

Curriculum for U9-U12 Ages



7v7 / 9v9

Developed For Players Ranging Between the Ages of 9-12



Introduction

The following curriculum has been put together to aid the U12+ coaches at CFCA-affiliated recreational soccer associations. The sessions have been developed as a guide for coaches and allow a flow in the learning process for players.

It is important to focus on the “bigger picture”, as coaches we are educators. Giving players the tools they will need to succeed in the future. While parents and players may get caught up in winning and losing games, the big picture is the development for the future and not necessarily the present.

Primary philosophies

- Foot skills is the primary skill to development
- Juggling should be emphasized at any spare moment
- Ask questions; avoid always telling players what to do
- Encourage passing, dribbling into space is also encouraged
- Speed of play will lead to success in attacking and defending
- Game results should be de-emphasized, focusing on development
- Play multiple positions to increase understanding and development
- Coach in a positive demeanor, making soccer fun and exciting
- Avoid fitness exercises (especially without a ball)
- Avoid lines (standing and waiting)

Practice procedure

While you wait for the full group to arrive, those that are early, or as you set up the session should be encouraged to juggle. Juggling works on every aspect of soccer all at once and cannot be overused. Sessions have been compiled, normally, with a 15 minutes technical warm up. The 2nd and 3rd exercises are 15 minutes and start with the implementation of subject in the session growing larger scale to make it more game like. Following the 3rd exercise you should have to time implement the topic in a game situation.

Phase Procedure

Each phase is designed to develop players based on their soccer age (which may or may not coincide with their chronological age). In general, each Phase will take 2 years (3-4 seasons) before moving on to the next Phase. The curriculum is progressive with repetition between phases. This allows for you as a coach to see the improvement over time.



Coaching The Principles of Play

Throughout all sessions it is important to always remember the principles of play. These are the backbone of the game and sessions will all relate back to the principles

Five Attacking Principles

-Penetration -Support/Depth -Mobility -Width -Creativity/Improvisation

Penetration refers to getting inside and behind the defense's shape, moving towards their goal. **Support or Depth** allow for options in the attack and higher likelihood of maintaining possession. **Mobility** is an offense's movement and flexibility, so its shape and direction are never predictable or repetitive. **Width** is the ability of an offense to use the entire width of the field to spread out a defense and enable penetration or dangerous one-on-one isolation around the field. **Creativity or improvisation** is the offense's attacking freedom. As much as the principles are critical, following attacking directions make an offense easy to oppose. Improvisation allows attackers to express themselves, be unpredictable and find new ways to forge chances.

Five Defensive Principles

-Pressure -Delay -Cover -Balance -Concentration/Compactness

Delay is the defense's ability to slow down an offense to disrupt the pace and/or numerical advantage of an attack, this delaying comes from **pressure** from the 1st defender. **Cover** is a defense's placement on the field -- too deep and there is too much space for an offense to hold the ball in front of them, too shallow and there is too much space for an offense to get behind. Cover should be the next defender if 1st defender is beat, and also where the 1st defender is try to force the attacker if cannot win the ball. **Balance** refers to a defense's strength all over the field, not just those directly defending the ball. **Concentration** is a defense's focus, which is critical to avoid simple mistakes like miskicks that can give opponents undeserved opportunities. **Compactness** of the team can come down to their Composure/discipline/patience which is an intangible that an entire team must possess to maintain defensive shape and the other four principles even while under constant pressure.

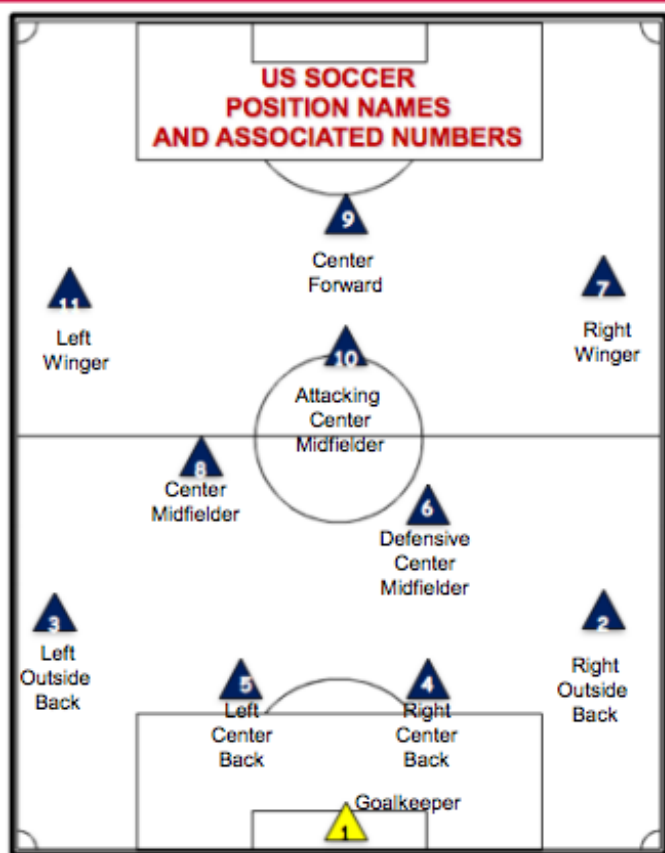


The goal

Develop players and guide them towards playing 11v11 in a 1-4-3-3 formation shown below, these guidelines are given to us via the USSF.

The idea of these guidelines help players transition into older age groups and ideally into a higher level of competition (i.e. Olympic Development Program), with good knowledge on what is going to be expected of them.

Standardized Nomenclature For Positional Numbering



SYSTEM: "1-4-3-3"

3 FORWARDS

3 MIDFIELDERS

4 BACKS

1 GOALKEEPER



Phase 1

- Develop Footskills
- Technique – Passing, Receiving, Shooting
 - 1st Attacker – Penetration
 - 1st Defender – Pressure, Delay

Phase 2

- Continue Developing Footskills
- Technique – Passing, Receiving, Shooting
- Decision making – How, What, When
 - 2nd Attacker – Support
 - 2nd Defender – Cover

Phase 3

- Mastery of Technical Skills
- Decision Making – What, When, How, Why
 - 1st, 2nd, & 3rd Attacker
 - 1st, 2nd, & 3rd Defender
 - Understanding of Soccer



Phase 1 Topics

- 1-1 – Dribbling & foot skills
- 1-2 – Changing of speeds when dribbling
- 1-3 – Dribbling/skills looking for space
- 1-4 – Dribbling/skills looking for space II
- 1-5 – Passing & receiving 101
- 1-6 – Ways to receive the ball
- 1-7 – Passing accuracy & weight
- 1-8 – Passing & receiving
- 1-9 – Shooting: The different types
- 1-10 – Shooting: How to create
- 1-11 – 1 v 1 attacking focusing on speed
- 1-12 – 1 v 1 attacking using moves
- 1-13 – 1 v 1 to goal
- 1-14 – 1 v 1 to goal II
- 1-15 – Defense 1 v 1 Pressure & speed
- 1-16 – Defense 1 v 1 Delay & angle
- 1-17 – Possession: Movement off the ball
- 1-18 – Possession: Keeping the ball
- 1-19 – Possessing to create chances
- 1-20 – Possessing to create chances II

Phase 2 Topics

- 2-1 – Dribbling & Foot skills: Creativity
- 2-2 – Dribbling: Positive play, take space
- 2-3 – Foot skills: focusing on the body
- 2-4 – Foot skills: Timing & Distance
- 2-5 – Passing & receiving on the move
- 2-6 – Passing & receiving to turn
- 2-7 – Passing & receiving: Awareness
- 2-8 – Possession
- 2-9 – Introduction to Heading technique
- 2-10 – Heading as a Pass & Shot
- 2-11 – Shooting: The different types
- 2-12 – Decision making when shooting
- 2-13 – 2 v 1 attacking
- 2-14 – 2 v 1 attacking to goal
- 2-15 – 2 v 2 attacking to goal
- 2-16 – 2 v 2 defending
- 2-17 – 2 v 2 defending: Areas of the field
- 2-18 – Possession to goal
- 2-19 – Possession to goal II
- 2-20 – Possession to goal III

Phase 3 Topics

- 3-1 – Dribbling & foot skills: Creativity
- 3-2 – 1v1: Speed, Timing, Distance
- 3-3 – Passing/Receiving: Awareness
- 3-4 – Passing/Receiving: Awareness II
- 3-5 – Patterns of play to goal
- 3-6 – Patterns of play to goal II
- 3-7 – Attacking using wide play
- 3-8 – Defending against wide play
- 3-9 – 2 v 1 attacking: Space
- 3-10 – 3 v 2 attacking: Space
- 3-11 – 3 v 3 attacking: Speed
- 3-12 – Defending as a unit
- 3-13 – Defending as a unit II
- 3-14 – Defending numbers down
- 3-15 – Defending numbers down II
- 3-16 – Penetration: Creating space
- 3-17 – Penetration: Mobility
- 3-18 – Penetration: Changing Attack
- 3-19 – Possession to goal: Central
- 3-20 – possession to goal: Wide

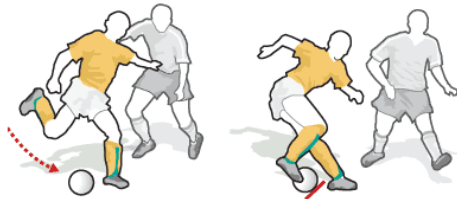


Effective Foot Skill moves

These are 'moves' to give examples of useful foot skills to use during the foot skill exercises. If you know your own do not hesitate to use them, we also want to encourage players to be **creative** and use their own

1. Cruyff Turn

Planting your standing foot next to the ball. Fake to shoot or pass, using the inside foot you swing with to cut back and change direction. Use body to sell the fake



2. Scissor/Double Scissor

While dribbling bring the foot inside and then around top of the ball to the outside. With outside of opposite foot take the ball and change direction. Use body to sell the fake



3. Drag/Pull back

Plant standing foot and using sole of cleat drag the ball changing the direction. Making sure to spin outside to keep eye contact with the ball.



4. Rake/Drag across

Dragging the ball across your body with the sole of your cleat. Making sure to have a quick touch into space with opposite foot once ball is across



5. Inside/Outside hook

A Swift change of direction using the inside or outside of your foot. Plant standing foot hook and twist body inside or outside depending on space.



6. Maradona

Plant one foot on top of ball (stopping the ball) then step over the ball with same foot. Spin your body to the outside causing other foot to lift and then take ball into space using the sole of your cleat





Phase 1

- Develop Foot skills
- Technique – Passing, Receiving, Shooting
- 1st Attacker - Penetration
- 1st Defender – Pressure, Delay

Introduction to Phase 1

Phase 1 is geared for players with a U9/U10 soccer age. The majority of U9-U12 recreational soccer players will likely need Phase 1 material. Focusing on development of coordination and foot skill we are looking to give players the basics to soccer. Provide them with sessions which give them fundamental skill and understanding of soccer, which in the future can be progressed upon.

Exercise Adjustments

Sessions are developed for 10-14 players. Do not be afraid to adjust dimensions of grids for the players to work in. You may need to adjust the size in order to make it easier or harder for players by creating more space or less space. Your job as a coach is to facilitate the session and at times adaptations will be needed due to ability and numbers available.

Delivering the session plan

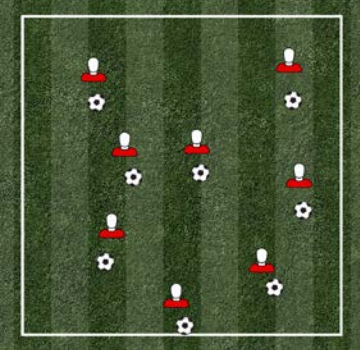
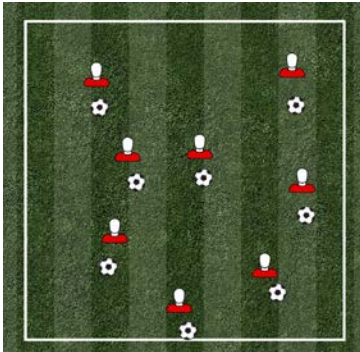
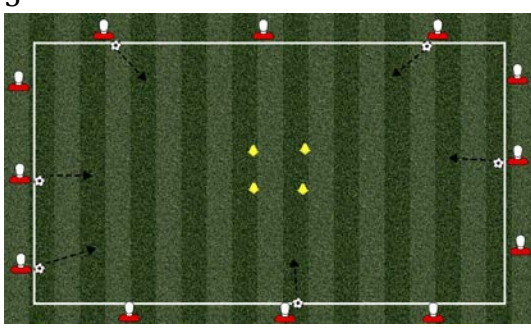
As explained in the introduction juggling is a quick easy way to work on many different aspects of soccer. Juggling should be used as a brief warm up and cool down. Water breaks should be given after each exercise and you the coach are to decide if the weather (heat) forces additional water breaks. Finally each session should conclude with a brief discussion as to what you worked on in the session to help the understanding for the players; none of this is considered in the session plan timing but do be sure to include.

Explaining the session plan

Throughout the phase many exercises are the same, however focus on the session objective and coaching points, as it is the topic and delivering by the coach of the topic that changes. One of the reasons for similar exercises is that as a coach and player you understand the set up along with less time wasted explaining and understanding the drill.

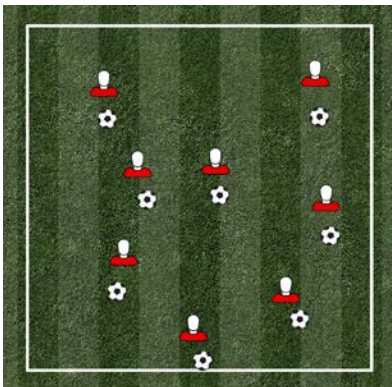
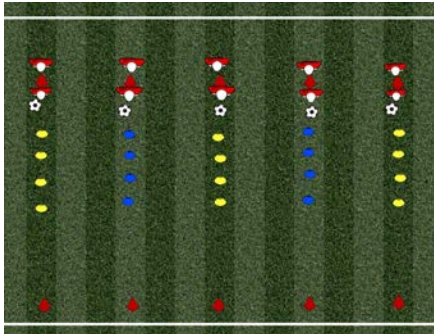
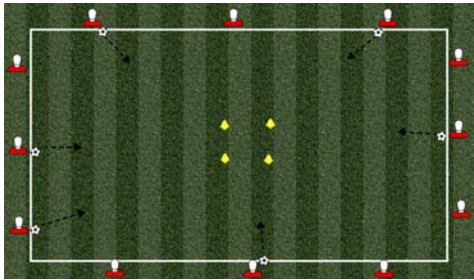


1-1 - Dribbling and foot skills

<p>1</p> 	<p>Set up: -20 x 20 box (if large numbers increase size), each player has their own ball -20 mins</p> <p>Objective: Improve coordination, players become comfortable with the ball on both feet</p> <p>Coaching points: Keep ball close and under control, head up looking for space, do not use toe</p> <p>Progressions: boxing, toe taps, Right foot only, left foot only, laces, sole of cleats, add inside/outside hook, scissors, drag-back, rake, Cruyff. Choose 3 of the moves, number them and call number for players to do on demand</p>
<p>2</p> 	<p>Set up: 20 x 20 box (if large numbers increase size), each player has their own ball, King of the Ring! As players dribble own ball around they are looking to kick other balls outside the square. Once leaves square you are out -10-15 mins.</p> <p>Objective: Freedom to use what foot skills they want, adds competition and decision making, keep control of your ball.</p> <p>Coaching points: Quality, use foot skills to get out of trouble, have awareness of surroundings, head up</p> <p>Progressions: change games by selecting only 1 or 2 players than can kick balls out of the square</p>
<p>3</p> 	<p>Set up: 20 x 30 grid. 5 x 5 box in middle. ½ group has balls Players dribble towards box, then do selected move in the box before dribbling out and do a 'take' with spare player -15 mins</p> <p>Objective: Teach players a 'take' (where one player dribbles to another and gives them ball while dribbling- both players use left or right to avoid bumping) Add specific direction to dribbling, and tight area to do move</p> <p>Coaching points: Quality, Control, awareness, direction, head up</p> <p>Progressions: change the 'move' in box, dribble with specific techniques: right or left only, boxing, toe taps,</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: chance for players to use good control and effective dribbling they have worked on. Be creative with moves and have freedom</p> <p>Coaching points: Quality, Control, awareness, direction, head up, find space, exploit space</p> <p>Progressions: Free play no restrictions</p>

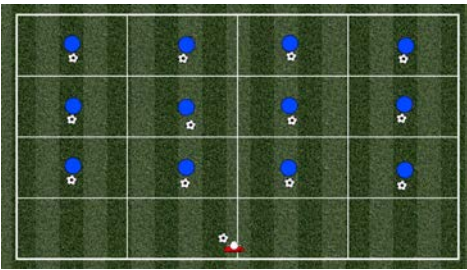
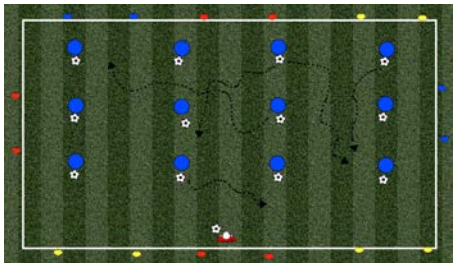
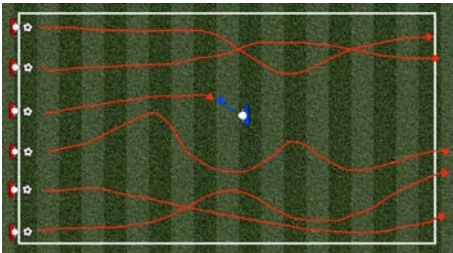


1-2 - Changing of speeds when dribbling

<p>1</p> 	<p>Set up: Set up: -20 x 20 box (if large numbers increase size), each player has their own ball -Focusing on changing of speed. Fast into space, slow in traffic -20 mins</p> <p>Objective: Improve coordination, players become comfortable with the ball on both feet, being able to quickly change speed up or down. Stop & go move needs to be emphasized heavily</p> <p>Coaching points: realize different situations, speed of play, control (game situations: taking space, getting away from defenders, composure under pressure) Slowing down to do moves and then acceleration out and away</p> <p>Progressions: boxing, toe taps, Right foot only, left foot only, laces, sole of cleats, add inside/outside hook, scissors, drag-back, rake, Cruyff.</p>
<p>2</p> 	<p>Set up: relay lines, 2 – 4 players per line, 2+ lines. Tight cones 1 yard apart. Then 1 cone 10yards after last tight cone.</p> <p>Objective: focus on control through the cone then change of speed up and around the far cone and dribbling home.</p> <p>Coaching points: quality of dribbling at different speeds. Quality through cones, speed up to cone, quality around and speed back to line. Keep ball close, size of touches changes at different speeds</p> <p>Progressions: Turn into competition to add pressure and fun. Right foot only, left foot only, toe taps through cones, boxing through cones.</p>
<p>3</p> 	<p>Set up: 30 x 40 grid. 8 x 8 box in middle. ½ group has balls Players dribble towards box, then do selected move in the box before dribbling out and do a 'take' with spare player. -15 mins</p> <p>Objective: when player receives the ball they take speed towards box in center, slow down as they approach to do move under control. Accelerate out and slow down again for the take</p> <p>Coaching points: Allow for breaks as players get tired, changing of speed is crucial, control, awareness</p> <p>Progressions: change the 'move' in box, dribble with specific techniques: right or left only</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: chance for players to use good control and effective dribbling they have worked on. Be creative with moves and have freedom. Exploit space with speed and control of ball in tight situations</p> <p>Coaching points: encourage dribbling, change of speed!!!! Quality, Control, awareness, direction, head up, find space, exploit space</p> <p>Progressions: Free play no restrictions</p>

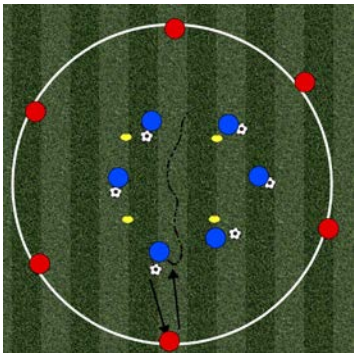
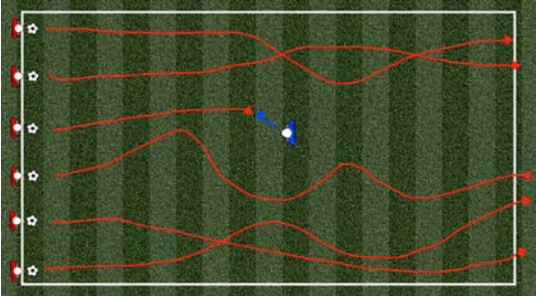



1-3 Dribbling/skills looking for space

<p>1</p> 	<p>Set up: 5x5(yards) box, as many as needed. Each player has own ball. 10-15 minutes</p> <p>Objective: Getting head up and looking for space, maintain ball control, movement of body around the ball, move ball around the square maintain to look forward at coach, switch brains on ready to learn</p> <p>Coaching points: Speed of footwork should be high as possible, Get used to 'taking pictures' (looking around as players maintain footwork</p> <p>Progressions: boxing, toe taps, Cruyff turns, rake, and scissors, Maradona, drag back. Add signals to warm up: Red cone in air means change box, blue cone 1 push up, yellow cone 1 knee to chest</p>
<p>2</p> 	<p>Set up: 20x30yards box, colored gates around outside of box, each player has their own ball, 20 minutes</p> <p>Objective: Improve dribbling control and moves while being alert of surrounding, taking space when it there. Getting quickly through a gate would relate to taking the space in a game</p> <p>Coaching points: awareness, speed with the ball, control of the ball, getting head up, working on moves</p> <p>Progressions: boxing, toe taps, Cruyff turns, rake, scissors, Maradona, drag back; work on specific moves. Then 1=Cruyff, 2=scissors, 3=drag back call numbers and player do the move. Also change calling color of gates to dribble through to holding up cones to make sure head is up & alert</p>
<p>3</p> 	<p>Set up: Sharks & Minnows! 25x50yards, minnows have a ball, sharks must start 20 yards back, 1 shark to start off, if ball is cleared out of grid they become a shark. 15 Minutes</p> <p>Objective: To encourage dribbling forward, at speed and get past a defender (shark)</p> <p>Coaching points: speed of dribbling, control of ball, moves to get past sharks, head up looking for space,</p> <p>Progressions: Game naturally progresses due to number of sharks. Set rules such as left foot or right foot only, or have to use minimum of ½ moves as they dribble across</p>
<p>4.</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: chance for players to use good control and effective dribbling they have worked on. Be creative with moves and have freedom</p> <p>Coaching points: Quality, Control, awareness, direction, head up, find space, exploit space</p> <p>Progressions: Free play no restrictions</p>

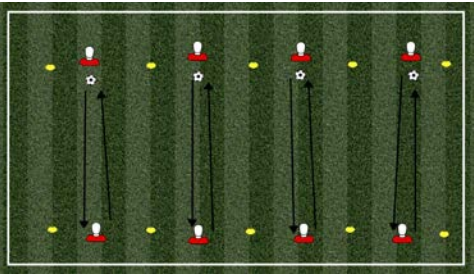
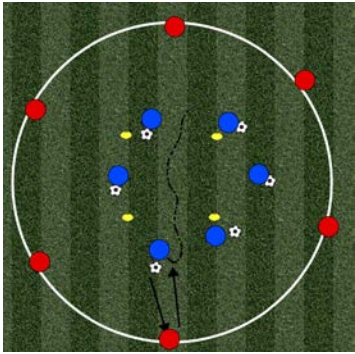
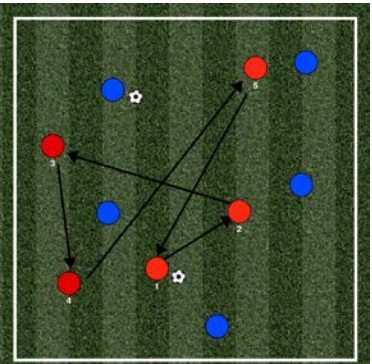


1-4 – Dribbling/skills looking for space II

<p>1</p> 	<p>Set up: 20 yards side to side circle, players on outside of the circle, 3 or 4 balls, dribble ball across the circle to an open player and they 'take' the ball -15-20 mins</p> <p>Objective: forcing player to get their head up and look for an open player. Warming players up to dribbling and being alert</p> <p>Coaching points: awareness, head up, quality touches, control, team mates call for the ball to improve decision making, changing of speed</p> <p>Progressions: Right foot only, Left foot only, Toe taps, boxing, add a move in the middle</p>
<p>2</p> 	<p>Set up: Sharks & Minnows! 25x50yards, minnows have a ball, sharks must start 20 yards back, 1 shark to start off, if ball is cleared out of grid they become a shark. 15 Minutes</p> <p>Objective: To encourage dribbling forward, at speed and get past a defender (shark)</p> <p>Coaching points: speed of dribbling, control of ball, moves to get past sharks, head up looking for space,</p> <p>Progressions: Game naturally progresses due to number of sharks. Set rules such as left foot or right foot only, or have to use minimum of ½ moves as they dribble across</p>
<p>3</p> 	<p>Set up: Up to 7v7 (game like as possible), use goals, 2 teams</p> <p>Needs to be as big as possible so there is space to exploit and dribble too. Add dribble zones on side of field 8yards in from edge of pitch, no defenders allowed in the zone, must dribbling into zone to start</p> <p>Objective: encourage dribbling in wide areas of the field</p> <p>Coaching points: speed of dribbling, take the space, control of ball, encourage dribbling wide, encourage getting to the goal line to cross the ball</p> <p>Progressions: allow 1 defender to come into zone – creating a 1v1, if a player dribbles beats defender and scores = 2 goals.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: chance for players to use good control and effective dribbling they have worked on. Be creative with moves and have freedom</p> <p>Coaching points: Quality, Control, awareness, direction, head up, find space, exploit space</p> <p>Progressions: Free play no restrictions, if a player dribbles beats defender and scores = 2 goals.</p>

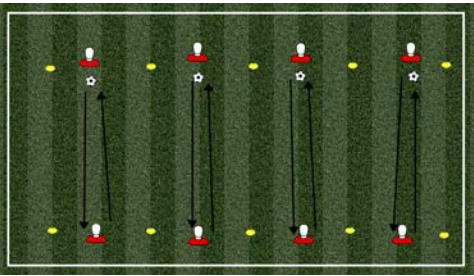
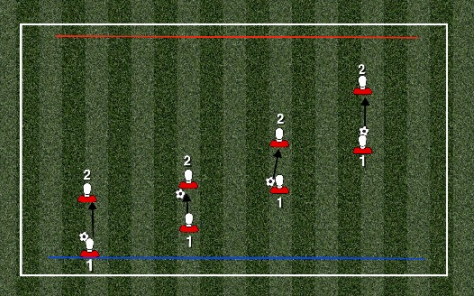
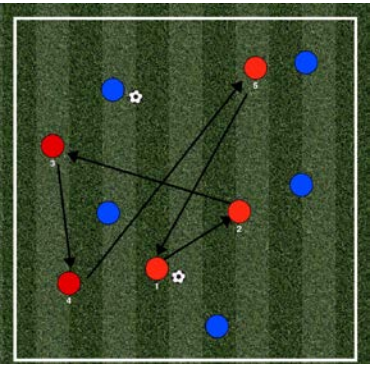


1-5 - Passing & receiving 101

<p>1</p> 	<p>Set up: players work in a gap 5 yards wide. 10 yards long. 1 ball between 2. -20 minutes</p> <p>Objective: introduce the basics of passing and receiving. Players be able to control the ball and then make an accurate 10 yard pass</p> <p>Coaching points: accuracy of pass, pass on the floor, weight of pass- not short, not too hard. Touch out of feet (allows to adjust body for technique of pass) Technique: plant foot next to ball facing partner, shoulders and hips facing, follow through towards partner</p> <p>Progressions: Passing: side foot left, side foot right, laces left, laces right. Receiving: across body left-right and right-left</p>
<p>2</p> 	<p>Set up: 25 yard diameter circle, 7x7yard square in middle, 2 groups (separate partners 1&2), 1 partner works in middle other on outside. Dribble through middle then 1-2 pass with players on outside- 15-20 mins</p> <p>Objective: improve passing and receiving on the move, introduce the body shape & angle to receive the ball when turning</p> <p>Coaching points: accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, give an angle to receive 2nd pass</p> <p>Progressions: right foot only, left foot only, competition who can get the most pass (increases speed)</p>
<p>3</p> 	<p>Set up: 25x25 yard grid. 2 groups number each other 1-6(or how many in group) 1 ball per group. 1 passes to 2, 2 passes to 3, ... then 6 passes to 1 and back through again. 3 touch max - 10 mins</p> <p>Objective: passing and receiving with more freedom of movement, making it more game like. Must receive ball and go in correct direction to make pass</p> <p>Coaching points: same as above, calling for the ball before you receive it, movement for team mate before you receive it</p> <p>Progressions: add 2nd ball to increase the tempo and speed players must operate</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the passing accuracy and control when receiving the ball in game situations</p> <p>Coaching points: quality of pass, getting the ball under control, movement to receive the ball. Encourage passing but do not take away ability to dribble.</p> <p>Progressions: Free play no restrictions</p>

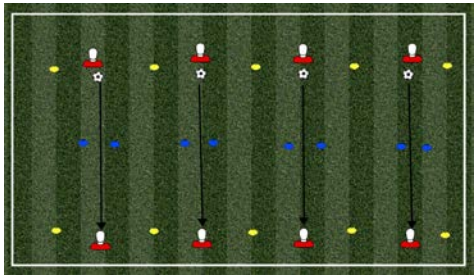
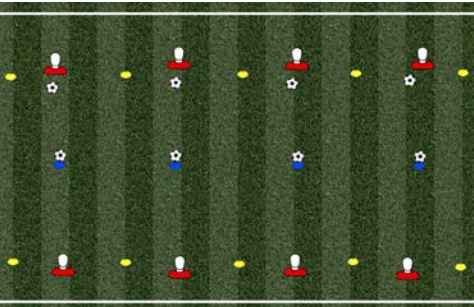
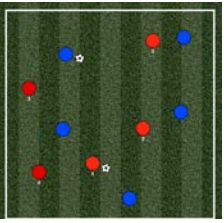
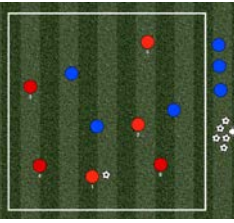


1-6 – Ways to receive the ball

<p>1</p> 	<p>Set up: players work in a gap 5 yards wide. 10 yards long. 1 ball between 2. -20 minutes</p> <p>Objective: introduce different way to receive the ball. Players are able to control the ball in different ways and then make an accurate 10-yard pass. Focus on the fact a good touch when receiving normally leads to a good pass</p> <p>Coaching points: Touch out of feet (allows to adjust body for technique of pass), touch must go forward to allow momentum which helps with accuracy & control of pass, pass on the floor, weight of pass- not short, not too hard.</p> <p>Progressions: Receiving: across body left-right and right-left; inside of right/left, outside of right/left</p>
<p>2</p> 	<p>Set up: Blue line of cone & red lin. Players start on blue & work to red, and then work back. Work with a partner, 1 ball per pair trying to stay about 5 yards apart. One partner passes and the other receives stopping the ball for partner to step towards and pass again -10-15 mins</p> <p>Objective: working on receiving the ball as they are going backwards, really have to work to adjust feet</p> <p>Coaching points: control of the ball, receiving the ball with correct part of foot, quickness of feet to adjust</p> <p>Progressions: receive with specific part of foot (forcing more adjustment) Inside right or left, outside right or left</p>
<p>3</p> 	<p>Set up: 25x25 yard grid. 2 groups number each other 1-6(or how many in group) 1 ball per group. 1 passes to 2, 2 passes to 3, ... then 6 passes to 1 and back through again. 3 touch max - 20 mins</p> <p>Objective: passing and receiving with more freedom of movement, making it more game like. Must receive ball and go in correct direction to make pass. Improvement from previous session</p> <p>Coaching points: same as above, calling for the ball before you receive it, movement for team mate before you receive it</p> <p>Progressions: add 2nd ball to increase the tempo and speed players most operate.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the passing accuracy and control when receiving the ball in game situations</p> <p>Coaching points: quality of pass, getting the ball under control, movement to receive the ball. Encourage passing but do not take away ability to dribble.</p> <p>Progressions: Free play no restrictions</p>

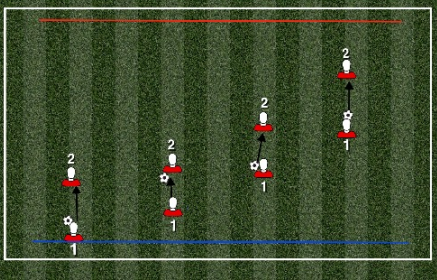
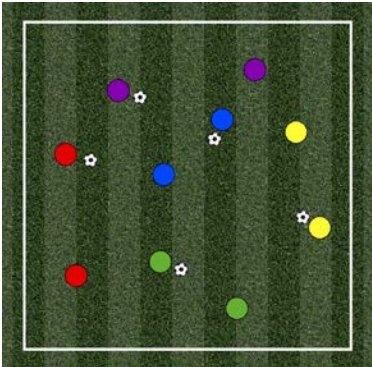
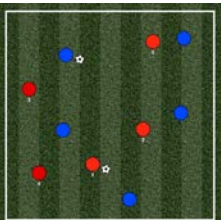
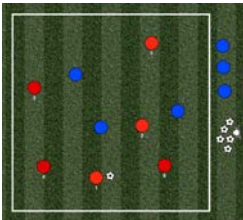


1-7 – Passing accuracy & weight

<p>1</p> 	<p>Set up: players work in a gap 5 yards wide. 10 yards long. 1 ball between 2. 2 cones in the middle 2 yards apart – 15-20 mins</p> <p>Objective: increasing the accuracy of players but adding a gap in the middle</p> <p>Coaching points: Technique: plant foot next to ball facing partner, shoulders and hips facing, follow through towards partner. Accuracy of pass, pass on the floor, weight of pass- not short, not too hard</p> <p>Progressions: use only side foot left, side foot right, make gap in middle 1 yard. Make a competition over timed period which pair can make the most passes through the gate</p>
<p>2</p> 	<p>Set up: Accuracy Game: players work in a gap 5 yards wide. 10 yards long. 1 ball between 2. Place a ball on a cone in the middle of the pair (5 yards down). 2 minute games, if ball is knocked off player who didn't knock ball goes and puts ball on cone and grants ball for his turn – 12-15 mins</p> <p>Objective: work on accuracy while having the pressure of competition</p> <p>Coaching points: Technique: plant foot next to ball facing partner, shoulders and hips facing, follow through towards partner. Accuracy of pass, pass on the floor, weight of pass- not short, not too hard</p> <p>Progressions: Change pairs by moving one line of players to grid on right each round</p>
<p>3</p> <p>A</p>  <p>B</p> 	<p>Set up: 25x25yards grid A) Passing in groups, splits into two groups, make sure that teams are visible with bibs or shirt colors. 1 ball per group, passing and moving -5mins</p> <p>B) possession 6 v 3 (switch teams over, 4 rotations) – 15mins</p> <p>Objective: passing and moving as a team focusing on the accuracy and completion of passes</p> <p>Coaching points: Accuracy of pass, weight of pass, pass if firm and on the floor, maintain possession</p> <p>Progressions: in 'A' its possible to limit to left or right foot only to increase ability on specific foot</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the passing accuracy and control when receiving the ball in game situations</p> <p>Coaching points: quality of pass; getting the ball under control, accuracy of passing, decisions on the technique of how to pass in a game</p> <p>Progressions: Free play no restrictions</p>

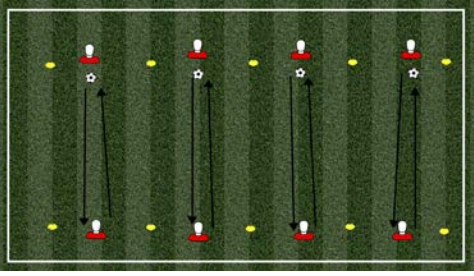
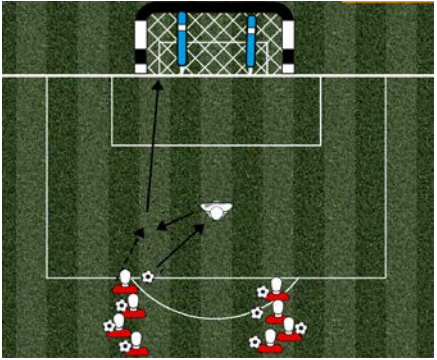
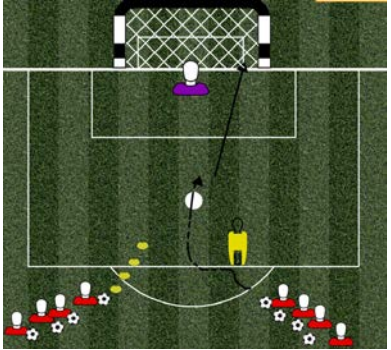
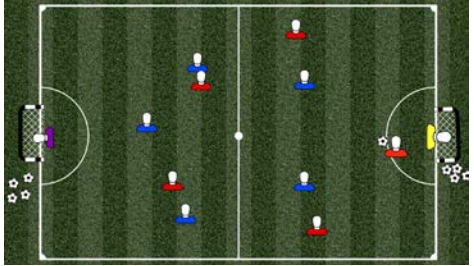


1-8 – Passing & receiving

<p>1</p> 	<p>Set up: Blue line of cone & red lin. Players start on blue & work to red, and then work back. Work with a partner, 1 ball per pair trying to stay about 5 yards apart. One partner passes and the other receives stopping the ball for partner to step towards and pass again -10-15 mins</p> <p>Objective: working on receiving the ball as they are going backwards, really have to work to adjust feet</p> <p>Coaching points: control of the ball, receiving the ball with correct part of foot, quickness of feet to adjust</p> <p>Progressions: receive with specific part of foot (forcing more adjustment) Inside right or left, outside right or left</p>
<p>2</p> 	<p>Set up: 25x25 yard grid. 1 ball per pair, try to pair up using colors. -15-20mins</p> <p>Objective: passing and receiving with more freedom; as they can choose wear to go. Taking touch towards partner and towards space</p> <p>Coaching points: making sure the touch is good to ensure a good pass, touch out of feet so that body has space to adjust for pass, apply proper passing technique, make sure entire grid and space is being utilized</p> <p>Progressions: limit number of touches 3or2, use specific foot left or right only, use specific kind of touch when receiving; inside or outside only. Must receive ball from a split (between any other two players in the grid) Make a competition who which pair can make the most passes</p>
<p>3</p> <p>A</p>  <p>B</p> 	<p>Set up: 25x25yards grid A) Passing in groups, splits into two groups, make sure that teams are visible with bibs or shirt colors. 1 ball per group, passing and moving -5mins</p> <p>B) possession 6 v 3 (switch teams over, 4 rotations) -15mins</p> <p>Objective: passing and moving as a team focusing on the accuracy and completion of passes</p> <p>Coaching points: Accuracy of pass, weight of pass, pass if firm and on the floor, maintain possession</p> <p>Progressions: in 'A' its possible to limit to left or right foot only to increase ability on specific foot</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the passing accuracy and control when receiving the ball in game situations</p> <p>Coaching points: quality of pass; getting the ball under control, accuracy of passing, decisions on the technique of how to pass in a game</p> <p>Progressions: Free play no restrictions</p>

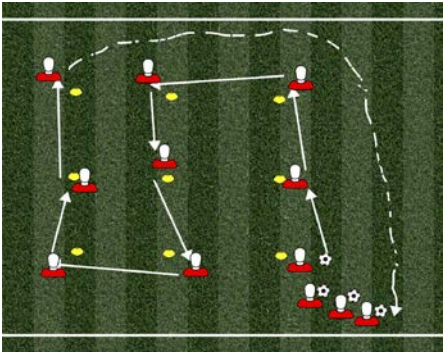
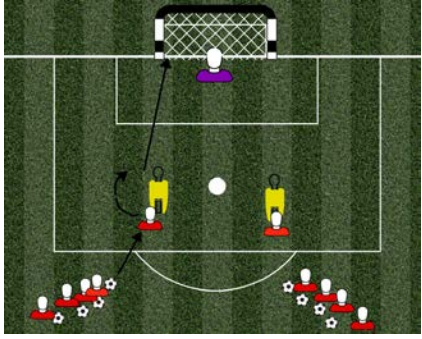
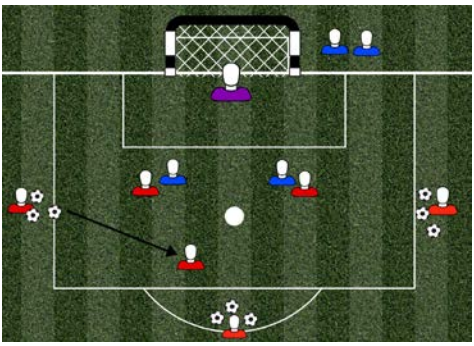
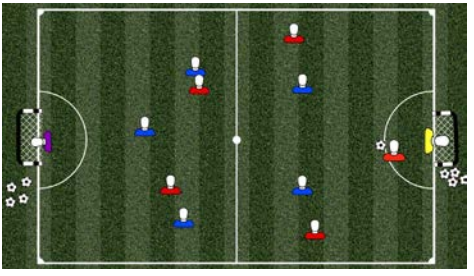


1-9 – Shooting: The different types

<p>1</p> 	<p>Set up: players work in a gap 5 yards wide. 10 yards long. 1 ball between 2. 10-15 mins (approx. 3mins side, 3mins laces & 6 mins volleys). When doing volleys player will hold ball in hand. Drop allow to bounce then step forward and pass ball to chest of partner</p> <p>Objective: recap on side foot passing (accuracy shooting), recap of laces passing (power shooting), introduce the volley</p> <p>Coaching points: make sure players are stepping forward and into the pass to ensure control of the ball. Lean forward to keep ball down. Technique: plant foot next to ball facing partner, shoulders and hips facing, follow through towards partner</p> <p>Progressions: allow the 'full' volley buy taking away the bounce after releasing ball from hands</p>
<p>2</p> 	<p>Set up: 2 lines on edge of box, poles in goal 2 yards from post (aiming in corner between pole and post), ball each, chase ball and go to back of opposite line. Coach receives a pass and lays it off, alternate which side goes- 15 minutes</p> <p>Objective: get used to shooting at goal and aiming for the corners of the goal wear the keeper will find it harder to save</p> <p>Coaching points: find the corners of goal, step into the ball when shooting, focus on the accuracy, lean over the ball, follow through to where you want ball to go</p> <p>Progressions: Natural progression as players work on shooting from different angles, right foot only, left foot only, lays ball off in the air for a volley</p>
<p>3</p> 	<p>Set up: 2 lines on edge of box, ball each, chase ball and go to back of opposite line. Add a goal keeper to make it realistic, line of cones one side, dummy other side, alternate sides -15 mins</p> <p>Objective: 1 side is dribbling through cones to simulate tight situations in the penalty box and the other taking on a dummy with a move before shooting</p> <p>Coaching points: speed of play to get shoot of, accuracy of shoot, good decision on what kind of shoot in needed, keep ball low and in the corners.</p> <p>Progressions: only shoot with weak foot, start with bouncing ball on side with dummy</p>
<p>4</p> 	<p>Set up: 20x35yards, 3 teams, first team too 1 goal wins, winner stays on - 25mins.</p> <p>Objective: create lots of goal scoring opportunities due to always being so close to the goal, not afraid to take a shot if given space and lots of competition</p> <p>Coaching points: takes shots, keep shots low and on target, aim for the corners,</p> <p>Progressions: 2 goals to win a game, limit touches to 3 to decrease dribbling (if needed)</p>

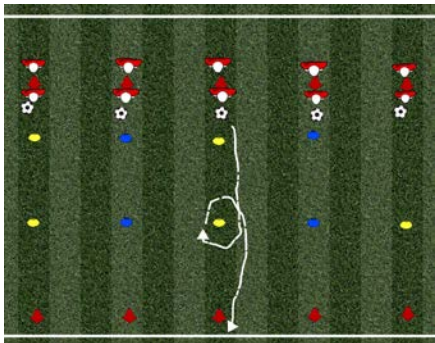
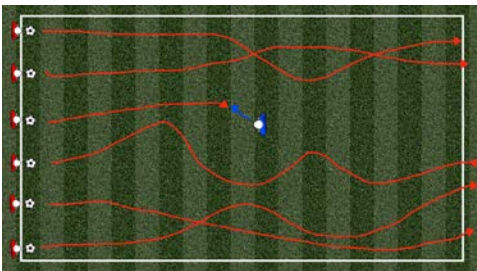
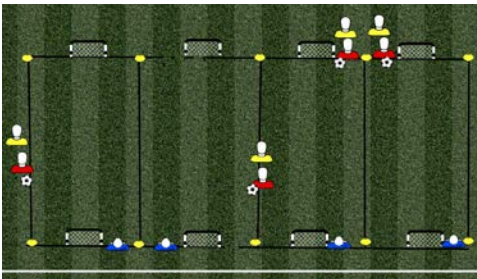


1-10 – Shooting: How to create

<p>1</p> 	<p>Set up: 6/9/12 cones depending on numbers. At least 3 players at starting cone with a ball. Everyone else start on a cone. Pass and follow to the next cone, going up-across-down (as shown) -10 minutes</p> <p>Objective: warm players up to quickly receiving, shifting the ball and releasing. The cone is a defender so shield the ball from the defender and you turn.</p> <p>Coaching points: peel away from defender as you receive, game speed, quick touches, accurate passes, touch out of feet, minimize touches</p> <p>Progressions: set specific time for 1 rotation and make them beat it</p>
<p>2</p> 	<p>Set up: 2 lines on edge of box and a GK in goal, ball each, chase ball and go to back of opposite line. Start with back to goal (up against dummy/poles). Receive pass and turn with ball to shoot. Person who passed now takes starting position against dummy. Alternate which side goes -20 minutes</p> <p>Objective: focusing on turning with and without the ball to then shoot at goal</p> <p>Coaching points: shots need to be on target, turn quick with minimal touches to ensure game speed likeness, decisions on power vs accuracy</p> <p>Progressions: can 1-2 with passer and receive ball in behind, change dummy with actual defenders</p>
<p>3</p> 	<p>Set up: 1 GK, 2+ Defenders, and 6+ attackers. 3 starting areas 1,2&3 where players have a ball. 3v2 in the penalty area. 2 minute round for attackers to score as many as possible. 3> attackers win, 3< defenders win – fun punishment for losers</p> <p>Objective: attacking players create goal scoring chances, use the extra player and space to get shots off and make good decision on shot needed to score past GK</p> <p>Coaching points: Speed of play, decision making on where space is, when extra player has space they need to penetrate, get shots off, hit the target</p> <p>Progressions: change players and positions they are playing</p>
<p>4</p> 	<p>Set up: 20x35yards, 3 teams, first team too 1 goal wins, winner stays on - 25mins.</p> <p>Objective: create lots of goal scoring opportunities due to always being so close to the goal, not afraid to take a shot if given space and lots of competition</p> <p>Coaching points: takes shots, keep shots low and on target, aim for the corners,</p> <p>Progressions: 2 goals to win a game, limit touches to 3 to decrease dribbling (if needed)</p>

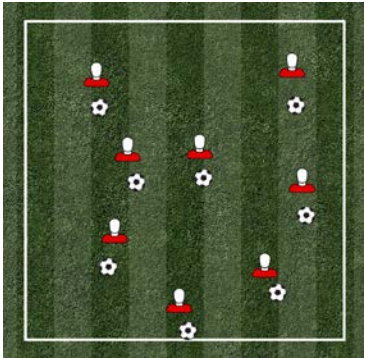
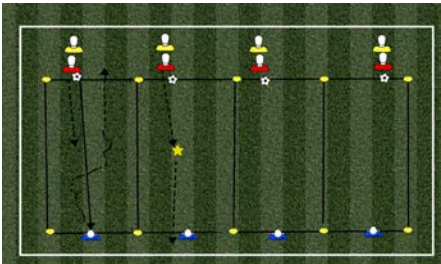
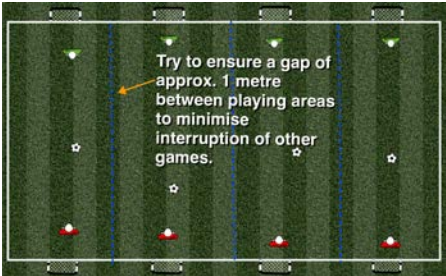


1-11 – 1 v 1 attacking focusing on speed

<p>1</p> 	<p>Set up: max 3 players per line, each players has a ball. 10yards between each cone (start, middle, finish). Dribble forward, around middle cone, and through end cone. Jog back around outside back to starting cone. -15 mins</p> <p>Objective: Improve control of dribbling and ability to change speeds.</p> <p>Coaching points: keeping ball close, change of speed has to be distinct, big touches away from cone, small close around cone</p> <p>Progressions: Right foot only, left foot only. Boxing/toe taps to first cone and then sprint through. Relay race to introduce competition</p>
<p>2</p> 	<p>Set up: Sharks & Minnows! 25x50yards, minnows have a ball, sharks must start 20 yards back, 1 shark to start off, if ball is cleared out of grid they become a shark. -15 Minutes</p> <p>Objective: To encourage dribbling forward, at speed and get past a defender (shark)</p> <p>Coaching points: speed of dribbling, control of ball, moves to get past sharks, head up looking for space, Take space with speed, keep ball close and small touches if shark is close</p> <p>Progressions: Game naturally progresses due to number of sharks. Set rules such as left foot or right foot only if needed</p>
<p>3</p> 	<p>Set up: 10x20yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Defender starts with ball and passes to attacker, attacker goes to goal and looks to score. 4+ per grid, continually switch roles after 1 rotation. Pug goals or coned goals will give target for attacker -25 mins</p> <p>Objective: Attacker takes the space with speed while dribbling in order to get past the defender and then be able to score</p> <p>Coaching points: speed of dribbling, control of ball, moves to get past sharks, head up looking for space, Take space with speed, keep ball close and small touches in tight situations</p> <p>Progressions: change sides of which defenders start from (as shown in diagram), change where on grid defenders start from (as shown in diagram)</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the dribbling skills that have been worked on and apply in game situations.</p> <p>Coaching points: control of the ball, taking space with dribbling, change of speed with the ball, take on defenders with speed and moves, encourage dribbling in attacking half, try not to criticize passing too much</p> <p>Progressions: Free play no restrictions</p>



1-12 - 1 v 1 attacking using moves

<p>1</p> 	<p>Set up: 25x25 yard grid (approx. 12 players, each larger or smaller number change size of grid), each player has their own ball - 15mins</p> <p>Objective: work on foot skills with the ball, improving ability to apply them and use body movements as this is what tricks defender. Become more comfortable with the ball as you are doing moves</p> <p>Coaching points: use the body to fake to go one way and then the other, move must be fluent and quick, keep ball within reaching distance, do not get ball stuck under feet</p> <p>Progressions: inside/outside hook, scissors/double scissor, drag-back, rake, Cruyff, Maradona. Pick 4 moves and Number the moves and have them perform as you call out the number</p>
<p>2</p> 	<p>Set up: 10x20yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Defender starts with ball and passes to attacker, attacker looks to take on defender with move. 4 per grid, continually switch roles after 1 rotation. Start of non competitive & no tackling 15-20 mins</p> <p>Objective: getting used to applying moves in game situations, judging the timing, distance and speed of when to do a move in relation to a defender. Looking to dribble past defender end line</p> <p>Coaching points: use the body to fake to go one way and then the other, move must be fluent and quick, keep ball within reaching distance, do not get ball stuck under feet</p> <p>Progressions: introduce defenders being able to tackle, apply competition- each time attacker makes it past end line= 1 point</p>
<p>3</p> 	<p>Set up: 10x20yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Defender starts with ball and passes to attacker, attacker goes to goal and looks to score. 4+ per grid, continually switch roles after 1 rotation -25 mins</p> <p>Objective: Attacker takes the space with speed while dribbling in order to get past the defender and then be able to score</p> <p>Coaching points: speed of dribbling, control of ball, moves to get past sharks, head up looking for space, Take space with speed, keep ball close and small touches in tight situations</p> <p>Progressions: change sides of which defenders start from (as shown in diagram), change where on grid defenders start from (as shown in diagram)</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the dribbling skills that have been worked on and apply in game situations.</p> <p>Coaching points: control of the ball, taking space with dribbling, change of speed with the ball, take on defenders with speed and moves, encourage dribbling in attacking half, try not to criticize passing too much</p> <p>Progressions: Free play no restrictions</p>

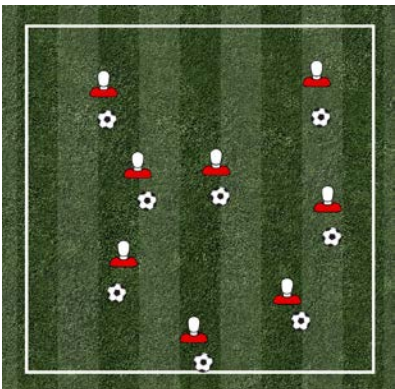
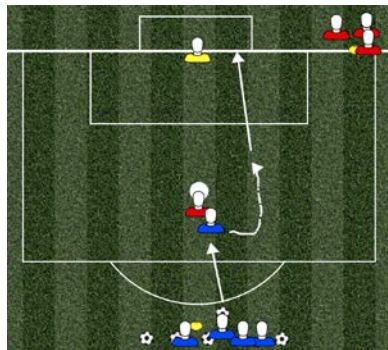
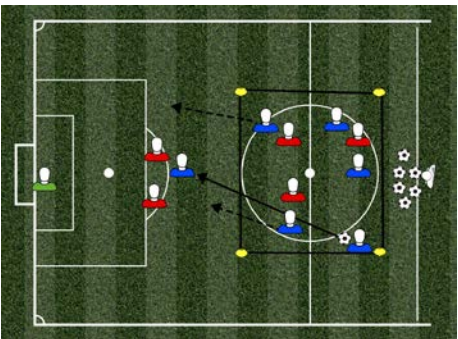


1-13 - 1 v 1 to goal

<p>1</p>	<p>Set up: 10x20yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Defender starts with ball and passes to attacker, attacker goes to goal and looks to score. 4+ per grid, continually switch roles after 1 rotation. Pugs/cones used so attacker has specific target to reach -25 mins</p> <p>Objective: Attacker takes the space with speed while dribbling in order to get past the defender and then be able to score</p> <p>Coaching points: speed of dribbling, control of ball, moves to get past sharks, head up looking for space, Take space with speed, keep ball close and small touches in tight situations</p> <p>Progressions: change sides of which defenders start from (as shown in diagram), change where on grid defenders start from (as shown in diagram)</p>
<p>2</p>	<p>Set up: GK in goal, 3 lines of attackers, defenders start on goal line. Pass ball to attacker (line 1,2 or 3) defender applies pressure and attack takes on defender using speed and/or moves to score. Switch attackers and defenders throughout the exercise -15 mins</p> <p>Objective: implementing the speed and/or moves previously learned and having a final product of a goal.</p> <p>Coaching points: decision of speed and/or move, get shots of, be direct to goal as possible to ensure good angle on shot, control of the ball, speed of play</p> <p>Progressions: Attackers start in different lines to change angle of approach to the goal, defenders can change side they start from to change pressure angle for the attackers</p>
<p>3</p>	<p>Set up: 20x25yard grid in front of goal, attached 20x25 yard grid where players start. Even number in the box with GK in goal. -20mins</p> <p>Objective: have to make 4 passes in the grid before a player can dribble through to goal and 1 defender is allowed to follow. Introducing build up play while creating an opportunity for attacker to play at speed and try and score 1v1 with GK and recovering defender</p> <p>Coaching points: decision of speed and/or move, get shots of, be direct to goal as possible to ensure good angle on shot, control of the ball, speed of play</p> <p>Progressions: Increase number of passes in the build up. Defender can start in open grid and no recovering defender.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the dribbling skills that have been worked on and apply in game situations.</p> <p>Coaching points: control of the ball, taking space with dribbling, change of speed with the ball, take on defenders with speed and moves, encourage dribbling in attacking half, try not to criticize passing too much</p> <p>Progressions: Free play no restrictions</p>



1-14 - 1 v 1 to goal II

<p>1</p> 	<p>Set up: 25x25 yard grid (approx. 12 players, each larger or smaller number change size of grid), each player has their own ball - 15mins</p> <p>Objective: work on foot skills with the ball, improving ability to apply them and use body movements as this is what tricks defender. Become more comfortable with the ball as you are doing moves</p> <p>Coaching points: use the body to fake to go one way and then the other, move must be fluent and quick, keep ball within reaching distance, do not get ball stuck under feet</p> <p>Progressions: inside/outside hook, scissors/double scissor, drag-back, rake, Cruyff, Maradona. Pick 4 moves and Number the moves and have them perform as you call out the number</p>
<p>2</p> 	<p>Set up: GK in goal, Defenders behind goal ready to sub in, defenders should defend 5 times before subbed. Attackers 25 yards away from goal- where they pass the ball in into the strike doing the 1v1. Set 2 cones at a time for attackers to start on, alternating starting sides -20-25mins</p> <p>Objective: improve the ability of striker receiving the ball with back to goal, practice turning under pressure and then getting a shot of and scoring a goals</p> <p>Coaching points: movement to receive the ball, ability to turn with ball under control, speed of play</p> <p>Progressions: Change the angle from which players receive the ball from, change where the attacker starts</p>
<p>3</p> 	<p>Set up: 20x15yards grid for passing, 2 defenders and 1 striker on edge of box, have to make 4 passes in the grid before a player can pass through to striker. 4v2 or 5v2 in attacking favor in the possession box -20mins</p> <p>Objective: game like scenarios where striker receives the ball and midfielders have to support. Looking for 1v1 situations for attackers to penetrate and score goals</p> <p>Coaching points: focus on the player with the ball and their ability to take the player on. Decision of speed and/or move, get shots of, be direct to goal as possible to ensure good angle on shot, control of the ball, speed of play</p> <p>Progressions: Increase number of passes in the build up. Defender can start in open grid and no recovering defender.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply the dribbling skills that have been worked on and apply in game situations.</p> <p>Coaching points: control of the ball, taking space with dribbling, change of speed with the ball, take on defenders with speed and moves, encourage dribbling in attacking half, try not to criticize passing too much</p> <p>Progressions: Free play no restrictions</p>

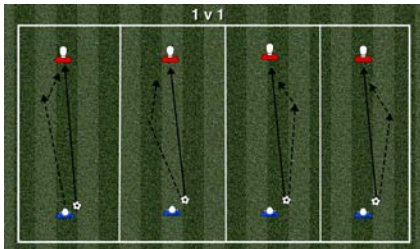


1-15 - Defense 1 v 1: Pressure & speed

<p>1</p> 	<p>Set up: 25x25 yard grid, pair up & 1 ball between 2 players. Passing ball to each other must take 5 touches, 5th touch is a pass. Allow passing to happen and then randomly shout go. Player without ball must apply pressure to the ball (partner freezes on the ball)</p> <p>-10-15mins</p> <p>Objective: introduce the speed needed to apply the pressure, looking at the approach and how speed changes at different distances to the attacker and the ball</p> <p>Coaching points: speed to get to the ball, smaller steps as get close to the ball-slowing down as get close, staying on toes will help with any changes of direction, getting body lower to ground for balance as pressure is applied</p> <p>Progressions: N/A</p>
<p>2</p> 	<p>Set up: 8x15 yard grids. Working with partner, defender will pass to the attacker and attacker will dribble forwards, defender applies pressure and then steals the ball. Its important to start of with attacker is trying to beat the defender, just dribble at them.</p> <p>-15-20mins</p> <p>Objective: improve defending in 1v1 situations. Looking at speed needed to apply the pressure, looking at the approach and how speed changes</p> <p>Coaching points: speed to get to the ball, smaller steps as get close to the ball-slowing down as get close, staying on toes will help with any changes of direction, getting body lower to ground for balance as pressure is applied, get arm raised and if player comes that close step in and tackle</p> <p>Progressions: Shorter & longer distances for defender to apply pressure will work on different situations that might occur in a game. Introduce tackling once players are approaching the ball properly</p>
<p>3</p> 	<p>Set up: GK in goal, 3 lines of attackers, defenders start on goal line. Pass ball to attacker (line 1,2 or 3) defender applies pressure and attack takes on defender using speed and/or moves to score. Switch attackers and defenders throughout the exercise -20 mins</p> <p>Objective: To apply pressure as quickly as possible to deny goal scoring opportunities</p> <p>Coaching points: speed of which pressure is applied, get low as get close, get arm raised and if player comes that close step in and tackle, be on toes</p> <p>Progressions: Change starting position for the defenders, either side of goal and from the side</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply pressure to attackers in game situations which stops the other team from attacking</p> <p>Coaching points: speed of which pressure is applied, get low as get close, get arm raised and if player comes that close step in and tackle, be on toes</p> <p>Progressions: Free play no restrictions</p>

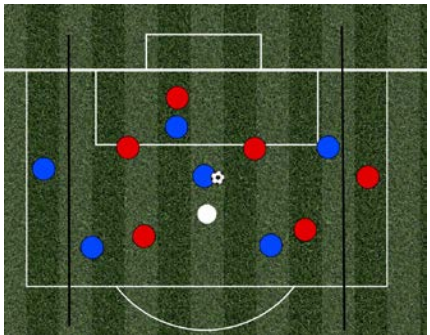
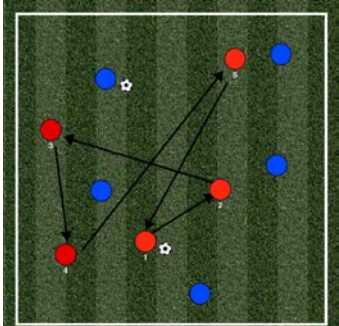
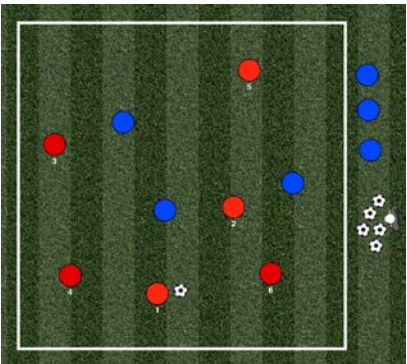


1-16 – Defense 1 v 1: Delay & angle

<p>1</p> 	<p>Set up: 25x25 yard grid, pair up & 1 ball between 2 players. Passing ball to each other must take 5 touches, 5th touch is a pass. Allow passing to happen and then randomly shout go. Player without ball must apply pressure to the ball (partner freezes on the ball)</p> <p>-10-15mins</p> <p>Objective: introduce that defenders are looking to delay the attackers so teammates can get back in position; this is done so by the angle of which players approach the ball.</p> <p>Coaching points: what angle should the pressure come from, shape of body, on toes, quick to the ball, down low for balance, arm raised and if attackers comes within in arms reach go and win ball</p> <p>Progressions: force player to nearest edge of the grid with body shape</p>
<p>2</p> 	<p>Set up: 8x15 yard grids. Working with partner, defender will pass to the attacker and attacker will dribble forwards, defender applies pressure and then steals the ball. Its important to start of with attacker is trying to beat the defender, just dribble at them.</p> <p>-15-20mins</p> <p>Objective: improve defending in 1v1 situations. Looking at speed needed to apply the pressure, looking at the approach and angle needed to delay and slow the attack down.</p> <p>Coaching points: angle of approach, speed of approach, body shape and balance when approach, on toes ready to adjust</p> <p>Progressions: Shorter & longer distances for defender to apply pressure will work on different situations that might occur in a game. Introduce tackling once players are approaching the ball properly</p>
<p>3</p> 	<p>Set up: GK in goal, 3 lines of attackers, defenders start on goal line. Pass ball to attacker (line 1,2 or 3) defender applies pressure and attack takes on defender using speed and/or moves to score. Switch attackers and defenders throughout the exercise -20 mins</p> <p>Objective: To apply pressure as quickly as possible focusing on the angle of which defender approaches and the body shape applied in order delay and slow the attack</p> <p>Coaching points: angle of approach, speed of approach, body shape and balance when approach, on toes ready to adjust</p> <p>Progressions: Change starting position for the defenders, either side of goal and from the side</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: apply pressure to attackers in game situations which stops the other team from attacking</p> <p>Coaching points: speed of which pressure if applied, get low as get close, get arm raised and if player comes that close step in and tackle, be on toes</p> <p>Progressions: Free play no restrictions</p>

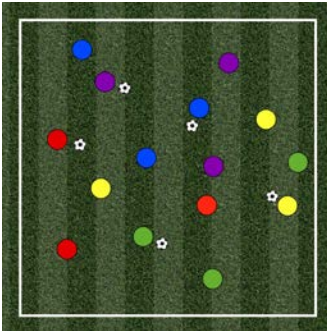
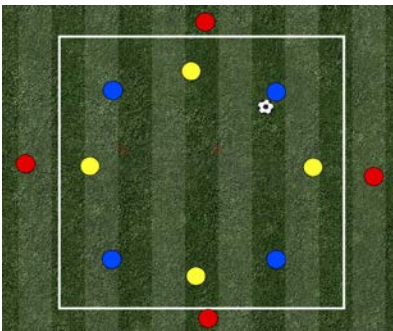
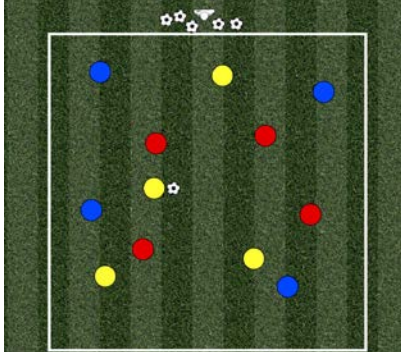


1-17 – Possession: Movement off the ball

<p>1</p> 	<p>Set up: Hand Ball, split into two teams, players on the end zones play for both teams (neutral players). Throw and catch the ball, if you have the ball in your hands you cant move (can pivot to change body shape). No stealing the ball only interceptions. Once a team plays it to the end zone (either one) and receives it back they get a point, cannot go to the same end zone twice in a row. - 10-15mins</p> <p>Objective: players on the ball are frozen forcing team mates to move into space and support the player so that they can continue to move</p> <p>Coaching points: encourage quick passing, movement into space to receive the ball, awareness, support of the ball</p> <p>Progressions: Enforce 3 second rule so that support is quick and player on ball has to think and play quicker</p>
<p>2</p> 	<p>Set up: 25x25 yard grid. 2 groups number each other 1-6(or how many in group) 1 ball per group. 1 passes to 2, 2 passes to 3, ... then 6 passes to 1 and back through again. 3 touch max - 15-20 mins</p> <p>Objective: passing and receiving with more freedom of movement, player must move to be in front of team mate so that they can “play the way they are facing”</p> <p>Coaching points: same as above, calling for the ball before you receive it, movement for team mate before you receive it</p> <p>Progressions: add 2nd ball to increase the tempo and speed players must operate. Limit touches to 2, and then 1 if players moving well. As you limit touches start back at 1 ball only</p>
<p>3</p> 	<p>Set up: 25x25 grid, 6v3 possession game. Team with 6 always starts with ball. Play for 3 minutes and see what highest total passes consecutively is. Rotate so the 3 become 6 and 6 become 3. There will be 4 rotations. Group of 3 with the highest consecutive passes against them loose and have punishment. Defending team can try to keep the ball to waste time or clear the ball out of grid -20-25 mins</p> <p>Objective: improvement of movement form teammates of the ball in order to maintain possession of the ball</p> <p>Coaching points: speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it</p> <p>Progressions: have a second round for redemption where rounds last 2 minutes</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: possess the ball and move into space for team mates in order to build up play and create attacking chances</p> <p>Coaching points: speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it</p> <p>Progressions: Free play no restrictions</p>

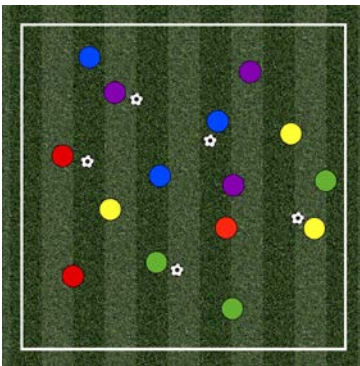
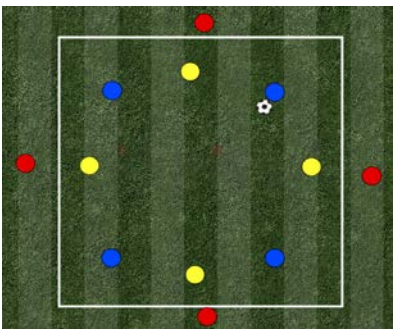
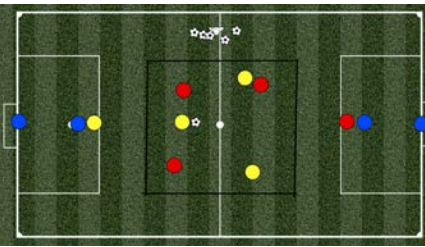


1-18 – Possession: Keeping to ball

<p>1</p> 	<p>Set up: 25x25 yards grid, player work in groups of 3, 1 ball per group of 3. Passing the ball to each other. -10-15mins</p> <p>Objective: improve ability to pass the ball on the move with accuracy. Improve ability to move of the ball into space to receive</p> <p>Coaching points: accuracy of passing, movement off the ball, receive in/or towards space, technique of touch and pass, awareness of where teammates are</p> <p>Progressions: Minimize touches (3 max, 2 max) so players have to think quicker on the ball, also improves the movement of the ball by teammates. Players must receive ball in a split (between any two players)- improving the movement and ability to receive the ball in tighter situations.</p>
<p>2</p> 	<p>Set up: 25x25 yards grid, 4v4+4 (or 5v5+5), whichever team has possession of the ball can use the neutral players on the outside to create 8v4. Every time 1 team makes it to 5 passes they get 1 point, first to 5 points win the round. Punishment for loosing team to increase competition (example: 10 push ups) -15-20 mins</p> <p>Objective: use the numerical advantage to make good decisions in order to maintain possession of the ball and make good technical pass and touches when receiving the ball</p> <p>Coaching points: Decision making, technique of passing and receiving the ball, awareness, speed of play,</p> <p>Progressions: natural progressions as competition will change, limit touches to 3 and then 2</p>
<p>3</p> 	<p>Set up: 30x30yards grid, 8v4 – two teams will pair together to make the attacking team and 1 will be defenders. Attacking teams always start with the ball. Defending group with the highest total consecutive passes against them loose. Defenders may win ball and try to keep in order too waste time. 3 minute rounds, each team will defend twice - 15-20 mins</p> <p>Objective: use the numerical advantage to make good decisions in order to maintain possession of the ball and make good technical pass and touches when receiving the ball. Improve awareness as no players are in specific positions</p> <p>Coaching points: Decision making, technique of passing and receiving the ball, awareness, speed of play,</p> <p>Progressions: natural progressions as competition will change, limit touches to 3 and then 2</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: possess the ball and move into space for team mates in order to build up play and create attacking chances, make good decision on when to go forward and make sure not to force the ball and loose it.</p> <p>Coaching points: speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it, decisions on when to play forward vs possess</p> <p>Progressions: Free play no restrictions</p>

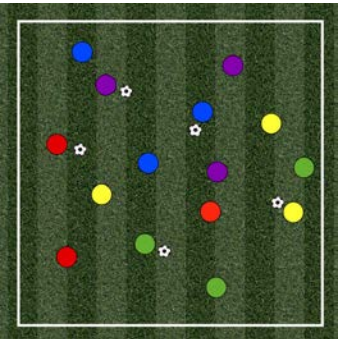
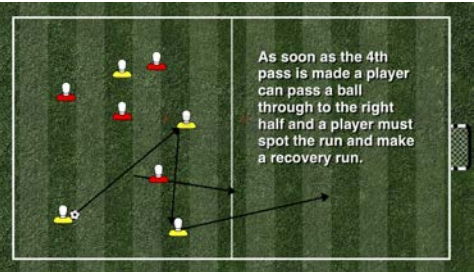
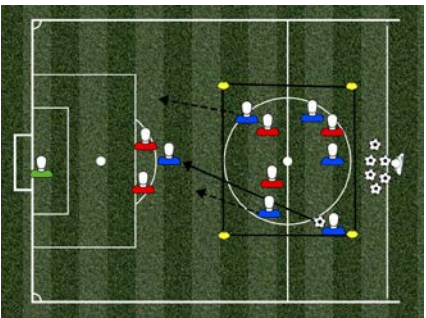


1-19 - Possessing to create chances

<p>1</p> 	<p>Set up: 25x25 yards grid, player work in groups of 3, 1 ball per group of 3. Passing the ball to each other. -10-15mins</p> <p>Objective: improve ability to pass the ball on the move with accuracy. Improve ability to move of the ball into space to receive the ball</p> <p>Coaching points: accuracy of passing, movement off the ball, receive in/or towards space, technique of touch and pass, awareness of where teammates are</p> <p>Progressions: Minimize touches (3 max, 2 max) so players have to think quicker on the ball, also improves the movement of the ball by teammates. Players must receive ball in a split (between any two players)- improving the movement and ability to receive the ball in tighter situations.</p>
<p>2</p> 	<p>Set up: 30x30yards grid, 8v4 – two teams will pair together to make the attacking team and 1 will be defenders. Attacking teams always start with the ball. Defending group with the highest total consecutive passes against them loose. Defenders may win ball and try to keep in order too waste time. 3 minute rounds, each team will defend twice - 15-20 mins</p> <p>Objective: use the numerical advantage to make good decisions in order to maintain possession of the ball and make good technical pass and touches when receiving the ball. Improve awareness as no players are in specific positions</p> <p>Coaching points: Decision making, technique of passing and receiving the ball, awareness, speed of play,</p> <p>Progressions: natural progressions as competition will change, limit touches to 3 and then 2</p>
<p>3</p> 	<p>Set up: 20x20 yards grid in the middle of 60x30 pitch (3v3 or 4v4 +1) in the middle grid). 2 goals, 2 GKs and attacker vs defender on each of each box. Coach starts with balls on the side. Players in middle need to make 4 passes before passing to there attack and any 1 player can join the attack to make a 2v1 too goal. -20-25mins</p> <p>Objective: be able to possess the ball and then make a good pass forward to attacker of which 1 player can support and help create a goal scoring chance</p> <p>Coaching points: Decision making, technique of passing and receiving the ball, awareness, speed of play, support, penetrating runs with/without the ball</p> <p>Progressions: limit touches in the middle, make a timed competition (5mins) punishment for the losers (10 pushups, 10 sit ups). Repeat</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: possess the ball and move into space for team mates in order to build up play and create attacking chances, make good decision on when to go forward and make sure not to force the ball and loose it.</p> <p>Coaching points: speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it, decisions on when to play forward vs possess</p> <p>Progressions: Free play no restrictions</p>



1-20 – Possessing to create chances II

<p>1</p> 	<p>Set up: 25x25 yards grid, player work in groups of 3, 1 ball per group of 3. Passing the ball to each other. -10-15mins</p> <p>Objective: improve ability to pass the ball on the move with accuracy. Improve ability to move of the ball into space to receive</p> <p>Coaching points: accuracy of passing, movement off the ball, receive in/or towards space, technique of touch and pass, awareness of where teammates are</p> <p>Progressions: Minimize touches (3 max, 2 max) so players have to think quicker on the ball, also improves the movement of the ball by teammates. Players must receive ball in a split (between any two players)- improving the movement and ability to receive the ball in tighter situations.</p>
<p>2</p> 	<p>Set up: 20x25yard grid in front of goal, attached 20x25 yard grid where players start. Even number in the box with GK in goal. Add a neutral player if needed to help with possession -20mins</p> <p>Objective: have to make 4 passes in the grid before a player can dribble through to goal and 1 defender is allowed to follow. Introducing build up play while creating an opportunity for attacker to play at speed and try and score 1v1 with GK and recovering defender</p> <p>Coaching points: Decision making, technique of passing and receiving the ball, awareness, speed of play, support, penetrating runs with/without the ball</p> <p>Progressions: Increase number of passes in the build up, change teams around to make harder or easier for certain players</p>
<p>3</p> 	<p>Set up: 20x25yards grid for passing, 2 defenders and 1 striker on edge of box, have to make 4 passes in the grid before a player can pass through to striker. 4v2 or 5v2 in attacking favor in the possession box. When ball is passed forward any 2 midfielders from the box join attack and make a 3v2 too goal -20mins</p> <p>Objective: game like scenarios where striker receives the ball and midfielders have to support having just built the play up. Improving supporting and penetrating runs from midfield after good possession of the ball</p> <p>Coaching points: Same as above, use extra player with good passing to create goal scoring chance</p> <p>Progressions: Increase number of passes in the build up. Defense can start in open grid and no recovering defender.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes</p> <p>Objective: possess the ball and move into space for team mates in order to build up play and create attacking chances, make good decision on when to go forward and make sure not to force the ball and loose it.</p> <p>Coaching points: speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it, decisions on when to play forward vs possess</p> <p>Progressions: Free play no restrictions</p>



Phase 2

- Continue Foot skills
- Technique – Passing, Receiving, Shooting, Heading
- Decision making – What, When, How
- 2nd Attacker - Support
- 2nd Defender - Cover

Introduction to Phase 2

Phase 2 is geared for players with a U11/U12 soccer age, however coaches are cautioned to not use Phase 2 topics unless material in Phase 1 has been previously covered. Phase 2 is about the continuation of foot skills, improving the ability to pass and shoot and introducing the use of heading as a pass or shot. Encourage players to make their own decisions during game scenarios; ask players questions and guide them on their answers. Phase 2 is also the implementation of 2nd attacking and defenders and their roles with respect to the principles of play.

Exercise Adjustments

Sessions are developed for 10-14 players. Do not be afraid to adjust dimensions of grids for the players to work in. You may need to adjust the size in order to make it easier or harder for players by creating more space or less space. Your job as a coach is to facilitate the session and at times adaptations will be needed due to ability and numbers available.

Delivering the session plan

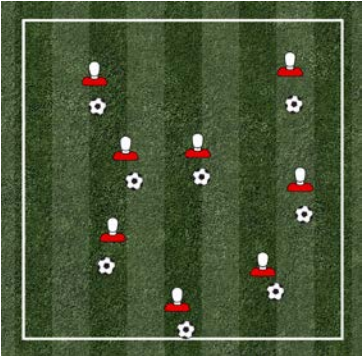
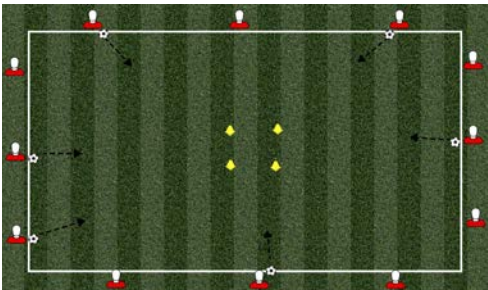
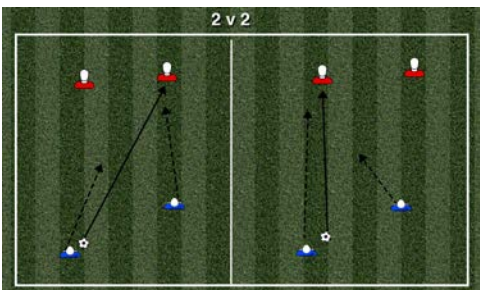
As explained in the introduction juggling is a quick easy way to work on many different aspects of soccer. Juggling should be used as a brief warm up and cool down. Water breaks should be given after each exercise and you the coach are to decide if the weather (heat) forces additional water breaks. Finally each session should conclude with a brief discussion as to what you worked on in the session to help the understanding for the players; none of this is considered in the session plan timing but do be sure to include.

Explaining the session plan

Throughout the phase many exercises are the same, however focus on the session objective and coaching points, as it is the topic and delivering by the coach of the topic that changes. One of the reasons for similar exercises is that as a coach and player you understand the set up along with less time wasted explaining and understanding the drill.

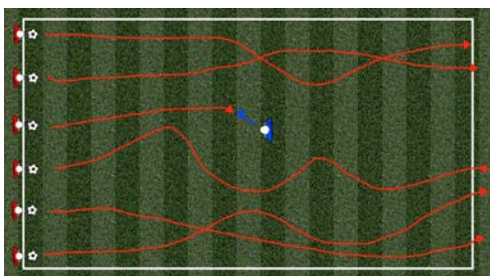
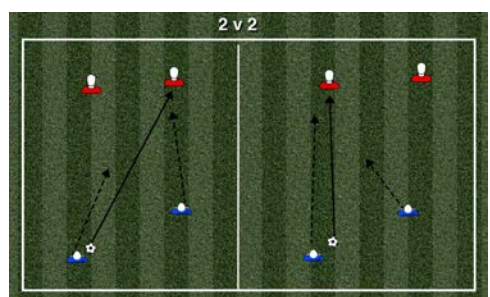
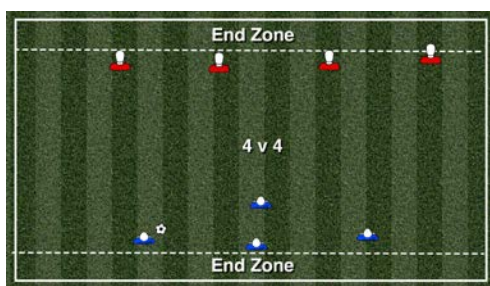


2-1 – Dribbling & Foot skills: Creativity

<p>1</p> 	<p>Set up: -20 x 20 box (if large numbers increase size), each player has their own ball -20 mins</p> <p>Objective: remember the foot skills players have learned in the past, bring back the coordination needed for soccer</p> <p>Coaching points: Keep ball close and under control, head up looking for space, do not use toe</p> <p>Progressions: boxing, toe taps, Right foot only, left foot only, laces, sole of cleats, add inside/outside hook, scissors, drag-back, rake, Cruyff. Allow players to be creative and try their own moves</p> <p>Choose 3 of the moves, number them and call number for players to do on demand</p>
<p>2</p> 	<p>Set up: 20x30yard grid. 5x5yard box in middle. ½ group has balls Players dribble towards box, then do selected move in the box before dribbling out and do a 'take' with spare player -20 mins</p> <p>Objective: players improve there dribbling and have tight area to work on specific moves, improving the control and technique of dribbling and moves</p> <p>Coaching points: Quality, Control, awareness, direction, head up, body fakes to trick defenders, coordination</p> <p>Progressions: change the 'move' in box, dribble with specific techniques: right or left only, boxing, toe taps,</p>
<p>3</p> 	<p>Set up: 15x20yard grids, multiple grids. Min 4 max 8 players per grid. Defenders start with ball pass to 1 of 2 attackers who then work together using passes and skills to get past defenders and dribble past end line. Attackers become defenders, defenders become attackers after each go - 15mins</p> <p>Objective: apply the moves and skills that have been taught in game situations where players are under pressure</p> <p>Coaching points: Quality, Control, awareness, direction, head up, body fakes to trick defenders, coordination, confidence to try new moves and new things</p> <p>Progressions: Natural progression as competition will change.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: to see players use the foot skills they worked on in game situations</p> <p>Coaching points: speed of play, awareness, confidence to try new things, speed, decisions, using body as well as feet to trick defenders. Encourage individual skill but do not criticize team play (passing)</p> <p>Progressions: Free play no restrictions</p>

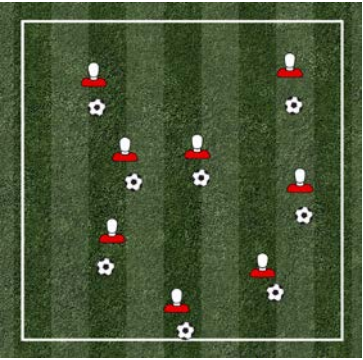
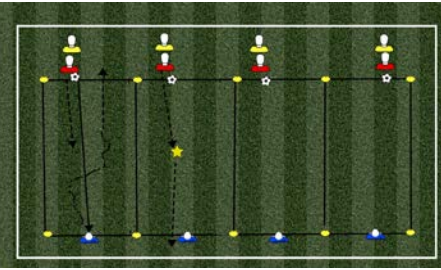
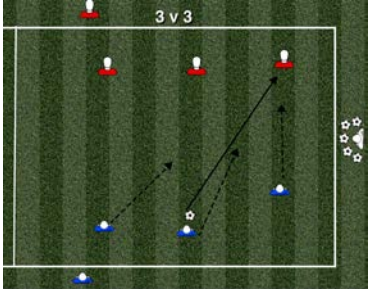


2-2 – Dribbling: Positive play, take space

<p>1</p> 	<p>Set up: Sharks & Minnows! 25x50yards, minnows have a ball, sharks must start 20 yards back, 1 shark to start off, if ball is cleared out of grid they become a shark.</p> <p>-15 Minutes</p> <p>Objective: To encourage dribbling forward and taking the space in front of players</p> <p>Coaching points: speed of dribbling, control of ball, head up looking for space, Take space with speed, keep ball close and small touches if shark is close</p> <p>Progressions: Game naturally progresses due to number of sharks. Set rules such as left foot or right foot only if needed</p>
<p>2</p> 	<p>Set up: 15x20yard grids, multiple grids. Min 4 max 8 players per grid. Defenders start with ball pass to 1 of 2 attackers who then work together using passes and skills to get past defenders and dribble past end line. Attackers become defenders, defenders become attackers after each go</p> <p>-15mins</p> <p>Objective: to take positive touches forward attack space which is given to the attackers by the defenders</p> <p>Coaching points: speed of dribbling, control of ball, head up looking for space, Take space with speed, be direct, if no space, create space with runs and passing (drawing defenders out)</p> <p>Progressions: Natural progression as competition will change. Create time limit of 6 seconds for attackers to get to the end zone, this way they have to direct</p>
<p>3</p> 	<p>Set up: 15x30yard grid + 5yard end zone either end. 4v4 players are looking to dribble the ball into the end zone for a point. First team to 2 points, and then swap losing team out</p> <p>Objective: players are looking to take positive touches and create opportunities to dribble into the end zone and have complete control of the ball</p> <p>Coaching points: speed of dribbling, control of ball, head up looking for space, Take space with speed, be direct, if no space create space with runs and passing (drawing defenders out)</p> <p>Progressions: Natural progression as competition will change. Create time limit of 10-15 seconds for attackers to get to the end zone, this way they have to direct</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: to see players use the foot skills they worked on in game situations</p> <p>Coaching points: speed of play, awareness, confidence to try new things, speed, decisions on when to penetrate, take space and be direct, positive first touch forward – if no space them decide to pass and keep the ball</p> <p>Progressions: Free play no restrictions</p>

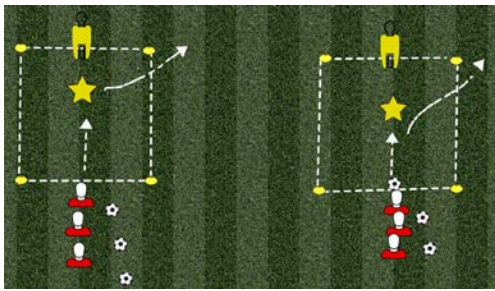
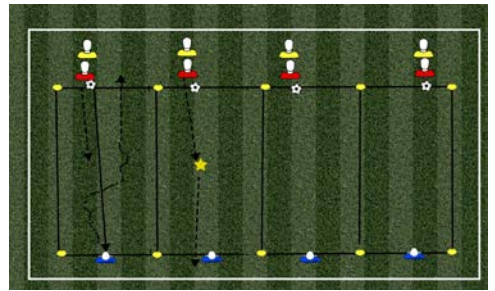
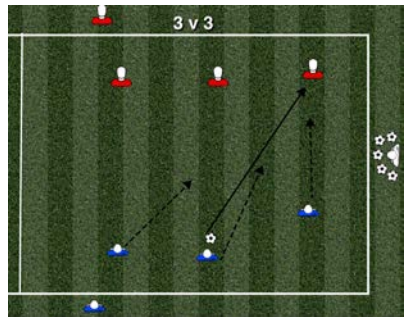


2-3 – Foot skills: Focusing on the body

<p>1</p> 	<p>Set up: -20 x 20 box (if large numbers increase size), each player has their own ball -20 mins</p> <p>Objective: remember the foot skills players have learned in the past, focusing on the upper body movements and how you don't need to move the ball in order to trick the defender</p> <p>Coaching points: Keep ball close and under control, head up looking for space, do not use toe, body language, body fakes, do not stay upright with upper body</p> <p>Progressions: add inside/outside hook, scissors, drag-back, rake, Cruyff, Maradona. Allow players to be creative and try their own moves</p> <p>Choose 3 of the moves, number them and call number for players to do on demand</p>
<p>2</p> 	<p>Set up: 10x20yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Defender starts with ball and passes to attacker, attacker looks to take on defender with move. 4 per grid, continually switch roles after 1 rotation. Start have non-competitive 8 no tackling. Looking to dribble past defender end line -15-20 min</p> <p>Objective: getting used to applying moves with exaggerating body movements to trick defenders, judging the timing, distance and speed of when to do a move in relation to a defender. Looking to dribble past defender end line</p> <p>Coaching points: use the body to fake to go one way and then the other, move must be fluent and quick, keep ball within reaching distance, do not get ball stuck under feet</p> <p>Progressions: introduce defenders being able to tackle, apply competition- each time attacker makes it past end line= 1 point</p>
<p>3</p> 	<p>Set up: 25x30yard grid, 3x3 to dribble past end line under control, to get a point. First team to 3 points, losing team as punishment (i.e. 10 push ups) Coach starts with the ball and passes it in. Possible to add a neutral if possession team needs an extra option</p> <p>Objective: being able to apply exaggerated body movements to trick defender and get past them.</p> <p>Coaching points: use the body to fake to go one way and then the other, move must be fluent and quick, keep ball within reaching distance, do not get ball stuck under feet</p> <p>Progressions: Natural progression as competition will change.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: to see players use the foot skills with body movement they worked on in game situations to get past defenders</p> <p>Coaching points: speed of play, awareness, confidence to try new things, speed, decisions, using body as well as feet to trick defenders. Encourage individual skill but do not criticize team play (passing)</p> <p>Progressions: Free play no restrictions</p>

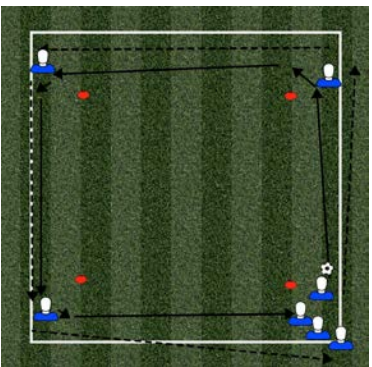
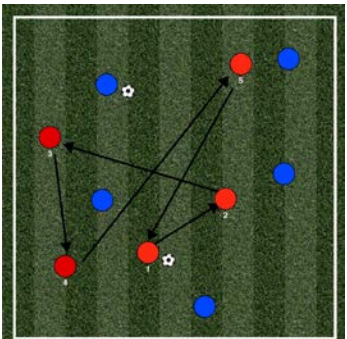
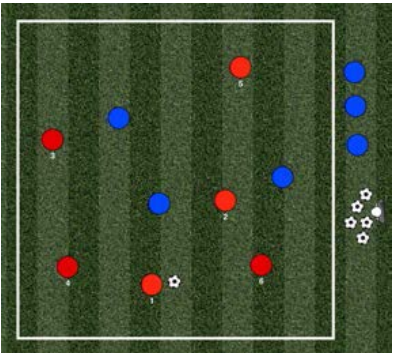


2-4 – Foot skills: Timing & distance

<p>1</p> 	<p>Set up: 5x5 yard grids, pole/cones/dummy to simulate where defender is. Each player has a ball dribble into grid and in the middle does the move. Going out the side of grid close to the cone as possible -10-15 mins</p> <p>Objective: learn how close to a defender the attacker need to be to engage the defender, also working on the change of direction at the right distance so defender cannot get the ball</p> <p>Coaching points: Distance from the defender, speed of move, direction away after the move</p> <p>Progressions: Scissor, double scissor, rake, L-behind, step over, Maradona.</p>
<p>2</p> 	<p>Set up: 10x20 yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Defender starts with ball and passes to attacker, attacker looks to take on defender with move. 4 per grid, continually switch roles after 1 rotation. Start have non-competitive & no tackling. Looking to dribble past defender end line -15-20 mins</p> <p>Objective: getting used to applying moves at the correct distance to a defender</p> <p>Coaching points: need to draw the defender in by dribbling towards them, not too close to defender, if you do the move too early it will not engage</p> <p>Progressions: introduce defenders being able to tackle, apply competition- each time attacker makes it past end line= 1 point</p>
<p>3</p> 	<p>Set up: 25x30 yard grid, 3x3 to dribble past end line under control, to get a point. First team to 3 points, losing team as punishment (i.e. 10 push ups) Coach starts with the ball and passes it in. Possible to add a neutral if possession team needs an extra option</p> <p>Objective: engage the defender and then use the skill at the right distance where they step to win it and you can get past them.</p> <p>Coaching points: distance from the defender, use the body to fake to go one way and then the other, move must be fluent and quick, keep ball within reaching distance, do not get ball stuck under feet, speed to get away into the created space</p> <p>Progressions: Natural progression as competition will change.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to exploit and dribble to.</p> <p>Objective: to see players engage the defender and effectively use a move at the right distance where they can trick them and get past them</p> <p>Coaching points: timing, distance, speed of play, awareness, confidence to try new things, decisions, using body as well as feet to trick defenders. Encourage individual skill but do not criticize team play (passing)</p> <p>Progressions: Free play no restrictions</p>

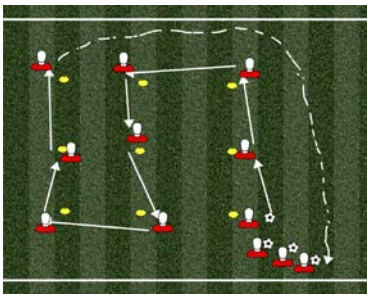
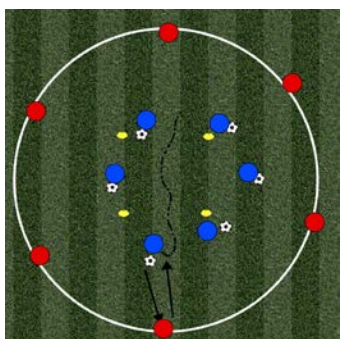
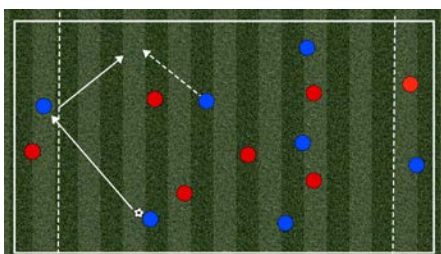


2-5 – Passing and Receiving on the move

<p>1</p> 	<p>Set up: 10x10yard square. Set up multiple squares if needed, at least 5 players per square. Ball goes anti clockwise and you follow your pass. -10-15mins</p> <p>Objective: Improve touch-using direction; improve technique and ability to pass with accuracy. Make sure players are creating space to take touch</p> <p>Coaching points: passing technique: plant foot next to ball, head up looking at target, follow through. Check away from cone to create space for teammate to pass to you, take touch out in front you so that momentum can be used in control of the pass</p> <p>Progressions: Change to clockwise and encourage use of left foot – limit touches to 2 only. Race between 2 squares to pass the ball around the outside 5 times total.</p>
<p>2</p> 	<p>Set up: 25x25 yard grid. 2 groups number each other 1-6(or how many in group) 1 ball per group. 1 passes to 2, 2 passes to 3, ... then 6 passes to 1 and back through again. 3 touch max - 15-20 mins</p> <p>Objective: passing and receiving with more freedom of movement, player must move to receive the ball and then take a touch out of feet towards team mates before passing</p> <p>Coaching points: good technique of passing, movement to receive the ball, clean touch out of feet before passing, awareness</p> <p>Progressions: add 2nd ball to increase the tempo and speed players most operate. Limit touches to 2, and then 1 if players moving well. As you limit touches start back at 1 ball only</p>
<p>3</p> 	<p>Set up: 25x25 grid, 6v3 possession game. Team with 6 always starts with ball. Play for 3 minutes and see what highest total passes consecutively is. Rotate so the 3 become 6 and 6 become 3. There will be 4 rotations. Group of 3 with the highest consecutive passes against them loose and have punishment. Defending team can try to keep the ball to waste time or clear the ball out of grid - 20-25 mins</p> <p>Objective: improvement of movement form teammates of the ball in order to maintain possession of the ball</p> <p>Coaching points: speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it, clean touch out of feet to help with adjust for pass</p> <p>Progressions: have a second round for redemption where rounds last 2 minutes</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: implement good passing and receiving techniques in game situations</p> <p>Coaching points: speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it, clean touch out of feet to help with adjust for pass</p> <p>Progressions: Free play no restrictions</p>

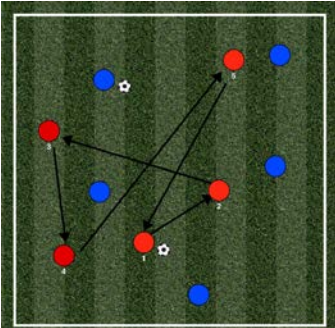
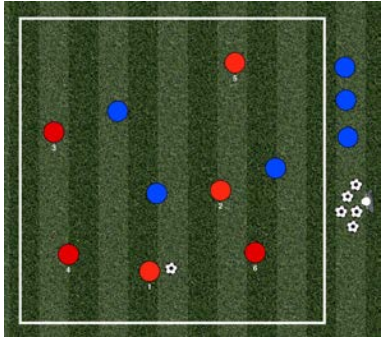
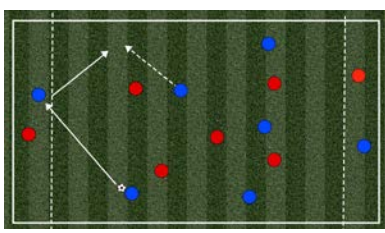


2-6 – Passing & receiving to turn

<p>1</p> 	<p>Set up: 6/9/12 cones depending on numbers. At least 3 players at starting cone with a ball. Everyone else start on a cone. Pass and follow to the next cone, going up-across-down (as shown) -10 minutes</p> <p>Objective: warm players up to quickly receiving, shifting the ball and releasing. The cone is a defender so shield the ball from the defender and you turn.</p> <p>Coaching points: peel away from defender as you receive, game speed, quick touches, accurate passes, touch out of feet</p> <p>Progressions: set specific time for 1 rotation and make them beat it</p>
<p>2</p> 	<p>Set up: 25 yard diameter circle, 7x7yard square in middle, 2 groups (separate partners 1&2), 1 partner works in middle other on outside. Dribble through middle then 1-2 pass with players on outside -15-20 mins</p> <p>Objective: improve passing and receiving to turn on the move, introduce the body shape & angle to receive the ball when turning</p> <p>Coaching points: accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, give an angle to receive 2nd pass</p> <p>Progressions: right foot only, left foot only, competition who can get the most pass (increases speed)</p>
<p>3</p> 	<p>Set up: 25x40yard grid. 2 teams split evenly (possible to add a neutral player if numbers force it). Each team has a player in the end zone that cannot be tackled. End zone player is on two touches, ball is played into end zone and then must pass back to teammate who much turn/build play back up and go to the other end zone for a point -20mins</p> <p>Objective: possession based game to improve passing and ability to turn and change where team is attacking</p> <p>Coaching points: accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, speed of play, support play in good areas and space to turn</p> <p>Progressions: limit touches in middle to 3 and then 2. Limit touches in end zones to 1- will force quicker support and movement into space.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: implement turning and being able to play forward and in the attacking direction as much as possible</p> <p>Coaching points: encourage turning but do not force it; players need to be aware of space to turn into and if its there, accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, speed of play, support play in good areas and space to turn</p> <p>Progressions: Free play no restrictions</p>

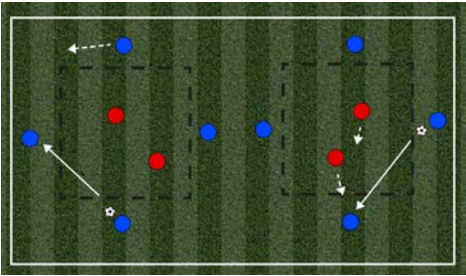
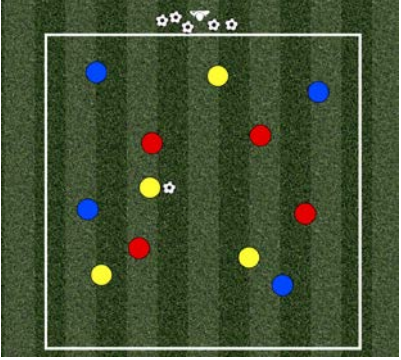
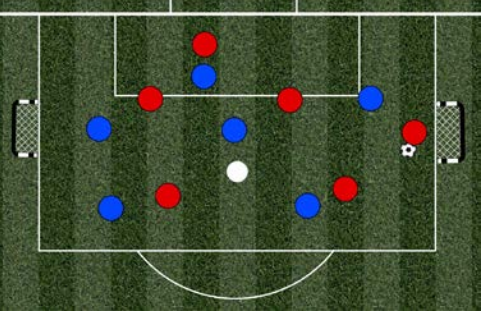


2-7 – Passing & receiving: Awareness

<p>1</p> 	<p>Set up: 25x25 yard grid. 2 groups number each other 1-6(or how many in group) 1 ball per group. 1 passes to 2, 2 passes to 3, ... then 6 passes to 1 and back through again. 3 touch max - 15-20 mins</p> <p>Objective: players make quick decisions on where the ball is going before they receive due to knowing where their teammates are</p> <p>Coaching points: quick early thinking, take pictures of what is around before receiving the ball, call for teammates to help their awareness good technique of passing, movement to receive the ball, clean touch out of feet before passing, awareness</p> <p>Progressions: add 2nd ball to increase the tempo and speed players most operate. Limit touches to 2, and then 1 if players moving well. As you limit touches start back at 1 ball only</p>
<p>2</p> 	<p>Set up: 25x25 grid, 6v3 possession game. Team with 6 always starts with ball. Play for 3 minutes and see what highest total passes consecutively is. Rotate so the 3 become 6 and 6 become 3. There will be 4 rotations. Group of 3 with the highest consecutive passes against them loose and have punishment. Defending team can try to keep the ball to waste time or clear the ball out of grid -20-25 mins</p> <p>Objective: improvement speed of decision in making and where to pass the ball in relation to teammates and space</p> <p>Coaching points: quick early thinking, take pictures of what is around before receiving the ball, call for teammates to help their awareness good technique of passing, movement to receive the ball, clean touch out of feet before passing, awareness</p> <p>Progressions: have a second round for redemption where rounds last 2 minutes</p>
<p>3</p> 	<p>Set up: 25x40yard grid. 2 teams split evenly (possible to add a neutral player if numbers force it). Each team has a player in the end zone that cannot be tackled. End zone player is on two touches, ball is played into end zone and then must pass back to teammate who much turn/build play back up and go to the other end zone for a point</p> <p>Objective: possession based game to improve passing and ability to turn and change where team is attacking</p> <p>Coaching points: accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, speed of play, support play in good areas and space to turn</p> <p>Progressions: limit touches in middle to 3 and then 2. Limit touches in end zones to 1- will force quicker support and movement into space.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: implement good passing and receiving techniques in game situations due to knowing where to go and what to do with the ball before players receive it</p> <p>Coaching points: early and quick decisions, speed of play, awareness, less touches the better, calling for the ball before you receive it, movement for team mate before you receive it, clean touch out of feet to help with adjust for pass</p> <p>Progressions: Free play no restrictions</p>

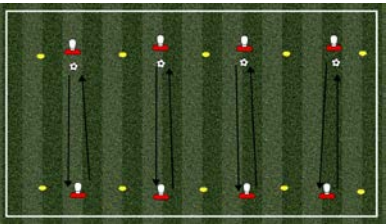
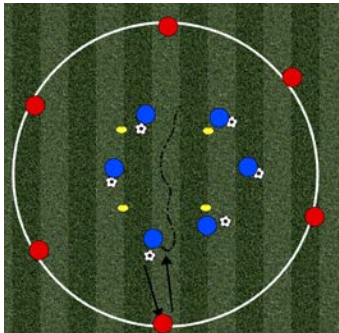
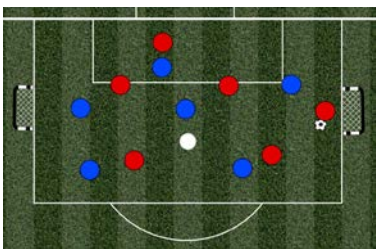


2-8 – Possession

<p>1</p> 	<p>Set up: 10x10 grids. 2 defenders in the middle, 4 or 5 players on the outside. 1 ball per grid. 2 touches for players on the outside. Timed 2 minute per defending group, 2 rounds defending each -10-15mins</p> <p>Objective: get players brain switched on to passing the ball and making a good decision by passing to the open player</p> <p>Coaching points: quick passing, control and technique of pass, decision making</p> <p>Progressions: 1 touch passing on the outside</p>
<p>2</p> 	<p>Set up: 30x30yards grid, 8v4 – two teams will pair together to make the attacking team and 1 will be defenders. Attacking teams always start with the ball. Defending group with the highest total consecutive passes against them loose. Defenders may win ball and try to keep in order too waste time. 3 minute rounds, each team will defend twice -15-20 mins</p> <p>Objective: use the numerical advantage to make good decisions in order to maintain possession of the ball and make good technical pass and touches when receiving the ball. Improve awareness as no players are in specific positions</p> <p>Coaching points: Decision making, technique of passing and receiving the ball, awareness, speed of play,</p> <p>Progressions: natural progressions as competition will change, limit touches to 3 and then 2</p>
<p>3</p> 	<p>Set up: using an area 40x20yards. 2 goals with no goalkeepers. Split teams evenly, 7v7, use neutral player if odd numbers. Team must make 5 passes in a row before going to either goal to score. First team to 5 goals wins, punishment for losers (i.e. 20 star jumps) -20 mins</p> <p>Objective: to be able to possess the ball while being aware of surroundings and if it is possible to score a goal</p> <p>Coaching points: Decision making, technique of passing and receiving the ball, awareness of your team and opposition, speed of play,</p> <p>Progressions: limit touches to 3,2 or 1 depending on how successful teams are being</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes. -15-20 mins (2 x 10min halves = time to talk at half time)</p> <p>Objective: implement good passing and decision making in a game situation. Using possession as a way to create wholes in the defense for the attackers to penetrate with runs, passing and dribbling</p> <p>Coaching points: decision making on when to attack vs when to possess, speed of play, good technique of passing and receiving, awareness of where your team and opposition is on the field</p> <p>Progressions: Free play no restrictions</p>

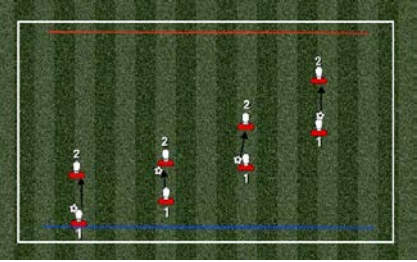
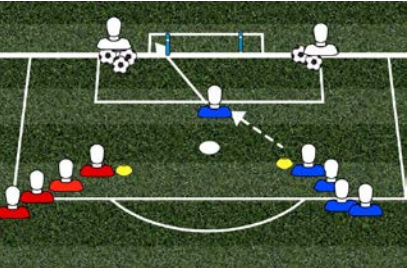
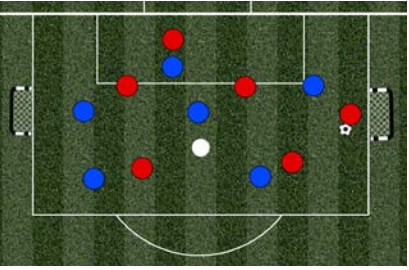


2-9 – Introduction to heading

<p>1</p> 	<p>Set up: players work in a gap 5 yards wide. 7 yards long. 1 ball between 2. All heading should be aimed down and at chest of partner. -15 minutes</p> <p>Objective: to teach the basics of heading the ball, and the different types of headers which can be used</p> <p>Coaching points: eyes open and on the ball, arms raised and out straight at chest level for balance & protection, timing and coordination. Arms come back as head and upper body move forward to generate power and control on the header</p> <p>Progressions: players start with ball in their own hands; throw it up and head it across to teammate. Then work on a jumping header; ball starts in own hands player jumps and at highest point heads the ball. Then work on same two headers except partner starts with ball in their hands and throw it to head back to chest</p>
<p>2</p> 	<p>Set up: 25 yard diameter circle, 7x7yard square in middle, 2 groups (separate partners 1&2), 1 partner works in middle other on outside. Run through middle then find an open player and do 2 of the same headers in a row back to their chest. Swap with team mate after certain time -15-20 mins</p> <p>Objective: improve the control and ability to header while be on the move</p> <p>Coaching points: speed to approach ball is fast and slow down for the header so that there is good control. Eyes open and on the ball, arms raised and out straight at chest level for balance & protection, timing and coordination. Arms come back as head and upper body move forward to generate power and control on the header</p> <p>Progressions: standing header, jumping header, competition who can get the most headers in a certain time (headers must be caught for them to count)</p>
<p>3</p> 	<p>Set up: using an area 40x20yards. 2 goals with no goalkeepers. Split teams evenly, 7v7, use neutral player if odd numbers. Team may throw the ball or head the ball in possession before scoring a goal. Players cannot move if ball in their hands (only pivot) and ball cannot be stolen (only intercepted). Teams can score in either goal but must complete 5 passes first, must be header to score -20 mins</p> <p>Objective: to be able to use heading as a passing or shooting tool in game situations</p> <p>Coaching points: Decision-making, technique of header, eyes open, accuracy of heading, control of body while heading, use arms for balance and protection.</p> <p>Progressions: enforce that passing must be head-catch-head-catch combinations, change teams if needed to increase competition, have short timed games with punishment for losing side</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes, headed goals in this game will be worth 3 points.</p> <p>Objective: game situations where players are confident to use heading as a shooting or passing skill</p> <p>Coaching points: Same as above, confidence to use in a game</p> <p>Progressions: Free play no restrictions</p>



2-10 - Heading as a pass & shot

<p>1</p> 	<p>Set up: Blue line of cone & red lin. Players start on blue & work to red, and then work back. Work with a partner, 1 ball per pair trying to stay about 5 yards apart. One partner throws and the other headers to the partner who catches and throws again. Partner running backwards (2 in diagram) will throw and catch -10-15 mins</p> <p>Objective: working on control of header, using momentum of moving forward to help with balance and accuracy</p> <p>Coaching points: control of the header, arms raised and propelled backwards and body moves forward, eyes on the ball, on toes ready to adjust for the header,</p> <p>Progressions: heading with feet on the ground, jumping headers, if players are excelling then head as running backwards which is really hard as have to generate more power (switch roles of 1 & 2)</p>
<p>2</p> 	<p>Set up: poles in goal so players can work on heading ball into the corner group of balls either side of post (if only one coach work on one side at a time) players start 15 yards out from goal line and 5 yards outside of goal post. Run in and work on specific type of header into specific corner (chosen by coach) -15-20mins</p> <p>Objective: improve ability to attack the ball and direct it into specific areas of the goal</p> <p>Coaching points: control of the header, arms raised and propelled backwards and body moves forward, eyes on the ball, on toes ready to adjust for the header, body shape, direct into corner of the ball, head the ball down</p> <p>Progressions: normal header to left & right side of goals, jumping header to left & right side of goal. Change side of which players are attacking the ball from. Fun game: once player heads the ball they become the goalkeeper and opposite team tries to score.</p>
<p>3</p> 	<p>Set up: using an area 40x20yards. 2 goals with no goalkeepers. Split teams evenly, 7v7, use neutral player if odd numbers. Team may throw the ball or head the ball in possession before scoring a goal. Players cannot move if ball in their hands (only pivot) and ball cannot be stolen (only intercepted). Teams can score in either goal but must complete 5 passes first, must be header to score -20mins</p> <p>Objective: to be able to use heading as a passing or shooting tool in game situations</p> <p>Coaching points: Decision-making, technique of header, eyes open, accuracy of heading, control of body while heading, use arms for balance and protection.</p> <p>Progressions: enforce that passing must be head-catch-head-catch combinations, change teams if needed to increase competition, have short timed games with punishment for losing side</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes, headed goals in this game will be worth 3 points.</p> <p>Objective: game situations where players are confident to use heading as a shooting or passing skill</p> <p>Coaching points: Same as above, confidence to use in a game</p> <p>Progressions: Free play no restrictions</p>

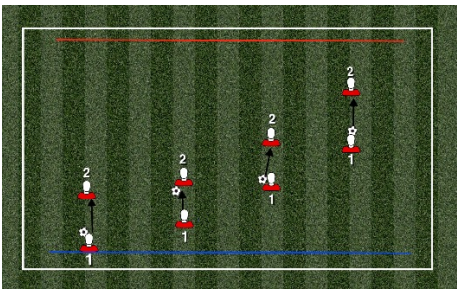

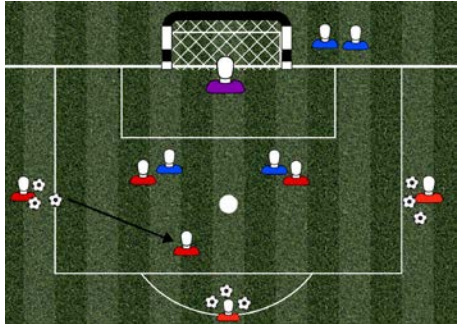
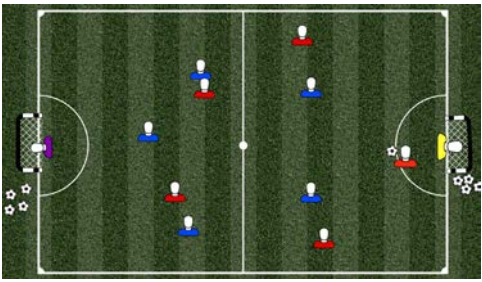


2-11 – Shooting: the different types

<p>1</p> 	<p>Set up: players work in a gap 5 yards wide. 10 yards long. 1 ball between 2. 10-15 mins (approx. 3mins side, 3mins laces & 6 mins volleys). When doing volleys partner will throw the ball in the air to foot and player will adjust to volley back aiming for partners chest</p> <p>Objective: recap on side foot passing (accuracy shooting), recap of laces passing (power shooting), introduce the volley</p> <p>Coaching points: make sure players are stepping forward and into the pass to ensure control of the ball. Lean forward to keep ball down. Technique: plant foot next to ball facing partner, shoulders and hips facing, follow through towards partner</p> <p>Progressions: allow the 'full' volley buy taking away the bounce after releasing ball from hands</p>
<p>2</p> 	<p>Set up: poles in goal so players can work on heading ball into the corner, group of balls either side of post (if only one coach work on one side at a time) players start 15 yards out from goal line and 5 yards outside of goal post. Run in and work on specific type of shot into specific corner (chosen by coach) -15-20mins</p> <p>Objective: make good decision with what part of foot to use when shooting and be able to direct the ball into specific areas of the ball while running onto the ball</p> <p>Coaching points: body shape, adjusting to the service, follow through, use momentum for balance and control, lean forward</p> <p>Progressions: Right foot, left foot shots. Changing side of the goal to shoot at. Change service from floor to bouncing ball for a volley. Change side of which players are attacking the ball from. Fun game: once player heads the ball they become the goalkeeper and opposite team tries to score.</p>
<p>3</p> 	<p>Set up: 2 lines on edge of box and a GK in goal, ball each, chase ball and go to back of opposite line. Start with back to goal (up against dummy/poles). Receive pass and turn with ball to shoot. Person who passed now takes starting position against dummy. Alternate which side goes -20 minutes</p> <p>Objective: focusing on turning with and without the ball to then shoot at goal</p> <p>Coaching points: shots need to be on target, turn quick with minimal touches to ensure game speed likeness, decisions on power vs accuracy, good adjustment after turn to help technique</p> <p>Progressions: can 1-2 with passer and receive ball in behind, change dummy with actual defenders. Competition: stay on one side and see in 3 minutes which side can score the most goals, swap sides and play again</p>
<p>4</p> 	<p>Set up: 20x35yards, 3 teams, first team too 1 goal wins, winner stays on - 25mins.</p> <p>Objective: create lots of goal scoring opportunities due to always being so close to the goal, not afraid to take a shot if given space and lots of competition, making good decision with the type of shoot that is needed</p> <p>Coaching points: takes shots, keep shots low and on target, aim for the corners,</p> <p>Progressions: 2 goals to win a game, limit touches to 3 to decrease dribbling (if needed)</p>

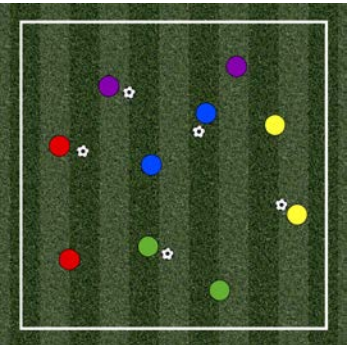
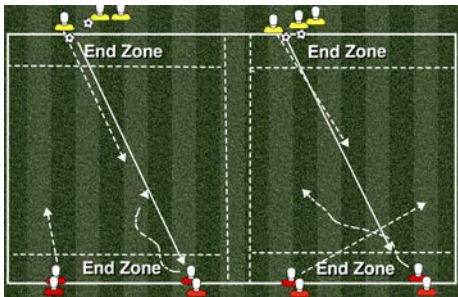
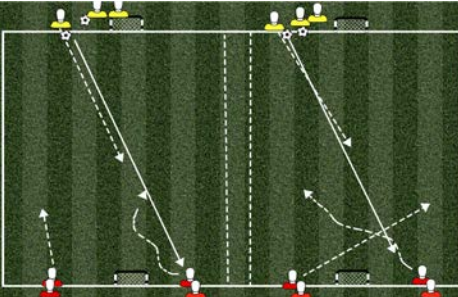


2-12 - Decision making when shooting

<p>1</p> 	<p>Set up: Blue line of cone & red lin. Players start on blue & work to red, and then work back. Work with a partner, 1 ball per pair trying to stay about 5 yards apart. Partner 1 passes the ball forward to 2, who has to adjust feet and control the ball killing the ball for 1 to pass again. Moving from blue line to red line and then switch roles, going from red to blue -10-15 mins</p> <p>Objective: warm feet up and get body adjusting in order to get the ball out of feet to get shots off</p> <p>Coaching points: quick feet, on toes, adjusting body, good control of ball when receiving the pass</p> <p>Progressions: use only left foot, only right foot, partner can pick ball up and do volleys back to chest; inside and laces</p>
<p>2</p>  <p>A B</p>	<p>Set up: A) GK in goal, Defenders behind goal ready to sub in, defenders should defend 5 times before subbed. Attackers 25 yards away from goal- where they pass the ball in into the striker doing the 1v1. Set 2 cones at a time for attackers to start on, -10mins B) GK in goal, defenders pass the ball to attackers who dribble forward and take on defender looking to get shot off and score. New attacker and defender each time. -10mins</p> <p>Objective: Improve individual ability to dribble at goal and get shots off, choosing the right kind shot as different situations arise.</p> <p>Coaching points: speed of play, space to shoot, type of shot; where GK is and where attacker is, decision on power vs accuracy</p> <p>Progressions: natural progressions as compete against different players each turn</p>
<p>3</p> 	<p>Set up: GK in goal, split attackers and defenders. 3 attacker vs 2 defenders. 3 starting points numbered 1,2 & 3, coach calls out 1,2 or 3 and they pass a ball in to attackers who try to score. 3 minute timed rounds. Swap attackers and defenders over</p> <p>Objective: create goal scoring opportunities using the extra player, make good decisions when shooting</p> <p>Coaching points: is there another player in a better position to score? Speed of play, space to shoot, type of shot; where GK is and where attacker is, decision on power vs accuracy</p> <p>Progressions: natural progressions as compete against different players each turn. Make a competition attackers vs defender, in 3 minutes attackers need to score 5 goals</p>
<p>4</p> 	<p>Set up: 20x35yards, 3 teams, first team too 1 goal wins, winner stays on - 25mins.</p> <p>Objective: create lots of goal scoring opportunities due to always being so close to the goal, not afraid to take a shot if given space and lots of competition, making good decision with the type of shoot that is needed</p> <p>Coaching points: takes shots, keep shots low and on target, aim for the corners,</p> <p>Progressions: 2 goals to win a game, limit touches to 3 to decrease dribbling (if needed)</p>

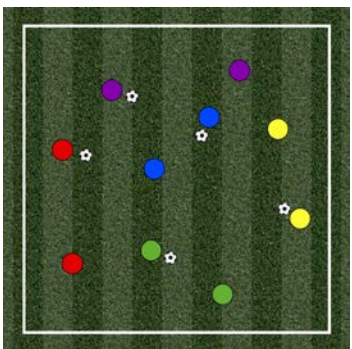
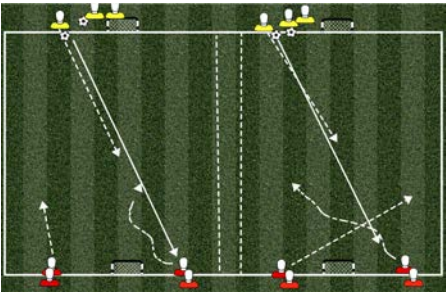
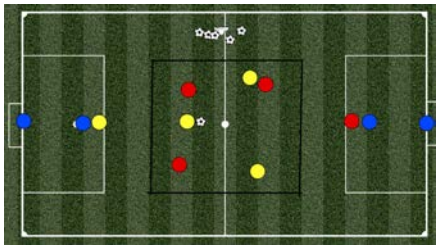


2-13 – 2 v 1 attacking

<p>1</p> 	<p>Set up: 25x25 yard grid, pair up & 1 ball between 2 players. Passing ball to each other must take 5 touches, 5th touch is a pass. -10-15mins</p> <p>Objective: get used to working as 2 and different options that are available such as overlaps, 1-2s and takes</p> <p>Coaching points: communication, quality of passing, weight and speed of passes, realistic game speeds</p> <p>Progressions: Allow passing to happen and then randomly shout go, player without ball freezes and partner overlaps before receiving. Players are passing back and forth on coaches say they perform a 1-2 at speed and into space. Players are passing coaches call and players perform a 'take' move.</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides. 2 attackers vs 1 defender. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to dribble into end zone has have control of ball for a point. Switch roles of groups of players both attacking and defending twice. -15-20mins</p> <p>Objective: to use the take, 1-2 and overlap with partner or use partner as a decoy using speed or skill to beat the defender</p> <p>Coaching points: communication, quality of passing, weight and speed of passes, realistic game speeds, confidence to try new things, penetrate space with and without the ball</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: 15x20 grid with pug goals (or cones) to score in both ends. 2 attackers vs 1 defender. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to try and score in the pug/cones. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: to beat the defender to score a goal, using teammate as a dummy for individual success or working together with passing and movement to score a goal</p> <p>Coaching points: to use the take, 1-2 and overlap with partner or use partner as a decoy using speed or skill to beat the defender, create space, penetrate space, speed of play, smart decision making</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: game situations where players double up on defenders and create a goal scoring opportunity through the use of takes, 1-2s, overlap of using the run of teammate as a dummy</p> <p>Coaching points: Same as above, confidence to use in a game</p> <p>Progressions: Free play no restrictions</p>

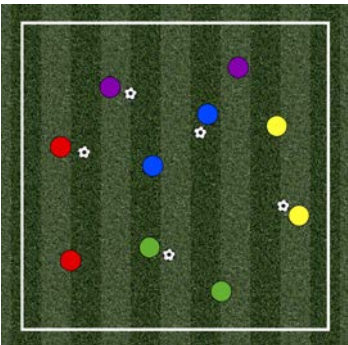
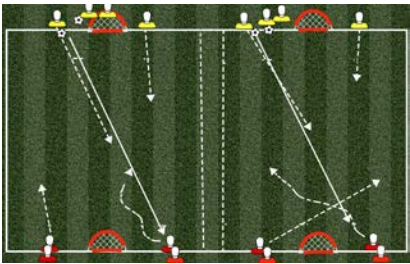



2-14 – 2 v 1 attacking to goal

<p>1</p> 	<p>Set up: 25x25 yard grid, pair up & 1 ball between 2 players. Passing ball to each other must take 5 touches, 5th touch is a pass. -10-15mins</p> <p>Objective: get used to working as 2 and different options that are available such as overlaps, 1-2s and takes</p> <p>Coaching points: communication, quality of passing, weight and speed of passes, realistic game speeds</p> <p>Progressions: Allow passing to happen and then randomly shout go, player without ball freezes and partner overlaps before receiving. Players are passing back and forth on coaches say they perform a 1-2 at speed and into space. Players are passing coaches calls and players perform a 'take' move.</p>
<p>2</p> 	<p>Set up: 15x20 grid with pug goals (or cones) to score in both ends 2 attackers vs 1 defender. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to try and score in the pug/cones. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: to beat the defender to score a goal, using teammate as dummy for individual success or working together with passing and movement to score a goal</p> <p>Coaching points: to use the take, 1-2 and overlap with partner or use partner as a decoy using speed or skill to beat the defender, create space, penetrate space, speed of play, smart decision making</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: 20x20 yards grid in the middle of 60x30 pitch (3v3 or 4v4 +1) in the middle grid). 2 goals, 2 GKs and attacker vs defender on each of each box. Coach starts with balls on the side. Players in middle need to make 4 passes before passing to there attack and any 1 player can join the attack to make a 2v1 too goal. -20-25mins</p> <p>Objective: be able to possess the ball and then make a good pass forward to attacker of which 1 player can support and help create goal scoring chance with a 2v1</p> <p>Coaching points: Same as above, decision making, technique of passing and receiving the ball, awareness, speed of play, support, penetrating runs with/without the ball</p> <p>Progressions: limit touches in the middle, make a timed competition (5mins) punishment for the losers (10 pushups, 10 sit ups). Repeat</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: game situations where players double up on defenders and create a goal scoring opportunity through the use of takes, 1-2s, overlap of using the run of teammate as a dummy</p> <p>Coaching points: Same as above, confidence to use in a game</p> <p>Progressions: Free play no restrictions</p>



2-15 – 2 v 2 attacking to goal

<p>1</p> 	<p>Set up: 25x25 yard grid, pair up & 1 ball between 2 players. Passing ball to each other must take 5 touches, 5th touch is a pass. -10-15mins</p> <p>Objective: get used to working as 2 and different options that are available such as overlaps, 1-2s and takes</p> <p>Coaching points: 3rd time players have done this warm up- should see real progress and confidence in what they are doing, communication, quality of passing, weight and speed of passes, realistic game speeds</p> <p>Progressions: Limit touches for players 3 and then 2 touch only. Players must receive the ball through a split forcing the movement of players to be alert. Allow passing to happen and then randomly shout go, player without ball freezes and partner overlaps before receiving. Players are passing back and forth on coaches say they perform a 1-2 at speed and into space. Players are passing coaches calls and players perform a 'take' move.</p>
<p>2</p> 	<p>Set up: 15x20 grid with pug goals (or cones) to score in both ends. 2 attackers vs 2 defender. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to try and score in the pug/cones. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: improve the ability to beat the defenders using penetrating runs, dribbling and passing with good mobility on and off the ball</p> <p>Coaching points: speed of play, implement the skills that have been taught throughout the season, confidence to try things, don't force play, look for space and exploit it if there is any</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: GK in goal, defenders either side of posts, pass the ball to attackers who dribble forward and take on 2 defenders (who have followed in after pass) looking to get shot off and score. New attackers and defenders each time. Attackers start 15 yards apart 25 yards away from the goal. -15mins</p> <p>Objective: get shots away vs a keeper after finding space in a 2v2 situation in the box, score goals</p> <p>Coaching points: speed of play, implement the skills that have been taught throughout the season, confidence to try things, don't force play, look for space and exploit it if there is any</p> <p>Progressions: Alter where attackers start from around the outside of the box can put both to right/left of center (game isn't always well balanced symmetrically) making more game realistic.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: game situations where players double up on defenders and create a goal scoring opportunity through the use of takes, 1-2s, overlap of using the run of teammate as a dummy</p> <p>Coaching points: Same as above, confidence to use in a game, get shots on goal, SCORE!!!</p> <p>Progressions: Free play no restrictions</p>

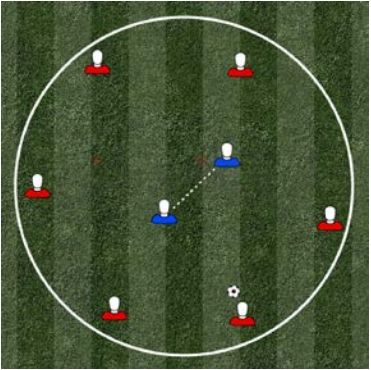
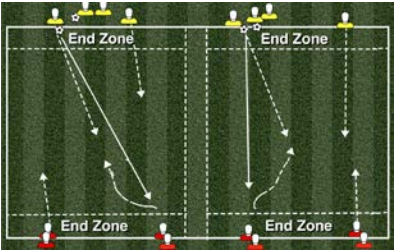
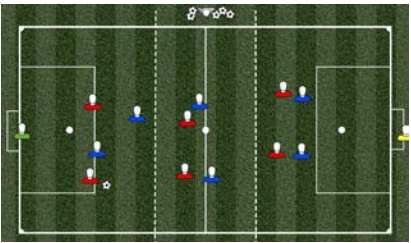


2-16 – 2 v 2 defending

<p>1</p> 	<p>Set up: 25x25 yards grid, player work in groups of 3, and 1 ball per group of 3. Passing the ball to each other. As players pass the ball to each other coach will shout go. Play on the ball will freeze with ball at their feet. Closest player will apply pressure and 2nd defender will give cover- once pressure and cover positions are found freeze so that coach can critique - 10-15mins</p> <p>Objective: apply the first 3 principles of defending; pressure, delay, and cover by working with a 2nd defender and using the correct approach to the ball from 1st defender</p> <p>Coaching points: angle of approach, speed of approach, communication from 1st and 2nd defender</p> <p>Progressions: pressure must be applied in relation to the nearest side of the grid (cutting the space off) forcing into 2nd defender and out of play</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides. 2 attackers vs 1 defenders. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to dribble into end zone has have control of ball for a point. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: improve 1st and 2nd defending in live situations, being aware that roles can change between 1st and 2nd defender depending on where the ball goes</p> <p>Coaching points: angle of approach, speed of approach, communication from 1st and 2nd defender, quick transition of roles between 1st and 2nd defender, alertness</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: 15x20 grid with pug goals (or cones) to score in both ends. 2 attackers vs 2 defender. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to try and score in the pug/cones. Switch roles of groups of players, both attacking and defending twice. - 15-20mins</p> <p>Objective: improve 1st and 2nd defending with a specific goal they are protecting, being aware that roles can change between 1st and 2nd defender depending on where the ball goes</p> <p>Coaching points: angle of approach relevant to teammate and the goal, blocking any angle of a shot on goal, speed of approach, communication from 1st and 2nd defender, quick transition of roles between 1st and 2nd defender, alertness</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>4</p> 	<p>Set up: 55x30 field, split into 3 sections. 20x30, 15x30, 20x30. GK's in goal with 2v2 in each section. Coach starts with the ball so he can feed the ball into different sections. Players cannot move from section to section they have to pass the ball into different sections</p> <p>Objective: always be in a 2v2 situation, working on the angles of approach and different types of defending as to where you are on field</p> <p>Coaching points: angle of approach relevant to teammate and the goal, blocking any angle of a shot on goal, speed of approach, communication from 1st and 2nd defender, quick transition of roles between 1st and 2nd defender, alertness</p> <p>Progressions: change the section of which the players are working in. Also make sure they come up against different opposition</p>

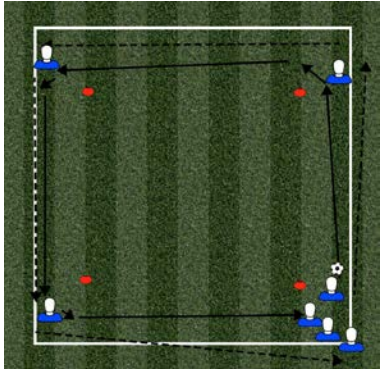
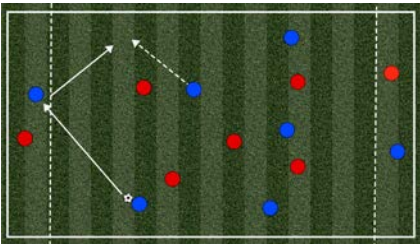
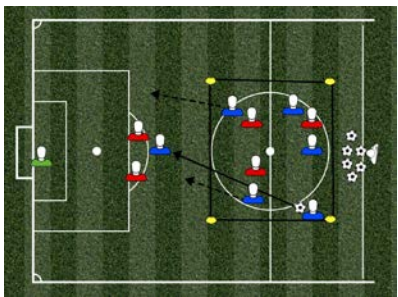


2-17 – 2 v 2 defending: Areas of the field

<p>1</p> 	<p>Set up: keep away. 6v2 (5v2,7v2 will work also) 1 ball. In a square or circle yards wide. Defenders in the middle as players try to possess the ball. Timed 90seconds defending see which pair has high number of passes against them.</p> <p>Objective: defenders work together to win the ball back, dictating where the ball goes due to their body shape and forcing an error with pressure</p> <p>Coaching points: angle of approach, speed of approach, communication from 1st and 2nd defender, quick transition of roles between 1st and 2nd defender, alertness</p> <p>Progressions: natural progressions as competitions changes. Can make it harder passing players and easier for defenders by limiting to 2 touches max</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides. 2 attackers vs 1 defenders. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to dribble into end zone has have control of ball for a point. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: improve 1st and 2nd defending in live situations, being aware that roles can change between 1st and 2nd defender depending on where the ball goes</p> <p>Coaching points: angle of approach, speed of approach, communication from 1st and 2nd defender, quick transition of roles between 1st and 2nd defender, alertness</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: 55x30 field, split into 3 sections. 20x30, 15x30, 20x30. GK's in goal with 2v2 in each section. Coach starts with the ball so he can feed the ball into different sections. Players cannot move from section to section they have to pass the ball into different sections</p> <p>Objective: always be in a 2v2 situation, working on the angles of approach and different types of defending as to where you are on the field</p> <p>Coaching points: angle of approach relevant to teammate and the goal, blocking any angle of a shot on goal, speed of approach, communication from 1st and 2nd defender, quick transition of roles between 1st and 2nd defender, alertness. Strikers should defend by cutting field in half and making play predictable for the midfielders. Midfielders should delay as much as possible and screen the ball into striker feet. Defenders should defend by forcing play away from the goal (wide) and always protecting the goal</p> <p>Progressions: change the section of which the players are working in. Also make sure they come up against different opposition</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible).</p> <p>Objective: game situations where players double up on defenders and create a goal scoring opportunity through the use of takes, 1-2s, overlap of using the run of teammate as a dummy</p> <p>Coaching points: Same as above, confidence to use in a game, get shots on goal, SCORE!!!</p> <p>Progressions: Free play no restrictions</p>

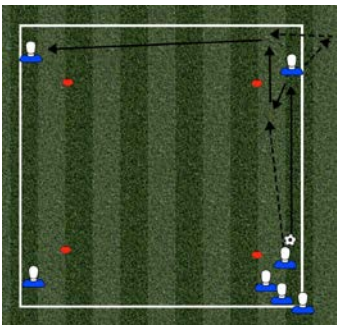
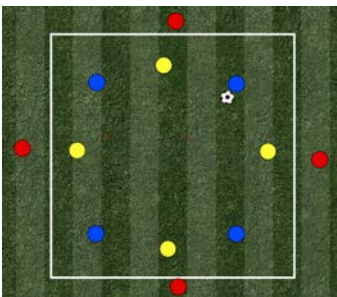
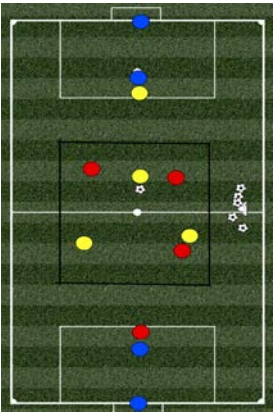


2-18 – Possession to goal

<p>1</p> 	<p>Set up: 10x10yard square. Set up multiple squares if needed, at least 5 players per square. Ball goes anti clockwise and you follow your pass. -10-15mins</p> <p>Objective: Improve touch-using direction; improve technique and ability to pass with accuracy. Make sure players are creating space to take touch</p> <p>Coaching points: passing technique: plant foot next to ball, head up looking at target, follow through. Check away from cone to create space for teammate to pass to you, take touch out in front you so that momentum can be used in control of the pass</p> <p>Progressions: Change to clockwise and encourage use of left foot – limit touches to 2 only. Race between 2 squares to pass the ball around the outside 5 times total.</p>
<p>2</p> 	<p>Set up: 25x40yard grid. 2 teams split evenly (possible to add a neutral player if numbers force it). Each team has a player in the end zone that cannot be tackled. End zone player is on two touches, ball is played into end zone and then must pass back to teammate who much turn/build play back up and go to the other end zone for a point -20mins</p> <p>Objective: possession based game to improve support to the player with the ball and the introduction of direction and changing point of attack</p> <p>Coaching points: mobility off the ball to support play, accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, speed of play, do not force play; make good decisions</p> <p>Progressions: limit touches in middle to 3 and then 2. Limit touches in end zones to 1- will force quicker support and movement into space.</p>
<p>3</p> 	<p>Set up: 20x25yards grid for passing, 2 defenders and 1 striker on edge of box, have to make 4 passes in the grid before a player can pass through to striker. 4v2 or 5v2 in attacking favor in the possession box. When ball is passed forward any 2 midfielders from the box join attack and make a 3v2 too goal -20mins</p> <p>Objective: team has to work hard on possessing the ball before playing forward and penetrating the space</p> <p>Coaching points: Same as above, use extra player with good passing to create goal scoring chance</p> <p>Progressions: Increase number of passes in the build up. Defender can start in open grid and no recovering defender.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: making good decisions on when to penetrate vs when to possess the ball. Focusing on the possession and how it can draw defenders out and create wholes for the attack to penetrate</p> <p>Coaching points: taking pictures and looking for space, know what to do with the ball before you receive it, quality technique of passing and receiving, penetrating runs, dribbles and passing when there is space, possession and good decisions (not forcing it) if not space</p> <p>Progressions: Free play no restrictions</p>



2-19 – Possession to goal II

<p>1</p> 	<p>Set up: 10x10yard square. Set up multiple squares if needed, at least 5 players per square. Ball goes anti clockwise and you follow your pass, combine with a 1-2 with player receiving long pass. Player must create space with movement for 2nd pass in a tight space (as shown by arrows in diagram) -10-15mins</p> <p>Objective: Improve touch-using direction; improve technique and ability to pass with accuracy. Make sure players are creating space to take touch, in order for player to possess the ball in open play they must be able to pass with quality</p> <p>Coaching points: speed of play, passing technique: plant foot next to ball, head up looking at target, follow through. Check away from cone to create space for teammate to pass to you, take touch out in front you so that momentum can be used in control of the pass</p> <p>Progressions: Change to clockwise and encourage use of left foot – limit touches to 1 only. Race between 2 squares to pass the ball around the outside 5 times total.</p>
<p>2</p> 	<p>Set up: 30x30yards grid, 8v4 – two teams will pair together to make the attacking team and 1 will be defenders. Attacking teams always start with the ball. Defending group with the highest total consecutive passes against them loose. Defenders may win ball and try to keep in order too waste time. 3 minute rounds, each team will defend twice -15-20 mins</p> <p>Objective: focus on the ability to connect passes as a team and utilize space, keeping the ball away from the opponents.</p> <p>Coaching points: speed of play, decision making; make it before receive the ball, awareness of space, movement of the ball, quality controlled passing, body shape</p> <p>Progressions: natural progression as competition changes in different rounds, limit touches to 2 so that players have to think, move and pass quicker</p>
<p>3</p> 	<p>Set up: 20x20 yards grid in the middle of 60x30 pitch (3v3 or 4v4 +1) in the middle grid). 2 goals, 2 GKs and attacker vs defender on each of each box. Coach starts with balls on the side. Players in middle need to make 4 passes before passing to the attack and any 1 player can join the attack to make a 2v1 too goal. - 20-25mins</p> <p>Objective: be able to possess the ball with movement and quality passing before making a good pass forward to attacker and supporting the play to take on defender 2v1 too goal.</p> <p>Coaching points: making sure the quality of penetrating pass to striker is good and at the right time. Speed of play, decision making; make it before receive the ball, awareness of space, movement of the ball, quality controlled passing, body shape</p> <p>Progressions: limit touches in the middle to 3 and then 2, make a timed competition who can score the most goals (3mins) punishment for the losers (10 pushups, 10 sit ups). Repeat. Add extra defender and 2 midfield runner can join attack making it 3v2</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: making good decisions on when to penetrate vs when to possess the ball. Focusing on the possession and how it can draw defenders out and create wholes for the attack to penetrate</p> <p>Coaching points: taking pictures and looking for space, know what to do with the ball before you receive it, quality technique of passing and receiving, penetrating runs, dribbles and passing when there is space, possession and good decisions (not forcing it) if not space</p> <p>Progressions: Free play no restrictions</p>



2-20 - Possession to goal III

<p>1</p>	<p>Set up: 10x10yard square. Set up multiple squares if needed, at least 5 players per square. Ball goes anti clockwise and you follow your pass to the next cone. Ball goes 2 forward 1 back, setting the ball back for player to come and hit a diagonal pass to next player (as seen in diagram) -10minutes</p> <p>Objective: improve passing while involving movements specific to games to get away from defender and passing balls different length as if to be 'playing through the lines' in a soccer game</p> <p>Coaching points: passing and receiving technique needs to be high quality, confident firm passes, communication to receive the ball, speed of play and passing needs to be game like</p> <p>Progressions: Change to clockwise and encourage use of left foot – limit touches to 1 only. Race between 2 squares to pass the ball around the outside 5 times total.</p>
<p>2</p>	<p>Set up: 35x25 grid, 4v4+2 (neutrals making it 6v4 to team in possession) 3 pug/cone goals each side for team to attack. Coach starts with the balls so can dictate who has possession and where it starts. -15-20mins</p> <p>Objective: possess the ball drawing defenders out and unbalancing them in an area to attack 1 of 3 goals.</p> <p>Coaching points: quick sharp passes, awareness of space, mobility off the ball to support play, accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, speed of play, do not force play make good decisions</p> <p>Progressions: limit touches too 3 and then 2</p>
<p>3</p>	<p>Set up: attack vs defense, use full size of half of game size field. GK in goal with back 4 (possible CDM #6) Coach has ball at dictates who starts with the ball. Attack is going to goal and if defense win ball they can go to goals marked on half way line with a pass into goal</p> <p>Objective: Build up play in positions that players use in a game, becoming familiar to options to possess the ball in a game</p> <p>Coaching points: quick sharp passes, awareness of space, mobility off the ball to support play, accuracy of pass, technique of pass, receiving the ball and get ball out of feet, open body to the play so eyes can see where you are turning, speed of play, do not force play make good decisions</p> <p>Progressions: add #6 so numbers are more equal, limit touches to enforce more passing</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 7v7 (game like as possible). Needs to be as big as possible (relative to game day size) so there is space to make passes.</p> <p>Objective: making good decisions on when to penetrate vs when to possess the ball. Focusing on the possession and how it can draw defenders out and create wholes for the attack to penetrate</p> <p>Coaching points: taking pictures and looking for space, know what to do with the ball before you receive it, quality technique of passing and receiving, penetrating runs, dribbles and passing when there is space, possession and good decisions (not forcing it) if not space</p> <p>Progressions: Free play no restrictions</p>



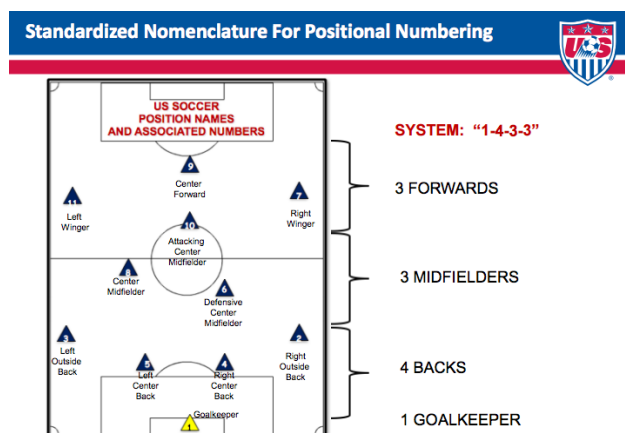
Phase 3

- Mastery of Technical Skills
- Decision Making – What, When, How, Why
- 1st, 2nd, & 3rd Attacker
- 1st, 2nd, & 3rd Defender
- Understanding of Soccer

Introduction to Phase 3

Phase 3 is geared for advanced players with U12+ soccer age, however coaches are cautioned to not use Phase 3 topics unless material from Phase 1 and Phase 2 has been previously covered. Phase 3 deals with the roles 1st, 2nd, and 3rd attackers and defenders with relation to the principles of play. Its also beneficial to the players to refer to positions as number, this should help their understanding of soccer due to roles and responsibilities, aiding them in the future.

Position	Short Hand	Number
Goal Keeper	GK	1
Right back	RB	2
Left back	LB	3
Right side Center Back	RCB	4
Left side Center Back	LCB	5
Central Defensive Midfielder	CDM	6
Central Midfield	CM	8
Central Attacking Midfielder	CAM	10
Right Forward/Right midfield	RW	7
Left Forward/Left Wing	LW	11
Striker/Forward	ST	9



Exercise Adjustments

Sessions are developed for 14-18 players. Do not be afraid to adjust dimensions of grids for the players to work in. You may need to adjust the size in order to make it easier or harder for players by creating more space or less space. Your job as a coach is to facilitate the session and at times adaptations will be needed due to ability and numbers available.

Delivering the session plan

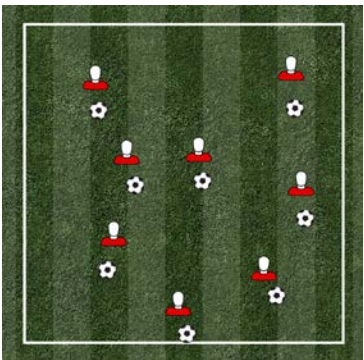
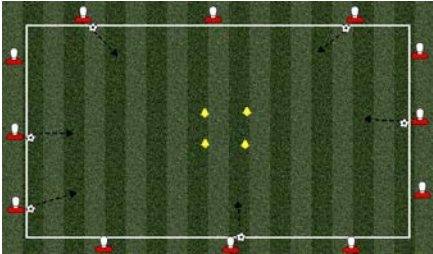
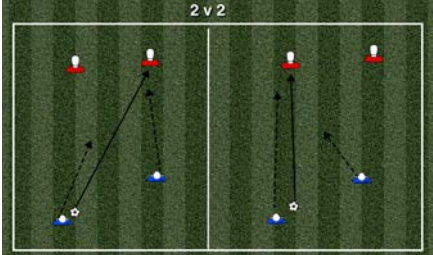
As explained in the introduction juggling is a quick easy way to work on many different aspects of soccer. Juggling should be used as a brief warm up and cool down. Water breaks should be given after each exercise and you the coach are to decide if the weather (heat) forces additional water breaks. Finally each session should conclude with a brief discussion as to what you worked on in the session to help the understanding for the players; none of this is considered in the session plan timing but do be sure to include.

Explaining the session plan

Throughout the phase many exercises are the same, however focus on the session objective and coaching points, as it is the topic and delivering by the coach of the topic that changes. One of the reasons for similar exercises is that as a coach and player you understand the set up along with less time wasted explaining and understanding the drill.

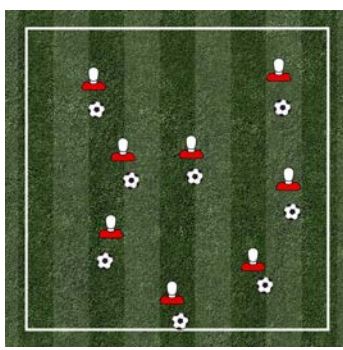
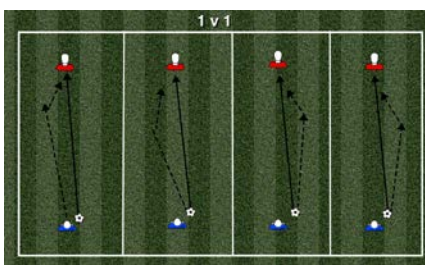
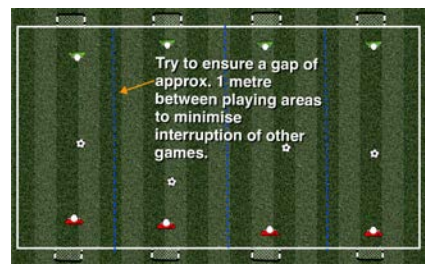


3-1 – Dribbling & foot skills: Creativity

<p>1</p> 	<p>Set up: 20 x 20 box (if large numbers increase size), each player has their own ball, go through different foot skills; toe taps, boxing, Cruyff, rake, drag back, scissors, double scissors, Maradona, allow players to try their own -10-15 mins.</p> <p>Objective: familiarize players with a soccer ball again, allow freedom to try new things and express their self with a ball</p> <p>Coaching points: creativity, use upper body to fake, speed of footwork, quality control of the ball, use foot skills to get out of trouble</p> <p>Progressions: King of the Ring! As players dribble own ball around they are looking to kick other balls outside the square. Once leaves square you are out</p>
<p>2</p> 	<p>Set up: 20 x 30 grid. 5 x 5 box in middle. ½ group has balls Players dribble towards box, then do selected move in the box before dribbling out and do a 'take' with spare player -15 mins</p> <p>Objective: Teach players a 'take' (where one player dribbles to another and gives them ball while dribbling- both players use left or right to avoid bumping) Add specific direction to dribbling, and tight area to do move in the middle</p> <p>Coaching points: Quality, Control, awareness, direction, head up, creativity, use of upper body when doing moves to fake, speed of play</p> <p>Progressions: change the 'move' in box, dribble with specific techniques: right or left only, boxing, toe taps,</p>
<p>3</p> 	<p>Set up: 15x20yard grids, multiple grids. Min 4 max 8 players per grid. Defenders start with ball pass to 1 of 2 attackers who then work together using passes and skills to get past defenders and dribble past end line. Attackers become defenders, defenders become attackers after each go -15mins</p> <p>Objective: to take positive touches forward and be creative in the foot skills or vision used in order to beat the defenders</p> <p>Coaching points: use skills and be confident speed of dribbling, control of ball, head up looking for space, creative vision for passing, create space with runs and passing (drawing defenders out)</p> <p>Progressions: Natural progression as competition will change. Introduce double point if foot skills are used and then player dribbles past end line</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: remember what it feels like to be in an open game where players have to make certain decisions</p> <p>Coaching points: focus on the ability to control the ball, be creative with individual moves and foot skills, taking pictures and looking for space, know what to do with the ball before you receive it,</p> <p>Progressions: Free play no restrictions, introduce points if quality foot skills are used in the game (as well as goals)</p>

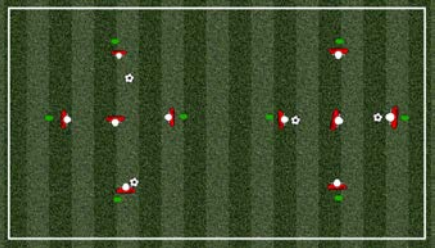
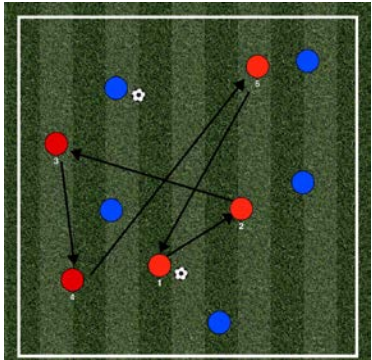
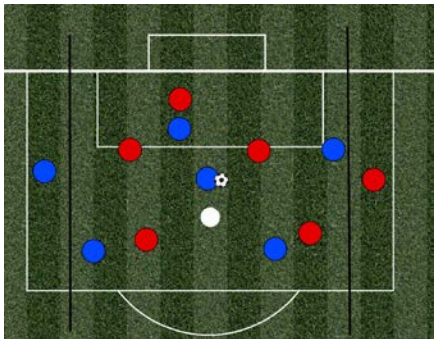


3-2 – 1 v 1 skills: Speed, Timing & Distance

<p>1</p> 	<p>Set up: 20 x 20 box (if large numbers increase size), each player has their own ball, go through different foot skills; toe taps, boxing, Cruyff, rake, drag back, scissors, double scissors, Maradona, allow players to try their own, coach calls out when to do moves; working on speed and reaction, 1-2 minutes work per skill -10-15 mins.</p> <p>Objective: To work on foot skills and be ready to execute moves on command</p> <p>Coaching points: creativity, use upper body to fake, speed of footwork, quality control of the ball, use skill to get out of trouble</p> <p>Progressions: number 3 of the moves and call 1,2, or 3 and call number for players to work on.</p>
<p>2</p> 	<p>Set up: 10x20 yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Working with partner, defender will pass to the attacker and attacker will dribble forwards, defender applies pressure and then tries to steal the ball and attacker trying to dribble past and past end line with ball under control. Switch roles after each go -15-20mins</p> <p>Objective: beat defender from making a good decision of using speed and/or timing of using certain skills at right distance to defender</p> <p>Coaching points: utilize space, creativity, engage defender with the right distance when attempting foot skills. Use upper body to fake, speed of footwork, quality control of the ball, use foot skills to get out of trouble</p> <p>Progressions: Shorter & longer distances for defender to apply pressure will work on different situations that might occur in a game. Natural progressions due to change of opponents</p>
<p>3</p> 	<p>Set up: 10x20 yard grids. Try to separate grids by 3 yards to no interruptions from grid to grid. Defender starts with ball and passes to attacker, attacker goes to goal and looks to score. 4+ per grid, continually switch roles after 1 rotation. Pugs/cones used so attacker has specific target to reach -25 mins</p> <p>Objective: Attacker takes the space effectively with speed or skills in order to get past the defender and then be able to score</p> <p>Coaching points: utilize space, creativity, engage defender with the right distance when attempting foot skills. Use upper body to fake, speed of footwork, quality control of the ball, use foot skills to get out of trouble</p> <p>Progressions: natural progressions as competition changes each round, make grids smaller so less space and quicker decisions are needed 10x15 yards</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: remember what it feels like to be in an open game where players have to make certain decisions</p> <p>Coaching points: focus on the ability to control the ball, be creative with individual moves and foot skills, taking pictures and looking for space, know what to do with the ball before you receive it,</p> <p>Progressions: Free play no restrictions, introduce points if quality foot skills are used in the game (as well as goals)</p>

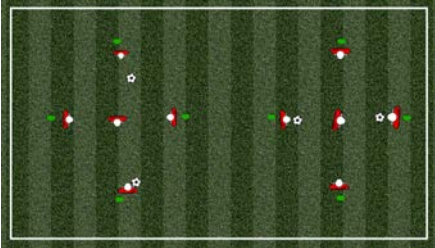
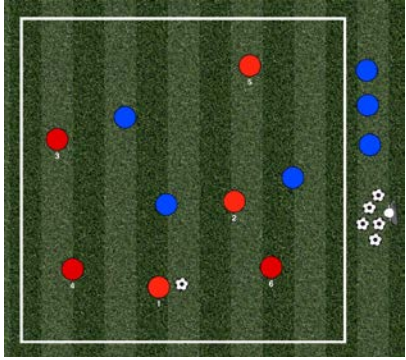
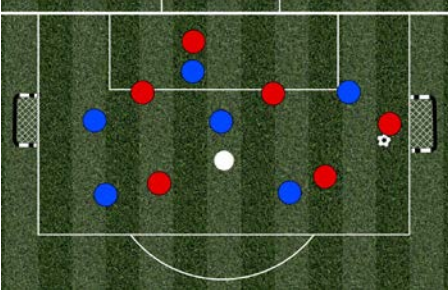


3-3 – Passing & receiving: Awareness

<p>1</p> 	<p>Set up: groups of 5-7, 1 player works in the middle 5 yards from each other player. Need at least 2 players free in each group. Player receives the ball turns to an open player and passes to them, then receives another ball and repeats. 1 minute working, each player works twice -15mins</p> <p>Objective: improving awareness as player must know where open player is, receive ball in direction of open player</p> <p>Coaching points: take pictures, clean passing, receive ball in direction of next pass, early decisions</p> <p>Progressions: Limit touches for 2nd round to 2 touches</p>
<p>2</p> 	<p>Set up: 25x25 yard grid. 2 groups number each other 1-6(or how many in group) 1 ball per group. 1 passes to 2, 2 passes to 3, ... then 6 passes to 1 and back through again. 3 touch max - 15-20 mins</p> <p>Objective: players make quick decisions on where the ball is going before they receive due to knowing where their teammates are</p> <p>Coaching points: quick early thinking, take pictures of what is around before receiving the ball, call for teammates to help their awareness good technique of passing, movement to receive the ball, clean touch out of feet before passing, awareness</p> <p>Progressions: add 2nd ball to increase the tempo and speed players most operate. Limit touches to 2, and then 1 if players moving well. As you limit touches start back at 1 ball only</p>
<p>3</p> 	<p>Set up: 20x30 grid with 5 yards for neutral players. split into two teams, players on the end zones play for both teams (neutral players). Once a team plays it to the end zone (either one) and receives it back they get a point, cannot go to the same end zone twice in a row. First team to 3 points win, play multiple games, fun punishment for losing side - 10-15mins</p> <p>Objective: possession based game were if player are alert and aware where team mates are and the space is they will be successful</p> <p>Coaching points: quick early thinking, take pictures of what is around before receiving the ball to make decisions, encourage quick passing, movement into space to receive the ball, awareness, support of the ball</p> <p>Progressions: limit touches to 3 and if possible 2</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: high speed of play in a game due to being aware of where teammates and space is and their fore being able to make quick decisions</p> <p>Coaching points: Same as above, confidence to implement fast decisions in game situations</p> <p>Progressions: Free play no restrictions, introduce points if quality foot skills are used in the game (as well as goals)</p>

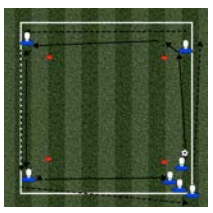
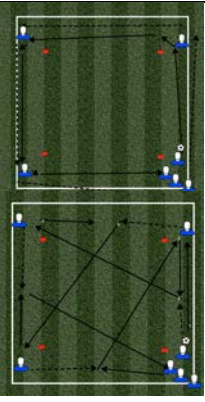
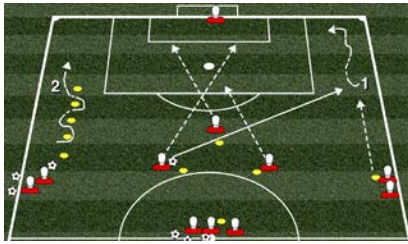
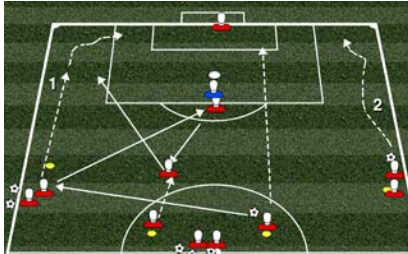


3-4 – Passing & receiving: Awareness II

<p>1</p> 	<p>Set up: groups of 5-7, 1 player works in the middle 5 yards from each other player. Need at least 2 players free in each group. Player receives the ball turns to an open player and passes to them, then receives another ball and repeats. 1 minute working, each player works twice</p> <p>Objective: improving awareness as player must know where open player is, receive ball in direction of open player</p> <p>Coaching points: take pictures, clean passing, receive ball in direction of next pass, early decisions</p> <p>Progressions: Limit touches for 2nd round to 2 touches</p>
<p>2</p> 	<p>Set up: 25x25 grid, 6v3 possession game. Team with 6 always starts with ball. Play for 3 minutes and see what highest total passes consecutively is. Rotate so the 3 become 6 and 6 become 3. There will be 4 rotations. Group of 3 with the highest consecutive passes against them loose and have punishment. Defending team can try to keep the ball to waste time or clear the ball out of grid -20-25 mins</p> <p>Objective: improvement speed of decision in making and where to pass the ball in relation to teammates and space</p> <p>Coaching points: quick early thinking, take pictures of what is around before receiving the ball, call for teammates to help their awareness good technique of passing, movement to receive the ball, clean touch out of feet before passing, awareness</p> <p>Progressions: have a second round for redemption where rounds last 2 minutes</p>
<p>3</p> 	<p>Set up: using an area 40x20yards. 2 goals with no goalkeepers. Split teams evenly, 7v7, use neutral player if odd numbers. Teams can score in either goal but must complete 5 passes first -20mins</p> <p>Objective: to possess the ball with good passing and then make a good decision on where there is space to exploit and score</p> <p>Coaching points: Decision-making, awareness of space, communication between teammates, speed of play, speed of thinking, quality of pass</p> <p>Progressions: enforce that passing must be head-catch-head-catch combinations, change teams if needed to increase competition, have short timed games with punishment for losing side</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: high speed of play in a game due to being aware of where teammates and space is and their fore being able to make quick decisions</p> <p>Coaching points: Same as above, confidence to implement fast decisions in game situations</p> <p>Progressions: Free play no restrictions, introduce points if quality foot skills are used in the game (as well as goals)</p>

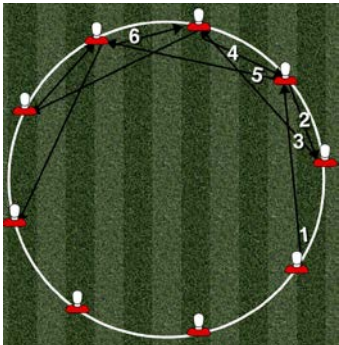
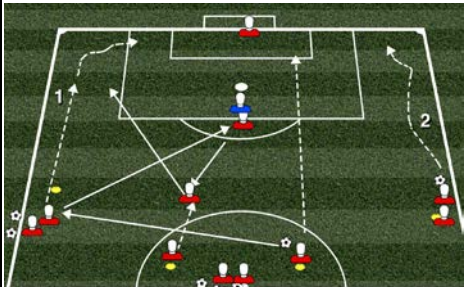
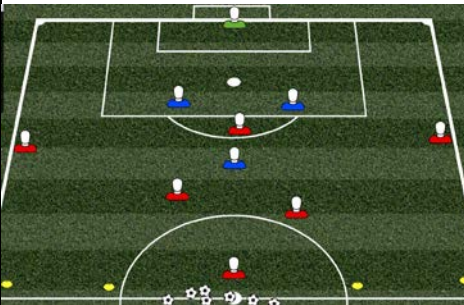


3-5 – Patterns of play to goal

<p>1</p> <p>B</p>  <p>A</p>  <p>C</p>	<p>Set up: 10x10 squares. At least 5 players per square, max 8. Anti-clockwise follow pass to the next cone, always pass on the outside of the square. A) Pass to player who takes a touch forward using back foot, which becomes lead foot. Then pass to next player. B) Pass forward then do 1-2 with player who creates space for your 2nd pass by movement as shown in diagram. C) Pass goes 2 forward 1 back, the back pass is a set for a longer diagonal ball; this pattern relates to playing through the 'lines' (in a formation- midfield sets for defender to play to striker) -15-20 mins (5+ mins per exercise)</p> <p>Objective: get used to passing in patterns and warm technique of passing and receiving up ready for rest of session</p> <p>Coaching points: quality of passing, checking for the ball away from cones (which simulate defenders)</p> <p>Progressions: natural progression as passing patterns get harder A-to-B-to-C, go clockwise to work on left foot</p>
<p>2</p> 	<p>Set up: using ½ of game size field (or close as possible to ensure game like spacing. GK in goal 2&7s on right, 3&11s on left. Other players passing in triangle, when a coach says they pass out to right side who receive the ball then dribbles and crosses. 3 players after passing attack the cross, then recycle runs for second cross from left after they have dribble through cones and crossed. -15mins</p> <p>Objective: improve ideas of possible movements and what players should be looking to do as they possess and where they can attack and how</p> <p>Coaching points: quality of passing, playing a game speed to make as game like as possible, make game movements of the ball, finish chances in the box, front post, back post and penalty box/edge must be covered with runs into box</p> <p>Progressions: add CB #4 or 5 to defend crosses and improve decision making of cross and runs in the box.</p>
<p>3</p> 	<p>Set up: ½ of game size field (or close as possible to ensure game like spacing. GK in goal 2&7s on right, 3&11s on left. Midfielders always pass back and forth before- Pattern; pass wide then into striker, set back to midfield, penetrating pass down the line for LW, cross into box. Then recycle attacking runs as RW dribble and cross the ball</p> <p>Objective: improve ideas of possible movements and what players should be looking to do as they possess and where they can attack and how</p> <p>Coaching points: quality of passing, playing a game speed to make as game like as possible, make game movements of the ball, finish chances in the box, front post, back post and penalty box/edge must be covered with runs into box</p> <p>Progressions: add 2nd CB so 3v2 for attacking crosses, start on opposite sides</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: implement the pattern, or similar to create goal scoring passing in a game</p> <p>Coaching points: same as throughout the session</p> <p>Progressions: Free play no restrictions</p>

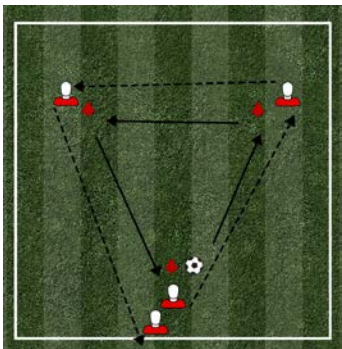
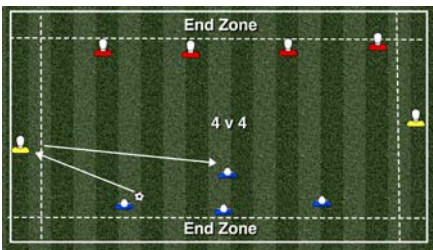
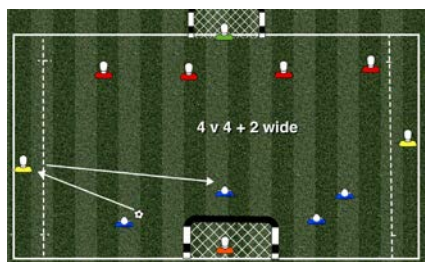


3-6 – Patterns of play to goal II

<p>1</p> 	<p>Set up: players in a circle, start with 1 ball, ball goes 2 forward 1 back, 2 forward 1 back continually around the circle. Have extra balls available -10-15mins</p> <p>Objective: improve passing ability, quick passing with good movement and in particular order</p> <p>Coaching points: communication to receive the ball, movement to create space, movement to check for the ball, technique & accuracy of pass</p> <p>Progressions: change the direction of which the ball is going around the circle. Slowly add more balls and see how many balls they can play with- increasing speed and accuracy players need to play with (3 balls for 10-12 is good)</p>
<p>2</p> 	<p>Set up: ½ of game size field (or close as possible to ensure game like spacing. GK in goal 2&7s on right, 3&11s on left. Midfielders always pass back and forth before- Pattern; pass wide then into striker, set back to midfield, penetrating pass down the line for LW, cross into box. Then recycle attacking runs as RW dribble and cross the ball -15-20mins</p> <p>Objective: improve ideas of possible movements and what players should be looking to do as they possess and where they can attack and how</p> <p>Coaching points: quality of passing, playing a game speed to make as game like as possible, make game movements of the ball, finish chances in the box, front post, back post and penalty box/edge must be covered with runs into box</p> <p>Progressions: add 2nd CB so 3v2 for attacking crosses, start on opposite sides</p>
<p>3</p> 	<p>Set up: Attack vs Defense, using ½ game field for correct spacing. Using #4,5 & 6 as defenders vs #6,8,10,7,11 & 9 (as shown in diagram) Coach starts with ball passing into particular players to start different passing patterns. Attackers going to goal, defender can pass or dribble though wide coned target. -15-20mins</p> <p>Objective: improve the ability for the midfield to link up with the attack, using passing patterns (or similar) as too what has been worked on</p> <p>Coaching points: quality of passing, playing a game speed to make as game like as possible, make game movements of the ball, finish chances in the box, front post, back post and penalty box/edge must be covered with runs into box</p> <p>Progressions: add #2&3 for defense, limit touches for attackers to encourage passing over dribbling</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: implement the pattern, or similar to create goal scoring passing in a game</p> <p>Coaching points: same as throughout the session</p> <p>Progressions: Free play no restrictions</p>

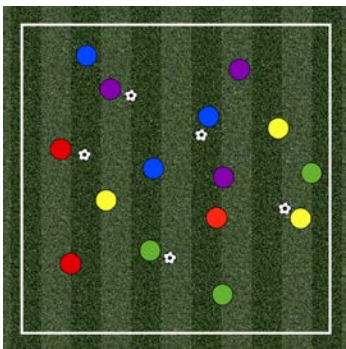
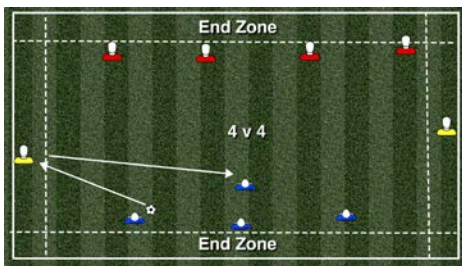
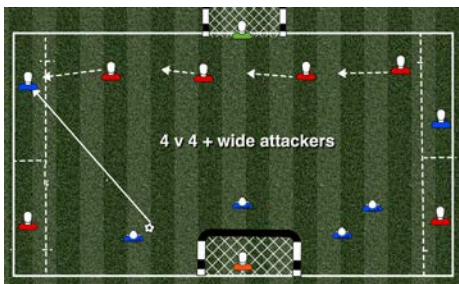


3-7 – Attacking using wide play

<p>1</p> 	<p>Set up: 10x10 triangle, 4-5 players, 1 ball, passing anti clockwise, take touch out of feet and follow pass. -10mins</p> <p>Objective: warming up passing ability to help with quickly passing wide later in the session. Working on movement into space and taking a positive touch out of feet in a sharper harder turn than previously worked on.</p> <p>Coaching points: angle to receive the ball, footwork to adjust body to receive the ball, checking away from the cone to receive the ball, touch out of feet and accurate passing</p> <p>Progressions: change direction to clockwise; working predominantly of left foot. Limit touches to 2</p>
<p>2</p> 	<p>Set up: 20x30 grid with 5-yard end zone both ends and 5-yard zone on sides for neutral wide players. 4v4 in middle. Coach has balls so he can dictate who and where the ball starts. Have to pass to wide players twice before dribble or receiving ball in the end zone. Attack only in one direction. -15-20mins</p> <p>Objective: involve wide players to suck defenders out causing them to be unbalance or create space between defender and then penetrate the holes that are created</p> <p>Coaching points: possession, width, speed of play, awareness, penetrating runs/passes/dribbles, mobility</p> <p>Progressions: limit touches to 3 and then 2 when passing to increase the speed of which players are playing</p>
<p>3</p> 	<p>Set up: 20x30 grid with 5-yard zone on sides for neutral wide players. 4v4 in middle. Coach has balls so he can dictate who and where the ball starts. Have to pass to wide players twice before dribble or receiving ball in the end zone. Attack only in one direction. -15-20mins</p> <p>Objective: taking aware end zone to dribble to and adding a goal so now when the holes in the back 4 are made by using width penetrate and score goals like you would in a game</p> <p>Coaching points: possession, width, speed of play, awareness, penetrating runs/passes/dribbles, mobility, create goal scoring chances</p> <p>Progressions: limit touches to 3 and then 2 when passing to increase the speed of which players are playing</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: to utilize the width of the field making it hard for the defenders to be compact and take away spaces to attack</p> <p>Coaching points: focus on the ability to get the ball wide early forcing the defense to react and then penetrate the whole create by their shift to the ball, switch of play, speed of play, awareness, penetrating runs/passes/dribbles, mobility.</p> <p>Progressions: Free play no restrictions, take away free zone</p>



3-8 – Defending against wide play

<p>1</p> 	<p>Set up: 25x25 yards grid, player work in groups of 3, and 1 ball per group of 3. Passing the ball to each other. As players pass the ball to each other coach will shout go. Play on the ball will freeze with ball at their feet. Closest player will apply pressure and 2nd defender will give cover- once pressure and cover positions are found freeze so that coach can critique -10-15mins</p> <p>Objective: apply the first 3 principles of defending; pressure, delay, and cover by working with a 2nd defender and using the correct approach to the ball from 1st defender</p> <p>Coaching points: angle of approach, speed of approach, communication from 1st and 2nd defender</p> <p>Progressions: pressure must be applied in relation to the nearest side of the grid (cutting the space off) forcing into 2nd defender and out of play</p>
<p>2</p> 	<p>Set up: 20x30 grid with 5-yard end zone both ends and 5-yard zone on sides for neutral wide players. 4v4 in middle. Coach has balls so he can dictate who and where the ball starts. Have to pass to wide players twice before dribble or receiving ball in the end zone. Attack only in one direction. -15-20mins</p> <p>Objective: work on the pressure, balance and cover from 1st, 2nd and 3rd defenders</p> <p>Coaching points: pressure, angle of approach, cover, balance, speed, communication, compactness, awareness, switching of roles as the ball moves</p> <p>Progressions: limit touches to 3 and then 2 when passing to increase the speed of which players are playing; making it harder for defenders</p>
<p>3</p> 	<p>Set up: 20x30 grid with 5 yard zones on side for 7&11 on each team to be high and wide giving attacking option. 4v4 in middle. Coach has balls so he can dictate who and where the ball starts</p> <p>Objective: high and wide 7&11s for both team will force quick recovery runs and force quick organization from defense</p> <p>Coaching points: Recovery runs, organization, communication, pressure, angle of approach, cover, balance, speed, communication, compactness, awareness, switching of roles as the ball moves,</p> <p>Progressions: limit touches to 3 and then 2 when passing to increase the speed of which players are playing; making it harder for defenders</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: to apply principles of defending in game situations</p> <p>Coaching points: recovery runs, organization, communication, pressure, angle of approach, cover, balance, speed, communication, compactness, awareness, switching of roles as the ball moves,</p> <p>Progressions: Free play no restrictions, take away free zone</p>

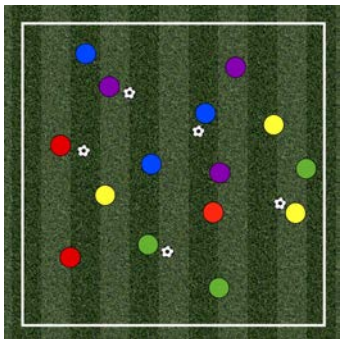
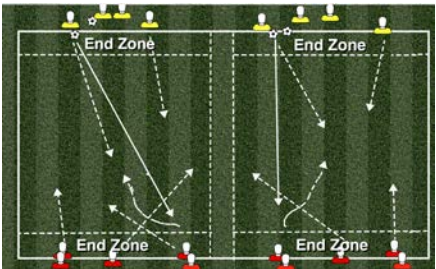
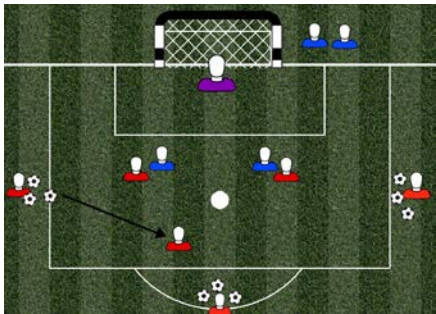


3-9 – 2 v 1 attacking: Space

<p>1</p> 	<p>Set up: 20 x 20 box (if large numbers increase size), each pair has a ball, passing with partner after working on a move, go through different foot skills; Cruyff, rake, drag back, scissors, double scissors, Maradona, allow players to try their own, coach calls out when to do moves; working on speed and reaction, 1-2minutes work per skill -10-15 mins.</p> <p>Objective: To work on foot skills that can be used to beat defenders, get warmed up to passing with teammate</p> <p>Coaching points: creativity, use upper body to fake, speed of footwork, quality control of the ball, use foot skills to get out of trouble</p> <p>Progressions: number 3 of the moves and call 1,2, or 3 and call number for players to work on.</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides 4-8 players per grid. 2 attackers vs 1 defender. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to dribble into end zone has have control of ball for 1 point. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: to use the take, 1-2 and overlap with partner or use partner as a decoy using speed or skill to beat the defender</p> <p>Coaching points: communication, quality of passing, weight and speed of passes, realistic game speeds, confidence to try new things penetrate space with and without the ball, support the ball</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: GK in goal, defenders lined up on side of post, pass the ball to attackers who dribble forward and take on the defender (who has followed in after pass) looking to get shot off and score. New attackers and defender each time. Attackers start 15 yards apart 25 yards away from the goal. -15-20mins</p> <p>Objective: get shots away vs a keeper after finding space in a 2v1 situation in the box, score goals</p> <p>Coaching points: communication, speed of play, implement the skills that have been taught throughout the season, confidence to try things, don't force play, look for space and exploit it if there is any</p> <p>Progressions: Alter where attackers start from around the outside of the box can put both to right/left of center (game isn't always balanced symmetrically) making more game realistic.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: support team mates in the attack and look to create 2v1 situations to beat the defenders</p> <p>Coaching points: same as throughout the session</p> <p>Progressions: Free play no restrictions</p>

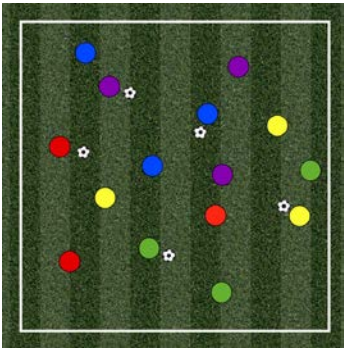
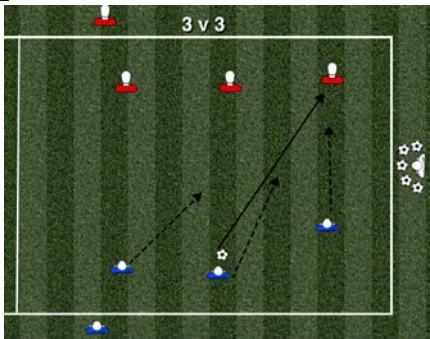
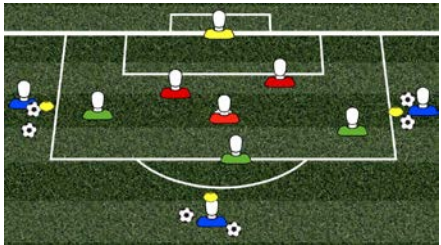


3-10 – 3 v 2 attacking: Space

<p>1</p> 	<p>Set up: 25x25 yards grid, player work in groups of 3, and 1 ball per group of 3. Passing the ball to each other. As players pass the ball to each other coach will shout go. Play on the ball will freeze with ball at their feet (1st attacker). Closest player (2nd Attacker) will overlap and 3rd attacker will give depth by finding space to receive the ball. Freedom to players to try moves as they pass waiting for coaches signal -10-15mins</p> <p>Objective: 1st 2nd and 3rd attackers get used to working together to implement some of the principles of attack; creativity, mobility, depth.</p> <p>Coaching points: be creative with skills and passing, quality of passing, movement for teammates,</p> <p>Progressions: work on 'takes'; 1st attacker with the ball, 2nd attacker taking the ball and 3rd offering depth.</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides 4-8 players per grid. 3 attackers vs 2 defenders. Defenders start with the ball and pass to 1 of 3 attackers, who then work together to dribble into end zone has have control of ball for 1 point. Switch roles of groups of players, both attacking and defending twice. -15-20min</p> <p>Objective: to use the take, and overlap with teammates or use partner as a decoy using speed or skill to beat the defender</p> <p>Coaching points: communication, quality of passing, weight and speed of passes, realistic game speeds, confidence to try new things, penetrate space with and without the ball, support the ball</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: GK in goal, split attackers and defenders. 3 attacker vs 2 defenders. 3 starting points numbered 1,2 & 3, coach calls out 1,2 or 3 and they pass a ball in to attackers who try to score. 3 minute timed rounds. Swap attackers and defenders over</p> <p>Objective: create goal scoring opportunities using the extra player, make good decisions when shooting</p> <p>Coaching points: continue to use previous exercise points, adding: is there another player in a better position to score? Speed of play, space to shoot, type of shot; where GK is and where attacker is, decision on power vs accuracy</p> <p>Progressions: natural progressions as compete against different players each turn. Make a competition attackers vs defender, in 3 minutes attackers need to score 5 goals</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: support team mates in the attack and look to create 2v1 and 3v2 situations to beat the defenders</p> <p>Coaching points: same as throughout the session</p> <p>Progressions: Free play no restrictions</p>

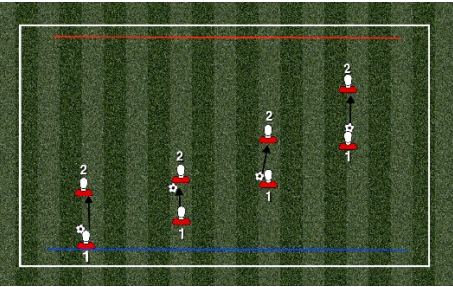
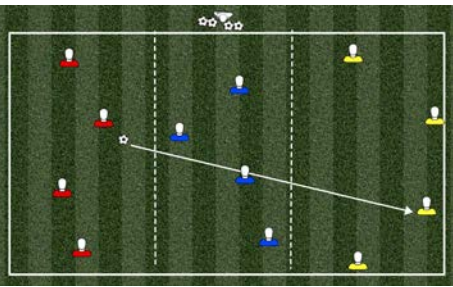



3-11 - 3 v 3 attacking: Speed

<p>1</p> 	<p>Set up: 25x25 yards grid, player work in groups of 3, and 1 ball per group of 3. Passing the ball to each other. As players pass the ball to each other coach will shout go. Play on the ball will freeze with ball at their feet (1st attacker). Closest player (2nd Attacker) will overlap and 3rd attacker will give depth by finding space to receive the ball. Freedom to players to try moves as they pass waiting for coaches signal -10-15mins</p> <p>Objective: 1st 2nd and 3rd attackers get used to working together to implement some of the principles of attack; creativity, mobility, depth.</p> <p>Coaching points: be creative with skills and passing, quality of passing, movement for teammates,</p> <p>Progressions: work on 'takes'; 1st attacker with the ball, 2nd attacker taking the ball and 3rd offering depth.</p>
<p>2</p> 	<p>Set up: 25x30yard grid, 3x3 to dribble past end line under control, to get a point. First team to 3 points, losing team as punishment (i.e. 10 push ups) Coach starts with the ball and passes it in. Possible to add a neutral if possession team needs an extra option</p> <p>Objective: utilizing space with speed with and without the ball, could be a penetrating run to receive a pass and a quick pass or dribble with speed into space.</p> <p>Coaching points: awareness of space, do not force play, build up using team mates and penetrate when space appears. 1st, 2nd and 3rd attackers all play a role- width, depth, creativity, mobility</p> <p>Progressions: Natural progression as competition will change.</p>
<p>3</p> 	<p>Set up: GK in goal, split into team of 3's and rotate through roles; attacking, defending, passing (resting-depending on numbers). 3 attacker vs 3 defenders. 3 starting points numbered 1,2 & 3, coach calls out 1,2 or 3 and they pass a ball in to attackers who try to score. 3 minute timed rounds. Swap attackers and defenders over</p> <p>Objective: create goal scoring opportunities through speed of play, and effective attacking with 3 players unbalancing the defense and create holes to attack</p> <p>Coaching points: continue to use previous exercise points, adding: is there another player in a better position to score? Speed of play, space to shoot, type of shot; where GK is and where attacker is, decision on power vs accuracy</p> <p>Progressions: natural progressions as compete against different players each turn. Punishment for any set of defenders who conceded 4+ goals</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: support team mates in the attack and look to create 2v1 and 3v2 situations to beat the defenders by unbalancing area of field with overloading players</p> <p>Coaching points: same as throughout the session</p> <p>Progressions: Free play no restrictions</p>

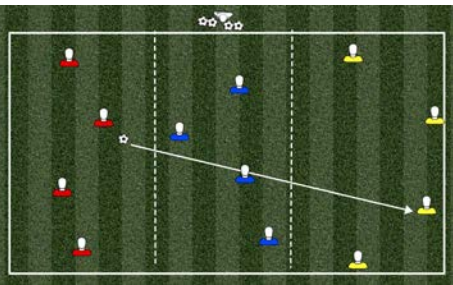
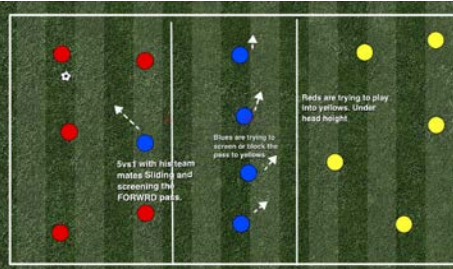



3-12 - Defending as a unit

<p>1</p> 	<p>Set up: 35yrd gap from blue line to red line. 'Jockeying' working with a partner from blue line to red line, then switch roles to come back. 1 ball between two players. Partner 2 (or player moving backwards) is the player jockeying while partner 1 dribbles -10mins</p> <p>Objective: warm up and improve the body shape and angle of defender so they can dictate where the attacker goes- constantly changing and getting used to dictating</p> <p>Coaching points: Angle of body, down low with knees bent, on tip toes, side on approach; forcing attacker to go in certain direction, arm out to judge distance and help with balance, speed of which they are moving and adjusting</p> <p>Progressions: introduce stealing of the ball (players cant kick the ball away- they must give it straight back)</p>
<p>2</p> 	<p>Set up: 20x30 yard grid, split into 20x10, 20x10, and 20x10. Middle group is the team working, Red pass the ball to each other forcing blue players to apply Pressure & then give cover & balance. Red is trying to pass the ball on the floor through gaps in the blue defense. -15-20mins</p> <p>Objective: Improve team work ability to quickly switch roles between 1st, 2nd and 3rd defender as they apply the principles of defending together</p> <p>Coaching points: communication, speed, alertness, angle of approach, body shape, pressure, cover, balance, compactness</p> <p>Progressions: natural progression as if a pass is intercepted they then become the middle team. Limit touches to 2 and then 1 for teams who are passing: forcing the speed of play to increase and middle team to work harder.</p>
<p>3</p> 	<p>Set up: Attack vs Defense, using ½ game field for correct spacing. Using #4,5 & 6 as defenders vs #6,8,10,7,11 & 9 (as shown in diagram) Coach starts with ball passing into particular players to start different passing patterns. Attackers going to goal, defender can pass or dribble though wide coned target. -15-20mins</p> <p>Objective: back 4 and CDM work together to apply the principles of defending and dictate with body shape where the attackers go- eventually having the opportunity to win the ball</p> <p>Coaching points: concentration, dictate and force attackers to play on side, making predictable and easy to defend, communication, speed, alertness, angle of approach, body shape, pressure, cover, balance, compactness</p> <p>Progressions: limit touches for attacking team forcing quicker reactions from defenders</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: implement the principles of defending and have success to stopping attacking situations in game scenarios</p> <p>Coaching points: same as throughout the session</p> <p>Progressions: Free play no restrictions</p>

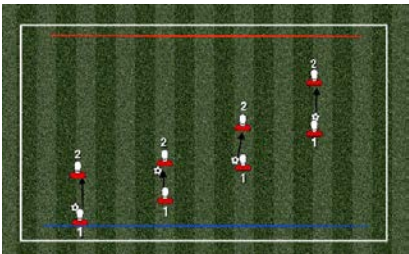
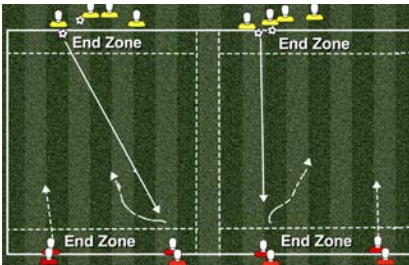


3-13 – Defending as a unit II

<p>1</p> 	<p>Set up: 20x30 yard grid, split into 20x10, 20x10, and 20x10. Middle group is the team working, Red pass the ball to each other forcing blue players to apply Pressure & then give cover & balance. Red is trying to pass the ball on the floor through gaps in the blue defense. -15-20mins</p> <p>Objective: Improve team work ability to quickly switch roles between 1st, 2nd and 3rd defender as they apply the principles of defending together</p> <p>Coaching points: communication, speed, alertness, angle of approach, body shape, pressure, cover, balance, compactness</p> <p>Progressions: natural progression as if a pass is intercepted they then become the middle team. Limit touches to 2 and then 1 for teams who are passing: forcing the speed of play to increase and middle team to work harder.</p>
<p>2</p> 	<p>Set up: 20x35yard grid box, split into 20x15, 20x5 and 20x15.. Team of 5 (4 works too). (From diagram) Blue team is team defending. Reds have possession and are passing the ball around and looking to pass the ball through the blue defense on the floor to yellow team. -15-20mins</p> <p>Objective: One defender can apply high pressure and rest of defense works on shape relating pressure, stopping passing penetration</p> <p>Coaching points: defender who is sent into box needs to make play predictable for back 4, pressure, angle, body shape, cover, balance, compactness, concentration</p> <p>Progressions: if possession is too easy after 5 passes, 2nd defender can be added and apply more pressure</p>
<p>3</p> 	<p>Set up: Attack vs Defense, using ½ game field for correct spacing. Using #4,5 & 6 as defenders vs #6,8,10,7,11 & 9 (as shown in diagram) Coach starts with ball passing into particular players to start different passing patterns. Attackers going to goal, defender can pass or dribble though wide coned target. -15-20mins</p> <p>Objective: back 4 (2,4,5 & 3) and CDM(6) work together to apply the principles of defending and dictate with body shape where the attackers go- eventually having the opportunity to win the ball</p> <p>Coaching points: concentration, dictate and force attackers to play on side, making predictable and easy to defend, communication, speed, alertness, angle of approach, body shape, pressure, cover, balance, compactness</p> <p>Progressions: limit touches for attacking team forcing quicker reactions from defenders</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: implement the principles of defending and have success to stopping attacking situations in game scenarios</p> <p>Coaching points: same as throughout the session</p> <p>Progressions: Free play no restrictions</p>

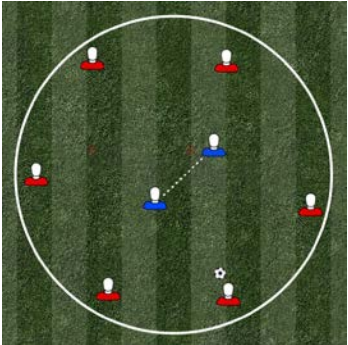
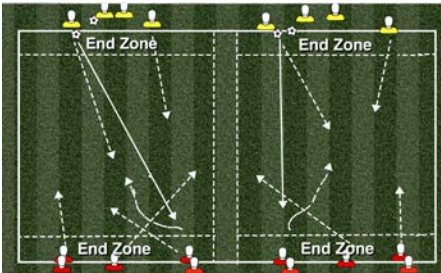
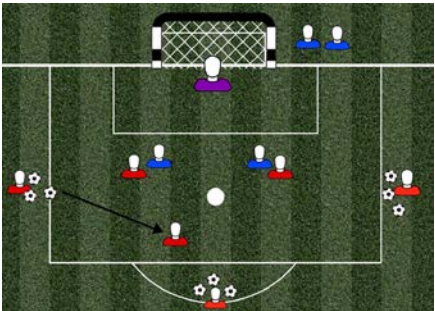


3-14 – Defending numbers down

<p>1</p> 	<p>Set up: 35ysrd gap from blue line to red line. 'Jockeying' working with a partner from blue line to red line, then switch roles to come back. 1 ball between two players. Partner 2 (or player moving backwards) is the player jockeying while partner 1 dribbles - 10mins</p> <p>Objective: warm up and improve the body shape and angle of defender so they can dictate where the attacker goes with an intent to delay the attack</p> <p>Coaching points: Angle of body, down low with knees bent, on tip toes, side on approach; forcing attacker to go in certain direction, arm out to judge distance and help with balance, speed of which they are moving and adjusting</p> <p>Progressions: introduce stealing of the ball (players cant kick the ball away- they must give it straight back)</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides. 2 attackers vs 2 defenders. Defenders start with the ball and pass to 1 of 2 attackers, who then work together to dribble into end zone has have control of ball for a point. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: defenders body shape and approach take away the option of 2v1 and making an even 1v1</p> <p>Coaching points: cut of pass to 2nd attacker. Angle of body, down low with knees bent, on tip toes, side on approach; forcing attacker to go in certain direction, arm out to judge distance and help with balance, speed of which they are moving and adjusting</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: GK in goal, defenders lined up on side of post, pass the ball to attackers who dribble forward and take on the defender (who has followed in after pass) looking to get shot off and score. New attackers and defender each time. Attackers start 15 yards apart 25 yards away from the goal. -15-20mins</p> <p>Objective: cut off 2nd attacker making a 1v1, taking away the numbers up advantage and then win the ball back</p> <p>Coaching points: communication from GK, dictate where attacker goes with body shape, also adding the same coaching point from exercise 2</p> <p>Progressions: Alter where attackers start from around the outside of the box can put both to right/left of center (game isn't always well balanced symmetrically) making more game realistic.</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: implement the principles of defending and have success to stopping attacking situations in game scenarios</p> <p>Coaching points: same as throughout the session, dictate attacker and delay enough for teammates to get back in shape; also taking way the attackers numbers up advantage</p> <p>Progressions: Free play no restrictions</p>

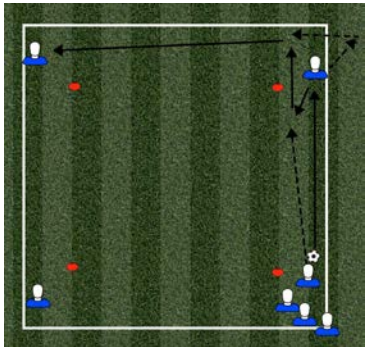
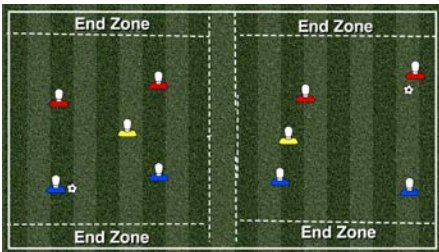
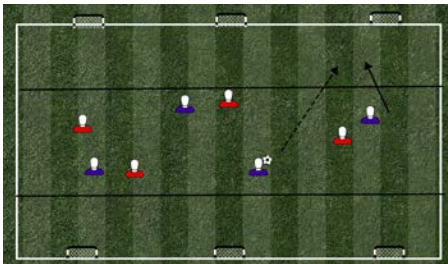


3-15 - Defending numbers down II

<p>1</p> 	<p>Set up: keep away. 6v2 (5v2, 7v2 will work also) 1 ball. In a square or circle yards wide. Defenders in the middle as players try to possess the ball. Timed 90seconds defending see which pair has high number of passes against them.</p> <p>Objective: 1st and 2nd defenders work together to dictating where the ball goes due to their body shape and forcing an error with pressure</p> <p>Coaching points: angle of approach, speed of approach, communication from 1st and 2nd defender, quick transition of roles between 1st and 2nd defender, alertness</p> <p>Progressions: natural progressions as competitions changes. Can make it harder passing players and easier for defenders my limiting to 2 touches max</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides 4-8 players per grid. 3 attackers vs 2 defenders. Defenders start with the ball and pass to 1 of 3 attackers, who then work together to dribble into end zone has have control of ball for 1 point. Switch roles of groups of players, both attacking and defending twice. -15-20mins</p> <p>Objective: 1st and 2nd defender take away the numerical advantage by dictating where the 1st attacker goes making it a 2v2 giving defenders a better chance of winning the ball back</p> <p>Coaching points: cut of 3rd attacker. Communication, Angle of body, down low with knees bent, on tip toes, side on approach; forcing attacker to go in certain direction, arm out to judge distance and help with balance, speed of which they are moving and adjusting</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>3</p> 	<p>Set up: GK in goal, split attackers and defenders. 3 attacker vs 2 defenders. 3 starting points numbered 1,2 & 3, coach calls out 1,2 or 3 and they pass a ball in to attackers who try to score. 3 minute timed rounds. Swap attackers and defenders over</p> <p>Objective: 1st and 2nd defender take away the numerical advantage by dictating where the 1st attacker goes making it a 2v2 giving defenders a better chance of winning the ball back</p> <p>Coaching points: stop goal scoring chances by cutting of 3rd attacker. Communication, Angle of body, down low with knees bent, on tip toes, side on approach; forcing attacker to go in certain direction, arm out to judge distance and help with balance, speed of which they are moving and adjusting</p> <p>Progressions: Natural progressions through rotation of duties, introduce offside rule to make more game realistic</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: implement the principles of defending and have success to stopping attacking situations in game scenarios</p> <p>Coaching points: same as throughout the session, dictate attacker and delay enough for teammates to get back in shape; also taking way the attackers numbers up advantage</p> <p>Progressions: Free play no restrictions</p>

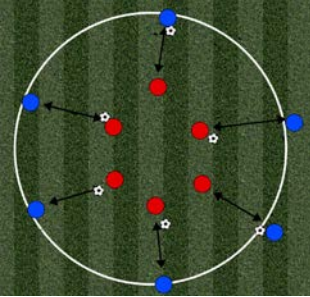
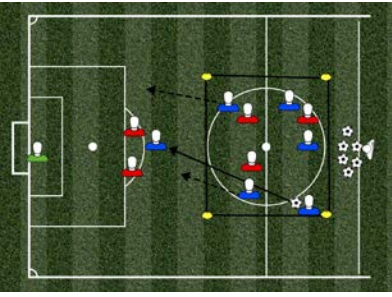


3-16 – Penetration: Taking/making space

<p>1</p> 	<p>Set up: 10x10yard square. Set up multiple squares if needed, at least 5 players per square. Ball goes anti clockwise and you follow your pass, combine with a 1-2 with player receiving long pass. Player must create space with movement for 2nd pass in a tight space (as shown by arrows in diagram) -10-15mins</p> <p>Objective: focusing on the movements and importance of checking away (so defender comes with) and then attacking created space</p> <p>Coaching points: Check away from cone to create space for teammate to pass to you, take touch out in front; taking the space, speed of movements, changing of direction</p> <p>Progressions: Change to clockwise and encourage use of left foot – limit touches to 1 only. Race between 2 squares to pass the ball around the outside 5 times total.</p>
<p>2</p> 	<p>Set up: 15x20 grid with 3-yard end zones both sides. 2v2+1. Neutral player helps to occupy 2nd defender helping space to be made. Only attack 1 end zone (directional) -15-20mins</p> <p>Objective: create space with movement, take that space with penetrating runs, dribbles or passing</p> <p>Coaching points: mobility to take space and create space, width to create holes between defenders, speed of play, alertness</p> <p>Progressions: limit touches so attackers cannot slow game down: 3 touches and then 2. Change grids players are working on so that competition changes</p>
<p>3</p> 	<p>Set up: 4v4 or 5v5 (neutral player if odd numbers) 40x30 split in a 40x5, 40x20 & 40x5. 5yard zones are for attackers to penetrate and then score a goal. Coach starts with ball so he can dictate which team to pass the ball to. Offside rules apply to the 5yard zones -15-20mins</p> <p>Objective: space behind defenders to for attackers penetrate once they have create space to run, dribble or pass through</p> <p>Coaching points: mobility to take space and create space, width to create holes between defenders, speed of play, alertness, quality of passing, control of dribble, communication between attackers, timing of runs</p> <p>Progressions: 1 touch finish in 5 yard attacking zone, take away 5 yard zone and see if attackers can draw defenders out and create the space in behind their self</p>
<p>4</p>	<p>Set up: Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: use penetrating runs, passing or dribbling in game situations to progress up the field and eventually end with a goal scoring chance</p> <p>Coaching points: mobility to take space and create space, width to create holes between defenders, speed of play, alertness, quality of passing, control of dribble, communication between attackers, timing of runs</p> <p>Progressions: Free play no restrictions</p>

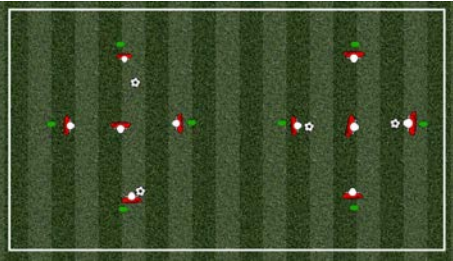
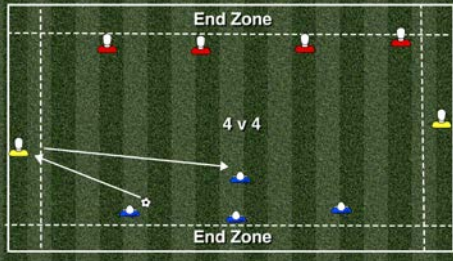



3-17 – Penetration: Mobility

<p>1</p> 	<p>Set up: get a partner number each other 1 & 2, 1 ball between partners. #1 on outside of circle with the ball, #2 in middle. #2 working: 1-2 with players on outside, finding new player each time to work with. 90 second timed rotations, swap over -10-15 minutes</p> <p>Objective: warm up and get used to different passing techniques while moving, improving change of speed and ability to quickly change directions after passing the ball</p> <p>Coaching points: acceleration, control of passing, adjustment for technique, speed of footwork, focus</p> <p>Progressions: right foot only passing, left foot only passing, side foot volleys (partner throws ball in), lace volleys (partner throws ball in)</p>
<p>2</p> 	<p>Set up: 20x25yards grid for passing, 2 defenders and 1 striker on edge of box, have to make 4 passes in the grid before a player can pass through to striker. 4v2 or 5v2 in attacking favor in the possession box. When ball is passed forward any 2 midfielders from the box join attack and make a 3v2 too goal -20mins</p> <p>Objective: working on the penetrating ball into the striker and then the support given by midfield runners which is down to their ability to make good fast runs forward</p> <p>Coaching points: making sure the quality of penetrating pass to striker is good and at the right time. Support the ball with good mobility, Speed of play, decision making, create space to penetrate for yourself or other attackers, give width or depth if needed to help penetrating</p> <p>Progressions: Increase number of passes in the build up. Add 3rd defender making recovering run from box (3v3) will force the attack to speed up</p>
<p>3</p> 	<p>Set up: 20x20 yards grid in the middle of 60x30 pitch (3v3 or 4v4 +1) in the middle grid). 2 goals, 2 GKs and attacker vs defender on each of each box. Coach starts with balls on the side. Players in middle need to make 4 passes before passing to the attack and any 1 player can join the attack to make a 2v1 too goal. -20-25mins</p> <p>Objective: possess the ball and then when possible penetrating ball forward followed by supporting runs to give attackers numerical advantage 2v1 or 3v2, similar to exercise before but this time all players can attack which makes it more game like</p> <p>Coaching points: Same as above</p> <p>Progressions: limit touches in the middle to 3 and then 2, make a timed competition who can score the most goals (3mins) punishment for the losers (10 pushups, 10 sit ups). Repeat. Add extra defender and 2 midfield runner can join attack making it 3v2. Add 3rd defender making recovering run from box (3v3) will force the attack to speed up</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: being aware how mobility can influence the space on a soccer field. Width can help create holes, sharp movement can draw defenders out, and speed can penetrate.</p> <p>Coaching points: mobility to take/create space, width to create holes between defenders, speed of play, alertness, quality of passing, control of dribble, communication between attackers, timing of runs</p> <p>Progressions: Free play no restrictions</p>

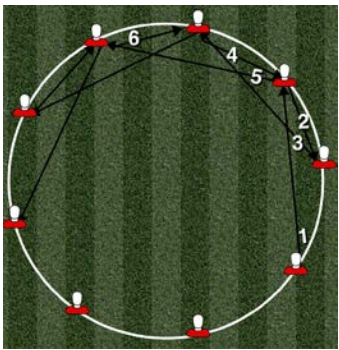
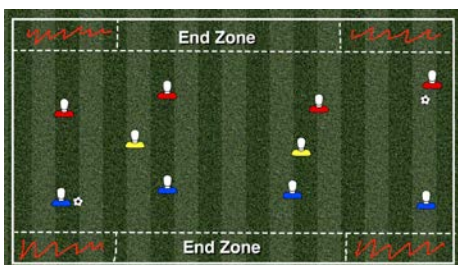
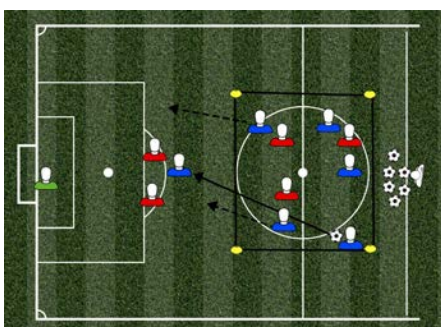


3-18 – Penetration: Changing the point of attack

<p>1</p> 	<p>Set up: groups of 5-7, 1 player works in the middle 5 yards from each other player. Need at least 2 players free in each group. Player receives the ball turns to an open player and passes to them, then receives another ball and repeats. 1 minute working, each player works twice -10-15mins</p> <p>Objective: get used to quick turns and passing while being aware of surroundings so that play knows where to turn because of open player</p> <p>Coaching points: quality of pass and control, head up taking pictures so have good awareness and know where to turn, speed of foot work and speed of play</p> <p>Progressions: Limit touches for 2nd round to 2 touches</p>
<p>2</p> 	<p>Set up: 20x30 grid with 5-yard end zone both ends and 5-yard zone on sides for neutral wide players. 4v4 in middle. Coach has balls so he can dictate who and where the ball starts. Have to pass to wide players twice before dribble or receiving ball in the end zone. Attack only in one direction. -15-20mins</p> <p>Objective: always have a wide player to open out the play too, quick change of attack should lead to unbalanced defenders and space to penetrate</p> <p>Coaching points: speed of play, awareness, quality receiving of the ball and touch out of feet to pass ball and change P.O.A, unbalance defense, width and depth options should be given to player on the ball</p> <p>Progressions: limit touches to 3 and then 2 when passing to increase the speed of which players are playing</p>
<p>3</p> 	<p>Set up: Attack vs Defense, using ½ game field for correct spacing Using #2,3, 4,5 & 6 as defenders vs #6,8,10,7,11 & 9 (as shown in diagram) Coach starts with ball passing into particular players to start different passing patterns. Attackers going to goal, defenders can pass or dribble though wide coned target. -15-20mins</p> <p>Objective: build up play in game like situations and when player see open space can they quickly change POA to penetrate</p> <p>Coaching points: communication, speed of play, awareness, quality receiving of the ball and touch out of feet to pass ball and change P.O.A, unbalance defense, width and depth options should be given to player on the ball</p> <p>Progressions: limit touches to 3 and then 2(if needed) so that players cannot take long time on the ball and get caught</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: improve ability to penetrate the opposition by quickly the changing the point of attack</p> <p>Coaching points: same as rest of the session</p> <p>Progressions: Free play no restrictions</p>

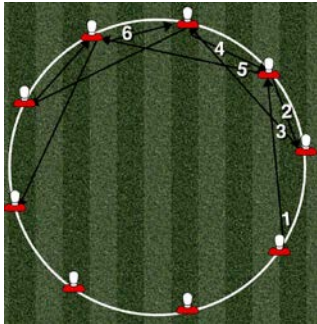
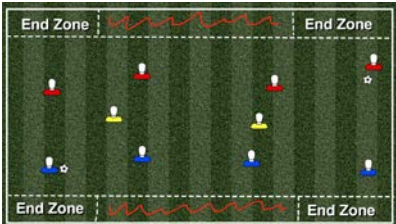
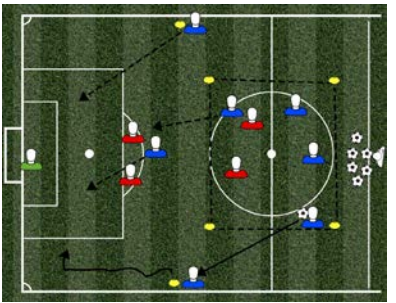


3-19 – Possession to goal: Central

<p>1</p> 	<p>Set up: players in a circle, start with 1 ball, ball goes 2 forward 1 back, 2 forward 1 back continually around the circle. Have extra balls available -10-15mins</p> <p>Objective: improving the ability to move to and away from the ball, in order to create space and help team play through the lines in a formation (defense-midfield-attack)</p> <p>Coaching points: check to the ball, check away from the ball to create space, support the ball underneath, speed of play, 1st time passing, communication</p> <p>Progressions: change the direction of which the ball is going around the circle. Slowly add more balls and see how many balls they can play with- increasing speed and accuracy players need to play with (3 balls for 10-12 is good)</p>
<p>2</p> 	<p>Set up: 40x20 grid with 5 yard central end zone 20x5 (as shown in diagram) 4v4+2 (neutrals). Coach starts with balls to dictate who starts with ball each time. Point is scored team has possession in end zone through a dribble or receiving pass in the (no defenders allowed in zone). Implement offside rule -15mins</p> <p>Objective: possessing the ball, drawing the opposition out and creating holes in central positions to penetrate</p> <p>Coaching points: movement on and off the ball to create space, penetrating runs, width and depth, awareness, speed of play, support the ball</p> <p>Progressions: limit touches. Change teams so that opposition/competition changes. First team to 3 points wins, fun punishment for the losers (10 star jumps)</p>
<p>3</p> 	<p>Set up: 20x25yards grid for passing, 2 defenders and 1 striker on edge of box, have to make 4 passes in the grid before a player can pass through to striker. 4v2 or 5v2 in attacking favor in the possession box. When ball is passed forward any 2 midfielders from the box join attack and make a 3v2 too goal -20mins</p> <p>Objective: improve build up play from midfielders and then play central penetrating pass offering support to striker and attacking 3 v 2, working on roles of 1st, 2nd & 3rd attackers</p> <p>Coaching points: communication, support, mobility, depth, confidence, creativity, awareness, speed of play, quality of passing</p> <p>Progressions: Increase number of passes in the build up. Add 3rd defender making recovering run from box (3v3) will force the attack to speed up</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: improve ability to penetrate the opposition from central areas</p> <p>Coaching points: same as rest of the session</p> <p>Progressions: Free play no restrictions</p>



3-20 – Possession to goal: Wide

<p>1</p> 	<p>Set up: players in a circle, start with 1 ball, ball goes 2 forward 1 back, 2 forward 1 back continually around the circle. Have extra balls available -10-15mins</p> <p>Objective: improving the ability to move to and away from the ball, in order to create space and help team play through the lines in a formation (defense-midfield-attack)</p> <p>Coaching points: check to the ball, check away from the ball to create space, support the ball underneath, speed of play, 1st time passing, communication</p> <p>Progressions: change the direction of which the ball is going around the circle. Slowly add more balls and see how many balls they can play with- increasing speed and accuracy players need to play with (3 balls for 10-12 is good)</p>
<p>2</p> 	<p>Set up: 40x20 grid with 2 5 yard wide end zone 20x5 (as shown in diagram) 4v4+2 (neutrals). Coach starts with balls to dictate who starts with ball each time. Point is scored team has possession in end zone through a dribble or receiving pass in their (no defenders allowed in zone). Implement offside rule – 15mins</p> <p>Objective: possessing the ball, drawing the opposition out and creating holes in wide areas to penetrate</p> <p>Coaching points: movement on and off the ball to create space, penetrating runs, width and depth, awareness, speed of play, support the ball</p> <p>Progressions: limit touches. Change teams so that opposition/competition changes. First team to 3 points wins, fun punishment for the losers (10 star jumps)</p>
<p>3</p> 	<p>Set up: 20x25yards grid for passing, 2 defenders and 1 striker (9) on edge of box, #7&11 in wide areas. Have to make 4 passes in the grid before a player can pass through to #9,7 or 11: ball can go into #9 but must go wide before scoring. 4v2 or 5v2 in attacking favor in the possession box. When penetrating pass from midfield is made any 1 midfielder can join attack. Winger who hasn't received ball from midfield or #9 will attack back post. -20mins</p> <p>Objective: midfield possesses the ball and then ball is played forward, must include 7 or 11 (width) at some point to improve wide play and see how it creates space for players in central areas</p> <p>Coaching points: same as above, communication, mobility, cover all spaces in the box,</p> <p>Progressions: add more defenders (#2,3 &6) and more midfielders that can leave the box- attackers always have 1or2 extra players</p>
<p>4</p>	<p>Set up: Divide players into 2 teams for scrimmaging up to 9v9 (game like as possible).</p> <p>Objective: improve ability to penetrate the opposition from wide areas</p> <p>Coaching points: same as rest of the session</p> <p>Progressions: Free play no restrictions</p>