

Author: Tom Turner

Director of Coaching  
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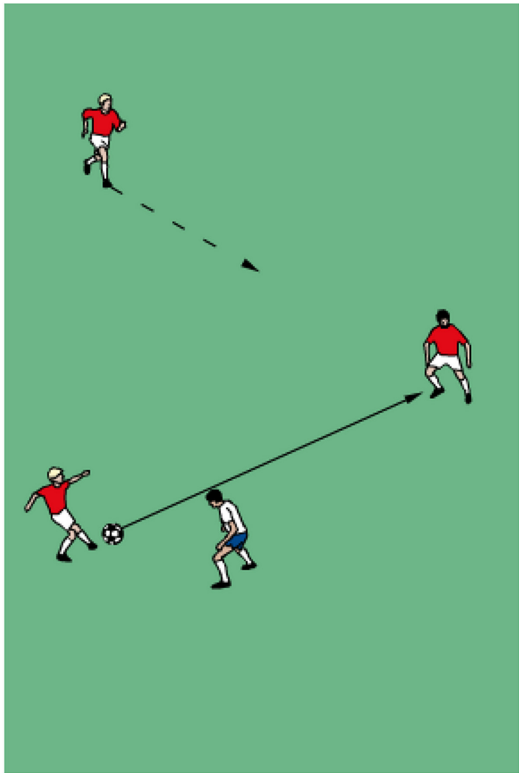
Coaches Connection

## Lesson Plan



Topic: Expansion & Contraction

Age: U15

| Activity Name                                                                                                                       | Description                                                                                                                                                                                                                                                                                                             | Diagram                                                                              | Purpose/Coaching Points                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 Possession</b>                                                                                                                 |                                                                                                                                                                                                                                                                                                                         |                                                                                      |                                                                                                                                                |
| <p><b>Numbers:</b> Teams of 4 or 5, as required.</p> <p><b>Space:</b> Three to four areas of 20 x 12 (3 v 1) or 20 x 15 (4 v 1)</p> | <p><b>Time:</b> Rounds of 60 seconds</p> <p><b>Scoring:</b> Highest number of consecutive passes per round. Compare teams for winner. Rotate a new defender after each round. Any balls out of bounds revert to the attackers. Defenders should maintain possession as long as possible. First pass is always free.</p> |  | <p>Players should not cross each other</p> <p>Mobility to support the ball</p> <p>Expansion and contraction on positive/negative turnovers</p> |

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### 2 Line soccer

Numbers: 4 v 4

Space: 35 x 25 yards  
(40x30 max)

Scoring: Cross the long  
line in possession

Time: 10-minute rounds  
(rotate and rebalance  
teams, as required)



Players should organize  
into positions and  
maintain shape.

No crossing over  
without changes in  
roles.

Attackers should  
balance mobility while  
maintaining group  
balance.

Defenders should work  
as a team to compact  
space.

### 3 Game to Goal

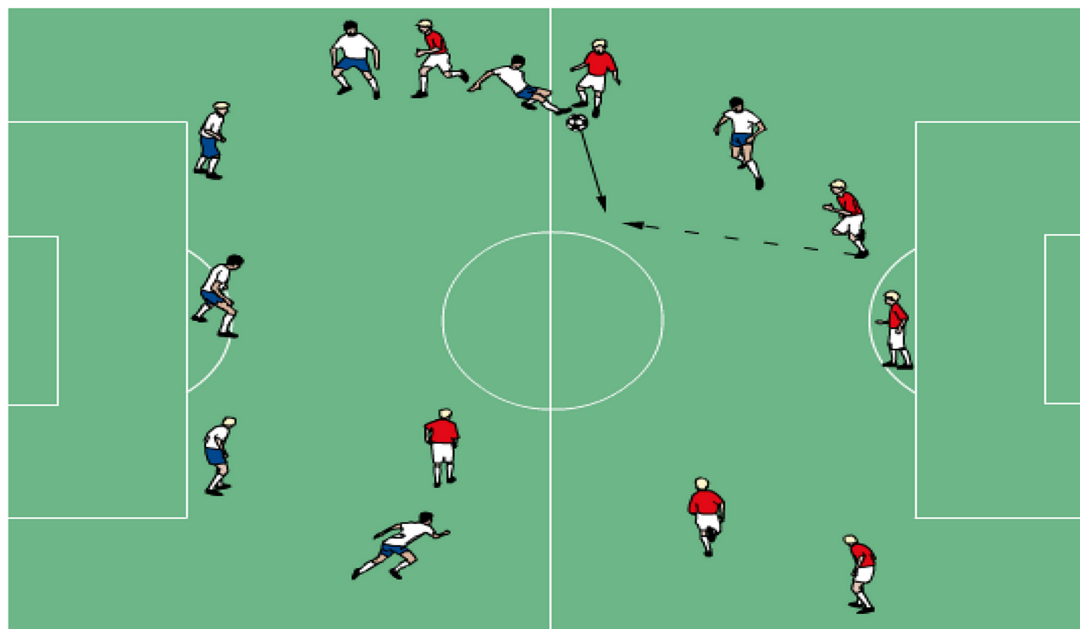
Numbers: 7 v 7 / 8 v 8,  
arranged 3-2-2, or 3-1-2

Space: 60 x 40 / 70 x 50.  
Offside at half-way line or  
top of the penalty area

Scoring: Regular

Time: 40-50 minutes

No kickoffs following  
goals.



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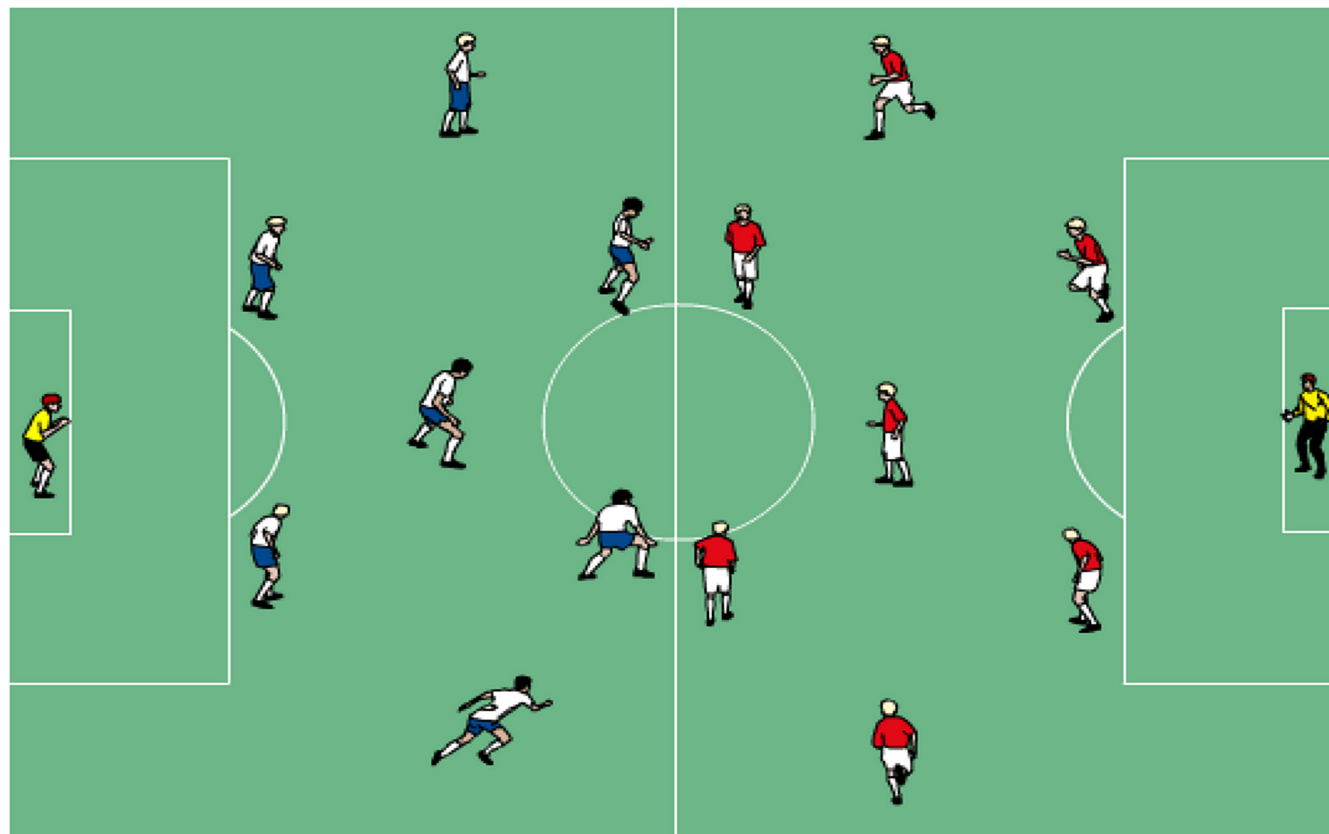


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### 4 Match

FIFA Laws of the Game



### 5 Cool-Down

Center circle

Static stretching  
Loosen the laces on the boots for improved circulation in the feet  
Loosen the straps on shin guards for improved circulation in the lower legs

Rehydrate  
Attend to any injuries no matter how minor

Did you have fun today?  
Did you learn anything today?  
Dismissed.