

SCOTTISH FA

PHASE 3: RETURN TO TRAINING

CHILDREN & YOUNG PEOPLE
(5-17 YEARS OLD)

COACHING SESSIONS



PHASE THREE

CHILDREN AND YOUNG PEOPLE 5-17 YEARS OLD

COVID-19 UPDATE - GRASSROOTS RETURN TO TRAINING

The Scottish FA is delighted to release this guidance to reflect the Scottish Government's transition to Phase 3. This guidance is applicable to all affiliated member clubs and associations.

These 'Return to Training' protocols are applicable to Children and Young People only. Please note that the permitted activity for Adults is not the same.

Thank you for your ongoing support, patience and everything that you, your clubs and your community have contributed to make this happen.

PERMITTED ACTIVITY - RETURN TO TRAINING - CHILDREN AND YOUNG PEOPLE 5-17 YEARS OLD



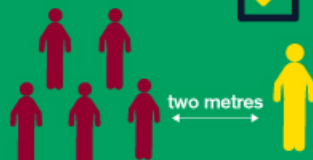
PLAYERS

Contact training is permitted during the session



GROUP SIZE

Max 10 players – 2 coaches



COACHES

Stay two metres physically distant from players



SMALL SIDED GAMES

Within your own club only



MATCHES/FESTIVALS/EVENTS

Not permitted at this time

FACILITIES



OUTDOOR PITCHES



INDOOR PITCHES



Wash hands or sanitise before and after any activity

Please follow all relevant Scottish Gov Guidance

PUBLIC HEALTH MESSAGES

MENTAL HEALTH & WELLBEING

This has been a challenging time for all of the football family

Stay in touch and please continue to look after one another



PROTOCOLS

Share your protocols with all members, including Test and Protect

COVID-19 WARNING

You must not attend any group activity if in the past 14 days you:

Have been unwell or had any flu-like symptoms

Have been in contact with a known or suspected case of COVID-19

Have had any respiratory symptoms (even if mild)

Before taking part in any formal football activity, please ensure you follow all guidance on the Return to Football HUB: scotfa.co/ReturnToFootball



RETURN TO TRAINING

- Before you return to the pitch please make sure you have read and understood all the updated guidelines for what you need to put in place for a safe return to training.
- Within the following document you will find a bank of content that we hope will help you create suitable sessions for working with Children & Young People as they return to football.
- Whilst you will be keen to return to training we also would strongly recommend the use of the variety of 4v4 and other small sided game formats – Let Them Play!
- The emphasis should be on fun and enjoyment and coaches should create sessions which as far as possible use limited equipment and maximise game time.



RETURN TO TRAINING

- After a break from training it is important that we don't push ourselves too hard and cause an increased risk of injury.
- Although 'physical fitness' is something that may have decreased during this break we should still keep our main focus on fun and enjoyment in addition to technical & tactical development.
- Although we can work on these areas and improve 'physical fitness' using some of the following activities in this document.



RETURN TO TRAINING

- The activities in this document cover a variety of different technical session components as well as physical fitness activities.
- You should make sure that the activity is **appropriate for the age and stage of player.**
- **The work:rest ratios should also be used for that specific activity.**
- Finally players should stay well hydrated at all times drinking plenty of water with regular small sips from their own bottle.



SESSION COMPONENTS



SESSION COMPONENTS

Coaches should plan sessions in advance and ensure games and fun activities form the cornerstone of every session. Below is a suggested approach but please ensure the focus is on letting them play!

Warm Up

A vital part of a teams preparation for training. They should aim to do increase heart rate, body temperature and help prepare players mentally for the session. Can be delivered with or without the ball.

Skill Practice/Drills

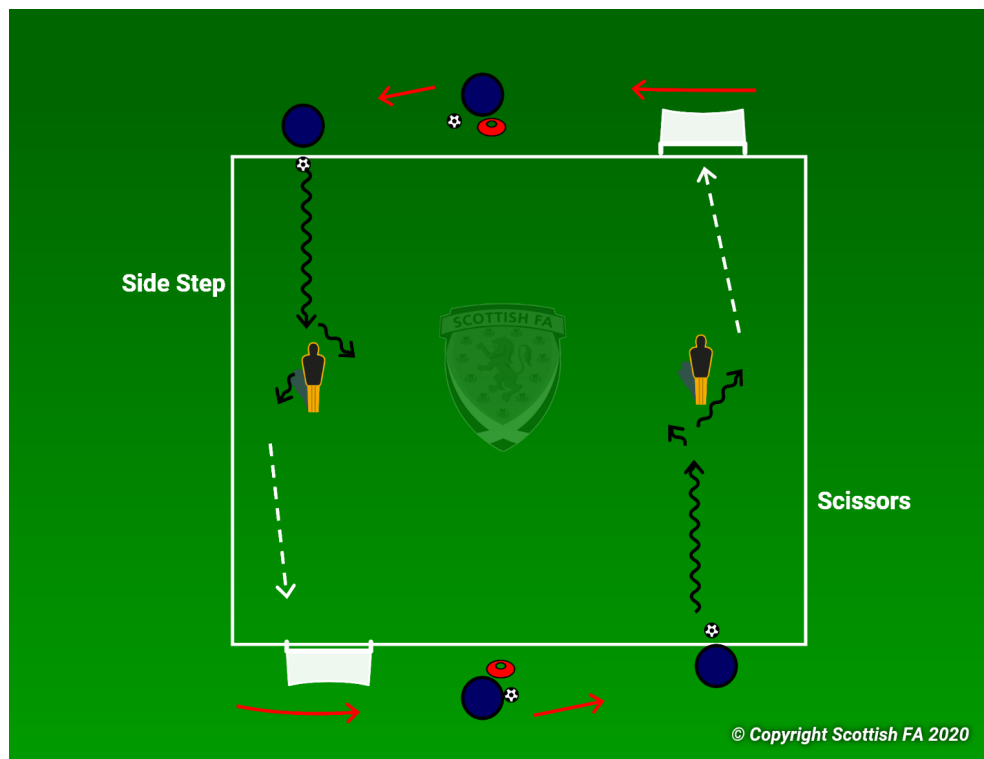
Activities that allow for the maximum repetition of a particular technical skill without opposition.

Challenge Games

Can be used to create a fun but competitive learning environment for your players with an opportunity for "hidden learning" to take place on technical aspects of the game.

Conditioning Activities

Football related activities that focus both on physical fitness and conditioning as well as technical skill development.



Set Up

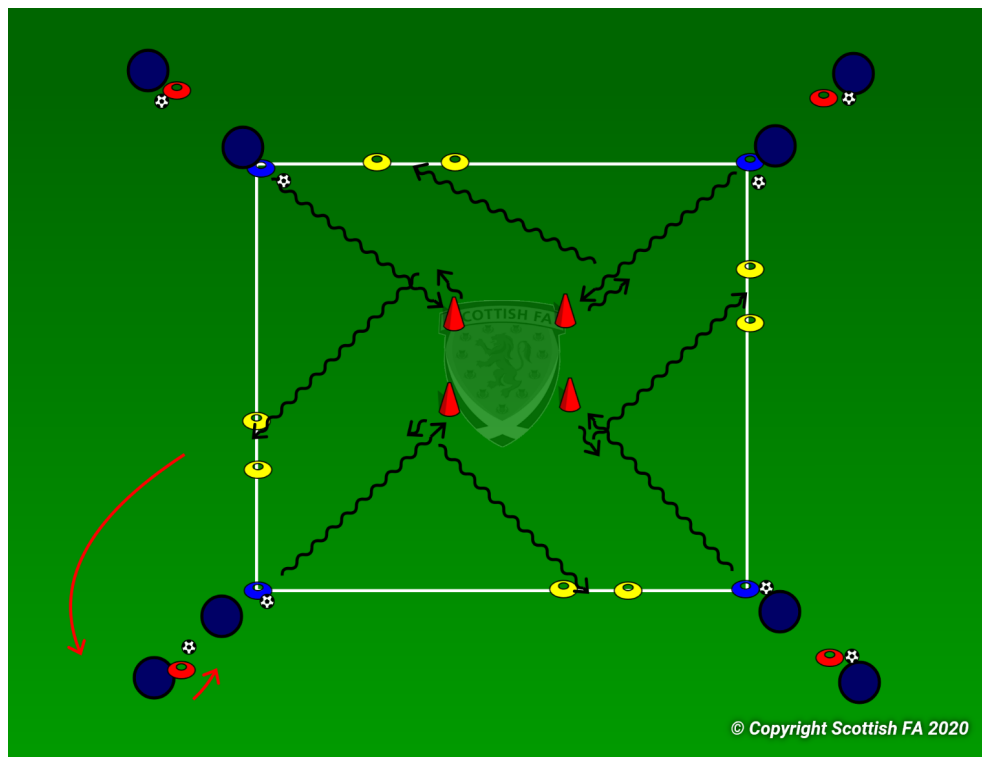
- Mini Goals (Or cones); Cones; Ball each for players

Instructions

- 1st players drive out towards mannequin (cones) and complete Side Step/Scissors move to beat defender and then score into mini goal.
- Next Player goes.
- Collect ball and move to red cones to await turn to go other way.

Coaching Points

- Dribbling; Skills; Shooting



Set Up

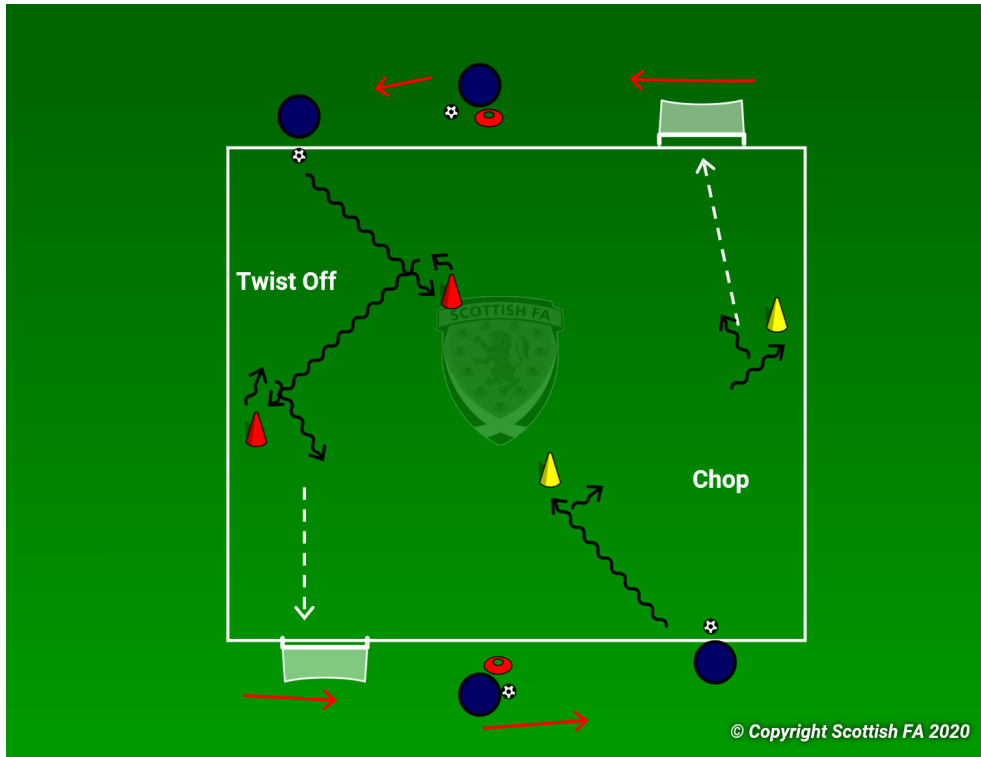
- Supply of balls; Cones
- Square area with cones at required social distance

Instructions

- First player in each group drives towards cone and completes Twist off/Chop move and dribbles through the yellow gates.
- Shown as players going in a anti-clockwise direction

Coaching Points

- Dribbling; Skills; Speed



Set Up

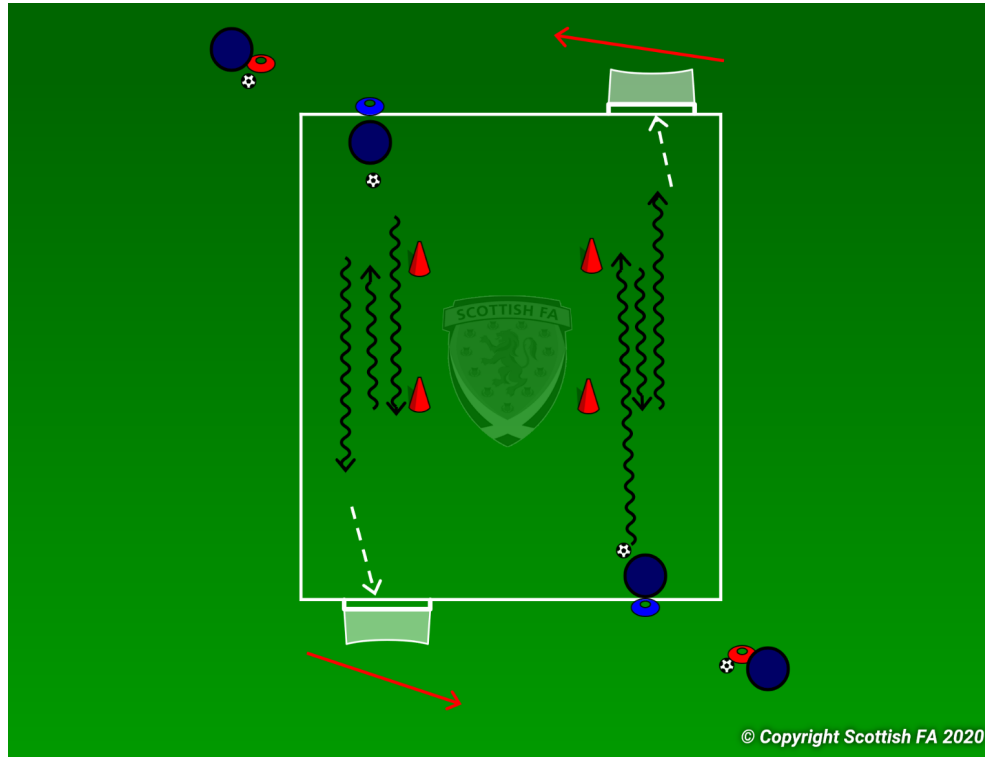
- Mini goals; Cones; Supply of footballs

Instructions

- First two players on either side travel towards first and second cones and complete Twist Off/Chop and shoot into goal.
- Next players go
- Challenge players to create own moves

Coaching Points

- Dribbling; Skills; Shooting



Set Up

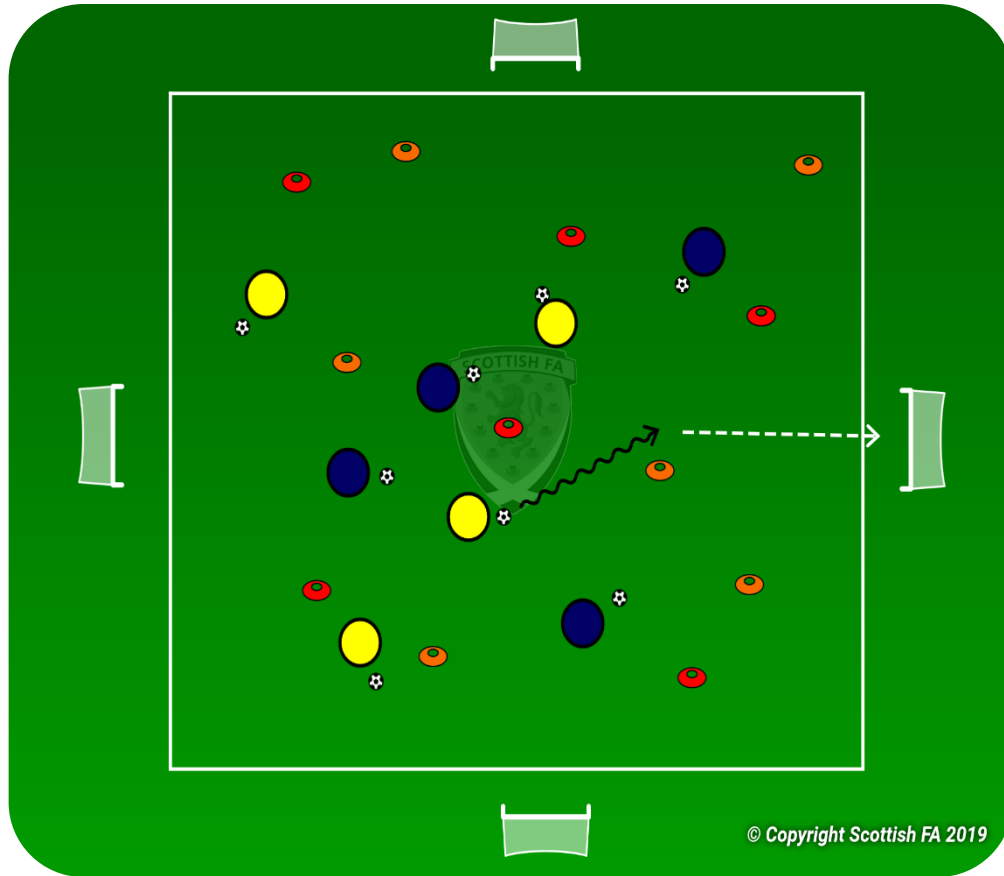
- Mini goals; Cones; Balls
- Set up as shown

Instructions

- First players on each side drive towards 2nd cone and execute a stop turn/ Step Over and Go back towards 1st cone, do move again and shoot into mini goal; They collect their ball and join other side.
- Next player goes.

Coaching Points

- Dribbling; Skill Moves; C.O.D; Speed; Shooting



Set Up

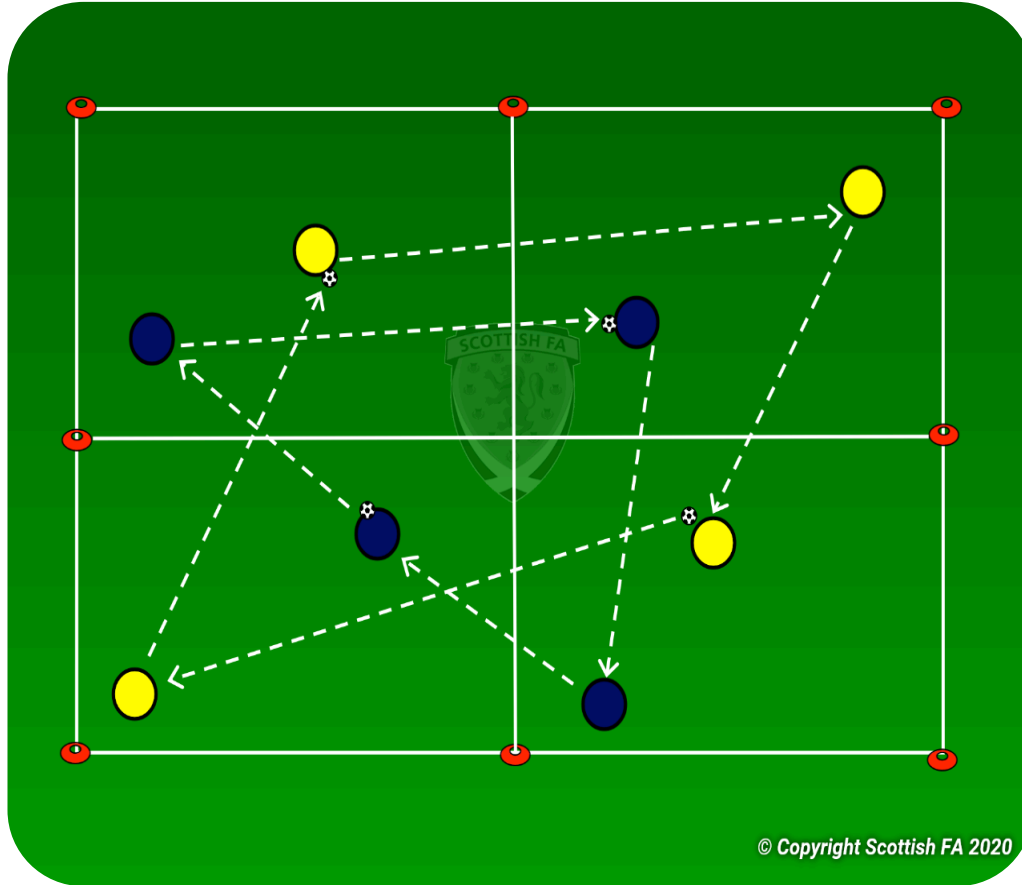
- Different coloured cones randomly spread around 35x35 area
- All players with a ball each

Instructions

- Players start by dribbling around the area from cone to cone
- Following the coaches instruction 4 players break out of the area and shoot into a goal

Coaching Points

- Small touches; Use both feet (inside & out); Keep on balls of feet; Awareness of space, players and ball; Shooting technique



Set Up

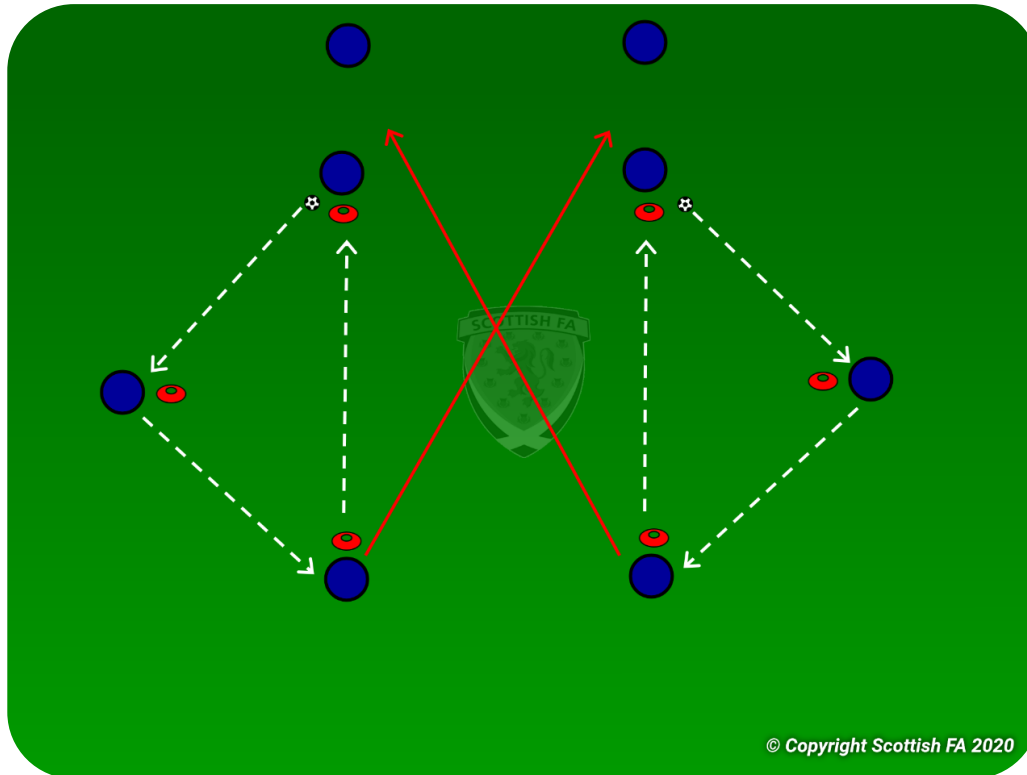
- 30 x 30 yard area
- 2 teams of 4 with two balls each

Instructions

- Balls are passed around both teams
- Players can only stay within their box
- Coaches can add various options
 - Limit touches; Set number of touches before passing; Dynamic stretches and movements

Coaching Points

- Passing and receiving technique; Dynamic Stretching; Technical points



Set Up

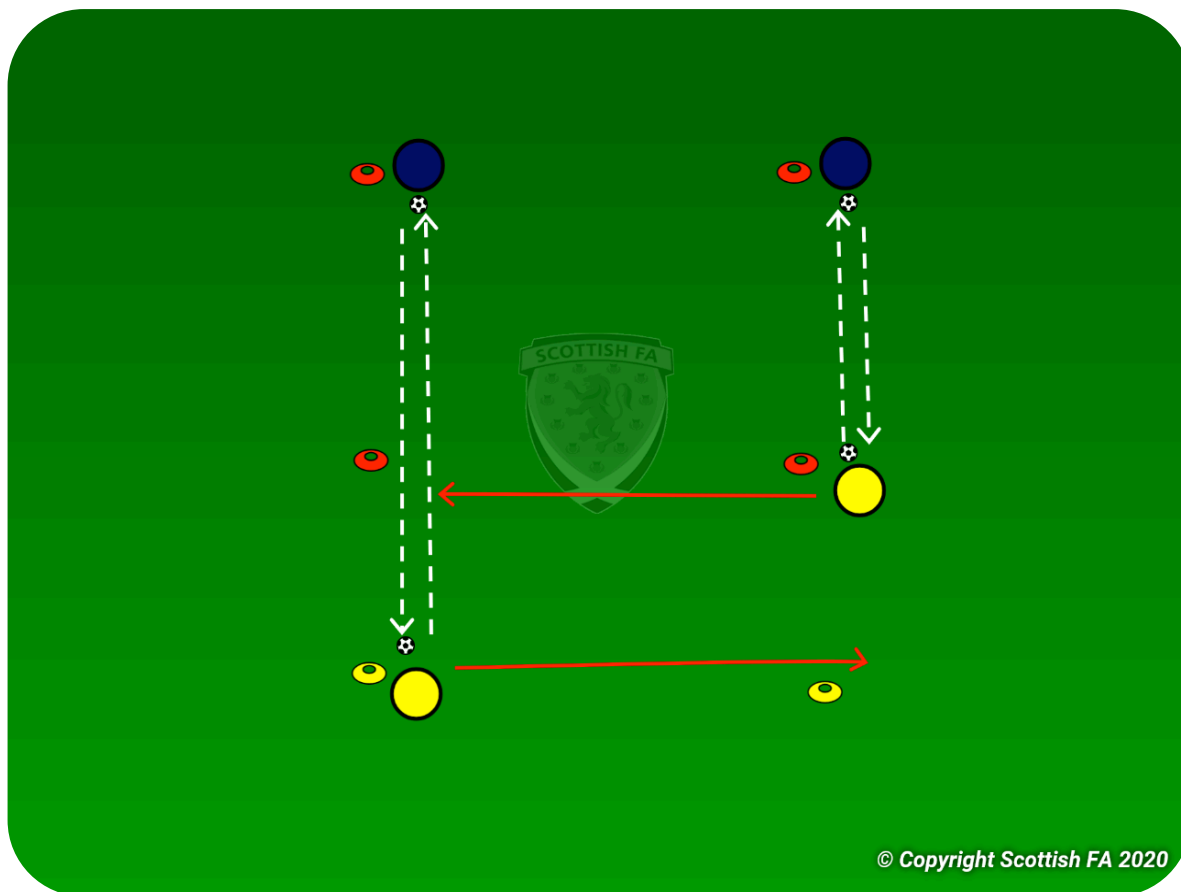
- 2 x triangle each side of area
- 2 x groups of 4/5 players

Instructions

- Players pass and follow their pass working in own triangle
- Progression – after passing back to start join the back of the opposite group
- Coaches can add various options
 - Limit touches; Set number of touches before passing; Dynamic stretches and movements

Coaching Points

- Passing and receiving technique; Dynamic Stretching; Technical points



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Set Up

- All markers 10 yards apart
- 4 players per group

Instructions

- Blue players are the feeders and the Yellow players are working
- Blues play a pass to the Yellow for them to control and pass back
- Both Yellows perform dynamic stretches and movements between passes
- Coaches can add various options – 1st time pass, alternative touches with both feet

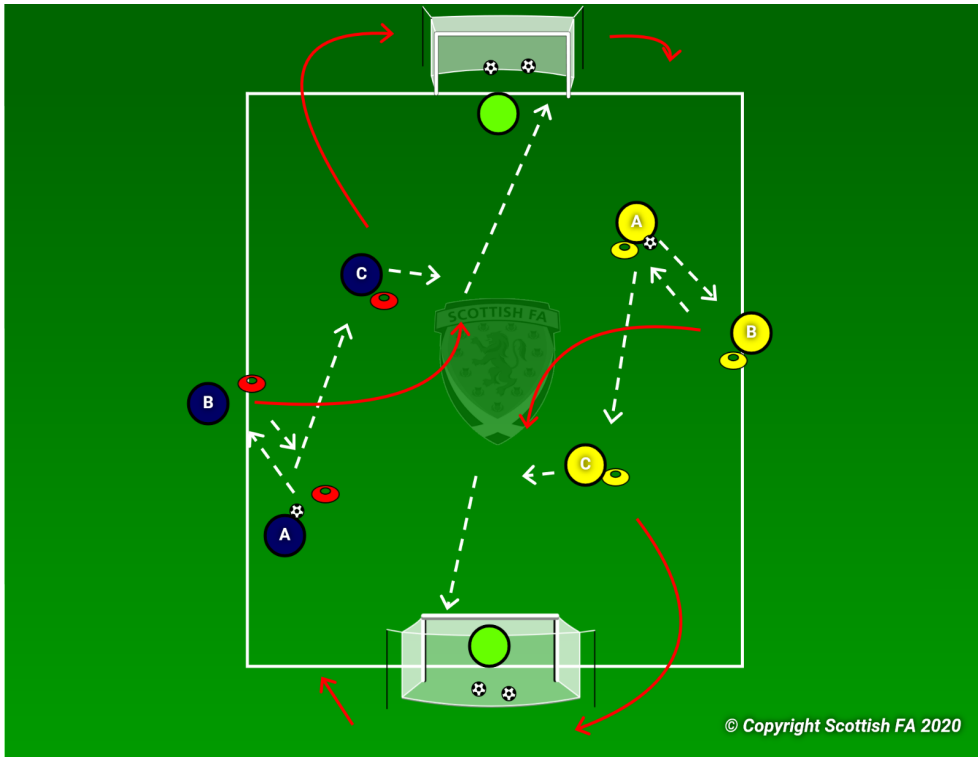
Coaching Points

- Passing and receiving technique;
Dynamic Stretching;

SKILL PRACTICES/ DRILLS



SHOOTING



Set Up

- 2 Goals; Supply of Footballs; Cones
- Set up as shown on diagram

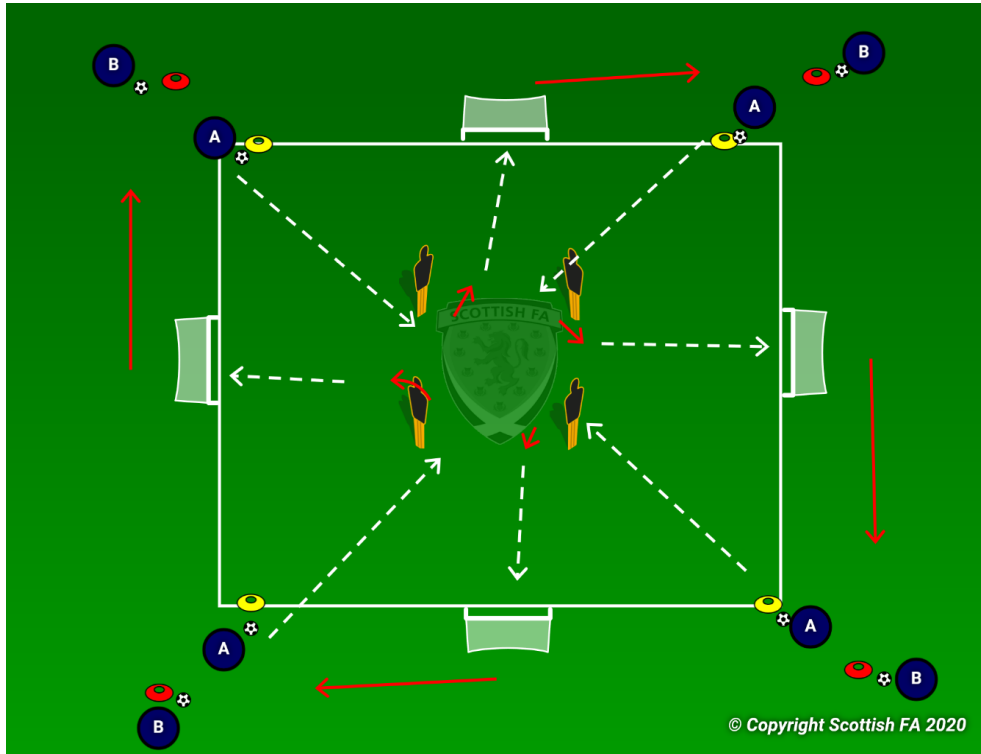
Instructions

- Player A plays a 1-2 pass with Player B and then passes to Player C; Player C then lays a pass off to Player B (who has made a support run inside the pitch); Player B shoots, Player C follows shot in.
- Players move up one position with Player C collecting the ball and joining other side.

Coaching Points

- Shooting; Passing; Movement

DRIBBLE & SHOOT



Set Up

- 4 mini goals
- Supply of footballs
- Cones/mannequins

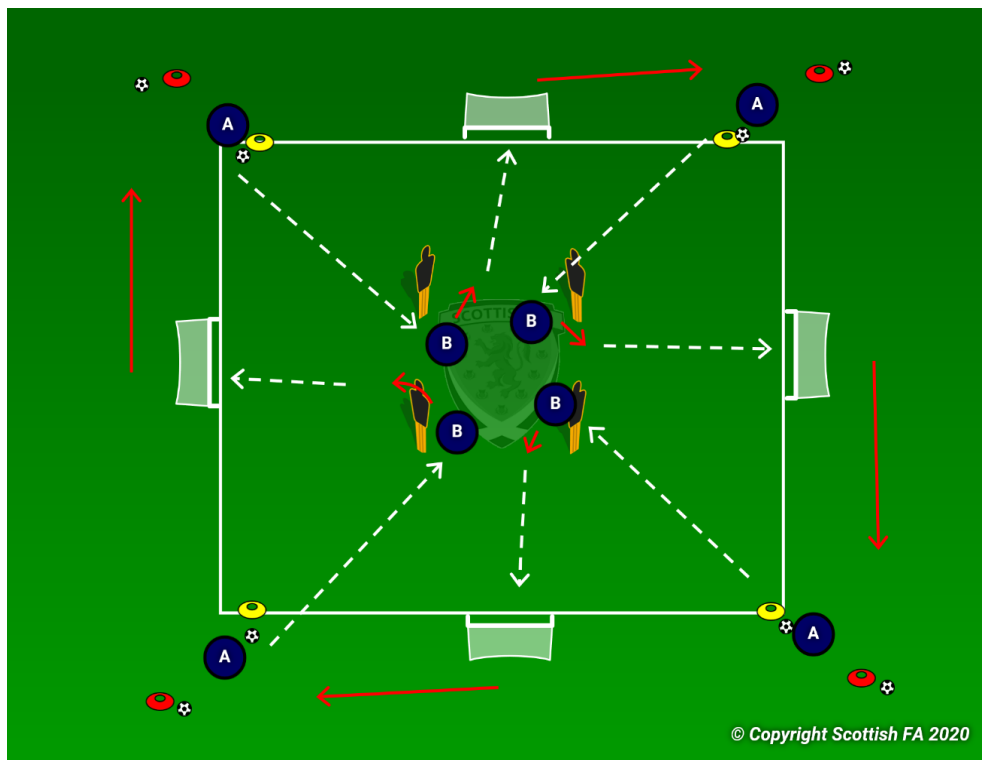
Instructions

- Player A dribbles forward around mannequin and shoots.
- Player B then follows sequence.
- After shooting the player collects ball and moves round in a clockwise direction.

Coaching Points

- Dribbling; Shooting

CONTROL & SHOOT



Set Up

- 4 mini goals; Supply of footballs; Cones/ mannequins
- Set up as shown

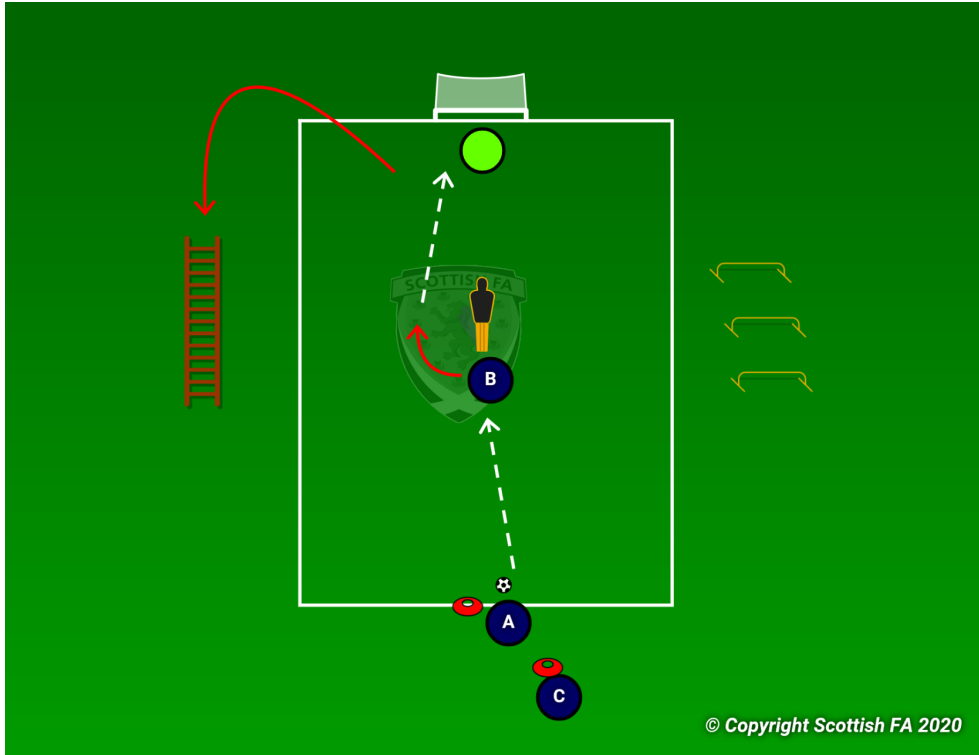
Instructions

- Player A passes into Player B to take a positive 1st touch and then shoot into mini goal; Player B collects ball and moves round to next part in clockwise direction.
- Player A becomes middle player.

Coaching Points

- Passing; Control; Shooting

TURN & SHOOT



Set Up

- 7s Goal; SAQ Equipment; Cones; Balls

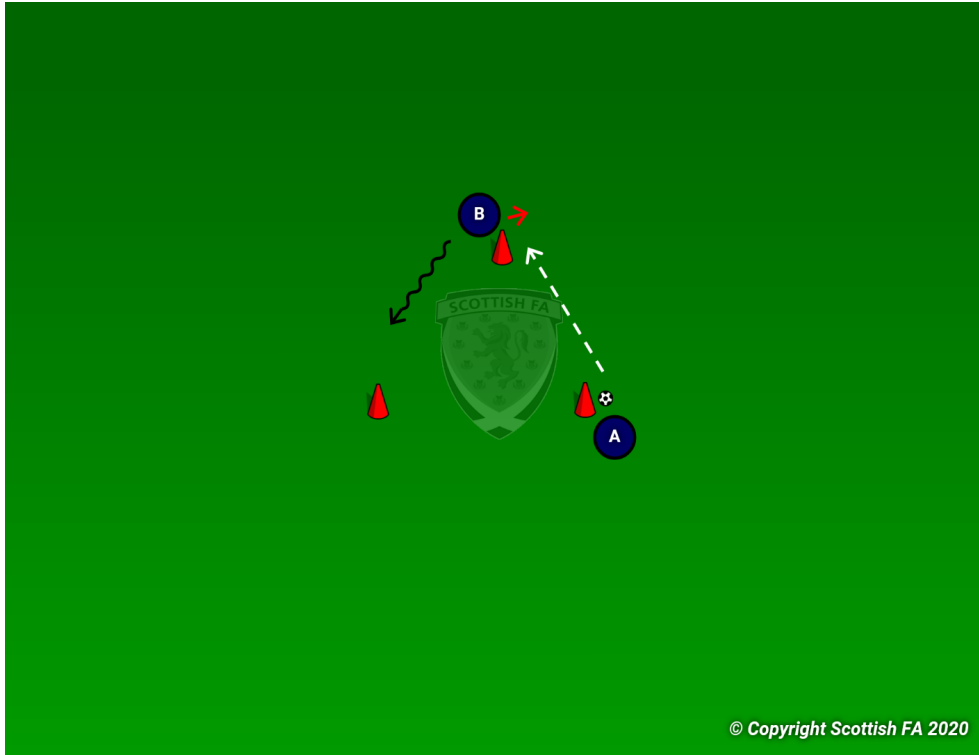
Instructions

- Player B receives a pass from Player A with their back to goal, executes a turn to beat mannequin and shoots on goal; they collect their ball, go up the side and complete SAQ exercise.
- Player A moves into middle, Player C becomes feeder.

Coaching Points

- Passing; Skill move to turn; Shooting; Agility

PASS & MOVE



Set Up

- Cones; 1 ball between 2;
- Triangle shaped around 10 – 15 yards apart depending on age/stage.

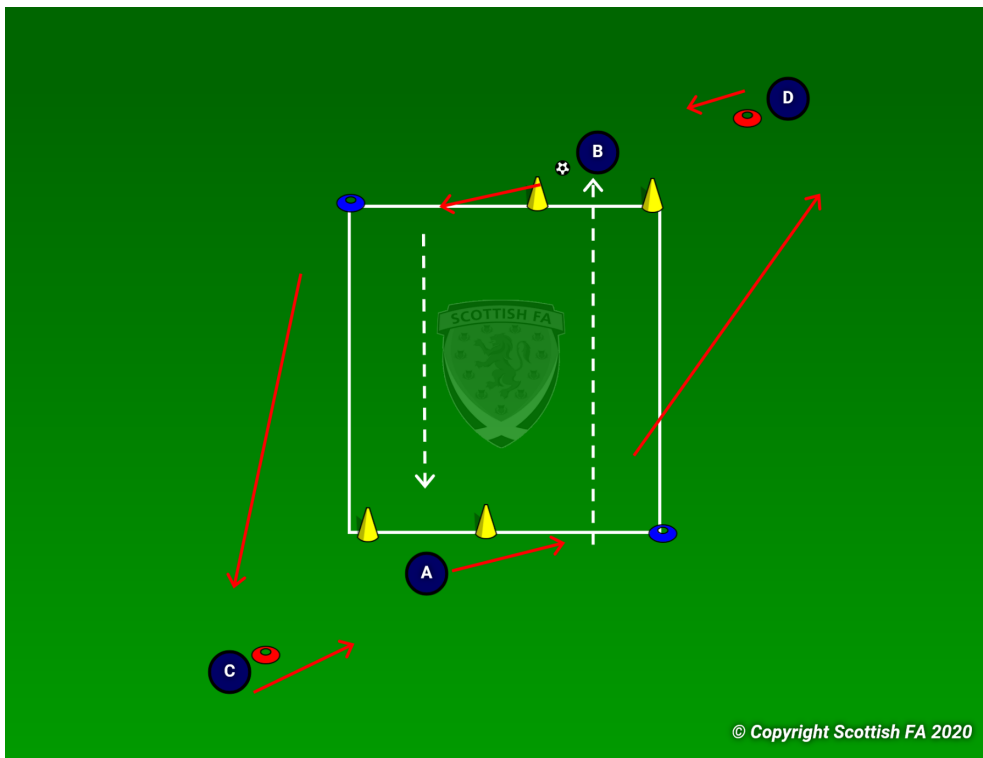
Instructions

- Player B moves to the side of the mannequin to receive a pass from Player A, Player B then dribbles towards the spare cone to continue sequence.
- Change direction; Add in a 1-2 pass around the mannequin

Coaching Points

- Passing; Control; Movement; Dribbling

PASSING & CONTROL



Set Up

- Supply of balls; Cones
- Square or rectangle area as shown

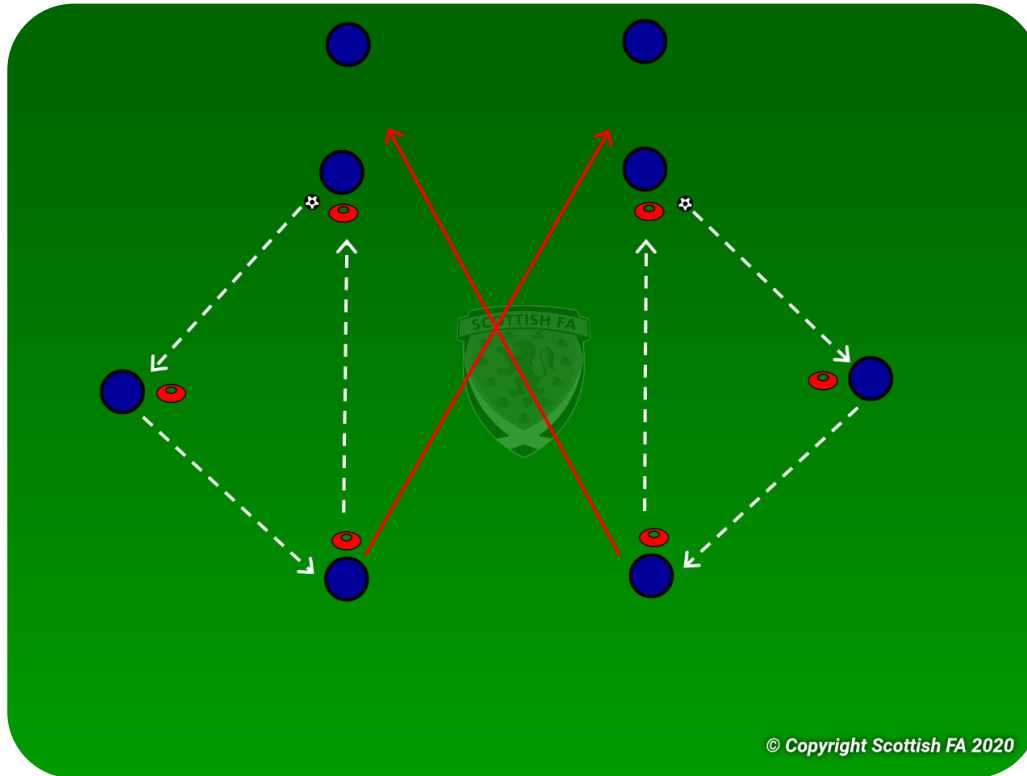
Instructions

- Player A starts with the ball, takes a touch to the side and plays a right foot pass to Player B; Player B takes positive 1st touch diagonally and continues sequence of passing to Player C and so on.
- Players follow their pass at speed to red cone at corner.
- Change direction; Incorporate a 1-2 pass.

Coaching Points

- Passing; Control; Movement

PASS & MOVE



Set Up

- 2 x triangle each side of area
- 2 x groups of 4/5 players

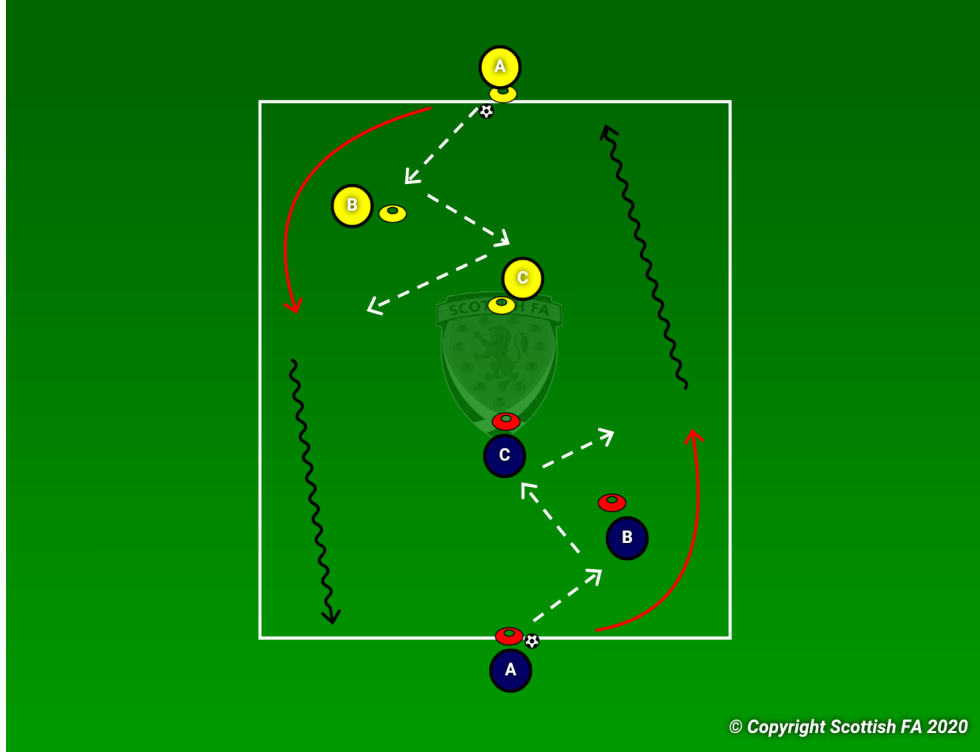
Instructions

- Players pass and follow their pass working in own triangle
- Progression – after passing back to start join the back of the opposite group
- Coaches can add various options – Limit touches; Set number of touches before passing; Dynamic stretches and movements

Coaching Points

- Passing and receiving technique; Dynamic Stretching; Technical points

PASSING OVERLAP



Set Up

- Cones; Balls
- Area as shown

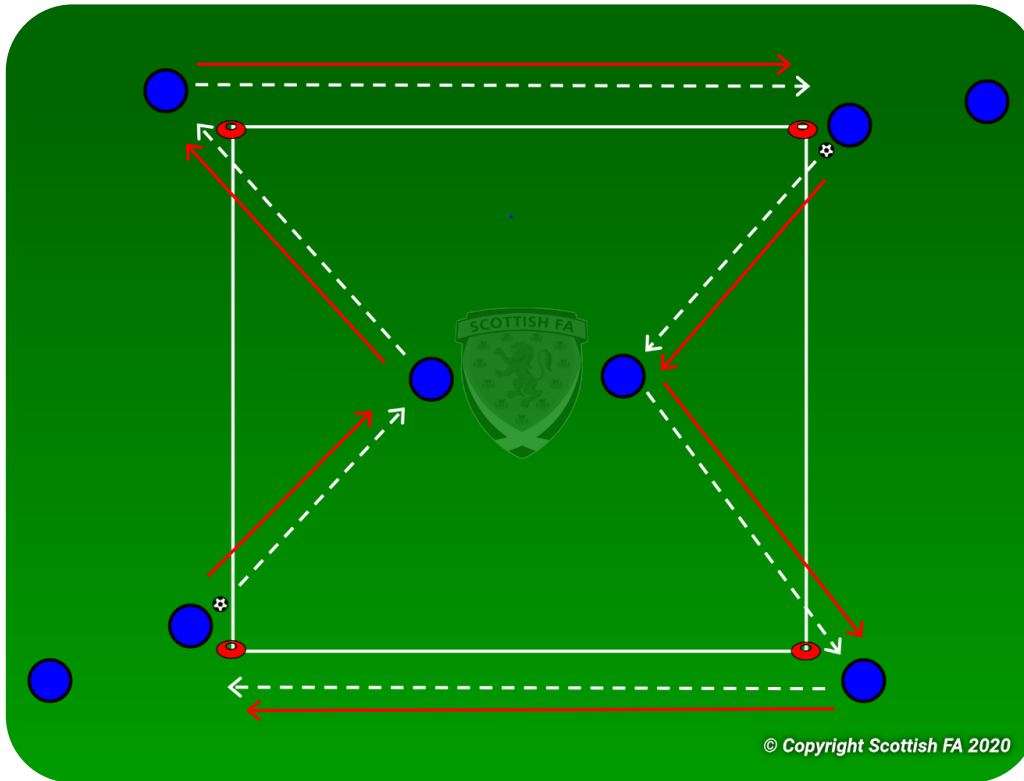
Instructions

- Player A passes to Player B and begins overlapping run; Player B passes to Player C, who plays a pass to the overlapping Player A; Player dribbles down to other side.
- Overlapping players work for set time/set amount of passes.
- Rotate all players

Coaching Points

- Passing; Movement; Speed; Endurance

PASSING – ANGLES



Set Up

- 25x25 yard square
- 2 balls working at same time
- Players pass and follow

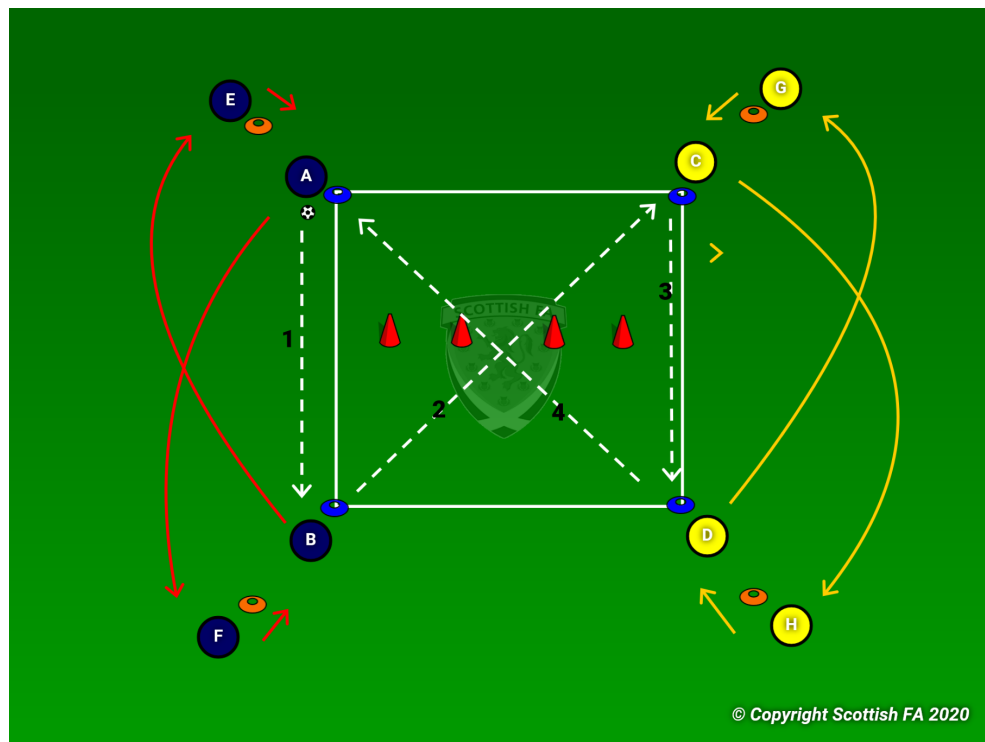
Instructions

- Players on the ball pass into middle player who opens up and passes on to next marker
- Pass played across then back into central player
- Progression – Add a 1-2 off central player

Coaching Points

- Passing technique: Accuracy: Receiving Technique

PASSING – THROUGH



Set Up

- Supply of balls; Cones
- Square area dependent on age/stage

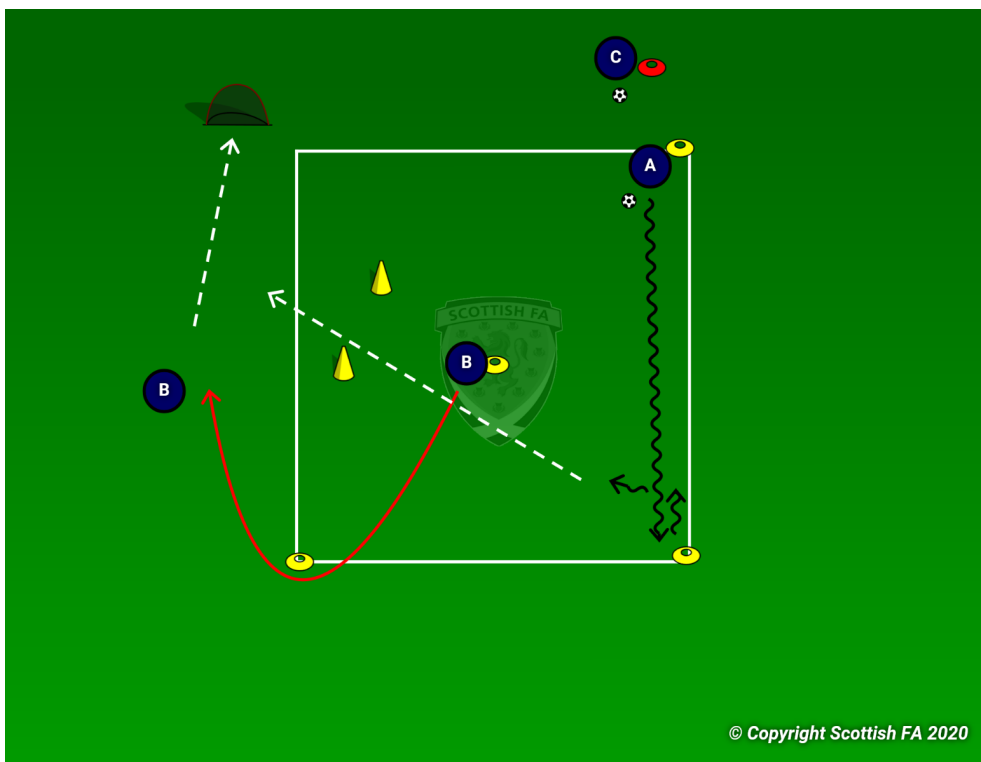
Instructions

- Player A passes to Player B who passes through the middle coned area to Player C to continue the sequence to D etc.
- Players A – D rotate around their own side while C-H also do the same.

Coaching Points

- Passing; Movement; Control

SKILL MOVE & KILLER PASS



Set Up

- Mini goal; Cones; Supply of balls

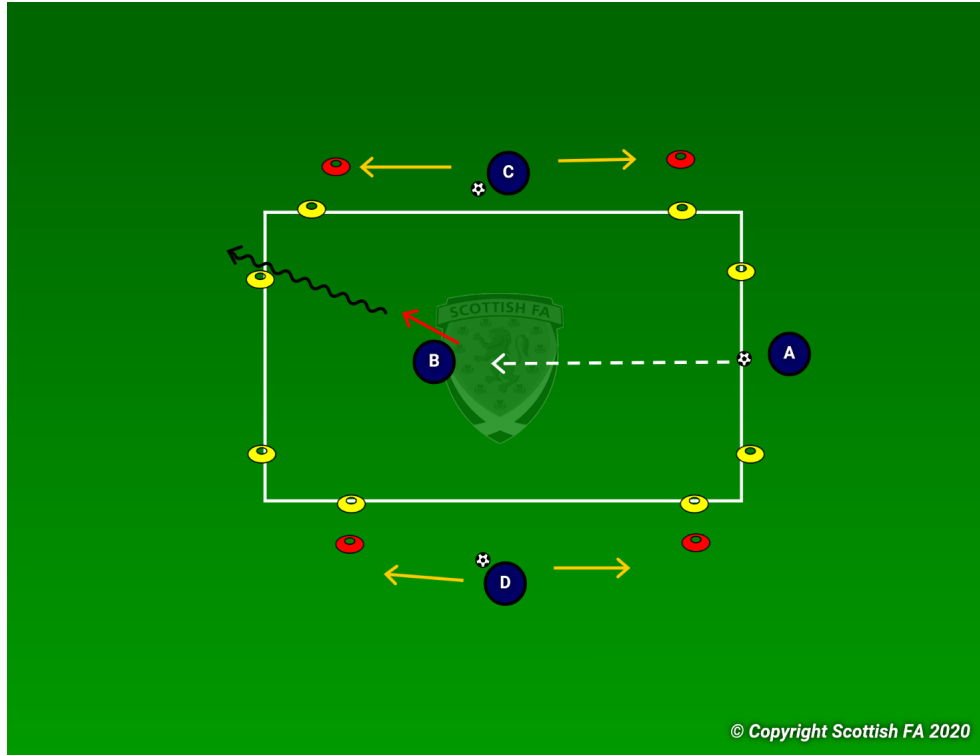
Instructions

- Player A drives towards bottom cone; this initiates a run from Player B; when Player A gets toward bottom cone they complete a skill move to change direction(Twist Off, Cruyff turn, Stop turn; Drag back) then plays a killer pass through the yellow cones for Player B to shoot into goal

Coaching Points

- Passing

DRIBBLE TO SPACE



Set Up

- Rectangle area appropriate to age/stage
- Cones; Balls.

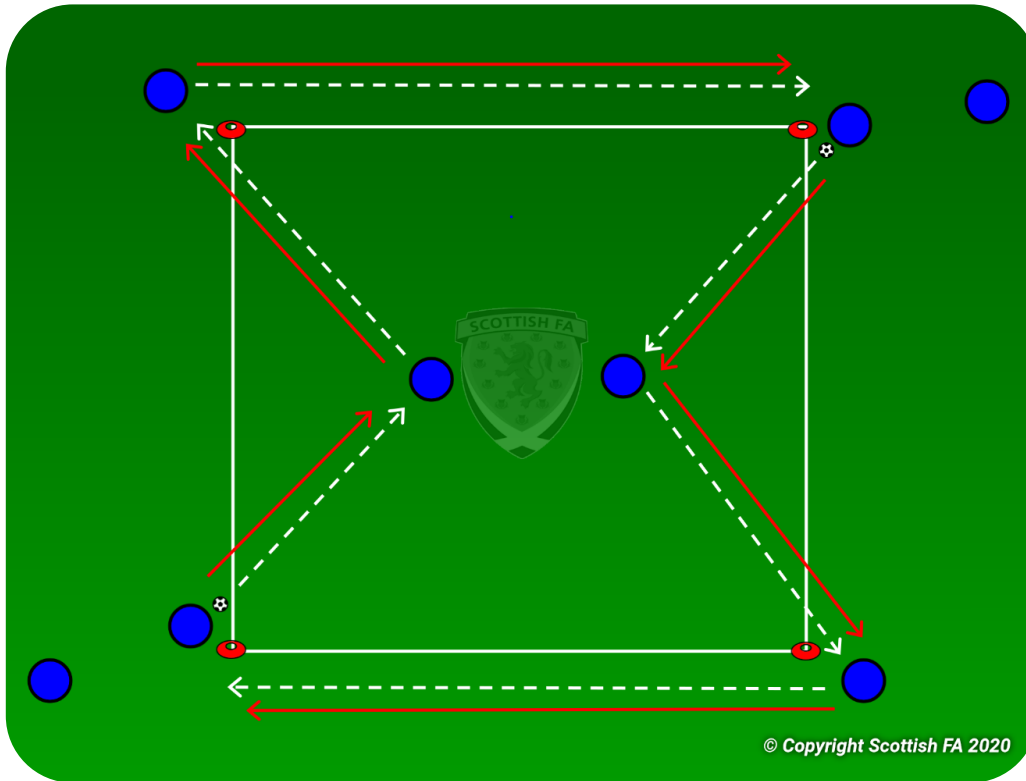
Instructions

- Player B receives a pass from Player A and attempts to dribble through any of the 4 gates; Players C,D try to block the two gates on their side.
- Social Distancing rules apply (Gates considered locked if Defenders reach red cone)

Coaching Points

- Dribbling; Speed; C.O.D; Disguise; Control

PASSING



Set Up

- 25x25 yard square
- 2 balls working at same time
- Players pass and follow

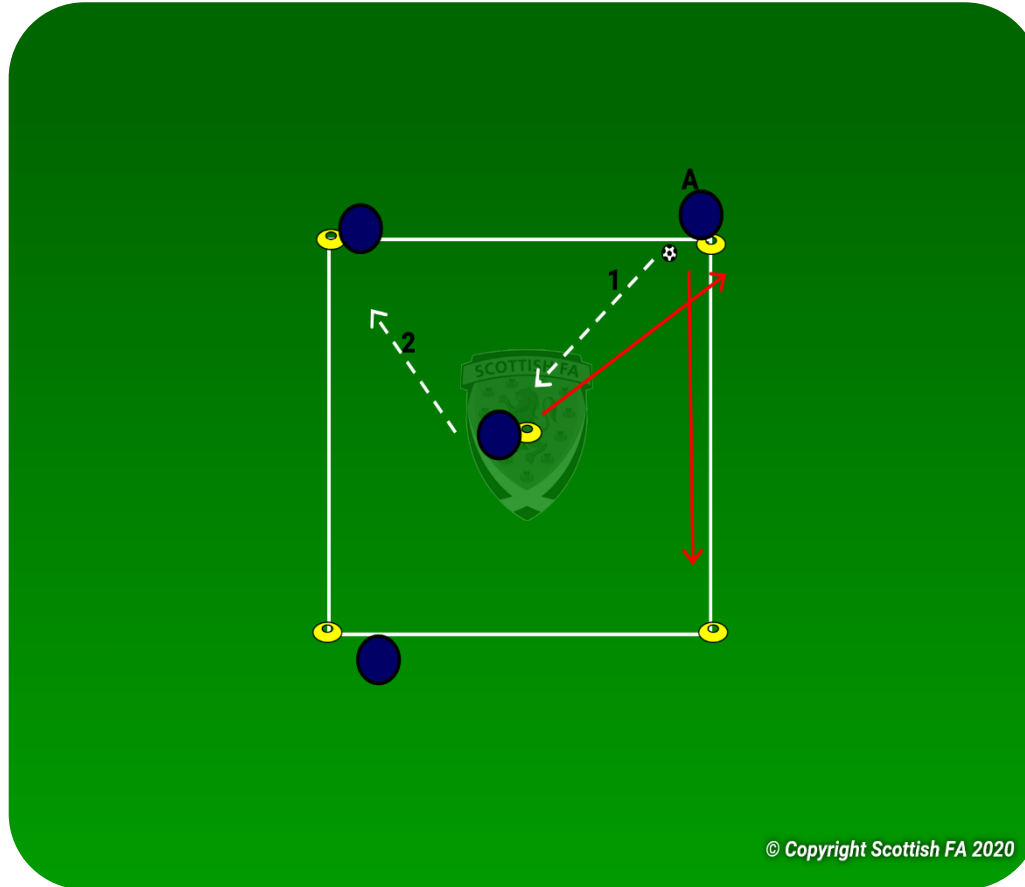
Instructions

- Players on the ball pass into middle player who opens up and passes on to next marker
- Pass played across then back into central player
- Progression – Add a 1-2 off central player

Coaching Points

- Passing technique: Accuracy: Receiving Technique

PASSING & MOVING



Set Up

- 15x15 square box
- 4 players per group

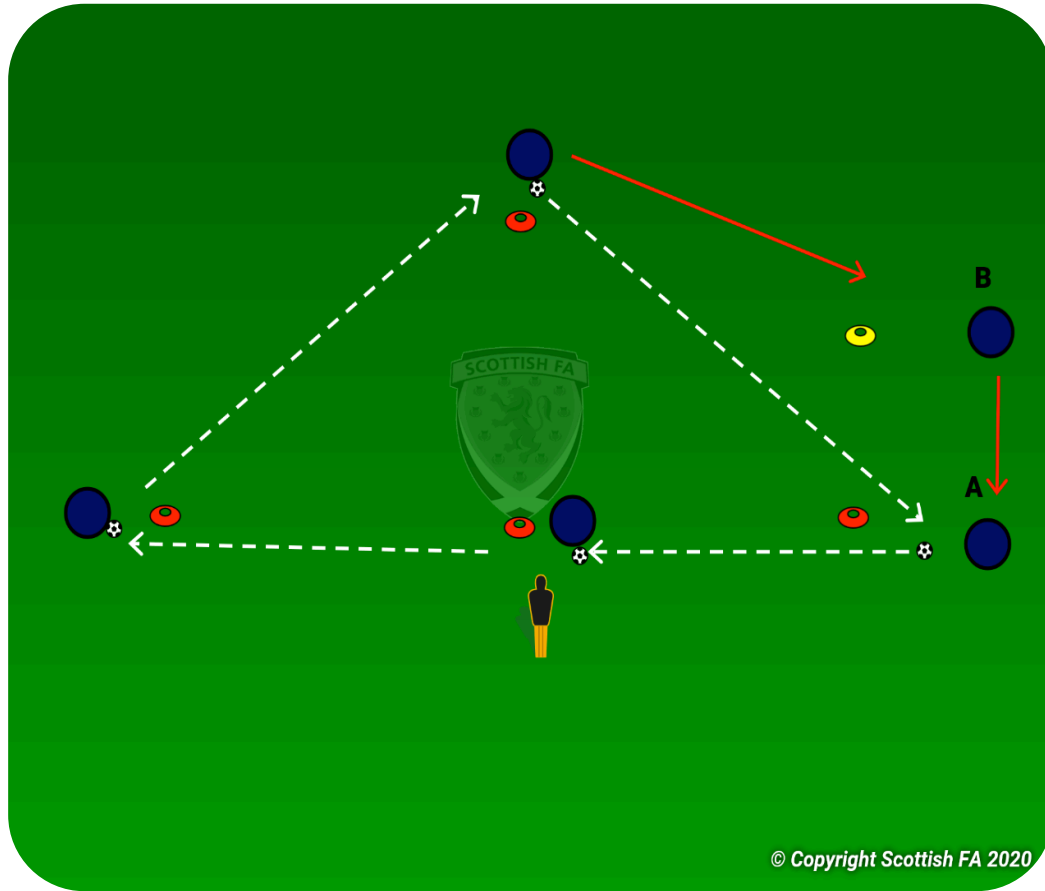
Instructions

- 3 players on outside cones – 1 in middle
- Player A passes the ball and moves to spare cone, middle player receives the ball and passes to any of the other 2 players and again moves to spare cone
- **Progression** – Passes must be first time

Coaching Points

- Positive 1st touch; Scanning to receive ; Weight of pass/ direction of pass

PASSING & RECEIVING



Set Up

- 20x15 triangle
- 5 players per group

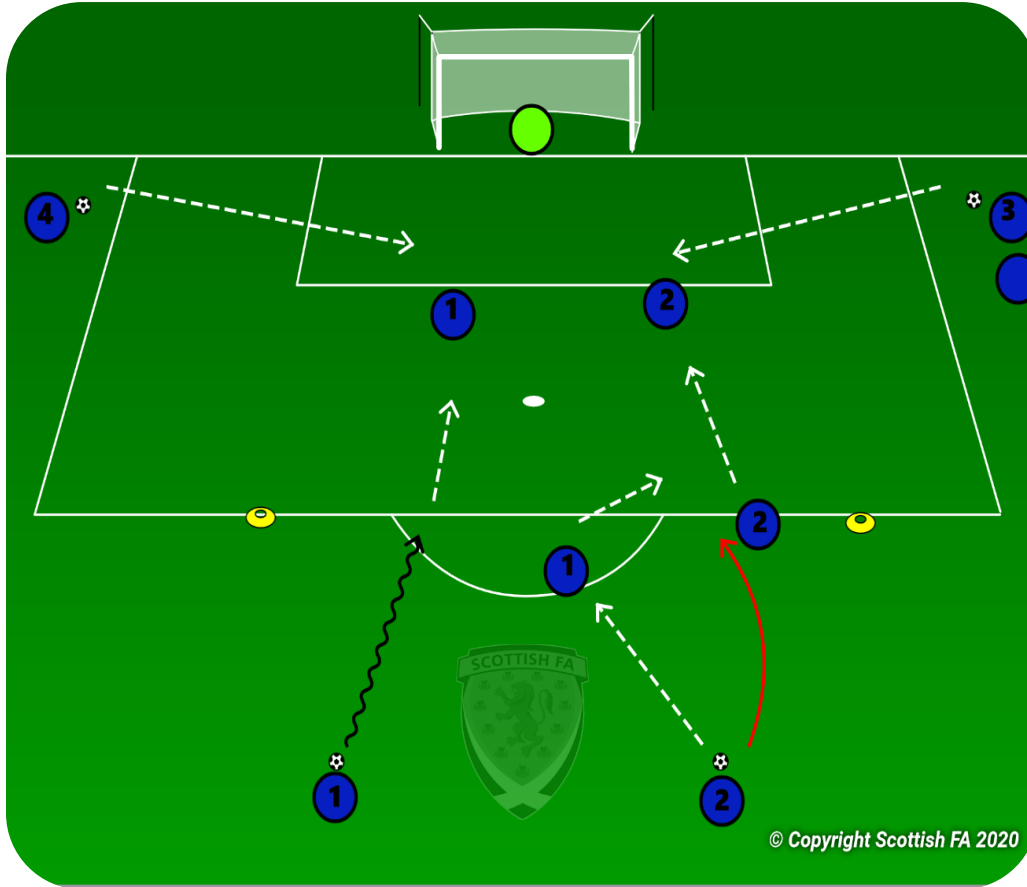
Instructions

- Pass & follow – Player B takes position of Player A after initial pass
- Ball can be passed both ways round the triangle to work both feet.
- **Progression** is the middle player stepping off, turning so their back is to the mannequin and again receiving on the half turn.

Coaching Points

- Positive 1st touch; Scanning to receive ; Weight of pass/ direction of pass

CROSSING & FINISHING



Set Up

- 6 players including GK – could be more at each position.
- Side with supply of balls.

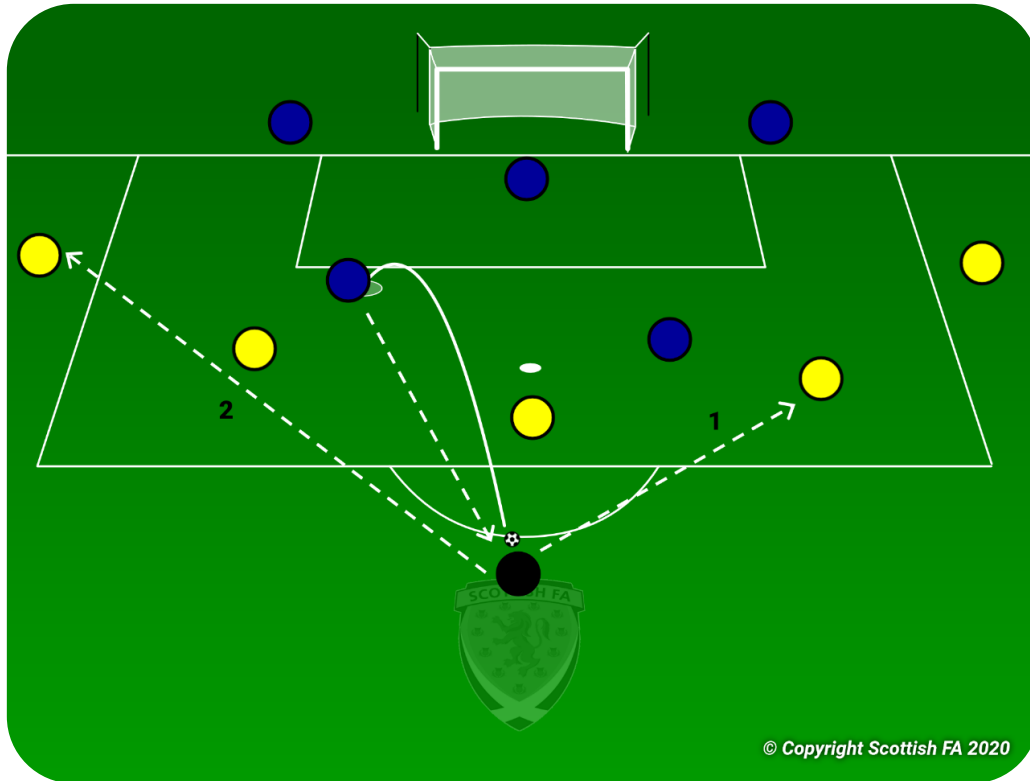
Instructions

- Player 1 dribbles and shoots
- Player 2 plays 1-2 and shoots
- Cross delivered by Player 3 – Player 1&2
- Cross delivered by Player 4 – Player 1&2

Coaching Points

- Accuracy ; Body shape; First touch; timing of runs

CROSSING & FINISHING



Set Up

- 2 x teams of 5
- 5 attackers/5 defenders

Instructions

- Coach feeds a ball to any defender who plays it back to the coach
- Coach then plays into any of the 3 attackers
- 2nd ball then played out to wide player to cross
- Defenders/Attackers rotate each attack

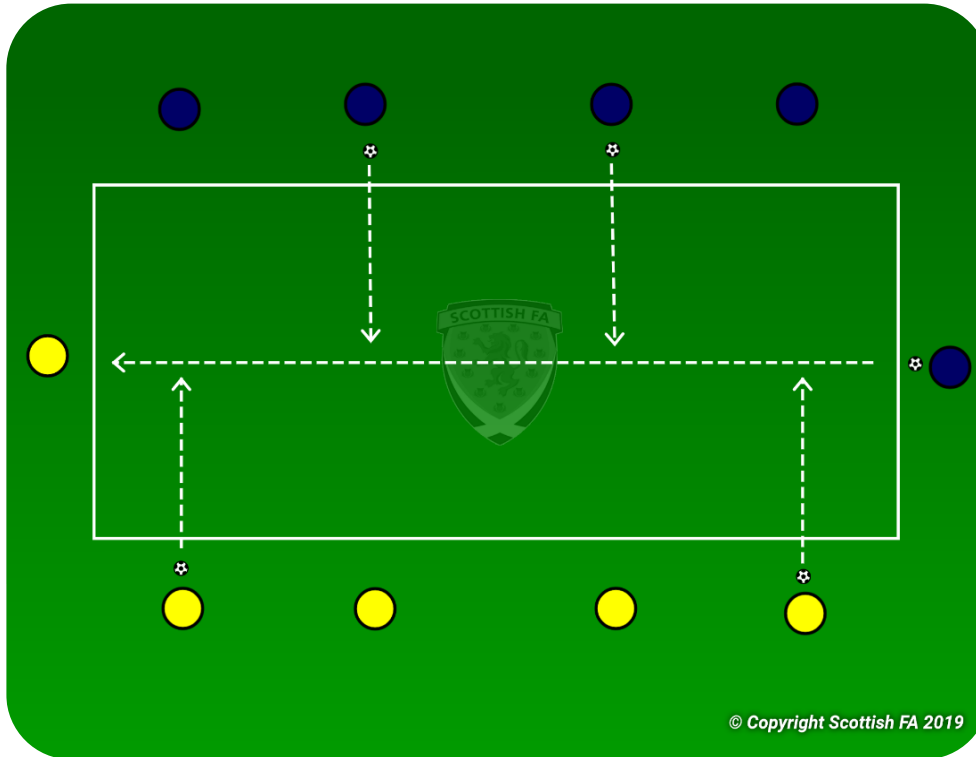
Coaching Points

- Accuracy ; Body shape; First touch; timing of runs

CHALLENGE GAMES



PASSING IN PAIRS



Set Up

- 25 x 15 area
- Players with a ball between two facing your partner

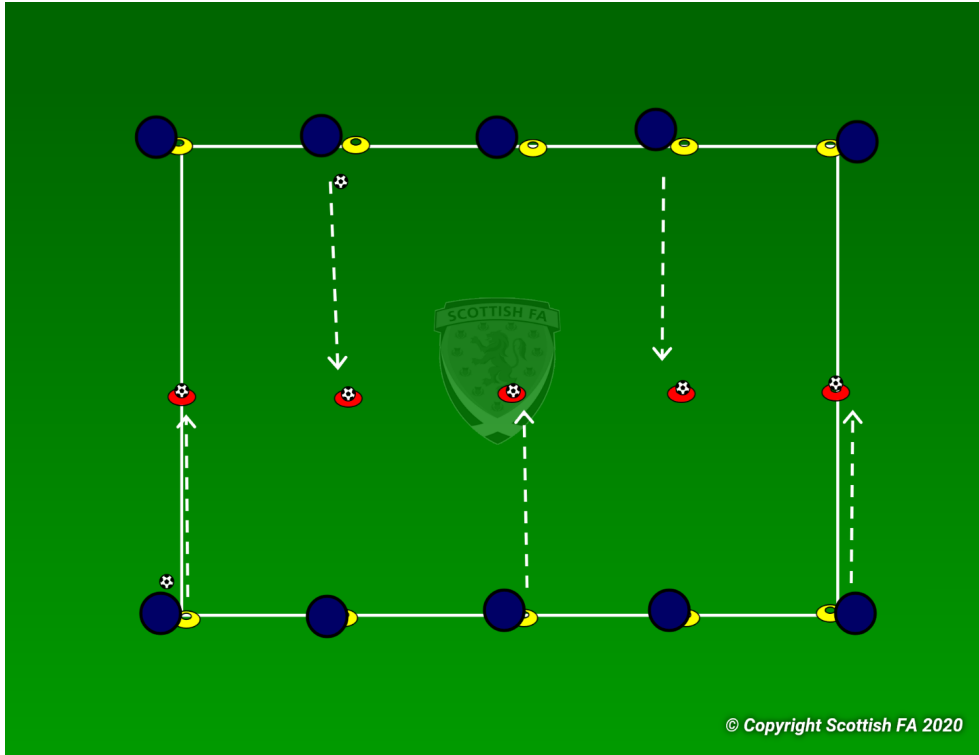
Instructions

- End players pass the ball across the ground to each other
- Other players try to hit end players ball

Coaching Points

- Passing

SKITTLE PASSING



Set Up

- Players in pairs with a ball between 2
- Cone in middle with ball on top.
- Distance may vary dependent on age/ stage.

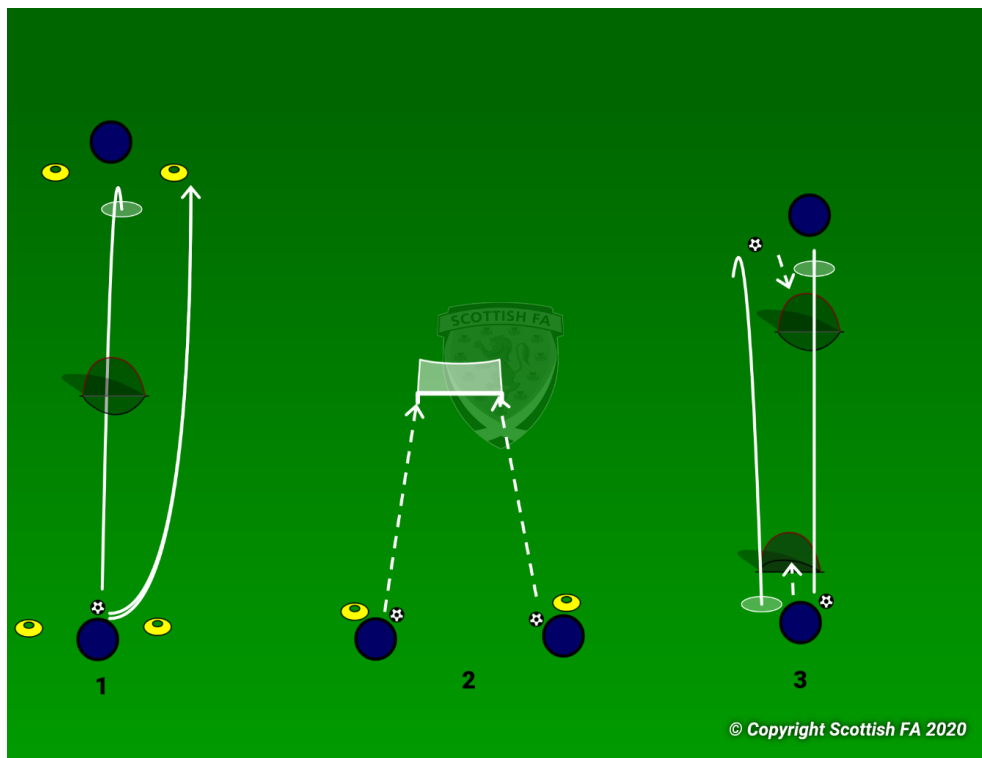
Instructions

- Aim of the game is for players to try and hit the ball off the cone in between them.
- Keep scores and can be done as an individual score/ Paired/ Team

Coaching Points

- Passing technique/accuracy

CHALLENGE GAMES



Set Up

- Supply of balls; Mini goals; 7s goal; Cones
- 3 stations set up; 2 players per station

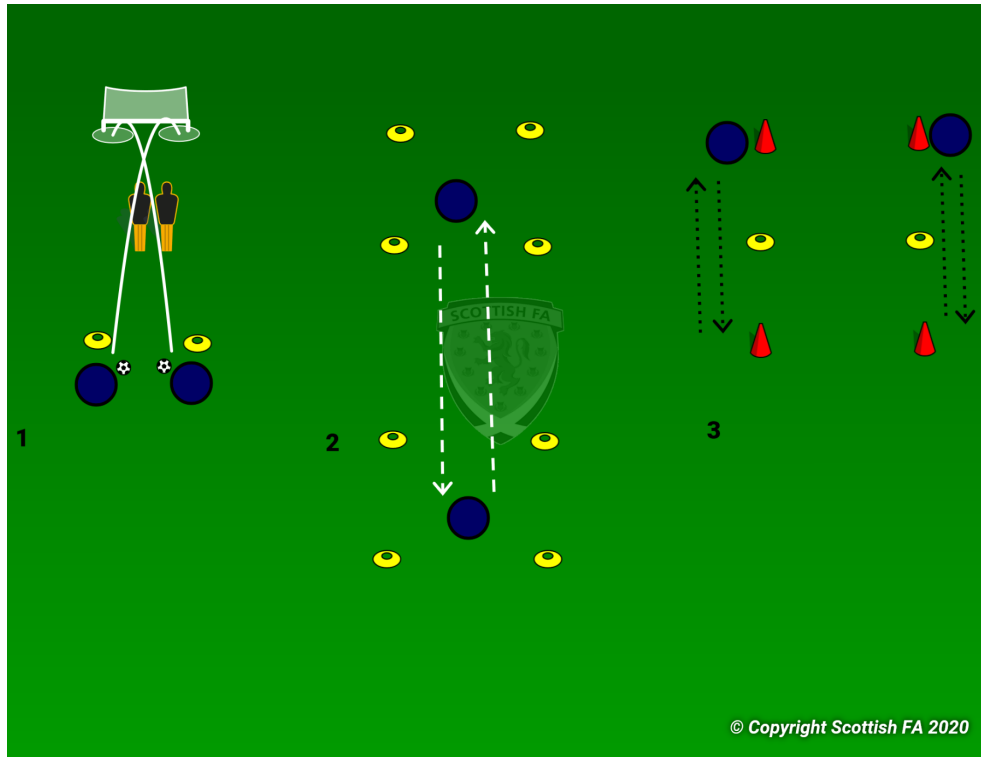
Instructions

- 1 – Lofted/Curled pass over/round the mini-goal to teammate (1 point for every successful pass)
- 2 – Post/Post/Crossbar game (1 point per part)
- 3 – Lofted Pass for teammate to volley into goal (younger age may be thrown pass to teammate, 1 point for every successful volley)

Coaching Points

- Types of passing; Accuracy; Volleys

CHALLENGE GAMES



Set Up

- Cones; Mannequins; Goal; Supply of balls

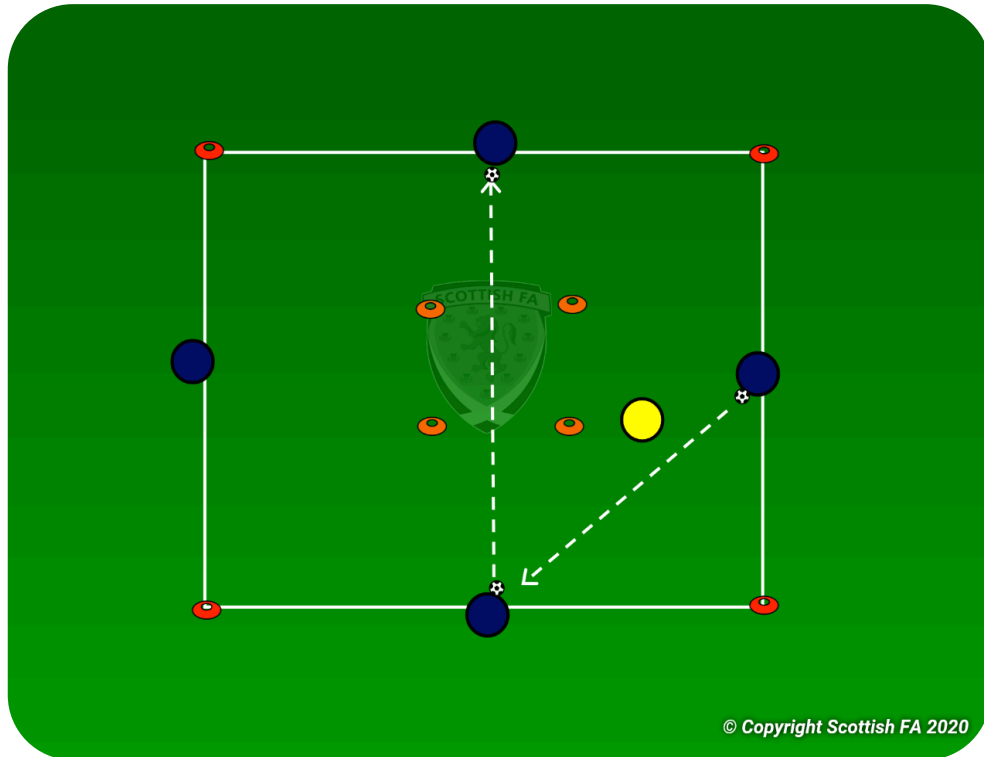
Instructions

- 1 – Free Kicks over mannequins (1 point for every successful goal).
- 2 - Passing in pairs (1 point for every successful pass into square).
- 3 – Keepy-uppies; Variety of challenges, dominant Foot; Less dominant foot; Both feet; Thighs etc.

Coaching Points

- Shooting; Passing; Control; Ball Mastery

CHALLENGE GAMES— POSSESSION



Set Up

- 15 x 15 area
- Small 4 x 4 box
- 1 defender; 4 attackers

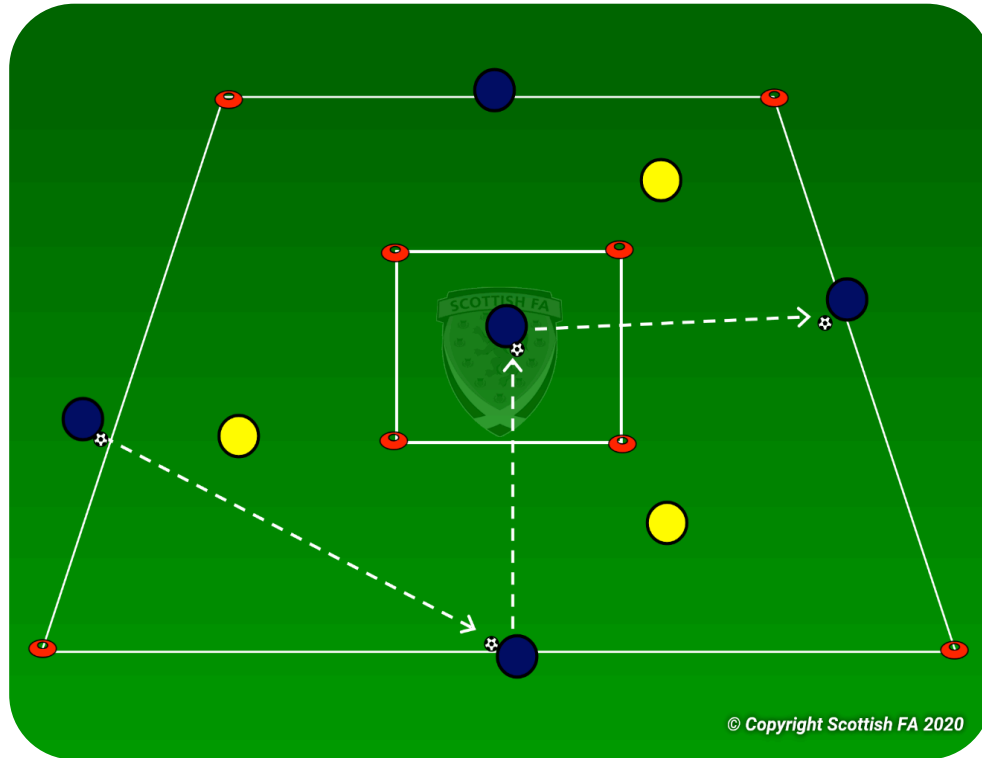
Instructions

- Blue players pass around square and must stay on the line their positioned on
- Objective is to Pass/receive through small box to score
- Defender attempts to stop passes through small box

Coaching Points

- Passing; Movement; Control

CHALLENGE GAMES—POSSESSION



Set Up

- 20x20 outer box and 10x10 inner box
- 5 attackers and 3 defenders

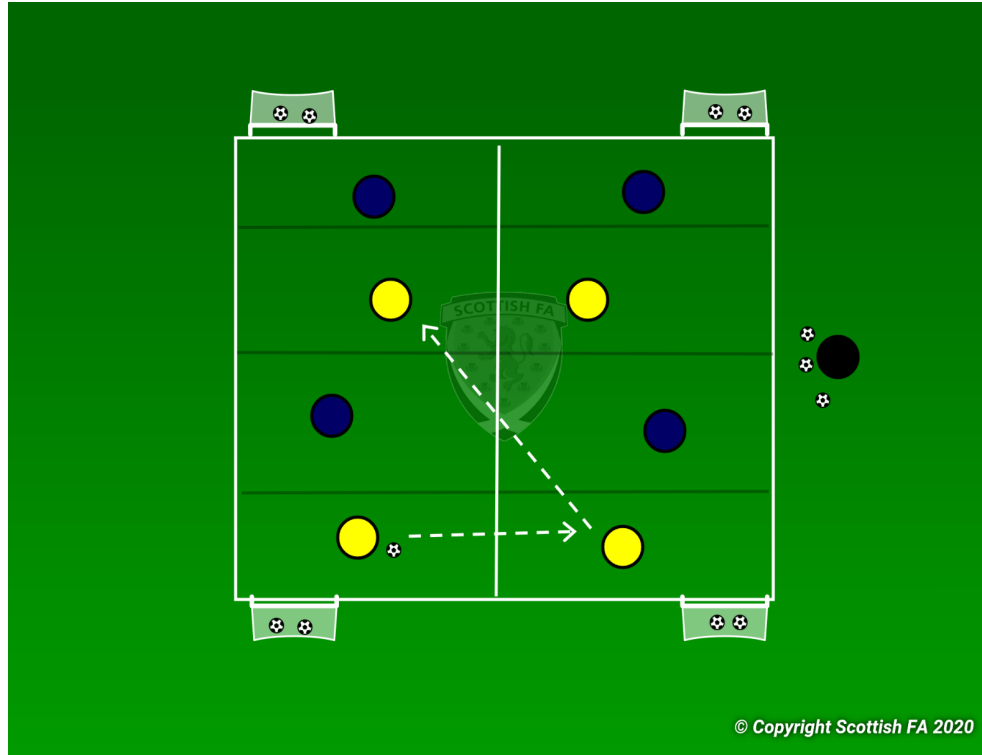
Instructions

- Blue players pass around square and must stay on the line their positioned on
- Blues limited to 2 touch
- Objective is to pass into the player within the inner box
- Defenders attempts to intercept without tackling – If they win it back they play 3v1 in the inner box with the same rules applying

Coaching Points

- Passing; Movement; Control

POSSESSION 4 v 4



Set Up

- 4 mini goals; Cones; Pitch split into zones; Supply of footballs; 2 teams of 4

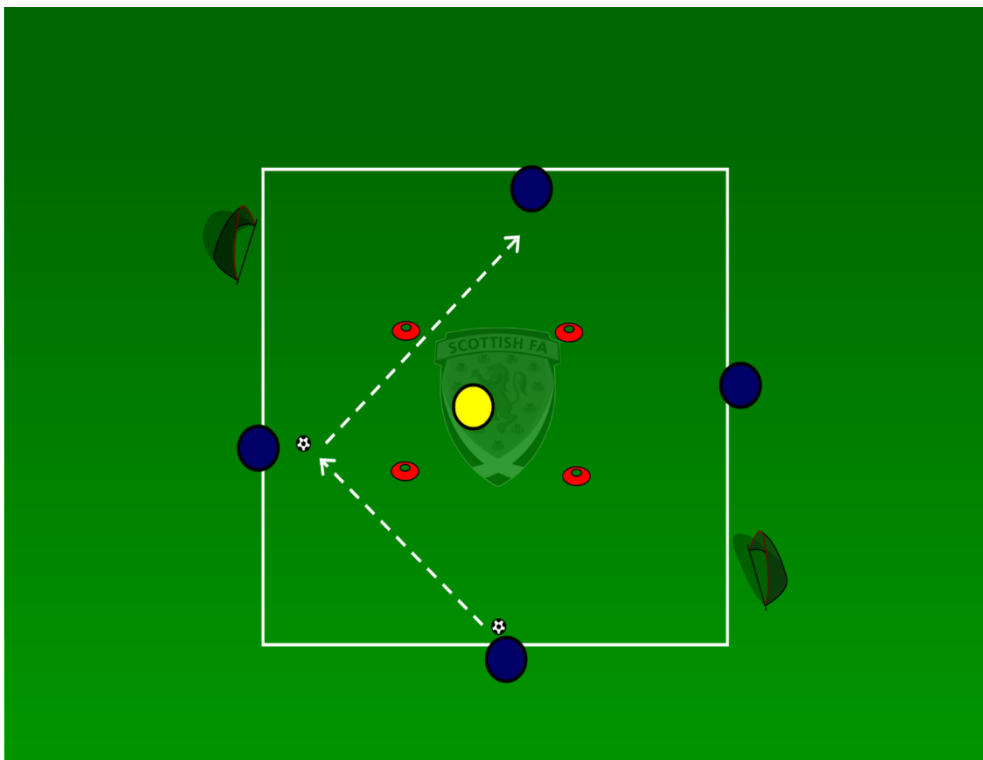
Instructions

- Each Player stays within their own zoned areas.
- In this example the two deeper yellow players are trying to pass the ball through to either yellow players further up to then try and score into either mini goal the 2 defending blues are in front of.
- If blues intercept they try and do the same

Coaching Points

Passing; Angle of support; Speed of play.

POSSESSION 4 v 1



Set Up

- 12 x 12 box with a 7 x 7 box marked in middle; Footballs; Cones; Small goals

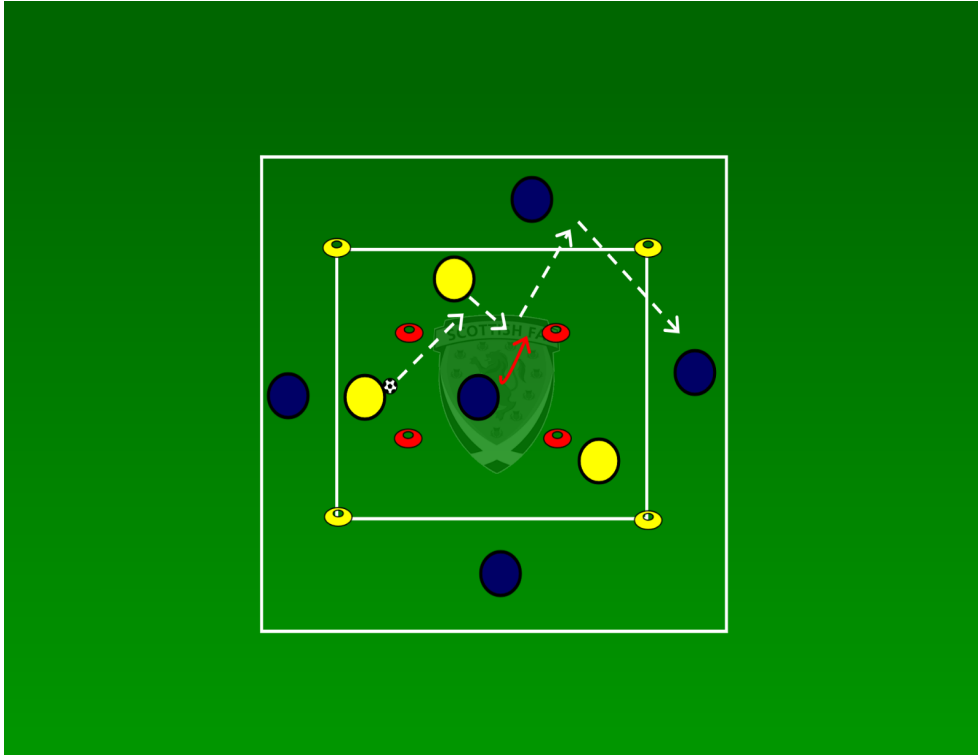
Instructions

- Blues keep possession of the ball on the outside; They gain a point for every successful pass they can play through the red box to a team mate.
- Yellow player's aim is to intercept the pass from within the red box and then shoot into either mini goal.

Coaching Points

Passing; Angle of support; Speed of play

POSSESSION – 3 v 1 / 5 v 3



Set Up

- Outside box 18 x 18, middle box 12 x 12, Inner box 6 x 6
- Cones; Footballs

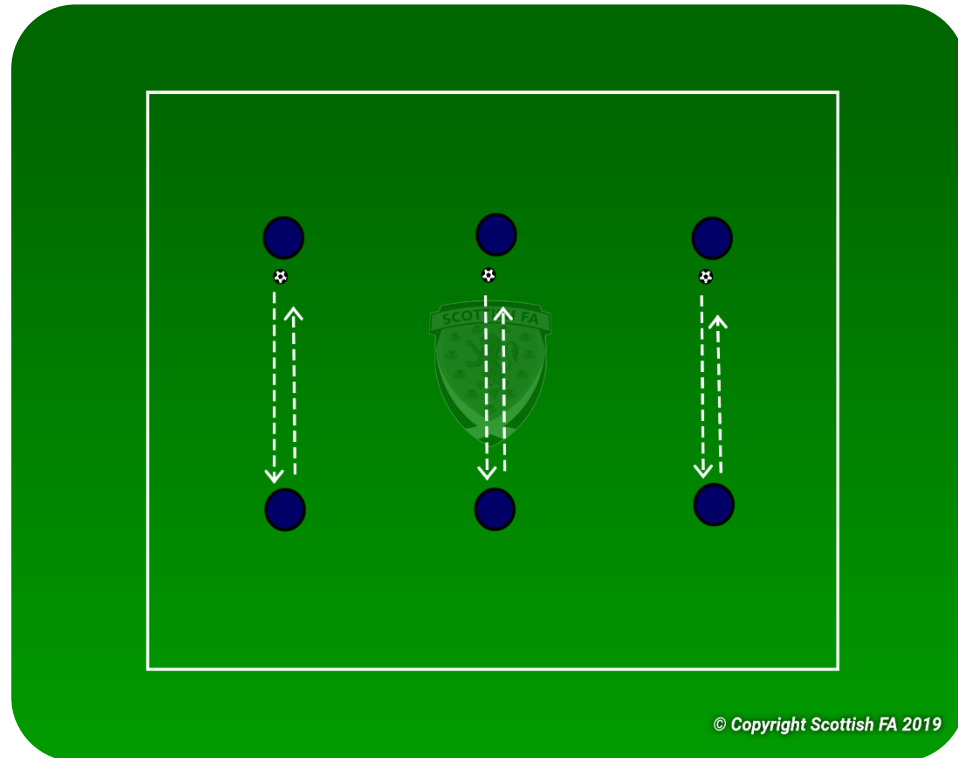
Instructions

- Yellow team start with a 3 v 1 possession against the blue player within inner box; Yellows score a point by passing through the inner box (1st one doesn't count)
- If the blue player intercepts they can use team mates to keep possession in a 5 v 3.
- Blues score a point every time they go through the middle player to keep possession.

Coaching Points

Passing; Angle of support; Speed of play

TWO TOUCH



Set Up

- 20 x 20 area
- One ball between two players

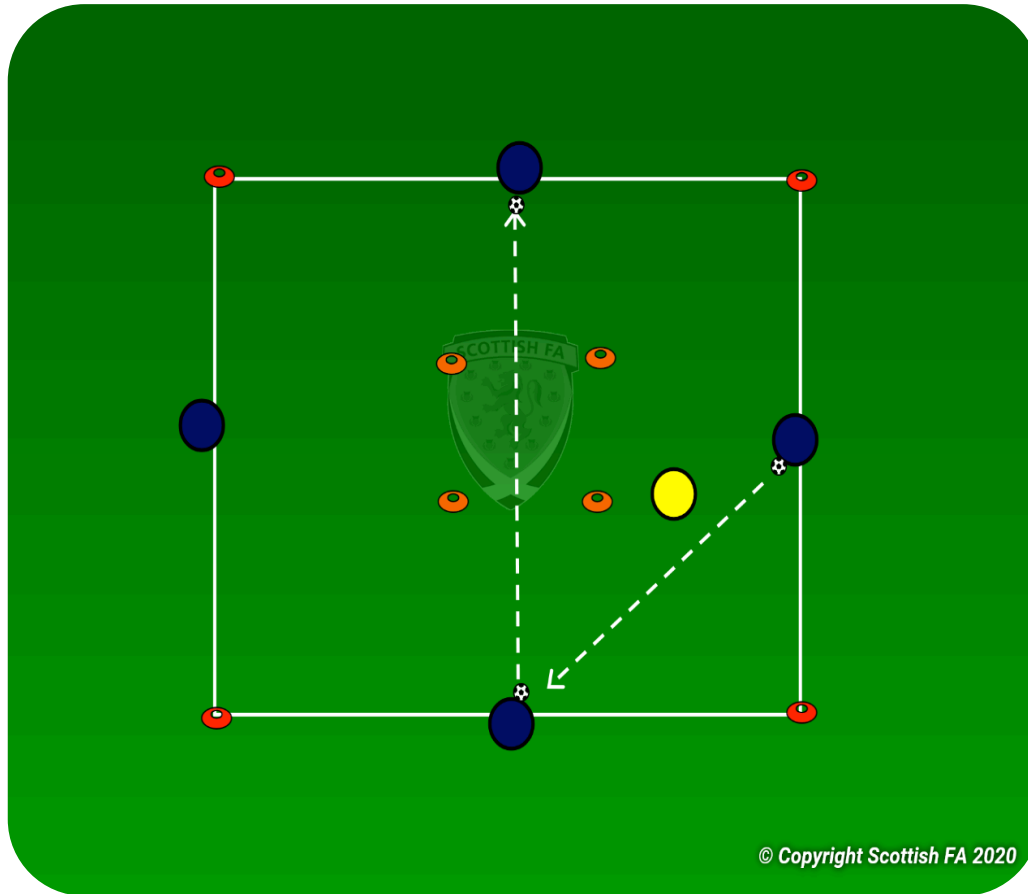
Instructions

- Players work in pairs
- Keep the ball in the air
- Can't touch ball with hands

Coaching Points

- Control using both feet; Different parts of the body

POSSESSION



Set Up

- 15 x 15 area
- Small 4 x 4 box
- 1 defender; 4 attackers

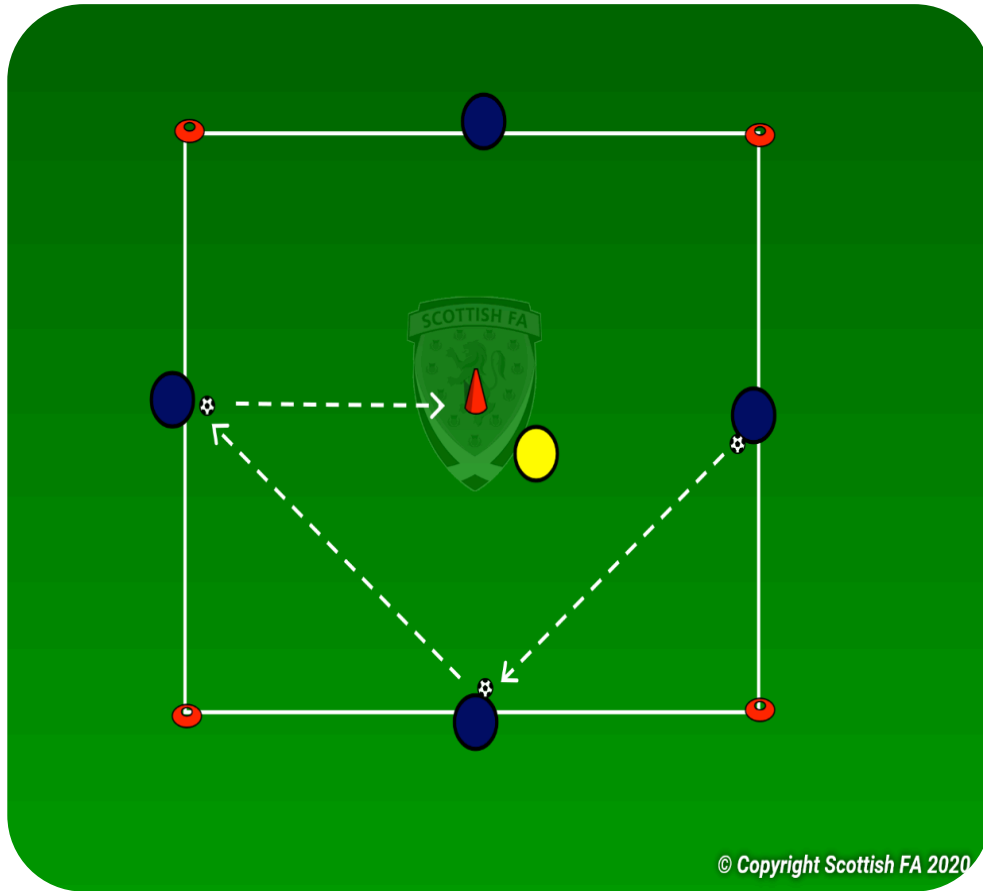
Instructions

- Blue players pass around square and must stay on the line their positioned on
- Objective is to Pass/receive through small box to score
- Defender attempts to stop passes through small box

Coaching Points

- Passing; Movement; Control

POSSESSION



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Set Up

- 15 x 15 area
- Castle mark in centre of box
- 1 defender; 4 attackers per group

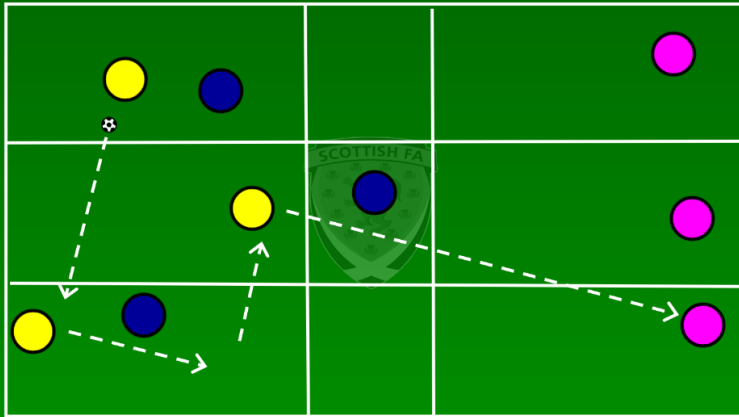
Instructions

- Blue players pass around square and must stay on the line they are positioned on
- Blues limited to 2 touch
- Objective is to Pass and hit the castle markers
- Defender attempts to protect castle markers

Coaching Points

- Passing; Movement; Control

TRANSFER GAME



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Set Up

- 3 x teams of 3 (add wall players if bigger numbers)
- 3 x channels dividing area
- 2 attacking teams/ 1 Defending Team

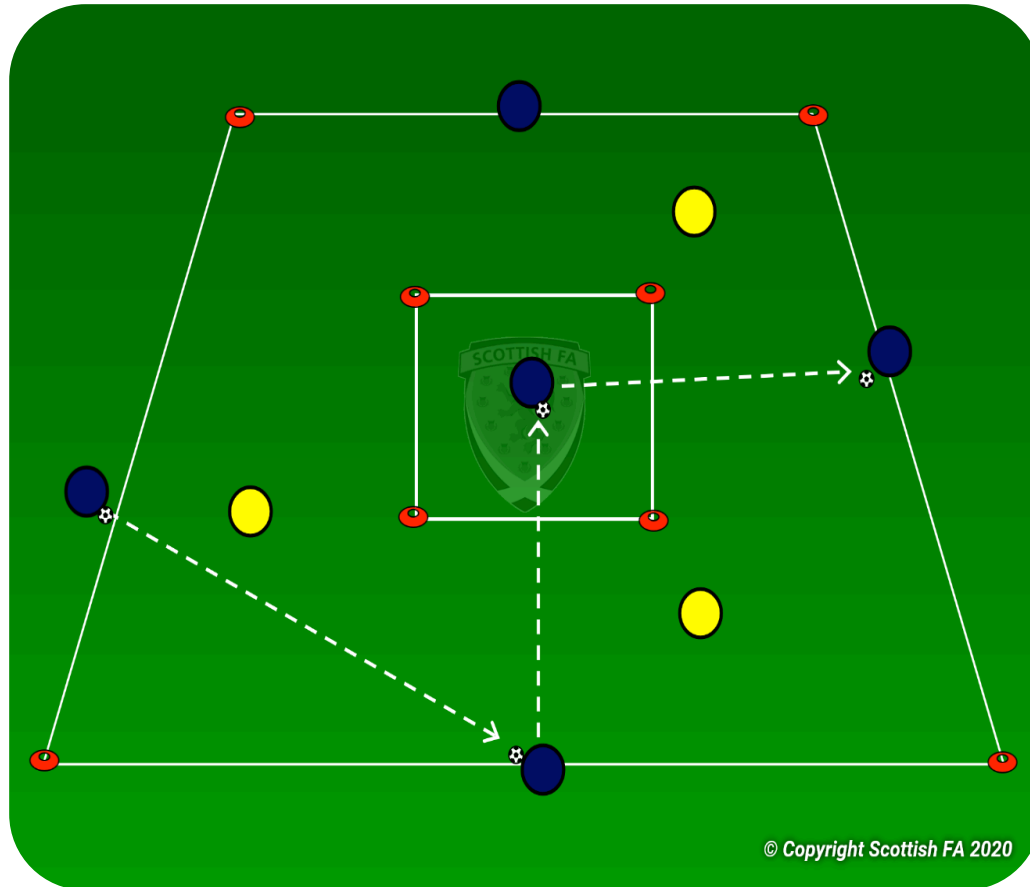
Instructions

- Blue players start in middle zone and act as defenders – they can only press in their channel
- Yellows & Pinks look to pass the ball between channels and switch the play to the opposite side of the area
- Rotate defenders are set time

Coaching Points

- Passing; Movement; Control; Decision Making, Awareness

POSSESSION



Set Up

- 20x20 outer box and 10x10 inner box
- 5 attackers and 3 defenders

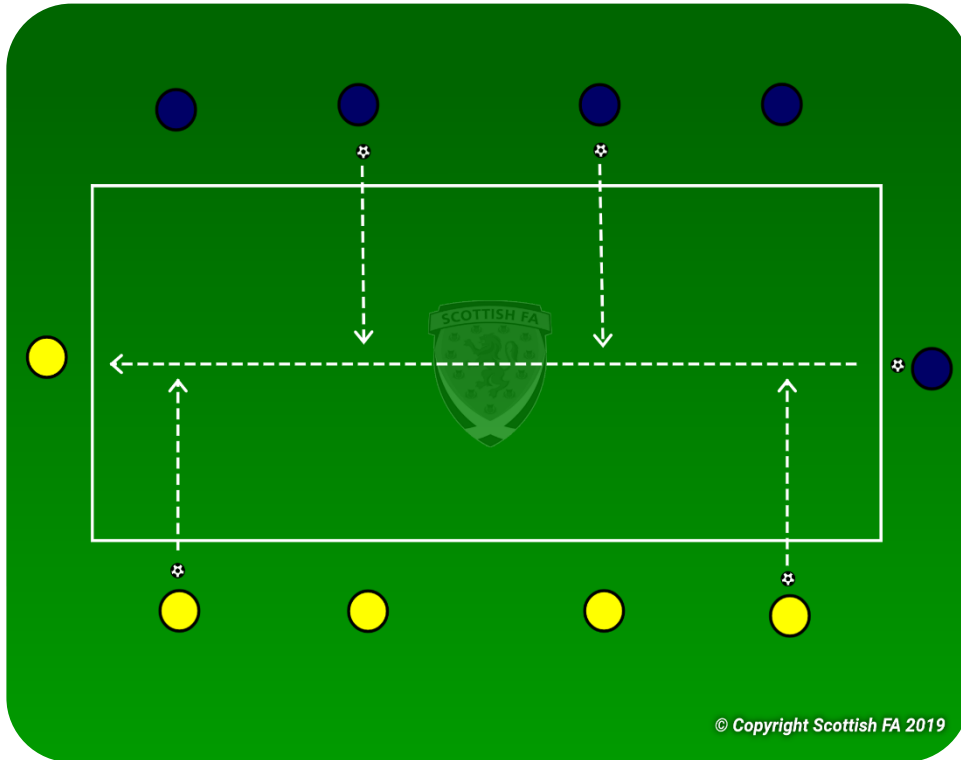
Instructions

- Blue players pass around square and must stay on the line they are positioned on
- Blues limited to 2 touch
- Objective is to pass into the player within the inner box
- Defenders attempt to intercept without tackling – If they win it back they play 3v1 in the inner box with the same rules applying

Coaching Points

- Passing; Movement; Control

PASSING IN PAIRS



Set Up

- 25 x 15 area
- Players with a ball between two facing your partner

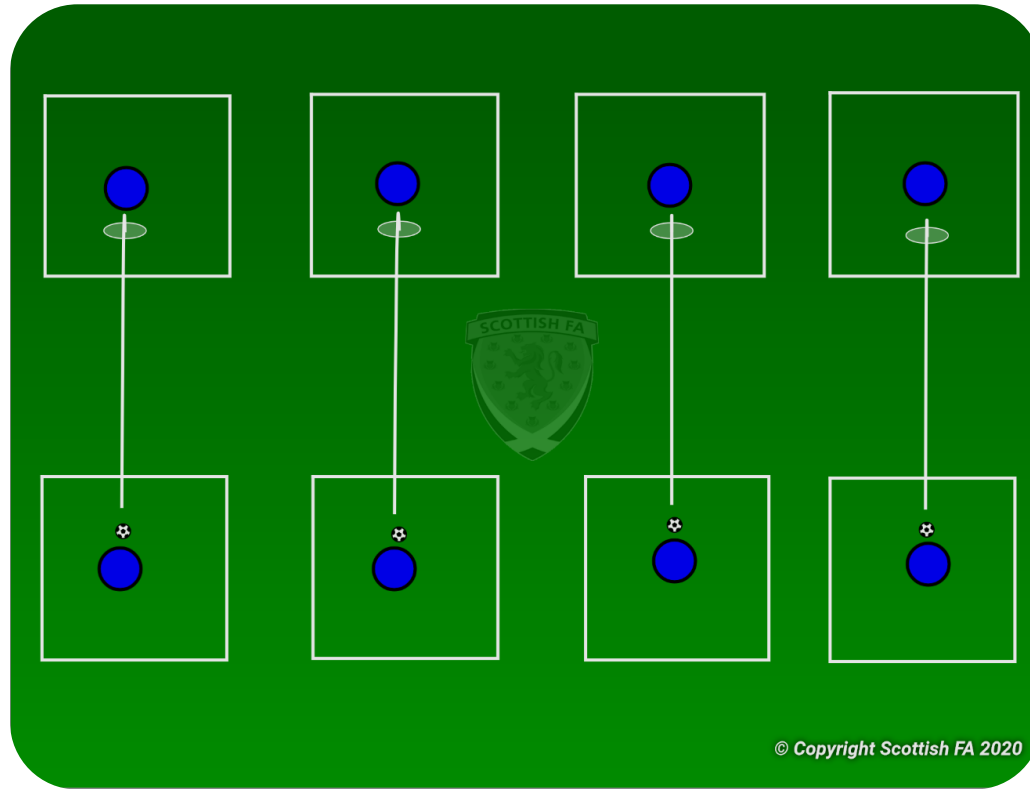
Instructions

- End players pass the ball across the ground to each other
- Other players try to hit end players ball

Coaching Points

- Passing

FOOTBALL TENNIS



Set Up

- 8x8 yard boxes
- Players work with a partner
- 1 player + 1 ball per group

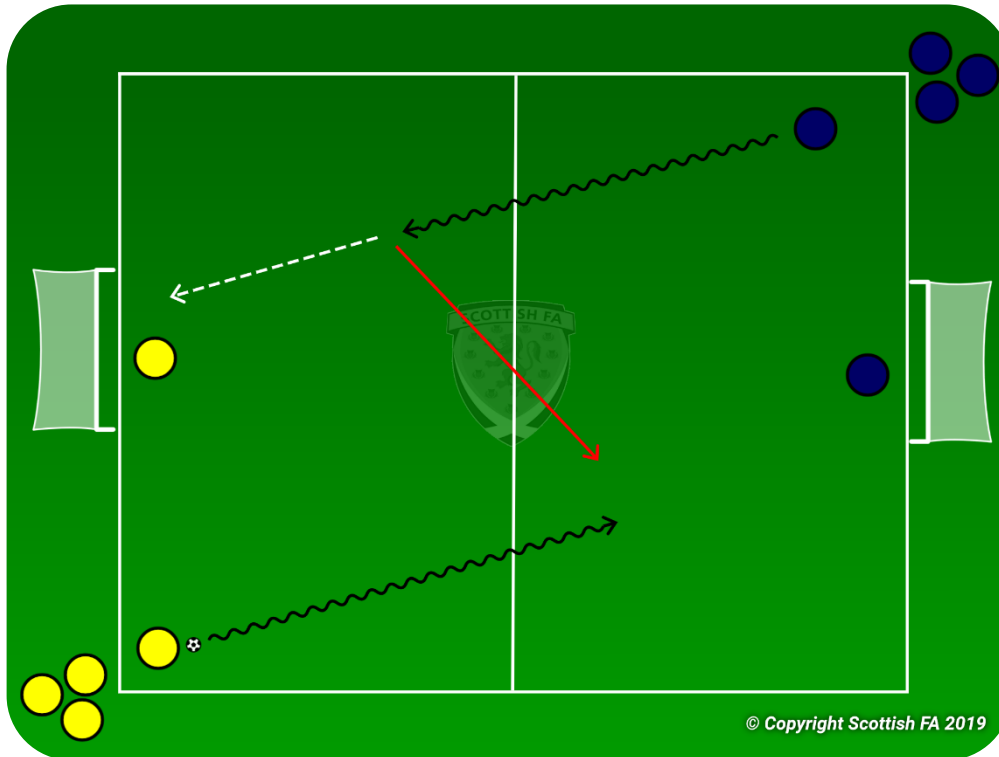
Instructions

- Ball played in the air into partners box (game starts using feet to get ball in air – no hands)
- Ball can bounce once with box
- 3 touch maximum before playing ball back
- Progression – work on 2's with partner in the box next to them. Both players must touch the ball

Coaching Points

- Control: Accuracy: Communication

1v1 ATTACK



Set Up

- 30 x 20 area minimum
- 2 Goals
- 5 players per team

Instructions

- Yellow player dribbles forward and shoots then defends against the blue player

Coaching Points

- Shooting; Dribbling; Defending



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