



Recommended **Session Formats & Schedules**

TOPSoccer programs are designed to be flexible and adaptive to the needs of participants, focusing on fun, inclusion, and player development rather than competition. Common session formats and schedules include:

Session Formats

Small-Sided Games:

Games like 3 vs. 3 or 4 vs. 4 without goalkeepers are popular, allowing more touches on the ball and easier adaptation to players' abilities.

Skills & Activity Stations:

Sessions often include multiple skill-building stations where players rotate through activities that focus on dribbling, passing, shooting, and movement, with and without the ball.

Buddy System:

Each player is paired with a trained volunteer "buddy" who provides one-on-one support and encouragement throughout the session.

Circuit Courses

Some programs use circuit-style training where players move through a series of challenges or drills, balancing familiar and new activities to keep engagement high.

Unified Teams

Combining athletes with and without disabilities on the same team to encourage social interaction and teamwork.

Sample Session Schedule (Typically 60 Minutes)

Warm-Up (10 minutes): Group warm-up activities to get players moving and engaged.

Skill Stations or Drills (15-30 minutes): Rotate through multiple stations focusing on different soccer skills.

Small-Sided Games (15-20 minutes): Games adapted to players' abilities, emphasizing fun and participation.

Cool Down & Social Time (5-10 minutes): Group cool down, recognition of players, and time for social interaction.

Program Length and Frequency

- Most TOPSoccer programs run 6 to 8 weeks, with weekly sessions of about 1 hour each.
- Some programs organize special event days or jamborees to celebrate the season and encourage community involvement.

Field Size and Equipment

- Fields are typically smaller than standard soccer fields (e.g., 20-25 yards long by 15-25 yards wide) to accommodate the players and activities.
- Equipment is adapted as needed, including varied ball sizes and types, pinnies for team identification, and accessible field setups.

