to involve the whole team and its good fitness.
 - Active Practice Tips:
 - Remember that you can split the team in half, have half of the team work on soccer specific drills and the other work on fitness/conditioning – this will help to shorten the lines, allowing athletes to get more reps while minimizing the standing around. After a certain time, have the groups switch.
 - Or add in sprints, laps or other exercises to keep athlete moving!
- Fitness and Conditioning
 - Reuse some of the previous fitness and conditioning drills.
 - Make sure to complete fitness test at least once more before the end of the season, preferably on week 8!
- Cool Down
- Set goals and activities for participants to work on in between practices

WARM-UP

What is a warm-up?

- A warm-up should be the first physical activity in every training session or competition. It helps prepare the body and mind for the activity we are about to do.
- Warm-ups should begin at a slow pace and gradually become a little faster and more difficult.
- A warm-up helps us to reach a state of physical and mental readiness. When we prepare both the body and the mind, we are less likely to suffer an injury and will perform better at each practice, training, and competition.

Why do a warm-up?

Physical Benefits:

- Warm-up prepares the body for sport or exercise and helps to prevent injury by:
 - Increasing heart rate.
 - Increasing breathing rate.
 - Increasing blood flow to the active muscles.
 - Increasing body and muscle

temperature. Mental Benefits:

- Warm-ups prepare the mind to focus on the sport or exercise by:
 - Helping athletes shift focus from life to sport.
 - Mentally reviewing skills previously learned.
 - Connecting the mind and the body (e.g. linking hand and eye coordination).

How do we warm-up?

Step #1: Aerobic Activity (2-5 minutes)

Aerobic activities are whole body movements that will increase the heart rate. It should start at a slow pace and gradually increase in intensity/difficulty and last at least 5 minutes. Athletes should feel warm, a little out of breath, and energized by the end. This can be a really fun part of your training session.

- Examples can include
 - Walking
 - Running
 - Jogging
 - Skipping
 - Dancing
- You can introduce games or dances. Involve your athletes in choosing the activity. Try to be creative. Routine can be helpful for some athletes, but variety is also important.

Step #2: Dynamic Stretches (2-5minutes)

Dynamic stretches consist of active, controlled movements that take body parts through a full range of motion. Some examples are arm circles and leg swings. These are better than traditional/static stretches in the warm-up because the body temperature and heart rate stay elevated. In addition, dynamic stretches have been shown to reduce injury better than traditional stretches.

- Examples:
 - High knee march or jog
 - Butt kick step or jog
 - Leg swings
 - Knee circles
 - Hip circles
 - Torso twists
 - Walking kicks
 - Side stepping
 - Arm circles

Step #3: Sport-Specific Movements (5-10 minutes)

This is the final part of the warm-up. In this section, focus on skills or movements which are core to your sport. This helps prepare these muscles, joints, and ligaments and the mind for the movements the body will repeat in the training, practice, or sport session. This part of the warm-up can be a great way to review and practice previously learned skills and should move from simple to more complex skills. It can help to have a predictable routine with your athletes for this section. Remember, we are still warming-up and preparing the body, so athletes should be as active as possible. Avoid spending time on lengthy explanations.

- Examples:
 - Ball laps have the athletes run laps around the field while dribbling a soccer ball
 - Practice passing the ball back and forth across the field to other teammates
- *Why Sport Specific Movements are Important*
 - Drills are segments of the sport activity that, when separate and focused upon, allow the athlete to perfect technique. Incorporating drills in the warm-up 1) allows the athlete to work on specific muscle groups recruited for the activity at a lower intensity level and 2) allows the athlete to be fresh when completing the tasks by removing obstacles such as fatigue (physical and mental), which will create a greater environment for improvement.
 - Progressions of learning start at a low ability level, advance to an intermediate level, and finally, reach a high ability level. Encourage each athlete to advance to the highest possible level. Drills can be combined with warm-up and lead into specific skill development.
 - You can implement skill related fitness during this section of the warm up like agility, balance, or speed drills.