**Soccer Training Sessions - Seniors**

**⭐ Session 1: Advanced Passing & Movement**

**Objective:** Improve passing accuracy, vision, and off-the-ball movement  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Dynamic Stretching and Passing Drill* – Perform dynamic stretching followed by passing in pairs. Players pass to each other, focusing on accuracy and movement to receive.
* **Skill Activity (20 mins):** *Pass and Move Drill* – Players pass the ball, then move to a new position (e.g., into space, to a supporting position). Emphasize quick, precise passing and understanding when and where to move.
* **Game-Based Activity (30 mins):** *3v2 Possession Game* – 3 attackers vs. 2 defenders in a small grid. The attacking team must maintain possession and make quick, precise passes, while the defending team focuses on intercepting.
* **Mini-Game (20 mins):** *4v4 Game with Restriction* – In a small-sided game, players are restricted to only passing to teammates who are moving into space. Focus on quick passing, supporting runs, and creating angles.
* **Cool Down (5 mins):** Stretching and feedback on movement off the ball and passing accuracy.  
  🗨 “How do you communicate with your teammates when you're about to make a run?”

**⭐ Session 2: Pressing and Defensive Shape**

**Objective:** Enhance defensive pressing, positioning, and shape  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Agility and Defensive Positioning Drills* – Players perform quick lateral movements, shuffling, and backpedaling to improve defensive agility.
* **Skill Activity (20 mins):** *Pressing Drill* – Players work in pairs to simulate pressing an opponent. One player passes to the other and the defender must close down quickly to win the ball back.
* **Game-Based Activity (30 mins):** *Defensive Shape Drill* – In a 4v4 or 5v5 setting, players focus on maintaining a compact defensive shape. The defending team works to win back possession by pressing the ball and denying passing lanes.
* **Mini-Game (20 mins):** *Defensive Scrimmage* – A small-sided match where the defending team is encouraged to press high up the field. The attacking team works on breaking the press with quick passes and runs.
* **Cool Down (5 mins):** Stretching and feedback on defensive positioning and pressing.  
  🗨 “How do you ensure that the team stays compact while defending?”

**⭐ Session 3: Attacking Transitions & Counter-Attack**

**Objective:** Improve attacking transitions, speed, and decision-making  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *High-Speed Passing and Movement* – Players work on quick passes and running into space, simulating counter-attacks.
* **Skill Activity (20 mins):** *Counter-Attack Drill* – Simulate a counter-attack scenario where players quickly transition from defense to attack after regaining possession. The emphasis is on speed, decision-making, and passing accuracy.
* **Game-Based Activity (30 mins):** *4v4 Counter-Attack* – Small-sided game where players focus on quick transitions. After winning the ball, they must counter-attack as fast as possible.
* **Mini-Game (20 mins):** *Attacking Transition Game* – In a 6v6 or 7v7 format, teams focus on attacking immediately after winning the ball back. Encourage players to transition quickly from defense to attack and make fast decisions.
* **Cool Down (5 mins):** Stretching and team discussion on the importance of fast transitions.  
  🗨 “How do you make sure to take advantage of a counter-attack situation?”

**⭐ Session 4: Finishing Under Pressure**

**Objective:** Enhance shooting accuracy and finishing under pressure  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Dynamic Footwork and Shooting* – Players perform ball control and dribbling exercises, followed by shooting practice with emphasis on technique.
* **Skill Activity (20 mins):** *Finishing Drills with Defenders* – Players take turns shooting on goal while a defender applies light pressure. Focus on shooting under pressure and placing the ball in the corners of the goal.
* **Game-Based Activity (30 mins):** *1v1 Attacking vs. Goalkeeper* – Players attack the goalkeeper 1v1. The attacker must make quick decisions about when to shoot or dribble, while the goalkeeper focuses on blocking shots.
* **Mini-Game (20 mins):** *3v2 Finishing Drill* – A small-sided game where the attackers must quickly create a goal-scoring opportunity against the defenders.
* **Cool Down (5 mins):** Stretching and feedback on finishing techniques under pressure.  
  🗨 “How do you stay calm when you’re under pressure with the goalkeeper coming toward you?”

**⭐ Session 5: Possession Play and Ball Retention**

**Objective:** Improve ball retention, passing accuracy, and possession-based play  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Passing in Pairs with Movement* – Players pass and move in pairs, focusing on maintaining good positioning and controlling the ball under pressure.
* **Skill Activity (20 mins):** *Possession Drill* – Set up a small grid and divide players into two teams. One team tries to maintain possession while the other team presses to win the ball back.
* **Game-Based Activity (30 mins):** *5v5 Possession Game* – Teams try to maintain possession while under pressure. Players must use movement, passing, and teamwork to keep the ball away from the opposing team.
* **Mini-Game (20 mins):** *Keep Away Drill* – Small-sided possession game where one team tries to keep possession of the ball for a set time while the other team tries to intercept.
* **Cool Down (5 mins):** Stretching and feedback on maintaining possession.  
  🗨 “How do you ensure that you always have options when you receive the ball?”

**⭐ Session 6: Defensive Awareness & 1v1 Defending**

**Objective:** Develop 1v1 defending and defensive decision-making  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Lateral Movement and Agility Drills* – Perform side shuffles, quick turns, and backpedals to warm up for defensive drills.
* **Skill Activity (20 mins):** *1v1 Defending Drill* – Players work in pairs, where one player attacks and the other defends. The focus is on positioning, timing, and tackling technique.
* **Game-Based Activity (30 mins):** *Defensive Scrimmage* – Small-sided game with a focus on defending. Defenders work to prevent attackers from getting into dangerous positions, while attackers try to break down the defense.
* **Mini-Game (20 mins):** *Defensive and Attacking Scrimmage* – A small-sided match where each team has to alternate between defending and attacking, with emphasis on 1v1 defending and attacking.
* **Cool Down (5 mins):** Stretching and reflection on defensive strategies.  
  🗨 “How do you anticipate the attacker’s moves in 1v1 situations?”

**⭐ Session 7: Set Pieces – Attacking and Defending**

**Objective:** Improve the execution and defense of set pieces (free kicks, corners)  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Passing and Movement Drills* – Players work on passing and controlling the ball while moving to open up space.
* **Skill Activity (20 mins):** *Attacking Free Kicks* – Practice delivering accurate free kicks from different angles. Focus on timing, placement, and communication between the taker and the targets.
* **Game-Based Activity (30 mins):** *Defending Set Pieces* – Players work on defending set pieces, such as corner kicks and free kicks. Focus on marking and blocking runs.
* **Mini-Game (20 mins):** *Set-Piece Scrimmage* – A small-sided game with emphasis on set pieces. One team practices attacking free kicks and corners, while the other defends.
* **Cool Down (5 mins):** Stretching and feedback on set-piece execution.  
  🗨 “What do you look for when defending or attacking during set pieces?”

**⭐ Session 8: Game Simulation and Tactical Awareness**

**Objective:** Apply tactical concepts in a game situation  
**Duration:** 90 mins

* **Warm-Up (15 mins):** *Light Jog and Tactical Movement* – Jogging and passing to warm up, with specific focus on positioning and movements.
* **Skill Activity (20 mins):** *Tactical Shape Drill* – Players practice specific formations and positioning in attack and defense, simulating in-game situations.
* **Game-Based Activity (30 mins):** *Game Situation Drill* – Simulate a match scenario, such as defending a lead or launching a counter-attack. Focus on communication, positioning, and decision-making.
* **Mini-Game (20 mins):** *Full-Sided Scrimmage* – A full-sided match where coaches give specific tactical instructions, such as pressing high, maintaining possession, or quick transitions.
* **Cool Down (5 mins):** Stretching and team discussion on tactical adjustments and performance.  
  🗨 “How do you adjust your tactics depending on the game situation?”