



KAYA FC ACADEMY

Sessions



KAYA FC ACADEMY SESSIONS

Kaya FC Academy Sessions operate on a 7 week cycle where the coaches will deliver the sessions either as prescribed in the coaching manual, or deliver a session which the coach themselves has designed and has been approved by our Technical Director. All age groups will follow the same training cycle, with the sessions altered depending on the age group and the level of the training group*.

During the training cycle, coaches cover various topics to ensure that each individual player is afforded a well-rounded football education with each session prepared, organised and delivered to the highest standard. Within each session, we also touch upon various sub-topics using our constraints and games led approach to enable a more organic learning environment.

Our academy players learn in a very dynamic, game-related setting which means you won't see players stood around in lines and doing endless un-opposed drills. Instead, you will see players interacting with one-another in activities that resemble the game of football.

The aim of this approach is to develop free-thinking, autonomous footballers, capable of making their own decisions during matchplay. We believe that this approach will lead a heightened level of enjoyment of the game as well as a stronger affinity towards the football club as a whole.

For a more in-depth look into the clubs philosophy and approach to training, you can download our Coaching Manual at kayafcacademy.com



KAYA FC ACADEMY SESSIONS
KINDERSOCCER

SESSION 1

Finishing

KINDERSOCCER

SESSION 1 - FINISHING

1. 3V3 WARM UP GAME

Equipment:

Balls, bibs, cones

Size:

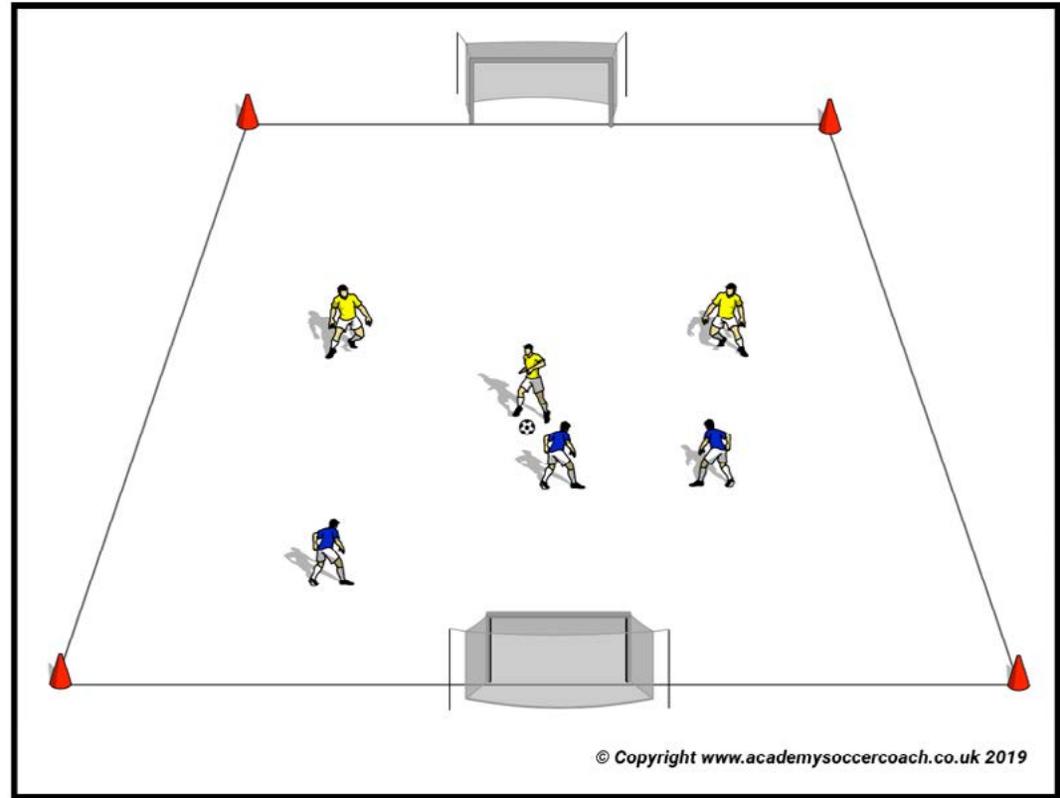
16x24

Objective:

3v3 game to the mini goals. Freeplay- no coaching is allowed. Ensure that there are plenty of balls. Rotate the teams every 3-4 mins.

Progressions:

Allow on occasions for the players to pick their own teams, their own rules, the size of the field etc.



2. ZOMBIE RUN

Equipment:

Balls, bibs, cones

Size:

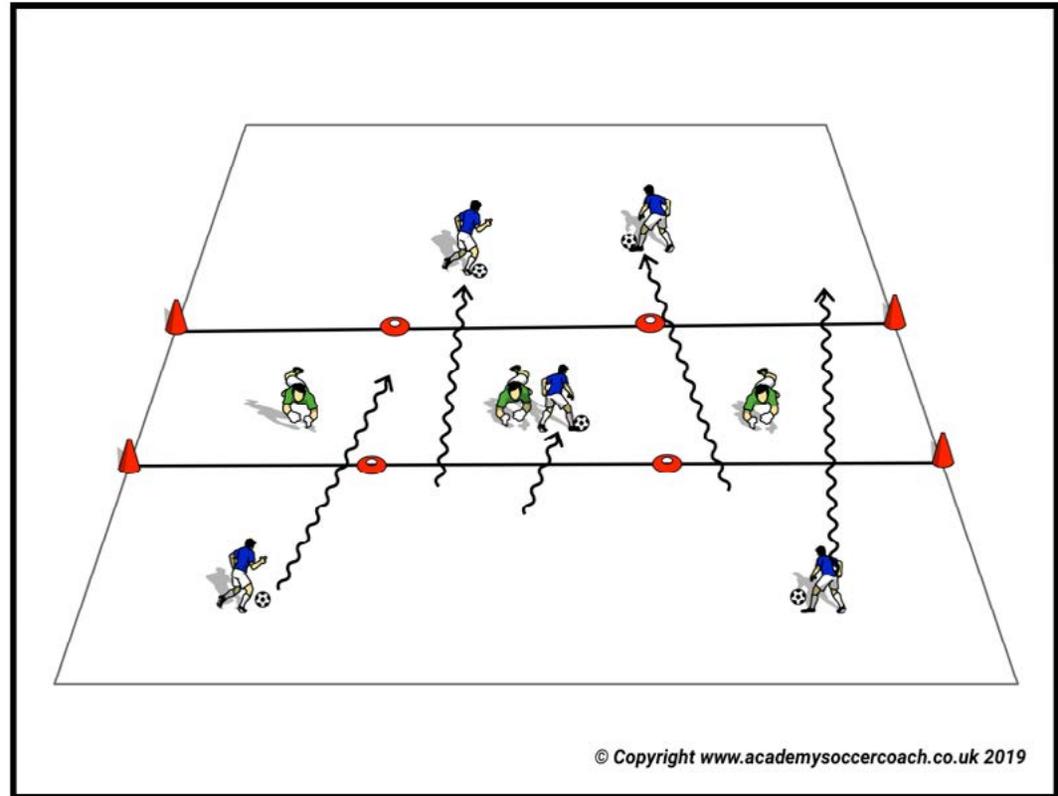
20x20

Objective:

Each player has a ball and positions themselves on one side of the grid. In the middle zone (5x20) there is a team of 'zombies' who will try to grab the players' ball. If they grab the ball, the player dribbling becomes a zombie as well. Last person standing is the winner.

Progressions:

- 1) Zombies have to be on all fours
- 2) On all fours like a crab



KINDERSOCCER

SESSION 1 - FINISHING

3. 2V1 FINISHING

Equipment:

Balls, bibs, mini goals, big goal, cones

Size:

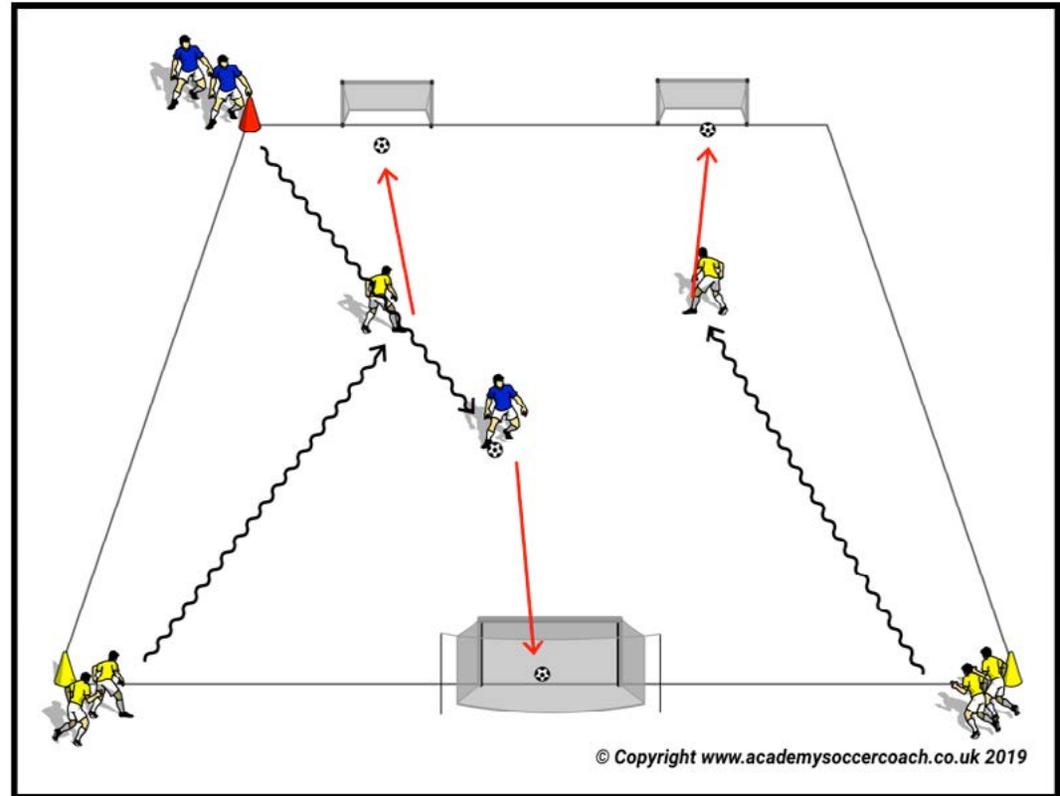
20x20

Objective:

Split the teams into two, with one team being the defenders (here in blue), the other being the attackers (in yellow). The game starts by the yellows dribbling a ball each to the small goals, while at the same time, the blue defender dribbles towards the big goal. The coach then serves a ball to the 2 yellow players who must play 2v1 to the big goal. If the defender wins the ball, they try to score in the small goal. The player with the ball must use good decision making skills to work out whether to dribble, to pass to his teammate or to shoot. The defender must decide whether to cover the ball carrier, the spare player or the goal.

Progressions:

Add a goalkeeper in the big goal.



4. 4V4 GAME WITH GK'S

Equipment:

Balls, bibs, cones

Size:

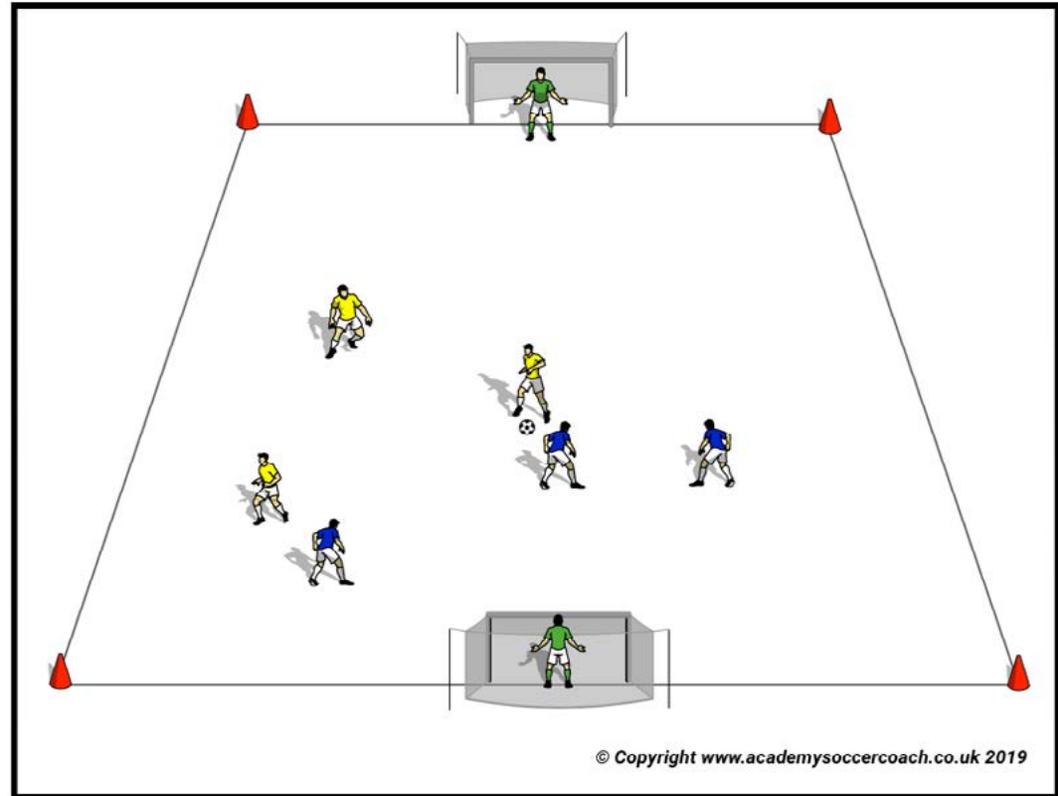
16x24

Objective:

3v3 game to the mini goals. Ensure that there are plenty of balls. Rotate the teams every 3-4 mins.

Progressions:

Allow on occasions for the players to pick their own teams, their own rules, the size of the field etc.



SESSION 2

Passing

KINDERSOCCER

SESSION 2 - PASSING

1. 3V3 ENDLINE GAME

Equipment:

Balls, bibs, cones

Size:

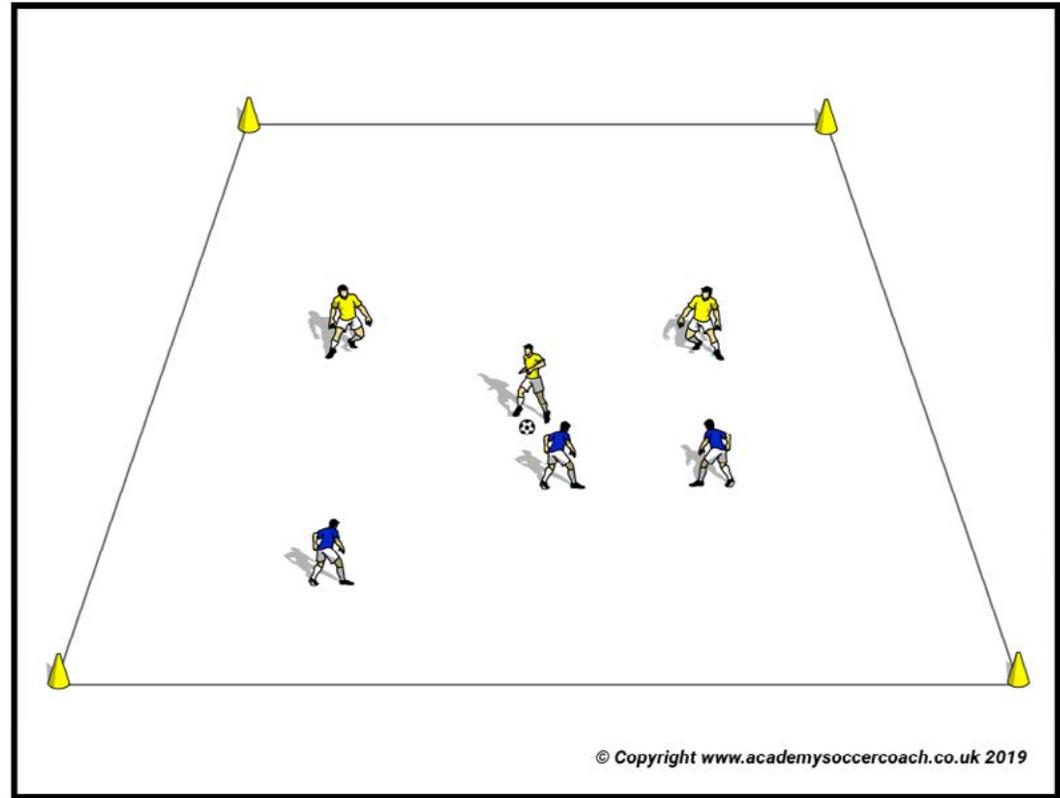
20x20

Objective:

3v3 game where the team must try to score by stopping the ball on the end line.

Progressions:

- 1) If you score at one end, immediately turn around and try to score at the other end
- 2) You can score at any of the end lines, but have one team trying to score east to west, the other trying to score north or south.



2. FOX HUNT

Equipment:

Balls, cones, bibs

Size:

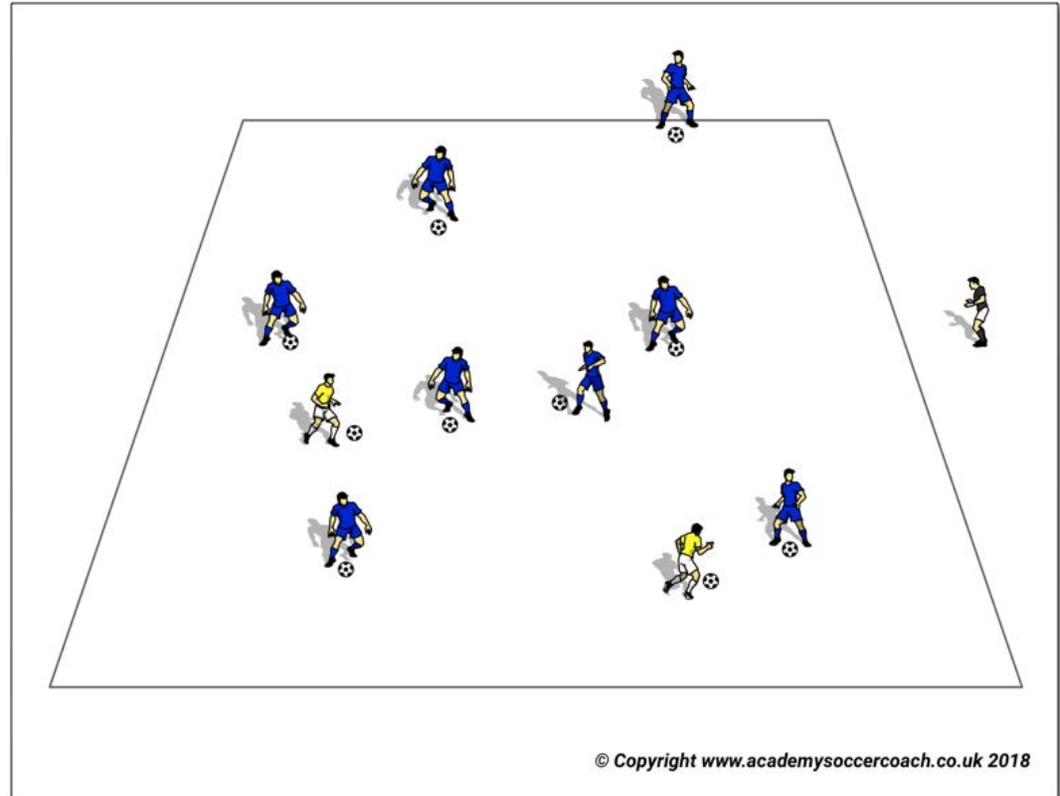
20x20

Objective:

Each player has a ball with a bib tucked into the back of his or her shorts. Two players are designated as the 'Fox' and must try and retrieve the bib from their shorts. If the player is caught, they then become foxes too. Last player standing gets to choose who is the fox next game. If you step out of the square you become the fox too.

Progressions:

Player's must play with a ball at their feet



KINDERSOCCER

SESSION 2 - PASSING

3. 2V1 PASSING

Equipment:

Balls, bibs, cones, mini goals, big goal

Size:

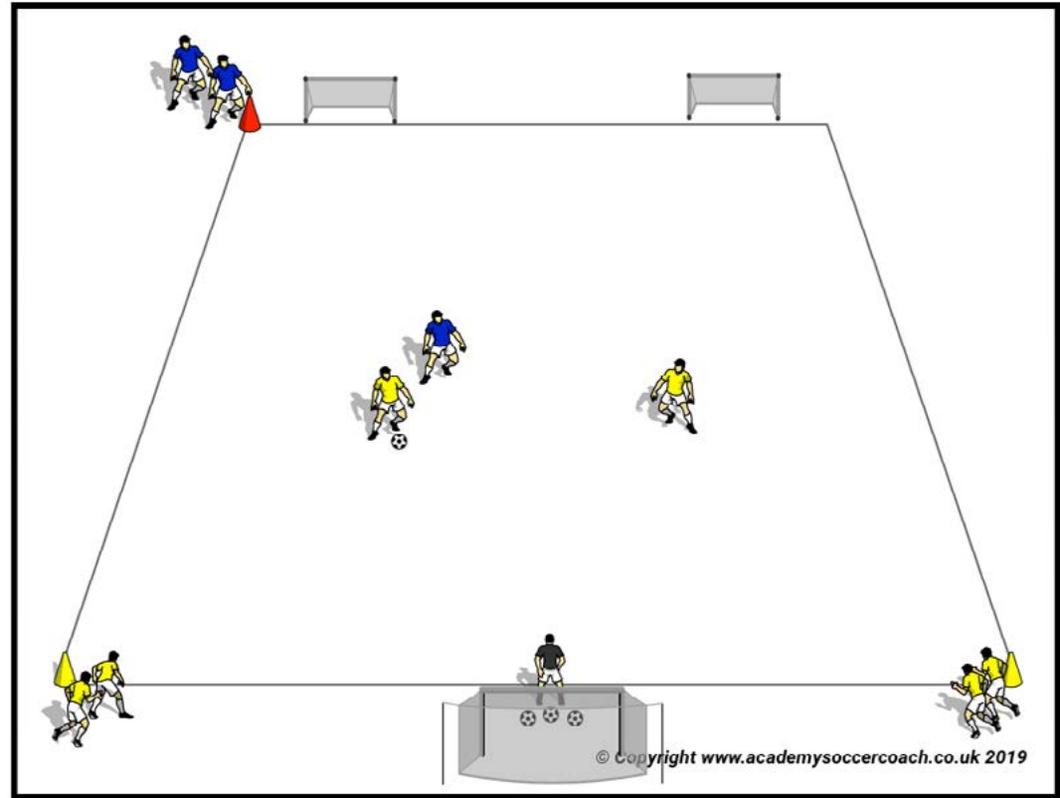
20x20

Objective:

Split the teams into two. The game starts by the coach rolling the ball in, with the attacking team (in yellow) trying to score in either of the two mini goals. The defender (in blue) tries to stop them from scoring, and if they retrieve the ball, they must try to score in the big goal.

Progressions:

Place a time limit on how long they have to score e.g 15 seconds they must score or both teams are off.



4. KNOCK OVER THE CONE GAME

Equipment:

Balls, bibs, cones

Size:

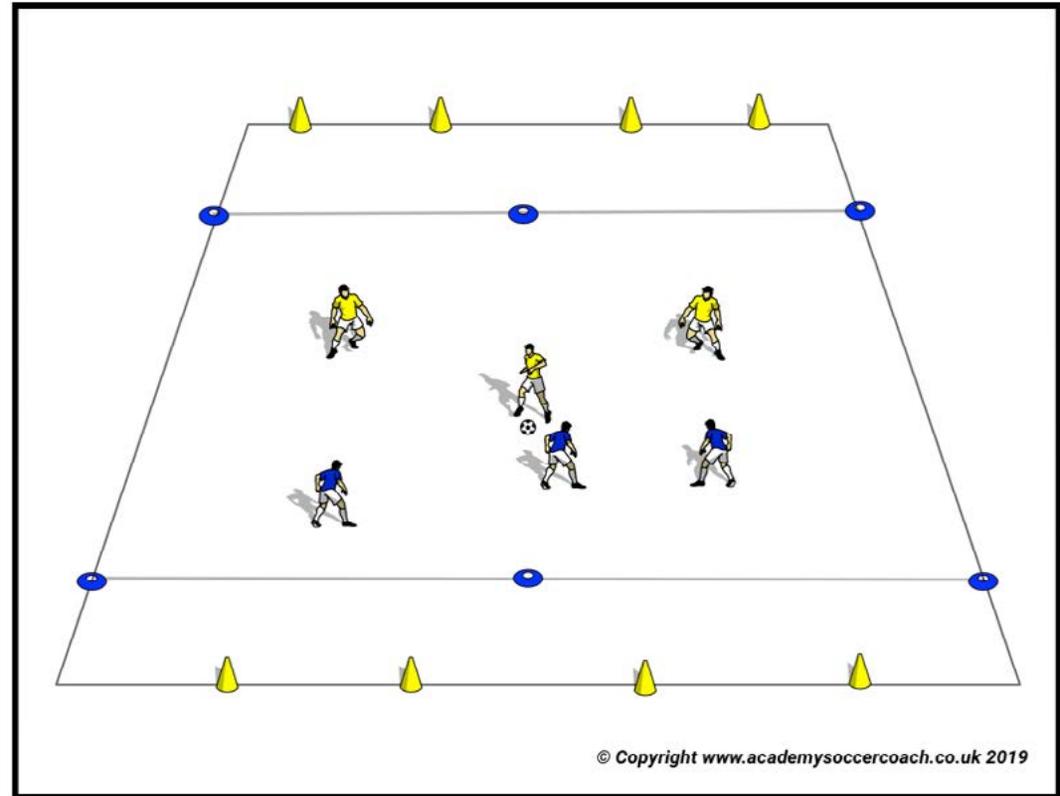
26x20

Objective:

Split the teams into two with a 3 yard endzone at each end of the pitch. Players play a normal game with the object being to pass the ball onto the cone to score, without entering the endzone.

Progressions:

You can alter the distance from which the players must score from dependent on the players' ability. You can also use bigger items to hit e.g a trash can.



SESSION 3

Attacking

1. 3V3 ENDZONE GAME

Equipment:

Balls, bibs, cones

Size:

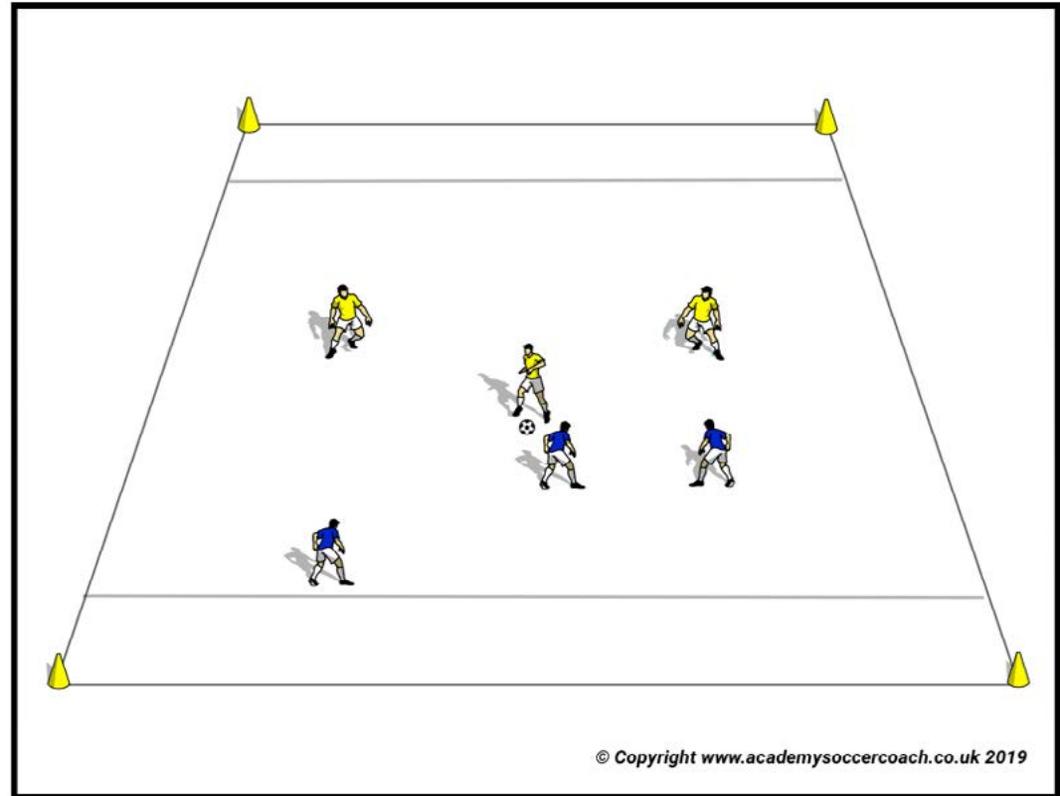
20x20

Objective:

3v3 game where the team must try to score by stopping the ball on the endzone.

Progressions:

If you score at one end, immediately turn around and try to score at the other end



2. TRAFFIC LIGHTS

Equipment:

Balls, cones

Size:

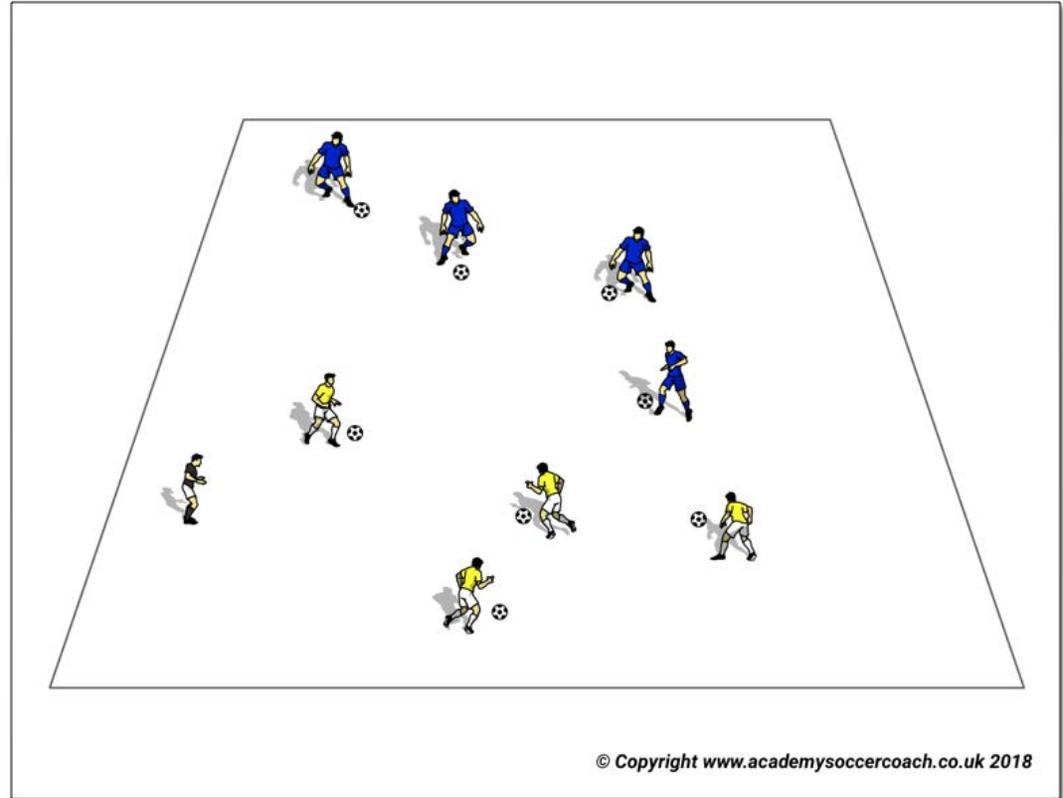
20x20

Objective:

Each player has a ball with the players on the move in the box. The coach gets players to perform tasks based on traffic signals. When the coach says 'the lights are GREEN' players must dribble with the ball quickly. When he calls 'lights are RED' they must stop. When the 'lights are ORANGE' they must slow down by doing toe taps.

Progressions:

'Runaway Jeepney' means the coaches must try to get the balls from the players. 'Stop sign' means they must stop for 3 seconds then go again. 'Roundabout' means they dribble the ball in a circle.



KINDERSOCCER

SESSION 3 - ATTACKING

3. NUMBERED 1V1

Equipment:

Balls, cones, bibs, goals

Size:

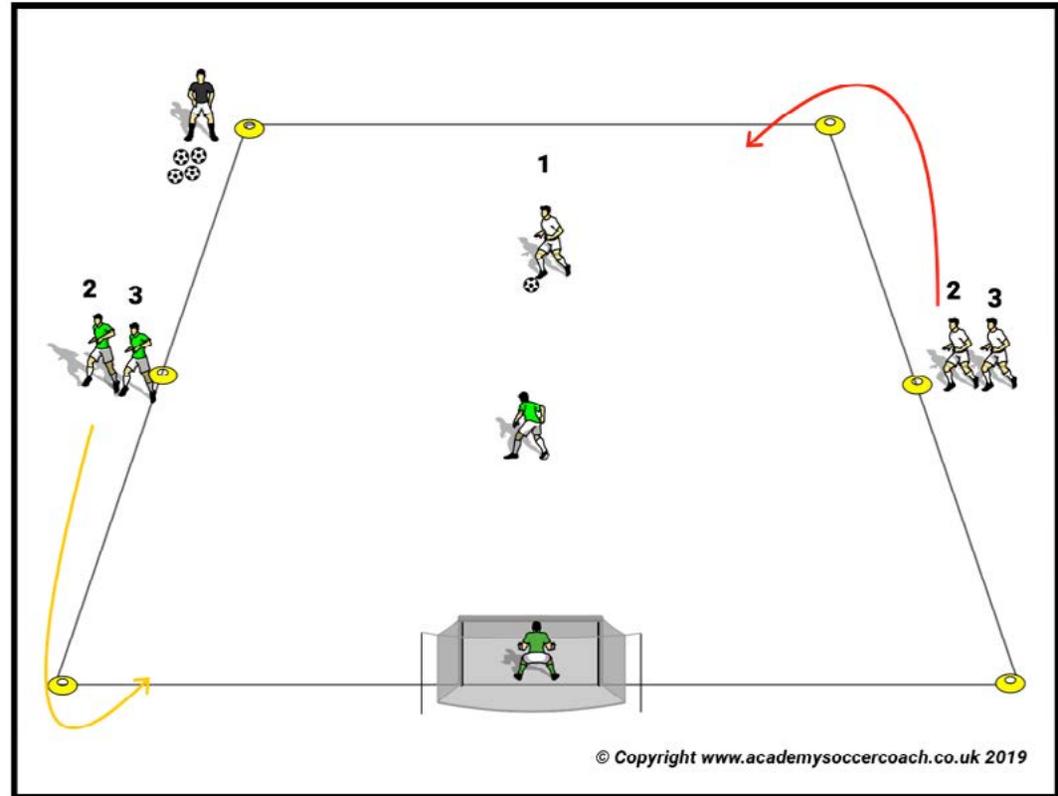
Penalty box

Objective:

The coach numbers each player and calls out a number. A player from each team then enters the field of play and play 1v1 against each other. The game ends when the ball is out of play or a goal is scored.

Progressions:

- 1) Call two or three numbers
- 2) First team to 10 goals wins
- 3) Most goals in a time frame wins



KINDERSOCCER

SESSION 3 - ATTACKING

4. 3V3 GAME

Equipment:

Balls, bibs, cones

Size:

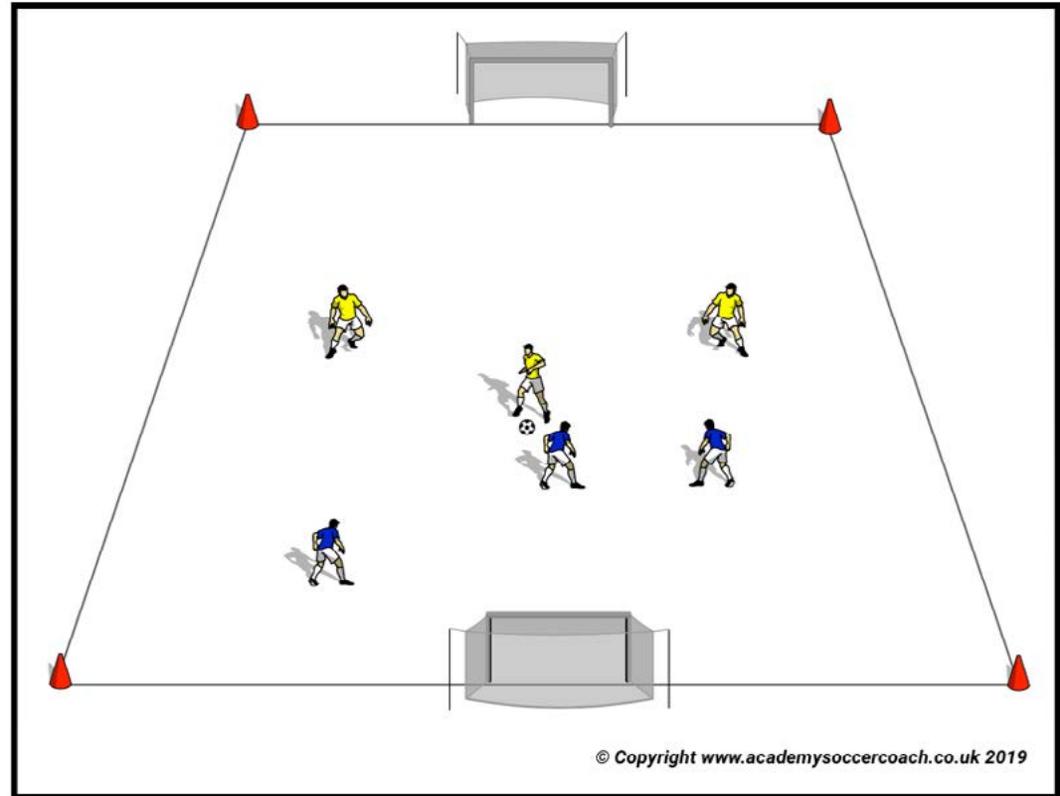
16x24

Objective:

3v3 game to mini-goals. Play a normal game but if you beat an opponent and score a goal, it counts for 2. If you beat 2 players and score it counts for 3 (and so on).

Progressions:

Allow on occasions for the players to pick their own teams, their own rules, the size of the field etc.



SESSION 4

Defending

KINDERSOCCER
SESSION 4 - DEFENDING

1. 4 CORNER GOAL GAME

Equipment:

Balls, cones, goals

Size:

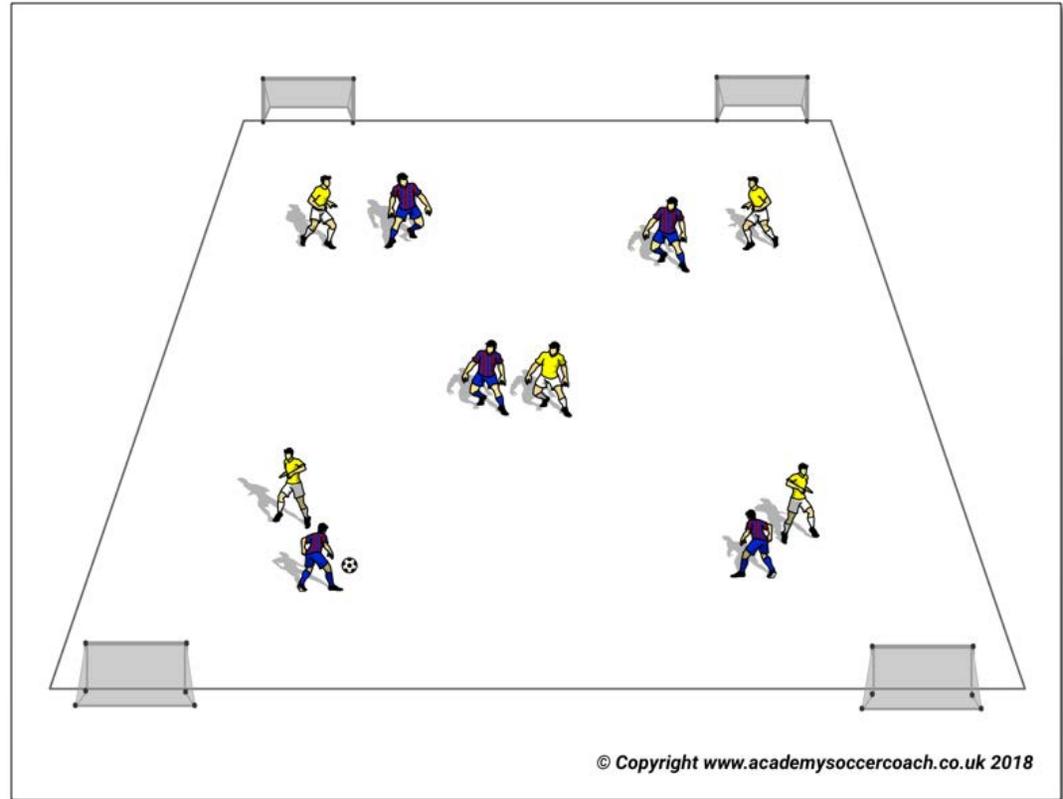
30x40 yards

Objective:

Players are split into two teams, with the objective being to score by passing the ball into one of the two corner goals.

Progressions:

- 1) Touch restrictions e.g. 2 touch per player
- 2) One touch finish into the goal



KINDERSOCCER

SESSION 4 - DEFENDING

2. STUCK IN THE MUD

Equipment:

Balls, cones

Size:

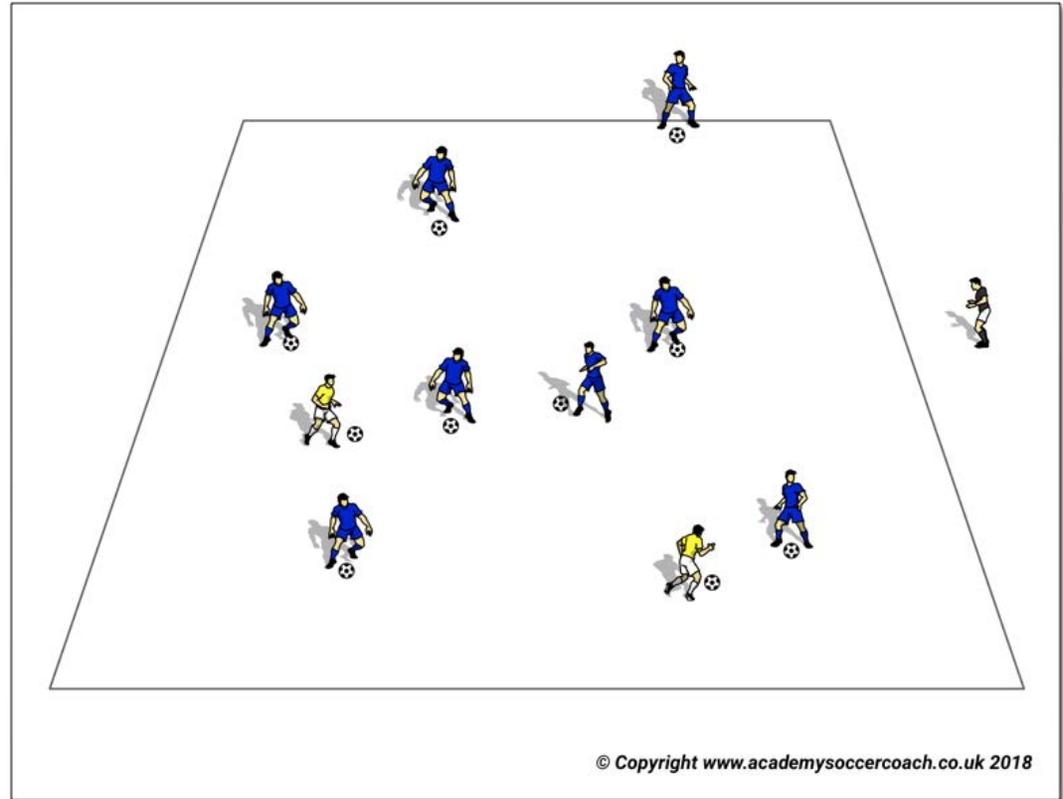
20x20

Objective:

Each player has a ball with a coach/es in the middle, also with a ball. The objective is for the coach/es to tag a player by passing his or her ball onto their ball. When the player is hit, they must stand still with the ball over their head, stuck in the mud. One of the players can free the player who is stuck by passing the ball between their legs.

Progressions:

- 1) Player's can tag the coach/es by striking the ball against their legs
- 2) Player's can crawl between their legs to free a player
- 3) Players can be the taggers



KINDERSOCCER
SESSION 4 - DEFENDING

3. NUMBERED 1V1

Equipment:

Balls, cones

Size:

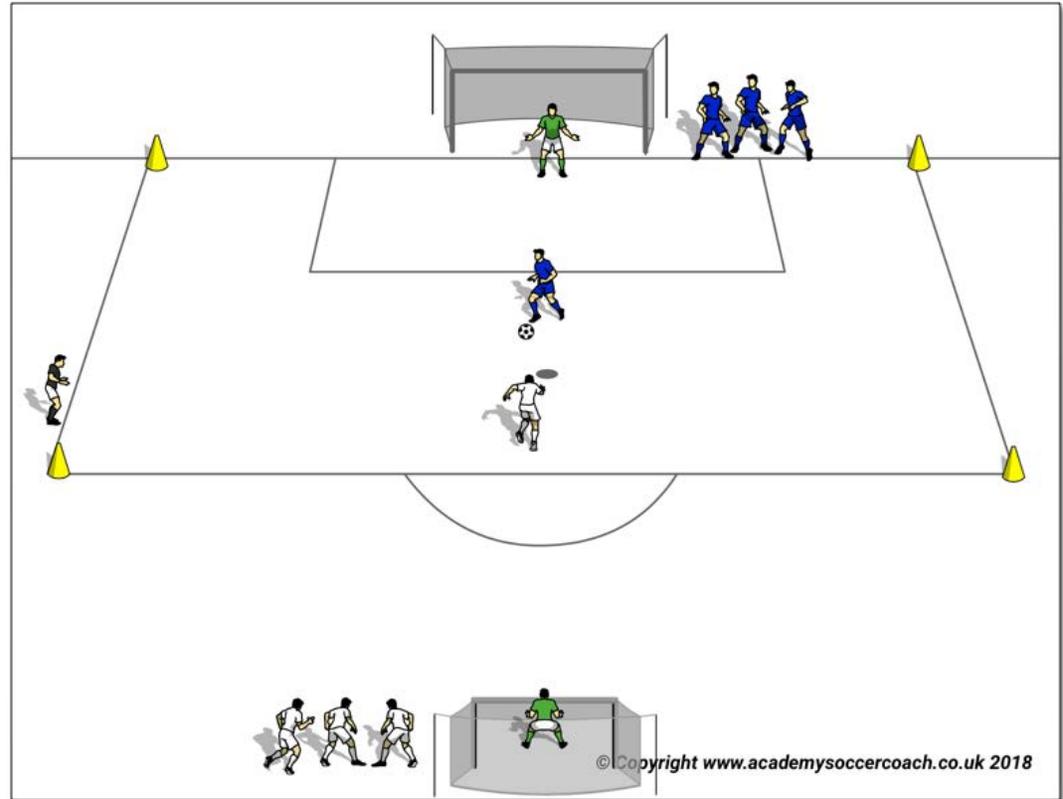
20x20

Objective:

Split the teams into two and pair them off by giving them a number. When the coach calls out a number, a player from each team must come out and play 1v1 to goal. Coaches can either be on the side, or play in goal.

Progressions:

- 1) Call out 2 numbers and play 2v2
- 2) Players must run around the opposition goal before entering the field.



KINDERSOCCER
SESSION 4 - DEFENDING

4. 4V4 GAME WITH GK'S

Equipment:

Balls, bibs, cones

Size:

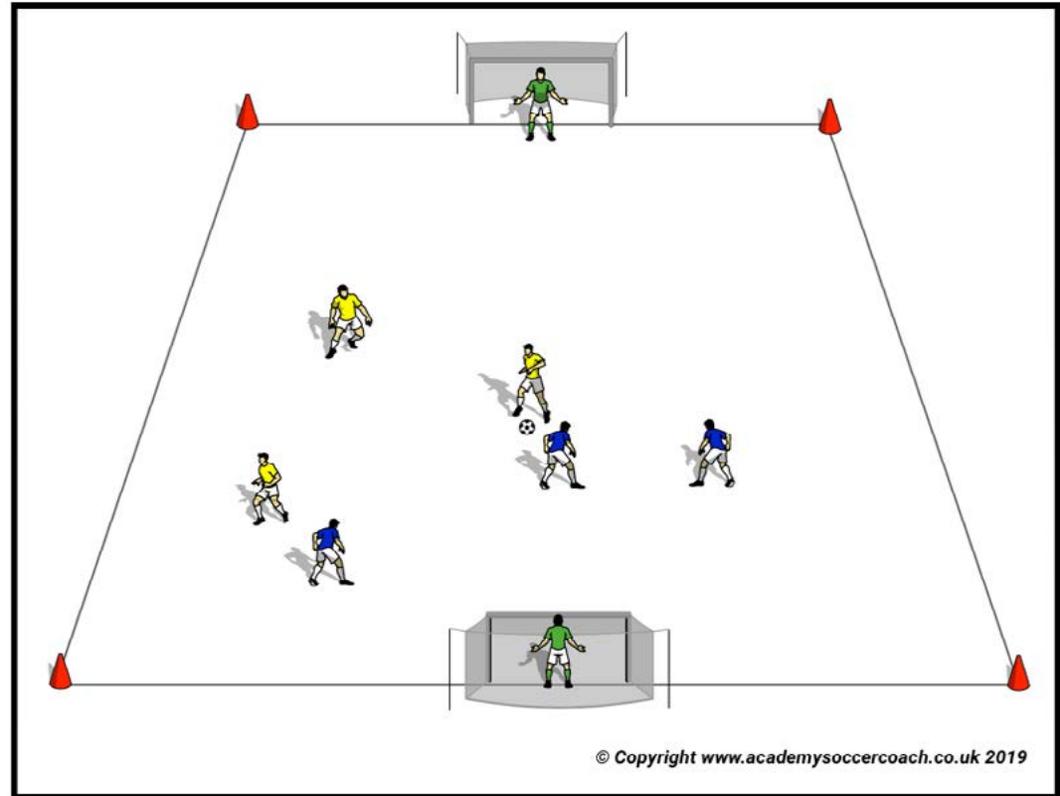
16x24

Objective:

3v3 game to the mini goals. Ensure that there are plenty of balls. Rotate the teams every 3-4 mins.

Progressions:

Allow on occasions for the players to pick their own teams, their own rules, the size of the field etc.



SESSION 5

Shielding

KINDERSOCCER
SESSION 5 - SHIELDING

1. 3V3 CONE OFF GAME

Equipment:

Balls, bibs, cones

Size:

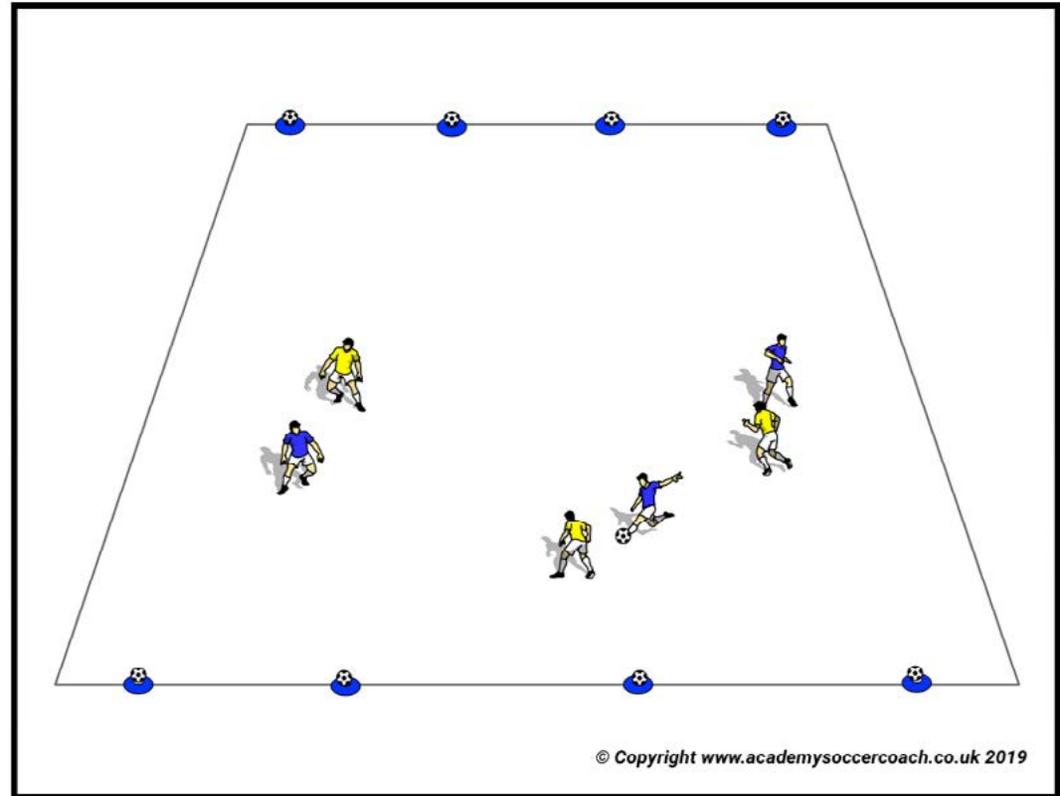
20x20

Objective:

3v3 game where the team must try to score by knocking the ball off the cone.

Progressions:

- 1) First team to knock off all 4 wins
- 2) Add a 5m zone (or closer/ further away depending on their ability) where the players must shoot in front of.



2. KING OF THE RING

Equipment:

Balls

Size:

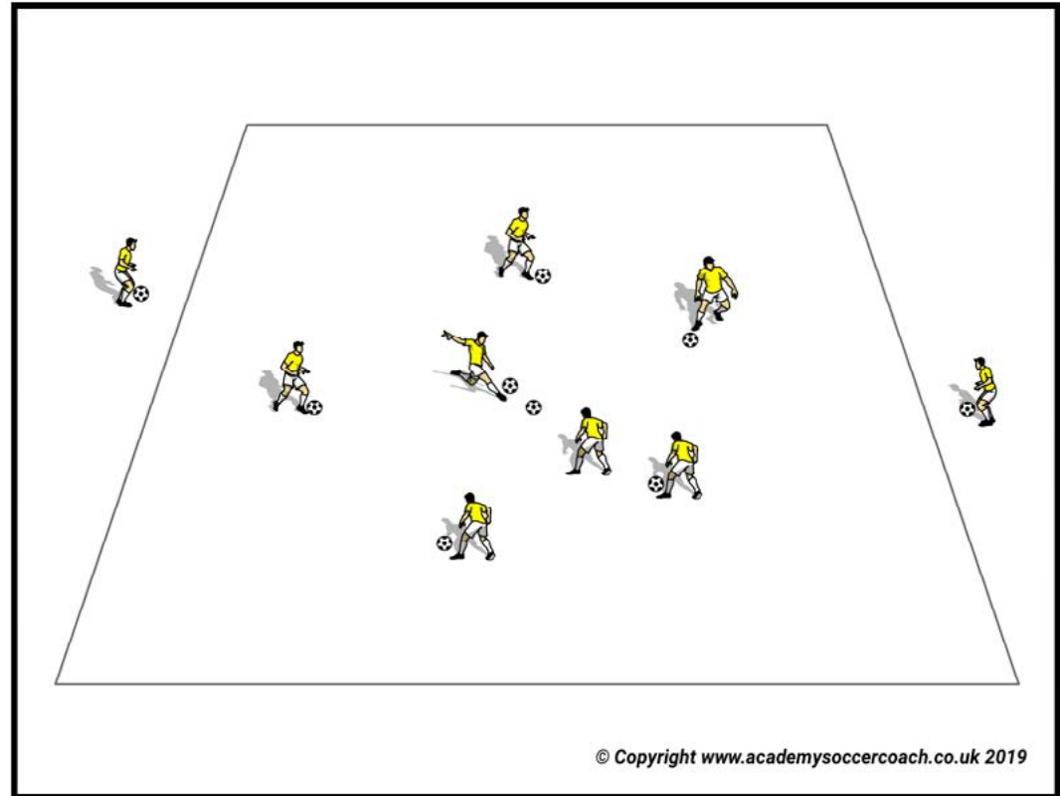
20x20 (adjustable for numbers of players)

Objective:

Each player has a ball and must dribble around the area while protecting it from the other players, who are trying to kick the other players' ball out of the square. The last person standing at the end of the game is the winner.

Progressions:

If a player's ball is kicked out, a player can re-enter the square if they can do a certain amount of juggles



3. 2V1 SHIELDING

Equipment:

Balls, bibs, cones, mini-goals

Size:

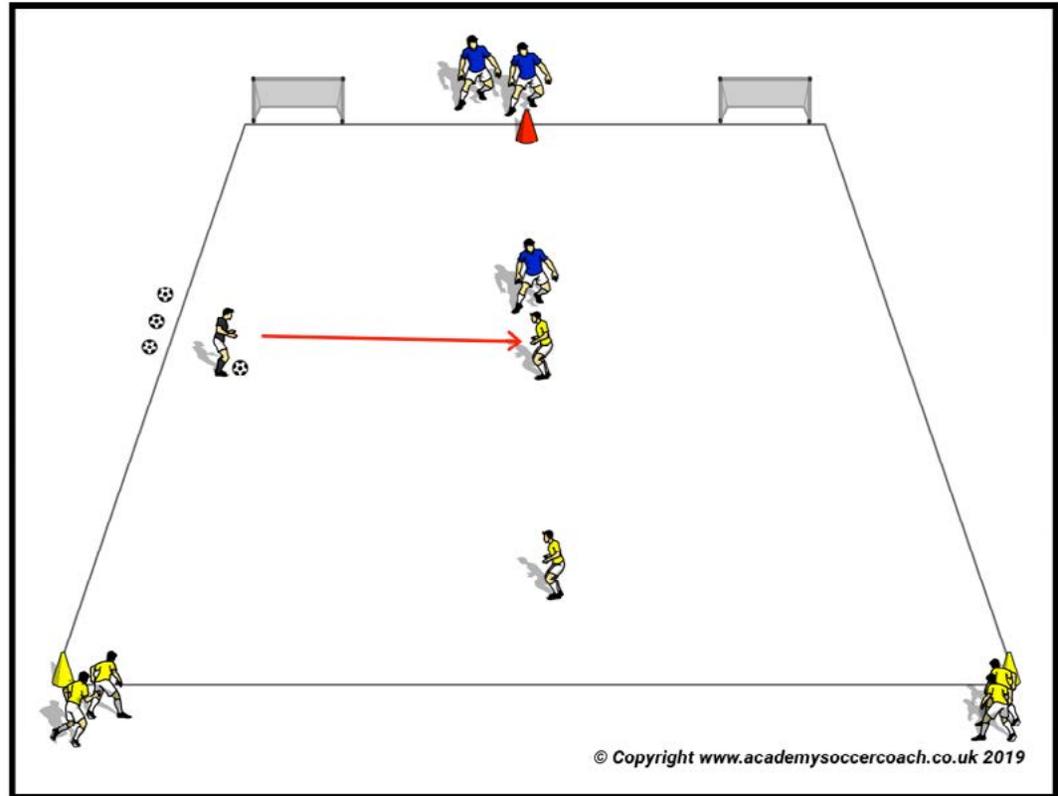
20x20

Objective:

The coach serves the ball in to the middle of two players with the attacking team (yellow) having a 2v1 advantage over the defenders (blue). The yellow attacker must initially deal with a ball given by the coach and shield the ball and retain possession using their body. The yellows must then combine to score in either of the mini goals. If the blues win the ball, they score by stopping the ball on the end line.

Progressions:

- 1) Coach can change the type of delivery e.g in the air, bouncing ball etc
- 2) Change the angle of delivery e.g with pressure from behind/ pressure from the other side.



4. CORNER GOALS GAME

Equipment:

Balls, cones, bibs

Size:

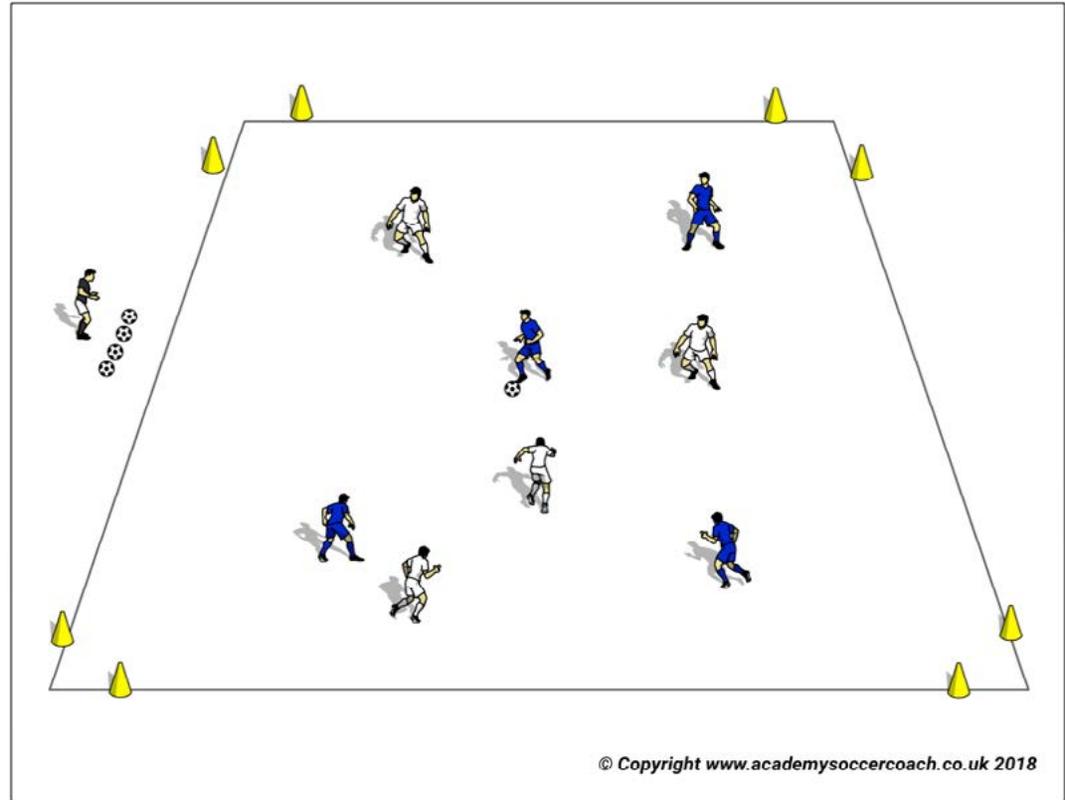
30x30

Objective:

Split the teams in two playing 4v4. Players can score in any of the four goals in the corners by dribbling or passing through the goals.

Progressions:

- 1) Play end to end scoring in either of the two goals
- 2) Can't score in the same goal twice in a row, if they score in one goal it is locked until a goal is scored in another goal
- 3) Score in all 4 of the goals



SESSION 6

Receiving

KINDERSOCCER

SESSION 6 - RECEIVING

1. 3V3 WARM UP GAME

Equipment:

Balls, bibs, cones

Size:

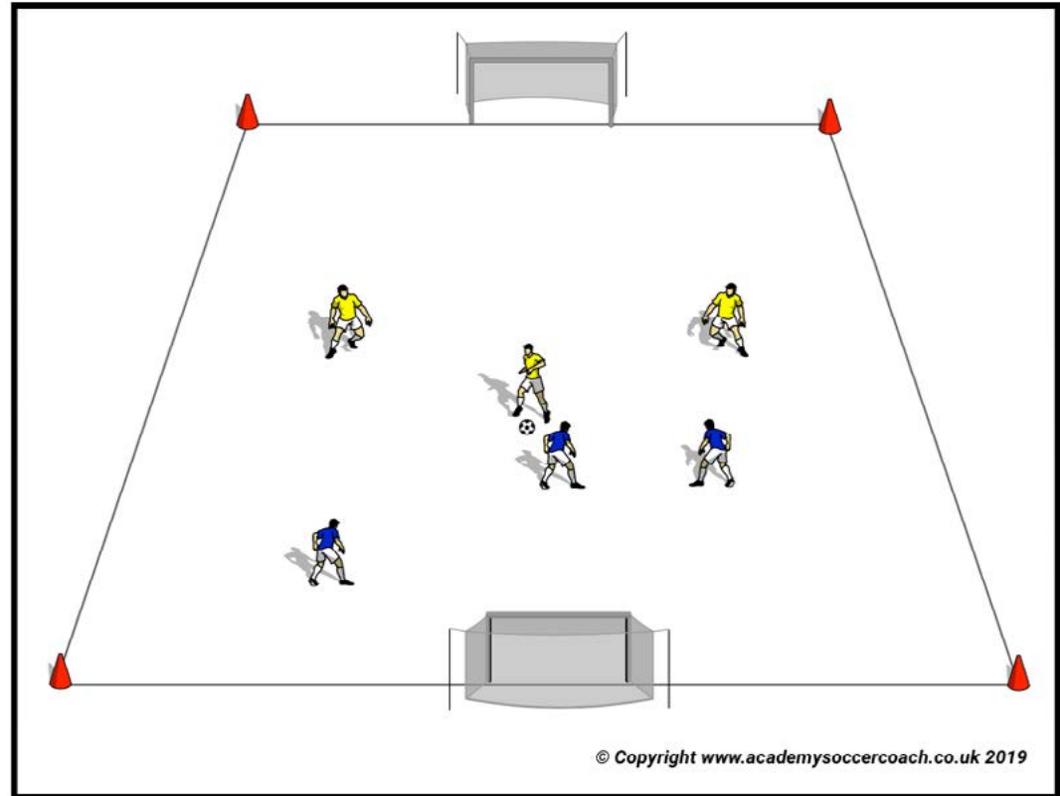
16x24

Objective:

3v3 game to the mini-goals. Play a normal game but if you make two passes before you score a goal, the goal counts for two. If you make 3 passes and you score the goal counts for 3 (and so on).

Progressions:

Allow on occasions for the players to pick their own teams, their own rules, the size of the field etc.



2. GATES GAME

Equipment:

Balls, cones, bibs

Size:

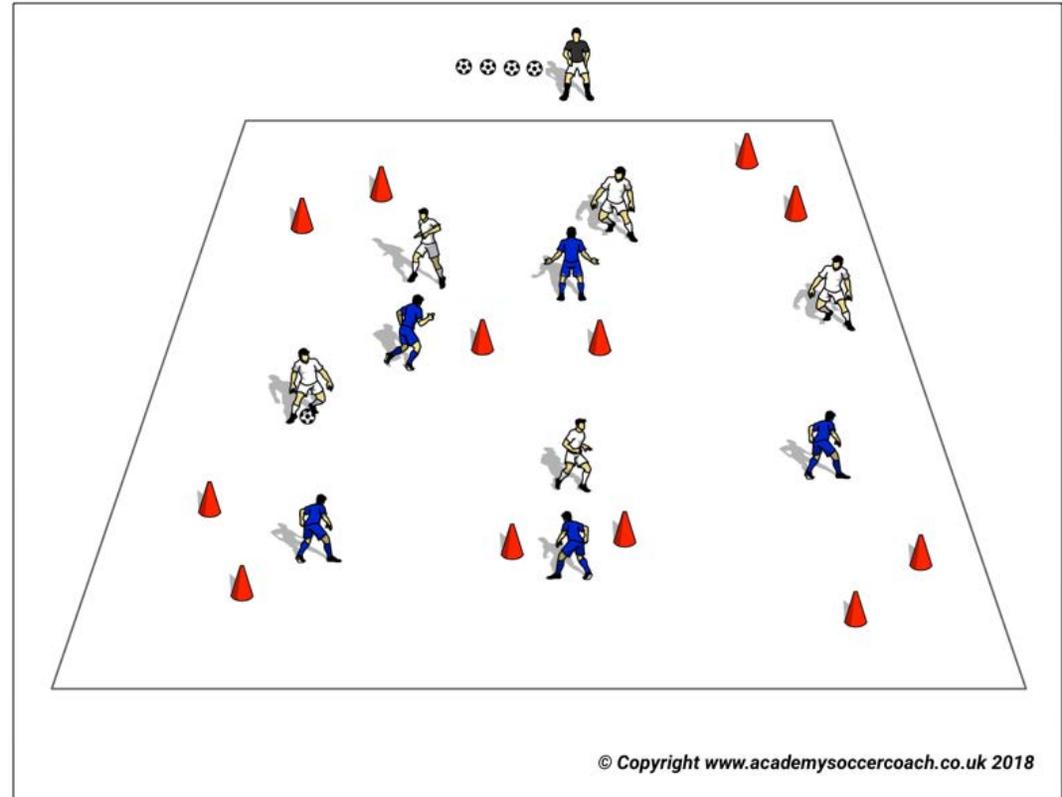
30x40

Objective:

Player's are split into 2 teams and the objective is to pass the ball through the gate to one of your teammates to score a goal.

Progressions:

- 1) Can't score through the same gate twice
- 2) Score in all of the gates



3. 2V1 WAVE ATTACKS

Equipment:

Balls, bibs, cones, mini goals

Size:

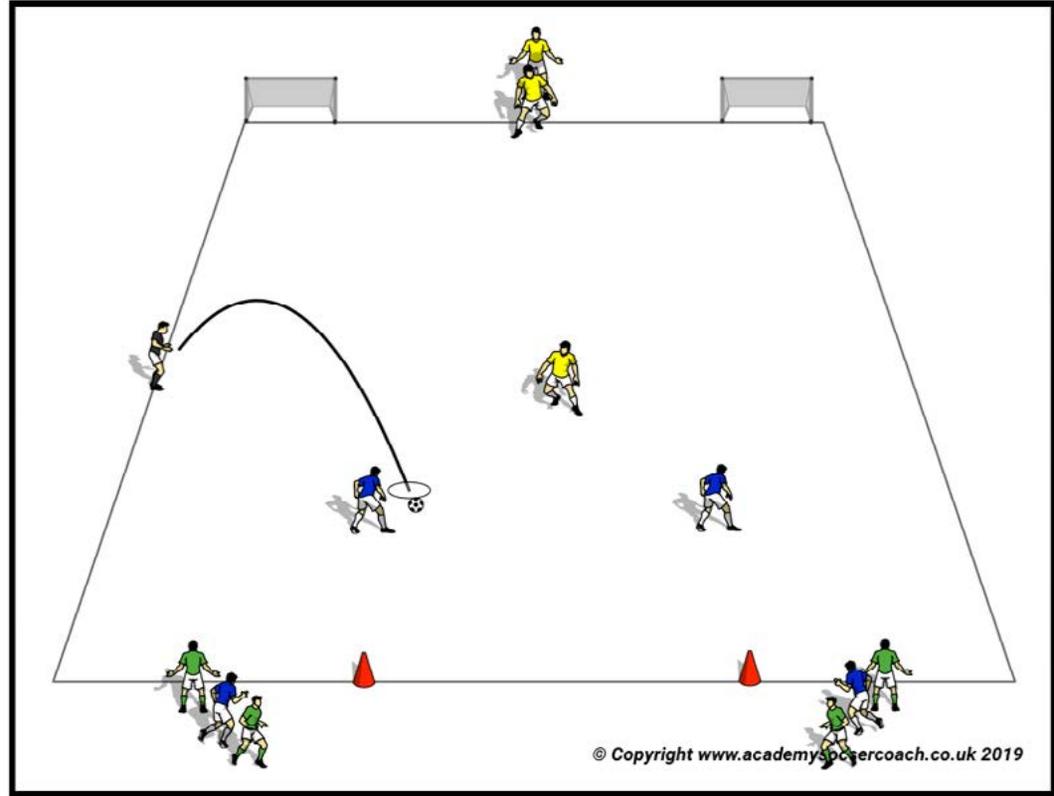
20x20

Objective:

Split the teams into 3, with one team defending each time, while the other two teams partner up. The game starts by the coach serving the ball to the attacking team. Attacking alternately, the two attacking teams play 2v1 to the mini goals. If the defending team wins it, they score by dribbling the ball through the central gate.

Progressions:

The coach will vary the type of ball they need to change the type of reception e.g bouncing ball, spinning ball, aerial ball. This will emphasize using different body parts to control the ball.



4. CORNER GOALS GAME

Equipment:

Balls, cones, bibs

Size:

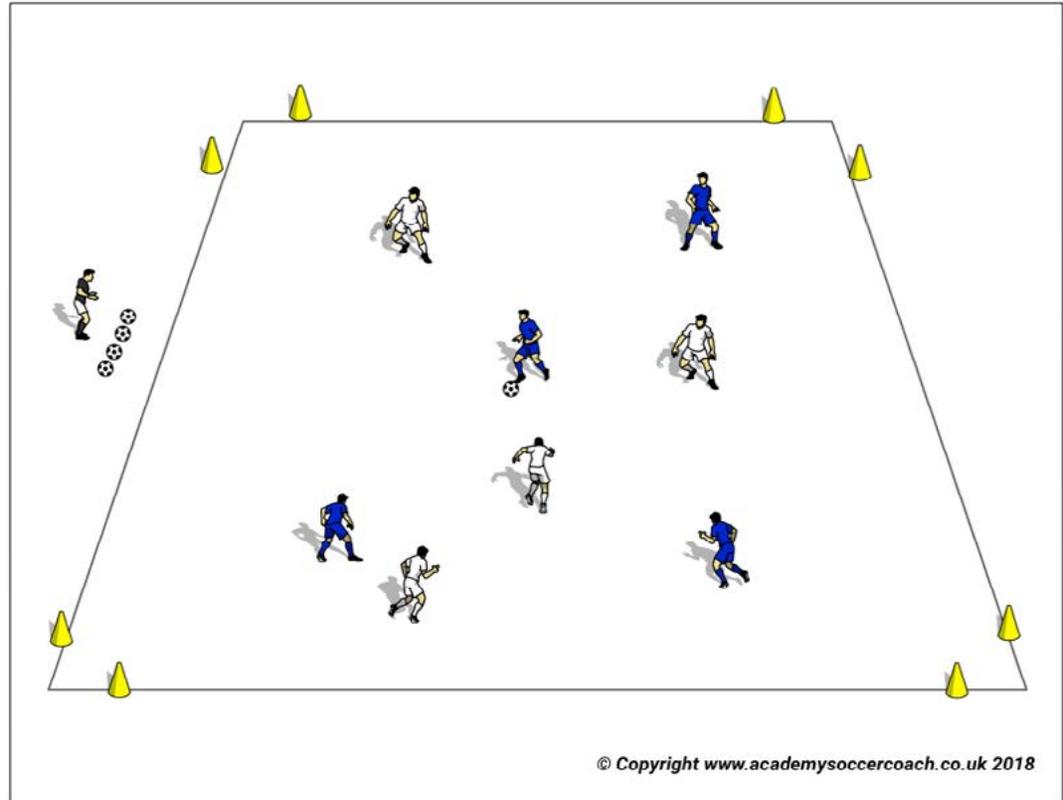
30x30

Objective:

Split the teams in two playing 4v4. Players can score in any of the four goals in the corners by dribbling or passing through the goals.

Progressions:

- 1) Play end to end scoring in either of the two goals
- 2) Can't score in the same goal twice in a row, if they score in one goal it is locked until a goal is scored in another goal
- 3) Score in all 4 of the goals



SESSION 7

Turning

1. OUTNUMBERED GAME

Equipment:

Balls, bibs, cones

Size:

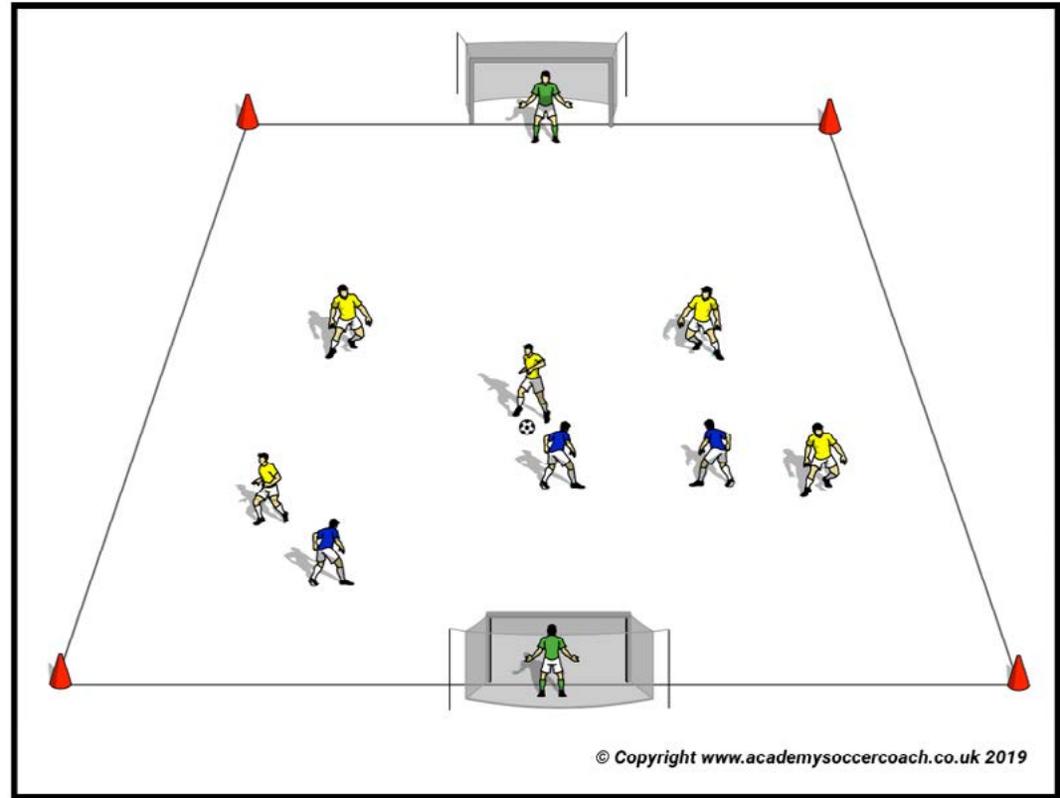
24x36

Objective:

x3v5 plus goalies to the mini goals. The team with 3 players have unlimited touches while the team with 5 have a touch limit (2 or 3 touches depending on ability).

Progressions:

Rotate the players so they have the chance to be the numbers up or numbers down team. Have fewer or more players depending on ability/ number of players etc.



2. COWBOYS AND INDIANS GAME

Equipment:

Balls, cones

Size:

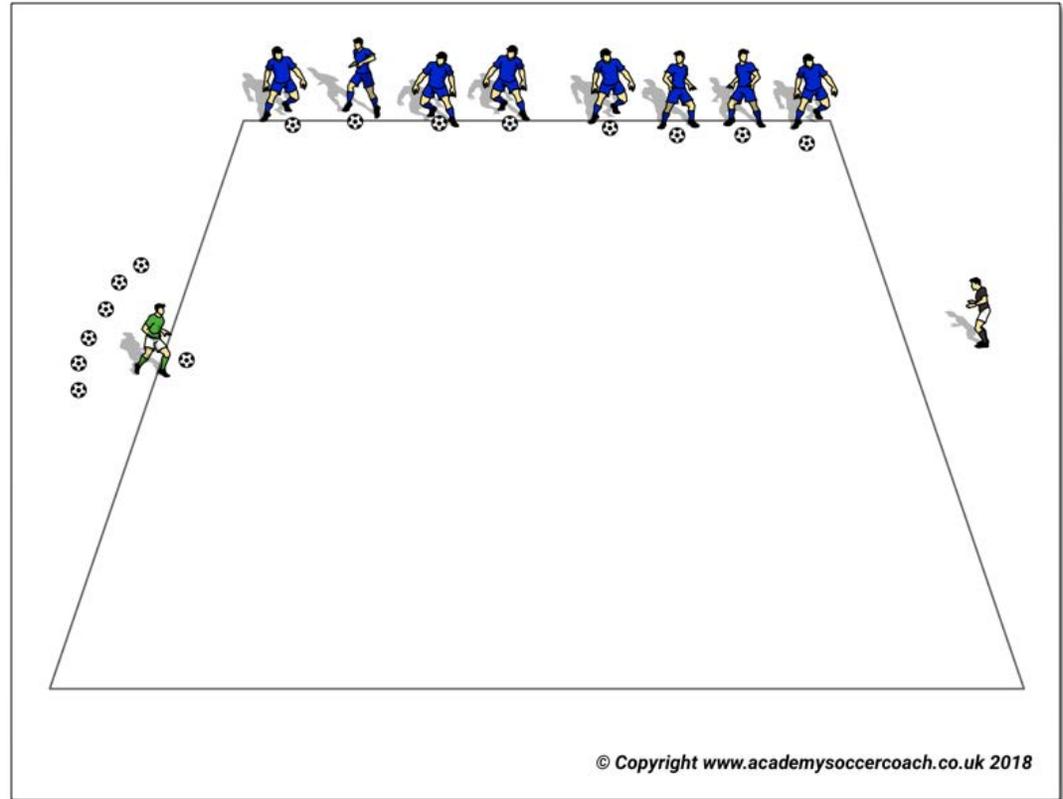
20x20

Objective:

Player's line up at one end of the square with the coach on the side of the grid. The players (Indian's) must get to the other side without being hit on the leg by the Coach (Cowboy). If a player does get hit, they then join the coach as Cowboy's. The last player standing wins.

Progressions:

Each player has a ball, and must make it across the grid without their ball being hit



KINDERSOCCER

SESSION 7 - TURNING

3. 1V1 SEMI TO FULL OPPOSED

Equipment:

Balls, bibs, cones

Size:

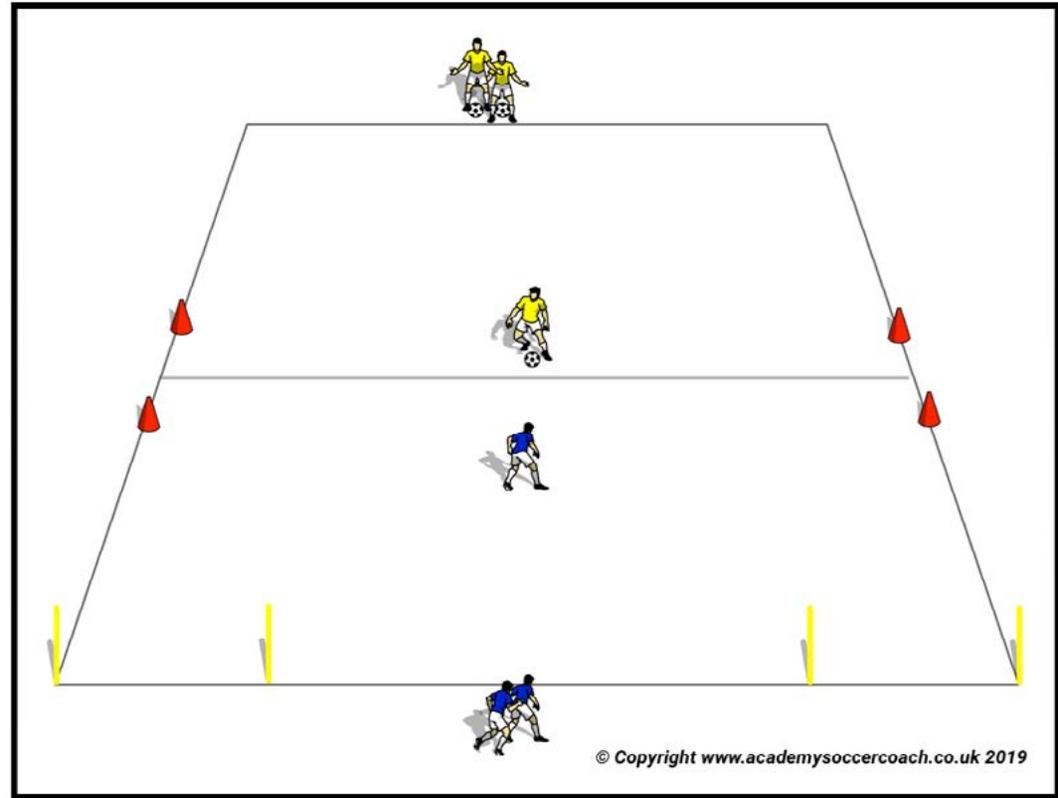
20x20

Objective:

One attacker aims to dribble the ball through either of the central gates. The defender tries to mirror the attacker and stop them from dribbling through the gate. However, the defender must stay on their side of the line and cannot cross it. If the attacker loses control of the ball and goes to the defender's side, they can intercept it.

Progressions:

The attacker can score in either side gate, but can also score by dribbling through either of the end pole goals. Develop the game by adding a scoring system, e.g 1 point to score in the side gates, 3 points to score in the pole goals.



4. 4 CORNER GOAL GAME

Equipment:

Balls, cones, goals

Size:

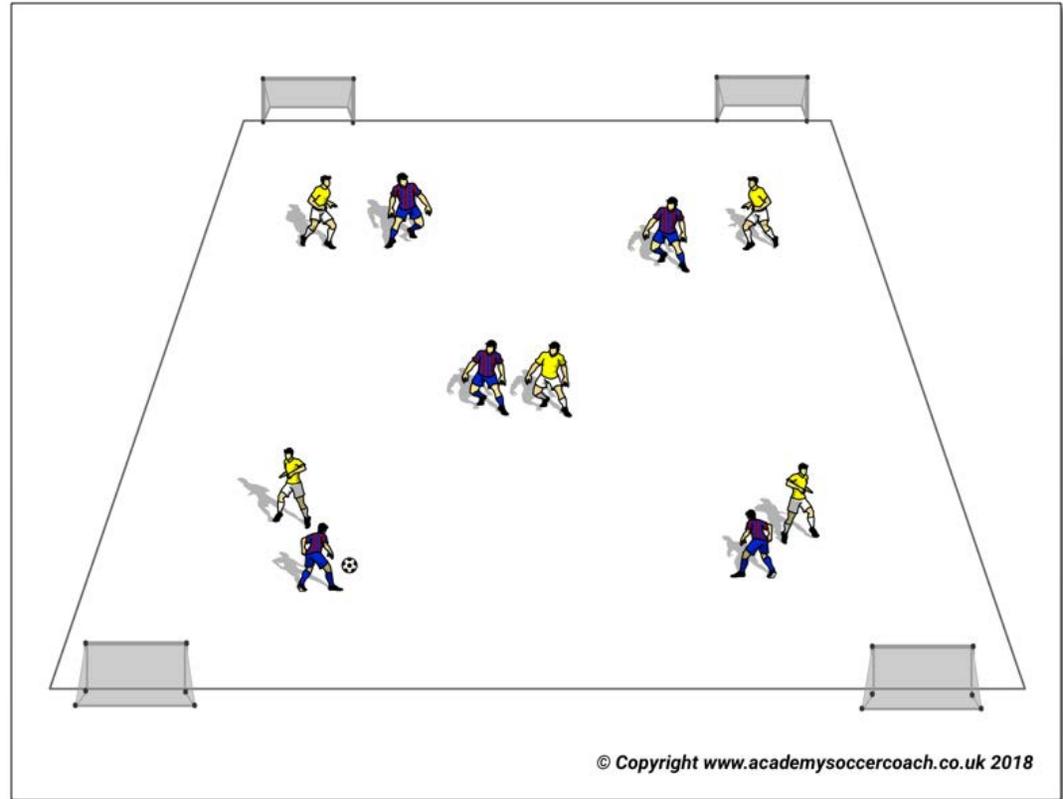
30x40 yards

Objective:

Players are split into two teams, with the objective being to score by passing the ball into one of the two corner goals.

Progressions:

- 1) Touch restrictions e.g. 2 touch per player
- 2) One touch finish into the goal





KAYA FC ACADEMY SESSIONS

U8 - 10

SESSION 1

Finishing

U8 - 10

U8 - 10
SESSION 1 - FINISHING

1. 4V4 GAME WITH GK'S

Equipment:

Balls, bibs, cones

Size:

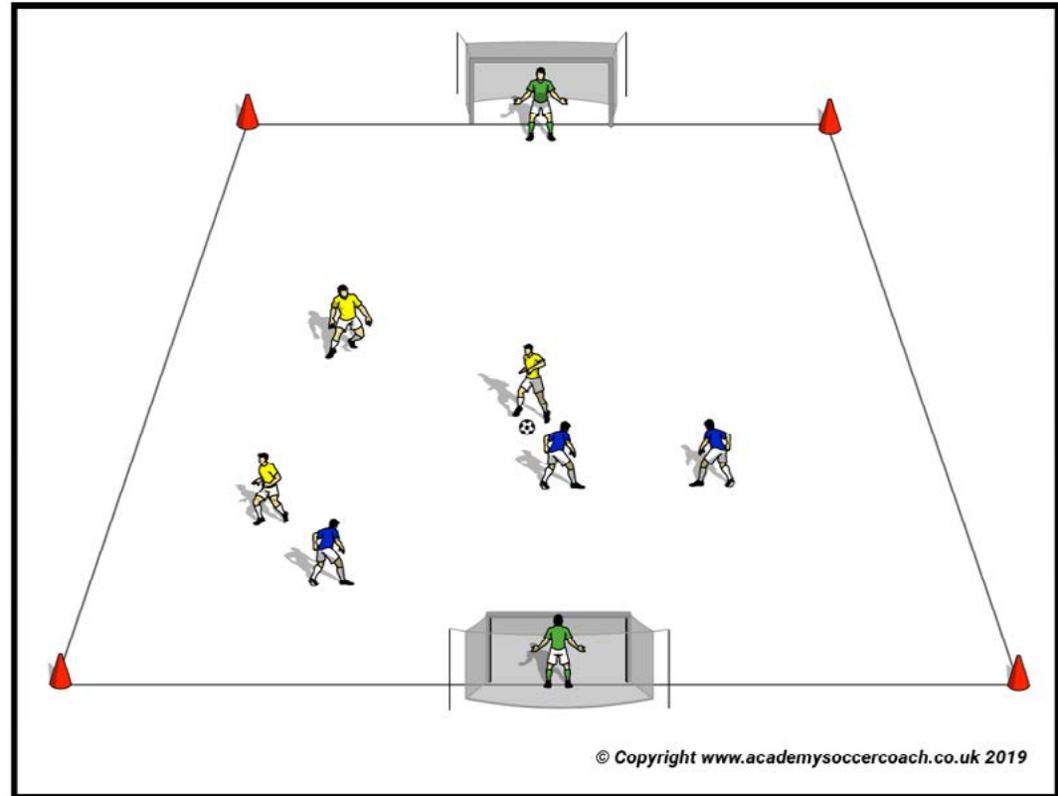
16x24

Objective:

4v4 game with goalkeepers. Play a normal game with the only rule being if you shoot and miss the target, you have to run around the 4 corners of the field before you can re-enter the field of play again.

Progressions:

In order to win the game, all 3 outfield players must score.



2. 1V1 TRANSITION GAME

Equipment:

Balls, bibs, cones, mini goals

Size:

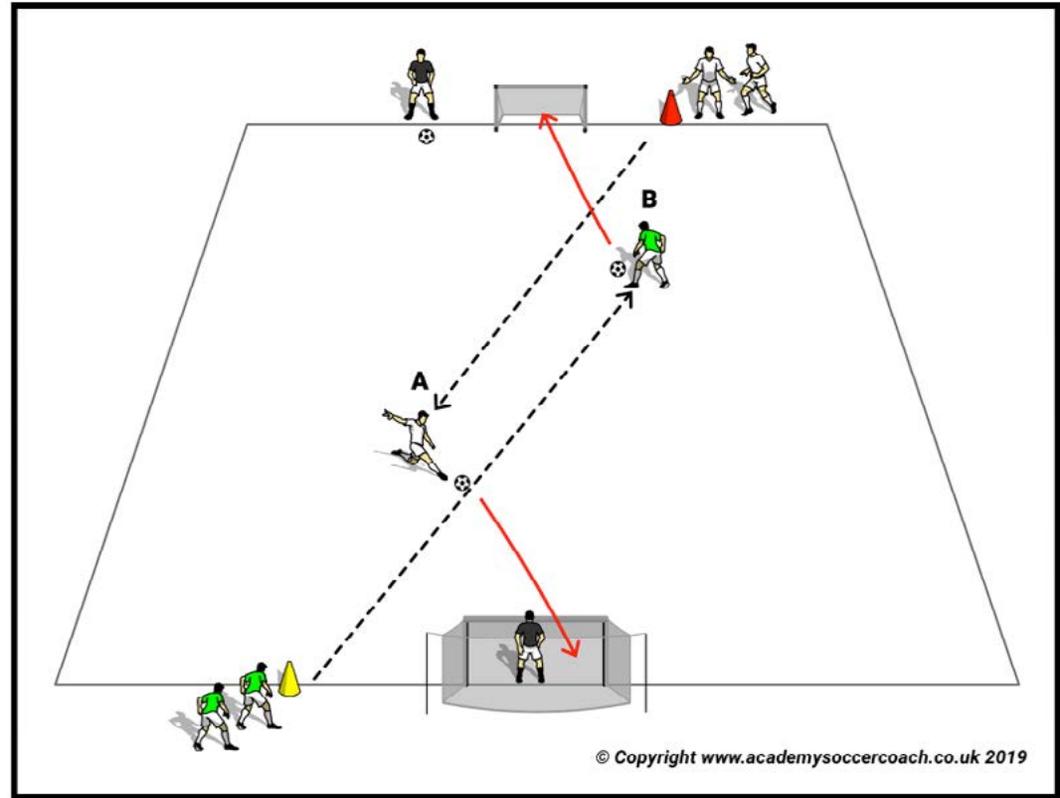
20x20

Objective:

Player A & Player B wait for the coach's call to 'go'. When that happens, player A dribbles and shoots at the goalkeeper while player B tries to pass the ball into the small goal. The coach then serves the ball to player B who goes 1v1 to the big goal. If the defender wins it, they try to score in the small goal opposite.

Progressions:

Add a scoring system, e.g 1 goal for an unopposed goal in the big goal, 3 points for a goal with the defender involved in the big goal. 1 point is also awarded for the defender if they win it and score in the small goal. First team to 10 points, wins.



U8 - 10

SESSION 1 - FINISHING

3. 3V2s

Equipment:

Balls, cones, bibs, goals

Size:

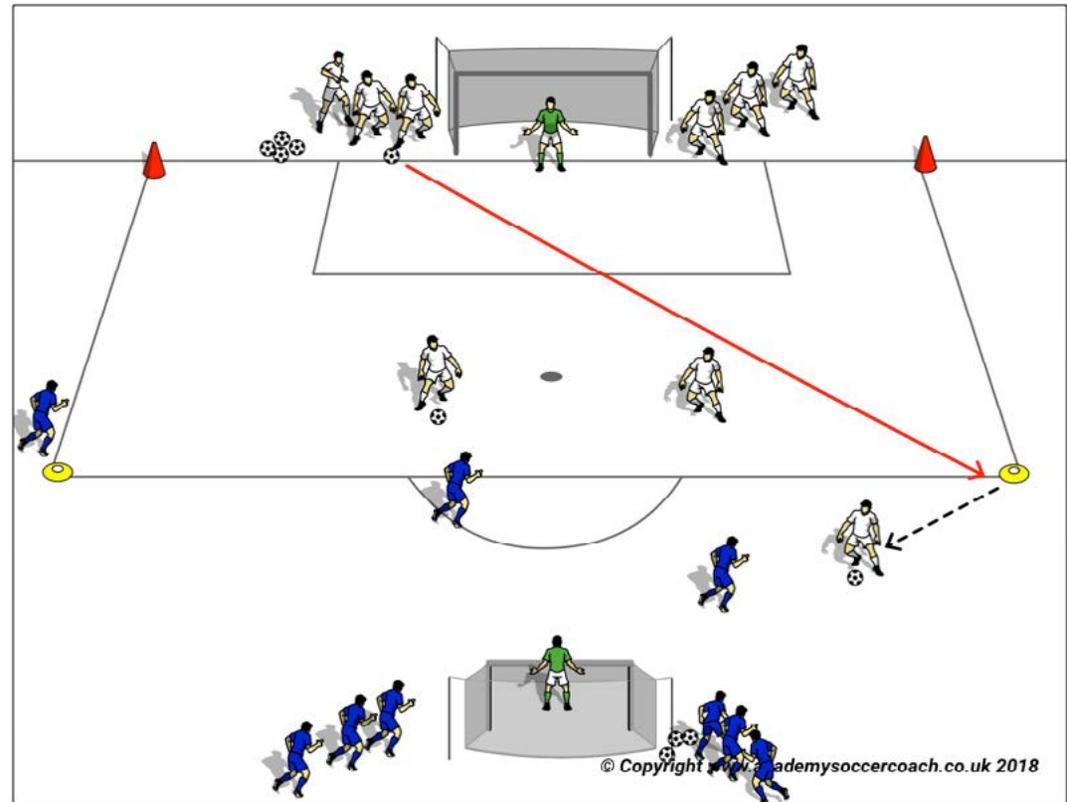
Double penalty box

Objective:

Split the teams into two equal numbers. Position two goals 36 yards apart (double 18'). Place an attacker, one from each team on the edge of the box for both teams. The game starts by the attacking team (two players either side of the posts) playing the ball to the spare player who joins the game to play 3v2 to goal. The game is finished when there is either a goal or the ball goes out of play. Once the team has attacked, they must stay in and defend for one attack, when the other team plays 3v2 against them.

Progressions:

- 1) First team to 10 goals wins
- 2) Most goals in a time frame wins
- 3) If the defending team wins the ball and scores it counts for 2



4. SNIFFER GAME

Equipment:

Balls, cones, goals

Size:

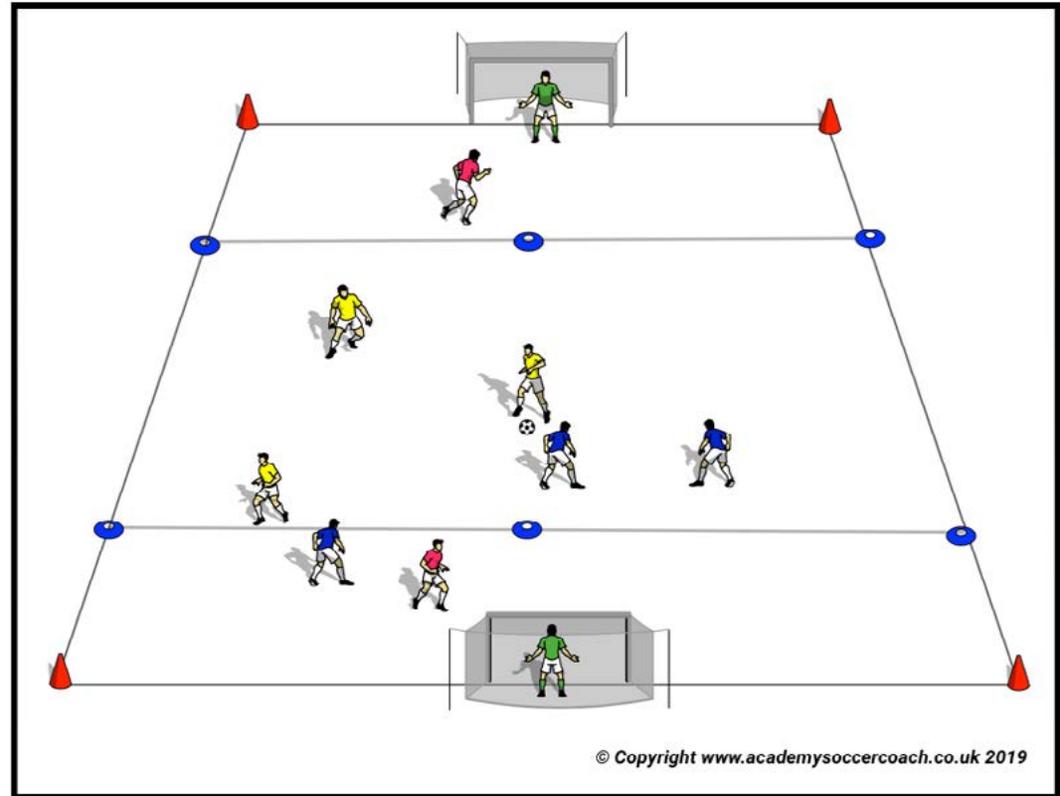
30x50 yards

Objective:

Players are split into two teams playing a game. The field is split into 3, with 2 'sniffer's playing as strikers for one team. They stay inside their zone and can only score from a rebound/ 1 touch finish.

Progressions:

Progress to regular game.



SESSION 2

Passing

U8 - 10

1. 3V3 CONE OFF GAME

Equipment:

Balls, bibs, cones

Size:

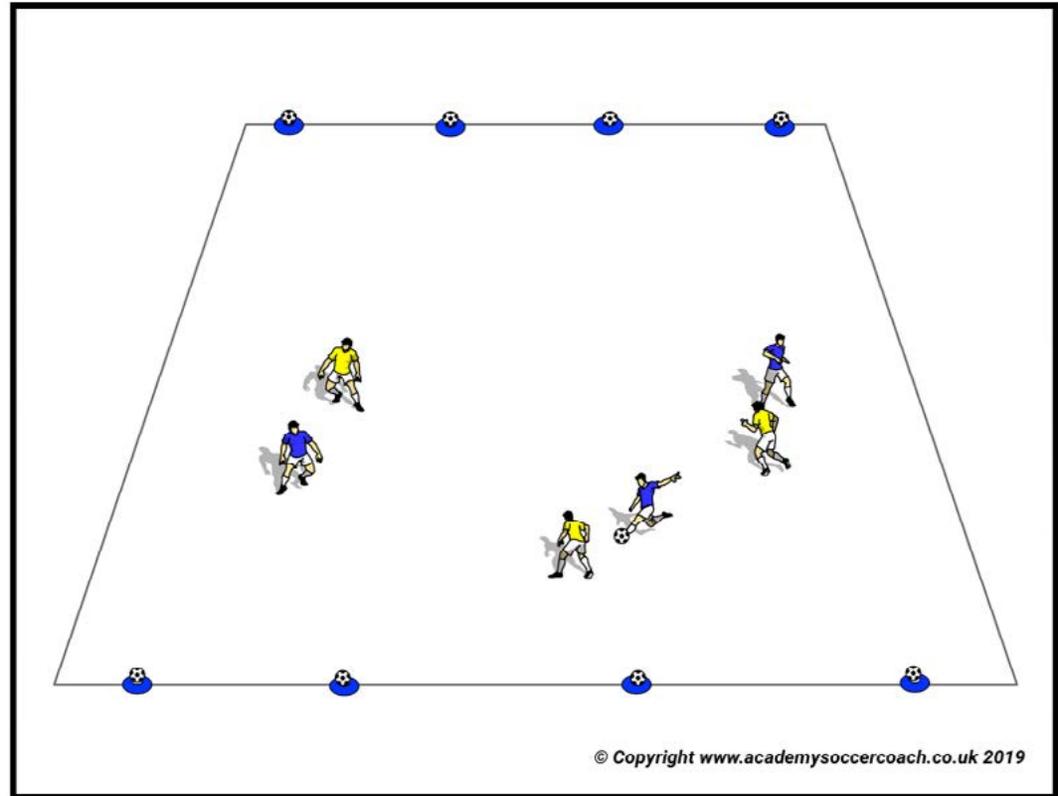
20x20

Objective:

3v3 game where the team must try to score by knocking the ball off the cone.

Progressions:

- 1) First team to knock off all 4 wins
- 2) Add a 5m zone (or closer/ further away depending on their ability) where the players must shoot in front of.



2. POSSESSION BY NUMBERS

Equipment:

Balls, cones, bibs

Size:

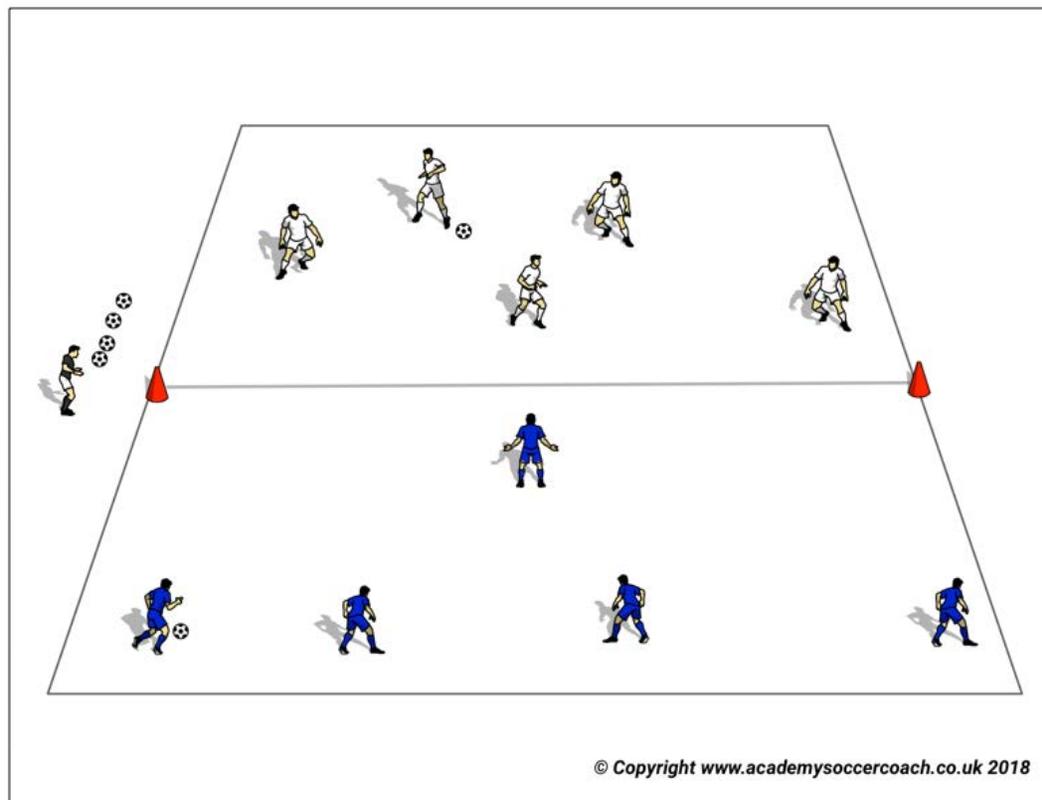
20x20

Objective:

Player's are split into 2 teams and are numbered 1-5. When the coach calls a number, that player from each team runs into the opposition area and tries to retrieve the ball. The other players play keep away until the ball goes out of play or the defender plays the ball back into his/her side.

Progressions:

- 1) Send two numbers
- 2) Add a neutral player to create numerical advantage
- 3) Touch limitations



U8 - 10
SESSION 2 - PASSING

3. 4 CORNER GOAL GAME

Equipment:

Balls, cones, goals

Size:

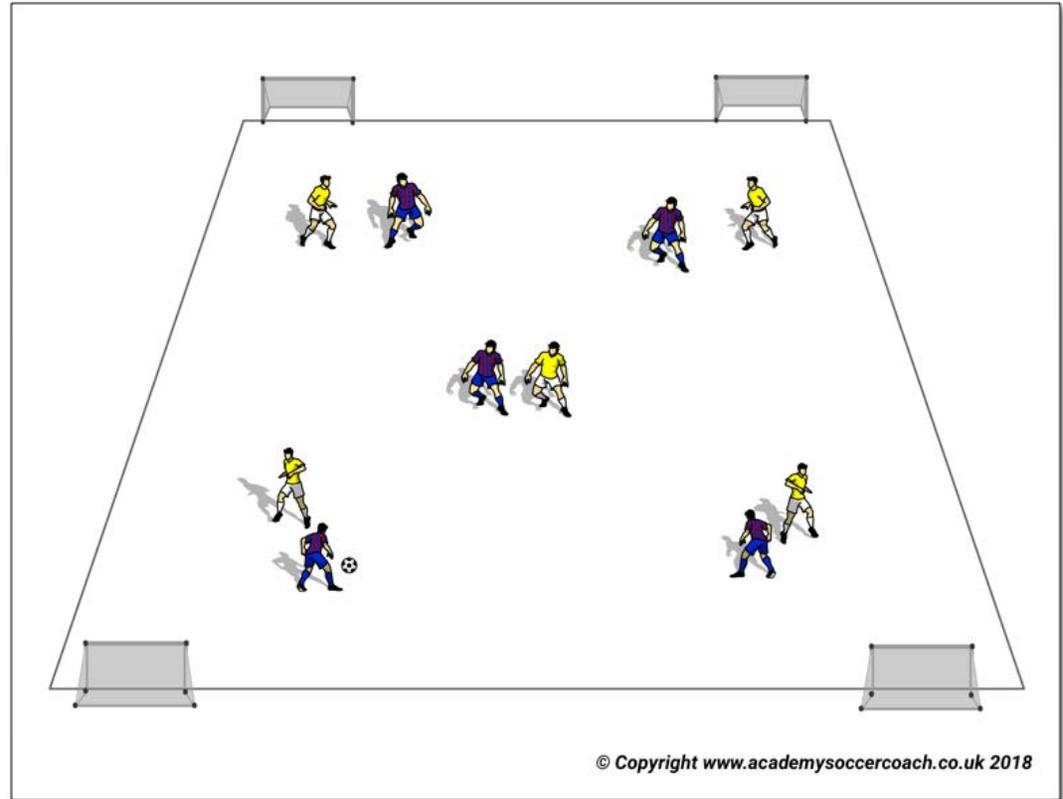
30x40 yards

Objective:

Players are split into two teams, with the objective being to score by passing the ball into one of the two corner goals.

Progressions:

- 1) Touch restrictions e.g. 2 touch per player
- 2) One touch finish into the goal



4. SMALL SIDED GAME

Equipment:

Balls, cones, goals

Size:

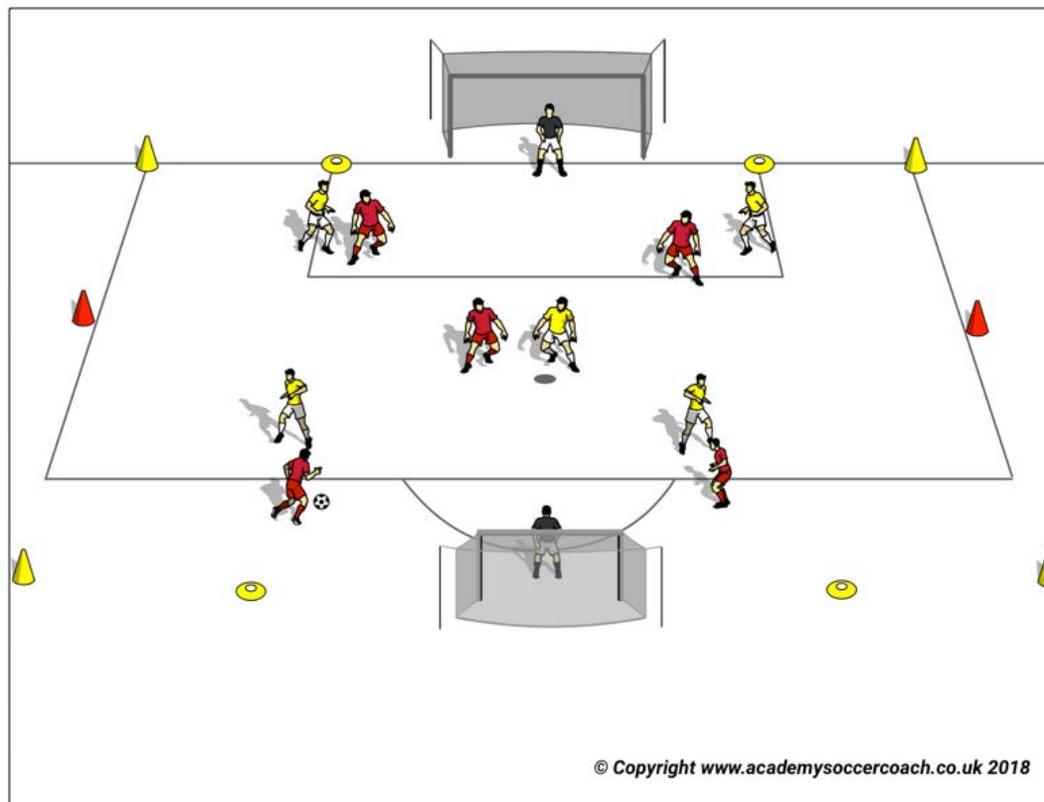
30x50 yards

Objective:

Players are split into two teams playing a normal, directional game. Only restriction is once the player on the ball has passed it, they **MUST** move afterwards. If a player fails to move after they have played it, then the ball automatically turns over to the opposition.

Progressions:

- 1) Touch restrictions e.g. 2 touch per player
- 2) Must be a one touch finish
- 3) Everyone must be in the attacking half, if not, the goal doesn't count
- 4) Everyone must be back in your defensive half otherwise it's an extra goal for every player who isn't back.



SESSION 3

1v1 Attacking

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1
8
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1. ENDZONE GAME

Equipment:

Balls, cones

Size:

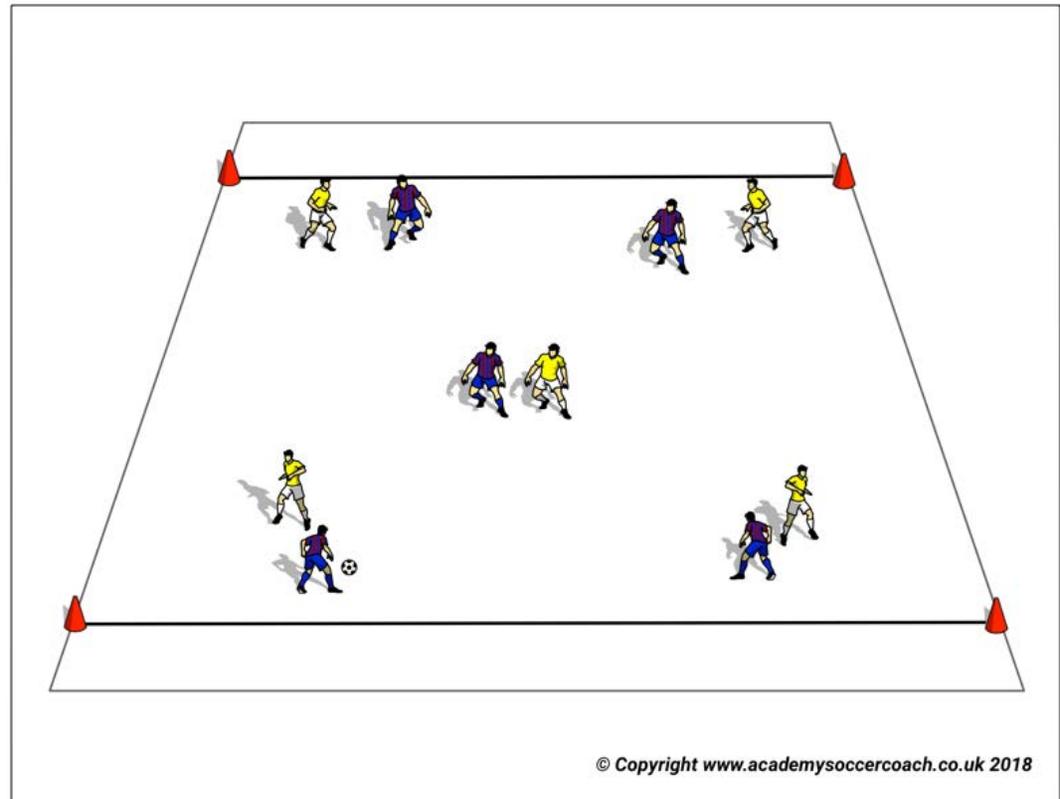
30x40 yards

Objective:

Players are split into two teams, with the objective being to score by having control of the ball in the 5 yard endzone by either 1) receiving a pass or 2) dribbling into the zone. Defenders cannot go into the zone to prevent the team in possession from receiving it.

Progressions:

Defenders can follow the attackers into the zone to defend the zone.



U8 - 10
SESSION 3 - 1V1 ATTACKING

2. 1V1 SEMI TO FULL OPPOSED

Equipment:

Balls, bibs, cones

Size:

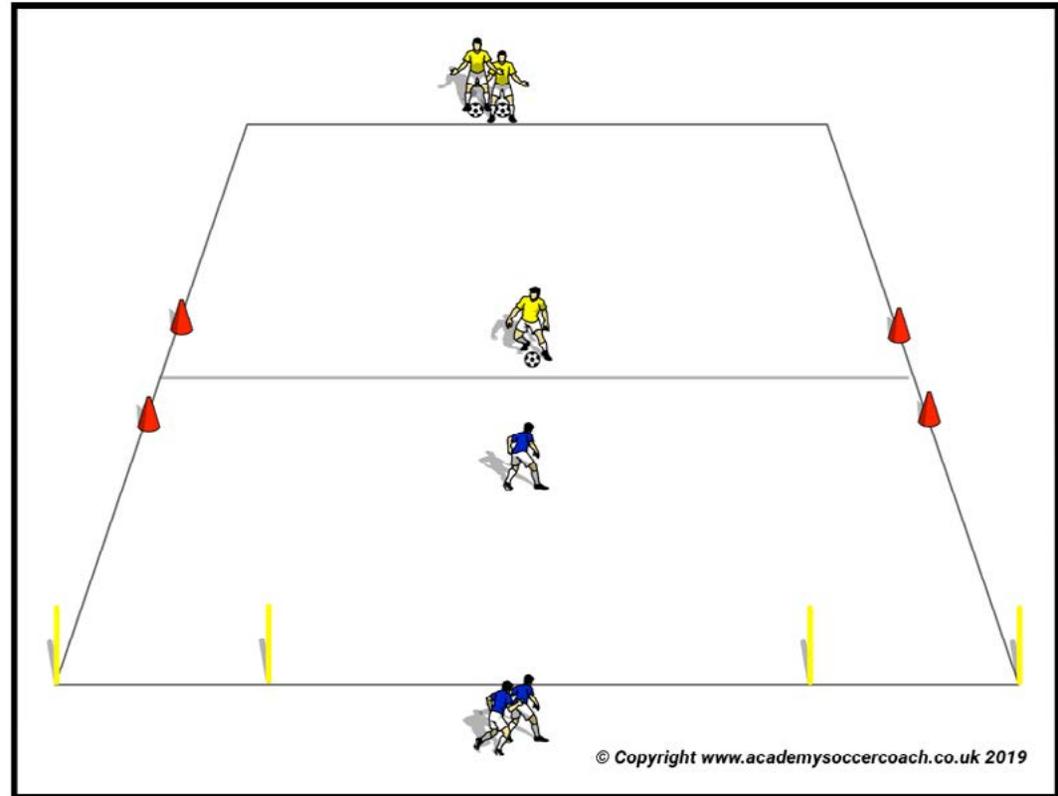
20x20

Objective:

One attacker aims to dribble the ball through either of the central gates. The defender tries to mirror the attacker and stop them from dribbling through the gate. However, the defender must stay on their side of the line and cannot cross it. If the attacker loses control of the ball and goes to the defender's side, they can intercept it.

Progressions:

The attacker can score in either side gate, but can also score by dribbling through either of the end pole goals. Develop the game by adding a scoring system, e.g. 1 point to score in the side gates, 3 points to score in the pole goals.



U8 - 10
SESSION 3 - 1V1 ATTACKING

3. 6 GOAL GAME

Equipment:

Balls, bibs, cones

Size:

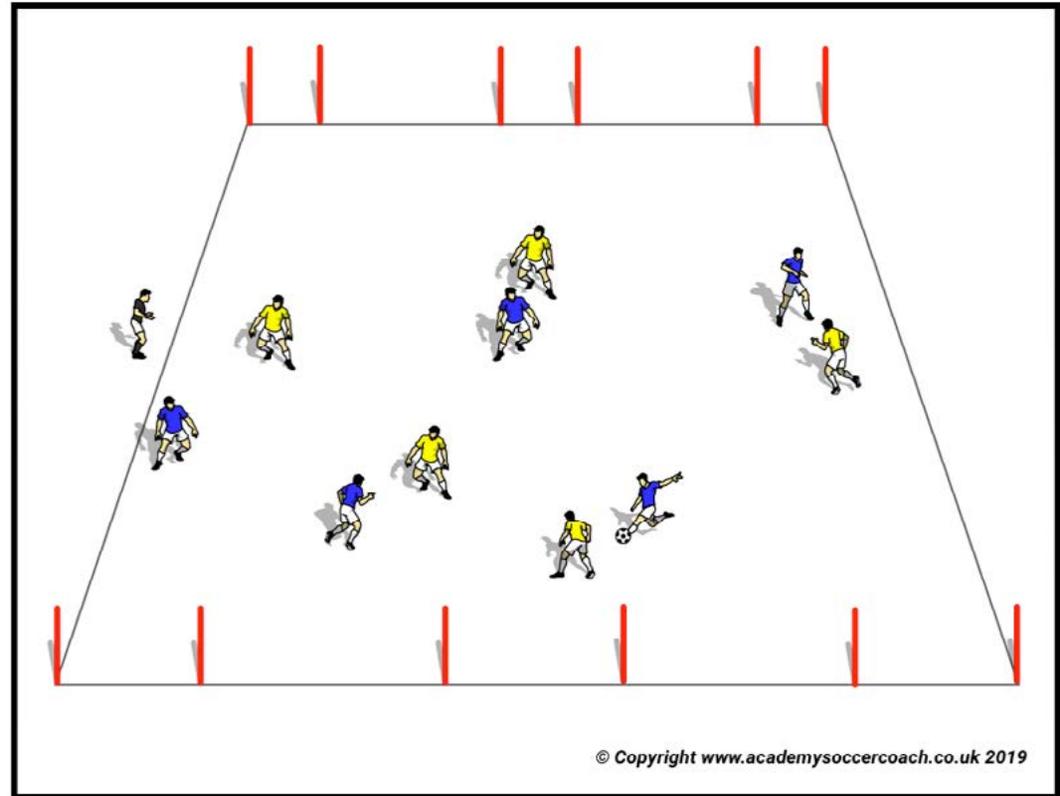
30x40

Objective:

Split the teams into two, with the objective being to score in any of the three gates.

Progressions:

- 1) Must be a one touch finish in the gates
- 2) If you have many numbers, add a blocker to work behind each endline. The attacking team cannot score if the blocker is standing between the two poles. This will encourage the players to scan the pitch and improve their field vision.



4. BIG GOAL - COUNTER GOAL GAME

Equipment:

Balls, cones, goals, poles

Size:

Half field

Objective:

Players are split into two teams with one team attacking the big goal, and the other aiming to score by passing through the three gates.

Progressions:

- 1) If you score in the three goals, turn around and score to the big goal
- 2) Only goals in the big goal count



SESSION 4

1v1 Defending

U8 - 10

1. 3V3 ENDLINE GAME

Equipment:

Balls, bibs, cones

Size:

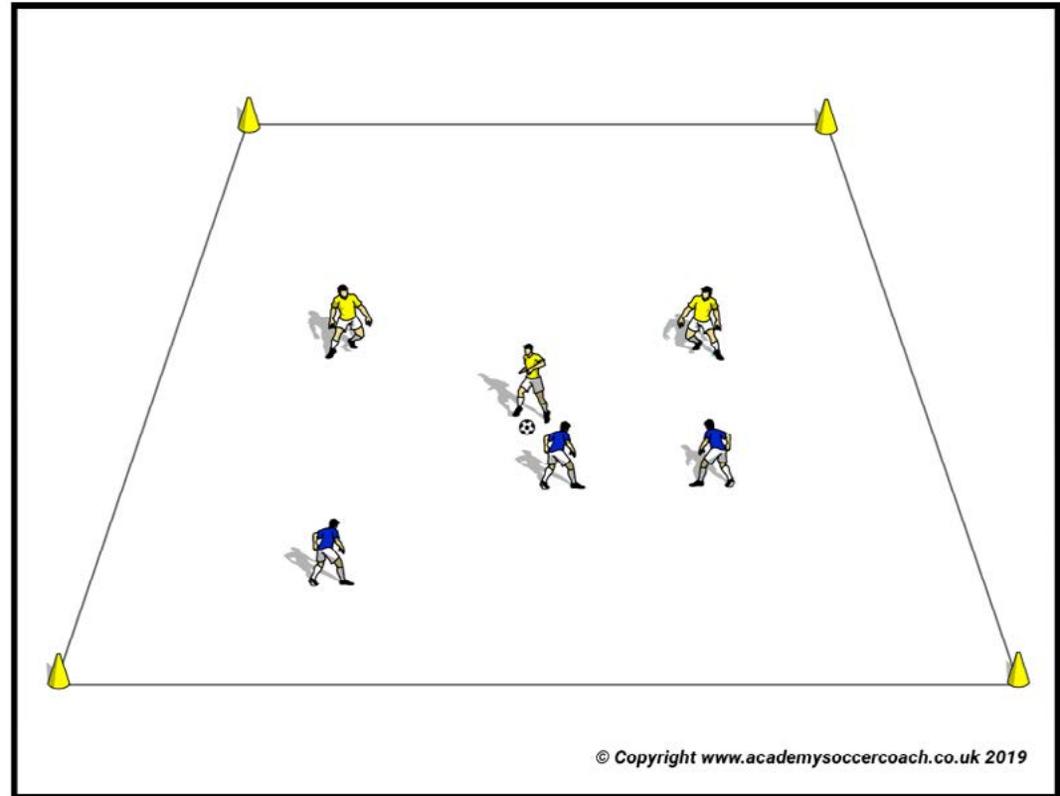
20x20

Objective:

3v3 game where the team must try to score by stopping the ball on the end line.

Progressions:

- 1) If you score at one end, immediately turn around and try to score at the other end
- 2) You can score at any of the end lines, but have one team trying to score east to west, the other trying to score north or south.



2. NUMBERED 1V1s

Equipment:

Balls, cones

Size:

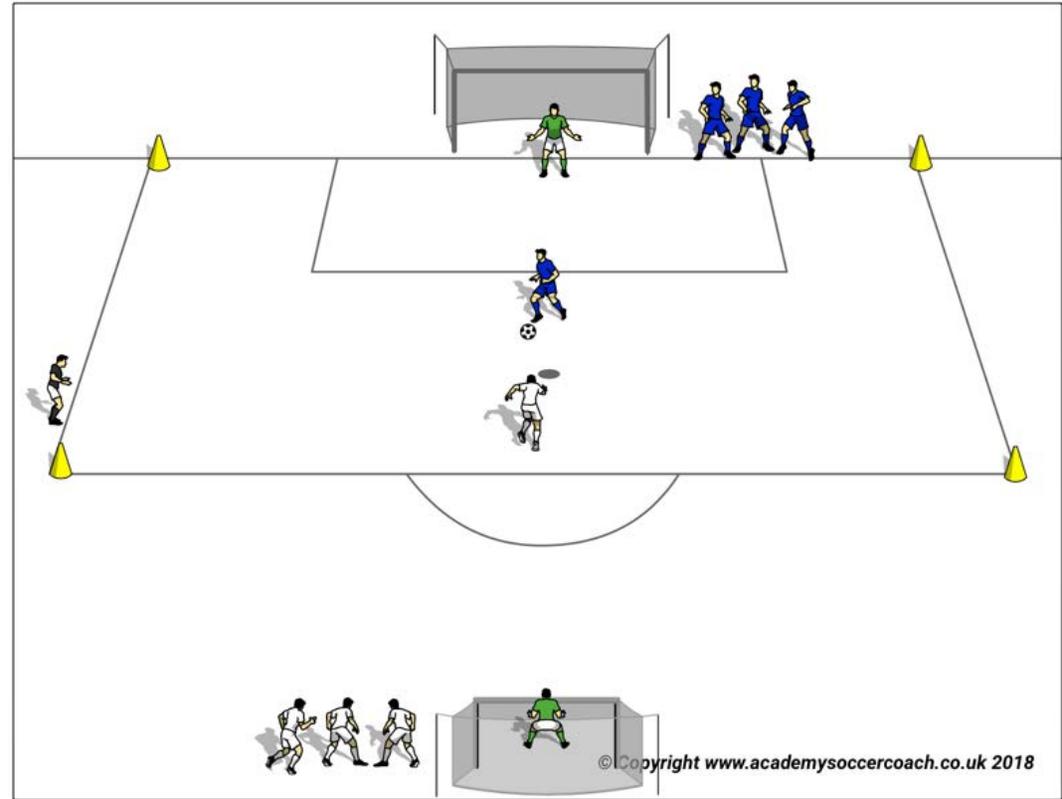
20x20

Objective:

Split the teams into two and pair them off by giving them a number. When the coach calls out a number, a player from each team must come out and play 1v1 to goal. Coaches can either be on the side, or play in goal.

Progressions:

- 1) Call out 2 numbers and play 2v2
- 2) Players must run around the opposition goal before entering the field.



3. WAVE ATTACK GAME

Equipment:

Balls, cones, bibs, poles

Size:

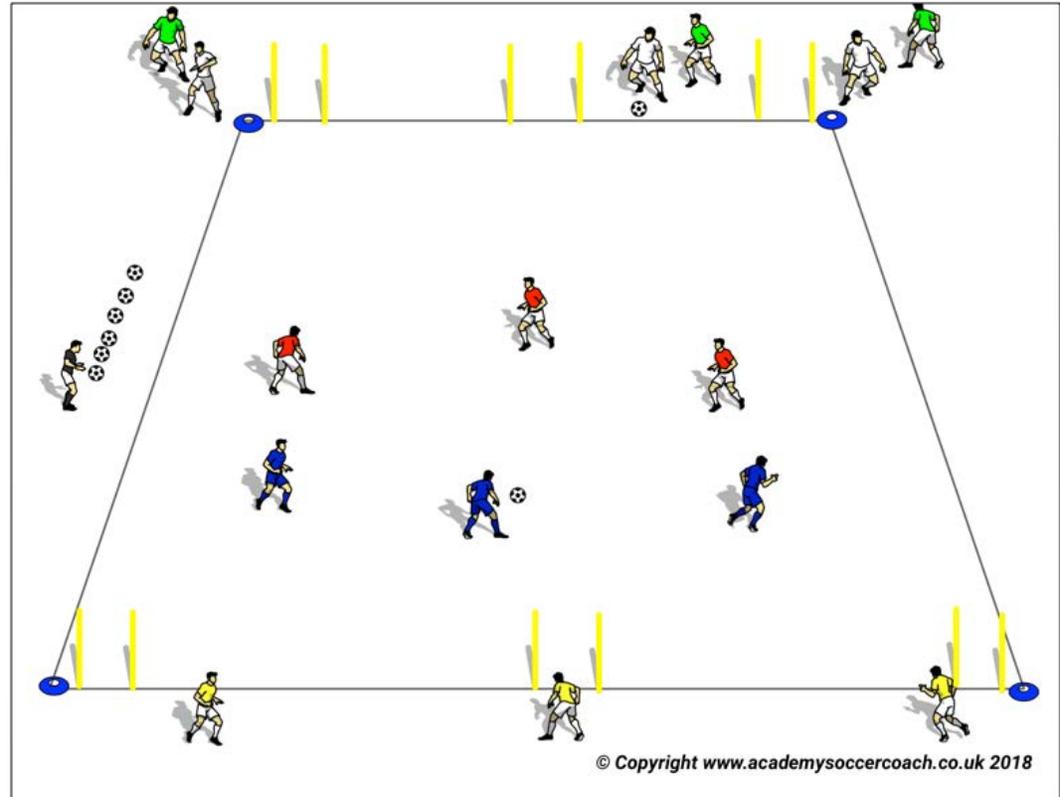
30x40

Objective:

Player's are split into teams (here there are 5) with three goals at each end and score by passing through the gates. Each team stays in for one attacking wave, and one defensive wave in a 3v3 to goal. Once a team has finished their defensive turn, they exit the field quickly and go to the back of the opposite line in which they entered.

Progressions:

- 1) One touch through the gate
- 2) First team to 10 goals wins
- 3) Add a retreat line so players must fall back to a particular area before defending



4. MAN TO MAN SMALL SIDED GAME

Equipment:

Balls, cones, goals

Size:

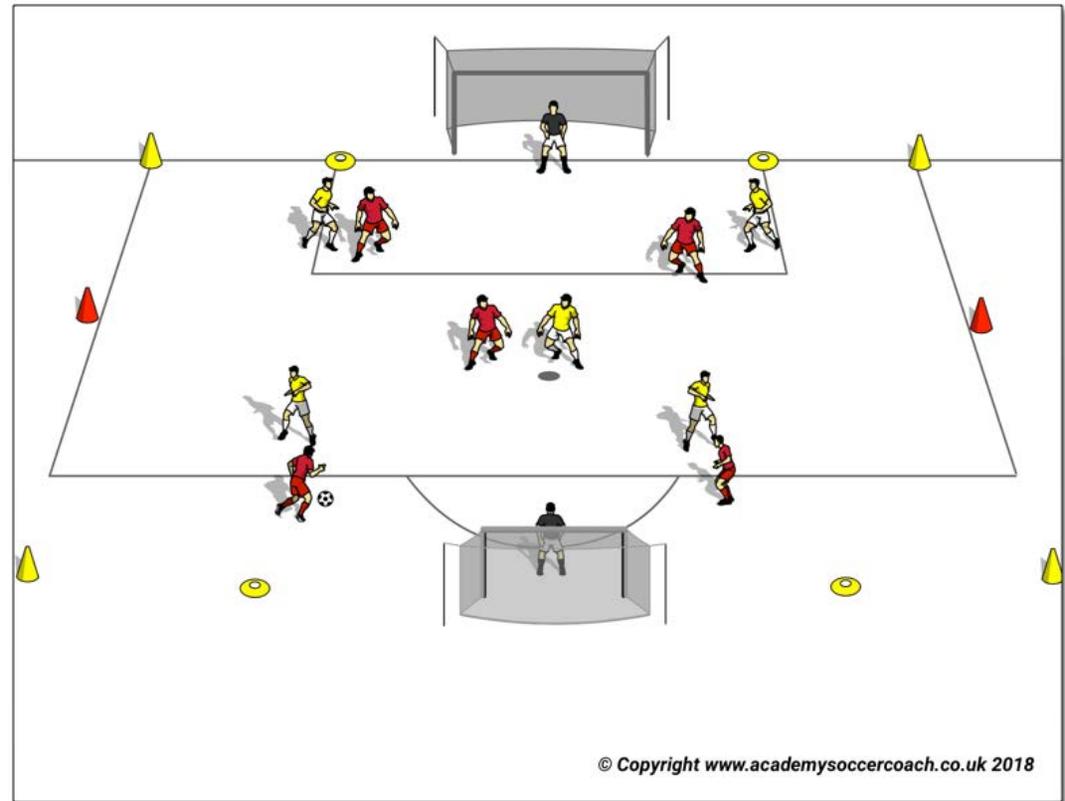
30x50 yards

Objective:

Players are split into two teams playing a normal, directional game. The only rule is that they must pair off and can only tackle their direct opponent. Mark down both the team and individual scores.

Progressions:

Progress to regular game.



SESSION 5

Shielding

U8 - 10

1. 3V5 OUTNUMBERED GAME

Equipment:

Balls, bibs, cones

Size:

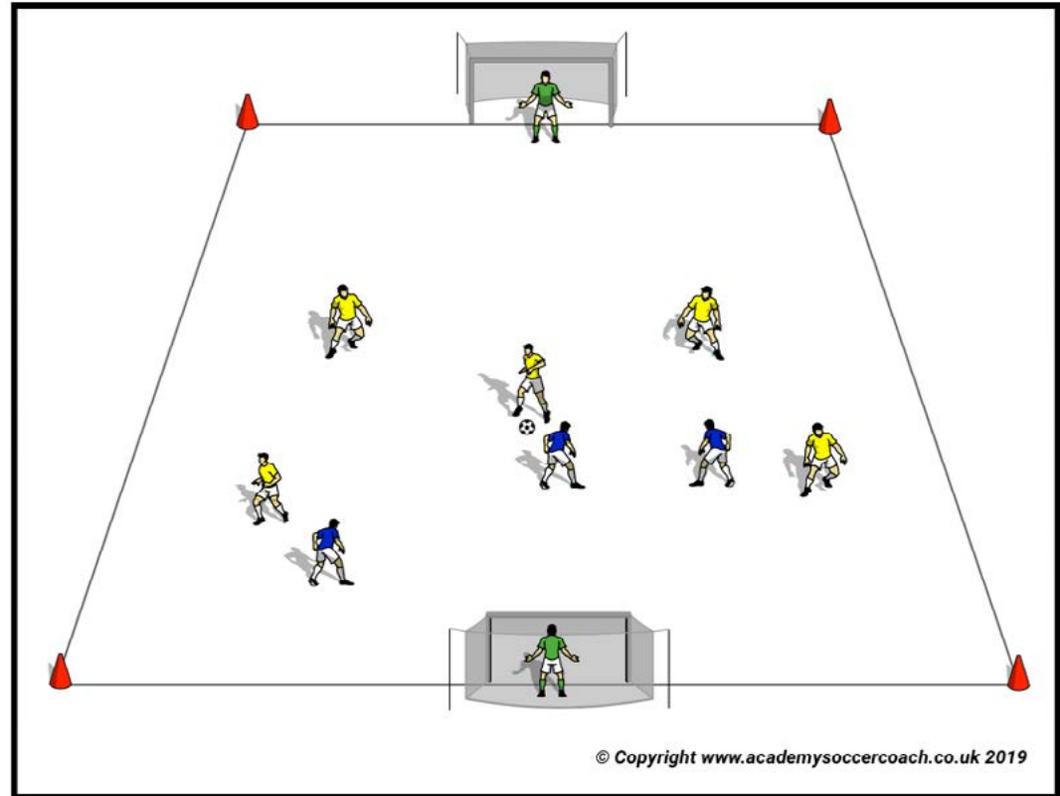
24x36

Objective:

3v5 plus goalies to the mini goals. The team with 3 players have unlimited touches while the team with 5 have a touch limit (2 or 3 touches depending on ability)

Progressions:

Rotate the players so they have the chance to be the numbers up or numbers down team



2. 2V1 SHIELDING

Equipment:

Balls, bibs, cones, mini-goals

Size:

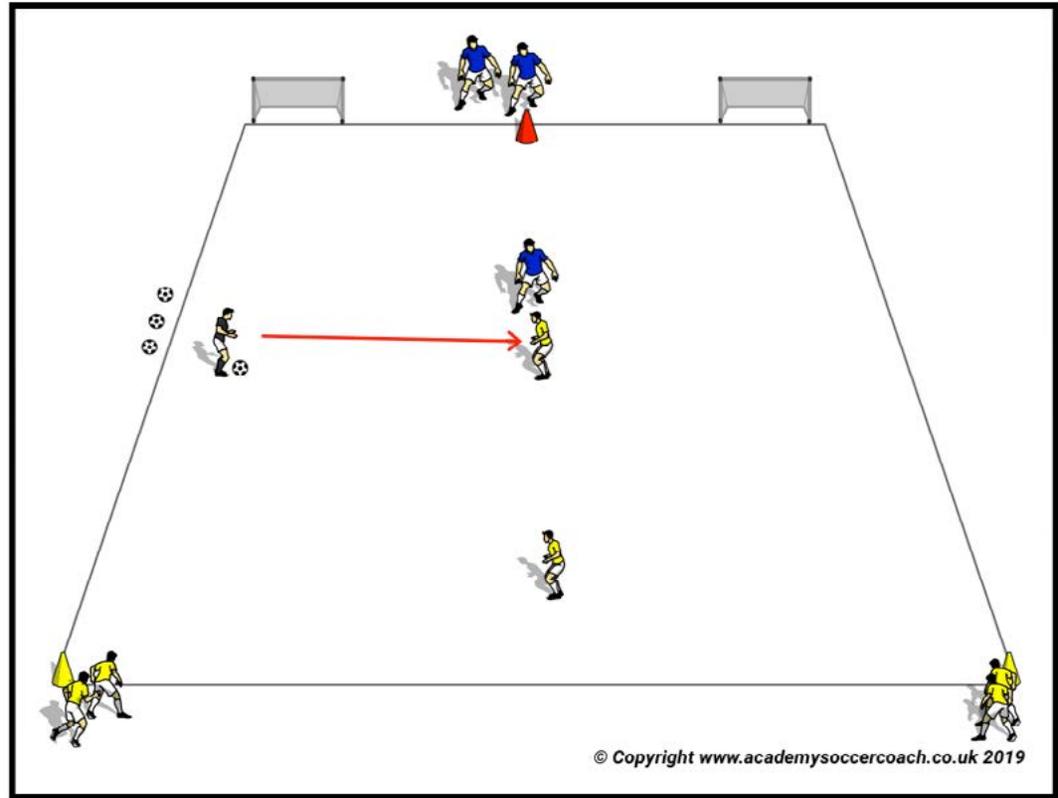
20x20

Objective:

The coach serves the ball in to the middle of two players with the attacking team (yellow) having a 2v1 advantage over the defenders (blue). The yellow attacker must initially deal with a ball given by the coach and shield the ball and retain possession using their body. The yellows must then combine to score in either of the mini goals. If the blues win the ball, they score by stopping the ball on the end line.

Progressions:

- 1) Coach can change the type of delivery e.g in the air, bouncing ball etc
- 2) Change the angle of delivery e.g with pressure from behind/ pressure from the other side.



3. 5V5 CORNER BOX GAME

Equipment:

Balls, bibs, cones

Size:

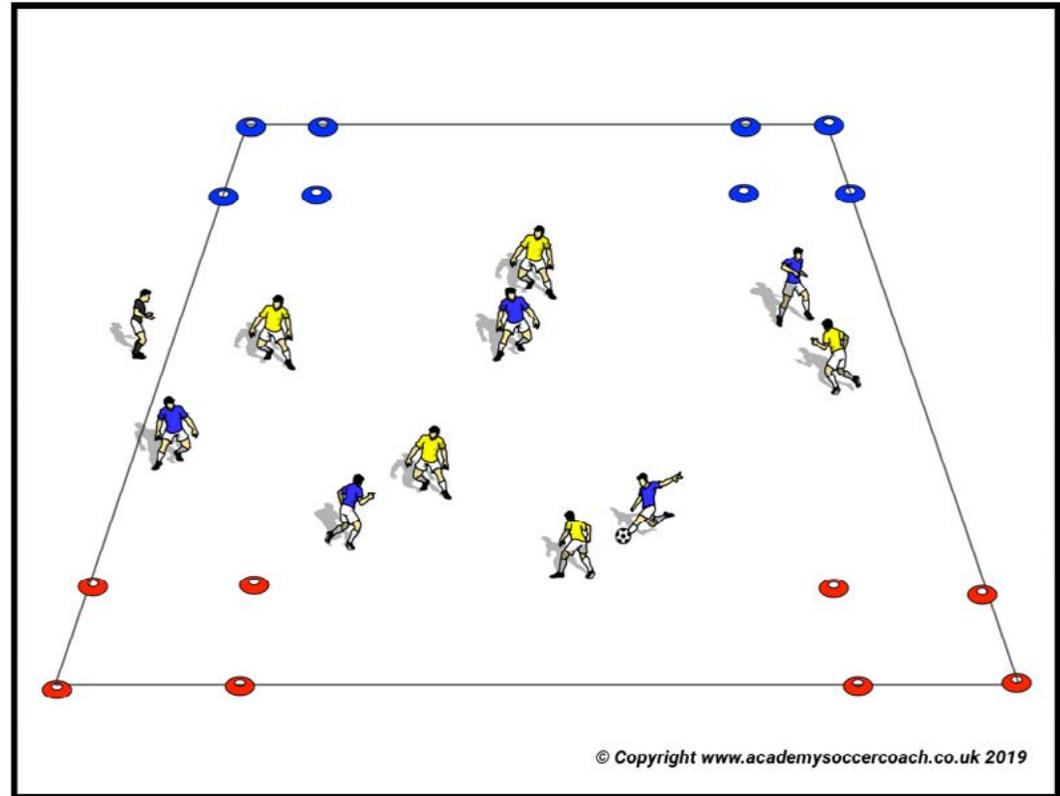
20x20

Objective:

Split the teams into two, with both teams trying to score in the 2 boxes (4x4) at the corner of the grid by stopping the ball inside the square.

Progressions:

If you score at one end, immediately turn around and try to score at the other end.



4. SMALL SIDED GAME RESTART FROM THE GK

Equipment:

Balls, cones, goals

Size:

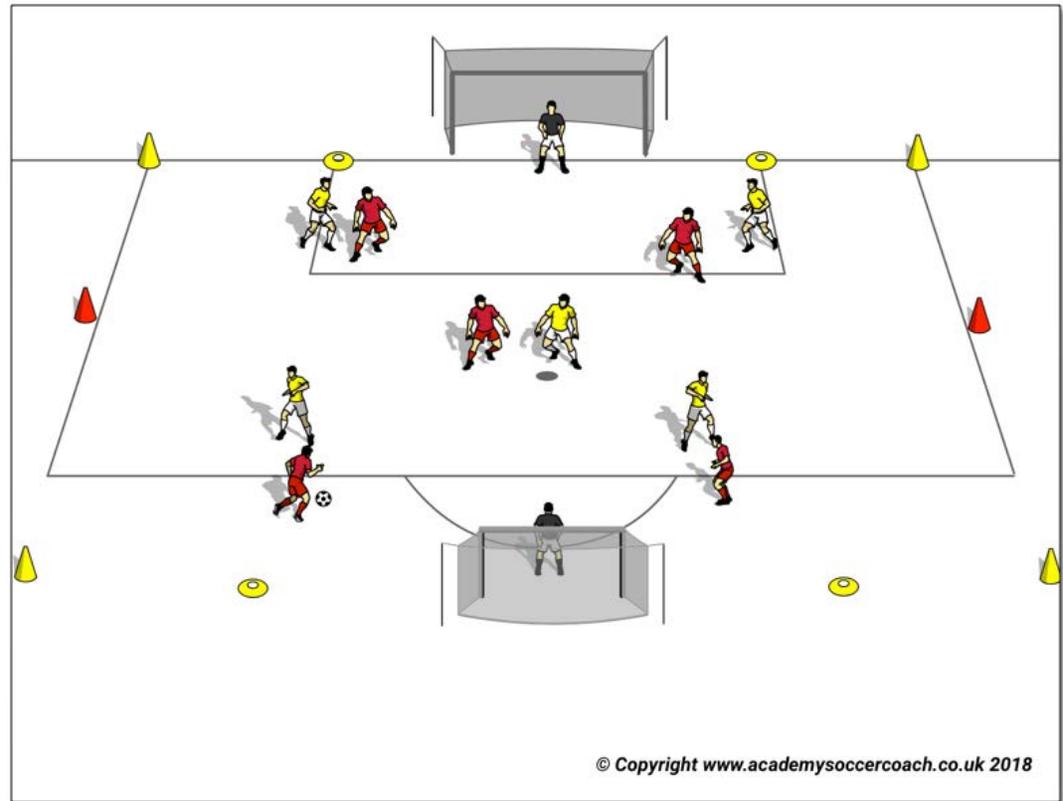
30x50 yards

Objective:

Players are split into two teams playing a normal, directional game. The only difference is from every restart, the coach encourages everyone to match up 1v1, tight to an opponent, and only on his whistle may the goalkeeper play out to restart the game.

Progressions:

Progress to a normal game.



SESSION 6

Receiving

U8 - 10

1. SMALL SIDED GAME WITH BUMPERS

Equipment:

Balls, cones, goals

Size:

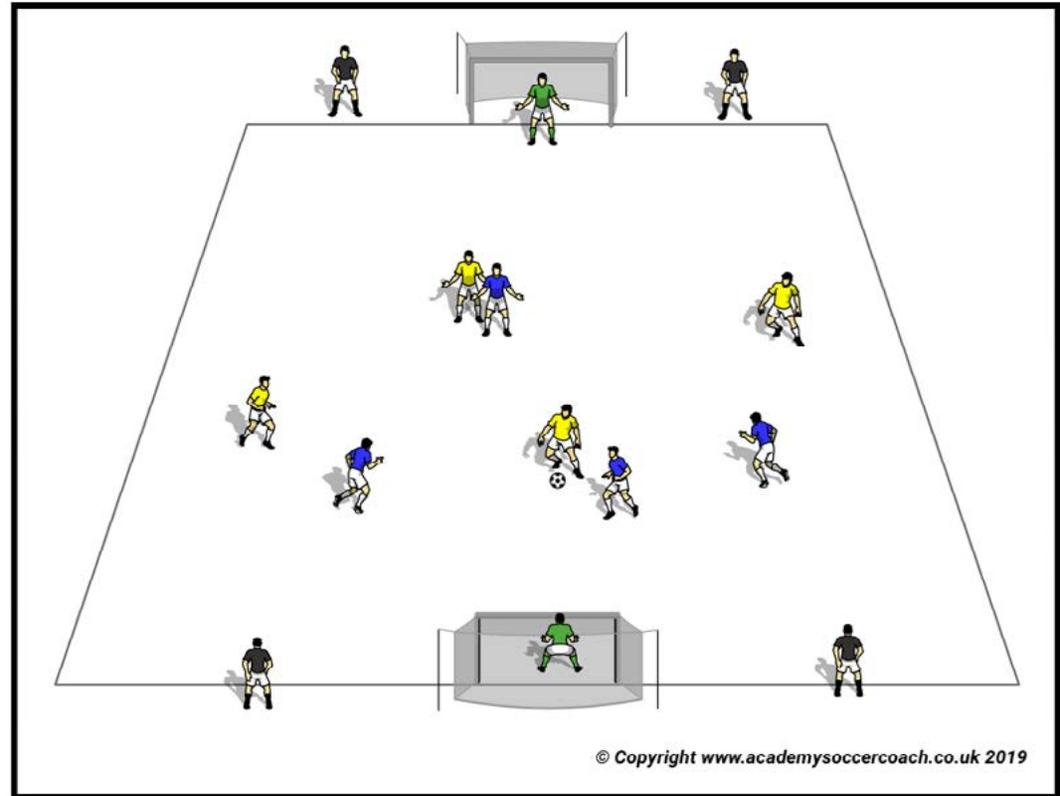
30x50 yards

Objective:

Players are split into three teams playing a normal, directional game with targets on the end. Players can use the targets to play off, which have a touch limit (one or two touches)

Progressions:

Rotate the players on the outside each time a goal is scored.



2. 5V5 BUMPERS

Equipment:

Balls, bibs, cones

Size:

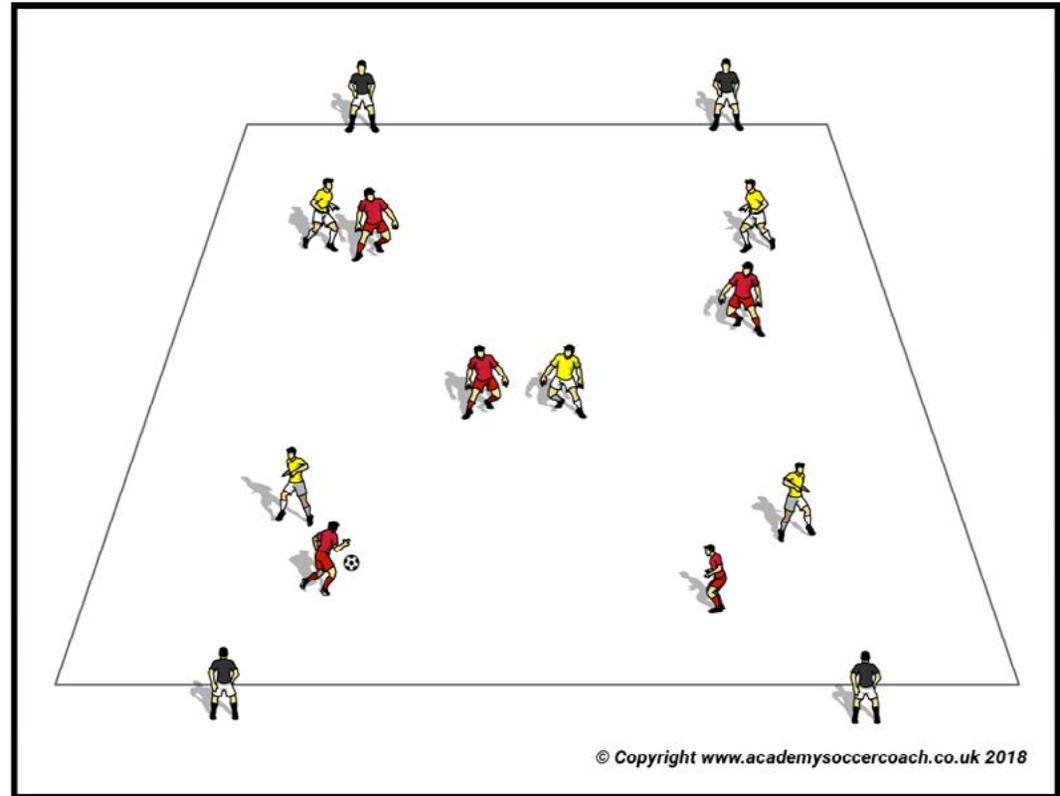
30x30

Objective:

5v5 (depending on numbers) game where the team must try to score by playing into the target players at the end.

Progressions:

- 1) If you score at one end, immediately turn around and try to score at the other end
- 2) You score when you pass the ball successfully from one side to the other.
- 3) You cannot play outside to outside
- 4) Cannot play to the same bumper twice in a row



3. TARGET PLAYERS SMALL SIDED GAME

Equipment:

Balls, cones, goals

Size:

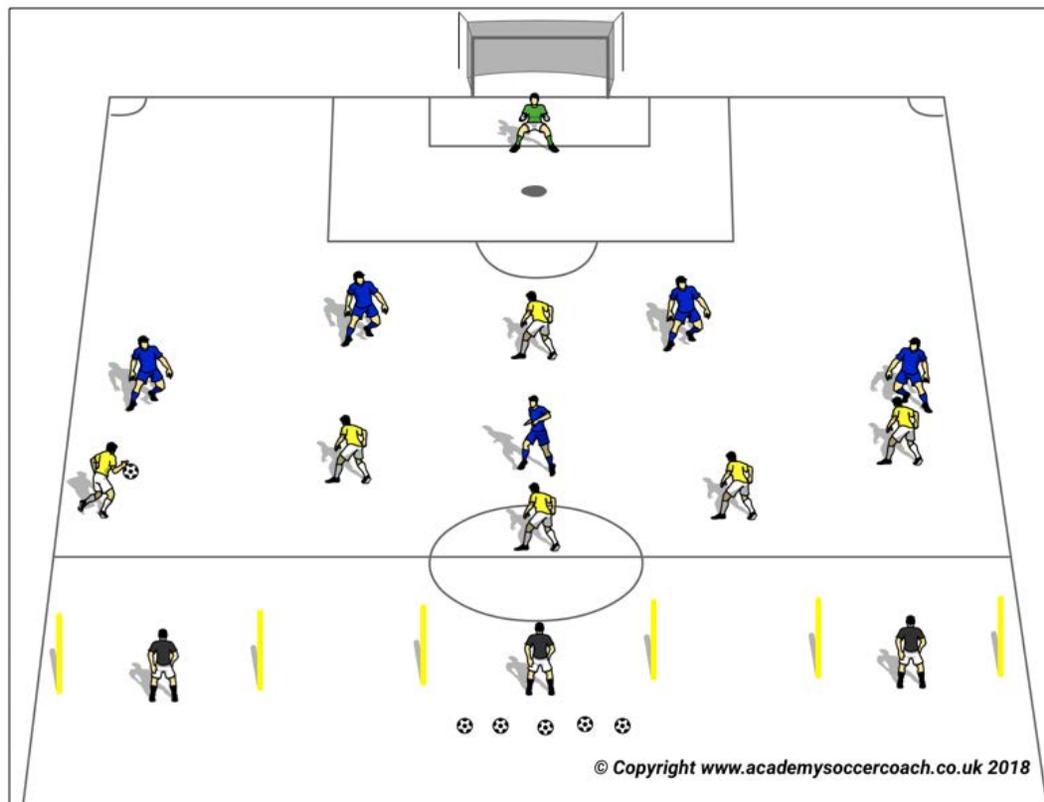
2/3 field

Objective:

Players are split into two teams with one big goal and three target players at the top of the field. Teams play a directional game with the attacking team playing to the big goal, with the defending team trying to score by passing to the three targets players.

Progressions:

- 1) Once you score in the targets, teams play in the opposite direction
- 2) Only goals to the big goal count



U8 - 10
SESSION 6 - RECEIVING

4. WIDE GOALS, DRIBBLE THROUGH TO BIG GOAL GAME

Equipment:

Balls, cones, goals, poles

Size:

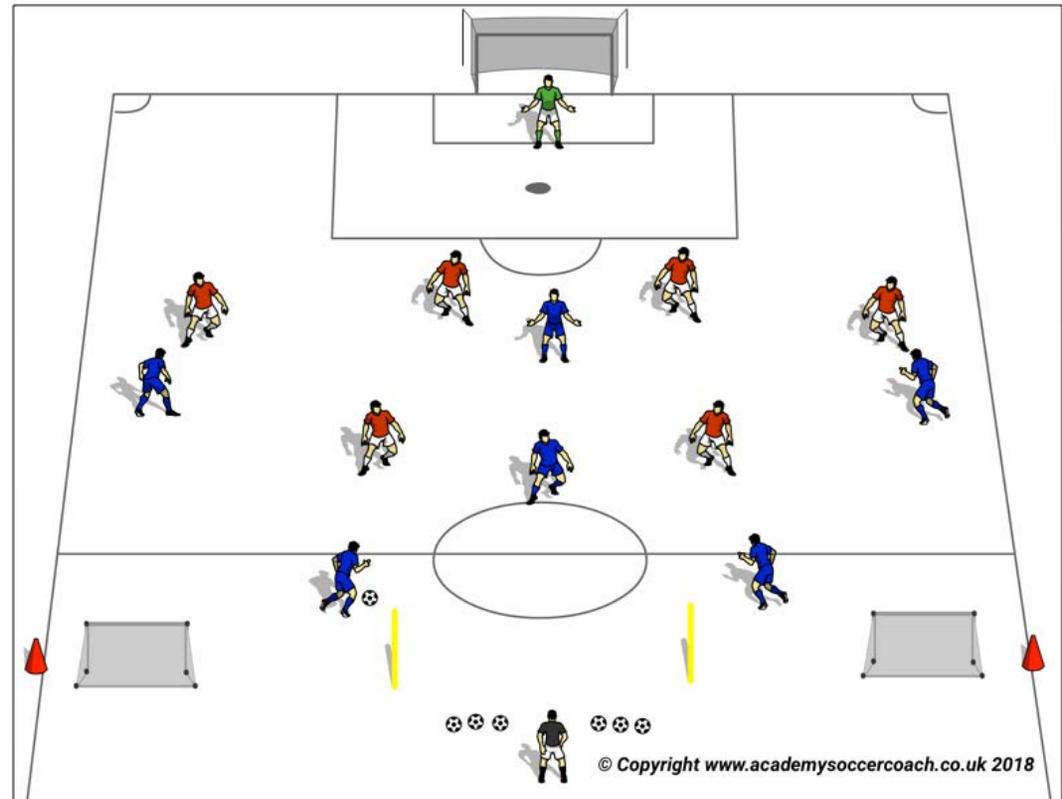
Full Width x 2/3 of the field

Objective:

Players are split into two teams with one team attacking the big goal, and the other aiming to score by passing one touch through the wide goals, or dribble through the central gate.

Progressions:

- 1) If you score in the two goals, or the central gate, turn around and score to the big goal
- 2) Only goals in the big goal count



SESSION 7

Turning

U8 - 10

1. CORNER GOALS GAME

Equipment:

Balls, cones, bibs

Size:

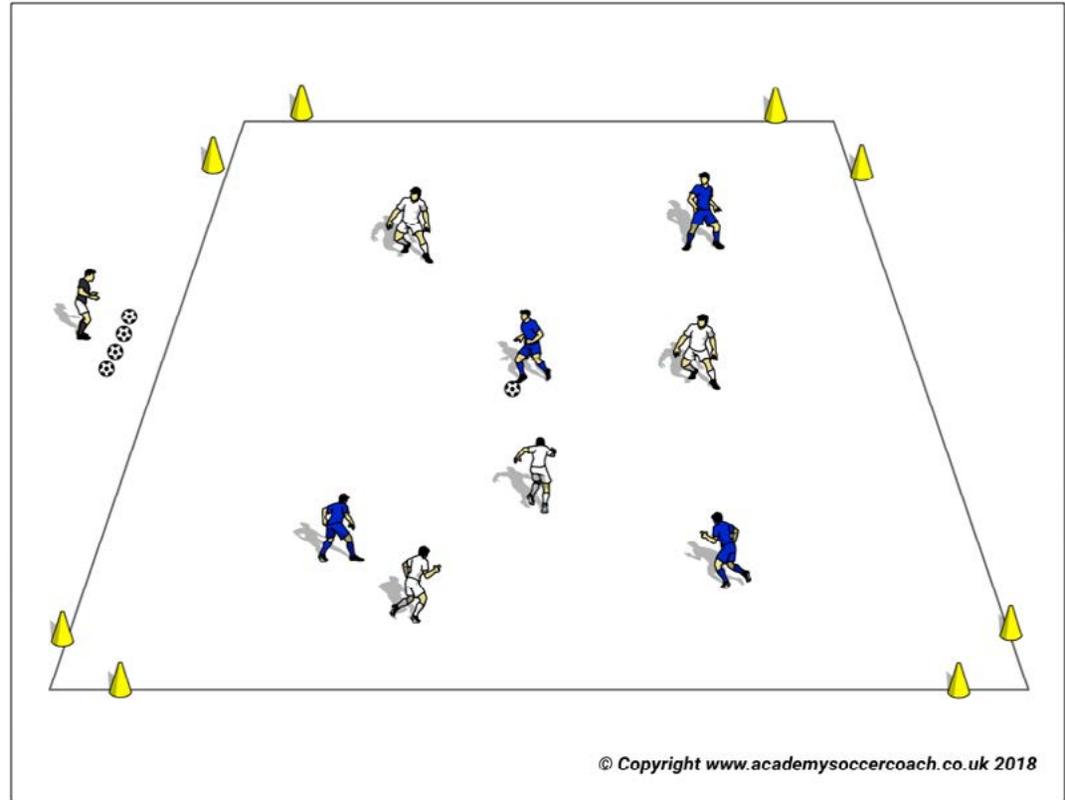
30x30

Objective:

Split the teams in two playing 4v4. Players can score in any of the four goals in the corners by dribbling or passing through the goals.

Progressions:

- 1) Play end to end scoring in either of the two goals
- 2) Can't score in the same goal twice in a row, if they score in one goal it is locked until a goal is scored in another goal
- 3) Score in all 4 of the goals



U8 - 10

SESSION 7 - TURNING

2. 1V1

Equipment:

Balls, cones, bibs

Size:

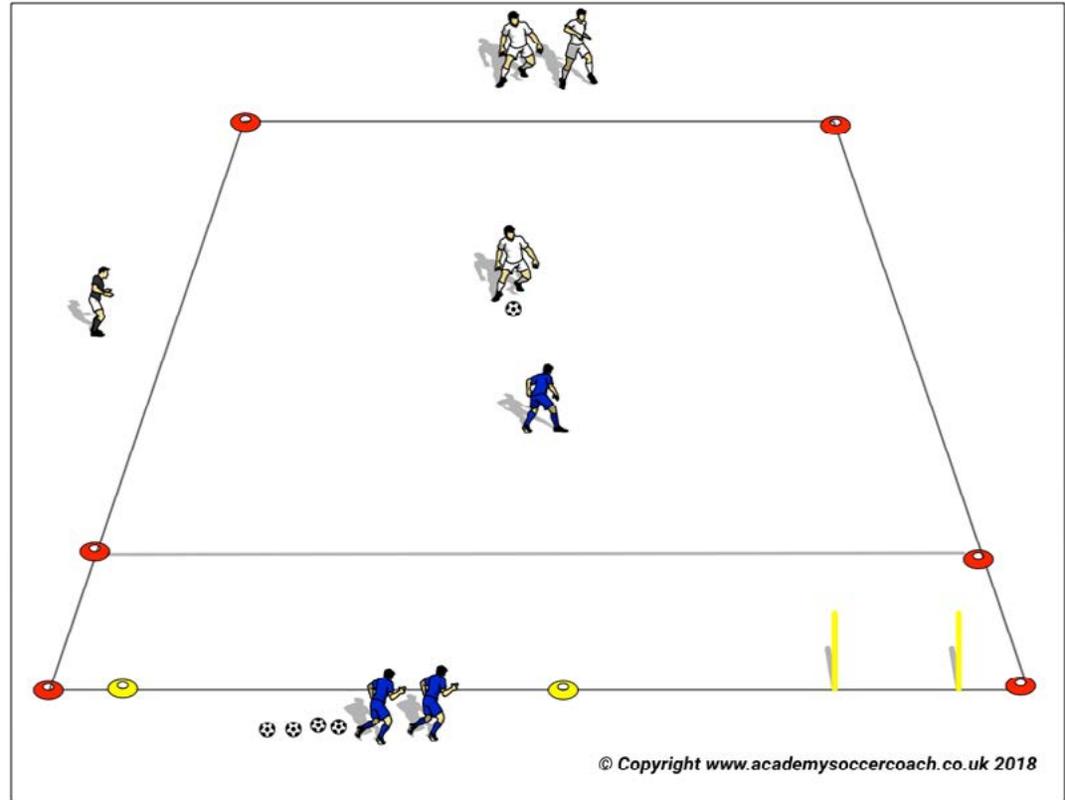
20x20

Objective:

Players play 1v1 to the endzone, with the attacker dribbling the ball in and scoring by stopping the ball in the area behind the line. Rotate the attacker and defender each turn.

Progressions:

- 1) Take the endzone out and play 1v1 to the poles where the attacker can score by passing through the poles
 - 2) Play 1v1 to the yellow coned gate
 - 3) Attacker can score for 2 points in the yellow cones or 1 point in the poles.
- Emphasis on this game can be defensive or offensive.



U8 - 10
SESSION 7 - TURNING

3. 6 GOAL GAME

Equipment:

Balls, bibs, cones

Size:

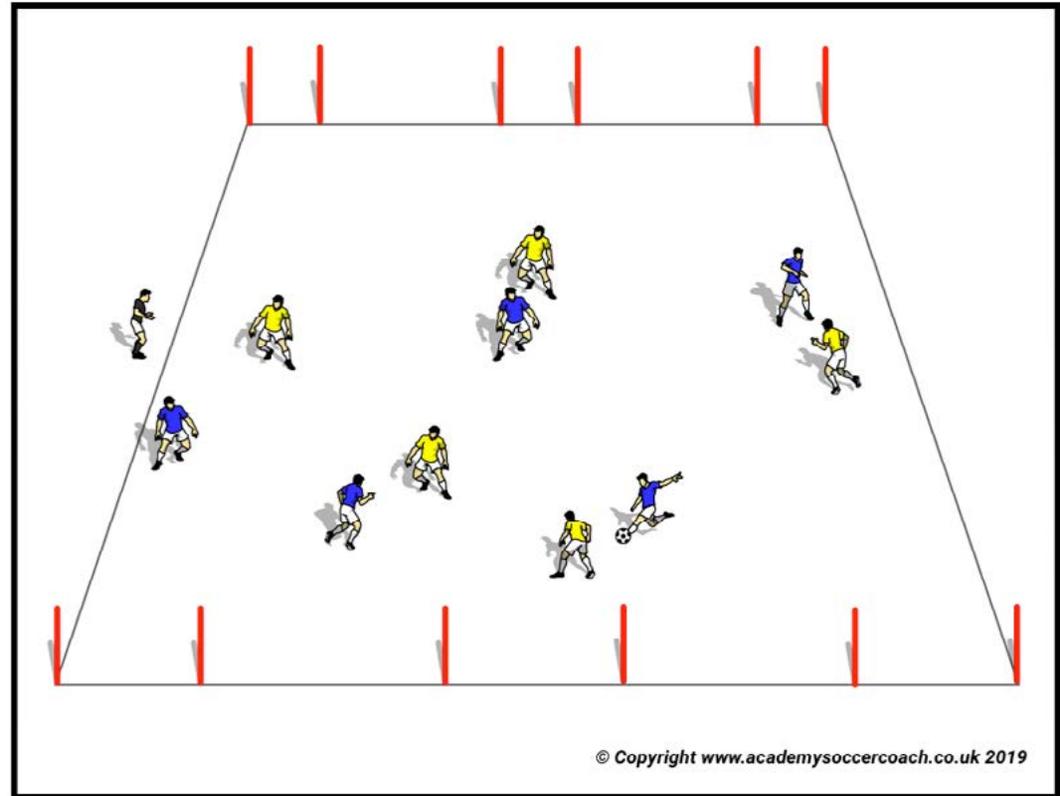
30x40

Objective:

Split the teams into two, with the objective being to score in any of the three gates.

Progressions:

- 1) Must be a one touch finish in the gates
- 2) If you have many numbers, add a blocker to work behind each endline. The attacking team cannot score if the blocker is standing between the two poles. This will encourage the players to scan the pitch and improve their field vision.



4. BIG GOAL - COUNTER GOAL GAME

Equipment:

Balls, cones, goals, poles

Size:

Half field

Objective:

Players are split into two teams with one team attacking the big goal, and the other aiming to score by passing through the three gates.

Progressions:

- 1) If you score in the three goals, turn around and score to the big goal
- 2) Only goals in the big goal count





KAYA FC ACADEMY SESSIONS

U11 - 13

KAYA FC ACADEMY SESSIONS

ELITE DEVELOPMENT PROGRAM



As Academy players progress through the age categories, when players turn 11 they begin to transition from small sided to 11-a-side football and Academy members gravitate towards one of two categories; Kaya's Recreational Academy or Kaya's Elite Development Program (EDP).

For those enrolled in the Recreational Academy, sessions are linked to regular academy sessions that you will see in the U8-11s program but are adjusted based on the age and ability of the players. These players are looking for high level training but in a more social, recreational environment.

Players within our EDP train independently from the academy with the aim to provide them with the best possible learning environment to maximise and accelerate their football and personal development. Players in the EDP are looking to

play at the highest level of domestic football as well participate in international competition. Many of these players harbour ambitions to play in high school, college and professionally.

These sessions are sample sessions which we will deliver to our EDP players.

SESSION 1

Building Out the Back

3
13
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U11 - 13

SESSION 1 - BUILDING OUT THE BACK

1. 4V2 RONDO

Equipment:

Balls, cones, bibs, goals

Size:

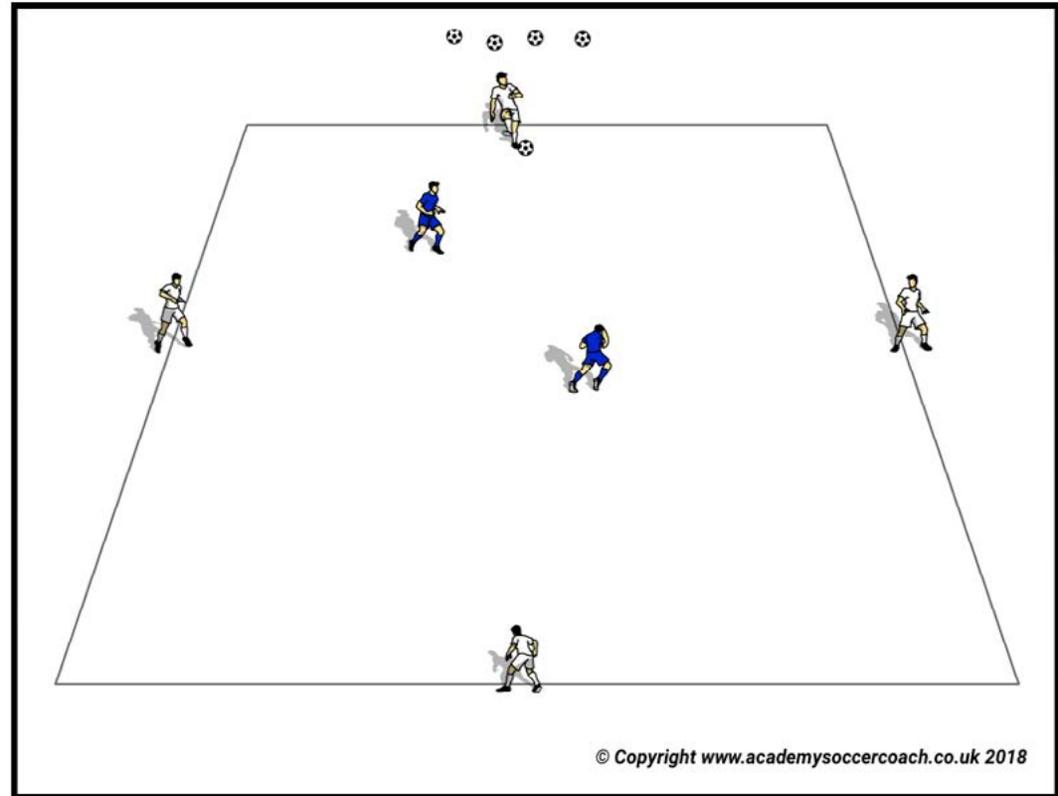
8x10

Objective:

4v2 possession rondo (keep away).
Objective is to keep the ball away from the players in the middle. Ensure that you apply technical information to the rondo, e.g. body shape, playing to the correct foot, angle of support, weight of pass etc.

Progressions:

- 1) Touch limits
- 2) 10 passes defenders stay in
- 3) Nutmeg stay in
- 4) Split pass through the two in the middle the defenders stay in etc.



2. PLAYING OUT THE BACK

Equipment:

Balls, cones, bibs, mannequins, goals

Size:

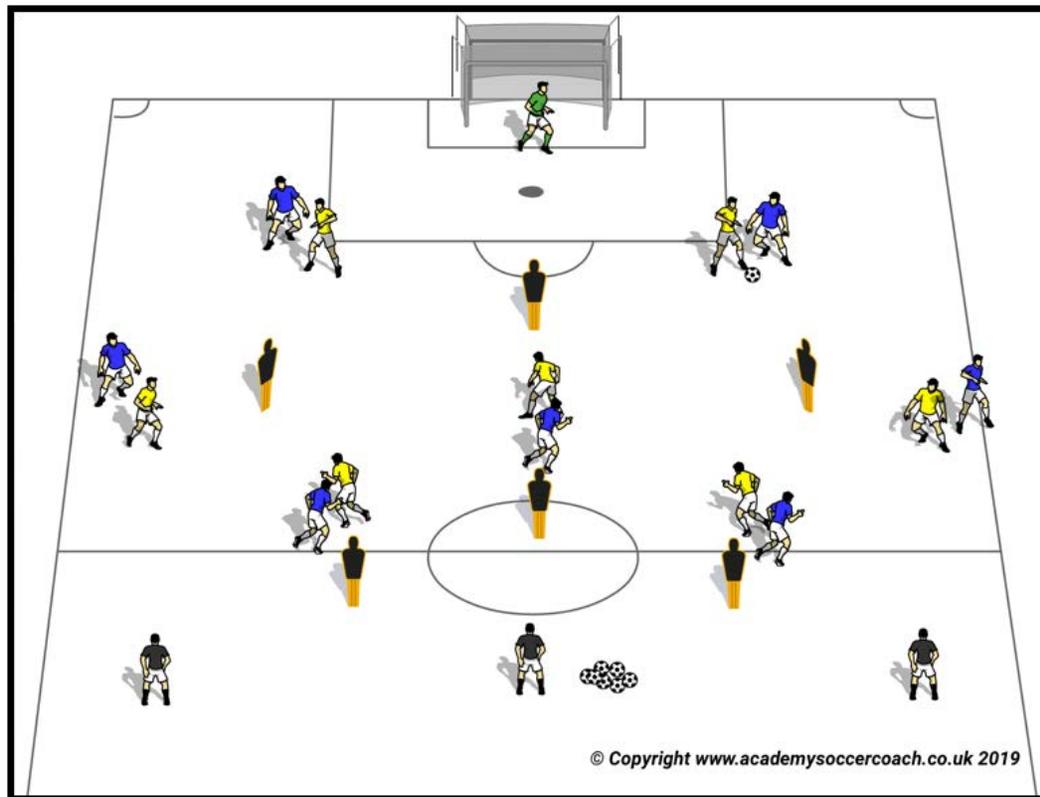
Half pitch

Objective:

The exercise begins by the ball being clipped into the goalkeeper. From here, one of the teams will attempt to build out of the back and play into the three targets (assistant coaches/ injured players/ volunteers) through various patterns of play, based on how the coach wants them to play. The other team will do the same after they work through the patterns. For example, you can start from the goalkeeper and explain how you want them to play (look to play into the full-backs, centre backs, the forwards etc) and then work through your central defenders (do you want them to split or drop deep to receive it) and full-backs (do you want them to go high and wide or narrow and compact). You can develop the exercise by them elaborating on the role of the defensive midfielders (e.g do you want them to drop deep to receive it) and then the roles of the attacking midfielder (e.g drop on angles to receive it or get ready to receive the second ball from a long ball).

Progressions:

Take out the mannequins and have the second team semi-oppose the team in possession



3. BIG GOAL - COUNTER GOAL GAME

Equipment:

Balls, cones, goals, poles

Size:

Half field

Objective:

Players are split into two teams with one team attacking the big goal, and the other aiming to score by passing through the three gates.

Progressions:

- 1) If you score in the three goals, turn around and score to the big goal
- 2) Only goals in the big goal count



4. 3 ZONE GAME

Equipment:

Balls, cones, bibs, goals

Size:

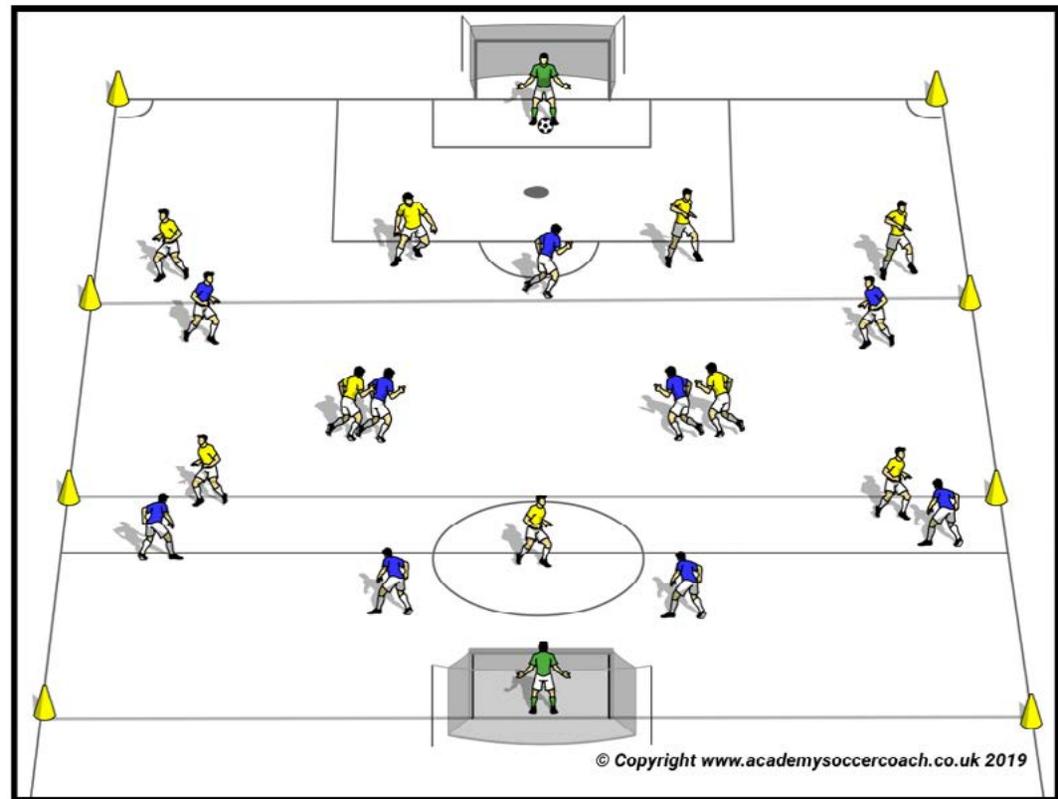
2/3 of a pitch

Objective:

Regular game, with the only rule being when the game restarts, it must always start from the goalkeeper and they cannot play directly into the middle zone (they can play into the first and final third only) from the restart. This will encourage play out the back but also manage the opposition in case they try to overcommit during the build-up phase.

Progressions:

Freeplay for the last 10 mins of the session.



SESSION 2

Defending From the Front

3
13
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1. TRANSITIONAL RONDO

Equipment:

Balls, cones, bibs, goals

Size:

8x10 x 2 boxes, 5m gap in between

Objective:

Split the group into 3 teams of 6. Two groups of 6 will occupy the two boxes while the other team of 6 waits on the outside of the middle zone. The coach will play a ball into a box where a 6v2 possession (keep away) takes place. The objective is to keep the ball away from the players in the middle and make 6 consecutive passes before transferring the ball to the other side. If that happens successfully, another two players go in to defend the ball in the other box. If the defending team forces a turnover in possession, then the team that lost the ball is now the defending team.

Progressions:

- 1) Touch limits
- 2) Time limits (most interceptions by one team in 90 seconds)
- 3) First team to 10 transfers wins etc.



2. DEFENDING FROM THE FRONT

Equipment:

Balls, cones, bibs, goals, mini goals

Size:

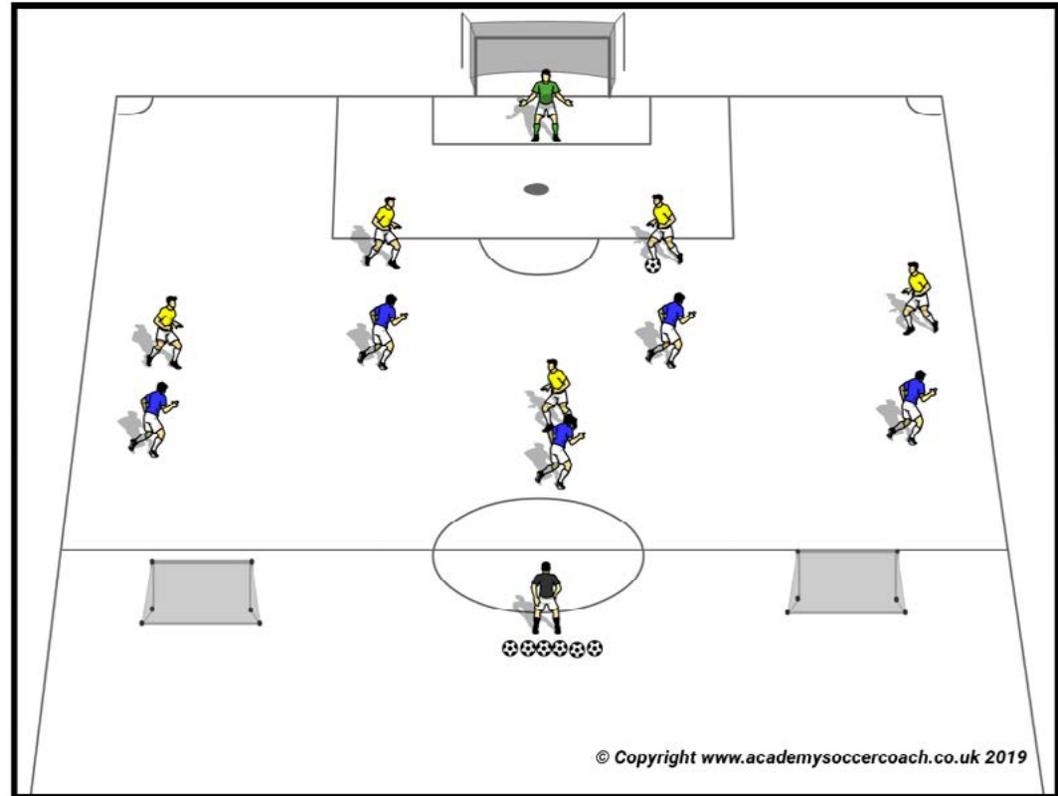
Half Pitch

Objective:

Functional practice developing into a phase of play exercise. The ball starts with the opposition goalkeeper whose team tries to score by playing into the mini-goals. The attackers are trying to win the ball and break to the big goal. The coach will emphasise how he wants the team to press, (e.g one forward must cut the supply to one of the centre back while the other forward allows the other one to receive the ball. The forward then makes the play predictable and shows the defender towards the fullback). This is open to the coach's ideas and will vary based on formation and personnel.

Progressions:

Add more players until it includes a full defensive and midfield unit for one team and a front line and midfield unit for the other



3. END ZONE TO BIG GOAL GAME

Equipment:

Balls, cones, goals

Size:

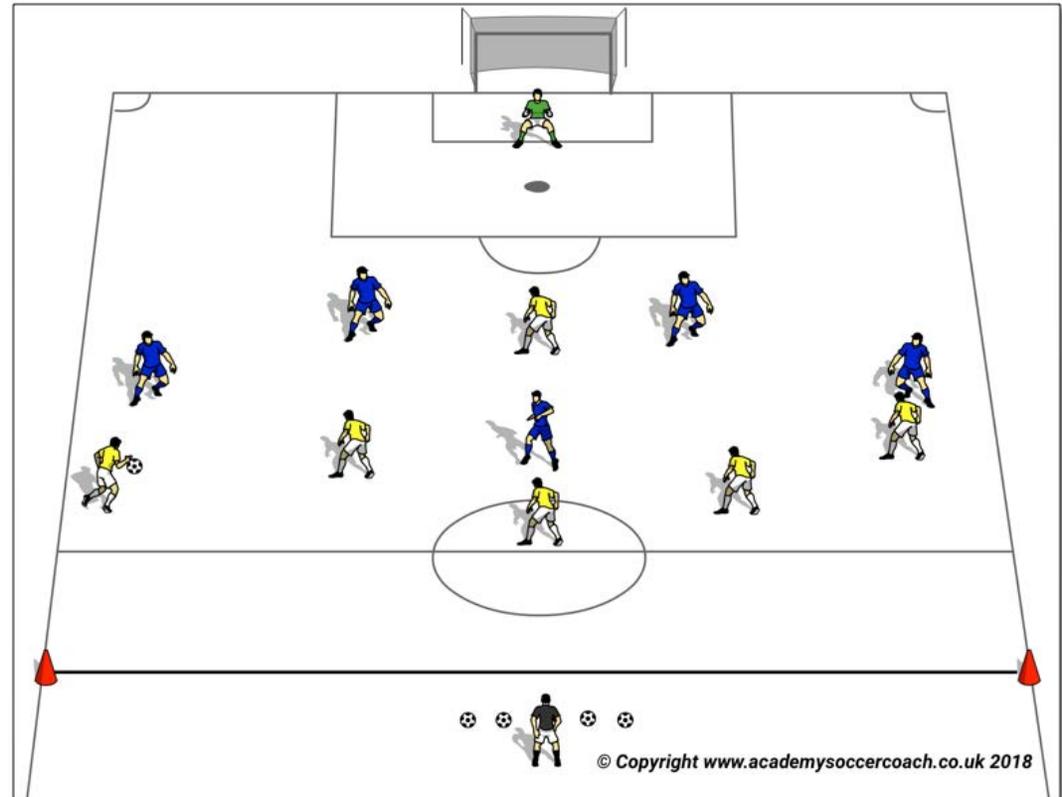
2/3 field

Objective:

Players are split into two teams with a 10 yard endzone at the top of the field. Teams play a directional game with the attacking team playing to the big goal, with the defending team trying to score by receiving or dribbling the ball into the end zone.

Progressions:

- 1) Once you score in the endzone, teams play in the opposite direction (if you want to work both teams)
- 2) Only goals to the big goal count



4. 3 ZONE DEFENDING FROM THE FRONT

Equipment:

Balls, cones, bibs, goals

Size:

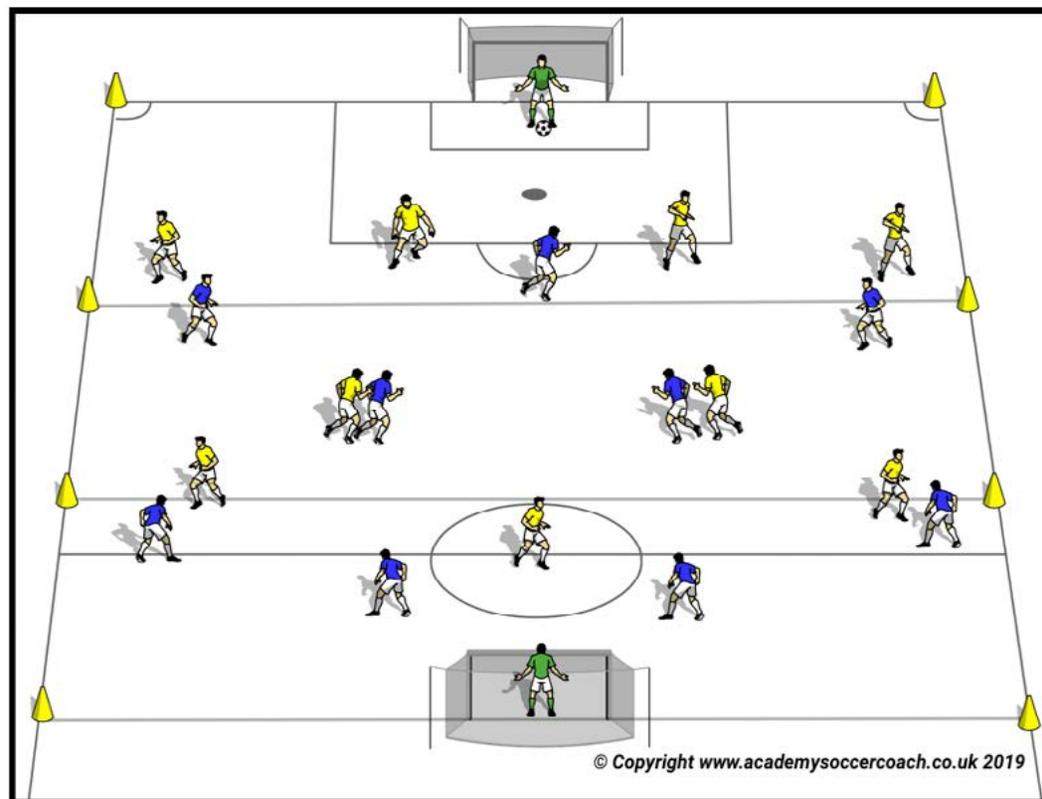
2/3 of a pitch

Objective:

Regular game, with the only rule being when the game restarts, it must always start from the goalkeeper. If the attacking team is able to retrieve the ball in the final third and score, the goal counts double.

Progressions:

Freeplay for the last 10 mins of the session.



SESSION 3

Playing Through Midfield

U17-18

1. WAVE RONDO 9V3

Equipment:

Balls, cones, bibs, goals

Size:

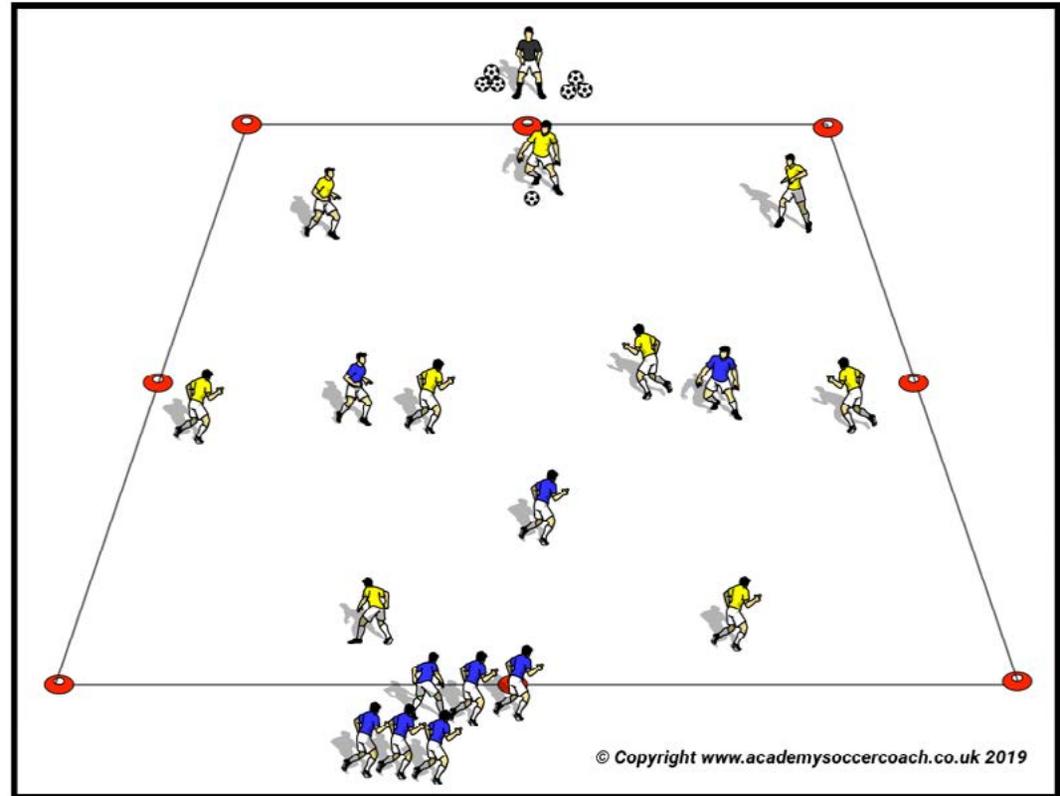
12x18

Objective:

9 v 3 possession rondo (keep away). Objective is to keep the ball away from the 3 players in the middle, who chase the ball for 20 seconds. After 20 seconds a new group of 3 go and hunt the ball. After all 3 groups have been, swap over. Ensure that you apply technical information to the rondo, e.g body shape, playing to the correct foot, angle of support, weight of pass etc.

Progressions:

- 1) Touch limits
- 2) 10 passes is a goal
- 3) Most interceptions in 1 minute wins.



U11 - 13

SESSION 3 - PLAYING THROUGH MIDFIELD

2. TARGET MAN GAME

Equipment:

Balls, cones

Size:

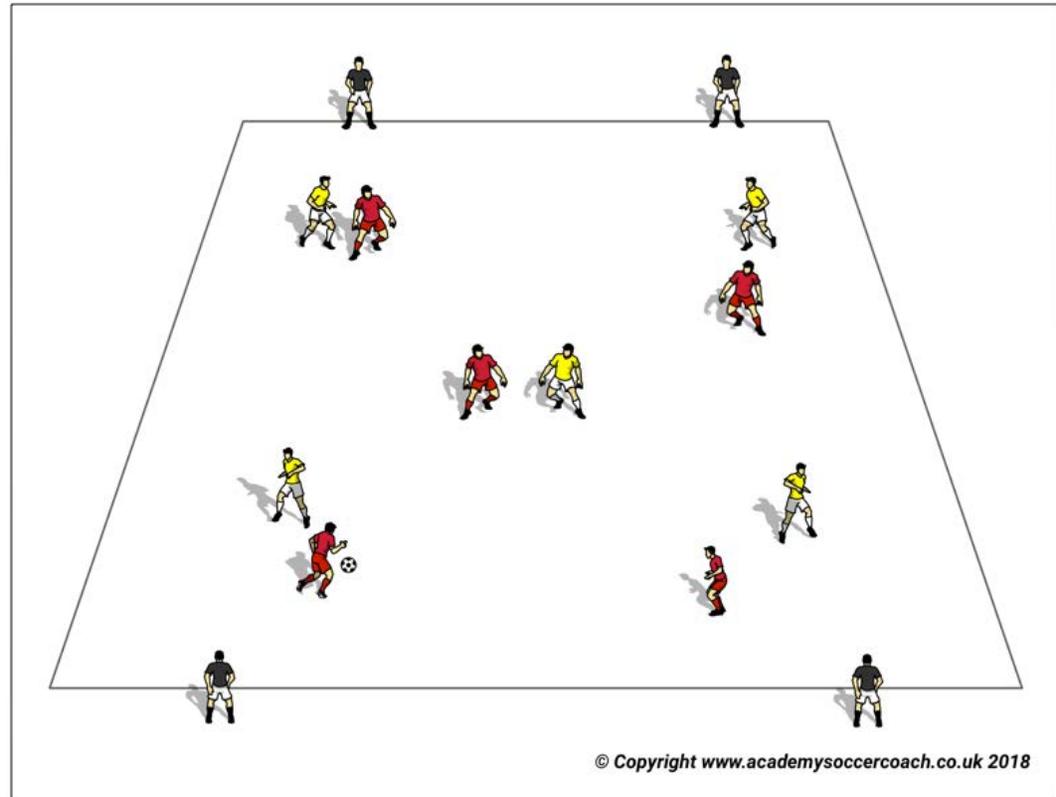
30x40 yards

Objective:

Players are split into two teams, with the objective being to pass the ball into one of the two target players at the top of the field to score a goal. Once a goal is scored, possession changes and the opposition try to play into the target player.

Progressions:

- 1) Touch restrictions e.g. 2 touch per player
- 2) If you score at one end, keep the ball and go the other way.



3. SUPPORTING FROM MF DRILL

Equipment:

Balls, cones, big goals

Size:

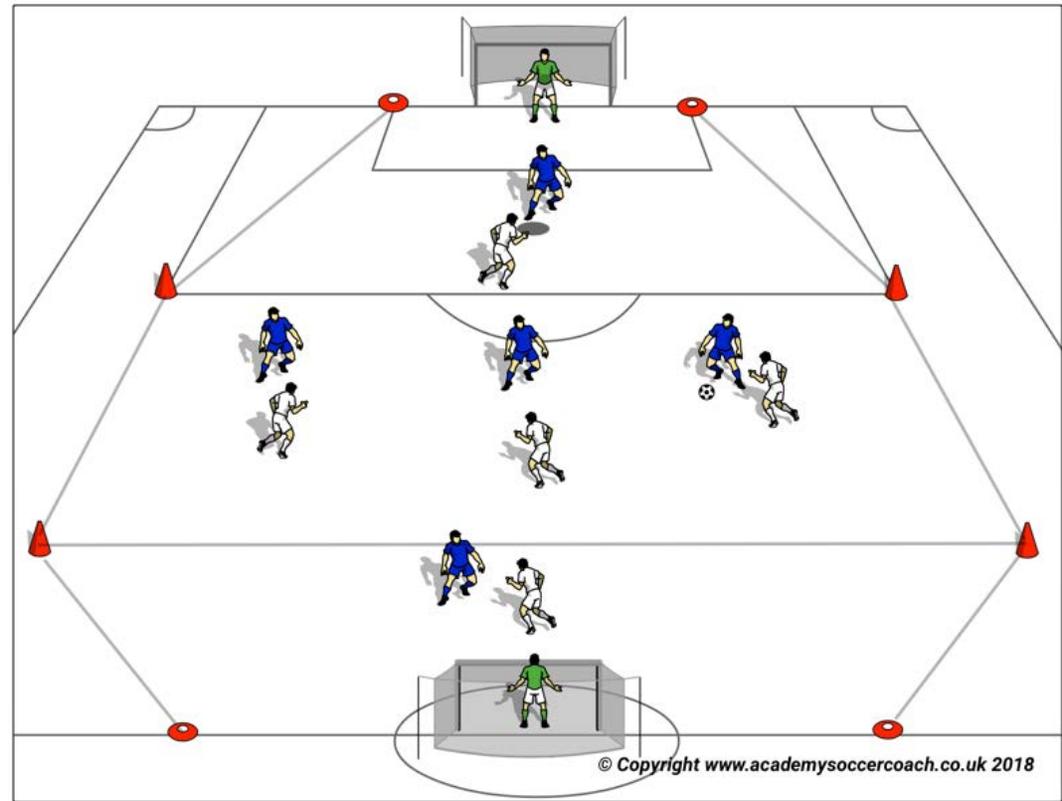
Half Field x width of 18

Objective:

Players are split into two teams, with the field split into 3 zones. Each team has one defender and one attacker in the end zones, with a 3v3 in the middle zone. Midfield players can play into their striker and a midfielder can join to make a 2v1.

Progressions:

- 1) 2 midfielders can join plus one recovering midfielder to make it 2v3
- 2) One midfielder and one defender can recover to make it a 2v2.



U11 - 13

SESSION 3 - PLAYING THROUGH MIDFIELD

4. 3 - ZONE PLAY THROUGH MIDFIELD

Equipment:

Balls, cones, bibs, goals

Size:

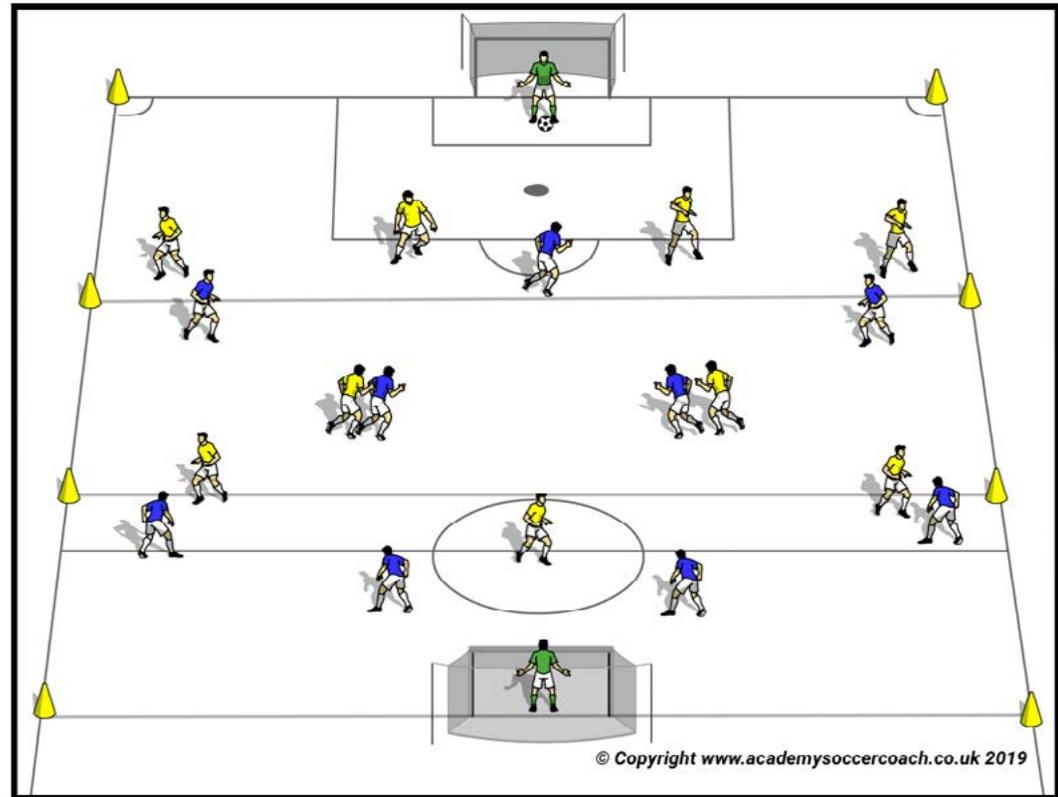
2/3 Pitch

Objective:

Regular game, but all restarts must come from the goalkeeper. The goalkeeper cannot play direct into the final third from the first pass.

Progressions:

No restrictions.



SESSION 4

1v1 Defending in a Back Four Unit

3
1
1
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1. POSITIONAL RONDO

Equipment:

Balls, cones, bibs, goals

Size:

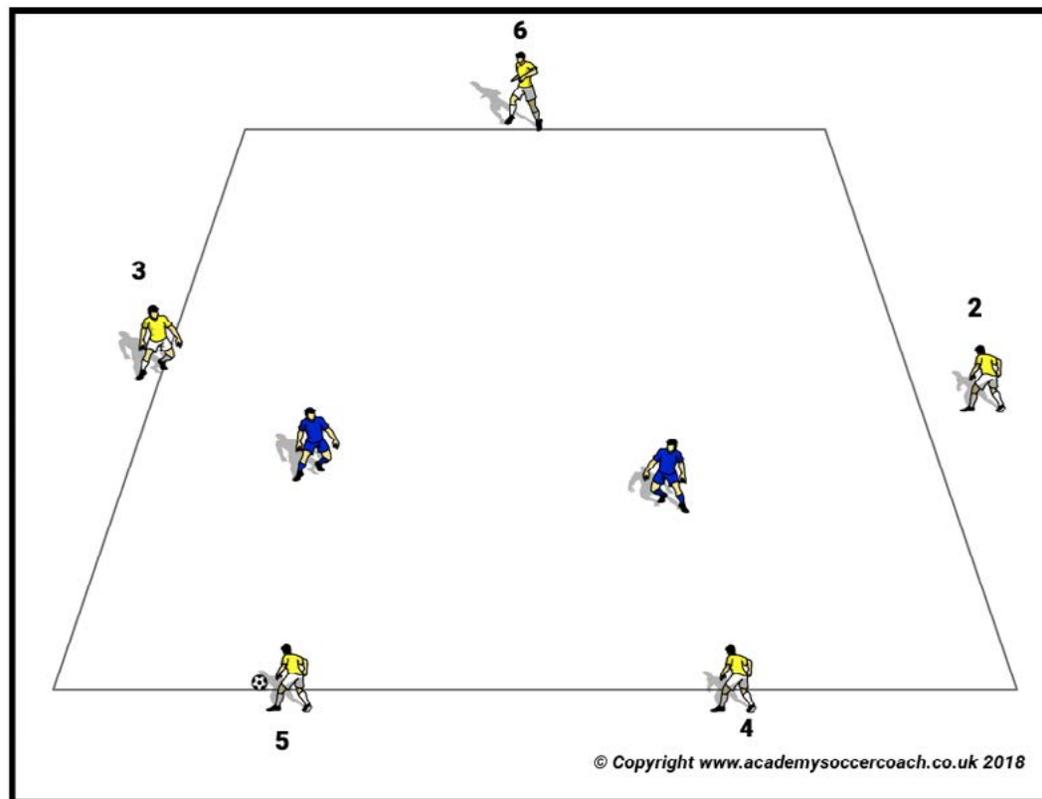
8x10

Objective:

5v2 possession rondo (keep away). Objective is to keep the ball away from the players in the middle. Ensure that you apply technical information to the rondo, e.g body shape, playing to the correct foot, angle of support, weight of pass etc. Place the players in their positions, e.g centre backs/ midfielders play alongside each other at the base of the box, wide players play on the long side of the box, and defensive midfielders/ attacking midfielders/ forwards are at the top of the box to replicate the positions they would play on the field.

Progressions:

- 1) Touch limits
- 2) 10 passes defenders stay in
- 3) Nutmeg stay in
- 4) Split pass through the two in the middle the defenders stay in etc.



U11 - 13

SESSION 4 - 1V1 DEFENDING IN A BACK FOUR UNIT

2. 4 ZONE DEFENDING AS A UNIT

Equipment:

Balls, cones, bibs, mini-goals

Size:

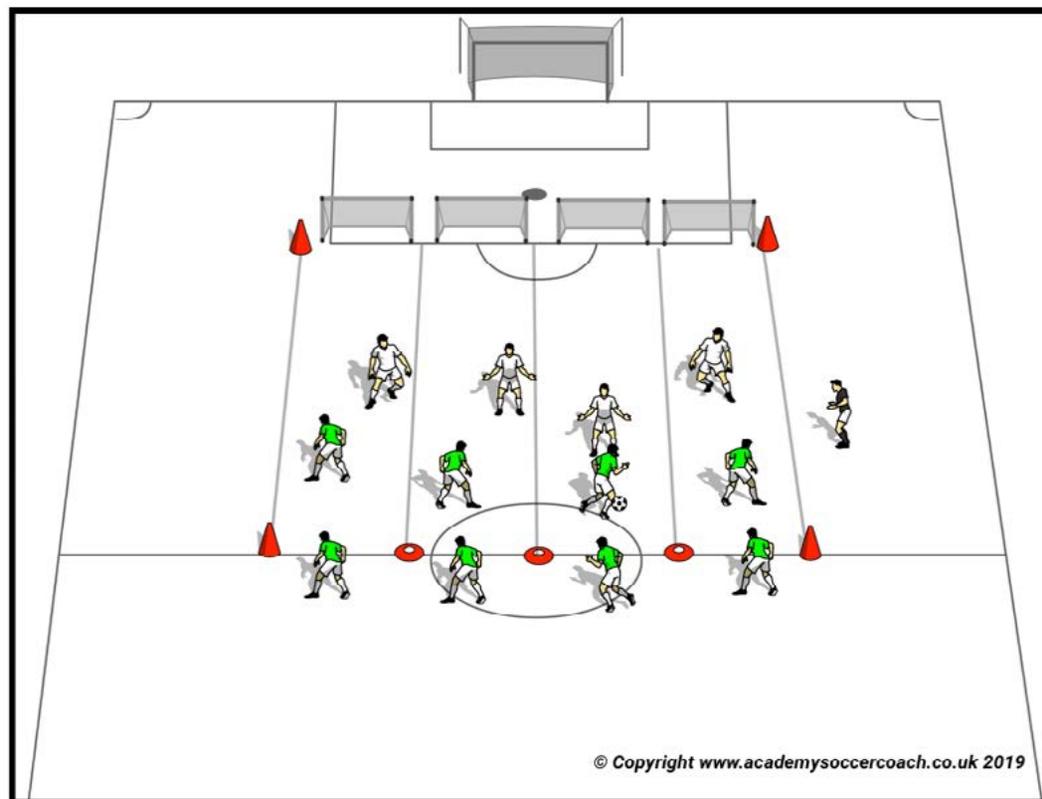
40x30

Objective:

4 defenders try to defend the 4 mini goals against 4 attackers, which are positioned at the end of 4 zones. Each defender must defend the goal in their zone, they can move across the zones but use the zones as guides to give them defensive orientation. Once the attack has broken down, the next group of 4 attackers tries to score. Play offside to add defensive realism.

Progressions:

- 1) Add an extra striker to make it a 5v4 overload
- 2) Give the teams a target e.g. attackers cannot score in the next 10 balls



3. TARGET PLAYERS SMALL SIDED GAME

Equipment:

Balls, cones, goals

Size:

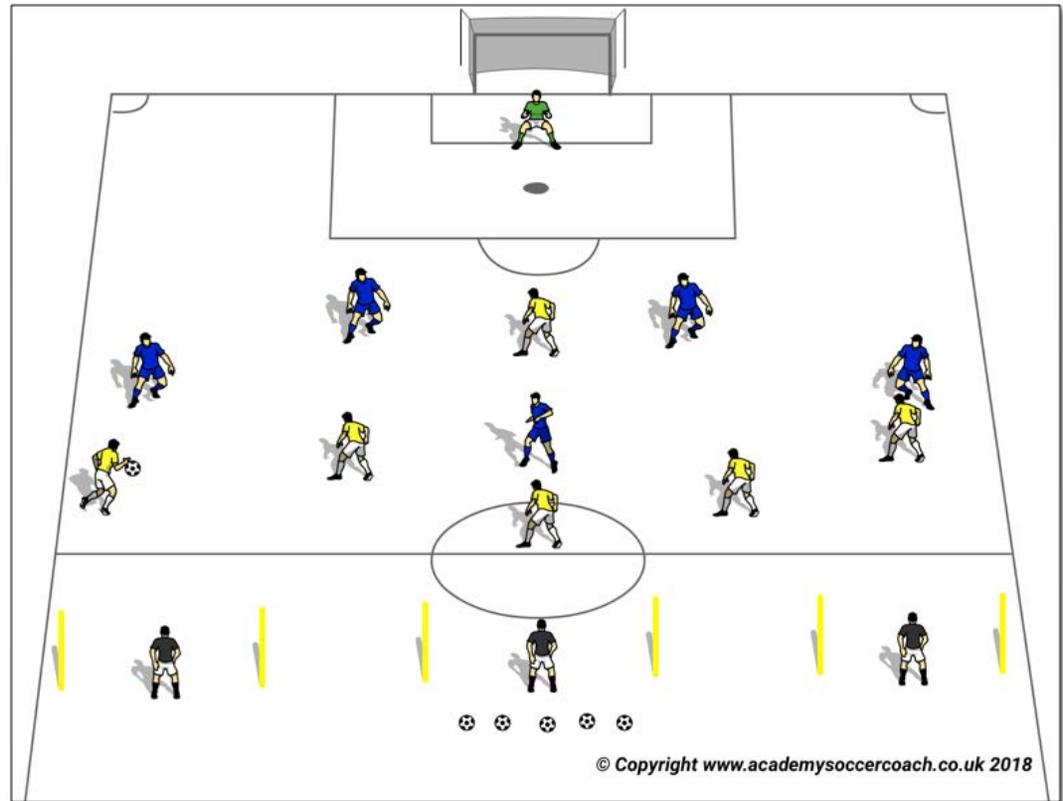
2/3 field

Objective:

Players are split into two teams with one big goal and three target players at the top of the field. Teams play a directional game with the attacking team playing to the big goal, with the defending team trying to score by passing to the three targets players.

Progressions:

- 1) Once you score in the targets, teams play in the opposite direction
- 2) Only goals to the big goal count



U11 - 13

SESSION 4 - 1V1 DEFENDING IN A BACK FOUR UNIT

4. 9V9 GAME

Equipment:

Balls, cones, bibs, goals

Size:

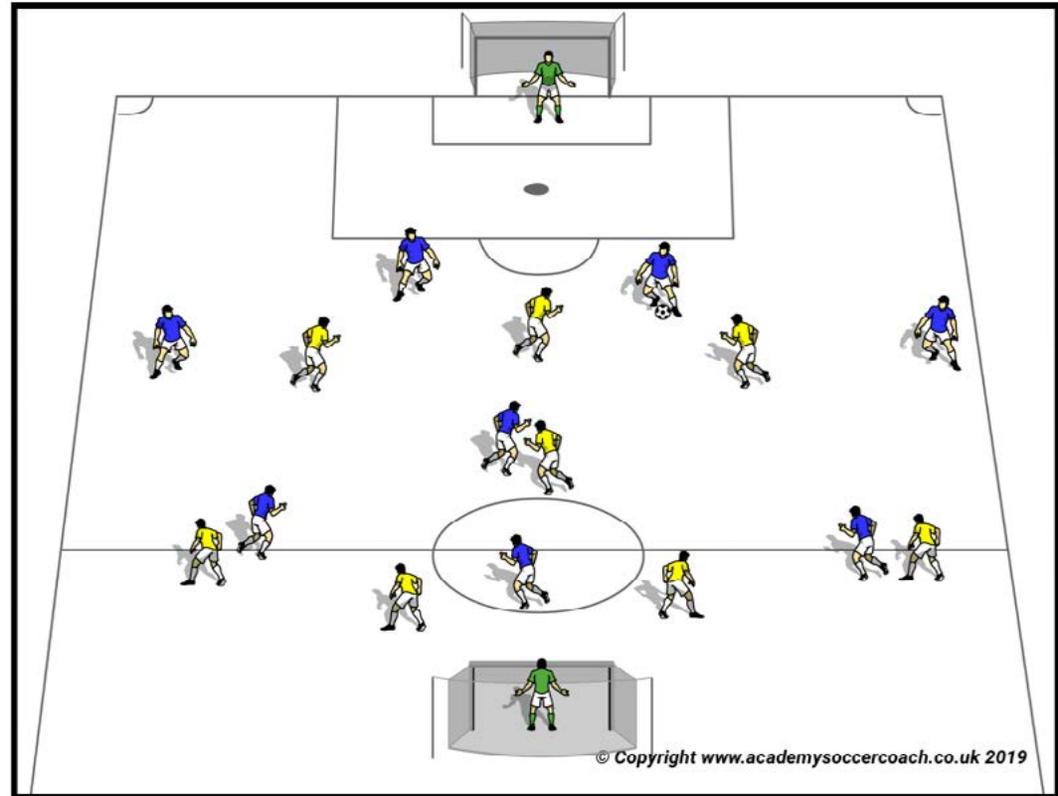
2/3 of a field

Objective:

9v9 game. Players are split into two teams playing a normal, directional game.

Progressions:

Set the team up in the formations that you want for your team to play in
2) Have your second team set up how your next opponent will play



SESSION 5

Combinations in the Final Third

3
1
1
1
1

1. HORNETS DRILL

Equipment:

Balls, cones, bibs, poles

Size:

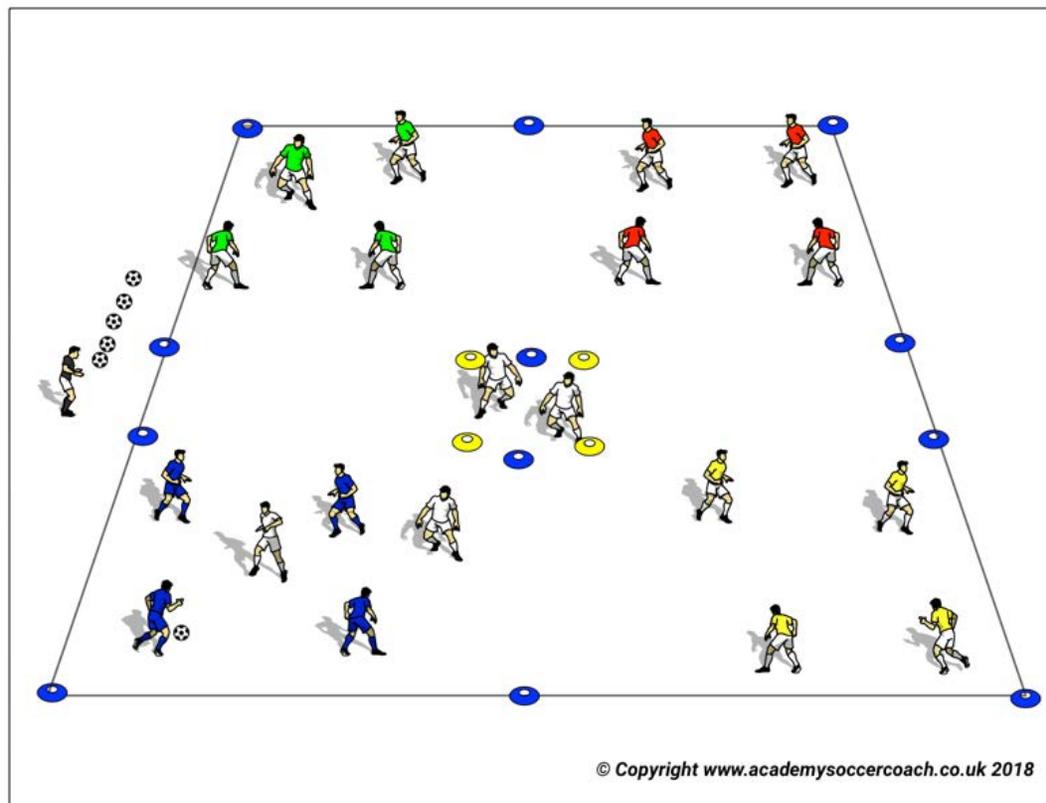
20x20

Objective:

Player's are split into 5 teams with 4, 10x10 grids in each corner and a small central square in the middle. Player's play 4v2 in one of the grids and make an allotted number of passes (e.g 5 passes) before transferring the ball into another grid. When they do, the other two players try to retrieve the ball.

Progressions:

- 1) Count number of transfers made
- 2) Count how long it takes to recover 10 balls
- 3) If one team gives the ball away they are in the middle



2. FORWARD MOVEMENT PATTERN OF PLAY

Equipment:

Balls, cones, bibs, mannequins, goals

Size:

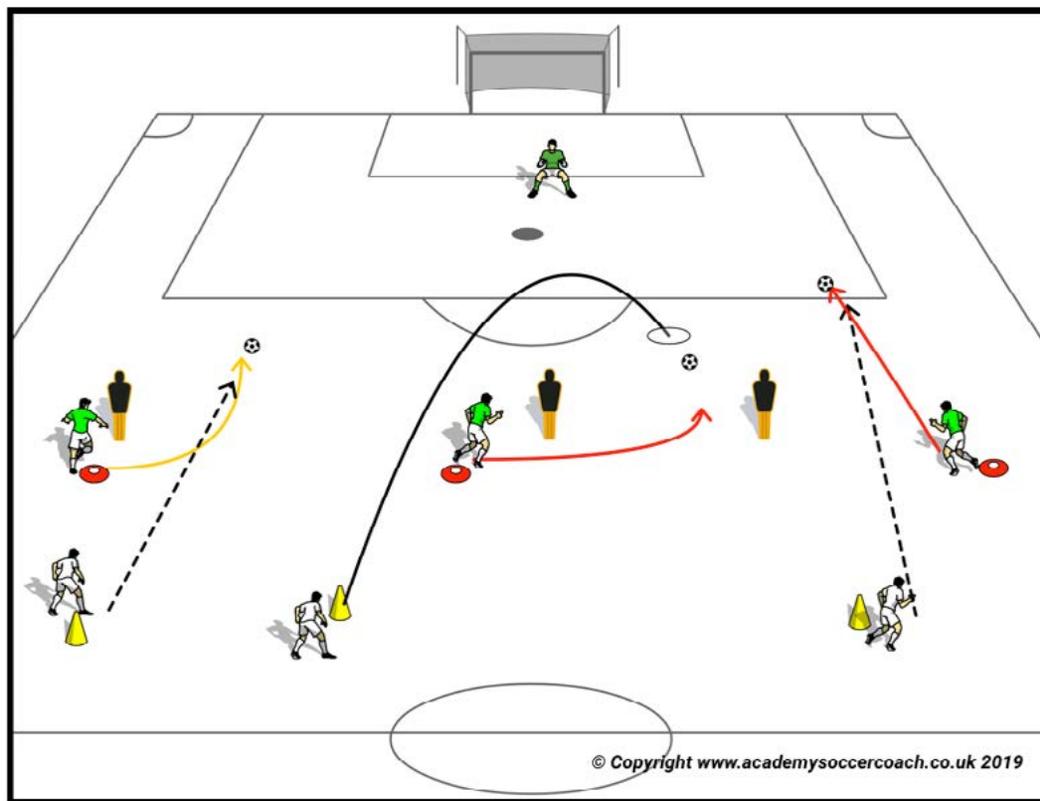
Half Field

Objective:

Place a front three (or whichever front line formation you prefer) in positions against a back 3 or 4 represented by mannequins. In each position, coach different movements from the forwards e.g movement across the front of the defender, movement off the shoulder of the defender, ball down the side of the centre back etc. Rotate the forwards and midfield passers each time. Players then finish 1v1 with the goalkeeper.

Progressions:

- 1) Add combinations with the forward unit and finish
- 2) Make it a competition between the groups e.g first group of forwards to score 5 goals wins.



3. FORWARD COMBINATION PHASE OF PLAY

Equipment:

Balls, cones, bibs, goals

Size:

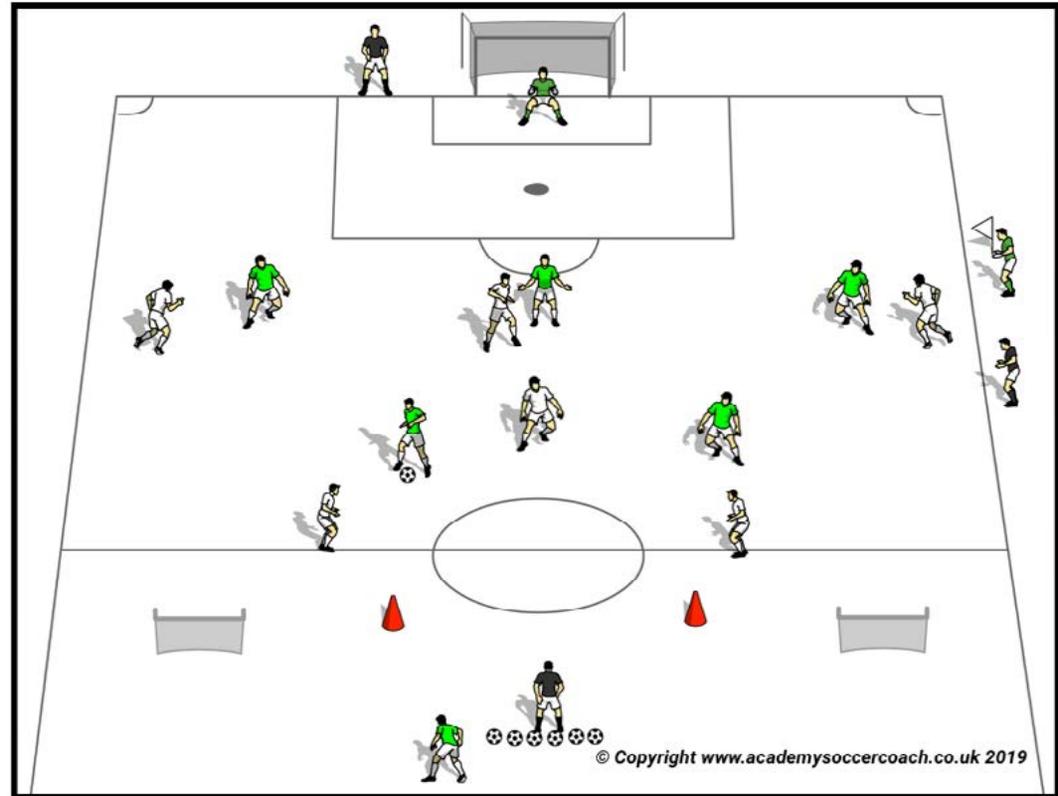
Half field

Objective:

Set up a goalkeeper, back 3 and midfield 1 to play against a front 3 and midfield 2. The game starts with the defending team turning the ball over to the attacking team who play to goal. The defenders defend the goal and play to the counter goals if they retrieve the ball.

Progressions:

- 1) Add midfield players/ defenders to make it more realistic
- 2) Use a linesman to check for the timing of the forwards movement



4. SMALL SIDED GAME

Equipment:

Balls, cones, goals

Size:

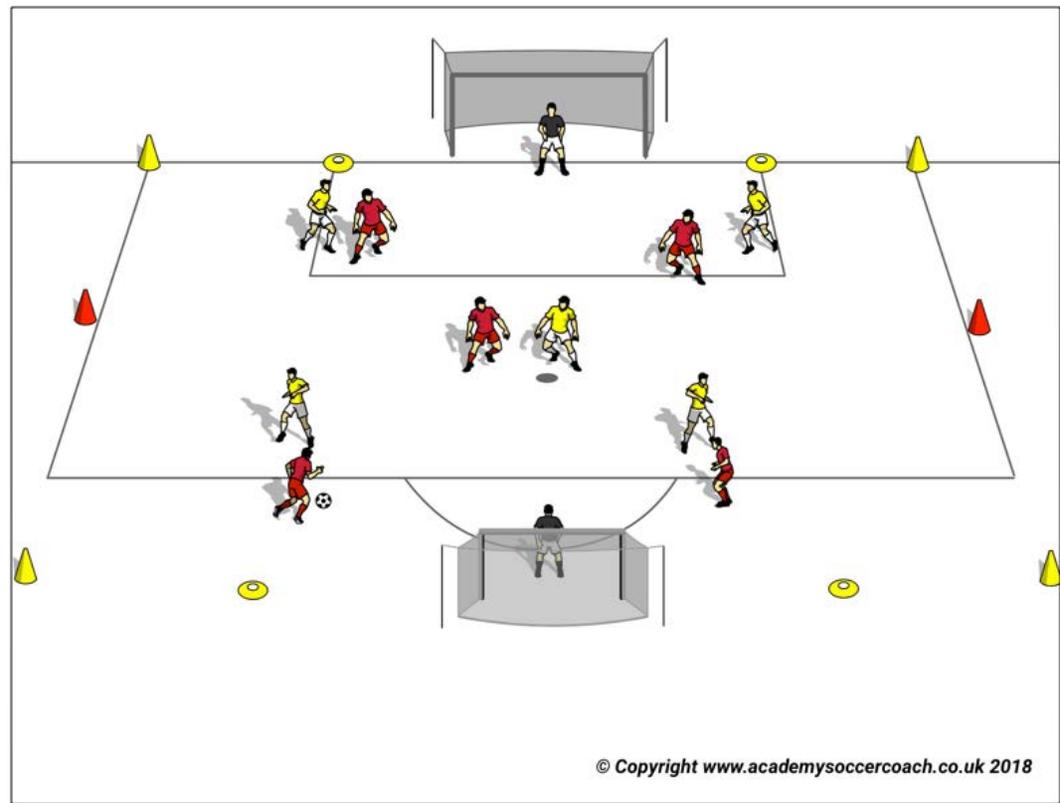
30x50 yards

Objective:

Players are split into two teams playing a normal, directional game.

Progressions:

- 1) Touch restrictions eg 2 touch per player
- 2) Must be a one touch finish
- 3) Everyone must be in the attacking half, if not, the goal doesn't count
- 4) Everyone must be back in your defensive half otherwise it's an extra goal for every player who isn't back.



SESSION 6

Counter Attacking

3
13
-
1
1
U

1. TRANSITIONAL RONDO

Equipment:

Balls, cones

Size:

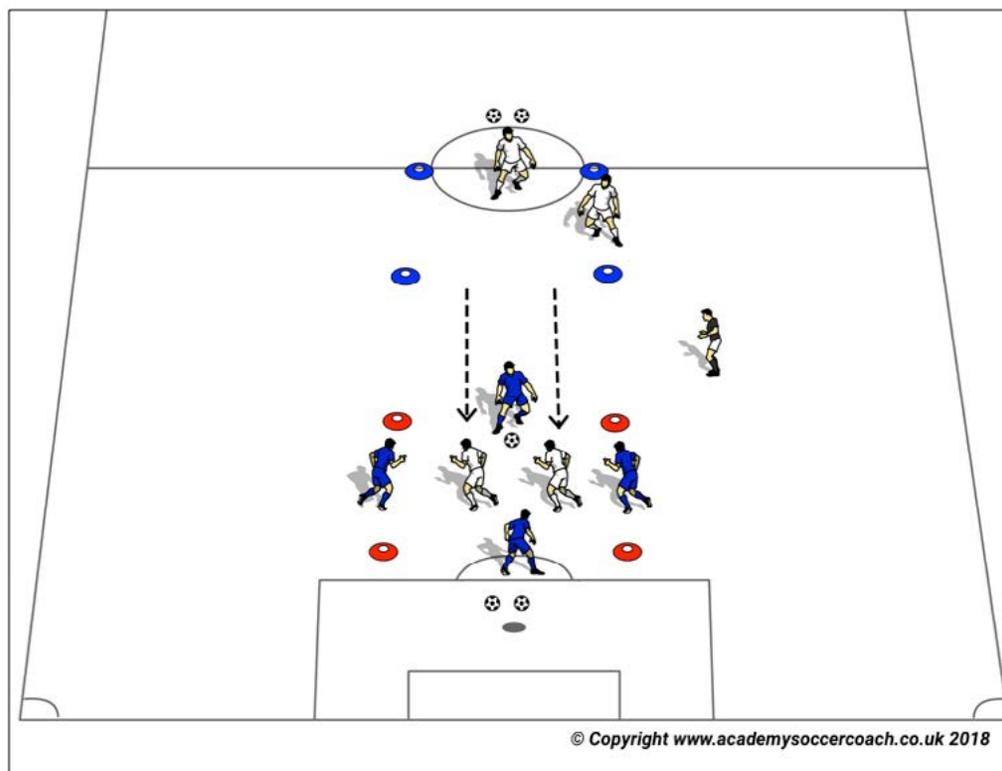
8x10 box

Objective:

4v2 possession with one team aiming to keep the ball away from the opponent, with the other trying to regain possession. If the defending team touches the ball, the two defenders must quickly transition into the other box to keep the ball, with two players from the possession box becoming the defenders.

Progressions:

- 1) If you give the ball away, you and the person who passed you the ball must transition onto defense
- 2) Get a partner and if you or your partner loses the ball you must transition into defense
- 3) Touch limitations
- 4) Add a neutral player to work in both boxes



U11 - 13

SESSION 6 - COUNTER ATTACKING

2. 2V1s

Equipment:

Balls, cones, bibs, goals

Size:

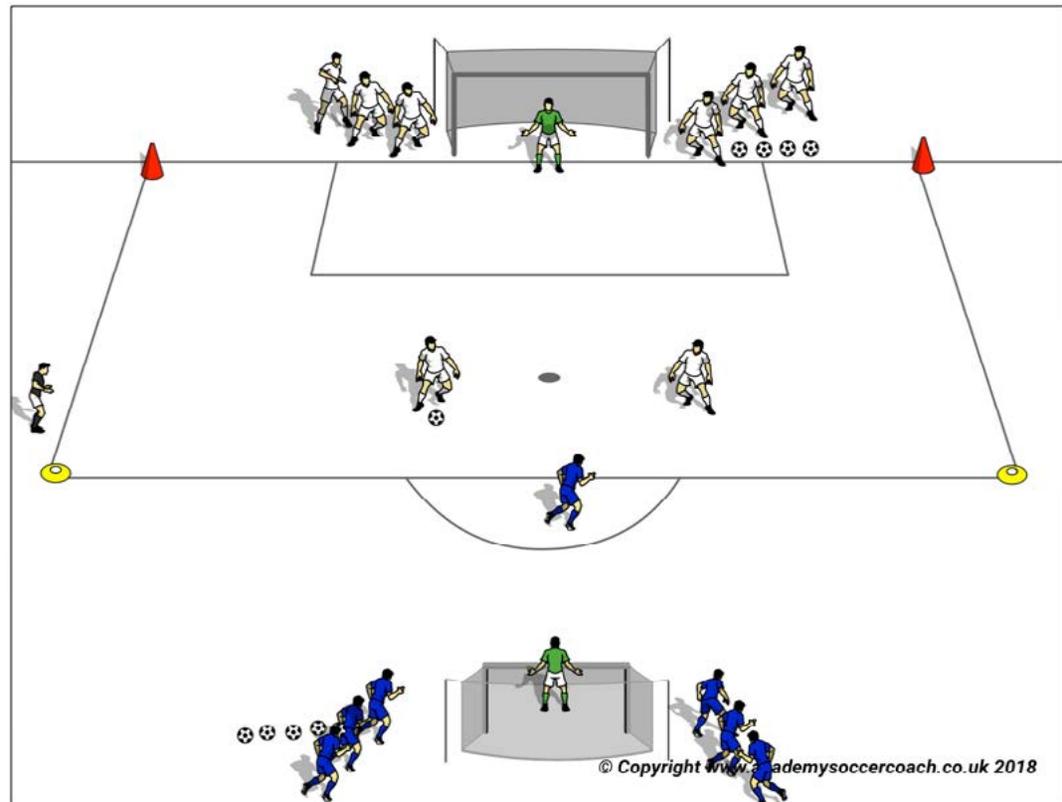
Penalty box

Objective:

Split the teams into two equal numbers. Position two goals 20 yards apart. The game starts by the attacking team (two players either side of the posts) dribbling the ball in to play 2v1 to goal. The game is finished when there is either a goal or the ball goes out of play. Once the team has attacked, one player must stay in (last person to touch the ball) to defend 1v2.

Progressions:

- 1) First team to 10 goals wins
- 2) Most goals in a time frame wins
- 3) If the defending team wins the ball and scores it counts for 2 goals
- 4) Person who didn't touch it last stays in



3. COUNTER ATTACKING FUNCTIONAL PRACTICE

Equipment:

Balls, cones, bibs, goals

Size:

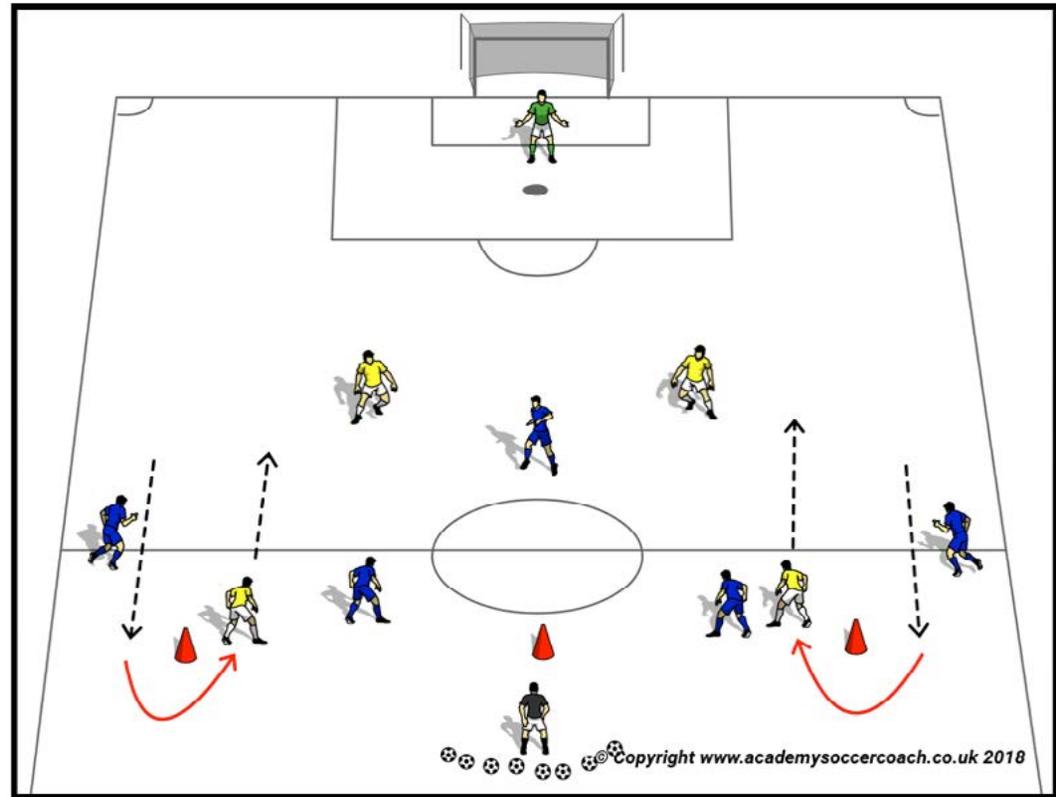
Half Field

Objective:

The game starts by the defending team turning the ball over to the attacking team, and once they do, two players must run around the cone and recover quickly to defend while the attacking team counters to goal. The play stops once there is a goal, or the ball is out of play.

Progressions:

- 1) Only 1 player runs around the cone
- 2) Add more players until it becomes a phase of play exercise.



4. 9V9 CONDITIONED GAME

Equipment:

Balls, cones, bibs, goals

Size:

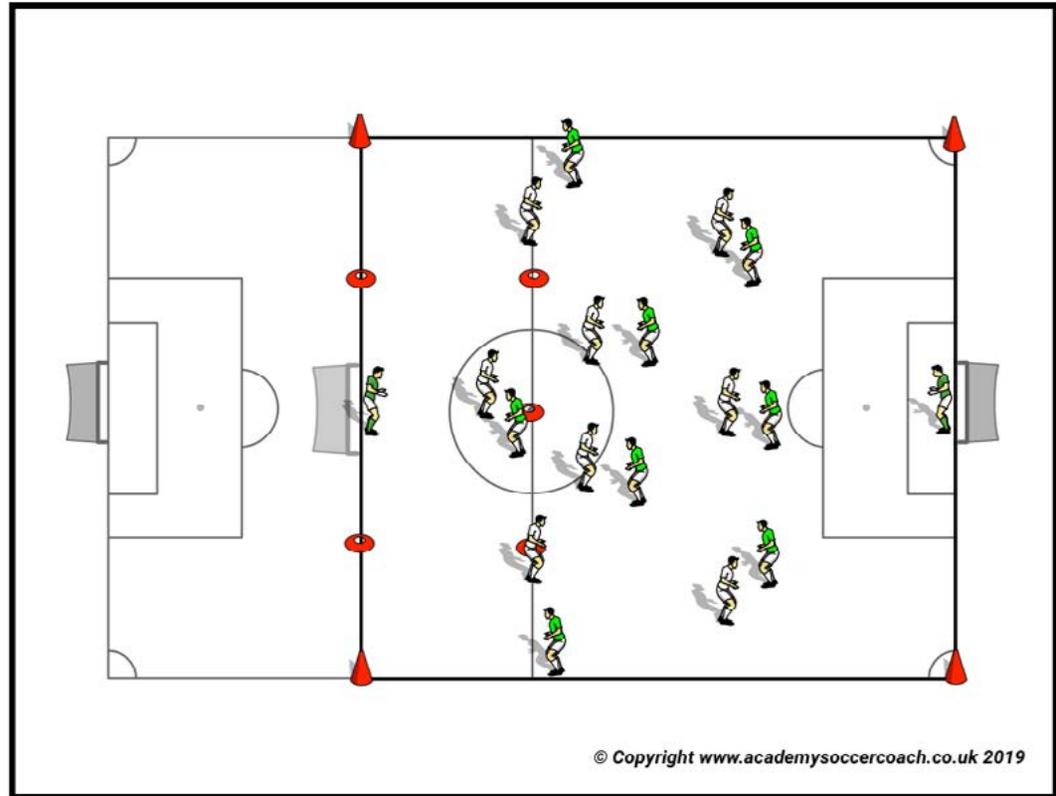
2/3 of a field

Objective:

Players are split into two teams playing a normal, directional game. The only rule is that if a player misses the target, they must run around both cones behind the opposition goal before re-entering the field- can the opposition capitalize on the overload

Progressions:

Play a regular game with no restrictions to finish.



SESSION 7

Attacking in Wide Areas

3
1
1
U

1. 4V2 RONDO

Equipment:

Balls, cones, bibs, goals

Size:

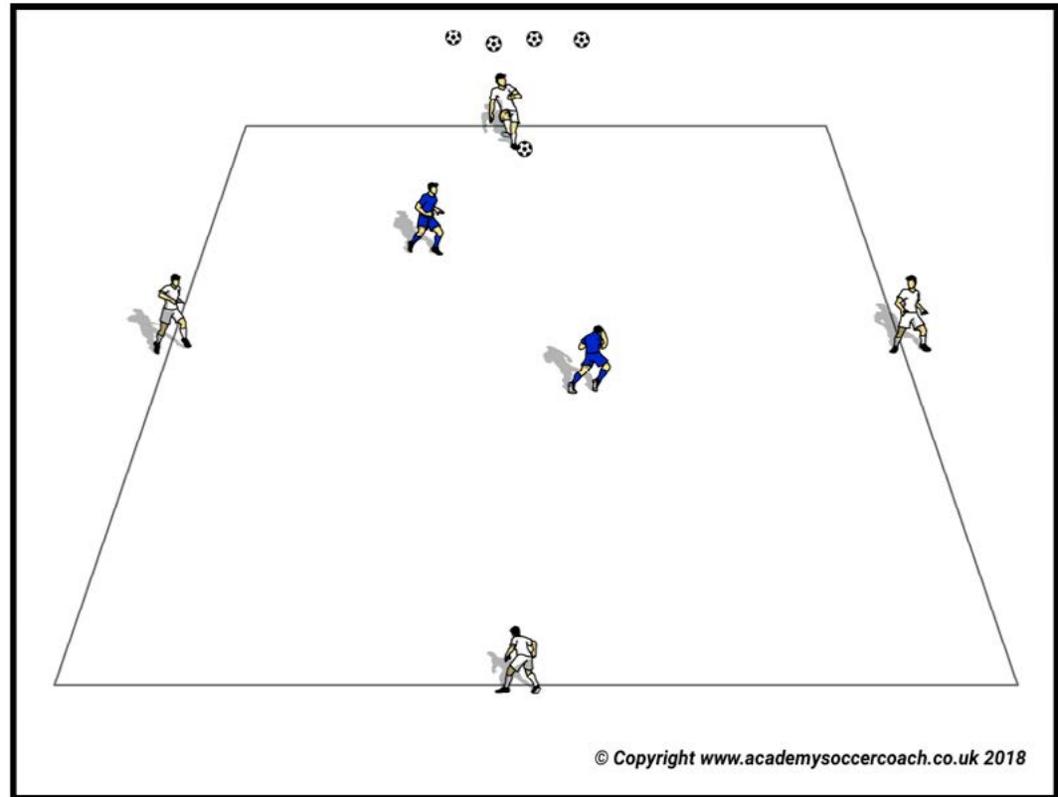
8x10

Objective:

4v2 possession rondo (keep away).
Objective is to keep the ball away from the players in the middle. Ensure that you apply technical information to the rondo, e.g body shape, playing to the correct foot, angle of support, weight of pass etc.

Progressions:

- 1) Touch limits
- 2) 10 passes defenders stay in
- 3) Nutmeg stay in
- 4) Split pass through the two in the middle the defenders stay in etc.



2. ATTACKING WIDE AREAS

Equipment:

Balls, cones, bibs, goals

Size:

Half Field

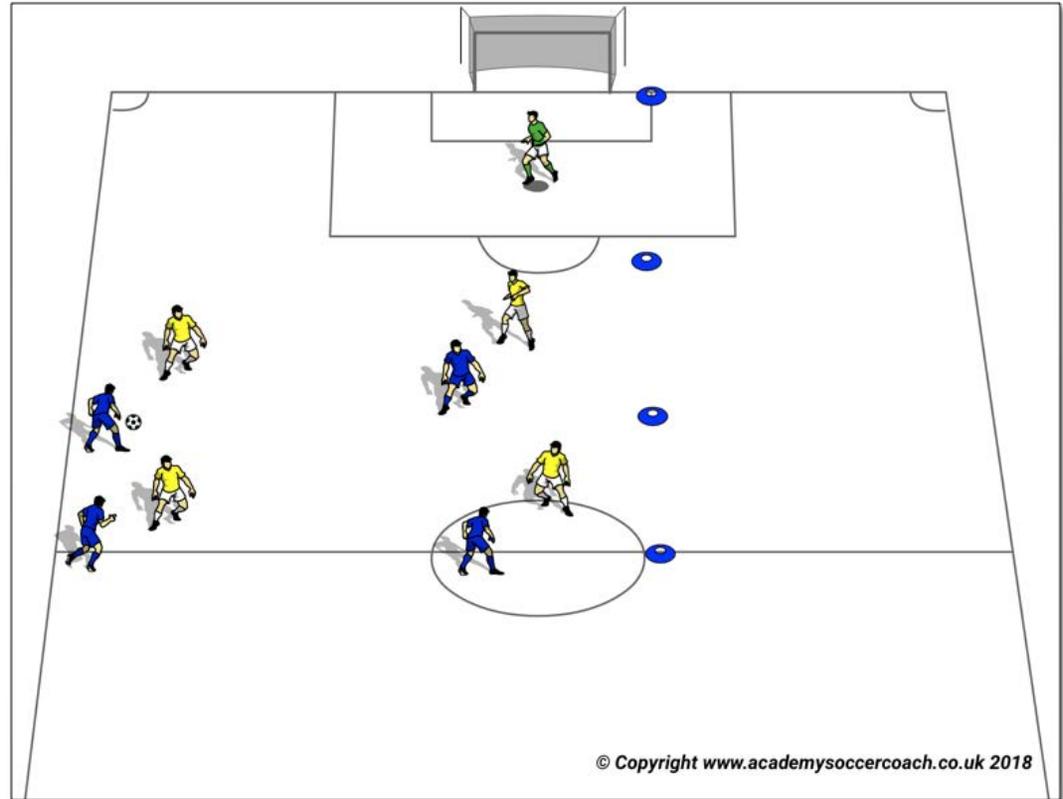
Objective:

Split the teams playing in two thirds of the half field. In this part of the field, play a centre back and right back with a centre midfielder and right midfielder on one team. They will be working on defending on one side of the field. The opposition will play with a left-winger and left back plus a centre forward and centre midfielder. Defending team must stop the attacking from scoring.

Progressions:

- 1) Work on 1v1 in wide areas
- 2) 2v1 overlap from the left back
- 3) 2v2 with the recovering right midfielder.
- 4) Movement from the forward into the wide channel
- 5) Movement of the central midfielder into the wide channel.

If you can work on both sides of the field so you can work on the right and left simultaneously then do so.



3. WIDE ZONE GAME

Equipment:

Balls, cones, goals

Size:

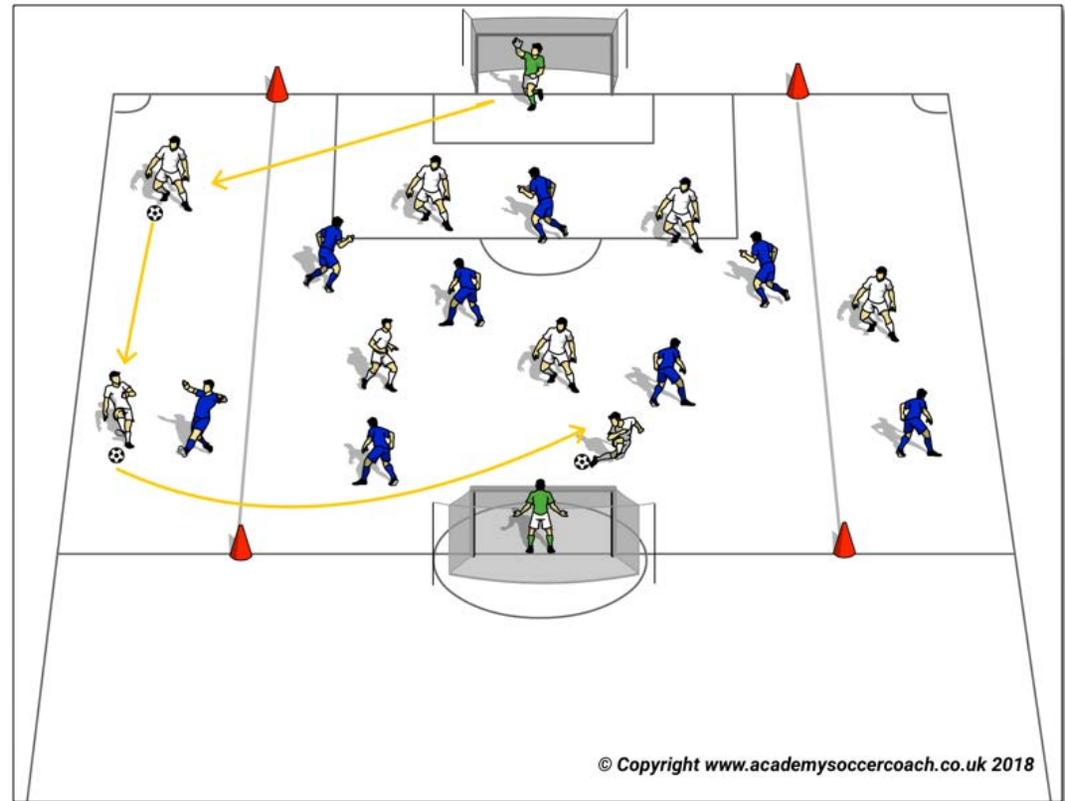
Half field

Objective:

Players are split into two teams with a 10 yard channel on both sides of the field. Teams play a directional game with the attacking team allowed to play 2v1 in the wide area.

Progressions:

- 1) Goals direct from a cross count double 2)
- Take out the wide channel but goals direct from a cross count double still.



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U11 - 13

SESSION 7 - ATTACKING IN WIDE AREAS

4. 9V9 GAME

Equipment:

Balls, cones, bibs, goals

Size:

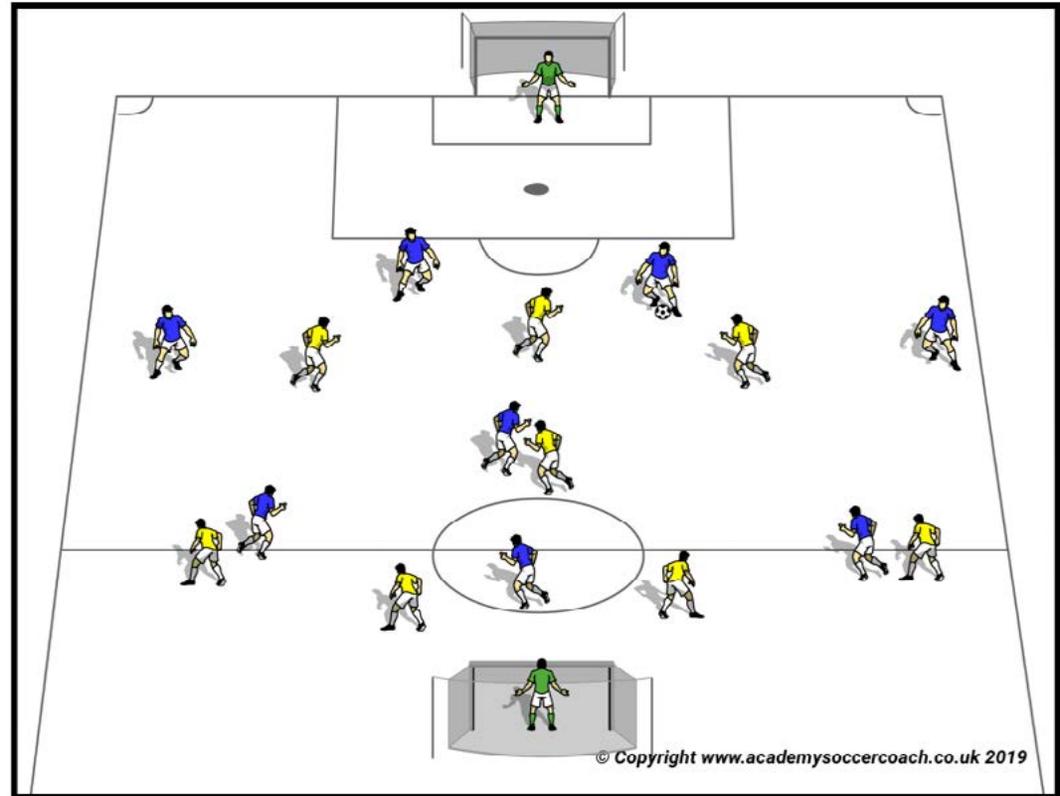
2/3 of a field

Objective:

9v9 game. Players are split into two teams playing a normal, directional game.

Progressions:

- 1) Set the team up in the formations that you want for your team to play in
- 2) Have your second set up how your next opponent will play





KAYA FC ACADEMY SESSIONS

U14 - 17

SESSION 1

Attacking in Wide Areas

1. HORNETS DRILL

Equipment:

Balls, cones, bibs, poles

Size:

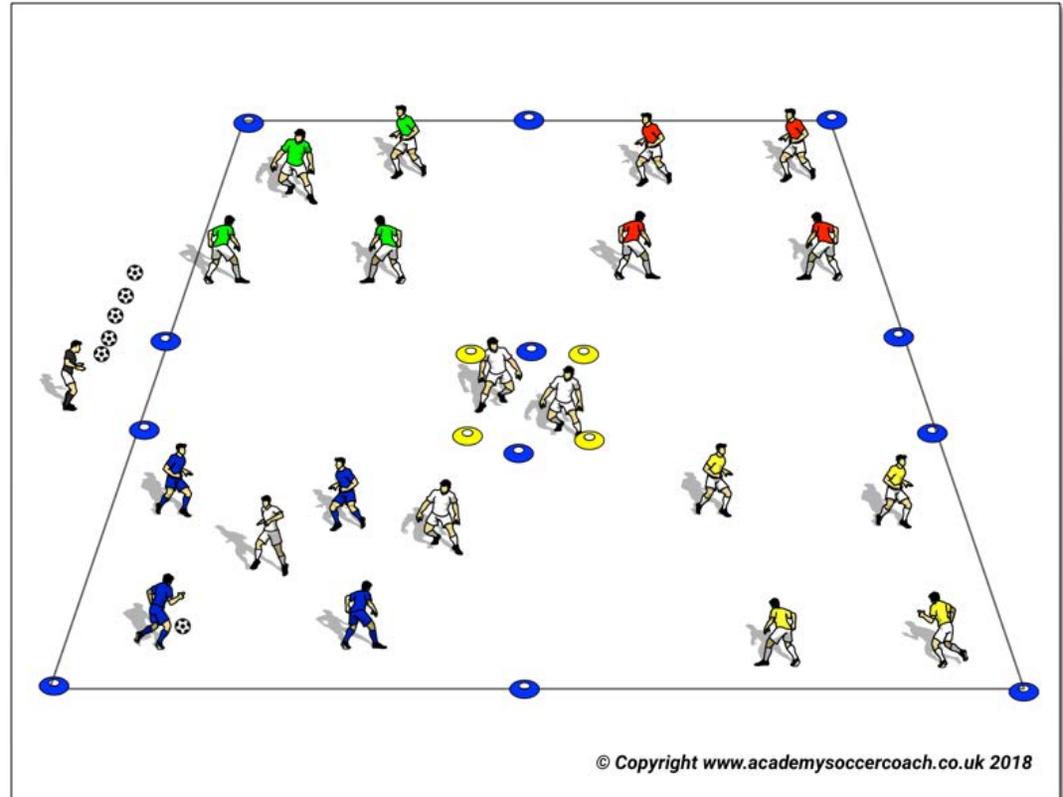
20x20

Objective:

Player's are split into 5 teams with 4, 10x10 grids in each corner and a small central square in the middle. Player's play 4v2 in one of the grids and make an allotted number of passes (e.g 5 passes) before transferring the ball into another grid. When they do, the other two players try to retrieve the ball.

Progressions:

- 1) Count number of transfers made
- 2) Count how long it takes to recover 10 balls
- 3) If one team gives the ball away they are in the middle



3. WIDE ZONE GAME

Equipment:

Balls, cones, goals

Size:

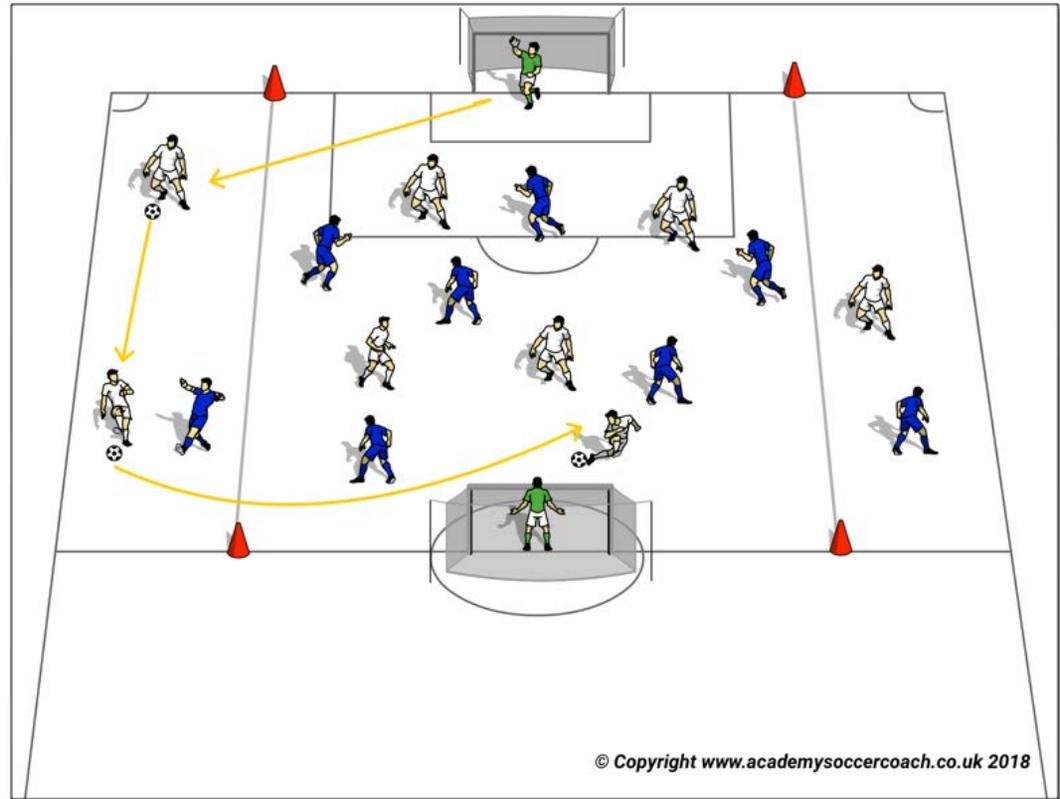
Half field

Objective:

Players are split into two teams with a 10 yard channel on both sides of the field. Teams play a directional game with the attacking team allowed to play 2v1 in the wide area.

Progressions:

- 1) Goals direct from a cross count double
- 2) Take out the wide channel but goals direct from a cross count double still.



U14 - U17

SESSION 1 - ATTACKING IN WIDE AREAS

4. 9V9 / 11V11 GAME

Equipment:

Balls, cones, bibs, goals

Size:

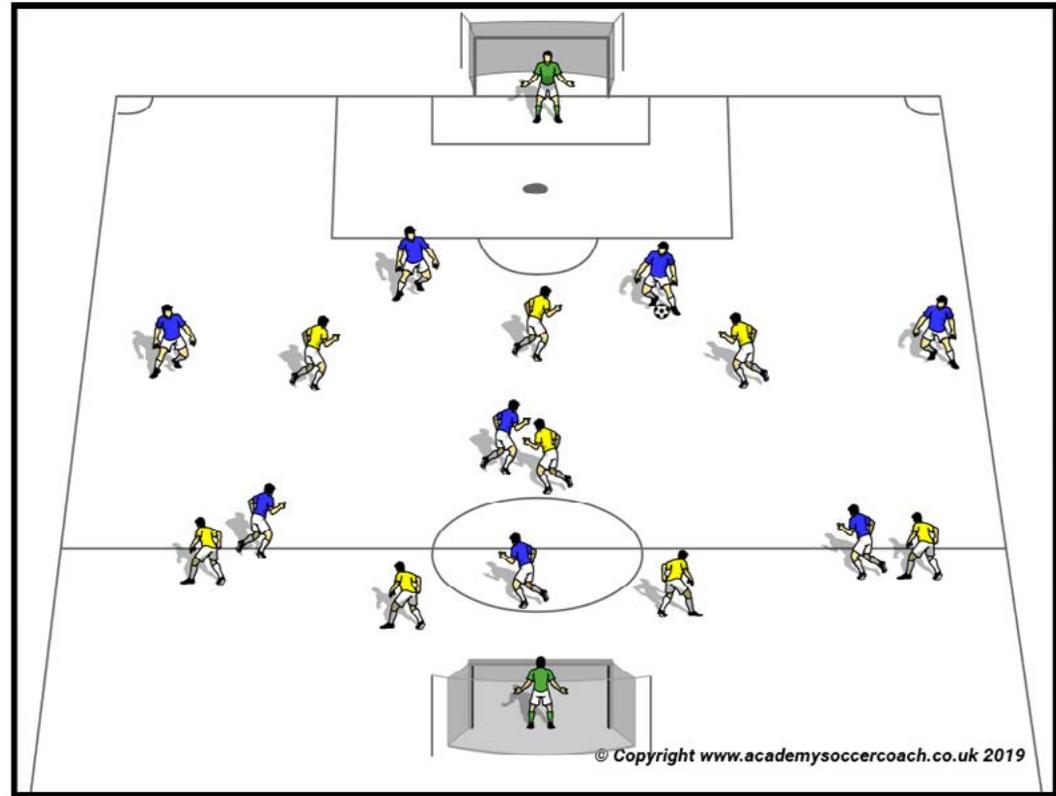
2/3 of a field

Objective:

9v9 or 11v11 game (numbers dependent). Players are split into two teams playing a normal, directional game. Coach stays in the middle of the game and always serves the ball in on restarts. Players must react to this stimulus, as the coach should restart games from wide areas as much as possible to manipulate the game.

Progressions:

- 1) Set the team up in the formations that you want for your team to play in
- 2) Have your second team set up how your next opponent will play



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SESSION 2

Beat the Block

U14 - U17

1. PASS THROUGH GAME

Equipment:

Balls, cones

Size:

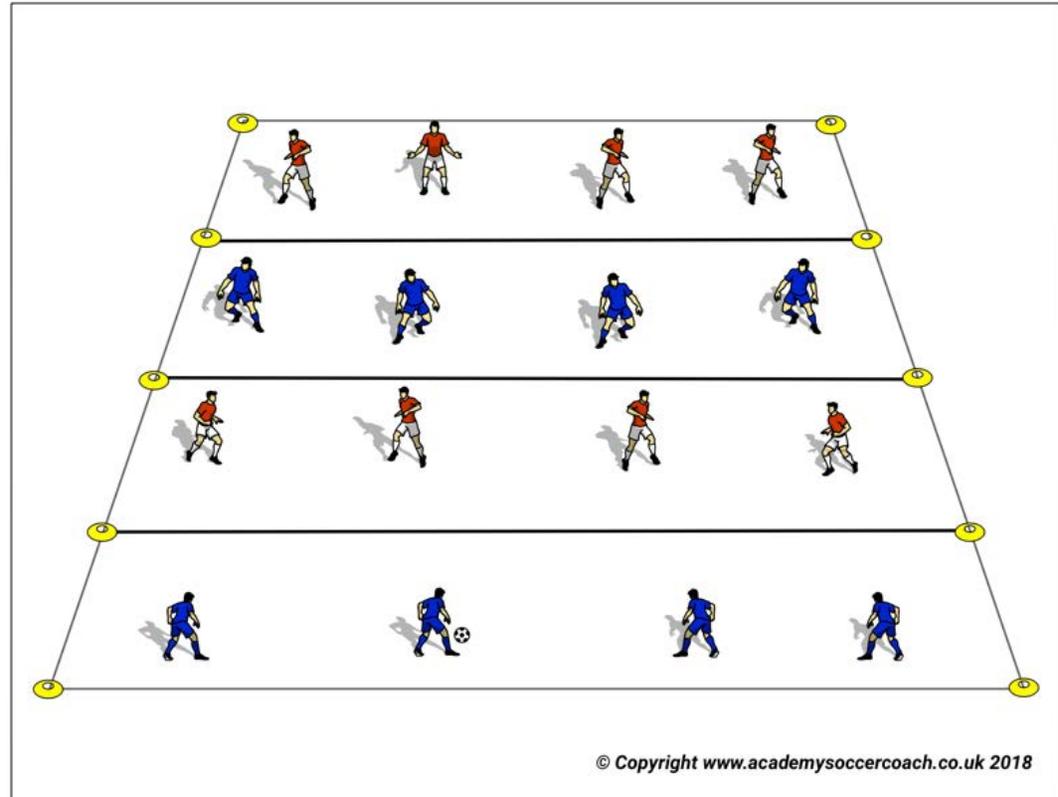
32x24 (8x24 per grid)

Objective:

Teams are split into two teams with 4 players in each grid. Players must stay in their own grid, with the team in possession aiming to pass through to their team in between the opposition, who are trying to intercept the ball. If the opposition gains possession of the ball, they will attempt to keep possession. First team to make 10 passes wins. Passes must be along the ground.

Progressions:

- 1) 1 Defender can step out of their zone to intercept the ball
- 2) If defending get a touch on the ball, ball changes hands
- 3) 1 attacker can drop in to receive the ball
- 4) Play with 2 balls



U14 - U17

SESSION 2 - BEAT THE BLOCK

2. BEAT THE BLOCK ENDZONE

Equipment:

Balls, cones, bibs, goals

Size:

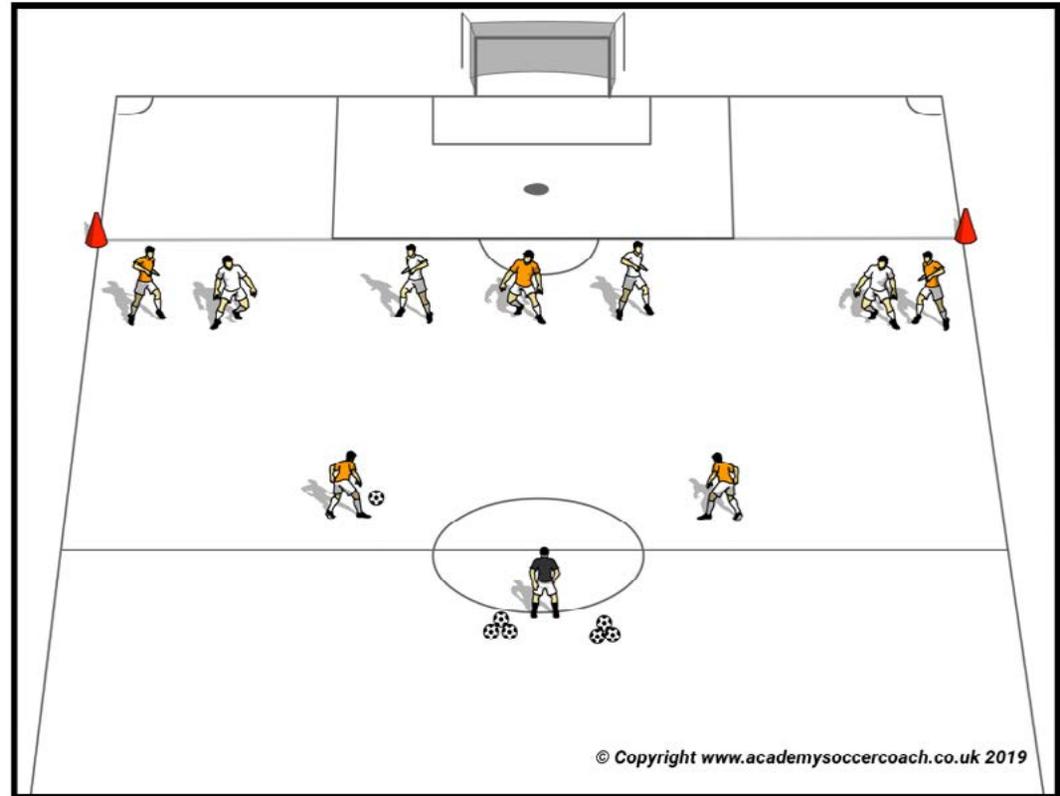
Half field

Objective:

As a functional practice, an attacking 5 try to score by getting the ball in the endzone beyond the penalty box. The attackers can dribble, combine or receive the ball in the zone to score.

Progressions:

1) Add both defensive and attacking players to replicate both different opposition structures as well as different ways in which you can break the block



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SESSION 2 - BEAT THE BLOCK

4. 9V9 / 11V11 GAME

Equipment:

Balls, cones, bibs, goals

Size:

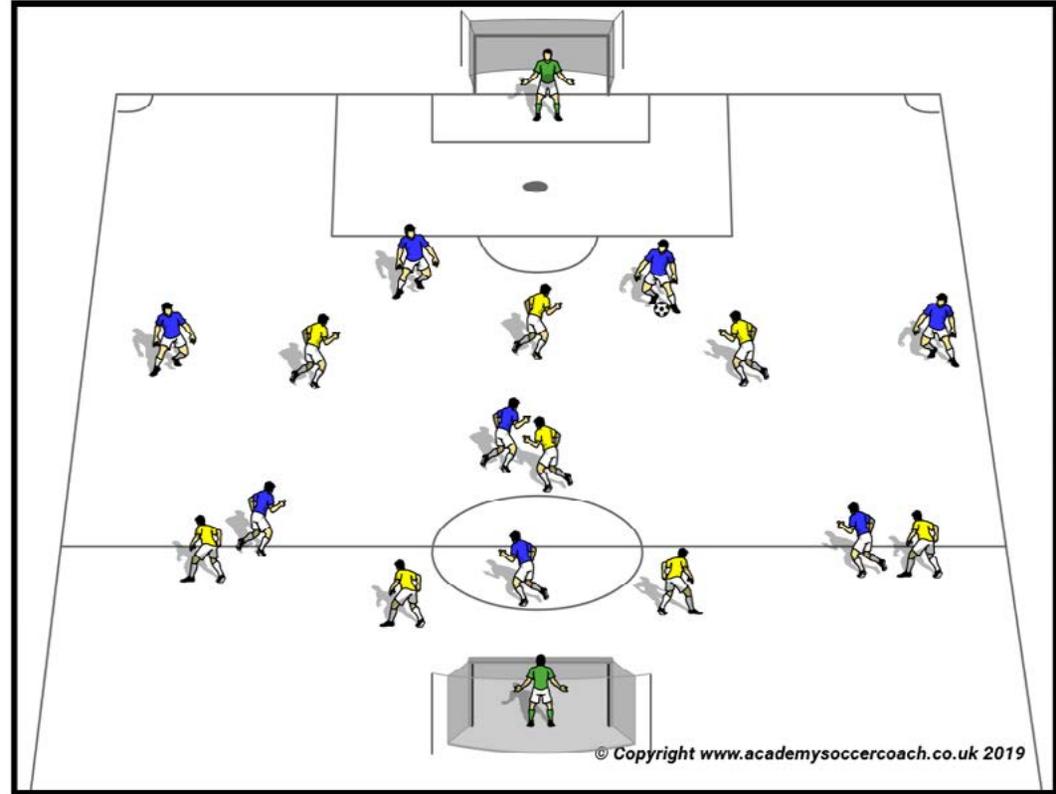
2/3 of a field

Objective:

9v9 or 11v11 game (numbers dependent). Players are split into two teams playing a normal, directional game. Coach stays in the middle of the game and always serves the ball in on restarts. Players must react to this stimulus, as the coach should restart games from wide areas as much as possible to manipulate the game.

Progressions:

- 1) Set the team up in the formations that you want for your team to play in
- 2) Have your second team set up how your next opponent will play



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SESSION 3

Coaching

Central Striking

U14 - U17

1. 4V2 RONDO

Equipment:

Balls, cones, bibs, goals

Size:

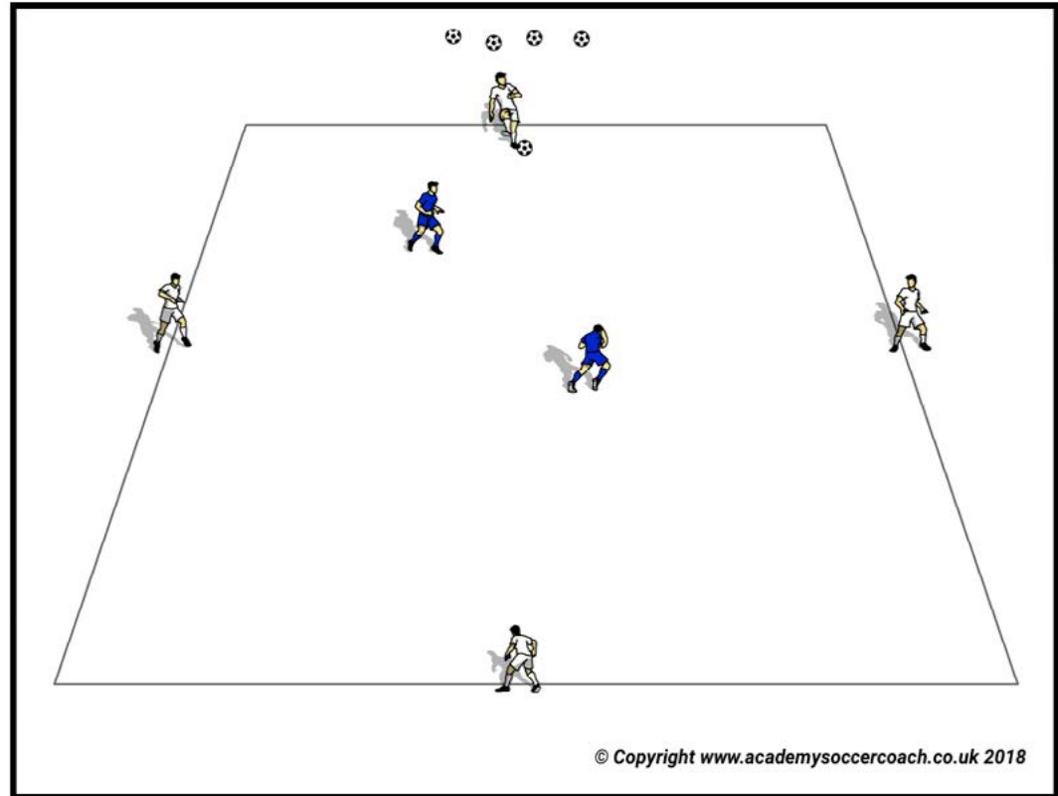
8x10

Objective:

4v2 possession rondo (keep away).
Objective is to keep the ball away from the players in the middle. Ensure that you apply technical information to the rondo, e.g body shape, playing to the correct foot, angle of support, weight of pass etc.

Progressions:

- 1) Touch limits
- 2) 10 passes defenders stay in
- 3) Nutmeg stay in
- 4) Split pass through the two in the middle the defenders stay in etc.



U14 - U17

SESSION 3 - COACHING CENTRAL STRIKING

2. BIG GOAL - COUNTER GOAL GAME

Equipment:

Balls, cones, goals, poles

Size:

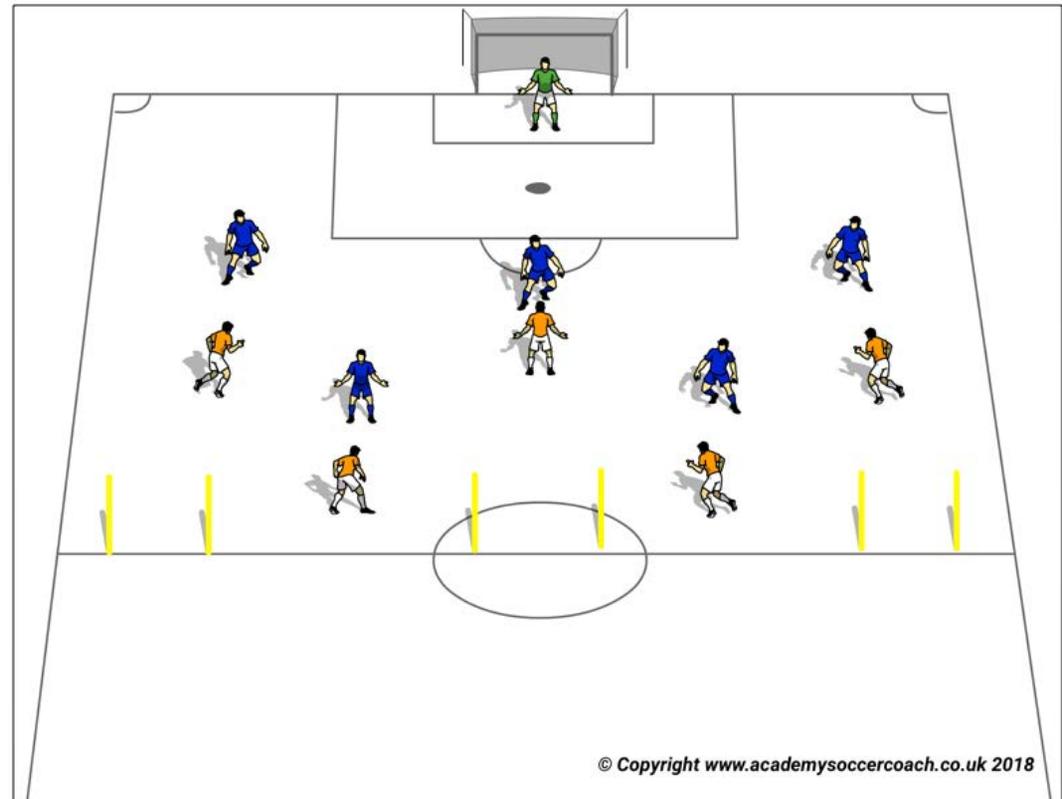
Half field

Objective:

Players are split into two teams with one team attacking the big goal, and the other aiming to score by passing through the three gates. The coach works on specific movements they're looking for from the striker and how it affects their teammates around them.

Progressions:

Add extra players to develop the exercises and create different scenarios.



3. WIDE GOALS, DRIBBLE THROUGH GAME

Equipment:

Balls, cones, goals

Size:

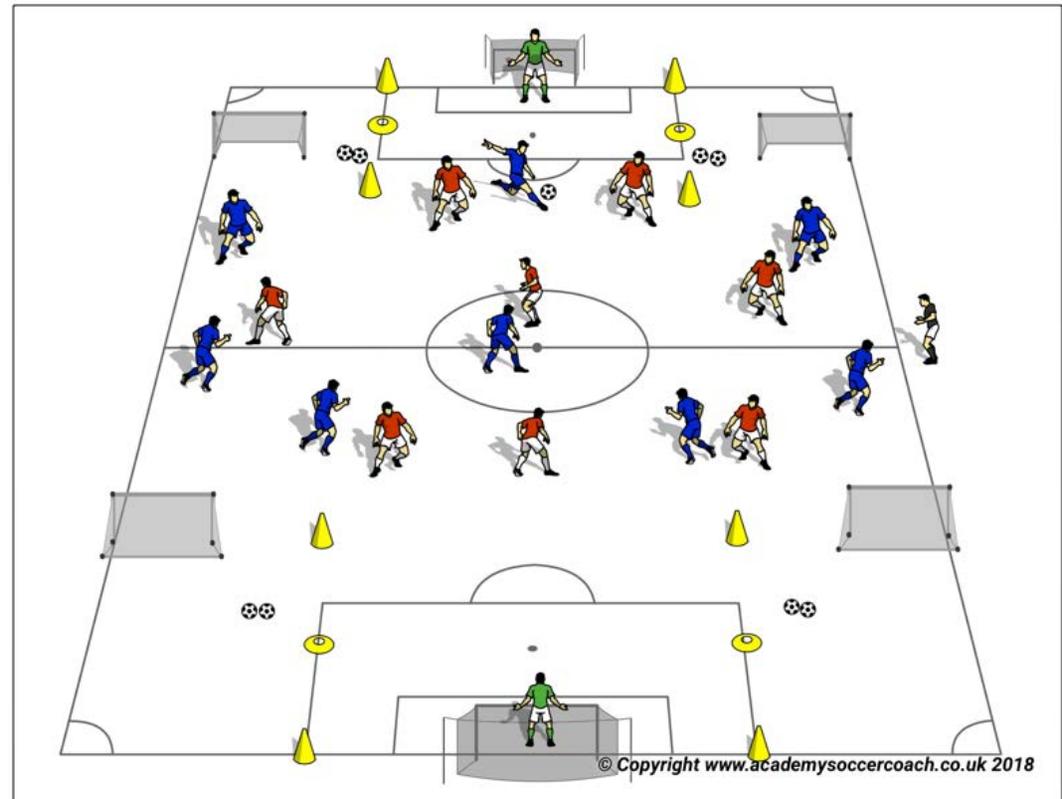
Full field

Objective:

Players are split into two teams with teams aiming to score by passing one touch through the wide goals, or dribble through the central gate for a 1v1 with the GK. When the ball goes out, play restarts with the ball from the center back who drops into the endzone and restarts the game.

Progressions:

Goalkeeper must stay inside the penalty box



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SESSION 3 - COACHING CENTRAL STRIKING

4. 9V9 / 11V11 GAME

Equipment:

Balls, cones, bibs, goals

Size:

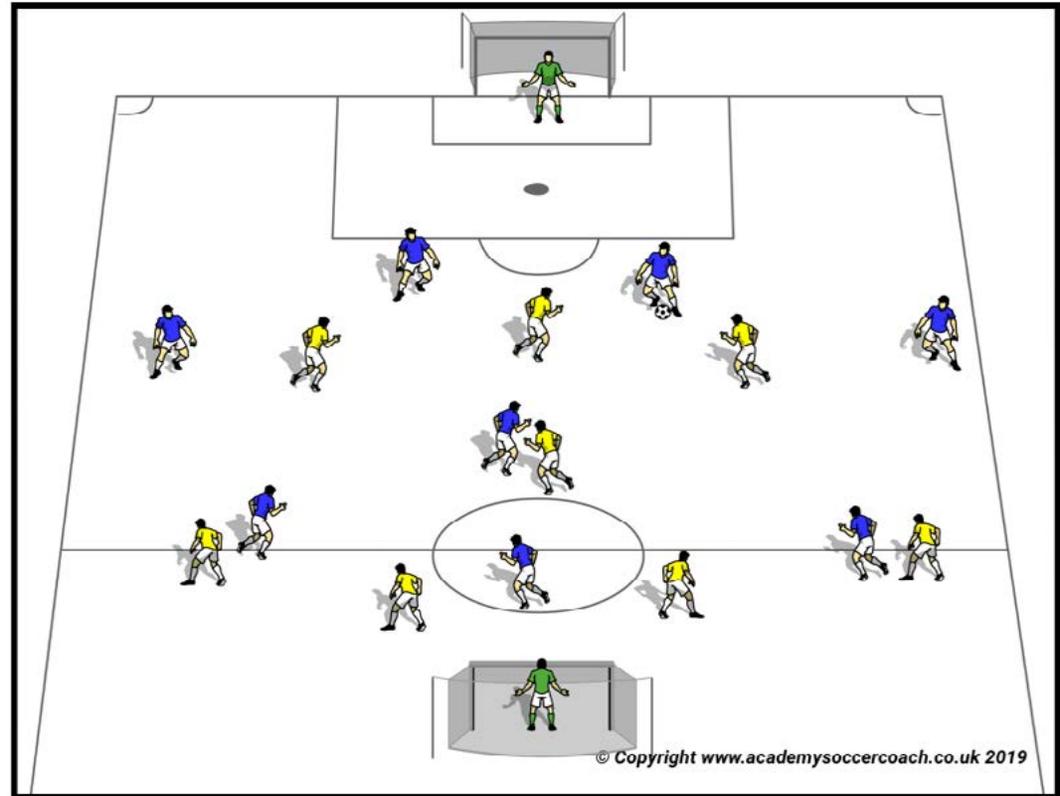
2/3 of a field

Objective:

9v9 or 11v11 game (numbers dependent). Players are split into two teams playing a normal, directional game. Coach stays in the middle of the game and always serves the ball in on restarts. Players must react to this stimulus, as the coach should restart games by giving possession to the attacking team as much as possible to manipulate the game.

Progressions:

Set the team up in the formations that you want for your team to play in 2) Have your second team set up how your next opponent will play



SESSION 4

Defending in Midfield Zone

U14 - U17

U14 - U17

SESSION 4 - DEFENDING IN MIDFIELD ZONE

1. UKRAINIAN RONDO

Equipment:

Balls, cones, bibs, goals

Size:

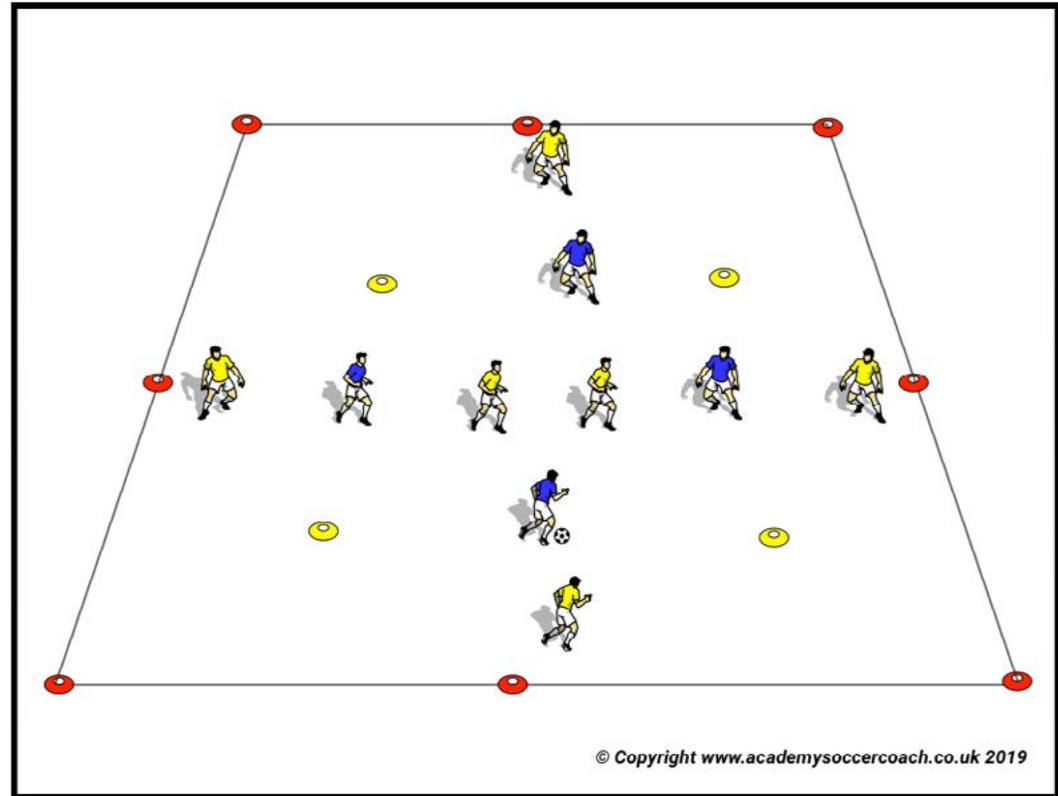
8x10 & 16x20 boxes

Objective:

4v2 possession-rondo keep away in the middle box. If the opposition reclaims the ball, the game becomes 6 or 7 v 4 in the big box. The 2 players middle two must stay inside the small box to link the play.

Progressions:

- 1) Touch limits
- 2) 10 passes defenders stay in
- 3) Nutmeg stay in
- 4) Split pass through the two in the middle the defenders stay in etc.



U14 - U17

SESSION 4 - DEFENDING IN MIDFIELD ZONE

2. SIMEONE DRILL

Equipment:

Balls, cones, mini goals

Size:

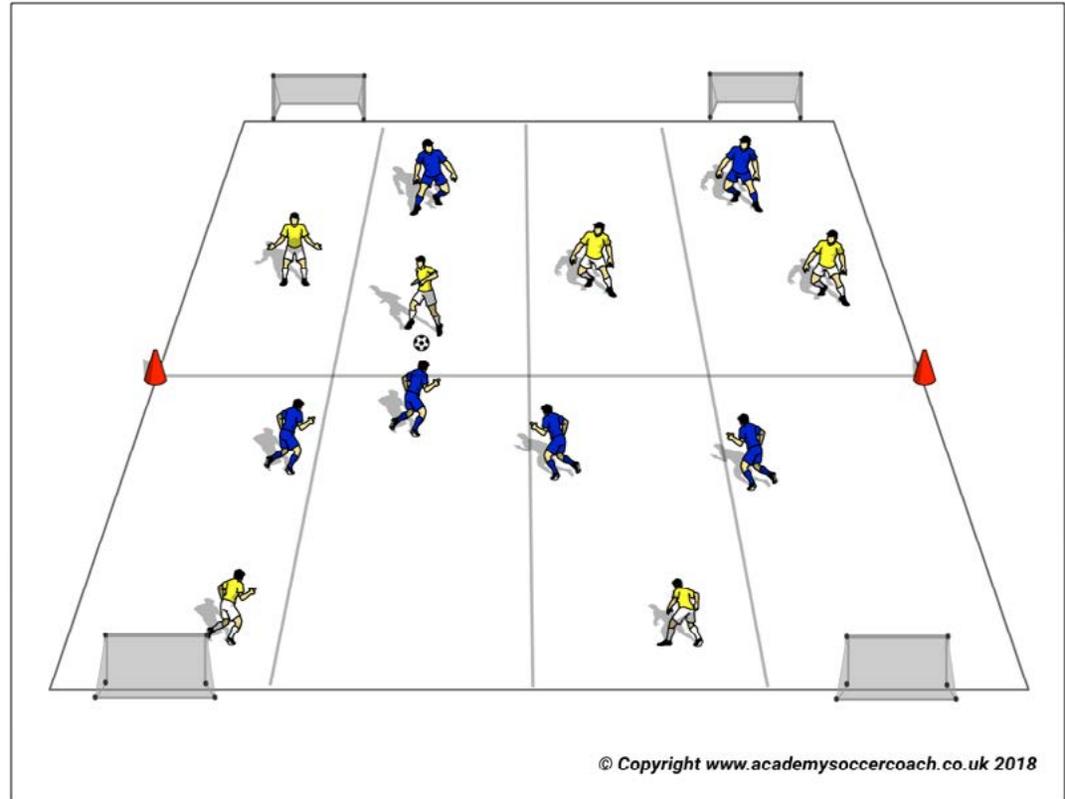
20x24

Objective:

Split the field into 4 zones, and then halve the field. The four players on one team try to move the ball and find the 2 attackers behind the defending 4, who must stay in their zone and in their half, and try to deny a penetration pass. If the pass goes through, the 2 players try to score in the corner goals and defenders must try to recover the ball. If the pass is intercepted, they try to find their 2 attackers. 2 attackers can't defend from behind.

Progressions:

- 1) Ball can't stay still
- 2) Touch restrictions e.g two touch maximum
- 3) Both strikers must touch the ball before they can score



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SESSION 4 - DEFENDING IN MIDFIELD ZONE

3. MIDFIELD UNIT PHASE OF PLAY

Equipment:

Balls, cones, bibs, goals

Size:

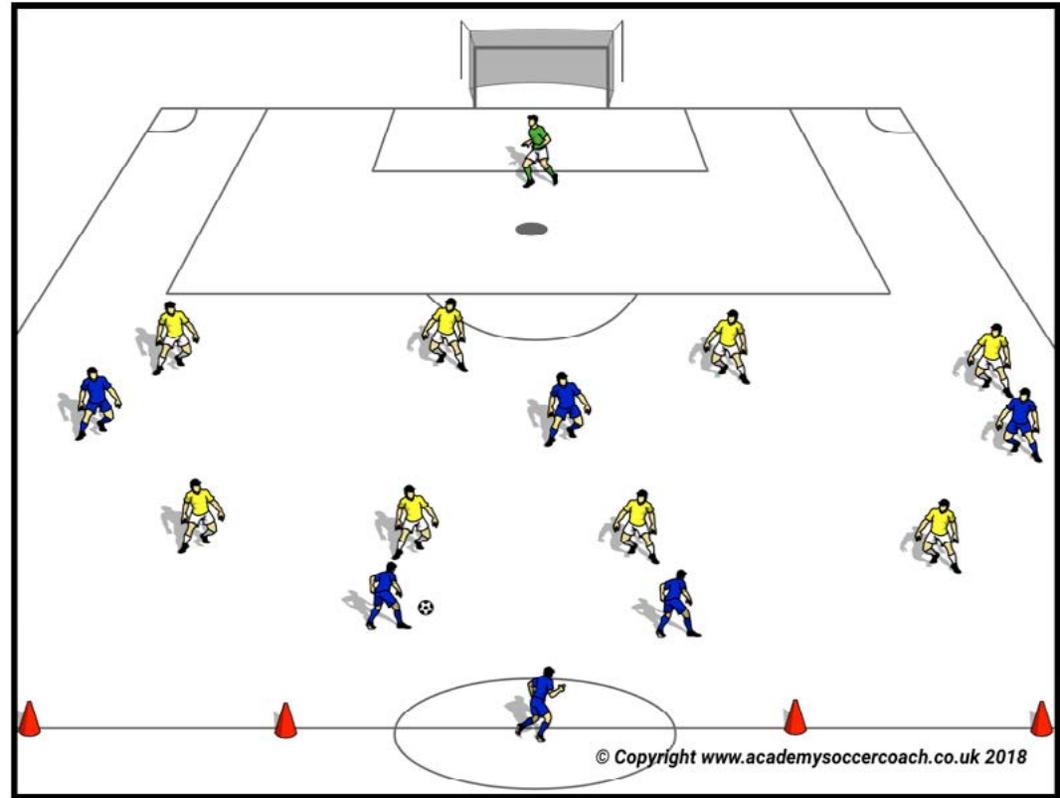
1/2 field

Objective:

Phase of play exercise with your defence and midfield units defending the big goal, with an opposition forward line and midfield unit against you. The objective is to deny the attacking team opportunities to play through the midfield zone, and when you win the ball, transition by playing through the two counter gates.

Progressions:

Manipulate the opponent formations and give different scenarios to give the midfield line different problems to solve.



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SESSION 4 - DEFENDING IN MIDFIELD ZONE

4. 9V9 / 11V11 GAME

Equipment:

Balls, cones, bibs, goals

Size:

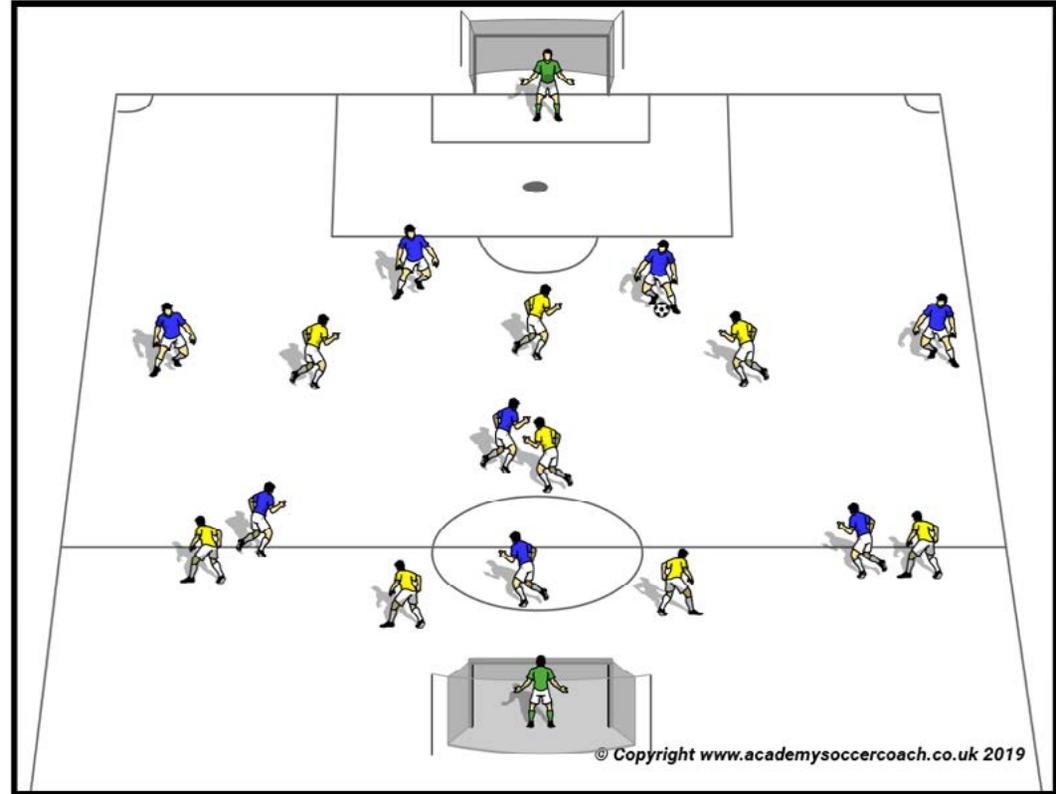
2/3 of a field

Objective:

9v9 or 11v11 game (numbers dependent). Players are split into two teams playing a normal, directional game. Coach stays in the middle of the game and always serves the ball in on restarts. Players must react to this stimulus, as the coach should restart games from the opponent back line so the midfield can get organized effectively.

Progressions:

Play a regular game.



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SESSION 5

Defending When Outnumbered

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1. COUNTING BY POSSESSION

Equipment:

Balls, cones, bibs

Size:

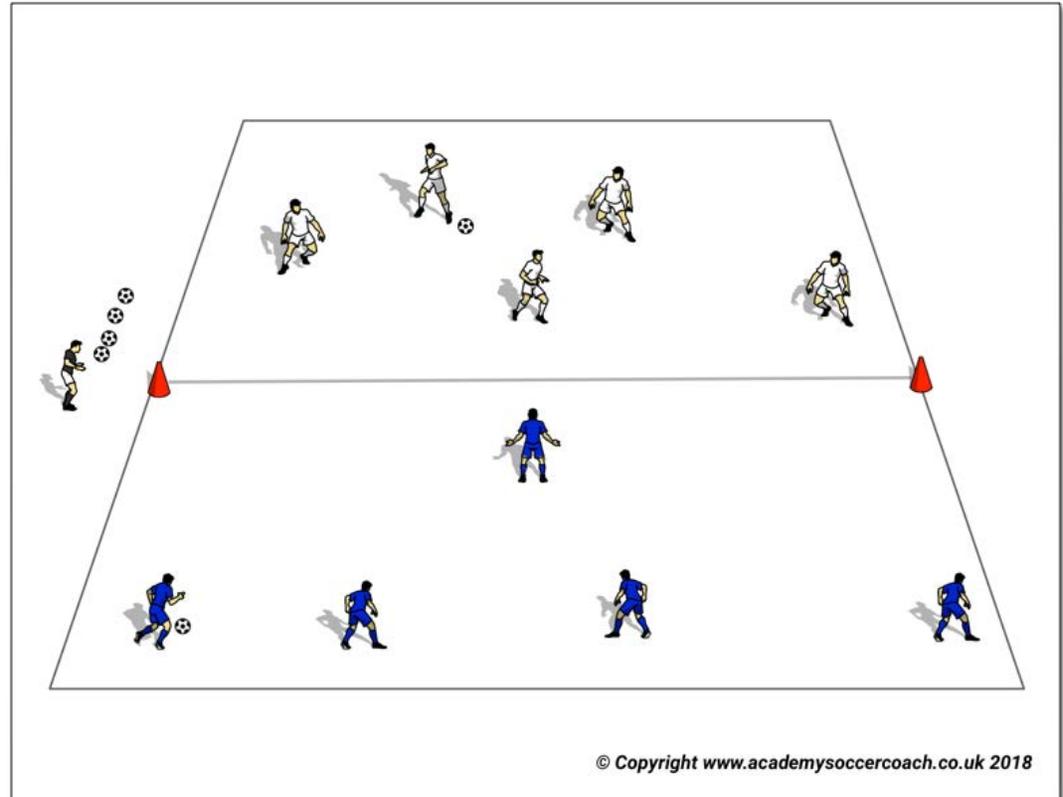
20x20

Objective:

Player's are split into 2 teams. When the coach serves in a ball, two defenders try to retrieve the ball while the possession players start to count the number of passes they have made. If the ball is intercepted, the coach serves to the other group and they start to count the number of passes they make. The first team to make 50 passes wins.

Progressions:

- 1) Once a team gets to over 40, (e.g they make 45 passes but lose the ball) they start again from 40.
- 2) The final pass must be caught by the possession team.



2. COUNTER ATTACKING FUNCTIONAL PRACTICE

Equipment:

Balls, cones, bibs, goals

Size:

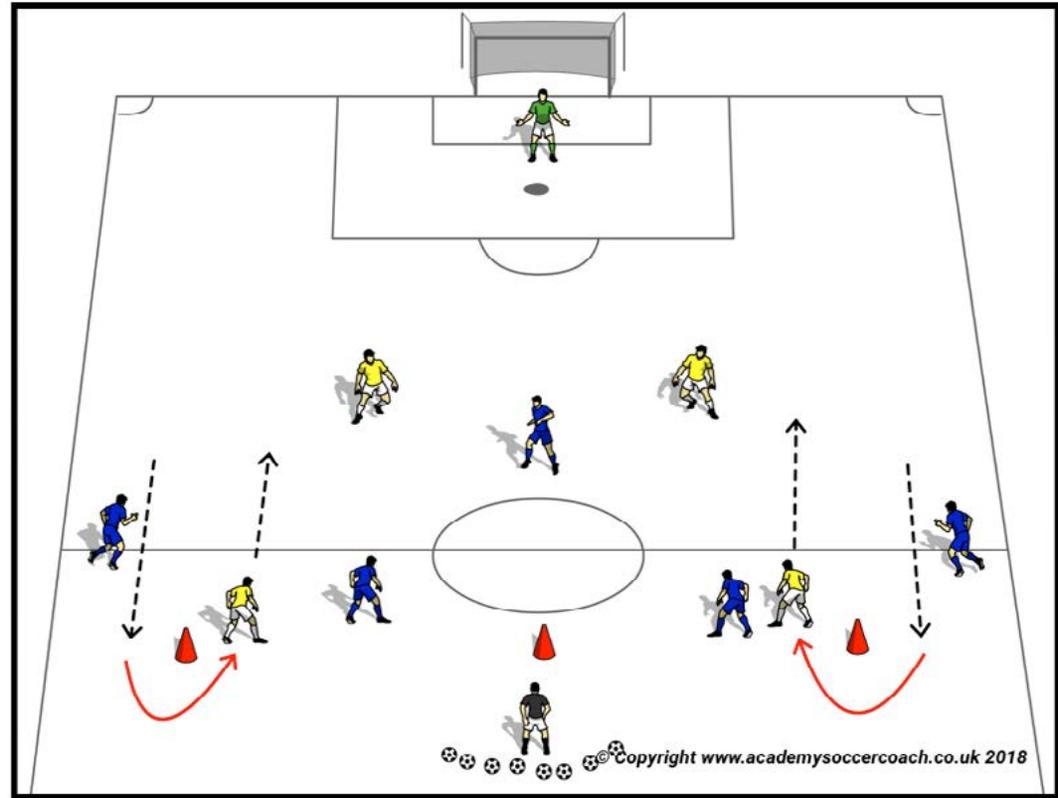
Half Field

Objective:

The game starts by the defending team turning the ball over to the attacking team, and once they do, two players must run around the cone and recover quickly to defend while the attacking team counters to goal. The play stops once there is a goal, or the ball is out of play.

Progressions:

- 1) Only 1 player runs around the cone
- 2) Add more players until it becomes a phase of play exercise.



U14 - U17

SESSION 5 - DEFENDING WHEN OUTNUMBERED

3. BIG GOAL TO ENDZONE WHILE OUTNUMBERED

Equipment:

Balls, cones, goals

Size:

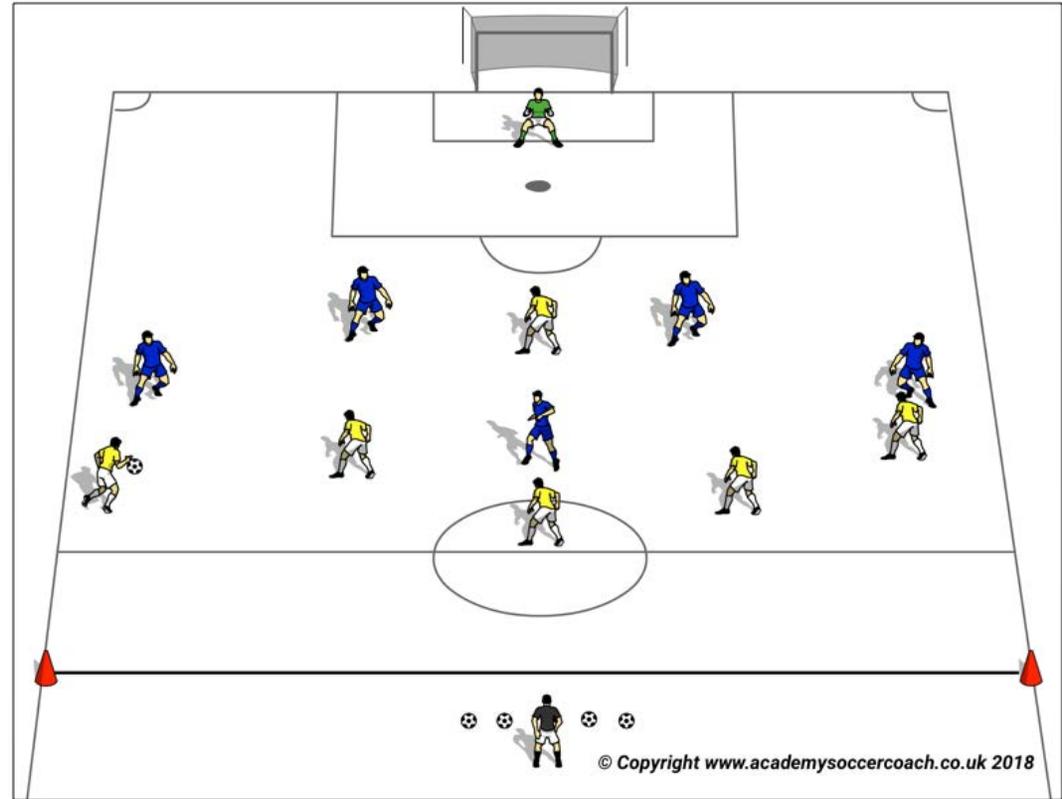
2/3 field

Objective:

Players are split into two teams with a 10 yard endzone at the top of the field. Teams play a directional game with the attacking team playing to the big goal, with the defending team trying to score by receiving or dribbling the ball into the end zone. Once the defending scores, the coach immediately serves the next ball in before the player has recovered. The defending team must defend out of balance.

Progressions:

If you are working with two sets of defensive units, if one team scores at one end, they turn around and attack the big goal and observe the defensive transition of the both teams.



4. 9V9 11V11 GAME (OVERLOADS)

Equipment:

Balls, cones, bibs, goals

Size:

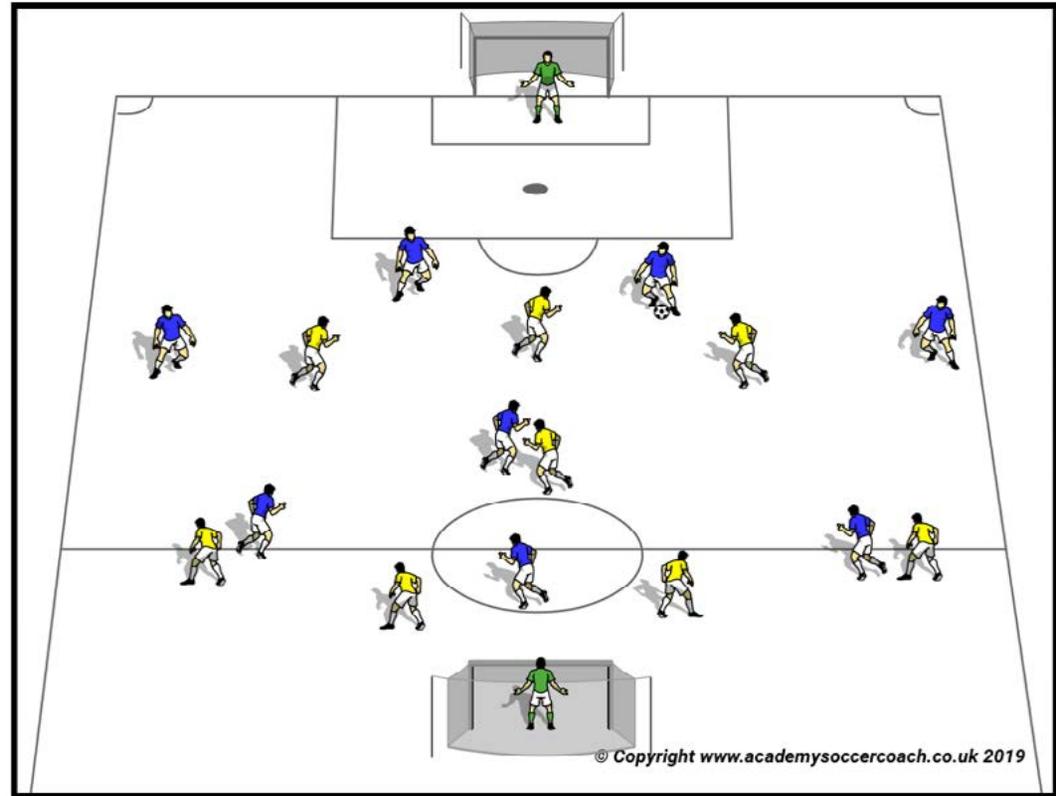
2/3 of a field

Objective:

9v9 / 11v11 game (space dependent).
Players are split into two teams playing a normal, directional game. Only rule is if a player misses the goal when shooting, that player must around all four corners of the field before re-entering the game.

Progressions:

- 1) If the team scores when they have the overload scenario, the goal counts double
- 2) Play a regular game.



SESSION 6

Defending Wide Areas

U14 - U17

1. TRANSITIONAL RONDO

Equipment:

Balls, cones, bibs, goals

Size:

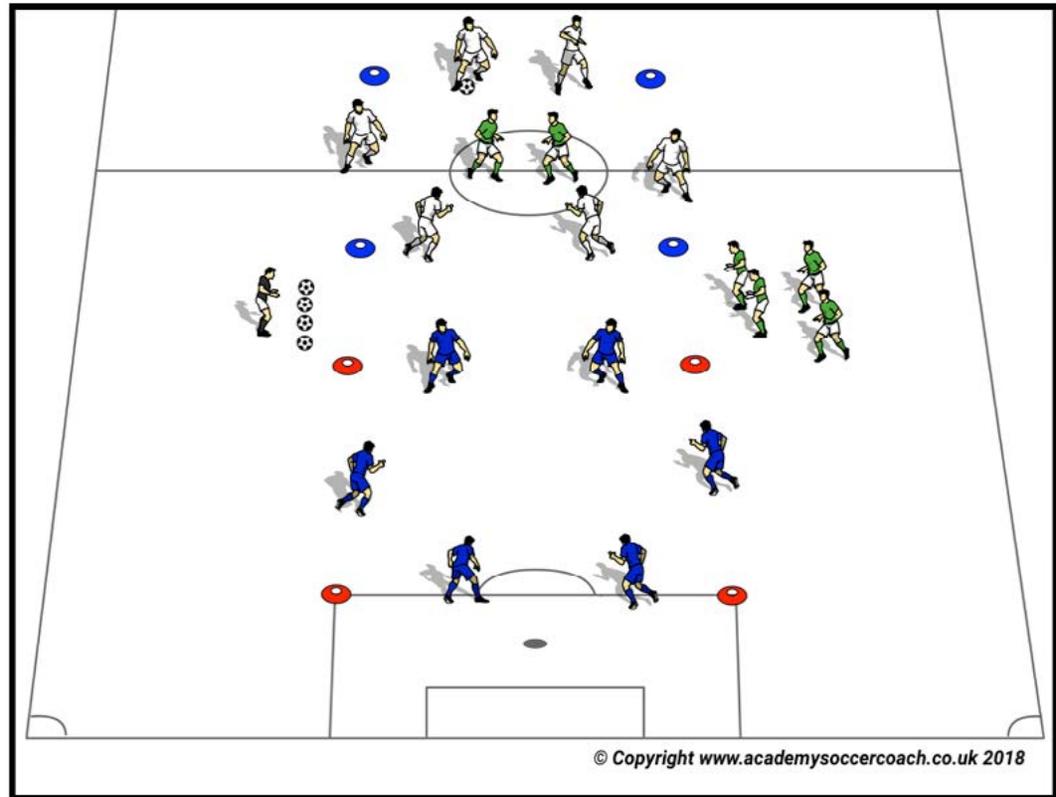
8x10 x 2 boxes, 5m gap in between

Objective:

Split the group into 3 teams of 6. Two groups of 6 will occupy the two boxes while the other team of 6 waits on the outside of the middle zone. The coach will play a ball into a box where a 6v2 possession (keep away) takes place. The objective is to keep the ball away from the players in the middle and make 6 consecutive passes before transferring the ball to the other side. If that happens successfully, another two players go in to defend the ball in the other box. If the defending team forces a turnover in possession, then the team that lost the ball is now the defending team.

Progressions:

- 1) Touch limits
- 2) Time limits (most interceptions by one team in 90 seconds)
- 3) First team to 10 transfers wins etc.



2. DEFENDING WIDE AREAS

Equipment:

Balls, cones, bibs, goals

Size:

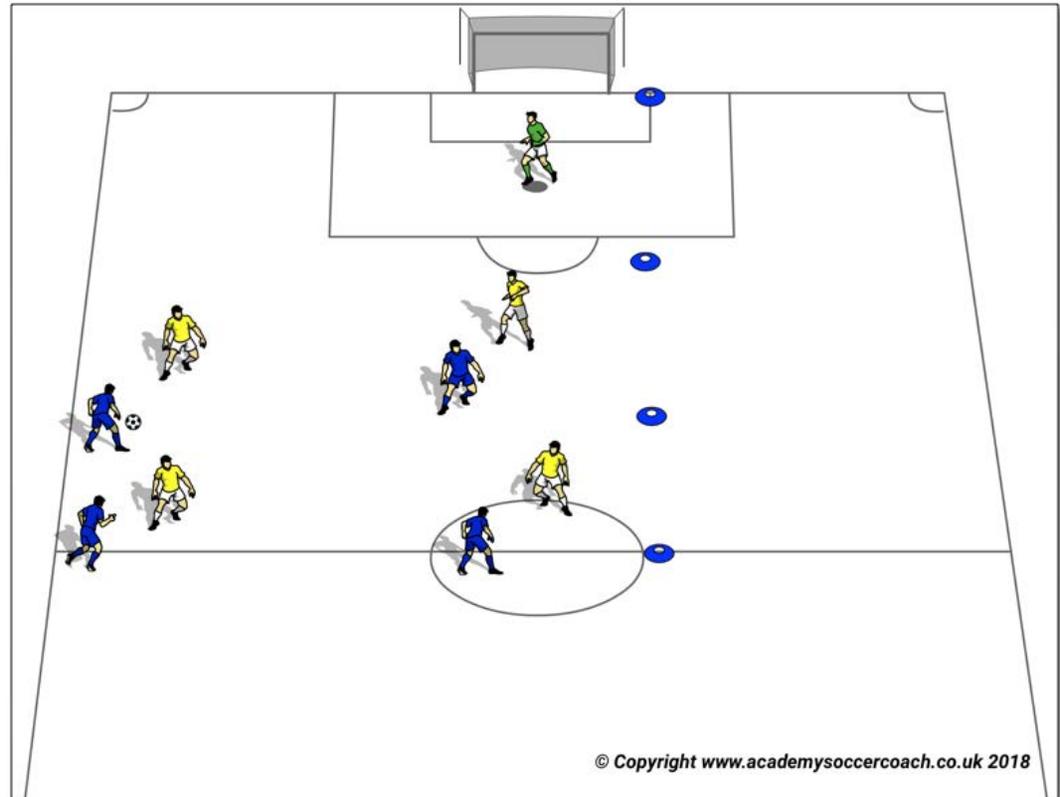
Half Field

Objective:

Spilt the teams playing in two thirds of the field. In this part of the field, play a centre back and right back with a centre midfielder and right midfider on one team. They will be working on defending on one side of the field. The opposition will play with a left-winger and left back plus a centre forward and centre midfielder. Defending team must stop the attacking from scoring.

Progressions:

- 1) Work on 1v1 in wide areas
 - 2) 2v1 overlap from the left back
 - 3) 2v2 with the recovering right midfielder.
- Ensure you highlight the way in which you want to defend e.g show inside / outside/ does the centre midfielder cover or does the centre back come out etc.



3. ENDZONE TO BIG GOAL GAME

Equipment:

Balls, cones, goals

Size:

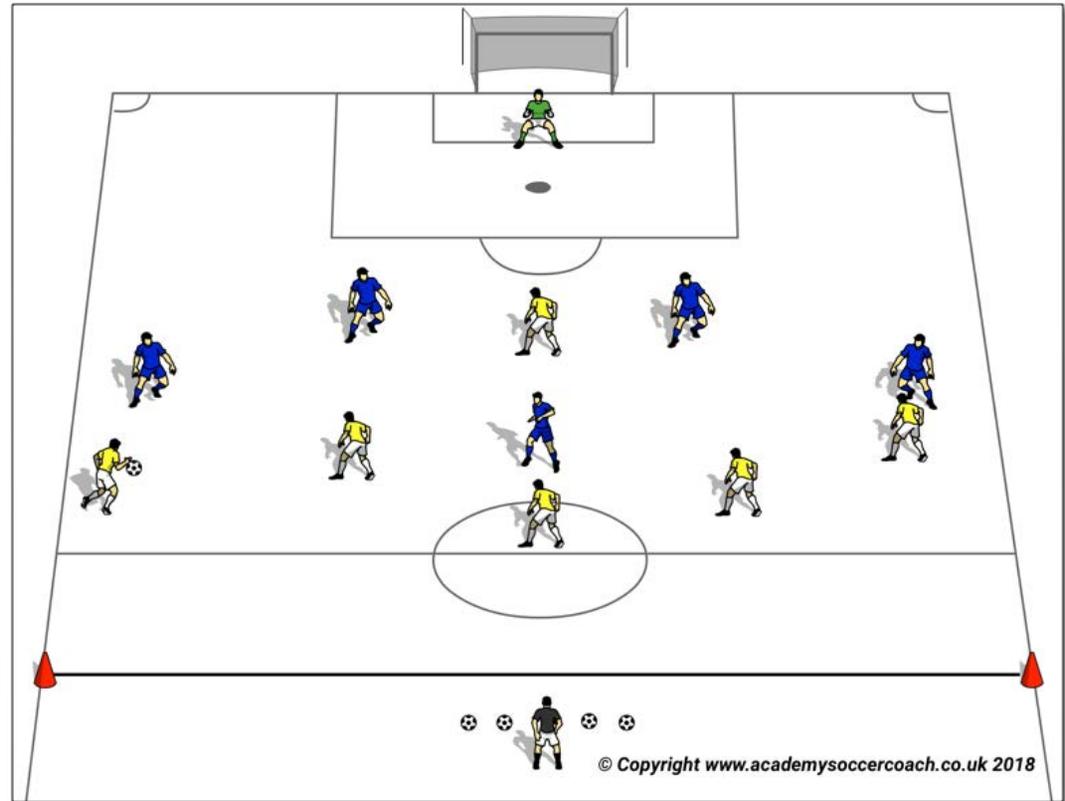
2/3 field

Objective:

Players are split into two teams with a 10 yard endzone at the top of the field. Teams play a directional game with the attacking team playing to the big goal, with the defending team trying to score by receiving or dribbling the ball into the end zone. Defenders protect the big goal.

Progressions:

- 1) Start by defending as a back 4 and defensive midfielder against a front 3, midfield 3
- 2) Progress in numbers and add both attacking and defending players to work with the different units
- 3) Vary the formation the back line will play against to give different problems to solve e.g two strikers in a 4-4-2.



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SESSION 6 - DEFENDING WIDE AREAS

4. 9V9 / 11V11 GAME

Equipment:

Balls, cones, bibs, goals

Size:

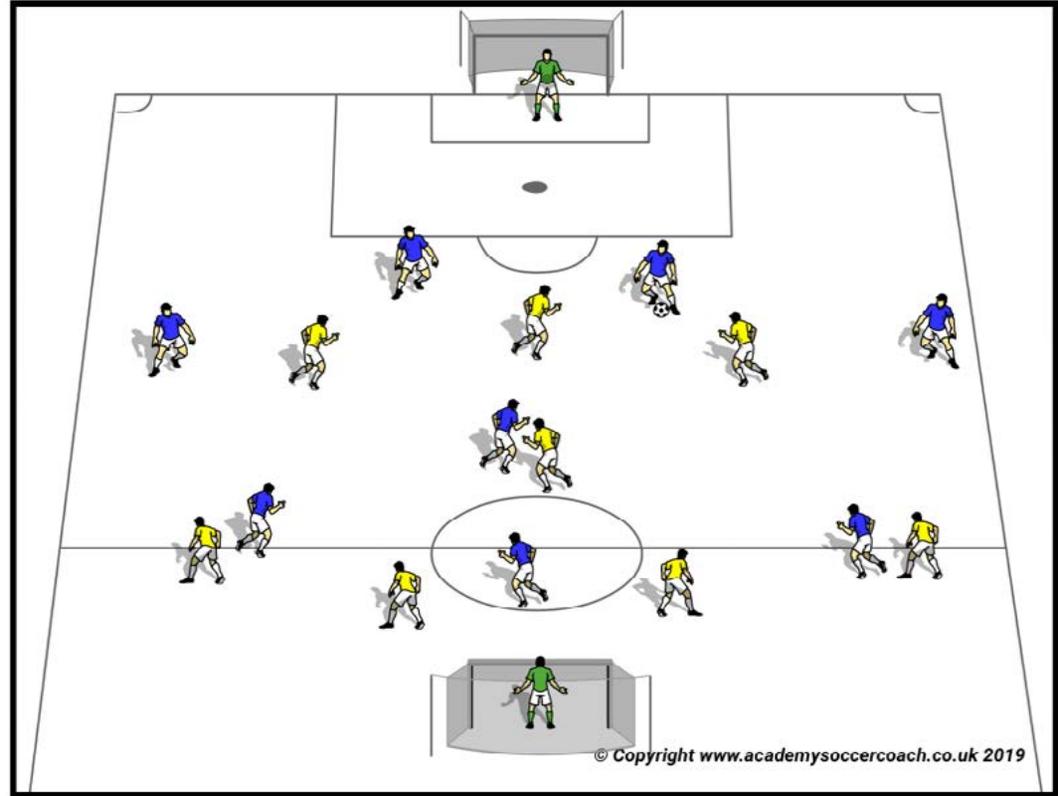
2/3 of a field

Objective:

9v9 or 11v11 game (numbers dependent). Players are split into two teams playing a normal, directional game. Coach stays in the middle of the game and always serves the ball in on restarts. Players must react to this stimulus, as the coach should restart games from wide areas as much as possible to manipulate the game.

Progressions:

Set the team up in the formations that you want for your team to play in 2) Have your second team set up how your next opponent will play



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SESSION 7

Winning in Overload Situations

U14 - U17

1. WAVE RONDO 9V3

Equipment:

Balls, cones, bibs, goals

Size:

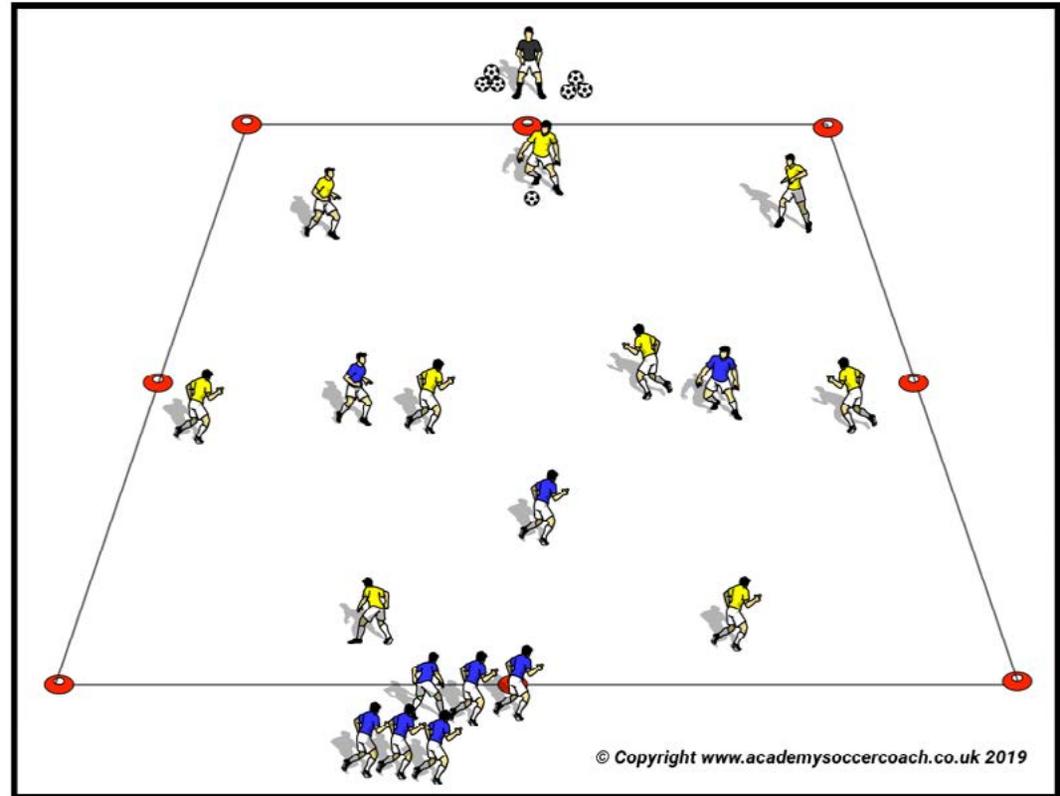
12x18

Objective:

9 v 3 possession rondo (keep away). Objective is to keep the ball away from the 3 players in the middle, who chase the ball for 20 seconds. After 20 seconds a new group of 3 go and hunt the ball. After all 3 groups have been, swap over. Ensure that you apply technical information to the rondo, e.g body shape, playing to the correct foot, angle of support, weight of pass etc.

Progressions:

- 1) Touch limits
- 2) 10 passes is a goal
- 3) Most interceptions in 1 minute wins.



2. 2V1s

Equipment:

Balls, cones, bibs, goals

Size:

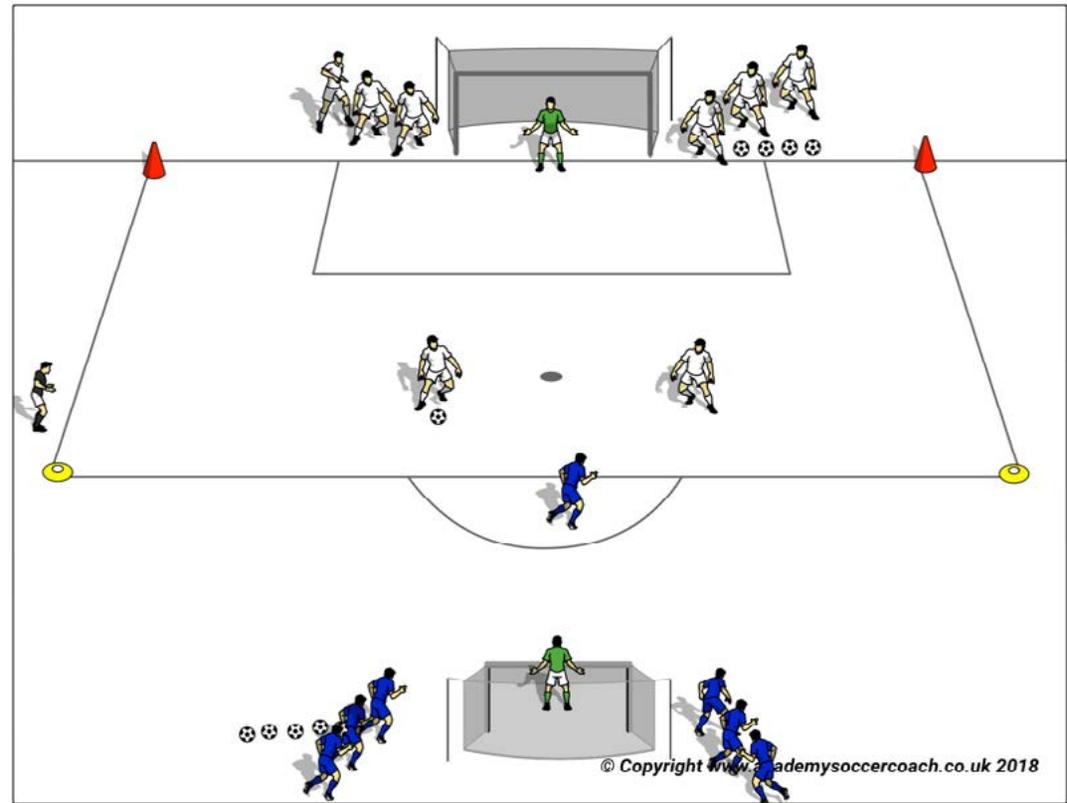
Penalty Box

Objective:

Split the teams into two equal numbers. Position two goals 20 yards apart. The game starts by the attacking team (two players either side of the posts) dribbling the ball in to play 2v1 to goal. The game is finished when there is either a goal or the ball goes out of play. Once the team has attacked, one player must stay in (last person to touch the ball) to defend 1v2.

Progressions:

- 1) First team to 10 goals wins
- 2) Most goals in a time frame wins
- 3) If the defending team wins the ball and scores it counts for 2 goals
- 4) Person who didn't touch it last stays in



3. 3V3 PLUS 1 WAVE ATTACKS

Equipment:

Balls, cones, bibs, goals

Size:

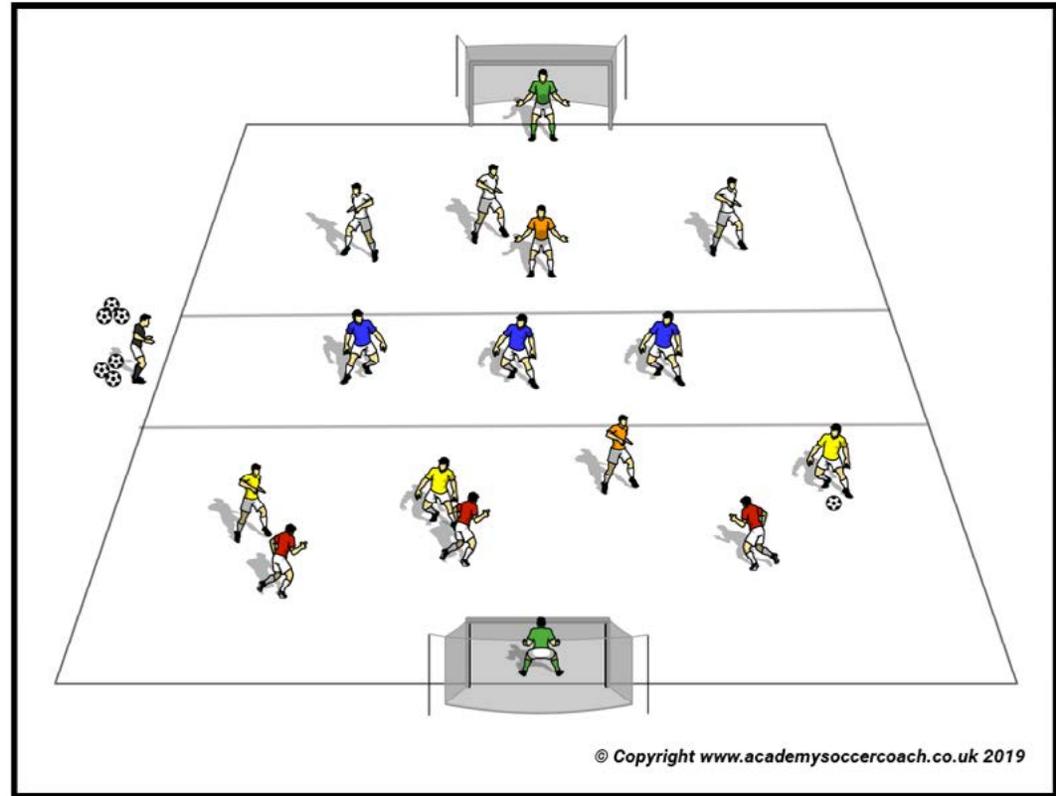
55x30

Objective:

Set up 2, 25x30 yard zones with a 5-yard middle zone through the middle. In each zone teams play 3v3 plus an extra attacker, with the attacking team playing to goal, and the defending team trying to transition to the middle zone. If the defending team stops the opponent, they leave the defense zone and the team in the middle zone attack the 3 at the other end. If the attacking team scores, the defending team must stay, and the attacking team retreat back to the central zone and can attack again once the other attacking team has had their turn.

Progressions:

- 1) Time limits
- 2) First team to 3 goals wins



U14 - U17

SESSION 7 - WINNING IN OVERLOAD SITUATIONS

4. 9V9/ 11V11 GAME (OVERLOADS)

Equipment:

Balls, cones, bibs, goals

Size:

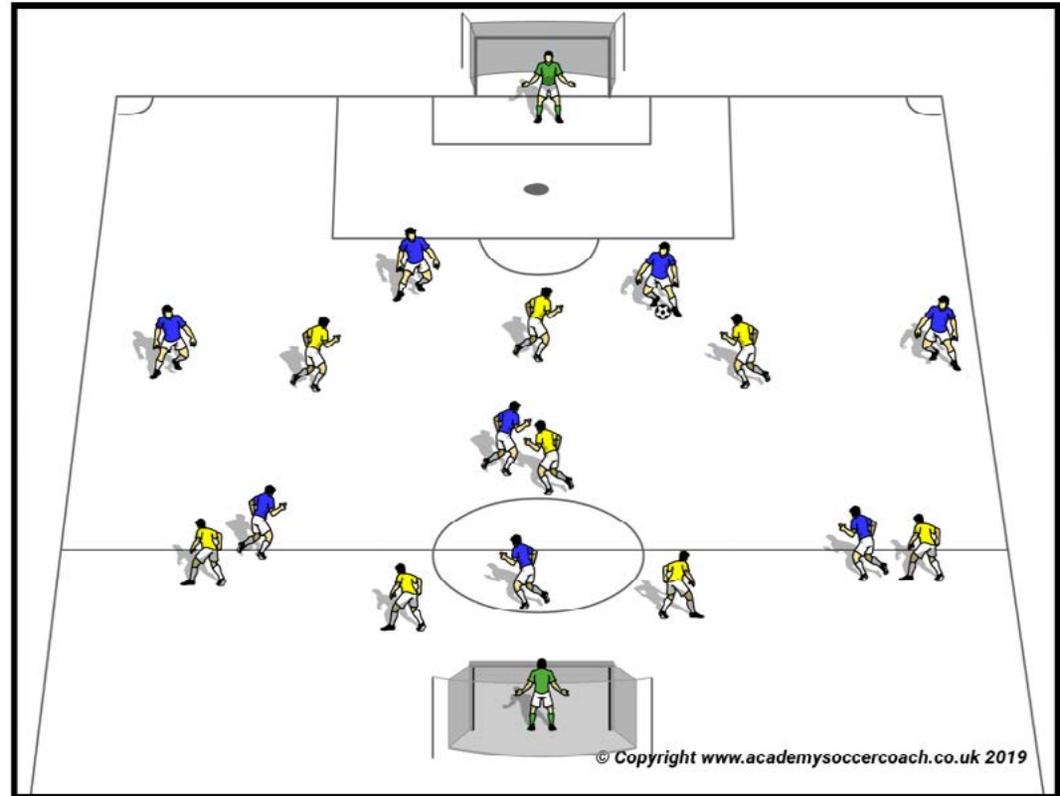
2/3 of a field

Objective:

9v9 / 11v11 game (space dependent).
Players are split into two teams playing a normal, directional game. Only rule is if a player misses the goal when shooting, that player must around all four corners of the field before re-entering the game.

Progressions:

- 1) If the team scores when they have the overload scenario, the goal counts double
- 2) Play a regular game.



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