

27 Free Coaching Session



@SPP_Coaching

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We have put together a 3-session topic bundle for you to take, adapt and deliver to your team(s), we hope you enjoy and find them useful!

Thanks for your support.

The SPP Coaching Team

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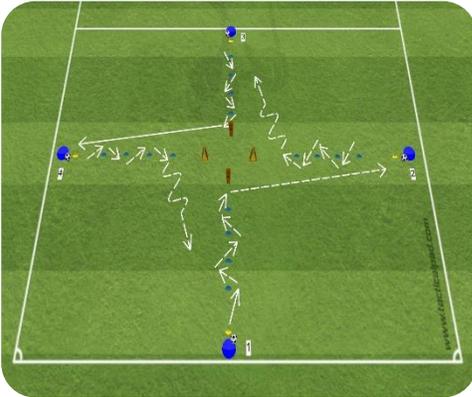
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Session: *Dribble, Pass or Run with the Ball*



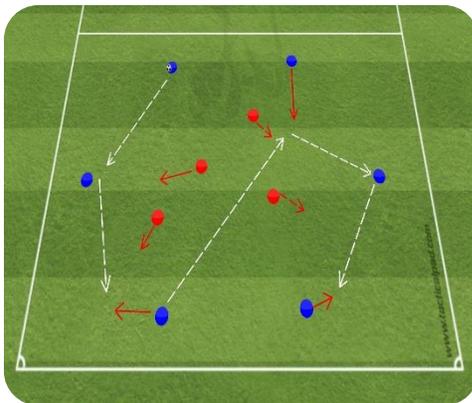
Setup:

- 4 groups working towards tall cone/ pole
- Feint / skill when approaching tall cone / pole to head in the direction they will play
- Dribbling from group 1 > 2
- Running with the Ball group 2 > 3
- Passing from group 3 > 4
- Players decide which they wish to perform on 4th movement from 4 > 1
- Perform move of the week when approaching tall cone / pole

Coaching Points:

- Close ball control through cones, inside, outside, using both feet
- Bigger touches under control when RWTB, longer strides using laces to push ball forward
- Quality on pass, to feet with correct weight and direction, locking ankle in pushing through the centre of the ball
- Moves/feints, realistic to the game, dropping the shoulder etc.

WARM UP



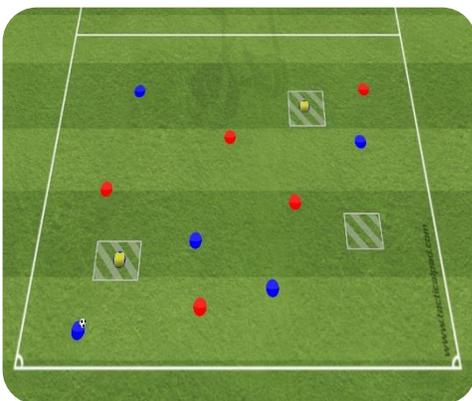
Setup:

- Area 30x30 playing 6v4.
- Players on the outside look to develop possession and create space
- Decision making for team with the ball, when to dribble, when to RWTB when you pass
- If players in centre wins the ball they swap over with player on outside who they won it from

Coaching Points:

- Create space to find the right position and angle to receive the ball
- Body position to receive, open body be able to see the full area and options around
- Quality on pass, weight and direction, to feet or to space, what determines this?
- Decision on stepping into the area to dribble or RWTB

ACTIVITY ONE



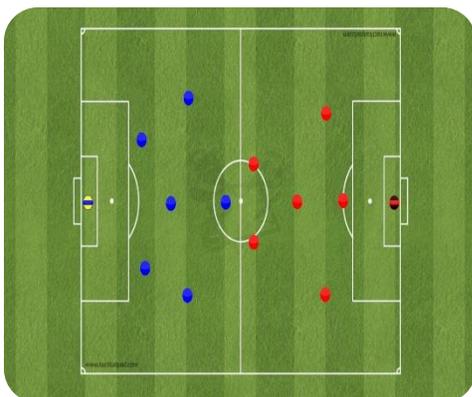
Setup:

- Area 40x40 with 3 target boxes
- 2 teams with two target players who will play for the team in possession
- Teams score by passing to a target player inside the target boxes
- Target players can move between each target area to receive pass and gain one point for that team
- Teams can also score points by dribbling or passing through the empty box

Coaching Points:

- Early assessment of opportunities to dribble, run or pass
- Recognition of target players movements (awareness)
- Players to slow down before moving quickly (changes of speed)

ACTIVITY TWO



Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

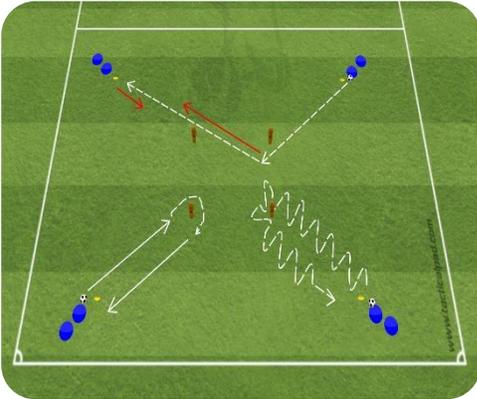
Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

Session: *Dribble, Pass or Run with the Ball*

WARM UP



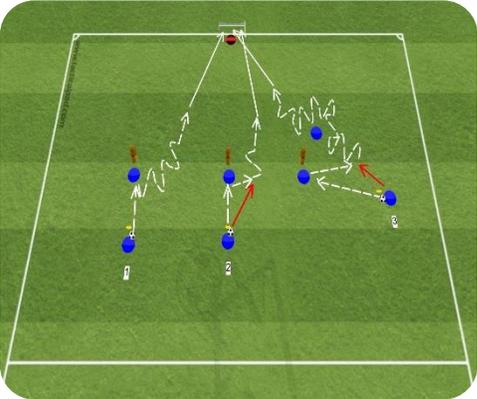
Setup:

- 20x20 area with 1 pole 7 yards from starting position as shown
- 4 groups with a ball each placed at each corner.
- **Group 1:** Dribble around pole before rejoining their group
- **Group 2:** RWTB to pole slow as they move around and continue to RWTB to their group
- **Group 3 & 4:** Dribble or RWTB toward pole and pass to the player in the next group

Coaching Points:

- Quality of control, close when dribbling using inside & outside, when RWTB first touch positive ahead controlling speed and distance between player and ball
- Passing accuracy, locking ankle with plant foot facing toward target as ball is played move forward with direction of pass
- Communication, who are you passing to, make them be aware

ACTIVITY ONE



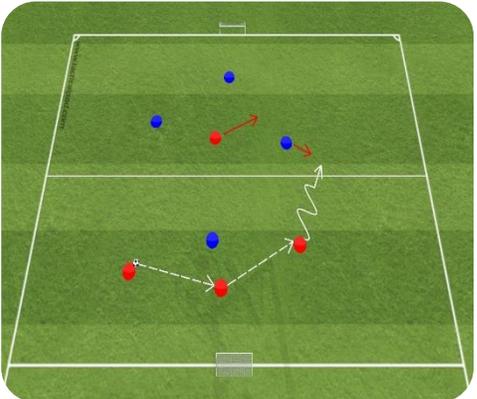
Setup:

- Using 7v7 sized goals
- 3 tall cones / poles & with groups around 10 yards away
- Players split into 3 stations with a ball each.
- **Group 1** - Receiving the ball with back to opponent, receive pass and drive forward & finish
- **Group 2** - 1-2 give & go, receive return pass and drive forward & finish
- **Group 3** - 1v1, receive return pass and drive forward to take on opponent & finish

Coaching Points:

- Movement to receive and taking positive touch forward setting up for finish
- Intensity, treat it like a game like situation
- Finishing techniques, based on keepers positioning, using laces and inside of the foot
- Passing accuracy, locking ankle with plant foot facing toward target as ball is played move forward with

ACTIVITY TWO



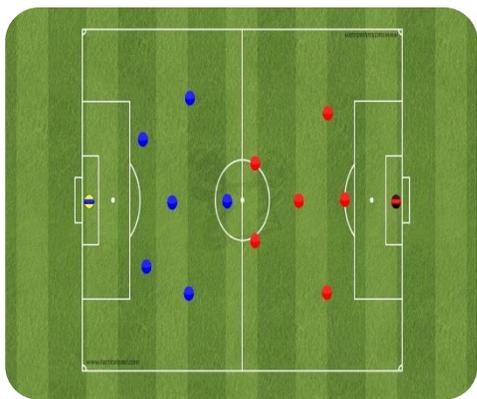
Setup:

- 6v6 with 4v2 in each half, separate halves with cones
- Team in possession must try to break through into the opponent's half.
- Players can only enter opponents half by dribbling or RWTB
- Players can only defend in the half they are positioned in

Coaching Points:

- Build up play, patience using support players to help move over into opposition half, when to dribble, when to run, when to pass
- Move opponents, how can those players around the ball move into or take opposition players with them
- Enter opponents half at any given opportunity, even in really tight spaces, be positive.

GAME

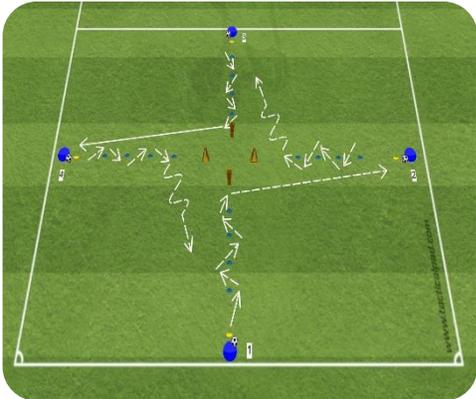


Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
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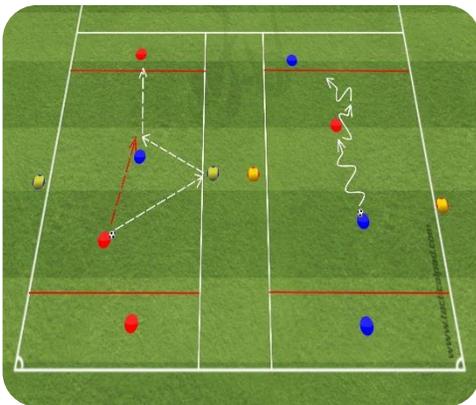


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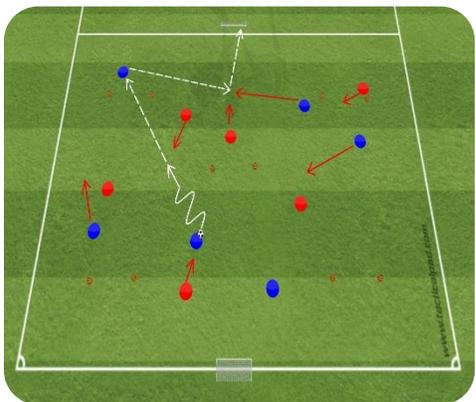


Setup:

- Area 15x20 with 1v1 in the centre and one player in either end zone (as shown)
- Support players on the outside who look to provide support to the ball
- Players score by dribbling, running or passing to their teammate in the end zone, they now become the new player in the centre
- If the attacker is unable to beat the defender on the dribble or run, can they use the support to the left, right and behind.

Coaching Points:

- Decision making on when to pass, dribble or run with the ball
- Players should look to pass when under pressure, then continue to find space ahead of the ball if possible
- Receiving the ball from a support player with open body position
- Communication when passing, who, what, when, where, why?

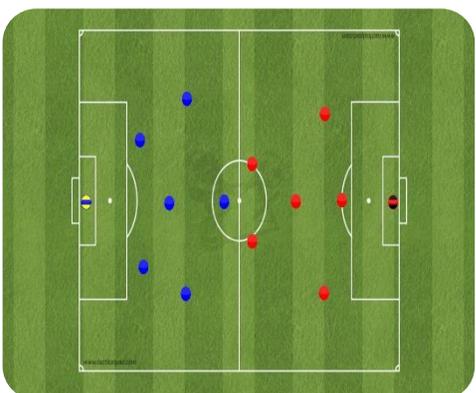


Setup:

- Full area with 2 goals either end, 5 gates 2 at either end and one in the centre
- Players look to gain goals by running with the ball, dribbling or passing to a teammate in a gate, gaining more by finishing on goal. 1 gate and 1 goal = 2.

Coaching Points:

- Early assessment of opportunities to dribble, run or pass
- Recognition of players movements (awareness)
- Players to slow down before moving quickly (changes of speed)
- Create angle off of ball to provide support
- Communication (verbal & non-verbal)



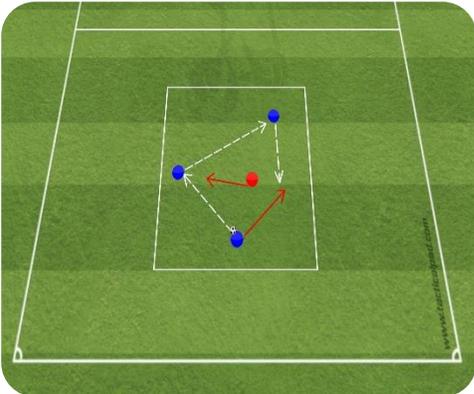
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- How do we do this in a game?
- Supporting options provided by the closest teammates.

Session: *Passing, Receiving, Combination Play*



Setup:

- Area 15x15 with 3v1 inside
- Players look to combine around the box with pressure from player in the centre
- If possession is lost, player in the centre replaces the player who lost the ball

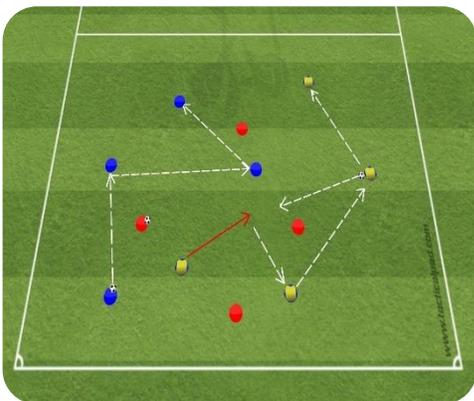
Progressions:

- Add second defender in the centre
- Limit player touches in possession

Coaching Points:

- Encourage players to use the full area to receive
- Players to receive on back foot to open up and play with front foot
- Bounce pass to work player in the centre and create new picture for combinations
- Overlap runs inside box, this will help free space up for either player on the ball or overlapping player

WARM UP



Setup:

- Area 25x25 with 3 groups split even inside with a ball
- Teams look to interchange between teams to add more decision making on and off the ball
- Players number each other 1 to 4 and play in the sequence until comfortable

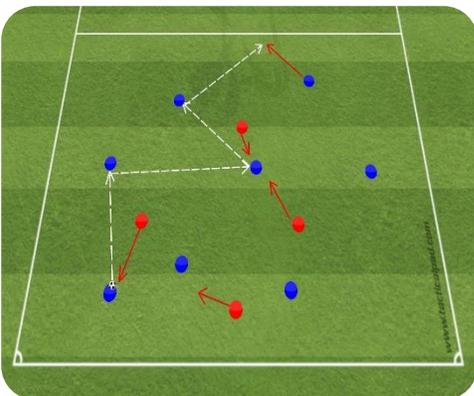
Progression

- Take away number sequence
- One team becomes the defending team

Coaching Points:

- Working on players decision making by seeing if players choice of pass is correct for the picture
- Types of runs off the ball to create combinations (show short/long)
- Dribble or pass?
- Play back to play forward (create a new picture to play)

ACTIVITY ONE



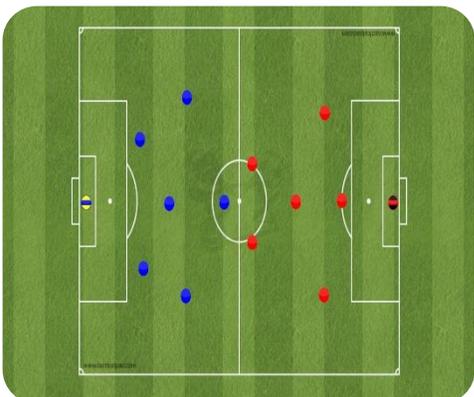
Setup:

- Using full area
- Swap the defending team over at 2/3 minutes
- Play directional, once team reaches one end of the area, try to attack in opposite direction

Coaching Points:

- Working on players decision making by seeing if players choice of pass is correct for the picture
- Types of runs off the ball to create combinations (show short/long)
- Dribble or pass?
- Play back to play forward (create a new picture to play)

ACTIVITY TWO



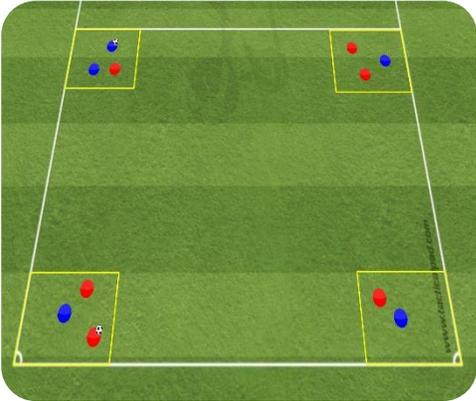
Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- When, Where & Why would we combine?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME



Setup:

- Area 30x30 with 4, 5x5 yard boxes in each corner (as shown)
- Group split into 2, with one group playing clockwise and the other playing anti-clockwise
- How can players receive in the box with interference, always following their pass

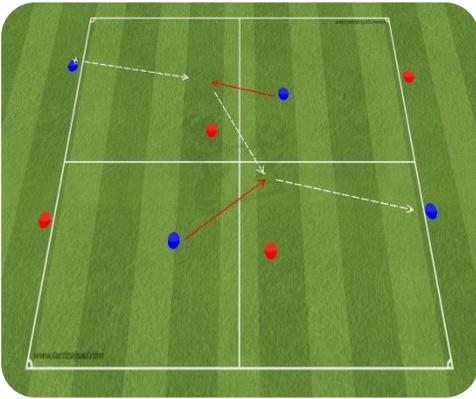
Progression:

- Allow players to come out of their area, playing one-two for partner to play into the opposite box
- How can players come out to receive & reenter

Coaching Points:

- Creating space to receive, where is the space and how can you receive, where are other players, where is the ball
- Quality of pass, pushing through the centre of the ball and making movement toward target
- Head up looking at where options are, good first touch will allow this more before making the pass

WARM UP



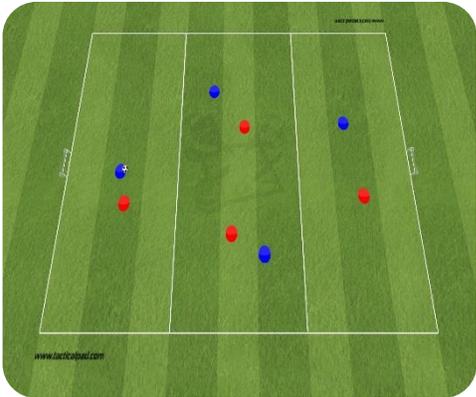
Setup:

- Area 20x20 with 4 boxes 10x10
- 2 groups split with 2 players from each team in the centre and remaining players on the outside (as shown)
- Team with ball look to play end to end, team without the ball look to defend and win the ball then play to the outside
- Defenders are locked into the two boxes on their side
- Attackers are free to move in each area but can't be on the same side or in the same box

Coaching Points:

- Diagonals & opposite support for the players on the ball
- Movement as the ball travels, support ahead
- Quality of pass, to feet or to space?
- Communication, verbal & non-verbal
- Awareness of players position

ACTIVITY ONE



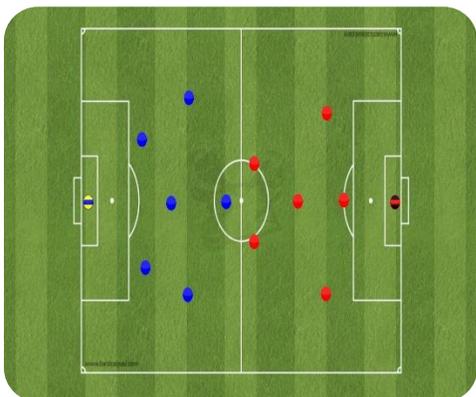
Setup:

- Full area that is split into 3 parts with goals as shown
- Players in the centre can drop in and create 2v1 to play out in first zone and can also move forward to provide support forward and create 2v1 in final zone

Coaching Points:

- Diagonals & opposite support for the players on the ball even in middle area
- Look to combine quickly and move forward
- Angle and distance of support, not too close to ball and goal
- Create overloads

ACTIVITY TWO



Setup:

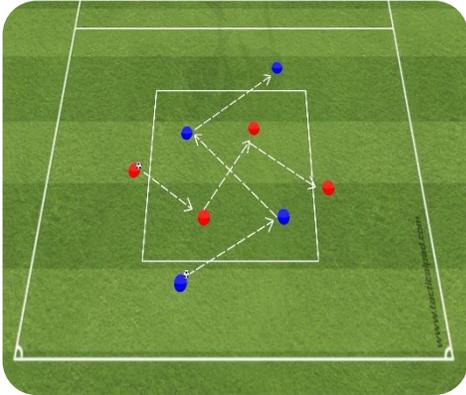
- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- When, Where & Why would we combine?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

Session: *Passing, Receiving, Combination Play*



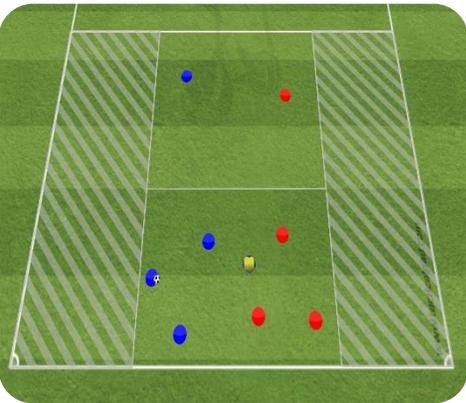
Setup:

- Area 15x15 with 2 groups, 2 players from that group in the centre receiving the ball from the outside
- Player in the centre look to combine and move the ball over to the other side
- Outside supporting players can play through to each other if the opportunity arises, making players in the centre adjust
- Players on the outside can step in as a progression once a rhythm is found

Coaching Points:

- Quick combinations in tight area
- Quality of pass to feet, communicate
- Control, can players get their body position side on to play forward faster
- Checking and re-checking area for spaces and opportunities to pass

WARM UP



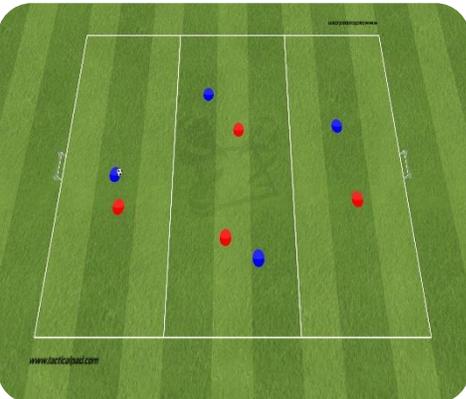
Setup:

- Area 40x20 with area divided into two as shown
- Groups play 3v3+1 in one area and 1 player from either team wait for forward ball in the other as shown
- Once team plays into forward player 2 from each group move up and support re-creating the 3v3+1 on the opposite side

Coaching Points:

- Quick combinations in tight area
- Quality of pass to feet, communicate
- Control, can players get their body position side on to play forward faster
- Checking and re-checking area for spaces and opportunities to pass

ACTIVITY ONE



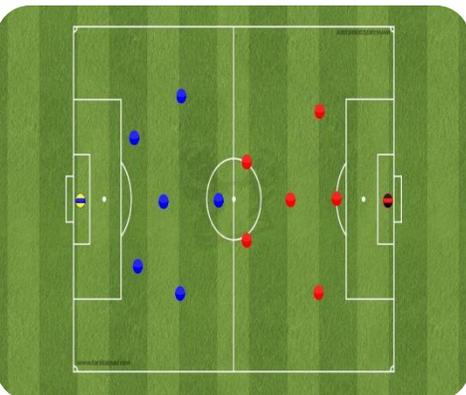
Setup:

- Full area that is split into 3 parts with goals as shown
- Players in the centre can drop in and create 2v1 to play out in first zone and can also move forward to provide support forward and create 2v1 in final zone

Coaching Points:

- Diagonals & opposite support for the players on the ball even in middle area
- Look to combine quickly and move forward
- Angle and distance of support, not too close to ball and goal
- Create overloads

ACTIVITY TWO



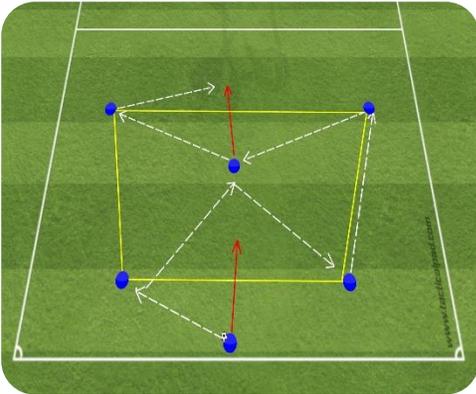
Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- When, Where & Why would we dribble to penetrate?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

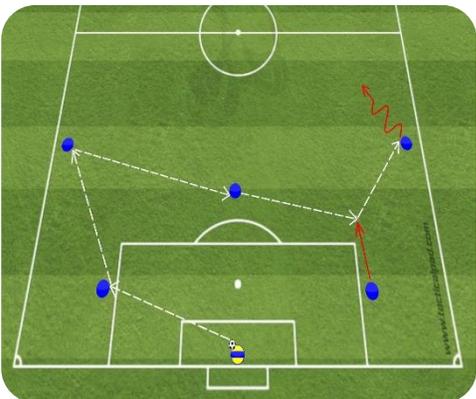


Setup:

- Area size matched for the ability of players
- Players pick position on flat markers in shape shown
- Players look to play from one side to the other following their pass with the final pass going to the outside and starting again

Coaching Points:

- Body shape to receive, preparing pass in direction facing
- Positive first touch toward next pass, using the backfoot
- Quality of pass, through the centre of the ball looking for back foot of teammate
- Be ready to adjust if ball is played in front or behind
- Communication, let the player you are passing to become aware



Setup:

- Split group into 2 smaller groups of 6 and play as shown in both directions
- Players will be unopposed but will have interference from the other team
- Passing pattern for playing out of the back in 7v7, play begins at goal with the goalkeeper
- Players score in opposite goal and reset

Coaching Points:

- Body shape to receive, preparing pass in direction facing
- Positive first touch toward next target, into space using the backfoot
- Quality of pass, through the centre of the ball looking for back foot of teammate
- Be ready to adjust if ball is played in front or behind
- Communication, let the player you are passing to become aware

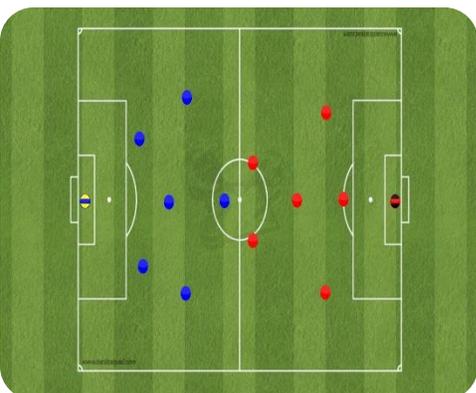


Setup:

- Area, width and length of 7v7 field
- 6v5+1, target player can move between each of the 3 boxes to support play
- Starting from GK players look to use ideas from previous exercise but now opposed
- Blue look to play into the target boxes to score
- If opposition win the ball they can score as they would in a game
- Give players one cone each to decide where they think their position should be on field when GK has it using the number system

Coaching Points:

- Make sure GK has ball secure before moving into positions to play out
- Decision making on pass, where are most of the opposition players?
- Body shape to receive, preparing pass in direction facing
- Be ready to adjust if ball is played in front or behind
- Communication, let the player you are passing to become aware

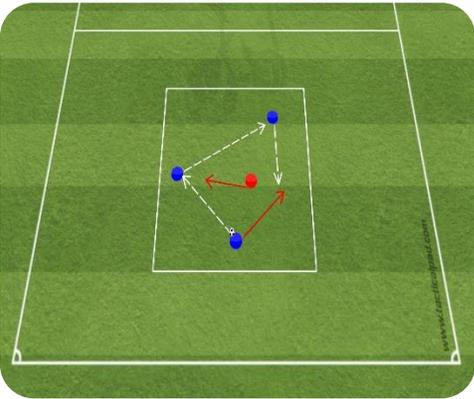


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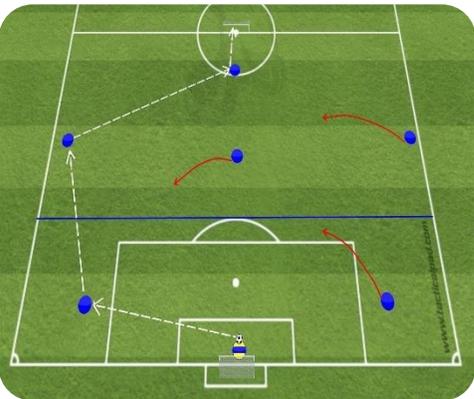
- Area 15x15 with 3v1 inside
- Players look to combine around the box with pressure from player in the centre
- If possession is lost, player in the centre replaces the player who lost the ball

Progressions:

- Add second defender in the centre
- Limit player touches in possession

Coaching Points:

- Encourage players to use the full area to receive
- Players to receive on back foot to open up and play with front foot
- Bounce pass to work player in the centre and create new picture for combinations
- Angle and distances of support, not receiving flat, look to create passing angles diagonally

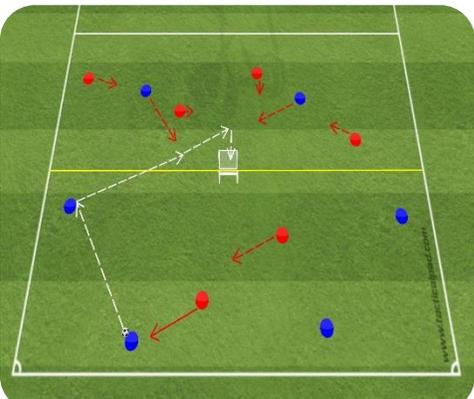


Setup:

- Teams of 7 working from goal to goal, using the following pattern; GK > CB > WM > ST
- Teams decide on the finish once this is achieved
- When restarting can players look to play on the other side of the field

Coaching Points:

- What is our body position? What type of pass?
- Where do we go to receive? Where do we go after we pass?
- Who is our next pass?
- Can you dribble or run instead of passing, do you have space?

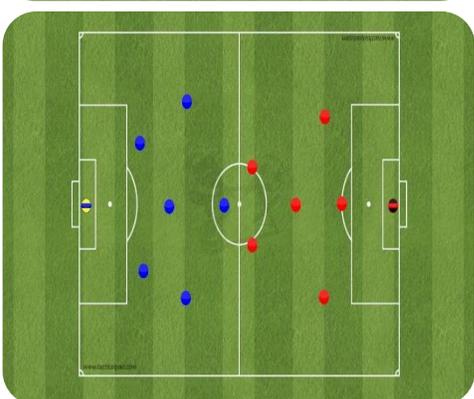


Setup:

- Using the full area, two goals are placed in the centre back to back
- 2 teams split even, with 4v2 each side of the area as shown
- Both teams look to play out of their area to the opposite side, 2 attackers look to score, but can play back if they can't

Coaching Points:

- Body shape to receive, preparing pass in direction facing
- Positive first touch toward next pass, using the backfoot
- Movement from the 2 attackers to support 4 to play out of the area, short and long support
- Communication, let the player you are passing to become aware

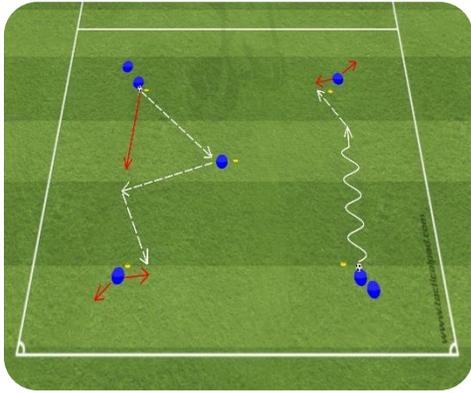


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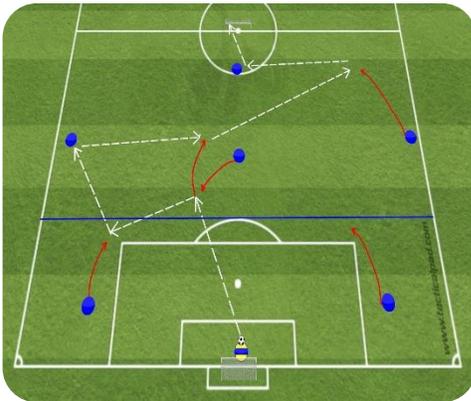
Setup:

- Area set out as shown with cones separated by 8/10 yards
- Groups with 2 players start with the ball moving in the same direction
- Player in the centre offers support to players on the outside
- Players to recognise if player is there to support or are they helping other side, can they run, dribble or pass to move forward
- Once players are close to reaching group they are looking to play into the space ahead of the next player who is receiving

Coaching Points:

- Decision making, when to pass, run, dribble
- Movement off the ball, check in, check out, creating good passing lines and forward movement
- Choice of pass and quality, to feet or to space, pushing through the centre of the ball
- Communication, where do you want the ball, verbal and non-verbal

WARM UP



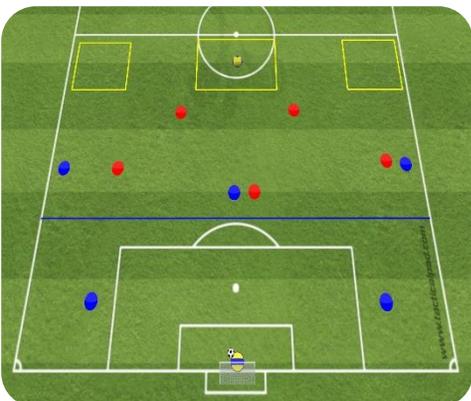
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- Where do we go to receive? Where do we go after we pass?
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ACTIVITY ONE



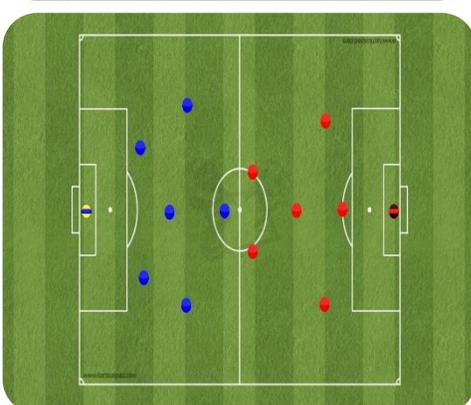
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ACTIVITY TWO



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- Working in 1-2-3-1 and 1-3-1-2

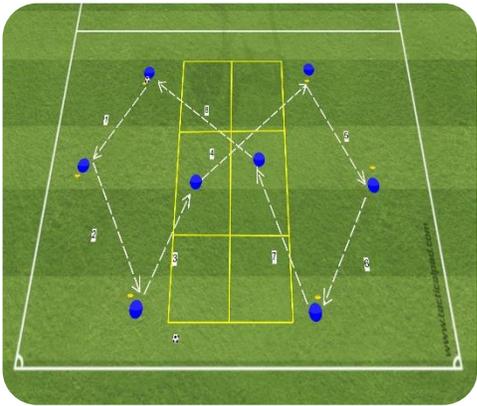
Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates

GAME



Session: *Switching the Play*



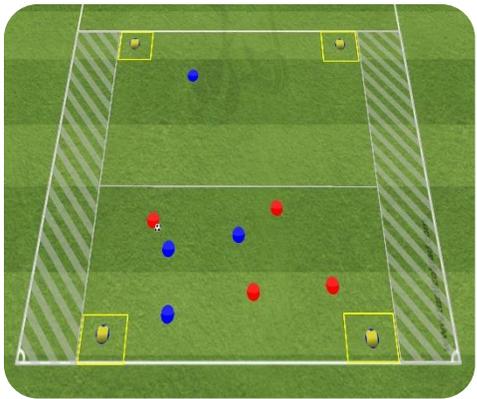
Setup:

- Using the full area, players split as shown with balls placed at top left and bottom right
- 6 boxes around 5 yards placed in the centre of the area for movement triggers for players in the centre
- Players pass and move in a figure of 8 switching the play through the centre with players following their pass
- Progress by adding in a second ball from the bottom right player

Coaching Points:

- Quality of pass, inside and driven for longer balls.
- Timing of movement by receiving players, check-in, check-out
- Weight of the pass? To feet or to space.
- On the ground or in the air?
How can teammate control
- Communication between passing and receiving players, where, when, how?

WARM UP



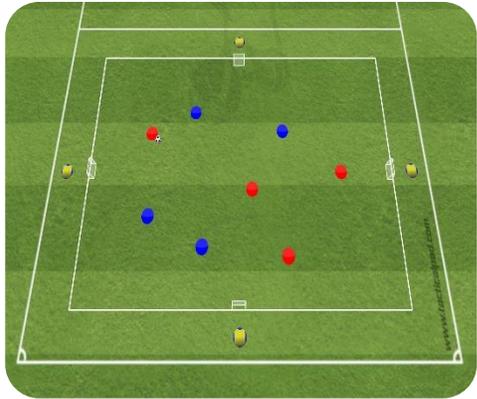
Setup:

- Area 40x20 with area divided into two as shown
- 4 target areas, 2 each side, teams must use one target player before transferring it to the other side
- Groups look to switch the ball to the opposite side, not forcing it

Coaching Points:

- Quick combinations in tight area
- Quality of pass to feet, communicate
- Control, can players get their body position side on to play forward faster
- Checking and re-checking area for spaces and opportunities to pass
- Positioning, support for the player off the ball

ACTIVITY ONE



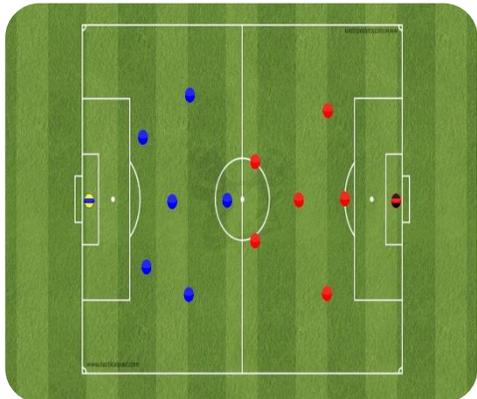
Setup:

- Full area with 4 small goals facing out as shown,
- 4v4+4, teams look to play in the centre using the opportunity with target players outside to score in the small goals
- Players look to recognise opportunity to open space on opposite side of the area
- Outside players can be used as extra support not just to score
- Rotate teams in the centre with the outside team
- Progress by asking players in the centre to connect with a certain number of passes

Coaching Points:

- Quick combinations in tight area, to be able to switch play
- Quality of pass to feet, communicate
- Control, can players get their body position side on to play faster
- Checking and re-checking area for spaces and opportunities to switch play
- Positioning, support for the player off the ball, stretch opposition

ACTIVITY TWO



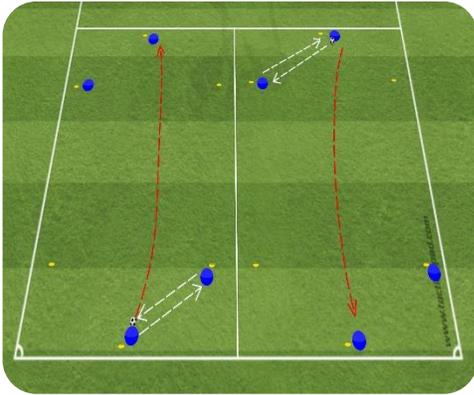
Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

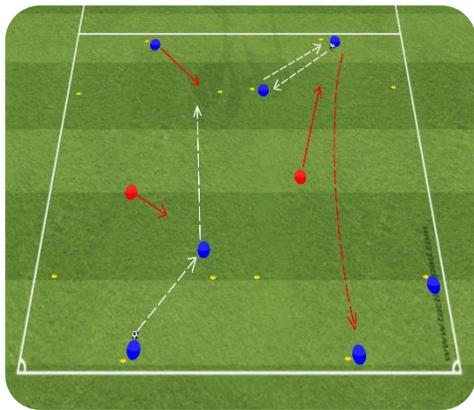


Setup:

- Area 30x20 split into 2, with 4 players, 2 each side as shown
- Players look to switch the ball over to the opposite group by 1-2 being played to help distance naturally
- Once players have played the ball across they switch
- Progress by groups playing diagonally across opposed to straight down the centre

Coaching Points:

- Looking at the target to gauge weight of pass
- Eyes on the ball, making contact for type of pass, i.e. lofted, curved, driven
- Type of pass, driven: across the ground into feet, lofted: in the air straight angle, curved: angled toward target / run
- Communication on who it is going to

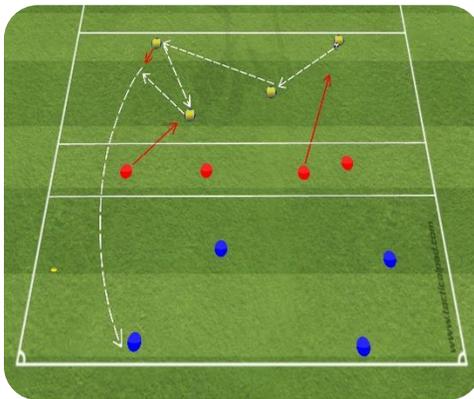


Setup:

- Using the same area, now adding a defender in the centre to pressure switch
- Players look to switch the ball over to the opposite group, now they can choose if it will be long or short
- 3v1 can players make the decision to switch first time or play around defender
- Progress by adding more defenders

Coaching Points:

- Decision making, are we going to play short or long? Does the defenders position help make our decision
- Type of pass, driven: across the ground into feet, lofted: in the air straight angle, curved: angled toward target / run
- Communication on who it is going to

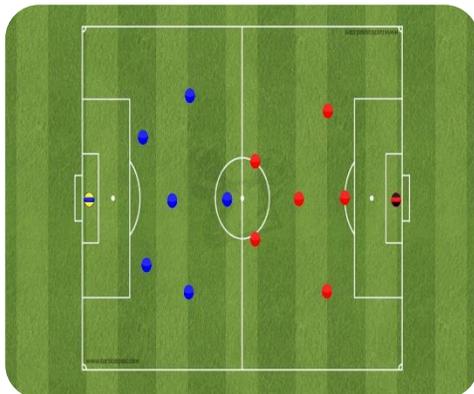


Setup:

- Using the same area, split into thirds to outside area bigger than the centre for possession
- Players look to switch the ball over to the opposite group, will it be short or long
- 2 defenders pressure ball players, if they win the ball the groups swap
- Progress by targeting number of passes before switching

Coaching Points:

- Decision making, are we going to play short or long? Does the defenders position help make our decision?
- Type of pass, driven: across the ground into feet, lofted: in the air straight angle, curved: angled toward target / run
- Communication on who it is going to

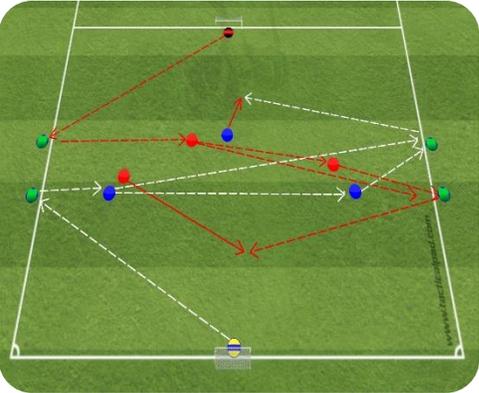


Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

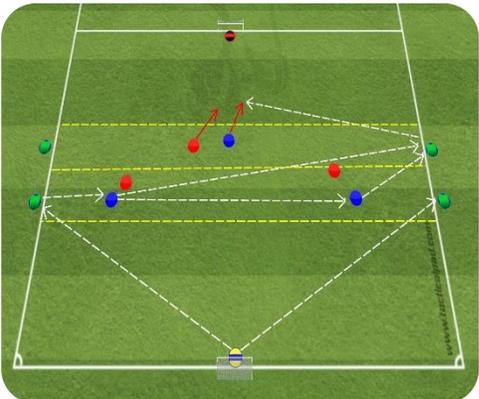


Setup:

- 2 teams of 4 with 4 others as target players
- Using the full area the ball starts with one of the goalkeepers distributing the ball to either of the 2 target players who are on the outside in their own half of the field
- Both teams going at the same time look to switch the play by either connecting short passes in the centre or bigger longer passes to space
- Players unopposed but have traffic from the other team to make decisions more difficult

Coaching Points:

- Type of pass, driven: across the ground into feet, lofted: in the air straight angle, curved: angled toward target
- Decision making on when to switch play, by going back or sideways
- Communication on who it is going to
- Movement off the ball recognising body position of team mates

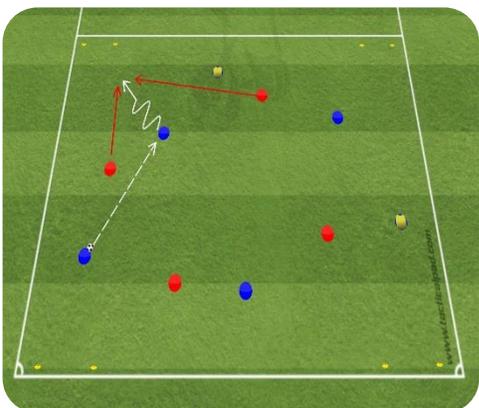


Setup:

- Using the full area the ball starts with one of the goalkeepers distributing the ball to either of the 2 target players who are on the outside in their own half of the field.
- Attacking team in the central zone must work hard to make space for themselves while under pressure from the defending team if they receive the ball off the wide target players.
- Attacking team must look to switch play, moving the ball quickly to the opposite target player this can be either quick play between themselves before the switch.

Coaching Points:

- Type of pass, driven: across the ground into feet, lofted: in the air straight angle, curved: angled toward target
- Decision making on when to switch play, by going back or sideways
- Communication on who it is going to
- Movement off the ball recognising body position of team mates

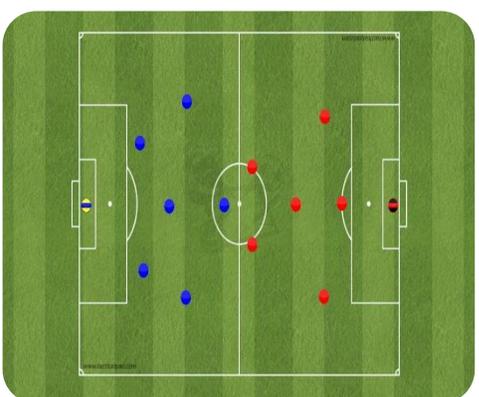


Setup:

- Using the full area, players play 5v5+2, the supporting player play for the team in possession
- Team in possession look to draw opposition onto one side to open up the field and score in the opposite gate
- Player look to recognise opportunity to switch the play and use overload to help, players can play back or to the side to switch play if possible

Coaching Points:

- Awareness of when to play forward or when to switch the play
- Creating space by drawing opposition players in with short passes
- Quality of passing, to feet, to space
- Decision making on when to switch play, by going back or sideways

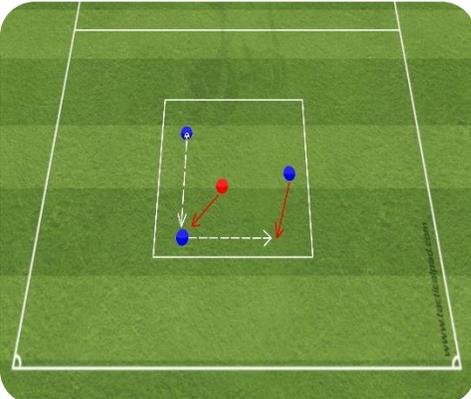


Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.



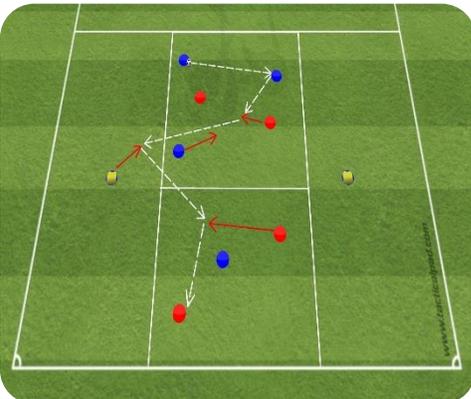
Setup:

- Area 15x15 with 3v1 inside as shown
- Players in possession look to play around defender using as much of the area as possible
- Team in possession must offer two options to the player receiving the ball
- If the quality is slow, receiver steps to the ball to play back to the original passer and tries to create two options again
- Every 5 passes the team gets 1 point, 2 minute reps with players in the centre swapping over
- If the defender manages to intercept or force play out of the area, a point is taken away

Coaching Points:

- Angle of approach, getting body in position play and using the full area
- Assess and reassess defenders body position and direction
- Receiving on the back foot and playing on the front
- Quality of pass, contact through the centre of the ball
- Touches with different parts of the foot, inside, outside, laces

WARM UP



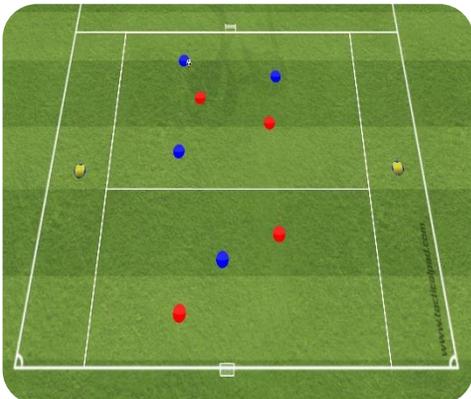
Setup:

- Area is both 15x15 areas together from the warm up grids
- Teams now play 3v2+2, team with possession in their area look to keep the ball and score by connecting 5 passes
- If defenders win the ball, they look to utilise the wide players to play down into their area, this giving them time to move forward

Coaching Points:

- Look to play the ball wide on gaining possession.
- Awareness, wide players being ready for the turn over in play while defenders recognise positioning of both wide players, who is the best option.
- Transition down to the opposite side to support team mate quickly
- Communication, verbal, non-verbal

ACTIVITY ONE



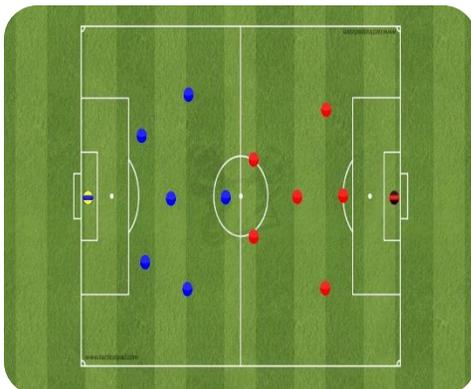
Setup:

- Using the full area, now having two, 5-yard channel either side as shown with two goals either end
- Playing 4v4 in the centre with the two wide players in the channels supporting team in possession
- If a team score by using a wide player, directly or indirectly in the oppositions half their goals counts as 2

Coaching Points:

- Keep the ball moving to try and stretch the defending players
- Players on the inside receive the ball at an angle and play quickly to the outside, back foot, front foot
- Weight and accuracy of the pass
- Decision making when to pass inside and when to play out wide
- Use wide players as wall pass and support ahead to get around the opposition

ACTIVITY TWO



Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

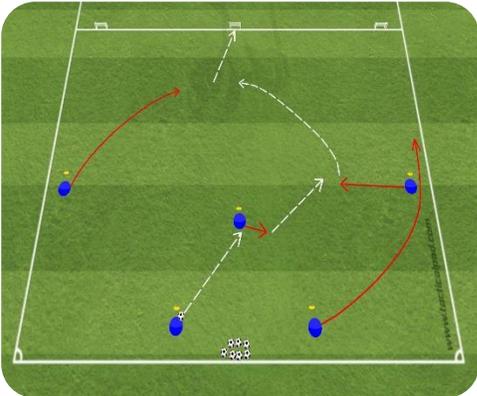
Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME



Session: *Utilising Wide Play*



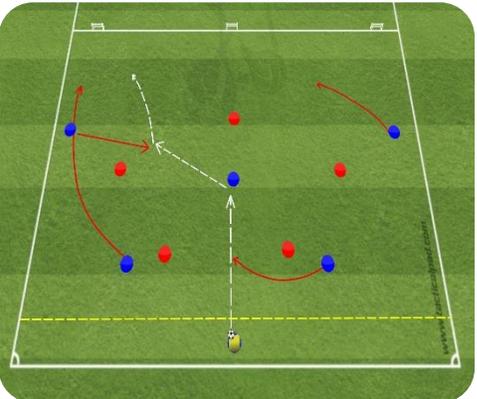
Setup:

- Using the full area with players set up as shown
- 3 goals / gates at the end which players are looking to score in or move through
- Ball starts with one of the 2 deeper players and now player figure how they can utilise wide play by using a variety of decision and sequences
- Encourage defenders to push on and support wide play if it is on their side, asking how the centre midfielder would adapt their position if that happened

Coaching Points:

- Quality of pass, to feet or space, how will players make this decision
- Communication, verbal / non-verbal where do you want the ball
- Body position to receive, side on looking to play forward
- Awareness of player receiving and their body position to play
- Supporting movement ahead, overlaps, underlaps

WARM UP



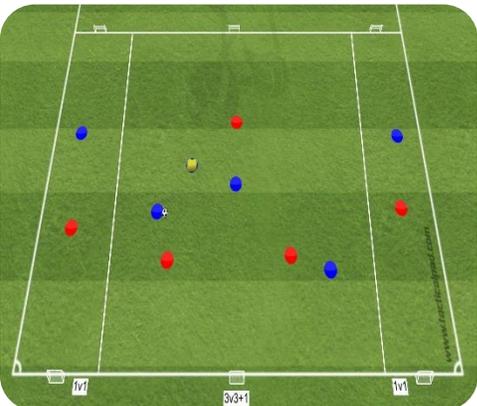
Setup:

- Using the full area playing 5v5+1, the target/support player is unopposed inside the yellow area
- 3 goals / gates at the end which players are looking to score in or move through
- Ball starts with the target player who is looking to play in and get team on the attack
- Encourage team in possession to stay as wide as possible and look for spaces inside if the opportunity to play wide immediately doesn't present itself

Coaching Points:

- Movement off the ball, looking for pockets of space between defenders
- Communication, verbal / non-verbal where do you want the ball
- Body position to receive, side on looking to play forward
- Awareness of player receiving, their body position to play and movement to create space or remain wide leaving space inside

ACTIVITY ONE



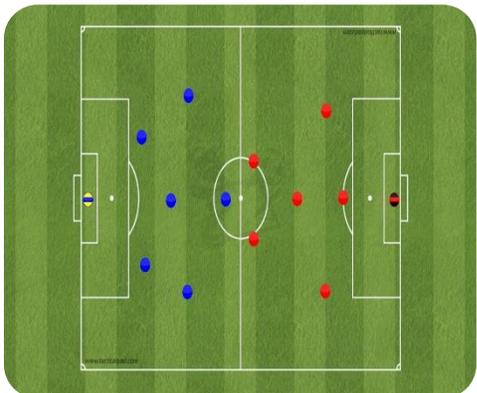
Setup:

- Using the full area playing 5v5+1 and splitting the field in 3 as shown
- 2 wide areas play 1v1 while in the centre it's 3v3+1, neutral player works with team in possession
- Player in wide areas are locked in but the neutral player is allowed to enter and create 2v1
- If a goal is scored in either goal on the wide area = 2 in the central area = 1

Coaching Points:

- Movement off the ball, looking for pockets of space between defenders
- Communication, verbal / non-verbal where do you want the ball
- Body position to receive, side on looking to play forward
- Awareness of defender position in the wide area, are they focused on the ball leaving space behind for runs into?

ACTIVITY TWO



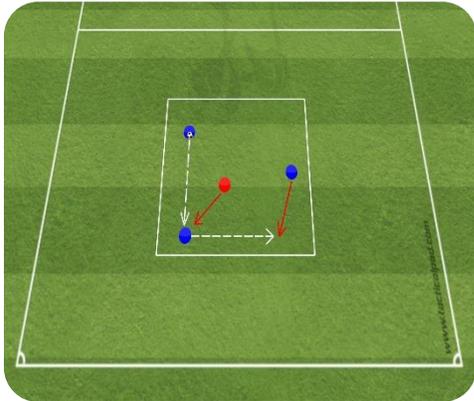
Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates

GAME



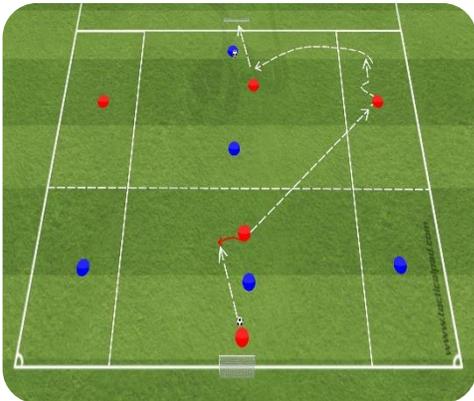
Setup:

- Area 15x15 with 3v1 inside as shown
- Players in possession look to play around defender using as much of the area as possible
- Team in possession must offer two options to the player receiving the ball
- If the quality is slow, receiver steps to the ball to play back to the original passer and tries to create two options again
- Every 5 passes the team gets 1 point, 2 minute reps with players in the centre swapping over
- If the defender manages to intercept or force play out of the area, a point is taken away

Coaching Points:

- Angle of approach, getting body in position play and using the full area
- Assess and reassess defenders body position and direction
- Receiving on the back foot and playing on the front
- Quality of pass, contact through the centre of the ball
- Touches with different parts of the foot, inside, outside, laces

WARM UP



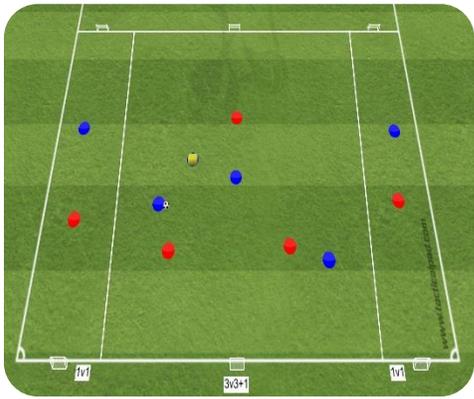
Setup:

- Using the full area, split into 2 with 2 wide channels as shown
- Both teams start from their deepest player who look to combine then play into their wide players on the opposite side
- Unopposed both teams go together to create traffic and finish on the opposite goal with striker, reset at the deep player
- Progress by opposition player to defend cross into striker

Coaching Points:

- Quality of pass, short and firm, longer pass, driven, loft or curved, to space or feet
- Positioning to see full field and body position to receive seeing all options
- Wide players, control to dribble and cross or cross first time, how can we make this decision can we get ball ahead of striker
- Movement, timing into space and finish from striker

ACTIVITY ONE



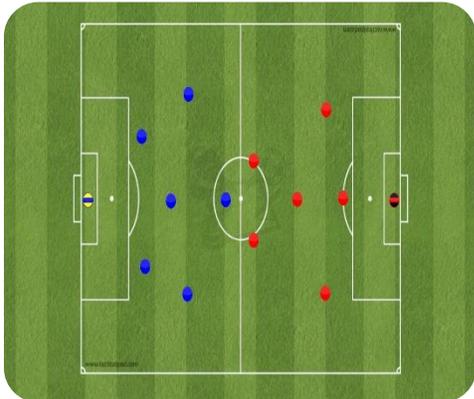
Setup:

- Using the full area playing 5v5+1 and splitting the field in 3 as shown
- 2 wide areas play 1v1 while in the centre it's 3v3+1, neutral player works with team in possession
- Player in wide areas are locked in but the neutral player is allowed to enter and create 2v1
- If a goal is scored in either goal on the wide area = 2 in the central area = 1

Coaching Points:

- Movement off the ball, looking for pockets of space between defenders
- Communication, verbal / non-verbal where do you want the ball
- Body position to receive, side on looking to play forward
- Awareness of defender position in the wide area, are they focused on the ball leaving space behind for runs into?

ACTIVITY TWO



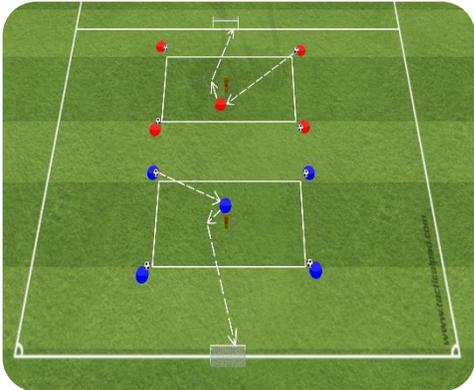
Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

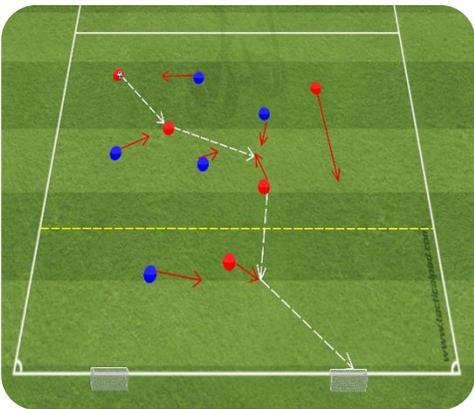


Setup:

- Split group into two, and setup 2 10x10 areas with a goal either side as shown
- 1 player will start in the centre with the remaining players on the outside passing in a sequence
- Once the player in the centre has received and finished from all four side they swap with another from the outside
- Progress this by adding a defender instead of a pole / tall cone in the centre

Coaching Points:

- Awareness of where the ball is going to be played from, what area can we take our touch
- Receiving with the first touch in the direction we want to take our finish
- Movement to receive, check out to create space ahead and behind pole / defender
- Finishing technique, accuracy over power, contact on the ball will generate natural power, part of the foot, laces, inside

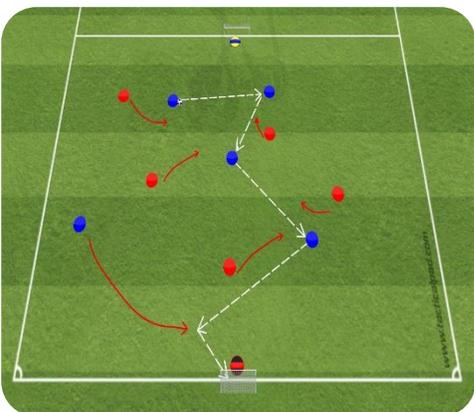


Setup:

- Using the full area, separate into two zones, 1. possession zone, 2. finishing zone
- Team in the possession zone look to play into their striker in the finishing zone
- If defender in the finishing zone wins the ball, they can score for their team
- Player who assists the striker will replace them, but, the same player can't assist on back-to-back occasions
- Progress by creating 1v2 in the finishing zone

Coaching Points:

- Movement to receive, striker offering opposites and diagonals
- Body position when receiving, can players get their body in between defender and ball
- Type of finish, accuracy over power using inside or laces
- Communication, verbal, non-verbal

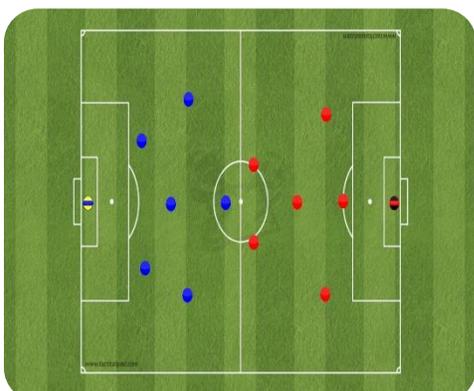


Setup:

- Using the full area, two teams with GK
- Teams looking to score as often as possible
- Can't have the same consecutive goal scorer, another goal must be scored by another member of their team before they are allowed to score again
- Rotate GK after every goal, even if it's not their team who has scored. This creates overloads.
- Create a scenario, one team is up by 2-0 etc

Coaching Points:

- Positioning of striker, highest player in their team
- Movement to receive, striker offering opposites and diagonals
- Body position when receiving, can players get their body in between defender and ball
- Type of finish, accuracy over power using inside or laces
- Communication, verbal, non-verbal where do you want the ball, feet or space

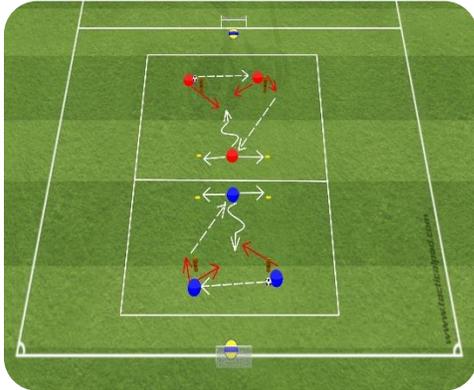


Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.



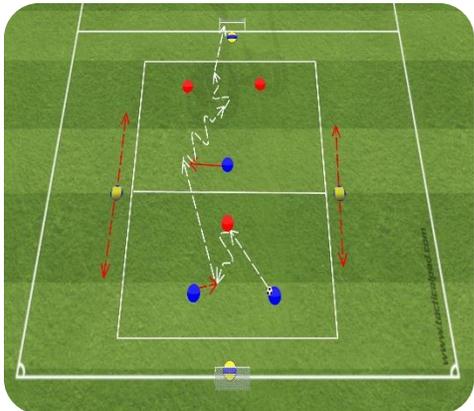
Setup:

- Split area and player into two, as shown. 2 tall cones / poles as defenders with two active defenders who initially play the ball to the striker
- When strikers receives the ball they make two turns on either of the cones either side, these can be their own or ones that they have been taught
- Striker now turns the passive defender and beats the second passive defender with a move, feint or skill, players then rotate clockwise

Coaching Points:

- Quick movements in changes of direction and speed
- Receiving, keep the ball close and away from the approaching defender
- Finish, accuracy over power, feint
- GK look one way finish the other
- Type of finish, inside, outside, laces

WARM UP



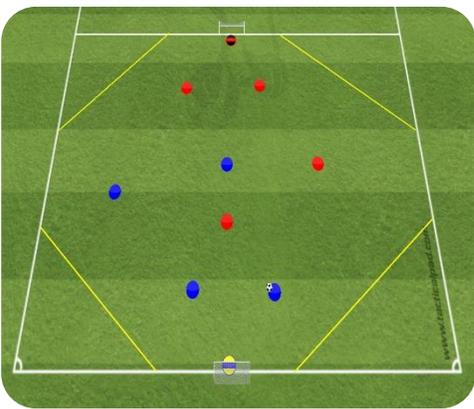
Setup:

- Using the full area as it was with two separate halves, place 1v2 in favour of the defenders
- Defenders plays into the striker who looks to score, if opposition win the ball they play up to their striker on the other side
- Rotate striker, defenders and GK after every 2/3 goals
- Players on the outside are support for the team in possession
- Progress by allowing a defender to move up and support creating 2v2

Coaching Points:

- Striker awareness in change of possession, offering diagonal and opposite to where the ball is
- Receiving, keep the ball close and away from the approaching defender, using support players outside for wall passes
- Finish, accuracy over power, feint
- GK look one way finish the other, where is GK showing you most of the goal
- Finish, inside, outside, laces

ACTIVITY ONE



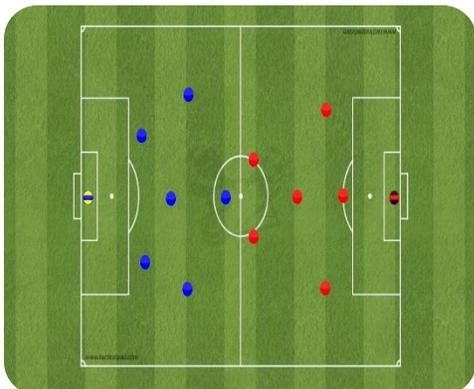
Setup:

- Using the full area, narrow off each corner on the field as shown so the width to play is reduced
- Reduced area is used to create more chances in the centre of the area as well as turnovers in possession
- Give teams a scenario, being in the lead, minutes to score counts as 2, type of finish etc.

Coaching Points:

- Awareness in change of possession, offering diagonal and opposite to where the ball is
- Receiving, keep the ball close and away from the approaching defender, using support from players behind or to the side if you can play forward
- Finish, accuracy over power, feint
- GK look one way finish the other, where is GK showing you most of the goal

ACTIVITY TWO



Setup:

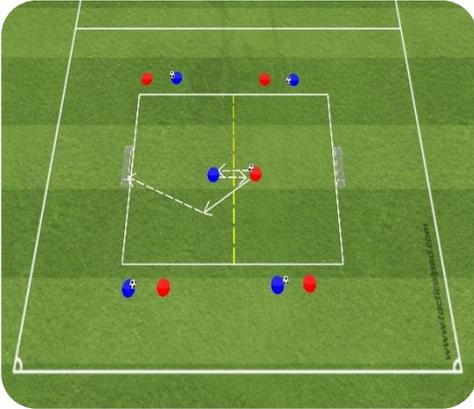
- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

Session: *Improve Individual Finishing*



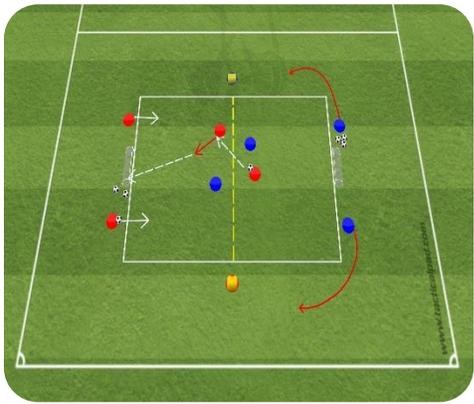
Setup:

- Smaller sized area around 20x20 inside full area as shown
- Place players in pairs and position two in the centre and remaining groups either side of the area as shown
- Players start by passing the ball back and forth, after making 5 passes in total, players now make the decision to go 1v1 and score in the goal on their side of the field
- Encourage player to be less predictable, how can they control the 1v1 situation and finish

Coaching Points:

- How can players create 'the half yard' of space to finish
- Touch setting up for the finish, using space to set your body and position to make contact with the ball
- Type if finish, inside, outside, laces, contact on the ball, accuracy over power
- Awareness of space, traffic ahead, not forcing the finish but adapting position if needed

WARM UP



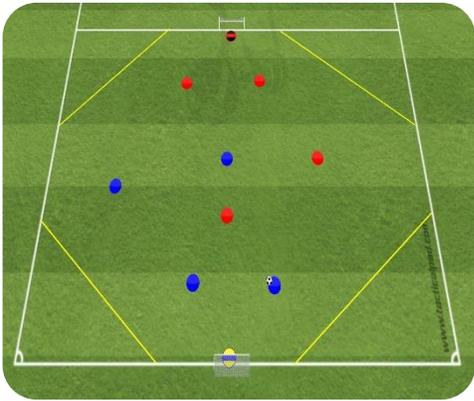
Setup:

- Now 2v2 with support on the outside as shown
- Players on the outside are used to support to move up the field and finish they play for the team in possession
- Playing directional, if the two in the centre finish they are replaced by those players at the side of the goal who look to attack the other direction with all players swapping sides, outside players must move around on the outside only not run through the centre
- Encourage players to be less predictable, how can they create 1v1 situation from 2v2 and finish

Coaching Points:

- Be aggressive, get there before defender
- Decision in possession, penetrate or possess?
- Support angles from teammates, pressure on the ball will determine whether you support the ball in front, to the side or behind.

ACTIVITY ONE



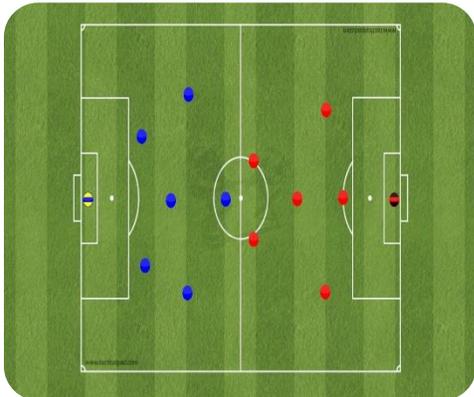
Setup:

- Using the full area, narrow off each corner on the field as shown so the width to play is reduced
- Reduced area is used to create more chances in the centre of the area as well as turnovers in possession
- Give teams a scenario, being in the lead, minutes to score counts as 2, type of finish etc.

Coaching Points:

- Awareness in change of possession, offering diagonal and opposite to where the ball is
- Receiving, keep the ball close and away from the approaching defender, using support from players behind or to the side if you can play forward
- Finish, accuracy over power, feint GK look one way finish the other, where is GK showing you most of the goal

ACTIVITY TWO



Setup:

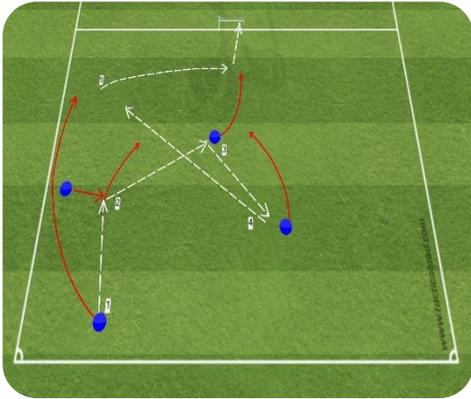
- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

Session: *Creating & Finishing Chances as a Team*



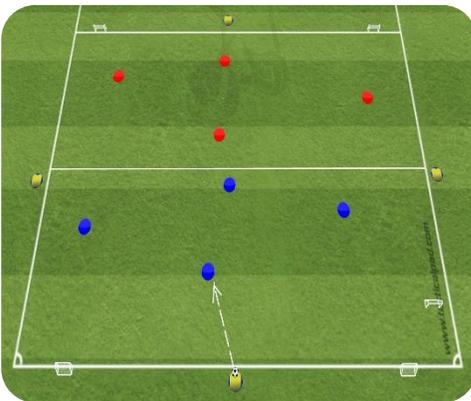
Setup:

- Using one side of the area, utilising the 5 pattern pass to finish
- Ball starts with the left defender, who plays into the movement of the left midfielder who plays into the striker, as that pass happens, the left defender overlaps. The striker now plays to the centre midfielder who puts the ball into the space of the left defender who crosses to finish
- Once finished, players start again but all players rotate i.e. striker becomes defender, centre midfielder becomes stiker etc.

Coaching Points:

- Give and go from left defender to left midfielder
- Quality of passing, to feet and space
- Anticipating movement, not reacting to it, movement after passing to support next ball
- Finishing, variety of i.e. laces, inside, outside, across body, movement towards

WARM UP



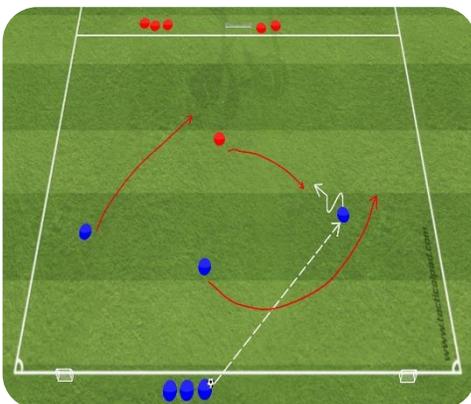
Setup:

- Using the full area, playing 4v4+4, team on the outside supports the team in possession
- Teams in the centre look to score two in either of the 2 small goals before teams rotate
- Team that rotates do so with the one on the outside
- No pauses, quick reaction and change over

Coaching Points:

- Scanning, make quick decisions, can you shoot? can you receive to play forwards
- Move as the ball moves, offering support in opposites and diagonals
- Movement to create space off the ball, improvise in tight areas
- Type of finish, inside, outside, laces. What determines this?

ACTIVITY ONE



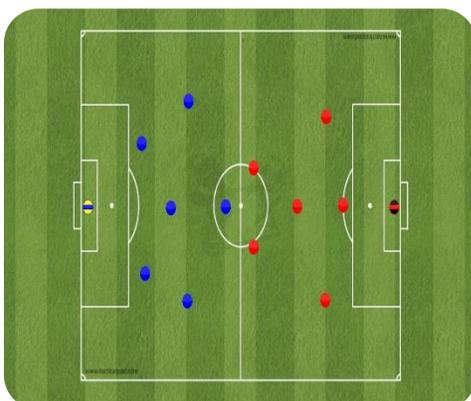
Setup:

- Using the full area, two teams compete to get to the highest level possible
- Both teams have 5 lives to do so
- Team will rotate after all lives are taken or all levels are complete
- Defenders score in mini goals if they win the ball

Coaching Points:

- Level 1 – 3 attackers vs 1 defenders
- Level 2 – 4 attackers vs 1 defender
- Level 3 – 4 attackers vs 2 defenders
- Level 4 – 5 attackers vs 3 defenders
- Level 5 – 6 attackers vs 4 defenders
- Level 6 – 6 attackers vs 5 defenders
- Level 7 – 6 attacker vs 6 defenders

ACTIVITY TWO



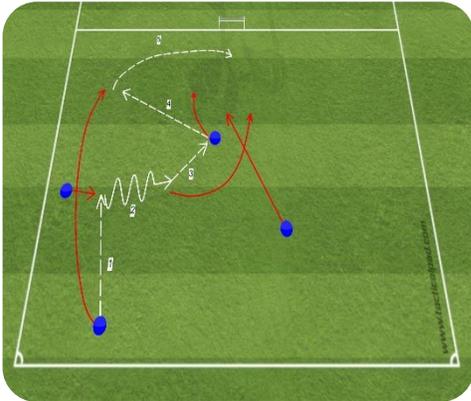
Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

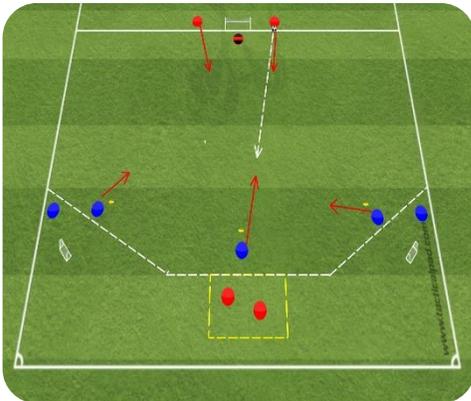


Setup:

- Using one side of the area, utilising the 5 pattern pass to finish
- Ball starts with the left defender, who plays into the movement of the left midfielder who drives inside and plays into the striker, as that pass happens, the left defender overlaps. The striker now plays to the overlapping defender who puts the ball into the box to finish
- Once finished, players start again but all players rotate i.e. striker becomes defender, centre midfielder becomes striker etc.

Coaching Points:

- Give and go from left defender to left midfielder
- Quality of passing, to feet and space
- Anticipating movement, not reacting to it, movement after passing to support next ball
- Finishing, variety of i.e. laces, inside, outside, across body, movement towards

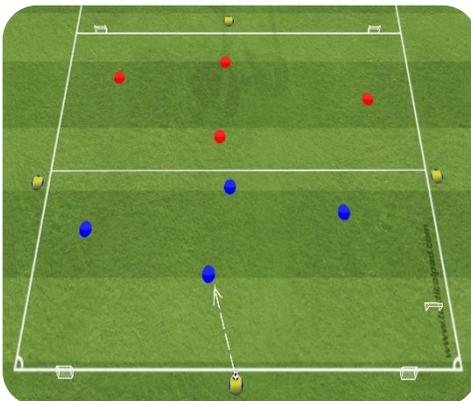


Setup:

- Area 25x25 with group split into two teams as shown
- The defender at the side of the goal play into the attacking overload creating 3v2
- There is two recovery defenders in the yellow box and one becomes active once the attacking team touch the ball
- Defenders score in the two smaller goals while attackers look to score in the bigger goal

Coaching Points:

- Utilising the overload playing forward quickly and stretching the 2 defenders before the recovery
- Quality of passing, to feet and space
- Anticipating movement, not reacting to it, movement after passing to support next ball
- Finishing, variety of i.e. laces, inside, outside, across body, movement towards

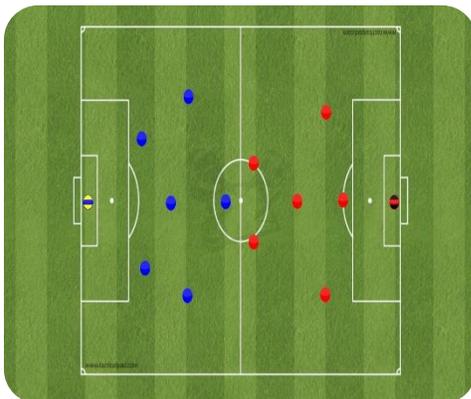


Setup:

- Using the full area, playing 4v4+4, team on the outside supports the team in possession
- Teams in the centre look to score two in either of the 2 small goals before teams rotate
- Team that rotates do so with the one on the outside
- No pauses, quick reaction and change over

Coaching Points:

- Scanning, make quick decisions, can you shoot? can you receive to play forwards
- Move as the ball moves, offering support in opposites and diagonals
- Movement to create space off the ball, improvise in tight areas
- Type of finish, inside, outside, laces. What determines this?

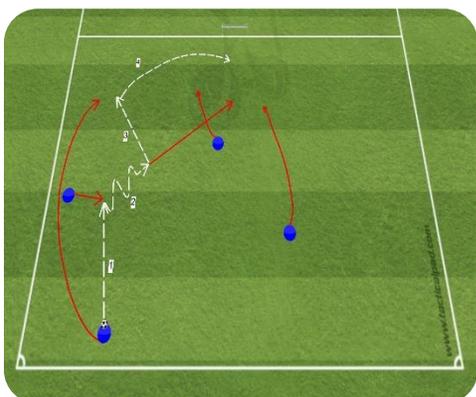


Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.



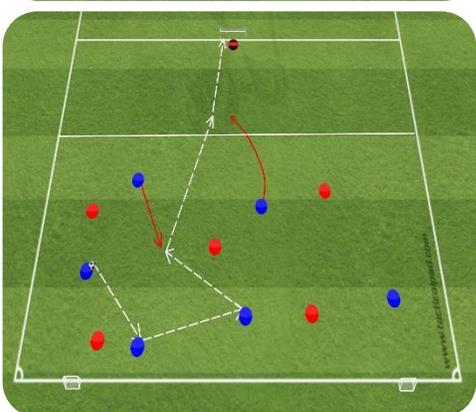
Setup:

- Using one side of the area, utilising the 4 pattern pass to finish
- Ball starts with the left defender, who plays into the movement of the left midfielder who reverses the ball wide to the overlapping defender, who crosses to finish.
- Once finished, players start again but all players rotate i.e. striker becomes defender, centre midfielder becomes striker etc.

Coaching Points:

- Give and go from left defender to left midfielder
- Quality of passing, to feet and space
- Anticipating movement, not reacting to it, movement after passing to support next ball
- Finishing, variety of i.e. laces, inside, outside, across body, movement towards

WARM UP



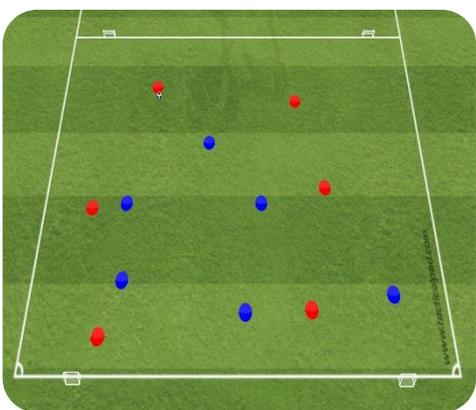
Setup:

- Using the full area, separate teams into two with one team defending the bigger goal, place finish zone 10/12 yards from goal
- Team attacking bigger goal look to keep the ball and create an opening for one player to move inside the finishing zone
- If defending team win the ball they can score in either of the two smaller goals
- Rotate teams after 3/4 minutes

Coaching Points:

- Scanning, make quick decisions, can you shoot? can you receive to play forwards
- Move as the ball moves, offering support in opposites and diagonals
- Movement to create space off the ball, improvise in tight areas
- Type of finish, inside, outside, laces. What determines this?

ACTIVITY ONE



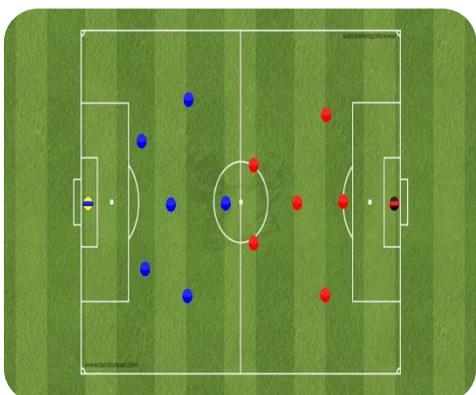
Setup:

- Using the same area, removing bigger goal with finishing zone and adding two smaller goals
- Teams play directional, looking to open up one of the smaller goals as a team
- How can teams create the space on and away from the ball to finish?
- How can players create 1v1, 2v1 situations in their favour when attacking / in possession

Coaching Points:

- Scanning, make quick decisions, can you shoot? can you receive to play forwards
- Move as the ball moves, offering support in opposites and diagonals
- Movement to create space off the ball, improvise in tight areas
- Type of finish, inside, outside, laces. What determines this?

ACTIVITY TWO



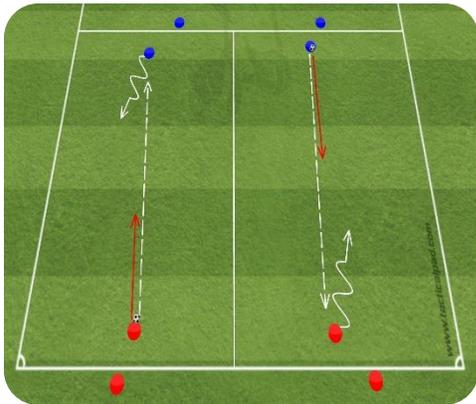
Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME



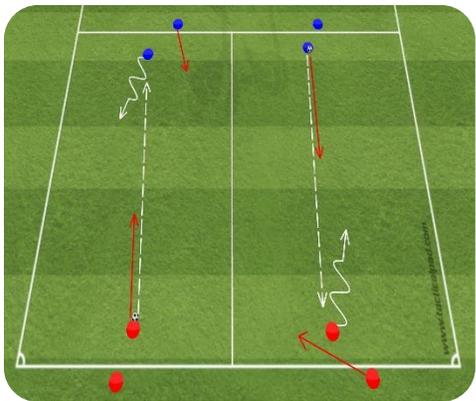
Setup:

- Area 20x20 with groups split as shown with 4 players per area, 1v1 unopposed
- Change defending team after each sequence i.e. blue then red
- Players must try to work ball to opposite end of area adjusting their position
- Defenders to jockey correctly and direct play in favour of their team
- Progress by making it opposed
- 4 D's to Defending - Deny, Delay, Deflect and Defend

Coaching Points:

- Direct play with body position, showing opposition to the side cutting of space
- Assessing space behind and side
- Low body positions, be on balls of feet to be ready for change of direction
- Direction of approach, where are we going to show players, can we already prepare on approach

WARM UP



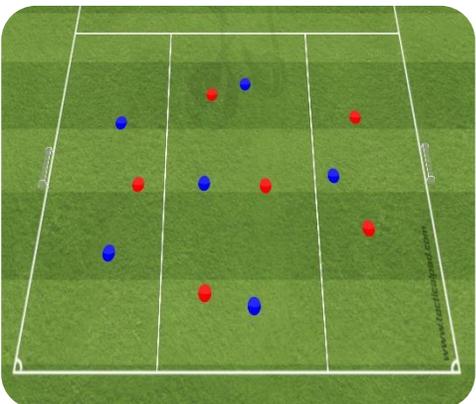
Setup:

- Area 20x20 with groups split as shown with 4 players per area, 1v2 in favour of the attackers
- Change defending team after each sequence i.e. blue then red
- Players must try to work ball to opposite end of area adjusting their position
- Defenders to jockey correctly and direct play in favour of their team
- 4 D's to Defending - Deny, Delay, Deflect and Defend

Coaching Points:

- Direct play with body position, showing opposition to the side cutting of space
- Assessing space behind and side of you, when do we show inside, when do we show outside?
- Speed when approaching, can we slow down on approach, not stab at the ball
- Direction of approach, where are we going to show players, can we prepare on approach

ACTIVITY ONE



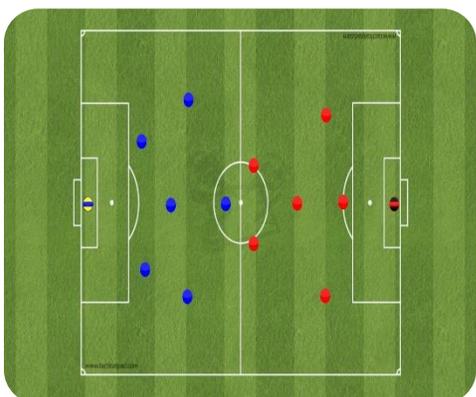
Setup:

- Using the full area, split into 3 zones, defensive, middle and final as shown
- Playing in 2-3-1, not using GK depending on numbers available
- Players are locked into their zones, they must work together to defend
- 4 D's to Defending - Deny, Delay, Deflect and Defend
- Progress by allowing midfield support to enter in the defensive third creating 2v2

Coaching Points:

- Direct play with body position, showing opposition into support players or cutting of space for them wide
- Assessing space behind and side of you, when do we show inside, when do we show outside?
- When can we pinch the ball, poor touch? When it's played into space short?

ACTIVITY TWO



Setup:

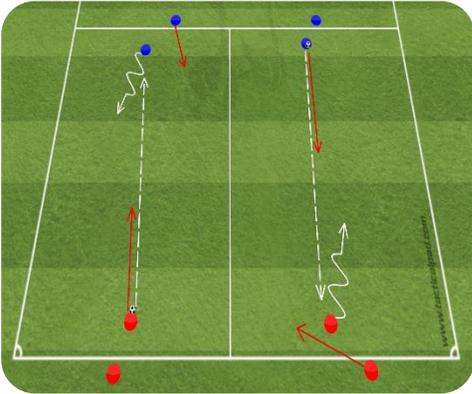
- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

WARM UP



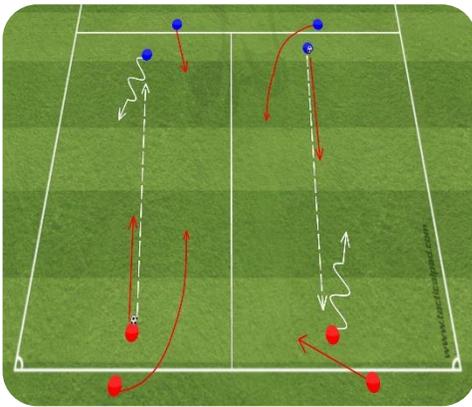
Setup:

- Area 20x20 with groups split as shown with 4 players per area, 1v2 in favour of the attackers
- Change defending team after each sequence i.e. blue then red
- Players must try to work ball to opposite end of area adjusting their position
- Defenders to jockey correctly and direct play in favour of their team
- 4 D's to Defending - Deny, Delay, Deflect and Defend

Coaching Points:

- Direct play with body position, showing opposition to the side cutting of space
- Assessing space behind and side of you, when do we show inside, when do we show outside?
- Speed when approaching, can we slow down on approach, not stab at the ball
- Direction of approach, where are we going to show players, can we prepare on approach

ACTIVITY ONE



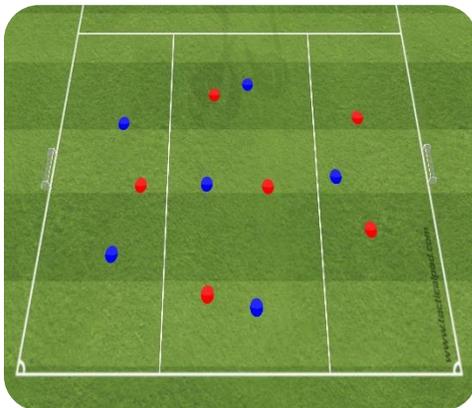
Setup:

- Area 20x20 with groups split as shown with 4 players per area, 2v2
- Change defending team after each sequence i.e. blue then red
- Players must try to work ball to opposite end of area adjusting their position
- Defenders to jockey correctly and direct play in favour of their team
- 4 D's to Defending - Deny, Delay, Deflect and Defend

Coaching Points:

- Direct play with body position
- Speed when approaching, can we slow down on approach, not stab at the ball
- Direction of approach, where are we going to show players, can we prepare on approach
- Mirror team mates body position
- Who goes to the ball? closets player, can we organise from there

ACTIVITY TWO



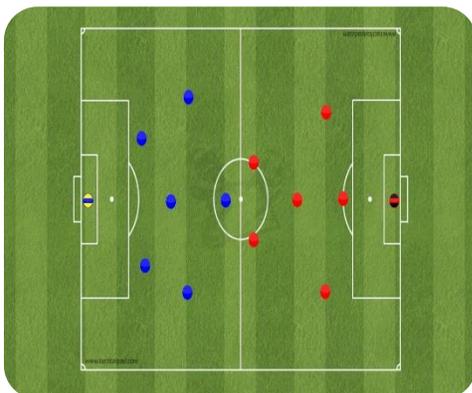
Setup:

- Using the full area, split into 3 zones, defensive, middle and final as shown
- Playing in 2-3-1, not using GK depending on numbers available
- Players are locked into their zones, they must work together to defend
- 4 D's to Defending - Deny, Delay, Deflect and Defend
- Progress by allowing players to enter any area

Coaching Points:

- Direct play with body position, showing opposition into support players or cutting of space for them wide
- Assessing space behind and side of you, when do we show inside, when do we show outside?
- When can we pinch the ball, poor touch? When it's played into space short?

GAME

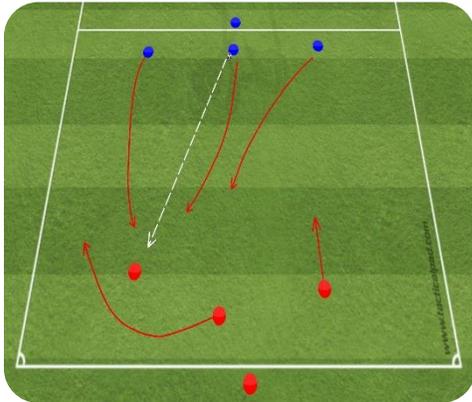


Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.



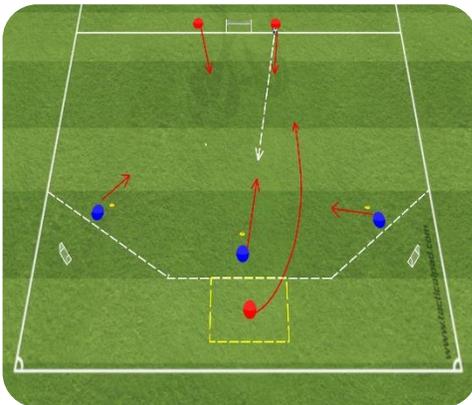
Setup:

- Area 20x20 players in two teams, 8 players around the outside with balls and the other players in the middle.
- Players dribble and exchange balls with a player on the outside
- Players pass to a player on the outside and switch with them.
- Combine with a player on the outside before dribbling and switching

Coaching Points:

- Direct play with body position, showing opposition into support players or cutting of space for them wide
- Assessing space behind and side of you, when do we show inside, when do we show outside?
- When can we pinch the ball, poor touch? When it's played into space short?

WARM UP



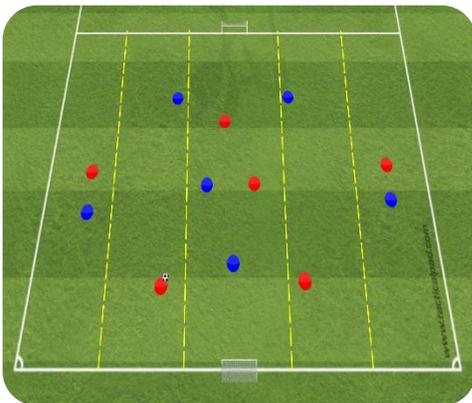
Setup:

- Area split into 2 with 6 players each side
- 3 defenders vs. 3 attackers, one is recovery inside yellow
- Attackers look to score in big goal and defenders win it they look to score in smaller
- Defenders look to show opposition wide and how they position themselves in relation to the ball
- Counter attack quickly on winning the ball, moving ball to the other side of the field to open space

Coaching Points:

- When can we pinch the ball, poor touch? When it's played into space short?
- Mirror team mates body position, supporting defending triangle, if CB steps in
- Who goes to the ball? closes player, can we offer supporting angle from their position
- Recovery to far side of ball to regain balance in defence

ACTIVITY ONE



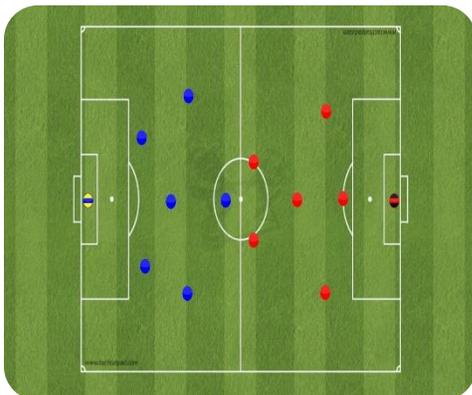
Setup:

- Using full area, separated by 5 sections as shown
- Lock players in position / channels, progress by allowing players to go anywhere in the area
- Creating 1v1 situations 1v2, 2v2, 2v3 etc.
- Centre Midfielder is allowed to float between the 3 middle sections

Coaching Points:

- When can we pinch the ball, poor touch? When it's played into space short?
- Mirror team mates body position, supporting defending triangle, if CB steps in
- Who goes to the ball? closes player, can we offer supporting angle from their position
- When do we show inside, when do we show outside?

ACTIVITY TWO



Setup:

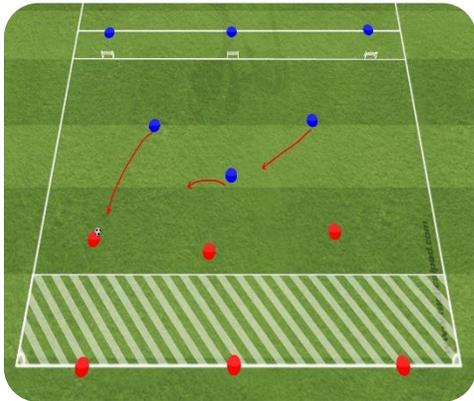
- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates

GAME

Session: *Defending in a unit & as a Team*



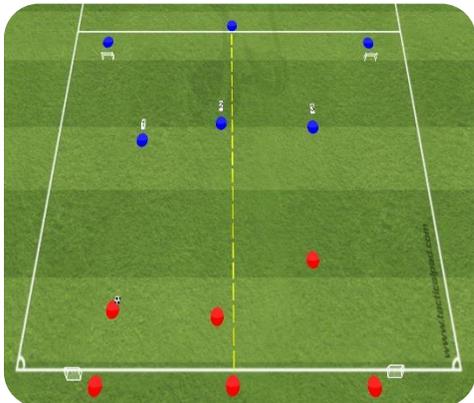
Setup:

- Using the full area split players into 4 groups of 3, 2 defending groups and 2 attacking groups
- Place 3 goals at the top of the area that the defending team must stop attacking team scoring into
- If the attacking team score in any of the 3 goals the defending team swap out with the other and this is repeated
- Attacking team must make 6 passes before looking to score, if they don't score they swap with the other group, rotate groups.

Coaching Points:

- Organisation in the defensive shape, closets players to the ball and support from others
- Communication, who goes to the ball, who is covering, where should the first defender show player on the ball
- Recognising pressing triggers, hunting in packs (3's) while maintaining team shape and balance

WARM UP



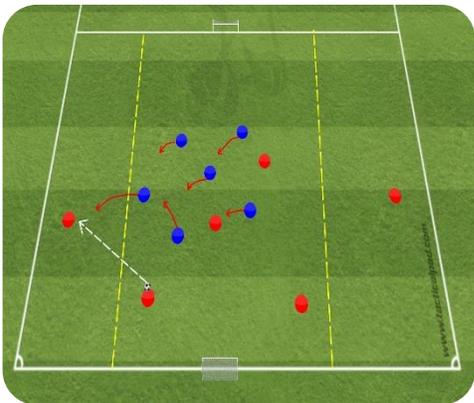
Setup:

- Players remaining in their groups of 3 with 2 goals either end of the area as shown
- Attacking team are free to go anywhere on the field but #1 & #3 for the defending team must remain on their side and #2 offers cover on both sides
- Groups rotate so attackers become defenders, defenders become attackers with the next set of groups waiting.

Coaching Points:

- Communication, who goes to the ball, who is covering, where should the first defender show player on the ball
- Decisions making on when to press? When to defend space behind?
- Pressure (1st defender), Cover (2nd defender), Balance (3rd defender)

ACTIVITY ONE



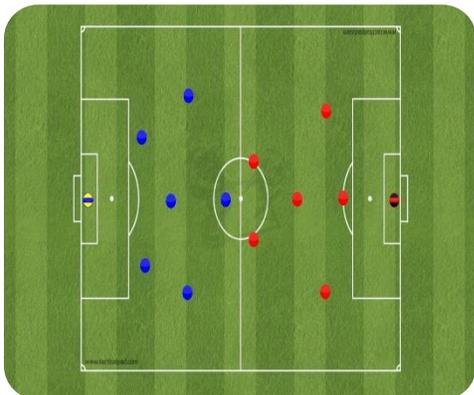
Setup:

- Using the full area split players into 2 teams and have central area marked out like shown
- Team in possession are allowed to move anywhere they wish, team defending look to force play wide and remain organised and defend on one side of the area
- Defending team must start in the central area each time to emphasis the session topic

Coaching Points:

- Organisation in the defensive shape, closets players to the ball and support from others
- Communication, who goes to the ball, who is covering, where should the first defender show player on the ball
- Recognising pressing triggers, hunting in packs (3's) while maintaining team shape and balance

ACTIVITY TWO



Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

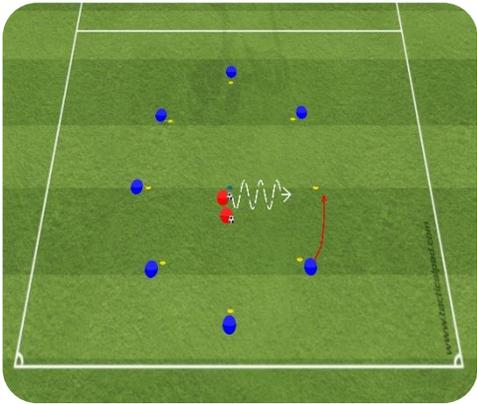
Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME



Session: *Defending in a unit & as a Team*



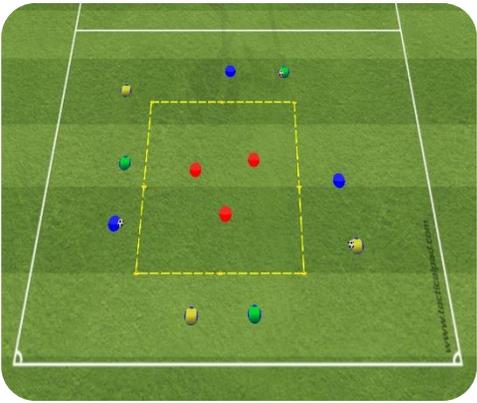
Setup:

- Using the full area, set out cones in a circle, one for each player and one cone in the centre as shown (no more than 8 on the outside)
- Two players (maybe more depending on numbers) goes in the centre, they will be the attackers
- The defenders need to protect the spare cone by blocking the attacker's runs with their ball
- The player who loses to the attacker is the next player in the centre

Coaching Points:

- Awareness of movement from attackers to cover ground quickly and defend open space
- Anticipating play being on toes ready to move toward space
- Approach to cone, what is the shortest route to stop attacker
- Communication of support around incase other attacker tries to steal space you left

WARM UP



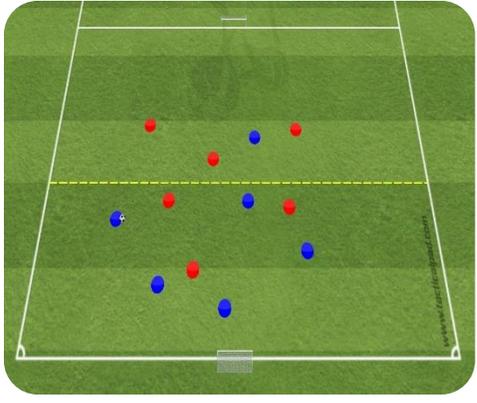
Setup:

- Now using the area from the previous activity place a 10x10 square in centre
- Split players into 4 teams of 3, one team plays in centre as defenders.
- The team of defenders must try to stop dribblers and passes into the box. They must also track runs into the box from other teams.
- The 3 other teams try to score as many points as possible, 1 point for each time they enter the box
- Switch roles after 3 minutes. The team who concedes the least points wins

Coaching Points:

- Awareness of movement from attackers to cover ground quickly and defend spaces
- Anticipating play being on toes ready to move toward space
- Approach, what is the shortest route to stop attacker
- Communication of support around incase other attacker tries to steal space you left

ACTIVITY ONE



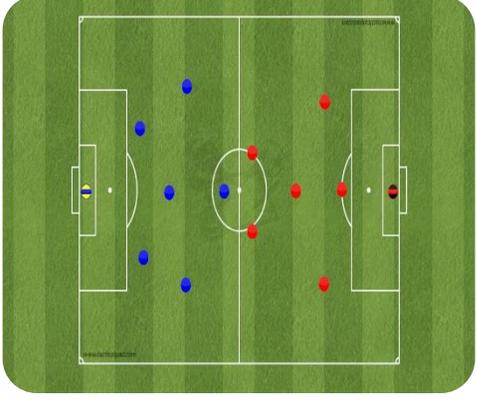
Setup:

- Two equal teams using the full area with half way line
- The attacking team cannot shoot in their own half they must work the ball into the opposition half
- Defenders must then react quickly to stop shots on goal and through passes
- Players recognising when to press, when to hold and when to offer support

Coaching Points:

- Awareness of movement from attackers to cover ground quickly and defend spaces
- Anticipating play being on toes ready to move toward space
- Approach, what is the shortest route to stop attacker
- Communication of support around incase other attacker tries to steal space you left

ACTIVITY TWO



Setup:

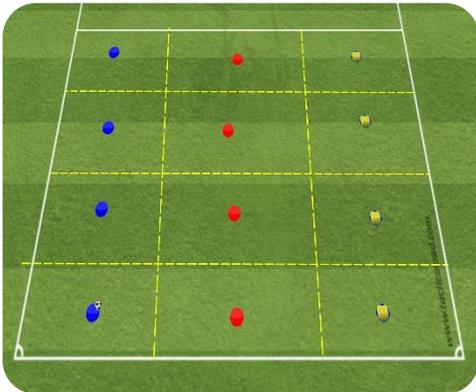
- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

Session: *Defending in a unit & as a Team*



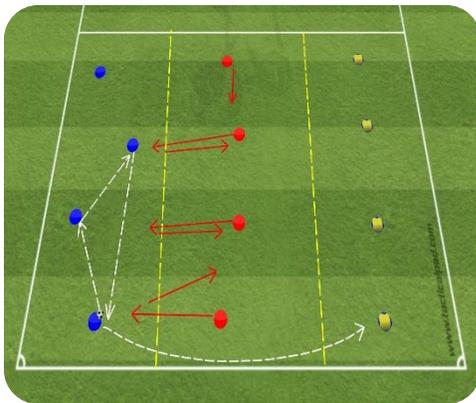
Setup:

- Area 40x30 with 3 teams placed in grids as shown, team in centre is defending team
- Coach passes ball to one of the outside teams who then look to pick a pass through to the opposite side
- Defending team puts pressure on the ball, when? how? cover and balance
- Progress by limiting attacking touches i.e. 2/3 and/or allowing 1 defender to leave their area

Coaching Points:

- How are we going to defend, when to press when to hold position
- Understanding distance, space and angles of opposition players
- Where is the support, how can players angle their body towards the support
- Pressure, cover and balance of the defensive units

WARM UP



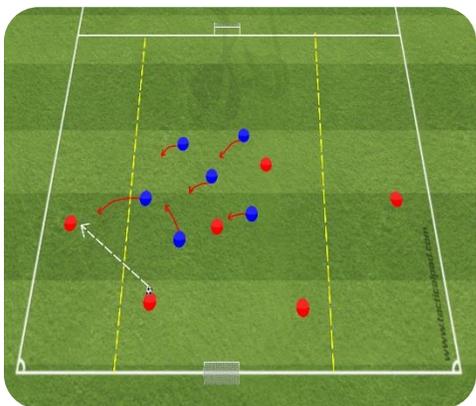
Setup:

- Using the same 40x30 split into 3 sections with 3 teams placed as shown, team in centre is defending team
- Coach passes ball to one of the outside teams who then look to pick a pass through to the opposite side
- Defenders are allowed to enter the attacking area to either pressure or stop the opposition from playing across, what is their decision
- When defenders win the ball they must transfer it to the other team and the team who lost possession becomes defenders

Coaching Points:

- How are we going to defend, when to press when to hold position
- Understanding distance, space and angles of opposition players
- Where is the support, how can players angle their body towards the support
- Pressure, cover and balance of the defensive units

ACTIVITY ONE



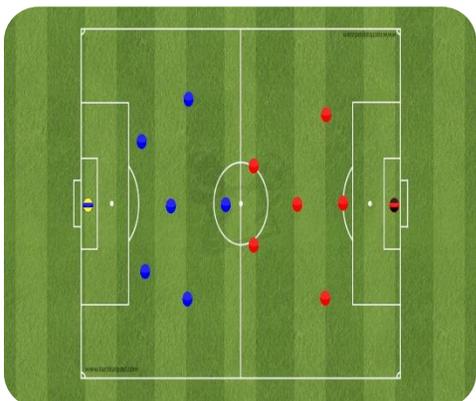
Setup:

- Using the full area split players into 2 teams and have central area marked out like shown
- Team in possession are allowed to move anywhere they wish, team defending look to force play wide and remain organised and defend on one side of the area
- Defending team must start in the central area each time to emphasise the session topic

Coaching Points:

- Awareness of movement from attackers to cover ground quickly and defend spaces
- Anticipating play being on toes ready to move toward space
- Approach, what is the shortest route to stop attacker
- Communication of support around incase other attacker tries to steal space you left

ACTIVITY TWO



Setup:

- Full field 7v7
- Working in 1-2-3-1 and 1-3-1-2

Coaching Points:

- How can we incorporate our session theme into our training game?
- Safety vs. Risk.
- How do we do this in a game?
- Supporting options provided by the closest teammates.

GAME

SPP
C COACHING