

TAC Soccer Week Lesson Plan (Monday to Friday)

Equipment Needed:

- Soccer balls (one per player)
- Cones (approx. 30 for drills and marking)
- Proper pinnies (distinct colors for group games)



Daily Structure (All Days)

- 9:00 - 9:15** Group introduction & warm-up games
- 9:15 - 10:30** First Programming Block: Drill, 3 skills, small game
- 10:30 - 11:00** Snack
- 11:00 - 11:45** Second Programming Block: Drill, game, small games
- 12:00 - 1:00** Lunch
- 1:00 - 1:15** Group introduction & warm-up games
- 1:15 - 2:15** Afternoon First Programming Block (different skill cycles)
- 2:15 - 2:45** Snack
- 2:45 - 3:45** Afternoon Second Programming Block (different skill cycles)
- 3:45 - 4:00** Sign out prep & sign out



TAC Soccer Weekly Lesson Plan

Coaching Notes on Drill Progression, Timing & Backpocket Games

- **Levels of Difficulty Progression:**
 - Start drills at a comfortable pace and minimal pressure.
 - Increase speed gradually to encourage quicker skill execution.
 - Add pressure (e.g., passive defender, reduced space) to simulate game scenarios.
 - Increase complexity by combining skills or adding decision-making.
- **Time Management:**
 - Each drill or skill session should be **no more than 30 minutes**.
 - Introduce fresh drills or games each programming block to maintain energy and engagement.
 - If drills run long, rotate players through smaller groups or switch to an easier related game.
- **Low-Organizational Backpocket Games for Snack & Lunch:**
 - Shadow Dribbling – players mimic each other’s moves.
 - Footwork Freeze – dribble or jog in place, freeze on coach’s signal.
 - Simon Says with soccer skills (toe taps, sole rolls, turns).
 - Keep It Up – juggling with feet, thighs, head to keep ball airborne.
 - Mini Sharks and Minnows or tag games in small open spaces.

Daily Schedule (Monday to Friday)

Time	Activity
9:00 – 9:15 AM	Group Introduction, Group Games, Review 5-Star Development Plan
9:15 – 10:30 AM	First Programming Block – Drill, 3 Specific Skills, Small Game
10:30 – 11:00 AM	Snack Break (Backpocket Games Recommended)
11:00 – 11:45 AM	Second Programming Block – Drill, Game, Small Games
12:00 – 1:00 PM	Lunch Break (Backpocket Games Recommended)
1:00 – 1:15 PM	Group Introduction, Group Games, Review 5-Star Development Plan
1:15 – 2:15 PM	Third Programming Block – Drill, 3 Specific Skills, Small Game
2:15 – 2:45 PM	Snack Break (Backpocket Games Recommended)
2:45 – 3:45 PM	Fourth Programming Block – Drill, Game, Small Games
3:45 – 4:00 PM	Sign Out Preparation and Sign Out

Monday — Dribbling

Skill Focus: Close Ball Control & Feints

Individual Reps: 100 reps per foot for each skill

9:00–9:15

Group intro, warm-up games, review 5-Star Development Plan

9:15–10:30

Drill: Close ball control around cones

- Inside-Outside touch (100 reps right, 100 reps left)
- Pull-back turn (100 reps right, 100 reps left)
- Step-over feints (100 reps right, 100 reps left)
Small Game: 1v1 dribbling challenge focusing on creativity and ball protection

10:30–11:00

Snack + Backpocket Game (Shadow Dribbling)

11:00–11:45

Drill: Tight space dribbling with passive defender

- Progression: Slow → faster → pressure
Small Games focused on ball control

12:00–1:00

Lunch + Backpocket Game (Footwork Freeze)

1:00–1:15

Group intro, warm-up games, review 5-Star Development Plan

1:15–2:15

Drill: Drag-back turns

- Cruyff turn (100 reps right, 100 reps left)
- V-pull dribble moves (100 reps right, 100 reps left)
Small Game: “King of the Ring” dribbling possession game

2:15–2:45

Snack + Backpocket Game (Simon Says soccer skills)

2:45–3:45

Drill: Combination of previous dribbling moves with defender pressure

Small Games emphasizing quick feet and decision making

3:45–4:00

Review 5-Star Development Plan, sign out prep and sign out

Tuesday — Passing

Skill Focus: Accurate Passing & Receiving

Individual Reps: 100 passes per foot for each skill

9:00–9:15

Group intro, warm-up games, review 5-Star Development Plan

9:15–10:30

Drill: Passing pairs in tight space

- Inside foot passing (100 reps right, 100 reps left)
- Outside foot passing (100 reps right, 100 reps left)
- One-touch passing (100 reps right, 100 reps left)
Small Game: 3v1 keep-away focusing on quick passes and movement

10:30–11:00

Snack + Backpocket Game (Keep It Up juggling)

11:00–11:45

Drill: Passing under pressure with passive defender

Small Games focusing on accurate receiving

12:00–1:00

Lunch + Backpocket Game (Mini Sharks & Minnows)

1:00–1:15

Group intro, warm-up games, review 5-Star Development Plan

1:15–2:15

Drill: Passing and receiving on the move

- Long driven passes (100 reps right, 100 reps left)
- Passing in triangles (100 reps total)
Small Game: “Passing Gates” – passing through small targets under pressure

2:15–2:45

Snack + Backpocket Game (Simon Says with passes)

2:45–3:45

Drill: Combination passing drills with 1-2 defenders applying pressure

Small Games focusing on quick decision-making and accuracy

3:45–4:00

Review 5-Star Development Plan, sign out prep and sign out

Wednesday — Shooting

Skill Focus: Shooting Technique & Power

Individual Reps: 100 shots per foot for each skill

9:00–9:15

Group intro, warm-up games, review 5-Star Development Plan

9:15–10:30

Drill: Shooting stationary and on the move

- Inside foot placement shots (100 right, 100 left)
- Laces power shots (100 right, 100 left)
- Volleys and half-volleys (100 right, 100 left)
Small Game: Shooting accuracy competition

10:30–11:00

Snack + Backpocket Game (Keep It Up juggling)

11:00–11:45

Drill: Shooting with passive defender closing in
Small Games focusing on finishing technique

12:00–1:00

Lunch + Backpocket Game (Footwork Freeze)

1:00–1:15

Group intro, warm-up games, review 5-Star Development Plan

1:15–2:15

Drill: Quick shooting after control

- Shooting on the run (100 right, 100 left)
- Chip and finesse shots (100 right, 100 left)
Small Game: Small-sided game with bonus for weaker foot goals

2:15–2:45

Snack + Backpocket Game (Simon Says shooting moves)

2:45–3:45

Drill: Shooting under defender pressure with decision-making
Small Games focusing on composure finishing

3:45–4:00

Review 5-Star Development Plan, sign out prep and sign out

Thursday — Combination Play

Skill Focus: Passing Combinations & Movement

Individual Reps: 100 reps per foot for each skill

9:00–9:15

Group intro, warm-up games, review 5-Star Development Plan

9:15–10:30

Drill: 2v1 give-and-go drills

- Wall passes (100 right, 100 left)

- Overlapping runs with pass (100 right, 100 left)
- Third-man runs and through balls (100 total)
Small Game: 3v2 attacking focusing on combination play and timing

10:30–11:00

Snack + Backpocket Game (Mini Sharks & Minnows)

11:00–11:45

Drill: Combination play in tight spaces with defender pressure

Small Games to encourage quick interplay

12:00–1:00

Lunch + Backpocket Game (Simon Says with passing)

1:00–1:15

Group intro, warm-up games, review 5-Star Development Plan

1:15–2:15

Drill: Quick one-touch and layoffs

- Switching play with long passes (100 right, 100 left)
- Overlapping runs + final pass or cross (100 total)
Small Game: Possession game limited to 2 touches per player

2:15–2:45

Snack + Backpocket Game (Footwork Freeze)

2:45–3:45

Drill: Combination drills increasing defender pressure

Small Games emphasizing communication and movement off the ball

3:45–4:00

Review 5-Star Development Plan, sign out prep and sign out

Friday — Tournament & Celebration

Skill Focus: Apply all skills under game conditions

Individual Reps: N/A (Tournament play)

9:00–9:15

Group intro, warm-up games, review 5-Star Development Plan

9:15–10:30

Tournament Play: Small-sided games rotating teams, applying weekly skills

10:30–11:00

Snack + Low-organization backpocket games (Mini Sharks & Minnows)

11:00–11:45

Tournament Play Continues with coaching feedback and encouragement

12:00–1:00

Lunch + Light backpocket games (Simon Says)

1:00–1:15

Group intro, warm-up games, review 5-Star Development Plan

1:15–2:15

Tournament Finals and playoffs focusing on teamwork and sportsmanship

2:15–2:45

Snack + Low-organization backpocket games (Keep It Up juggling)

2:45–3:30

Tournament Closing Games / Fun Matches

3:30–4:00

Award Ceremony: Individual awards for progress, effort, teamwork

Coach-Parent quick meetings: provide 2 positive feedback points per player

Sign out prep and final sign out

Friday Tournament Details

Team Selection:

- Coaches will select teams by carefully balancing skill levels to ensure evenly matched groups.
- Teams are picked fresh each tournament session to give all players a chance to play with different teammates and against a variety of opponents.
- Use pinnies of different colors to easily differentiate teams and keep the process organized.

Fair Play and Refereeing:

- Coaches and staff will act as referees during the tournament, ensuring fair play at all times.
- Emphasize positive reinforcement by praising effort, teamwork, and sportsmanship from every player regardless of the game outcome.
- Rotate refereeing responsibilities if possible to engage all coaching staff and maintain fairness.

Team Rotation and Engagement:

- Change the teams frequently to maintain excitement and give players varied experiences.
- Encourage players to communicate and support their teammates during matches to build a strong team spirit.

Celebration and Feedback:

- After the tournament, hold a brief group celebration recognizing individual and team efforts.
- Highlight great plays, improvement, and good attitudes on the field.
- Provide constructive feedback to players and encourage coaches to share two positive points about each player's performance with their parents daily.

T AFC Soccer Academy Player Recommendation Summary

We welcome any player who demonstrates **passion for soccer** and a **desire to play competitively** to join our T AFC Soccer Academy. Our program is designed to nurture motivated players at all levels who want to develop their skills in a structured, supportive environment.

Recommendation Process:

- Identify players showing commitment, enthusiasm, and a drive to improve.
- Invite all interested players to apply or join the T AFC Soccer Academy.
- To recommend a player or for more information, please contact us at: academy.taafc@gmail.com

We look forward to helping passionate players grow and succeed with us!

