

# Full Season Training Program

Sheffield United F.C. U14 Academy Team



By Darren Vine

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# **Full Season Training Program**

**A Full Season of  
Training with  
Sheffield United F.C.  
Academy Team**

*by*  
Darren Vine

*Published by*  
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# **Introduction**

**Sheffield United F.C. Academy U'14's**  
**Darren Vine**

I picked up this squad at the start of the 2006/2007 season. When I began to work with the players, I noticed that the following aspects needed particular attention:

- The ability to regain and maintain effective possession
- Defending both individually and collectively
- Team shape in and out of possession
- Position specific work
- Decision making
- The ability to play off 1, 2 and multi-touch

The sessions were delivered in this particular topic order, as I believe that the ability to maintain possession and defend effectively following regains, forms the foundations for an effective performance. The team shape work gave the players a solid foundation from which they could express themselves, and an understanding of the responsibilities of each player, individually and collectively, in game situations. This work has enabled the rotation of players, to experience various positions in order to develop greater game understanding.

A great emphasis has been placed on making the sessions 'real' so that the chance for transfer into game situations is increased. Many sessions have ended with a competitive game or modified game in order to assist this transfer from training to match situation.

As a result of the work covered to date, the team have developed into an effective and well organised team, where individuals thrive. At this stage of the teams development the result is of little importance; the application, decision making and performance of the players is paramount.

# **Week 1**

## Week One

### **Session One – Focus: Creating Space to Retain Possession**

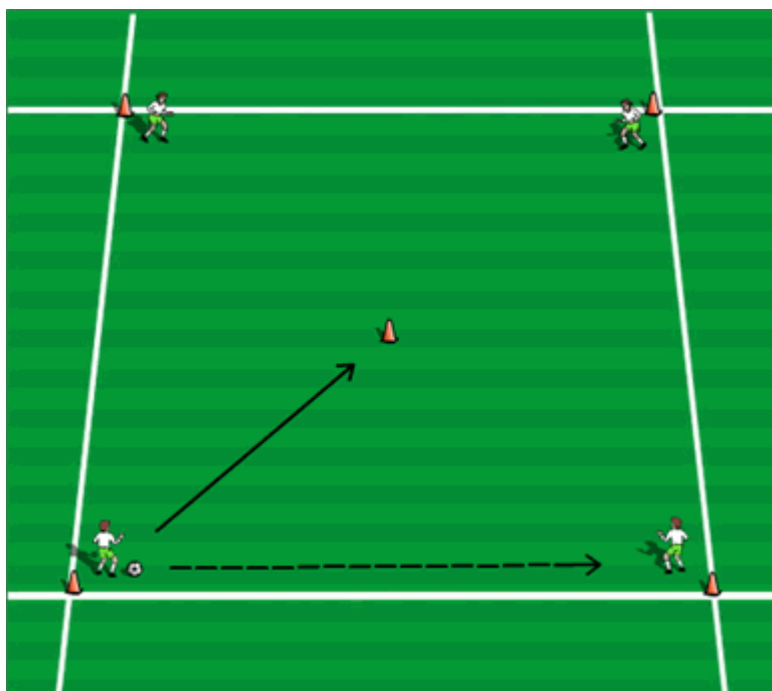
16 players on ½ pitch

Warm up and fitness work completed with fitness coaches

#### **Technical Warm Up**

1 and 2 touch play – creating and filling spaces – pass and move to the free cone.

In groups of 4 in a 15m x 15m square, 1 ball, 5 cones.



#### **Coaching Points:**

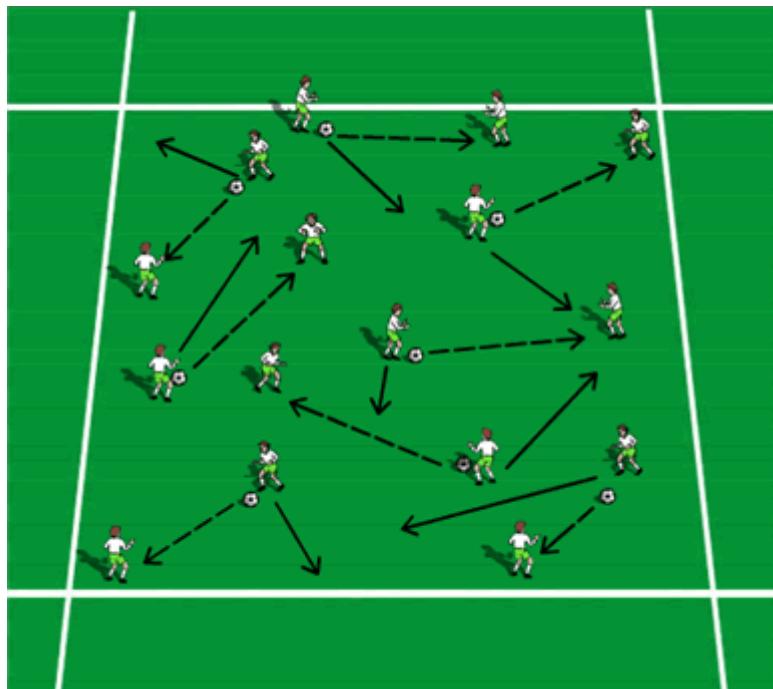
- Play off 1 or 2 touches, make good decisions
- On 1<sup>st</sup> touch change the direction of the ball
- Receive with an open body shape
- If on the middle cone receive on the back foot and turn out



## Progression 1

Pass and move to receive another ball.

All players in 40m x 40m area with 8 balls.

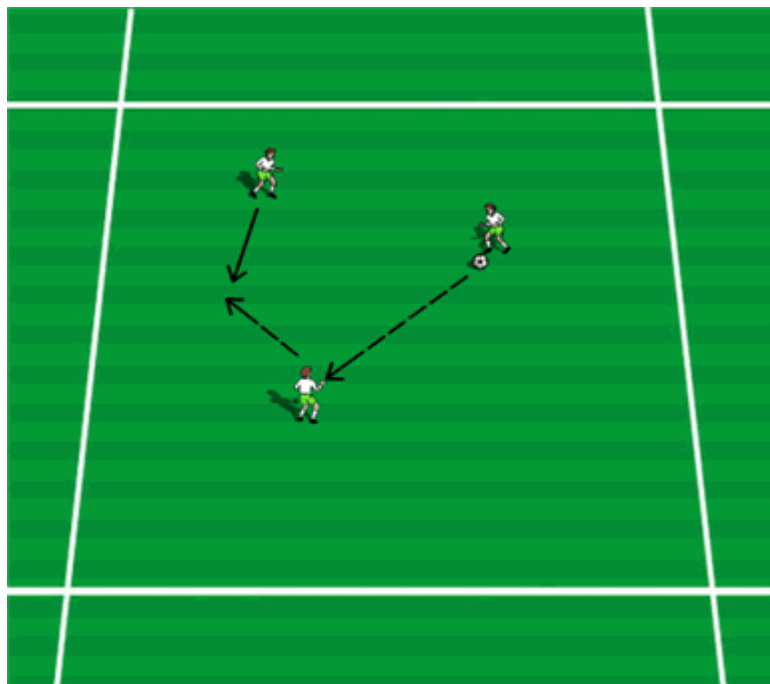


### Coaching Points:

- Quick pass or ball retention decision
- Body shape and direction of 1<sup>st</sup> touch
- Empty and fill space
- Be creative

## Progression 2

Introduce the 3<sup>rd</sup> man link up.

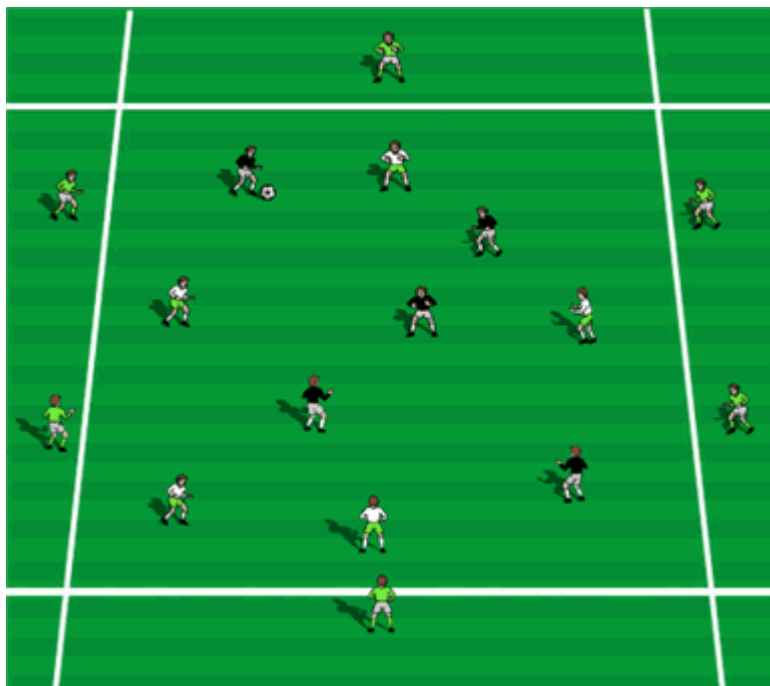


### Coaching Points:

- Anticipate where the next pass is going
- Be an option for the receiver by supporting early
- Utilise moves such as overlaps, 1 – 2's, overs etc

### Progression 3

3 team possession game 40m x 40m.



2 teams inside the square with one distributed evenly around the outside. The team in possession can play with the outside players to retain the ball.

Apply all of the worked on coaching points into the practice.

### Progression 4

4 goal game 40m x 40m.



Apply all of the afore mentioned coaching points into the game and coach as situations arise.

**Cool Down** – player led.

## Week One

### **Session Two – Focus: Developing Effective Possession From Regains**

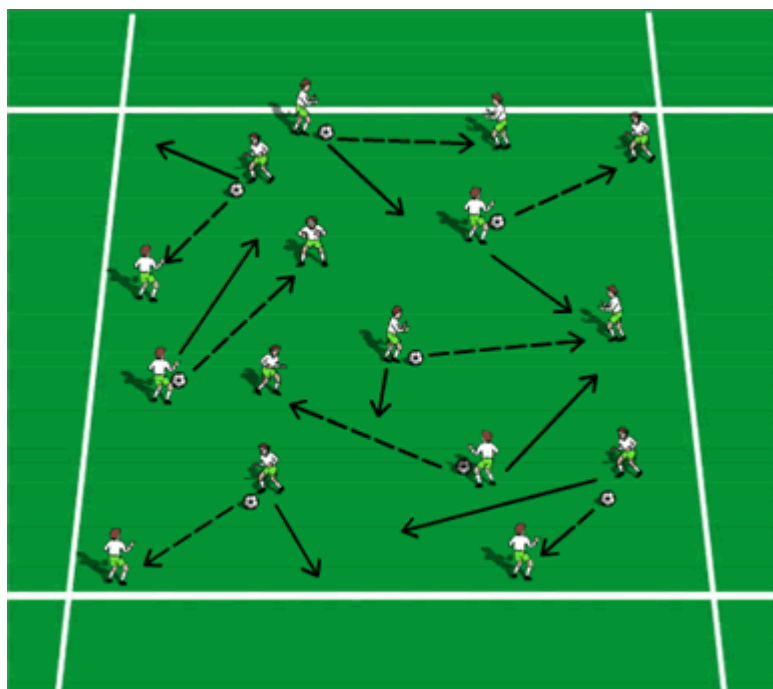
16 players ½ pitch

Warm up and fitness work completed with fitness coaches

#### **Technical Warm Up**

Building on the work done in the last session.

All players in 40m x 40m square with 8 balls.

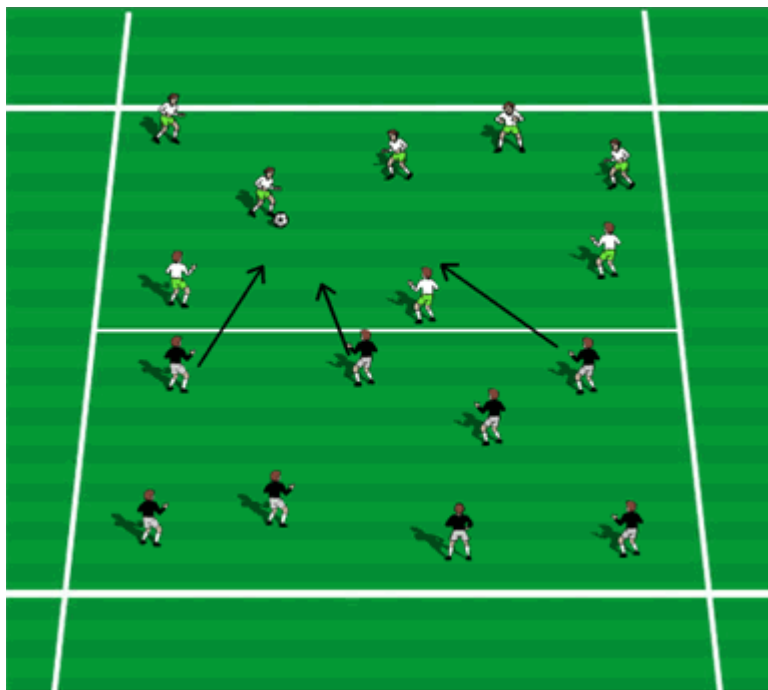


#### **Coaching Points:**

- Have a good body shape when receiving
- Introduce short and long play, play with head up
- Involve the 3<sup>rd</sup> man in the play

## Progression 1

Divide 40m x 40m in half 8 players in each.



As the ball is played into an 8 the other team send across 3 defenders. Retain possession. If the defenders regain possession manipulate the ball and transfer back to team mates in other half and create an 8 v 3 in their favour.

### Coaching Points:

- Work off the ball to create and fill spaces
- Receive using an open body shape
- Decision making of when to pass or retain possession
- On the regain, tidy up possession by playing the easy ball

## **Progression 2**

8 v 8 game across the width of the half pitch.

Apply all of the principles worked on into the game paying particular attention to maintaining possession upon regaining the ball. Coach in the game.

**Cool Down** – player led.

## **Week 2**



## **Week Two**

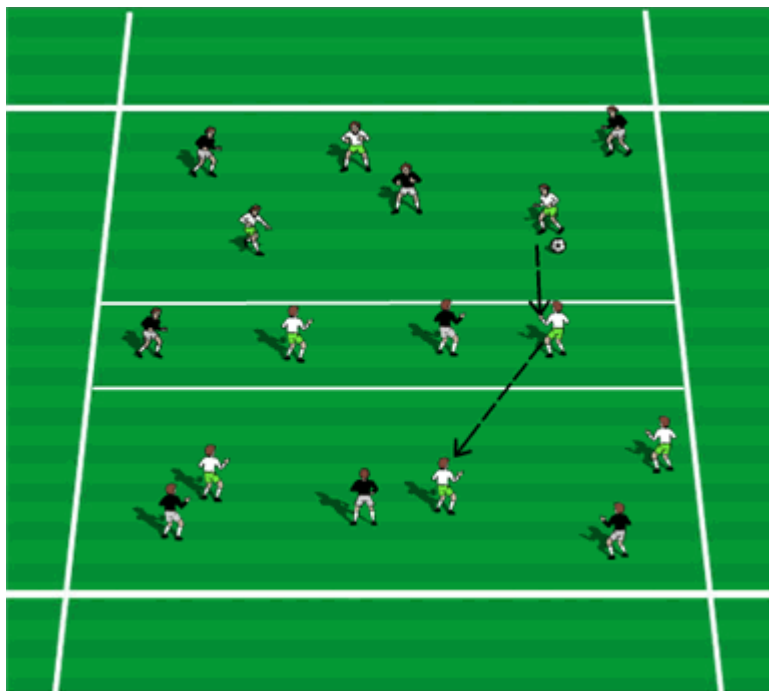
### **Session 3 – Focus: Switching Play in Order to Utilise Space**

16 players on half pitch

Warm up and fitness work completed with fitness coaches.

#### **Technical Warm Up**

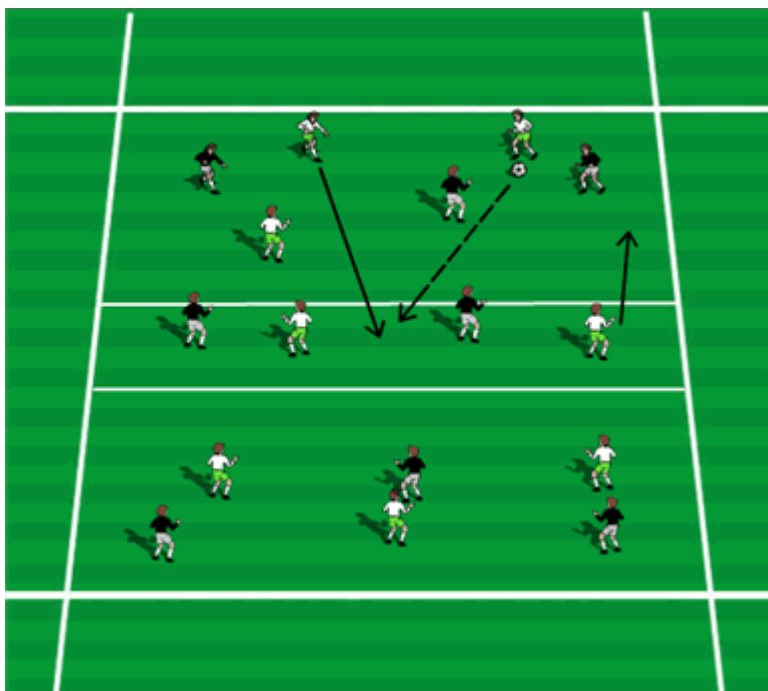
2 teams split between 3 areas.



Free play in the end squares to keep possession, take opportunities to play into the middle areas and switch the play. The middle area is unopposed to begin, progressing to opposed.

### Progression 1

Any player of the team in possession in the middle area can join in to make an overload in the end area. On the transfer any player from the end area can break into the middle area with the ball or to receive a pass to transfer play.



### Coaching Points:

- Recognise how and when to switch play
- Have good movement to create space for the switch
- Receive on the half turn to see the options

## Progression 2

Take out the middle area and add 4 goals. Free play inside the area, score by running the ball through the goals.



### Coaching Points:

- Build on previous points
- Draw opponents in to utilise the space on the far side
- Recognise when the switch is on and do it at speed.

## Progression 3

Open the game out to a 60m x 40m with 1 goal at each end and apply the worked on points into the game, coaching when opportunity arises.

**Cool Down** – player led.

## **Week Two**

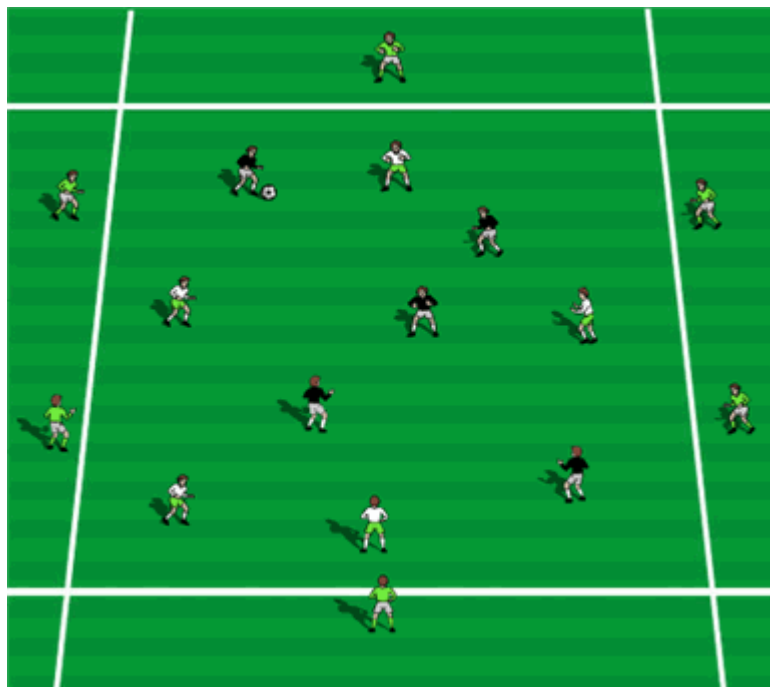
### **Session Four – Focus: Possession Development and Quick Finishing**

16 players, ½ pitch

Warm up and fitness work completed with the fitness coaches.

#### **Technical Warm Up**

3 team possession game.



2 teams inside the square with one distributed evenly around the outside. The team in possession can play with the outside players to retain the ball.

10 consecutive passes wins the game and kicks the opposition to the outside, winners stay inside the square.

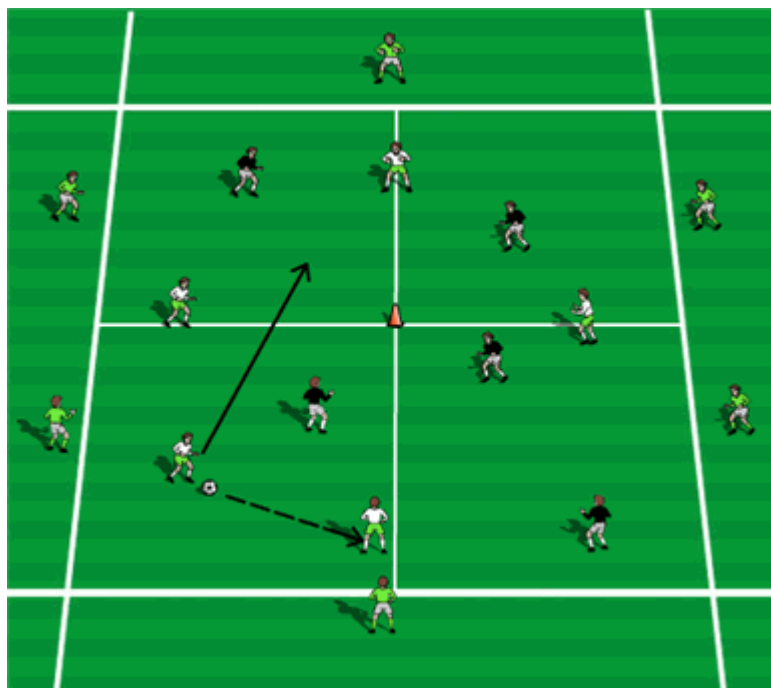
#### **Coaching Points:**

- Body shape when receiving

- Quality on the regains
- Play with head up
- Empty and fill spaces

### Progression

Introduce a centre cone to split the square into quarters. After the ball has been played the player must get out of the quarter that they are standing in to clear the space for others.

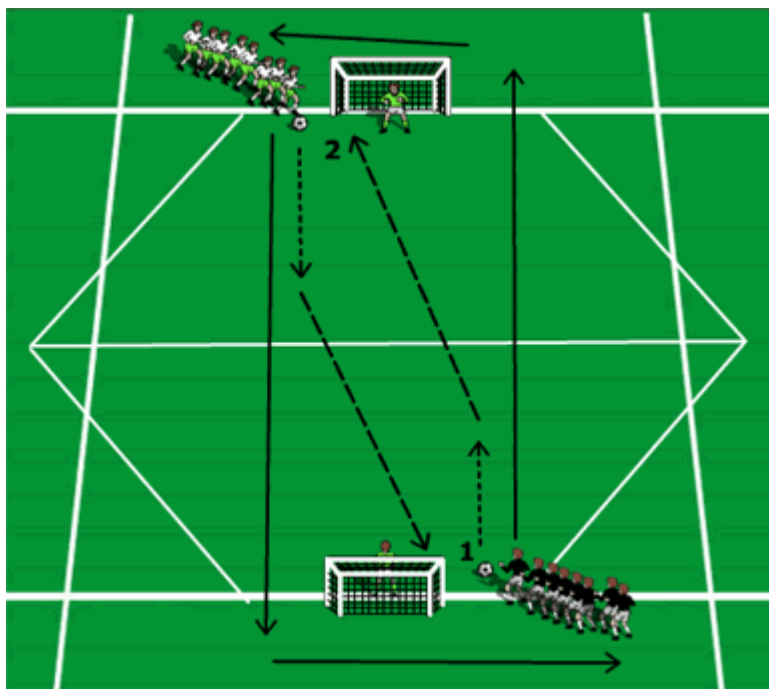


### Coaching Points:

- Quality of the movement and timing of runs
- Players to recognise when space has been created

## Finishing Work

Players split into 2 teams lined up diagonally from each other at the side of the goal, with 1 goalkeeper brought in for each.



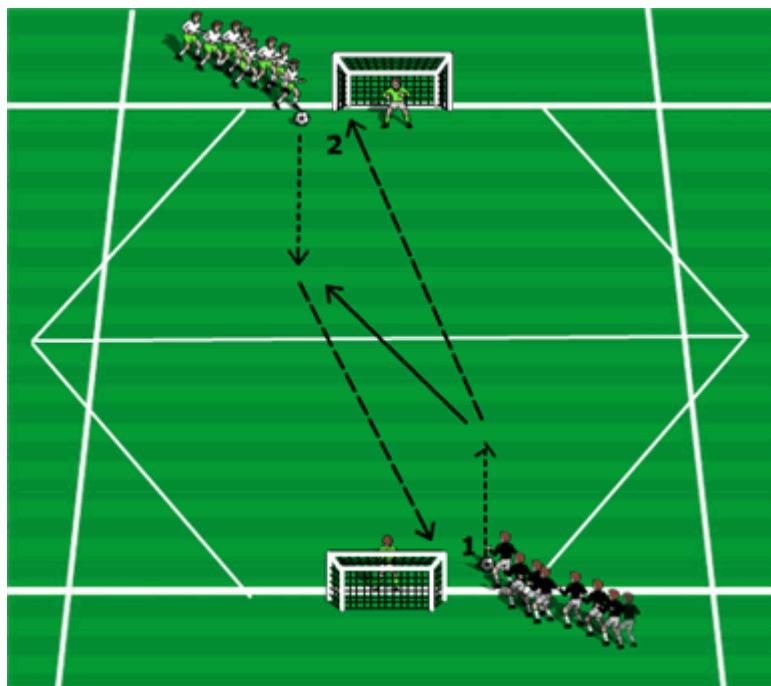
As 1 strikes the ball, 2 begins. Big touch out of feet and strike.

### Coaching Points:

- Hit the target
- Good touch out of feet
- Shoot across the keeper

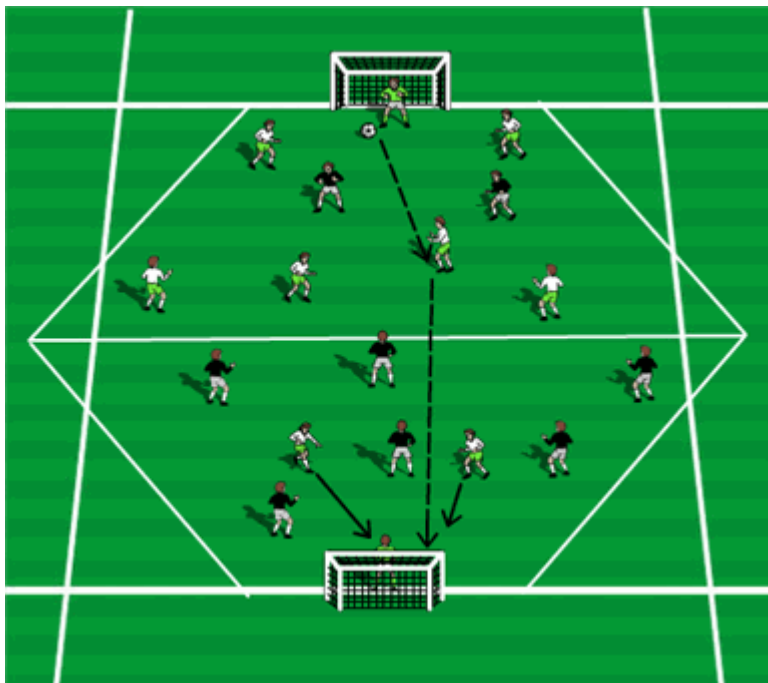
### Progression 1

1 plays a big touch out of his feet and strikes then has to close down 2 immediately to apply pressure to the strike, 2 closes down the next player and so on. Forfeit for anyone who fails to apply pressure. Same coaching points.



## Progression 2

All of the players inside the area. 6 in own half and 2 play in oppositions half. All players must stay in their allocated half of the area. GK starts the game by rolling the ball out to his team. Manipulate the ball to get a quick strike on goal, players in the other half to follow in rebounds. Rotate the two players in the oppositions half.



### Coaching Points:

- Keep possession to create space for the shot
- Take the shot early
- Work the goalkeeper

**Cool Down** – player led.



## **Week Three**

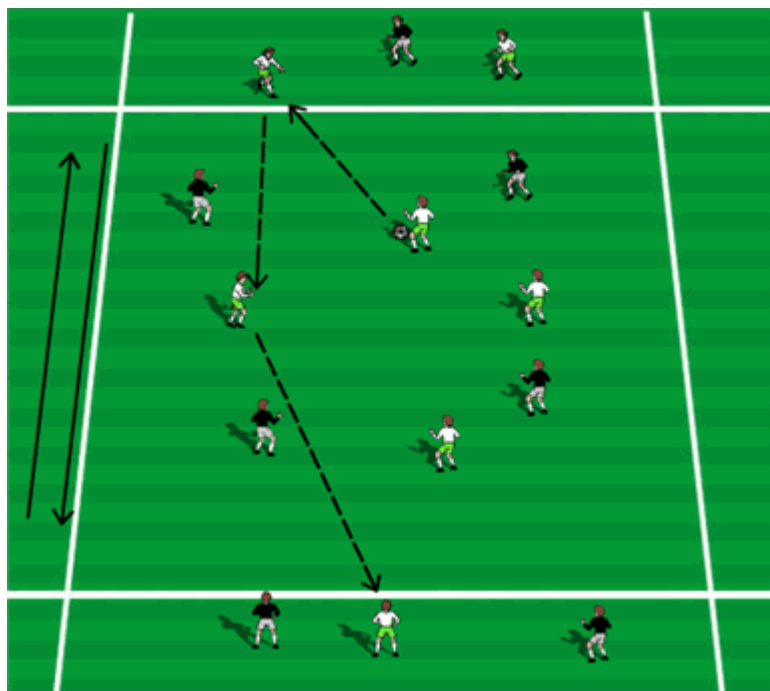
### **Session Five – Focus: Switching Play Development**

14 players, ½ pitch

Warm up and speed work completed with the fitness coach.

#### **Technical Warm Up**

30m x 40m area, 4 v 4 +1-2 overload return activity.



4 v 4 in the middle area, play into an end zone (unopposed) to score, receive back from the end player and switch to opposite side to do the same, keep switching until possession is lost.

#### **Coaching Points:**

- Movement off the ball
- Quality of 1<sup>st</sup> touch and body shape
- Awareness to see and play next ball

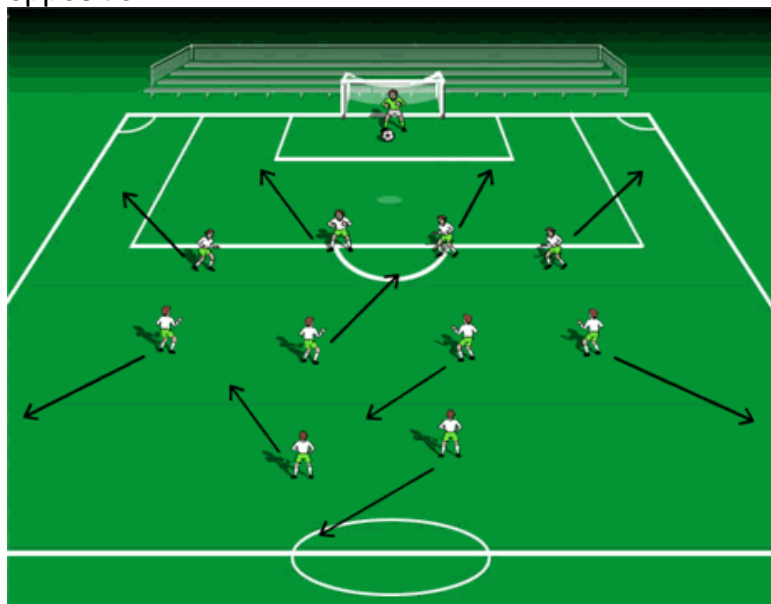
- Quality and speed of interplay

### **Progression 1**

Introduce 3 touch limit in the middle area and 2 touch to end zones to develop quickness of the play and to stretch players ability.

### **Progression 2**

Shape work – passing the ball around the shape to develop shape in possession to encourage switching. No opposition.



### **Positional Points to Consider:**

- The centre backs drop deep, the 2 full backs break wide and deep
- In central midfield the players play up and down not flat
- The wide midfield players break wide and push on
- The strikers make opposing runs to each other

### **Coaching Points:**

- Quality of movement to create and utilise space
- Body shape when receiving

- 3<sup>rd</sup> player anticipation to support the ball
- Patience in possession

**Cool Down** – player led.

## **Week 3**

## Week 3

### **Session 6 – Focus: To Develop Competitive Play**

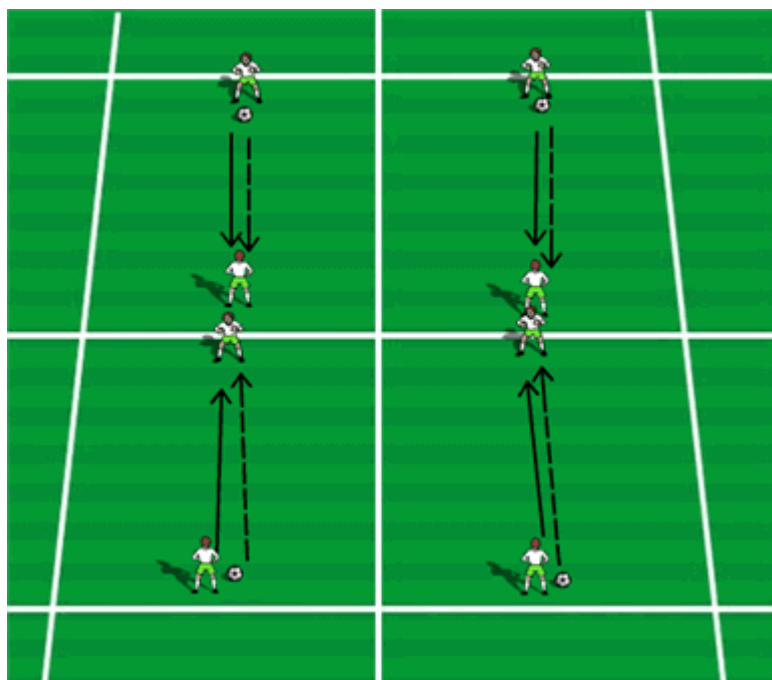
16 players, ½ pitch

Warm up and speed work completed with the fitness coaches.

#### **Technical Warm Up**

8 x 10m x 10m squares. 2 players and 1 ball in each square. Squares numbered 1-8.

1 v 1 ladder, 10 x 2 minute games, high intensity.



- Player 1 passes the ball across to start the game and closes the ball down.
- Player 2 tries to beat player 1 and stop the ball on his line to score.
- If 1 wins the ball back he tries to score on 2's line.

- When play breaks down player 2 restarts the game and this alternate pattern continues until the end of the game.

After the 2 minute time period the winner moves up one square and the loser moves down one square (promotion and relegation). If the game is drawn the person to score the first goal wins.

The team that finish as winners choose a forfeit for the rest of the players.

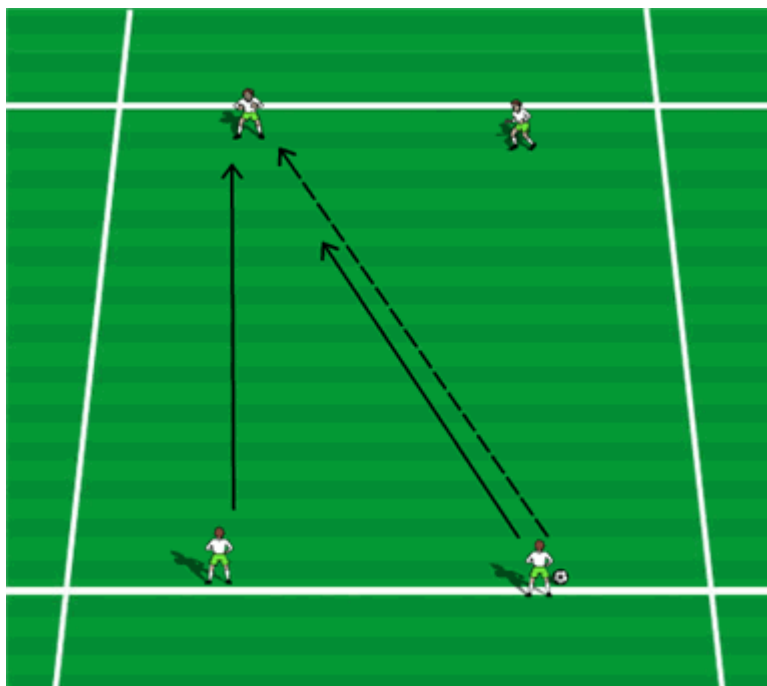
### **Coaching Points:**

- Play at a high tempo
- Finish as high up the squares as possible

### **Progression 1**

4 x 20m x 20m squares. 2 pairs and 1 ball in each square. Squares numbered 1-4.

2 v 2 ladder, 10 x 2 minute games, high intensity.



Rules and set up the same as with 1 v 1 ladder.

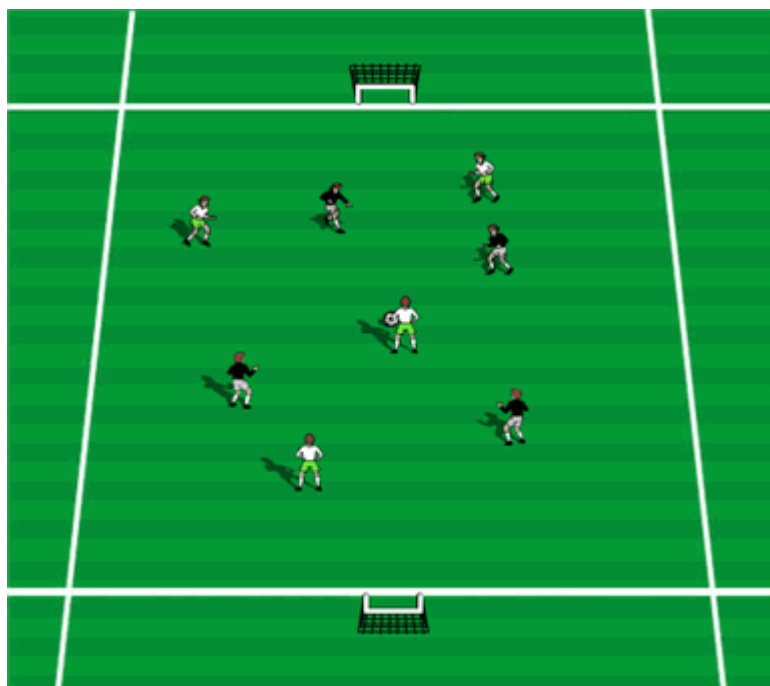
### Coaching Points:

- Play at a high tempo
- Finish as high up the squares as possible
- Work and communicate as a team
- Solve any problems that may arise that are detrimental to your performance

### Progression 2

2 x 40m x 30m games. 2 teams of 4 and 1 ball on each pitch and 2 small goals.

4 v 4 game with 1 touch finish.



Each team plays the other 3 teams 3 times. Game 1 the game begins at 0-0. Game 2 the game begins at 2-0. Game 3 the game begins 0-2. Time allowed to discuss tactics prior to each game.

**Key Questions:**

- How do you approach a game when the scores are level?
- How do you defend a lead?
- How do you approach the game when you are trailing?

**Coaching Points:**

- Play at a high tempo
- Work as a team
- Be effective and organised

**Cool Down** – player led.



## **Week 4**

## Week 4

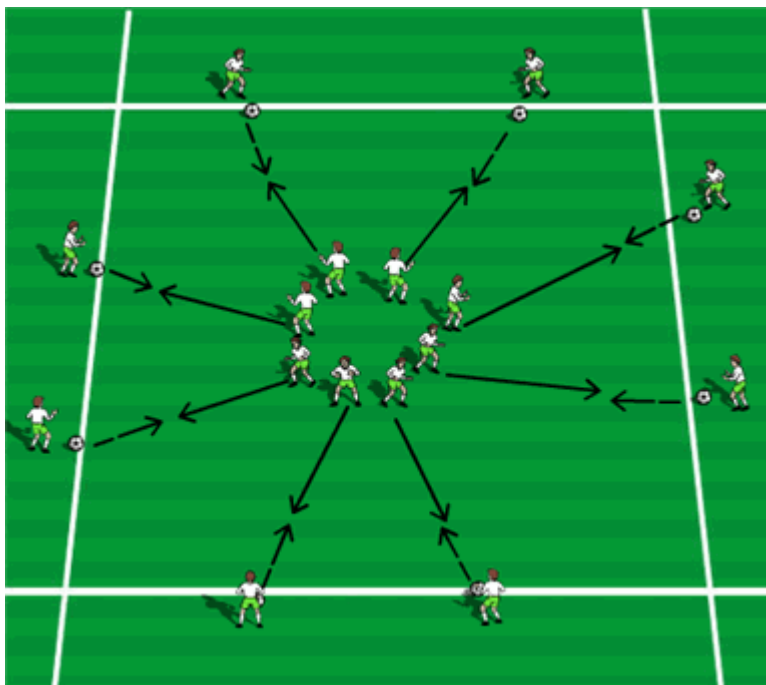
### **Session 7 – Focus: To Improve Decision Making When in Possession of the Ball**

16 players, ½ pitch

Warm up and speed work completed with the fitness coaches.

#### **Technical Warm Up**

30m x 30m square. In pairs, 1 inside the square and partner outside the square with a ball.



On the call of go, receive from partner, return the ball and spin off to receive another ball.

Vary receiving techniques to include: 1 touch volley, 1 and 2 touch passing, chest control and volley, heading, receive turn and pass to free outside player.

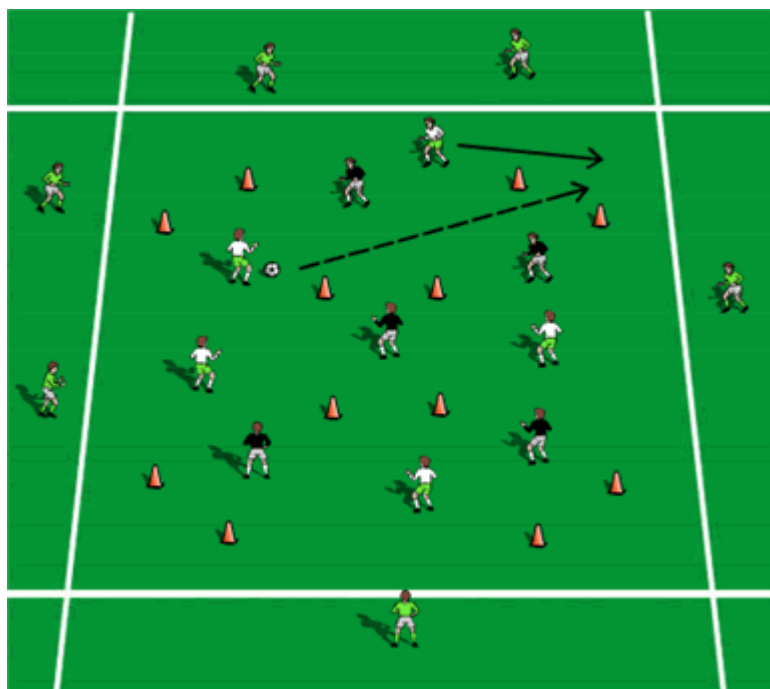
The player in the middle works for 1 minute and then changes with his partner.

### Coaching Points:

- High tempo – game pace
- Set high standards for technique
- Signal to receive, where do you want the ball?
- Communication

### Possession and Decision Making

40m x 40m area, 6 gates in area, 2 red, 2 green, 2 yellow. 2 teams of 5 and 1 team of 6. 2 teams in the square and 1 team spread evenly around the outside to create an overload for the team in possession (rotate).



Unlimited touches possession to begin ignoring the gates. Progress to keeping possession and if opportunity arises scoring by passing or running ball through a gate. Progress to scoring through 1 coloured gate then through another colour to change the focus of the possession. 5 goals wins the game and kicks opponents to the outside. Winner stays on.

### **Coaching Points:**

- Pass and move
- Recognise when to exploit space and score
- Intelligent running to create opportunities to score
- Be patient in possession of the ball

### **Progress to 60m x 40m Game.**

Extended game time to continue with competitive development from the previous session.

Apply the principles of the work covered in this and the last session into the game.

As the score changes re-cap how to defend a lead and chase the game effectively.

**Cool Down** – player led.

## **Week 4**

### **Session 8 – Focus: Switching Play and Team Shape to Keep Possession and Exploit Space on the Other Side of the Pitch**

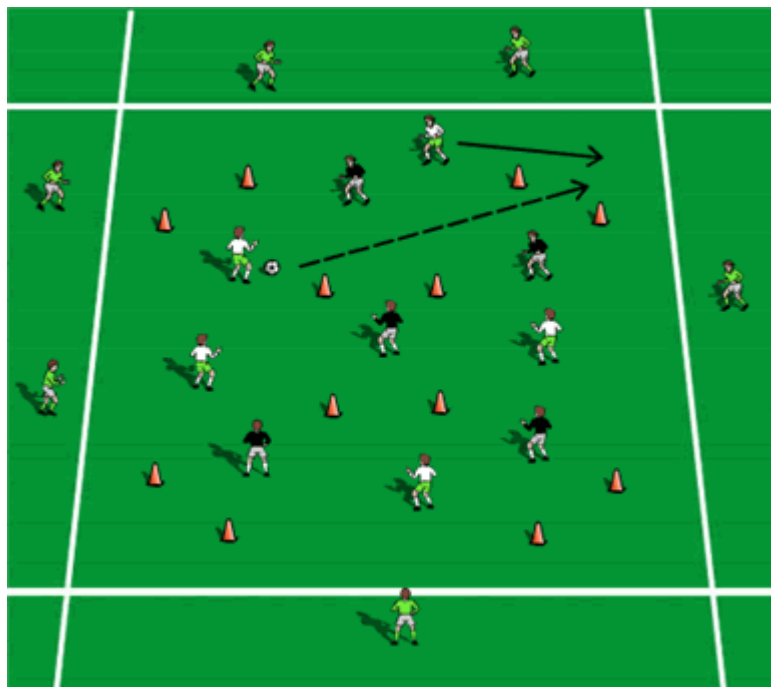
14 players, ½ pitch

Warm up and speed work completed with the fitness coaches.

#### **Technical Warm Up**

Possession and decision making, development from previous session.

40m x 40m area, 6 gates in area, 2 red, 2 green, 2 yellow. 2 teams of 5 and 1 team of 6. 2 teams in the square and 1 team spread evenly around the outside to create an overload for the team in possession (rotate).



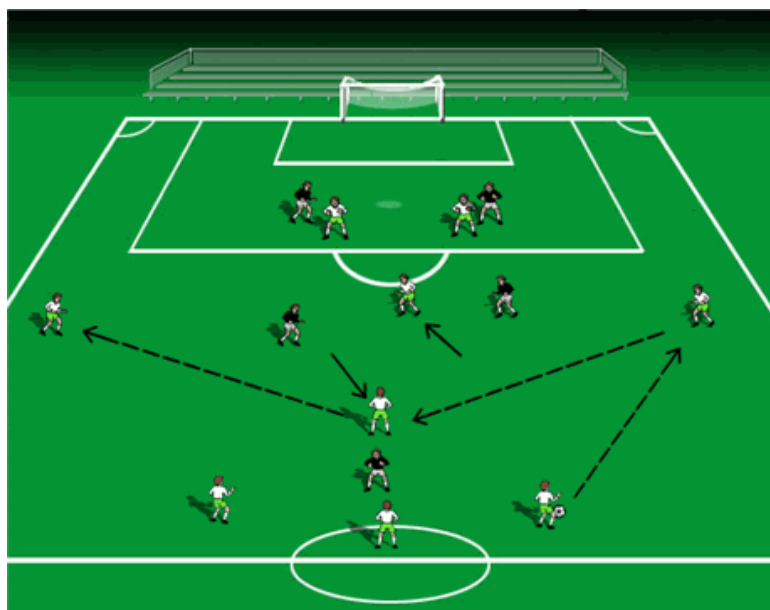
Progress to keeping possession and if opportunity arises scoring by passing or running ball through a gate.  
Progress to scoring through 1 coloured gate then through another colour to change the focus of the possession. 5 goals wins the game and kicks opponents to the outside.  
Progress to scoring through all 3 coloured gates consecutively wins the game.  
Winner stays on.

### **Coaching Points:**

- Pass and move
- Recognise when to exploit space and score
- Intelligent running to create opportunities to score
- Be patient in possession of the ball

### **Switching Play – Phase of Play**

9 v 5 (rotating players).



### **Key Movement Patterns:**

- Ball into central defenders and full backs break wide
- Central midfield players play up and down from each other and leave channels free for ball into strikers feet from defenders
- Wide midfield players break wide and push on to create space for the full backs to exploit
- Strikers make opposing runs, be available for ball from defence to attack

### **Coaching Points:**

- Recognise when to play the switch
- Recognise the change of team shape both in and out of possession, stretched when in possession and compact when out of possession
- Movement off the ball and support play

### **11 v 11 Game v U'13's**

Apply worked on principles and patterns into game play.  
Evaluation of success at the end of the game.

**Cool Down** – player led.

## **Week 5**



## Week 5

### **Session 9 – Focus: To Develop Competitive Work and Apply the Work Covered to Date into an Extended Game**

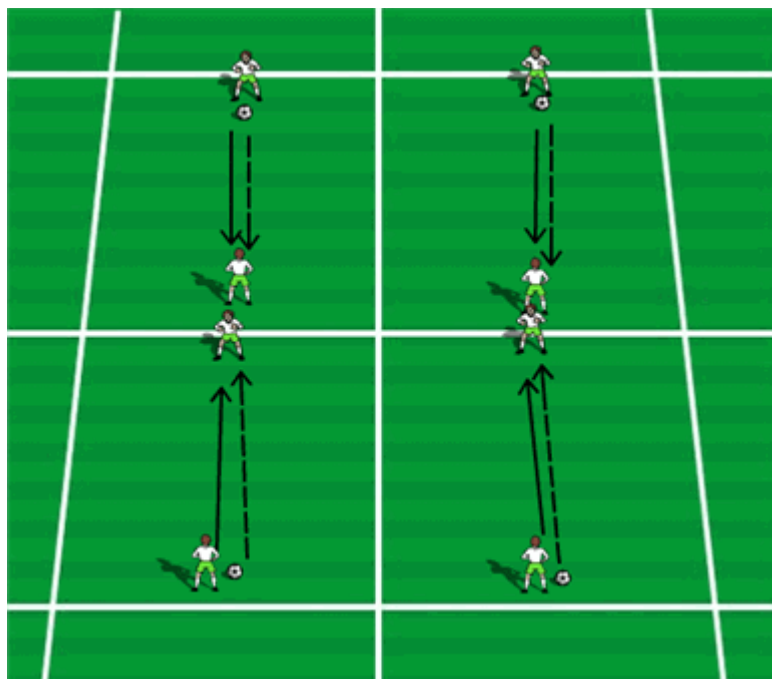
16 players, ½ pitch

Warm up and speed work completed with the fitness coaches.

#### **Technical Warm Up**

8 x 10m x 10m squares. 2 players and 1 ball in each square. Squares numbered 1-8.

1 v 1 ladder, 10 x 2 minute games, high intensity.



- Player 1 passes the ball across to start the game and closes the ball down.
- Player 2 tries to beat player 1 and stop the ball on his line to score.
- If 1 wins the ball back he tries to score on 2's line.

- When play breaks down player 2 restarts the game and this alternate pattern continues until the end of the game.

After the 2 minute time period the winner moves up one square and the loser moves down one square (promotion and relegation). If the game is drawn the person to score the first goal wins.

The team that finish as winners choose a forfeit for the rest of the players.

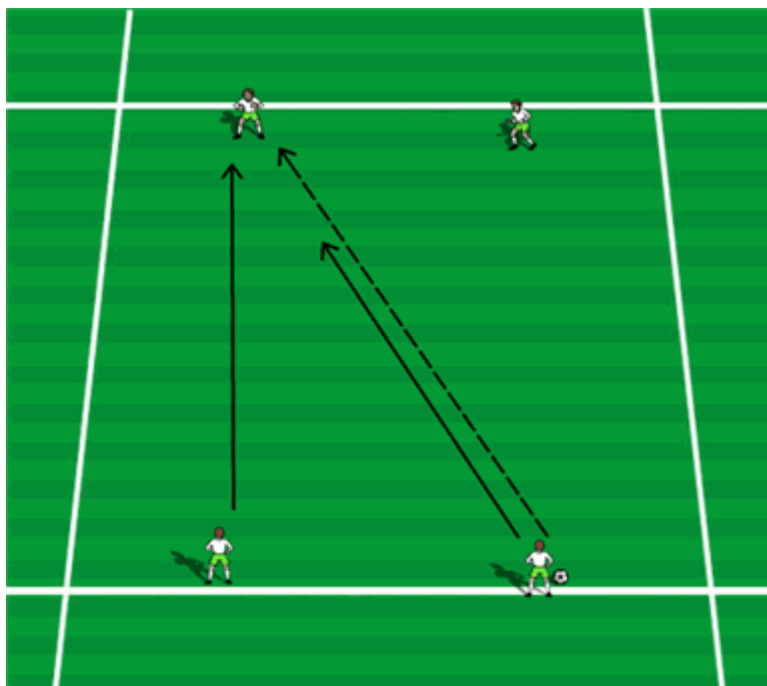
### **Coaching Points:**

- Play at a high tempo
- Finish as high up the squares as possible

### **Progression 1**

4 x 20m x 20m squares. 2 pairs and 1 ball in each square. Squares numbered 1-4.

2 v 2 ladder, 10 x 2 minute games, high intensity.



Rules and set up the same as with 1 v 1 ladder.

### **Coaching Points:**

- Play at a high tempo
- Finish as high up the squares as possible
- Work and communicate as a team
- Solve any problems that may arise that are detrimental to your performance

### **11 v 11 Game v U'13's**

Apply worked on principles and patterns into game play  
Pre match discussion in order to focus players to apply the following learned competences:

- Switch play when opportunity presents itself
- Team shape both in and out of possession
- Be patient in possession
- Work hard to create and utilise space in the field

Evaluation of success and team discussion at the end of the game.

**Cool Down** – player led.

## **Week 5**

### **Session 10 – Focus: Team Shape and Possession Pattern Extension Work**

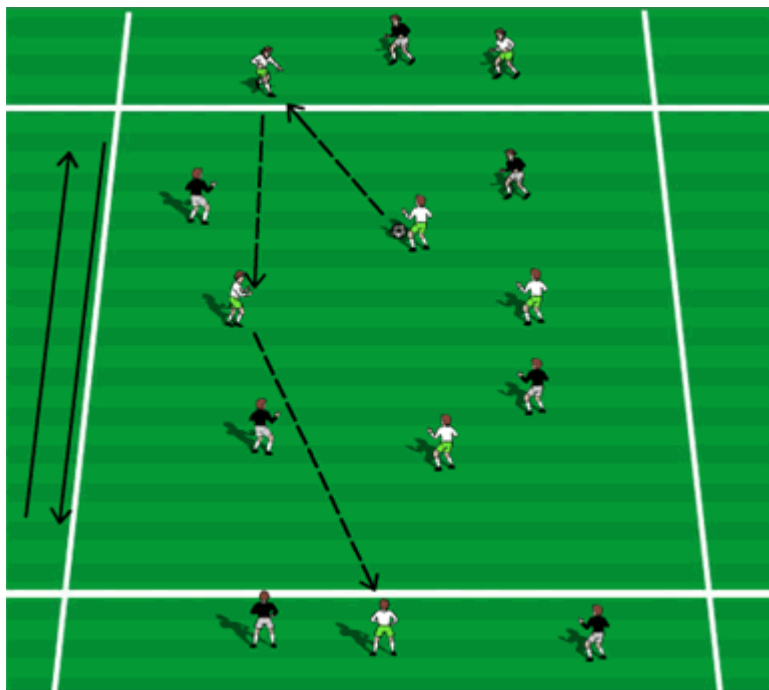
14 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

Revisit switching play practice.

30m x 40m area, 4 v 4 +1-2 overload return activity.



4 v 4 in the middle area, play into an end zone (unopposed) to score, receive back from the end player and switch to opposite side to do the same, keep switching until possession is lost.

#### **Coaching Points:**

- Movement off the ball

- Quality of 1<sup>st</sup> touch and body shape
- Awareness to see and play next ball
- Quality and speed of interplay

### **Progression 1**

Introduce 3 touch limit in the middle area and 2 touch to end zones to develop quickness of the play and to stretch players ability.

### **Team Shape to Keep Possession on Regains – Phase of Play**

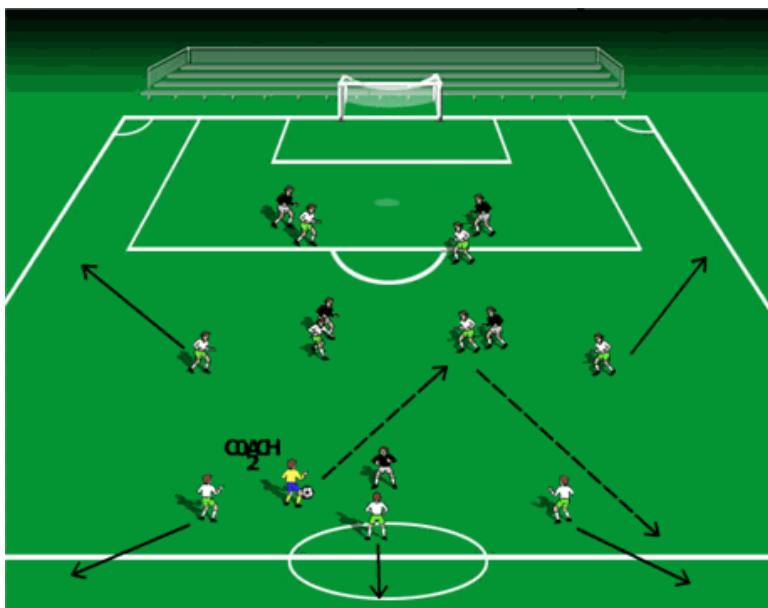
9 v 5 (rotating players)

### **Start Positions and Resultant Movement Patterns to be Coached:**

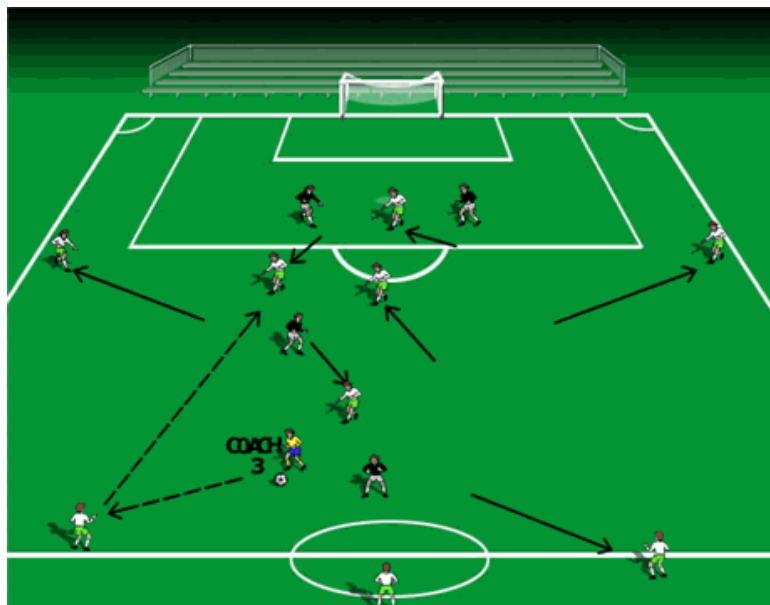
1. Play the ball into the centre backs – Full backs break wide and deep, wide midfield players push on and wide.



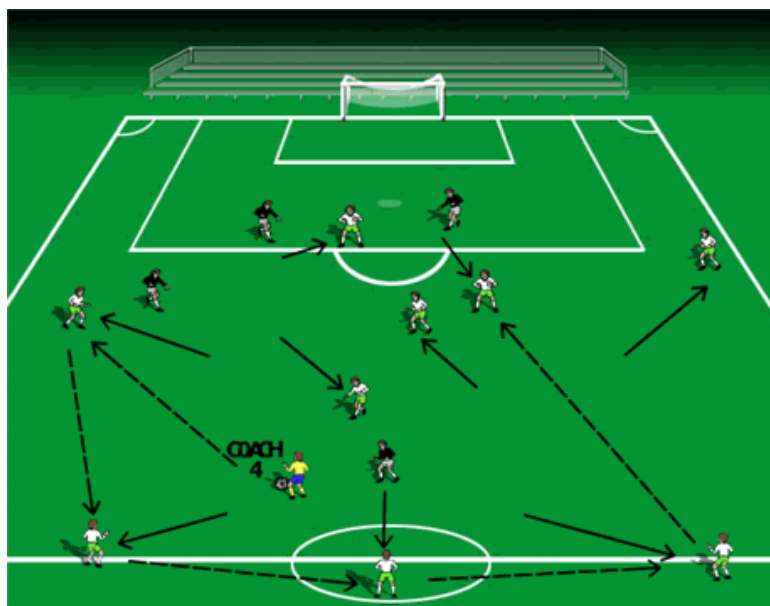
2. Play the ball into the central midfield players who are facing their own goal and being marked tight – Central defenders drop deep to open up space to play, the back 3 drop into a shallow U shape.



3. Play the ball into the full backs – the central defenders drop deep to receive with the wide midfield players pushing on and affecting the player on the ball with their movement. The central midfield players leave a channel available for the ball to be played from the full back to the strikers feet.



4. Play the ball into the wide midfield players facing their own goal – Full backs drop deep to support as do the central defenders making a shallow U shape, the central midfield players play up and down of each other not flat.



5. All of the time this is going on the strikers make opposing runs to one another and make sure that one of them is always available to feet.
6. As the ball is played in to strikers feet central midfielders must be in close support.
7. Any crosses in the box central midfielders 1 join in play and the other 1 sits.

### 11 v 11 Game v U'13's

Apply worked on principles and patterns into game play.  
Pre match discussion in order to focus players to apply the learned competences.

Evaluation of success and team discussion at the end of the game.

**Cool Down** – player led.



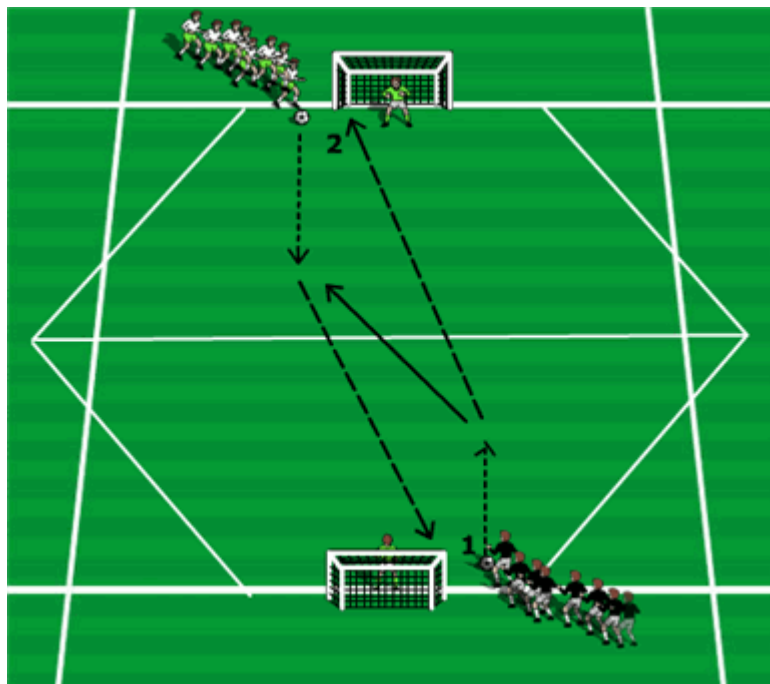
## **Week 6**



- Shoot across the keeper

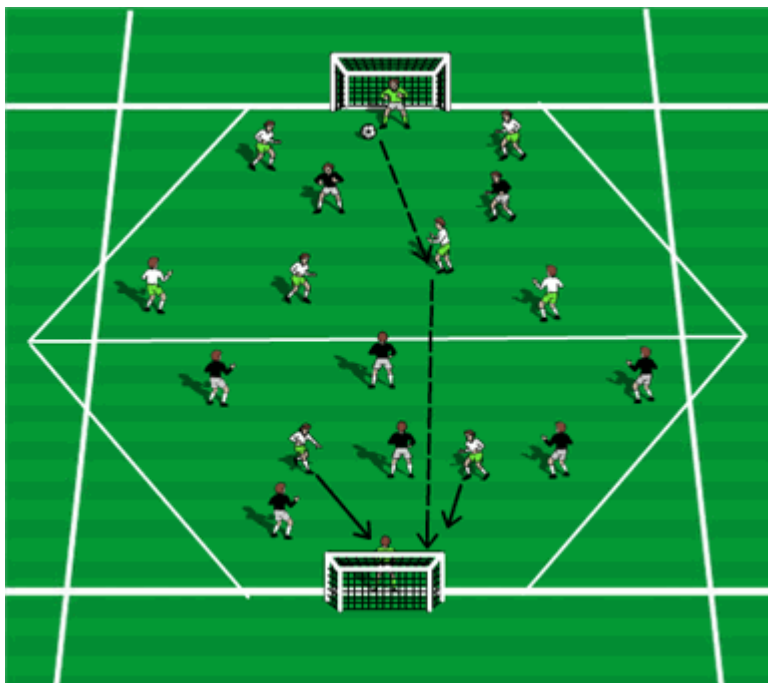
### Progression 1

1 plays a big touch out of his feet and strikes then has to close down 2 immediately to apply pressure to the strike, 2 closes down the next player and so on. Forfeit for anyone who fails to apply pressure. Same coaching points.



### Progression 2

All of the players inside the area. 6 in own half and 2 play in oppositions half. All players must stay in their allocated half of the area. GK starts the game by rolling the ball out to his team. Manipulate the ball to get a quick strike on goal, players in the other half to follow in rebounds. Rotate the two players in the oppositions half.



### **Coaching Points:**

- Keep possession to create space for the shot
- Take the shot early
- Work the goalkeeper

**Cool Down** – player led.

## **Week 6**

## Week 6

### **Session 12 – Focus: To Improve Collective Defending**

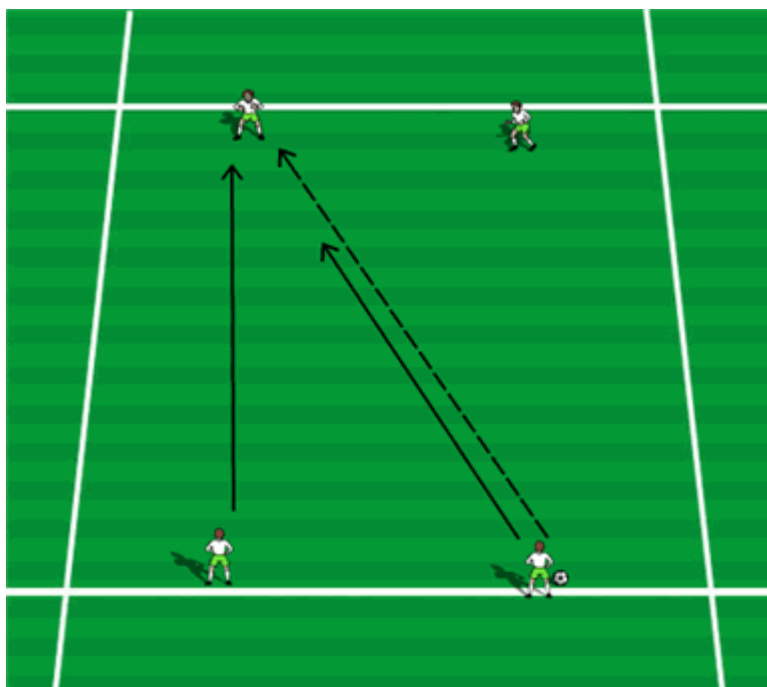
16 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

#### **2 v 2 Defending**

4 x 20m x 20m squares. 2 pairs and 1 ball in each square. Squares numbered 1-4.

2 v 2 ladder, 8 x 2 minute games, high intensity.



- Pair 1 passes the ball across to start the game and closes the ball down.
- Pair 2 try to beat pair 1 and stop the ball on his line to score.
- If 1 win the ball back they try to score on 2's line.

- When play breaks down player 2 restarts the game and this alternate pattern continues until the end of the game.

After the 2 minute time period the winners move up one square and the losers move down one square (promotion and relegation). If the game is drawn the pair to score the first goal wins.

The team that finish as winners choose a forfeit for the rest of the players.

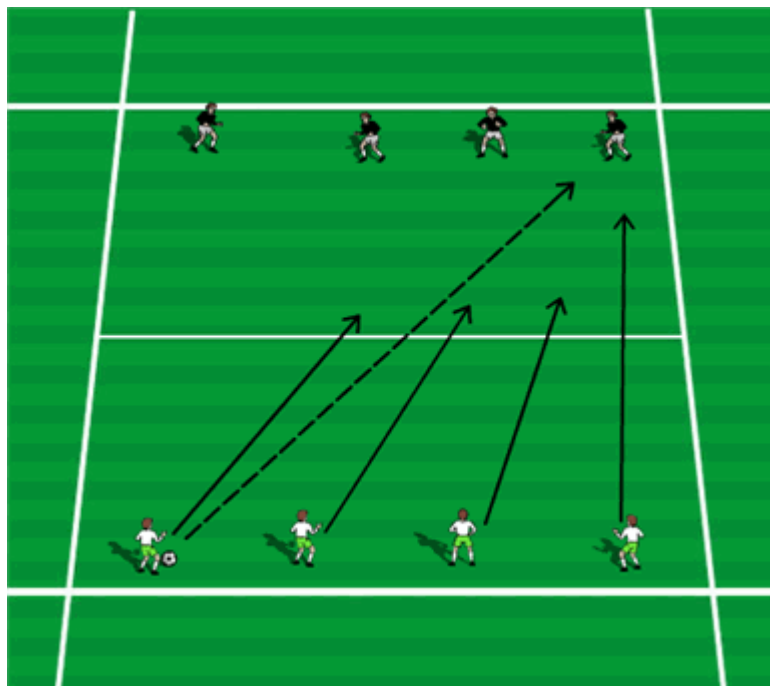
### **Coaching Points:**

- The nearest player to the ball closes it down as quickly as possible, set yourself on their first touch to not get done by 1<sup>st</sup> touch in behind.
- The partner adjusts their position off the 1<sup>st</sup> defender so can cover him if he gets beat and also if the ball is transferred to other player.
- If the ball is passed the roles reverse.
- Communication, show the ball inside/outside force the attackers where you want them to go.
- If the players switch do we stay with the same players or switch? Problem solving activity.

### 4 v 4 Defending

2 x 40m x 40m squares with half way line marked.

4 x 4 minute games, high intensity.



The game begins each time as in the 2 v 2 ladder.

Extra rule, the attacking team can be offside, defenders defend the half way line and make recovery runs if attackers penetrate this line.

### Coaching Points:

- Close down as a 4 as quickly as you can
- Nearest player closes the ball
- Defend the line and be patient
- Stay on your feet and communicate



### **Game 8 v 8**

60m x 40m pitch.

Apply all of the worked on principles into the game situation, recognise any 2 v 2 and 4 v 4 situations.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 7**

## Week 7

### **Session 13 – 11 v 11 Game v U13's as no Weekend Fixture**

## Week 7

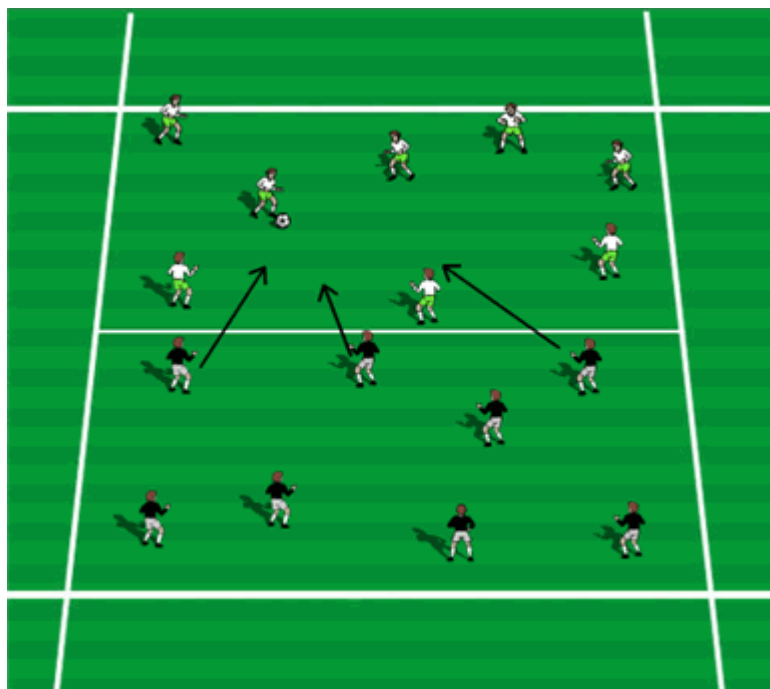
### **Session 14 – Focus: Defending as a Unit to Regain and Maintain Possession**

14 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

### **Technical Warm Up**

Possession and tidying up play on regains.



As the ball is played into the other half, 3 defenders push in to apply pressure. If the defenders win the ball, play it back to own team and join back in play in own half. If the

defenders win the ball and it is knocked out of the playing area, the coach plays a ball into the opposing team to allow for a high tempo game.

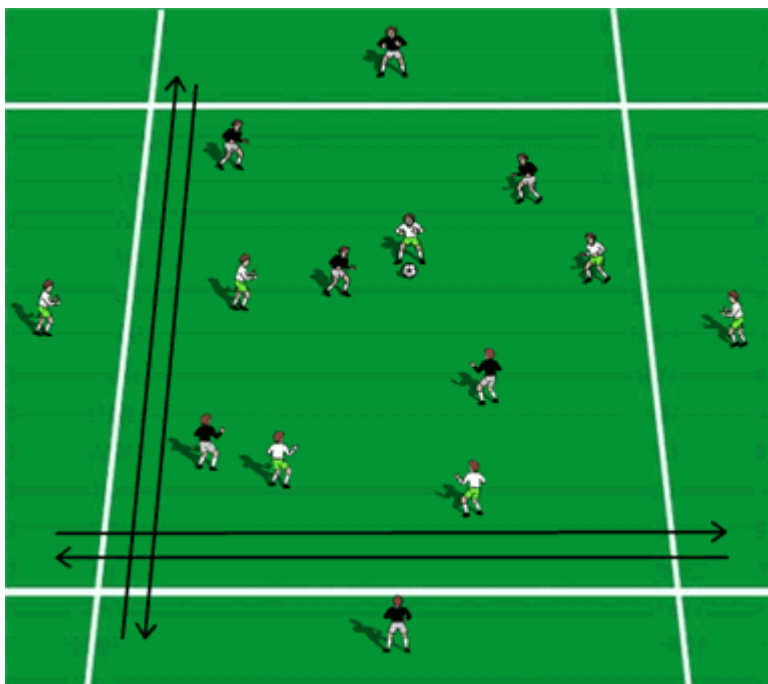
### **Coaching Points:**

- Defenders close the ball down quickly
- Work as a unit, ensure small distances between defenders
- Anticipate where ball going next
- On regains, transfer ball quickly, play the easy ball

### **2 Way Possession (Return activity)**

2 teams of 7, 5 inside the area, 2 on the outside.  
30m x 30m area

Possession football, transferring ball from one side of the square to the other, continue until possession is lost. Both teams are playing in opposite directions.



### **Coaching Points:**

- Defend as a team
- On the regain play the simple ball to keep possession
- Relax on ball when possession is won back.

### **Game 7v7**

60m x 40m area, 1 touch finish.

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 8**

## **Week 8**

### **Session 15 – Focus: Competitive Attacking Play**

10 players, ½ pitch

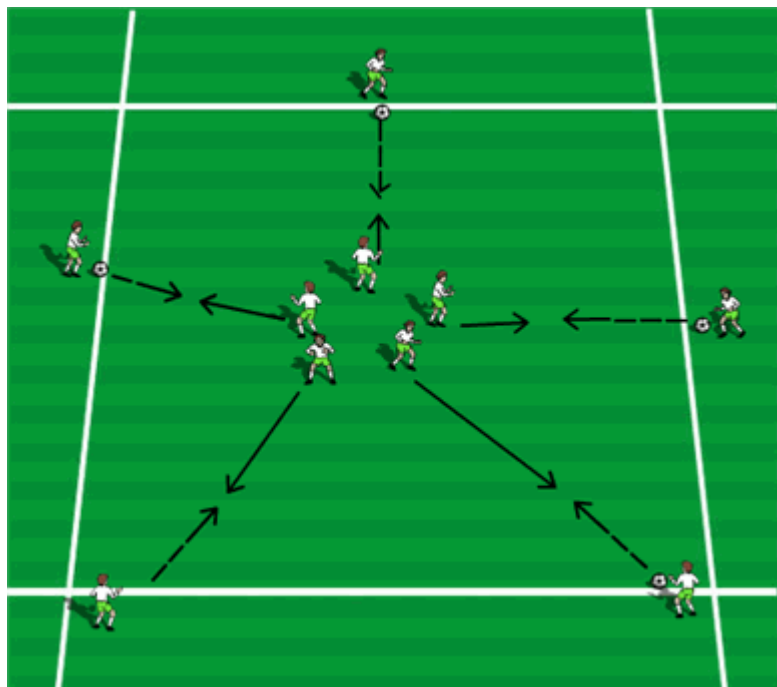
Warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

Technique work, 30m x 30m area

5 players inside the square and 5 outside.

Various feeds and receiving techniques.



#### **Coaching Points:**

- Signal to receive
- Set high personal standards for yourself
- Be consistent

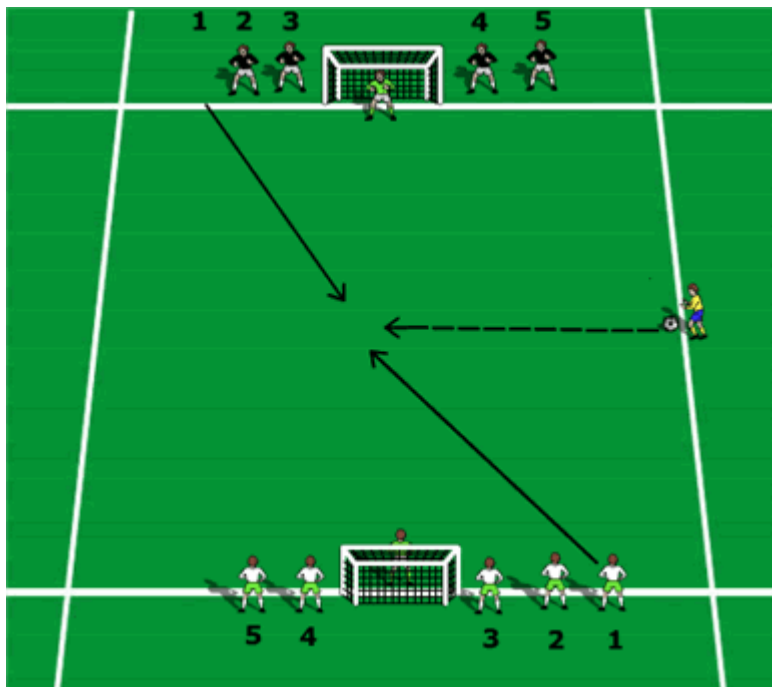
## Attacking Competitions 1v1, 2v2, 3v3, 4v4, 5v5

40m x 40m area

2 Goalkeepers join for practice

Players lined up beside one post, numbered 1-5. On the call from the coach, those numbered players compete for the ball and try to score.

Start 1v1 building to 5v5.



### Coaching Points:

- Get to the ball quickly
- Make an early decision of whether to shoot or dribble
- Be creative
- Hit the target

### 11v11 Game to Conclude the Session

**Cool Down** - player led.



## **Week 8**

### **Session 16 – Focus: 2 v 2 and 3 v 3 Defending.**

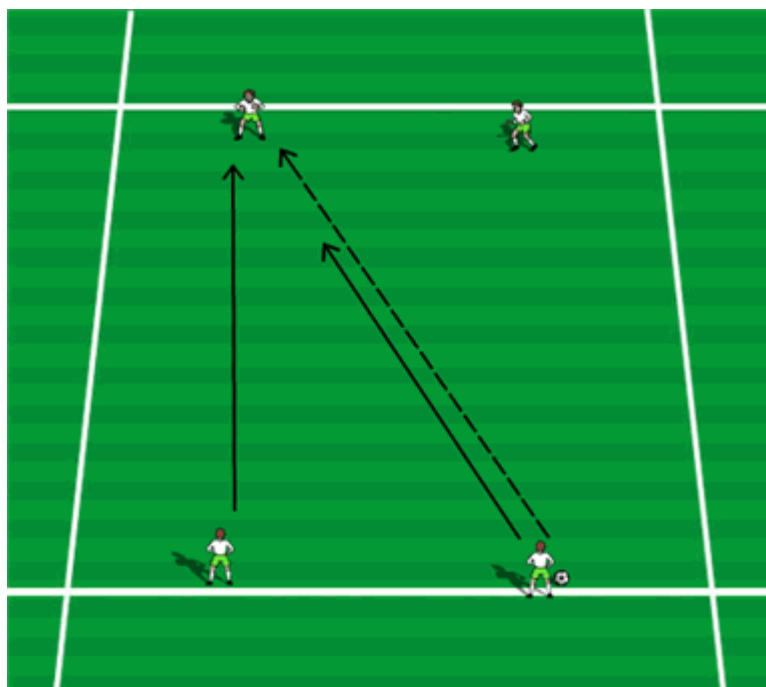
12 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

2 v 2 defending work.

3 x 20m x 20m areas, games last for 2 minutes, rotate players.



To start the game, one pair plays the ball across to the other. The team that play the ball defend and the attacking team try to score by stopping the ball on the opposite line. If the defending team win the ball back they try to score on the opposite line and the attackers become the defenders. Each time play ends the game is restarted by the team who were the attackers.

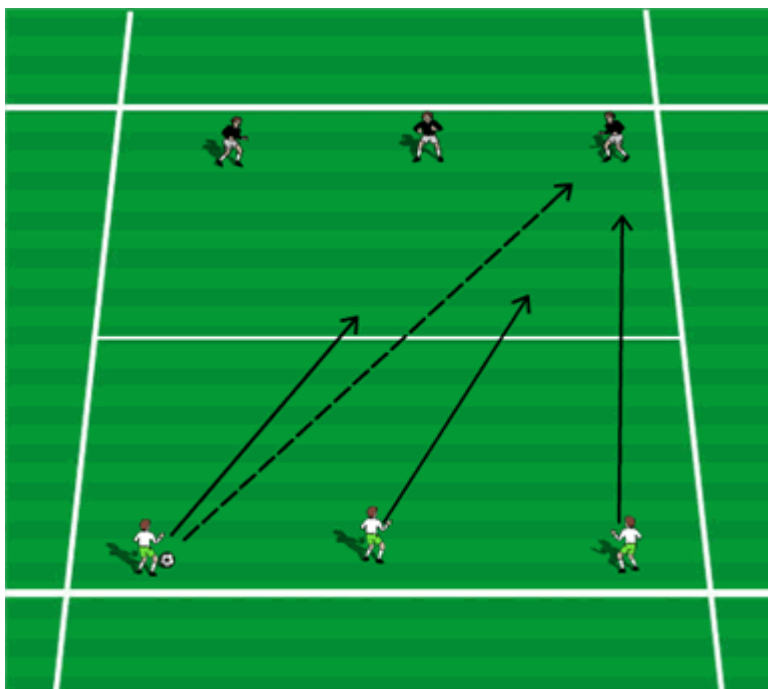
### Coaching Points:

- The nearest player closes the ball down quickly
- Communication needed from the 2<sup>nd</sup> defender
- Force play where the defenders want it
- Set high standards for selves

### Progression

3 v 3 defending work.

2 x 40m x 40m areas, with halfway line for offside.



Game rules as previous, with offside included for the defenders to help them to keep a strong defensive line.

### Coaching Points:

- As above, plus:
- As middle defender steps forward the two back defenders tuck in
- Every movement needs a reaction to close any gaps

- Track runners and step up if attackers make bad runs

### **Game 10v10 v U'13's**

Indoor area.

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 9**

## **Week 9**

### **Session 17 – Focus: Defending Extension**

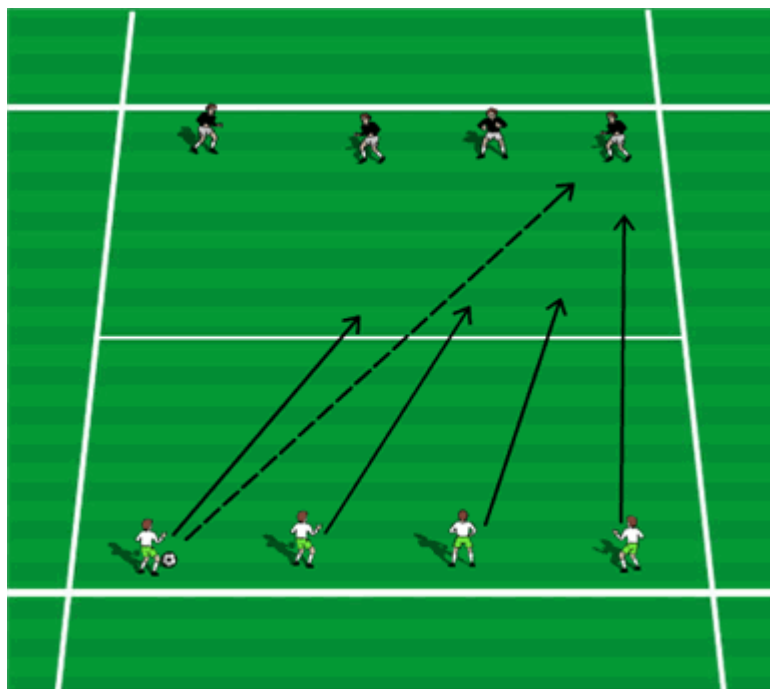
16 players, half pitch.

Warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

4 v 4 defending work.

2 x 40m x 40m areas.

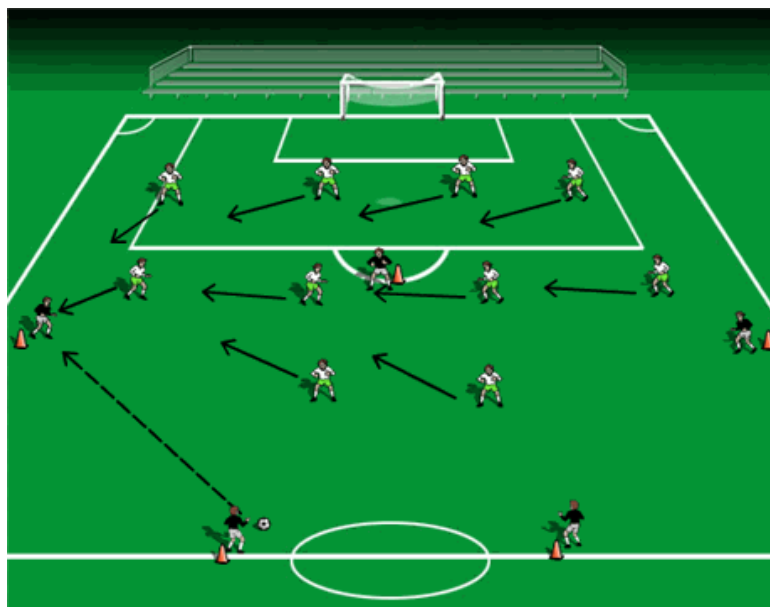


To start the game, one team plays the ball across to the other. The team that play the ball defend and the attacking team try to score by stopping the ball on the opposite line. If the defending team win the ball back they try to score on the opposite line and the attackers become the defenders. Each time play ends the game is restarted by the team who were the attackers. Offside is in play.

### Coaching Points:

- The nearest player closes the ball down quickly and rest of team push out quickly
- Communication needed from behind.
- As the ball moves, so do the whole team to close gaps, react off of what happens
- Be well organised.

### Defensive Shape Phase of Play



### 10 v 6 on Half Pitch.

The players on the cones pass the ball around between themselves and the defending team re-adjust their positions as the ball moves. Progress the tempo of the play gradually from slow jogging to match tempo.

### **Coaching Points:**

- The nearest player closes the ball down and the rest of the team move to keep a good shape and close any gaps, play narrow.
- Introduce midfield players to screening the strikers.
- Communicate
- Move as a unit.

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 9**

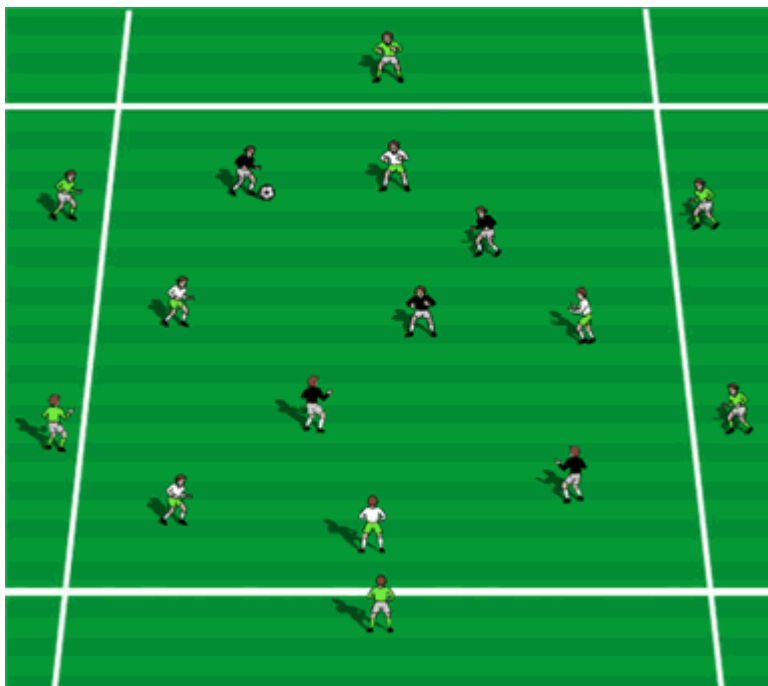
### **Session 18 – Defensive Sliding**

16 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

## Technical Warm Up

3 team possession game.



2 teams inside the square with one distributed evenly around the outside. The team in possession can play with the outside players to retain the ball.

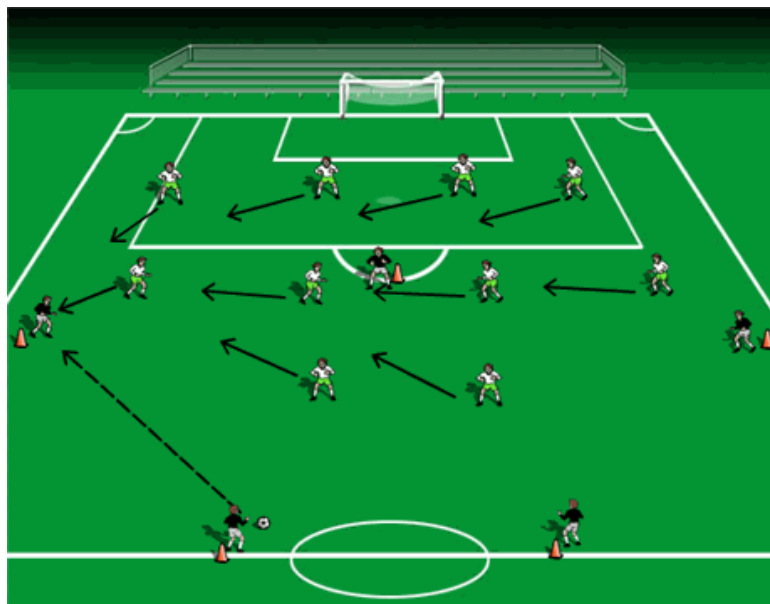
10 consecutive passes wins the game and kicks the opposition to the outside, winners stay inside the square.

### Coaching Points:

- Body shape when receiving
- Quality on the regains
- Play with head up
- Empty and fill spaces



## Defensive Shape Phase of Play Reinforcement



### 10 v 6 on Half Pitch.

The players on the cones pass the ball around between themselves and the defending team re-adjust their positions as the ball moves. Progress the tempo of the play gradually from slow jogging to match tempo.

#### Coaching Points:

- The nearest player closes the ball down and the rest of the team move to keep a good shape and close any gaps, play narrow.
- Introduce midfield players to screening the strikers.
- Communicate
- Move as a unit.

### **Progression**

1. Ball can be intercepted if loose pass
2. Normal football, can tackle or intercept

### **8 v 8 game.**

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 10**

## **Week 10**

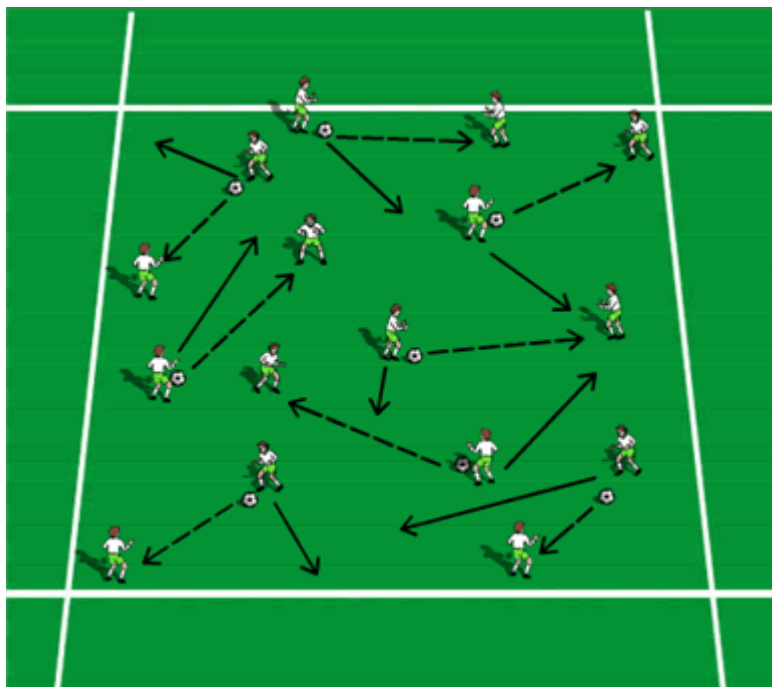
### **Session 19 – Varying Tempo in Possession**

16 players ½ pitch

Warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

All players in 40m x 40m area with 8 balls.

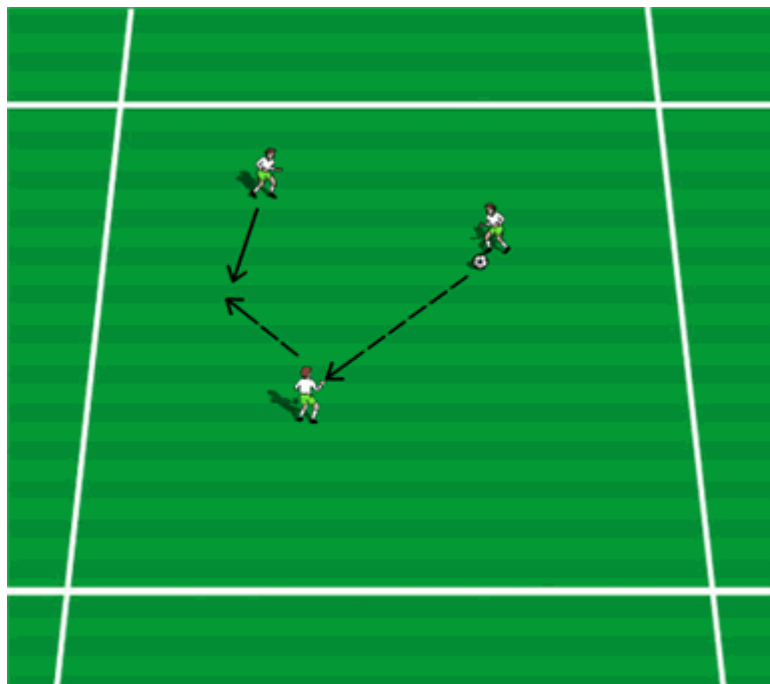


#### **Coaching Points:**

- Quick pass or ball retention decision
- Body shape and direction of 1<sup>st</sup> touch
- Empty and fill space
- Be creative

## Progression 2

Introduce the 3<sup>rd</sup> man link up.

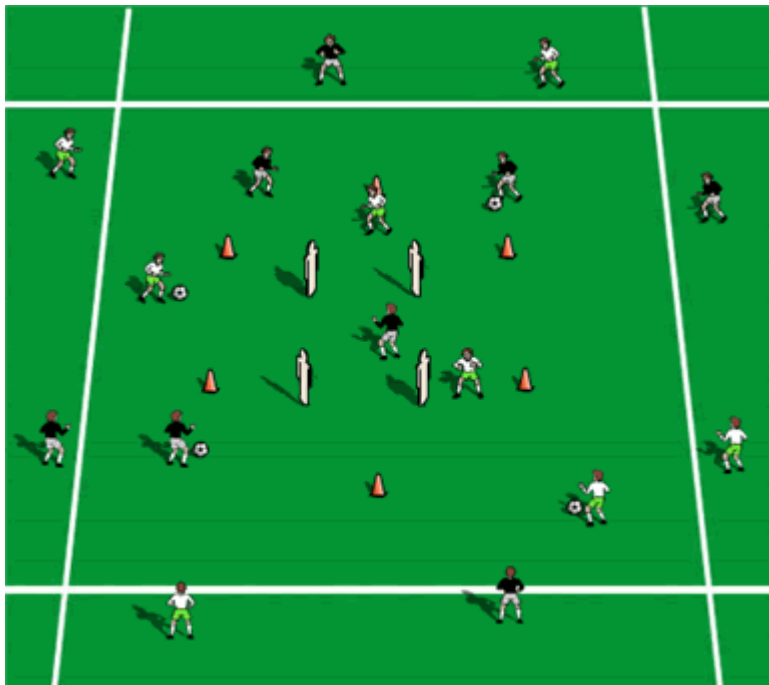


### Coaching Points:

- Anticipate where the next pass is going
- Be an option for the receiver by supporting early
- Utilise moves such as overlaps, 1 – 2's, overs etc

## Varying Tempo Play

30m x 30m square, 2 teams, 2 balls per team, 4 players from each on inside and 4 on the outside of the square. 12m x 12m circle marked in the middle containing 4 mannequins



Inside the circle is quick play, linking up with others from own team. Outside of the circle is slow deliberate build up play. A distinct change in tempo should be seen in the different areas.

### Coaching Points:

- Movement on/off the ball
- Link up play, overs, round the corner, 1-2, etc
- Make runs to receive and to create space
- Empty and fill spaces
- Anticipate and play off players.

### **Game 8 v 8**

60m x 40m area.

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 10**

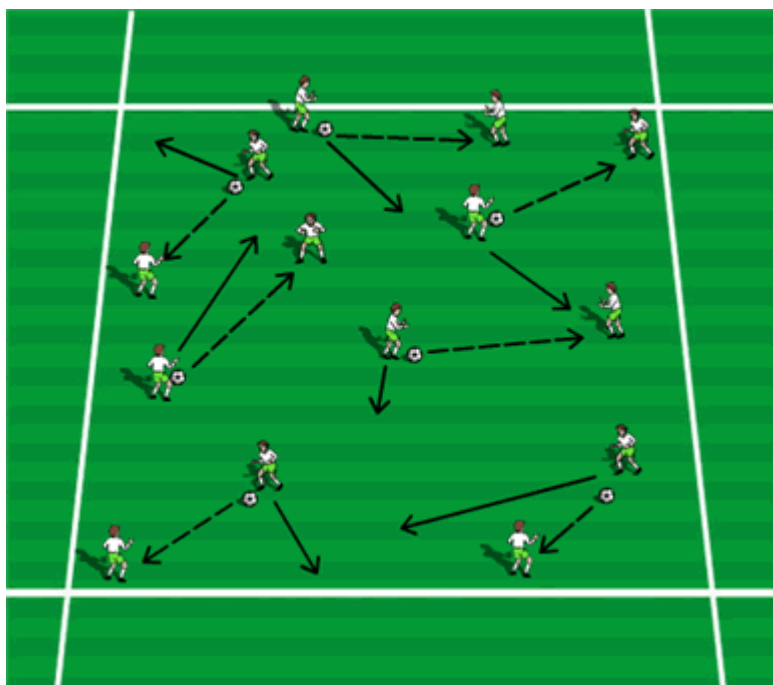
### **Session 20 – Position Specific Work – Strikers Runs and Midfield and Defensive Possession**

14 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

Using penalty area, 7 balls split between 14 players. Pass and move into space.



#### **Coaching Points:**

- Vary the tempo
- Demonstrate a range of passing
- Support the player receiving
- Pass and empty the space, filled by another player.



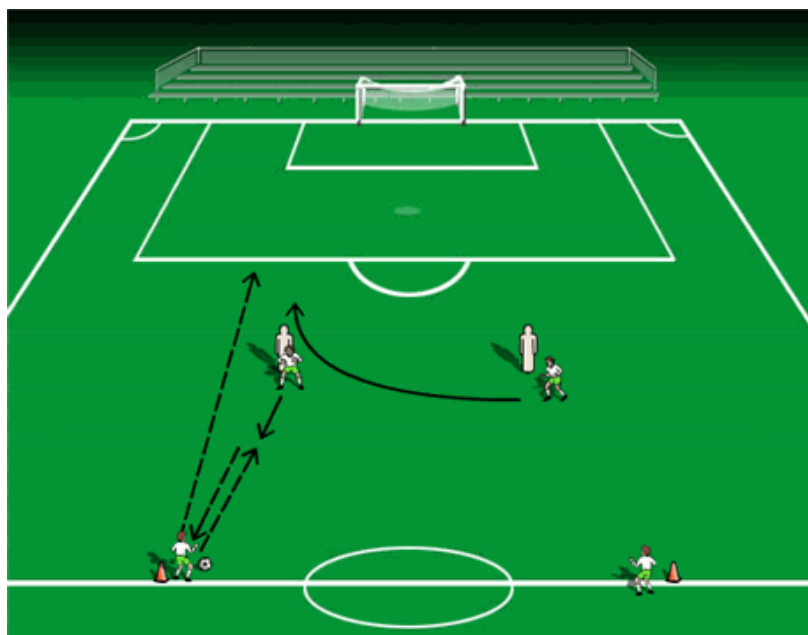
### Position Specific Work

The group is split into 3, 2 teams work on possession and one on the strikers runs, rotate until all groups have taken part in both sessions. All players experience both sessions in order to gain an appreciation of all aspects to develop game understanding.

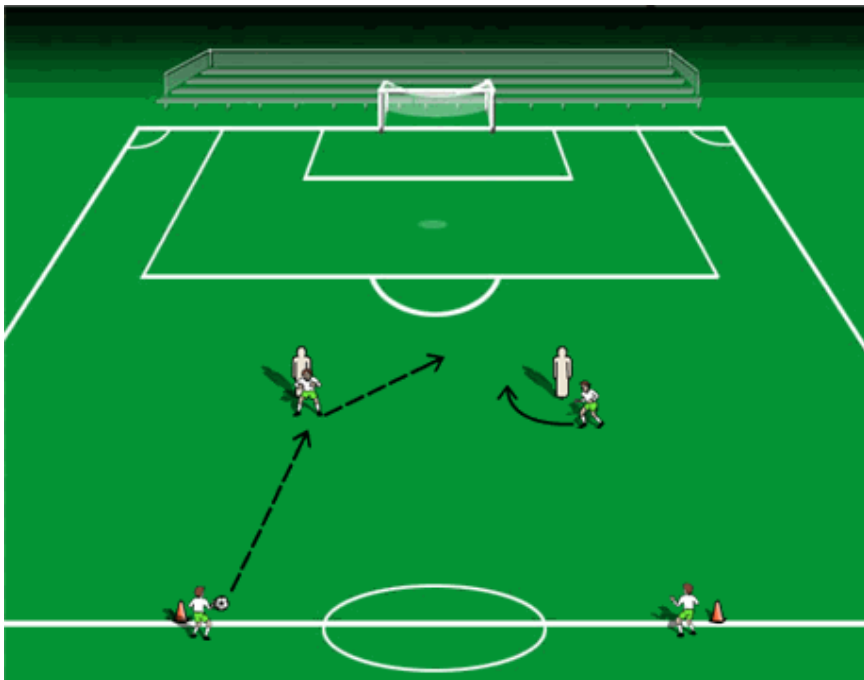
### Strikers Runs Work

#### Scenarios Worked On:

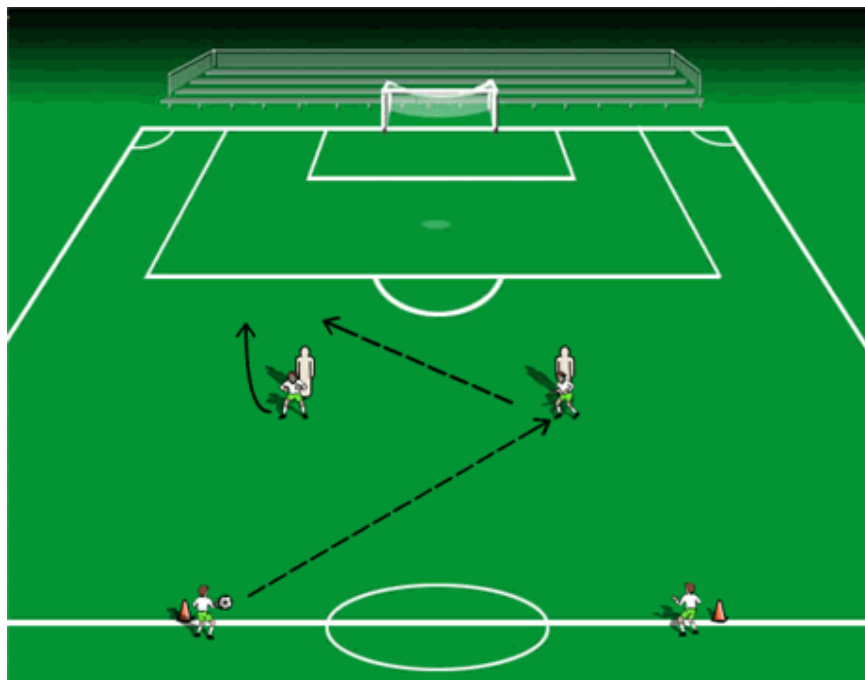
- Play into 1<sup>st</sup> striker, who sets it back, 2<sup>nd</sup> runs behind to receive



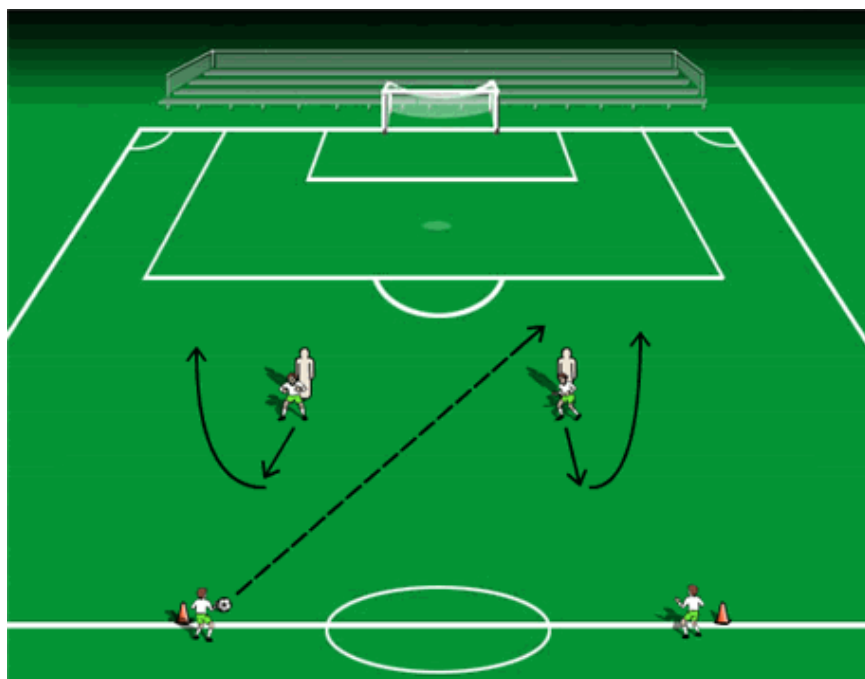
- Play into 1<sup>st</sup> striker, who plays the ball around the corner for the 2<sup>nd</sup> striker to run onto



- Play into 2nd striker, who plays the ball in behind for the 1<sup>st</sup> striker to spin onto



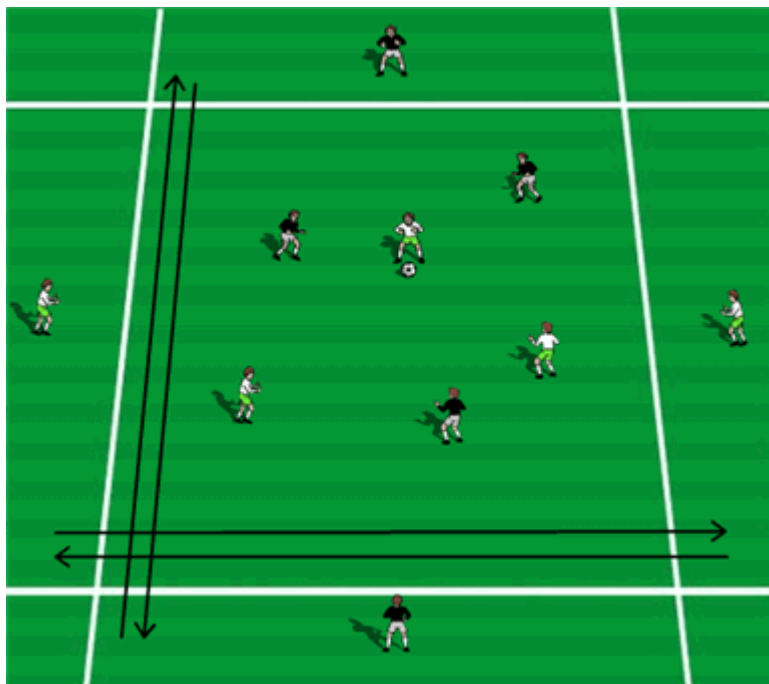
- Both players show short and spin in behind to receive the pass.



### Coaching Points:

- The timing of the runs, don't run offside, bend runs.
- The quality and choice of pass, straight ball for a diagonal run, diagonal ball for a straight run
- Communication and link up play
- Change of pace

## Midfield and Defensive Possession Work



3 v 3 in the middle area with one player from each team in each end channel. Possession is to be maintained in the middle area. Once played into one end player and received back the aim is to switch the play to the opposite end.

### Coaching Points:

- Receive on the half turn
- Vary the range and type of passing
- Movement and communication to receive

### Game 7 v 7

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

# **Week 11**

## Week 11

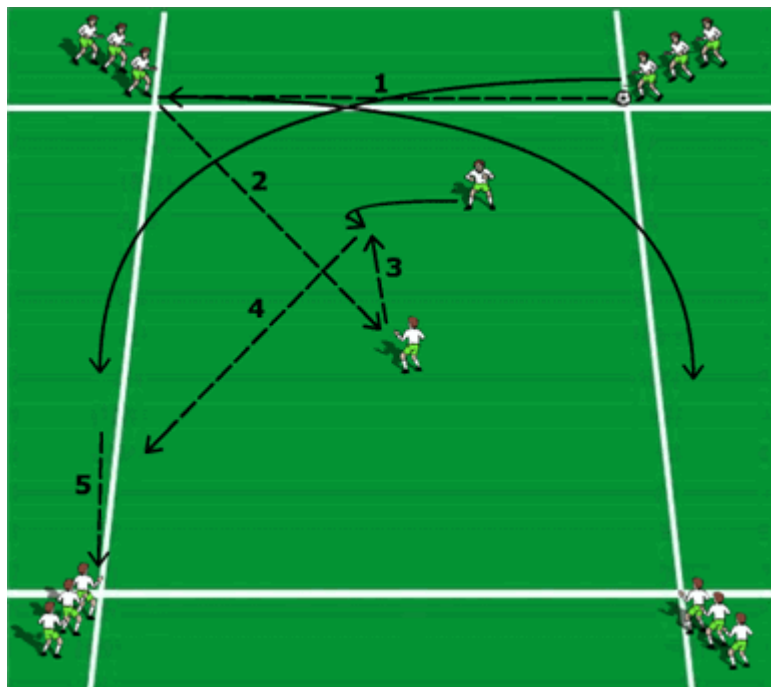
### **Session 21 – Striker Link Up Play**

14 players ½ pitch

Warm up and speed work completed with fitness coaches

#### **Technical Warm Up**

Striker link up play extension work.



All players split evenly between the four corners of the square. The ball starts in one corner and is passed across to the next (1). The player who passed the ball makes a long diagonal run to support the strikers on the overlap. The player that receives the first pass plays the ball into the 2<sup>nd</sup> striker (2) and makes a long diagonal run to support the strikers on the overlap. The 1<sup>st</sup> striker faces the 2<sup>nd</sup> up to receive a set (3) and plays the ball into one of the supporting players' paths (4). The ball is then

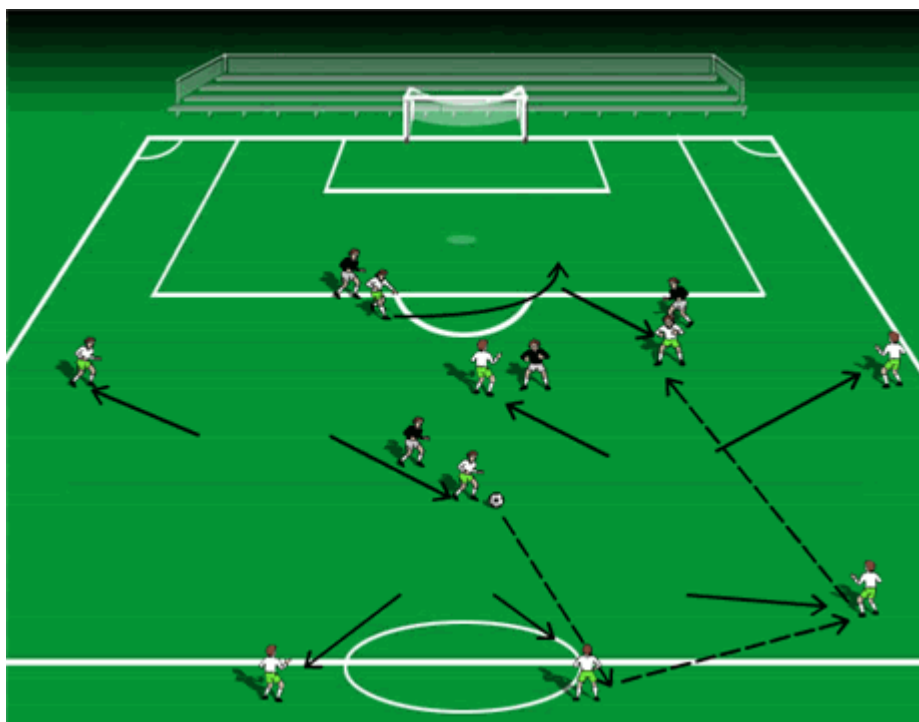
played into the end players and the process starts again but in the opposite direction (5).

### Coaching Points:

- Movement between the strikers to create angles for the link up
- Support after the ball has been played
- High tempo and 1/2 touch play

### Progression

Phase of play to utilise the 1<sup>st</sup> and 2<sup>nd</sup> striker movements.



### Coaching Points:

- Recognise opportunities for link ups, play close together
- Central midfield players clear the channels for the ball into strikers
- If the ball does not reach strikers, make new runs
- Support from midfield for strikers



### **Game 7 v 7**

60m x 40m area.

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 11**

### **Session 22 – Changes in Tempo Extension Work to Maintain Effective Possession**

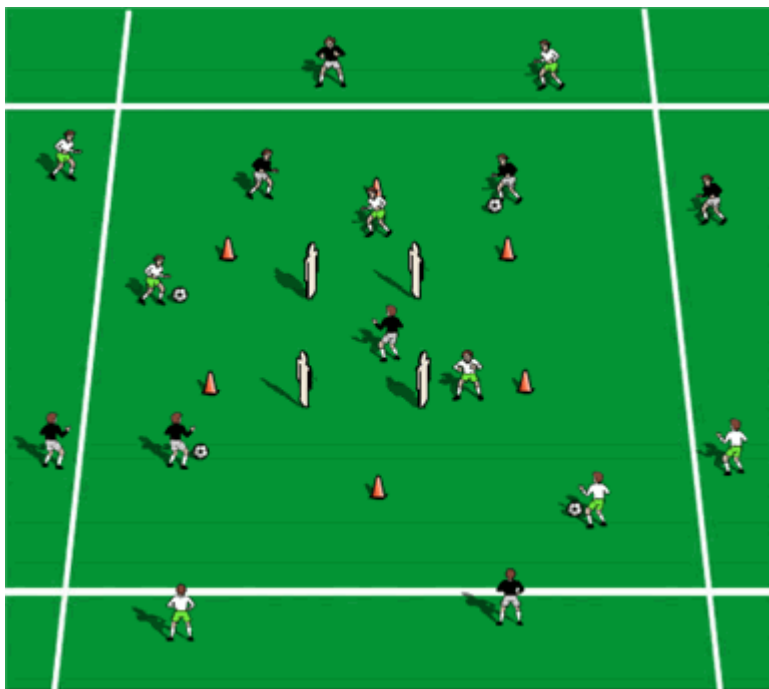
16 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

Varying tempo practice.

30m x 30m area.



2 teams split with half on the inside of the square and half split on the outside of the square. 2 balls per team.

#### **Coaching Points:**

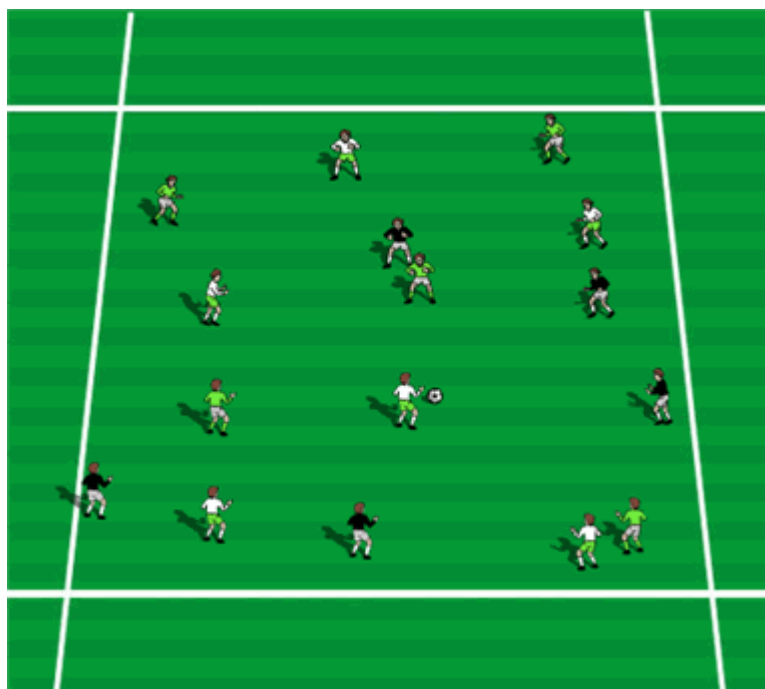
- Changes in tempo, slow on outside of the circle, fast as move through circle
- Be creative and unpredictable

- Vary the range and type of pass
- Communicate

Progress to rotating inside and outside players as develop the practice. Build toward having players stepping into the square and others dropping out so have natural movement from inner to outer areas.

### **Progression**

3 teams inside a 40m x 40m area, 1 ball.



2 teams to aim to maintain possession from 1 team. If possession is lost then the team who gave it away or made the error become the defenders. The coach directs which team is defending initially then the players are left to try to recognise the changes in possession on their own as the players become comfortable with the practice.

### **Coaching Points:**

- Recognise when to change the tempo of the play
- Recognise when possession has changed hands
- Be reliable on regains
- Experience all areas of the pitch to see how changes in tempo place different demands on players.
- 

### **Game 8 v 8**

60m x 40m area.

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.

## **Week 12**

## **Week 12**

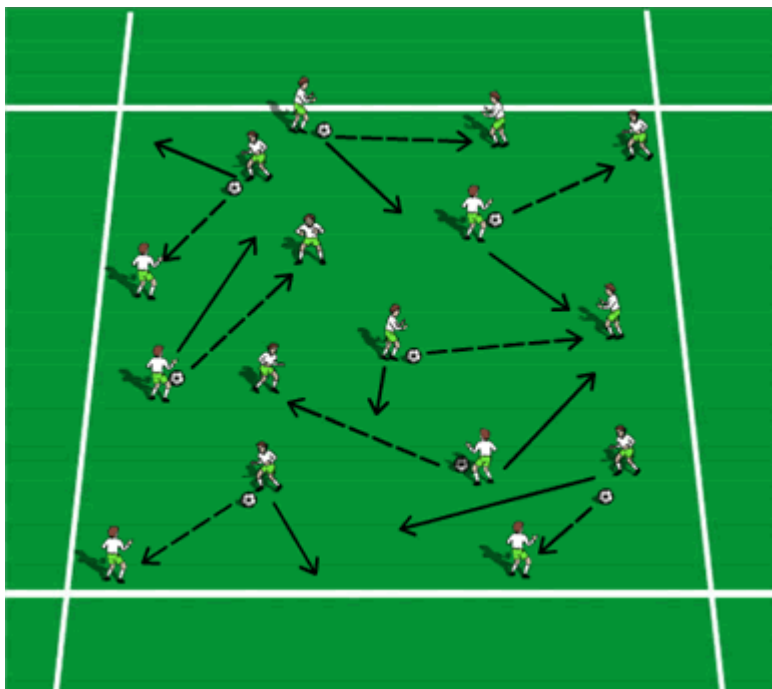
### **Session 23 – Recognising Regains and Maintaining Possession Extension Work**

16 players ½ pitch

Warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

Using penalty area, 8 balls split between 16 players. Pass and move into space.

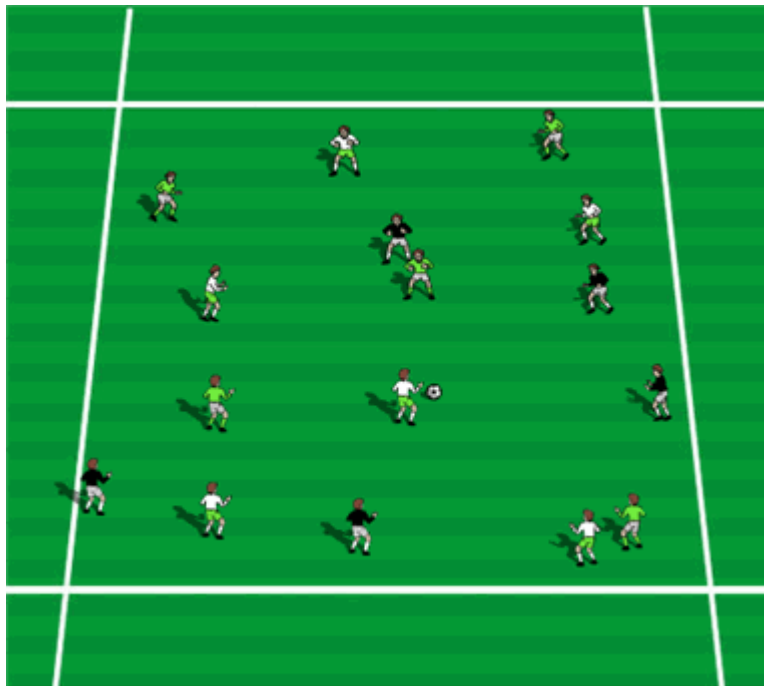


#### **Coaching Points:**

- Vary the tempo
- Demonstrate a range of passing
- Support the player receiving
- Pass and empty the space, filled by another player.

## Regain and Possession Work

3 teams inside a 40m x 40m area, 1 ball.



2 teams to aim to maintain possession from 1 team. If possession is lost then the team who gave it away or made the error become the defenders. The coach directs which team is defending initially then the players are left to try to recognise the changes in possession on their own as the players become comfortable with the practice.

### Coaching Points:

- Recognise when possession has changed hands
- Be reliable on regains
- Empty and fill spaces
- Experience all areas of the pitch to see how changes in tempo place different demands on players.

### **Game 11 v 11 v U13's**

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

**Cool Down** – player led.



## **Week 12**

### **Session 24 – Player Movement to Receive and Link Up Play**

16 players, ½ pitch

Weights technique work, warm up and speed work completed with fitness coaches.

#### **Technical Warm Up**

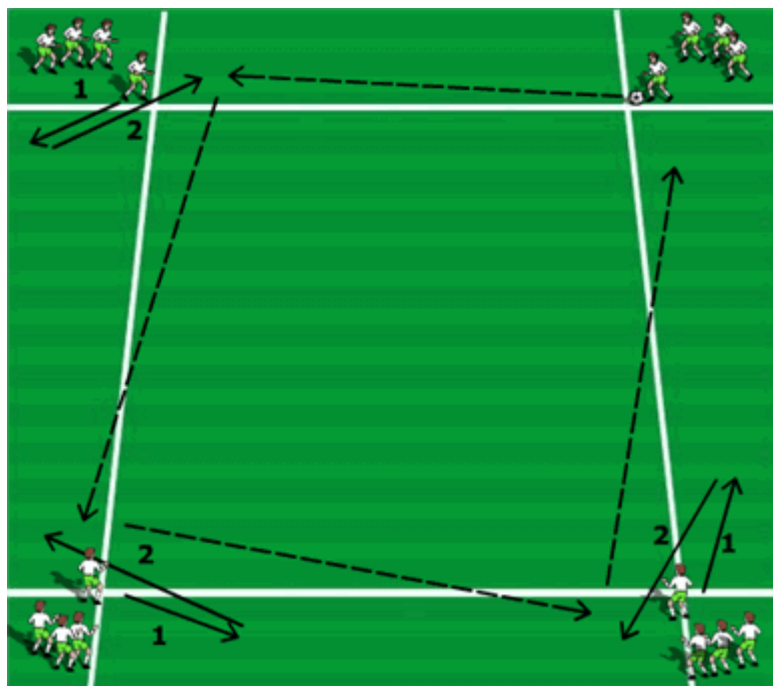
Movement to receive the ball.

30m x 30m area.

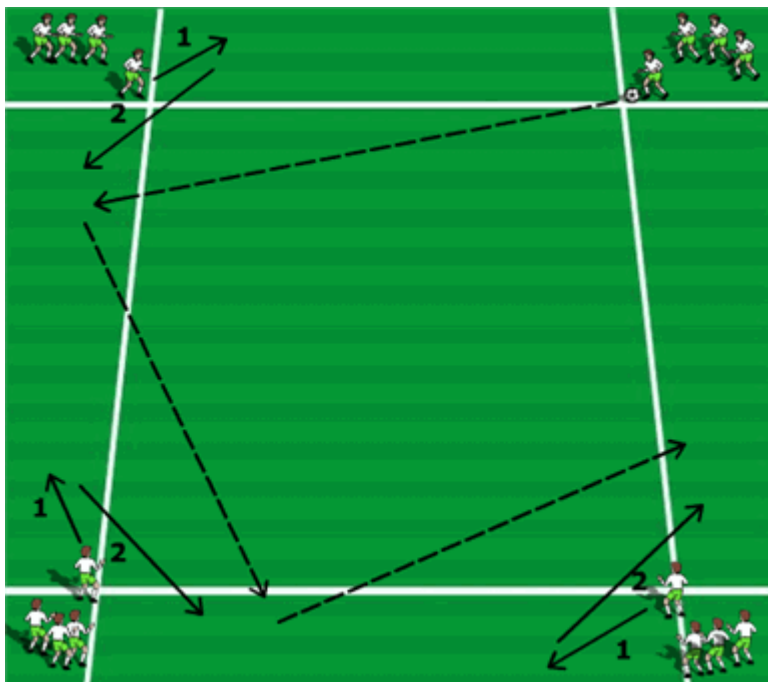
Players split evenly between the 4 corners of the square.  
Players are working on the outside of the square.

#### **3 Movements Worked On:**

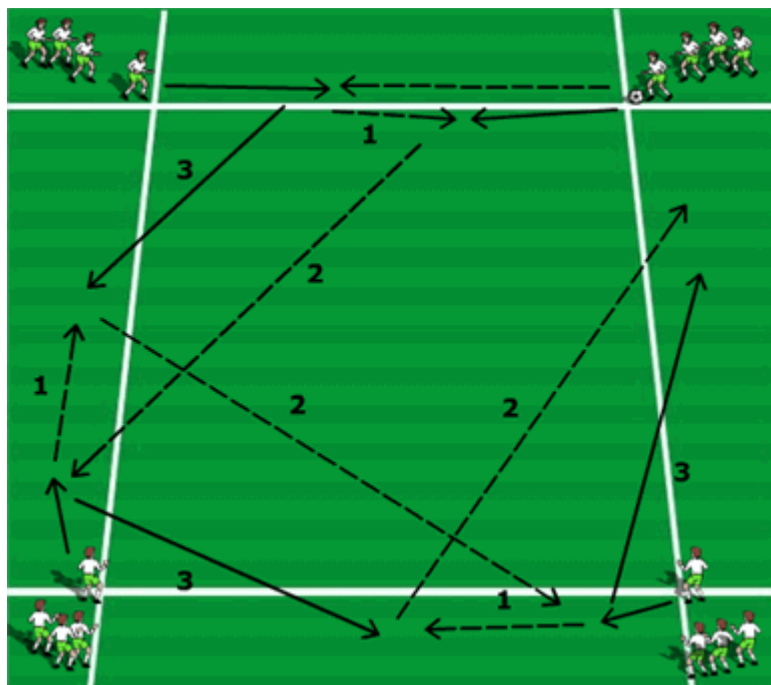
- Check away to receive short on the back foot in an open body shape



- Check short to receive on the run



- Receive short – play back to passer, who plays in to next corner. The initial receiver links up with new corner to do the same. Ball played short then long.



### Coaching Points:

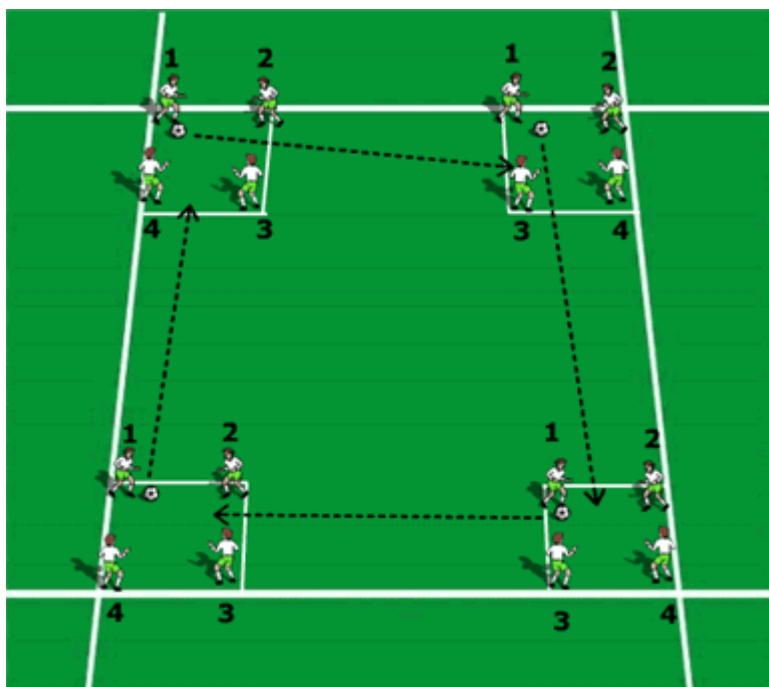
- Exaggerate the movements
- Play off the movement
- Quality of the pass
- High tempo

## Break Out Play and Link Ups

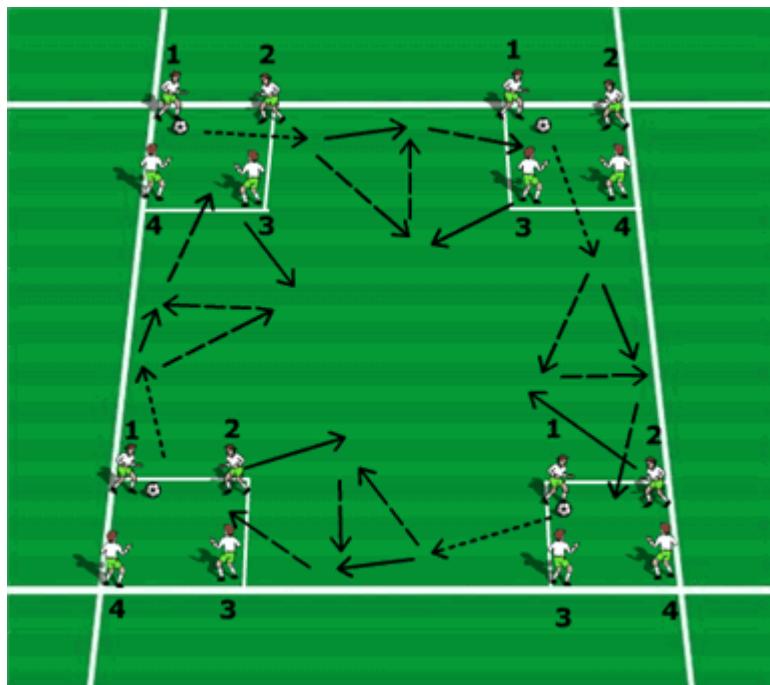
40m x 40m square with 5m x 5m square set up in each corner.

Each player in the corner squares is numbered 1-4. Pass 1 or 2 touch and move to space, quick play in these squares. When number is called that player breaks out of their square with the ball in a clockwise/anti-clockwise direction as directed and links up with the next square in the following ways:

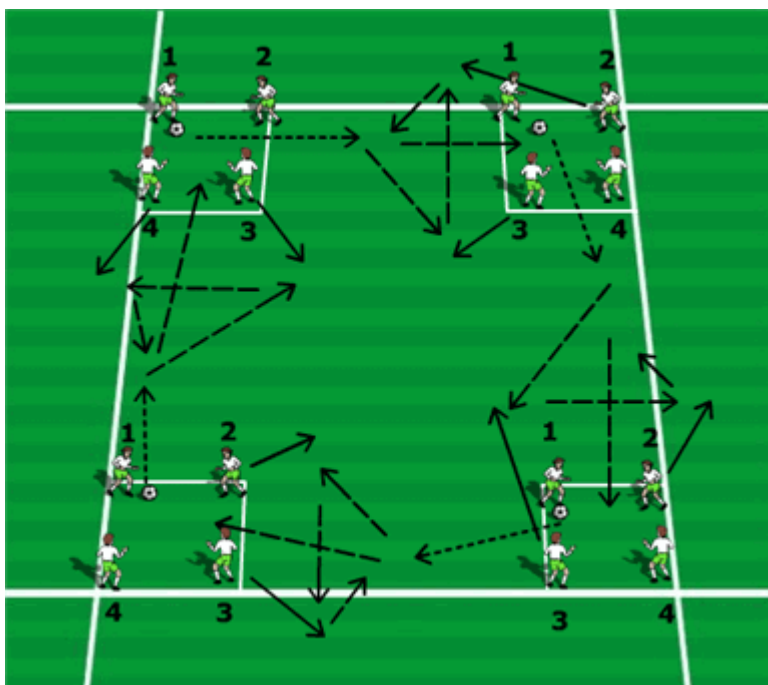
- Run the ball into the next square



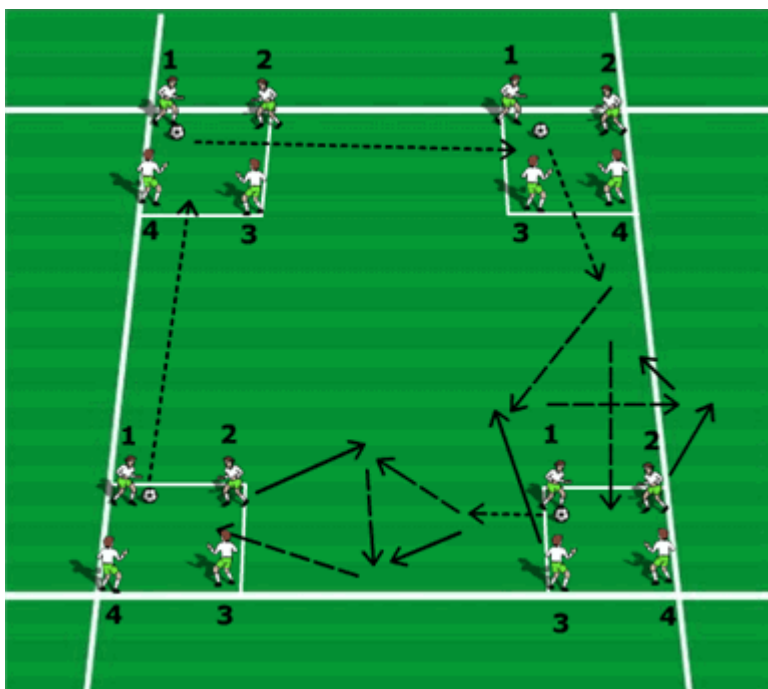
- 1 player from each square breaks out to play a 1-2 with the player approaching their square



- 2 players from each square break out, receive the ball, play to each other then set into the runners path

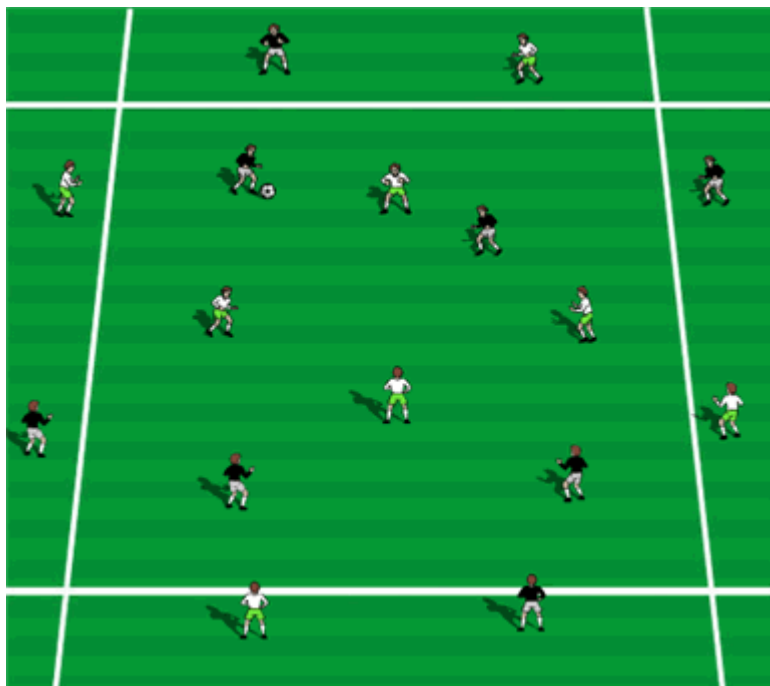


- Players dictate play and play off what they see.



## Progression

2 teams, 40m x 40m area, 4 v 4 in the square and others placed around the square.



Possession to be maintained by using inside and outside players from own team, unopposed on the outside of the square.

## Coaching Points:

- Apply the worked on principles into the practice
- Quality on the passing and movement
- Communication
- Decision making

### **Game 8 v 8**

60m x 40m area.

Apply worked on principles to game situation.

Group discussion of any problems encountered and success or failure of application to the game.

Cool Down – player led.